The L/L Research Channeling Archives

Transcripts of the Meditation Sessions

Volume I

March, 1972 to February 15, 1976

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1972

March, 1972

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Maturity Meditation

March, 1972

(The day of this channeling is unknown.)[1]

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you once more. I am always privileged to be with you. These are the thoughts of the one known as Hatonn.

I am speaking through this instrument. I will speak to you on the subject of maturity, for this you have requested. As you have already indicated, this concept may be somewhat different from that which is generally appreciated by your peoples.

Maturity, my friends, is in truth a maturity of the spirit, for in truth there is nothing but the spirit. Physical illusion which you appreciate in your daily lives is of no consequence other than for its result in action upon the spiritual self.

Maturity, my friends, is first the realization of this fact. Secondly, maturity is the ability to control one's own consciousness in such a way so as to propagate the continuance of this maturing process.

Maturity, my friends, then is realized in the ability to control one's consciousness. Unfortunately, upon the planet which you now enjoy, there is but very little true control of the basic consciousness. And, therefore, there is very, very little maturity. It is necessary first to realize the value of each thought you have, and then to reject those of little or no value. Most of the thoughts that we are able to discern occurring in the daily lives of those who dwell upon this planet lack maturity. For this reason, you might consider the planet upon which you live a planet of children. Their daily thoughts, communicated to one another, hold them in this state. It is a self-propagating thing, communicated from one to the other.

It is necessary to reject thoughts that continually infringe upon your mind from your present environment and to carefully select each thought

[1] Carla: I was writing a paper on Maturity for an educational and developmental psychology class I was taking at Spalding College while pursuing an advanced degree. It was a direction I did not pursue, but it was in order to take a job with the school system of the whole county of Louisville and surrounding areas as the AV Librarian, and I needed three courses, which I got, for my emergency certification.

This channeling took place after I had done extensive research on what the people in the field said about maturity. It all had to do, for the normal psychologists, with behavior, how you behaved. I felt that was unacceptably shallow, as maturity has so many levels, not all of them behavioral. But nothing in the literature covered this. So I turned to Hatonn.

This channeling was perfect in that it agreed with my feelings, and I used it to write my paper. The poor professor! She gave me an A, but said please don't share the paper with anyone, as she could get into trouble for allowing a discarnate source. I put this channeling in as an appendix to my paper.

that you generate in order to reach a state of true mental maturity.

You might ask how it is possible to select thoughts of value from thoughts that are meaningless, or of little value. It is very simple, my friends. All that is necessary is for you to analyze the thought with respect to the real objectives of your person. If the thought has true consequence, if the thought is of a true developmental nature—that is to say, if it develops either your consciousness or the consciousness of someone else with whom you are communicating—then it is a worthwhile thought. If it does not develop the consciousness, then it is probably of very little value.

Now, how will a thought or concept develop into consciousness? There are several ways. One technique of development is simply evolving the ability of analyzing the merits of your thoughts. After this has been done, the thoughts themselves will act as generators of the maturing process.

Each thought you have is important. It is important either in a negative or a positive sense. If it is a thought that is of no consequence, it is important to recognize this thought as being of no value. If it is a thought of consequence, then it is necessary that you amplify it and utilize it and communicate it, or it too will be of very little value.

Maturity, my friends, is first the ability to think in this manner. It is second to act in the manner in which you think.

There are millions and millions of thoughts generated by the people of your planet each day. A very, very small percentage of these thoughts have to do with maturity. That is, a very, very small percentage of them have to do with creating a better environment for the growth of the spiritual self. By this I mean actively causing spiritual development.

What is spiritual development? It is the process of maturing; the process of maturing, the process of analyzing everything that you are aware of in a true and unbiased sense. In order to do this, one must be able to recognize truth. It is only possible for one to recognize truth by the process of allowing truth to communicate the absolute base for truth which is ever present throughout the universe. This communication is accomplished primarily through the technique of meditation.

There is a separation of maturity into primarily two aspects: intellectual and spiritual maturity. They go hand in hand, and one generates the other. However, it is not necessary to acquire intellectual maturity in order to acquire spiritual maturity. It is, however, necessary to acquire spiritual maturity in order to acquire intellectual maturity, for the intellect cannot accurately evaluate concepts without a true spiritual basis.

There are three more things which I would like to speak about concerning maturity: the concept of infantile maturity; the concept of general or induced maturity; the concept of absolute or total maturity.

The concept of infantile maturity is highly misunderstood upon this planet. An infant, upon incarnating into your environment, has a certain amount of maturity that he normally brings with him. It is not necessary to induce this quality of maturity through any system of education to the infant. It is only necessary that he be alerted to the possibility of generating a continuance, through his own intellectual processes, of his own spiritual evolution and, consequently, spiritual maturity. Unfortunately, your religious systems do not provide, for the most part, this stimulus.

It is recommended that, in order for infantile maturity to progress at an acceptable rate, the infant be made aware at the earliest age possible of his responsibility in creating an intellectual communication with his total self. This is usually done through techniques of ritual and appreciation of the natural forces of the universe. The ritual that is employed by most of your religious systems upon your planet is highly ineffective, since it is generated primarily by force, and is not freely offered, to be accepted or rejected.

Those, even in an extreme infantile state, who are appreciative, due to their previous growth of the proper ritualistic communications, will accept them, and continue, at their own pace, and should not be forced to attend weekly meetings at specific hours for these purposes, since they reach a peak of spiritual attunement that is a function of their own cyclical activities, and therefore should be able to seek out, at any time, spiritual communications and should be provided with a place for seeking. And this should be the limit of that which is expected of them. Your present system drives most of your people from spiritual seeking at a very early age due

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to the aspect of force which should be totally removed. This is what we have experienced, and what we have found to be most beneficial.

The second aspect of which I speak is that of induced maturity, occurring in most unusual aspect among the peoples of your present society. This maturity, which is a false maturity, is induced by the social systems which are presently in effect upon your planet. Each system intellectually communicates an aspect of assumed maturity, which has nothing to do with real or absolute maturity. Therefore, much strife and confusion is realized by those who attempt to orient their thinking so as to reach the accepted state or level of the assumed concept of the mature mind. This concept is usually heavily intellectual, for your society at present is primarily an intellectual society, with very, very little awareness of the existence or function of what you would call a spiritual society.

Therefore, to mature within the boundaries of your present society and be accepted as a mature person, it is necessary to be able to communicate with it in its accepted intellectual jargon, which includes primarily a ridiculously long list of totally meaningless concepts. These should be, if one is to attain true maturity, rejected as meaningless, for they are extreme transients and have nothing to do with spiritual maturity.

The last aspect of maturity upon which I wish to speak is that of real maturity. My friends, there is only one way to reach real maturity: that is through meditation. We have said this many times. You cannot get there by intellectual mechanisms. You cannot get there by analyzing each of your thoughts, and labeling it either worthwhile or worthless. All of these things are aids, but with the foundation of daily meditation you cannot use this analysis, for the result of this analysis is insulated from the total self by a boundary. This boundary is permeable, but this boundary is only permeable when the mind is conditioned through meditation. Lack of meditation reduces this boundary to an impermeable state, all intellectual functions occurring on the surface, and having little effect upon the growth of the true self.

So you see, my friends, there is a dual process occurring. However, the meditation is always of the primary and greater importance. Once, however the art of meditation has been fully mastered, the intellectual mind becomes a useful tool in the development of spirit. It is of little consequence until this state of communication between the two is mastered. Therefore, my friends, all is of no avail until receptivity is made possible through daily meditation. This not only breaks down the barrier between the intellect and the spirit, it also breaks down all other barriers between the spirit and the one great All.

I hope that I have been of some service to you in this discussion. I realize that it is difficult to speak to you on this subject because it is a difficult subject if one is to use the parameters of your present society. We consider it very, very simple. Therefore, any true discussion of the subject should require no more than a few sentences.

It has been a privilege to speak with you. Adonai, my friends. I am Hatonn.

(At the end of this transcript is the following announcement.)

LOUISVILLE SPACE MEDITATION GROUP MEETING

Sunday—Introductory meeting

8:30 p.m.—Talks questions, films, et cetera on meditation and the space story.

9:30 p.m.—Meditation *(Name, address and phone number)*.

If you have any questions about the time or location of this meeting, please call the number given above.

(Tape ends.) ♣

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Year 1973

August, 1973 to December 18, 1973

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Sunday Meditation
August, 1973

(The day of this channeling is unknown.)

(Don channeling)

I am Hatonn. I am with this instrument. I greet you in the love and in the light of our infinite Creator.

I am aware of your problem. It is an understanding of time. I will attempt to instruct you as to the nature of time. It is not very simple to you, I am sure, but it is very simple to us. simply because we are aware of time in a different way than you are aware of time.

Time, my friends, is in your mind. There is only now, and there is only here. The reason that there appears to be a reciprocal nature between space and time in your world is because your world is, shall we say, designed to produce this illusion. It is an illusion necessary for certain catalytic actions that you enjoy in your present state for the purpose of your continued spiritual growth and evolution.

Time, however, is totally independent of space, and space is totally independent of time, for in truth they have no relationship—for in truth neither has meaning. There is one place, and there is one time. Therefore, there is no interdependent relationship between the two.

I am going to at this time, if you will excuse the pun, call on another to speak to you, for it may be of some help to hear his words, as they will be somewhat less simple and therefore more time-consuming. I am sorry to be, shall we say, in a joking mood this evening, but I am afraid I find the subject somewhat of a humorous one.

I will leave you at this time. Adonai.

(Pause)

I am Oxal. I am with this instrument. I have been called for the purpose of speaking to you on the nature and reality of time. Time is a field, like unto your electric field, your magnetic field. But what is a field, my friends? A field is an effect. A field is in your minds. A field has different effects at different distances. So does time. As you have recently stated, time and space are dependent, one upon another. It has also been stated that they are totally independent, and have no relationship.

Both of these statements are true. It simply depends on your point of view. The people of your planet at present do not appreciate the number of dimensions that are available for one to experience the creation. All of these dimensions are made up of a single place and a single time, and, for that matter, a single dimension, which has no dimension. But it is necessary to go from where you are to where you will be. Therefore, we shall speak of time as you know it and try to lead you to that place where you will know it.

Time is a field. It is space-dependent. Space is a field and is time-dependent. For this reason you recognize a reciprocal nature. The relationship between the two is the third power [of] displacement in either. This may be recognized by a simple equation or formula. T^3 divided by 3 is equal to S^3. S^3 divided by 3 is equal to T.

There are three dimensions: therefore, the numeral "3" is used, both as a power and as a constant. Permeability of the field is dependent upon the speed of the reciprocal field. Your present constant, that which you call the velocity of light, is the basic speed of the field. The permeability of that which you know as matter is dependent upon this constant. In other words, my friends, the densities of which your world is composed, and the densities of the other planes of existence as you know them, are time-dependent. Their permeability is a function of apparent speed.

Condensation in dense form results from oscillations between reciprocally related space/time entities and permeability, or the basic density of this material, is a function of the apparent velocity of what you call light. There are six spaces and six times in each density. In your present form and state of awareness you recognize three. The other three you travel in in the state of sleep. In doing this. you become, quite often, mismatched with your awareness you possess in your waking state. For this reason you are able to perceive events that will occur in what is to you in the waking state the future. However, the future is an illusion, as is the past, for there is only the present. It is possible to slide, shall we say, along with respect to your awareness of time in the waking state simply by removing through the process of normal sleep the confines of the physical illusion. Space and time are then, as before, reciprocally related.

It in a difficult subject upon which to speak, and will require considerable intellectual thought for you to apply or communicate to others within the present illusion. How can one reduce to a mathematics fabricated within a system of illusion a truth that is totally outside the boundaries of that system? It may be possible, however, to make certain statements regarding the relationships between space and time in any system that will help to guide an individual attempting to work within a limited system to understand the truth of the actions and the limits of that system of phenomena of time. It would, however, be much better to eliminate from the individual's consciousness preconceived notions of the nature of both time and space, for they are not what they seem to be, as depicted by their phenomena within the boundaries of your present limitations.

Space may be thought of as linear, if time is thought of as volumetric. Or you may reverse the process, as you do within your limitation, and consider space volumetric and time linear. Either is true. And either may be perceived to be true, depending upon the limitations of your thought. It is possible to move linearly in space and volumetrically in time, all with the same movement. You can be aware of what you call the past, the present, and the future, simultaneously.

Time is not so much time as it is space, and space is not so much space as it is time. They are one and the same thing, and yet they are reciprocally related. For is not 1/1=1? For there is only one thing and we are all parts of it.

There are six dimensions, but you must speak of three. And time is a field, and radiates from each nucleus of matter in all directions and may be evaluated as $T = S^3/3$, where T is time and S is space.

I will be happy to speak with you in the future regarding this subject. However, it is thought that it will be necessary to consider that which has been given to you before further instruction will be of great benefit. It is a very difficult bridge to travel, between a world of semantics and a place of being. But we will serve you in any way that we can.

I am Oxal. I will leave you at this time. Adonai vasu borragus. It has been a great privilege. Peace be with you. ♣

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Tuesday Meditation
December 18, 1973

(Unknown channeling)

I am Hatonn. I am very pleased to be with you this evening. It is always a great pleasure to be with you. I greet you, my friends, in the love and the light of our infinite Creator. I and my brother Laitos are here. We will condition you as I speak to you. It is very important, my friends. to spend time in meditation. Very important.

We of the Confederation of Planets in the Service of the Infinite Father are with you, my friends, and you are with us, in a single effort. Our effort, as I have said before, is to awaken the people of this planet to truth. This has been tried many, many times. They are sleeping very, very soundly. Yes, my friends, they are asleep, dreaming a dream that is fantastic. It is beyond the belief of those who know truth that such a dream could be a dream, but this is the case. Many of your people have dormant within them the memory of truth. Many others have a less accurate memory. And a few have no memory at all. The truth, however, is within them, for it is within all men, in all places.

For those of the first category, it is relatively easy to awaken them from their slumber. The second category is much, much more difficult, and the third, for the present, will be impossible for you to awaken. Do not concern yourself if an individual rejects an attempt you might make to awaken him. This simply means he is not yet ready for this truth to be given unto him. Concern yourselves with those who would seek the truth, and make it available to them in any way that you can.

There are many people upon your planet at this time who are attempting to cloud the memory of this truth. They are not aware of what they are doing. This is not their fault, but it is unfortunately the condition. It is not a simple task that we have outlined, and I am afraid it will require a great deal of effort. We have not been as successful as we had hoped to be when we initiated this project some years ago. The people of your planet do not actually wish to be awakened for the most part. Those who are sleeping very, very lightly are all too few. However, you will know them as you find them, and you will recognize their lightness of slumber by their activities, for they will not be as enmeshed in the insanity, if we can call it that, that is so prevalent on your world today.

These people are already seeking. In this case, it will be but a simple matter for you to convey to them that which they need. It is, however, very important that you be able to give them what they need. For this reason, we suggest that you continue to meditate, for only in this way can you be prepared to serve them. I speak not only of the preparation to act as does this instrument, as a vocal channel, but also a preparation of your own thinking, so that you will

know the truth with no doubt or hesitation in speaking it. It is within you, my friends, and we will reawaken it within you, for your slumber is but very, very light. It is only necessary that you avail yourself to us through meditation.

There are many wondrous things that we would freely give you, if you would simply avail yourself to us. Those gifts are freely given. It is not only our pleasure and our privilege to do this but our duty, as it is your duty to pass them on to others, for this is the plan of the creation. The creation is a single entity. Each part of it is designed to aid and help all the other parts. This is the original plan. It Is a very simple thing for you to understand if you will relax and look at the original true creation and forget that which was created by your fellow man upon the surface of your planet that you now enjoy, and think of the plan and the working of the Father's original creation. It is quite obvious that each part was designed to aid and benefit each other part.

Unfortunately, due to the action [of] the free will that He gave to its parts, there have been some errors, shall I say, made by some of the parts, and they have strayed from the original plan, confusing themselves and confounding the workings of this plan. It is only necessary to realize the truth of this plan to know its workings. It is only necessary that you meditate to have all of these things given to you, or reawakened within you, for all of this knowledge was originally given to all of the parts of this creation. It dwells within every living thing—and every thing in this creation lives.

We of the Confederation of Planets in the Service of the infinite Creator are living as closely to the plan as we possibly can. We do this because we know it to be the only logical and rational way of living; to divorce yourself from the plan is only to confound the true workings of nature. Your people at present are totally unaware of such a plan. Your scientists ignore it. They are extremely interested in plans of their own. Unfortunately, their plans do not follow the plan of the Creator. Therefore, they waste much of their time and energy, and build devices that have no real valuable purpose. They are transient, I can assure you.

Your scientists should realize that there is a purpose to the creation that far surpasses what they suspect. They should avail themselves to the purpose in meditation. Then they would find that they would begin to understand the plan, and thereby they would be able to use their knowledge to build within the plan, not as they do now with no heed at all to the truth, and with plans of their own which have no relationship to truth.

Your governments make the same error. They do not work within the plan. They are not aware of the plan. They attempt to make law, but their laws do not work. They appear to have some value, but very shortly much strife is generated, and the result is war. They do not understand that the reason for this strife is that they have ignored the natural plan of creation, the natural order of things, and the law of the Creator that devised this. Your leaders should avail yourself in meditation to truth, as we do.

We are aware that at this particular time it is impossible for your scientists and your leaders to do such a thing, for they are in the a vast depths of slumber, and cannot at this time be awakened, for the most part. There are only a few, many—many too few, who are very lightly slumbering. It will be necessary, therefore, to concern yourself with those whom you contact in any and all walks of life, the ones who are lightly slumbering, the ones who will seek on their own, after they have been made aware of the possibility of seeking.

It is our plan to alert as many of these people as possible, so that when it becomes obvious, to your leaders and to your scientists, that we are real, and we are what they suspect that we might be, there will be a sufficient number of awakened entities on your planet for some form of communication to take place between those who are already awake, and those who are lightly slumbering in the future. For, as time passes, those who are in the depths of slumber now will begin to awake. Those who you cannot contact at all now will begin to awake. It will be a self-generating process, so that large numbers of your people will be given the truth. It is a very, very big task.

It will be up to you, and those like you, to help us in carrying this out. We have said before that we would very much like to land upon your surface and contact your peoples directly but we have explained that this is not at all feasible.

I am aware of many planets such as this one that have gone through a cycle of awakening. Many planets made this transition with considerable ease, because they were following the plan. Unfortunately,

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this planet has lagged in the natural scheme of things. This is what you might refer to as a borderline case. There will be those of your people who make the graduation, and those who don't. This is not always the case with all planets. In some instances, all individuals are ready for the graduation that you now approach. In some unfortunate instances none are ready. In your particular place, it is a combination of both instances.

Therefore, do not be dismayed if your ideas are totally rejected by some, for this is to be expected. And this is the major reason that we cannot come among you, for it would be a direct violation of one of the laws of which I earlier spoke. Due to their conditions, it is necessary for those of you who would help us, who are on the surface of your planet, to help us. We request that you meditate. This is all that is necessary. This is all the help that we need. Because, if you meditate, then you will know what to do. And this is all the help that we need, or all the help that we would desire, for this is also part of the plan.

It has been a privilege to be with you this evening. I am Hatonn. I will leave you in His love and in His light. Adonai. Adonai vasu. ✣

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Year 1974

January 4, 1974 to November 15, 1974

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Saturday Meditation
January 4, 1974

(Don channeling)

I greet you, my friends, in the love and in the light of the infinite Creator. I am here with you in the room. I will condition the ones known as Carla and S. They will both feel my presence. It is a great privilege to be with you, and to aid you in your ability to receive our thoughts. I am Laitos. Adonai.

(Pause)

I am Oxal. I am with this instrument, and I am using control, because he is not used to channeling me. I am sorry that it is necessary to use this type of control for a little while, but he must be able to speak, using my thoughts.

I am a member of the Confederation of Planets in the Service of Our Infinite Creator. I am here, as are my brothers, to serve your people. This has been told you this evening. But there are some other things that should be told unto you at this time. We of the Confederation of Planets in the Service of Our Infinite Creator are here for another purpose. This purpose is to serve ourselves. For, my friends, in serving you, we serve ourselves. This is the way that the creation is built. It is made so that if you serve anyone or anything in this creation you are serving yourself. This is a truth that cannot be varied. The creation, my friends, is one thing, and it is impossible in this creation to act without affecting yourself. This is not realized by most of the people of your planet, and for this reason they have affected themselves in a miserable way. We are very sorry for this, because in doing this they have not only affected themselves, they have affected us. They have made us very sad.

We are sad because we are very sorry to see people as miserable as are yours. It is not necessary, my friends, to be miserable. It is necessary only to be extremely ecstatic at all times, for this is the way that our Creator intended it. When it is understood that all things are one and it is impossible to serve anything without serving yourself, then the state of ecstasy that I spoke of becomes reality.

I am sorry that I am required to control the instrument, but I wanted to give these thoughts to you with no possibility of misinterpretation. I am Oxal. I shall leave you now, in His love and light. Adonai vasu borragus.

(Pause)

I am Philip of the Brotherhood of the Seven Rays. I greet you, my friends, in the love and in the light of the infinite One, Creator of us all. Creator of all things in all places at all times. In His light, my friends. We have said this many times: "… in His light." Consider, my friends, what we mean when we say, "His light."

Yes, my friends, the Confederation of Planets in His Service is here to serve you. They orbit your planet in their craft. They come in swarms, by millions and millions they come from all of creation. They come to you at this time to serve you. Will you not let them serve you? For they are here, now. If you will look, you will see them, for they will show themselves to those of you who would wish to know them. They would greet you openly but they cannot, for most of the people of your planet have so willed it. It is already known the exact reactions that would occur if a direct meeting were to take place at this time. For this reason it is very necessary that you continue in more active service. It is very necessary that more and more of your peoples learn the truth. Only this will bring about a condition which will enable direct contact to take place.

Many your peoples at this time would wish to know exactly what has happened, but they are not provided with the correct intonation. The information they are given should be correct. And it can be given them only by those who understand what is correct, or those which are channels and can speak directly, using our thoughts. Many people are crying out for this knowledge, but they are confused. They are confused by so many, many erroneous thoughts and erroneous sayings and erroneous deeds.

In the past, our space brothers contacted some of your people and attempted to pass on through them certain information. In each case, this resulted in failure. These contactees were not understood or believed. It led to their ridicule, and a considerable waste of effort on the part of the Confederation, and a considerable waste for those who were contacted. For in some cases, it did them harm. It seems that each time your people are contacted, it does them harm, to some degree.

So it will take strength to serve at this time. It will take strength to be a link between our brothers in space and our brothers upon the surface of your planet. But this is very necessary. More necessary, my friends, than anything else that you could do at this time. It will not be an easy task, but it is not an impossible task to alert those of your people who would wish to know what is actually occurring. It will be necessary that enough of your people believe in what we say for the Confederation to land upon your surface. It is not necessary for the people of this planet to believe in the Confederation; it is necessary that they believe in the Creator, and that they believe what the Confederation says.

There are many people here that already believe this, that already know this, for it is truth. However, this knowledge is lying dormant, below their level of consciousness. It is necessary that this knowledge be brought to their surface. A reawakening, a reexamination of their inmost thoughts is necessary for them to release themselves from the hypnosis created by their present social conditions.

It is therefore necessary that channels such as yourselves act at this time, to give to the people of this planet a reminder. A reminder of truth. Those that are ready will awaken. Those who are not ready will ignore.

Act wisely, and remember the mistakes of those who have gone before you. Do not become a stumbling block in the way of those who would be awakened, because of the peculiarity of your action. But do act, for this is now necessary.

I will leave this instrument at this time. I leave you in His love and in His light, and extend to you all of the love from all of the peoples in the Creation. For it is yours, and yours is theirs. My peace be with you. I am Philip. Farewell, and love. ♣

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Sunday Meditation
January 6, 1974

(Don channeling)

I am Oxal. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you this evening, as it is a privilege to be with you every evening. For, my friends, we cannot be separated. For we are one person, you see, and it is impossible to be separated.

I am using control for this instrument's vocal mechanism.

We of the Confederation of Planets in the Service of the Infinite Father are here. We are here now. You can see us if you look for us. We are here now even more so than we were previously. We are here now because it is time for us to be here. Things are progressing now that we have spoken of previously. You will see many changes in the coming year. These changes will be both of a natural type and a man-made type. There are certain things that will take place. But do not be alarmed, for you will be with the Creator.

I am with you at all times. Do not forget this. It will be important in the days to come. I am with you at all times. All that is necessary is that you ask and you shall receive, as it is written in your *Bible*. I will provide for you what is necessary. It is a simple matter.

I am at present in a craft far above this house. I am a physical being such as yourself. I am enjoying much more freedom than yourselves. But you too may soon enjoy this freedom. It is only necessary that you understand how to enjoy it.

(Pause)

I shall continue. I have allowed the instrument to rest, for this method is very tiring for the instrument, but it allows a more accurate transcription.

We of the Confederation are here, as I have said, in great numbers. We are allowing your people to see us; at present we are allowing more of your peoples to see us. You can see us, as this instrument has. I will appear to you in the very near future. I will be seen in your skies. It is only necessary that you continue in your seeking. You see, my friends, it is truly written that in order to find, you must seek. That is the scheme of things at this time. All of our efforts have been directed toward fulfilling this simple phrase: "Seek and ye shall find." Why do you think we have been so elusive? This was wisdom, my friends, that it is necessary to seek in order to find.

You will understand this wisdom if you think about it. It is a very old and tried system of producing an increase in the awareness of an individual, for only he himself can produce this increase in awareness. We cannot impress it upon him. But he can very

easily increase his awareness many, manyfold. But the seeking is necessary. It is not quite so important as to his method of seeking as it is that he simply seek. Seek knowledge of the Creation. Many of your scientists seek, and they find. But many get confused about what they are seeking. When we speak of seeking, we speak of seeking a truth that is within all things.

I will leave you now, but with one final thought. This thought is that all of us are one. If we are one, then we share all of the knowledge that there is. Avail yourself to this knowledge. It is yours to begin with. Do this through meditation. You will understand all there is to understand. It is a simple process. I am Oxal. Adonai vasu borragus.

(Pause)

I am Yom. I greet you in the love and light of our infinite Creator. It is a privilege to be with you. I am aware of certain things that you wish to know. I am Yom. I will tell you what I know of these things.

We are here now, where we are. And we are going to be someplace else, at a later time. But both places are one place. Each is possible. Each is true. It depends on your awareness.

I would suggest that you would observe a bubble at the bottom of a glass of water. It is originally smaller than when it rises to the top. If you take this bubble to an extreme depth, it will flatten to a form that is lenticular. This is because of the extreme differential of pressure. The gradient at that depth is sufficient to cause this formation. This same gradient exists in space. It is responsible for the galactic shape. This pressure is external pressure to the galactic system, causing a lenticular shape. Within the system, there are planetary systems. These systems are within a flattened orbit. This is because that they naturally, due to this pressure, find themselves in one plane of rotation. All galactic systems are lenticular in shape, except for those that are extremely close to other systems. The creation has the property of creating this shape. If there is sufficient freedom of materials in the galactic system, this freedom exists; in the bubble at the extreme depth, this situation exists.

Now let us consider the cause for the pressure creating the shape. If the gravitational theories that your scientists support were correct, galaxies would be spherical. Sufficient freedom being allowed, they would coalesce into a simple ball. There is a scheme to the Creation that provides for separation of systems. There is no inertial expansion of the Creation, as many of your scientists believe. There are forces holding all bodies in their position. and forces causing the rotation of those bodies. These forces are external to the bodies. They are not generated within the bodies. They are a property of the great creation in general, and not an interactive force between bodies. Observe the placement of galactic systems with respect to other systems. They are separated by several major diameters or less. At this relatively close proximity, if the gravitational theories were correct, there would be an influence of one system upon the other, creating in a relatively short period a combining of the two systems. It is therefore suggested that your present theories of gravitation are incorrect.

Each system of stars exists in a field that has a gradient in the direction of the minor axis. The entire thing becomes a large wheel. Within this wheel we find many small wheels. These are the planetary systems. They also experience this gradient and therefore are flat, or within the same plane. Although your science is unable to discern the numerous planetary systems within the galaxy, if it could it would find them all to be oriented so that the planes of their rotations are parallel. And this plane of their rotation is parallel to the major plane of the galactic system, which includes its major diameters. Each planetary system rotates around its central axis. This axis is parallel to the central axis of the galactic system. The entire system rotates around its central axis. All of this was planned. All of it has meaning. All of it has purpose.

You are on a system which is relatively close to the outer edge of the galactic system. The angular velocity results in a relatively high linear velocity of your system with respect to the central axis. This linear velocity of your planetary system thereby passes you through much more space thanthose who dwell near the center of the galactic system. You are moving now from one zone into another, due to the rotation of the galaxy. The space transversed by your planet and its system is close to the maximum per unit time that can be appreciated within a system of planets within this galaxy. There is a reason for this. The reason is that your system is in an early stage of evolution, and therefore there must be a long, angular path resulting in … I should say a long arc of experience for your system. If you were dwelling

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much closer to the center of the galaxy, or at the center of rotation, there would be no progression through space with respect to the central axis of the galaxy. As you experience night and day, and seasons of the year due to rotation, you also experience seasons of spirituality due to rotation. These exist within the rotation of the galactic system.

I will return to this instrument another time, for he is becoming fatigued. It is difficult to use control for a long period. It is difficult to translate all that I have to say to an understandable framework for you, because of limitations of concepts. But we will continue, and we will attempt to bridge this gap. I am Yom. I leave you in His love and in His light. ♣

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Monday Meditation
January 7, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and the light of the infinite Creator. It is a very great privilege to be with you this evening. I and my brothers are here. We have been here for many years, and we have given freely to your people that which we had to give, our knowledge of truth. Unfortunately, there has been too little dissemination. Most of your people are unaware of contacts, and if they are aware of them, they have been misled. They do not understand what we have for them.

Your people are somewhat unique. We have visited other planets, and made contacts such as this one, and we are listened to, for they recognize truth when they hear it. The people of your planet do not seem to recognize truth as easily as the other peoples of which I just spoke. The peoples of your planet are quite hypnotized by a false illusion created by themselves. At an earlier period in your history, many more of your people would have paid attention to our words, for they were, as you might say, more superstitious at that time. It is only necessary that our words be made available to your people. Those who will recognize them as truth will do so. Those who cannot recognize them as truth will not. It is as simple as that. There is no need to impress this information any further upon your people than simply exposing them to it. This, however, has not been carried on in sufficient quantity. It is for this reason that we are now attempting to impress upon channels such as this one the need for greater dissemination of that information that we have to present to your people.

We of the Confederation of Planets are here, and have a job to do. We have been working diligently at this job for many of your years. We are aware of the problems that you face in attempting to make more of the people of your planet aware of our communications, but we will assure you that we will aid you in doing this. As time progresses, more and more aid can be given. You will have noticed that in the past twenty years attitudes have changed considerably. Things that were very difficult to talk about with the general population are now relatively easy to talk about. Their acceptance of our presence is much greater than it was in the past. Your own expeditions into space, however slight, have aided greatly in the acceptance of your general public's attitudes toward possibilities of extraterrestrial contact.

We of the Confederation of Planets in the Service of Our Infinite Creator are here to contact you now. We must emphasize this: we are here to do this. This is our purpose. We must, however, make this contact very, very carefully, in a predetermined way. That is what is happening in this room at this instant. There can be no variation from this

technique at this time. We have had many experiences in contacting peoples. It has always been found that it must be done with extreme caution. There are grave consequences when an alien society is impressed directly upon another society, especially when technological separation is as vast as is ours.

Your people would not understand at all. They would not accept us for what we are. We could not walk among them and be accepted, and this is what we wish to do: be accepted. For, my friends, we are all exactly the same. We could not speak directly to your people and have them gain benefit from our teachings, for they would feel that they must accept, without question, what we say. This is of no benefit, my friends. You are here, at this time, as we are where we are, primarily to seek. To seek in our own way that which is the path back toward the Creator of us all. An interruption that is too great in this personal seeking is not a very good thing. For this reason, we are unable to directly contact your people. We must provide them, however, with that which they need. And this we are doing to the best of our ability.

However, it is of extreme importance that those of you who are available to help us do so. You will find that, at first, you may have considerable difficulty in doing this because, as this instrument has stated, it is a tricky business. You must always remember that the individual must seek. If you provide information, then do it so that it is understandable, simple, and in no way forced upon the recipient. We of the Confederation of Planets in the Service of the Infinite Creator are always with you. We are constantly serving you. It is only necessary that you avail yourself to us, and we will be there. In the future, in the very, very near future, you may expect much, much more support from us, in a physical way, for time now grows very, very short. Reach out to your brothers in space, as we do to you.

I will leave you now. I am Hatonn. I leave you in the love and in the light of our infinite Creator. Adonai vasu.

(Pause)

I am Oxal. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you. I and my brothers are here. This you have heard, and it is true. We are here, and we will remain here, until the entire program on your Earth is complete.

We are here for a special purpose. We are here to serve. Think of this. We are here to serve. This is important. As you now near the end of a master cycle, there will be changes in your physical world. These changes should not be feared. They should be welcomed. For they are signals to you that a new age is dawning. If you understand it, and walk among your people unafraid, then you too will serve. For they will see in you an inner knowledge, which we will provide you. We will also serve you through the absolute limits of our ability. There are cycles in time, and cycles in space, and all things operate in cycles. Your planet now approaches the end of a great, great cycle of time. This has been a learning time, an evolving time, a time of growing. And many of the people of your planet are now ready for a transition to a much more glorious existence.

But they will not understand this transition unless they are told. There have been many contacts speaking of this transition, but too few of your people are presently aware of what is shortly to take place. It will be necessary to provide them with the reasons for what they experience. It is only necessary that you avail yourself in meditation to be able to understand and therefore serve. This is your call. This is why you are here, where you are.

We of the Confederation of Planets are aware of all of the problems which confront you, for we are in contact with you at all times. It is not an easy place to exist, your world. But pay it no attention, for it is not a lasting world. Everything that is happening and will happen is not really of any importance. It will shortly be gone. We speak of a lasting creation. An unchanging, but infinite, creation.

We will at all times serve you. This is our duty. If you will meditate, and avail yourself to the truth, you will understand your true position, and you will know your duty. I am Oxal. I will leave you now. I leave you in the love and the light of our infinite Creator. Adonai vasu borragus. ♣

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Tuesday Meditation
January 8, 1974

(Unknown channeling)

I am Laitos. I am with this instrument. I greet you, my friends, in the love and the light of the infinite Creator. As you know, it is my privilege to condition those who are to become channels. I am here this evening to condition each of you. I will condition the one known as Carla; also the one known as S; also the one known as T. Each of you will feel my presence and the effect of my conditioning. All that is necessary is that you avail yourself to me. If you desire my contact, you will receive it. This is my duty and my privilege. I am Laitos. Adonai vasu borragus.

(Pause)

I am Oxal. I am with this instrument. I am using control. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening. Yes, my friends, I am here with you. I am Oxal.

We of the Confederation of Planets in the Service of the Infinite Creator are here now. Now is an important time. It is time, my friends, for your people to be awakened. It is time for them to understand what is happening. They have slept for a long enough time. We are going to accomplish this, with help. We will be seen much more often in your skies in the coming months. Many questions will be asked. Many of your people will become much more inquisitive. It is important for you to prepare yourselves now, so that you do not confuse them. If it is necessary, then we will work directly with them, but you must be very careful in your attempt to serve, for the service that you perform must be correct or it will only confuse them.

This is the reason that you are here now. This is the reason for your choice. Service, my friends, is very natural. It is the way of the Creator. It is the plan of the creation. Everything in the creation is performing a service. The vegetation that is abundant on your planet performs a service. But your people ignore this. The animals upon your planet perform a service, but this is largely also ignored. The flowers, the very air, the water, perform a service, but this is ignored. If it were taken fully into consideration, it would become obvious that everything in the creation is there to perform a service.

This includes all the Creator's children. Each of you is here to perform a service. This is the plan of this infinite creation. This is how it works. It is only necessary to understand this, and then all things are possible. Unfortunately, upon the planet that you now enjoy, this principle is not understood. Very, very few of those who inhabit the surface of this planet understand the simplicity and totality of this plan. It is the way the Creation functions. It is only

necessary that you understand this, and then perform, with the best of your ability

Perform these services to your follow man, and then you too will be functioning the way that the Creator of us all planned.

We of the Confederation of Planets in the Service of the Infinite Creator are here to serve you. It is a great privilege, yet we must remain aloof. This is our understanding of proper service, for in serving your fellow man, it in necessary that you serve his exact wants and needs. You cannot determine for him what these are. Therefore, if his wants and needs lie outside the limits of your ability or your desire to serve, it is best that you remain aloof, as we.

There are, however, many, many of your people who desire exactly our service. We are hindered by those who do not desire our service. For this reason it is impossible at this time to come among you. For this reason it is necessary at this time to act through instruments such as this one. Your fellow man cries out in many ways, for many things. He is looking, but for the most part he does not know what he seeks. Shortly, he will seek your service. Prepare yourself now, for there is very little time remaining.

We of the Confederation of Planets in the Service of the Infinite Creator will be seen in your skies. It is only necessary that you look for us. We will be there.

It has been a privilege to be with you this evening. I am Oxal. Adonai vasu borragus.

(Pause)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening. I am aware of certain questions. I will attempt to answer these questions at this time.

There are many, many things that will happen in your future. There are many things that have happened in your past. Each of these things has a meaning. Each of these meanings can be known. It is only necessary to avail yourself in meditation, and you can know what these things are. Many of the interpretations are not possible in the language of the people of your present planet, where they have no concept to include these meanings.

The meanings can be known to you in full. There are many wondrous things in this creation, so many more than the people of your planet imagine, that I could not begin to give you an idea of what exists. There are seven ways to choose that which you would seek. There are right ways, and there are wrong ways, but the paths are not labeled. There is a path through woods; a path by a stream; a path by a highway; a path through a door; a path that is lighted; and a path that is not lighted; and a path that goes nowhere, but returns upon itself.

But who made these paths, my friends, and why are they there?

Six principles are linked to these paths: the principle of Light; principle of Sound; principle of Motion; principle of Vibration; principle of Time; and the principle of Energy. Five types of people embark: the Light; the Dark; the Yellow; the Red; and the last, which has no color. And they go four places: they go North, South, East or West. And experience three things: Love, Hate and Tranquility. Which leads to two poles: Good or Evil. But each of these things leads to one, my friends, and that one is the Creator.

(Transcript ends.) ♣

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Thursday Meditation
January 10, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening, as it is every evening. I am in a craft, high above you. I am aware of your thoughts, even though I am quite some distance above. I am, at this time, in a craft which is capable of interplanetary flight. This craft has been seen by some of your people. It will shortly be seen by more of them. It may shortly be seen by yourselves, if you look for it. The time is closely approaching now when we must be seen much, much more by the people of this planet. The time is now closely approaching when we must create a high degree of inquisitiveness among your people. They are quite inquisitive at the present, but they are not yet seeking. This is what we intend to do: we intend to provide a stimulus for them, to increase their seeking. The larger percentage of your people, although interested in our craft, are not sufficiently interested to seek an answer to what they see. This we intend to alleviate by stimulating a more intense interest.

There is, unfortunately, considerable false information as to our purpose, our reality, our motives, and our being. It will be a great help to our effort to have additional vocal channels such as this one. These channels will be able to talk directly to the people who initiate seeking as a result of seeing our craft. If we are able to do this in sufficient quantity, then we will be able to circumvent discrepancies and wrong information with respect to our presence. We of the Confederation of Planets in the Service of the Infinite Creator are engaged in a definite program of action. This action, for the past twenty or so years, has been limited. It has recently become less limited. Certain aspects of your civilization and its intellectual growth have made possibilities for greater stimulation, through a greater showing of ourselves, a distinct possibility. In other words, many, many more of the people of this planet are open to suggestions of a nature that would have seemed all too radical just a few years in your past.

Many of your people are now ready to open their minds to things that were beyond belief for them just a few years ago. There has been a great increase in the dissemination to the general public of information with respect to both travel in space and what you call metaphysical phenomena. This attitude makes it possible for us to initiate what I will call a second phase in our program in awakening the people of this planet to the truth that they so badly desire.

We of the Confederation of the Planets in the Service of the Infinite Creator are about to embark upon a most interesting phase of our mission. It will be interesting for us, and it will also be interesting for you. If you are to be of service in the program we

are now instituting, it will be necessary that you—very, very carefully—control what you say to those who seek from you, and it will also be necessary that you are very careful about the way that you act. In this way, you can be of maximum service. It has been said in your language, "Physician, heal thyself." If you do not demonstrate in your daily living an understanding of the teachings of those of the Confederation who profess the understanding of the way of the Creator, then you will not be of as much service in your attempts to help enlighten your people as you would be if you would so demonstrate this knowledge.

We of the Confederation of Planets in the Service of the Infinite Creator are most eager to join with you who dwell upon the surface of this planet in bringing this light and this love to the people who so much desire it. There are, of course, those upon your surface at this time who do not desire this light or this love. At this particular time, we cannot do anything for those who do not desire this, for they will not believe what is given to them. There will be no way, in this case, to help them, for it is a necessary fact of the mechanism of this creation that the individual must evolve within himself an understanding of its working.

For this reason, we have been very, very careful about contacts, and for this reason, we have been very, very careful about arousing too much attention with respect to our craft in your atmosphere. There are, however, at this time, enough seeking what should be given unto them for us to take what I will call a more drastic action. You must, I am afraid, be a little patient, for this will not take place overnight. But I will assure you that in a very short period of time, there will be considerable activity with respect to our presence, and considerable awareness of this form of contact. At this time, those of you who can serve us will have a great duty to perform, for you will, like us at that time, be actively and directly in the service of our infinite Creator.

Join with us, members of the Confederation of Planets in His service, to act as a steppingstone from the darkness that now abounds upon your planet to the light that is so ever present in this infinite creation.

I am very privileged to have spoken with you this evening. I am Hatonn. I will leave you in the love and the light of our infinite Father. Adonai, my friends. Adonai borragus.

(Pause)

I am Oxal. I am with this instrument. I have for you a little story. I greet you, my friends, in the love and in the light of our infinite Creator.

I am at this time in the room here with you. If you look, you can see me, but I am afraid that you have not totally learned to look. Be patient, and you will see me. I am Oxal. It is really a very great privilege to be with you here. And it is, I must assure you, an extremely interesting and glorious thing to do, to be able to be in this place at this time. We of the Confederation are constantly moving about with your people, moving into their homes and industries, offices, wherever they my be. We do not intend to snoop, my friends, but it is necessary to know what is happening upon your surface, and what is going on, you might say, in the minds of your people. For this reason, those of us who are so able to do this are constantly moving about on the surface of your planet. We are called to instruments such as this one by a so-called direct telepathic thought. This is the way that you explain it in your language. We do not think of it this way. We do not think of it [as] a possibility of separation. Since the creation, my friends, is one thing, it is very difficult for us to suppose that you could separate mind.

We share a mind, my friends. The people of your planet have simply, for quite some period in the past, denied this possibility of sharing. This is the natural way for things to be, my friends. It is very natural that we should share a single mind, as we share everything.

As I was saying, I am here with you in this room now, and since I am sharing with you your minds, I am sharing with you your thoughts. It is apparent to me that each of you is somewhat confused about certain things that we intend. Do not let this trouble you, my friends, because certain things are very difficult to understand from your perspective at this particular time. I can tell you, however, that we intend to do everything that you have been told tonight. We definitely intend to awaken the people of your planet. We have gained enough knowledge in the way that I have spoken of about the actions and thinking of the people of your planet to know them almost as well as we know ourselves. We have spent considerable time studying the people of this

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planet, and we have found that there are a reasonably large number of them that can join us in the peace and the love of our Creator's infinite creation.

For this reason, we are here now. If there were none of your people ready for this, we would have no task. We would be incapable of arousing people that do not wish to join us in this love and light to do so. It is not possible for us to do this, my friends. It is only possible that the individual do this. Each of you must arouse himself to a state of seeking that which we hold out to you as the only worthwhile objective in the creation: that is, the love and the light of the creation itself. We of the Confederation are very, very privileged to be here and to do this at this time. It is something that we have desired for a long time. We have waited impatiently to be here and to help you, for this is a service that gives us much, much pleasure.

We are aware that it is very difficult for you, who have been, shall I say, stuck on the surface of your planet for quite some time, to fully encompass in your minds the grandeur and the magnitude of this project, but it is possible for you to do this, my friends. The only thing that is necessary is for you to avail yourself to this knowledge through meditation. We are speaking of something that is so much beyond anything that you have previously experienced that you would find no comparison. There will be certain problems for you, but if you will keep foremost in your mind that the objective which we share is to bring truth to a people who are for the most part totally unaware of this truth, then, my friends, we will be triumphant, and we will, working together, accomplish a satisfactory culmination in the great scheme of our Father's creation.

I am at this time going to attempt to contact each of you more directly. Please be patient, relax and await my contact. I will leave this instrument now and move around the room to each of you. Adonai vasu. I will be with you. Adonai vasu. ✣

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Saturday Meditation
January 12, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. I am with this instrument. It is a great privilege to be with you this evening. I am at this time in a craft high above your house. You could not see me if you looked, for I am much too high. I am aware of your eagerness to meet with us. We will attempt to arrange this at some time in the future, but for now you must be patient, for we cannot at this time greet you openly.

We are sorry that this is the situation, but it is at this time impossible. But in the relatively near future, we will be glad to greet you directly. We, the Confederation of Planets in the Service of the Infinite Creator, are waiting to meet as many of the people of your planet as would wish to meet us. The reaction of the people of your planet is quite varied [as] to their realization of our presence. Some of them seem convinced that we are here now. Some of them do not believe in us at all. That is exactly the condition for which we have strived. It is a condition which will produce a maximum effort on the part of the individual to seek: to seek the truth of our existence, or of our nonexistence. This seeking will lead him upon other ideas. These ideas have been presented in many forms in your literature in the past many hundreds of years.

In his seeking he will, if things are correctly progressing, discover certain truths that have been available throughout all time. He will also, if he is fortunate, come in contact with some of the material that we make available through channels such as this one to the peoples of your planet.

This condition of questioning, seeking and thinking about things is precisely the condition that we have attempted to generate by our rather nebulous contact. It is always much more satisfactory if the individual finds something out by his own efforts than it is if he is taught a principle. The mental activity required for the individual to seek out and find the basic truths of the creation allows him time to reflect and examine with his own point of view each one of the propositions offered to him. This results in an understanding of the propositions that surpasses any understanding that he could achieve if these propositions were made to him in a relatively short period of time.

This, of course, would have been necessary if we had landed upon your surface and directly communicated with the people of your planet. The ways of the Confederation in establishing contact with a planet that has no knowledge of their presence or the galactic Confederation or any of our peoples is now quite standardized. For this reason, we have chosen to limit our contacts severely. There is, however, only a certain amount of time available

to make and establish a contact which will disseminate to as many of your people as possible the truth of this infinite creation, and the true workings of man in it.

We will, therefore, be much more in evidence in your skies in the very near future. As I have stated earlier, many, many more of your people are ready for the truth that we bring than were ready a few years ago. We therefore increase our activity, in hopes that it will increase the seeking of individuals in an attempt to understand us. We must emphasize that this understanding can come only through an effort put forth by the individual to do so. Without this, there will be very little progress in his development of understanding.

I hope that I have been of some service in helping each of you to understand our purpose and motives with respect to our relatively unusual form of contacting the people of your planet. It has been a great privilege to give you these thoughts, and we are in hopes that it will aid you in understanding the importance of your own seeking, for this, my friends, is a great truth: that it is necessary to seek in order to find. It is necessary to seek, my friends, in order to grow. Do not be neglectful of your personal seeking. It is the most important thing that you do.

I hope that I have been of service. I will leave you now, and will allow this instrument to be used for contact by one of my brothers. I am Hatonn. Adonai vasu.

(Pause)

I am Latui. I am with this instrument. I greet you, my friends, in the love and the light of our infinite Creator. It is a very great privilege to be with you, my friends, for I have not been with you before. I have been with this instrument before but not with you, in a sense that I have not spoken with you. We, of course, cannot be separated in our totality.

I am Latui. We of the Confederation of Planets in the Service of the Infinite Creator are always privileged to speak with the people of your planet. We are sorry that we have to use this method, but the reason for this method has been adequately explained by my brother. I will, therefore, continue using this instrument to give you certain thoughts, which I truly hope will help you in your seeking.

This planet, my friends, is a ball in space. It is a ball of light. But it does not appear to you as what it really is. The reason, my friends, that it is a ball of light is that all things in the entire creation are comprised of nothing but light. This is the basic building block of all of the material creation. When we greet you in His love and His light, we greet you in the only existing ingredients of the creation: love, the formative force, and light, the building block.

I am aware that it is difficult for you to conceive of light as matter, but this, my friends, is the actual situation. Light is one of the two things that we always mention at the beginning of a contact. There is a good reason for this. There is a good reason for us to greet you in His love and His light. The reason is that this encompasses everything. And that is what we wish to do: include within this greeting everything and everyone in the creation. For, as we have told you, it is true that all of these parts are one single thing. Imagine, if you can, an infinitely large sphere of pure light. Impressed upon this is absolute love. Out of this, then, condenses the unimaginably vast number of created parts, each of those parts connected by this original force, the love of our infinite Creator. Each of us, my friends, and everything else, is made up of this single fabric—light.

It is only necessary to learn the truth of what I say in its totality to be able to return to that place and stature that was designed for you by the Creator. Light, my friends, is the substance of which you are made. Light is the substance of which I am made. Light is the substance of which everything is. Love is the substance which forms light into the forms that you know as living beings, as planets, as trees, as stars, as air. It is all one substance. This substance, my friends, can be affected only by love.

Love, my friends, is not what you think it is. The word in your language has a meaning that has various interpretations. But it is none of these things. We use the word when we speak to you, because it is as close as we can come to the concept, using your language. Love, my friends, is that force which does all of the things that are done in the entire creation. All of the things, my friends, even those that you would interpret as being without love. If it were not for that love, my friends, then the freedom of choice to do these things could not exist. It is only necessary that the individual realize the truth of what I am saying in order to be able to do those things that he was originally intended to be able to do by the Creator of us all.

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The things that he was intended to be able to do are quite surprising. They extend so far beyond your present limitations that I could not possibly convey to you the scope and magnitude of these abilities. However, it is possible, let me assure you, through proper methods of advancing your understanding with respect to its present limitations, to regain what is rightfully yours, the knowledge that you have buried within you, the knowledge of the use of our Creator's light through love.

It is very, very important, my friends, that you seek an understanding of love. Do not be satisfied with your first interpretation of this concept, for it is much, much broader in scope than you might imagine. It covers everything that there is.

I am going to instruct the people of your planet on the use of love. This will be done in an unusual way, but please bear with me. We have found that it is necessary to do things in unusual ways, as far as you are concerned. It is necessary to teach to you a way of thinking that is not common to the people of your planet, if you are to rapidly gain understanding of the concepts that are of utmost importance in your present progression. There are three ways to achieve a knowledge of love.

The first way is to relax, and let your mind become at rest. This is the method of meditation. If this is done, on a daily basis, then it is not possible to shut out the love that is ever present. You will become aware of the true creation and its meaning.

The second way is to go forth among the people of your planet and serve them. They will return to you love, and you will absorb this love and store it within your being. I must at this time caution that this service to your people must be done in such a way that it is service that they wish. Do not make a mistake, as so many of your people have done, in trying to impress an unwanted or unsolicited service upon your neighbor. To go forth and to serve your fellow man at this time upon your planet requires much care and planning, for it is at this time rather difficult to accomplish, for interpretations of service vary greatly, and it is necessary that you understand what service is, in order for yours to be effective. This can only be done by following the first step, or plan, which is meditation.

The third technique is to give all that you have to your fellow man. If this is done, then you will not be encumbered by material possessions. You will no longer give part of your love to material possessions. Giving love to material possessions is an extreme waste of your abilities. This is a mistake that is made by most of the people of this planet. It is necessary, if one is to attempt this method of gaining love, to divorce oneself from the desire for material things.

Each one of these three avenues may be used. Each one will produce results. At present, it is very difficult to work and live within a society such as yours and to allow each of these programs for knowing love. It is therefore suggested by those of us of the Confederation of Planets in His Service that you employ the first method. Meditation. my friends, will allow you to decide to what extent you may employ the other two methods, for it is sometimes impractical to attempt to literally follow these two suggestions, in that those whom you attempt to serve will not understand. It is, however, recommended that you keep each of these methods in mind, for they are all important.

Much of the strife that has occurred upon your planet in its history is due to the attachment of the people of this planet for material possessions. They have a false concept, which is the concept of ownership of possessions. Everything is made of light. All of these possessions, everything that exists, is the property of our Creator. He provided ample materials for all people in all space. It is not necessary to covet any of these materials, for all of them are part of you. At present, there is much strife upon your planet. There is much coveting of properties, but this is of no avail to those who covet these properties, for even though they may acquire, as they think, these properties, their apparent possession is very, very short-lived.

I am Latui. I hope that I have been of service. Adonai vasu.

(Pause)

I am Oxal. I am with this instrument. I greet you, my friends, in the love and in the light of our infinite Creator. It is a privilege to speak with you, my friends. I am at present in a craft which is very high in your sky. It is several hundred of your miles high. I am, as you say, one of those who dwells within a flying saucer. I am trying to impress upon you this fact for a definite reason, so please bear with me.

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I, Oxal, of the Confederation of Planets in the Service of the Infinite Creator, have for many of your years lived in a craft that orbits your planet. This has been my service and my duty. I am attempting to give to the people of your planet something that they need more than any other thing. I am attempting to give them love.

This is not an easy thing to do on your planet. What do you think would be the reaction if I met, on the street, a group of your people and told them this? I am afraid that it would be not at all effective. To give your people love is quite a problem. All of us in the Confederation are attempting to do this. Your people just do not seem to want our love. Oh, yes, some people are accepting us, but the vast majority are not interested in accepting our love. They are interested in us, but not in our love. What can we do to remedy this situation? What can we do to arouse within the people of your planet a desire to receive our love? Why is it necessary to bring to your people this love?

My friends, it has just been explained to you: this is what you need. This is the only thing that you need. The Creator has amply provided everything for you. We are just simply trying to redistribute the love that He originally planned for you, and that many of your people have rejected.

It is a long and difficult task, but we will be successful, for we will not tolerate a lack of diligence for ourselves. We will continue to bring to you the Creator's love. When you are fully able to accept this, then and only then can we land and contact the people of this planet in general. It is a very simple thing, and could have been accomplished in a few minutes' time, if your people would simply accept this love. However, as you know, this is extremely improbable.

We must accelerate our program of bringing this to the people of this planet. There will be a greater attempt in the future to arouse those who would wish to know of our purpose. So please bear with us, as we continue in our efforts to bring to you the only gift that is possible, for there is nothing else of value to give.

I am Oxal. I am going to leave you at this time. I leave you in the love and in the light of our infinite Creator. Adonai vasu. ♣

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Sunday Meditation
January 13, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is again a great privilege to be with you. I am speaking to you from a craft known to you as an "otevana." It is a very, very large craft compared to your standards. It is several miles in length. We have been aboard this craft here above your planet for some numbers of years. It is like a world in itself, and is used for intergalactic travel. Aboard this craft we have all of the facilities that you have in your world, plus many others.

At this time, I and my brothers aboard this craft are pleased to be in contact with this instrument. You have some question about how we are always so available to your contact. We are aware of your thinking because it is also our thinking. When you have, shall I say, tuned your mind so that it will operate at the same vibration as ours, then, if you think something, it is a mutual thought between your mind and ours. This is the way that it should be. It is not as it was intended for minds to be individualized as they are upon your planet. This results in much confusion and difficulty in communication. Individualization of mind is something that we do not desire. Many of the people of your planet desire to separate themselves and their thinking from all others. This is their choice. It is a choice given to them by their Creator.

However, those of our planet are not so individualized. We are always able to contact those who avail themselves because we are always availing ourselves, for that is our mission and purpose at this time. There are always a great number of our people ready and willing to send to you that which you desire.

I am aware of certain questions about our contacts. We of the Confederation in the past have contacted directly many people on your planet. The early contactees, as they are known, were not too successful. They were unable to approach through channels of communications on your planet the people of your planet with our messages as much as we would have liked for them to. The reason for this was that the people of your planet could not understand such a form of contact, and they were not prepared to accept messages of the nature that we were able to give there. However, we are now in the position to give them much more. For this reason, we are going to support channels in a very direct way.

But there is a slight difficulty at this time. We in the service of the infinite Creator are here in great numbers. What we ask of you is very simple. We ask that you meditate. This is important, for if we are to contact you, this will be the way.

(Transcript ends.) ♣

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Monday Meditation

January 14, 1974

(Unknown channeling)

I am Hatonn. I am with this instrument. I am using control. We have had some difficulty in using this instrument. Please be patient.

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. We of the Confederation of Planets in the Service of the Infinite Creator are always with you. We have said this many times. It is true. We are always with you. As we have said, there is no possibility of separation, for we are one being. Therefore, we are always with you.

It has been the practice of the people of this planet to separate their thinking from the thinking of others. This is not a common situation. It is not a necessary situation. It is a false illusion. It is very simple, my friends, to rid yourselves of the illusion that your mind is a separate and unique entity. It is very easy to establish contact with us in the same way that this instrument has. It is only necessary that you first become aware of the creation in its true essence. This causes a variation in the attunement of your mind.

To develop this awareness, it is of course necessary that you meditate. I am going to speak tonight on meditation, and how to go about it in order to establish this contact.

Meditation, my friends, is a very, very effective tool if you are to accomplish anything. But first you must understand what we mean by meditation. We have stated that it is necessary that you clear your mind of thoughts. This is not always too easy to do, but it can be accomplished. There are many techniques that may aid you in doing this. Various sounds are sometimes used, and things to concentrate on are sometimes used, so that a single thought is allowed to remain. And then, from this single thought, no thoughts occur.

It is necessary that, if you are to be totally relaxed in meditation, you totally relax. It is, however, necessary that you do not go from this relaxed state to a state of sleep, for this defeats the purpose. It is therefore recommended that you remain in an erect sitting position. This, for the most part, eliminates a great deal of tendency to sleep.

I and my brothers are aware of your thinking. We are aware of your thinking because it is also our thinking, for our minds are as one. However, we are not aware of everything in your mind, because at times your thoughts are disrupted or cut off from us by the individualization that I earlier spoke of, that is so common with your peoples.

It is necessary, in addition to practicing this form of meditation, for you to become aware of the original creation, and not creation of man. Pay attention to

that which is natural. Become aware of it. People of your planet are not aware of the original creation. They have created a very false illusion. Therefore, they are not in awareness of reality. If you think that you are totally aware of the original creation at this time, then you are mistaken. For, if you were, you would see us, for we are part of the original creation.

There is a technique for increasing your awareness. The technique will be given to you a little at a time, so that you may employ each step. The first step will be to seek to understand each thing that you see that is a portion of the original creation. Take those things one at a time, and consider them in detail, and try to establish in your mind a totally detached understanding of them.

If this part of the creation happens to be a leaf, then study it with care. Become aware of it. Do not rely on old impressions. Develop an awareness of each thing. This will be the first step.

We leave you at this time. I am Hatonn. I leave you in His love and light. Adonai vasu.

(Pause)

I am Oxal. I greet you, my friends, in the love and the light of our infinite Creator. It is a privilege to be with you. I am a member of the Confederation of Planets in the Service of the Infinite Creator.

What does this mean? Why should we so call ourselves the Confederation in the Service of Our infinite Creator? There is a good reason for this. It is necessary. It is necessary, my friends, to serve if you understand, for this is the only route open to us. I am aware that you have certain questions as to how one is to serve. There are certain problems in performing this service. We are very limited in our ability to contact your people, because we must be careful, because we know what these limitations are and why they should be as they are. It is necessary that each individual serve in his own way. If you can understand how to serve, then your service will be effective. It is necessary to avail yourself to meditation to know these things. Many of the people of your planet attempt to serve, in many, many ways, but they are not effective. They have not availed themselves to the Creator through meditation. Service, my friends, must be performed with care. However, it must always be performed.

We of the Confederation of Planets in His Service do not have the difficulty in serving our fellow man elsewhere in this creation that we are having at this time. There are so many limitations upon your planet at this present time that service is extremely difficult. However, it is possible for ones such as yourselves to serve the people of the planet in a much more direct way.

It is, however, necessary that you be qualified, if you are to serve. These qualifications include many, many things, each of which may be obtained through meditation. When the individual is fully ready to serve, then it is time to go forth and perform the service. It is not wise, however, to act beyond your limitations. You will know your ability to serve by availing yourself to this knowledge through meditation. Many of your leaders attempt to serve the people of your planet, but they are unaware of the necessity for meditation. If this is not done, then it is very difficult to serve with intelligence. It is necessary for all who are in His service to spend time in meditation. We cannot overemphasize this necessity. It eliminates the possibility of making errors that will result in nullifying the effect of the service.

I hope that I have been of assistance in your seeking. I am Oxal. Adonai vasu. ♣

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Tuesday Meditation
January 15, 1974

(Unknown channeling)

I am Hatonn. I am with this instrument. I greet you, my friends, in the love and the light of our infinite Creator. It is again a great privilege to be with you. I and my brothers are here. I have said this to you before. This is truth. We are here.

We are here to serve you. We will be here to serve you. We have been here to serve you. We are here to serve all of the people who wish our service. We cannot presume that our service is of value to all people in all places. Therefore, we can only offer what we have. You must accept or reject. Sometimes, you wonder why we give you what you might consider to be relatively elementary material, or material that is repeated. We do this because this is what it needed. In actuality, this is all that is needed. It is only necessary to learn to think in the original way planned by the Creator of us all to totally benefit from all of His gifts.

This is why we would prefer to continue speaking in what you might consider to be relatively elementary or simple terms. My friends, truth is very, very simple. The Creator's plan is very, very simple. It is not necessary that we weave a complex web of circumstance to lead you to the Creator. He is within you, and you are Him. It is only necessary that you realize this in its fullest sense for you to be aware of all the Creator's wisdom. The people of this planet have blocked their minds from this knowledge. We are attempting to teach the people of this planet how to remove this blockage.

It is a very simple process. Unfortunately, the people of this planet are more accustomed to complexity, and would therefore desire intellectual juggling of various propositions and theories. This, my friends, is not necessary. To get from where you are to where you should be requires an understanding that has nothing to do with the intellect. It requires, simply, a knowing of truth.

This truth is extremely simple. What I am trying to say is that when you become totally aware of this simple truth, then you will not use intellectual processes to understand anything that you wish to know. This knowledge will be yours, for all knowledge is linked in the Creator's universe. There is no separation. This separation occurs only when man desires it, through use of the freedom of choice that has been given him by his Creator. Return, therefore, to the Creator. Return to the knowledge and the wisdom and the power that is yours. Do this by giving forth only His light and His love. This is what was intended. Acting otherwise, and knowing otherwise, results only in the isolation and blockage that I referred to.

Consider very carefully these simple teachings that I offer to you, for these simple teachings are all that is

required. There is nothing of a complex nature that is needed. We will continue in a program designed to bring the thinking of the people of this planet back to that which they desire. Those that avail themselves of these teachings will benefit greatly, I assure you.

I hope that I have been able to clarify certain things. It has been a great privilege to speak with you. Adonai vasu.

Questioner: *(A question concerning personal business decisions is asked.)*

I am Hatonn. I am with this instrument and I am using control. It is a great privilege to have a question asked. It is a privilege to have a question asked. I shall answer it in the love and the light of our infinite Creator. It is a very great privilege, and we welcome all questions. I am afraid, however, that it is impossible for us to interfere in the plans of the people of your planet. This is our policy. We would request that questions involving your understanding of the nature of truth be asked, for it is impossible for us to do anything to change what will occur upon your surface at this time. Each time we do anything—each time we are seen, each time something is written about us in your periodicals, anything that we do to cause your people to change their attitudes—is an infringement. We are attempting to balance our service so that the infringement that does occur will be at least balanced by the good that is created. This is why we can only accelerate our help for our teachings for the awareness of your people for us as they desire it.

I hope that I have answered to your satisfaction. I will gladly give to this instrument all that I can with respect to answers to questions that you might bring to me. But questions involving changes of your activities, especially of a physical nature, are completely beyond that that we desire to do. Please allow me to apologize for my lack of ability to act in this area, but this has been agreed upon by those of us in the service of the Confederation of Planets in the Service of the Infinite Creator. I am Hatonn.

(Pause)

I am Latui. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you this evening. I am Latui. I have not been with you except for one previous time. It is a great privilege to speak with you. This instrument is not as familiar with my contact as he is with some others. Therefore, please bear with us.

My friends, I am what you call a space man. But so are you. For where do you dwell but in space? From our point of view, you are as much in space as are we. The only difference is that you are limited in your ability to travel to different points in space; you are at one place in space at this particular time.

Therefore, you are also a space man. You see, my friends, there is very little difference between yourselves and us. Our system of transportation is simply a little more refined. We enjoy certain other abilities which are much more useful than simple conveyances. They are available to all men in all places. All men are in space, they are all space men. For what you call space is infinite, and surrounds all of the creation.

We are no different. We are just slightly separated. Not by distances, my friends. By thinking. You have learned to think in a way that isolates you. It is not necessary that you remain in isolation. To do this, it is only necessary that you think in a slightly different manner.

It is not a difficult thing to do. It is a simple thing to do. Do not use the intellectual processes that you have used in the past. Learn to totally rebuke arriving at conclusions in what you consider a logical manner, for these conclusions will be based on suppositions that are made with very weak fabric, the fabric of the creation of man of Earth. If you wish an answer to any question, it is only necessary to base your knowledge on truth. This you can do through meditation. It is always available. It is not necessary to make a complex analysis.

There is a correct solution for every problem. Analyses based on the false fabric of your material world are short-lived, and the intellectual process that is so prevalent among the peoples of your planet is invariably based upon this falsity. It has been stated, "Know the truth, and the truth shall make you free." Free from what? Free from many things, my friends. Free from many, many things. For cutting yourselves off from truth begins to put more and more limitations upon you. It is a difficult thing to relay to you, because you have been accustomed to another way of thinking. You have been accustomed to the proposition of cause and effect.

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The cause, my friends, is the Creator. The effect is love. This is all that there is. This is the simplicity of the truth. Hear my words and understand them. Man was created with this truth within him. It is available to all men throughout all time. It is available through meditation.

It is not necessary to try to understand, in an intellectual way. It is only necessary to know. It is stated that you should know the truth to be free. The word that is used is "know." Know what the truth is, my friends. Know it. Meditation will provide this knowledge.

I will leave you now. I am Latui. Adonai vasu borragus. ♣

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Wednesday Meditation
January 16, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is once more a great privilege to be with you.

This instrument receives my thoughts, and relays them to you. These thoughts are not my exclusive property. They are the thoughts of an entire creation of our infinite Creator. It is not necessary for the instrument to be used for you to know these thoughts. They are available to all people in all places at all times, for they are the thoughts of the Creator. And these thoughts were meant for all of mankind, in all places. These thoughts are the thoughts with which the Creator created us.

These thoughts are very simple. They are a simplicity that is unique, for they are the very foundation of the creation. This is what we are attempting to give man on Earth, this original Thought. This is what he needs at this time. This Thought can only be approached using pure language. It is not a common concept among the people of your planet. This is the reason for their difficulties. The Creator never imagined difficulties in His creation. They are the product of man's erroneous thinking. We have said to you many times that meditation is necessary. Through this process of meditation, it is possible to know this Thought; we have called it love, but this can only be understood through meditation.

In an environment such as yours, meditation is of even greater importance than in an environment such as ours, for we have very, very little to overcome in our understanding of our fellow man. It is suggested, therefore, that through the process of daily meditation, you will develop an understanding of this Thought that created all of us.

I hope that I have been of service this evening. Adonai vasu borragus. ♣

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Thursday Meditation
January 17, 1974

(Unknown channeling)

I am Hatonn. I greet you in the love and the light of our infinite Creator. It is a great privilege to be with you this evening, as it is every evening.

I and my brothers are with you. We are with you because you desire our presence. Yet this statement is ambiguous, for we cannot be separated. Nothing in this creation can be separated from anything else. For everything is one thing.

Therefore, when I say to you that I am with you, it has more than one meaning. I am with this instrument in a direct sense with respect to his ability to understand an intellectual communication. I am with each of you in an equivalent way. It is not necessary for you to be able to receive my thoughts in an intellectual way. This is only convenient if they are to be passed in a verbal fashion to others, as I am doing now. However, the same thoughts are also yours, for they are everyone's. It is only a matter of whether or not you desire the thoughts.

Those of the people of your planet who do not desire the thoughts of those of us who now surround your planet are not obliged to receive them. This would be a great error on our part. Those of the people of your planet who desire these thoughts receive them. Whether they may be translated into a verbal form or not is of no particular consequence.

We of the Confederation of Planets in the Service of the Infinite Creator are preparing to launch a new attack upon your planet, an attack of love. If one is to attack with love, it is necessary that it be done with utmost care. The only possibility, if one is to attack with love, is that the ones attacked desire that they be attacked. More and more of the people of your planet have become aware of this attack. More and more of them are now welcoming this attack. For this reason, it is possible to accelerate our program.

Many of those that are at this time aware of some form of attack are not welcoming it. This results in our limitations. It is necessary that we do not in any way infringe upon those of your planet who do not desire the attack. Therefore, we must remain a mystery; a mystery that can be rejected by those who wish to reject our presence. We must, however, bring to more and more of those of your people who wish to accept us the truth and understanding that they deserve, that is theirs, that is all man's. For this was given to him by his Creator. We are merely agents, acting in a way to bring that which is desired to those who desire it.

I am aware that many of the people of your planet consider that we have wasted too much time in our attempts to awaken the slumbering population of your planet. We would greatly prefer to act much, much more rapidly, but the speed and the degree of

our activities must be regulated, not by us, but by you. The acceptance of us by the total population of this planet is the only governing principle that controls our activities.

We will, very shortly, increase these activities. More and more of our craft will be seen by the people of your planet. This can be done because they are beginning to accept us. We will do this in order that their curiosity will be stimulated. This curiosity will then lead them to seeking the truth of our presence. This truth is what they desire, even though they do not consciously realize it.

There will be a certain percentage of your population who will not desire, nor will they seek, knowledge of us. This we expect. This will limit us, but we will be able to act much more directly in the very near future. There has been, within the past few years, an increasing awareness of something outside the limitations of the material world which has held the people of your society for a very long time in a trance-like state. We are about our Father's business. We are about to give to many, many of the people of your planet the only thing that they need to progress. We are aware that many of you believe that we repeat ourselves too much. But we have actually only one thing to present to your people. This is truth, and it is very simple. If they would simply learn to accept this truth and utilize it, they would be free of their limitations. We have stated many times in our communications this truth, in many different ways. It is all that is needed. There is nothing more that is required, for once you are able to assimilate this knowledge, you are then in a position to know all things, for you are then in common with all of the creation. This is the way that you were created. Only through, shall I say, errors in experimentation with free will has man limited his thinking, and cut himself off from total knowledge.

The mind of man is not created so that it is isolated. It is created to be in contact with all consciousness at all times. It is possible through understanding, which is not intellectual in form, to realize the single truth that allows man of Earth to remove this limitation or separation from the infinite mind. It is only necessary that the individual avail himself to this infinite mind through the practice of daily meditation. It has been found by some of the people dwelling upon your planet. However, it was necessary for them to seek this mind through meditation.

At this time I would like to continue for a very short time on another subject. It is the subject of the principle of telepathic communications.

There are many ways of achieving a contact such as this one. There are several ways we can impress an intellectual thought upon an instrument. The form of contact that we are using most of the time with this instrument is a form that presents to him a concept, or a portion of a concept. He is able to use his own fabrications of language to describe the concept. At other times we use muscular control, to aid the instrument in forming words to fit the concepts impressed upon him. If the concept is of a totally new or different nature from his thinking or his realization in meditation, we use a great deal of muscular. control. If the concept is familiar to him, we allow him great leeway in his intellectual analysis of the concept, and therefore his verbalization of it.

You can experiment by saying a word to yourself without speaking. You will hear it in your mind. One part of your mind has said the word, and another part has heard it, although you have made no sound. It is possible for two, or more, or all minds to work in this manner. It is necessary that they don't, for this could result in an unimaginable confusion and constant noise in the mind. However, it is possible, by willing it to, just as you hear the unspoken word that you have thought in your mind, to direct the same word to another mind. It is also possible to direct a muscular action, a response, to another mind. It is also possible to impress an intellectual concept upon another mind. It is also possible to impress a non-intellectual concept upon another mind.

These are just a few of the simple principles of communication, mind-to-mind. We have some difficulty at times, and there is confusion. This instrument is aware of the possibility of generating thoughts and repeating them as if they were from a source external to him. My friends, I have stated earlier that there in only one source. It is the Creator.

There are seven planets in your solar system that are now inhabited by our craft and our people. Many of these would not be seen if you were to go to these planets. However, some would. There are a great number of us who are very interested in this solar

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system at this time. We are very interested in your planet at this time. We will be in your skies on the first day of the coming month. You will be aware of our presence at that time. I have attempted to give this instrument certain thoughts this evening that are difficult to relay. I am going to leave him now, for he is fatigued. I am Hatonn. Adonai vasu. ♣

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Monday Meditation

January 21, 1974

(Carla channeling)

[I am Hatonn.] … begins with an understanding of the Father.

My friends, of what substance is the universe made? We have told you that this substance is light. You may also call this substance energy, vibration [or] consciousness. And yet, my friends, by itself, this substance, this fundamental unitary substance would remain in an uncorporate state. The shaping force, my friends, is love.

And so we greet you in love and light. For there is nothing but these two substances which are, in fact, two aspects of the single building block of the physical and the spiritual universe. You, my friends, in your spiritual reality are articulated light shaped by love in such a way that you possess freedom and desire. Your light is shaped by the love of freedom and the love of desire.

Before we even consider that which you have called reincarnation, we simply say to you again, you are not in multiple, or a put together device. You are one being, part and parcel of the great universe which is the Creation. And your basic desire is shaped towards reunion with your Creator.

You are love and light—and yet, you have freedom. This is your spiritual reality: that you are a being articulated in light and fashioned in love, by your very nature destined to progress back towards your point of origin which is the Creator. But also, by your very nature having the freedom to choose just when you will decide to make that journey.

My friends, universes, such as the one you are now experiencing, are environments for beings, such as yourselves, to experience and enjoy. In order that each being may freely exercise each choice which is his, reincarnation, therefore, is not inevitable but will occur within beings, such as yourselves, if further experience within the physical is desired or if a being desires to be of service within the physical manifestation.

The mechanism by which this is done has been explained in many ways. And, although the instrument which I am using is not familiar, at all, with the material which she was shown, we accept the material as being what you may call a fairly good stab at analyzing that which seems like a process, but which is actually much simpler than a process. There are other explanations. The most familiar explanation to this instrument is the division of the deity into the Father, the Son, and the Holy Spirit. In this case, that which is known as the Holy Spirit would serve as aid within the physical and spiritual meeting place so that soul and body could join. Let us simply say that whatever those who analyze desire to call the various forms of energy which are used during the mechanism of reincarnation, each is a

manifestation of love, shaping light in such a way that the soul may have the experiences which it desires.

We would like to comment, also, about the use of the term morality. We will simply say this, and you may take for what it is worth. It is difficult to understand intellectually. My friends, there is no morality. There is only love. If you will radiate love for all, you will never need to know what is right and what is wrong. The entire difficulty with morality is due to a desire to follow rules rather than a desire to follow the Father. Meditation, correctly pursued, quickly shows the basic simplicity of the way of the Father. That which you term moral decision is within each and available to all. No matter what the conscious frame of mind, and no matter how many chances have been missed, that which is redeeming lies always within, and not one bit has been taken away from anyone.

This, only, we would adjust within the scheme which you presented for our appraisal. Each of us is perfect. Manifestations often do not indicate our knowledge of our perfection. But this, my friends, may be corrected from within.

I am aware that there do remain questions, but I think, at this time, I will simply ask for further questions.

Questioner: *(Inaudible)*.

I was aware that you might wish that this be accomplished. I am very pleased to have had this chance to aid you. I would like to encourage you. I can say no more. But let it be known that we are with you at all times.

I will leave this instrument if there are no further questions.

(Pause)

I am Hatonn. My brothers and I greet you and say farewell. ♣

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Monday Meditation
January 21, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you again this evening. It is always a very great privilege to speak.

We of the Confederation of Planets in the Service of the Infinite Creator are here for the purpose of speaking with you and giving you directly our thoughts as you meditate. These thoughts are yours to accept or reject. They are constantly available to you. It is only necessary that you desire them, if you wish them. This is our service to people of the planet Earth at this time. This is not our only service, but it is our most important service.

Why are your people at this time not very interested in these thoughts? We have said, time and time again, that thoughts of this nature are what the people of this planet need. And yet they show very little interest. This puzzled us at first, until we became more familiar with the reasons for the thinking of the population in general of this planet. We are now aware of some of the problems involved in bringing truth and understanding to a people so very long in the darkness that has been generated by those that have gone before them in the history of this planet.

It is a very difficult thing to change thousands of years of erroneous thinking in a very short time. It is something that we will not be totally successful in doing. However, we will be, and we have been, partially successful in bringing certain [information] to those who would desire it. This is the key, my friends: desire. If the individual does not desire what we have to bring to him, then he will not receive it. This is exactly how the creation is designed: so that each entity, no matter where he is or who he is or what he is, will got exactly what he desires.

Unfortunately, in some places certain actions of one entity with respect to another cause an infringement that was never designed by our Creator. This results in a discrepancy in the plan of the creation, and creates unfortunate situations, as it has upon your planet. It is necessary for man on planet Earth to realize this, and to individually correct his understanding of himself, in order to bring himself back into alignment with the plan and design of our Creator.

Each individual must make up his mind, and he must do it now. He must decide whether he is going to attempt to understand and to serve in the light of the infinite, or whether he is going to seek for himself, and follow a pathway that has been laid down for him by man on Earth, rather than that provided by the Creator of us all.

It is very necessary that the people of this planet at this time be made aware of the plan and the design

of their Creator. Without this awareness, they may continue in their erroneous and unintelligent ways of acting. Each individual will interpret information given to him in a slightly different way, if it is of an intellectual nature. Some individuals will not be able to interpret information of this type at all. This is why it is so necessary that man of Earth at this time meditate and go within. For that which he obtains in this fashion will be information which is not of an intellectual nature. It will be the truth, the understanding of the original creation. Within every individual in the universe is this knowledge. It is only necessary to seek it out through meditation. If this is done, there will be no question in the mind of the individual. There will be no need for interpretation of information, for this is not of an intellectual nature.

Man on Earth considers that he has many problems. But these problems are not reality. They are an illusion, developed by his thinking. Nothing in this universe follows the laws man on Earth considers the laws of the generation of events. I have stated before that the only cause is the Creator. Man on Earth interprets cause and effect in a very illusory manner. This is not the way that the creation is designed; it is not the way the Creation works. It is only necessary that an individual give forth love and light. If this is done, this is what will be returned to him. It is not necessary to consider complex propositions and plans in order to reach an objective that is assumed to be of great benefit. It is only necessary that you generate the love that is amply provided by the Creator of us all.

This is how we were meant to live. Man on Earth has forgotten this very simple principle. He believed that he can generate, through plans and activities, great pleasure that will come to him as a result of these plans and activities. And then he goes forth and does these things in great complexity. And very seldom does he glory in their product, but he does not learn, for he does not meditate. For within him is the truth, the truth of the pathway to the ecstasy that awaits him. It is not a complex pathway. It is not a product of his intellect, or of his ability to act in the physical, producing great changes in the many things that he desired for his pleasure.

The pathway, my friends, is simply love, a total and universal love, expressed for all things and all peoples, and demonstrated daily in his activities and thoughts. And then, my friends, everything is returned. And this love that he generates is reflected on him a thousand-fold. For this is the plan, this is the design. This is the gift of the Father. It is so very simple, for the Father is very simple. He did not mean for His children to find it necessary to generate complexities in order to achieve the state of ecstasy that He designed for them.

It is only man on this planet that has become confused, and drifted away from this knowledge. This knowledge is deep within you. It is part of you. It is part of everything that exists. Seek this knowledge within yourself. And then, go forth in your daily activities demonstrating to your fellow man this knowledge, and it will be reflected one thousandfold.

It has been a very great privilege to be with you this evening, and I hope that I have been able to give to you some understanding of that which man on planet Earth so badly desires and needs, an understanding of the principle of love. I am Hatonn. Adonai vasu. ♣

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Wednesday Meditation
January 23, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is once more a great privilege to be with you. It is unfortunate that I was unable to use either of the instruments the previous evening. However, anyone who wishes to continue availing himself to my contact will be successful.

We of the Confederation of Planets in the Service of the Infinite Creator have used this method of contact in many, many places, with many, many people. Upon your planet at present there are people in almost all areas that are receiving our communications. There are many of these people who do not understand what is happening to them. They do not understand who we are, as do you. They simply receive communications. The reason they have no idea who we are is that they have no concept of people coming to them from the stars.

This is unimportant. The only thing that is important is that they understand the message that we give to them: the message of love and brotherhood. There are many other people who receive our messages who do understand our identification. In this case, it is also only important that they understand the message that we bring to them. This is what we are here for: to bring this simple, single message. This is what is necessary for the people of your planet to learn at this time.

We of the Confederation have lived an example of this knowledge for many, many of your years. We are totally aware of the results of living the type of life that results from the understanding of the principle of love. We are not unwise in our attempt to give these principles to you, for we have experienced the effect of using these for quite some time.

I am aware that these principles are not understood by the people of your planet, not even the people who have been given them directly, through channels such as this one. There seems to be a barrier to this understanding that has been generated through thousands of years of an ignorance of these truths. This barrier is so solid at this time that it is very difficult, even for those who desire this knowledge, to accept it and put it to use. They are able to hear the words and understand them, and even though they agree totally with the concepts that we present, they are still unable to assimilate them into their own thinking. We have suggested many times that in order to assimilate this knowledge into your thinking it is necessary that you meditate. But this is something that is also misunderstood.

It is extremely difficult for the people of this planet to remove their thinking from the hypnotic state

that has been created. Everything that they experience is created by their own thinking. You cannot experience something that you cannot think, because this is all that there is: there is nothing but thought. It is found in many forms and expressions, but thought is the source of all that there is: the thought of the Creator.

And this is what you are. And you are able, like the Creator, to generate thought. The thought that you generate is your responsibility. The people of this planet each generates thought, and communicates these thoughts to others. If the thoughts that are generated are of a low quality, then they will in turn generate low-quality thoughts in others. This is a self-perpetuating action. And this is the reason for the strife and confusion that is so abundant with the people of this planet. It is erroneous to say that you cannot do anything about the situation as complex as this one which has been created by millions and millions of minds through thousands and thousands of years. It is only necessary that the individual remove himself in thought from this sea of confusion, and express himself in the true love and light of the infinite Creator.

This may be done at any time. It is up to the individual. If he desires to do this, then it is only necessary that he do it. This has been demonstrated to the people of this planet many times in the past by the teachers who were here to demonstrate to the people of Earth life and the expressions of the Creator as they were intended. It is a very simple lesson, but man on Earth desires to ignore this. Very few accept these teachings and stand in the light and express only the love and understanding of the Creator of us all.

This is unfortunate. It is a situation that we who are in the service of our infinite Creator are attempting to remedy, by giving instructions which are not only verbal, and which have difficulty in penetrating the barrier which the mind has erected, but instructions of a nature that will bypass this intellectual barrier and reach the spiritual self directly. This is done, of course, during the process of meditation. This is why we have stated for so many years that meditation is extremely important. It is only necessary that you avail yourself to these concepts for those concepts to begin to cause the individual to realize once more his proper stature and position in the Creator's scheme of things. It was stated by your last great teacher, "Know ye not that ye are Gods?" This man understood the true created purpose of all of mankind.

Why is it necessary for people, especially people who have been made aware of truth through their seeking, to stop short of achieving the knowledge of their true created purpose and being? We have been puzzled at times by the inability of the people in general of this planet to be awakened to this simple truth. We suggest that it is necessary to maintain a continual awareness of your objective. We suggest that that objective is to realize your true position in the creation, and then to act in a manner intended by the Creator. In order to do this, it will be necessary that a considerable effort be put forth. We find that the state of hypnosis brought about by the evolution of thought of the people of this planet is so great that if an individual is to free himself from it, it is necessary for him to maintain a constant awareness of his spiritual nature and purpose, and to augment this awareness with meditation. The effort put forth to do this will be much more rewarding than any other activity that the individual can engage in.

This step must be successfully made by each individual of this planet at some time or other. Wouldn't it be reasonable to do it at the earliest possible time, for it is an extremely beneficial step. We would suggest that if progress is seemingly slow, then additional meditation may be necessary, for only in this way can the people of planet Earth free themselves from the erroneous thoughts that have been impressed upon them for so very long.

I hope that I have been of service this evening. At this time, I would accept most gladly a question.

(Pause)

If there are no questions, I leave you at this time. I leave you in the love and the light of our infinite Creator. It is all around you. It is you, as it is I. Open your minds and your hearts, and let it fill you with its love. Adonai vasu. ♣

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Friday Meditation
January 25, 1974

(Unknown channeling)

I am Hatonn. I greet you at this time in the light and the love of the infinite Creator. I would speak to you at this time concerning spiritual development.

Daily meditation is a necessity. As we near the climax … of this chapter in your planet's development, the vibratory rate will steadily increase until your planet …

(Transcript ends.) ♣

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Saturday Meditation
January 26, 1974

(Unknown channeling)

I am Laitos. I greet you in the love and in the light of our infinite Creator. I will condition each of you. I will speak through the instrument known as R.

(R channeling)

I am Laitos. I would speak to you at this time regarding your personal daily meditations. This is becoming increasingly necessary as we near the coming events upon your planet. I will be with you upon request, for this is our purpose, to serve. There is some difficulty in this channel receiving my thoughts.

(Pause)

(Unknown channeling)

I am again with this instrument. I am sorry for the difficulty, but it will be remedied. Please bear with me.

(Pause)

(R channeling)

I am again with this channel. Your daily meditation is necessary in order that the veil might be lifted, and all things which you have been promised will be shown. This higher vibration will enable you to perform such things as healing with little difficulty. Again there is some difficulty with this channel.

(Unknown channeling)

I am Hatonn. I am with this instrument. I am Hatonn. I greet you, my friends, in the love and the light of the infinite Creator. It is a great privilege to be with you this evening. We are very happy to see that one more channel is being developed. My brother Laitos will continue to work with the one called R until he receives our thoughts as clearly as this channel. It is actually a very simple process, and requires only that you continue in your meditation, availing yourself to our contact.

We of the Confederation of Planets in the Service of the Infinite Creator are experienced with this form of communication, and we can say at this time that each of you in this room will be able to receive our thoughts with little difficulty in the near future.

I would like to speak with you today about a subject that concerns your very near future. I would first like to speak to you about the definition of this term, "future." You see the future as something that will come to you. We see the future as an event that is presently here. This is a difficult thing to translate into your language, but I will attempt to give you an understanding of what you know as time.

Time, my friends, is an illusion. The creation is, in fact, timeless. You are at a particular point in the evolution of the creation. There seems to be a progression of time. But there is actually a

continuing stream of consciousness. It is only necessary to displace yourself along this stream of consciousness to be at any point along the stream that you call time.

In other words, it is possible to move through time as you understand movement through space. Each of these concepts is as real as the other. We have stated to you previously that there is one place and there is one time. This place and this time are the creation. We are able to move through space. We are also able to move through time, for in actuality these things are the same thing: they are the creation.

The illusion that is now impressed upon you because of your limitations in a physical condition, as you call it, are limitations that are not at all ordinary. They are limitations that are impressed upon those who desire them for certain experiences. Each individual in this creation is able to select precisely what he desires. This is exactly the plan of the Creator. He not only gave man free will, but he also gave man the ability to select exactly what he desired. There are many, many paths to take through this creation—in actuality, an infinite number—and the choice is always left up to the individual.

Some of those who have explored have explored in a direction that led them away from the all-knowing One, the all-loving One, the Creator. In wandering away, there were conditions encountered that were at that time desired by the individual who was wandering. But as he wandered farther and farther, he became more and more immersed in an illusion that he created. This illusion is at present so very strong that many of the children of the Creator find themselves confused and unable to easily find the pathway back to the infinite light.

It is necessary that they realize for themselves how to do this, for the principle given to them by their Creator is still totally in effect. It allows them to do precisely what they desire. It is therefore necessary that they realize for themselves what they desire, and then it is necessary that they seek this realization. In order to do this, it is necessary that they become aware of the techniques of bringing about this understanding. This is our purpose, at the present time: to help those who are presently seeking the pathway that will return them to the love and the light that they now desire. It is necessary for us to help those who desire this, in order to act within the plan of the creation. It is necessary also that we do not overly disturb those who do not overly desire at this time such activity.

For this reason, we are somewhat limited in our abilities to reach out to the people of this planet at this time. It is possible for you to eliminate certain conditions that you are now experiencing, and it is possible for us to help you do this. We are acquainted with certain aspects of what you would call the future because of an ability to move not only in space, but in time. However, due to the action of the freedom of desire that was given to each of the Creator's children, it is possible for them to cause alterations in the stream of consciousness, and therefore, as events change due to these desires in what you know as the present, so do they change in what you know as the future.

It is therefore not possible to travel through time in exactly the same sense that you travel in space, for it has properties that are dependent on the action of free will, just as special properties are dependent upon this action. Time and space are in many way very similar in their properties, and we are aware of the nature of action, not only in space but also in time. We would attempt to give you aid in understanding how to free yourself from the illusion of being trapped in a continuous and unchanging stream of time, for this is an illusion, an illusion that has been sought by a large number of individuals.

It is difficult to relay to you these concepts, for they are not at all familiar within the illusion that you now enjoy. I have spoken of this at this time to give you some clue to the problem of living as you do. The illusion is so strong that you become accustomed to understanding events in a way that is not at all real. You become accustomed to a relationship between the illusion of past, present and future that is not actually real.

In the past, many of your people have traveled in the dimension of time. Many are experiencing this dimension now in what you know as dreams. We who are aware of the possibility of traveling in both space and time find that an additional understanding allows for an instantaneous or immediate transportation [of one portion] of the creation to any other. This how you were created, with total freedom.

I am going to leave you at this time, and allow another of my brothers to speak using either

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instrument. I hope that I have been of some service in attempting to bring to you some understanding of a subject that is quite difficult for you at this time to realize.

I am Hatonn. I leave you in the love and light of our infinite Creator.

(Pause)

(Unknown channeling)

I am Hatonn. I am with this instrument. I greet you once more, my friends, in the love and the light of our infinite Creator. It is a privilege to speak with you once more. My brother Laitos was attempting to use the instrument known as R. However, there were certain difficulties.

I am going to speak with you at this time on another subject. I am at this time in a craft that is high above your planet. You may ask why we utilize craft, if we are able to travel through space and time. My friends, there are many things to be experienced in this creation. There are many things of different natures, and we, as you, enjoy experiences of different natures. We are able to move in space, as you do, using craft. We are able to move in time, as I have just spoken to you, using nothing but our understanding. Both of these concepts or realms were meant to be utilized by the children of the Father. This is why there are so many of our craft near your planet at this time. It is possible to get here from elsewhere by moving through that dimension you know as time. This is why we state that there is only one place, and that is the creation, for you may move from one place in the creation to any other place using the dimension you know as time. In actuality, you are in the same place. Also in actuality you are in two different places. It depends upon your awareness.

There is much about this creation that the people of your planet are not aware. I have stated that the principles are extremely simple. Everything is provided for the individual. All knowledge is yours. It is only necessary that you seek it out within you. Everything that we do is within the abilities of everyone else. All of the people of your planet are also able to do all of these things. It is only necessary that they return to an awareness of these abilities. This awareness is an awareness of the love and understanding that they were originally created with. This is the only thing that blocks them from their abilities and their knowledge. It is recommended, therefore, that through meditation it is possible to regain this knowledge and these abilities. For this reason, we continually impress upon you the need for meditation, and the need for understanding your fellow men. For only through this process can you return to your rightful position.

The people of your planet are not aware of the simplicity of this process. If they could learn how very simple it is, and not forget this, then they would not any longer have the difficulties that they experience. I must be very emphatic about this, that the entire process is of an extremely simple nature. It is only necessary that the individual realize that he is a part of the creation, and that the creation is one single thing, and that in so being, he and all of his brothers and sisters throughout all space are one being. This realization will result in an ability to demonstrate only one reaction to anything: that reaction will be love.

It is extremely simple. First it is necessary to realize your relationship with everything that exists. It is then impossible to realize anything but love. This is the realization of the Creator. This is the principle upon which everything was created. It is that orientation of mind that is necessary to know all knowledge and to demonstrate all of the things that were intended for you to demonstrate through the expression of the Creator's love.

Do these simple things. Do not sway from this understanding and this love. Do this, and only this, and you will reach a state of ecstasy that is enjoyed by all of those of the Creator's children that are living in His light.

I cannot overemphasize this simple truth. It is easy for an individual to forget this truth in his daily activities, especially in an environment such as the one you experience at this time. However, it is possible to overcome the illusions that are impressed upon you by your present environment, and when this is done, you will know and feel the intense love of the Creator, and then you will know that you have found the pathway that leads to Him.

This has been stated to you many, many times. This has been given to the people of this planet by many, many teachers. It has been stated in many, many ways. And yet it is so easily forgotten. Do not forgot this. It is what you desire. We are in a position to

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know what you desire. If you did not desire this, we could not tell you this. We could not say to you that you should do these things, for this would be against the will of the Creator.

Remember these simple teachings. Remember them throughout each instant of your daily activities and express the principle of love. This is all that is necessary. This can be done if you remain constantly aware of the need for doing it. In order to remain aware of this need, it is necessary to meditate. Do this, and join us in the kingdom of heaven, for this was what was meant for you. This is what is your destiny. It is what you desire. There is a strong illusion, which is in a way a test of your abilities, and this test was designed by you, for you are always the recipient of that which you desire.

Do not falter and do not reject that which you desire. Remain aware of your true desire. And express it through love.

I hope that I have been of some assistance in reminding you of that which each of you is seeking. I will leave this instrument at this time. I am Hatonn. Adonai vasu. ♣

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Sunday Meditation
January 27, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. I and my brothers in space, as you call it, are here with you. Yes, we are here in space, and we are also here. This is a concept that is not too familiar with your peoples, that it is possible to be in more than one place at one time. However, we have told you that there is only one place. There is an ambiguity of concept when viewed from your limited state of awareness which you presently enjoy. However, it is possible to be, from your point of view, in two places or many places at one time. To us, they are all the same place.

This concept is not entirely new to the people of your planet, although it is not understood but by a very few of them. It is necessary that an individual reach an understanding of the reality of the unity of the creation in order to understand the reality of this concept.

There are many ways to state in an intellectual way this idea, but it is more revealing to experience it. This experience is available to all of the Creator's children. It was how they were originally created. Only through your own desires have you cut yourself off from the ability to experience the reality that is all about you. It is not necessary to be limited as you are. It was not intended that you be so limited. It is only your desire that you be so. It is a simple process to free yourself from the thinking that limits the people of this planet to their present locations. These locations are simply a consequence of their thinking, since in actuality, all places are one place.

This does not seem possible to most of the people of your planet. However, this condition is the true condition. The dimensions of the creation that you experience in your present form and understanding seem to be of such a magnitude that it would be impossible for you to travel through any great distance. We do not have these limitations. The reason for our lack of these limitation is simply our understanding of the truth of the concept of total oneness. This oneness is the original Thought that was provided all of the children of the Creator. Return to this Thought. Have no other thought but this Thought: a Thought of total and complete love. This will enable you to know all of the fruits of our infinite Creator.

I hope that I have been of help this evening. I am Hatonn. Adonai vasu borragus.

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Friday Meditation
February 1, 1974

(Unknown channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. It is a great privilege to be with you. We of the Confederation of Planets in the Service of the Infinite Creator are at all times at your service, for to serve you is to serve ourselves. We have stated this to you, but at this time I wish to state it once more: to serve you is to serve ourselves. This truth is not only what you might call a philosophical truth, it is also a truth that is of a direct physical nature. Its origins, although [they] may lie within the realms of the philosophical nature of the creation, do in fact take their action within what you know as the physical or material expressions of the creation.

This is how the creation functions. It was initially conceived by our Creator to be of a property so as to reflect the impressions given to it by man. It was so designed as to express his desires in any way that he chose. There are various levels or densities in this creation; levels and densities that are not yet suspected by your physical scientists. Each of these levels is expressing the desires of those of the Creator's children who are acting within it. Each level or density is moldable or may be acted upon by the thoughts of the individuals within it to a greater or in some cases a lesser extent than that appreciated by those who dwell upon the surface of your planet at this time. It is only necessary to desire an effect to create it. This is what the Creator of us all provided for us. This is not understood at present by the population of the surface of your planet. However, it is in actuality the truth of the Creation that they are experiencing at this time. The conditions that you experience in your daily activities are a result of your thinking and the thinking of those about you and others on your surface.

There are also effects manifesting upon Earth's surface that are caused by the thinking of those who occupy other levels of existence within the physical boundaries of your planet's mental system. It in much more obvious to us that this statement with respect to the physical manipulation created by mind is a true and active portion of reality than it is to the people on the surface of this planet at this time.

Everything that you experience has been created by mind. It is in some instances obvious that this is true. In others, it is less obvious. If you consider the creations of man, whatever they may be—his cities, his homes or factories, or vehicles for conveyance—all of these things are expressions of his thought. They have been brought into existence through a physical manipulation of his physical body. However, they are no less a direct manifestation of thought.

We have stated that the entire creation is an expression of thought, the original Thought of the

Creator. It is possible for you to appreciate this statement by considering what is in evidence about you. About you, you find the expressions and manifestations of the creations of man. This preoccupies most of the people of this planet. In addition to those creations, you find the expressions and creations of the Creator. However, upon considering this, it should be noted that man is an expression and a creation of the Creator. Therefore, his creations are simply an extension of the original Thought and the original creation of the Creator. It is therefore evident that all creations throughout this infinite creation are the works, in either a direct or indirect sense, of the Creator of us all.

It is unfortunate that the people of this planet are unaware of the principles that are provided for the extension of the principle of creation. Our Creator provided each of His children with abilities quite similar to His own. Each of you has within you these abilities. They are not possible to be removed. They are within all of the children of the Creator, and will always remain with them. It was so designed by our Creator. He wished for all of His children to have and to use the abilities to govern and mold their environments at will. Unfortunately, the people of this planet have forgotten the principle that was within each of them. It is only necessary that this principle be remembered for each of the children of our Creator to fully manifest them. The teacher that was known to you as Jesus was able to use many more of the abilities than the people of this planet. He was no different from any of you. He simply was able to remember certain principles. These principles are not at all complex. They are very simple.

And an understanding of these principles is what we of the Confederation of Planets in the Service of Our Infinite Creator are attempting to give to the people of this planet who would desire them at this time.

Those principles are not necessarily of an intellectual nature. They are of extreme simplicity, and may be realized by anyone at any time. It is only necessary that you avail yourself to our contact through meditation in order to begin to re-realize that which is rightfully yours: the truth of the creation and the truth of your position in it.

Unfortunately, on this planet there is what we might term as interference. This interference occurs because of erroneous thoughts that are manifested in most of the areas of your planet. These erroneous thoughts are of a nature so as to cause a problem in the realization of truth. These erroneous thoughts must be totally obliterated from the thinking of an individual if he is to be successful in returning to the original thinking with which he was created.

We have attempted many times to suggest to you that this original thinking is one of total love and brotherhood. This is not enough. It is very difficult for the people of this planet to understand these concepts in an intellectual way. They have for a very long period of time been mentally conditioned by erroneous thinking, so that they cannot easily become intellectually aware of the principles that are simplicity and truth themselves.

It is therefore suggested that the intellectual mind be circumnavigated, and the principles be directly communicated to the soul or spiritual mind through the mechanism of telepathic impression in a non-intellectual or a conceptual sense. This we have found to be highly effective with respect to any attempt to get from an intellectual thought to a deeper understanding and awareness of the truth of the principles of our infinite Creator. It is for this reason that we have asked that the individuals who wish to understand these truths avail themselves in daily meditation, so that these impressions may be analyzed by them at a deeper level, and therefore a true and complete understanding be arrived at.

If this process of daily meditation will be continued, then each of those who avail themselves to this will find that they begin to become aware of things about them in a new sense, and that they find that they begin to appreciate the true creation in a greater and more beautiful way.

I hope that I have been of service in attempting to communicate to you the importance of daily meditation, and what the benefits and goals are, for this is the road to the future. This is where you are going to be. It is only necessary that you go. This is where all of mankind will eventually be. We extend our hands so that we may assist our brothers, wherever we find them, to find their way back to the light that was created for them.

I will at this time leave the instrument. I hope that this communication has been helpful. I am Hatonn. I leave you in the love and in the light of our infinite Creator. Adonai vasu. ♣

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Saturday Meditation
February 2, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is once more a great privilege to speak with you. We of the Confederation of Planets in the Service of the Infinite Creator are always most privileged to speak with any of those of your planet who would hear us.

This privilege, my friends, is one that is given to us, and it is a privilege that we accept with great gladness, for this opportunity to serve our fellow man is a rare one. It is not often that it is possible for us to directly aid our fellow beings in such an important way. The people of your planet view service in many ways. However, my friends, we of the Confederation of Planets in the Service of Our Infinite Creator view service somewhat differently than most of those who dwell upon your surface.

Service, my friends, is an extremely difficult task to perform effectively. It is necessary first to define the objectives of true service in order to understand how one may serve. There are two classifications under which all services may be divided. The first classification includes those services that are of a transient or unlasting nature. These are the services that you perform in your daily activities for your fellow man, and they are truly services.

But there is a test that may be administered in order to determine whether the service performed is of a transient or unlasting nature, or whether it should fall into the second classification, which includes all services of a permanent and not transient nature. The test is to determine whether or not the service is of such a nature to cause spiritual growth for the one served. This, my friends—whether it is known to the individual or whether he has forgotten—is in truth his only real objective.

The people of your planet are, for the most part, in a state of ignorance with respect to their real objective, which is the evolvement of their spiritual awareness. This, then, is what must be served if the second classification for service is to be met.

Each of these two classifications are desirable, and we would like to perform for the people of your planet acts which would be classified under both classifications. However, since we are aware that the second classification is by far the more important of the types of services that may be performed, it is necessary at this time to postpone performances of services of a direct way, to aid in a physical or more transient nature. We are quite fortunate that we are able to act as we are doing now, to provide the people of this planet with information that they may use in order to augment their seeking in a spiritual sense.

It is necessary that [if] an individual is to make progress in a spiritual sense, that it be a result of an

inner-directed seeking of his own, rather than an outer-directed commandment given to him by an organization of a religious or other nature. For this reason, it is necessary that we do not make ourselves too generally known and accepted by the people of your planet. If we were to do this, then the inner direction of their seeking would be for the most part lost.

This is the basic reason for the conditions that you experience in your present physical environment. These conditions have been selected by yourselves, and by others, and they are a natural consequence of the creation, so as to act upon the consciousness of the individuals and create an atmosphere which will produce the inner-directed seeking for truth of which I spoke.

Unfortunately, many of the people of this planet at this time are so involved in activities that are of an extremely transient and unimportant nature that they do not have opportunities for experiencing the growth of an awareness that is necessary in order to accomplish the seeking that they actually desire.

We of the Confederation of Planets in the Service of the Infinite Creator have attempted to balance between too much exposure of our craft to the people of this planet and too little exposure. If we were to become too much a common phenomenon, so that our presence was beyond question, then we would eliminate, at least in part, a large interest in seeking for spiritual truth. This may seem to be a strange or unusual point of view, but we have observed this in the past, and since the basic reason for the physical isolation of a people such as yourselves is to cause an inner-directed seeking, then it is evident to us that we should follow, as closely as possible, this plan.

Our craft, and our people, have visited this planet many, many times in the past. This was done only after the civilization that we visited was ready to accept us. This was done only after the civilization had reached a satisfactory level of inner-directed seeking of the truth of the creation, and therefore it was displaying the principles of love and brotherhood that is the product of this seeking.

We are at this time forced by conditions over which we have no control to visit the civilizations of your world, even though they have not reached a state of spiritual awareness satisfactorily high enough for our contact. We are aware that some of the people of this planet are, however, already sufficiently aware of their spiritual nature and are sufficient}y demonstrating the love and brotherhood that is necessary for our contact. This presents a problem. The problem is that we must approach a part of the peoples of his planet without distressing the rest.

We are attempting to do this. It is necessary that the evidence of our visits and our communications be of such a nature that it can be rejected or accepted by anyone who is exposed to it. There will be, unfortunately, a degree of infringement upon those [of] the people of this planet who do not wish to accept our contact. This is an unfortunate condition, but it is one with which we must deal, since at this time it is necessary that those of the people of this planet who are seeking truth be given truth.

It will not be necessary to prove to these people that what we are giving them is truth, for if an individual has reached an understanding of truth through the inner-directed seeking of which I spoke, then he will recognize this truth when it is given to him. It is therefore only necessary that we, by some means that will not disturb those not seeking our contact, give to the rest of the people of your planet that which they seek in a form that is suitable.

This, then, is our service: to lend a helping hand up the ladder of spiritual evolution to that part of the people of this planet at this particular time, a time that is unique in the history of this planet; a time that must be dealt with in a more direct and forceful way than previous times and experiences in the history of this planet. We are extremely privileged in being able to offer this service to those who seek it, and our service is largely given to them through the process of their daily meditation. If they are to avail themselves to this service, it is necessary that they do so through meditation.

At this time I will leave this instrument. But I am always with each of you, and I am always at your service in your seeking of the love and the light that is the true creation. I am Hatonn. Adonai vasu. ♣

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Sunday Meditation
February 3, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is once more a great privilege to be with you.

I am aware of the subject of which you have requested that I speak tonight. We of the Confederation of Planets in the Service of the Infinite Creator are always available to you for information and guidance on subjects of this and other natures. It is of great privilege to be of service in attempting to give you our viewpoints. We hope that these viewpoints will be of benefit in your understanding of the truth that is in you.

This is where we obtain the answer to questions such as the one you have asked. It is possible for you, like us, to directly find these answers, for they are within you as they are within everyone. However, we realize that conditions on your planet sometimes make it difficult to readily accomplish this understanding of truth that is abundant for all of us.

For this reason we endeavor to use instruments such as this one to help in guiding you so that you may, using the information that we present, find similar truths within your own consciousness, for these truths are the ones that are of great value. We only hope to remind you that you have these within you. We only hope to help guide you to a remembrance of what you seek.

There is no necessity to establish within one's thinking an appreciation of self. For this presupposes that it is possible to separate self from the entire creation. If one appreciates any part of the creation, then one appreciates self, for they are one and the same thing. The elimination of the concept of self is an important one in your spiritual seeking. It is necessary only to appreciate the Creator and His product, the creation. In appreciating any part of the Creation, one must appreciate all parts, for they are inseparable.

It is therefore important to act in unison with the creation rather than out of harmony due to a lack of confidence in a state of oneness. It is possible to achieve this understanding of oneness with all by availing yourself to this knowledge and understanding through the process of daily meditation.

We of the Confederation of Planets in the Service of the Infinite Creator extend our hand to the people of this planet. It is not necessary that we appreciate ourselves in our attempts to serve. It is only necessary that we serve. This will be appreciated by the Creator, for, my friends, the Creator is all that there is. It is as impossible to separate the Creator from the creation as it is impossible to separate yourself from the creation.

Appreciate, then, this unity. Appreciate your oneness with the Creator and the creation. If this is done, then other objectives will be of very little value. For this is what the Creator meant for all of the parts of the creation to do: to act in such a way as to serve. He did not specify this service, and He did not demand it. He simply provided the opportunity.

It is not necessary that you seek out opportunities to serve. It is only necessary that you serve as best you can as the opportunities present themselves. It is impossible to serve if one is not knowledgeable as to how to serve, and it is not possible in your particular state of awareness to know how to serve, unless this knowledge is sought through daily meditation.

The process, therefore, is quite simple. It is only necessary that an individual become aware of how to serve through meditation. It is then only necessary that he serve as the opportunities for service present themselves. If these simple tasks are performed, he is fulfilling all of the requirements that were specified by our Creator.

I hope that I have been of service tonight. I hope that I have been able to act as the opportunity presented itself. I am Hatonn. I leave you in the love and in the light of our infinite Creator. Adonai vasu.

(Pause)

(Unknown channeling)

I am Hatonn. I am again with this instrument. I greet you once more in the love and the light of our infinite Creator. It is always a very great privilege to be with you. Do not hesitate to call on me and my brothers for service, for this is why we are here. We are here to serve you. This is our only purpose.

In the fields of your planet grow many things that are edible. These things are given you by your Creator. They are given to you to sustain life in your present physical form. There is much wisdom in this arrangement. It is necessary for you, if you are to exist in a physical way as you know it, to sustain the body with food. However, the food that you select is up to you. There are some things in your environment that are impossible to eat. There is a very large variety of things that can be eaten. However, what is eaten is up to the individual. Selections may be made dependent upon his desire. The Creator provided for the fulfillment of desire, and it was His plan that each individual should have exactly what he would desire. We have said to you that it is necessary to meditate in order to understand. This understanding includes the understanding of desire.

I hope that I have been of service. It is only possible for me to say that with an understanding achieved through daily meditation, it is possible to fully understand desire. I will leave this instrument at this time. I am Hatonn. Adonai vasu. ♣

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Monday Meditation
February 4, 1974

Group question: Why do animals have to kill each other? Why do earthquakes have to kill people?

(Unknown channeling)

There is no death. There is experience. Each entity experiences what he desires. The concept of dominion is unclear. However, the concept of awareness is clear. Speaking with respect to the planet which you know enjoy, the higher degree of awareness is experienced by the people or individuals upon the planet. In this respect, they enjoy a dominion over the other forms of life. However, all the forms of life are one form: the Creator. They all express His love.

The concert of dominion, in the sense that there should be a separation by rank or privilege, was never a portion of the original Thought of our Creator. There are many experiences allowed the children of the Creator. There are many experiments which they may perform. However, there is only one truth, and it is the truth of unity and love.

You speak of the concept of vibration, and in your mind you think of various grades. We do not think in this manner. There are simply different experiences for an entity to choose. Different experiences, but the same creation. An infinite creation, experiencing an infinite number of experiences, separate but the same, graded but ungraded. Separated by vast distances, but all in the same place. Expressing many thoughts and desires, but being only one: the Thought and desire of the Creator.

(Tape ends.) ♣

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Saturday Meditation
February 9, 1974

(Unknown channeling)

I greet you, my friends, in the love and in the light of our infinite Creator. It is a very great privilege to speak with this group this evening. It is always a very great privilege to speak with the people of this planet.

We of the Confederation of Planets in the Service of the Infinite Creator are here for one purpose. That purpose is to communicate with the people of your planet. This communication takes many forms. However, the most important of these forms is that communication which you receive in your daily meditation.

We are able to use channels such as this one to communicate concepts for your intellectual evaluation. However, these concepts are always of a limited nature. We find, however, that it is helpful for many of those of your people who have not yet learned the necessity for daily meditation.

We will continue making contacts such as this one, and developing new channels for communication, and we will hope to reach more and more of the people of your planet as time progresses.

I am attempting at this time to use the channel known as R, for it is important for channels to become accustomed to this type of contact. And I will use this channel if there is a difficulty with communications through the instrument known as R. If he will avail himself to my contact at this time.

(R channeling)

My friends, as I was saying, the most important contacts are made during periods of meditation, and are more of a spiritual nature than of an intellectual one. It is our purpose to aid your peoples in their spiritual development through stimulating your peoples intellectually to seek truth. As we have said many times before, daily meditation, constant self-analysis, and love are the keys which open the doors to truth.

It has been said, "Seek and find. Seek and ye shall find." And this is so. I will now attempt to use the instrument known as M.

(Pause)

(Don channeling)

I am with this instrument. I am sorry, but the instrument known as M is expecting too much control. He will not receive the amount of control that some other of the instruments receive. He will be able to speak, however, using my thoughts. If he makes en error, I will use this instrument to correct it. He should have no fear of these problems. I will return to the one known as M, and continue to use him.

(M channeling)

I am now with this instrument. I am Hatonn. I greet you, my friends, in the love and light of our infinite Creator. As I speak through this instrument, I ask your patience and indulgence, as we are attempting to develop new channels for your group. This process takes time and patience, my friends. I am Hatonn.

(R channeling)

I am again with this instrument. This difficulty with the other new instrument will soon be alleviated. As I was saying, seek truth, and you must surely find it. Ask, and it will surely be given. These truths are in your sacred books. This is a law of the universe, for your desire sparks cause and effect.

(Don channeling)

I am with this instrument. I am Hatonn. Your desire, my friends, is the key to your existence. Your desire is extremely important, for the Creator planned that all of His children throughout all of the universe would get exactly what they desire. That is how the universe works. That is how the Creator planned it.

The people of your planet at this time do not understand this, though it is evident to us that this is the cause of all of the conditions that you enjoy on your planet. These conditions range from those that you would call enjoyable to those that you despise. However, my friends, all of these conditions are a result of desire. Man on Earth does not realize that he creates everything that he experiences through the mechanism of desire.

This, my friends, it why meditation is so very important at this time. It is because man on Earth does not understand his desires, and, since he does not understand his desires, he does not understand the gifts of the Creator. He interprets them quite erroneously. And, my friends, the Creator never planned for His children to be the recipients of that which they did not desire.

However, man on Earth is desiring things that he does not want. But he does not realize this. He can realize this, very simply, through the process of meditation. He may know himself and his true objective. That objective, my friends, is the same for all people throughout all of the creation, even though, as on your planet, they do not realize the objective. The objective, my friends, is the Creator. A return to Him. A return to the true creation.

Many of His children have wandered far from truth. They have forgotten that condition in which they were originally created. They have wandered from this condition due to a desire to experience other things. And these experiences have led them to other desires which have led them even farther from the original Truth.

Man on Earth at this time is in a state of ignorance with respect to the principle of desire. This principle has been stated many times. You know of it as, "Ask, and you shall receive." We say, "Knock, and the door shall be opened."

Open to what, my friends? Open to truth, a truth that will make you aware of what you actually desire. "Seek and ye shall find," it has been said. Seek this truth, and know your desire.

But first, my friends, it is necessary that you desire to seek. All of you here tonight desire to seek, and you are seeking. But many of your fellow beings upon the surface of this planet are not even aware of the possibility of seeking, or of the fruits of seeking. They continue living in a state of desire that is erroneous to that which their true being would achieve.

It is necessary that we make available to as many of the people of this planet as would receive our thoughts the principles upon which the creation actually functions. It is necessary for the people of this planet to understand the principle of desire. We were, for quite some time, confused about the conditions that are manifested upon your surface, and the reason for the turmoil. It took us some time to understand the state of total ignorance that is in evidence among your peoples. This is not a condition that is often found in this creation, for the Father has given to each of His children an understanding that is within them.

This understanding is within all of the peoples throughout all of space, and it is within the people of this planet. However, since they have not sought this understanding that is theirs, that is a part of them, they have continued in directions brought about by desires that have nothing to do with truth. Desires created by intellectual games played in their waking state. They come in contact with truth only during their sleeping state.

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And if they did not come in contact with their innermost thoughts at this time, they would long since have ceased to exist, for a being cannot long exist in a condition of total lack of the Creator's truth. For this reason you find it necessary to sleep. Sleep, my friends, is not a normal condition. It is something that the people of your planet do out of necessity.

Unfortunately, this condition of sleep does not totally satisfy the requirements that are necessary if the truth of the creation is to be revealed in its totality. It is therefore necessary, if they are to return to this truth, to avail themselves to it in dally meditation.

This, my friends, is why we cannot come directly to you, and land upon your surface and speak with you, for it would do no good. We must provide a spark, a clue, something for a start. A start of seeking, seeking that results in finding the truth that is within you.

This, my friends, is the only way to help the people of your planet. For they must help themselves. They must find the truth that is within them. They must initiate the seeking. All that we can do is to provide a stimulus for their own initiation of seeking.

Unfortunately, only a small percentage of those contacted initiate this seeking, and only a percentage of those continue the seeking for any satisfactory period of time. We are always available to aid in guiding your seeking. But, my friends, we cannot do this if you do not seek.

This message is not meant so much for this group as it is for those who will read it at a later time, for this group is seeking.

Seek, my friends. Seek. This is the word that opens the door to everything that exists throughout all of space and all of time. Seek. Seek.

And what will you find? You will find love, for that is all that there is to find. For that is all that there is.

I am Hatonn. It has been a privilege to be with you this evening. It has been a privilege to be with you at this time. Adonai vasu borragus.

Questioner: I have a question. *(The questioner asked Hatonn the question in silence.)*

(Unknown channeling)

I am Hatonn. I am once more with this instrument. It is a great privilege to be of service, for that is our purpose. That is our desire: to serve. This, my friends, is also a principle of the creation, for in serving you, we serve ourselves. For it is not possible to serve anything within the creation without serving yourself. The creation, my friends, is one thing. You are simply a part of that one thing. It is impossible to separate yourself from it, because you are it.

The people of your planet are living an illusion. This illusion includes the concept of the possibility of separation; the concept of the individual.

There is difficult in using your language, for it was evolved with concepts that are erroneous. It is necessary in using it to use terms such as "the individual." However, this term should be simply, "the Creator."

As you look at your fellow man, see him for what he is: the Creator. For there is no part of this creation that is any more or less than any other part. Each part is a portion of the Creation. Each holds equal rank.

I am aware that there are many upon your planet who would not understand this concept. They feel pain, if it is within their individual being, but they do not feel the pain of others.

This is not so with the Confederation of Planets in the Service of the Infinite Creator. We feel your pain, and this brings us to you at this time: to serve you. For in doing so, we serve ourselves, since you and we are one. Your pain is felt throughout all of the creation, and for this reason there are many, many here to serve you at this time. We serve you in the very best way that we can: to eliminate this pain. We give to you the information that you need in order to eliminate this pain. It is something that may be done in the twinkling of an eye. It is the way that the Creator planned. He did not, however, anticipate that His children would create from their own desires the pain that we now feel emanating from your planet.

This is a result of the desire of the people of this planet. Unfortunately, these desires affect not only the ones generating the desire, but also others who live on the surface. It is what you call a contagion. It requires an extreme degree of understanding to live upon your surface and not experience this contagion.

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It can be done, my friends. It is only necessary that you know and demonstrate the Creator's truth in every thought and deed. And then you will be free from the effect of the desires of your brothers who live about you on the surface of your planet.

I hope that I have been of assistance. I am Hatonn. Adonai vasu. ♣

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Sunday Meditation
February 10, 1974

(Unknown channeling)

I am Hatonn. I am with this instrument. I greet you, my friends, in the love and light of our infinite Creator. It is a great privilege to be with you this evening. It is always a great privilege, for this is our purpose, to serve those of the people of this planet who seek.

We of the Confederation of Planets in the Service of the Infinite Creator are here for this express purpose: to serve those who seek. Our service is, unfortunately, very limited, but these limitations are limitations impressed upon us by those who are dwelling upon your planet. We are limited to use of a channel such as this one in order to serve those of the people of this planet who are seeking our service: who are seeking truth.

We are apologetic for the conditions that make it difficult for us to serve you to the extent that would be desired this evening[2]. However, we find that at this time it is not desirable that we perform this service as it will be performed in the very near future quite adequately.

We request that you avail yourselves to our service and to this instrument in the near future, when conditions are more suitable, and we will extend our service to you, to our fullest extent, for this is our purpose; this is the reason we are here.

I hope that I have been able to serve you in some slight way this evening. It is a very, very great privilege for us of the Confederation of Planets in the Service of the Infinite Creator to do this, for in serving you, we also serve ourselves. For it is impossible to serve any part of this creation without also serving yourself.

I will leave you now in the love and in the light of our infinite Creator. Adonai vasu. ♣

[2] At this session there were the parents of a very restive baby who was in another room.

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Monday Meditation
February 11, 1974

(Unknown channeling)

I am Hatonn. I am with this instrument. I greet you, my friends, in the love and the light of our infinite Creator. It is again a great privilege to be with you.

This evening I would like to speak to you on the subject of light. We have spoken recently to you many times on the concept of love, and what this word really means. Tonight, however, I would like to speak to you on the subject of light.

We greet you each evening, as we speak through this instrument, in the love and in the light of our infinite Creator. These are the ingredients that comprise all of the creation. All of the creation, my friends, is composed of love and light.

We use these two words because they are the words that are closest in definition in your language to the concepts that we wish to communicate. However, they are, unfortunately, extremely lacking in depth of definition. I will attempt, this evening, to clarify, to some extent, the meanings of both of these words.

Love and light. As I have stated recently, love is the force that creates. Light is what it creates. My friends, the Creator is love. You are love. You are a part of the Creator. Therefore you are love, but your love is expressed through the manifestation of light.

Light is the substance out of which the creation is formed. The Creator's love causes vibrations. This is what is meant when the term "vibration" is used. It is a condition of love. These vibrations are the building energies that compose all of the creation, in its entire infinite and boundless sense.

These vibrations produce a manifestation that you have come to know as the visible creation—the visible creation, and many, many invisible creations; invisible to you at this time, however, not inaccessible.

These vibrations produce the basic particle that you understand as a particle of light. This particle is associated with these vibrations. And therefore it manifests as a function of the rate of these vibrations, and produces the creation, the creation in which you and all of your fellow beings experience that which you desire.

Since both you and the Creator are one, both you and I and all of the creation is a product of love. This love is a concept creating a real force, which is interpreted as a vibration. This vibration is measurable, and occurs in different intensities. The intensities are a function of the intensities of love that generate the vibration. It is possible for the parts of the Creator who act through the free will of their own to generate these vibrations using their love, and so producing the particles known to you as light.

These particles are arranged by this expression of love to produce all of what you consider your physical world and its inhabitants, and all other worlds and their inhabitants, be they what you consider physical or non-physical, for this is how all of the creation is manifested.

From this explanation it should follow that it would be possible for an individual, understanding the principles of creation, to express this love to create for himself that which he desired. This is done all of the time. We consider this activity normal, and the Creator considered this activity normal, for it was this original concept. Each of you, then, as do each of the Creator's children, have the ability to create through love anything that you desire. It in only necessary that you express the love that is yourself.

This was demonstrated recently to the people of this planet. Many teachers who understood this principle have demonstrated it in the history of this planet. The one that I refer to at this time is the one best known to yourselves, the one known as Jesus. He was able to, by the simple expression of the love that was himself and all of the creation, create this vibration and then, through desire, there was formed of this vibration the light as was originally conceived by the Creator.

This light, then, was formed to the wishes and desires of this man. This is considered a normal activity for each of the Creator's children, for this was their birthright, and was planned by the Creator.

If desire is to be intelligently employed, it is necessary to employ it through the principle of love, for this is the generative force which produces the vibration condensing, you might say, out of space the particle known to you as light. All of your material is composed of this single basic particle. If any desire is to be fulfilled, then one should act to do this using the creative force: love. It is possible to return things considered to be lacking in perfection to their original perfection through this principle. This is how the healing that was evidenced by the man known as Jesus was accomplished. This is how all healing of a spiritual nature is accomplished. This is, in fact, how all healing is accomplished, although your science is not at this time aware of this.

We find that it is more logical to arrive directly at the result desired, rather than to achieve this state through intermediate actions such as are performed upon your planet. These intermediate actions are performed due to a lack of understanding of the use of the creative force. This creative force may be understood by anyone at any time.

The understanding of this force is within all people throughout all of the creation. It is only necessary to realize it. Unfortunately, upon your planet at this time there is much difficulty in realizing this principle.

The conditions that have manifested through long periods of time have focused the attention of the preponderance of your people on other concepts. The concept of which we speak is not of an intellectual nature. Therefore, it is necessary to become aware of it in a sense that is not intellectual. For this reason, we have suggested that meditation is the best avenue for acquiring the non-intellectual understanding of the use of the creative force.

This is possible for anyone at any time. It is only necessary that they avail themselves of the knowledge that they already possess. It is a difficult thing to do sometimes, when surrounded by vibrations created by desire that is of a nature never intended by the Creator. We understand the difficulty arising in realizing this simple truth when impressed with the thoughts of those who would desire other than this truth.

However, it is quite possible to insulate one's consciousness from these infringements of thought and realize the truth of one's origin. The one known to you as Jesus was able to do this. Do not believe that this man was unique in his ability. He was demonstrating to you that this was possible. He was demonstrating that each of the Father's children could do the same thing that He did. It is only necessary that you meditate to realize this, and then it is only necessary that you demonstrate your knowledge of it through your thoughts and your actions.

You, then, as did he, will be able to use that force that is yours to use: love. This is the word, my friends: love. But it is not understood. Love: it means all that you think it means. But it means much more. Learn what it means, and you shall truly be free.

I leave you now in my love, and in His love, and in all of the love of all of the Father's children

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throughout all of the Father's creation. I am Hatonn. Adonai vasu. ♣

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Monday Meditation
February 11, 1974

(R channeling)

I am Hatonn. I greet you in the love and the light of our infinite Creator. I would speak with you at this time on …

(Unknown channeling)

I am Hatonn. I greet you, my friends, once more in the love and the light of our infinite Creator. It is a great privilege to be with you. I am sorry that we were unable to use the instrument known as R. However, this is of no consequence.

I am aware of your thoughts. I will attempt at this time to speak to you on a subject that would concern you. This is the subject of landing one of our craft to meet you. This instrument is at this time questioning this communication. He has always questioned communications of this nature. But I can assure him that this is a communication from the one known as Hatonn.

At this time I occupy a craft that you know as a flying saucer. It is a small craft, approximately thirty feet in diameter, and is capable of landing at any point upon your surface. I am aware of this instrument's feeling of skepticism towards messages such as this one. I am going to suggest that he totally relax, and clear his mind of thoughts. In this way, I will be able to use him as an instrument in relaying this message.

I and my brothers in the Confederation of Planets in the Service of the Infinite Creator are in your atmosphere, and we are also around your planet outside your atmosphere. We are constantly keeping your planet under surveillance. We are constantly ready to serve in any way that we can. We are aware that you are extremely anxious to meet us, and we, my friends, are extremely anxious to meet you. Nothing would give us greater pleasure than to walk upon your surface and meet you directly.

This instrument is still skeptical in regards to this communication. He has always been skeptical of communications of this nature. I can assure him that I am Hatonn, and am communicating through him from a craft, and that the thoughts that I have given him and the words which he has spoken are correct. And if he will kindly maintain a clear and open mind, I will use him as an instrument. He should not think of anything. He should not try to analyze these communications. He should not be skeptical of what he is saying. He should simply relax and allow me to use him as an instrument. I am sorry that we are having some difficulty.

Questioner: Is it possible for us to meet now?

I am Hatonn. I will attempt to answer your question. You must relax. He must relax because he is at all times skeptical of this type of communication, but I can assure you that I am

Hatonn and I am in a craft. At this time I am over the building that you are in. In fact, I can at this time reveal myself to both of you. I would suggest that you put on your coats and go into the back yard. I will reveal myself to both of you.

(Both went to the back yard. One saw nothing. One saw a white star-like object which moved very rapidly across the sky, with no trail, and then disappeared.)

(Unknown channeling)

I am Hatonn. I am again with this instrument. I greet you, my friends, in the love and the light of our infinite Creator. It is always a great privilege to be able to speak with you. I am aware of your thoughts.

(R channeling)

I am Hatonn. I am aware of your thoughts. You are wondering why you could not see our craft. Because you were not looking as we told you to look. I am aware of your thoughts. You are questioning the source of this information. I am Hatonn.

(Transcript ends.) ♣

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Wednesday Meditation
February 13, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is once more a great privilege to be with you. We of the Confederation of Planets in the Service of the Creator are always extremely privileged to speak directly to those who dwell upon the surface of this planet.

We would prefer to speak with all of the people of this planet. However, there are many who would not wish to hear us. They would not wish to know us. And they would not understand anything that we said, even though, my friends, we are able at this time to use, fluently, any of your languages. It takes a considerable amount of time, as you know it, to establish a base for communication when the concept from which we generate ideas is as largely displaced from yours as is ours. When I say "yours," I am speaking of the general basis for concepts of the majority of the people of your planet.

The bases for our concept are what we consider universal truths, truths that are unchanging, and that are the reason for the creation that is all about us and is us and is you. Unfortunately, the people of the planet upon which you presently dwell are not aware of the truth behind the functioning of the creation in which they find themselves. This is not an abnormal situation, but it is not normal, either. There are many other peoples throughout the creation who are not aware of these truths. However, there are a very, very large number who are.

There are a certain percentage of the people within your population who are ready to be instructed, for they have reached a state of understanding so that they may easily assimilate the little more knowledge that they need in order to understand the truth of the functioning of this creation.

This is what we are attempting to do at this time, and this evening we will endeavor to do this so that each of you will be able to make one more stop in your journey towards a complete understanding of truth. Most of the problems that you encounter in understanding this truth have to do with false impressions given to you by the society in which you now find yourselves. If you had been living in a society that had always been aware of truth and of the true nature of the creation, you would have no difficulty in applying the truths, since they would be a part of your life. It is difficult to do this when living in a society that continues to focus its attention on things that are very far from the Creator's plan.

The society as you know it as present has focused its attention at present on many things. Very, very few of these things that it is interested in have anything

at all to do with the basic truth of the functioning of the creation in all of its ways and all of its parts.

Your people on this planet seek many things. However, they seek these things in what we would consider to be a very strange way. They seek the result of their desires almost exclusively within what they know as the physical illusion that they now enjoy. Since they are unable to experience in their waking state anything but this physical illusion, they then think that this is all that exists, and they attempt to find expression of their desires strictly within this illusion.

This results in the fulfillment of false desires. The people who fulfill these false desires wonder why, having filled them, they do not find happiness. This has been demonstrated upon your planet many times, but little heed has been taken of it. The desires still remain very strong, and the people about you strive with much energy to fulfill them.

Having fulfilled them they then, as I have said, wonder. They wonder why they still have desires, for as soon as they have fulfilled one, they have generated another.

We are going to attempt to give you instruction at this time on the proper use of desires so that you may work within the truth of the creation and become once more knowledgeable about its function. There are certain desires that every individual has within him. These desires are a natural state, and they should be fulfilled. The reason the individual has these natural desires is that he is a part of the creation, and the Creator had an original desire, which continues throughout all of time and all of space.

This desire of the Creator was to provide an experience for all of His parts that would fulfill in totality the desire of all of His parts. But since all of His parts have this same desire, then it should be evident that this desire is to serve the other parts. This is how we have interpreted the functioning of creation. This is why within each individual throughout all of the creation there dwells a desire to serve the creation in any way that he can.

This dwells within each of the people, all of the entities of this planet, for all of them are a portion of the Creator.

It is possible to fulfill this desire. As we have said, the Creator has attempted to provide only good for all of His children. But since all of His children are a part of the Creator, and since all of us and everything is in actuality one thing, then we have this necessity occurring within each individual in all of the parts of the creation, an attempt to serve. This is natural. The planet upon which you now stand serves you. The growth that comes from the planet serves you. Its atmosphere serves you. Its water serves you. The entire creation serves you. You feel the energy from your sun. It serves you.

This principle is simply the original concept of the Creator being expressed through all of its parts, for this concept remains undiminished. For this reason, you will find that you will achieve what you actually desire only if you are to serve the rest of the creation. This is a law that is natural. This law is the creation.

The people of the Confederation of the Planets in the Service of the Infinite Creator are just that: we are in His service. But we are in our service, and we are in your service, and we are in the creation's service, for we have recognized that, in being a part of the Creator, and having within us the expression that was originally generated, it is only possible to fulfill desire through service. For this reason we are here now, to give to you our service. This fulfills our desire. This fulfills the Creator's desire. The entire process is simplicity itself.

And, my friends, this is the creation: simplicity. It is only necessary that you understand this, and then act in such a way as to carry out your desire in its true sense for you to once more unite in totality with the original and true creation.

We have stated many times that meditation is very necessary. If you are to understand what and how to serve at this time, it is necessary that you find this through meditation, for this is the only process that will allow you to understand in its totality this information. So, it is necessary that you spend time each day in meditation, and become aware of the technique of fulfilling your desire to serve.

When you have done this, you will find that you are experiencing something that is phenomenal. It will be an event that is beyond your wildest dreams. It will be of a nature that you might consider impossible at this time, but it will take place. Many of the people of this planet are serving at this time. They serve in many different ways. However, only a small percentage of them are actually fulfilling their desire to serve, for what I will call "blind" service is

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not as effective as service that is performed as a result of the knowledge gained in meditation.

It is important, then, to learn how to serve, and whom should be served. As I have said, it would seem that we would perform a service by coming among your people and helping. Our meditation reveals to us that this is erroneous. For this reason, we contact you in this way. We request that you do as we do, if you are to know how to serve, and whom should be served at this time. Meditate, for this knowledge is within all people throughout the creation, for they are the creation, and this is His desire: to serve, to serve all of His parts, so that each experience the ecstasy that He originally created and that exists all about you.

I hope that I have been of service this evening, for this is my objective. I will leave this instrument now for a short period. If there are any questions, I shall return shortly. I leave in the love and the light of our infinite Creator. Adonai vasu.

Questioner: *(Question asked silently to Hatonn.)*

(Unknown channeling)

I am Hatonn. I greet you again in the love and the light of our infinite Creator. I would attempt to speak on a subject of interest. The subject is love.

This is a subject that is necessary to understand if you are to be effective in fulfilling your desire of service. In serving your fellow man upon Earth, it is necessary to give him love. This is sometimes difficult to do in your present society, for these expressions are often misunderstood.

Love is very misunderstood among your people. We express total love for all of your people. We cannot help doing this, for we express total love for all of the creation. It is impossible to do otherwise, when you are aware of the love expressed by the creation. In order to achieve this awareness it is only necessary to meditate, and then to serve, for with each service effectively performed, love will be reflected. This will generate within you more love, and the process will be repeated, or recycled.

This process will be self-generating and will continue to build. This is what occurred with the teacher you are most familiar with, the one known as Jesus. Why was this man much more effective in generating this love than others who have attempted this recently? The reason, my friends, is that he was able to fulfill his desire for service intelligently. He was able to do this in an intelligent manner because he sought answers to the questions of how to fulfill his desire for service through meditation.

Many of those upon your planet who seek to serve their fellow man at present, seek to serve him in ways that they have learned intellectually, from others, or from readings. And they find, in many cases, difficulties in performing the service that they so much desire to give. And the love that they desire and expect as a return for their service is not reflected, for the service that they have attempted is not desired, and is therefore not a service.

A service is only a service if it is desired. Man has free will. He is free to choose anything that he desires. It is necessary, if you are to serve, that you understand the desire of those served, not in an intellectual sense, but in a sense that you gain through meditation. A knowledge that transcends the intellect. A knowledge that results in effective service.

I hope that I have been of assistance in explaining this particular point. I will leave this instrument. I am Hatonn. Adonai vasu.

Questioner: Was that an answer to your question?

Questioner: Yes, that was a specific answer to my question. ♣

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Friday Meditation
February 15, 1974

(R channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is again my privilege to be with you.

There is some difficulty in using this instrument, for he is relatively new and not yet adept at receiving our thoughts.

We are using more control at this time because he so wishes it. I would speak to you at this time concerning your spiritual development. As we have said many times, it is good that you gather in groups such as this one, for this enables us to aid you.

Perhaps it is hard for you to realize how your spiritual development is progressing. This is because this development cannot be measured, as you would say, on a day-to-day basis. It is possible to realize the progression of your spiritual development more readily over a period of months.

We realize the frustration encountered at times by those of your peoples who would seek higher spiritual life. But remember, it has been said that one makes his spirit—one makes his greatest spiritual strides during these times. Look upon your frustrations and doubt as spiritual tests. Look upon these as things to be overcome. It is a most interesting paradox that these great hardships can bring such great reward.

I will attempt to use this instrument.

It is hard for peoples to realize how great a gift these frustrations and doubts are, as it is difficult for many of the people of your planet to realize how great a gift it is to be able to experience the vibrational change upon your planet. How great a gift it is to be able to serve your fellow man!

It has been my privilege to be with you at this time. I leave you in the light of the infinite love of our infinite Creator. For, as you know, that is the only way that I could possibly leave you. I am Hatonn. Adonai vasu borragus. ♣

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Sunday Meditation, H's Meeting
February 17, 1974

(Don channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. It is a very great privilege to be with you this evening. It is a very great privilege to be with you at all times. We of the Confederation of Planets in the Service of the Infinite Creator are here to serve you. This is sometimes difficult. We have attempted to contact the people of this planet through many different ways. We have not always been successful. There have been, in some instances, misunderstandings about our contacts. There have been, in some cases, misrepresentations, through no fault of the contactee, of what we would bring to the people of this planet.

We are attempting to bring to you one thing. We have attempted to do this in many ways, but still we have but one thing to bring to you at this time. We are bringing to you love. This is all that is necessary, for when you are able to receive this love, with it will come the understanding that many of you now seek.

We of the Confederation of Planets in the Service of the Infinite Creator are attempting, therefore, at this time to bring to you love. If the people of this planet can accept this, then understanding will occur with no other effort. For, my friends, there is only one thing to understand, and that is the actual interpretation of the word "love."

This word is misunderstood among your peoples. It does not mean exactly what most of your peoples believe it to mean. The concept has been demonstrated many times in the history of your planet. The demonstration that you are most familiar with is the demonstration of the man known to you as Jesus. This man performed what you would call miracles. However, these were not miracles, in the true sense of understanding of this concept. These were simply expressions of this man's love, for in expressing this love in its true and total sense he was able to use the single force of the creation given to each of the Creator's children as their birthright.

Yes, my friends, each of you here tonight has the same birthright, for each of you is equal in all respects to all of the Creator's children. The man known to you as Jesus understood the concept of love. We are here to bring to you the understanding of this concept. Nothing else is of any real importance, for once this is understood, all is understood. And this concept, my friends, is simplicity itself. It is only necessary that you realize the truth of this concept that is within each of you. This is why we of the Confederation of Planets in the Service of the Infinite Creator are here. This is the only real service that we can perform for any peoples at any time.

There has been considerable confusion about our real purpose, and this we understand. There are many pathways to the single truth that lies within each individual. And each individual finds his own route back to the knowledge that was his birthright. It is only necessary, however, that you become aware of this birthright through meditation, for this knowledge is within you. For you, like ourselves and like every being within this infinite creation, is a part of this creation. We are all one thing. We are the creation of the Father, and in so being we have within us His love, for this is what created us—a great force. A force that permeates everything that exists. The word that expresses it in your language is love, but this force goes far beyond the concept of this word. Each of you can know this force, for it is part of you, and you cannot separate it from you. Spend time each day in meditation, and you will become aware—aware of the force that is the creation. This, my friends, is the first step, and it is also the last step, in knowing all that there is to know.

For with this awareness, comes all awareness. This is what we bring to the people of this planet at this time: an education. For many of them have lost direction and have become involved in a complex illusion.

At this time, I will attempt to transfer this contact to the instrument known as R.

(Pause)

(R channeling)

I am with this instrument now. I am Hatonn. As I was saying, many upon your planet have been deeply immersed in a hypnotic state. It is desirable to awaken from this state. We have presented a method of awaking from this state through daily meditation, constant self-analysis, and love. You will come to a deeper understanding and will begin to lay your claim upon your birthright.

I will now attempt to speak through the instrument known as H.

(H channeling)

I am with this instrument now, my friends. I only wish to present a few brief remarks before leaving you. Be aware, my friends, that a great opportunity is presented to all of your peoples at this time. Those among your peoples who can raise their consciousness rapidly enough can take part in what you might call a great graduation. Your planet moves to a higher vibratory area and is even now at the entrance to this higher vibratory area. Only those individuals whose vibration can be raised along with that of the planet will continue into the Golden Age which will soon dawn upon your surface, a spiritual age of beauty, grandeur and true love, of which I speak.

As an individual, each of you have everything to gain by following our simple suggestions which will raise you in consciousness, and which will raise your individual frequency of vibration. You have nothing to lose but a small particle of what you call your time.

Ask yourselves, my friends, in all honesty, do you not find the time for those things which are important to you? It may simply be a matter of readjusting in your own thinking that which is important to you.

I will leave you now, my friends, with that thought uppermost in your minds. May you put forth the necessary effort. May each of you grow rapidly in love, which will bring about understanding and a new awareness to you.

It has been my very great privilege and pleasure to be with you at this time. I am Hatonn. Adonai vasu borragus. ♣

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Monday Meditation, First Meeting
February 18, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you. It is always a very great privilege to be with those of the population of this planet who are seeking—seeking a truth that is singular, a truth that is the only objective of those who have become aware.

We of the Confederation of Planets in the Service of the Infinite Creator are here at this time to aid you in your seeking. This is a great opportunity, for us and for you. For it is not too often that the condition that you are soon to experience in its total sense occurs. This experience is the reason for our visitations, and it is the reason for your present meeting. Each of you will become channels of communication between we of the Confederation of Planets in the Service of the Infinite Creator, and the multitudes of the population who dwell upon the surface of the planet you now enjoy.

This service which you perform will be very great. We are aware that, at this time, there are difficulties in performing this service, for at this time very few of the people upon this planet are seeking anything outside of the physical illusion that so constantly busies their minds with trivialities.

We of the Confederation of Planets are aware of the trivial nature of the things that involve most of the people of your planet. Their things seem of great importance to them. However, the importance of their activities is a function of their inability to still their active minds, and return to the awareness of reality that is possible through meditation.

The activities that seem so important to the people of this planet at this time are so very transient as to be in reality negligible, as are all activities within the physical, except for that activity of service to one's fellow man. For through service, one builds one's awareness of truth. This is the reason for life, as you know it, in the physical.

The reason is to experience service. For this is very effective in creating a deep and complete understanding of the Creator's plan for the creation. In this plan was the concept of service. Through His love, He instilled in each of the parts of this creation the desire to serve. This desire to serve is within everything that exists. It is within the planet that you walk upon. It is within the vegetation, the atmosphere itself. Everything about you exists to serve, and unless an entity becomes involved too deeply in thoughts generated as an action of his freedom of choice, he will maintain this awareness of his desire to serve, as does the vegetation upon your planet; as does the atmosphere that you breathe; as do we of the Confederation of Planets In the Service of the Infinite Creator.

This, then, this experience, is what is needed for many of the peoples of this planet at this time: an opportunity to act and to demonstrate this desire to serve. Many people who now live upon the surface of this planet act in such a manner so as to serve their fellow man. Some of these desires for service are unfortunately misdirected. This is not a bad thing for the individual for all that is necessary is that this desire be realized. However, it is sometimes unfortunate that the service is misunderstood and misdirected, for it is not as effective in this case as it would have been with more intelligent direction.

For this reason we have suggested that everyone who will attempt to serve first avail themselves to a knowledge of how to serve. This they can do through daily meditation, and only in this way can they serve intelligently.

We of the Confederation of Planets in the Service of the Infinite Creator avail ourselves to this knowledge through meditation. For this reason, we do not come among your people, giving them our services directly, for we are aware of detrimental effects upon them in doing this. Our service is aimed at what they actually desire. What they actually desire is an ability to realize truth. In order to give to them this ability, it is necessary that we bring about a condition to cause within them a personal seeking of service and a personal seeking of knowledge of the truth of the creation. Only through this process can they understand the truth that is within them. It is something that cannot be too effectively given to them in an intellectual manner.

We therefore suggest that, in order to create an atmosphere desirable for service, that each of you avail yourself to the knowledge of how to go about this, that is within you. Do this through meditation, and then your service will be effective.

There are many ways to serve; however, a knowledge of the real objective of service is of great importance. There are many illusions of service that result in little or no service. Before attempting your service, spend time in meditation. You will realize what is necessary if you are to serve in an effective manner. We are serving you at this time by conditioning you, if you desire it, so that you can receive our thoughts. We find this service to be effective, for these thoughts generate in you your own thoughts, and augment, to some extent, that which you are able to seek within yourself. It will also be important in the future that we have instantly available channels of communication, and this technique is highly effective, especially when the channel is as trained as this channel.

It is a simple process, and if you desire this form of communication and this form of service, it will be given unto you. We can only do as much in this area as you desire. For this is the limitation of all of our service: to do only as much as is desired.

We are at this time going to attempt to use each of the instruments in this room. It is suggested that each of you avail yourself to our contact, for this is our service at this time. It is only necessary that you desire this service.

(R channeling)

As I was saying, it is only necessary that you avail yourself to this service to receive it. Gradually it will become easier for you to receive our thoughts. We realize the difficulty in discerning our thoughts from your own. This is why our thoughts will be of a spiritual nature. It would not be of service to add confusion to your illusion. As we have said, once you have become proficient in receiving our thoughts, it is possible to do this with each other. However, any thoughts which are not of a spiritual nature would again only add to your illusion. It is for this reason that we suggest that you maintain as high a spiritual consciousness as possible at all times. This is a difficult thing to achieve. However, as you grow spiritually from your meditation, it will begin to manifest.

I will now attempt to speak through the instrument known as M.

(M channeling)

I am now with this instrument. I am happy to be with you, my friends. As I was saying, all of you are capable of helping to raise the spiritual vibration of your planet. All you have to do is open your consciousness through daily meditation. Avail yourself to the creative intelligence of our infinite Creator.

Our purpose, as I have said before, is to aid your peoples as your planet moves through the major cycle change. All that is required, my friends, is that you open your consciousness. Open your consciousness, my friends, through meditation.

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I am Hatonn, my friends. This instrument is in the process of learning to channel. As we have explained before, it takes time and patience.

I will attempt to continue through another channel.

(Side one of tape ends.)

(Don channeling)

I am Hatonn. I am now with this instrument. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to work with you in conditioning new channels. It requires some experience in receiving our thoughts to communicate as easily and accurately as does this instrument. However, even this instrument at times questions as to whether the thoughts are from those of us who identify ourselves as the Confederation of Planets In the Service of the Infinite Creator, or thoughts generated within his own thinking. We can assure this instrument and those who are present here this afternoon, that if there are errors made by him due to misinterpretation of what we relay to him, that we will correct this, by using control. He has experienced total control several times during communications in past weeks, and is quite familiar with this technique. We use more control with new instruments than with instruments who are as experienced in receiving our thoughts as this instrument is.

Each of you can arrive at this ability very easily. It only requires that you spend some time in availing yourself to our contact to receive as clearly and as rapidly as does this instrument. He too went through a long period of training and conditioning, but through the years of his practice in availing himself to us, he has developed the ability to receive our communications at his convenience.

It is only necessary that he think that he wishes our contact, and he has it. For this, as we have said, is our service to you. We are available to you at all times, and we only require that you desire our contact for the contact to be made.

It is helpful to be able to channel our thoughts as does this instrument, for there will be many of the peoples of this planet seeking truth who have not become aware of it through meditation, simply because they have not been aware of the necessity for or the technique of meditation. This will be the service of the channels such as yourselves: to initiate the concepts of meditation and the concepts which we of the Confederation of Planets in the Service of the Infinite Creator have become aware of.

There will be many of the peoples of your planet who do not desire this information, and who do not desire that it be proved to them, as they express it, that such information is correct. This we do not wish—that this, our concept of truth and the concept that we know to be true, be forced upon individuals who do not accept these concepts and would rather bury within them the realization of this truth. This is the Creator's plan, my friends: that each of the Creator's children have what they desire, regardless of the consequences.

This, then, is the reason for the state of confusion on this planet at this time. It is the gift of the Creator that each of His children should live as they desire. Unfortunately, there are certain natural laws. I say unfortunately—this is not correct, but it is unfortunate for those who choose to ignore them. These natural laws are as simple as the laws that your physical science experiences. The creation was generated by the pure love of the Creator. In generating this creation, He conceived of a creation in which all of the parts would serve all of the other parts. In order to create this creation, it was necessary to build it upon certain principles of love. These principles permeate all creation, and if properly understood, as is the right of all of the Creator's children, it is possible to live in total harmony.

If these laws have been forgotten, as is the case with many of those who dwell upon the planet you now enjoy, then the consequences are somewhat unusual. These consequences are now being experienced by many of the peoples of this planet. These consequences, which they do not desire, are a result of their desire, a result of a desire that is not based upon understanding of the truth of the creation. There are, unfortunately, conflicting actions that result in creations and experiences that were never intended by the Creator. However, certain principles govern, and cannot be misinterpreted or misused.

This is our understanding of the manifestation and reality of the creation.

(Pause)

Questioner:

(A question is asked silently.)

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I am aware of your question. You have spoken of the concept of antichrist. My friends, this is a source of confusion. The source of confusion, my friends, is the concept of Christ. Once this concept is understood, then the concept of antichrist is understood. Therefore, I shall speak upon the meaning of the one known to you as Christ.

This man known to you as Jesus was born into the physical upon your planet. He was able to realize the truth of the creation, and then he was able to demonstrate this truth to those about him. This man came into the physical on your planet as have many teachers in the past. Each of these teachers came into the physical for the purpose of serving the people of this planet. However, it was up to them to carry out this service. Each of them did it in his own way. This is within the limits of our understanding of the intent of the Creator.

These teachers were limited: limited by the same conditions that each of you and that each of all the people on the planet experience. The people of this planet have misinterpreted the meaning of these men. The people of this planet are at this time misinterpreting the meaning of the man known to you as Jesus. His purpose in his life was to demonstrate that it is possible through an awareness of the Creator's truth to experience what the Creator planned for each of us. This man worked what was called miracles. These were truly miracles to those who thought of them as miracles, but this was given to each of the Creator's children. He was simply demonstrating the result of thinking in the original way as planned by our Creator. He was also demonstrating that it is possible for anyone, at any time, to demonstrate this type of thinking, and therefore, the abilities that accompany it.

Unfortunately, the people have very much misinterpreted this man's life and teachings. He was attempting to provide an example of understanding so that each of the children of the Creator could seek the same understanding.

This is the task of any teacher upon this planet or any other place in the creation. This is our task at this time. You have spoken of the term, antichrist. What then is the meaning of the term? It is simply the ignorance of the knowledge of this truth. This ignorance is widespread upon this planet. This is what is known as the antichrist: it is the ignorance of truth. We speak to you, through instruments such as this one. We do this because it would be a mistake to speak to the people of this planet in a more direct manner. It is necessary that the ignorance of truth be eliminated from within, for this is the only possibility available to the individual, if he is to achieve a true awareness of truth. The concept of antichrist is with you but it is a false concept. If there exists an individual who would be called the antichrist, then there exists an extremely ignorant individual. Should this be a threat to any of the Creator's children? I think not!

Questioner: Well, are there people working against you, directly, as has been stated by researchers?

There is no possibility of working against us. We are in the service of the creation. We are attempting to serve those who desire our service. We extend our service to all of the creation. We extend our love to all of the creation. This is in no way limited. There is no possibility existing for a portion of this creation to work, as you say, against us, for it is part of us.

Questioner: Let me state it another way. On one of the tapes, you said that a group of people beyond the constellations of Orion called the Satanians were responsible for the destruction of Atlantis and Lemuria. I believe the message was from Hatonn.

I will relinquish my contact with this instrument and make available another source. The instrument will be conditioned for a short period. We will attempt to serve you in any way possible.

(Unknown channeling)

I am with this instrument. I am using control. There is no concept in the one which spoke for what I tell you. I am aware of your question. There are thoughts in this universe. You think of one thing. Hatonn thinks of one thing. Sometimes there is misunderstanding.

There are people in this universe. They are infinite. They do many things. They speak to you. You listen. They come to you. Into your consciousness come thoughts. What comes into your consciousness is what you desire. You are limited because of your desire to be limited. Everything that you think is possible, if you desire it. Many things have occurred.

I am attempting to tell you that there are things that have occurred in your past, as you call it. There are many of the Creator's children who experienced what they desired. These desires are varied. There are

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activities which you would like to call evil. Is this possible? A creation that was formed of love supports what you consider evil? Is this in the creation, or is this in your consciousness, or are these two things one thing?

Questioner: It's as much a part of creation as any other duality?

There are many activities that occur upon the surface of the planet at this time that are considered to be evil. There are groups who express themselves in ways that were never considered by the original Thought. The original Thought, however, provided for no limits on expression. It is possible, therefore, for any of the Creator's children to express themselves in any manner that they desire. For this reason, throughout the creation, there are individuals and groups expressing themselves in infinite numbers of ways. You, at your present state of understanding, consider some of the expressions to be evil. We consider them to be expressions. We find, for our purpose, certain expressions to be of a more beneficial nature to our own enjoyment than others. There are, however, expressions of an infinite quality and an infinite quantity occurring throughout the creation. We attempt to serve those within the creation who desire our service. They desire our service because they are interested in our concept of truth. We believe that our concept of truth is correct. In our understanding, we know that our concept is correct. There are many who would disagree with what we understand. This is their privilege. There are such groups as the one to which you have referred. They express themselves in a way that we do not desire.

They do not desire our service. We would freely serve them in any way that we could. However, they do not desire this. Therefore, we do not serve. There are groups known as the type which you have mentioned. The concept of Satan, of which you have spoken, is to some extent correct. This concept is as follows.

The one known as Satan was interested in experiencing the result of a desire, a desire of individualization. A desire for isolation. There are many of the Creator's children who are at present desiring isolation. In our understanding, this is not possible. The creation is full of the expressions of the Creator. Isolation is only possible through the creation of illusion. In creating the illusion of isolation and intense individuality, the one known as Satan has experienced his desire. He has attempted to serve others in giving to them the experience of isolation. And many have sought this experience. For this reason, there are many groups who actively seek to experience isolation. This, then, is occurring, and has occurred, within the creation. This is a part of the original Thought of the creation, that each of the parts might fulfill their desires.

I hope that I have been able to act through this instrument to bring to you our understanding of this concept.

(Transcript ends.) ♣

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Monday Meditation, Second Meeting
February 18, 1974

(Unknown channeling)

I am with this instrument. I am Hatonn. I am with you once more in the love and the light of our infinite Creator. I am going to speak, as requested, on the subject of meditation.

We of the Confederation of Planets in the Service of the Infinite Creator suggest that there are certain things that are important if you are to effectively meditate. The first and most important is that you allow the conscious mind to relax. It is necessary to relieve it of thoughts that are of a transient nature and we find that thoughts concerning most of the daily activities are of a transient nature.

In order to allow the mind to become receptive to things of other than a transient nature, it is suggested that you sit in a quiet place with the spine erect. This is the most important of the techniques of meditation. A silent place is very beneficial; however, not necessary. It is more beneficial to an individual who is starting to meditate than it is to an experienced individual.

In order to remove the concepts of an intellectual nature that involve the mind in transitory thoughts, it is suggested that something to fascinate the intellect can be at times of use, such as music, or what you have called a mantra. This, however, is not necessary.

What is necessary is that thoughts that are of an intellectual nature be allowed to leave the consciousness.

Are there any other questions on this subject?

(Pause)

Questioner: What technique do you use for clearing your mind? Mantra? Do you just be quiet? And make sure that your mind slows down, stops?

(The instrument stated that he would speak himself, rather than channeling.)

(Tape ends.) ♣

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Wednesday Meditation
February 20, 1974

(R channeling)

I am Hatonn. I greet you at this time in the love and the light of our infinite Creator. I am privileged to be with you at this time.

I would address those of you at this time who are receiving conditioning. We are attempting to form the word "I." We will attempt to form the words with your mouth that we are attempting to communicate to your mind.

This helps you to realize the thought that we are sending. In time, we are sure you will be able to act as an instrument to channel our thoughts to others. It would be of assistance if you could constantly remember why we are doing this.

I will leave this instrument at this time. Adonai, my friends. I am Hatonn. ♣

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Thursday Meditation, Second Meeting
February 21, 1974

(R channeling)

I greet you, my friends, in the love and the light of our infinite Creator. It is once again my privilege to be with you.

I would like to speak with you at this time on the subject of desire. This instrument is not receiving my thoughts very well at this time. I will continue through another instrument.

(Don channeling)

I am with this instrument. I am Hatonn. I greet you, my friends, in the love and the light of the infinite Creator. It is a privilege to be with you. I am sorry that [we] could not use the instrument known as R. All that is required is that he continue to avail himself to my contact in order for him to receive my thoughts as does this instrument.

There is a need for him to totally clear his mind of thoughts and to attempt not to analyze what he is saying, but simply to say it, as does this instrument.

There is a common difficulty when using new instruments. That difficulty arises due to their inability to accept that they are receiving thoughts and then speaking the thoughts that they receive. In many cases they believe that these thoughts originate within themselves, and for this reason do not wish to speak those things. It is a simple task to act as does this instrument, as simply a receptacle with no thoughts of his own.

This is something that each of you can learn to practice. It requires meditation and practice in speaking without thinking. This instrument is doing that now—in fact, he has but little knowledge of what is to follow each of the words that he speaks and by long practice is able to clear his mind of the transient thoughts that disrupt a communication such as this one.

I suggest therefore that each of you who is new to this method of communication simply relax and allow the mind to think of nothing. It is better that you make errors in communication—which we later correct—than it is for you to fight, as it were, the concepts which we impress upon you.

I shall continue speaking through this instrument on the subject of desire, for this was a subject of interest, and there are a few points which should be investigated for further use in molding your daily activities.

Desire is a thing that dwells within each of the Creator's children. The desire of each of them, however, is different. What this desire is, is dependent upon the vibratory level of the individual. The lower the vibration, the more basic the desire. The higher the vibration, the higher the desire. You will find, as you increase your vibration through

meditation and seeking and service, that your desire will change. The things that are desired by those that are tightly locked within the physical illusion are not those desired by those on the verge of freedom. And the reason for this verge of freedom is the desire, which goes hand in hand with the increased awareness or higher vibration.

How, then, is it possible to achieve what you actually desire, and that is to remove from your thinking desires of any nature except those of unity with the creation and those of service for your fellow man? The technique for doing this, my friends, is a simple one. We have stated it many times. It is to avail yourself to the reality and truth of the creation through meditation, and then act upon the desires generated by the availing. These desires will be somewhat different from the ones you experienced before you spent time in meditation and seeking. The desire to seek will be generated from seeking. It is a self-perpetuating phenomenon. We have belabored this point many times, and we will continue to do this.

Why do we do this, my friends? Why do we continue to tell you to meditate? To understand your desires. To understand yourself, and to become aware of seeking and what it is you actually do. Why do we spend so much time on these subjects that so many on your planet would consider to be trivial? The reason for this, my friends, is that these are the only subjects that are not trivial. It is of no value at all to seek within the illusion that you now know as your physical world. What you seek there, and what you find, is not lasting. It is stated in your world that you cannot take [it] with you. This is fact. What you take with you past the boundaries of the physical illusion is one thing. That is your mind. This mind that you take with you is, in reality, all that there is. You dwell, now, in an illusion that is designed for the schooling of this mind. However, the teachers provided for this schooling are seldom heard. The schooling, however, takes place …

(Tape ends.) ♣

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Friday Meditation
February 22, 1974

(R channeling)

[I am Hatonn.] … clear his mind, and not to analyze what is being said. I will continue, on the subject of desire. As I was saying, we cannot overemphasize the need to realize the truth that one only experiences what one desires. We realize this is a completely different way of thinking, on your planet, but it is necessary that you realize this.

When you are meditating, when you are in a receptive state, your mind is being programmed. The things that you program your mind [with] are things that will manifest, for you program your mind with the things that you desire. In other words, whatever you sow in the fertile fields of the mind, you also reap in the physical manifestation. The people of your planet are constantly programming themselves into undesirable experiences. This is completely unnecessary. It is ignorance.

It is difficult to fully comprehend the power that a man has at his use through his desire.

I will leave this instrument at this time. I am Hatonn. Adonai. ♣

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Saturday Meditation, First Meeting
February 23, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you once more this evening. I and my brothers are with you at all times, but it is also a very great privilege to speak with you using an instrument.

I am aware of certain conditions that are occurring upon the planet that you now inhabit. The reason for this awareness is simple. We of the Confederation of Planets in the Service of the Infinite Creator are aware of conditions because of our awareness of truth. We have observed, for many, many of your years, conditions manifesting upon your planet. We are aware of what you would consider to be natural law—the law of the Creation. We are also aware of much of the working of this law. We are at this time attempting to give to this channel some information that he is not familiar with. If you will be patent, we will give him this information.

(Pause)

I am Hatonn. I am with this instrument. I am using control. This instrument will relay my thoughts using some control. This will be necessary for he is not aware of any of the information that he is giving to you.

It is possible to give to this instrument concept which he then channels directly without control. However, the concepts which we have for him at this time are outside what he is aware of. Therefore, it will be necessary to use control. Please be patient.

I am Hatonn, and am using control …

(There is a period of nonsense channeling while control is developed.)

We will rest for a short time between each attempt at communication to allow the instrument to rest. This type of communication is quite tiring.

(Pause)

I am with the instrument. I am Hatonn. There will be conditions manifesting shortly upon your planet, conditions that will be obvious to many of the people of your planet. They will be conditions of physical change. These conditions will bring about much seeking among the peoples upon your surface for one reason or another. It will be that in this time there be many channels such as yourselves there to speak, using our thoughts, for we have an understanding of these conditions and of their consequence.

This instrument at this time is being controlled, for many reasons. One of the reasons is that he is reluctant to speak of these things. However, at this

time it is necessary for we must speak to you, the ones in this room.

There are problems that will confront the people of this planet very shortly. We have said this before, but the time now grows very short. We have ways of telling this. There will be a need for channels of communication, whether they be of the type of this instrument, who can directly channel our thoughts, or whether they simply be of the type able to relay this information from groups such as this one to groups who seek it and direct them to a group. We have far too few groups of this type to accomplish that which we seek to accomplish: to bring to the people who desire our aid the aid that they desire.

Please be patient. I will condition this instrument.

R: Hatonn, what kind of time span? Two years? Two months? Not that it makes much difference, but …

If the one who asked the question will avail himself to my contact, I will attempt to use him.

(R channeling)

I am with this instrument. I am Hatonn. I cannot answer your question as specifically as you would wish. I can state, however, that the time will be much less than the span of time that you would call two years. It is because of this that we find that there is some amount of urgency in reaching the people of your planet.

I will now leave this instrument and continue through another.

(Don channeling)

I am again with this instrument. I am Hatonn. I am with you, my friends. I will attempt to use this instrument now. I was saying that there is a shortness of time in alerting a sufficient number of the people of this planet to the possibility of communicating with us who are of the Confederation in the Service of the Infinite Creator. I am sorry that I have had to use control, but this instrument requires such control when he is channeling information of a specific nature. He requires this and desires it, for he has had experience with communications of this type and finds control to be beneficial in communicating the concepts that are of a specific nature.

I will now continue. Shortly upon your planet there will be conditions which will alert all of the people to something. Many will not understand what has happened, but they will know that something has happened. It is a situation where the people of the planet will have their attention focused upon something that they will all be able to speak of in common. It will be a natural phenomenon of a great magnitude, from your point of view. This will be something that many of the people who dwell upon your surface will fear. However, groups such as this one will be able to aid them by not fearing this phenomenon. There is no fear necessary.

I will continue now, since this instrument is able to receive my thoughts without using control. My friends, many of the people of this planet will know, for the first time in their present life, that there is a creation, because, my friends, the illusion that man has created upon this surface will suddenly became totally insignificant. They will be awakened from their slumber and look about them in amazement, and see about them the creation of the Father for this first time in its reality.

Unfortunately, this awakening for most of them will include the reaction of fear. And this was never intended by the Creator. And this reaction, my friends, will be because of their ignorance. These of you who wish to serve with us of the Confederation of Planets in the Service of the Creator will have the task of educating those of the people of this planet who would seek an education. And, my friends, many, many will do this. For, as I say, many will have been awakened,

It will not be an easy task, and there will be many at your door. And there will be much misunderstanding. My friends, there is one thing that is always understood, and that is love. Your demonstration of this principle will be the greatest benefit that you can offer to those that seek to learn.

It will be necessary that you prepare yourselves so that you demonstrate your knowledge of truth and the creation of the Creator. It is written in your holy works, “Yea, though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me.” These words are not false words, my friends. Those words are meant for you. You have heard it spoken through a channel that, “He does not leave their shepherds without their staffs.” These are not false words, my friends. All that is necessary

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is that you desire to seek, and then desire to serve, and then you shall do both of these things.

You shall seek understanding, and you shall gain understanding. And you shall serve, and give to those who seek it, understanding, for this is the Creator's way. There will be many, many of the peoples of this planet who cannot be served, for they will not seek. They will not seek the understanding that you offer. They will not be able to comprehend these concepts for the illusion which they have created will be much too strong.

This is unfortunate. And these are the ones that you will not be able to serve. And this will sadden you. But there will be a great, great number who will seek. And these are the ones whom you will be able to serve. And this will give you great joy. For this, my friends, is the source of true joy: to serve. To serve in a way that provides that which is actually desired.

Within each of us—within each individual in the entire creation—there is this desire to seek. But many, many have buried this so very deeply within them that it will take even more than you shall shortly experience to uncover it. Concern yourselves, therefore, with these who seek.

R: What is the event that is going to be happening?

(Don channeling)

I am again with this instrument. I will use control. There are several events that will occur. There will be events of a physical nature. These events will be, from the point of view of those who are living within the illusion, of a very destructive nature. However, there is no such thing as destruction. There is only change. This you must understand. If you understand this, then you will understand the truth of what is to occur.

There will be change, a physical change. This change will be very beneficial. However, the people of this planet who view those changes from their present state of ignorance will consider them to be quite destructive.

This is unfortunate. However, the people of this planet have had a sufficient length of time to become educated. They have, however, sought to educate themselves in the ways of their illusion rather than the ways of the Creator. This illusion is so strong in their understanding that most of them have no awareness, in a waking sense, of reality. These people will be very difficult to communicate with. They will view the changes in their immediate creation as destructive and irreversible.

R: Well, is it going to be an earthquake, like, or a depression, or what?

The changes will be of a physical nature. The depression of which you speak is of no consequence. It would be viewed as nothing compared to the physical changes that will occur. It will be necessary for members of groups such as this one who wish to serve to understand fully the reality of these changes, and to understand fully the accuracy of the statement made in your holy book which states that, "Although you walk through the valley of the shadow of death you will fear no evil." This must be kept uppermost in your consciousness, for you will walk through this valley and you will demonstrate to those who seek your knowledge of truth, and only your ability to demonstrate this knowledge will alert those who seek the knowledge that you are a true and knowing channel, for many false channels will at this time be lost, for they will not be able to demonstrate their knowledge of truth, for they will cling to the illusion that has surrounded them and will display the fear that this illusion brings upon them.

This change is looked upon by those of us who understand it as an extremely beneficial change. It is also looked upon, by those members of groups such as this one who have realized the truth of this information, as extremely beneficial to all the peoples of this planet. It will be difficult for some of the members of groups such as this one to demonstrate an understanding of these truths, since they have been strongly affected by the illusion that has been created by the people of this planet. However, this understanding is a necessity to be demonstrated.

R: What is going to be happening, exactly?

Physical change, of all types.

R: And it's going to be within the next two years?

Don: This is me, and I don't get a thing on that.

(A period of conversation follows in which Dave and Ralph wonder aloud just what will be happening.)

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(Don channeling)

I am Hatonn. I am again with this instrument. I am sorry that I have not made myself precisely clear. I am with you, my friends, in the love and the light of our infinite Creator.

There will be massive destruction wrought upon your surface. It will be of such a nature as to totally change the surface of your planet. This destruction is within your planet at this time. It has been put there by thought. It has been put there by the thought of the population of this planet through thousands of years of thinking this thought. This thought is of a vibratory nature. You are at this time passing through the last portion of what you know as the third-density vibration. Shortly, your planet will be sufficiently within what you know as the fourth-density vibration. At this time, there will be a disharmony between the thought that creates the vibration that is your planet, and the thought that dwells within the density that is the fourth.

Much energy will be released of a physical nature. This energy will create physical changes within your planet. There will be changes within your land masses, changes in your atmosphere.

R: Changes in the atmosphere?

Changes in all of the physical manifestations of your planet. This will be of a nature that will be considered to be cataclysmic. This is a very good thing. However, it will not be considered good by those that are within the illusion.

Labeling this change good or bad is something that is dependent upon the individual observing the change and his orientation. My friends, the reason for this change being of a cataclysmic nature is that the thought that has been generated upon and in your planet for the past several thousands of years is a thought that is out of harmony with the new vibration that your planet now goes into. The Creator never conceived of the condition that is shortly to manifest upon your planet. This condition is manifested as a result of the desire of all the individuals that dwell on this planet. They are not aware of this desire, but their desire has created this.

They have created a condition by their desire that is shortly to be severely out of harmony with where they will physically be. Due to this, there will be a large energy release, which will manifest itself upon your planet in the form of earthquakes, storms, volcanic eruptions and in fact a shift of the poles of your planet with respect to their orientation in space.

This change that will shortly manifest itself upon your planet is, as I have said, a result of the mismatching of vibrations of your planet and its new position in space. This change will alert many of the people of your planet who are very lightly slumbering, and many of the ones who are slumbering relatively deep. Many of those people will at this time be what is known in many of your religions as "saved." It will save them, because they will get the violent awakening that is necessary to cause them to raise their vibrations that last amount that is necessary to get them off the fence, so to speak.

There will be those who are more deeply slumbering, so to speak, who will not make the transition. It is up to you to provide those, who will be awakened with the information that they desire. We have stated that this transition is both good and bad. Ultimately, in its most broad sense, it is a good transition; however, it is an unnecessary transition. In a normal transition there would be no energy released, since in a normal transition the vibration of the planet would match closely enough and be in harmony with the new and higher vibration. This would result in no energy release, and the planet would continue in a relatively normal sense from a lower vibration to the higher. Your planet is an aberration in the evolution of the spirit of the people of the planet and the planet. The change that will take place will be a beneficial change. However, the mechanics of the change will seem anything but beneficial.

Those of the people who dwell upon this surface at this time who are totally aware of the results of this change, and the reason for it, will not in any way be affected by this change. These who are not aware of this, but who are aware of this in a spiritual sense, will be affected only emotionally, because they will not understand. These are the people we wish to communicate with.

You might ask, why is [it] that we cannot do this using your networks of communication at the present? It would seem simpler to many of you that we just present this information to the governments of the world at this time and have it given to the people of the world at this time.

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We are unable to do this. We are unable to do this because many of the people upon this planet do not desire this information. And this is the only reason that we are prevented from giving it to them in a direct and unquestionable sense. Since they do not desire it, it is necessary that we present it in such a manner that it can be rejected totally by them. This may be a difficult concept for some of the people who dwell upon this planet to understand. But it is our understanding of the intention of the Creator in providing for the desires of all of his children to be met at all times.

In the future, when the conditions have manifested of which we speak, and many of the people upon this planet have initiated seeking, there will be groups of people who, having initiated seeking and having been educated by channels such as this one and channels of other groups, will then be in a state of understanding sufficiently enlightened so that they may meet with us directly. We will at that time provide direct and physical aid to these people. There are many, many more of us than you could imagine waiting to act in this fashion, in the service of the Creator, for that is how we label ourselves. And this service at this time will include a direct service to those groups of people who are desiring our service. It will be necessary, however, that these groups be somewhat isolated from groups of individuals who do not desire our service. This will be done in many ways, and these will be made apparent to you at a later time, for you do not at this time have an understanding of the many, many ways in which we can serve you.

We have said many times in the past that it is necessary for you to meditate. We have said this as an instruction to allow you to erase the illusion that has grasped so many of the people of this planet within its clutches. This meditation that you perform brings you to an understanding of reality. Reality is all about you. But it is not the illusion that continually occupies the thinking of the larger number of your planet.

We have said this to you many times. It is up to you to understand what we are saying. And there is only one way to understand it. This way is to understand it in meditation.

I am at this time going to ask if there are any other questions?

R: Can you give us some confirmation on the time? I am going to try to use an instrument that is new to channeling. If you will avail yourself.

(Carla channeling)

I am Hatonn. I am with this instrument. I am having much difficulty with this instrument.

(An unrecorded question was asked: "Can you land and meet us on the land we bought in Mario County?")

(Don channeling)

I will speak through this instrument. It is impossible to own a piece of the creation. I do not wish to sound as if I do not appreciate the problems which you find within your illusion, for the illusion is very strong, and this is the reason that we have recommended that you avail yourself to truth, in meditation, for all of these things are within you. You have simply been given the thoughts of those that built the illusion that is so strong on your planet.

There will be aid given to groups. These groups will number in the tens of thousands. It will not be necessary to convince the illusion that the groups have rights and privileges. These rights and privileges are the gifts of the Creator. The illusion will very rapidly cease to exist, as the change of which I have spoken manifests itself.

R: Is physical contact with you possible?

This is possible. However, as this instrument is aware, it is necessary that this be desired by each member of the group.

R: So, if four or five people were on the property and everyone there stated during a period of meditation that we wanted you to land, that you would?

This is not true. I have stated that it is necessary that each individual desire this contact.

R: To want something and to desire it, then, is not the same?

I have stated that each individual in the Creation receives exactly what he desires. This statement is true. Many of the people of this planet receive things that they believe that they do not desire. However, in truth, they desire precisely what they are receiving. In order for us to meet with a group of your group, it will be necessary that this desire is a true desire. This can only be achieved by meditation. This can only be achieved if the individual desires it.

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The interpretation of this concept, "desire," is different in your language and in our understanding. Desire is the word that is used to most or best conform to the concept. However, to understand your desire it will be necessary that you avail yourself to this understanding in meditation.

We have met with individuals of this planet many times. We have met with those who desired this meeting.

R: How about if everybody here really desired to meet you? Could you do that?

I have stated that if this desire manifested itself, then the meeting could take place.

R: So, what you're saying is the people in this group right here don't really desire to meet you?

(Inaudible)

D: I feel like I desire stronger control. Is that a confusion on my own part, or is that just a means of easing me into channeling?

Through meditation you can know your desire. I will give an example. I use this example because it is best known to the members of this group. There was a teacher once, known to you as Jesus. This man had desire. His desire was to serve his fellow man by demonstrating a knowledge of the Creator's love. Through this desire he accomplished things that you know as miracles. This man had true desire. It is only possible to achieve true desire by initiating this yourself. If you are able to initiate a desire that is a true desire, then you will achieve what you desire, just as the man known to you as Jesus achieved what he desired. He achieved what he desired because he desired to serve his fellow man in a way that was in harmony with the desires of the Creator, for he realized his unity with the Creator.

We desire to serve our fellow man, as he desired to serve. We desire to serve you. We must serve you to the best of our ability. This will include meeting with you when this will result in what you desire. What you desire is that you grow in a spiritual sense, so that you may better serve your fellow man, fulfilling your desire, his desire, and the desire of the Creator. When our meeting with you will increase your spiritual growth and therefore meet your desire, we will desire to meet with you. I hope that I have made this point more clear.

You are desiring at this time what you are aware of that is desirable. The reason that you are not aware of what you actually desire is that you are conditioned to understand that which has been given to you as the illusion. If you will avail yourself to truth through meditation, then you will understand what you desire. What you desire is that you grow in a spiritual sense in order to serve your fellow man and in order to fulfill your desire, his desire, and the desire of the Creator.

R: So, to spend energy to meet you would not—would be a rather selfish use of energy?

This would not be your true desire.

D: Am I to understand then that the most important thing is to think within ourselves?

The most important thing is for you to meditate, for these things will be made clear to you by this simple process. This instrument has spent several of these past years in meditation. For this reason, he is aware of the things that he just channeled. For this reason, it is only necessary for me to give him these concepts in order for him to channel without control, for he already is quite sure of the veracity of what is relayed through him.

It is necessary to use control at times when we are attempting to give information of a very specific kind. It is possible to achieve a knowledge of all of these things simply be availing yourself in meditation, for they are within all of the individuals of this planet. This instrument, however, was not aware of the exact relationship of desire with respect to the evolution of the spiritual self that was just communicated through him. He was aware of those concepts in a conceptual sense rather then a specific sense. For this reason it is more effective to channel through the instrument, rather than to use him as a teacher, for we have found that it is very difficult for an individual to express the concepts which he achieves through meditation with words, which were never designed with those concepts in mind. We are simply at this time confirming what this instrument had considered conceptual truths. These were given to him in meditation many years ago.

There are several ways of becoming aware of your desires but there is only one that we recommend: this is meditation. Each of you has all of the information that this instrument has given you before he gave it to you. You have all of the

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information that he is going to give to you. We of the Confederation of Planets in the Service of the Infinite Creator are unable to give you any new information, for you are already in possession of all the information that exists. Each individual in the creation possesses all of the information in the creation, for each individual is a portion of the creation. The only reason for a lack of availability of this information is that this individual has desired to limit himself for the sake of his own experience.

For this reason, we have stated many times that it is necessary to meditate. Through this process you regain the communication with yourself that is necessary to be aware of all the information of the creation. There is one, single, simple Thought behind all of it. This Thought is the original Thought of the creation. In your language, this thought is expressed as love. This word most closely approaches the concept, although it is totally inadequate for an expression of the love that is the creation.

The process of giving information to you through a vocal channel such as this one is at times quite varied, and is only a small aid in creating a condition by which you can avail yourself of the total knowledge of the creation. We do find, however, that in using channels such as this one, that there is a service performed in helping those who desire it to seek the knowledge that is within them.

There are some misunderstandings about the uses of instruments. For this reason, a new instrument sometimes has difficulty in channeling our thoughts, for he confuses his thoughts with our thoughts. But in all of these processes, we are simply awakening in you the part of you that is us, and the part of us that is you. It is what you might consider a reduction of your isolation, so that instead of being isolated, you are in unity with the creation. For this reason, it is sometimes difficult for those of you who are so much conditioned by the illusion that is created on this planet to understand within the boundaries of the language that we are forced to use when speaking through an instrument the concepts which we are attempting to give you. It is necessary that an instrument such as this one spend much time in meditation, so that these concepts may be developed within him. A new instrument is able to communicate relatively simple concepts or messages of a completely controlled nature. If he is to develop into an instrument such as this one, or such as other instruments who are able to communicate concepts of a more involved …

(Tape ends.) ♣

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Saturday Meditation, Second Meeting
February 23, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a very great privilege to once more be able to speak with you. We, of the Confederation of Planets in the Service of the Infinite Creator, are always very privileged to be able to speak to those, the people of Earth, who wish …

I was saying, we of the Confederation of Planets in the Service of the Infinite Creator are always very privileged to speak with those, the people of Earth, who desire our services.

This evening I would like to tell you a story. This, I believe, is an interesting story, for it has several aspects. There once was a man who dwelled upon this planet who had such wealth he had what he thought to be great security, for with his wealth he was able to do or have done whatever he wished.

I will continue. I am having some difficulty. I will condition the instrument.

(Pause)

As I was saying, there was a man who lived upon this planet who had such wealth, in this wealth he saw great security, but this wealth that he had was not a wealth you would interpret today to be wealth, for the wealth that this man had was a wealth or knowledge, and in this wealth of knowledge, he saw great security, for the knowledge that he had was the knowledge of truth. And in this truth, there was knowledge of security. For, my friends, in the knowledge of truth, there is the only security.

Today, upon your planet, security is sought by your peoples. They seek wealth as security and yet they do not have it for they do not know what wealth is. Wealth is thought of today in its material sense by most of the people of your planet. Only a very few understand true wealth. We are attempting to give you true wealth and true security. The wealth that we are attempting to give you cannot be taken from you. Even though you may leave your physical body in death, it is a wealth that can be carried with you. It is a security that encompasses all of the Creation, for in this knowledge and in this wealth you are once more in total harmony with all that exists. And, therefore, you are in possession of all that exists, and this is the ultimate wealth.

It has been said that you should think not of what is to come tomorrow, but you should exist for a service in the present and take no thought of that which will come to you in the future. This is truth, my friends, for everything has been provided for you. It is not understood, at present, by your peoples, but it is impossible to create a security by acting in such a way as to accumulate material wealth. This security does not exist. It exists only within the illusion that you now enjoy.

It is very difficult for a peoples such as yours, who have been conditioned to think strictly within the boundaries of their present illusion, to break from these thoughts and to exist in the true creation. If this is done, there is no need for the accumulation of wealth in any sense, for there is nothing to accumulate. You are then in possession of everything that exists, for you are part of it and it is part of you.

It is very difficult for an individual living in your society to realize this, for all of the thoughts impressed upon him or those about him indicate that what I am telling you is erroneous and that he must, in order to survive and in order to hold his rightful place within the society, accumulate wealth. He must plan for each day in the future, in order that he will continue in surroundings that he designs for himself.

My friends, surroundings in which you exist are not designed by any of us. They were designed by the Creator. The food that you eat was designed by the Creator. The sun that brings you the light and the warmth that sustain you was designed by the Creator. Everything was provided for you. Man on Earth has strayed into darkness and he has built an illusion that causes him to think that it is necessary to struggle against problems that he considers to be a natural part of the Creation. Problems against which he struggles are not a natural part of the creation. These problems that he creates in his struggling, as one entangled in a mesh of brambles, becomes more entangled in struggling. So does man on Earth become entangled in his own manifestations. In his lack of understanding of the true source of supply of that which supports his life, not only in the physical as he appreciates it at present but through all other stratum of existence, he is supported and continued in all instances by one source, the Creator.

And yet, man on Earth continues to struggle, continues to enmesh himself more deeply and deeply into the web of his illusion, confusing his thoughts and believing sincerely that the Creator will not provide for him what he needs. And this belief is generated to such an extent that the illusion suggest to him that the provisions are not available. And he does not find them and he therefore suffers. But who is created to suffer? He has created it himself in his lack of understanding, and this is not necessary, my friends.

We of the Confederation of Planets in the Service of the Infinite Creator want for nothing; we do not struggle against that which was given to us freely. We accept it, for it is a part of the creation and it is ours, for all of the Creation is ours, for we are a part of that all.

It is impossible to sustain the physical life upon this planet without assimilating foods that are provided for you. This is what is believed by the people of your planet. My friends, there is no lack in this creation for anything. There is ample supply at all times and at all places. It is only necessary that this be realized. I am aware that it is difficult to realize the truth of what I am attempting to tell you at this time, for within your illusion the concept of supply is quite extraordinarily changed from that as we understand. Consider the birds and animals that exist in what you consider a wild state. The Creator has provided for them that which they need. Unfortunately, upon this planet there are certain lacks in awareness that extend even to the animal life, which is brought by the general state of ignorance that permeates the thinking of a major portion of the population.

I do not wish to seem judgmental in stating that a condition of ignorance prevails. However, it is the most accurate way of expressing the understanding of those who dwell upon this planet. They are not aware of their true position and their true being in this universe. An awareness of this is all that is necessary for an individual to function as he was intended. All of the supply for the sustenance—what you understand as physical life on your planet—is provided by one source. That source is the Creator. If this was not supplied by the Creator, then you would not exist in a physical form. It is not possible to exist in the physical form as you now appreciate it, unless all of these things are provided for you. If all of these things are provided for you, how is it possible to doubt the objective of the Provider?

The men of science of your planet, bound in the state of ignorance of which I spoke, have interpreted the source or provisions that sustain you as occurring as a function of chance. We think this to be unusually ignorant. We suggest that you spend time considering how your physical beings are supported by those foods and other necessities that are given to you. Man on Earth has created an illusion which is very complex with respect to his concept of sustenance of his physical body. He has created an

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illusion that is very complex with respect to his interpretation of his concept of security. None of these illusions are even remotely correct. The truth of his sustenance is, as are all truths, related to a single source. For this reason, it has been stated that it is not necessary to give thought of the future. To live in the present and serve the Creator in any way that you find opportune; this is your reason for existence—to serve. For this is the Creator's reason for existence—to serve.

My friends, each of you is part of the Creator. Understand this principle and you will no longer be burdened with the illusion that has been passed on to you by your fellow man, who has dwelled for very long in a state of ignorance. Why should you learn lessons from those who know nothing, who know less than nothing, for they have built a complex illusion that is not even remotely related to truth? This creates many problems and difficulties for those that accept it. We suggest that you reject it in all of its forms and return to the understanding of your true being which you have within you. Become aware of your position in this universe. Become aware of your at-oneness with the creation, and then go forth and serve your fellow man, for in this way, you create that condition which the Creator desired and in this way, you are able to function in exact harmony with the original Thought.

When this occurs, all of the illusion is meaningless. For you then are your own creator, and all that you desire is yours. For, my friends, the desires you have at that state of understanding are far different from the desires that exist within the illusion. So give them up, if you wish, for they are desires which have been given to you by those who are quite ignorant. And, my friends, their ignorance is no more their fault than it is your fault. It is simply an ignorance due to a lack of education.

We of the Confederation of Planets in the Service of the Infinite Creator are here to remedy this lack of education. We will continue to attempt to speak to you on many subjects until we have accomplished a service. This service must be desired by those to whom we give it. If it is not desired, then we cannot serve them, for this is our understanding of truth.

I will leave this instrument at this time. It is my sincere wish that I have been of service in speaking to you this evening on our understanding of truth. I will leave this instrument at this time. It is my sincere wish that I have been of service in speaking to you this evening on our understanding of the concept of supply and the concept of the state of being of the individual with respect to the rest of the creation. I am Hatonn. Adonai vasu. ♣

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Monday Meditation, First Meeting
February 25, 1974

(Don channeling)

I am Hatonn. I am with the instrument. I greet you, my friends, in the love and in the light of our infinite Creator. It is once more a great privilege to be with you. It is always a very great privilege to be of service, for there are far too many of your people to serve. We are here with you this evening. We will condition you. We will speak through this instrument.

Be patient, for all things come to those who seek. Seeking, my friends, is the most important thing that you do. All of us in this creation seek. What we seek is the important thing. Many of your people seek, but they do not seek things that are of value. Every day you are given suggestions of things that you should seek, but if you will examine them you will find that most of them are of very little value. When you seek that truth that is permanent, and everlasting, then you seek that which is of significance.

We of the Confederation of Planets in the Service of the Infinite Creator are here to help your people with their seeking. As I have said before, there are all too few of them who are even aware that such seeking is important. Actually, they have chosen their physical incarnation, at this time, for the purpose of seeking the truth of which I speak. They are, however, for the most part unaware of this. This is unfortunate. We are attempting to remedy it in many ways and we are enlisting as much aid as we possibly can, for your people, at this time, are in very great need of knowledge of how and what to seek. They have been seeking for so long within the material realms that most of them are totally unaware that seeking is possible within the spiritual realms.

The religions of your world have, for the most part, eliminated the responsibility for individual seeking. This, however, is an extremely erroneous point of view. It is very necessary for the individual to seek truth, knowledge and the ultimate and supreme level of the Creator if he is to grow in strength and spirit and understanding and take at some future time his rightful position in the Father's creation. This, my friends, is why seeking is so important. It is the only way for your people to get from where they are to where they should be. All of the people of this planet should not be where they are at this time. Unfortunately, they are in a state of trance. I have spoken of this before and at this time will reiterate that they are truly in a state of trance. They have been hypnotized by suggestions of social systems which have been built up by erroneous thinking through many centuries. The only way to break the chain of foolishness that reigns upon your planet is to awaken your people with proper information.

Unfortunately, as I have said, most of them at this time are not really seeking this type of information for they see no need of it. Your societies have grown to such a state of confusion that the importance of that which is real has been subjugated to nothingness; where the importance of that which is man has been elevated to the only state of importance. Unfortunately, this condition is not being remedied at the rate that we would hope for at this time. We are striving and doing our utmost to help your people and to make them aware of the situation they are in, but they are not paying attention. We can only do so much. The more attention your people pay, the more that we can do. It is a simple matter of direct free will. If the population of a planet asks for our services then we may give them freely; if only a portion of that population asks, then we must limit our services. If none of the population asks for our services, we are unable to give any of our services. For this reason, you find us in a state of hiding, you might say, at this time. For far too few of the people of this planet have asked for our services. Consequently, we must act through instruments such as this one to speak to you and tell you of the problems that now exist for us and for you and for the rest of the population of your planet.

We suggest that you, as individuals, attempt to evolve as best you can on an individual basis and at the same time attempt to, in your own way, act as examples of this evolution. By doing this, you will draw attention by maintaining a knowledge of truth. Through meditation you will be examples. You can be nothing else. Those of your people who are in great need of truth and of understanding will notice that you are different. They will notice that you will have an inner peace and tranquility. They will notice many things about you, then they will seek you out for information. At this time, you will be able to serve them as we are able to serve you.

It is a difficult thing, my friends, to serve all of the people of your planet that wish service. Many of them do not know that service is available and they do not know how to recognize the service once it is offered. Each one of them is a different problem and there is not too much time left, my friends. Shortly, many of your people will be seeking much information. More and more of them, at this time, are seeking information. But they are difficult to communicate with because of their mixing with those who do not wish to be served. We must, therefore, increase the number of channels such as this one and we must increase the amount of information that is given to your people by other means.

I am sorry that I have taken a little more time than I expected to on this particular aspect. But at this time, we consider the dissemination of our information to the people of your planet of utmost importance. It must be remembered through, that caution must be used. And, as a general rule, the information should be presented so that it may be rejected. It is necessary to create within the individual an intense seeking that is his own, rather than to force upon him information that he does not request. Therefore, act as you are directed through your daily meditations. And we will, with you, succeed in bringing the truth that your people require at this time to them.

I will leave this instrument now. I am Hatonn. I shall speak with you at a later time. I have been very pleased to be with you this evening. Adonai vasu borragus. ✤

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Monday Meditation, Second Meeting
February 25, 1974

(Don channeling)

I greet you, my friends, in the love and in the light of our infinite Creator. It is a great pleasure to be with you this evening. As always, it is a very great privilege to be with you.

I have been listening to your conversation. This instrument is correct in what he says about his reception about what we give him. He is an advanced instrument. He has been practicing a long time. He is able, now, to make his mind a blank and this is necessary for ease of transmission. It is only when you clog your mind with your own thoughts that it is very difficult for us to get through to you. This is why we request that you spend time in meditation. This is the only way that you will become practiced enough to transmit our thoughts as easily as this instrument does.

He has been practicing, now, for many years. It was difficult for him at first because the people of your planet are not used to this form of communication. And, therefore, are not aware of the simplicity with which it may be accomplished. It is not at all complex, my friends, and thinking about nothing is not at all complex. It is, as has been stated by this instrument, something like learning to ride a bicycle. Once you learn it, you do not forget it, but you must practice it to maintain a high degree of efficiency. Sometimes, this instrument has difficulties and at those times it is necessary for us to condition him further.

This conditioning, my friends, is simply a means of causing the individual to be helped to think of nothing. We hope that each of you, here in this room, will learn to do the same because then you will be able to receive and speak our thoughts as readily as this instrument. He sometimes begins to wander in his thoughts as we transmit to him. When he begins to think of something or begins to think of the transmission, rather than simply relaying it to you, it sometimes becomes garbled, shall I say, or somewhat difficult. For this reason it is necessary at times to stop and condition him once more and then resume the communication. Errors are possible due to this same phenomena, but we correct these if these are out of limits of what we wish to give you.

The limits of what we wish to give you are always limited by those receiving. We can only transmit that which is acceptable to those who are receiving it. We cannot, shall I say, go over the heads of the receivers. For this reason, we are hopeful that the grades of people who receive our communication are not too mixed. We would request that groups of relative advancement be made. Putting a new person, who is unfamiliar with what we have to give to you, with a group that is somewhat advanced in its study of philosophy limits us to a communication that would be acceptable to a new person. It is,

therefore, requested that you keep this in mind when forming groups of people who listen to our communication.

My brother Laitos is in the room with you this evening. And he will condition you as this instrument is speaking. I have concluded this portion of my communication and I will allow this instrument to rest for a short period. And then I will continue with another communication. I thank you very much for your patience in listening to me. And I hope that what I have given to you will be of service to you in your evolvement as channels.

(Pause)

I am Laitos. I greet you, my friends, in the love and in the light of our infinite Creator. I am with you this evening in the room. It is my duty to condition each of the new instruments. You will feel my conditioning. It is only necessary that you think of nothing and you will be most receptive to my conditioning. Please allow your body to follow any of my suggestions. You will feel the effects of my conditioning. Do not be alarmed, for this is very natural. It has been done for thousands of your people.

It is somewhat different from what you normally experience. But we, of the Confederation in the Service of the Infinite Creator, are very familiar with these types of contacts. They are a way for us to work across the boundary that seems to separate you from us. Actually, there is no separation. It is an illusion, but it is very strong for you at this time. So, please be patient and help me to work through this barrier and communicate with you. It is a great privilege to have this duty and I am skilled in doing this. Please bear with me for it takes a little bit of experimentation for each new vocal channel, for each person is, shall I say, tuned in a slightly different manner. Therefore, try to relax and think of nothing.

I will leave this instrument now. I am Laitos. Adonai.

(Pause)

I am Hatonn. I greet you, my friends, once more, in the love and in the light of our infinite Creator. We have been conditioning this instrument. It is helpful even in the case of an advanced instrument to condition him at times.

We will now meditate. Concentrate, my friends, on that which is all. Let your thoughts become one. For all is one. Become aware of the one great All. Become aware that you are one and that one is all. Do not separate yourselves from anything. My friends, you are not separate from anything. There is only one thing. That one thing is truth. Truth is. It is all about you. It speaks to you. Listen to it and you will know it. Truth is in your sky. It is in your trees, in your fields and in everything that is the Creator's. Do not be concerned with anything but this truth.

Questioner:

(A question was asked about changes in physical bodies due to physical vibration.)

I am Hatonn. I am with this instrument. I am requested by him to identify myself. I am Hatonn. I am with you in the love and in the light of our infinite Creator. These changes will have an effect upon physical bodies. They will destroy physical bodies. This has been occurring upon your planet for long in its history. There has been a physical destruction of what you know as the physical body.

I shall now speak through this instrument using no control.

I have said that there will be the destruction of physical bodies upon your planet. This is a necessary consequence of the physical change. We, of the Confederation of Planets in the Service of the Infinite Creator, are aware that within your illusion much attachment is in evidence with respect to the physical. The body that you know as your physical body is as much a part of the illusion that you now experience as the illusion created by the people upon this planet. It is only necessary to avail yourself to the knowledge of reality to understand the reason for what you consider the physical body.

It has been stated earlier this evening that it is necessary to understand the words written in one of the holy books that have been given to your people. These stated that even though you should walk through the valley of the shadow of death that you would fear no evil. These words have reference to that which you consider as the destruction of the physical body.

R: So what you're saying is that regardless of whether or not people raise their vibration, their physical body is going to be destroyed.

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Your physical body will be destroyed. You are aware of this. There is not a single physical body upon the surface of this planet that will not be destroyed. At some time in what you consider to be the future. You have an awareness of this and expect it as do all of the people of your planet. This is what you know as death. It is a natural cycle for the physical body to be destroyed. It is alarming to most of the people who inhabit this planet to assume that their physical body will be destroyed before they expect it to be destroyed. However, it is possible at your present level of awareness in the physical to expect this destruction at any particular time.

R: Will all the bodies of all the people of this planet be destroyed during the changes that you have stated or will some people be taken with their bodies in your craft off the planet?

There will be a change of density of vibration. The physical body as you now know will not be in evidence in the fourth density of vibration. You would have no need for this dense a body. If you were to retain it, you would not pass into the fourth density. Do you wish to retain this and remain in the third density of vibration? I think not. Do you know what you desire? What is death? What is the physical body?

R: What's the process of translation that you have spoken of? Is it what we call death, or is it something else?

There is no death. The reason that you presently have the concept of death is that you are unable to communicate in your present state of awareness with those whom you consider dead. There will be no inability to communicate between levels of awareness when the planet has moved into what is considered fourth density. Therefore, there will be no awareness of the concept of death. All physical bodies that now exist upon this planet will in the future not exist. This would occur even if there was no change of density, for it has occurred in a cyclical manner throughout all of the history of this planet. Why would this process be of any importance?

R: Should we practice death during our meditation, so to speak? To make the transition easier? Practice the process of leaving our bodies?

There is only one thing to practice. That is meditation.

R: How long is it going to be before the big bang?

Don: So that he can get some more credit cards and cancel some more appointments.

(Don channeling)

I am Hatonn. I am Hatonn. I am with this instrument. I am with you, my friends, in the love and in the light of our infinite Creator. This instrument, due to his awareness of the nature of this question, is reluctant to attempt to channel this specific answer. However, I have given to him the concept, the technique for arriving at an answer to this question. The system of numbering to be used will involved years in your language. The number derived will be the number of years predicted by us to the best of our ability.

We are sorry that it is necessary to use this technique. However, this instrument is reluctant to attempt to channel information of this specific a nature for several reasons. One of these reasons is that it is information that is not desired. However, my friends, it is necessary, at this time, that we act within specific boundaries and limitations. Therefore, we are suggesting once more to this instrument that he give to you the ideas that we have presented to him.

I will leave this instrument at this time. I am Hatonn. Adonai vasu borragus. ♣

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Monday Meditation, Third Meeting

February 25, 1974

(Unknown channeling)

I am Philip. I am Philip of The Brotherhood of the Seven Rays. I am using control over this instrument. I will speak with you this evening in love and light. I shall address you shortly as I condition the instrument. Please be patient. We are now with the instrument. I am Philip of The Brotherhood of the Seven Rays. Yes, my friends, I am here with you this evening and I am aware of your seeking. It is very difficult loving in the society that you now enjoy. So spend much time in seeking, for you are constantly confused and drawn into unimportant problems. Your daily lives are beset by many difficulties. And this makes it difficult for you to seek the Father through meditation. My friends, the Father is infinite and in everything you do and in everything you see and in everything you touch there is nothing but the Father. For He is and you are. He and you are one and I and you are one and we are all one, beloved ones. There is nothing else but the Father and I. When you go through your daily lives, know this truth. And demonstrate it in everything that you do. For this, my friends, is that which is truth. This is the truth that you seek. This the truth that we all seek. For when we know this, my friends, there is nothing else to know.

Throughout your planet, my friends, there are many, many peoples of many, many races and each of them think many, many things. But you must see them and you must know them as one. For each of them is a part of the Father as a part of you. And all that is necessary for you to realize this is to open your eyes and see. For man on Earth has these eyes, but what he sees is, for the most part, something that he designed for himself to see. The Father, my friends, made the creation. We are the creation. We are the Father. We are all one. It is impossible to be anything else. No matter where you are, what you think or what you do, this fact remains: that you and all of your brothers and sisters throughout all of this infinite creation are one single, great, living Being. Not only brothers and sisters, but all of life; and all of the trees and flowers and rocks and all of the foliage and all of the planets and stars are part of that one great Being.

And yet, man on Earth attempts to separate and divide and subdivide. And this is not truth. And yet he does not realize for he is yet in a state of ignorance brought on by his own misdirected thinking. And yet truth is simplicity itself and yet he has complicated this truth to such an extent as to kill his fellow creatures in great profusion. And he has generated such hatred for his fellow creatures and in doing so has generated this hatred for himself. For to hate your fellow men, my friends, is to hate yourself. And in doing so, he has brought upon himself terrible, terrible grief. For what could be worse than inflicting pain and destruction upon oneself?

And this is what he does. There are millions and millions and millions of planets throughout the creation. And these are inhabited by millions and millions of people. People like yourself. And yet, they do not hate. They do not fear. They do not envy. They do not show greed. They do not judge. For how is it possible to do any of these things if there is only one being? For in doing any of these things it is nothing but a self-inflicted wound. I and my Father are one. These are true, these spoken words. I and my Father are one. And each of you, as all people throughout all of the creation, one. One. Know this and this alone and you will know enough. But know it, my friends. Do not think it. Do not speak it. Do not accept it. Know it. For when you know it, you will then know love.

It has been a great privilege to be with you this evening. I am profoundly grateful for the opportunity. I leave you in love. For there is nothing else. My peace be with you. ♣

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Wednesday Meditation
February 27, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a very great privilege to once more be with you. It is always a very great privilege to be able to speak to those of this planet who would hear us of the Confederation of Planets in the Service of the Infinite Creator.

I would speak to you this evening on a subject that I am sure each of you is interested. It is the subject of our contact with you. This contact at the present is what you know as a telepathic contact. This instrument is able to receive our thoughts. Each of you will be able to receive our thoughts as well as does this instrument in the near future. All that is necessary for you to do this is for you to avail yourself to our thoughts in meditation. There is a process of mental tuning, as you might call it, that is necessary. And this occurs while you are in meditation. It is much easier for us to contact you while you are in meditation since at that time you have rid your mind of many of the thoughts that constantly keep you from receiving what we would give to you.

Each of you here tonight desire our contacts. For this reason, you will receive our contacts. If you did not desire these contacts, you would not receive them.

There are several ways of contact. This instrument is demonstrating one of the ways at present. He is receiving my thoughts and repeating them verbally to you. At this time, I am not using control over this instrument. He has cleared his mind of other thoughts and is allowing me to speak through him rapidly using his mind simply as a relay station, so to speak. This requires some practice, and is quite difficult for a new instrument. For this reason, we use more control and operate at a slower speed with a new instrument. When this instrument was initially conditioned, it was necessary to operate at a much slower speed. However, each of you will be able to receive and relay our thoughts at this speed.

Some instruments do not receive conditioning, as you are aware of. They do not receive the muscular conditioning that some of you are aware of. They are conditioned in what you would consider a purely mental form, so that they receive our thoughts with no muscular control. There are certain reasons for this type of contact, and this will be the type of contact for some of your group.

This instrument is aware of my contact in more ways than one. However, it is sufficient to use him as a relay of our thoughts. In the future, we will contact you in a more direct way. This we would like to do at this time, but it is not possible at this time to contact you in a more direct way. However, in the future this will be possible. You will be responsible

for this contact, not we. We cannot be responsible for this contact, for this would be a violation of what we understand as the Creator's design.

If you are to be responsible for our more direct contact with you, it will be up to you to generate a condition in which we can more directly contact you. This condition will be met by availing yourself to the knowledge of this condition through meditation. This condition is a condition of mind. It is a condition of the mind of your group.

In order to practice so that there will be a wider range of reception of these communications, I will at this time transfer this contact to one of the other instruments of this group.

(R channeling)

I am Hatonn. I greet you again in the love and the light of our infinite Creator. As I was saying, the condition that is required for a more direct contact with us is a higher spiritual consciousness. The development of your groups' mind will be necessary and will be achieved if it is desired by you. As we have said, a meeting of a more direct type will be entirely up to you. This is another reason why group meditations of this sort are advisable.

I will now attempt to use another of the newer instruments that we are attempting to develop.

(Don channeling)

I am with this instrument. I am Hatonn. I am having difficulty with the instrument known as D. It is only necessary that you relax and allow the thought to be stated by yourself. This instrument will be used to correct any errors that are made by the new instrument. Please avail yourself to my thoughts. I will return to the new instrument.

(Don channeling)

I am Hatonn. I am once more with this instrument. I shall speak for a short period of time on the process of channeling our thoughts. We are able to fully control your muscular actions. We implant a thought and then at the same time create a muscular response. If the thought is our thought you will get the response which is muscular. This will create an attempt to say what you are thinking. We are not able to form each word exactly in most cases. However, this may be done with some instruments. This, however, takes an exceedingly long time to develop. It is suggested that the new instruments use the muscular response he feels as a guide as to whether the thought he has is one to be stated or whether it is not to be stated. If he will simply state what he is thinking when the muscular response attempts to originate it, we shall be successful in giving our thoughts to this group through the new instrument.

At this time I will again try to channel a communication through the instrument known as D.

(D channeling)

I am Hatonn. I am Hatonn. I am Hatonn. I am … I … I am Hatonn. I am having a hard … (I guess he's trying to say he's having a hard time!) I am having … I am Hatonn … how hard I have tried. How hard I have tried and have been resisted. I am hopeful that I will achieve a smoother contact. I am having trouble because your mind is not focused. I have been trying about … I am sorry. I am Hatonn. I am having trouble. Avail yourself. All that is necessary is to avail yourself. All the way. I … I will leave. Adonai.

(Don channeling)

I am with you, my friends, in the love and the light of our infinite Creator. It is a great privilege to speak with you once again this evening. I am pleased with my ability to use the instrument known as D. He was resisting me previously. It is difficult for a new instrument at times to separate his thoughts from mine. This is not too important, for corrections can be made. And when we have achieved a good contact we can continue them without the necessity for repeating the phrases that is necessary for a new instrument.

It is only necessary that the instrument avail himself by clearing his mind of thoughts and then instead of trying to analyze each thought that comes into his mind, to keep his mind clear. And as this instrument does, simply speak what he thinks. We do not at this time use any control at all with this instrument, for he has relaxed and he is speaking exactly the thoughts that are in his mind. He is not thinking up these thoughts. He is just speaking them.

This is the technique that must be learned if one is to become a rapid and fluent channel. It is not necessary to analyze the source of the thought, it is only necessary to speak it. If this instrument speaks a thought that we do not wish him to speak as being

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one of our thoughts to be given to you, he simply will receive no thoughts after that and he will stop speaking. At this time we will be able to go back and rectify the erroneous communication that has been made.

This instrument at this time is speaking in a way that is slightly different from the way that the rest of you are accustomed to speaking. He is receiving what we are giving him in a conceptual form just a slight amount of time prior to his verbalizing. He is able to use his own words in speaking what we are giving to him to a certain extent. If what he says is sometimes slightly disjointed, it is because that he is relaxing and is not using his intellect to put the words exactly as they should be put together if it was to be appraised by one of your appraisers of your language.

We, however, do give him concepts which he attempts to relate to you by using the words which first come to his mind. For this reason, you find these messages somewhat less than a work of English manuscript. However, they are the thoughts, the concepts that we are trying to give to you that are of consequence and not the way that they are stated. If the instrument does not think about these things, and simply talks, then it will be much more rapid a communication and he will be able to give to you much more information in any period of time.

We sometimes use an instrument as we are using this one, talking in a state of, what you may say, some randomness in order to cause him to relax and get into a condition where he is stating our thoughts without at all analyzing them. In some instances, this instrument does analyze the concepts that we give to him and attempts to arrange the sentences in such a manner so as they are more suitable for your hearing or reading. However, this slows down a communication. It is possible to edit these communications after they are given to you through an instrument such as this one so as to make them more acceptable. This is of questionable value, since we are primarily trying to give concepts.

You will note that this instrument is speaking very rapidly. The only reason that this instrument is able to speak this rapidly is that he is not attempting to analyze what he is saying, he is simply saying it. And these thoughts that he is giving are thoughts that I am giving him. Exactly what I am giving him. I am not using words, as your language is composed of words. I am using concepts. These concepts are impressed upon the mind of the instrument which immediately transfers them into your language.

It is a process that is very simple. If he were to quit talking, he could get these concepts directly and understand them, but they would be of no value to him at this time for he already knows these concepts. This is another reason why it is so easy to communicate through him at this time for he has relayed similar messages to other new channels. It is sometimes difficult to relay messages that the instrument is not totally familiar with. And this takes [more] time and certain words that an instrument is not familiar with must be formed using muscular control. You will find, however, that as you gain confidence and ability in your communicating our thoughts you will be able to speak words that you are not familiar with, such as proper names and places, using muscular control. The muscular control that we are developing is also something that will be developed to a higher degree in the future.

You will find, as I am trying to indicate in this demonstration, that the main objective for an instrument if he is to become a good and rapid vocal channel is for him to totally relax, and to say what is in his mind. This instrument has been speaking exactly what has occurred in his mind for the past few minutes. If you think you can speak this rapidly using your own thoughts on any subject, I suggest that you attempt it. This instrument finds that he cannot speak this rapidly using his own thoughts on any subject for several reasons, for we are attempting to show to you at this time how you can best develop your ability to channel our thoughts simply by relaxing and speaking what is put into your mind. At a later time, we will use more control, for as you develop this ability to relay our thoughts you will also develop the ability to react muscularly to our control and therefore form exact words that we are attempting to give you. Please be patient and relax and allow yourself to speak what comes into your mind.

I will now demonstrate this form, if the instrument known as R will avail himself by relaxing and allowing me to attempt to speak more rapidly through him. I will now transfer this contact to the one known as R.

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(R channeling)

I am with this instrument now. I am Hatonn. As I was saying, in the future it will be possible for you to speak at a more rapid pace if you will relax and allow the thoughts to flow freely through you. It is necessary, as we said, to relax and not to become tense. This instrument has a tendency to become tense when he is channeling our thoughts. In time, it will be possible for him to relax as more advanced instruments do. This instrument will note that every time he becomes tense it becomes more difficult for him to receive our thoughts.

We realize that this is difficult at this time because you have been conditioned to believe that you must put effort into using your mind. However, it is only necessary to let the thoughts flow through you. As we were saying, in time it will be possible to adjust muscular reactions in order to channel proper names and places and other concepts which are now foreign to you or difficult for you to receive. This instrument must remember not to become tense. As you become more proficient in channeling our thoughts you will be able to receive a channeled information of a more diverse nature. There is much we wish to give you that will require this greater ability to channel more specific information, information of a higher spiritual nature. These concepts which we would like to give to you are quite foreign to your planet's normal pools of ideas.

I will now transfer to another instrument.

(Don channeling)

I am with this instrument. I am Hatonn. I am with you, my friends, in the love and the light of our infinite Creator. I am Hatonn. I am greatly pleased with the progress we have made this evening in developing channels of communication. For we of the Confederation of Planets in the Service of the Infinite Creator are in need of many channels of communications of our thoughts to the people of this planet. We are in need of these channels because in the very near future there will be many of the peoples of this planet desiring to listen to what we have to say using channels such as yourself. At the present, people of this planet are not aware of reality. For this reason, they are not in great numbers seeking to hear what we have to tell them about reality. They are sleeping; however, they will very shortly begin to awake. It will be necessary at this time that there be many channels such as yourselves who can relay to them the information that they desire. This will be your major service; relaying to those of this planet what they desire. And, my friends, the key to giving to your peoples this information will be desire. For this is the way that it is planned.

It is planned to give to those who desire it that which they desire. It is planned to give them this in such a way that they may appraise its value on its own content of truth. Truth is always the same. However, different individuals interpret the truth differently at different times. For this reason we are allowing the people of this planet to interpret truth as they desire it. For this reason it is necessary that this truth be given to them through channels such as yourselves. We do not wish our understanding of truth [forced] upon your peoples. And this would be something that we would do if we contacted them directly. We could not help it, for our very utterance of truth would be accepted by many of your peoples as [inviolate]. We do not wish to be thought of as the ultimate representatives of the Creator's truth.

We wish to give this to your peoples in such a way so that they may accept or reject this at their own will. This, as we understand it, is a necessary provision in the spiritual evolvement of all mankind: that he be at some state of this evolution in a position to accept or reject what is necessary for his evolution. In this way and only in this way, can he know the truth—the truth of the Creator—that single truth that is the creation, the truth of the love of the creation.

It must be realized from within. It cannot be impressed from without. We are attempting to stimulate those of your peoples who would be stimulated to seeking this truth that is within them. It will be necessary for them to consider very carefully the messages that channels such as yourselves give unto them. They will have to weigh the value of what has been given to them and judge for themselves as to its validity. When they have become aware of its validity, then and only then can we meet.

This would seem to be a strange way of approaching the peoples of this planet to many of them. Perhaps it is strange. It is strange when you consider it from the point of view of those who have evolved in the structure of thinking that is prevalent on your planet. It is not strange from the point of view from

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those of us of the Confederation of Planets in the Service of the Infinite Creator. We have studied the creation of our infinite Father in much detail. And we find that it is always provided for that the individual seeking have all stages of evolution. We are seeking too. We are attempting to help those of the planet Earth who desire to seek truth to seek it also. Our seeking is somewhat different from the seeking of those of the planet Earth. We are seeking truth by coming to you at this time. This is a method that we have found in seeking truth, for in coming to your peoples at this time and offering to them that which we understand as truth and offering it to them in this way through channels such as yourselves, we find that we grow in our understanding of truth.

Spend time in meditation. Learn to understand our thoughts, whether it be while you speak them through channeling as does this instrument at this time or whether it be as you understand them in your meditations. Give us the only thing that we ask of your peoples—give us understanding. You can do this, my friends, through meditation. This is our understanding of how to achieve understanding.

It has been a great privilege to be with you this evening. I am Hatonn. I am Hatonn. Before I leave you I would like to express a greeting to the one known as Carla. I am sorry that it was not possible to meet with her this evening. I, however, will be with her at all times. I am Hatonn. I will leave this instrument at this time. I leave in the love and the light of our infinite Creator. Adonai vasu. ♣

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Wednesday Meditation
February 27, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to speak to you once more this evening. It is also a very great privilege to speak to the ones who have joined this group.

I am at this time in a craft that is above you. I am going to speak of this, but through several other channels, if they will avail themselves.

(R channeling)

I am Hatonn. As I said, I would like to speak with you about our craft. I am attempting to give this instrument thoughts which he is not familiar with. I am in a craft above the house which you now occupy. Our craft would be visible to this group upon request.

We have said this many times. Desire is the necessary element in any communication with us, be it thought, visual or any physical medium.

I will now attempt to speak through another instrument.

(H channeling)

I am with this instrument. An aspect you may not have considered, one question which is asked many times, is, "Why don't those brothers from space meet us face to face? Why don't they bring a craft down where we can got a close look?"

My friends, one of the problems which we have encountered in contacting your peoples is what I should call an overreaction, either based upon fear or a semblance of what you might even call worship. Neither one of those attitudes is necessary or even desirable, my friends. Realize that when you have reached a maturity in your development that will allow you to meet us casually, as an equal—I should say, as a friend—when all of you can greet us in this way, then our meeting of face-to-face contact will be more possible, I shall say.

What I am referring to is not as much a problem with individuals such as yourselves as it would be with those among your peoples who do not have the background and the awareness which most of your group have.

I will attempt now to continue by using another of our newer instruments.

(Don channeling)

I am again with this instrument. I am Hatonn. I am with you in the love and the light of our infinite Creator. I am attempting to condition each of you. I am attempting to speak through one of the newer instruments.

(M channeling)

I am happy to be with you, my friends, once more. As new instruments are conditioned, communications are sometimes difficult. It is best that you meditate together in small groups, for as you do this you can feel more relaxed.

All of you in this room are capable of thought transfer. All that is required is that you desire it.

Our messages can be …

(Inaudible)

(Don channeling)

I am with this instrument. I am again attempting to condition each of you. I am also attempting to contact another of the newer instruments, if he will avail [himself] to our contact.

(Don channeling)

I am once again with this instrument. I am Hatonn. I am sorry that we are having difficulty. I will attempt to use another of the new instruments. I will speak by giving thoughts to you. Do not be afraid of making an error. I will use this instrument to correct any error that might be made. I am Hatonn. Please avail yourself to my contact.

(D channeling)

I … I … I am Hatonn.

(Don channeling)

It is a very simple process. However, it does require some practice. This instrument has learned to go ahead and speak with the thoughts that we give him. He has also learned to clear his mind to almost a 100 percent extent. This varies, somehow. This instrument has made an error. This varies somewhat, depending on the conditions that are surrounding him. At this time the conditions are quite good and he is receiving my words almost in a word-for-word fashion since I am familiar with your language and am also able to transmit the words that I wish the instrument to speak.

This type of communication is good for communicating information of a specific nature. It does, however, require a greater degree of control of the environment. In other words, the conditions for reception of my thoughts are at this time quite good, and this instrument is able to repeat word-for-word what I am giving to him. Each of you may learn to do this with practice. It is necessary to clear the mind of thoughts. You practice this through daily meditations and also through use of the channeling technique. You will not arrive at the fluidity of speaking which this instrument has without practice in doing so.

For this reason, we recommend that you simply relax and allow us of the Confederation of Planets in the Service of the Infinite Creator to impress upon your thinking our thoughts. And then, as these thoughts enter your mind, instead of analyzing them, simply repeat them. The analysis that you make of what you are doing is detrimental to the type of communication that we are making.

This instrument is doing very little analysis of what we are giving him at this time. He too at the beginning of his channeling had some difficulty because he analyzed, at that time, what he was saying. For this reason, it took a great deal of time to transmit a thought through him, and there was very little success in using this form of communication.

I am going at this time to tell a little story to you in order to allow you to focus your thinking on that which is necessary for you to focus your thinking upon in order to very simply receive our thoughts. This story has to do with a small child.

This small child listened to its parents, and its parents spoke to it. The child, before listening to its parents, could not speak, but after listening to its parents, it could speak quite fluently. However, the child was totally unaware of the process by which it learned to speak. It simply was there and it simply learned to speak. This is the process that we are using. Not to say that you are a little child. That is the problem! If you were as a little child, we could speak through you with no difficulty.

The problem is that you are not as a little child. We recommend that you think of yourself as you would of a little child and relax and know nothing. In this way you will very rapidly learn. This is what is necessary if you are to very rapidly learn to channel our thoughts. The child, you see, has no knowledge of what it is supposed to do. It simply speaks. This is how it is possible for you to learn to do this rapidly.

We have found that some people of your planet learn much more easily than others. We find people in a technological society such as yours sometimes requires great effort, because they have learned to

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question quite carefully everything that is presented them. If you do not question what we are attempting to do, but simply relax and let it happen, it will happen.

I hope that I have been of assistance in attempting to strengthen our contact. I will at this time attempt to communicate through one of the newer instruments.

(M channeling)

I am once more with this instrument, as he has relaxed sufficiently for communication to continue. We are aware continually of the activities of your group, as we are aware of the activities of all such groups on your planet. We are here to be of service to you. We bring you our love …

(Tape ends.) ♣

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Saturday Meditation
March 2, 1974

(Don channeling)

I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening. I am Hatonn. I am Hatonn of the Confederation of Planets in the Service of the Infinite Creator.

Yes, my friends, in the service of the infinite Creator. There are two possibilities. One is to be in the service of the infinite Creator. One is to be otherwise. The definition of "in the service of the infinite Creator" is very simple. It is applied to those who go forth, in this infinite universe, with a purpose that they understand to be a purpose desired by their Creator. This purpose they have determined through an understanding of the principles which govern this creation.

There are many ways to be in the service of the infinite Creator. We are demonstrating only one of these ways. It is possible for an individual to demonstrate a knowledge of this service at any time. In order to do this, you must understand what you are doing. In order to understand what you are doing, it is necessary for you to meditate, to avail yourself to the knowledge provided by the Creator of us all.

Upon your planet at this time, there are many, many individuals, performing many, many services. Very few of these services, however, are services of a nature that we would consider to be in the service of our infinite Creator. We find that upon this planet, man is primarily concerned with serving himself.

There are many ways to serve, and there are many attempts at service. However, much of the service performed upon this planet, which is an attempt to serve, as we do, our Creator, is not service of this nature.

The reason for this is always the same. It is because of a lack of meditation. We have said to you many, many times that it is necessary to meditate. This is the most important truth that we bring to you, for if one practices meditation, then one has no questions about service.

Each of you here this evening desires to serve, and each of you are serving and will serve to an even greater extent in the near future. However, in order to be of the most efficient service, it is necessary to prepare for that service with daily meditation.

Upon a planet such as yours, which is not at all used to service, there is considerable difficulty in serving your fellow man. And he is in dire need of that service. There is considerable difficulty for us of the Confederation of Planets in serving man on Earth. Man on this planet is extremely confused. For the most part, he has lost sight, almost entirely, of reality. He has built a myriad of illusions, and these

illusions are so very strong that he is locked within them and cannot be served.

For this reason, it will be necessary for him to experience the strong catalytic action of his physical environment, in order for him to break his self-made illusion. Many of those who are locked within an illusion of their own are, nonetheless, of a nature willing to, and eager for, service in the light of our Creator. These will be the ones who must be contacted. These will be the ones who must be educated. And this will be quite a large problem.

Groups such as this one will have information given to them by we of the Confederation of Planets. This information should be of a form that is available to the many who will seek and understand this information when their illusion is destroyed.

Unfortunately, there has been much misinformation about us, and much misunderstanding, even of the ones who are aware of us, of our real message. We have attempted to maintain a simple message, for man on Earth has confused himself for many generations with complexities. We have attempted to maintain a simplicity in our teachings, in order to remove man on Earth from the web of his entangled complexities. What we here present to the peoples of this planet who would desire it is the simplicity of truth itself: the truth of this creation, and the truth of man's part in it.

It is, my friends, very, very simple. It is not necessary to get lost in the complex web of intellectual seeking that man on Earth seems to be so fond of. It is only necessary that he avail himself to an understanding that is not of an intellectual nature. And this he may do in daily meditation. It is only necessary that he raise his awareness, so that he grasps the understanding of his unity and oneness with the creation and the Creator. This we bring to man of Earth. This we offer in hopes that he will accept it.

We are grateful for those such as yourselves who would join with us and bring this truth to man on Earth at this time. However, we caution you that we have discovered that man upon this planet is difficult to teach. Therefore, it is necessary that the individual seeking to aid us in our endeavor to increase the awareness of those of this planet do it only after he has availed himself to the understanding that is necessary through his daily meditation. When he is ready to join with us in a direct effort to help those of his fellow man who seek his aid, at that time he will be aware of his readiness, for it will be apparent to him in his meditations.

Proceed then, with this in mind: that it is necessary for an individual to seek out understanding in order to achieve understanding; and it is also necessary that he be given that which he desires, if he is to achieve what he desires. It is available for all of mankind at all times. If you wish to act as an instrument in delivering what man of this planet desires, do so by preparing yourself. Do this through daily meditation.

I hope that I have been of service this evening. I am Hatonn. Adonai vasu. ♣

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Monday Meditation
March 4, 1974

(D channeling)

I … I am with you. I am in the room with you. I am Hatonn. I am come because you have called me, and I desire to be of service to you.

You desire reassurance of a personal nature. Conditioning is rather to make you more aware of our presence. When you feel the conditioning, you know that we are with you. If you maintain a communication this will be sent to you.

Conditioning also helps to reassure you.

(Inaudible) ♣

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A report written by Carla Rueckert
March 5, 1974

I am recording this in the form of a report because I did not have the microphone on and so cannot furnish a transcription. I am writing down as much of the message I received as I can remember and noting the experience as a whole for the record. In retrospect, I feel it helped me learn about doing a better job of channeling.

Yesterday, the fourth, we had a very large group for meditation and Don was not here. Nor was R, nor was M. R and M are the now more accomplished of the new channels and Don is the oldest channel in the group and very reliable. There are many people in this group who have been getting conditioning. Eight people were here who have been getting conditioning that I am sure of. They have not yet really developed as channels. They have channeled one message each. And these were very short.

We simply did not have any microphones on. I felt that I was ready to channel, I heard or was aware of certain thoughts that came into my mind and I spoke them. There was, of course, a good deal of doubt in my mind later as to whether the thoughts were mine or whether they were actually channeled; especially, since there was not a more dependable channel there to correct me if I made an error.

What the message was about mainly was simply a greeting to everybody and a statement of how pleased Hatonn and Laitos were to be here. And that they would condition all those in the room who wished it and attempt to use each new instrument that they could use, very briefly. They didn't use anybody else but me. Although afterwards two other instruments stated that they could've spoken, but they were "chicken." It is very easy to be "chicken" because when you begin to get a thought all you get is the first, which is usually, "I am Hatonn." And unless you say that aloud, they won't go on to the next bit, unless you say it to yourself. Which is how I got up the courage in the first place, because I said it to myself and got about the first paragraph and I realized that I was going to get a message.

So, today, there was no one here for the first time in a long time and my meditation was by myself and I had been thinking to myself all day and as many times, as I believed in other people's channeling, I did have the predictable problem very much of self-doubt and so when I sat down and meditated and I was meditating I thought to myself, "Hatonn, if it really is an occurrence, I want conditioning now," and I began getting conditioning and when my jaw finally opened and that unmistakable "I," I said it. And sure enough, I got a thought and it led to another one and it led to another one, so I went on and channeled Hatonn to myself. And it was short. It said, "I am Hatonn. I am very privileged to be with you. I am pleased to see that you are meditating. I will recommend to you that you relax

more because if you wish to become a channel and if you wish us to direct you there is no way for us to do that if you are misdirecting yourself."

There was a pause after for the thought to sink in and then he just said, "I leave you in the love and the light of the infinite Creator. I am Hatonn." So, I am now able to do it and I had a sense of it actually being over. I could feel that the contact had lifted and I wanted to ask a question so I said, "Hatonn, can I ask a question?" and immediately I could feel that there was presence as though a computer had come on and was kicking over or something and I said, "How can I meditate better?" And I got the thought, "Think of nothing. You are thinking of something."

End of report. ♣

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Wednesday Meditation
March 6, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you this evening. We of the Confederation of Planets in Service of the Infinite Creator are always privileged to speak with you. We have had much difficulty in contacting this instrument as she was not in a relaxed state. However, she has become more relaxed. My brother Laitos is also here and will be conditioning each of you who desires it.

My friends, we come across the deeps of dimensions you know not to speak with you and yet you are asleep. And though you hear us you do not hear us. My friends, what you hear is truth and yet not truth. What you take in with your physical senses is only true for the illusion and, my friends, this illusion is a very small part of the creation. My friends, you come here, you come to each meeting and you sit at each meditation in an attempt to awaken from the slumber only knowing the illusion of truth. Meditation, my friends, is the great bridge to the total creation of the Father. It is your birthright, my children, all the children of the Father. All of us together are the Creation. Through meditation we can begin to become more aware of it. This is true of us, also. And this is our service to you. We encourage you to continue meditation and, my friends, we encourage you to stop yourself at each point in the illusion at which you think a thought and ask yourself how much of the truth of that thought applies to the real creation of the Father.

This instrument is tiring. I will attempt to contact another instrument and will leave this instrument at this time. I am Hatonn.

(Pause)

(Carla channeling)

I am attempting to use the instrument known as D. If she will avail herself to my contact, I will speak through her.

(Pause)

(D channeling)

I am pleased to be able to speak through this instrument. She has been very reluctant. As I was saying, you must be careful, for the traps of the illusion are hidden. And unless you are careful where you are stepping you will fall. Many of them are hidden. Many of them appear as flowers. But beware, my friends, for below the flower is the thorn, always.

I feel the instrument's thoughts are straying. Pardon me for a moment.

(Inaudible) … is good. I am pleased. Each of you, however, observe your actions. As to how they fall,

whether things that you participate [in] are adding to the illusion or erasing it. Of these words, I find it necessary to leave. This instrument is extremely fatigued. I am Hatonn. Adonai. ✣

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Friday Meditation
March 8, 1974

(Unknown channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. It is a great privilege once more to be able to speak to those who seek. There are not too many on this planet who seek. We of the Confederation of Planets in the Service of the Infinite Creator are here to help those who seek. It has been written in your holy works that if you seek, you shall find. We are here to help those who seek. We are here to help them find.

And what, my friends, shall we help you find? We will help you find life; life as it was intended. Life as you desire it. There is what man on Earth presumes to be life abundant upon this planet. However, this life is not acting in a manner ever intended by our Creator.

There are many problems upon the surface of your planet. All the life that is so abundant about you is reacting to the conditions that are not in harmony with the Creator's plans.

Yes, my friends, these conditions affect not only the people who dwell upon this planet, but all life-forms. We of the Confederation in the Service of Our Infinite Creator are here to attempt to teach to those who would wish to learn how to live.

We have stated many times that there is a great advantage in living as the Creator intended. However, there is no way for us to show you what such a life is like. It is only possible for us to show you how to live such a life. When you do this, you will then understand what the Creator planned for all of us.

I am aware that many of you are anxious to succeed with your seeking. I am aware that some of you think that your progress is all too slow. This is nothing to be concerned about. It is only necessary that the individual first desire to seek that which our Creator intended, and then, if he continues in his seeking, all of those things which he desires in his meditations will be added.

The seeking, my friends, is very important. This is of the utmost importance. There are many people upon this planet who are seeking something. However, very few are seeking what was meant for them to seek by their Creator. They are seeking things that are within the illusion that they have created. They are seeking these things because they don't know of anything else worth seeking.

There is only one thing worth seeking. There are many ways of defining it. There are many pathways to it, and there are many names for it. But, my friends, no matter how you name it, no matter how you reach it, no matter what it is that you achieve, there is only one objective. That objective is the same for each of us. It is only necessary that man

realize that he has this common objective with his fellow man. Once this is realized, and once he begins to seek for this objective, he will be guided, for this is the way the creation functions.

And to what will he be guided? What, my friends, is this objective that we all seek? It is very simple. As I have said, it can be called by many names, and it can be reached by many pathways. However, it is simply a return to the awareness [of] the thinking of our Creator. This thinking has been demonstrated in the past. Guidelines have been set down for the people of this planet to follow, for they were not able to reason these pathways themselves; they were not ready to seek and actively find that common goal. But in laying down these guidelines and in showing these pathways there was a generation of misunderstanding.

For this reason, we say that it is necessary to meditate. For then and only then can you understand the true meaning of these guidelines and of these pathways that lead to our common objective. There has been much strife and much confusion upon your planet, and there continues to be much strife and much confusion. And even those who attempt to follow the examples of the teachers who have demonstrated the Creator's light do not understand, and there is confusion. All of this confusion, all of this misunderstanding, all of the strife that is occurring upon your planet, is primarily due to a lack of meditation.

We realize that we will be successful with only a relatively small percentage of those whom we contact. However, this will be sufficient for the time being. For from these seeds will grow a wider understanding of the truth for those who desire it.

At this time I am going to condition each member of this group. If you desire my contact, it is only necessary that you avail yourself to it.

(Carla channeling)

I am Hatonn. As I was saying, my friends, *(inaudible)* like a seed being planted, in the attempt to give service or information to those people of your planet who seek it. Like seeds in the ground, my friends, there is darkness. There is darkness also in the conscious and waking reality of those people of your planet who are beginning to seek, as they feel that they are awake, yet they are asleep and in darkness.

And just as people who are asleep and dreaming, while their real bodies are in their beds and safe, they may well imagine themselves killed. Such a thing does not happen; they awake and discover that reality was other than they thought.

My friends, true understanding of the true reality is like this. And how do those of us who wish to serve begin to sow the seed? We of the Confederation of Planets in the Service of the Infinite Creator can only come to you to urge you to meditate, to seek, to turn to the Creator of us all for His love and His light. That is all you can do, my friends.

And why can you do no more? Consider, my friends, that each man has a handprint uniquely his own. No one else's handprint in the whole world can match it. Consider each leaf or snowflake, and realize that there has never been a duplicated entity.

The way from this illusion—which is a tiny part of reality—to reality cannot be measured, and is as individual as your handprint. There is, however, a quality whereby the circumstances for understanding may occur. This quality is more possible to obtain in meditation, for by it the intellect, which is responsive only to the illusion about you, is stilled.

My friends, I am very pleased that you are attempting to persevere in this attempt to serve. We assure you, I and my brothers, that we are always with you, and are here to serve you, whether through an instrument such as this one, or through meditation by direct contact.

I will leave this instrument now, and continue to condition those of you who desire it. I am Hatonn.

(Don channeling)

I am Oxal. I greet you, my friends, in the love and the light of our infinite Creator. I will condition this instrument for a short period. Please be patient.

(Pause)

I am Oxal. I am with you, my friends, in the love and the light of our infinite Creator. It is a very great privilege to be able to speak to you this evening, using this instrument.

I am Oxal. My friends, this is of no consequence, for I am the Creator. Yes, my friends, you are listening to the voice of the Creator. You hear the voice of the Creator each day, my friends, as you go about your daily activities. It is only necessary to recognize it. As

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you meet your fellow man in your daily activities, as he speaks, then you hear the voice of your Creator. Birds singing in the trees, my friends, speak with the voice of the Creator. The very winds that blow through these trees speak to you, my friends. And this noise that you hear is the voice of the Creator, for His expressions are infinite. It is only necessary that you hear and see these expressions and then, when you hear and see them, it is then necessary that you understand them, to understand that these are the Creator.

This is what is missing upon your planet, my friends: the simple understanding that all of these things are the same thing. They are the Creator. This knowledge is self-evident. It does not require a complex analysis. It does not require that I prove to you that what I am saying is true. Truth, my friends, speaks to you. It is all about you. It is the Creator.

It is only necessary for you to recognize this, totally, with no reservation, and then you will think as the Creator thinks. For the Creator recognizes Himself, and there is no part of Himself that He does not accept, for it is Him, and He is one thing, the creation.

It is impossible to separate yourself from the creation. It is impossible to isolate yourself from the creation. You are it, and it is you. And all of its parts speak to you, saying, "Be of the creation." It is only necessary that man on Earth listen to this voice, and then understand its words. Understand and then demonstrate this understanding, and then man on Earth will take his rightful place with those of us who roam through this infinite Creation.

For this is our privilege, and this is your privilege, for we are all the same thing. We are love, and we are light. Adonai, my friends. Adonai vasu.

(S channeling)

(Inaudible). It has been hard for him to clear his mind. If he would just relax. Just sit and relax, and let it flow. I will now leave this instrument

(Don channeling)

I am now with this instrument. I am Hatonn. I am with this instrument. I am attempting to condition each of you in the room who desire my conditioning. I am attempting to help those who desire it to give to the people of this planet our thoughts. You will feel my contact. It is only necessary to relax. Allow your mind to stop. Think of nothing. It is difficult to change quickly, in the confusion that you meet during your daily activities and the intense use of the intellect that you experience. This is one of the great problems on your planet.

It is not necessary for man to use his intellect in such a manner. Everything that man desires is provided, it is only necessary that he realize his true relationship to the creation. It is only necessary that he realize the he is the creation.

And this is not done by intellectual complexities. This is done through a simple process, a very simple process of becoming aware. We call this process meditation, but it is not necessary that it be so formalized. It is only necessary that man realize that this may be done at any time. Relax and allow this awareness to be with you. I and my brothers will help you. We are here for that purpose. I am Hatonn. Adonai.

(Pause)

I am Laitos. I greet you, my friends, in the love and the light of our infinite Creator. It is my privilege to speak with your group this evening. I have been observing and listening to communications given to you by my brothers. I am Laitos, and I too send you my love and my light, and extend to you our warmest welcome. Join us, my friends; join us in light. It is all about you. There is much light in this creation. We are here to lead you into this light. We know that it is what you desire, for this you have expressed.

I will leave this instrument at this time. I am Laitos. Adonai vasu. ♣

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Saturday Meditation
March 9, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you. It is always a great privilege to be with those of this planet who are seeking.

This evening, my friends, I am going to speak on the subject of seeking. This is a very important subject. It is perhaps the most important of all subjects that could be spoken about.

Seeking, my friends, is, as we said, extremely important. First, I would like to explain why seeking is important. Seeking is a way of growing. It is, in truth, for the people of this planet at this time their only way of truly rapidly growing, growing, my friends, in a sense that is spiritual

The people of this planet at this time are almost all children, in a spiritual sense. Most of them are not at this time seeking spiritual growth. This is very important, if an individual is to rapidly grow, spiritually. All of us throughout all of space are growing, in a spiritual sense. However, none of us are growing much more rapidly than others. The reason for this growth is simply that these are the ones that are seeking.

It is written in your holy works that it is necessary to seek if you are to find. This is with reference to finding spiritual enlightenment. This is in reference to developing the awareness that is necessary for man on Earth to develop if he is to take his rightful place in the creation.

We of the Confederation of Planets in the Service of the Infinite Creator are aware that seeking is necessary if one is to get where he wishes to be, and he wishes to be at a higher state of awareness. Look about you, upon your planet. There are many conscious beings, in many forms of life. There are the animals, and birds, and the fish, and man on Earth. And each has a state of awareness. But it seems that man has the higher state of awareness. And yet we tell you that this awareness is very minimal. And the awareness of man on Earth can be raised to an awareness that he would consider godlike.

But, my friends, this is what was meant for man to have. This is what was the original concept of the Creator, that this awareness would be possessed by all of His children. This is what it is necessary to seek, if you are to find this awareness.

The reason that it is necessary to seek this awareness is that it cannot be given to you. It is something that each individual must find for himself. It is not a difficult thing to find. It is a very simple thing to find. It is only necessary that the individual go about seeking in a proper way. We are here to attempt to aid those who desire our aid in seeking our

awareness, to find it. We will not attempt to confuse those whom we wish to aid with complex lectures on various problems and concepts. We will simply give to them the simplest of the Creator's ideas. For, my friends, His ideas are not complex. It is man, especially man on Earth, who has made a complex set of rules and conditions for spirituality.

The Creator's concept, my friends, is extremely simple. This we are here to bring to you. It is only necessary then that you seek an understanding of this simplicity. Then, upon understanding it, demonstrate it in your daily lives, and in your activities and associations with your fellow man. Then, my friends, the awareness that was meant for you will be yours. It is an extremely simple process. It is only necessary that, first, man on Earth seek.

Seek, my friends. This is what is necessary. This is the first step. Seek awareness. Seek the spirituality that was meant to be yours, and surely you will find it. For this is the Creator's plan, that all of His children should have this.

I am going to transfer this contact at his time, and continue to speak to you on this subject. It has been a great privilege to speak with you, using this instrument.

(Carla channeling)

I am now with this instrument. I am Hatonn. As I was saying, seeking, my friends, is extremely important. And yet, through the powers of your intellect, with the best of intentions it is possible to make it seem complicated.

There is the complication in your vision of the concept of time. And there is the complication in your vision of the concept of space. And you say, "Where, and when, may I seek? In what place may I find holy ground? And at what time may I seek the Creator?"

My friends, you are the Creator. For the Creator is you. And, my friends, as it is written in your holy works, the place whereon you stand is holy ground.

There is no complication in time, for all time is here and now. There is no complication in place, for all place is here and now.

My friends, there is naught but seeing; there is naught but the Creator. It is only necessary for you to turn inwardly, into the light, and enter the light. These words are poor, but they lead the way to a new understanding. It is not necessary to have the most perfect meditation or the most proficient spiritual moments in order to be seeking. It is necessary only to turn your will. For, my friends, your will to seek is as important as the source.

It to good that you meditate. It is good that you appreciate those things in your illusion that you wish to appreciate. All of these things are here for your experience. It is, however, not necessary to feel that they are *(inaudible)*. Only seek.

It has been my privilege to speak with you. I leave you, here and now, everywhere at once in the creation, and at all times. We are one in love and in light. We are the Creator. Adonai. Adonai vasu.

(Don channeling)

I am Oxal. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to join my brother Hatonn this evening in speaking to you through this instrument.

I am the one known as Oxal. It is my privilege to aid, as best I can, those who seek, and it is true that this is all that is necessary. It is only necessary that you seek. And then you will find. You will find all that there is. My friends, you will find the creation. And, my friends, in finding this, you will find the Creator. For they are one and the same thing.

When you meet your fellow man in your daily activities, you will recognize him for what he really is, a part of the creation, just as you are part of the creation. And the creation, my friends, is the Creator.

And then, as you look at Him and He looks at you, the Creator looks at Himself, through each pair of eyes. It is only necessary that you recognize this concept and understand it, and then your thinking and the Creator's will be the same. And you will know the meaning of love.

I hope that I have been of assistance in giving to you my concept of truth. We of the Confederation of Planets in the Service of the Infinite Creator are expressing our concept of truth, a concept that is the result of our seeking. When we look at you, we see our Creator. This is our understanding. When we look at this infinite creation, in all of its wonders and all of its vastness, in all of its splendor, we are seeing the Creator. This is our understanding. And when

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we look at the smallest form of life, or even an insect, we are looking at our Creator. This is our understanding. For our understanding is that the Creator is expressing Himself throughout all of the infinite manifestations that we experience. And His thought in all of these manifestations is a thought of love.

For this was the thought that created all that there is. Seek this thought, my friends. Seek this understanding, my friends. And then you will know. You will know love. For this is the Creator.

I am Oxal. I will leave this instrument at this time. My blessings upon each of you. We are all the same. We are all one. Adonai vasu. ✤

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Sunday Meditation
March 10, 1974

(Carla channeling)

(Inaudible)

Greetings, my brothers and sisters, in the love and the light of our infinite Creator. It is indeed my privilege to speak with you this evening. We apologize for having some difficulty.

I and my brothers are here only to serve you, my friends. And it is a very great pleasure to be here. We offer conditioning to those of you who desire this. We serve you, and we seek. Serving is seeking. The two words seem different: to seek and to serve. One suggests that you need something, and one suggests that you have something, for those who seek must need, and those who serve must have, to give away.

And so I would like to speak, my friends, about these two words. You are seeking and you are seeking to serve. It is a paradox, is it not, my friends? It is a paradox, as are all intellectual things. And yet it is the simple truth, that they are one thing.

In this illusion of Earth, my friends, those of your planet are *(inaudible)* as though they were supplicants: poor, needful and ever lacking those things which they need to progress. And so they go on a pilgrimage; some to gain physical security, and some to seek the spiritual in life.

But there is the concept of seeking which will garner a type of treasure that can be held, and can be shown, and can be counted. Perhaps we would call this, my friends, dealing from a position of weakness. In this illusion, my friends, it would seem possible to be weak, to be limited, and to be in need. Yet this illusion is banished by reality. And this reality is what we seek. And when we seek reality, we turn either very far inward or very far outward—another paradox, my friends—into the light. And we find that we are not dealing from a position of poverty, but that we have all that we have been seeking.

But we are indeed dealing from a position of complete strength. Because we are infinite. You, my friends, are infinite. You do not need help. You only need realization. All I can tell you, all you can learn, all that is possible in this infinite creation is abiding eternally within you. For you are one with all that there is. In the illusion, my friends, I am aware that I would be doing you a disservice if I did not realize that you have much to contend with, for the illusion is very strong. But so much of the illusion suggests to you that the illusion itself lacks spirituality because various things are various and sundry ways, and they do not suit you.

And it would seem perhaps that spirituality might consist in more manageable and more uniform things in your environment. The illusion is as evanescent as a bubble: *pop!* and it will be gone. It is as fleeting as a dream. Soon, you will awaken. It will

change, as does day to night, and night to day. You need not do more than appreciate the infinity of the creation even in the tiny part which is the illusion.

And then, my friends, relax, and let the illusion float by you. Rest in the confidence of your seeking, and of your seeking to serve. For you have much to give, my friends.

At this time, I will transfer this message to another instrument.

(Don channeling)

I am now with this instrument. I am Hatonn. I am with each of you. I am with you in the love and the light of our infinite Creator. It is a privilege to be with you.

You have desired our presence, and we are with you. We are of the Confederation of Planets in the Service of the Infinite Creator. We are always with those of the people of this planet who desire our presence. This is our service to the people of this planet at this time. This is our technique of seeking. It may seen strange that we would seek through service, but this is our understanding of seeking.

It is stated in your holy works that it is necessary to seek in order to find. We have found many ways of seeking. One of these is to serve your fellow man. And this is our form of seeking at this time. We are seeking understanding—understanding of the Creator, for this is our desire. We are seeking this understanding through service, through serving our fellow man on Earth, and aiding him in his desire to understand the Creator.

And through aiding him, and fulfilling his desire, we aid ourselves in fulfilling our desire. For in doing this, not only does man on Earth perhaps learn more of this creation and the Creator, but also we; for it is a law of this creation that only through service may one be served. In serving others, we serve ourselves, as even does man on Earth. For this was the original idea that generated the entire infinite creation: the idea of mutual service, the idea of mutual understanding, and the idea of mutual love.

This we are bringing to man on Earth, an understanding of that that is within him, an understanding of that which created him, an understanding of our service and the need for his. It is unfortunate that there are so many that do not understand the true principles of this creation. We are attempting to help them realize this truth. It is within them and this is our service, to help them find what they desire to find—the realization of the thought that generated, not only them, but all that there is, and the thought that provided that all that there is act in such a way to serve all that there is.

This truth is all about you, very obvious to those who have stilled themselves for the very short time that is required to become aware of it. It is very obvious to those of us who view the creation of the Father in its original form. All of its parts act to support all of its other parts. All that sustains each of us is a gift of our Creator. All of the joys and experiences that come to us are gifts of our Creator.

It is only man upon this planet who has become lost in a complex creation of his own, with many thoughts of a complex but trivial nature that keep them very busy, in an effort to reach that which is of no value—a minor creation that will last only the shortest period of time—which has no value, once it is attained, for he will lose it, and once again return to the creation.

All of the children of the Creator throughout all of the universe, all of this infinite creation, my friends, are truly seeking only one thing, whether they realize this or not: they are seeking understanding, for this is all that is necessary. For once this understanding is accomplished, then all things are possible, for this is the way that the Creator designed it, this is the way that He provided. It is only necessary that you realize this. It is only necessary that you demonstrate, in each thought, this realization. And then, my friends, you and the Creator are one, and you and the Creator have equal power. For this is truth: each of us is the Creator.

It is very difficult for man on this planet to look about him and realize the truth for what it actually is. He has been conditioned, through his thinking and through the thoughts of others, for a very long period of time, to see things as they are given to him, rather than as they really are. They way that they really are, my friends, is extremely simple, for this is the way that was provided by the Creator.

This simplicity is within each of the children of the Creator. Each of them possess all of the knowledge that was the original creation. It is only necessary that they avail themselves to that knowledge. And this is very simple. It is done though the process of meditation.

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When this is done, all the truth and beauty of the original creation become apparent. And then it will not be possible for the individual to be fooled by the illusion. He will not see his fellow man in any form but perfection, even though within the illusion he has been taught to disdain. This was not planned by the Creator. The Creator only planned that each of His creations should express itself in any way that he chose. This, my friends, is perfection. If man on Earth could only realize this, he would once more think in total harmony with the original creation. This may be done on an individual basis. It is not necessary that this be understood in an intellectual sense, or by anyone else than the individual endeavoring to reach this understanding.

This has been demonstrated upon your planet before. The man most familiar to you having demonstrated his understanding is known to you as Jesus. He made the simple realization, and then demonstrated it by his activities, this understanding. It was not necessary that he be understood by his fellow man, for it is impossible to force externally upon another individual this understanding. It is only possible that this understanding be attained from within.

But yet, this man demonstrated this understanding, pointed out a pathway, a guidepost for others, so that they too could find the original creation, and once more lead themselves from darkness to light.

For light, my friends, is eternal and infinite and real. The rest is illusion. Go within. Become aware of reality. It is within each of you.

We are here to help you find that reality. We are her to bring you our understanding and our love. This is our service. It has been a great privilege to speak with you using this instrument.

It will be a very great privilege to use each of you who desire to channel my thoughts in the very near future. It is only necessary that you avail yourself in meditation, and then each of you will, as does this instrument, receive with no difficulty each and every thought that we of the Confederation of Planets in the Service of the Infinite Creator bring to you. And then, my friends, you too will join us in His service.

I will leave this instrument at this time. It has been a very great privilege to meet with you. I am Hatonn. Adonai vasu borragus. ♣

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Monday Meditation
March 11, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you once more. It is always a very great privilege to be with those who seek.

Man on Earth has very little understanding of his life. The life of an individual is not what he thinks that it is. Very few of those who dwell upon your planet have any understanding of life. Man upon planet Earth is concerned with a life that is limited by his waking hours, during a present physical lifetime. His plans, his desires, and his activities are governed by his awareness of this extremely limited portion of experience, what he considers his physical life.

For this reason, the plans and the objectives of those who dwell upon Earth are extremely limited, and for the most part of no value whatsoever. In order to intelligently make plans, it is necessary that one have information about future objectives. Man on Earth, for the most part, has none of this information, for he has not sought it. He is simply existing in a very limited state of awareness and reacting to what he is able to determine about this limited awareness. Those reactions result in his activities, which are from our point of view ridiculous.

We of the Confederation of Planets in the Service of the Infinite Creator are aware of a much longer span of life than is man on Earth. The span of life that we are aware of is of infinite length. For this reason, our plans and our objectives and our activities are much different from those who dwell upon this planet.

Man upon Earth is not trying to understand how to live. He is not trying to understand how to live because he is not trying to understand life. Life is extremely simple, and an understanding of life requires an extremely simple approach. Presently, man in your society upon Earth is attempting to approach what he considers to be life in an extremely complex manner. In doing this, he is making numerous plans and numerous deductions, based upon observations that are so limited that they are almost totally false.

Some of the people of your planet have some awareness of the principles that affect an individual in his true infinite state; and they are aware of the necessity to make plans for objectives that are totally outside of the very limited state that you call the physical life.

We are here to attempt to help those who are seeking a greater awareness find it. We are attempting to bring a simple teaching that will allow you to become able to make your own decisions as a result of a much greater awareness of truth [than] is presently available upon your planet.

At this time, I will speak to the limits of my ability to translate our understanding of life into your language about the realities of life.

Life is composed of two materials. One of them is what you might call consciousness. The other is light. But, my friends, consciousness is love and light is its physical manifestation. All that you are able to experience in the way of a physical universe is composed of one ingredient. This ingredient we will call light, since this word is closest to what we wish to express, and it is the only word that we have available in your language to express the basic building block of our Creator.

Originally, the Creator expressed a desire. This desire was expressed in a state of consciousness that is best described in your language using the word, love. The Creator, then, expressing desire through love, caused the creation of all matter. He caused the creation of light. This light was then formed in its infinite configurations in the infinite universe to produce all of the forms that are experienced. All of these forms, then, are molded or generated through the expression of consciousness that is love. They are composed of a fabric that is light. For this reason we greet you each evening with the statement, "in His love and His light." For this, then, encompasses all that there is: the consciousness that creates, and the fabric that is love and light.

The love that produces the configuration of light occurs in what we term various vibrations—or, using a word in your language that is not sufficient but somewhat descriptive, "frequency"—love occurs, then, in various vibrations or frequencies. These vibrations or frequencies are the result of free will. When the Creator produced this original concept the concept included the gift of freedom of choice to all of the parts that He created. Those parts are then totally free to change the original Thought. In doing so, they change what you understand to be the vibration of some portion of the original Thought.

Each of you here this evening has a vibration. This vibration is yours, and you have control over it. Your freedom of choice has created the love that manifests the light that is the fabric molded into your physical form.

This in the simplest analysis of all created forms of all of the creation. Each part of it is able to utilize its own consciousness, through the principle of freedom of choice, to vary or change the original Vibration.

The creation, therefore, continues to be self-generating, in an infinite variety. This was provided for in the original Thought of the Creator. It was provided that He might generate in an infinite way, in an infinite number of forms.

Through this use of freedom of choice, man upon planet Earth has generated many forms. Some of these forms were never envisioned by the Creator with the original Thought. However, they were allowed for, due to the principle of freedom of choice.

This is perhaps the most important principle in this creation: that each of the Creator's parts be able, throughout eternity, to select for themselves what they desire. In experimenting with this desire there have in some instances become a slight problem in straying away from thoughts and desires that would be most beneficial. In experimenting with these desires, none of the created parts have lost contact with the original desire. This has occurred in many places in this creation.

We are here at present to communicate to those who desire to find their way back to the original Thought information leading those who desire the path back along the path to the original Thought. It is necessary that we an act in such a way so as to lead only those who desire this pathway along it, therefore not violating the important principle of total freedom of choice.

As I was saying previously, each of you, as do all parts of this creation, have a particular vibration or frequency. This vibration or frequency is the only important part of your being, since it is an index of your consciousness with respect to the original Thought.

When an individual is aware of life in its infinite sense he is also aware of the benefits of matching this vibration with the vibration of the original Thought. It is our effort to match our vibration with that of the original Thought. This in the reason that we of the Confederation of Planets in the Service of the Infinite Creator are here now, for this service that we perform is a service that would be in harmony with the original Thought. This then produces in within us a vibration more harmonious to the original Thought.

We are attempting to give instructions to those of the planet Earth who would seek the instructions

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how to produce within themselves the vibration that is more harmonious with the original Thought. This, as I have stated before, was demonstrated upon your planet many times before by teachers. The last one of whom you are familiar was the one known to you as Jesus. He attempted to demonstrate by his activities his thinking. His thinking was in harmony, much more than those about him, with the original Thought. His vibration was, therefore, much more in harmony with the original Vibration.

For this reason he was able to work what were called miracles. However, the original Thought was that all of the parts of the consciousness that were of the original Thought should be able to generate by thought and consciousness what would be desired. The man known as Jesus desired, and therefore created, since the vibration which he generated was in harmony with the vibration which the Creator used to form the creation.

It in only necessary, then, that an individual become in harmony with the vibration that formed the creation in order for him to act within the creation as did the Creator, and as does the Creator. This was demonstrated to you by the one known to you as Jesus. Not only did he demonstrate what could be done in a very small way, but also how to think in order to do this. Unfortunately, man upon planet Earth has misinterpreted the meaning of this man's life.

At this time we wish to point out the true meaning of this man's life. It was desired that those who were aware of his thinking and his activities then follow the example, and as he did, become more in unison and in a harmonious vibration with the thought of their Creator.

We are here to bring you information and to impress upon you in a nonintellectual way during meditation the idea that [it] is necessary for you to increase the vibratory rate of your real being so that it is harmonious with the original Thought of our Creator. Our teachings will be simple, as were the teachings of the one known to you as Jesus. It is only necessary that you attempt to understand these teachings. Understand them in depth. Understanding in depth can be done only through meditation.

And then, once these teachings are understood, it will be necessary that they be applied and that the individual so desiring to apply them demonstrate in his daily activities and in his daily thinking the concept that was the original Thought, the concept that we have spoken to you as being love. We have used this word, as I have said, because it is as close as we can come, using language, to the original Thought. However, this word is miniature compared to the original Thought. This original Thought can't be obtained in your intellect, only to a very small degree. It must be obtained in your total being, through the process of meditation.

Once this is done, and once your activities and thinking reflect this thought, your vibration will increase. At this time you will find the kingdom that has to understand simplicity. It is more to the nature of this illusion here manifesting on the surface of your planet to have a complicated and carefully controlled series of tests to perform, in order to reach a goal.

But, my friends, truth is in the opposite direction of this. As we have said earlier tonight, meditation brings to you this realization in a non-intellectual manner. But to arise from your meditation, my friends, and to demonstrate the truth that you have learned is indeed a challenge to your [spirits].

For how does one demonstrate the absolutely simple? Picture if you will, my friends, a prison, deep in the ground. There is old metal, and many rusty keys. And inside the old metal cells in this dungeon, deep underground, there are many, many ghosts, that can barely be seen. And yet they are trapped.

My friends, you are holding yourselves prisoner. Meditation allies you with the truth of freedom, with the truth of infinity. Unlock your own spirits from these dungeons by simply realizing that each intellectual thought process is a mere shade, only a ghost, and cannot harm, hurt or cause you pain. As these shades disappear, you rise from this earthly, rusty frame of mind and you are aware of perhaps a feeling of parting that was even painful, for it is difficult to let those things that trouble you go. And yet, my friends, once you are up in the sunlight, and the sun is warming you, and you can lift yourself to the infinite grace and listen for the waters of truth, you have found an avenue from meditation to demonstration.

At [those] times, my friends, that the illusion presses most strongly upon you, and in your desire for spiritual growth you ask what is the truth of this, my friends, ask yourself, "Does this problem have to do

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with my spiritual growth?" And, "Does it have to do with a service to aid another in spiritual growth?" My friends, if the answer is "yes," this problem is in the area I have described as the dungeon. It need only be let go, and then you need only become aware of the real creation, in its infinity, all around you, for you to have demonstrated at that moment a spiritual growth.

This Earth of yours, my friends, teems with many, many creatures. Infinite variety, and infinitely different manifestations of activity. We are all one with you. There is no possible relationship to them except unity, love and service.

I will leave you now. I am Hatonn. ✤

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Sunday Meditation
March 17,1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our Infinite Creator. I am the one known to you as Hatonn.

(Microphone is moved. Channel says, "That doesn't sound so good, either.")

I am Hatonn. I am Hatonn. I am with this instrument. I am aware of your problems. I am Hatonn. I am Hatonn. I will condition this instrument.

(Pause)

I am Hatonn. I am once more with this instrument. I greet you, my friends, in the love and in the light of our infinite Creator. It is a very great privilege to be with you. It is always a very great privilege to be able to speak with you. I am having some difficulty but, with patience, we will succeed in establishing this contact.

There are many things that affect a contact such as this one. This instrument has learned through practice to be able to clear his mind of the thoughts that he became involved in in his normal daily activities. It is necessary, if a good contact such as this one be made, that the thoughts that concern the daily activities of the individual or any other thoughts be erased from the consciousness for the period of the contact. It is necessary to maintain as close to a totally clear mind as possible for a good contact. This may be practiced in meditation and an individual may learn to think of nothing. This is easier for some than it is for others. Some of those who are involved in activities that require the use of the intellectual mind and analysis of activities sometimes find it much more difficult to clear the mind than those who are not so encumbered with intellectual problems. However, it is possible to overcome this problem regardless of the indulgence of the intellectual mind into activities and analysis of a type that are foreign to the orientation of a totally spiritually-oriented individual. It is quite possible for those who are involved in these activities of the mind to learn to shut off these thoughts and to become aware of the thoughts that we impress upon them as a result of their desire. It is something that requires practice. The amount of practice is dependent upon the ease with which an individual can clear his mind. This varies widely with individuals. Some require little or no practice. Others require an extensive amount. It is only necessary that one learn to think of nothing in order for a contact such as this one to be effective.

This instrument has almost mastered the technique required for totally shutting down the intellectual mind, so to speak, at will. At times, he still has difficulty in doing this and for this reason we use conditioning at these times since conditioning causes

a focusing, or concentration of thought upon the phenomenon of conditioning and therefore is a technique for clearing the mind, in itself. It is not necessary to use muscular control for communication of this type since the channel has mastered the ability of receiving our thoughts in a direct form.

It is unfortunate that your society is of such a nature as to generate so many intellectual activities as to create a situation where it is difficult for many of those who would wish to receive our thoughts to receive them.

We of the Confederation of Planets in the Service of the Infinite Creator are living in an atmosphere of thought that is quite pure with respect to yours. We have no need for an involvement in activities that you are concerned with and therefore may maintain an awareness of that which we wish to maintain—an awareness of the route, you might say, of our spiritual seeking. This is, at times, quite difficult to maintain when involved in the activities that are abundant on the surface of your planet and it is advised that, through continued daily meditation, a quieting of the conscious mind is possible for any individual and that this quieting and shutting down of the conscious mind will result, for any individual, in an ability to receive in a very direct manner the thoughts that we impress upon them.

We of the Confederation of Planets in the Service of the Infinite Creator are impressing these thoughts on all who desire them. It is not necessary for an individual to be able to directly channel our thoughts, as does this instrument, in order to be an effective channel of communication for our Confederation. It is necessary that there be more than one type of channel for our thoughts and we are very pleased to see activities of all forms that carry our message to those upon your planet who desire it. We, therefore, recommend that those who desire to be of service, [whether] in [your own way of] service or in [the channeling] service in which we serve, simply to practice daily meditation and to allow a natural progression in their seeking.

(Pause)

At this time, I'm going to condition each member of this group. If an awareness of nothing is maintained it should be possible for each member of this group to then become aware of my contact. I will now condition each member of this group.

(Unknown channeling)

There is a saying on your planet that goes, "All roads lead to Rome." This is a very true saying if you consider the road of life which lies before each of you. There are many questions about which road to choose, and there seem to be many considerations and many situations to which actions seem appropriate. "And," you ask yourself, "What does it mean? Where shall I go? What shall I do?"

Yet, my friends, there are lessons in every road and it is not what you encounter which marks the rate of your spiritual progress. It is rather the quality of your awareness of what you encounter. Daily meditation, my friends, encourages the shifting of the attention from the exterior illusion to the infinity within. Daily meditation, my friends. When you have questions such as I described, remember that the answers lie within you waiting to be unfolded through daily meditation.

It has been my privilege to speak with you this evening. I hope that I have been of service to you. I will leave you now. Adonai, my friends. Adonai vasu. ♣

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Monday Meditation
March 18, 1974

(Don channeling)

I am Hatonn. I am with this instrument. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you this evening. I and my brother, known to you as Laitos, are here with you. We will condition each of you. It is only necessary that you desire our contact for you to receive it. We are here to serve you. If you will avail yourself to our contact we will attempt to use each of you as an instrument for communication. Our thoughts will be made clear to you if you simply relax and allow yourself to think of nothing. Please be patient, for in some cases it will take considerable conditioning. We will at this time attempt to use one of the other instruments in a vocal way.

As I said to you, it is only necessary for you to think of nothing and avail yourself. *(Inaudible)* analyze your thoughts *(inaudible)* enter your head.

(Carla channeling)

I am now with this instrument. I am Hatonn. It is a very great privilege to speak with you. And it is a pleasure *(inaudible)*. There is much confusion upon the surface of the Earth. And it is a privilege indeed to be communicating with those who are seeking. The light that you see during the day is in fact beauty and power. You and your brothers and I and my brothers and each individual *(inaudible)* share this reality. In meditation you come, do not bring your intellect, my friends. Drop it, put it down. It will not serve you, it will only beguile you. Relax, meditate and if you wish us to serve you it is our greatest please to be with you and help in any way that we can.

I will now attempt to contact another, if she will avail herself.

(Unknown channeling)

I am Hatonn.

(Don channeling)

I am Hatonn. I am again with this instrument. It is a great privilege to use those who desire to aid us of the Confederation of Planets in the Service of the Infinite Creator.

We realize that it is difficult to become receptive in a very short period of time to our thoughts. It is not something that is common upon this planet. However, we can assure you that anyone is capable of doing this. It is only necessary that he desire to receive that which we give to you: our understanding of the truth of the creation.

It is difficult to change from an environment which [has] little need of the form of communication which we are now practicing with this instrument. It is like learning a new language for many of those

whom we attempt to contact. However, it is very simple and requires only that the individual desires the contact [and] avail himself to us in daily meditation.

There will be times when he thinks he is making no progress. But progress is not always indicated by a physical manifestation. Progress is being made regardless of the physical manifestations. All that is necessary is that meditation be practiced.

There are many different types of channels of our thoughts and of our communications. Some such as this instrument receive our thoughts directly and verbalize them immediately, as they are received. Some receive our thoughts in a conceptual manner and then repeat the thoughts at a time interval after they are received. Some are controlled, you might say, to some extent in a muscular fashion in order to reinforce their awareness and understanding of the thought.

This instrument has developed capability of utilizing speech as a form of communication of which I have spoken. This is done by availing oneself in meditation to our concepts. At this time he is using a form of communication that involves simply speaking that which we give to him. He has cleared his mind of all other thoughts and is simply being receptive to anything that is impressed upon him. It is very difficult for an individual who is familiar with the form of communication upon this line to do this in a very rapid manner for he attempts to analyze what is given to him. He attempts to formulate in his own mind things about what are being given to him. This instrument at this time is simply receptive and is simply speaking that which is given to him. This makes for a simple but effective form of communication. We will attempt to produce this in all of those who desire our contact. All that is necessary is that they desire [the] contact enough to spend time in daily meditation. It will not be necessary for them to experience the conditioning process that is common at these contacts in every session of meditation for this is not always desirable. However, there will be the muscular conditioning that goes along with the direct contact in new instruments.

We of the Confederation of Planets in the Service of the Infinite Creator have for many, many of your years attempted to contact many of the people of your planet. We have contacted many who have desired and yet have never been consciously aware of this contact. Those of you who are fortunate enough to hear the words of a channel and such as the other channels that are in relatively small abundance upon the surface of your planet are then in a tradition to become vocal channels of a direct nature rather than the indirect nature for those who have no awareness in a conscious sense of what is occurring.

We are unfortunately limited to this form of contact since conditions of thinking upon your planet at the present time require a very careful approach to your people. However, if we are successful in spreading our understanding of the truth of the creation to a great enough extent among your peoples it may be possible in the near future that we will be able to contact many of them in a more direct way. It is your part, if you desire to aid us in the service of our Creator, to help in disseminating this information to those who would desire it. It is necessary to remain in complete understanding of the prerequisites for an individual receiving that which we are giving. The prerequisite is desire.

We do not wish to bring to those of this planet who do not desire our understanding our understanding, for if something is not desired, it is the wish of the Creator that it not be given. It is the wish of our Creator that man throughout the universe get what he desires in all instances. It is sometimes difficult to understand upon your planet and within your present physical illusion that each of the individuals within the illusion are obtaining exactly what they desire. It is difficult for an individual who is in a position that he considers undesirable that he is obtaining and being rewarded with exactly what he does desire. But from our point of view, we interpret the law of the Creator to be infallible, that is, each of the individuals upon the surface of your planet are obtaining exactly what they desire.

It is necessary for an individual to become aware of much more than most of those of your planet are presently aware in order to understand that they are receiving exactly what they desire. This is a natural law of this creation. This is the reason that we of the Confederation of Planets in the Service of the Infinite Creator are so very pleased and so very content with our existence and our activities. We believe sincerely that we understand the law of desire and fulfillment thereof. For this reason we desire that which will benefit us throughout all of the illusion of time. We desire to be in unity with the

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creation. We desire to be of service in the creation. We desire to be an expression of our Creator's love. For this reason we serve those on your planet who desire our service. For this reason we serve in the name of our infinite Creator. This is what we desire: to fulfill the desire not only of those upon your planet but the desire of our Creator. This, then, is also our desire and in doing this we are rewarded with the fruits of our desire.

This is our understanding of the mechanism of this creation. It is a very simple mechanism. It was designed by a Creator who expressed nothing but total love. It was a plan that was infallible and is infallible. It is simply man on Earth, ignorant of the simple truth of this creation that causes the illusion that he now experiences and causes him to believe that the truth of his desires are not inevitable. This is not the truth. Man upon the planet Earth is receiving exactly what he desires.

It is only necessary that he understand how to change his desires in order for him *(inaudible)* It is only necessary for man on Earth to learn that in order to experience the truth of desire that he would desire even within the illusion. It is only necessary for him to desire love and therefore express and experience it in all of his activities.

This we bring to the people of the planet Earth: our understanding of the true workings of this creation. It is much simpler than you might expect. And yet it is much different than you might expect. At present the people of this planet are limited to a very infinitely small illusion. A tiny speck within an infinite continuum of time. And a very tiny understanding within the total and simple understanding of the expression that created them. It is unfortunate that truth has been so hidden from the people who dwell upon this planet. It is time that each of time be given the opportunity to form a desire for this truth.

We realize that [in] an endeavor to awaken the people who dwell upon your planet that there will be many difficulties for we have experienced these difficulties. And we realize that these difficulties will continue, but the only requirement is faith. For each individual will awaken. Perhaps not immediately, perhaps in what you would consider the farthest regions. However, he will awaken. And we will serve him, for that is our desire. For in serving him we serve ourselves, as we do in serving you. If you wish to join us in this service, it is only necessary that you avail yourself to the knowledge that is necessary to serve in the most efficient manner through daily meditation. It will be possible if this is done to not only express in words the desire of our Creator, but you will also be able to demonstrate this desire by your desire which will be the desire of your Creator.

I am Hatonn. It has been a privilege to speak with you this evening. I will continue to condition each of you throughout all of the time that you desire it. Through your meditations much will be revealed to you. Much will be revealed to you that can be revealed only through this process, much more than could be revealed than if we were to land upon the surface and walk up to you.

I will leave this instrument at this time. I leave each of you in the love and the light of our infinite Creator. I am Hatonn. Adonai vasu borragus. ♣

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Tuesday Meditation
March 19, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you once more. We have many here tonight who desire to contact those of us who are in the service of our infinite Creator. It is a great privilege to be with so many who have the same desire. We of the Confederation of Planets in the Service of the Infinite Creator are here to contact you in any way that we can within the limits of our understanding of the desire of the people who dwell upon this planet known as Earth.

I and my brother Laitos will at this time condition each of those of you who desire our contact. And we will speak using those of you who have obtained an awareness of our thoughts to a sufficient extent to channel them to those in the room who are desiring. I will at this time attempt to speak using one of the other instruments. If those who desire our contact will avail themselves to our contact at this time we will use each of those who have become aware of our thoughts.

(Unknown channeling)

I am Hatonn. It is a privilege to speak through this instrument. It is only a matter of availing yourself. It is only necessary that you clear all of your thoughts from your mind. I will now leave this instrument and continue to condition those who desire it.

(Carla channeling)

I am Hatonn. I am very happy to be using each new instrument. I and my brothers are most privileged to be working with you. It is our only desire to serve you in any way that we can, and to help all on the surface of your planet that we can contact who wish to be contacted. And so we are very pleased to be developing new instruments such as yourselves. And we assure you that if you desire to obtain this ability, it will come to you. You need only relax, meditate and avail yourselves to our contact. We will at any time be available to give you the thoughts of the teachings of *(inaudible)* as you desire it.

My friends, your meditations are like a kind of storing up of another energy. A charging, if you will, a raising of your potential forces. Consider this, my friends, it is indeed a service, one in which we wish to help you any we can for you to channel our thoughts directly. But, my friends, are we not all channels, always in all our aspects do we not demonstrate something? What, my friends, do you demonstrate? Look about you, my friends, look at the water as it rides along the shore, flowing freely, not choosing, but going infinitely, equally, from place to place. See the rain as it falls upon the sea; it does not choose to fall over here or over there, but it spreads equally. Consider the atmosphere, my friends, it ever flows around your poles *(inaudible)*. It equalizes itself, not selecting this or that course,

but choosing them all. The Earth, my friends, *(inaudible)* but does not choose, my friends. It gives what service it has to give to those who ask. Consider that you are channels, my friends, every day, in all that you do and say. You reflect something. Take the potential that you have raised, my friends, and *(inaudible)* within you. Take it, for indeed you have it and demonstrate it as best you can, for you are already channels, yet there is a place for contacts of a direct nature *(inaudible)* such as these and many others that you have heard from the Confederation of Planets in the Service of the Infinite Creator. It is our very great pleasure to be with you. At this time I will attempt to transfer this contact to another.

(Unknown channeling)

I am Hatonn. I am now with this instrument. This instrument must try to clear his mind in order to better receive our thoughts. There are many upon your planet who will become channels. There is much work to be done. The time of the great harvest is at hand. We of the Confederation of Planets in the Service of the Infinite Creator stand ready to assist in the harvest. Soon, my friends, there will be more opportunities for you to be of service to your fellow man than you can presently offer them.

(Inaudible)

… able to serve. Able to serve through stimulating others to seek truth and thereby aiding them in their spiritual progression. This, my friends, is the greatest thing which one can do for another: to aid another in his or her spiritual evolution. I and my brothers, as we have said many times in the past, are always available to help you—this is our purpose. All that is needed is that you desire it and avail yourself. I will now attempt to use another of the new instruments that we are conditioning.

(Pause)

I am again with this instrument. I am sorry I could not get through to the one known as R. We are confident that she will …

(Inaudible)

(Don channeling)

I am with this instrument. I am Hatonn. It has been a great privilege to condition each of those of you who desire. I am at this time in a craft that is high above your dwelling place. It is a craft that we of the Confederation of Planets in the Service of the Infinite Creator use to travel from planet to planet. It is a small craft that is sometime in use for travel between planets. However, for our purposes, it is sufficient to say that it is a craft that allows us much freedom of motion. We are aware that the people of your planet have seen our craft many times without understanding our purpose for visiting the planet known as Earth. However, this is no problem. It is our purpose that our craft be seen to some extent. There are many of those who dwell upon this planet who have begun to think of our craft as what they actually are: craft from a planet other than this one. They will not be surprised to learn that the occupants of these craft have delivered messages to those on Earth who would receive them. This is the condition which has been created over the past several years. And it is the condition that is best to produce seeking among many of the people of Earth.

This is what is necessary if an individual is to realize the truth of the creation. It is necessary that he seek this truth. There will be many in the very near future who seek to find the truth of the creation. There have been many who have sought to find the truth of our craft, but they have not been rewarded with this information because their seeking has been of a nature that will result in no real gain for them. The seeking that is necessary for an individual to actually make gainful progress is seeking in the spiritual nature. We have attempted to provide an atmosphere in which seeking is a generated result of our presence. We have then attempted to provide answers, answers to seeking of a spiritual nature.

(Tape ends.) ♣

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Tuesday Meditation
March 19,1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening. It is always a very great privilege to be with those who are seeking.

My friends, you are seekers. If you were not seekers you would not be here. Seeking, my friends, is the most important thing that you do at this time in your existence, and at any future or any past existence.

Why, might you ask, is seeking of such great an importance? Friends, we are all evolving. Upon your planet there are many theories of evolution. None of them are correct. Evolution takes place as a product of consciousness. Consciousness evolves several different ways, but consciousness only evolves at a rapid rate when directed by consciousness. This direction is known as seeking. There are many things that are sought by the people of your planet. However, the understanding of their own consciousness is sought by very, very few and this is what is necessary if they are to create an acceleration in their evolution, and this is what is desired by all of us who realize that the process of evolution is taking place, and what the rewards of evolvement are.

There are many problems that plague the peoples of your planet. There are problems of a political nature. There are problems of an economic nature. There are problems of an emotional nature, and many, many other problems. Some of the peoples of your planet are not affected, at all, by any of these problems, for their evolution of consciousness has removed them from a state of being affected by these type of situations. These, then, are the ones who are able to serve others, to serve others in discovering the necessity and the pleasure of seeking. They are able to serve others, for they are able to demonstrate their knowledge which they have obtained through seeking.

There is a reaction to every effect that is felt by an individual in his daily existence. The reaction that the individual experiences is dependent upon his state of evolvement. The man known to you as Jesus, the last of the great teachers upon your planet, displayed reactions to the effects of his environment quite different than those about him. His reactions were due to his own state of evolved consciousness. He was able to realize the truth of all that he experienced, and being able to do this, to truly react with intelligence and to serve his fellow man, he was recognized as one [that] could be followed. This, my friends, is the only way that is provided for the education necessary for the people of this planet to carry on their evolvement of consciousness. There is a very good reason for this. The reason, my friends, is that there is no better way to do this.

It is necessary that an individual initiate his own seeking. It is necessary that, once he has initiated his seeking, that he carry it through to a state of realization and understanding. In this way, he evolves, and in no other way, after he has reached that state where he can initiate seeking.

Many of the people upon your planet at this time have reached that state and need but little enticement to move that short distance onward to the goal which we all understand to be that which we truly desire.

At this time, I will transfer this contact to the other instrument.

(Carla channeling)

I am Hatonn. As I was saying, my friends, your seeking is most important.

It may be thought of, shall we say, as a projector of which there are two components, the aimed direction of the projector, and the force which impels that seeking upon the projector. The seeking itself is largely the directional portion of the projector. The energy which impels this seeking is the function of the unity which is present between you and the creation. There is an infinite amount of energy available to all entities at all times, and when properly directed and fully realized, there is no limit to how far one may seek. However, the degree of realization of the unity between the seeker and the creation of which he is a part varies from individual to individual, and it is through meditation that a closer and firmer realization of this unity is obtained. With the seeking carefully centered, aimed and prepared and with the energy channel opened, you embark upon your seeking.

We are aware that it is not always as simple in the doing as in the telling and we do not wish to infer that we are not aware of the difficulties of working within the illusion that you now enjoy. But, my friends, what you seek is all about you. You have walled yourself away from what you seek because, within the illusion, it seems to be a safety-making factor to have walls, physical walls, mental walls of defense, emotional limits beyond which each individual does not go. For, he wishes to be safe within his walls, and within his illusion, these walls make him safe.

But, my friends, this *is* the illusion. The reality is that you are part of the unity. There is none other than you. That which you seek is that which you are. You need only come into full realization of this unity, and that which you seek will be yours. This, my friends, is your birthright.

It is our great privilege to be attempting to alert those of your planet who wish to hear this, that this is true. We hope that these thoughts have been of service to you.

I will leave this instrument at this time. I leave you in the love and the light of our infinite Creator. Adonai, my friends. Adonai vasu. ♣

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Saturday Meditation
March 23, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is my privilege to be with you this evening. We of the Confederation of Planets in the Service of the Infinite Creator are always privileged to be able to speak with those upon the surface of your planet who wish understanding. This is our service to the people of this Earth.

And yet, this service is indirect. It is, my friends, understanding that we feel to be the most valuable commodity that we can offer you. Our understanding has enabled us to do some things which those upon the surface of the planet upon which you now live do not [enjoy]. We can understand miraculous things, which are not miraculous at all to us, and [that] we can promise to anyone who wishes to seek are not miracles [and] may become natural things. And how do we do this? Indirectly, my friends. We wish to give a way of understanding; we do not wish to insist or to convince.

We have suggested that the way to understanding is meditation. My friends, this suggestion, in one form or another, has been before the people of your planet many, many times in the past. The great teacher, known to your people as Jesus, understood the truth of spiritual seeking and demonstrated in his daily life the spiritual seeking of which we speak.

Those of you who have wished it are receiving conditioning and we will be with you at any time to aid you in whatever way we can. Our gift and our service to you is simply our understanding of the truth. We are still seeking. We are not of the ultimate authority, nor would we ever insist upon anyone listening to what we have to say if another mode of thinking seemed more profitable. So, my friends, understanding is possible only for one person at one time. Each person is completely free at any time to choose. This is why we are indirect. We may say things to you that you may consider them in the privacy of your own thoughts and what you choose to do is completely your own idea.

This is as it should be, my friends. And what is our understanding? Our understanding, my friends, of this illusion, which is taken for the physical life upon your planet, is that it consists of a path, of a road, to be followed, and of lessons to be learned. There are as many paths as there are people, my friends, and there are no set lessons. But after a great many lessons have been met, my friends, there comes a time when all of the lessons change to a different set. And those who are ready for the change go on to a new set of lessons.

It is our understanding, my friends, that the planet known as Earth approaches the end of one set of these lessons. And thus graduation is at hand for some and not at hand for others. And that there are many people balanced very delicately between going on and repeating these lessons for another cycle or time. It is our desire, my friends, to aid those who are almost ready to graduate.

In their graduating, we have some success in the past in giving this service to other peoples in other places and times. We are hopeful of doing this same thing here. This is our fervent desire, for in our service to you lies our service to ourselves. It is by our serving you that we are able to progress upon our spiritual path. Our only hope is to be able to aid you in every way that we can.

At this time, I will attempt to condition those of you who desire it, if you will avail yourselves to my contact.

(Inaudible)

(Carla channeling)

I am Hatonn. I am again with this instrument. I will leave you at this time, my friends. I leave you in the love and the light of our infinite Creator. Seek understanding, my friends. Seek through meditation and seek to know there was a reason that the master teacher known as Jesus retreated from time to time to a place where there was silence. There was something he was seeking. Seek for the silence where there is much understanding awaiting you.

I leave you now, but I will be with you any time you desire my contact. Adonai, my friends. Adonai. ♣

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Sunday Meditation
March 24, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is once more a very great privilege to be with you.

I am the one known to you as Hatonn. And yet, I am many. I identify myself to you as Hatonn, and yet, this does not mean what it means upon the surface of your planet. I am Hatonn, but what does this mean? Does it mean that I am a man, who resides elsewhere and speaks to you now using a technique you have come to know as telepathy? Or does it mean something else?

I am Hatonn. I and my brothers are with you. We are each with you. At this time and at all times, we are with you for we cannot be separated.

There is some difficulty with this contact, please be patient.

I am Hatonn. I am with this instrument. I greet you, my friends, in the love and in the light of our infinite Creator. I am sorry for the difficulty and the delay, but we have not established a very good contact. We will continue.

I was saying that I am Hatonn. I identify myself to you as the one that you know as Hatonn. However, this is for purposes of establishing a contact between you and us. We, of the planet Hatonn, are known as Hatonn. This identification is more of an address than it is an identification of a separate part of the creation. We do not recognize a separation in this creation. We only recognize unity. It is, however, convenient to have an address. That is, a system of location of part of the unity. And, for this reason, we identify ourselves as Hatonn.

At a later time my brother, Laitos, will speak to you concerning your question. At this time, I simply wish to point out that this identification is used only to make you aware of our location. We do not consider ourselves separate of yourselves or any other individual in this creation.

I will again condition this instrument for a short period, please be patient.

(Pause)

I am Hatonn. I am again with this instrument. We are sorry for the delay. We are having some difficulty. I am with you, my friends, in the love and in the light of our infinite Creator. It is a very great privilege to establish this contact. We will attempt to continue without the difficulties we were experiencing.

We of the Confederation of Planets in the Service of the Infinite Creator are always with you. We are here to serve you and we are always with you. We are here to bring to you our understanding of the truth of this creation. This truth we wish to bring to you

because you desire it. This is our objective: to bring to man on Earth that which he desires. Unfortunately, we cannot bring to all of those who dwell on your planet exactly what they desire, for we do not have it to give to them. We do, however, have to give to those who desire it our understanding of the workings of this Creation.

This is what we bring to man on Earth. We are attempting to teach to those, who would accept our teaching, a very, very simple lesson. This is the lesson that is needed by all mankind throughout all the creation. This, in actuality, is all that is needed, for this lesson will then result in his knowledge of all things. We have been trying to give to man on Earth this knowledge for many of his years. We have attempted throughout what you would consider ancient times on your planet to bring to mankind, to those who would desire the knowledge, the knowledge that is necessary for experiencing all of the infinite experiences created by our Creator.

Some of those who dwell upon this planet in the past have accepted these teachings and have benefited from them. Benefited far beyond anything that could be imagined by those who are not experiencing the benefits. We have attempted for many of your years to bring to all of those who desire the teachings, the very simple teachings that allow you to know all. However, these … I will continue … I was saying … that these teachings have not been understood very well.

I am going, at this time, to tell a story, a story which illustrates some of what we are attempting to describe to you.

Upon your planet there once lived a man. This man had great material wealth and this gave him what he considered to be power, for many of his fellow men would eagerly do his bidding for a part of this wealth …

As I was saying … There was a man upon your planet who had great wealth and in this wealth, he saw much power. For his fellow men would eagerly do his bidding to share part of this wealth. And, for this reason, many of those who dwell upon this planet, known to you as Earth, require vast quantities of material wealth. And, therefore, acquire what they consider to be much power. What is not understood by those men is that in acquiring this wealth and in attempting to posses much power through this wealth that they are giving up an infinite amount of power for that which is in actuality no power at all.

The man of which I spoke, who had much wealth, used it to satisfy his desires … I am having some difficulty, please be patient.

I shall continue. This man used his wealth to satisfy his desire. And his desires were for things which he thought that he wanted and they were for things that he needed. For he saw in this wealth, not only a great happiness which would come from possessing those things that he desired and having dominion over all of his fellow men about him, but also he saw great security in that he would need not want for the rest of his days.

And, therefore, he coveted greatly his accumulation of wealth. And he had at his command everything that he desired and great status. But he lacked one thing. He lacked love. For it was not given to him by those about him and this he did not understand. And he became aware of his need for this experience that he called love and he set about to discover how to obtain it. And he questioned those about him. And asked them why he was not given love and they could not answer him for they did not know.

And he went to a wise man and offered to pay him much of his wealth if he would but tell him how to obtain love. And the wise man gave unto the rich man all that he possessed, for all that he possessed was but a pitiful small amount. And the man of great wealth accepted it, for he had long ago resolved never to turn down a gift. And he left the wise man and went to his home and pondered this gift, leaving the wise man penniless. For he had not paid the wise man. For the wise man had not told him how to find love.

And as the days passed, he returned to the wise man, for he could not understand why he had been given all that was possessed by the one who was said to be so wise. And when he asked him he was answered by the wise man who said, "It is because I have a great love for you and you desire wealth. Therefore, I give you that which I have to add to your riches, for this is what you desire."

And at that moment, the man of great wealth looked at the wise man and said, "And in turn, I, for the first time, know love." And he gave to the wise man great wealth. And in doing so, he felt an even greater love. For, for the first time, he had learned the truth

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of the Creator's gifts to His children. And this man was very fortunate, for he had been able to discover a way of generating love.

And yet, man on Earth continues to seek within his material illusion; continues to seek that which is of no real value, for he lacks faith. He stands upon the surface of this planet and experiences all of the gifts of his Creator. He breathes the air and smells the fragrance of the flowers and is in the company of his fellow man and finds many things provided for him. And yet, he does not understand. He does not have faith that within this creation, he has [supply]; and due to this lack of faith, he finds hardships, for he does not understand faith.

Therefore, man, in many instances, does not seek the knowledge of the wise man. But he seeks a security and a power that is not secure and is not power.

I will leave this instrument at this time. I am sorry for the extreme difficulty with this contact. I am the one known as Hatonn. Adonai vasu. ♣

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Thursday Meditation
March 28, 1974

(Don channeling)

I am Hatonn. I am with this instrument. I greet you, my friends, in the love and light of our infinite Creator. It is a great privilege to be with you. I and my brothers are always privileged to be with you.

I am at this time in a craft. A craft that you would call a flying saucer. This craft is in your atmosphere.

I am aware of your thoughts. This seems strange to the people of your planet. However, let me assure you that it is not at all strange.

We of the Confederation of Planets in the Service of the Infinite Creator have been for many of your years aware of many principles of reality. We are aware of these principles because we have availed ourselves to them just as the people of your planet may do.

This instrument has been able, as have been others, to become aware of our thoughts as we direct them to him. This is the normal way of communicating. The method used by the people of your planet is not at all normal. The Tower of Babel referred to in your Bible refers to the loss of ability of the people at that time to communicate with each other, using what you call telepathy. Telepathy is the normal technique for communication. It is simply that it is necessary to be in tune with the intended expression of love that created this universe to be able to use what you would call telepathy as it was intended.

We of the Confederation of Planets use this form of communication and we are able to contact any of our brothers as easily as you would use your telephone. It is something which we are quite accustomed to doing. It is as simple for us as breathing or listening or speaking is simple for you. In the illusion in which you now find yourself, you find that you are isolated from your brothers except by the medium of the illusion. It is necessary in order to communicate to express yourself verbally and then transfer through the air by means of sound waves to express to your brothers, or it is necessary to use some electrical or electronic device. In other words, there is a separation between your consciousness and other consciousness that is the illusion. The separation is illusion and is not reality.

It is possible through meditation to totally reduce the illusion that you now experience that creates the separation—an illusory separation—to what it actually is—a total illusion. We have been continuing to speak to you about meditation. We have spoken to you many times about reality and about love and about understanding. And yet, you do not seem to be able to overcome the illusion. The illusion is extremely strong. It appears as if it [is] strong to you at this time. However, the illusion to us is of no consequence. We appear to you at many

times as the illusion rather than the illusion which causes your separation from your brothers on your planet. The truth, of course, is the reverse. We are reality.

How then can you experience reality? And I define reality as being the original concept of our Creator rather then its extension through the experiments of His children. We are somewhat hampered in using your language, since in order to express these concepts it is necessary to use a system which was evolved within the illusion, and which therefore has all of its basis for value within the illusion.

When speaking to you through an instrument in this manner, it necessary therefore to speak using these concepts which since they are of an illusory origin convey at least partially illusory definitions. It matters not, however, that it is impossible to intellectually communicate precisely what we are trying to convey. It is more important that we impress the need for nonintellectual communications, communications that are direct and not restrained by a system of semantics that was evolved inside a totally erroneous concept.

For this reason we have continued to speak of the necessity for meditation. We will continue to speak of this necessity since this is actually the only way that anyone upon your planet at this time can be directly aided by those of us who are here to serve. What we are most concerned with at this time is that there be definite progress by those who desire to make progress. If this is to be done with any rapidity, it will be necessary that the illusion be obliterated. This may be done by analyzing each facet of the illusion that encumbers you in your daily existence and then reducing it to its proper dimension. Its proper dimension, my friends, is that of non-existence. What is important is for one to recognize the illusion for what it is. It is important that one recognize reactions to the illusion for what they are. It is very important that one recognize the truth of the Creator's love and how it expresses itself through you. If this is done and it is augmented by daily meditation there can be an extremely rapid progress made toward joining those of us who are able to live in the light which was provided by our Creator for our enjoyment.

It is extremely important that every thought that is generated by an individual who wishes to make progress be analyzed immediately upon generation. If this thought is a thought generated by the false illusion, then this thought should be immediately rejected. It is possible to know the value of a generated thought. This is possible by learning to maintain a continual state of meditation. There are many things that occur in your daily activity that are generated by potentials within the illusion. These are the things which must be carefully watched. The reason for the illusion, my friends, is one that man on Earth has generated. He has generated it out of desire. This illusion is useful. It is very useful for those who would wish to evolve at a very rapid rate by experiencing it and then overcoming [*i.e.* using] it while within it. Many of us who are now circling your planet would desire to have the opportunity that you have, the opportunity to be within the illusion and then through the generation of understanding overcome [*i.e.* use] the potentials of the illusion. This is a way of gaining progress spiritually and has been sought out by many of our brothers.

I cannot overemphasize the necessity of becoming able to understand the nature of the potentials within your illusion and then by self-analysis and meditation, reacting to that in a way that will express the Thought that generated us: the Thought of our Creator. This was done by the teacher whom you know as Jesus. This man recognized his position. He recognized the illusion. He understood the reason for the potentials within the illusion. And his reactions to these potentials and activities within the illusion was a reaction which was expressing the Thought of our Creator; a Thought of love.

Keep uppermost in your mind that the illusion that you experience is an illusion, that it is surrounding you for the purpose of teaching you. It can only teach you if you become aware of its teachings. It is said that, "He worked His wonders in mysterious ways." This way may seem mysterious; however, it is the way of spiritual evolvement. There are many souls experiencing the illusion in which you find yourself; however, there are few using this illusion to grow. They are not doing this other than at a subliminal level because they have not availed themselves through their seeking to a knowledge of the possibility of doing this.

Once an individual has become aware of the possibility of using the illusion in which he finds himself in your physical world for the progression of spiritual growth, it is necessary that he take the next

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step and use his knowledge to express, regardless of the potentials which affect him, the love and understanding of his Creator.

I have spoken at length upon this. It is extremely simple. Those of us in His service understand without saying the concepts of which I have spoken. You also understand these concepts; however, they become lost in your waking state, due to the impressions of the illusion that has been with you. It is up to you to use the knowledge that we attempt to reawaken within you in order to express the love and understanding that is within all mankind. Do this for this is what you desire. And when you do this, my friends, it will become immediately obvious to you that this is what you desire. Do it all of the time. This is possible if meditations such as this one are on a daily basis and individual meditation such as you may carry on yourselves are on a continuing and constant basis.

Retain an awareness of the truth that is within you. Do not let the illusion overcome your thinking. In the environment that you now experience, there will be continuous communications to you from others within the illusion attempting, through no fault of their own, to obliterate the memory of truth that you evoke through meditation. These must be guarded against for only in maintaining an awareness of this truth can you be of service to those who seek your aid, even though in seeking they might impress upon you conditions of the illusion that you do not wish to accept. An awareness that you maintain through meditation, however, will limit to their actual place the illusory concept, to that place which is total illusion, not reality, my friends. [The illusion is] nothingness, an invisible fabric of nothingness. Think backwards in what you consider time, say, one year. Consider all the potentials within the illusion that you have experienced in that time and how they affect you now. Think backwards five years or ten or fifteen. The illusion has no lasting effects, my friends. It dissolves. It is a fabric of nothingness. Who are you today? And why are you you, today? It is because of your thinking. It is because of your reactions to the illusion perhaps, the Creator most definitely.

Wherein lies truth, my friends? It lies in you. In your ability to express it lies your ability to serve. In your reaction to the illusion lies your ability to demonstrate your awareness and therefore your value in service. Consider this carefully, my friends. For this is how you grow.

l hope that I have been of service. I am Hatonn. Adonai vasu borragus. ♣

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Tuesday Meditation
April 2, 1974

(Don channeling)

I am Hatonn. I am with the instrument. I am known to you as Hatonn. I am with you in the love and the light of our infinite Creator. It is a privilege, as always, to be with you. It is a privilege to be [with] those who seek.

There are many of our craft that have been seen in your skies, however, shortly more of our craft will be seen. For shortly it will be necessary for us to advertise our presence. This we will do. Primarily by being visible in your skies. This will alert many of your people to our presence, many who have heard of us previously, but who have not considered our presence of any importance.

There is a choice to be made very shortly, and it would be preferable if all of the people of this planet understand the choice that is to be made. It will be difficult for many of the people of this planet to understand what this choice is because it is a choice that they have not considered. They have been much too involved in their daily activities and their confusion and their desires are of a very trivial nature to be concerned with an understanding of the choice that they are very shortly to make. Whether they wish to or not, whether they understand it or not, regardless of any influence, each and every one of the people who dwell upon planet Earth will shortly make a choice. There will be no middle area. There will be those who choose to follow the path of love and light, and those who choose otherwise. This is all that is necessary.

This choice will not be made by saying, "I choose the path of love and light," or, "I do not choose it." The verbal choice will mean nothing. This choice will be measured by the individual's demonstration of his choice. This demonstration will be very easy for us of the Confederation of Planets in His Service to interpret. This choice is measured by what we term the vibratory rate of the individual. It is necessary, if an individual is to join those who make the choice of love and understanding for his rate of vibration to be above a certain minimal level. There are many now that are close to this minimum level, but due to continuing conditions of erroneous thought that prevail upon your surface, they are either fluctuating around this point or are even in some cases drifting away from the path of love and understanding. There are many whose vibratory rate at this time is sufficiently high for them to travel with no difficulty into the density of vibration that this planet is shortly to experience.

So what, my friends, is the task of groups such as this one as we of the Confederation begin to advertise our presence? Groups such as this one have the task of bringing an understanding, to those who desire it, of their alternatives. This is important at this time, very important, my friends. There is going

to be a harvest, as you might call it, a harvest of souls that will shortly occur upon your planet. We are attempting to extract the greatest possible harvest from this planet. This is our mission, for we are the harvesters.

In order to be most efficient, we are attempting to create first a state of seeking among the people of this planet who desire to seek. This would be those who are close to the acceptable level of vibration. Those above this level are, of course, not of as great an interest to us since they have, you might say, already made the grade. Those far below this level unfortunately cannot be helped by us at this time. We are attempting at this time to increase by a relatively small percentage the number who will be harvested into the path of love and understanding. Even a small percentage of those who dwell upon your planet is a vast number. And this is our mission, to act through groups such as this one in order to disseminate information in such a fashion that [it] may be accepted or rejected, that it may be in a state lacking what the people of your planet choose to call proof. We offer them no concrete proof, as they have a way of expressing it. We offer them truth. This is an important function of our mission—to offer truth without proof. In this way, the motivation will, in each and every case, come from within the individual. In this way, the individual vibratory rate will be increased. An offering of proof or an impressing of this truth upon an individual in such a way that he would be forced to accept it would have no usable effect upon his vibratory rate.

This, then, my friends, is the mystery of our way of approaching your peoples. This is why groups such as this one are important: to present truth without proof, to be the second stage, you might say, of our attack. To be the commercial that follows our advertising display in your atmosphere. It will be necessary that the truth given to those who will seek in the very near future be given with great care, for it must be truth and nothing else. We have asked that members of groups such as this one spend time in meditation. For in this way and only in this way can they avail themselves of the precise truth that we offer. And only in this way can they prepare themselves to disseminate this truth to those who seek in an exactly correct and understandable way in the language of your peoples. This, my friends, is a much, much more difficult task than you might imagine. There is an unbelievable amount of confusion existing upon the surface of your planet among your peoples. Many have been confused by the numerous religions which have given partial truths and in some instances, complete falsehoods. Many of your peoples have done no thinking on matters of a spiritual nature and will have no concept of things that seem straightforward and of utmost simplicity to yourselves.

It will be a great task. And we and you will not be entirely successful. We are able to say this, for we have had experience at harvests in the past. There will not be success in a complete way in disseminating the information that we bring to the people of Earth. There will be a complete success in the harvest of which we speak. It will be difficult to bring the truth to the understanding of the peoples of this planet, However, this will be done in one way or another. It will be up to the individual and his desire to understand and desire to seek this truth to create his vibratory change, even though it may necessarily only be slight.

I am going to condition this instrument for a short period of time and then transfer this contact to another instrument.

(The contact was transferred but was inaudible.) ♣

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Wednesday Meditation
April 3, 1974

(Don channeling)

I am Hatonn. I am with you. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening. I am the one known to you as Hatonn. I am speaking through this instrument.

I am aware at this time of certain thoughts …

(Carla channeling)

(Inaudible). There is quite a bit of difficulty with this contact but we will do the best that we can.

We wish to give a few thoughts at this time. You may remember in reading the holy work which you call the *Bible* that the master known as Jesus had a simple reaction to the upsetting type of illusion which he faced. His reaction was to inform it that it was an illusion. When he was confronted with a very stormy sea, he said "Peace. Be still." And by understanding that the difficulty was an illusion that vision caused his own reality to become peaceful and still. The ability to look at the illusion upon your planet and say to it, "Peace. Be still," is very dearly earned. We are aware, my friends, of the great efforts which a person who lives upon the surface of your planet and enjoys your illusion must make to be able to accomplish the detachment of which we speak. And yet, my friends, once this is accomplished we may suggest to you that you may find it to have been worth the effort and more than worth the effort. For reality, my friends, is a freedom that is a great joy to those who have never known what lies beyond the illusion of storm.

We are aware, my friends, that at this time those of your group who have been faithful are beginning to prepare themselves as channels in one way or another. And this gives our hearts great gladness. And we only give you this thought that there is a, "Peace. Be still," to be inserted before any information is passed in order for you as the channel to be sure that you do not say that which has not been asked. And that you say what you say in such a way that it does not infringe.

We are aware, as we said, of the great difficulties of operating in reality while in the illusion that you enjoy upon the surface of your planet. But this service of yours needs the purity of that, "Peace. Be still." It needs the detachment to listen to what is answered and it needs the ability to allow oneself to be linked to the higher, infinite mind that will answer truth. Incorrect information or information given at the wrong time may not be of service, so in the midst of our rejoicing that you are channels may we also give you this simple caution *(inaudible)*. And may we offer our service always, at any time, to help you in any way that we can. To give you our thoughts directly if you are a channel, or to speak

without words informing your own thoughts so that you may speak for us.

I would like at this time to transfer this communication to the instrument known as H, if he will avail himself.

(H channeling)

I am now with this instrument. It is always an honor to avail our thoughts to any who desire. We wish to come into contact with many of your peoples of your planet. We have a great service to offer you. It is a simple service, yet it is a service which can render great benefit. In order to transcend from this illusion, there is needed an awareness and understanding which cannot be obtained through the mechanism of the illusion. This awareness can be obtained only through meditation. It is our wish to render this small service to your peoples and *(inaudible)* which we can aid you in attaining, through your meditations. In the near future, there shall be many people of your planet who shall seek information. When this opportunity, or service, is presented to you …

(Some group members arrive.)

(H channeling)

I would like to extend my greetings and love to your new arrivals. It pleases us very much to avail our thoughts to you.

I was speaking of the times that are ahead when you shall be confronted with the many opportunities to render your service to other peoples of your planet. When you are asked to be of aid, simply be grateful for it is a gift from the Creator. Service is the only means of evolving into realms or ways. Be grateful whenever you have the opportunity *(inaudible)* and if you can render proper aid to those who request, for this ability shall be obtained through your daily meditation. Be cautious as not to create any negative train of thought. When being of service you shall be asked many questions. Many questions you will not be able to offer answers [to] unless you spend time in meditation. You can relay the thoughts of the people. Infinite awareness at all times if you avail yourself. Do not become alarmed at any given situation in which we can be of service. There is nothing in all of creation to be alarmed at if you are in constant state of consciousness *(inaudible)*.

(Inaudible)

And it is our desire to help all that have this desire. We cannot contact all of these peoples at this time because many have not yet awakened. *(Inaudible)* the time will be short and they shall need information through channels such as the ones here. In order to gain a strong, shall we say, grip on the light, they will be able to evolve rapidly once making the decision.

At this time I would like to contact a different instrument. I am Hatonn.

(B channeling)

I am having difficulty. I am Hatonn. I would like to say that I am pleased to communicate with this instrument. It is very difficult to *(inaudible)*.

(Tape ends.) ♣

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Second Monday Meditation
April 8, 1974

(Unknown channeling)

I … I am … I am … I … I am … I … I am … I am … I am … I am … I am … I am … I am … I am … I am … *(inaudible)* I am … I am with the instrument. I am Oxal. I greet you, my friends, in the love and the light of our infinite Creator. I am the one known to you as Oxal. It is once more a great privilege to speak with this group. I am Oxal. I am at this time … I am at this time in a craft above your house. This craft is of a type that you *(inaudible)* this type of craft *(inaudible)* small vehicle used for short reconnaissance type of *(inaudible)*. We are at this time in position to *(inaudible)*. We are at all times available to serve, however it is impossible for us at this time to meet with you in a direct physical way. We realize that you would wish to meet with us and we wish for the same *(inaudible)*. However, at this time it is not possible for us to do this.

(Unknown channeling)

(Inaudible).

(Unknown channeling)

As new channels are developed you will find degrees of difference in communicating. This is natural, my friends. Be patient. *(Inaudible)* I am *(inaudible)* we are here to help you in any way that we can. We are here to serve your peoples, to aid your growth and development of your planet's consciousness. *(Inaudible)* it pleases … as it pleases us to have the opportunities for communicating to a small degree.

(Pause)

As I was saying, a small degree. A small degree of infinite knowledge that is in store for you as you grow with the new vibrations of your planet. We are here to offer our aid, to share our love, *(inaudible)*. I am Oxal. I shall now leave this instrument and then attempt to condition the various instruments *(inaudible)*. I am Oxal. *(Inaudible)*.

(Unknown channeling)

I am Oxal. I am with this instrument.

(Unknown channeling)

I am Oxal. I am with this instrument. I am having *(inaudible)* difficulty. I am having some difficulty with this instrument. I will attempt the instrument known as D *(inaudible)*.

(D channeling)

I am … I am …

(Pause)

I am Oxal. I am with the instrument. I am sorry for the delay. It is a great privilege to be with you this evening. I am the one known to you as Oxal. I am speaking through this instrument. I am of the

Confederation of Planets in the Service of the Infinite Creator. I am in a craft above your house. I am speaking to you directly from this craft. I am in this craft at this time for a particular purpose. You will become aware of this purpose as I speak to you. We of the Confederation of Planets in the Service of the Infinite Creator are here to serve. We are here to serve in more ways than one. We have primarily attempted to serve you in arousing the interest in seeking. However, shortly we must serve you in an additional way. This addition *(inaudible)* will be in a more direct way.

It will be necessary if we are to do this that you prepare yourselves for this meeting. This may be done by availing yourselves *(inaudible)* to meditation. We will not be able communicate with you unless you are able to avail yourself to our thoughts in meditation. We cannot contact you in the manner you are accustomed to using upon the surface of your planet. This would be of no avail. We do not have concepts in your language that we wish to convey; we have concepts that are not within your language. If you will avail yourself in meditation to us we will prepare for our *(inaudible)*, but this is essential.

We are going to at this time prepare each of you in a certain way. It will be obvious to you. Please be patient for a few moments.

(Pause)

(Unknown channeling)

(Inaudible). As we do this, feel the rhythm … the rhythm of your breath *(inaudible)* as it slowly becomes one with all that surrounds you. This realization is important. It is a major step towards reaching a new level of consciousness for the peoples of your planet. Only then can you begin to experience *(inaudible)* level of vibration of this planet … of this planet Earth but only if there … It is important to master the technique if we are truly communicating *(inaudible)*. All the peoples of your planet have this potential if they so desire it. We realize that it is sometimes difficult for the level of your awareness *(inaudible)* is small beginning in the realm of the creation but, my friends, *(inaudible)* if you so desire it. There are no rules that omit any one of you *(inaudible)* with the growth if any within your group *(inaudible)* begin to feel.

This road is an individual road. The growth, my friends, is a vibration which can be felt by all of the peoples around you. We of the Confederation of Planets in Service to the Infinite Creator are very concerned about the course your planet has chosen to follow. When we speak of planet we speak of the peoples of your planet for they do represent the vibration of the creative intelligence of life. My friends, if you are to survive you must grow. It is our wish to help you grow … to transcend the vibration of hate and replace it with one of love. For love is all there is, my friends. This is the mainstay of all creation. We offer it to you. You must learn to offer it to all of you … to all of those around you. Only as you begin this course will you help. Your planet, my friends, is in the midst of many changes. These changes will affect your lives in many ways. I know it is hard for you to understand, but you must trust for we do bring love.

(Tape ends.) ♣

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Wednesday Meditation
April 10, 1974

(Carla channeling)

I am Laitos. I greet you, my friends, in the love and the light of our infinite Creator. I and my brothers are very privileged to be among you this evening. We will be conditioning those of you who desire it and we will be using the next few moments in order to communicate to you through the medium of silence. We are pleased with your progress and we wish especially at this time to give you an awareness of certain truths. If you will avail yourselves to our contact we will communicate with you directly. You will be able to sense our presence. I will leave this instrument at this time and we will be with you. We are also with you, we of Laitos and others who help the brothers of Hatonn, at any time you may need our services. It is our great privilege to oblige. I will leave this instrument now. Adonai.

(Carla channeling)

I am Hatonn. I greet you, my brethren, in the love and in the light of our infinite Father. We are most pleased to be with this group once more this evening. We have been watching the proceedings and we and our brothers of Laitos will continue to condition each of you that desire this conditioning. This conditioning, my friends, is not a unified phenomenon. It is a variable one, for it depends completely upon its effect on the individual who is receiving it.

The conditioning wave, my friends, is sent in a blanket wave. Some physical vehicles are attuned to accept the conditioning wave in a certain way so that it shows up immediately as certain feelings of energy. Others may not experience immediate sensation yet they too are receiving conditioning and their physical vehicles are becoming more closely attuned to the conditioning wave. There are many reasons why some people experience variations in the conditions however it is sent and it is received. There are varying lengths of time necessary in individual cases for the conditioning wave to begin to manifest in the manner recognizable within the physical illusion as conditioning, as you call it. We are, however, satisfied that the wave is doing its work as we see each individual who is seeking the conditioning making progress towards a full ability to receive the wave in its most efficient form for producing instruments. This is, of course, only given upon request.

My friends, how privileged we are to speak with you this and each time we do. We have so much to say and yet our brothers were most correct earlier in accepting the silence also as an active point for more advanced messages. We do not wish to bore you with speeches. You are in a garden at this point, my friends. In you holy works it is called the Garden of Eden and in the garden there is perfection, there is safety, there is protection—against all, against each,

against every possible evil for, indeed, my friends, within the Garden of Eden there is no evil. You are in this place as you meditate, my friends, for this place is reality. This perfect garden is truly your home.

My friends, take this high place, this garden, this home, and live in it in your mind—not just in meditation, but always. Keep it close. Reach for it. Move into it. Keep it by you. Use it. Live in it. Become one with the garden, for this is your true identity and in this realization your shining beauty will give grace and happiness to many.

I am most happy to be able to use another instrument and I will at this time transfer this message to the instrument known as R. I am Hatonn.

(R channeling)

I am Hatonn. I am now with this instrument. We are always … we are always privileged to speak with this group and others such as this group in different places upon your surface. It is very rewarding to help another along on the path of love and light. Though you sometimes feel as if you are at a standstill, that you are progressing …

We are having some difficulty. There will always be times when conditions are not exactly correct for an instrument to receive our thoughts. Because of [this] we will leave this instrument at this time for she is having difficulty *(inaudible)* receive our thoughts. I am Hatonn.

(Carla channeling)

I am again with this instrument. I am sorry that I cannot use the instrument known as R at this particular time. However, in the future the conditions will ameliorate themselves as she learns to avail herself more adeptly to our contact. It is only necessary to practice and to maintain a relaxation and a lack of analysis that produces a good contact.

I will leave your physical awareness at this time though I stand sentinel above you, far above you, waiting and watching for any way in which I may be of service to those of planet Earth. Only seek our aid and we will surely be there, within the silence and within your service. It has been our privilege to speak with you this evening. I leave you in His love and His light. Farewell, my brothers. Farewell. ♣

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Friday Meditation
April 12, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Father. It is, as always, my pleasure and privilege to speak with those who are seeking. My brother Laitos is here. He is in the room with you. He will be conditioning those of you who desire this service. My friends, we would like to take this opportunity to say a few things about desire.

Desire is a somewhat misunderstood phenomenon upon planet Earth, the misunderstanding lying principally in the feeling that one has desires about only certain sorts of objects. My friends, the term "desire" is very pale for what we are aware of as desire. The truth, my friends, is much closer to the intensity of fire. There is, however, no such word as what we are looking for and we use the word desire.

Each incident that you experience in your present activities is a result of one thing, my friends—desire. The work of past desire is brought to fruition in the present. And for the future—my friends, while in this illusion it is reasonable to speak of the illusion of the future—your desire at this time shapes your future. It is your future, my friends. You were given complete freedom of choice by an infinitely loving Creator. Give back to Him the highest desire you can be aware of.

Be aware, my friends, that there is much to transcend. There are many levels of earthly desires that may be transcended fairly rapidly by those who seek. The more esoteric intellectual desires may soon be passed by those who truly seek. Are you aware, my friends, that you may desire to be a star? Are you aware, my friends, that it is permissible to desire any and all of the understandings that you wish to know?

The shape of the path that you follow is ever towards the infinity of the circle of unity, as you reach the reality of planet, of star, of open space, of infinity itself, as you begin to become aware of how far your desire may take you towards the love of the Father, so you may turn back to the present and concentrate, my friends, concentrate upon the purity and the essence of this desire.

You wish to know, to understand and to accept the truth—the highest truth—and as you do this, my friends, you will be moving. As well as you do this so well will you move towards that which you seek, for it is desire alone that will impel you forward. Your desire, my friends. Your desire. We can only encourage you and give you food for thought.

The sun shines beautifully upon your planet, everywhere the same and yet, my friends, if you have what you call a lens the sunlight may be so focused that it will burn paper. This, my friends, is desire. Desire to know the infinite Creator in the highest

way of which you are capable. We are most happy to be of service to you in this seeking at any time in any way we can. At this time I will transfer this contact. I am Hatonn.

(Pause)

(Carla channeling)

I am again with this instrument. We apologize for the delay. There was some difficulty. We will leave this instrument at this time, leaving only in the sense of vocal contact. We are with you. Seek, my friends. Seek and focus. Meditation is the focusing point. We leave you in His love and His light. Farewell my brothers. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am once more with *(inaudible)* love and in the light of our *(inaudible)*. I am aware at this time of certain considerations. I am attempting to use this instrument. Please be patient. We, the Confederation who are in the service of our infinite Creator, are here, as we have said many times before, to aid the people of this planet. It is, however, impossible to aid them in a direct manner for there is nothing that we can give to them of any value *(inaudible)* to aid them in the sense that they would consider aid. We are attempting to bring to the peoples of this planet what they require. We are attempting to bring understanding. *(Inaudible)* understanding will not be very easy to give to the peoples of this planet.

(Unknown channeling)

I am Hatonn. I am now with this instrument. We are experiencing difficulty *(inaudible)* contact. *(Inaudible)*. I shall attempt to reestablish contact with the one known as *(inaudible)* instrument *(inaudible)*.

(Unknown channeling)

I am with this instrument. I am Hatonn. I will continue. Please be patient. I will continue. I was saying that it will not be very easy to bring to the people of this planet understanding. They have for many, many centuries of their time been immersed in a way of thinking that is totally incorrect. The people of this planet have given almost no consideration to the spiritual nature of creation. This is a great mistake. The creation is entirely of what you would call a spiritual nature. There is nothing else. Creation is not at all what you think it is. It appears to you to be of a certain nature but this is simply because that at this particular time your awareness is limited to the boundaries of this particular nature.

We will shortly be experiencing a much closer contact with peoples of this planet. Their understanding of us and our purpose in being here will at first be almost negligible. They will have no understanding of our objectives or our values for they do not know reality. It is going to be up to those of the groups such as this one who have been able to experience some portion of reality to convey our real purpose. This is not going to be in all cases very successful, for it requires considerable meditation and seeking in order to discover the truth of which we have so often spoke.

There are many of your peoples at this time who would meet with us with much less alarm than would have occurred at a previous time. However, these numbers are not too great and there are but very few who understand our true objectives. Nonetheless, it is going to be necessary for us to accelerate our program of contacting peoples of this planet for now the time has grown quite short and there will be certain things in the way of contacts that will now occur that could not have occurred in the past.

There shall be, however, no general proof to the peoples of this planet at large of our reality and of our purpose. We still wish to remain in a condition so as to cause seeking of those who would seek. There are many of the peoples of this planet who do not desire to seek and for this reason it is not possible for us to encroach upon their desires. There are many who would much prefer to remain within the illusion that they now enjoy. This may seem strange to members of this group but this is true and will be necessary when contacting peoples *(inaudible)* to serve only those who desire your service.

There will be many of those who dwell upon this planet who will not under any circumstances wish to be made aware of the spiritual nature of this creation and as I have said it will be necessary to be careful not to impress upon these ideas of the nature of the reality that we bring to you. This may seem a strange way of serving peoples of this planet but this is our interpretation of the wish of our Creator—that each of His children seek what he desires regardless of any

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other interpretation of the value of those desires. It will be important, therefore, if we are to aid and communicate with members of this group in a more direct manner for them to keep in mind the necessity for them to only aid those who seek.

I am sorry that there has been some difficulty this evening in contacting this instrument but this sometimes occurs. I will at this time leave this instrument. I am Hatonn. ♣

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Saturday Meditation
April 13, 1974

(Unknown channeling)

I am Hatonn. I am with this instrument. I … I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you once more. It is a very great privilege to speak with you. We of the Confederation of Planets in the Service of the Infinite Creator are always very privileged to be able to speak with those of the planet Earth, as you call it, who seek.

What is it that you seek? My friends, you seek understanding. And what is understanding? Understanding, my friends, is not precisely what you think it is. Understanding is not an intellectual interpretation of the creation or of its realities. It is not an emotional response to reality in what I might call the most approved fashion. Understanding is not an emotional or intellectual response to your fellow creatures. Understanding, my friends, is very, very simply understanding the demonstration of the love of your Creator. This, my friends, is understanding. This is what we of the Confederation in His service attempt to bring to you: understanding of the demonstration of His love. For this, my friends, is the understanding of all that there is. For, my friends, His love is all that there is, for this love has created all that there is. And this is what is sought by those who seek whether they are aware of it or not. They simply seek to understand His love and thereby to demonstrate it … to demonstrate it in every thought, in every word, and in every deed. Through this you may too be of service in our Creator's plan.

It has been stated that man upon planet Earth is a conscious being but that he does not understand. Some of the people of Earth have begun to understand, but it is difficult to continually demonstrate this understanding. The last great teacher known to you, the man called Jesus, was demonstrating his understanding of this truth in his life and yet he was not understood in this demonstration. He gained this understanding through meditation. This understanding may be obtained while you inhabit your present illusion through meditation. This is necessary. For this reason we continually emphasize that you avail yourself to truth through meditation. My friends, you seek understanding. Understanding is within you. You may reach this through meditation. This is very simply all that is necessary for you to know.

It might be asked by we of the Confederation of Planets then bother to communicate more than this one simple concept. My friends, it is very difficult to awaken those upon your planet who have the potential to seek. We have found that it is necessary to spark their interest using techniques that augment the basic truth which we bring to them. We have in this simple statement given you the very core, the essence, in actuality the totality of what we wish to

convey to you. But we will give you more, my friends. More so that you too can serve, so that you will be equipped … equipped to help those who seek but must be led through their our pathways to the understanding of the very simple truth that we are bringing, for man on Earth is very complex and is unable, for the most part at this time, to receive this simple truth and use it.

We have for many of your years enticed those who would seek by various methods. We could have simply produced techniques for disseminating the simple truth which we just conveyed to you. My friends, this would not have been understood. Seeking must be generated within those who have the spark. The illusion in which you presently dwell is extremely strong even for those who deep within themselves desire to seek in a spiritual direction. For this reason our program has had necessarily to include many years of enticement and mystery.

We would much prefer to come directly to the point, to bring this simple truth directly to all of your peoples and then allow those who would seek it to seek it, but we understand from our experience in such matters that this produces a very shallow harvest of seekers.

If an individual is already seeking our methods sometimes appear to be rather foolish and lengthy and in many cases with little point. My friends, for those who are already seeking our methods are just that. They are unnecessary. The illusion, my friends, is very difficult to break even for those who would seek, even for those who are of a very spiritual nature. There are many, many of your peoples who are of a high spiritual desire who are within an illusion of religion or otherwise, which does not allow them to modify their thinking rapidly in order to accept such as we who attempt now to contact your planet. In order to communicate it takes much effort and much time. We will continue in our effort to arouse those who will eventually attempt to understand what we bring to those of this planet who desire to have it.

I will now transfer this contact to one of the other instruments. Please be patient.

(Carla channeling)

I …

(Side one of tape ends.)

(Carla channeling)

(Inaudible), my friends. We would like to point out to you that we are aware that each time that we speak of understanding we always link it to service. We do not wish to, shall we say, draft you into service with us. We are not attempting to sway anyone against his will nor are we attempting to choose for you the future action that you will select.

The reason that we constantly link the concept of understanding through meditation with its demonstration in service is that we are not aware that there is any other possible path upon the upward way. It is important to seek. This is the first constant. Once seeking has been established then understanding begins to impel one along the path of spiritual development.

My friends, there is a very great distance which one may travel simply growing in understanding. However, the most exalted and pure understanding is an empty shell if it is not expressed. There is a limit to how far you may go in understanding if you do not choose to express your understanding through demonstration in service. The reason for this is one of the simple laws of reality. There is balance, my friends, in all things. Each thing which seems to be one thing is the other as well. If you wish to receive you simply give. This is a law. This is why we speak of service, my friends.

Beyond the first rungs of understanding one climbs the narrow way by service. It is for this reason that we are here for by our service to you we advance ourselves in understanding. We are not aware of any other means of effectively creating a forward movement in our own understanding. We are not aware of any other way for you to increase your understanding.

Each entity that you meet is yourself turned over, the other side of you, the other side of the coin, my friends. The side you cannot see of yourself turned suddenly so you may see it; there you are. Serve your fellow man, my friends. We suggest this to you because we wish very much for you to advance along the path of spirit and because in your progression you also aid us greatly in our service to this planet at this time.

I am aware that this instrument is experiencing some difficulty with this contact. I will attempt to transfer

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this contact to the instrument known as R. I am Hatonn.

(Carla channeling)

I am Hatonn. I am sorry that we are continuing to have difficulty with this contact. We will leave this instrument at this time. We leave you in the love and in the light of our infinite Creator. It has been our privilege to speak with you this evening. Adonai vasu. ♣

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Sunday Meditation
April 14, 1974

(Unknown channeling)

I am Hatonn. I am with the instrument. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be with you this evening. I am Hatonn. I speak to you from a craft. The craft is known to your peoples as an unidentified flying object. We are seen in your skies and we are known as unidentified.

Let us consider, my friends, the meaning of identified. Identified, my friends, is something that you understand. What do you understand? Peoples of your planet believe that they understand many things. They do not understand the unidentified flying objects that are in their skies. What they do not realize is that they do not understand anything, for they have not attempted to understand anything.

Your science has created what you consider to be many marvels, but these marvels lack true understanding. These marvels of your science, as you consider them, have been given to your peoples within the past very few of your years. They have been given for a purpose. It has been part of a program that has manifested upon your planet. Up until the very recent past your planet has enjoyed but very little so-called scientific advance. Within the past one hundred of your years there has been an advance in your knowledge, what you consider to be science, of many, many thousand-fold.

This advance was not an advance brought about unaided. This advance was not from within [the] simple advance [of] the understanding of those who were progressing upon your planet. This advance was highly augmented, my friends, for a purpose. Unfortunately, this advance has included not only benefits to man on Earth but he has also used it to create many devices that are far from beneficial. We are very sorry that this has occurred but it was necessary for man on Earth to experience certain benefits of what you know as a technological nature prior to the termination of the great cycle of time through which your world has passed.

It would have been possible for the cycle to have terminated, of course, with no more advance in technology than was appreciated over one hundred of your years ago. However, this was not deemed to be as efficient a way of producing the necessary information so that all those who would attempt to seek would find the information that they sought. As strange as it may seem to you, my friends, [the] entire technological advance your civilization has experienced in the past one hundred or so years has been for the purpose of increasing the ability of those who seek new intellectual *(inaudible)* to find intellectual answers which will lead them to non-intellectual truths.

It is difficult for a society primarily intent upon maintenance of the physical body to spend much

time actively seeking in a spiritual way. It is difficult for those who seek spiritual truths to find them if there is very little dissemination or publication available to you. This may seem paradoxical in that we have stated many times that meditation is the only real pathway to complete understanding. My friends, we do not wish to confuse by attempting to point out to you that your present technological systems are necessary to augment this seeking in a most satisfactory manner. We, however, do state that they do accomplish this purpose in more than one way.

There are those who have become fascinated within this illusion that they presently enjoy as they would become fascinated with the physical aspects of any illusion, regardless of its relatively technological aspects. These are the ones who cannot be greatly helped. *(Inaudible)* those who have been spared quite so much physical labor in order to simply exist upon your Earth world. It is those who have been provided with more leisure time [to] extend their seeking that we are primarily concerned with.

Many civilizations have existed upon your planet. It is true that many of these have reached great advancement prior to their destruction. It is also true that the reason for this advancement prior to their destruction was to provide the atmosphere for spiritual seeking that was not as prevalent in a more primitive environment. This is not the decision of any particular person. It is not the decision of a council. These things do not come about because of a specific plan. This comes about in a more natural way as many entities find an attraction to the experiences [that] will be generated near the end of a cycle such as this one. They are drawn into physical experience and those who are drawn into the experience are those of a more advanced nature. This includes, of course, technological as well as many other forms of previous experiences which then are reflected in their works during their present experiences within the physical.

There is a general overseeing, you might say, for each planet but this is much less controlled or directed than would be appreciated by those of your peoples who are accustomed to the careful direction of their present governments. It is then an aspect of the termination of your present cycle that you appreciate great technological advancement with respect to previous experience of your planet's inhabitants for many thousands of years. It was the same condition that created relatively great technological advancement upon the continents known as Atlantis and Lemuria.

We of the Confederation of Planets in the Service of the One Infinite Creator are here to aid those who seek. We are here also to help them understand conditions that they meet in their daily experiences. We are attempting at this time to point out to you that your present experience upon the surface of this planet is somewhat unique in the light of what we would consider normal conditions upon your planet. Normal conditions upon your planet, my friends, are not at all technological. When viewed over a period of several thousands of years you will find that people in general have been intellectually extremely unenlightened. There have been, of course, those few scholars throughout all of the experiences and ages who have been remembered and studied. We are speaking, my friends, of what you would call the man in the street. He has in your society been educated only within the past hundred of your years to any extent at all. This is unique … not common.

This was the case in the experience known to you as Atlantis. Many of those who dwelled within that experience are now returning and have returned into the physical to experience once more a termination, a change, and this time an even more grand change than that which they experienced before. It may seem that it is not too wise for such technological advance to fall upon a people whose spiritual qualities are so lacking and in this, my friends, we are in complete agreement. However, we are unable to control such matters since they are generated primarily by the desire of those who are of the Earth but who are not in physical form.

We are, however, able and willing if necessary to terminate certain totally insane actions which could conceivably be originated with respect to your nuclear weapons. Unfortunately, these weapons are of such a nature so as to endanger not only the peoples of your planet in a spiritual way, but also in a way so as to terminate their existence. It will be necessary, therefore, for an intervention to be made by those of us of the Confederation who monitor the aspects of these nuclear weapons. If such a condition manifests we of the Confederation of Planets do not wish to interfere and cannot interfere in the activities of peoples of this planet with very few exceptions. Interference of a nature to terminate such nuclear

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warfare is, however, within that which we will accomplish.

It is interesting to note that the decimation of information about the teachings of the [one] known to you as Jesus, the last great teacher upon your planet, are almost negligible with respect to [the] numbers of peoples aware of them for many years after his passing from your planet. It is interesting to note that at this time dissemination of his teachings are at their maximum. Unfortunately, as we have said before, his teachings are not understood even though there now exists upon your planet a communication system which will reach a very large percentage of the peoples in many, many of the areas of your planet's surface, especially those peoples who have evolved to a point where they can use their intellects to augment their natural seeking.

At this time we will attempt to transfer this contact. Please be patient.

(Tape ends.) ♣

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Sunday Meditation
April 14, 1974

(Carla channeling)

[I am Hatonn.] It is very often that these words are misunderstood for one reason or another. The difficulty, my friends, is the constant use of the intellect taught to all people who have been at all educated. There is very little spiritual training that would be most helpful in supplying a spiritual development in a growing entity. As the physical body grows, the entity within is educated upon those portions of your planet which are now receiving the aid of technological advances. This enables his intellect to grow and his body to grow. There is much lacking after these two items have become mastered

We are aware that you already feel this to be so. The question of what to do about it in your [own] existence is twofold. In the first place, what you do within your own situation, spiritually speaking, we would suggest, will be a function of one thing only and that is your understanding of the lesson which you are to learn. Each situation that you surround yourself with in general is a part of a lesson or a lesson for you. We are not referring to daily details which occur under the simple laws of chance; we are referring to the overall trend of generalized direction or general dimension of your situation. Whatever the difficulty is in this situation, the approach we would suggest spiritually is to take it, as we may predictably say, to meditation. Out of meditation, come with some understanding. Not in your life, but simply in you of the lesson of the job to be done within that situation in doing the job, in as workmanlike and cheerful a manner as your meditation has given you the ability to maintain. As you accomplish your work within that lesson, the circumstances about you will alter of their own accord.

The constant feeling of pressure from outside is an illusion, my friends. Sometimes, an extremely heavy one, but only an illusion. Your lessons will be learned from within. This is our feeling about the truth, spiritually speaking. We are aware that technology presses hard against spiritual seeking. And may seem in many ways a harsh antithesis. And yet, my friends, all things are one and so meditation on a regular basis will proceed with you as you go along the path.

The question of how to instill the type of training of the spirit to which we refer is a question that is very difficult for us to answer for you. It would be necessary to have communities centered about the great truths of the spirit. It would be necessary to have in each person and in [each] such group of people who have banded together, a spirit of understanding and seeking. It would simply be necessary to have a completely different type of environment than you have. There is much that can be done within the sanctity of your own life. Those

people of like mind may provide for you, and those dependent upon you, an atmosphere conducive to spiritual growth.

In your own household, much may be done to encourage the constant awareness of the love of the infinite Creator. Where growing entities [are] aware, as their bodies and their minds mature, that their infinite and eternal spirit was real and was capable of maturing also. If there was a place they might choose to go and with no pressure or suggestion, seek their own peace and find their own truth, then the training for the spirit might be a much more possible thing for those upon your planet surface. Needless to say, my friends, we have not found rich earth for planting this idea in many places. However, you are welcome to it.

At this time, my friends, I will leave this instrument. I leave you in the Creator's love and light. Adonai, my friends. Adonai. ♣

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Monday Meditation
April 15, 1974

(Don channeling)

I am Hatonn. I am sorry, the instrument has made an error. I am Oxal. I am with the instrument. I am Oxal. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening. I am the one known to you as Oxal. I am here with you in the room. I am Oxal, and I am here.

(The instrument is receiving conditioning at this time.)

I am Oxal. I am Oxal.

(Conditioning continues.)

I am Oxal. My friends, I great you in the love and in the light of our infinite Creator. It is a great privilege to be able to speak to you this evening using this instrument. We are having some difficulty, but it is because of his inability at this time to clear his mind. If you will please be patient, we will remedy this.

(Conditioning continues.)

I am aware of questions within this group. I am here, at this time, to attempt to answer some of these questions. We of the Confederation of Planets in the Service of the Infinite Creator are attempting to serve to the very best of our ability those who seek our service. This service will include the answering of any questions that we are able to answer.

(Conditioning continues.)

There are, at times, difficulties with an attempt to answer certain questions, for the answers are not within the limits of interpretations using your language. But there are some things that we can speak of.

(Conditioning continues.)

I … *(The recording is difficult to hear.)*

(Carla channeling)

I greet you, my friends. I am Hatonn. We are most pleased to be speaking with you this evening. We wish to state that we have been aware of this group's activities. We are aware of the difficulties of our brother in maintaining contact. We will at this time therefore give you a few small thoughts to think about while our brothers from Oxal are conditioning a channel for their use.

We would like you to consider, my friends, an island in an ocean channel far out at sea. There is no land in sight and this small rock, washed by waves, bleached by the sun with small flora and fauna growing upon it, looks out upon the world, and its limited consciousness attempts to grasp the reality as it eddies and swirls about it. The little island detects many strange things as they enter its purvey. It lives through differences in climate and feeling and mood. It experiences the seasons of its flora and its

fauna and it attempts to piece together a reasonable and holistic view of its reality.

It is fixed in position, my friends, a poor small rock. The far limits, wherefrom come the waves, and the far limits to which they return, will be forever unknown to the island. The island can never know or fully understand that which appears at [its] doorstep, so to speak.

This, my friends, is a very rough and perhaps shallow example of the type of instrument the intellect is. The intellect upon your planet is very useful within the imagery for which it was made. But the attempt, my friends, to use the intellect to understand the far limits of your origin or the far limits of where you shall return again is impossible. For in the image, which your intellect works upon, you are a rock changed to one *(inaudible)*. This is not reality, nor can your intellect give you a picture of reality. Rather, my friends, in meditation seek to be the water. Seek the consciousness, the oneness, the unity, and the adventure of water. All water is inseparable. There is no separation: it flows, it is as one. And each wave that breaks upon this shore may have broken anywhere and may move to another. Let your consciousness flow like the water—not like an island—inwardly.

We are most pleased to have had this opportunity to give you these few thoughts. We will leave this instrument at this time. I leave you in the love and in the light of our infinite Creator. I am Hatonn. Adonai.

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Tuesday Meditation
April 16, 1974

(R channeling)

In the love and in the light of our infinite Creator, I am pleased as always to be with you this evening. It is always a pleasure to be with those who desire to hear what we have to say. There is always so much to say and so little time to say it in, that given any opportunity to speak, we are glad to do so.

(Pause during conditioning.)

As I was saying … Although we do not always speak to you during the meditation, we are always with you during your meditation. We are always listening and glad to help. There are very few of your people who desire these thoughts. But we feel, in the near future, there will be many of your people, many more of your people who desire this. As we have said many times and this is just to emphasize to you the importance to you what we are saying, we will try to reach all of your peoples that we possibly can; for there will be times when people will be seeking to known why these things are happening that will be such as physical changes. We are always sending the people of Earth our love.

I will now transfer the contact to another channel. I am Hatonn.

(Carla channeling)

I am Hatonn. I am with this instrument. I apologize for our difficulties in contacting this instrument. We will attempt to use this instrument while we can as conditions are not good. It is very difficult for us to say words that have the desired effect. We wish for them to impel you or inspire you towards seeking to pique your interest and divert your attention to the subject of your own spiritual development. So many words remain simply words. We wish to effect the transformation from word to idea. Therefore, we have more to say than we can ever say and we have very, very little to say, for our truth is very simple and all we really wish to do is to propagate that truth as we understand it to you to the best of our ability to as many people as possible in the time allotted to us.

At this time, we are aware that many of those in this group are experiencing perplexities and while conditions are not serious physically for you, they are somewhat perplexing to you. And we wish to say to you today to consider that there is a duality of ways to look at the spiritual point of view. One way is the way of taking a life or death attitude towards your understanding and going after spiritual understanding as the life and death matter, as indeed it is. There is, however, a perfect opposite to this, which is equally valid and equally helpful and too little practiced, my friends, upon planet Earth. And this is simply to not worry about the meaning behind the illusionary experiences that fill each day. This seems, in a way, very shallow; however, once

you have aimed yourself toward the spiritual path and have begun to discipline yourself with regular meditation, patiently and carefully kept up, the ability to take the all-important step backwards towards detachment from that which is about you in your daily life is extremely important. It may mean the difference between a great many perplexing situations and a feeling that is more often with you—that [of] the rhythm of the universe resounding recognizably in your life. When your worried mind is still and when all the ripples of worry of your daily life have stopped, then and only then, may you discern the flow and stately movement of the universal rhythms.

I am having difficulty with this instrument. I will leave this instrument at this time. I am Hatonn. ♣

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Wednesday Meditation
April 17, 1974

(Unknown channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. I am most pleased to be speaking with you this afternoon.

I am aware of your concern at this time, and so we will speak this evening on the subject of becoming channels for aiding the Confederation of Planets in the Service of the Infinite Creator. We are aware that you desire to become channels. My brothers and I have been constantly with you and we have been pleased with progress made in your conditioning thus far. We are aware that neither the one known as E nor the one known as T is pleased over the progress he has made. My friends, there is much to be done sometimes when one begins the process of conditioning to become a channel. This does not have to do, my friends, with your basic vibration. This does not have to do with the level of awareness, except in a very general way. What it has to do with is the amount of intellectual activity which the individual who desires conditioning is allowing his brain to function with.

In the case of the instrument known as E, the amount of intellectual analyzing is considerable. The habit is very strong and each imperceptible wave of conditioning received moves such a strong habit of analysis only very slightly. The one known as T is somewhat closer to experiencing a physical manifestation of conditioning. This is due to his attempt from time to time to effectively refrain from analysis of data.

It must be understood, my friends, that to become a channel is to temporarily trust another entity with the use of one's vocal mechanism. This involves letting the control go completely and not retaining any amount of judgment over it. This is very difficult or impossible to achieve, if there is any thinking going on at all on the part of the channel. The conditioning is sent out and is deliberately intended to be effective only to those who have accepted the form of meditation which precludes analysis of thought. This, my friends, is a challenge indeed, and one which we are aware is very specialized and can be very difficult. However, my friends, there is no doubt in my mind that each of you may be instruments if you desire to become instruments. It needs only complete relaxation and a complete ability to refrain from analyzing any thoughts that you receive. It may take some time, as you know time. However, it is not only possible, but inevitable, if you continue to desire this service. We will, my friends, attempt to help you in every way that we can, as always, and we are extremely privileged to be allowed to be conditioning you.

Perhaps, my friends, we should say a few words about the possibility of being somewhat disappointed in ourselves. That is to say, that we are

not disappointed at all; we are very pleased, for we can see your progress. We are, however, aware that there are disappointments you feel. We can only tell you that there is no need ever to feel disappointment in yourselves. You must have heard us say many times that there is no time but the present. Regret has to do only with the past.

We are not saying that it is not your business to live as correctly as you know how, but the time to live correctly is the present moment. A mistake made or a missed step or a simple misunderstanding later corrected, is simply a corrected error. What matters is not that you have made the error, but that you have become aware of it and corrected it. The present, with the awareness that you have known, is all that you need to consider. Waste no more time on what is gone forever than you need to learn from it. Then carry on with the life that you are living now, for, my friends, there is a great deal of each present moment that most of those upon your planet miss completely.

The ability to live fully in the present with full knowledge of what you see and hear of God's beautiful creation about you … This instrument has made an error. We will attempt to continue.

The ability to live with complete awareness of the creation of the Father about you and of the possibilities of that creation within you, is most rare and valuable.

My friends, we will leave this instrument at this time. We will be conditioning you as you meditate. We are always with you. Our love is always with you. We leave you in the love and the light of the infinite Father. I am Hatonn. Adonai vasu borragus.

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Friday Meditation
April 19, 1974

(*Carla channeling*)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. It is a great pleasure and privilege to be with you this afternoon. We are very pleased to see each of you here.

(Gandolph the cat needs attention.)

Carla: This is me. Wait just a minute.

(Pause)

(Carla channeling)

I am Hatonn. I am again with this instrument. We apologize for the delay. We are always most pleased, we were saying, to be of any aid we can.

(Gandolph continues meowing. Discussion ensues as to what to do.)

Carla: Well, I'll try once more.

(*Carla channeling*)

I am again with this instrument. I am Hatonn. We are aware of the difficulty. We apologize for the delay. As I was saying, my friends, it is our privilege and our mission to come to the aid of all those upon your planet's surface who seek.

We would like to give you this one thought this evening, and that is that our only aid to you is to give you a concept of understanding. What you are seeking is understanding. The fire and the energy with which you seek it is drawn from within the very marrow of your eternal reality. Your true desire is to seek this understanding. This understanding, in turn, my friends, that we are attempting to aid you in becoming aware of is very, very simple. It is, in fact, unitary. There is only One.

This unity, within which the entire Creation resides, is whole, complete, unbreakable and transcendent of all illusion. Therefore, my friends, it is the most impossible thing to conceive of within the boundaries of your intellect and your consciousness within the physical. This consciousness of unity, which is your understanding described in one way, is available to you only through meditation. It is quite, quite amazing to us that those upon your surface have devised so many different ways of removing from themselves all indications of the reality, or even the possibility, of understanding. However, you are, although in the physical environment, not of it. Your choice is completely free. You may seek for this understanding even within the dense illusion which occupies your physical senses. We offer you only simple help. We offer you only simple understanding, for there is only one understanding, only one truth, only one entity: the Creator, my friends. Any attempt to work through any other understanding will be an attempt which is working within an extremely transient illusion.

My friends, we are most happy to be with you. We will condition each of you and will attempt to contact another channel and transfer this message at this time. I am Hatonn.

(Unknown channeling)

I am now with this instrument. It is pleasing to make the contact. I and my brother Laitos are here with you at this time, and will be conditioning those who desire it. We of the Confederation are pleased that so many of the peoples of your planet have begun to avail themselves to our thoughts. We have been attempting, for many of your years, to contact your peoples. Recently, our efforts have been very fruitful, and through the extension of our contact to your peoples we can shortly contact many more. It will be your privilege, in the future, that you offer your services to your peoples. There is much work to be done and you should look forward to this time as being a great opportunity to advance yourself in His service.

Many of your peoples do not comprehend that which you have come to accept. You need to grow in the confidence in order that you may be of beneficial service to these people. Many will approach you and will begin searching because of the confidence you display in the Creator. Your vibration shall rise and shall be felt by those who you come into contact with. Use what time remains to develop your confidence in His will. Your Father wishes all to join in this seeking, and all shall have the opportunity to seek, but only those who desire shall do so. It cannot be accomplished by any other individual. It is controlled by your desire.

At this time, I shall attempt to contact another channel. I am Hatonn.

(Unknown channeling)

The content of the message that we bring is often repetitive. However, this enables a new instrument to receive the thought we are using until he has sufficiently developed his ability to receive data of a more specific nature.

I would like, at this time, to transfer this contact to another instrument, if she will avail herself.

(Pause)

(Carla channeling)

I am Hatonn. I am with this instrument. We regret that we were not able to speak through the instrument known as D. However, the situation is a transient one and, in the future, we will again attempt contacting [her.]

This is nothing unusual, my friends. It is a common difficulty with the newer of the channels. We may say that it is to be considered that, when the condition-wave is given, the thoughts that are of a creative or spiritual nature will vibrate within your mind and you will feel the impulse to speak. The question of whether these creative thoughts are yours or ours is somewhat unspiritual, in that those thoughts which are of a spiritual nature are the thoughts of the Creator. As they are in me, they are in you. And as they are in you, they are in everyone, every entity of whatever plane and in whatever station in all of the realms of the Creation.

I will attempt, at this time, to contact the one known as D, if he would avail himself to our contact.

(Tape ends.) ♣

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Wednesday Meditation
April 20, 1974

(The first thirty minutes of this channeling session are mostly inaudible.)

(Don channeling)

We of the Confederation of Planets in the Service of the Infinite Creator are here to serve the people of Earth *(inaudible)*. These ways are varied. However, they seem mysterious. They seem mysterious to you. They are not mysterious to us.

(Side one of tape ends.)

(Don channeling)

I am again with the instrument. I am Hatonn. I was saying that we serve the peoples of Earth in a way that seems mysterious. However, this way, to us, is not mysterious. It is logical. It is the only way that we have of serving the people of Earth, for we bring to the people of Earth a service that they desire, but they are not consciously aware that they desire this service.

People of the planet Earth are fascinated by many things. They are fascinated by these things because they are children, truly children in the evolutionary state of this vast universe. There are some of the peoples of the planet Earth who are not as fascinated with the things of childhood, who are seeking the things that are enjoyed by those whom we might consider adults. If it is possible to serve those of Earth, then, it must first be made possible to serve the adults. For this reason, we act in a very mysterious way in order not to alarm the children while contacting the adults. The adults, as we call them, will understand our service and our message. Children will never understand. This is unfortunate, but this is [the] condition that exists upon your planet.

It is up to members of this group and the members of other groups like this one, if they desire to serve, to serve by contacting the adults of your planet. It will be of no value to attempt to serve children with the information that we have given, for they will not understand it. No matter how you phrase it or how you prepare it for them, they will not understand it. For, as you know, a child does not understand many concepts. Prepare yourself, therefore, to serve the adults. Prepare to serve them well. For, in being adults, they will require that you, also, speak as an adult.

Of course, my friends, I am speaking of the adult who is mature in a spiritual awareness. Many of your people are quite mature with respect to the planet's average maturity. They simply are unaware of the truth, of the reality of the creation in which they exist. Serve these, those who will understand. It is quiet simple for you to identify them, for they will understand, the child will not. Do not do the child a disservice by impressing upon him something that he cannot understand. Serve those who seek. Serve

those who will initiate their seeking very shortly. And remember, if you are to serve those who are adult, it will be necessary that you speak with the knowledge of an adult. For this reason, it is very necessary that meditation be practiced daily. For in this way and only in this way can an individual become aware in an intellectual way of that that is necessary to give to those who seek. In no other way can he obtain this ability.

There are many upon your planet who, in a spiritual sense, have reached adulthood. However, many of these are very misinformed. They are able to act and to demonstrate a knowledge of the Creator but they are, for the most part, unaware of much that must be achieved through active seeking of truth which can be accomplished, at any time one desires, through meditation.

(Pause)

I am again with this instrument. I am sorry for the delay. I was saying that it is necessary to serve those who are seeking. It is as simple as that. It is only possible to alert those, very slightly, who are not seeking, for they simply will not seek an understanding, and this is what is necessary if the program that we of the Confederation of Planets in His Service [are following] is to be successful. How many more of the peoples of this planet are seeking now than were seeking when we initiated our program? Considerable more, my friends, considerable more. And yet, their seeking is going, for the most part, unanswered in many respects. For, there are all too few groups of this nature, groups that are able to act as goads for those who seek.

It is difficult for us to work through a group such as this one. It is difficult, but it is the only way available to us. We must rely upon those who are in the density that you now enjoy to act to aid us in the service of the infinite One. It may seem mysterious and, in some cases, unintelligent to act in such a way as do we, the Confederation. We have found, however, that this is the only method that produces a satisfactory result. That result, my friends, is simply the spiritual evolvement of a maximum number of those who will evolve.

It will always be up to those who are living upon the surface of a planet such as this one to act, to convey to their brothers that which they desire: the truth of the creation. This must be the way of truth, for it was provided for by the Creator of us all that those upon a planet such as this one would have a freedom of choice that is complete. This choice may not be influenced in a direct manner. This choice must include the only thing of importance in the universe. That, my friends, is the individual's acceptance or rejection of his Creator. This, my friends, is what this group is doing. It is aiding; aiding, not in the judgment of those of this planet, but in the judgment of their Creator, their *own* judgment, a judgment to accept His principles free from any coercion or influence, or to reject [them].

This group has made its choice, long ago. The vigor with which it acts is dependent upon a choice that it will make in the future. The effectiveness with which it will act will be dependent upon its ability to avail itself through meditation. We, the Confederation of Planets in His Service, are serving, serving those who wish to mature. For we also wish to mature. For, as it is known by the adult, the rewards of true maturity are more desirable than those of childhood.

I will leave this instrument at this time. I am Hatonn. Adonai vasu. ♣

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Sunday Meditation
April 21, 1974

(Carla channeling)

I am Philip of the Brotherhood of the Seven Rays. I am with this instrument. I am here. *(inaudible)* although my previous contact has been *(inaudible)*, this instrument has received my thoughts correctly.

As I speak to you, there is between us an ocean amount of space *(inaudible)*. My beloved brothers, you have truly bridged this chasm, this great ocean which lies between the understanding *(inaudible)* within the physical illusion, and we understand *(inaudible)* has the dilemma in understanding that we *(inaudible)*. The difficulties of communicating across this gap are formidable. And yet, my friends, as this instrument has noted, I say that it must be done and that it can be done. You are truly a shepherd. You are truly a disciple. To you, my brethren, is given a great task, but you are not left [helpless]. The ability in which you have *(inaudible)* with your contact, the One Who is All, in meditation will stand *(inaudible)*.

It is very necessary, my friends, for you to shepherd your sheep. There is information about the other side of the ocean that needs *(inaudible)* to be expressed to all those standing on the shore *(inaudible)* who are looking out to sea. What you have done, my friends, is already an aid. There is much more that you are *(inaudible)* to do and that you may do if you are willing *(inaudible)*. We will be of help to you in whatever way that we can. There are things that we can do, things that we have done, and things that we will do if you desire us to aid you.

We are aware, my friends, that you long to be on [a different] part of the shoreline that you are now on, and that you wish to be, in spirit and in truth, within the sphere of understanding in which *(inaudible)*. As we say to you, my friends, we each have our [part]. Each of us has a service to perform, and when that service is done, the next service may be *(inaudible)*.

I am having trouble with this instrument. I will leave you. I leave you *(inaudible)*. ♣

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Monday Meditation

April 22, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening as it is every evening. It is a great privilege to be able to serve those who seek and, my friends, you are seeking, and this is rare upon your planet. There are but few people upon your planet who are seeking. There are many who believe that they are seeking, but they are not seeking. They are simply going through motions and fooling themselves.

What is seeking, my friends? What is true seeking? Seeking is an attempt to understand the desires of your Creator. Seeking is an attempt to understand why you are yourself and how you may express the desire of your Creator. This, my friends, is true seeking.

There are many upon your planet who seek many things. They seek understanding, but they do not even understand that it is possible to seek the understanding of which I have spoken, an understanding, my friends, of how to express the desire of your Creator in every thought and in every deed and in every activity in which you involve yourself. This, my friends, is seeking. This, my friends, is what is necessary for an individual to become aware of if he is to make progress in a direction that he truly desires.

Most of the people of your planet at this time are not aware of their true desires. They are not aware of these desires because they have not availed themselves, through meditation, to this awareness. Avail yourself to your own desires, my friends. Do this through meditation and you will make the progress that you wish to make.

All of the people throughout all of space wish to make progress but many, many, especially upon this planet, do not understand what progress is. They are aware of many concepts of progress but most of the progress of which they are aware is quite transient, of no real value. Become aware of real progress. Become aware of what you must know in order to reunite your thinking with that of your Creator. That, my friends, is progress; the progress of understanding what you must know to, once more, think in exact harmony with the original created Consciousness. In this way, and in only this way, can you truly progress.

I will, at this time, transfer this contact to another instrument.

(Carla channeling)

I am now with this instrument. We are aware, my friends that at this time there is, within this group's consciousness a desire to be of service that is far beyond the desire of most of those upon your planet, and we can assure you, again, as we have before, that

your efforts to aid those of us in the service of the infinite One are very much needed and very much valued.

My friends, as you seek to progress and as you attempt to become ever more able to shepherd those who begin to seek upon [the] planet and turn to you for aid, we ask you to be ever vigilant that your *(inaudible)* is still within the infinite Creator and within the consciousness of *(inaudible)*. The interpretation of change and event is extraordinarily different when seen, first, from the standpoint of the illusion and, second, from the standpoint of the infinite [being]. There is no difficulty in physical change from the viewpoint of the eternal *(inaudible)*. Furthermore, even within the illusion, you may have an intellectual knowledge of the fact that there will be physical change acting upon an individual, within his lifetime, which has more *(inaudible)* and which will take him from *(inaudible)*. These things are inevitable. These things are not to be feared. These things are part of a whole that is organic, natural and extremely helpful as you [cycle] through the physical illusion. Each experience that you have desired comes to pass and you learn from them. Those around you, my friends, are traveling upon similar roads. There is no exception to this truth. The present day is the point at which your *(inaudible)* may *(inaudible)*.

My friends, as you progress upon the road attending those [few] seekers who turn to you, always remember that the human viewpoint, shall we say, is not what you or what those who seek from you are truly seeking. Within meditation, my friends, *(inaudible)* reality and see all the *(inaudible)* from its true perspective.

We will now condition those *(inaudible)*. You will *(inaudible)*.

I will leave this instrument at this time. I am Hatonn.

(Don channeling)

I am Oxal. I am with this instrument. I greet you, my friends, in the love and in the light of our infinite Creator. I am Oxal. I am using control.

I am at this time in a craft speaking to you using a beam. This beam is intense enough to give to this instrument, quite clearly, the thoughts which I project.

I am going to tell you, at this time, of the sphere [of] which you have spoken which was discovered on your southeastern coastline. This sphere is a device. It is a device for control of our thought. I will explain what I am trying to give to you. This device is of a nature so as to project a thought to a point on your planet. It was not intended to be found. It was a remote amplifying device which was able to project thought. I am sorry that it has been discovered, although I seriously doubt that an examination of it will produce any knowledge of its purpose. However, there is something that can be done in the presence of this device to test its purpose.

I am going to use the instrument known as *(inaudible)* if he will avail himself.

(Unknown channeling)

(Inaudible) with this instrument. I am the one known as Oxal. I was speaking of the sphere which has been [examined] by scientists of your planet. Their examination revealed to them no *(inaudible)* as to its origin or purpose. They intend to continue their examination. It is our wish that the purpose of this sphere not be detected at this time. Your scientists, if able to [detect] its purpose would not understand or realize that the knowledge gained in improper *(inaudible)* will lead *(inaudible)* such spheres throughout your planet for transmitting thoughts to areas on your planet.

(Tape ends. Session continues on a different tape. The first part of this tape is inaudible.)

(Unknown channeling)

There are many occasions when we cannot be directly contacted *(inaudible)* and, therefore, we have placed in many areas devices which *(inaudible)* receive and relay our thoughts. It is unfortunate that this sphere has been found. *(Inaudible)* necessary to replace *(inaudible)*.

(The next few minutes are inaudible.)

(Don channeling)

I am Oxal. I am with this instrument. I will continue. I will say that this is undesirable for your government to determine the purpose of this sphere, however, we doubt that this will be possible. I …

(The rest of the tape is inaudible.) ♣

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Tuesday Meditation
April 23, 1974

(The first twenty-four minutes of this channeling session are inaudible.)

(Don channeling)

I am with this instrument. I am Hatonn. I was saying that in the future every member of this group who desires to serve those who seek this service will have the opportunity to serve. If this service is to be effective, it will be necessary to one offering service to fully qualify [to do so.] These qualifications may be obtained in only one way. It is necessary to spend time each day in meditation. There is no other way that the qualifications that will be necessary to serve your fellow man can be obtained. We speak of true service. We speak about service that will bring to those of the peoples of Earth who desire understanding the understanding which they desire. This is all that we are attempting to do, for this is all that is necessary. For once this understanding is [acquired] by an individual, he then needs nothing else. For he is, then, an integral part of the Creation in every respect. He, then, no longer is separated in an illusory way by the illusion which he and his fellow man have created for their experience. And this, my friends, is the only thing man on Earth needs, the understanding that allows him to dissolve the illusion in which he now finds himself.

(Pause)

I will transfer this contact, at this time, to one of the other instruments.

(This next thirty-seven minutes of this channeling session are inaudible.)

(Don channeling)

There are many ways to serve the people of a planet such as this one. There is only one way to serve them with what they truly desire. Even though they do not realize this, they desire understanding. There is only one way to bring to them understanding. This we of the Confederation are attempting to do at this time. You who seek to serve with us to bring this understanding to as many of the people of your planet who desire it as you are able will find that this seeking and service will bring to you much joy, as it does to us.

This understanding is not easy to bring even to those upon your planet who seek it, for there have been strong conditions impressing the thinking of most of those who are to be served. If they are to be served, they must be served with truth and this truth must be brought to them in an understanding and concise way. For this reason, it will be necessary that those who wish to serve spend much time in meditation. For, in this way, and in only this way, can an individual prepare himself to bring to his fellow man that truth that all of us desire.

Meditation will allow the individual to eliminate questions concerning the validity of the information that he receives from his thoughts. Meditation will allow the individual to become aware of reality and therefore truth. This truth will be self-evident and it will not be necessary for an instrument to seek an appraisal of that which he is able to channel or to speak. For through meditation he will know, as it is written in one of the holy books of your planet, know the truth and the truth shall make you free. Free from what? Free from the illusion, [my friends.] It is stated that you must know the truth. It is not stated that you must be told what is true and what is not true. It is stated that you must *know*. My friends, there is only one way to know; that is through meditation. This will bring you all that you desire.

I hope that I have been of service. It is sometimes difficult for a new instrument to speak using the thoughts which we project but this problem, like all others, is eradicated through meditation, for this eliminates questions of falsity or truth. It simply avails, to the individual, of the truth that is within all beings throughout Creation.

I am Hatonn. I shall leave you at this time. Adonai vasu. ♣

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Wednesday Meditation
April 24, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. I am Hatonn. It is a great privilege, as always, to speak with you.

My friends, we wish only to speak to you very briefly this evening. We are shepherds of your flock and we see the needs of the flock. Our only desire is to aid those of the flock who seek our aid. The aid you seek, my friends, has become very much focused upon true seeking than that of most of the sheep of the flock. Therefore, what can we say to you intellectually is more and more lacking in complete satisfaction. It is for this reason, my friends, that we stress to you, even as you are gaining advancement, the continued need for more and more meditation. For, my friends, what we can give you through use of the intellect and language is a very small percentage only of what we are able to give you by direct contact—mind to mind.

We would say this to you: there is an everlasting experience that's cycled again and again within the physical illusion that you now enjoy. This experience is one of complexity. Events that happen are always events that are essentially unexplained. My friends, the unexplained sets up within your human intellect a great frustration and you seek the explanation with your intellect. But, my friends, the explanation for the cycle of experience within the physical is never within the physical.

The answer, my friends, is to be found within the spiritual consciousness. The flimsy craft of your physical intellectual ability is not designed to sail from the deep seas of spiritual reasons. Do not attempt to take it into the depths of reasons or else, I assure you, your flimsy craft will break apart and you will think that you are surely lost.

My friends, there is no loss. There is only unity. The great storm that is with this great illusion is forever stilled by the consciousness that you may obtain through your meditation. As the master known as Jesus has been quoted as saying, "Peace, be still." This statement is a statement of faith. When applied to the storm in any illusory existence, the illusory storm is bound to respond and by growing upon, "Peace, be still." This concept that the consciousness of the Creator has dominion over the consciousness of the physical illusion is truth and is, we hope, a helpful truth.

At this time, my friends, I would like to spend a period attempting to condition each of you who desires it. I will be attempting to effect some recognizable alternations in your consciousness so that you may know of my presence. My brother, Laitos, is here and will be also attempting to condition the muscles within your vocal mechanisms

in such a way as to provide impulses which are recognizable. If you avail yourselves to this conditioning, we will attempt it.

I will leave this instrument at this time and will work with the conditioning. I leave you in His love and in His light and I will be available to you at any time that you avail yourselves. I am Hatonn. I hope that I have been of some assistance. Adonai.

(Pause)

(Unknown channeling)

I am again with this instrument. I am Hatonn. At this time, my friends, I will ask you if you have any questions. If there are no questions, then we will again leave this instrument. It was a privilege to be with you this evening. We leave you in the love and in the light of the infinite Father. Adonai.

(There were silent questions and the instrument was uncertain as to whether the answers were her own thoughts or whether they were those of Hatonn. An explanation follows. There was a discussion of the silent questions that were asked and the instrument and the group again meditated to try to receive the answers. The question was whether an individual could be healed of a chronic disease.)

I am Hatonn. I am again with this instrument. I apologize for the confusion. This instrument is somewhat new to our contact and has not experienced enough channeling to have the confidence of which our more advanced channels exhibit. However, we will proceed.

The subject upon which you seek information does not readily yield fruitful knowledge. However, a concept which may be helpful is as follows. You are aware upon your planet of night. This darkness is real to you within the illusion that you know as life. There is a simple physical way in which you can intellectually imagine that darkness to be only a local phenomena. The method of that understanding is to imagine that you are observing the solar system from the standpoint of the object that you call your sun.

From the standpoint of your sun, there is no night. There is no darkness. There is no lack. There is no limitation. There is only light. An enormously wasteful amount of energy, infinite, self-perpetuating and determined and a type of light that expresses itself in all directions with all of its heart and strength. The concept of darkness, lack, limitation or any petty restriction of any kind is quite foreign to the point of view of the inhabitant of the sun.

It is for this reason, my friends, that we often describe to you the love and the light as being like sunlight or some form of light. This light, this phenomena called light, is a spiritual phenomena. It is one of the two building blocks of your entire universe. Light, with no limitation of any kind, vastly [energetic] and infinite in its capacity, is the basis for all that is in a physical sense. The shaping, the creating, the molding force is the consciousness, the Thought, which we call love. Love shapes light into the vibration that we know as the physical world.

The Creator's love is completely, down to the very smallest detail, a spiritual thing. One entity made of spiritual substance can seek and love. The lack, the limitation, the darkness and the want is the creation of that most chief of the Father's creations—that being mankind.

Mankind is a creator even as his Father wished for him to be. He has created. And through his desires are things which he does not truly desire. He has invented a great many different ways to experience lack, limitation and want. This, my friends, is only true thought from the point of view of the dweller within the illusion who rotates with the planet and sees the sun go down and disappear. A simple shift in point of view, from the point of view of the planet, to the point of view of the source of light for the planet, will enable the understanding of the conditions of the planet upon which you now enjoy the physical existence to come into much clearer focus.

We are aware that this is a far more generalized statement than requested. However, there are many things [to] which [we do not] have the spiritual answers ourselves, but deal only with the illusion. The ability to change one's point of view will often banish a question and replace the question with understanding simply by the realization of a shift in point of view.

Is there, at this time, a further question?

Questioner: Are children born with the knowledge of love and understanding or do they have to be taught this concept, as Hatonn is teaching us?

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I am Hatonn. I will attempt to answer your question. Children are born with a type of personality of manifestation of awareness which is their heritage of previous experiences and knowledge. This varies extensively from entity to entity. For the most part, those who are now incarnating on planet Earth have a considerable background of latent understanding because they have been called to the Earth at this time for experience involved with the ending of this cycle. Therefore, for the most part, the entities who are called children upon your planet at this time are somewhat advanced, before they are taught any lessons within the physical illusion.

However, the physical illusion is designed for further teaching. The teaching, my friends, is of two kinds. The first is the most important, especially upon your planet. That is, as you say, I see, upon your planet, "the school of hard knocks." I see this phrase. This phrase is the school which will teach children the lessons, for the most part, that they will learn.

Within this school, the most informative stance that those who wish to aid a child may take is that taken by the master known as Jesus. When asked for understanding, Jesus spoke to the best of his ability. But more importantly in this aspect of his service, he exemplified by his life that which he wished to make known. The experience of children as regards those around them is, to a great extent, built upon not what they are intellectually manifesting, but what they are manifesting by their existence. This, again, is your greatest area of teaching of any child. And that is the area of example.

Upon the planets in which the atmosphere is spiritually more centered upon seeking, the use of the intellect in aiding spiritual seeking in children would be greatly enhanced. However, the influences which are upon your planet at this time are, for the most part, quite baffling to spiritual impulses. Therefore, the most earnest and sincere attempts at teaching of spiritual concepts will be frustrating to the teacher and to the child. It is therefore recommended that when the opportunity for this type of intellectual teaching arises, the truth be spoken and that the frustrations connected in attempting to live the spiritual life within the confines of an unfriendly environment be accepted without undue disturbance or strain. It is to be expected that there will be difficulty and confusion.

Therefore, we say to you, there are three simple ways to attempt to aid. One is to be aware that children are, for the most part, already somewhat mature and that, therefore, they only need direction.

Two, that the best direction comes from the twenty-four hour a day abiding of yourself with the light of your own spiritual awareness. This is your best contribution to anyone that you meet. It is your life itself. By example, more have been aided than by any other more elaborate means.

The moment to moment existence within the physical provides you with your third form of aid to another entity. The attempt to speak the truth as you know when asked is always a good thing. We remind you that to forgive and to encourage amidst difficulties and setbacks and even failures is also a service. It is to be remembered as a principle that you are part of the infinite Father and just as you yourself, as a child spiritually, are taught that always welcomed upon whatever terms.

So in expressing yourself, you may remember that you may teach, but, always above all, accept and love on any terms. We wish that we could tell you that there is a way to ensure that a human entity will surely be aided and given the right concepts; we cannot tell you any such joyful news, my friends. We have been attempting to aid each entity upon your planet for many, many years. Some may be aided, some may not. They may be aided only when they desire it. It is within each entity to choose what he will learn and what he will not learn. All that can be done by example is to have the awareness ready to be shown to those about you.

We are sorry that we cannot give you any [more] sure method than those that we have told you about. But the Father gave us all free will: the least and the greatest are equal spiritually. Be staid in the knowledge that all things are fulfilling the purposes for which they were intended. And you have only to respond to each days' request for help to the very best of your ability and to the very furthest of your knowledge and you will have been of service to those whom you wish to serve. We hope that we have been of service to you in this matter.

Is there a further question, my friends?

(No further queries.) ♣

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Thursday Meditation
April 25, 1974

(Carla channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. It is a great pleasure and privilege to be with you this afternoon. We are very pleased to see each of you here. I am Hatonn. I am again with this instrument. We apologize for the delay. We are always most pleased … we were saying, to be of any aid we can. I am again with this instrument. I am Hatonn. We are aware of the difficulty. We apologize for the delay.

As we were saying, my friends, it is our privilege and our mission to come to the aid of all those upon your planet's surface who seek. We would like to give you this one thought this evening and that is that our only aid to you is to give you a concept of understanding. What you are seeking is understanding. The fire and the energy with which you seek it is drawn from within the very marrow of your eternal reality. Your true desire is to seek this understanding. This understanding, in turn, my friends, that we are attempting to aid you in becoming aware of is very, very simple. It is, in fact, unitary. There is only one. This unity within which the entire Creation resides is whole, complete, unbreakable and transcendent of all illusion. There, my friends, it is the most impossible thing to conceive of within the boundaries of your intellect and your consciousness with the physical.

This consciousness of unity, which is your understanding described one way, is available to you only through meditation. It is quite, quite amazing to us that those upon your surface have devised so many different ways of removing from themselves all indications of the reality or even the possibility of understanding. However, you are, although in the physical environment, not of it. Your choice is completely free. You may seek for this understanding even within the dense illusion which occupies your physical senses. We offer you only simple help. We offer you only simple understanding for there is only one understanding, only one truth, only one entity—the Creator, my friends. Any attempt to work through any other understanding will be an attempt which is working within an extremely transient illusion.

My friends, we are most happy to be with you. We will condition each of you and will attempt to contact another channel and transfer this message at this time. I am Hatonn.

(H channeling)

I am now with this instrument. It is pleasing to make contact. I and my brother Laitos are here with you at this time and will be conditioning those who desire it. We of the Confederation are pleased that so many of the peoples of your planet have begun to avail themselves to our thought. We have been

attempting for many of your years to contact your peoples. Recently, our efforts have been very fruitful. And through the extension of our contact to your peoples we can shortly contact many more. It will be your privilege in the future to offer your services to your peoples. There is much work to be done. And you should look forward to this time as being a great opportunity to advance yourself in His service.

Many of your peoples do not comprehend that which you have come to accept. You need to grow in confidence in order that you may be of beneficial service to these people. Many will approach you and will begin searching because of the *(inaudible)* new display in the Creator. Your vibration shall rise and shall be felt by those who you come into contact [with]. Use what time that remains to develop your confidence in His will. The Father wishes all to join in this seeking and all shall have the opportunity to seek. But only those who desire shall do so. It cannot be accomplished by any other individual. It is controlled by your desire.

At this time, I shall attempt to contact another instrument. I am Hatonn. The content of the message that we bring is often repetitive. However, this enables a new instrument to receive the thought for usability until he has sufficiently developed his ability to receive. There are *(inaudible)*.

I would like at this time to transfer this contact to another instrument, if she will avail herself.

(Unknown channeling)

I am Hatonn. I am with this instrument. We regret that we were not able to speak through the instrument known as D. However, the situation is a transient one and in the future we will again attempt contacting. This is nothing unusual, my friends. It is a common difficulty with the new of the channels. We may say that it is considered that when the conditioning wave is given, the thoughts that are of a creative or spiritual nature will vibrate within your mind, and you will feel the impulse to speak. The question of whether these creative thoughts are yours or ours is somewhat unspiritual in that those thoughts which are of a spiritual nature are the thoughts of the Creator. As they are in me, they are in you. And as they are in you, they are in everyone; every entity in whatever planet and in every station in all of the realms of the creation.

I will attempt, at this time, to contact the one known as D, if he will avail himself to my contact.

(Tape ends.) ♣

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Friday Meditation
April 26, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a pleasure and a privilege to speak with you once again, as it is always a privilege to speak to those upon the path of seeking.

We would like to say a few words to you about this seeking, my friends, and this is, as we have said many times before, our only concern is to help you with your spiritual seeking. A great deal of activity has already taken place upon the surface of your planet and within its atmosphere by way of interaction between those of us in the Confederation of Planets in the Service of the Infinite Creator and those who dwell upon the surface of your planet. Each confrontation of whatever nature was intended in some respect or another to turn those people involved toward an attitude of seeking. In many cases, my friends, we would say the majority of cases, this attempt worked, in that whatever anomalistic phenomenon—as this instrument would put it—occurred created the alerting mechanism in that entity's mind which it was intended to create.

Our problem, my friends, is not in gaining the ability to catch the attention of the people of your planet; our difficulty is to aid them in a way that is truly consistent with all of their desires. We cannot transgress the principle of free will. This holds us in check so that we can come only as close as thought or in some isolated instances, isolated contact. More definite contact must wait until we are more definitely welcome. Therefore, what we have to offer in the way of confrontation is largely a thought value.

This is as it should be, my friends, and yet we put it to you there is a continuing difficulty, not in alerting the consciousness of men of Earth alone, but in keeping those who are alerted within the active attempt that they are making. We have seen many, many people who have gone through some sort of confrontation and gain a sense of seeking only to place it far back in the closet of their mind to be taken out at some future time. You cannot lose awareness, my friends. Yet, there is little time and it is our desire that we may help each of you who truly desire it to seek not only when there is that very day a reason for seeking, but to seek each day in a self-perpetuating way, so that your thinking is completely independent of such things as physical or thought appearances of a controversial nature which turn you toward seeking.

"Seek ye first," my friends, is written in your holy works. Seek ye first the Kingdom of Heaven. If we can lead you to this level of seeking, then we will have been able to have produced in you the capacity which you have always enjoyed for continual, life-long and productive seeking. Furthermore, once this

seeking has taken its place within your life as knowledge which needs no impulse to give it the central place in your consciousness, then you are within the boundaries for a true discipleship in which you join the service of the infinite Creator. This, my friends, is a true service and we are very pleased with the progress which this group is making towards this level of seeking.

Your scientists will shortly experience a great deal of consternation, for in their physical skies they will discover a new phenomenon entered. Very few of those who are now guarding the intellectual spheres of learning in the physical upon your planet will have any idea that has any relationship to a true explanation of this phenomenon system. This will turn many minds to seeking. The physical trauma, which you have experienced from time to time, often produces this same seeking, but, my friends, it is not a lasting stimulus. The only true stimulus comes from within and can be discovered easily and always through meditation.

I am, at this time, going to spend a few minutes conditioning each of you who desires it and then I will transfer this contact to another instrument. I am Hatonn.

(Pause)

(Don channeling)

I am with this instrument. I am Hatonn. I was saying that shortly within your skies will be occurring a phenomenon which will create much interest among the peoples of your planet. This phenomenon will be looked upon as miraculous. It will be looked upon as miraculous because it will be exclusively different. It seems that within the philosophy of the peoples of your planet the miracles are reserved for those things which are considered exclusively different than that comprehended as normal. We of the Confederation do not consider anything more miraculous in this creation than anything else. The creation is a miracle in each of its infinite parts. You are shortly to experience a part that has not yet been experienced by the peoples of your planet. This new experience then will create among many of them seeking. Some will be inclined to seek in a scientific manner. Others will be inclined to seek in a spiritual manner. It will be helpful if at this time those who are inclined to seek in a spiritual sense would have available for them an avenue of intellectually attaining truth in order that they might find the pathway through meditation to a complete realization of the creation.

At this time I am going to transfer the contact to one of the other instruments.

(Pause)

(H channeling)

I am now with this instrument. I am Hatonn. I shall continue. The phenomenon [of] which we have spoken is to occur within a relatively short period of time. There is an awareness within this instrument as to predictions which have been recently brought to the instrument's knowledge. He has attempted to relate this with that which we speak. It is related, but shall be different from what your so-called psychics have predicted.

You, along with your entire system of planets, are evolving into a new sector and vibration within this creation. There shall occur many changes in the physical appearance of your system. The phenomenon shortly to occur shall be the first major change in your system. It shall be observed in your skies by all the peoples of your planet and shall be explained to your peoples through your governments in the manner which they use to explain all things. Therefore, what we attempt to say is that they shall be able and shall desire not to explain. They will have no comprehension of this. Only those who seek shall comprehend of this occurrence. It truly shall be the change, or shall I say, one of the changes in your heavens, as it is often referred to.

We generally have not given such specific information, but this occurrence is only one of many which we shall attempt to inform those who seek about. You can use this information in establishing the requested validity of our knowledge to those whom you serve. As I have said, this prediction, as you call it, is uncommon to you through our contact. It shall come to pass, as shall many other changes [about] which we shall inform those who seek, and we are happy to share our knowledge with you. When it occurs, you shall surely have no more doubts. We do not attempt to convince anyone. Those present need not be convinced, thought there still remains doubts.

I shall attempt at this time to establish contact with the instrument known as T. I am Hatonn.

(Pause)

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(T channeling)

I am Hatonn. I am having difficulty with the instrument which we have attempted to contact. He is analyzing our thought. Attempt to relax and with the stimulation from our conditioning take that thought which occurs at that time and speak it, for it is truly our thought. Do not doubt. We are attempting contact. Relax. Avail yourself and speak. There is no need for fear of error. There are instruments present who will be able to correct any error and no one present would be concerned.

I shall again attempt the contact. Please relax and avail yourself. I greet you in the light and love of our infinite Creator. I wish to tell you that there is no reason to fear. I wish to tell that there …

(H channeling)

I am again with this instrument. We are pleased to have made this contact and would desire to continue through the one known as T. You can realize that your contact was broken through your analysis of the thought. Please refrain. It is necessary only to relax and say that which is impressed upon your mind. Do not search for the words, this shall come. I shall again attempt this contact. I am Hatonn.

(T channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our Creator. I want to … I wish to tell you that there is no reason for you to worry that you will make a mistake. We will correct any mistakes that you make, if necessary. I am pleased that you are making this contact. I want to say that I am pleased for you. I will make contact with you again later. I am Hatonn.

(H channeling)

I am Hatonn. I am again with this instrument. We wish to express our gratitude for having been able to establish contact with another new instrument. It gives us great satisfaction to see so many within your group avail themselves to our thought. The instrument has progressed quickly through his desire. Continue to desire to be in His service and you shall become that.

I am Hatonn. I am now with this instrument. It is a privilege which you desire. At this time I shall establish contact with another instrument. I am Hatonn.

(J channeling)

I am Hatonn. I am now with this instrument. It is a privilege to be able to contact new instruments …

(Side one of tape ends.)

(T channeling)

I greet you in the light and love of our infinite Creator. I wish to say that … I am Hatonn. I wish to tell you that you are going to be all right. Please avail yourself of our contact. We will help you. We will help in your efforts to relax. This is your problem. You need to stop … You need to stop analyzing. This is … I want you to relax and avail yourself to our thought. They are ours.

I will switch this contact to another instrument now. I am Hatonn.

(Don channeling)

I am with this instrument now. I am Hatonn. I shall continue. It is difficult at times for a channel, even an experienced channel such as this one, to clear his mind totally and to refrain from analyzing the concepts that are given unto him. However, this may be done with practice. It is easier if the new instrument has had a period of time of meditation prior to attempting to receive our contact. It is difficult to come directly from one's daily activities and involvement in intellectual exercises and to reach a state of meditation and freedom from intellectual thought that is required for a good contact. With practice, however, this may be done. It will be possible if one will practice through meditation to go directly into a state of non-intellectual analysis.

This instrument is able at times to channel our thoughts very accurately. At other times, he finds it somewhat difficult to receive our contact. The problem is always the same. The problem is one of analysis and use of the intellectual mind. At this time, this instrument is not using his intellect or analyzing what we are giving unto him. He is simply repeating what is given unto him. This is what is necessary if a channel is to become a good, functioning channel. As I have stated earlier, the way to accomplish this is through meditation, a divorce of the intellect from analysis, a total freeing of one's mind of intellectual thoughts. This may be done through practice. This practice is simply meditation, a meditation in which the mind is allowed to relax

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and to discontinue its thoughts of that which affects you in your daily activities.

I am aware that there is some question with respect to the type of phenomenon to be observed shortly in the skies. This phenomenon will be of a radiation nature. It will be a visible radiation that will change the color and the intensity of your night sky.

I shall transfer to the instrument known as H.

(H channeling)

I am Hatonn. I am now with this instrument. We were attempting to answer the question which has [been] impressed upon us by one of the members of this group. We have said it shall be of what you consider as a source of light in your sky. It shall have a radiance different from any object presently in your skies, and it shall radiate intensely and shall have the ability to change the entire appearance of your night sky. There enters a new body into your system, which shall be visible for quite some time. It is, as we have said, an occurrence brought about by your revolution into the new vibration. Everything within your present physical world shall be changed, and when this is mentioned, it is usually considered that we mean only the planet which you now occupy. But it shall also include planets in your system and all of the heavens surrounding.

You pass into a new vibration where all shall be of great *(inaudible)* and vibrate with the new and great intensity. This intensity, or shall we say, the vibration shall be attuned directly to receive the love and awareness of the Creator. It shall not be affected by any negative vibrations, for the vibration shall not be able to be penetrated by negatives. As these changes occur, so shall your awareness. Enjoy your present situation with the awareness that through your meditation you shall be within this new level of vibration.

I have been pleased to share this information with you and I am also pleased to have established contact with the new instrument. I shall leave. I leave you in His love and His light. I am Hatonn. Adonai vasu borragus. ♣

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Saturday Meditation
April 27, 1974

(Unknown channeling)

[I am Hatonn.] *(Inaudible)*. I and my brother *(inaudible)* are here to condition each of those who desire *(inaudible)*.

At the present time there exists a condition of confusion among your people. This creates a great opportunity for those who desire to serve their brothers. An opportunity to help those who desire assistance and *(inaudible)* their lives and an opportunity to obtain a higher personal vibration. The state of confusion which now exists among your people is but a small … a small confusion compared to that which will exist in a very short time. There is much enlightenment to be obtained to efficiently give to these people the knowledge which they need, enlightenment obtainable only through meditation. So, my friends, those of you who desire our contact for the purpose of serving, it is only obtainable to those who … but one must, at the same time, meditate to attain not only our contact, but the contact of the consciousness of the creation whence all enlightenment is obtained.

I would at this time attempt to transfer this contact to another *(inaudible)*. I am Hatonn.

(Unknown channeling)

I am Hatonn. As I was saying, there is much confusion going on on your planet at this time. Those of you who are accepting the Creator's answer have found much peace in your own mind. As time progresses you will find this peace will intensify. This, my friends, is a very comforting thing in the days that are shortly upon you. I wish to stress that daily meditation be adhered to. Through meditation you will find the answers to many questions that may be brought upon you if you wish to serve. I and my brother wish to show you *(inaudible)* can help in anyway possible for a *(inaudible)*. I would like to say that much confusion will be brought to your door, but within meditation you will find the path to peace.

I will now attempt to communicate with the one known as D. I am Hatonn.

(D channeling)

I am Hatonn. As I have said, my brothers and I are with your thoughts at this time. We are here to aid in any way we can. Those of you who wish to serve your fellow [man] can do so with the aid of meditation. There is only one way in the true seeking and that is through meditation. Many of your people are in a negative state of mind, mainly because they are unaware of their own negatives. Through meditation they will see their negatives and eliminate them. Meditation, my friends, is the one true way.

I am Hatonn. I am pleased to be using this instrument. It has been difficult … *(pause)* … in contacting this instrument. I am now going to contact another instrument. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn. As I was saying, meditation is the all-important technique for you to be aware of. We give you this information very often, of this we are aware. The information is simple and in many cases may be profitably recycled so that it may serve its purpose as well when heard a second time, or a third, as the first. It is an everyday job to live a spiritual life and to keep the truths immediately before you. It is all-important to meditate and in your daily consciousness to be consciously aware for in some slight meditation at all time of the creation of the Father.

This is what meditation is designed to do. To put you, part of the creation of the Father, into direct communication with the Father, which is all that there is. The creation of the Father is all about you, my friends. This too we have said and we say it to you again. Remember it, my friends, as you go about your daily routine. If you can see something which was not made by those upon the surface of your planet, such as the clouds, the water, the vegetation or the animals, observe what you see, be it large or small. Truly observe the creation of the Father; there is much to observe. You yourself are a creation of the Father. Truly observe yourself. In this way, as well as meditation, you may become more aware of the truth of what is. The creation of the Father is all about you; meditation is within and needs only to be beckoned forth.

At this time I will attempt to contact another of the new channels. It is my great privilege to be speaking through these new channels at this time. I am Hatonn.

(Unknown channeling)

I am Hatonn. I greet you in the love and the light of the infinite Creator. I am pleased to speak through this instrument. It is still not as relaxed as he should [be]. This is causing some difficulty. He should attempt to clear his mind for the contact. This is the reason he experiences some discomfort while attempting to channel. We will further condition. I am Hatonn.

I will attempt to transfer this contact to another instrument. I am Hatonn.

(Don channeling)

I am with this instrument. I greet you once more, my friends, in the love and the light of our infinite Creator. I am the one known to you as Hatonn. It is a privilege to be speaking to you through so many new instruments. It is also a privilege to be using one of the more experienced instruments. I shall use this instrument at this time to instruct you on techniques for clearing your mind. It is a problem to receive accurately our thoughts if you analyze what you are saying. It is necessary if you are to become a fluent channel capable of speaking at a reasonable speed with clarity, that you do not look ahead or behind the word that you are speaking. Concentrate only on saying the word that you are speaking. Do not try and anticipate what is to come next, or do not try to think about what you have said, simply say the word that is given to you. This will create a fluent state of communication. The new channel is often in a state of mind that is questioning what he is saying. The new channel, in other words, is sometimes doubtful that what he is saying is being given to him by us, those of the Confederation of Planets. This is of no importance. It is only necessary that the channel learn to not think during communication; he will learn more rapidly to transmit our thoughts. It will be apparent to him after he becomes fluent in this form of communication that he is in fact channeling our thoughts, for when we are not with him he will have no flow of thought at all.

(Pause)

(Unknown channeling)

I am Hatonn.

(Side one of tape ends.)

(Unknown channeling)

As I was saying on the subject of radiation in your sky. At the proper time you will become aware, possibly from another channel. This will be explained fully and understood by those who are seeking, who choose. It is our honest wish that all of you will be ready for this.

I am very pleased with the work and progress accomplished by this group. Through further meditation you will find your talent as a channel

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further [enhanced] if you will return to become one with the Creator.

I will now attempt to communicate with the one known as K. I might add at this point that she relax completely, clear her mind of all thoughts and she will express *(inaudible)*. I am Hatonn.

(Unknown channeling)

(Inaudible)

(S channeling)

(Inaudible). We are sorry for the difficulty of the contact with the one *(inaudible)*. We would say to clear all of these thoughts from your mind and feel within *(inaudible)* and let the thoughts being impressed flow freely without analyzing. We assure you that with time and meditation, it will begin to flow more freely. It is only a matter of time, a time that is only a part of your *(inaudible)*. So do not concern, we will *(inaudible)*.

I … I would like to speak to you on the subject of radiation through your skies.

(Pause)

This instrument is not willing to speak on the subject. He is very unsure. I would like to transfer this contact to the one known as Don. I am Hatonn.

(Don channeling)

I am with this instrument. I am Hatonn. I am sorry that I have had difficulty in speaking through the instrument known as S. The problem of transmitting specific information through an instrument is sometimes quite difficult, for the instrument lacks confidence and therefore is unwilling to speak using the thoughts that are given to him. It will be necessary, however, if each new instrument is to become fully usable, that he become confident in his ability to channel our thoughts. This confidence will be of great importance in the future. It will be necessary, therefore, to attempt once more to channel this information through the instrument known as S, if he will avail himself to our contact. I can assure him that if an error is made that it will be corrected through one or more of the other instruments. It is unfortunate that it is necessary to channel information of a nature that is specifically on a subject other than the philosophical concepts that are given to you and the truth of the creation that you are with, but at times this will be necessary. Once more I say that for this reason it would be of aid to not only we of the Confederation, but of aid to the instrument known as S to attempt to channel what is given to him. Please be patient while we attempt to contact this instrument.

(S channeling)

I am with this instrument. *(Pause)*. It is a matter of [confidence], of obtaining a high enough vibratory rate to be, shall we say, eligible to experience such [a virbration] as I have mentioned. For unless the instrument's vibratory rate is of sufficient, shall we say, harmony with that of the *(inaudible)* it would be [inadvisable]. The instruments which we use to create these are of a specific vibration. To observe them might not be within range of that [vibration]. Through these *(inaudible)* much awareness will be given and information which will be of great value in serving those who are now in a state of much confusion.

There is very much truth we have to give to you. The time for when you will need this knowledge is of insufficient … time for one to obtain it only through meditation. So the *(inaudible)* [Saturn] Council has decided to use either of its *(inaudible)* knowledge.

There is no other way of obtaining a higher vibration except for meditation and service. Through meditation one obtains a method to serve. I am pleased that this instrument … I … I am pleased with the progress of this instrument. We are very pleased with the progress of all of you who channel. Their progress is very rapid compared to that of previous … experiments. We have found a new method recently for developing channels. It expedites rapidly the awareness of these few to our condition and contact. It also contains much less of the physical condition which is to be of benefit to most.

I will at this time leave you. I will *(inaudible)*. I am Hatonn of the Confederation of Planets in the Service of our Creator. Adonai vasu borragus. ♣

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Monday Meditation
April 29, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a privilege to speak once more with this group even though there are very few present this evening. I and my brothers are always ready to serve those who seek. We can appreciate that it is not possible for the entire group to meet each day for this would work some hardships upon many of those who are seeking.

I am aware of certain questions that I will attempt to answer at this time. I am at this time going to speak of a phenomenon known to you as channeling. Channeling, my friends, is something that is available to all but not sought by all. It is necessary that an individual truly desire to become a vocal channel in order to do so. This, my friends, is the most important of all of the factors involved in channeling: that the individual who is to be a channel desire to be one. This desire also governs the ability of a channel to channel different types of messages and different contacts.

There is, on occasion, doubt about the validity of this form of contact in many of the minds of those who have become channels. This doubt acts upon their desire to channel the information which we give to them. Their desire, let's say, therefore brings about a lesser ability to channel and [those] upon your planet understand but very, very little about the action of desire.

But, my friends, we can assure you that Creator intended that all of His children be able to have exactly what they desire at all times. Man on Earth, as we have said before, is at this time experiencing exactly what he desires to experience. This is always the case. What is necessary if man is to desire what he desires ultimately is for him to understand his ultimate objective. Man on Earth is very confused about his desires. For this reason he experiences things that he apparently does not desire, but, my friends, we can assure you that if he truly did not desire these experiences they would not come to him.

This is very difficult for the people of your planet to understand. It can be only understood if they spend time in meditation for within them is the truth of this statement and all others. It is necessary if one is to experience his ultimate desires for him to reach his ultimate thinking through meditation. We realize that this cannot be done instantaneously or in what you would consider a very short amount of time. But, my friends, we are attempting to point out to you the pathway to controlling your thinking so that your experiences will conform with desires that are what you will discover that you desire at a later time.

Man on Earth experiences many things and many effects that he never dreamed that he really desires. However, things that he experiences that he thinks that he does not desire he actually desires. The intellect is a very poor tool when not augmented in its abilities through meditation. An intellectual appraisal of one's desires is far shortsighted with respect to one's actual desires. Become aware of your true thinking through meditation.

There are many effects upon your planet at this time. There are many thoughts generated by the peoples of your planet. These thoughts are generated due to their desire to generate them. The effects upon your planet are effects that are a product of these thoughts. It should be possible for you to follow the reason which will even intellectually lead you to a discovery of the action of desire.

We of the Confederation of Planets in the Service of the Infinite Creator desire one thing: we desire to be of service in the love and in the light of our infinite Creator. This is the original Thought. This is the Thought of our infinite Creator: to serve all of His parts so as to bring to them in each and every instance that which they desire. The experiences that accompany such desire are experiences that are free from any problem or difficulty that could be imagined.

There are many people on your planet at this time in what we consider to be a state of absolute confusion. The answers that they actually seek are answers of infinite simplicity. Unfortunately, they have fabricated a system of thinking so complex that a return to the simplicity of which I speak is very difficult. This, my friends, is all that is really necessary: a return to the simplest form of understanding. A return to the simplicity of the love that generates all of us. This may be done by anyone at any time. We recommend that this be done through the use of meditation.

At this time I will transfer this contact.

(E channeling)

(Inaudible)

(Unknown channeling)

I am Hatonn. I am with this instrument. I am having difficulty with the instrument known as E. I will use this instrument *(inaudible)*.

There will be a sign given to you. This is going to be necessary. It is at this time appropriate. The sign will occur within the week. It will be quite obvious. And at that time its purpose will be revealed. This is highly unusual, but is necessary at this time. We do not attempt to influence peoples of this planet too greatly, however, some influence is necessary or we could accomplish nothing at all. We realize that the members of this group understand that it is necessary to proceed as we do with caution in bringing our message to the people of this planet for there are many of the people upon this planet who do not desire this message and for this reason they must not be upset. However, the time is growing short and it will be necessary for many, many more of those for those who would seek our information to have it made available for them. For this reason there will be a contact of sorts made which will be self-explanatory.

At this time I will continue using the instrument known as Carla.

(Carla channeling)

(Inaudible). We are sorry for the delay with this instrument. The instrument was not in a sufficiently relaxed state of meditation and found it impossible to discern our thoughts. The contact remains difficult, however, we will attempt to proceed if the instrument stays relaxed and avails herself to our contact. We will attempt to strengthen this contact if you will *(inaudible)* not a sign, my friends, that will mean the same thing to all people *(inaudible)*.

The concept of a sign is always the concept of a common event which has a special meaning to a few select people and so this will be. However, there will be much clarity about the event in your minds as *(inaudible)*. This is out of our hands completely. We merely observe that it will occur. We would not be able to inaugurate such infringement. However, there are forces who work for the Creator who are within the vibration of your planet and whose home has been here. These entities have worked with us and do work with us and it is through their action that the physical plane will be affected. We will, however, be lending certain meaning to the event we have spoken of.

My friends, to speak to you in this manner is unfortunately to enter into the area of the intellectual and the explanatory. Truth does not reside here and, indeed, where truth resides there

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will never be the need for any sign. Your true desire is for this truth. So be it that a sign will come to you. But remember that faith is transcendent to any phenomenon of the physical illusion. Open yourself to the truth through meditation until you have begun to find faith and then, my friends, continue. For in that dimension called faith or love or understanding or truth lies that which you truly desire.

I will re-contact the instrument known as Don at this point.

(Don channeling)

I am with this instrument. I am Hatonn. I am going to leave you, but before leaving I would like to reemphasize that what is about to come to you is no more than you have already experienced. It is simply different. There are an infinite number of experiences. You have in your present illusion experienced a small number. Many of the people of your planet have labeled events as miraculous. My friends, you are surrounded by the miraculous. There is nothing but a miracle—a miracle created by our Creator. Does it take another one to awaken those who seek? Do not they see that which surrounds them? Become aware of your illusion. The illusion, my friends, is within your thinking. Destroy that and become aware of the love that has brought about the miracle that you have always experienced.

I shall leave you at this time. I am the one known as Hatonn. Adonai, my friends. Adonai vasu. ♣

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Tuesday Meditation
April 30, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. I am pleased to be with you at this time. We are aware that there is a question and we will attempt to give you a few thoughts on the subject of service. Service, my friends, is a concept which is very difficult to express to the people of your planet for it is a spiritual concept of such a nature that it baffles the intellect. However, we will attempt to speak of it in such a way that you may more readily understand what service is.

The most difficult thing to accept about service is the fact that you cannot give service. There is no way to give service. Service, my friends, must be taken. There is a natural law which governs the absolute free will of each developing particle of consciousness in the universe. Each entity upon your planet, my friends, who enjoys physical human consciousness at this time has a complete universe to himself through which nothing can come without his expressed approval. Many, many things seem to come into the universes of each of those entities within the physical which these entities do not expressly desire. However, my friends, in truth that which comes into each entity's environment is what he has desired. Nothing else may enter. Therefore, there is no way to give service to an entity. There is only the ability of each entity to request and accept service from another entity. Therefore, my friends, those of you who have begun seeking and are now attempting to learn how to serve may discover more and more the difficulties of service.

However, my friends, we may encourage you in the following manner. Consider the tree which produces fruit. The tree spends much time, much love, and much care and all of its energy, in producing the edible fruit which it then offers to any who would desire to take the fruit. This is its service and, my friends, it may be that one tree goes through an entire cycle without benefiting any entities and instead of having been of service the tree has been unable to give of its fruit. But, my friends, the tree dos not become discouraged for it knows several things. Even with its limited consciousness it knows that after rest it will be ready again to be of service and it knows that even though the fruit withers and drops to the ground that the seeds within it may produce for many, many years to come other fruit trees and other fruit and an endless amount of service.

My friends, what we are attempting to tell you is that it is not possible to know within the physical illusion precisely what your short-term objectives of service may [be]. However, my friends, it is sufficient to your spiritual advancement that you be ready to serve by abiding within the light of a spiritual consciousness and that you respond to any

request for service whomever it comes from. The abiding within spirit that you do by constant meditation is of the greatest service. We suggest that you think within yourself of your knowledge of the meaning of the past five years of your life. My friends, do the events not come into clearer focus after a longer period of time has detached you from the illusions of the moment? What is meant will occur by the techniques with which you meet each day. You will begin more and more to fill your consciousness with the environment that you truly desire within spiritual consciousness. Do not fear that you will not be of service. Only be ready to be of service, for you will surely be asked if you are ready to serve.

I hope that these few comments have been of aid. At this time I will leave this instrument and will attempt to condition those in the room who desire it. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am now with this instrument. I would like to speak for a moment on the *(inaudible)* of desire. The greatest desire which one may have is to be of service. The proper manner in which to desire to serve is to desire to serve at any opportunity to any entity which requests this service. There shall be many opportunities for each of you to serve. There is no special service, for all service is special. The ability to serve can be found through meditation and once found it is the privilege of the finder to utilize it for the benefit of all.

In your daily functions you shall often wonder as to the path of service which you desire to find. Do not wonder in this way for if you truly desire to serve your path shall be given unto you. If you desire to serve walk the path and do not walk the last part of the path without fully walking the first. You cannot bring about that which is to come without experiencing that which comes before. Patience is required of each entity in order to be of service, for in your service you shall experience much which will try your patience. *(Inaudible)* patience to faith and faith to attempt to fulfill yourself with the love of the Father as He intends to do so for you and act only what this love requests. Nothing else is needed in order to serve.

Your greatest service is your love for all of the creation. Love any part and you love all, but love all and you shall love any part. Do not separate the two for there is *(inaudible)*. Do not refuse your service to anyone that desires it, and if your desire is to serve you surely shall *(inaudible)* do so. Be aware truly of your desires before you shall receive these desires and you must be aware that this shall come about and if it is a desire which you have had through patience *(inaudible)* you may not enjoy the experience of the desire.

I shall leave this instrument at this time and attempt to contact the one known as J. I am Hatonn.

(J channeling)

(Inaudible)

(Unknown channeling)

I am Hatonn. I am again with this instrument. I would like to conclude this message with this thought. If you truly desire to serve do not be concerned as to how you may serve. Concern yourself only with developing your awareness through meditation and your opportunities shall be presented to you. You need not search in order to serve. Your service shall be sought. In the short time remaining develop your ability to serve if this is your desire.

I shall leave you now. I leave you in the love and in the light of our infinite Creator. I am *(inaudible)*. Adonai vasu borragus. ♣

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Wednesday Meditation
May 1, 1974

(Carla channeling)

I am Hatonn. I greet you once again, my friends, in the love and in the light of our infinite Creator. I am the one known to you as Hatonn. While I am speaking through this instrument my brothers will be conditioning each of you.

My friends, we would like to speak with you this evening on the subject of the physical illusion. This illusion is very difficult to comprehend from within the illusion for like a dream it often defies identification from within itself. However, when one wakes up from a dream, one is aware that one has dreamed. And when this segment of your infinite and eternal journey has been completed you will be aware of that which is known as life. You will be aware that this life is an illusion, the illusion of the physical.

My friends, we are here to aid those who seek and we have been with you greatly in these past days for you have sought our help and we have responded. There has been much communicated to you in a direct way. We will continue to be with you and at this time we only wish to remind you through this channel that each of you dwells in a physical illusion. My friends, the concept of personality is highly respected within the illusion. However, my friends, consider for yourself what function personality truly has when seen in a spiritual light. As one sees the world from the standpoint of the Creator, and one sees what is real and what is not real, one sees that the personality is completely involved with the illusion and that no part of personality as such is involved in the spiritual consciousness.

A tree, my friends, may not have personality for it is a part of the real creation. What it has is an awareness of the Creator's law and the Creator's love and as it receives and gives love it obeys the law of service. There is no personality necessary in order to express the Creator's love.

My friends, man has been given free will by his infinite Father and therefore man also is a creator. And man creates many, many things within the illusion. These things separate him from other entities and from the true creation. One of the most effective of these separating devices is the device of the building up of personality. To be involved in personality is to be involved in the illusion, my friends.

In order to determine how to be of service and in order to receive and to reflect the love and the light of the infinite Father it is only necessary to meditate and through that meditation seek to serve. The ability to withdraw from consideration of personality is an ability that will enable you to seek much more efficiently within the realm of service for it is not nearly as effective to serve an entity while responding

to personality as it is to serve an entity while conscious of that entity only as a perfect child of a perfect Father. All is one, my friends. There is no personality necessary for all is in unity and all is in love.

At this time I will contact the one known as *(inaudible)* and continue this communication. I am Hatonn.

(Unknown channeling)

I am *(inaudible)*. I am with this instrument. There has been great concern amongst the members of your group about the acceptance of our information. This has become evident to us. And we are concerned before those who are presently confused. We have stated many times that each must choose for himself that which he wishes to do and what path he wishes to take. There is no possible means of convincing anyone of the truth of our information. This must be accepted by each entity alone through their own intellect. We are aware of great tensions which are being presented and as this instrument has expressed, the increasing vibration is affecting the consciousness of all you. As this vibration increases, the negative conditions within your consciousness shall begin to stir, for they are being repelled by the higher vibration. But the vibration presently is causing these negative thoughts to enter the awareness of each entity. This is as it should be, for that which you contain within yourself which is of a negative nature must be decided upon by each entity and each entity must choose how to rid himself of this negative.

Many people on your planet shall not be able to cope with this new vibration for within them remains great negative awareness which when vibrated by the new vibration shall overcome the entity's consciousness in the entity's inability to properly judge the situations presented to him. We have mentioned the increase in the vibration many times. And as this vibration draws near all activity upon it shall increase and before passing totally into the influence of the new vibration all negative vibrations shall be dispensed.

This is beginning to occur and shall rapidly grow in its occurrence. It is only the will of the thought which works through this increased vibration and therefore any activity not in harmony within you shall be repelled by the vibration. If each entity affected by the vibration chooses to allow these negative vibrations to be repelled and turn to seeking they shall obtain the existence within the new vibration. Yet we are aware that many shall despair due to the intensity caused by the increased vibrations. In the days to come you shall see more vividly the manifestation of this high vibration. As we say, all things shall greatly increase and by choosing to seek this vibration shall amplify your own.

We wish to see all of your peoples begin to seek, yet we aware that all do not choose to do so at this time. There is no way we can be of a [service] to those who do not desire and though we feel sorry for these entities we cannot aid them for it would not be the Father's will that we educate anyone through imposing upon them our aid. They must request this aid and turn to seeking through meditation. We greatly look forward to the day when we can come into direct contact with your peoples and render our services as this vibration increases and your planet's consciousness increases. This shall be attained. It will give us great joy to do this for we have much to offer which can only be offered through direct contact. Continue your seeking if it is your *(inaudible)* and you shall all be splendid and a beauty of all Creation.

These times which shall be the test of your people should be looked forward to and appreciated for it is truly a great gift from the Creator and through this gift you attain a higher spiritual awareness. I am sorry for the delay. I have spoken about the increased vibration which your planetary system is rapidly passing into. Your system is presently within a close distance of this vibration. Its effect is presently being felt and shall be felt greater as the system draws near. Be aware of the increase in vibration for it shall cause a great increase in your spiritual vibration and also within your physical awareness. It shall cause one to make rapid decisions as their intellect increases in activity. Be aware of this fact and do not allow your intellect to become overactive in any negative thoughts.

I shall leave this instrument at this time and return this contact to the one known as Carla. I am Hatonn.

(Carla channeling)

As we look down upon your planet we can see it in all its beauty, my friends. The planet known as Earth has an extremely beautiful appearance. It seems perfect and indeed, it is perfect. It is the desires of

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those who seek to look with their intellects far too closely that produce the many, many concepts of imperfection with which your planet abounds.

We will attempt to speak a very brief amount *(inaudible)* using the instrument known as E in order that she may develop, as she desires to. We are aware that there is some difficulty, however, we assure this instrument that it is only necessary to meditate, think of nothing, and when the impulse to speak comes, speak up with what is on your mind and you will be speaking our thoughts. We will now attempt to contact the instrument known as E if she will avail herself to our contact.

(E channeling)

(Inaudible) I am Hatonn.

(Carla channeling)

I am again with this instrument. We are very pleased that we have been able to contact the one known as E. This is the most important event for a new instrument, the recognition of our contact. Once this has been accomplished it is simply a matter of constant effort in availing oneself to this contact. It will become more and more easy to receive our thoughts.

We are very pleased that we have been able to make so many new contacts from your group. It is a great privilege to work through all of you. We join with you in what we hope will be the most successful mission during this cycle span. I hope that I have been of some service. I will leave you at this time. I leave you in the love and in the light of our infinite Creator. Adonai, my friends. I am Hatonn. ♣

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Thursday Meditation
May 2, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. I am pleased to be with you this evening. My friends, we have come to a place in dealing with the information which we give to your group where we are aware that there are a certain intensification of difficulties. There is a reason for this time of difficulty. You must have thought to yourself lately that a slight intensification of difficulty seems to be occurring among those who are seeking within the group. The reason for this, my friends, is very simple. The whole mission that we of the Confederation of Planets in Service to the Infinite Creator have here is simply the alerting of those of you upon the planet's surface who wish this alerting of the knowledge of the true pathway of spiritual seeking. Once you have been alerted, my friends, to the fact that your physical existence is the environment that you have chosen in order to learn, you will after that begin to experience a certain cycle of testing. As you learn more about the spiritual path you will find a way to either demonstrate that knowledge or to refrain from demonstrating that knowledge.

When we have alerted you to the possibility of accelerating your spiritual progress then you have the opportunity to take these tests and on a conscious level be aware that you are being tested by your higher self. Each of those in your group who is honestly seeking is now at a stage of seeking in which he has learned to a certain extent in a spiritual manner it is in the nature of this environment that this new knowledge be tested. It is in actuality an occasion to rejoice for each demonstration of the way of the Father raises your vibration that much closer to your original perfect vibration.

We are afraid that we must tell you what we have learned about ourselves is also true of each of you. We have found that in each entity who seeks within the physical illusion for wisdom there is one great villain who steals all of the truth, all of the progress, and all of the awareness that he can from each of us. Who is this villain, my friends?

You may look and look for this villain but I must tell you you may not go very far before you find him, for this villain is yourself. There is a type of specific illusion which is termed personality which has to do with the physical illusion which is given by the Father the power of creation. And this so-called personality creates many, many ideas and concepts and false realities which sometimes very effectively baffle the attempt of the spirit to maintain contact with the One Who is All.

It is not a difficult thing to recognize the workings of this illusory self. It is somewhat difficult to inhibit the actions of this personality. The constant attempt to remain to some degree in a meditative state will

be of great help to you in attempting to meet these tests. It is only necessary to continue to seek. It may seem difficult and, indeed, it is difficult. And yet, my friends, it is difficult no matter what road you choose. The rewards of the spiritual seeking, however, are somewhat more worth the difficulty.

We send to you our love as channels for the love of the Creator. We are His and you are His. We are all one. We are one mind and one being. Do not let yourself separate you from yourself. There is much to rejoice in and we rejoice in being able to attempt to serve you at this time. I will condition each of you now. I will communicate with you in a direct manner. I will leave this instrument at this time. I am Hatonn. ♣

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Sunday Meditation
May 5, 1974

(Unknown channeling)

I am Hatonn. I am with this instrument. I am the one known to you as Hatonn. I greet you in the love and in the light of our one infinite Creator. I am aware of the instrument known as Carla as to her concept of the source of the thoughts which she channels. This is a personal message. We of the Confederation of Planets in the Service of the Infinite Creator are here to serve you. We do this in giving to you certain thoughts that are generated within us. My friends, these thoughts are also generated within you.

If you consider the source of your thoughts producing the messages that are said to be from the Confederation is within yourself, then you are correct. However, you are also correct if you consider the source of these messages to be Confederation of Planets in the Service of the Infinite Creator. There is confusion among those of the people of your planet who act as channels for that which we bring to the people of your planet. We are real, as real as yourselves. Our methods of communicating with the people of your planet are varied. In some instances, there are thoughts that are given to you from us. However, these thoughts are then your thoughts for they were given to you to keep. And they were given to you by yourself, for we are you and you are we. There is only one consciousness. There is no separation.

We are here on your planet and we are part of your consciousness for we are a part of the Creation's consciousness. It is impossible to separate anything in this creation from anything else except in an illusory manner. Therefore, if an instrument believes that he has himself generated the thoughts which he channels, then he is correct, he has generated them. If he believes that they have been generated by us, then he is correct, we have generated them. But, my friends, both of these have been generated by the same consciousness. Which of these thoughts is then to be considered valid: a thought generated by the instrument or that thought generated by us or a thought generated by some other [origin]?

All thoughts, my friends, are valid. There is no such thing as a thought that is not a valid thought. The only question, my friends, is whether the thought that you are aware of is a thought that you would wish to use for your own edification. There is much for each instrument who channels [the] Creator's thoughts to learn. There is much for those who listen to these thoughts to learn. For these thoughts carry within them not only the apparent meanings but many other meanings, for each individual that becomes aware of these thoughts becomes aware of a meaning for himself. And each individual uses each thought is his own particular way. And yet, each of these individuals and each of these individual's thoughts are part of the same thing.

And so we have conditions of an infinite entity communicating through its parts to its parts and evolving through this process and yet its parts in many instances do not become aware consciously of the reality of their condition of being in unity with each of the other parts and therefore consciously create the separation which is erroneous.

We of the Confederation of Planets are here, for we know we are here. For we, like you, cannot be anyplace else, for here is the Creation. The Creation is totally unified. And here, my friends, here is all places and in all times. It is only necessary to become aware of your real nature, of your identification for you to merge with reality. It is not what you conceive it to be in your present state of understanding. It is all places and one place. It is all things and one thing. It is all times and one time. There is no separation. There is a single consciousness. All separations are illusory. If we speak of being from elsewhere, we speak to you using terms that are appropriate to your illusion. There is no possibility of separating our thoughts from your thoughts except in the illusory manner that is practiced by many of those who dwell upon this particular planet.

I will leave this instrument at this time. I hope I have been of service. I am Hatonn. Adonai *(inaudible)*. ♣

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Wednesday Meditation
May 8, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. I am most pleased to be speaking with you again today. My friends, I wish to greet each of you and to give you our comfort, insofar as we may do this.

We are aware that there are continuing questions upon your minds, and that there are questions that you would like to ask. We will attempt to answer some of these.

First, we would like to speak of the technique for dealing with the physical illusion, which is called meditation. We have spoken of this many times, and yet there is always another facet …

(A telephone call interrupts the session.)

(Carla channeling)

As I was saying, there is always another facet to be explored which sheds light, in a new way, upon a clouded area of your seeking.

Meditation, my friends, is a much more basic, and much more general technique than you may think. It is not part of a daily life, my friends. It is the beginning of a completely new life. It is a replacement. The two types of life, that is, that not in meditation and that in meditation, are two completely different vibrations. The reason for this is that, one, the normal physical existence dwells and deals completely within the illusion. The meditation is an attempt to contact your original identity, the consciousness of the all. This consciousness is a much different reality, a transcendent reality to that of the illusion. We might even call it *the* reality were it not for the fact that we know that there are transcendent states to any reality until such time as we are truly aware of unity with all that there is. This is a higher state than we have yet achieved, and we, too, are seeking towards it.

My friends, to dwell in the higher reality is an experience transcendent to your illusion. It sheds its own light upon your life as you return to the illusion. It is necessary, when dealing with the illusion, to refrain from attempting to discern your own desires within the illusion. It is important to take questions [into] meditation, for there is a purpose to your life which is not to be discerned within the illusion, but only while you are in contact with your true reality within the All.

Turn towards your true consciousness in meditation. When there are pressures, doubts and difficulties, turn to meditation. When there continue to be these, continue to turn to meditation. There will come, in time, a simple awareness of what is required and there will be, at that time, the ability and the tools with which to do it.

The Creator, and that part of the Creator which is you in your true form, have provided you with each day, and each need is taken care of along the path which you are intending to go. Trust to this and seek to know the *(inaudible)* through meditation, my friends.

At this time, I will transfer this contact to another instrument. I am Hatonn.

(Don channeling)

I am Hatonn. I am with this instrument. I will speak using this instrument.

(Pause)

I will continue. I am sorry for the delay. I was speaking on the subject of meditation.

(Pause)

My friends, meditation brings about a simple result. It brings about an awareness.

(Pause)

Sorry for the delay. We are having some difficulty. I will attempt to transfer this contact to another instrument.

(Carla channeling)

My friends, we are also aware that there is a *(inaudible)* which helps, in general, but not specifically so. We find it difficult to communicate helpful knowledge at this time. However, we will say this: the key to a knowledge of the path ahead is a knowledge of yourself.

It has been said by your Holy Book that not all those who are called are [saviors.] My friends, this we have found within the mind of this instrument, but we have not found this understood correctly. In truth, my friends, each of those called is chosen. The call that is felt is a true one. But, my friends, you, yourself will *(inaudible)* your service, not simply in your state before birth when you are aware of the true reality of what you desire, and within this illusion you must become aware and look *(inaudible)*, and then you must chose. You must know yourself, and then you will see the choice is to seek, and you have already done this.

After that choice, my friends, it is always clear, very soon, that your way is a way of service, and then your choice becomes cloudy for it is very difficult to know what your service is. And yet, my friends, do not fear for you will be of service if you so desire. You have been called, and it is up to you to chose each step how you will be of service. Each of you, my friends, has his own talents and his own way of being of service. These ways are many, as many as there are people. It is not *(inaudible)* the physical illusion …

(Tape ends.) ♣

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Saturday Meditation
May 11, 1974

(Don channeling)

I am Hatonn. I greet you in the love and the light of our infinite Creator. It is a great privilege to speak with this group once more. I and my brother Laitos are here. We shall condition each member of this group who desires our conditioning. You will feel our presence.

I am aware of a question. I will attempt to speak through this instrument to answer the question which has been asked. There are many ways to meditate. There is, however, only one true form of meditation. It is necessary, if meditation is to be effective, that the intellectual mind be allowed to cease functioning, for this acts as a type of interference to realizing and understanding that is within all beings. In order to do this it is necessary to learn how. There are many, many techniques employed in this practice. It is extremely simple for those who have mastered it and seemingly very difficult for those who are still attempting to master it.

There are certain necessary steps if one is to rapidly master this process. It is necessary, it seems, for the individual to be in an atmosphere free from outside distractions. This is of great aid in initially attempting to master the art of meditation. It is also necessary that the individual maintain a posture in which the spine is approximately vertical. The body should be comfortable, but not relaxed in a position so that the spine is not vertical. This, perhaps, is the most important aspect in mastering the art of meditation: that the spine be maintained in a vertical position. Once a comfortable position has been assumed with an erect position of the spine, it is then necessary that the mind be allowed to slowly discontinue its thoughts. This may be done by focusing the thought upon one object, or upon the center of the forehead, or by simply allowing intellectual thoughts to leave the mind.

As this process continues, there will be a cessation slowly of the awareness of the physical body. This state should be maintained for a reasonable period of time. This period of time is dependent upon the desire of the individual performing the meditation. However, the benefits of meditation will become obvious to the practitioner and therefore his length of meditation will depend completely upon his own desires. There are many benefits from the process of meditation. It is up to the individual to discover them for himself, for they are beyond communication in terms of your language.

We of the Confederation of Planets are bringing to the people of Earth a simple message and simple instructions. We bring you these simple messages and these simple instructions since these are the only things that are needed at this time by the people of the planet Earth. There is but one lesson to be

learned. It is the lesson of awareness. We find the people of this planet are blind, for they cannot see. We find they are crippled, since they cannot move. We find they are dumb, because they do not understand. And each of these maladies is a result of one disease, a disease very easily remedied, a remedy which we bring and offer the people of this planet, a simple remedy which can be practiced and administered to all. A simple remedy of meditation, to open the eyes, to free the spirit, to unlock the mind so that man of Earth may regain his normal abilities.

At this time I will leave you. I leave you in the love and the light of our Creator. Return to the knowledge that is yours as provided by your Creator. It is available at any time, it is available at any place. It is only necessary that you reach out and accept it. I will leave you, my friends. I am Hatonn. Adonai vasu. ✤

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Sunday Meditation
May 12, 1974

(Don channeling)

I am Hatonn. I greet you in the love and the light of our infinite Creator. It is a great privilege to once more be with this group. It is seldom that we are able to contact those who are seeking upon the surface of this planet. There are not too many of those people of this planet who are seeking at this time. We have spoken many times to this group and to other groups about the importance of seeking, but we feel that this is not fully understood. And for this reason we will speak this evening on the subject of seeking.

It has been written in your holy works that it is necessary to seek in order to find. We are going to instruct in methods of seeking and we are going to tell you what you may expect to find. The method of seeking which we have spoken of has *(inaudible)* be the only recommended by us is the method of meditation. There are many forms of seeking, many intellectual forms of seeking, many practitioners of seeking. My friends, there is much to be gained through meditation that can be gained in no other way. We do not disapprove of seeking in the form of reading different manuscripts and materials. This is of a beneficial nature. However, there is no way, to our knowledge, to arrive at the goals that one [who] is truly seeking desires, unless he spends considerable time in meditation.

Meditation is what you might consider to be a strange phenomena. It does not at first seem that the individual is making progress when he avails himself to that which he desires through meditation. My friends, this is not correct—progress is always made when an individual meditates. If an individual is able to clear his conscious mind of thoughts and to relax while maintaining the spine in a vertical position, he is able to open his mind to much, much more than his normal awareness allows.

Upon your planet at this time there exists many states of awareness. The awareness of the population of your planet is quite varied. There is an awareness of an extremely low level among many of your peoples and there is awareness of extremely high level among a few of your peoples. The awareness of which I speak is an awareness of truth. Truth, my friends, being simply defined as that which is the same regardless of who is aware of it. Truth, my friends, is the same for you as it is for us. It is the same for the Creator as it is for you or us. Truth, my friends, is an absolute.

The understanding of this absolute is variable. Some of the peoples of your planet have a vague or shaded understanding, others have a much clearer understanding. Truth, my friends, is extremely simple and requires no intellectual analysis. It is simple and within each of the Creator's children. The differences that are encountered among the

peoples of your planet with respect to their understanding of this truth is due primarily and almost exclusively [to] one thing. It is due to their meditations, whether these meditations occurred in this particular experience or incarnation or whether they occurred at a previous time and were carried over into the present experience.

The Creator intended for His children to experience what they desired in every instance. He did not assume that His children would desire something that they would not wish to experience. In other words, it was assumed, you might say, that the individualized consciousness *(inaudible)* as created would act in what you would consider to be an intelligent manner and experience desires which would lead to the enjoyment of the creation envisioned by the original Thought. We find the condition upon this planet quite divergent from this plan. We find that man upon Earth has suffered many aberrations as a result of his lack of understanding of his ability and the original Thought of his creation. We suggest that as an individual is experiencing something which he does not wish to experience that he is experiencing this due to his ignorance. This ignorance is a product of his lack of communication with the original Thought and this lack of communication is simply due to a lack of meditation. In other words, my friends, many of the people of this planet have cut themselves off from the understanding that was given them by their Creator by ignoring the necessity of maintaining this contact.

Man on Earth has generated an illusion of false values so strong that he finds it almost impossible to return to the simplicity of the original Thought that generated it. This thought, of course, is one which we will attempt to express by using the word in your language which most closely approximates the expression. That word, my friends, is, of course, love. It is unnecessary to complicate your thinking in any way other than to express the simple love of your Creator. If this is done and the understanding is augmented through daily meditation, the system of values that is illusory and has been generated by many of your years of erroneous thinking and has been impressed upon the minds of the people of your planet because of their acceptance of these thoughts will become meaningless, and the only true meaning remaining in your consciousness will be the simple acceptance of the love of your Creator. For I suggest to you to join with your brothers of the Confederation of Planets in the Service of the Infinite One in rejecting all concepts other than that concept given to them by their Creator. Remove from your thinking everything but this love. Do this through daily meditation and then you will know the joy that we in His service know. For this, my friends, is the creation: the joy of knowing and expressing the love of our Creator.

It has been a great privilege in speaking to this group this evening. I am at this time in direct contact with this instrument. It is very simple to maintain contact with this instrument. There is only one thing that allows me to make this contact. It is necessary, my friends, that the instrument desire the contact. If this desire is what we might call an absolute desire, this contact may be established in a perfectly fluent condition. Adonai, my friends. I am Hatonn. Adonai vasu. ♣

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Monday Meditation
May 13, 1974

(Inaudible) our messages can be of an expanded consciousness … This instrument is tiring and I will now attempt to transfer this contact.

(Don channeling)

I am with this instrument. I am again attempting to condition each of you. I am also attempting to contact another of the newer instruments if he will avail himself to my contact.

(Pause)

I am once more with this instrument. I am Hatonn. I am sorry we are having difficulty. I will attempt to use another of the new instruments. Please avail yourself to my contact. I will speak by giving thoughts to you. Do not be afraid of making errors. I will use this instrument to correct any error that might be made. I am Hatonn. Please avail yourself to my contact.

(Unknown channeling)

I am Hatonn.

(Don channeling)

It is a very simple process. However, it does require some practice. This instrument has learned to go ahead and speak with the thoughts that we give him. He has also learned to clear his mind to almost a one hundred percent extent. This varies somehow—this instrument has made an error—this varies somewhat depending upon the conditions that are surrounding him. At this time the conditions are quite good and he is receiving my thoughts almost in a word for word fashion, since I am familiar with your language and am also able to transmit the words that I wish for the instrument to speak.

In the case that you are now witnessing, the instrument is receiving the words that I wish for him to speak. In some other instances when I am using this instrument, I use him by giving him concepts and allow him to verbalize these concepts using words that he chooses.

Each one of these techniques has its own merit. This one is extremely valuable in communicating information of a specific nature. It does require, however, a greater degree of control of the environment. In other words, the conditions for reception for my thoughts at this time are quite good and this instrument is able to repeat word for word what I am giving to him. This is a very high quality contact and it is possible to have just as high a quality contact with each of you here in the room. It is only necessary that you learn like this instrument has to clear your mind of thoughts. It is a little trick that must be practiced. You practice this through daily meditation and also through use of the channeling technique. You will not arrive at the fluidity that this instrument has arrived at without practice in doing so. For this reason, we recommend

that you simply relax and allow us of the Confederation of Planets in the Service of the Infinite Creator to impress upon your thinking our thoughts. And then as these thoughts enter your mind, instead of analyzing them, simply repeat them.

The analysis that you make of what you are doing is detrimental to the type of communication that we are making. This instrument is doing very little analysis of what we are giving him at this time. He too, in the beginning of his channeling, had some difficulty because he analyzed at that time what he was saying. For this reason, it took a great amount of time to transmit a thought through him and there was but very little success in using this form of communication which requires no muscular control at all and is a technique, as I have said, that gives to you our thoughts in a verbal fashion as we arrange the words.

I am going at this time to tell a little story to you in order to allow you to focus your thinking on that which is necessary for you to focus it upon in order to very simply receive our thoughts. This story has to do with a small child. This small child listens to its parents, and its parents spoke to it. The child, before listening to its parents, could not speak, but after listening to its parents, it could speak quite fluently. However, the child was totally unaware of the process by which it learned to speak. It simply was there and it simply learned to speak.

This is the process we are using. Not to say that you are as a little child, that is the problem. If you were as a little child, we could speak through you with no difficulty. The problem is that you are not as a little child. We recommend that you think of yourself as you would of a little child and relax and know nothing. In this way you will very rapidly learn. This is what is necessary if you are to very rapidly learn to channel our thoughts. The child, you see, has no knowledge of what it is supposed to do, it simply speaks. This is how it is possible for you to learn to do this rapidly.

We have found that some peoples about your planet learn much more easily than others. We found peoples in a technological society such as yours sometime require great effort because they have learned to question quite carefully everything that is presented them. If you do not question what we are attempting to do, but simply relax and let it happen, it will happen.

I hope that I have been of assistance in attempting to strengthen our contact. I will again at this time try to speak through one of the newer instruments.

(Unknown channeling)

I am once again with this instrument.

(Inaudible)

We are aware of the activities of your group, as we are aware of the activities of all of the people on your planet. We are here to be of service to you. We bring our love.

(Tape ends.) ♣

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Tuesday Meditation
May 14, 1974

Group question: Who were the UFOs that picked up Betty and Barney Hill, as told in *The Interrupted Journey*? Were they evil, or to be feared? Do evil planets attempt to invade Earth?

(Carla channeling)

I am Hatonn. I am aware of your question. *(Inaudible)*. It is a privilege to be able to attempt to answer your question *(inaudible)* our emotional reaction to them, for they are the Creator's children to us, and we wish only to help them, as we wish only to help you. We are, unfortunately, unable to help them at this time. Therefore, we are content to wait until such time as they require our aid.

Meanwhile, regard them with the love of the Creator for all of His created beings. To be afraid of such entities as you have called invaders is to be afraid of yourself, my friends. And it is not needed to be afraid of anything or anyone.

I am aware that this does not satisfy your questions very well, and I will attempt to use this instrument for a more specific answer, although she will find it somewhat difficult, because there must be more control used to which she is not used at this time.

The entities of which you have spoken were friendly. They were a scientific expedition which had good intentions, but their knowledge of life-forms on this planet was lacking. They had no intentions to commit any sort of infringement. They had been cautioned by the Confederation that it was best to refrain from investigating in areas populated by people.

They wished only to collect specimens of the fauna of some parts of the planet and to gain data about the predominant life-forms.

They did not attack then. They will not attack you. Their intentions are positive. They are aware of our presence. Their presence is not a harbinger of any sort of enemy.

As to other invading visitors, they are only all the barriers and possibilities. There are many, many myriads of populations throughout the cosmos. Many of them are extremely advanced, and a few of them are not only advanced but also of a nature which you might call evil.

The Creator is at the end of your path. Your faith is far stronger, if you indeed realize it, than any evil. Remember this, my friends. It is completely within your power, through meditation, to gain the love of the Creator that conquers all lack, limitation and … But, my friends, be aware that the only true nature of evil is separation from the Creator. It cannot touch you if you maintain your contact with the One who is All. Nothing from the outside may come in to harm. From the universe of truth and

understanding you may show love and light upon all who come into your view.

Do not fear, my friends. There is nothing to fear but fear. This has been said before upon your planet, and it is quite true. Never waste time in fear or in hatred or in anger, for it is only another opportunity at such a time to experience and to demonstrate the love and the light of the infinite Creator.

I am the one known as Hatonn. I hope that I have been able to answer your question. Are there any further questions?

Questioner: Hatonn, can you give us a specific reason why we can't meet you face to face?

I am Hatonn. I am with the instrument. I will meet you face to face on the day you enter the Kingdom of Heaven. You may do this at any time. It is doubtful that you will do it while in the body. If you do achieve this state, then whether you are in the body or not, you would be instantly able to speak with me on any level you desired. At that point you would recognize me as your brother. No more, my friend, and no less. I am afraid that one cannot fulfill the burden of influencing one or any of your people by appearing within your vibration while your consciousness is as it is now.

You are very far from having a negative reaction, and we are pleased and privileged to have your fellowship and acquaintance in this work. But, my friends, I am only as you are.

We will proceed to the next question.

Questioner: What about sex? Is it better to be a monk if you are on the spiritual path?

My friends, the subject of the physical illusion has always been a difficult one, and your question about what you call sex is an area which has a great deal of trauma associated with it.

We can only tell you that you are a free agent. You have incarnated into a physical vehicle. This physical vehicle is designed in order to offer you various experiences which you need for your progress spiritually. Due to the fact that each one is sovereign unto himself, being a free child of the Creator, each man therefore will have come to this incarnation with a peculiar and unique set of needs, which his excursion into the physical illusion will satisfy. To some people, the experience of sexuality is extremely important. To some people, there is little or no need for this particular type of activity. The rather large number of people who have lined up on one side or another of this question, and others like unto it, are reasoning about an infinite situation. There is only one answer for each person.

My friends, the sexuality is neither good nor evil. Your physical body is neither good nor evil. Sexual activity, as such, is neither good nor evil. The natural activities upon your planet are part of the Creator's plan. Were it not part of the Creator's plan that man should have sexuality, then man would not have sexuality. It exists simply as an opportunity. It is completely under the control of each individual as to the use to which he puts this opportunity.

There is a simple progression for those on your plane. We have noticed that you are aware that many of your Earthly masters on your planet were not particularly interested in the experience gained within the province of human desire. This is due to the fact that the Earthly plane is experienced first in a relatively gross or material state, a state which yields great strength, great sexuality, and a great deal of aggressive emotion.

The progression towards the next density of experience is one which more and more experiences an abiding within spirit, and a detachment from the needs of the material part of the self. In extreme cases, this has meant that there will be no activity of a physical nature at all for a certain person.

However, we must point out to you that this state is not arrived at by a person who decides to become holy by imposing such restrictions upon himself. This state is properly attained as a natural result and an involuntary occurrence upon achieving a completely transcendent state.

There are many, many seekers. Many of these seekers are in many, many different places. We are aware that much good may be accomplished by the correct mating of two individuals in mind, body and soul. Again, this is not a necessary path to take. There are a thousand paths to take. Each individual finds what is proper for him. To find a proper path, one may meditate, as we have said so many times. Simply meditate.

We are aware that this is a subject of confusion. But, my friends, it is simple. There are opportunities, and you are a discerning entity who seeks to understand.

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Seek, and ye shall find. These are true words. Seek through meditation.

Have you a further question?

Questioner: Yes, I have one more. The soul does not sleep *(inaudible)*. What does it do when the body is asleep?

I am Hatonn. I am aware of your question. At night, my friends, you truly come alive. Many, many upon your planet only rise in consciousness in their sleep. There is a desperate starvation upon your planet. It is the starvation of the spirits that have forgotten how to contact their Creator. During sleep, my friends, your spirit involuntarily goes directly into the real universe, and breathes and lives and radiates the joy of the Creator.

Were it not for this unconscious activity of the spirit of many of those upon the surface of the planet, they would be unable to continue their existence in the physical body.

In fact, this is the reason for the amount of sleep that is needed upon this planet. It is necessary in order to give enough food to the spirit. In the case of those who through meditation have found a conscious contact with the Creator, they may find that less sleep may be adequate.

Questioner: Yes. Can you still remember on awakening?

All is remembered, my friends. Nothing is forgotten. There will be much remembering of much that we seem to have forgotten when we leave this chemical vehicle and this heavy illusion.

Are there any more questions?

Questioner: No.

If that is so then I will leave you now, my friends. It has been my pleasure to serve you. I hope that I have been able to communicate with you. I leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai. ♣

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Wednesday Meditation
May 15, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is indeed a pleasure to be speaking with you again this evening. I am here, far above you. You cannot see us, my friends, at this time, for the distance is too great.

We are here, and we abide with you, for, my friends, we are your brothers, and we wish to share with you our understanding. This evening we would like to urge you to seek that understanding with more single-mindedness than you have been propounding and expressing recently.

My friends, as we are privy to your spiritual conversation, we listen to much of what you say, and when you avail yourself to our thoughts, you listen to what we have to say. We hope that the exchange is beneficial to you as well as to us.

My friends, your minds are stayed far, far too strongly upon those illusory goals of the intellect which your conscious awareness makes such advanced company of. These intellectual pretensions, my friends, are no kind of advanced company to be in. Their group name is complexity, and, my friends, understanding is simple.

Let us examine this concept. Understanding, my friends, is simple. It is unitary. It is not logical. It is not intellectual. It is not necessary that you understand understanding. It is not necessary that anyone around you understand what you are understanding.

It is necessary only for you to seek the understanding of the true creation within, and this we will attempt to give you in a simple way. With the intellect and with words, my friends, we can only approximate understanding to you. And your attempts to examine it on an intellectual level can only be a type of subterfuge, camouflage and misdirection. You must not depend upon the tools of the physical illusion in order to build for yourself your bridge to eternity, for that which is of the illusion will vanish and be no more before you are able to cross that bridge.

Let go of the preconceptions which are imbedded deep in your intellectual mind. Allow yourself simply to seek, and then to have faith in the seeking. What you seek is simple. The creation is simple. There is only one understanding which we can offer you, my friends, and that is that the creation is one great Being. The creation is you; the creation is me; the creation is all that ever was and ever will be. The creation, my friends, is the Creator. As you look into the eyes of another upon your planet, you are looking at the Creator. As he looks at you, my friends, he also is looking at the Creator.

If you may achieve this simple understanding, then and only then you may live in harmony with the understanding of the Creator, Who created each portion of His creation in order that it may be of service to every other portion of the creation.

This is our understanding. This is our simple understanding: all is one. We cannot speak to you in any complex manner, for we do not have a complex statement. We sincerely hope that you may heed our caution, and allow that portion of yourself which is stored with the knowledge of all of the creation to come into life within you. Allow it to do so by exposing it to the love and the light of the Creator through meditation.

Seek, my friends. Seek understanding, and through meditation, understanding will be given.

At this time I will condition each of you who desires it, and I will attempt to transfer this contact to one of the new instruments, to continue this message for a time. I will leave this instrument now, and will condition each of you who desires it. I am Hatonn.

(T channeling)

(Inaudible) ♣

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Thursday Meditation
May 16, 1974

(Carla channeling)

I greet you, my friends, in the love and the light of our infinite Creator. I am the one known to you as Hatonn. I and my brother Laitos are here to serve you, and we are with you in the room. My brother will be giving conditioning to each of you who desires it as we proceed with this message. We are most privileged to be speaking with you this evening.

We would like to give you a thought upon the nature of the spiritual path. Consider for yourself, my friends, the nature of your interior universe. How much of your thinking is involved with striving, attaining and grasping at things within the physical illusion? What fire consumes you? What greed or envy or base desire have you allowed to continue to have power over your thinking? And then, my friends, what portion of your thinking is clear, calm, motionless, humble, unassuming, and content?

I do not need to tell you which portion of your interior universe is more correctly called the spiritual part. The truth of the universe is a very simple truth. Correctly understood and practiced, it eliminates the striving for selfhood within the physical illusion. It eliminates it because it offers a more rewarding reality along the spiritual path.

The reason, my friends, that you have not completely become one with the spiritual path is not because you have not been trying. Do not cause yourself anxiety. It is simply, my friends, that the illusion under which you labor is extremely strong upon your planet, and there is a good deal of constant and faithful meditation and discipline to be achieved before the final breakthrough can come, and you may be free of your selfhood within the illusion.

Without that selfhood, my friends, without that which upon the part of the planet which you live is termed ego, you may achieve all things, in the name of the Creator. For having no limitation of self, you may give for all men, and to all men.

It is a matter of knowing whom you serve, my friends. As you go through your daily existence, therefore, we suggest to you that you contemplate, when it may serve you to do so, that which is called water. Water, my friends, is the humblest and weakest of all substances. It abides in the lowest places. It constantly seeks a level. It is ashamed to go nowhere, but flows where every opportunity takes it. My friends, water may wear away the hardest substances, for it is far stronger in its weakness than rigid substances can ever be.

Be like the water, my friends. Upon the spiritual path that you are seeking to follow, seek the nature of water.

I wish to continue this contact but to transfer it to the instrument known as R. We will condition him for a brief period, and then we will attempt to transfer this contact. I will leave this instrument. I am Hatonn.

(R channeling)

I am now with this instrument. Seek, my friends, to become the water—still and pure. It has been said that life is as a vast ocean, and we very often cause waves through our actions and our thoughts.

Through self-discipline it is possible to wear away through this action those qualities about yourself that would be considered undesirable. Through lack of control of your actions and thoughts, great storms will arise. Your thought, my friends, is that which creates tides and waves. See your thoughts as waves. The waves that you create have a vast effect upon the rest of the body of water.

The waves which cleanse and wash away are also those which erode. By directing your thought, you direct the waves, and become, with you, as you seek them to be.

Consider then, my friends, the water, like unto yourself; consider, then, your thoughts, like unto the waves, and that which directs the water.

I would at this time attempt to continue this communication through the instrument known as T.

(T channeling)

I am Hatonn. I am now with this instrument.

(Inaudible)

(E channeling)

As I was saying, like the spirit, water flows quietly along its path, until it reaches an obstacle. It then must go around or over the obstacle. In going around or over an obstacle, it will erode the obstacle. Then the obstacle is no more, and the spirit or water is free of that obstacle.

The movement of the water is like thought or actions, in that the thought … the movement of the water is like thought or action.

I will continue this contact with another instrument. I am Hatonn.

(Carla channeling)

I am again with this instrument. I am Hatonn. I and my brother Laitos have been most privileged to have been able to serve you this evening. We hope that we have been able to aid you in your seeking.

I am aware that there is a question. It will be somewhat difficult to use this instrument to answer this question. Therefore, we would prefer to await another opportunity to use a different instrument for this particular question. Is that satisfactory with the person who desires to know the answer to this question?

Questioner: It's OK to wait, but could you try to answer the part of it that you can through this instrument, and then I'll ask it again of another instrument? I want to know whether it is harmful or helpful to use drugs, especially for intellectual purposes.

I am Hatonn. I am again with this instrument. We will attempt to communicate through this instrument upon this question.

The use of any outside or external stimulus has no appreciable effect upon your internal spirit. The center of the problem of which you speak is not the fact that these foreign substances do or do not transfer parts of your vibratory makeup into novel spaces. Various external influences have various effects. By the use of these, the type of awareness that may be achieved through meditation can be achieved. The difficulty, as we have said, lies in the fact that these substances are external, and do not come under the will of you, the individual who is seeking.

It may be acceptable therapeutic measure, to increase one's faith in the reality of the spiritual path, to experience such a state by means of such an outside stimulus. However, the use of internalizing effects, such as meditation and service, wherein your will makes its own contact with the Creator and the creation, is a far more realistic way of entering upon the spiritual path.

It is important in the extreme that you be living within yourself, at the center …

(Doorbell rings.)

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(Pause)

(Carla channeling)

I apologize for the difficulty. We may continue.

We were saying—in order that you may experience the reality of the Father's creation, it is important that you be able to achieve the awareness of that creation from within your own spirit. The use of outside agents simply puts you in places which you are not ready to comprehend or make use of. True seeking is inner seeking. To be able to give, it is best to refrain from taking. It is far better to achieve an awareness of the creation through meditation than through the use of any external agent.

There is not any more harm or acceptability for the use of any drug or material over any other. We have observed simply that they all lie outside the control of your inner self, and are therefore not a part of your spiritual world.

We are aware that this instrument is becoming fatigued. She is not used to this much control. Therefore, we would be privileged to speak using another instrument at a later time, if you will ask your question again.

May we answer you further?

Questioner:

(No further queries.)

I will leave you now, my friends. I am very pleased to be speaking through the new instruments. It is a great pleasure to my brother Laitos and to myself to be working with you and with your group. Blessings upon you. I leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai. ♣

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Friday Meditation
May 17, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and the light of the infinite Father. I am the one known to you as Hatonn and it is my pleasure to speak with you once again.

I am very, very pleased to greet each of you. I and my brother will be conditioning you as I speak, using this instrument.

My friends, it is very interesting to us who have come here to aid these of you upon the surface of your planet who seek, to notice the constant and widespread misapprehensions under which your people labor, with regard to the idea of normalcy.

There are many things which are looked upon within your physical illusion as being quite normal, which to us, my friends, look quite abnormal. And as we patiently search among the people of your planet, we find very few whose actions we would call normal. It is as though the people of planet Earth are all mysteriously prey to some widespread emotional disorder.

We did not understand this when we first came, and our first attempts to communicate with your people suffered much because of this misunderstanding. We have come to understand much more. And now, we can see the strong and ever-present cause of this widespread aberration of the peoples of this planet.

There is an abnormality which has been developing through many, many of your generations, which has been building through many, many of your generations, until now what is in truth normal has become unheard-of, and its place completely overtaken by that which is complete illusion. You, my friends, having accepted the illusion, have simply reacted to what seems to be reality. The fault is certainly not your own, within this particular physical experience.

However, it has happened. But, my friends, were there not hope that you might be able to reestablish contact with reality, and thereby return to a normal state of awareness with regard to the creation, we would not be here. We have come because those who have the potential for using our aid have desired our aid. We are here to serve you. We are here to encourage you. And we are here to attempt to give you our understanding of the creation of the Father.

You must realize, my friends, that although we cannot lay any blame at the feet of those people of your planet who do not understand, we can lay the blame at our own feet. For, my friends, we are each of you, and we have, through our free will, created this illusion. Your pain has been created by us, and we feel that pain very deeply. It is our strong desire to enable you to become able to have clear sight of what is real.

The very few people upon your planet who see reality are often thought to be quite insane. My friends, one must not attempt to understand what we are giving on the level of language. Go within, my friends, and meditate. For knowledge of reality will come only from within. Accept nothing on blind faith, but accept everything that is of good report. Allow all paradoxes to remain so. Accept much, and reject nothing.

Go within, my friends, for within you lies reality.

I wish to transfer this contact at this time to the instrument known as Don. We are aware that there are certain reservations. However, if he will avail himself, we would like to speak through him.

(Don channeling)

I am with this instrument. I am Hatonn. Please be patient while I condition the instrument.

There are many ways, my friends, of gaining what you seek. However, what you seek now will change. It will change as you seek it, for this is the nature of seeking. For as you seek, you find, and as you find, you understand. And as you understand, you continue in seeking, but at a different level.

So do not attempt to understand that which at present seems to be beyond you. Simply go within, and you will be led to an understanding that will place you upon a new plateau, from which you will be able to view much, much more of reality.

Seeking, my friends, is not a direct attempt to understand each intellectual question which crosses your mind. Seeking is the attempt to known one's Creator. There will be in your seeking an unfoldment of understanding. Each step will show itself to you. When it does, raise yourself upon it, so that you may find the next one.

We bring to man of Earth understanding, and yet we cannot speak to him and cause him to understand. We cannot communicate through channels this understanding. We can only point out directions for his seeking. For it will be necessary for him to change his point of view, and to change it, he must understand; and to understand, he must seek.

There will be many paradoxes in your seeking, for this is the nature of seeking. But as you continue, these will dissolve, for you will reach a new plateau, and a new understanding. And the seeming paradox that you have bypassed will appear in its true light.

Meditation, my friends, is the only method of which we know to allow an individual to rapidly form this new basis for his understanding. For this is not dependent upon preconceptions. It is not dependent upon the definitions of a language that was never intended for spiritual seeking.

Redefine that which you experience. Redefine it through your seeking, and through your growing awareness of the creation and our Creator. And then, my friends, you will not question, for you will know. For you will have grown in your understanding.

It is sometimes frustrating to be unable to find answers to those questions that seem paramount and directly in the path of your seeking. But these too will fade as you pass them by and become more and more aware of the single truth that permeates all things and answers all questions.

We will continue to aid you in any way that we can, but primarily we will point out to you the wonders and the joy of the creation that you experience. And we will attempt to bring to you an understanding that will grow with each day, an understanding that will be a result of your meditation.

I will leave you at this time. I hope that I have been of service. It has been a great privilege speaking to you. I am Hatonn. Adonai vasu. ♣

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Saturday Meditation
May 18, 1974

(Carla channeling)

I greet you, my friends, in the love and the light of our infinite Creator. I am Hatonn. It is a privilege for me to meet with you this evening, as always.

I am aware that you wish to know something about the confrontation between a combatant from another planet than your own and two of your people. We will attempt to explain through this instrument, however, we are having a certain amount of difficulty with this contact, and patience on your parts will be required, for this instrument is resisting the amount of control that is necessary for projecting more closely the information we must project.

This type of communication is not the completely controlled type of communication of which we have spoken in the past. However, the concepts which we are sending are considerably more restricted in their interpretation, and therefore, we must keep a much closer amount of control over the consciousness and the mechanism which is producing the message. This amount of control is still somewhat difficult for this instrument to accept. However, we have been conditioning her while we have been talking, and we believe that we have a somewhat improved contact at this point.

The Pascagoula landing, my friends, was, as far as we are aware, not a completely isolated instance. However, it is the only instance which has been delivered into the hands of public knowledge. On the other hand, although it is not the only landing of that particular group of alien individuals, it is one of the very few.

These peoples are members of a type of combatant group. There is not the idea of the soldiering or war as you know it. However, it is the closest interpretation which your language and the use of this instrument will permit. These people were interested simply as passersby in the phenomena which they saw, and, not having strong enough leadership, they decided to take a closer look. There was no intention of any harm intended at all.

It is doubtful that this type of craft and this particular group of beings will cease passing this particular area of space, for several reasons, none of which are in any way connected with the planet on whose surface you now reside. Therefore, you may again discover some evidence of such a contact. But we assure you that it is merely a rare, scattered, and unharmful confrontation.

Do you have a further question?

Questioner: Were the people who came from the spacecraft people or robots?

These were beings with consciousness and individuality. They were, however, not precisely of

the nature which you would call human. You are not at this time aware of the possibilities that exist in the creation. However, these people are not robots.

Questioner: Can you give me some idea of what you meant by combatants?

There is a great deal of difficulty in working out of the language of your culture in explaining another culture, especially an alien culture. I am attempting to give to this instrument an idea of the structure of thinking upon the planet from which these people come. I am giving her the name but she does not seem able to understand it. However, the structure is somewhat more totally conscious of illusion than your own world structure. Each of the projects and difficulties of learning within a density somewhat comparable to yours results in an externally expressed series of movements which eliminates for these people the need for inner fears and doubts. By the structuring of the illusion, they so recognize it and deal with it in a highly stylized fashion. They have a good record of advancement along the spiritual path, using this technique. The closest that this instrument can come to explaining the concept she has been given is probably the concept of a few people's ambitions. They go, therefore, a far distance to take part in a game which has much of the mental characteristics of war, but which is entirely mental.

Due to the type of structure which these people have obtained throughout many generations of this discipline, the outcome of this combat will be final, just and completely acceptable to each who has depended upon the combatants of each different opinion.

These people are progressing along a different path than yours, and this is true throughout the infinite creation. But they are progressing towards the same goal that we all share.

Have you a further question?

Questioner: With respect to progress, what would be their relative progress and understanding with respect to this planet's general progress?

I am afraid that it is difficult in the extreme to state where a relatively stable, progressive culture lies, in comparison to the somewhat uneven picture which is represented on planet Earth. The potential which is within very many of those upon the planet Earth is somewhat, shall we say, more advanced than the basic vibratory level of the planet …

Carla: I can't get that. They're telling me a name, but I can't get that.

(Carla channeling)

However, the average vibration upon that alien planet is far more advanced than the lower average of those upon planet Earth who stubbornly sleep. We are afraid that as those of Earth have much potential, so they also have little time to translate their potential, so they also have little time to translate their potential into the actuality that they in truth can deserve and have.

Both planets are within the same basic vibration. And the planet upon which you enjoy physical existence is far more advanced through its cycle within this particular vibration.

Is there another question?

Questioner: What type of sensory equipment do these individuals have? Do they see, hear and communicate like we do?

No. They are aware. The material which covers them is aware of more than all of the physical senses upon this planet are aware of, in unison.

Questioner: What do you mean by the material which covers?

You would call it skin.

(Transcript ends.) ❦

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Sunday Meditation
May 19, 1974

(Carla channeling)

I am Hatonn. I greet you, beloved brethren, in the love and in the light of our infinite Creator. I am the one known to you as Hatonn. I am far, far above you, in what you would call a craft. We are here, my friends, to aid you in that which you seek to accomplish. It is our great, great privilege to be with this group this evening, and we greet each of you.

We are aware that there are questions upon your minds, and we will not speak at great length before beginning the questioning. However, we would like to say a few words about service, my friends.

The many attempts which each of you makes to give service to others is more successful than you know. The simple turning of the self from the seeking for sensation in self to the seeking towards service gives the seeker the ability that he seeks.

However, my friends, if you wish to improve and expand your service, we can only suggest to you that you turn within, away from all sensation, and towards meditation. There is no power without you. There is nothing that you can smell or taste or experience in the physical that can cause harm or give aid. The power that you seek is the power of the reality of the love and the light of our infinite Creator, and it lies within. Go within, my friends. Meditate. Seek that which you desire, and it will come to you.

At this time, I wish to transfer this contact to one of the other instruments. I am Hatonn.

(H channeling)

I am now with this instrument. I was speaking of service. We are aware that those present desire to serve. This is a true and worthy desire, and we find there can be no greater desire. For, as we have often said, a service performed by any entity towards another is also service towards that entity. For as we comprehend, the creation is but one thing. That is this creation is love, and is the manifestation of the Creator. And within it exists no separation. Therefore, any service rendered unto the creation, in any portion of it, is also service to oneself.

I am aware of the presence of those who are experiencing their first exposure to our contact. We also are aware of their great service, which they render in the name of the Creator. It pleases us that your path has led to union with ours, for we serve the same purpose. We wish to serve in the name of the Creator. And this Creator can only be explained as love.

We are aware that there exist many questions, and we will at this time attempt to transfer this contact to another instrument who shall be capable of answering questions. I am Hatonn.

(Pause)

(H channeling)

I am Hatonn. I am again with this instrument. Pardon me for the delay. We are experiencing some difficulty in contacting the instrument known as Don. Please be patient, for we feel that in order for your questions to be answered, we shall establish contact with the one known as Don. Please be patient while I again attempt this contact. I am Hatonn.

(Pause)

(H channeling)

I am again with this instrument. We find that we are unable to establish contact with the instrument at this time. We are aware that there exist many questions, and would desire to attempt to continue through this instrument. This may be slightly difficult, and require a great amount of conditioning. Yet at this time we will attempt to answer an question you desire to ask.

(There is a short conversation in which it is advised that questions be asked verbally.)

I am Hatonn. We are aware that there are questions being asked within your thoughts. Yet this instrument is having difficulty in receiving our thoughts due to not being aware of the question, and fearing somewhat [to err] in answering. We would suggest that you would attempt to verbally ask a question, and we shall attempt to answer through this or another instrument. I am Hatonn.

Questioner: What level are you on? Have you been on our level? Will we attain your level? How far are you from the final destination?

We shall attempt to answer this question. Through our experiences within this creation, we have found that there exist an infinite experience, which is to be experienced by all entities. We of the Confederation of Planets in the Service of the Infinite Creator have experienced the type of physical illusion which you now find yourselves experiencing. This, as we refer to it, illusion that you are presently in is culminating in what we call its present cycle. The entity asking this question is truly aware of that which he considers the second coming of the master teacher, Jesus. These times truly are here, and these times are within the will of the Creator, the times for graduation into a higher spiritual awareness for those who would desire it.

We have experienced this same, shall we say, trial, and we sought the truth of creation through meditation. We attained a higher rate of vibration within our spiritual being through this meditation, and evolved to a greater awareness than that which can be attained within this illusion.

We of the Confederation are truly aware of the difficulties which you encounter, for as we have stated, we also have experienced your physical illusion. Our, as you say, level of existence is one of what you would consider spiritual. It is much higher evolved than that which you are presently in, yet the question of the attainment of the ultimate source, or shall we say, union with the Creator, to us at this time we cannot answer. For we have not evolved into realms higher than the one we presently occupy. Yet we are truly aware of their existence, for in our travels throughout this creation, we have come upon experiences and entities who were able to avail to us truths of even a higher awareness. And they have availed to us the thought of infinite levels of awareness on the path to total union with the Creator.

There is much within this creation that we do not comprehend, and there is much that you do not comprehend. Yet, we have experienced your present existence, and do have the understanding and realization of a higher awareness. We do not claim to be an ultimate source of information. We are capable of committing error. And I would like to say that, in your experiences, if you encounter any entity who exclaims that he can commit no error, you should truly known that this entity has erred in that judgment, for only the Creator can function without error.

And it is our mission at this time to aid the peoples of your planet in seeking the union with the Creator from within through meditation. For if you can truly gain this union, then you can …

(Side one of tape ends.)

(H channeling)

Are there any more questions? I will attempt to transfer this contact to another instrument, and continue to answer questions.

(Carla channeling)

I am Hatonn. I am with this instrument. Are there further questions?

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Questioner: What is life like on your planet, as compared to our life?

Life on our planet at one time was much like that upon planet Earth. However, at this time our entire population of sentient beings has developed a singular desire. This desire began as a simple seeking for understanding, and has developed into a completely unitary and combined ability of each brother of the planet known as Hatonn. The combination is so strong that we are able to do many, many things. Feeling and being as one, we are now seeking as one, and as our seeking has led us forward, we have found our way to be pointed directly at service, ever expanding service, service to all parts of the creation.

And as our service has been needed, whereas before we were not capable of discovering the means to perform this service, we became able to perform the service that we came to see as our service.

In this manner, we have developed abilities which you may call miraculous. We have the ability to transcend what you know as time and space. We have access in a conscious manner to knowledge of which you have access only during meditation, in a subconscious manner.

The freedoms which we enjoy, my friends, are there because we have begun to see that we are all one. Realization is all that is between planet Earth and the planet Hatonn. On your planet as on our planet, each blade of grass is alive with the knowledge of the Creator. The winds sing His praises. Trees shout for joy in the creation of our infinite Father. If you are not able to see the Creator, my friends, it is a matter of seeking, and seeking, and continued seeking. And then, my friends, you will begin to realize and to understand that the creation of the Father is all around you.

Planet Earth, my friends, is indeed a lovely planet. It will soon be vibrating in a vibratory manner which is far more associated with realization of the Father's creation. Begin to realize, and move with your planet, as we moved with ours. There is only that which is in your mind, and within your consciousness, and within your faith, between the pain, the lack, and the limitation which you experience and the complete freedom which is our vibration we experience.

We invite you to join us, my friends. Seek, and ye shall find.

Are there further questions?

Questioner: The service you perform with Earth—does this same service extend to other planets? If so, can you give us some idea of how many, and their levels of consciousness?

We have aided many other planets within the same general vibratory level. The aid is given to this level by us because we are, shall we say, at the next level of awareness, and are best able to communicate to those people who wish to enter into understanding which we share.

We have dealt with many planets who are beginning a new phase of vibration. We have aided many a graduating class, and we have done so successfully. We have also failed, not once, but several times. It is completely possible for us to fail, because we wish to fail if it be the will of the people of the planet we are attempting to aid.

We come because we feel the desire that brings us here. And we give what aid we can to those who wish it. Our thoughts are available to all who desire them. However, we attempt to do this in such a way that no individual is ever in a position where he cannot accept or deny our thinking as he so pleases. Those who are vibrating within the level that will appreciate the information that we give surely recognizes that which is truth.

At the present time, we are far behind where we had hoped to be at this point while helping planet Earth. We had hoped to have been much more successful at reaching the people of this planet. It is possible that there will be a smaller graduation than we had hoped.

However, my friends, it is our greatest pleasure to be working with those of you, however many or however few, who are seeking. It is only necessary to seek, and the spiritual path shall roll behind you, and open before you. And what you desire shall be yours.

Have you further questions?

(No further queries.)

Carla: Hatonn says goodbye. ♣

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Thursday Meditation
May 23, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a very great privilege to speak with this group this evening, as it is to speak each evening that you assemble. We of the Confederation, as we have stated many times before, are here to serve you each and every time that you avail yourself to our service. It is always a very great privilege to speak to those who seek. Seeking, my friends, takes place in many and varied ways. What is important is the seeking, not its definition or its appearance. When an individual begins to seek, he will find. What he will find will seem to be different with respect to others who also seek, in many instances. However, it will only apparently be different, for they will be finding the same thing. For, my friends, there is in truth only one thing to find and that is the love and the understanding of our Creator.

Tonight as you attend the meeting that you are planning, you will hear words spoken by another seeker. These words will be understood by some who hear them and they will not be understood by others. And yet, this is always the case upon your planet. It matters not, however, whether they are understood or not, for the much more important aspect is that those who came to listen came because they were seeking understanding. And this action itself is much more important than the intellectual understanding that they are attempting to find.

We of the Confederation of Planets in the Service of the Infinite Creator have spoken to you many times about the value of meditation. This, my friends, is of utmost value, since it leads you not to an intellectual understanding but a spiritual understanding. It is, shall I say, only of a transient value in indicating your attempts at seeking. This intellectual understanding, which is sought and found by many of those who dwell upon your planet, is an indication of your progress along the path toward a total spiritual understanding. It in itself is of no real value for what you find in these endeavors to understand within the limit of your illusion and within the limits of your intellectual mind is so very, very limited as to be of no real practical value.

We do not wish to state that type of endeavor is totally useless and should not be practiced, for some benefit is derived in an endeavor to seek. But, my friends, we do say that in your seeking it is much more important that you realize the truth of the creation of the Father through a much more direct method, a method that is not relegated to the biases of the intellect, a direct and simple understanding through meditation of the total love of the Creator of us all.

This, my friends, is all that is necessary: simply know this love and reflect it. Know it in a total sense. Do not attempt to understand it; embrace it through meditation. And then you must reflect it in your daily existence.

I have been using this instrument rapidly, for he desired speed of communication, knowing that the time available was short. This in some cases reduces the clarity of the instrument's contact. However, this contact was within a satisfactory range for understanding. I will leave this instrument at this time. I am Hatonn.

(Pause)

I am Hatonn. I am once more with this instrument. I am sorry for the interruption. We will continue. We were speaking to you about the value of intellectual knowledge and understanding. My friends, there is no understanding within the intellect. The understanding that you seek can be found only within a much, much greater mind than that that you understand [with] your present intellectual mind. There is a very simple way to reach the understanding that you seek. This very simple way is also the very best way. It is through the process of meditation. We have said this to you many, many times and this is truth. Meditate and it will become obvious that this is the understanding that you seek.

There is no system of arrangement of words that are presently in your language which can define adequately the creation in your creation. There is no system of words which can tell what you will reach through the simple process of meditation. It is understandable that it seems at times that this process is not fruitful. My friends, this is the only fruitful process in which you engage. Spend as much time as you can in availing yourself to truth through meditation. We know that this is what you desire. If we did not know this, we would not give to you this information.

We will leave you at this time. Adonai, my friends. Adonai vasu. ♣

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Friday Meditation
May 24, 1974

(Carla channeling)

I am Hatonn. I greet you in the love and the light of our infinite Creator. I am one with each of you. It is my privilege to *(inaudible)* with you and it is my privilege to speak through this instrument.

I am aware that there is a question about what you call a UFO sighting. We are not aware of more than one sighting. We find in the mind of this instrument that a sighting has been had by one of you, with which we did not have a part. We do not know without consulting records what it was that you saw. However, we assume that you would be interested in knowing of the one which we are aware. The patterns which were drawn in the sky were drawn by a member of the Confederation of Planets in the Service of Our infinite Creator. We indulged ourselves at that particular time and for the general purpose of sending a reason *(inaudible)*. It is very seldom that this situation is possible. A specific type of attitude must have been nurtured over a fairly long period of time in most cases. However, the attitude of accepted *(inaudible)* was present, and so we sent a reason *(inaudible)*.

Are there any questions?

Questioner: How about the other two people that saw it *(inaudible)*?

Within these two persons this sight was a neutral experience. It had no negative or infringing nature because there was no type of message which was sent forth to either of them. Having nothing to attach this phenomena to, they were able to experience it without either positive or negative reaction. This is acceptable to us.

Questioner: How high *(inaudible)*?

The craft of my brother was a larger craft than the one upon which we normally dwell, although it is not as large as a carrier craft and does not have *(inaudible)* intergalactic capabilities. It could be *(inaudible)* to be. I am having difficulty transmitting numbers. I will transmit the size by means of comparison. This ship was approximately the size of more than one football field. It was above the level of atmosphere at the fringes of space. I am afraid I cannot tell you the specific distance. This instrument is having much difficulty receiving numbers.

Questioner: Was it more than twenty miles?

It was at the place where there is no shield from radiation.

Questioner: Was there any meaning in the patterns *(inaudible)*.

They were intended to be obvious and to indicate to you only that your brothers—intelligent, sentient and very close to you—were sending greetings to

you. Other than this the movements were not symbolic, but was intended simply to be an obviously non-natural movement.

We wish that we could indulge ourselves and express our great joy at all times in greeting each of you. We would do this and more, my friends, for we feel very much joy at being able to share with you our understanding and our very existence in the Father's creation. We have not, however, found that this is possible, so must send our greetings, our love, and our aid to you from the creation to your creation by these [ways and means] until such time that we can be true brothers and experience the joy of the Father's creation together in all its freedom.

As to symbols, my friends, symbols are what you understand them to be. There are no arbitrary symbols. The true symbol is that which is most real, just as the sun is often a symbol. When the circle is seen as symbol, the circle is a representation of the sun. And the sun is [thought of as] a beautiful example of the unity of the creation, the light and the love of the reality of the center of the universe. What you see as a symbol may mean this or that. The only importance in any symbol is that it points you toward your center and toward the center of the creation. And this can be done by any symbol, by any task, as long as you turn within. If you saw a symbol in our motion or in any other phenomena around you, then, my friends, turn within and allow that which is merely symbolic to become reality.

Are there further questions?

Questioner: Is there normally physical *(inaudible)*.

We were in a normal condition when you saw us. However, we have several normal conditions, only one of which is visible within this particular universe. We normally operate in another of our normal conditions due to the fact, as we said, it is not usually an acceptable thing to do to greet man on Earth directly due to our possible infringing upon the free will of those upon planet Earth.

Questioner: What is the probability of meeting with me if I were to sever *(inaudible)* and totally isolate *(inaudible)*?

We are not able to say. It would be necessary for you to simply attempt such a thing. There are many *(inaudible)* which cannot be evaluated on supposition, promises or hope. There are many things that you cannot know until they have been experienced. It is very rare that each question of such an articulated desire come into being correctly. However, it has been done. We cannot speak nor be doubtful, for we do not know how these *(inaudible)* will be settled for any particular situation. You are, of course, aware that you are attempting to meet yourself. This may be of some help to you in preparation for such a successful confrontation.

Questioner: Could you expand *(inaudible)*?

My friends, it is all too often that it is thought of man on Earth that we of the teaching realm are some extremely wise and distant and almost god-like beings. Others picture us as somewhat overbearing and clever *(inaudible)* who are the advanced representatives of an invading civilization. We know these things, my friends. We know them all too well. They do not grieve us unnecessarily. We are aware of the difficulty which the heavy illusion of Earth gives even to the most earnest seeker. But, my friends, we are not distant wise men. Nor are we advanced representatives and diplomats. We are you. And you are we. If you can understand that you have not met any who is not you, then you can begin to understand that when you meet us you will be meeting yourself.

The infinite progression of this understanding is at the heart of the ability to say as you approach the level of spiritual seeking at which you will graduate into a higher level of understanding you become more able to see that you are meeting yourself. Without this understanding you will never be able to meet us. But in order to obtain this understanding it is necessary to meet each individual that you meet with the love, the infinite compassion, and understanding with which you would meet yourself. It is an extremely freeing type of realization, my friends, for in actuality it is fairly easy to meet yourself.

Concentrate then as you meet others upon meeting them in truth as completely whole and perfect individuals in the reality of yourself. Not yourself as a person, but yourself as the creation. We have said this in many different ways, my friends, but we observe that it is extremely easy for those of you who are seeking to concentrate very much upon an abstract mental state and to become somewhat lax about the delicacy and the excellence of his attitudes in regard to those of his own species which he meets every day. It is easier to speak of meditation than of

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service to those who to you do not seem to be very much like you. My friends, they are like you. In fact, they are you. And we are you and you are we and we are all the creation.

As you begin to approach understanding and practice of this most difficult understanding, you become more capable of an actual meeting with us. It is not the only requirement, my friends. There are difficulties not only with yourself, but with each of those who are with you. There is difficulty that must be centered and dissipated having to do with the unified feeling of any group so that all is completely as one within a group if the group is to meet with us. We cannot specify the needs to be met. We cannot even give our opinion as to whether such a meeting would prove helpful, for this opinion would vary depending upon the group, the time, the place and the understanding. However, we are with you and it is a pleasure to be here.

Have you further questions?

Questioner: This is a question that you probably won't answer, for the same reason that you may fear infringing upon the free will of the people *(inaudible)*. I have read in several—from several different sources that the transition that the Earth will go through will be [from mixed vibrations], will be somewhere in the neighborhood of 150 years. If this figure is anywhere near correct, the question is will we possibly see this transition all the way through in this incarnation, or will it be necessary that we reincarnate *(inaudible)*? Or can you answer this with a blanket statement? *(Inaudible).*

Your understanding of the end of the cycle is not …

(Side one of tape ends.)

(Carla channeling)

… the change from the physical state before the end of the cycle. Your ultimate destination is an individual matter and a blanket statement cannot be made. It is advisable in your experience that you concentrate as you have been doing upon your spiritual journey for you have managed to pull yourself very definitely off of the descent *(inaudible)* and into the right direction.

You have chosen right, my friends, each of you have. And whereas before it is entirely possible it would have been necessary for you to return for another cycle of learning, you have earned for yourself a strong chance of being part of the so-called graduation class. There is much awaiting you, my friends, and we call for you to join us. This is your opportunity; you are making use of it. My friends, continue, continue and continue. You have much to do, I assure you.

Have you other questions?

(Pause)

In that case, my friends, I will leave you now, reminding you that we are here to aid you and serve you. If you wish our aid, our conditioning, or our thoughts, simply avail yourselves to us through meditation for it is our privilege to be with you at any time you call for us.

Please, my friends, remember that all is ultimately without being for intellectual expression, that all abides within love and light. Instead of allowing yourself to be washed away into intellectual shallow waters, imagine yourself standing on the beach with the sun pouring down. Imagine how the gentle breezes calm you and cool you. And let the warm sun take any ache or pain from you. The love and the light of the infinite Father is like the beam of light and warmth of light. If you bask in it, my friends, there is the end to questions and the beginning of true comfort.

Nevertheless, we are also aware that there are simple needs that those of the planet Earth do have. We are aware that you need to grasp them with the feeling of your mind and to turn them over and over and to this purpose we have trained channels of assistance so that when you have questions as you seek, you learn from a direct communication and ask those questions that cause you wonder. We welcome your questions and we attempt to answer any question.

I hope that I have been of service today. I and my brothers are most happy to have been with you. I leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai vasu. ♣

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Saturday Meditation
May 25, 1974

(Carla channeling)

Greetings, my friends. I am Hatonn. I greet you in the love and the light of our infinite Creator. We are privileged to be speaking with you and we will be conditioning you. It has been extremely difficult to make this contact for this instrument is not very relaxed. However, we will attempt to speak only very briefly.

My friends, we would like to say a few words about the nature of the physical illusion. At the time at which each of you incarnated, my friends, each of you was aware that certain lessons, hitherto unlearned, were to be the goals for achievement of this incarnation. If it seems to you, my friends, that your entire incarnation within this illusion has been a series of difficulties of one particular type, then you are almost certainly aware in some manner of one of your lessons. As you can see, these lessons are not to be avoided. They are to be learned.

Further, we must point out to you that when a confrontation in such a lesson has been achieved, that which separates you from understanding it is most often your own thinking. Your conscious thinking processes are quite capable of being self-destructive in the sense that they may aid you to avoid the lesson that you wish in reality to learn. Therefore, my friends, as you approach a lesson, we suggest that if it is possible to achieve a temporary abeyance of the conscious, analytical processes, then, my friends, you may return to the problem with a much clearer mentality, ready to learn what you came to this experience to learn, rather than only to avoid what you came to learn.

We know how difficult it is to achieve the meditative state at all times, for we have been where you are and we are aware of that particular type of illusion that you call physical. We urge you, therefore, to depend on meditation of a formal kind. Then to attempt a semi-meditative state, and by this, my friends, to simply achieve a state of attention also so that your destructive impulses are not free to completely clog your mind and keep you from learning the lessons you came to learn.

We would like to contact each of the other instruments. However, we are aware that there is some difficulty. We will at this time, however, attempt to contact the instrument known as Don.

(Don channeling)

I am Hatonn. I will condition the instrument, please be patient. I will continue. I was speaking of your attitudes toward what you experience in the physical illusion. I find your reactions to what you have experienced in your illusion are reactions based upon an unbound faith. This is normal upon your planet. The reactions to experience in almost every case are based upon an intellectual understanding of your

present illusion. This understanding is totally false. It is necessary to construct a totally new base for understanding. This new base should be one which communicates with truth. It is only possible to construct this through meditation.

We observe the people upon your planet, we observe their conditions and their reactions to experience. Their reactions are totally different from ours, or from any people who are aware of the nature of the illusion they are experiencing. It is a very difficult problem for the people who have not become enlightened as to the true nature of their existence to break out of the responses that they have assimilated during their present experience. However, this not only should be done, it must be done if one is to make full use of the experience. And this can only be done, as far as we are aware, through the process of meditation.

This process will provide you with answers to all of your questions. You have at this time many questions, but, my friends, even these questions will lose their meanings as you avail yourself to truth through meditation. For you will find that the answers which you sought are no longer meaningful. You will construct an entirely new system of thinking, and entirely new awareness, an entirely new understanding. This is necessary if true progress is to be made.

Do not react to conditions within the illusion that you experience simply because this reaction is assumed to be valid. Avail yourself to truth through meditation and then you will understand each and every experience that is brought to you.

Are there any questions at this time?

Questioner: Hatonn, do you mean daily *(inaudible)* very little experiences, or do you mean *(inaudible)* experiences?

Every experience.

Questioner: Will you know when you break out of the illusion?

Yes.

Questioner: *(Inaudible)*.

Yes. I shall continue. The master teacher known to you are Jesus was able through meditation to become aware of truth. His reactions to experience were of such a nature to cause much concern among those who were aware of his reactions. They did not understand his reactions to the illusion for his reactions were based upon his understanding of truth. This understanding allowed him to act directly as an emissary of this creation. Acting in accord with the laws of his Creator, he was able to fulfill the desires with many he came in contact.

His reaction to this experience is but partially known to the peoples of your world at present, but this will serve as an example. His reaction was one of love. It was a reaction of love that was in no regard whatsoever to the nature of the experience. This love was not necessarily expressed in the way that it is expressed by the people in your particular illusion, for it is not understood. For this reason, this man was hated by many and love by many, many more. His expression of love was very pure in nature. It was not in the same sense as the emotional love that your peoples express in an attempt to indicate their conception of love. It was a simple demonstration of total concern for the fulfillment of the desire of his fellow man. His awareness of this desire was greater than the awareness of those whom he served. For this reason, they did not understand his expression of love. This man attempted to fulfill their real desires. The people whom he attempted to serve were unable for the most part to understand that he was serving their real desires.

These desires, my friends, were simply to grow in a spiritual sense. It was not possible for this man to provide fulfillment of this desire for spiritual growth without apparently seeming to provide that which those whom he served did not actually desire. For this reason, there was little understanding of his service by any but those whom were directly aided in a physical way. He considered the spiritual growth of an individual of much greater importance than his physical well-being, which is a very correct analogy. For this reason his actions at times seemed in divergence with the love and understanding that he brought to those whom he served.

Meditation erases these false illusions under which the peoples of this planet are forced by their own thinking to *(inaudible)*. Spend time in meditation and become aware of reality. There are but a few simple concepts that are necessary to understand. These can be understood quite simply in meditation. We have spoken many times through instruments such as this one about these simple concepts: the eradication of the personal ego and the desire for

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anything but service. This, my friends, if thoroughly understood and practiced, will result in immediate dissolution of the illusion under which you serve. And then you may serve directly in the light of your Creator, for this is His service, this is our service, this is the original Thought. This is the original creation; each part serving all of the other parts, asking nothing, and expecting nothing and therefore receiving everything.

It has been said in many ways by many of the masters who have lived within your illusion and have understood. And yet it is so very difficult for man on Earth to understand. Very difficult for him to understand, my friends, as long as he does not avail himself to the true understanding of this through the process of meditation. Through this process, my friends, the words which you now hear become meaning and you no longer question, for this meaning is truth and it is for you. And you then are aware of the reality, the beauty, and the love that has been yours throughout all time.

Open your minds and your hearts to this awareness. Do it through meditation. This is the only way that we know that this may be accomplished. When you have become aware of this simple concept you will have no more questions. You will not wonder as to your accomplishment of this awareness because this awareness will be self-evident. You will no longer question the motives of your fellow man. You will no longer fear the actions of your fellow man. You will simply project the love of your Creator for all of Its parts, for you will be all of these parts. And you will be aware of your unity with all of these parts. You will not be understood, my friends, but it will make no difference, for you will understand. You will not be loved, my friends, but this will make no difference, for you will love. You will feel the vibrations, they will merge with the creation. Your spirit will sense in harmony with all that you experience.

I am Hatonn. I will leave this instrument at this time. It has been a great privilege to convey to you the understanding that is there for you to accept. You seek it, my friends. We instruct. We instruct a simple method of acceptance. Adonai. Adonai vasu.

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Sunday Meditation
May 26, 1974

(Carla channeling)

I greet you in the love and in the light of our infinite Creator. I am the one known to you as Hatonn. My brothers and I are in a craft far above your planet. We are very, very privileged to be speaking with you at this time. And we greet each of you.

My brother Laitos will be conditioning each of you who desires it as I speak.

I wonder this evening, my friends, if you have allowed yourself during this day to rest in the enormous ocean of love which is yours if you realize it to be yours. Have you allowed yourself to soak up the infinite light and love of your Creator during this day? Or, my friends, has it been a day during which you felt some lack of this love in which you felt that you were separated from the sunlight and the warmth of life?

We are aware that the very nature of the physical illusion is such that the individual who is enjoying this illusion experiences many sensations of seeming separation and lack of love. My friends, we can only tell you that this is an illusion. If you allow yourself through meditation to seek reality, you will quickly discover the vast and limitless ocean of love which bathes the entire creation of the Father. There is nothing but this love. Not only is it all about you, but, my friends, it is you in that each fiber of your soul and your physical being is composed of love and light.

Due to this heavy sense of illusion, my friends, it is very possible for you to experience the pain of this lack. It is often intensified in its negative effect by an accompanying belief in the reality of what you know as time. When you experience illusory lack, it is also very easy to further assume that this lack will be for a certain amount of time which seems to be extremely long.

My friends, within meditation make contact with the timeless, the infinite, the eternal truth of creation. Discover love and light of the Creator. It is all about and if you are able to make contact it may flow to you and through you so that you are lifted upward along the spiritual path and are finally free of the illusion.

These experiences are necessary to you, my friends. They are simply your means of spiritually growing while you enjoy the physical experience. However, you need not be limited by the difficulties of this illusory existence. While you are learning you may also go within, my friends, and speed your learning considerably by contact with all that there is.

I would like to transfer this contact at this time to the one known as T if he would avail himself.

(T channeling)

I am with this instrument. *(Inaudible)* that you do not cope adequately and that you are making inadequate progress. All peoples of your Earth are *(inaudible)*. All peoples of your Earth live daily problems which are solvable in meditation. All problems can be taken to meditation—small problems and large problems.

Most people who meditate think not to bother with small, day-to-day difficulties and will not take them to meditation. All answers are *(inaudible)*. While most day-to-day difficulties are not really worth bothering with, it is necessary that you exist from day-to-day. Meditation will help you in every way. *(Inaudible).*

(Don channeling)

I am with this instrument. I am Hatonn. I will condition the instrument for a short period.

(Pause)

I was speaking my friends, of the importance of meditation. It is difficult for those of your planet to fully comprehend the need and the results that may be obtained in respect to meditation. It is very difficult to understand how this simple process could bring to you everything that you desire. The peoples of your planet have believed for the most part for many, many centuries of their time that knowledge is knowledge obtained through the five physical senses. My friends, the knowledge that you presently have is of absolutely no value. The knowledge that you will gain in reading or in studying or through any learning process will have only one value. That single value will be to make you aware of the need for meditation.

We have said to you many times that all truth lies within. We have said to you many times that you may find this truth through the process of meditation. My friends, we cannot overemphasize this simple truth. The most educated of the peoples of your planet know nothing of truth if they have not availed themselves to it in meditation. My friends, there is no intellectual awareness of the truth of this creation. It is all something else, something much more basic. It is an awareness that transcends any ability to rationalize or to comprehend in an intellectual manner. There is no way to transmit this awareness through the senses that you possess to comprehend your illusion. The illusion that has been fabricated by the peoples of this planet is far from the truth. Any endeavor to comprehend truth through the use of any part of this illusion is totally of no value.

We have attempted, speaking through channels such as this one, to make you aware of the possibility of awareness. This is all that we can do. We can instruct on the method of achieving this awareness. We can tell you that this is what you desire. But only you my friends, can find it. You and you alone must make the step—simple step of meditation of each day to arrive at the awareness that you desire.

I will now transfer this contact to another of the instruments. Please be patient while I establish the contact.

(Carla channeling)

I am attempting to contact the instrument known as E. We are having a certain amount of difficulty due to a slight interference due to the instrument's analysis of our thoughts. If this instrument will avail herself we will again attempt to speak using her.

(E channeling)

I am now with this instrument. I would like to say she should try to relax and avail herself. It is a very great privilege to make contact with this instrument. *(Inaudible)*. It has been a very great privilege to make contact. I am Hatonn.

(Don channeling)

I am with this instrument. I am Hatonn. I will continue using this instrument. I am sorry that we mere unable to make satisfactory contact with this instrument known as E. As I was saying, it is difficult to maintain contact if the instrument attempts to analyze thoughts which we give to the instrument. It is a simple process to learn, to simply repeat what we impress upon the mind of the instrument. If this simple process is maintained, then a communication will flow as smoothly and simply as it does now.

The problem we believe, is that the instrument is unsure and therefore afraid of making an error. We are using this instrument now and it is unafraid of making an error for he knows that if an error is made it will be corrected, for we do not allow an error to be made that is incorrect. It will facilitate the ability of a new instrument to channel our thoughts if the instrument will simply communicate

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what is impressed upon them with no analysis and with no fear of causing error.

(Pause)

I have just allowed this instrument to pause for a period of time to demonstrate to him and to the others in this room that when we are not transmitting a thought to the instrument, he receives no thought. This instrument was aware of receiving no thought for a period of time during which he did not channel.

I am aware of certain questions that have been raised by members of this group and will attempt to answer them at this time. All members of this group who so desire will benefit from our conditioning and will be able to receive our thoughts as clearly and as concisely as any other member of this group. It requires only that the individual avail himself each day in meditation. He will in a short period be able to receive and to channel our thoughts just as does this instrument.

There are several different [ways] of initially receiving our contact. The way that is experienced by the instrument is dependent on his susceptibility to each particular technique. The technique of contact will therefore be somewhat different for each instrument. It is utmost that the instrument totally relax in meditation and allow his mind to become blank if at all possible. This will facilitate greatly our ability to contact the instrument. Each one of the members of this group will receive our conditioning. It is only necessary that you desire it. You will become aware of it in a physical way.

At this time I will leave this group. It has been a great privilege to be with you and it is always a very great privilege to bring to those of the planet Earth that which they desire. That single [thing] that man throughout all of the creation desires—understanding of his Creator so that he may travel more swiftly along the path to the love and understanding that has created him. I am Hatonn. I will leave you at this time. Adonai vasu. ♣

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Monday Meditation
May 27, 1974

(Carla channeling)

[I am Hatonn.] I greet you, my friends, in the love and the light of our infinite Father. It is our privilege to speak with you again this evening. It is always our pleasure to aid those who are seeking understanding. We will be with each of you and will condition each of you who desires it.

My friends, as we experience this present awareness of shared fellowship with you our hearts are very light. We are, as you would say, very happy to be speaking with you. My friends, we are always very happy. We suggest that you look around yourselves and inquire of yourself as to what portion of your creation seems to be always at peace or happy. You will find, my friends, that it is the creation of the Father that remains in equilibrium while the creation of man of Earth has many unhappy phases.

It is for this reason, my friends, that existence in a more remote area causes one to experience more peace of mind. This is a natural consequence of additional amounts of exposure to the creation of the Father. This creation may be seen at its most accessible in less populated places, my friends. But, in reality, it is all around you no matter where you may be. It begins with yourself. Through meditation you may remain constantly in contact with the real creation. You may feel the equilibrium of the Father's creation and you may, as are we, be happy, as you call it.

This happiness is simply the awareness that you are a part of all that there is. It is a simple awareness and defies definition of any kind. It is only in the creation of man on Earth that individuals require definitions. Definitions and distinctions and disassociations are all separations from the Creator's plan of unity. And if the following [of those] will inevitably cause what you know as unhappiness, allow yourself through meditation [to be] aware of the true creation.

We can only suggest this. We cannot speak in such a way as to demonstrate this truth. It is completely up to you. We can tell you of advantages to be gained in meditation and we can change you towards obtaining a stronger contact with reality. But, my friends, you are a free creation, an entity with a mind and will completely sovereign. It is totally within your province of choice as to what you wish to do with [each] succeeding moment of your conscious awareness within this incarnation.

We are aware that you are seeking, for you are here now. We can encourage you, urge you, and challenge you to seek through meditation that each time that you may consider doing so in formal groups such as this one, in smaller groups in your home, or very short periods simply taken throughout

the day, minute by minute, as needed, all of these techniques of meditation will avail you, my friends, and we very strongly invite you to experience the creation of the Father to the farthest which …

(Side one of tape ends.)

(Carla channeling)

Grasp it, mold it and it will allow itself to be grasped and molded according to your highest aspirations. There is no end, or limit to what you may accomplish by use of your true and eternal spirit.

What you obtain in the physical illusion is yours for a very short time. But, my friends, the strides that you are able to make within the purview of your spiritual path will last throughout eternity. You will never need to take these steps again.

It is indeed my pleasure to be speaking with you. I would like to transfer this contact to another instrument at this time. I am Hatonn.

(Don channeling)

I am Hatonn. I am with this instrument. It is a great privilege to use this instrument as it is all of the developed instruments of this group. We of the Confederation of Planets in the Service of the Infinite Creator are here to serve. This we will do to the very limit of our ability. Our ability is limited only by the people of planet Earth.

We are limited due to their desire. Many of the people of this planet are not yet ready to understand what we are attempting to bring. For this reason it is necessary to act in such a way so that those who desire our service receive our service and those who do not are not made aware of our presence. For this reason, it is necessary to communicate in this fashion in such a way so that our words may be accepted or rejected.

Many of those who are now seeking are accepting our words. They are following our instructions. In following these instructions, they are finding that which they are seeking. We simply intend to lend a helping hand to those on Earth who seek. Who seek in the direction of their Creator. We will very gladly aid any of those who seek. Our thoughts may be received by any who sincerely seek. All that is necessary is that they avail themselves in meditation.

There is much to be gained through the process of meditation. This, my friends, is the only important thing that you will do during your incarnation. For all of the fruits of meditation that you receive will be the project of this simple effort. Effort to find how to serve, find technique of serving your fellow man is simple. It is done in meditation. This was demonstrated by the master teacher known to you as Jesus. His service to his fellow man on the planet Earth was very great. It is a service that continues even to this day even though this man was poorly understood it is still understood that he was acting in the name of a loving Creator. He discovered through meditation the way in which he would serve his follow man.

This we offer to the people of Earth, instructions so that they may also discover their service and how to perform it simply through the process of daily meditation. Spend time, my friends, in meditation. In this way and in only this way will you realize the truth of the creation and understand in the fullest sense its workings and your parts in those workings. This, my friends, will result in a state of ecstasy which we cannot describe. We can only point out that is possible to reach such a condition and that this may be achieved through daily meditation.

At this time I will leave this instrument. It has been a great privilege to be with you this evening. I am Hatonn. Adonai vasu. Adonai vasu. ♣

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Tuesday Meditation
May 28, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is my privilege to speak with you.

I am aware of your question. The fear of, as you say, being possessed is a somewhat over-generalized fear. We may assure you that you have nothing to fear if you are under a certain amount of correct understanding as to the nature of what you know as possession.

There are basically two types of so-called possession. The first type is extremely rare, but [does] occasionally occur and can be dealt with specifically. The second type is extremely common and can be dealt with quite specifically.

The first type of possession is the so-called actual possession of one sentient being's physical vehicle by the consciousness of another individual. Whether the possessing individual be in the physical or removed from the physical is of no consequence; possession is the same phenomena. The reason for the possession is simply opportunity and a possessing entity who desires to take such an opportunity. This type of possession is extremely rare for two reasons. First, there are not a great many possessing entities who are seeking an opportunity to enter a vehicle not their own. Also, the dissociation of consciousness that is required in order to provide a reasonable opportunity must be somewhat extreme and reliable. The difficulties connected with great changes such as becoming an adult in the physical sense may [make] an entity given to dissociation more vulnerable to such dissociation. It is only in cases of extreme dissociation that the opportunity for a possessing entity to come in is available.

Once such a condition has been understood, it can be treated. It requires only that the condition be recognized and that appropriate measures be used in order to alert the consciousness of the entity who has been pushed aside by the possessing entity. The entity who has been pushed aside has a sovereign right to the physical vehicle from which he has been temporarily removed. Depending upon the type of culture and normal usage which the original entity has been accustomed to, the alerting mechanism or ritual designed to attract his attention will somewhat vary. Within some cultures, certain religious rituals are observed. Once the original entity whose physical vehicle it is has been alerted the entity need only assert correct and rightful ownership of the physical vehicle and it will be necessary for the possessing entity to depart.

The second type of possession is much, much more common. It is as common as the first type is rare. This type of possession is the possession of the balanced individual consciousness by certain portions of that same consciousness. There are

many, many phases of your desire with which you came to this incarnation. It is the great lesson of your ancient teachers that you must know yourself. It is your job in whatever way you choose to discover who you are, what you desire from this experience, and how you desire to prosecute these desires. When your desires are not recognized by yourself, when you have overlooked a portion of your total self and are therefore not attempting to learn those things which you came to learn, these portions of yourself which are then frustrated may become somehow loosened from their integrated place within your consciousness and they may attempt to attract your attention in ways you do not understand. They may attract your attention by causing pain. This always attracts attention while the person is conscious of physical programs.

And very often, when there are persons of the consciousness that have not been heard they then became heard in this way. This is possession by self. You may be possessed as a result of negative or positive emotion. However, my friends, due to the type of experience which you seek to learn within this vibration and due to the type of group illusion which the people of your planet labor under, for the most part these are types of experiences of a negative appearance. They may be treated by understanding. The more that you can discover what lies behind pain the more you may remove the pain.

In truth, there is no such thing as any sort of difficulty such as you have spoken of. It is all, shall we say, in your mind. Therefore, it is necessary to investigate your mind. There you will find your possessing and by understanding the message which is being brought to you by these subconscious means you may redirect your thought unto a more positive and upward path. It is sometimes the work of *(inaudible)*.

You have demonstrated patience already and this is a prime qualification for study, for in this path of spiritual gain, my friends, it is important to go slowly enough so that you may assimilate, learn, demonstrate and become one with each piece of new information. To go more quickly than your true understanding can take you is to become unbalanced and prey to a great deal of confusion. Meditate and seek to understand yourself, for within your mind is all that there is.

At this time I would like to attempt to transfer this contract to another instrument. I am Hatonn.

(Pause)

(Carla channeling)

I am Hatonn. I am again with this instrument. My friends, we wished to communicate through the instrument known as Don because we wished to use a word for word type of communication which this instrument is somewhat reluctant to attempt. There is some difficulty with this instrument and therefore we request that you wait if you can, [until] a later time [for] this message. Is that satisfactory to you? Are there further questions which this instrument may attempt to answer?

Questioner: What do you mean by dissociation?

The instrument had this word within her vocabulary and although it is not entirely correct, it seemed closer to the concept which we gave than any other. By that word we intended to convey the concept of the certain unit of individualized consciousness that for some reason had such a mismatching within its own vibration that it temporarily was not able to function as a unified portion of consciousness.

Questioner: You said to take your problems to meditation. Do you mean to sit and think on the problem all through the meditation or do you ask and then clear your mind?

Neither. It is not necessary to ask for any information in meditation. Nor is it necessary to concentrate on any problem. Meditation is not a specifier or a prescription technique. Meditation is the transfer of your consciousness from the phase of existence which lies within the perimeters of your physical illusion to the phase of consciousness which lies within the perimeters of the love and the light of the infinite Creator.

It is a transfer from that person of your soul within a physical vehicle to that totality of soul which is your individualized consciousness within the total consciousness of the Father. This contact gives one a general and non-analyzable understanding. When problems are seen in the light of this understanding it is most often the case that they will evaporate naturally and as dew evaporates. It is not that the dew is unreal. It is simply that it is one state within a perfectly reasonable and constructive cycle which

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gives life and nourishment to part of the natural creation.

Your problems are part of the cycle of your physical existence. Given room to mature and evaporate, they will do so. They are not to be despised, nor are they to be given more importance than they deserve. Meditation simply gives one the awareness that this view of that which you call problems is so. There are methods for obtaining a more complete view of what you yourself think about any specific problem. However, these attempts at self-knowledge are intellectual and analytical and are not of as much use as simple meditation, in our opinion.

Our path is what we truly believe to be a useful one. However, if the path of analysis of problems, specifically and individually, appears to hold more chance for advancement to you, we urge you to do that. We are aware that there are thousands and millions of paths to be followed and that we encourage what seems to us to be the straightest. This does not negate the fact that at the end of each and every path lies the Creator.

We do not have a great deal to say about any attempts at problem-solving on a more material plane. It is not our way. We are aware that there are techniques that may be used and these techniques have been described by many upon your planet.

My friends, it is such a pleasure to speak with you and to serve you in way that we can. We are so pleased to speak with you and we are so pleased at all times to be in contact with you. We send you the love and the light of the Creator at all times. We will leave you at this time if there are no more questions. We leave you in the love and in the light of our infinite Creator. I am Hatonn. Adonai vasu. ✤

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Friday Meditation
May 31, 1974

(Don channeling)

[I am Hatonn.] I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege once more to meet with this group. We of the Confederation of Planets in the Service of the Infinite Creator are always privileged to meet with those who desire our services.

Desire, my friends, is the key to what you receive. If you desire it, you shall receive it. This was the Creator's plan, a plan in which all of His parts would receive exactly what they desire. My friends, often in the illusion which you now experience it seems that you do not acquire what you desire. In fact, exactly the opposite seems to be the case in many, many instances. It is a paradox, it seems, that such a statement should be made and that such apparent results of desire are manifested. And yet, we state without exception, that man receives exactly what he desires.

Perhaps, my friends, you do not understand desire. Perhaps, my friends, this understanding is not within the intellectual mind. Perhaps it will be necessary to spend time in meditation to become aware of your real desire. For, my friends, there is much, much more of you and of the creation than you presently appreciate with your intellectual abilities in your present illusion.

We have stated many, many times that it is necessary to meditate if one is to evolve from one's present state of understanding to that which he desires. We have used the word, desire, in several ways and yet we are very limited for we cannot use the language of your people to express the truth of the mechanics of these comments. They are, I can assure you, extremely simple, but much, much broader and much, much farther reaching and much, much more elementary than that which you appreciate in your present limited state.

Creation, my friends, operates on a very simple method. It is up to man to learn what he has forgotten. The knowledge of those principles, like the principles, is not complete. And it is not an intellectual understanding, it is a simple knowing, a simple knowing that is within all of the Creator's children. This knowing, when fully appreciated, is simply a part of the individual just as all his senses are a part. It is not possible to intellectually understand the physical senses that make you aware of your illusion and your surroundings. It is only possible to utilize and know that they are part of your consciousness.

Expand this awareness, expand this consciousness. Become in a state of knowing so that you understand your desires, so that you understand how you may desire something that is more along the path that you will eventually choose.

It is very difficult for the peoples of this planet to give up their illusion, to give up the preconceived knowledge of what they believe to be cause and effect. However, my friends, this is not reality. This is illusion, born of illusion. It is a simple product of the complexity that man upon this planet has generated. Join with us in divorcing your thinking from such complexities and become aware of what has created you, everything that you experience and everything that is thought. Become aware of your Creator. Become aware of His desire and when you know this desire, you will know your own, for you and your Creator are one. And you are one with all of His parts and therefore all of your fellow beings throughout all of the creation.

When you know His desire you will feel it. There will be no more confusion, there will be no more questions. You will have found what you have sought—you will have found love. For this is the desire of your Creator: that all of His parts express and experience the love that created you. This may be found simply, in meditation.

No amount of seeking within the intellectual concepts of your people, no amount of planning or careful interpretation of the written or spoken word, will lead you to the simple truth. It is you and it is all about you. It expresses itself in every living thing. It expresses itself constantly and unceasingly. It shouts at you from every blade of grass and from every animal and bird, from all of your fellow beings in a terrific crescendo of love.

And yet man upon Earth is blind and is deaf to these sights and these sounds. And all that is necessary is that you become aware, my friends, develop an awareness to see your creation, to understand your Creator, and to understand His love. Do this, my friends, by simply availing yourself to Him. Meditation will provide this; nothing else is necessary.

I at this time will transfer this contact to one of the others. I am Hatonn.

(H channeling)

I am Hatonn. I am now with this instrument. I will desire to continue upon the same subject. The people of your planet, though many are not aware of it, all desire the love of the Creator. Through each *(inaudible)* experiences there is formed within their intellect, their, shall we say, version of this love. Through experiences within this illusion are greatly presented to you for a purpose of, shall we say, testing, your seeking of this love. All within your illusion has been greatly affected by these fallacies of your society and the true love and the true concepts of the Creator cannot be gained through utilizing the portions of this illusion.

We have stated many times that the true means of seeking is love. It is meditation. For through meditation you may realize the simple truth of this love which is given by the Creator. And within your illusion all has become, shall we say, the opposite of simplicity. There exists great confusion, the confusion brings about *(inaudible)*. No matter how further *(inaudible)* the desire to find the love of the Creator, this shall not be true *(inaudible)* without daily practice of meditation.

There have been many great teachers who have come from our realm of existence to attempt to teach to your people the true method of seeking this love. Every *(inaudible)* of these great teachings have been greatly misunderstood. Their lives were missions of peace. Yet their teachings were either not accepted or translated, shall we say, through your intellect. The teachers have all said to seek within—that it is to be considered the Kingdom of Heaven. But your peoples, by allowing the confusion of this illusion to penetrate their intellect, have not understood the simplicity of these teachings: to turn within through meditation.

We can present—correction—we cannot present to you *(inaudible)* this concept. To us it does seem to be very simple. Learn and practice meditation, and all knowledge which is in you shall be given you through your seeking. Do not allow the great confusion that exists upon your planet to base your knowledge of life *(inaudible)*.

I will at this time attempt to make contact with another instrument.

(Carla channeling)

I am Hatonn. I am now with this instrument. I will conclude, my friends, this evening by giving you, shall we say, one parting thought, for indeed we are invaded and we are battling, seeking to conquer this planet by love. We wish to give you this parting shot of thinking to take with you into your daily life.

What do you seek, my friends? This is our question to you. What indeed do you seek? If you can

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describe what you are seeking we are afraid, my friends, that you are still within the material illusion. You are seeking reflections of reality. Remember that that whom you truly seek is not material or illusory, but is real and eternal. The master which was known to you as Jesus had very much the same difficulty when he was recognized as a ruler. It was for the most part as the ruler of a material world. However, he had no desire for a material kingdom. He worked only to accomplish the Kingdom of Heaven. This place lies before each of you in this room. You may ask yourself what is it that you seek and know you that this is the most important question that we can offer you as a signpost within your own thinking to guide you to this path that leads to the Kingdom of Heaven. As you meditate, you will be seeking. What will you seek? That which you will seek, my friends, you will surely find.

It has been a great pleasure and a great privilege to speak using these instruments. I will leave you at this time. I am Hatonn. Adonai. ♣

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Saturday Meditation
June 1, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to once more be with this group. At this time I am in a craft far above your place of dwelling. I am at this time able, however, to monitor your thoughts. This, my friends, might seem to some of your peoples to be an infringement. But I can assure you that it is not. Our capabilities of knowing the thinking of the peoples of the planet Earth are not designed in any may to infringe upon either their thinking or their activities. We do not consider the knowledge of the thoughts of others to be an infringement for we see these thoughts as our own. We see these thoughts as the thoughts of the Creator.

My friends, it may seem to you that thinking of the nature other than one of love and brotherhood might be a thought generated not of our Creator. My friends, this is not possible. All thought that is generated is generated by the Creator. All things that are generated are generated by the Creator. My friends, He is all things and is in all places. And all of the consciousness and all of the thought that exists is the thought of our Creator. His infinite number of parts all have free will, and all may generate in any way they choose. And all of His parts communicate with all of the creation, in His entire and infinite sense.

We are not attempting to change the thinking of our Creator. We are only attempting to bring His ideas to some of the more isolated parts for their inspection and appraisal. Isolated parts, I say, my friends. And why should we consider these parts to be isolated? We consider them isolated, my friends, because from our point of view they have chosen to wander far from the concept that we have found that permeates most of the parts of the creation with which we are familiar. We find, my friends, that man upon planet Earth in his experiences and experiments has become isolated in his thinking and has divorced it from that to which we are accustomed in the vast reaches of creation which we have experienced.

We find man on planet Earth to be an aberration, an aberration in thinking, in experiment, and in present experience. If the Creator, as represented by His parts upon planet Earth, wishes to experience and experiment in the manner of man on Earth, then this is exactly what we wish for Him to do. For He is us and we are Him. And we realize that this is a privilege, a privilege of this being that is all of us.

And yet we believe that in this isolation some of His parts have grown tired of the experiences of man on Earth and they are now seeking an experience more closely allied with what we have found to be normal, in that it is what we find in our experiences and investigations through a very large portion of this

infinite creation. So we are here to monitor the thoughts of the Creator on planet Earth, and to discover those who seek to reunite more closely with His original Thought—a Thought of total love.

We are here to advertise, to advertise the possibility of a simple return to this thought, to contact as best we can those of His parts who now wish to move away from the experiment within your Earthly illusion, the experiment which has carried man of Earth far from the original Thought into an experience that is even unwanted by those who have generated it.

Yes, my friends, we know your thoughts for you and we are the same; exactly the same, my friends, for we are one and the same thing. We are not joined in something that you in your present form can reach out and touch, or something that you could even see. But we are nonetheless joined as is everything in the creation, joined by that single force that created you, joined by that single force that has generated all that there is. We have called it love, but this is inadequate for this is a word in your language expressing emotions and reactions that you experience in your illusion. And yet, we must use it. We must use it until you avail yourself to its total meaning.

And this you may do, my friends, quite simply, as we have said many times, through daily meditation. And then those of His parts who are now locked within an illusion, an illusion created of a need for experience to desire for experience, will begin to free themselves, will begin to change their desires, and will begin once more to become aware of love, not the interpretation of man of Earth, but in its true meaning, in its infinite and all-embracing sense. And then, my friends, you and we will be much, much more closely allied. For you will know our thoughts as well

(Carla channeling)

I am Hatonn. I am with this instrument. I urge you, my friends, to remember what we have brought to you. The next time that you are, shall we say, backed into a corner by the circumstances which prevail within the illusion of your physical existence, remember what you have learned and do not forget what you have worked so hard to obtain. You will choose at any time to alter your needs and desires from within the physical illusion to your being within the creation of the Father.

As long as your objectives lie within this physical illusion it will be necessary for you to be subject to the laws which prevail within this illusion. If your desires can be altered by the application of what you are learning and are lifted into the creation of the infinite One, then, my friends, you may have a great deal more ability to remove yourself from the corners which the illusion seems to back you into.

You have chosen to come into this illusion, my friends, because you thought that you needed the experiences which you could gain here. If you now feel that you would enjoy ceasing to experience the physical illusion with its troubles and difficulties, and beginning to experience that which you desire in spirit, you have only to alter your desires and, my friends, in time you will find what you desire to have come about.

If you will be patient with me I would like to contact our developing new instrument. At this time I would like to transfer this contact to the instrument known as E.

(Unknown channeling)

I am with this instrument. I am Hatonn. I have spoken to you this evening on several matters. However, in closing I would like to state that there is only one thing of great importance for you to consider at this time. That is your personal preparation for service. You are to serve your fellow man, and therefore it is necessary that you prepare yourselves for this service. This, of course, my friends, is done in meditation.

We cannot over-emphasize the importance of meditation. Through this technique you will receive answers to all of your questions. It is difficult to realize this, but this is true. All of your questions can be reduced to an extremely simple concept. This you can become aware of in meditation. Once this has been done you will be ready to serve, just as others have served and are now serving upon your planet. Follow their example, spend time in meditation. Qualify yourself to reach out to your fellow man and lead him from the darkness of confusion that he is experiencing back into the light that he desires.

I will leave you at this time. I am Hatonn. Adonai. Adonai. ✤

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Sunday Meditation
June 2, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to speak with this group this evening. I am presently in a craft which you would call a flying saucer. This instrument is able to receive my thoughts. He is simply receiving what I give to him and repeating the message to you. This is not difficult to do. This may be accomplished by any of the peoples of planet Earth who desire it. We of the Confederation of Planets in the Service of the Infinite Creator are here to serve man on Earth. We have been here for many of your years and we will continue to contact those of the people of planet Earth who desire it. We are at this time totally familiar with your language and all of your concepts. We are giving information to this instrument and he in his own words is relaying it to you.

I am at this time going to transfer this contact to one of the other instruments. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn. My friends, as you come here tonight I am aware that whatever differences in thinking you may experience there is one thing which you all have in common. You are all seeking the truth, my friends. You are all seeking understanding. You are all seeking reality. The seeking, my friends, has brought you here and your desire for knowledge has brought us to you. We are here to aid you in any way that we can in giving you what you seek.

My friends, there are as many different paths to your common goal as there are individuals and we cannot give you any final words, for our message cannot be expressed directly. We can only act as guideposts to point you in the direction of that which you so desire. We can only tell you to the best of our own limited knowledge that in our opinion the direction in which the truth lies is within your own being, my friends.

We encourage you to begin to meditate and then to continue in this practice. Allow the practice of meditation, my friends, to inform you of its own value to you. Only from within can that which we are suggesting that you seek be found. We can only suggest. I say we have limited knowledge, my friends. This is so and yet we are aware of very much more of reality than are you as you dwell within your physical illusion on planet Earth. It is our experience as …

(Pause)

I am sorry, there was difficulty. We will continue. As members of the Confederation of Planets in the Service of the Infinite Creator, we have experienced many times that the most efficient way to begin to obtain the truth, the knowledge, and the realization

that you seek is to go within and to seek contact with reality through meditation, to seek contact with that which is infinite, that which is love and light.

At this time, my friends, I will attempt to transfer this contact to another instrument. I am Hatonn.

(Unknown channeling)

I am now with this instrument. We are aware that there are those present who are experiencing for the first time with our information. As we have stated, we have come to your planet to offer our services for we are aware that your planet is presently at the culminating point of the cycle which it is in. There is to come great changes to all phases of what you would consider your world. We have through our seeking gained great knowledge and are aware of information which will be of great aid to the peoples of your planet during this period of, shall we say, trial. We at this time do not wish to deeply go into the facts which we have to present for we have in our contact with your people realized that the intellect which you possess can accept only small segments of our information at any given time and this information must be analyzed before you can receive, shall we say, a higher form of information. And when we say you must analyze the information, we do not mean that you can analyze all that is happening around you by the use of your intellect. Yet, as your peoples are locked within this illusion, they must analyze in order to accept their experiences.

If it is the desire of those newcomers present to, shall we say, look into what we have to offer, we would suggest that you attempt to practice a daily period of meditation. For this is our greatest service—offering to those who would desire our knowledge and instruction, or shall we say, suggestion, the practice of meditation. Through meditation you may gain what you would refer to as a spiritual awareness. This awareness goes much beyond what is capable of your physical intellect and it is the most valuable portion of information we have to present. For without meditation, there can be gained no true understanding of the Creation.

You, presently, are living upon a planet and this planet, we find, to be in a great state of confusion. And in order to transcend this confusion it is necessary that you not use the information and intellect contained within this world. There can be no other means other than meditation to gain a proper understanding. As the great master whom you would refer to as Jesus, spoke many times, "The kingdom of heaven lies within." And by this he means within your being. Turn within yourself through the use of meditation and you slowly shall find the truth of what we wish to present and what many great teachers have also attempted to present to your peoples.

It cannot be expected that you gain great realizations in short periods of time, for meditation is a process of learning and all that you learn must come, shall we say, from the beginning and slowly develop to the climax. Yet, if you wish to consider a climax, we are not aware of that climax, for we are not to be considered as an ultimate source of information. We are fortunate enough to have experienced what you presently are experiencing and chose to seek the truth through meditation. Through this seeking we have evolved into a higher understanding. This understanding we wish to share with you. There is no means and we would not desire to avail our information to anyone who would not desire to accept it. We wish only to serve your peoples and to help them realize the love, which is all that is contained within this Creation.

I would like at this time to attempt to establish contact with another instrument. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am now with this instrument. I shall continue. We have spoken many times of the great lessons which are to be obtained through your meditations. The first and the greatest of all is that of love and what can be obtained through this love. Through love you receive all your faith and through your faith, your desires to serve the Creator in which way that you have chosen. When looked upon in the right manner there is no other force in your universe that can possess more teachings for your effort. It is within this means that you are to share with the others the knowledge of the Creator and of His creation. You shall learn and come to a more great understanding of all creation. We wish to stress the importance of your meditations, be they solemn or a group meditation such as this. For one, you may gain the knowledge in which you seek to serve and the other, the knowledge of the Creator to serve.

I shall at this time leave you. I leave you in the love and in the light of our infinite Creator. Adonai my brothers. Adonai vasu borragus. ♣

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Sunday Meditation
June 2, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, once more in the love and the light of our infinite Creator. It is a great privilege to be with you this evening. It is a great privilege to meet with you any time that you desire our contact. We of the planet Hatonn are here to serve you. Avail yourself of our service. You desire it and we bring it with love and a deep desire to serve all of those of the planet Earth who would avail themselves.

We are going to at this time establish contact with the newer channels of this group in hopes that they will generate proficiency. At this time I will transfer this contact. I am Hatonn.

(Unknown channeling)

I am now with this instrument. We wish to express our joy in the progress of such new instruments as this one. I wish to speak to you tonight upon a matter in which *(inaudible)* may be *(inaudible)* assistance to those new instruments who may desire our aid in the progress of their channeling. We have oftentimes *(inaudible)* that your progress increases with the [volume] of your desire. Through your desire you obtain the knowledge with which to guide you through the trials in which all instruments who choose to serve the Creator must serve. For you see, the road is always difficult but through your meditation you are given the strength with which you are to bear these trials and yet with each trial you gain further faith and further knowledge of the Creator.

It is somewhat a difficult task to devote individual attention to all of those who desire it at this point. Therefore, we have developed new devices in which, once developed in awareness of your desire, we may share with you our love at any time you so desire. We wish to express our love for all the peoples of your planet and our desire to serve you. All who wish this desire, the choice is in the individual, for it is said and it is true that every being on your Earth is of their own free will [and] can make of their lives what they may.

I would like to at this time attempt to condition those new instruments in this room at this time if it be of their desire. I might add that it's *(inaudible)* to say do not be afraid to say this thought for the thought you may have is often mistaken as being of the fault. Do not have fear of mistakes for it is a common occurrence in the lives of all the beings of your planet and also, I might add, it's the fault in which all of God's children may *(inaudible)*.

I shall at this time attempt to condition those who may desire. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am now with this instrument. It is indeed a great honor to be with again a new instrument. I would now like to proceed upon the subject of inspiration. Inspiration is indeed what takes almost all things you obtain to come true.

I have experienced some difficulty with this instrument. I will now continue. As you go about your life on your planet there is indeed a great illusion.

(Unknown channeling)

I am Hatonn. I am again with this instrument. I should like to continue. I was speaking of your need for inspiration for it is the inspiration in which you need to bring about the will to desire the knowledge or whatever you may seek in the name of the Creator, for it is when it is used as a service of the Creator a most worthy power of suggestion that can be offered. We wish to convey a short message pertaining to the development of these, shall I say, cosmic powers. Through your meditation may we gain much knowledge. We wish to stress the need not only for your group meditation, which is good for the development of your intellect, but we also must stress your need for silent meditation for it is within this that you gain the knowledge in which is needed for your daily life in the service of the Creator.

I would like at this time to make contact with any entity who will avail themselves. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am again with this instrument. I will *(inaudible)* on the subject of influences. You as a person living on your planet are subject to many influences. We in some way hope to bring about small things that will help influence your mind as to the power of the infinite Creator. But at the same time we do not wish to get, as you say, carried away. I and my brothers only wish to make it possible for you and those of you that wish to know to have certain information at your disposal. It is indeed a great honor for us to be able to do this. I and my brothers are extremely proud of the great number of you who are making themselves available. I sincerely hope that in the near future it will be possible to give better messages to those who have not experienced channeling for *(inaudible)*.

I am aware of the uncertainness in the ones … one known as G. I will at this time attempt to establish contact with her if she desires. I would like to say to her that she relax completely. I am Hatonn.

(Pause)

I am experiencing trouble in establishing contact so I would at this time like to close. It has been a very great honor to talk to some of the new channels. I am Hatonn. ♣

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Wednesday Meditation
June 5, 1974

(Unknown channeling)

[I am Hatonn.] We are sorry, *(inaudible)* spend a short time in [silent] meditation before we made verbal contact. I wish to express great feelings of progress which we wish to share with you. We are most pleased to see the efforts of such group meditations, for it is through the knowledge necessary for your effort [comes through yourself] in which our most valued *(inaudible)* for you shall learn the steps you need take so that you may devote your life to the service of the Creator and through your group meditation this is possible. We wish to state that all entities which desire our presence and our guidance shall receive it and [we] wish to express the progress gained as most satisfactory. We are most pleased with the progress of your group and are doing everything possible to help this progress.

I shall like at this time to switch contact to another instrument. I am Hatonn.

(Long pause)

(Unknown channeling)

I am now with this instrument *(inaudible)*. We wish to extend to you the greetings of all of your brothers in the Confederation, in the love and in the light of our infinite Creator. We are most pleased to see the forming of a new meditation group. We feel that the development of this group *(inaudible)* to those who you shall render your services to. We of the Confederation of Planets in the Service of the Infinite Creator desire to serve in whatever way we may the peoples of your planet. We cannot avail our services to any entity who would not desire it. We wish, as we have said, to serve all of your peoples yet we are aware that all shall not accept and we shall serve those who would desire.

Our service is, shall we say, of *(inaudible)* compared to the service you may render unto yourself, and this service is the daily practice of meditation. For through meditation you may attain the knowledge which shall be greatly needed in the coming times upon your planet. We are most pleased to have been given the opportunity to aid your peoples and it pleases us to see such great numbers within recent period of time accept what we wish to offer. We have offered our services to many planets in many regions of this creation. Your planet is not the first we have come to. We have expressed before that we of the Confederation are not of an ultimate source of knowledge, and yet we do have, shall we say, the capability of error. For we ourselves are also experiencing this creation. Though we exist within a higher realm of awareness there exist many beyond our own. We are aware of your present situation for we have experienced that which you experience at this time and we *(inaudible)*, shall we say, of the next

realm desire to aid you in achieving the awareness which we have achieved through our meditation.

I would at this time desire to establish contact with another instrument. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am again with this instrument and wish to add, shall I say, a line to the *(inaudible)* of many dwelling in this room at this time. For we are aware of your actions and aware of your desires. [For once chosen a path] in which to serve the Creator, for we are constantly within, trying to aid in any way possible. We are aware of your desires as we can see them, the desires of your [love] and of your mind. Those desires of love are truly the desires in which you are to gain knowledge and gain a higher [vibration]. We have often stressed many times that the negative activity oftentimes enters [reality] with confusion on the part of the desires of love you wish to explore. For unless your desires are truly of love and not of *(inaudible)* you wish to *(inaudible)* for there is a difference between what is right and what you wish to believe is right. For you shall seek this and have sought knowledge through the meditation *(inaudible)* in this [room].

We must stress that the road to further knowledge cannot be sought in this [way], for we realize that man was created in the Creator's image, and which entitles him to a free will, one with which to choose the path he has to go and the speed in which he has to take. For it is the free choice of all entities on your planet. This is why, my brothers, we have higher [levels] and some have stronger desires to reach the higher levels faster than others. We can, shall I say, let it be *(inaudible)* for what is learned shall be learned at their own rate of learning.

I wish to at this time to attempt to condition new channels, if it so desired, *(inaudible)*. I shall now attempt to move this contact. I am Hatonn.

(Unknown channeling)

(Inaudible). We are aware that it is your desire to [convince] and that we were as you are now. Desires of this progression through *(inaudible)*. My friends, this is a proper desire and insomuch as you have desire, it shall be given to you. Free choice. For each moment that you desire what is true, you are in communion with many, many souls filled with light and joy and [ecstasy]. We have only one question to give you, my friends. The path of progress is *(inaudible)*. There is very, very little that you may not learn [from]. We are not talking about directions that may be necessary with circumstances, but *(inaudible)* we are talking about intellectual being. Intellectual being, my friends, has been our specialty and for many years we have proffered to those who are seeking, and it has served as a guidepost to introduce many to that which they are seeking. No [backgrounds]; what we offer you with words is merely an arrow painted on a sign. It is you who must walk the road, it is you who must seek, the *(inaudible)* that you are seeking. We are not going to stop talking to you, my friends, indeed not, but the importance of your portion of the contact becomes more and more paramount as you draw closer to union with us. Therefore, my friends, seek from these fields that which you desire, seek for your wellsprings of faith and hope and love. For we are waiting in great company to rejoice each time you find a little bit more of your birthright.

At this time I wish again to attempt to contact another instrument. I am Hatonn.

(Unknown channeling)

I am again with this instrument. We are sorry for *(inaudible)* which have been experienced this evening. There exists some difficulty in establishing contact. We wish not to lengthen this session and would like to state without any offence towards any entity present that we are aware of the purpose for the formation of this group. Its purpose is, as you might say, proper and beneficial to all members of your group. We do not wish to dwell on this, for it is within the minds of those who desire this … what we speak of. It is your choice as to the means of achieving this desire.

I would like to attempt to establish, shall we say, our final contact for this evening with the instrument known as Don. I am Hatonn.

(Don channeling)

I am with this instrument. I am Hatonn. I am with you, my friends, in the love and in the light of our infinite Creator. It is a privilege to be able to use so many instruments for communications. We have, for many of your years, attempted through groups on your planet to establish contact with as many of the peoples of Earth as would desire our contact and as would serve with us in bringing, to those who desired it, our knowledge of this creation. We have

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much to offer man on Earth, but it is necessary first that he desire it and then it is necessary that he accept it. Unfortunately, many of the people either do not recognize the value or need for that which we bring. This saddens us, but if it is not their desire, then we do not wish to bring it to them.

Questioner: Hatonn, I have a question.

(Don channeling)

I am aware of your question. It is a privilege to give to you that which you desire. We of the Confederation are brothers to all of mankind throughout all the creation. This is unchangeable since we, and all of our brothers throughout all of creation, are in truth one and we must serve them as we serve ourselves and we must understand their desires as we understand our own. Man on Earth has many needs, but his real and only need is understanding. For when man, at any place in this infinite creation, understands then he has no more needs. Our Creator, Father of us all, intended that all of His children should demonstrate the love that He expressed in creating. In demonstrating this love, they would in return benefit by receiving exactly and completely what they deserved. Man upon planet Earth has lost an awareness of this simple concept and has become confused. It is difficult to give to man on Earth the simple understanding that he needs, for he has lost this deep within his consciousness. For this reason we have requested those who hear us to avail themselves to the knowledge that is within them through meditation so that they might return to the knowledge and the love and the understanding that created them and once more live and benefit in the light that is theirs.

There are at this time many of our craft surrounding your planet. They're here for only one purpose, to serve their brothers. Whether or not this service will be accepted is dependent only upon man upon Earth. Whether or not he desires to accept this service, it is available to him. It is only necessary that he become aware of his desire. It is only necessary that he become aware of himself. Man upon Earth has lost an awareness of reality. He is living on a planet that supports his every need and yet he has lost sight of this reality. An atmosphere surrounds him, each breath supports his life. Food abundantly grows on the surface of the plant and he is supported and yet upon Earth man has forgotten simple services provided him by the creation and has through his unbalanced desired arrived at a position of total ignorance at how he is in actuality a simple child of an infinite creation.

It is not necessary for man to seek for himself sustenance. It is only necessary that he seek understanding and seek to serve and then the gifts of the Creator are reflected upon him. For this was within the original Thought that created all that exists. Man upon Earth has lost an awareness of these simple ideas. Return to this awareness through meditation and then man will once more retake his rightful position, a position of love as provided for by his Creator.

There are many things that man on Earth can seek. There are many pathways down which he can seek. There are many goals for him to generate within his thinking. And yet, after he seeks down all these pathways, after he succeeds in reaching all of these goals, he simple finds that there was only one worth seeking and worth reaching. This goal, my friends, is the understanding [of] that love that created him. An understanding that he has always had which is within him because it is within all men throughout all of the creation. We of the Confederation of Planets in the Service of the Infinite Creator are simply here to direct man on Earth inward, to show him where lies his goal. It lies, my friends, in the same place for all men. Whether he be limited to the surface of a planet such as yours, or whether he be with us or elsewhere in an infinite and totally benevolent creation of love.

I will leave this instrument at this time. I am Hatonn. Adonai vasu borragus. ♣

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Wednesday Meditation
June 5, 1974

(Unknown channeling)

I am Hatonn. I am with this instrument. It is a privilege once more to be with *(inaudible)*. I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege, as always, to contact this group. We are aware of the question which has been asked and we will attempt to transfer this contact to the instrument known as Carla in order to fulfill this request. We must be patient.

(Carla channeling)

I am Hatonn. This instrument seems somewhat reluctant to speak on this subject, however, we are attempting to achieve a contact that will make it possible for her to trust our thoughts on this subject. If you will be patient, we will need some time.

The man of which you spoke is a somewhat rare type of entity. He is among those who have chosen to incarnate upon the surface in order to be of some aid to those upon the surface of this planet. Much of what he is able to do is dependent upon those areas of awareness which he has brought into this incarnation upon this planet. It would not be possible for this person to be used as a type of channel were he not what you might call a somewhat advanced being. He is telling the truth about each of his experiences and there are those within the Confederation who have given to him certain access to certain thoughts, which lead him to be able to exercise his natural gifts in such a way that he is able to aid your people.

This is a sort of experiment, my friends. There are many such experiments. There are many, many contacts. These contacts differ. Some contacts, such as the one of which we are speaking, are very ambitious and some seem to be not so ambitious. However, it is a great aid to us to be able to make contact with many instruments, for each channel has an untold effect upon his environment.

I am attempting to continue, however, due to the amount of control we must use with this type of contact and due to the fatigue of the instrument we are finding it increasingly difficult to maintain a satisfactory contact. Therefore, we will attempt to continue through another instrument.

(Unknown channeling)

I am again with this instrument. I am Hatonn. It is difficult, at times, to express what is about to happen in a way that it may be understood. This would be necessary if an understanding of this man were to be appreciated. We, of the Confederation of Planets in the Service of the Infinite Creator, are aware of his activities and his abilities, which your people consider miraculous. I am sorry that it is not possible *(inaudible)*. However, as I have stated through the other instrument, there are many experiments taking place upon the surface. This is but one. There is a

program now in progress to awaken the peoples of your planet to their rightful heritage. There are many facets to this program. There are many of those of us from elsewhere in the Creation who are involved in doing this. It is very difficult to progress in an exact and direct way and certain things must be brought to your people in a very small amount of your time. This is the only possibility for them at this time. We will, in the future, attempt to give you a greater understanding in this area of your seeking. However, this is difficult at this particular time. We will leave at this time. Adonai vasu borragus. ♣

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Thursday Meditation
June 6, 1974

(Carla channeling)

I am Hatonn. I greet you, my brothers, in the love and in the light of our infinite Creator. I am most pleased to greet each of you this evening. It is a privilege to be speaking with this group of seekers. My friends, it is a very pleasing circumstance to us to notice that your paths have all crossed for this meeting.

We have been aware of your desire to serve for, in some cases, a considerable length of time as you know. No one can know better than some of you here tonight that our mission on planet Earth has not been as successful as we had hoped. The harvest is coming, my friends, it is coming very quickly. And the harvest will be somewhat smaller than we had ever hoped. And in this fact we experienced a degree of sadness for we attempted to the best of our ability to alert all of those on the planet known as Earth who could hear to the possibility of a higher existence. And in many, many cases this information was not recognized or desired. You, too, from attempting to express the thoughts of the Creator have often found this to be so. And I am aware of the great sadness that you too feel.

My friends, although this call bides within us all, let us not spend more time than is necessary to accept this experience for there is a great deal to do for the ones who have not rejected the higher experience. There will be many who still seek and some who flounder *(inaudible)* and there is much that ones who are aware of truth can do to encourage those who are seeking towards a path that will lead them into the real creation.

True progress, my friends, is without the dimension of time and without the dimension of space. That which you do for one, you do for all. And as you meditate, my friends, your meditation is the totality of what you can offer. Do not be discouraged, but continue in your seeking and through daily meditation keep yourself grounded well in the creation of the Father, for we have much to do yet and it is our greatest privilege to share with you our thoughts. We may be of much help, my friends, never doubt that.

I would like to condition others of this group who desire for a period. And then I will transfer this contact to another instrument if he will avail himself. I am Hatonn.

(Unknown channeling)

I am *(inaudible)* a great honor to be with you through these group meditations. You will find *(inaudible)*. I and my brothers are *(inaudible)*. I will at this time transfer to another instrument. I am Hatonn.

(Carla channeling)

We are having some difficulty, my friends, contacting the instrument known as R. If she will avail herself to our contact, we will attempt to communicate a brief message through her. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn. I will leave you now, my friends. I leave with a thought. The thought is one of love, my friends. The simple and eternal question is always, "What is love?" Love is all, my friends. He is love. Be one with love and allow the divine love of the Creator to flow through you. In this way, my friends, you know the ecstasy that comes with being one with [all] that there is.

I leave you in the love and in the light of our infinite Creator. I am Hatonn. Adonai. ♣

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Thursday Meditation
June 6, 1974

(Unknown channeling)

(Inaudible) in my presence. I am a new teacher to this instrument and *(inaudible)*. I have also this evening which you would say is many miles away *(inaudible)*.

I would like to say but a few words; that there will be many teachers that will come to you. There will be many different kinds of channels. There will be some who can see the future, *(inaudible)*. And there will be more than one teacher who *(inaudible)*. And you will know the difference of the vibration and *(inaudible)*.

It is remarkable and unusual and delightful to see, I would say, the younger generation interested in our thoughts. But again, if you really think that, haven't you always known this? But at times when you do *(inaudible)*. We know if you feel *(inaudible)* … It is in your actions and it is the way you say you feel. And the way *(inaudible)*. The way you help and the way you do help *(inaudible)*. You all must work and the work is not easy. And it will not be done for you, but you will be guided as we always try to do. You will be given suggestions, as one of your words—a hint—of a means. And sometimes *(inaudible)*. And what one can figure out himself. To do something yourself *(inaudible)*.

(Inaudible)

I will not speak any longer because I know that you must be weary. But if *(inaudible)* will avail himself, Deltron would like to speak for just a brief moment. I leave you with this thought in mind: all there is, you are. My love. I am Nona.

(Unknown channeling)

(Inaudible) in the radiance and love of the infinite One. I am known as Deltron. I am fairly new with this speaker. I have been here for some time and I have been observing classes of students that my brother Hatonn is working with. I have found communication with your people interesting and delightful. I have not spoken through an Earth instrument until a few months ago when I spoke through this instrument for the first time. I told him, at this time, I was not of this galaxy. I am from another galaxy entirely different from this planet's.

I and many of my brothers have answered the call to come and assist the people of Earth. We have been up to now merely observing and learning the techniques of contacting the Earth people. Some of our observations are very interesting. We find your people still devoting a great deal of their time to elaborate ritual, to the building of fabulous houses. We find your people searching in all directions for that which they call the light of their Creator.

My friends, there is a story upon your planet. I believe it is referred to as the search for the bluebird

of happiness. In this search, an individual was seeking happiness and much to his own surprise he did not find happiness until he looked in his own backyard.

My children, this is the truth of your searching. Search no further than yourself because your Creator has endowed you with all you will ever need. It is there for you to find. It is found in sincere searching through love for yourself and for your fellow man. It is found *(inaudible)* within yourself. It is found through consideration, compassion and the reflection of love and understanding to those about you. You are well on your way and there are many more to guide and direct you. It is up to you to open your heart and to reflect that radiant light, that loving presence that is within you today.

I believe I have spoken long enough this evening and I shall extend to each one of you the love, the understanding, and the warmest blessings from myself and from my brothers. May each of you walk in the light of that radiant light. Fill yourselves with light [from] those of us.

I am Deltron. I [bid] each of you go in peace and be of good cheer in the days to come. Vasu. Vasu, my friends. ♣

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Friday Meditation
June 7, 1974

(Carla channeling)

I am Hatonn. I greet you, friends, in the Creator's light and love. It is a great privilege to speak with you this evening. I am aware of your questions. Although we are capable, as members of the Confederation, of perceiving and understanding the *(inaudible)* thoughts of those upon your planet, we are reluctant to attempt to explain certain of these thoughts. The intention of the *(inaudible)* personality, as we would call it, is to achieve understanding of some aspect of your illusion which the entity is experiencing in a waking state which is causing him confusion. By means of alternate representation of the waking illusion, the sleeping individual is able to, shall we say, come to terms with the illusion. This is sometimes a lengthy process and the dream recurs unchanging as the understanding that is needed is acquired.

To explain what the symbols of a dream mean before the waking personality is ready to understand the dream may not be helpful. Therefore, we will not comment upon the dream of which you spoke except to indicate that it is a normal and ongoing pretense *(inaudible)* of the individual of whom you speak to attempt to understand the natural processes which occur within the physical illusion, especially within the context of time. I am sorry that I cannot satisfy your curiosity. And most specifically, however, it is my privilege to have been able to answer you as best as I could.

My friends, this evening I would like to say a few words about the concept of death. Why do I bring this up, my friends? It seems the proper time to ask you to hold it as clearly as you can as a concept of a real and specific context within your imagination. Imagine your own death, my friends. Imagine each death and dismal corridor of pain and difficulty and lack of faith *(inaudible)*. Imagine all the evil, the negativity, the limitations. Imagine it all, my friends. Allow it to build and build and build until you have a big and towering mountain of death and destruction.

What are you looking at, my friends? What are you imagining? What are you afraid of? What do you know about death, my friends? You have been exposed to much information. It is now that the time has come to begin to absorb this information. What do you know about negativity, my friends? Do you then run for death? There are many on your planet who do. Instead of being involved in the cycle which is of the day, they are involved in the glory of the cycle which may be described as of the night. They sincerely hope for death, either of a searching concern or because they are aware that things will be better to grasp their beginning after the physical death.

But what do you know, my friends? As you meditate what pours forth from within your soul? Are you not aware that which is light and dark which is darkness? That which is life and which is death is merely part of the infinite cycle of an eternal and unchanging creation. A creation which has neither life nor death, my friends, neither dark or light, but is all things, is all cycles, not unmatched and resolved in unity and love. Facing darknesses, my friends, you have nothing to lose but the fear that is holding you within a prison of your own choosing within your mind.

I will attempt now to transfer this contact to another instrument. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am now with this instrument. We would like to, at this time, to speak with you upon the subject of love as experienced by the people of your planet. We have expressed many times that those upon your planet do not truly realize the concept of love. *(Inaudible)* attempt to define the concept *(inaudible)*. Yet we find that it is the only word to express that which will *(inaudible)*.

(Inaudible)

I shall leave you at this time in the love and the light of our infinite Creator. Adonai vasu borragus. ♣

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Saturday Meditation
June 8, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and light of our infinite Creator. It is a great privilege to be with this group once more. It is always a great privilege for those of us in the Confederation of Planets in the Service of the Infinite Creator to speak to those of planet Earth who desire our services.

We are here to attempt to aid man on Earth, but in order to aid him he must desire this aid, for this is our understanding of the Creator's plan and the Creator's desires: that man, wherever or whoever he may me, should receive exactly and totally what he desires. We have been for many of your years attempting to aid the people of this planet. We have been required by our understanding of our Creator's principle to remain in hiding, for we cannot serve one individual and at the same time do a disservice to his neighbor by proving within his own mind that we exist, for many of those of planet Earth at this time do not desire to believe in or have proof of our existence. For this reason we find it necessary to speak to those who seek through channels such as this one. We find it necessary to give to those who seek that which they seek in such a way that they for themselves may appraise its value and accept or reject on their own terms those thoughts that we bring, and being our understanding of the reality of the creation in which all of us exist.

Man upon Earth is conscious and intelligent and yet for the most part he is unaware of reality. He is unaware of the simple reality that he is capable of sensing with his physical senses. In addition, he is unaware of the much greater reality that lies outside the boundaries of his physical senses. For the most part, man on Earth has neglected the beauty and the order of the creation that surrounds him. He neglects notice of his total support by this creation. He neglects noticing that he breathes the atmosphere without which his physical body could not exist. He neglects perceiving that he partakes of the food that is amply supplied by the Creator.

My friends, man on Earth has come to look at these things as being provided by his own technology and devices. He has become very shortsighted in appreciation of the creation. He does not understand the true meaning of the simple and beautiful life that surrounds him. He does not appreciate its generation and regeneration. He learned that the very atmosphere that he breathes is cycled through the plant life to be regenerated to support him and his fellow beings and creatures. And yet this seems to the vast majority of those who dwell upon this planet to be an exercise in technology rather than one in theology.

And there is no awareness of the Creator's plan to provide for His children, to provide for their very desire and to provide a state of perfection. Man on

Earth has lost the awareness that is rightfully his. And why, my friends, has he lost this awareness? He has lost this because he has focused his attention upon devices and inventions of his own. He has become hypnotized by his playthings and his ideas. He is but a child in his mind.

And all of this may be very simply remedied, and man can once more return to an appreciation of reality rather than an appreciation of the very false illusion created by his mind. All that is necessary, my friends, is that he individually avail himself to this appreciation of reality through the process of meditation, for this process stills his active conscious mind which is continually seeking stimulus within the very false illusion developed over so many centuries of time upon planet Earth. And very rapidly then he can return to an appreciation of the reality in the functioning of the real creation.

That is the only reality that surrounds the reality of the love generated by his creation which in turn generated himself and all of the beings and all of the animal life and all of the bird life and all of the fishes in the sea and all of the vegetation, all of the planets, all of the stars, and all of the systems that surround us. My friends, your illusion is very complex. It is meaningless, your cities, your political systems, your concept of science, your concept of philosophy, they are all complex. They require great intellectual ability to encompass them, and yet they are nothing compared to the one simple Thought of your Creator who created you and all of the real creation: the simple Thought of absolute love.

This, my friends, is what man on Earth must return to if he is to know reality: this simple Thought of absolute love, a Thought of total unity with all his brothers regardless of how they might express themselves or whom they might be, for this is the original Thought of your Creator.

Your creation supports you. It was designed in thought by your Creator to support and to provide you with all of your desires. It was the Thought of your Creator that each part of this creation should serve all other parts, for this is the Thought of absolute love, the Thought of total service. When man on Earth is once more able to realize this Thought and then express it in every aspect he then will know his creation, for he will be at one with this Thought and this love.

Seek this understanding through meditation, for all rewards are within. Move backward to the simplicity that is the creation. Still the conscious mind and become aware of love.

At this time I will transfer this contact to another instrument. I am known to you as Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn. Meditation, my friends, is one word with one concept we project over and over. We do this for a simple reason: it is the best fruit that we have to give you, for all that we can do, my friends, is to point you in the direction of that which you are seeking. We can only point you in the direction of your inner self, for your inner self is one, truly one, with the Creator, and you are a creation.

My friends, we are aware that *(inaudible)*. There are various expressions of what you would call happiness. My friends, this happiness seems to be something that is sought as being of great importance upon your planet. We ask you, my friends, if you look at this happiness that you may gain through use of the cycles and polarity of your physical manifestation, if you can in any way compare this so-called happiness with the experience of being one with an unchanging creation of love.

There are two paths, my friends. There are two kinds of happiness, my friends, the happiness within the illusion that you know of as the physical illusion that you now enjoy, and happiness known only as understanding. One can only seek one's choice of these two.

The effects of the seeking is to present one with what one desires. So we urge you, my friends, to be very careful as to what you are truly seeking. Do you seek within this illusion which shifts and is so changeable? Or do you seek for reality? Only meditate, my friends, and you will be seeking in the direction of the reality you seek.

I would like to speak briefly through a newer instrument. I will condition each of you who desires it and will at this time attempt to contact the instrument known as R.

(Pause)

I am Hatonn. I am having some difficulty in contacting the instrument known as R. We find this difficulty often when the new instrument has not

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availed himself for use as an instrument. Too often when the reason *(inaudible)*. There is nothing to be concerned about. If it is again desired to be of service, my *(inaudible)* friend, it is only necessary to begin to avail himself in the regular manner and new ability will become fluent in a very short time.

We will now attempt to contact the instrument known as T, if he will avail himself.

(T channeling)

I am Hatonn. I am now with this instrument. It is a pleasure to be with this instrument. This instrument is also experiencing some difficulty in relaxing *(inaudible)*.

We would at this time [like] to say a few words about *(inaudible)*.

Will now attempt to transfer this contact to the one known as E.

(E channeling)

(Inaudible)

(Tape ends.) ♣

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Sunday Meditation
June 9, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a privilege once more to be with this group. We of the Confederation of Planets in the Service of the Infinite Creator are always ready to serve those who seek and desire our services. At this time I and my brother Laitos will condition each of you and then we shall attempt to use each of you who desire our service as an instrument.

I am at this time going to contact the instrument known as Carla.

(Carla channeling)

I am with this instrument. I am very happy to speak with you. It is *(inaudible)* to join our services to yourself. We wish to assure that the service of channeling will be one which is very valuable in your immediate days to come. It is not *(inaudible)* that you will be asked specific questions by many who seek, although this will certainly be true. It is also that this contact will give you confidence and with this confidence you may the more carefully carry on your own program of seeking in such a way that you will recognize that which is there for you to do, for you to know, and for you to be aware. Much of the attempt which is initially made by those who begin seeking to discover their inner selves is such a confused attempt that it must be simply guided into another attempt. Therefore, many questions which you will receive will have very little meaning to you in light of your contact with the knowledge and understanding of the One Who is All.

That which you say under those circumstances must *(inaudible)* a very careful line. You must not give false information; you must not be discouraging. You must be encouraging and somehow understanding within the light of that which you know to be true. In many cases, my friends, this will entail an answer that is not an answer, which may temporarily confuse the person you are attempting to help in which you will not be what you as your previous illusory self would have answered. In this contact with us it is good, therefore, in your service in two ways. First, in giving specific answers to specific questions which have an answer which can be given. And second, in giving you confidence as a channel for the thoughts of the original creation so that you are able to speak as its servant rather than as your own limited earthly self.

There is much in this work ahead of you which the world will not understand. And this, my friends, is precisely the difficulty. Because the world does not understand, my friends, we are here. For it is seeking to understand and we hear its cry. The service that you are performing is truly, truly an important one. Have faith that your seeking is in the direction of progress and continue, my friends, if you desire. We

are very, very grateful to you for your attempts to serve and we welcome you to our company.

I would like to speak further and to contact the instrument known as T at this time. I am Hatonn.

(T channeling)

I am Hatonn. I am now with this instrument. I wish to continue as saying, as I said before, many people will not understand what you will tell them. Your daily contacts will at a time in the near future provide a very fertile field for the dissemination of information. Many people will ask questions, my friends. This may not seem very likely in the present, but I assure you that the situation will change to a large degree. Many people will ask questions. More than likely in many instances after you have answered their questions, they will not believe you. They will not believe what you have told them. Again, this is to be expected and to be prepared for it. It is not something to be discouraged about, my friends. They will in their own good time come to understand and accept what you say or what someone else tells them. Your attempts at service in this manner will bear much fruit either immediately or in the future. So prepare yourself, my friends. Prepare yourself through daily meditations. Prepare yourself through group meetings such as this.

I will now attempt to transfer this contact to the one known as B. I am Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. I wish to continue *(inaudible)*. Through your daily meditations you will be supplied with many answers to questions that will shortly be asked you. I and my brother Laitos will be at your disposal at any time that you wish to communicate with us. It is our sincere hope that through more meditation the newer channels of this group will be able to take on, as you say, more *(inaudible)*. I and my brothers are very pleased at the progress made by this new channel.

In the days that follow, many hardships will come to the planet known as Earth. I and my brothers will try to answer all the questions that are put to us. On many occasions you will find that some questions asked again [and] again. Many people that *(inaudible)*. I will repeat. Many people known as friends will not believe the message that some of the channels will try to *(inaudible)*. It is not the duty, so to speak, of these channels to only look to friends at a time like this. Many, many people will be questioning and there are not enough channels to meet with all. Through the developing *(inaudible)* instruments, people will be guided to you with questions and *(inaudible)*. I am sure that all who dedicate *(inaudible)* will find great inspiration through their channeling.

I at this time will try to communicate with the one known as E. I am Hatonn.

(E channeling)

I am Hatonn. I greet you once again. Meditation is very important for all channels. There will be new information given during meditation. New channels should meditate as much as they can in order to understand new information that will be given. *(Inaudible)*. Stay in meditation as long as you can in order to acquire understanding.

At this time I will again contact the channel known as Don. I am Hatonn.

(Don channeling)

I am with this instrument. I am Hatonn. It is a privilege to be able to speak through each of the instruments present this evening. As I have stated, meditation is of utmost importance. Meditation will allow you to become totally aware of the concepts which we bring to you. These concepts are very simple, but they cannot be communicated effectively with words alone. When you become aware of these concepts in their total nature, there will be a transformation in your thinking, a transformation that you presently desire. If you did not desire this you would not be seeking it. This transformation is necessary if you are to be totally effective in serving with us our Creator.

This transformation has seen demonstrated to you at a previous time upon your planet. The last teacher with whom you are familiar who so demonstrated this transformation of thought was known to you as Jesus. This man lived and acted quite simply. However, this thinking was unique. This thinking was recognized by those around him as being unique. It was also recognized as being correct by many of those who were aware of it. We wish to bring to you that which you seek—that transformation of thought that has been demonstrated so clearly to [you] by this man. My friends, you may obtain this transformation through

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meditation. It is of the awareness. Spend time in meditation. Spend time to become aware of that which is already yours—a total knowledge of the love and the understanding of our Creator. This is all that is necessary for you to serve in your fullest capacity.

It has been a great privilege to bring to you these thoughts. It is always a very great privilege to serve those who seek. We bring to you the answers to all of your questions. I am aware of your question. It is very good to seek in all directions. There is much to be gained from these activities. However, meditation is in all cases of primary importance. I am at this time attempting to answer this question. Seeking takes many forms and many expressions.

(Pause)

I am with this instrument. I am Oxal. I am using control. It will be necessary to use control. I am aware of this question. I am sorry but it is impossible at this time to answer this question. I am Oxal.

(Pause)

I am Hatonn. I am once more with this instrument. It has been a privilege to speak with this group this evening. I am sorry that we have not been totally capable of fulfilling your immediate desires. However, all things come to those who wait. I shall transfer this contact for my departure to the one known as Carla.

(Carla channeling)

I am Hatonn. I am now with this instrument. I am having some amount of difficulty with this instrument. If you will please be patient we will condition her for a short period.

There are pieces of information that are of importance and there are pieces of information that are not. As we told you before, there are many times in which questions must be turned away. Wisdom is a rather lonely matter, my friends. You must accept this truth as you acquire the burden of wisdom. That which you know you are to be careful of, for what you know in the real creation has power. And that which you desire is all of the direction which that power will be aimed at. But have faith, my friends, in what you know and what you are learning. And feed your faith and your understanding through meditation. The farther that you go along this path, my friends, the more meaningful you will find this simple statement: meditate. It begins as a simple process and little by little it becomes the way in which you live. Observe it, my friends, as you progress along your own spiritual path.

It has been a great privilege to speak using each of you. We are most honored and we hope that we have been able to be of some aid to you. We are with you always. We leave you only seemingly as we leave this instrument. We leave you in the love and in the light of the One Who is All. I am Hatonn. Adonai. Adonai. ♣

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Thursday Meditation
June 11, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is once more a great privilege to be with this group. It is always a very great privilege to be with this group. We of the Confederation of Planets, as we have said, are here to serve those who seek.

There are more people upon this planet seeking than there have been in the past. However, many are quite confused in their attempts to seek and there is a need at this time for many more channels such as this one who can receive directly the thoughts that so many of the people of this planet are now seeking. We are attempting at this time to generate greater numbers of proficient vocal channels who can receive our thoughts quite readily. This requires daily meditation. This is all that is required: daily meditation. It is assumed, of course, that as this daily meditation is performed there is a desire for our contact.

We have been contacting people of planet Earth for many, many of your years. We have been contacting at intervals of thousands of years those who sought our aid. It is time for many of the people of this planet to be contacted for many now have the understanding and the desire to seek something outside the physical illusion that has for so many years involved the thinking of those of this planet.

The process we are stimulating is one which is self-generating. As more and more of those who desire our contact receive it and pass it on to others, then those who receive this passed-on information will they themselves be able to reach a state of thinking and understanding sufficiently in tune, shall I say, with our vibrations in order to receive our contact.

For this, my friends, is how contacts work. It is first necessary, if the entity is to be able to receive our contact, for him to become of a certain vibration as a result of his thinking. This is greatly speeded by involvement in groups such as this. And then it is finally done through meditation.

In other words, the verbal communications given to the entity by the channels such as this one create a system of thought and a desire for spiritual awareness that raises his vibration. Through meditation he is able to attune his thinking to those of us who serve planet Earth. He then can receive and repeat what we give to him, in order to regenerate, from its beginning, the process of teaching and of instructing others who will follow in the same path. Through this technique there will be many more of the peoples of the planet Earth made aware of the truth and the love that is theirs, as it is the will of their Creator.

We of the Confederation of Planets in the Service of the Infinite Creator are very sorry that we cannot

step upon your soil and teach those of your people who desire our service, but, my friends, as we have said before, this would be a very great disservice to those who do not desire our service at this time. And we are afraid we would have little effect in bringing understanding even to those who desire it, for understanding, my friends, comes from within. We can only guide. We can only suggest. We are attempting to do this in such a way so that the seeking of the individual will be stimulated to turning his thinking inward, inward to that single source of love and understanding, the Creator that is part of us all, part of everything that exists, for everything that exists, my friends, is the Creator.

We are very privileged to have those of you who join with us in this great service at this time in the history of your planet. For, my friends, this is a very great time, a great transitional period in which many of the Earth's people will be raised from their state of confusion to a simple understanding: the love of their Creator.

It has been a great privilege to speak to you through this instrument. At this time I will transfer this contact to another instrument. I am Hatonn.

(Tape ends.) ♣

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Friday Meditation
June 12, 1974

(Carla channeling)

I am Hatonn. I am now with this instrument. It is a pleasure to be able to use this instrument. As I was saying, my friends, for your meditations we suggest that you may be able to experience *(inaudible)*.

Within the illusion, my friends, there are many obstacles. The illusion, in fact, is designed to produce the obstacles which will deliver unto you the choices which you desire for learning how to be of greater service to others. The lessons of this density, my friends, are lessons of service to others. And each obstacle is an opportunity which is a *(inaudible)* within the illusion think it is difficulty. Each obstacle is your opportunity to grow. *(Inaudible)*.

There is much to learn and you, my friends, are just *(inaudible)* on the path. That which you have gone through up until now is the beginning without which we *(inaudible)*. With that which lies ahead is a new chapter. It will be a unique experience for you, my friends. It will be a difficult experience in some ways. Yet it will be a uniquely designed opportunity to be very rapidly progressed along the path of seeking and service.

I am aware that there is not precisely a question, but a thought within this group, and I would respond in this manner. It may be of the nature of a beneficial experience to you to open these meetings at a certain time to those who are not specifically of the Confederation of Planets in the Service of the Infinite Creator. We would not suggest this to an introductory group because it is necessary for those who listen to contact *(inaudible)* the astral plane that they have a firm grasp of objective reality. The personalities with whom you might make contact can be very informative and interesting to you. However, they are not free of the density which you are also now within and therefore their information will be to an extent subjectively different than objectively *(inaudible)*, simply because they will be under the same illusion which you *(inaudible)*.

Therefore, it cannot be recommended that a meeting be opened up to such entities when the group is not totally aware of the creation of the Father. We do not feel that you can gain a great deal of spiritual information from them. However, there is one aspect which *(inaudible)* and that is, my friends, the beginning of an understanding of just how miraculous and vast the universe is. The number of portions of the creation which exist upon a planet such as this one is actually infinite. However, you might perhaps best understand what we intend to tell you if we *(inaudible)* and individualized portions of consciousness which are the Creator. This piece of understanding is extremely helpful in its own way in that it begins to give this illusion its proper place within your thinking. *(Inaudible)*.

I would like to move to another channel after a brief period of conditioning for each of you who desires it. I am Hatonn.

(H channeling)

I am now with this instrument. I would wish to speak to you upon the subject of what you would consider to be *(inaudible)*. We hope that in our communications that many times there shall be needed by all a total confidence and acceptance of the world of the Creator. This total confidence is to be considered *(inaudible)*. There are *(inaudible)* of aiding the growth of your planet. The one that we suggest that you utilize mostly and the one which is most beneficial to you is your meditation. In your periods of meditation you shall attain knowledge which is not directly impressed upon your intellect, yet when you face situations in your daily life this knowledge shall penetrate from within your being and shall function through you. This knowledge and this growth brings about your faith which is so greatly needed.

There is also a need of enabling your faith which you contain within your intellect. The intellectual faith is also quite valuable and is also a need to your meditation. The growth of this intellectual faith comes about by your understanding. Each difficulty or each situation which you experience contains truth and within this illusion the truth of each situation is very difficult to find by utilizing your thoughts. Allow the intellect to be guided by meditation and it shall be able to find the great lessons which lie in *(inaudible)*.

In many circumstances the situation will try greatly your confidence in the world of your Creator. You shall experience times when you shall question His word and wonder to yourself if it is *(inaudible)*. This is normal in your growth for your intellect does continue to operate and we find this the path of the intellect of your people. Yet, each time you question, turn to your meditation. Meditate upon this question and the awareness and the answer which is needed shall come to you. In this way the intellect is aided, for seeing the truth and finding the answers in meditation, it gives you the intellectual knowledge of faith.

You realize that [you] may seek the guidance when you see it and in many circumstances you shall see it within your life come about. *(Inaudible)* but do not allow the intellect to be your only means of prayer for it is *(inaudible)*. The great necessity [is] that you seek the guidance in all situations through meditation. We of the Confederation of Planets in the Service of the Infinite Creator are pleased to have the opportunity to serve the peoples of your planet. And it is most gratifying to us to see so many individuals who have desired to aid in our service to your people.

This group and many like it upon your planet shall shortly be prepared to render great service to all of the people. We wish shortly to indulge upon lessons of a higher knowledge which shall be of great aid. And we are pleased to see the formation of this group and of others like it for it is our intention to avail this knowledge through these groups.

The knowledge of which we speak would be at this time, shall we say, too intense for beginners upon the path of seeking. But as we stated earlier this evening you are well established upon the path to begin *(inaudible)*. Yet the path shall express throughout *(inaudible)*. This path shall only culminate when you attain a true meaning of the Creator. We welcome you for we also follow the path you have chosen and we wish to aid you. So we are aware of your needs upon this planet.

I wish at this time to attempt to transfer this contact to another instrument. I am Hatonn.

(B channeling)

I am now with this instrument. It is a great honor to once again to have this chance to speak through this instrument. I and my brothers are now in the room with you. I am now going to *(inaudible)* each of you. I would now like to speak on the subject of … I am having trouble with this instrument. I shall rephrase the sentence. I would now like to speak on the subject of loyalty to others of your peoples.

As one goes about his life on the planet Earth, he develops many loyalties to people and family. This loyalty is very important if evolved as perfect mentally and partially *(inaudible)*. Although many times on your planet this loyalty is taken advantage of, while one reaches a higher vibration, he is made more aware, so to speak, of the appreciation that one has for loyalty. It is very important that you carry through. Although there are times when I am sure everyone in this group will be faithful, no loyalty will be part of this. I will prove this *(inaudible)*.

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I am very, very privileged at being able to speak with this group. It was indeed a great honor to once again speak through this channel. I will attempt to communicate at this time with another instrument. I am Hatonn.

(T channeling)

(Inaudible)

I will now attempt to transfer this communication. I am Hatonn.

(E channeling)

Greetings once again, my friends. I would like to *(inaudible)*.

(Inaudible)

(Tape ends.) ♣

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Thursday Meditation
June 13, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is as always a great pleasure to speak with you. My brothers and I are here to aid you in any way that we can and to send you our thoughts and the love and the light of the One Who is All. We are aware that you have questions at this time. We are aware that you wish to know if we are, as you say, robots. No, my friends, we who are speaking to you are individualized portions of consciousness in the same mode of being as are you. The robots or computers that you became acquainted with in your reading about Uri Geller are not of the same type as what you know as robots or computers. It is more simple than it sounds, my friends. The Confederation is a unity of thought and of mind, my friends. There are many *(inaudible)* and types of entities who dwell within this creation who wish to be of service to others and who have joined as brothers in this Confederation to serve the Creator, each in his own way.

The system which this Confederation uses for communication is not a simple computer as you know it but a construct in a timeless dimension of thought. The thoughts of the Creator which those of the Confederation wish to program and the destination intended for these thoughts can be given instantaneously and delivered instantaneously. There are other abilities that go with this communications system. The limitations of this system are those of your letters. We speak to you as though by telephone and you can answer and we can adjust our information to adapt to yours. The communications which Geller received were only capable of being given within certain preset parameters. If the answer had not been prepared it could not be given.

We are within your time dimension. We are here on a special mission. We are the teaching *(inaudible)* of a very vast Confederation. The complexity of this Confederation is only an illusion, as each one of us, by means of our awareness, is constantly and completely aware of the ongoing attitudes and progress of each of the other portions of the Confederation. We do this by achieving, through mediation, our awareness of unity with each other, as we are one in the Creator.

We are speaking to you in person because we do not wish to convince you of physical phenomena but to guide your seeking. It is upon your shoulders that a certain carefully arranged service will fall. This service can only be performed by those who have been apprenticed for some time to the discipline of meditation and to the thoughts of the Creator, which only become understood through meditation. The type of contact which occurred with Uri Gellar occurred precisely because these people, in spite of being extremely and unusually positive and powerful individuals, could not seem to be contacted by the

means of meditation. Therefore, because these entities had a mission to perform, they were contacted in a more gross and material manner.

I am aware of another question at this time. I am aware that this instrument wishes to know why the meditation group has become smaller. Watch out. Do not be naive. There are cycles in all things. You have sent out one harvest and this harvest is beginning to give its service to others. In time there will be another season and you will prepare for the further harvest. Meanwhile, that service which you perform is simply to abide in your understanding and to leave the door open for such meditations.

I am aware that there is another question. Do you wish to ask it?

Questioner: Yes. Several times in the past you have spoken upon … of tests that will be for members of this group *(inaudible)* to give us an opportunity to prove our newfound awareness. Are these to be individual tests or are they just to come as one huge test, one large test?

These will be individual for the present.

Questioner: I have a question. This dreadful fear that I have. Is it real or not?

Fear is always an illusion. What can happen to you? You can die. That is a birth. You can *(inaudible)*. Debt is a kind of death.

Questioner: This fear I have is *(inaudible)*.

Carla: I didn't hear you *(inaudible)*.

Questioner: This fear that I have … is it a test?

(Inaudible) friend, do not look to your fear for your test but look behind the fear, for there is a mistaken idea which is causing this fear. This is the test.

Questioner: *(Inaudible)*.

The happening may be swayed by your thinking. It is extremely helpful to project peaceful and optimistic views of the future to replace traumatic visions, for what will happen, will happen, and there is no need to fear.

My friend, we do not feel that it is desirable for us to inform you as to the future. The test is in your own mind. It is your tool. You may use it but you should not let it use you. If a thought is not one which is designed to help yourself or another then it is somewhat suspect. If it is a negative amount of help to yourself or someone else then it is definitely not a desirable thought. These thoughts are yours. They surround you. They are real. They exist within the etheric realms of your planet. That which you think remains with you and predicts to a certain extent your future. Adjust your thinking and you adjust your future. This is why we advise you again and again to spend your days in awareness of the creation of the Father for there is nothing but love in the true creation and your present awareness of this will guide you into calmer waters.

This, then, is the test and we hope that we have guided you in how to meet it. We offer you these ideas hoping they will help you. They are indicative of our methods. We too must meditate to retain contact with that we know to be truth.

I would like at this time to exercise the newer channels and to give a short message to each. I will attempt to transfer this contact to the instrument known as E, if she will avail herself to my contact.

(E channeling)

I am Hatonn. Greetings once again, my friends. It is indeed a pleasure to use the newer channel. Once again may I say to use your time wisely *(inaudible)* your understanding of the creation. During your daily activity keep in mind the creation as it exists all around you *(inaudible)* just as below. Secure yourself in the love of the Creator and all is well.

I will transfer now to the one known as T.

(T channeling)

I am Hatonn, and am now with this instrument. I wish to *(inaudible)* goes without saying *(inaudible)* must *(inaudible)* meditation if possible these should be at somewhat regular intervals. Secondly, my friends, if at all possible try to set aside times that are somewhat devoid of *(inaudible)*.

(Side one of tape ends.)

(T channeling)

(Inaudible) this channel will in the near future begin to develop enough confidence to challenge us *(inaudible)* questions *(inaudible)* this after all will be one of the primary functions or services I should say as a channel and *(inaudible)* questions *(inaudible)* my friends *(inaudible)* great opportunity for service. I would now transfer this contact to the one known as Carla. I am Hatonn.

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(Carla channeling)

I am with this instrument. I am Hatonn. What is your question?

Questioner: Last night at the group meditation everyone experienced after meditation was over a very high state of … a very … the situation was very … a very high energy. Does this mean that your messages came through at a greater intensity *(inaudible)* a better understanding *(inaudible)* because of our seeking or because of our place and our seeking at this time?

I am aware of what you are asking. The energy which you are aware of was the sum of the desire of each person present plus the state of awareness of each person present toward the other people present. This awareness of each other in that particular group was somewhat more unified than several other groups and this increased the energy as well as a fairly unified group desire to obtain information. However, this high energy level does not indicate that you have learned what is spoken. It only indicates a desire to meditate and to learn. Other desires can intervene. We desire for certain types of information as opposed to simply rewards of the Creator. It is a somewhat self-limiting desire since it eliminates some of the more advanced information. This is somewhat ironic, as you would say, because the very desire to obtain the so-called higher information can prevent obtaining higher information due to an incorrect assumption as to the nature of higher information.

The most appropriate way to ensure understanding what is said in an unusually high energy meeting is to allow it to leak over into your everyday thinking during the time following the meditation and if you do this you will discover a way to put this teaching into demonstration. At this point you will begin understanding in a true sense, for that which is not demonstrated is not understood. This is not to say that the high level of energy which you experience is not valuable. It is very valuable, but it must be, like any other power, guided carefully or its power can be dissipated or wrongly used. Guidance comes from listening rather than predicting.

We are attempting to gain a somewhat more stable contact, if you will be patient. We have been here, my friends, many times in the past and we have attempted to give to those upon your planet the specific type of information which many seek but we have discovered that it is an infringement rather than a service in the balance of time. Therefore, higher information, if you may picture it as having any particular characteristic, is characterized by less of a physical specificity and more of a mystical or paradoxical nature. There are abilities within some of the newer channels which will begin to be developed as they gain confidence in delivering these higher messages. They will be people who will be capable of speaking in a more abstract manner. We are satisfied that there are many in groups such as yours and others who will be very capable at this task and will give a very valuable service to more advanced grades of students in the future.

Have I answered your question adequately?

Questioner: Yes. Thank you.

I am regretful that it is such a scattered answer but you were dealing with a somewhat multiple experience, if we may say that within the framework of unity.

Questioner: I have one more question. I would like to ask this question if I may *(inaudible)*.

Carla: *(Inaudible)*. You're not going to believe this *(inaudible)*! All I see is a frog. I can't possibly channel a frog. Wait a minute. Let me see if I can follow it, OK?

(Carla channeling)

I am sorry for the levity, my friends. Consider the state of a simple frog. This frog is suddenly one day thrust into the wet wonderland which is his home. He is almost transparent when he moves with many others of his kind and evades many enemies. Gradually he attains shape, color, discovers that he can make sound *(inaudible)* and that he can take life and give it. He discovers that his consciousness is flooded with many thousands of images daily, that he has great power in his hands, and that he has a fate which he must follow. One day the frog is no more, for its body is no longer inhabited and it sinks back into the bottom of the pond from which it originated.

This frog is a very important person to himself. His awareness is very central and that which he loves and that which he dislikes are very real to him. But, my friends, we who are of the type of entity which you call human are aware that a frog is a frog. Who is right, my friends? We would like to point out the

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frog is correct, that you are correct, and that both of you are incorrect, for the nature of both is consciousness—consciousness which comes from one source and which is going ultimately to its own source. There is no beginning and no end. There is only the unity, the freedom of *(inaudible)* and the joy of reunion. Any other opinion of self or meaning of consciousness is quite real but is unreal.

There is always much you may do to be of service. There are always lessons to learn. There is a reality to illusion, but, my friends, remember the frog. You are a prince to yourself and your right and your wrong are extremely important and that which you love and that which you dislike are very real to you. But you are only a *(inaudible)* and there is much hope. Allow your consciousness to rise into the light which created you and ultimately the questions will be answered for you will know that you are where you are and who you are and that all is well.

I would like to transfer this contact to the instrument known as T, if he will avail himself to my contact.

(T channeling)

I am Hatonn. *(Inaudible)*.

(Unknown channeling)

I am now with this instrument. I was speaking of service and we are aware …

(Carla channeling)

I am Hatonn. I greet you once more, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be able to be attempting to aid you in your seeking. We are aware of your questions and we will attempt to answer them.

The acquisition of understanding is not the phenomenon which you think it is, my friends. The acquisition of understanding is part and parcel of something much more basic. It does not come before this basic quality but rather is a result of this basic quality. One can only acquire understanding to the level at which his desire has led him.

Desire, my friends, is also not what you think it is. Desire is a great deal more than you think it is. The desire of a man is the man. It is his directional movement. This motion is the expression of his basic consciousness and is the most basic thing about him. Now, your question is not answered by these facts, but they are necessary facts to understand before we can give you an answer. What one desires, my friends, and the purity of that desire, becomes and is the individual once he is aware that this is true. The man who is centered within his desire becomes whole and unified. This life, my friends, is a whole, it is one thing: an interconnected galaxy of time and space and meaning. Nothing may be untwined from anything else, for all is one. There is no strain or confusion in his life for he is aware at all time of who he is. He is the one who desires that which he desires. He is a seeker after truth. He is on a path. That which the path offers to him is what he is looking at, is what he is learning, and is what he is demonstrating. If he discovers that he has not followed all of his steps he learns from this discovery and never leaves the pattern of his desire.

You may, if you like, compare this self-aware existence with a knitted garment. Each stitch is interconnected with each other stitch. As it comes off the needles it is held safely in place.

My friends, the attempt to analyze one's life by means of external and intellectual concepts is much like removing one's stitches from the needles. It is very easy for them to get misplaced or temporarily lost and it may take some time for these stitches to be properly discovered again and put back into pattern. Therefore, it is much better to do without this intellectual picking. It is much better to simply accept one's existence and realize at all times who one is and what one is seeking. If one can do this it matters not whether one is sick or well or whether one is rich or poor for these things are minor details having little to do with the purpose for which your life has been dedicated.

The seeking which led you to this meeting also leads you to each item of information which you obtain. My friends, if your seeking is not ready to absorb this information then you will not demonstrate this information and you will therefore not have this information. It will not be your information. That which is not seen through you is not within you. There is indeed the possibility of what this channel sometimes calls cosmic indigestion. However, this is not the fault of the information or the fault of the entity who is not completely ready to demonstrate this information. It is simply a slight mismatching of information and it makes no difference to the seeking.

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The true difficulty which you experienced was due to your intellectual efforts to analyze and to predict items which were beyond your intellectual ability. There are many things which one may think and man is a creator. Man creates many, many thoughts and, my friends, he lives with these thoughts. These thoughts are his thoughts. He does not create them to fly away. He creates them to surround him and they surround him more and more as he thinks upon the same thoughts. If you wish to have a certain thought about you, then think it, my friends. If the thought which you are entertaining is not full of faith, hope, charity, love and concern for the spiritual welfare of your fellow man then you may put those thoughts aside and you will not be responsible for their generation.

If you could be in the dimension which immediately follows yours along the scales of planes you would see your thoughts, my friends. You would see your emotions. You would discover for yourself how very undesirable it is to surround yourself with those things which cause fear, sickness, pain and lack. My friends, you would see the great strides that can be made by the constant generation of thoughts of the Creator. The intellect cannot understand these matters and for this reason we had you meditate to make you more conscious of the Creator's thoughts. We can only approximate with words what we are attempting to tell you and that is that your difficulties are due to your own ability to create by intellectual thought that which you feel that you desire intellectually but in truth certainly do not desire. Concentrate upon your desires, my friends. Do not be afraid of any information but only know who you are and what you desire.

We send you our love and our light, for we are one with you. We send you all of the creation, for we are one with the creation. We send you great beauty. Galaxies of bursting stars. We send you many thoughts and many dreams and great ecstasy. All of these things are in the creations of the Father and they are yours, my friends. We hope that we have been able to be of service. We urge you to lift up your heart, for there is much to rejoice concerning.

I am desirous at this time of speaking for a time with each of you, if you will avail yourself to my contact. I will attempt to contact at this time the instrument known as T. I am Hatonn.

(T channeling)

I am Hatonn. I am now with this instrument. My friend, I would like to say *(inaudible)* to you concern. The instrument has confused himself through *(inaudible)* attempts to analyze. My friends, I wish only at this time to exercise the new instruments. This is a common method or technique with new instruments. We send our thoughts on a rather basic level. The instruments should not concern themselves at first with the message they are receiving. No amount of analyzing by an instrument will make his message any more meaningful or profound, my friends. Merely relax and avail yourself to our contact. We will do the rest, my friends. It is not really a complicated thing receiving our thoughts. Our thoughts come to *(inaudible)* quite easily to some people on your planet who have never before consciously thought of our contact. This ease owes to their ability to totally relax their body and mind, thus becoming very receptive and merely repeating what they see and what they hear in their mind. I will now attempt to make contact with the instrument known as *(inaudible)*. I am Hatonn.

(Tape ends.) ♣

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Friday Meditation
June 21, 1974

(Unknown channeling)

(Inaudible) our infinite Creator. It is once more a great privilege to be with you. This evening I will attempt to condition each of you if you will avail yourself.

(Carla channeling)

(Inaudible). I am with this instrument. Again, my friends, I greet you in the love and in the light of our one infinite Creator. I express to you my feeling of great privilege to be allowed to condition you and to … speak with you at this time using these instruments. My friends, I would speak to you for a few minutes about your meditations. Although we have been over this material many times we approach it again, my friends. That which we have to tell you is, in itself, very simple. All we can do is vary the approach which is used in explaining it. We would like to look at this time at the aspect of meditation in which your feeling about the activity of meditation is demonstrated.

How do you picture that which you do in meditation, my friends? How do you measure your gains? With what instrument are you grading yourself? We are afraid, my friends, that it is the inevitable habit of those upon planet Earth to demand a type of grading system even for those things which do not lie within the grading systems you have available. That which is measured is inevitably that which is lost, my friends. What you measure is what has been expended. And in mediation, my friends, nothing is expended. Meditation is a becoming … a becoming aware of that which already is in a timeless fashion. One cannot grade it for it is entirely a living activity. Not living, my friends, in the sense of this illusion but living in the sense that eternity lives. It is beyond that which you may know as judging.

To the human mind, my friends, that which you see about you as progress could be compared to a great coral reef. You observe that which has been left behind by previous effort, that which in fact is a pile of used physical vehicles. You can see this. You can measure it and this comforts you, but my friends, meditation is an opposite process. Free yourself from the desire to measure your progress in meditation. Free yourself from the fetters of your own systems of measurement for that which you are desiring is measureless and limitless, my friends. Simply allow yourself to seek and to accept through meditation the contact with the Creator of us all. That is your duty as a portion of this creation.

I would like to continue to condition each of you and at this time I will attempt to continue this contact through another instrument. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am now with this instrument. My friends, the subject of meditation, as we said earlier, has been gone over many times. While the benefits that you receive from meditation are with you and need no measurement, your daily, shall we say habits, necessities, need to be honored so that you can find time for your meditation. This, my friends, is the greatest value of repetition on our part concerning the need to meditate. Do not allow any more than absolutely necessary your daily activities to encroach upon your mediation. Your daily activities may at times be of such a nature that you have to set aside temporarily your meditation. This is … this is your choice, my friends. Try to order your daily life so that *(inaudible)*. Each day as you continue to meditate it will seem to become easier to—again, to use your phrase—to fit your meditation *(inaudible)* to your *(inaudible)* schedule. My friends, this is due to the fact that your awareness, your, shall we say, sense of values is shifting. The realization that through your meditation all problems, questions will be answered *(inaudible)*.

So, my friends, do not hold any recriminations toward yourself if you are unable to adhere to your meditation, but, my friends, *(inaudible)*. It would seem to some that this is likened to forming a habit, but not really because a habit is usually something that *(inaudible)* necessarily *(inaudible)* derived benefit from. I will now attempt to transfer this contact to another instrument. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am with this instrument. Meditation, my friends, will provide you the access to the door through which you must pass to find all of the creation that is about you. This is what we are attempting to bring to those on Earth who will avail themselves to truth. We are trying to lead them to that doorway through which they must pass in order to experience all of the benefits of their creation. It is a very simple process. Avail yourself to meditation and you will surely find the doorway. It is there for all peoples throughout all of the creation, in all places at all times. It is only necessary that they attune their thinking with that of their Creator. This may be done in meditation. Seek and ye shall find it has been written. What ye shall find is more, much more, than you could ever imagine. Find it. Find it through mediation. It is there waiting. I will leave you at this time. I am Hatonn. Adonai vasu. ♣

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Saturday Meditation
June 22, 1974

(Inaudible)

(Unknown channeling)

I greet you, my friends, in the love and in the light of our infinite Creator. I am once more with you. I and my brothers are here. Here to serve you. We will serve you for a period of time now during your meditation. All that is necessary is that you avail yourselves to our company.

(Carla channeling)

I am Hatonn. I am now with this instrument. I greet you again, my friends, in the love and the light of the One Who is infinite. As you continue upon your path of seeking, my friends, you will find that even in group meditation there will be profound silence, for with those who have obtained direct contact with us there are many concepts which may best be presented within the silence. We have been expressing to you at this time certain thoughts having to do with service. You are aware that we are here to serve you, my friends. Have you considered the way in which we offer that service? That which we offer is left, as it were, my friends, upon your doorstep. We do not remain to discover whether you will take our gift within your dwelling places, nor do we check the uses to which you put it. We do not come bowing to you, my friends, and we do not come requesting that you bow to us. We are here to serve you. We are here to serve ourselves. There is no inequality between us. There is no separation between us. We are here and we are you. We give at the same time that we take. There is no difference. The entire experience is service.

As you allow yourself to rest within the silence then accept these thoughts which in language are such halting phrases for, my friends, you are beginning to find that your desire to serve is growing and sharpening. We are aware of this. We can assure you that there will be a great plenty of work for you to accomplish in the service of the infinite Creator. All that is necessary is a continued seeking toward the source of light and love which is within each of you.

We will pause again, my friends, and we will speak to you within the silence and after a period we will transfer this contact. I am Hatonn.

(Unknown channeling)

(Inaudible) be more aware of what we speak in the silence *(inaudible)*. There is trouble with this instrument. *(Inaudible)*. What we said before, my friends—you should not try to measure *(inaudible)* transfer this contact *(inaudible)*. I am Hatonn.

(Unknown channeling)

(Mostly inaudible)

I am Hatonn. *(Inaudible)* once more, my friends, in His love and His light. *(Inaudible)* meditation …

(inaudible) meditation is good for each individual entity. It is also good for the *(inaudible)*. A period of silence *(inaudible)* meditation. *(Inaudible)* individual … This instrument is very unsure. *(Inaudible)* each individual entity to relax and *(inaudible)* and flow of energy *(inaudible)* able *(inaudible)* individual entity to receive our thoughts *(inaudible)* and reflect, shall we say, putting away our thoughts *(inaudible)*. It strengthens the entity's desire to meditate in order to receive our thoughts. *(Inaudible)* meditation to allow that entity a better opportunity to meditate and pick up our thoughts.

We are having difficulty with this instrument. She is *(inaudible)* unsure. I am Hatonn. I will leave this instrument now. *(Inaudible)*.

(Carla channeling)

I am Teal'onn. This is not quite right. I am Fillonn. I wish to only break in for a moment. I am new to this channel. I am new to this group. I'm new to this planet. I am only learning how to deal with this planet. I am studying under those of Hatonn. I am with the Confederation of Planets in the Service of the Infinite Creator. I am here to offer what I can offer of that which I am to that which you are. I am here to give to you all of the aid which I possess, of which I possess none, for I am a channel as transparent as sunlight. I only serve to focus the light of the Creator so that another who is seeking may spot this light in a world of murky shadows.

My friends, I do not know very much about you yet. I am only learning. I wish to say to you with all my heart, my friends, look up. Pay attention, my friends. Every day, every breath is fantastic. Don't lose time, my friends. Don't lose consciousness. That which you are experiencing is precious unto you. Horde it and be aware of it. You are experiencing physical existence. This is very precious, my friends. You will not find such intensity possible in other forms of existence. You will not find the ability to experience with such rapidity and such purity those things which you call emotions. Each moment is a moment of adventure and magic. My friends, look up. Pay attention. Do not let these things go by you. Allow yourself to experience each thing that is yours. Allow those things known as emotions within you to mature so that each emotion, my friends, is as pure and true as a living color.

Each emotion, my friends, is indeed like a living color. It may be clear or it may be murky. Those upon your planet seem to be somewhat murky in their emotions. They are attempting to purify their emotions for they are truly the things that survive. They are not actually emotions but you know them as emotions. They are the colors of the spectrum of light. They are consciousness. They are all the Creator. And to experience truly these colors or emotions is to experience truly the Creator, which is the sum of all which there is.

Each expression which you feel may be purified to its complete end or final form. That master known as Jesus upon your planet is a master among many but one whom you are all aware of, I believe. This master had a great ability to experience in a purified form the emotions of which his waking consciousness became aware. You also may do this, my friends, and I urge you to attempt to follow the teaching of the one who is known to you as Jesus. This man maintained an inner contact with his infinite Father and he experienced each moment for that moment and thereby was able to absorb and use the experience which was his reason of coming. He left an example for you to follow. Many others have done the same.

It has been a great privilege to meet you. I am hopeful that I will be able to speak with you again. I hope that in some small way I have been able to share a thought which may be helpful with you. My blessings upon each of you. I will leave you now. I am Teronn. Farewell and love, my brothers.

(Side one of tape ends.) ♣

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Sunday Meditation
June 23, 1974

(Carla channeling)

I am Hatonn. I am with you once again, my friends, in the love and the light of our infinite Creator. We are surrounded by love. You are surrounded by the same love and that which flows between us makes us one. We are here, my friends, in your skies at this time to speak with those upon your planet who desire to hear our voices. We sing an anthem of praise to the Creator. We offer the rejoicing and the ecstasy of all of these portions of reality in hopes that the light we share may reflect upon you and that we may see reflected back a growing awakening of the light and the portion of reality which deals with each of you. This is a somewhat stately and slow-moving task. We have not been hasty, my friends. We have observed that which we have attempted and we have in many cases altered our methods. We have tried many new ways as time passed upon your planet and we are progressing in our program in such a way that we hope to give you the most completely efficient display of that which we have to give you and that we *(inaudible)*.

And what do we have to give you, my friends? We have to give you most of all a door. Only a doorway. Only a suggestion. We have to give you the suggestion of another world. Another complete reality. A reality that transcends this reality, that includes this reality, that explains this reality, that will completely outlast this reality and to which reality you will repair after this brief experience upon the earth plane.

We can give you this suggestion of eternity. We can offer you our suggestions as to how to approach this doorway. We have spoken many times of meditation. This is the most efficient way of approaching this door, the desire within you to go through the door and that alone will lead you through. Meditation, my friends, creates the possibility of nearing the door.

What do we have to give you? We have to give you something that you are seeking. It is only important to those who are already aware that they do not have what they are seeking. This is our great difficulty in speaking with you. We can only speak to those who already know that there is something to speak about. To those people to whom reality within the illusion is acceptable, our words will be nothing and less than nothing. To those people who are seeking our words will find a place. Our words will become your words, my friends, as you seek. For as you seek you will find, and as you are seeking upon the same path which we have trod, our thoughts and your thoughts will become as one and we will vibrate in harmony.

What do you seek? You are already aware of the very seed of that which you seek. What are you going to do to seek it? My friends, we suggest that you look at your meditation as the seed which is growing in the

rich soil of your physical existence. It will bear fruit within your existence. And the fragrance and the beauty which meditation sheds throughout the illusion will last far beyond the illusory flower, for the gifts of this fruit last forever.

Allow the seed of meditation to be endlessly nurtured within each day and, my friends, that which you need to do to bloom will come to you. The fruit which you need to supply to be of service to others will be possible for you to produce. The energy which you need to grow and flourish will be yours and when you need rest there will be time for rest for once you are committed to the gentle cycles of eternity the physical illusion very quietly falls into place.

We are most pleased to be speaking with you. We would like to transfer this contact at this time. I am Hatonn.

(Carla channeling)

I am Hatonn. I am again with this instrument. I am very happy to be with you and to be able to speak with you. At this time I will ask if there are any questions.

Questioner: *(Inaudible)*.

I am reluctant to speak ahead of the time appointed. All will be well. You must work for this is a matter of free will. Do you understand?

Questioner: *(Inaudible)*.

Carla: I'm just not getting anything except a contact point. The contact is just strong. They just … they're sending light.

Questioner: *(Inaudible)*.

You would understand this section as headquarters. We are a field organization. The activities of our united peoples are manifold and varied and we have recourse to a central organism which is somewhat like a computer but which does not become classified as an inanimate object in your system of understanding as it is at present. This computer-like entity is made of thought and is dimensionless, thus unifying that which is somewhat diverse. This means that instructions may be set in … in a more specific way than by contacts such as this one. This computer-like entity has powers within the realm of mass. We are not operating under this type of *(inaudible)*. We may work in time *(inaudible)*. We may speak flexibly *(inaudible)*. We have different jobs to do. There are conditions under which activities of the central organization and we in the field may merge. These conditions are very stringent.

As to why those particular people were chosen we can explain it best by telling you that we were looking for people of a specific type of vibration. These were people who have been intended for his particular experience at this particular time. The one known as Uri is an exceptional and rare person in that he is not native to this planet except for his inclination. His powers are only a small part of that which he had awareness of previous to this excursion into this density.

Andrija Puharich is a person who has worked within this planet's influence in other incarnations. His progress through several incarnations along the path of service has been very steady. He has desired to be of service on a planetary level through several lifetimes and he will be true to this desire. For this reason we have asked that he be the keeper of this small *(inaudible)*.

What they have seen is a result of who they are. The fact that their vibrations *(inaudible)* and that they are not either one able to relax and meditate is somewhat regrettable, not because of our convenience but because there is much comfort to the spirit to be found within meditation. When one is weary *(inaudible)* without meditation discomfort is somewhat *(inaudible)*.

Do we have further questions?

Questioner: What is the purpose of your *(inaudible)*?

The one who questions knows this answer. It is an advertisement. We are aware that this thought is already within your mind. An advertisement that cannot be proven but an advertisement that has increased in specificity from previous advertisements. We mentioned earlier that we [are] experimenting, trying new things, attempting to spread our message in each and every way that we can think of that does not revoke the unalterable law of free will. You are already aware of the procedure by which doubt may be maintained even though the power of the one known as Uri cannot be disproven. By the same token it cannot be identified.

Questioner: *(Inaudible)*.

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We seek power. We find it in your atmosphere. We do not mine or disturb the ecology of your atmosphere but we are recharged, as it were. It may be that this landing will not occur as planned or will occur in an altered form for we are not experiencing the degree of acceptance that we had hoped. It is possible for us to accomplish our goal at a slower rate but quite nearly invisible. This may be chosen as a better path.

Questioner: *(Inaudible)*.

My friends, be of good faith. We cannot speak to you directly on this matter. Bring the wisdom that is within you and you will discover the true answer to your question.

Are there any other questions?

(No further queries.)

My brothers, as I found you so I leave you: surrounded by love, made totally one by light. I am the one known to you as Hatonn. Adonai, my friends. ♣

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Saturday Meditation
June 29, 1974

(T channeling)

[I am Hatonn.] Greetings, my friends, in the love and the light of the infinite Creator. It is a pleasure to once again be with you, my friends. We are in a craft high above your planet. We come to you this evening with a few words that you may call advice.

We are here, my friends, to assist you in any way possible. It is only necessary, my friends, for you to avail yourself. The best method, of course, to avail yourself to our help, to our thoughts is through meditation. Meditation opens the doorway—the doorway that leads to truth. The truth you seek will be realized by all of you in time *(inaudible)*. Some members of your group are active in their seeking. Others not so active. But all, my friends, are seeking *(inaudible)* and will eventually arrive at the same realizations.

Do not concern yourselves that one or another member of your group seems to, shall we say, stray away just a little. Many peoples of your Earth will soon not begin to seek, but rather quicken the rate of their seeking or change the direction of their seeking. Many peoples now seem to be actively engaged in seeking only physical experience. And many of these, my friends, are so very close to the turning point where they will turn inward and begin to seek. It will be a fact, my friends, that many of these people once they have begun to seek will be exposed to some small degree of knowledge. And will in fact turn away and at least for the moment not accept what they have been exposed to.

This will come to you and to others members of your group as disappointment to you, my friends. But, always [look] ahead—not backward. Look ahead at the new souls who will be seeking. Look only to the ones, my friends, who are interested, who are actively seeking. The others will come back. Allow no negative, or as little as possible, to block your path of your service because of people who seemingly reject what *(inaudible)*.

This seems to be on your Earth plane a large reason for, shall we say, *(inaudible)* in many things that your peoples attempt to do. This is their doting [on] their failures and to a great degree ignoring their successes. This *(inaudible)* … This is nothing other than negative thinking. Actively employ the positive, my friends. Squeeze out as much as possible the negative in your thinking and also in your spiritual seeking, and your spiritual consciousness. Meditation may relinquish, it is the answer, my friends, to this problem. Meditation may answer you in subtle ways *(inaudible)*.

I would now like to attempt to transfer this contact to another instrument. I am *(inaudible)*.

(Carla channeling)

I am Hatonn. I am now with this instrument. As I saying, we request that you attempt at all times [to] concentrate your energy on those positive forces within your thinking in order that as you attempt to perform your service to the Creator, you may perform a true service and avoid infringing upon that very service by negativity. It is to be remembered, my friends, that service to others is service to oneself. Notice that we do not say that service to others is like unto service to oneself. There is no similarity between others and ourselves—there is identity. There is completion and unity. Therefore, that which is felt of a negative nature towards a sheep of the flock is felt towards oneself, and is felt towards the Creator. This enters the service which you [are] attempting to give to yourself and to the Creator through service to another and causes a blot or a stain upon the perfect service you would have performed. It must be remembered that each person is a completely free entity whose independence must in no way be shaken and yet whose identity remains one with you.

It is necessary to walk with the feet of each whom you wish to serve. It is necessary to look through this man's eyes. And it is necessary to observe precisely what this person is observing. At that time, my friends, you are capable of accepting this person's oneness with you on an intellectual *(inaudible)* level. On the level of *(inaudible)* spirituality there is no need for such detailed understanding. To be one with another person, with a planet, with a rock, with a tree, or with a star, it would all be equally possible. But, you wish your service and so we speak to you upon the identification of yourself with the person whom you serve.

(The message is interrupted.)

I am Hatonn. I am sorry for delay. I will continue.

The question then, my friends, is how to understand in a true and final way the identity between yourself and each one whom you serve. There is no intellectual way to do this, my friends. Within the holy work which [was] recorded following the actions of the master known to you as Jesus lies very revealing passages upon this subject. The master known to you as Jesus said that any [one] who fed a hungry man or clothed a naked one, or visited those in prison or helped the widows and orphans had done this for this master's sake. For even as they had done this to the least of his brothers, they had done it unto him.

We are aware that is almost impossible for the human mind while entrapped in the chemical illusion to truly believe that other men are identical to yourself. Thus, it is far more possible through faith that you may begin to understand that each man whom you wish to serve is the Creator. In a higher source, you and they can merge and it is this seed which we suggest that you develop in your understanding. We will have great need of your understanding in the days to come. It is important that you do not deal in any negative way with those who would request answers to questions. Therefore, we hope that you will take these thoughts and allow them to grow as you meditate.

Negativity is a type of power. It has many, many manifestations. Those religions which you know of as Oriental or Eastern personify these negative impulses in many beautiful shapes of gods and goddesses. While you who are dwelling within, as you would call it, Western culture, can think of negative manifestations in the terms of Satan and demons. Modern science with its intellectual explanations has derived a great multitude of [physiological] phrases and descriptions for these negative manifestations. All of these manifestations are indications that those who are aware of them are under the illusion that they are not one with the Creator. They are all expressions of separation and isolation. There is only one true positive method of polarization. It may go by many different names, but [you] may identify it because of its simple unity, that which is sought being union with the Creator. Under whatever name you may find this, you may be sure that within this path lies positivity.

At this time I will attempt to transfer this contact. I am Hatonn.

(Don channeling)

I am with the instrument. I am Hatonn. I will continue using this instrument. It is a privilege to be able to use all of the instruments who are present. It is not often that we are able [to use] all present as instruments for the communications of our thoughts.

We of the Confederation of Planets in the Service of the Infinite Creator are very, very privileged to be working with those who are upon the surface aware

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of their need to serve their fellow man. This awareness, my friends, is a very natural thing. It is an awareness that is a product of maintained contact with reality. Many of the peoples of your planet at this time are not aware of the need for service. My friends, this is the way that Creation is designed. It is designed so that each part of it should provide a service, a freely given service to support all of the rest of the Creation. It is only necessary to look about you to realize this, to realize that all parts are performing a service.

Even though your service may seem to be extremely small, it is, I can assure you, as great as the largest service that you can think of. For service, my friends, is service, regardless of how you interpret it. A blade of grass performs a service. It performs its service to the very limit of its ability. And yet its service is a great as the service of a tree which is many times, many, many times the size the tiny blade of grass. For the tree is also performing [to] the limit of its ability its service.

All that is necessary, my friends, is for you to recognize that this is what is occurring in the Creation that surrounds you. All that is necessary is for you to recognize how to perform the service that you may give. All that is necessary for you to realize this is for you to become aware as simply as the blade of grass, or as the tree has become aware to serve, simply by being, being in a way we have expressed as being in meditation. For through this process you will understand and you will serve, for this you have always intended to do just as every other part of the creation of the Father. It is only when man forgets his real creation's purpose that he becomes isolated and lost and unable to avail himself of the love that is given to him by all of the rest of the Creation. Become aware of your service. Become aware of your purpose. Do this through meditation and you will awaken. You will awaken to the ecstasy that was meant to be experienced by each part of this infinite creation.

It has been a great privilege speaking with you this evening. I shall leave this group at this time. I am known to you as Hatonn. It has been my service to speak using these instruments this evening. We shall use the other instruments at another time. Adonai. Adonai vasu. ♣

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Tuesday Meditation
July 2, 1974

(Carla channeling)

I am with this instrument. I am Hatonn. We are sorry to have difficulty contacting this instrument. We find that this instrument's attentions are not evenly concentrated within the meditative state and we suggest that she allow her mind to become unified within one vibration. This instrument is somewhat fatigued. However, we have been conditioning her while we have [been] speaking. We believe that we may now proceed.

That which you are speaking of is not the phenomena which you are waiting for. There is another one of a more local nature. There was a sign available for you on the night in mention which some of you saw. The general and gradual effect within the night sky will be accomplished over a period of time. And you will have no doubt of its progress because those of your technology, which you call scientists, will speak, offering explanations of the subject as its progress occurs more and more within the night sky.

It is a very difficult thing to communicate specific information. We communicated several pieces of information to you which in some cases were somewhat confused. However, there was an occurrence in the night sky upon the night we mentioned at the changing of the season. And if you will remain aware of comments from those who are called scientists, you will discover the gradual effect in the night sky of which you are searching.

Have you any other questions regarding this or on any other subject?

Questioner:

(Inaudible)

The question is, rather, why all do not acquire these powers. We are not being facetious. All of you have so many powers due to the fantastic amount of energy in your body, not of a physical nature, not of light nature, that you are capable of phenomena far, far greater than anything Uri Geller can do. Uri himself only vaguely remembers what he can do. I am afraid that due to the extreme isolation which marked the illusion chosen by those of your planet you can remember nothing for the most part of the birthright of your energy.

Those who, after watching Uri, are able to demonstrate a certain amount of power, are simply remembering how reality works. It is not an intellectual process. It is a direct process. It is a process of consciousness. As each tiny portion of the universe is made of light, molded and shaped by consciousness or love, consciousness directed can mold light into new forms. This is direct use of energy. This should be the norm.

In a very mild way, Uri can demonstrate what is normal to us. Those who watch him and who duplicate his demonstration have simply allowed themselves to fully remember that portion of their normal ability. Your thought is more powerful than any physical illusion. Thus it is said in your holy works that faith can move mountains. Faith is in consciousness whereas a mountain is that which consciousness has molded and can unmold at will. The strange and unusual thing is to watch man upon Earth go through a long process of analysis and technological tool-using in order to do what is a very fundamental and simple job.

Does that answer your question?

Questioner:

(Inaudible)

Continue in meditation. There is a long road, not long in time but in sacrifice, of that which is illusion. It is entirely within your grasp depending upon your desire to become capable of moving mountains. There is much of the illusion that must be shed. And in many cases this is too painful for the entity to accept. However, if the entity accepts those things which must be done, the entity will discover that she is a person who can move mountains.

Is there another question?

Questioner:

(Inaudible)

My friends, I wish to say to you tonight a word or two concerning your vulnerability. We know how easy it is to become used to anything and so cease feeling the miraculous side of it. It is possible to do that with both the positive and negative feelings. And because of the difficulty of life within the physical illusion, the ability to be invulnerable is highly prized upon your planet.

(Tape ends.) ♣

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Wednesday Meditation
July 3, 1974

(H channeling)

(Inaudible)

(Carla channeling)

I am now with this instrument. I am Hatonn. I greet you once again, my friends. It is my privilege and pleasure to be here for it is our greatest pleasure to serve those of you who are seeking the truth.

I would like to tell you a little story about a person who was much like each of you. His thoughts were as your thoughts, and in his, as you would say, work-a-day world he was neither perfectly good nor perfectly evil, but somewhere in the middle, attempting to do the best that he could. This man carried about his ankle a ball and chain, as you call it, a heavy weight attached with an unbreakable lock. And everywhere he went, he had to take infinite pains to make each step. This man spent … many years carrying—this instrument has made an error. We will attempt to continue. This person spent many years attached to his ball and chain. He grew accustomed to it and he thought that it was a normal situation. One day he discovered some information that interested him. It was information on how to remove that particular type of ball and chain from his ankle. He followed the instructions, not perfectly, but acceptably and the ball and chain became lighter and this caused him to become interested in the instructions. And as he practiced the instructions, his ball and chain gradually disappeared.

My friends, your physical bodies and your personal sense of self which you call ego is a ball and chain to you, making your infinite spirit to take great pains in order to move about. You, whose birthright is freedom, have to crawl about on the sides of … using mechanical conveyances when within you is freedom to be anywhere at anytime. We offer you some simple instructions on how to lighten and remove the hampering limitations of your ball and chain. This set of instructions has to do with meditation. In meditation, my friends, you are separating the sense of body and the sense of ego from the sense of consciousness. And you are freeing your consciousness to be at one with the source of love and light that is the infinite Creator. Only through meditation and its allied pursuits can you remove your own need of this ball and chain.

We do not speak unkindly of this ball and chain because it is necessary for you at this time. You have chosen, you have chosen these limitations in order that you may bring yourself face to face with lessons of the universe. You are learning lessons of love and patience and of understanding. If you are not learning them, then you will have another chance at the same lessons at a future time. And you will meet that lesson until you have learned it. There is no failing in this type of school. In this planetary

school, one simply continues in the same grade until one has learned all the lessons. There is no sense of failing, there is only a sense of graduation when one had learned all of the lessons of one cycle.

Each of you is within his own cycles, and the lessons are necessary and good. But, my friends, you may speed your trip to graduation very, very much by the use of meditation. Through meditation you make contact with the infinity of understanding which lies within the consciousness of the Creator. When you come back to the limitation of your physical body and personality you are carrying with you an infinite amount of understanding which you may choose to put to use.

Therefore, we urge you to meditate, as always. We especially wished to speak upon meditation for we are aware that we are speaking to a new person. What we have to say is quite simple. No matter how many or how few times you hear us speak, you will find that we are offering that which we understand to be understanding. And the greatest tool towards bringing you freedom of understanding is meditation.

I would like to transfer this contact again. I am Hatonn.

(T channeling)

I am Hatonn. I am now with this instrument. I will say, my friends, that lessons learned and knowledge gained during your meditation has to be applied in your daily life. This is your choice. Meditation alone will give you the awareness you need to adjust your daily activities or habits, to [gain] a finer appreciation of your own and the peoples you meet and the needs of these people. But, my friends, an active attempt at application to your daily situations is necessary, lest your conscious mind stray too far from the lessons and the awareness that you began to acquire in your meditations.

Each person that *(inaudible)* sets up a, shall I say, a field of action and interaction between you and yourself. We are saddened to say that in many instances upon your planet Earth, this field contains very much negativity. To learn to recognize when one is either acting or reacting in a negative way is one of the great benefits of your meditations. To know this and then to make the attempt to adjusts one's conscious behavior to a more positive way of acting is the best possible [way] to bring all aspects, both physical and spiritual, as close to one as your present awareness will allow.

This is very difficult to do at times because upon your planet in your physical illusion the natural reaction to negativity is negativity. And this, my friends, makes participating in it only create more negativity. To counter negativity with a positive attitude tends to at least equalize the negativity if not overcome it a little.

So, my friends, do not contribute more negative thought and action to your physical illusion. Always to the degree that is possible exude positive thoughts, thoughts of love for every situation. *(Inaudible)*. Love consciously directed at another person or a particular situation is doubly positive, my friends, simply because not only is the love itself involved but the, shall I say, the positive thought that caused the emanation of that love for the particular situation. So the love is compounded, my friends, when you send it to your fellow peoples *(inaudible)*.

I would like to at this time to attempt to transfer this contact to another instrument. I am Hatonn.

(E channeling)

(Inaudible)

(Carla channeling)

I am Telonn. I have spoken through this instrument before. I greet you in the love and in the light of our infinite Creator. I am privileged to speak with you. I am fairly new to speaking in groups such as yours. I have much to learn. I want to tell you that I have much to learn. I want you to know that I am as you. I am such as you. Those of us who are here from Telonn are such as you. And although the circumstances do vary within various groups of the Confederation of Planets in the Service of the Infinite Creator, the truth that we are basically such as you remains the same.

We are upon a planet. We have stepped across one blockage that you have yet to achieve. But there are many steps ahead of us. We are looking back and holding out our hands so that you may step over that blockage with as much ease as you possibly can. We wish to help you. We wish to share with you what we have. But we are not infallible. We can only communicate that which we think is truth. We suggest that you take nothing for granted in what we

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say. We suggest that you try what we suggest and see for yourself. It should not take very long for you to discover whether you think we may have something.

We are here to express the Creator's love and light. His consciousness, His understanding, His wisdom is love. That is all. We are not here to exact any promises or to make any demands. Only to be of service. Each choice is up to you completely.

This is what I wished to say to say to you. It has been a privilege. I will leave you. I leave you in the love and in the light of our infinite Creator. I am Telonn. Adonai vasu.

(H channeling)

I am Oxal. *(Inaudible)* in the love and the light of our infinite Creator. I am experiencing difficulty with this contact with …

I have desired to establish contact with this group this evening so that I may …

(Inaudible) ♣

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Sunday Meditation
July 14, 1974

(Unknown channeling)

[I am Hatonn.] We greet you in the love and in the light. It is a great privilege to be with you this evening. It is a great privilege to be with you [at] any and all occasions when you find time to prevail yourselves in our thoughts.

We of the Confederation of Planets in the Service of the Infinite Creator are always with you. This seems strange to you that we would be at all times with you. But this, my friends, is the case. Your awareness of the illusion is such that you do not understand the real properties of that principle that you understand as time. You are that principle that you understand as space. My friends, it is possible for you to be in one place or all places at the same instance. For, my friends, in truth there is only one instance and that instance is the one that you are experiencing. There is an illusion of past and an illusion of future. However, my friends, you exist only in the present. The other illusions are never *(inaudible)*.

In this present it is possible for you to be in constant contact with all you so desire [at this time.] For this reason the Confederation of Planets in the Service of our Infinite Creator are at all times in touch with those whom we serve. It does not require a portion of what you know as time to make the contact that you desire. You have the contact at all times. It is constantly with you. All that it requires is your desire to initiate the conditions such as has this channel. Simply by desiring he has *(inaudible)* received that which he desires. Our aim in understanding *(inaudible)*. This instrument has become able to receive and then transmit our thoughts at any time he so desires. He has done this through practicing daily meditation. His desire that he be of service to his fellow man in channeling our thoughts has created his ability to do so.

We are here to aid any of those of this planet who desire to serve others, to serve peoples who dwell upon this planet. We will serve by giving to those who will meditate our understanding, our understanding of the law of *(inaudible)* given to all men by their Creator.

At this time I will *(inaudible)* of another instrument.

(Pause)

(Unknown channeling)

I am now with this instrument. I am Hatonn.

That which we wish to give you, my friends, is that which you are seeking. And the weapons that we have to use are few. We can speak to you when you meditate, through intellectually sent words, and through direct contact.

Perhaps we should say a word or two about that which we are attempting to help you with. Understanding is a term which is very ambiguous. It is very general. It is a term which does not specify what the content of understanding is. We wish to explain that understanding includes understanding of each and every portion of the Creation of all that you can see, feel, touch, imagine or comprehend. Understanding is unitary. Understanding is light. Understanding is direct awareness of love.

Consider your planet, my friends, as it moves in its orbit. It can be seen to be a complete and unitary orb. It can be understood as an entity for it is light and it is love. Let us approach closer. We may now differentiate. There are different physical shapes and sizes of objects which we may call air and land and ocean. And we may understand each of these things to be a direct awareness of love, the love of the Creator, Who created these things. We move again closer. We stand upon the surface of this [world] and we see that it is irregularly shaped and that it is covered with all manner of living things and that they are doing many, many different things and thinking many, many different thoughts. And we can see that there are many things to understand upon this planet. And we see that this understanding is, in essence, still one thing. For each of these is a direct example of the love, the original Thought of love, of the Father of us all.

Understanding is unitary. It does not change, it does not [evolve] within the definitions of changing and [evolving] within that which you are witnessing. It merely presents to that person who now understands the awareness of that which he is observing is love. It is this which we are attempting to give to you: a unitary understanding of the love and the light of the infinite Creator. You may understand what you will. The world is for you to understand. You may understand to the extent that you are able to imagine. As you meditate, allow your thoughts to rise upward into the vibration of that which is love and light, so that you become one with the original Thought of the Creator. It is to this that we point you.

I would like to transfer this contact at this time. I will leave this instrument. I am Hatonn.

(Pause)

(Unknown channeling)

I am Hatonn. I am now with this instrument. *(Inaudible)*.

(*Unknown channeling)*

(Inaudible)

(Unknown channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. I greet you in fire, in wind, and with the forces of your planet which also greet you. I am at this time not too far from you. I am far above you, and yet I greet you within your heart. For I am all things and I am you. It is my privilege to speak with you this evening. I am aware that you are seeking the truth.

How hard are you working my friends to live the best life? Are you attacking each moment as if you could wrest out of it spiritual awareness and happy results? This is indeed the approved mode of operation upon your planet, and it is difficult for you who are within the physical illusion to avoid approaching the illusion with this attitude of active competition against an alien environment. My friends, as long as you retain this consciousness that you must exact from an alien universe that which is yours, you will have struggle and difficulty.

Question yourself as to who it was that accomplished the so-called miracles that occurred within the experience of the master known to you as Jesus. Remember that according to your holy works he did not take credit for this working of miracles, but instead gave full credit to the Creator Who was within him and did the work for him. My friends, this is a great secret. It is a simple change in point of view, but it is centrally important to your understanding of that which is about you. You do not live your life, my friends, any more than I live my life. You look over your shoulder and the Creator lives your life. Your consciousness and you learn but if you let that which is within you, which you may call a spark of the Creator, do that which is to be done, all things will come to you naturally that belong to you. My friends, if you were to be completely, unalterably contented, then your existence would then … this illusion would not be very useful to you.

The point of view of which we are speaking certainly does not give one a perfect contentment. What it

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does give to one is a means for a *(inaudible)* each crisis may be accepted, dealt with, and dropped away, in such a manner that those who see you may learn by your example that it is possible to live in an illumined fashion.

As you meditate, my friends, clarify within yourselves that which you seek and allow yourselves to become aware at this time of the unity of all that is about you, with yourself. Allow yourself to become aware that your environment is one of unity and that that which you seek is completely within yourself. And allow the peace which follows upon this awareness to expand throughout your conscious mind.

We wish to give you understanding, my friends. This understanding is very simple and it cannot be attacked, nor can life itself be attacked. It comes naturally, without pride, humbly, easy to accept and easy to forget. Yet this understanding, my friends, may lift each of you into the presence wherein you may lift yourself as have we. We do not tell you this in a sense of great pride and achievement, for we are aware that we are simply a step ahead on the path. We tell you this because we wish you to know that this path leads upward and that it is possible to follow it. Accept this understanding, as it becomes natural to you, not before. But we hope that we may, through you and others like you, share this understanding with as many as possible.

I would like to transfer this contact at this time. I am Hatonn.

(Inaudible)

(Tape ends.) ♣

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Tuesday Meditation
July 23 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the love of our infinite Creator. It is once more a great privilege to speak to you. As always, we of the Confederation are privileged to be of service to those who seek our service. We are here in great numbers and yet at this time our service is sought but very little. This somewhat saddens us, for we had hoped that more of those of your planet would have initiated a seeking outside of their illusion. It will soon be time, my friends, for them to experience a catalyst which may in some instances *(inaudible)* their seeking.

My friends, in truth, the only reason for the illusion that you now experience is to act as a catalyst, to act in such a way as to generate a condition which helps the individual to initiate a spiritual seeking. It might seem strange that you should go through such an unusual experience only for the purpose of stimulating your spiritual seeking. However, this, in fact, is true. Each of you in his daily experience is acted upon in many ways. The actions and experiences that you feel cause changes in your attitude, cause reactions which you interpret and identify as emotion. All of this, my friends, is for a specific purpose and you have chosen to experience your present illusion in order to achieve this purpose. The purpose, my friends, is the evolution of your spirit. You dwell within a *(inaudible)*. This is a *(inaudible)* an illusory culture *(inaudible)* identified by the very few.

Yes, my friends, as you know, only the very few of those who now dwell upon your planet are now aware of the purpose of their existence. They have not reached in their conscious evolution that salient point of transition, from that point which causes a great, great acceleration in their evolution in the spiritual sense. That point at which they become consciously aware and then upon becoming consciously aware of their existence in its *(inaudible)* begin to utilize the conscious manner for those experiences that are to teach them, use that *(inaudible)* in an efficient manner in order to accelerate and stimulate, by their own efforts, their spiritual *(inaudible)*.

I ask each of you here tonight to question yourselves, for this you desire. The individual shall ask this *(inaudible)* transition, from blind reaction to the catalytic nature of mind *(inaudible)* to conscious and full utilization of such lessons, or, "Am I yet in that period of transition?" My friends, each of you will draw your own conclusion. It is very difficult living within a society such as yours. *(Inaudible)* primarily to the gratification of the physical within the illusion, to separate this thinking from such folly and to seek that which is not transient.

My friends, I am with this instrument this evening to help you realize the importance of first totally understanding yourself, and then generating the discipline itself that is necessary to maximize the effectiveness of the experiences that are now creating the pathway of your spiritual *(inaudible)*. We have spoken to you many times about the nature of this [bridge,] about the total unity that permeates all men and all things that is the Creator, that is the Creator. Of this you are consciously aware. But, my friends, this knowledge must be constantly put to use within this *(inaudible)*. In order to do this it is necessary to spend time each day in meditation. It is necessary to be aware of your reaction, to be aware of your emotions. My friends, it is necessary for you to be aware. To be aware, my friends, is to know yourself. To first know yourself, this is the initiation of awareness. With this knowledge you then can begin your climb for those things which are the expressions of our *(inaudible)*. Only then, my friends, can you effectively apply this knowledge. It is harder to do this, my friends. It is very necessary that you spend time in meditation.

(Pause)

I am sorry. The instrument was analyzing the communication. He will have left at this time clearly his mind. I shall attempt to continue. Please be patient.

As I was saying, self-awareness is of the utmost importance. My friends, each action, each thought, each … each word that you say is of utmost importance, for this, my friends, is what is you in expression. And what is you in expression to those about you … is of very great importance, for, my friends, this is the reason for experiencing the illusion.

Many of the people of your planet have experienced that illusion that you now experience many, many times, and yet they are experiencing and will experience it again and again. And they learn, but they learn by the blind action from the experiences that befall them. And this then changes their attitude, holds their consciousness, evolves their spirit, but this evolution is not accompanied by being conscious, [and living a] purposeful life but the action of the illusion. They simply evolve. They do not stimulate the true knowledge [that] this evolves.

Become aware of what is happening. Become aware of how you are growing, growing and understanding. And then with this awareness, know your thoughts. Know your thoughts by *(inaudible)*. Accelerate your evolution in the direction that you desire. This, my friends is the great turning point. This, my friends is a place long awaited. Mark it well. Utilize this information. Discipline your thinking. Create your own evolution. This is the difference, my friends, between mastership and simple growth of spirit. And what creates this difference? No matter how you may express it, there is one, and only one, thing that will allow you to totally and completely know your own *(inaudible)*, to totally and completely make this transition from emotional reaction, from a blind and stumbling reaction to your environment to a controlled and sincere seeking path.

My friends, the only thing that will allow you to do this is meditation. Daily meditation will create the foundation necessary and then, my friends, each of you will grow at such a fantastic rate that it will be beyond even your own *(inaudible)* that you *(inaudible)* attained beyond anything that you *(inaudible)*. Spiritual growth, my friends, is the function of the individual. It is not given to you. It is something that you must find. It is something that you have always had, but it must be uncovered. This must be done through your own activities, through your own understanding. We are able to provide only the guideposts, only the simple instructions, only a helping hand. It is you that must, through your own efforts and perseverance, uncover particle by particle that truth that permeates. By only yourselves in all of this creation may this be done at any rate that you desire. Your desire, my friends, is *(inaudible)*.

We extend to you a helping hand. We implore you to take it. Develop your awareness. Know your own *(inaudible)* eliminate the personal biases which have been generated by experiences in your rather unusual illusion. We establish our … the single truth that is all things. This is the simple process followed by all of those who have attained the enlightenment that causes them to be known as masters. This is the simple process followed by the one known to you as Jesus. This simple process has [been] spelled out to you in many, many ways, many writings in your holy works, and in many other ways, and yet this simple process seems to be very difficult to acquire.

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My friends, the only thing that limits your application in this process is your desire to apply.

Meditate. Know the magnitude of your desire and then know yourself. Express the love and understanding of our infinite Creator. This can only be done if you first continue yourself. Continue yourself through self-knowledge. Continue yourself through this infinite love. Continue yourself through the meditation that is so necessary to [come] to the conscious state, totally one with the infinite Thought that is all things. When you do, my friends, you will know you have done for you will experience an ecstasy beyond, beyond anything that you have known.

(Pause)

At this time I will leave this instrument. I am Hatonn. It has been a great, great privilege to speak with this group this evening. This message this evening has been a slightly more personal message. It is hoped that it has been *(inaudible)* and instructed it is hoped that each of you will climb *(inaudible)* to be in your personal secret that has been *(inaudible)*. My friends, I will say once more, each of you has this desire. If you did not have this desire you would not have received this message. I shall leave this instrument at this time. I am Hatonn. Adonai vasu *(inaudible)*.

(Unknown channeling)

I am Hatonn. I return to you very briefly because I wish to speak to one who questions. We wish to emphasize that that person who is attempting to give service to others need not worry as to recognizing the service that is to be performed. As we have stated earlier this evening it is necessary primarily to remove all doubt within yourself as to the identity of yourself. You must by some method realize that you are fragmenting your precious consciousness when you desire more than one thing. And, my friends, there are very few upon your planet who do not desire more than one thing. It is necessary only [to] desire to be in the presence of the Creator and to know His love. If that desire is perfect within you, you will be of enormous service. You cannot help being of enormous service if you are aware of your identity in seeking. Only seek to know the Father and you will pour forth the fruits of this knowledge as readily as the sun gives light.

Indeed, my friends, your problem in truth is and will be not what your service will be, but whether you are capable of accepting each service. Remember to yourself that the master known as Jesus had his chance to pass the terrible pain of death by, and after deliberation he chose to accept that heavy service. The service itself was quite obvious to him. He had a choice as to whether or not he should take it as he was quite aware of the service. So it always is with you, my friends, if you are aware of your spiritual seeking and are not fragmenting that consciousness which is your very identity by desiring various objects within the illusion.

Seek to know the Father and your service will follow very naturally. Service cannot be given by you, my friends. You will have nothing to do with any service that you give. You are a channel for the Father. It is necessary only to keep yourself open, and the love and the light that is needed by others will flow through you. You cannot adjust, interpenetrate or confuse the service of the Father. You can only channel it thorough your physical being. You can only let it shine out of your eyes and let it flow through your fingers. Each of you will find yourself very much placed before your service. You will know it and it will be your choice whether or not to accept it. Have no fear that you must do this or do that in order to be of service to know the Father. And those sheep which are in need of the light which you have will be drawn to you irresistibly. We can give you no dogma or creed for each person's path is different, being the culmination of all that he has is known and remembered for many, many lifetimes. But each person's path, my friends, has one single end and it is to that end that you may look through meditation to know the Father's love and light and to prepare yourself always for the service that will be yours, and that is yours now.

Be aware, my friends, that you are already serving. Each of you in this room has served, is serving, and will serve. We are not talking at this time to those who are not of service already. We are speaking to those who are already seriously seeking. And so we give encouragement. We give you our support and our love and our light. We are with you always. Know this, my friends. Never doubt it. Call upon us and we will be there to bless each of you. I hope that this has also been a help to you who seek. I will leave you. I am the one known as Hatonn. Adonai.

(Pause)

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(Unknown channeling)

I am with the instrument. I greet you, my friends, in the love and in the light of our infinite Creator. It is a very great privilege to speak with you this evening. However, I will speak *(inaudible)*.

My friends, this evening I have one thing, one thing of which to remind you.

(Tape ends.) ♣

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Sunday Meditation
July 28, 1974

(Unknown channeling)

[I am Hatonn.] … and gives both great beauty and sweet smell, so as you open to that primary Thought which created you, you blossom within. I come, shall we say, with a watering can. I come to encourage your growth in the spirit, my friends. I urge you through your meditation neither to add nor to subtract. It is very easy to make demands of yourself and to attempt to accomplish goals through meditation. It is also an extremely likely happening that you will at some time attempt to remove some part of that which you are through your meditation.

We do not speak against these practices. They are simply outside of our interest. They are among the many, many choices which you have within your physical illusion, but there is one choice which is outside of the illusion and that choice, my friends, is the choice to seek your Creator. This is the choice that ultimately transcends illusion. And within this choice there is neither addition nor subtraction, but an opening precisely as you are now accomplishing, not even really aware that this is the heart of your seeking.

In your daily meditations, both in groups and alone, sit in meditation without thought of what you wish to accomplish. Only open in the direction of that which you are seeking. Imagine that this mortal physical body is a door which you may go through. Each of you will go through this door. It is not difficult to imagine this. It is called upon your planet, death. There is a certain joy connected for those who understand these things, with the idea of going through the door of the physical death. My friends, within you there are many such doors. They are opened and you transcend each shell when the experience for which it is provided is no longer necessary. If you truly seek to open yourself to the innermost core of all of these shells, your journey will be immeasurably quickened, so that you may at last become one with that which you seek.

That which you seek, my friends, is unimaginable. We can call it a thought, we can call it an impulse. You have the word consciousness in your language. In some dim way this concept of consciousness is correct. The source of all consciousness is the Creator. We are all a part of this consciousness. This consciousness is infinite. And in its infinity it yet remains a gloriously illuminating source of light, perfect light and love within each of the Creator's children.

That which you seek, then, rests within yourselves. The separation is within yourselves. This separation is not evil. This separation is functional. Your consciousness has been given you by all consciousness so that you may individually seek and find the beauty and the understanding which is the Creator. And all that is necessary, my friends, is that

you do so. Open yourself and allow yourself to unfold inwardly so that you may blossom, not as you would at some particularly difficult time. Choose that as your higher self would choose. We speak to you on this subject at this time because we are aware of your questions.

This instrument is having a certain amount of difficulty maintaining contact as she is not aware of this information.

(Pause)

We will continue.

We simply wish to emphasize that in our experience it has been found that the attempt to decide what to do, even at the most spiritual level, will become a negative experience, although it requires additional amounts of patience. This is precisely the reason why these difficult situations arise. Patience is necessary in order to maintain the ability to keep contact through meditation with one's higher self. Circumstances which require the application of patience are designed to instruct one in patience. The answers that you are seeking will evolve with a naturalness which may be sudden but which will be able to be experienced without the negative effects of having imposed an arbitrary decision upon your higher self.

Mankind lives on this little ball, multiplies, and his kind are many. Upon his planet he considers himself a highly unusual being and master of all he surveys. Man is indeed master of all he surveys, if he is master of himself. This, my friends, has been in many cases misunderstood. To be master of yourself does not mean the ability to control, according to arbitrary decisions, that which you think and do. To be master of oneself is to know one's reality. This mastery is given, my friends, from within, through the gentle and passionless unfolding. And yet, my friends, there is no greater passion than the blazing desire which fills the heart of those who seek to know, to really know, the presence, the love, and the light of the Father.

I give you a paradox, my friends. There is nothing else to give you while I am speaking any language. But at this time I will maintain silence for a period while I condition each of you who desires it. After this period of conditioning, I will attempt to contact another instrument. I am Hatonn.

(Inaudible)

(Unknown channeling)

I am Laitos. I greet you, my friends, in the love and in the light of the One Who is All. I am very privileged to be with you. I am here to aid the brothers of Hatonn. It is my special privilege to be of service to those who desire to become instruments and join the service of the Creator in this way. I will be attempting to condition the one known as B1. I will also condition the one known as S, the one known as B2, the one known as M. I will attempt to make you aware of my presence in this room.

My blessings to each of you. I will be with you at any moment that you desire my presence, for this is my chosen specialty. If you take five minutes and you call for me, I will be there. At any time you can go into a light enough meditation so that you may call for this contact. I will, if you wish, attempt to bring you a conditioning wave. There are many ways of feeling this conditioning wave. However, the one thing that is common is that each of you will doubt. Accept this, my friends. Go right ahead and doubt. But if you wish to serve as an instrument, simply continue availing yourself, and it will not be long before you are able to register our contact and relay our thoughts to those who would wish to know them. It is indeed my privilege to be with you. I thank you for allowing me to speak.

I leave you, but only the sound of my voice is leaving you. Any five minutes that you wish to speak with me, I promise you I will be there. It does not take a great solemn meditation to begin to become a channel, for we are most eager to speak with you. And it is your seeking, more than any other characteristic, which creates the correct vibration for us to able to make contact.

I am Laitos. I leave you in love and in light. Adonai, my friends.

(Tape ends.) ♣

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Tuesday Meditation
July 30, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is once more a great privilege to meet with this group. We, of the Confederation of Planets in the Service of the Infinite Creator, are always ready to serve those upon planet Earth who seek our service. It is a very great privilege to give this service to those who seek it. And, my friends, this is our entire purpose at this time, to offer to those who seek that which they seek.

There is, my friends, only one thing worth seeking. Nothing else is of any value. And that one thing, of course, is understanding; an understanding of your Creator's Thought. My friends, this is the only thing that lasts. Anything else that you might seek will be transitory and will vanish with time. When man realizes that this is his true objective, then he has made that great turning point in his development. We are here to aid those who have turned the corner, so to speak, turned the corner toward their ultimate goal, that goal of reuniting with their Creator.

People of planet Earth at this time seek many things, and yet how many of these things will last, last past the limits of their present physical life experience? Very few, my friends. Those few that will last are all of an identical nature. They are of a nature to be an increase in awareness, an increase of awareness of their Creator. We are here to help those who desire this increase of awareness find it.

We will help in many ways. There are many routes to this awareness, but each of these pathways is very similar. We are here this evening for a specific purpose. At this time, we wish to instruct this group on specific techniques of arriving at that which they seek. It is known that a group is limited by the understanding of the least of the group. The material that is given during a group meeting must always be tailored to the understanding of, shall we say, the newest of the group. For this reason, this evening we will begin on somewhat more of an advanced level, for this group we find to be quite advanced in its understanding.

This understanding, my friends, has nothing to do with your intellectual understanding, your ability to manipulate ideas, or propositions. This understanding, my friends, of which we speak, is your basic agent. It is much more than an intellectual idea. It is your awareness, which totally transcends all intellect and creates all of your present fallacies with respect to your fellow man.

This evening, my friends, with this instrument, we will speak to you at a somewhat higher level than we have in the past, in an effort to bring each of you that which you seek: a technique, my friends, of

continuing to develop your awareness at a most satisfactory rate.

At this time my brother Oxal will speak for a short period through another instrument. At that time we will return to this instrument. Please be patient while I condition the other instrument.

(Pause)

(Inaudible)

(Unknown channeling)

Greetings, my friends, in the love and the light of the one infinite Creator. It is indeed a privilege to have the opportunity to speak with you for a short period this evening. We of the Federation *(inaudible)*. To be available to those who seek the understanding of the Creator and his *(inaudible)* as our brother Hatonn has mentioned we are aware that at this time that those present are, shall we say, at a level of awareness which shall allow our information to *(inaudible)*.

(Unknown channeling)

I am with this instrument. I am Hatonn. I will continue. I was saying that this evening we will bring to you certain ideas which are of a slightly more advanced level.

First, my friends, let us clear our minds as best we possibly can of all thoughts that you may have concerning your daily lives. My friends, let these thoughts of your daily lives drift away, for these are very transient thoughts. These thoughts will be gone in a few days. Let them go now. Let the influence that your material environment has upon your thinking, leave you. Let your mind be clear. Let it be as a child. Do not attempt to understand, do not attempt to understand, my friends, and then you will know. For you cannot understand by a process of trying. You must understand by a process of knowing. Do not try to come to a conclusion. Do not try to analyze. Do not try to utilize past experiences. Simply allow your mind to become clear.

When this is accomplished, my friends—and we are aware that you may not be able to accomplish this immediately but you may practice this at a later time—when you have done this, my friends, when you have allowed your mind to become clear, to become receptive and as a small child, then, my friends, become aware of yourself. Nothing else matters, simply yourself. Do not think about your thinking. Do not analyze yourself. Do not use the intellectual mind. Simply become aware of your own being. Allow this awareness to grow, to grow from a very clear and unfettered mind. Become aware of yourself and nothing else. Think of nothing else, my friends. Become aware of only yourself surrounded by nothing.

Try this now, my friends. Allow all other thoughts to escape, to be released, to no longer remain in your conscious mind. When you have done this, become aware of yourself, only yourself. Let this awareness of yourself expand. Let your own being expand. Let it move outward in all directions. Let it encompass all of infinity. Let it then know that it, in an infinitely expanded state, is all that there is. It is one in the same with every other thing, with every other experience, with every other particle, in this entire infinite creation. Nothing, my friends, is excluded. Know that you and all are one single being. Do not try to understand this. Simply practice these three simple steps. Clear your mind. Become aware of yourself, and then expand. Feel yourself expanding infinitely, until you touch every other particle in this creation. Then, my friends, you will know your true nature, for this is your true nature.

In the illusion that you now experience, man has been conditioned to think of himself as a separate or isolated being. This bias creates within you certain vibrations of thought which are unlike those vibrations that created you. We have given an exercise, an exercise in expanding awareness, so that you may change those vibrations of thought which have been brought about within your present illusion, so that you may return to that vibration that created you. That vibration is reality.

It is a very simple process, my friends. It does not require great knowledge. It does not require any knowledge. It simply requires knowing your true relationship with everything else that exists in this infinite creation. If you can accomplish these three simple steps, you will then be one with your Creator. Meditation and continued practice of this exercise will very greatly increase your awareness. You must know, my friends, that this oneness exists, that this oneness is. You cannot know this with the intellectual mind for it is very inferior to it. It is heavily biased within the illusion and will not be of great service to you in this undertaking.

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It will be necessary that you spend some time first allowing your mind to become clear, then allowing the self-awareness to develop, and then allowing this awareness, this self, to expand—the all-important step, my friends. Feel yourself expanding in all directions, expanding infinitely in all directions, so that you encompass everything that there is. So that it is you and you are it. When you have accomplished this, you will no longer be able to identify anything that exists as anything but yourself. This identification will not be intellectual. You will not have to tell yourself this. It will be a simple reality, a reality that you experience automatically. As you breathe the air about you automatically you will experience this unity with every one and every thing that you meet.

And then, my friends, you will be known as a master, for this is all that is necessary to attain this dignity. This was all that was necessary as the man known to you as Jesus. He was aware of his relationship to the creation. He was aware that he and all were one. Each of you here tonight can accomplish this awareness very quickly, for you already have it within you. All that is necessary is that you practice, through meditation, this simple exercise necessary for cleansing from you the illusion which has temporarily created a condition of, shall we say, loss or misunderstanding. Your meditation, my friends, and the practice of this exercise will rapidly bring you into true focus out of the effect of the minor aberrations of thinking that have been impressed upon you in your present illusion.

Remember these steps well. Clear the mind. Become aware of yourself, and then expand. Expand infinitely and be one. If this is practiced in daily meditation you will no longer question. You will no longer question anything or any condition, for you will know, for you will be with that knowledge that has created you and is the creation. A very simple knowledge, my friends. It has been called by the people of your planet a knowledge of love. A knowledge of a love that is so intense that it is beyond expression in your language. This you will know. This you will experience. With this experience of infinite love you will then be able to serve. You will then be able to serve in a very, very great way. You will be able to bring to your brothers that which they truly desire. There will be in the very near future many of the peoples of planet earth developing this awareness. We are here to aid them in this development.

My friends, your illusion is heavily with you. And yet it is with you for a purpose. You have desired this experience. You have desired this test. You have desired these conditions. All of these conditions are for the purpose of your growth, just as they are for the purpose of the growth of all other entities within your illusion. You may now grow very rapidly. It is dependent only on your desire. We are aware of your true desire, for we are aware, quite simply, of the desire of all of the people of the planet. It is printed upon them as it is upon the cover of a book. It is as easily distinguishable as the coloring of the various lights that adorn your Christmas tree. There is a radiation from every individual that makes it impossible for those who are aware of this to mistake this desire, for it is color within this radiation. We have brought to you what is very obvious as to be your desire. We are very privileged to be able to do this, for, my friends, to do this is our desire.

We extend to you our infinite love as we extended to ourselves for we and you and all that there is is the same: one infinite, loving, totally loving Creator. Become aware of your reality. Become aware of your true nature. Become aware of your identity. This awareness will be total. You will very shortly attain. The speed at which you attain is only governed by your desire. Seek, my friends, and ye shall find. Everything awaits you. Those who you will serve, await you. This is your purpose. This is the only reason that you have selected your present experience. Shortly you will know, or shortly you will understand.

I will leave this instrument at this time. It has been a great privilege to speak with you this evening. I am Hatonn but I am also you. For you and I and everything else in this entire infinite creation are one thing. Adonai, my friends, Adonai vasu.

(Unknown channeling)

I am Hatonn. I greet you in the love and in the light of the One Who is All. It is my privilege to speak to you very briefly. It is my special privilege to condition those who desire to be instruments. I will be conditioning each of you. I would like to tell each of you what a pleasure it is to experience the vibration in this group at this time. The Earth, in general, emits a somewhat more dark painting, shall I say, in its vibration, and the experience of your

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vibration together is a very light spot in comparison to the surrounding darkness. It is as though it were night and as we look down we see two flickering campfires, but for the most part, no source of light. We greet the light as we see it and we are most pleased to be speaking with you.

My friends, I wish to say to you, be aware of yourself. As you learn each lesson attempt to remain enough aware of what you are doing and what you desire that the activity of meditation does not become separate from you. Meditation, my friends, shall not be something that you do if you wish to go on with anything. Meditation *is* you. I am sure that you are already aware that there are lions that guard the temple of understanding. You have become aware of several things already. We are not speaking with those who are beginning on the path. You have become aware already that outer experience is illusion and that reality lies within. And after you are aware of this, my friends, did the lions not harm you whenever you slipped and behaved as though you were not aware of this knowledge? We became aware that it was necessary to demonstrate the perfect love which you have become aware of. And since that time, my friends, have you not been painfully aware of the times when the lions turned on you when you demonstrated that which was not love? Now you stand at another initiation. There are many more. This one is an important one. It is a large step *(inaudible)*.

(Tape ends.) ♣

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Tuesday Meditation
August 6, 1974

(Unknown channeling)

… in the love and the light of our Creator. It is a very great privilege to *(inaudible)*. We of the Confederation of Planets in Service of the One Creator …

(Inaudible)

(Unknown channeling)

I am Hatonn, I greet you, my friends, in the love and the light of the One Creator … It is a very great privilege to speak to this group, to those who have arrived … I am what you apparently would call from the planet Hatonn. I am not in a physical body such as yours. I communicate through this instrument by thought. He receives my thoughts, so that they are part of him. To you, I have [chosen] to operate what you know as the flying saucers, the UFO's. However, I am not in a physical body at this time. But you have consented to be the physical body known as my brothers … our existence in the physical body as you … it will be quite physical to you … We are nonetheless the same. We regardless of less density who existed are all quite the same.

We of the planet Hatonn are here for a purpose, a very singular purpose. Like our brothers, we are here to serve the people of the planet Earth … primarily to service to awareness of the people to earth. We are here to help those who desire our aid to increase their awareness, which is our purpose. For this reason, we are constantly available to those who desire our service. At this time, our friends, at this time …

(Unknown channeling)

I am now with this instrument. I am Hatonn. I *(inaudible)*. I wish to speak through this instrument, and while this instrument is speaking, my brother, the one known as Laitos, will be conditioning each of you who desires that service. We are aware that within your thinking there are many shades of differences and that you are fascinated with the idea of the various steps you must take in order to proceed on the path. We are aware that you have a desire to understand the various categories of experience, the various densities, that you have a desire for naming that which you will begin to understand. We did not understand these things when we first came here, but we have become more sophisticated in the ways of your planet through the years we have spent within this sector of time and space. We know your people better than we used to, and we know the desire of your people for their categories to be named.

This instrument is almost reluctant to speak this to you due to the fact that her thinking has been upon these very thoughts. But we can assure her that this is not her fault but ours. These thoughts are true

thoughts but we *(inaudible)*. My friends, we can only tell you that the very idea of density and category and the colors of the rainbow, each of those categorical functions that the human mind so values, is a trap and a delusion in the spiritual sense. We cannot put it any more gently and have you understand what we mean. You have to understand that your categories are occupants of this illusion which you now enjoy, which you have enjoyed since your physical birth and which you will cease enjoying upon your physical death. There is absolutely no harm in understanding the categories with which you must cope within the illusion. However, to allow this to seep into that which you know as your spiritual form is to allow a crippling influence, a halting and blinding influence, to encroach upon your search for the source of life within you.

Our understanding, my friends, is that all things are one. Nothing could be simpler than this understanding. To ask for ramifications, categories, colors of the rainbows, densities or any other list of characteristics is to attempt to impose illusion on reality. Reality is not a process, reality does not change. That which is light, simply is. It is neither active nor passive. It occupies no paradoxes. The beginning and the ending are disunity. At the end of the physical lies all eternity, and yet, eternity implies a process, an endless process.

My friends, this is true, for there are many other lessons to be learned, many other categories to be understood, as you grow closer and closer to that which is your beginning and your end. For it is our understanding that there is a point at which eternity itself is no more. And in the eyes of one who truly understands, one simply becomes that which is. Becoming is done. The circle is complete. Unity is truly known. It is possible to move closer and closer to this understanding through meditation. We are pleased with this group in that its group desire is aimed largely towards an understanding of the metaphysical. Therefore, we may give you information such as this. It is our desire that we are able to give philosophical information. For information such as this is of the higher type, whereas information on such things as density and other categorical questions are lesser in their importance to your spiritual journey.

I am going to attempt the transfer of this *(inaudible)* to one of the other channels. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am with the instrument. I greet you, my friends, in the love and in the light *(inaudible)*. It is a privilege to be with you. I have been listening during your meeting, not only the words but through the instruments and our brother Hatonn, but also to the thoughts [emanating] here this evening. It is very interesting to those of us who are here to serve to find the thinking in groups such as this one evolving as a result of the efforts of our Confederation. We are here for this purpose, to create an evolution in thinking.

My friends, you are at the turning point [in] the evolution of your thinking. It is very easy for you to successfully negotiate this [change]. In turn, an almost *(inaudible)* that is generated by the people of your planet. *(Inaudible)*. And friends, when I say almost no intentional *(inaudible)*, I am referring to what you might consider to be a fantastic multitude of thoughts, the thoughts generated by this society in which you exist, thoughts that you might label as political, economic, business, social *(inaudible)* thoughts. These, my friends, are all the same things. These, my friends, represent more than you are. Friends, we consider these to be very specialized, to be a very singular process having to do with *(inaudible)*. You might *(inaudible)* the evolution of consciousness. *(Inaudible)* does not matter what you find. It is simply a return to the thinking that created you with the simple Thought of total love expressed by the Creator. This, my friends, is true thinking, to get from where people of your planet *(inaudible)* to this side *(inaudible)*, but it may only be done within the limits of our knowledge by one process. It may only be done by the process of meditation, simple, daily meditation. Meditation at the *(inaudible)*, a myriad of confused thoughts and ideas, a society in which you *(inaudible)*, in your conscious lives, and allows them to be replaced with a single Thought of your Creator, a Thought of total and absolute love, a Thought so complete, so total, and so pure that it and it alone was able to create this entire *(inaudible)*. A Thought so powerful, my friends, that it was generated through selves in every other [planet].

My friends, this is what we consider, thinking this through. This was also our objective, for we are still *(inaudible)*. We think it's absolute in its most purest form is thought *(inaudible)*. It is a very simple task,

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very complex it seems, for man to follow. Complex, my friends, because it is difficult for you to return to simplicity, to the thought patterns with the purest suggestion. With this Thought, all things are one, for it asks to accomplish all things, even the complexities you experience with *(inaudible)* are accomplished by this Thought as it expresses itself in an infinite and variable acts, and yet we direct you back, back to the way in its various experiences the reality and purity of the simplicity, the simplicity of pure and total love *(inaudible)*, pure and total love that is every thought every *(inaudible)*.

All that is necessary is for you to return to this understanding, eradicate any experience *(inaudible)* in the simplicity of love … Unity *(inaudible)* and you will know all things and you will be all things. You are all things … you are limited only by your desire. All that is necessary to practice *(inaudible)* meditation, elimination, cleansing, new birth, transition in thinking of nothing, in thinking of something, requires no special *(inaudible)*, no special instructions. All that is required is *(inaudible)* all of unity is desired. We are here to instruct because of your desire. You will find your path because of your desire.

I am [Hatonn]. I have been privileged to speak with you this evening. I leave in the love and the light of the *(inaudible)*. Adonai *(inaudible)*. ♣

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Tuesday Meditation
August 6, 1974

(Unknown channeling)

I am Hatonn. I greet you, my friends, once more in the love and the light of our infinite Creator. It is a great privilege to be here *(inaudible)*. I am of the eternal being from the planet Hatonn *(inaudible)* physical body such as yours *(inaudible)* our thoughts *(inaudible)* our thoughts *(inaudible)*.

(Carla channeling)

I am now with this instrument. I am Hatonn. Again I greet you. I wish to speak through this instrument and while this instrument is speaking, my brother, the one known to you as [Laitos] will condition each of you who desires *(inaudible)*.

We are aware that within your thinking there are many shades of difference and that you are fascinated with the idea, with the various steps which you must take in order to proceed on the path. We are aware that you have a desire to understand the various categories of experience, the various densities that you have a desire for mainly that which you [now] *(inaudible)* begin to understand. We did not understand these things when we first came here. But we have become more sophisticated in the ways of your planet through the years that we have spent within this sector of time and space. We know your people better than we used to and we know of the desire of your people for their categories to be named.

This instrument is almost reluctant to speak this to you due to *(inaudible)*, for her thinking has been upon these very thoughts. We can assure her that this is not her fault but ours. These thoughts are *(inaudible)* but we are *(inaudible)*. My friends, we can only tell you that the very idea of density and category, the colors of the rainbow, each of the categorical functions which the human mind so values, is a trap and an illusion in the spiritual sense. We cannot put it any more gently and have you understand what we mean.

You must understand, my friends, that all categories are occupants of this illusion which you now enjoy, which you have enjoyed since your physical birth, which you will cease enjoying upon your physical death. There is absolutely no harm in understanding the categories with which you must cope in the illusion. However, to allow this to sink into that which you know as your spiritual path is to allow a crippling influence, a haunting and blinding influence to encroach upon your search for the source of light within you.

Our understanding, my friends, is that all things are one. Nothing could be simpler than this understanding. To ask for one of the patients, categories, followers of the rainbow, densities, or any other mist or characteristics is to attempt to impose illusion on reality. Reality is not a process. Reality does not change. That which is light simply is. It is

neither active nor passive. It occupies no paradoxes. The beginning and the ending are this unity. At the end of the physical lies all eternity. And yet eternity implies a process, an endless process. My friends, this is true for there are many other lessons to be learned, many other categories to be understood as you grow closer and closer to that which is your beginning and your end. But it is our understanding that there is a point at which eternity itself is no more and in the eyes of one who truly understands one simply becomes that which is. Becoming is done. The circle is complete. The unity is truly known.

It is possible to move closer and closer to this understanding through meditation. We are pleased with this group in that its group desire is aimed largely towards an understanding of the metaphysical. Therefore, we may give you information such as this. It is our desire that we are able to give for the *(inaudible)* information. For information such as this is of the higher type. For information on such things as density and other categorical questions are lesser in their importance to your spiritual journey.

I am going to attempt to transfer this contact to one of the other channelers. I am Hatonn.

(Pause)

(Unknown channeling)

I am with the instrument. I greet you, my friends, in the love and in the light of our infinite Creator. It is a privilege to be with you. *(Inaudible)* not only *(inaudible)* but also the thoughts of each of you here this evening. It is very interesting to those of us who are here to serve to find the thinking in groups such as this one, as a result of the efforts of our Confederation. We are here for this purpose. *(Inaudible)* illusion *(inaudible)*. My friends, you are *(inaudible)* the evolution of your kind.

It is very easy for you to successfully negotiate for this eternity. A turn from almost no *(inaudible)* that it generated by the people of your planet. To *(inaudible)*, my friends, when I say almost no *(inaudible)* I am referring to what you might consider to be a fantastic multitude of thoughts, thoughts generated by the society in which you exist *(inaudible)* business, social, scientific, historical. These, my friends, are all the same thoughts. These, my friends, represent *(inaudible)*. My friends, you consider to be the very special *(inaudible)*. *(Inaudible)* the evolution of consciousness really does not matter *(inaudible)*. It is simply a return to the thinking of the Creator. A simple Thought, total love expressed by *(inaudible)*. This, my friends, is true *(inaudible)* and yet and where the people of your planet *(inaudible)* but it may only be done within the limits of *(inaudible)* by your *(inaudible)* process. It can only be done by the process of meditation. It is simple *(inaudible)* a meditation that erases the myriad of confused thoughts *(inaudible)* this society that *(inaudible)* allows them to be replaced *(inaudible)* the same thoughts of your Creator *(inaudible)* of total and absolute love, a Thought so complete, so total and so pure that it and it alone is able to create this entire *(inaudible)*. A Thought so powerful *(inaudible)* that it is generated *(inaudible)* in every other thing *(inaudible)*. My friends, this is what you are concerned with, making this *(inaudible)*. This is also *(inaudible)* for we are still *(inaudible)* we think is absolute *(inaudible)*.

It is a very simple task, very complex *(inaudible)* complex, my friends, for it is difficult *(inaudible)* to return to simplicity. For *(inaudible)* is the purest simplicity. And with this thought *(inaudible)* all things *(inaudible)* for it has *(inaudible)* even the complexities that you experience within society are acknowledged by this Thought as it expressed itself in an infinite *(inaudible)* and yet we directly find *(inaudible)* various experiences the reality and purity of the simplicity, the simplicity of *(inaudible)* pure and total love that is every thought of your being. All that is necessary is for you to return to this *(inaudible)* any experience *(inaudible)* the simplicity *(inaudible)*.

All that is necessary is the practice of daily meditation. The elimination of transitory, rebirth, transition, thinking *(inaudible)* thinking *(inaudible)* requires no special *(inaudible)*. All that is required is desire, all *(inaudible)* is desire. We are here to inspire *(inaudible)* the desire. *(Inaudible)*.

Adonai, my friends. *(Inaudible)*.

(Tape ends.) ♣

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Saturday Meditation
September 21,1974

(Don channeling)

[I am Hatonn.] I greet you, my friends, in the love and the light of our infinite Creator. It is a very great privilege to be with you once more.

I am aware that it sometimes seems that very little is accomplished in your seeking, but, my friends, this is far from true. Your seeking, my friends, is the most important activity in which you engage. There is nothing that you do, no thought that you make that is more important or necessary than the simple seeking for understanding, understanding the reality and the truth [of] the Creation of the Father.

Many, many of those around you are not seeking what they truly desire to seek. They are experiencing their present world, but they are not seeking outside its limitations. And this, my friends, is what they must do if they are to be successful in fulfilling their real desires. For whether man on Earth consciously understands or has no knowledge of his real desire to seek, it still is [his own] desire [among all peoples, in all places,] desire that you might call subliminal, a bias, a potential that is always with him and yet, in your present society, is submerged in a very large percentage of the cases. For in your present societies, creations [of] man on Earth have taken place [of] the creations of the Father in his thinking and in his seeking. For this reason, the abilities and the skills derived from seeking within this illusion are illusory skills *(inaudible)* pertaining only to those very, very transient qualities [which] exist for the short span of [this millennium] and then fade into the endless stream [of time] that stretches through infinity, regardless of [your present awareness.]

Some of those who now dwell upon your planet are seeking a greater reality. They are seeking in a spiritual direction. They are seeking to understand, understand those qualities that are not transient, those qualities that are [the Creation,] and in so doing, they are not only [attaining] a difference of understanding but are progressing toward those abilities that lie within the realm of spirit rather than that which is illusory.

We of the Confederation of Planets in the Service of the Infinite Creator are here for only one real purpose. This purpose is to aid those of our brothers upon planet Earth to find their real objective and then to aid [them] in [reaching] [it]. There is only one way to accomplish this *(inaudible)*. That way is that those of you who so desire [to] progress, progress [with] that real objective that is within all [men], simply do so—to first availing yourself to truth in meditation, and then applying this in your daily [activities].

It is very difficult to become a reflection, it seems, of total perfection. My friends, this is an illusion in itself. For you are already total [perfection.] It is only

necessary that you realize this. For the Creator of us all has created nothing but [perfection.] Any discrepancy of your *(inaudible)* from this is an illusion brought about by the individual. All that is necessary is that you realize your [total unity with the] Creator [in this Creation.] Realize this through your daily meditation, and then express it. Express it in every thought and in every deed and you will have found precisely what you seek. [It is] a very simple formula, my friends, and one might ask if this simplicity is so [evident,] why is it not [practiced?] My friends, there is only one reason for this. That reason, my friends, is that the individual, not so doing, has allowed the illusion in which he presently finds himself to become real. This supposed reality occurs only if an individual allows it. There is a very simple process—a very, very simple process [which] will enable [you] to maintain a very simple [and correct tenet] toward the illusion [that surrounds you.]

As we have said many times, my friends, this process is *(inaudible)*. [If] you find yourself influenced in your daily activities in a way other than that which would conform to the thought of your Creator, it is simply due to insufficient meditation. [We will] suggest, then, that if you truly wish to progress at an accelerated rate that you should perform periods of daily meditation sufficient to dissolve and maintain in this state *(inaudible)*, the effects, the seeming negative [catalyst] that acts upon your awareness within your daily meditations. Maintain a constant awareness [of] the truth [of] reality [of the] Creation of the Father. Do this through meditation. Increase your periods of meditation, if necessary. Several periods, daily, are sometimes [to be desired.]

If you were not seeking, my friends, we could not tell you this for our aid must be *(inaudible)* and if you were not seeking, my friends, we could not suggest so strongly that you avail yourself to reality [with] continuing periods of meditation until you reflect the love and total understanding of that which created [you,] the Creator of us all, the total [and infinite] completely [pure Thought] of love. This has been demonstrated on your planet in the past, and yet it is not understood, and yet this reason for lack of understanding is always the same, an insufficient or total absence of meditation.

We, of the Confederation of Planets in the Service of the Infinite Creator, are here and will continue to serve your people *(inaudible)* to serve those who seek. We have ultimate patience in doing this. Patience, my friends, is very necessary *(inaudible)* seeking *(inaudible)*.

At this time, I will transfer this contact to another instrument.

(Carla channeling)

I am now with this instrument. I am Hatonn. I am aware that there are questions in your minds, and I would like to take this opportunity to answer them if you wish to ask them. Do you have any questions?

(No queries.)

In that case, my friends, I will speak with you concerning a question which, in a general way, is in several of your minds, at this time.

You have had wonder as to why the Confederation of Planets wishes to serve the Creator by the means of coming to planet Earth and talking to groups such as yours. We can certainly understand how puzzling this must look, for within the density that you now enjoy, the approach would not be used due to the fact that it would not cause a certain change within the group which you intended to aid. However, my friends, you may, perhaps, gain some understanding of our actions if you will consider that it has been, within the history of your people, a frequent custom for those who are somewhat of an advanced nature, relatively, reaching out to aid a more primitive or less sophisticated citizen or group of people who are just on the threshold of entering the more sophisticated environment. We may add, my friends, that most of the attempts that have been made by those known as missionaries, social groups sent by the government, and others, and with a very low success rate. We hope, my friends, that our basic success rate in aiding you is higher and this is the reason that we do not come among you and attempt to force you to understand that which we are telling you.

You see, my friends, you are at the beginning of a truly new age. The vibrations are being made new at this time, and those who embody within themselves the consciousness of great beings will become that which they know and that which they are, and we desire to bring each of you who is seeking into this new vibration, content to fulfill your own great destiny in the new age. We have made the step. We exist within this environment, at this time, and we know of the help that, what you might call, a

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cheering team can do for you, and so we cheer you along. We urge you to, shall we say, do your technique, do your homework so that you may be what you desire to be. These things do not happen by accident, they happen by desire. That desire must originate within you. We are attempting to stimulate the desire which is already within you. There is much joy and much beauty in constant presence of the Father of us all very apparent within the new vibration. The new vibration is love, as is the old vibration and yet, my friends, the truth of love becomes a little more obvious with the higher vibrations.

Through meditation, my friends, you may begin to see the heart of love in all the clumsy actions of all those who enter your atmosphere in your daily activities. There may be a great deal of difficulty. There may be misspent time and mistaken words and yet, my friends, each action and each desire is, in truth, a manifestation of love, shadowed and twisted sometimes, for man is also a creator and can cause the shape of love to change. Yet, the heart of all action is love. Know this in your inmost self and then you cannot be touched by that illusion which attempts to strike you. The freedom that this gives you to give forth love in its original state, at all times, to all people is a very precious gift, we think. This is why the Confederation is here. We are all here, many, many of us, from different planets, from different vibrations, from various densities, in many circumstances, yet we all work together, for we all have come to know the Creator and we all wish to be of service to Him, and that alone is enough for us.

We only wish to help you. We are one of many who wish to help you. We are here always, in words, if you may find a channel, and without words, if you desire our presence. We are always with you to lend our vibrations to your meditation, if you so desire.

At this time, my friends, I would like to give conditioning to each of those present who desires it. I will leave this instrument. I am Hatonn.

(Pause)

(Carla channeling)

I am again with this instrument. I will leave you now, my friends. It has been a great privilege to be with you. I am so glad to have been able to share this meeting with you. I hope that our words have been of some aid to you. I leave you in His love and in His light. I am Hatonn. Adonai. Adonai vasu. ♣

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Sunday Meditation
September 22, 1974

(Don channeling)

… *(inaudible)*. I will transfer this contact at this time *(inaudible)*.

(Carla channeling)

I am Hatonn. I am now with this instrument. When we say that we know those whom we wish to help and those whom we do not wish to help, we do not speak of knowledge in your sense, and, therefore, that which we say to you concerning your progress as channels is prone to misunderstanding and even error. And yet, the fact remains that there is a flock and those of you who have the calling must be shepherds to that flock. And it is true that there are those who wish to be of the flock and that there are those who do not wish to be of the flock. And we say to each of you who is a channel, your inner eye is unclouded. It is only your outer eye which becomes confused and which sees mists and quicksand. Therefore, in your work, which is a good service, use your inner eye for that alone will serve you as you do the will of the Father.

Before me, as we are here together, each of you sits bathed in [light] and from inside each of you I have the privilege of perceiving your desire to be of service. That this fountain may run clear and sweet is our chief concern. For that which is through you is of the Father, and each of you are his channels.

What can we say to you to encourage you that you have not [already] heard? Does it seem to you, perhaps, my friends, that in your service you are forever to be stunted and thwarted and always misunderstood? I can think of many things to say to you, many words, many thoughts, all of which are true, all of which would be kindly and encouraging, but, my friends, for you I will share with you that which is of another level of understanding. For within service, as within all things, there are many levels of comprehension.

As you desire to go forth and serve, therefore, know this, that you must be prepared to give away all that you have to give. You must be prepared to walk away and not look back. For there is nothing that you can do for your Creator, but *everything*. It is a hard lesson and people have, always, the illusion [with which] to [part] within this [lesson] and they say, "Everything? Not everything!" But, my friends, everything must belong to the Creator. This is hard and yet, if you may realize this [fact] within your own [thinking,] your service will become such a thing as I cannot possibly describe.

There is an inevitable blooming of every [plant] and each tree will bear fruit in its time. The fruit of your service is a long time coming. For you have worked towards this moment for a long time to your way of thinking and as you approach this time, you have achieved many lessons, but the final fruits [come]

only after the fruit has [dropped] from the plant which gave it life. Do not [take] these words in intellectual [ingestion], attempting to [coddle] an understanding from their specific [meaning,] for we are speaking not of the physical, but of that which is spiritual. Do not think in terms of the visible, for service is invisible. All those things which are visible, in reality, are invisible, [eternal] and completely without *(inaudible)*, for they are all one thing. They are all the Creator. Everything must be given to the Creator because the Creator is [everything.]

This massive indifference that you find may be turned, in an instant, my friends, by the service of your own thinking from a neutrality to a glorious joy. The indifference, the difficulties, the hindrances of service are part of an illusion which is not yours to understand. For, my friends, it is not understandable. It is simply yours to experience. This service begins within your heart which is completely empty and open for you have given all that you have to the Creator. And in return, my friends, the Creator has come into this empty and open place. The Creator has filled your essence with His love and His light and you have become a true channel, able to illuminate each moment with love.

Your service will come. As you desire, it shall be. You may, therefore, prepare and having prepared you may lie down in rest, content with the [glory] shining around you.

There is another entity who desires to speak with this group. Therefore, I will leave this instrument at this time in order to make room for my brother. I leave you in the love and the light of our infinite Creator. I am known to you as Hatonn. Adonai.

(Don channeling)

I am Oxal. I am with this instrument. I greet you, my friends, in the love and the light of our infinite Creator. It is a very great privilege *(inaudible)*.

(The rest of this side of the tape is inaudible.)

(Side one of tape ends.)

(Don channeling)

[I am Hatonn.] … it is more important or necessary than the simple seed for understanding, understanding the reality and the truth of the creation of the Father. Many, many of those around are not seeking what they truly desire to seek. They are experiencing their present world, but they are not seeking outside its limitations. And this, my friends, is what they must do if they are to be successful in fulfilling their real desires. For *(inaudible)* honor, consciously understand *(inaudible),* but a real desire to seek, it still is. (*Inaudible)* desire that you might call subliminal, a bias, a potential that *(inaudible),* and yet in your present society is submerged. A very large percentage of the *(inaudible),* for in your present society, creations of man on Earth have taken place the creations of the Father *(inaudible)* for this reason the abilities and the skills derived from seeking within this illusion are the necessary skills *(inaudible)* pertaining only to those very, very transient qualities which exist for a short span *(inaudible),* and then fade into the endless *(inaudible)* of time, and stretches to infinity, regardless of your present awareness.

Some of those who now dwell upon your planet are now seeking a greater reality. They are seeking in a spiritual direction. They are seeking to understand, understand those qualities which are not transient, those qualities that are the Creator, and in so doing they are not only attaining gifts of understanding, but are progressing towards those authorities that are allowed in the realm of the spirit, or rather in that which is *(inaudible)*.

We of the Confederation of Planets in the Service of the Infinite Creator, are here for only one real purpose; this purpose is to aid those of our brothers on planet Earth to find their real objective, and then to aid them in reaching it. There is only one way to accomplish this, and that way is that those of you who so desire progress, progress *(inaudible)*. Simply do so by first availing yourself *(inaudible)* to meditation and then applying this in your daily activities.

It is very difficult to become a reflection, it seems, of *(inaudible)* perfection. My friends, this is an illusion in itself, for you are already *(inaudible.* It is only necessary that you realize this, for the Creator of us all has created nothing but perfection. Any discrepancy or variation from this is an illusion brought about by the individual. All that is necessary is that you realize *(inaudible)* the Creator in the creation *(inaudible).* Realize this in your daily meditation and then express it. Express it in every thought and every deed, and you will have found precisely what you seek; a very simple formula, my

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friends. And one might ask if this simplicity is so evident why is it not *(inaudible).* My friends, there is only one reason for this. That reason, my friends, is that the individual, in not so doing, has allowed the illusion which he presently finds himself to become real. The supposed reality occurs only if the individual allows it.

It is a very simple process, a very, very simple process, my friends, and *(inaudible)* able to maintain a very simple and *(inaudible)*. For the illusion *(inaudible),* as we have said many times, my friends, this process *(inaudible)* you find yourself influenced in your daily activities in a way other than that which conforms to the thoughts of your Creator *(inaudible)* insufficient. We suggest then, that if you truly wish to progress at an accelerated rate, that you perform periods of daily meditation sufficient to dissolve and maintain in the state of this illusion the effects, the seeming negative *(inaudible)* awareness within your daily activities. Maintain a constant awareness, the truth of reality, the creation of the Father. Do this through meditation. Increase your periods of meditation if necessary; several periods daily are sometimes *(inaudible)* you are not seeking, my friends, *(inaudible)*, and if you were not seeking, my friends, we would not suggest so strongly to avail yourself to continued periods of meditation until you *(inaudible)* for love *(inaudible)* total understanding *(inaudible)* completely pure of thought, of love. This has been demonstrated on your planet many times and yet it is not understood, and yet this reason from a lack of understanding *(inaudible)* is always *(inaudible)* and insufficient *(inaudible)* lapses of meditation.

We of the Confederation of Planets in the Service of the Infinite Creator, are here and will continue to serve your people. *(Inaudible)* serve those who seek. We have *(inaudible)*. Patience, my friends, is very necessary in seeking along this *(inaudible)*.

At this time, I will transfer this contact *(inaudible)*.

(Carla channeling)

I am now with this instrument. I am Hatonn. I am aware that there are questions in your minds and I would like to take this opportunity to answer them, if you wish to ask them. Do you have any questions?

(No queries.)

In that case, my friends, I will speak with you concerning a question which, in a general way, is in several of your minds at this time. You have had wonder as to why the Confederation of Planets wishes to serve the Creator by means of coming to planet Earth and talking to groups such as yours. We can certainly understand how puzzling this must look, for within the density which you now enjoy, the approach would not be used, due to the fact that it would not cause a certain change within the group which you intended to aid. However, my friends, you may perhaps gain some understanding of our actions if you will consider that it has been within the history of your people a frequent custom of those who are somewhat of an advanced nature, relatively, reaching out to aid a more primitive, or less sophisticated citizen, or group of people, who are on the threshold of entering a more sophisticated environment. We may add, my friends, that most of the attempts that have been made by those known as missionaries, social groups, sent by the government and others, [end] with a very low success rate. We hope, my friends, that our basic success rate in aiding you is higher, and this is the reason that we do not come among you and attempt to force you to understand that which we are telling you.

You see, my friends, you are at the beginning of a truly new age. The vibrations are being made new at this time and those who embody within themselves the consciousness of great beings will become that which they know and they … which they are. And we desire to bring each of you who is seeking into this new vibration, content to fulfill your own great destiny in the new age.

We have made the step. We exist within this environment at this time and we know of the help that what you might call a cheering team can do for you, and so we cheer you along. We urge you to, shall we say, do your technique, do your homework so that you may be what you desire to be. These things do not happen by accident. They happen by desire. That desire must originate within you. We are attempting to stimulate the desire that is already within you.

There is much joy and much beauty and the constant presence of the Father of us all very apparent of the new vibration. The new vibration is love, as is the old vibration. And yet, my friends, the truth of love becomes a little more obvious with the higher vibrations. Through meditation, my friends, you may begin to see the heart of love in all the clumsy actions of all those who enter your

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atmosphere in your daily activities. There may be a great deal of difficulty. There may be misspent time and mistaken words, and yet, my friends, each action and each desire is, in truth, a manifestation of love, shadowed and twisted sometimes, for man is also a creator and can cause the shape of love to change.

Yet the heart of all action is love. Know this within your inmost self and then you cannot be touched by that illusion which attempts to strike you. The freedom that this gives you to give forth love in its original state at all times to all people is a *(inaudible)*, we think. This is why the Confederation is here; we are all here, many, many of us from different planets, from different vibrations, from various densities, in many circumstances, yet we all work together for we have all come to know the Creator and we all wish to be of service to Him, and that alone is enough for us.

We only wish to help you. We are one of many who wish to help you. We are here always; in words, if you may find a channel, and without words if you desire our presence. We are always with you to lend our vibrations to your mediation if you so desire.

At this time, my friends, I would like to give conditioning to each of those present who desires it. I will leave this instrument. I am Hatonn.

(Pause)

I am again with this instrument. I will leave you now, my friends. It has been a great privilege to be with you. I am so glad to have been able to share this meeting with you. I hope that our words have been of some aid to you. I leave you in His love and in His light. I am Hatonn. Adonai. Adonai vasu. ♣

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Friday Meditation
October 4, 1974

(Unknown channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. It is a great privilege to once more meet with this group. We, the Confederation of Planets in the Service of our Infinite Creator, are here, as we have stated many times, to aid those of the people of Earth who would seek our aid. I am aware that many of the peoples of this planet are not inclined to seek our aid. Many of the peoples of this planet are not inclined to seek anything beyond the illusion that now fascinates them. Many of these peoples believe that they are experiencing the most real portion of their existence. They also believe that there is nothing to seek of any value beyond their present illusion. This is quite erroneous. They do not realize that they are presently experiencing the illusion in which they find themselves because of their desire to limit to this form their experience. They do not realize that they are experiencing an insignificantly small portion of that which they might experience.

At this time, I will attempt to transfer this contact to the instrument known as T.

(T channeling)

It is a pleasure once again to use this instrument. We are with you, my friends, at this time to help you. We are *(inaudible)* of seeking *(inaudible)* in every way that we can. There are many ways that we can aid. We wish it were possible that we could help you more than we are able, but it is not allowed that we would interfere with your free choosing of the path that you will follow. We, however, can and do bring you the greatest and *(inaudible)* matter, the only really necessary aid that you need in your seeking. And that, of course, my friends, is your meditation. Practice it daily and the benefits will be beyond *(inaudible)*. It should become a way of life with you. We are pleased that so many in your group are practicing daily meditation. We encourage all to continue to do so.

I will now attempt to contact the instrument known as E. I am Hatonn.

(E channeling)

I am Hatonn. I am pleased to be with this instrument once again.

(Pause)

(Carla channeling)

I am now with this instrument. I am Hatonn. I am sorry for the delay. These do sometimes occur and we suggest that simple relaxation and lack of intellectual taking thought will always gradually make it possible for the new instrument to gain confidence in availing themselves of channeled information.

We were speaking, my friends, of the many, many inhabitants of planet Earth whom we cannot serve at this time for they do not wish our service. Why is this, my friends? What is it that has brought you to this meeting and has left others with no desire to seek and to know the truth? What is the great choice-maker? My friends, it is not an easy concept to understand, the concept which answers these questions, however, it is an extremely simple concept. What you know of as energy or consciousness or love is extremely wider spread in its definition than you can imagine. The vibration level which forms the density which you now enjoy, has a lower and an upper limit. There are infinite varieties of vibration within this finite vibration level. And those who are at present upon this planet are existing within many, many of these various vibratory levels.

Within the lower vibratory levels, my friends, there will be an excess of certain types of energy, which express themselves in aggressive and energetic action. These types of actions are often seen among those very people who do not wish our aid. Gradually, one begins to use up, or shall I say, transmute some of this expression of energy and another type of energy begins to manifest, for energy is never destroyed, as you already know.

The higher levels of energy have a somewhat less physically energetic aspect and the intellectual aspects of vibration are begun to be experienced. After a certain amount of experience within these vibrations, the energy manifested in these vibrations is used up or, shall I say, transmuted again to a higher level of energy. The catalyst for this transmutation of energy in all cases is either experience or meditation. Experience is an extremely sure but somewhat slow-moving type of catalyst. The transmutation of your vibratory level from the lower to the higher forms of vibration will be one with the movement of the unitary mind of all of those upon this planet.

It is possible to speed your progress within this vibration by means of contacting the creation that is within you. And it is this that we have been attempting to guide you to. Each of you, my friends, is attracted to that which we have to give you because you have in the past managed to accumulate enough experience within this vibration that you are vibrating at the level at which your desires are attempting to satisfy themselves by moving into the higher vibrations of spiritual seeking. You have traveled far, my friends. It has been a long journey. You have an infinity of traveling to do yet, I assure you, but, my friends, the lessons are good. We are indeed sorry that we cannot be of aid to those who have not desired such aid. They will desire this aid in good time, my friends, and we or our brothers will be there to aid them for this is the plan of the Creator.

I am at this time going to attempt again to contact the instrument known as E. I wish only to exercise with this channel. I am Hatonn.

(E channeling)

This channel does question about the personality. She has *(inaudible)*. This channel *(inaudible)*. We spoke of *(inaudible)* the entity *(inaudible)*. It has been a pleasure using this channel. I will leave you now. I am Hatonn. *(Inaudible)*. ♣

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Sunday Meditation
October 13, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a very great privilege to once more be with this group. I am speaking through this instrument from a craft high above your house. It is a craft known to you as a flying saucer. Yes, my friends, we are here and we are very close. Yet you cannot see us. Your instruments cannot see us. The radar or other devices detecting us are not useful in *(inaudible)*. Yet we are here. There are millions surrounding your planet, surrounding it with one purpose in mind: to bring to you understanding. Friends, this is something that we can only offer. It is necessary for man on Earth to reach out and take it, for understanding must always come from within. We cannot bring it to you and force it into you as a food. We can only stimulate your seeking through suggestion, through teachings such as we are performing now so that you through your own understanding can once more find the light that is within all men throughout all this creation.

It is a very great privilege to be able to perform this service for the people of Earth, for this is the only service that is of any real importance. For, my friends, everything that you seek is in the direction of this understanding—total, complete understanding of the truth and love of your Creator, the Creator of us all. This is what men in all places and at all times are seeking. Whether they realize this or not, this is what they seek. So, my friends, tonight we will speak to you about understanding. We will speak to you about reality. We will speak to you about what we have to do.

It is often said upon your planet that it is difficult to understand the meaning of life. However, my friends, it is not difficult to understand the meaning of life if you avail yourselves of this understanding through meditation. This meaning will not come to you in words, my friends. You will not be able to explain it in so many sentences or paragraphs. But you will begin to understand this meaning. You will begin to obtain an awareness of it. When this awareness has reached its fullness, you will then be with your Creator, the Creator of us all. And the understanding will be as [it] is, and you then will once more act as Creator. For this reason, my friends, meditation is of an extreme amount of importance. For this reason, my friends, meditation is actually the only real avenue to this understanding. For this understanding cannot be given by words. It can only be reached through knowing. And this knowing can only be reached through meditation.

Many upon your planet have been known as masters. Each of these men became aware of truth, aware of truth from the truth that was within them. [Each] perceived this awareness through the process

of meditation. If an individual maintains his interest in things that are external, if he continues to use the intellect for analysis of each of his daily activities and for each of his confrontations as he progresses through his life, he will then be working in a very, very shallow way, with a very, very shallow objective and a very shallow opportunity to understand. It is necessary for him to avail himself of a truth that is not intellectual, a truth that cannot be explained in words, a truth that is only a feeling, a knowing, a truth that is. This may be done, my friends, through meditation. For this reason we seek to bring an understanding of the necessity for meditation.

All men in all places are taken to understanding the single truth that lies within them, the truth of the creation. For the truth of one thing is the truth of another. For all things are one and the same, impossible to separate. They have all been created by the same Thought. They are all made of the same substance and they are all related in the same way. Avail yourselves of this knowledge through meditation. Become aware of this. Become aware of it in such a way that it is the knowing within you that is not an intellectual knowing, but a knowing that transcends everything that you could think or do. A knowing that is. A knowing that is the love, the infinite wisdom of the Creator, the Creator of us all.

This is only available to you, my friends, through meditation. You cannot spell it out. You cannot set it down on paper. You cannot express it in words, for all of these things fall very short of this understanding. This understanding, my friends, is infinite. It is total wisdom, total love. It is within you when you learn to express it in every thought and every deed, in every move, in every breath. Regardless of what you do, regardless of what confronts you, when you are expressing this understanding you are then at one with the truth, at one as you were meant to be, meant to be as a result of the original Thought, the Thought of your Creator, the thought of our Creator.

Reach this understanding. Reach it through meditation. In reaching this understanding you will reach the only joy that there is, a joy that is so profound, so total, so far-reaching that you will not be able to express it. You will only experience it and then you will know it. This knowledge, my friends, is what you seek. It is available quite easily. All that is necessary is that you reach out. Reach out by going within, going within to all there is. For this is the direction to the infinite—infinite wisdom that is yours and your Creator's.

It has been a very great privilege speaking to you through this instrument. We have others here tonight who will speak through other instruments. I will leave this instrument at this time to allow another of my brothers to speak through one of the other instruments. I am Hatton. It has been a very great privilege to speak with you. Adonai. Adonai vasu.

(Carla channeling)

(Inaudible)

(Jim channeling)

(Inaudible)

(Tape ends.) ♣

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Thursday Meditation
October 31, 1974

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of the infinite Creator. It is a great privilege to be with you, my friends, a very great privilege. The reason that I say that it is a great privilege, my friends, is that we are here for only one purpose. Our purpose is to contact those peoples of your planet who desire our contact. This is the sole reason at this time for us being here. We have come with a specific objective in mind. We have come to be of service to those upon your planet who desire knowledge, so that they may put this knowledge to use while still within the physical illusion that you now experience.

It is a very great privilege to do this, to give the service to those who desire it. It is very important, my friends, that you realize your true objective, and the means for fulfilling this objective while still within the physical illusion.

The reason for the importance is as follows: man goes through many, many experiences; some of them physical, many more of a different nature than what you presently consider physical. Within the physical illusion, he is isolated, you might say, from much of his knowledge. He is left with an intellect that is the product of his experiences within only that single illusion, and emotional biases that are the products of all his experience.

Why do you think such a condition manifests? Why do you think that you find yourself in this condition? The reason, my friends, is, first of all, you have desired this situation and secondly, having desired it, you have carried out what was necessary to bring yourself into this illusion.

Now, my friends, the reason for this excursion, you might say, from a much more delightful environment into one of severe limitation—the one in which you now find yourselves—the reason for this excursion, my friends, is for the purpose of realization.

It is difficult for many of your peoples to understand why it is necessary for such an experience to take place to reach an awareness that seemingly should be reachable any place, at any time. My friends, it is within reach any place, at any time. But it is also very difficult to test the total understanding of this realization in any experience. It is most easily tested in the experience in which you now find yourselves.

This testing, each day, this testing, each moment of time, is automatic, for it is simply your reaction to each experience that is sensed. Each of you has had reactions to experience that were reactions that you now see as foolish. If one is to reach the goal that he desires during the experience, it is necessary that he adjust his thinking so that his automatic reaction to

any experience is always a reaction of love and understanding.

This was demonstrated to you by the master known to you as Jesus. He set an example of reaction to experience. If there is doubt within the minds of individuals as to how they should react to any experience, it has already been set down for you by the man known as Jesus. This man was demonstrating how to react. These reactions were not the product of his analysis or intellect. They were automatic reactions based upon a realization that he had accomplished within the same physical illusion that you now experience.

Because of the consequence of individual experiences within the present illusion, it is a much better test than a less dense illusion. The consequences within the illusion that you now enjoy are seemingly of relatively great magnitude. All of this is for the purpose of testing your ability to express love and understanding. Each of the experiences, regardless of how they seem, are simply illusory tests, operating upon you directly to produce an opportunity for you to display your understanding of love.

This is the only reason for the illusion which you now experience, my friends. If this is the only reason for this illusion, it should be obvious that once an individual is aware of this, that he spend his time in learning to react to each experience with only an expression of love and understanding.

Many of the peoples of your planet, in fact most of the peoples on your planet, have no conscious knowledge of what I have just given to you. Therefore, they go about experiencing the activity within their illusion, and reacting in a manner that is not consciously directed by their understanding.

They, nevertheless, learn from the activities and experiences of the illusion, but the process of learning is much extended over the process of the individual who is consciously aware of what he is doing. We are here at this time to aid those of the people of Earth who wish aid in understanding, consciously, what they are attempting to do.

Many of those of you who continue throughout a total experience within the physical with no conscious knowledge of the real purpose of that experience waste that entire experience and make no progress whatsoever. The progress upon planet Earth has been extremely slow for many, many of the peoples who are on the planet. This slowness of progress has been unfortunate. There have been ample communications of the objective that they desire in reality. However, due to unfortunate circumstances, a very large number of them have never become aware of their true objective while in the physical.

For this reason, they have required repeated experiences in the physical, and will require in the future repeated experiences to make the simple step from reacting to experience blindly, and, shall we say, without suitable expression of love and understanding, to a future goal which is exactly the opposite.

My friends, what we are telling you at this time is the only important thing that you need to know. We can tell you of many wondrous things, but what good is it to be told these things if they are not within your ability to experience? We are telling you simply how to achieve the ability to experience all of the wondrous things that you might wish to know.

To do this is very simple. It is simply to express love and understanding, regardless of the experience that confronts you. All that confronts you is illusion—everything. This is very clear to us. It is not always clear to you. It is not clear to you because the illusion in which you find yourselves is a very, very good illusion, a very satisfactory illusion, a very efficient illusion. It is accomplishing exactly what you wish for it to accomplish. It is accomplishing a deception. It is putting before you continual tests of your ability to express our Creator's love.

Why should you have to be continually tested, my friends? Why should you continually go through these experiences? You have chosen to do this. The reason for this, my friends, is that you wish to accelerate rapidly the progress of your spiritual understanding.

Realize in meditation the truth of what I say, and then realize in meditation the way to implement your desires, to bring them quickly into reality. Do not make the mistake of so many of those who have gained some intellectual knowledge of their true desires. Do not make the mistake of assuming that the simple intellectual knowledge of these desires is of any real benefit. It is not, my friends. The only thing that is of real benefit is if you are able to express with no reservation the love and understanding of your Creator.

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This is what the entire game is about. And it is a game, my friends, especially from our point of view. You have chosen to be participants in a game, a game within an illusion. An illusion that is bounded by a narrow layer upon the surface of a small planet in an infinite amount of space.

Consciousness is evolving throughout all of the creation. In your particular place in the creation it is evolving. You are experiencing personal evolution. If you can maintain at all times an awareness of reality, and therefore an awareness of the game in which you find yourselves, you may do precisely what you have set out to do: lift yourself a very great degree in spiritual understanding.

This is what we are all attempting to do. This is our only objective. Anything else is simply a part of a game. And there are many, many games in this creation, my friends, at many levels. Each of these are played with different sets of rules, but they all have the same goal: the goal of understanding, the goal of arriving at that ability to express love that is the Creator's.

This, my friends, then is the activity of all consciousness, throughout all space. It is hard to believe that there are so many activities going on as they are. But they are infinite, each at its own level of awareness, each seeking to go farther, to become more aware, to return to the infinite knowledge of the Creator.

But each is involved in what we might term a game. We say this, my friends, not to make fun of the process, but to recognize its position within reality. We find ourselves within an illusion—a different illusion than your own. We are playing a game, my friends, a game with different rules. But yet it is a different part of the entire enterprise. It is the part that is adjacent to your part. We can call it a game, my friends, because we must contact you in this manner. We must communicate using, at all times, techniques which allow you to accept or reject our communications. For this reason, we compare our activities to a game, for we, too, are operating within certain rules.

And yet we, too, are attempting to rise, to understand more, to become more aware. We are attempting to do this at this time through the process of service. A process of service which will produce for you the evolution which you desire. You may do the same thing, at a different level. You may do the same as we. Having gained certain understanding you may pass on, within your illusion, your understanding, especially [if] you understand the rules of the game.

For many of your people, within your illusion, have attempted to pass on their understanding with no understanding of the rules of the game that they are experiencing. For this reason, much of what they have attempted to give to those around them has been misunderstood or rejected, for they have attempted to serve in a way that was with limitation with respect to understanding. All of this understanding, in an intellectual sense, my friends, is of little value, unless you augment this understanding with real knowledge through the process of meditation. This is the only way that you can totally encompass in your thinking and in your emotional biases the realities that are permanent; realities that are not a product of the game.

Man upon Earth at this time is very, very involved, for the most part, within his illusion. There is warfare, and plans for warfare. There are political ideas. There are thousands and thousands of objectives and ideas that are totally involved with the game, having no objective outside, no objective in reality. All of these ideas, all of these objectives, all of these activities, whether it be within your political systems, within your business, within your government or military structures, whether it be in any myriad of activities carried on upon your planet's surface, this makes no difference. If the individual immersed in these activities has no realization of their real value—and their real value is nothing, simply nothing—if that individual has no understanding of this, then he is not making the use that he should of his existence within this illusion.

We are afraid at this time that almost all of the peoples of your planet are so oriented. This is not to say that many of them are not of a high spiritual nature. It is simply to say that they have not made that transition that identifies what they are doing, that identifies the objective that they really seek. We are hoping to help many of the peoples o f this planet make that transition while they are in the physical. This must be done at some time or another. This is a very important step in the advancement of spirit.

It has been said upon your planet that it is necessary to realize this while in the physical. This, my friends,

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is a very important step. The more depth within you that this realization reaches, the more benefit you will achieve from it. This, of course, may be done through the process of meditation.

Do not let the illusion that meets you with each dawning day be too much of an illusion, my friends. Recognize it for what it really is, and then recognize each day what your objective is, and you will make full use of the illusion.

It has been a very great privilege to speak with you this evening, I am Hatonn. I shall now allow my brother to speak through the other instrument. It has been a very great privilege. Adonai. Adonai vasu.

(Carla channeling)

I am Oxal. I greet you in love and light. I am glad to be using this instrument. She is not used to our contact. However, we are eager to use this instrument, and if you will be patient, we will spend a brief period working with this contact.

(Pause)

I am anxious to tell you how glad I am to be with my brothers at this time. I have been with you through the communication from my brother Hatonn. I add only one thought, and this one is an obvious one. And yet it is well to remind those who desire understanding of this thought.

My friends, to give love, to emit a vibration of understanding, is to form a consciousness which is not an illusion, but what one may call a reality, although as an ultimate form, one could not call it a reality. But one may call it a reality to express love compared to the illusion as you understand it.

And how does one express love, and how does one express understanding, and how is it possible to express these things at all times? What I wish to tell you, my friends, is that it is impossible to express these things if you are attempting to relate to the illusion. It is impossible, my friends, to react with love and understanding if you are dealing with the imperfect, foolish and sometimes ridiculous people that you will encounter in your daily life.

Of course it is impossible, my friends. The illusion is designed so that it is possible to act correctly only with knowledge. It is only possible to express love when you begin to have an awareness of the Creator. My friends, each person may seem to be a human entity. Yet he is the Creator. Each natural object, each manufactured object, the very air around you, my friends, has a consciousness which is the Creator. You yourself, the originating agency of this love which you wish to express: you are the Creator.

If you can remember that the one known as Jesus saw each individual entity as part of the Father, then, my friends, you will be able to better express the love of the Creator.

Those who have need of you; those whom you need, are liars. There is no need, except for the Creator. To understand this is to free oneself from illusion.

I have offered these thoughts to you, for in my experience, they are helpful. As my brother has said, we have experienced the density which you enjoy. If we were to discover that we needed the gross corrections that you yourselves pursue, we would reimmerse ourselves within it.

Within our own density, we are seeking to make corrections, corrections in our understanding. And yet we may compare the two densities to two problems of which you may have intellectual knowledge. One is the problem, shall we say, of tuning in a channel. You are now attempting to discover the correct channel. This is the reason for experience. We have this correction, and yet there are finer corrections, which you would understand as the controls on a television for the clarity of the picture. The difference between these examples and the two densities, my friends, is that with changes in density, as the corrections become finer, the differences obtained become more profound.

We look forward to many, many densities beyond our own, that are far finer than our own. Yet we are content to be learning within our own, and we wish very much to aid you with yours.

I also wish to allow another member of the Confederation to speak, and so I will leave this instrument at this time. It has truly been a pleasure to use this instrument. I am known as Oxal. Adonai.

(R channeling)

I am with this instrument. It is a privilege to be with you. I greet you in the love and in the light of our infinite Creator. I will at this time condition each of you, if you desire it.

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For we would very much like to use the instrument known as B to relay our thoughts to those who desire them. It will be a simple process, if she will avail herself.

(Tape ends.) ♣

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Friday Meditation
November 1, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. I am here, my friends, that I may aid you. And yet I am here to sting you and to stimulate you, as a gadfly. I am not here to give you comfort, in that I do not wish to put you to sleep, but to awaken you.

You, my friends of this group, are very close to your desire. You, my friends, are close to the opening. Going through this opening will unite you with your desire, and then, my friends, the progress you will make will be much accelerated.

But we must wake you. We must help you to become aware not only of the beauty but of the freedom and of the terrible responsibility of freedom.

It is so easy, my friends, to forget that you are free. Your intellectual minds insist that you accept all of the words and all of the conditions. They insist that you accept hot and cold. And then you accept right and wrong. And that you accept each and every description of your illusion. And yet, my friends, this illusion is a cunning system of limitation. The limitation is designed to produce heightened awareness, strong emotion, and the resultant understanding. And yet, if you believe too strongly [in] the illusion, you will react blindly to it, and you will not understand, and you will not find the freedom, and you will not find your desire. And this is your responsibility, my friends.

We speak of beauty to those who are beginning, for truly, all is beauty; all is joyful; all is full of love. All these things are true. But they are more than true, my friends, they are actual. And, in that they are actual, there is no beauty, there is no joy, there is only one thing, and that is the Creator.

And yet, we cannot say to you, that is the Creator and that is reality, for that is a word. We are speaking the very limitations that we wish to bring you past. Your desire is to come past these limitations, so that you may express the infinite and incandescent love and light that is within you and is the Creator.

And so we are here, in love and in light, to sting you, to stimulate you. For there is peace beyond peace, and there is understanding beyond all things. And these things must be found through the paradoxes of spiritual awareness, through the limitation of all that is a word.

As you abide in meditation, you will come ever closer to the unity between yourself and your desire. We are here to urge you towards that goal.

I will transfer this contact after a short period of conditioning. I am Hatonn.

(Don channeling)

I am Hatonn. I am now with this instrument. It is a privilege to speak through this instrument. I am aware that there are certain questions. I will attempt to answer them. It is very difficult to perceive the illusion when you are so totally immersed within it. But there are things which you may do to augment your ability to see through this illusion.

There is nothing that manifests itself. It is not a *(inaudible)*. It is only necessary that you realize this and the difficulty will be *(inaudible)*.

I am with this instrument. I shall continue.

(Pause)

I am sorry for the delay. It is a privilege to once more contact this instrument. We have stated that it is necessary to recognize the illusion. This is extremely necessary. The illusion is all about you, and yet is of no real consequence. Everything that occurs within the illusion you experience is caused by your thinking. The illusion is caused by the thinking of those that are within it. Everything that exists throughout the creation is created by thought, and the illusion that you now experience is created by thought. Everything that you are experiencing is created by thought. This is sometimes very difficult for you to understand but, nevertheless, it is true.

Everything that you experience is created by thought. Everything that you will experience is created by thought. All changes between what you experience now and what you will experience in the future—these changes are created by thought.

Therefore, my friends, there is only one thing of any importance: that is thought. And, as far as you are concerned, my friends, the only thought that you are able to control is that thought which you call your own. Therefore, it is necessary to completely and totally understand your own thinking prior to dealing with anything else. Once you have totally understood your own thinking, you are then in a position to create much more thought.

And what will you create, my friends? There is only one thing you can provide: an example. An example of thinking. If this is done by enough of the people upon your planet, your planet will achieve a state of thinking that is truly within the thought of our Creator.

I am having difficulty with this instrument.

(Carla channeling)

I am Hatonn. I am once more with this instrument. We are very privileged to be able to use each of the instruments. It may be interesting to you to know why we use different instruments at different times. The material, shall we say, of each person's mind and thoughts has a distinctive and characteristic turn or flavor. And these flavors are our tools for constructing those things which we wish to say to you through these instruments.

We know what the group desires, for we know ourselves, and we are one with ourselves and you. And so, in each communication, we attempt to fulfill the desire of the group as we find it.

To do this, we have the choice of those who are instruments within the group. Depending upon the desire of the group, various of the instruments are preferable at various times. In the case of this communication we desired to use the instrument known as Don, because his turn of mind made it more possible to get certain ideas across in a certain way.

We will attempt to conclude the message through this instrument. Due to her slightly different turn of mind, the information will come out slightly altered. It is still correct, and it will be verified by the other instrument that he was receiving the same information, but he could not get it precisely due to certain conditions.

We were simply attempting to speak in two different ways of one thing. Through this instrument, we can talk about lack of limitation. With the other instrument, with a, shall we say, more neutrally oriented background in language, we could talk more specifically.

Through this instrument we must simply say that your limitation, your illness, your lack, your need—all of these things are due to only one thing, and that is your belief that you are limited, that there are lacks, that there are limitations, that there are illnesses.

My friends, what do you believe? Unfortunately, you are very tempted to believe in limitations of all kinds. If you could believe the truth, you would have no lack, no limitation, no illness, nothing of any kind except the unity which is the truth.

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My friends, you are perfect and you are fulfilled. Your only mission is understanding and service. Understanding brings its own service: therefore, your only mission need be understanding. The service follows of itself.

Do not believe in limitation, and you will become unlimited.

With this idea, I leave you. I has been my privilege to be with you, and I hope that I have been able to give you some thoughts that may aid you. I leave you in love and in light and in the presence of the infinite Father. I am Hatonn. Adonai. ♣

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Sunday Meditation
November 10, 1974

(Don channeling)

I am Hatonn. I greet you in the love and the light of our infinite Creator. We are here to serve the peoples of your planet. We are here to bring to them exactly what they desire. We are here to bring to them the only thing that is of value. This, my friends, is understanding.

Many of the peoples of this planet, my friends, are aware that there is much more to this creation and to their lives than that which they find within their present physical illusion. Many of your peoples are at this time seeking outside their illusion. To these who seek, we offer our understanding.

We do not attempt to say that we have ultimate wisdom. We only suggest that that which we have to offer may be of value. For we have found, in our experience, as we have passed through the same experiences as those of Earth, that there is a most beneficial direction in seeking to serve.

We are acting through instruments such as those here tonight to give to those who seek an understanding. We are limited at this time in methods of our communications. We are limited by the overall desire of the peoples of planet Earth. For many of those who dwell upon planet Earth at this time are not seeking what we have to offer. For this reason, we cannot come among you and hope to meet you and present that which we have to bring to you. For it would be an infringement upon the free will of those who do not desire our understanding.

We are in great numbers about your planet. We orbit your planet in our craft. We come no closer than is necessary. It is necessary only to stimulate the seeking among those of your people who truly wish to seek but are unaware, consciously, of their desire.

Our presence is meant to stimulate seeking. Through this process, we hope to contact as many of the peoples of your planet as would desire our contact. We hope in the very near future to be able to contact many more of the peoples of your planet, the peoples who would desire understanding. It is difficult to contact those peoples of your planet because of this, shall I say, mixture of types. But it is well worth our effort if we are able to contact but one.

We will continue to act as we do now, speaking through instruments such as this one, until a sufficient number of the peoples of your planet have become aware of truth. At this time, we will be able to meet directly with some of those on your surface. This, my friends, will be in the not-too-far-distant future. We are constantly striving to bring, through many channels of communication, the simple message to the peoples of Earth, the simple message that will leave them with a simple understanding of all that there is.

My friends, understanding in its purest essence is totally simple. Tonight, we shall speak through the other instruments of the simplicity of this understanding. It has been a privilege to speak through this instrument. I will at this time transfer this contact to one of the other instruments.

(Carla channeling)

I am Hatonn. I am with this instrument, and I greet you once more.

My friends, each of you within this room is truly seeking. We are aware of this, and we are most privileged to be here, and to be to be allowed to aid you in what ways we can. And the first question, my friends, is this one: what are you seeking? Is this not the first question, my friend?

Are you seeking the answer to who you are? There are many, many questions which come under the, shall we say, general heading of spiritual enlightenment. And we would like to tell you a little story, for we believe that in knowing the simple answer to this first question lies the open door to a great deal of further inspiration.

Imagine, my friends, the open skies and beautiful, puffy clouds, as they slowly gather and drift, blown by the wind across the green country. The sun shines warmly upon the country, and nature abounds in the warm sunlight. And the clouds grow heavy, and the waters gather, and they unburden themselves upon the thirsty ground. And the life-giving water enters all the plant life, and the plant life teems and grows and flourishes. And then, my friends, the clouds pass, and the sun shines forth once more, and the countryside turns and reaches for the sun, in a never ending cycle of growth and appreciation.

What questions, my friends, did the flowers, and the trees, and the shrubs, and the crops ask? Do you think they asked, my friends, why they are the color that they are? Do you think that they questioned their shape, or asked how they may be useful?

Their beauty is a blessing, and their fruit of benefit. Plants give love and service without question, for they know the one question. They know that they are reaching for the sun and for the water which gave them their life.

And you, my friends, who gave you your life, and who nourished you, but the Creator? The one Creator, my friends, Creator of us all. And in Him we all abide, some of us knowingly; some of us not. The reality is independent of our awareness of it.

What is your question, my friends? What are you seeking? I suggest to you that you are seeking the Creator. You are seeking, as you may say, the Thought that created you. This is a simple, a very simple idea; perhaps too simple for the intellect to accept. And all we suggest, my friends, is to disengage the intellect and allow your moments of meditation to speak to you regarding your true desire. Once in possession of the knowledge of your true desire, that which you desire will come to you.

My friends, so much time within the physical illusion is wasted. We say wasted, from our point of view, upon the pursuit of questions such as, "Why am I this shape? Why is my situation so and so?" These are questions which deal entirely with the illusion, my friends, which are brief, phenomenal and unimportant in the extreme. Questions which waste your time while your true desire must wait until you can give it attention.

It is written in your holy works, "Seek, and you shall find." This is a true extremely accurate statement, my friends. If you wish to open the door, and open the next door, and so on, you have only to knock.

I would at this time be privileged to transfer the contact to another instrument. I am Hatonn.

(H channeling)

I am with this instrument. My friends, as you sit here this evening, you *(inaudible)*. What we do in these messages is meant to aid you *(inaudible)*. We of the Confederation are able through our desires to see what is most beneficial *(inaudible)* through a channel such as this one. *(Inaudible)*. We stress meditation *(inaudible)*.

(R channeling)

(Inaudible)

(T channeling)

I am now with this instrument. Greetings once more in His love and His light. In reality, my friends, all is indeed very simple. In the physical illusion, things become extremely complex. We come to you in the physical illusion with the purpose of jogging your desire. *(Inaudible)*.

Once, my friends, we had what you would call a change of course. Then, my friends, we were able to

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give the true realization *(inaudible)*. This knowledge, my friends, now resides with you, deep within your consciousness. *(Inaudible).*

Indeed, once you, to some degree, decide *(inaudible)*.

Indeed, many things that you encounter in your meditation *(inaudible)* indeed known to you in your physical consciousness *(inaudible)* but this the gradual pulling aside of the curtain that surrounds the physical illusion.

(Inaudible)

(Carla channeling)

I am Laitos. I greet you, my friends, in the love and light of the One Who is All. It is my special privilege and duty to give you the conditioning wave, if you desire it. For the benefit of the newer members of this group we would like to speak a few words about the conditioning wave before we begin.

That which we deliver through these channels to this meeting is sent upon a certain type of vibration. This vibration is of a certain characteristic pattern which, as you have said earlier in conversation, is much like the tuning of one of your electronic instruments.

The conditioning wave, as we call it, is the blanket vibration of a spiritual nature which carries all communications through the instruments. It is accompanied by the impulse, which when correctly received, may be translated into various movements which indicate actual contact between us of the Confederation and you upon the surface of your planet.

For those of you who wish only to experience the spiritual vibration, this conditioning wave is useful. And for those who are interested in becoming what is known as channels, the conditioning wave's functions are two-fold: first, to strengthen the spiritual vibration which will carry our thought impulses; second, to exercise the physical being which houses the instrument, so that the instrument will be quite sure that we are actually transmitting thoughts and are not a figment of your imagination.

I will therefore, at this time, offer the conditioning wave to those who desire it. If you will relax and avail yourself, we will make our presence felt. I will leave this instrument now, and greet each of you. I am Laitos.

(Pause)

(H channeling)

I am *(inaudible)*. I wish to once again greet you in the love and light of our infinite Creator. For those who request this conditioning wave, we wish to express our sincere gratitude, for we are in need in the days to come of instruments. *(Inaudible)*.

We are pleased to aid you in your service, if this is your choice. It has been my privilege to join with you tonight. *(Inaudible)*. I leave you in His love and His light. I am the one known as Laitos. Adonai vasu borragus.

(T channeling)

Greetings, my friends, in the love and the light of the One Who is All. I have but a very few words to say.

(Inaudible)

I will leave you now, in His love and His light *(inaudible)*. I am Oxal. Adonai vasu. ♣

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Tuesday Meditation
November 12, 1974

(Carla channeling)

[I am Hatonn.] I am in more precise contact with this instrument than with the other instrument. There is a lack of the usual relaxation with both of these instruments. I am aware of the question. I have been giving concepts to both instruments and have not yet been able to achieve a clear contact. This instrument has been having difficulty relaxing due to a state of some discomfort which varies due to variations within the illusion.

The cycle is fairly rapid, therefore, the contact is cycling in accuracy. The other instrument simply needs to relax. There is one who will attempt to condition both instruments and will attempt to transfer this contact to the other instrument, if possible, and attempt to relay the information you desire.

I greet you, and I give each of you the assurance that we wish to serve you to the best of our ability and to the best of yours. This type of information is not particularly important, yet, we will serve you as you wish to be served. [I] leave this instrument in love and light. I am Hatonn.

(Don channeling)

I am with the instrument. I am Hatonn.

(Inaudible)

(Carla channeling)

I am now with this instrument. I would like at this time to answer a question which has not been asked consciously, yet is within this instrument and may help each of those present.

That which is known upon your planet as illness is due to lack of understanding of the principle of living which is that there is only one, one place and one Being. The time is the present; the place is here; the Being is love. These things equal what is known in your intellectual framework.

It is in the misunderstanding of these truths that all lack, which shows itself to you as physical discomforts, physical needs, mental agony, and emotional need, come forth. If, my friends, you were able to live completely within the moment and to realize the love which is all around you, and to sense the immediacy of your surrounding, you would no longer be other than truly perfect within the illusion as well as outside of the illusion.

This instrument, my friends, is having some trouble receiving even these abstract thoughts, for she is maintaining a state of tension within her physical being, due to the fact she is living in the future and is awaiting the next time in which an uncomfortable feeling will come within her physical being. And yet, my friends, it is this tension that produces the future discomfort. Without the tension, perhaps, a

lingering misunderstanding of a more basic type which we may call karma may yet manifest. Yet this can be made shorter and easier, and finally can be made to disappear, simply by application of a higher truth than the law of which you call karma.

There is a higher truth, my friends. Each of you may consider that your discomforts, whatever they may be, may be alleviated and finally removed by the application of the higher law of love and understanding of the eternal present and the eternal immediacy of the entire Creation.

You are one being, my friends. One perfect being. In reality, this is true. The realization of reality causes your illusion to correspond with that reality. Live in harmony, my friends, with reality.

I am aware that there was a question which was asked about what you call the New Age. This, my friends, is a large subject, or, shall I say, we may speak upon it at length. And yet, if you may understand what we were saying about the truth of love, oneness, of here and now, you may begin immediately to comprehend your New Age.

This instrument is having difficulty maintaining the quality of the content. And so, we will leave the instrument.

We are most privileged to have been able to have spoken through each of the instruments this evening. Before we leave, we would be privileged to attempt to contact one of the new instruments, if he will relax and avail himself to our contact.

I leave this instrument in the love and light of our Creator. I am Hatonn.

(Tape ends.) ♣

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Friday Meditation
November 15, 1974

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of the infinite Creator. It is a great privilege to be with you this evening. I and my brothers of Hatonn, though far, by your standards, are quite near by our standards to you at this time. We watch over you and it is with pleasure that we pursue our service to you. I am aware that there are questions, and so I would wish to concentrate upon answering some this evening.

My brother, Laitos, is here and as you request his conditioning he will give it to you as I and my brothers speak to you through this instrument and through others. I would ask for your kind permission to answer one question that has not been asked.

I would simply like not to let the opportunity pass to remind you, my friends, of the unity of all things. Meditate, my friends, upon the complete unity of yourself and all that you see. Do this not once, and not simply in present circumstances, but at all times and especially in difficult circumstances. For, my friends, insofar as you love and feel at one with those things which are difficult for you, to that extent will those circumstances be alleviated. This is not due to any laws within our physical illusion, but is due to the law of love. For that body which is of spirit, which is interpenetrated with the physical body, is higher than your physical body. And those changes which you make by love upon your spiritual body, will, of necessity, reflect themselves within the physical illusion.

All is one, my friends. My voice is now the voice of this instrument; my thoughts are her thoughts. Please believe, my friends, that the vibration we offer you is not a vibration of personality, but is a vibration of the Creator. We are also channels. There is only one voice. Within this vibration, we are self-consciously aware that this voice is the voice of the Creator. It is simply a matter of lifting vibrations which are not so self-aware of the Creator. That, too, is spiritual vibration, and all things will eventually come into harmony in relation to your understanding.

Even if the universe for those around you remains disharmonious and difficult, if your mind is stayed upon the unity of the Creator, your own universe will become harmonious. And this is not by your doing but by the simple love of the Creator.

Meditate upon this, my friends. It is not an easy lesson. And it will require a great deal of meditation, before the practice is as easy as the intellectual acceptance.

There are questions. I now open the meeting for questions.

T: Yes, I have a question. Hatonn, would you say something commenting on the newspaper article about the nine planets of the solar system lining up in one line?

I would be happy to speak in general of this event. We have told you many times that there is a season upon your planet which shall be highly traumatic within your physical illusion. The physical reasons for this are varied. And, my friends, your scientists will spend a great deal of time, while they can, in attempting to catalog and describe each of the conditions which will produce disaster, on this physical plane [of] your planet.

That which your scientists speak of is quite so, and will be part of the program which has been predicted by all of those holy works which you have upon the face of the Earth. It is not either permissible or possible for us to tell you precisely what events will occur, or when they will occur, due to the fact that the vibration within the mind and heart of the peoples upon your planet is determining and will determine the precise events. There is within the planet Earth a great deal of karma which must be adjusted as the cycle changes and these things will manifest. At precisely when, and how, we cannot say. Nor would we wish to, my friends. For the rain and the wind and fire will destroy only those things which are in what you call the third density of vibration.

You may value those things, because you cannot imagine what a fourth density existence will be like. We suggest to you, my friends, that you spend no time concerning yourselves with the effort of maintaining your third-density existence after the vibration change to forth density has been completed.

If, within your spirit, your graduation day has come, those things necessary for your emergence into fourth density will be done for you. All will be accomplished by helpers which you must be aware that you have.

It is extremely possible that damage will occur to those things which you identify with yourself in the third density. If we may speak plainly, you will observe the valley of the shadow of death. These very words, my friends, we have spoken to you before and yet you cling to that physical body and those physical surroundings as though your spirit were attached quite permanently.

May we suggest to you that you can find your spirit neither in your head, nor in your hands, nor in your chest, nor in your legs, nor in your feet, that nowhere can you find your spirit; nowhere can you operate to remove it, nor to aid it. Your spirit resides within a shell. The shell may be removed, but that is no matter. The spirit does not perish.

Again to the cycle change. You will be undergoing a journey which is quite unlike journeys from third density to other planes within third density. We believe that those who graduate will thoroughly enjoy this journey.

There will be a great deal to undertake. You may certainly aid those about you in the days to come, my friends, if you will but know in your heart that your spirit is not dependent upon the state of your body, and if you can realize that the valley of death is but a shadow.

If you have confidence in those days, you will shine like a beacon, that you may carry many with you toward their graduation.

Have I answered your question satisfactorily?

T: Yes, thank you.

Are there questions?

E: Yes, does the mass landing you speak of so often have anything to do with the harvest you mention?

I would like to answer this question through one of the other instruments, if he would avail himself. I am Hatonn.

(H channeling)

I am Hatonn. I shall attempt to answer any questions regarding this matter.

The landing to which you have referred is one, shall we say, of a more scientific expedition. There are many things that we of the Confederation are aware of. Though we have not passed the need of some technology, we are not totally independent upon machinery, shall we say.

The vessels which we occupy are in need of energy. The energy which they require can be obtained upon your planet. We have previously recharged the energy of our ships in this manner many times. It has been quite long since we have last done this. There was some explanation of this within the book from which you have gained your information.

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This landing shall be in the very near future. We shall also be very beneficial to your peoples, for many will observe *(inaudible)*. It may awaken within many the search for knowledge, and from that search they may obtain the fourth density—the day of harvest of which you speak.

It is near, yet there are many things which must occur before that day. Be not wary, my friends. Be not anxious. The services you shall render shall indeed gain for you that day of harvest.

Between now and that day do what you feel [you] believe in. Be not lying idle, for in idleness, you are wasting. For each second that you waste, you have taken from another an opportunity to receive your services.

Are there any other questions?

P: Yes. In the Old Testament there are many references to the Lord by the old prophets. Were they actually in contact with you or any others of the Confederation?

There are, within the book to which you refer, many circumstances which occurred to those who wrote and to those they knew. Many times people were said to have had visions. A few have climbed mountains, seen the face of God.

My friends, we tell you when we refer to God as the Creator, we tell you that He is all that exists. To look upon the face of the one next to you is to look upon the face of the Creator. Those who experienced those great moments were not totally aware of this. They met with beings who, to them, radiated the beauty and the love and the knowledge of the Father, which they considered to be held by the one called God.

We have, many times, chosen ones upon your planet within its dense vibration to contact and share with them great knowledge, and they have shared it with others.

We do not wish to be considered as gods. We are but your equals. We are sorry that we have been misunderstood, but we have done the best that we can do, and we feel that the knowledge that we have shared has been helpful. It could have been much more helpful if not improperly used and interpreted by your many religions.

My friends, you shall not find peace within a religion. You do not need to support the spirit with money or goods. The religions upon your planet teach physical ideas, and when they approach the spiritual points, many of them brush them aside. There are those upon your planet which are beneficial, but many which are not.

But to answer her question. We have been referred to in the Bible in many, many portions. And we say to you, as the master Jesus attempted to tell the people of your planet, you are yourself a god. Within you lie the powers which have been demonstrated by the one known as Jesus. He himself told those around him that they were capable of doing greater things than he.

Are there any other questions?

N: I get all these negative thoughts when I am trying to meditate. Is there a word or method I can use to keep my mind clear of these unwanted thoughts?

(Tape ends.) ♣

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Sunday Meditation
January 31, 1975

(Don channeling)

[I am Hatonn.] I am with you, my friends. I am here in this room. I am using this instrument to communicate with you. I realize that this form of communication is a little strange, I will say, to some of you. But, my friends, if you will truly reflect upon what you would call your environment, you will find that it is in truth beyond your understanding, so why should this communication, as I have called it, be any more strange than that which you find about you?

I will not try to prove to you, my friends, that I am, as you have said, a being from another planet. I will not try to prove to you that these words that you hear are my thoughts rather than the thoughts of this instrument. I will simply state to you what we, your friends from space, have come to give to you. This is our purpose, my friends. Not to offer you proof, but simply to possibly stimulate your thinking. For this reason we choose to communicate with you in what you might term odd ways. But I can assure you that there is good reason for this form of communication.

I and my brothers who are visiting this planet at this time are not strangers to this planet. We have been here many, many times in your past, and we will continue to visit your planet, and we will continue to work with your peoples. We are working with your peoples at this time in many ways. It is not necessary that we communicate with your people in this fashion to help them. Most of our work is done in a manner that you would call below the level of consciousness. Most of your people are not aware of our contacts. We simply present ideas. These ideas may be accepted or rejected by your people. We hope that in time we will be able to lead your people out of the darkness in which they dwell. This darkness is not necessary. Your peoples may join ours in the light of the infinite Father, as you would call that state of consciousness which is the oneness of the creation.

We are here to help you understand. And, my friends, your peoples need this understanding. In truth, my friends, this is all your peoples need for, in truth, this is all that there is. For when this understanding is acquired, all that there is is acquired. For all that there is is a state of mind.

Your thinking, my friends, is in truth all that there is, for without your thinking there is nothing. Your thinking governs all that you experience. And in this we are here to aid you with: your thinking.

For many, many generations have been engrossed, I will say, in a false world. In a world of thought, which was meaningless. Your peoples have not been aware of anything. Your peoples, as the lower forms of life, if you could call them that, upon your planet

have acted from what you might term instinct. They have evolved what we might term intellectual philosophies, which are in truth meaningless, for, my friends, you have no basis for understanding that can be termed intellectual.

Your peoples have been unaware, for the most part, of that single source of understanding which would allow them to free themselves from the pain of the physical existence in which they now find themselves. We are here to attempt in various ways to aid each of your peoples to find their way back to the Father and the true creation.

This may be done by any, any of your peoples, at any time. It is simply an individual choice. Much has been given, in many, many forms, to the people of this planet. Much misunderstanding has come about. Most of what has been given to your peoples has been recorded and has become the basis for the various religions which are in effect upon your planet at this time. But, my friends, we find that almost all of this has been misinterpreted. For this reason, we seldom try to communicate concepts of truth in what you would term a verbal form or fashion, for very little is accomplished. The misunderstandings that have occurred in interpretation in the past will occur in the present.

We rely, therefore, upon a more satisfactory method of communication, one that does not depend upon the interpretation of your languages. We are able to contact your people directly, mentally. But we are only able to contact them if they avail themselves to our contacts. It is not necessary that they be aware that they are availing themselves to our contacts; it is only necessary that they quiet their conscious mind and make themselves receptive to us.

For those of you who are aware of our purpose, we suggest what you have termed meditation, for in this manner you will make yourselves receptive to that which we have to offer. We will only offer suggestions. We will only offer concepts. We will never impose our will upon your peoples. For this, my friends, would be breaking the very laws which we are attempting to explain or deliver into the consciousnesses of those who inhabit this particular planet.

We find that on this planet man has become engrossed in the intellectual creations or toys which he has devised to entertain him. Those creations may be what you term your world government or your scientific creations. They are, in truth, of no consequence, and are, of course, but a transient in the experience of their creators. You have but one thing that is not a transient. You have, my friends, only your thinking to keep for all of eternity, as you call it.

Your thinking, my friends, is all you have to develop and it is all that is really yours. The physical body in which you now find yourself is not in truth yours, and is transient. All that you create, whether it be material or whether it be intellectual, is transient.

Your people have a way of engrossing themselves with these transients that I have spoken of. They have a way of becoming addicted, shall I say, to that which in truth is of very little importance.

Your peoples today are involved in what you term your politics. your science, your business, and the affairs of your world. This has been the situation upon this planet for many centuries. Your peoples have so engrossed themselves in the study of these transient conditions that they have in truth lost that which is theirs as a gift of their Creator.

We are attempting to bring to your peoples an awareness of that which is not transient. We are attempting to bring to your peoples that which will reawaken an awareness that in truth is all that there is. For, my friends, truth is all that is lasting, an awareness, my friends, of the true creation of the infinite Father. This creation, my friends, is not a petty creation; is not a creation of no consequence; is not a creation that will be transient in the infinite scan of what you call time.

The individual can select at any time [to follow the proper] path of true development, or he may continue to involve his thinking with that which is of no real consequence. It was spoken to your peoples by your last great teacher that, "When I became a man, I put away the things of childhood." An interpretation of this, my friends, is what I have attempted to give you.

It is only possible to understand what we attempt to give you if you avail yourself to us through meditation, for the words which we are forced to use in speaking to you in your language are totally inadequate for the delivery of the concepts which we would attempt to present to you. For, my friends, the first thing that we would attempt to do is to help you become aware of the creation.

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This creation, my friends, is overlooked by your peoples. This is something that is difficult for us to understand. We cannot understand how your peoples can stand upon the surface of what you call a planet, and totally overlook the creation of the infinite One. For this, my friends, is all that there is. There is nothing but this creation, this infinite creation of the infinite Father. This creation, my friends, is far more fantastic than any of the toys of your civilization.

Become aware of this first, my friends. Use your time for meditation and contemplation of the true creation; that which is you, and that which surrounds you. Become aware of this, my friends, and you will begin to understand what we are attempting to deliver unto you. Your peoples are not even aware of themselves. This awareness will grow, as you avail yourself in meditation. As this awareness grows, you will more closely attune your thinking to that which was intended by the Creator of us all. As your thinking becomes more attuned, you will begin to experience that which was intended. This has been experienced by some of your peoples. It may happen at any time and in any physical incarnation, as you speak of it, and this may have occurred to you as an individual in some earlier experience.

We are suggesting that you utilize in the fullest extent the opportunity that you have in this experience to, shall we say, revitalize this awareness. We have difficulty, my friends, in communicating these concepts. We have difficulty in using this instrument. For there are no words within your language. There are no concepts within your language for this communication.

We can only suggest to you that there is much, much beyond that which your civilization in presently experiencing. We can only suggest to you methods of achieving and experience of far greater satisfaction. We will be pleased to work individually with each of you. It is only necessary that you desire our aid.

My friends, I will suggest that you think of that which is written in your holy works: "Seek, and ye shall find. Knock, and the door shall be opened unto you." These words indicate to you, my friends, that it is first necessary that you desire more than it is possible to experience in the physical. It is necessary, my friends, that the individual seek first. This seeking, my friends, is necessary. This seeking, my friends, is the only real purpose for your existence in the physical. There is an infinite amount of time, as you call it, available. The individual may initiate his seeking at any time. Once this has been done, aid to the seeking will be supplied in what we might call a direct proportion to that seeking. In each case it will be an individual matter.

Seek ye first the kingdom of heaven, and all else shall be added. But first it is necessary to seek. This is quite necessary.

I hope, my friends, that I have been of some service to you this evening. I cannot prove to you at this time that I am who I say that I am, and if I could, in truth it would make no difference. For if I stood among you, and spoke to you, and reached out and touched you, it would make no difference. It is an individual matter, my friends, and it will always be an individual matter. For you, and only you, can affect your own thinking. For this is you, my friends. The miracles that occur about you in your daily life are routine to your thinking, but they are in truth miraculous.

Your people think they must have something different from worldly experience, if it is to be called a miracle. For this reason, and some others, we find that it is necessary to remain aloof from your peoples.

Become aware of the miracle of the creation about you which is you. When you are able to do this, then perhaps we will meet you in a more tangible fashion.

I will leave you now. I am Hatonn. I leave you, my friends, in the love and the light of the One Who is All. Adonai. Adonai vasu borragus. ✤

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Sunday Meeting
November 2, 1975

(H channeling)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. We have come to share with you what we consider to be thoughts that would be of benefit to you. We have also come as has been desired. And for this reason, we are pleased to share with you this moment of meditation.

We identify ourselves as the Confederation of Planets in Service to the Infinite Creator. Yet in truth, my friends, we are one with you, in spirit. For in spirit all things reside. And from one spirit comes the source for all experiences. And from one spirit shall all things become known. It is the destiny, shall we say, or the birthright, for each individual to evolve in awareness so that he may truly comprehend the origin of his being. And that origin, my friends, is contained within the oneness of the entire creation; the knowledge that all things form, with the whole, an entire being, infinite in experience and knowledge.

Infinite in all things is this being. Yet within you is it contained. And to know this being, it is only necessary to turn within yourself, and speak in silence to the one universal spirit known as the Creator. You truly contain this knowledge, and it is yours to gain at your own choosing. We of the Confederation believe that those present shall at their own rate achieve the awareness of which we speak. And for this reason, we share these thoughts. At this time, I shall transfer this communication to another instrument. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn. And again I greet you, and thank you for the privilege of being allowed to speak with you. It is indeed a privilege to speak with you. This, shall we say, illusion in which you dwell does not seem to be as we describe it to you, my friends, does it? It does not seem to be within you. And this is why we call it an illusion …

(Inaudible)

(Tape ends.) ♣

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Sunday Meeting
November 23, 1975

(H channeling)

I am Hatonn. Greetings, my friends, in the love and the light of our infinite Creator. I identify myself to you by using the name Hatonn. I wish to emphasize, though, that this is only a means of identification which we have chosen to use through these communications. In reality, the name "Hatonn" would be considered the identity of what you would call the planet from which we come. Upon our planet, or shall I say, within our realm, the people, which number greatly, have united in consciousness and are desirous of one thing. And that one thing, my friends, is to know the Creator, and to be instruments of His love. And through this desire, we have come to serve the people on your planet.

So we of Hatonn, being of one mind, have heeded the cause of the peoples upon your planet, for there are many who are subconsciously pleading for assistance. We have come for this purpose, to assist in whatever way we may at this time.

We of the Confederation of Planets in the Service to the Infinite Creator consist of a large number of what you would call planets. We come from many areas of the universe, yet we are all united. We are all one, in reality. And in speaking of this oneness, we will emphasize also that you yourselves are as important to the concept of oneness as is, or shall I say, as are all of these. For, my friends, if you exclude but one member, but one unit within this vast creation, then you do not realize the concept of oneness. One, as you understand it, means a unit without any extension. But one as we understand it is a unit of infinity. My friends, as you understand infinity, there is no end or beginning. And if there are no ends, or no beginnings, to the concert of one, or infinity, what else could it be called but a unit, one unit of infinite experience, which contains all things, all knowledge, all beings within the universe.

Oneness, my friends, is indeed not limited. Oneness is all things. Within one, all things are found. Within yourself, my friends, the true identity of the concept of one has been implanted by our Creator. Within each being on your planet and throughout the creation there is the concept of one, there is its knowledge and understanding. Within you lie the answers to all problems. Within you lie the experiences of all other beings, for once you realize and are totally aware of the oneness of the entire universe then you cannot separate the experiences of your brothers from the experience of yourselves. You shall not realize self-identity as you do now. For self-identity, my friends is something which you have adopted for a short period of time while existing within the physical realm. It has been adopted by you so that you may learn. And within this physical realm, the lesson you must learn is love. And love is one, and love is all.

These words may seem contradictory, yet that is because you have taken these concepts and you have separated them within your physical illusion. My friends, realize that within the creation there are no separations. All things are indeed united and can never in any way be truly separate of each other. Your thoughts, as thoughts of all other beings, are emanated truly from one source of intelligence. And that intelligence, my friends, is the love of the Creator. And it is the Creator.

You are creators, as are all other beings. And all together, as we understand it, are the Creator. We do not know as a fact all realities or all truths, yet as close as we have been able to understand it, this is the truth: that all beings unite, all things take away the separations which we have implanted within them, unite to form the omnipotent being we call the Creator. We are but particles of His consciousness.

Yet within each particle are His abilities. We must learn to focus our consciousness on His love, which is readily available to all. And we must learn to utilize properly the abilities which have been implanted within us. For within us, my friends, is the ability to create, the infinite ability to create experience through all eternity. This should be thought of, for you should not take lightly your ability to create. For as you go through your day, you have many thoughts. Many thoughts are kind and loving. Yet within your world you are constantly bombarded by negative experiences and thoughts. Your thoughts, negative and positive, are in reality creations of experience within other realms than [this consensus] reality. Therefore, you must learn to control and utilize properly your ability to create.

I would transfer this contact at this time. I am Hatonn.

(Carla channeling)

(Inaudible)

(Tape ends.) ♣

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Sunday Meeting
November 30, 1975

(Carla channeling)

I am Hatonn. I am the one known as Hatonn. I greet you in the love and the light of the infinite Creator, the Creator of us all. It is, as always, my privilege to be with you, especially at this time, for I speak to those at a special time. We do not wish to make occasions where there are no occasions. Yet we say to you this is, within each of your experiences, a time of dedication. You may call it a rededication. Yet within this small group, my friends, there is a dedication that is not always found. Therefore, we say, "Greetings" in a special sense, from those of us who are privileged to be with you at this time.

My brothers, you have heard many of our words, and it is as though we appear to you as tailors, measuring and cutting and detailing and analyzing, and attempting to tailor for you the spiritual path, using our tools and laying it all together in a measured way. And this, of course, is because we have used these channels and we have used words. In reality, we are not tailors, and there is no measure. In reality, our message is infinite, and there is no set pattern for progress. And that which we truly have to give you lies within the silence. We find that each of you is aware of this, and yet the words are comforting, and so we are very happy to speak with you.

You must know that in many ways, you are no longer dependent upon these words, for you carry within you the ability to receive thoughts. Each of you does not need the channel any longer. Yet, what one needs for survival and what one needs to be at his peak are two different things. And that is why it is a very, very good thing that you are still meeting to hear us, as well as to meditate. There is within each of you that which desires always to let go for a moment and simply be taught, be led. This is proper. And so we welcome the opportunity to speak.

Tonight, we would like to give you a few thoughts on the nature of innocence. We want you to think of your own nature, and of what you consider to be your sins, your errors, your mistakes. You who try, sometimes very hard, to be upon the spiritual path, often are very hard upon yourselves because you have erred, made a mistake. You have manifested that which was not positive. And you say, "Why have I done this? Why did I make this error? I did not mean that! Why did I do it?" And you concentrate on the error. And this does not seem to prevent you from making an error the next time.

My friends, we have said to you many times, "We greet you in love and in light." We greet you in infinite perfection. We greet perfect beings who are totally innocent. We would like to suggest to you that instead of concentrating upon your mistakes,

you ask yourself how much time you have spent this day investigating that portion of your unique person which is totally perfect. How much awareness have you had this day of the love and the light of the Creator you have within you? How aware have you been of your own innocence?

When you concentrate upon your mistakes, you dwell within the world of mistakes. And mistakes will occur again and again. If your consciousness is dwelling at a higher [resonance] within the realm where you know that you are a creation of the Father, you know that you can manifest His love. Then the opportunity for you to make a mistake and manifest that which is not love will be that much farther from you. Meditation is not upon your mistakes; is not upon the past. It is upon the eternal present, and upon your innocence. You are a child of love.

We emphasize this at this time because you are attempting to dedicate yourself in a far deeper way than you have previously attempted to do. And the key to the deeper dedication is to be able to focus yourself not upon the world of mistakes, but upon the world in which that spirit within you which is the Creator, which you may find it desirable to call the Christ spirit within you, will manifest.

My friends, it is written in your holy works that you do not know when this spirit will come. He may come in the morning. Or He may come in the evening. Or He may come at midnight. And if your lamp is lit, all will be well. And if it is not lit, you will miss Him. To dwell in the state of awareness that you are watching for the One Who is All: this is the source of the inspiration that will affect the kind of service that you wish to give, the kind of life that you wish to dedicate yourself to. You cannot analyze your own motives, your own acts or other people's motives and acts. They will tangle you all up, my friends. Only dedicate yourself, not just now, but in all the nows, to the Father. Watch and wait, for you do not know when He will come.

Within the innocence of your soul, that which is perfect will always be coming into you. So concentrate on that. It is especially difficult within your peoples' lives at this time to make this change in emphasis, for people more and more have become each other's watchdog, and this is accepted within your culture, as you may call it. And those who attempt not to concentrate upon the negative are often considered unaware, or even stupid. Yet we assure you that the will that you create by your continued innocence of heart will be a light within this world, this world of yours which is dark at this time.

My friends, it is as though the world were deep, deep asleep, and a few of you are attempting to remain awake. For you, my friends, love may yet light up the sky. For those who sleep, it may be a long night.

Other people's reality will remain real for them. Yours will also remain real for you, no matter how, shall we say, difficult the times may get for those about you. It is truly written that to those which are innocent in heart, those things which are needed will come.

I am so happy to be able to speak with you, and I will tell you it is close to my heart that each of you within this room has the ability to speak our thoughts. It is hoped that each of you will be able to help others.

At this time. I would like to leave you so that, my brother, Laitos, may speak through another channel. I leave you, my friends, in the love and light of the infinite Creator. I am known as Hatonn. I am you. Adonai.

(B channeling)

I am Laitos. I also, my friends, greet you in the love and the light of our infinite Creator. It has been some time since I have been able to use this instrument …

(The rest of the tape is inaudible.) ♣

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Sunday Meeting
December 7, 1975

(H channeling)

I am Hatonn. Greetings, my friends, in the love and the light of our infinite Creator. It is as always a pleasure and indeed a privilege to be allowed these few moments with you.

I wish to briefly acquaint myself and my brothers and our purpose with the new member. I have stated my identity as that of Hatonn. I wish to stress that my identity is the same as that of all the inhabitants of what you would consider to be our planet. We of the planet Hatonn have grown through our evolution to a point of unification of consciousness. We have gone beyond the need for extreme self-identification such as is desired by the inhabitants of your planet.

And for this purpose, we simply state ourselves as inhabitants of Hatonn. There are others within what we call our Confederation who would identify themselves by other names, and this method of identification which they use is the same which I have explained to you that we have chosen to use.

All the members of the Confederation of Planets in Service to the Infinite Creator have reached this unification of consciousness and desire. This brings us to our purpose. Our purpose is the same as our desires and our desire is to share our love and knowledge with the inhabitants of planet Earth, and with all others who would request it. We of the Confederation claim not to be beings of a supreme nature. We are not infallible in our judgment or knowledge.

Yet through our experience, we do feel that we have attained a greater understanding of the universe than those upon the planet Earth. Some upon your planet may find this statement offensive. Yet we must stress that this is truth, as we understand it. We do not wish to convey to anyone who would not choose, our thoughts. We only wish to share what we have with those who also wish to share with us. By this, we mean that we shall not force anyone to accept what we have to offer.

Our purpose is simple, as is our desire. We of the Confederation wish to serve the people upon planet Earth, and nothing else. We have no motive other than to increase your own knowledge and understanding by sharing with you our knowledge and understanding.

For in service to another, inevitably you are serving yourself. For as many philosophies upon your planet have stated, the universe and all that is in it are one being, and no more, with each being and each particle within it being exactly that: one particle within a whole, all united within consciousness and spirit. And through this unification comes about the undeniable fact that service to one is service to all, and to oneself. You, my friends, are the creator and

the gods which are spoken of in the scriptures, as is everyone and everything within this universe. Accept separations within your consciousness, and they shall exist temporarily for you. But deny them, my friends, and the ones which you have been accepting for so long shall begin to fade from your awareness. And you shall begin to awaken to the true concept of oneness. And you shall begin to know the truth: that there are no separations.

We of the Confederation are beings as yourself, with no greater capabilities than what you possess. The only difference between ourselves and those within this room is that we, through our own efforts, and mostly through the use of meditation, have broadened our awareness and experience beyond that which you have done.

We dwell in a dimension, if you wish to call it that, which does not contain physical reality as you know it. In our domain, spirituality and spiritual awareness overwhelm all existence. If you are not within the harmony of the laws of creation, then you are not able to exist within our domain. Within our domain, there is not that which you consider to be negative. All that there is is love and light, love being the physical manifestation of all things.

Love is all things. The Creator is love, and He resides within you. Each time that you express your love, you have created. And each time you pass up a chance to show love, you have also passed up your chance to develop your birthright of being a creator.

My friends, what you do not understand is that you are not limited. You have been taught that there is a supreme Being, but you have been taught to accept this Being as one Who is not within you. You have been taught to accept this Being as being, in actuality, a physical being of supreme nature. This is a fallacy, in a sense, for all beings are physical beings of a supreme nature, for from the supreme Being we have come, and within Him shall we reside, and within us also shall He reside.

If you could but only once see with your eyes the creation as it truly is meant to be, as it truly is, you would see nothing, my friends, but light. You would not see entities or objects. You would only see particles of light, dashing in front of you. For this is reality is all existence. We are the particles which constitute and create the Creator. And in turn, we have been created by the Creator. Without you, without each individual, the Creator could not exist. And without the Creator, all things could not exist. All things are interdependent, and all things are one supreme Being.

I shall transfer this contact at this time. I am Hatonn.

(Carla channeling)

I am with this instrument. I am Hatonn.

As many times as we have gone over these concepts, we find that it is not clear within any of your minds just what the relationship is between you and the Creator. Somehow, it seems to your conscious mind that to say that you are the Creator, the Creator cannot get along without you, you are Gods, etc., is somewhat laughable and even, shall we say, egocentric. And, my friends, if we were saying these things to you at the level at which these words unfortunately speak, indeed it would be terribly incorrect information. We ask that you attempt to relax your mind. Remove yourself from the tightness of your everyday thinking. And begin to see that you are very close to yourself, and very far from the nearest star, so that you seem to be much larger than the star. It is a matter of perspective. In reality, the star is a majestic, magnificent, enormous entity, compared to you. And if you are one with the star, then the star is one with you, and neither complete without the other. It is no more than the understanding which is recorded in your holy works, where it is written that sparrows, which are two for a penny, never fall without the Creator knowing that they have fallen. All things, large and small, lie within the Creator, for they lie within the creation.

We do not know what the Creator is. We do not know His nature. We do not know His actions, His purposes, His intentions. The Creator is infinite, invisible. This we know, for this He has shown to us again and again: that He created us in a vibration of pure love, and that He considers all of us as Himself. And so we tell you this, not knowing the ultimate reason, only knowing that reason enough for our infinite existence as entities within a loving creation exist and may be told to all.

We come to give you a message of love. We come to tell you that you are gods, not because you are so wonderful, but because the Creator is wonderful.

And the Creator is within you. Stand away from your personality and see if you can find that faraway sun within you, that star shining in the darkness and

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depths of your soul. There shines the Creator: in some cases terribly distant, yet always there, and always shining. All you need do, my friends, is look up. Within yourself, begin to seek for that star. The Creator is within you, and the Creator will work through you.

And so you may say, my friends, the Creator is you. For all practical purposes, my friends, you may cause your life to become a channel through which the Creator may live and move. In many cases, it may seem as though this human personality of yours may never get, shall we say the hang of showing the Creator's love to others. It may seem that the possibilities of the situations which you are in are very, very limited for showing love. But I say to you: that it is truly written that the place whereon you are standing is holy ground. You do not need to put yourself into a situation which may seem outwardly spiritual in order to be in a spiritual situation. For, my friends, the universe is a spiritual universe, and what you are going through is an illusion called the physical existence.

Spirituality, as it is called, may often seem to be a joke. One cannot be spiritual in a church and walk away from the church and become nonspiritual. This, may I say, my friends, makes no sense at all. For one is spirit and one carries the spirit within the temple of his body, into and out of church. Into and out of every situation. When the situation seems difficult, wait for a moment for the realization to come to you that in you is a spirit, and within that spirit is enough love to carry you through that situation so that you may show the love of the Creator.

I will close through another channel. I am Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. I would at this time like to say just a few words more. My friends, in order to take advantage of the creation which, as I have stated, is within each of you, it is not something that is always available to you, unless practiced. You will find, my friends that when used continuously through your existence, it is always available. But, my friends, you also know, due to the illusion which is now taking place, it is hard to see at times.

Continue with your meditations. And never give up hope. For, my friends, you are part of the Creator. This you will realize more each day. And it is true, my friends. In the creation there can be no sorrow.

I will leave you at this time. I am Hatonn. Adonai.

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Sunday Meeting
December 21, 1975

(H channeling)

I am Hatonn. Greetings, my friends, in the love and the light of the infinite Creator. It is very pleasing to be able to speak with all present this evening. We are grateful to meet so many new members. I should state at this time that I and all with whom I am working consider ourselves to be brothers. We are unified in our purpose and in our thought. And many would immediately ask of our purpose. My friends, our purpose is to love and serve the people of planet Earth and throughout the Creator's infinite universe.

We of the Confederation of Planets in Service to the Infinite Creator have come to Earth at this time to offer whatever assistance we may be able to render. And presently we are limited to this assistance in the form you are experiencing now. We are communicating through instruments such as the one speaking to mass numbers of inhabitants upon your planet. The words which we speak are offered with love and as guidance, intellectual guidance along the pathway of enlightenment.

Yet we stress, my friends, that the intellect is only a minor tool in your development. My friends, you know as well as all other people that possess an intellect that your intellectual capacities are quite limited. There are many things which you have accepted as truth that are unexplainable through your intellectual process. Uncomprehendable, yet true. My friends, truth is greater in capacity, or should I say, in size, than what the intellect is capable of perceiving. Truth is infinite, and all things within the creation are unlimited, as is your experience, and as is your knowledge. For your knowledge truly lies within the core of your being; within the oneness of the Creator; within His presence within you. My friends, your journey throughout this universe and throughout this creation is one of cycles which never end, which are constantly expanding in knowledge and experience. Upon your pathway you shall encounter many circumstances through which you may learn. And your present encounter upon the planet Earth is one of very great importance in the scheme of your progression.

My friends, man upon planet Earth presently stands upon the threshold of unlimited knowledge, unlimited love. Unlimited, my friends, infinite, never ending. It is your birthright to know these truths. Yet there is only one way to truly comprehend and to truly be enlightened. And as you may well be aware, that way is through the practice of meditation.

My friends, we have told you that the truths, the unlimited and infinite truths, lie beyond the capacities of your intellect. Therefore, in order to explore these truths, to learn and know of these

truths, you must go beyond the intellect. Allow it to still itself. Allow it to rest. And let the spiritual intellect begin to avail its information to you. You may not hear words, my friends, but you shall hear truth and love. In your moments of silence, you shall hear the universe speaking through the lips of the Creator the truths of infinity and love.

I shall transfer this communication. I am Hatonn.

(N channeling)

I am Hatonn. Again I greet you in the love and light of the infinite Creator. My friends, although I stress to you the necessity for meditation seemingly constantly, I do not stress it enough. But still, my friends, we do not want to force this upon you. The decision is yours. And either way that you decide will be the path that you have chosen. We know in our experience of no other way for a somewhat speedy path, shall we say, than meditation. But the choice is yours.

We are aware of some questions in your minds, and you may have noticed some of them have already been answered. My friends, although the idea of our presence may seem rather uncommon at this time, we say to you that we have been with you for a very long time. If any of you desire our thoughts, or our presence, at the moment that you desire it, we are with you. We can only help you if you desire it. For that is our way. We leave the free will of each person in creation alone. For you see, through your own desire can be the only way we may assist you. But it is our sincere desire to be able to be with you. We consider it a very great honor to be of assistance. We are with you, my friends.

At this time I will transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn, and I greet you once again in the love and the light of the infinite Creator. As we speak to you about meditation as a method of furthering your interests within this life, we wish to stop for a moment and take advantage of your experiences at this particular time. We ask that you consider your environment at this particular time, the darkness and the chill of winter. How many hours have been spent in darkness and cold? Think, my friends, of the true nature of that which is unfolding within one of your religious systems of belief. There is a story that is told that is a true story, the story is of a child born in the darkest winter. Poor, cold, hungry, the child that grew to be the master whom you know as Jesus. My friends, each of you is waiting to be born. Each of you is in the dark, in the cold. For it is within the darkness and the chill that all things come together to be born. It is the nurturing, saving darkness. And the chill is necessary. And with meditation, my friends, you nurture and comfort that soul within you as it struggles towards its spiritual birth.

There has been within your history, we are aware, much misunderstanding as to the reason for the mother of the one known as Jesus being called a virgin. You must realize that it is to indicate to all that the spirit is not of man but of the Father. Each of you is of the Father. Each of you is waiting to be born. Nurture that within yourself. No matter that the environment may seem less than perfect. It surely cannot be more imperfect than a cold, cold stable, and a stall, and animals for companions. The realities are of the Father, my friends.

We greet you always in love and in light. Love moves in the darkness, and its energy brings forth the light. Each of you is formed in perfect love. Each of you shines with perfect light, my friends.

But there are many, many colors. How many colors can you think of? Perhaps the number is infinite, for there are shades and gradations within each color that go on and on. And each one is distinguishable from the next. And yet in reality, each is a part of the white light. So are you, my friends. And all that you meet are other portions of the same light, formed in perfect love also. How hard it is to see the perfection of the Father in each person! For each person is a different shade, and some shades seem to clash with yours. But all are formed of white light. All are one with you, and you with them.

Why are you here? We may say, to find out why you are here. For the Creator Itself knows Itself, and the desire that caused you is a desire to realize selfhood. The Creator is waiting to be known as the Father. He waits within you, and can be found through meditation.

Your patience, please. We are having some difficulty with this instrument.

(Pause)

I am Hatonn. I will attempt to say one more thing through this instrument before I leave her. I am

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aware that there are questions. I would like to answer one of a more general type, and that is simply to say that there are within the Confederation of Planets in the Service of the infinite Creator many different types of entities. There are some, not many but some, who are actually of the same physical, as you would call it, plane of reality as you are. There are many more who are as we, in that we are able to assume the vibrations of your world and appear as, shall we say, physical objects. However, we are also able to adjust our vibrations to what you would call the astral plane of existence, so that we are moving within another continuum, and are invisible to you although very much with you. There are also many within the Confederation of Planets who are totally on this level, or on a higher level of vibration. Yet all of us are here with one hope only, and that is to be of service to you. There are many levels of vibration upon planet Earth, and in each of them there is the same confusion. We are helping on the physical, and others help within the worlds which interpenetrate the physical.

All are Earth. And were you not to be here in the physical, but by reason of what you call death have passed into one of the other planes, you would also be aware of our presence. Our presence, we genuinely hope, is of support and love. We come to tell you that there is no end to the Creator, as far as we know, and we have been somewhat further than you. We come to reach a hand out, for those before us have done it for us, and so we do it for you.

And one more thing, my friends. We do this because, at the level of understanding which we have reached, we find we cannot progress further except by service to others. For within our universe, the law which is in your universe called the Golden Rule has become completely and totally obvious. So that what we give determines, immediately and completely, what we get. We cannot receive further knowledge unless we give freely of what we have now. Therefore, it is to our advantage, and for our progress, that we are here.

I would like to transfer, one last time, to another channel. I am Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. I will say but a few words through this instrument, and that is, my friends, that all that was created by the infinite Creator is what is known to you as love. Now, my friends, due to ties that you have evolved upon your planet, this concept is seemingly sought by those of your planet. My friends, through living out your existence surrounded in love, you may say that you protect yourself from all that you do not wish to experience. For, my friends, there is nothing stronger than love. But, my friends, it is not something to hold onto. For, my friends, you do not evolve by holding on. We ask you to meditate daily. Surround yourself in this love. To all that you come in contact with. My friends, it is an existence that we have experienced for some time. And, my friends, I can honestly state that the happiness we experience cannot even be imagined by you. This is, as we said, your birthright.

We wish to share this with you, and this is the message that we have for you this evening. It has been an extremely great honor to share in this meditation with you. I leave you in the love and the light of our infinite Creator. Adonai. ♣

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Sunday Meeting
December 21, 1975

(Carla channeling)

I am Hatonn. I am now with this instrument, and for a brief time I will speak using this instrument. We speak to you once again because there are things which we wish to say to you that do not apply to all those who are in the larger group. For always, my friends, there are various peoples at various levels of understanding. And we do not speak beyond the ears of those who hear, for that only breeds confusion.

To you we speak of shepherds. For truly, you may look upon your little world as being made up of those who need care, and those who may do the caring. We speak to you of the compassion of the shepherd. Where does the compassion come from? What will inspire you to the compassion of the shepherd with his sheep?

We ask that you remember that the universe is not deadly serious, but rather is a universe of love and joy, of lightness and laughter. It is not necessary that you be so deadly serious that you insist upon absolute compassion within yourself. It is enough, my friends, if you accept a certain lighthearted desire to pretend, shall we say, to be somewhat similar to a compassionate shepherd. You are not attempting to fool the sheep into thinking you are compassionate. You are attempting to fool yourself, from a condition of illusion to a condition of reality. You know, my friends, you cannot bludgeon yourselves into this state of shepherd. Yet you must shepherd yourself, gently and coaxingly and with humor. You may act similarly to that which you would consider to be compassionate and slowly you will discover that you are not acting. But allow yourself that imperfection of ambition which is within the illusion. For you are learning, my friends.

What differentiates you from the sheep, then, who are also learning? There is a broad line that cannot be crossed by sheep, and that line is the desire to know. Sheep will be led, and if they are lost, they must be found. But the shepherds, my friends, have desire to know, in order that they may serve. This desire of yours, to know the Creator and to serve Him—this desire is all that you need to be upon the path of the shepherd. Follow it in joy and humor, for being deadly serious will cause you to stumble.

I believe that the period of preparation for the one known as H is satisfactorily completed. And so I will transfer. I am Hatonn.

(H channeling)

I am Hatonn. I am once again with this instrument. We have had some difficulty, yet we shall continue through this instrument. As all are aware, we are presently within a time, or shall we say, a season, of your year, and this season is one of great expectations of great joy and love. The season we speak of is that of what you would call Christian, the

celebration of the birth of the infant Jesus. And of him we would wish to speak.

Jesus, as you call him, was a being who resided upon the planet Earth for the purpose of demonstrating a proper, shall we say, way of living, a proper way of loving. My friends, this great teacher did not die for you. He demonstrated for you that there was in all actuality no death. For no matter how much they were able to torture him and maim his body, he was able to overcome his oppressors with love. And with that same love he was able to demonstrate to all the great power contained within his love: the power over life and death, the power over nature.

My friends, you may have been taught that his death was necessitated in order to relieve us of our bondage and sins. In a concept such as this, there is also truth, for is not the realization of the power of love redemption? My friends, the answer is love. The realization of love is indeed your redemption. So in all actuality the physical death was not your redemption, for all beings have experienced this. But the awakening to the abilities and the power within the concept of love, indeed, was your salvation.

We of the Confederation of Planets state that we are the same dimensional existence as this great teacher. Yet we do not claim right to his accomplishments, for we must acknowledge that the great teacher known as Jesus was the one of the greatest teachers whom we have encountered, or whom you have encountered. And he is still present upon your planet, in the form of consciousness and residing over the spiritual vibrations which are channeled to the people of planet Earth. He is your assigned teacher, and we are his assigned helpers. This is our claim. Accept it if you will. We realize that this one point to many has been the one point of our information that was unacceptable or controversial, shall we say. But remember, my friends, the story we have told you of the love of the teacher Jesus: love, my friends, is what is important. With it, you may discern the truth. Know the love that you possess. Learn to understand this. And through the knowledge you shall find the capacity to channel the abilities contained within the love. At that time, my friends, once you have mastered the concept of love, my friends, once you understand this concept, then shall you not also be capable of achieving that which the great teacher Jesus demonstrated for us?

This is the purpose, my friends. Love was the ingredient that caused, or shall we say, made able, these accomplishments. Not the being himself in physical form, but the love within the being. That love is also within you. It is within all things. Accept this, my friends: love is all. Love is omnipotent. Love is Jesus, and love is you. And all together, all of these loves combined, all of these beings combined, are the Creator. From the Creator we have come, and we are manifestations of His thoughts of love. His love being equal for all enables all to achieve the same. Each being shall achieve these great heights of awareness. Yet each being shall achieve them when they so choose. Think of this, my friends. Do not look upon yourself as an omnipotent ruler or teacher. Look upon all, all of the beings you have known or shall ever know, as being these teachers and rulers and overseers of the creation and its inhabitants.

It has been a privilege to speak with you once again this evening. And in the spirit of the season, we thought that these concepts would be quite appropriate. And we wish to all a loving and a happy Christmas. Adonai vasu borragus. ♣

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Sunday Meeting
December 28, 1975

(Carla channeling)

I am Hatonn. I am privileged to speak with this gathering, and I greet you in the love and the light of our infinite Creator. I am with you, and I bring you my peace.

It is written in the words of your most recent master, the one known as Jesus: "Not as the world gives, give I unto you." And as I offer you my peace, may I say, this is so. It is not peace as the world would give, of which I speak, but a truer peace. I am a member of the Confederation of Planets in the Service of the Infinite Creator. I come across galaxies, countless, through a dimensionless gateway, and into your so-called reality, into your special place, into your universe, where you exist. My brothers and I come because you have called us. Because within this universe, the cry goes out from those who are in need, who wish to know reality.

And there are always those who listen. Cries do not go forth unheard, in this infinite universe. And we have heard you, and have come. Others have heard you, and have come. Those of your planet who are able to give, are ready to give unto you, at the finer levels of your planetary sphere. And we from other spheres are here also. For we can tell you one way, a complementary way, another way: all paths are one. There are those who can listen to us who cannot listen to others who would tell you what we will tell you. And so we come, and others come, when those upon your planet call for help. For we are all brothers; all beings upon each level in the infinite Creation are all brothers.

There are several different topics upon which I will to speak this evening. But, my friends, I believe I desire first of all to speak to you of love. It is known to us that each of you desires to seek wisdom, to seek spirituality. Yet we would say to you at this time, please allow this search for knowledge to begin and end within your own experience. You are not seeking a substitute, a different reality in place of the present reality. You are seeking to know your own reality for the first time. You are even now, at this moment, dwelling in reality. It is truly written: Heaven is all about you. You are not seeking a far-away, long-distant kingdom. For the kingdom of Heaven is with you, within you, and about you. Your experience contains the kingdom that you seek.

Let us again observe the teachings of the one known as Jesus. If you do these things to the least of these, my brethren, you do them unto me. The kingdom is all about you, and the Creator is within the face that is

across from you, on the street, and in your house. Each stranger, each friend, and each enemy is the Creator. Know ye not that all men are brothers? You seek love, you seek to know the Father, and yet the Father is in each face that you see.

My brothers, look at each other, and, for the first time, truly see the very best within each other. Within the one known as Jesus was a sight which was of love. Those who were about him could be described in rather unfavorable terms. Those whom he loved could be described as harlots, tax-collectors, publicans, beggars; there were many sick and crippled. And in no case did the one known as Jesus see them as anything but the Father, the Father who was directly before him on the physical plane. He looked with love. He saw the possibilities within each of his "fallen" friends. To the sinner, he said, "This day, you will be with me in paradise." My friends, these things are familiar to you, and so I use this channel, and this mode of discussion, as a good example. There are other masters, and they have showed this Creator-within in other words. But we believe that it is through this example that you will most easily understand what we are saying to you. We look at you, and we see the light, we see the perfection, and it is our delight to be in communication with you.

It is very possible for you to become one with this vibration. And, my friends, this vibration of love, this vibration of compassion will transform your life into that of the Kingdom of Heaven. It is a matter of balancing between two opposite attitudes in your seeking. There are two dangers, and we [say] this with a sense of humor, for the dangers are not real. It is the balancing between them that causes your progress. These two dangers, my friends, are pride and humility. Woe be unto the man who begins to feel that it is his love that is setting those about him on the path of light, that [it] is his compassion that is such a light to others. Woe be unto this man, for the love of the personality is limited. It will run out, and in its wake will come much sadness.

Woe also to the person who says, "I am unworthy. In my humility I must admit I cannot be a fit channel for the love of the Creator. Do not expect me to keep trying the impossible, for I am not worthy, and I cannot do this."

In neither case, my friends, have you quite hit the balance. And if you find yourself in either the pride or the humility, balance between confidence and the knowledge of your own imperfections as a personality. You see, both of theme things are true, and neither of them matter. You are a channel through which the Creator may express Himself. The Creator is love, and His expression is love. When you see someone, to your outer eye, he may be nothing but, shall we say, a very common-looking or even unpleasant piece of stone. A large rock, awkward and peculiarly colored. Yet to the eye within, the eye of love, this rock will be the shape which the master may carve from the rock so that it becomes a beautiful statue, a statue with beautiful lines and coloration, with all the potential of that piece of rock set free in beauty of line. People are both their raw materials and the possibility of perfection. It is the Creator Who causes these possibilities to become manifest in the physical world.

You cannot do it—of course not. You can only say to the Creator, "Please, live this moment for me. Allow my eyes to shine with your light."

It is to the outer eye a very dark world. Darkness is all about you. My friends, within the darkness, there is light. If you wish to allow it to shine forth, it can never be denied. The light may not light up all of the darkness, but where you are, it will be light, if you allow it to be so. Picture your eyes as windows, and make sure the shades are up, so that the light may shine through. The shades are made of prejudice, judgment, petty feelings and negativity of all kinds. Your personality has been given to you so that you may work these things out. Again and again, you will find yourself pulling the shades down. Always it is the precise moment of now that is important. If you have been in error, simply choose at this moment to release that error, and let the shades up, and let the light shine through. What has happened in the past is completely done with.

We are having a slight amount of trouble contacting the one known as H, and we will pause at this time for a period of conditioning. I will leave this instrument. I am Hatonn.

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(H channeling)

I am Hatonn. I extend my greetings once more in the love and light of our infinite Creator. My friends, before time began, as you might say, you chose to embark upon a journey, and upon this journey you were to have a great number of experiences. These experiences may be interpreted as life experiences. Throughout countless dimensions of existence, you have and shall continue to travel. The purpose for your journey is to learn and develop your abilities as creators within this universe. You were aware of your abilities, yet for some reason you felt the need to experience those things which you may create and learn the value of your creations and also learn of the things which you would avoid. For my friends, with your thoughts you create. And if you are not aware of the effect of your creation upon the entire creation around you, then you may mistakenly create experiences which are not desirable. So as you travel, you should be aware of your abilities. Yet you should be aware of the imperfection you have chosen to accept within certain experiences. My friends, within each experience you must and shall abide by guidelines presented as laws to you through the love of your Creator.

You may ask why we are speaking of this journey, and we say that we speak of your journey and of ours, for at the present time we are aware that we are truly upon this journey, and we are aware that this journey shall at one time come to its destination, and we are aware that this destination is the point from which the journey began. It is a circle which you travel, a circle of infinity, of infinite experience, and one which, if properly used, shall not have to be repeated. For you shall journey upon many circles of experience, and each shall be a stepping-stone in the progression of your awareness of the reality of the oneness of the universe.

Yet be aware, my friends, there shall be the passage of no-time; between the beginning of your journey and the end there shall be no passing of time. For in all reality, there exist no variants such as you know as time. Is it possible to measure infinity, or to separate it in equal portions? We say this is not true. Time is but a part of your present experience. The concept of time is alien to your true identity and experience. Upon the journey which you travel there are times in which you experience feelings that you are not progressing. You become overanxious for enlightenment. You feel that you have slipped in your progression. All of these feelings, these emotions, are concepts within time. My friends, in due "time" you shall realize that each of us has already begun and completed his journey. We have gone nowhere. We have done nothing. Yet we have gone to all places, and we have done all things. Yet no time has elapsed.

Do not become concerned with your progression. My friends, your spiritual progression is as natural to your being as breathing is to your body. It may seem that some progress more swiftly than others. Yet once you have arrived, you shall truly become aware of the presence within the love and light of our infinite Creator, of all beings. Do not separate any portion of this creation. Do not place yourself above or below any being within this creation. We travel together, and together we shall realize where we have been and what we have done. Leave yourself open, remain receptive for the love of the Creator, and be not concerned with factors of time. Be aware that the desire that you have to receive the love and the knowledge of the love of the Creator is all that is needed.

Nothing else, my friends. Nothing else within this universe is worthy of desire. Desire only love, for it is all things.

I shall once again transfer this communication. I am Hatonn.

(Carla channeling)

I am again with this instrument. We are conditioning this instrument rather extensively for it is sometimes necessary to indicate to certain instruments that we are actually the source of these messages, and even the more experienced instruments sometimes need this assurance.

I would like all of you now to go with me to a field in which the odors of flowers are heavy in the air. We ask you to relax now. Stand with your feet on the springy, soft green grass. Feel the warm sun beaming down upon you, upon your shoulders, your head. Listen, my friends, to the music of creation. Feel the love and the light in its physical incarnations within the creation of your universe. We ask that you meditate. If

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you listen to us ever, you will hear us ask this. Within meditation, you may find the key that will open the door. No matter how many times we tell you this, it will never be enough. Meditate and listen; the love will be beating against your ears. And look; the light will be flooding your inner eyes, and touching you in many, many ways. If you will only listen and see and understand, within.

As I leave, my brother Laitos will pass among you. He will give you his energy and the vibration which we call the conditioning wave. We ask that if you desire it, you simply sit in silence and make yourselves receptive.

My brothers and sisters, I leave you in love and in everlasting light. I am the one known as Hatonn. Adonai vasu borragus. ♣

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Sunday Meeting
January 4, 1976

(B channeling)

(Inaudible)

(Carla channeling)

I am Hatonn. I am now with this instrument. And again I greet you in the love and the light of the infinite Creator. Is it not so, my friends, that both illusion and reality, to the extent of our understanding, are made up of cycles, so that what you call the cycle of your world is rooted in meaning. The cycle of numbers is echoed in the natural cycle of the creation of the Father. And the ingredients of this cycle are what you call love and light. At what is known as the New Year the future is just coming to be and the past is dead. And at this time, as you would call it, you are able even within the illusion to see that this is so. You see, my friends, it does not matter how deep into the illusion you may go, the pathway always follows directly back to the Creator. Even though the days and the dates and what you call holidays are truly a creation of man, yet they lead directly back to the creation of the Father, to the very essence of life and death that makes up the cycle of this progression.

The infinite we *(inaudible)* is wrought of these cycles. Treasure therefore the lesson of this New Year. And know that, eternally and for each moment, your past shall be dead, your future shall lie aborning before you. There is, eternally, both the night that has passed and the day that is to come; the sunset and the sunrise.

And what, my friends, does this mean to you? How can this understanding lead to a richer experience for you within this illusion? My friends, the secret within the illusion is reality. The entire challenge of your life, as you know it, is to comprehend the reality which the illusion is wrapped around. As you act out your part within the illusion, you are acting out a path which leads directly to the truth. And if you understand your pathways you have arrived at an instantaneous understanding. This is not separate from your life, but at the very core. We ask that you meditate so that you may remain in contact with the reality that lies at the center of this illusion. which you call physical life.

Yet it is so easy not to pay attention. It does not seem that the cycle will end, and that death as you know it will succeed life as you know it. It does not seem that you will be called to account, not for the illusion but for that mysterious center of reality that you have been nurturing all your physical life. Yet, my friends, this is so. There will come a day when the old year of your physical life will expire, and the New Year of your life within spirit will succeed it.

And upon that day, the past shall be dead, and the future will be aborning.

It does not happen, in all cases, when it is expected. At each moment, allow your energy to penetrate to the center of your world, so that you live not only the drama of illusion but the reality at the center. And what is this reality, my friends? Love. Love within all, and all within love. "The least of these, my brethren, is the same as I," said the master known to you as Jesus. Reality for you, my friends, lies within each meeting. Even the least of those has been born in love and if you can realize this love within him, you have given him the reality within his center. Such service as this is what links you to your center; is what keeps you within reality. The consciousness of love will continue forever. Your consciousness of love will be your spiritual personality for eternity. Within this consciousness, the cycles of life and death are merely periods which seem as meaningless as the ticking noise of a clock seems in a year.

Within the consciousness of the physical illusion, life and death are weighty and serious matters, and shocking even to discuss. Within the consciousness of love, all is one and there is nothing to fear. And no one to resist. All that you see is love. We say this to some of you especially who are anointed with the ability, yet who have not used this ability on all occasions. We say this because, as your ears are opened, and your hearts unstopped, my friends, it is well that you are all *(inaudible)*.

It is a simple matter to love those you may dislike. It only needs meditation. Know, my brothers, that within the center of your being, love abides.

I would like to remove myself from this instrument for a time so that a brother may speak. I will return. I am Hatonn.

I am Laitos. I greet you in the love and light of our infinite Creator. It is my very great privilege to be with you, and I cannot express my enjoyment of this moment. I would like to attempt to exercise some instruments who have not been used to being within a larger group. Therefore, I will attempt to say only very little through each of them. However, we are very delighted that we can begin to exercise these instruments, as instruments who wish to deliver our messages are most gratefully received. I will attempt to transfer to the one known as W. If he will relax, I will say a few words through him. I am Laitos.

(W channeling)

I am Laitos.

(Carla channeling)

I am again with this instrument. We are delighted to have been in contact with the one known as W. We wish to assure him that the experience of channeling will become easier and easier as he becomes used to this service. I will attempt now to contact the one known as N. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We ask the one known as N to refrain from analysis. It is not necessary that this be done as our communications will occur only if they are repeated without an attempt to analyze them. I will again attempt to contact the one known as N. I am Laitos.

(N channeling)

I am Laitos. I …

(Carla channeling)

I am Laitos. I am again with this instrument. My brothers and sisters, it is my privilege always to work with those who wish to become instruments, and we thank those older and newer instruments for their desire to serve. We can only say to you that this service will be desired by those whom you will meet in the future. And it is the will of the Creator that you are doing. We are not absolute founts of the truth, for we are as you, brothers and sisters. Yet our desires are truly of the Creator. And that which we give you is of that vibration. I am with you all, and at any time that you wish, the vibration of conditioning will be available. I say to you, my friends, meditate. I leave you in the love and the light of the One Who is All. I am Laitos.

I am Hatonn. I am again with this instrument. I would like to answer questions and I would answer the one which is within the mind of this instrument first. The one known as S requests some information from us. It is in love and light that we send our thoughts to her.

My sister, it is well known to you that planetary forces are such that it is not proper that we attempt to mold your experience within this sphere. Nevertheless, we may send to you various thoughts regarding your thought-patterns at this time. My

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sister, there is within you that which is to come alive. Within your mind is that which is dead. We are referring to the intellect. The intellect can be a useful tool in dealing with this illusion. Yet it is a destructive and damaging tool when used to work with emotions or spirit. That which is to come alive within you is of the spirit. There is no deadness within your spirit. There is no limit to your sense soul. There is no shape or form which you can contain your abilities within. You, my sister, *(inaudible)*. We ask that you unfetter your spirit, and let it soar, unhindered. It cannot go too far. For the distance is *(inaudible)* for the creation is one, and one thing only, and where can your spirit go except the creation? Trust your deeper soul. Trust your spirit. And do not attempt to contain it within intellectual rigidity.

We have been most happy to have accompanied you in each of your journeys, the physical ones, the mental ones, and most of all, my sister, those of the spirit. This we do for you and for all who are our brothers and sisters in desire and seeking. It is a privilege to be with you. You must know that we have attempted again and again to speak these words to you. We know that you will recognize as something already heard that which we say. Trust also your ability to understand our messages unspoken. We ask that, if you have further questions, to ask directly and only after this asking, to work through a channel. Our goal, my sister, as with all our contacts, is to be independently able to aid you.

Are there other questions?

Questioner: I want to channel and yet I didn't get a contact tonight. Why can't I be contacted like N and W?

I say that there is only one requirement for that service of channeling as you call it, and that is desire. My brother, there is a requirement which must be fulfilled before the desire may be mirrored in manifestation. This requirement is a disciplined mind. Some are of nature given a clear mind. Others engage within their intellects in what you call analytical thought to an extent that causes them to find it difficult to clear their minds. It is not necessary to perfectly clear your mind, or shall we say, to perfectly meditate, in order to receive our messages. However, it is much easier for our conditioning to affect the consciousness of one who has been able to, to a reasonable degree, clear his mind. The difficulty with your attempts to channel at this point, my brother, is that within your daily existence, your habits of mind are such that tend to attack each problem with analytical or intellectual examination. This approach does not yield immediately to the techniques of meditation. However, desire will produce that which you desire. Seek and ye shall find. Continue with your meditations and that which you seek will come.

Have you further questions?

Questioner: I hear a sound wave. Could you tell me what it is?

Sound wave? Are you referring to that which you hear during meditation?

Questioner: Yes.

There are various reasons for various people hearing certain tones. In your case, my brother, you are receiving from the interior of your physical being a vibration which is an indication of interface between physical and higher worlds. If you will examine your physical being at the time that you are aware of this sounds by closing your ears with your hands, you will find that the sound is within you. This is only one of the sounds which can occur. Others may hear others. Are there other questions?

Questioner: Are you aware of the UFO abduction in Snowflake, Arizona? Was that you?

We are very aware of it. We have a campaign, my friends. It is a campaign to alert and awaken those within the physical at this time who wish to seek the truth, and need something to start them following in the direction of the truth. For many years we have been within your skies, and various of our peoples have appeared in various ways as a kind of advertising, as you would say. The time has come when this campaign may be increased. There are within your peoples more and more a desire, more indication of other realities than the physical. We are *(inaudible)*. We would like to land and walk among your peoples, and if one day a majority of the peoples desire our presence, we will indeed do this. At this time, we are simply able to make a more, shall we say, intriguing contact than previously. We are not saying, my friends, that all of the sightings are of the Confederation. This is not so. Neither was the vessel which was sighted a totally Confederation vessel. However, it was working in cooperation with

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us for a specific purpose. We wish you well. And it is a great gladness to us that we are more and more able to appear not as, shall we say, gods but as fellow travelers.

Is there a further question?

M: The sighting that I had when I was a little boy—was that your ship, your representative I saw?

Yes.

M: Was there a reason that I couldn't see the man, and then I saw him later by myself?

I am having difficulty with this instrument. One moment.

(Pause)

We wanted that you be isolated when you became fully aware intellectually of our presence. We wished that the experience be of a singular nature, for it was intended that there would be an effect upon you that would cause you to remember and act upon this sighting. There was within this meeting light which was not given to the others. Many events have occurred in a following manner from this incident which was, shall we say, intended to occur. And within you is a knowledge which we were privileged to exchange with you and not others. Each person has a vibration, from eternity to eternity. At any given moment, each person vibrates in an individual manner. Therefore, as we vibrate in our individual manners, from dimension to dimension, there are some who, with their higher vibrations, may see us. We are able to appear to some, or to others, by adjusting our rate of vibration. This is, as we say, done usually for a purpose. That purpose being to alert individuals who are ready to receive this stimulus.

Does that satisfy you?

M: Yes.

Are there any more questions?

(Pause)

Within the darkness of the universe lies a tiny spark. And if you look at it steadily, it grows, and grows, and becomes a flaming sphere, and finally it totally engulfs you. And so in meditation, know the infinity behind your closed eyes. Find that spark of pure love, and then let it expand until it has totality.

(Tape ends.) ♣

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Sunday Meeting
January 11, 1976

(Carla channeling)

I am Hatonn. I greet you in the love and the light of the infinite Creator. I am with you, as always. I have little to add through this instrument on the subject of suffering. The very word in your language indicates how real the illusion is to you. And indeed, this is as it should be. If the illusion were not "real," you would not learn from it. It would not be an effective catalyst and you would not progress sufficiently under its stimulus.

That which seems to be suffering is precisely as valuable as a lesson problem is in school. You learn the lesson in order that you may pass the test. There are easy tests, and there are hard tests. If one is able to pass a harder test, one advances more quickly, perhaps to the next grade, instead of to the next semester within the same grade.

There are many of those upon your planet at this time who have elected to utilize this particular physical experience in order to obtain the greatest possible lesson, to take the greatest possible test and advance the greatest possible amount. These people have chosen their tests. These people chose to advance rapidly, within a path that is totally made of love. Within the illusion, it may seem that there is suffering. This suffering is a valuable gift. It is burning away the dross, that the gold may appear.

We have spoken earlier tonight, my sister, on the necessity of penetrating the apparent quality of the illusion, in order to perceive reality. Penetrate to the center of this illusion, which you call suffering, and know that in love a perfect being is seeking its path.

Each entity will suffer. Each entity will proceed on its path. For each entity there will be dark nights—and then, the dawn! Do not admire those who seem not to suffer, for it is truly written that the last shall be first, and the first, last. There is one whom you know who is physically, shall we say, abased; this ultimately will cause her exaltation.

Do not dwell within the illusion, my sister. The intellect cannot deal with the reality within it. Seek only to know the Creator. Do you not know, my sister, that all is love?

S: Yes.

We would like to ask you whether you have in fact received this answer from us previous to this channeling?

S: Yes.

My sister, we ask that you be more confident, for you are receiving the knowledge that we have to offer you. It is simply that you are not fond of words, and neither are we. Therefore, we do not find it possible to contact you through words. We accept and are very grateful to deal with channels in

speaking with you, and you never need to hesitate to ask for a channeled message. Yet we wish you to know, in those instances when it may not be immediately possible for us to talk to you through a vocal channel, that you are receiving our messages

There are no sure things, my sister. You cannot put your faith in any outside appearance, even our voice through a channel. Depend primarily upon that which you perceive.

We have a desire to speak briefly of your own abilities at this time. You have had considerable self-doubt due to the influence of your physical environment and your emotional influences. By which we mean that the illusion produces difficulties which test one's ability to feel confidence in one's protection. Within the illusion, there is good and evil; what you call Christ, and what you call anti-Christ. Yet within the Creator, all is one. When there is seemingly, in your intelligence, a negativity or a possible negativity, we ask that you not attempt to outwardly discern, or intellectually discover, its negativity or positivity. Rather, immediately go within, until you find the Creator. Within the Creator, my sister, all is one, and there is no knowledge of separation of any sort that can possibly harm you. Nor can you harm anyone. No harm can come to you; no harm can go from you. Unity! Unity! All is love. The world around you is an illusion. All is love. Throughout all eternity, your spirit is safe and secure—for these things are without meaning within unity.

I cannot express to you my sympathy and understanding of what you are experiencing. For each soul, my sister, there is a great solitude. One soul is on one path. And no one or no thing can keep that soul company on that path. For each entity is the Creator, is primary, and must teach itself what it already knows. Sometimes, my sister, in this loneliness, we have bad dreams. We are not speaking of literal dreams; we are speaking of times when a shadow seems to be over our lives. We are not free of these upon the plane from which I speak. Yes, we have advanced, yet we do not know all. We are alone in our way, as we speak of unity, yet we have loneliness when we are not able to totally live this understanding. These moments grow fewer and fewer as you continue to seek. It is a matter of being in reality instead of the illusion. When the shadow falls across you, my sister, know it for an illusion. If you must speak aloud to remind yourself, you may say, "All is love." And you will feel reality flow within you at that moment.

Your brothers and sisters are with you. Have you any more questions?

(Pause)

We send you our love and our light. We will leave this instrument, my sister, for now, but we are always with you. We leave you only in leaving this instrument's vocal vibrations. Adonai.

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Sunday Meeting
January 11, 1976

(H channeling)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. It is our purpose this evening to speak with you through this instrument, for we wish to share with you our thoughts. Our thoughts are many, yet all are expressed in one concept, and that concept is of love. It is, we feel, our knowledge that your existence and the existence of all things have emanated from the concept of love. Whatever your impression of what we call the Creator, we see no other way to envision the action of our existence, other than through the love which was given that created us.

We claim to be members of a confederation of planets yet we feel that there can be no justification of this claim, for, my friends, a confederation means a drawing together of units to form a body, and in truth, my friends, there are no units. There is only the existence of one thing, and this one thing that exists cannot be separated.

This is very difficult for the human intellect to comprehend. We describe ourselves as a confederation of planets because it is the closest thing which your language barrier would permit us to use to describe our situation. My friends, in our experience we have found that the use of the intellect, though it is necessary for your existence upon the plane which you have chosen, it is of little use in the comprehension of infinite truth. My friends, in order to know and understand the meaning of what we say, we once again must stress the need for meditation. For within your period of silences you are open to the creative thought within your own being that is in truth the Creator's love, and the Creator Himself. All truth is known to you, only you have forgotten how to tap the memory.

My friends, in your moment of silence, day after day, you shall suddenly, at one time, realize that the effort was well worth it. Yet when we say suddenly, in our terms, you cannot expect great revelations of truth within days or months, but one day you will realize that you have become more aware and are beginning to understand.

All of the people upon your planet are searching for the answer to their existence. All of the people upon your planet are anxious to know the truth. The truth is pure and simple: you are the truth, and within you it lies.

I shall transfer this contact. I am Hatonn.

(Carla channeling)

I am now with this instrument, and again I greet you. When we say, my friends, that the truth lies within you, we say that which is most easily misunderstood by your peoples. And indeed, when the master known as Jesus said, "Thou shalt love thy

neighbor as thyself," this truth also is most often misunderstood by your peoples. It has most often been understood to mean that we must love each other's good points and bad points, as you call them, within this physical illusion. That we must love each other's failures as well as successes. That the truth lies within the illusion.

We do not wish to indicate that the truth which lies within you has a thing to do with your outer covering, shall we say, of deeds and actions. Nor did the master known as Jesus mean to indicate that you must love the outer wrappings of others. What we are suggesting, and what the master was suggesting, is that you penetrate the illusion, penetrate the wrapping of deeds and misdeeds, and discover within that illusion the reality of the Creator, the reality of love. Within you lies the truth. Within you lies love. Within each fellow man lies the same truth.

My brothers, to love another, as we mean it, is to love that within them which is one with that which is within you. To love yourself is not to love the outer wrapping of personality, but to honor and hallow that divinity that you are, which is at your very center. It is not possible to love your neighbor or yourself from a human level. You may have felt that you had failed if you had not loved completely, yet it is the law of the physical Illusion that a "love" will be bound by the law of good and evil. Therefore, there will be successes and failures. Love will not abide within the physical illusion. It cannot. Laws are to be followed, and the law of good and evil, of action and reaction, is unbreakable within the physical illusion.

There is a higher law, my friends, the law of love. Not the human love; that will fail. But the love which you will find at the center of your created being. My friends, you cannot try to love. Only let go of your feelings, and release them completely into the care of the love that created you. It is not expected that, at the human level, you will be able to love as the Creator desires. It is only as those who open to the center of their being that the love within flows through in the physical being, and out into the physical illusion. You may release this from within you just as a person may, on a very dark night, raise all the window shades in his house, so that the light within may pour out onto the world around him. The light within you, my friends, shines brightly. Whether you know it or not, whether you feel it or not, you have such power within you, my friends. You have such beauty of soul, such love, that it is indescribable. Be it known unto you, however, that love abides within each of you. And the power of this love is total.

Have you been operating on this power, or have you been attempting to live out an illusion using the illusion's terms? Why do you think, my friends, that you are here? Have you not come to the conclusion that you are here to find something out that is obviously shown to be the reality about you? In there any question in your minds but that the routine of your daily life does not express that which you know to be the truth? My friends, let your seeking cease its restlessness. Turn within. In opening yourself to your own center of truth, you open yourself to the infinity of that which it is your birthright to know. That which you need will come to you, if you begin to seek it in a correct manner. The correct manner, my friends, is to know that the truth is within, and then to turn within and ask that that which you need to know be shown to you. Perhaps, my friends, you will find truths directly in meditations. Perhaps the truths will occur in your daily life in unexpected ways. Whatever you need, if you are seeking it from the Creator, the Creator will provide. Seek and ye shall find. This is the truth that we state over and over to you. Seek the truth. Seek in meditation.

I would like to leave this instrument so that my brother Laitos might speak. I am Hatonn.

(H channeling)

I am Hatonn. My friends, I wish only to add that it is our purpose to give our thoughts and our services to those who would request them. If it be against your will, we shall be aware of your will, and we shall acknowledge your right to express and receive your desire. Ask and you shall receive. This is a law which we may not violate. In the love and the light of our infinite Creator, I shall leave you. I am Hatonn. Adonai vasu borragus.

(Carla asks if there were any questions, because she still feels a presence. S has been grieving because of her mother's extreme difficulties and asks about the possible reason for her mother suffering so greatly.)

(H channeling)

I am Hatonn. I have chosen to speak through this instrument due to lack of familiarity. One moment, please, while I condition the instrument.

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My friends, to all present we must say that within your present existences you experience a varied number of emotions. For those whom you are closest to, the emotions are as if there are no separations between the two. You speak of suffering and it be not yours, yet are you not indeed suffering? Your suffering, my friend, is not of a physical nature. It is one of spirit, the spirit of your being within you. Caring not of your emotions, it is expressing love for the one whom you love. The circumstance is unavoidable. Yet the lesson is one which is very valid. You must learn, my friends, the reality of unity. What appears to you upon this plane to be the suffering of a loved one is only a projection of your existence and your love. Though it appears to be suffering, it is only an infinite expression of love within this infinite creation, which to the intellect is incomprehensible. My friends, the more you suffer, the more you allow your emotions to believe it is suffering. The longer you deny the lesson—you do not suffer. Your spirit is expressing love.

Is this adequate?

S: Yes.

Be there any other questions?

Questioner: Is it possible to just ride out the waves of living, not worrying or hassling about everyday problems? Can we count on the Creator to that extent? Should we?

My friends, we have taught you that your existence is one of your own projection of consciousness, guided by laws of the Creator. In order to abide by His law, it is only necessary to lend your existence through meditation to the Creator. Your so-called hassles may or may not disappear, and certainly your ability to care shall increase. But if it is your belief that you are guided by the consciousness of the Creator, and if you make yourself available for guidance, your experiences are those which are of benefit to you. What you need to learn, the Creator can foresee. Abide by His guidance; accept His will. And then you shall become aware that there is no real need for apprehension, for you are on a path of enlightenment and truth, and in order to achieve your goal, you must undergo a process of learning which is sometimes, within the physical plane, very difficult.

Are there any other questions?

Questioner: I would like to know what comment you could make about the advantages or disadvantages of chanting prior to meditation. Also any comments about another group to which I belong.

It is very difficult through these type of contacts to relay through the instrument specific names such as your organization. But we would speak on this. There are advantages to anything that you do which you truly feel is aiding your spiritual progression. Many people use many methods of rendering themselves open to the Creator. The form of chanting uses, or shall we say incorporates, sound waves which in turn create within your physical body vibrations which enhance your progression into meditation. Also, it is a very good substitute for what is known as a mantram. Yet we must stress that there is no one most beneficial means of achieving states of meditation. For each and every individual, there is a different manner of achieving this state.

Upon organizations, we must say their purposes are of a positive nature; their recognition of themselves as being organizations deny the truth of unity they teach. This may sound harsh, but it is the truth.

Are there any more questions?

(Pause)

It has been my privilege to answer questions. Once again I leave you in the love and light of our infinite Creator. I am Hatonn. ✤

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Sunday Meeting
January 18, 1976

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. His presence is within all of you. You are listening to the one known as Hatonn, but in reality, you are listening to love. You are listening to the Creator. For all that you hear is the voice of the Creator.

My friends, I have been speaking with you through concept within silence. We were having no difficulty with this channel, yet we desired that you have some silence to reach a level where we could communicate with you in the silence. And we are privileged to have accomplished this.

My friends, to answer a question which has been on the minds of some of you, and to further your own understanding of meditation itself, we want to quickly discuss with you what happens during your channeling, as you call it. You see, not all channeling is the same. You have observed with the channels within your particular group a type of concept channeling which is given by a type of electromagnetic vibration which actually can be felt above the head of the channel. It has a physical manifestation within the consciousness of the channel's physical vehicle, in that as each individual experiences this particular electromagnetic condition known as the conditioning, this will call forth some reaction within the vehicle. Within some, there will be the feeling of heat; within some, the opposite feeling, of cold. There are many completely different reactions to this conditioning wave, these differences being due, my friends, to the stage of your individual spiritual centers within your several vehicles. You know of these centers as chakras. In someone whose chakras are to some extent open, there will be quite a different experience from the one whose chakras are not for the most part opened. And each is at a different stage in his development. This is why every reaction differs.

Now, we have never used with this channel, although we have with other channels within the group, a stronger and more physical type of beam. We do not like to use this beam, because it causes discomfort within the instrument. We can actually use the instrument's voice-box, speaking with our voices, shall we say, in that we exercise the muscles of the speaker. We do not like to do this. It is not necessary that we do this, within this group, for this group is concerned with philosophical and spiritual concepts, and this is most desirably done through the vocabulary and concepts which we can give to each individual. Now, these are the channeling ways.

There is another vibration, which is far more desirable, and not at all the same as the channeling wave. You see, my friends, the channeling wave, although it is conceptual, will be expressed in vocabulary. It is an electromagnetic wave, it is within

the physical illusion, and it is attempting to coincide the vibration of the channel with the vibration of our thought. It is, shall we say, a cut-and-dried, limited and intellectual wave. We are not putting it down, as you would call it. It is very useful and is totally given in love, and with a spiritual desire to aid you.

But, my friends, the basic vibration of the Creator, perfect love, is a vibration which is given not only through us, but through your aides and guides, whom you would call angels, through your own inner self, through teachers upon your own spiritual planes, as you would call them—everywhere, everywhere, my friends, within the creation. This original Vibration of love is reality. In meditation you are seeking not an electromagnetic wave from us; you are seeking perfect love. What we can give you in this channeling wave is a means of service to others. Also, it is, as we are well aware, a comfort to some of you to know that we are present. For, indeed, our presence is a supporting one in that we love each of you, and wish only to comfort you and help you through your experience.

Seek beyond these words. Meditate to perfection. What this channel gives to you in words is only a poor physical food for your physical mind. Spiritual food, my brothers, lies in silence, in contemplation, in what you would call prayer: in listening to the original Thought of creation, the original Vibration that, out of nothingness, created all that there is. Listen now to the silence again. And listen beyond words. I will return to this instrument after a little while.

(A pause of several minutes.)

I am with you, my brothers. I am Hatonn. It is a joy to me to see that my words have meaning to you. Your vibrations are known to us. The vibrations of all your peoples are known to us. Your thoughts and your desires are known to us. Your free will is completely preserved, yet you are known to us. It is this knowledge that allows us to be with each of you as you desire us. We feel the desire that quickens within you to know love. There have been many who have dedicated their lives to a love of one kind or another, and for this love a man may sacrifice years and years in a position which he may hate, in order that he may take care of those that he loves. A woman may sacrifice many, many desires in order to nurture her mate and her children. Love seems always to offer sacrifice. Have you pierced the veil of this truth of love, my friends? It is written that the master known as Jesus said, "In order to love Him, we must pick up a cross."

My brothers, this is truth: love is sacrifice. There is a further and transforming truth that can only be learned once the leap has been made into love, once the sacrifice has been freely given, not grudgingly, but freely. That which you give is given to yourself. Truer words never were, my friends. As you love, so you will be loved. What you are, what your reality is, is totally a result of your thought. To sacrifice to another is your only way of giving. That which does not cost you anything is not a true gift. To give, it must be infinite; it must be all. It may not be physically of any moment or importance. Yet within yourself, to be a gift it must be at some cost to yourself, and freely given. Then, my friends, you have considered your brother as the master and yourself as the servant. And you are interested in serving your brother. And then, you have found the secret of love. For all of the creation was designed to be of service to each other part of the creation. That which you give enriches you beyond measure—and that which you hold back will strangle you. How often people think that they are poor, when in fact they simply have not given enough away. How often have you been lonely, my friends, when you could reach out and aid another's loneliness? Do you not know that to sacrifice is to love—and to love others is only to love yourself?

This is not an easy lesson. We know that. Go back into the silence when you have difficulties, and you will have difficulties. As often as you can, regularly, find love within you. And then, give it away. For you are truly rich, my brothers.

I would like to speak through another instrument, and so I will leave this instrument. I am Hatonn.

(N channeling)

I am Hatonn. I greet you again, my friends, in the light and love of our infinite Creator. Perfect love is within your reach. It is not a dream upon which you focus at certain times, and then cast away as something far in the future, or something unattainable. It is real. It completely engulfs you at all times. We understand, my friends, the difficulty that you have realizing this, but we know that it is with you, nevertheless. If you are truly seeking on the spiritual path, if you desire the higher thoughts

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and vibrations, then expect, my friends, to attain these things. You must believe that it can happen before it will happen.

Through each day, as each of you go about your affairs, there seems to be many things to be taken care of, earthly things. But, my friends, the spiritual cares of you need to be taken care of from within. The Creator—the creation—is within you at this very moment. It can be manifested, if you desire it: perfect love.

At this time I would like to contact a newer instrument. May I suggest to relax and we will give our best to help you. I am Hatonn.

(Pause)

I am Hatonn. I am again with this instrument. There seems to be difficulty making contact with the newer instrument. At this time I will transfer to the one known as Carla, to speak through a more experienced channel to aid in contacting the newer channels. I leave you now through this instrument. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn. I can relieve the worst of the anxiety of the one known as W by impressing him with a vocal version of his contact. We have been attempting to contact the one known as W. We will again attempt to do so. My brother, we were attempting to contact you without the use of your name, for you have been able to hear our contact fairly clearly, and we were hoping to build up your confidence. It is the next step of the newer channel, after he has been able to consciously perceive our contact, to have the confidence to go ahead with that perception in the absence of the name. For, as you can well imagine, it would be difficult for us to say the name if the person were the only channel present. Therefore, we try to get the new channel over the need for the use of his name as soon as possible, so that if he desires to be of service in a group in which he is the only channel he will have the confidence to go ahead with his contact. We are sorry that we, shall we say, rushed you a bit.

Now, we ask that you relax. We will not say much through you, but would like to give you a brief message. I will now transfer to the one known as W.

(W channeling)

I am Hatonn. I am with this channel. Once again, I greet you in the love and the light of the infinite Creator. During our days, much of our time is spent in needless worry over things that really do not matter. And the things in our lives that really do matter, such as meditation and seeking the truth, are always left for another day or put off until tomorrow, when in truth these are the most important things in your whole life. This is the reason you were put here on this planet, to search and seek and try to find a way back to the infinite Creator.

At this time, I would like to try to transfer to a newer channel. I am Hatonn.

(Pause)

I am Hatonn. I am back with this channel now. At this time I would like to leave this channel and transfer back to the one known as Carla. I am Hatonn.

(Carla channeling)

I am with this instrument. I am Hatonn. It is with pleasure that I return to this instrument. We are most privileged to have a newer channel making such good progress with us. We will leave this instrument, and yield to one of our brothers. We will return. I am Hatonn.

I am Oxal. I have good contact with this instrument. I am Oxal. I greet you in the love and the light of our infinite Creator. I am Oxal. I am Oxal.

I am Oxal. Very good. Very good. Good contact. I am Oxal. Now, I am extremely pleased to speak with you. I wish to primarily contact the one known as N. We have found through our vibration check that it will be a stronger contact with the one known as N with this particular type of vibrational equipment. Therefore, we have decided to contact the one known as N. This contact is a slightly different type and is more nearly in the physical plane, which is why it can be of a stronger nature. We transfer now to the one known as N. We ask that she relax and allow her thoughts to become clear. We will not say very much through her, but we wish to say a few sentences in order that she may have the experience of giving a message to a slightly larger group. We wish to say to our sister that it is not difficult because the energy of the group will aid you once

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you begin. The larger the group, the greater the energy. Therefore, it is easier to be sure of your contact. We will now transfer to the one known as N. I am Oxal.

(Pause)

I am Oxal. I am very pleased to have made this contact. We request that this instrument relax.

(N channeling)

I am Oxal. I am with this instrument. As we were saying, we request that N relax and attempt not to analyze the thoughts which we are sending her through her brain. We realize that it is very difficult to distinguish our thoughts from the ones that you already have, for there is no real physical difference except your feeling of our vibration and conditioning. Many people who are attempting channeling for the first time expect a great sensation physically and we do not attempt to do this, for as we explained earlier, with this type of group it is not necessary. So we say to the one known as N, through practice and experience you will gain more control, so you may relax your body and not try to analyze the thoughts which we are sending you. I will attempt once more to say a few more words through the one known as N. I am Oxal.

(Pause)

I am Oxal. I wish to speak further concerning the vibration which conditions the channel. We are happy to use this as an instrument of conditioning. There are many forms of conditioning, depending upon the instrument whom we wish to channel through. There are various stages at which the channel may be used. At times, it may be easier to channel through one or another certain instrument. I will leave this instrument now. I am Oxal.

(Carla channeling)

I am again with this instrument. I am most pleased that we have been able to make contact with the one known as N. You may have wondered why I used this instrument at the beginning to repeat myself so many times. I was attempting to give an example to the one known as N that it is important not to analyze what is given.

(Tape ends.) ♣

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Sunday Meeting
January 25, 1976

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and the light of the infinite Creator. I am He who is among you. I am He who is within you. I AM. My brothers, dwell now within the I AM that you are. For I AM, not only now but always. Before this world was created and when it is long since passed again into infinite space, I AM. The creation began with consciousness, the consciousness of one vibration, each and every particle totally unified, totally homogeneous, of only one identity, that identity being love. We use the word "love" to you because of the bias which it contains within your language. The word "consciousness," my friends, is a slightly more accurate word, yet this consciousness is the consciousness which creates. Therefore, we must use the word love. For the force of love as you understand it in your density is the indwelling of the creative force within your sphere of experience. So the creation began in an infinite and constant state of love, vibrating infinitely and in unity. And this creation sent forth the power of love to differentiate into entities that could dwell in self-knowledge, in unity, yet in knowledge of unity

This, my brothers, is described in your Garden of Eden, and in all worlds and universes there are descriptions which, within each culture, describe the state of self-awareness of unity. This was the beginning of the cycles.

And there arose within these entities in your Garden, shall we say, a knowledge to be self aware, not only of unity, but of separation. And in doing so, in choosing this path, the dimensions were born. For these entities had chosen a path which, in separation, cannot express the unity of all with all. The vibrations of knowledge of separation must travel downward through many, many frequencies, and as consciousness traveled downward, it formed a great and infinite array of potential experiences on many, many levels, one of which you are now at this time experiencing,

You are experiencing separation. That is the meaning of your physical being. With your senses, you can only feel that which is within yourself, only that which comes to your own ears and eyes and hands. You can only taste that which is given to your own experience. This incarnation, my brothers, is an incarnation of loneliness and pain, for separation is such.

Why have you come here, my friends? Why now do you vibrate in sympathy with loneliness and separation? Why now must you accept pain? May we say, my brothers, so all entities will choose to do while they are learning to seek the healing from that pain.

We seek to give you, shall we say, some distance on your problems. Not that they are not important, we

do not say that. Nor do we say that they are a more nothing, to be ignored—for you were not invested with a physical form in order to ignore what is happening to you in the physical. Yet know that these things are occurring to you in such a way that you will not be tested beyond your ability, for you have yourself chosen these lessons. You have yourself chosen this pain. And you hope very dearly, in your higher self, to learn from this pain the lessons that you have come here to learn. It is a hard thing to ask yourself to trust in your own judgment when you do not have the ability to face your higher self in the flesh, so to speak. You cannot say to your higher self, "Look, I think this is more than I can take. I don't think I can handle this. Why don't we go back and do this over?" You don't have that satisfaction, my friends. You must trust that the self that placed you in the situation you are now in knew and understood your capabilities and, though ambitious of learning as much as possible, did not plan things so as to test you beyond your limit. The more lessons you learn, my friends, in this incarnation, the more progress that you will make. It is not to rejoice at pain, but to understand that within pain there is the peace, when you are convinced within yourself that you have tried as much as possible to learn the lesson that is buried within the experience.

We have said to you many times, you must go within and seek the Father. If you are seeking the Father the Father will provide that which is necessary to you. And today we emphasize also that which is secondarily true: in your fellow men, seek to do service. Your energy may go most effectively for that one seeking within the physical. In the inner worlds, seek to know the Father, and in the outer world, seek to do service to the Father Who is all around you. The Creator will aid all who trust in Him, no matter how they are acting, just as the pain which you are now experiencing will fall, as is written in your holy works, on the just and the unjust alike.

Yet, in your own experience, it would be much more helpful for you to use energy in helping to the best of your ability those about you, whether or not they are seeming to help you, whether or not service seems to be offered unto you. It is written in your Holy works: one must love one's Creator and one's fellow man as oneself. We say to you again, it is not necessary to love one's fellow man, or to love oneself on the level of the human, as you call it. Yet you see the Creator, and love the Creator, in him and in you, for that is the same. Then you are loving yourself and yourself in him and the Creator in each of you.

There is a cliché that is within this channel's mind, that every cloud has a silver lining. And we would add to that that sometimes a fruit may seem to be inedible, for the skin may be tough and pitted. Yet when you peel it, the fruit within is still succulent and tasty and delicious. Experiences are like this, even the most inconvenient. Be of good cheer, my friends, and remember to attempt not only to seek the Creator in meditation, but to seek the Creator within your fellow man. With the armor of your inner guidance, and your light before you on the path, there is nothing that can harm you.

We have wanted to give you these words of comfort, for each of you is undergoing at this time some difficulty, not the same, yet as we have said, all difficulties within the physical have one thing in common, that is, the emotional or physical or mental pain. Be of good cheer. There is no pain within the garden—and the garden is within you.

I would leave you at this time, my friends. I leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai.

(B channeling)

I am Hatonn. I am now with this instrument. My friends, you have often heard [us] speak about love, and my friends, you must understand, speaking of the infinite Creator, what one word best describes all facets of what you know of life? Now, my friends, you are well aware of the great power of this word. My friends, if you were only familiar with this one love, or my friends, familiar with this one word, and this word only, my friends, your progress would be so swift!

Surround yourselves in this. For, my friends, it is truly a suit of armor that nothing in all the universe may penetrate. For, my friends, when you surround yourself in love, you are indeed surrounding yourself in the Creator. The Creator is love and, my friends, nothing can penetrate this. As we all travel on our many ways, it is very true that this group sitting here today has been and has asked to be together. For, my friends, you all have a very important mission to perform. Now as we speak of this trouble that surrounds us all, one reason, my friends, that it is

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very necessary for you to be together—by the positive grounding that this group provides, my friends, you receive enough stimulation, stimulations, my friends, that you all very much need. And as you have advanced, my friends, we also advance. And as you have asked for our presence, we are with you at all times. There are many times, my friends, that situations will seek you out. But, my friends, the positive always draws negative; by the overcoming of these negatives, you are indeed that much stronger. For, my friends, we are all together in love. If this could only be seen, my friends.

I would at this time like to try this experiment: think to yourselves, my friends, love and fellowship and brotherhood, to all those in this room. As you think this word love, you will see or feel that it is escaping from every cell of your body. Now, my friends, never deny the help of your brother. If you would attempt, my friends, to sit for one moment in silence, and pass this love to all those in this room. We are now in the room with you, my friends, and we too will experience this. And what we will feel is true love. Allow this energy to escape and flow into your being. I will pause for one moment. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn. My friends, you have experienced this energy. Now ask yourselves, what thought could penetrate this force field of love? For, my friends, it overpowers all. When you have these small troubles, my friends, as I said earlier, seek your Creator within you, and your brother's help. For, my friends, you will all ground each other. Love is beautiful. Love is all we know. No negativity can overcome this energy, and no problem cannot be worked out.

I will attempt at this time to transfer this contact. I am Hatonn.

(H channeling)

I am Hatonn. I am now with this instrument. My friends, as we speak to you, we realize that due to your existence within the physical illusion your understanding of the concepts which we present to you is, shall we say, very shallow. Yet what is important is that you—those who are present—have truly begun to understand. Understanding is far beyond that which is intellectual. True understanding of the concept of love and all things contained within it is, shall we say, a sense, as you would call it, within your core. Within the creative consciousness of your existence, understanding awaits you. And though you are not truly aware of its presence, it constantly is flowing from within the core of your existence into your physical reality. My friends, all things which you experience within this illusion are presented and have been chosen by you as lessons. We suggest that you become more patient within this experience for, my friends, the reason that you become, shall we say, tangled up within your emotions is that you become apprehensive of the passing of time and the weight of the circumstances you experience upon that passage of time. You feel as though there is no tomorrow in which you may enjoy yourself. You ask yourself why you should experience this misery any longer. My friends, realize that without misery there can be no joy. Without the passage of time within your illusion, there can be no lessons. These things which you experience are truly difficult, yet they are the seeds upon which you grow. Some may choose to ignore these facts. Yet none may ignore them forever. Eventually, all shall come face-to-face with reality. And your progression is something which you cannot avoid. Ponder these thoughts, and in your daily routines, be thankful, although it may be difficult, for the experiences which are somewhat trying, yet bountiful in knowledge and love.

Also you should remember that the greater the lesson which you are learning, in most cases, the greater the difficulty which shall be experienced in the process of learning. Yet realize that you have the capacity to withstand whatever difficulties may arise. You are infinite, in your ability to learn, understand and persevere. I now leave you, in the love and the light. I am Hatonn. Adonai

(Carla channeling)

I am Oxal. I wish only to say a very little bit, for the light is very strong, and it is my desire to let you know that I am with you also in the light. May peace flow from you like a fountain, and from that peace may the waters of joy transform all within your world into that transcendent state when your eyes are opened, and you see and understand. I leave you in the physical, yet always bathed in the love and the light, never in the physical, but of the highest. You are transcendent beings, and though you may have pain, yet always within you there is the water of peace and the fountain of joy, for it is not a river

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that begins within the physical illusion, but from the highest estate. "Not as the world gives, give I unto you," said your great master. Peace—my peace, the Creator's peace—I leave with you now. Adonai, in the love and the light. I am Oxal. Adonai. ♣

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Sunday Meeting
February 1, 1976

(Carla channeling)

I am Hatonn. I greet you, my brothers and my sisters, in love and peace, in the infinite light of all that there is. I especially greet those of you who are new to our group. It is a great privilege to be able to speak with each of you, and a very great pleasure to speak for the first time to those whom we now meet.

We are here, my friends, only to be of service to each of you. All of those upon the surface of your planet who desire at this time to listen to thoughts that will be of service to their spiritual development are those very people whom we wish to serve, and we are here for that reason and for that reason only, to share with you our knowledge, such as it is, to reach a hand back down one rung of the ladder, just as those one rung above us have reached their hand down to us.

For so, my brothers, it is. The infinite, universal creation has infinite densities, infinite progressions. And in each progression there is a brotherhood of those upon the same path, those striving towards the same understanding. And as one reaches one higher rung, one of the privileges of learning is responsibility for those below. For we can no longer ascend higher unless we are endeavoring to the utmost to bring those just below us with us. You see, my brothers and sisters, it is the nature of all things within the creation to be of service to the other portions of the creation. Upon your planet, the creation of the Father manifests this service over and over again, in cycles which complement each other, so that your natural growths give forth oxygen that your animals and yourselves breathe, while you give off that which is helpful to the plants. The air itself is a perfect blend so that you might flourish. The rain falls in such a way that that which you need for your survival grows in plenty upon the surface of your planet. All dwells in harmony, in an attempt to be of service to that which is around it.

To take another example, my friends, it is written within your holy works that the various portions of your own physical body are not separate from each other but are mutually helpful to each other, for the benefit of the whole. My friends, this is true not simply of your body as an entity, but of all that there is in the universe as an entity. The universe is one thing, one complete whole, and all that is in it functions in mutual service to all the other parts. This functioning is in harmony with the perfect love that created the universe. This unity is love and this love is all that there is.

I would like this evening to speak on several things and I will skip around to a certain extent, my friends, because there are several topics that it is, shall we say, necessary to hit upon at this time. First, I would like to speak with you about light. There are those within your group who have already noticed

that I was attempting to speak with you as a group earlier. This is quite so. The group at the time was extremely willing to hear my message. However, because the channel felt that it would not be the proper thing to do, we were not able to get through, for as you well know we will not force ourselves upon you, but only come when it is your desire.

We had a desire at that time to talk to you about light. We will now so do. Light, my brothers—imagine yourselves armed, completely covered with an armor of light. The light is so bright and so white, you are so radiant, that no one can look directly at you. You shine like the sun. It is not possible for any harm to penetrate that armor of light, nor is it possible for any harm to leave your mind, your heart, or your hand through this aura of light. You are protected from within and from without.

There are many, many times, my friends, when in your fear you attempt to use your armies, those little armies of soldiers which you call words, and you send your words and your mean actions and your petty emotions out like little soldiers to combat those little enemies, those people about you who seem to be sending their soldiers against you, saying and doing things that make you unhappy. You feel that you are vulnerable to them and so you fight back, shall we say, with your little army of words. And you become disturbed and excited. You are not yourself, in the sense that you are no longer a light-being, but a small, dark animal fighting for its position. You have lost the grandeur and the majesty of that within you which is pure light and pure love and you are reacting as a weak person.

My friends, you need no armies, you need no intellect. You need no fights, for you are completely protected by light.

(A pause, during which the wind roars against the windows of the house.)

You are aware, my friends, of that which is a great disturbance in your outer environment, and we use this to tell you these storms within your emotions may seem just as difficult, just as dark, and just as terrifying. If you feel anger, if you feel discomfort or, my friends, those of you who were with the group in this afternoon meeting, those of you who felt the slightest need to, shall we say, defend yourselves against someone who did not seem to understand—you were not seeing this person, my friends, as a light being, to whom you should give love only. You were seeing him as someone to be convinced, his army against your army, words against words. Love and light, my brothers, my sisters, need no words, but only a simple radiation, a radiation from within of the love and the protection from all that may be without of your armor of light. Never, ever, sell yourselves short. Never let yourselves become in need of that army, if you can possibly remember who you are and what protection you do have. You may play, instead of from weakness, from a position of great strength. The love lies within you, the light shines through you, and there will be nothing which love cannot conquer.

I would like to transfer and continue through another instrument. I am Hatonn.

(H channeling)

I am Hatonn. I am now with this instrument and shall continue. My friends, the light of which we speak is not light as you may perceive it within your intellect. The light of which we speak, to best describe it, is the physical manifestation of the love of your Creator. All that appears to you within your physical environment appears due to the love which is expressed by our Creator. All things which are visible to your eyes are comprised of units of light. Various are the colors which you may perceive. Yet you have learned that through a prism a white light may enter and it is dispersed as many different colors. Therefore, all colors, all physical manifestation, has been derived from the pure and infinite glowing white light, which is the physical representative of the love of our Creator.

And you may ask yourself What or Who is our Creator? This, my friends, we cannot answer. We can only say to you that to the best of our knowledge, our Creator is all things. He resides within and without all other beings. Within His light we reside. Within His creation we reside. Many things we could say that would express our concept of the Creator, yet we have found through our experience that in order to understand the concept of the Creator, there is but one way. In order to attain this understanding you must go within yourself, beyond the physical limits of your intellect and into the core of your being and communicate, communicate with your Creator. This communication shall not take place in the form of conversation. All that you need to hear is silence. All

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that you need to see is light. And all that you need to understand is yourself. For within you are the answers to the questions that you may ask.

My friends, you have been told many times, through many sources, that the Creator resides in all areas. This means that He is within you. No closer could you ask to be. If it is your desire to truly know and understand the universe and your Creator, then it is only necessary for you to go within yourself and seek that which you desire. Seek and you shall find. This may sound familiar, and it has always been, and shall always remain to be, true. You are the citadel of your existence. You are the center of the universe.

Do not underrate your abilities or your importance to the overall functioning of the creation. For, my friends, if you were not necessary you would not exist. For, as we understand it, within this creation of love all things are interdependent upon each other, for in all reality there is but one thing, though you do not recognize it through your physical senses. There is but one unity, one presence, throughout the entire creation and that is the Creator.

You have been told that you have been created in His image and likeness and we say unto you that if you believe this to be true, then you cannot deny what we are speaking. You are the Creator. We all together are the Creator. Further than this we cannot say for this is our understanding and we do not proclaim to possess infinite knowledge of all matters. We can only state what we have learned through our own experiences and allow you to accept or reject as you will. But in order that you understand what we say, it is necessary that you practice the art of meditation, not as you are witnessing it now, but alone. Though these sessions are quite helpful, the true answers lie in the silence of your personal meditation. For understanding is infinite, my friends, and the intellect is limited. Therefore, you must go beyond the reaches of what you term your intellect.

It is our desire to assist those upon your planet who desire to transcend physical experience. And in order to do so it is definitely required by your very nature that you, to some extent, utilize your intellect. Therefore, we have provided, upon request, these sessions. We of the Confederation of Planets in Service to the Infinite Creator are well aware of your present experience, for we have ourselves experienced quite similar existences and we of the Confederation, during those existences, chose to follow in the love and the light of our infinite Creator through the process of meditation. Light, my friends, is love and love is all.

I shall once again transfer this communication. I am Hatonn.

(Carla channeling)

I am Hatonn. I wish each of you now to become more carefully aware of the entities beside you, who dwell now within this room in a unified group, all seeking the light. Become aware, my friends, of each infinitely precious spirit, of the great treasure patiently, through eons of time, from experience to experience, each of these entities has built and built upon experience to come to the place where the entity is now, the place on the ladder, the place in the progression, on the path, however you wish to put it. Each of you, my brothers, is on the same path. You may think sometimes that you are alone, but within this room you are all one. Allow the light within you to spread out until it touches those about you and rest in that light and in the one perfect love.

And now I leave you. I will return later. I am Hatonn.

(Carla channeling)

I am Oxal. I greet you in the love and the light of the infinite Creator. I speak through this instrument due to my difficulty in contacting the one known as R. It has been a long time since I have been able to use the one known as R. It would indeed be a great privilege to be able to give a short message through this instrument. I will attempt again to contact the one known as R. I am Hatonn.

(Pause)

(Carla channeling)

I am Oxal. I am again with this instrument. We are having difficulty with the one known as R, and so we will attempt to contact the one known an N. I am Oxal.

(H channeling)

I am Oxal. We are experiencing some difficulty in achieving contact with instruments who are not, shall we say, familiar with the personal vibration of our contact. There is some variance between the energies experienced from the different brothers within the Confederation and it is very difficult,

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many times, to differentiate between these contacts. As for the instrument known as R, I would wish to add that though it has been a great length of time, your knowledge is far too advanced for you to allow your apprehensions to overcome your desire. And once again I shall attempt to communicate through the instrument. I am Oxal.

(Carla channeling)

I am Oxal. We are having some difficulty this evening, and so I will briefly conclude through this instrument and then depart. We wish to say to the one known as R and to the one known as N to be not discouraged, for though it may take a bit of time to become totally confident, either for the first time or again, yet the ability is still there and the service that you have done and will do, my sisters, is wonderful to behold.

We wanted to say to you a few words about harmony, a few words about progression. My friends, that which you hear at this time within your density outside your dwelling place is an instance of disharmony. There are two definitions of normalcy within the air. One is warmer and one is colder and within this duality there is inevitable conflict. And the result of this conflict can be heard by your ears at this time. And the destruction which is wrought shall at times be very great, simply because there is a duality between heat and cold and the result is a terrible confrontation in which that duality is resolved and harmony again reigns.

Within that density which you now enjoy there is a natural and inevitable swing. That swing is towards progression, progression not only of your spirit but of all that there is: physical, intellectual, emotional, heavenly, ethereal—any density, any type, anything that you can name in existence has an inevitable progression from lower to higher. And it takes place at an inexorable pace, step by step, time by time. Each of you and the planet upon which you now reside will progress, from this time and place into the next, from this cycle into the next. It was designed that within the schoolroom which you now enjoy you would learn your lessons and you would progress in harmony with your planet. My friends, this has not happened, and there are many, many of your peoples who are in disharmony with the planet itself as it progresses inevitably into the next cycle. The vibration of all that exists within the physical plane upon your planet is slowly being transformed by its very crystalline structure into a vibration which is not what it was. The space into which your entire solar system now passes is of a vibratory nature which is not what it was and it has been planned that your thoughts, your spirits, and your progressions would be in harmony so that they are not what they were also. Unfortunately, many, many of your peoples are exactly what they were. They have chosen not to progress at all. They are thinking of self, they are thinking of power over others and their grade, if you wish to put it that way, is under fifty percent, by which we mean that they are thinking of themselves without regard to others more than fifty percent of the time. This is written in a holy book of your planets and it is, unfortunately, so.

The cycle into which you are passing will inevitably come into conflict with this kind of thinking and the storm will rage about those upon this planet who are not able to achieve harmony with the new vibration, which is a vibration of love of a higher nature. It is a vibration in which there is much less deceit, in which it is much clearer to you that your brother is also yourself. You see, my brothers, you are all one and to do service to your brother is only to serve yourself. In this density it has not been very clear that this is so and in the next density it will be much clearer.

We are aware that you do not wish to be swept away, shall we say, in the ruins of this confrontation. And we ask you, please, to think of these words if you find yourself in a position where you have closed the outside world away and are thinking only of yourself. Remember, my friends, your self is, in total essence, in total harmony with all that there is. To close yourself off from it is to come into inevitable and destructive confrontation with reality. Please get off of that 50 percent fence that you are now on. Pull yourself onto the side of harmony. Even if your actions are not perfect, if you simply desire to be better, your vibrations will have been pulled off that fence and you will begin to come into harmony with that reality you face more and more each day.

I will leave you, my friends. I wished to share this with you and it is indeed a great privilege to share this with you. I leave you in joy, for it is truly a joy to share with you the love and the light of the Father. I am Oxal. Adonai.

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(H channeling)

I am Hatonn. As I said earlier, I have returned. It has been my privilege to allow my brother Oxal to speak with you. Though I have little left to say, I would wish to extend to all present my presence. And while I complete this communication, my brother Laitos shall dwell among you within this room. We ask that you relax and listen and know of our presence. If you are open and receptive to us, then you indeed shall be aware of our presence. We of the Confederation of Planets in Service to the Infinite Creator come from what you consider to be many places. We have come across vast portions of the universe. We have transcended what you consider to be time and we can experience instantaneous travel from one point to another. Through the use of what you may call your God-given abilities, you also can achieve these things. And I say unto you, be patient.

(Pause while someone entered the meeting.)

I shall continue. I expressed to you the need for patience. For, my friends, those upon your planet experience great annoyance and distress over the passage of time. Many things you attempt to do and to solve rely upon the passage of time within your present concepts …

(Tape ends.) ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meeting
February 1, 1976

(Carla channeling)

Greetings in the love and the light of the infinite Creator. Before I speak with you I wish that you feel the warmth and vibration of the energy that is with you at this time. We are sending you our vibration which enhances the natural vibration of this group in such a way that it may more easily coincide with that which may be called spiritual vibration. Pause and feel this energy

(Pause)

Before we begin to answer your questions, we would like to respond to a mentally asked question. It is something that this instrument does not particularly like to do, but we feel it is good for both the instrument and the questioner to occasionally experience this form of channeling.

We say to you, my brothers, you are upon a round ball, not totally round, my brother, but round enough. Consider yourself standing on the surface of the ball. One side of this ball is in light, and the other is in darkness. And it may seem to you very real that you are in darkness now, and that you have been in light earlier today, and that tomorrow the light will come again, and after that, another period of darkness. For you are upon the surface of a ball, and what is real to you is what is real for that ball. And sometimes there is light, and sometimes there is darkness.

Problems, difficulties, pain, lack, limitation; these things are just like the ball that you are standing on. Only you hold these balls. Consider them as evanescent bubbles. When you turn them in your hand, they rotate half in light and half in darkness, and as you see the dark side of the trouble, you experience the lack and the limitation, and the trouble seems very real to you, but lo, the trouble turns in your hand, and the solution is come upon you, and it also seems real to you. And the bubble bursts, and is no more, and in your hand is another bubble, and it is turning its dark side to you. And as you hold it in your hand, it turns, and it turns, quickly or slowly, and eventually the light side shows. Day dawns upon that particular trouble, and your solution is come upon you.

We ask that you consider, my brother, that the man standing upon the ball is not just the man upon the ball. For there is that within him which is kin to all that there is. He is not a prisoner of light and darkness, for within him is the sun. Within him, even within the intellect of this man, in imagination, there is the ability of this man to go to the point of view of the sun, and from the standpoint of the sun there is no night, and the turning of a ball in infinite space has no meaning, for there is eternal, infinite, unbelievably wasteful light. There is no darkness, from the standpoint of the sun.

Your difficulty at this point is a problem of thinking of yourself as a person standing upon a ball, and holding a ball, both balls being subject to light and darkness. Consider your difficulty from the standpoint of the eternal light and oneness of the sun, and the bubble will burst.

There is a point to the standpoint of the man upon the ball. You are a plant within the cosmic garden, and that which is necessary for your growth is given unto you. Your growth is not in the body but in the spirit, and that which is, shall we say, fertilizer is the infinite array of emotional reactions that you have to these same problems. Through the reactions of your emotions, and through choosing what reactions you will encourage within your own consciousness, you are turning and developing your own cosmic growth. Let that cosmic sun shine upon you and your problems.

I will now open the meeting to questions. Who would like to ask a question?

Questioner: How can I meditate better?

My sister, it is my great pleasure to be able to speak with you. We are very pleased for the opportunity. For each person, as this instrument has said, there is a uniquely personal way to get past the difficulties of the conscious mind and settle into a more meditative or contemplative state. In your case, my sister, it is recommended that, for a period of five minutes or so, you take one of the works which personally has spiritual meaning for you, whether it be that which you know as the Holy Bible, or whether it be any other work which has meaning for you personally. Your mental discipline is such that you are accustomed to making good use in a physical sense of your time. Therefore, the main difficulty with your taking time for a meditation period is that it is a waste of time within the intellectual framework.

The greatest bridge from the intellect to the spiritual is inspiration. Therefore, reading words of inspiration will at some point give you the inspiration and desire to pause and contemplate that which you have read. At this point, your own intellect will find it permissible to do so, for you will be learning. And truly this, although it is not meditation proper, is an extremely useful method of learning. It is a gateway into the spiritual. If you cannot go further than the contemplation of an inspirational thought, then this will be fine. At some point, as you do this daily, however, you will find that you have stopped thinking about that inspirational thought, and you have not yet thought of anything else. Perhaps that inspiration has led you to another inspiration, and then to another, and then you have a pause. My sister, if that pause lasts five seconds, within that five seconds you have made contact with the silence within, and within that silence is that which we have called the sun. Within that silence is the Creator. Five seconds with the Creator, my sister, is ample. Seek and ye shall find. This has been said over and over.

Do not be disheartened if meditations remain short for some time. It is not how long your meditations last, but how earnestly you are seeking. If you knock at that door, it shall be opened. It will not be tomorrow that you are able to spend minutes, and then a quarter of an hour, in deep meditation, yet through the door of contemplation you will become comfortable with the meditation. You see, my sister, there are people who are, shall we say, less energetic, and therefore they do not require their time to be productive. Once you begin to see in your own consciousness the joy and the productive changes which are occurring as a result of your meditation, short as it is, you will no longer consider it as a waste of time. At that point, your being will relax and allow the silence its rightful place.

The physical vehicle in all of those among your peoples has been trained to be very active, and even among those who are the least energetic you will find resistance to meditation, for the body itself is not comfortable doing nothing. This is unfortunate but true. It is much better to be totally inactive, and then to move with true purpose, than to be partially active at all tines and have no purpose of a lasting quality. Therefore, we wish you a very productive outcome to your seeking. We assure you that this will be so.

Does that answer your question?

Questioner: *(Inaudible)*.

Are there other questions?

Questioner: I would like to know if I could have some way of knowing, physically or absolutely, that I am channeling, really channeling, when I think I am channeling from the Confederation. I need to be absolutely sure that I'm not channeling myself, because I would hate to give anybody wrong advice or say something that's not right.

This is a difficult question to answer, my brother. There is no channel that does not dwell within doubts many times. Moreover, due to the type of beam that we are using with you, although it is electromagnetic in a physical sense, it is not the type of wave in which total control is ours and you have no free will. We have experimented with this beam and we do not like it, even when the instrument is fully willing to give over to us. It is uncomfortable to the instrument, and it is not necessary in order to give to you philosophy.

We prefer using a type of communication which deals within your free will. We see your vocabulary as spread out within your awareness, and we pick out of your awareness the closest concepts to what we are trying to say. This is why different channels give different messages to a certain extent.

Now, it is partially their subconscious, and it is partially us. Do you understand this? Do you see what I mean, my brother?

Questioner: Well …

This does not answer your question, but it tells you the basic answer, which is that you will never know for sure whether it is us until such time as channels are not actually necessary. Now, we must back up a bit.

Channels are necessary because we cannot and will not go against the free will of those upon your planet. Some of those upon the planet are seeking the truth. To those people we come to give our message. Many, many of those peoples upon your planet are not seeking the truth at this time. This is their prerogative. We do not wish to upset their applecart. We do not wish to make them know that our reality is superior to theirs, they are inexorably headed for our reality, and they will be forced into learning our lessons. We do not wish to do this to anyone. We wish only to talk to those who wish to listen. We cannot appear among you at this point for this reason. So we use telepathic channels which no one can prove are actually speaking. This unprovability is essential to the vibration upon this planet at this time. We must not be proven to be here at this time, until the majority of those upon your planet want what we have come to bear witness to.

This channel has become convinced that she is channeling something of a higher reality. This channel is not totally convinced that we are UFO entities. This is fine with us. We do not care who you think we are. The reason that this channel is convinced that she is channeling is that in many instances that which she has channeled has been confirmed by events or by people as being, shall we say, on the nose, and the instrument knows that she did not previously have any awareness as to what was channeled. Therefore, she knows that there was an information source that was coming through her.

We suggest to you what we have suggested often, that it matters not where the information comes from, it matters only whether the information is valid, whether it is helpful. As a matter of fact, we are from another planet. We are in craft about your planet. We are people, and we speak to people: we are here in love and peace. This is our nature, and this to our message. Proof is not with us. Proof is not of our vibration. Love is what we have come to offer, and love is proven only in love.

We ask you, my brother, simply to have confidence. When you feel a desire to help, to give service in this way, pray, as you would call it. Speak to the light within you in a way which communicates to your own vibration. Either say to yourself, "I wish only to do work for the Creator"; say to yourself, "Let me be an instrument of Thy peace"; say to yourself whatever is your true desire in the Father to do this work. In that way, there is no possibility of your channeling that which is not of the Father. It is when one is not careful of one's vibrations that one begins to channel those entities which are quite astral, which, while sometimes very high vibration, are also sometimes not. If you wish a spiritual communication, set your vibrations to that. Then, speak what comes to your mind. The essence of channeling is not to worry about what you are saying, but to go ahead, catch those balls, and throw them on, catch those words and speak them. You have arranged your vibration, you have set yourself to do the work of the Father: then, do it. You need not question intellectually something that is not intellectually happening to you.

This may sound very difficult at this time. What will make it easier for you is experience in this service. As you begin to have a backlog of experiences in which everything came out all right, in which that which was given to you was well-received, you will begin to realize that once you prepare yourself as the

instrument, then that which is given through the instrument is not of your concern.

Does this answer your question?

Questioner: Yes.

Is there another question?

Questioner: When we meditate, do we get rid of karma?

No, my sister. Do you wish an explanation?

Questioner: Yes, please.

There is a law within the density which you now know as the physical. This law is visible within the physical illusion as cause and effect. There is no action without a reaction. Nothing that happens has not been caused. That which you do is reflected in experience. This is karma.

This is a law. The law does not become abrogated. There is a higher law, and this is the Law of Love. If you invoke this law, this law will dissolve the karma. Yet you invoke this through action. In meditation, you align yourself with all that there is. You have brought into your consciousness the Creator. Yet karma is that which is in the physical, and to dissolve karma, there must be action of a final kind which resolves the reaction. This action partakes of love, but love-in-action.

It is as though you would say that there was a fire, raging out of control. And you stood by it, and you said "What is this destructive thing? And how do I manage to overcome it?" And as you meditated, it came to you that you would overcome fire with water.

And there you sit in meditation, with a pail of water in your hand. But, my sister, you have not put the water on the fire. Go from the meditation with the understanding, and put out that fire. Do it consciously, and know that the law of love is overcoming the law of karma.

Is this clear, my sister?

Questioner: Yes.

As we sit here, my brothers and sisters, we are like islands in a stream. This phrase has been used by one of your writers, and we take it from this channel's mind, for it in very apt at this time. You seem like islands in the stream. You are separate, and the waters are rushing past you, and you are each in a different place, attempting to understand the nature of that which is around you. Yet you are fixed, still, and as the waters rush past you, you see only that which touches you.

My friends, you are the water. One drop of water, that is one with all of the water that reaches from one corner of the world to the other, that indeed touches all that there is, that knows all that all the other drops of water know. Release yourself from that island, in meditation, and become one with the water. Water does not seem strong, yet it is water—gentle, flowing, unified water—that dissolves the rock.

Are there any other questions?

Questioner: Should we believe in reincarnation?

My sister this is, to the best of our knowledge, what happens. If it is uncomfortable to you, it is perfectly all right not to believe in it. However, reincarnation of the entity within a certain experience, then removed from that experience and re-evaluating it, then deciding what needs to be learned and going back in to the density of experience, coming back out and evaluating again—this, to the best of our knowledge, is the nature of each of you.

You are infinite, eternal beings. Your transit within this particular physical vehicle is very brief. Your transit within the Creator is infinite. We do not know where the trail ends. We are not at the end of it. We see far ahead, just as you do. We see a little further ahead than you. We certainly do not know the end. We do not know the whole. Although we ourselves are still reincarnating, it is on a density where we are more in control of our experience and our stays within each vehicle are quite a bit longer as you would measure time. We do not say that the eternal essence of all that there is is reincarnation. We only say that, at this point in our evolution, this is the nature of the residing spirit. It has a residence, and a higher residence that percolates, shall we say, into the lower residence and takes up for the learning, for the experiencing, the lower residence.

Does this clarify the matter?

Questioner: Yes.

Is there another question?

Questioner: Yes. I am having trouble channeling. How can I practice? Usually I mediate alone.

The best route for you to follow, probably, my brother, is that, instead of trying a full-scale message—we do not suggest this when you are without at least three in the group—you attempt a much more informal and brief type of channeling. This is actually the best type to do alone, at least until you have developed the ability to make contact with us in a solid way. It is for your own protection, so that you will not get astrals. We discussed this earlier, and suggested that before initiating contact, the instrument pray. We suggest this to you. If prayer is not your chosen word for what we are suggesting, we give you the option of considering yourself a radio, and tuning yourself consciously to the very highest frequency, so that you take in only the purest of light frequencies.

If you wish to test your abilities to channel, take your problems of the day, your questions, and your unmentioned but simply felt mood, and say, "What have you to say about this?" You will receive an impression. This impression will be a very short answer. Listen to it, and evaluate it. Do not take it as read or disbelieve it, but in an open-minded and careful way, evaluate your answers. See what you think about the source, about the level of response. In this way it will not be very long before you begin to build up some confidence in your contact. Answers given in this way are quite short, but to the point.

Within conversations with others, it is entirely possible to ask for words, so that you might, shall we say, plant a seed while not formally channeling. It is not necessary to sit in a dark room with your eyes closed in order to get our words. Our thoughts are simply the thoughts which are within you but which are amplified by the spiritual vibration so that you may hear them. Therefore, it is only necessary to make a momentary contact with the desire to be of service. Then, that which you need to say will be forthcoming. Again, it is not necessary that this be sustained. Very often, those people who have come to you with a question will not need very much but only the seed that they may take with them and let grow on their own. These things may be done without ever becoming what is known as a vocal channel. They are done because of desire to be of service. This type of channeling is just as important as the more formal type of vocal channeling, and in the case of the seed-planting, is very helpful in cases where the person asking the questions is only beginning to seek. This person would not come to a meeting, and would be uncomfortable if he did come. We could not talk to him through a channel. We would not be able to get through, for his free will would then be violated. Yet the seed can be planted, if he asks a question that has a spiritual answer. This also is a service, my brother, and can be practiced in any situation.

Now, we wish to add: if you can find two or three who wish to channel, it is possible to be more formal, but we do not suggest that it would be best to attempt this on your own.

Does this answer your question?

Questioner: Yes. Thank you.

You are welcome. But it is we who thank you, I assure you, for the privilege of serving you. Are there any other questions?

Questioner: Yes. I wonder if you could comment on an experience I had about eight years ago when I was followed very closely by a UFO on my way to and from a destination.

We will attempt to answer this question. There are times, my sister, when the light which is within is manifested outward in an unusual manner. The entity which you saw was not a Confederation entity but a spiritual entity of your planet which was activated by your rising vibration within this density. You are a person who has made some progress in understanding within this experience, and as awakenings occur within the real self, the eyes are opened to higher densities. Within the higher densities there dwell what you know as angels. These angels are not boring harp-players who flap around with wings. They are beautiful, ethereal light-beings. In physical manifestation, they are of physical beauty, and in etherean manifestation they are very bright. You had a sight of an angel who was of your sector. It was with this harbinger that a new era within your spiritual development began. We have appeared also to you, but this particular sighting was not ours.

Does this answer your question?

Questioner: Yes, and thank you.

It is a great pleasure to be with this group. I would leave you now. Yet I do not leave you. I never leave, but as you desire our help, we are here. We have the

ability to hear ten thousand at once, and understand each. We hear and we are heard.

(Tape ends.) ☘

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Sunday Meeting
February 15, 1976

(H channeling)

I am Hatonn. Greetings, my friends, in the love and the light of the infinite Creator. It is indeed my privilege to share this moment with you. And while speaking with you this evening, I and my brothers shall pass among you, and if you are open, you shall sense our presence.

We of the Confederation of Planets in the Service of the Infinite Creator have come to your planet to assist you in whatever manner that we may. Yet presently, the manner which you are witnessing now is our most effective means of assistance. We wish to share with you some of our ideas. Throughout many experiences each individual forms for his or herself opinions judging from the experiences. As you pass on throughout your journeys, you shall form many of these opinions. These opinions may better be expressed as concepts. Your experiences shall be infinite in number, and your concepts shall also be infinite. Yet all of the experiences and all of the concepts which you have formed can be described as being within the concept of love.

Love, my friends, is not what man perceives within his intellect. Love is not the emotion that is felt for another. Love is not attachment to any given thing. Love is totally detached, yet infinitely united within truth, within the light of the Creator. All things are united due to the existence of love. In experiencing the concept of love, there are many things which must be learned before you can truly comprehend the infinity of the concept. Love is all that exists. Love is all things which you experience and which you can see. Love at many times may appear to be what you might call negative in its effect upon you or others, yet, my friends, you must indeed, in order to learn, be exposed and have experience on what you would call both sides of the coin. You must be aware of the negativity which exists within your present experience as only an assistant to your learning process. You are assisted by those acts which you consider to be negative in that they allow you to weigh within yourself the value of that which you consider to be negative and that which you consider to be positive.

My friends, in order to learn, you must have full knowledge before a full concept can be realized. Therefore, do not allow yourself to think that any action or experience pertaining to yourself is not one of love. No matter what its appearance may be upon the physical plane, you must realize that upon the spiritual planes it is assisting your growth, your understanding, and your knowledge. By your experiences you shall learn that which is necessary to evolve into what you would call a higher dimension of existence.

My friends, you are here at this time primarily to learn and understand the concept of love. Your daily

experiences are your lessons, and your daily reactions to those experiences shall bear upon your final, shall we say, judgment of your experience. With the proper outlook, these experiences can always be found within the realms of the concept of love. This is difficult to understand at times—and even more difficult for us to relate to you—that you must be aware of the omnipresence of love.

I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am now with this instrument. I greet you again, in the love and the light. My friends, that which surrounds you in your daily lives is a seeming mixture of the good and the bad, the plus and the negative. This appearance is not only your reality in the outer world, but it is a symbol for that which is on the inner planes the spiritual truth for all of those who are in your density and upon your physical plane. You see, my friends, you all seem to suffer, separate from each other. And in that you are separate from each other, you are broken and unhealthy and in pain. You do not know oneness with each other. You cannot understand each other. And, not understanding each other, you experience what seems to be negativity, and what seems to be pain, my friends. And this is for a reason.

You experience that which you perceive to be a state of unhealthiness. It is, on the outer plane, the precise symbol for that on the inner planes which is also unhealthy and ununified. The healing—and the only healing which you can achieve—is the healing of love. To be made whole again within is to be made aware of your unity with all that there is on the outer planes. As you act on the outer planes, so will your consciousness behave on the inner.

How can you call this healing into what seems to be a divided planet? Because we use this channel and because we speak to this group, we use examples which are found within one of your holy works, known as the *Bible*. We ask you to remember the story of the man who was a prophet. And from a far country a leper came, and he said to the prophet, "Heal me!" And the prophet said, "Do you think that I am a God, that I could heal you? Nay, only go wash in the river of Jordan seven times." And the leper, who was a rich man, went away, saying, "Indeed, I thought that such a prophet would at least call upon his God for me, pray over me, but he didn't." And he was unhappy. And his servant said to him, "Master, he asked you to do something that was very easy. Would you not have obeyed him if he asked you to do something difficult?" The leper said, "Why, yes I would have, for I wish to be healed." The servant said, "Then, Master, go wash in the Jordan seven times, for it is very simple, and you want to be healed." And the leper did so and he became whole.

My friends, this experience you are now going through is much like that story, in that you are at this point in some manner or other sick, lonesome, unhappy, in some pain or some sadness of physical existence, whether it be in the mind, in the emotions, in the body. And you desire to be healed. You desire to be a whole person. We are not prophets. We do not wish to behave as prophets. Yet we say to you: your prophet is love. Your higher self has arranged the basic elements and ingredients of your life experience, so that your life itself may tell you where the Jordan is, that you may wash and be whole. You need not search for a difficult way to find love. Love is close to you now, at this very moment.

When you have your next painful experience, ask your own experience, your own life, your own situation, "Where can I be healed? Where is love in this situation?" If you are quiet and if you meditate, truth will come to you. The water will become evident. And that portion of your consciousness will be made whole by your understanding of love. Know ye, my friends, that we are all one. In pain or in pleasure, healing is in knowing that the Creator lies in every breath of air that you breathe, in every plant that gives you pleasure, in every bite of food that gives you health, in all of the friends and all of the enemies—you are looking at the Creator. All is one.

Never mind that within this physical body you cannot hear and see the Creator. That is a mere experience. The truth applies before this experience, after this experience, and if you wish it, during this experience. It is before you in such evidence, my friends, that unity with each other is the goal. Know ye not the pleasure of an overreaching type that comes when two minds meet as one? When an understanding between two people has reached a perfect balance? Have you not felt, within the realm of your physical relationships, those moments of unity that are not, as you would say, of the body, but of a higher type? In experiences such as this,

directly within your physical illusion, you are seeing unity, and you feel its divinity. Yet you can only become unified with a very few people on this plane. What we ask you to do in meditation is to begin to bring the healing love within your consciousness, so that you feel that love with everyone, and in all situations.

You see, my friends, you must have the consciousness of love before you enter the situation. Then, you will receive from that situation love. Without the consciousness of love, you receive what you send out, be that whatever it may. It is written many times in your holy works, "As ye sow, so shall ye reap." So, love to the very best of your ability, and you will reap it a hundredfold. Many of you have wondered at times: "How can I be of service? I do not have a great deal of money. I do not have very special talents. I do not know what to do to be of service." We say to you, "Meditate and find love. And then open yourself to your own self."

Within your life experience there is guidance. The guidance will show you who and how to serve. Love is infinite. You cannot put a dollar value on the heart, and it takes no special talent to be a channel for love. If you can begin to make your life function in this new way, if you can begin to know the Creator personally and let Him love through you, then that which comes to you will become more and more a reflection of that love. It may take a certain amount of time, but if you begin now, we assure you that it will be very, very soon that you will feel the universe about you warming to you, becoming a friendly place, becoming your home.

I would like to speak through one more channel. I am Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. As you have been told before, my friends, we are, shall we say, all upon our paths to learn one great lesson, which is of a very high estate. As you know, you were conceived in love, and there *is* only love. Through the many years of experience, as you call them on this planet, many things have, shall we say, taken place that are difficult. But as you look around you now you see, from every angle, this concept coming back. And, my friends, I say that the greatest lesson that you are to learn upon this planet is that of love.

We realize that it is not an easy thing. But, my friends, as we speak to you in love, we can truthfully say that it is the greatest thing. Now, my friends, you cannot learn merely by wanting to, but it is the first step. As you apply yourselves to this word "love," you will find that your progress will grow to be many times accelerated. And after a period of time, you will come to see in all that is within your grasp, love. For, my friends, I repeat again, love is all. When you have captured this love, you have all.

As you know, my friends, I and my brothers are with you always and are willing to help in any service that we can. It has been an extremely great honor to share in your meditation. I will leave this instrument, in the love and light of our infinite Creator. I am Hatonn.

(Carla channeling)

I am Hatonn. I am with this instrument, greeting you in the love and the light of the infinite Creator. I would like to ask if there are questions at this time.

Questioner: Yes. Was that a UFO I saw two weeks ago tonight on the way home from this meeting?

We do not wish to communicate with you on this matter at this time. It is important for you to evaluate and determine that which you see, until you are at a certain place where you are not easy to dissuade by any information, from our source or any other. We do not wish to interfere in any way with your progress. At a point where you are satisfied within your mind as to the spiritual content of this experience, we will be glad to communicate further. However, we feel that to speak at this time would be to interfere with your free will. It is for this very reason that we do not prove ourselves to you, or to the general public, shall we say. We are regretful if this is unsatisfactory to you, but precious to us above all else is the preservation of your free will, so that you may choose your path and your destiny.

Is there another question?

Questioner: I saw a light in the sky recently. Did it have anything to do with a change in my consciousness?

No, not as you understand it.

Questioner: *(Inaudible)*.

Is there another question? If not, we would like to take this opportunity to answer a question that is

within the mind of one of you, and may be of some interest to the others. It is never easy to know how to be of service to those about you. And yet, it is all-important to be of service. For there are many, many who are waking from their sleep, and now know that there is something that they need to receive. And they are seeking. We say to you: be very, very careful to listen with utmost clarity to what people ask of you, and answer according to their needs. We ask that you familiarize yourself, not only with the paths that are pleasant and amenable to you, but also with those paths which may not satisfy you, but which seem to be leading towards the one goal, which is the understanding of love. There are many such paths, and each one has been made by those for whom it is the very best path. Rather than attempting to coerce anybody to follow the "best" path, encourage each person to follow any path. If no path suits this person, encourage the person in new and creative ways, remembering only the goal: that the person begin to seek outside the physical confines for that "more" which is there.

If a person has come to you, he knows that there is more. In whatever you do to be of service, enlarge that understanding. Never discourage it, whatever way the person may be seeking. This takes compassion, and a very gentle spirit. There is nothing more harmful than the person who is sure that there is only one path. We say this to you because it is something that is not easy to see, and yet in the days to come, those about you, when they sense that you know something, will be asking what that is. Do not be a stumbling block to anyone. Know that the Creator is on all paths towards spirit. Only attempt to discourage that seeking which separates man from his creation. This is all that needs to be discouraged. Any loving and unifying direction will end in the Creator.

We will leave you at this time, not leaving you truly, but only the vocal mechanism of this channel. We are always with those who seek and request our aid, for we feel the vibration of your desire. I leave you in the love and the light of our infinite Creator. I am known as Hatonn. Adonai vasu borragus. ♣

The L/L Research Channeling Archives

Transcripts of the Meditation Sessions

Volume 2

February 22, 1976 to June 8, 1980

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1976

February 22, 1976 to December 12, 1976

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Sunday Meeting
February 22, 1976

(H channeling)

I am Hatonn. Greetings, my friends, in the love and the light of our infinite Creator. It is very pleasing to see this group this evening, and to be able to speak with you. And for some whom we have not seen for a long period of time, we extend our gratitude for your presence.

These meetings, as you know, have a purpose, and that purpose is to aid you in your intellectual growth, so that your intellect may be able to keep pace with the spiritual knowledge that you gain through meditation. It is our fervent belief that the intellectual information which we share with you is of great benefit along your path. Each person must choose the path that he would wish to follow. And each person, in choosing that path, must realize that the path he has chosen shall lead to the ultimate point of interception with all other paths, the point of oneness.

Consider it, if you will, as a wheel, with an infinite number of spokes. Each spoke is an entirely different path, yet all are connected to the same center. All spokes protrude from the one center, as all paths have come from the Creator.

All paths come, and all paths go, to our Creator at all times. We of the Confederation have chosen to assist the people upon planet Earth through such means as these, for we feel that it is our most efficient means of assisting you. If we were to show physical proof of our existence, or if we were to work so-called miracles for you, then we would be proving something to you within the illusion. And, my friends, we stress that you must go beyond the illusion in which you have chosen to live at this time. Anything which appears within the illusion is that: an illusion. Though the illusion may seem to have great reality to you, and great purpose, it is nonetheless an illusion projected by your consciousness.

My friends, we wish to prove nothing. We wish only to be known; and to know us, and to know the Creator, you must transcend the illusion through the practice of meditation, and learn and know reality. Infinite reality, my friends. You shall never know all things within the intellect, yet all things, though they be infinite are known to you within your spirit. Within your spirit, you have the knowledge of all times and all experiences. Within your spirit, lies reality. And within reality there is nothing but love.

And love to you, my friends, is a concept which you have greatly misunderstood in your intellect. Yet within your spirit it is pure. It is holy and sacred and infinite. The more love which you are capable of displaying, or shall we say, the more love which you project into your present illusion, the more the illusion shall fade away, and reality appear.

Reality in itself may be an illusion, but one thing above all else can truly be known to exist. And throughout our experiences we have found only one stable aspect. That is love. It is everyone. It is around you. It is within you. It is infinite, and it is all things.

I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am Hatonn. I am now with this instrument, and again I greet you, in the love and the light of the Creator. My friends, it is written in your holy works, that the man who gives all that he has to the poor and gives his body to be burned, if he has not love, then he is worth nothing. It is important, as you attempt to pursue the spiritual path, that you meditate continually on the nature of love. Love in action—that which is called service—is indeed the highest of all manifestations of light within your peoples. Yet service without love is worth nothing. And the person that attempts to serve without the heart within clear and full of light showing forth as love, is defeating his own purposes.

My friends, it is not easy to come to an understanding of what love is, for among your peoples love is already named by so many lesser emotions and states of mind—and none of these is love. When we say that love is all that there is, this begins to give you some idea of the scale on which we are speaking. If you can imagine the full force of the sun beating down upon you, and imagine that sun beating down equally, and totally, upon each entity, each blade of grass, moving each mote of air, and blessing the growth of each plant—this begins to tell you of the force and the impartiality of true love.

If you would love, my friends, neither sympathize nor judge. It is well known that you should not judge and each of you already attempts to do so. Encourage this in yourself, to the greatest degree. And also encourage yourself not to be what this instrument would call a "bleeding heart." Do not sympathize. Do not become lost in emotion, for love is not emotion, and emotional service is often a "human" service, and not the service of love.

Rather, my friends, do the following, if you would love: take the entity whom you would love, and become that entity, not to sympathize nor to condemn, but to totally become that entity. Actually allow your consciousness to reside within that person. Do this carefully, quietly, completely. If you need to, imagine your body fitting the body of the other person. Make that complete an identification. And then, move this consciousness back within your body. Let the shoulders meet your shoulders, the head meet your head. Feel the union of two entities which are truly one. Love is one.

You know that is unity, yet you sympathize, and condemn, and allow your human heart to rule that which should be free-flowing, always, without let or hindrance regardless of how you as a person within the illusion feel about another person within the illusion. Know ye not that ye are ministers, each of you? Ministers of light, as are all people. Through your eyes shines the light of the Creator. If you wish to allow your inner feelings to shutter that light, then you will only show true love to a chosen few. And in doing so, you limit that love.

This is a hard lesson to learn, but true. It can be done. And we may say to you, to the extent that you are able to do this, even partially, my friends, even very partially, you will light up a great, great deal of space within the finer spheres of the planetary vibration. You have heard of the search for one honest man, or a few righteous men, so that an entire community could be spared. My friends, this is due to the fact that one source of light can illumine a great deal of darkness.

You make a great deal of difference. It may not seem so on this plane, yet it is indeed so. That which you do is all-important, not only to you but to the planetary vibration. We come back so often to meditation, and it is because the light which you are seeking to show, that light of true love, cannot come from you, but through you. Only through you, my brothers and sisters, pouring through you like the sun pours down into the tree, so that the tree may yield its fruit up, so that all may eat of its substance. The fruit of your tree is not a physical thing, for you have a high emotional and mental and spiritual ability, and that which you can offer is within these realms. But remember that you are, indeed, a tree, and that you can be pruned. And that if you allow the sunlight to develop you, all that pass may take the fruit from your boughs.

I would close through another instrument. I am Hatonn.

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(B channeling)

I am Hatonn. I am now with this instrument. Just a few more words, my friends. As I have stated earlier, if you live your existence in that of love, you all may know that by putting out, shall we say, only love, your consciousness will reach the place where all that you receive is love. Now we say, my friends, love is the strongest feeling in the whole universe. By existing in this experience, you may all, my friends, strike higher and higher. It is *(inaudible)*. And, my friends, if everyone existed in this dimension, what a wondrous existence it would be.

As always, it has been a great honor to share in your meditation. I will leave you now. I am Hatonn. Adonai. Adonai vasu borragus. ✤

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Sunday Meeting
February 29, 1976

(N channeling)

… I am with this group. As always, it is an honor and a privilege to be here and speak with you through these channels. My brothers and I are always glad to have new people at the meditations. And we are thankful to enter your presence.

My friends, during the course of your daily lives you reach what we could call high and low spots or areas. Sometime you hit spots that seem to bring the truth of the Creator to your understanding, and other times you have spots that make you think that there is no hope of understanding any of what is going on around you. And you ask yourself what are the things that seem to link you with the truth, and with unity. The things that sometimes emotionally affect you, as in art, or art work, where you feel as if someone has personally given you a key to higher understanding—you recognize this as beauty, my brothers, and these little conceptual awakenings are with you as you go through your daily lives.

You go through many cycles of highs and lows, but these links, as I shall call them, are to remind you of the eternal love and truth that can be within your full understanding if you desire it to be. The desire is your decision, and you will receive exactly what you desire.

This has a great deal to do with your thinking. If you can control your thoughts, my friends, you control your destiny.

At this time, I will contact through another instrument. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn, and I greet you once again in love.

You see, my friends, as you go through your daily lives, and as you are seeking the correct path for yourself, as you bend your attention to your perceptions of beauty and of ugliness, it is sometimes very helpful to remember that although you are within a physical illusion at this time, and although you are within many higher and finer illusions beyond that, yet also within you ultimately there is only one reality, and if you can observe from the point of view of this reality, your perceptions will be greatly enhanced within the illusion.

As you consider your own actions, you may well ask whether you are attached to that which is physical, or attached to that which is mental, or attached to that which is supposedly of a higher nature. We have been aware of your conversation, and we wish to say to you: to be attached, and to be detached, is to be within the illusion. You cannot be full or empty of concept without remaining within the illusion. To

fill your consciousness with reality is far, far more desirable for spiritual advancement that to empty your consciousness of the illusion. Emptiness is not any special virtue. If you do not care about one thing or another within the illusion, yet still you are not full of the joy of the Creator, then you have nothing yet, no matter how detached you may be, or how attached you may be to higher things.

So seek, my friends. Seek always to fill your consciousness with that which can only be heard in silence.

The voice of the Creator: it is a still, small voice, as it has been written in your holy works; yet it is thunder, and has the power to change and transform your entire experience. Your true nature—your truest nature, my friends—cannot be expressed. It can only be felt. And when you feel it, you will become a channel in your own way, to give that light and that love that is your true essence to all those with whom you come in contact.

I would at this time transfer this contact to another instrument. I am Hatonn.

(H channeling)

I am Hatonn. I am now with this instrument and once again I greet you in the love and the light of our infinite Creator.

No matter what we say to anyone who would listen, we wish you to realize that you receive through these instruments our thoughts. These are our perceptions of the universe which we share. Much of our information we have derived from our experience, and we wish only to share with you these simple concepts.

Yet we ask that you understand that we are communicating from a level of existence which is quite different from that which you presently occupy, and upon our level of existence, understanding and knowledge are concepts which you within your present existence cannot fathom with the intellect. My friends, we must communicate to you through the use of your intellect, yet what we have to say is beyond its grasp. The true meaning of what we speak can only be found in your periods of silent meditation. It is of great importance to you to practice daily that art of meditation. Whether it be for seconds, or minutes, or hours, once each day, it is to your benefit to allow the intellect to still itself, and consciously seek within the quietness of your being the guidance of your Father, the Creator.

Above all things, this should be the desire within all of the beings of this universe: to communicate with the Creator, and to listen to the Father in silence. You upon planet Earth are presently experiencing great changes, within your social and ecological structures. You upon planet Earth are also experiencing great changes within your inner being, within your spirit. For the day has come that those upon your planet who are desirous of knowledge shall receive that which they desire. And those who desire to reject, or are blind to the presence of this knowledge, shall again experience this type of existence, until they are desirous of the knowledge, and aware of its presence.

You upon planet Earth, above all else, are spiritual beings. Though you cannot see your spiritual being, you can sense the presence of your being, and know that you are truly not as you physically appear to others. You are within your physical being. You lie within the silence. You lie within the Creator. And in order to truly understand yourself and your environment, it is necessary to practice communicating, shall we say, with your Creator. So basically what we stress above all else is the practice of meditation. This is our message. There are many things which we can say. There are even many things which we could do. Yet, my friends, unless you find for yourselves the answers, you shall be cheated, we might say. For you are responsible for your own development, and you are appreciative of your own initiative. And if you do not desire, you shall not receive.

You, my friends, are the master and the creator of your experience. And you only can decide in which area or which direction you shall go to find that which you are searching for. And, my friends, you are searching for knowledge, enlightenment, wisdom, and above all else, the thing of which these are ingredients: you seek love. This is your purpose: to seek, to know, to experience love. My friends, in all truth, there is nothing in this universe that is not love. All things have been designed to assist you in realizing the truth of the concept of love, and the truth of its omnipresence in your experience. Know in yourself love, and experience this love. It is your birthright. And if it is your desire to experience this, in due time, as all desires, it shall be experienced.

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My friends, consider, if you will, that you above all else are important to the development of the entire universe. You are the center of your experience. And your development shall affect that which surrounds you. If you wish to live within harmony, then you shall, through one process or another, shall bring this about. You must dwell within the love and within the light, and listen to the guidance of the infinite Creator.

It is my desire to once again transfer this contact. I am Hatonn,

(Carla channeling)

I am again with this instrument. I will close briefly through this channel.

To seek this love, my brothers, we ask you again and again to meditate. Please know the central importance within your own spiritual growth of this centering of your consciousness. In your own way, and in your own time, your consciousness, through your own application of meditation, will begin to be centered on love. And yet we, in this application, do not say "love"; we say that you will seek the Creator. For it has been so throughout the ages that it is necessary to personalize the concept of the all-love, or the all-light, so that you may truly seek with your whole heart that which is love. It is for this purpose that the one known to you as Jesus the Christ came among your people. He came among your peoples to personify, yet another time, love.

When you seek in meditation, do not content yourself with seeking something which you call love, or light. Seek the sweet voice of the person of love. If it be not Jesus in your mind, let it be who it will be—a perfect, loving, compassionate being who cares eternally and totally about you. Give your love, and open yourself to an exceptionally pure and personal feeling of love. Do not be contented until you feel the presence of this personification of love, until this presence is so close that if you turned around, you could see it next to you.

Love is real, and within the physical you must begin to perceive it as real. Feel it, hear it, absorb it. Then, my friends, give it all away, for love is not love until you have shared it. That which you take in and do not give away will rapidly become sour. Love is a flowing and ongoing stream. Let it flow through you. In meditation, my friends, try to meet the Creator. Feel His breath on your cheek, His hand on your shoulder. Sense His loving, compassionate gaze. Know the fullness of total love. Do not be content with any less, for with any less, you will not be able to share this love with others.

We offer to you our love, and our light, and our service. We are deeply grateful for the opportunity to speak with you. We leave you in the love and the light of the infinite Creator. I am Hatonn. Adonai vasu borragus. ♣

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Sunday Meeting
March 28, 1976

(The beginning of the meeting was not recorded.)

(H channeling)

[I am Hatonn.] It is, as always, a privilege to be with you. And we wish to share with you this evening a few, shall we say, points which relate to your involvement in what you would call your social structure.

My friends, those upon your planet, as they enter through the process of birth into this experience, they immediately become exposed to the programming, shall we say, of the society in which they have chosen to exist. It is each and every individual's desire to progress spiritually, whether it be a known value or not. And a portion of your spiritual progression is proper function within your social structure. Many of those today within your society who are becoming aware of the great changes which are and shall be occurring … this instrument is having some difficulty. Please be patient.

As we were saying, many of those upon your planet … this instrument is still having some difficulties due to analysis of that statement and we would transfer this contact while the instrument regains contact. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn. We will attempt to use this instrument, although the import of the message is more easily, shall we say, given through a certain type of instrument. Therefore, this particular instrument will find this portion of the message slightly awkward. But we will continue through her.

We were saying: many of those who have come into the world by incarnation have experienced in other incarnations a structure in society, as you call it, which was substantially enough different from the structure of society as it is today that there are remarkable and far-reaching conflicts. This is absolutely understandable and reasonable but only so when you understand that the problem between individuals and their so-called society is that the individuals involved do not have experience with this type of structure but with other structures, which are, may we say, perhaps more conducive to spiritual growth than this particular type of structure.

The very reason that many of those have incarnated at this time is because this will be a difficult and laborious incarnation for them, giving them a great deal of challenge, giving them a great goal. Those who are incarnated at this time, those who have incarnated into this density have chosen, not the easy way, but the way that leads to what they feel are greater rewards. For in hardship, lessons are learned much more quickly than in times of ease.

There are many who are here from your own planetary structures, from those known as planets. These people experience in their social structure *(inaudible)* yet you have understood, in that society, that the center of man's being is his spirit. It is not so on this planet. It is understood in this society that the society itself, as it touches man, is the reality. And this simple understanding within your society is the cause for all the conflict that you now feel. It is simple, and yet very difficult to penetrate, because, as we say, when you woke up as a child in this world, immediately this world began to inform your mind of its version of reality. Each of you has knowledge within you, for you came into this world with your knowledge intact. You know that this world is not correct in its speaking to you. Yet you have been very frustrated and unable to express this knowledge, because there are no words and it seems sometimes that there are no alternatives. And certainly there is no loophole, shall we say, no excuse. So you can't ignore the world as it presents itself to you and substitute your own version.

Let us back up to what we of Hatonn would perhaps say reality is. Let us look at society from that point of view. Sometimes it helps to go back to the beginning and then observe that which you see before your eyes. You know that you are as the plants and the animals and that one portion of you is of the earth and will remain with the earth. You know that many of your functions are earthly and that just as the seed grows into the plant and then *(inaudible)* and the new seed grows and the cycle goes on and goes on. So, my friends, you were once a seed. There are many things that you do that are of animal *(inaudible)*. And you fulfill your nature at this time. And this is a blessed and correct action, of instinct and of nature and of course as it should be in this world.

Yet that part of you can be laid aside while we look at the next part, which is, of course, your societal nature, that part of you which reacts with the creation of man as your animal nature reacts with the creation of the Father. You react with other men and with the creations of man, that being their ideas, their boundaries, their structures of all kinds. All things which are created in the mind of man, left to itself—that which is created in the mind of man will become more and more complicated, more and more conventionalized, until entanglements become so great that they strangle themselves. This is the inevitable end of mind without restraint.

Many of your kind have come to depend very greatly upon the powers of the mind, and upon what other people say and upon what is obviously the way things are. This phrase within this channel's mind seems to occur very often. Yet men know their animal nature and they know they are part of mankind through their thought, their speech and their actions. Yet how often they do not pull themselves through the complexity to the simplicity which lies beyond.

For your third nature, my friends, is the spiritual. You come into this world an animal *(inaudible)* you are spiritual. That which is infinite, invisible, eternal, omnipresent, omniscient, omnipotent. You are that which is. That which is, is you. The body and the mind, if properly tuned by care, may become the servants of the Creator Who dwells within your spirit. This is your proper nature and it is to this end that you came into this rather trying, rather difficult, and rather laborious environment. If you can express what you understand in spirit within this environment, my friends, what a great light you will have to shed upon the world picture.

This is a chance to express love and so move on to further knowledge. It is as simple as that. Your body and your mind are either your masters or your servants. You cannot bully either your body or your mind. They are, properly, very strong. The only way that they will become your servants is if you offer then a master which they recognize. The body and the mind recognize only that divine will which expresses through your spiritual nature.

(Inaudible)

… The master is within you. There has been much teaching among your peoples … *(long portion inaudible)*. The master, however, is not a long way away, is not hanging upon a *(inaudible)*. He has always been with you, he is within you and within me. If you allow him and his consciousness he can become the master of your frame. He will live for you and the simplicity of his nature will flow like water all about you.

(Inaudible)

There are many shadows in life but when the sunrise has reached high enough for the sun to peep over the top of the hill the shadows dissolve. Know ye not,

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my friends, that you are *(inaudible)* and yet the crowning spirit combines and unifies all your natures into one. *(Inaudible)* We leave you in this love. It is a precious, precious advantage which you have, for you are within a plane in which you can make great progress *(inaudible)* and we say to you what any older brother would say to a younger child who was studying. We would say, "Pay attention now, please, pay attention *now*." This is the time for paying attention not to the things that bother your mind, although you must acknowledge and adjust to them, for the mind is useful, indispensable. Pay attention to the spiritual significance of this moment and of each moment as it appears. Your signs will not be physical, my friends, *(inaudible)*.

I would like to transfer to another channel at this time. I am Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. As I was saying, pay attention, my friends. For there is a chance you will learn much and to attain much happiness. And, my friends, if you look back over the past, you will see in every instance that meditation has in some way brought you peace of mind, more, what we should say, contentment. But, my friends, it is merely, what you would say, a beginning, for there are far greater heights. Now, my friends, study on this and study the fact that there are so many brothers who are searching for something to believe in. You will find, as you obtain more knowledge, that these people will be drawn to you, not only for their advancement, my friends, but for your own. For no matter how, shall we use the term, "down" that one person may be, there is always a great opportunity to learn much.

And, my friends, as you find yourself helping these people, you will find that you need more and more energy. At this time, you will have a great amount. For, my friends, as you attempt to use this energy there is more and more stimulation of this growth. We shall be with you, my friends, for as long as you may allow us.

There is much to learn, my friends, and of what you think of as time, not much time. You have heard us say this many times, my friends. Renew your interest in meditation, my friends; you will find it to be better than before. Surround yourself with only love for, my friends, when you surround yourself in this love, it is of such a high intensity that only love may penetrate it. And, my friends, as you find yourself advancing through meditation, you will experience this and find it to be a truly great feeling. My friends, imagine yourself with this feeling completely. Now all of you, my friends, in this room, have made great progress. It is very pleasing to us. But as your progress grows you will need yet more and more help. And for this help, my friends, you need only the desire. As a rule, your first, shall we say, obstacle is to overcome your ego. For, my friends, it will slow you down to a great degree. You were not created with this ego but, through your society, it has flourished. My friends, it is indeed a very great obstacle to overcome but through your diligent trying you will finally succeed.

I shall, my friends, attempt to transfer this contact to another instrument, if he will avail himself. I am Hatonn.

(H channeling)

I am Hatonn. I am with this instrument. We are nearly at the close of our, shall we say, message. Yet before we leave, it is our desire to express to you the need within your present development for caution and clarification within your own being, towards your desires. My friends, you have come here and you indeed have a purpose or, shall we say, a mission. And this is why it is very important for you to clarify within yourself those things which you truly desire. For there are many things within this structure which you now could choose to desire. And some of these things could tend to lead you somewhat away from your chosen path. So be cautious in that which you choose to desire. And that which you choose to desire, clarify within yourself that it is truly something which you desire and feel to be of use.

Meditate upon that which you desire and if it is not proper, the desire itself shall dissipate. Discretion, you might say, is a necessity for your avenue of progression and with this thought I will leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai vasu. ♣

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Sunday Meeting
April 18, 1976

(Carla channeling)

[I am Hatonn.] …We greet you tonight in the love and the light of our infinite Creator. It is indeed a privilege to speak with you tonight *(inaudible)*. There are several different requests coming from this group this evening *(inaudible)* and so we will be moving about just a bit, although we always speak on one theme and that theme is love.

Those of us who are of Hatonn, although a very small percentage of the Confederation of Planets in Service to the Infinite Creator, have many brothers and sisters, from many hundreds of locations in what you would call space and time. We manifest ourselves to you because of our understanding of what *(inaudible)*. It is our understanding that that which is real is the substance and energy and essence which you may call love. *(Inaudible)* … for there are infinite varieties of love.

There has been a request within the group for information about reported psychic predictions. Although we do not normally deal in specific information, we will attempt at this time to speak on a somewhat more specific level, due to the request, for we feel that the request was made in a spiritual manner and not in a manner of trying to find proof. Therefore, we will go to the limit of our ability to speak without infringing upon free will. We will say about the year to come: there are energies within that which you know as your planet's shell which will combine with frictions released by the changing magnetics of what you call your poles. During the warm season, at the time of dark moons, there will develop the possibility for what you would call tidal waves. We do not know at this time how serious that will be for you must know, my friends, that the energies of each of you upon the planet's surface have a profound effect upon the planet on which you dwell. However, there will no doubt be, to a certain extent, true disaster. How widespread it will be, we do not know. We do not feel that these disasters will spread to what you would call your earthquakes, for the energies have not yet apparently filled to the final level of readiness. So that those inland on the larger areas of dry land will not suffer as will those near the sea.

Very often, my friends, *(inaudible)* may have been correct either to the time, but not correct as to the intensity of the disaster or correct as to the disaster but misplaced in time. Please keep in mind that we do not dwell within your time but are forced, just as you would be in another space-time reference system, to translate, shall we say, through the use of computers *(inaudible)* our concepts into your brains, of time and space. Therefore, you see the difficulties in placing events precisely as to time. And as we have stated before, the duration and intensity of a disaster

is directly linked to the vibrations of those people which are upon the surface of the planet.

We speak to groups like you and we say, over and over, that each of you is important as a source of love and light. It is difficult to see how you can be of help in your illusion, when you are just sitting in meditation. Yet we say to you, my friends, the planet upon which you live is alive.

And when you gather as a group and send your love, this intensifies it many times over and you *can* help. It is possible that the work that is already being done by many light groups upon your surface at this time will ameliorate the difficulties which we can see *(inaudible)* in the knowledge of your value to your planet. Spend a little time sending the planet upon which you live your love. Remember that you are truly going into a new age at this time. It is not any longer the period just before the new age. You have already begun the transition. I am sure that you are conscious of that. You must realize that although it may seem not to be a very incisive change, that in light of the number of years of the age which you have passed through upon your planet, the transition is taking place very quickly.

My friend, the quality of your life, by which we mean the way that you live it, will be changed in the next few years. And the more that you are able to see the underlying reality, the more that you will be able to be a positive part of that which is to come upon this planet.

I would like to transfer this contact. I will leave this instrument. I am Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. As I was saying, my friends, you are but love. Everything that you see around you, my friends, is but love. As I spoke to you earlier of the times that are ahead, you will see that this … I will rephrase. You will be, in the age ahead, my friends, in a newer and higher vibration, by which we may all grow to a greater spiritual height than before. For this vibration, my friends, intensifies all action that is generated by yourself. That is to say, my friends, for those who are seeking love, it will be more easily attained because of this vibration. Now, at the same time, my friends, it is also a time of great growth for those who are not seeking a path of love somewhat.

Now, as you know, my friends, there are many about you that you may know already, who are in great need of something, shall we say, to believe in. Through your spiritual growth, my friends, in your meditation, you will find yourselves set upon by those wishing to know the truth. Now, I am not saying, my friends, that you need to go search these people out. For, as you know, my friends, the positive charge attracts the negative. They will therefore, my friends, be drawn towards you, in the hope that you might help. You may find this hard to believe, my friends, but why are we here tonight, if not to learn the truth? For all is love, my friends, and in love there is no negativity. Therefore, love being the highest possible energy, no other negative charge can penetrate this energy. When you surround yourself in this love, my friends, you will find that when heightened to a great degree, all that you may know is love.

Now, my friends, this is, you may think, the most important lesson that you are to learn. But, my friends, due to the shortness of time it is very important that we practice our meditation. We are constantly with you, my friends, and we join with you at every time you desire. So, my friends, to see you experience this energy called love is of great satisfaction to us.

I will at this time transfer this contact to another instrument, if she will avail herself. I am Hatonn.

(T channeling)

I am Hatonn. I am now with this instrument.

(Most of the following section is inaudible.)

(Inaudible) … on the subject of love. Every great teacher who has ever visited your planet—Buddha, Jesus Christ *(inaudible)* even those who are now living—Satchidananda, Baba Ram Dass *(inaudible)* and others who *(inaudible)* all these men teach the same thing. *(Inaudible)*. Love everyone unconditionally, including yourself. Loving everyone unconditionally including yourself simply means that you never get "bummed out." When you find yourself arguing with someone over this belief or that belief, stop arguing. When you find yourself making your will prevail over another human being, stop prevailing. Love speaks not to the *(inaudible)* ear. Love speaks to the heart. *(Inaudible)*. There are many temptations. You may find yourself playing God. Loving everyone unconditionally, including

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yourself, again, means never getting mad, never getting "bummed out." To live life in this manner is to live in a reality known to many upon your planet as heaven. Remain constantly loving, consciously, at all times. It is your entire purpose.

I will now transfer this contact to another instrument. I leave you in the love and the light of our infinite Creator. I am Hatonn.

(H channeling)

I am Hatonn. I am now with this instrument. As you are aware, this day which you observe in the name of the one known an Jesus, the one who represented the consciousness of Christ *(inaudible)*. As you observe this day in his name, my friends, be aware of his presence. For to observe within you this concept of Christ is to summon to yourself the consciousness which was represented by this being.

My friends, you must realize that the one known to you as Jesus was but a man, as you. He had nothing to offer other than his self and his knowledge, which he stressed many times to be that which you possess. My friends, within you is the true Christ. Within you is the true Father of all. Within you is the consciousness which was displayed by this teacher. Within you is the vision which he foresaw, a vision of love and unity, a vision of a world ruled under no other laws than those of the Creator. A vision which is to be an experience. For that which you can envision, indeed you shall experience.

Hold true to your beliefs and desires. Be assured within yourself of your guidance. And this shall be yours. All that you desire shall come to you. Therefore, be cautious and desire only those things which you know to be of love. Desire not that of the physical world, for if you fill your desires with love, then so shall you reap them. And, my friends, whatever you need, it shall be provided. And you should not spend any time being concerned with that which you feel you need upon the physical plane. For you need only one things and that is love.

And to realize how to achieve this, shall we say, state of being, we once again stress that you practice meditation. For within the silence of your meditation there shall be whispers of love from our Father, the Creator, guiding you upon the path of enlightenment which you so dearly desire.

My friends, those of you here are indeed fortunate, for you have presently the opportunity to advance rapidly in your spiritual growth. As your planet becomes more under the influence of the higher vibratory rate, all things shall increase in activity. Due to this, your desires shall be manifested more quickly. We of the Confederation are here to assist you. And you, my friends, are the masters of your own, shall we say, destiny. Reach out, my friends. Reach out and grasp unto yourself the love and light which radiates constantly in your direction. Hold unto you this love and light, allow it to fulfill you and upon the moment of fulfillment, reach for more. For, my friends, as you bring in more love and light, greater shall be your ability to disperse love and light. With practice, you can send this love and light of which we speak to those who are in need for purposes, shall we say, of enlightenment. My friends, you can help those whom you love most efficiently by surrounding them in the love and light of our Creator. For, my friends, no being shall progress unless he so chooses. And all that you may do is expose him to the love and light of the infinite Creator and allow it to penetrate and instill the desire to proceed upon the path of enlightenment.

This, my friends, brings us to a point on which we wish to speak. The moment upon which any being consciously decides to seek the path of enlightenment may be referred to as a moment of resurrection. As this day is an observance of a physical resurrection, allow yourself to realize that that which the one known as Jesus performed upon this day was only a sign, shall we say. He performed upon the physical plane a feat which was considered to be impossible. The enlightenment which was obtained by those who were aware of his action was indeed of great benefit. Yet it was but a representation upon the physical plane of what was taking place on the spiritual level. This was a moment, my friends, in which many truly decided to begin to seek and follow that path of enlightenment, that teaching, of Christ. It was indeed the day of resurrection.

Yet each and every day is, shall we say, a replay of that resurrection. For each and every day more and more of your peoples begin their search, in all honesty and with pure dedication, to seek Christ, to seek love, to seek fulfillment, to seek the Creator. Those who choose this shall indeed find that which they seek. Those within this room have arisen. Now it is time that you go forth, as did Christ, and allow those around you to see that you are indeed

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renewed. You need not speak of your resurrection, or renewal, if you prefer. Allow it to shine; allow it to be. Allow yourself to become the instrument of the consciousness to which we refer as Christ. Open your inner being so that you may receive and transmit clearly the love and light of Christ and of our Father, the Creator. You are the channels for the energies which are needed. Attune yourself and observe the resurrection of your planet. In these words, I leave you. I am Hatonn. Adonai vasu borragus. ♣

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Sunday Meditation
May 16, 1976

(Carla channeling)

Greetings, my friends, in the love and the light of the infinite Creator. I am Hatonn, and I am with you. I and my brothers are with you in spirit, and we are very privileged to speak with you, as always.

We have paused at the beginning of this meeting to unite the intentions of those present. As you may have noticed, it is sometimes more difficult to become one than [at another time]. It is sometimes a more distant goal to achieve an understanding of the true unity of yourself and your brothers. And so, there are many levels at which we speak, and yet at the level at which you wish us to speak this evening, it was necessary that we pause and become one.

For truly, my brothers, you are now one. Each is filled with a love, not for the humanness of your brothers and sisters, but with a love for the perfect Creator in each brother and each sister. Though your physical bodies rest within your dwelling at this time, in seeming separation, yet the hands of your spirits have reached out and closed the circle.

I would speak to you this evening of several things. First, one thing: you may have wondered, because of the recent increased activities of our craft within your skies, why our messages to you have become more, shall we say, involved not with politics and reasoning about our appearances in your skies, but on the contrary, our messages to you who have meditated together with us, have become more and more on the strictly philosophical or spiritual level. Our appearances are part of the plan which you are all aware of, to alert those upon your planet who are sleeping, in such a way that they will begin to search for a way to wake up.

You, my friends, are already waking up, and our appearances in your skies have served their purpose with you. In the days to come, we will be appearing as much as we can, and hopefully, people will be asking you questions, for they will know of your association with this type of group. And so, we are very, very interested in deepening your spiritual and philosophical understanding of our mission. That is all that matters to us. You are our physical hands on this sphere. We can give you thoughts and advice, shall we say, but it is to you, in the flesh, so to speak, to whom people will turn.

Secondly, we wish to speak with you about the circumstances of your daily lives. Again and again we have suggested meditation. There is a method of dealing with the illusion, by which you can use those happenings which are within the illusion in such a way that they become reality, and are so constructive in helping you along your spiritual journey.

The method for doing this is to remove fear from your attitude towards the illusion. Meditation is a great aid towards removing fear, for if you are

confident from your meditation of the fact that all that exists is love, then whatever occurs on the outer planes, no matter whether it is pain, or death, or birth, or pleasure, you will be able to see it for what it is—that is, love—and accept pain and death, as well as pleasure and birth, so that the circumstance which is real upon the outer plane is absorbed into your being as it is, that is, as reality, and not as the illusion which your premature reactions will cause it to become.

Love casts out fear. This has been written in your holy works, and it is indeed true. If you fear any set of circumstances that may occur, you will not be able to see the reality of the love within these circumstances. It takes a good deal of resolute practice to refrain, finally, from fear of pain. But, my friends, on the outer planes, this *is* what is. Pain and pleasure. Accept both within that stillness of being which is an awareness of love.

I wish to pause again. I am Hatonn. I will leave this channel.

(Pause)

(H channeling)

I am Hatonn. I am now with this instrument. My friends, there is within your capabilities, within you, each and every, shall we say, understanding. Every individual, every being within this existence, within this creation, is, shall we say, a storehouse of infinite knowledge. For from the Father you have come, and with you, you have brought, shall we say, the files, the files of wisdom and knowledge. It is your, shall we say, privilege to go within yourself and draw out that knowledge which you seek, and examine it.

If there is an answer which you are needing, if there is a situation upon which you seek guidance, if there is a desire of love that you wish to attain, if there is an ability which you wish to manifest, then of the utmost importance to you personally is to go into this knowledge that has been given to you, and which you have brought along with you upon your path. There is within you the seed of life. There is within you the babe of creation. There is within you the Christ of consciousness. There is within you the love and the light of the Creator.

And to hold this within you, and to fail to utilize it, is to remain, shall we say, static upon your processes of growth. It is your choice, and it can be made by no other than yourself. Those within this room seek that storehouse of wisdom, for varied purposes and desires. Yet for each one, the desire which is most prevalent is to know and experience love. For within the category of love falls all things. We have said to you many times that the actual act of creation was one of pure love. From this love, you draw your energies, your life-giving forces, and your experiences. From this love, you are given all of which you are in need. From this love, you are given unto one another, and from this love, you have traveled into your present experience. And from this love, you shall attain what you seek.

In order that you may be of service to your fellow man in the days to come, it is only necessary that you see, that you see clearly, the function, the presence, the vibration of that love within your fellow man. See nothing but that love. No matter what may surround it, no matter what the person may do to you, you must recognize the love within that individual. You may choose not to be within that individual's presence, and this is your choice. But do so with the recognition of love. Pass not judgment upon your fellow man, for my friends, that which you sow, so shall ye reap. And to pass judgment is to receive it, as also to love is to receive love.

Be aware of one another. Be cautious upon your journey, yet be not withholding of the love within you. Share it freely. Project it in all directions, and once again it shall flow unto you from all directions. There was a master, whom you know as Jesus, and he gave unto you the secret of life: "Love one another as you would love yourself." This is a summation of the commandments of ten that was handed down unto your ancestors. Love one another. Be one. Come together as one, and recognize the divinity and the truth of the concept of love, and the divinity and the truth of your fellow man. It is within your capability to bring about the state of consciousness through which you can perceive the love of which we speak. Yet the tool, as you are well aware, for attaining that state, is meditation.

My friends, to meditate is to love. To meditate is to be one with the Creator and your fellow man. To meditate is your purpose. It may manifest in many physical areas, but in essence, your purpose is to be one with each other. And in order to manifest the knowledge and the truth and existence of that oneness, you must meditate.

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There is to be within your present existence, a series of changes. We shall not dwell upon these changes, yet we shall dwell upon a method of alleviating the negative experiences, of which you are aware, that shall come. It is simple: love and unity. Project into each individual and each circumstance the love and the light of your infinite Creator.

Come together. Be loving, and be free. To love freely is to be in a state where suppression does not exist. No matter what may affect you upon the physical plane, no matter what any individual may do unto you, to love that individual freely is the essence of truth. To avoid suppression, project the light about each individual, and the light shall come to you. The light which you project may not prevent the individual acts of negativity. Yet what you send out is what you shall receive, and that negativity shall not affect you. For if you allow only the love and the light to flow from within you, there shall not be room for anything to come into you, other than that love and light. These laws, shall we say, are simple, yet to accomplish them seems to you to be quite difficult. And this is due to the state of consciousness in which you are presently residing. Meditate, my friends, and your consciousness shall evolve. Your love shall multiply. The flow shall increase, and the reception shall in turn enumerate greatly within you. These are not secrets that we share with you, they are simple truths.

Do not fathom within your consciousness that you are incapable of bringing about this flow of love and light. If you fathom that thought, you will stop the flow. Acknowledge that in the Father's names it is continually coming back. Allow not the stagnation of self-satisfaction. Allow not the stagnation of your own mind to replace the *(inaudible)*. Acknowledge continually that what you seek, you shall receive.

I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am again with this instrument. I am Hatonn. My brothers and sisters, love one another. That is it. That is all we have to say. We have said it several times this evening; we say it once more. As you go forth into the world, you will, very soon, meet your next challenge. It will be a person whom it is difficult to conceive of on the outer planes as the Creator. You will fear him, and you will wish to put distance between yourself and him. And yet, you are one. If you can move the fear aside *(inaudible)* the reality will seep into your being, and you will reflect unto him the joy of the spirit. Rejoice that you know the Creator! And as you go forth, be of service to your fellow man. Let him know that you know that he, too, is full of joy.

My brother Laitos is with you, and sends each of you his energy. Seek us at any time, and we will be there. We pause only for one thing else before we go. There is a question. We do not know whether or not it is desired that we answer it this evening. Is a question desired? If so, please ask it.

M: Yes. I'd like the details of that "exchange of knowledge" in my '63 sighting. Could you give me details on that?

We are able to do it at this time, for the first time. It is very simple, my brother. The knowledge was not knowledge that we had and you did not, but it was an attempt which was successful to awaken within you the remembrance of who you actually are and why you are actually within this experience at this time. In the future, this knowledge will become more and more clarified, as various elements of, shall we say, your mission are recognized by you. Yet, because of your recent experience, you are now in full knowledge of the basics of your previous experiences which led you to this plane at this time. This was, basically the "knowledge." It was a communication with your greater self, saying that it was permissible to remember, and so to apply, that which you had learned.

Does this answer your question?

M: Yes.

Is there another question?

(Pause)

My friends, I leave you. Feel the love. Feel the joy in this room at this time. I leave you in this joy, and this love. I am Hatonn. Adonai vasu borragus. ♣

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Sunday Meeting
May 30, 1976

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and the light of the infinite Creator. It is my pleasure, as always, to speak with you this evening. It is a special pleasure to greet those we have not meditated with in this group for a time. It is a great privilege to be with you and to share our thoughts.

We would like to begin by speaking with you about meditation. It is a technique that can be approached in endless ways. Tonight, we would like to say a few words about your physical body and its relation to meditation. Become aware, my friends, at this time of your symmetry as you sit comfortably in meditation. Your two legs, balanced. Each arm resting comfortably. Your eyes, my friends—the space between them, just balanced. That which you hear is being received symmetrically, stereophonically, by your ears. And you are in balance, each side in balance. You are a creature, in the body, of this duality—your right and your left. It is a symbol for all to see of the nature of the physical universe: that there are always two sides, two qualities, to be reconciled in balance.

As you rest in meditation now, my friends, become quite, quite reconciled to this two-sidedness of the physical. Begin to sense that point between your two sides, the point of balance, the point of stillness, the point that does not move. In between the two eyes is the point where your sight becomes one. Midway between your ears, you suddenly hear one whole sound.

You, my friends, are not creatures of duality. You simply reside in a physical body and in a physical universe which is of this nature. Therefore, you are under the illusion that you are of this nature. And it is in meditation that you seek knowledge of your true self, which is free from duality. You are not even that point of balance or stillness. You simply reside, in the physical, at that point of balance, if you have maintained a healthy awareness of who you are and that you are within your body but not of it. Many, many of your troubles in the physical arise from the fact that you've allowed that center of stillness to be moved by outward events, so that you seem to be unable to regain that balance.

Now—you find the balance of your body, and then *release* that connection. My friends, do not become so comfortable within your body that you forget that you are actually a stranger to this environment. Your essential being is unified. You not only know what this unity within yourself is, you are this unity. Coming into the knowledge of it is simply a matter of remaining still long enough to begin to know the true self. It is not a knowledge that must be pulled from far away: you *are* that knowing.

(Pause)

We are pleased, for we can see that this, shall we say, technique for understanding the way that the body may be relaxed and then moved away from has helped. I will transfer this contact. I am Hatonn.

(H channeling)

I am Hatonn. I am now with this instrument. I wish to make it evident that we are at this point conditioning those who wish to become channels of this type. Each and every individual upon the path of spiritual growth, as you may call it, shall manifest from within themselves desires for service. That which you experience at these meetings, the actual, shall we say, relay of information, is one form of service which you can render. And it is your choice, if you so desire. For those who would not desire to become instruments of this manner, we are still, through the course of this meeting, attempting to make known our presence and attempting to channel to you the love and light through us from the Creator

We have touched upon that which you would call knowledge. We wish to make it evident that knowledge, my friends, is much more than the possession of the intellect. Knowledge in its true essence is a state of being, a form of existence. It is the spiritual manifestation of the divine intellect of the Creator. Knowledge comes about upon the physical plane through a long and tedious process of development, through many years of study of the curriculum of your planet. Yet this knowledge which is accumulated upon the planet at this instant by the intellect is limited in the respect that it is contained and experienced within a limiting existence of the physical.

Your spiritual existence, my friends, is everlasting and is unlimited and from within the spiritual intellect, as you may choose to call it, there is instantaneous knowledge, there is contained all knowledge of the universe, all knowledge of the Creator. And the processes which you must utilize to bring you to the acceptance of this knowledge are simple. Yet to the inhabitants of your planet, they are quite difficult. The reason for the difficulty is because you have allowed yourself to identify with the physical form and the physical existence. Certainly it is a portion of your existence—that is true. It is but a portion. It is but a minute portion of your overall existence.

My friends, seek not identification with the world in which you exist. Seek to identify with the universe which you are and which you have experienced and which you shall remain experiencing. Seek to be one, and to be aware of it. And by one we mean the Creator and the universe. Know that it is your, shall we say, birthright to tap the knowledge of the universe, to contain the understandings and wisdoms of the great teachers that have come to demonstrate upon your planet the knowledge of which we speak. Each and every individual has the prerogative of experiencing the physical and the spiritual existence. But remember, when the physical experience is dissipated, as you all know it shall be, there remains that which you call the spiritual existence. For it, my friends, is the energy which comprises the physical. It is the energy which comprises all of existence. And as your scientists have stated, there is no possible means of destruction of energy forces. There can only be alterations in the form. But the essence is the same, my friends. The energy is omnipresent forever.

And within that energy is found the intellect, the knowledge of which we speak. The knowledge of all things. The link with the Creator. But, my friends, we could tell you not, in all truth, of the Creator. But we can tell you that He is the energy that is within all things. For from Him we have come, yet within Him we lie. It is His intellect that manifests the energies in which we flow. Flow freely with these forces and the simplicity of universal knowledge shall dawn upon you as your evolutionary processes continue.

I shall transfer this communication. I am Hatonn.

(B channeling)

I am Hatonn. I am with you. And I greet you always in His love. I will pause a moment with this instrument so that we may establish what we feel to be a unity of thought. We are pleased in each who chooses to serve as they feel the need. It has been our privilege in the past to experience such oneness in establishing contact with this instrument. And once again it is our privilege to greet you in this manner. We wish to leave our contact with all those who may desire it, who desire to serve within the capacity of their own being. We always extend our gratification for being of service to you. We wish to say we are with you at your moment of desire and always wish to share with you our love. It has been a privilege to

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once again speak with you through this instrument. I shall continue through another. I am Hatonn.

(H channeling)

I am Hatonn. I am once again with this instrument. We wish to express our satisfaction in having achieved contact with an instrument from whom we have been, shall we say, severed for quite some time. We wish to make it evident that we of the Confederation of Planets in Service to the Infinite Creator desire not to contact those who do not request it. It is each and every individual's freedom of choice—each person must walk upon the path which they must choose and it is not within our right to sway that choice. We only acknowledge requests and fulfill them in whatever manner is possible. Our gratitude is indeed expressed, in that we feel once again the unity of our beings. It has been our extreme privilege to speak with this group at this time and, in leaving, we ask that you seek from within yourself that which you desire. Manifest from within your consciousness that which you choose to experience. Sway not from the desires for the sought-after experiences. Be only certain that they are contained within the energies which are positive, of service not only to oneself but to all of mankind and all of the universe. Harmony with the laws of creation is your stronghold. You shall know when you are in violation if you truly seek only within yourself. In this thought I leave you and in the love and the light of the infinite Creator. I am Hatonn. Adonai vasu borragus.

(Carla channeling)

Greetings in the love and the light of the One Who is All. I am Nona. It is my privilege to ask you if there are any questions that you have at this time?

(Pause)

There is one questions on which I would speak at this time that has been requested without words. It is a subject which is shrouded in a great deal of confusion. Nor can we unravel this confusion. Yet it is my privilege to give what thoughts I can to ease the condition.

We speak at this time of the question of divorce. This is a phenomenon that is known only within certain tiny illusions. Entirely within your society it is an artificial word, for it describes what happens when one piece of paper is replaced within your society's paper records with another piece of paper. Yet this happenstance causes a great deal of pain and difficulty among your peoples.

What we wish to speak on, with compassion, is the subject of karma. You must understand, my friends, that when, within your holy works, it is recommended that marriage, as it is called among your peoples, be obtained throughout one lifetime, it is recommended for the reason that it is likelier that you will correctly apply yourself to your karma if you have a controlled circumstance throughout one experience. It is likelier, if you engage in several karmic relationships within one experience, that there will be unsatisfied karma.

Now, my friends, it is in no way necessary that because you have had an experience with more than one karmic partner, that you have in any way failed to satisfy the karma with that partner. It is simply more difficult to treat more people rightly than it is to treat one person rightly. This in a recommendation that has been chiseled upon your planet into what is known as law. Behind the "law" is the compassion of an all-loving Father.

In any experience with any karmic relationship, it is necessary within that relationship that your actions be founded in love. If an action which is founded in love results in the termination of that relationship, your karma has in no way been dissatisfied. If you remain with one person and yet your actions are not founded in love, then your karma won't be satisfied.

So you see, my friends, although the word "divorce" has great traumatic impression to give your peoples, the reality behind that word is what you make of it: you yourself, an individual upon your own path, learning through experiences with other souls. Think not of the paper but of the love. Think not of past mistakes but of your present chances to give love. We have said this before, my friends, but we will say it again. If you have gone through many years thinking that two plus two are five and then you discover that two plus two are four, you have corrected an error. Now, two plus two are no longer five in your mind. Reality—and love—and correctness—are what you make of it *now*. Right now.

I am Nona. I leave you in that love. Adonai. ♣

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Sunday Meeting
June 6, 1976

(Carla channeling)

I am Hatonn. And I greet you, my brothers and my sisters, in the love and the light of the infinite Creator. It is a great privilege to be with this group this evening. My brother Laitos is with me and will be, throughout the meeting, within the group in which you now dwell, attempting to make our vibrations available to you at your most receptive level. We are very grateful for this opportunity to share with you.

Although it is not normally our custom to open with a request for questions, we would like to do so this evening. Does anyone have a question for us at this time?

(Pause)

We are contented to refrain from answering questions which are not, shall we say, at the surface of the mind yet. There are those present who have questions upon their mind. And so we say to you: in time, with patience, the questions that are troubling you will become very clear. Questions and problems are a result of the illusion in which you are now experiencing your existence, so that what is actually a unity seems to be a process and things seem to take time. In actuality, my friends, from your birth to your death and long before your birth and long after your death, to infinity, all is one time, and one creation. Yet within the illusion, as you call your physical existence, things seem to take time and seem to unfold and develop. And because of this, it often seems that that which should be, is not, and that which should not be, is.

Yet it is the process which is the illusion. And the illusion is for the purpose of instructing you on one subject. And that subject is love. The problem that is facing you at the moment is the problem of learning how to love. Love, as it is known upon your planet, has produced many serious side effects, such as hatred, war and other negative results. We speak, as you may well imagine, of a love that is without these side effects.

Love, my brothers, is a most misunderstood term. The one known as Jesus said to you, "Not as the world gives, give I unto you." And this is very true. As what you call human love expresses itself, it is, like the illusion, a process. It has a beginning and an end and from its creation to the destruction it may take down those who feel that this is love with it, so that they become indifferent and feel that love is not all that there is, is not "it."

There is a love that is beautiful. It is not the human love, it is the love of the Creator. This love does not have limitation. It is not a process. It is simply the power that created you, the source from whence you came and the ending to which you are irresistibly drawn. And yet the end is the endless beginning.

This is love. With this love in your life you do not go down to destruction in your relationships. You do not find an end to your patience. You do not become sad. You do not become downhearted. For this love is within you and if you can allow it to flow through you, you will be able to be what you wish to be.

Such a simple thing, my friends, and yet so very difficult. And that is why you are here, to learn how to tap in to that love, even in the face of the illusion of your physical body and your physical life and the physical processes that offer you again and again a chance to show what you know—that love is infinite.

I will transfer the contact at this point. I am known to [be] Hatonn.

(Pause)

I am again with this instrument. I will continue through this instrument.

It is impossible, and in no way expected, that you can tap into this love by pretending to on the human level. We have stressed meditation each time we have ever spoken with your group and this is because the source by which you can tap into that love is within you in a spot which is reached by stilling that process of your body and your mind which is occupying your attention. When your attention has been centered not on the outer or on the mental but on the inner planes, then the door may open and love may come to you. To touch base, as it were, like this, it is not necessary to take a great deal of time. It is necessary to do it only with regularity. With regularity, that pipeline will be opened and in your life you will see the results.

There are people who do this without knowing that they are doing it. There are people who say many different things about what they are doing and believe they are doing many different things from each other. And this is a great problem within your religions, for they believe that they are different from each other. Yet the sign of one who has tapped into love, one who knows the Creator, the one Creator, this sign within your physical life is the sign of joy. That person who is joyful, no matter what he says about his joy, the person who is patient, these, my friends, are the fruits of the love that does not destroy.

If you are not at this moment experiencing the joy that is of a burning, steady nature that will not die, but will burn on, then, my friends, meditate more. Take yourself away from your humanity and get in touch with love. It has gotten a very bad name upon this planet and yet in love you were created and all that is powerful within you is of love.

I am going to leave you, and yet we will remain with you as you complete your meditation. There is healing and peace in that contact with love. Your future, my friends, not in the physical sense but in the spiritual, lies completely in your attempts to seek that love. It is a simple quest. And we are with you, to help you in any way. I leave you now. I am Hatonn. Adonai. ♣

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Sunday Meeting
June 13, 1976

(Carla channeling)

I am Hatonn. I greet you in the love and the light of the infinite Creator. It's a great pleasure to speak with your group this evening, and we greet each of you.

As you have made your way to this dwelling, my friends, each of you has witnessed an unending series of miracles this evening, for you passed through many of the creations of the Father. And this evening we would like to say a few words about this creation.

Meditation is a technique whereby the seeker may become more aware of the creation as it truly is. And yet, when you go forth from meditation, it is the world to which you now open your eyes that is to inform your knowledge gained in meditation. For if you have knowledge and cannot apply it, then you have nothing.

But you see, whatever you may see is the creation of the Father. Of course, my friends, many times you have felt within your heart the beauty of many of the creations upon your planet, those things that grow from your Earth—the trees and the flowers—and those animals that are about you. Many times you have felt how beautiful and how wonderful these creations are. And we have said to you many times, note the service that each creation is to the rest; and you have thought this many times.

But my friends, let us go beyond these intellectual perceptions of the creation. We ask you, when you are ready, to take anything that is within your illusion, whether it be a tree or something that seems to be man-made, such as a wall or cloth or something that seems to be dead, such as stone. It does not matter, my friends, what you choose to focus your attention upon, for we say to you that all things are alive. There is nothing that is without creative power and consciousness. Pay attention to whatever you choose—total attention, focused attention—for out of meditation must come the knowledge that you may apply, that all things are truly one, that all is created of love, that all exists through the power of love.

When you can perceive trees and walls and stone as love, then you will have begun to perceive things as they are. We greatly encourage this in you, my friends. For those who are beginning to meditate, it is enough to suggest that meditation will enable them to have an enhanced perception. Yet for those who are seekers of some experience, it is necessary to point further along the path, for the total end of your seeking within this illusion is to perceive the reality behind and within the illusion. And you cannot do this simply by maintaining a reasonable amount of calm, although this is greatly desirable. Your perceptions of all that you see need to become transformed.

The most central creation of the Father within your attention is of course, my friends, yourselves. Each of you is a great treasure-trove that you can observe as a creation of the Father. You can learn much from yourself. In order to do this you must focus upon yourself as if you were a tree or a stone. Not something familiar but a strange and unusual object, to be looked at and understand from a distance, from a perspective gained in meditation.

You are alive, my friends, through the power of love, and your real nature is hidden in the folds of that mystery. As you examine your thoughts and your actions, try to see what you are doing from that perspective. You have much to learn from all that you can see.

(Pause)

We are sorry for the delay, but we were having difficulty transmitting a thought to this instrument. We will continue.

You are within the creation of the Father, a very small portion of which is your perceived environment. And like all natural objects that have a birth and a death, you yourself, in your spirit, are of this nature in this environment. There is a great, great deal to learn from the creations about you and within you. Picture yourself, my friends, as a seed. It is written in your holy works that the seed depends on the soil for whether it grows or not. Your spirit is a seed within you. All that it will become is already within it. But you must put it in the correct environment. It needs darkness, by which we mean meditation. It needs light and water. It needs space to grow, the space within your life that you make for your spirit.

You must tend it—you must give it the water and the sunlight of your attention. It is good to read books and hear words such as these. And yet, my friends, the sunlight that will truly ripen the seed of your spirit is the attention that you pay to that which is happening to you: the trees that you pass, the people that you meet, the first-hand experiences of your life as you live it. You may make these things, stony ground or well-watered and warm earth, depending on where you put your attention.

You may think it strange that we who are supposedly, shall we say, more advanced than you continue to use the language of simple farmers, shall we say. And yet, my friends, the simplest things are the things that never become foolish. The universe, the creation, operates on the basis of cycles. And the life of your spirit is a bed to be nurtured just as surely as any other garden. As far as we know, that garden never gets beyond the point where it needs tending.

I would leave this instrument at this time and will return after my brother has spoken. I am Hatonn.

(H channeling)

I am Oxal. I also extend my greetings in the love and in the light of our infinite Creator. It is unusual, you might say, to interrupt and interject a message in the middle of another. Yet I wish to speak this evening through this instrument and I have found that the moment of reception is best chosen at this time.

I simply wish to share with you that we of the Confederation, as your brothers, as co-creators with you and as servants to you, are desirous of achieving these types of communications with other entities such as yourselves. We speak of many things and you have heard many messages. It may seem to you that we revolve in circles with our information. Yet you may notice that each circle through which we revolve is expanded. Those who are familiar with the processes and the evolution of these communications can verify this. As those individuals within the structure of the meetings evolve, so does the material which is received.

Yet the day shall surely come, my friends, when many of the present instruments must, shall we say, journey into other fields of service. And there is to be a need for the additional services of instruments such as those present this evening.

We of the Confederation wish not only to utilize those aspiring instruments but we also wish to communicate with you on a more personalized basis. You may choose not to be an instrument in this form of verbalization. Yet you may choose to accept our information and, shall we say, personal guidance. We wish not to make decisions for you, yet if you request it, we are willing to give information which will enlighten and assist you, so that at times you may make proper decisions.

What I am saying is that we find that there is to be a need for additional instruments and in meetings to come we shall begin to work with those that would desire this ability. We allow you time to decide and shall always allow you the choice of whether to act as

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an instrument or not. We have never forced our contact upon any individual, but we have always given it upon request.

This is all that I wish to say. We would desire to contact you, if it is your desire to contact us. Consider these thoughts and make your decision, for we feel that there are people in this room who have previously attempted these communications and are still desirous of them. We recognize the ability within each person to achieve this communication and we recognize your choice of whether to do so or not.

There is a reason that we discuss this, yet we shall leave it unspoken at this time. I shall return this meeting to my brother through the other instruments and I leave you in the love and light of the infinite Creator. I am Oxal.

(Carla channeling)

I am Hatonn. I am again with this instrument and I thank my brother, Oxal, for being with us and for his thoughts.

It is a very timely thought, for, my friends, we are nearer to the time when many, many questions will be asked of those who have the ability to share those answers that we can give, so that the services of those instruments will be greatly appreciated by your peoples.

The life, my friends, that has power, the life that has begun to spring from the inside, from the core of your being, so that it is an enabling life, so that the person living it is able to give with love and with energy—this life is available to the seeker who has truly sought and found that which transforms his life. Within the religion with which many of you are familiar, this experience has been called "being saved." And yet the Redeemer is your own consciousness. It is a closer thing to call it the Holy Spirit, as it is also known within the religion which has sprung up after the teachings of the master known as Jesus.

The Spirit, my friends, created all of the creations of the Father, you among them. So we say to you, yes, find the beauties and see the services but at the very core, after you have observed the laws of the Father, which are beauty and service, observe the true power—love itself—that has created all this in its perfection.

It is this spirit that can transform your life. You do not need to struggle from moment to moment, from thought to thought, from action to action. You only think you do, my friends, because you have not been taking your meditation into your life. If you cannot do it all the time, do it once. And then, do it again. Five seconds, one minute of focused concentration in the spirit to far more beneficial to you than you can imagine.

Before I leave you, my friends, I would open the meeting to questions. I would ask if there are any questions at this time?

M: What is the meaning of speaking in tongues?

Within your history, there was an experience whereby several of the so-called apostles were able to give words of truth and beauty to many of different lands who were gathered in one place. And so it was written that they spoke in many different tongues. Yet the Spirit enabled them to express their thoughts in such powerful ways that those present at that time understood within their minds, with no need for words. Therefore, the speaking of tongues, as such, is not as it is written within your holy works but is an example of that which is known among your peoples at this time as telepathy.

There is that which is known as speaking in tongues at this time. Normally, what has occurred during these modern experiences when an entity channels, as it were, a foreign tongue, is that it is an actual entity who is speaking through the person, just as the instrument at this time is speaking my thoughts.

My friends, although this is an entity rather than the Holy Spirit, it is not necessarily a bad thing. There are occasions when the being who is channeled is a highly spiritual being of your planet. And there are many other cases where that which is being channeled is a rather mischievous astral entity who is taking advantage of an offered opening, that is essentially harmless. In the third category of speaking in tongues is the person who is within himself in such a state that a portion of his own consciousness speaks.

In all three cases, it is important to the entity simply that he is able to experience a rather unusual event whereby he is, as it were, taken out of himself. This is sometimes an experience which leads a person onward on his spiritual path and although it is not the inspiration, shall we say, of the Holy Spirit itself,

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yet it is very helpful to the individual. If, within your modern times, someone would actually speak in tongues it would again be what is called telepathy, the force of which would be strong enough that it would seem that the person actually spoke out loud.

Don: How soon will the mass landing occur?

We had hoped at one time to land in 1965. We had to give this plan up, due to the reluctance of many of your peoples to experience the possibility of our true mission. At this time, we are seeing the possibility of a landing next year. We are attempting to give this instrument the month. It begins with "A." We cannot give a closer month to this instrument at this time. If she will relax we will attempt to condition her.

(Pause)

We will attempt a landing in August of 1977, as you know time.

Questioner: How many craft?

Approximately three million, although this is highly dependent on the success of our current mission. At present, many portions of your planet are not acceptable for landing. We are attempting at this time to widen our potential landings.

Questioner: What is your mission and purpose in landing?

I will have to use control. We have need of material within your atmosphere which enables us to store up, as it were, a power source. It is not in mineral form or any resource which your planet is lacking in abundance. We are unable to give this instrument the nature of the resource desired because she is not well-schooled in …

Questioner: Is it a gas or a liquid or a solid?

It is invisible.

Questioner: Is it in the Earth, in the water or in the atmosphere around the Earth?

It is atmospheric. We cannot say it is a gas. It is … this instrument would call it an element.

Questioner: Will your landing be visible or invisible?

It depends upon who you are. Those who are within our vibration will see us.

Questioner: Approximately what percentage of the planet will be able to see you?

We do not know. As you would say, we are working on it. There is a range of one third of your planet's population, a great, great range, which we are working on at this time. Approximately one third of your planet's peoples are at this time vibrating in such a way that they know who we are, whence we come and why we are here. They will, whether or not our mission succeeds, not only see us but go with the planet into the next vibration. We are deeply afraid that approximately one third of your planet's peoples, no matter what we do, will be lost and will have to repeat this experience. We do not know what percentage of that other third we will be able to alert in time. It is a highly tempestuous bunch of people, as you would say. Many of them are simply on the verge, just the merest shock or profound experience away from the basic realization that it is time for them to become seekers.

It is written that there will be those who go out into the harvest and it is highly, highly desirable at this time that there be as many harvesters as possible, for there are many that can be brought into the barn, as it were, at this time.

Questioner: What will be the length of time in our years of the harvesting period?

We do not have the ability to say, for it is completely dependent upon the consciousness of your peoples. That which is natural, as you may call it, is already highly advanced and nearly completed within the cycle-changing. The natural cycle will have been completed within two of your decades. The experience of your peoples has been very ragged, as you well know, and with the friction of those of your peoples who are resisting the vibration of change it may continue on for some time. Therefore, we can give you no answer.

Questioner: Do you see a possible delay past the approximate date of next August, 1977? Could there be a delay for any reason?

Oh, yes. We are at this time doubtful as to whether we will be able to complete our plan at this near date. We are simply working towards that with every thought of achieving it. But we would not be realistic if we did not say that there is every chance also that we will not be able to sway enough of your peoples by that date.

M: Do you have an optional date if that one doesn't work out?

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We have an infinite number of optional dates. We cannot land among your peoples if your peoples do not want us. We do have needs which your planet can help us with but we are also capable of supplying those needs in other ways. That which we need is available, though in far smaller quantities, in many different places. So we are never in a helpless position, or as you would call it, out of gas. We are always able to satisfy the present requirements of our dwelling-craft.

(Side one of tape ends.)

(While the tape was being changed, there was a question about Bigfoot.)

(Carla channeling)

… There is a contact but it is not our contact.

Don: Whose contact is it?

There has been much talk about "dark forces." And yet there *are* dark forces. Contact with these creatures is of a somewhat, shall we say, sinister nature although it is to be remembered that, like all dark forces, these are not powerful in an ultimate sense.

Questioner: Would this be interpreted classically as a portion of the Battle of Armageddon?

Although we dislike that term, you may indeed think of darkness and light in a battle. We refrain from calling it the Battle of Armageddon due to the great fear which this term engenders, for it is a fearful story as it is written in your holy works.

Yet the forces of light and the forces of darkness have battled long and hard for this planet and, indeed, you may think of a disease entering the body. Those defenders of the body come, surrounding and destroying those diseases. In such a way may you consider those apparitions which are of the darkness, for the forces of light are many times the strength of these. And the battle is never in doubt as to its ultimate end but only as to individual, shall we say, skirmishes.

Questioner: What is the nature of the Bigfoot type of creature?

We are having difficulty giving the concept to this instrument. We can give this instrument only the image of those things which are of light but have no substance. We do not call it astral because of the nature of these beings. They are of a more crystallized nature, whereas in the astral there is a partaking of a somewhat physical form of dense matter. Within this vibration from which these creatures emerge, the structure that makes up the body is of such a nature that it is far more light and in a way more fragile.

Questioner: Can we expect an increase in the Bigfoot type of entity and possibly other entities of the same vibration or configuration in the future?

Yes. That which produces these creatures is the expectation in thought form of various peoples. That which they consider to be a menacing or frightening aspect is what they will see, if the conditions are correct. Therefore, there will be other entities, depending upon the expectation that each person has.

Questioner: Am I correct in assuming, then, the effects that are normally found when one is operating in, shall we say, astral conditions will be more manifest on this planet in what we now call the physical as the vibrational range changes? We will slowly transition?

In general you are correct, but in fact this particular aspect of what you call the Battle of Armageddon does not partake of the normal astral abilities of each of your peoples, for within the abilities which are part of the normal transition to what you would call fourth density, each person would be able to control the thought forms that were desired by himself. Yet within these, as you call it, Bigfoot and other demonstration of thought form, these thought forms are involuntarily forced upon those who are witnessing it. This is due to the imbalance between the natural environment and the minds of your peoples, making it a potential battleground for the forces of darkness.

Questioner: Where do the UFOs come from that are linked with the Bigfoot phenomenon?

You are already correct in your assumptions. We are not able to give [to] this instrument, because she doubts what we have to say, due to the fact that she has heard it from you. Yet you are correct.

Questioner: Is the instrument fatigued?

(Laughter)

I will leave this instrument, who is indeed fatigued. We are sorry for the amount of control we have had to use, yet we are very pleased to be able to answer

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your questions as best we can. I leave you in His love and His light. Never fear, my friends, for those who seek will never be left without the Comforter. Adonai vasu. I am Hatonn. ♣

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Sunday Meeting
June 20, 1976

(Carla channeling)

I am with the instrument. I am Hatonn, and I greet each of you in the love and the light of the infinite Creator. It is my privilege to be able to speak with you.

We will not speak at great length this evening, for it is the desire of some of those present this evening that we do not, as you may say, be long-winded. We are in great appreciation to each of those who desires that we speak, for if one of you seriously wishes that we not speak, we are not able to, for we do not wish to infringe upon the free will of anyone. Therefore, we thank each of you for the permission to speak at this time.

Perhaps it would be best to say a few words about our reasons for contacting you at all and our reasons for contacting you at this time. Our mission within your skies for many years was part of our plan to enable the people of your planet to make a choice, the choice towards a progress of seeking. However, my friends, during the early years of our contact with your group we were much more concerned with, shall we say, a negative aspect of the mission, which was in a sense a kind of warning. We needed to warn those of your peoples who wished to listen that there was a crisis within the cycles' changing and that it was necessary to transform one's thinking in order to meet this crisis.

Within the last of your decades before this time, there was a very delicate, shall we say, period for those of your planet when it would have been possible several times over for your leaders to have brought your peoples into a war which would be far more devastating than any you can imagine, for the devices which your peoples now have are capable of destroying your race.

Therefore, it was necessary for us to speak very strongly on the dangers of this. At that time it seemed to us that your peoples [were] very weak in their ability to give love from within their own strength to combat this desire among many of your peoples to do war and to destroy.

I am sure that you have noticed, my friends, that within the last—perhaps two of your years, perhaps a little longer—we have ceased to speak so strongly of the negative aspects of the coming changes. The reason for that is simple. The change is now with us and instead of the negative aspect of warning, it is now possible to inform you instead of the already changing vibrations of your planet, to simply say to you, "They are within your reach now and if you meditate and if you seek them and if you add your strength to them, you may aid your planet with your love and your light, and from within help to go into this new age." You can now be full of strength, with no further need for the destructiveness.

It is a great blessing at this time that your peoples have begun to build the strength of love within themselves. You are much, much stronger as a people now than you were ten of your years ago. And with each year, your strength increases and the possibility of this destructiveness decreases. Now when we speak with you, we speak to encourage towards the positivity, as you would call them, towards the good vibrations. We speak to encourage you to help, by your love, to bring your planet into harmony with its new vibration. The new age is not coming, my friends—the new age is here.

You are all possessed of an earthly body, and within that vehicle, from the moment of your birth into this density, has been that force which you call death. Yet within you also is life and the death which you carry with you is only a minor transformation which frees the life within you to the next stage of development.

So it is with this particular cycle of your planet. Although during the cycle your planet, as it were, became ill, and called upon itself that which you would say is karma, yet you now are coming into a new cycle, where the body of your planet will be whole again. My friends, you still have the karma of your planet to alleviate, but you will find it easier and easier to do so within the new conditions of the new vibration. There has been much hatred and many things to unlearn upon your planet and with love and with light given from each of you, as individuals and as a group, you can work at this planetary karma. This is your privilege, and to a certain extent, ours. To a certain extent, it is why we are here.

At this time we will ask if there are any questions.

B: I have one. Is it right to be too passive? If pushed to the limit, is it right for a person to react to violence, if it was the only way that seems open to you, or should you allow passiveness to go beyond that?

To speak upon this subject is to speak beyond personality, to speak of the ideal. Beyond your heart, you know already the ideal that was given by the master known as Jesus. This master said that there was no end to what you call passivity. Yet it is to be remembered that the master accepted responsibility for his passivity, to the point of allowing his own death. Within your planetary sphere it is often very difficult to become a master capable of giving up one's life in order to demonstrate total love. And so we say to you, we could never recommend this choice to any person, for this choice is a private choice.

We recommend one thing only: we recommend that, faced with a situation that has you, as you would call it, in a corner, that you mentally and forcefully remove yourself from the corner and realize that you have a great deal of space about you that no one can violate; that time and space are an illusion and you do not have one second [in] a crowded situation. You have an infinite amount of time and an infinite amount of space. And you are a creative consciousness, capable of bringing to bear on this situation a creative solution which neither causes you to show a lack of love, nor causes you to betray those who depend upon you. It is not a ready solution, always, to a person who allows himself to be put in the place that someone wishes him to be put in. Yet to the person who, within himself, insists on that moment of freedom of choice where he can see himself as a dancer upon a great wide plain, with the situation a step in the dance—to this person, a creative solution will often recommend itself.

It is a difficult question to answer, for your vibration is a very intense one, and although it is easy for us to say, it is hard for you to do many of the things which we suggest and we know this. We are with you and all of the forces of light are at your disposal. Rely upon this strength, as well as your own presence of mind. We are sorry we cannot tell you a yes or no answer.

Are there any more questions? I would like to leave you now. My brother Laitos wishes to speak with you briefly. I leave you in the love and the light of the One Who is All. His blessings and mine be with you. Adonai vasu.

(H channeling)

I am Laitos. I greet you, my friends, in the love and the light of our infinite Creator. I am here briefly to discuss another question which was brought about prior to this meeting.

As most are aware, my function with this brotherhood is to assist those who would desire it, of these types and similar types of communications. We wish to say that it is within each and every individual's capabilities to achieve that which they would desire. It is within each person's capabilities

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to develop whatever ability that they would choose, to whatever extent that they would choose. Yet it must be noted that these abilities have remained dormant within most of your inhabitants for many, many lifetimes. And it is a simple process of communication, yet it has become foreign to you.

The most difficult, shall we say, barrier to overcome is that barrier of accepting the fact that this communication in itself is a reality. Secondly, you must overcome those intellectual analyses of the information as it is received. And thirdly, you must have within your intellectual capacities, which is brought forth from your own personal programming, the knowledges to present the concepts which are received. The presentation of certain concepts is found to be more easily done through some instruments than through others, due to their own personal intellectual programmings and processes.

In order to attain anything which is desired, the realization that it is to become is the initial step that you must take. Yet, you must meet what comes before you time after time, and practice patience, knowing that that which you have desired is in the process of manifesting and in due time, it shall be. We cannot expect whatever we choose to desire to manifest immediately. Yet the more effort which we put forward in the proper areas, the swifter that manifestation shall come into being.

For those who would choose to achieve any of the abilities, remember this: you have within you the abilities. You do not need to look outward for the assistance. Assistance, indeed, is helpful, but the knowledge that it is within you to begin with is of utmost importance. We are all Creators. We have been told this time after time and it is time that we truly realize that we indeed create that which we wish to experience.

I am with you and shall always be so. It is my choice to be with you and I am pleased that you have accepted my presence. I leave you in the love and the light of the infinite Creator. I am Laitos. Adonai vasu borragus.

(Carla channeling)

I am with this instrument. I do not identify myself except to say that I am of this planet and I come in love and peace for all mankind. I am very grateful for the opportunity to speak to this group and I use this time to ask you to send your light within your group at this time to that area known as California. I would ask you to do this at each of your meetings for the next few months of your time, as a great deal may be alleviated on the physical if harmony can be improved upon the inner planes. The inner planes function in advance of the physical and if it does not occur upon the inner planes, then it can be averted upon the physical.

I thank you very much and I send you love. ♣

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Sunday Meeting
June 27, 1976

(Carla channeling)

I am Hatonn. I am with this instrument and I greet you in the love and the light of our infinite Creator. I greet each of you in the name of the Father, and thank each of you for the privilege of being able to speak with you. As always, our delight is in sharing with you our thoughts.

I would like to share with you now a little story. There was once a boy who had grown wise to the ways of the world about him, for he saw much in his daily life, and he understood much. He understood how to act, and he understood what people wished him to think. And he was a good boy.

And yet there were many things that puzzled him, as he grew, and perhaps the chief of these things was that which the grown-ups kept calling love. And he turned to his parents, and he said, "What is love?" And they said, "Love is honoring your father and your mother, and obeying them."

And he accepted this and thought on it, and attempted to show love by honoring his father and his mother. And yet he was not satisfied.

And so he went to his teacher. And he said, "Teacher, what is love?" And the teacher said, "Love is doing what the teacher tells you to do, and learning what we ask you to learn here at school."

And the boy realized that there must be some truth in this. But yet he was not satisfied.

And he went and asked his friend, "Tell me, do you know what love is?" And his friend said, "I am not sure, but I have noticed that when people want something, they say, 'I love you.'"

And the boy thought on this, and thought, "Perhaps this is closer to what love is than anything I have heard."

And he puzzled over these things a long time to himself. And one night when he went to sleep, he sailed away in a beautiful ship with wide, billowing sails. And he sailed over a rainbow bridge into the far waters, which he had seen before in his dreams, yet never so clearly as now. And his ship, seeming to know just where to go, harbored itself upon a white beach. And he went onto the glistening sand, and walked into a softly forested area. And there, he saw a beautiful entity in white robes, glistening golden, not with sunlight, but with light coming from the face of the entity itself.

And he asked the radiant being, "Sir, tell me, what is love?" And the radiant being said not a word, but he knelt down and looked into the little boy's eyes. And the little boy looked back into those luminous eyes. And suddenly his own eyes were changed, and the world was transformed wherever he looked. And he looked around the beautiful forested area. And all

seemed to be transformed. All seemed to be alive with joy and love, and he knew what love was because he was seeing it. It was visible to him. Every mote of sand danced with an energy so joyful that it was indescribable to him. And yet he knew that it was love.

The being said not a word, but led him back to his ship. The boy sailed over the rainbow bridge, and back to his bed. And when he woke up in the morning, he remembered. And he looked around his room, and his room was transformed. And his mother came into the room, and he ran to her and hugged her, and said, "I love you." And he saw his mother transformed into a being that was love.

And he ran to his teacher, and said, "Teacher, I love you." And the teacher became gentle, compassionate and human, in his eyes alone.

And each thing that he looked at with his eyes of love sent love back to him, for it was all made of love. And the little boy no longer needed to ask what love was.

Love is so simple, my friends, that it cannot be described. It can only be experienced. If you will be as a child, and when you open your eyes, if you will give to the world *your* love, the world will give you back love. It is a process of recognition of what really is—nothing more.

We wish to pause at this time for a brief period of silence. And we will pick up through another instrument. I am Hatonn.

(Pause)

(H channeling)

I am now with this instrument. I once again extend my greetings to you.

We have stated that love is simple, and indeed, this is so. All things visualized within the proper perception are simplicity. The perception through which most of your peoples envision their life experiences has became distorted. The distortion is due to many things, yet one of the greatest distorters, shall we say, is the intellect through which you perceive.

You are the master of that which affects you. You are that being that is, shall we say, the helmsman of the intellect. It is at your disposal and it is for you to choose in what directions you desire focusing upon. You as the creator of your experiences can use your intellectual processes to benefit you greatly. Yet they must be properly disciplined, and they must be open to the reception of the infinite Creator.

You are the instrument. You are the receiver of the love and of the simplicity of the Creator. It is within your ability, through the processes and practice of meditation, to attune not only the intellect, but the spirit also, to these frequencies, shall we say, on which flow the information that you seek. The clarity of the reception is affected greatly by the intellect. And through practice you may learn to control these processes and to receive that which you seek.

The intellect is indeed important to your growth. If it were not, it would not have been given to you. Yet its uses, and the extent to which you must use it, should be understood. And this is the greatest problem which you people must face. Indeed, you have begun to do this, and if you continually recognize the divinity and simplicity of all things, you have made a major step towards this goal which you are seeking to achieve. For each of you has chosen what it is that you wish to do. You may not become aware of that desire, yet if you continue, indeed you shall.

My friends, the reason for the experience of discontent, as you might call it, is due to the knowledge within you that you are not aware of that purpose. Your purpose is indeed simple, and easy to fulfill. Only rid yourself of the barriers and place yourself in those realms of meditation and thought that attune you to clear perception and reception of the guidance and of the love that is constantly offered to you. Find within yourself the jewels of enlightenment and the pearls of knowledge.

I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am with this instrument. In meditation, my friends, the intellect is stilled, and the simplicity of things as they are begins to seep into your subconscious, as you would call it. Within yourself there is a sea, over which meditation does erect a rainbow bridge. On the other side of that ocean lies a part of yourself which is illumined and radiant, full of knowledge, and wishing only to bring the rest of you unto him. Contact that portion of yourself. Love is an extremely simple thing. Within this

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illusion that you now experience, the concept of love seems to be associated with objects, and it is felt that if one loves, then one gives "things." Yet we say to you, when one truly loves, one gives of oneself.

There are many expectations among your peoples as to the fruits of love, and when a loved one does not give you the desired things, you may say that love has failed. Yet we say to you, look to yourself, and seek to give of yourself in love, not to others' expectations, but to your own highest understanding. For what you give, you shall surely receive. All in reality is love, if you can but see it. And, most importantly, if you can but act it out. Love-in-action is the reason for which you are here. You are in an arena, a magnificent arena. And the challenge lies in your actions.

I would close through another instrument. I am Hatonn.

(B channeling)

I am Hatonn. I am with this instrument, and I greet you in the love and the light of our infinite Creator. My friends, as we have stated, love is all. But due to the complex of day-to-day living, we have gotten away from the idea that all is love. Now, my friends, there is much time to be spent on the reestablishment of what love is. For, my friends, once you have attained this knowledge, it will undoubtedly lead to many new paths, upon which many will follow.

I will leave you at this time. I leave you in the love and the light of our infinite Creator. Adonai, my friends. Adonai vasu borragus.

(After a brief pause, Carla asks H if he will be able to get a contact so that she can ask a question.)

(H channeling)

[I am Hatonn.] I am with this instrument. I once again greet you. What is the request?

Carla: S wants to know if the brothers have any thoughts to share with her at this time about her life in general?

There is indeed, you might say, contained within the life of nearly every individual a time at which questioning of one's accepted situations does occur. These questions, as a general rule, you might say, have been in some form answered this evening. That is your purpose. The enunciation, shall we say, of questions is due to the searching process that is instilled within each individual for the fulfillment of that which they have chosen to do. Often those who are even well established upon the fulfillment of that purpose shall question what it is that they are to do.

We have attempted to assist all who have requested it, both intellectually and spiritually, within the realms of understanding. It is to be known that there are many forces, shall we say, that are working hand in hand with us and the Creator, and we are at your disposal, and shall assist within those decisions. It should be known and accepted that we indeed are present and capable of giving that assistance. Yet you as the individual, and I speak with all, must choose either to accept or reject and in order to do so, must learn first to receive that which is flowing to you.

The circumstances which surround each individual are often complex and perplexing. Yet we do recommend to extensively seek, shall we say, before a decision of major importance within one's life situations is brought about. Trust within the Creator. This shall bring about the proper action.

Are there any other questions?

Carla: She also wanted to know if you were in contact with any group in Boulder, Colorado, or any near there, and if so, how could she find it?

It shall be shown to her. That is all that this instrument shall specify. But indeed it shall come about.

Carla: OK, I have a question, too. There's been a rash of sightings of kind of odd-looking, different kinds of spaceships and different kinds of entities lately, and I was wondering: can the brothers change their forms any way that they desire? And secondly, are they forming themselves into spaceships and people based on the expectations of the people they want them to see? Or just at their own whim?

It is to be understood—and we must say that we are drawing upon knowledge in both the questioner and instrument—but each individual, all of you have been told of your ability as a creator of your experience. You have touched upon realization of the realms of higher experience. Yet you are not knowledgeable of the experiences contained upon those levels. Your world is rapidly becoming aware of that which is considered to be of an out-of-the-ordinary experience or knowledge. We of the Confederation have attained through our patience

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and our *(inaudible)* processes to control the situations about us. Each individual is composite of divine and radiant intellect and energy and love of the Creator. The body takes upon itself the coagulation of consciousness. You are the consciousness, and you have gathered within the body. The body was energy before you entered it. You have coagulated those particles of energy and chosen to abide within them. Once you have become the master of your creation, shall we say, then you can either reside within the physical form, or within other forms of which you are not now aware.

We indeed do, shall we say, present ourselves to you in a form which you are willing to accept. It is a form we have possessed, a form that we do possess, and a form that we also are not confined to. To simplify, indeed, we choose to appear to you as yourselves, yet once you attain proper understandings, you shall evolve to a state where you also freely abide within or without physical form, as you … *(inaudible)*.

As to the numerous experiences, shall we say, we can only say that this is being brought about for the purpose of attempting to expediate the questioning processes of those who have desired and experienced that visualization of truth. Is this sufficient?

Carla: Yes. Thank you very much.

W: My writing—and focusing between the paradox of ideals *(inaudible)*.

Focus yourself upon the purpose of knowing, as we have said earlier this evening, your purpose. To focus upon the ideas within your intellect is to accept that some ideas are more relevant to your situation than are others. And to accept this is to close oneself to the reception of a more attuned, shall we say, idea. Indeed, the ideas which you possess, upon which you focus, may be of importance. And if you are properly abiding within the laws, shall we say, what you shall receive shall be only what will benefit you. Focus upon all things. Focus upon the oneness which is all things and know that you are open, and that you shall receive that love and experience that you desire.

As to your processes of relaying your thoughts and emotions which indeed are self-stimulating emotions onto pieces of paper, shall we say: it is good to exercise and to release those ideals or thoughts within your intellect. And you must realize that it has flown from that source which you seek unto you through you and to all with whom you desire to share. Then focus yourself, and the writing shall bring to you a most vivid and satisfying form for release of ideals and also for the release of frustrations of your experiences.

Are there any other questions?

(Pause)

Indeed, we sense a very strong desire yet fear to request some information. We shall not request that it be stated, yet we would like to offer something for all.

My friends, each of you are perfect beings. You have come into existence as an act of love and perfection of the Creator. And all imperfections are indeed the creations of man. Recognize your divinity, and once again, envision your perfection. Be aware of that in which you were created. Visualize it within all beings. Fear not for the reaction of others upon your actions. For you to act in all honesty, with all sincerity, to the best of your ability, and employing the best of your understanding, is what you are to do. Those to whom this is displayed shall misunderstand, yet some shall not. Yet, my friends, fear not the responses of others. Recognize only the divinity and understand that it is their confusion which they reflect in the response that is limited in its perception. Life indeed is a fulfillment. To experience it is to know what it is to be knowledgeable of the growing process through which we are traveling, and shall continue to do so.

Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meeting
July 18, 1976

(Carla channeling)

Greetings, my friends, in the love and light of the infinite Creator. I am a voice of love, known to you as Hatonn. And, as always, it is my privilege to be with you this evening.

Yes, I am love, my friends. You are love. And we are one. To give you a sense of the immediacy of that truth is very difficult and yet unless love is alive and immediate in your experience, you may search forever without truly understanding the object of your search.

There is a tree outside your dwelling, my friends. And on this tree are many, many leaves. And some of these leaves are almost perfect. Their shape is completely symmetrical and their color is beautifully green, as it should be. And there is no mark or damage and all within this particular leaf is perfect. And on the same tree, other leaves have been damaged by insects, or they have grown in a crooked manner, or their coloration is not as it is expected to be. And yet these are not good leaves and bad leaves. For within them, each, is the same perfect leaf, which is not separate from the leaf, as an ideal, but is within that leaf and is the true reality of that leaf.

Or, my friends, you may think that the many, many forms of clouds—some may bring storms and some may simply be the beautiful kind of clouds. Yet good and bad cannot be said of clouds, for they are all perfect in their cloudness.

And you yourself are in essence a perfect version of you, whether your manifestation may be good or bad, within the illusion. The ideal that created you is immediately within you. It is present within you at this time and it is informing and inspiring your every breath. And this is true of all those you meet, no matter what their manifestations.

It seems like a cliché to say this to you, my friends, and yet you will never be free of turmoil until you are able to bring into your conscious experience the knowledge of oneness in love that you can find in meditation. Without meditation, it is not likely that you would ever discover that unity with the Creator that is the wellspring of true love at all. And without repeated seeking of this unity, it is very difficult to advance at any rate in bringing love into your immediate experience.

But, my friends, in addition to the meditation you need to bring that feeling into your life as you live it, moment by moment. We have said to you before: attempt to form a personal relationship with the Creator, seek Him as you would a trusted friend, love Him as you would love the most beloved friends you could ever have. True emotion that comes from the heart, personal, deep-felt emotion, is necessary in order to bring to your consciousness the

realization that in the Creator you are dealing with the single most important relationship of your life.

Allow the love for the Creator to build and become more and more personal, more and more real, more and more felt. And then, take that sweet feeling and live it day-to-day. Feel the immediacy of that Creator and share it with the people you meet. This is the secret, my friends. If you can approach each person as someone who is the Creator and whom you may be privileged to serve, your troubles will sort themselves out before you. For love is always reflected in love.

I would like to attempt to transfer this contact at this time and will return to this instrument later. I am Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. My friends, it is one thing to speak of this that we call love and yet another to understand it. For, my friends, if you think, you have spent many lifetimes upon your planet in an attempt to learn the lessons of spiritual being, so that you may reach for more understanding. My friends, do not take this lightly, for once you have learned this, there is more and more that has to be undertaken.

My friends, as we have said, love is all that there is. Now, if you understand this thing, my friends, if love is truly all that there is, then should there not be only love that is experienced? *(Inaudible)* great spiritual, shall we say, uprising that is now taking place about you. My friends, it is not always enough to be only a part, for there are so many that are looking for so much from someone who will lead them and, my friends, someone to *(inaudible)*. All of you have the ability to teach another that which has been taught to you. But, my friends, you have to truly understand that as you know, my friends, change can only take place within yourself. My friends, you have found meditation a great tool. As you continue to raise your vibrations to a higher level, you will find this tool of more use to you than ever, for truly, my friends, there is no end.

Abide, my friends, in this energy of love. You will find all that is around you acquires new aspects. And, my friends, as you know, a great part of love is understanding. Do not judge another, my friends. That is reserved for the One who has made us all. And if we look upon another to disagree, we cannot truly give a loving hand to this being's free will. I will now leave this instrument. I am Hatonn.

(Carla channeling)

I am again with this instrument. I would like to pause for a brief time in order to share with you our vibrations of love.

(Pause)

I am again with the instrument. It is a great pleasure to share with you. We ask only that you share with others as we share with you. For this is the true flower of your faith, the bloom for which you have spent so much time cultivating the plant.

We are aware that the one known as W wishes to ask a question, so at this time we will open the meeting to questions.

W: It's about the awareness of my dreams, and the bearing they might have on my feelings about reality, and how I can become more aware of the relationship.

Speaking through this instrument is easy on this subject, since this instrument has, shall we say, heard our "speech" before along these lines. The story of dreams is a simple one. Your consciousness, as you well know, has no beginning and no end and as sleep is in its way a brief foretaste of death, the consciousness has no part of sleep. It is doing something all the time, just as it is when you are awake. That "something" is as much related to itself as it always is and the circumstances only change during the period of sleep of the physical body in that the attention of the spirit is not totally drawn to the needs of the physical illusion. Therefore, it may process other levels of material which may engage its attention.

Dreams are a partial record of the activity of the spirit. They are a reliable communication from spirit to conscious self of the true development of the spirit's personality. The inability to remember what is happening during periods of sleep is very widespread among your peoples, for the spirit is hardly recognized, much less cultivated.

It is encouraged by us that you make an effort to become more in touch with your dreams. The methods of doing this are fairly simple and basically have to do with keeping a record, so that when you awaken, you immediately write down what you can remember. You will find that as you practice this,

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you will improve. Further, when one begins to be able to have a good consciousness of self within dreams, one will find this showing forth in a physical control of one's conscious life. In other words, as you begin to obtain control of your so-called subconscious thought, which is the manifestation of your spirit self, this will reflect inevitably in your daily life.

Does this answer your question?

W: Well, what about that relationship [with a woman]?

My friend, it is impossible for us to give you words other than love. All relationships are relationships of love. Yet, due to the illusion twisting and turning, it is difficult for you within the physical to maintain within the physical a totally unselfish attitude of pure love. If you maintain an attitude of total service and love, the difficulties which you are experiencing will vanish. If all you wish to do is offer your service, your love, the rest will simply become what it simply is in reality—the confusion of the physical illusion. This confusion is not your fault, for at your birth you began to be taught what to expect in this illusion and your expectations have been shaped and hammered into you by many, many experience, biases and impressions, all through your experiences so far. In order to cut through all the expectations and get to reality, it [is] necessary to refrain from, as you would say, reacting to expectations and hold to the one thing that is true, that is real. And that, as you know we will say, is love.

If love is to mean anything in a lasting sense, it is to manifest itself as a desire for the spiritual help and service that you can give to any whom you might love. Beyond this, we can give no comfort or advice, for all relationships are based on the need to learn this one lesson.

Is there another question?

Questioner: What is the function of homosexuality?

It is a difficulty of your language that we have trouble overcoming in that homosexuality is not understood as a type of sexuality, but is considered to be, in your language, a type of emotionally strong word.

The function of sexuality is to teach service. One is drawn to another of your species and forms a relationship and in that relationship, there are opportunities for service, or disservice, and gradually, as the spirit grows through this association, you begin to learn how to be of service. Were it not for the drive of sexuality, it is likely that there would not be these intense relationships, and therefore these strong stimulants or catalysts to learning. Those who are homosexual have had a personality difficulty which drives then in a sexual way towards their own charge, much like a positive charge being attracted to a positive charge. This is due to confusion between incarnations, the previous incarnation being of one sex, this incarnation being of another. But the function of homosexuality is the function of any type of sexuality: it is to enable a person to form an intense enough relationship that he may learn how to serve and how to love; to love others more than himself, or shall we say, to love others more than his personality, but as much as the Creator.

Does this answer your question?

Questioner: Yes.

Any other questions?

Questioner: What is the general program objective within the next twelve months?

We are attempting to intensify our program of light. We have made contact with many groups and, as you might say, the damage has already been done. Now it is time to get these groups functioning individually in such a way that they are truly light centers and their individuals are light bearers. We do not have specific objectives for this time period, although the possibility exists for increased sightings, shall we say, on demand. Are we being sufficiently obscure?

Questioner: Not any specific contact with Earth's peoples in order to stimulate events?

Not at this time. We do not know about the future. The possibility exists, as we said, on demand. It is a matter of the need for there to be, as this instrument would say, ten students in order for a class to be held. We have nowhere near that much demand. If the demand were to be generated, it would be possible, as you well know. We do not count on that much demand being generated, but are aware that it is possible that this might occur.

Questioner: Do you know of any other group planning a more general effort at contact?

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Yes. However, they do not have our full approval, for we feel that they are treading on the fringes of, shall we say, being too pushy.

Questioner: Well, how do they plan to make this contact?

We are sorry, but this instrument does not have the type of contact which would enable us to control her enough to tell you this. We know of the type of contact, types of contact, we should say, that are being contemplated. We do not think that they will successfully occur.

There are those that watch and in their watching of this planet, as well as many others, set up vibrations protecting free will, which are not easily undermined. Within our own fleet there are individual groups, what we would call the "young whippersnappers" of our legion, who also advocate speedier methods. But it is our experience that it is only when one responds to a definitely requested need that any true help can be given and so we, shall we say, older heads are in the majority and prevail within the Confederation.

Questioner: Who is contacting Puharich?

The central agency of thought of our Confederation has enabled linkages which make it possible for this intrusion upon the private space/time experience of the one known as Puharich. This has been, shall we say, an experiment, as we have done others. However—we are having trouble transmitting this, but the instrument is cooperating, so we will keep giving it. Puharich has certain expectations. We have had this trouble with many contactees and Puharich [is] among the best. It is a matter of dealing in a space/time experience in such a way that you who are of [a] very rapid age do not become impatient with the expectations. Time is a very difficult thing to deal with in this contact. If I were to explain to you what time is to us, as we transmit to you, it would not be understood. For we are able to, in a single instant, speak to ten thousand people. And yet, it does not seem to us difficult.

The …

(The rest of the session was not recorded.) ♣

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Sunday Meeting
July 25, 1976

(Carla channeling)

Greetings, my friends, in the love and light of our infinite Creator. I am Hatonn, and, as always, it is a great privilege to address this group. I greet each of you and especially those who are new to our group and extend to you our love and our thoughts and our gratitude for the chance to be with you.

We of the Confederation of Planets in the Service of the Infinite Creator are about your planet in numerous crafts and we come from many, many different places within your universe. And yet we are here for one purpose and one purpose only. We are here, my friends, as a single voice of love.

Love, my friends, is the word which created all that there is. What vibration is to the physical world, love is to the consciousness that created the physical world. Love is all that there is and all that you see about you, day by day, are manifestations of love.

My friends, it may seem to you often that you are not looking at the manifestations of love when you look at your relationship with someone with whom you are having difficulty, when your nation looks at other nations with whom it is having difficulty. And yet, we offer to you the precise analogy of vibration in your physical world. It is well known to your scientists that all things are made up of vibration and energy centers. Yet to you, the manifestations of vibration seem many and varied: tables and buildings and trees and human bodies. Yet all of these, my friends, are one thing: energy in motion.

And so it is with love. Each feeling, whether it be emotional, mental or spiritual, each thought that you have is a feeling or thought that was originally purely of love. Yet man, as well as the Creator, is a creator and man has invented many complexities which take love and cause it to form many and various shapes.

In your holy works, it has been written that the way to defeat evil is to meet it with love. This is true, my friends, because the original vibration of love is always stronger than its derivative, man-made forms.

To realize that all that you see is love, is to find peace. No longer need you feel anger and distress, resentment and irritation. These are derivatives of love which can be replaced in your thinking by a consciousness of the basic true love, the all-loving, all-serving, all-creative emotion that surrounds and inspires each of you.

And how can you find this fountainhead of love, my friends? As always, we recommend meditation. For clever as man's minds are, they are often too clever and in their cleverness men have devised many strange contortions of love. And in meditation, my friends, as you lay down these man-made concepts and open yourselves to your deeper identity, the basic reality of the love that created you can make

contact with you in your conscious mind. And as you come in contact with love as it really is, you gain strength to be able to look the world of man-made emotions in the face and say, "Ah, but I know a deeper and truer way to express love." If you touch base with this creative love on a regular basis, little by little your being will begin to transmit that love and you will become what you seek to become, an instrument for the love of the Creator.

You are in the world, as it has been said, but you are not of the world. You are a divine being, dwelling within the body of the so-called human. And this human will have a very short life and yet the divine being that is your true higher self will exist eternally. Seek to unify your consciousness as a human with your higher identity as a portion of the divinity of the Creator, through meditation.

I would at this time transfer this contact. I am Hatonn.

(H channeling)

I am Hatonn. I am now with this instrument. When we speak of the concept of love, we attempt to the best of our ability to bring to you our understanding of a concept which is infinite and unfolding to us and to you at all times. A concept which contains, shall we say, the explanation of all things. A concept which is much more than you shall ever realize by the utilization of your intellect. We bring to you those messages which we feel shall assist in your spiritual growth and in your intellectual understanding. We bring to you our love and our light. We offer to you an opportunity—which has been brought about by your own thinking, through your own desire—and that opportunity is for you to come into the light through understanding and experience, to come into the light of the Creator and experience His love and know the concepts of which we speak, enjoying with us and all of our universal brothers in service that which we call the Creator.

Each individual whom we are privileged to make contact with is presented with this opportunity, with our experiences, into our light. We can offer no more at the present time. But also, there is no need for there to be any more offered. For if you are open, if you are truly seeking what you refer to as the truth, then you shall recognize it as it is presented and you shall accept it and you shall do with it to the best of your ability that which you *(inaudible)*. It is you and no other who must analyze that which you receive. It is you who must accept the love. It is you who creates all that you experience. And we would not have been able to share with you our knowledge if it were not for the fact that in truth you were seeking this knowledge.

We are somewhat limited, even through this process, for we must deal with the intellect of each individual. And the individuals, all of them with whom we communicate, have accepted many limitations due to their experiences within this life and we must break not those imitations too quickly. We must offer only that which we feel can be accepted and allow it to be dealt with.

We give to you, and so also do you give to us, the love of which we speak. We cannot begin to explain the great feeling of love we have for those upon your planet and, indeed, for those who would be willing to listen. We are here for this purpose, to assist in the evolution of human thought of man upon planet Earth. Yet we cannot assist without it being requested, for within what you might call the society or upon the level on which we exist, this is a law—that you may not interfere with the free choice of any individual. And as we deal with the planet Earth as a group consciousness, we must be aware of your requests, of your needs and of your desires and of your choice.

Love, my friends, is all the things of which we speak, and it is all the things for which we have no means of expression. Love is the energy upon which you draw to bring into manifestation all that you experience. Love is to each and every individual different, yet the same. The love that permeates throughout the universe is indeed the Creator. The love that is within you is indeed the Creator. You must recognize that the love that is within all individuals is the Creator. You have heard this concept many times. There is what you would call "God" within each individual and you are constantly emanating that energy, that love, of the Creator in all directions, in all your thoughts. Be cautious, indeed, be cautious of that which you project towards your fellow man and towards the universe, for you are the Creator and that which you project shall indeed come into existence and it shall also travel back and affect you, for you are the Creator and you must live within your creation.

Through the process of meditation you may bring into focus the proper, shall we say, realization of

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your ability to create. Through the process of meditation you may become aware of your divinity and of the divinity of all things. We hope that through the process of meditation you may attune yourselves to the love energies that are constantly about you and that through these energies may be brought about the understanding that you seek and the experiences you desire and the purification of consciousness which is in truth the desire of all those upon your planet. This desire may not come into the realization of each person upon your planet, but as you become more aware, you shall indeed recognize that that desire is within each of us, whether they seek it consciously or not.

You are the only, shall we say, emanation of the Creator that has the ability to formulate your experience. You may share with others in your experiences and you may choose to dwell within the experiences created by others, yet no other can create for you any experience, for you are the Creator, and it is your choice.

I shall close this communication through another instrument. I am Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. My friends, we will be with you but a few minutes more, but I wish to touch on the subject of what is known to you as desire. For, my friends, truly what you desire, you shall obtain, if the desire is of a strong enough vibration. My friends, through the many years in which life has been experienced upon your planet, there have been many teachers come and go. My friends …

I am experiencing difficulty with this instrument. For that reason, I will now close this meeting. It has been an extremely great honor to share with you in your meditation, my friends. I leave you now. I am Hatonn. I leave you in the love and light of our infinite Creator. Adonai vasu borragus.

H: I received a really nice impression while I was speaking about love—at the same time I was talking I received this too and they wanted me to say it but I just went on past it. It wasn't quite clear to me, as to how to say it. But the definition of love … and it was: "Luminescence omnipresent, vacillating eternally."

Carla: That's easy for you to say! ♣

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Sunday Meeting
August 8, 1976

(B channeling)

Greetings, my friends. I am Hatonn. I greet you in the love and the light of our infinite Creator. As always, it is a great honor to share with you in your meditation.

My friends, I would speak with you tonight on the subject of progression. For, my friends, since you have started on the path, so far away now, you have sought after that knowledge which is accompanied by progression. My friends, in fact you have done well. As you know, you were all brought together in order to teach, and learn from, each other of the knowledge of love.

But, my friends, once upon the path you cannot sway from one side to another. There are many things to do, many things that must be done. And, my friends, as you know, there are many experiences along this path. In order to help you attain even more knowledge as time goes by, the vibrations will grow even stronger and you will grow to a great extent.

But, my friends, you have to keep walking upon the path. For some, it is enough to obtain knowledge of this path and to sit idly by. But, my friends, in order that you may grow ever stronger, you, like ourselves, must aid others; thus, you may gain the knowledge you would learn. Your every wish for help, my friends, is placed at your disposal. Within your experiences you have gained the knowledge of much love. My friends, walk within this path and rest within the knowledge that may be obtained.

I will leave this instrument. I am Hatonn.

(Carla channeling)

I am with the instrument. I am Hatonn, and again I greet you in love and light.

We speak to you about progression, for we know that you will progress, for that is inevitable, as all things progress. The only question open is the direction of that progression. There is a quality to experience which greatly aids progression, and ignoring this quality in your experiences will cause your progress to be minimal. Moreover, this quality of experience is one which is often ignored by your peoples, for they do not understand the need for rapid progression nor the technique for obtaining this rapidity.

Consider that experience, as you see it, is an activity such like eating a piece of fruit. The piece of fruit, being the experience, has an edible part which you immediately take into your system. When you finish with the easily eaten substances you are left with the seed of the piece of fruit, and this you throw away. You must understand, of course, that while the flesh of the fruit will feed your body for a day, if you do not plant the seeds you will not reap the long-term

benefits of the living consciousness. In experience, that which you experience at the moment is much like the flesh of the fruit. It may be sweet, in which case you eat it greedily, savoring every morsel. It may be sour, in which case you will not eat it, or you will only eat part of it. In either case, whether the fruit is sweet or sour to the taste, the seed is the important part for your progress. In each experience there is a seed of wisdom, a lesson which was implicit in the experience and which you must plant in your consciousness in order to progress.

Taking your experiences into meditation is very important; offering them up to the consciousness within you, not in a judgmental way, but simply as a desire that you truly learn from each experience, not just for the day, but for the future of your spirit. On the level of your intellect, it may be helpful for you to ask yourself the following question with regard to your experiences: in this experience, was I of service? In this experience, did I want to be of service? For the seed, as we have said, which will enable you to progress rapidly, has as its key love expressed in action. And the closest we can come to giving you this concept is the concept of service.

Service, as you well know, is not always a thing, but most often an attitude. To be of service is often simply to be non-judging, to be loving, to be willing to see the possibility in another of the Christ-consciousness and its progress in that person. Insofar as you have been able to bring into this experience that attitude, you have already planted the seed as well as eaten the fruit. And as you take experiences in which you have not done this into your meditation even your failures will teach you and the seed will be planted.

The world itself, my friends, will never progress for you are the world. Only you can progress. And you can only progress by offering up your little human self to the Christ Self within you. You cannot influence the world and most especially you cannot influence the Creator. Yet this [is] not necessary, for the world is as darkness and the Creator is light. If you can ask the Creator to influence you, it will be as light turned upon darkness and the darkness will be no more.

I will transfer to another instrument after a brief pause.

(Pause)

(Carla channeling)

I am again with this instrument. I am Hatonn. We were attempting to make contact with the one known as B. However, we are satisfied that this is not a good time and we will attempt again at a later time. We would like to pause for a moment and send energy, for there are many among your group which are fatigued at this time and there are those who are not here who are thinking of this group at this time, and to all those we also would send energy

(Pause)

It to a great privilege to us to be linked in this great circle of energy, the light pouring through us and through you, to each other. We are all one.

I would at this time open the meeting to questions.

M1: Can you tell us about the second coming of Christ?

We are unable to express through this instrument this question. There are many concepts which we can speak on and a few which are so highly charged with emotion within the mind of the instrument that we have difficulty in giving a clear message. We are sorry.

Is there another question?

M2: Yes. What are your thoughts on children, especially their guidance and spiritual growth?

We find it much easier to speak on this subject through this instruments for the subject does not have highly emotional feelings about children. Therefore, we shall, as you might say, skip right ahead.

Children, as well as adults and old people, are spirits. Into this world they come, extremely vulnerable within their manifestation in the physical, yet as eternal and as complete as any one of those on the planet. What the parents do for their child is right, as long as it is an attempt to be of service. An understanding of the basic freedom of all individuals is, of course, very important.

The Father-Creator has given the family as an understandable symbol of the relationship which is between all of the children of the Father and Himself. The Nurturer and the Creator—the Spirit and the Father. In this relationship, the Nurturer—who is the Mother—and the Creator and Provider—who is the Father—grow to understand divinity and

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love, for the love that will flow is pure, far more pure than any love that can be discovered by other relationships. It is a deeper and simpler lesson.

And so it is for the parents. This lesson is a great lesson and we know that it will bring you much joy. Know that this is the Father, the Creator, expressing through you as instruments the love which makes up the universe.

More than what you do as your child grows, it will be what you are which affects his understanding and his progress. If you truly seek the spiritual, and if you live your lives according to the path which you seek, if every day *you* expressly make room for spiritual seeking in your meditation, in your prayer, your child will understand from the very beginning the purpose of life and the path. It is not necessary to ask him to participate. It is never necessary to encourage a small, growing being to choose one way or another. It is only necessary for a child to know that there is such a thing as the spiritual path and that it has given joy to those who are closest to him.

Beyond this, beyond the giving of love and the offering of the spiritual path, that whole and complete being which you have been given to care for will express to you himself that which he will need.

Does this answer your question?

M2: Yes.

Is there another question?

(Pause)

How many things you see, my friends, things of surpassing beauty. How many things you think that are sublime! Truly within you, there is divinity. Trust yourself, please, trust yourself, my friends—have confidence. In every sincere impulse, every honest desire to progress, let that have weight within you. Take yourselves seriously, and let that joy that you feel from time to time take root and grow, until your life itself is transformed by your knowledge and understanding of love. It will happen, my friends. Not all at once—it is a progression. And we wish you great joy upon it.

Your brothers leave you in the love and light of the infinite Creator. I am Hatonn. Adonai vasu borragus. ♣

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Sunday Meeting
August 15, 1976

(H channeling)

I am Hatonn. Greetings in the love and the light of our infinite Creator. It is pleasing to be with you once again and we welcome those that rejoin us. It is always a pleasure to see those who travel upon their path [that they] continually hold within their consciousness the values which they have gained throughout their experiences. And it is these values which have brought those who have been guided, shall we say, to once again share in this experience.

My friends, as you travel along that which you consider to be your path, you shall share with many the knowledges you have gained through all the avenues you have traveled and studied. You shall carry with you the accumulation of all the knowledge—not only gained through this experience of life, but through all experiences prior to this life. This knowledge is continually attained within you and is constantly available for your usage.

And as you know, it is through the process and practice of meditation that you may, shall we say, easily obtain access to that knowledge. As you encounter situations and people throughout your present life experience, it is your obligation to bring forth the purest and greatest manifestation. It is your obligation to share with those your knowledge, your experiences and your love. Certainly, we are aware that there are many with whom the sharing of this knowledge at the present time would be nearly useless and, at some times, would be harmful to the relationship. You as the individual carries with you the knowledge of past and present. You should be capable of recognizing those individuals with whom to share it—these experiences and this knowledge. And with those with whom you realize you should not enter into discussions, you can constantly carry with you and share with them the love which is the total manifestation of those experiences and of that knowledge.

My friends, you must realize, shall we say, the potency and the creativity of those thoughts which you place into the, what we call, the ethers. The spoken word indeed carries much power, yet the unspoken word, my friends, is even greater. As you are aware, the other realms of existence is such that verbalization of thought is no longer utilized, for it has come to those peoples' knowledge that it is simpler to utilize the natural process of thought transference or what you would call telepathy. My friends, you can send to all around you all the knowledge which you contain, by simply projecting your love to them. For as we have stated, love is the total manifestation of all your experience and knowledge. Love is the manifestation of all things.

And for you to direct that love, purely and completely, to any individual, is to share all that you contain and you contain all of the knowledge of the

universe. Each one of you, my friends, are as a beacon, a beacon upon the shore to guide the ships at sea. Shine brightly! Never allow your flame to dim, to flicker, to be extinguished. Allow your flame to glow brilliantly, wherever you are, and in whatever you do, and, my friends, this indeed is enough for you to do. It is your obligation as a manifestation of the Creator to share this love. It is your opportunity to express and to learn, during this lifetime, the meaning of the concept. Do not falter, my friends, and do not be harsh upon yourself, feeling that you have faltered. For, my friends, it is your desire to become that ever-glowing fire, and it shall be done, and the experiences upon the way are indeed helpful. You cannot falter when your focus is in the right direction. You shall achieve what you have set out to do. This is the law: that which you desire you shall receive. Doubt it not and it shall be fulfilled.

I shall transfer this contact. I am Hatonn.

(Carla channeling)

I am with this instrument. I am Hatonn. Yes, my friends, that which you request, you shall receive. There is a simplicity to this which is difficult to grasp and because you are in a physical body at this time, it seems that to request something is to go, as an object of physical dimensions, and ask another physical object for some *thing*. It is this type of concept which causes love to be very difficult to understand in this place.

When you seek love, when you seek to know the source of love, it is an attempt to tabernacle, shall we say, to become one with that which is infinite and invisible, that which is nearer to you than your own body. You need go nowhere. Love is waiting for you, so close—so very close, my friends. So that the request, in its simplicity, is simply a willingness of you as individualized consciousness to become the observer in your life, to turn your life over to love, to turn your life over to Christ-consciousness. You do not have the power to show love. You can only offer your life to love, so that love can live your life. Then, as you watch, the force of love flowing through you will teach you,

You, yourself, as individualized consciousness, will never be wise to the ways of love, for the physical is a series of measurements and judgments and understandings which are limitations. Love is creative, limitless and infinite.

When love approaches a situation, love expands that situation. Love eases. Love makes possible comfort where no comfort was. Individualized consciousness cannot do this and all the will in the world cannot find the way of love.

So as you seek, seek to watch the ways of love as they flow through you. It is important to discriminate, it is important to judge. And yet, as you are functioning, allow love to flow through you, without judgment and without hindrance. And then it will teach you its ways and it will live your life. You cannot direct the Creator. As long as you attempt to direct Him, He will stand knocking, asking to be let in to your heart. Once you make the connection, then you and the consciousness of love will be together, communing and living a creative life.

Seek and ye shall find. Knock and the door shall be opened unto you. Truer words were never written. It is your responsibility—your only true responsibility—to seek and then when you have found—to share. For us to share this with you is a great pleasure. I will transfer to another instrument. I am Hatonn.

(H channeling)

I am Hatonn. I am once again with this instrument. We are having difficulty achieving contact with the instrument known as B1. We shall continue through this instrument.

My friends, it has become known to us, quite some time ago, that to reside within the state of love for all of creation is, shall we say, the only way to achieve, to gain, the happiness and the fulfillment which we seek.

You must, through your discipline, elevate yourself to a state of mind with spirit that allows no prejudices to block the free flow of your love. Allow no separations to be acknowledged, for they also cause blockages in that flow of love. Bring yourself to a state of harmony of mind, body and spirit being one with creation.

My friends, it is our responsibility to one another to love each other, without limitations of any kind. Certainly, as you reside upon this plane of experiences, there shall be those things which tend to irritate you. Yet look past them, my friends. Realize that what you see within another individual that irritates you is a projection of what you either contain or fear that you may contain within yourself.

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You are the creator of your universe. You perceive within it that which you choose to perceive. You experience within it that which you choose to experience. No other can bring about the manifestation of experience or perception within your universe. You may choose to share those manifestations with others, yet no other can override your creativity. You might say it is your ship and you are the captain. You can share with the crew what you wish. But the decision is yours.

Think of this, my friends, and realize as you go along your path: you follow that which you have laid out in front of you. You experience that which you have chosen. And you are to love all that you have created.

I shall leave you at this time, in the love and the light of our infinite Creator. I am known to you as Hatonn. Adonai vasu borragus.

(Carla channeling)

I am Lattoo. I greet you in the love and the light of the infinite Creator. I have not spoken with your group very often, but there are questions within your group which it is felt that I may be most equipped to answer. So, at this time I open the meeting to questions.

B2: I'd like to know what happens to animals on this plane right now? Do they go through the same cycle as men on this plane? In their evolution towards becoming more evolved in life-forms, do they change into other life forms or do they stay animals?

This is a question which cannot be answered on the general level, due to the fact that animals begin their consciousness as a type of pool of consciousness, so that each type of animal is that animal in general. They go through many incarnations at this level, until experiences occur which mold their individual personality. It is especially common for the so-called domesticated animal to become individualized, through the love which they share with their masters. At the point at which an animal becomes individualized, he ceases, upon the physical death, to go back into animal consciousness. He will instead begin that evolution known to you as the human type of evolution. In the so-called spirit, this animal consciousness, having been individualized, will spend time dwelling upon the love of his master, and will incarnate, often in order to be with his master.

At some point, this individualized pet or animal will have become so much of an individual that his soul is ready for the step of becoming a human soul. This is a very long process, in your terms. Consciousness is a plenum, or as you may call it, a spectrum, one type of consciousness a little more articulated than the next, beginning with the most dense and still objects and going into the human, and past, into angelic consciousness. That of the animals is the step in the process which is below, next to, and merging with the human consciousness.

Does this answer your question?

B2: Yes.

W: I have a question. Concerning the artist David Bowie: was his previous incarnation—or was he brought to Earth as an alien—or is he aware of the Confederation in this incarnation? How does the way he projects as a performer relate to the evolution and possible manifestation of the Confederation?

We do not wish to invade the privacy of any of those upon your planet, and so we would not wish to speak upon the thoughts and opinions of the one of whom you speak. However, we can say without invading his privacy, that he, as well as many, many others of those who are in your public life as performers, is what this instrument has called an apple. He, and many, many others, have come in through the incarnational process and have had a normal birth and childhood upon your planet. Yet his previous experiences have not been with this planet, and so he, as with many, many others upon your planet, is rather uncomfortable at times in the vibrations which now prevail upon your Earth world. These things he expresses, as well as the understandings of which you are all aware, [have] to do with the spiritual path. It is not uncommon for those upon your planet to be aware that they are not, at heart, at home upon your planetary atmosphere. The one of whom you speak is simply in a somewhat better position, due to his renown, to, shall we say, spread the word.

Does this answer your question?

W: Yes. Is Findhorn a sort of power focus of cosmic energies? Where are various spots like this in the United States and possibly specifically in the nearby area?

The so-called magnetic anomalies which constitute such places which are known in your, shall we say,

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folklore, as the Bermuda triangle, are specific magnetic disturbances which can be pinpointed with fair accuracy over a period of time. However, it is best to understand that there is a great difference between the so-called window areas which indicate geographic areas whose fabric is uniquely vulnerable to interfaces with other spaces and times and the type of energy accumulation which is possible in a place, no matter where it is, in which the consciousness of people has found a niche. Findhorn is this latter type of place. Rather than being an electromagnetic phenomenon, it is a phenomenon of consciousness. The energies have been directed to this place from energies which exist everywhere.

It is true that there is a grid, shall we say, of energy which surrounds the planet. Yet these energies can be tapped off in very general and large areas. One does not have to be sitting, shall we say, on the top of the pyramid to get the energy, for with consciousness, one can move the pyramid. It is the faith of the individual which builds the energy which makes the miracles possible. Such is what has happened at Findhorn.

As you seek your place in life, seek first that seed of faith—that touching with the infinite. Then, allow your sensors, as you might say, to be touching from that sensor output. And when that center says, "This is where I wish to be," then that will be a place of power for you. It is a very personal thing, the generation of power. The place whereon you stand is holy ground. You cannot possibly develop power from an outside source on the level at which Findhorn was created. That power came and does come from the consciousness of love, which is the source of power for all things.

W: Can you give me any clues as to better care [for] and as to what precisely of sorts am I under regarding my physical strength?

We would suggest a relaxation period before you attempt to sleep. You must be stricter with yourself about putting down those intellectual worries and considerations which the day will bring. It is a matter of never relaxing. This is not good for the physical. With relaxation and meditation, then as you lie down to rest, do not allow thoughts to begin to work through, but instead allow thoughts only of a recreational nature. You must allow your brain and your body to rest. Our other suggestion is always good for anyone, and that is to allow yourself to seek the light touch. To allow yourself to remember that life as you know it is a cosmic joke. It is not good to take things too seriously. All of your busy thoughts and all of your worries are, at best, little cartoons. When you pass from this physical existence, you will spend some time laughing and some time crying. And the tears will come because you took things so seriously, that you forgot to laugh and praise the Creator that gave you this marvelous cartoon. This attitude is all-important in maintaining the balance that allows you to go through your physical experience learning and also enjoying yourself. We do not give advice as to such things as diet, etc., because it is our firm belief that these details are meaningless. That which you put into the body is an illusion. The good that you get from it is a function of your belief that it will do you good. The harm that you will get from it is also a function of your belief that harm will come from it. Nothing within the physical has power over you unless you allow it to. Do as you deem wise, and then remember, as we say, that whatever you do, it is a kind of cartoon. The greatest and noblest and most tragic things are passing fancies, my friends. Accept them for what they are, accept feelings for what they are. All are true, but all will pass. Do not forget to laugh.

Are there any other questions?

(Pause)

I am Lattoo. It's been a very great pleasure to be with you. I and my brothers seldom get a chance to speak with this group and it was indeed a privilege. I will leave you at this time. I leave you in the love and the light of the One Who is All. Adonai, my friends. Adonai vasu. ♣

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Sunday Meeting
August 22, 1976

(Don channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a very great privilege to be with you this evening. I am known to you as Hatonn. I am not of your planet, however I am deeply concerned at this time about the activities of the peoples of your planet. My friends, myself and all of my brothers at this time are very concerned about the activities upon your planet. We are limited in speaking to you, however, in that we must use this means. We are limited to this means by wisdom, for we have found that it is necessary to approach a planet such as yours in this manner. For it is very important, my friends, to give freely in such a manner that the gift cannot be misunderstood.

This is what we have for you, my friends: a gift. A gift of knowledge and understanding. This is all that we bring for you, all that there is. There is nothing more.

(Pause)

(H channeling)

I am Hatonn. I am with this instrument. Excuse us for the delay. We are certain that it is, shall we say, wondered what brings about the difficulties which you have just witnessed. We merely must say that as a radio receiver, the intellect of man can receive external energy inputs or thought forms, yet for proper and clear reception and transmission, it is necessary that analysis by the individual receiving must be refrained from, for to receive and to analyze before attempting to transmit is to cause some confusion and disjointedness in the energies received.

We shall resume communication through the other instrument in a short time. We merely wish to utilize the first portion, shall we say, of this communication to merely scan over that which has been discussed and to assist in bringing into clearer understanding some of our viewpoints and our purpose.

We of the Confederation consider man, upon the planet Earth, to be of great importance. We consider him to be our brother. For throughout our experiences and what you might call our travels, we have come to realize that there is a greater unification between all things within this universe or creation than one can realize through the processes of the intellect. Many of the philosophies which are shared among your people speak of the concept of oneness, oneness of creation. And, indeed, we have found that this concept expresses most easily the truth of the existence of our creation.

You must view all things as being merely a portion of the entire creation. Each thing is as a molecule within the overall structure of the body of the

universe, or of the Creator Himself. Recognizing to some degree the functions of your own physical form, you must realize that each and every particle of your physical form is of importance to the proper functioning within that form. And so it is within the universe: each individual, each particle, is indeed of vast importance to the overall proper functioning and existence of this creation.

All of us have instilled within us the love by which we were created. There is one form of love, there is one source of love and that is the Creator. We are the projections and we are the practice of that love. And therefore contained within us is the Creator. As we are in Him, so also is He within us. All things are interdependent upon each other. All things in truth are each other, and are one.

Our purpose for being here is to assist mankind in the realization of this simple concept. Yet we must stress: to come to the realization, to the true understanding of these concepts, is, shall we say, limited, if you only employ the utilization of your intellect. My friends, you have within you the ability to know and to be all things. The intellect is contained within the physical forms and also within that form abides your essence, or your being. Your being is the manipulator of the form. You are the commander of the ship. And the intellect is a portion of that form. It is a function of that which you call the brain. "Know thyself," has been stated many times within your scriptures. Know *you*, the manipulator of your form. And from this, you shall know the Creator. You shall know the vastness and the infinite knowledges of the universe. Utilize the intellect, and learn to know thyself, for what which has created you, that which is within you, and that which you are, contains the highest form of what you might call intellect or knowledge. It is not limited to merely one plane of existence. It is omnipresent; it is omnipotent. It is all things and it is one with the Creator. It to you, it is I, and we call it love. The overall concept of all things, we call love.

I shall transfer this communication once again. I am Hatonn.

(Carla channeling)

I am with this instrument, and again I greet you in love and light. That which you know as your intellect and that which we term the intellect or the mind of the Creator are not very related concepts. We have urged this group many times to be completely aware of the uses and functions of the intellect, and so to make that very useful tool work for you, rather than you working for it. For, my friends, that is what the intellect and the physical body itself will do to you, of course, if it can.

Both the intellect and your physical form have a short stay, in an organized sense, in consciousness, and so the short-term interests of the physical form and the intellect crave instant and continuous attention. And if you, as a spiritual self, are not careful, you will be a slave to these requests of the body and of the mind. And you will not allot any time, any serious time, to your progress outside the physical.

As you seek the mind of the Creator, which is love, you are seeking something entirely different. You are not seeking something which has a limitation, which offers limitations. You are seeking just the opposite, for true knowledge and understanding gives freedom—always. And as you seek to loosen the bonds of those things which imprison your soul, you are seeking a love which is so articulated, so fastidiously realized, that it is indeed that which is a perfect knowledge, a perfect understanding, and yet the energy of this understanding, far from being a separator or divider, is a unifier. Love unites all things, love combines all things, ameliorates all difficulties, heals the wounds that you may have. A complete understanding of love, fully realized in your life, will heal you on whatever level you need to be healed—and many, many are the hurts, my friends, that do not show, yet are grievously painful within your life experiences.

To gain an understanding of love is a process which is greatly aided by what we call meditation, what you are doing now. For, my friends, within your scriptures you have heard many times that it is not a good thing to raise up graven images. This is one of your commandments within your *Holy Bible*. Yet a graven image does not have to be made of earth or stone. It can also be made of words. And all those who say, "I believe in the Father," or those who say, "Love has come into my life and will heal me," are kneeling to a graven image, for words have never done anything for anyone. To allow the experience of love to come into your life is to open yourself to it and to listen for it, to allow yourself to feel it, for the understanding without words, the experience without intellect, is what will indeed show you love.

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The Creator does not speak with you in human terms. The Comforter comes to you in silence. If you wish power, to heal, to help, either yourself or your neighbors, pray only that you may listen and you may hear the voice of love. Do not expect gifts for yourself or for your loved ones; pray only that all of those upon your planet may feel this love. For as you seek for all people, both those you know and those you do not know, those who are your friends and those who are your enemies, you are bringing into being a realization of that which is true love. True love does not discriminate. It is a unifier. Sit in silence, my friends, and open yourself to the energy that flows from love itself, through you and back again, out into the creation. As you do this, the experience itself will begin to show you why it is that we suggest that you do it. We can only suggest that you give it a try.

You are seeking, my friends, you may not know what—but you know already that what you are seeking is not found in what you can see and hear with your physical instruments of perception. You know that there is something more, and we say to you that something more is not far away, but is within each individual that you meet. It is the enhancement that gives you joy in seeing each creation of the Father. Seek it in meditation, and you will see it all around you, every day. Love is with us. It may not be in the world, my friends, but you can bring it into the world, through your own eyes, and although you cannot heal the whole world, those you touch will be aided. For you are the world. For all things are one. And as you aid yourself in understanding, you have done more to help the world as it is than anything else you might do.

Indeed, you can go forth from your understanding of love, and effect changes in the physical, as you are guided to do by your own intuition. And these things are very well. Yet the basic change in your heart that gives you joy and life and love to give to others, this, my friends, is your greatest contribution.

I will open the meeting for questions, but first, I would like to conclude this message through another channel. I will transfer at this time. I am known to you as Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. My friends, but a few more words. We have spoken much of this energy called love this evening. Now, my friends, this energy is available to all who have but to ask. For, my friends, this energy is a gift from the Creator. It is of your free will to administer this energy through your daily existence. For, my friends, you may deny yourself of this great *(inaudible)* when we speak of this. Earlier we mentioned that love is all there is. My friends, if love is truly all there is, does it not sound reasonable that all that you will experience will be of the happiest vibration, constantly? My friends, this is how you were conceived. This is how it is hoped that you will return. My friends, if you look upon your own existence as a truly individual universe, you come in contact with many universes throughout your existence. Do not deny yourself the opportunity of further growth by denying yourself to look only at the love and light of each universe. For, my friends, we have evolved much, but still we must strive for only that of love. For, my friends, this energy truly exists forever and there is apparently no end to its knowledge. So, my friends, one way which you may acquire and hasten a, shall we say, attunement is through help to others. My friends, that is one of the reasons that we are with you this evening. Before opening this meeting to any questions, I will transfer this contact. It is a great honor *(inaudible)*.

(Don channeling)

(Inaudible) I am here. I am known to you as Hatonn. It is now possible to answer any questions.

H: Hatonn, can you tell me if it was your craft that was seen yesterday evening by myself and others and, possibly, what your purpose was?

I am going to use control in order to answer your question, as it is a difficult one. I was aware of your presence at a specific time. I was aware of your question at that time. I am sorry that it is impossible to specifically say what you saw. You did not see one of our craft. You saw a projection which was meant to stimulate your thinking. This projection is used in many cases. It was of a nature that would be called unreal, or an image. However, it was intended for the purpose of stimulating, as I have said, those who saw it at that particular time. I am sorry that I cannot at this time give you more information.

H: Thank you.

M: Hatonn, is the antichrist born?

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There is no such concept. All of this created universe in its infinite sense is one thing. The concept of an antichrist, as it is generated by the thought of those upon your planet, is erroneous. The individual whom your peoples might call the antichrist is, in fact, the Creator, as are you and all of your peoples. To view an individual otherwise is an error in basic analysis of our universe. If this is understood in totality by the peoples of your planet, there will then be eliminated all of their problems, including the problem of the concept of what you call the antichrist.

Is this a sufficient answer?

M: Will you give the purpose of the literature relating to the antichrist in the Book of Revelation?

The Book of Revelations, in what you know as your *Holy Bible*, is stated, as are all of your intellectual communications, in a clouded or misinterpreted form. The concept of antichrist is simply the concept of individualization of thought, the concept of isolation from the Whole. It has been stated in a previous communications, "The spirit of antichrist is ever more powerful, and will be drawn closer and closer to the Earth, where it will have its final death throes. And in those death throes it will take many down with it, and they will not find the kingdom to be inherited, but must repeat over again that great cycle of time which is now culminating in the scene upon the Earth."

This, my friends, is nothing more than a parable, indicating that those who separate themselves in consciousness will find it more difficult, shall we say, to link their path back to the unity and oneness which is their actual reality.

Is this sufficient?

M: Yes, thank you.

Don: I have a question to ask through another channel.

(H channeling)

I am with this instrument.

Don: I have asked the question.

I am Hatonn. One moment.

(Pause while conditioning.)

We shall attempt through this instrument to do our best. We of the Confederation have chosen a vast amount of time ago a certain, shall we say, procedure which we follow in bringing about the awareness of not only our existence but the existence of the creative energies and of the Creator. We have chosen to utilize certain individuals, and many of these individuals are alien, shall we say, to the Earth plane of existence.

In this present time—which we find and which we stress to be of great importance to all of mankind, for it is the culmination of a cycle of experience—we have directed in great, shall we say, numbers individuals who have chosen to cooperate and to serve with us, and we have placed to the best of our ability the knowledge for bringing about the fulfillment of those agreements, shall we say. And it is each individual's opportunity and obligation to bring about a utilization of their knowledge toward that which they feel directed to do. It is difficult even for the most enlightened of your beings to continually operate, shall we say, harmoniously, when constantly bombarded by experiences of an alien or negative nature upon the Earth plane of existence. Yet if it were not for these experiences, the confusions brought about from them, and the delays—and we wish to stress, only the delay of those agreements or directions is brought about—know one thing: that which you have chosen to do shall be accomplished.

That which you desire to experienced shall be experienced, and that which you are, you are to know. You must only filter through those circumstances about you which are not harmonious to the fulfillment of your direction. What you search for may be seen through your perception in a form which is truly not proper, though it may appear to fit; it may appear to be that for which you had asked. It is only sent to tantalize you, shall we say, to test you, to see if you shall commit yourself completely under all circumstances through all trials to the fulfillment of your directions.

Faith, faith in the Creator, belief in your purpose, and continual attempt to fulfill that purpose is what is required, and patience to await its materialization is of the utmost necessity, once properly positioned within your being, these concepts, then the more expedient, the materialization of that direction and purpose. It is yours to do what you have been told you shall do. It is yours to find the proper method of bringing it into being. And it is yours to be the instrument of truths if you desire to be.

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This has been somewhat difficult for this instrument, yet we truly feel we have covered the basic concept that has been desired.

Don: You'd better give it another shot—that wasn't the answer to my question. I'll try to get more clear on the question.

(Pause)

Carla: Why don't you just ask it out loud?

Don: Because I want to do it this way.

… It is … shall we say, most difficult, as you know … and the other instruments have been, shall we say, shaken. This type of experiment has been successfully achieved previously, as you are aware. And we, due to the experience of this instrument, shall attempt once again through the instrument known as Carla, if she is willing to make this attempt.

(Carla channeling)

I am Hatonn. The one known as Carla, shall we say, is scared to death, but is willing to attempt it. If she will relax. We are with this instrument. If she will refrain from analyzing what she is getting.

The Creator has shown us many things. He has not shown us ways and means of doing that which we must do. Those things are up to us. He has not shown the Earth or any other entity within creation the rhythm and tempo of its doings, for all things are free to form their own destinies.

Therefore, we cannot know the geography in time, shall we say, of those things which shall occur. Our best predictions are a function of probability curves which become more accurate as that geographical location in time draws near, at which time the prediction becomes reality upon your Earth plane. The information concerning various, as you would call it, anomalistic phenomena is a kind of aggregate which is, in general, as correct as we can make it. The probabilities are very high, on the order of, shall we say, 50 to 70 percent, that many of those disruptions of the normal magnetic rhythm of your planet will indeed take place.

The reaction of your Earth peoples to these happenings is not known at this time. Therefore, our reactions to their reactions are not known at this time. Again, we have probabilities. That, my friends, is a completely open ball game, as you would say.

Your people are not predictable. We are hoping that many, many seeds which have been planted will come to fruition when people begin to view the devastation in their own geographical location. We are hoping at that point that communications with those people will be such easier. For those who know that we have spoken to the subject will be interested as to what else we have to say,

Picture a rose, as it grows on the bush. The day of its opening is not known; only its shape when it does open.

Are there any other questions?

Don: High probability points in the very near future, a few months?

There is a high probability, my friends, in that which you know as California. There are high probability points in your southern oceans. We are sorry that this instrument is very weak in geography. We are …

(Pause)

Carla: Don, I think it's Texas. Either Texas or … I don't know what else is down there, but it's in there.

We are sorry. This instrument is unable to fully understand what we are saying. There will be a great amount of suffering, yet as you all know, you may ameliorate the situation by sending light. If you will remember to do this, as this instrument would say, every little bit helps. Do not think that you are not helping, for physical suffering may be necessary, yet light will enable these souls to leave the physical to find their spirit home very quickly.

There is devastation on the coast of your European continent and again we are having great difficulty in pinpointing the location. This difficulty will be felt over a wide area.

Don: About how long from now?

We are seeing this occurring into the fall, as it grows towards the month of October.

Don: How about California?

This is very close.

Don: Closer than the other?

Much closer.

Don: That was the question, specifically. Thank you.

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Are there other questions? Or may we aid further in any way with that question?

H: Yeah, I'd like to know where I got my answer.

There are many questions which dwell within those realms of mind which are below the level of the intellect. Many times these questions are deeper and more important than the question which is upon the conscious mind. You were answering a question, yet it was not the question that was intended by the requester. Yet it was a question which the one known as Don had within his being, and with which he is dealing at the present time. It is important for all of us to understand, my friends, we as well as you, that those things which we speak with to ourselves are not always to the point, but that in our progression, that which is below the level of words is a very important part of our, shall we say, baggage, that which we carry with us. Compassion and understanding of ourselves on the level below words, and the compassion and understanding of others as they deal with these things which they cannot speak of is very important in your understanding of love.

Don: I have one more question.

Very well.

Don: With respect to north or south, can you specify what portion of California would be high probability?

My friends, we cannot at this time. There is a great deal of effort being made by those within your plane and those within what you would call your spirit world to alleviate those stresses all through that which you know as the San Andreas fault. The fault extends in a very stressed manner for many hundreds of miles through the continent and out to sea. Therefore, we do not know at what point the damage will finally originate. We only know that as the rhythm of the planet is going, the critical time is very, very soon. It honestly could not be predicted at this point. However, if you asked at a time closer, it may be more possible to pinpoint.

Don: How close?

We suggest that you ask week by week. It will not be long.

Don: Thank you.

You must realize there is great danger in asking for specific information, for in specific information there dwells a great deal of nervousness on the part of the channel. Therefore, that vibration makes them more vulnerable to incorrect information.

Don: That is why I asked telepathically.

We understand. However, now that, shall we say, the secret is out, it may be more difficult to get our answers, as opposed to other beings who would, shall we say, play with your mind, if you understand what we mean.

Don: I certainly do.

My friends, are there any other questions?

M: Could you tell us what silver flecks are?

If you promise not to laugh, my friends! The silver flecks are a type of very small machine. We would not call them computers, but you would. They are communication devices.

M: Thank you.

We must add that, many times, that which you think to be a silver fleck is, in fact, a silver fleck. We advise you to examine any such thing that you may find under a magnifying glass, for the naturally earth-made item which is, this instrument calls it tinsel …

Don: What will be the shape of your silver fleck?

It will have a squareness or some form of geometrical shape. There are various types. They are easily recognizable in contrast to everyday tinsel, as you would call it. If you will take any of each type and look at it closely, you can see the difference. The factor of what this instrument would call shininess is also different.

M: How do you plant them?

We cannot tell you. In your words, they simply would appear.

My friends, this has been a very long meeting and we are very grateful to you for giving us the opportunity to speak with your group. We welcome those who are new to this group and greet them each with special love. We give you, as we give all who listen to us, our love and the love of the Creator, and our hope that you will call upon us and our energy at any time that you wish it. We are always aware of those who wish to contact us. If you do not wish us, my friends, we will never be there, for your free will is more important to us than any single

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consideration that we might have. We wish only to help you if you ask us.

We ask you to consider our words, not as truth, but as an interesting thought to be considered by your discriminating mind. We are in no way infallible or perfect; we are as you, foolish beings attempting to learn, striving to be a little better than we were yesterday. We are a little ahead of you on the path of evolution, and we reach a hand very gladly to give you a pull up. It's a long path, my friends, but we have found great joy in it, and we know that it is there for you also. I am Hatonn. I leave you in the love and the light of the infinite Creator. Adonai, my friends. Farewell and peace. ♣

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Sunday Meeting
August 29, 1976

(H channeling)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. We wish to greet those who are new to this experience, and to you we shall direct some information which will assist you in understanding this experience.

We refer to ourselves as a Confederation of Planets in Service to the Infinite Creator. We are, as you would term it, a vast number of persons who have joined together in one mind with one desire and that is to assist in the evolution, or shall we say, in the growth process of those people of your planet and many such planets as what you inhabit. It is our desire to assist you by sharing with you those knowledeges and understandings which we have achieved through our own experiences.

It is not our desire that you take what you receive from us and clutch it as being the truth and all of the truth. We only request that you simply listen and evaluate as you would wish to do so. And once you have evaluated the information, do with it as you please.

We are aware that at the present time upon your planet, many changes are occurring, not only upon the physical level with which you are so concerned, but upon those spiritual levels of consciousness and of the understanding of man. As your people go throughout their daily experiences, they encounter many circumstances through which they are given the opportunity to apply their knowledge, their understanding and their wisdoms. Through the application of these, they can overcome those circumstances which would be, shall we say, detrimental if misunderstood.

Man must learn all that he can in the time that he has, for this is his purpose for being here at this time. The purpose for the existence of all things is the unfoldment of consciousness, or to simply state, it is for the experience of love. My friends, as you are well aware, throughout your life love is a continually growing and learning process. If you allow yourself to become stagnant in that which you have discovered, you shall find yourself becoming, shall we say, eventually ill at ease with your position. So allow yourself to be continually seeking greater and greater portions of the immeasurable love which is available to you. Seek this through all of your actions, through all your thoughts. Allow this to be your goal.

My friends, all of us, working together, can overcome any difficulties which you can imagine. It is within your ability, and it is your birthright, to manifest and to control all that you experience. It is stated within your holy book that man was made unto the image and likeness of his Creator. And if you accept this as the truth, as indeed it is, this means that you, too, my friends, are that Creator. A

likeness is a repetition, or a duplication. You are that: you are the extension of the Creator, individually expressed, yet universally united. From that source you have been projected, yet there is a cord, if you wish to call it that, that shall extend forever, that shall never be broken, and through that cord flows the knowledge and the being of your Creator. It comes directly to you and is lodged within you, and you, my friends, may tap the knowledge of the universe and of the Creator by going within yourself and meeting with the divinity within you. "Know thyself," has also been stated within your holy book. My friends, this does not mean that you must know the intellect, which many of yourselves consider yourselves to be. It does not mean that you know that which you refer to as the ego. It means that you know the I AM, or the God, or the Creator within you. For that you truly are, my friends. You are united and inseparable from your Creator. No matter how hard you would choose to try, you can never be out of His presence.

We of the Confederation wish to bring to man the simple knowledge, and through the application of this knowledge we hope to assist you in bringing about that which you have so long desired, a planet of a Utopian experience, one of harmony, one of unification, one of brotherhood, one unto the other serving each other and recognizing that as you serve one another, you serve your Creator's purpose, for His purpose is the expression of love, and what greater form can it take than serving those around you? Certainly you may realize that there are those that do not desire your service at the present time. Yet, my friends, the service that you can render unto those people from purely a conscious basis, without expression or action to that individual, is immense. Silently offer those who would not request your service, your love, your light, and your understanding, for they are receptive to your thoughts, whether they recognize them at the time or not. You have planted the seed of knowledge and of love within that individual. And thus, you have served him.

Service, my friends, can be done in many forms, and each individual shall seek out that service in which they know they are to function. And it is a truth that once you have, shall we say, found what you are to do, from within you, you shall know this to be, and you shall not stray. Though we are all one together within the Creator, we have chosen to express certain portions of the universal being. And without the expression of each and every portion, that being would be incomplete, and therefore, wherever one person chooses to be, you must accept their choice. Allow them the freedom to be placed within that position. Allow them the freedom to function. Allow them the freedom of being, perfection and the expression which the Creator desires [for] them and they desire to be. I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am with this instrument. And I greet each of you again in love and light. As we say to you, my friends, that each of you needs to be a source of light to those around you, you must understand that we are encouraging you not as your physical selves to draw upon your resources within this illusion. We are encouraging you as spiritual beings to open the channel between your finite self and the higher self which created you, love itself. No finite entity, neither yourselves nor we, your brothers, can love, nor can we call upon our resources to show love or understanding. For those symptoms, shall we say, are much like your physical movements on the physical plane: if you think and concentrate upon your movements in attempting to perform complex tasks, it is almost certain that you will stumble in what you need to do. For in your very thinking, you will have limited the instincts of your physical being. You will have circumvented the harmony which surrounds the physical plane if it is left to its own wisdom, and the result will be that you are not coordinated, for your intellect will have borne all the limitation of this illusion, and upset the harmony.

It is also true in the purely mental sphere. If you attempt too hard to organize and concentrate and analyze your thoughts, they will disintegrate into splinters which have very little meaning and which cannot be put back together into an integrated and harmonious whole. It is very difficult sometimes to make decisions, because you are thinking too hard. Most especially on the spiritual plane, if you attempt to draw love from your own being, you will almost immediately run into very deep trouble. As you manifest upon the physical plane, your very consciousness is a consciousness made of limitations. You see that your fingers end at the tip of your fingernails; you do not see that you are one with the air that surrounds them. From the very beginning you were taught that the thoughts which originate in

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your mind have been created only by you. You were not taught that thought comes from a beautiful, infinite mind, and that the thoughts that pass through you, although heavily, heavily diluted, are shades of that perfect thought.

Now, my friends, to show love is simply to act as a kind of open channel through which those healing waters of love can flow—through you, not from you, to all that you touch. And how to come in contact with the spring of those waters of love? It is for the reason of coming in contact with love that we so often urge you, my friends, to meditate. As we have said many times before, the Creator is everywhere that you may go. If you go down to the doors of what you call Hell, the Creator is there. There is no thing that you can do which the Creator is not your companion while doing. You cannot close your eyes, or your fingers, or your minds, and rid yourself of the Creator. Love is within you and all about you. If you do not recognize it, yet it is still there. It has been said in your holy works, "The light shined in the darkness, but the darkness comprehended it not." Yet, my friends, if you become still, and if you open your inner eye in the darkness, it is absolutely inevitable that you will see that light and feel that love.

May we say to some of you here, it is not at all important that you have any belief or faith. This means less than nothing. Know you only that as the sun shines from heaven, there is a power in the universe that gives life. No matter how much death that you see, you see many, many times over the life that is growing, triumphant always. Light and life will always triumph. They are always there. You do not need to be faithful or believing; you need only be quiet and listen. Do not expect to hear words or voices, for most do not. Yet take these periods of silence on a daily basis, and evaluate your life after having meditated for, shall we say, a period of two of your months. It will begin to be apparent to you that the listening is producing within your being something that you are hearing, something that is making your day-to-day existence more loving.

At this time, I would like to open the meeting to questions. If anyone has a question, please ask it now.

M: Can you get an exact time on the catastrophe in California?

We still feel that there is a critical time in the near future, and that it will be before winter.

M: Thank you.

Before we leave this instrument, we would like to go very slowly around the room and give each one of you our energy. If you would desire contact with us, we would wish to send you our love and our blessing. We will pause to do this.

(Pause)

I am Hatonn. We would like to close through the instrument known as B, if he would avail himself to us.

(Pause)

We are sorry for the delay, my friends. We are having difficulty in establishing contact, and so we close through this instrument. We ask that you imagine yourself standing in a field of flowers, with the light shining down upon you, the birds singing, the beautiful fragrance of the flowers all about you. You stand in the love of the Creator, my friends, and if you open the windows of your spirit, my friends, you offer the beacon of that light to all that you meet. It may not be in very dramatic ways, my friends, that you show this. It may be in a tiny little thing. Yet, in this, shall we say, schoolhouse that you call planet Earth, it is understanding the love that resides in everything we do that is the great lesson. Love is not anywhere else, love is here, in whatever situation you are, in whomever you meet, in all emotions and in all circumstances. See the love, my friends, see the creative power, see the healing. Meditate—and then open those eyes. There is great joy upon the path of all of you, and it is very close, always.

If at any time you need the assistance of the force of spiritual love that we represent, call upon us and we will be with you, for we hear at any time that you may call. It is our nature to hear not as a single person, but as millions of ears, for to us there is no space and no time, and we are here for the specific purpose of giving you our love. I leave you now, in the love and the light of the infinite Creator. I am known to you as Hatonn. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meeting
September 5, 1976

(B channeling)

I am Hatonn. I am now with you. I greet you in the love and the light of our infinite Creator. I am Hatonn. My friends, as you know, we usually try to cover matters which are requested for the good of this group. My friends, there are many questions within your minds this evening and we will attempt to answer them, all we may.

We are aware of the new members to this group and we bid you welcome, for you are here seeking. For that is the reason we are all gathered.

As you spiral upward in your meditations, you are more and more aware of the truly infinite amount of knowledge which you must receive in order to obtain, shall we say, a mastery of your existence and all that surrounds you.

I am experiencing difficulty with this instrument and will attempt to return to this instrument at a later time. I am Hatonn.

(Carla channeling)

I am with this instrument and I greet you once again in love and light. As I was saying, my friends, to attain mastery on the physical planet a great deal—sometimes it may seem an infinite amount—of knowledge must be gained. It is, of course, an aspect of your physical illusion that it does seem as though a certain quantity of intellectual information will constitute the knowledge that you do need to attain understanding.

We speak to you tonight to attempt to correct this impression. Yes, my friends, you are on the path, but, my friends, you are the path. You are that which the Creator may flow through. It is written in your holy works that the one known as John the Baptist cried in the wilderness, "Make straight the way of the Lord." My friends, each of you *(inaudible)* of chaotic thoughts and actions and being, memories and hopes. And your one goal, to attain understanding, is to make a pathway, as straight way, for that Creator, love, to flow through. You will never organize that which you call your self, for your physical self is in itself and of itself an unruly thing. It was born and it will die and in your physical life you will adhere to this process, whether you wish to or not, for this is the correct nature of the physical being.

Yet within you, my friends, there is a pathway, and as you meditate, you may seek and find it, and open yourself to it, and lo, the crooked will become straight and the uncrossable mountains of your life will become as plains.

You see, my friends, in our approach to knowledge we assume that that which you are seeking, you are. For that which you may be seeking, though it may seem to be, as we said, an infinite amount of

knowledge, it is in fact a truth of such total simplicity, that you, sitting there now, embody it totally. A truth so simple that many, many of your kind have missed it and will continue to miss it. This truth is that all things are one. That all is love. Its understanding is the straight way.

It also helps, my friends, as you attempt to bring the straight path into your daily experience, to realize that in truth you are not living in a universe which is composed of more than one thing, and that therefore there is no such thing as power. As you attempt to bring the straight way into your chaotic existence, you can easily perceive those things with which you are having trouble as being powers against you, or as having power against you, and you can see yourself as needing a power to overcome them.

But, my friends, nothing has power. For instance, my friends, you may think that in healings the spirit overcomes the power of disease, and yet, my friends, if there were a power to disease, then there would not be a possibility of its being healed. Yet sometimes disease has power and sometimes it does not. In truth, the consciousness of love is not power. It is simply the understanding that there to no power, but that all is one. Instead of reckoning from the standpoint of power against power, attempt to keep in your consciousness the truth that there is no power, that there is only love, so that you see those things that are difficult for you as a type of love which you may understand if you contemplate it, and which you can love in return. In this way, the currents of that creative love are set up. And since you do not recognize the illusory power of your difficulties, they do indeed begin to disperse, sometimes in very unexpected ways. Sometimes you find that a situation which you felt had power against you may well stay just as it was before, yet in your consciousness you now understand that there is no power in that situation, but only love. And this understanding transforms your experience. Many things occur by interpretation only, within your mind, so that if love can be applied and the idea of power removed, you can see your interpretation in a new light, and the problem disappears.

We know that you are all here seeking, seeking something that may be true, some one thing that you do not have to dismiss as being another part of a disappointing world. And we say to you, that which you seek, you already are. Be still, my friends, and begin to discover yourself. Be very, very still. There is music within you and around you. Your own physical vehicle makes patterns of energy, tiny sounds that blend harmoniously. Love is flowing between you and those about you. Within this room, all are one. Be very still, my friends. Imagine that at the very top of your heads there is an opening, and the hunger is being filled, the hunger for light, for love, for truth. This food of the spirit is pouring into you, and going from the top of your being, spreading through each iota, each atom of your physical being and of your spiritual being, and flowing out again into the room, so that you share with all those around you in a community of love and of light.

Do not forget, my friends, in the stillness, to let that light out again to all those troubled around you, in your nation, in your world. You are all one being, my friends. You are all brothers.

At this time we would like to attempt to say just a few words through the one known as M. If he is willing, we ask that he relax and allow us to speak our thoughts through him. I am Hatonn.

(Pause)

I am again with this instrument. We are very happy for the opportunity to attempt to contact the one known as M. It is of course sometimes difficult to relax enough to achieve a first contact, and we will attempt it again in the future. I would like to transfer now to the one known as B. I am Hatonn.

(B channeling)

I am Hatonn. I am with you again in the love and light of our infinite Creator. My friends, we have touched upon what is known to you as trouble. We wish to go into this in small detail. We feel there is much understanding to be learned from this concept. My friends, as you know, everything that happens around you is caused by your desires. As you might have noticed, everything that you have desired will eventually come to pass. For, my friends, your existence is based upon this reaction, and you in turn must learn to control it. My friends, you must understand that if you were immediately given everything you desired, it would not mean anything to you for very long, for, my friends, it has been proven many, many times that you shall, we may say, appreciate only that which you have worked for. For this reason, my friends, those types of learning such as trouble and sorrow have been placed upon

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your paths that you, my friends, might grab hold and place it back.

Now, my friends, you must understand that although we have said love is all there is, there is, indeed, much negativity within your existence. My friends, you will see it upon your whole path, for, my friends, it has been placed in front of you that you may help yourself or those about you by dealing with these lower energies. Now, my friends, we might add this note of advice: realize that all that has happened to you is placed upon your path so that you may learn. So we say, whenever you are confronted with any type of challenge you do not understand, think first, my friends, of what the reason might be for this obstacle, what you might learn from it. My friends, if you put these sorrows in their right perspective, you will find, even in the deepest pit, that there is indeed a light up above that you may climb to, and thus dwell within the love and light of our infinite Creator.

My friends, many entities such as yourselves have allowed themselves to become stagnant because they do not face their, shall we say, troubles and deal with them. My friends, we are indeed aware that this is much easier said than accomplished. But, my friends, you must attune yourself to this train of thought so that it becomes a, shall we say, automatic occurrence. There is much to be learned, my friends. And there are many who wish to be of help. As we are here, my friends, in order to help you, that we ourselves may evolve, this opportunity is also given to you, that you may evolve through the helping of other people. My friends, this help cannot be acquired for others until you yourself have dwelt within this light and love, that you may learn.

My friends, remember also that we are with you and await your request, that we may help at any time. It has indeed been a great honor to share with you in your meditation. And as I leave this instrument, my friends, we will pass among you that you may feel this great energy we call love. For, my friends, since love is all there is, there can be no sorrow. You yourself have put this name upon the experience you are passing through. If you will but look around you, you will see many, many things to, shall we say, remind you of love. We leave you now in the love and light of our infinite Creator. Adonai, my friends. Adonai vasu borragus. I am Hatonn.

(Carla channeling)

I am Laitos. I greet you in the love and the light of our infinite Creator. I wish to speak briefly with you, my friends, about the energy that we do send to you. Each of us in the Confederation of Planets in the Service of the Infinite Creator is here for one reason only, and that is to send you our love. We do this in many ways: we speak with you intellectually through channels, we send to your planet as a whole our vibrations of love, and to specific groups and individuals, when they request it, we send a type of energy which has sometimes been called the conditioning vibration or wave.

This conditioning is one of several types of carefully beamed vibratory energy which we can send. We prefer to send this type rather than the more physical types of energy which have been used for some channels, which involve actual physical control of instruments, because other types which involve control are somewhat uncomfortable and because we do not feel that it is as important to give you specific information as it is to give you total freedom as a channel to choose at any time that which you wish or do not wish to receive.

Our conditioning wave is a wave which is designed to enhance your own meditative spiritual wave. As we have told you many times, my friends, you are very much like a radio, in that your brain is capable of receiving and sending on various frequencies of electromagnetic vibrations. These frequencies vary from what would be called lower vibrations of energy to the higher, finer or more spiritual vibrations. We enhance the vibrations that are comfortably within the spiritual realm, so that you can pick up in a much stronger sense the spiritual thoughts that may be coming to you from various spiritual sources. We, of course, are not the only voices on that particular wave-length, as you might say. You yourself have a higher self which may wish to speak with you at any time, especially when you are in some doubt as to your course of action. It is difficult for a person to come in contact with his higher self in a conscious manner. The most common way for one to become aware of his own higher self is for one to dream, and then, upon awakening, interpret that dream. Many communications are had in this way. And yet, meditating, you tune into the spiritual source closest to you, which is your own higher self. You have guides, my friends, such as you would call angels,

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watching over you. This has been said in scripture and is indeed true. You have not ever been, and will never be alone. You truly have those who care for you on every plane of existence.

You may tune into the brothers on this same length. This is the vibration which we send to you. If you do not wish to become a channel, there are still many uses, as you see, to this vibration, and we send it very gladly. You need only request it mentally. If you receive the vibration and for some reason it is uncomfortable to you, request mentally or aloud that it be discontinued and it will immediately be discontinued, for that which you desire is above all things important to us.

We thank you for this opportunity to explain the energy which we send to you. It is the energy of love, and yet it is a tuned energy, and this we wish to make known to you. Before I leave, I would like to ask if there are any questions?

(Pause)

If there are no questions, I will leave you now. I wish you joy upon your path, my brothers, great joy. Love one another, my friends. I am Laitos. Adonai vasu. ♣

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Sunday Meeting
September 19, 1976

(H channeling)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. It is pleasing to be with you. And indeed, it is a benefit to us to be able to share with you the knowledge that we have acquired throughout our existence and through our experience.

We, of what has been referred to as the Confederation of Planets in Service to the Infinite Creator, have come to your planet, to this planet that you call Earth, to give unto those who would request our thoughts, or shall we say, guidance and inspiration. We wish only to share with you that which we have to offer upon the intellectual and spiritual realms. We wish not to interfere. Nor shall we under any circumstances force our communications or assistance upon any individual. For we are aware of certain laws which cannot be violated without retribution and one of those is to abide by and allow any individual to choose that which they wish to experience at any time. We simply allow those who would not wish to seek out any form of enlightenment to continue their growth processes. We send them our love that we interfere not with that which they desire to do. The reason we have come is to offer our assistance. And it is pleasing to us that you have chosen to listen.

We of the Confederation have been about your planet for what you would call centuries of time. We have provided intermediaries, you might say, who have come onto your plane of existence and acted as teachers among your peoples. Many of these teachers were greatly misunderstood, even that one with whom you are so familiar who bears the name of Jesus. He taught that you are also the children of the Father that sent him. He taught the concepts of oneness and equality of all beings. He demonstrated the abilities of the consciousness of that which you would call super-intellect, or consciousness. And as he did so he informed those about him that it was within their capabilities to do likewise. And this, my friends, is one of the greatest truths which was not comprehended and which has not been utilized or taught in the proper manner throughout the centuries that have passed since he was here.

We say to you that it is you, my friends, each one of you on an individual basis has within you the ability to achieve all that you would desire. You have within you the ability to create that which you desire to experience. You are an extension of that which we call the Creator. You are His thought patterns projected throughout the infinite universe. You cannot be separated from Him, nor can you be separated from one another. Yet, you have been given the opportunity to express that creating force through your personality and individuality upon this

physical plane of existence, in order that you might come to the realization that, indeed, all things are divine and unified. As you travel in different directions as projections of His thoughts, you shall find that the directions begin to mingle and that your paths begin cross with those of other individuals with whom you feel a great closeness upon contact. My friends, this is nothing other than recognizing within them the true identity of yourself.

You of the planet Earth, as we of the Confederation, are constantly working together in bringing about the elevation of all creation. And upon your Earth sphere, man is now presented with the opportunity to bring into being the highest form of what you would call civilization ever known to your planet. For you are presently ending that which is called a cycle of time of existence. All things return from whence they have come. Thus we speak of cycles. Things flow around within the universe and yet, there are dimensions of physical planes of existence which overlap and which are not recognized by those within them. And thus you can transgress into a cycle of experience of time which you would consider to be of a more elevated nature.

As your planet completes its present cycle, it is presented with the opportunity to transmute its entire physical form and all things upon it into a higher vibratory field, or a higher cycle of existence. And we say, my friends, that indeed the planet will do so. For by the abuses placed upon it by its inhabitants, it has earned the right to this opportunity. And you, as an individual, must also earn that right to be transmuted with the sphere that you occupy.

And this is done through the processes of spiritual evolution of the raising of consciousness. It is your responsibility to yourself primarily, and through thyself to the Creator, to seek out that channel of experience which is most fitting to you and gain the knowledges and the wisdom and understanding that you require to bring about this progression. It is by your efforts that you evolve. Those who do not choose to go on with their, shall we say, paths shall receive the opportunity to repeat this cycle of experience. And they shall not be aware of what is transpiring. Yet those who seek out the truth, who seek out the Creator within them, shall be aware of all things. Seek and you shall find, as the Master has said. This is an irrefutable law. Ask and you shall receive that which you desire. But be careful for what you ask, for, my friends, your very thoughts are the creation of your experience. Those thoughts of a negative form which you may label them, my friends, they shall bring to you that experience. Perhaps cloaked so that you do not recognize it. So be careful, guard your thoughts. Learn to focus your energies in the proper directions. Learn to think in the proper manner. And learn, most importantly, to go within yourself and achieve the union which is of necessity with that portion of the Creator's consciousness that lies within your being.

You are the perfect manifestation of that which you have chosen to be. And you possess the power to function properly or improperly. It is your choice. It is your evolution. It is your experience. And it is yours to do with as you would choose. Consider these thoughts. Consider your present position. Consider what it is that you desire to do, and by all means set forth the energies and achieve them for it is your birthright to have that which you desire. I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am now with this instrument. And I greet you once again in the love and light of our infinite Creator.

My friends, to accomplish that which you wish to do, to gravitate, shall we say, upward on the spiritual path, may seem many times to be a very great effort. And we say to you that your will and your desire and your efforts are all-important. We cannot repeat too often to you, for truly you will get what you desire. Therefore, desire carefully and constantly. We wish to assure you, however, that it is not expected or at all natural that the effort alone will give you wisdom. For mankind can work and work, but without the spirit, the soul that is within him, that is his higher self and that is the spark of the Creator, he will achieve nothing but weariness. And many who have beaten their heads against the wall seemingly hopelessly have become heartbroken and convinced that there is no Creator and that there is no reason for living and there is no hope beyond the present physical existence.

Effort is only the seed, my friends. The fruition comes in meditation. The fruition comes when, in your desire, you stop talking and begin listening. Truly, those upon your planet are understandably bad at listening for your physical ears are beset day and night by noise and more noise, and most of it

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not at all important, on any level. Therefore, in order to protect yourselves from this constant noise you yourselves are constantly thinking, constantly generating a defensive wall of selfhood. But, my friends, as long as you are thinking and talking you cannot contact that wisdom that is within you, that is sleeping. You may meditate for a long time before you feel consciously that you have contacted wisdom. You may meditate for a long time before you begin to feel warmed by the presence of love. That is how hard it is to open the door that those of your people who live in this civilization have begun to experience as closed. It is a thick door. Many of your peoples do not even believe that such a door exists and that beyond it there is a reality. So we say to you, seek, and then in your seeking, meditate.

The great secret to, shall we say, getting out of the rat race, is to realize that you and only you are responsible for yourself. Let us draw you a small picture, my friends. You are an entity that has lived forever and will live forever. You are whole and you have a form that has been building and shaping itself and you are a certain way and you think certain thoughts and you are dwelling in a tiny little ball that circles a sun in a very small corner of a totally infinite universe. And you are in a classroom that is much like a circus with many things to see and many things to behold, and you are observing and you are attempting to learn. People may have attempted to tell you that this is a perfect world and that all things are of love. And you have said, "How can that be? There are horrible things in this world and they are not of love." Both are true, my friends. Your illusion is made up of many vices, some of which are so strongly on the negative side that in them exists the thought forms of what you call Satan. You know and you have felt horror and despair at the more negative of those things that those upon your planet do to others and to themselves.

This is your classroom, my friends. And we say to you that the energy that created all of these wrong thoughts was originally love. And those who were conceived in love by their free will have chosen to separate themselves into thoughts that are not of love, but are dark shadows across the face of love. But you are there, my friends, and you are to learn. See yourselves as the generators of your own destiny. If you will see your life as a work of art, you may think that life is something that happens to you, that you are the recipient of various good and bad things, but this is not so, my friends. And when you begin to take new responsibility for the way you act, no matter what happens to you, for what you are putting out, when your emotions and your words and your gestures and your actions begin to form a harvest of that which you are learning in your meditation and in your reading, then you have made the great step, my friends.

Then you may begin to become more confident of graduating from this school, of getting out of this rat race, as you would call it. When you leave your physical form, as you all will, and when you look back, you will see this life that you have lived just as you would see a work of art. And you will see whether you have written badly or well. It matters not if you make mistakes; you can but learn. And each attempt to show what you have learned will sound a chord within your lifestream that is very sweet.

The days may seem to move very slowly and many hours may seem to go on forever when you feel as if you are under fire by a hostile world. But your life is short, my friends. You are standing on a ball and you are learning. Connect with that source of love, a source which is rich in humor, a source in which you can relax and trust that there is no power on Earth, no matter how dark or dangerous it may seem to your physical eyes, that is as great as love. Your body may die and evil forces may cause you harm, but the harm is illusory. For that which you give from your inner spirit is the only reality for you. And no power can aggregate that of love within your spirit.

I would like to open the meeting to questions at this point. Are there any questions at this time?

(Pause)

I am aware of questions in the air and I would say that there is no situation in which there is not freedom. That which is bound by the Earth is only bound in illusion. That which differentiates man from the consciousness of the trees and plants and animals is his imagination. I would say never consider yourself bound, for your imagination will take you away. You must have confidence in your own ability, in your own work. You can break the bonds on any prison, not by actions where actions would be a stumbling block to others, but in your mind. Make the place for yourself that you desire in your mind and go there.

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I would close through another instrument. I will leave this instrument.

(B channeling)

I am now with this instrument. I am Hatonn. I again greet you in the love and in the light of our infinite Creator.

I would give you but a few more minutes, my friends, but I feel the need to go into a bit more detail on what we have mentioned as your path. We have mentioned before there is an energy within your experience which is known as negativity. My friends, as we often said, there is no energy stronger than the energy radiating from love. Now, my friends, you may not understand the meaning of what we have mentioned as your path. My friends, as there are many, many of you upon your planet, it has been designed, my friends, by our Creator that there is yet that many paths that may bring you to an understanding of a more spiritual existence.

Now, my friends, again as I have already mentioned, it is truly a blessing from our Creator that He has bestowed us all with that which you may call free will. Now, my friends, before you can start upon your path, you must first understand what type of path you may embark upon. My friends, as your seeking has brought you here this evening it will bring you many places that you may experience what, shall we say, you may wish to. I would say in your every deed, my friends, look for the energy of love. Surround yourself in this energy, my friends, and you will find that an energy as strong as this may repel any negativity that may wish to cross in front of you.

Now, my friends, as you continue upon your path you will find many lessons. These lessons, my friends, have many times been referred to as troubles or problems. My friends, when you are met with such a situation, may we suggest that you go within. Question yourself as to what you may learn and why you are experiencing it. Now, my friends, you understand that it is very easy to speak these words. But yet it is a totally different experience when trying to act it out. But, my friends, upon initiating yourself upon this path you will find that there are many, many there to help you but they may not help you without your desire.

It has been an extremely great honor my friends, to share with you in your meditations. If you will linger but a minute, if you will linger but a moment, it has been requested that you may feel our presence. Relax, my friends, and I will leave you. I am Hatonn. I leave you in the love and the light of our infinite Creator. Adonai. Adonai vasu borragus. ⚘

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Sunday Meeting
September 26, 1976

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. It is a great privilege to be with you and I greet each of you. We offer you our love. What we offer you, my friends, O men of Earth, what we offer you is more precious than any treasure you can imagine. And yet we mourn that so few know of the treasure of love. O men of Earth, we speak to you now in sorrow, that so many of your peoples value only those things which cost what you would call money. O men of Earth, you spend your time seeking after so many things that do not advance you on your spiritual path. How long will you sleep?

We speak to you in this manner, my friends, for we know that you, too, spend time in mourning over that soul within you that cannot be given its place in your own universe. We know that you, too, mourn for your planet. But your planet, my friends, shall we say, in general is in a very difficult position at this time, for the desire and the thought of those upon your planet have caused the situations to arise in which war and the government which provokes war seem to be a totally unchangeable set of parameters, out of which there is no way whatsoever.

Yes, O man of Earth, we do mourn with you. But, my friends—and this is what we are here to tell you—if you know who you are, at all, you can begin at this moment, at any moment, to seek out the miracle which that which you would call Christ-consciousness may do for you. It is true, my friends, you cannot save your planet. In general, the thinking has been aligned in an incorrect manner and many, many upon your planet will not achieve enough understanding of love to go on, but will have to repeat this cyclical experience.

But you, my friends, each of you, if you know at all who you are, you know that the miracle is very near, is close, and can be right now. In your holy works, it was reported many times that the one known as Jesus performed miracles. He opened ears that could not hear and allowed the blind to see. And yet, how many of you, my friends, suffer in a spiritual manner from stopped ears and blind eyes and closed hearts? Have you gone through this day in some degree unhappy? Frowning? Struggling? Then you have need of a miracle, my friends, and the miracle is very close.

What we are saying to you is simply that you can, at any time, make a change in your consciousness, not by yourself, but by what you would call the grace of the spirit of love. We have said to you so often to meditate and we say it once again. Not only is it difficult to live with a consciousness that is unhappy, irritable, frowning or afraid, lonely, in other difficulties—not only is it uncomfortable for you, but also your higher self mourns and this seeps into

your consciousness, and you feel sad for your own difficulties.

Now, this moment, my friends, take your birthright! No man need change. The saints were only conscious of the reality of love. That human personality will continue on, with your encouragement or without. Yet if you seek love, by grace you shall find it. I will transfer at this time. I am Hatonn.

(H channeling)

I am Hatonn. I am now with this instrument. When we speak of the reality of that which you call love, we speak of a universal concept. We speak of a concept with which all things have been created. We speak of a concept which contains all things that you experience. And man of Earth looks about him, and he sees about him that which is disagreeable to what he would desire. And he labels it, what you would call, to be bad or negative.

Yet in essence, my friends, that too is the love of which we speak. For in order to look upon any situation, any experience, or to receive any knowledge, and to have the ability to accept or reject through your own analysis that situation, is truly a gift of love from the Creator. And in order to properly do so, it is necessary that you [have] the balance of the concept of love. For each and every experience there is that which is what you would call the opposite, and through the knowledge of each, you then have the experience of being able to bring into balance both positive and negative aspects in your learning process. Without the knowledge of each, it would be of greater difficulty, or shall we say, even impossible for you to proceed upon your path of truth and enlightenment. For, my friends, without all things that exist within the universe, our creation would be incomplete, and so would our experience.

And indeed, though it be infinite, my friends, our experiences are complete. They are complete, insomuch as they are the manifestation of the concept of love, brought forth through the Creator and His gift of creation to us.

Love, my friends, to those who truly understand, is the tool by which they create. It is the tool or the law by which they live. It is the words they speak and the thoughts that they project. Love, my friends, is that which the Creator is and always shall be. In order that you may come into a clearer understanding of this concept, it is not only necessary, as we speak, for your daily meditation, it is also necessary that you go through the experiences and lessons of your life, and that you meet that which is placed before you, whatever it may be, as a stepping stone upon which you must tread—lightly, regularly and knowledgeably. Meet that which is placed in front of you. Do within that circumstance the best that you know how. Love the experience entirely, whether it be painful or pleasurable. For, my friends, in all things there are lessons that you must learn in order to progress. And placed before you in life there is nothing of coincidence. There is only that which is intended to be learned.

There was one upon your planet with whom you are familiar, whom many call Master. And, my friends, that name can be yours. That concept that he represented, of love, can be yours. Learn to meet head-on all things in the light of love and you shall learn to master all of your emotions and thoughts, and you shall learn to generate within you a brightly luminous flame from the spark of divinity that is within you. Radiate from within the love that you learn, the love that you are, and the love that you know you shall be. For love is ever-growing and never-ending. Love never is depleted nor divided. From within you comes all things, all things that you desire. For indeed, that love within you is the creative force within the universe. You are an extension of the creation, you are the creation, and you are the Creator. You are the light. You are the way, the knowledge, wisdom and truth. You are in the Creator as He is in you, and though you do not understand it through the utilization of your intellect, in true essence you are all things.

I shall once again transfer this contact. I am Hatonn.

(Carla channeling)

I am again with this instrument. I will open the meeting now to questions, but before I do, my friends, I would answer a question which is on the minds of several, including this instrument. We are aware that some of you question how we can communicate through instruments when there are members of the group who are sleeping[1]. Very quickly, we can speak to any group of people in

[1] A member of the group had fallen asleep early in the meeting and was breathing heavily.

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which there are people who are resting, in which there are infants who are resting. Our difficulties in speaking to groups come only when there is a person within that group, of any age, who desires not to hear what we have to say. If there is one such person, then we cannot speak.

Of course, my friends, it is not necessary that a person be fervent and faithful before hearing us. It is only necessary that he be open to hearing our words.

Are there any questions?

Questioner: Can we receive personal guidance from you when we are alone? Can you direct us in our actions?

We, as the brothers of Hatonn, will not direct or give advice at any time. However, at any time that you desire our aid, we will send to you a vibration or wave which is sometimes called the conditioning wave. This is, shall we say, a general all-purpose spiritual frequency. As we become more familiar with you, we will tune it to your own need. It is designed to intensify your own vibrational pathway to your higher self, which dwells within the Creator. This higher self, which is the Creator within you, may then speak to you, and it is the higher self which most certainly will direct and guide and give and enrich your spirit. We are only instruments, shall we say, shepherds. We can offer you the waters of wisdom and in telling you to meditate, we point out the location of the stream whence that water flows. But you, and only you, may drink and be refreshed.

Therefore, seek us, indeed, in meditation, and we will endeavor to aid you. But never in any way will we advise you. This is the prerogative only of your higher self.

Does this answer your question?

Questioner: *(Inaudible).*

Is there a further question?

M: Can meditation provide technical insights?

Each upon your planet has access to an infinite amount of knowledge. Each, through his various experiences previous to this one, is peculiarly suited to receiving certain types of information. The answer, in general, is "yes." Any type of information that is desired may be obtained. However, the knowledge of your deepest, shall we say, talents will guide you to seek that type of information that you are most well suited to receive. You may think of the repository of information as part of an infinite mind, to which you have access through meditation.

If you are seeking specific information, seek in the name of the Father, as you call Him, and seek to do service by this information. Then, become very aware of those daydreams and dreams within sleep that you may have, for the channels through which information flows from the infinite mind, through the subconscious, as you would call it, to the conscious mind, are quite often the intuitional daydream and the visionary dream. Does this answer your question?

M: Yes. Thank you.

Is there a further question?

(Pause)

We would say one more thing, and that is: to be healed of any disease or any pain, it may be necessary to understand that there is no power, none whatsoever. The Creator is not a power, for if there were one power, there could be others. The Creator is all things, in infinite quantity. It is the realization of the fact that disease of any type has no power that allows harmony to reassert itself. The basic force in the universe, if you wish to call it that, is love, and it has an infinite amount of energy, at all time, automatically attempting to adjust all things to harmony. You may see this as the power of good, and yet we say to you, it is not power: it is all that there is. In a universe that seems many times to be pulling apart, and falling into disorder, it may seem that disorder is a power, yet on the inner planes, become conscious that all that there is is the Creator. And give the disease to this "power," if you would call it that, and the healing will take place. Lift yourself off of this Earthly plane, my friends. In your mind, rise far beyond your dreams and schemes and troubles. The infinite universe, with infinite worlds and planes, awaits your consciousness.

We leave you in that consciousness, in that harmony, in love and in light. I am Hatonn. Adonai, my friends. Adonai. ♣

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Sunday Meeting
October 3, 1976

(Carla channeling)

I am Hatonn. I greet each of you in the love and the light of the infinite Creator, Whose name is great in the heavens and Whose names shall be great upon your Earth. It is our privilege, as always, to speak with each of you and we are very grateful to be a part of your meditation. We send you our love and we send you our thoughts.

Our message to you has always been simple, and yet because, my friends, your spirits are encased in flesh, our message is never understood in a simple manner, for it filters into your ears in such a way that the simplicity is lost. We tell you that all things are love, that you are love, and that your entire existence is a process whereby your whole purpose is to become aware of your true nature; that is, to become aware of the oneness of all things and of the nature of that one thing as love. It is a simple message.

Yet it is only truly simple if you are not encumbered, shall we say, by that which you call flesh, or that which you call the physical plane. It is said in your holy works that you were created a little lower than the angels. And yet, my friends, this is so, this is your particular place in the order of things. Below you is the rest of the natural creation that you can see, animals and plants as you call them, their consciousness being totally within that which you call the physical plane. They are contented and very aware within that plane, and because they are not distracted by dreams and abstractions, they are more aware within that plane than are you.

Those beings that you call angels, and we ourselves, no longer encased in physical bodies, need no longer be distracted or amazed or delighted with the various experiences of your flesh, and before us always, clear enough that we can always see it, is the Father's wish for us, so that we at all times do not have to choose between right and wrong, as you do, for always before us we see the will of the Father, because that which you would call "thought" and "wish" is visible to us, and nothing is hidden. You have a difficult way to go, my brothers. You are neither flesh nor spirit, but you are both, and it is your particular task to learn how to let your spirit rule your flesh. It is necessary for you to choose, with both choices available, before you go on into the sphere where you are spirit alone. For the Father gives free will to His children, and each of us chose at one time whether we wished to go on into the realms of spirit.

If we moved into the realms of spirit before we had chosen to leave behind both the troubles and the glory of the physical plane, then our free will would have been taken from us. This is the reason, my friends, of all of the difficulties and pleasures of the physical plane. They are there for you to enjoy and to learn from. They are there for you to be able to make a choice between seeing the world as if you

were an animal, knowing only those things which you could see and feel, and seeing the world as spirits, so that all things have a religious or spiritual significance.

And so there is a choice that you make, in action and in words, which is based on your desire to seek the Creator and to be of help to all your brothers. Now the message does not seem simple any more, does it? Now it seems to become complicated, as you would call it, a metaphysical task in which all of your thoughts have to be hauled out into the open, and you must judge each of your thoughts, and you must judge each day, and it begins to seem like more trouble than it's worth!

Let us go back to the simplicity of our original statement: all things are one. All things are love. To try to describe in your daily life, so that you can see the connection between your life and love—that becomes complicated, and so we tell you to meditate, to find the simplicity within the complication. We are aware of your conversation, and we wish to say that a statement that was made is indeed true, and that statement was that you are here for one purpose only, and that is to gain knowledge, to gain understanding. This is not a selfish purpose. This is not an egoistic search. This is, indeed, your whole reason for being here. You did not create yourself in the human sense. The Creator that created you desired that each one of His children learn, of his own free will, to love Him and to [serve] each of his brothers. As each of you goes about your daily existence, the very nature within you cries out for learning and for understanding. This is your birthright, and far from being selfish, it is the whole purpose of your existence. Anything you may do for others must first spring from your understanding of yourself.

We especially wish to say to you this evening that it is very important that each of you has or begins to cultivate a feeling of confidence and faith in himself. In your holy works it has been written that there was once a father with two sons. And one son was, as you might say, "no good." The other son was excellent in every respect and stayed by his father, always working, always loyal. After many years, that son that was no good came back, and the father was incredibly happy. It is called the story of the prodigal son.

Each of you, we know, is in some ways a prodigal son, and it is written in your holy works, and you may trust that, that the Father is extremely glad to see you coming home. Each of you is a treasure beyond words to the Father. Love abides for you and in you from the Father. No one and no error can take away the fact that you are the son of the Father, and all that He has is yours.

Therefore, in all that you do, cultivate confidence in your own basic nature, for out of confidence may spring a far different degree of ability to express those things which you may know to be correct to do. Confidence causes you to relax and enjoy yourself, and we say to you that if you are enjoying yourself, then you are on the right track. The spiritual path is a narrow one, and there are many trials, but there is abundant help, for the love of the Creator is always with you. And He can lift you over the rough spots, and pick you up when you fall, bring you back when you stray.

We are high above your dwelling at this time, approximately eight miles, and the situation is slightly unusual in that we are speaking to you, shall we say, in person. Sometimes we speak to you through what you would call machines, but we happen to be able to speak to you personally this evening and we especially wish to give our love to you. Our people send our love to you always, as one being.

We will pause for a time, while our brother Laitos sends energy to you, if you will relax and open yourself to it.

(Pause)

I am again with this instrument, and I greet you once again. At this time, I would like to ask if there are any questions?

B1: Will it be possible to see you in the future?

I am unable to say. We would like to show ourselves to you, even at this time, yet because of the vibration within your particular area, it is not possible at this moment. It was more possible for us to show ourselves to you when your meetings were in a more rural atmosphere, and we could appear without violating the free will of others. However, we will see.

B1: The vibration's been getting stronger in this area?

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It is somewhat difficult to explain through this instrument, for she does not fully understand the concept that we are giving her, but let us say that there are people within this particular area that are able to see within the sphere in which we would show ourselves to you, yet who do not wish to see us. Often we are able to show ourselves to those who wish to see us, and remain invisible to those who would not wish to see us. However, there are people who have enriched their ability to see into higher planes, yet who have, shall we say, forced this growth without an accompanying understanding, and they do not wish to see us. Therefore, we are in a peculiar position. It is possible that, at some time in the future, the situation will not occur. It is somewhat unusual.

Is there another question?

(Pause)

We would answer a question within the mind of the one known as G. The so-called conditioning wave, as we send it to you, is not physical in nature, although it is of an electromagnetic nature. The vibrations are such that it would not register on any of your instruments. Therefore, many of those upon your planet do not feel this energy as it reaches them, due to the fact that their receivers, shall we say, are overstimulated by more physical stimuli, such as some of your drinks such as what this instrument would call caffeine-flavored, or by smoking, or by medication, or by constant noise, or by any of the other distractions that may occur within the physical that blunt the finer senses. Those who feel this energy often have a natural talent, which is possible, just as there are natural talents for physical exercise or for music or for painting, or they have developed the ability to sense energy through a certain period of meditation. There are some people who can never physically sense the energy, although almost each person who attempts to sense it will ultimately be able to physically feel the manifestation.

In no case does this mean that the energy is not being received. Since this energy is an intensification of your own spiritual vibration, it is simply an aid to your own meditative link with the Creator. Therefore, if you do not feel that which is the conditioning wave, yet it is still working for you, shall we say, and we encourage each of you to go ahead with meditation in any way that you feel comfortable, for truly it is not for, shall we say, the show of it that we are here, but simply to help you. And those students who are distracted by various, shall we say, physical manifestations of the spiritual must simply remember that it is the underlying spiritual value of a manifestation that is important, not the manifestation itself.

I would like to attempt to transfer to the one known as B2 to close the message, if he will make himself available to our contact. I am Hatonn.

(B2 channeling)

I am Hatonn. I shall attempt a communication through this instrument *(inaudible)*. We shall go slowly with this instrument, for we feel the need, shall we say, of precaution with this particular instrument at this time. We attempted earlier to contact this instrument *(inaudible)* conditioning was apparently too *(inaudible)* one *(inaudible)* as it is in all creation *(inaudible)* of love.

(Pause)

Be patient, we shall *(inaudible)*.

(Pause)

The instrument is weak and wishes to discontinue. We leave you in the love and the light of our infinite Creator.

(Carla channeling)

I am Nona, and I greet you in love and light. My friends, I come to you on the wings of the wind that whistles through the empty space, through the countless, countless miles, as you would call them, in the universe. I come to tell you simply that the universe is a place of great wonders, infinite splendor, and it is yours to explore. Our brothers—what a wonderful, beautiful place we dwell in. All that you can imagine, you can see; the farthest reaches of your thought are places you can go. Each morning that you awaken, a wonder awaits you, if you have but the eyes to see. It has been said many times, but we say it to you, it may rain, but, my brothers, look for the rainbow, for it is truly a beautiful, beautiful universe, and the rainbows are everywhere. I send love to each of you and peace. I am Nona. Adonai vasu borragus. ♣

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Sunday Meeting
October 10, 1976

(H channeling)

[I am Hatonn.] …you have many times heard me speak. You have many times understood. Yet there have been many messages which contain great value which you have not completely comprehended. And we have given to you the clue, time and time again.

The clue, my friends, is understanding of meditation. Meditation, and the knowledge that you receive, shall be clear and unmistakable. For we can say to you, in order to penetrate that which you call your intellect we can only achieve a portion of true understanding through the intellectual processes.

You, as brothers and sisters on the planet Earth, have an obligation to one another, and that is to love one another. And you may ask, "How is it that I am able to learn to love those who would not return that love?" It is, my friends, to be known that love is something that is contained within you, in infinite abundance, and it is replenished and multiplied by sharing with others that love that is within you. Love is not of a selfish nature. Love possesses nothing. Love asks nothing in return. Love is a state of, shall we say, consciousness which is pure and unaffected by its surroundings. Once you truly understand this, then you can truly begin to know the concept of love.

You on the planet Earth have come here for this purpose: to learn, to understand the concept of what we call love. You have been given the opportunity to grow, one with the other, and you have been given the opportunity to share, one with the other, your experiences and your knowledge. As you are aware, you face a period of time in which, shall we say, your growing processes shall be speeded up. The love which you have come to realize shall now be put to the test. You, as the instrument of the infinite Creator, are to love all things constantly and infinitely. You are not to ask for the return of that love. You are to go into those situations that influence you in the world that you are in, knowing that you shall come forth after the completion of that experience still loving those with whom you have learned and experienced with.

In your life cycle you shall know many whom it shall be difficult to love. But, my friends, if you are truly to know the entire content of this concept, then it is necessary to have these experiences, for it is easy to love those who would return that love, yet it is difficult to love those who return what you would call hate.

My friends, you must realize that the love that you give shall indeed be returned. It may not come quickly, yet a portion of love, with what you call patience, will come. Be patient and you shall receive that which you have earned through your right actions, through your sharing of love. Turn to one another. Do what you can to help each other. Know

that you are perfect; know that you are love. And be the exemplification of the love that you desire to receive.

For, my friends, in this universe like objects attract one another, and for you to receive the love that you desire, it is necessary that you be that love, without fault. For if your love is faulty, so shall be that love that you receive. You are the creator of your experiences. This we have stated many times. It is time that you understood the creation in which you have placed yourselves.

Guard your thoughts, my friends. Purify your thinking processes. For your thoughts are your creations, and with them you must live. And if you desire to live in a constant environment which is agreeable to you, then so must be your love. It is possible for you to achieve, and it is your birthright. You are here to learn these things. You are here to receive what you learn, and, my friends, in this lifetime you can [learn] all that you desire. Discipline yourselves. Be the masters of your environment. Receive the assistance that is being given to you, and place not barriers about you—barriers of doubt, barriers of confusion. Know that you are protected by the infinite Creator's love *(inaudible)*. Know it without doubt. Know that you shall achieve your desire. And in truly knowing these things, they shall be done.

I shall transfer this communication. I am Hatonn.

(Pause)

(H channeling)

I am once again with this instrument. We are attempting to communicate with the instrument known as B, yet there is some difficulty in that the instrument is analyzing his reception. I would once again attempt, if he would please refrain. I am Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. Again I greet you in the love and the light of our infinite Creator.

My friends, we have been together for a period of time in which we have attempted to make understood to you many new concepts. Now, on your plane, you may attempt to go to what is known as a school so that you may develop much knowledge in the hope that you may someday acquire enough of this that you may teach others.

My friends, the time flies by, to even a quicker pace. You have learned much. Now, my friends, I do not say that you have learned so much. But it is now your place to go among your people and to teach. For, my friends, many things are understood by you which cannot be put in proper phrase. As you sit and meditate, you feel this energy called love, but yet you cannot properly define it. I grant, as yourself, that it has taken us, upon many journeys, to learn the truth we have now developed.

My friends, as always, we are at your disposal, and will help you in any way you would request of us. We remind you again, my friends, that when you leave this room, you will attempt to keep this energy vibration which you now experience at a high level throughout your day. As I have said earlier, like entities attract each other. You will find this very valuable in acquiring new information that you will need. I leave this instrument now. I am the one known to you as Hatonn. Adonai, my friends. Adonai vasu borragus. ♣

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Friday Meeting
October 15, 1976

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of our infinite Creator. I am the voice of one who is with you always. As I and my brothers are very grateful for the opportunity to speak with you and to share your meditation, I especially greet each of those who are new to our thoughts. It is a great pleasure to be with you, and we hope we can be of help.

We of the Confederation of Planets in the Service of the Infinite Creator are here with you at this time to share with the people of your planet a very simple thought, a very simple concept. That concept is love. We have been here before, and we are here now, to share this concept with you.

And yet, we have had our difficulties with your peoples. For the concept, my friends, is too simple. Love, among your peoples, has become very complicated, very devious. Yet the very essence of love as we share it with you is that all things are one, that you and I are one, and that you and your brother are one. In love you were created, and your original vibration is pure and identical to the original vibration of all that is around you. And as you share this original vibration, your brotherhood becomes apparent.

This, my friends, is the way it should be, yet it is not the way your planet is functioning at this time. This you already know, but we touch on it because it is the heart of why we are here. We feel that those to whom we speak at this time know this already, and that each of you is already seeking through his life to better this understanding. My friends, we know that that path is steep and rocky, and we ask that you take confidence in your path. Take heart in your mission to be of service and to give light, for this is truly the one thing that is of importance, and you are not incorrect in attempting to direct your lives in this seeking.

We share with you the thought that through others you may see the Creator, and others may see the Creator through you. Yet of yourselves, you cannot give or receive the love of the Creator. It is only through the consciousness of the Creator Itself that you and your brother are one. Of yourself, you cannot do what you wish to do. You cannot depend upon your own resources. Yet you have infinity behind you, the storehouse of talents and power and ability so great that you can never exhaust it. Your cup may always run over with all that you need, if you can but remember whence love comes.

Love does not come from others, nor can you call it from within your own heart. The Creator that is within you, and that exists as your heart and soul, is your link to total and infinite love. Never depend upon yourself. Never shame yourself if you have been inadequate. Know only that you simply failed

to ask the Creator, and next time, remember. In this way, you may meet each situation in life as a rich man who has so many assets that he cannot count them. In this quiet confidence, many, many things can be met with love and with graciousness, whereas if you were to analyze the situation in terms of your own abilities, you would say, "I cannot handle this situation," and, feeling poor in spirit, the situation would overcome you. This is never necessary, for you have all that you need from the Father. Just remember that He gives you what you need, and seek the connection with Him.

It has been written in your holy works, "I have meat that ye know not of." This was said by the master known as Jesus. And he was speaking of that connection with the infinite storehouse of the Father. Those upon your planet have put value on things that can be measured, and one is considered a rich man if one has a certain measurable amount of certain measurable items. Yet all of these things that can be measured will also rust and spoil and die. And so will your physical body. So seek, each day that you can possibly find the time, for that link between yourself and the fount of all love, and at this fount, refreshed in yourself, you may always be a blessing to others, as you wish to be.

At this time, we would like to pause in order for our brother Laitos. We will return to this instrument. I am Hatonn.

(Pause)

I am Laitos. I am with this instrument, and I greet each of you in the love and the light of the One Who is All. It is my special privilege to work with channels, as you call them, and as we have several new people here, I would like to share with each of you that which we call the conditioning wave. It is a type of energy which enhances your own spiritual vibration, so that you may the better have contact with your own spiritual sources, as well as with our thoughts, if you wish them. I would like to pause at this time and move among you and give each of you a feeling of our presence at this time.

(Pause)

I am again with this instrument. Before I leave, I would especially like to contact the one known as G. If she would relax and make herself available to our thoughts, we would like to say only a very few words through her, in order to let her know what our contact is like. We are always pleased to have potential instruments for our thoughts, for there are times when information may be needed, and our ability to speak through those who wish to be of help to others is most appreciated. I will at this time attempt to speak just a few words through the one known as G. I am Laitos.

(Pause)

I am again with this instrument. We are having a slight problem due to the fact that the instrument is not aware of how similar our thoughts are to hers. The impression that we give to an instrument is simply a thought. It is generated by us rather than the instrument, but it will not continue unless the instrument speaks it. If the one known as G will simply speak what comes into her mind, then we can speak through her. We prefer not to use the stronger conditioning wave, where there is a physical ray, for this causes physical discomfort and tension within the instrument. We prefer the more conscious and free communication of this time. We will again attempt to communicate through the one known as G. I am Laitos.

(G channeling)

All is calm. *(Inaudible)* You are kind. Thank you. We are here, we are with you *(inaudible)*. We are here.

(Carla channeling)

I am again with this instrument. We wish to give great thanks to the one known as G. We are so very pleased to speak through her. We felt that we needed to leave a little energy within the instrument known as G, for the first few times an instrument is used, it is quite a strain. But we are so happy, and we greet the new instrument with much appreciation. There will be time in the future when the flock will need its shepherds. And we are grateful to those who wish to serve in this way.

My brothers and my sisters, there is so much joy, even within the darkness that often shrouds your planet in its vibrational pattern. You can find the joy every day. We rejoice with you in all that you do, for it all is an emanation of love, and the laughter of those who understand rings throughout the universe. Do not forget to meditate, my brothers, we are always with you if you wish it, though we will never be with you if you do not. The free will of each of

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you is of utmost importance to us, but we are here at any time.

I leave you in love and light. I am Laitos.

(Carla channeling)

Greetings, my friends. I am Hatonn. And before I close, I would like to open the meeting to questions. Are there any questions at this time?

P: How long have you been here?

We have been coming here for thousands of your years. We have never been totally gone from your plane of existence since your history has begun to be written. But we have been here much more in force, as you would call it, much more *(inaudible)* of our craft are with you now than at any time in your history of several thousand years. At that time, there was also a situation where your peoples were at the end of what we would call a cycle of time in which spiritual learning was supposed to be completed. At that time and at this time, there was a large failure of those upon your planet to complete the lessons in time. And most of those at this time had to repeat their experiences here before they could go on. Unfortunately, many of those that repeated are not yet certain of what they have learned, and are just upon the verge between graduating and having to repeat again. Yet, this time it is more serious, for it is not only a minor cycle but a major cycle that is ending, so that the repetition this time is more of an investment for your spirit.

L: I would like to know the difference between a channel from your own higher consciousness channeling those thoughts that come from your higher consciousness and the different personality that that seems to be—the difference between channeling that and the brothers.

In one way, there is no difference at all. Those who are used to thinking in terms of space and time find it very difficult to understand that there is no space, but only vibration. The vibration in which we exist and the vibration of your higher self is one. We speak to you, and your higher self speaks to you, from a vibration which you would call a spiritual one. Our information is not ours, as such, for we are acting as conscious instruments of the Creator. We and your higher self are both imperfect. We do not pretend, nor would your higher self, to know the total truth. Yet our understanding has the benefit of more experience than your consciousness. Therefore, the contact is a valuable one.

In truth, we have come to your planet not because the information is not available to each upon your planet from your higher self, but because many of those upon your planet do not have contact with the higher self or even know of its existence. Yet many, especially within the, shall we say, society of science, are more open to the words of one who is in a so-called flying saucer than one who is in a spiritual realm of your own planet and dwells always with you. There are those, who cannot conceive of such a thing as an angel, who can fully conceive of an extraterrestrial being. We are taking advantage of this, shall we say, edge to get the information to the peoples of your planet. It is the same information. If there were any difference, one of us would be, to that extent, incorrect. You will find any spiritual source as being of the ring of truth in equal measure with other spiritual sources. Beware of those special sources which deny the correctness of other sources, or say that they are more correct.

Does this answer your question?

L: Yes, thank you.

Is there another question?

L: I would like to know if there is a correlation between the Confederation and … I know there is correlation between the Confederation and the spiritual … but I would like to have that explained a little bit more—between spiritual experiences through this past age which people have had. What is the correlation? Have I made that clear?

Not to the channel.

L: Spiritual experiences that have been gone through by, for instance, saints. Is this the same kind of communication, and in the same service? Do you understand what I am saying?

We understand what you are saying, although the instrument is not quite clear. We will be able to speak through her.

The creation, as we have said, is a vibrational, shall we say, vortex. The original Thought in all perfection has been prismed like a lens might spread light, so that the infinitude of various colors of existence, as it were, are possible. Those who have mystical insight are beginning to be able to play upon that prism, and move from one, as you would

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call it, reality to another. Those of us who, in this manner which we enjoy, travel through time and space, have learned to play upon that prism with some exactitude. Very few of those upon your plane have become able to travel as we; yet spontaneously, many of those who spend time cultivating the art of meditation have become able to spontaneously slip into a more satisfactory reality for gaining knowledge of the spiritual.

Those whom you call saints have frequently been able to make contact with their guides. Each of you has guides. As it is written in your holy works, each of you has angels that guard you lest your foot stumble. We are not angels, although it has been said laughingly, and in some cases not so laughingly, that we are angels. We simply are not of your planet, and your angels, as you would call then, are. Yet we are beings, and so are those guides whom your saints have seen.

When those upon your planet have seen the Creator, they have moved to a level which is of a finer vibration than the one which we enjoy. We too have our visions of the Creator, and we know, beyond a shadow of a doubt, that there are levels which we have not yet been able to attain. As far as we know, the path of knowledge goes on forever.

L: Thank you very much.

Thank you, for allowing us to share with you. Never thank us, for it is our dearest wish to be able to be with you and help those of your people who wish it in any way that we can. Is there another question?

Don: What about the California earthquake?

We have been waiting for that one! This instrument is in good shape, so we will go ahead [with] the answer.

My brothers, California is doing very well. There has been a great deal of light. We are very gratified by the fact that people have been paying attention to what we have been saying, and to what various other sources have been saying. There has been prayer on the level at which this planet has not seen prayer for some time. These forces have enabled this so-called disaster to be temporarily allayed. We have a probability curve for California now that looks better for perhaps the next eight months. There will be an eventual happening, but each, as you would say, ounce of prayer, of light, which is sent to them enables the difficulty to be ameliorated and delayed just that much more, while those souls who will be affected have that extra time to prepare themselves for that which is to come. We are not speaking of physical preparation. We are speaking of spiritual preparation. At this time we are looking at probabilities an the order of 80 per cent—which is fairly good news—that the area along that fault in California will remain stable except for tremors until early summer of '77.

Don: Okay. What about the proposed contact in a more general way?

We are not able to give through this information, but we can give her the name, Philadelphia. The probabilities on this have not changed appreciably. We will probably not be able to do it as early as summer of '77, but that is our first target date. We feel that we will be able to do a scattered bit of advertising in November and early December, but it will not be on the scale at all of which next summer would be.

Don: What form would this advertising take?

We are hoping to be able to have physical sightings paired with our effect upon your communications, and in one or two cases we are contemplating, shall we say, playing around with your power sources. We wish to emphasize that unless we have a majority of those people in any particular area that desire to see us, we will be unable to have a general display, which makes it quite unlikely that we can succeed.

Don: In Philadelphia?

Shall we say, we have a good market there. There are other locations. We were even contemplating Washington, DC. We have—the closest thing we can give to the instrument is a picture of a weather satellite on your TV program. There are areas of light that show up as we scan your globe. They shift, my friends, yet it is surprising, in your terms, where these areas of light show up. Some places you might think were very *(inaudible)* have enough polarity to be negative, that the light is somewhat canceled out. Your Washington, DC, interestingly enough, is one of your more spiritually aware areas. One would think that all of your politicians would make the area very black, but most politicians feel strongly enough that what they are doing is incorrect that they spend more time contemplating their Creator.

Don: Tell me [about] any other areas.

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There are parts of many states which do not have city-names. You are dwelling within one such area. The western and central southern part of Florida is of a good vibration, and in your mountain areas, there is much lights. Where you would call Seattle area, and east and south from there is of light. There is much light in some parts of your central country, and it is very spotty.

P: Why have the only places you've named been in this country? Will you only be contacting this country or will you be contacting other …

This is worldwide. We have difficulty with this channel because this channel is very ignorant of geography. When we show the picture to her of light areas in other continents, she does not recognize them. We have attempted several times to give through her worldwide information, and she simply cannot communicate what we are giving. We will have worldwide, shall we say, ambitions in this direction, and whatever effects we will have will no doubt be scattered, as you may understand that there are some areas which are more receptive to us than others. We expect to, for instance, have some success in Australia. Rather than the whole world, we can say area by area the probability is higher or lower.

P: *(Paraphrased)* Do you have the power to move things on Earth physically through your mind?

There is a distinction which must be made between what we can do and what we will do. Not we, but we as a spiritual entity, understanding the power of the Creator. Yes, we could ameliorate the conditions completely, just as we, for instance, parted the Red Sea. Yet we have learned through experience that we must not tamper with those things which those upon your planet have brought upon themselves for their own learning. The free will of those upon your planet to experience those things which they desire, even if it be their physical death, is more valuable to them and to us than our desire to see them escape these physical difficulties. Moreover, we may say to you, you have the power through mind alone to cause that fault to disappear. If those upon your planet could only think as one, as it is written in your holy books, you too could move mountains. It is simply that those upon your planet do not know the power of the soul. We suggest that when you are concerned, in all confidence send to the object of your concern the love and the light of the Creator.

B: What, if anything, will happen to the East coast from Virginia on up? In the near future?

We have explained before, but not to you, that we have a difficulty with time. Our probabilities are as waves, the most near in time is a ripple very marked and clear in its outline, yet the ripple in the future is less clear and less easy to pin down as to location in time.

(Side one of tape ends.)

(Don is asking about why so many contactees report medical examinations.)

Don: … Why are they interested in the species? Just for an academic interest in the species?

No, this particular group is interested for a more personal reason. They feel an interest in some of the resources of this planet. They are not of a negative nature, but their interest is more acquisitive than scholarly, shall we say.

Don: You say acquisitive? Acquisitive?

That is correct.

Don: What do they want? Why?

We are attempting to speak through this channel. It is such a different type of concept that we are having difficulty.

Don: Take a crack at it.

We wish to condition the instrument for a moment.

(Pause)

Within your physical plane, within the globe which you call the Earth, there are assets which you have no need of which those of other technologies can use. That is why we say that these people, though they are acquisitive, are not destructive to you.

Don: Why are they examining the people that they take on board? What are the examinations for?

They wish to understand how we function.

Don: Are they third or fourth density?

They are fourth density. Now, you do have a very few third density beings visiting, but this is a far more scattered occurrence.

Don: Is the—do you know of any particular third-density vehicle that has been made known through our research?

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Those that visited Hickson were third density. In South America—we cannot give it through this instrument, it is not in her mind—

Don: Villas-Boas?

This is correct—was third density. You do have your occasional, shall we say, weekend campers.

Don: What about the military police vehicle? Was that third or fourth density?

Third density.

Don: Betty and Barney Hill?

Fourth density.

Don: Walton?

Fourth density.

Don: Sgt. Moody?

Those two were fourth density beings. By far, the majority are fourth density.

Don: Van Tassel?

Van Tassel was visited by those of the Confederation which are not precisely fourth density. You must realize that as, shall we say, with your spies, many times we have a cover story which is acceptable to the hearer. This particular contact was one of the experiments which we tried which convinced us that hothead methods will not work.

Don: Will the Integratron work?

If we ever went ahead with it, yes. However—

Don: Was it the hotheads that gave it to Van Tassel?

That is correct. We simply found that we are no better than our instruments. You see, that is the secret. That is what we find so difficult to remember when we wish to give the gift of happiness and love, peace and brotherhood. We forget that we have no right to impress even the most beautiful of gifts upon people.

Don: Is the taking on board for a physical examination—would you consider that an infringement on free will?

We would.

Don: And the fourth density beings that are doing this are not aware of, shall we say, the infringement?

Many of your scientists know of the infringement of free will upon animals and yet they, in order to gain valuable information, cause this infringement upon these animals. It is in this spirit of a small sacrifice for a great deal of knowledge that this is being done.

Don: Will these exams have the objective of ultimately helping our species or the persons examining them?

This is correct. Not the person in particular but the species.

Don: Can you give me an idea what they're trying to gain from the examination?

If they were to tune to our atmosphere in such a way as to extract that which they need from our Earthly sphere, the vibration involved would need to be tailored to the exact make-up of our species, speaking as you. They are therefore measuring the parameters of function in what you would call your organs, and in your being, in order to discover how best to effect this transfer in such a way as to be of benefit to those of Earth while extracting from the Earth the commodity which they desire.

Don: Now, they want to do what to be of benefit to Earthman? Through the knowledge of the tuning of his organs?

They do not actually wish to be of benefit. They simply wish not to be of harm.

Don: And the harm could take place because of the close proximity of their operations?

This is correct.

Don: Would these operations be visible?

No.

Don: But, yet we could be harmed?

This is correct. Vibration would harm.

Don: And then they are planning possibly to make these invisible landings for their own purposes?

Yes.

Don: Do they need something from this planet?

In a way, I suppose all of us who are in your skies need something from your planet. But what they need is more of a physical or Earthly plane than what we need.

Don: What will they use this commodity for?

Power.

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Don: What type of power? For their craft?

Yes.

Don: In other words—

Also, my friends, we are attempting to give this through the instrument, but it is different and therefore difficult—as you would take a vitamin pill, sometimes those of other atmospheres find need which they cannot fill, especially in their travels, and within your Earth there are, shall we say, cosmic vitamins which, in the body of the fourth density, are most helpful.

Don: In other word they want to be in close proximity to our surface or on it for refueling purposes in their travels?

Of ship and self, yes.

Don: And in order not to cause damage to the physical vehicles of those upon the surface, they are measuring the precise vibrations of the internal organs. Is this correct?

You have it.

Don: This, then, has [no] real function with your primary objective?

That is correct. We have not encouraged them, yet we have not banned them from this plane, for we do not see enough of a negative effect upon those of your planet to ourselves infringe upon the free will of them.

Don: Do you find it possibly a help in advertising?

We have been rather amused, you might say, at the aid it has been. However, it has played greatly into our hands, you may have noticed, by increasing the confusion factor, shall we say. This is most welcome.

Don: And you then—well, do you anticipate stepping up your advertising by a major percentage in the next year or two?

We have great hopes in this direction. Probabilities increase from 5 percent at this time to approximately 30 percent in the summer of '77.

Don: What about '78?

Our probabilities begin to fade, and we cannot give accurate determinations. If we are as successful as we have been to this point, the probabilities will go up. We are hoping that they will go up very steeply. We are hoping that the probabilities will exceed 50 per cent in time for us to give information to those upon your planet before too much of the change of a natural kind has taken place, so that your population may have time for some spiritual preparation. More accurate than that we cannot be without guessing.

Does this answer your question?

Don: Well—I guess this is a long enough session, unless somebody else has a question.

The instrument is somewhat fatigued at this point, so we are just as happy to close the session. We would like to leave you with the feeling that we are with you, that the Creator speaks through us, through you, and through all. Look into your brother's eyes, my friends. He is the Creator. Listen to the voice within you, for it is the Creator. I leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai vasu borragus. ♣

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Sunday Meeting
October 17, 1976

(Carla channeling)

I am Oxal. I greet each of you in the love and the light of our infinite Creator. We of the Brotherhood are, as always, most privileged to be with you. The Confederation of Planets in the Service of the Infinite Creator is indeed a brotherhood, my friends, and our purpose is one: to share with you our understanding of love. We are of one purpose, although we are quite different, one from the other.

But we have learned, my friends, in our travels what brotherhood is. If we could share with the peoples of your planet this understanding, those troubles which each of you has with your brothers would be no more.

We ourselves know that we are not perfect beings, and that we cannot judge or be judged by any of our brothers. There is no way, my brothers, of judging yourself or others in a spiritual manner. You can never know precisely how you are doing along the spiritual path, for those things which signify to your eyes as being one way or the other, good or evil, positive or negative, may in the eyes of the Creator signify something quite different.

It is a difficult thing to give up, that judging of yourself and of others. It is a difficult thing to love yourself and others in a totally trusting way. Yet this is precisely the key to understanding. If we could offer you this understanding of yourself as a being who is capable of many, many imperfect acts, yet whose heart is perfect, then we would have succeeded in a great thing.

For you see, my brothers, brotherhood is only possible to be unified with your brothers through the Creator. You will never be one with your brothers on the level of man to man, or man to woman, for imperfections breed discontent, and misunderstandings always occur. Yet, by the grace of the Creator within you and within your brother, there is a link so strong and so perfect that it can make the most opposite and diverse personalities one. It can cause the most unsympathetic situation to come into harmony. And this transformation occurs when a brother stops seeking a brother in love, and seeks only to rejoice in the Creator who is in his brother, be he a friend or a foe.

There is such a confusion among your peoples, such a terrible, noisy confusion, in which you speak incessantly of right and wrong, in which your peoples judge and accept judgments and spend endless, endless time in discussion. Yet harmony will never come on that level; right and wrong will never be discovered on that level. From the smallest relationship to the greatest of your nations' relationships, brotherhood can never be achieved by reason, but only, as you would call it, by prayer and meditation.

People are not alike, yet love has created them all. And the Creator within them is lovable, is love itself, and can speak to you of love in the face of the most inharmonious aspect on the outer plane. The spiritual path is not an easy one. You have known this, my friends, for some time. And when we say to you that our message is simple, we do not for a moment think that it is a simple thing to put into action. It has been written in your holy works that the master who teaches the consciousness of Christ brought not peace, but a sword. And this is the sword we ask you to accept in your lives, the sword of not judging, the sword of even willing to be foolish in another's eyes. For when one does not judge, when one is willing to trust to the Creator, those around that person may think of him as foolish. Moreover, there is a great satisfaction on the love of a personality in, shall we say, vengeance or getting even. But what you are doing, my friends, when you answer those who judge you with an answering judgment, is collecting your karma, as you would call it, there on the spot. Yet your karma to them has not been collected, and you will answer for that karma. Far better that you allow the karma that has come to you to die, as you forgive, and in that forgiveness, the karma that is reflected from you is satisfied.

Whatever one has done to you, let it end there, my brothers. Brotherhood is never an equal partnership, for each brother will give more than half; so it will seem to him, for this is the way of learning. You *are* your brother. Do not think of equality; think of *(inaudible)* finding more room in your heart for forgiving and understanding and compassion. You are not doing this for another. You are doing this for your brother, who is you.

I am Oxal. I would like to speak through another instrument at this time.

(H channeling)

I am Oxal. I am now with this instrument. We speak often of brotherhoods and of love. We speak often of many things, yet it is most often that we speak of the need for personal, shall we say, progression through the proper utilization of your experiences, and through the advocations towards your meditations. It is for you to realize that you progress not only for yourself but for the benefit of the universe, for the fulfillment of the Creator's will. For as you have learned, and as we speak of it, all things are indeed one with each other, and one cell, shall we say, cannot live without reflecting that growth upon the others. The universe is forever expanding, and it becomes more illumined, as do you. You, my friends, are the reflectors of the light of the Creator, and as your capacity for reflection becomes greater, that reflection of light throughout the universe is enhanced, in order that it may spread to the farthest reaches in order that it may be shared by your brothers.

You are the mirror of truth and of light. Each individual must take upon himself the responsibilities of what you would call light, and that is to progress spiritually, and to allow the love to take form within you, and to be shared with those around you. It is your responsibility to refrain from those avenues of expression which will be negative, not only to yourself but to those around you. You should not indulge in mental, shall we say, activities that are harmful to you or your brother: activity such as judgment, activity such as possessing, or limiting in any way the thoughts or actions of another.

My friends, you are unlimited beings, and you lead an unlimited experience. You may accept upon yourself those limitations by which you unconsciously desire to learn, yet when you are done with them, you shall release them and realize the capacity within you to create and to become equal, or shall we say, become aware of your equality with all mankind, and all things within the universe. What you do unto yourself is not only done to you, but it is done to all around you. The Creator finds no separation between you and your brother, for your energy fields coincide and enmesh together to present a group energy field that reflects the light and the wisdom that is contained within it. Self-motivation upon your path of evolution is important. It cannot be for yourself that you desire to progress, or for your fellow man. It should be for the benefit of the Creator and all of the Creation, knowing that you are a portion, that you are important, and that you are capable of assisting [in] bringing about the love and the light in greater clarity throughout the universe.

You are instruments in many, many ways and you can choose what forms of instrumentality you desire to use. Yet know that what you choose to do to be perfected, and that in order to perfect it you must allow it to flow freely from the Creator. Do not block your instrumentality through lack of faith in

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His ability to work through you and His willingness to perfect you. Fear not, my friends, for fear is the creator of that experience. Lack of fear brings about harmony in experience. Experience *(inaudible)*. The fear that we find in your people reflects about them, and draws to them what it is that they fear.

This, my friends, is one reason that we must communicate with you in this manner, for we are feared by your peoples and our presence would heighten those fears. And this is not our desire. We are servants unto ourselves and unto you, our brothers, and above all things are servants in the name of the Creator. When it is made known to us that we can dwell among you in harmony and be accepted as your brethren, we shall remain, serving in what ways that we can, and bringing forth to you, the people of Earth, our knowledge and our light. Call upon us when you will, for whatever assistance that you need, and we will provide that assistance which is of the will of the Creator. Ask nothing in your prayers, either of us or of the Creator, that is of a selfish nature. Ask to be guided as a servant and all that you need shall be provided. Seek not spiritual awareness, but a demonstration of truth; seek that spiritual awareness in order to become truth. In order [for] you [to] receive the right to demonstrate to and share with others the truth that you are, you must first become that truth and understanding, and merge entirely with it into the universal aspect of light. You must be one with the Creator, for He is the truth, and through Him, you shall reflect that truth to others.

You are not alone, my friends. You stand with the Creator and your fellow man upon the brink of a civilization which is to be brought about in your actions, a civilization in which man may draw close to one another in the ways which have been intended: in harmony and in service to one another and in tune with your Creator.

We of the Confederation give you our thanks for accepting us into your consciousness. We assure you that we shall only endeavor to do that which we feel to be of the greatest benefit to your peoples. It has been our privilege to be with you this evening, and we look forward once again to meeting with you. Yet know that we shall always be with you, within your heart. Call upon love, and we are there. In the love and the light of our infinite Creator, we leave you at this time. I am known as Oxal. Adonai vasu borragus.

(Carla channeling)

I am Laitos, and I greet you in the love and the light of the infinite Creator. It is our special privilege to work with conditioning rays in attempting to condition new instruments, and at this time, if you would be patient with us, we would like to attempt to work with the one known as B. If he would relax, we would attempt to send him a very few simple thoughts. If he will relax, and attempt to speak our thoughts as we give them to him, without analyzing them, it would be our privilege to make contact with him. I am Laitos.

(Pause)

I am again with this instrument. We are having some difficulty making contact with the one known as B, due to a very common type of difficulty with this type of communication …

(Inaudible section.)

… again, without hesitation. In this way, the flow of our thoughts will be uninterrupted. We would like to attempt once again to speak just a very few words through the one known as B. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We thank the one known as B for the opportunity to condition him, and we assure him that contact will take place. It is only a matter of becoming familiar with our technique of voicing our thoughts. If you will bear with us, we will also attempt to condition and contact the one known as P. Again we say relax, and open yourself to our thoughts. As you receive a thought, simply speak it out, without regard to what you may think of it, for in this way, we can speak through you, and in no other, without using a more physical type of ray than the one we prefer to use. We wish to speak only a very few words through the one known as Paula, if she will relax and make herself available. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. As this instrument would say, while we are at it, we would like to condition the one known as G. We are aware that at this time he is not desirous of becoming, shall we say, a vocal channel, for he is still attempting to

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reassure himself as to our presence. Therefore, we will simply attempt to give him energy in such a way that he may be aware of it. If you will bear with us, we will condition him.

(Pause)

I am Laitos. I thank you again for having the patience to let us work with you. This particular contact-type of communication is somewhat boring to learn, we are aware, yet without these channels being developed, we would find ourselves sadly short on channels when needed.

Before I leave you, I would like to open the meeting to questions. Are there any questions at this time?

Questioner: Can you tell me something about the civilization, the great civilization?

Are you referring to a civilization in the present time? On this planet?

(Inaudible)

We are sorry. The instrument does not know what you are talking about, which makes it more difficult to give the answer through this channel. But we will attempt to.

(Pause)

We are having difficulty with this channel, and due to that, we would attempt to answer through the other instrument. I am Laitos.

(H channeling)

I am Laitos. As many of you are aware, civilization as you would call it upon your planet has taken many forms throughout the ages. There have been those periods which have been considered as golden eras within those civilizations. There have been golden eras known in many, shall we say, of your national civilizations. There have been empires of great magnitude throughout your histories of which you are aware. Yet there has been upon your planet, as many of you have accepted, that era which you refer to as having been that of the Atlantean, a place and time upon your planet in which man evolved hand in hand with his Creator. A time when there were no limitations as to your expressions, and there were no transmutations or implications within those expressions. A time of great, shall we say, ability, technically and spiritually.

The time is dawning upon your planet. The peoples of that era are you. That era, my friends, was brought about between an experience of destruction, because it was made known that if you had indulged, and begun the transmutation *(inaudible)* and begun the physical, shall we say, indulgences throughout the people of that time, they brought about or upon themselves what you would call a karmic liability, to once again evolve through the experiences which would bring them back to the realization of that golden era, an era of perfection upon the physical plane.

My friends, once you achieve absolute, shall we say, harmony, it is still your choice to return, and while under the influences of the sensual and physical, you are continually bombarded by this choice. This brought about, shall we say, the destruction of that golden age, yet it shall not stand in your way *(inaudible)* age. For man upon planet Earth—those who are, shall we say, of a serious nature—is dedicated to absolving those experiences which are destructive to bringing about that day of love among all on your planet. Is this sufficient?

(Side one of tape ends.)

(H channeling)

… shall we say, of what you would call telepathic communication. We initiate and send to the instrument thought. And as the instrument sits and clears his thought processes, the reception is made. And generally, upon receiving thought from us, the initial experiences of the…

(Inaudible)

… if indeed the thought is from an alien source, shall we say, or one self-initiated, and this in itself is a communion of our thoughts. Yet it brings about confusion, for there is the expression of that. In order that you may receive clearly, what communion of thought that is experienced should not be one of question, but one of receptiveness, and you should rely upon your ability to know that it is ever present to transfer the thoughts that you receive properly and promptly *(inaudible)* instrument.

And you must understand that we communicate conceptually: as you progress, and as you receive the concept, it must be filtered through your intellect, and through your storehouse of vocabulary, the expression of that concept is brought forth. And this is the communion of thought that is desired. And you must not be afraid of your own ability to discern the source from which the information has come.

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You know from within yourself whether you desire to accept or reject the concepts, and you as an instrument are free to nullify any reception by purely desiring it to stop and refusing to express it. Many times, our instruments, while learning, and at times those who are well-established, interject unconsciously portions of their own thought. Yet, my friends, if those portions interjected were, shall we say, detrimental to that which we wish to express, then we would not utilize that instrument. If you should investigate that type of instrumentality of which we are speaking, you shall find that there have been many that wished to achieve the contact, and that the greatest portion no longer express this form of communication. Many have chosen upon their own to refuse that flow of information, and many, my friends, have been refused by us when they have misused that information they have received. We stand not in judgment, but we shall not allow the misuse by our instruments of that which we wish to share.

Is this sufficient?

(Inaudible)

Are there any other questions?

(Pause)

If there be no questions, we shall leave you. We are grateful to be with you, and always we shall remain. Our love and light and that of the Creator be with you. I am Laitos. Adonai. Adonai. Adonai vasu borragus. ♣

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Sunday Meeting
October 24, 1976

(H channeling)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. It is, as always, a privilege to be with you and to share with you that which we have to offer in the area of, shall we say, enlightenment, on subjects which are vital to you upon your path of progression. We of the Confederation have drawn near to you at this time, for you have requested it. We are here to serve you in whatever ways that we can without violating in any form the choice of any individual.

This evening we would speak to you upon the subject of what you would call tribulations. As you are aware, those upon planet Earth are undergoing, shall we say, an experience of growth and one of learning. Your life in its entirety is an accumulation of lessons, lessons which you have designed to experience, lessons through which you can learn the truths and the application of those truths that will enable you to bring about the existence that you truly desire. And that existence, my friends, may be expressed in many words, but shall we say, [any] orthodox expression would be the existence within heaven.

Heaven, my friends, is wherever you place it. It is wherever you desire it to be. It is an eternal factor. Thus, it is not to be gained, but recognized and accepted. And in order to come to the realization that you indeed exist within that heaven which you desire, you must undergo what we have called tribulations. You have placed before you on your path circumstances which, when encountered, are somewhat difficult to comprehend. Circumstances which, shall we say, test your emotional stability, your intellectual stability, and most of all, your spiritual stability and dedication.

My friends, when confronted with situations which are incomprehensible through the processes of your intellect, accept it and face it, knowing that it has been desired by you as an experience for the opportunity of growth. Righteously confront that situation. Enter into the experience with an attitude of love, of love which contains no resentment or fear. Accept that which you have created, for indeed, you have brought it into existence. Know that, no matter how it appears, it is for the best. Know that within you is the ability to properly react to any situation.

My friends, when we say to know that this ability is within you, we cannot stress the importance of the factor known as faith at these given times. You have been taught that within you is that which you call the Creator. You are portion and particle of the creative force and vitality that permeates the universe. Attune yourself to that presence within you, through the utilization of your meditations, and learn what it is to truly know the ability within you.

Your abilities are infinite. Your love is also infinite. There are no limitations placed upon you by your Creator. They are placed upon you by yourself, in your acceptance of them. There are no situations which you, as your own personal creator would place before yourself, that you could not properly confront and overcome.

Many situations will bring you to a point, being human, shall we say, as you are, to despair. Feel not guilty, for this feeling of despair is only natural upon your planet. During your trials, you shall, shall we say, be influenced by the mortality which you have chosen to possess at this given time. It is as the negative and positive poles, the mortal and the immortal, one knowing limitation, the other knowing infinity. Yet neither is complete without the other.

My friends, your existence within the Earth plane, and within physical environment, is vital and essential to your growth, for you have desired it. You have brought it into existence. And now that you have chosen it, you must learn, you must learn how, within you, the ability can be utilized to manifest the perfect experience within the physical environment. Many great teachers have walked your Earth planet and demonstrated that, even within the physical form, they could demonstrate the unlimited abilities of the Creator within them. "The kingdom of heaven lies within you," so say your scriptures. Seek not outside of your form, deity. But know the deity that is in you. Seek not to experience those things about you which would deter that seeking of deity within you, for you are confronted with many situations, day in and day out, which titillate your senses and your desires upon the physical level. Yet these also, my friends, are trials which you have placed before you. And when you come to the day that all things may be offered you that at one time were tests to you, and you no longer even need to ask yourself if they are desired, then you shall walk with the masters and you shall teach with their assistance to your brethren on this plane.

My friends, to walk with those teachers, you must be above the influences of the physical level of existence, and yet remain in it. This is within you, the ability to bring this about. It is a long and tedious journey that you have chosen. Stamina, or shall we say, patience is of the utmost importance. And, my friends, once again: you must have faith in your Creator, and above all, in yourself. Know that you are divine. Know that you shall succeed. Know that you cannot be overcome by any negative experiences or incidents. You are the master of your universe. Go within yourself and know these things, and emerge in whatever form you would desire.

I shall transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am with this instrument. I am Hatonn, and once again I greet you in the love and the light of the infinite Creator.

My friends, you may have asked yourself before this many times: "If indeed I chose these tribulations, whatever was on my mind when I did that? What was my higher self thinking about?" We cannot penetrate the nature of the Creator, nor would we pretend to. And if there is a reason that the white light and perfect love of the Creator was generated into what you have called the Word, so that entities may appear to people the cosmos, we do not know it. Nevertheless, that this is so, we do know. It is possible that, in infinite humility, the Creator offered to all of His infinite parts total freedom to remake that creation. This is, indeed, the option that was before you as you contemplated your entry into the physical illusion before your physical birth.

Before you came into the physical illusion, you were in an atmosphere where thoughts were obvious things, as real to you as the physical objects of your illusion are now. And the choices that you now find so difficult were not even choices. And you asked yourself, if you were put to the test, would you still know what love was? Would you still know how to serve your brother? Would you still seek the Creator with all your heart?

And so you came into this illusion. Perhaps one might think of what is in the mind of this channel: that in your armed forces, parents hope that their child will become a man. Service under these conditions is more difficult, yet under difficult conditions, one developed more rapidly.

And so it is with you, my friends. This was your motive. Whatever else you needed to do while you were here, your basic motive was to penetrate the things of this illusion with your discrimination so that you could see the love and the light, as you would call it, the heaven that penetrates all that there is. In order for you to see those things that are

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lasting, it is necessary for things not to always go, on the physical plane, perfectly well, for if your day-to-day existence was not at all troubled, you would perhaps be satisfied to live out your physical existence without seeking further knowledge. It is when things become difficult that you seek to know the reason.

My friends, in all space and time, wherever polarity of good and evil exists, those entities which the Creator tossed into the void have forever and ever turned back to the Creator with an instinct that cannot be denied. Whatever entities have attempted, however much separation they have attempted to put between themselves and the Creator, there is an instinct which cannot and will not be denied forever. Perhaps this is, in a nutshell, the answer to the riddle of why we are all aware beings. We are a timeless answer to a timeless question.

In your tribulation, in your difficulty, know that this is an opportunity for you to discern, to seek out that which will not rust and will not spoil, to unlock from within your heart those feelings which will long exist, while all more petty and mundane feelings pass away.

As always, we suggest meditation, for this is the kind of assignment which one cannot do by oneself. I would leave this instrument at this time, for one of my brothers, Laitos, wishes to condition several who are here. I am Hatonn.

(Carla channeling)

I am Laitos, and I greet each of you in the love and the light of the infinite Creator. I am one with you, and I thank you for the opportunity to be with you at this time. As my brother has said, it is my special privilege to work with conditioning those of you who desire it, and at this time I would like to pass among you and offer to each of you the conditioning wave.

(Pause)

We thank you for this opportunity. We would like to take just a little of your extra time, if you would be patient, and attempt to contact the one known as N. We have not used this instrument for a long time, and if he is willing, we would like to say a few words through him. I am Laitos.

(N channeling)

I am Laitos. I am now with this instrument. I greet you all again in light and love. I will not say many words through this particular instrument, but I would like to say that it has been a very great honor and privilege to speak to this group at this time. I will now leave this instrument. I leave you all in the light and love of the infinite Creator. I am Laitos.

(Carla channeling)

I am Hatonn, and I am again with this instrument. Before we leave you, we would like to open the meeting to questions. Are there any questions at this time?

(Pause)

If there are no questions, my friends, we will only leave you with the thought that you are as harps. You have the power to tune yourselves to harmony or disharmony. You cannot control the wind that blow through you. You can only control the sound that you can produce when the wind touches you.

My friends, the wind of experience can blow hot and cold, harshly and gently. Yet, you have the key: you may tune yourselves. Meditate, my beloved brethren, you are all one. You are all in harmony. It is only a matter of finding that sweet harmony.

I am Hatonn. I send you our love and the love of the Creator, and I leave you in His love and light. Adonai vasu borragus. ♣

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Tuesday Meeting
October 26, 1976

(Don channeling)

… in the love and in the light of our infinite Creator.

It is a very great privilege to be with you at this time, a very great privilege. This is our mission. Yes, my friends, this is our mission: to speak to you. We have spoken to you for many, many of your years. We have spoken to many upon the surface of your planet. We have spoken primarily through instruments such as this one, and we have done this for a specific reason. You are aware of this reason.

We are limited, as you know, to provide information, shall we say, but information in such a manner so that it may be accepted as being from us or rejected, shall I say, as not being a valid communication from what you would call an extraterrestrial source. The information, my friends, must be given to the peoples of your planet. It is urgently needed. Yet we cannot do this in any manner that would prove to them beyond questionable doubt that it comes from us.

My friends, it is necessary to act in this way, because to act in any other way would destroy the primary benefit that each of you on Earth receive in your stay upon planet Earth. You are in the condition that you are in at this time, as are all those who dwell upon the surface of your planet, primarily to experience a condition of voluntary choice. Each thought that you think is yours to choose. It is necessary to choose wisely if you are to progress. But the choice must always be up to the individual and not impressed from some external source. This is the method by which the individual grows in understanding. This is the only method by which he grows.

My friends, each of you here tonight is aware enough of what we have given you to make wise choices in your thinking. All that is lacking, shall I say, is possibly diligence, diligence in choosing thoughts, my friends. This is the way of the masters.

My friends, your thinking is all that exists. The entire universe is thought. All that is necessary for any condition or any experience is thought. We extend to you simple instructions to be used in an extremely beneficial environment to create a very rapidly accelerated evolution of thought. Make use of your present condition, for it has been chosen, it has been desired, in fact, as you say, totally programmed by yourself. It is for your benefit, my friends, each of you individually. Make use of your present condition, for this is what you planned to do. Do it, to reach that goal that each of us so earnestly desires: the goal of union in thinking with our Creator. For in this union, my friends, is all that you could ever possibly express in love.

It is, shall I say, a strange and devious path to this understanding. But if it were not necessary it would not exist. Become aware of each second of your existence. Know in fullest detail the motivations of each of your actions and each of your thoughts. Meditate and become aware. Use this awareness then, to act. It is not necessary to make complex plans for future activities. It is only necessary to meditate. In your meditation, the understanding that you seek will be easily revealed.

It is necessary that the individual gain knowledge in this manner, for only in this manner can he become able to direct his own thinking. In any other manner, my friends, he is not truly evolving, but simply reacting. And, my friends, the name of this game in which you now find yourselves is evolution. That is the secret behind all the activities upon your planet: an evolution of mind. You find yourself at present in what you might term a celestial cesspool of confused thinking. This is strong language. But, my friends, we can say at this time that this is the case upon your planet. It is a condition that is not desired by any of us. However, it is a condition that exists, and it is a condition that can produce the very gods that have the responsibilities for the evolution of those who have been deprived for so long of the knowledge that they would seek.

(Pause)

I am sorry for the delay. I was having some difficulty with the instrument. I shall continue. It is difficult at times to express through an instrument using your language precisely what we wish to say. For this reason, it sometimes seems that we prolong our communications. It is necessary to attempt to express in your language that which we would wish to give to you in such a way that it will be useful to you. I am going to condition this instrument, but at this time transfer the contact to another instrument.

(Pause)

(Carla channeling)

I am with this instrument. I am Hatonn. Again, I am sorry for the delay. We are having quite a bit of difficulty with this instrument this evening. We will continue.

It has been written in your holy works that you need not ponder what your needs are, because they will be met by the Father. This is a truth which has been much misunderstood by your peoples. Truth is not something that one can consciously say, and thus be clothed in. One may hold in one's hand those words which have been spoken by the Master known as Jesus or any other of your holy words, one can know them by heart, and one can proclaim them to others, and yet if one is speaking them and not living them, they will not be true for him. The Creator will *not* guard his footsteps, will *not* give him his daily bread, for his consciousness is still dwelling in the precincts of the illusion. It is only in meditation and contemplation of that presence which is more real than your very breathing that you become aware of the actual reality of the Creator. Once for one moment in a day you have touched this reality, you walk forth bearing that reality as a cup bears the life-giving fluid within it. Then the Creator will fulfill your every need.

We have said to you many times to remove your concentration from those things which *(inaudible)* and to place that concentration upon the Creator. And the Creator will put His concentration upon what you need. Within the illusion, you ofttimes are mistaken about what you truly need. The Creator is never mistaken. Therefore, leave all high-sounding words and all appearances, and seek within yourself for the silence in which is that still, small voice, as you would say.

We are here, as have been many before us, to bring you good news[2]: to tell you that love and the thoughts that proceed from love are all that there is within the universe. We are here to ask you to claim your birthright as the creator of your thoughts and therefore of your universe. Link your thoughts with the Creator, and let Him think your life.

I would like to transfer back to the other channel at this time. I am Hatonn.

(Don channeling)

I am with the instrument. I am Hatonn. I am sorry for the delay in using this instrument. It was necessary to establish a better contact. At this time, I have established this contact.

My friends, it is very, very important to know yourself. This is your first mission upon this planet, to know your own thinking. There is only one way for you to do this and that is through meditation. Through meditation, you will be able to know

[2] When Hatonn said "good news," an individual on the floor above began playing soft, sweet music, as if on cue.

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yourself. It is impossible to analyze in a conscious manner your own thinking. It is necessary that you become aware of yourself in meditation. For this reason, meditate each day. This is of prime importance. It is difficult sometimes. Your busy activities *(inaudible)*. However, if you are to accomplish what you have set out to accomplish, it is necessary that you do this. In no other way can you fulfill your own desire to grow, to take this splendid opportunity to grow into that form of thought, you might say, that you have chosen for your own. For that form, my friends, is a form of total love.

At this time, I would request questions.

Carla: What can you tell us about Bigfoot?

I am aware of the problem concerning Bigfoot. The problem is very simple. It is unfortunate that, at this time, this information is somewhat restricted, shall I say, as are many bits of information which we may give you. However, it is possible to say that the Bigfoot type of creature is an important part of the development of your planet.

He will increase in great numbers in the very near future, and play a very important part in the transition of your planet. He is not a malevolent form. He is docile. He is not related to another form which is not of a physical nature but of what you term an astral nature. This form is similar to what you know as the werewolf. It is not a Bigfoot creature. It is not manifesting in your physical illusion except for very short periods of time. There is nothing to fear from these creatures, for they are unable to attack those who are of the light.

B: Are they able to attack humans at all?

This is possible. It is dependent upon the vibrational situation.

B: Of the human being?

That is correct.

Carla: Are you aware of the article I was reading this afternoon? Can you see that in my mind, about the UFO with the Bigfoot-type entity inside it? Could you at all say what that guy was doing in the UFO, or what the guy was seeing on the ground that saw this, why they're in UFOs, what the connection is?

This is a vehicle of conveyance which is formed by thought on what you call an astral plane. The creature of which you speak is not physical, in your terms, but partially so. His vehicle, both physical and that conveyance which you term a UFO, partially materialized into your density. He is able to vitalize his body through the use of the blood of animals, upon which he preys, just as a bird of prey in your skies uses the blood of the animals upon which he preys. The difference, my friends, is that this entity, for most of your experience, is not physical and is a transient in your world. This is possible at this time because of the progress of your planet in transition. It was possible in the past only in very limited cases, but will become more prevalent in the future, along with many other entities which have been for many years of your time denizens of what you term the astral planes. Many of them will be for short periods of time manifesting in the physical and then, as time progresses, for longer periods. It is necessary, if one is to sustain a physical body, that body be nourished by physical substance, just as you nourish your physical body. Each of these creatures, no matter what type, if they are to maintain a physical body as you know it, will find it necessary to nourish that body. The mutilations of which you speak are simply nourishments. They are not being carried out by the variety of Bigfoot that now dwells within your plane. This variety of Bigfoot is vegetarian.

Carla: The werewolf type of Bigfoot—is its form dependent upon the thought forms of the people of this planet? Is he shaped, made like he is, because of various—

The shape of this entity is ancient. It is a formation that was brought about by the mating of a certain race in your ancient times, a race that evolved in what you would have called the second density. This race was lost in your physical world at the end of that cycle of experience but remains in thought in what you term the astral plane. As your planet makes its present transition, it is possible in a more direct manner for these earlier forms to emerge in your worlds due to the transition which is both mental and physical, the physical part having to do with a nourishment, and a polarization which is derived from the cattle which are mutilated and drained of blood.

Is this a sufficient explanation?

Carla: Yes, thank you. I would like to ask about the other Bigfoot, if that's all right. The physical Bigfoot, is that an ancient species too? How did this

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form evolve? How long has it been on this Earth, and how long—

This … this animal, as you might call it, is neither truly an animal or what you call a species of man. It is, as you say, of a different order. It is what you might call the missing link, the missing link between the ape-man, that you know upon your planet, and the human that you know upon your planet. There was, in many years past, an experiment that occurred upon your planet, an experiment having to do with the mating of a species that you know of as the ape and the species that you know of as human. This experiment was performed by, shall I say, the scientific community, which had a purpose somewhat unknown to your peoples today. The purpose was to produce a physical vehicle which could endure great hardships as the ape-form, as you know, can. However, it was desired that the ape-like vehicle be equipped with the intelligence of the more highly evolved human. The experiment was to create a race of human apes, a high order of intelligence but yet with vehicles which could endure great hardship. The reason for this was that a transition of planetary condition was foretold, a condition that would no longer facilitate the human because of atmospheric and environmental conditions. It was thought that if this more rugged race of creatures could be developed, that experience in the physical upon this planet could continue. This, then, was the origin of what you know as the Bigfoot creature. The human which was used in combination with what you know as the ape was not the type of individual that now inhabits your planet, but of a different variety.

Carla: Was this in Atlantis?

This was previous to the time of Atlantis, however, there were some experiments done in what you know as Atlantis.

Carla: And the Bigfoot has survived ever since then in remote places?

This is correct, however, in very sparing numbers. He has had the intelligence to maintain total aloofness, for he has realized that it would be of no benefit for him to come in contact with the race of man that is now upon your surface. However, at this time, there is a need for him in increasing numbers.

B: Will it ever be possible to communicate with this creature?

This creature can communicate with you at any time he desires. It is only necessary for him to think, for he is telepathic.

Carla: I'm not really clear about what the connection is between the UFOs and Bigfoot. I guess that's part of the restricted—

The UFOs of which you speak are vehicles created by the astral form.

Carla: Oh. They are the ones like the werewolves?

Yes, they are vehicles created by thought,

Carla: So the Pennsylvania type or the California type of Bigfoot don't have connection with UFOs? Or connection with you? Or is that a whole other story?

The UFO is a thought form created on the astral plane. It is a vehicle which transports that astral from of the entity which you might term a werewolf.

Carla: OK, but is there a connection between the Confederation and the physical UFOs? Because there have been UFOs sighted in connection with the non-werewolf type of Bigfoot, too. Or is that coincidence? Or is that restricted?

(Pause)

I am sorry for the delay. I was working this out. This instrument is having difficulty with this concept. However, I will attempt to answer your question. Physical Bigfoot has been in contact with the Confederation throughout its stay upon your planet. It has been in contact through the method of telepathy. There is a liaison which takes place. The liaison is more for maintenance than anything else.

Carla: What type?

Maintenance—food.

Carla: Oh!

There are cases when these creatures are in need of physical sustenance in the form of food. We simply supply them.

Carla: Oh. I know you're getting tired.

Don: I'm OK.

Carla: OK. One more question. There have been numerous cases—I can only think of one specifically—but I just never could figure it out. It was the case in Pennsylvania. I know the channel's familiar with it, so just get it out of his mind. And in

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connection with a UFO and Bigfoot, the contactee had a kind of an alarming difficulty where he fell down and was having a fit, but then he saw the—

This condition is understood at this time.

Carla: Was this an anomaly? Was this the Bigfoot attempting to communicate to man on Earth? Or was it the UFO?

It was a case of communication specifically with an entity in your world, in your race. He—the craft was a thought form created by the entities of your astral plane. It had substance and being in your world for a short time. It conveyed the bodies of creatures which are likened to what you call the werewolf. These creatures emerged upon your physical world and were drawn to the entity known to you as Stephen because of his polarity. They found, upon the physical plane, a like mind, you might say, and for that reason, came in simplest form to greet him. He in turn fired at them with a weapon which they then understood to be an act of hostility, and, for this reason, retreated. They were unable to maintain the thought form which was their vehicle, which then vanished.

They were able at a later time to, shall we say, dematerialize. However, the vision that the one known as Stephen enjoyed was impressed by, shall we say, his higher self. It was a warning not only to him, but to all men of this planet to choose carefully their path.

Carla: And that's why he was in such a traditional form—a guy with a sickle?—because of his higher self talking to him?

That is correct.

Carla: I see. OK. Thank you very much.

Are there any other questions?

B: Will there be an increasing number of these physical examinations by UFOs?

These physical examinations are not planned by us. These physical examinations are examinations done by another group. They are not meant to harm. They are meant to help. They are not for the purpose of aiding you in your developments but for the purpose of understanding your human condition, for there are entities now concerned with this planet who have not evolved through your human condition, as you call it. They are not familiar enough with your vehicles and desire this knowledge so as not to harm you, for it will be necessary for them to come within close proximity of your population. Numerous times in the past, there has been harm done to members of your population caused by proximity to their craft. It will be a valuable knowledge that they derive from these examinations. It is, I am afraid, a necessary part of the coming program having to do with what you might term the harvesting process upon your planet, for you see, my friends, at this time the harvesting process is stratified, and there will be more than one type of contact, for your planet at this time is amazingly stratified in levels of consciousness. It would not be such a complex job if it were not for the fact that you terminate, at this time, what you call a master cycle of evolution. It is a very complex sorting job, you might say, and for this reason, much information about those of your peoples who dwell here is presently needed.

We, of what you call the teaching realm, realize the Confederation of Planets in the Service of the Infinite Creator are not involved in this portion of the mission with respect to your planet. We have the job of helping you in the evolution of your own consciousness. We are, what you might say, are college professors. We are not in any common function over those who will be acting on your surface in a more direct manner. Some of them are a little more rash, shall I say, than others, and this, my friends, is basically due to the stratification of which I have previously spoken.

That there are many, many here to aid you at this time, my friends, is true. There are many levels of consciousness. Your planet goes through a transition that is monumental in its experience. There is no one single answer to any of your questions, except the question with respect to the Creator and His love. All of the other activities are very numerous in their orientation. As you know, the numbers of people upon your surface are many. The conditions of thought upon your surface range in a wide polarity of development. Consequently, those whom you meet from elsewhere may have a wide range in their methods.

Does this sufficiently answer your question?

B: Yes, thank you.

Are there any other questions?

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(No further questions.)

There is but one other thing that we would wish to pass through this instrument at this time, and that is that each of you will be completely successful. You cannot help but be so, for you have chosen a path which terminates in success. The only factor in the slightest question, my friends, is the rate down which you travel this path. That rate, my friends, is a function of but one thing: a function of your thinking.

Carla: I do have one more question, if the channel is not too tired. What you said reminded me of it. Is that all right?

I am aware of the question.

Carla: You are? I will ask it if you wish.

It is not necessary. It is a very great privilege to say at this time that each of you is upon a mission that has been selected long ago. This mission very, very shortly will culminate, shall I say, in a flurry of activity, which will be unexpected. However, all of the fragments of this culmination are being brought together as planned.

Carla: That was basically my question. Basically, I wanted to know whether all the delays we are having are built in, in other words, that the people of this sphere who are helping, like Brother Philip, were attempting to time it so that it would come out at the right time. Is that why we're having these delays?

This is basically correct.

Carla: Thank you.

At this time, I will leave the instrument. It has been a very great privilege to speak with you. It is always a great privilege. Avail yourself of our contact through meditation. We will do everything that we possibly can to aid you in your seeking of that which we all seek: to understand love. Adonai. Adonai vasu. ♣

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Saturday Meeting
October 30, 1976

(Don channeling)

[I am Hatonn.] … the love and the light of our infinite Creator. It is once more a very great privilege to be with you. We of the Confederation of Planets in the Service of the Infinite Creator are always ready to serve you. Our service at this time is limited, but shortly the limitations under which we now serve you will be lessened.

However, it is necessary at this time to interact in the way that we now use to speak. We are here for one purpose: to bring to you that knowledge that is essential. There is only one essential knowledge, my friends, and that is what we bring you.

(Pause)

(Carla channeling)

I am with this instrument. I am Hatonn. We frequently, my friends, do have difficulties with channels, and it is almost always due to their desire to monitor our message. There are many reasons that this interferes with our message, but most often it is due to fear on the part of the channel, for the channel often feels that he is speaking his own thoughts. The relationship between the source of the Brotherhood and the channels who are the instruments for that source is one which is difficult to express in the concepts of your language, for we are truly one. We use those concepts which are within the channel's mind. We play on the instrument that we find. If the instrument has powerful biases, he may find himself repeating, due to the fact that we are attempting to establish better contact through the means of repeating familiar material.

We say all of this due to the fact that even the most experienced channel suffers difficulty in communication due to analysis of our message. We do wish to speak through the one known as Don. So at this time we will condition him and attempt to continue through him. I am Hatonn.

(Don channeling)

I am again with the instrument. I will continue speaking through this instrument. I was saying that we are here to give to you that which is necessary to know. There is very, very little that is really necessary to know, my friends. But it is necessary to know this very small amount very, very well. In fact, my friends, you must know it beyond any question. Then you must use it to its fullest capacity. This is actually all we have to give to anyone upon your planet—nothing more.

It, my friends, is all there is to give, anywhere, at any time. For if this gift is received in totality, you then possess the entire creation.

And why, my friends, should we give to you this gift? Because that is part of the understanding, my friends. When you possess it, you desire nothing more than to give it away. For in possessing it, you can do nothing but give it away. For this is, in truth, the real knowledge of what is behind everything that exists.

(Pause)

I will continue. In this creation, there are many, many facets, many planets, many stars about which they revolve, many galactic systems. And yet each of these things is a part of one thing. That one thing we call creation, [is] a creation of our thought, for we are parts of the Creator. Just as, if you are the parent of a child, that child is a part of you, so are we parts of the Father of this creation, this infinite creation in which we presently find ourselves,

It is possible to understand the expression that created this creation and ourselves, and act so as to reflect the completeness, the essence of this expression. Then you have all knowledge.

It is necessary, if the individual is to become aware of that knowledge, for him to meditate. There are many things in your present existence that seem complex. There are many problems that seem difficult to answer. In truth, there is no complexity, there is no problem without an answer. All that is necessary is that you avail yourself in meditation to the knowledge that is part of you. It is part of you because you are the child of the one Father, who is the Creator. If you seem at this time to be less than the total understanding of this Creation, then it is only because you have desired to be less. For this is, in truth, what was provided for you. All that is necessary for you or for anyone else, is that you become aware of this knowledge. And the method, my friends, is meditation. This meditation may be done at any time or any place. It is not necessary that you take any particular position at any particular time of day or with any particular group of people. It is not necessary for you to be in the dark or by yourself or even to close your eyes. With practice you will be able to clear the conscious mind of the trivial daily activities which constantly beset it, and become instantly aware of the real creation. The more that you practice this, the more that you will become aware of truth and reality. Presently, the population of your planet is so busy with trivial and transient qualities that very, very few of them are in any awareness at all of the real creation. This is due to an extreme lack of meditation among those peoples of your planet.

There are many answers that can be provided through the process of meditation. However, they all dissolve to a single understanding. That understanding will transcend any intellectual complexity which you may be presently aware of.

As I have said previously this evening, we of the Confederation are here to bring you one thing. That thing is understanding. If you didn't already understand we could not bring it to you. But what we wish to do, my friends, is bring to you that additional amount that you desire. It is up to you, and only to you, to receive it. Each of you may receive as much as you wish, at any time that you wish, at any place that you wish. The process of meditation is so important that we cannot overstress it.

At this time I will transfer the contact to the other channel.

(Carla channeling)

I am again with this instrument, and again I greet you in the love and the light of the infinite Creator. I will continue, my friends.

Meditation is important precisely because it is the key to what you desire. In meditation, as you become accustomed to that contact with the Creator, your identity becomes more aligned with the truth of who you really are. And in that meditation, your universe expands, for you no longer feel that you are boxed in a little room, beset on all sides with that heavy furniture of your mind, which includes your problems, your difficulties, and the biases which you hold on the subjects which are of interest only within the illusion. That furniture melts away, and suddenly you are in a very large, very beautiful, very spacious place, in which the sun is shining, in which there are sweet odors in the air, and in which that peace reigns that you seek.

We have found in speaking with your peoples that you are most apt to comprehend our meaning when we speak to you in some vivid metaphor, and it is for this reason that we have long understood why the master known as Jesus spoke so often to your peoples by telling stories. And we give you now two of these symbols of our messages that you may

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perhaps hold with you. We hope that they will aid you.

The first is, my friends, that it is the function of the physical illusion to, as we have said to you, box you in, to make you feel crowded, to press you into a situation in which you feel pressure.

In meditation, you release that pressure by changing your identity. You find that there is a great deal of space in which to play and rejoice. And you find that in meditation you do not perceive the crowded situation that you perceive in your daily life. Therefore, we say to you when you are feeling crowded, pressed by the difficulties of life, take hold of the image of yourself as being a completely free dancer in an infinite space which is filled with light. You can move about; you can view the situation as it really is. You are a creative person; you are a dancer. You do not walk; you dance. You are not in darkness; you are in light.

There are situations that must be dealt with: this is why you are in the physical plane. And yet there are ways in which this meditative state can be brought to bear upon your waking life.

And again we say to you, your spirit came to the physical plane, as you call it, and willingly buried itself in what you may consider to be dust, for it is so written in your holy works. Yet there was a reason. You well know the reason. And if you *(inaudible)* we ask that you think of how a pearl is made—a speck of sand that aggravates and pains the living tissue, and yet, in its pain, that which is added becomes a pearl. Your spirit may be polished and burnished until it gives light to others and to yourself. This will happen, and that it causes pain is simply the way the process works.

There is nothing physical or, as you would say, Earthly, about your emotions, your pain, or your joy. These are but the outer layers of that which will affect you eternally. That which is one thing on the physical level is transmuted through learning, so that your spirit in its real and true nature is nourished by the very thing which seems to you to be such bad medicine.

These images we offer you to hold in your mind. But know that these are only words, and that meditation itself is and should be your primary link to your Father.

Before I leave this instrument I would like to open the meeting to questions.

B: Can you say anything about *(inaudible)*?

We have spoken many times, through this instrument and others, of the harvest. May we ask what you are specifically requesting? It is a large subject.

B: Will it occur all at once, or will it be spread out over a period of time?

The latter is correct. What has been spoken of as the harvest has already begun, and will continue for several of your years, perhaps as many as would make a quarter century. In fact, time being our most difficult concept to cope with in dealing within you who are within this time continuum, we cannot say for sure that it would last any certain time. But that it will last several of your years we do know.

M: *(Inaudible)*. What is the method *(inaudible)*?

When the crop is ripe, the reaper comes among it. We understand the gist of your question. It is difficult for you to perceive that the mechanisms of a cosmic or celestial nature may be on a scale which is difficult for you to imagine. But it is truly said in your holy works that to the Creator, a thousand years is but an evening. It is through the natural cycle of physical birth and death that most will enter their new *(inaudible)*. It does not take a great many years for all of those on the planet to end their Earthly existence. It will not happen all at once, any more than any natural process happens all at once. It is simply that as you see the leaves upon the trees of your planet falling, although they do not fall all at the same time, there is a period when they are all on the tree, and there is a period when your trees are bare, and the leaves have gone on to the next cycle.

B: So it won't necessarily be *(inaudible)* as much as it may be a very natural time of change for every individual *(inaudible)*.

This is correct. There is very little chance that people will actually leave by ships. This is greatly undesirable. We are willing to consider the possibility under greatly adverse circumstances. We do not feel that the probabilities are at all high.

(Pause)

It is difficult to predict your peoples. In working with the channels we have among your peoples we

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find that some are hoping that we will come *(inaudible)*. Some are hoping we will not. When your people begin to become totally aware of, shall we say, the jam they are in, we do not know which way the wind will blow. We are, therefore, keeping our probabilities quite fluid.

B: Thank you.

You are most welcome. I would like to say through this channel that, as the Creator will not let His children stumble, no matter what the method of harvesting. For those who are truly seeking Him, and in this we include those to whom we are speaking, the road through the change will be straight. The way will be *(inaudible)*, for you are serving what you might call your initiation willingly on this plane. You are binding up your own wounds. Those who will be having difficulty during the harvesting will be those who have neglected the health of their spirit within this dimension, and are therefore forced to, as you might put it, go into the hospital in the next dimension. These people will be shocked, startled or otherwise disturbed by the events that occur, and will not be able to take their places immediately.

However, we wish to share with you at this time that you will be at your best at that time, in whatever dimension you may find yourself. This is true not only of you, but of each who has consciously decided to become a shepherd.

Is there another question?

Don: In the next five-year period, what changes do you see?

We have spoken through this instrument before regarding changes that are upcoming. We have spoken of the difficulty in California. There is also, as we have said, a difficulty which may take place along the coast of what you would call south Central America.

(Pause)

We have difficulty in giving world-wide information through this instrument. If it is desired by the other instrument, we will transfer this contact to him, for we are having grave difficulty in giving this information.

Don: Just one other question before the transfer: what causes these problems within the planet. How does it effect places like California?

We trust you are not referring to the apparent physical causes? Those having to do with the stresses?

Don: No—the basic cause.

We feel that you are already aware of the cause, but we will attempt to confirm through this instrument your understanding. As all things in the physical are created, so the entity which is your planet was created within an energy nexus which was in balance, in such a way that its forces were harmonious, and evolvement was without upheaval. As nothing stands still, so the entity known to you as the Earth evolves constantly and in what you might consider a gradual manner. Yet it is an even and steady progression which is allowed by the evolving nexus of vibration. When the thought of those upon the surface of this vibratory nexus becomes unbalanced, and these peoples become fragmented and inharmonious in their thinking, these people, like germs, infect the organism of the planetary vibration. The basic cause of the disease which is known to your scientists by so many scientific terms is simply, shall we say, a virus of disharmony.

Health is restored, as it is within your physical vehicle, when the vibratory nexus can cease fighting the disharmony and can restore its own natural polarity of vibration, so that the Creator's infinite strength flows in, through and out again without hindrance.

Does this answer your question?

Don: Yes. Why the California area?

We do not feel that any particular location among your peoples is an effect of those peoples, but it is an effect of many, many of your years of a planetary imbalance in discharge of polarity. For that area which you know as California has become diseased because the place is balancing that particular part of a world-wide imbalance which needed to be corrected. Wars have never reached that which you know as California, and yet the conflagrations among your peoples *(inaudible)* have caused this sickness. It is not any one people that is to blame, for many of your peoples have cooperated.

(Pause)

We cannot transmit through this instrument, for there are mathematical expressions, many which she does not know. But we say unto you that there are

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lines of force which exist within the ellipsoidal form of your sphere which, shall we say, predict the location of these particular difficulties. We are sorry. It is very difficult to express through this instrument. Perhaps we can impress this upon you directly. I will at this time transfer to the one known as Donald. I am Hatonn.

(Don channeling)

I am with the instrument.

(Pause)

I will leave the instrument at this time. It has been a very great privilege being with you this evening. We are constantly available. It is only necessary to desire our contact. Adonai, my friends. Adonai vasu. ♣

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Sunday Meeting
October 31, 1976

(Carla channeling)

I am Hatonn. And I greet you in the love and in the light of our infinite Creator. As always, it is a privilege to be able to speak with your group. And we especially send our greeting and welcome to the one who is new to our thoughts. To him and to each of you we say that it is a very great privilege to be able to serve you by sharing with you our thoughts.

I have said to [you] that I am Hatonn. Yet, I am not a person by that name but rather one of many who identify himself by that name. We are a people who have come to your planet from what you would call a planet which is far removed within space and within vibration from your planet. And we join with many, many other peoples from other locations in space and time and vibration to bring to your peoples at this time a message.

We of the Confederation of Planets in the Service of the Infinite Creator have come to your planet to share with your peoples a message. It is a very simple message. And it is much required by your peoples at this time. We come in answer to a call that has gone out from your peoples, for so many of you upon your surface are seeking at this time: are seeking to know the reason for your existence; seeking to know why you were created and who your Creator is. This call is as audible to us across what you would call vast distances as if we were right beside you. And we are here to attempt to serve those who are seeking at this time by sharing our impressions concerning the question of why each of us is here.

We of the Confederation do not set ourselves apart as the ultimate in truth and knowledge. We do not claim to be infallible. But we feel confident that as we have progressed beyond that place [at] which you now are experiencing existence, we can share with you what understanding we have gained.

It is especially important that we share this knowledge with you at this time. For you see, my friends, the reason that your peoples are so anxious at this time to discover the purpose of their existence is that at this time your planetary sphere is marking the end of a cycle of existence. And it will be necessary for your peoples to, shall we say, take a cosmic examination. And those who pass will go on to the next level, and they enter the next lesson. Those who do not pass this examination, will have to repeat this so-called Earthly grade once again.

We are here to help you with this examination. We have been here, as you have earlier spoken, for some time; as you would say, for many thousands of your years. Yet it is at this time that we are far more numerous for it is at this time that we are more needed.

And what is this message that we have come to give you, my friends? It is a simple message. We have one

Creator and we are that Creator. We have been created by love and we are love. In all things that are apparently so different there is an underlying unity and that unity is love. In all experiences that are so difficult there is an underlying understanding that unifies the disparity and that underlying essence is love. At your beginning and at your ending is love. Instinctively, those upon your surface know this and from this inner instinct has come many, many of what you would call religions and philosophies. And yet, due to those elements which are of an illusionary nature, the information becomes complicated. Distinctions and differences begin to be made between brothers and between understanding. And the unity is lost.

Again and again this has happened among your peoples. That which is begun in total love and unity is divided and set against itself by the intellectual understandings of men.

The nature of the illusion which you call physical existence is such that the intellect will, by its very nature, analyze, criticize, discern each experience with which it comes in contact. Therefore, that which you perceive with your intellect, that which you touch with your physical fingers, will forever seem to you to be of a certain type and therefore not of a more general type. This and that and not love.

It is for this reason that we have so often said to this group that the most important thing that we can say to you is that you must form a habit of meditation. It is only when you allow your intellectual mind to become quieted so that your inner self may begin to function that you may begin to realize your connection with the infinite love of the Creator. That you may begin to feel that love flowing through you and making a mind of unity between you and your brothers, be they your friends, your enemies or even total strangers. In meditation you may begin to feel that strength of that unity. You may begin to feel your own power as a perfect child of the Creator. Only in meditation can you find these things, for they are not apparent in your waking consciousness.

So often among your peoples it is assumed that in order to believe, shall we say, in order to belong to the company of the faithful, as you might put it, it is necessary to have an experience which is of a so-called emotional nature. We say to you, with or without emotions, with or without what we would call possibly insincere thrills, your birthright, not a matter of faith but of reality, is to be a child of the Creator. It is a simple thing, not necessary to be believed but to be experienced. This is another reason that meditation is important. To listen to many leaders within your so-called spiritual community, one would begin to believe it is necessary to go through various experiences or to believe certain things and to accept certain things in order to come into a so-called right relationship with one's Creator. Yet, the true spiritual fact is not one way or another. It is yours, completely, individually. You in silence, over a period of time, will form your own understanding of the Creator and His link with you, and your ability to help your brother through that link. There is no need for word or thought if you but meditate on a regular basis. It is not obvious immediately but the cumulative effect begins to seep into your waking existence as you find that you have those knowledges that you seek given unto you in a simple manner, springing from your own mind as needed.

We would like to transfer the contact at this time to the other instrument. I am Hatonn.

(Carla channeling)

We are having some difficulty with the instrument known as Don and we understand and will therefore not attempt to contact him at this time. My brother Laitos is with me at this time. And if you would be patient we would like to condition each of you in the room. We will pause at this time and move among you. If you desire contact at this time we ask that you make yourself receptive and we will indicate our presence to you.

We would first be with the instrument known as B1.

(Pause)

We move now to the one known as R.

(Pause)

We move now to the one known as M.

(Pause)

And to the one known as E.

(Pause)

We move know to the one known as B2.

(Pause)

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We thank you for this opportunity to share with you. Before I go, I would like to open the meeting to questions. If you have questions, please ask them at this time.

M: How can you best send energy to someone?

We are aware of your question. Among your peoples it is not common to actually see those thought forms which are of healing or helpful nature. Therefore, it is difficult to tune, as you might say, those thought forms. Yet, the ability to send thought forms, or as some would call it, to pray, is a matter of simply, in a confident and quiet manner, visualizing that object or person whom you wish to help and then visualizing the white and perfect light and love of the Creator flowing from the Creator through you and to that object or person so that it totally surrounds the entity whom you [visualize.] This is all that is necessary. It is most helpful if, when you visualize the entity who needs help, you visualize this entity in its real condition, that is, in a perfect condition. For although within the illusion your thoughts have caused many and apparent difficulties, each true entity in its true form is perfect. Therefore, visualize that perfect image surrounded by the light.

Does this answer the question? Or there another question?

Questioner: If we have a special work to do, can it be done without actually [being] aware of it on the levels of our conscious mind?

This is deep thought, my sister. May we answer this in two parts? First, each of you who is in this plane of existence has one purpose which is of a primary nature. That purpose is to become aware of your true self and in so doing you begin to vibrate in harmony with that true self; that is, to vibrate within the harmonies of love. This one vibratory Thought created all that there is and as you come into harmony with this Thought you become a beacon of light that lights all those about you. This is your primary service. Whatever else there is for you to do it is best served by you becoming more and more able to be who you truly are. Being is always more important than doing, for one acts from the heart, for one acts very *(inaudible)*.

As to the second part of the answer, each has missions which are to accomplished. It is not necessary to understand on a conscious level what these missions are. Moreover, these missions need not be grand in any way. For it impossible for you to judge within the illusion the importance of what you do. The one who is known to you as the master Jesus was a carpenter, and yet his mission was great. It has also been said in your holy works that, "The last shall be first," and this is far truer than you can comprehend on the physical level.

In all humility, my brothers and sisters, do that which is in front of you to do and love. For this is your first mission. If you continue in your seeking and meditation you will be guided.

We would say to you, each at this time, your higher self and those whom you call angels can help you as well as we of the Confederation. It is only necessary to meditate. And these suggestions and feelings and understandings will come to you very simply. Does this answer your question?

Questioner:

(Inaudible)

Is there a further question?

(Pause)

It has been a great privilege to speak with you, my friends. Within your experience at this time love is but one of many, many descriptions of feelings and thoughts which you have. And it may seem a very distant goal to you that all could be love. Yet, that which you imagine fondly as heaven is nothing more that the final realization that all is truly love. You do not have to go far, you do not have to die a physical death to enter that Kingdom of Heaven. It is about you. Meditate and seek thy Kingdom. As always, we are here to aid you in your meditation. If you desire our presence, simply request it and we are with you. I will leave you at this time. I am known to you as Hatonn. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meeting
November 7, 1976

(H channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. I have come to offer to you those directions which we feel it is of benefit to share with you. We place not judgment upon the position which you occupy within, shall we say, your spiritual life. Yet, we recognize and we constantly attempt to share with you those informations which are of the greatest benefit for what you would term to be the group consciousness of each meeting.

As you may recognize through your own abilities, there are those upon your planet who have chosen to seek out the truths and the knowledges that are available to them. And then there are those who have chosen only to seek the material, shall we say, possessions and the emotional involvements which shall provide for them temporal happiness that they seek. And then there are those who vacillate in what you might term the middle of these two: those who dwell into the material and those who dwell into the spiritual. And being aware of the desires and the directions of each individual not only within your meeting but throughout your globe assists us in bringing forth the most beneficial informations and assistances to each group or to each individual with whom we work.

As you journey throughout this life, you shall have presented to you many opportunities. Opportunities by which you may grow and opportunities by which [you may] learn and understand the composition and the operation of the universe or of the Creation. My friends, there are laws which are not written in the books of men. There are laws that override all of the, shall we say, cardinal laws of your planet. There are laws which are handed down to the people upon your planet through what you would call teachers. One of these teachers was that person whom you refer to as the Christ. One of the laws, shall we say, that he commanded to his disciples was, "To know thyself." My friends, if you wish to journey throughout this life and gain from it the greatest benefit, then you must first, above all things, know thyself. Know what it is that you desire. Know what it is that you shall do in order to attain those desires. Know how you react to all situations and leave out nothing. For many times, my friends, when one views oneself, that portion which you would call the ego of man interferes and disrupts proper and fair evaluation of oneself. For the ego itself shall continually seek out, shall we say, the enhancer or the elevation of one's opinion of oneself. And, my friends, it is not your position to be placed above or below any other individual. It is not your mission to fulfill to be the greater, to be the greater emanation of truth than any other individual. And this is what

that portion of you which you refer to as the ego continually seeks after. Recognition of oneself rather than acceptance of one's true identity.

Your true identity is divine. Your true identity if perfect. Your true identity is in balance. And in order to seek out and to know thyself one must turn within and seek from within the depths of their inner being the enlightenment and knowledges available through what you might call divine inspiration or guidance, or from the words of God that are within you. There is deep within you the presence of the Creator. You have gathered about that presence density which you have termed to be yourself or your physical body. And it is within your capability to penetrate that density and to enter into the presence and the existence of the Creator, which is instilled within you. And from this presence and the allowance of it to work through you, you can know what it is you are here to do. And you shall know the areas and the directions to take in order to achieve that which you have not only come to do but that which you have chosen to do.

Many times as you travel through this life you shall experience difficulties. And each difficulty is placed before you in order that you may come to a realization. A realization that shall assist you in understanding yourself. A realization that shall assist you in understanding those about you and the world about you. As you penetrate the density and enter into the likeness and the presence of your Creator, you shall find that you shed layer by layer of those fears and doubts and anxieties that you have drawn unto yourself. And as these things are taken from you, as these things are released by you, the true existence of which you are becomes clearer and clearer. And my friends, once you have achieved the knowledge of yourself from the inner depths of your being, you shall realize that you not only know yourself but that you know your Creator. And you know the creation in which you exist. For as we have often said, as all of your great philosophies have stated, in true essence we are all one together. We all vacillate and exist within the same area of creation. And all energies continually flow together and penetrate one another. In knowing oneself, inwardly and outwardly and completely, is knowing all and knowing all people and all existence.

In order to know yourself, you must serve others. You must render unto others that love that you find within you. You must share with all around you that which you have learned in order to proceed further and further into the depths of your being. It is as though there were doors and you contain within you the key to each door. The key to one door may be service; service to a particular individual. And the key to another may be service to a group of individuals. And the key to another may [be] the discipline of willingly accepting a profession by which to acquire material needs. And the key to another may be the acceptance of the discipline of studies through your educational systems. Yet, my friends, the key, the key which is of greatest importance, the key which unlocks the door of knowledge as to what other keys to utilize, is the key which we have called many times, meditation. There is, to our knowledge, no greater way to come into the realization of one's true identity than through the proper and disciplined utilization of the art of meditation.

Certainly this can be attained through other avenues of discipline. But none, to our knowledge, are more swift in their actions and reactions upon you. We of the Confederation have been aware of the movements and of the decisions within each person upon your planet for a vast amount of your time. And we are aware that the dawning of the consciousness which you may call Christ consciousness has indeed begun upon your planet. My friends, it is your responsibility to continue feeding, shall we say, that consciousness, so that it may grow. And in order to feed it, my friends, you must know thyself. Know what your portion within the overall view and the overall raising of that consciousness contains. Know what it is that you are to do. And once again, in order to know this, you must know thyself. Love one another and you shall indeed love yourself. But love not yourself and indeed you cannot love another. For you must know what love is from within you in order to share it with others. All things lead back to the same position no matter in what direction you turn; no matter what avenue of seeking you choose, it shall lead you back to the center of your being and bring forth from within you the love and knowledge of the universe.

I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am with this instrument. I am Hatonn. Again I greet you in the love and the light of our infinite

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Creator. At this time, I and my brother Laitos would like to spend a little time working with you in silence. It is often very difficult to give you concepts without distorting them in some way through the use of channels such as this one. And when we have those who are accustomed to our contact we like to spend some time in direct communication. So [we] would pause at this time and work with you individually.

(Pause)

(Carla channeling)

I am again with you. I am Hatonn. My brothers, to know yourself is not a task that will end. It is simply a task that will progress. And as you progress the way will be lighted. And though your load be heavy, it will be so much easier, through understanding, to carry it.

Within your illusion, although you are in a community you seem to be always alone. And we say to you your aloneness is the key to many understandings. Until you understand [how] to be alone you will never be able to fully be a part of a group. Many among your peoples have the need to be with others and yet they find that they are not satisfied. Conversely, my brothers, it sometimes seems that to be alone would be the most precious thing because one seems to be always dealing with others in your community. Yet, until one is able to share in community, one cannot totally use the time alone. And so it is a circular problem. For to be alone is in the end impossible, for you are one with all that there is. For to be with a group is impossible for there is only one. So you are within the physical. It is a mystery. Yet, through meditation you may find the heart of being alone and the heart of being part of the community. For in both states you are inspired by the Creator and His love which you have called the Word.

In your solitude, realize first that you are in direct relation to love, and that this love is your whole existence and all else is the appearance of love. In your communion with others, realize that the blessings and the troubles are possible only through the relationship of love between you.

To know yourself, in yourself and in others, is a great task. But you are all part of the body of light which is all creation. And to know yourself in the end [will] be a continuing job.

Before we leave this instrument we would like to open the meeting to questions. If you have any questions, please ask them at this time.

(Pause)

We will leave you at this time. We leave you in the love and the light of the infinite Creator. Adonai vasu. ♣

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Sunday Meeting
November 14, 1976

(H channeling)

I am Hatonn. Greetings, my friends, in the love and the light of our infinite Creator. We greet you and extend to you our appreciation for asking us to join with you this evening. It is always our privilege to share with those who would request it that knowledge which we have attained through our experience.

We wish only to share with you that which we have come to know as the truth. Yet, we do not state to have within our grasp or within our consciousness the entire picture, shall we say, for we too remain upon that ladder of progression which we have come to accept to being infinite. We too are learning day by day as we travel throughout this experience as you term as life.

We of the Confederation of Planets in the Service of the Infinite Creator have, in what we consider to be recent times, experienced similar existence to that which you experience at the present time. And being aware of those lessons which can be learned and also those pitfalls which can be experienced, we have chosen to come forth and share with those who would accept them, informations and guidances that would be to their benefit. We of the Confederation do not wish to interfere with any individual who would choose not to listen. It is only our desire to be completely open and free with knowledge and love we have come to know. And freedom, my friends, can only be found in the recognition of the choice of others.

Generally, we address these groups and share with them philosophical viewpoints. And within these viewpoints there can be found in-depth meanings and clues to assist you as you journey through this life experience. And among these clues, shall we say, the most two important which we can stress is the practice of meditation and the practice of service unto your fellow man, which is in itself is the expression of love.

Service, my friends, comes in many various forms and it is your choice as to which you would choose to utilize. You need not lift a hand. You need not render physical assistance. All that is needed, my friends, is to truly love one another. A love which is not possessive. A love that is pure from the very existence from which it has come. Love, my friends, is much more than man upon planet Earth realizes at this time. For one who truly loves can look upon disease and one who truly loves can look upon all forms of decadence and view perfection and know that underneath or within that which is viewed lies the potentiality of perfect being, perfect expression. For, my friends, within you there are both portions which are vital to bringing forth the balance of being that you seek. There is that aspect that you would label negative and that which you would call

positive. And yet if it were not for both poles' existence, both sides, there would not be the knowledge of one or the other, and the true recognition of balance and the true knowledge of value. And that value, my friends, is knowing that all things are indeed balanced and in perfection. What seems to be imbalanced to you is but an experience through which you may learn.

All things are to be viewed as beneficial and it is your choice to recognize the benefits. You have entered into this life experience at a vital time in the history of your [mankind.] Lying before you is an opportunity which man has sought after for innumerable generations. You presently have the opportunity of bringing about that which you may term to be a golden era, a rebirth of the consciousness, a rebirth of the awareness, a rebirth of the knowledge of the divinity within each man.

And each individual upon your planet is important in the universal scheme, shall we call it. For, my friends, as you sit in your periods of meditation, as you love one another, and as you render service unto one another, from within your being is projected those energies which will flow throughout not only the sphere on which you live but throughout the universe. Energies of love attracting to itself like energies of love, each magnifying the other. Each blending those energy fields of all of the men upon this planet. With each little portion of love that you send out upon the ether waves, you have rendered service unto your fellow man. And you have brought unto yourself greater portions of love from those around you.

Seek not the discrepancies that you may find within each person that you view. Seek that divinity. Seek out that perfection that lies within each of us, and in doing this you have fulfilled your portion of the plan which you have assisted in bringing into manifestation of the evolution of planet Earth. There is not one person upon your planet that is not needed. All of God's children are equal and important. Whatever your role be in life, accept it willingly and do it knowing that you are fulfilling that minute portion which is necessary to bring into existence the heaven that your peoples seek. It is within your grasp. Fail to attain and you fail none but yourself. Strive to succeed and you succeed for all.

I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn. And again I greet you in love and light. As we look down upon your peoples we cannot see you individually. We see only the shape of your sphere. It is a beautiful sphere. And yet we sense within our beings each individual who is seeking the Creator. We are sensitive to these seeking voices among your peoples for that is our mission to your world. We are to add our help to each of you who requests it.

We have in the past attempted various means of communicating with your peoples. We have attempted to describe through channels such as this one the blessings that can come from seeking through meditation the source of your existence. We have described our governmental structure, as you might call it, our peaceful society structure, all of the desirable components which lives in peace, lives in honesty, lives in order to be of service. Yet, we found that this message, while sounding very attractive, does not call many among your peoples to the practice of meditation. And so, we simply suggest meditation on a trial basis. We do not have to tell you that within your physical illusion at this time your society is not in a satisfactory state. We do not have to tell your peoples that war and hatred and what you would call bigotry and racism, what you would call greed and hunger for money are not the satisfactory goals to seek. Your peoples, to a great extent, are aware of this. We therefore suggest meditation as a means of, shall we say, getting in touch with what the alternatives are to those things which your society offers as goals which you may seek.

We can say to you, that whatever you may seek you will find. So your choice of what you are going to seek within this physical experience is all-important. If what you seek lies within the illusion, you shall have some measure of success, yet how poor you will be in those ways that even now you know exist. For in spirit, poor in the sense of peace we pass from this brief experience leaving your, shall we say, bank account behind and yet facing the spiritual banker. It is often the case when one begins to meditate on a regular basis, that one's physical problems straighten themselves out gradually, so that it looks as though meditation brings prosperity. If this is so, my friends, this is not inevitable. It is only a simple demonstration of harmony. There is no reason why one who is spiritually rich cannot also be in good

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health and living in comfort. The point is to seek those things of the spirit and all else will follow as is needed.

We do not promise heaven in the sense that meditation offers an easy street. For we have in our brotherhood worked upon the spiritual path for yet many more eons than you, yet within our ranks, because there always lies more than one path from one point to another, we have dissension and disagreement. We have discussion and argument. We are not without imperfections. We often do not see the total picture. It is simply that at least we are being honest in a way that we have gained by virtue of continued seeking. We are a little more in touch [with] who we are than your peoples. We have begun to see that we are all truly one in the Creator. Meditate, my friends.

At this time I would like to open the meeting to questions

M: *(M asks a question about a UFO sighting.)*

No.

M: Could you say any more about what their purpose was?

This type of experiment, shall we say, is the product of a research project, as you would call it. Although the entities were not abducted by Confederation people, they are not negative in their orientation but their purpose is benign.

M: *(Inaudible)*.

Kindly. They wish to prevent the people of Earth from having ill effects during the transition periods which is to come, when they will be using Earth plane energy for their needs.

M: Does this mean that they are themselves trying to help with the transition?

They are not helping in the transition, but they will be a part of it. The help that they will be giving will be simply to avoid harming the entities upon this planet's surface. It is difficult to explain. We are sorry that we cannot be more specific.

M: Thank you.

Don: Some information on the Second Coming?

This instrument has been aware of that question and therefore we would like to pause for just a moment to strengthen the contact.

(Pause)

I am with the instrument. Although the concept of the Second Coming is grossly in error in that the consciousness of the one known as Christ has come many times, there is an incarnation of the master in consciousness at this time among your peoples. This master is at this time a young boy. He will be among your peoples and will aid them.

Is this information of help?

Don: Yes. But I need more.

What do you wish to know?

Don: Where is he?

Carla: Don, I see a dry land. I don't know—like the Mideast or something, but I've never been there.

Don: How old is he?

Carla: I get fourteen. Fifteen. Fifteen.

Don: Can you do any better on where he is located.

Carla: Arabia? No, no better than that.

Don: How soon will he be recognized?

Carla: I get twenty-five. Within ten years.

Don: Any other information?

(Carla channeling)

I am Hatonn. As you may be aware from the atmosphere within your meeting at this time, to deal with information such as this is [a] somewhat solemn responsibility.

Questioner: Can you tell us *(inaudible)* to do?

Due to the fact that this consciousness is at this time incarnate and is subject to total free will we can only watch. This entity will attempt to be of service. But his method will be peculiar to the time and the place. As he is a teacher, he will teach. We would say at this time that it is very important that each who is tempted to follow the leader, listen always for the words of the master who leads not to himself but to the Father. Who speaks not of heavenly kingdoms—we correct this instrument—who speaks not of the kingdoms of Earth but of the Kingdom of Heaven. It has already begun that there are leaders among your peoples that are of a negative vibration. It is difficult perhaps to understand but because of the ways of power within the spiritual planes those who are negative in a strong sense have a great deal of

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power just as those who are positive have a great deal power. And although the light will always defeat the dark, it is very difficult for those who are not themselves sensitized to the light to easily distinguish between those who are of light and those who are of darkness. Yet, always discrimination can occur for the powers of light seek far beyond themselves and far beyond this illusion. To be true to your own light, depend ultimately on no leader, but upon the Creator that is revealed by any true leader.

Is there another question?

Questioner: I have a question. Do you know what is meant by the Tree of Life?

We will speak through this channel, although we do not need to speak at great length, for it is within this channel's mind. But we will give through this instrument our own estimate of this body of knowledge.

That which is known as the Kabbala is an extremely appropriate and accurate physiological description of the spiritual paths within this illusion. Using symbol for that which is positive or active and that which is negative or passive, that which is male and that which is female, describes in very understandable terms the process of seeking the Creator. It has been much misunderstood among philosophers. Its truths are very simple. If one is drawn to this study, we certainly encourage it—this or any other philosophical or religious study. However, we always request that above all else, dependence be placed upon communion with the Creator in meditation.

That which is known as the Kabbala is a structure made of words. Words are fallible and will break down, but communion with the Creator is without words and is beyond thought and it will preserve and sustain when nothing else will.

Does this answer your question?

Questioner: *(Inaudible)*.

Is there another question?

Questioner: Are there UFO bases on Earth?

Yes.

Questioner: Could you give me a little more information?

Some of our craft are based under what you would call ocean in various locations.

Questioner: Do you know anything about the disappearances in the area we call the Bermuda Triangle?

We are sorry, but this instrument is tired. We would conclude through another instrument. I am Hatonn.

(B channeling)

I am Hatonn. Again I greet you in the love and the light of our infinite Creator. I will leave through this instrument. I encourage you all upon spending more time in meditation. In the love and light I leave you now. I am Hatonn. ♣

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Sunday Meeting
November 21, 1976

(Carla channeling

My beloved brothers and sisters, it is a great privilege to make contact with your group. And I do so only to say my blessing and my peace are with you and your world. I am known to you as Philip. And I send you all the light of my brotherhood. I have wished to give encouragement to you and I know that you have felt it.

My beloved brethren, love each other. Serve each other. Know that throughout all of those who dwell upon your Earth at this time are your brothers and sisters. With your aid all will one day live in harmony. Do not falter. I may continue in a moment.

I am Philip of the Brotherhood of the Seven Rays. I leave you in light. My peace be unto you.

(H channeling)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. We are certain that you have noticed this evening that there is indeed a great deal of what you would call conditioning of the instruments. You may have noticed that there is a great intensity of energy flowing, and as this meeting progresses we shall increase that intensity and ask that you only still your self and accept that energy, if you so desire. For, my friends, the energy that you feel is energy that will assist you. It will bring forth into you physical *(inaudible)* greater physical energies, greater emotional controls, and greater intellectual disciplines.

My friends, those rays which we so often beam upon you that you call the conditioning ray are not only to provide telepathic contact but they are to assist you in recharging those energies which you dissipate through your lack of knowledge and discipline.

We of the Brotherhood of Planets in Service to the Infinite Creator are here only to serve those who would desire it. And we are grateful to be given the opportunity to join with you in these meetings and to provide our assistance as it is requested. We ask your patience for a moment, for as you may have noticed there are some differences in the voice of the instrument. And we are attempting to utilize greater control. And require a moment to bring that control to that point which is most advantageous for bringing forth this evening's message.

(Pause)

I am Oxal. My greetings to you. Many of you have never, shall we say, heard my voice. It is rare that I am given the opportunity to speak with you. Yet I am present at all of your meetings working with those of you who are desirous of obtaining those goals in life which you may or may not be aware of.

And it is that upon which I desire to speak this evening.

Each and every individual upon your sphere of existence is an instrument of the Creator. Each instrument by choice previous to the incarnation has chosen to fulfill that which many of you would call destiny. Many of you have chosen to work with one another and to love one another in simple fashion. And some have chosen to take upon themselves the responsibilities of what one might call a teacher. Some have chosen to enter into fields of endeavor in their life. Yet, we must stress, no matter what it is that you have chosen to do, whether it seems to you to be a task of simplicity or a task of great magnitude, it cannot be measured, my friends. Your worth to the Creator, your worth to your fellow man, and your worth to the entire universe is immeasurable, as is your existence. You are an infinite being. You are instilled with divinity. You are of the utmost importance. You are a portion and particle of the divine Creator. Without your existence the creation would be incomplete.

Never, my friends, judge that which you are to do once you become aware of it. And seek out that which you are to do. Know what it is that you have come into this existence for. And proceed to do it knowing that you are going about being thy Father's business. Do not attempt to do the Creator's business. Be that business. Judge not yourself. Judge not others. Accept all things freely and lovingly, and in saying this we do not mean that you must submit yourself to the onslaught of negativity.

Learn, my friends, to control those forces which influence. For indeed you have this ability instilled within you. Learn to be able to be, shall we say, bombarded by all negativity and meet it with you own positive energies and with the love and light which resides within you and overcome that negativity, purify it, encase it in the light, and send it back from whence it has come with your blessings.

Know, my friends, that indeed you and you alone are in control of your life and all the influences within it. You can accept upon yourself anything that you desire but no one has the ability to place upon you an experience or thought or energy form that you have not allowed to come in. It is true that many people do not know the proper means by which to control that which they accept, or to distinguish between the energy flows and know their work. Yet, my friends, if you seek out with true dedication that which you have entered into this life to achieve, a portion of that will bring forth to you the knowledges that you need in order to instill, or shall we say, in order to initiate the protective measures that you will require in order to achieve that destiny that you have chosen.

Realize, my friends, that as you travel life's journey you can alter that destiny. You are not committed to fulfill that which you have chosen to do. But if you do not know that, indeed, you shall return until you have done so. For in choosing your mission, shall we say, in life, you have done so because it is something that you have needed to give and to learn from. It is a lesson that you must experience in this classroom of life in order to achieve, shall we say, the next level of existence. You cannot learn 99% and pass, my friends. You must know all things, experience all things that this plane of existence has to offer. The passing grade is 100%.

My friends, that which you endeavor to do is much more serious than you have thought. Yet, do not be discouraged, for know that the Creator would not allow you to take upon yourself a greater task than what you can achieve and fulfill righteously.

My friends, as I have said, you are divine. Know this at all times. Recognize and learn to see the divinity within those around you and know that that divinity is within all beings. No matter who you come across in your life, whether they would be what you would call criminal, evil or good, they are divine. They are either fulfilling that which they have chosen to do or they shall do so in the future. Know that each person progresses at their own rate. Know that each person has that right to choose in what direction to go. Give whatever assistance you can to those that would request it. Give whatever assistance [you can] to those [who] would not request it when you know it would not be violating their will. And, my friends, the hardest, the hardest thing to do for those truly dedicated is to render no assistance to those that they know would not accept it. For to share your energies with those who would rebuke it is to waste, shall we say, precious time and precious energy. All that you can do for those is to love them and to bless them and allow them to go their way.

Each of you, my friends, has in one form or another begun the journey; the journey that shall lead you into the knowledge of that mission you have chosen.

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Advance forward and never look back, for what is behind you, my friends, is experience. Utilize it properly and continue to go forward knowing that you shall indeed achieve those goals which you have entered into life for. Indeed, you are the servant of the Creator and the servant of your fellow man as the Creator is your servant and your fellow man your servant. But service, my friends, comes only in love and love does not demand and love does not possess. Love does not criticize. Love does not place judgment. Love my friends, as this instrument has been told before, can be simply defined: the L is for luminescence, the O is for omnipresence, the V is for vacillating, the E is for eternity. Love is luminescence, the light within you; the omnipresence everywhere vacillating and flowing forever eternally within you and within all your men who walk this plane of existence. And within each particle, within each molecule, within atomic structure that your scientist's observe, this love is and this love shall always be. It cannot be smitten. It cannot be hidden. It cannot be denied. Love is the most potent energy of the universe and it shall succeed over that which you call darkness or negativity.

Take these words of wisdom. Do with them what you will. Know that I love you, that my brothers and I continually send you our love, our light. We work upon a plane of existence which is what you would consider above yours. And we do many things which you do not see to assist you, but, my friends, it is your life and it is your mission. Do with it as you will and know that we will assist you.

I am Oxal. Though I leave, my brother Hatonn shall speak through another instrument, for this instrument is growing tired. I leave you in His love and in His light. I am Oxal.

(B channeling)

It is our pleasure to be with you. We are with you always in the light and the love of our infinite Father. It is indeed a pleasure to send forth this love in many forms and in all directions. And it is indeed an honor to instill within you these words of truth to be scattered as seeds from the essence of life. From the beginning, or the origin, of all existence there has always been an eternal truth that shall exist always. For the love we send to you is not a *(inaudible)*. Yet as it passes through we send with it the love within us *(inaudible)*.

We are sorry for the interruption. We shall attempt a different communication. I am Hatonn.

(Carla channeling)

I am again with this instrument. We would like to attempt to speak just a few words through the one known as M if he would be receptive to our contact, for we feel that the one known as M would indeed be of service. Yet, we in no way desire to infringe upon his free will. We will therefore simply attempt to speak a few words, if the instrument would relax and make himself receptive. I am Hatonn.

(Carla channeling)

I am again with this instrument. We understand and sympathize with all conditions of question and doubts regarding the contact. We are extremely privileged to help each of you for there are many ways to serve. And vocal channeling, as you call it, is but one.

It is possible that at some future time events may alter the thoughts of those who are not sure about attempting to be of service in this way. Yet, whatever the service is, my friends, it matters not. For as our brother said it, within this *(inaudible)* it is not the apparent magnitude of the service that we are concerned with in learning. It is only the attitude and the intention.

It has been written in your holy works that the master known as Jesus, indicating the correct role of the teacher, knelt upon the ground and washed the feet dusty from the road of those who were his students. This he did as a lesson. My brothers, that which you call humility among your peoples is a difficult lesson to learn. Many are those among you who feel that they are stronger than their brothers and must help them. Yet, we wish to share with you an understanding of yourselves for no one, my friends, is strong. Each is a collection of the strong and the weak. And just as when you are weak and you reach your hand out, someone has helped you and you needed that help.

Just so, if someone reaches out to you, you have as much need as that weak man as you did when you were weak *(inaudible)*. For in your strength you can only stay strong by giving that strength to others. Just as in your weakness you could only change by giving your weakness.

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Mankind, and by this we mean the race of those whose souls or being are filled with the Creator in consciousness, all these men are one great *(inaudible)*. The strong have need of the weak and weak need of the strong, for all together make one. It has earlier been said, too, that without each of you, my brothers, the universe would not be completed. Without the weakest of your brethren, without the most troublesome, without the most foolish, you would be lacking. Know that you have a blessing and you are asked to reach out your hand. Know that just as the master known as Jesus would stop and heal the most wretched of those along the way, stop what he was doing with thousands to heal one weak man, so it is never your great dreams that are most important, but that which is required of you at the moment.

This cannot be accomplished without meditation, for inspiration of this kind is considered words of folly by your wise men. Meditate and go within, for that which is foolish to the world is a treasure to you *(inaudible)*.

Before I leave this gathering of souls, I would ask if there are any questions.

Questioner: *(Inaudible)*.

We are with the instrument. We are aware of your question. Each of you who dwell within the physical also has at the heart of that physical body an animating spirit. And this animating spirit often becomes the starved by the active daily existence of your physical being. It is in sleep that this being refreshes itself, for it is then free of the gross physical form with its chemicals and its impurities. And it can take instruction, work out deeper difficulties which have penetrated to its existence, and store up energies with which to animate the physical being during the waking period. Dream activity is of this nature and without the dream activity the physical being would soon be unable to function. This has been proven by your scientists and this instrument is aware of the research. Therefore, we say to you upon the level of the intellect alone it is apparent that the one of whom you speak does indeed dream.

As to the blocking of the dreams from the conscious mind, this soul comes into the physical body as an inmate into a prison. Depending upon the shock of that entry, the consciousness of vital spiritual being may have various awarenesses of what the prison is like. Those who have become [aware] that they are in prison are often more able to free themselves through dreams, even though their spirits are sad within them because of their imprisonment. Those who have some degree of consciousness of their condition of entrapment find it easier to be aware of their dreams. One such as the one of whom you speak are somewhat traumatized and have been unable to put their true personality, as you might call it—that is, the system of biases that make up that individual—into the totality of their physical consciousness. They are truly in, shall we say, solitary confinement.

In order to begin to unlock the consciousness of the imprisoned soul, so that it can communicate with the conscious mind through remembering the dreams, it is suggested that since this is a desirable situation to attempt to attain meditation, be devoted first to the silence and then to a seeking of wholeness. It is suggested that within this second type of meditation the seeker become aware of the Creator's infinity and presence in all areas and in all corners. There is nothing left out of the Creator. There is nothing that needs to be known that the Creator does not know. The Creator is within each of us. This meditation makes the consciousness available, when applied patiently, that relaxes the trauma of the imprisoned soul. Memory is to a certain extent a habit and it is a matter, in this case, of changing the habit of not remembering.

We are always available to aid. And it is also to [be] said that each of you has guides within what you would call the astral planes who are able to aid you simply by giving you light and strength within your worldly sphere. Seek this help and it will be given.

Does this answer your question?

Questioner: *(Inaudible)*.

My brother, there are many different lessons to be learned within the physical plane. To most who are here it is necessary that the consciousness be fully awake to the higher, shall we say, intellectual decisions of the physical world. But there are those who need to experience sensations. In order to do this it is necessary only to be within a physical form. There are others whose karma involves this debt. However, the one of whom you speak had a need to experience the beauties, the color, the light, and the feeling of the physical plane and he was able to do this by incarnating in such a vehicle. He receives these sensations in a pure and untouched manner

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due to the fact that his mentality is, as you would say, retarded. This is what he needs in this experience.

It is not a cruel creation. The harmonies are sometimes difficult to understand.

Is there another question?

Questioner: *(Inaudible)*.

The instrument spoke of the Brotherhood of Seven Rays and the meaning of this is simply that light as you know it in its pure form contains various basic hues of colors. All of these colors together make up the light. And all the differences within all mankind make up one being.

The brotherhood which takes its name from this *(inaudible)* has been formed to work with all of the different hues and colors of mankind's spirit so that, as the one known as Brother Philip said, one day all of mankind will move in harmony and in oneness.

Does this answer your question?

Questioner: *(Inaudible)*.

If there are no more questions, I will leave this instrument.

Questioner: *(Inaudible)*.

One not only can, but one almost always does. It is simply that these contacts are not often remembered. If you work towards sensitizing your memory, you will begin to remember being given instructions by your teachers. This is the life of the soul.

(Tape ends.) ♣

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Sunday Meeting
November 28, 1976

(Carla channeling)

I am Hatonn, and I greet each of you in the love and the light of our infinite Creator. I and my brothers are privileged to be with you this evening.

Before we begin we would like to spend a few moments balancing the harmonies within your group in order to more easily tune ourselves to your needs at this time. If you will relax, we will work with you at this time.

(Pause)

I am again with this instrument. I am Hatonn. We of the Confederation of Planets in the Service of the Infinite Creator have been among your peoples for many of your years. And our purpose in your skies is becoming known to more and more of your peoples. This is our objective. Not in forcing our purpose upon the people of your planet but only in making it known what their purpose might be.

To those who wonder what would bring a more advanced race, as you might call us, to do such standoffish and unrewarding work among less advanced peoples, we can only say that our peoples no longer need to employ their time and their talent in order to gain what you call money so that we may live. We are, as you might say, independently wealthy. We have all that we need. And yet, as all conscious beings do, we have the need to grow. We cannot grow in power or riches. We can grow only in knowledge. We have found that this growth in knowledge is only possible through our sharing the knowledge that we have with our brothers. We, therefore, need you in order to grow.

It is only proper that we should meet each other, for all of creation is based upon giving one element to another. All of the creation, which you may observe in your daily life as the seasons change, is a balance, a harmony, and a flux, one element giving opportunity for the other to flourish. This giving, this growing, this knowledge is within you, is within each of you. Yet, my brothers, so many of your peoples have been taught by the society in which they live that they must rush blindly from one experience to another, filling in any space of time that is left empty by another experience. Thus the flow, the harmony, the balance of your own understanding is blocked while constantly blocking your own receptions, for you are constantly thinking, you are constantly reacting.

It is very important to your peoples at this time that you seek the knowledge of who you are and what you truly want for your planet, and indeed your whole solar system is at this time progressing into a new area of space and a new vibration of experience. This has been said by so many of your own people we do but echo this truth. It has even been given a name. Many of your people speak of the Aquarian

Age, or the Golden Age. You may join the Age that is to come, that is already becoming apparent, if your vibrations are such that they are in harmony with that vibration. That is what we are here to tell you. That is our purpose here: to share with you our understanding. Our understanding is that we are all created as one being. That that one being is in a state of perfect love and harmony. And that our purpose in this and every experience is to more fully realize and understand the reality of that perfect love.

Your peoples are much like what you would call chain smokers. As the smoker smokes one cigarette after another, he loses the taste. The very experience he is seeking so hard eludes him more and more. Avoid this if you like. To space these experiences that are properly *(inaudible)*, it is by far the most advantageous way to use meditation. In whatever manner that you choose to practice this technique, silence holds the key to your understanding of yourself and the creation around you.

I would like to transfer the contact at this point. I am Hatonn.

(H channeling

I am Hatonn. I am now with this instrument. I greet you once again in the love and the light of our infinite Creator. I have said that silence is the key. My friends, in that book which you call the *Bible* the word silence is mentioned many times. And in truth, the silence of which we speak is the key to all knowledge, all understanding. That silence is the time spent listening to the voice of the Creator. And that voice may be heard through the practice of meditation. It is a voice that is not audible. Yet it is a voice that is clear and precise. It is a voice such as you have never heard. Yet, it is a voice to which you listen to at all times. My friends, to define the Creator is, for any being, incomprehensible. Yet, to begin to understand Him is indeed within your, shall we say, ability. Each and every individual, as we are aware of it, is nothing other than a projection of a pure thought from that source which we call the Creator. Each thought has taken upon itself forms of personal identities. In an essence they vacillate upon that same, shall we say, spiritual cycle of existence.

If it is true, that your existence has been brought about through none other than the thought of the Creator, and if it is true, as it has been stated in your holy scripture, that man is created in the image and likeness of his Creator, then therefore it is true, my friends, that your thought brings into existence the creation in which you live.

My friends, you have been given this opportunity, this live experience, in which to learn many lessons. And you have been given all of the abilities of your Creator for within you, He is. And working through you He shall always be. And with these abilities you truly create the experiences that you have. Not only in this life but in all existence upon all levels.

There are certain, what you would call, laws that are undeniable and unbreakable. Yet, it is your choice. It is your choice in which directions to go and what creations you wish to experience. It is necessary for man upon the planet Earth at this time, above all others that you are aware, to learn to control the thought projections, especially those which are detrimental not only to other individuals, but to your Earth sphere and its environment. Man upon planet Earth, indeed within himself, is godly in nature. You are divine and you have no limitations unless you choose to accept them. Yet, where man upon planet Earth has, shall we say, gone astray, is in the failure to recognize that that for which he searches is within him.

Those upon planet Earth—not all, but most—seek that divine intelligence that they call God. They use the intellect to search for Him in books. They search for Him in dwellings called churches. They search for Him to be working through others. And most often fail to recognize that He is working through them from within them. My friends, it has been stated that the Kingdom of Heaven lies within. And indeed these words are true. Within you is that spark of divinity. And that spark of divinity, shall we say, is a part and particle of the overall construction of that energy which is the Creator. You have not been separated from Him. You are not fallen angels, as some may think. You are creators working together whether you be aware of it or not, formulating the existence that you need.

It is so simple, my friends, that man has missed the simplicity of existence. It is not within the intellectual capabilities of man to totally understand the words which we speak. But it is indeed within the spiritual intellect of man to understand all things. And in order for both that which you call the physical intellect and the spiritual intellect to work together, closely and in harmony at all times, an attunement must be made by the individual. An

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attunement which takes away the barriers of limitation, the barriers of judgmentation and draws all knowledges from the sphere on which you exist within this body and this sphere, all spheres on which you exist in spirit. All are unioned; all come together; and all is known. But in order to do this there is a great need for dedication to achieving that point of knowledge. Dedication to service of your fellow men. Dedication to fulfillment of your Creator's will. And dedication to bringing about the most perfect being that you can be.

My friends, the disciplines which the masters have taken upon themselves are indeed difficult in the eyes of mortal men. But once they are accomplished, once they are internalized, they too take upon themselves the simplicity of truth. They bring forward the rewards. And those rewards, my friends, cannot be spoken of in words, for they are of the Creator and words are only a portion of this creation and of the Creator's existence.

How can man understand, how, only utilizing a portion of his abilities, the knowledge of the universe? Man must learn to utilize all that is within his capability and indeed that, my friends, is unlimited.

Divine in nature are all your fellow beings. Recognize this within them. Allow them to do that which they choose and assist them in any they may request. But place upon them no limitations or judgments for it. It is they themselves and only they who have that right to limit and judge what they are to be and what they are to do. Go through this experience of life knowing that all things are indeed the reflection of the divinity within you and accept them and learn from them what you can. And love them at all times as your Creator loves you.

I shall once again transfer this contact. I am Hatonn.

(Carla channeling)

I am again with this instrument. I am Hatonn. Before I leave this group, I would like to open the meeting to questions. If you have any at this time please ask them.

Questioner: *(Inaudible)*.

I am Hatonn. We felt that to impress information at this time would be premature.

Don: *(Inaudible)*.

I am with the instrument. Your group is now in harmony and at peace, so we ask that you let your hearts carry that peace out with you and into another world that may not look like what your heart looks [like] right now. All of creation speaks of harmony and it takes a very special eye to see it. That is the eye that is informed in meditation. That is the ear that is informed in meditation. That is the heart that is informed in meditation. *(Inaudible)* … and now is the time.

I leave you in the love and the light of the infinite Creator. I am Hatonn. Adonai vasu. ♣

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Sunday Meeting
December 12, 1976

(Don channeling)

I greet you in the love and the light of our infinite Creator. It is a very great privilege to be with you. I have been observing *(inaudible)*. We are aware of all of your activities, all of your thoughts, which may surprise you or it may not. For as you know, we have been interested not only in your planet, but select groups *(inaudible)*. We're concerned at this time about certain activities upon your planet. We're concerned at this time that certain information reach your peoples.

We're concerned. We are helpless, you might say, in some respects for we can only give information in certain limited ways. We give information through channels such as this one simply because the channel is receptive and has allowed the information to pass through him. Had he not allowed this, we could not give this information. There would be no way available *(inaudible)*, for this is the desire of our *(inaudible)*. That, and only that which is desired will be given. Only that which is desired will be received. For this reason, those upon your planet will be receiving, as always, precisely what they desire. It is a problem, we realize, to give precisely what is desired to those who desire it and not infringe upon those who do not desire what we offer. We have to offer what we understand to be a truth/beauty far beyond that which is experienced upon your planet. Yet, we can only offer this in a very limited way.

My friends, free will must be at all times criteria for our communicating, for our contacts, for any of our peoples' contacts. For this reason, we are dependent upon those upon your surface who would reach out for us. My friends, we have much to do and yet, it is difficult, in a sense, for your peoples to understand the simple truths that we bring forward to you. These simple truths, my friends, will, as it is said in your holy works, set you free. For you are truly in bondage: bondage to an idea that is false. An idea which the peoples of your planet have clung to steadfastly for many, many of the generations. An idea which led them down a road of confusion. An idea that brought them to the present state, which is in any terms, quite *(inaudible)*.

We implore you to act with us to help those who seek our help. And yet, we realize that you yourself have limitations and barriers. We feel sad that these limitations must always be upon us. And yet, these limitations are the essence of our being here, for without them you would not exist. These limitations, my friends, are the essence of the creation. *(Inaudible)* for in His total understanding, He is creating a perfect balance, a perfect freedom of experience. For, my friends, even though that which you experience may seem to be far from what you desire, it is precisely what you desire. You would not be experiencing it, my friends, if you did not desire it. You desire it for purposes of growth. You desire it

for other purposes. And yet, it is the essence of your life. Join with us to improve that essence at as fast a rate as you can possibly afford. This is our mission: to aid you on that path at an ever increasing rate and an ever increasing understanding. Give to us your time in meditation. We shall wait for all of your peoples as *(inaudible)* as yourselves to reach that which you desire: a state of understanding that lasts, a harmony, a love *(inaudible)*.

It has been a great privilege speaking through this instrument, my friends. I will transfer this contact. I am Hatonn.

(H channeling)

I am Hatonn. I am now with this instrument. My friends, as you endeavor to seek out those knowledges and truths which would assist you in your growth and in your ability to assist others in theirs, it is necessary that you recognize that that which you seek shall only come as quickly as you, shall we say, desire it. Yet, my friends, what we mean is that with the effort you put forth you determine the speed in which you receive the assistance which you seek. There are many upon your planet, and indeed you know many of them, who would wish to gain knowledge and assistance, yet who are, shall we say, unwilling to follow, shall we say, the divine bartering system. That which you receive, my friends, you are deserving of through the efforts that you put forth. And that which you receive is not to be hoarded, it is to be shared. Yet, it is only to be shared with those who are seeking that knowledge. You need not be concerned with seeking out those to who you may render your assistance for as you have seen, they have come to you.

And as you develop, and as you become, shall we say, the instrument of greater knowledge, then greater numbers shall seek from you that which you have attained. And we wish to stress that you make it clear to those who would come to you for assistance that you are indeed willing to share with them that which you have come to know, but that they also must be willing to share with others, put forth the efforts on their own to gain the knowledge that they seek. And as you are aware, the effort which is of greatest importance is that dedication to the practice and proper utilization of your daily meditation. As you have experienced, through your meditation you gain the unspoken words, the unwritten wisdoms. And through your meditations, you gain the strength to persevere [in addressing] those tests which befall you.

And as many of you have come to know, the greater your desire and your effort to attain the highest form of knowledge available, the greater the test. But all things, indeed, as you would recognize it, has a price, my friends. Even that which you seek of a spiritual nature. All things must be attained in a way that balance can be maintained in the universe. To seek knowledge is to ask to receive energies and if you draw forth from the universe any energy then you must be willing to send forth energy to replace it.

My friends, you can leave no voids in your life or in your efforts or in your attainments. You are the master of your existence. You are the co-creator of your universe. And that which you do must be done completely, for each, shall we say, error which you commit there is repercussion of a negative nature. And for each right that you perform there is the repercussion of a positive nature. So therefore, whatever energies come to you, they have come due to your projection of like energy. And as they flow throughout this universe, you must be, shall we say, open to allow the cycles of energies to continue flowing freely so that they may be shared by all.

As many of the teachers upon your Earth have told their students, the greatest step towards attaining that which they seek is to bring in focus the discipline of one's own thoughts and actions. To think properly is to create properly. To think unrighteously is to create havoc within your universe. These laws you cannot transmute. These laws are those which you must live by throughout this existence and all others which you have experienced and shall experience. As those of you here have attained certain levels of knowledge, it is your responsibility to share them when given the opportunity. And it is your responsibility to seek out greater levels so that your assistance can be of more benefit. Yet, it is your choice whether to do so. There is no energy within the universe capable of overcoming, or controlling in any way, your actions. Only you are the creator. You may accept the influences of your co-creators. That is also your choice.

As this group proceeds to grow and to learn, it shall become evident, step-by-step, to each individual, their, shall we say, mission within this organization.

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Indeed, my friends, you are of great importance to those around you. And this position which you have requested, in one form or another, is one which shall bring upon you from time to time the scorn of your fellow man. For you must recognize, my friends, there shall continually be that, shall we call it, balance, between those energies of the positive nature and those of the negative. And if you are recognized by an individual as being the opposite of what they feel that they are, they shall fear you through their lack of understanding and attempt to bring upon you an air of nonacceptance through their reflections upon you. Bless these individuals, seek not to retaliate. But seek, shall we say, to remain segregated from those influences as much as possible.

As you endeavor to do that which you feel is of importance to you and to your universe, recognize that you are the individual and that you are the whole. Seek not to know the fallacies of your universe for indeed they are not existent if you do not recognize them. The plane of existence on which you are presently living, as many times we have stated, is strictly an illusion projected by the thought patterns of its inhabitants. It is your, shall we say, birthright to create it in whatever way, shape or form that you desire. It is within you to accept or reject the outer manifestations upon this plane of existence. Recognize that which is of benefit to you, and accept not that which is of detriment to you. This is indeed difficult, yet it can be attained. As you seek out the Creator within you and join with Him and use your *(inaudible)*.

I shall transfer this communication. I am Hatonn.

(H channeling)

I am Hatonn. I am once again with this instrument. We are unable to achieve contact with either of the instruments that we have attempted to communicate through due to different circumstances within each. And, as always, we recognize the freedom of choice in each individual. We would ask that you would allow our energies to flow and our love to *(inaudible)*. As we leave you, know that we shall remain with you at all times. We are aware of the difficulties and we shall work upon our plane of existence to assist you, each of you in your hour of need. Yet, it is you, as we have stated, who have manifested the difficulties that are experienced. It is you, as the creator of your universe, that contains the power *(inaudible)* through conscious projection of your creative ability.

I leave you now in the light and in the light of our infinite Creator. I am Hatonn. Adonai vasu borragus.

(Carla channeling)

(A question was asked but not recorded.)

Don: *(Inaudible)* … is of a somewhat unpredictable nature, although we feel that it is still highly probable that there will be what you call earthquake activity in the area of California and the sea on the date we have mentioned, because the Earth, as you might say, is angry and violence is very probable. It is possible, due to the increase of what you would call consciousness-raising activity directed toward alleviation of this difficulty, that it may either be put off or its intensity diminished. We do expect this activity, but nothing is ever hopeless. And your efforts to send light can and will help.

Have you further questions?

Don: *(Inaudible)*.

The area around Los Angeles has a very high probability, in the area of 85 to 100%. This probability remains high. It is at this point at about 65% and climbs steadily to 85% during the next two years. It reaches 90% within one day and remains at that level for a period of seven of your days.

Don: *(Inaudible)*.

It reaches 90% on the date which we have given you, which is the September [3 or 30.] It remains at the level of 90% for seven of your days. From that point on it is gradually more difficult to judge the percentage of the possibility for it is a high probability that it will already have happened by that time.

Don: What magnitude *(inaudible)* on the Richter Scale?

We are aware of your measurements, but we are wary of giving you these measurements due to the fact that depending upon the consciousness of light groups such as yours, the intensity may be *(inaudible)*. Your scales may indicate as high as between a 7 and an 8.

Don: *(Inaudible)*.

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We are sorry that this instrument's understanding of geography is *(inaudible)*. There is a probability that extends in sort of a triangle shape from a line somewhat north of Los Angeles extending inward, cutting a long wedge of the south and out to sea south of Los Angeles and cutting upwards through the ocean to form the third side of the triangle. This is the area of greatest tension. Precisely where it will happen, we cannot state. Again there are probabilities. The highest probability, which ranks perhaps 60%, is that the worst shocks will occur somewhat south. There is probability of perhaps 30% that it will occur to the greatest extent on the northern line and there is perhaps a 10% chance that the activity will be at its most intense at sea.

Don: How many days before the event will we be able to *(inaudible)*?

We are having difficulty for we have difficulty with your time. Our accuracy varies. To be able to state at any time before an event actually occurs upon your plane, it will simply be a matter of chance, for we are constantly adjusting our understanding to your local time system. Therefore, we cannot state as gospel, as you might say, ahead of time. Although it is possible that we might be accurate ahead of time, our predictions are just that. And our predictions—much like your weather reports based upon fact. For us to be able to intercept in actuality in advance of this happening on your plane, it would be necessary for us to be in perfect coordination with those planes which are immediately adjacent to your physical plane. And we have the same problems with those planes of your system which are not bound as we do with the physical plane, in that they are local and dependent upon their time systems. Within those planes of your system which are not bound by time, this event is not also bound by time and therein lies the difficulty.

Have I by any chance made myself clear enough for your understanding?

Don: Yes. I would like to ask one more question. You have indicated that these cataclysmic effects are not completely desired. Can't this be viewed as a beneficial catalyst in the ultimate advancement of the Earth's population?

That which is necessary and that which is desirable are not necessarily the same. That your peoples must go through an inharmonious adjustment to their environment may be necessary. Yet, harmony is a desirable fact and one which is more natural to spiritual growth.

Don: My question is, is it not possible that the desired harmony be achieved more rapidly *(inaudible)*?

Are you speaking of this particular instance?

Don: *(Inaudible)*.

My brother, what is happening upon your planet now is what is necessary and therefore it is desirable. However, the physical plane is most effective when the catalyst of the physical problems is worked out entirely within the individual consciousness of each who dwells within the planet. When each who dwells within the physical plane is dealing with and coping with his path in terms of physical problems and difficulties, the harmony of the planetary sphere is maintained. This is indeed the most rapid and the most desirable rate of growth when the individual is growing at the same rate as the natural environment is growing. These cataclysms are simply evidence that the personal growth of those who dwell upon the planet have not kept pace with the natural environment's growth. Therefore, the entry into the next vibration has become difficult, making it necessary for the inharmony between consciousness and environmental consciousness to be alleviated by catastrophes such as the one you are experiencing.

Certainly, these drastic difficulties will cause some consciousnesses to open at last and thereby graduate, for drastic circumstances do encourage rapid growth. However, growth would have been much more rapid if it had been chosen on the personal level in harmony with the environment in the first place. This is why we feel that it is not particularly desirous that these difficult conditions prevail. However, we accept the necessity of it at this time due to the consciousness of your people.

Questioner: *(Inaudible)* … seems to me that the only hope for a relatively large percentage *(inaudible)* … is to experience the cataclysmic transition. Am I correct in that *(inaudible)*.

There is always a chance that those who are lost will find their way home. And this is why great efforts are being made by the Confederation and others to encourage shepherds to go out among the lost and do what they can to brief those, as you put it, on the fence into the light. Your question is difficult for us

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to respond to in your language, but we will attempt with this answer.

Those who dwell upon your planet have, whether they will or not, come to a time which is irrevocable. This is the time that they will either graduate or not. Your environmental difficulties are inevitable. They occur whether or not they do any good. They do not occur in order to give lessons, although they will certainly do some good. This is simply an adjustment period. For the most part, those who will graduate are already awake, for, you see, this is very late. We have been speaking to peoples for many years now. Most of those who we could collect have been collected. We understand the thrust of your question and we do assure that the catastrophes that your peoples will experience are at the most basic level part of harmony and part of a goodness and not to be feared. For …

(Side one of tape ends.)

(Carla channeling)

Does this answer this question?

Don: What can people like us do in light of this transition to best aid the master plan?

As you know, we cannot guide you in your day-to-day choices of activity. We can only encourage you to meditate and seek guidance from your higher selves, for each of you was sent by your higher selves with a job to do. You have the means to do it. And you certainly have our appreciation for your desire to help us help you. The answers will come in meditation. You know that you do have help from those upon the higher planes of your planet. We have long encouraged you to think of yourselves as shepherds and channels. And certainly we can say this is the key as service is always the key. But beyond that we cannot guide you, for that would be an infringement upon your free will. This is, above all things, your planet. You have incarnated here specifically to take that responsibility upon yourselves and to make choices for yourselves, to render your personal service.

We say only to you that we are completely with you and send our light and our love to you. You must be aware that our basic desire is to tell this planet that love is all that there is; to let this planet know that the creation is the Creator's and that many, many within its infinity praise His name. An earlier voice than ours, that of the master known as Jesus, instructed his followers to go to the ends of the Earth and tell all that they met about the Truth. This is the time honored [so] and we subscribe to it. We are instruments of the Creator and so are you. We have our limitations and so do you. But your limits are far, far more capacious than ours for you have chosen to incarnate and this gives you greater scope and greater responsibilities.

May we assist you further through this instrument?

Don: *(Inaudible)*.

I leave you. I am privileged to be using this instrument and we do thank the one known as Carla. We are with you. We are your brothers. Adonai vasu. I am Hatonn. ♣

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Wednesday Meditation
April 13, 1977

(Don channeling)

I am Hatonn. It is a very great privilege to once more be with you. It is always a very great privilege to be able to communicate with those of the planet Earth who are receptive to our contact. We would very much appreciate contact with all of the peoples of this planet. However, this is not possible at this time.

Very shortly we will be contacting many more of the peoples on your surface than we have in the past. We will be doing this through various methods. We will create in the very near future what you would call an advertisement of our presence. This will alert very large numbers of the peoples of your planet as to our reality. At this time it will be necessary for those who believe that they know of our mission to come forth and speak of that, if they so desire. They will find, unfortunately, considerable frustrations in doing this since, as before, they will have no way of proving that which they have come to know as the truth about us. We would prefer to be able to give this understanding directly to the people of your planet. However, this is not possible. It is only possible to give to them the unproven truth of our presence and our mission. For this reason, we will maintain a continued aloofness from direct contact. However, our presence will be less aloof or less unknown. This is timed in such a way as to coincide with certain activities that have been carried out by numerous of the peoples of your planet. These activities have resulted in a partial dissemination, in a very limited fashion, of the actual purpose of our contact. We are at present planning to stimulate the seeking of knowledge about us by becoming somewhat more open in our activities. It has been thirty of your years since the activation of public contact in a very limited way. During this time, such information about us has been stored within your societies upon the surface of your planet.

The second phase, as you might call it, is now beginning. A phase that will include, as I have said, an advertisement of our presence to be followed by the dissemination of still unprovable information about us. This, my friends, is the second phase.

I will transfer this contact at this time to another instrument.

(N channeling)

Again it is a great privilege to speak to you. This second phase, as we have called it, will help many of your peoples on their way in search of truth. As I have said, it will … I will pause.

(Doorbell rings.)

We welcome the new member to the group this evening. As I was saying, this new phase will help more people in their search for the truth. They will be stimulated and will have new energy to pursue the

truth. My brothers, there will be much more frustration and it will cause many to wonder deeply whether or not they are pursuing a worthwhile path. But I and my brothers will be [with] them and with you at all times if you desire it to give assistance as much as we can.

I will now transfer this contact. I am Hatonn.

(Carla channeling)

I am with this instrument. I am Hatonn, and I greet you in the love and the light of the infinite Creator. We did not wish to come to this instrument earlier for we wish to use the talent and build up the confidence of each of our instruments. Also, each instrument has his own special talents and we wished to speak through this instrument on subjects which would be of interest to the new member.

Within your universe there is a local phenomenon which is known to you as time and a local set of conditions represented to you by mass and space and your so-called Euclidean geometry. And because of this we speak to you of cycles and of timing our campaign. We are dealing with a local set of parameters and it is in this way that we communicate with you that we bridge the gap between our way of thinking and your way of thinking. There is a level on which the talk of cycles and anything of campaigns is, if anything, only partially so for this is a level of which we are far more aware than you: that all things are truly one; that all cycles truly become circles; that all corners truly become rounded into one unending globe of unity—infinite, invisible, eternal and containing all that there is.

These concepts are not graspable by your peoples and so we deal with the local, understandable frame of reference and say that you are coming to the end of a cycle and that we are attempting to help those of you who wish to be helped at this time to make progress on your cycle so that you may spiral upward in the great dance along the spiritual path. To understand your place in the universe at this time is very, very critical. Because you are within a physical body, it is important that you deal in a balanced manner with your physical existence with the demands and the responsibilities of the physical life. It is very difficult, and purposely so, to balance the physical existence and spiritual seeking. It is to test your ability to do this that you have entered this sphere. It is a great mistake, my friends, to care too much for the physical body and its needs.

Yet, we say to you also, beware of the opposite. Do not care too little for your physical vehicle and its needs. You must look upon your physical vehicle as just that: it is a vehicle. It is functioning well for you and like a good fruit tree, it has grown, it has come into its youth, it has borne truth. Perhaps it has grown a little gnarled, a little bent, and as the years go on it will become increasingly gnarled and it will [have] served its time. All of its fruit will have been given up and it will be cut down. This is your physical body. You may accept it as a good and faithful servant. The circumstances of your being here, of the type and condition of your life, are intended and are offered to you so that you make take your conditions and learn. You may take your body and be of service to others. Your body has hands with which to reach out to others; a mouth with which to smile, my friends; a mind to function well for you and to think well of others. It is not you, but it is no stranger to you. It is yours for a time. Keep this in balance, neither rejecting or being overly fond of those portions of your identity which are only temporary.

In meditation, seek your permanent identity. Within you there is a perfect body. And that body is your spirit. It is not a body as you would think of a body. And yet it is the ultimate house of your soul. To penetrate upward through the various shells of being to the final center of yourself is the goal of meditation. For within that final center is your link with all that there is. We are urging you, shall we say, to do your homework at this time. The joy, the state of joy, my friends, that you left to come into the physical existence is very greatly needed among your peoples at this time. And how few there are that understand that joy is the natural state of existence for each of those who dwell upon the surface of your sphere.

You see, my brothers, you are not on the same order of the apple tree. You are not out in the weather. You do not grow, wither and die. You are a consciousness that is not born and does not die. You are joy. To touch this place within yourself is all-important at this time, for if you can but make contact with your higher self, you can be of great comfort and of great service to many in the days to come. For in the days to come, as we have said many times, there will be many who are afraid, and many

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who have put off their voyage of self-discovery until the very last minute and who, when they finally realize that they must now decide who they are, will be absolutely terrified. One person, who is sure of who he and is radiating the joy of that knowledge and who can reach out with his light will be of infinite service, as people always have been when they are able to shine with the light and the love of the Creator.

Before I leave this instrument, I would like to open this meeting to questions.

M: Last week you briefly discussed the Bermuda Triangle. Can you give any more explanation on what is causing it, where people are going—disappearing in that area and in other areas that are similar?

I have no objection to sharing certain descriptions with you through this instrument as to the supposed location of people who disappear under the circumstances. However, the descriptions are very, very rough and bear little resemblance to the full truth due to the limitations of the instrument's understanding and the limits of your present technology.

In the first place, many of those who supposedly disappeared are merely on the bottom of the ocean. However, there have been some anomalistic cases where beings, and in some cases inanimate objects were, shall we say, bent through a dimension of space/time which is not space/time, but which is an analogous substance which interacts with your space/time to form, shall we say, interpenetrating spheres. These are local shunts, or time displacement tunnels, as you might call them, developed and/or discovered many centuries ago. Or in some cases, they are simply anomalistic occurrences of a natural type but of the same order. In some cases, the objects are simply crushed by the excessive power of the transformation. But in most instances, the objects are transformed into another type of vibration which, while not at all equal to your higher planes, are none the less congruent or tangent to these planes in such a way that beings can no longer exist in this local time and space, but instead exist in what you might call an alternate reality, though we do not like this term.

It is as though you take a maypole with many colors of ribbon and plaited the ribbon in an infinitely yet completely regular complexity so that many realities interpenetrate. Each of these realities have many planes. The only difference, my friends, is that there is no maypole and this we cannot explain to you. Our reluctance was in talking about the precise structure or methodology of constructing such areas because this type of power would again be wasted by your peoples if at this time if it were rediscovered. There has been enough waste already.

Does this answer your question?

M: Yes.

N: I have a question. When I channel, it seems that I can usually pick up the contact fairly easy and then after a short period of time—most of the time it is a short period of time—I just seem to lose it. I get the basic contact, or thoughts, but I can't seem to carry it for any length, but I'd like to. Do you know why I do this or have any suggestions to help me with channeling?

I am aware of your question. When an instrument such as yourself reaches the level of ability of which you speak, he has two choices. He can either remain at that level or he can consciously work to extend or to enlarge his ability to sustain an image. Basically, those who succeed in becoming a more extended type of channel are those who are willing to build up their confidence enough to continue sustaining an image beyond the first completed thought or image.

There are several ways in which to encourage yourself in this service to others. Perhaps one of the best ways is to encourage within yourself any tendency to do spiritual reading or meditation upon a spiritual thought. This, shall we say, stimulates your own higher self and provides our contact with more fuel, if you would call it that, for our own thoughts to mesh and work with.

This type of channeling that we are using with your group is not pure channeling. Very seldom do we achieve anything like a pure contact. It is a joint effort between the channel and our thought wave. The more open the channel is to being used to saying things without regard to their sense or what will come next, the more confidence the channel has that something will work out in the end, the more extended our contact through anyone channel can be. There is a delicate balance, of course, between being confident enough to sustain a contact and being so confident that you lose a contact while attempting to speak your own thoughts. However,

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we do not feel that you would ever have this problem due to your temperament and nature which is not prone to this type of energy.

Therefore, we simply urge you, in addition to silent meditation, [to] put aside a few minutes as often as possible for spiritual reading or meditation upon a thought or an image of a spiritual nature. Then we simply suggest that as you pray that you may be of service to others you then relax and have a quiet confidence that this prayer will be answered. It will take a while for you to build up to longer messages, yet, as you seek so shall you find. And this is true of this desire to serve as well as any other desire that you might have. We are at all times with you and encourage you in any way that we can. And above all, we wish to express our gratitude that you wish to be of service in this way.

N: Thank you.

I am with the instrument. Is there another question? I am with you. I and my brothers at all times are with. It has been said that we are a voice of love. And let me tell you, my friends, our voice is millions strong. And our voice is heard by more and more of your peoples. We thank you for letting us speak among you and share with [you] our thoughts. We ask you to lift up your voice also, for each voice that speaks of love and light to your peoples is a voice of great worth and of great beauty. Seek that love and light within yourself, my friends, and then share it. I leave you in His light and in His love. I am one of Hatonn. Adonai.

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Wednesday Meditation

August 10, 1977

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. We are very pleased to be with you and we greet each of you. We have a good contact tonight and this makes it easier for us to share our thoughts with you.

Your peoples, my friends, do not always have a good contact with us, or with any of those who attempt to help them to remember their true self. Why is it, my friends, that your peoples are often so unaware of the friends that they have? We have come from other worlds, shall we say, other dimensions, other times. Any of your helpers are parts of your own real self, separated from you only by your limited consciousness while within the physical illusion. Others of your helpers have been your teachers through past experiences on the soul level. You have teachers who are within the physical illusion with you at this time whose words you may read or hear; whose music you may hear; whose feelings you may come to understand on a conscious level.

Within the illusion, all of these helpers, my friends, [who] people your world—are inhabitants within the life of your true self which you call the soul. And yet, how many of your peoples, my friends, think they are alone, and the world is a jungle and they must get by the best they can? With this kind of philosophy, my friends, every day is a difficult one; every decision is a hard one; and all brothers and sisters are met with suspicion. Yet, my friends, you are truly very rich in friends, most of them unseen, most of them available only through meditation.

Your own higher self is your greatest friend. Your own higher self retains the memory of all that you have learned. Not only in this experience, but in that great sum of experience through which your true self has traveled on its path to where you are now. It has been written in your holy works that the master known as Jesus came to declare the acceptable year of the Creator, the acceptable time for understanding of unity. At the beginning of your cycle, your people were unacceptable, for there was a great darkness, a great forgetting, for all the souls that had begun in this cycle at that time had to begin with total lack of memory, had to begin in the darkness of total illusion to rediscover independently and of free will all of the truths of the Creator; all of the truths and of love and brotherhood; all of those things that separate the conscious awareness of the living soul from the instinctive rise of awareness of your animal life.

And in the instinct to conscious awareness of truth, your peoples have labored long, for thousands of your years, through many lives. You have worked to begin to express in a conscious manner your knowledge of unity.

The master known as Jesus came to declare that acceptable truth. He served as a perfect example. And those truths have become more and more acceptable to individual souls as the cycle has progressed. That acceptable year, my friends, draws nigh and is upon you. That which you are expressing at this time may well be your final expression within this cycle. It is time, as this instrument would say, to get it right. It is within the awareness of each of you within this group to understand the pressures of the one who desires to pass the test at the end of the school year. There is a studying, there is a caring, a desiring that one's level of understanding may be acceptable.

We ask, my friends, that as you turn to meditation, you turn with desire to understand fully that which is acceptable, that which is true. Many, many are the philosophies and the religions among your peoples that always, no matter what the disagreements and contradictions of what you may call dogma, always the ethical considerations remain constant. The ethics, that which is acceptable, do not seem to be in question for action is the most expressive form of truth. Therefore, we ask you to meditate and seek that truth. And then go forth and enjoy. Allow that which is acceptable to the Father to flow from you as you have received it in meditation.

Perhaps there is a greater question in back of what we speak to you about this evening. Perhaps while you are within the physical illusion you can never be totally sure that it is truly an illusion and that your real self is completely infinite and has eternal life. It is for reasons such as these that a word known as "faith" was conceived by your peoples. The word has unfortunate connotations, yet it is not foolish to have faith. There are many things which are not seen, but which you for some reason have inner conviction will come to pass. My friends, they will come to pass whether or not you have inner convictions. But your own personal progress along the lines of seeking will be much more rapid if you allow yourself to trust that intuition that tells you that our words are true. As you allow yourself to have as much faith as you may feel comfortable with, that small amount of faith will express itself to you in reflection in many privately convincing ways so that gradually you will not have to go on faith anymore for you will have been shown in ways that are clear to you that that which you had faith [in] is indeed true.

Therefore, my friends, [it] is not the tool of the fanatic or one who is mentally deficient or one who is mentally lazy. Faith is the conscious tool of the intellect used to link your intellect, which is a rather weak tool, with your intuition and your deeper awarenesses, which are very strong tools, but about which you know nothing intellectually. Many have said that there can be no link between the intellect and the intuition, or the heart. But, my friends, this is not so for all people know those things about which one has faith. All people are aware that it is possible to believe in love, in hope, in giving, in healing. All people, even the most materialistic, my friends, are aware of the legitimacy and the worth of these unseen powers. Their faith may be greatly diminished, but the words, concepts and the possibility of faith are meaningful. Ask yourself what things you have faith in; what things are of worth to you. And allow those things to expand as you bring them into your conscious, intellectual awareness. First, through meditation and then through the actions given to others in joy.

We are attempting the transformation of beings through these speeches. We can do so very little, my friends. We can only urge you to meditate; possibly, inspire you through our descriptions of those things of which we have the greatest faith, in which we feel the greatest belief. In our vibration, these are not inspiring words, these are the sober truths. In our vibrations, my friends, they must come through the mists of the material illusion. They must be filtered through your words. And all we can hope is that through the magic of your imagination and your desire to seek the truth our words will inspire you to meditate.

As we said many times, we do not know it all. We are not very wise. We have simply been a little farther up what you might call Jacob's Ladder. And we know that the journey is far, far more beautiful, more rewarding, and more deserving of faith than any possible journey to any possible place in space, in time, or in imagination. The journey for truth, my friends, is a journey for love, a journey for yourself, for you are truth and love. We hold out our hands to you on this journey and if at any time you wish our thoughts or the simple strengthening of our vibration, request it mentally, and I and my brothers will be there. That, my friends, is another thing in which you may have faith.

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I would like my brother Laitos to work with you. I will return. I am Hatonn.

I am Laitos. And again I greet you in the love and the light of the infinite Creator. If you will be patient, I would like to work with each of you briefly to offer our contact to you. I would like to condition the one known as G. If she would relax, I would condition her. If she desires, I will speak a sentence or two through her. Please relax and speak up as I give you my thoughts. I am Laitos.

(Carla channeling)

I am again with this instrument. We have some adjusting to do with this instrument. If the one known as G would be patient, we would like to slightly adjust the tuning. We will again attempt contact. I am a Laitos.

(Carla channeling)

I am Laitos. We thank the one known as G for the privilege of working with her. We have a fairly stable contact and we are greatly appreciative of the opportunity. We would attempt to contact the one known as M1, if he would relax. We would like to say a sentence or two through him if he desires this service.

(M1 channeling)

I am Laitos. I …

(Carla channeling)

I am again with this instrument. I am Laitos. We are very, very pleased to make contact with the one known as M. It is an exciting thing for us and for the instrument and we assure the instrument that it gets easier to maintain contact as one becomes used to the shock of speaking one's thoughts out loud for it is very different to speak out loud than it is to hear within without having [put one's] thoughts into words. We are most pleased. I would now like to condition the one known as T and speak just one or two sentences through him if he would desire this service. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We are aware of the problem. It is a great shift from the intellectual to the intuitive, as we have been speaking about this evening; to speak thoughts without knowing ahead of time the direction of the thought. Thus it is almost like, shall we say, a noise in the head which cannot be separated into words at first, and the noise blurs the words. However, if you desire this service and persist in attempting, you will eventually become able to, shall we say, decipher the signal from the noise. The noise is [the] background of your daily existence for there are many, many small thoughts and constant pressures which are attendant upon living within a chemical body and having the responsibilities and social ties through which your life within this illusion has its dynamics and within which you learn. We [are] attempting to say that this noise is not in itself evil or to be vanished, for you are here to learn, not to, shall we say, groove, entirely. Or, shall we say, you are here to learn and groove, but not one at the expense of the other. In meditation, this background noise will gradually sift away. And all of the messages will begin to come through a little better, including ours.

We thank you very much for the privilege of working with you. We would like to attempt to condition the one known as M2, the one known as R, the one known as S. If they would relax and make themselves open to our contact we will attempt to make a better contact with each life vibration. I am Laitos.

(Pause)

I am Laitos. We rejoice that we have been able to be with each of you. It is a good contact tonight. And we are very, very privileged and pleased. I will leave this instrument now and return the meeting to my brother Hatonn. I am Laitos.

I am with the instrument. I am Hatonn. And I greet you again in love and light. Before we close, I would open the meeting to questions. Does anyone have a question?

Questioner: What was the beginning? Hatonn, you talked briefly of our higher self being the sum of the knowledges of the many lives we have lived. Where did it all start? How did it all start?

This information is beyond our understanding. It is our intuitive feeling that the Father has no beginning and no ending, has no limits of any kind. It is our intuitive understanding that the conscious universe as we know it with its infinity of expressions, vibrations, times, spaces, dimensions and thoughts was an instantaneous expression of the Father in a single vibration which in your holy works

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has been called the Word. The Word, my friends, was love. There was one original Vibration that expressed itself out of the infinite, out of the invisible. Love then formed gradually, step-by-step, all that the individual consciousnesses which were expressed by love at that time could begin to create. The universe has been peopled more and more by the individual imaginations and thoughts of all of those infinite beings that were created as part of the love vibration. Each of you, my friends, has dwelled since the beginning of time. Before the beginning of time, there was the Father. It is our intuitive understanding that after the end of time, when all of the particles of infinite love have made the journey back to the Father, there will still be the Father. There is no beginning and there is no ending, but our universe is love.

Does this answer your question?

Questioner:

(Inaudible)

If there are no further questions we will attempt to bless each of you and thank you for the great privilege of having contact with your unique and precious life vibration. Each of you is a totally unique and precious child of the Creator. Wherever you are on your journey, my friends, we are all with you. We are all your brothers. I and my brothers leave you in the love and light. That is all that there is. Adonai vasu borragus.

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Monday Meditation
September 26, 1977

(H channeling)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. I shall speak with you this evening for it has been requested and it is our purpose for being here. I shall speak upon several subjects and shall attempt to answer many of your questions as we are aware of them.

I have said that my name is Hatonn. Yet, I wish you to know that this is not a name as you would know it. It is merely a means for identifying ourselves in a way that is acceptable to you. If you were within our world, shall we say, you would understand the concept; the concept of lack, shall we say, of desire for identification. This does not mean that we do not live as individuals. But it means that we live as one, together, united for one goal, desirous not of, shall we say, boosting of our personalities and of our egotistical traits. We wish only to unite and to serve, as we have come to the realization that all men are servants to one another. And it is our obligation and our desire to serve those upon planet Earth in their time of need.

We have come from many areas as you would understand it and have traveled great distances as you would understand it. But to us the distances are nearly nonexistent. We feel that those upon planet Earth who attempt to understand, shall we say, the mechanics of the universe have somewhat erred in their pursuit of knowledge. For, my friends, to understand the physical intellect that you utilize while existing upon the planet Earth, to utilize that intellect to attempt to understand the universe, is in many ways a useless endeavor. The intellect which you utilize has been programmed to accept finite principles, meaning that you have placed limitations upon that which it shall accept. And the universe, my friends, is founded upon [the] infinite, all things being infinite and therefore having no limitations. So it is incomprehensible to us that man could understand the universe in its totality utilizing only the intellect which is many times *(inaudible)*.

We do not attempt to be scornful in any manner. We attempt only to display and to give the truth as we perceive it. Whatever we say we ask only that you listen if you would wish to and decide for yourself if it is the truth that we speak and if the truth that we speak is that which you are seeking. For, my friends, the truth may be presented in many ways. Though it shall always say the same, it can be phrased in many different [ways] and brought through many different sources.

The reason it is this way upon your planet is because your peoples are still endeavoring within their personalities and seeking means of personal identification. Therefore, each shall choose the path that is most comfortable for them to follow. In understanding this, you can see that it is not the

responsibility of anyone to point the fallacy of any path out to one who is consciously following that path with love in their heart. Though the path may not be the purest in your eyes, the love within their heart is. And that love shall eventually draw all to that universal point where all is indeed one with the other.

Look not upon your brother as someone different then you. Look upon your brother as a reflection of a portion of yourself and of your Creator. The Creator, my friends, is a term which we use to signify that which we consider to be the omnipresent energy and intelligence that is, shall we say, the maker of all things. We see the presence of that Creator within each individual and within all matter. For if indeed, as many of your major philosophies have stated, all things are one, then the Creator must be within them. The greatest law which you may observe is to love and respect one another as you would yourself; to love and respect the Creator within each individual. Do not attempt to focus upon those points of personality which seem undesirable to you, but focus your attention upon those points of universality, one with the Creator, within your brothers. And in this way, you shall commune more quickly, in love and in harmony, with not only your brothers upon this planet, but with your brothers throughout the universe,

For indeed, the universe in which we all exist is infinite in size and infinite in population as you would know. We of the Confederation of Planets in Service to the Infinite Creator, as we sometimes call ourselves, have been with you throughout your history, though we are more numerous now than ever before. And each of you taking a look at the situations within your world can indeed understand why. For man upon planet Earth is caught not only in his own illusion, but in a dilemma. He has created for himself what you would term as inevitable destruction due to environmental abuse and conscious projection of negative thought forms. This is indeed evident and has in many ways been stated by your scientists. Though they do not know the true reasons why, they know the effect that is already in process.

Therefore, we have come to help, to help the people of Earth to understand what it is they have done to cause this effect and what it is they can do to alleviate to the greatest extent those effects already in process. We wish not to speak of doom. We wish not to speak of annihilation. We wish to speak of the rebirth of planet Earth. Rebirth in not only a physical sense, but more important in a sense that you would term as being spiritual. My friends, you can dwell within this type of environment as long as you choose to do so. But if you choose to advance, shall we say, upon the evolutionary scale, then it is necessary to strive spiritually to understand yourself and your ability to create the environment that you choose. Each and every one of us are the extension, as we have stated, of the Creator. And within us is planted that ability to project thought forms, and if given enough time, to manifest that thought form into physical actuality and experience. You are indeed the co-creator of your environment with those who you choose to associate with.

Man upon planet Earth looks about these days and times in many ways to experience what is termed as phenomena. But we say to you that there is no such [thing] as phenomena. All things are natural within this universe and all things are possible. Each and every one of you is the phenomena—your life, all of your experiences, are created by you and most of you do not even realize this. To us this is phenomena: your lack of understanding of your own ability.

Man of Earth, open your heart, open your mind and your spirit. Allow the truth of the universe that lies within you to radiate not only within this environment, but throughout the universe. Do not label anything or limit anything. Allow your life to flow freely as it is meant to be. Go within yourself periodically each day in what you would term meditation, and allow the God within you, that essence of the Creator within you, to calm you, to inspire you, and to fulfill your needs. Listen to the silence which you can so easily hear. And within that silence we promise to be all the knowledge of the universe if only you would reach out and accept it.

We say many things as we speak to you on Earth. But indeed the most important that we come to bear is the need for the individual to take upon himself the initiative to evolve himself or herself on a spiritual basis. And we have found the most, shall we say, expedient tool to be the practice of meditation. It is a key given to us by our Father the Creator to unlock those doors that seem to be so stubbornly bolted before us. Free yourself and free your brothers by going within yourself into the silence. This is the most necessary part.

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We of the Confederation are very happy to share with you. I shall transfer this communication to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn. I am now with this instrument. And again I greet you in the love and the light of our infinite Creator. I shall continue.

Yes, my friends, we ask you to meditate in silence, each of your days. And we do this for a reason, my friends. We have said to you love is all that there is. You must love your brothers and sisters. But, my friends, the beginning of love is the love of yourself as a whole and perfect being. It is in meditation that you become aware of the true nature of yourself and therefore, my friends, the true nature of the universe, for you are inseparable, completely linked with all that there is. That is why you and we are brothers, for neither time nor space, nor all the dimensions of creation can separate the oneness of consciousness.

Consider, my friends, yourselves as physical beings who are dressed in many layers and types of attire that cover that which you call your nakedness. You have many items which you do, which you place upon yourselves, many various ways in which you arrange those portions of your body which may grow from day to day. That which you call your hair is arranged in such a way as to make a certain impression, or to please you or to please society. And when you are armored with all of the clothing and the appearance that you desire, then and only then do you meet the world as you perceive it outside yourself. With each layer of clothing, with each arrangement of your hair and your odors and the various manifestations of your physical being, you are separating yourself from the outside world and limiting the responses which you will need to receive in your turn. These are your defenses on a physical level against those things that you do not consider part of yourself. They are your definition of yourself. Perhaps this is not conscious. And perhaps your definition is very carefree. Yet it exists, my friends.

The thought of allowing your physical being to wander naked in the physical world is not one which seems very desirable. And yet, my friends, all beings are naked. All beings are unified even in their body, even on the level of physical illusion, by the total naturalness and validity of all of the functions and manifestations of their physical form. In nakedness, those differences which seem so obvious when one begins to speak, when one begins to limit oneself by clothing and by cultural differences, fall away and one can see that we are all one.

On a mental level, shall we say, or an emotional or a spiritual level—we must correct this instrument—mental, emotional and spiritual levels, those levels which are unseen, are those we would take up at this time. On these levels, you also have clothing and limitations. You have your mental and emotional limitation closely connected with your concept of who you are, and these may be considered like unto your clothing. But inside your clothing my friends, is the most terrible limitation of all. Like tight bandages, your unseen self is wrapped in a terrible stricture consisting of those feelings which you have towards others concerning those things which you feel they have done to you [for] which you have not forgiven them. And, on the other hand, my friends, your feelings of guilt for things which you have done to your brothers and sisters for which you do not feel forgiveness. You will never be whole, my friends. You will always be cripples as long as you carry these bandages about your spiritual body. Oh, my friends, this instrument has within her memory a story of a man who went home with a beautiful woman and as she undressed she took off her wig, her make-up, and her padded brassiere and her wooden leg, and suddenly she wasn't very beautiful anymore.

My friends, all those that you look at, within this group and elsewhere, all these, my friends, are cripples. They all have wooden legs. They all have wigs. On the level of your human personality, they are wrapped in the tight bandages of those things they have not forgiven and those things for which they feel they are not forgiven. And therefore they manifest within the illusion in imperfect ways. And you, my friends, manifest within the illusion in an imperfect way.

Now we return to meditation. As you begin to go into the silence, perhaps you have games you play, as we would call them, in which you attempt to carry your clothed spirit, your limited spirit into the silence. Do not do this, my friends. Picture yourself, mentally, taking guilt and discarding it as you would a piece of clothing. Taking resentment, fear—putting it aside and walking as your shining naked self into the waters of cleanliness. After you have bathed yourself in total forgiveness, total cleanliness for the moment, you can emerge and in your mind you can sit down and listen. Listen for those signals

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which will come to you in the silence. You are a whole and complete person. Within you is perfection, wisdom and all the attributes of love. Yes, you will come out of meditation. Yes, you will begin to wrap the bandages about yourself. But as you come again and again into meditation, strip yourself clean and allow that soothing feeling of wholeness to come into your awareness. You begin to view your brothers and your sisters with something that does approach true love, for you will see, behind whatever manifestations may occur, that whole and perfect being that dwells perhaps very far beneath, perhaps very obviously beneath the mental, the spiritual, the emotional, and the physical clothing.

We have always greeted you in love and in light, for that is all that there [is.] We can greet you in nothing else. As you go into the silence, know that you are within that which is love. There is nowhere to go. You have no outer influence to seek. All that you desire is within. Meditate, my friends. And always we will aid you in any way that we can.

At this time I would open the meeting to questions. If you have a question, please speak up.

Questioner: Could you give some thoughts on dreams and interpreting them?

We are aware of your question. My sister, you must already know that consciousness does not cease either with sleep or with death. Therefore, that which you recall from your dreams is a record that your consciousness has been keeping during your slumbers. There are many levels of consciousness below that which you call consciousness, and many are not understood by those who study dreams. The level that is most often described by those who study the importance of dreams is the level wherein you are as your higher self attempting to speak to your conscious self about the material which you have covered in your experience within the last day or short period. There may be many symbols which those who interpret dreams have fairly adequately covered which may be used within your own dreams as a kind of symbolism to, shall we say, soften the blow of the lessons that your dreams are attempting to offer you.

We do not consider this [the] most important type of dream, however. In actuality, your consciousness is being taught by your teachers during sleep. And quite often, if you are very careful to keep records of your dreams, you will begin to consciously remember at least part of these lessons. This is most valuable to you and it is worth attempting to discover by means of keeping records of your dreams.

There are some cases where [the] more advanced among your peoples have the job, shall we say, of leaving their body during sleep periods and within one of the spiritual bodies, as this instrument would call them, going to other places and working with those who may need some kind of help either with mental or physical problems. These healers, as one might call them, are rare, but they are very helpful and do exist and it is another activity that occurs in, shall we say, a dream form.

Separate from all this my sister, are visions, either of the future or of the present, in which you see in a very real sense that which is to occur. This takes place on what you would call the fifth dimension and does not have anything in common with dreaming. You are actually there and your consciousness is fully awake.

Does this answer your question?

Questioner: Yes. Thank you.

Is there another question? My friends, this has been a longer meeting than usual. And we are very grateful for your patience as we have had a good deal to impart to you. We ask you again to understand that we come to you not to give you technology—for, my friends, you would not be able to handle technology—but love. For, my friends, you badly need love.

Let us share with you this. If all of you could love each other, you would refrain from your war-like efforts and from your defensive efforts. And, my friends, that money which you now have to spend on your technology would be enough to give you the breakthroughs that your scientists would like to make. We may tell you that we are aware at this time on your planet that [there] are [those] close enough to understanding methods of propulsion, fusion power, and other helpful pieces of technological breakthrough that an application of money sufficient to fund their research would make the breakthrough. But your governments will not spend the money on research unless it has defensive abilities.

My friends, technology will come when you have love. We realize this must seem to you to be, as this instrument would say, a great cop-out. But it is not.

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We can only say to you that when you have love, you are joyful and full of energy and that which has been given to you to do you will do. And the breakthroughs will come and the technologies will come. If you do not have love, as it has been written in your holy works, all that you do will be hollow.

It is especially important that we say this to you at this time, for you are at the end of a cycle, and if you had the time, you could not use it. For time is coming to a kind of ending and you are coming to a beginning. Therefore, attempt at this time to find the love within yourself, and to reach out to your brothers and sisters.

If your path takes you into science, into politics, into any manner of interaction with your brothers and sisters, so be it. Philosophers and spiritual-minded people are not off on top of a mountain. They come down from the mountain and live for the good of their brothers and sisters and for the love of the Father that gave them the life, the consciousness, the talent, and the will.

We reach out our hands to you, my friends. And we leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai vasu borragus. ♣

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Thursday Meditation
October 27, 1977

(Carla channeling)

I am Hatonn. I greet you in the love and the light of our infinite Creator. As always, it is a blessing to speak to this group. And above all, I would like to greet those whom I have not greeted before and to welcome back to the group one who has been absent. And to touch each of you with the love of my brothers and me. That love is always with you, my friends.

We of the Confederation of Planets in the Service of the Infinite Creator are here not to walk among you and trade with you. Not to stand in your seats of government and change your laws. Not to affect those forces which have authority over you. For as it says in your holy works, we are very willing to render unto Caesar those things which are Caesar's. We are not here to be an authority over you, for it is our understanding that you are in authority over yourself. Perhaps not, in this illusion, completely. But we are beings of reality, and we do not wish to deal with the illusions of government and society, for although they are very real to you and are necessary for your learning at this time, they are transient. And we wish to speak to that part of you that is not transient.

We would tell you a little story about a young man. We shall call him John. John was a fine young man, intelligent and well-loved by all who knew him. He was successful in his work and he achieved all that he wished to achieved very easily. But there was one thing he could not achieve. He could not achieve wisdom; he could not achieve peace of mind; he could not achieve joy. In other words, my friends, he was not free. He was not in a state of love.

And so, he collected money. Great quantities of money for he knew that with money one could buy much. And he went to one teacher after another attempting to buy wisdom. And he found beautiful tracts of land and he bought them. And he took his teachers and gave them land. He spent many years attempting somehow to, shall we say, plug himself in to freedom. He gave all that he thought he had. And all he found in the end were many, many words, many actions. But no peace, no joy, no freedom. For he was always conscious of himself. He was always figuring. He was always self-aware. He could not get free and into a space in which he was so completely himself that he was a channel for joy. Finally one day, John, who was no longer a young man, who was no longer handsome, and no longer rich for he had given all his riches away, despaired and he went into the mountains. Mountains which were no longer his. And he did not take food and he did not take bedding, for he was truly in despair.

And it came to him suddenly that he might pray as he had done often in the past. But this time, my friends, it was different. He had nothing to give.

And so he opened himself up, just a crack, and was almost blinded by the light that came through as he opened himself, no longer proud, no longer conscious of himself, but in total honesty saying, "Father, I have nothing but what I seek." Once he had opened himself, he became suddenly joyful. And after a timeless moment on his knees in the pine needles, in the gray of evening, he arose. And he reached and hugged the trees and he capered and danced and sang. And he was totally free. And he looked around and suddenly the world was whole and he had everything.

My friends, what this man, John, did with the rest of his life is not important. He had a mission which he had brought with him into this experience. And he was no longer blocking. He had a simple mission and that mission was to be. And by that being to give light. When he realized who he was, he no longer blocked the light.

My friends, each of you has his belongings, both physical and mental. Both emotional and psychic. These things are the baggage of the illusion. Some are more useful than others, but all are less than central to reality. We ask you to meditate. And in that meditation bring nothing but the simple perfection of yourself. Do not try to offer qualities and specifics. But in meditation open your heart to wisdom. Nothing less, my friends. Nothing more.

Imagine what you brought into this experience that you call your physical life. And what you will bring when you leave. And know that that and only that is what you are attempting to open within this illusion to the light of the Father, as we may call Him. Call the Creator what you will, but know that reality is very simple. And that true freedom lies not in being somebody. Not in great action. Not in great movement. But in the state of your heart at any given moment. Go in meditation to that reality and feel yourself blossom.

At this tine, I would like to pause and then allow my brother Laitos to work with the newer channels. For the present, I will leave you. I am Hatonn.

(Carla channeling)

I am Laitos. And I greet each of you in the love and the light of the infinite Creator. It is a privilege to work with you. And I would like to say to those of you who wish to experience contact such as this instrument receives, or to experience vibrations which this contact is carried upon, that it is only necessary for each of you to mentally request this contact and we will be with you.

May we say to you, my friends, not everyone experiences contact in the same way. Not everyone desires to give service by being a vocal channel. Yet, we hope and feel that it is true that our vibration, which is intended as a strengthening or underlining of your own vibrations of meditation, will be helpful to you. So if you will relax and request our presence, I and my brothers will work with each of you. We will specifically call on a few who are attempting to gain some skill in speaking our words. May we say how grateful we are for these channels, for as you know, my friends, many of your peoples desire to hear words of, shall we say, comfort or words of challenge regarding the spiritual path. And many find it difficult to accept these words from other sources but find it, perhaps, acceptable through instruments such as these. Therefore, we are very grateful, for without instruments such as you we could not fulfill our mission of making available this information without, shall we say, infringing upon your free will. For you can believe or disbelieve as you wish, for after all you are only sitting in the dark and listening to one of your brothers or sisters. This satisfies us, for we are not perfect and would never insist that we are right. We wish only to share our understanding as we know it with your peoples.

I will now attempt to speak a few words through the one known as B, if he would relax. I am Laitos.

(B channeling)

I am Laitos. *(Inaudible)*.

I am again with this instrument. The instrument is in need of further conditioning. We wish at this time …

(Carla channeling)

I am again with this channel. I am Laitos. We are grateful to use the one known as B. And we offer him this advice. We find this instrument very sensitive, and each time we begin to work with him again, we overstimulate the receptive centers. It is almost as if there were a, shall we say, psychic allergy to beginning the contact due to eagerness. Therefore, we suggest to the channel that as he accepts the contact, he allows even as long as minutes to go by during the conditioning process. Each of those in the group will be patient and in this

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way the oversensitivity will recede. This sensitivity is a very valuable trait in that it is akin to compassion. And compassion is extremely important as one works along the path of spiritual development, as you might call it. It is simply to be tempered with discipline. Compassion and discipline. These two in balance create wisdom.

We would like now to attempt to speak just a few words through the one known as G, if she would relax and allow us to speak through her. I am Laitos.

(Carla channeling)

I am again with this instrument. I am Laitos. We thank the one known as G. We are pleased and will continue to work with the instrument. We would like now to speak through the one known as J, if she would relax and cease analyzing any spontaneous thought and simply speak them as she receives them. I am Laitos.

(J channeling)

This is Laitos. *(Inaudible).*

(Carla channeling)

I am Laitos. I am again with this instrument. We are very happy that we have made contact with the one known as J. And we are sorry that we, as you might say, blew her circuits. It is very difficult to monitor the contact when it is first recognized for it is a powerful vibration. It will be easier and easier. Meanwhile, we thank the one known as June. We would like to go now to the one known as M1, if she would relax and speak our thoughts as she receives them. I am Laitos.

(M1 channeling)

I am Laitos. I am now with this instrument.

(Carla channeling)

I am again with this instrument. I am Laitos. We would like to condition the one known as M1 and try to say just a couple of sentences through her before we go one. Therefore, if you will be patient we will pause and condition the instrument.

(M1 channeling)

I am Laitos. I am working with this instrument. And I would …

(Carla channeling)

I am again with this instrument. I am Laitos. And as this instrument would say, hip-hip-hooray! We are very happy for we are making good contact tonight and we appreciate and love the one known as M1 and each of you who are attempting to be our instruments, for we love those of your planet very much. And we are most grateful for your aid in sharing with the peoples of the planet.

If you would be patient just a little longer, we would like to attempt to say a couple of sentences through the one known as M2, if he would relax. We realize that it is very difficult to still the conscious mind, for our thoughts and your thoughts, my friends, are indistinguishable except for the fact that we think our thoughts and you think your thoughts. Therefore, when we place a concept within your minds it feels very much like your thought except for the fact that you did not generate it. Therefore, in order to receive these thoughts clearly, it is necessary for you to not to analyze but simply to repeat the thought that you have received. If the one known M2 would desire this discipline and service we would now attempt to say a few words through him. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We would like to thank the one known as M2 and we will continue to work with him at any time he may desire. We would like to, before we leave this instrument, attempt contact with the brother known as T. It has been quite some time since we have worked with this instrument and we would very much like to, shall we say, touch base. I am Laitos.

(T channeling)

I am Laitos. We are pleased once again to speak through this channel. It is often difficult to reestablish contact *(inaudible)*.

(Carla channeling)

I am Laitos. We were attempting again to reach the one known is M1 and we tell her this so that she will know that she was not imagining or creating the contact herself. We simply wish to close and offer the meeting back to our brothers from Hatonn. We leave each of you, but not truly, my brothers and sisters. We do not leave you. We are everywhere for

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we are not limited as are you. We are sensitive to the vibrations of seeking and where that vibration is, there are we. You must know that you have many aids, many guides, many friends. Much strength is about you. The forces of what you call good are all about. You have only to desire. By this we mean seriously desire this contact. Not only with the brothers from the Confederation of Planets, but with, shall we say, the good guys of your own planet. For you have your guides and your angelic forces that create about your planet an extraordinary beauty. Therefore, if you seek comfort, contact, understanding from the thoughts that we can share with you, mentally re-request our presence and I and my brothers will be there. Perhaps you will not feel us physically, this varies from person to person. But where it counts, my friends, in what you call your subconscious, if you are seeking, if you open to the good, to the truth, and to the beautiful, those qualities that are not qualities but merely the names of one thing and that one thing is love, will come to you. Seek and you shall find.

We are servants of you all. I leave you in the love and the light of the infinite Creator.

(Carla channeling)

I am Hatonn. And I am again with this channel. And I greet you once again in the love and the light. Before we close the meeting, we would open the meeting to questions. If anyone has a question, please ask.

J: I had a dream about Bing Crosby. I was wondering if his spirit had visited mine.

I am aware of the question. We spoke earlier of the fact that we do not need to be limited to a physical body, but that we can be aware of everything at once. This is true of reality. There is no time and there is no place. And all things occur simultaneously. However, within your vibration you are caught in the tide of time and in the shore of space. However, from time to time there is a small hole in the veil of the illusion and you are a witness to the future or the past. It was this type of experience that you described. The, as you call it, soul, of the one known as Bing Crosby was not a visitor of yours. Rather, you became aware of that part of the record which had to do with events that would occur in the future. This is a skill which has its uses among your peoples. It can be a healing skill, for if you can begin to know that which is occurring, you can then offer your love and your light in such a way that you can mitigate the extremes of difficulty that you may have seen. For the future is not certain until it comes up on the shores of your particular moment. Therefore, until that wave of time rolls in you can change that which is to be. Perhaps not completely, but in intensity certainly.

Does this answer your question?

J: Yes, thank you.

We thank you for the privilege of speaking with you. We do wish to encourage those who have a gift of higher sense to offer that gift for good, as you may call it, and conscientiously attempt to use it and not abuse it. But certainly, my friends, not bury it, for the higher gifts are those of light and as such you should not hide them under the bushel.

Is there another question?

W: I desire to channel, and I wonder if my posture sometimes distracts me. Because sometimes during meditation I feel numb. Have you some suggestions on better posture and concentration for channeling?

There are no certain answers to your question on posture. We have said this before: the posture that aligns the physical body with the physical channel is the posture which your yogis adopt. However, there are very few people who can do this comfortably. Therefore, we often have suggested that you find that posture which is comfortable and if that be horizontal, vertical or even standing on your head—which is of course doubtful—but if it were comfortable, we would suggest that you adopt this, regardless of the biases which others may have about your posture.

For instance, the instrument through which I am talking through now is not in a very good position for the free movement of psychic energy. Consequently, she often overheats. However, were we to insist that she sat in such a way that the chakras were firing totally in a vertical line, we would lose this channel, for her discomfort would be such that we could not use her. Consequently, we prefer that she overheat.

We suggest that you experiment with the comfort factor in mind. Moreover, we would suggest that the main barrier to channeling in almost each and every channel is the working of the conscious, intellectual mind. No matter what the conscious desire of the

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channel, it is such an ingrained habit to analyze and judge what one says before one says it that blurting out in front of other people that which are not sure may be intelligent-sounding is completely foreign to your nature.

Thus, the thing to do is to get comfortable and then to put your concentration on the one thing that is truly keeping you from being contacted consciously; and that is the stilling of the conscious mind. When you are sending you cannot receive. It very simple but it is very difficult.

Does this answer your question?

W: Yes.

Is there another question?

(Pause)

I will leave you now, my friends. There has been much talk this evening about the damage that your peoples may wreak upon each other. You have heard from this source and from many others, we are sure, that there are very difficult times ahead. So we wish to leave you with this thought. It is written in your holy works, "Yea, though I walk through the valley of the shadow of death, I will fear no evil." Do not fear evil, my friends. You may be hurt, those about you may be hurt. This is part of your experience, no more and no less. You and all of those in your experience will die. It may be from one cause and it may be from another. Do not fear evil. But seek only to fulfill that which you came to do. We assure you that the shadow of death is as bad as it will get. The sun will shine. The skies will clear. And that which your peoples will do …

(Tape ends.) ♣

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Wednesday Meditation
November 2, 1977

(Inaudible portions are indicated by ellipses. In general, the entire recording is difficult to hear.)

(Carla channeling)

[I am Latwii.] … because I missed you … and it is a good opportunity to work at this time … prior to the message that we have to give. If you will all relax I and my brothers are attempting to adjust the focus of our vibrations. … they are balanced, you must understand that the spiritual energies … and if you are not properly balanced shall we say, firing off center. … … Spiritual vibrations distorting the signal … receive … and therefore … I and my brothers … balancing … should be able to feel a slight pressure in the area which you call the crown chakra.

I am Latwii.

(Pause)

I am Hatonn, and I greet you in love and light. My brother Laitos is continuing to balance the energies in this room. There is high energy group and thus it is … Be as one … we are not satisfied with this group … we wish for you to be as one. If you can allow your thoughts to embrace those who are with you. They are your brothers and your sisters. They are all here to seek. Allow that seeking to … allow the balancing to take place … you seek without selfishness … only because you are … seeking true …

We are pleased … we will continue with this instrument. We must caution you always that we can only give you what you desire to receive. If you do not desire to receive what you may call philosophy … truth … we have … no … communication becomes very difficult. So know yourself as you go into meditation and know and trust … we thank you very much for this opportunity to work with you. We are feeling better … energies now … saying … It is within rather … there is a balance … so we ask you … power is always a two-edged sword.

Let us talk to you about reality, my friends. It is important to talk about reality. We have talked with this group many times about love, many times about meditation. We wish to talk about reality. We are giving you the same truth but through a different filter. For it is this filter that you need at this time. There is in creation …

(Unknown channeling)

I am Hatonn. I am once again with you. And as it has been stated, I would now attempt to answer any questions that you would wish to speak. Are there any questions at this time?

Carla: Could you say anything about the program for the next year? Your hopes?

We of the Confederation are aware of certain patterns which have been set within the realms or shall we say the environment of planet Earth. We have great intentions of attempting to alter some of the flows of energy which have been set into motion by your peoples. Yet, we have not yet been able to distinguish or determine in which manner we would be more successful in dealing with the situations upon your planet. But we are attempting, as rapidly as possible, to educate your peoples through many sources in order that we may be accepted upon a physical form of communication. By this we mean, that as it is known, there are occasions upon which we choose individuals upon your planet and establish with them direct physical communication, and it is part of our program and part of our desire to attempt to broaden this form of experience, within what you would term your next calendar year.

It shall become evident that we are not yet aware of to what degree of an increase in direct communication we need, and we of the Confederation are willing to do this upon any scale mandated by the group desire of the inhabitants of your planet. We have been pleased recently by the upsurge of interest, in not only the existence of what you call UFO's, but the interest in the existence of life forms throughout the universe.

There are greater and more intense studies being put into process by your educators and scientists. And as they filter their findings, more and more each day to your peoples, life such as ours throughout the realms of the universe is becoming an everyday accepted fact. It is pleasing to see the upsurge of this knowledge, for it brings us closer to the day that we may work with you, hand in hand, in building in what you would term the new world. Look for this to occur. The information shall be available through your normal filtered resources, if you understand our meaning. But it is our objective to attempt to increase our assistance upon the physical plane and it shall be seen by many.

Do you request further information?

Carla: By, "being seen by many," do you mean on television or in person?

We mean by selected groups and individuals, not through the forms of communication that you would view and listen to, but in direct experience.

Carla: Do you have any feelings about what a group meditation should best focus on, whether it would be against natural disasters or against war, in other words for the planet's peace or for the peace among men? Which would be the most fruitful for the immediate present?

We of the Confederation have in previous communications expressed the fact that one of our greatest concerns is your peoples' obsession to toy with their existence by the utilization of warfare. It is one of our greatest concerns at this period of time, for as you are aware, even though there are still places of turmoil on your planet, you are living in a basically peaceful period of time, as compared to the previous years. But as you are also aware, each period of peace throughout your history was none other than a period of preparation for war.

We predict nothing, but we ask that you focus your energies upon the prevention of escalation on the physical plane of the warfare. For we of the Confederation wish not to interfere and it is you, the people of planet Earth, that are given the first opportunity to prevent the destruction of your peoples and the environment. At this point in time, the desire of some nation's leaders to substantiate and incur warfare is great. This would be your most beneficial exercise.

Are there any other questions?

Questioner: Could you tell us how many people around the world are in contact with you? Thanks.

We are in communication with the entire population of your planet, but not to all of their knowledge. To give you a number would be beyond the capability of the instrument. Though we must make you aware that this form of communication that you experience here is only one form which we utilize. It is indeed one of the most desirable. But look about you, look at your life and how it is progressed. Look at the informations brought forth through the media, look at the informations brought forth through books, movies, radios and televisions. Look at what seemed to be fantasies ten years ago; they are becoming evident realities today. We communicate through your scientists; we communicate through your doctors. We

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communicate through your law makers, although they are difficult to deal with. We communicate with all of your peoples.

Are there any other questions?

Questioner: I'd like to know if it may be related to my spiritual growth, the fact that my digital watch jumps ahead a few hours occasionally, and then I find [another watch?]

We would say to you that all experiences understood are beneficial to your spiritual [alignments] and growth patterns. The phenomena that you experience are only clues and indications given to you, through what you might term the grace of God, to continually remind you of that which you are dealing with; the potential that lies within you. For the experiences that you are having are none other than a barometer for you to utilize to determine the magnificence of your Creator.

Are there any other questions?

(Pause)

If there are no other questions, I would leave you with the thought just spoken in answer to the question: utilize your life's experiences as that barometer to determine not only the Creator's magnificence but your own. I leave you in the love and the light of the infinite Creator. I am Hatonn. Adonai, my friends. Adonai vasu borragus.

Carla: Guess, who came through right at the end, right at the end, really strong? "I am Monka. I am Monka. Blessings to your group." Ha! We haven't heard from Monka in about ten years. That's all I got, it was really strong.

(Carla channeling)

(Very loud static is heard on the tape. The transcription is only to give an idea of the contents and should not be considered accurate.)

I am Oxal. I and my brother Laitos would like to work with each of you for awhile. We would like at this time to work silently with each of you who desires to become a channel. Each of you will go through your minds to our contact. We will work intensively with you for … Thank you. I am …

(Pause)

I am again with this instrument. What a great privilege it is to work with you. Normally one or the other of us … additions are somewhat illusions, and felt it would be somewhat of a good idea to work with two different vibrations … some are more sensitive to the Oxal and some to the Laitos vibration … but they are, shall we say in brackets, which gives a good stable area of spiritual vibration. We would open the meeting for questions at this time. If anyone has a question …

Questioner: *(Inaudible).*

We are aware of your question. Indeed, my sister, that is our position to a great many … we have much confidence and yet, cannot give … but we can give to peoples of your planet is our presence … love … and this we give in total freedom. And this, my sister, is your best gift … may be reaped by a sister or a brother. Not the words, unless they are asked, not the gestures, unless they are needed, but a true heart and that … complete love … this is not … as you would call it … love … we use this … rather than love … for we do not wish to limit the concept of love to that of the parent of this child. But that love … wind … love is that …

… sadness … situation … without …words and gestures can only aid those … therefore, understanding sometimes … this is our distortion …

Is there another question?

Questioner: *(Inaudible).*

I am very pleased to speak through this instrument. We do not often use this instrument, for ours is a strong vibration, a very pointed contact. This instrument … quite a bit. We wish to come through because our vibration is … to this group. We want you to ground yourselves … reality. … that vibration which is Hatonn is a gentle, kind …. Oxal is a stronger one and bears more of the, shall we say, stark power of love. That which we call love is the … force, shall we say, the mathematical equation behind our force. There is no law but love … higher … you cannot understand our love without … reality … meditate … my friends, you remind me somewhat of what you would call your aborigines, stalking through virgin jungle. They know no other tribes. They are aware of no other beings. Then one day, knowing that there is no one else in their entire … they come across one footprint. All the other footprints have washed away thousands of thousands of years … Fire … suddenly they know that in some inconceivable … some creature like them stood where they are standing …

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My friends you have been …. And in some inconceivable future, some day you will see … not real … you can either approach your evolution by tucking your toes in your mouth and then rolling in circles along the dusty road …

(Tape ends.) ♣

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Wednesday Meditation
November 9, 1977

(Unknown channeling)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. It is as always our privilege to be with you. And this evening it is pleasing to see so many. We of the Confederation attempt so often to communicate in many forms with your peoples, and time and time again, we find that our attempts are in somewhat what you would call, a fruitful *(inaudible)* and then there are other times when we find no ears to listen. And it joys us and it gladdens us to know that you wish to listen and to know that above that, you seek the truth, the truth upon [which] all things are founded. You seek the truth in order that you might understand not only your environment, but your own inner being. My friends, we say to you that if you do not know yourself and of your abilities, then you shall remain in ignorance until you do so. You may attempt in many ways to gain intellectual knowledge. You can earn many degrees, as you would call it. You may be accepted by the greater peers of your society, you may be recognized as what you may term a genius, but yet we say, you remain in ignorance in spite of all these things if you know not yourself.

We of the Confederation have attempted to tell your peoples throughout many, many of your years the importance of this simple knowledge of the inner being that sustains and ordains your existence. We of the Confederation have mentioned to our contacts, time and time again, the method which we feel most beneficial by which to gain this knowledge of self and of the universe. And as you are aware, that method is what we term as meditation.

Meditation, my friends, brings us the key to the universe. It is the key to the inner being that you are. It is the key to the door of the Creator's house. It is the key to the door of all truth and understanding.

Meditation is the silence which is spoken of so often within the holy works that your peoples recognize upon this planet called Earth. My friends, the silence that you enter into is a silence which may at time seem to be vast and at other times to be very minute. And this is as it should be, my friends, for within the universe, all things are both infinitely small and infinitely large. For every expansion there is that opposite, contraction; for every thing there is balance. And balance, my friends, can only be achieved by the experience of both sides of what we may call the scale. The scale of positive or negative, if you so desire. Within your meditations you may find that balance. For it shall provide you with the understanding of your experiences, whether they be of the positive or negative nature. They are to be understood, for without the understanding of that which you experience, the lessons have been overlooked; the lessons have passed you by.

Very often, as man upon planet Earth proceeds through his daily chores and activities, he becomes, shall we say, unknowledgeable of that which occurs around him, for his attention is focused in one area and his closest sensitivities in order that he may concentrate upon the performance of his duties. We say that as you go through these duties of life, concentrate if you must, in order that you do the best that you may do; but allow your sensitivities to remain in complete function, so that you may absorb the entire experience that you encounter. And as you absorb these experiences they shall register within your memory banks, there to be held in order that you may learn to understand and call upon that understanding in what you would call your future.

Man upon planet Earth is what you would consider to be the highest form of intelligence within the universe, if only he would recognize this ability. We of the Confederation have lived through your experiences. We have grown through similar experiences. And through our growth we have learned the simplicity and the magnificence of your race. For we, too, are of your race. There are some basic differences, for we have progressed the same as you and we have possessed the same forms as you.

Man upon planet Earth is residing upon a testing ground of spiritual awareness; testing grounds in which he may grow and gain all of the knowledge necessary in order to expand into the universe and spread the love and the light, the truth and the understanding of our Creator. It is indeed, shall we say, your opportunity and obligation as inhabitants of planet Earth to become the teachers and the servants of your fellow beings within this area of space in which you reside. There is around and about you, throughout your system, intelligent life; some with greater understanding than what you possess on planet Earth and some with less understanding. But in no other civilization, within your confines of space, is there the magnitude of possibility for progression that you may experience on the planet Earth. You have not been chosen idly to abide upon this planet. You have progressed throughout the evolutionary scales, throughout thousands and thousands of what you would call years and you have earned the opportunity to reside upon this particular planet, to fulfill your own particular purpose in this creation.

If man upon planet Earth was truly aware of the number of individuals, as you would consider them, throughout the universe, that would desire inhabitation upon this planet then he would begin to realize in greater detail the importance of his existence, and the special importance of this period of time and experience upon this particular planet. There is throughout the universe a structure, which we will simply call a hierarchy. They oversee your activities, they evaluate your progression, and they do many things for you to enable you to obtain the experiences that you have earned and are necessary for your growth.

You are constantly, what you might call, monitored by this hierarchy. They pass not judgment on you, but they watch with great concerns your activities. For they are aware of your purpose, and they are awaiting its fulfillment with great patience and compassion for their fellow beings upon planet Earth. They in turn send forth to you emissaries of truth and knowledge and understanding and love. We, my friends, are those emissaries. Yet, we claim not to be of any greater value than man upon planet Earth. For, my friends, we could not bring these truths to you if it were not for your presence. We could not serve you if you did not inhabit this place—in time. So we are grateful that you have come to listen. For expressing your desire to listen to our words, you have given us the only means of fulfillment of our purpose at this point in time in this universe.

We are always grateful to you, we shall always love and respect each and everyone of you, and we shall always be here to help. Whenever it is desired, this is our purpose, to assist you in the awakening of your inner self. Once this awakening has been achieved, then no longer shall you need our assistance. For you shall be with us, perhaps not in physical form but in what you would term "spiritual essence."

Earth, my friends, is the training grounds for what your mythology has termed as "gods." This has been expressed through other instruments, and it is indeed the truth. Be not discouraged if your society seems to be against you, or go against your code of morality. Do not be discouraged, my friends, because it is your opportunity to grow. It is your opportunity to learn and to understand your own power of creativity.

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For we say that what you experience is the manifestation of your own thought patterns. Whether they be of a conscious or subconscious projection, they are indeed the manifestation of your own [inner] thoughts, [feelings,] emotions and understanding. So is it not logical that in order to truly know your universe and all about it, that you must first know yourself?

If the law of creation which we have given to you is indeed true, so are the words that we speak. We demand in no way that you accept what we say. We only speak it for it is what we understand and what we experience. It is your choice, my friends, to either grasp on to this understanding and to refine it or to search for another one. But we assure you that in due time, whether it be within this life experience or not, all of the peoples upon planet Earth shall come to understand the simplicity of the truth that we speak.

We of the Confederation are aware of all of the great teachers now on your planet and all of the great teachers within your past. We recognize none as being greater than the other one, only some who were known better, who experienced greater success. And of these, the most successful was the one who you would call the Christ. The Christ, my friends, was the manifestation of the desires of your peoples for the truth and for an example. Follow the words that he spoke but above all live the life that he lived. Live the truth that you find that you may speak, as did this teacher and the universe shall lay at your feet and give praise unto you, for indeed you are the risen Christ. For each and every one of you is the risen Christ the moment that you understand yourself.

I would transfer this communication. I am Hatonn.

(Carla channeling)

I am with this instrument. I am Laitos, and I greet you in the love and the light of the infinite Creator. I and my brothers ask you to pause with us at this time to work on conditioning. We are privileged to work especially with those who desire to intensify their contact with the Confederation of Planets in Service to the Infinite Creator. We will work on each of you at this time, and we ask you to relax. We ask you to envision the energy of love all about you. It permeates the air about you, my friends. You breathe it in with every breath and absorb it through the skin of your chemical body. Love is all about you. You breathe it in and you are a sentient being and you cause this love to have direction, my friends. And this love that you breathe in and absorb spirals up your energy centers—and we are aiding you and feeling this at this time—and the energy rises as smoothly as you have begun to open the doors of meditation. And as you become a purer channel, my friends, this energy rises more and more smoothly and becomes a pure love energy as you give it out as freely as it has come to you. And now this energy, my friends, leaps up like flames from each of you and becomes a beautiful white energy, and moves from one to another about the circle that you have made in your seeking this evening. We ask you to feel this energy, feel the unity of that movement of the love in the circle. Feel the potential building up. This unity of love my friends, is reality. You are experiencing love at this time. Now, relax and continue to feel the energy coming in, being directed by the wisdom of your being, being sent to the group as love energy, and feel the unity.

(Pause)

Very quickly, my friends, we will make contact with some of the newer instruments. We will not spend a great deal of time on this, but we wish to exercise the newer channels, if you will be patient. We would like to attempt to say just a couple of sentences through the one known as G, if she would relax. I am Laitos.

(Pause)

We would move now to make contact with the one known as J, if she would relax and speak freely.

(Pause)

We would move now to contact the instrument known as B and say a couple of sentences through him, if he desires to speak our thoughts. I am Laitos.

(Pause)

We would now touch on the instruments known as G and M, so that they may feel our presence.

(Pause)

I am Laitos. We are sorry we are not getting verbal contact, but we felt that it was important to let the whole group feel the energy of the group, so that those who had not previously had experience with contact could feel the energy going from place to place within the circle. This is also part of beginning

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to become familiar with our type of contact, our type of energy. We are aware that members of the group will be attempting to make contact in a new locality in the near future. And we wish to say to the one known as M, that we will be with you and that we will continue working with you—I, my brother Hatonn, and many others of the Confederation. Place, obviously, does not mean very much to us. And indeed, we become very, shall we say, confused about time. What we hear in any time and at any place is the desire of our brothers and sisters on planet Earth for the thoughts that we have to share.

My friends, we would ask you to become aware of the fact that you are real. It is indeed almost as though your peoples, my friends, think of themselves as one of your toys, a doll perhaps, or a stuffed animal that a child would pick up and play with, making pretend in various situations and then putting the doll aside. And so you treat yourselves, my friends, many times. And then you say, I will play the part of a wage earner, or I will play the part of a man about town, or an attractive woman, or I will play the part of a churchgoer, or I will play this or that role. And you do not believe yourselves, my friends. You do not understand the game at all.

You see, underneath the sawdust and the tinsel of everyday life, there is something in you that is real. And that reality is very precious and will outlast the tinsel and the chemical body itself. The things that happen to you daily are quite important to this real self. Not perhaps in the way they seem to be important, as you pretend to be this or that. The importance of these things comes to you in a funny way, shall we say. It comes to you depending on how you desire that it comes to you. It has been written in the holy works that you call the Holy Bible, "Seek and you shall find." Just as you desire your experience to be, so it will show itself to you.

Most people, my friends, thinking of themselves as little more than a sawdust doll, do not desire deeply that they may discover the truth in their existence. Therefore, they do not discover the truth in their existence. But, my friends, if you truly desire that each moment may teach you its lessons, then you magnetize yourself, just as though you were walking through a vast beach and looking hopefully for precious metals. Sawdust, my friends, does not attract metal. But if you have magnetized yourself, ah, the metal comes to you through all of the useless sand and it attaches itself firmly to your understanding.

Desire. Do not be afraid of that word. What you desire is up to you. The intensity of your desire is very much up to you, my friends. Do not be afraid to really want to know the truth. Not just now, but all the time. When you are eating, my friends, when you are drinking, when you are speaking, when you are watching your television; you are in there, my friends, you are real, and you are here to learn the truth. It is a simple game and you play it by magnetizing yourself with the desire.

I will turn the message back now to my brother, Hatonn, and open the meeting to questions. I am Laitos, and I thank you very, very much for the privilege of speaking with you.

(Tape ends.) ♣

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Saturday Meditation
March 11, 1978

(Carla channeling)

(The first part of the tape is inaudible.)

[I am Hatonn.] … A story from the Buddhist … is known to this instrument, which emphasizes this truth. In the story, a wise old man is accused of fathering a child. And when the mother …

We are not denying in any way that each personality incarnates into the illusion with one primary, as this instrument would say, program. This program is general and can be applied in various ways. If some ways are blocked, it may or may not be possible to fulfill the program as originally intended. However, it is a frequent thing that those who plan ahead find their plans … This is true, shall we say, of the soul in an infinite sense, as well as it is true that the personality is … The ultimate program for any individual … is completely achievable …

For that goal is simple: it is to be aware of the original Thought, to be aware of love. Whether the actions that are part of, shall we say, the karmic programming, are taking place as planned … the primary goal of expressing the original Thought is always … each individual is free the whole time. Many times it seems there are circumstances [that] are far less than …

An important thing to understand about the interfacing between the ultimate program and realizing love and the action program for one personality in one life experience is this. If the individual continually grounds himself in the original Thought, a condition is thereby prepared for an interface between love and proper action. We have said to you many times, meditate. Meditate and … Do not doubt, distrust or cease in your desire to be of service. As you meditate, allow that desire to keep the vibration, the antennae let us say, of your senses on the finer planes … You have felt that you are in the wilderness, and yet it is precisely in the wilderness that you must be alone, for you have the challenge of being aware of that which is paradise totally within yourself rather than being in the position of dwelling in paradise and attempting to remember the wilderness. We say to you the experience of wilderness is extremely important to growth of what you would call your soul.

As the immortal soul plunges into a cycle of experience such as you have committed yourself to in this density, the darkness of not remembering the Creator's Thought and all … All senses are stilled. Slowly the wisdom, kept like a seed within the soul, begins to put forth tiny sprouts and through many life experiences those sprouts are encouraged to grow.

In many situations, where there is ease within a life experience, choices are not made on the part of the individual because in paradise the individual grows

complacent and does not evaluate all things in the belief of the original Thought. Inconsistency, impurity of motive, causes an interruption in the vibratory pattern of growth. And that particular incarnation serves only as a resting point between other more beneficial incarnations.

We do not ask you or any individual to truly rejoice in feelings of desolation, in feelings of getting off the track, shall we say. And yet we say to you that [with] enough determination, that wandering in the wilderness can one day herald that which is described in your holy works as the voice of God crying in the wilderness to make straight the way of the Creator. When you are struggling to understand, the struggling may seem to go [on] interminably. But then, suddenly the rocky places are made smooth, the mountains are made land. In your outer life it is possible nothing might have happened to cause this breakthrough. It is your inner light that counts.

This [is] why we say that you are free. It is your thought, your choice, your understanding. Trust that understanding. And we ask you again, do not fear the wilderness. Do not fear sorrow, desolation, lack of understanding … All of these things mean nothing. Only one thing matters: that is that you continually seek the original Thought. You can not re-choose what is past. You can choose this moment at all times; to become totally conscious of the moment, to see love, to seek the Creator.

These are inner things. They may not ever be brought into action on the dramatic plane. Some paths are dramatic, some are not. And this is true with all individuals. Those who have dramatic incarnations are those who have chosen a multitude of times; those who do not are those also who have chosen. There is no predetermining … There is only one choice, my friends. The Creator is everywhere, within each choice.

We speak to the one known as Carla also, for she has had many doubts lately as to the validity of her health in this incarnation. The Creator offers to those who wish to serve, the wilderness. Those who serve will [be] forever seeking that which is … My friends, you know there is great joy in the seeking. There is joy in fellowship. And there is joy even when totally isolated from your fellow man. In fellowship … Do not ever … seek out the joy of yourself and the Creator … Love is within you. Joy is within you. And the wilderness is within you. Step forward fearlessly. Paradise is also within you.

I would like at this time to open this meeting to questions.

S: I would like to know about my dreams I have been having. Can you shed any light on them? … Is there anything I should be afraid of?

(Carla channeling)

I am aware of your question. You are one who is sensitive [to] the emanations of finer vibrations. This is not obvious to you in the waking state. However, in your, shall we say, immortal soul you are very advanced in study upon the inner planes and in other incarnations have spent most of your time in these states.

In short, this the essence of your experience. However, you are experiencing difficulty due to an incomplete, or shall we say, … of the proper methods for achieving these altered states. Therefore, when you are as consciousness moving into them, you are bypassing certain, shall we say, guardians and attempting to go directly into a more advanced vibration. It is somewhat akin to attempting to walk through the walls of a house rather than go through the door. In order to work on this, it would perhaps be helpful for you to, in a conscious state, after surrounding yourself with white light and praying to the Creator for guidance, and then attempt to project through a carefully straight line. We are not suggesting of projecting bodily consciousness, but only projecting the thought of a straight line.

There are various colors and images which should gradually come to you. And it would perhaps be well to keep notes of what you see. In this way you may perhaps by, shall we say, self-hypnosis methods, recall consciously a piece, a door, shall we say, into higher vibrations.

Does this answer your question?

S: … I'm not sure.

We are aware of your problem. It is for this reason that we spoke to you of colors and images. You are, as are most who dwell in the dimension of Earth, not sensitive to specific visual counterparts of finer plane beings. In other words, most of those upon your planet do not perceive spirit guides and ghosts. If you were to fall completely in a state of sleep, as you call it, then you would then be totally able in

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your well-collected spiritual essence to contact the guides, to speak to the proper guardians of each plane. And to do all that is necessary to assure proper passage for lessons.

For my sister, as you well know, … However, in the conscious, or semiconscious state you will have difficulty identifying as being guardian and your own guide. However, you will see them as images or colors. But when you are seeing these things, even faintly, you have indeed fastened into your own symbols for the reality within. You are not seeing the reality, you are seeing the symbolic representation, in simple translation of a more complex reality. However, to focus on a color or an image is the same in consciousness [as] to focus on your guide or the guardian of a plane. Therefore, as long as you are protected by prayer and visualization of white light, and as long as you do not work in this endeavor for long periods of time and thereby become weary, this endeavor will be without danger to you. Among other things, it may give you more confidence in your ability to sense psychically that which cannot be expressed …

S: The last dream that I had … And I was just trying to let it come over me so that I could understand it better. And then I heard a voice saying to get out of it. Was I in danger then? … Should I continue to get out of it, or am I in danger if I dream? I'm afraid to let it come back over me. I feel that there is danger there. How am I to handle future instances in between my trying to open the door, instead of walking through the wall, as you say?

I am aware of your question. You were not in danger from outside influences at the time of which you speak. The voice was the voice of your fear on a level of being which was not able to see the inner planes and felt the leaving … For it is indeed true that were a spirit to completely leave without any trace the physical body, death would occur. However, the spirit would never do so. However, the answer to blackness is always light. It is perhaps asking a great deal of one who seeks to become immediately conscious of behavior within a dream, or what is called a dream in your terminology. Thus, if in your dream you have spoken and requested that your guides move you to the proper orientation for permission of the guardians to enter the desired plane, and if you had asked this in the name of the Creator, the obstacle would have been removed and your quest would have been successful. As it was, you did very well to remove yourself from that state of fear.

The important thing to remember is that to call upon the name of the Creator is to orient oneself in a manner of protection. It is not particularly desirable for any individual to proceed faster than the pace that seems most promising. Therefore, it is not necessary that you set yourself the goal of overcoming this obstacle *(inaudible)*. However, we reassure all those who seek that there are no terrors of the deep, shall we say, that cannot be countered by constant repetition of that which is divine. In unity, let there be no separation.

While this is not a difficult concept, it is only when it is fused with determination and vigor, and shall we say, an emotional emphasis, that it achieves its proper function.

Does this help?

S: Yes. I guess I'm still a little leery about the whole situation, because, one, when I first know that the dream is coming on, I immediately ask for light in the infinite Creator to be with me, and yet the effects of what the dream is, the environment that is around me even with my trying desperately to hang onto the light, is so … I feel like I'm being held over a pit. I don't know how or what more I can do to reassure myself to get over it without the constant fight that I have. I have to do it. I mean, if I am already asking the infinite Creator and I've already pictured light around me, and yet the dream is still there and I am still struggling so with the darkness … and the fear is still there, then that is why I'm *(inaudible)* when I wanted, when I asked *(inaudible)* to understand it.

I thought that was the last thing that I could reach for was to understand it *(inaudible)*. I felt that I had almost lost myself. So, even though your words are encouraging, I dread experiencing another dream like that just to prove that what you say is true. Because I feel like I've already done what you have said. Because that is how I do react to a frightening situation. I immediately call on the infinite Creator, because I know *(inaudible)*. So although I am in a sense eager to move on from this and find about these other planes, and this is something that I would really like to do, only the process is so overwhelming.

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I'm not sure if I understand exactly … Okay, if I sat down consciously and tried to picture the line and the door and asked for guidance through it, then would that … If I do that tomorrow, could I be assured that I won't have one of these dreams tomorrow night?

[I am Hatonn.] I am with this instrument. As we earlier said, it is not desirable that you *(inaudible)*. It is desirable that you do seek as, shall I say, you are comfortable. We suggest that as this is *(inaudible)* as you call it, you arrange to study what we have said at length. The matter of fear if greatly limited to those who endure it and when the one who does not fear calls upon the Creator with intense emotion, it is a different experience from one who fears and seeks for a straw to hold onto. It is a matter of becoming what this instrument would call a magical personality. And this is indeed what you are *(inaudible)* learning to do within the strengthening framework of your personal daily life.

Instead of repeating ourselves, we will simply allow you to say what we would say. By all means, do not plunge into fear in order to rid yourself of fear. Instead, do what seems good and beautiful and true; you are aware that you can break this chain of events and continue to do so until you feel good about following that *(inaudible)*. It is a relatively unimportant part of your understanding. As we have said, you are extremely well developed in this area in the unlimited sense and it is a matter of remembering rather than learning within this limited life experience that you [are] dealing with. Therefore, it is not *(inaudible)*.

Is there another question?

S: Yes. When Carla, B and I were being regressed, I always wondered what your thoughts were about our experience or what we said our past life was on another planet and what we are doing here. Just recently I've had a lot of doubts about my previous training and *(inaudible)* at least I thought I was being trained for service here.

I am with the instrument. I am aware of your question. It is a question that I cannot answer directly. We are supportive of all those who seek *(inaudible)*. We are supportive of those things which they do to attempt to understand their place in the creation, and their methods of following the path of the Creator. Each individual must put together his own puzzle *(inaudible)*. When the one known as Carla, and the one known as B and the one known as S discovered a bit more of …

(Side one of tape ends.)

(Carla channeling)

… in the light of the larger perspective and service to humanity.

It is important that you understand that each of you has had many, many more experiences than you have discovered and *(inaudible)* session many, many incarnations, some of which seemed to be not useful. As we said earlier, in each incarnation there is the possibility for the kind of dramatic service that puts one in the public eye as one who serves the Creator. And in many incarnations each individual does not choose that but chooses instead a path of less visibility and more inner work. This is according to the need of that incarnation, that particular moment in eternity, if you will. These incarnations are not *(inaudible)* and can be missed. An incarnation can be largely of work in the inner planes and partially of work in the public eye *(inaudible)*. It is dependent upon the desire of the individual. Again we ask you, go back and study that we have said to you *(inaudible)* this evening.

What we have said this evening is not simple. It is an advanced message far more hard and far less delightful than an introductory message. It is a message that we could only give to a dedicated seeker. We wish you much light in your pursuit of what you had to say.

Is there another question?

(Pause)

Perhaps you wish to cease at this time. I and my brothers of the Confederation *(inaudible)*. It is, my friends, as though the creation were water. What will you do, my friends? Will you simply be a sponge and soak up the creation and squeeze it out unchanged, untouched? Or will you accept the water as does the earth, filtering, giving minerals, giving taste to the creation, the very essence of your creation, mixing *(inaudible)* so that life carves in you its channels and you give to life your *(inaudible)*. You are aware that pure water has no taste, *(inaudible)*. Do not fear to become intimate in life as you *(inaudible)*.

I leave you in all the love of the creation and all the light of the creation. I am your brother. I am Hatonn. *(Inaudible)*. Adonai vasu borragus. ♣

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Monday Meditation
March 13, 1978

(B channeling)

I am the one known to you as Hatonn. As always, I greet you in the love and light of our infinite Creator.

My friends, I will speak to you this evening of what is known to you as understanding. For, my friends, this is indeed a very … I will continue. This is indeed a very important … This is very important in your spiritual growth, for, my friends, you must accept people for what they truly are. For, my friends … I am experiencing much difficulty with this instrument. I will transfer this contact and may return at a later time. I am Hatonn.

(H channeling)

I am Hatonn. We of the Confederation [are] speaking to you this evening of understanding. We feel that it is important that man upon planet Earth learn to understand that which occurs around him and that which occurs within him. For in understanding these things, man can gain a greater insight and then man can proceed forward with understanding. And with that understanding he may weigh the outcome of his actions and therefore determine the proper avenue of action for him to take. But understanding, my friends, those things that you need to understand is somewhat difficult for man on planet Earth.

Consider, if you will, when all of you attended your educational processes. In the subject that you call mathematics you are often given a problem. And for that problem you must arrive at [an] answer. Consider, if you will, to know the answer is only a portion of solving the problem. For you must understand the problem and the means by which to derive the answer. Therefore, in this situation, knowledge and understanding are two separate factors which commune together and assist you in solving the problem before you.

So it is that man proceeds through his life, knowing many times the outcome of his actions, but not precisely understanding the intricate workings of his actions. With proper understanding, man upon planet Earth could become the god on planet Earth. For indeed the difference between men and gods is understanding. Knowledge you have. It has been a portion of you always. Wisdom is the proper application of that knowledge. But understanding, understanding, my friends, is the knowing when to apply that wisdom. Understanding is knowing how to arrive at the answer. Understanding is the most important ingredient in the overall spiritual growth of mankind. Indeed, you may arrive at certain conclusions and they may be beneficial for you, but the benefit in most circumstances is less to you unless you have understood the workings of these actions.

We of the Confederation have applied many of your years, more than you've ever imagined, to just gaining understanding of the universe and the way all things function within it. And we have yet to arrive at the point of total understanding. And we feel it to be true that we shall seek greater and greater levels of understanding for eons to come as we grow within this universe. But as we have progressed in our understanding, we have seen our growth come more rapidly. For, my friends, all life within this universe is very simple, [like] that which you call mathematics. For all thought produces an energy wave and [an] energy wave produces a certain action and a reaction. Each is able to be calculated if you have gained the understanding to monitor, shall we say, these thoughts in a way that you are aware of their conclusion.

We of the Confederation know beforehand what our thoughts and actions will bring about. We understand these things to a great degree even though we have not perfected the application of the understanding that we have gained. It is as with all things, practice is needed. Man upon planet Earth needs to begin to practice. He needs to begin to practice the monitoring of his thought-actions. He needs to begin to practice in understanding knowledge and wisdom. All of these things are greatly enhanced through the process of meditation, which is perhaps the greatest thing that you may practice in your life experience.

But man upon planet Earth presently proceeds to think, shall we say, improperly, thus accumulating greater and greater degrees of misshapen conclusions to his thoughts and actions. And he continues to wonder why. But if man developed his understanding he would know why things are as they are. For he has created them and he, being the creator of his experiences, should accept upon himself the responsibility for those creations and begin to apply understanding. For understanding, my friends, is not only recognizing the functions and mechanisms of your thoughts and actions. Understanding is applying love. For in understanding your actions, you may determine whether they shed love to your fellow man, and if they do not, then we say that your actions are improper.

For whatever you do, my friends, it does indeed affect all mankind. Whether you see that effect going any further than your own personal experience or not, you have placed an energy into your atmosphere. An energy that will never die. An energy that will pass among many people and affect in some small way their own being. So whether your actions be self-centered or directed towards the peoples, you must care and love one another enough to gain the understanding so that you may create for yourself and with others the environment that man upon planet Earth desires.

We understand your difficulties within your society. We understand what may seem to be your lack of knowledge. And it is this understanding that has made us capable of reaching forth to you and sharing our knowledge and our love with you. For we would react much as the man upon planet Earth if we did not understand your actions and your circumstances. For it is the nature of man throughout the universe to question and to even judge that which he does not understand. So consider, if you will, the importance of understanding. Recognize the difference between it and knowledge and wisdom. Recognize the link between the three. And look at the actions and the thoughts within your life and attempt to understand them. Attempt to see their outcome and by seeing this you may gain a greater degree of understanding than you have now.

We of the Confederation cannot do these things for any of you. We can only share with you our thoughts, hope that you accept them and apply them and work with them. And if they prove to be of no value to you we suggest that you refrain from using the knowledge that we give. But we of the Confederation have used our methods for a great length of your time and we have found them to be beneficial to us and we know that they shall bring the same benefit to you if you apply them in your life.

We of the Confederation indeed are not a source of ultimate truth and shall never claim to be so. We are a source of limited truth and limited understanding, ever progressing, as is man upon planet Earth. We are only to some extent more fortunate than you for we have progressed through your present experience and into ours. Indeed, upon your level of existence understanding is somewhat different than upon ours. And it is one of the greatest keys to reaching any upper level that you would desire.

We of the Confederation look upon you and even we wonder at times why you do not see the

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simplicity of your difficulties. And the answer is immediately within our consciousness, for we [see] that man's understanding is far behind his knowledge. And only recently, unfortunately, man's wisdom has begun to flourish. Work on these things and you shall notice a change within yourself.

We of the Confederation are pleased to be with you and we shall always be with you whether you are aware of us or not. We watch over you. And we love each and every one of your peoples for we understand their situations and love the divinity within each of them.

I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am with this instrument. I am Hatonn. I greet you again in love and light. My brother Laitos is working with each of those who are in the meeting this evening. I would like to pause while this process goes on.

(Pause)

I would now like to attempt to say a few sentences through the one known as M. I am Hatonn.

(M channeling)

I am Hatonn. I would like to say …

(Carla channeling)

I am again with this instrument. I am Hatonn. I would like to thank the one known as M for picking up the ball so well. Each session gets a little easier and we thank her for her service.

We continue working with each of you and we guarantee that it will get better as time goes on. I would like to speak a few words through the one known as G1, if she would relax.

(G1 channeling)

I am with this instrument. *(Inaudible)*.

(Carla channeling)

I am again with this instrument. I am pleased to say that my brother of Laitos has left his chair and is kicking up his heels. We are very pleased when we have good contacts. And to the one known as G1 we would express our feelings that seeking is always appreciated. We feel most grateful for her seeking of *(inaudible)*.

We would like to work with the one known as G2. If she would relax and make herself available to our contact we would speak a few words through her. I am Hatonn.

(Carla channeling)

I am again with this instrument. It is truly a great privilege to work with each new instrument. As you begin it may seem to a new instrument that the contribution would be small, but we say to you that each accomplished instrument his gone through a prolonged period of being a new instrument, a developing instrument, an inadequate and doubting instrument. As you, as an individual, and as you all, as a group, continue, the transformations will continue and the quality of the contact will continue to improve. It is your seeking as individuals and as a group that determines your experience.

When as a race you were young and *(inaudible)*, you understood with your physical bodies. The understanding of your heart beating and your lungs breathing and the stimuli to which your adrenal system reacted was your understanding. This was an unbalanced understanding.

As you climbed out of the darkness of the body, you as a race willfully entered the darkness of the mind. And now you wander as seemingly as very tiny ghosts inside a great *(inaudible)* computer, caught in endless tunings of switches.

Understanding, my friends, is understanding of only one thing: the love of the Creator/creation. If, as you see through the eyes of your physical bodies, you do not see the Creator, you have not yet acquired understanding.

Seek it, therefore. To actively seek is to live. Those who do not seek are waiting. For what are they waiting, my friends? For the most part they are waiting for the physical death so that they may remember that they do not want to wait. You already know that you do not want to wait. You are eager for the adventure of understanding.

At this time I would open the meeting to questions.

G1: *(Inaudible)*.

We are aware of the question. We will attempt to answer through this instrument. Your understanding, shall we say, is consciously of a physical nature. As you well know, in addition to the physical universe there dwell within your planetary

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spheres finer dimensions which possess their reality and are peopled with their own characters. In the dimension which is called by some of your peoples the lower astral planes, there dwell but these same peoples but are called thought forms. These thought forms are what you may call archetypes. They include your whole array of demons and monsters, if you will, your myths, your so-called Big Foot, and vampire and werewolf and all the fantastic *(inaudible)* of bestial characters having been created by the archetypical imaginations of your peoples dwell as thoughts forms and [they] come into your reality because of the excessive and pointed emotions. The place that such entities will appear is dependent on a seemingly random energy pattern and is, in effect, not random. To explain it to you would be far too complex for easy transmission. For the energies of the planet, the race, and what you call your nations and states and cities, your individuals, all must he taken into account.

Let us say that those sightings, or sightings *(inaudible)*, are terrestrial rather than unearthly *(inaudible)*. The incident of which you speak, being a tragedy as it was, began to be known to the subconscious awareness of many people before it occurred, just as many people in many situations are aware of tragedies before they occur. Fear of such events actually hastens their eventuality, unless that fear is resolved in a positive way as *(inaudible)*.

The more who were aware of the tragedy, the more certain it was to occur. This is due to the fact that events occur on the so-called inner planes at an advanced time/space nexus to their appearance on the more dense physical plane.

Does this answer your question?

G1: *(Inaudible)*.

We are grateful for the opportunity. Is there another question?

(Pause)

If not, I will close through the one known as B. I am Hatonn.

(B channeling)

I am now with this instrument. My friends, I will leave you after a very few words, for we realize that you are all tired.

My friends, go forth at each day with that that is known to you as love, in your love, in your heart, in your mind. My friends, always remember, as you well know, that all is love. My friends, when you dwell within your physical realm you indeed dwell within the energy that is known to you as love. My friends, as you allow your intellect to, shall we say, rule your existence, my friends, you yourself cut off that flow of energy which is known as love from yourself. My friends, do not allow this to happen, for it is truly of your own making. My friends, remember, study the thing known to you as love. Treat all that you meet and, my friends, that is to say, those of which you do not already know. For, my friends, they are a concept of our Creator Who created us all.

My friends, it has been a great honor to be with you this evening and share with you in your meditation. I leave you now in the love and light. I and my brothers thank you. I leave you now. I am Hatonn. Adonai, my friends. Adonai vasu borragus. ♣

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Monday Meditation
March 27, 1978

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. I speak to you as a representative of the Confederation of Planets in the Service of the Infinite Creator. I also speak to you as a voice from within yourself that beckons you inward; not outward, my friends, but inward.

We hover high above your planet, offering what seems to be telepathic instruction from one being to others. But in effect, my friends, that is not true. We are one being—you and I and all that dwells in consciousness—and we speak to each other as an arm speaks to a leg, or as two brain cells communicate in the same entity. Those who are upon your planet speak to each other in such a way that, if you understood that you are one body of consciousness, you would understand that you are like a cancer or a disease to yourself: the entity attacking itself, the entity fearing itself, the entity destroying itself.

In your so-called orthodox medicine, it is understood that when a cancer attacks your physical vehicle, your attempt is to remove it, cut it out, and dispose of it. But, my friends, if your doctors could understand the true meaning of cancer, they would not cut it out but would, instead, reinstruct it so that it would become benign and proper. And this is what we are attempting to do to you. For you are conscious, and all of those on your planet are conscious and what you continue in hostility and fear—one to another, brother to brother, nation to nation—the answer, my friends, is not further violence to cut out those who are wrong. The answer, as always, is love. Love is an atmosphere in which consciousness can be reinstructed in the original Thought.

Within you, my friends, is the wisdom that is totally and completely aware that you are part of a being called the universe. As you look out into what you call outer space, know that within you is the true reality of which outer space is only a picture. Your consciousness, my friends, is an incredible and infinite geography, peopled with an infinity of creatures equipped with the collective wisdom of eons of experience; for, my friends, within some part of your being, some deep and, for the most part, hidden part of your being you have all knowledge, all power, all compassion. It is as they were in files in a room to which you have lost the key.

Do you wish, then, to explore outer space to repair the great damage of your society, or do you indeed think of it as hopeless? Take these attitudes away from the world, my friends, and turn them in to yourself, for you yourself are the great object on which to practice your own wisdom, on which to develop your own understanding. If you can solve those slums which exist within the topography of

your consciousness, the slums in your cities will begin to take care of themselves.

You say, "What can one person do?" We say to you: one person can work on one person, but that one person, my friends, is a hologram of all that there is. Your consciousness is all consciousness. Work on it, and you work on your race, your planet—the vibration that speaks for Earth.

We offer you our love and our serenity and encourage you to seek those qualities in meditation. When you are upset, do not blame it upon little things which have occurred in the outer world: blame it on the lack of meditation. When you see your fellow man in a hostile manner, don't blame it on his actions but on a lack of meditation. Your environment does not have to have any power over you, for all that there is is within you. The environment is only a shadow compared to the power of love within yourself. Meditation can unlock that power.

I would like to transfer at this time to the one known as B. I am Hatonn.

(B channeling)

I am Hatonn. I am now with this instrument. My friends, we speak to you of, shall we say, improving your inner being. For, my friends, we realize that it is much easier spoken than done. So we offer you, my friends, very few suggestions.

My friends, it is very important that you realize and understand the energy which surrounds you all. Now, my friends, you gain, shall we say, a positive energy. You are, shall we say, engulfed in a great field of energy. My friends, this field may be increased through much practice. That is to say, my friends, that the harder you try, the wider your skills will become.

Now, my friends, think good of all. It is very easy to assume an opinion of another being. My friends, you are not truly aware of the ordeals of growth which is being his experience. My friends, through the help of others you are, indeed, helping yourself. And, my friends, we find it easy to … a growth that may take to *(inaudible)* a greater portion of the day. But, my friends, it is important that we experience this energy in all that we say and do, without even thinking.

My friends, as you well know, we are always available for, shall we say, support. Feel free to call upon our energy at any time; for, my friends, we truly are one.

I will leave you now. And, my friends, as we said, for as long as you try in meditation you will feel this energy *(inaudible)*; for, my friends, it is our gift to you. We wish only to share with you. And, my friends, we wish this experience [to be] that of yours.

I leave you now. I leave you in the love and light of our infinite Creator. I am Hatonn.

(Pause)

(Carla channeling)

I am Oxal. I greet you in the love and the light of the infinite Creator. I am very grateful and privileged to speak with you. I wish only to say that we of Oxal take a continuing interest in your group and send you our light at all times.

Remember, my friends, you *are* the light of the world, as are all those who have consciousness of what you would call Christ or Creator or love. Call it what you will; there is no difference. It is a feeling we are a magnetism of love that permeates those who seek it. Take confidence, and forgive all those mistakes you may make. Each day try again, and each day you will gain.

Each day is a fork in the road. Keep your eyes open, my friends. One road is lighter than the rest. Yet, whatever road you are on, you are the light.

I leave you in that love and that light. Adonai vasu borragus. I am Oxal. ♣

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Monday Meditation
June 26, 1978

(H channeling)

[I am Hatonn.] It is, as always, a pleasure to be with you. We wish it to be known that we will be among you this evening and that we will touch with you and speak with you as it has been requested.

Those within this group and those not in attendance associated with this group are all very special to us. Many of you have known of us and have sat with us a great number of times over spans which you call years. In this time we have watched over your patterns of life. We have witnessed the ebbs and tides as your life flows in the stream of consciousness and love and of the universe. Man upon planet Earth does not understand in totality the creation in which he lives. And it has often been the quest of many of the great minds upon your planet to seek out truths which would unlock doors to man upon planet Earth and assist him to understand his universe. These great minds have been inspirations to many of your peoples. Yet, they have only touched upon the brink of knowledge and of awareness. We, in our own right, have also only begun to touch upon that brink, for understanding this entire universe is not within our grasp at the present time. We have learned to understand many of things which still puzzle many of your people. Yet, there are those things which we have not yet understood that occur around each of us.

We of the Confederation have sought through our meditation, through our service to mankind, to fulfill a long goal which we had set for ourselves eons of time ago: that is to know and understand the Creator and His universe. It seems but yesterday that we began, and it seems that we will never end in our quest for this knowledge. Yet each step of the way we find relief, we find happiness, in knowing that our understanding has grown and knowing that our love has been multiplied. We of the Confederation share with you, above all things, our love. But there are those among your planet who will not accept our words of intellectual understanding. Yet, we are free to send them our love and our assistance for as they would call upon their Creator, whatever that belief may be, they call upon us. For we have realized that we are also a portion not only of the creation but of the Creator.

When one calls, whomsoever may hear that call should serve the one in need to the best of their ability using the best of their discretion.

We of the Confederation admire this group, for though you have seen your difficulties in your personal lives and within the life of the organization called Eftspan you have grown and we have grown by watching you and being with you and serving you. We wish [you] to understand that the day will come when you must be willing to freely offer your assistance in a much more demanding way than you

do now. And in order to do this properly you must prepare yourselves by becoming the being that you desire to be: one of knowledge and wisdom, love and understanding, one of strength and integrity. All of you have desired this and in some ways you have gained portions of your goal.

Yet, we and all of you must understand that there is never time, as you would call it, for you to neglect the attainment of goals you have set for yourself. For man upon Earth lives within an atmosphere or an environment which is attuned to the premise of time. Your physical bodies are sustained for only a short period, therefore when you neglect the seeking and the fulfillment of your chosen mission and goal, you neglect the entire essence of this short span you live upon planet Earth. You live not for frivolity or enjoyment. You live for love and enlightenment, for the fulfillment of your role in the creation of a perfect universe. If your actions are attuned to the consciousness of the Creator, your life shall experience no difficulty, not in essence. It may appear that you do indeed have difficulties, but they are lessons. Some are difficult, others are not. Be not discouraged by your own lack of disciplines. Be not haughty about your achievements. For you are as others, all others within this universe. You are a creator, you are a part and particle of an undividable growing and consciousness universe.

We of the Confederation share these thoughts with you and commend you for what you have achieved. We also wish to somewhat warn you that you must realize that your journey has only begun. Be more determined, allow yourself not to falter. Be not discouraged with yourself when you do.

I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am with this instrument. I am Hatonn. At this time, my friends, I will open the meeting to questions. Please feel free to ask any question for it is our great privilege to share our thoughts with you.

(Pause)

I am again with this instrument. We would then leave this instrument and allow a brother who has not previously spoken to this group to speak through this instrument. Therefore, with our hearts attuned with you and all our love with you, we leave you in the love that is only that of the Creator. Adonai vasu borragus.

(Carla channeling)

I am Orkan. And I speak to you this evening for the first time. It is an infinite pleasure to me and I greet you in the love and the light of the One Who is the Creator of us all.

I am a flame. I am a flame that flickers, my friends, that glows, that grows, that is eternal. I am the flame of creation; the flame of your physical sun that warms your planet and allows your food to grow on your fertile land. I am the flame of destruction that transmutes all that there is. Yes, my friends, I am a flame. I appear as the love in the heart of those who give. I appear, my friends, as the intelligence of those who think. I am the flame that creates beauty, whether it is the beauty of the Creator or the beauty of mankind; the beauty of your art or your music; the beauty of your architecture, of your statues, of your philosophy. I am a flame that may but flicker in the darkest of times, my friends. I am to be found by those who can recognize love.

I am and you are the flame, my friends, the flame of love that burns and consumes. It is not something that you reach out to find. The total freedom, the total annihilation of fire is not something that you may use, my friends. Love can only use you. It is not a tool, my friends. You are the tool for love. You have not chosen a gentle path. You have chosen the path that consumes those things about you which are not love. The rate of that consumption is completely dependent upon you. When do you wish to become the flame of love, of joy, of light, of laughter, of freedom? It is up to you, my friends, for the flame is always there inside you, inside me. My friends, the flame is not an answer. For as far as we know, we have no answers. We have only the process of love. We have only the knowledge that the flame, that the love is grace, is easiness, is strength.

If you have the discipline to seek the flame in moment, whether it be in the day or the night, in joy or sorrow, in something great or in something very small, if you have the discipline to seek it, then you become the flame. And when you have achieved this identity, this manifestation, it is not, my friends, that you become a teacher, it is only, my friends, that you become a window through which the flame can be seen.

I am Orkan. It is a great privilege to meet each of you, and I and my brothers are with you. Adonai vasu. Adonai.

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(Carla channeling)

I am Laitos, and I greet you each in the love and the light of the infinite Creator. I will not speak to you long, my friends, but I wish to work with each of you. If you would open yourselves to our influence, I and my brothers wish to at this time to come into the room and work with each of you personally. If you will be patient and mentally request our presence, we will attempt to strengthen your own natural meditation. I am Laitos.

(Pause)

I am again with this instrument. It is a great privilege to use this instrument for we have not been able to use her for some weeks. And we are very grateful for the chance to work with each of our instruments.

My friends, we ask only that you meditate; five minutes, ten minutes, however long you may. Daily meditation, my friends; it is an old story but it does not lose its importance. Life as it is known by your peoples seems very normal. But we say to you, my friends, that the universe is very, very unusual. There are many, many strange things all around you. Many informative, unusual occurrences. To pick up, to understand those things that are missed by so many, it is necessary to tune the mind by meditation.

I would like to close through another channel. I am Laitos.

(H channeling)

I am Laitos. I am now with this instrument. It has also been a long time since we have spoken through this instrument. For the benefit of those who are somewhat new to the actual training of an instrument, we are utilizing a great degree of conditioning with this instrument. We are showing those interested the technique which is the least desirable. The communications which we offer which you may witness now are much more easily transmitted when the instrument allows the energy to flow, allows himself to speak the words without thought, and accepts the communication with faith.

We of the Confederation speak with your peoples and we need many instruments for, what you would term, the future. We desire in the development of channels to be accepted by the instruments at their own choosing. And we have chosen the previously witnessed form of conditioning because we have found it necessary for most to have this experience in order that they may be, shall we say, thoroughly convinced of the validity of the communication, for you may witness and believe in it but then attempt to doubt it either in its validity or your own. We say to you that the source of the message is, shall we say, irrelevant. We shall not ask or judge from [where] goodness has come, we should only accept it and use what is beneficial to you and pass the rest on into the others without concern. We press nothing upon you; we bless you for your acceptance.

We leave you in the love and in the light of the infinite Creator. I am Laitos. Adonai, my friends. Adonai vasu borragus. ♣

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Monday Meditation
July 3, 1978

(Carla channeling)

I greet you in the love and the light of the One Who is All. I am Hatonn of the Confederation of Planets in the Service of the Infinite Creator. I and my brothers hover high above you in the sky. We are at this time approximately 7.3 miles above your dwelling place. Aboard our ship, as you would call it, are more than 4,000 of our brothers and sisters who bear one name, my friends, the name of our home, as you would call it, our planet, the planet of Hatonn. We come from a planet, my friends, which has come through a great death and a great birth. The kind of birth into an age in which we no longer need the artificial creations of our kind. We have come into an age, my friends, where we can dwell in the creation of the Father.

Our planet is now a sentient being. All wildlife, as you call it, is conscious in a way that most of you *(inaudible)*. And we ourselves can speak without tongue and hear without ear for we are in a vibration in which time and space are plastic, in which we can move from one level to another with conscious awareness and understanding. Our conscious awareness and understanding have led us to one awareness and one understanding. And it is for this reason that [we have] come among you and your peoples at this time.

We come bearing witness to the Creator, my friends. And yet the Creator is not as you have pictured Him. He is not a judge, He is not a man, nor, my friends, is He a woman. He is not a being. My friends, we bear witness to love. We bear witness to all that there is which is love. This is the understanding that we have come so far to share. And why, my friends, do we come among you at this time to speak of love?

You, my friends, approach a planetary death and a planetary birth. For as the cycles grow in your time and your space, in the locality of your present existence, the time and space has rolled around for a vibrational change. Not my friends, a vibrational change as you would understand it. We are not speaking of physical things but of the energy which creates physical things. It is difficult to explain to you of the vibrational change in which death and life are transformed while the physical body continues to die and live. And yet, this is what we bring to you. And we bring it [to] you because so many among your peoples, my friends, know that there is something beyond the physical body and the physical death. There is something that is more than the brief span of their lifetime and the brief span of experience in this lifetime.

My friends, the answers to the questions you seek are all about you, written in the holy works in all of what you call your religions and philosophies. Many,

many teachers walk the Earth at this time who speak the truth and yet, my friends, so disillusioned have your people become that your people no longer believe in their books, nor their leaders. They do not even believe, totally, in the inner voice that compels them towards the seeking for that which is beyond life and death.

We come mostly, my friends, because your peoples can understand our presence with more ease than they can understand books and your orthodox teachings. We have come to add our voice of truth as we know it to the many voices of the same truth as it is known already. We come by the millions, my friends. Far across the universe, across your galaxy, and across the reaches of other times and other space, there are many civilizations who have crossed into a vibration in which the truth of the Creator is obvious. Where this is so, my friends, beings have no choice except to turn to a life of service to others. With understanding of the Creator, my friends, comes the information that all your needs will be taken care of. Thus we have no more needs. We have meat and drink, as it says in your holy works, that your people know not of[3], because our vibrational change made it possible for us to create that which was needed by thought. We no longer have need of government as you know it for we can communicate our desires to a central computer which does the will of the people instantly. We are then free, my friends, to love. Love of others is much easier, my friends, when you can see the vibration of love in each of your brothers and sisters. The selection of a mate, my friends, is much easier when you can see the connection going back many, many lifetimes with your appropriate partner. One by one, my friends, those things which you call problems are solved by the application of divine love shedding light, shedding truth, shedding enablement on the so-called immobile lifespan. We are now free in spirit as a people. What we wish to do is our work of service. We have no need mentally or physically or emotionally; then our needs must become spiritual. And we find that we can only satisfy the spiritual desire for increased understanding by service to others. For this we must look outward, my friends, if you wish to use that expression. Outward across the voids between civilizations until we find one such as yours that is crying out at this time for the knowledge which we have to share. And so we are here.

We are aware, my friends, that in your daily lives you cannot see clearly that love is in everything. And without that truth the problem of finding *(inaudible)*, of knowing friends in everyone, or finding enough supply of those things which are needed for physical existence, of finding mental stimulation which is satisfying, of finding that emotional stability which among your peoples is called happiness—all of these things, my friends, are anything but easy.

But you see, my friends, you are not without a clear understanding of love. It is as though you were in a deep, underground prison to which you have the key, my friends. Your body is the prison. It is a dense, chemical *(inaudible)* which carries your spirit about. It is extremely useful, for in it you experience emotions and situations which act as a catalyst in order that the understanding of your basic spiritual self may become tempered and toughened, thus producing at the end of an experience in the physical body an intense understanding of love. It is as though, my friends, in our vibration we can never truly practice our understanding of love for we see it clearly. Anyone can see in the daylight, but you my friends, are in darkness. To see the light in the darkness is much, much more difficult.

What is the key that unlocks the prison? It is a simple key, my friends. It is the key of meditation, or as this instrument has described, the activity of inner listening. Life and love do not come to you from us, from books, from on high. No, my friends, life and love come to you from within. For within each of you is the spark of the Creator. It is a matter of becoming conscious or aware of that spark which is already there and then allowing that light within to shine through to the outside experience and thus illuminating it, thus granting supply were there was lack, healing where there was pain, friendship, brotherhood and harmony where there were enemies, disagreement and disharmony. As you breathe in and as you breathe out, my friends, you use up this mortal life that you have taken on with courage and dedication at the outset to make use of as a time of learning and *(inaudible)* under adverse

[3] *Holy Bible*, John 4:31-35: "Meanwhile the disciples besought him, saying, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Has anyone brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work."

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circumstances—under the circumstance of forgetting what you knew as a spirit. Try to remember, my friends, what you already know: that all men are brothers, that love and consciousness dwell in everything, that all that is around you is alive and part of the creation which is love.

We ask you, my friends, to have faith. Not in some dogmatic repetition, but in the basic concept that you are not here aimlessly but for a purpose. In meditation, my friends, ask that you may fulfill your purpose. You need not know to the last detail what that purpose is. You need only dedicate yourself to the intention and desire to fulfill your purpose. Spirits, my friends, have a purpose which is inevitable. And that is that they should love and share.

The ideas among your people having to do with purpose are all accepted ambitions, and the ideas of greatness and dramatic accomplishment. But we say to you, my friends, that your purpose is to love and to share. The details matter not, but only the care and daily constancy of your willingness to manifest the love of the Creator. In this, my friends, you will surely fail if you attempt to do it yourself. For we are all, when cut off from love, unloving people, unloving beings, my friends, with very few resources. However, the Creator is an infinite and invisible flow of love. In meditation and in conscious thought, call upon that infinite supply.

I will pause while one of my brothers speaks through one of the other instruments. I am Hatonn.

(H channeling)

I am Laitos. Greetings, my friends, in the love and the light of our infinite Creator. It is a pleasure to be with you and I would touch with you but a short time.

I am here for one purpose and that is to assist you in sensing our presence within this room. It has been a pleasure for a great period of time to be bestowed with the duties of shall we say, conditioning new instruments within this group and within other groups. And a portion of that duty is to share our love and our energies with those who visit with us.

We are among you now and we ask that you relax. And if you can sense our presence we ask that you please allow it to flow and do not become apprehensive. For we of the Confederation are here to love and serve man on planet Earth. This is our sole purpose. We shall not instruct you how to live but we shall offer advice on how to build a better life during your short stay upon this planet.

We of the Confederation are dedicated to our service for it sustains our being. We have found through our experience that to serve another is to indeed serve oneself. For it is spoken within your holy works, "As you sow, so shall you reap." To give service in love to another is only to assure yourself that when you are in need it shall be given to you.

I am touching with you now and giving you my love and the love of all of those within the Confederation. It pleases us to see you. We ask only that you listen and take that which is of importance and use it forever and that which you find somewhat disagreeable to your accepted train of thought we ask that you dispel that from your consciousness which you so desire. We claim not to know all that there is in the universe for, to the best of our knowledge, the universe is infinite and the experiences and the knowledge within must therefore be the same. However, we do claim to have progressed through very similar circumstances as what you experience now and offer what we feel to be the greatest degree of assistance that we can presently render to your people.

We have spoken through many people upon your planet such as you are witnessing now. Many of your peoples have grown aware of us and it is pleasing to see that a few more have come to listen. And we humbly and gratefully respect your presence.

It has been my pleasure to be with you. I shall now leave you. I leave you in the love and the light of our infinite Creator. I am known to you as Laitos. Adonai.

(Carla channeling)

I am again with this instrument. I am Hatonn, and again I greet you in love and in light. At this time I would open the meeting to any questions that you may have of us, always keeping in mind that we are not infallible and only wish to share our thoughts with you in the simple way of brotherhood. If you have any questions please speak forth at this time.

M: I have a question. Is the Confederation of brothers connected with a group that is based in Florida called the Mark-Age group? And if you are connected, what is the connection?

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We are aware of the question. The light center which is in that portion of the creation on planet Earth that you call Florida is in contact with the Confederation. However, due to the individual differences which reside within that group there are other entities which are in contact with them also which are of your planet and which have in the past given false information. This complicates the attempt of seekers such as yourself who wish to understand our message and seek understanding through this group. They offer much of our message, however, my friend, we do not give individual advice for that is an infringement on the free will of the individual.

We can only share our understanding of, as our brother has spoken, how to live the better life, the life of love, the life which is natural to you in a higher sense.

This group has had its temptations with what some have called lower astrals in the past and has channeled false information about landing and other natural phenomena. However, it has managed to understand what was occurring and not try to justify its mistake. Due to this, this group manages to dispense, shall we say, a fair amount of our so-called cosmic sermonettes without too much distortion. What you must do in dealing with information such as Mark-Age Metacenter is learn to separate the wheat from the chaff, as this instrument would put it. See the truth in that which is given and with compassion allow the channel to make mistakes without you being emotionally disturbed by false information. In fact, my friends, this would apply to all of your established, so-called religions of your planet where the original manifestations of universal truth and love had become clouded by the distortions of men who with their intellect and with the help of lower inspirations have muddied the waters of the original truths. These truths are there and can be recognized. What you cannot use and do not need, discard. Do not become emotionally upset if others have an emotional need for what you consider distortion. Allow them their path to understanding while knowing that it is not your path to understanding. There are infinite numbers of beings, each with his own path, each with his own recognition of truth.

Does this satisfactorily answer your question?

M: Yes, thank you.

Is there another question?

G: I have a question, a little along the same line. I am interested to know if there are any groups in western North Carolina who you are channeling through, and if so, would we be able to contact those groups if we moved there?

We are aware of your question. You must understand, my friend, that that which you need must come to you in a certain way. We cannot, shall we say, from on high, alter the course of your life, of your experience, or of your understanding. That which is needed will appear, this is the rule of the Creation. We are aware that this is not a satisfactory answer and we are sorry, but we cannot become temporal teachers, guiding you to our outposts of knowledge. If it is for you to continue in this phase of understanding, your group will appear. If your group does not appear in your new environment, consider, my sister, whether you are perhaps to begin such a group or whether you are to perhaps to find a totally new source of continued progress.

We declare at this time, as always, that these spoken messages are only the stimulants to begin and to continue in your own spiritual search. Do you understand my sister, why we cannot give the address and phone number of your contact?

G: Yes, I understand.

We are grateful for your understanding. Another question, my friends?

R: How does one recognize this group when it appears?

The thing which is right, feels right. This means that this individual must be in touch with his feelings and of course, as always, this goes back to a daily period, brief as it may be, of meditation. When the one known as G met with the entities who became the group which now sits in circle with us, they were strangers but there was a feeling of appropriateness, the feeling perhaps, shall we say, of rightness. And this feeling was shared by all those who were long intended to work together in this group. It was a natural and spontaneous feeling from within, as all spiritual stages occur. All the one known as G did was to act on her feelings. First by going to a class and then by attending a meeting that she had heard about, and then attempting in sincerity and some humility to follow what was to her and still is to her a sometimes strange discipline. This takes being in

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touch with what feels like the right thing to do. It is a subtle feeling, that of rightness. And we can only suggest that each of you meditate and allow harmony to reign within yourself so that you may speak to yourself and know that feeling of what is right and what is appropriate. Does this answer your question, my brother?

R: *(Inaudible)*.

We wish to encourage each of you for each of you has all the stimulus that you may need. As we have said before, your lifetimes are not unplanned. You may go down many, many paths but each will be sufficient. You cannot make a totally wrong choice for all choices are within the creation of love. But there is always an optimum choice, a choice which is really right for you, not for anyone else, my friends. From small things to large there is rightness.

We ask you to meditate.

Is there another question?

(Pause)

If there are no more questions, my friends, we leave this channel although we do not leave. We are able to respond at any time you may need our presence as a comfort or as company as you go into meditation. For those of you who are not channels may find it impossible to detect our presence but if you mentally request our presence, we will be there and you will eventually be able to feel our presence, perhaps as light or some physical sensation having to do with our joining of vibrations with yours.

We offer our presence, as we said, not to dictate but only to give the brotherhood and the love of all of us to you. We are not strangers, my friends, though we come from far. We are brothers no matter what star our home revolves around. There is no doubt in our hearts that we are all part of love.

It is with joy beyond telling that I leave you in that love and that light, my brothers and my sisters. I am called Hatonn. Adonai, my friends. Adonai vasu borragus. ♣

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Wednesday Meditation
July 5, 1978

(Carla channeling)

I am Hatonn. I greet you in the love and the light of the infinite Creator. I am with the instrument. It is a blessing to speak with each of you and we greet those who have not sat with this group for awhile and offer them our love.

My friends, we always speak to you of one simple thing: the love of the Creator. We are aware that, from your horizon, this love does not seem to be accessible in many ways in your daily life. And yet we say to you, my friends, that this love is closer to you than your breathing; more easily accessible than your own hands and feet; more familiar to you than your own thoughts. This love was the pattern from which each of you was stamped. Yes, my friends, each of you stamped in complete identity. And that same love that made you each the same has touched each with a unique part in that identity so that the universe is an identity and a harmony at the same time.

Where are you going, my brothers, that you can use this information? To what can you reach out, my sisters, so that you can make use of the knowledge of love? What dramatic inquiry can you prosecute so that you can demonstrate love in the court of your daily life?

Perhaps some of you, my friends, have had the experience of having an object in your lives, some, shall we say, daily, simple, physical object such as what this instrument would call a carpet which has become dull and worn and perhaps torn in places through years of daily, careless use. And yet, my friends, if you pick it up and look on the unused side, it is still perfect.

In daily use, love becomes worn and shabby. This, my friends, is through carelessness of use. We always urge meditation and it is simply because, in meditation, you establish contact with that part of yourself that understands the nature of love.

No matter how worn and shabby your ideals, your actions, or your concepts have become, there always remains the eternally pristine side where love flourishes in its original form. It is a great trick of mental discipline to reverse your understanding of love so that the clean, new side shines forth through your actions and words but it is infinitely possible at any time for you to do so.

We are aware of the moving picture which you saw this evening and although we are aware of the many yawns and giggles which were the reaction of each of you due to the aesthetically inadequate presentation of these ideas, yet, we wish to share with you the basic truth of, as you would call it, life beyond physical death.

We are aware, my friends, that death is a transformation which seems most final and

frightening. And it is because of this very nature of death that your peoples avoid contemplation of their lives in the perspective of their eventual demise. Yet, what we urge you to do—namely, to meditate, to learn, to grow, to love, and to remember the Creator—would be quite senseless were it not for a continued existence in which you would be able to reap the benefit of your growing and learning. For, indeed, my friends, we are aware that there are times when, in order to grow, to learn and to give, you must make decisions which are not as much, shall we say, fun as decisions which have little obvious spiritual advantage.

Therefore, we take this opportunity to affirm to you that you, my friends, live. Indeed "live," is not a meaningful word, for we all are. To live suggests that one dies and this is not the case. We all are. It is our understanding, my friends—in our limited understanding, we wish to stress—that we all are, regardless of time or space or dimension or mortality. All of these things are illusions and there are many, many illusions in the Father's creation; many ways of experiencing consciousness. You, my friends, experience it only one way of many.

You have experienced much, each of you, and slowly, slowly, you add to the store of experience. And slowly, slowly, that experience adds to your store of personal wisdom. And slowly, my friends, your wisdom draws you closer to the love of the Creator. It is as though you were the moth going about the flame or the planet going about the sun. The orbits seem perpetual and yet, in the fullness of time, the moth is attracted to the flame, the sun explodes and becomes one with the planets and the universe; unity is achieved.

My friends, I will pause at this time and condition each of you. My brother Laitos is with me. I am Hatonn.

(Pause)

I am Hatonn. I am again with this instrument. I am conditioning this instrument. At this time I would open the meeting to questions. Does anyone have a question?

(Pause)

I am giving the instrument an image. It is that of a sea anemone waving beneath the waters of the ocean. It moves ceaselessly with the tides and the currents, never still, always giving beauty, always responsive to its environment. You, my friends, are rooted in love. The waters move about you as it is proper for them to do, bringing you joy and sorrow. The good clean waters of experience move about you one way and then another. Rooted in love, my friends, you may bloom at full tide and empty. Rooted in love, my friends, you may always be graceful, always full of joy.

The concept of beauty is very dull upon your planet for beauty, my friends, is everywhere. Rooted in love, my friends, you may see that beauty and feel that joy and those about you may, through you, feel and see that which is true and that which is real.

My friends, we are among you as those who drop seeds. As it is said in your holy works, the seeds are dropped—from whatever source, my friends. As the seeds drop into your life, my friends, see that you welcome them and cultivate them and as you go about, if there is someone asking for a seed, a thought, a boost from you, be aware, my friends, for you are creators too.

I leave you in the love and the light of the infinite Father. I am known to you as Hatonn. Adonai, my friends. Adonai vasu borragus.

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Wednesday Meditation
August 9, 1978

(Carla channeling)

[I am Hatonn.] I greet you in the love and the light of the infinite Creator. May we of the Confederation of Planets in the Service of the Infinite Creator extend our blessings and our love to each of you as you sit in this group this afternoon.

We [hover] *(inaudible)* in a very large and well-appointed craft with our comforts taken care of, my friends, with all our needs satisfied, the vehicles that carry our spirits totally removed from a condition of want.

This, my friends, allows our spirits a state of unlimited freedom. And as we travel without limitation from one level to another within the creation of the Father, we seek what we have always sought. We seek what you would term happiness. My friends, if happiness does not mean physical needs being satisfied, then it begins to mean something else and we, my friends, as a civilization, have traveled many more dimensions in thought than you can imagine in pursuit of that which is real and which satisfies our understandings. And we have found one understanding only that constitutes our happiness and that understanding, my friends, is very, very simple. The understanding that we are one, and that our oneness is that of love, is the complete and total message that we have come to give those of planet Earth.

That you are one, my brothers and sisters, and that the nature of unity is love, is the truth as we understand it, that we come to share. For you see, my friends, if you are not distracted by the demands of your day-to-day struggle for existence within the physical plane, then you are free to examine your existence as a being in infinite time and space. Now, because you are a being, my friends, there is always a dynamic between that which you now understand and that which you desire to know. We are as intense in our desire to progress as are you. The only difference, my friends, is that we have discovered that we can progress most effectively as a species with our minds and our hearts linked in one desire.

And what desire is it, my friends, that gives us happiness? It is the desire, my friends, to share our love with others, the desire to be of service to others. For we have found, since we have no need of the limitations of the physical dimensions, that in spirit "each of you are we" and "we are each of you." My friends, we are one being. We are not two, we are not several. Whatever the difference is in our condition, those differences are an illusion. For we are all one being formed in love. Like rays of an infinite and everlasting light, we have shot out through the prisms of our hopes and our dreams, and we are each in a unique vibratory position, relative to that great central sun of being which we call the Creator.

In meditation, my friends, you can begin to take the prism effect away. When a prism is removed from a light source, the many, many colors and shades of your rainbow become one white light. And so it is with each of you, my friends. It is as though as if you sat in love and contemplation together. Your vibrations shoot off into infinite space as a collection of harmonizing colors and yet, remove that understanding one dimension closer to the Creator, and one sees only the white light of all embracing love. Love, my friends, with a purpose. For nothing in creation exists without purpose. Each of you, my friends, has a purpose.

In the past, your contemplations of tomorrow have brought about the present. Those things that you have desired at that time have come to fruition in this time. Yes, my friends, ask and you shall receive, and those things that you have asked for you have received. The future, my friends, as you call that illusion, is yours completely, at this moment. That which you desire will form and sculpture the harmony and the arrangements of your events to come in the future. Therefore, we ask you, desire carefully, my friends. And when you have considered your desire, prosecute it, intensify it, purify it and seek it with all your heart.

In meditation, open your heart to your desire. Enter the love that is about you and is empowering you. We are not with you to inform you as to what your desire might be. We cannot suggest to your planet and to its peoples the content of their desires. Nor should you, as [you go among] your peoples, judge others on the content of their desires, so they be different than yours. But for yourself, attempt in love to seek that which you most truly desire. And the white light and love of the creation will be yours to use.

I would like to transfer at this time to the one known as N. I am Hatonn.

(N channeling)

We greet you in the light and love of the Creator. My friends, it gives me pleasure, as you might say, to be with you at this time. We feel the energy generated by your group is a most joyous occasion, limited by your senses. You are not aware of the vibrations you send out as a group. These vibrations spread unstoppingly and affect beings; some [are] conscious of this, most are not.

When you come together as a group, what you will call love is generated, my friends. You recognize it as high or good feelings or indescribable feelings within you. It is but a small, small speck, we would say, of the total picture that we consider to be reality. We do not feel superior to you, for truly we are you! We realize this can be abstract, stating that individuals are in reality not individuals but are one. If you truly desire to find the truth of what we said, we suggest meditation—as usual. This method will aid you greatly in solving the [puzzles] of not seeing reality.

My friends, we have talked to you on various occasions, and we feel there are very few times in which we have not mentioned meditation. We feel we pound it into your heads, so to speak. But only you can reach within your head. And if you feel you are not achieving this as quickly as you would like, we ask you, do not worry about it. For in reality, my friends, there is no time, there is no hurry. We are available to you because at this particular point of your journey there is an opportunity for you to become aware more quickly.

We feel very good communicating with you in this manner. But it is not necessary, for if any individual desires our thoughts, we are with you instantly; no matter the situation you are in, no matter what you are doing. It won't matter, we are with you, if you desire. We send you love, my friends; we love you, and we feel the vibrations of love within you. It is a joyous occasion. At this time I will transfer this contact. I am Hatonn.

(Pause)

(Carla channeling)

(The recording becomes difficult to hear to the end of the tape.)

I am with this instrument. I am Hatonn. As my brother Laitos … [among you] at this time to work with some of those of you who desire to become channels. I would at this time attempt to make contact and speak just a few words to the one known as Jim McCarty. If he would relax and mentally request our contact we will *(inaudible)*. I am Hatonn.

(Pause)

I am Hatonn. I am again with the instrument. We are adjusting our [beam] to make it more of a sharp and less broad [band] and then we will again attempt

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to contact the one known as Jim McCarty. I am Hatonn

(Pause)

I am again with this instrument. We thank you for your patience. We are having difficulty with the one known as Jim due to the large reserve of energy which lies within this instrument's aura. We are generating some, shall we say, feed back and it is not [a smooth contact] with you. However, at any time the instrument desires to work with our contact, he need only mentally request our conditioning and the one known as Laitos will [be with you.]

At this time, I and my brother would like to work with the one known as A. If she would relax, we will attempt to say a sentence or two through this instrument. I am Hatonn.

(Pause)

I am again with this instrument. We thank the one known as A for the privilege of working with her. We have barely made contact. However, there is some tension or confusion, as you might call it, on the part of the instrument, due to largeness of *(inaudible)* and again we say that we are most happy to work with each new instrument at any time it may be requested.

If you will bear with us, we would like to attempt to contact the one known as E. It is necessary that the instrument relax and speak thoughts as they float through his mind without regard to their analysis or judgment. I am Hatonn.

(Pause)

(E channeling)

I am Hatonn …

(Pause)

(Carla channeling)

I am again with this instrument. I am Hatonn, and we greatly thank the one known as E. The experience of contact somewhat blew away the channel. This is a common experience and easily overcome with practice. We are most pleased and so happy to work with each of you. If you can be patient for one moment more, we would like this opportunity to acquaint the one known as H with our vibration. We wish to do this very carefully. *(Inaudible)* the one known as Laitos will pass amongst each of you and attempt to aid you, strengthening your own spiritual vibrations. For, my friends, this is all our conditioning wave [is] and it is not, shall we say, a wave that is foreign to you but one which we attempt to tailor to yours so that the cosmic energy that we are able to tap into by our conditioning is made available to you in your own unique pattern.

At this time I would open the meeting for questions.

Questioner: Do you feel there is still a need for more channels like we have in this case?

I am aware of your question. We have a great need for channels. But it is not in a sense of an attempt to start, shall we say, an organization, which grows in numbers and converts as with the church. There is a need for the truth on your planet, a dire need which is expressed by many. The truth has in many cases become distorted by those who are the most ignorant to offer it. We ourselves are aware that we distort the truth by speaking in verbal communication rather than allowing only silence [instead of] thoughts. But we feel that you, too, see, shall we say, an archetypical method of communication, which we employ and which uses a "now" organization, or shall we say geometry[4], [so] we possibly have less distortions in our discussion of true understanding. A great part of our truth lies in the fact that we do not claim to be telling the entire truth, for it is our humble feeling that we do not know the absolute truth.

However, many of those among your peoples are [reaching out] in their day-to-day lives for a meaning which is beyond that which is experienced in the daily realm of your being. It is possible to consider, if one is a philosopher, that there may be no meaning; and many of those who seek spiritually have, sadly but honestly, come to the conclusion that all things that they hear are less than true, and therefore there is no ultimate meaning. We bring a message of love, a message of ultimate joy, meaning and brightness to the universe.

We do not say that all things are easy on a day-to-day basis. We do not turn our backs on the horrors and indignities that you experience. We say only that they are lessons and therefore a part of a journey whose end is, surely and without any error, that of total love and total joy. We say this to people who

[4] Referring to the concept of circular time, or all time being in one "now" moment.

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are seeking that truth, but do not want to believe that life is random and that all things may be wrong. We ask people to consider our words and only if they speak to that which is already in their hearts to adopt it as something to examine and investigate on their own. Yes, my brother, there is a great need of channels. Not of the UFO message as such, but only of love. Love itself, my brother, is our only message. Does this answer your question?

Questioner: Yes, thank you.

Is there another question?

(Pause)

I am working with this instrument, if you will be patient.

(Pause)

I would like to respond briefly to a question which has not been asked, but which was earlier asked before your meditation. We refer to the question of good and evil. It is one to [record,] my friends. We ask you to understand that like all opposites, that it is the result of being in motion. When one is in motion, there is that which is ahead and that which is behind. If you could understand yourselves as beings which have been sent out from a great central source, and which are at varying speeds making a great circular return to that central source, then you can begin to understand good and evil.

At one point in your evolution, my friends, you were at the farthest point from the central source, which we call Creator for want of another word. There was nothing behind and nothing in front of you, when you began your travel. As you moved toward that great light, that great central sun, light is before you and darkness behind you. Wisdom before you and ignorance behind you. Those who wish to gain power may gain it in one of two ways—by aiding and abetting that journey towards the light which is called good, or by, shall we say, applying the brakes [in] progress and attempting to reenter that portion of the cycle [which has already been] which is called evil.

If you can understand that at the end of your journey, when you are without [motion,] there will be no good or evil. It may help you *(inaudible)* [combat]that which you see as evil at this point. The principle which drives those who are vibrating in what you would call the evil range is that of separation. They are attempting to separate themselves from the great central source. They are attempting to become more and more individualized, thereby shutting themselves off from power and love of the creation. The type of power that this generates is similar to that which is generated by the applying of brakes in one of your automobiles. It is a friction which generates a good deal of heat. Because this power is so obvious in being seen and felt, and because power in and of itself is admired on planet Earth, many vibrate in the direction of evil, for they can see that they are powerful. Those who attempt to accelerate towards the good are deliberately giving up more and more of their individuality and taking on more and more of the love and power of that central sun source.

That which is separate within them is gradually burnt away, and thus they become lights that truly [lighten the darkness up.] We wish you to understand, my friends, that there is nothing good or evil about good and evil; they are valid choices in a universe of motion.

We have found [it is] appropriate to us to accelerate our journey towards the central source for we have found that union with each other and with the Creator [is joy and happiness] and we prefer laughter to power. We can only ask that you have compassion for the great evil that is within your energy at this time. All of those who are applying the brakes will one day choose otherwise. That much is [a metaphor,] my friends. Meanwhile, monitor your own progress and make your own choice.

Are there any other questions?

(Pause)

I would close through the one known as [McCarty.] I am Hatonn.

(Jim channeling)

I am Hatonn. I am now with this instrument. My friends, you spoke to us about, shall we say, your individual path. My friends, there is much ahead in your spiritual growth, my friends. You will reap a reward well worth the path of which you think is lost. My friends, continue in your meditations. I will leave you now. I am Hatonn. Adonai, my friends. Adonai vasu borragus. ♣

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Monday Meditation
August 21, 1978

(Don channeling)

I greet you, my friends, in the love and in the light of our infinite Creator. It is a very great privilege to speak to you this evening. I speak through this instrument.

I am at present in what you call a spacecraft. And yet, my friends it is not a spacecraft. For you space is a medium which surrounds your planet. It is far, far out into the heavens, farther than you could ever imagine. You see us as peoples who come to you from far distant places, unreachable and unapproachable in this vast universe. This is true, my friends, and yet it is not true. Those far distant places are within you even as you now sit within this room.

This is the paradox, my friends. The great paradox of understanding which is not yet apparent to those who dwell upon your surface [is that] all that exists in this vast universe exists in one place, in one time. Each of us, my friends, [is] in all places, and in one place. And yet we appear to be limited, [stunted], unable to move about in the vastness where all is created. My friends, this is not at all the circumstance which we experience. It is all but an illusion. In truth, you and I are all things, for all things are also you, my friends. We are all part of this vast creation and this vast creation is all part of us.

At the present you apparently are limited but this is of your own choosing. You've chosen these limitations for a purpose. For a purpose that has taken you through many experiences. You're here to *(inaudible)*, enabling you to find your way towards that which you desire. If you did not desire, my friends, you would not be here. We are here to help you with your desire. This is our only mission. In truth it is our only *(inaudible)* to help you with your desires. Desire calls us. Were it not for your desire, we could not come. Were it not for your desire, we could not speak to you this evening. Desire what you call enlightenment, desire what you call awareness. Desire like you *(inaudible)* the evolution of spirit. My friends, these are one in the same thing.

We come to point to you the single path that leads toward that which you desire. The single path is simple, my friends. The way to *(inaudible)* can only be [discovered] through meditation and by whatever name you call it, resolves itself to one simple principle: total and absolute unity and the dissolution of self.

For how is this accomplished, my friends? How is this accomplished? Painstakingly, through many experiences. This is one way. And yet this accomplishment may occur many *(inaudible)* through time and complete and total resolution. It depends, my friends, upon your desire and your desire, my friends, depends upon your meditation.

For your desires *(inaudible)* by the awareness that is generated through meditation. Only this will lead you to that which all of you ultimately seek. Only that desire, my friends, to spend time in meditation, and the desire will grow. This growth will lead you on each step of the way on the glorious plan in reunion. Reunion with your soul. For as this reunion takes place, you will recognize yourself for yourself, my friends, is all of us.

It is has been a privilege speaking through this instrument. I will now transfer this contact. I am Hatonn.

(H channeling)

I am Hatonn, and am now with this instrument. [Those of us] with the Confederation of Planets in Service to the Infinite Creator consider it a great privilege to serve men on planet Earth. We have come for one reason and one reason only. We have recognized the need for assistance to your people. We have recognized the pleas that call freely through that which you may refer to that which you may refer to as the "evils," or through the universe. For the thoughts of your peoples, as the thoughts of all beings, are energy forms which travel with great speed as they are projected by your peoples. And all of those throughout the universe who have become aware of these energies and who are capable of assisting you have either come to your planet or send their love to your peoples.

We of the Confederation have been given the opportunity to come to you and to await the moment that we may unite as one, serve one another, love one another, and then focus our energies and our love to serving those throughout the universe, as we have come to serve you. We of the Confederation recognize to a greater degree, as we see it, the natural functions, or shall we say, laws that govern man's existence on planet Earth and throughout the universe. In these sessions we attempt to assist you to understand, as best as we can, on an intellectual basis, these energies or laws that govern your existence. Yet we have found that there is truly only one law, that is love, my friends. You have been instructed—[by] all of the great teachers that have walked this plane that you call Earth—to love one another. All of the major philosophies upon your planet agree upon this point, though they may differ in many areas.

Man upon planet Earth has an infinite capability to love one another and it is only begun to open those doors and to utilize this ability. Man upon planet Earth, as he exists presently, is in what you might refer to as an infantile state. Indeed, your civilization has progressed rapidly. Especially within this period of time you call a century. Yet this progression upon the physical plane of existence is irrelevant to the progression of your ability to love one another. And indeed in many cases, it is detrimental to assist you to develop the ability of the consciousness of love, for man upon planet Earth becomes engulfed in his experiences. Man upon planet Earth is constantly bombarded by negative and positive energies flowing around him and creating within him. Man continually focuses upon the development upon his society of his technology, but unfortunately, [in] your more advanced nations there is a lesser degree of interest than there should be in the spiritual development of your race.

We of the Confederation are interested in only this portion of man upon planet Earth. Indeed, we are intrigued by your societal structure, your technological development. Yet it is irrelevant to us at what stage of development you reside upon this physical plane of life. For, my friends, as you pass through this experience, you pass beyond the veil of death as you return. You continue to exist, your energy or your spirit remains intact and planted within it is the accumulative knowledge of all the years past. Not only in your most recent experience but in all of those that have come before. And your development continues onward, time after time. You shall enter into experiences, some similar to this, others much more different. But each with the purpose of assisting you to learn how to love one another. Some have come here for certain purposes and, indeed, all have a purpose for their existence now and always. Some are to be teachers and some doctors, some simple people serving only their families, but none have come with a greater mission. For all have come for the purpose of love and the fulfillment for the desire of the Creator.

For it was His desired intent, as we understand it, that the universe be one. Indeed, it is infinite in size to the best of our knowledge. Yet, in totality, it is but one universe governed by one omnipresent energy. And we call that energy but we lack the ability to express to you through your words, the entire meaning of this concept. We of the

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Confederation have watched over you for a great deal of time. We have watched you people struggle and it has saddened us to some extent. But we have witnessed great conflict and unfortunately a lack of love for one another on your planet. We wish not to chastise your civilization. We wish only to serve and love you and ask that you do so for one another.

I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am Hatonn, and again greet you in love and light. If those present will be patient, I would like to work briefly with the one known as S that she may be more familiar with our contact. I and my brother Hatonn will work with the conditioning ray and I will attempt to say just a few words through her if she will react and speak freely those thoughts which come into her mind. I am Hatonn.

(Pause)

(Carla channeling)

I am again with this instrument. We are moderating our energy as we are overloading the one known as S, shall we say. We will attempt again with a finer tuning. I am Hatonn.

(Pause)

(Carla channeling)

I am again with this instrument. We thank the one known as S and are very grateful for the opportunity to work with her. Contact is very good as the instrument is very sensitive. However, we will have to work with moderating our energy to be totally comfortable. At this time we would like to condition the one known as B. I am Hatonn.

(Pause)

(Carla channeling)

May we thank each of those who are visiting this group and assure them that at any time they wish our contact we will be with them. As you become familiar with our contact it will be more and more unmistakable. And so we wish also to say that at any time that our contact is inconvenient, you need only request that we leave you and we will do so instantly. We are here only to serve you and to help you serve in the name of the Creator. At this time I would open the meeting to questions.

Questioner: I would like to know if you can tell us anything about the educational systems and how they will be changed in the future? *(Inaudible)* but we need to know at this time.

I am aware of your question. When we receive a question which involves the free will activities of those who apply their wisdom and their knowledge in an effort to improve the lot of life for those upon their planet then we must needs fall back on the principle of freedom of choice. Therefore we cannot say to you what would be the best way, for it is your planet, my sister. And you deal with those things which are known to you as limitations as well as those things which are known to you as ideas. And in this dense and chemical atmosphere, it is necessary for you to know in your heart and think out with that fine tool which is called your brain what will be the best way to serve your peoples.

You know that the great principle of love is the heart of all learning. And that all those souls who breath the atmosphere of your planet come with a certain degree of wisdom and desire to learn that is unique to them. It is therefore extremely difficult to form a system of education which is comfortable and beneficial for all. Thus you must always decide whether you wish to perfectly educate the few or gradually and imperfectly educate the many. Without the understanding of each parent that the child is a spirit born in love, without the understanding of each parent that the center of life is in appreciation of the force and the beauty of life and the love that creates it, education becomes an artificial and difficult matter instead of the joyful and spontaneous flow of information gladly asked for and gladly given.

Without mind to mind understanding it is impossible to know the great uniqueness of each soul. It is impossible to respond to the great uniqueness of each student. And so you are where you are in an arena in which those things which are true in the highest level must somehow be brought down to practice in an atmosphere in which truth can not prevail perfectly. We ask you, my sister, shall it be better for you to refrain from aiding because you cannot be perfect or shall you go forth, armed in love, and use those things which you know and those abilities of mind that you have worked upon in this incarnation and do what you can knowing that while it is imperfect …

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(Tape ends.) ♣

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Monday Meditation

September 4, 1978

(Carla channeling)

I am Laitos, and I greet you in the love and in the light of the infinite Creator. It is my great privilege to speak with you, and I come to you before my brother Hatonn in order to balance the considerable energy of this group.

At this time, we ask that each of you visualize your circle as being one which is totally enclosed in a beautiful white globe of light. Visualize this globe as being created by the love in each heart and by the unity of the group. In this way your energies will come into balance, and our contact will be smoother and more helpful, we hope, to each of you. I will pause at this time. I am known to you as Laitos.

(Pause)

I am with the instrument. I am Hatonn, and I greet you in the love and the light of the infinite Creator. I greet especially each of those who is new to this group and send to each and all our love as well as that of the Creator in which we come to you. Many of you have questioned where it is that we come from and yet we say to you, that that is irrelevant. For it is not our origin or our virtues that should endear us to you but only one thing, my friends, and that is our information.

Who are we? We are a voice that speaks to you. Yes, from other dimensions, from other spaces, from other universes than that which you know. For we move in such a universe that time and space as you know it are no more. We move in a universe where the emotions of sadness and separation are to us as beacons that call us. Distances do not matter. But only the cry that we hear from those who would wish to know that which we have to give. The information that can end your separation and your sorrow.

Our information is simple, my friends. A very, very simple truth we bring to you, the highest truth that we know, although we know that there is a higher truth, for we are not perfect. And that highest truth, my friends, is that we are all one. The universe has been made up of one substance and that, my friends, is love. How can I say to you, each a beautiful being that sits within your dwelling place at this time in meditation, that you are one being, one with us, one with each other and one with your beautiful planet. It is difficult, is it not, my friends, to see the truth. For you dwell in a dense physical illusion, as we would call it, in which energy seems to you to be mass. In which emotions, as they are, are habitually masked by your peoples, so that they speak falsely. And that falseness is believed as truth. And the separation goes on and on, my friends, among your peoples.

Those who you choose to lead you, do not lead. And by choosing leaders you have somehow, my friends,

given up the feeling of responsibility for yourself, the feeling of confidence that you can stand a beautiful and perfect soul upon your own two feet, figuratively speaking, and be able to do the very best that you can in clear conscience and in happiness, whatever the outcome. Choosing leaders that do not lead, and giving up your own choices to the leaders that do not lead, has left your peoples frustrated and confused.

My friends, the answers lie not in outward reforms but first in the inner reform of each person that restores self-respect and reliance upon itself, knowledge of brotherhood and sisterhood and the ability to act on what you believe. Then, and only then, my friends, can you move forth into the world in which you are now living and learning and act for right or for wrong, but in the confidence that your judgment at this time is the best that it can be. And, my friends, how do you find that confidence that your peoples are so lacking? How can you find the love that has been lost in infinite separations? Nation to nation, people to people?

We have come to tell you the truth of love and the power of unity. But we cannot do more than inspire you to find for yourself those truths. For each soul, my friends, each being, as we have said through this instrument many times, is a kingdom unto himself, a regal and imperial entity. Yes, we are all one, but the paradox is, my friends, that we are all unique and all completely necessary to the creation. And it is for each imperial entity to make the decision to seek for himself the truth of existence of consciousness. There are many truths, my friends. There are many, many levels of reality and each of your brothers that you meet may speak to you from a different level. But within yourself, my friends, you are at a unique place in your journey towards the truth. In order to seek the truth it is important that you make contact with that place within yourself which has a will to purpose, and when you make contact with your deepest purpose you will find that your deepest purpose is to seek the truth.

Why are you here, my friends? To what end are you conscious at this time? To what end do you feel and sense and respond to the many, many things that occur to you within each day. Seek the answer to this question, my friend. Our most recommended procedure for this seeking is what many call meditation. This word, my friends, has many seriously unfortunate connotations and those who would perhaps most enjoy the practice of meditation are sometimes uncomfortable with the phrase, for they feel that it may involve a complex practice. We do not recommend any practice but only the resolve to seek and the repeated attempt to quiet the outer self so that that still, small voice, as your holy works say, may be heard.

I would at this time attempt to transfer to the one known as Don. I am Hatonn.

(Pause)

I am Laitos. I am sorry for the delay. At this time, I would like to work with each of those within the meeting in order to strengthen their own spiritual vibration, shall we say, and let each feel our contact. If you would desire to experience what we call our conditioning wave, we ask that you mentally request that we will be with you at this time. I am Laitos.

(Pause)

I am with the instrument. Again we ask in order to strengthen the unity of the group's energy that each of you visualize a beautiful white ball of light that surrounds your entire dwelling place and in which you are all totally bathed in love.

(Pause)

We thank you. This is a much better flow of energy, and we can use this instrument better. At this time we would like to attempt to speak a few words through a newer instrument, and thus we would transfer to the one known as M. I am Laitos.

(Pause)

I am again with the instrument. We have good contact with the one known as M. And at this time would simply attempt to work with her conditioning wave, if you will be patient with us. I am Laitos.

(Pause)

I am again with this instrument. The one known as M has a very good contact and lacks only confidence at this time. This is extremely beneficial to us that she is so desirous of aiding us, and we emphasize often, my friends, that being a verbal channel is only one way of speaking those thoughts which our vibration offers to your peoples. For many are the questions that are asked and the seeds that can be planted, as the conversation was saying before this meeting began. Thus, channeling as you are aware of it now is only one of many avenues that you can take

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to be of service to your fellow beings, and yet we do need as many verbal channels, such as this one, as we can find, due to the fact that this particular type of communication is a good way of speaking to those who are seeking the truth and is for some more informative and interesting than a less formal conversation. Many are those, my friends, who desire the simple information that we have to give. At this time, if you will again be patient, I will attempt to say just a few sentences through the one known as R. I am Laitos.

(Pause)

I am again with this instrument. Thank each of you very much for your patience. It is sometimes time-consuming working with new instruments but we very much appreciate the group's willingness to help. We thank the one known as R, also. Again, we have good contact. However, if the one known as R would cease from analyzing our thoughts we would be able to let them flow to her. For when one analyzes our thoughts, they cease in their flow and therefore the channel is interrupted. This is a very common problem, and we are always happy to work with those who would request our presence. At any time you would wish to work upon the conditioning wave and becoming more aware of our presence, we simply ask that you request our presence mentally. If at any time it is inconvenient for this contact to proceed, mentally request that we leave and we will instantly obey your desires.

I am Laitos, my friends. It is a great privilege to work with each of you. And as I am in contact with each of you, I feel that you are my brother and my sister, and that we truly are the universe together. Adonai, my friends. I leave you in love and light.

(Pause)

I am again with this instrument. I am Hatonn, and again I greet you in the love and the light of the infinite One. We had wished to speak a few thoughts through the one known as Don, and if he will allow himself to be conditioned while we open the meeting to questions, we will again attempt before the close of this meeting. At this time I would open the meeting to questions. Does anyone have a question?

Questioner: I have a question. My name is J *(inaudible.)* The question boils down to this: Can you give me some sign or something so I know that it is not my subconscious or I myself talking and answering …

I am Hatonn. I am aware of your question, my brother. The answer is far from simple, but we will attempt to elucidate to you the laws that govern the seeing, shall we say, of paranormal events by witnesses within the physical illusion. Each entity, as we have stated, is striving to understand the truth of their being. There is, shall we say, a base speed of progress which approaches zero but which inevitably, over an infinite length of time, will bring that searching soul into knowledge. Many of the peoples upon your planet Earth are progressing at this pace, for they do not have any conscious desire to seek, and therefore they do not seek. Many others among your peoples are dimly or perhaps acutely aware that there is something which is beyond what is known to, shall we say, the society at large, as truth. There is a reality beyond reality. And it is peoples like yourself who are beginning to accelerate their progress by becoming aware that there is such a thing as seeking.

The more serious and dedicated one is to the seeking of truth, the more one begins to activate those forces which are beyond the limited understanding of his environment. We do not believe, if you will pardon the pun, in faith! We have no faith in belief! That which we offer to you is that which is already known to you on a level which is deep. We urge you only to make a conscious dedication towards the seeking of that which is locked within yourself, for you constitute the universe. If we are all one, then shall we say, you are a hologram of all that there is. Now, that may seem like a long preamble to a discussion of signs and wonders, but it is difficult for us to make you understand that it is not through faith or through intellectual searching, through books that you may find a sign or a happening to convince you of the reality of the metaphysical universe. It is through the conscious commitment to seeking the truth in some practice, such as meditation, which carries your knowledge in your action. This can be secret and should be secret. By this we mean it is not necessary to go begging in the streets to show your piety, as many on your planet have done. It does not make them more susceptible to information of a higher realm or more likely to witness the unlimited power of the universe. The wonders and the signs are locked within yourself.

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As you meditate, seek and attempt to become consciously aware that you are an eternal being, a wondrous being, a consciousness looking out through eyes into a physical universe, but looking in through your inner eye to that which is infinite, invisible, and in the terms of your workaday world, miraculous. It is this, this turning of the consciousness that will begin to open to you the small subjective signs that your journey is beginning to take place. We ask that you keep, shall we say, your eyes open. Many signs begin as the merest coincidence. We cannot promise to give you a sighting. We tell you only that we do not wish to convince you that we are anything. We only wish to offer information that you may listen to with a discriminating ear, using that which is valuable to you and discarding the rest.

We attempt to speak the truth without distortion. But words, my friend, are a distortion. Only the unspoken concept of love is complete. We would ask not only you, my brother, but each in this room, to become aware of a universe in which signs and miracles do not signify. Because each has become aware of the incredible miracle of consciousness in which the power of a healing or a sighting or a metal bending is not a sign at all. The sign, my friends, being instead the power of one person to walk in another person's shoes; the power of love, to reach and touch when those you call your enemies are attempting to build walls.

The power of the truth to take a situation that is, my friends, truly abnormally and miraculously confused and make it whole again. The incredible thing, my friends, is that you are all attempting to think and to feel what the truth may be. Do not let signs and wonders sway you. For signs and wonders may be explained away and faith may be broken by the absence of this. Seek the truth and you will find that each moment is miraculous, and more and more those things that occur to you become signs and your life becomes an inner adventure, which perhaps you cannot explain to others. For the truth, my friends, is subjective. You can never ever share it with another in the fullness of your inner understanding. You can only love. If you can only love one another, my friends, that would be the greatest miracle of all.

Can we answer your question more clearly, my brother?

J: [No, thank you.]

We thank you that we can share our thoughts with you. May we ask if there might be another question?

R: *(Inaudible)*.

I am with the instrument. We find that as a part of the growing process that you, my sister, have a mixture of occurrences and that some of your sensations are truly those of a sensitive, as this instrument would call it, and some those of you yourself speaking internally, as a part of the growing process attempting to integrate those parts of your personality that are not yet totally in harmony. It is a difficult situation for a sensitive person, and we recommend that in your meditation you pray for stability and protection and feel the love that makes us all whole. We would not recommend developing your, shall we say, psychic powers, at this time, but work instead for the stability which will stand you in good stead when you later begin to develop, both as a personality and as a sensitive, and by that we mean one who is sensitive.

(Side one of tape ends.)

(Carla channeling)

I am with the instrument. I am Hatonn. If you will be patient for a moment, we will condition the instrument to reestablish a better contact. I … I am Hatonn. I am Hatonn.

To the one known as R, may we say that our answers are not final. We are your brothers, and not, shall we say, your gods. We have gone one step further than you and have left some limitations behind. But oh, my friends, the universe is indeed infinite, and we know that we are not infallible, and with that clear understanding we shall share with you our understanding, such as it is, of the beginning of all things.

It is our understanding that that which was the Creator is infinite, and when there was a desire for self-realization, that which was one Being took energy, which we now call love, and with this infinite energy created all that there is.

Each of you my friends, and each of us, was created to lend a realizing consciousness to the Creator. In essence, we then are the Creator, realizing our self. But it is not we alone who are the Creator, or some entity somewhere else who is the Creator, but all of us together who form the Creator. Without one of

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you, my friends, the creation would be incomplete. We cannot lose anyone. We are all totally and completely necessary by our very being. In the infinitude that is eternity—and that is a hard concept to grasp we are aware—the polarity that was achieved by the Creator in His creation, when love came forth and made all the universes, brought about an infinite series of cycles; each beginning in comparative darkness and rising to comparative light.

Each of you has been through many cycles, becoming more and more a true reflection of the Creator. It is for this reason that we are. We are here to realize the Creator, to see and to reflect and to share the Creator with each other, and thus we are the Creator. Whenever you realize that great force of love in your dealings with others, you have given love to the Creator. For the Creator is in all that you see. Now how, my friends, can you be expected to know what love is and how to give it? This, my friends, is the question which you bring to the troubles of your life, as you experience it day by day in this physical density that you now enjoy. Each seeming difficulty is, shall we say, a quiz, a test, perhaps even, if it is a very difficult situation, the equivalent of a midterm, as this instrument would call it.

What you are is being brought to the catalyst of a situation in which you must then discover the best way of showing love. It is not an easy vibration, the one in which you now live. But it is one in which the learning is greatly intensified. We have in our vibration a greatly extended life span. This is due, my friends, to the fact that when one is aware of all one's own thoughts and all the thoughts of others, then one cannot feel separation. Therefore, the stimulus for emotional displacement by sorrow and grief, frustration and anger, is almost never felt to any great extent, and we have very little choice but to vibrate in love and in unity.

Thus, our learning comes over long periods of time, as you would call it, simply by sharing that which we know with others. In this we refine and refine ourselves, more and more purely. But it is a slow process. You on the other hand have chosen, and are appropriately placed in, a situation in which love is completely masked in some situation, and you must from your own understanding of reality find the love within each being and within each situation, dwell on it in your heart, and thus correct in your inner picture the errors in your outer picture. Many of those in your world have a strong faith that 2 plus 2 equals 5 in many situations. And you have been taught wrong information as basic as 2 plus 2 is 5, and you have absorbed it into your being. Now in your heart, when all seems awry, it is your lesson to find the harmony, to find that 2 plus 2 is 4 and thus secure in your knowledge of love.

Allow that love and that right understanding to illuminate the situation and heal what can be healed. You cannot heal other beings unless they request it or desire it. But you can heal that portion within yourself which may feel pain. And in healing yourself, in truth you heal the universe. Remember, my friends, your basic attempt is to seek for yourself, and then share with others whenever you can. But to seek for others is impossible. We are aware that we could not have responded adequately to a question as deep as yours in such a brief answer. But, may we ask if this is satisfactory for the present?

R: *(Inaudible)*.

We are grateful to you, my sister, and to show you that at all times we will be with you, if you request it. It is written in your holy works that He Who is the Creator will wipe every tear from our eyes. And we say to you that such is the truth as we know it. There is no sorrow that will not be comforted. And no understanding that will not be made complete. And these are not aphorisms or empty words. Go in meditation to that place within yourself where the Creator is, and dwell in the love that is indescribable.

I would like to close through the one known as Don, if he would accept our contact. I am Hatonn.

(Pause)

I am again with this instrument. I will close through this instrument, as the one known as Don does not desire to be an instrument at this time. I leave you in love and unity. I am Hatonn. Adonai vasu borragus. ♣

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Monday Meditation

September 11, 1978

(Carla channeling)

[I am Hatonn] … which is known to this instrument as the [chamber.]

As the sea creature grows [he] becomes too large for his previous shell and creates for himself a larger one. And when in the course of time he again grows, he then creates a larger shell and so on in a beautiful and unending spiral until such time as he has no need whatsoever for any physical vehicle, the consciousness having left his form. Then, my friends, all the shells are empty, having served their purpose.

There are two distinct stages to the development of your mental vehicle. In the first stage it is primarily important that you constantly be aware that in each situation there is freedom, and you are not iron-bound by any restrictions from the outside.

In order to fashion this awareness, it is in this stage necessary that you construct for yourself the larger mental shell, the larger home in which to grow. Each time that you find that a situation is impressing you as limiting or difficult, it is time for inner work, my friend, in which you explore and discover the larger and the most spacious mental atmosphere that is necessary for your balance.

There is a certain point in your development when you will find that you do not need the shell at all, but instead in the vulnerable body of consciousness you may swim out into the waters of the universe and merge with all that there is. In that moment, my friends, you will have discovered that there is no need for any vehicle whatsoever, for all things are one. And as your home is the universe and as all things are one, no protection is necessary.

We are aware that this second stage is for the most part a very distant goal. And yet, we wish you to know that it does exist and that within it is a larger reality which in good time will supersede the limitations and the difficulties of your present state of consciousness. Meanwhile, enlarge your shell, my friends, through meditation, let contemplation open yourself within. For the world without only seems to press in upon you. In reality it's pressing upon itself and you are free!

We are enjoying this contact and find that transfer of information is very smooth at this time. We would like to leave this instrument now and use the instrument known as N. I am Hatonn.

(Pause)

(N channeling)

I am Hatonn. *(Rest of N's channeling is inaudible.)*

(Carla channeling)

I am with this instrument, and again I greet you in love and light. At this time, if you have a question, I would request that you ask it.

Questioner: Hatonn, hi, it's been a while. I've been reading a book in which it states that a man named Timothy Leary has said that the discovery of the DNA was a very, very important scientific and spiritual discovery. I wonder if you could comment on its importance or non-importance.

I am with the instrument, and I greet you, my brother, and prefer that we are never away from you as you think of us and question our existence, yet always send us your love. We always send you ours, [and] we never question your existence.

Questioner: *(Laughing)* I guess I owe you one. I don't really question your existence, I question your form.

I am with the instrument. That, my brother, is a separate question. We will attempt to answer the question on DNA for it is an interesting one and indeed central to an understanding of the essential nature of evolution. For evolution is of a unitary nature and is not physical as opposed to metaphysical. For all things function in a certain way, which is the way of, shall we say, the broken circle or the spiral.

When the Creator sent all things in darkness to begin the great trip back to Him, He defined the infinite circle and yet, as we climb from cycle to cycle, we seem to be moving and indeed we are moving within the parameters of what we may call the spiritual journey. But at the end of the journey, you will find that we have been describing not a spiral but a circle. To understand the building block of your physical vehicle is to begin to get a model also for the building blocks of [the] journey towards the light.

We begin to see that which is physical as an extremely complex but completely understandable and programmable series of bits of information, which are capable of reduplication and progression in space and in time. That which is programmable is re-programmable, and so evolution on a physical level has its existence. It is a simple truth to realize that the nature of your spiritual journey, of the journey of your star system, of the journey of your galaxy, and of the journey of the universe, as you know it, progresses along a similar series of programmable and re-programmable cycles.

What your scientists have not yet discovered is that there is a purpose behind the existence of consciousness, whether it be the consciousness of a cell, the consciousness of a being, of a race, of a star system, of a galaxy, or of a universe. Without the understanding of this purpose, those of your scientific community who deal with the genetic and that what is called recombinant research, may act irresponsibly and yet, this has been done before and its consequences and planetary karma have been [reaped] and yet, my friends, the cycle goes on.

Does this answer your question?

Questioner: Actually, no, not fully. I do understand what you are saying, and I appreciate it. What I was thinking was that DNA is sort of like the cosmic telegraph office between the message of the Creator and the cells of our body. And that, I was also thinking one night, in a somewhat questionable visionary state that the DNA, that the message coming through DNA [is also better than juvenation and allows the basic drive of reproduction rather than just the creation of a cell, it would also have sort of a within a telegraph office … we deliver the message to create the DNA mind and the personal and drives … is that correct?]

I am with the instrument. That which is DNA is as a blueprint for the construction of the vehicle. Those drives which are part of the vehicle, that is, those of hunger, reproduction, desire for oxygen, and other necessary functions of the vehicle are blueprinted by DNA. However, that which makes a being a being is not DNA-oriented but rather is within the, shall we say, eternal nature of the spirit or soul which inhabits and animates the actions of this vehicle for the time in which that vehicle will remain viably conscious on the physical level.

Now there are, shall we say, blueprints which are the counterpart of DNA on the eternal or spiritual level.

Questioner: What about the mental level?

That which is mental is a matter of programming, as you no doubt are aware from what you have said, and can be reprogrammed, and this is what we were attempting to say about DNA itself. As the vehicle slowly follows evolution of a species, so your mind can be more rapidly reprogrammed by your conscious direction of will in the appropriate

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circumstances. However, that which is eternal within you, and which is related not to a day-to-day activity but to the personality, which expresses itself in a timeless and instant vibration at all times, is not being fully reprogrammed by a mental reprogramming but is influenced over many lifetimes and many experiences. However, a serious and concentrated effort in one incarnation can gradually make a distinct change in the vibration of the being. In fact, at any moment, if your will and desire were strong enough, you could instantly change your eternal being. It is simply that that instant of will and perfect desire is not easily come by.

Questioner: Doesn't that will and desire already influence the genetic message? And isn't it … see, what I am trying to get at … it appears to me, that people have genetic malfunctions in their bodies [that] would be karmically imposed, genetically, from … the genetic message delivered by the soul says, ah, this is karma.

Let us separate theories of karma from the genetic structure of a physical vehicle. May we say first that each case of incarnation is individual, and not all genetic malfunctions are due to what is known to your peoples as karma. However, if a soul is reliving karma by a certain situation which he chooses, he does not form a physical vehicle with that genetic imbalance, but rather chooses a physical vehicle which already has that imbalance. The imbalance itself is guided by the rules of DNA in its random combination. The parents of a particular physical vehicle might by mediation cause the randomness of DNA selection to be less random. However, this is due to the action at a distance, a fact of the mind upon physical particles, such as spermatozoa and ova. The soul and its philosophical nature must not be considered to be interacting with the physical DNA genetic code prior to incarnation. The soul chooses the vehicle which best suits it.

Questioner: Is that the secret of longevity and perhaps even immortality or a long life of the body, a conscious spiritual … meditation or … of the spiritual mind and the DNA genetic code …

That which is long life is desired by some among your peoples. But in your present vibration it is not truly desirable. There will come a time when longevity is natural. Efforts to precede this natural moment by means of scientific and technological advances may perhaps be fascinating and inspiring to your peoples. However, when longevity is a desirable tool, which you may use to good effect, learning and growing throughout a longer incarnation, the exterior vibrations will of necessity have, shall we say, ameliorated and wars and violence and other negative aspects will have lessened in their impact on the planetary vibration. The efforts of single individuals to have lives on the planet which do not take into account the utter negativity of the planetary vibration are lives, which, shall we say, are those of a hermit and may not be as rewarding to the progress of the soul. However, we realize that we are not addressing ourselves to your question, but it is not a question that we can answer simply.

Questioner: Are you saying that it would just as much behoove us not to spend a great deal of time say maybe even trying to communicate or *(inaudible)* with our genetic code, that would be pretty much a waste of our time, at this point.

Our basic feeling is that those who work in this area are great pioneers, and as their work is perfected it is greatly hoped that that Golden Age which your planet so richly deserves may come to pass, and all things will come in good time. However, while those who are working in this area continue, we have noticed that the planetary vibration itself becomes perhaps a little darker, perhaps a little brighter, but basically the same and our basic suggestion is that to help the planet grow is at least as desirable an activity as to help in an esoteric understanding which cannot be fully used until it can be used by all.

Questioner: Well, I thank you very much. As usual, I have more questions now than what I started from. I do appreciate it.

We thank you for allowing us to share our thoughts with you. Is there another question?

Questioner: *(Inaudible)*.

I am aware of your question, my sister. First, let us elucidate the question for the one known as [Ra] for his description of longevity as we understood it included not nearly a long life as we now know it, but that which you would term an impossibly long life, such as one which would span two centuries or more. And, indeed, we enjoy a longer life than you by many centuries, for our whole sense of time and space have changed, as we have entered new vibratory patterns. Now secondly, let us address

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ourselves to your question of a normally long life being perhaps not desirable.

May we say to you that lives, as you know them, whether long or short, by any standards, are in a certain pattern, which you have chosen before you enter into the pattern. As a result of going from the beginning to the end of this pattern, your spirit hopes that it will have learned certain lessons, and thus have improved and defined the vibration which is its essence in the sphere of eternity in which all of you truly glow.

When one contemplates and then does that which is known as suicide, one cuts short before the natural end the time of learning, and more often than not the lessons which that soul had hoped to learn had not been learned. Consequently, it is often so that rather than alleviating karma, the action of taking one's life adds more karma to the burden which is already carried and which you are trying to discharge by the expression which is the lifetime which you are now living.

Thus, when you reenter incarnation you have not only the original lesson to relearn but an additional severity to that lesson which is brought on by that pain which you have caused to those who you have previously left. Many times this type of karma is alleviated by the total forgiveness of those whom you have hurt.

However, it is simply desirable to live until it is time for your lesson to be through, for your burdens to be laid down. It is a truism, we are aware, but we must repeat that you are not given those things which you cannot bear. Thus, working through what is difficult when you finished with a lifetime at its natural end, whether it be short or long, you can then go on and learn other perhaps more agreeable lessons in other perhaps more agreeable spheres or vibrations.

If you may think of your existence as having a natural rhythm and an ongoing purpose, perhaps it will be easier for you to understand that suicide, as you call it, is a stoppage of that rhythm in an arbitrary manner. Instead, it is desirable to proceed with the rhythm of your existence, always seeing the many lessons that are about you and letting the realization of love flow into you from the Father. If you can keep these realizations before you, your life in this realm and all others will be enjoyable and fruitful. Does this answer your question?

Questioner: Yes, thank you.

We thank you, my sister. Is there another question?

(Pause)

I am with you. Please, my friends, know that the love of the Father flows throughout the cosmos on the winds of all of the universe to you, through you, from you. I am Hatonn. I leave you in that love. Adonai vasu borragus. ♣

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Monday Meditation
October 9, 1978

(Carla channeling)

I am Latwii, and I greet you in the love and the light of the infinite Creator. As always, we of the Confederation of Planets in the Service of the Infinite Creator send out blessings and our love to each of you, and we welcome those who have not sat with this group for awhile. We especially appreciate the opportunity to speak through this channel, for we have not used her for some time, and it is always a pleasure to use you as a channel. *(Inaudible)*.

I come to you because we of Latwii would teach you meditation. Each of us, you see, my friends, has, shall we say, a specialty. Each of us aspires—in intention, in attitude, in personality, shall we say—to *(inaudible)* planetary Earth that makes us specialists in one type of information. And we of Latwii are specialists in a type of information that has to do with a simple *(inaudible)*, one which we bring to the people of your planet, one which is centered around meditation, one which also speaks with you: time to recognize who you truly are.

In your busy lives, my friends, in all the hurly-burly of your everyday lives, when do you have time to realize who you are? And if you, indeed, think who you are, are you not then judging yourself and asking yourself to be a better person and berating yourself for your failures? *(Inaudible)*. This is not what we of Latwii will send you, for we wish to bring you only the love, the infinite and ever-present love of the Creator that pours to you like the sun pours its warmth upon your planet.

You humans, my friends, with the creation of man, have built walls between yourselves and between you and love so that you experience the winter, and you become cold in your heart and can feel that the love is limited between you and your brothers and sisters and between you and the Creator who needs you. But we say to you, my friends, there is a place that is within you in which it is always summer. It is high upon a hill, and to this hill you must climb. You must seek and gently—very gently, my friends—remove your senses from the world around you, from the world around you which may be cold and harsh in its emotions, and step-by-step walk up an inner hill in silence, leaving that part of yourself behind that may in any way feel the tiredness and the toil of your everyday life. Cleanse yourself in the waters that you may find in the pond by the hill that you will climb. Dress yourselves in clean, white garments and proceed upward. You will finally be healed in consciousness, my friends. And at the top of that hill is this place. Now sit in the meadow, and listen to the birds sing, and smell the sweet smell of the flowers, and feel the warmth of the sun. This, my friends, is the Creator's love. It is infinite. It is omnipresent. It is closer to you than your own breathing and your own thoughts. This be done to

you, my friends. This is our succor. We ask you—find the key to love in yourself, in your daily life.

(Pause)

I am Latwii. The contact with this channel *(inaudible)* and to touch with each of you is our privilege. We send each of you our love and our light, and we leave you, as always, in the love and the light that is only the Creator's, for *(inaudible)*, my friends, the Creator. Adonai vasu.

(Pause)

I am Hatonn, and I greet you in the love and the light of the One Who is All. My friends, we are most pleased that you have included meditation in your plans this evening, for we were aware that your evening is full and that we have come late. We shall attempt to be brief.

We wish only to tell you tell you the story, my friends, of a seed, a small seed. This seed, my friends, grew deep in the darkness of the soil, responding to its nature and put forth one leaf, and then two, and then three, and then four, and then many, all in good time. And at a certain moment *(inaudible)* was plucked and eaten, that which was useful, by the standard of the one who planted the seed. We ask you, my friends, to remember that it is not only the seed that is planted that is *(inaudible)*. We ask you to remember that you may see tension in your own lives as you put forth your leaves, for the seed knows not when the fruit may come, it knows only that the process must go on.

We ask you to have faith in your missions, whatever they may be. We ask that you grow, not judging your leaves because they are not fruits but being in a state of complete joy that you are going forward, that you are producing your leaves, that you are alone, that you are *(inaudible)*.

There are many fruits, my friends, that have been planted by the Creator, and they will all be true and found to be good in their own time. This time is not a time that you can tell. This goodness is not a goodness that you can tell. *(Inaudible)* for your patience and your confidence in yourselves and your lives.

At this time I would ask if there are any questions.

(Pause)

If there are no questions I will leave this instrument. I am known to you as Hatonn. I send my love to you, and my light. Adonai vasu borragus. ♣

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Wednesday Meditation
October 18, 1978

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of our infinite Creator. This evening we are far from you and are using transmitting equipment of our own design in order to share our thoughts with you, for we have, shall we say, business elsewhere on your planet at this time, as there are some of what you would call crises, and there are times when those of the Confederation of Planets in the Service of the Infinite Creator must group together in certain patterns of thought and form in order to maximize the sending of love to those troubled peoples upon planet Earth. We say to you at this time that your planet has never been very much closer to what you would term armed conflict, and we ask that in your meditations you realize that you are the light of the world and that that which is you is of infinite help.

Each atom of love, shall we say, is infinitely strong. We do not ask you to pray for peace but only seek to be loving by yourself and as part of this group which functions as the light center, and that light will help.

We greet those who are new to this group, and we ask you this evening to declare your independence from the world of man. My friends, you live on a planet which is more beautiful than most of the other planets of your density in your entire galaxy. You have a greater variety of wildlife, of trees, of plants, of things that swim in your water and fly in your atmosphere. Each of these things, my friends, is a creation of the Father, and each act in service and love and in balance expressing that instinct, that which is love. And so, my friends, it is given to you to do and you are that which is infinite, that which is eternal, and thus you have been given that which is freedom, and you do not need to act on instinct. And thus, in your own strength and your own freedom, you have gone, as a race, and have created a world which does not, in any great extent, express the love and service that is the essence of the Creator. And as you take in those things which are about you in the creation of man, you leave the perspective that is yours by right, that is yours by nature. You leave your simplicity and become intellectual and complex, and you find yourself speaking many words and doing many, many things and expressing yourself in many, many ways that are not totally expressive of the love of the Creator.

Nor do we say, my friends, that this is a fault of yours, for this is a lesson that has been drilled into you by a race who came before you, and that was a lesson drilled into them by those who came before them. Misunderstanding piled upon misunderstanding, and so your species has gone far down the road to separation, to world building, to physical and mental—both emotional and spiritual—and the walls that separate you, my friends, seem incredibly permanent.

It is time, my friends, to understand that you can declare your independence from the world of man. This does not necessarily mean physical absence from the world of man, not physical reclusiveness from its activities. It means only that you commit yourself to understanding the lessons of the creation, those things that are true and all about you, those things that are inclusive in seed and flower, in sunshine, in harvest, and in the infinite and totally balanced cycles of your natural world.

One among you, who is a master known to you as Jesus, said that, "I and my Father are one." "I," my friends, and "my Father." Who, my friends, is "I?" Is it a man known to you as Jesus? But did he mean, instead, that all of us and the Father are one? We ask you to contemplate the oneness of the creation. I and my Father are not two, are not separate. There are no walls between us. I need only open that inner door of consciousness and listen, and in the silence, that which has been called in your holy works that still small voice, may speak to you. That which it speaks may not be expressed in words or many, many times in actions, but only in a sense of wholeness, of harmony, of balance, of that simple thing which we call love that has created not only us, my friends, but all that there is. All the stars that your greatest telescope can see. All of these things, my friends, are "I." Place, time, personalities are all one. You cannot be anywhere but in the creation. But you can act, my friends, for you have the power of eternity within you.

How shall you act, my friends? We ask you …

(Pause during the interruption of a telephone call.)

I am Hatonn. We are sorry for the interruption. We will continue.

We ask you to contemplate, my friends, those two creations—that of the Creator and that of the sons of the Creator—and you [to] ask yourselves which expresses love? And further, to ask yourselves how that love can be translated into the creation of man. For each of you, my friends, in each day, can express love in the creation of man, for there are no walls so high that love cannot express itself through. There are no doors that cannot be opened with love. And you have that love, my friends. It is not yours by personality or by heritage in the human sense. It is yours because you are part of the Creator, and the Creator created you in love, and there is that within you which is perfect and perfectly expressive of love.

We ask you to contact that part of yourself which is the whole creation, which has the wisdom of the whole creation. We ask that you do this by inner listening, by service to others, or by any means which, for you, is your own unique method of finding the truth.

We, as each of you are aware, do not consider that we ourselves are authorities on the truth but only those who have reached our hands out to you in love to generate a desire within you, a desire that may take spark, so that you desire to find out for yourselves what is the truth.

I would like to pause at this time so that my brother Laitos may speak. I am Hatonn.

(Pause)

I am Laitos, and I greet each of you in the love and light of the infinite Creator. I was attempting to contact other instruments, however, they are not receptive, and we will use this instrument. We thank you for this opportunity to share our thoughts with you and assure you that it is a very great privilege to tell you that love is what we feel for you, and that is why we are here.

It is our special privilege among the Confederation of Planets to work with those who desire what we call conditioning. We would go around the room, shall we say, and attempt with each of you to make a functioning contact with you so that you may feel our presence.

We assure you that verbal channeling is not our only reason for contact, but it is our special privilege to work with each meditator in strengthening his or her own meditative vibrations. We will start with the one known as H and, shall we say, work our way around the room, if you will be patient. We are in the room with you and will be with each of you. I am Laitos.

(Pause)

Laitos here, my friends. We thank you for being able to work with you. We have attempted to give strength to [heal] certain physical ailments, shall we say, that were bothering those in the room and hope that we have helped. Our light is with you, and we ask you to summon me any time that you may desire our contact. Let me say to you, as always, our contact is a help to achieve contact with that which

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is truth. We are only helpers, and it is our great, great honor to aid you.

The truth, my friends, is inside you. Inside you, my friends, lies all that there is. And with that thought, I will leave you. I am Laitos. Adonai.

(Pause)

(Carla channeling)

I am Hatonn, and I am again with this instrument known to you as Carla. Thank you for your patience. At this time I would open the meeting to questions.

(Pause)

Questioner: *(Inaudible)* my question.

Go ahead, my brother.

(Inaudible)

We are aware of your question, my brother, and we speak to you in general, although we ask you to understand that due to the free will of each person on the planet, situations are not static and are not dictated by fate but are dictated by the free will of the planetary consciousness. That is why so many of us are here, and that is why so many of those on the inner planes in your own planetary vibrations are in conscious contact with, shall we say, disciples attempting to alleviate, shall we say, the birth pangs of planet Earth.

First we would like to say—and we say this most seriously—it is a great challenge to you and, to a lesser degree, to us, to bring the planet through to 1984, so that it may have its physical changes as they occur, for there are among your peoples who are leaders [who] are most bloody-minded and jealous and are liable to destroy the planet by man-made means before nature has had its day.

That which is known to you as the physical change of planet Earth, as you well know from your previous research, has already begun taking place and is well underway. What is perhaps not known to you is that groups of people in light centers like this one, meditating in love, have managed to alleviate not one but several series of your earthquakes, especially those in your western coast, so that smaller earthquakes happened in quick succession, none of which did the great damage that one earthquake should have done.

Questioner: I understand that the worst earthquake *(inaudible)* could happen in California?

That is correct. We have for several years been alerting light groups like your own to the possibility that meditating in love could alleviate the great stresses of the Earth which are manifesting due to the built-up consciousness of the planetary mind over many generations. Thus, that which can be cataclysm has, so far, been sparing of lives while slowly alleviating the great stresses in the Earth. We go on with this work and know that you also do.

There are many stresses; that is only one. To pray, shall we say, for California is not what we ask, but rather, simply that you concentrate on being a loving person and sending your love to the planet as a whole. The planetary consciousness becomes lighter and lighter as it receives the love generated, first from that central sun which is the Creator, but then flowing through you persons of free will on planet Earth [who] have good wishes for all on your planet, and the Earth itself begins to feel it. It is perhaps, shall we say, an extreme example of what a physicist would call action at a distance where, by concentrating on small particles, changes in the material world may take place. These are very gross changes, and yet, if enough of the consciousness of your planet is alerted, even they can be alleviated. Things get worse rather than better, as you know, as you approach the new location in space. And by, perhaps shall we say, 1982 much will have become clear as to whether the natural sector of the creation—in other words, the planet itself—has begun to vibrate successfully in what so many of your poets have called the golden age to come.

Questioner: Is it possible to *(inaudible)* a specific date, about, when this can occur?

It is possible, but in order to do this we would subject this channel to a type of information which is highly precarious and which this instrument does not wish to use.

Let me take a moment and speak on this subject which is perhaps not related but important to express. We of the Confederation of Planets are many, and though we are of one spirit we are not one mind, for we are, as you, individuals. Those of the Confederation that believe that it is necessary to warn humankind of the specific dates are doing so. However, this type of information is highly, highly difficult, due to the fact that we are transmitting

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through time, not space; therefore, our time coordinates are not apparent to us and must be, shall we say, decoded by a computer system which is very much like a complex computer of yours. It is infinitely difficult for us to understand your time system. Therefore, even when our channel remains pure, we are capable of giving incorrect information.

Now let us complicate the picture. Unless we place extreme protection about this channel and use complete control—a type of communication with which you, my brother, are intimately familiar—we cannot protect her from the use of astrals who may or may not have the correct information. For that reason, also, we do not wish to subject an instrument to this type of information unless she desires it.

Questioner: *(Inaudible)*.

We do ask only one thing, and that is that you and all of those in this room attempt to know who you are and what you wish to do, and do it with love.

There are those upon your planet who are capable of receiving specific information, and so they do, but [they] will show to you that the higher truth is far more important than earthquakes and fires and all that you may be subjected to from the physical development of the new age, will be the spiritual development of the peoples of your planet. To help them, you cannot pray for them but only attempt to become a pure vessel, shall we say, of that which we call love. Love is that which is indescribable. It is more strong and powerful than the word would suggest in your language, and certainly you have no other word which is as expressive. We have attempted at times to use the word "desire" to indicate that which communicated life to the cosmos, but desire today among your peoples expresses upon a physical level, and this we do not mean. Thus we ask that you find love within you and then open those eyes which are windows to that love, and let it shine forth to the best of your ability. Do not be sad because you have failed at any moment, but only try again. That is all that we can do.

Questioner: I understand that we have a very limited way of knowing creation, and I know that the channel you are using is probably a little tired from making contact, and I appreciate the love in which you have answered my questions. Thank you.

My brother, it is we that thank you. We are most grateful to you, for it is our only purpose to share with you that which we have learned by experience.

(Pause)

Is there another question?

Questioner: Is the holy shroud of Turin really the cloth that Jesus Christ was wrapped in?

Carla: I don't know. Everyone is totally silent.

(Pause)

Carla: As a matter of fact, they're laughing. Just a minute, let me see if I can get anything.

(Carla channeling)

I am with this instrument. We thank you, my sister, for your question. We ask you to understand that clothes are not our greatest interest, and clothes of those who are dead even less so. The one you know of as Jesus is a man of great humor and insight, and the fact that his shroud would be valuable strikes him as funny. We can only say to you that the ideas of a man are important and not that which has come in contact with his physical body. May we say further that those things which are valued among your peoples as religious relics often appear to be strangely and psychically active, thus giving internal evidence of their reality; but we ask you to understand that there could be no true evidence left by one of the vibration of the master known to you as Jesus, and that it is the thought forms of those who have come after him and elevated him to an untrue status that have invested these objects with their apparently unusual nature.

Does that answer your question?

Questioner: Yes, thank you.

We thank you, and we are sorry that we sometimes cannot take seriously those things which are taken seriously among your peoples. But love itself, my friends, we take very seriously.

Is there another question?

Questioner: I have a question. Are experiences … difficult situations … always … could be considered karmic in nature? Or just some? Not wanting them themselves, do they have to be necessarily karmically related? And is it important to know the difference, if there is a difference?

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I am Hatonn. I am Hatonn. I am Hatonn. We are establishing contact. This instrument was somewhat distracted by the snoring of the one known as B. I am Hatonn. We are aware of your question.

Karma is greatly misunderstood among your peoples. There are laws which are known to you as karma, and they are are simple cause and effect, much as you would understand; but you must also understand that your lives are not completely directed by karma.

Primarily, those things which are directed by karma are certain choices that you make having to do with relationships with others and, to a lesser extent, your occupation or interest or hobby, shall we say. As an example, we would point out that this particular instrument has strong karmic ties with music and, therefore, in this incarnation she has been powerfully drawn to it for the reason that she has great desire to create beauty through music. This bias was positioned in her by actions in previous incarnations and has affected her life. You will notice that there is no other person involved in this, but it is a simple cause and effect coming through the incarnation.

Karma is often good rather than bad; but, further, it should be understood that the day-to-day incidents of your life are, rather than karma, a type of random number system which gives you a path in each situation in each day. You have your choices to make, and they have not to do with karma but with love.

Frequently, the most difficult problems are, indeed, karmic, but they have to do with a relationship which was in some way unbalanced in a previous incarnation. In that case, we ask that you attempt with all your being to stop the wheel of karma. The way to do this is to forgive. Forgiveness is another word for love of that who seems to be an enemy. To forgive completely is to remove karma from the situation. To love completely is to be free. To love, it is truly said, is to conquer. Therefore, if you find a situation especially difficult, come out of your meditation with the question, "How does this situation look now in the light of meditation?" And with that tool of yours which is perfectly good and for you to use, known as your mind, objectively and carefully search the situation for the lesson you are to learn. If you find it is karmic, then perhaps you know that which you must do. If you wish to progress as quickly as possible, seize that which you think you must do and do it, whatever pain it may cause you at the time.

In alleviating the karma of another, you have shown the greatest love one can show. To forgive is truly to love.

Does this answer your question, my sister?

Questioner: Yes, thank you.

Is there another question?

(Pause)

Due to the longness of this session, we will pause only a moment to leave you with some last thoughts.

We leave you with a few pictures, my friends, such as this instrument has just seen, drawn by the one known as R, the tiny things: the flowers and the trees, and the not so tiny things that have been through the cycle of life and death and are still beautiful. Now the great things, my friends: the mountains, the great seas. Draw back, my friends. See even the greater things; see your beautiful planet with its mists and clouds. Pull back, my friends, until all you can see is the vast creation of the Father, and let you then know that all within that creation is love.

I leave you in that love and that light.

(Tape ends.) ♣

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Monday Meditation
January 29, 1979

(Carla channeling)

I am with you. I am Latwii. I greet you in the love and the light of the infinite Creator. I am in station above your nation at this time—what you call your United States—as a substitute for the brothers of the sons of Hatonn, for they are on mission elsewhere and have asked us to listen for you and speak to you and share our thoughts with you as would they. It is with great pleasure, therefore, that we are here to offer you all that we have to offer. All that we have to offer, my friends, is a very simple thing: we offer love and we offer light. We would offer it in more concrete fashion to your planet if only the peoples of your planet as a whole wished it. But we wish to be of service, and that concept involves precisely assessing and supplying the needs of each of those whom we serve.

There are many among your peoples whose desires we cannot satisfy, or whose desires we do not wish to satisfy, and that is why we have not landed in public places and made ourselves known to you in an unmistakable fashion. But there are many of you who wish precisely what we have to offer, and it is for that reason that we need instruments such as this one to transmit our thoughts to you and to offer you that inspiration that we can and to pour into the circle of your meeting that feeling of love that is our gift to you, the people of Earth.

We ask you once again at this time to work inwardly for peace in yourself, for as you are, so is the world. Each of you upon your planet is the world. In a way, shall we say, a vote is taken at any particular instant in that river which you call time, that illusion that you call time, that locality you call time, and in that instant the amount of peace which each of you beings upon the surface of your planet have within your heart is the peace of the earth. It has never been more important for you to be in peace within yourself or to realize that you are responsible for mankind.

Your world is angry, your peoples fanatical in many parts of the surface of your planet. Unfortunately, my friends, that which you call religion has entered the picture, and in some cases it is believed that, as you have a way of saying, God is on one side or the other of an issue. My friends, God is on the side of peace, of forgiveness, and of brotherhood. We ask you, in your meditations, to find these virtues within yourself and to practice them as best you can, for the fate of your planet at this time lies heavy in the hands of all of us who have worked so very hard to prepare you for what you are now experiencing—transition into what has been called by some the Golden Age. My friends, the transition has, so far, been more harmonious than had been expected. This was due to the raised consciousness of many of your peoples. We ask you to continue this work. We

ask you to plant seeds in others, not simply about us, for who we are is of no consequence, but about the philosophy of brotherhood.

Remember, my friends, that you are not aware in the universe, either as a person or as a planet. And those things which you do as a planet affect your solar system and, in turn, the energy grid of your galaxy. We are all one, my brothers. We ask that you care a little for yourselves, for us, for your planet. Care enough to sit in silence and open yourself to the process of seeking the truth.

We have used the terms love and light many times, and we want to consider at this time the meaning of this glib cliché, what a cynic would call this cosmic sermonette that flows so easily from her lips that she sometimes doubts that she is receiving. First, second, third—those words are meaningless to us, for all things are one. It is difficult for us to explain to you that all time and space are one and are not matched one to the other, but have infinite variations of which your time and your space is only one variation. But in your time and your space there is a first and a second and a third, and you must understand that first there was consciousness which was the Creator, and this consciousness had a will which manifested itself as that which is known in your holy work called the Bible as the Word, and this word is love. And as will imposed itself upon that which was around it, it formed that which was around it into a basic material called light.

You may think, if you wish, of love as being heat, in that it is random consciousness, consciousness everywhere without end and without beginning, without direction, but constantly in motion. When love takes form, it gains what is known in your terms as a vector, a direction, a rotation, and becomes light, and of love has been created light. All of you are made of that one substance in more and more sophisticated arrays of sophistication of energy, of light. You are all light. It is for this reason that those who are fully capable of understanding this truth have been able to defy the laws of gravity, have been able to create action at a distance, have been able to cause magnetic changes and other so-called miraculous phenomena.

We come to you, my friends, in love and light, for that's all there is. It is as simple as that. But in love there is joy and warmth, and for that we ask that you go within and meditate.

I am aware that there are questions about meditation, and I can only say that disturbances, of whatever kind, are meaningless; that the greatest ally that you can have as a being seeking the process of meditation is patience. Yes, you will fail each time, according to your own judgment, to achieve what you would term a perfect state of meditation. But you do not need to judge yourself. You need only to attempt to seek the truth. It is in the attempt that the process takes place.

We ask you to think of yourselves as you go into meditation perhaps as nature spirits, one with the world, oblivious to warmth orcold, dressed as are the flowers or the trees in bark of leaves, laughing or dancing, one with the world of nature, resting in the motherhood of the planet which is Earth, reaching out for the fatherhood which is wisdom, feeling the balance, my friends, feeling the humming. You are in balance, my friends. You are male and female. You are all that there is. You are all opposites. And in that knowing may come rest; and in that rest you may seek the truth.

If I am to be an elf, I will then gather up my bark and my leaves and take leave of this gathering so that the one known as Laitos may work with you. I am Latwii.

(Pause)

I am Laitos, and I greet you in the love and the light of the infinite Creator. I have been attempting to contact the one known as W. We were hoping that he would have the confidence to speak without being urged. However, lack of confidence is totally understandable in the new channel, and therefore we will encourage him by saying that, indeed, we were trying to contact the one known as W, and at this time again we will attempt to speak a few words through him. I am Laitos.

(Pause)

(W channeling)

I am Laitos. I am now with this instrument. I greet you in the love and the light of the infinite Creator.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos. We thank you for your patience. We were working with the one known as W, due to the fact that he was very

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close to continuing and was only stopped because of the difficulties of adjusting his vibrations to our incoming concepts. As experience is gained and as the conscious mind is carefully stilled, this will cease to be a problem.

We thank the one known as W and are very happy to have established contact.

At this time I would like to continue a few words through the one known as G. I am Laitos.

(Pause)

(G channeling)

I am Laitos. I am with this instrument.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos. In order to bolster the confidence of the one known as G, we would like to state that our next concept had to do with the nature of love. We felt that the one known as G had momentarily received this concept but had lost it. We will continue working with the one known as G at this tine and at any time that she may wish to call upon us.

If you will be patient we would like to spend a few moments working with the one known as D. If he will relax himself, and if he desires our contact and our conditioning wave, we will attempt to make contact with him and say a few words through him at this time. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We would interrupt to suggest that the one known as D straighten the lower portion of his spine, as there is an energy blockage and we can tune to him more easily. This is not true of all people, but the one known as D is very sensitive, and we wish to strengthen his basic spiritual frequency. We will again attempt to contact the one known as D. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We feel that good contact has been made now, and if at any time the one known as D wishes our contact at the subconscious level and work with a conditioning wave, he has only to request our presence. If at any time as we are working with him he feels it uncomfortable, he has only to make a request that we leave. This is important to understand, due to the fact that it can sometimes be inconvenient to be receiving conditioning in the company of those who are not aware of the process.

May we thank each of you new instruments for working with us for, as we have said, there are very many among your peoples who desire the exact service that we have to offer, and it is only through channels among those of your peoples who wish to serve in this way that we can offer this service, for we cannot interfere in the workings of your planet. This must be your decision, for such is the law of the Creator. You have the perfect right to do what you wish. We wish you love.

I am Laitos, and I thank you, and I leave you in the capable hands of my brother, Latwii, and in the love and the light of the infinite Creator. For now, Adonai.

(Pause)

I am Latwii, and again I am with you and thank you for your patience in attending my foolish words.

Please forgive me if I seem more full of humor than our brothers of Hatonn but, indeed, our group has its own personality and is not, perhaps, as dignified as the ones known as Hatonn. Yet we assure you, my brothers, that we are as loving and as caring. And although we laugh because you think of us as one thing or another, because you think it might be important whether we fly in silver UFOs or golden UFOs or red ones or white ones—yet, still, we are your brothers.

The truth is, my friends, we can be what you wish us to be. We are from a dimension in which that which we think becomes what we are. Ask us to be in a silver UFO, so shall it be. We live in a universe of light. All things dance in humor and in joy, for such is the truth of love.

At this time we follow the practice of the brothers and sisters of Hatonn and open the meeting to questions. If you have a question, please ask it now, for it would be our pleasure to attempt to share our thoughts with you.

(Pause)

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Questioner: How can I help my brother to understand the significance of this life and for myself to understand it better also?

(Pause)

I am aware of your question. I am Latwii. To be truthful, you cannot help those about you understand by words but only by example. Thus, it is yourself who must understand.

The most efficient method of understanding is meditation. Due to the nature of your experiences it would be advisable for you to meditate within the world of nature. However, we perceive in the minds of those within this meeting that the climate which is being enjoyed by you at this time is not favorable for outdoor meditation. Thus, we ask that as you meditate and attempt to understand, you picture the starry skies. Those things which came from sightings of this nature are most often found to be helpful by those who are going through a transforming experience. Thus, the question does not become, "What is the UFO?" The question becomes, "What am I attempting to transform in myself? What is the guidance that I am attempting to express to myself by this sighting which I have seen or of which I have knowledge?"

The answer may not come immediately, but this is the track which should be followed in order to explain the significance of the sighting of your brother's.

Does this answer your question?

Questioner: Yes, indeed!

We are very happy to be of service. Is there another question?

G: I have a question. Could you explain your world?

We can explain but are not sure if we can make sense to you. In our density, which is slightly different than that of the brothers and sisters of Hatonn, we are able to perceive dimensions of time and space as they begin to flow into infinity. We are beings of light, and this we can mold ourselves to that which we wish. Our lifetimes have become what to you would seem to be infinite, although to us they are not infinite, for that which is really infinite cannot be measured, and we, though we have no beginning and no end, are still aware of ourselves, and so we know that our journey is not yet finished. We are travelers, and like those who make a living chain, we reach our hands to our brothers,

If we have learned anything in our travels, it is that there is nothing too small to matter; there is no being too insignificant to forget; there is no God so great that He is not one with all of us. We are united. You are not local beings. You are beings of the universe, of a universe in which we are truly all one, not figuratively, but literally.

You think that you are a person, with organs and blood and bones, but we say to you that you are light and that all light is one, and that all places are one, and all time is one.

We are beings; we are aware of ourselves. We are aware of you. But what is more, we *are* you. We can feel your bones, your organs, the beating of your blood. There is nothing about any being in the universe that is foreign to us.

The only thing that calls us back from complete lighthood is that we have not yet forgotten our own being and become free, truly free of self. When we do that we know that our journey will have come full circle, and it will be time for the Creator to send us out again as beings conscious only of the darkness of separation.

We are part of a cycle, and that cycle is love. Our planet is our homeland, and we love it. And yet our planet is what you would call a star, and our star is what you would call the star within the star.

There is much we cannot explain to you, for it is beyond your science and certainly beyond this instrument's ability to express herself.

Most of all we wish to say to you, I am brother, sister; I am friend. I have nothing but love for you and your people. Your planet is being born. It is an important time for you. And we care. We care a great deal, and we are here. We of Latwii and all the brothers and sisters…

(Side one of the tape ends.)

(D has asked about the healing power of Latwii.)

(Carla channeling)

I am again with this instrument. I am Latwii. My brother, there is no presumption in asking of healing. We ask only that you understand that as you call upon outside sources to aid in healing, you are simply using what you would call a crutch. Your

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healing power is your understanding of the truth. I am one with you, and you are one with me.

If your feelings about Latwii's brothers and sisters—love—can give you the necessary belief in the truth of perfection in being, then it is very simple for you to ask us to heal, but you must understand that healings are not created by any channel but by the Creator, Who does all things perfectly.

Let us attempt to explain the nature of those who are not well. There is perfection in what you might call a mold. We are aware that you are very familiar with this concept, due to this instrument's conversation with you. The mold itself is perfect, and the product of the mold can only become distorted by work fatigue or other distorting pressures that came to bear upon the finished product after it has been taken from the mold.

Sometimes an entity requests a certain state of what would be called limitation or lack of health so that the entity may learn certain things. Sometimes entities have only a passing misunderstanding or distortion with the truth, and healing is a matter of a very simple adjustment to thought. Each case is individual, and there is no case that is hopeless.

In healing, call upon light, for light is the material that was used to create the mold. You may gladly call upon us, and we will gladly assist you by sending you our light. But remember, within yourself you have the power to tap into the light of the universe, for you and I are one, that oneness being not in either myself or you, but in the Creator. Thus, we ask you to call in pure faith upon the Creator. You are an instrument, and you can direct love and light and healing. The will of the Creator is for the good. Ask that it be done.

The only reason that we discourage you at all from calling upon any name but the Creator's, is that names, beside the Creator's, are meaningless and false.

You yourself, my brother, are not D. You are light. You are love. And within you is a power that is so great that it contains all that there is. Find it and use it.

At this time, because of your desire, we will send you light, and you may mentally direct it as you wish. The entire group at this time will share in the circle of light. I am Latwii.

(Pause)

I am again with this instrument. May we ask the one known as D if he was able to perceive that which we have sent him?

D: Yes.

May we ask, then, my brother, if you are aware that the power is inside you?

D: I am.

We leave this with you, and we ask that you take this realization with you. Trust no outside influence. Listen to no words of wisdom, for the discriminating heart and mind of your spirit will guide you infallibly in your journey. And all that you need is yours for the asking.

Does this answer you, my brother?

D: Yes.

We are very pleased. Are there any other questions at this time?

(Pause)

We perceive that you are all considering questions and deciding to await another time, due to fatigue at the length of this session, and so will, shall we say, pack our bags and be on our way, sliding off on rays of light—mark you, my friends, on rays of light, for that is an important way of travel in the dimensions.

Harness your emotions. Find your light, and you, too, may travel among the stars. I leave you to find the wonder of love and the joy and the freedom of light. I am always with you, as are all my brothers. I am Latwii. Adonai vasu borragus. ♣

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Tuesday Meditation
February 13, 1979

(Carla channeling)

I am Latwii. I am one with this instrument. Again I greet you in the love and the light of the infinite Creator and wish to send you the love of the brothers and sisters of Hatonn who are on duty elsewhere during this difficult evolutionary period in your planet. They have asked those of Latwii to, shall we say, cover their channels, and we are doing so to the best of our ability, which is considerable. We send you love and laughter.

We were attempting to contact the one known as R, due to the fact that he desires to remain an open channel and to have help in his creativity. However, he was analyzing our thoughts. Therefore, we will attempt again to make contact with the one known as R to build his confidence and to let him know that those of the Confederation of the Planets which are in the Service of the Infinite Creator are always with you. I am Latwii.

(Pause)

I am again with this instrument. We are aware that the instrument known as R has a brain that is jumping about like a jumping bean and, therefore, we will go ahead and speak through this instrument, assuring him that we had good contact and that when he is properly, shall we say, relaxed and peaceful within himself without worrying about time and space he will be able to contact the brothers and sisters of the Confederation at his will. We will always share our thoughts and …

R: May I ask a question, please?

We are delighted to have you ask a question.

R: Am I barking up a dead end … when I was talking to Carla about the concept of healing through neurogenetics?

We are aware of the question. To speak of barking up the wrong tree is impossible when there are a forest of correct trees. However, it must be understood that there are a million ways to approach the problem of imposing the perfection of the original idea of an entity upon that which has become distorted in your illusion.

One perfectly reasonable method of attempting to create physical perfection, as you would call it, would be that which you have spoken of. However, it must be understood that each case is an unique one, and in each illness or malfunction of emotional, spiritual or mental nature there are lessons to be learned, and there is a process which is known as learning the lesson among your peoples. We find this a ponderous concept. However, we tend to have difficulty with your concept of time, and your concept of learning the lessons is deeply tied up in your concept of time. Therefore, people upon your planet consider that it takes time to learn the lesson.

It does not take time, it takes a focusing of the will. This, however, must be done completely and freely before the new programming is attempted. The one thing that cannot be done is to reprogram before the lesson has been learned. As we said, this can be accomplished either in no time, in a small amount of time, or in what you would call a lifetime.

This particular entity has been learning a lesson and offering lessons to others through what seems to be a physical distortion of the perfection of her nature, and the lessons seem to be progressing well, shall we say. However, we do not understand progress and can only say that she is very close to achieving the point at which she is of such a disciplined nature that she no longer needs a limitation on her activities in order to stimulate the so-called mission that she has come here to perform. Her nature is so adventurous and enthusiastic that she programmed herself before this incarnation a method whereby her activities would be limited so that she could reach the goal of sharing with others those things which she knows upon a certain level, which she would not have been able to concentrate upon had she been, shall we say, working full time, as you put it among your peoples, and dealing with six children which was her conscious programming. Consequently, she was carefully maneuvered around these obstacles to her becoming a guide to others through writing and being. She has now become a being with very little of the lesson to learn. Therefore, it is quite possible that a healing will take place—if not by barking up your tree, by barking up another.

However, we may say that that which you are working on at this point is, shall we say, a seed concept and should be considered most carefully, for it has a good deal of awareness of that which is of a truer nature than most of that which is of an intellectual nature and is written down among the peoples of your planet.

One of the great graces of the one known as Timothy Leary is a sense of humor, which we find absolutely essential for the progression of the soul. We find so often in your culture that seriousness is equated with holiness, and we say to you that this is, indeed, not so and that there is a holy joy which should be connected with constant and unremitting discipline to achieve the perfect balance between joy and the carrying of that which you know in your culture as the cross. It is said in your holy works, "Peace I bring to you. My peace I give to you, not as the world gives to you." It must be remembered that joy and the cross walk hand in hand. It is not an easy path, but it is a very joyful path, and approached with a sense of humor, each lesson can be reduced to no time instead of a small time, to a small time instead of a great time, to a great time instead of a lifetime, and so on. And, thus, you may consciously take charge of your life and goal.

Does this answer your question?

R: I feel that what you're saying is that neurogenetics for the one known as Carla might possibly—in lieu of progress with her lessons—might possibly be an area to be explored and, therefore, Timothy Leary should be sought out.

You may rest assured that if this is to be it will occur in its proper time. To make an effort in this direction is not an infringement upon free will, for if it is not to be it will simply fail.

R: You do see neurogenetics as a proper field of communication for a real concept rather than just an illusory fantasy?

What you call your neurogenetics is like the alphabet—the fundamental necessity which is behind the kind of leap which must be made into the next dimension. If you do not have complete understanding of your personality at this level, you will not be able to be telepathic and to control consciousness.

Carla: I quit.

(Laughter)

R: *(Inaudible)*. That was good!

(Transcript ends.) ♣

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Sunday Meditation
February 18, 1979

(Carla channeling)

I am with this instrument. I am Latwii, and I greet you in the love and the light of the infinite Creator and welcome each of you to this group—those who are absent from time to time and those who are new. Again we send you the love of your special friends of Hatonn.

Ah yes, my friends, we are with you, and we are aware of the many questions upon your minds this evening. But to us the questions, although we will be glad to work with them, are humorous, due to our point of view which may seem strange to you, for we are aware of that which makes all else humorous, and that is the law of the Creator.

We have said to groups such as yours many times that the law of the Creator is one, that the understanding of that law is all wisdom and truth, and that the best word for that law is love.

We can take you on a great trip to show you that your thinking is local. You can best understand this concept by considering the love within the creation of man which varies from place to place. As your cycle changes, you have seen the laws of nature, so-called, violated many times by those who are able to use a less-local illusion or reflection of the law of the Creator. Thus, metal is bent, objects are moved, people are healed. We can take you away from your time and your space, and you can see that they are, indeed, not laws at all. We can remove you from mass and show you that that, too, is an illusion and not a law.

How far can we go with you, my friends? Through how many dimensions can we take you until you are in a place of light where things begin, where things end, where things are. You see, my friends, we wish to answer your questions as best we can, but we wish you to realize more than all else that questions and answers are meaningless. Feelings and emotions are meaningless. All of the tools with which you are familiar at this time are not helpful outside your locality. You have one useful attribute, and that is the quality of your love. Have you loved today?

At this time we would like to transfer to another instrument. I am of a group of beings calling themselves Latwii.

(Pause)

(Carla channeling)

I am Latwii. My vibrations are again with this instrument. We have been about the room and greet each of you, but we are having difficulty contacting the other instrument. We will attempt to do so at a later time.

Without further ado, may we open the meeting to questions?

Questioner: I have a question.

We greet you, my brother.

Questioner: This may seem trivial, but I'm intrigued by the stone that our friend *(inaudible)* found, and I was wondering what significance of it you are aware? Or what is it?

We are aware of your question. We would ask that the stone be placed in the channel's hand.

(Pause)

We are having difficulty with this instrument, due to her lack of training. However, we can say to you that this is a natural formation untouched by man and unconnected with man. We are attempting to explain to her the processes which caused the formation of this rock. It has many layers. It was not made at once. It has been …

Carla: OK, all I can do is tell you is that I'm seeing it coming down to the Earth and then being thrown up in some kind of a volcanic … or … thrown up like a mountain being thrown up and landing and its being weathered by water.

Questioner: Is it an extraterrestrial rock?

I am with this instrument. The interior of this rock is not planetary. However, the exterior of this rock is.

Questioner: What is the significance of this rock, if any, that you are aware of?

That which it is given by its possessor. It would seem to be a good talisman, due to the fact that it signifies a transformational change to its possessor. We knock questions and answers, and yet we encourage the transformation of man.

(Laughter)

You must realize we think we are funny, too. We think everything is funny, due to the fact that we are in a position where light is all that there is, and light seen in its pure state is complete joy.

(Pause)

Questioner: I'd like some verification of an article that I read the other night that's called "The Evidence Of Homotelepathica," and I'd like to get some feedback on your feelings of its accuracy.

(Pause)

We do not find your intellectual efforts to be part of our aid to you and urge you to follow that which, according to your own free will, seems best. You must realize that to understand yourself you may not need longer and longer words but longer and longer silences.

The idea of a brain as a computer that can be reprogrammed, and the idea of planetary consciousness as a giant computer that can be reprogrammed is a manipulative idea not directly associated with the Creator's primary law which concerns the freedom of all beings. The conscious individual and the conscious planetary awareness can make conscious changes, but the strong cannot coerce those who are not ready. Thus, patience becomes your ally, and a sense of humor that which you hold dearest.

We are sorry we cannot be more responsive to your question, but we feel that you are searching so deeply in an intellectual way at this point that we do not wish to unbalance you by entering into intellectual discussion but merely encourage you to seek the discrimination that is inherent within your own faculties below the level of the conscious mind.

Does this in any way satisfy you as an answer?

Questioner: Well, it seems to me that you're saying that the intellect is getting in the way of my spiritual development rather than as a useful tool *(inaudible)*.

The key in all things is balance. Your intellect is a tool. Yours in balance with the proper amount of meditation and the contemplation of your, shall we say, emotional being in day-to-day and moment-to-moment actions—ah, there is perfection. Without such balance, the intellectual machinery will not feed you correct information, due to the fact that your intellect cannot synthesize information but only analyze. The activity of intuition must be sought out within a different type of mental activity which is below the conscious level. You may choose to do this while you are doing some familiar chore. You may choose to meditate. It does not matter how you achieve this state of unquestioning being in which you are listening for that within yourself which is below the conscious level.

It is, however, important for you to know that it is as important for you to understand those levels of yourself which are below consciousness as it is for you to understand that machine which is called the

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intellect. The intellect is a tool. The dreaming subconscious is a tool. The planetary consciousness, which lies below all of these things, is the greatest tool. Therefore, as you find your intellect racing after one idea and then another, pause and take a few moments to balance yourself with the search into other areas of your own ability to understand yourself, for within that understanding of yourself lies the understanding of that which is.

Does this answer your question?

Questioner: I had the impression that some of the ideas that were coming through in this particular paper were not necessarily purely intellectual but were a synthesis, and that's what I was pursuing in the question. It seems like the intellectual aspect of it is simply a symbolic translation of the intuitive knowledge.

[I am Latwii.] If you can make the leap from language to intuition within yourself, then you have become telepathic with the author and no longer need his words. However, this is not usually the case, and normally one absorbs the written word with the intellect. Thus, to accomplish that which you desire, which is to imprint these ideas in your own intuition, the thing to do is to take them into meditation with the full intention of allowing your discriminatory power to discern the wisdom within them.

Again, you see, we do not wish to be your gurus. We wish only to encourage you in your own searches, for that which lies before you is your guru, if you wish to put it that way, and we are only the voices coming from various people who have volunteered this service.

We do sound, however, as though we were down on all intellectual knowledge and, of course, without some intellectual knowledge the greatest of intuitions could not then be shared with your fellow man; therefore, always the balance.

Do you see our point, my brother?

Questioner: I see your point. I guess I had not yet groked the difference between an intellectual symbol for communicating an intrinsic concept and the purely intellectual reasoning of data.

In that case, my brother, let us demonstrate to you the difference. In one case a person reads that there is nothing so beautiful as a rose, and he sees the picture of a rose and perhaps even goes to the store and purchases such a blossom and puts it in his vase and observes it, having been told that this is a beautiful blossom. This is programming from outside.

There is, however, another way of observing this same flowers and that is with a shock of recognition as a miracle. When one sees a rose at dawn on a spring day with the dew still hanging from the tiny petals, with a bee still fluttering about it making honey, and the miracle and the wonder of this rose sink deep into your own understanding, and it is yours. It has come from inside. Perhaps it cannot be communicated. Perhaps you can write about this rose, and someone else may go to the store and grasp it and bring it home and try to duplicate that feeling.

Do you see the difference, my brother?

Questioner: Yes, I do. Well, I see the result is exactly the same though, and that is an understanding, the groking of roseness. One you get through first reading about it and then going to the store and experiencing it, and the other, you've just got to wander around in a garden until you have found one without knowing what it is.

The difference, my brother, is in the level of awareness to which that love has reached. On the one hand, it has touched that within you which will survive, that within you which is free from time and space. In the other, it may or may not have reached that far but probably has not, for it has simply become something that you have experienced.

Thus, we have often said to you: our words, hopefully, are salutary and encouraging and sometimes inspiring, but they are nothing compared to your own efforts, that [of] meditation and understanding of the existence that is about you.

(Pause)

You see, my brother, we are not crazy about words.

(Pause)

Is there a point which you would like to pursue further, my brother?

Questioner: I think I've got a lot to consider. I'll consider what you said. If I can't understand you, I'll talk with you further.

We are ready at any time, my brother.

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Questioner: I understand your concept, but I also hear you saying that by reading about something before you experience it, maybe you can never really know it as deeply. And I don't know if I really agree or understand that not too clearly.

We would not agree with that either. We simply say that we are, shall we say, stacking the odds against ourselves by reading faster than we meditate.

Questioner: Oh, I see. You're saying that if your knowledge goes beyond the development of your being that you will create an imbalance in yourself.

You have penetrated our meaning.

Questioner: Oh, yeah, well, I understand that. That's what I find. I find myself longing for more development of my being as far as the experience of felicity on a one-to-one basis with my fellow humans, and I already seem to have a language, you know, symbolically explaining that, without having had as much experience, much development of it, in my opinion, as I'd like.

We suggest to you that one good exercise in achieving rapport with your fellow human beings is to gently place yourself face-to-face with them and look at them for a period of time. Most of your beings cannot do this, for it reveals too much of their true identity. However, there is a very loving link between those who can gaze upon each other for a period of time. This may help you to develop in compassion with your brothers and thus encourage that which you seek in telepathy.

You must realize that those of your planet have very poorly tuned receivers. They are not too bad at sending, but they are terrible at receiving. Therefore, to encourage yourself in receiving, it is necessary to become very relaxed, very receptive, and very trusting. This is sometimes difficult. Therefore, the gazing of eyes is a good exercise in receiving.

Questioner: I've been doing that on a one-to-one basis in meditation and making use of meditative tantric exercises, use of psychedelics, and it seems to be a really good exercise in surrender, in trying to intercept *(inaudible)*.

This is correct.

Questioner: *(Inaudible)*. Thank you.

Oh, we thank you, my brother. Without your questions we'd be flying around up here with nothing to do. May we help someone else?

Questioner: I wonder if you could speak more … You used a term which intrigued me the other night—the other day—when I first met you over here, and that was "genetic personality" and getting in touch and identifying with that. I wonder if you would talk about that a little? I've never heard that term before. OK?

As this instrument has become slightly fatigued, I will again attempt to contact the one known as Don so that he may carry on with this communication. I am Latwii.

(Pause)

(Carla channeling)

I am again with this instrument. I am Latwii. I will attempt to continue through this instrument, although she is somewhat fatigued.

The entity that is the personality is, in its true nature, a vibration which is a group of biases, shall we say, which make it unique, as unique, shall we say, as the colors which a mineral may give off when tested in a laboratory. No two compounds have the same color. So it is with the infinite number of personalities in the cosmos.

When these beings either chose or are given a physical vehicle, they take on a certain genetic, physical characteristic. Into this they must put that perfection which is their own. The bonding of these two is called the genetic personality, and it is that which comes into the incarnation, having made whatever arrangements it's necessary to make in order to accommodate that particular physical vehicle and that particular vibration.

Peculiar, of course, to working with the genetic personality is to remove oneself back to the point at which arrangements were made with the physical vehicle, which might in some way have been choices not designed to suit or please that personality throughout the incarnation, but the answer lies in working with the basic genetic program of that physical vehicle in connection with the unique vibratory nature of the personality.

Does this aid you in your understanding, my brother?

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Questioner: I'd like to hear, not necessarily now but in the future sometime, more specific information on, how would you say, genetic personality engineering. That seems to be a point of interest. You know, that seems to be the next question, how specifically … because it seems like that would heal bodies *(inaudible)* step up the genetic message. I'd sure like to see the channel you're using right now get to that point.

We agree that this channel probably should not be used at this time to further go into this question. However, we suggest that you again listen to the previous communication on this subject which did shed some light on your question, and we do send you our love and our light.

We are sorry that the instrument is fatigued.

Questioner: That's OK, I appreciate everything.

We're glad. We really get a great charge out of talking to all you and of substituting for our brothers, Hatonn and Laitos, who send you their love.

Questioner: Where are they?

We are very glad you asked that question, due to the fact that this instrument is dying to know.

They are at this time in your southern waters, high above them, attempting to, shall we say, cool out, as this instrument would put it, a very bloody-minded plan that is being perpetrated by those in power, not in one country or another, but by an international economic group of those who would profit from chaos.

Questioner: Did you say southern waters?

That is correct.

Questioner: Where is this *(inaudible)*? Southern waters …

Questioner: Southeast Asia.

Questioner: Is that it?

Questioner: Southeast Asia … Vietnam.

We are attempting to give the information to this channel who is notoriously poor at geography. We're working with her, if she will … if you will be patient.

If you go to what is known as the Philippines and keep going west you will find Hatonn.

Questioner: In Vietnam.

We are aware of that statement and that is correct, although not precisely so, for Hatonn is attempting to monitor a large area. Hatonn is working through a pyramid which lies within China and is attempting to draw energy from the Earth that has been put there many, many centuries ago in your time. It is attempting to remove the effects of that which has been maddening your peoples, a lust for …

(Side one of tape ends.)

(Carla channeling)

I am Latwii. I am sorry for the interruption, but this instrument is not mechanically-minded. Please go ahead.

Don: Do you know if the Iranian riots were caused by ELF *(inaudible)*?

As this instrument would say, right on, brother.

Don: Question number two. Are the Chinese invading primarily because of the ELF knowledge?

Again, my brother, that is correct. The Russians are not being led by wise men and have a desire at this time to make good their promise to take over the Earth, and they have in their means at this time the power to do so, and they know that if they wait they will no longer have the power to do so, and they are gambling that the powers will not unleash the conventional nuclear weapons but, instead, will simply knuckle under. We, however, are aware that this is not likely, and so we are attempting to damp out these vibrations.

However, to do this without infringing upon free will is very difficult, and since it does not disturb the solar system or even the astral planes of your planet, we are having the same kind of difficulty that you would have in your court room if you were attempting to stop a murder before it was committed. We can see what is happening, but we cannot do very much about it. We hope that each of you will meditate on peace and pray that your peoples are not fooled by all of those things which occur in the weeks to come, and …

(Interruption from Don.)

Please go ahead, my brother.

Don: My question, assuming that the Chinese invasion *(inaudible)* Chinese knowledge of the ELF weapon and the need to [resolve] their own right

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now in a very clear-cut manner so that … because they are afraid of the use of the weapon against them by the Russians, so that on a clear-cut choosing of sides and getting us on their side …

I'm sure, my brother, it is worse than that, for at this time it has been used on China. And it is, in part, that stimulus which has made them decide to make this move, for they know that they are as vulnerable as the rest of the planet.

Questioner: Does the entire invasion have to do with the Russian ELF weapon rather than the so-called Cambodian problem?

There is no Cambodian problem.

N: *(Inaudible)*.

That is correct.

N: Do you foresee a Chinese invasion of Vietnam in order to start a confrontation between the Chinese and the Russians, or do you see a Russian invasion of Iran?

This instrument believes that the Chinese have already invaded North Vietnam. Therefore, we won't speak.

N: What about Iran, the Russian invasion of Iran?

The Russians have invaded Iran, not with weapons but with psychotronic mind-control devices.

N: Is that what the ELF weapon is?

That is correct.

N: What is the exact effect …

Don: I'll tell you all about that. You don't have to get that through channels.

N: I mean upon the Chinese. What has been the effect of it?

Polarization.

Don: OK. You're tired now, aren't you?

I am fine. The instrument has sore shoulders.

Don: Is that where the pyramid is connected with the ELF weapon?

This is correct. We have buried, deep inside each pyramid that we have put along the magnetic lines of force of the Earth, crystals which are capable of dampening these vibrations. However, the magnetic lines of force of the planet have shifted, and we are having difficulty in making them work, and we may not be able to do so. However, this is our plan.

N: Is there anything we could do physically, such as helping the moving of the crystals? Is there anything of that sort that we could do that you all could not do?

Carla: Got a passport?

N: Really? It would really make a difference?

My brother, you could not do it, due to the fact that you could not get there. Yes, you could physically do it if you could get there, but …

N: You mean, it would help?

Actually, no one but a very few even knows where this pyramid is, and other pyramids around the Earth are likewise blocked by the governments that supposedly own them. Therefore, what you can basically do is on another plane, and it is, of course, just as important, and that is to be a good person within yourself, to meditate, and to love. And in that way you can add your light, and as so often said among your peoples, a little light in a great darkness shines a long way. Therefore, attempt to be a little light even though there is great darkness, and that will be the greatest help that you can be.

We have attempted to directly affect those who would be in a position to work with the pyramids and have been successful only partially. There are many pyramids that are lost or buried, due to floods and the forming of mountains.

N: Which is the closest one to this house that you're aware of?

The closest one to this house would probably be in Mexico.

N: OK. That's what I was wondering. Are you utilizing these at the present time? I mean, do you utilize all of them or just certain ones in the areas where the weapon is being used?

We would like to use them all as a belt of protection about the planet as it was designed to be used. However, we are utilizing the one in Egypt at this time, and it is not functioning properly, due to the two degree lack of unity with magnetic correctness. Therefore, the problem, shall we say, is larger than can be solved in the time we have left to solve it on your physical plane. What little can be done is being done by our thought processes working through the

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crystals which are in place. They are simply not properly aimed for the magnetic fluxes which are affecting your planet at this time.

N: It wouldn't help to get a hold—for Don or somebody to get down into Mexico and get hold of the crystal and, you know, move it two degrees? That wouldn't help? It seems it would certainly be worth it as far as the masses of population are …

It has already been attempted by those other than Don and it has not been properly done.

At this point, our best bet is to meditate. We are not speaking here of a passive and, shall we say, a doomsaying attitude, for by meditation many of the cataclysms which could have struck California two years ago were averted, and they were directly due to the meditation of groups such as yours, and thus no lives have been lost in comparison to what would have happened had one large earthquake occurred instead of various small ones. We hope that this continues.

This is the same sort of result we are hoping for in these tensions provoked by the Russian's weapons. We are hoping that people gradually will became able to deal with them one way or another without ever going over the edge to Armageddon. And this is what we are dealing with at this point. We are hoping that the end of the cycle will be relatively peaceful and that the birth of the new age will be easier than that of Armageddon.

N: So the ELF weapon is counterbalanced by strong goodwill energy laid upon the same population that the weapon is being used on.

That is incorrect. There is no protection against this particular weapon by means of goodwill. We are attempting to send neutralization through the crystals to the weapon. The goodwill has to do with the spiritual planes of your planet which are not affected by this weapon. And on these spiritual planes dwell the higher selves of government leaders who are responsible for decisions involving the weaponry of which we speak. This is why meditation and goodwill is our best bet at this point. We are still speaking of people here, for they are the ones that use the weapons. Goodwill cannot affect that weapon, for it is a mind control device.

N: Can people prevent the use of that weapon upon themselves through meditation?

No.

(Inaudible comments by some members of the group.)

My brothers, it has been a great pleasure to speak with you. We may not have been too inspiring tonight, but we wish to leave you in love and light. Truth cannot be overly concerned, not about anything but only about one thing—that you love. Do love. Don't fool around, my brothers. Just love. I leave you in love. It is all around you. You can feel it flowing through you. I leave you in His love and in His light. I am Latwii. Adonai vasu borragus. ♣

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Sunday Meditation
March 4, 1979

(Carla channeling)

I am Latwii, and I greet you in the love and the light of the infinite Creator. It is a privilege and a blessing to be among you at this time, and we welcome and greet each of you and send you the love of the brothers and sisters of Hatonn who are at this time on station elsewhere and have asked us to look in on your group whenever you should ask for our presence.

We of Latwii are of a different civilization from Hatonn, but our aim and purpose in being in your skies at this time is the same—that of improving the relationship between the unknown that lies beyond the reach of your peoples and that which is known by your peoples, or, to say it another way, to improve your relationships of love to those beloved brothers and sisters of the universe that dwell upon the surface of your sphere at this time.

Yes, my friends, you have a relationship to love. The relationship is unity. Thus, you encompass that which is known and that which is not known, for love is the essence of the unknown. Thus, discovery is always a form of love, and that which is known already, that which you are weary of, is a form of separation from love and from yourself.

As we look upon the peoples of your planet we see them multiplying the details of their lives in much the same way it has been written in your holy work known as the Bible. When they were in the temple, money changers sold many items that could be bought for sacrifice. Imagine, my friends, the noise of the trading and the bleating, the chirping of the sacrificial birds, the clinking of coins as they passed from hand to hand, the confused penitence of those who came to the temple seeking to find in themselves something that they had lost, something from which they were separated, seeking to find love and wholeness in the knowledge that they were one with the Creator who loved them.

To choose an image from another of your cultures, imagine the jewel inside the many petals of the lotus. How tightly are the petals closed, my friends, about the jewel of love within you? How much do you have to peel away from your life before you come to the singular and single essence of truth that is all about you? Love is everywhere. It sings in the wind, it sings in the trees. In the season which now approaches, it will sing in the burgeoning greenery and blossoming beauty of your natural world. And within your heart, my friends, do you truly need so many details to lie between you and that same simplicity of being that lies in knowing that you are one with love, that you can give love and receive love and receive love without shame and without stint, that whatever your mistakes, whatever your difficulties, you may turn from them in a moment as

you would turn from any error and be fully one with love?

There is no process involved; there is no learning or wisdom involved. It is so simple that we cannot express it, and yet we ask you: throw the details from your life at least once a day. Remove the petals from the lotus, charming as they may be and as delightful as they may smell. Find the holy ground. Find the jewel, that which is love. Upon this ground you can stand without fear of falling, losing your footing, or being cast away from your place, for this is your birthright. Love is what you are. What you think you are, if you think you are not love, is an illusion, a mass of distorted detail that can be slowly weeded or quickly weeded from your life—as you would weed from a garden those things which were not pleasant or helpful—by the process of meditation.

We realize that each of you is looking for help in finding a way to this simplicity, for truly that culture in which you now live does not promise this simplicity, much less deliver it. We realize that the temptation is great to listen to those who teach, those who prophesy, and to allow them to have influence over you, but we ask you to monitor all things that you hear, read and see, including our words, with a finely-tuned discrimination of your heart, for you yourself are the most stable thing in your universe.

There is a pattern within you which can be fulfilled in many ways, but there are shortcuts. There are easier paths and harder ones. Outside influences may confuse you, or they may enlighten you. You must discriminate, and we urge you to do so, as we say, especially with our words, for we do not mean to influence you but only to inspire you to do your own work on your own precious and immortal being, for we are brothers to you in love, and we hold our arms out to you in love.

Where we are is a very light place, and the nature of light is such that we can see the simplicity of which we speak. Therefore, we are not wise to speak of this simplicity; we are simply stating the obvious. But as you go forth in the world, my friend, it will be wisdom to you, as people ask your opinion, if you can plant the seeds of simplicity, kindness, and all the qualities of that one understanding union with the Father, which is love. Plant those seeds, taken from what you would call the heaven world, into the soil. And do not be concerned whether they grow, for that is not your business. You merely respond when asked.

We are also aware at this time that many of you are concerned about others, and we ask you again to remember that each person has a pattern for their life. In many cases this pattern has not been revealed to the person, due to his lack of meditation, or due to the necessity for the pattern being hidden in order that a lesson may be learned. Thus, if you are concerned for another we encourage you to feel at one with the person for whom you care, to feel at one with love and light, and then to allow that unity to flow.

The essence of freedom is to know that the pattern has been freely chosen by each being, is being given a chance to reveal itself to that person in its own way. Within the illusion that you call the physical life, you cannot tell what is good and what is bad, for the lessons are many, and often what seems to be a difficulty is in fact a prelude to a great learning and a great happiness. Therefore, trust in the pattern of each unique being, and trust that we are all connected, unique as we each are, in total harmony of being, so that our patterns flow together as do the waters of the sea, each atom changing and flowing until one becomes all and all is one. Yes, you are unique, but you may let the bubble burst upon the wave of your being and merge completely with the unity of all and still be unique. You cannot lose this uniqueness. Therefore, allow the beauty of the patterns in the great tapestry to emerge, treasured and loved by you, given their freedom by you, whether you understand or whether you are only trying does not matter. All that matters is that your attitude is that of love toward yourself, toward others, toward the planet on which you dwell, and toward the creation of which you are a part.

(Pause)

We would like at this time to attempt to make contact with an instrument we have not used before. Our vibrations are somewhat different from that of Hatonn's, therefore, we may have some difficulty in using this instrument. We will attempt contact with the one known as B at this time. I am Latwii.

(Pause)

(B channeling)

I am Latwii. I am now with this instrument. My friends, there is much to say about the energy known

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to you as love. As you know, it is all around you. But, my friends, we must ask ourselves how that we may attempt to have this energy work for ourselves.

Now, my friends, you know that the stronger love *(inaudible)* for love, the stronger the energy. So that is to say, my friends, that it may be some help to you to, shall we say, orient yourselves to places where you might find this energy.

My friends, we must attempt to cleanse ourselves and …

(Pause)

I shall try again. My friends, it is important that now that you have learned of this energy that we may share with others and, therefore, shall we say, make the vibrations of this group stronger.

My friends, it is indeed a great honor for us to speak with this group with so many in attendance.

My friends, as you see this time of year come, shall we say, portray the true look of love. My friends, allow yourselves to grow and blossom. Allow yourselves to touch others, for this energy known as love, for, my friends, if you do not learn it will indeed *(inaudible)* within yourself.

As I have already said, it is indeed a great honor for us to speak to you, and the one known to you as Carla has stated the energy that is present with us is somewhat different from that of Hatonn. My friends, as we leave you, we will indeed join in your meditation so that each may share this energy.

My friends, as Hatonn [does,] I leave you in the love and light of our infinite Creator.

I am the one known as Latuah [Latwii.]

(Pause)

(Carla channeling)

I am again with this instrument. I am Latwii, and I have been traveling about the room in a small globe of light, which is the most comfortable body, shall we say, of our peoples, and we are aware at this time that, due to the fact of interaction of our vibration with you, we have generated some heat. Therefore, if you will be patient, we will attempt, shall we say, to cool you off with a few cooler thoughts and breezes. Give us a few seconds, and we will attempt to help you adjust to our vibration.

(Pause)

We hope you are now feeling better, and we do greet you in love and light, and we please ask your forgiveness for our emphasis on light and wish you to know that the heat you are experiencing we will keep attempting to dissipate.

As we open the meeting to questions, the first question that we would answer is concerning our name. And we must confess to you that it is a name which is created, for we do not have names as you know names but only a vibration of light. Therefore, our name means in your language "the double," or "the second," and it is simply the one who is standing in for Hatonn. We are your doubles, and we send you double love and double helpings.

We would now open this meeting to questions.

(Pause)

Now, my friends, surely someone has a question, for we are [crying] to answer.

(Pause)

Questioner: I've been reading lately about gnomes that we humans don't see because we're afraid of them, and I want to know *(inaudible)*.

Yes, my sister, they do indeed appear. They are, as we, members of a vibration which is unseen among your peoples, just as—to use an analogy of which you must be aware, for this channel is aware of it—the television. You are aware of the sound of a channel coming from another domicile within this dwelling place. It is on a certain channel. At the same time there are other channels being broadcast which that particular set is not at this time picking up. However, with the simple turn of a dial it would pick up another channel, and you would see a different universe, populated largely by soap commercials, so we understand.

In our universe we have such forms which are the spirit formations of plants, animals, the thoughts of humans, the thoughts of masters, and, at the very highest levels, the discarnate entities themselves, who are the true masters of your world and who teach in the realms. There are many, many levels to this channel. It is more complex than a television channel. But what it has in common with a television channel is that it is not seen by those who are on another television channel. Thus, the dimensions directly involved with your Earth plane, which are invisible to you, are those which give the

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sphere of energy, which you call your planet, its life. Elves, gnomes, fairies, devas and spirits of all kinds are the elemental forms which govern the growth, the health, and the life of such things as rocks, flowers, trees, grasses and animal life.

When we come to the thoughts of man, we come to a different realm, and then above that realm is the realm of the so-called masters.

If you would improve your plant, farm, animal and mineral life, you would simply make contact in love with those things which you know to be there but which you cannot see, sending them love and asking for their help. This they will appreciate greatly, and they will give you of their bounty.

Does this answer your question, my sister?

Questioner: Yes, thank you.

We thank you!

Questioner: I have a question. I am continuously *(inaudible)* at the various and different experiences from which we all come together. I am continuously amazed at the variety of experiences that have brought us from different paths to common experiences. I opened a path myself and continue, in meditation, to use a psychoactive facilitator for my own liberation and growth, and it's always very interesting. I'm interested in knowing what significance and what role this can play in the larger planetary scheme, from your perspective, which of course is a much more detached, liberated perspective than I can achieve.

My brother, your question is somewhat scattered, so my answer will be somewhat scattered, for which we ask your forgiveness.

The complexity of your existence and the drive that each in this room feels to seek the truth send each in this room on the many different paths, and there are many levels of awareness of the reality of these paths.

Those substances which you speak of as psychoactive have unique effects upon each person. The one who is already prepared for, shall we say, the quantum leap to consciousness—in what many among your peoples have called the Golden Age—would take such substances and feel no effect, for they are already at the level at which they are, shall we say, metaprogramming their own codes of personality and growth. The disciplines of personality are such that your only permanent exit from this illusion into the next is that of personality.

The psychoactive drugs, as you call them, are a ticket to a vacation spot in which you may experience states so that you know that they are there. The chief drawback to using these substances is that when one returns to one's natural capabilities, one is perhaps disheartened at one's lack of natural ability to metaprogram one's own discipline of personality.

You must realize that you are a personality with such potential that you yourself could become a star—by which we mean a sun rather than one of those who are in the movies—or anything else you wish to be. This is the extent of your metaprogramming potential. You are not using it.

When you can attain transcendent unity with a psychoactive drug or substance, you are then on a journey which you will remember. There are, of course, dangers in dealing with states of consciousness to which you have no right by nature. That is, that you will take a wrong turning, and you will not be protected by your natural wisdom and experience in these levels. Thus, it is advisable to work with a guide with [whom] you plan to take such a journey. Otherwise, it is advisable to meditate, to explore each action and each thought and learn the discipline of personalities so that you can became transcendently one in love and thus be in that state in nature, so that when the time comes for you to progress you will have, shall we say, the window seat on that journey, and it will be yours without any substance whatever.

Questioner: I understand.

We are so pleased. Does this answer your question?

Questioner: Yes, it did.

Oh, we are glad. We thank you very much for allowing us to share our thoughts with you. Is there another question?

Questioner: Hatonn [says] there are other beings. Are there other beings with you?

This is correct. We are many. We have a civilization, and this civilization has sent a large group of us to you.

Questioner: Do you travel in space ships?

We do not travel in the same type of space ship as the one known as Hatonn. We are closely akin to

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light itself, and thus travel in what you would simply call light. There is a difficult concept to convey, but our personalities are complete, and the basic difference between ourselves and Hatonn is that our sense of humor has gotten outrageous, so we have trouble sometimes talking to those among your peoples, for they feel that our humor is misplaced in dealing with such serious questions as love, truth, and beauty. However, to us the joy of life is so great that we find all this seriousness very humorous.

The ones of Hatonn are of a love vibration, which is beautiful to us, and they are our brothers and sisters in Confederation, just as we are brothers and sisters. Yet, our union has become more complete, so that we would seem to you to be a great ball of light, and you would not be able to see us as individuals; whereas those of Hatonn would appear to you to be individuals, for they are, shall we say, one level closer to you in the nature of their type of physical vehicle.

Questioner: Would it be correct to say that Latwii is more of the light and less of the personality, and Hatonn is more personality?

No, my brother, we would say we are more of a light vibration, and the brothers and sisters of Hatonn are of the love vibration. The love vibration is that which you are striving for. The light vibration comes as those of the love vibration learn the lessons of light vibration and enter a vibration of great power. We have enormous power, and we have learned the lessons of love to the extent that we are incapable of misusing it; thus, we may have it. It is difficult to explain to you that which we see ahead, but we can tell you that beyond love and light there is something that we would call unity, and it is for that which we strive.

Questioner: Are you … are you all always around as [is] Hatonn?

We are always with you, as are all members of the Confederation. Yet, each group has its own personality and its own, shall we say, genesis of need. Therefore, we have not been called to this group until Hatonn had to leave in order to monitor the shenanigans of your blood-thirsty, war-mongering leaders in the South Pacific. They called upon us at that time because they thought that your group is ready for us, and we were very happy to jump right in there and do our best and send you all our love.

Questioner: I am very gratified to … I am very gratified to experience these new voices which seem to be manifesting not only in the channeling dimension but also here at home in River City, that people within Eftspan and Space Group are at last beginning to find a voice and to come forth in song, and it's very exciting for me. I hope … I hope that this is just a start of a new direction for us as a group because we have, for a long time I think, suffered from a fragmentation of goals and direction.

[I am Latwii.] We are reviewing the memory of Hatonn, and we find that your group has not suffered but, rather, has done very well. Most groups which intend to be light groups disintegrate due to personality conflicts. Yours has weathered these conflicts; therefore, you may rejoice that love has prevailed in your group and will continue to prevail. Never be disheartened by apparent disharmony, for there must be friction before something can move.

We are grateful that you are gratified and simply say that each of those in the group is truly attempting to do that which the Creator has for them, and this is all that is required. It is not an act of bravery or a great challenge, but simply as natural as getting up and doing what is to be done, and we thank this group for being natural and for staying together in the light and love of the infinite Creator.

Is there another question?

Questioner: One more question.

Go!

(Pause)

I am again with this instrument. I am again with this instrument. I am again with this instrument. I am Latwii. I …

(Tape ends.) ♣

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Sunday Meditation
March 18, 1979

(Carla channeling)

I am Laitos. We greet you in the love and the light of the infinite Creator. We will speak with you only for a moment. We will be attempting to begin first through the instrument known as S and then through the instrument known as N in order to build their confidence.

We would like to enable this group to become more unified and balanced at this time. So if you will have some patience and open yourselves to our conditioning, we will lend you our conditioning waves that you may all seek together that truth which lies beyond our poor words. I am Laitos.

(Pause)

(N channeling)

I am Laitos. I am now *(inaudible)*. I do greet you in light and love. It is a very special event for me to be with you at this time. We see there are those who are new to this type of channeling, and we say to you we come in love.

Many of your people do not realize that love is around you and permeates through you at all times. We have used the description of being asleep to describe most of the people of Earth. Some are awakening, although still groggy. Few have awakened totally, but we are with you at this time, my friends, to aid in any way possible your awakening—awakening to the fact that you are, in reality, a much higher being. The physical life as you know it is like a small grain of sand on a beach compared to the total you.

Because of the many different paths each of you take during your life, you come into contact with different methods of awakening. We hope to be helpful to you. The time has come for us to shake off this sleep and to awaken and to take its place that is rightfully … that it belongs to by right.

My friends, at this time my brothers and I will send energy to each of you who desires it, and we will attempt to make it noticeable to you that you are receiving this energy. We ask that you pause for a few minutes and just relax. I am Laitos.

(Pause)

(Unknown channeling)

I am Laitos. I am again with this instrument. We will attempt to contact another instrument. I am Laitos.

(Pause)

(B channeling)

I am Laitos. I am now with this instrument. Once again, my friends, I greet you in the love and light of our Association.

My friends, as the new season is upon us there is much to do and much to learn. So, my friends, as you always know, there is much to learn. Now, as we have told you many times, it is imperative that through your meditation you will advance your spiritual growth.

Now, my friends, as you know that there is indeed many of you who are asleep, my friends, it is important that there be someone that may recall the awakening of yet another being to their spiritual growth.

My friends, as you find, shall we say, time in which to do the many things that you have planned, my friends, we ask that you allow, shall we say, equal time for that of your spiritual growth. Now, my friends, when we say "equal time," you must realize that there is ample opportunity in which to do this throughout your daily existence. My friends, continue in your meditation, and your spiritual growth is assured.

I shall now leave this instrument. I am Laitos.

(Pause)

(Carla channeling)

I am Latwii. I greet you in the love and the light of the infinite Creator and send you the greetings and good wishes of those of Hatonn, whose emissary we are at this time, [and] who wishes you to know that he appreciates the love that you are sending him and the Confederation in its attempts to send love to the leaders of your planet at this critical time. He wishes you also to know that the crisis is not over, and so he regrets very much not being on station in your skies, and so those at Hatonn have asked us, Latwii, to remain with you as counselors and true philosophers, to share our thoughts with you, and that we will do.

My friends, this instrument has been deep in prayer in the last two minutes, for she fears, as always, that she will not speak the words that we give her. We think that this is a perfect example of what makes us laugh at the people of your planet. You are so serious, my friend; you are so sure that you will be able to tell the truth by the use of your intellect.

My friends, it is as though you have great trees growing on top of your heads with their roots very deep inside your brains, and all the while you are concerned about uprooting these great trees with their great and deep roots. You stood out in the rain and let the sun and the wind pour over these trees and nourish their growth.

My friends, why do you worry? Why do you concern yourselves with those things over which you have no control? Why can you not pray and then let it go and act? Why can you not act and then let it go, be it error or correctness?

My friends, the roots of that tree that grows within your brain, that tree which is called the intellect, cannot be uprooted by force. The intellect can only be starved. Stay out of the rain, my friend. Avoid the sunshine. Do not think too much. It is as simple as that. Do not think about not thinking. The over-use of the intellect, the over-seriousness of your people, has held back more spiritual advancement than we can tell you among your people. You who are in the vast minority among the peoples of your planet, you who are the hope of your planet, you who care to know the truth—do not think that you can think your way to the truth. Know that you can only be the truth. You can only act the truth. You can only love, for that is the heart of the truth. You can only be the original Thought, for that is the heart of love.

There is a love that created you. In that love is all light and all joy. Joining it makes you as light as a butterfly. You have no gravity. You do not need to be serious. You do not need to heap blame, or guilt, for your past incorrectnesses upon yourself. Nor need you do it for others in any way, for others are only yourself, *(inaudible)* in your mind so that you may see yourself better,

Look each person in the face—look yourself in the face—and find love. If you cannot find it, let it go. Wisdom was not ever won in a moment, until the moment comes. Peacefully await that moment. Do not think about that moment or strive toward that moment in your minds for there is a deeper faculty in your heart, and it is called the will. And we urge you, instead, to employ that. Will to know the original Thought of the Creator. Seek and ye shall find. How many times have those who have spoken to you from the Confederation of Plants in the Service of the Infinite Creator said those words, "Seek and ye shall find; knock and it shall be opened unto you"? These words are from one of your holy books, and they are true. The advice is simple. It is not, "Think and ye shall find, think and it shall be

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opened unto you." But think will. Use your imagination. Use your faculties of hope and desire.

And as you seek, let the journey be one of laughter as well as tears. Let yourself laugh. Let yourself enjoy that which is beautiful in each moment. Do not think too much. That tree in your head, which is your intellect, is very useful if you need firewood; and you do need a certain amount of it. You have a chemical body. You must live in a chemical world. You must make decisions having to do with your chemical personality. And the truer *(inaudible)* the intellect stokes the decision-making fires. Very well, then. Use it for that. For your spiritual thinking, stop it. Go into meditation with a free heart, not with a free mind. Let your mind do what it wishes. You are not concerned with your mind. Let it tie itself in knots. It does not concern you. It is a tool; it is not you. Shrug it off. Let it be unimportant.

We offer you these foolish sentences in the hope that you will see what is behind them—our desire to hold our hands out to you, our brothers and sisters, for we stand in [realms] where these things are apparent, where love is enjoyed and shared, where the intellect is understood and not over-emphasized. Indeed, we may say your intellect is, by far, greater than ours, for we know what we know by a process of direct intuition. We share one great body of knowledge among us, and nothing is forgotten. Thus, we need not the tree of intellect.

There is a place you can go in meditation that is a better place, my friends, a place in which you can be clean and fresh, new, just born, and free. We invite you to join us, for in meditation you are in a great company of all those in higher planes.

With these few thoughts I will end this discussion and proceed to a request for questions. May I ask if you have anything to ask?

(Pause)

We do so enjoy question time, so please feel free to ask questions.

(Pause)

N: I have a question, but I don't want to say it. *(Inaudible)* You may not really answer it, just comment. Thank you.

We will attempt to, although this instrument, we find, has a positive hatred of such, due to the fact that she has too much ego. Nevertheless, we will use her.

We find that, in the larger sense, your question is very basic and, although you are thinking specifically, the decisions you must make at this time have to do more with a basic philosophy of life than anything else, and thus we can only say to you that in mediation you can find your true feelings. It is important that you realize that right and wrong are not concepts, as such, that are valid, but only that which is subjectively, for you, comfortable and proper. Thus, as you deal with people and situations, you must first deal with yourself. Knowing where you stand and who you are, you may then act in confidence.

We urge you to recall that as a plant begins to develop it has no knowledge of its destiny, and yet it is unfolded perfectly day by day. We do not believe that the flower has the faculty, shall we say, of trust or patience. The flower simply knows that there is no time and that time is only an illusion. Thus, when it blossoms it does so in a sweet surprise that is not in time but is at the proper moment. So you human beings are. You have a destiny, you have a time to blossom, a time to be picked. You have freedom: freedom to learn, freedom to look about you, freedom to actively direct that which you will do.

Unlike the flowers, you have freedom of movement and of thought and of action. But, nonetheless, your destiny is simple and profound, and you can trust it with perfect confidence, knowing that it is, shall we say, built in, and that all things, if you are in tune with yourself, will occur in the same harmony as the maturation of a flower, so that you will find a day of sweet surprise when that which has needed to blossom will have occurred.

We of Latwii send the sunlight of our love to you at this time, my brother, and hope that our words have aided you. Is there another question?

(Pause)

If there are no other questions we will leave this instrument. This is only our second group, and we have not yet learned how to encourage you to come with questions so that we may work with you more individually. This we enjoy very much, so we have been working with the planetary consciousness, and it is a great pleasure to work with each unique

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individual who asks questions, for we are then able to vibrate in harmony with each unique vibration, and we enjoy the electrical union very much.

We thank each of you for listening to our humble words and ask you to realize that we know very little and that you should not take what we say too seriously but only listen to your inner voice, for that contains the wisdom, not we. We can only love you and leave you in love and light.

We are those of Latwii. Call us Latwii, or simply send us love with no name, for our vibration is truly what we call ourselves. We leave you in that vibration and assure you that we are with you at any time that you ask for us.

We will send healing to two of you in the room whose physical vehicles are not functioning properly. We will pause at this time and do so.

(Pause)

We bid you adonai. Vasu borragus. ♣

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Sunday Meditation

April 1, 1979

(Carla channeling)

I am the group consciousness of Hatonn, and I greet you in the love and the light of the infinite Creator. We are very pleased to be back in personal contact with you after an absence that was necessary, but we have found that our activities are needed now in your area, and so we have been assigned back on our usual post, which has pleased us very much, for to make contact with those beings whom we love is a great pleasure to us.

Even though we are always aware of you, to speak through channels such as this one so that we may make our thoughts known to you on a conceptual, vocal level is a special privilege, for we are then able to monitor our communication in microseconds of action and reaction, as of beings fused in one exchange of love.

You see, my friends, we of the Confederation of Planets need you, just as you need us. In our reality, someone to love and cherish and help and inspire is as necessary to us as is food and drink to you. To us, those whom we have found to be serious students of the path of the Creator are as delicious as your meat and drink is to you, for you are the means whereby we can enlarge our own horizons of understanding; you are the means whereby we can learn more and more about the disciplines and interrelationships of what you may call the genetic personality. We study the Creator's arrangement of articulated love, which is manifested forth in His perfect beings, and as we see you dwelling in your heavy chemical illusion, fighting so valiantly to understand and to deal with the intensive emotions of that vibration, we are able to gain new depths of insight into the plan of the Father. We know that there is a plan, but its beginning and its end are shrouded in mystery, even for us. We only know that it is circular and that when we are fully at one with the knowledge that we seek there will be no time, space or emptiness and our own personalities will again become part of that one universal Thought of love which created all that there is. We know that we will be sent forth again, new beginnings of new universes and new cycles of growth. But there are many things about this plan, which is infinite, about which we do not yet know, and it is in helping those of you upon the planet to whom we speak that we learn by the interaction between us more and more about the basic genetic personality that is common to all of us.

We, of course, as we have said many times, have learned what we can in your illusion. We are now in another illusion, an illusion in which we can create by thought that which we need, in which we can see each other as vibrations, in which we can speak telepathically, and in which we can travel in time. But these are not goals. These are merely the marks of another step along the great line of evolution.

We have not traveled to the end of the rainbow, as you would say. We have not found the pot of gold. We have only found that the road goes on and on and that our companions became more and more loving and the road more and more delightful. And so in your day-to-day efforts to find your road and to follow it, knowing in your heart that good will come of this effort, it is a private effort, not one which you can share, not one which others will understand. So you do not use the symbols that many understand, for we do not speak in the symbols of any race or culture. We do not use the personalities of masters who have incarnated upon your planet, such as Jesus and Buddha and Lao Tse. Although we could do these things, we feel more honest in telling you that there is a road paved with love, designed with love, difficult to follow but full of rewards. It is the road of those who seek the truth. You can believe with all your heart in a master who has incarnated, such as Jesus, or Buddha, or Lao Tse—it has no bearing on the road, for those things which one uses as walking sticks on that road are all acceptable. The road is the same. We ask you, therefore, when you hear religious and philosophical discussions to know in your heart that each is correct, each is right. All disagreements are disagreements, not about the road, not about love, not about the striving for truth, but merely about that stout walking stick which many use to give them confidence. This instrument prays to the one known as Jesus. We find this provincial but acceptable. We accept and love the one known as Jesus, but we call nothing master except the way of the Creator's which is followed step-by-step in prayer or meditation, day by day.

At this time I would like to leave this instrument so that a brother may speak to this instrument. I am Hatonn.

(Pause)

I am Telonn. I have not spoken to this group for some time, and I greet you in the love and the light of the infinite Creator and express my delight at being able to be with you at this time.

I am called here by the group consciousness of this group and wish to work with you for a brief period of time.

If you will be patient, I would like to work with your imagination. I would ask you, please, to allow your being to vibrate in a higher rate of spiritual vibration by visualizing a small, white globe in the center of the room. It is very bright and round, and it is beginning to expand. Watch it expand until it has engulfed you completely, and then allow yourself to feel the zero gravity of light. We are working with you at this time.

(Pause)

We ask you at this time to allow the consciousness within your light sphere to float out of your dwelling place and move up into the sky. Move above the clouds and look down. You are now a ball of light; if you will, a UFO.

(Pause)

We must ask the one known as Carla to let go of her physical body, as she is pulling the ball of light back.

(Pause)

Very gently now, we ask you to allow the ball of light to reenter your dwelling place …

(Pause)

… and your consciousnesses … regain their seats within your physical vehicles. Feel the weight of gravity at this time and know that you will not always be so.

(Pause)

I am Telonn. I leave you in the vibration of light, of eternity, and of the love of the Creator.

(Pause)

I am Latwii. I am with you. I greet you in the love and light and am happy to tell you that my brother, Hatonn, has given us permission to speak with you, even though he is back, for he thinks we did a pretty good job while he was gone, and he says he is very surprised that we could talk with the local yokels without sounding like we were talking down. We thought we did pretty badly, so we were glad to hear that.

We greet you, and we love you, and we are very glad that we are still able to speak with you, for the one known as Hatonn has had jurisdiction over your group for many years now, and we would not go against him for anything. Therefore, hello and love from us.

We come to be buried within you, as are acorns. We come to be planted in you, as are seeds, for you are the seeds of tomorrow. And we hope to instill in you

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some of our thoughts and to see them bear fruit. We thank you for the privilege.

May we open the meeting to questions at this time?

(Pause, during which H enters.)

I am Latwii. We greet the one known as H and send her our love. We are aware that this is a shock to her system and will give her some time to adjust to our vibration. Therefore, we will pause for a few moments.

(Pause)

There is a question which we would like to answer that has been asked by the channel herself, and we can only say to her that she must always choose the way of love and attempt not to intellectualize but to give. That is the secret to loving. Therefore, if there is a conflict in her life, she must resolve it by loving.

To love is an activity, even if nothing is done but a rearrangement of an attitude. Therefore, we ask the one known as Carla to consider the foundations of her being, that they are love, the original Thought of the creation, which was love, and the guidance of those which are ahead of her which you may call angels, and that higher self of hers which can help her, of the Creator Itself which is love. There is nothing to which she can turn that is not love. Therefore, ask for help, seek help, and you will receive it, and that help will be in the form of the grace to love, the wisdom to love, and the understanding to love.

May we ask if there are other questions at this time?

Questioner: A few weeks ago after meditation we were discussing something I was not aware about or had heard about, but I was curious at the time, and I remember that we said we should ask questions during meditation. It had something to do with a boom, a sort of blast that seemed like a dynamite-type blast that was heard all over the city or in two or three parts of the city at the same time. Do you know about that?

We are aware of this problem, and it is this type of problem that has caused the brothers and sisters of our brother civilization, Hatonn, to come back to station at this time.

The Earth changes of which the Confederation has spoken many times have been taking place for many years, and the thinking of the people has become more and more polarized, thereby making the Earth changes more easily occur.

The sounds which you heard had to do with energies within the Earth itself which, interacting with the atmosphere, caused sharp delineations in layers of atmosphere, thereby causing these sounds which were not entirely unlike what you would call thunder but were caused not by the electrical disturbances in the air but electrical disturbances from within the Earth.

We are back in the usual pattern of, shall we say, Earth watch, which is our term for it. Due to the fact that even though the situations in the South Pacific, in the Middle East, and between Russia and China, as you call these parts of your land, are not resolved, nor are the leaders less bloody-minded than before, in …

(Side one of tape ends.)

Questioner: Another thing I want to understand clearly is what … does your explanation mean that there is some physical change in the center of the Earth, or are you saying that there are energy powers that we are exuding that can't be seen that are causing this change in the Earth?

(Carla channeling)

I am Latwii. Please be patient, for we are conditioning this instrument. I am Latwii. I am deepening this instrument's concentration at this time. I am Latwii. I am with the instrument. I am aware of your question. I am Latwii.

We may begin by saying that the sounds which your group discussed were of a fairly local nature. Your question had two parts, and the second was more complex.

The Earth's crust has a much more carefully precise name which this instrument does not know, but part of it is unstable at this time, and there are shifts which are possible in this region as well as in many others, shifts that usually happen along what you call fault lines but which can happen easily in areas where there are extensive underground openings, such as is true in your area. It simply means that there could be a geographical rearrangement of your terrain, which would involve a rearrangement of the molecules of many houses and people. It would be called a great disaster, were it to happen.

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The reason that it is happening is centuries and centuries old and begins one thousand years before the birth of the master that signifies this period, or cycle, of your development. We speak of the one known as Jesus.

In this time, many came into being from the previous cycle who had much karma to alleviate. Due to improper actions, involving the use of power over other people, they were given three thousand years in order to learn the lessons of love. When a thousand years had passed and the theory that there was one Creator had barely begun to batter down the resistance of those who were not ready for the unity of all that there is, the master incarnated and gave to the people of this planet that which is the truth to be learned. It has been reported badly in your holy works. But there are enough of his words in those books in order for you to be able to understand the lessons of love, forgiveness and redemption which he encouraged his disciples to learn.

However, the people have repeatedly used this very name, not to love, but to fight; not to be peaceable, but to make war. The tensions, the disagreements, the dishonesty, the habitual lying between peoples has long involved nations, provinces, towns, communities. All levels of your civilization have been eaten by something which we would call a cancer, and that is the cancer of separation, not knowing that all beings are one and that what is done to another is done to oneself. We do those things which involve the concept of two beings. That involves the concept of an enemy or a competitor. That involves the concept of a wall between. This limits communication and increases polarity and hostility. And eventually these vibrations sink into the planet itself. That which is most sensitive to these vibrations—the crust or the mantle of the Earth—begin to move and drastically realign themselves, attempting to relieve the tensions of the planetary consciousness. Thus, yes, your people have caused these things over thousands of years.

It is not unheard of for this to happen. It is something like the birth of a child. Going from one density into another is like being born, and your planet is being born at this time. The delivery, so far, has been difficult, but the baby is alive.

There are those among you who wish to learn and wish to love, and we feel there is hope for you. Thus, we speak to you personally and not to your leaders, for we cannot deal with your nations with their concepts of competition and nationality.

Does this answer your question?

Questioner: Yes, thank you.

We thank you for our ability to share our thoughts with you. Is there another question at this time?

(Pause)

We will leave this instrument at this time. We again greet the one known as H and hope that she has not been too taken aback by this unusual activity.

We send a message to the one known as S who has requested repeatedly that she simply be given a reassurance that she is heard and loved by the Confederation. We are always with the one known as S, and we love her and her desire for the truth and encourage her in what may seem a lonely pilgrimage. That which is in the soil seems alone, but when it blooms it may see the sun and the rain and speak with the birds.

I leave this instrument now. We are so happy to be with you. We leave you in light and that which creates light—the love of the Creator. Adonai vasu borragus. I am Latwii. ♣

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Sunday Meditation, Easter

April 15, 1979

(Carla channeling)

I am known to you as Hatonn, and I greet you in the love and the light of the infinite Creator. I greet you especially on this day which is holy within your culture, and [we] are very, very pleased and privileged to be able to be a part of your celebration of that which lives which was thought to be dead.

Within this channel's mind there is a quote from a poet. It goes like this: "April is the cruelest month, breeding lilacs out of the dead ground." We would like you at this time to ponder those words, for you must take all things personally if you would find their inner meaning. Rather than skimming the surface of the meaning, be shameless and make those things which are general specifically about yourself and see what applies.

What is the dead ground in your life? Perhaps you know the answer to that already. Perhaps there is all too much of it: the familiar, the simple, and the easy—those things which are concerned only with the transitory experience which began when you first drew breath in a chemical vehicle on planet Earth and which end when your last breath is expelled in this experience. In the illusion—this is called life, this breathing. But in reality the experience itself is without life. And yet, my friends, you are here, and it is a precious and unusual thing that you are.

Many are the souls who have wished at this time to draw breath upon your planet and experience that which is occurring upon your planet at this time, for that which is occurring is a change, just as a change in your seasons may be called a change. You may generalize and say, 'Why, spring is the same as winter; it is the same Earth, it is the same trees." But the transformations are remarkable. Out of the dead ground there grow new things that are alive and those that blossom and bloom. That which was skeletal and brown and bare became lovely, bursting with life and hope and promise, and so is your life at this tiny point which is the present.

And why is this a cruel process, my friends? Why is April the cruelest month? Why is change difficult? Let us move our vision to another story that has held the interest of many for two thousand years. It is the story of a master among your men, called Jesus, who was taken to a tree and thereupon fixed until he was dead. Does that not seem cruel, my friends?

You are in the midst of that which is cruel. Cruelty is a part of change. Pain is the price of growth. When the one known to you as Jesus was lifted gently from that tree, he was dead—and yet it is this holiday that you now celebrate on which he blossomed into that which was, not transient, but alive, conscious and loving.

Flowers, my friends, are for a season, and many of them are only for a season—they do not regenerate themselves. But you are not flowers. You are seeds which are sown in the dead ground of a chemical body that you may experience the thunder and the lightening, the rain, the snow, and the wind that only a chemical body can give you, for it is in those circumstances that your emotional reactions are intensified, invariably. And it is through this intensification of emotions, it is through this often painful process of emotional reaction and thought and contemplation that you grow that within you which is alive, eternal and loving.

There is a curious peace to be gained from knowing that you are capable of using those things which are given you, not just those things which are transitorially joyful, but those things which are of transitory pain. This peace, indeed, passes understanding, for it means that in no circumstances are you without propriety, that those things which do not seem to have a purpose do have a purpose, and that purpose is to help you to grow—not in this life only but in the life that is real, that which extends in the infinite present in the great circle of time and space which is now and here forever.

We have often said to you that the Creator is a Creator of total love, and yet there was a pain in separation when that unity which was the Creator consciously separated Itself into an infinity of individuals. There was a wish that the Creator know Itself and a hope that the Creator might love Itself and, thus, It gave Its parts free will. As you gaze into your brother's eyes you may see the Creator or you may see your brother; it is your choice. Truly, you may love the Creator in your brother and, thus, you love the Creator.

As you see the world of nature about you at this time, you may appraise the Creator, or you may choose not to. Each moment you can make of your life as you will. And that, too, is cruel. That is the ultimate responsibility, for it is only the mature and emotionally strong personality who can remember the Creator and recognize the Creator and love Its parts. The good and the bad, so they seem—they are the Creator.

Some parts of the Creator do not know that there is One, that the Creator is He and that the definition of both is love. Thus, your love of that ignorant brother may be the blessing that helps that brother to know himself for the first time.

How many times have you been in motion today? How many times have you felt the stillness within you that is the Creator—the perfect balance that is the perfect dance of love?

This instrument today spent her morning singing hymns to the Creator. "Alleluia He is risen," she sang. We say to you, "Alleluia *you* are risen." Your body is transitory. In meditation, allow that feeling of freedom, of love, of sweet companionship, of peace to soak through your chemical body, to soothe those nerves that have been frayed by the intense emotions of your experience at this level. Let hope come into your heart, for the Creator is forever full of hope. Let love heal that which needs healing in your thoughts; let it touch your pain. The original Thought that created you is love. That union can exist again in meditation. This is not an escape, my friends. This is a centering in knowing who you are.

We have heard your discussion this evening and the conversation that perhaps meditation makes it more difficult to live among your people. Do not let this be so for you. Let love give you confidence. Let it give you a smile from the heart. Let it give you, above all, compassion. Just as the one known as Jesus finished his stay to the bitter end and triumphed over cruelty, take whatever cup is given to you and drink it unafraid. If it is yours, take it. But in meditation ask for the discrimination to know that which is yours and that which is not yours. When you feel that you know, you will be as one that has come forth in the spring, in your own way beautiful. Think of yourself as nothing less, for you are beautiful, each of you, as beautiful as the Creator, as lovely, and as loving.

At this time I will pause that my brother, Laitos, might condition each of you and offer you a strengthening wave. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn. My brother Latwii wishes only to say a few words.

(Pause)

I am Latwii. I am with this instrument. I wish you all much love and light. We in the service of the infinite Creator thank you for allowing us in your meetings.

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We are having a good time this evening. We in our light ship or plane, which are colors which are different from our identities, are enjoying the show. Your sun is most entertaining at certain times, and we thank you for the beauty of your solar system. We are enjoying it.

We only wish to say hello and to give you our love. We feel like children today and wish you the very best of childhood—laughter without fear and belief without doubt.

I am Latwii. Adonai.

(Pause)

I am known as Hatonn. At this time I would open the meeting to questions.

(Pause)

H: I have a question. As Carla and I were speaking earlier this evening, I'm concerned about reincarnation because I have a dissertation to do, and I was wondering if you can tell me if the sources I have are reliable.

(Pause)

I am conditioning this instrument. I am Hatonn. I am Hatonn. I am Hatonn. I am aware of your question.

As always among your people, those books which are written by learned men about subjects which are beyond the grasp of terrestrial science are not reliable, due to the fact that their base of data is necessarily not that of reality but is predicated upon the insistence that the scientific method, as you call it, be used to prove or disprove theses concerning spiritual subjects. The nature of a spiritual subject is such that the scientific method will fail, due to the fact that freedom of choice is paramount in spiritual growth. Consequently, it cannot be proven that there is life after death or that there is purpose to life in such a way that it cannot be refuted, for if this were done, those among your peoples would have no more freedom from ignorance and would have to realize the truth of their own function within their incarnation.

Reincarnation is an important part of the system of the evolution of spirit among beings and, thus, it cannot ever be proven in the density of your plant any more than it can be proven that the one known as Jesus was resurrected on a spring day long ago. It must be an article of faith, something that is individually and subjectively taken to be true. For this reason, those books which attempt to prove reincarnation are going to run into insurmountable difficulties. Of more use to you will be simple anecdotal books which are collections of stories concerning cases suggestive of reincarnation.

Does this answer your question?

H: Yes, thank you. But I have another, if I may. Would it serve any purpose from your viewpoint … that is to say, would it be an imposition upon you if I should ask questions about the origin of man on this planet?

Insofar as our knowledge will permit, we are delighted to share our facts with you on any subject which does not infringe on your free will. You must understand that we are not a final authority and are capable of error. However, within these limits we will be most happy to answer your question.

H: Thank you very much, and with your permission I will frame a few questions possibly for next time.

We will be delighted. You may ask questions now if you wish.

H: Well, there's one in particular I'm concerned about, in terms of intellectually knowing—which I understand is not a good thing in itself—but why are we as human beings here in the first place? Is there something that we became entrapped in, or did we choose to come here for growth, or just what?

We ask you to think in terms of cycles. There is something that you have in common with the cycle of the seasons. As seeds you were planted here without free will, due to the fact that you were ready to be planted. From that point on you had complete free will regarding the rate of your growth within a certain framework which measures growth in such a way which has been made very clear to you by various masters at various times. The one most familiar to you is the one known as Jesus the Christ.

A measure of your growth is your unselfish love for your Creator and for your fellow man. As the shoot climbs from the darkness of the soil to the sunlight, so it took you many, many incarnations to get the first inkling that there was any purpose to life other than the fulfillment of your basic bodily needs. At that level, each individual was an extremely selfish person. But the catalyst, if you will allow us to call it

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that, of physical existence works upon the soul of mankind in such a way that the experiences which he meets in an incarnation allow him chances to learn the lesson of love. In many, many cases in an incarnation a person makes a simple choice for his own good or for the good of another. He learns to help. He learns that to say no is sometimes of more help that to say yes. He learns that to bow one's head is often helpful. He learns that to listen is often helpful. He learns many, many things and experiences many, many things. And slowly, as he climbs toward that light which is the perfect love of the Father, instinctively drawn there through many, many incarnations, he begins to become the kind of person that is capable of becoming a seed, the seed of a new man who can be planted in a new world.

However, in the next cycle of experience you will have free will about when you are planted, for you will have enough true love within your being that it will be a real choice for you to decide [to remain] behind and help your fellow beings who are below you or whether you wish to enter a cycle of growth as a light soul.

Does this answer your question, my brother?

H: For now, yes. Thank you.

We thank you for allowing us to share our thoughts with you. Have you more questions?

Questioner: I have a question. I'm wondering if you can shed some light on the planetary alignment that's to come in 1982. I've heard about it. It concerns me, and I'm not very clear on what is to happen, since no man in recorded history has seen this.

You have us there, due to the fact that we do not ourselves know what will happen, for the free will of the planet will have a great deal to do with the severity of Earth changes that take place due to the gravitational force exerted upon the crust of the planet Earth at that time. You are incarnate on a planet which is very busy being born, going through a cycle.

The Earth changes have intensified as have the polarity of the tempers of the people of the planet. We are sure that you have observed that many have became more loving and, at the same time, many have become far less loving and more prone to the bloodiness of battle within the last thirty years.

These changes in the planetary consciousness are at one with the changes in nature, and natural catastrophes and difficulties of all kinds have increased dramatically within the last thirty years. This change will continue to worsen both on the human and physical levels for approximately the next fifteen years.

The so-called Jupiter effect, as this instrument has known of …

(Side one of tape ends.)

(A question was asked about the Shroud of Turin.)

H: Can you tell us if this is the valid shroud that Christ was garbed in when he was in the tomb?

(Pause)

We ask your patience as this instrument is not yet in a proper state.

(Pause)

I am Hatonn. We are aware of your question, my brother, and have spoken with others of your group about this very artifact. It is an interesting quirk of your peoples that you are so sentimental about clothing. Would that you were as sentimental about ideas.

The so-called shroud is an example of a phenomenon which is called an action at a distance effect in physics. Although it was not the winding sheet of the man known to you as Jesus, the belief that it is has caused imprints to appear. They have been caused by the thought forms of those who pray, and this can show to you the power of prayer and belief. Thus, although we discourage placing importance upon the clothing of those who are dead, let us encourage you to contemplate the immense power of that which you call the Holy Spirit.

In meditation, in life, that which you wish, that for which you pray, that which you desire and will, my friends, that is what you will receive. As surely as thought has imprinted the cloth, so shall your thoughts become things; so watch carefully what you desire, for it will come to you. Desire that which you truly wish.

Is there another question?

(Pause)

We leave you, my friends, floating upon the winds of change. We are aware that each of you has a

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feeling at this time of rootlessness, and we encourage you to know that the Creator is everywhere, that your footing need not be recognizable, for the Creator is close. Love is near. Light is all about you. Your security and your safety are never in question. You may live, and you will surely die, but that which is you will bloom anew, and your radiance of being will become evermore bright.

We, who are your humble brothers, send you our love. May you rest in the love and the light of the infinite Creator.

I am known to you as Hatonn. In the name of the Confederation of Planets in the Service of the Infinite Creator, I leave you in the love and the light. Adonai vasu borragus. ♣

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Sunday Meditation
April 29, 1979

(Carla channeling)

I am Latwii, and I greet you in the love and the light of the infinite Creator. I have not spoken through this instrument for some time, but I wish to drop in for just a few minutes to welcome each of you and greet the one known as H, for our vibration is that of peace, and we offer it to her unreservedly,

Yes, my friends, we come to your planet in peace, and we speak peace among your peoples, for we are men of peace and women of peace, and we dwell in harmony. And it is our good fortune to be able to be of service to your planet at this time when peace is so important among your peoples.

We are aware that it is a cliché among your peoples that peace is important, and many give it lip service. A few know how to achieve peace, for it is so simple that it is difficult for your peoples.

Peace is achieved when there is a state of total love between peoples. This is a state not easily achieved among your peoples. Indeed, it is not easily achieved within each of your beings, but we urge you to seek total love, first of yourselves and then of others.

In the name of the Creator I leave you in love and light, and I thank you for permitting me to speak to you. I am Latwii.

(Pause)

I am Hatonn, and I greet you again, as did my brother, in the love and the light of the infinite Creator. I would like to tell you a little story.

Once there was a gardener. Year after year he planted his seeds and learned much about his crops, knowing which seeds to plant against which, which crops to move so that the land would not be depleted. He knew the rooting of each tree and of each type of grass, and he began to feel very powerful, for he had often been told that he had the best garden in all of his territory. And one day he was asked how his seeds grew, and he began to explain by taking a seed and separating it into its parts. And as he took his knife and separated the seed and showed his students the functions of each tiny part of this tiny seed, he found that he had killed the seed, for much as he would try he could not put it back together. And so he learned that he was not the originator of the garden but only the caretaker.

My friends, we ask each of you at this time to consider that you, yourselves, are seeds, planted in the garden of Earth. We ask you to understand that you are whole and perfect. It is good to nurture yourself. It is good to understand yourself and to care for the garden that you have created for yourself to grow in. But we of the Confederation of Planets in the Service of the Infinite Creator say to you, as a kind of gardener, do not separate the parts of you

too completely; do not observe so closely that you peel away something necessary for the wholeness of your growth; allow yourself to be, for in that way the instinct that is within you to become can have its way in its own time and at its own pace.

The sun rises and sets upon your planet 365 times in one of your years, and yet it is in one particular day in which a seed chooses to sprout, in which a flower chooses to bloom, in which a tree chooses to blossom, as has been the experience of each of you in seeing the beauty of the springtime that you are now experiencing. Such beauty is nothing compared to the beauty of the soul, of one who is of a likeness of the Creator, such as yourselves, my brothers and sisters, Therefore, as you observe yourself, allow yourself the freedom to be instinctual, for your instincts are good, and the love which you find in meditation will know how to direct itself as your moments come.

We are aware that you are interested in the world situation at this time, and we have been monitoring it very closely, for it has been a delicate and dangerous time for many months now. But we feel at this time that there is more of an equilibrium than there has been and that there is *(inaudible)* that your prayers for peace have succeeded to a certain extent for the present. We do, however, ask that you continue in your constant day-to-day attempts to become a focus for love on this planet, for difficulties of long standing will continue indefinitely. As far as we know, there will be need for your prayers for peace. Only remember that that peace begins within yourself.

I would at this time like to pause for a few moments for my brother, Latwii, to speak. I am Hatonn.

(Pause)

I am Latwii. I am very glad to speak with you and will not take much of your time. However, I would like to share with you the color green which we are enjoying at this time, if you will allow your vision internally to be flooded with this color. We have been enjoying your fifth dimension, and the color green in this dimension is very beautiful to us. We think that your vibration is a lovely one, and we are enjoying it tremendously. Therefore, we shall at this time send to you our vibration of green and allow it to fill the room in which you dwell on the dimension which is beyond your own. If you will allow yourself to relax, we will allow it to encompass you, for it is a healing vibration and a common one.

I am Latwii.

(Pause)

I am again with this instrument, I am Latwii, I am enjoying your density greatly, as your colors are greatly more transparent and less dense than our own, and we find it to be very much like living in a world of glass instead of liquid, The experience is stimulating, and we are happy to send our vibrations of light to your planet at this time.

We wish only to stop in and say hello, and we will be on our way, and we wish you farewell and love.

(Pause)

I am Hatonn, and I am again with this instrument. We thank you for your patience, but we were deepening this instrument's state of meditation.

We especially thank each of you, for we are aware that there was a desire for a meeting this evening on the part of this instrument, and it is always such a pleasure to speak with you and to share our thoughts.

At this time we would open the meeting to questions.

(Pause)

H: Do you have a family? Do you have a husband? Or are you a woman?

I am with the instrument. I am Hatonn. I am one of many who call themselves Hatonn, for we are a planetary consciousness encompassing a culture who has come to a oneness of thought in unison; and as we desire to serve, so we have been sent to you, called by your need.

I, myself, speaking to you at this moment, am a woman, and I am mated. However, we are not of your density, and our relationship is more that of an extended family, as you would call it, than your mated relationships which keeps walls between people, both in the generations and between friends. Thus, you may be speaking next to a man who is also Hatonn, who may be my mate or my brother, or simply one of the brothers of our clan of service.

H: Do you have children?

Yes, we do. However, there is a difference between our methods of raising children than yours, in that

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children are raised by the entire clan so that each child has many older people to whom he can turn. In the event that one does not understand, there is always another. This, we find, is unlike your culture in which the child has very few chances for an understanding relationship with an older person. This is due to the difference in our vibrations, for in our vibration the truth is clear to us, and we can see the thoughts of those around us, even those from whom we are separated, as you would call it, physically by space. Thus, there is no falsehood or deception in any of our relationships; and therefore, each child seeks out those who vibrate in harmony with him without feeling that he must choose one person over another because of what you would call a blood relationship.

There is, of course, a special affection for one's father or mother of the flesh, as you would call it, but it is nothing compared to the emphasis which you in your density put on this simple relationship. For in reality, you in your illusion have used this relationship to work out a great many lessons of love and service whereas we cannot use this relationship, for knowing the truth of love by the vibrations, seeing the thoughts of all those about you, we would not learn those lesson in any event, were our relationships restricted. Therefore, the restrictions are lifted, and we are free. However, we choose our friends within a vibration level which closely matches our own. And when our children are ready to mate, there is no question as to their suitability for each other, for their vibrations are obviously in harmony. Thus, our family life, as you would call it, is harmonious, and we are then free to serve others. And it is this freedom that has allowed us to come to you, for we have heard the call of your planet for help, for you desire to be as we—free and happy.

And yet, all that we can tell you is that that freedom is within yourself and not within the outer world, for the outer world is a distraction and a series of distractions which serve as a catalyst for your understanding. This catalyst you may ignore; you may become unhappy; you may become tired or you may consider these things within yourself, deciding what each lesson of your life might have to do with love. And when you see the love in a situation, then you have come one step closer to what you would call the kingdom of heaven. That is the place in which we dwell, for our dimension relates very closely to your heavenly vibration, as you would call it. In that vibration we live, and from that vibration we reach back to you to help, as it were, by inspiration, to help you want to be lifted up into a place in which there is peace and joy in reality and not only in dreams.

Does this answer your question?

H: Yes. Do you feel any other emotions besides love? Do you ever feel angry?

We feel an emotion besides love, but it is not anger. We feel an immense sorrow, a grief. We grieve for your peoples. You are not the first civilization that has approached annihilation on a planetary level, but there are not many of you. We grieve because you are separated, and we yearn and wish and hope that we can help you become one within yourselves, with love. We grieve as parents grieve when their children are unhappy, wanting to give them happiness but not knowing how. We grieve at your nations, that they are hostile to each other. For ours is a vibration of love, and when there is love there is sadness, sadness for those who do not know love; and this emotion we feel.

We speak only for the vibration of Hatonn. You must understand that we are one of many, many civilizations which make up the Confederation of Planets in the Service of the Infinite Creator. We are, shall we say, among them, not at the greatest of vibrations. Indeed, the one known to you as Latwii, and the one known to you as Telonn, are both of a light vibration which is much higher and much more full of joy than our own. And in their messages there could never be any grief. But we have not yet reached their wisdom, and we vibrate in love. Thus, we feel sadness, and we reach out to you in both love and sadness. And when you accept our love and your own sadness as a people diminishes slightly, then we feel great joy; and when you wish to fight among yourselves, then we are sad again.

(Pause)

H: Do you feel other emotions between yourselves *(inaudible)*?

May we say to you that it is difficult to express our thoughts through this channel on this subject, for she does not have a vocabulary suited to express the shadings of love. There are many, many different kinds of appreciation.

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There are differences of opinion among us, but they are not inharmonious, for differences of opinion are simply differences in vibration and when that can be seen simply as that, it becomes simple to move an inharmonious vibration so that the person is better placed to be in harmony with those about him. You have an expression for this, which is a cliché among your peoples. We find it in this instrument's mind. It is called, "Birds of a feather flock together." And this is precisely what happens among our people.

Those of us who have one goal, one type of desire, spend our time pursuing it as one being. And yet, we all appreciate each other's skills and abilities. Thus, we do not leave the vibration of love, yet our emotions vary widely as we listen to the healing of one and the music of another, or the cooking skills of another, or the poetry of another, or the ability to travel through densities and bring back beautiful stories of another.

You do not know who is speaking to you, for we do not have names. You may be having a contact with a healer Hatonn, or the singer Hatonn, or the poet Hatonn. Thus, the messages vary from time to time to a certain extent, but we are enough alike in our desire that there is similarity.

In this instrument's mind there is a fact which perhaps helps to clarify the question. The word "snow" is one word in your language, but among those who live in the far, far north there are many, many words for snow. Thus it is with love. When you can see the variations and the shades of love, you can appreciate and feel an incredible variety of love.

H: Thank you very much for answering my question.

We are the ones to thank you, my sister, for without you we would be talking to ourselves. Is there another question?

Questioner: Yes. What is evil in your density? Is evil out in *(inaudible)*?

I am aware of your question, but there is some difficulty in answering it fully, for there is no evil in our particular density. We are in a density of unity. Evil, as you know it in your density, seems rather complex; but in reality it is simply the manifestation of separation—brother from brother and man from Creator.

Each man is the Creator. The lack of understanding of this principle of universal law is the source and the beginning of evil. Man, not understanding that all is one and that what man does to his brother he does to himself, decides to gain power over his brother and enslaves his brother.

Sometimes this evil is projected from individuals to larger groups. Whole nations, as you call them on your planet, can become evil. Whole planets can become evil. It is simply a measure of separation of man from the knowledge and love of the Creator. It is a type of ignorance, and this is why the best defense against evil in your illusion is the knowledge of what evil really is. Thus, faced with evil, you can find the Creator in the source of that evil. This blocks the evil from coming into your world, for one who loves is stronger, in unity, than one who does not love, in his evil.

In many situations that may seem that evil has triumphed, it must be understood that—metaphysically speaking—evil cannot triumph; it can only lose. That is the best it can do. That is what it is now doing upon your planet. It is keeping love in flight.

The difficulty is that many among your people do not care whether they are good or evil. Thus, they are a little good and a little evil—not truly good and not truly evil. They vibrate so weakly that they cannot help and they cannot hinder; and then they leave the field clear for those who wish power over others and wish to be evil. Thus, we always ask for you to know that all things are one, that love created all that there is, that the original Thought is love.

A true understanding of the unity of all that there is is a great gate into a realm of white light from which we can gaze at the cold eyes of evil without fear. For evil exists only on the lower planes, in one of which you are now enjoying an experience. It is an expression in which you can find evil, but it is only an illusion. It is an illusion which is caused by thought. That thought is the thought of separation. That which is good is the thought of the unity of love.

We do not have evil, due to the time we have spent on the evolutionary spiral, feeling the density that you now enjoy, through the next density which you will come to enjoy, into the one which we now enjoy.

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In the next density which you will enjoy there will be evil, but it will be in a greatly attenuated form and will be seen to be a creature of thought only. Thus you will be able to deal with it in a more adult manner. It will not be as threatening, and it will be easier for you to become adept at loving. The lessons become easier as the path becomes lighter.

When you've reached the vibration that we now enjoy, there will be no evil; and you will find that in order to possess and to learn you must reach backward as teachers, such as we, and attempt to bring after you those who are now seeking to follow the path that you have chosen. In this way we deepen our understanding. You deepen your understanding by direct confrontation that is far more painful, but it is far quicker. And this we say to you: you have a marvelous opportunity day by day to enrich that within you which is immortal with an understanding of love.

Does this answer your question?

Questioner: Yes.

H: How many densities are there beyond your density?

We do not know. There may be a finite number, but we cannot find the end of the densities which lead to the perfect life. Therefore, we are in the position of saying that, as far as we know, the path towards the light is infinite. It is a mystery to us how a path could be infinite and yet one could reach the end. We have no knowledge of the end of this path, for it disappears into perfection. We know …

(Side one of tape ends.)

(Carla channeling)

I am Hatonn. I am aware of your question. I am deepening this instrument's state, if you will be patient. I am aware of your question,

My sister, we must answer by giving contradictory answers. We can heal, but we may not, for the freedom of will of each individual among your peoples is the first law of our contact with you. Thus, unless it happens by accident, as has been the case from time to time, we cannot perform healing by way of proof that we are real. We must tantalize or challenge but never prove our reality.

There are many reasons for illness among your peoples, and were we to come through the process of incarnation and incarnate upon your planet with our power of healing intact in our physical body, we would then have the right to heal among your peoples. And there are many healers among your peoples that do not come from your planet but which have come because they wish to help at this time, for there is a good chance that in the generation to come there will be a great need for healers and no one of normal medical skills to help.

We are not of your density nor of your planetary consciousness but of what you would call a cosmic consciousness. Thus, we have no rights among your peoples. We can only teach. To perform among your peoples those things which are called miracles is simply going too far.

There have been entities who have attempted to break the Law of Free Will so that they could more quickly prove themselves real to humans and, thereby, help to save your planetary consciousness which is teetering on the brink of negativity. But they find that their interference, shall we say, backfired upon them, for they use channels whom they choose to be their channels [who] are most often too weak to deal with the energies. And if they work directly they cannot gauge the energies of the individual properly. Thus, we choose not to manifest physical healings or other phenomena. That we could do this goes without saying, for we can create things from what you would call thought. But we are your neighbors. We are not your God. And as neighbors we feel that we can send you our love but that you must work out your own destinies.

As we have said, there are many reasons for people to have various illnesses, and as they work these reasons out they pursue an individual course. For us to step in without being of your planet would be against cosmic law, and that law we take very seriously.

We can do one simple thing, however, and that is to send you energy to help to balance your own spiritual vibration. This is permissible, due to the fact that it is not interfering with your spiritual vibration but only, shall we say, agreeing with it, acting as, so to speak, a carrier wave for it, not interfering with your individuality but only lending it strength. Thus, at this time we would pause and send you this conditioning so that you may feel the love that we have for you.

(Pause)

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I am again with you. I am Hatonn. This healing we give to you freely. It is a spiritual one. Those in the spirit may heal spiritually, and our conditioning wave is of such a nature. Those in the flesh may heal in the flesh. Such is the law of the universe of which we are a part.

Does this answer your question?

H: Yes, thank you.

May we ask if there are any more questions?

(Pause)

We have great gratitude to you for allowing us to share our thoughts with you. It is, indeed, a privilege, as always, to speak to this group. We send you our love, which is only the love of the Creator channeled to us through you[5] and out into the world.

We leave you in love and light. However, if you wish our presence you have only to mentally ask for the brothers and sisters of Hatonn, and we will share our love with you. If our vibration is not properly adjusted to you at some time, you have only to request that we leave. We never truly leave, for we are with you always in thought if you call. Adonai, my friends. Adonai vasu borragus.

(Pause)

I am Oxal. I will speak only for a moment, but I come because my brother has not spoken to you about a subject dear to our hearts. We speak of meditation. We speak of love and light. We speak of the Creator. But where do we find these things, my friends? Do we find them in our pastimes? In our work? My friends, we find them in a moment of contemplation, in a moment in which we see the beauty of the world of the Creator, in a moment of silence in which that still, small voice speaks within us, in which sweetness comes into our hearts. Seek those moments, my friends, day by day.

I leave you. I am Oxal. Adonai vasu. ♣

[5] The phrase "channeled to us through you" was given. The phrase "channeled through us to you" may have been intended.

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
May 6, 1979

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator.

We are having some difficulty contacting this group at this time, due to the concern of the one known as M, which is causing an ambivalence, and if she will be patient we will attempt to deepen contact with this instrument while conditioning each of you. I am Hatonn.

(Pause)

I am again with this instrument. We do have better contact at this time. We had first attempted to speak through the one known as N, and he is aware of this. However, we will build up his confidence even more as time goes on. We realize that our time is limited this evening. We do wish to answer a question that is in the mind of the instrument. The question has to do with whether you are your brother's keeper.

This instrument is concerned as to whether she is responsible for the spiritual growth of her mate. We would like to speak on this subject, for it is fundamental to an understanding of the true process of spiritual growth as we understand it.

That which is among your peoples known as attraction, or sexual desire, of esthetic appreciation, depending upon the proclivities of those souls involved, is a technique for placing two people in such a position that they are able to be of service to each other. Their free will is not disturbed by this relationship. However, without this natural attraction of polarity, there would be no irresistible reason to sacrifice the pleasures of the moment for a greater or nobler desire to aid another human being. Thus, those among your peoples quite rightly take mates, and thus it is their desire to be of service.

However, let us examine the concept of service. How can you be of service to others, my friends? Can you be of service in an orchard by grafting an apple onto a cherry tree, of a pear onto a peach tree, or by pinning the bloom of a tulip to the leaves of a rose? The only garden that you must cultivate is the garden of your own personality. If you have weeded your own plot, if those things which have been given you are being done to the best of your ability, if you are centered in the love of the Creator, then you can give the only service that is worth giving—yourself.

You may find this easy to give to others beside your mate, for there is an escape. You will leave friends. You cannot leave family, and your family comes to know you; your weeds as well as your crops, your fruit and flowers.

We each have a unique bias. Yes, even we have biases, we of Hatonn, and this is why we take mates as do you, for there are those who are more harmonious to our vibrations than others, those with

whom it is well to work out our destinies. But you must remember, my friends, that you cannot change those whom you love; you can only be the best person that you can be. And if your example is an inspiration, then your loved one may change as you desire. You may be seeing quite clearly, but it does not matter, for the free will of your loved one is fundamental to the quality of your relationship. Thus, it cannot change; you can only be. In this way only can you be of true spiritual help to your mate or to anyone else. As we said, it is difficult, for the most part, with one's family. To be—that, my friends, is the essence of difficulty.

When you can look at the pain of a misunderstanding and continue to be yourself in the face of it, then you become as a mirror reflecting that which may help your loved one. Speeches, arguments and inharmonious silences can never be of the help that you can be if you remain yourself.

We answer this question because we feel it is central to all relationships in your illusion, is very active, because you breathe, because you move, because all that you do is in motion. You find virtue in motion. You make lists, get things done. You try to communicate with words and actions. But of all those things, your greatest responsibility is to be yourself. Yes, you are responsible for your mate's spiritual growth, for that is a special and privileged contact among two souls and the Creator. No, you may not change in any way the path of your mate, but only love and be.

If you can remember this simple instruction the terrific confusion that besets the most harmonious of relationships, at times, will vanish. For it is a cliché among your peoples that all are different. Realize only that all are also perfect and that in seeing your own perfection you are allowing your mate to be perfect also. With the pressure gone from a relationship, that which is needed can come naturally. Then and only then can you fulfill your spiritual responsibilities Remember that you are one with all that there is. It is hardest to be one with those to whom you are closest, but it is possible, and it is profitable.

I would like to exercise the channel known as M at this time. We will not attempt to speak words through her but only to briefly contact her. I am Hatonn.

(Pause)

We would now like to condition the one known as J.

(Pause)

I would open the meeting to questions at this time. I am Hatonn. Are there any questions at this time?

(Pause)

J: I have a question. What do you mean by being yourself? How do you know what your … I mean, there are basic things, you know, but *(inaudible)* talk about that?

My brother, we would be delighted to talk on this subject, for it is central. As you know, we have asked you many, many, times to spend time daily in meditation. It does not matter how you do it. This instrument has found it best to meditate briefly many times during the day. It works best for her. Other people find it better to spend an extended amount of period in meditation—twenty, thirty minutes, even an hour. This varies from person to person.

However, there is a vibration which is yourself. If you can remember your high school chemistry, you will remember that each metal has a specific spectroscopic color or group of colors which were the identifying colors or vibrations of that substance. The vibrations of a being extend from the physical into what you would call the electrical or astral and, from there, into the more spiritual realms which are called sometimes among your peoples the devachanic. All of these vibratory rates put together give a specific, shall we say, spectroscopic identification.

However, you are not a metal. You are not an element. You are, indeed, an element, that is, but not of Earth. You are an element of consciousness, and your color is one of what you would call relative virtue. You are unique, and your uniqueness is eternal.

In meditation you become one with the Creator and with your higher self, that self which will remain when your physical vehicle is no longer a functioning pile of chemicals, but rather a non-functional pile of chemicals. You will have the same vibration. To get in touch with yourself, it is best to meditate, for to find out who you are by action is a hit and miss proposition, as this instrument would call it. And those who attempt to find themselves this way only find themselves by a process of

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elimination, by trying something and saying "No, this is not me." Then trying something else and saying, "No, this is not me." And if their analysis is faulty, they may miss that which is themselves. In meditation you become centered in something that is sure, something that is much more permanent than your physical personality, something which is called among your peoples, character.

There are underlying traits that go so deep within your character that you know within yourself that they are not part of your learning experiences. These are clues to who you really are.

Of course, all of us are basically splinters, shall we say, of the great sphere of love that burst into infinite pieces at the beginning of your universe. So you are, in truth, part of love. But which part? Who are you? Who are you really? This is not a question that is prompted by an egoistic search, a selfish desire to know, a narcissistic hunger for selfhood, for selfhood you have, but to truly know that selfhood is the only wisdom. And from that wisdom comes the compassion, the patience, and the grace to love all of those people who are reflections of yourself. Your mate was drawn to you and you to her because you and she are polarized in such a way that you can reflect each other rather accurately and so aid each other in spiritual growth. You can distort that reflection by avoiding the understanding of who you really are, but in your unconscious you know who you really are.

Thus, we ask you meditate. Find not only the love within you but that unique and special love that is within you with all of its unique and special gifts. You know that some can give in one and some in another way. On all levels, some can speak, and some can listen, and some can cook, some can sing, some can hold their arms out to children, some can nurture old people, some have the gift of silence and others that of words. When you know who you are, then your gifts will flow therefrom, and it will be a free-flowing brook, one which is not stopped by the distortion of doubt. This can only be done by daily meditation, seeking the Creator Who is the seed and the source of the love that is you.

Does this answer your question?

J: Yes, thank you.

We thank you, also. Is there another question?

(Pause)

We are being sent love by the one known as Latwii, and he would speak with you but the time is short. He says simply to tell you that he is at this time a beam of light and is concentrating on some difficulties within the Earth's surface in your western American continent. There is some difficulty, and he is sending light to strengthen the weakness of that part of the Earth's crust. However, he sends you a big hello and, as usual, a laughing one. Now, there, my friends, is a perfect example of a planetary culture who knows itself so well that they have become free to be one.

I would at this time like to close through the one known as N. I am Hatonn.

(Pause)

(N channeling)

(Inaudible) … give me and my brothers great joy. We are with this instrument again so we can express certain thoughts and ideas through this instrument.

There is an eternal love ready to be tapped by anyone at any time. It flows, we will say, strictly in love. It is everywhere at all times, even though your illusions can become so strong and complicated that you think that it is not possible.

There is much truth to the saying you have all heard, "Knock and it shall be opened to you; seek and ye shall find." There is little effort involved in finding this eternal, flowing love. You simply desire it, and it is with you. You may not recognize it, for you expect bells to ring and your body to tingle—great excitement happening. It is not like this; sometimes it is, but not often.

Whenever you desire the love of the infinite Creator, it is with you. If you do desire it and think thoughts [that] you desire it, it is with you. You do not have to wonder when it will happen; it is simply with you. You can go on with whatever you are doing and it shall be known to you in one form or another, my friends.

We talk of love of the infinite Creator. Sometimes it is repeated so much it sounds just like words, but, my friends, your language cannot describe the immensity of the love available to you. There are many beings, shall we say, who constantly are projecting love and light to you. It is almost funny to think someone [is] here who has considered

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themself to be abandoned. It is almost comical to us, because you are never really alone.

I will end this message now, my friends. We love you very much. I am Hatonn. Adonai vasu borragus.

(Pause)

(Carla channeling)

I am Makai. I have not spoken to this group before. I am a member of the Confederation of Planets in the Service of the Infinite Creator and am traveling to a new post and have come across your message being sent. We would like to say that we have enjoyed your vibrations and wish to send you our love, also. We are, shall we say, healers, and we send you our love and healing light as we pass through your skies. We leave you, but we simply wish to say greetings and love. I am Makai. Adonai. ♣

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Sunday Meditation
May 20, 1979

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the One Who is All. It is a great pleasure to be here this evening, and, as always, we greet each of you with much appreciation and *(inaudible)*.

This evening I would tell you a story about a man who was not an ordinary man, but rather a very uncommon one, for within him from childhood was the burning desire to know the love of the Creator.

In his youth this man read widely, feeling extremely frustrated because no one could speak with him deeply enough on the subjects in which he was interested. He found theology a great puzzle, a great confusion of ideas, and wending his way through it was something he did with a burning desire to know the love of the Creator. He did not find it in his books, but he pressed on. He went into what you would call a seminary, and when he graduated he became a minister, preaching the word of his Creator to his flock.

Through the years he listened with interest to the many problems of those who came to his church, drawn by the brilliance of his reasoning and the eloquence of his preaching. And yet, he did not find the love of the Creator.

In time he met and married a woman who gave him children. He spent very little time with them because of his duties but was loved greatly and supported tremendously in his work by a wife who understood much and gave of herself unstintingly in his behalf. Nor, yet, did he find the love of the Creator he sought.

And one day as he walked down the path from the rectory of his church he met a boy that reminded him of himself at a younger age, for now, you see, he was quite old. And falling into conversation with the young man they continued on to the rectory, and he continued his conversation. All of a sudden, something occurred that had never yet occurred in the old man's life.

In this stranger's unlined face, and, burning to know the love of the Creator, the old man saw a person to love; and at the moment he gave his heart to this young man, as a father to a son, he felt the love of God.

This wanderer was never seen by the old man again, for he was on his own journey. The old man fell in love, first with one person, and finally with all mankind.

What had blocked the love of the Creator that he so earnestly sought for a lifetime? We say to you, my friends, that you must love yourself. Not because your personality has any virtue or because your ego, as you call it, needs shoring up by means of a self-

indulgent love. No, my friends, we are speaking of a love that is one with the Creator.

Where is the Creator, my friends? Can you touch Him? In your senses, those things which are not seen are not understood. Yet, so it has been always. Had you all been blind you would have thought very differently. But we ask you, my friends, where is the Creator? Is He outside of the world as you know it? Is He unknowable in any way? If so, why would we seek to find Him? My friends, the Creator is in your brothers and your sisters and yourself. Closer to you than your breath, more available to you than reasoning, more heartening to you than your dreams. That which is beyond doing and dreaming is love itself.

It has been written in your holy works that a man who is kind to another is not kind to a man but to the Creator. You cannot be kind to a Creator that is invisible, infinite, untouchable, unknowable; but you can be kind to those about you.

You can allow yourself to be a channel for love, whatever your circumstance. Sometimes the circumstances you face are so difficult that you may wonder if there is such a thing as love. And if there is love, is it given equally to all? If it has a plan is it, shall we say, just?

But we say to you that, as far as we know, the Creator has a plan that has been worked out between love itself and that higher part of yourself which you call your spirit. In meditation you become able to communicate intuitively with that part of the creation that is a combination of the finite and the infinite; in this junction lies the plan. Whatever difficulties you may be having, they can be met with love; and the more deeply committed that you are to finding, feeling and freely giving to others the love that is in every situation, the more quickly you will become what you might call a conscious being, controlling your destiny, improving the harmony, aiding the vibration of your life.

You cannot possess the Creator. You cannot possess yourself. You possess only one thing: consciousness, and you possess it in common with all that there is. That which created this consciousness is love. Thus we ask you, allow love to flow through you. Not your love but the love of the Creator, for yours will run dry very quickly and you will find it reflected all about you. People, themselves, are reflections of you. Allow this reflection to be one of love.

I would leave this instrument at this time, as my friend Laitos desires to work with each of those present. I am Hatonn. Adonai.

At this time I would like to work with each of you. Let me greet you in love and light, as my brother Hatonn. I am known to you as Laitos, and it is my special duty and privilege to work with new channels. My vibration is a broad-beam vibration and more easily received than most of the Confederation vibrations, This has decided our purpose in the great scheme of things among the Confederation, and so we work with the channels who desire to get that service. We also work with each individual who simply wants to improve the strength of spiritual vibration; along with that, that which you may call inspiration or contemplation may flow.

I will attempt now to say a few words through the one known as J, if he would relax and allow himself to speak without analyzing our thoughts. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos, We had partial contact with the one known as J. However, his mind is not totally clear, due to feelings of somewhat conflicting natures about our contact. Consequently, we have, shall we say, a conditioning situation rather than a channeling one, and we are pleased to be of service in this way, for we are always a channel for something.

This particular type of channeling is very specialized, but all of you, my friends, show to the world that which flows through you.

We thank the one known as J and offer our assistance at any time he may require it.

At this time we would like to …

(Pause, as H1 arrives.)

I am again with the instrument. I am Laitos. We would like to pause for a moment while the one known as H1 relaxes, and we greet and welcome her to the meeting.

(Pause)

At this time we would like to say a few words to the one known as G, I am Laitos.

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(Pause)

(G channeling)

I am with the instrument.

(Pause)

(Inaudible)

(Pause)

(Carla channeling)

I am again with this instrument. We are pleased to contact the one known as G. And may we say that the one known as G is doing very well in her progress. Although she may not know it consciously, there is a large difference between her conscious desire to be of service channeling and her subconscious feeling that there is perhaps something not quite good about such an activity. This is due to a simple feeling that things may not be what they seem—which is very true in your reality, which is illusory, and has stood the one known as G in good stead in her life—and it is only in this particular instance [that] it is difficult to drop that subconscious bias.

We are faced with a difficult choice. We can either transmit a common and familiar concept to a new instrument, in which case the instrument may block it due to a feeling that such a thought would be one of his own—or we can transmit new information, in which case the instrument might feel that the information was not that of the Confederation, due to its unfamiliarity.

As you can see, channeling is not always easy for those who are intelligent. Thus, we would recommend it for the most intelligent in order that intelligence be set in balance with love and emotions.

At this time we would like to contact the one known as H2 and, if possible, to say a few words with him. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We thank the one known as H2 and, as always, assure him that at any time he may desire to work on contact we will be with him.

At this time I will leave this instrument, asking you only, as always, to meditate and pray for the good and the peace of humankind, for these are concepts that need to be cherished among your peoples. I leave you in the love and the light Who is the One and the origin of these concepts.

I am Laitos. Adonai.

(Pause)

I am with you. Ah, yes, my friends, I have been awaiting my turn. I am Latwii, and I greet you in the joy and the light of the Creator. It has been my privilege to be asked to join this celestial big league, and we are very happy to play ball with you at this time, as you might say.

We have come for the express purpose of asking if there are any questions, which—as you have noticed—is in itself a question. So you may answer this question with a question if you desire.

G: I have a question. I heard something on the radio, and I heard just the tail end of it. I'm not sure what it was, I don't read the papers much lately. It was something about something up in the air, a satellite or something like that. But the point is that somebody is *(inaudible)* in meditation to do something, and I'd like to know what it is.

We are consulting the group memory of the Confederation at this time, for we also do not know. We know of one item which is in your skies which is desired by your people to remain in orbit, and it is called your Skylab. However, this instrument also does not read the papers, and therefore we are unable to give the specific designation of its arrival into your atmosphere.

The trajectory of physical objects such as this one is unlikely to be altered by meditation, although it would be possible were the meditation powerful. However, among your people there is not the sophistication of other dimensions. Thus, meditating in your dimension would not aid a physical object; but, rather, meditation in the finer or denser dimensions would be much more powerful. However, it is not easy for your peoples to meditate in other dimensions, just as it is not easy for your people to leave their physical bodies and move about freely in their body eternal which is, in a way, a physical body but is physical in another dimension. Thus, we would say that it is likely that an application of, shall we say, government funding rather than group meditation would be the solution to that particular problem.

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Does that answer your question, my friend?

G: Well, I had the idea that this was something that was out of control or something that we couldn't do anything about, and there was some group meditating and *(inaudible)*. Never mind. Thank you.

We are sorry that we have not satisfied you, but in our notice of your planet we may have, indeed, missed one of your projects. As we said, the only one of which we are aware of there being a large body of interest in is the one known as Skylab.

Is there another question?

H2: I have a question. I'd also like to comment. I believe the object of interest here is the Skylab. At least, that's my impression from news sources and so on.

My goodness, my brother, we are most pleased, because we were beginning to think that our ability to screen your planet was somehow lacking. Please ask your question.

H2: Yes, according to news sources the Skylab is out of control in a sense, in that it is no longer able to maintain orbit and is expected to enter the atmosphere in some future time.

My question is … I have several. But first, I'm glad you're here, Latwii, because I have a question for you on a subject you brought, and I would like to know in regard to this: if you begin a subject, can Hatonn or Laitos answer questions about it as well?

The reason that we are here tonight is that there was a request for information on a subject which we had previously discussed.

Each of the planetary consciousnesses which speaks to you under some code name, such as Hatonn or Latwii, has a specialty. As we have said before, Hatonn speaks in the vibration of love and has a general fund of information that is perhaps the broadest of any of your contacts at this time. Thus, it is Hatonn that often answers questions.

Our specialty is due to the fact that our form is that of light, and thus we are more able to see the problems involved in the taking on of a physical body, which we do not happen to have at this point in our evolution. Thus, we have a viewpoint on certain questions which Hatonn may not have, specifically, as do we. For there is no, shall we say, party line amongst us, as we are a Confederation of harmony rather than unity of thought. We do not come to group decisions about the truth but only communicate to you our own personal experience of the truth as we know it. Thus, we always repeat that we are, indeed, fallible and, indeed, our views upon a subject which you wish to request information about would be somewhat different from that of Hatonn's, for the ones of Hatonn dwell within a physical body, although in another dimension of space/time.

H2: Thank you. The question I have for you that seems to be in your specialty is about the genetic personality. This was raised in a few sessions back and has aroused my interest.

I believe you said something to the effect that at the time the genetic personality is formed there is a sort of contract made between the entity and the chemical body in the provision of, say, an environment that is best suited for that entity for learning during this incarnation and that it's possible, perhaps, to regress to that point of contract and to review that contract to see if the agreement with the chemical body was suitable for the entire incarnation and purposes of the entity. Is that correct?

This is a properly perceived concept, my brother.

H2: That being to case, then what I'm interested in is knowing how to regress to that point of contract and what procedures could be followed to review it and amend it, if that is possible.

We understand your question, although it is somewhat difficult to answer. What is necessary is that you enter a state of altered consciousness which is somewhat different from your consciousness while dealing in day-to-day experiences. The function of many so-called spiritual healers is that the healer, by giving off tremendous energy vibrating in the spectrum of light creates an environment for the individual in which a momentary dwelling place in which the genetic personality was formed can be maintained by the entity, and in that instant of time, as you know it, a great deal can be accomplished. This is the source of many healings among your peoples.

Other ways of achieving this type of, shall we say, reprogramming are the proper use of your so-called psychedelic drugs. This is a very risky operation, due to the fact that the state in which you will be led to may or may not be in accordance with [the] subject

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which you wish to cover, due to the fact that your personality may or may not be integrated enough at this time to pursue the course which is desired. Many of those among your peoples who use psychedelic substances to alter the chemical composition of the brain, thus allowing light vibrations to enter into the process of association within your mind, are simply, shall we say, taking short trips which are picnics of the mind but do not have the proper purpose. Thus, as often happens during a picnic, the entity becomes sunburned, bitten by mosquitoes and ants, tired and cranky when be arrives back home and begins to clean the dirt off his bare feet. That is the problem with psychedelic drugs.

Between the spiritual healing type of charismatic energy, as you would call it, and the psychedelic experiences of some, you have the majority of those who have reprogrammed their genetic personality. However, it is possible to do this by means of a carefully conceived program of meditation—meditation for a purpose, which is unlike the meditation which we urge you to do daily in which you are simply listening. In another context we would call this prayer or prayer of pleading or requesting. Even this type of entry into the world where the genetic personality may be reprogrammed will not work unless two conditions are met.

Number one. The entity must have learned that which he decided to learn when he entered into the condition which he now wishes to leave. This is not a partial learning or a majority learning but a complete learning. This learning must have been tested and understood.

Number two. The entity who wishes to reprogram must be able to let go of the circumstance completely. There must be no emotional tie to the previous circumstance. If it is an illness that is to be forgotten, then the person involved must not have a habit of being ill which will then reprogram the reprogramming through continuous, daily, habitual patterns of thinking. If the problem is a wrong relationship, then the person's lessons having been learned, he must be able to forgive completely, and this is very difficult. All wrong circumstances have within them a simple habit which carries an emotional strength. This habit is not at the conscious level, and it is not easily removed. It is for this reason that reprogramming is not more common among your people. However, if you have the desire to change your programming, and if you have learned the lessons that your programming was designed for—in other words, if you are ahead of your program by means of your performance in this incarnation—yes, you may reprogram, and the way to do it is by what many would call intercessory or pleading prayer, saying constantly, "Father, Creator, send your light upon me at this time that I may know the perfection of my being and may drop from my physical form that which is no longer necessary." You may then, if you wish, name that which you feel is no longer necessary, and then you must specifically state your forgiveness and your desire to forget that which has been negative in that experience.

Does this answer your question, my brother?

H2: Yes, very good, thank you. I suspect the question I want to ask now will be answered in the negative, but I would like to ask it anyway. Is it possible to help another in this matter through hypnosis and regression?

May we say that it is, indeed, possible that this be done; but it is a mixed blessing, due to the fact that in regression a person is made aware of the necessary environment for change. However, the person is not consciously aware of the need for releasing all those things which cause the previous programming to continue after the need for it was over. Consequently, the hypnotic approach lacks what we would call staying power, due to the fact that it is part of the mind of the individual's feeling that another entity is necessary for the work to take place. Indeed, this is a dealing of you with yourself, and, if we were to recommend hypnosis or the use of psychedelic drugs, for instance, we would have to say that—unless you are doing hypnosis upon yourself—the psychedelic, clinical type of approach is superior, in that if you have prepared yourself properly, if you go through your programming as you have planned it when you were in an everyday state of consciousness, this remains something you have done for yourself.

However, the most efficacious method is meditation done in addition to the simple meditation of listening. And there are no shortcuts to this. Much patience is usually needed. However, once you have achieved a reprogramming, you have achieved by the strength of your desire, and this is infinitely better for your permanent vibratory personality which has

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entered into the contract with your physical vehicle and its limitations in the first place. Thus, for the greatest value to your spirit in this eternal quest, we do recommend that type of meditation.

After all, my brother, adjusting your genetic programming is a little more serious than, shall we say, giving up smoking or finding out a previous incarnation, both of which uses we find somewhat frivolous. However, we do not find this reprogramming as frivolous, for it indicates a certain awareness of the way things are, which we do consider more reasonable.

H2: Thank you. You've mentioned psychedelics twice somewhat favorably, if not entirely, but I have determined in my own mind never to touch these kinds of things. Am I wrong in that attitude?

You are perfect and right, as are all beings. Each path is different.

H2: I have one more question, and that is concerning my state of spiritual development at this time. I feel that I'm not progressing as I once believed I was. I seem to have reached a sort of plateau. I'm either bogged down or I'm not advancing somehow. And I wonder if it's possible—because of the kind of relationship I've had in the past—I've gained as much from that as I can and should reprogram for something else holding me back.

We have two things in response to that, my brother. First, no one knows the state of his spiritual development. The opinion which you may have of yourself is quite irrelevant to your actual development spiritually and may, indeed, be quite different from your opinion. The other comment is that we simply cannot answer such questions as you asked in this instance, due to the fact that it is your freedom of will that has brought you here this evening, and we cannot compromise that by giving you specific instructions. We can only ask you to meditate.

Going back to what we said in the beginning: only you are you. Meditation, therefore, is a method whereby you develop an understanding of yourself. When you have meditated the proper amount you will form an opinion about the problem at hand, or the problem at hand will come into harmony without any apparent effort on your part. These are things that occur when one has a prayer or meditation life. It is not something which you can intellectually figure out. Thus, we ask you to invoke the light of the Creator: sit down, meditate and do not worry about your progress, and do not be disappointed or pleased with yourself at any time. Be objective about yourself. In that way you become a channel through which love can flow, for if you are meditating and seeking that which is true and lovely, that is all that is necessary. Your day-to-day problems or, shall we say, your year-to-year problems will become apparent to you.

Because we understand the distress in which you find yourself, we suggest that you go somewhere by yourself each day for a period of a week or two and spend at least ten minutes each day speaking out loud with intensity about your desire to maintain the position in which you find yourself. We then suggest that you spend an equal amount of time speaking intensely out loud about your desire to remove yourself from the same position. We believe that you will find at the end of this indoctrination procedure that you will have burned out the over-concern you feel at this time about this particular problem. And thus, you will be clear and able to catch the signal that you are sending to yourself. Then one day you will know what to do, and you may not be able to explain it to others, but you will feel the rightness of it inside, where it counts. Then you may proceed as you see fit, for that is your free will.

We are aware we have not been terribly helpful, but we have given you the truth as we see it.

H2: Perhaps not helpful from your viewpoint—very—but it's very helpful to me. Thank you.

Oh, we thank you, my brother. Is there another question?

J: Just briefly, what is the … give me some idea of what a soul incarnated in two bodies … or is one soul incarnated in twins?

No, my brother. The way the union works is one body, one soul. However, those who incarnate as twins have met upon the plane of consciousness, which in your inner world precedes incarnation, and have agreed as part of their genetic personalities …

(Tape ends.) ♣

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Sunday Meditation
June 10, 1979

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. My brothers and I have been silent, for we realized that it was desired that a silent meditation be part of this evening's meeting. We greet each of you and thank you, as always, for the privilege of speaking with you.

There are those among your peoples who are quite concerned at this time as to who we are. It is our fervent wish that your peoples would be more concerned as to who *they* are.

As we look upon your peoples we find half of your population in great hunger and want. We find the other half reeling in the over-abundance of material supplies. Those who are hungry are angry. Those who are over-supplied are defensive. And the great chain of love which should unite you all is continually broken by your failure to understand who you are.

We do not know what to do with your peoples. We continue as we do, speaking with those of you who are on this path, knowing that our words go forth in love, but we are powerless to affect or change the destiny of mankind at the end of this cycle and the beginning of the new one. Only you, my friends, can spread the message of love—the simple message of unity which is our understanding of the truth and in support of which we have come to lend our voices at this time.

It is written in your holy works, "Create in me a new heart and make a right spirit within me." It is one of this instrument's favorite prayers which she will repeat to herself very often. And we share it with you out of her mind at this time, because our message to you this evening is that you cannot deal with your culture, with your surroundings, with your life as it is, with the old heart, with the old spirit, with the human frailties. No, my friends. As if they were skins, you must shed them and allow a transformation to take place within you, which can only take place within the purified atmosphere of meditation in which there is created within you a newness of being, in which you are an instrument for the will of love. We could say the will of God, but, my friends, the culture in which you live does not do well by its God. The master known as Jesus gave you a God of love, but your peoples insist upon remembering that he is the God of judgment in your history. You, my friends, are the God of judgment for yourselves., You, and no other judge, will judge yourself. You, and no other judge, will see that which is needed by the soul, which is yourself. And you will see that it is done, so that you may grow according to your needs.

The transformation that you may feel in meditation is all that can, at this point, harmonize your inharmonious planet.

There are those in this brotherhood that would leave you at this time, for we are no longer in a position to warn you; events themselves are warning you. Many things that have been prophesied are occurring, and it is not necessary for us to speak to you of these things any more. We would scarcely be prophets at this time were we to tell you that you are at the end of a cycle when your scientists are telling you. We bow to your scientists and move on to more important matters.

Create in yourselves, my friends, a new heart And the right spirit within you. Find the peace that accompanies the expanded view of life which you may take as a transformed soul whose horizons have been consciously widened so that the love and the light of the infinite Creator may be seen in every corner, in every task, in every person.

I would at this time attempt to transfer this message to another instrument. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn. The conditions are very good this evening, and we are attempting to communicate through the one known as Don. If he would relax and accept our contact, we would desire to speak a few words through him. I am Hatonn.

(Pause)

(Don channeling)

I am Hatonn, *(inaudible)*. It is a privilege to be with this instrument. I have not done so for some time. *(Inaudible)*.

I was speaking of the development of your people of the planet Earth. Unfortunately, development of the general population of your planet has been very slow. It seems it is very difficult for them to become aware of the true nature of creation.

(Pause)

(Carla channeling)

I am again with this instrument. I am Hatonn. We are having good contact with the one known as Don. However, he is somewhat out of practice with our contact and, therefore, is analyzing our message and thus is unable to continue. We will, however, make one more try at exercising this channel, for we do wish to speak through him at this time. I am Hatonn.

(Pause)

(Don channeling)

I am again with this instrument, speaking through him in order to thrust him into my contact. It is somewhat difficult at this time for the instrument to regain the fluidity of contact after a period of *(inaudible)*. He does not practice the technique. I am at this time going to attempt to continue the communication.

It is unfortunate that the people of your planet take so long in becoming aware of the true nature of creation. Everything has been provided upon this planet for them … in order for them to become independently aware of the true nature of the creation.

The process … the necessary process must occur within an illusion such as yours. This [satisfaction] is completed. It's impossible for the individual to progress past that point. As I said, unfortunately a large percentage of the population of your planet at this time has made no progress past that point and is, indeed, not to the point of becoming aware of what I would call their situation in time and space. And they concluded … *(inaudible)* … nothing else is provided … *(inaudible)*.

It is definite. The greatest mystery is unfolded before you in a never-ending array. Clearly *(inaudible)* … people think … they miss the point for the most part. A smaller percentage is discovering *(inaudible)*. A larger percentage is still ignoring it. The real self-disciplined does notice the clues and has done something about them.

I have several suggestions: first, become very active in the application of the knowledge you have received about the mechanics of creation. This is a necessity … *(inaudible)* … be made. Only when this is done can, shall we say, more evidence be provided—the type of evidence that leads closer and closer to a total understanding of that which is true.

(Pause)

(Carla channeling)

I am with this instrument. I am Hatonn. I shall continue through this instrument.

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As we were saying, there are suggestions for those who wish to follow the path taken by those who have noticed the clues given them by the Creator.

The second suggestion is that it is very productive to maintain a community of those who wish to follow this discipline together by means of meetings such as yours in as intensive a manner as you can comfortably and willingly fit into your schedules of work and activities.

One candle alone gives off great light in a dark universe, but the power of several of these candles is much greater than the added power. It is multiplied many times, my friends. Therefore, whenever you can, meditate in groups, speak in groups, work in groups along the lines which you feel to be important,

The word "family" has different meanings among different cultures, but you may think of those who are on the path of seeking as a family. And when you have gone down that path together, washed yourself clean in meditation together, and worked to the limit of your ability to help your fellow man, using the knowledge which you have gained together, then you are by far a closer family than can ever be made simply by means of legal and blood relationships.

Thirdly, we would suggest an overriding sense of beauty. We suggest this to you because we feel that it will aid you, even if you are not with a group at the time in which you need help. If you could look about you, the world of the Creator would give you beauty each and every time you look.

Fourthly, we ask you, as always, to maintain that level of detachment which ensures that you are as able to laugh at the comedy of life as it applies to yourself, as you are able to laugh at the comedy of life as it applies to others.

This detachment is a divine sense of humor which will lead you to a knowledge of the oneness of the universe. As you make your errors, so may you laugh and say, "There also am I." Thus, when you see the same error in others, you may nod and say again, "There also am I." Thus, we ask you to practice and share what you know, to constantly rejoin and refresh the inspiration that drives you forward by meeting with those of your own beliefs and pasts. We ask you to see beauty. We ask you to be detached from the folly of existence. These things we would suggest at this time.

We would leave this instrument for a short time, for there is a Confederation member who has not been with us for some time, but he has been requested. And so we will turn this meeting over to him. I am Hatonn.

(Pause)

I am Telonn, and I come to wish you love and light. I will work with you only for a very short time this evening, for I realize that you are somewhat fatigued.

Let us then, my friends, remove ourselves from the heavy physical shell in which we now reside and imagine a pure, brilliant, white glow in the center of the circle in which you now sit. It pulls you towards it, and in your spiritual body you enter it and become one.

(Pause)

I am Telonn, messenger of light. As you travel back to your body, I leave you. And yet I am always with you, and it is hoped by us that our vibration is of help to those who are in pain or are distraught mentally, for we are those of light. I will leave you now.

I am Telonn. Adonai.

(Pause)

I am Hatonn. I am with this instrument. We are attempting to lighten the contact with this instrument, for it is [in] very good condition this evening, and we are sending too strongly for the needs of this instrument. We have adjusted now to this instrument. We will only pause to open the meeting for questions at this time.

(Pause)

If there are no questions we will close. And at this time we would attempt to contact the one known as T, an instrument whom we have not used for some time. If he would appreciate our contact at this time, we would close this meeting through him. I am Hatonn.

(Pause)

(Carla channeling)

I am again with this instrument. We thank the one known as T for the opportunity to condition him. However, we find reservations in his mind at this time and, therefore, would wish to close through this channel.

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As you know, we are here in love. We know, my friends, that you are here in love. Attempt, we ask you, to remove from your consciousness the over-mechanization of your culture, which seems to make so many things dead, and know that all things are alive, that the universe speaks with a single harmonious chord, and that each of you is an infinitely beautiful and perfect part of that chord, without which the universe would not be complete.

Vibrate as yourselves, my friends. You can do no more good than that. And love one another.

I leave you in the love and light of the infinite Creator. I am known to you as Hatonn. Adonai vasu borragus. ✤

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Sunday Meditation
June 17, 1979

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. It is a very great pleasure to greet each of you this evening, and we especially greet those who are new to this group and welcome you to our expression of love for your people.

We are aware that you are somewhat apprehensive, and thus we would like to pause at this time so that we may send you the energy that this instrument has called conditioning in order that you might feel more relaxed. We will pause at this time. I am Hatonn.

(Pause)

I am again with this instrument. We are grateful for your patience in deepening the contact. We now have good contact with this instrument and good harmony in the group.

This evening, we of the Confederation of Planets in Service to the Infinite Creator would like to share with you a little story which you may find interesting.

There are many trees, my friends, but this is the story of only one tree. As a small seed it was carried in the clothing of a not particularly cleanly fellow for several years—you might say in the cuff of his trousers. It was dark, and the seed would have liked to have grown, but it could not; the environment was not correct.

One day at the beach this small, winged seed fell from the cuff of the trousers of the man as he walked, and it lay there on the sand; and again it tried to grow, but it could not, for the conditions were not correct for its blossoming,

And one day a wind picked up the seed and carried it far, far inland, blowing it on the winds of change; and over this the seed had no conscious control. When it landed it saw the sun and felt beneath itself the grass, and the rains came and watered the grass, and the seedling put forth its tiny roots.

With infinite patience and with an instinctual awareness that time fulfills its purposes harmoniously, the small seed became buried, put forth young shoots, dropped its leaves, and began the process of living. As it grew, it gave off oxygen to the air, being of service to those beings who breathed that sweet and healthy substance, who lived nearby. Its harvest was collected. And the beauty of the tree, the delicacy of it in the spring, and the *(inaudible)* richness of its colors in the autumn made many stop to envision the beauty of nature.

We ask you to realize, my friends, that you do not have or should not have pride in your existence or your importance, for that which you are you are because of the winds of change working upon that

which is instinctually yours. You, unlike the tree, my friends …

(Telephone rings. Pause while the call is attended to.)

I am with this instrument. I am known to you as Hatonn. We are very sorry for the interruption. However, we felt the one known as Carla would desire to receive the call which was just received; and therefore, we helped her to let her chore of turning off the phone slip from her. Due to her absent-mindedness, we find this very easy to accomplish with this instrument. I will continue at this time.

As we were saying, my friends, you as beings of conscious volition over your destiny are unlike the tree, which has a destiny without free will. Its wisdom is given it freely, and it reaches for the sun and is of service to the creation without hesitation or doubt.

Those of you who enjoy the density which you call Earth and are subject to the emotions and the difficulties of free will are aware that, in many cases, you cannot intellectually know that part of yourself which is the sum of all that you are. You are surrounded by a dense chemical illusion in which your true identity is rather well buried. But you are quite unique, each of you. There is no, shall we say, tree like unto you. And the winds that blow forever changeably must blow each of you to a different spot before it is the proper time for you to grow and come into your own as conscious servers of the creation.

You may think that you do not have the capacity as people to blossom and be of great use to each other; but I say unto you, my friends, it is as instinctual to you to turn towards the light and love of the Creator as it is for the tree. It is simply less easy for you to penetrate the busyness of your daily lives—the limitations and apparent difficulties—and find within yourselves that seed which is very simple; that seed is that part of you which is a unique vibration of love.

In order to reach that part of yourself, we believe that a good method—and surely the quickest method available to you—is daily meditation. Among your peoples this is considered a difficult thing to achieve, for there is, shall we say, no time. May we ask you, my friends, to make the time.

If you knew that there was a reward for an action a million times greater than that of money, or power, or sensual pleasure, would you not indeed then pursue a course of action in that general direction? Yet, this is what we say to your peoples. We ask them to awaken from their journey through power and money and the buffeting of the senses by good and bad feelings. And we ask them to take conscious control of that journey by realizing that they cannot direct their lives but only their selves—their inward and substantial selves—to not give a thought to where you are or to what conditions you may be in. From this point, my friends, seek the one simple truth of the Creator: your identity.

At this point I would like to transfer this contact to the one known as T. I am Hatonn.

(Pause)

(Carla channeling)

I am again with this instrument. We thank you for your patience, and we thank the one known as T for the opportunity to work with him. When an instrument has not practiced for some time, it is sometimes a little while before this type of service becomes easy again.

At this time I would like to open the meeting to questions.

(Pause)

H: I have a question. I keep reading in the literature—metaphysical literature, psychic literature—that there are seven levels, seven states of consciousness, seven heavens, or something of this sort. Is this a valid concept?

We are aware of the question. I am Hatonn. You are no doubt familiar with the concept of quantum mechanics and also with the octave which you may find on any piano.

There are in a major scale, as this instrument would put it, seven different notes, having a relationship to each other which is pleasant. And then there is an octave. In that octave there is an identity—top note with bottom and the tonality begins again. Thus it is with quanta, where you have just so much occurring within a quantum; and then there is a leap, shall we say, to another set of configurations.

There has often been in your culture the term "seventh heaven" heard, and it is only one of many popular beliefs that there is not only a heaven but

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that there are various heavens for those who have done various things,

Your rather primitive Christian dogma would limit one's heavens to two—one good and one bad—with a rather neutral zone in between for those who have not yet decided whether to be bad or good. This is not accurate.

There are, indeed, seven levels within the realm within the next dimension or quantum—from you. This plane has been called by Theosophists the astral plane. Beyond that quantum there is a further octave of seven, and that plane is sometimes called the devachanic. Beyond that plane there is another octave of seven, which is sometimes called spiritual by your people. Beyond that plane few among your peoples who are incarnate upon your planet have traveled.

There are an infinite number of octaves in the heavenly music. The number seven, however, is the number of completeness, for that is, shall we say, the scale of vibrations within each quantum.

Does this answer your question, my brother?

H: Yes, thank you—except I would like to know now in which octave or in which level of an octave are you?

Well, we are speaking only for ourselves, for we are only one of over 500 civilizations which take part in this operation concerning planet Earth, the planet of sadness, at this time.

We, ourselves, vibrate within the fifth octave. You vibrate within the third. There are many in the Confederation which vibrate in the sixth, and some in the fourth. We have three among our number who, though vibrating in the third dimension, have done so in such harmony that they are able to aid us in spite of the gross physical illusion that they are experiencing and are able to aid us by thought. So you see, my friends, your condition is not hopeless. Your bodies do not pin you down as specimens pinned under a glass table. It is your minds that imprison you by accepting the illusion. We ask you, therefore, to open your minds to the freedom of realizing that there are infinite illusions and that your imagination has the freedom and the right to play among them as at will.

H: Well, what did the Apostle Paul mean when he said he was caught up to the third heaven?

The octave directly above you is the fourth and is called by the one whom you call Paul, the apostle, the spiritual kingdom. There are seven levels to this kingdom and, as we have said, its modern or Theosophical term is astral. In this heavenly universe, that which is not apparent while you are in the physical body—namely, the reality of thought and the illusion of matter—become obvious. Thus, as Paul was caught up—depending on his vibration—into the matching portion of the spiritual kingdom, he was able to do that which in his physical body he desired to do most to do, which was to worship and praise the Creator.

Does this answer your question?

H: Yes, except I have one more. If we are in the third octave, what are the two octaves below us?

As you are well aware, when you have your television set upon channel 3, you cannot see channel 2. Thus, we cannot show you the first and second octaves of existence, except to say to you that in comparison to them yours is a much more interesting and beneficial octave—the second octave of existence being two-dimensional, shall we say, and the first existing as the birth place or point from which the great cycle of being begins.

H: That's all for now. Thank you very much. I'll leave it to others.

As you know, it is always we who are the thankers, for to share our thoughts with you is our only desire. Is there another question at this time?

Questioner: Yes, I have a question about reincarnation. Why is it, when we do not know anything about our former lives, and how, if we do not know these things, can we change direction? We do not know what took place before; we do not know what we have to learn and what we have experienced. So how can we … We are chasing around in the dark without knowing what it's all about. Why are these lives not known to us? Why is there not some light turned on these things?

We will attempt to explain to you the reason for a lack of memory of past experiences. Though it is not an easy concept, you must realize that you are not helpless but are, instead, a person of free will with the opportunity to meditate and to seek the kernel of love that lies within you at this time.

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In previous existences, the experiences that you have had have generated within you certain biases. Thus, some people are born with native love, and others without it; some with native goodness, and others without it; some with great native intelligence, others with very little; some with great talent, others who seem quite ordinary.

These biases form the personality which you bring into this world. But other than that, you have the opportunity to begin wherever you are and become a loving being. This is the only test upon your level.

If you knew all that you have done before, your mind would be attempting to carry you through all of the lessons you had learned before. This is too much for the mind to deal with. It is enough that you have this incarnation to deal with. The fruits of former incarnations dwell within your spirit.

Again, we go back to meditation. If you have a difficult relationship or a difficult concept to conquer, meditate and request that light be given to you upon this subject. When you can say, "I have no past, and I have no future, but at this moment I hate no man. I love all beings and all those with whom I may have any score to settle, those things I have settled with," at this point you are beginning to be able to pass the great test of this vibration. It is a difficult one, and it is to show love in the darkness when you seem to be by yourself, not knowing that, in reality, those who love you on other planes of existence are all about you. Those who love you in this life but cannot speak are, without words, supporting you. All these things you cannot know; but, above all, you cannot know by mind alone that which must be given to you by direct intuition of the truth—the one simple truth, my friends, that we are all one and that we must love one another. Many of your masters have spoken to you of this, and we can only repeat it. It is the only lesson worth learning.

Past lifetimes? They are a kaleidoscope; they are you. But so are your future lifetimes. Imagine yourself as part of a great circle where consciousness dwells within this part of it at this time. But all that you must do at this time is meditate and seek the love of the Creator. And then, when you have it, send it forth. As we have said, this is not an easy concept.

Does this, in any way, begin to answer your question?

Questioner: Yes, thank you.

We thank you. Is there another question at this time?

(Pause)

If there are no more questions that you wish to ask at this time, I would like to attempt to close this meeting through the one known as E. I am Hatonn.

(Pause)

(Carla channeling)

I am again with this instrument. We had good contact with the one known as E, but she is very fatigued, and we feel that it is not, at this time, a good idea to use her. Therefore, we shall close through this instrument.

As you know, we are with you at any time that you may request our presence. We ask that you listen to the words of this channel with great discrimination, for we are not much wiser than you—but only a little. We ask that you take what you need.

And we thank you for allowing us to love each of you, for it is only by loving you that we can express our love of the infinite Creator. I leave you in His love, in His light.

I am known to you as Hatonn. It is my privilege to be with this group. Adonai, my friends. Adonai vasu borragus. ✣

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Intermediate Meeting
July 5, 1979

(Carla channeling)

I am Hatonn, and I greet each of you, my friends, in the love and the light of the infinite Creator. It is a great pleasure to greet each of you, especially those who are new to this group; for, indeed, it is not only our privilege but our only purpose to share with you our humble thoughts, that you may consider them in the discrimination of your own hearts to accept what is good and to discard that which does not appeal to you.

Tonight I would like to tell you a little story. Once upon a time, my friends, in one of your southern cities there came to be a very unusual creature. This creature had the body of an alligator but the wisdom of a man. Soon, those about him learned to treat him as a man. And he wore special shoes and special clothing and had a hat specially made for him, and learned to sit upright and eat his meals and hold his job and act in every way like a human would act.

One day as he was sitting on a bar stool of his favorite pub, watching the big game on the television set, a rather tipsy man stumbled and stepped upon his tail. Somewhat tipsy himself, the alligator was furious, and he whipped around and made to slay the poor unfortunate who had dared to step on his tail.

"I am sorry," said the drunken man, "but I did not see your tail."

"I do not have a tail," said the alligator with great fury, "for I am a man!" And again he made to lunge furiously at the poor man, who grabbed what he could off the bar, that being a large stick the bartender handed him, and rammed it into the alligator's throat, killing him.

As the alligator lay on the floor, dead, in his shoes and his clothes and his hat, the man said to him, "I may be drunk, but I know an alligator when I see one."

We ask you at this time, my friends, to consider this story in the context of your own personality. You must realize that within your own mind there lives a population of many creatures. Some are saintly—good and pure, kindly and compassionate; others are, perhaps, boring, over-intellectual. Some of your citizens may be too emotional, and a few may actually be beasts that you may not wish to face.

There are many negative emotions, which do not seem so negative on the plane which you now enjoy: greed is explained away as a means whereby produce is generated in the market place; ambition is explained as that which one must do in order to be of service to one's family, to one's children, or to one's best interest; selfishness, jealousy, and envy, all of these things, my friends, can be so easily explained away in your mind. You can clothe them in explanations—the hat, the coat, the shoes.

And so we charge you, in your meditations, first to find your alligator and to remove him, and then to meditate in quiet and humility, knowing that you are not unlike your brothers but very, very much the same. Let the citizens within you which are compassionate grow and spread their wings. This can be done, not by your efforts, my friend, but by meditation; not by conscious thought, my friend, but by intuition.

There is no time to be proud, my friend, to assert yourself as a good person or as a bad person. You are a person … you are the Creator, and you have all of the parts of the creation within you. As that is so, all men are your brothers; from the murderer to the saint, from the fool to the sage. Look past the citizenry of your emotions and find the heart of unity that lies beyond all of the paradoxes of human nature.

You are in this life. Your vision is blurred, and your steps are unsteady and this is for a reason. Come to understand the challenge of this illusion and the possibility of progress. Above all, come to understand that you will never know your progress; you can only continue meditating, seeking the Creator, and attempting to be a channel for His love and His light among men like yourself.

Although we are more advanced than you, we of Hatonn know that our thoughts are varied and are not always harmonious. The difference between us, my friend, is simply that we can see our thoughts. We have a reality in our density. Consequently, we have no chance to quarrel with our alligators. When they arise, we must deal with them without further ado.

We ask you to never fear what is inside yourself, but only to love it, for it, too, is the Creator.

I would at this time pause so that my brother, Laitos, may speak. I am Hatonn.

(Pause)

I am Laitos, and I greet you, as do my brothers and sisters, in the love and the light of the infinite Creator.

If you will be patient with me, I would like to work with some of those among you who desire conditioning at this time. I would like first to work with the one known as E. If she would allow us, we will condition the instrument known as E, and if she desires, we would speak a few words through her. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. I would like to thank the one known as E. We find that, although she is personally a willing and able channel, there are teachers of hers who desire that her tuning be not disturbed at this time, for she is working in other vibrations. Therefore, we will pass on at this time.

We would like to condition the one known as M and allow her to feel our contact. Although we will not attempt to speak to her, we would explain that this vibration may be helpful for healing or for a more peaceful meditation. I am Laitos.

(Pause)

(Carla channeling)

We have a good contact with the one known as K, and we would now attempt to say just a few words through her, if she would desire to be of service in this manner. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. The one known as K is somewhat nervous; however, our contact with her is excellent, and she is a strong channel. In fact, my friends, this is an excellent group and one in which we are most fortunate to work with.

At this time I would like to condition the one known as E, for she is in need of comfort at this time.

(Pause)

(Carla channeling)

We thank our sister, E, and would like now to condition the ones known as T and K, so that they may feel our contact and be strengthened in their meditations. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. At this time, if the one known as G would wish it, we would like to work with her. We are aware that she has some capability of visualizing our truer natures, which is

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pleasing to us, and we greet the one known as G. We would at this time, if in her free will she would request it, speak a few words through the instrument known as G. I am Laitos.

(Pause)

(Carla channeling)

We thank the one known as G and are aware that she is very fatigued. However, we have greatly appreciated the chance to work with her.

If the instrument known as H will speak freely, without analyzing his thoughts, we would like to close through H. I am Laitos.

(Pause)

(H channeling)

I am Laitos. Latwii was calling on this instrument earlier this evening, but he was afraid to speak.

I am Latwii. I am with this instrument, although he is on the verge of heart failure. I say this humorously. But he is very fearful that I will not give him words to speak. This is the first time he has spoken in this manner in public. However, we have been with this instrument for a long while. Although he was not aware of it, we have worked with him rather intensely subconsciously and in answer to his calls for help. But he was not aware that all he had to do was listen. He would call but not listen. Finally, he got the idea of listening and was able to hear us. Since that time, our messages have been to him directly, and he is doing very well as a receiver.

There is something I would like to say about how to become a channel. All you need do is relax and listen; and when you get an impression of our name or any word or phrase, acknowledge that word or phrase, and we will give you the next word or phrase. Sometimes, if you do not acknowledge, we will give you a brief preview of what is to come, but not usually, because this tends to confuse some [channels] rather than help.

So the key is: relax, be still, listen, acknowledge any impression you get by repeating it to yourself or, as in this case, out loud, and listen for the next impression. That is all there is to it. This channel will acknowledge that now. However, he would have you know something else.

When we were first able to come through to him, he had a tremendous ringing in his right ear. We stopped that. And, also, he had a large hole in his right eardrum, and we healed that. Why did we do this? Because this was interfering with his ability to receive us.

That is all for now. I thank you and wish you all well, and love and light. Adonai. I am Latwii.

(Pause, during which visitors entered the room.)

(Carla channeling)

I am Oxal, and I greet you in love and light. I greet those who have joined us, and I'm here for a specific purpose, for there is a question upon the mind of one who is here which shall not be voiced. But we feel that it is an important question, and, therefore, we would wish to deal with it at this time through this instrument, although we normally do not use this instrument, for she is a little too delicately tuned for our vibration.

It has been said in your holy works that [if] you deal with mediums and spiritists [it] is not good, for it may defile you; and this warning has deterred many from listening to the fount of inspiration within them, which exists for all of us.

May we ask you, then, if to listen to a spirit were to defile, what it was that Saul of Tarsus saw on the road to Damascus? Those about him saw only a light, which blinded the man, but in his blindness, Saul heard a voice.

We do not come to you as gods, as people, as individuals. We come to you as messengers of one consciousness. We hope, and we intend, that that consciousness is that of love, for that, my friends, is what the Creator is and what His Creation is made of: love—divine and perfect.

The words we speak are poor, and we may seem to be speaking through mediums, but we can only assure you, my friends, that far from attempting to defile, degrade, or undermine any sense of self you may have at this time, or any beliefs that you may treasure, we hope only to make available to you a realization of the love of the Creator. We come in love, we speak in love. We look into your hearts, and we see that you are love.

Let your lives be filled with this love, my friends. Let your eyes shine with the light, which is the wisdom engendered by divine love, and the world about you shall be warm in the coldest winter, and those who gather about you shall know not you but the

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Creator. This is our hope for us and for you. Join us, my friends, in this place which you may call the heavenly realms, and [be] refreshed at the source of love. Come down again from this place into the world with open hands and open heart.

At this time I would open the meeting to questions. Does anyone have a question at this time? We ask you, please, to feel free to ask anything that you wish at this time.

(Pause)

N: I have a question. Do you have an idea of what percentage of souls on the Earth return—die and are reborn *(inaudible)*?

We are aware of your question, but we will find it less than simple to answer, for the soul which enters this vibration does not enter for one lifetime only, for the most part, but for a cycle of what you would call time, this cycle being approximately 3,000 of your years, according to our best estimates. As you must know, we are somewhat less than perfect in our approximations of your time. Thus, the probability that a person will reincarnate during a cycle is extremely high.

The percentage of those who are in physical bodies, as opposed to denser or more spiritualized bodies, at any given, shall we say, locus in space/time is approximately two percent. Thus, most of the souls in the reincarnational cycle, at any moment during that cycle, will be without a physical body. They will, however, be part of the consciousness of Earth. And it is this unseen and very strong influence which has caused the repetitive actions of your civilization in this cycle. For, unfortunately, your peoples have not made the progress which we had hoped but, instead, have repeated over and over again the cycles of war and intrigue for war which have marred the previous cycle and this one also.

Would you like to continue with your question?

N: Yes, I was wondering, if the cycle is 3,000 years, how many people will be going through the 3,000-year cycle together … or is it just scattered or are there, like, big groups that would start, say, approximately the same time and do a cycle, or just all mixed up as far as … I know you can't get real specific, but I was wondering about that.

I am Oxal. I am with this instrument. I am aware of your question. The pattern of reincarnation changes during a cycle, not only the minor cycle but also the greater cycles—the major cycle and master cycle.

Those of you in this room, for the most part, have met many times before, not simply in the last 3,000 years but prior to that time in the last 25,000 years, and there are a few who have met during the master cycle, which is approximately 76,000 of your years. These are all approximations, you understand.

Now, my friend, what occurs is that as a soul rises from the ignorance of the darkness of the beginning of a cycle, he begins to collect about himself or herself a series of relationships which begin to have a special meaning, due to emotion, which is one of the most powerful words in your language, because it deals with the only reality of your world. Those whom you love, those whom you have wronged in hate or envy—those souls you will meet again to again work out a destiny in which the lessons of love can be learned. Thus, by the end of the cycle, such as this one, you will find quite large groups of people gravitating together for a more or less known and specific purpose, which has been generated due to the lessons learned by each in conjunction with the others over a series of many incarnations.

Does this answer your question?

N: Yes, thank you.

We thank you, my brother. Is there another question at this time?

E: Yes *(inaudible)*. I have noticed with increasing regularity a very unusual phenomenon upon certain peoples' third eye—a symbol—and in particular Jimmy Carter, our president. And I was wondering if you could enlighten me about this symbol that I've seen on various people's foreheads? I started noting this about two years ago, and it's very evident to me, and I think if everyone would look closely they would see the cross that …

(Side one of the tape ends.)

(Carla channeling)

I am Oxal. I am deepening the state of meditation of this instrument so that she may better receive our words. If you will be patient. I am Oxal. I am with this instrument. I am aware of your question.

Yes, my sister, there is indeed a symbol which has begun to appear upon the so-called third-eye chakra of those in your society whose vision is already

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partially within the world to come. And by this we do not refer to the heavenly world which occurs after death but that which has often been referred to as the Golden Age.

That which seems to be a cross is actually four triangles or pyramids, arranged in such a way that they become a golden wheel which, like the sun, is an entrance into the fourth dimension of being.

There should be increasing changes, not only in this chakra but in the higher, or crown, chakra, and in the auras of many of your peoples at this time as they begin to become aware of what may be called the new vibration or the new age.

The old vibration is, shall we say, not dying an easy death. And in its final illness and decease, it may keep many of your people from seeing the opposite of that which seems so hopeless; for all spiritual truths are opposites.

However, the one known to you as Jimmy Carter, though burdened with great responsibility, is within his heart a true man of a new age, hampered by the realities of his present duties, yet full of an undying hope for the newness of life.

Does this answer your question, my sister?

E: Yes, thank you very much. May I ask you one other short one?

Please do, my sister.

E: What would be the significance of a heart as opposed to a cross on the third-eye chakra?

This normally has to do with the attempt of those among your peoples to be in contact with higher intelligences and, thus, to heal the Earth's brokenness. It is a healing and a loving sign and one which is recognized by many in the heavenly realms as being the sign of sacrifice and, through sacrifice, healing love. Thus, you will find a high vibration in people who carry this sign and, yet, a great desire on their part to deal with the world, as it is at this time, in a healing fashion.

We, ourselves, are attempting through many in the Confederation of Planets in the Service of the Infinite Creator to extend a heart symbol about the entire planet, thus shielding it from itself. And the only way we know to do [this,] without interfering with the free will of your peoples, is simply make this vibration available. Many of the teachers of your inner realms also work with this symbol. The vibration is rosy, warm and good.

Does this answer your question, my sister?

E: Yes, so graciously accepted. Thank you so very much. Thank you.

We are most appreciative that we are able to share our thoughts with you, my sister. Is there another question at this time?

N: I have another question. As far as karma goes, what makes somebody have to turn back, reincarnate again, to work out something that, you know, they didn't work out before? How major a situation does it have to be? Or is it with everything? Would it be as if you stepped on a bug, would you have to come back and make that up, you know, work it out or something, or is it just major things or minor things or … that's the question.

I am Oxal, and we are aware of your question. However, it is best to deal with karma not as your people have dealt with it—as lawyers, attempting to balance the case in court, or accountants attempting to total the debits and credits; for we are dealing here, not with actions, but with thought.

A person is as he thinks. That is reality. His actions are the fruits of his thoughts. There are accidents which do not carry karma, and there are seeming accidents which carry heavy karma, due to the fact that there was thought behind the action not evident to the world.

It is possible for you as a being at this very moment to forgive in your heart all those who have hurt you, with such strength that you may stop the karma forever for them. It is possible, also, for you to take the karma of others, but we do not advise this, for you have your own destiny to work out and that is enough of a job for you.

Thus, you are here to be a loving being. Those whom you meet may be accidents; they may be intentional; it does not matter, for this is the lifetime you are living now, and the actions which are the fruits of your thoughts at this time are the karma that you collect now.

As to canceling out the karma of your own previous mistakes, we can only suggest that you analyze each thought that you may have and find if it is positive, if it is of service to yourself or to another; if it is of disservice to yourself or to another; if it denies the

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Creator; if it shuts out the sunlight; if it grasps illusion, unhappiness, want, limitation, need and pain as reality—stop and meditate on love. That is the end of karma, for the law of love is far greater than the law of cause and effect, just as the law of eternity is greater than the law of time and process.

Do not linger in the river of your life, but move onward to the sea, dissolving yourself in love. In this way, karma ceases to become your reality, and your love may be freely taken and freely given, with forgiveness to all men for all things.

Does this answer your question, my brother?

N: Yes, thank you.

Is there another question at this time?

(Pause)

If there are no more questions, we would like to close through the one known as N. I am Oxal.

(Pause)

(N channeling)

I am Oxal. I greet you all once again in love and light.

We feel it has been a great privilege this evening to be with you to answer some questions—some [vocalized] and some not.

My friends, as we view lives and happenings on your planet, we notice some seek love more than others; but in many, many cases the secret being to seek for a while the center more so—feel good, receive some knowledge, taste of oneness—and then become scattered, so to speak, and sidetracked, and then gradually come back to seriously seek again. It is a pattern which, as time goes on, the gaps between the seeking become shorter.

For those of you who have thoughts of oneness and love to surround you, even for a split second, you will never forget it. In that split second of *(inaudible)* is within you at all times. No matter how it may be covered up, eventually it will shine through.

Before I leave you I shall send you a loving vibration with the intention that you may feel the vibration. I leave you now in love and light. I am Oxal.

(Pause)

(Carla channeling)

I am Nona, and I speak only to say hello and farewell. We come, my friends, in love and light. We surround you, and we reach out to you. At any time that you wish us, please ask for the Confederation. We are always there as your guides and all those who are messengers of the Creator.

I am Nona. I bid you farewell and love. Adonai vasu borragus. ♣

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Advanced Meeting
July 11, 1979

(Carla channeling)

I am Telonn, and I greet you in the love and the light of the infinite Creator. We are very happy to be with your little group this evening, and we wish to work with you at this time if you would desire to work with us.

Visualize, if you will, a white globe of light that hovers in the center of the room in which you now dwell.

(Pause)

When you can clearly see in your mind's eye this globe of light, transfer your consciousness into the light until you can look back at yourself as you sit in meditation in the dim light of the room.

(Pause)

You may stabilize the globe at this time by realizing that the two of you have become one, and it is your will which will direct the light to wherever you may wish it to go.

(Pause)

With our consciousness protecting you now, slowly move the globe of light through the windows of the room in which you now sit, and up above the roof of the room in which you now sit, and up above the roof of your dwelling.

(Pause)

Look down now upon the quiet house that you have left, and then speed quickly away from the gravity of Earth, through the overcast.

(Pause)

Now you begin to see the rounded shape of the Earth beneath you. Keep your globe stable, and look for a moment at the spinning, beautiful planet which you have now left.

(Pause)

We ask you now to visualize a triangle, moving toward us, away from the Earth. It is green. It seems like a great eye. Move through the eye. Feel the sensation of great speed. You are out the other side. You are in the next dimension.

(Pause)

What do you see, my friends? All that is about you is very bright. The sky is no longer dark. Now you perceive one coming toward you—a watchman of this density.

Remain stable in your globe, and allow him to sense your vibration.

(Pause)

You may greet him now, if you wish, with your thoughts.

(Pause)

Let us travel back now toward the Earth in this density, for we have been cleared for travel in this density at this time.

(Pause)

The Earth is no longer a blue planet with white clouds, is it not, my friends? It is, indeed, a rainbow of colors.

(Pause)

Can you feel any gravitational pull in this density? You should be completely free of movement.

(Pause)

Do not go too close to the darker colors of this environment; they are the dwelling places of thought forms of those among your peoples who are less than fully positive in their thinking. But observe the reality of these thought forms, the activity of the colors, and know that your thoughts are never lost, just as energy can never be lost. Your thoughts are the equation of the next dimension.

(Pause)

Move now into the realms of higher and lovelier light.

(Pause)

We are aware that you are enjoying these realms; for these are the realms of sweet thoughts and kindly deeds, and beings who vibrate in this level dwell therein.

(Pause)

We feel that it is time now for you to return, for we wish to make sure that our protection of you is complete; therefore, we must limit this visit.

Allow yourself to be pulled back through the eye.

(Pause)

You now see the night and the night sky.

(Pause)

Now let the magnetism of your body pull the globe—not too fast—very steadily.

(Pause)

The globe is now with you in the room, and you can see your quiet figures again.

Say goodbye to your unity for now, and partake again of the separation of the physical body.

(Pause)

I am Telonn. I am a messenger of infinity. It is our fervent hope that you and Telonn can enable those of you who desire it to experience higher realms of consciousness and to seek them through your daily life.

I leave you in love and the many varieties and gradations of light—the light of the Creator, my friends. Adonai.

(Pause)

I am Hatonn, and I greet you in love and light. We do not wish to speak for long this evening. We only wish to communicate to this instrument our thanks to you for allowing us to be with you and to send our love.

We have no esoteric message to deliver, for our truth is the same, whether it be said in simplicity or with the greatest of intellectual complexity. We are a portion of the consciousness that is of single-minded determination to speak when asked of the Creator. Many among your peoples have had the same desire, and their information is always distorted. The master, as you call him—the teacher, as we call him—known to you as Jesus, is a perfect example of a man who wished to speak of the Creator, but whose words were so distorted that for a long stretch of your time millions of your people have worshipped a human being instead of the Creator. This was not the will of the one known as Jesus, for he came to fulfill the will of his Father, and so he said time and time again.

What is the will of the Father for your planet? It is very simple, my friends: it is that it may evolve. We do not speak of a Darwinian evolution where the fittest survive, and the weaker are destroyed. Indeed, my friends, it is the very opposite that is true. In spiritual evolution it is the weak that survive and the strong and hard-headed who go down in confusion and must repeat again the cycle of lessons that have to do with loving one another. Loving takes a type of strength that is known among your peoples as weakness. Loving is serving. Loving is not caring what is done to you in return for your love, and such humility is difficult, indeed, to accomplish. In a culture such as yours, where each person demands his rights and each action seems to demand its

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reward, the act of pure love implies a total disregard of reward. This seems to others to be weakness, You become known as a doormat, as a pushover. Count these things as blessings, my friends. When someone says to you, "You are not liberated," silently give thanks that you are at least trying to be loving rather than demanding.

We are not suggesting that this path is not without its rewards; the rewards are simply personal. The rewards are the satisfaction of seeing an improvement in your state of mind, a raising of your state of contentment and nonchalance about what others may think of you or what you should be doing. You should be doing, my friends, that which in your instantaneous evaluations from moment to moment is of service and of love and of real value to others.

Those who love themselves and love others—those are the rich peoples of your planet. We send you confidence and peace at this time that you may be among those who are in touch with the reality of love, and, experiencing it yourself you share it with others.

We are aware that you will be misunderstood, that you may be found to be cold because you have not given the expected response. We ask that you not allow the vicissitudes of your daily life to influence your attempt to learn to be a loving being.

Love yourself, your circumstances, your troubles, your pleasures, your friends and your enemies, your catastrophes, and your triumphs with a grand and careless equality, and you will find yourself to be on key, on balance, and able to act without selfishness and without foolishness in any situation.

How can you do this, my friends? As always, meditate. And in your daily meditations center yourselves upon that love which, like a gyroscope, keeps you from being tumbled about in this world of illusion that you call Earth.

I am very grateful for the opportunity to have spoken with you this evening. I will pause only to ask if there are any questions.

(Pause)

I am again with this instrument. We caution you once more: in the hierarchy of obedience, be obedient first to that which you feel is correct. If you are meditating each day, your feelings are more trustworthy than the opinions of others.

We are always with you, and we send you our love. I am known to you as Hatonn. Adonai vasu borragus. ♣

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Senior Citizens Meeting

July 14, 1979

(E channeling)

A charge to keep I have to serve the present age. God of grace, God of Glory, on Thy people pour Thy power. Crown Thine ancient churches *(inaudible)*. Bring her bud to glorious flower. Grant us wisdom. Grant us courage for the facing of this hour. Amen.

Questioner: *(Inaudible)*.

(Carla channeling)

I am Hatonn, and I greet you each in the love and the light of the infinite Creator. It gives me special pleasure to greet the one known as L and the one known as E, for we have not spoken through instruments to these sisters for some time, although, as you know, we are always with you if you desire our vibration.

As we look at the vibration of your world at this time, we are sure that you are aware that we are seeing a darkening of the vibration, due to an increase in negative emotion felt among your peoples toward each other and even toward themselves.

It has sometimes been said that ignorance is bliss; this is a saying among your peoples. And when you are dealing with a spiritual journey, this is very true; for knowledge carries with it a great responsibility. That which is known and not practiced reflects itself upon the knower, so that he must again know that which he has already learned. This is the price of knowledge, my friends—that you practice what you know.

You need several ingredients in order to be able to do this well. In meditation you can deepen several of these ingredients. The first and most important is confidence—the kind of confidence that comes from knowing who you are. Have you ever, my friends, in meditation felt all the parts of yourself finally come into alignment with your highest goals and your deepest beliefs? By centering yourself in meditation, by finding that within you which vibrates in love and seeks the light of the Creator, you can find a quietness and a peacefulness that you can then use in the somewhat hectic and chaotic world that you find about you.

It is true that not all of your problems are large. You do not have to decide the fate of nations, but your vibration on an individual basis is as important, as vital, and as necessary to the salvation of your planetary consciousness as is the vibration of kings and heads of state. You do not move armies with your commands but can you command yourself? My friends, this is perhaps the hardest thing to do of all the tasks that you have been given in this experience. So many things occur which cause you to lose yourself; and instead, you act in a way which you yourself would not approve of, were you in control, were you conscious of your behavior.

As you come out of meditation, then, this confidence that you have gathered therein becomes your armor.

(Telephone rings. Pause while the call is attended to.)

I am with the instrument. I am Hatonn, and again I greet you in love and light. We apologize for the delay. We will continue through this instrument.

As we were saying, the confidence which you have gathered in meditation becomes your armor, and it is as though you are wearing a cloak of light through which no negative vibration may pass. Thus, you do not need to react to irritating, angry and other negative statements from others. Circumstances cannot penetrate the confident one who moves in power. This confidence is, indeed, the most important benefit which you receive from meditation. There are others, and you may find them as you proceed along the path of seeking. You may find yourself deepening as a person, becoming more able to understand the problems of others and finding that you are an ear, which is requested many times by others, for they sense in you a deep understanding. In this way you are of service to your brothers and sisters. You may find the gift of laughter, which is not easy to come by in a daily life which can be so easily filled with difficulties. As your character grows deeper and your knowledge more centered, you begin to see the divine comedy of your existence—the delightful balance of lessons and experience. You cease looking for happiness, and you become divinely happy, whatever your circumstances may be. In short, my friends, you slowly become a generator of your own experience rather than the recipient of other people's experiences of the world view, which is so often negative. In this way only can you aid your planet at this rather dark hour.

We thank you for allowing us to speak to you through this instrument and [for] supporting her and us with your vibrations at this time. It is a great privilege to share our thoughts with you.

At this time we would pause while our brother, Laitos, moves about the room, offering each of you the conditioning wave of our vibration. I am Hatonn.

(Pause)

I am Hatonn, and I am with this instrument only to ask if you have any questions at this time. Please ask them now if you do.

(Pause)

If there are no questions at this time that you would ask, I will leave you in the love and the light of the infinite Creator. I am only a voice through this instrument, known to you as Hatonn; but I and my people send to you the love that we have in abundance from the Creator to you. We leave you in that love and that light, which is not ours but the Creator's, and bless each of you. Adonai, my friends. Adonai vasu. ♣

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Intermediate Meeting
July 19, 1979

(Carla channeling)

I am Hatonn, and I am with this instrument through the grace of all present, and we send you blessings and thanks for allowing us in your midst this evening. May we greet each of you and send you our love?

We ask you tonight, my friends, about treasure. We are aware that the treasure that is in your heart is sometimes buried. It has been written in your holy works, "Where your treasure is, there shall your heart be also." And yet we say to you, my friends, that your heart may contain any treasure which you desire. Thus, the question of treasure is far more the question of your buried desire.

We wish to speak with you only for a very short time this evening, but we wish very much, very much to encourage you to desire, with the greatest intensity possible, that which you wish to desire. Have you desired? Have you desired, this day, well, my friends? Have you had small desires easily satisfied? Have you glanced up into the lovely imperium arches of your heavens during this day and sought and dreamt and hoped—those desires which make men into beings who are claiming their birthright? That is what lies between you and the birthright of love and light—which you brought into this illusion—your inability to remember to desire it. That is all that separates you from infinite love, infinite light, and the power of a consciousness which these understandings can coordinate and enable. What have you desired today, my friends? We ask you in the name of the Creator.

At this time we would pause so that the one known as Laitos may pass among you.

(Pause, then the group chants "om.")

I am Laitos, and I am with this instrument, with thanks to my sister of Hatonn. We *(inaudible)*. We should ask this instrument to realign and retune the group, due to the addition of your sister and brother, and we feel most happy with the harmony of your circle at this time.

We would like at this time to condition and send healing to the one known as E. I am Laitos.

(Pause)

I am again with this instrument. We have been working with each of you during the pause. However, we wished especially to work with the one known as E, who is in some discomfort at this time. We would now like to do some more work with the one known as L, if she will relax. I am Laitos.

(Pause)

I am again with this instrument. We would now like to send our vibrations to the one known as H1. I am Laitos.

(Pause)

I am again with this instrument. If the instrument known as N would open his self to our contact, we would like to close through the one known as N. I am Laitos.

(Pause)

(N channeling)

I am Laitos. I am now with this instrument. My friends, as we view the souls on your planet, we yearn sometimes to reach out and aid directly *(inaudible)* to help, but we know we must not; for the will of the infinite Creator does not work that way at this time. We see millions of people evolving, and we know that eventually they will all attain a state of higher consciousness. We are sorrowed by the pain we see, though we know there is a great plan. We know that deep within each of you there is a higher state of consciousness and that each of you, in reality, control your own destiny; for you have willed it so.

My friends, we send you our love. We are with you always. Your time upon this planet is just an instant, as we see it, but it is a valuable … We love you, and we leave you in the light and love. We will attempt to make our vibration known to you at this time, if you will open yourself to it. We would describe it as … a pleasant sort of feeling.

I leave you now in the light and love. I am Laitos. Adonai vasu borragus.

(Pause)

(Carla channeling)

I am Latwii. I greet you in the love and the light of the infinite Creator and am most appreciative of your desire to hear my babbling remarks once again *(humorously)*. Therefore, since you have asked us to be here we are very delighted to be with you this evening; and, indeed, we are most sincere in sending you our love. We have come to answer questions at this time. If there are any among you, we greatly encourage you to ask them.

N: I have a question that I would like you to kind of comment on, but I don't want to say what the question is; so if you feel like attempting that I would appreciate it.

(Pause)

If we would allow our imagination to run free, we would tell you that the answer is no. However, we will attempt to be more responsible than that: we ask that you wait, for in waiting, that plan which our brother has spoken of in this meeting will come to fruition. The forces which surround a moment of time, as you call it, are very questionable and variable, and a simple waiting is often a catalyst for change. Does this answer your question, my brother?

N: Yes, thank you.

We thank you. Is there another question at this time?

(Pause)

H2: Yes, I have a question. Several weeks ago, in response to one of my questions, you said that we or mankind was seeded on this planet, and yet we had nothing to say about that—we had no choice in the matter. Why was that so?

What can I tell you, my brother? None of us have a choice; we are all the Creator. The condition of creation exists; it will exist infinitely. We are in a position in one of the infinite universes of the infinite creation, not due to chance, but due to the cycles with which you have become involved as you pass through the many universes of the Father's creation. You begin in darkness, if beginning is a possibility; of this we are not sure. We are sure, however, that like travelers your eye is caught by a pretty color, and off you go into an illusion that is that color of being. And so you have been attracted to this illusion and ultimately to this incarnation. You are the Creator. You do not have a choice—none of us do. Yet you have infinite choice in the amount of time it takes you and the way in which you wish to articulate your creator-ness. Thus, the paradox which is the necessity of spiritual truth is satisfied. You have no free will, and you have complete free will. You have been seeded by your choice. There is no mysterious and possibly questionable moral gardener who has seeded Earth. The gardeners are you yourselves—not trapped in time and space but delighted, instead, by the color of this creation.

Does this answer your question?

H2: Partially. Paradoxes are a puzzle to me. Do I understand you to say that we had no choice in being created, yet we had a choice in coming here?

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That is not precisely correct. You were not created. You are the Creator. You are a portion of all that there is. You are a portion of no time and no space. Consequently, you are not a created being. You are Creator and creation. With that concept under control, we may say to the second part of your question that you do have that portion correctly understood.

Paradoxes, of which you spoke earlier, are an absolute necessity if one is to advance spiritually. If you are not facing a paradox at this time, then you are not trying. Thus, you must at all times be involved in a puzzle. We hope only that the puzzle is worthwhile, that you are pressing ahead from paradox to paradox so that you begin to live what you cannot understand; this, you understand.

How are we doing with you now, my brother?

H2: Better. I also think I have come up against another paradox; and that is, if there is reincarnation, and if there is no time, and all is one, and all is now, then all past lives, present lives, and future lives are now. If this is so, then how is it that in past lives some of us—or at least someone—lived in magnificent structures, ruins of which stand today, and we see them as ruins? If all is now, all in a living instant, how is it that those in centuries past are living there now, yet we see these marvelous structures as ruins?

If you will pardon us, we must take a few seconds to align this instrument, for she is becoming *(inaudible)* to the intensity of our vibrations. I am Latwii. I am Latwii. I am with this instrument. I am with this instrument. We have better contact now. We thank you for your patience.

In answer to your question, my brother, perhaps the most intelligible answer has to do with a rather tired cliché from this instrument's mind; she is familiar with it many times over. Take a piece of living tissue from your thumb and look at it under a microscope—look at it under an intensely strong microscope. Ultimately, under the atomic microscope, you can begin to see the creation—the galaxies, the solar systems, the planets. There are beings on your thumb. How long do you think their lives are, in your time? How many civilizations pass while that cell that is a universe is spending itself as a living part of your being? And when it is sloughed off in a giant nova, when the explosion that ends all life occurs, what infinity do you think has taken place for those beings? What ruins have been built and lost? What Romes, what United States, what Chinas have come and gone?

You yourselves are in time and space that is far less slow, shall we say, relatively speaking, than many universes. The universes of the creation are infinite in their differences. There is one uniting truth, and that is that beyond time and beyond space lies unity. You live in a *(inaudible)*; this is an illusion. The illusion can be manipulated by those who understand it. Thus, we ourselves travel in no time. Some among your peoples have been able to master various dimensions beyond time and space. No one understands this. However, there *is* only now. The problem is that this now is within the understanding only of those who do not have a watch and do not know time. Now is now. You experience now and another now and another. It is as though you were standing on a wheel and going round and round. Could you but stand in the center of the wheel, you might turn, but you would not go anywhere. It is in the state of now that information, such as some of your most famous mediums have had access to, is stored. By some, this place is called, locally, the Akashic Record. This is possible because all times are truly one. You are not living in a straight line; you are living in a circle. The beginning is your ending, and there is no beginning or ending.

Does this even begin to answer your question, my brother?

H2: It doesn't help me understand, and it doesn't help me understand how my camera records this illusion of the Parthenon standing there in ruins, yet at one time Socrates and others were there when it was in all its glory. The thing that bothers me about this … maybe it's unanswerable … is that if all is now, and the Parthenon is now there, Socrates is there and other of his Greek comrades in the living now, and yet I have been there in the living now and it is a ruins, and my camera said it is a ruins also. Does my camera have illusions also?

Your camera is part of the illusion which you now enjoy. We must distinguish between your now now and your other now. You are living in a now now, something like a muu muu, and it is only so so *(said humorously)*. Consequently, in order to understand now you must live in another now, in that other now you may see what you wish to see and really understand what you want to understand, but you

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cannot be in the now now—you cannot do both. Thus, this illusion is to you a lesson time in which that which is an illusion appears real.

It may be of interest to you to remember that if a physicist were to describe the Parthenon either in ruins or in its original form, he would describe a structure of space. There are great differences among physicists, but it is agreed that there is either almost no mass or no mass at all to any physical structure, including human beings, but rather a series of magnetic fields. Therefore, logically, one could put one's hand through a Parthenon, a person, a table, a building, or whatever one wished to put one's hand through. However, in the now now it is impossible, and your camera is part of the now now. You have many indications in the now now of those who are not within the now now, and those people walk right through everything, thus indicating to you that the now now is not the only now.

Does *this* help, my brother?

H2: *Now* it helps some.

Now we are glad! Is there another question at this time?

H2: I have another question, since you're here, Latwii. It's something you said several weeks ago, when you were talking about the color green and its filling a room in which we dwelled in another part—not here but somewhere else—and you also said that you were enjoying our fifth dimension—I assume the vibration of our fifth dimension. Does that mean that we exist elsewhere as well as here?

It is not a question of location, my brother, for the dimensions are interpenetrating. However, you exist in denser and denser vibrations, according to your abilities. All of you exist into the fourth dimension, and there are adepts among you who are working at this time, actively, in the fifth dimension and are attempting to understand some of the teachings of the inner realms of the sixth dimension. There are a few people who work as far as the eighth, but there are two within this room who have seen it in visions and are aware of its nature, although they could not maintain it for any length of time. This is the octave of your universe, and these are the dimensions of that octave. To go beyond that, you must be free of your chemical body; and therefore we are talking to a roomful of those who are not going to be doing that any time terribly soon; however, there are many, many infinities to explore within those dimensions and much wisdom to learn. Therefore, we urge you onward; for the path becomes lighter, the teachings truer, and the laughter happier.

Did you wish to know about green, or was that the essence of your question?

H2: Green?

Green.

H2: No. You just mentioned the color green, and that was a reference point.

Ah, yes. Green is simply an important color for this particular group, due to the fact that it has healing properties, and there are many in this group who can use them. Therefore, we were attempting to surround you with that vibration.

Is there another question?

H2: Since we were talking about other existences and everything being now, is it possible there is another me living across the street from me or somewhere else on this planet as of now or several other me's?

You are, my brother, in this particular universe, a time traveler but not a space traveler. Thus, you live each of your lives simultaneously, but you are not in the same space with yourself. However, in order to be aware of the past or future you must reach an altered state of consciousness, and this should be done only with the proper respect for knowledge. Knowledge, as we have said to you before, entails responsibility.

H2: Are you trying to give me a message about responsibility?

The message is general, my brother, and not for you alone, and it is simple; that is, if you know it and do not act it, the backlash effect will be hurtful to you; thus, you will begin to know it truly. That is the law of knowledge of the spiritual kind.

H2: Thank you very much, and I also thank the group for my taking this time.

(Pause)

We were drawn here by the one known as E, and thus we would at this time ask her if she would wish to voice her question to us?

(E had left the room.)

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I am Latwii. We are sad that our sister is not here to ask the question, for we do not wish to answer in her absence. Are there any other questions at this time?

H1: I have a question. This is about channeling. I have pretty much given up on the idea of being a vocal channel, and I have begun to feel that if I could paint, along with a fellow trying to learn *(inaudible)*. There are certain images and concepts that I get that are in color and form and have movement that I think I could express through those two mediums. I was wondering if I could get any type of conditioning that the verbal channels get.

I am with the instrument. Yes, indeed, my sister. You can get as much conditioning as you need, and to ask for it is to receive it. We would suggest that you request the presence of two of the Confederation whom this group has known for some time: the vibration of Laitos, which is the basic conditioning vibration, and the vibration of Nona, which is an extremely sensitive vibration and one oriented more than most of the Confederation toward that part of love which expresses itself in art and beauty. Thus, this instrument requests the presence of Nona when she wishes to sing, and those who are involved in the arts will do well to request those two vibrations as good underliners to your own natural talent. You understand that we could not work with you did you not already have a good deal of ability in the area of conceptualization, abstract thinking, and the desire to be a channel for the love and the light of the Creator. With these things in your heart and in your character, you can then make full use of the Confederation. We wish you great good fortune, my sister, with your endeavor.

Well, my friends, is there another question at this time?

(Pause)

Questioner: I have one. I am getting ready to open up to a deeper level in my own channeling. I think you can tune in to what I'm referring to. I'm wondering if there is anything that you all might be able to do at this time that would help me to do this.

(Pause)

We would at this time be glad to send you an image which will appear to your inner eye, where it is not infringing upon your free will but only aiding …

(Side one of the tape ends.)

(Carla channeling)

Let us define this image for you now. Make it sharper. This is a key to that level which you may trust. We would also say to you at that time that you may carefully watch the next level beyond that, for this is not necessary for you to enter at this time; and the, shall we say, expansive or … we are giving this instrument a concept she cannot express. We are working with her … Within the next dimension there is a spreading of the personality which we would not recommend. Therefore, if you feel the next vibration beginning to disperse your personality through the universe, we would suggest that you pull yourself back from that realization, for it is not yet time for you to be able to use the knowledge which you would gain in that work.

May we help you further, my sister?

L: I appreciate what you've given. Thank you.

We are most grateful to be of service. Is there another question at this time?

K: I have a question. Is it helpful for us to be aware of other lives and other incarnations from the standpoint of spiritual development? If so, how do we do this?

This is a difficult question for us to answer, because we do not know what triggers the spiritual development of any being. It is usually not at all valuable, as his being spiritually, to know his past incarnations. Normally, what is powerful to the individual is to be in the presence of someone who is happy, who has something that the searcher does not have, who suggests something that the seeker might not know. This is why we speak through these instruments—to attempt to inspire, stretch curiosity, cause you to arouse your own instinct for progress.

Unfortunately, it has become a fad among your people to discover who they were in past lives. If you have a specific personality conflict with another being, it is sometimes helpful—not in the spiritual realm but in the realm of human relationships—to go back to the previous experience and discover what it is that you are reaping in this incarnation as a result of actions in the past, However, if you can learn the art of forgiveness, you do not need to know what it was that somebody did to somebody else. If you can ask forgiveness with all your heart and

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forgive with all your heart, you have broken the laws of karma. Thus, you have no need of knowledge of an esoteric or occult type.

Unfortunately, this type of information has often been misused, due to the rule we were explaining earlier that knowledge implies responsibility. Thus, if you know what your lesson is and still refrain from learning it, your lesson becomes harder and harder until, as a matter of survival, you must learn it. To make it easy upon yourself, explore the possibilities of love in this incarnation, in this moment, at this time, with these people, in this environment, in this illusion, before you begin working with previous lifetimes. For it is in this life that you have the opportunity, at this moment, to take conscious control of your destiny and to speed yourself on your journey toward the light which you now invoke in this meeting.

Does this answer your question, my brother?

K: Yes, it does. Thank you.

As always, we thank the questioners, for we could not say a word if you did not ask us your questions. Is there another at this time?

(Pause)

K: I have one. During the day, sometimes I'll think about you all. Sometimes I'll ask questions, but I don't … you know … I don't hear the answer, but I can't think of an answer. Are you all listening when I think about you?

We are checking the computers at this time … one moment. The one known as Laitos is with you at all times when you ask your questions. Laitos is the easiest of the Confederation to, shall we say, hear conceptually. At this time you are not picking up the concept. However, if you persist in daily meditations, you will begin to receive impressions. They will not be, or usually are not, in words. You will simply get an impression. Or you may go to sleep and awaken with an impression.

We cannot work more closely with those who seek our advice than the conscious intellect allows. We find your vibration to be one of a strongly logical and commonsense type. This, I am afraid, my sister, is not a very easy vibration to enter, due to the fact that your common sense tells you that you are asking questions of thin air. Thus, we encourage you to ask your questions, and one day you will begin to feel the concept of the presence of the one known as Laitos. We must say, however, that sometimes when the questioner is alone, the answer will simply be a feeling of presence, due to the fact that the power of the individual is not strong enough to warrant a stronger impression. Also, some questions are not answerable, due to our desire not to infringe upon free will. However, the one known as Laitos is there with you when you mentally request his presence. We hope that you will gradually become aware and be comforted by the presence of that kindly vibration.

Does this answer your question, my sister?

K: Yes, thank you.

We thank you. May we ask for another question at this time?

(Pause)

I am going to leave this instrument, for she is becoming fatigued, and if the one known as H2 wishes, we will close the meeting through him. I am Latwii.

(Pause)

(H2 channeling)

I am Latwii. I am with this instrument. I hope he will relax more. I promise not to hurt you.

You have been wondering why I have not talked with you since the last meeting. You are too anxious. You want too much. You must learn to accept what comes to you. Oxal is your main contact.

We would speak to the group about the advisability of learning how to cope with general problems of daily living in a spirit of love. We hope you can keep in mind that we are with you. When I say "with you," I mean someone of us. And we are with you in love, and we will do whatever we can to aid you. By "can," I mean what is lawful for us.

Your hopes for betterment are not in vain. You will evolve in betterment in some time frame, because it is your destiny. You can help it to be now, or—if you must in your own pursuits—it can be any time later. Let it be now, my friends. We do love you. We care for you. We send you love and light.

I am Latwii. Adonai vasu borragus. ✣

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Advanced Meeting
July 26, 1979

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and the light of the infinite Creator. As always, it is our privilege to speak with you, and we thank you for inviting us into the midst of your group.

We share our thoughts with you, insubstantial though they may be, one life speaking to another, one brother speaking to another, for are our lives not like clouds as they cross the moon, visible only for a brief time, before and after lost in the darkness of the eternal heavens? Yet, we are now here, you and we, and it is with deep appreciation that we join our thoughts to yours in this transient moment.

Yes, my friends, your lives are very transient, and yet your spirit is indomitable. There is [nothing] that you cannot seek, nothing that you cannot will to know, if it be done honestly and courageously and without selfishness. And so even though your brief life may sometimes seem to be relatively meaningless, your activities mundane, your thinking confused, we say to you that if you can each day find some moments to meditate, to center your will upon the desire to know the love of the Creator, that wish for the original Thought will be unto you as a beacon, guiding your spirit far into the stormy seas of night when you have crossed the moon and there is no light.

We are sorry that we have had to delay our speaking to you this evening, but there was a desire in one of those present that we not speak. And this[6], my friends, is a perfect example of that which we deal with now: the transience of experience. There is a saying in one of your holy books, "All flesh is grass." We are not being mournful. We are attempting to be emphatic about the direct and important knowledge that you must have that you yourself are not your bodies, your pains and pleasures, or your experiences, but are instead a vibration which is temporarily and transiently housed in a chemical body. That vibration has certain characteristics which show forth to a greater or smaller amount in the physical amount in the physical body. Each characteristic shows forth as the degree of loving kindness of your nature, the degree of generosity, of compassion, of kindliness, that you have within your character. It may show forth in your ability to help people by healing, by the preparation of food, by working with your hands, by singing, or by telling stories, or by raising the young who are entrusted to your care that they, too, may know the Creator as do you. These biases come through from your vibratory personality into the physical illusion. However, you must not take this illusion any more seriously than you would take the passing of a cloud across the moon on a stormy night, such as this one. You know

[6] A storm was raging outside.

that there will be other clouds and other nights, other sequences of activities. These are unimportant. Your only important effort should be placed in centering yourself in the knowledge of the original Thought of the Creator, which is that of infinite love expressed in light. This light has formed all of His creatures: the planet in which you live, the skies which surround us in different vibrations. All things are light.

As you begin to have this ability to be detached from the transient experience and to be rooted in the knowledge of the original Thought, your power as a personality will develop, so that those circumstances which may seem to you to be inharmonious will of themselves become more harmonious, for your attitude will become such that nothing can disturb you.

I would pause at this time so that my brother, Laitos, may speak. I am Hatonn.

(Pause)

I am Laitos, and I greet you in the love and the light of the infinite Creator. If you will permit me, it will be my privilege to work with each of you. I would first condition this instrument, for she is experimenting with a deeper, shall we say, meditative state.

(Pause)

We thank the one known as Carla for working with us, and we find that she is more and more capable of working with the light vibration of some of your contacts, such as Latwii, due to her growing ability to deepen her meditative state.

We would now attempt to condition the one known as M. I am Laitos.

(Pause)

We thank the one known as M for working with us, and now we would like to condition the one known as J. I am Laitos.

(Pause)

I am again with this instrument. We thank each of you for being able to work with you. If we can help you to deepen your meditative state, that is our only desire among your peoples, for if we can but help the people of this planet to meditate and feel the oneness of all creation we will, indeed, my friends, have a part in the delivery of a tiny infant. That is the new age dawning upon your planet. At this time it needs all the midwifery that it can get.

Please ask for us at any time that you may wish for us to, shall we say, underscore your own meditative state. I am Laitos. Adonai.

(Pause)

I am Hatonn. I am again with this instrument. We are sorry for the delay, but the one known as Oxal was attempting to contact the instrument known as Carla. However, she was not able to perceive this. Therefore, we will continue for Oxal, saying to this instrument greetings from the one known as Oxal.

The one known as Oxal is concerned lest he be misunderstood in this group, for there has been in this group, shall we say, an impostor using his name. Therefore, the group consciousness of Oxal asks each of you to be in total at-one-ment at any time that the name of Oxal is heard in this group, for it is not wise to allow astral entities to deal with this group in its present configuration. We must explain that there is nothing intrinsically wrong with astral beings in general, but specifically mimicking a Confederation member by an astral being is very confusing to those who would believe the channeling of such beings. Thus, we ask your help in the future, as you call it, and we thank you.

At this time we would open the meeting to questions.

(Pause)

If there are no questions requested of us at this time, we would leave you with only a few thoughts, my friends.

You know that love is all that there is. You may think of it as the great medicine that is needed by your peoples. You may think of yourself as a healer, for the one who loves heals. There are different methods and different levels of healing, peace-making and calming the troubled waters of your ever turbulent society. Among the millions of you who are incarnate on the planet Earth, some have the power to heal nations through what you call your politics. Some have the ability to heal the hunger for knowledge through what we call teaching. Some have the ability to heal sickness and ill health. Some can heal melancholy, some loneliness, but all work through the vibration of love. There is a great sea of love around you, my friends. Float on it, rest in it.

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There is nowhere you can go that is not full of love, if you have but the eyes to see and the heart to understand. In meditation, may your hearts be opened to that understanding.

I leave you in the love and the light of the infinite Creator. I am of the group consciousness of Hatonn. Adonai vasu borragus. ♣

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Intermediate Meeting
August 2, 1979

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. We, of the Confederation of Planets In the Service of the Infinite Creator, can greet you only with these words, for they describe all that there is, my friend—love and light; for the Creator is love, and it is our understanding that that love, working through motion, or vibration, or, as you may call it, light, has created all that there is in an infinite panoply of beauty and order and unity, so that we are all one divine and unified being, with but one purpose, my friend. And that purpose is to give back that which has been given us so freely.

And what is it that has been given us, my friend? For we are all so different, and so many different things have been given us. Yes, my friends, we are aware that your circumstances differ. Some may have more of a supply of worldly goods than others, some a greater supply of what you on your planet term the intellect, some a greater supply of strength, some a greater supply of courage; and, certainly, all feel they have a greater supply of difficulties and problems. But we are not speaking, my friends, of this one gift, when we speak of any of these, for these are not gifts at all, but limitations that you have chosen for this experience. What you have in common, my friends, is consciousness.

Could you but strip away the layers and layers of concept and illusion that furnish your mind, you would find that the original Thought in which you are molded is that of love made conscious of itself. Each of you, my friends, is love.

How can this be a practical piece of knowledge? How can you use this in your life? That is why we are in your skies at this time. That is why we are attempting to speak through instruments such as this one, to those people of your planet who are hungry for some words that make sense amidst so many words that do not.

All of you [are] aware of the transforming power of love. Each of you has seen it at one time or another—the touch of a hand, the difference a smile or a kind gesture might make to a stranger. And we say to you that there is a method by which you can tap into the infinity of the universal supply of this love. We do not say a great deal [about] the Creator to you, because we do not know about the Creator. We are, as you, fallible, imperfect, unsure—but a little surer than you, my friends, for in the vibration which we now enjoy we can see that our brothers are one with us, so that to do harm to them is only to do harm to ourselves. We cannot lie, for our thoughts are visible to those about us, just as your clothing is obvious to those about you. Our vibrations are visible; thus, there is no deception, and there can be no confusion between people. We

no longer even have names, for we do not need them. We were aware of your conversation earlier about names, and it made us smile—for, indeed, in our society we do not need to name an individual, for each individual vibrates in a unique manner and could not possibly be mistaken for another person. Seeing the vibration that is based upon the great octave of love in each person, we thus love each person. But that is easy for us; it is not easy for you.

Through meditation on a daily basis the people of your planet—even though they are in the midst of incredible turmoil of one kind of another—can gradually erode and remove the illusion of that turmoil and discover that which is calm, peaceful and yet ever moving; that which is the fountain of love within each being.

We do not promise you great power, although some souls have been known to find great power through simple meditation. We do not promise great riches, although we can promise you that those who are aware of the moment receive what they need in that moment. We cannot promise you peace of mind, though you will constantly go back into the world. You cannot stay in meditation, unless you wish to stop learning. Coming from meditation with your heart full of love, it is then time to meet the world on its own terms, but with a smile on your lips in the face of that which may make you upset were you not centered in the awareness of yourself in this present moment, safe in a harbor of love that extends throughout the universe.

So many people you meet, my friends—and we are aware of this—are polarized, shall we say, in a negative way. This is not their fault. In their own minds they are trying as hard as they can. In their own minds they are not attempting to be negative, for the most part. They are victims of their own conditioning. And yet, when you meet them you must deal with them, whether they be in stores or in cars or among your friends when they are having a bad day. Even you yourself may be met by you the observer with some horror as you say to yourself, "Can that be me? Can I be this upset, this angry?" Let the part of you that has been found in meditation, that part which is infinite in love, be the self that meets that situation. Find the humor that is hiding in the situation. See the love that is hiding in the person, and make available to that person for the first time the seed of an idea—the idea that it might be possible that there is something that he does not know that he may want to know, that it might change him to know.

We do not say to speak, to testify—as some of your religions call it. No, my friends, you are sent into the world—as it is written in one of your holy works—as sowers to sow a seed here and a seed there. Many will fall where they will not grow. But the seeds of love are the most valuable and precious seeds in your universe. The Creator has sown them all about you; the beauty of the trees breathes with love, the wild life, the flowers, and all of your beautiful grasses, herbs and foods cherish humanity, make it possible for it to live and send it love. The very skies give you wind and rain and sunshine so that you may live and grow your crops and enjoy your existence. This much the Creator can do. Beyond that, you are the Creator, and it is the look in your eye or the touch of your hand or the way you can give love in an unlovely situation that produces the future crop of love in those about you.

And so we say to you, my friends, go into meditation in whatever fashion you may wish. Consciously ask to know the truth. If we have not told you the truth, then find yours, for we tell you only what we know, and we are imperfect. But in all good faith, we ask you to seek for yourself. And then, after you have sought in your daily life, seek then to know the moment—each simple, discreet moment. It will not come again—your chance to be a creature who is a child of love in that moment will not come again—so we ask you to remember from moment to moment what you have learned in the silence.

We are aware that we have outlined a course of action which, were it to be compared to a sea voyage, would be a lifetime voyage. That is all right, my friends. It is our understanding that it is for that voyage that you set out on this incarnation. At least, you are now thinking about taking ship. Some of you have already embarked. You shall become, then, those with the far-away eyes who can touch and help those upon the land who do not yet know that life is a voyage and that there is a purpose: a new world to be found at the end of it.

This experience of yours, my friends, in this illusion will end. Each of you will leave, and then you shall see what you have done in this experience. This is a precious time for you, my friends. This is a time when, under the most difficult of circumstances, you

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can try to help. That help can be given effectively only from one person to another, in the illusion.

We who are within what you might call the inner planes or the outer planes of existence can only seek to inspire you yourselves to act in such a way as to seek the truth.

At this time we will pause and condition each of those within the group. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn, and I greet you once more in love and light. We thank each of you for making yourselves available to us for conditioning, and we ask that if, in any case, our vibration is too strong you simply request mentally that we adjust our vibration.

At this time we would open the meeting for questions.

(Pause)

M: I have a question. I was wondering if you have any insight or comments on any possible reason why I might have such problems getting up physical energy. I feel I exercise regularly and feel like my diet is fairly under control and still I feel almost like it must be some mental or psychic problem more than physical even, maybe.

I am Hatonn. I am aware of your question, my sister. We see in your body no significant difficulty. However, there is a certain amount of indecision at this time which is very deep. We do not specify this, for we do not wish to infringe upon your free will. However, this type of emotional difficulty is very common for those of, shall we say, a certain transitional period which comes and goes within the life span, as you would call it, of beings of your planet. It occurs many times in a lifetime, and we feel strongly in saying that you are, shall we say, all right and should be confident that the problems of transition will run their course as you stay centered, as you have said, physically, mentally and spiritually. Some things simply take time, as you would call it on your sphere, and it is good meanwhile to be very kind to yourself, assuring yourself that to have less energy than at another time is simply a way of conserving the energy that you need to meet an inner source of difficulty.

As for the psychic part of the question, there is a small component of the transitional phase having to do with previous conditioning of a spiritual nature, and we feel that you are making good progress in integrating what was best of that experience with what is best of your present life, which is a more balanced one in many ways. Thus, taking the good from the past and having every hope of the future, we feel that you may balance yourself in a period of what you call time and feel much more energetic when the other problems are resolved. At that point you will feel more *(inaudible)* in an outer way and more serene in an inner way.

As we have said, this is a cycle and, as all things within the illusion, it is part of an experience that you have designed for yourself in order to teach you certain lessons. Again, we would not infringe upon your free will by speaking of the lessons which you have set for yourself. But we know that you are working to understand, and we encourage you and, above all, ask that you be confident and not require more of yourself than you would be able to give at any particular moment. You are doing what you should if you do it with love, however little or however much it may seem to you.

Does this answer your question, my sister?

M: Yes. You've even stated the question better for me than I have; you heard my question better than I said. Thank you.

Oh, we thank you, my sister, as always, for the opportunity to share our thoughts. Is there another question at this time?

(Pause)

This instrument has a question which we will restate for her and answer, for she has been wanting to ask it; we have not had another channel for some time.

The question has to do with the number of UFO movies and television shows which are appearing at this time, and she has been wondering if we are influencing Earth people or if there are extraterrestrials among you.

The answer is, of course, that we are with each of you who ask to hear our thoughts but that there are some among you who have come through incarnation into this illusion, but whose basic personality is, shall we say, extra-terrestrial or extra-dimensional; this would probably be the more accurate term. And, indeed, the generation that is responsible for much of the new activity in these

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areas within the popular culture of your society is extra-dimensional in nature.

We are not capable, without infringing upon free will, of actually writing, shall we say, television scripts or influencing the minds of people in the business of producing such things to create such scripts as those which have been seen by your peoples. However, we are very pleased that so many of those who came to the Earth sphere during this time have remembered or are beginning subconsciously to remember why they came, for it is very usual in such cases for at least nine out of ten of these incarnated extra-dimensional people to forget for their entire incarnation why it is that they have such a feeling of not belonging, why it is that they do not fit in, why it is that their natures seem so often at odds with society.

We feel that this has answered the instrument's basic question. Is there another question at this time?

(Pause)

D: What could you all … do you see any value in using astrology as a tool to understanding cycles—the sort of cycles you spoke about earlier?

I am with the instrument. I am Hatonn. We are aware of your question. It is a difficult one to answer.

There are many occult sciences, shall we say, such as astrology, which have some use. They have been largely misused among your peoples as a way of prophesying, and this has overtones of infringing upon free will by suggestion. This is not in line with the law of the Creator, which is one of free will and love. Your world is not deterministic, and your stars, shall we say, are merely pointers pointing the way, as you know, to the basic structure of your Earthly personalities. You are also provided with a will which, following the laws of the Creator, can totally transform the basic Earthly personality, if it so desires; most often it does not. Therefore, the system or language, such as astrology, has its purpose in simply helping the aspiring student of himself to begin to understand what it is he is dealing with, what his basic problems are, what his assets might be, etc.

In the determination of cycles, we might compare the value of astrology to the value of an almanac in determining the planting and the reaping of a crop. There is some technical value to knowing what the new moon is, what the full moon is, but you must know what you plan to plant, and this astrology does not tell you any more than the almanac can tell you by a simple explanation of the phases of the moon. The almanac, like astrology, can be mistaken about the precise placement of storms, be they weather storms or storms of emotion that sweep over those in your illusion. Consequently, astrology, just like the almanac, can lead you astray if you are too literal-minded, if you do not rely most completely on your own hunches, on your own intuition, on your own feelings.

Perhaps the best use of astrology and many of the other disciplines, such as tarot, numerology, and the others, is as a focusing point, shall we say, for the psychic power of the individual. It may be quite small to begin with, but by working through this particular system, your own power of intuition begins to develop, and you see more than what is in the stars or in the cards or in the numbers, and you see better. You, unlike the stars, are creatures of compassion and love. The stars in their courses are, indeed, determined. You, my friends, have free will. Thus, we ask you to approach astrology as everything else, in a cautionary manner, trusting most reliably on your own senses, both outer and inner—your common sense and your intuitive sense.

Does this answer your question?

D: *(Inaudible)*.

Is there another question at this time?

(Pause)

We are aware of a couple of unasked questions in the minds of a few of you, but we are unwilling to break into your thoughts, shall we say, and raid the storehouse of your memory. Consequently, we will only say that we are available to you at any time that you may ask for us. We are your very humble companions. But what little help we can give you, we offer you freely.

If at any time we are with you and you request that we leave, we will instantly. And on that note we will close this meeting. We will attempt to transfer this contact to the one known as H. I am Hatonn.

(Tape ends.) ♣

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Advanced Meeting
August 9, 1979

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. We thank you for summoning us on this evening, and we express our appreciation to you for inviting us into your domicile at this time. We are aware that each of you has had a busy and a trying day, and to know that you are making room for meditation is very heartwarming to us, for to find companions on the spiritual path is, indeed, a great pleasure, as always.

This evening we would talk to you about the strength and the keenness of your desire. We will talk to you about something that you do not think about enough, and that is how complete the illusion is in which you now exist.

Your physical vehicles are, at this point, in what you would call a seated position, held downward by a force which you do not explore but simply take for granted. What would occur, my friends, if suddenly gravity were reversed and you were flying toward the ceiling? Could you think fast enough that your heads would not come into contact with the ceiling before your feet whirl around? Would you land on your feet?

When you walk down the street you expect that no buildings would fall upon you, that people's heads will remain attached to their bodies and will not come hurtling at you. You do not find a high risk in simple actions. Do you realize, my friends, how carefully the illusion has been planned so that you do not have to be aware of the safety of your physical vehicles? You have your gravity, you have your energy fields, you have your physical universe in which your very fragile physical can make its way with a minimum amount of danger.

Why do you think this is, my friends? And why is it that so many people, instead of taking the opportunity of this safety from imminent danger to meditate and to try to penetrate the desire of their lives, simply find more and more comfort to enrich the luxury of their lives, if you would call it that?

There are people that dwell upon your sphere who live in a very high-risk situation at all times. No, my friends, gravity is not reversed, nor do things hurtle at them from others, except in war. But there are other dangers: there is hunger and thirst, being too cold and too hot, and too wet and too dry, passing the parameters of your physical vehicle. And in these high-risk situations many among your species pass from existence in your dimension. But you yourselves, my friends, you are not in such an area. You have incarnated into a physically easy, simple, comfortable number of parameters of existence.

What shall you do with this opportunity, my friends? Much has been taken from your worry that you may turn your will and your desire more deeply

into the mystery of who you are and where the truth lies that suffuse your identity. Do you really wish to know? Have you sought in meditation today, even for a few seconds, that link with the Creator that gives you the key that unlocks the door to knowledge of yourself? What do you know of yourself besides the fact that you are comfortable and that you enjoy comfort? You have been placed into this world by yourselves for experience, but you are not to be hungry and at risk by bullets, by tidal waves, by heat, by exhaustion. For what, then, were you put into this world?

Many are the laws of love which you have discovered, and for that we congratulate you. But we tell you that you have only scratched the surface of your own consciousness. We tell you that there is a vast geography beneath the surface of your knowledge of yourself, and in this area of yourself lies an understanding that goes beyond comfort, beyond the physical body, beyond the physical life that you know. How can you seek less, my friends, even for one day?

We do not ask you to lose your sense of humor, to deny yourself any comfort that you may find pleasant. We ask only that you see the place of these things and the importance of these things relative to the real business of your lives: finding and sharing the truth that is within you.

We find within this instrument regret that she has, during this day, failed to be of perfect service to one of her own species. And we say to you in this regard, yes, you must share what you know, but if you cannot share what you know you must not regret your lack. For if what you know is incomprehensible, then to attempt again and again to share it is, as it says in your holy works, to throw pearls before swine. They cannot understand; they will only sicken on such a diet. Thus, allow yourself only to desire to know the Creator in yourself and others. But if the moment has not come for you to be able to demonstrate a teaching, then, my friends, it simply has not come. You were not sent out into the world to change those who were not ready. You must only see in them the possibility that exists for them to, at any time, as you call it, to become aware of that which you may know; thus, never shutting your heart against another, you may bide your time, as you say, and plant those seeds of information, those thoughts of love, when they are asked for, not before.

The important thing, my friends, is to remain untouched by success or failure in contact with others. You do not know in a true sense what your manifestation may have been to another, for that is not in your saying within another's experience. You know only what you feel, and that you have as much control over as you do over yourself as a whole. Therefore, let you heart be glad, let your tongue be honest, and let your thoughts dwell upon the Creator. More than that you cannot do. Less than that you should not do.

(Pause)

I am conditioning each of you, and would like at this time, although the instrument is very fatigued, to say a few words to the one known as Don. I am Hatonn.

(Pause)

(N channeling)

I am Hatonn. I am now with this instrument. Please pardon us. We felt this … would endeavor to speak through this *(inaudible)* at this time, for he is open to our contact with ease.

We of the Confederation have some *(inaudible)* words to be handled. We have been attempting to be of service so that you may speak the truth to those who desire to know the truth. We do not need many words. We use them to aid an understanding; but in reality, my friends, what you seek is very simple. It is so simple, it is not simple. What you desire to know, you already know. The love you yearn to feel surrounds your body and your thoughts at all times; it has never left; it is always here with you.

At this time we will attempt to step up our conditioning rays, so to speak, to bring you closer together as a group during this meditation. We will pause for a moment.

(Pause)

I am Hatonn. Again I am with you. The illusion that you now live, my friends, will distract you very easily, as you know; but in reality it is an illusion.

Your progress spiritually cannot really be intellectually described, but we say only the desire must be there. If you desire truly to know love, you will, my friends, because you already know. Meditation calms you to a point where you can

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sometimes *(inaudible)* this knowledge and recognize it. It is always available to you.

At this time I will transfer this contact. I am Hatonn.

(Pause)

(Carla channeling)

I am again with this instrument. I am Hatonn. We had again attempted to contact the one known as Don, for we wished to exercise him, due to the fact that he is somewhat out of practice, and it is sometimes a little difficult to regain the fluency one has had in the past immediately. Therefore, we wished to practice just a few sentences with him. We will attempt again a little later.

At this time we would open the meeting to questions.

(Pause)

This instrument has a question, due to the fact that she has been perceiving a concept which is somewhat beyond her abilities, because it is a geographical concept. But we can assure her that we felt that the earthquake activity which was recently felt in California was a great victory for those who do meditate and attempt to lighten the consciousness of your planetary sphere, in that no one was, shall we say, removed from the physical who did not wish to be; and once again some pressure of new transition is eased somewhat. However, due to your continued difficulties in your Middle East and elsewhere in your world, there will be continued difficulties in your oceanic tides and storms. Therefore, we urge you to continue meditating for peace for the worlds, for there is some danger.

We have difficulty giving this instrument the geographical location, but it is west of your nation and south. Thus, we ask your help in your planet's deliverance from a very difficult *(inaudible)* into a new age.

We thank you who have attempted to be messengers of love and light in these times, which do not lend themselves to messengers of that type; and, as we say, we urge you to continue.

Is there another question at this time?

(Pause)

I am again with this instrument. The energy this evening is somewhat low, and thus we are not at our very best contact level, although this is a very good group, as one of your comedians has often said. The energy level of the group is somewhat low; thus, it is less easy for us to make contact, and we thank you for the energy that you give us at the end of such a busy day.

We ask you to remember that in love there is no limitation; there is room for all things to be done in full measure. Thus, if you are physically weary you may draw from an infinite supply of energy which has been called cosmic, but which we tell you is simply the love that created you and that created all that there is.

We will again attempt to contact the one known as Don, that we may close through him. I am Hatonn.

(Pause)

(Carla channeling)

We thank the one known as Don that we are able to work with him, for we are having good success in conditioning him, but we are not making good contact with him, due to the fatigue and his analysis of our thoughts.

Before we leave this group we would condition the one known as G and the one known as M. We are attempting a new, gentler conditioning for the one known as M in hopes that it will be more comfortable for her. I am Hatonn.

(Pause)

I am again with this instrument. I leave you, my friends, in the love and the light of the infinite Creator. Again we bless each of you and assure that at all times we are with you if you wish us. May your days be full of light and your sleep full of comfort. Adonai, my friends. Adonai vasu borragus.

(The tape recorder was stopped and then started again.)

(N channeling)

I am Oxal. I greet you in love and light, my friends. My brothers and I will not detain you, for we know you are tired. But we wish you to feel a higher note, so to speak.

The seriousness that surrounds problems in your individual lives is not so serious as you may think. We ask you to try to view yourself as a grain of sand on the beach of a vast ocean. You are an individual, and you are one of many millions like you forming one great stretch of sand; and every so often the

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waters of the ocean come in and waves surround you, and the water may be softly turned a little to go back put to sea. As this perpetual motion goes about, you are taken along the path.

My friends, we ask you to think of yourself as a grain of sand, because in the eyes of the Creator you are one of many. But, as with the grains of sand on the beach, not much real harm can come to you, not much can really hurt you, except being bounced around with other grains of sand. If the Creator overlooked creation, it is perfect, and at no time would the Creator let harm come to His creation. The illusion makes it seem that way sometimes, but as a father and mother love their children, they watch and protect us.

It has been a great privilege to speak with you. I am Oxal.

(Pause)

(Carla channeling)

I am Latwii. I greet you. I was afraid I would not get to speak with you before you had not gotten your second wind, but now I will speak only a few sentences to say that I send you love and light in the name of the Creator and, as always since our meeting several of your months ago, watch over you with the greatest of love. I am Latwii.

As you go about your business remember, my friends, whom you serve. Only one thing do you serve, my friends: love. Invoke the light of that love, and all things will come into harmony in their own time. I leave you. I am so glad to have been able to speak with you. I am Latwii. Adonai, my friends. ❦

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Intermediate Meeting
August 16, 1979

(Carla channeling)

I am known to you as Telonn, and I come at the special request of your group to lend my vibration to your seeking at this time. We would help to balance and improve the vibration of your group by asking you to join us of the Confederation of Planets in the Service of the Infinite Creator who serve in His love and His light.

In that light at this time picture, my friends, a globe of light that is pure and white, that is in the middle of your circle; and when you see it clearly in your imagination, allow it to grow until it fills the room and has engulfed your consciousness. Within that light which you invoke in the name of the Father we are all one, my brothers and sisters. I am Telonn.

(Pause)

I am again with this instrument. I am Telonn.

We ask now that you maintain a balance of oneness with the universe, and allow your consciousnesses to become seated again in your physical vehicle.

We are aware that a few of you felt a slight sensation that you might describe as a rise in temperature. However, this was not intended, for light and heat are two different things. And in divine light there is no heat, just as in divine love there is all warmth. The sun that is the great star that feeds your race with heat and light has as its attributes the two great attributes of creation. Heat is love, and light is the material that love takes to transmute into all the vibrations that exist in the universe. Thus, we ask you to meditate upon the light and the ever warm love of the Creator of us all.

I am Telonn, and I leave you through this instrument but not in spirit, for you may call upon my vibration by merely requesting it at any time. We are here to serve you. There is no other reason for our mission. Therefore, feel free to call upon us. Adonai, my friends. I am Telonn.

(Pause)

I am Hatonn. I am with this instrument, and I greet you in the love and the light of the infinite Creator.

We of the Confederation of Planets are always happy to greet those who are new to this group, and we greet the one known as P as well as all of those who have been here so faithfully before, for it is a great privilege to speak to each of you and to share our humble thoughts with you.

This evening we would like to tell you a story, for you see, my friends, in stories there are sometimes the seeds of truths that cannot be spoken straight but must be approached through what you would call the parable.

Once there were two sisters. These two sisters were without husbands, for they had both lost them as

years went by. Being alone in the world, they sought each other, loved each other, and lived together, taking care of each other and supporting each other in times of distress. As they reached the age of seventy, both of them began to feel the failing senses of old age come upon them. One sister reacted by becoming somewhat bitter. She began to feel that she was, indeed, in a tragic situation and became less and less able to deal with the simple functions of her life and was melancholy indeed, waiting for a death that she did not want, and living a life whose days and nights went slowly and sometimes fearfully.

The other sister reacted in quite a different manner, for even in the same family each individual child is a unique entity. The older sister began to think of the shortness of her remaining years. She began to realize for the first time that, although she had been of great assistance to her husband and to her children and to her sister, in her adult life she had narrowed her world until she was no longer of assistance to those beyond her doorstep, and she determined to crusade beyond her doorstep and see what she could see of the world and do what she could do for the world.

And so this lady began to take a walk—just a short one around the block—and she opened her ears, and she opened her eyes, and within a very few months she had had conversations with many people, had talked about the Creator with confused children, had found from another one that there was a crying need in hospitals for visitors, had found from yet another friend she had met along her way that in prison those who sit in darkness have no visitors and quite often are grateful to speak with anyone, even a 70 year old stranger.

Taking her courage in her hands, as though it were a precious gift, she did that which she had never done before, for she had been a timid woman; and where she was guided, she went. She sat by hospital beds where people were dying and talked to them. She came to prisons once a week and had friends that she made in that unlikely place. And on she walked, and soon the neighborhood began to know of her, and people came to her.

One day, my friends, both women lay dying, for such is the end of the mortal life, and it will certainly happen to you all. And because they had been stricken by the same virus and were dying at the same time, it was possible for them to be in the same room when they went into the hospital for the last time.

The older sister had so many clustered about her bed that she could not possibly count them or speak with them all, for she was very ill. She begged them, "Please, go talk to my sister, for she is in great need of friendship and love." And some would go over to the sister's bed, introduce themselves, and try to speak words of comfort. But the younger sister was very bitter, and she could not accept the love of strangers. "Go back to my sister," she would say. "She is the one you came to see."

In the end the sisters died, and as the older one died she reached out to the youngest, and they were able to hold hands. The last words of the older sister were very simple: "I love you, sister," she said.

The friends still came, though there was an empty bed, and they clustered around the younger sister. And suddenly for the first time the younger sister understood that the legacy of love is an endless repetition and echo of that vibration in others. And as she died, her bitterness left her, and she was able to leave this plane in the vibration of love that her sister had finally been able to share with her.

We ask you, my friends, to be so seated in your hearts that you can do those things which become before you to do in the name of the Creator and in the voice of love. In this vibration were you all made; and this you share, not only with those of your planet but with all sentient beings throughout the universe, in all galaxies of your universe, and in the many universes that fill the dimensions of the great creation. We are all one, my brothers and sisters.

There will come before you things to do. You each have your own talents. They are each different and unique. You cannot be anyone but yourself. Yet, in your own way, you can be one who shows love. There are an infinity of ways to show love. It is your own judgment that will help you to know what your opportunities are, what you can and cannot do. But when you see an opportunity, my friends, turn it not down, but go forward. You will feel in your heart that which is right, and only can know the feelings of your heart.

We ask only one thing. Instead of becoming bitter as the lessons of life hurt you and pain you, physically, emotionally, and mentally—remain open to the

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healing power of love, which is best done, as we have always said to you, my friends, through daily meditation. It does not matter what type of meditation that you use—you may pray; you may read scripture or other holy works and contemplate the truth of what you read; you may sit in silence in passive meditation; you may engage in magical rituals, such as your so-called holy communion, and by that imagery find peace. But however, my friends, that you can become close to the one original Thought that created all of us, to the one Creator that is love, that is what you should do daily; for you cannot be a loving person by yourself.

Humanity is very limited in its ability to love, for they have not, through the centuries as a planetary consciousness, spent a great deal of time in concentrating upon love but rather in concentrating upon other things, such as the acquisition of goods, the acquisition of geographical territories, the acquisition of peoples, and the disruption of human life in order to gain these goals. Thus, your planetary consciousness does not have love as its strongest suit.

To get into contact with the infinite source of love that may be compared to the star body that is your sun, you must meditate and find within yourself that small part of yourself, which is your real self, and which is part of the original Thought of love.

Once you have found this, you can always deal with situations in such a way as to never betray that within you which is your best. However, my friends, if you fail, do not reproach yourself but go on and try again, for it is expected of a student of life that he will not be perfect in all of his examinations. Thus, encourage yourselves to seek again and yet again the peace of the presence of love.

At this time I would pause so that my brother Laitos may condition each of you in the room, if you will relax and request his presence. He will make himself known to each of you. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn. We are deepening this instrument's contact, for we have a very good contact tonight, for which we thank you.

At this time we would open the meeting to questions. If you have a question, please ask it at this time.

(Pause)

I am aware of a question in the mind of this instrument, and thus we will answer her question.

She was asked previous to this meeting by a friend if there was a relation between our planetary consciousness, which is Hatonn, and the deity that was worshipped in Egypt called Aton or Aten.

We are not a deity, and Hatonn is not our real name, due to the fact that we do not have a name. Our planetary consciousness is unique, and we each are unique, and because we dwell in a dimension where these vibrations of thought are visible, we do not need names any more than you need names to distinguish between red and yellow and blue. You would know the colors, whether you could speak or not. Thus, we know each other without the need for names, and we can see the harmonies of each other without the need for names.

However, upon your planet you are very fond of names. They seem very important to you; and therefore, we chose a name when we first came to you planet nearly 30 years ago. We chose a vibration which very closely matches the vibration of love which is the planetary consciousness which we now enjoy. That unity vibrated on your planet by the name Aton. Thus, we adopted that signal for identification for use in speaking with your peoples.

We are aware of the vibratory power of names and are aware, as a matter of fact, that some, having been named in vibration that is unlike their true self, go through life having to deal with the disharmony between their name and themselves. It is too bad that children cannot choose their own names when they are old enough, shall we say, to vote; for by then they know themselves with a fair degree of honesty and can choose the vibration with which they wish to go through life. That is the nature of our name, and that is our connection with the Egyptian name Aton. We are not in any way, shape or form a deity—nor are we Egyptian! However, we did make use of that vibratory name.

Is there another question at this time?

(Pause)

Questioner: I don't know exactly how to ask it, but … one of the meetings you all came to, it seems like I asked Latwii a question, and he had to like switch over so he could consult a computer and found out

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something … he said Laitos was like the planetary consciousness that dealt with me and *(inaudible)*. Why do they deal with certain people … certain consciousness … I don't know how to explain it. Do you understand what I mean?

Yes, my sister. We are with this instrument, and we do understand your question.

The concept of a computer is very useful to us in describing to you the consciousness that is the collective consciousness of the Confederation of Planets in the Service of the Infinite Creator. We have nearly 600 planetary envoys to your planet at this time. They are from different dimensions, different times, and different universes, but all come because they have heard the cry of "Help!" which is going up into all creation at this time from those upon your planet who greatly desire to know the truth.

We cannot communicate to each other in time, as you would understand it. We must communicate to each other in the condition which you might call *no time*. Thus, we have pooled our thoughts into something which you might best understand by our calling it the computer. It is actually an organized collection of our thoughts to which we have access telepathically in *no time*, as opposed to real time. Thus, if another Confederation group has been working with a person or a group upon the surface of your planet, or if some entity has asked a question that can be answered by reference to the history or the current status of your planet in some way, we do refer to our collective body of knowledge, which we add to each time that we speak with your peoples. We also have those who observe your planet, and whose job it is to feed the current status of your peoples—emotionally and spiritually—into the collective consciousness which you would call a computer. Thus, if we have need of that knowledge, it is there. However, we must pause in our transmission through an instrument, such as this one, for you see, the instruments are living in so-called real time, as a computer person would say, and cannot deal with a no-time transmission. Therefore, we pause—switch gears, shall we say—and then when we have the knowledge that is needed we again transmit through the channel, such as this one.

As to various consciousnesses, such as Laitos working with new instruments who are thinking seriously about attempting to learn to channel, Laitos is almost always the one who works with such new channels, due to the fact that this is his service to your peoples. Thus, when a desire comes for the learning of this service, the call goes to Laitos, and the vibration of Laitos responds by attempting through a conditioning wave to strengthen the new channel's own spiritual vibration. Laitos' vibration is very easy to pick up, in comparison with some of the entities who have spoken through your group. Telonn, for instance, is not at all as strong or, shall we say, a broad band channel, and a new instrument would find it difficult to pick language from such a contact, although she may see vibrations of light, for Telonn is a light vibration, as opposed to a love vibration.

However, your need for Laitos as you attempt to learn to channel is simply shared with all new channels and is not special to you, but is simply the procedure by which we of the Confederation normally go about helping those who wish to channel.

Occasionally we will find a person who vibrates in such a way that another planetary consciousness is more appropriate, and in those cases we use another entity. However, for the most part Laitos is the one to request if you wish to receive conditioning.

Does this answer your question, my sister?

Questioner: Yes, thank you.

We thank you, as always. Is there another question at this time?

(Pause)

Questioner: I'd like to ask if in the near future will there be more people on the Earth that are being more interested in contacting in our other planets in outer space?

There are, my sister, already so many people interested in the possibility of life elsewhere and the possibility of contact that this desire has come into your popular culture. Movies have been made about it, songs have been written, and it is perhaps the most powerful desire among the peoples of your time.

We are the messengers of a transformation that is now taking place upon your planet. In the peoples of your planet, many of them have incarnated for the specific purpose of experiencing this transformation,

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for during this time of changing vibrations there is an especial intensity of thought and a great polarity of emotions. Thus, those who vibrate in light and love have their work cut out for them, for they must encounter with love both mediocrity, indifference and that which you call evil but which upon greater understanding can be called separation. Many, many of your people are sort of, shall we say, on the fence. They know that there is something that they wish to seek, but they do not know what it is. We are here to attempt to tell them what it is—and that, my friends, is love.

There will increase among the children that are born at this time the knowledge of that love that will become more and more obvious to those who will observe your young peoples that more and more there is an awareness of the life that is in the universe and of the possibilities that abound within the confines of the physical life.

We hope that we can help as many as possible to turn toward the light, to seek love, and to begin to understand their deepest desires; and we are here because there is an increasing of those people, and they will continue to be so.

Does this answer your question, my sister?

Questioner: Yes, thank you.

We very much appreciate the ability to share our thoughts at this time. Is there another question?

(Pause)

If you are ready at this time, my friends, to close the meeting, we will do so.

You, my friends, are in a prison of your own, a prison of your mind. We hope to stimulate your imagination and your emotional commitment to that which is good, true and beautiful, that you may seek that love which opens the door of your prison. There is never a need to be unhappy or distressed, whatever your condition; and we say to you forthrightly—be at peace with yourself. Love will abide.

We leave you in that love, in that light. I am known to you as Hatonn, a messenger of love. Adonai, my friends. Adonai vasu borragus. ♣

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Intermediate Meeting
September 6, 1979

(Carla channeling)

I am Latwii, and I greet you in the love and the light of the infinite Creator. It is a great privilege to speak with you this evening, and we have been requested to do so by the group consciousness known to you as Hatonn, who again at this time has been stationed over your Oriental skies, as you would call them, in order to attempt to send vibrations of love and peace to the leaders of those nations, for there is some danger at this time to your peoples that national tempers will rise to the point of armed conflict. Thus, the entity known as Hatonn and we of the Confederation ask that you meditate upon the peace and harmony of the creation of the Father and send those vibrations into the planetary consciousness at the end of each meditation, for the world needs your love at this time very much. The entity known as Hatonn also wishes to thank those in this group who have meditated at times upon the calming of the waters, as it was asked previously that you do. For indeed it has helped to avert even worse disasters in the oceans and storms of those oceans.

The power of what you might call faith or love is so great that even a small group of people, [can be effective if they] are genuinely concerned and give of themselves in prayer and meditation first of all to seek the truth and secondarily to send love and light to those who are in need and to the planet itself. This energy is extremely powerful and we thank those who have lent themselves to this great work at this time.

We are at this time very far from you and speaking through two densities of thought to this instrument. However, the conditions for reception are very good and she is receiving very well, although our contact is causing her to feel a bit electrically stirred; the hair upon her body is somewhat electrically charged. However, we can continue through this instrument and will do so with your permission.

We, as always, are amazed at the serious attempt of your peoples to live by the laws of ethical rightness as you know them. My friends, we would speak to you about these laws for they are sometimes harmful. It has been written in your holy works that when the teacher known as Jesus was asked why his disciples sat to eat without washing their hands, as was the custom among the people of that time, for religious purposes, the teacher answered, "It is not what goes into the mouth of any man that defiles him, but rather those things which come out of the mouth of men." And we would reacquaint you, my friends, with this thought for it is very important in your understanding of the law of the Creator. Yes, my friends, there is a law and that law is love.

Mankind has created many systems of ethical considerations, so that man may live with man without warfare. And this is, of course, to the good

of the people. For it is not comforting to know that you might at any time be killed for no reason at all, or dragged before a firing squad, or imprisoned, or the other difficulties facing one who lives in a society which has fallen into the hands of an unscrupulous government. Thus, to the extent that these laws of man, legal and ethical, preserve the common peace and aid the spiritual development of each human being, these laws are to the good. But when they are interpreted literally and rigidly and do not allow for compassion, understanding and the redemption of love then these laws are harmful to the spiritual development of the individual.

How many of your peoples, my friend, have been subjected in their childhood to a long list of things about which they must feel guilty if they not do? These laws cover everything from what one must put on one's body to be well clothed to how one must keep one's dwelling place, how one must speak, who one must speak to, and how one must judge others according to their appearance. All of these ideas of mankind are erroneous, in that the appearance of man, the habits of man, and all of those things which go with a cultural upbringing are merely window dressing for that which is deep within the heart of each man, and that is that spark of love which is the divine Thought which created him.

If you cannot deal with a person because of his differences from you, intellectually, morally, spiritually or simply by appearance or way of speaking, then you have not drawn from your meditation the deeper understanding that all men are the same. That they are all on a path towards the Creator. Some are going at a fast rate of speed, some at a slow rate of speed. Some seem to be taking a vacation from the journey to the Creator or even taking side trips in which they are getting farther away from the love of the Creator. But, my friends, if you take the long view you must realize that it does not matter because if you have eternity in which to develop each soul, and if you understand the inevitability of the progress or, shall we say, the eventual progress of each soul, then you know that each person is either progressing along a spiritual path now or that he will do so in the future. It is this portion of the personality of each being that you meet that must be of importance to you in your dealings with him.

If you are unable to tolerate a person, as understandable as it may be, you must still continue to meditate until you can see that person as the Creator, for that is the law of love. You have upon your planet many who do not understand nor wish to seek the law of love, and it is indeed hard to imagine being able to love some of these people. We would name, for instance, Adolf Hitler, whom it would be difficult to see as a child of the Creator. Yet, my friends, this man is a child of the Creator and this soul, although he has a long, long journey, will in the end become a spiritualized and seeking being. Other political figures of your time, such as the entity this instrument calls the Ayatollah of Iran, seem to be totally lost in totally foolish and shameful acts. But we say to you, my friends, you must see each person as part of the Creator. It is only in doing this that you free yourself to have a right relationship with each person that you meet. These are extreme examples, of course, but in your daily life you meet so many whom you could inspire because of the joy in your heart and your acceptance of them without judgment. They would then wish to know what you had that made you different, my friends. And you would have dropped a seed of love; whether it fall on stony ground or on fertile soil, your service would have been accomplished.

Thus we say to you, know the law of love and understand that it supersedes the laws of mankind. And if you can apply the law of love in any situation, do not hesitate to relax your grip upon the laws of men. For more important than your understanding of the wrongness of others' actions, or even your own, is the understanding that forgiveness is the divine act. And it is within your own heart, through the grace and power of love, that you may forgive yourself and others when you find yourself or the people in error.

How much you people desire to be of service to each other! We appreciate that, my friends, for we wish to be of service to you also. But we are aware that we can only do just so much, and then we must relax and let our thoughts drift towards the golden love and light of the infinite Creator. What we can give you, we do! If we can give you an inspiration, if we can give you a piece of joy from the feelings that we give you in meditation with us, if we can encourage you to meditate in any form whatsoever on a daily basis, we are very pleased. This is what we are here to do. If we fail, we simply wait until we can try again. And we hope that you can develop that kind of patience and understanding of your fellow man.

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Life, you see my friends, is truly a humorous condition. If you could look at your life as though it were an old time silent movie with all of the gestures exaggerated and subtitles under each episode, you would then be able to see your life's dream in its true form. It is a movie on your particular screen for your particular understanding and entertainment. You can be an actor, totally lost in the drama of your existence, or you can also be in the audience watching the drama, understanding what there is to understand in each situation and finding the comedy and the laughter that is inherent in the ridiculous assumption that a soul could take on a heavy chemical body and move about and find the importance of things like money, possessions, homes and all of the trappings of your society, when the only important things are love, compassion and service to others. Can you not find the humor of your own thoughts? When you find your mind too much with your worldly goods and ideas, step back, my friends, and watch the action as though it were on a movie screen, have a good laugh and feel refreshed in the knowledge that you are beginning to truly understand the nature of your existence on planet Earth.

At this time we would pause so that my brother may speak. I am Hatonn—we would correct this instrument—I am Latwii. I am speaking for the one known as Hatonn.

I am Laitos, my friends, and again I greet you in love and light. This instrument is somewhat fatigued but we do have a good contact with her and so we will work with each of you at this time. We would like to condition the one known as M, if she would relax and if she wishes it we will send a couple of sentences so that she may speak in order to feel our contact. I am Laitos.

I am again with this instrument. I am Laitos. We had good conditioning contact with the one known as M and we are aware of her reservations on the subject of channeling. We thank the one known as M that we were able to work with her and if she would wish our help in deepening her own meditation at any time, she need only mentally request our presence and we would be glad to send the conditioning ray to her. We would now condition the one known as C. I am Laitos.

(Pause)

I am again with this instrument. I am Laitos. We thank the one known as C for the privilege of working with her also. And along with our brothers and sisters ask you please to meditate as frequently as you can. For it gives you a window upon a world which is more beautiful than this one in which you dwell. And through that window you can see much that is of a higher reality than you can experience in a normal state of consciousness. Thus, we ask you as often as possible to meditate and find your unity with the Creator, and in that unity seek to know the love and the sweetness of that unity. I am Laitos, and I will leave you now. Adonai.

I am Latwii, and I am again with this instrument. I return to this instrument only to ask if you have questions at this time.

(Pause)

If you do not wish to ask questions at this time we will leave you. We leave you, my friends, in a very beautiful creation and we ask that you look at it as you move through it, for the creation of the Father that is all about you is full of lessons of love and of service. For the beauty of the plants and the wisdom of the winds and the rain keep all things in balance and make your lives upon this sphere possible. You must understand that the phrase, "Butterflies are free," is important, my friends. Beauty is another manifestation of truth. Truth is not an intellectual perception but is heartfelt. And if you can feel the beauty of nature or of man's inspiration as co-creator with the Father, such as music, painting, architecture and the written word, you will come that much closer to an understanding of the love that is the original Thought of the infinite Creator.

We leave you nestled like children in the arms of that love. May your path be full of light, my friends. I am known to you as Latwii. Adonai vasu borragus. ♣

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Thursday Meditation
September 13, 1979

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of the infinite Creator. We are sorry for the delay in achieving contact with this instrument. But we are on station elsewhere in your sky and are having to work through a series of what you would call computers in order to relay our thoughts to you. Normally, the one known as Latwii would speak to you, but because of the special group that we have tonight with the presence of the one known as S, we wished to speak to you ourselves.

For there is much that we would say to you that would be inappropriate to say to a larger group. We are able to reach this instrument due to the fact that there are several other members of this group who have not been able to reach your physical domicile at this time but who are meditating with you in their own dwelling places. Thus, we can achieve a good contact.

This instrument has often wondered why the planetary entity that has most often spoken to her from the inner planes, during what you would call séances, was named Moses. We would like to bring out some points about the reason for the one known to your peoples as Moses being one of your inner guides upon the Earthly plane. It was many, many years ago, several thousand of your years to be exact, or more exact shall we say, when you and your little charge of courageous pilgrims, desiring to help the people of this Earth, stood before the Council that governs this solar system and requested permission to incarnate into this solar system in this cycle. Permission was granted. It was not granted to all that applied and to those that won the approval of the Council there still remained mixed feelings, for you knew what you must lose in order to enter such a dense and unloving vibration as the Earth plane.

You have tried through many incarnations to be of service to the people of this planet. It was hoped very much by you before you began this incarnation that this would be the incarnation in which you succeeded in that plan. In other words, my friend, you, like Moses, have been attempting to lead your people through a desert toward a promised land of love and light, which you can see clearly in a distance and know as a reality, but which those around you either doubt or disclaim completely.

And now, my friends, you find yourselves moving through the incarnation, giving of yourself to the best of your ability and to the best of your judgment finding yourself still in the desert. We can only say to you, my friends, that your sacrifice has not been in vain nor will it ever have been for nothing. Even if you do not lead your people into the promised land; even if, as some have rather crudely put it, you cannot save your planet, you have shown by your life and by your works to the best of your ability that

love and the light that awaits those who praise the truth of the Creator's love.

Remember that you are not alone in this great effort to heal a planet and its millions and millions of souls. What you have done prepares the way, at the very least, for another generation of those who seek the promised land, as long as your gaze is steady, as long as you know the reality of the eventual goal. The fact that you cannot yourself bring the planet with you to the completion of that goal should not sorrow you, for you must realize that the free will of each soul is supreme. What you must realize for your own sanity is summed up in your holy works, in the parable of Moses and the burning bush. The bush was burned, and yet it was not consumed, and out of the bush a voice addressed the one known as Moses, there in the desert as he stood, foot-weary and dusty and helpless.

"Take off your shoes," said the voice, "for that place whereon you stand is holy ground." You cannot bring people to an understanding. You can only bring yourself to people. And if you have the realization that you are constantly in the holy tabernacle, dwelling in serenity and intimacy with the Creator, which is the spirit of love among men, then you will be able to bring that holiness ever so quietly into the atmosphere about you. We realize that you do not consider yourselves to be saints, that you could not possibly be holy, we realize all this. We can see your hearts and that you quake with the sadness of all of your indiscretions, heated words, wrong feelings, actions which you considered indiscreet and actions which you fear may be indiscreet in the future. But we say to you, my friends, we are not speaking here of the human personality. For there is a level beneath the human personality in which true sainthood and true holiness abides. You do not so much need to tame your human personality as to learn to discard it, to understand the shallowness of its emotions, to understand that as the bedrock of your character lies that with which you came into this solar system, and that which the council of Saturn passed. Yes, my friends, compared to those who dwell upon this planet from a previous age, you are indeed saints, subconsciously.

The longer you spend in meditation the more you will begin to feel comfortable with the fact, not to be proud but only to be able to manifest it in your life by feeling the presence and the power of the Creator Who is with you; no matter how the emotions of your daily life may turn about you; no matter how distracted you may become by the petty concerns of petty people. Yet, you have that to fall back on which they may not, and it is that which makes you a shepherd and it is the lack of that which makes them the sheep. And thus your relationship defined. You will recognize other shepherds when you see them. For you will hear in them the world weariness and yet the total sweetness that comes with the subconscious knowledge that this is truly not reality for you but merely an illusion that you have selected in order to do a job.

We are aware that each of those in your little band has become increasingly desirous of bringing, shall we say, to a head, the business of setting the planet aright. We wish, my friends, that we could give you the personal guarantee of success that you would so like to hear. But you have a planet that's moving rapidly and completely into the new vibration, and its people are not. Its people are becoming more and more polarized, are desiring to stand upon ground which is not holy, are desiring to distract themselves from that which may be of depth and meaning to them, so that they will not have to think of the consequences of being unholy, unkind, ungenerous, unloving.

My friends, you love one another, and you truly try to love those with whom you come in contact. We can only ask that you dig a little deeper into your subconscious, into the knowledge with which you came into this vibration so many long years ago. You have the opportunity to remember the sweetness and the simplicity of constant contact with the oneness of all things. You merely doubt from time to time that these things are so, because you are lost in the wilderness where there are so few shepherds and so many sheep, and the herding of them is almost intolerable.

Therefore we say to you, be of good courage and do not think of goals but only of the mile which you are walking at this time. We do not know how long the wilderness lasts in terms of time. If it lasts past your lifetime, then you will have been a shepherd along the way. You will not be in at the finish, you will not see the end written across the skies. The movie will not be over for you when you leave this incarnation. This is of no concern to you.

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Do not be concerned with your accomplishments. Be concerned only with the amount of time that you spend dealing with individuals upon the sturdy and heartfelt basis of the love of the Creator. Be concerned only with the analysis of your own thoughts, that you may reject those thoughts which are not helpful to your spiritual growth or to the growth of others. Most of all, allow your intuition to play the part in your life that it deserves. For with daily meditation, your intuition will point you in a direction that you ought to go. There will always be, to those who pray and meditate, a path that becomes obvious. It is not always what one would desire consciously, but when it becomes obvious, seize it and embrace it, for it is your next lesson. And by learning these lessons and learning them with love, you and your powerful personalities, well schooled in love, are raising the planetary consciousness to a goodly degree.

We are aware that the one known as S has continued to feel isolated, and it is our hope that we have been able to put into the mind of at least one other person in that area the desire to form a meditation group. We do not know if we have been successful. Due to the fact that we do not directly do these things but do them only through instruments, and in this case we used the book written by this entity and the one known as Don, and an inquiry about people in the area of the one known as S, in order that this instrument could write a little note with a telephone number of the one known as S. If this is to be, it will be. We do not know, for it is totally dependent upon the free will of those concerned. But it has always been our desire that the one known as S not be isolated. However, it was felt by us that it was important for the spiritual strength of the one known as S that she be able to go through the wilderness unafraid and without regret.

We are satisfied at this time that she is aware that we are with her, and we feel that her remaining desire to be in touch with us through channels, such as this one, is simply an understandable desire for the closeness of contact. Indeed, this desire is also felt by this instrument who has never tired of these messages. We ask you to realize that we are very grateful to you, for you have been sent into a world that is hostile. And you do not have visible help. You have a great deal of invisible help, but you must always be strengthening your faith in order to be able to lean on this help as you would upon the help of a friend. Not that we or the Creator Himself could ever tell you what to do. But that when you lean upon the spiritual truth of love, love will live your life and you need only follow the path of love. And do to the best of your ability those good works that have been laid out for you to do. They may be as humble as a smile in a crowded supermarket, a sweet thought on a winter's day, the noticing of the beauty of nature. Yes, my friends, these are good works, these things improve the planetary consciousness. There are dramatic good works, yes, but they are far and few between. That which love has for you to do will be governed completely by the capacity of the planetary consciousness to absorb the love which you have to give. If you cannot give it to all, you may give it to some; if you cannot give it to some, you may give it to a few; if you cannot give it to men and women, you may always, my friends, give it to children. For they are simple and open and understand love.

Your tour of duty, shall we say, is almost over and we feel that it would not make you unduly proud to say that you have done well. We wish only that your heartaches could be less and that your joy could be more. For this is what you came into this world to share, the joy of living under the highest law, the law of love. We wish you the greatest of peace and strength and confidence in your day-by-day attempts to express this love in your life, to show this love and this joy in every smile and laugh, in every refusal to be bitter, in every forgiveness and every forgetting of a wrong. In a way you are not special, for you are children of God as are all. It is only that you have more experience and this gives you responsibility. We hope that this responsibility may weigh lightly upon you and that you may find grace.

(Side one of tape ends.)

(Carla channeling)

I am Hatonn. I am again with this instrument. We apologize for the delay, but the noise of the tape recorder which ended lightened this instrument's concentration upon our words, and we felt that she would better finish this message if she were able to turn it and begin another side. We would at this time pause and ask if the one known as S has any questions at this time.

S: *(Inaudible)*. Our evolution *(inaudible)* at this time, a great sense of a *(inaudible)* sadness in your

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words, impression that in fact *(inaudible)* we are not making progress that was once hoped *(inaudible)*.

I am Hatonn. Your impression of the sadness in our voice is correct, my sister. However, it is not sadness because of your failure to be shepherds of the flock. For indeed, there have been many more who remembered the love of the Creator and served that love in their lives than we ever expected or hoped for when this planet was seeded with people such as yourselves who lay down their lives for their brethren, in love. We are very, shall we say, grateful and impressed.

The problem, my sister, lies in a planet which is only with the greatest difficulty avoiding becoming evil. It is holding on to its mixed neutrality only by some effort, and that effort is that which is put out by those such as you.

As we watch the peoples of the world in which you now reside, we do not see any lessening of nationalism and all of the pride and vain glory which that causes, of the desire for war as a tool of diplomacy in order to gain advantage over other nations and ideologies. These things are increasing, in spite of the great tragedies that have happened within the last hundred years. The vibrations are very strong in your planet. It is as though the people were vampires, desirous of blood.

You have tried very hard, and so have we, and individuals among the sheep will pass the graduation test and thus you will have done your job, and for that, you too can be grateful and feel satisfied. But you were fighting against great odds and so are we. We still fight on, and so do you. And we do not consider the situation hopeless; for there is an eternity in which to work it out. However, the fact remains that at this moment we cannot even be on station over your skies, working with groups such as yours, in what you call your United States. It is only through a request to [the] central computer that we have been able to speak with you this evening.

For we are attempting to send [words] of peace and love into the leaders of those in your old world, those in the Orient, those in what you call Russia, those in the Middle East. They seem to be so determined to blow up what they cannot have. And what they do not realize is that they will destroy not only themselves, but souls, if they are allowed to use the nuclear weapons. Thus, we are sad this evening. For we are those who love, and love breeds sadness. Thus, we too must meditate and remember the joy of the Creator. However, we do not shrink from what we see to be the truth. We simply accept it and realize that all those who at this time are not progressing or progressing very slowly, will simply progress in another time, in another place of their own free will, for the process is inexorable.

We do not then ever despair, for we know that no souls can be lost. They can only be longer in the darkness, and this we wish to help you to avoid on your planet. And we know that you too wish to help your peoples in this way. We are afraid that in the vibration of love as we know it, there is a dynamic of joy and sadness. Joy from the Creator; sadness because of the separation of those who are separated from the Creator. For those who love wish only to serve others, and when you cannot serve, you must then feel sad. Perhaps that is the hardest thing about loving, is to know that you cannot change people, they must come to you, they must be ready, then the seed is planted and joy begins again, in new ground. For this you may hope, for this you may still and always hope. For although this planet will not as a whole successfully enter the next density, there are those who will. And even now, you can help them develop. It does not have to be by the dialectic of spoken word. As we said before, it can be by smiles, by writing, by singing, by touching, by all the ways that you can show love.

We are aware that many times both of you to whom we speak at this time have had the gift of listening. That is a great act of love. We encourage it in you. You may feel that you are not helping by listening, but if you listen with love, you can be the transformative element in the equation. You need not say anything in order for the look in your eye to reflect an attitude, in which the voices of others become aware of what they are saying and so begin to tell the truth, and so begin to find themselves.

But we share our sadness with you at this time, because we want you to know that you are not alone, that we are not without compassion for your feelings. However, we wish you to understand that there is a deeper reality in which you must not and cannot feel sad. For as we said, the place whereon you stand at this very moment, wherever you are, is holy ground. You do not need to reach the promised land, you have the promised land in your heart. Simply because other people cannot see it does not mean that it is not there. You must visit it in

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meditation and then you will know. Does this answer your question, my sister?

S: Yes. Although I *(inaudible)* active imagination *(inaudible)* broadest transformation *(inaudible)* part of it *(inaudible)* perhaps I may not be part of that *(inaudible)* my *(inaudible)*. Waiting *(inaudible)* problem *(inaudible)* so afraid to do something *(inaudible)* if it's my ego or not *(inaudible)* back and wait *(inaudible)*.

I am Hatonn. I am aware of you sentiments. May we say again, that you are not the only one of your band who feels the intense pressure of action at this time. This was indeed to be the time of movement. And it is possible yet that your little band may be able to do a few things. The one known as M, the one known as K, the one known as B, and especially the one known as Don have all suffered terribly in these last months because of an urgent and continuing feeling that they have not taken hold of their responsibilities. This instrument, who is less susceptible to this pressure, has also felt that this is a critical time, although it has not distressed her as much. Your perception is totally and perfectly correct. This and the years to come, your year 1980 and 1981, 1982, are your critical years in your incarnations. These were the years that you had all set aside to be mature enough and ready enough to work together to aid your planet. The planet which you adopted so bravely.

It will be a measure of the determination of each as to how much of this is realized. However, it is our observation that the outcome of even the most successful campaign on your part is simply questionable. As we said, we have come to the conclusion that we can save individuals and be careful and consciously cautious in beginning their spiritual path by inspiration and so may you be. But we have come to the conclusion that we cannot, as a whole, transform this planetary consciousness. At best, we can simply keep it from tearing up the planet, this very beautiful planet on which you now reside. And that is now our goal and what we continue to ask light groups, such as yours, to pray for. That the weather be asked by your higher selves to be calm, that the leaders of your world be asked by your higher selves to be in peace, in love, and harmony. These may seem to be foolish thoughts in the face of the weather that you are now experiencing and the difficulties that your international scene now presents. But we say to you that each prayer is heard.

What you do can change things on the inner planes. Already, light groups like yours have saved many in California and we ask your help with what you would call earthquakes. At the time that we asked that, rather than one large earthquake, there were several small ones and there was no loss of life. We continue to fight small battles such as this one, in lieu of the important and great battle, which we feel that we have lost, the battle for the planetary consciousness of your people. Many of your people will simply have to repeat the cycle of time which they have just experienced. It is not a true sadness that we feel, for we know that all will be well. It is simply a disappointment, that we cannot share the Creator and the joy of His love with all people who have that joy within them, waiting to be [unblocked,] waiting to be unlocked! But it cannot be if the person does not desire to use the key. So be it!

We shall see, and we will be in touch with your group. You may depend upon it—in the months to come and the years to come—to witness with you and to send our love and support [for] your own program to give love and information to those who desire it on your planet. We know that you will do the best that you can. We do not fear for any ego problems from any of you, for we feel that life itself has taught you enough at this point that you can analyze your own thoughts and work with them yourselves.

Each of you in the group, that has come to planet Earth at this time together, is a highly disciplined person. Ego is useful for being a chemical being upon a chemical planet. To be totally without ego would be somewhat awkward. We do not fear ego or ask you to dismantle it. We ask you to be aware of the way it works in your life. And when you feel that you have become offensive because of it, correct that action. That is all you need to worry about, in ego. If you are giving information to others, you may become tired of the sound of your voice. You may feel that you are showing off your information or your knowledge. But we ask you, why do you think that you had that information? Be humble in your heart and know that you are nothing without the Creator but clay and dust. But know also that you are a perfect created being. Do not be proud of the

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dust, but be unafraid to share the joy of being a child of God.

We ask you in all sincerity to have confidence and not to worry about your ego, but simply to analyze your actions in each case. And when you have determined whether your ego or your love was working, adjust your behavior accordingly. For you are not in a situation where others will understand you and it would do you no good to speak to others. Thus, you must be your own disciplinarian. You are always able to speak at any time on the physical plane with those others of your group with whom you came. If there is a question that you cannot penetrate, we urge you to speak to the one known as Don or any of the others in your group. And we assure you that we will send you our thoughts, if you ask us. But most of all, you must have the confidence to realize that you know the score, and that you are too much a student of life to allow something that has been a rather beautiful and loving existence up to this point [to] become marred by excessive egoism.

We are aware that you have been egotistic in the past; so has everyone that is incarnate in a chemical universe. Ego is a defense mechanism, it is a separator. Without ego you would become the proverbial doormat.

Know who you are, let your ego speak, but then let it be quiet. Simply see the balance between too little and too much. We are aware that many Eastern religions encourage the total abolishment of ego. This is all very well and good in a culture where the holy are fed. In your particular culture, the holy are normally considered quite insane, thus, retain your protective coloration and your ego [as] part of that. For you cannot function unless the society perceives you as normal. But know in your heart who you are. And let not your ego tell you that you have limitations.

Has this helped you my sister?

S: Yes. *(Inaudible)* I may also pray *(inaudible)* I hope you will send your light *(inaudible)* appear to *(inaudible)*. I guess that goes along *(inaudible)* with incarnating *(inaudible)* physical body. *(Inaudible)* fear of what *(inaudible)* said *(inaudible)* as much as I have tried to tell myself this is an illusion *(inaudible)* and I know there is a greater reality, I still have the fear of my own physical being, the physical being that I have given birth to, and it is sometimes hard to get back to the basics and a *(inaudible)* feel that fear *(inaudible)*. I need all the help I can get *(inaudible)* quiet and get back to reality *(inaudible)* experience.

I am Hatonn. I will give you words of comfort, my sister, by urging you to never look ahead. For one of your singular imagination that is not a profitable activity. The day in which you are living at this point is enough meat for your thoughts to digest. To live in the future is as mistaken as to live in the past. That which you have is only yours for a moment and then is replaced by something else that is only yours for a moment. As you say, in the greater reality all times are one, and you need not fear the future, because it is no longer the future but a great circle of reality, encompassing all that ever was or ever will be. But in this illusion you must train your [mind] …

(Tape ends.) ♣

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Tuesday Meditation
September 18, 1979

(Unknown channeling)

I am Hatonn. I greet you, my friends, in love and in light of the infinite Creator. It is a very great privilege, once more …

(Pause)

It is only a short time now till we [meet.]

(Pause)

I am sorry about the delay. We are having some difficulty at this time.

(Pause)

I am sorry about the delay. We will continue. I will sign.

(Pause)

Sorry, this instrument has *(inaudible)*. Conditions are not perfect at this time for contact. I shall start over.

(Pause)

I am Hatonn. I am very privileged to be with you this evening. It is unfortunate that I am unable at this time to contact the rest of your group, for we have something important to tell you this evening.

(Pause)

Carla: May I ask a question?

(Pause)

Carla: Is it possible for you to continue through the instrument known as Don?

I am sorry for the delay. We are having difficulties.

(Pause)

(Carla channeling)

I am Hatonn, and I greet you again in love and light. We are using this instrument, although she is reluctant to channel at this time, due to her desire to hear our channeling through another instrument. Due to the fact that the one known as Carla is often the only channel, shall we say, in a group, she does not have the opportunity to experience the listening to our words, which has been her inspiration for many years. We are aware that she misses this. And, thus, we were attempting to use the instrument known as Don, both to please the one known as Carla and also due to the fact that we have information which could be channeled through a more scientifically-oriented instrument, which this instrument will only be able to touch upon in the most general sense, due to her lack of understanding in these areas.

Before we continue through this instrument, therefore, we shall once again attempt to make once again contact with the one known as Don, if he would refrain from analyzing our words, and if he is

willing, we would so desire. I would now try to transfer this contact. I am Hatonn.

(Pause)

(Carla channeling)

I am again with this instrument. We must use this instrument, and so we will attempt to speak as clearly as possible, using her vocabulary and understanding. You are aware, of course, of a situation of your outer illusion, and perhaps you are also aware that—almost unnoticed by the great majorities of your peoples—your entire planet is hurtling headlong into the greatest crisis possible.

The consumption of creative energy has increased the entropy of your planet and its resources and decreased the available creativity and regenerative abilities of the planet itself. Meanwhile, your peoples ignore those forces of nature which cannot be depleted. My friends, your peoples do not deserve the beautiful creation of the Father which constitutes the surface of the sphere on which you dwell.

But this is not the important point, my friends, for with the increased entropy of your physical material there is a corresponding entropy of mental and spiritual creativity; and those who dwell within your culture have more and more become creatures lacking in creativity and imagination, due to the fact that they are one with your planet as they must be, one with the machines that they have created, with the governments that they have created and with the polarities that they have created. Because of their paucity of understanding, you stand at this point at the brink of many disasters.

It is only due to the meditation of those sending love and light to the planetary consciousness, that the many, many natural disasters of recent years have not taken an even greater toll in lives. This will continue to increase as the polarity of your peoples becomes more and more evident. Polarity or separation is indicative, my friends, of one thing—a lack of creativity. For what is creativity, my friends, but an understanding of creation. And what is the creation—but love! And what is love—but unity!

Thus, it is absolutely inevitable that where your peoples have accepted the fundamental dicta of government, society and culture, regarding differences in ideology, religion, social behavior and other artificial walls, you will have endless and proliferating polarities. Thus, we move from natural disaster to manmade disaster. You know already of the small disasters that are taking place gradually. So gradually that people become numbed and do not react to them. The disasters of what you call your inflation and all the many ills of a society, where work is thought of as the lowest form of making a living; and your so called wheeling and dealing where no work is done but only the manipulation of people and money, is thought of as the highest form of work, this disaster and all of its accompanying and corollary problems is breaking your society apart.

For those who actually work are very angry, and they band together and demand more and more and they are locked into a self-defeating and endless struggle for survival. And the same thing, my friends, happens with your governments. Except that with your governments there are many leaders, not a few, but many, who would consider the possibility of planetary annihilation rather than relinquish an ideology, a piece of land, or power whether it be economic or political.

Your people are so unaware that all of these things are not only possible but there is a statistical probability that is growing, that one of your leaders upon your planetary sphere will attempt to use nuclear force to gain an advantage. This, my friends, is the deepest trouble of this cycle upon your planet. You must understand it in terms of what we began with. The spent energy, the unavailability of creative energy of a planet itself being reflected in the habits of the peoples and in the thoughts of your leaders. It is not creative to consider the destruction of a planet as a diplomatic tool; it is indeed suicidal. But your leaders have become numbed to that fact, because they have played the game too long, and because the culture around them is so consistent in its deep sleep of attempting to grab more and more of what is left of the energy of the planet, instead of attempting to restore more and more energy to the planet.

What can you do, my friends? We come to you only through the help of a machine which you would call a small computer. For we are on station at this time over your Oriental skies, as you would call them, attempting to deal with those who govern that part of your planet which you call China. They are watching what is happening in the Middle East with great intent to turn the rather complex diplomatic struggle of several nations to their advantage. Their leaders are completely ruthless and would not

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hesitate to use nuclear weapons if they thought they could win. Nor would others, which are involved in this conflict at this time.

We may say that your own portion of the planet is to a lesser degree bloody-minded. For it has used nuclear weapons and is correspondingly aware of the ferocity and the horror of using them again. Thus, shall we say, you who are Americans are a strong force spiritually against war. For you do truly desire peace, and the spirit of neighborliness and brotherhood is not dead among you as a people. Thus, we ask you please at this time to include in your meditations a prayer for the peace and the brotherhood of your planet, for it's truly needed at this time.

Again, we apologize for speaking through this instrument, for we could have been much more specific about the relationships between the laws of physics and the laws of men and metaphysics, had we been able to use the vocabulary of the one known as Don. However, we thank the one known as Don and assure him that we understand that when a channel has not been used for some time it is often very difficult to reestablish a good contact due to the fact that an intelligent and analytical mind will inevitably and instinctually analyze our thoughts and thus stop the transmission.

We have not said things through this instrument that we would have to the instrument known as Don, because we cannot. And this, my friends, is the reason that we welcome each and every channel who would be interested in this service. I would leave you now, so that my brother may speak.

Questioner: What … *(inaudible)*.

Yes, my brother.

Questioner: Which country is it that [is possibly endangered] *(inaudible)* nuclear?

We will attempt to answer to this instrument. There is the union of Soviet Socialist Republics. Their leaders are divided, but the majority wishes at this time to roll over Europe much as in your conflict called by you World War II. The one known as Adolph rolled over much of Eastern Europe and well into Russia. They are aware that this is a tactical time to do so, and they have weapons to deploy which are not nuclear, but which they feel would do a fast and furious job, that would annihilate the forces which are called NATO by your peoples. However, they are [unwilling] in the extremity to deploy tactical nuclear weapons.

There is also a desire by the chosen people, as they are called, to ignore their great heritage. For it has been written in your holy work, called the Old Testament, that the Jewish nation should always love the stranger in their midst, for were they not strangers in the land of Egypt? This quotation they have apparently removed from their holy book for they have such fierce hatred for a group of people who are genetically very like them, known as Palestinians, that there are those among those called Israelis that would, if they thought they could, use nuclear weapons.

It is less likely that this would happen due to the fact that the Israelis have a very limited economic stance with the rest of the economic community and are heavily dependent upon the opinion of others for their wellbeing. This is not true of either Russia, as you know it, or China, as you call it.

There are other countries which do not even have nuclear weapons. They are scattered throughout what you know of as the Third World nations. If their leaders were able to lay their hands upon tactical nuclear devices it is very probable that they would do so. It is entirely unpredictable what the result would be, and your espionage world, as you call it, has never been more active, nor more tense, for they know that the stakes are very high at this time.

There are those in almost every nation of the world who are angry enough, if put in the proper position, to consider the use of nuclear weapons. For instance, if the proper people in your continent, among those which are called those of Quebec, could be brought to power and had access to the arsenal of nuclear weapons, it is very possible that they might consider threatening to use them in order to achieve independence.

We are attempting to tell you just how widespread and difficult this situation is, for it is not impossible to build a nuclear device. The greatest difficulty is in formulating what this instrument would call a detonating device to detonate the nuclear device. We are sorry we cannot be more specific through this instrument, but she does not have the knowledge. Thus, among people who have not the ethical and spiritual consideration to think their position through on behalf of all mankind, you have great

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danger to your planet at this time. And we are working specifically at this time with the leaders of China, for we find their leaders to be quite devoid of scruples.

Is there a further question?

Questioner: Which of this is the greatest threat at this time, nuclear threat?

Your people are not predictable. The most volatile situation is centered about the confrontation between Israel and the rest of the Egyptian community which you may call the oil nations. China is watching this, Russia is watching this. Others of our brothers are sending vibrations of love to the leaders of Russia, to the leaders of each of the countries in Egypt and to Israel. We can only say that the least scrupulous of them, with tactical ability, is China. This ability is not great and [it] is this very lack of supremacy which makes this people the more willing to take risks.

Thus, we are working with them, sending them love and thoughts of peace. However, we do not know what will occur in this situation day-by-day and therefore cannot predict what will happen or when. We can only say that the statistical chances of your planet being destroyed in a war that will truly end all wars for this cycle, due to the fact that it will remove sentient life from the surface of the planet, is growing. We ask for your prayers.

We are attempting to give this instrument another thought, if you will be patient.

The difficulty began many years ago when the homeland of Israel was created. This is a historical and fateful creation and fulfills many prophecies. If you can read these prophecies, you can see the possibility of difficulties in the future. However, my friends, this future has come.

Not too many years ago the world as a whole was not polarized enough to become so intensely involved in the difficulties of Israel and Egypt as a whole, or Arabia perhaps we should say, for that instrument is very weak in geography, but we are attempting to include all of the nations which surround Israel and which do not appreciate Israel's presence. But the polarity between all of your peoples and your peoples' ability to be separated from the love of the Creator has become so marked and noticeable that now those countries with oil have become very strong, for other nations wish to destroy …

(Side one of tape ends.)

(Carla channeling)

I am Hatonn. We are sorry for the interruption; we will begin again. Other nations had a desire to continue the destruction of your planet and its resources by destroying that which is called oil. Thus, suddenly the entire world has become riveted by the conflict between those nations and Israel. There is a fateful significance to this confrontation. And we are sure that you will think upon it deeply, for you may see in the chosen people, as they are called, a great body of good, bad, right and wrong in some the essence of humanity itself. But the role of the oil-producing nations, my friends, that is the question!

It has not been written in stone, shall we say. The future is open and can go along an infinite number of lines. Thus, we ask your prayers in each present moment, at the end of each meditation, for the peace of the world. We would like to see it last long enough to fulfill its journey as a planet into the next vibration. Then those among its people who must repeat again this particular vibration may peacefully leave and do so, leaving the planet for those to rebuild who are ready for the vibration of love. Is there another question?

Questioner: *(Inaudible)*.

That is inevitable, my sister. For the seeds have been planted long ago among your peoples. You have been a warlike people. You have not listened to your leaders in the spirit as a people but to your growing polarity, your growing desire to possess territory, money and power.

From the very smallest unit, a person, to the very greatest unit, which in your culture is the multinational corporation, this is true. And it is through many centuries that your tradesmen, and your bankers, and your governments, and your diplomats have forged an ever-growing stream of differences between one people and another. How many times, my sister, have you seen a map in which a mass of land is colored pink and blue and brown and green and yellow? My friends, we ask you sincerely, how can the Creator's land be so divided by men and so fought over?

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You see, it's in the hearts of men that this difficulty has been nurtured. Thus, the planet itself and you, as part of the planetary consciousness, become more and more intensely polarized as a new vibration begins to take hold. This has been predicted and is entirely to be expected. It is indeed nothing to worry about, for whether you live a natural and peaceful life or whether you are prematurely removed from the physical, we of the Confederation are here, to make quite sure that no souls will be shattered, even if there is a deployment of nuclear weapons.

We are not concerned with the shadow of death. We are only concerned with the reality of souls, and those we shall protect. We make this vow to you, so that you will know that there is no such thing as death, only the removal of a chemical body, that is not always totally without difficulty in the first place. So it is no tremendous loss to leave such an illusion. That is the worst that can happen, if the vibrations become so intense that nuclear weapons are deployed

Don: Nuclear explosion *(inaudible)* the spiritual body.

That's why we came in the first place, my brother. We came because of the creation of an atomic weapon. This meant that not only would you have a difficult shift into the next cycle, for we knew that already; it meant also that it was possible that your people might actually destroy souls.

Don: What happened in Nagasaki and Hiroshima?

We were there and no one was lost. The effect otherwise would have been to destroy souls. We were able to neutralize the portion of the explosion which disturbed the inner planes of your planet. We did not see fit to remove or neutralize the physical destruction. For, among other things, we felt that your people would then see what they had done and perhaps not do it again. However, we did not lose any souls in those explosions. Our only danger was in not being here in force when the first testing began. It was a matter of luck that we did not lose anyone in the early stages of that development.

Don: How do you go about nullifying the effect?

We are attempting to give information to this channel, but she cannot grasp it. It is technical. We give her the image of a screen which is acting as a filter, but the screen is made up of vibration in the form of light. When the waves of destruction hit this web, they travel along the lines of force of the screen, while the souls of those who leave their physical bodies are not affected by the screen because of their different vibratory rate. The light screen is made up of something which we might call …

(Pause)

We are attempting to give the concept to this instrument. It's very difficult to work with her mind. We would call it negative energy light. The destructive energy of the explosion is attracted to these lines of force like a magnet, and thus removed from the sphere or plane to which souls repair upon leaving their physical vehicles.

I am sorry, we cannot be more specific and as we say, if we could have spoken through an instrument such as you with a knowledge of physics and mechanics, we would be able to be more fluent. However, we think that we have been able to give through this instrument, without undue distortion, the general idea of our mechanism for neutralizing the inner sphere destructive power of nuclear weapons.

(Pause)

Is there another question?

S: *(Inaudible)*.

We are aware of your question, and we would say that your brother, Gandalf, is also somewhat disturbed. We would, with your permission, turn this meeting over to one of our brothers, who has been waiting to brief you and has a message waiting. Would that be satisfactory to you?

S: Yes.

If there are no further questions from the one known as Don, I will then leave you.

S: Actually *(inaudible)* message *(inaudible)* other *(inaudible)* ask *(inaudible)*.

In that case, my sister, we will await your question. We will pause now. In love and light, I am Hatonn.

(Pause)

I am Latwii, and I wish to add my foolish voice to the wise voice of my brother Hatonn in greeting the one known as S who we have not been able to speak to before. Yet, we were aware of her presence, and we are most grateful to be allowed to share a few words with you at this time.

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We are aware that things look a little down on planet Earth at this time. But, let us tell you that things do not look so bad from where we are. Because from where we are, you are only where you are for a moment. And in that moment you are working very hard. And after that moment you will play; and before that moment you will play; and what we would like you to do, my sister, is learn how to play during the moment in which you are working very hard.

We ask you simply to release all the burdens of your great responsibilities to the enjoyment of your distinguished feelings of positivity and happiness. Whatever burdens that you may carry, they will become weightless if you put them down. You do not have to carry them, you need only be the best person that you can be; love the Creator with all your heart and let your heart touch others in a spirit of love. If light is shining from your eyes, the light of the Creator, that is your entire responsibility.

You did not come into this world that the world might be entirely altered. You came into this world to display a talent. That talent is to show the love of the Creator. That talent is yours because you have studied and learned and loved through many lifetimes. That talent is yours instantaneously. The talent cannot be employed by worrying or [grief] or realizing with great grief the horrible plight of your planet. It is not that these things are not true. It is that your role in them is to love. No matter what may occur, your role will be to love. It is true that you came into this world to save it, for that was the desire that you had when you volunteered to come and that is true of those in this room.

It depends upon your definition of saving as to whether you have saved the world or not. You have surely made it a better place. You have raised the planetary consciousness through your lifetimes here. You have loved and remembered both the Creator and your mission. So we ask you to pick up your heels and be as loving as you really are.

When you find negativity in yourself, know that that is the world pressing in upon you and that it is not you. It is not what you came into this world with. That is not your personality. You may not be able to shrug it off, for you have had many years of training in your planetary society; and it is thriving on negative feelings all the time. But each time that you can, neutralize a negative feeling and replace it with a conscious love that comes from knowing who you are, what love is, and whence love comes. In each of those times, you have improved not only yourself but the climate of the planet itself.

We ask you to look upon these times as you would a movie. Say you have some inside information. Very well then, use it as such. Nudge somebody on the bus and say, "I told you so"; they won't know what you mean. When the next tidal wave hits, when the next diplomat storms out in anger, you may nod your head knowingly for you have heard it here first. But it is meaningless, my friends, unless you understand it in terms of time.

Time is an illusion in which you are now taking part. And in this illusion of time you are completing a cycle and there are things which are going awry due to difficulties in the vibration of your peoples. And you will do what you can and you will love as best you can. And when it is over, you will look back upon it, and it will be a very interesting movie that you have enjoyed. And it will have lasted the normal movie time and you will have come out of this movie saying, "What did you think of that movie? That was an interesting movie. Did you like the ending? What did you think of the plot? How about the heroes? Did you like the costumes? "This is just how much this will mean to you when you reach reality, or shall we say, comparative reality. It will be in any event the reality of the spirit, as opposed to the reality of the flesh. Both of which are illusions, but one of which is more real and that is the spirit.

Thus, seek always to know who you are in spirit. Seek always to know the heart of the present which is love, and you will not be openly disturbed because your mission is taking a turn you did not expect. Flow with it. Watch the plot develop around you; and soon you would be talking about this movie, which has been your life and the life of those about you. We encourage you to be a good heroine in that movie, to be as wise as you can be, as loving as you can be, as analytical of your own faults and as confident of your own virtues as you can be. What more could you ask from a heroine, my sister?

We are all the heroes and heroines of our own motion pictures, when we have begun a lifetime in an illusion such as yours. Thus, let the movie be one which you will be glad to watch later. Now, you are an actor. But let yourself also be the observer, the director, that keeps your part on an even keel. You

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are indeed an agent of the Creator's, for you are part of the Creator. And always remember that identity with the Creator and with His creation. Whatever the rest of the planet may be doing, you can be co-creator, yours can be the imagination and the love and the individuality that others may lack.

When the time comes you will be in the company of those who, like you, were attempting to be of help. And we will meet you then! We and our brothers of the Confederation and it will be a grand meeting, and we shall all laugh and rejoice together; for we will have been through quite a bit together. We will look for you there, my sister, in person. And you will see us as light, and we will see you as light. And in the meantime, we are with you in spirit as you deal day-by-day with your illusion. Do not become entrapped in that illusion, but remember always the original Thought of the Creator, which is love. You are a light being. You are not an earth being. Do not be trapped, my sister.

We ask each of you, pray your prayers; do your deeds. But do not be trapped by them. Act only upon your ideals, on your faith, and your love of the Creator in your heart. Let those things be your all in all. The rest of the world and all of its traps, let them go by. They do not cause you to laugh, they do not cause you great joy. But only what is in your heart can cause you to laugh and cause you to have great joy.

We are not saying that it is not right to have possessions, position, power. All these things are neutral, if in your heart you remember the Creator, and you love one another.

What will happen? We of Latwii do not know. We are enjoying the colors of your planet. We are watching them as they vacillate and change in the inner dimensions. Your planet is quite beautiful in these dimensions. And it is in these dimensions that we stay for the most part. Your group is one of the very few which we have spoken to. We thank you for that opportunity. And we urge you to always keep the light touch. Join us in the big belly laugh, for you have a very funny planet, a very silly planet, a very foolish planet. And sometimes, when you are sane and those about you are not, you have a very lonely laughter. But don't forget to laugh even if you laugh alone. This is only a movie. Have a bite of popcorn and keep on. That is all we came to [tell] you, my sister. We are always with you, if you ask us, and we hope you can hear our laughter and our joy when you need it. We leave you all in the light of the infinite Creator and the love that created that light. We will now turn the meeting back to Hatonn. I am Latwii. Adonai.

(Pause)

I am with the instrument. I am Hatonn. We were attempting to contact the one known as Don but he is more fatigued than the one known as Carla. Thus, we will use this instrument. Please go ahead with your questions.

Questioner: I was very flabbergasted when you said that the bombs could destroy souls. *(Inaudible)* forgotten it a great deal *(inaudible)* images as you were saying it *(inaudible)* created *(inaudible)* goes beyond the boundaries of free will *(inaudible)* confusing to me *(inaudible)*. I don't even know how to phrase the question. I hope you can perhaps open my mind *(inaudible)* my confusion *(inaudible)*.

Questioner: *(Inaudible)*.

I will attempt to use this instrument. The classification of the people you see upon this Earth *(inaudible)* is somewhat inherent *(inaudible)*.

Mortals are precisely identical to immortals, if you are assuming these two classifications. What you call a mortal is the chemical appearance of what you call immortal. It is the clothing of the immortal for a short period of time *(inaudible)* physical plane of existence. The immortal is always the active force. The mortal is only temporary *(inaudible)* very intense. Therefore the action of the mortal is always the action of the immortal.

The immortal is the Creator. The mortal is His physical appearance in this particular plane of existence. Is it possible then for the Creator to destroy Himself or cause, shall we say, termination of the continuity for a portion of His experience? This is possible. It is possible through the association of the intelligent configuration *(inaudible)* vibratory nature *(inaudible)* the individualized consciousness which is a portion of the infinite Creator. This is possible with a form of technology which you know of, the nuclear explosive device. This device has effect not only on the physical clothes of the entity, that is, the chemical body, but also the subtle body, which you call the soul.

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The reason for this is the very nature of the nuclear device. Energy generated from this device is spinning energy, what you call the atom. The atom is a vibratory arrangement, motion manifested in both what you know as the physical plane and several planes beneath, shall we say, the physical. The spiritual or soul body is composed of, shall we say, a more subtle vibratory arrangement. From your point of view in the chemical body, this vibratory arrangement is highly energetic. A large portion of the energy *(inaudible)* from the nuclear explosion is contained at this level of vibration.

For this reason, the detonation of a nuclear device affects more subtle planes of existence, as you would call it. We were first attracted to your planet in great numbers because of the threat, shall we say, to a portion of the individualized consciousness of the infinite Creator. We were, shall we say, quite *(inaudible)* invading threat. We were successful and shall be successful in the future.

(Tape ends.) ♣

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Thursday Meditation

September 27, 1979

(Carla channeling)

I am with this instrument. I greet you in the love and the light of the infinite Creator. I have not previously spoken with this group but have been asked to do so, in the name of the Creator, by the chief teacher of your group, the brothers and sisters of Hatonn.

We are attempting to transmit our name to this instrument, as we have used it before in other groups, but this transmission is, of course, very difficult as this instrument does not know our name.

We are of the constellations of what you know as [Ora,] and we call ourselves [Kasara.] We would like to share with you a little story, my friends, that we offer to you this evening in the humble hope that we might spark a thought or two in your minds that may help you in some way.

Once, my friends, there was a mountaineer and this mountaineer was a wanderer and he wandered up hill and down, many the day and many the night spent he [in] loneliness and enjoying the beauties of his scenery and enduring the hardships of all weathers. This mountaineer had but one desire and that was to find the perfect walking stick. For it was his belief that with a stout stick at his side, he could climb the highest mountain, traverse the longest distance, and always, without fail, keep a sure footing.

For years he tried and tried to find the right stick. He whittled on sticks, he carved on sticks. He traded sticks with others. But somehow, they never seemed to fit his hand just right or to hold him up just right. And one day, after many years of trying to find the right stick, he got tired of looking for something to lean on and decided that if he did not need a roof over his head or walls between himself and the winter, shelter between himself and the rain or anything but a hat between himself and the summer sun, that perhaps he did not need any stick, either.

And once he had found that he had all he needed in himself, then and only then did he become the true wanderer. Then and only then did he become truly happy. Satisfied at last that his purpose was not that of another and his needs not that of another, but that he was complete within himself.

We realize that in your culture it is not acceptable for a man to walk for a living, to live of the land, to have no money, and we do not encourage you to do this. We speak to you allegorically, my friends. What we are encouraging you to do is to leave off looking for the right walking stick in life. You did not come into this world to lean on others, to lean on ideas, to lean on possessions or to lean on preconceived ethics.

You came into this world a perfect creature and that perfection was rapidly overlaid by a complex system

of intellectual limitations which were placed upon you by others. You then carefully continued the work of your parents, believed what they told you in good faith, and for your lifetime have been trying in good faith to live according to the precepts of people and ideas and ethics and ways of being that have been taught to you. These are your walking sticks, and none of them fit, do they?

No one else's ideas will carry you through, no one else's ethics can make you feel right if something is wrong, or wrong if something is right to you. Why spend so much of your life confused because of what others think? They may have traded you a walking stick, but you don't have to have it. You don't have to have any!

It is written in your holy works, my friends, "My rod and my staff shall comfort thee." Yes, my friends, even if you walk through the valley of death, you have a rod, you have a staff. You have the Creator within you; you are part of a perfection that is the Creator. And that part of you is the only walking stick you will ever need.

You cannot get in touch with that part of yourself by any outer means; you cannot, even though you think you might, get in touch with that part of yourself by intellectually understanding the means of meditation and service to others. What is a walking stick for, my friends? It is for the steep places. When you need comfort, know that that comfort exists within you. Even if you walk in the valley of death, the Creator is with you. His rod and his staff shall comfort you. Stand on your own two feet, my friends. And in your spiritual path remember that the way of the mountaineer is the true way. Walking, going, journeying, seeking, that is all that there is to living. The rest is illusion!

I am of the consciousness of [Kasara.] I would like to attempt to transfer this contact, if I may, to another instrument.

(Pause)

(Carla channeling)

We have been attempting to contact the one known as B, but our vibration is very light, and we are not finding it easy to use the instrument known as B. We will once again touch with his being and see if he can pick us up, although we are indeed much weaker, shall we say, than the vibration of Hatonn or Laitos. I am [Kasara.]

(B channeling)

I am Kasara. My friends, it is important that you look to your spiritual growth. For, my friends, as I have already stated, *(inaudible)* is illusion. There are many times you will find that, indeed, possessions will help you along your path. But, my friends, I think it is also important to draw the line upon, shall we say, possessions. For, my friends, the pull is so strong that it may in turn engulf you.

As you know, *(inaudible)* meditation you will evolve to a state that you will, shall we say, be able to offer your services to many around you. It is also important that you realize *(inaudible)* of helping a great many people. Therefore, my friends, it is important that you develop yourself to a higher degree. The road is steep and long; but, my friends, well worth the trip!

It has been a great pleasure sharing your meditations, my friends. *(Inaudible)* or shall we say *(inaudible)* we are, shall we say, at your disposal at another time. Continue in your meditation, for it is the path to the Creator. There may be some experiences ahead of you all. I shall leave this instrument now. I am [Kasara.] I leave you in the name of our infinite Creator.

(Pause)

(Carla channeling)

I am Laitos, and I greet you also in the love and the light of the infinite Creator. If you would be patient with me at this time I would like to spend a few moments working with the newer channels. I would like to exercise the channel known as G at this time. I am Laitos.

(Pause)

I am again with this instrument. We will try once more with the one known as G, after requesting that she relax, for she is somewhat tense and therefore is having difficulty receiving our thoughts. Therefore, they are being reflected back into the group. And it is much easier to absorb our thoughts, even if they are not spoken, you each can receive them, as we say, subconsciously. We would once again work with the one known as G and attempt to say a few sentences through her, if she will relax. I am Laitos.

(Pause)

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I am again with this instrument. We thank the one known as G and encourage her not to worry, if she has some days when she cannot pick us up, for there are days when one becomes very tense due to the happenings of the day, and therefore one is less able to receive our thoughts. It is a kind of talent which one has a knack for after awhile. But it takes some time to build up, and we will continue to work with her and thank her for the opportunity. We would like now to attempt to speak just a few words through the one known as M, if she would also relax. I am Laitos.

(Pause)

(M channeling)

I am Laitos. *(Inaudible)*.

(Pause)

(Carla channeling)

I am again with this instrument. We are having very good contact with the one known as M. We ask that she refrain from analyzing our thoughts. We will tell her what our next two sentences were to be, so that she will know that she had our contact. We would have attempted to say, "What a privilege it was to use each new instrument, and that it is a great honor to welcome each new instrument."

We will again attempt to contact the one known as M and speak just a few words further through her at this time. I am Laitos.

(M channeling)

I am Laitos. *(Inaudible)*.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos, and again I *(inaudible)* the one known as M. She is very close to making a breakthrough and being able to speak thoughts that she does not expect and that are original to her from us. Her main problem is in analyzing, and it is the breakthrough that we seek that will occur when she is able to speak our thoughts without attempting to discover whether or not they make sense. We are with you in love and love is a universal language, so that it is very difficult not to make sense, no matter what instructions or sentences we may give you. For there is almost no way that we can send you a thought which is not full of love in one way or another. We can only ask you to trust us as we train you in a service which will be more and more needed by your peoples as the new age begins. We thank you so much for your patience and we will close now through this instrument. I am known to you as Laitos, and I leave you in the love and light of the infinite Creator. Adonai.

(Pause)

I am Latwii, and I say to you greetings, my friends, in the love and the light of the infinite Father. As you say upon your planet, "Howdy, and how is everything with you?" We are very glad to see you this evening, and we are just very pleased to be able to speak with you. We have a very strong contact with this instrument, which we are attempting to mediate, so it will not be uncomfortable for this instrument. Unfortunately, we have a somewhat strong vibration. We are with this instrument. We are monitoring this communication. It is more comfortable to the instrument at this time. I am Latwii.

We truly are happy to be with you, and each of your vibrations gives us infinite pleasure as you sit about the room, miniature rainbows in what you think of as darkness but what we see as a beautiful violet glow at this time, due to the basic color of your vibrations, which is of a somewhat amethyst hue. We have come to answer questions at this time and would prefer to speak through the one known as Don, if he is willing to be of service at this time. We will attempt to transfer communications to him. I am known to you as Latwii.

(Don channeling)

I am with the instrument.

Carla: May I ask a couple of questions?

Yes.

Carla: Where is Hatonn now?

Hatonn is in the creation. There has been no change in his location.

Carla: In the configuration of this sphere, in which he assumes the shape of a man and the vehicle of a ship, over what part of our sphere does he now reside?

Southeast Asia.

Carla: Thank you, Latwii. Is it for the same purpose as *(inaudible)*?

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Yes.

Carla: I see. Has there been any change?

No.

Carla: I didn't think so. When one has a person who comes to a group such as this one and is overenthusiastic, what is the most safe way of encouraging his ability to meditate and perhaps receive messages without opening him up to the problem of stray astrals which may mimic members of the Confederation?

(Pause)

Carla: Is there a general answer to that?

(Pause)

Information received by a channel is the information the channel desires to receive. The desire is what *(inaudible)* entertaining of the *(inaudible)*. This desire then results in what the channel receives. We in no way wish to modify this process, for it is a natural process.

[If] you find that for your purposes you do not wish some communications to take place, we suggest that you discuss these possibilities with the individual. We have no control over this, for it is a matter of free will.

Carla: I see. Then there is no tried and true method of psychic self-defense that is general. It is completely a function of the honesty of the individual in his desire to seek. Is that correct?

There is no need, from our point of view for what you call self-defense, for all times an individual will bring to themselves *(inaudible)* therefore it's part of a waste of time *(inaudible)* to defend *(inaudible)*.

Carla: What if a person does not know what he seeks?

That does not matter. The individual seeks and finds *(inaudible)*.

Carla: It is a subconscious method then, not a conscious one?

It can be either or both.

Carla: I see.

I shall tell a story. The child and an individual *(inaudible)* TV set seeks that which you don't desire to watch, finds great pleasure in this program and [in] time grows to a state of mind *(inaudible)*. In time, this seeking may become [analogous] to each of you who watch in joy *(inaudible)* program. This condition may exist *(inaudible)*. Or the other type situation that you mentioned as being distasteful to you may exist, which was *(inaudible)* desire different programs than you desire. Which does not mean that programming that he desires *(inaudible)* will not satisfy the desires *(inaudible)*. There is no such thing as bad seeking. There is only seeking. You will find that of what you are *(inaudible)*.

Does this answer your question?

Carla: Fully. There is a problem that's been bothering me for some time, and I really don't know if you can answer it or not. But, crazy as it may seem, I was wondering about gravity. We have always been taught that gravity pulls things together and there has been some scientific evidence now that gravity is actually a repulsive force. Do you have any comments on that? Do we aid our spiritual understanding or is it merely part of the illusion?

I am in consultation for education.

(Pause)

This instrument is being given the impression of an egg partially submerged in liquid. This egg is surrounded by liquid, so is your planet surrounded by material which you know of as space.

(Pause)

Space has different densities. These densities are not a physical property as you know physical property. These densities are condensed out [of] space, and each has its peculiar properties. The thing that you call gravity in your particular density is a function of condensation of your density out of space. It is similar to a bubble being formed below the surface of a window.[7]

(Side one of tape ends.)

(Don channeling)

This bubble is an isolated system and unique in its environment. *(Inaudible)* this is a material of a totally different density. This is how planets are formed out of space. They are formed as submerged bubbles. Submerged planetary bubbles in space. Each has its particular properties because of its

[7] Carla: The word represented in the transcript as "window" may have been "meniscus." Don was describing the idea of a bubble caught at the surface layer of a liquid condensate.

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[antecedents] which is a function of what you would call its philosophy. Gravitational attraction, as you call it, which you experience, is the result of what you might call planetary philosophy, due to general configuration of mind, the population of your planet, both incarnate and discarnate. Certain level density, what you call physical matter, is condensed out of surrounding space, condensed in such a way, in such an intensity you might say, so as to reduce the intensity of gravity that you experience. All particles are condensed or pushed towards the center. This push or condensing force is philosophical in nature. A less intense philosophy would generate a less intense grip. Gravity is more an emotional thing than it is a physical thing in its origin. Your planet has a uniquely strong gravitation force. This is because of intense philosophical or emotional condensing action. Put in another way, the need for the dense physical experience, of those entities trapped in your vortexian experience, is such that they create the intense gravitational force that they now experience.

You can imagine consciousness being formed because of its like nature *(inaudible)* view *(inaudible)* across space *(inaudible)*. The size and *(inaudible)* being a function of the general state of that consciousness. This then is what you are experiencing, when you experience gravitational force.

Carla: Can I pursue that a little further?

Yes.

Carla: Can we assume then that each planetary entity is conscious or are we to assume that each planetary entity has a consciousness upon it which we would call living, as in living beings?

The consciousness is all the individualized consciousness that originally created the planet. In order to create a planet it is necessary to have condensation, shall we say, of consciousness. If consciousness is infinitely small, an infinitely small planet will be the result of this condensation. If consciousness as a group consciousness is large, shall we say, that numerous birds of a feather flock together so a large group consciousness will be formed, a relatively large planet will be formed. The planet is a result of the consciousness.

Carla: Thus, a large planet may not necessarily have a correspondingly heavy gravity as is thought in science, that the gravity would be dependent then on …

The gravity in your science is dependent on mass. Largeness or smallness is not related to mass, even in your science.

Carla: So you are saying that it is the density of the planet.

The density of the planet is the function of *(inaudible)* nature of the consciousness.

Carla: So when we are dealing with a planet like Saturn, which has been spoken of in other channelings, as well as ours, as being the ruling Council in this solar system, we are speaking of a very high consciousness, although the planet itself is quite large, is this correct?

There is no high or low consciousness! There is only consciousness!

Carla: Shall we say a consciousness more closely aligned with the original Thought of the Creator?

The original Thought of the Creator is that experience be sought. This Thought is being carried out all over the creation. Consciousness develops, anyway.

And this is the Thought of the Creator. It is also the original Thought of the Creator. Since we are at this time at the [earth] as we will be at all times or have at all times, density—shall we say ferocity of experience—is a function of that portion of consciousness, that, shall we say, amalgamates form, a sector of experience in what you call your reality. It is a physical planet. There are many, many planets that are not in your reality.

Carla: You just read my mind, that was my next question.

And exist for experiences at different levels.

Carla: Are they analogs of the physical planets in our system as we know them?

No.

Carla: They are simply infinite?

Yes.

Carla: I believe I am understanding a little more. If you are not too tired, I would like to know what relation that has to the Larsonian System. If you are, please say so.

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Mathematical approach, Larson, is not considered a fact of consciousness. Larson's mathematics are useful tools for bottling your physical reality. There will be no explanation total. It does not include formative force of consciousness. It is very difficult to use your language to express this. Consciousness in actuality is the motion of which Larson speaks. *(Inaudible)* of that motion or vibration is the philosophy of the consciousness of which we spoke.

Carla: Then the very basis of the Larsonian system, instead of motion, as he would call it physically, is consciousness metaphysically. Is there an analog to the space/time that motion is equal to physically in the metaphysical understanding of Larsonian work?

There is no space.

Carla: Is it light, perhaps, and love?

There is only consciousness, consciousness which creates the illusion of space and time. There are properties of consciousness. The emotional property called love, the physical property called light. They are one and the same thing, but they are each two representations of the manifestations of consciousness. When this is fully realized, you know everything, there is nothing else to know.

Carla: Do they hold a reciprocal relationship?

You mean more love, less light?

Carla: Is the state of being in unity a love and light in equal portions, forever expanding outward?

(Pause)

Carla: Is less love and more light then the beginning of the great cycle of experience, causing intense vibrations?

I am trying to communicate to the instrument …

(Pause)

Love is light and light is love. They are consciousness. Light … this is difficult to express in your language.

Carla: We understand.

There is no reciprocal relation between love and light. They are identical.

Carla: Is this also true of space and time?

Space and time are mathematically reciprocal. This is meaningless in reality. They are mathematically reciprocal and this is a very useful tool in the building of mathematical molds, what you call your reality.

Carla: When a healer or metal bender uses his ability for action at a distance effect, is he temporarily leaving the mathematical and physical world of space/time and entering the metaphysical world of love?

He was never in the forementioned world but always in the latter, as is everyone.

Carla: What is his tool for bringing …?

His tool is consciousness. It is the only Creator. It is in your language an emotional thing. It may be generated through realization which is a function, usually in your society, of meditation. Meditation is necessary for this, in your society, because of an intense distraction from truth. You become re-linked with truth through meditation. This *(inaudible)* creates what you might call an emotional response. If this can be properly triggered to radiate from the microcosm then this radiating wave can affect physical material as you know it by rearranging basic configuration or vibration. It is not important as to how this mechanism works. What is important is first to understand the state of mind required to create a change. That state is a state of what you would call intense love. That is not necessarily a conscious state. It may be developed very easily by anyone through the process of meditation.

This is a process of cutting yourself off from those distractions you find in your particular section of *(inaudible)* consciousness and realigning your consciousness with that which is in the outer proportions of your sphere of experience. With other words, your planet and those [about] it are condensed from the sea of space which surrounds it. Sea of space is a real solid material, just as solid as your physical world. It just happens to be a different density experience. You may tap this through meditation and use that which is not, shall we say, basic vibration of your planet. It's difficult; the instrument understands it and cannot express it.

Carla: There are then no mathematical ways of describing how consciousness in a state of intense love can enter into the mathematically described universe of space/time. Is that correct?

You can only measure the effects of this.

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Carla: You cannot pinpoint its point of entry, is that right?

The point of entry is the photon … is the photon. The intensity of the vibration which you identify as the photon is the point of entry, is the entry, is in fact the state of consciousness.

Carla: Then the link between love and light, love in a sense of consciousness and light in a sense of the reciprocal system, is the photon.

Love is the consciousness that is the vibration

Carla: Yes.

Light is another word for that vibration.

Carla: Yes, I see.

You are looking at the same thing, calling it two different things; it is the photon.

Carla: I am very happy to hear that. Thank you very much.

Are there any other questions?

(Pause)

We apologize for a lack of ability to communicate certain concepts which are very difficult in your language whether *(inaudible)* terminology include these concepts *(inaudible)*. But considerable work might be possible to arrange your language in such a way to make these points very clear. In such a short period of time it's very difficult to do.

If there are no more questions, we will terminate our communication.

Carla: We thank you.

It's been a very great privilege to be of service to you. Adonai vasu. ♣

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Thursday Meditation
September 27, 1979

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of the infinite Creator, in Whose name we come among you peoples to speak to you of the joy and the power that is yours as a birthright. We would like to greet one who is new to our group this evening, one who is known as S, and wish him well. There is some difficulty in transmission this evening due to the necessity of our using relay computers in order to speak with you. However, we hope that you will be patient with us. For we are expending a great deal of energy at this time working with some of the leaders of your world's peoples in hope that we may improve their desires for peace and brotherhood among the nations of your sphere.

We are sure that it has occurred to you, my friends, to ask the same question that has been asked by the one known as David who wrote in your holy works, "Who is man that thou art mindful of him, that thou visiteth him?" Who are you, my friends, and what is your relationship to the Creator? When we can speak to you of the things that are natural in your world, it is so much easier for you to understand your relationship to the Creator. For in your present society, your relationship to the Creator has become very tenuous and very difficult to grasp.

Were you a farmer, as you strew your seeds in the spring you would be doing the creative work given to you by the Creator. And you would be with Him a co-creator, spreading life, being of service, living in such a way that you could see the production of fulfillment which comes as a result of labor. In your present society, my friends, instead of your taking that which the Creator has provided and regenerating it, for the most part your society destroys it. Those of you who can properly understand your relationship with your Creator, you must go to the creation of the Father and study the interrelationships of the various parts of a delicately balanced and infinitely flexible arrangement that that creation constitutes.

Who are you that the Creator may visit you? You, my friends, are part of the Creator. It is as simple as that. You and all those things which are alive constitute a consciousness, the sum of which is the Creator. At any one time, there is a great pool of unconscious love spreading forth from the Creation as brightly and indiscriminately as does your sun spread light to your planet. But you, my friends, are not part of that pool of consciousness that is undifferentiated. You are part of that great circle of learning and evolution which marks the traveling back to the Creator hence you came. Thus, we ask you to appreciate it. Because of the Creator's love of you as that of identity, the Creator loves those parts of Himself, which of their own free will are traveling back towards Him, however slow or fast their trip

may be. He loves Himself as He must. And as for you, my friends, what shall you do? In that same poem in your holy works the one known as David exclaims, "How excellent is thy name in all the world."

If you can but feel the closeness of the Creator, the reality of the love of the Creator, so that you too wish to exclaim how excellent are your works, you may feel then a compassion and an understanding for the unhappy creations of man, which have so complicated your picture within your chemical illusion at this time. You as people have a great responsibility for you are part of a planetary consciousness which desperately needs those who can love rather than feel negative feelings, who can feel compassion rather than judgment, who can be a mirror edged with [hope] rather than a black hole, sucking all that is good from the creation by sheer gravity.

In daily meditation [where you] go without a group, you may go into a place where you can be in touch with a place of excellence that is not only within yourself, but is part of an infinite life stream, inhabited by many, many beings of great knowledge and understanding from your own inner planes and from the similar spiritual planes of other dimensions. We ask you to come to that place, using your own judgment and discrimination, not because we advise you. For we do not know the absolute truth, but can only give you the guidance as we understand it to be right, that we know. We tell you these things in the spirit of helpfulness, and because we truly desire that as many of your peoples as possible be found. For many are lost from your flock, and if you can find them and bring them into the fold of understanding of the original Thought of the Creator, there is a joy that will ring in the very heavens, for each soul is precious to the Creator.

And what will happen, my friends, to those who are not to be brought into the fold at this time, to those who indeed desire to be distracted and numbed and removed from all thought of those events which may take place outside the compass of their very circumscribed and short earthly life? Do not worry, my friends, nor pass any judgment, for they will have an infinite amount of time in which to pursue their ultimate destiny. For the road can only go one way and that is towards knowledge of love.

People may learn quickly, they may learn very slowly. They may spend an entire incarnation declining to learn, but they will not lose what they have learned before and there are an infinite number of chances to learn again. For the Creator is truly compassionate. It is only you, my friends, who are so judgmental. We ask you not to build the Creator in your image but to build yourself in the Creator's image insofar as you can. Giving love, giving a kind ear, giving a gentle thought, perhaps simply giving a refraining from negative answers and above all, remembering to sow the seeds that the Creator has given you to sow when you feel that the ground is fertile. Never forcing yourself on stony ground, upon sand, but always responding to the question, to the interest, to the wonder, in such a way that that person may be alerted to the thought that there may be more to the life he is now experiencing than he had previously thought. It is this inspiration, my friends, that we hoped to give you and ask you to share. For each of you has talents. They are not yours, they have been given you by an infinite Creator. Each talent is different and each one creates a responsibility. We ask you to use your talents in love and in compassion. To do this, you must meditate, for there is no other way to remember the excellence of the name of the Creator. Not in the world, my friends, where things are not upon the surface entirely excellent. You must go beneath the surface and find the world of the Creator and the law of love which totally annihilates the world of man and the law of power.

I would pause at this time so that my brother may speak. I am Hatonn.

(Pause)

I am Laitos. I am with this instrument, and I thank you for allowing me to speak with you this evening. I greet you in love and in light. We were attempting to contact the one known as M, and with her permission we will again attempt to say a sentence or two to her. I am Laitos.

(Pause)

(M channeling)

I am …

(Pause)

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(Carla channeling)

I am again with this instrument. I am Laitos. We had good contact with the one known as M, for which we thank her very much. We would like to get just one or two more sentences from her, so that she will build her confidence in her ability to give a more extended message, and so if she will be patient with us, we will again attempt to speak just a few sentences to her. I am Laitos.

(Pause)

(M channeling)

I am Laitos. I … I … I … I … *(inaudible)*.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos. We are most pleased with the one known as M, for we feel we have made a great breakthrough in working with her. Whereas before there was a serious doubt in the instrument's mind as to whether she wished to pursue the service, she is now dealing only with the problem of analyzing our thoughts as they come to her and therefore stopping the flow of ideas. However, we did give this instrument a word-by-word description of what we were going to say through her, and she received correctly until she stopped. This is said to give the instrument confidence that she may continue, shall we say, to let it all hang out, and thereby be of service to others. For when the lock is broken of a fear of speaking without sense, then the instrument will have begun to help in the same way that she herself perhaps feels that she has been helped. And we are very grateful for each channel that we may use.

We thank our sister M, and will continue to work with her in deepening her conditioning wave at any time she would request it. We would at this time like to condition the one who is somewhat near to this group, known as S. And due to the fact that we are not totally familiar with his vibratory pattern, we will be experimenting somewhat with the vibration.

Therefore, if the vibration becomes somewhat intense, we would ask that he mentally request that we moderate the vibration. This vibration's use is twofold. First of all it is intended as a kind of carrier wave for the meditative strength of the individual, so that his own meditation may be more deep. Secondly, if he wishes to become an instrument, it is a vehicle for the conditioning pattern which normally involves the sensation of, the movement of the parts of the mouth and throat which are normally used for speaking. This is to indicate that we are present and that the incident is not occurring only in the instrument's head. We will not attempt to speak to him this evening but only to give him an idea of how our vibration feels. I am Laitos.

(Pause)

I am again with this instrument and would wish to thank the one known as S. We, as we have said, are with those who ask for our presence mentally, at any time that they do so. If at any time you would wish us to leave, you have merely to request mentally that we do so. For it is our desire not to interfere at any time with the free will of those who dwell upon your planet, but only to make available to them our love and our thoughts. I am Laitos. I will leave you now in love and light. Adonai.

(Pause)

I am Latwii. I am very glad to be with you and speak to you in love and light. We were attempting to say hello to you through the one known as M and although we made contact, she was somewhat perplexed due to the fact that we have not spoken to her before and our vibration is quite different from that of Hatonn. We merely wish to say greetings and love as we enjoy understanding the fifth dimension of your planet at this time. We are on watch here cataloguing the various vibrations of that plane and from this point we look upon your peoples with great love. We send you that love. We pass the meeting now back to our brothers of Hatonn, who have waited patiently for us to stick our noses into his meeting. Adonai, my friends. Adonai, in the name of the Creator.

(Pause)

I am Hatonn, and I return to this instrument, as always, with the name of the Creator upon our lips. We will pause only to ask if there are questions at this time. Please feel free to ask about anything about which you may be curious at this time. Are there any questions at this time?

(Pause)

We are aware that there are questions, but we do not feel that we can interrupt the free will of those who would ask but who have decided not to at this time,

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by answering them. We apologize for the somewhat slow nature of this communication. As we say, it has been through what you would call a machine that we have sent our thoughts. But our brother Latwii is as busy as are we at this time and so we are attempting to speak to you ourselves, although we are not in your skies at this time.

We ask you, my friends, to remember those things which are true and beautiful in your life, in your dreams, in your thoughts, and to refrain from being discouraged at this great reservoir of experience which does not meet the ideal to cherish. You must understand that all upon which you look is a part of yourself. If you are unhappy with what you see, the only alternative is to learn to love it. Not foolishly, but with understanding. Only love can give you that divine understanding and only meditation can give you access to the original Thought of the Creator which is that love.

I leave you, my friends, in that love and the infinite light which it has created throughout this great creation of many universes, many dimensions, and many times. We leave you with the Creator. We are your brothers and sisters, and we are known to you as Hatonn. Adonai, my friends. Adonai vasu borragus. ♣

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Saturday Meditation
November 3, 1979

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and the light of the infinite Creator. We were attempting to contact both the instrument known as B and the instrument known as M, so that if either of these instruments felt that they were being contacted, they were correct.

We urge each of you to improve in your self-confidence, and we will again try to contact you later in the meeting. May we say to you, my friends, that it is a great privilege to be with you this evening. For we speak now to those who do not need to hear our words, for you, my friends, are already awake to the consequences of eternity, and do not need our [attempts] at inspiration and the provoking of the [healing] curiosity for more information which we normally need to deal with in our contact with your people through channels such as this one.

Thus, we can speak to you, shall we say, face to face, without shading our words as we so often do and we find this to be an enormous honor. And we thank you for the great privilege of being asked to speak to you, who already are conscious of much that we have to say. Thus, with you we may go a bit further. We have been aware of your conversations this evening, and we send to you our comfort and our blessing that you may not be overly concerned for the future. For eternity exists only in the moment. And prudence is not necessarily an ingredient of spiritual good health

You must of course dwell within your physical vehicles and cope in such a way with your physical existence, that you do not become a stumbling block before others, nor a liar, nor a [dissembler.] This much attention we must give to our daily habits and duties and responsibilities, and we would never encourage anyone to forgo such indicators of a balanced and stable worker along the path. But we say to you, my friends, that you must be mindful of a certain story which has been written in your holy works, and in that story a teacher, known to you as Jesus, was approached by a young man who asked to become a disciple of the great rabbi.

He had listened to the one known as Jesus, and he believed in what he said, and he wished to devote himself to learning more and more. The one known as Jesus turned to him and said: "You are a very good student and you must do only one thing more if you want to follow me; sell all that you have and give it to the poor and come and follow me." You are aware of course, my friends, because you are not introductory students, that this was a parable and not to be taken literally. It is not those things which you have that you must sell; rather, my friends, it's those things which have you, which chain you in some way and block you from understanding yourself and your true desires that you must shed, as

a snake would shed an old and faded skin. These things need not necessarily be physical things. They may be nothing more than ideas, attitudes.

You have heard it said this evening—know yourself! That is the most important thing. And we ask you to consider, not for the future, but now, in each moment, what do you desire? It is said of many in the world that they are selfish because they do what they desire. And what they desire may not meet the models of the society in which they live, and yet we say to you, if you do not do what you desire, you will never be content; you will never be secure; you will never know the present moment to its fullest. There is a misconception, that is greatly spread among your peoples, that you are beings who are shaped by circumstance. This is not so, my friend, unless you allow it to be so.

If you are able to remain in contact with the Creator, your life can be totally devoid of circumstance. That is a big "if," my friends, and it requires constant remembrance of your oneness with the original Thought, so that you become full of joy. Not your own joy, my friends, but the joy of creation, the joy that brings things to life. The joy that transfigures death into resurrection. Such a joy is real and is realistic, and can touch all circumstances and all those about you. If you can maintain to any degree this contact with the Creator, the Creator, working through your higher self, will find Its own way to allow you to become aware of what is right for you. You will not know ahead of time; you may not know an instant before. It will not be an intellectual process; it will occur. And there will be an inner conviction and with that conviction, a peace!

We realize, my friends, that you are sad because your clan has not been able to work at full efficiency during your incarnations so far. If you could only see the number of people that you have touched in your work, in your daily contact, in your friendships, you would know that you have not deviated nor forgotten that love which you came to bespeak to the multitudes.

It is possible, and indeed we feel very probable, that the time for drama is over. For your peoples would not accept it. And thus, you could not do it. There were those who would have helped you, but they could not. For they were not ready to pick up the responsibility of the knowledge that they held. Their inability was due to a simple human failing, and that is what we spoke of earlier. And one could sum it up in the word "greed." There was something, an ego problem, a personality problem, a favorite activity. Something as small as that which eliminated them from the life of constant service. But you must remember that the space/time continuum is forever flexible and forever changeable, and in your local world each moment is discreet and separate, thus giving you a nearly infinite number of chances to be of perfect service to the Creator.

We are aware of your great hopes, and we honestly do not know what the future may hold, for there are many futures, and we do not know which one you will choose. But we say unto you, that those who love and seek the Father will find the satisfaction of missions well accomplished, no matter how the plan has evolved, no matter what decisions have led to other decisions, and thus we ask you to live today in a loving way and always to say, "I shall obey the voice of meditation; those thoughts I will weigh."

We would leave you to silence for a few moments, and then we would attempt to transfer this contact to the one known as B. I am Hatonn.

(B channeling)

(Inaudible)

(M channeling)

I am Hatonn. I am with this instrument … *(inaudible)*.

(Carla channeling)

I am Laitos, and I would with your permission work with the instrument known as K for a brief period, for we would like to make contact with her and make her familiar with our conditioning wave. We would attempt to say a few words to her, if she is willing this time. If not, we wish only to make our presence known to her. If she will relax, we will attempt to do so, at this time. I am Laitos.

(Pause)

I am again with this instrument. We were attempting to calibrate our vibration to properly coincide with the basic spiritual vibration of the one known as K. We will continue to work with our sister at any time she may request it. It has been a great privilege to be with you, and we thank you for your patience. I am Laitos. Adonai, my friends.

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(Carla makes a tuning sound, twice.)

I greet you in the love and the peace of the infinite Father. I come at your request, and I am known to you as Jesus. Your vibration has reached out to me this evening. And I perceive that you are true disciples, and that you are all too aware of my words, that you must take up your cross and follow me.

It is well, my friends, my beloved children, to meditate upon that which is your cross so that you may the better take it up. But we ask you to remember, that it is through the cross that you can achieve redemption for all those about you, through your great love and sacrifice and ultimate resurrection. What I wish to say to you now is that you will be aware more and more as you grow towards the consciousness, which you choose to call Christ Consciousness, of the endless wonder of existence in the creation of the Father; to live, my friends, in a constellation of beings who are individual, unique and miraculous; to have, through grace and the holy spirit that dwells among you, all power for good and for love. Think you that you are unworthy of wonder and joy?

Shed your unworthiness! You do not need it and it does not need you. Enter then into the kingdom which awaits you. A kingdom that is here, my friends, in this illusion, on this plane of existence. Enter into the kingdom of those who have washed in the waters of healing. Know that which is your cross, and love and accept that which is your cross, and so shall you be healed.

It may not seem so to the world, but it is your soul that is of significance, and it is your soul that must be healed and washed and, once clean, you shall be called holy and you shall be called chosen. Not by others and not by yourself, but by the impersonal and loving judgment of light. For your souls are the stuff of light. Thus, heal your souls by constantly standing in consciousness of love, and wash and wash with that love until you are clean. Let this be private and secret and speak to no man. For the world will not understand that which you do in the name of the Father.

But that which is within will come out. And thus, you will become an instrument for love. What love I have in me is yours, my brothers and sisters. You are my beloved brethren. And you are next to my heart, as are all conscious beings. Know that you can and you will be healed of whatever keeps your soul in bondage.

And seek always that holy ground which lies beneath your feet wherever you stand. I am with you in prayer. I am by your side in meditation. My love goes with you, my peace I give to you. I am known to you as Jesus. My peace to you, my friends.

(Side one of tape ends.)

(Carla channeling)

I am Latwii. I am Latwii. I am Latwii. We are sorry, we always have trouble with this instrument for she is very delicate, and we begin too strongly and have to lighten in our vibration. It is an unusual one, and yet she is very good at receiving it; and we are not used to this because we do not have great success with your peoples in communicating with them. Therefore, we assume that this entity has a certain amount of light vibration in her makeup. That is perhaps due to her weight—ha, ha!

We are aware of the question at hand, and it is somewhat complex. Indeed, due to this instrument's abominable knowledge of very little geography, we will only attempt to speak about the question at hand. The vibrations in the earth are somewhat generalized, however, the one known as Hatonn had been, until very recently, in China, due to an extremely complex situation internationally. We will attempt to sort it out, but you must be aware, that our answer is somewhat simplistic.

The entity known as China is a backward nation with many people. They do not have the monetary strength of their northern neighbor, which is Russia. And although it would seem that they would be natural allies, China has a set of leaders at this time which are in fiercest enmity with the leaders of Russia. You must understand that we consider such things as ideology perfectly ridiculous since all of your peoples fail [to live] out love. Even in your own America you consider the pursuit of happiness and not the pursuit of understanding of love as the most important right of each human being. Thus you have a nation which disports itself instead of becoming disciplined and wise enough to use the great resources that are at your disposal.

There is some wisdom in China but not at this time in its leaders. They seek to undermine the advances of Russia in world events. They seek to do this by many means. They have [started] a conflagration in

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your Indo-China area which even now is burning out of control. They have attempted to make allies of the United States by offering great incentives to invest capital and technology in China while at the same time planning, at the nearest and most convenient opportunity, to use nuclear tactics to destroy both Russia and the United States.

For in China the leaders believe very closely in the classical ideology of Marx in which there is a worldwide struggle, out of which come the victors, that is, the Chinese. Their hatred of Russia stems from their observation that Russia has relaxed its relentless drive towards world domination and is content simply to be a very powerful communist influence. The Chinese play a more clever game of international politics than their Russian counterparts. And their influence spreads as far towards your West Coast as the Philippines in which there is some unrest which is fomented at times by Chinese encouragement.

Thus, the one known as Hatonn was extremely interested in sending vibrations of love to these leaders. For if pressed too far, if Russia had then realized what China was seriously considering, it in turn might very easily have attacked Western Europe, because at this time, Western Europe lies almost defenseless against their weapons. The great difficulty here, of course, is that it is unlikely that any soldier would allow the nuclear destruction of one side without automatically returning fire and destroying the other side. What would be left would be a maimed and ruined physical illusion, for we do not feel that it is within our rights to violate the free will of those upon your planet if they wish to bomb each other.

As we have said before, we work only to save the soul, not the body. We will and have before successfully neutralized the disintegrating effect of nuclear weapons upon the etheric or electrical body—or as you might call it, the spiritual body or soul—of entities who are subjected to a physical transition due to atom or nuclear bombing. Furthermore, the Chinese are interested in the outcome of Russian interests in Third World countries and have engaged in active espionage which involves the theft of fissionable material for use in unauthorized nuclear devices.

Among nations who are ruled by those who do not have the mental capacity to understand what they might unleash, but only understand the prestige of owning a nuclear device, this so-called nuclear proliferation is very dangerous. And each new source of nuclear attack increases the potential for this becoming a reality. Thus, Hatonn, who is one of our Confederation's most strongly loving entities, has turned its planetary consciousness entirely several times towards these leaders and at times those of Russia.

Does this answer your question, my sister?

Questioner: *(Inaudible)*.

We are glad and are sorry that we cannot be more specific through this instrument but her knowledge of geography is truly the pits. Is there another question at this time?

Questioner: *(Inaudible)*.

We would be glad to, my sister, for our vibration is a simple one. We have gone through your experiences and we have gone through the experiences of the ones of Hatonn, and our level of experience is one level closer to the original Thought, so that we no longer have bodies as you know them, but are light beings normally moving about as balls of light which can appear to you as UFO's.

We are of a vibration in which many of your so-called angels also move, and therefore we find great delight in singing, laughing, music of all kinds and the great beauty of colors and shapes and harmonies. It is our particular purpose, at this time within the Confederation, to monitor and begin to understand the various vibrations upon your planet in each density, so that we may the better be able to aid those upon your planet. Thus, we spend a great deal of time examining the spectrum of vibration in each of your densities. We enjoy this tremendously, and as we focus on each color we immerse ourselves in it and float about in it as bubbles on a string.

Your planet is very beautiful, and despite many a dark shadow due to negativity, we find it a very beautiful place and put every effort towards preserving that which is beautiful in the thoughts of so many. When you laugh, when you hum, when you think a half a thought, know that we are with you and are joining in your laughter.

Does this answer your question? May we ask you, especially—if you are sad, to call upon us? You

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cannot be sad when you are full of light, and that is our vibration. Is there another question at this time?

Questioner: *(Inaudible)*.

That is correct, my sister. Angels are assigned to people.

Questioner: *(Inaudible)*.

That is correct.

Questioner: Does every person have an angel?

Most have more than one angel, depending upon how much of a stinker they really are. The ones who are kindly affectioned, one to another, have as many as twelve, that is normally the complete assortment of angels that one individual will have.

Angels exist as part of the higher personality of each individual in order to give guidance, self confidence and a feeling of support. Very few among your peoples know how to call upon their angels, and yet they are there and they are as full of love and light as are we. But they are members of your planetary sphere, and thus they have the right to do a little bit more for you than we can. In other words they have the right to be with you, whether you request it or not.

Their rights only stop at the point where the person denies that there are such beings, denies the deity, the spirit, and love itself. This does not remove the angel from the person, but it renders the angel completely helpless, and so the angel patiently and consistently will set up again and again a situation, in which the person who does not believe will see something which, if he thinks about it, can open the door to belief. This much an angel may do; we cannot. We can only come when we are specifically called. For we are not of your planetary sphere, and thus must obey the law of Creation, which is total free will.

Questioner: *(Inaudible)*.

It depends upon your state of belief as to whether angels can physically aid you. If you believe in their reality, they can do almost anything, for grace is given unto those who believe. And the angels are the ministers of that grace. They are people such as you, who had learned through many lifetimes to glorify and praise the Creator. Thus, having learned, the angel can pass on the power and the invocation of light. There is nothing more powerful than the light of the spirit. Thus, if you pray and hear the rustle of angels' wings, so be it. You have made contact with a part of your personality that links you with the perfection of the Creator.

It is, however, incumbent upon the angel to know the limits of the laws of Creation and the will of the Father. Thus, the angels' laws are not those of your illusion but those of reality, and so it may seem at times that your requests are not being met. And if this is so, it is because it is not the will of your higher self which shares the perfection of the Creator. For remember that you yourself are the co-creator with the Creator and thus a perfect being, who in some part of yourself knows what you must learn, and how you must learn it in this particular experience. Those who make complete use of their meditation, their prayer, and their faith lead the life of harmony that you would expect of one who lives with the knowledge of the love and the plan of the Creator. The angels are simply messengers of his love, as are we.

Does this answer your question?

Questioner: *(Inaudible)*.

We thank you, my sister, for without you we would be talking to thin air. Is there another question at this time?

(Pause)

We at this time, before we leave you, would like to share with you a color which we are now experiencing. It is a violet vibration and we find it extremely beautiful and very much in tune with you at this time. If you will pause for a second, we will send this to you. I am Latwii.

(Pause)

I will leave this instrument at this time. It is a great pleasure to be asked to speak with you. We are always surprised to be asked, for we do not speak to many groups but only those who are ready for our somewhat demented attitudes. We hope that we can help with these few foolish words and we leave you in the greatest love and light which is that of the Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Special Advanced Meeting
November 18, 1979

(Carla channeling)

I am with the instrument. I am Latwii, and I greet you in the love and light of the infinite Creator. We are sorry for the delay. However, we were attempting to contact the one known as Don. This was for the reason that there are certain questions that we would prefer to use that instrument [for,] due to the fact that the instrument known as Carla has already been exposed to the questions and has formed certain biases in her mind, which will make it more difficult for her to channel without distortion. We do not believe in distortion in communication and therefore prefer a pure source if we can activate it. However, the one known as Don is not easily picking up our signal. And we will pause at this time in order to work with him. If you will be patient we will leave this instrument. I am Latwii.

(Pause)

(Carla channeling)

I am again with this instrument. We are having difficulty with the one known as Don. We would suggest to him a few fast turns around the mental block so that he may be more able to achieve mental contact, because he is a bit rusty. We will attempt once more, suggesting to him that we of Latwii have a gentle ray, which is somewhat unlike the ray of Hatonn. It is to be found in the direction almost perpendicular to the plane of horizontal. If the one known as Don will limber up his capacities, we would like to speak through him. We will give it another shot, at this time. I am Latwii.

(Don channeling)

I am at this time ready for questions.

Carla: Are you familiar with the Australian incident?

[I am Latwii.] I am familiar.

Carla: What happened to the pilot?

Don: Because of the nature of that question—now this is me talking. I would recommend that each of us get an answer, and compare. I've already got my answer. Can you get an answer?

Carla: I think they took him.

Don: Not think. I mean, can you just get an answer.

Carla: Well, I mean that's what I got.

Don: Can you get anything, B?

B: I got an image of his brain turning into light, changing dimension or something … outlined in light around it.

Carla: What did you get?

Don: I got that he was killed, accidentally.

Carla: Well, you were the one with the channel.

Don: See what you get.

Carla: Well, I already did.

Don: Carry on.

Carla: Are you there, Latwii?

(Don channeling)

I am with the instrument.

Carla: There is some fault in our asking the question, is there not? Something that shows our ignorance of how UFOs operate? Am I on the right track?

I am with the instrument. I am sorry for the delay. We have been conditioning the instrument. We will continue. There is insufficient data to explain what has happened. It is difficult for us to explain sometimes.

Carla: Were each of the three images we got correct, or some part of the phenomenon?

They were correct.

Carla: So what we have to do is understand the phenomenon of which those three things were a part. Is that correct?

That is correct.

Carla: Can you help us with that? Or is it for us to know at this time?

Please be patient with this instrument. He is being conditioned. I am with the instrument. I am Hatonn. We are having some difficulty with the other contact. I greet you in the love and the light of our infinite Creator. It is a very great privilege to be with you this evening. Friends, all that you know, your present intellectual condition, is in actuality nothing. Your condition has been chosen by yourselves for a particular type of experience. You are able to manifest a limited ego, in a very limited way, so that you may interact with its environment and itself in such a way as to become aware in greater detail of its shortcomings. This, in actuality, is the only purpose of your present existence.

You ask of a particular situation in which there is a missing individual. The individual was concerned with an encounter with an unidentified object. Well, let's consider your purpose in discovering the fate of this one particular person, when you do not attempt to discover the fate of many who are more closely related to you in time and space. Consider your motives and objectives in determining the location of this particular individual.

We are here to examine, you might say, the entire population of your planet, called Earth. We have removed some of your peoples and will continue to do so. We never act without the consent of the individual being removed. In fact, my friends, we never act in any way without the consent of those involved. For in truth, it is the desire of an individual that brings about a situation in which he finds himself. And only his desire creates this situation. This is true for everything that happens to everyone throughout all space. Each experience that you have is the result of nothing but your own desire for the experience. This is sometimes very difficult to understand. However, it is an absolute truth.

This, my friends, is the way the Creation works: it works on desire. If this were totally understood by the people of the planet Earth you would have immediately a Utopia. For this is obviously the most logical thing to desire. However, the desires of the population of this planet are extremely varied. For this reason you have a rather widely varied experience. You spoke of the fate of the Australian pilot. His fate, my friends, is a complete total function of his desire. He is where he is at this time because of his desire. You are where you are because of your desire.

Speak of the actions of the one known as Ayatollah Khomeini, and how his thinking and actions affect many of the population of your planet. His thinking, his actions, the effect and the effect on the population so involved is a function of his and their desires. You cannot affect or be affected unless you desire it. This is a natural law of the Creation. This may be difficult to understand, but it is in actuality extremely simple.

In the first place, my friends, experience you are not in the physical density of your planet at this particular time. Your desire has created your presence at this particular time in this particular place. When you start with this contact substance, my friends, it immediately becomes obvious that every experience that you have is a function of your desire. Your desire acts in an infinite number of ways in addition to the action that brought you to this planet that you now experience. It acts each waking and each sleeping moment. It brings to you everything that you experience. And it projects all

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that you project in the way of experience that may be desired by others about you. It is very important, my friends, to understand the mechanism of desire. For this is central to your growth.

Are there any other questions?

Carla: I think that my motivation for asking the question about the Australian pilot was because I had never before seen any evidence whatsoever that UFOs ever did harm to anybody. And I guess I wanted to confirm that hypothesis. Is it possible that the reason you refrained from answering in the earlier meeting was due to the fact that the discussion of beings in UFOs as opposed to beings on Earth was improper, and that we should be thinking of you and we as the same thing?

[I am Hatonn.] You have spoken of harm done to others. In this creation it is quite impossible to administer what you call harm to others. It is only possible to administer harm to yourself. The facts that you see and understand as administering harm to others is total illusion. The harm that is administered is always reflected to those who project it.

Carla: Is this why the information was not made available to the last advanced group?

[I am Hatonn.] This information is sometimes difficult to understand and seems to be nonsense to those who have not progressed intellectually to the point of comprehending what I am giving to you at this time. For this reason certain subjects are not attempted except to those capable of understanding. The points that I have been bringing out about what you call injection of harm in the function of desire are very, very important points. To understand them sometimes requires considerable thought. It seems to you that in the case of a great battle or war there is a negative aggressor, who is able to inject great suffering and pain in those whom he attacks.

My friends, this is the apparent illusion. Everything that he projects he actually instantly receives. All those who feel the effects of his aggression and suffer seemingly from it, are suffering, in actuality, from their own acts of aggression. If a big bomb bursts in the middle of a crowd, some will be severely wounded, some will be killed, some will go unscathed. Your scientists can very accurately predict the probability of casualty for each person, taking into consideration his distance from the center of the blast and his position in the area subtended by his body.

But, my friends, what the scientist does not know is that what he receives in such a situation is what he deserves and desires. He deserves it because of desire. He is here in this particular position, at this particular time, experiencing this particular effect because of desire. He is receiving because of his desire, shall we say, a catalyst in the form of a projector. Your Earth, your planet, your entity vibration is nothing but a training program. It is not a random happening. It is not anything that most of your peoples believe it to be. It has been called by one who knows, one great sleight of hand. This is precisely what has happened. It is happening individually and at all times collectively.

These things can work this way, my friends, because of the nature of space and time. You experience the illusion of a certain amount of freedom and space in a continuing temporal experience that is ruled unbreakable by what you call the stream of time. But this is illusion. This is the key illusion that allows for the precise administration of the physical catalyst for your experience.

All events are, shall we say, programmed for your experience; programmed by your desire, and then experienced in what you understand as sequential time. Every thought that you think programs your experience, no matter how trivial. Every deed that you perform programs your experience, no matter how trivial. For this reason, you must say that we are sometimes amused by questions having to do with the reasons for a particular experience. Because from your point of view in the philosophy of those on the surface of your planet this time there is a completely different reason for everything.

The reason, my friends, is desire. The mechanism is that great sleight of hand that programs your experience. You do not live in a four-dimensional universe. You live in a four-dimensional illusion. You do not exist now at your present age and at an older age in the future, or at a younger age in the past. You exist, my friends, at all ages simultaneously. You experience the illusion of the aging process once more because of that great sleight of hand. You do not live, die and become reborn in that order, or any order, my friends. Because you are. Only the part of you that experiences the present illusion is born, grows through youth to old

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age and dies. And this, my friends, is a very important part of the illusion. For if the reverse occurred you would not learn. It is necessary in this density to experience the process that you know as aging. It is not necessary if you do not need it. If you need it, it is because you have desired it. No other reason, my friends. It is simply because you have desired it.

Now you experience it. It is illusory and transient. The question having to do with the infringement upon your will in this illusion is also of no consequence. Any infringement is there because you have desired it. My friends, what is the purpose? The purpose, my friends, is education. We give to you what we can to allow you to make greater use of this education. For only you can put knowledge that you receive to use. When you transcend that point, which we shall call the point between awareness of and lack of awareness of the illusion, you then accelerate your understanding at a much, much greater rate than previous to this awareness. You are thinking, my friends, that this is all that there is. Know yourself. And this alone will give you your freedom. Nothing else will do it.

We will transfer this contact to the other instrument. It has been a great pleasure speaking to you through this instrument. I will answer your question.

Carla: *(The gist of the question had to do with whether another group that writes of cosmic awareness is connected to the Confederation of Planets.)*

All groups are connected. There is no other possibility.

(Tape ends.) ♣

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Sunday Meditation
November 18, 1979

(Unknown channeling)

I am Hatonn. Greetings, my friends, in the love and in the light of the infinite Creator. It is indeed enjoyable to speak to you, each of you, through this instrument, once again. I and my brothers are great in number, and we gather close to you at this time. For as you are witnessing, day by day, the changes predicted throughout the centuries of your world are occurring more and more rapidly. We draw near to your peoples with the passing of each moment. For love, and our willingness to assist you, increases, as does your willingness to open yourself to the truth of this Creation.

We speak to the best of our ability of the truths and of the laws that govern this universe. But we wish to stress that these truths and laws have been handed down from many sources and introduced into your societies throughout the entire civilization of your planet. We offer nothing new. We have come to give freely of our services, and we of the Confederation are pleased to be invited to speak through an instrument such as this, throughout all of the lands of your planet.

We would speak to you briefly upon the changes which you are witnessing. We of the Confederation have spoken many times of that which is to occur on your planet. We do not wish to deal in particular with precise occurrences, yet, [with their meaning] we wish to speak to you about.

Changes within this universe are beneficial, no matter how grievous they may appear, for as in your life experience, with each change comes a greater understanding of the complexity of not only your life but of the universe. To the best of our knowledge, the universe itself is endless. So therefore are the changes you may experience throughout your travels upon this plane of existence and upon all planes which you may enter into.

You have heard the saying that, "Each cloud has a silver lining." A simple truth! With each appearingly destructive occurrence within your society today, though the activity may be negative in nature, it is presented to mankind, one, because he has created it unknowingly through his own thought processes, and two, so that he may witness that which is undesirable and desire to change once again, and experience that which would be more desirable and of a positive nature.

Yet, mankind, as it is known upon your planet, continually insists upon experiencing the negative aspects of this Creation. Many of your religions have taught you to fear the wrath of your God. It is shameful, in a sense, that man must be taught with fear. For God is not fear and should never be feared

by you. God is to be respected; the Creator is divine and all-loving and all-knowledgeable.

Because He has seen your continued stubbornness, shall we say, to learn or progress, as He would wish you to do, He has reluctantly introduced fear into His teachings. Mankind must learn to releases his fears and in so doing, he shall free himself from an intensely negative atmosphere which he has created around himself, thus allowing the energies of the universe, which are all the essence of truth and love, to more evenly penetrate his being. Consider yourself to be as a sponge and the truths of the universe as the liquid of life. You have a cellophane coating about you; remove it without fear, and you shall absorb all the truth that you have so long sought to realize.

Mankind is divine, as is the Creator. The extent of your divinity is unlimited, as long as you choose not to limit that divinity through your own creative abilities, by accepting fear and all things that are associated with it into your life. Know thyself and you shall know thy Creator! Fear thy Creator and you fear thyself! With these words, I pass on this communication to another instrument. I am Hatonn.

(Carla channeling)

I am now with this instrument, and again I greet you in the love and in the light of the infinite Creator, the One Who is that source of us all and that central sun to which we shall return in the fullness of infinite life. We shall continue through this instrument.

When you consider, my friends, what it is that you are, you may then see that there is nothing to fear either outside or within yourself. For you are a being of infinite life, and whatever occurs to your physical envelope which you call your body is but a transitory alteration in your condition of consciousness. However, we realize that at this time, although you have some knowledge of yourself as one with the Creator, although you have a good grasp of the ideals of the ethics of love, but you are at this time enduring difficulties associated with living within the gross or coarse reality which is your Earth plane.

Therefore, we would like to make a distinction for you in order to enhance your understanding of that which you see about you. There are two types of that which you would call negativity.

The first type is extremely beneficial. Night, for example, is the negative of day. Night is very beneficial, giving us rest from our labors and a happy end to the troubles of the day. Cool is the negative of warm and when you have experienced your planet's sunlight for too long a period of time, there is nothing as refreshing to you as the coolness of water as you bathe in it and enjoy its beauty.

You will find these same negatives in people. You will find temper which is the negative of patience, and yet, you will find that temper brings honesty, and honesty brings understanding. You will find illness as the negative of health, and yet, with illness comes the only chance for healing and thus understanding the power of that which you call the holy spirit.

All of these so called negatives are a valuable and gentle necessity of existence. And when they are part of your life, it would be well for you to analyze them and understand the balance that they make for you. For beauty and joy are not one-sided, but occur only because there are gradations of beauty and gradations of joy which extend into their negatives, a lack of beauty and a lack of joy.

When you are sad, realize that you are natural; that you are part of a balancing force. Just as a pendulum will move, so will your spirit seek its balance. Not by standing still, but by rocking. Joy, sadness! Joy, sadness! This is the earthly way.

There is another way, my friends, and that is available to you only through meditation. And when you enter into this [supernal] joy of infinite life and are one with angels and spirits of high divinity, praising the Creator, then there is no balancing necessary. For this is a joy without what you call emotion. It is so wholehearted, as you would call it, that there is no balancing necessary in order to sustain the energy of the feeling. In fact, joy is not a feeling but a creative force. And another word for that is love. And that is what we greet you with, and that is what we always leave you with.

We previously mentioned that there was another kind of negativity, one which you need not fear, but which you might need to understand. And that is an unnatural negativity. One which is not balanced, but is chosen, purposely and perversely by those who would separate themselves from ongoing unity with the Creator. It is a choice of separation, and it is

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what we would call positive negativity, in that it is positively sought and encouraged.

Yes, my friends, there are those among you who are quite simply unnaturally negative. This is their path and they have chosen it. We do not wish to ask you to have any particular feeling about these people, one of whom is certainly in your mind at this time, for he is in the minds of all those whom we scan in your culture. We refer to the one known as Khomeini. We do not ask you to love, forgive or condone, for these are choices which you must make for yourself. We cannot help you choose your own spiritual reality. But we can hope to enhance your understanding of the fact that although even such a one as he is somewhat negative at this time, by his own choice, you must understand that the path of evolution is ultimately spiritual and is ultimately inevitable.

A negative person may choose at this time to make no progress. He will, however, at a later time have as many choices and opportunities as he needs to choose again. In your holy works there is something called, "The Day of Judgment," and those who are evil, as we have spoken, are to be condemned forever. And yet, it is also written in your holy works, "Yea, though you go to the very doors of hell, I shall be with you."

My friends, you may believe the teacher and not the judgmental statements that follow the teacher. Your heaven and your hell exist within you at this moment. And when you leave your physical body, your existence in the heaven worlds will depend completely upon your vibration in this incarnation. Thus, we ask that you use that balancing act of positive and negative, so that you are constantly learning, constantly moving in an evolutionary spiral that will lead you to a place where in your infinite existence, after this brief life experience in this density, you will be comfortable, comforted and able to give comfort to others.

At this time, I would pause that my brother Laitos may send energy to each of you in this group that desires to know of our presence and wishes to feel the conditioning. That is our basic service to you. I am Hatonn.

(Pause)

I am again with this instrument and would open the meeting at this time for questions.

Questioner: Is there actually a place outside our own? A hell … a place where spirits are cast out as spoken in the Bible *(inaudible)*.

We may answer that in two ways, my sister. There are planets who have completed for themselves a hell, which without outside interference will continue to be totally terrifying.

Carla: *(Commenting about the noise at the door.)* That's S, go ahead and let him in.

(Pause)

Carla: Hi, Scott. Why don't you get the chair by the desk and haul it into the doorway?

(Pause)

(Carla channeling)

I am again with this instrument. I am Hatonn. May we greet the one known as S, and welcome him to our gathering. We will continue through this instrument. As we were saying, there are planets which have no more ability to extricate themselves from a condition of complete terror. They are so frightened that in their soul condition the souls cling to each other with such intensity that they consist of an impenetrable knot of fear, each feeling completely separated from the other and from the Creator. Your planet is not down that road, yet. There are many among your peoples who are very positive. There is no chance at this time that your planet would become one of these. Furthermore, among our ranks there are those whose task it is to release planetary entities such as these from their terror, so that they will let go of each other and be able to be led away to what you would call a hospital for spiritual rest, until they are able to once again take up the task that awaits us all; that of evolving into the original Thought from which we spring.

This is the closest to a hell that exists, to our knowledge, in any of your universes. We, however, are not perfect nor is our information complete. We simply have seen somewhat more than have you. But it is our understanding that the evolutionary process continues onward grade by grade, or octave by octave, and at the end of each grade those who are able proceed to the next. Those who are not able repeat that octave or existence until they have learned the lessons of that existence. Thus, the terms heaven and hell are quite subjective. And what is heaven to you would not seem so to us. And what is

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heaven to us would be incomprehensible, likewise, to you. For each of us have our own, shall we say, psychological makeup which has been developed through many eons of development in the spirit.

The finality with which heaven and hell occur seemingly in your holy work known as the Bible is the result of a difficulty in speaking to people who cannot easily grasp the fact that they must change their lives. Thus, although it is unfortunate, as we have said before, the one who saves, known to you as the Christ, is also represented as the one who will judge. This is intended to make his followers become worthy of the judgment. It has not succeeded.

The truth that we are saying to you are inner truths which are not obvious, and we do not ask that you believe that which you cannot believe, but only that you listen and take what you need from what we have to say.

Does this answer your question, my sister?

Questioner: Yes.

Is there another question at this time?

Questioner: Can you talk to us about the meaning of the disappearance of the Australian [pilot]? It was claimed he was contacted by a UFO.

No.

Questioner: Can you tell us about the prisoners in Iran, *(inaudible)* or how that will come out *(inaudible)*?

We are aware of your question. The previous question we could not answer due to a spiritual necessity for maintaining silence. This question we cannot answer due to the uncertainty of the movements of those who hold the power of life and death over your fellow countrymen. We do not know what they will do. Our fear, however, is not with the Iranian, as you call them, for they do not wish to kill others as much as to show their bravery by exposing themselves to martyrdom, a concept unfamiliar to you, yet part of their culture. Our concern at this time is for countries such as yours, lest you overreact and cause war. There is that potential in this situation and it is for that reason that we ask you pray, as always, that peace may fill the hearts of those who are in this world. We ask you please to ignore the evidence that such a peace does not fill many a heart. For if it fills your heart, you have done a tremendous amount for your planet. We do not know what will happen, for many things may still happen, and we can see each of the realities branching off and they will continue to branch off till one path is chosen and completed.

Does this answer your question? We are sorry we cannot do better.

Questioner: Yes, thank you.

Is there another question at this time?

Questioner: *(Inaudible)* I belong to a group *(inaudible)* this afternoon we saw a movie on *(inaudible)* was called *The Long Search (inaudible)* religious trend *(inaudible)* Indonesia, where these people are making animal sacrifices, eating meat, etc. etc. But these people are very innocent beings, not insidious or calculating, *(inaudible)* say of people in our culture *(inaudible)*. I wonder, is it very necessary if you aspire to spiritual truth to be a vegetarian and not be kind of a meat *(inaudible)*?

We are aware of your question, my sister. It is a clear question and we can answer it, however, the answer is not as simple as the question. It is written in your holy books and truthfully that to some eating certain items is very necessary and would be harmful to them did they deviate; to others, anything maybe eaten. It is, you see, a function of the mind. As to the spiritual consequences of eating, you must understand that your bodies are a basic system of electromagnetic fields and they do not function as you believe that they function, but rather because of thought.

Thus, what you think controls a great deal of what you feel and how your body reacts. In general, it is safe to say that if a person feels a calling to become vegetarian, that is precisely what that person should do and will indeed help that person, because that is what that person feels that he shall do. It is as simple as that. Each person will have a different calling. Not all shall be vegetarians and not all shall be meat-eaters. It is totally a matter of your spiritual set, which is part of a thought nexus or system of thinking which you have developed over many lifetimes, giving you certain biases. In other words, you may have spent time in other bodies which were used to a vegetarian diet and thus find yourself in this incarnation quite unable to tolerate or digest the rich diet of your culture. Others find no problem in doing so whatsoever. Thus, the truth simply is it is

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not that which goes into a man that shows his nature, but rather what comes from him in the way of thoughts, words and deeds.

Can we answer your question further?

Questioner: No, thank you.

Is there another question?

(Pause)

If there are no more questions, I will speak very briefly and close through another instrument. We realize that there are several of you in the room who are wondering about the one known as Jesus. This instrument, for instance, is a confirmed and believing Christian, and while we feel that sometimes her concepts are naive, we do not find her Christianity to be a difficulty to us in using her as a channel. Conversely, she does not find us a threat to her Christianity. However, this understanding is not given to all and they may wonder, if we of the Confederation can speak of all religions and all cultures as being one, who then is the one known as Jesus. And we would answer that question as best we can by discussing with you the concept of karma, with which most of you are quite familiar. Karma being a type of cause and effect in which energies are put into action by former thoughts and deeds which culminate in a present necessity for some kind of atonement or balancing. Thus, if someone or a group of people have been very negative …

(Side one of tape ends.)

(Carla channeling)

I am again with this instrument. As we were saying, my friends, before we were electronically interrupted, when an entire culture has developed a very large amount of negative karma there is an opportunity for a consciousness, such a one as you know as Jesus. This consciousness is a special one and is indeed so close to that of the original Thought that it is almost difficult to understand an incarnation of such a being into your chemical illusion. However, such was the desire of this consciousness and as the supreme transmuter, as the one known as Jesus was upon his cross, he transmuted the collected negative karma of the past so that it was no more.

Two thousand years ago, as you say in your language, your peoples began with a slate that was wiped clean of karma. However, my friends, your peoples have been creating another situation that lies somewhat on the negative side. We hope for your sake as well as for ours that you can curb your instincts towards war. And by remembering the Creator and others in each moment of your life, alleviate that karma, little by little, so that there never need be another crucifixion.

This is our understanding of the one known to you as Jesus. We know him also and feel that as a teacher, as one who is one with the Father, and as one who saved his flock fearlessly, he has no equal. This is our understanding of the one you know as Jesus.

But we must remind you, that worship must be not of a man but of a Creator. As Jesus has said to you in his holy work, "It is not I, but my Father in me, that doeth these things." So let it be with you, my friends, not you but the Creator can live your life also. And each of your days, whatever the external circumstance, may be filled with a special kind of sunshine and love that comes from being at one with the harmony of the creation. I would like to close this contact through the instrument known as B, if she would accept our contact at this time. I am Hatonn.

(B channeling)

I am with this instrument. It has been a great privilege to be with you this evening. We share our thoughts and understandings with you. We of the Confederation are here at this time to be of service to you in any way that we can. You need only to will yourselves to our contact and we will be with you. Meditate, my friends, for this is the way to the Father. And only through meditation and prayer can the negativity which is enveloping your planet be pierced so that the light can neutralize and overcome it. This is still in your power to do. This is part of your service at this critical time for your planet.

We are here to help you in this effort. Our love is with you and our support. You need only avail yourselves to us and we are here. We go in peace, my brothers and sisters. My love is with you each moment of your existences. Adonai vasu borragus. ♣

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Sunday Meditation
December 2, 1979

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator, a Creator Who has given you peace and joy from now until infinity so that all that you have known and all that you will know may be of joy and of peace. We of the Confederation of Planets in the Service of the Infinite Creator are privileged to be with you in thought at this time, speaking through this instrument. And we are well aware that it does not seem to you as you dwell in your illusion of time and space that time is necessarily either joyful or peaceful. We know that there are many questions upon your minds having to do with the great divisions among the peoples of your planet. But what we wish to say to you now has to do with a block which stands in the way of joy and peace on an individual basis. We cannot give peace to nations, my friends, for they will not listen to us. We cannot give joy to a race of men. We can now offer these things only to those individuals who would listen to us. And to you who listen to us tonight, we say that the greatest impediment to joy and peace in your life is a lack of understanding of the true nature of love. It is written in your holy work which you call your *Holy Bible* that the Lord God requires a broken spirit and a contrite heart.

(S enters the room and sits down.)

We will pause for a moment to bring the one known as S into our circle of meditation. We surround you at this time with love and ask you to feel the harmony of your group. We will pause for a moment. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn. We will continue through this instrument.

As we were saying, a broken spirit and a contrite heart, my brothers and sisters, seem to be things that would sadden an individual, but in truth, a spirit which is not broken, a heart which is not contrite on its own behalf cannot forgive the infirmities of others, cannot be gracious and kind when compassion is surely needed. How can you break a spirit? With love, so that you do not become sad but rather joyful. How can your heart become sorry for all that it may have done or thought or felt, without feeling guilty, for sadness and guilt were never required by the Creator, only love my friends. But a broken spirit and a contrite heart are the gifts of love. For in love, we know that all things that move and have their being in our illusion and in all illusions are part of us. Whatever you see, whatever you hear, whether it be bad or good, whether it stem from your thinking or the thinking of someone halfway around the circle of your globe, all of these things are part of you. The spirit of love is alive in

every man and every woman but its expressions are often distorted.

Thus, the beginnings of freedom is the acknowledgment that your own expression of love may be distorted. When you commit yourself to an examination of your thoughts so that you may more nearly mirror the thought of love which the Creator formed you in, then you begin to have a broken spirit. For you have become a person who is not proud. You have become a person who is not ego-centered, as you would call it, but is, rather, capable of understanding the pain and suffering of those about you. When you walk through a forest, my friends, what does the wind require of you? The grass and the path under your feet, what do they ask of you? The trees as they bend to the breeze, do they require aught of you? The creation of the Father, my friends, is one of service. And it requires nothing from any of its parts but that each part be who that part is. You are becoming yourself in each moment. You are not finished, you are growing constantly and each thing that you learn adds just a bit to the quality of understanding of the original Thought which is harbored in your infinite and ever-living spirit. Your pride and your vanity you will leave behind. These, my friends—pride, vanity, boredom—these are the things that make men sad. When peace and joy are all about you, when heaven surrounds you, there is no need for you to dwell in the tattered rags of a worn-out illusion.

Thus, we ask you to drop your pride, your vanity, your thoughts of self-worth as if they were old garments and take on the armor of light. For you are a creature whose essential nature is love. You were born to serve; it does not matter whether the service is great or small. It does not matter whether you may even feel successful. All that matters, my friends is that you attempt to serve, that you attempt to love. You will make many errors, you will make mistakes, you will find yourself lacking self-confidence and at those times we ask that you call upon us, upon the Creator, upon your own guides, upon your higher self. All of these resources are about you at all times. Comfort yourself and surround yourself with love so that once more you may go your way rejoicing. We want no eye to be sad and no tear to be shed. The illusion is difficult; reality is simple.

We will aid you in invoking the light and I and my brother Laitos will move about the room working with each of you that you may feel our presence. I am Hatonn.

We are having some difficulty with the one known as M because she is fatigued. We will attempt to send her some energy at this time. I am Hatonn.

(Carla channeling)

I am Laitos, and I also greet you in love and light. Before we leave this group we would appreciate the opportunity to attempt to exercise the one known as S. If he would relax, we would condition him at this time and attempt to say just a few words through him. I am Latwii.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos. We thank the one known as S. We are aware that we have good contact with him and that he is aware of our contact. The ability to channel is not always easy and will come in time if the desire is there. We would like to make the same experiment at this time with the one known as K. I am Laitos.

(Pause)

(Carla channeling)

We thank the one known as K and would like now to attempt to speak a few words through the one known as R, if she would consent to be used as a channel at this time. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos. If you will be patient we will not attempt to speak through the one known as M but we will attempt to be very specific in making our presence felt to the one known as M.

(Pause)

(Carla channeling)

I am again with this instrument, and I thank you very much for patience. We are sending healing to the one known as R and we thank you all for attempting to learn a service of vocal channeling that will be greatly needed in times to come. We cannot thank you enough for being willing to aid us in attempting to aid your peoples. When you meditate,

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please ask for our presence if you wish to be conditioned and we will be with you.

I leave you now. I am Laitos. Adonai, my friends.

(Carla channeling)

I am Hatonn. I am again with this instrument, and I greet you again in love and light. As is customary at these meetings, I would at this time ask for questions.

Questioner: You said a moment ago that if we are troubled or do not know, we should appeal to our higher self. Where is this higher self and how would you go about contacting it?

Your higher self, my sister, is in the eternal now and is closer to you than any physical part of your being. In this illusion you are a splinter of your eternal spirit which has been sent into this illusion in order to learn certain lessons and to grow in spirit, and this growth is then added to the higher self, which is eternal. Thus, all that you have learned and all that you will learn are enclosed in your higher self, giving you the benefit of all of your future understanding as well as your past experience. When you are in doubt, if you will pause in meditation and consciously ask that the truth that your higher self knows be made known to you in some way and then release this request, you will find that within the next hours or days through a dream or inner certainty or vision you will be relieved of your problem either by understanding it or by its resolution.

This higher self is not omnipotent, for it is only a splinter itself of the divine Creator, so all true appeals must end at the feet of the Almighty, He Who is the Creator of us all. Your higher self is suggested to you because it is so close to you and your knowledge is so available to you that it can come through to you in a shorter amount of your time. Meditation is always the key; that which you call prayer is always helpful.

Thus, as you spiritually give of your time, the rewards come to you threefold. This is the principle of meditation and the heart of our teaching to you. Using the term higher self is only to identify to you the true nature of yourself, for you can be the sum of all that you are whenever you are dwelling fully in the love of the Creator. That you cannot do this at all times is understandable but by all means, my sister, call upon your higher self by mentally requesting it. For that self is you and it is as easy as talking to yourself to make contact with that which is your deeper, more meaningful, and more knowledgeable self.

Does this answer your question?

Questioner: Yes, very well. Thank you.

Thank you, my sister. Is there another question?

Questioner: I have another question. You indicated to meditate, to having contact with your higher self. I sometimes feel that meditation is such a waste of time when we could be helping others during this time than just sitting there trying to contact your higher self or whatever. Would it not be better to be of service, as in, just say, doing to others during all these hours we spend meditating, or is meditation very essential?

We are aware of your question, my sister. Most people upon your plane of existence do not spend hours in meditation, nor do they spend hours in service. The meditation is advisable to all persons due to the fact that it is in meditation that you are made aware of your true relationship to the Creator and the creation. It is in meditation that you become aware that you and your brothers and sisters are one being and to serve them is to serve yourself. Armed with this understanding of service, you may then go forth and serve, given power by the spirit of love which is infinite.

If, on the other hand, you go forth to be of service to others without taking on the aspect of the spirit of love which is infinite, your ability to be of good cheer in your service will diminish and fail. For that which was given to your personality in this chemical illusion is limited. The only way that you can always be of service is to continually restore your understanding of the holiness of the ground whereon you walk through contemplation of that which is divine.

You must understand that in meditation you are not trying to contact anything. The idea in meditation is one wherein you realize that you are. Not who you are, not where you are, but that you are. That you are aware, that you are in the eternal present. When you feel this you will feel a sweetness and a closeness to the Creator that come from breaking through the illusions of space and time and coming into that place where you can simply be who you are. That person is greatly loved by the Creator. And that person can greatly love others.

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Thus, we consider meditation quite essential. We also consider that as you meditate and grow in knowledge you then have a responsibility to share what you know with others in whatever path may seem to be open to you. As we have said, the path may be big or small, it may be dramatic or it may be unnoticed. It may be public or quite private, but whatever it is, it will be your intention to give love and be of service in your little corner of the universe.

You see, meditation and a life of service go hand in hand. We do not suggest meditating for hours each day, for such meditation is valuable only to those who have forsaken the world and have determined to make meditation their life. If you wish to do this, this is permissible. But you were, after all, put into this world to use your hands and your mind and your voice for the good of mankind. See to it, therefore, that you see and do and say that which you have come to understand in the silence of meditation.

May we further answer your question, my sister?

Questioner: I am very, very thankful. You've said just the right thing for me.

We are very happy, my sister. Is there another question now?

Questioner: Can you tell me if my son is going to meet the girl that is right for him soon or if ever?

No. We are sending through this instrument, however, a general thought that may give you comfort. We are aware of your concern and we cannot remove ourselves from our philosophical mission to give you specific advice about matters which have to do with free will, for this we cannot intrude upon in your daily existence. However, may we send you words of comfort and give you to understand that the entity of whom you speak is well-protected and whatever difficulties he may have will be helpful to him. This is not always easy to accept when you wish more than anything to take on another person's difficulties and to make things be well for one whom you love. But this is not the way of the Creator. For each soul has his own path and will follow it. But it is truly written in your holy works that you are not given more than you can bear. It is also truly written that the Creator is always with those who speak of His name. Indeed, He is with all, my friends.

We are sorry we cannot accede to your request for information, but it is outside our guidelines. Please accept our apologies, my sister.

Questioner: Thank you.

Is there another question?

(Pause)

Does the one known as S wish to reserve his question for another time?

S: I will reserve it. Thank you.

We respect your privacy, my brother. My friends, it is a singular joy, as always, to be allowed to share our thoughts with you. We are very grateful for your love and we send you ours unstintingly. For those of you who have needs for healing, we ask that you call upon us, for there are those in the Confederation who work with healing vibrations and we will be happy to work with you. We have no wish to manipulate your peoples, but how we yearn, my friends, to give you rest from your labor and a happy end to your troubles. Meditate, my friends, and these things will not only be possible but will be part of your life. We leave you in a life that is filled with joy and peace. Join us, my friends. It is available to you at any time and we await you with eagerness.

I am Hatonn. I and my brethren leave you in the love and the light of the One Who is All. Adonai vasu borragus. ✤

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Intermediate Meditation
December 16, 1979

(Carla channeling)

I am with the instrument. I am known to you as Hatonn, and I greet you in the love and the light of the infinite Creator. Our instructions at this time take us north of you, as you would call it, for we are sending love to those entities who dwell in the area of your planet which many of your peoples call Quebec, and we would ask you to lend your prayers to that region where there is some disturbance in the Earth's aura at that point, as well as others, as you are well aware of. We are, however, close enough to you in your skies to speak to you directly instead of through a transmitter and thus we feel very close to you tonight and greet you each with great appreciation and gratitude, for you are allowing us to share in your meditation.

As you know, we have come to this planet to share with you one simple idea, that is the idea of what has been called the peace which passeth all understanding. It is the original Thought of love that makes all men one. As we look down upon your planet at this time it is as though your peoples are being torn apart from within, and we ask you especially as those who are attempting to lighten the vibrations of your planet to be aware of the influences about you that do not seem harmonious, while allowing yourself to be a channel for compassion, for the inharmony reigns not to harm you, but rather [be] the reflection of the harm that is being self-inflicted by others. You yourselves are creators of your own destiny moment by moment and as you love and give, so your world will reflect that loving and giving back to you.

This is especially apparent among your peoples this time of year which is called by this instrument, Christmas time. It is known by different names and many religions besides the one held dear by this instrument, for it is in truth a basic necessity of man to shake his fist at death and to state the obvious, that winter will not last forever and that spring will inevitably come. It is a greet misfortune of your technological society that your people are not more in touch with the deep elemental feelings of the seasons, for this understanding of the Creator's universe would enable you to understand Christmastide in a much deeper way than the normal person, and you would then not be disheartened by the apparent, shall we say, cheapening of a basic and beautiful truth, that there is no death without birth. Let us look, my friends, at what Christmas in your culture truly means. It is a way of saying to one and all that whatever may happen in the winter of your soul, there is always that which is new that can be worn in the darkness and become your spirit of tomorrow. It is a statement indeed, that this life which seems to end inevitably after a brief sojourn in the grave is only shamming and that indeed this sojourn is only a

beginning—only another way of resting in the womb of time, so that your spiritual body may be born. We will go further, my friends, and ask you to look at the implications of the newborn Christ-consciousness which is to be your spiritual home. It carries with it a certain responsibility and in the Christian story as is told in your holy book, those responsibilities are clear to love, to serve, to care for both the Creator and His children whomever they may be. So you see, my friends, although it is true that in your experience at this time, Christmas or Yuletide is little more than a game whereby entities attempt to impress those they may not even like with gifts they cannot afford, and which the recipients do not need, yet you do not need to accept this estimation of the season of Christmas.

Let us look at an image far removed from Christmas, and yet with the same message. A bird called the Phoenix bursts into flames and is consumed in a great fire, and all that are left are ashes. Out of those ashes rises a new and more beautiful Phoenix. As you put a Yule log upon your fire, as you set the star on your tree, let the message of winter, of ashes, and of rebirth fill your heart with the joy of knowing that all joys will be made well because the love that created all things is a perfect love. We wish that your peoples could understand the meaning of Christmas, not only once a year, but throughout the year, for it is a message which we have come to share, the message of love, of unity, of salvation through higher consciousness. You are part of an evolutionary pattern. Those about you may not wish to be part of the evolution that is taking place at this time; so be it. They will have many other chances for advancement, as many as they need, my friends, for all dwell in an infinite realm, for hope truly springs eternal. Meanwhile, you have control consciously of your development; think deeply upon the lessons of creation and rest in the knowledge that even the hardest earth, frozen cold as stone, will soon be crowded with the blossoms of spring, and so will you go on from glory to glory in the creation of the Father. Imagine each of you in your domicile at this time, your hearts beating as one, your breathing, your thinking, and your feeling unified with one great Thought of love. There will come a time when this will be the case among your peoples. We believe that you may be there to witness it, if not in this dimension, then among the inner planes that guard this Earth plane in its fragile path towards knowledge.

I will pause at this time so that my brother, Laitos, may work with you. I am Hatonn.

(Pause)

I am with this instruments. I am Laitos. I am very glad to be here, and I also greet you in the love of the infinite Creator. I hope I have been able to help each of you as you have meditated and I have been very glad to work with each of you and wish only to be of continuing service to you. Because we are in a group situation tonight I will attempt to speak through you rather than simply give you conditioning. I will begin with the one known as M. If she would relax and ask for the contact we will attempt to speak a few words through her.

(M channeling)

I am Laitos …

(Carla channeling)

I am again with the instrument. We will move the direction of our being to a more comfortable angle and again attempt to speak a few words through the one known as M, if she would not analyze but simply speak what she hears.

(Pause)

(Carla channeling)

I am again with this instrument. We are sorry, but we are having some difficulty with the one known as M, both due to some interference, due to mismatching of our vibrations which we are working on, also due to analysis upon the part of the instrument. This is very common among new instruments and is almost inevitable for our thoughts are not distinguishable from your own, and therefore it is necessary simply to say what come to mind without questioning whether it be your thought or our thought. After awhile this practice confirms itself as people inform you they have received messages that you as an instrument could not possibly have known they desired to receive. However, the first step is yours because we do not wish to interrupt your free will by causing you to go into trance or by completely controlling your speech apparatus. We do not feel comfortable with these techniques, although some of our brothers do and have instruments who are willing to be used.

(A knock at the door is heard.)

(Pause)

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(Carla channeling)

I am again with this instrument. We thank the one known as M and will continue to work with her. We would like to move on now to the one known as R. If she would avail herself of our contact and, as we have said, refrain from analyzing our thoughts, we would like to speak a few words through her. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We have good contact with the one known as R. However, we find the instrument to be somewhat unsure and so we will at this time allow her to feel our contact so that she might know of our presence without question that she speak. I am Laitos.

(Carla channeling)

I am again with this instrument. We thank the one known as R and will continue working with her at any time that she desires such contact. We will now attempt to speak through the one known as K, if she would relax and make herself available to our vibrations. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos. The one known as K is analyzing her thought and we understand that completely. Therefore, we will continue to work with her. If she desires our presence she need only ask. If you will be patient we would like to attempt to contact the one known as S, if he will refrain from attempting to discern whether thoughts are his or ours. We feel that he can receive a few words from us at this time. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We hope that you are not feeling disappointed that you weren't able to, shall we say, channel, but you must understand that we have developed a great deal of energy by means of using the conditioning with each of you and because of your generosity in allowing us to work with you, you will find there are many ways in which you can reach out—we correct this instrument—in which there can be channels for the love and the light of the Creator. Working as this instrument does is only one of the multitude of ways in which you can be of service to your neighbors, to your Creator, and to yourself, thus realizing and feeling the energy that you do [have] at this moment. Lock it in your hearts and refresh it with meditation on a daily basis, so that your movements are always inspired with that love and that light which can come only from the Creator and His humble messengers. I leave you now in the love and in the light of the Father of all of us. I am Laitos.

I am Hatonn, and I am again with this instrument. We have a good contact, which is surprising for the conditions are not atmospheric. However, we are very glad to have such good contact and we return to this instrument to ask you if there are any questions that you would like to ask the Confederation at this time.

Questioner: I would like to thank Hatonn and Laitos for their unselfish service in talking to us and conditioning us and trying to raise our consciousness. I feel every time that I am shot in the arm, pushed up the ladder, learning all these things. Hearing these things can really help us in so many ways, it helped those around us. There is one question I have. Hatonn was talking about the inner planes. Are we able to reach these inner planes in this life, or are we able to reach it after the journey through this life? What are these inner planes, and what will it mean to contact them?

I am Hatonn. I am with the instrument. I am aware of your question. First, we would like to respond to your thanks by explaining to you that we are far from unselfish, for it is our gratitude that must be understood, for without brothers and sisters to help our continued education and growth in understanding of the Father would nearly halt. Therefore, it is in helping you that we help ourselves. It is as though the glass were to thank the window, or the arm the leg, for we are all part of one structure. The triangle of love, light and awareness at the top of the triangle of earth and passion and reflected love at the bottom. We in between, reflect one and nurture the other and in doing so and only in doing so can we further our own understanding of that which is about us on what you have called the ladder of evolution. For us to be able to help you is our deepest hope and our profoundest blessing, and we thank each of you.

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As to the inner planes of existence, you must understand that each individual has a singular or particular individual ability to penetrate into the inner planes. Much as you may teach a child to play an instrument but not to be a virtuoso, so you may teach techniques of visualization, concentration and contemplation which will enable one to have all of the techniques available for penetrating the inner planes. This does not mean each person will be able to do so equally. Some are natural penetrates of these planes, some have an enormous amount of difficulty, even with earnest effort. Some fool themselves. This we would guard against and we ask you never to fool yourself, never believe or disbelieve. Simply listen and record that which is happening to you. And when time has passed and other things have occurred which either strengthen or weaken the experience you may then objectively discern whether or not you have had an inner plane experience.

The inner plane theory of your peoples is very old. It is as old as the pyramids and it was a gift to your people by the Confederation from many, many thousands of years ago. The pyramids themselves were used in penetrating into the inner planes of existence. A very simple analogy which this instrument has frequently used is that of the television set. You have at this moment, within your domicile, a television set although it is potentially able to show you a world it is not doing so now because it has not been activated. This instrument or anyone in the room might activate it, and they might choose a channel of existence of which they enjoy the view. They will see one world on one channel, another world on the next, and so on, each channel seemingly coming from the same television set, but each world becoming completely different and completely oblivious to all the other worlds.

So it is with the inner planes. You and all of those things in your world are energy fields and you have energies and certain vibrations we call those vibrations that belong to the third octave of existence. There are also other octaves of existence within your octave of existence. There are seven levels, and some of these levels are not visible, just as one channel would not be visible to another. The skill and art of penetrating into the inner planes is a hidden art. It is hidden for a reason. Each of you is here to learn the lessons of love and as you penetrate into the inner planes, the lessons of love become very obvious and thus your existence here becomes quite changed.

Thus, except for those occasional virtuosos, shall we say, who penetrate into the inner planes without conscious effort, for the most part they are closed to people upon your plane of existence. The method for achieving entrance into higher or, shall we say, denser, more light, more beautiful realms of existence is a mixture of certain disciplines of the person's visualization, applied study, meditation and a constant will to know the truth in order to serve others. If you have this desire you will find people who will help you in your search. For us to give you this information is not necessary for the instrument has within her library volumes which deal with this subject which are available for you to read.

Does this answer your question, my sister?

Questioner: Yes, it does. Thank you.

Does anyone else have any more questions at this time?

S: I have a question. With all the talk of devastation and such, how long before we can unify into service. How soon will this occur?

This phase of your planetary shift, my brother, began approximately ten years ago.

(Side one of tape ends.)

(Carla channeling)

We will continue. Three years ago, according to your timekeeping methods, the second stage of intensified earth changes began. You have two years according to your timekeeping methods before your own continent becomes severely changed. However, these changes, though they will seem devastating, are relatively minor, and we would advise you to concentrate on your love energy upon mankind himself, who is at this time divided against himself in many, many ways. Natural changes with—we must correct this instrument—will cause some depletion of your population, but the population itself will not be significantly reduced, that is to say, the species will easily survive, and find new ways to develop a moral technology that enables mankind to be comfortable while ennobling his purpose to love and serve not only himself but the generations that are to come and the planet on which you dwell.

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That which is to be feared is that which mankind may do to mankind. There is nothing in the creation which is called Earth by your peoples that would willingly kill for no apparent reason, but your species is capable of killing as a matter of what you may call policy. This is dangerous, and because your weapons far outrun your morality as a people there is the potential for almost total annihilation. There is no timetable for this for your people are unpredictable. We ask only that in your own way you yourself may love your enemies as best you can, for loving your friends is easy, but to lighten a planet that is torn in discontent, in greed, and in lust for power over others the most important weapon is the unifying strength of love itself.

You do not know what you can do to help your planet but we say to you that we do know and just by your coming together this evening you are part of the raising of the consciousness of the planet. As you meditate, do not try to save the world, for you are the world. Do not try to save yourself because you are perfect. Only be. A tree is a tree; a cloud is a cloud; and you are you. The precious gift of awareness resides in your eyes, in your heart, and in your mind, and no one else thinks your thoughts. Celebrate yourself in meditation, for within you lies the development of the planet, if you can but be. You will be loved, for that is the essence of all that there is. Again we say, yes. We are in the middle of Earth …

(Tape ends.) ♣

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Intermediate Group
January 6, 1980

(Carla channeling)

I am Latwii. I greet you in the love and the light of the infinite Creator. We of Latwii are extremely happy to be with you this evening and are establishing contact with this instrument. We do not have perfect contact with this instrument and so we will condition this instrument by speaking through her. I am Latwii. I am Latwii. I am with the instrument. The contact is deepening. We are more satisfied now. We will proceed.

We come to you, not for ourselves, but as messengers of love and light. You must know that we come only out of these desires to be of help. It is not because we wish to impose upon you any principle or law which we consider superior.

When you go within, in your meditation, and invoke the light of your Creator you will find the truth, whether we have inspired you to meditate, whether it may be another source of a spiritual nature, or whether it may be simple misfortune which causes you to contemplate the meaning of your existence. The truth is not in our hands nor in the hands of other spiritual guides, nor in the hands of fate. The truth is truth. And it will forever be before you, a beacon of light. And you will forever follow it, learning and sharing with each other that which you gather, harvests of light along a road which leads onward.

We come to encourage you to meditate and to contemplate in that meditation a certain concept. That concept is indescribable, but tonight we would attempt to approach it from the standpoint of what you would call faith. You see, my friends, your illusion in this particular experience of your life cycles is one wherein law rules and is thought to be a good concept. It is often pointed out that without laws the peoples of your planet would become too individualistic, causing pain to each other. Your vehicles would not be able to trustfully, as you would call it, drive down your roadways knowing that no cars would be coming in the opposite direction. For there would be no law. People could not amass possessions. For there would be no law against stealing.

That is the position of your world. It does not seem possible that you could live without law. But we say to you, my friends, that there is a greater law. And it is a law that extends beyond man's concept of law. It is the law of the original Thought. If you could understand the original Thought, you would know what there is to know, and your soul would no longer journey, it would no longer seek, nor harvest, nor share. For it would be one with all seekers, all harvesters, and all sharing. If you could understand the original Thought you would be love. You would not be seeking love. The original Thought is within you. It is not without you. When you look at the

world with the original Thought in your heart you can see love. If you look at the world without the original Thought you can only see the illusion of disharmony, and naturally you will desire to ease the situation by using laws. But when you understand the original Thought, you find yourself viewing this same world with eyes that see love.

And thus, without any reason or logic, you discover that you have a faith. It is not a faith that all will work out according to the desires of any one lawmaker. For indeed, in any particular illusion, what can any one person know about the ultimate necessities of each person within that illusion or experience? You cannot have faith that there will be peace. You cannot have faith that there will be harmony. You can only have faith that each person will have what he or she need.

Each entity will experience what they must experience in order to have the opportunity to grow spiritually. There is no other reason for this existence. The rest of your existence is written on the wind and will vanish. As it is written in your holy works, "Like the grass of the field, you will wither." But the soul does not wither. And it uses each moment of your existence in attempting to understand and to grow closer to the original Thought.

We ask you to come with us now and rest. We know that each of you has within your heart a place that is weary of the illusion. Invoke the light, my friends. And come with us to a place that is all light, purely and beautifully lit with the white light of love. And in the center of that light there is a beautiful and loving mother. She is the part of the entity you call God that your culture does not include. She holds out her hands to you and takes you in her arms. And all your weariness can fall away. For you are rocked in the arms of your true mother, the mother of the spirit, who lights your way ever, known in your holy works as the holy spirit. The gentle, nurturing, feminine god always with you, always there to give you grace, grace to understand, grace to accept, grace to endure.

The Creator is neither male nor female. The Creator is infinite and invisible. But as He is manifest into your illusion by faith, in the light and the love which are the materials of your illusion, the Creator develops a polarity of power and wisdom on the one side, and love and compassion on the other. Let this gentle being replace any fear you may have ever had of the Creator and His judgment of you. For the creation is ruled by a law of love. And you can only understand that law by faith.

I would leave this instrument momentarily so that the ones of Laitos may work with you. I am Latwii.

(Pause)

(Carla channeling)

I am Laitos. And I also greet you in love and light.

It would be my pleasure at this time if you would permit me to work with each of you in developing your ability to receive our contact. I would like to begin with the one known as M. If she would relax, we will condition her, and attempt to speak a few words. She must say what she is given without analysis. I am Laitos.

(Pause)

I am again with this instrument. We are adjusting our contact. We have too much intensity around the neck area, and will adjust the contact to the one known as M. We are sorry for any discomfort. I am Laitos.

(Pause)

I am again with this instrument. May we thank the one known as M for the privilege of working with her. We would now work with the one known as K. If she would request our contact, we would condition her. I am Laitos.

(Pause)

We thank the instrument known as K, and are most encouraged. We feel that we are getting a clearer contact with her. And we thank her for working with us. We would now work with the one known as R. If she would relax, we feel we can at this time impress a few words on her. But she must not analyze our words, but simply speak them quickly as she receives them. I am Laitos.

(Pause)

I am again with this instrument. We will send the one known as R a few words in her native tongue, so that she may be made aware of the contact more clearly. I am Laitos.

(R channels two sentences in her native tongue.)

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(Carla channeling)

I am again with this instrument. I am Laitos. We sent one more sentence to confirm with the instrument that she was receiving correctly. We were speaking of light. We will continue through this instrument briefly only to urge each of you, if you wish to pursue this particular type of service, we are here for the express purpose of helping you. And if you wish simply to increase your ability to meditate deeply, the conditioning wave may also be used for this. It is yours freely and must be requested by you, as we do not wish to interfere with your free will.

It gives us great pleasure to work with each of you, my sisters. And we thank you. I am Laitos and will turn the meeting back to Latwii, who is attempting to be serious, and has succeeded admirably so far, although we mistrust his ability to continue seriously. I am Laitos, and we will leave this instrument at this time. We leave you in love and light. Adonai.

(Pause)

I am Latwii. I am again with this instrument. We are certainly being serious and do not need to be reminded of our efforts by our friends of Laitos. We will continue to be serious. We are being serious. We have not made one single joke. We are learning to be proper, so that we may best aid our beloved sisters of the saddened planet.

There. You see, my friends, we can be serious.

Now. We at this time would like to open the meeting to questions. Do you have any at this time?

We will answer a question that this instrument has while you are considering whether to ask a question. This instrument would like to know why we are speaking instead of Hatonn.

We are speaking to you, instead of Hatonn, due to the difficulties of your planet at this time. The situation in many areas is very tense. And Hatonn is again doing his best to speak to the leaders of Russia and of China and send them vibrations of love and peace. And his feeling at this time is not that this group is in need of introductory material on the uses of daily meditation, which messages are stored in computers and can be given to groups of an introductory level without Hatonn personally working with the group consciousness. Therefore, he has asked us to monitor this group and deal with your individual needs along the spiritual path. For he feels that you are individualized enough in your search for love that you need a little bit more advanced counseling to the best of our poor ability to give it to you.

The one known as Hatonn sends you his love as always. And the part of the planetary consciousness that is not involved in this very great effort to send love to that part of the planet always keeps you each in the group consciousness in love, so that you need only think of the one known as Hatonn and that presence will be with you and love surround you.

This instrument is requesting more information on the crisis, as you call it. But we are sorry, we do not feel that this information is spiritual in nature. Nor do we feel that you can do anything specific about it. For it is almost a planetary problem, at this point. Thus, you must look to your own vibration and pray for the wholeness and the health of the planet itself, and not any particular region of it. There is a sickness that has invaded your planet and it is called greed. This is unfortunate, but this is what is. Thus, we ask you in your personal life to be aware of the many blessings of each day, so that you will not be part of the greediness of the planet, so that you will realize the luck that you have in being fed and clothed and warm and dry. For there are a great many in this world of yours who are not so lucky, and that is what creates greed. If you are thankful, if you send out vibrations of light to the Creator and to your brothers and sisters you will do far more for your planet than you realize. And we thank you, for we know that you will attempt to do as we have asked. And we appreciate your faithfulness.

Is there another question at this time?

Questioner: I have a question about our solar system … *(The question is mostly inaudible; it is about whether the Earth is getting nearer to the sun, and what are the consequences of this.)*

We are measuring the light spectra of your octave of existence. That is our primary function. Indeed, you are our first group with whom we have spoken. And we are not aware of a mad rushing of your planets toward your planetary sun. However, your entire solar system is moving very quickly into a new area of space/time, which is somewhat closer to what occultists, as you would call it, have called the central sun.

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However, we do not believe that this is what your source meant. It is our understanding that the measurements you spoke of are not proper or correct, and are the result of, what you might call, relativistic error. The actual tendency in the long run is for inertia to gradually lose its power as the planetary sun body, at the center of its system, loses its heat. The aspects of gravitation which this involves are not understood by your scientists. And they are attempting to explain the so-called black hole. However, the formation of black holes is not understood by your scientists, and through this instrument we would not be able to be at all clear. At a meeting of which the channel known as Don is present we would be happy to attempt to answer through him, for his mind is furnished with the proper vocabulary for dealing with questions of this nature, whereas this instrument has about as much scientific knowledge as your average 12-year-old. We won't get very far with her. We are sorry that we can not answer your question further.

Is there another aspect of this question, or another question that we may attempt to answer?

Questioner: I was going to ask you about the black holes. Did you mean that you wouldn't be able to tell us about them? Or was that referring to the measurement of the distance from the planet to the sun?

Through this instrument we would be unable to tell you the physics involved in the black hole. However, the understanding of the black hole as a transformational point from dimension to dimension is a proper understanding arrived at intuitively by several of your scientists. Is this what you wish to know, or would you like to question further?

Questioner: I guess I probably wouldn't know what they were if you explained it to me.

That is the problem of this instrument. The physics is fascinating and we believe that the instrument known as Don could explain, for he has the ability to picture what we are speaking of. However, this instrument has a mind which somewhat resembles a black hole when we attempt to transmit this information to her, although her particular black hole is blank. We are fond of this instrument but must say that she is better equipped to deal with philosophy than physics.

Is there another question at this time? We will try anything, my friends.

Questioner: Well, what about the center of the Earth, are there any inhabitants, or anything going on in the center of the Earth that you can tell us about?

We are able to tell you of what was, but not what is, because what is, is no more. There was a civilization which survived a deluge, many, many thousands of years ago. It was an advanced civilization. And it was not a positively-oriented civilization. Eventually, it destroyed itself. And for long years there remained the remnants of that civilization, which were machines, some of them destructive. Through timeless years, as you would call them, these machines no longer function. As you can see, your planet has had a difficult time of it, for many, many cycles, battling the tendency to become negative, yet never truly becoming negative, always clinging to an ideal of the good, which continually saves it from becoming a dark planet. However, it causes this planet to be a saddened and tortured planet, uncertain of its destiny and desirous of that which is better. And that is why we are here. For in your peoples, there is hope to be had. There are people to be saved. All is not dark on your planet. And we will be here through the coming years to aid those of you who seek the light.

No, to answer a question that this instrument had, we were not part in any attempt to help that particular civilization, due to the fact that it did have a desire for negativity. And we are not allowed to infringe upon free will. However, as the civilization was dying, and it could see the results of its negativity, borne in upon themselves, destroying themselves, they repented and thus again your planet was saved. You, my friends, as a planet have far more hope than they. For you have never embraced the darkness. It is simply that you have never, as a people, totally embraced the light.

Is there another question, my friends?

Questioner: Can you tell me, years ago when we saw a big light follow us, do you know what that was?

We are seeing it in your memory. Yes, my sister, we can tell you what that is because this will not interfere with your spiritual growth. There was at that time in your existence a learning. And your higher self was very near, taking the form of an

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angel, traveling in a light body, giving you a sign. This is not what you would understand to be a UFO. In other words it …

(Tape ends.) ♣

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Intermediate Meeting
January 20, 1980

(Carla channeling)

I am Hatonn. And I greet you in the love and the light of the infinite Creator. I and my brother Oxal were attempting to speak through the one known as N in order to increase his confidence for times when he might be the solitary channel for a group meditation. And we will attempt again at this time to begin this meditation through the instrument known as N. I am Hatonn.

(N channeling)

I am Hatonn. Greetings, my friends, in the *(inaudible)*. My brothers and I are greatly pleased that you have gathered here this evening to seek truth. We know there are many ways to do this. And it is *(inaudible)* that, my friends, we always seek the truth *(inaudible)* they will *(inaudible)* for it is a wall, so to speak. Many paths have led up to this particular [form] where the paths cross. Let this time be a time to gather each of your vibrations together so that in this group effort you may feel more easily this light of the Creator which is in each of you. You may branch out seemingly far away from your true desire to know truth and love but you cannot go far enough away to escape the love of the Creator, for He forgets no one, for He is everyone. Deep beneath your layers of illusion runs the true life. All the knowledge you wish to receive is within you already, my friends. You only have to discover this as you have already done so. We of the Confederation of Planets in Service to the Infinite Creator know of the troubles upon your planet happening *(inaudible)*.

Remember for each problem, my friends, there is a solution. And through the practice of meditation answers to these problems will be made aware to you. No matter who you are, how obscure you may seem to feel, the love and light is in you and you will shine forth. You only have to desire this for it to happen. It may happen overnight while you sleep or take a longer time. But the time is not important in this respect. For if you truly seek love for your effort you shall be rewarded.

At this time I will transfer this contact. I am Oxal. I leave you in the light and love of the infinite Creator.

(Carla channeling)

I am with this instrument. I am Oxal. I will continue through this instrument, if you will be patient, for we must condition this instrument briefly for she is attempting to balance our contact. We believe we have better contact now; we will continue.

Your minds are full of many things, my friends. As we were saying, your world is full of words, full of guns, full of negativity at this moment in your space/time continuum in your illusion. All of you

are at this time obeying the only wisdom known to man. And that is you are silent and [in search] of the single Thought that created all of you, to which all of you belong, your original Thought, the Creator, my friends, which is love.

We will tell you a small story to see if we can inspire you with a greater respect for meditation and the art of silence.

It was winter and beneath the cold *(inaudible)* the pine cone gave up a seed to the soil. And when Spring loosened the earth the *(inaudible)* blessed it. The seedling became a sprout. The years passed and the small pine tree began to grow. Many things occurred about the pine tree, There was a forest fire not far from him and he felt the agony of many of his brothers. There were woodsmen who killed others of his older brothers and again he felt their pain. But they did not speak, but always stretched living fingers to the sky as if to touch the sun. For all things in Nature know to turn to the sun, although they do not call it love, for they have no words. They do not die but the great Sun-body, symbolic of love and light, is to them their source.

Eventually a little boy moved close to this forest, and he cared about this tree and became very fond of it, and one Christmas he dragged his father to the tree and begged him to bring it home as a Christmas tree. And the Father, very fond of the young boy, dutifully dug the tree up, put it in a bag and after Christmas planted it by the old family house. The boy and the tree grew together and the boy, first so childish, became grown. He became wiser and wiser and he asked many questions of the tree. For he felt very close to this tree that had grown nearly as tall as his house while he had grown to be a man. And at each question the tree would lift his fingers to heaven and point toward the Kingdom of the Creator.

And as an old man, this person found finally that all of his questions had but one answer, and that was in the Kingdom of Heaven; not the kingdom of man, for there are words. And he had found there are no answers but only that which is.

And as he died, he asked of his family only one thing. He said to them, "I am ready to say good-bye to all things on this plane, for I love you all and I have no enemies. And I have nothing more that I wish, but I would that you would bury me near my friend. And they looked puzzled, for they did not know he had a friend. And he said to them, "The tree—the silent tree beside the house." And so it was that in eternity, he and the tree became one.

Anything that we can say to you, my friends, is folly. For words cannot reveal anything of importance. We speak through these instruments to hopefully give you the encouragement and the inspiration to seek through meditation the truth, the Creation. We, well grounded in the love and the light of the infinite Creator, are as helpless before you as trees pointing their fingers to the Kingdom of Heaven. We can show you the way but we cannot give you the desire to seek. You are here tonight because of that desire. Have that desire on a daily basis, my friends. Continue in your seeking; and you will find that your path becomes ever more light and that your questions become ever more few.

I will leave this instrument now so that one of my brothers may address the meeting. I am Oxal. Adonai, my friends. I leave you in the love and the light of the infinite Creator.

(N channeling)

I am Hatonn. I am with this instrument. Greetings again from …

Many of your peoples sometimes feel they have no purpose in living besides the seemingly unimportant things on this planet. When we tell you you live in an illusion and this is true. As you know, these objects that you see from your planet are not the same things; are not really what they appear to be. They are comprised of much smaller units you call atoms which come together, form the illusion of being solid.

You may wonder why you are here to begin with in this illusionary world. My friends, we say to you that if you did not truly desire to be here, you would not be. We can compare your planet to a school: many lessons to be learned through your experiences. The only difference is with your schools on Earth you receive grades, but in the plan of the infinite Creator you receive not grades but the experience of learning and when you have learned something, my friends, you evolve.

At this time, my brothers and I would like to send you what we call a conditioning wave. We will attempt to make known to you our presence by intensifying our vibrations, so to speak. And at this time we pause for a moment. In order to do this, if

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you desire this, we will attempt to make ourselves known to you.

(Pause)

(N channeling)

I am again with this instrument. I am Hatonn. It has been a very great honor and privilege to speak through this instrument to you this evening. My friends, we sincerely hope you have benefited from this meditation. And if you desire *(inaudible)* our presence you only have to make it known and we are with you wherever you may be. We send you our love. I will leave you now. I am Hatonn. Adonai vasu borragus.

(Carla channeling)

I am Latwii. And I greet you in the love and the light of the infinite Creator, as we do all of us of the Confederation. We have no choice, for that is all that there is.

My friends, I come to you only to offer my services in case you may have a question for us at this time. If you do, please ask now.

We have a question from one who is not present at this time. But we would wish to address to the one known as S our love and constant devotion to her as she is physically very alone in her seeking at this time. We are aware that she has again become comforted by our presence and it makes us very happy that we have been able to reestablish contact with her. Along with the one known as Hatonn, we of Latwii have been requested to monitor the desires of the one known as S so that she may draw comfort from our presence whenever it is necessary. We cannot say the words that she wishes at this time. However, we are aware that she will understand that this has to do with her own free will and therefore our metaphysical hands are tied. Again, to sister S we send our love.

Is there a question among those in this group at this time?

(Pause)

I am Latwii. My friends, I think I am losing my touch, for I cannot answer any of your questions this evening. However, I offer my love and my thanks for your patience, for the one known as S was much desirous of our speaking. I will leave you this time, as always, in love and light. And may you find some laughter along the way. Adonai, my friends. I am known to you as [Latwii]. ❦

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Intermediate Meeting
February 3, 1980

(H channeling)

[I am Hatonn.] Greetings, my friends, in the love and the light of our infinite Creator. It is indeed a privilege, as always, to speak to you. We of the Federation of the Planets in Service to the Infinite Creator have come to you to share with you our thoughts this evening. You have gathered for this purpose and for this we are grateful. For this is our greatest means of touching with your people and serving them in this manner as it is at the present time our best means of relaying our thoughts, our energy, and our love to your civilization.

We speak through many instruments such as this one around your planet. And we of the Confederation wish to grow closer to your people. For as all of you may witness, your peoples, which are divided into segments called countries are driving down what you might call the darkest avenue of their experience. Yet at the end of this avenue they shall find the love and the light of the Creator.

Your planet is experiencing great turmoil. Yet if you had the ability to look into what you would call your future, as in some extent we do, you could see the great benefit that can be derived from your present difficulties. Your planet must grow. It must grow rapidly. And with this growth there shall be the accompanied pains of growth.

As you travel throughout your life, you hold dear to many concepts. Many of these concepts as you grow older are altered. And many times you are separated from them for you have seen an alternative. And the people upon the planet Earth now must learn to expand their awareness. And they must be willing to separate themselves from many of the concepts that they hold so dearly. For in holding to a fixed concept, allowing for no variation, as your people seem to do, you limit your ability to grow. Yet, indeed, the growth shall occur for the planet on which you reside grows in spirit as do you. Its growth is undeniable by any of your peoples. You may share in it or you may be consumed by it. The choice is yours.

Many of your people are focusing their energies at this precise moment on the concept of what you would term as war. We must say that as things stand we do not foresee an immediate large scale warfare. Yet farther down the road it looms largely in the possibilities. And it is indeed brought even closer to happening by the present thoughts of each of your peoples. For every one of you that consider this concept, in doing so, you add energy. And with enough energy added to the concept, it will indeed be created. For all of you upon this planet, as all of your brothers throughout the galaxies, were as your Bible states, "created in the image and likeness of

your Creator," thus meaning that you have the ability to create also.

The creation itself is a magnificent thought energy, to the best of our realization. Your thoughts are energy, and indeed shall materialize on one plane of life. Therefore, we urge your peoples to turn from this concept. And consider not the warfare that may loom so largely in your future, but concentrate on the dawning of awareness and the coming of your so-called messiah.

We of the Confederation wish to assist your people in utilizing their thought energies to the greater benefit of all civilizations. By speaking through instruments such as this one we are doing the greatest amount of good that we can do at this time. We hope that in the future we can work with you, amongst you, and grow with you, if this is the choice of your people. When you are ready, we shall come to you.

We of the Confederation are weary, for we have waited a long time, as you would consider years. We are weary because we have watched over your people. And we have seen them struggle, struggle beyond that which is imaginable by any of us, searching for the answers to your existence, the meaning of your life. And we have grown weary because the answers are so simple. In fact, each of you already know them if you would but look within yourself and discover your own reality. The purpose of your life on this particular planet, or shall we say, in this particular classroom, the greatest purpose is to learn to love one another without any vice, without any stipulation, without any envy or regret. If your peoples learn even half of this lesson they shall advance into a civilization which is compatible to ours. And they shall grow to work with us and to travel with us throughout the universe, and to spread what they have learned to their unfortunate brothers on other planets who have yet to come to these realizations. The simplicity of your existence, the meaning of your existence, the reason for your existence is love. Love encompasses all things. For it is the ingredient upon which all things were created.

I shall transfer this communication to another instrument. I am Hatonn.

(Carla channeling)

I am with this instrument. I am Hatonn. We are sorry for the interruption and greet the instrument known as Don. We again greet you in love and light.

And what is that subject of which we speak, my friends? What is that strange and much sought after thing that is called love among your peoples? It is not what you think it is, my friends. We ask you to visualize in your mind's eye an individual whom you admire, an individual whom you would be like. What is the nature of this individual, my friends? What in this individual inspires you in this admiration? The answer is something different in each person's experience. But we suggest that the one thing that there is in common is that people who are loved and admired are themselves the open channels for that which is truly love. Not love as it is known among your people. Not something that is done or said or spoken or thought. But something that is.

There are some people that you know that have the gift of being. And whoever they are, and whoever type of being that they show, they show it in such a way that the love of the Creator shines through. And they become windows in which is reflected the fire of love. Yes, my friends, love is a very intense fire. Love is that which you experience, when you experience all that you experience. You yourself are love. All that you experience is love. The creation is a creation of love, love impressed upon waves of light in many, infinitely many, combinations giving the universes infinite densities, and giving the entities that dwell in those universes their infinite varieties. But all, my friends, all are varieties of love. Who are you, my friends? What variety of love have you experienced this particular day? What love did you see today? What love showed through you today? We ask you these questions.

We ask you these questions because there is a point in your seeking at which these questions will become very, very important. And that is the point at which you decide that you want to take responsibility for yourself. Your life in this particular experience is short. And each experience that you have is fleeting. And if you know that each experience is one of love, you then, my friends, are in command over that experience. You know what to look for. You know what you are seeking. You are seeking to understand the love that created the observer in yourself that is

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observing the experience. And you are seeking through that observer to find the love in your experience. You are love and you are waiting to be reflected.

When you see that love distorted around you, when you see anger, when you see global anger, or when you see personal anger, when you see fear, trepidation, unhappiness, all of the negative emotions, be they small or great, if you are looking with the knowledge that all things are love then you can see that all these things are distortions of a basic vibration of love. And that which is unlovely you can have compassion for. And that which is difficult you can surround with your own desire to give comfort and rest to those things around you which need comfort and rest. You cannot do this from the stores of your own love, for they are but limited, my friends. You can only do this when you make contact with the source of all that is. We are speaking of that one experience which is the source of all experience, that one love which is the source of all love, that one Thought which is the source of you and this channel and we ourselves as we speak through this channel.

Seek the Creator, my friends, in meditation. For it is the Creator's love that is infinite and can carry you through all those experiences of your days, giving you the sweet and precious understanding of the truth, the fine and lovely contentment that only love can bring, and the happiness that the divine laughter of joy in love will produce. We speak to you from a place which you would call the kingdom of heaven, for it is a place where love is visible. We wish that you could join us here. And you can join us in thought. And that is why we ask you to call upon us whenever you might be ready. For we would gladly assist you with our conditioning wave so that you will find it easy to meditate.

At this time I will leave this channel, briefly, so that one of my brothers may work with the conditioning wave. I am Hatonn.

(Pause)

(Carla channeling)

I am Laitos. And I have been working with each of you. I greet you in love and light. And wish to tell the instrument known as H, the instrument known as W, that we have been attempting to speak through each of them. However, they were not properly conditioned to accept our words and thus we simply conditioned each of you, attempting to make our presence known to each of you. We thank you for your grateful attention and we will leave you at this time. As always, we leave you in the love and light of the infinite Creator. I am known to you as Laitos. Adonai, my friends.

I am again with this instrument. I am Hatonn. And I return to this instrument to ask that if you have any questions at this time you ask them of this instrument. Is there a question at this time?

(Pause)

We are aware that there are two questions, but we prefer to wait until the questioner decides to ask them of us, rather than speak before we are specifically invited. If there are no more questions we will leave you.

We are sorry, my friends, for any and all difficulties that may face you this day. We know that your illusion is a difficult one. And we send you our love and support, as always. You must remember the value of insubstantial things. For the rainbow that was the promise in the covenant of Abraham was only a bridge of light. Take that bridge, my friends. It cannot be felt. It cannot be touched. It cannot be weighed. But you can see it and know it. And there is promise for you in each moment. For you too have a covenant and birthright, for you are children of the Creator. And in that Creator resides all love. Desire then, my friends, to experience that love, and to know that one original Thought. Knowing that simple thing, you then have access to all that there is.

We leave you with these few pitiful words, knowing that we cannot touch you in any important way, but that only you can choose your own spiritual path. We hope that we can encourage you along that path. Adonai, my friends. We leave you in the love and the light of our infinite Creator. I am Hatonn. ♣

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Intermediate Meditation
March 23, 1980

(The recording is barely audible. Inaudible sections are marked with ellipses.)

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. We are very happy to be able to serve you … for we of the Confederation of Planets in the Service of the Infinite Creator have no other wish except to share our thoughts with you for whatever aid they may be to you in your isolation for the path that you most desire to walk in this most dense illusion that you call Earth. You walk in darkness. It is now dark about your dwelling place but through this instrument's ears she hears a branch of your … into a sort … nourishing plants that have also borne your darkness will now come … We would suggest that you remember that your entire life as you now perceive it is only … You will see that which is truly light as you leave this earthly … which you call. And yet you have that light within you just as the caterpillar has the butterfly, for you see, to fly … We ask you to think this night, my friends, of … It is written in your holy work that the master whom you call Jesus the Christ was come into the world by leaving so much darkness … and … He was an example of light. That, is he was an example of realized consciousness. You yourselves take for granted many limitations but find you are imprisoned in a kind of spiritual darkness which separates you from the light. What you accept as reality, those things about you … to you are less than … as we are … for yours is a world of illusion. That is why we wish to speak to you about light. For only the warmth … light from darkness has borne … to take for granted that … all those things which … The lesson that you learn while you are within this creation of darkness you learn by choosing one … the light. Reaching toward … Yet how difficult it is to do that for … It would seem … that evil … that the … it is to … But we would take you into a country … We would take you into … where all offices are the same for that which is justice is … We would take you beyond … beyond … all … Just as … will not. So your, finally … a paradox which is an ultimate … Thus while you are lonely … the age-old … thoughts what country while your spirit … and you … of light … I am conditioning this instrument … We are with you … We … are called … but we dwell … standing … We are not … We would now at this time transfer … you would feel … I am again with this instrument. We ask that … it is … strengthen your … We encourage you in your meditation … and assure you that we will be with you … We will … another member of the Confederation to speak with you. I am known to you as …

(Carla channeling)

I am Laitos, and I too greet you in the love and light of the infinite Creator. It is my especial privilege to

work with those who wish to become instruments and to help each of you with the conditioning process. So if you will be patient with the new instruments we would like to work with each of you. We would like to send energy to the one known as C. We are aware that he is fatigued but we would like to attempt to let him be aware of our vibrations if he would.

(Carla channeling)

I am again with this instrument. We can feel a great deal of, shall we say, improvement in the reception of the one known as C. We understand that he is … by questions and doubts as to our basic origin and … This is entirely proper. We hope that as time goes on he will in addition to … allow the process of opening … will requestion information and pursue his attempts to understand at any level he may desire. … At this time we would like to attempt to speak a few words through the one known as … if she would relax … I am Laitos.

(Carla channeling)

I am again with this instrument. We would like to adjust the energy which we have given to … adjust our vibrations and again attempt to speak a few words through the one known as … if she would …

We thank the one known … We ask you, my sister, not to feel badly because we … for our thoughts … but it does take time … we are aware … greatly desire to we … We would like to now work with the one known … if she would … she would … herself that which she thinks without attempting analysis as to whether it is her thought or simply learn a concept into the instrument's …

(Carla channeling)

I am again with this instrument. We are aware that the instrument known as M … next time we attempt to make our presence known to her by …

(Carla channeling)

I am again with this instrument. We thank the one known as M and offer ourselves to her any time that she wishes to receive the particular service of … only one of … times that … so much of the wisdom … other sources for a relief from … of your … If you will be patient we would like to work with the instrument known … We have difficulty … would like to attempt … she would relax … I will transfer to the one known as K. I am Laitos.

(Carla channeling)

I am again with this instrument. To the one known as K we would say you have just received a … that was ours and will again send it and ask that … be brave … speak forth you will discover that if your thoughts …

(Carla channeling)

I am again with this instrument. We thank our sister K for working with us. We know that it is difficult for you to allow your mind to … hear … contact … through this type of overture. We know that it takes practice and confidence … And with time as you call it … We are glad … Thank you … our love … If wish to receive … simply mentally request … If you are receiving conditioning … I am Laitos … Adonai.

(Carla channeling)

I am Latwii. I come to this group only to wish you well for I do not have a great deal to say to you at this time. This instrument is expecting me to give her some wise and inspirational thought but, my friends, you are the inspiration. It is your understanding of this that will save you, not our words. You must think of yourselves as the fence that intertwines one strand with another, forming great strength so that flowers may grow over it and winds may never blow it over. Alone you are only a … seeing the cosmos and the cosmos seeing you. Hold out your hand to your brother, my friend.

What an inspiration. We cannot give you that inspiration for you are the inspiration. You are the Creator. We are only a voice given through a channel coming from a dimension that is not distant. We are like thoughts that you may think yourself. You must understand that we of the Confederation in no way wish that you become champions of the so-called UFO's. For we do not think of our philosophy as being the truth of the Creator, for we as you and all the beings that there are are the Creator. We are speaking to ourselves … But you are living in a density in which you have tremendous capacity to learn. You learn from sorrow, you learn from … you can learn from any means … always remember, the inspiration, the answers are within you. There is no outside input. Like you … by becoming conscious are truly one …

We ask you to do this, my friends, of course in meditation, but we feel that you are an advanced group to the point where you have realized that

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meditation is not a … You can meditate and then five minutes later … The next lesson, my friends, is not … The next lesson, my friends, is that you realize who you are. To be in such a state that you are the inspiration to the outer world that you truly are … Let yourself be free, to be joyful, to share that joy with others. You have something to give that is so precious that it cannot be described. … For you will never be alone for you are on a path which is shared by many, many … There is a kind of interweaving … so that you can never be alone. You walk with the Creator and with all those who seek the Creator. Imagine, my friends, the loneliness of those … who do not know that they are the child of the Creator. Yet they are. They are part of the great and perfect union that is …

Well, my friends, I speak a long time for someone who has nothing to say and I apologize if I speak too long. But I come basically to ask if there are questions, for I would be very happy to attempt to help you understand … Questions?

Questioner: *(Inaudible).*

(Carla channeling)

My friend, we understand your question, however, it is very easy to speak of … it is in fact something that you do very well. However, due to your analyzing … Therefore let us say a bit about the condition … no entirely … Conditioning acts as a kind of a carrier wave which strengthens the signal of your own so-called alpha wave … It is a basic meditative frequency … to … shall we say brain … although … But this instrument would … channel information. When you meditate … wish to seek conditioning, simply ask for … This job is given to our brother Laitos and it is felt in various ways. For those who do not wish to channel … electricity, shall we say … some part of the body. … you can see … If someone wishes to use the conditioning in order to become a vocal channel, simply mention … mentally to us and Laitos will then work with more intensity … on your vocal … into your muscle … exercising you … objective evidence that there is an entity that is not yourself that is … activity. When you have become sufficiently conditioned to, shall we say, believe in us, which is an almost literal thing, then your belief that there is something to receive has given you enough confidence to allow you to speak thoughts as they are given to you without analyzing … then … will … vocal channel … we will be gone as quickly as … Some develop very quickly, some develop slowly. It is usually the analysis of our thoughts that keeps the instrument from developing more rapidly. Thus, as you receive conditioning, if you will refrain from analysis, then simply accept whatever … you are feeling, when the vibration is transferred to you, you will be in much better position to have the confidence … to speak without knowing what is to come next. For this is … not knowing what they are going to say next, they do not say what they are feeling … thus they are not able to receive … Do you understand what we are speaking …? How may we help you?

Questioner: *(Inaudible).*

(Carla channeling)

That is indeed correct, my brother. And yet if you have ever watched … you know that every … respond with … For … surrounds all … We will give you another image which may help you. … is something … there is no … All of those things … Perhaps this will aid you … sincerely …

(Tape ends.) ♣

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Intermediate Meeting
March 30, 1980

(Unknown channeling)

I am known to you as Hatonn, and I greet you in the love and the light of the infinite Creator. It is a great privilege to blend our thoughts with yours at this time and through this instrument, and we thank you for the opportunity. This evening we would speak to you in a small parable, for often that which is true can be seen better when it is seen as a part of a story, and so for you, my friends, we write a story of a prince who had a kingdom.

Standing upon the turrets of his castle, the prince gazed over the great domain over which he reigned, and he was very glad, for was he not prince, and did not all he saw belong to him? He was by nature a kindly man, much given to good deeds, and merciful in action, living at peace with his neighbors, skilled in diplomacy, and without any blemish that could be seen.

How he loved his kingdom. He loved his fields and his forests, his farmlands, his villages and towns, and the lovely castle which had been improved and added to over centuries until it was indeed a glorious sight, with spires and castellations, towers and watchtowers. And once every year in the castle keep came all of his people rejoicing that their king was so just, so mighty, and so powerful.

One day the winds of change came upon the kingdom—boats of a foreign and strange creation landed upon the shore, and within a very short time the peace-loving king was removed quite utterly from his reign. The joy of centuries diminished, the ownership of land, field and forest changed. The king escaped because of the love of his people, for they took him in as one of them and he began life anew as an humble cottager toiling in the fields, carefully guarding the forests, and serving the new lord of the land.

And once a year the people, fewer each year for fewer remembered, would come to visit one small village, and they would kneel before one old cottager, humble and full of years. And he, well adjusted to his new life, would say as if in ritual, "Do not bow your knee to me, for I have no fields and no forests. I have neither land nor estate." And his people would remain on their knees and say, "We praise you as our king, because you have taught us goodness and peace."

This cottager who had been king died quietly and the kingdom remained, unhappy now, scourged by heavy taxes and unfair practices of all kinds that reduced the villagers and the townsmen to near slavery, and in the length and breadth of time came there those with books and knowledge. And slowly, very slowly, the kingdom again changed so that it began to balance between total peace and total aggression.

Amidst all these experiences, my friends, amidst all those who were loved and those who were unloved, the creation of the Father grew and flourished in its season. Fields and forests, birds, animals, fish, nothing of man truly upset the creation of the Father, for there is a love in such balance and of such power that its ability to heal itself, given enough time, is perfect.

We are aware, my friends, that each of you are in a different situation with different perspectives. Some of you dwell under a good and peaceful ruler, either yourself, another being, or a great ideal that you seek. And so love rules your life and all of your movements are graceful, and that is well. Those of you to whom we speak, we ask that you meditate upon the meaning of your fortune, and upon how you can share your love. Some of you dwell under the angry queen—we correct this instrument—Some of you dwell under the angry king. You are in slavery or bondage to yourself, a habit, a possession, another person, or a false ideal. We ask you in your meditation to ponder the reason for your slavery, and how, through sharing your difficulties with the Creator and with your friends, you may free yourself from all addictions, limitations and difficulties, and be healed. But those who are fortunate and those who are not are often one and the same person in different moods and at different times. And so we speak to all of you when we ask you to look up, outside your windows, outside your world, into the world of the Creator. Try not to miss one single day of the creation, for your days are numbered. And as it is written in your holy works: all flesh is grass that blooms for a day, and then it withers and is no more.

In your season of blooming watch the creation of the Father, for it too has its cycles and they are quick. And the understanding and the healing in your watching of that creation is very great. All of those things in the creation of the Father are designed to be of service, one component to the other. As you pass along beneath your trees, remember that they are breathing oxygen to you, and cleaning your air. Think of the gentle rain as it falls upon the thirsty earth, producing your food. And the wind that spreads the beautiful clouds and the gentle rain. Watch the insects as they create fertile fruit and flowers. In the creation of the Father, each thing is a mystery that cannot be known, can only be loved and appreciated.

And if you spend some time with the creation of the Father you will find that it asks only one thing of you—it only asks that it may love you just as you are. The rain and the sun shine on all of you, criminal and saint, fool and wise man, the trees shade all of you, and the presence and the consciousness of the Earth is one of total acceptance of you. It is a great sorrow of ours that many among the peoples do not reciprocate this feeling. But we are aware that many of the peoples are now becoming aware that their planet loves them, and that it is deserving of love in return.

Your fortunes will pass, good and bad, the kings of your life will change, but the fields and the forests will be there for you. When your internal lessons are not audible to you in the silence of your meditation, walk out into the incredible beauty of the creation of the Father. And open yourself to communion with that which only desires to be of service and to love.

We are aware that this instrument has reservations about what we have just said, and she is doing well about not analyzing our thoughts, and we would answer her reservation because we do feel that it would be of service to others also. There are those elements in the creation of the Father which seem very competitive and warlike. As one of your poets has written, "Nature red in tooth and claw …" But this, my friends, although it may seem destructive, is a means of balancing the species so that each may live according to their best strength. For instance, you may perhaps be aware that wolves, as they are known among your people, are considered vicious because they kill the caribou in the northern country, and the caribou are a threatened species. However, if you will look more deeply you will find that the wolves are removing from the pack of the caribou those who are sick and old and would hinder the caribou from reaching winter pasture land. Thus, the wolves strengthen the caribou while they themselves are surviving in their own way.

We are aware that this does not seem altogether without violence; however, the creation of the Father includes that which is known to you as violence. The difference between the violence in nature and that in man is that in nature there is a purpose to be fulfilled which is helpful.

At this time we will pause and allow our brother Laitos to work with each of you. I am Hatonn.

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(Unknown channeling)

I am Laitos, and I also greet you in love and light, my friends. I am very happy to be with you and if you will be patient we would like to work with some of the newer channels. I would like to begin with the instrument known as D. If she would relax, we would like to attempt to make contact with her and say just a few words to her at this time. I am Laitos.

(Unknown channeling)

I am Laitos. I am again with this instrument. We will remove the conditioning from S at this time so that he may be more comfortable. He is making a great breakthrough in hearing our concepts and has difficulty only because of an emotional reaction to doing something which he has desired to do for quite a while. As he becomes used to this contact, it will smooth out and the feeling which could be described by this instrument as "the rush" will no longer incapacitate him from being able to speak.

We are profoundly grateful to you for any spending this time with us, and we will be with you at any time that you request it, either for conditioning, or the meditation, or for conditioning for vocal channeling such as this instrument is doing at this time. The choice, my friends, is up to you, and we have no prejudice, for it is not everyone who desires to become a vocal channel. But indeed, you are all channels in your way, and we believe that the conditioning which enables you to meditate can help each of you. And we in turn have great need of vocal channels for, as we have said many times, there are those who will be asking questions, and we cannot come among you without interfering with your free will, for there are those among you who do not wish us to be here. And so we must speak through people such as you, to share with you what knowledge we do have. It is no knowledge you cannot have, for this knowledge is your birthright. It is simply that the forgetting is so great among your peoples that it amounts to a deep sleep. You who are awake are greatly welcomed. We will join you in meditation, my friends. For now, I leave you in the love and the light of the infinite Creator. I am Laitos. Adonai.

(Unknown channeling)

I am Hatonn, and again I greet you, my brothers and sisters. Our friends of Latwii send you greetings. They are very taken up at this moment with observations, and so we will attempt to aid you in answering any questions that you might have. Is there a question at this time, my friends?

Questioner: As we are now moving into the fourth density, what does that hold for us? What changes will there be? It's called the age of understanding, so explain what this all means.

I am Hatonn. We are aware of your question, but it is somewhat complex. Not because you meant it to be, but because the information comes from several different levels. This planet, in this density, is moving into a more pleasant aspect of this density. There will be, on this density of this planet, another cycle of third density following the conclusion of that which even now is occurring, having to do with the end of the cycle. Namely, the weather changes, the natural changes in geography, and the possible armed disputes and economic disasters that will be part of this change. Some of the people now dwelling upon your planet at this time will repeat that great cycle which, depending upon the various gravitational changes and electromagnetic variations, lasts somewhere between seventy-five and seventy-eight thousand years.

Such a cycle you have already gone through, and the harvest is at hand. You are being harvested as you leave the physical plane. Those of you who love yourself more than your neighbors will go through this particular classroom again, learning how to love. That is not called the Golden Age, that is called repeating the grade, or that is what this particular channel would call it. However, there will be a harvest, and this harvest of people in a body finer—or shall we say, more dense than the spiritual body, a body which we could almost call the angelic body, but we will simply call it the spiritual body for that is the name you know—in this new body, those who graduate, those who love others more than themselves, will enter the Golden Age and will become of a part of the inner plane system of this planetary sphere, or will have the opportunity to go on to do work in other spheres, depending upon their vibration.

For the most part, those of the Golden Age will remain upon the inner spheres of the planet Earth, for in the vibration of those who are sensitive to the higher love and light vibration, there dwells a calling to service, a great desire to help those who have gone before, and in the realization that a fourth-density personality does not yet have the ability to project

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through thought in time, through the dimensions, such entities will choose to be of service in their own backyard, shall we say.

In the Golden Age love will be seen. It will be a highly creative and a highly satisfying change, for when thoughts are visible, then no deception is possible, and thus, if love does not abide it can be approached through communication and understanding.

Would you like to question us further about this Golden Age, my brother?

Questioner: After we pass into this next phase, will we be helping other people of our own race achieve the level we've reached?

That is correct.

Questioner: Will it be a time of more love in our race as a whole?

Those who have not graduated will begin where they left off. Those who have graduated will be given such a glimpse of truth and love that there will be a great explosion of love in your inner spheres. And thus the vibration of the planet as a whole will be greatly enhanced as more and more of your peoples join those who dwell in love and light. Thus, we must answer you, yes, it will be a time of greater love. However, you will always find there are those who, of their own free will, choose to take a long, sad and lonely path through darkness, and this you, and we, must allow them to do until of their own free will they turn to the sunlight and seek love.

Does this answer your question, my brother?

Questioner: Yes. Can I ask some more?

You certainly may, my brother.

Questioner: Will our civilization still have government the way it is? Our present society creates a lot of resistance to the love in our race. Will this be the case then?

At the beginning of the next cycle there will be a breakdown of your government as you know it in the third density, and a type of dark ages, shall we say, as it may well be called in the future, will descend upon your peoples due to the fact that you have built a very fragile society in your, shall we say, civilized culture. Things will become more simple, and it is only a matter of conjecture as to what the free choice of those entities at the time will choose. However, in the fourth density there is no need for government as you know it, for the rule is freedom in love, which means that no one obstructs the freedom of another, nor would wish to harm another, and since that which is needed can be created by thought, there is no need for the labor on a cooperative basis of your society.

However, in order for you to help, your work will be of a collective nature, melding and becoming one with each other so that you may, as a group consciousness, work for the good of the planet which nurtured you and which you now wish to nurture. Therefore, although you will not have government, you will be working as a unit in attempting to grow ever closer together.

As we are talking about two different dimensions, you can see that each density will have its own culture and society.

Questioner: My last question. Will we maintain our physical existence along with our spiritual self the way it is now, or will it be just the spiritual self?

My brother, we did not say that anything was "just" the spiritual self. We think that's the star attraction here. However, we understand the meaning of your question. You will have what will seem to you to be a physical body in the fourth dimension and in the fifth dimension. In the sixth dimension, which is a light dimension, and from which our brothers and sisters of Latwii come, there …

(Side one of tape ends.)

Questioner: Is our evolution to become a ball of light and lose the body altogether?

We are aware of your question, my sister. The goal of spiritual evolution is the transformation of consciousness. The Creator has given a proper shape and configuration to each level of consciousness, so that each transformation is accompanied by a transformation of the vehicle, so that the consciousness may be housed in the most appropriate vehicle for further learning and growth. To attempt to grow spiritually in order to become a ball of light would be like attempting to, shall we say, become a flower or a cloud. The form of consciousness is not within the power or provenance of an evolving entity. It is not anything for that entity to be concerned with. The only concern of the seeker is that he seek. To be a seeker is the basic drive of the nature of all mankind. The basic

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question of your life is, "What do you seek?" When you understand what your most basic desire is, the priorities of your existence arrange themselves accordingly and you set about your path, seeking as you go, using each minute as a vehicle for learning about that which you seek.

Thus, instead of nullifying desire in removing oneself from acts of will and desire and longing, we ask that you become intimately familiar and totally honest with all of your desires on whatever level they may be, denying none of them, understanding them, and appreciating that the Creator has made you with these desires. The question is in how you order them, and how you moderate them according to your most basic desire. In this way, you begin, and continue, on the road of spiritual transformation. You are attempting a mutation of the mind and spirit. You can do this only by opening yourself to that which is true. If you call it "good," if you call it "God," if you call it "love," if you call it "Buddha," if you call it "Jesus," we do not object. You may call it the unnamable. Whatever it is, we ask you to seek it and to know yourself as a seeker.

The prize goes not to any form or design, but to the man with the greatest heart and the greatest will to know. We are not speaking of true believers who attempt to win the world to their ways. We are speaking instead of people who realize, finally, that their greatest single endeavor in life is to be themselves. This we offer you from what knowledge we have. Seek not any form, seek not to become a ball of light. Seek to be yourself, seek to know yourself, seek to share yourself, for it is you yourself who contain the essence of all that there is.

It is written, "As above, so below," and we say to you, each cell of your body knows the body. If you take a cell from your arm, will it produce an arm? No. We say to you it will produce a body. If you take a cell from your leg will it produce a leg? No, my friends, it will produce a body. Thus, know yourself in all your parts. Know all of your thoughts: those which are basic, those which have to do with existence, with security, with power, with things with which you may not approve. Know all the good things. Know all the things that you had forgotten about yourself that are quite lovely. And to know most of all your inner true and perfect self, that self that changes only very slowly and through many life experiences, growing ever closer to the Creator, sparked by the Creator and returning to the Creator.

Does this answer your question, my sister?

Questioner: *(Inaudible).*

As always, we thank you, and are grateful for your questions. Is there another question at this time?

Questioner: *(The question is mostly inaudible; essentially, it was, "We cannot be objective in this life, in this body. Will all be understood when we are in spirit?")*

We are aware of your confusion, my sister, and we ask only that you relax, for the truth is so simple that it is almost always missed. We give you a very simple truth, and it is so simple that the intellect rejects it. But we tell you all that we know of the truth, and that is that you are a being created in love, that you walk in love, and that you may at any time choose to act with love, thus maximizing the effects of learning in this dense and sometimes difficult life, as you call it, that is so [brute].

It is a very common and everyday affair for those who seek, to slip, by habit, into old patterns of thought which are negative. This is understood and should not be a source for self-blame or any sort of guilt upon the part of the seeker. You are simply adding two plus two and receiving the answer of five. There is no guilt, there is a simple error involved. The illusion is very strong among the peoples, and in order for you to be able to control your reactions to those things about you which cause you to initiate patterns of behavior that are negative, we can only suggest that you meditate daily and seek to ground yourself in what we may call a tabernacle of yourself and the Creator, a holy place within your own breast in which the Creator may dwell, as in a tent, as in an oasis, so that you too may repair to your own heart and to the Creator. And from that gentle and well-watered garden, thereby remember not to react to circumstances which cause the negative feelings of which you are speaking. It is nothing more than a habit of mind, and when recognized as such by the use of daily meditation, and by the constant reminder of the Creator within, can by slowly eliminated so that eventually, in one area of your life and then in another, two plus two will begin to equal four.

When you are dealing with habits of very long standing, the error is sometimes very difficult to catch before it has begun. Thus, above all, do not blame yourself, or feel less than confident, or less

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than spiritual, because you have made an error. Simply begin again, for in the Creator all things are new, and at any moment you may begin anew, and each time that you find yourself in negativity, simply begin anew. And that is the beginning of a new life, for the Creator is such that once two plus two is four, He does not remember the error, and nor should you.

We hope that this helps you, my sister.

Questioner: Yes, thank you, it is very, very reassuring.

We are very glad. Is there another question at this time?

H: About the volcanic action in the state of Washington. Does it have any particular significance for Earth changes at this time?

Yes, my brother H. It is one of many volcanic actions that have begun to take place beginning in 1976. And these volcanic actions will continue, along with other Earth changes, for some time to come.

H: Is it possible that other volcanic eruptions could occur along the coast of this continent, the west coast?

We can speak only in probabilities. There is a great deal of positive energy being sent to California and this is aiding the situation in more ways than one. Consequently, the outlook there is better than it would have been had not people been working on the earthquake situation there for some time. However, the probability is approximately 35 percent that volcanic actions in Alaska and Hawaii will occur.

H: Thank you.

You understand, my brother, that this is only a probability, and can change.

H: *(Inaudible)*.

Yes, my brother, we are aware of your familiarity with statistics, so we need not have asked that question. However, there are others in the room who were not as familiar with probabilities and how they may change in time.

Is there another question?

(Pause)

My friends, it has been a great pleasure to us to speak with you. We wish for you to realize that our speaking is not perfect and our knowledge is far from perfect, but that our love for you is as great as our being and our desire to serve you in any way that we can. We thank you for reaching out to us and we encourage you in your own seeking.

I am Hatonn. I will leave this instrument in the love and the light of the infinite Creator. Adonai vasu borragus. ♣

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Intermediate Meeting
May 4, 1980

(Carla channeling)

I am Latwii, and I greet you in the love and the light of our infinite Creator, and give you the blessing of the Confederation of the Planets in the Service of the Infinite Creator.

It is our privilege to work with you this evening. We have not spoken to this group as the, shall we say, keynote speaker for some time now, for this is not our usual task, as you know. But your teachers of Hatonn, because they are of the vibration of love, are at this moment very, very busy elsewhere upon your planet, for there are many in your Middle East and in that country which you call Russia, who would like to make war at this time. Our fear is not for your physical bodies, but simply for the timing of this global conflict, for such it would be if those in Russia, as you call this land mass, had their way, for at this time they are capable of superiority in weaponry of a type which is not part of the normal repertoire of armaments among the people of your culture. They are what you call mind control weapons and your peoples do not have a defense for them. Therefore, there is a clear advantage at this time to a global conflict.

We do not wish to stay the conflict forever, if that is the will of your peoples, but we wish to send as much love as possible to your leaders of all nations, of all beliefs, and of all polarities, in the hopes that we can for just a little while longer continue to offer the pathways of observation, convocation and evolution to your peoples. We are trying to offer to your peoples—those who wish to seek—an understanding of the true nature of observation. For to see with eyes of love is to see for the first time that which is real. For those few sheep among your peoples who wish to be saved, and who seek a group of like-minded people, we offer them the principle of convocation and give them the knowledge that they may find such groups and raise their voices as one in their desire to know the truth. And above all, we find each moment in which we can speak to your peoples of evolution an infinitely precious moment, because, although your peoples cannot go backwards, they can certainly drag their heels. And the majority of your peoples have dug in their heels and are resisting with a great deal of effort the relentless march of evolution towards the light.

Yes, my friends, you can resist. There are a few planets who have resisted so completely that there is no light. But evolution is inevitable, even upon such lost planets. Yours is just in the middle, my friends. There are not so many who would be evil, but my friends, there are not so many who would be good. The great majority of your peoples would be neither good nor evil, but do not seem to have a predisposition to either. Hence, they are as pawns in a game which they know not of.

You, my friends, have begun to understand the game, and have begun to aid in your own evolution by understanding the value of being polarized toward love. This is not an easy polarization and that teacher named Jesus would never have promised that it was easy. For he said, "If you would be my disciple, take up your cross and follow me." Did he mean, my friends, that all of you must go through life in some kind of terrible martyrdom, suffering in order to be wholesome? No, my friends. Your teacher laughed at weddings and changed water into wine so that his friends might make merry and rejoice. He had a very deep sense of humor and rarely felt sorry for himself. He knew the ways of love and he knew that the path involved is a stony path. The path of evolution is a rocky path.

The reason for this is very simple, my friends. Say that you are not aware of the process of evolution. You are therefore not responsible for your lessons. You react in a completely instinctual manor and through the catalyst of many, many lifetimes' experience you begin very slowly to develop. You may have a hard life, but the aspect of learning lessons will not seem a great part of it. However, when this student takes on the responsibility of the path towards truth, he will be given small quizzes along the way.

Now, everyone is given these quizzes, but most do not recognize them. The student recognizes them, and therefore has the responsibility for meeting them. If you are having difficulty loving an enemy, you will be faced with that problem until you have conquered it. If you have trouble with one enemy, that enemy may go away, but you will have another. If you are having trouble with some addiction either in thought, in action, or in temperance, the source of that addiction may go away but you will be challenged again. Each time that you have the choice between anger or some other negative emotion and calm acceptance and creative understanding and you choose the release of anger or some other negative emotion, you know—those of you who are on the path—that you must do it again, you have made an error, and that it will meet you, most surely.

Your entire planet, as a planetary consciousness, has not yet reached the level of conscious development. It is simply reacting as it has reacted for many thousands of years in a warlike and somewhat negative fashion.

It would be well, my friends, if you would meditate briefly for the success of our brothers and sisters of Hatonn, and for peace in the world, for there are very critical occurrences at this time. We wish we could tell you how this will all come out because we like a good story as well as you, but we do not know the answer, we do not know the timetable, we do know the final outcome—for there is only one final outcome. In the battle between good and evil, that which survives will be neither good nor evil—but love. Good and evil are the light and the shadow of love. Love will prevail, but we do not know when and we do not know what will occur during these days while good and evil struggle upon your land.

We ask you especially to understand that in such a situation as you face now, each side is convinced of his own rightness and goodness, no one in this particular situation feels evil. No one accepts the role of the bad guy. Each feels that God, Allah or history is on his side. You may ponder that, my friends, for it will give you an insight into the true meaning of love, into the true nature of the Creator, and into the true oneness of all mankind upon your planet. You are fighting a civil war, my friends, for you are all planetary brothers and your national feelings and tribulation, difficulties, secret missions, secret weapons, and all the rest, remind us of a finger plotting against its hand, or one foot plotting against the other knee. We do not understand totally why you would wish to mutilate yourself. However, we accept that it is so. Nor do we judge you, for you are not unlike many of our brothers who have gone through similar sections of learning in their own evolution.

We ask you to lift up your hearts now, my friends, for we vibrate in the light and in the light there is no disharmony. We ask you to let these things drop away and to cleanse your soul as you would a garment, rinsing it in the cool, clear waters of a mountain stream until it is completely and utterly cleansed of nationalism, pride, glory and righteousness. We ask you to see those who you think are your enemies. Lift them up into the light, my friends, for they are your brothers. They are sad, they are puzzled, they do not know the light, they cannot recognize the light. Your own leader, my friends, knows the light and in his own way, is of a very pure nature. Many of your peoples do not understand the quality of light in the one who is your president at this time. We are aware, my

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friends, that it is not a practical or a prosperous characteristic, nevertheless it is inspiring to us to find anyone in a position of authority who is in the light. Lift him up also, my friends, for he knows where he is.

Feel the peace of this place which exists, my friends, inside yourselves. The light is white, but is not blinding and so may your understanding be to you. Keep that white light in your heart, my friends. Release all of the thoughts which we have given you, and settle back into your bodies now. You are of the light. You have understanding available to you. It will not blind you to action, however, it will make you more thoughtful. It will make you less understood, but it will make you more understanding.

I will pause at this time, that you may rest for a moment in silent meditation.

(Pause)

I am Laitos, my friends, and I greet you in the love and the light of the infinite Creator. It is my privilege to join our brothers and sisters of Latwii in sharing our thoughts with you. We would like to pass among you at this time to work with each of you in the conditioning wave. If you would relax, we will be with each of you for a few moments.

(Pause)

I am with this instrument and I thank you for your help in opening yourself to us.

We very much enjoy working with each of your vibrations and find them most enjoyable. We are always with you. We ask you to think of us not as a wiser source than yourself, but only as a more experienced brother or sister, for we never know which you will get when you request our presence. We are more experienced and we share it with you just as your older brother might do. That is what we are here for, that is our mission here.

We can do so little for you, my friends, and we are so filled with the fire of love, and wish so dearly to give it to your peoples. As we dwell above you in our ship, we spend much time in prayer for your peoples, for we have heard your call for help and we are here, and yet we can do so little. We ask those of you who meditate to meditate just a bit more, we ask you to be on fire with love, for the Creator has made a mighty and beautiful creation and it is one with you and you are one with it, and all divisions are nothing but illusion. Reach out, my friends, when you feel that it is in you to do so, reach out in love. Feel that inner glow, the warmth of that fire that is within you. It is real, it is not an illusion. That is who you are, that glow, that spark, that power created you from nothing and you are eternal.

Before this world rolled in a circle, you existed. A soul on a long path. Here you are, my friends, in this place, in this time, on your path. Your Creator can only speak through you. His hands can only reach through you. The words of love are only spoken through you. Thus, be open to inspiration, be open to kindness, to cheerfulness, to the simple actions, the smiles, the courtesies, the gentle touch, that make the people around you know, not that you are such a fine fellow, not that you are such a wonderful girl; no, my friends, that is not it. But that the Creator has created a marvelous and wonderful creation. One in which gladness is the total truth. Love is the total truth. Love is the total reality. Meditate, my friends, and feel this, and then let it shine forth in your eyes, through your lips, and by the service that you do.

I am Laitos, and I thank you for listening to me. But I felt that you had a desire to hear this this evening, and though I do not usually spend so much time speaking of philosophy, this evening I felt that while I was giving the conditioning wave, I would speak to you about love. I thank you for listening to me, and I will at this time pause and say adonai so that my brother may again speak with you. I leave you in love and light. I am Laitos.

(Pause)

I am Latwii. I am again with this instrument. We are having trouble with this instrument, for she smells food and her concentration is wandering. We will work with this instrument, if you will have patience. I have a better contact with this instrument at this time, and would wish at this time to open the meeting to questions. Is there a question?

Questioner: *(A question is asked about nationalism.)*

I am with the instrument. That is a very good question, my brother, and we must answer it not in your terms but in ours. There is no should or shouldn't to evolution. There is only the inevitable. At a certain point in your evolution you will no longer have groups that are smaller than the

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planetary consciousness, for you will have discovered that you are all men and women of Earth, as you call your planet. We call your planet Sorrows. There are many names depending upon the quarter of the sky from which our ships have come. When that occurs, there will not be a feeling "nationalism," there will be a feeling of planetary oneness due to the fact that the true geographical entity upon your planet is the planet.

You will notice upon the maps that you have of your states and countries that say, for instance, you may have the state in which you reside colored pink, while the state called Indiana by your peoples colored yellow and the state called Ohio by your peoples colored blue. However, if you take off in what you call your airplane and achieve an altitude sufficient for you to see parts of those three states which is possible even in a small plane, you will notice that there is no obvious demarcation between your Kentucky, your Indiana, your Ohio, and moreover you will notice that they are not pink, yellow and blue, but are indeed all of a camouflage color of brown and green and some black, with ponds sparkling and rivers flowing here and there, knowing no boundaries other than the natural boundaries of altitude.

This is true of your entire planet. The feelings of nationalism are proper to your situation at this time. However, it is good for you and for all those who wish to live a loving and thoughtful life, to be aware that nationalism, while appropriate to the circumstance [in] which you find yourself, is part of an illusion. This illusion is taking place that you may grow. We are not speaking of physical growth but spiritual growth or, as we have said before, the evolution of spirit. Thus, if you can view the situation which you call political which demands nationalism at this time, in a light which includes the understanding that this is not the ultimate reality, only an illusion, then you may observe the illusion and attempt to understand the lessons which this particular illusion at this particular time is attempting to show you.

We earlier brought you to a place of light and specifically brought rulers, leaders of three nations deadlocked in a near war with each other, so that you could feel in your heart that the reality was that they and you are brothers, are one being. How can you serve the Creator with nationalist feelings? My friends, you will; you will serve the Creator, and it is not inappropriate to have the feelings that you have, however it is appropriate to both to respond as the situation in the illusion requires you to respond, and to know beyond a shadow of a doubt that it is an illusion, and that you are, in truth, a child of the Creator. That whatever actions are necessary, you will do, but you will not do them with hate, with obsession, with pride, with righteousness, but only with compassion, both for yourself, for those who are of other nations, and for your Earth in its tribulation.

Have we made this clear to you, my brother?

Questioner: Yes.

Is there another question at this time?

Questioner: *(A question is asked about Russia's mind control weapons.)*

We are aware of your question and are examining this instrument's mind. However, as in the past, we find this instrument lacks many of the virtues of a scientific training. However, we will attempt to speak through her.

The mind has an electrical field and so does the Earth and so does every living thing. Weapons of a psychic or psychotronic nature—may we correct this instrument, she is not familiar with this subject matter. The pronunciation is "psy-ca-tronic." Those weapons know as psychic or psychotronic weapons are capable of sending a wave or electrical field through the Earth in any direction they may wish and at any power that they may wish, so that the minds of those in the field of that particular weapon are no longer capable of functioning normally. Various physical disabilities will occur, such as nausea, blinding headaches, rage, fury, and other extreme emotions which are finally turned to self-destruction, so that you have those who would fight the enemy instead fighting themselves, and, at the extreme, dying.

This is one type of weapon; there are others. However, this is the most generally effective and the one best tested by their scientists. The USSR has also spent many years developing what seem to be random psychic powers among certain gifted individuals, so that [they] may be used by the state, alone, in groups, and in conjunction with machines. Those of your scientists in the early '60s debated the use of such weapons, but decided not to spend a large amount of revenue upon that type of research.

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As this instrument would say, they dropped the ball. There is now what you call a definite gap in the efficiency of the weapons deployed by Russia, as you call this country, and your own country. Both of you have weapons to destroy each other with physical means, but only one country has the ability to destroy through energy.

You can well imagine the possibilities of this in balance or grace. However, Russia is vulnerable to determined and prolonged attacks upon power sources for the great machine that developed the psychotronic devices. Therefore, they are not quite bold enough to move in the face of world opinion at this time. However, you will have observed that they are becoming more and more bold, and are very, very seriously thinking of increasing that boldness beyond the level of open warfare.

Have we been able to explain through this instrument that which you wish to know, my sister?

Questioner: Yes, thank you.

We thank you. Is there another question?

Questioner: Is there any way of escaping the psychotronic weapons?

No, my sister, not at the level of vibration you find yourself. If you could all leave your bodies, it would be just fine.

(Side one of tape ends.)

(Carla channeling)

[I am Latwii.] I am again with this instrument. We apologize for the delay but this instrument desired to change the tape. We do not wish to speak long upon this question for this instrument knows of some of the experiments that have been done by those you call Russians, with the instruments you call psychotronic. Therefore, it is not necessary for us to channel this information through her, she will be able to speak to you herself. However, in simplicity we will say, "no." There is not any shield, not earth, not stone, not metal, not any shield whatsoever, that can block the extremely low frequencies of the psychotronic weapons.

Is there another question?

(Pause)

If there is no question, we would like to answer a question that has not been asked, but which we feel is general enough that we may answer it without embarrassing anyone.

My friends, we realize that there is a great deal to worry about and we do not blame any of you in this illusion for being concerned and worried about situations which seem beyond your control. We ask you to have faith in the great continuum of love and light, and to know that if your heart desires truly, that heart's desire will one day come true. Thus, take time out from your worry, let it slip from your shoulders, and envision what you need, what you desire and what you wish to be so. It is the Creator's good pleasure to give you His kingdom. Thus it is said in your holy work called the Bible, ''The Creator is not far from you," and He knows your worry, and He must let you have that worry until such time, if you are through with that particular worry, as long as you worry.

No matter what happens in your life you will find something about which to worry. Think instead of that which is good, let the solutions appear, in time, and meanwhile view all of those connected with the situation with as much love as you can muster in very difficult circumstances. That which is broken will be healed, and that which is unbroken is so precious, we ask you to put it first. Seek out the lovely, the living, and the good. We hope that this has helped you and we will leave you in your privacy. We will pause to see if there is another question at this time.

(Pause)

I am with this instrument. I am Latwii. I feel that your group is at peace, and we join you in that peace and that serenity. We ask you to carry it with you in memory and know that we love you as brothers and sisters. May you enjoy yourselves, my friends, to the fullest in the week ahead. May you laugh and be joyful and know that all things in the creation are the Father's. They are distorted, they are shadowed. Look through, my friends, look through the distortion and see love.

I will leave this instrument now in great thanksgiving for our time together. It has truly blessed me and my brothers. I leave you in the infinite love and the light of the infinite Creator. I am known to you as Latwii. Adonai, my friends. Adonai vasu. ♣

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Intermediate Meeting
May 11, 1980

(Unknown channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the One Who is All. We send you the love and the infinite regard of our brothers and sisters of Hatonn, and assure you that they are conscious of this group's prayers for them in this past period of your time, which you call a week. It is most appreciated and we ask your continued support and Hatonn continues his work of love.

We are very glad to be with you, although as this instrument well knows, we are not the smooth talking professors of Hatonn and are not nearly as used to delivering the inspiration that is in our hearts. However, we ask that you feel about you at this time that which is in our hearts and mind. That is, my friends, the great love and light of the Creator which, burning like a fire, removes all before it that is [gross] and encourages the bloomings of all those things that [are good].

Which things in your life, my friends, turn towards this light? How long have you spent in the shade of things? We ask each of you. Each moment that you spend with your face away from the sun, the great central sun of your existence, love of the Creator, is a moment lost, my friends. The faces of love are infinite. There is a face in every problem, in every situation.

You may consider it like a game, my friends. You may consider this a game. Find the hidden picture. You will remember this game. There is a picture of a tree and hidden in the branches of the tree there is a picture of a kangaroo. So it is with your life, my friends. Hidden in every picture is a picture of love. Love distorted, love undistorted. Love strained by your own misunderstandings, but nevertheless, my friends, that thing which we call love creates the changes and incarnates all that there is.

We know, my friends, that you are on a path and we would help you on this path, but we cannot [be] your walking stick. All we can do is say to you, yes, my friends, there is a path; No, my friends, you are not foolish. Yes, my friends, hidden in the tree there is a kangaroo. For many of those about you will not understand. Many of those about you will only see that which is on the surface of any situation. You must not allow yourselves the self-indulgence of wasting time, as you call it, moments of your consciousness in this incarnation. Meandering through a thicket of details without remembering the great detailer that drew up the great plans. And who is this great detailer, my friends? Someone far off to whom you may pray, someone with a name? This great detailer, my friends, is yourself! This fine creator is yourself! Yourself in an alternate form! Yourself with all of your parts put back together in harmony!

(Tape ends.) ♣

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Intermediate Meeting
May 18, 1980

(Carla channeling)

I am Oxal, and I greet you in the love and the light of the infinite Creator. We are most grateful for the opportunity to share our thoughts with you at this time and are very pleased to greet the one known as E and each of you. As you are probably aware, I and my brothers and sisters of Laitos have been working with you to balance the circle, for there has been some imbalance of energy and we are more happy now with the unity of this group. We ask your kind permission to join you in your meditation and to share with you some thoughts on the subject of love.

If you can picture with me now, my friends, a field distant from any neighboring settlements or domestic dwellings, a field, my friends in which butterflies fly freely and clover lies beneath the wildflowers. We ask you to go to that place which you have imagined and to feel the sun of a warm day down upon you. Feel your body, my friends, as you stand in this field, your senses completely filled with the love of the Creator. You can hear the wind whispering its ever-changing song through the trees and grasses and weaving the sounds like ribbons through the air or birds who call to each other in hunger and pleasure. The flowers smell sweetly, my friends, and you can touch the fragrant petals of the wild and rambling roses. As you view all these things and feel the heat and light of the sun, you are experiencing the creation. You are part of the creation and you are a rightful dweller in what is truly paradise. Allow your consciousness to sink deeply within that body, standing in that warm field, until you are aware of that bird song and the sweet smell of the wild flowers and the lovely colors of the field and the touch of the grasses about your bare skin are all a part.

This, my friends, is the simplicity of that which we have to give to you. It is a simplicity that has proved fatal for us, for you in your complexity desire complex answers and you feel that were we advanced we would have advanced in complexity. However, my friends, that extrapolation is [not true.] I am Oxal not because I am of greater intellect than you who sit in meditation; I am Oxal because I love. I and my brothers know this love, see this love, and feel this love. We ask you to come out of the field now, my friends, and enter another field of existence that is much more difficult to dwell within, that is, the field of life, in which the flowers that you touch are papers[8] and people.

And often, my friends, you cannot touch but must instead grapple with difficult communications because you cannot understand each other's

[8] Carla: With regard to the use of word "papers," I think perhaps this referred to correspondence—certainly we have had a lot of writing with various folks over the years, so perhaps it was literally paperwork they meant.

creations completely. The ever changing wind gives way to the creations of man. And even near your dwellings, my friends, have you not seen entities who bring their noise with them and drown out the wind, and know not the message it whispers through the branches of the trees? Can you see the Creator, my friends, as you look at the distorted creation of man? We would be very amazed if indeed you were fully able to see the Creator in every man and every woman. There is a reason for this, my friends. We have free will and so do you. We are not the clay, we are the potter. The clay consists of our actions and our thoughts but we are the potter that forms these actions and these thoughts. We are the potters of our existence. And if our thoughts are seemly and lovely to behold, then it will be more possible for us to be a person through whom the Creator may work the magic of love. But most of you, my friends, have dwelt ever so long in an environment in which love is not understood and in which, therefore, the free will of each of your associates has caused them to distort that magic of love into shapes that are almost indiscernible as love.

And yet, my friends, there is no place that love does not go. There is no action that love does not allow. It is written in your holy works, "If a man go to the depths of Hell, he cannot escape the Creator." We ask you to begin with yourself and to end with yourself in your attempts to discover love. We ask you to forgive yourself of any and all errors that you may commit. We ask you to love yourself in whatever imperfect state you may judge yourself to be. We ask you to release from yourself the responsibility for your nights and days, for your tasks and responsibilities. For those responsibilities belong to a part of yourself but not to your whole self. They belong to a shell of yourself that is dwelling in this experience. And of course, my friends, you will do the best that you can. Were this not so, you would not be in this room at this time, in this dwelling, seeking the truth in this manner. But an infinitely greater part of you is not dwelling within your experience at this time, it is one with the Creator and you may draw upon it as you will.

If you were in a drunken stupor and you tripped, would you not forgive yourself in the morning? That is your situation, my friends. You dwell in a very heavy chemical illusion. It is a difficult and challenging experience. However, in it you learn quickly and that is why you have put yourself in this experience. So learn what you can, my friends, but above all, allow that great portion of yourself that dwells with the Creator to indwell within you consciously each day in meditation so that you may bring it forth into manifestation, into whatever area you need its magic worked within. For, my friends, you are all magical, as the greatest miracle that you might ever imagine. Each of you has an infinite history and yet here you are, my friends, through an extremely amazing set of circumstances, dwelling in one room, pondering a set of thoughts, and experiencing the love and the unity of the group in which you sit. Let that love be as a candle to you, my friends, a very bright taper that has no end but burns mightily as does the sun. Desire to know that love.

I will leave this instrument at this time. It has been a great privilege to share my humble thoughts with you and if you have a use for them we urge you to use them. If not, we urge you to forgive them, for as this instrument has said many times on our behalf, we are indeed like yourselves, those who seek the truth. We are not those who can speak the truth without error. We send our love, and through us, the love and the light of the infinite Creator. I am Oxal. Adonai, my friends.

I am Laitos, and I greet you also, as does my brother. I am delighted to be with you and send you love and light. We wish for the one known as Jim to know that we were working with him before this instrument began to speak, in order to build up his confidence. We say this in confirmation, so that in future times when there may not be a confirming channel, you will have had an experience of knowing that we were indeed contacting you.

At this time we would like to condition and say a few words through the one known as C, if he would relax and speak each word as it comes to his mind. I will transfer now. I am Laitos.

(Carla channeling)

We are aware that the one known as C is somewhat fatigued and therefore we will adjust the conditioning wave a slight amount and work a little bit further with him. I am Laitos.

(Carla channeling)

I am again with this instrument. We would thank the one known as C and assure him that at any time that he wishes, we will be with him. At this time we would like to exercise the instrument known as Jim,

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if he would also relax and completely refrain from analyzing any concepts that he might receive. Simply speak forth one concept at a time, as they enter. I am Laitos.

(Carla channeling)

I am again with this instrument. I am Laitos. We have a good contact with the one known as Jim but he requires a bit more of the conditioning and we will therefore adjust our contact so that he may have more confidence. I will again attempt to speak a few words through the one known as Jim. I am Laitos.

(Carla channeling)

I am again with this instrument. We are aware that the one known as Jim is having some difficulty due to analysis and therefore we will simply continue to work with him, through his own desire to experience conditioning. We may say that perhaps one of the greatest stumbling blocks to a new channel is that the first concept he receives is the identification of the so-called channel. And since the instrument already knows who the channel is going to be, it sets up the conditions for analysis. We could trick you by saying, "I am Herbie," or "I am Hillary," but we do not think that would be in the interest of genuine work such as you desire to do.

For those humans who have need of our thoughts, therefore, it is simply a matter of overcoming the desire to make sure that you are being contacted and that you are not speaking for yourself. Perhaps the best way to achieve this is simple practice. And, as this instrument always does, a prayer of intent is very useful in tuning and protecting the instrument from stray channels, as you would call them, who might attempt to speak through you. These stray channels would include portions of your own consciousness and entities who are of this planetary sphere but have nothing particularly informative to offer to you. Thus, the tuning is important in channeling the work.

We thank each of you for your patience as we work with the newer channels. And we will pause for just a moment and condition each one of you as it may aid you in achieving a more deep meditative state.

I am Laitos and I would leave this instrument at this time. But, if in your daily meditations you desire our help in achieving a good meditative state or in working on conditioning, you have only to ask and we will be glad to work with you. I bid you peace and love, in the name of the Creator of all things, my friends. I am Laitos.

(Carla channeling)

I am Latwii, and I am very glad to greet you in the love and the light of the infinite Creator. I am very glad that it is my turn for I have waited patiently in order to speak to you this evening.

I have been enjoying the spectacle that your planetary disturbances have had in some of the spheres of color, which are beyond that which can be seen by your eyes. It is very beautiful, my friends. Although, we are, of course, sorry for any grief that you may feel at the rearrangement of certain molecules of some of the entities which now dwell in another plane of existence, due to this colorful display. We were waiting in the wings, as you might say, so that we could answer any questions that you might have at this time. Does anyone have any questions at this time?

Questioner: *(Inaudible)*.

We are aware of your question, my brother. This instrument will have a hard time answering this question because her mind is not furnished properly. However, we will attempt through this instrument, since we do not have a proper one. The use of humor in altering the genetic personality is only now beginning to be appreciated by some of those among your researchers, whom this instrument would call, "holistic health experts." There are many secretions of the brain, as you call it, which will control and reprogram the self-healing of the physical, emotional and spiritual bodies. They do not have as much luck with mental body difficulty due to the fact that in mental problems it is more difficult to achieve mental breakthroughs. However, the brain being relatively unimpaired, we can then say that the possibility of using humor is excellent.

The ability to remove one's consciousness from one's little tiny area is very important in the reprogramming of the genetic personality. In order for this to occur there must be some agent. Most often in your recent years, those who have experimented in this area used chemical substances, such as that which you call LSD. These are also those who have used meditation and other less, shall we say, outward going therapies, in order to achieve reprogramming. There is a plethora of pseudo-reprogramming effects which may or may not last,

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depending on the sincerity of the individual. However, if a person once discovers how to laugh, this person will have a good chance of reprogramming basic metaprograms, which affect the life essences of the personality as it is manifesting in the genetic mode, in any given incarnation.

In order to release oneself completely through laughter, it is necessary to be able to feel that one is in a safe or trusted place; this is a prerequisite. What occurs when one is able to trigger the mechanism of laughter is that the secretions of the brain, having to do with metaprogramming, do the work of LSD or other powerful chemicals, but do it in ways already arranged by your very kindly Creator. Thus, you do not have to go outside your own being for the remedies for your difficulties.

We realize that we have not covered the subject adequately and therefore, if you wish to ask further questions we will attempt through this instrument to answer them.

Questioner: *(Inaudible)*.

This is not a correct concept which you have generated within your mind. We are not sure that the true reprogramming concept can be generated intellectually. You can, for instance, decide what you wish to reprogram. But, you will never know in your normal, shall we say, work-a-day state of mind, the mechanics of this reprogramming. It is not so much a state of objectivity that you need to reach, as a state of freedom, and this is not a freedom from yourself. It is a freedom to yourself.

For in reality, in the physical illusion, you are separated from yourself by all the concepts which have been generated in your mind as distortions of the truth, by those about you whom you trusted since your early childhood. These distortions are many and varied, and at a very young age you chose which distortions you felt comfortable in living with. Therefore, various people have various distortions. So, the laughter releases you not to objectivity but to yourself, which is the ultimate subjectivity, since each person's universe is unique and unreplicable.

Does this answer your question?

Questioner: *(Inaudible)*.

May we answer you further?

Questioner: *(Inaudible)*.

We thank you and certainly hope so. Working with this instrument on some subjects is like chewing rye bread.

May we ask if there is another question at this time?

Questioner: *(Inaudible)*.

Are you referring to the life-forms which are so-called test tube babies, or life-forms which are the constructions of scientists having to do with the computer design of life-like beings?

Questioner: The second. The latter.

Both governments are attempting to do various things, The most basic is to achieve an interface between a computer—this instrument does not have the word; the closest we can come to it is terminal—within the head or brain of an individual, thus allowing a living being, not a man-made being, to interface with all the bits of information which could be stored in a computer. This has not been successfully accomplished yet, due to the extreme delicacy of the synapses involved, so that the interface is difficult. There are already many mechanical and computer-led devices upon both sides, especially since it is part of the scenario of both governments that there may be necessity for beings which are not affected by radiation to perform certain tasks, in order to preserve the lives of the more fragile humans who exist in the same ecosphere.

To run through the number of experiments on each side would take some doing. Is there some specific category that you would like this instrument to channel information upon?

Questioner: I was thinking specifically of our leadership and the leadership of Russia and what it all amounts to *(inaudible)* on what they are … on whether or not they are artificial life forms?

I am Latwii. I am again with this instrument. The question that you ask is answerable upon two levels. In the first level, the leaders of Russia and the United States are people; they live and die. There is however, another level which is equally important to those who are attempting a serious study of this particular time in the evolution of man. The battle that is waged upon this other level has been called Armageddon. Must we terrify you by such a flagrantly biased word? Let us assure you that we mean the war of polarity. The polarity which you

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may call good and evil has little to do with national boundaries, although the vibrations of the land mass which you call North America are much more positive in nature than those of the land mass which you may call Russia.

This battle is not in the physical and is certainly not fought with people but with thoughts. Moreover, there are, from previous cycles of civilization upon this sphere, machines which have intelligence, which dwell within some of the deeper rock formations of your planet, the product of a civilization which long ago ended. They are not positive but rather, negative in nature, and therefore are the pawns of the thought forms that are strong enough to penetrate this particular form of machine.

Thus, as you see, we are speaking of two levels here. The level of your own daily life is peopled with humans, but underlying this drama which you are witnessing, is a deeper and age-long struggle between good and evil, light and darkness. And although there is no question of the ultimate outcome, there are, shall we say, some dicey moments. Certainly you are experiencing the transitional period, in which these moments may come rapidly, for some time to come. We are glad that you did not ask about the Chinese, for that is another subject, and one which we would rather not go into at this time, since that situation has passed.

Does this answer your question?

Questioner: It gives me food for thought.

We are always glad to give someone a mental snack. Is there another question at this time?

Questioner: *(Inaudible)*.

I am with this instrument. I am Latwii. We must decline to answer this question. We are sorry for that but we feel that attempting to channel that particular information at this time would be premature.

Questioner: *(Inaudible)*.

We are checking the computer. I am Latwii. The one known as Hatonn is working hard and doing fairly well. The prayers of many have joined the entities of that planetary society. There are gains registered [on] both sides. The probability of the most serious consequences is down somewhat. However, there is, shall we say, a semi-critical situation and we continue to ask for your love and support, of Hatonn and of those leaders with whom Hatonn is working.

Is there another question?

Questioner: How can we help people to get through these heavy times we are going through?

I am aware of your question, my brother, but it is so general that we have to go back to "Go" and collect $200.00. You can only help those people who ask you for help. That eliminates a large number of people. Thus, you must not worry when you cannot help people. Help is only appreciated if it is requested. Unwanted help is unnecessary help, and it will not help but only interfere, for all have a sovereign free will, and no matter what occurs in this physical illusion there is an infinity of time for each entity to learn and understand the truth.

Thus, abandon your desire to help everybody. We realize this is not a conscious desire, but it is a common subconscious desire, due to the fact that those who seek to know the truth are also those who have a love for other beings with whom they share this planetary surface of yours. There are a few whom you may help and they will ask you for that help. There are as many ways to help as there are requests. Some people may require a smile, some may require food. There are endless ways to share the bounty and the love of the Creator. If you are able to offer seed thoughts for the promotion of change for the individual who requests it, then, you have done the greatest help of all. For the greatest help is a spiritual help. And, the spiritual help can only be truly accomplished by the person himself, with you acting as a catalyst. Thus, think of yourself as a watershed, over which many will flow. There a few whom you may help with a word, a few with a touch, a few with generosity of food, or speech. Whatever is needed, it will be asked for and it will be a matter of your own understanding as to what you can do to fulfill the needs of those who ask.

We ask you to remember that the Creator's supply of love, whether it be food, caring, thought, words or any deed, is completely and totally infinite. So that, if you are a channel for the love of the Creator, you do not have to worry about running out of steam or being unable to help in one way or another. You need only to work upon yourself, so that you are a clear channel, unmoved by the ridiculousness of many situations, and in great humor when others find a situation quite grim. For you see, you dwell in

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the midst of a great cosmic joke and a great cosmic tragedy. And the ability to see both polarities of this truth equally is a very helpful one in dealing with yourself. And when you have dealt with this polarity within yourself, laughing at your grief and solemn in your joy, you may be of balanced help to others, for you may not then be touched by their difficulties to the point where you will be unable to respond in the way the Creator within you would respond.

There are many who make the mistake of caring without asking how to care of their higher self. Ask that, my brother, and that will be a greater source of information than any arbitrary way of helping that we could give you. You know, the one known as Jesus said, "If you do these things to the least of these, my brother, you do them unto me." That is the secret, my brothers: you and your brothers are one. You are the Creator and he is the Creator. Your brothers and sisters, and you, and we, and the Creator, are one being, the cells of which sometimes get themselves all mixed up. Let your cell of existence be calm, be joyful, and be one body of the creation.

Does this answer your question, my brother?

Questioner: Yes.

We are truly enjoying ourselves for we have developed a great affection for this group, and we thank you for allowing us to talk to you, for we do not have any other groups upon this planet who we can talk to. You are our first and we are really enjoying this a great deal. So, we hope that you have another question.

Questioner: *(Inaudible)*.

That is correct. We are observing in your northern hemisphere at this time. And also in your southern hemisphere there is another buildup at this time which is creating very beautiful colors in your spectrum. However, these are not the same precise vibration as the colors of your sun and do not have the same properties. So, we are very busy cataloguing them all. And we thank the Creator for allowing us to see a transition in action. It is a very awe inspiring thing and we are specialists in what you would call spectroscopic analysis in many dimensions of space/time. Therefore, we are especially appreciative of the vibratory nature of your transition.

Questioner: *(Inaudible)*.

Yes, my brother. This instrument does not know geography. We are having difficulty. The *(inaudible)*.

Questioner: *(Inaudible)*.

The chain of disturbance that we are showing this instrument occurs south of your country and to the east, in the ocean, with not very much land. There will be difficulties. We cannot see yet from the *(inaudible)* of the color whether it will be of what you would call of a volcanic nature or an earthquake. However, there will be an adjustment of the plates, as you call then, of the planetary *(inaudible)*. If you would desire for this to be less violent you may, of course, send …

(The rest of the tape is inaudible.) ♣

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Intermediate Meeting
May 25, 1980

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. It is a very great pleasure for us to be with you again. We have missed our chances to speak with you very much. But we are afraid that at your present level of planetary intensity of political feelings we may well be absent from time to time, as you would say. We come to you upon the winds of love and are very honored to take a small part in your meditation. This evening we would talk to you of freedom, my friends.

There was once a young man who desired freedom, for he was a young man of great sensitivity. And when he saw the poverty, the hunger, the suffering in the world about him, he could not understand how these people could be bound to their suffering. This young man spent years working actively to alleviate suffering and promote personal freedom for his brothers and sisters, wherever he found the need. But ultimately he was betrayed by his own bitterness, for he knew that no matter what he did, it would never be enough to alleviate prison, which hunger and poverty had caused for so many upon your sphere.

And so he set all his daily work aside and went upon a journey, to seek an understanding of the reason why men must be bound by suffering, and why they could not be free. And he asked many people and received many answers. For there are those who believe many different things upon your planetary sphere, my friends. And each of those believes that they are the percipience of the truth. Some believe there is no such thing as freedom. Others believe that some must pay a price and are bound by their own previous errors. But with none of these answers was he satisfied.

One day he stopped upon an isle, for his ship needed supplies. And he was free to roam about this small tropical place. And he saw poverty again and conditions which were not conducive to health. And he found a native upon the island who spoke his language. And he told this native of his great dilemma. The native was a large man and his laugh was equally loud. And his laughter rang through the small room in which they sat. And the native man tapped his forehead, "Freedom," he said, "Here is freedom, nowhere else." And the young man cried, "But what about all of those who are starving, or ill, or poor?" And the big man reached out and tapped the seeker upon the forehead, "Their freedom is in your head," he said, "You must let them go, then, their freedom will be in their heads."

My friends, you do not live in an objective universe. All those things which you see about you are in fact not what they seem, as you are well aware. Any limitation which you might experience is a limitation only because of your perception of the

way things should be as opposed to the way things are. If you desire to be what you are, and if in that being you discover that you seek the truth by nature, then, my friends, you will have achieved a type of personal freedom that is not known by those who are swayed by their perceptions of what should be but is not.

If you are fully grounded in your knowledge of who you are, then, my friends, you are free to fulfill your desire to know the truth and to express that truth in any way that you may need. There are as many different works as there are people. The great secret, my friends, is that there is only one spirit, and that is love, that provides all works for all people who dwell in love. If you try to change the world, if you try to help others, if you only modestly try to help one person, and try to do it upon your own, thinking and puzzling and perception, you will almost surely fail. For your perceptions are not their perceptions. And indeed, my friends, unless you allow yourself to flow into the channel of love, your help will often be unpalatable to the ones you seek to help. You are free only when you snap the cords of your own desire to be somebody in this world and to do things in this world as your own person. When you have accomplished the dismantling of your desire for reputation, then, you have no more bonds or limitations and you are free.

There are still those who are hungry, who are poor, and who suffer. This is so, my friends. We would never attempt to cause you confusion by stating that we do not know that your planetary influence is a difficult one. But each man is free if he desires to be. And you yourself are free of whatever limitations you may chose to have brought upon yourself [in] the moment in which you allow yourself to be one who desires to know the truth, one who seeks to know the love of the Creation, for this love, my friends, is a very powerful thing. Those who need you will be drawn to you, for you are not responsible for the world. You are responsible for yourself and in yourself dwells the world. Those who are drawn to you will ask and as you open yourself to love, you will know that which is of help. We urge you never to volunteer esoteric information to those who have not asked, nor to withhold it from any serious student.

But pay attention, my friends, always, to the only person who can be free, and that is yourself. A desire for freedom is an impossible desire, for you dwell in the prison of a body, of a gravity well, of an illusion that is heavy. And yet, you are willing prisoners of the catalyst of the experience of this planetary sphere. The way to freedom lies in accepting the conditions of your particular incarnation and in asking to know the truth. It is written in your holy works, my friends, "Seek and know the truth, for the truth shall make you free." Freedom does not come without a commitment, not to self, not to what you would call ego, but to the truth and to service in the name of that truth.

We are aware that you have a great desire to be of service and that you feel a responsibility to your kind, especially in these days that you face now in the unfoldment of your planetary experience. But, you must work on yourself, and know that as you achieve a state of true desire to know the love of the Creator, a burning desire to feel the spirit of that love which created you, you will then find all else that you seek added unto you. It is not an easy path, my friends, but it is a fruitful one.

(Pause)

We thank you for having patience during this pause, and we greet our brother S. Therefore, my friends, we ask you to be at peace with the world as it is, knowing that it is in each man's grasp to perceive his world in any way in which he sees fit. This is difficult for you to imagine, for you have never starved or suffered in the way some of your brothers and sisters have. But you must take stock of how you came to be where you are, what advantages this has given you as a channel for the love and the light of the Creator. And then you must seek to do the will of that love that created you, and set you in this particular place at this particular time. We all, my friends, have work to do. Ours is to be available to you and to those upon your planet who desire or require our love. Yours is whatever you make it. For indeed, my friends, you are free. You have only to break the tiny chains that keep you from your desire.

At this time my sister Laitos will pass among you and work with each of you, while we attempt to continue this contact through the one known as Jim. I am Hatonn.

(Carla channeling)

I am again with this instrument. I am Hatonn. We are aware that the one known as Jim is the recipient of a great deal of energy, and this group is a well-

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charged one. And therefore, we will attempt to focus this energy in a more manageable way, in order to facilitate the contact. We will again transfer to the one known as Jim, if he will simply speak without analyzing that which he receives. I am Hatonn.

(Jim channeling)

(Inaudible)

(Carla channeling)

I am again with this instrument. I am Hatonn. We may say, for the sake of his confidence, that we do confirm that the next thought was to thank him for the privilege of using him as an instrument. We are aware of the problem of analyzing thoughts and we are very sympathetic, for it is not easy to speak when you do not know what the end of your sentence will be, much less what the thought will contain. However, once the one known as Jim achieves a better state of confidence, may we say that he will be a very good channel. We would like to transfer now to another instrument, while Laitos continues to work with you on your conditioning. We would now transfer to the one known as S. I am Hatonn.

(S channeling)

I am Hatonn. I am with this instrument. We have a very strong contact. You must stop analyzing *(inaudible)*. I am Hatonn. We thank you for this contact, for it is a privilege to work with each of you *(inaudible)*. I will transfer to the one known as Carla. I am Hatonn.

(Carla channeling)

I am again with this instrument. We are aware that the one known as M would like the experience of feeling the contact and as Laitos concentrates upon him, we will attempt to *(inaudible)* him, so that he may feel what our contact is like. I am Hatonn.

(Carla channeling)

I am again with this instrument. I am Hatonn. Thank you, my friends, for your patience. It is one of our desires to develop as many channels as we can of the vocal type, because there are so many who desire to hear the type of information which we share. But, we assure each of you that in your own way all that you do is your way of channeling the Creator. Each time that you serve your brother or your sister, you serve the Creator. Therefore, let your mind be at rest and let your heart be happy. We leave you in the temple of the creation. We leave you in the present, for there is no time. And we cannot even leave you, for there is no place, for all of creation is here. And the Creator is you, and your brothers and your sisters and all those things that live that consciousness of love. We leave you in that love and that light. I am known to you as Hatonn. I thank you for the opportunity to speak. Adonai, my friends.

(Carla channeling)

I am Latwii. I also greet you in the love and the light of the infinite Creator. As a member of the Confederation of Planets in the Service of the Creator, I am always at your disposal. We have been having a great time here, watching the spectra of your planetary energies as your Earth changes take place. You have a very beautiful planet, my friends. We enjoy the one known as Hatonn and are very glad to be here with you. We come to answer any questions that you might have at this time, if this instrument might by any chance be able to channel them. Is there a question at this time?

M: I have a question. Since I was a young age, I felt I saw a UFO. Can you tell me why I have been searching ever since then? I have studied and tried to understand what it was that I saw and the related fields that I studied. Can you tell me why, or what, lies in the future for me? Why the purpose besides trying to get people more awake to the greater? But I feel I'm singled out.

I am aware of your question, my brother. Much of it we cannot answer due to the necessity for your will to be free, However, you answer your own question. If you have not thought it through, I will attempt to help you. You are not to help others, given the phenomenon you describe, but did it not awaken you? What, my friend, is the purpose of what this instrument would call the two-by-four applied to the forehead of the mule, is this not to get his attention? That is why we are here. We are attempting to engage the planetary attention and to, shall we say, give a soft sell, that is not provable but is subjectively available to the people, that will catch their attention and make them begin to seek. That is the reason for this experience, my friend. Your life experience has to do with your evolution as a spirit. You now have your attention upon this fact. Do you now see the place of that experience in your early life, in what has happened to you subsequently?

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M: Yes.

Does this answer your question, my brother?

M: Yes, it does, but I feel that, could there be another reason besides *(inaudible)*. Do you understand?

We understand what you wish to hear but we will not speak what you wish to hear. But rather, admonish you to remember that the creation waits for no man. Nor should man wait for the creation. You are a part of all that is. That which you do is a part of all that is. Each of those who sit in this circle has a purpose in life or perhaps more than one purpose in life. And the road upon which that purpose lies is a many-branched road, so that you cannot stray from your purpose. You can take a longer or a shorter road. You can only go slowly or quickly or sit down; the purpose remains. However, the purpose of each of you is simple, my friends and has to do with knowing the love of the Creator. As our brother said earlier, once you have established contact with the Creator and the creation, you are then one with the flow that will bring to you that which you need, and will give you the opportunity to do the work that your higher self has prepared for you. Thus, worry not about your purpose in life, but instead, desire to know love. And in that love, to share that love with others. In this way alone will your purpose become evident and its termination final. Does this answer your question?

M: Yes.

Is there another question?

Jim: I have a question. Ruth Montgomery *(inaudible)*.

I am Latwii. I am establishing contact with this instrument. If you will be patient we must deepen contact for she lost her state of calmness for a moment. I am Latwii. I am, I am, I am. I am aware of your question, my brother.

The number of people, or as you would call them, planetary entities or societies in our Confederation varies, but the number is between five and six hundred. However, they are broken down into various subgroups and these are the groups a channel known as Ruth was speaking of. Those of Latwii have only begun to work with the teaching branch of the Confederation with your group. Previously we had been what you might term scientists, and that is still our primary duty. But we were attracted to your group, for we have found that although it is not, shall we say, a greatly advanced or tremendously bright group, it is amazingly consistent in its desire to seek the truth and this has attracted our interest, for we have a turn of mind which is similar. And therefore, we asked permission of the teaching branch of the Confederation to speak to this group. You may have noticed that we are not entirely smooth, but we hope we are getting a little better. However, the information about the sixty subgroups is basically correct, although you must understand this number does vary, depending upon the needs of the planet and the terms of stay, shall we say, of the various members of the Confederation. Some are here for the duration, some are here for less time.

May we in any way enlarge upon this question for you?

Jim: Yes. I would like to know if this Confederation is of this galaxy or of more galaxies than our own?

My brother, this instrument is not particularly well equipped to answer this question but we will do our best through her. Your contemplation of the galaxy is somewhat humorous to us, for we realize that we see that which you cannot, that is, the many planes of existence. That is our specialty, that is the study of vibrations. We are not only an intergalactic Confederation but also interdimensional.

For instance, your group speaker who has been with you since your beginnings as a group is from, what you would call, Andromeda. Were you to go to that dimension you would not find Hatonn, for it vibrates in a dimension which is two octaves above your own. We have many here from various parts of your skies, some in your density but not very many, most are from a density beyond yours, because in our densities we are able to accomplish what you would call travel by thought, and without the experience of duration which you are bound to in your illusion.

Does this answer your question?

Jim: Yes.

May we help you further, my friend?

Questioner: Yeah, I'd like to know if you cover the entire known universe or just a portion of it?

This instrument has trouble relaying the concept we gave her. We must learn to curb our levity. We

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showed her the picture of us as paint being tossed over the galaxy and dripping down on the sides, what covers the, as you put it, known galaxy. What covers the infinity, that is, the creation, is love. We have, shall we say, arrived at a vibration of experience in which we are conscious of that love, in which we can see that love, and therefore, are desirous only of following that love, wherever it may lead us. When we are needed, we hear that call, regardless of the so-called distance and those who call, and we come and give what aid we can.

And meanwhile, we study what is occurring in the creation. For at this particular point in our own evolution of spirit, we do not fully understand the plan of the Creator, and we collect all the information that we can to further our understanding of this plan. Our basic understanding is that there is indeed a plan, and with this, shall we say, article of faith, we go forth and do our work, while the teaching branch sends forth its love and its light to the individual entities dwelling upon spheres such as yours who have cried out so greatly that we could not help but hear you. Were you in the farthest reaches of the farthest density in this infinite creation, we would hear you, for our ears are only those receptors which hear the cry of the child in need of love, and that is your planet.

Your planet is fearful and is in great need of what it does not have. And we are not able to give to your planet that which it truly desires, that is, a sign which shall be obvious to all man. For we cannot interfere with the free will of your planet. Therefore, we remain somewhat hidden, somewhat questionable, and available only to those who are lead to hear us by their own desires. In that way, we do not infringe upon the free will of any who may wish not to hear what we have to say.

Does this answer your question, my brother?

Questioner: Yes.

We are so happy, and hope that it is not a "TV dinner," as this instrument would call it. Is there another question at this time?

M: Yes. *(Inaudible)*.

I am aware of your question. I am Latwii. We are having trouble with our solemnity, if you will pardon us. Sometime you people are very serious and we find that hilarious.

May we say to you that all things in your experience are very useful for your understanding, and this definitely includes dreams, for one third of your life, if you are lucky, is spent in garnering these messages from parts of your mind and spirit that are forced into quietude during your active, daily work-a-day world. Sometimes your dreams will simply attempt to work out frustrations in your daily life and are simply a means of helping you to adjust to a situation which is less than perfect. However, if you become a student of your own dreams, that is, if you begin to write them down as soon as you awaken, you will begin to understand things about yourself that you did not understand before. For you are, in your dreams, conversing with parts of yourself that are in touch with your higher self and with those whom we would call your angels or your guides.

Once you have begun to pay attention to your dreams, you will begin to have memories of being instructed or even of instructing others, depending upon your particular vibratory pattern as a personality coming into this incarnation. Eventually, you will be able to use faculties of your consciousness in dreams, so that you will have a much better communication with yourself in your deeper or subconscious, as this instrument would call it, mode of being.

Therefore, we would of course encourage you to pay attention to your dreams, just as you would pay attention to those things that occur when you are awake. It is widely known among your peoples that sleep is necessary only because of dreaming. If sleep occurs without dreaming, the entity becomes ill. In your dreams you are in contact with your higher self and with the Creator. This is your spiritual rest. There are many, many of your peoples to whom this is the only comfort, for whom this is the only contact. Thus, the more that you meditate or pray, the less that you will need sleep. If you were to totally spend your time in an inspired or loving state, conscious of the Creator, and in ecstasy with the joy of the creation and love, you would not need your sleep. And, there have been those among your peoples who have achieved this level of contact with love. However, for the rest of those upon your planet, as this instrument, for instance, you will continue to need a sufficient amount of sleep, so that you can make contact with those deeper parts of your being.

Does this answer your question my brother?

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M: *(Inaudible).*

We certainly hope so. We would hope so for everyone because there is so much beauty in your world, it is a shame to miss the night with all of its sparkling splendor.

Is there another question, my friends?

Questioner: *(Inaudible)* Although I know on a deep level *(inaudible)* relationship to the planet, to a new civilization. I would like insight from you of *(inaudible)* my relationship *(inaudible)*.

I am with this instrument. We are aware that you desire this information but there are things which we can not share with you, due to our desire for your unimpaired free will. The information that you request is within you, as you stated and we do not wish to influence any life decisions or understandings that you might obtain. Remember that the information that we give you is basically quite meaningless. The information that you truly need comes from within yourself. You have the information that is necessary for you. We are here, as the one known as E said, to give you food for thought, never, ever to influence your decisions. We are sorry that we cannot speak freely upon this but we do not wish to become advisors, but only friends along the way. Can you understand our position, my friend?

Questioner: Yes. *(Inaudible) (Laughter)* Thank you.

Now, my brother, you are beginning to enjoy yourself. We are very glad. We were afraid that you would get mad at us.

Questioner: That would be impossible.

We will take a little break here while we are getting ourselves sober again. We are very much enjoying the mood of this session, for it is a very good one this evening. Thank you for your beautiful vibrations. Is there another question at this time?

Questioner: *(Inaudible)* … mentioned … eruption of Mount St. Helen … in the future some sort of activity somewhere to the south …

I am Latwii. We are aware of your question and due to the fact that someone has informed this dull instrument of the Ring of Fire, we now are able to give her a much clearer picture than we could last week. The probability of a problem occurring in an arc of approximately twenty minutes, starting out to sea and crossing land near South America, but north, is greater than it was last week. The probability at this time is approximately two one *(21 percent)*. This is a significant rise in probability. This is due to the fact that there are pressures generated by heat within the planetary sphere, which must come into balance.

We are showing this instrument fire. We are having difficulty pinpointing our concept.

(Pause)

I am with this instrument. I am Latwii. We were unable to give this instrument the precise information she needs, due to the fact that we know that she would be interrupted. You must realize that it is very difficult for us to give precise information through a channel such as this one. And in this case we do not speak of her particular educational and life experience, which have prepared her more to channel philosophy and words of beauty than to speak words of specific information. Rather, it is due to the type of contact which we of the Confederation prefer to use with our channels, for the amount of control that is necessary for a perfect contact is very uncomfortable in the conscious state. We do not like to work with trance, due to the fact that we wish the entity at all times to be able to reject or accept our thoughts. Thus, we do not infringe upon the free will of our channels. Therefore, we will attempt to give information but you must understand that these are simply probabilities.

The greatest probability of an occurrence is that of another eruption upon an island which will be fiery. There are probabilities of earthquakes on land or under the ocean which would cause tidal waves. However, as the land shifts, these probabilities will also shift and we do not know for certain how the Earth will release the pressure which has built up within it.

If you wish to send your love to the planet, it will use it to release pressure on the inner planes, and perhaps you would like to do this. This is acceptable, for you have the right to aid your planet, because you are incarnated upon it. We can send love to it but cannot directly influence it, for we are not of your planetary being. Does this answer your question?

Questioner: Yes.

Questioner: *(Inaudible)*.

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Yes, my brother. The greatest probability would be off into the—we must search this instrument's mind—off to the north-east of that area, where there are islands. However, there is also some probabilities of adjustments in the Earth's crust occurring along the line that you mentioned. We are still looking for the name of the waters of your planet.

Questioner: Could it be the Caribbean Sea?

We thank you, my brother. This is what we were attempting to pull out of this instrument's mind, for it was in there, but she does not use the word very frequently. That is correct.

Is there another question?

Questioner: I have another question about that area. Could this be near the area that the continent of Atlantis is supposed to be?

We are consulting the computer. I am Latwii. The continent of Atlantis was, in fact, several bodies of land, which stretched over a large body of water. Therefore, the question that you ask is confusing. However, part of Atlantis is near the area, yes, my brother.

Questioner: Will this activity uncover any of the remains of the part of Atlantis that is in that area or will it destroy it even more?

We are with this instrument and have a picture of what you ask, from the computer. We do not have knowledge of this particular part of your planetary experience. However, computer knowledge indicates that your peoples have already rediscovered parts of Atlantis. However, there are many who doubt everything, and therefore, evidence which should be quite apparent is not. For some reason there are people upon your planet who wish to be the only ones who are upon your planet. It is an interesting phenomenon, my friends. Perhaps, in their incarnations in Atlantis, before the end of the last cycle, when they failed to go on and were forced to repeat over another cycle of experience, they had experiences that they would rather not remember. Therefore, they deny Atlantis.

However, there are those among your people who can show you artifacts and places that the shifting sands uncover that are quite definitely made by man, and quite definitely too old to be of this civilization. Thus, Atlantis is with you already and will continue to rise, as other parts of your planetary land masses sink. The water, my friends must go somewhere. However, all things eventually become less whole than they were, due to the nature of magnetic fields. So, as time passes there will be less undisturbed evidence of Atlantis.

Does this answer your question?

Questioner: Yes, it does. It brings some other questions to mind too. In that area, as it settled, a crystal was found there inside a pyramid, in a shaft of metal. Is this a storage device for energy or could it have been an energy source?

Are you familiar, my brother, of the person with power who works with a crystal? You think of this person perhaps as a gypsy, who gazes into the crystal ball. Are you familiar with this concept?

Questioner: Yes.

You must understand that as one disciplines the personality and becomes aware of one's true nature, one begins to achieve powers and can come into attunement with crystals, for weal or for woe, to heal or to destroy. The crystals were used to a very large extent in the civilization which you know of as Atlantis. They were also misused in the end. As you proceed with your own seeking and as you find yourself becoming a more powerful personality, keep in mind the responsibility for good or for evil that you carry within you, for you must always make that choice. This may sound simple but it is not, unless you let the Creator move you as the wind blows the trees.

We realize we have gotten a bit off the subject of crystals. However, there was a lot of trouble because of those crystals and we ask you to take that to heart.

Does this answer your question, my brother?

Questioner: Yes, thank you.

We thank all of you for allowing us to speak to you.

Is there another question at this time?

Questioner: *(Inaudible)* advanced civilization *(inaudible)*. Had they achieved higher level of consciousness *(inaudible)*.

That is correct, my brother.

Questioner: Is that similar to what happened between *(inaudible)*.

No, my brother, it is not similar. The name we have for that planet is Maldek. That particular planet

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chose consciously the evil way. Thus, it destroyed itself. In the case of Atlantis, there were, even at the end, very advanced beings on the side of light. They escaped and helped to form very advanced civilizations in South America and in the region which you call Tibet. Thus, the two situations are not alike. Maldek was a pure planet, and if you can appreciate evil as the polarity of good, you can appreciate the dark magnificence of that planet as it destroyed itself.

We do not have the sentimental hatred for evil, as you call it, that those among your peoples do when they speak of evil, that which Lucifer has become, that is, the devil. We find evil useful, because it delineates the good, giving you the choice that makes you learn. You have only to be conscious that you have that choice in order to have a great head start upon vibrating always towards the positive, towards love. Because of this you may well suffer. However, each tear that you let fall is gold, for you learn as you grow. And with each trial you become more able to be above good and evil, so that you seek only the Creator.

(Transcript ends.) ♣

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Intermediate Meeting
June 1, 1980

(Carla channeling)

I am Latwii, and I greet you, my friends, in the love and the light of our infinite Creator. I am having to use a somewhat stronger control with this instrument this evening due to her condition, which is somewhat fatiguing to her. However, she is willing for this to happen and we will speak to this group, for we are very appreciative of your coming together to seek the truth and realize that you have a desire for the words of the Confederation through an instrument such as this one, no matter how imperfect or desultory they may be.

The brothers and sisters of Hatonn send you their love and light also. They are again on duty, again in the Middle East. They have become regular Henry Kissingers these days and regret their being unable to be with you, for they are by nature those who desire to teach. And, it is always their desire to have a student who wishes to learn rather than a student who wishes to leave the classroom and go about other business. Unfortunately, my friends, the classroom upon your planet is your entire life, so that you cannot play hooky. You can only experience the gradations of feelings that you call emotions and states of happiness and sadness that are part of the catalyst of experience, which bring about thought and a greater understanding of the process which you as a soul are growing and evolving.

There is always one important point that we wish to make to those who meditate and truly seek the way of the pilgrim. That point may perhaps be illustrated rather than explained. Let us say, my friends, that you all have known an explorer, a treasure hunter, whose desire in life was to seek out the greatest and the best treasure of all time. Your friend sought out old maps and read old stories and talked to many archaeologists and experts, seeking a good trail to the best treasure of all time, a treasure that was priceless, a treasure that would be his.

Because all desires become reality, this young man found an old man who knew of the greatest treasure. "But," he said, "this great treasure is guarded by a three-headed dragon, and you must go down into dark caves to find this treasure. If you can get past the dragon you will have the only priceless treasure upon your planet."

So, my friends, our explorer sold all that he had and set out to find the cave, and after traveling in every conceivable hardship he reached a part of a great wilderness in which he found the deep, dark grotto in which the treasure lay. Bravely, he proceeded, tracking down many meaningless dead ends, retracing his steps, moving in the dark but with a remarkable tenacity of purpose. Finally, he heard the hiss of the dragon and saw it, as it glowed an unearthly green in the great vault where the dragon had its nest, and there was a great battle. Finally, the

explorer had slain the three-headed dragon, and the beast had poured its green life-fluids upon the damp dark stone of the cave's floor. There was no more hissing and the explorer could move onward.

Onward he moved in total darkness again, now that the dragon-light had been extinguished, and came he then to the treasure chamber. Upon a pedestal stood a beautiful filigree box, locked with an intricate lock. He felt of it in the darkness and knew that it was the treasure, or it contained the treasure, he knew not which.

Painfully, slowly, he retraced his steps until he came again unto the light of day. He was starved, for he had not eaten since he entered the grotto. The light blinded him, but days passed and he recovered. He set about to try the lock, with the infinite patience of those who truly desire the priceless. He tried every combination until he found how to open that lock, and lo, he opened the box. In the box lay a brown leather book, or so it seemed. He picked up the book and opened it and saw his own face, for the insides of the book, my friends, were two twin mirrors.

We ask that you think of this story as you proceed upon your path. Spiritual friends and guides have a function in your life. They may tell you where to find the cave, and they may warn you of the dragon. They may assure you that there is a treasure, but once you have found the treasure, what have you found?

You, my friends, are the treasure, the one priceless treasure of the universe, for you are life and this pricelessness you share with all who have life and consciousness. If you look at yourself in the mirror you may see many surface faults in your appearance, but if you look in your inward mirror, what do you see? Deeply buried is treasure that lies within you. How much love, how much patience do you need to uncover yourself to yourself, for yourself, and for the world in which you live?

We ask you to trust not any outer garment of word, idea, thought, fact, message, dream or action but to go instead into meditation. Leave all of these things as if you were cleansed of them. If you make a habit of this, you will find the treasure that you seek, the knowledge that you seek. The more that you know, the less you will be able to speak. Until finally, you will become one who shows people the map and warns people of the dragon and assures them of the treasure. That is the path upon your particular sphere at this time.

May we ask anyone in this room what you perceive the treasure as being?

Questioner: Man and angel.

The blending of those two answers, my friend, is the Amen of existence. We thank you for allowing us to tell our poor tale to you and will leave this instrument momentarily in order that our brother Laitos may pass among you. I am Latwii.

I am Latwii. I am with this instrument. We also greet in love and light and would like to exercise those who desire to become channels at this time. If the one known as Jim would relax and not attempt to analyze his thinking processes. We would at this time transfer our contact to him and Laitos.

(Jim channeling)

I am Laitos, and I would like to express my appreciation for the privilege of exercising this instrument. It is always a joy to be able to say a few words through this instrument. I am Laitos.

(Carla channeling)

We were attempting to transfer our contact to the one known as E without speaking that thought. And we wish to confirm that he was receiving a contact. Now that we have confirmed it, we would like to transfer to the one known as E, that he may have the experience of vocalizing our thoughts. I am Laitos.

(Carla channeling)

I am again with this instrument. We thank the one known as E and are aware that we got as far as the first word. That is the first step, my brother. Please feel very free and know that we are grateful to be working with you. At this time we would like to transfer contact to the one known as C. I am Laitos.

(C channeling)

I am Laitos. *(Inaudible)*.

(Carla channeling)

I am again with this instrument. I am Laitos and we are very, very glad to make contact with our brother, C. We are sorry about the phenomenon which you might call a "rush," which causes one to blank out. However, as one continues to work with the group this will become very manageable, for it is only the

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energy of a group as it is directed to you with the contact.

We are somewhat concerned about the brother who is going too deep. We will attempt to bring him back to a more conscious state at this time. If you will be patient, we will work with him. We ask you now, our brother, do you feel that you wish to work with us this time?

Questioner: Yes.

We feel that you are very sensitive and therefore we wish you to be very conscious as we work with you. For you have a capacity for other types of mediumship and we do not wish to interfere with your studies. If at any time we trouble you, we ask that you mentally request that we leave. Do you understand, my brother?

Questioner: I understand.

In that case, we feel that we need only ask if your guides would wish us to work with you. If you will be patient we will speak with them at this time.

I am Laitos. We have permission and at this time we will attempt to transfer to the one known as M.

(M channeling)

I am Laitos. *(Inaudible).*

(Carla channeling)

I am Laitos. I thank the one known as M. We will continue working with him as we talk through this instrument to bring him up to a more conscious level. We continue to be concerned that he will go into a more trancelike state. This is not desirable, for we do not wish to interfere with his free will or the work of his other teachers on other planes.

We have greatly appreciated all of your patience and we thank each of you. To our sisters, we give our love and will continue to send our conditioning ray at any time that you may request it, not only to become channels, as you call it, but to enhance your own meditations. We will be with all of you if you request it. And if you find yourself in a situation in which you wish that we not be with you, please simply mentally request us to go, for our greatest desire is for your free will. For you are citizens of the universe of the Father and freedom is your birthright, that is the law of creation.

I will leave this instrument at this time. You know, my friends, that I can only leave you in love and in light. It may seem an impossible feat upon a planet that is torn with strife, but it also seems impossible that a hummingbird can fly, for you cannot see his wings. Yet, you live upon a world fashioned completely of love. And there is nothing that you do not look at that is not part of your self.

I leave you in the wholeness and the unity of all that there is, the love and the light of the infinite Creator. I am Laitos. Adonai, my friends.

(Carla channeling)

I am Latwii, and am now establishing contact again with this instrument. I again greet you in love and light. I realize there is some thought in this room that now all philosophy is over, we can get down to business. But, my friends, let me tell you, all of the questions about the world as you see it are questions about illusion. Our philosophy, as flimsy as it is, is much more to the point and much more "survival oriented," as you people are fond of saying, than knowledge of a specific type. However, we are glad to share with you whatever information we do have, on any subject about which we can answer without interfering with your free will. Therefore, at this time we will open the meeting to questions, if you have any. Is there a question at this time?

Questioner: *(Inaudible).*

(Carla channeling)

I am Latwii. I am with this instrument and I am aware of your question. We answer you very simply. You are not able to use this information at this time due to your lack of purity of thought. This is the problem not only of yourself but of many highly evolved persons upon your plane of existence, and it is, shall we say, a touchy one. Therefore, it may take years for you to work toward a purity of thought that understands that there is something beyond good uses and bad uses and something beyond the vices. And when you get to the place where you wish only to serve the Creator in purity, then the information that you are now concerned about will have a free passage into your awareness.

Do you understand, my brother?

Questioner: *(Inaudible).*

Is there another question at this time?

C: *(Inaudible).*

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(Carla channeling)

I am with the instrument. That is a question that is less easy to answer. There is a clear answer, so we will tackle it through this instrument. In the first place there is nothing but illusion until you get to a level in which words are not used at all, not telepathically, nor vocally. We are dwelling in an illusion. Our illusion is much denser than yours. And, we have the facility to move into other illusions and vary our experience. Most of all we have the facility of moving into dimensions higher than our own at will. We can work with our teachers at a conscious level. We are at a dimension called six. Our teachers are higher and they too live in illusion. We do not know where illusion stops. However, we can say that reality is like a carrot that is dangled in front of the nose of the donkey, as this instrument would put it. Each reality, once gained, becomes the illusion and a new reality is seen. Once again, that becomes the illusion. We know that the path is infinite but suspect that it is also circular, that in the end we do dwell completely in reality, but without individual consciousness and then are sent forth again to complete the circle. This is only a suspicion on our part, as even our teachers do not know that this is so.

Some of our teachers are stars and have lived a long time in …

(Tape ends.) ♣

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Saturday Meditation
June 7, 1980

(Carla channeling)

I am *(inaudible)*, and I greet you in the love and the light of the Creator. I have been given special dispensation to be with you this evening, for it was the wish of our planetary consciousness that we be here to speak, those members of our Confederation whose work is the Father's, whose grief is the most difficult to bear. For you, my sisters, have been sent into the *(inaudible)* and although you freely *(inaudible)* for the sake of the planet. We love you and you know that we do not flatter you when we say this, for you are doing *(inaudible).* We are grateful that you have *(inaudible)* forgotten.

(Several minutes of recording are inaudible.)

I am Latwii, and I greet you in the love and the light of the infinite Creator. We are sorry we are disturbing your cat. However, we are most privileged to be able to add our voice to the sister who was speaking from the planetary confluence of *(inaudible)*. We thought that she was a bit gloomy, but that is understandable considering the duty that Hatonn is doing at this time, working with those in the Middle East would make anyone gloomy.

My friends, we ask you at this time to look at the road ahead of you and accept it with joy. You do not know what the road will bring. It bends, it curves, it will have branches; accept it now. When you have eased your mind, then you will be able to be free in the present moment. We are aware that you are becoming conscious of the times to come. Those are parts of a road that has not yet turned up in your experience. We ask that you experience the road of today.

Your people are very nice for the most part and sincerely want to help, but they are very serious. And we feel that healing lies in a true understanding of joy. If a person has never felt joy it can cause tremendous damage, for it is a profound emotion. You will find people who have been overjoyed in tears very often. For this is the expression among your peoples of sorrow and yet it is also the expression of joy. That is how unused your people are to joy.

We ask you to remember your heritage. Invest this portion of your [life] with the full power of yourselves, for you are joyous people who dwell on a sad, dark planet. There is no need for you to hide, as your holy work says, your life under the bushel. In whatever your situation, be yourself. And in being yourself, your joy will flow from you like wine from a new bottle, for each of you has within you the spring of eternal joy. We do not understand why you allow so many insignificant details to clutter up the mind and keep you from radiating this joy. You are aware that this is your primary function in

altering the planetary consciousness. And yet it is a continual difficulty within each of your lives to allow the minor difficulties of the day to be as they are and to allow your native joy to shine forth.

We ask you to consider how you feel, each about the other. Each of you finds the other to be beautiful and joyful and most adored. If all of you feel that way there must be something to it. Therefore, we ask you to have confidence in yourself as well as in each other.

At this time I would open the meeting to questions.

Questioner: *(Inaudible)*.

I am Latwii. I am with this instrument. In two parts, the defense against the psychic is metaphysically another psychic. That is, if you vibrate in love and light that is the best defense you can offer. It is a generalized one but unless you wish to engage in metaphysical warfare, thus stooping to the level of those who *(inaudible)*, and becoming adept at certain kinds of magic that are not without taint. There is nothing specific that you can do. It is, to be simply stated, a matter of somewhere between five and twenty years of research that the United States has not done because it was pure research and that the Russians have done because they have a long view of *(inaudible)*.

To answer the second part of the question, you must understand that each entity upon your planet is the Creator. And, each Creator has complete free will to [mold] his own universe. Those who wish to use their psychic powers in a negative capacity are completely able to do so, unless they are greedy. If they simply use them for the supposed good of their world, as they understand it, they are able to maintain their gifts; this is their birthright.

Negativity is a very viable alternative to the people on Earth and it is not denied by the infinite Creator to His children, the choice is theirs. The only thing that is denied at this time, by us, is the murdering of souls on the inner planes by nuclear devices.

We are aware of the possibility of nuclear war and have no intention of stopping it, for that is not our right. However, your peoples do not understand that the emanations from such devices penetrate into the finer densities of existence in your sphere and can disrupt vibratory patterns and personalities so that they must revert back to the very beginning of the cycle of existence. This is not understood by your people. Therefore, it is not against their free will if we do not allow this to happen. Therefore, we are able to prevent it.

Do you wish to question us further, my sister?

Questioner: *(Inaudible)*.

My sister, by the time your peoples become aware of the finer dimensions they will not want to use nuclear devices *(inaudible)* themselves.

We are here for the transition. We expect the transition to take some more time of your years. We are terrible at naming your years but we believe that it is approximately thirty of your years. The effects will be complete and the new vibration will be established. Once this is done, those who are not able to stand the higher vibrations will have perished, either by war or by natural calamity or by the simple maturation of old age, as your physical beings have such a short life span. Those who remain in the higher vibration will not want to part from each other. They will be able to see the brotherhood of man as a reality and not a [phase.]

Do you wish to question further?

Questioner: *(Inaudible)*.

We cannot speak in any certainty now. There are so many possibilities that it is as if a teacup had two hundred cracks in it and you knew it was going to break but you did not know which one would go first and how it would fall, or if, when it fell, how it would hit.

There are probabilities due to the fact that some of the faults that run through your Earth's crust are very unstable. By that, of course, we refer to the fault that runs from California to what you call Alaska. And also the fault that runs through what you call England. These are somewhat unstable. There are many, many other unstable areas in the country but we do not know, shall we say, how the dice will fall.

The forces of light upon your planet have so far done a tremendous amount of alleviation of destruction. So that those natural changes that have taken place have been much less difficult and dangerous to human entities than they might have been, had not light centers such as yours been *(inaudible)*. Thus, we of course urge you to continue to send love to your troubled planet as we *(inaudible)*. We feel that you are already aware of

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some of the dangers of your dwelling place. Is this not true, my sisters?

Questioner: *(Inaudible)*.

That is correct. That is also correct.

Questioner: *(Inaudible)*.

You are extremely correct.

Questioner: *(Inaudible)*.

Those would be good.

Questioner: *(Inaudible)*.

Less good. There are places in the east which are very stable but those places in the west which are in your mind have great potential for not only being stable but for attracting those of like mind. So that those who dwell there will be able to work together. That is *(inaudible)*. There is less possibility of stability as we head towards the west coast. You must not place too much emphasis upon our words, for we are looking at a probability sheet and, as you know, long shots do come in. However, the favorite at this point is not the mountains of the east or the mountains of Canada but rather, those mountains called the Rocky Mountains.

Questioner: *(Inaudible)*.

I am Latwii. I do not know my sister, that will be up to you. You may not yet be tested. However, we would advise you to practice, as this instrument would call it, [being] cool. The only way to present yourself to destiny is with the knowledge that if you live, you live, and if you die, you die. And since you are an eternal being it does not matter. With this attitude you can work your way through most situations with a minimal of disquiet. It may sound cold-hearted but believe me, the time to sit on your emotions is the time when you most want to express them.

You must realize that in the creation of the Father, there are many distortions of love. When you view a distortion of love, you may not intellectually realize in that moment that this distortion will eventually begin its positive evolution towards love in its true state. But, if you train yourself from time to time, the muscle memory, shall we say, will give you strength.

As you know, we are with you. And, although we cannot keep your from losing your physical vehicle, if a mountain falls upon you or sea washes over you, we can certainly guard your infinitely precious soul. That will never be in any danger. We hope that this gives you some comfort. We realize also, this will not stop you from being afraid but we like to point out that most brave people are afraid.

Is there another question?

Questioner: *(Inaudible)*.

I am Latwii. You are correct in a sense. Do you wish any further information?

Questioner: *(Inaudible)*.

You are coming in contact with your teacher, who has been dealing with you for some time. Your lessons do not have any connection with your physical life in this density, at this time, rather, with the continuing evolution of your true self in its whole capacity. This part of your education is something that you could not do without. Nor could most of those who are called “apples” or “wanderers” by this instrument. The vibrations of your adopted dwelling place are such that it is very difficult for most of you to receive consciously the continuing lessons that you desire in your spirit self. Therefore, they must take place when your spirit is released through sleep.

Does this answer your question, my sister?

Questioner: *(Inaudible)*.

No, my sister, that is not precisely the reason for the separation. You were brave and desired to help the planet in which you now dwell. However, you were extremely reluctant to leave the very concentrated study, it was your whole existence previously. Thus, you did not invest your Earthly personality with a giant helping of your true personality but reserved a generous portion of it for continuing your study. This has caused you to feel as you described.

The possibility of uniting the astral or ethereal self and the S self, as you may put it, is quite good and would only require that both the S self and the astral or spiritual self requested the adjustment. However, we find that you are doing very well in aiding the planet, just as you intended. And therefore, any changes that you make in your personality are entirely up to your own personal discretion. For you are doing what you came to do. And, we realize, that is your answer.

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Does this aid you, my sister?

Questioner: *(Inaudible)*.

I am Latwii. We believe that you are describing the sphere known as Earth *(inaudible)*. We have to agree with you. It is a difficult place at best. Now, let us seriously address your question.

As we said before, there is no need for you to feel that you are shirking your responsibilities to your adopted planet. For you have invested your personality with a tenacity towards helping the planet. There is nothing lacking in that part of your personality. Also, you have not cut your ties with your teachers but are continuing your education. This was a prerequisite to your coming here, for you could not have survived or you could not have taken the vibrations. Therefore, your fears are groundless. And you do not have to feel guilty about yearning to go back home. For you have made arrangement to bring a little bit of home with you. And we repeat, those who are fond of the man-made creation upon your planet are either not paying attention or are somewhat negatively polarized.

You have a beautiful sphere upon which to live in. It is unfortunate that the entities upon that sphere are not as beautiful in their manifestations of love and service to others. We would find it very, very unusual that a wanderer could feel at home in such an atmosphere. The instrument through which we speak, for instance, has never been able to live well in this atmosphere of distrust and hostility and the vibrations have affected her body, although her spirit is very brave.

The one known as B is the most serene soul of the three of you. However, she too would give anything to be at home again. Therefore, rest easily, for each of you having made the sacrifice and followed through with your decision are doing what you came to do. And there is nothing more to be said and not guilt to be felt because you do not like some of the excesses of negativity in this sphere. We ourselves have spent most of our time working in the inner dimensions and *(inaudible)* …

(Tape ends.) ♣

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Intermediate Meeting
June 8, 1980

(The entire tape is difficult to hear.)

(Carla channeling

I am Latwii, and I greet you in the love and the light of the infinite Creator. *(Inaudible)* We of the Confederation *(inaudible)* and especially welcome those who are new to this group. We are very honored to have [this opportunity] and wish to express our happiness at being able to share our thoughts with you, but always with the understanding that we are your brothers and are not all-wise or all-knowing but only beings who can make errors. Thus, we attempt to tell you the truth as we understand it but do not ask for your complete [belief] but rather your careful consideration, for yourself are the, shall we say, master *(inaudible)*, the creator of your destiny and whatever information you may get from any source is nothing unless you make it *(inaudible)*.

We were aware of your chanting this evening as you polarized yourselves toward the unity of God. In the religion which fostered the birth of that *(inaudible)* a central prayer is the prayer, "Hear, O Israel, the Lord your God is One." Listen, my friend. What can you hear? This instrument can hear voices, birds, the humming of the machine. That is one way. What can you feel, my friends as you enter into meditation? You feel a fullness enter *(inaudible)*. All of you are One. Here are One. What can you see with your eyes closed? It is not the invocation of the light, but the one light, my friends, the light of love. See, my children. The light is One. You are the gate through which all of these things pass from the outside to the inside, from the inside to the outside. That is your true position within this illusion. You allow in what you choose, you allow the manifestation of what you choose.

Now, my friends, let us consider all of the great serious issues of the past *(inaudible)*. What of that great reputation that you had hoped for, what of your good looks, what of success, what [of cutting the grass right,] what of doing the right thing? Let us consider all these things and then let us consider *(inaudible)*.

We are all one, my brothers and sisters. Cut your grass, pursue your goal. It is for this that you came into this environment, to attach importance to the simple doing day by day. The importance must be attached to the awareness that you have in the doing of it. Are you aware of the unity and the love involved in what you do? When you take out your garbage, my friends, when you flatter your boss, my friends, when you are angry at someone, you are learning spiritual lessons. But not from garbage, not from your boss, not from anger—from the love that in its infinite wisdom created you in individual

consciousness, able to choose one gate that you would open from the outside to the inside for the inside, from the inside to the outside.

Your consciousness, my friends, is a permeable membrane. It can keep nothing out that belongs to you. And what you create within you cannot be kept from manifestation. So we ask you to turn your heads away from ambition, from pride, towards love and the oneness that links you to your brothers and sisters, to the world in which you live. It is very difficult to do these things on your own. It is even difficult to do them with us, and it is certainly *(inaudible)*.

However, my friends, *(inaudible)* is ever near to the seeker. The help lies within the seeker and the method used to discover this source of love is meditation. In quiet, simple meditation, when used on a daily basis, will do more to center and untangle your thoughts than any amount of self-understanding, self-analysis, or intellectual decision, for there are many parts of yourself that are not intellectual but which belong in the decision-making process. In the processes *(inaudible)*. These parts of you dwell beneath the totally conscious, totally articulate self and to meditate is, among other things, to get back in touch with those different parts. There is much more to meditation than this, but this will be discovered as progress in meditation continues by each person who on a daily basis seeks the Creator *(inaudible)*.

We realize that we do not have as articulate a way of speaking as our brothers of Hatonn, who, by the way, send you all of their love. But we can only emphasize to you that although your world seems complex and your actions in it therefore also complex, reality is in fact a very simple thing, consisting completely of the love of the Creator which has formed from light all of the vibrations of being that manifest of their magnetic field in your illusion. Thus, we welcome you in love and light and we leave you in love and light, for that is all that there are. Two components which are, in fact, one, for love is light. Light is simply the vehicle through which love manifests itself.

So, the next time that you become angry, remember that love has become angry with love. We will allow you to draw your own conclusions about [love.] I can see that we do not have a very risible audience tonight because nobody is laughing. We would like to exercise one or two channels before we leave so that Laitos may *(inaudible)*. We would transfer to the one known as B. I am Latwii.

(Carla channeling

I am Laitos, and I greet you in the love and the light. We are very happy to work with this group, and as we exercise each of the newer channels we will also be working with the vibrations of each of you in order that we may aid you in your meditation. If you become aware of our presence through some physical sensation, do not be at all alarmed, but if for some reason we are causing any discomfort at all, mentally ask us to adjust our vibrations.

We would like at this time to transfer to the instrument known as Jim McCarty, if he would, as always, speak the words that we give him without *(inaudible)*. I am Laitos.

(Jim channeling

I am Laitos. We greet you in the love and light of the infinite Creator. It is again our pleasure and privilege to speak with you briefly through this instrument. It is necessary for the instrument to refrain from judgment or analysis.

(Carla channeling

I am Latwii, and find that the one known as Jim *(inaudible)*. It is extremely good to be present with this group *(inaudible)* and we realize that here and there are the difficulties with analysis and *(inaudible)*. Of course, my friends, as listeners we do not want you to suspend judgment or discipline yourselves against analysis. However, for the verbal contact to be as precise as possible it is necessary for the instrument who offers himself or his service to totally suspend the analytical portion of the mind so that he may hear our concepts. We do not use the word "hear" in an auditory sense but in an inner sense. Just as you hear your own thoughts, so you hear ours and it takes a passive mind in order to accept the suppression. They feel precisely like your own thoughts. That is the reason that the instruments have a great deal of trouble at first, for they have no confidence that they are not simply *(inaudible)*. Often what will happen is that they will channel something that someone needed to hear and *(inaudible)* so they would know within themselves …

(The rest of the tape is inaudible.) ♣

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The L/L Research

Channeling Archives

Transcripts of the Meditation Sessions

Volume 3

June 22, 1980 to April 5, 1981

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1980

June 22, 1980 to December 31, 1980

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Sunday Meditation
June 22, 1980

(Carla channeling

I am Oxal, and I greet you in the love and the light of the infinite Creator. We of Oxal are members of the Confederation of Planets in the Service of the Infinite Creator and we, like the man whom you call John the Baptist, are drawn to you as messengers to bear witness to the truth as we know it. We are very grateful to be with you this evening and greet each of you and especially the one known as *(inaudible)* who is new to this group. We hope that we may say those things which you may need at this time to hear with your outer ears in order that your inner ears, the ears of your spirit, may be awakened to those vibrations which you have the most need of at this time. For although we speak through these instruments in intellectual patterns, the truth that we bring to you is so simple that it is difficult for your intellectual mind to accept it. Therefore, we attempt to find many different methods by which we may present this simple truth.

(Pause)

We are sorry for the pause, my friends, but this instrument was distracted. We now again have good contact again with this instrument. We do not speak to your group very often, but because we are of the vibration of light and yet closely connected with the vibrations of love, we are drawn to you on these days when your planetary sphere is bathed in more light than at any other time during the year.

We speak of a simple truth and we would express it to you by saying that to serve the Creator is perfect freedom. This, my friends, is a universe of love. The entities upon your sphere, being co-creators, have distorted that love in many ways. But if you can look about you to see the world the Creator has made for you, you can learn the lessons of love, of service to others that we bring to you.

The sun that rules your daytime and shines upon you so abundantly at this time of your planet's travel about that sun offers its nearly infinite supply of light in service to all who dwell upon this planet that you call Earth. Without it your ability to survive would be negative for you are creatures developed in your physical vehicles to be adapted to that which the sun can give, its warmth and the life that it brings to plants, the evaporation that it gives to water so that there may be rain.

Yes, my friends, even your nights are illuminated by the reflection of the light of the sun. There is a darkness that exists in your density in order that you may understand the light. As it has been written in one of your holy works, light may come into a dark world and the world may not comprehend it, but still, my friends, it exists. The light of which we speak is love. For when we of the Confederation

greet you in light and love we are saying the two manifestations of the one thing that animates all of creation.

And what is your role as you bear witness to a world of duality, darkness and light? For those of you who seek to know the truth, your role is one of seeking the light. For in the light is unity. In the light is love. And these things speak to the inner self of a deeper reality. Yes, my friends, it is true that some seek the dark and separate themselves from the rest of your kind and attempt to gain power over others of their kind. There is indeed power in darkness. The power that is in love, the power that is in light, is like the flaming wheel that moves eternally, unifying all those who seek its wisdom and its warmth. It is necessary that you gain firsthand knowledge of this light and this love through meditation or prayer. It is not enough, my friends, that you study, for study will not bear fruit without the catalyst of understanding. And spiritual understanding comes in silence.

Seek, then, within yourself that spark of the infinite love and light of the Creator and then, my friends, we ask you to make the giant step, to cease being observers of your own light, and to speak, when asked, of those things in which you may believe. We do not ask you to volunteer information or to press thoughts and ideas upon people who may not request these concepts, for each student is ready in his own time. But when you are asked, be courageous and speak of those things which are within you, bearing witness to the light in your own way and with your own words. For the kingdom which is called heaven by many on your planet is within you. And as you manifest it in your love, light begins to shine from you, and your being begins to touch those who may need you.

This, my friends, is the kindliest service that you can perform for your fellow beings. So be aware when someone asks for your aid, and plant the seed of thought where you may. It does not matter whether or not you may think that they have borne fruit for that is not within your provenance. It matters only that you have been true to the understanding that you now possess, just as we are true to the understanding that we now possess in sharing our thoughts with you.

We have greatly enjoyed speaking to you through this instrument. It has been some time since we used this instrument and we thank her for allowing us speak through her at this time. We will leave this instrument now. We feel the rhythmic exhalations of your spirits as they sway in gentle harmonious waves of meditation and we thank you for allowing us to mingle our meditation with yours. I am known to you as Oxal. I leave you in the love and the light of our infinite Creator. Adonai vasu.

(Carla channeling

I am Latwii, and I greet you in the love and the light of the infinite Creator. I send you the greetings and love of the entities of Hatonn and am standing in [for] him as a pinch hitter and am very glad to be with you at this time. At this time I would like to ask for questions.

Jim: I would like to know what the relationship between the mind and the brain and the will is, how they function together.

Ah, my brother Jim, you ask a difficult question. However, we are aware of the question and will attempt to answer it. The brain is a type of computer with various stages of programming. The deepest programs which have been termed metaprograms by some of your authors are those involving your survival, the reproduction of your species, your social position, and other items that are very big on the agenda of third-density living.

The mind is a function of the spirit which is an amalgam of the effects that a wealth of experiences in various incarnations have had upon the basic spiritual personality. This mind is a collection of biases, emotions and feelings. Depending upon the uses to which the mind has been put in prior incarnations, it may consist of [a] large intellectual factor or little intellect. It is, however, a mind function rather than a brain function. However, standing between mind and brain is that which you call the will. If a person does not use the faculty of his will there will go into effect an automatic metaprogram which will cause that person's mind to become linked to his brain in a fashion predetermined by his circumstances.

Thus, native intellect, native biases, native emotions, which are brought in from the immortal spirit may be completely buried in the personality of the brain due to lack of will. However, in some instances the faculty of will is developed in the individual and in those cases the mind is able to impress its own

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metaprogramming much more carefully over the basic metaprogramming of third-density survival mechanisms. Any changes in metaprogramming will be developed and successfully completed by the use of the will.

As you sit here this evening you are exercising the faculty of will. It has been written, "Seek and ye shall find, ask and it shall be opened unto you." The will is that faculty of seeking, desiring and wishing. When it is developed to perfection, the will of the individual becomes the will of the Creator and you become a clear channel so that you may function through your mind and not through the lower programmings.

Do you wish to question us further on this subject, my friend?

Jim: Just one follow-up. It seems occasionally when I think intellectually on a topic that I wish to share with someone—my feelings of that—and then forget that topic for a while—hours or days—and then speak to them later without thinking of it, a continuous flow of information occasionally occurs that I was not aware it was there. Is that the release of the information of the mind and has the will been used there in that process?

I am Latwii. That is correct, my brother. As you yourself described, preliminary to the experience of the information flow, you had the desire to share this information. What you desire you will get. Thus, we always remind you to take care in your desires. For you will receive all that you desire before you leave this density.

Does that answer your question, my brother?

Jim: Yes. Thank you.

We thank you. Is there another question at this time?

Questioner: May I ask what level you come from?

We are happy to share with you our level, however we cannot take it as seriously as some. We are at a level you would call six. You are at a level called three. We are honored to be able to speak to you. We have not been able to speak to a group before this and are enjoying the contact very much, although we realize we still sound a bit awkward. Do you wish us to speak more about the level six?

Questioner: Yes.

What would you wish to know, for as you can imagine there is much to say about any vibration or dimension of existence.

Questioner: Does level six as opposed to level three have to do with understanding?

I am Latwii. No, my sister. Level six is not the level of understanding. Level six is a level of light or enlightenment. We do not any longer understand. Rather, we are. We exist as light and dwell as light beings. Our ability to be has made us into what you would call scientists within the Confederation. We are attempting to monitor and understand or feel, as you would say, all of the sub-densities of light that are within your planetary sphere in each of the seven octaves of your density.

We are enjoying this greatly, for [you] see, because in the end all things are one, those who feel become the best technicians, as you would say, and those who are the best at what you would call understanding or wisdom work best with philosophy and the understanding of the personality. This would be backwards from what your vocational advisors would tell you in your high school. However, as one becomes more experienced one learns that the skills that seemed to be the best for scientific endeavors are those best suited for abstract thought and vice versa.

Thus, we who are light beings feel your universe and are able to place that feeling or enlightenment about your creation into our central bank of thought which you might call a very, very vast computer. The dimension of love is level four. The dimension of understanding is level five. The dimension of unity is level six. Our teachers come from the dimension of unity. We do not know if there is an end to the progression for our teachers do not know this. But that is what we can tell you.

Does this aid you in your understanding, my sister?

Questioner: Yes, thank you.

We indeed are grateful to you for allowing us to share with you what little we do know. Is there another question at this time?

Questioner: I would like to ask a question. Is there truth in the science of astrology?

Ah, my brother, there is truth in everything, but truth with a capital T is found in nothing. We are aware we must be more specific but this is a very

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important principle which we would like to share with you. There is no truth in your density. There are intimations of the mystery of truth which you can find in every rock, in every scene, in every face, in every word that you may hear. But truth, as this instrument would see the cartoon character standing upon a pedestal marked "TRVTH" does not exist in your illusion or maya.

Now to astrology. The planetary configurations are as they are. And this in itself is a truth. That there are basic confluences and influences having to do with the stars and the planets and the relationship to each individual is also true. The confusion comes in most cases when one attempts to find too much truth in what is only the type of predictive statement, "Cats like to chase mice." Well, my friends, this is quite true of many cats. However the cat seated upon this instrument's lap runs from mice and indeed most other things.

Just so with the indications of an astrological chart. The chart is one of a general geography. It may show what particular material you might best work upon in smoothing out a rough personality, in determining the dynamics of a personality conflict between two people, and this sort of general use. However, to use it predictably is to assume that the universe is mechanical and predetermined and this is patently false. The universe is in the process of being made at all times and you have complete free will. Regardless of the road map you can always strike off cross-country. You can develop your own version of yourself. Again the question of will, as the one known as Jim brought up, is very relevant here. To the one who does not exercise his will, influences such as those of the stars will, along with the influences of mother and father and friends and experiences of all kinds, shape the individual pattern. With meditation and the application of the will, those things which are desired, freedom from any confines, astrological or otherwise, is assured.

Does this answer your question, my friend?

Questioner: Yes. Thanks.

We are pleased. We see further in your mind, however, that there is something we should [answer] which is not particularly relevant to astrology but is relevant instead to a general mass of predictive pseudo-sciences which are grouped under the term occult or metaphysical.

You must understand that there are individuals whose psychic abilities may remain largely unknown even to themselves but who use astrology or Tarot or other occult mechanisms in order to focus their abilities to see clearly those things which may help the individual. In those cases the so-called astrologer sees much more than in a chart, the reader of Tarot reads much more than cards, and so forth. When you run across an individual such as this, recognize that individual for what he or she may be and treat the information accordingly without putting too much stress upon the mechanism by which this information …

(Tape ends.) ♣

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Sunday Meditation
June 29, 1980

(The recording on this tape is very noisy.)

(Carla channeling

I am Oxal, and I greet you in the love and the light of our infinite Creator. It is, as always, our privilege to greet each of you and send you our blessings and our gratitude at being able to share these moments of *(inaudible)* with you. This instrument was not aware of the reason for her desire to play the music which she played while you were tuning the group. However, it is our desire that the message of those particular songs [simply leave their] message, for we feel that it is very much in the mind of each of you that this is the time to consider each designed journey and how you shall make it.

We have listened to you speak about those things that are to come and those things are happening now in fulfillment of messages that this group has received in the past. We are sorry, my friends, that your peoples are never able to understand that the friction between them is the true cause of the planetary change. This the scientists cannot understand no matter how they shuffle their papers or hone their computers, but it is true, my friends. Your transition into fourth density has occurred, though apparently being somewhat difficult. Each of you, my friends, has a program of action to carry out at this time, and we say this not only to those in this room but to each person upon your sorrowing planet.

For some, a very few, my friends, there is the program of the shepherd, and those of you who have made contact with that portion of what you may call your oversoul that allows you to be a shepherd that guards the sheep will find it very compelling at this time to take some sort of action in order to better establish yourself that you may survive. We confirm those feelings that you have at this time although we cannot tell you specifically, as you know what you must do. We can urge you only to be aware of your own program. We do not wish to be the element among those things which you have heard that causes you to become estranged from those whom you may love. We do not wish to encourage or discourage any specific action. We know that each of you has more urgency of the feelings of wanting to help and of thinking of the past. The time has come to activate whatever there is in your program.

We do confirm that we wish to be of help *(inaudible)*, but it is the time when many will seek out those who can give them hope or understanding of any kind. The great majority of you, my friends, are what you would call the sheep, because they have not yet become consciously aware that they are programmed entities programmed by their higher selves for service to others and for learning in this illusion. They move through the illusion easily

herded by any and all forces that surround them. When trouble comes near, those sheep that have some hope of being awakened to themselves will be your charges. Thus, we ask you to be aware of who you are and of what you wish to be.

It may seem very strange for us to speak to you on a calm evening, for trouble is not now. You are peaceful, you are not hungry. But, my friends, in some variations of your future things have already happened. You are hungry and you are not peaceful. Because of your free will, we do not know which of the many futures is yours, but a very large percentage of them include what you would call catastrophe. Therefore, my friends, look to yourselves, cherish each other and serve the Father. There may be many whom you cannot help just as there are many now that you cannot help, and even the stimulus of trauma will not be enough to awaken those who sleep to the miracle of creation, and they will sleep on while their lives and their consciousnesses pass before them and they do not budge. You must let these go, my friends, secure in the knowledge that each sphere has an infinite amount of time to discover the desire to know the Creator.

The path leads to love but it may be a long one. You cannot help and you must accept this and open yourself always to those who ask for help. Many people ask for help in such a way that you cannot truly comprehend what they wish, for help comes in many different shapes and sizes, types and varieties. Therefore, instead of following the golden rule we ask you to listen to the requests of those about you and do unto others as they would have you do unto them, not as you would have them do unto you, for what you need may not be what they need. And always, my friends, be grounded in meditation, spending time in a tabernacle, seated with the blessed One who comes in the name of the Lord. This is written in your holy works and it refers to consciousness, the consciousness of love. And this consciousness is most [peaceful] and without it you as a shepherd will grow very lean. Thus, do not forget to minister to yourself by meditation and awareness of the blessing of love.

I will at this time leave this instrument so that my brother Laitos may speak. I leave you in the love and the light of the infinite Creator. I am known to you as Oxal. Adonai.

(Carla channeling

I am Laitos, and am delighted to greet you in the love and light of the infinite Creator. We are sorry that we were unable to speak through the one known as *(inaudible)*. However, it is our desire that [we] do something quite unusual and *(inaudible)* he is of a *(inaudible)* valuable in channeling. However, it will mean a great deal to me if he is able to speak without being assigned *(inaudible)*. Therefore, we attempt to contact him. This is not our usual method, but each time that *(inaudible)* comes a little closer to channeling we feel that he is gaining confidence in a way that is *(inaudible)* to him. *(Inaudible)* We would like now to transfer to the one known as C. I am Laitos.

(Carla channeling

I am again with this instrument. I am Laitos. We have good in contact with the one known as C. However, he is somewhat fatigued and also seems to *(inaudible)* the context which we give him. We will continue working with him *(inaudible)*. We would like at this time to transfer the contact to the one known as Jim. I am Laitos.

(Jim channeling

I am Laitos, and I am with this instrument. It is again a pleasure and a joy to share our thoughts and our feelings through this new instrument. It is not always the easiest task to put aside the analyzing portion of the mind, but when this is done it is a very simple matter to be able to pick up and receive our thoughts. We know that this instrument desires very much to be of that type of service and it is with joy that we are able to assist this instrument in that endeavor. Again, we would like to say that we are adjusting our [beam.] The instrument is so pleased to be channeling that he also wishes to analyze. We again remind him of the necessity to refrain from such dual endeavors. And now we would again transfer to the one known as Carla. I am Laitos.

(Carla channeling

I am Laitos, and I am again with this instrument. We are very happy to *(inaudible)* contact*(inaudible)*. We would like to briefly touch and condition the one known as M, if she would allow herself at this time to refrain from *(inaudible)*. If she would make *(inaudible)* we will attempt to make our presence known. I am Laitos.

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(Carla channeling

I am again with this instrument. I am Laitos, and we *(inaudible)*. *(Inaudible)*. I am Laitos. I leave you love *(inaudible)*. Adonai.

(Carla channeling

I am Latwii. I have been waiting for my chance to speak with you and greet you also in the name of the Father. We have come to offer ourselves to you in case you wish to ask us any questions. Is there a question?

C: *(The question is mostly inaudible, but it was about tiredness.)*

I am Latwii. I understand your question, my brother, and far be it from us to attempt to influence …

(Side one of tape ends.)

(Carla channeling

… the vital energy of the universe which some call *prana* and [some] call *shiva* filling your lungs and your blood with this life-giving force. And when you exhale, my brother, picture all the weariness, all the carbon dioxide that stifles your muscles and your mind flowing away from your body so that it may be used by the plant life which in turn gives you back the oxygen. This is the cycle of being that aids you both. In meditation you tune in to the infinity and the strength of this source of energy. You can also open yourselves to the teachings and the understandings which you need to have hour by hour and day by day. If you do this in a waking state then your lack of sleep will not be so fatiguing because, as we have said before, your main need for sleep is so that you may be in harmony with the teaching which you need in order for your spirit to be whole.

Does this aid you, my brother?

C: Yes. I have another question *(inaudible)* during the daylight hours *(inaudible)* sleep *(inaudible)* mostly awake *(inaudible)* any difference *(inaudible)*?

I am Latwii. My brother, there is a substantial physiological difference between night sleep and day sleep among your species due to the diurnal rhythms of *(inaudible)*. It is possible to lessen severity of the damage caused by turning your schedule …

(Pause)

(Carla channeling

I am Latwii, and extend greetings to the one known as [Carla.] We will continue through this instrument. It is possible to lessen the severity of the effect of these changes in diurnal rhythm by means of creating as darkened a portion of the living area as possible for the purpose of day sleeping. There are very heavy drapes, heavy shades or even that which in your density is known as black gardening plastic which may be attached to windows close to your bed so that you may feel darkness instead of light. This will help. However, the diurnal rhythms are such that a person cannot make a complete adjustment to that particular turnaround unless that person has for reasons of growth a particular affinity for the night. There are such people. We can see clearly that you are not one of them.

May we answer further, my brother?

C: No.

Is there another question?

Questioner: I'm going to be leaving Kentucky soon and moving to Oregon in the next few weeks. I would like to be able to take this skill of channeling with me so that I might be able to share the message of love and light to any who are open to it. Can you tell me any additional exercises with meditation or besides meditation that might aid me in acquiring this skill before I leave?

I am Latwii. There are two skills to learn in addition to daily meditation. One is humility. When you have learned to meditate you will understand that you cannot speak. Therefore, you are free to be a channel. Humility is one of the greatest freedoms in the universe and relieves the fever of many problems. In humility you understand what you may or may not do. When you see messengers of light, whether in a *(inaudible)*, you may speak without being concerned as to whether or not you are part of the evil. And we say to you, my brothers, you are part of the evil, for we are all one. The universe is one Being in love and in service to Itself. Many parts of that universe have become very confused, but this does not alter base reality.

There is another habit that, if embellished, may cause you to become better and better at being a clear and prayerful channel for the Creator. This, my brother, is resolve. We are aware that you have a very strong resolve for this service. Nurture that desire as

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you would a plant, a [cactus.] Nurture its purity, its strength. Nurture it knowing that many would rather sleep. *(Inaudible)*. As it is written in your Proverbs, "When those who turn away have done so, shake the dust from your feet and move on." For your desire must be nurtured and this can only be done by yourself. Let it burn within you, not consuming you, but flowing freely like a river of love that you may be the channel which you wish to be.

This instrument which speaks to you now prays before each channeling the prayer of St. Francis. It begins. "Lord, make me an instrument of Thy peace." It is possible that you too would find that particular arrangement of words, one which strengthens your resolve, which says use it or whatever else you may need to use in order to appreciate and conserve the desire that is within you, your soul.

Does this answer your question?

Questioner: Yes, very well. Thank you.

We thank you, my brother, very much. Is there another question?

Questioner: I was wondering, is it possible to receive information similar to what we are receiving now in a hypnotic state?

I am Latwii. We greet you, my brother. We are sorry that you missed out on all the good stuff and have to be *(inaudible)*, but we will attempt the answer to your question, for it is simply done. It is possible to hear the message of love and light riding in your car, talking with friends, going to your place of worship, sitting in a redneck bar, or in a bathroom. It is also possible in a hypnotic state. This information is not to be learned. This information is already part of you, merely something of which you may become aware. The techniques of becoming aware of this information include the use of channels such as this one and entities such as we are, but there are so many ways to begin to understand love that it is quite amazing to us that your peoples called us to come with a cry so loud it shook the heavens.

Why do you [sorrow,] where is your grief? For the answers are all about you. We only speak the most simple truths, for it is the simple truths that are the whole truth. Complexity has no part of the truth. It is written in the holy works of those of your planet with whom you are not familiar, "The way that is known is not familiar." You must go beyond any information that you get from us, any information that you get in your bathtub, or in your regular form of *(inaudible)*. Wherever you get it, my friends, go further, go beyond the ways to refine that which is unspeakable, unknowable and ineffable, and that will be the heart of love.

Does this aid you, my brother?

Questioner: Yes, it does. One more question. Are there ones who use this method to, say, send bad information and lead us away from *(inaudible)*?

I am Latwii. Yes, my brother. It is a very crowded universe. We can understand your troubled mind. That is why we emphasized before to go beyond the rules, whatever they may be. The crowded planetary spheres which you inhabit contain many, many souls whose chief delight in consciousness is to baffle, confound and confuse those who are seeking for spiritual truth, because those who seek the truth must be gullible to a certain extent. Thus, you may think of yourself as being part of "Gullible's Travels."

Therefore, if you allow hypnosis, which is often an uncontrolled situation instead of a controlled situation where you have tuned as a group and where you have experienced channels to guide you, you may well come up with some bozo from the lower astral planes who will tell you anything that you want to hear in order to speak to you. It happens quite often, especially with what this instrument would call a ouija board. Thus, we have cautioned this group before not to use the ouija board because, unfortunately, they do work. It is much better to develop one's abilities in an orderly manner, not going beyond one's ability to cope with the information they receive.

May we help you further, my brother?

Questioner: That satisfies my questions.

We are grateful to you. Is there another question at this time?

Questioner: I have one other question. In my studies I have come across a person who has known an altered state of consciousness called [Zen.] It's like *(inaudible)* has taken a person's will and *(inaudible)*. Is this what it appears to be? Am I stating it correctly?

Yes. Do you wish to understand further in this area?

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Questioner: Is there anything you can add to that?

You realize, my brother, that we are very careful to maintain total free will with our own conscience. We do this for a simple reason. We care for you. The entities who manifest through instruments, putting them in a "trance" state or a state without free will, may or may not have a tendency not to care to any great extent about the precious life-force of the instrument as that particular entity understands it. Thus, we are more comfortable using the method we use.

There are very positively-oriented entities who use those who have prayed to be used in a "trance-oid" state. We are sure you are familiar with the one known as Edgar Cayce. It was his prayer to be used as he was used, and ultimately he died because of the extraordinary strain of such constant trance channeling had upon his physical being. Any entity in the spectrums of positive to negative can be an instrument who is capable of trance and there are many who get into a situation of this [kind] without realizing they haven't ability nor have they any protections necessary or any tuning provided them.

Have we helped you, my brother?

Questioner: Yes. Thank you.

Is there another question at this time?

(Pause)

We are receiving an unspoken question and would like to send a concept to the one who asks at this time, if he will be patient.

(Pause)

I am Latwii. We thank you for your patience. Sometimes there is desire *(inaudible)*. This is not a question that we wish to verbally give the answer to. Is there another question at this time?

(Pause)

I am Latwii. My friends, we thank you. We would close through the instrument known as Jim. I will transfer at this time.

(Jim channeling

I am Latwii, and we would say in closing that the tasks which each of you have set for yourselves are worthy tasks, and we would aid you in every way that it is possible for us to do so in the accomplishing of your tasks. Your work will not be easy, but you will discover the greatest rewards in serving your brothers and sisters on your planet at this time. Your world has never needed your service more, and it is with this knowledge that you must go forth each in your own way and be of whatever service you can be. I am known to you as Latwii and I leave you in the light and love of our infinite Creator. Adonai, my friends. ♣

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Meditation Meeting
July 27, 1980

(Carla channeling

I am Hatonn, and I greet you in the love and light of the infinite Creator. We were attempting to contact the one known as E, and feel that we made good contact, and are happy that we are continuing to progress in giving him confidence at this time.

It is my great blessing to share with you in the stream of your life at this time. We have been too long away from you, my friends, not in thought, but in our work, and it is truly a great blessing to us to return to you.

There are several thoughts we would like to share with you this evening, as there have been some things upon people's minds that they may wish to think about. We will attempt to work with a few of them.

We know that you are all familiar with a prayer that many of you have learned as children which is called "The Lord's Prayer," and we wonder if you might not reconsider this prayer with the understanding that we may have to offer, for it is truly a central and worthwhile teaching of one of your great teachers, but it has been much misunderstood by your peoples, for it has led them to believe that there is an entity outside of themselves, bearing no resemblance or connection to themselves, to whom they pray and beseech assistance. My friends, to the best of our understanding, this is not so.

This prayer begins, "Our Father, which art in heaven." That is to say "Love, which is in light."

"Hallowed be Thy name." This is to say "Holy be the name of Creation"—the word that means "all that there is."

"Thy Kingdom come"—the Kingdom of love, "Thy will be done"—the will of love, "on Earth as it is in Heaven"—as it is in Heaven, the kingdom of love."

"Give us this day our daily bread." You must ask this, my friends, as a symbol for all of the needs and supplies of the illusion, for in the physical body you have many needs which must be fulfilled—food and drink and shelter. But love is the source of all supply, and it is *(inaudible)*.

"Forgive us our trespasses, as we forgive those who trespass against us." May love prevail, both in the giving of forgiveness and the gracious acceptance of the forgiveness of others for the wrongs which you have done.

This, my friends, is perhaps the hardest of the phrases to live. *(Inaudible)*. For some it is difficult to forgive, but for most it is easier to forgive than be forgiven, for you do not wish to understand this love, and to understand that you are in need of love, that you have not, without love, become the perfect being that you can be and that you are in reality. You are [so] caught up in the illusion, my friends,

that you forget how foolish it is, and how foolish each entity is as he reacts within that illusion. But we ask you to forgive and, more than this, we ask you to accept your own failings, and to accept the forgiveness of yourself and others when you have failed to manifest perfection.

"Lead us not into temptation, but deliver us from evil." You are aware, my friends, that you yourself planned the lessons that you would learn in this lifetime. Each of those lessons requires a testing, and each testing will be difficult. As you pray to love, it is not that you ask to avoid the lessons, but that you ask the grace of love, the spirit of that which is light, to enter into you and to lead you into a wiser, higher self, that protects you from misunderstanding the test, and from misperceiving the testing.

"For Thine is the Kingdom, and the Power, and the Glory forever." And whose is "Thine," my friends? To whom do we think of? The Kingdom is part of ourselves. That which you know as Christ-consciousness is a spark that dwells within each of us. To center yourself upon the Christ within is to then be perfectly poised for action in any direction, in any way that may be needed. It is to have your burden lifted, that you may be light of heart, and merry, and full of love for mankind.

We ask you in your meditations and your actions, my friends, to find this love, and to see this love, not only in your friends, but in the homeless, and those who have no friends, and those who are troubled. They need Christ's love, and you can offer yourself. You need not say or do anything to be radiant with the love of Christ-consciousness as you may wish to call it, for if you are centered in service and in love, all those who need you will be drawn to you, and all that they need from you will be given.

I would transfer this contact to the instrument known as Jim.

(Jim channeling

I am Hatonn, and I greet you once again in the love and light of the infinite Creator. We have been talking about those things that have been on the minds of many of you over the past few days and weeks, and we would continue in this vein and speak of another of what may be termed your concerns in these ever-changing days that each of your people are experiencing now in your world. It is said that we must know who we are in reality in order to become one with all that is, with each of our fellow creatures in the universe. We say to you that your identity is of utmost importance to you at this time, your true identity that resides in every cell of your being and every part of the universe. This identity is one which you have carried with you throughout eons of what you call time and it is an identity that you shall continue to carry with you and that you shall continue to realize more and more fully as you evolve in your conscious awareness. It is an identity that is ever-expanding love. It is at its core, love, which manifests in as many ways as can be imagined.

Each of you, as you perceive the world around you, as you perceive the means of the interaction that you share with your brothers and sisters, each of you has within your being that central source of love. And each of you perceives this in your own unique way. We would ask that you search more and more diligently and finely, for that identity of love within yourself. We would ask you to look carefully and intently as to how that central source of love resides within your being, and more, how that central source of love is manifested in your daily interaction with your brothers and sisters, with all creatures, and all creations of your reality, for we say to you that this central source of love which is within your being is also within the being of each of your brothers and sisters, in fact, is within the being of each particle of creation upon your plane.

When you fully realize this simple fact, that all about you is the creation of the Father, then you have the understanding and the realization to carry forth that manifestation of that love on a conscious level in each of your interactions with all whom you meet in your daily life. It is this carrying into action of the realization of love at the core of your life, at the core of your identity, that is the key to your growth individually and as a people in your reality.

Each of you now seeks in your own way to know more fully that identity that is yours and how you uniquely manifest that which is love. We seek to aid you in your efforts in every way possible.

We suggest that at any time you might wish our assistance in your meditations, in your realization of your identity, that you simply call upon our aid and we will be with you to give our aid in whatever way is possible.

Seek to know more and more fully that central source of your self which is love. Seek and ye shall

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find. Ye shall find that it is an ever-expanding joy, an ever-expanding mystery.

We would now transfer this contact to the one known as Carla. I am Hatonn.

(Carla channeling

I am again with this instrument. We will pause at this time that I and my brother Laitos may pass among you to aid you in your conditioning. If you will mentally request our presence we will be with each of you. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn, and I greet you again in love and light. Before I leave this instrument I would attempt to exercise a few of those who are here. I would attempt to speak a few sentences through the one known as C. I would transfer to him at this time if he will relax. I am Hatonn.

(Carla channeling

I am again with this instrument. We would now attempt to condition the one known as E and speak a few sentences through him if he would relax and refrain from analysis. I am Hatonn.

(E channeling

I am Hatonn, and I greet you in love and light of the infinite Creator. It is a pleasure to use this instrument to share our thoughts with you. I am Hatonn.

(Carla channeling

I am Hatonn. I am again with this instrument. It is a pleasure to have made vocal contact with the one known as E. And we thank him for his service. I would at this time attempt to condition and speak a few words through the one known as L *(inaudible)* if he would relax and refrain from analysis and speak the thoughts which come into his head. I am Hatonn.

(Pause)

I am again with this instrument. We are finding the one known as S to be a very sensitive instrument, therefore we must make adjustments in our vibratory contact to be more comfortable to the one known as S. We will do so at this time. We will again transfer to the one known as S. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn. And I thank each of you for allowing us to work with you. It is a great privilege for us to do so. We would leave this time commending you always to the love and light of the One Who is all Creation. Look into your own eyes and you will see Him, for in all of us He dwells, the Father of love, the Mother of light. I leave you in all that there is, for indeed you have nowhere else to be. We are with you there. Adonai, my friends. I am known to you as Hatonn.

I am Latwii, and I greet this assemblage with great happiness in the love and light of the infinite Creator. It is my privilege to be asked by the brothers and sisters of Hatonn to be with you in case you would like to ask any questions at this time. Please speak forth if you have a question.

Questioner: I would like to know if there is any way that you can aid in the physical diagnosis *(inaudible)*?

We of the Confederation, my sister, cannot work with the specific diagnosis of ailments having to do with the physical vehicle, although we are able to lend our healing light to those who are troubled in healing spirit, though we have planetary consciousnesses as the one known as Nona who sometimes do work with those who have need of spiritual healing. However, because of the necessity for complete free will in your illusion, we cannot ask the patterns to be changed. You yourself are responsible for your own physical vehicle, as is this instrument and as are each of you. Thus each of you is ultimately responsible for healing yourselves if that is to be done.

There are consciousnesses within your planetary vibration which can be requested by what you would call angelic means, and these levels of consciousness may help in diagnosis. They have the right to do that because they are part of your planetary consciousness and therefore may deal with the various components of planetary consciousness as it is found in your illusion. Thus we suggest in your meditations that you ask for that level of help which aided those healers such as the man you know as Edgar Cayce. This level will be of much more help to you than that aid which we can give which heals the spirit and gives the spirit then the task of rallying and beginning to work on the pattern which has developed from its electrical body.

May we answer you further, my sister?

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Questioner: No.

Is there another question at this time?

Questioner: Along those lines, I have a friend who is a psychologist and she feels that she sees some of her clients while she sleeps and feels that they might be traveling to her astrally. I'm wondering if it is possible or even natural for those in our healing professions to heal some of their clients while they sleep as well?

I am aware of your question. There is a subtle difference between what is occurring and what you have said which we will attempt to give to this instrument.

The healing process is, as we have said, caused totally by the patient, with the healer acting as a spiritual friend who, in dialogue, stimulates the patient in the art of realization of the self and thus the patient begins to mend. During the waking context much occurs on many levels. There is much disappointment due to the fact that each patient expects the healer to be wiser or better than the patient. This is not so, for we are all children along the same path. These disappointments, when understood correctly, can break through great blocks which have blocked the growth of the individual spiritually, mentally or physically. When the patient begins to understand the vulnerability of the healer, begins to feel the friendship of two pilgrims on the path, he can then begin to forgive others for disappointments in the past and begin the self-healing process that starts with the soul and only ends with the body.

In sleep, the patient and the healer are working out on deeper levels those conflicts which will aid both the patient and the healer. For does the healer not learn as much from the patient as the patient learns from the healer?

May we answer you further, my brother?

Questioner: No. Thank you very much.

We thank you. Is there another question at this time?

Questioner: Along those same lines, I would like more specific information on those angelic spirits who will aid us if we request them to during our meditations for healing our spirits.

I am Latwii. Ah, my brother, you want information about angels. This is a big subject and has been the cause of many a theologian to write great things throughout the centuries. But it is basically very simple. There are those who have gone through [cycles] on this planet in your third density, who have learned the ways of service and of love, and who have graduated from your third density. Some of them have graduated from the next density and some even the next but have chosen to stay with your planet. These are what you would call angelic beings. Some of them are most high. All of them are totally oriented towards service, and they are available to those who seek them—as teachers, as guides, as healers.

If you quest for spiritual healing you may ask of the Confederation that the one known as Nona come to you and this entity which you would call female will be with you and you will feel a touch as soft as the softest dream *(inaudible)*. You also have a great deal of help from your own angelic presences, for you have your own guardian and as you become more aware of them you will be able to ask them for help. We cannot tell you who they are, but if you ask to see them, their faces will come to you in meditation and you will be aware of their kindly selves.

There are also inner masters whom you seek through silence, through self-discipline, and through constancy of the ideas that you have set for yourself on your path. These masters will make themselves known to you only as you are ready and we urge you not to request their path unless you wish to commit yourself to a truly straight and narrow path, for the work of the initiate bears the heavy consequences of knowledge. That is to say, that which is known must be acted upon. If you know and do not act the consequences are as grave as if you threw a live grenade and it was thrown back at you.

(Pause)

I am Latwii, and we understand from scanning this instrument's mind that there used to be a lot of conditioning in these meetings, but now the only conditioning occurs in your tape recorders. If you are through clicking we will once again open the meeting to questions.

Is there another question at this time?

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Questioner: I have a question from M. He would like to know what his homeopathic constitutional remedy is and how much of it he should take.

We greet your friend and our brother and ask you to explain to him that Latwii does not make house calls. You must understand that we cannot deal with this type of information using this type of contact. We are sorry.

Is there another question?

Questioner: Can you tell me anything about the planet called Krishnaloca?

Yes, my sister, we can tell you some but not all that you wish to know. The vibration of which you speak is a high one, far from your density and all vibrations have their place in the universe. In this density planets, suns and even galaxies are not named but the vibration is extremely full of the heavenly consciousness of love. Let us say that it is very near the end of the spectrum of maya, the very end of the spectrum which you call in one of your languages Kamaloca and the vibration of which you speak is very close to that of power, the power of love and the fire of light.

May we answer you further?

Questioner: Yes, one more question. How are you related in time to that place which you just mentioned—Kamaloca? Is that how you pronounced it?

That is close, my sister. We are using this instrument's vocabulary and she is aware of a term Kamaloca. It is not precise, but we have difficulty dealing with precise vibrational names and this is what we are dealing with here, for each word is a vibration. Thus, even our name itself has been chosen by us to vibrate in a certain light or love pattern that may blend in with your meditation in such a way as to be beneficial to you.

Our relationship to that which is Kamaloca is that we are in a light density which is less than full of perfect light. It would seem perfect to those who have not seen beyond where we are, but we know that there is more to learn and more, shall we say, to lose, for we wish to become the sea and at present we are still bubbles upon the waves. We retain an individual consciousness and although we experience the blending of our consciousness with what you would call the divine energy of love and light we find ourselves frequently back in our self. We find ourselves from time to time still engaged in duality, thus we have not yet reached what this instrument would call Kamaloca, but are in one of the myriads of universes which dwell within the Father's creation, somewhat below perfection; somewhat more advanced in understanding than your density, but, most importantly, beings like yourself. We are all one. You may be whoever you wish.

May we answer you further?

Questioner: No.

We thank you. Is there another question at this time?

Questioner: Can you tell me what some of the earth tremors portend?

As you know, my sister, the earth tremors are a part of the pattern that we, as members of the Confederation, have been speaking of for years, so that the fundamental causes are generally widely known. That is, the internal heat of the planet has become intense and unbalanced due to the friction between the peoples of this plane. The immediate cause of the tremors has to do with a series of shocks which travel along the various faults which span this continent and are being activated by the volcanic eruptions in your northwest. There are also difficulties, as we have said before, which may very probably show up more to the south and to the east. Does this answer your question?

Questioner: Yes.

Is there another question at this time?

S: *(Mostly inaudible. The sense of the question was, "Do you see California sliding into the ocean in the near future?")*

I am Latwii. That is correct. The coast of what you call California will in all probability not remain intact for very many more years. This is widely known by your government, which has been relocating to the east for some time. The disaster, as it will be called by your people, will be profound. However, it will not precisely slip into the sea, never to be seen again. There will be islands which remain above sea level, so that it shall not completely disappear. However, we would not advise long-term planning on that particular part of the continent unless you have a great desire to experience this transition, for it has some probability for rearranging

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the molecules of your physical body in such a way that you will change densities.

(Laughter)

S: Thank you, Latwii. I love the Coast, but not enough to sacrifice my physical body.

My sister, we believe that you have time for the trip you have in mind.

(Laughter)

S: Whewww!

Is there another question at this time?

L: I would like to ask a question. I have recently learned that our area sits atop a major fault. Is there any information that you can give us about the future events concerning earthquakes along that fault?

I am Latwii. We do not wish for you to take this information without a grain of salt, for you must understand that we deal at this time with a multiple timeline, for in actuality, there is no time. But your people have not at this time—but your people have not decided what your particular future, shall we say, should be. We are looking at this point at probability, not certainty. It will occur during some point in the late, what this instrument would term, '80s or early '90s, that you will have a profound rearrangement of some of the valleys in which you live. However, observing these timelines, it is also a large probability that other factors will profoundly affect this area before natural disasters cause great difficulties.

That is to say, the economic, as you would call it, difficulties, due to the delicacy of your transportation system, and your system of bartering, cause your society to be in some danger of breaking down. Many of you feel that without knowing why, and, therefore, are in your own way preparing to live a simple life, being of help to others, being as self-sufficient as possible, and learning to do without some of those things to which you have been accustomed in your orderly life. We feel that this instinct is a good one, and, if you wish to survive in physical form, we encourage you in following these feelings that you may have.

You must understand that we do not have a bias towards the preservation of your physical vehicle. And we ask you to understand that, in the days that are ahead, you must feel in your own heart what the Creator wishes of you on any day. If you are to pass from this density, let it be a joyful passing, and let no thought of disaster cross your mind, for this is an illusion, my friends, and if you walk through the valley of death, it is truly written that you need fear no evil, for you are not alone, and those faithful to you always will wait for you.

Some of you have long lives to live upon this sphere at this time during the transition, but you must take it a day at a time, letting each day be guided by the Creator within. As my brother, Hatonn, has said, your identity is that which is love within you. You will know what to do. The Father has work for you to do. Therefore do not be attached to living, to surviving, or to any facet of the illusion, but only to remembrance of love, and your devotion to keeping that spark within you, which is love, radiant and radiating.

We realize that many of you are wondering whether this area is a good one for ultimate survival. We must say to you that, although this area is relatively good, there is no area which is totally safe, because most of your future lines contain the certainty of a polar shift, making it highly probable that, within your lifetime, the polarity of the planet will alter. There will not be a safe place at that moment of time. Thus, enjoy yourselves. Do what you can, for yourselves and others, but we do not urge you to go heavy on the freeze-dried foods, as this instrument would say, but rather look to service to others, for what you need will be provided if your heart is full of the Creator.

May we answer you further, my brother?

L: I will ask one more question. I can understand the effects of the Earth change, but not the order. Can you explain that to me?

I am Latwii. We wish we had a better instrument for this one, but we will attempt to use this philosophical, unscientific one for this contact. We are showing her a spinning top. It spins, but it is not straight. Therefore, it wobbles. Do you understand this concept?

L: Yes

That is the status of your planet at this time. During the shift of polarity, the wobble will increase to the point where it will be self-correcting. At that point,

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the entire top, shall we say, will change its orientation with respect to your solar body.

Do you understand this concept, my brother?

L: Yes, thank you.

We thank you for understanding us through this instrument. Is there another question at this time?

E: Latwii, can you tell us of where the new—geographically, where the new north and south poles will be? Is that within your power?

Yes, my brother, it is within our power, but this instrument is so weak in geography that we will have difficulty in communicating.

(Pause)

We are having difficulty communicating this concept. This instrument is able to see both of your poles being somewhat warm, and your temperate zones being somewhat cold.

(Laughter)

But she does not know the names of the places that the magnetic north will be. We are sorry we cannot use this instrument. We will attempt at this time to transfer to the one known as Jim, for his mind is better furnished for an answer to this question. I am Latwii.

(Jim channeling

I am Latwii. I am with this instrument. We are attempting to show this instrument a more precise location of the poles.

(Pause)

But, again, we must conclude that the instrument would benefit by more study of geography.

(Laughter)

We are sorry that we are not able to give you a definite location of the poles after they shift. We will now transfer the contact back to the one known as Carla. I am Latwii.

(Carla channeling

I am Latwii. I do not know what to do with these people.

(Laughter)

I am sorry that we cannot give you this information, for it is not, as you would say, classified or particularly important, since when the shift comes it will not matter where you stand, but we simply cannot speak through these instruments. There is the further problem that, by the year in which this in all probability will occur, there will be in all probability significant changes in the land masses. So we do not wish to give these instruments too hard a time.

(Laughter)

Is there another question?

E: *(The following is paraphrased.)* We've read a book called *The Earthquake Generation*. In that there's a description of 200 m.p.h. winds for about three days or so after the polar shift. Is that correct?

You understand, my brother, that we of Latwii speak only of possibilities. The probability is that that is a modest estimate of these facts, and that the effects of the shift would be even harsher. We would ask that you realize that those things that are written in scientific writings such as the one that you mentioned and in books such as Revelation are both accurate and unimportant; accurate in that they speak of something that may happen within your illusion, unimportant because you must follow that which you will retain in your person as you progress on your infinite journey. Thus, seek first the Kingdom, and all else will follow. We realize that this is a cliché, but we cannot emphasize it enough, my brother.

May we answer you further?

E: Not at this time, Latwii. Thank you.

We thank you. Is there another question at this time?

S: *(The following is paraphrased.)* Yes, Latwii. I have seen reports of many UFOs in Brazil. Why are there so many space ships in Brazil? Is Brazil a special place, or are the people more ready to have the experience, or what?

My sister, there are two reasons for the appearance of our craft in the skies and in the waters of your country. In the first place, we are able to manifest much more freely to cultures who do not disbelieve our presence or feel threatened or confused by it. Among your people, it is understood that we are ships of light and that we have to do with the vibrations of the sun. Therefore, we can appear much more often. There is a portion of our survey group, which is connected with the Confederation,

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but which does not speak with groups such as yours, which has an underwater base off the coast of your country, and therefore, these ships are quite often seen by your people, entering the water. It would not be possible to occur in a culture which is so filled with the skepticism that the culture of this particular area offers.

Is there any other question at this time?

S: *(The following is paraphrased)* Yes. I felt your presence before but I could not speak any words. I don't know what happened, but I felt your presence and I knew that you were coming through, but I could not speak. My English is not so good.

Yes, my sister. I am Latwii. I am aware of your question. You were perfectly correct in that we were speaking to you and that you were receiving. If you had channeled in your native tongue, you would have been able to say our words. However, you did not wish to confuse the group, so it was simply the fault of our brothers and sisters of Hatonn that they did not encourage you to speak a few words in your native tongue before you attempted English. We will, in any future contact, encourage you to speak first in your mother language, and then, and only then, in a learned language. We understand it is difficult for you. Does this answer your question?

S: Yes, thank you very much.

Is there another question at this time?

Jim: I have a question about relationships that I've been wondering about for some time. It seems that learning happens so much quicker in a relationship with another person, a mated type of relationship, but then it seems that there might also be times when not being in a relationship, being alone, might be proper. I'm wondering if there might be any generalized rules or laws of learning that would recommend being in relationships or not being in relationships. Is there one better way of learning? Alone, or with another?

I am Latwii. I do not know if I have the wisdom to answer this question properly, but I will attempt it.

There is an infinity of individualized persons of the one Consciousness. Each individualized person of the one Consciousness is placed by free will into this particular illusion to learn certain lessons. These have to do with love, the understanding of love, and with giving of love by dwelling in service with others. There are some people who cannot learn alone, for they do not have the keys to wisdom, and thus they must study the ways of love. There are some who do not have the keys to love, but must dwell alone and study the ways of wisdom. Love and wisdom are the two poles.

Perhaps we might say that the most balanced of the ways of learning is to find in a relationship both the companionship that enables two individuals to be of service to each other, and the understanding that enables each to be, along with his or her needs for wisdom, for aloneness, for meditation, or for whatever he or she needs that the other cannot give.

No two individuals are created alike, so there is no one answer to your question. Not all are made to be mated, nor are all made to dwell along the lonely paths of the one who walks alone. There are many shades of learning, of love, and of wisdom. You may take your choice. You will find, in a mated relationship, the most powerful means of balancing your own nature, so that the love and the wisdom become balanced, for truly it is only when this occurs that you can become what you would call a master.

But in most cases, one person does not become a master, but two, helping each other. This you have already intuited, and yet you wonder at your need to be alone, and at the fate which seems to ask you to be alone. Relax, for all is well. The creation gives you what you need. And when you have absorbed what you need, from this one environment, there will be a powerful attraction to the next phase of your learning, and you will not have to seek it out by thought and analysis, for it shall, as this instrument would say, "hit you between the eyes." For that is the way of the Creator. If you can be patient, your way will always be made quite, quite clear.

May we answer you further, my brother?

Jim: No. Thank you very much.

Is there another question at this time?

(Pause)

I am Latwii, and it has been a great privilege for me to share my thoughts with you, foolish as they are. I ask you all also to be foolish: to love without reason, to be happy without cause, and to give without receiving. Feel free, my children, for you are all one with the infinite source of love. We leave you in that

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light and love. I am known to you as Latwii. Adonai vasu borragus. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Meditation Meeting
August 3, 1980

(Carla channeling

I am Hatonn, and I greet you in the love and the light of the infinite Creator. It gives me great pleasure to welcome each of you and especially those who are new to this group, for it is a great privilege to be able to make contact with our brothers upon your sphere who are seeking to know the same truth that we are seeking to know. We look down upon your sphere at this time from a distance of approximately, as this instrument would say, eight of your miles. It is mostly in shadow at this time from our vantage point. Within those shadows, my friends, are many, many peoples who have largely concluded their business for the day. Many are sleeping. Many are not yet sleeping, but are distracting themselves. Some contemplate the weighty problems of their possessions and a few, my friends, like you seek to know the truth.

We hope that we can tell you enough that you can find the key to the door on the other side of which lies the truth. That is our highest hope. No more than that can we hope to do, for you have the key already, but you have largely lost the ability and the will to use it. You must understand that so much, my friends, of what you think and do is in vain, pertaining only to a daily life that is transient. What of your wisdom have you not found turned to folly? Of how many of your possessions have you not grown tired? How many of your words remain shining, and how many have become tarnished or forgotten? How many lives have you touched today, my friends?

You see, my friends, within the illusion that you now enjoy, it is useless to attempt to be of service by yourself. You cannot store up enough possessions to be of service to yourself or to others. You cannot store up enough goodwill in your heart to be pleasant of your own accord. For those of us with free will, my friends, have that fatal weakness of those with free will: we are separated from infinity by our self-consciousness.

The way to discover the key of which we spoke … ah yes, my friends, that lies beyond the illusion. That is not in vain, nor it is a striving after shadows, although it may seem to be the only thing that you do that is not real, and that my friends, is of course, meditation. In meditation, day by day, month by month, year by year, you develop within yourself a certain bias or means of approaching the illusion. You find yourself equipped with a connection to infinite supplies of patience, goodwill, kindness and the many other fruits of love.

Look at your life, my friends. You are looking at a looney tune. It is not your fault, that is your vibration. Put the captions under the comics, smile to yourself, and proceed, for there is more. There is something behind the cartoon. There *is* a reality

which is unnameable, unknowable, ineffable and unspeakable. However, my friends, it can be experienced and shared, and this is where we go beyond, and I say far beyond, my friends, the wisdom of your peoples. For they do not believe that there is a possibility that your life could possibly mean anything. Many of your peoples honestly cannot conceive of a reality greater than the vanity and the folly which they now enjoy.

We assure you, my brothers and sisters, there is a reality, and then another, and then another—each one clearer than the last, each one truer to the original Thought of love. And as you meditate, as your mind and your heart become accustomed to the vibrations of silence and inward possession of yourself, you will begin to ascend more and more into these realms of higher reality until you yourself may see, without being disturbed, the folly of this particular vibration. You will not be disturbed because you will see it as an opportunity to witness, by the love that you show forth, the name of the Creator which you carry in your eyes and in your hands, as you give and receive love and service with each other.

It is written in your holy works, "Store not up for yourselves treasures upon Earth where moth and rust corrupt and thieves may break in and steal, but rather store up for yourselves treasures in heaven and you will have the better part." Have you stored up treasures, my friends? Which department do they fit into? In your daily life, take the time to give of yourself in meditation to the Creator who never leaves you. As you give yourself to that consciousness, It will give Itself too in infinite amount to you.

At this time, I would speak a few words through the one known as E. I am Hatonn.

(E channeling

I am Hatonn, and I greet you in the love and the light of the infinite Creator and it is a pleasure to speak to you through this instrument. I am Hatonn.

I am Laitos, and I also greet you in love and light as do my brothers and sisters of Hatonn. It is my privilege to work with each of you who request our conditioning and aid in deepening your meditative state. If you will mentally request the presence of Laitos, I will at this time move among you and make my presence known to each of you. I am Laitos.

(Carla channeling

I am again with this instrument. We have been attempting to speak to the one known as Jim without using this instrument to transfer contact. We feel we came very close to making the transfer without any intermediate help and we are very glad. At this time we will transfer to the one known as Jim. I am Laitos.

(Jim channeling

I am Laitos, and I am with this instrument. It is once again a pleasure to be able to share a few of our thoughts through this instrument. We have always offered our assistance and will continue to offer our assistance to any who ask for our conditioning while in meditation. We seek to serve those of your people by introducing them to our vibrations. This allows those who request our aid to experience a deeper and more probing meditation. It is a way of, shall we say, stepping up the frequency of your vibrations and opening a doorway, or as this instrument would say, a channel for our thoughts to flow through.

By aiding any who ask in their meditations, we are grateful to be able to aid each in their journey to their source. For each of your peoples now, in some way, are feeling the necessity for making that pilgrimage to their own inner knowing, their own well-known, yet long-forgotten, home. It is always a joy for us to be of service to such pilgrims who wish to make this most meaningful of all journeys, the journeys to the infinite Creator, from which we all spring and draw our energies.

May we say once again that should you request our aid at any time in your meditations, we will be most happy to lend that aid, for such service is our purpose among your people now, and is a great joy for us to give. For as you all know, and are discovering in more fullness, the more you give unto your brothers and sisters, unto all creation, the more you receive in knowledge and growth and love. For are we not all one, and when we give to another, do we not also receive in some degree?

We would now transfer our contact to the one known as Carla. I am Laitos.

(Carla channeling

I am with this instrument. I am Laitos. I thank you for allowing us to work with you and urge you to call upon us at any time. We are but those who wish

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you well. Adonai, my friends. We leave you in love and light and are always with you if you request it in meditation. I am Laitos.

I am Latwii. I must adjust this instrument. I am too strong for this instrument, if you will be patient. I … I … I am Latwii. I am Latwii. How are you all this evening, my friends? We are so very happy to be here. We greet you in love and light. Halleluiah, my friends, we think this is wonderful. Hello, how are you? We greet you. Thank you. We are so glad to be with you.

We have been listening to the messages of our brothers as they come through these instruments and we have been very inspired. We find that your peoples, even though they are much too serious, certainly do mean well, and we think that you are very good people. We were wondering if we could perhaps be of service to you this evening by answering your questions, even though we realize that since we are all one being, it is like a stomach asking an ear, "How are you today?" but still, we would like to offer ourselves to you at this time. For what little knowledge that we may have, may we invoke the light and love of the Creator in our honest attempt to be of service to you.

Is there a question at this time?

Questioner: It has come to my attention that many of my friends and myself have found difficulty in emotional relationships within the past week. Is there a special form of work being done on the Earth that is causing this effect?

I am Latwii. My brother, we must answer you in two parts. The first is that there are methods being worked on which will alter the emotional state of individuals. However, my brother, these are instruments of war and are not used on civilians in the locality in which you are now residing at this time.

For the most part, my brother, difficulties in emotional relationships must indicate to the serious student of himself that there is work to be done upon the self. You must understand that there are no problems outside of the self and that if you find a difficulty in dealing with what you perceive as another person, this is because you have not yet realized that not only is that other person yourself, but that you are creating in your mind a scenario or a play in which this problem takes place. This can be rewritten. You have the free choice at any moment of time to perceive the game, the play, the scenario, and rewrite your lines. This will take a bit of time, some effort upon your part, some well-directed meditation, and contemplation following meditation. However, you will find that it is an unerring fact that all problems are of your own manufacture. The world in which each of you live, my brothers and sisters, is your own private universe. Nothing from the outside may come in to harm you; only your own perceptions and thoughts can harm you. If you are being hurt, you must examine those thoughts and those perceptions and discover the separation that is producing disharmony.

Does this answer your question, my brother?

Questioner: Yes, it does.

Is there another question at this time?

Questioner: Yes, Latwii, in relation to what you just said, does that apply to everyone on this planet?

I am Latwii. Yes, my brother. All living things are responsible for their own individual perceptions. We feel that there is more to this question than you have expressed, and we are open to a further question if you wish.

Questioner: Well, I have a question in regards to that, and that is then, as there is so much suffering in this world, I would like to know if many entities incarnating on this planet were in need of the suffering.

That is correct, my brother. Many people, as you call them, choose situations which seem to be of some degree of suffering. This is because they will learn what they need to learn, not in this illusion which is evanescent, but in a higher understanding, which is not so short-lived. They choose these situations for the learning. However, during the process of incarnation, the oversoul blankets itself as does a man in a shroud, hiding in the shadows, so that the individual does not remember why he desired the lessons that he is now attempting to learn. Therefore, the challenge to understand the lesson and to learn the lesson that is presented by the situation in which you find yourself. The lesson is always one away from separation and towards love; away from attachment and towards love; away from what you call love and towards the burning desire and joy that is truly love.

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You have a birthright of freedom. There is no situation, no matter how ghastly to the senses of your physical eyes and ears that is not rich in possibility to the immortal soul. Suffering is but for the moment and is full of purpose. There are those who do not need to learn lessons involved with suffering; they need instead to learn to conquer idleness, wealthiness, or some other desire which in the past has karmically led them to working out on this plane the desires that have held them back and kept them from being free. Therefore, you may see many things as forms of suffering that are not understood in your world as suffering, and you may see many things that seem to be filled with suffering that in truth are being used to learn precious lessons that will aid the traveler a bit more along what is truly a straightened path, narrow and rocky, but full nevertheless of the joy of learning and of sharing.

We understand, my brother, your compassion for those who suffer. Suffer then also; let them fully into your heart and feel what they feel. That is what the teacher known as Jesus did. It was a simple act, but it seems to mean a great deal to your peoples. He could not take the suffering away. He could share it, and one look at those sad eyes would help many to understand why those who knew this teacher were so devoted to him.

Does this answer your question, my brother?

Questioner: Yes, thank you, Latwii.

I thank you, my brother. Is there another question at this time?

Questioner: I have a question about the type of contact that is made in channeling. It is said that the ideal contact is made up of 30% of the instrument's own thoughts and experiences and words, and 70% from the Confederation. I am wondering, of the instrument's 30%, where does this information come from. Is it from the conscious, the subconscious, the memory? Could you shed some light on that?

We can, my brother, but it may not be totally sensible. Because of the fact that each individual's mind works so differently, that when we work in an individual's mind, it is like learning an entirely new computer system, shall we say. The electrical impulses are not in any two cases formed in the same way. There are minds whose intuition is linked very closely with conscious thought. There are other minds who have almost no memory, but whose day-by-day sensations and thoughts are as clear as a brook and we can use those things. Other minds are wired in such a way that there is a very large amount to retrieve from memory of those things thought and read. This instrument is of that type, which among your peoples would be called intellectual. The only unfortunate thing about this instrument is that her fields of knowledge are not particularly those of the Renaissance person and so many questions go completely from one ear to the other without stopping in any way shape or form. Therefore, we have difficulty.

In each case, we use what there is to use. We begin with a vocabulary that must be the instrument's, for we give to the instrument only concepts. The instrument must find the words to speak what is given. We also attempt to scan the instrument's knowledge, books, experiences and thoughts to find the closest to which we would call "enlightenment," so that we may use certain touchstones within that person's experience upon which to hang a more complex framework, a more varied tapestry of thoughts.

We do this in order that we may touch as many different minds as possible in whatever size group to which we speak, so that in each mind we have struck a chord which may cause a small transformation in thinking; which may in turn cause a feeling of joy, peace or happiness; which may in turn cause each person to seek. Our desire is to challenge your desire.

Thus, we start with the instrument and we proceed therefrom, touching with the instrument's mind again, and then again, as we scan—we will correct this instrument—as we scan the minds of those within the circle to find what they may wish to listen to.

May we answer you further, my brother?

Questioner: Just one additional question. How does the number of people in the meditation group affect the clarity of the message?

This instrument understands the question.

(Side one of tape ends.)

Questioner: How do you provide the concepts? How do they come into our minds? Are they verbal or nonverbal? How do we recognize them?

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I am Latwii. The nature of thought is not understood by your peoples. It is electrical in nature and is a function of your connection with what you would call your oversoul. How do you think, my brother? When you think something, how has it come into your mind. We assure you that prior to thought, you are dealing with concepts. Then, as these concepts reach a conscious state of mind, you are obliged to voice them internally in a semblance or cloak made of the words which you have learned as you have grown from a young child to a grown person. Then you are able to use these words to express this thought. However, prior to the words was the concept.

Therefore, we use that part of your connection with the oversoul, which is deep within you, and allow the concepts to rise to your mind consciously, seemingly your own thoughts. We do this in order that you may at any time refuse to speak, for we do not wish to cause you to speak if you do not wish to. There are those who use what are called trance mediums and they speak whether or not they may wish to speak. However, we prefer to provide you with a constant choice between our thoughts and silence. Even when we speak through this instrument, at any moment she could simply stop speaking. We would retire, gracefully we hope, and come again when there was a request for our presence.

Always we use the concepts and this is the nature of telepathic contact. Thus, if you wished to telepathically speak to one among your peoples who speaks in another language, you could send the word in your language and the person would receive it in his language.

Do you wish to question us further on this phenomenon, my brother?

Questioner: Not at this time, Latwii.

Is there another question at this time?

Questioner: I'd like to ask another question, Latwii, and it goes back to the information you just gave. And that is, when I'm channeling, then instead of looking for words, what I should be doing is opening up to concepts? Is that correct?

Ahh, my brother, you have been doing very well, but you must not worry about doing anything. When you channel, you speak. When a ball is thrown, you catch. Is this not so? You do not think about, "Ah, I shall place my hand here; no, I shall place my hand there; no, no, I shall move my feet and then I shall swing my hips over here and then my shoulders will be here and my elbow will be cocked this way, and then I will catch the ball." By that time, my brother, the ball will be upon the grass.

Therefore, you do not think when you catch a ball. And when we send to you a concept, it is sent and you catch, and then you throw. By this we mean you speak, and when you speak, your hand is free. That is, your mind is empty. And again you catch and again you throw. Many times this instrument has been in stark terror because someone from the Confederation, usually our brother, Hatonn, who is a little pedantic, will say, "There are three reasons why," and this instrument does not know any reasons why, and therefore she must trust that Hatonn will pull her through and tell her all three reasons.

This is what you must face when you channel—[it] is simply nothing. You do not know what will occur. Therefore, you are empty-handed, that is empty-minded, and when you think of something that feels very much like your own thought, but you know that you are not thinking, you say it. And if you say it, you will receive another thought. You have mastered this basic technique without achieving a feeling of grace while doing so. Therefore, we encourage you to relax and allow your natural, shall we say, sense of rhythm to take over and let you play the game of channeling, for it is a game that is, we hope, of some service among your peoples.

Does this answer your question, my brother?

Questioner: Yes, it does.

Is there another question at this time?

Questioner: Yes, I have a question. When I was down at the farm a long time ago, I astral-projected to the top of the ridge and when I was there, there was somebody standing on the other side of me, but something kept me from looking one way or the other to see who they were, and I was wondering if you could shed some light on it *(inaudible)*.

I am Latwii. My brother, you just made a joke. However, it would be difficult to explain to you. We are light beings. We can say to you only that you were experiencing not two, but three, of the ones who are with you. They are what you would term "angelic entities," much as we are. However, they are

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of your planetary sphere. When you need to understand, you are always aided by these particles of your oversoul which appear as guides or helpers. In the projected state you were able to see them. However, due to your carefully balanced projection, you were not able to move freely in your new environment. We realize that you basically already understood this and are glad to be of some help in confirming.

Does this answer your question in full, my brother?

Questioner: Yes, thank you. One more thing. I haven't been able to project in quite a while now, and I was wondering in that it used to happen to me, just, you know, just seemingly for no special reason; it just happened. I was wondering if there was any method I could use to increase the possibility of this *(inaudible)* to astral project?

I am Latwii. My brother, we do not wish to give you a hard time, but we might suggest sending your children to college. Unfortunately for your more esoteric desires, the rewards of the hard work and responsibility of loving and caring for a family will cause your physical body to need its contact with these very entities in a very deep and subconscious state. You are grasping your lessons while you sleep as quickly as you can. Therefore, you being starved, shall we say, for this vibration *(inaudible)* you do simply not have the time, as you would say, to consciously project.

If you were to find a way to spend a few hours in an environment which was conducive to relaxation on a regular basis so that you were completely rested and continually meditated each day, you would then find yourself in a more appropriate position to reawaken this particular skill which to some extent is natural for you, although not for everyone. However, it is just a trick and not particularly enlightening, so we say to you, you are learning much more by being of service than by projecting. We, however, wish you the good feelings that you experience during those moments.

Does this answer your question, my brother?

Questioner: Yes.

Is there another question at this time?

Questioner: I have a question. Several years ago I experienced the sensation of being in space. The experience has returned to my thoughts very recently. I feel that there is more that I'm supposed to learn from this experience. Is there anything you can contribute?

I am Latwii. We scan this for you. We cannot speak fully to you for you do, indeed, have some to learn and we will not, shall we say, pass out the answers before the ten-minute quiz. We simply say to you that consciousness is infinite and you will come to understand that more and more.

Is there another question at this time?

Questioner: Yes. *(Inaudible)*.

I am Latwii. We are not in the correct density to see your weather. We will, if you like, zip down a couple and check it out for you.

Questioner: That's all right, it's not necessary *(inaudible)*.

We can see many colors as we look through the densities, but each density colors the one below it so that we would have trouble seeing the vibrations of your weather systems until we were somewhat closer to your density.

Is there another question, my brother?

Questioner: Speaking of colors, Latwii, I remember your saying that we perceive less than one octave of color. I was under the impression that red to violet was an octave, so that or that rather, violet was the next octave higher vibration of red. Apparently, I was mistaken. Could you elaborate on that?

Only insofar as this instrument can use our concepts, my brother. You must understand that from x-ray to ultraviolet, although it is not considered to be of one octave in your physics, is indeed part of one octave in our understanding, which we would hesitate to call physics, because we understand both thought and thing as vibration. We are not sure whether we should call ourselves vibrators, due to this instrument's unfortunate connotations with that word.

However, we will not call ourselves physicists, although in your language that would be our specialty. Indeed, your octave reaches beyond what your instruments detect at this time along the ultraviolet, as you call it, although your peoples have a rather murderous understanding of the red end of the octave, which is imperceptible to the human eye beyond a certain vibration.

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May we answer you further?

Questioner: Not at this time, Latwii.

Is there another question?

Questioner: Yes, I have a question. Are you familiar with, associated with the Comforter of which Jesus spoke?

I am a voice which you may call Comforter. The one which your teacher known as Jesus, or Jehoshua, spoke meant simply spirit. We are messengers of that spirit and as messengers are part of that spirit. And we are sent to comfort you, as are a host of others.

May we answer you further, my brother?

Questioner: And are you comforted as well by this spirit?

We live and breathe and are completely sustained by this spirit. We know no life but joy.

We let this sink to your heart, my brother, and then ask, may we speak further to you?

Questioner: My mouth would say yes, but I'm not sure my conscience would say it.

We leave you in the peace that you seek, my brother, for it is within you, without you, about you, and forever surrounding you.

Is there another question at this time?

I am Latwii. This instrument is growing fatigued and we feel that we have answered enough of your questions that we may take leave of her at this time.

We leave you in the glories of your sixth density. It is a beautiful place and we are watching a yellow vibration at this time, you would call it. We are traveling between yellow and a violet. It is truly beautiful as we watch them lap together. We leave you in a circle of love and joy. Let it never leave you, my friends. Let it lift you ever higher. Come join us, my friends. The kingdom awaits. Love awaits. Adonai, my friends. We leave you in love and light. I am known to you as Latwii. ♣

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Sunday Meditation
August 10, 1980

(Carla channeling

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of our infinite Creator.

One of our brothers of *(inaudible)* has been working with the channels known as Jim and E, in order that they may gain confidence to be able to begin a contact without another channel being present. We hope that this has been of aid. One of these days, my brothers, you will get up your nerve and speak out, and you will find that this instrument is only playing a fair game of softball with her thoughts.

We are aware that you wonder about the oldest teacher of your group, the entity known to you as Hatonn. Again Hatonn has moved back into temporary assignment elsewhere and is at this time working with some of the leaders of the continent which you know as Africa. Therefore, it is our privilege to speak to you of philosophy for a little while, although we cannot do so with as much grace as the brothers and sisters of Hatonn. We will share what we can and with great pleasure.

We realize that there is a great priority in the lives of each of you to become a better instrument of the Creator's will, and we realize that in the vast supermarket of books and paraphernalia having to do with various people's opinions of how to achieve that goal, you may have become thoroughly confused. There are those who believe in a very strict dietary regimen, and have made that almost a necessity for leading any sort of spiritual journey.

You are aware, my friends, that you do have physical bodies and that they function very efficiently as a type of furnace with an exhaust system for the by-products. We are sure that you understand that this particular type of furnace that is your body can burn some types of fuel better than others. However, my friends, we would urge you to keep your contemplation of the importance of diet on that level, for it is truly written in one of your holy works that it is not what goeth into the mouth of a man that defileth him, but that which issues therefrom.

There are many ways of living, both secular and spiritually-oriented, whose ethics are very strict and abstemious. My friends, we say again to you [that] you were born into this experience with a physical vehicle. It is a tool. When you consider how to use it, attempt to use it with purity, with love and with no degradation to the Creator within.

We ask that you keep considerations upon this level. In other words, my friends, we are trying to cut through a great deal of dogma, as this instrument would call it, that has grown up about what might be termed the spiritual trip. You must avoid mystiques, avoid the appearance of wisdom, for my friends, in reality you do not have wisdom, the

Creator is wisdom and, insofar as you realize your part in that perfection, you *are* wisdom.

But you are as wise as a grape or a mountain or the sea. Would, my friends, sometimes that you were as quiet, as beautiful, and of as much service to others. You know, beyond a shadow of a doubt, we are sure, that because you have chosen consciously to follow a spiritual path, you are different. We have spoken of this many times, as has our brother Hatonn, and our brother *(inaudible)*. However, my friends, that difference is that you have become a servant, you have become a fool, *you* have become the one who forgives when, to the eyes of the world, there is no forgiving. You have become the one who, when there is no hope, still has faith of things unseen.

Be triumphantly foolish, my friends, and let any reputation that you may have be a lost possession, for that, my friends, is a lost treasure and a false friend. We ask you to remember what a teacher known to you as Jesus suggested to his disciples: "Go forth," he said to them, "with one robe and one pair of sandals and offer yourselves to your neighbors along the journey and, if they welcome you, give them of your substance, of your thoughts, of your love. If they do not welcome you, move on."

There is no room in those instructions for self-justification—or even a suitcase, my friends. We realize, in this day and age, your illusion has become more complex and more things are considered necessary for the simple life than were considered necessary two thousand years in the past. But as we speak about the physical plane and its influence upon your spiritual journey, we can only echo the words of one of your great writers: "Simplify, simplify, simplify."

You will, my friends, make mistakes. Remember you are fools. You will misunderstand situations, you will attempt to be of service and find that you are not truly of service, you will be too warm-hearted or too cold-hearted, and you will learn. But if you desire to be of service to others, and if you then remove from your mind the paraphernalia of excessive, complex rules and regulations, and follow instead the simple lines of purity of spirit, of honesty and love, and of totality in desire to know the Creator and to serve Him wherever He may be, then, my friends, whatever mistakes you make, it shall make no difference.

Let us move up from the physical plane to the mental. How can you become a more effective spiritual seeker by using your mind? Like your body, my friends, your mind is a tool. Unlike your body, your mind contains elements of your infinite personality, it contains biases and feelings which you have gained by experiences prior to this incarnation. Consequently, your mind is an enhanced tool, capable when used properly of aiding you greatly.

Picture a seesaw, my friends, opinion on one end, experience on the other. There will come a balance when experience has informed opinion and a lesson has been learned. Coming to that balance may be difficult or painful, but you must remain true to the effort to balance your seesaw until your experience has been met with understanding. At that point, it is time for you to take a new direction and the more sensitive that you are to your inner self, the more able your mind will be in aiding you in discovering the new vector, and then you will climb upon another seesaw, and you will have trouble and you will learn.

It is very difficult, my friends, to learn if you do not have trouble because it is difficult to get the attention of those within the physical unless they have some stimulus. Difficulties, problems and troubles are the way that this incarnation which you have chosen works in order to give you the lessons that you need. Let your mind analyze the material which you meet, let it find the balances, and let it choose the new experiences with an eye towards enhancing your own understanding and that of those around you.

The emotions, my friends, we must only give a profound but simple bow to, for they are the purest thing in your density. Attempt, then, not to have mixed emotions but to have each emotion in turn purely and beautifully, little by little, extinguishing the fires that burn out of control in anger and negativity, little by little discovering the beautiful rainbow of colors of emotions that are positive.

Lastly, we come to the wellspring of spiritual growth, and that is, of course, the spiritual self which is your connection to your primary and true personality. Stimulate that connection with regularity, and though you may not hear what the silence speaks, the connection having been made will bear fruit. You may consider your spiritual self as a great protector, for once you align yourself with it, it

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will shade you, feed you, and supply you with your needs. Again it was written that the one known as Jesus said, "I have food and drink that you know not of." Yes, my friends, all of you have nourishment to an infinite degree. The bread of the Kingdom awaits your attention.

There is only one catch to all this, my friends, one thing to keep you from falling asleep while we talk philosophy, and that is the uncertain nature of the spiritual path. You must see this path as a great cartoon: there will be many blank squares and then in one square there will be the Creator, and you will find enlightenment. Shall you be asleep when that edition of the funny papers comes to your house? Yes, my friends, it is an illusion but the Creator is hidden and He will pop in on you if you are awaiting Him. Therefore be ready; be ready daily.

I will leave this instrument for a brief period so that my brother *(inaudible)*, who has been with us since the beginning of the meeting, may work with the newer instruments. I am Latwii.

(Pause)

I am *(inaudible)*. I am with this instrument, I am very pleased to be with you and greet you in love and light.

We are aware of the myth of the lions that guard the temple in one of your continents. However, we have been unable to get past the lions at the gates of the temple of the mind of the one known as Jim. We had a very good contact and wish him to know that he was, indeed, being given the contact to start the channeling for us.

The vocal channel does not have an easy time beginning to channel, due to the very lack of experience that he is attempting to overcome. For, because our thoughts and your thoughts feel the same, we have only conditioning to convince the newer channel that he or she is indeed receiving a contact. And this conditioning must be requested. However, we believe that if we attempt again, we will be able to make a good contact with the one known as Jim. I am *(inaudible)*.

(Pause)

(Jim channeling

I am *(inaudible)*, and I am with this instrument. It is once again a pleasure and a privilege to be able to share with you our thoughts through this instrument. It is not always the easiest task to remove the lions from the gate of the mind, for those lions have been stationed at this gate, and the gates of many of your people, for eons of time, so to speak. These lions are those thought-forms and images which you manufacture in your daily existence to serve as a form of guide or protection, as it were, against that world which seems to be, at times, ranging from inhospitable to incomprehensible. And lions stationed at the gates of the mind frequently are seen by those who employ them as a buffering or shielding device that will protect you [from] the world or perhaps explain that world to you in a way which will set your mind at ease.

We would suggest to you, each and every one of your people, to remove these lions from your employ and to let them go their way, for you need them not. They are ornaments which are unnecessary in the architecture of your life. It is, we would suggest, a more wise choice to allow the gate to your mind and to your being and to your heart to remain open, that all which you experience in your consciousness may flow freely through this gate.

We would suggest a pause for a moment …

(Pause)

I am *(inaudible)*, and I am again with this instrument, and we greet the one known as S to our meditation.

To continue in our train of thought, we would suggest that you leave this gate to your mind and to your being and to your heart unguarded, that each experience which comes your way might be fully experienced and might become a part of that lesson of learning love which, in some way, you have chosen with each experience which you encounter in your daily lives. The lions are not needed, my friends; rather become open in all of your being, in all of your experience, become open that you might become penetrated with the love of the infinite Creator which surrounds you each and every day of your life, with every experience that you come in contact with.

We are sure that, for many of you and indeed for most at some time, you will feel a great deal of insecurity, not knowing what is coming as a lesson and a learning in your lives. But we assure you that these feelings of insecurity soon shall fade as you

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look at every event that occurs in your life as a learning, and you will discover that you have nothing to fear in this universe, that every event, each occurrence, is planned as part of the infinite Creator's plan, to teach you a newer or better way to find your path inward to the Creator which resides within your being. Again, may we suggest that by removing these guards from your mind, that you will learn each of those lessons which are part of your path and your way to your home, to your source, to the center of all creation.

We would now transfer this contact to the one known as Carla. I am *(inaudible)*.

(Carla channeling

I am *(inaudible)*. I am now with this instrument, and wish again to express our thanks to the instrument known as Jim, for it is truly a joy to be able to share our thoughts with you and, to us, each mind which is offered to us in love is a treasure-trove of experiences and memories and thoughts upon which we can impress our concepts, so that each instrument has a unique place and a unique function. We may say various things through various instruments that perhaps one person in the group may need to hear. For this reason we thank each of you for attempting to speak our words.

At this time we would transfer to the instrument known as E, if he would relax. I am *(inaudible)*.

(Carla channeling

I am again with this instrument. We have good contact with the one known as E. However, we are meeting some friction and will attempt at this time to make a more comfortable contact that will not be so uncomfortable. I am *(inaudible)*.

Carla: Somebody might make contact with the door.

(Carla channeling

I am *(inaudible)*. We find that we have difficulty making a good clear contact with the mind of the one known as E, and due to a somewhat fatigued and perhaps less than clear state of mind. Therefore, we send to our brother our love and thanks for working with us. We would now contact the one known as S, if he will relax, and speak our thoughts as they occur to him without hesitation. I am *(inaudible)*.

(S channeling

I am *(inaudible)*. I am with this instrument. If the instrument will relax …

(Side one of tape ends.)

(S channeling

It is a pleasure to work with those who *(inaudible)* to be able to work with ones such as yourselves. We thank the one known as S for letting us work with him at this time, and at this time we will transfer the contact back to the instrument known as Carla. I am *(inaudible)*.

(Carla channeling

I am again with this instrument. May we thank each of you for your patience as we work with these new instruments. We would wish to work with two more, and then we will work with all of you upon the conditioning ray.

First we would like to attempt to make our presence known to the one known as B, if he would relax and mentally request our contact. He may hear a word or a phrase. If he does, and if he wishes to pursue this service, we encourage him to speak up and find what the experience may hold for him. I will now transfer to the one known as B. I am *(inaudible)*.

(Carla channeling

I am again with this instrument. We find that we are slightly overloading the one known as B and therefore we will work with him at his request and at his convenience at any time he may wish to ask for our help so that we may balance our vibrations with his.

At this time we would attempt to contact the instrument known as C if he also would relax and let our thoughts move into his consciousness and into speech without hindrance. I am *(inaudible)*.

(Carla channeling

We are again with the instrument. I am *(inaudible)*. We thank the one known as C and assure him that, as this instrument would say, the first *(inaudible)* is always the hardest to get out of the bottle. This is a stage that you may surely get beyond with constant application.

We would touch with each of the others in this group, some of whom desire to be channels such as this one, some of whom desire only to feel our

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presence and to deepen their own meditations, for we may act as a sort of carrier wave strengthening your own individual vibration. We touch, therefore, at this time and attempt to make our presence known, if it is wished, to Jim and to C, to M.

(Pause)

And now to the one known as L, our contact and our encouragement.

(Pause)

My friends, it is a great privilege to work with this group and we leave you with the request that you do ask for us if you have a spare few minutes. Never think that it is too short a time for meditation, for if you can look carefully at one blade of grass, or the beauty of the sky or your own task as you pursue it well, then you can meditate in that brief period as the clock strikes, as a car goes by, as a bird sings, as you hear the life-giving sound of water. Let all things be signals to meditate upon the beauty of the Creation of the Father. We are always with you, you need but ask us.

I am known to you as *(inaudible)*, and will leave this instrument at this time. Adonai, my friends. Adonai.

(Carla channeling

I am Latwii, and am again with this instrument. We took a flyer at the one known as Jim but he is not yet ready to answer questions for a large group. We think that he is, but he does not think that he is, but we will work that out in the future, as you would call it. Actually, to us it is a kind of past but that is difficult to go into with this instrument. May we ask at this time if there are any questions? If you have one, please ask it.

Questioner: Yes. First, I want to thank you for *(inaudible)* questions that I already had in my head. But, while *(inaudible)* was attempting contact with me, I know that during that thoughts passed through my head *(inaudible)* but *(inaudible)*. I just felt a flurry of activity going on in my mind, nothing in particular, just images, almost like *(inaudible)* was trying to block it out, *(inaudible)* block it all of a sudden with a flurry of activity.

We realize, my brother, that that is not precisely a question, however, we will make it into one because we know that which you speak of. It is a common occurrence with one who has not yet totally vanquished the old habits of the body. We will state that in such a way that you do not feel that, because you eat spaghetti, you cannot channel. The habit of the body is to be active. Unless the body is asleep, it is most often active, even while watching one of your television shows, the body will be active and will attempt to feed itself or move about or have some sort of pastime. It is very seldom that the mind and the body are without activity; such is your culture. Thus, when you begin to meditate, and especially when you realize that it would be a good idea for you to have a good meditative state in order to be able to achieve a goal which you desire, that of vocal channeling, your mind and your body will conspire against you to reinstate the older habits of activity.

In some cases those who meditate for a while will become ill, they may get what is known to you as a headache or stomachache, or they may see, as you do, images of varying kinds. It is a distraction which, if pursued, will eventually subside. Perhaps several months, and this experience will no longer be part of your repertoire, because you will have become used to neither physical nor mental activity. In other words, you will have learned to become passive.

This is easy for those trained in Eastern ways but very difficult for those trained in what this instrument would call the Occident. However, you must not be disheartened because you have, shall we say, "Occidentally" been born in the wrong place, but simply persist and this phenomenon will diminish and disappear.

Is there another question?

Questioner: Yes, I have another one. It's concerning the relationship of the body with the mind. It seems, or I find it *(inaudible)* taking an inordinate amount of sweets, and sugar is present in large amounts in my body, that my thought processes tend towards a more depressed kind of state, that I feel I wind up *(inaudible)* more prey to the ego games that we play in our lives, and more of a feeling of selfishness, and less of giving. Is there a relationship to the state of the body to the mind that such things occur?

My brother, that is indeed correct. As we said before, there are various degrees of perfection in the combustibility of nutrients that enter the furnace that is your physical vehicle. Those things which are of the sugar family are very unfortunate in their tendencies towards causing the person to become more within his or her own personality structure. It is, as this instrument would say, a downer. It is

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intended to give energy, however it does not, it removes energy from the electrical field of the body.

You see, there is a concept of inwardness and outwardness, and that which you know as sugar in many of its forms is an inward-looking combustible. Therefore, when ingested it will produce more consciousness of the self and therefore more tendency towards pettiness and, as you said, game-playing. On the other hand, there is an even greater difficulty; that is that as the body craves balance, and as all things crave balance, so a very inward food will request that the body ingest a very outward food, that which causes the body to gain the energy which it has lost, and therefore this will encourage the body to eat an equally large amount of what you would call red meat. This is an imperfectly burned substance, and should be used in your furnace with some caution, for the byproducts are often difficult to deal with when taken in excess, and you need to have some of your filters replaced after a long period of using these substances.

Thus, there is indeed a great deal of connection between mind and body for the simple reason that your mind dwells within the confines of the physical body while it is awake, unless of course you are fasting for a long period, in which case it might not stay with the body at all.

That, incidentally, is one of the purposes of fasting. Contrary to some modern beliefs, it is not a method of losing excess *avoirdupois* but rather a means of transcending the physical illusion and ascending to a more fine and well-tuned illusion. Thus the teacher known as Jesus fasted, as did many others in your holy works and others throughout the world.

May we answer your question further, my brother?

Questioner: Ah, yes. I have done some *(inaudible)* fasting and it does … I have achieved, a better state of being but in regards to—if the diet is changed in such a way that foods are taken in in a balanced amount … this question is on my mind [because] my wife received a book which stresses either eating habits as a way of preventing disease, curing ailments, and achieving a better balance within the body, therefore achieving a better state of mind. That is the premise behind the book. Would a diet that is fully balanced help you achieve a state similar to that achieved by fasting and taking the impurities out of the body that way?

I am Latwii. My brother, the effect of fasting is a loosening of the cord that ties the consciousness to the body. Thus, no matter how balanced the diet, the cord would remain tight as long as you are eating. The followers of ecstasy, such as Sufis and saints, have often used fasting as a means of loosening their consciousness from their body, that they may see visions and seek the Creator within. This, however, has little to do with a balanced diet.

It is healthy, for the body's sake, shall we say, speaking only on the physical plane, to fast if one finds oneself having bad reactions to seemingly something one has eaten. Then one may perhaps isolate the difficulty and remove it from one's diet.

As to a balanced diet, you must understand, my brother, that this is what we were cautioning you against, those who believe in one way for all peoples. If you will close your eyes and truly picture that you feel will make you healthy, then continue and eat that which you see, your body will inform you of that which it needs. There are foods, certainly, which are unhealthy to all peoples, but there are many, many foods to choose from, and in some cases foods, which may be harmful to one, would be greatly helpful to another.

Thus, you cannot learn your diet from a book, but from experiencing your feelings as you eat and as you live. Attempt, indeed, the advice given in a book, take what seems to work for you, and then go onward. We ask only that you do not become bogged down in the deep details of this and that and the other thing, for you will find that for every this, that and the other thing in one way of thinking, there will be a diametrically opposed this, that and yet another thing in another book that sounds equally plausible. Therefore, if you truly attempt to remain healthy on the physical plane by reading books, you will find that you might as well have eaten the paper.

We do not usually become involved in discussions of this sort because it is indeed physical plane activity and we do not achieve an enormous amount of joy therefrom. However, we realize that it was upon your mind at this time. Is there another question?

S: I have a question. This week I saw something very unusual. I saw a number in a very unusual way, an unnatural way. Is there some significance that I should be looking for connected to this number?

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Carla: I'm just getting a "no," S.

This instrument is receiving correctly—no. Is there another question?

Questioner: Could I ask a little bit further on my "no"? It was so perfect, I don't think it could ever occur that way naturally. Could I have influenced it mentally myself? Can you offer a suggestion?

Yes, my brother, we can offer a suggestion: we suggest that you laugh for one half of an hour, and at the end of that time, you will be much closer to understanding the significance of all subjective proof.

Is there another question?

Questioner: I have a question. After learning of the cataclysmic events that will, in all likelihood, occur on this planet in the future, my mind just turned to finding ways of surviving that war; another way might be expressed as myself and my friends to circumvent the events. I'm confused as to what my responsibilities are to my body, whether I should put energy into trying to ensure its survival. On one hand I feel I should and on the other hand I feel that I'm wasting energy, concerning myself with something that is merely physical. Could you give me some help with this?

I am Latwii. Yes, my brother, I believe that we can give you some slight help. You understand that you are dealing with the physical vehicle that is a complete illusion. In the normal course of events, you would concern yourself with a retirement, you would concern yourself with the physical accouterments of comfort for yourself and for those whom you love. These events are far in the future, retirement, comfort without a working income, but indeed these would fill your mind and this is normal for your peoples, for unlike some societies your children will not be expected to take you in.

Therefore, you must concern yourselves with these things. You would not need to concern yourselves with these things if you decided not to. You may perhaps feel that it is irresponsible not to attempt to adjust your future for the comfort of your beloved family but you must look at the future and realize that it is the future that simply may turn out differently than your retirement. You may need, instead, to retire early and go to farming so that you may eat. There is nothing particularly foolish about deciding that you would like to survive the discomforts of dying in this city. In some aspects of your future, this would indeed be possible.

You may, on the other hand, adopt a purer ideal which those whom you love may not understand at all, and that is to say, "I will trust to the Creator that all things will be provided which I need, and I will do whatever work He has for me to do." Surprisingly enough, you may find that whichever route you take, you may end up on a farm, growing food so that you may eat.

Therefore, we suggest that, just as in your decisions about a long faraway retirement, you do precisely what you wish, because it is the future and you are trapped in the present, and when the present moves in its little boat down the stream of time in your dimension to that point in the future, you will then know what has happened.

We are sorry that we cannot tell you that it is either smart or stupid to provide for the future, given the cataclysms. However, it is totally a matter of your free choice. There is no shame in attempting to survive in the physical body in which you now experience this incarnation. The cataclysms which will come prior to the polar shift—that is some time off—there will be much to do before then. There is also no shame in leaving oneself completely open to the opportunities at hand wherever you may be. Some people are moved to plan and do in advance those things for their families which may give them the best chance of survival. Others are moved to blow with the winds, flow with the tides, and only be a lingering breath on the surface of the land. You will know as you listen to these words which type you are. We cannot tell you, but we assure you that there is goodness and righteousness in either path, and no shame to the secure or the wanderer.

May we ask if this answers your question adequately?

Questioner: It has both answered my question and given me great comfort. I thank you.

I thank you, my brother. Is there another question at this time?

Questioner: I have a question about something that was mentioned earlier. It seems that on our plane we learn from suffering and pain. I'm wondering if there might also be some other methods of learning that would not involve suffering, or if suffering is the quickest way of learning in our density?

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I am Latwii. Each individual, my brother, is in a completely different universe. In many of those universes, suffering is the quickest way to learn. In some few universes, happiness, joy, delight and the total sharing of experience are the quickest ways to learn. It simply depends upon the vibration of the individual, and what lessons he has chosen for himself. There is no premium upon suffering. It is simply a very efficient tool for learning the lessons of patience and cheerfulness. When you can be patient, when you can be cheerful in the face of adversity, then you have become a potentially loving person. If you have come into the world with patience and with happiness, then whatever suffering you may have may not be for your learning at all, but only, shall we say, to hold you down, to keep you fixed upon your goal.

So if you find yourself cheerful and do not feel the need of suffering, and yet you find that you have some degree of emotional, mental, spiritual or physical pain, you might examine it in order to learn what limitations this would indicate, and willingly accept it. Then you can go back to being joyful, delighted and ecstatic as a means of learning. You see, you have the complete range of methods of learning. It is absolutely not necessary to suffer in order to learn. It is simply that the trauma introduced by these methods is often very effective in causing individuals to stop and ask themselves "why." That question is the beginning. The desire to know why is the beginning of all that you can learn about the Creator and His Love in this dimension.

May we answer you further, my brother?

Questioner: No, that was very good, I have food for thought now. Thank you.

We are glad to provide you with a late snack. We are sorry that we could not give you a more substantial meal.

Is there another question at this time?

Questioner: I have one other question on another area. I would like to know if such a thing as twin souls do exist and what they might be. I understand the concept of soulmates, which suggests people who have been together as mates before, but I understand also that twin souls are something else yet [again.] Could you shed any light on this concept?

Yes, my brother. It is a simple concept and part of the Father's plan as we know it. The twin soul is part of the oversoul of that individual personality. Thus, two souls have incarnated working with one basic unit of awareness. Soulmates, upon the other hand, are those who as whole individuals have chosen to work together in order to achieve mastery of third-dimension planes of existence.

(Tape ends.) ♣

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Meditation Session
August 23, 1980

(Unknown channeling

I am Hatonn, and I greet you in the love and the light of the infinite Creator. It is my great pleasure to return to this group and be welcomed in your domicile at this time. We greet each of you with infinite blessings.

The hunter goes forth, my friends, and knows the manner of his prey. His weapons he has carefully provided for himself and fastidiously placed in the prime condition, that they may do their work. The hunter has a single mind and knows his prey. Is it the dark of the moon? Even so, the hunter stalks. Is it damp and cold in the dawning hours? Even so, the hunter waits watchfully, for the hunter knows his prey.

Each of you, my friends, dwells within the body as a hunter, but seldom, my friends, do you fully understand the nature of your prey. What wonder is it, then, that your weapons lay rusty, tarnished or broken, or that you lie beside them, asleep?

I would, at this time, transfer this contact. I am Hatonn.

(Unknown channeling

My friends, I am now with *(inaudible)*. I am Hatonn. We have spoken of the hunter, for my friends, is he not the aggressor? But yet, we can break this aggressiveness down to yet two more *(inaudible)*.

What we are saying, my friends, is never allow yourselves to become idle once you have set yourself up to be found. For, my friends, there is such an important role for all. Through your training, you will allow yourself to become *(inaudible)* one that *(inaudible)*. For, my friends, therein lies your reward.

As you look about you, you will see the very fiber of what is known to you as existence unravel. But, my friends, through your meditation you will find a yet stronger bond. And though it is hard for you to see, it is there for you all, my friends. Do not settle for the role of being found, for in such a greater role through the intense vibration that you all experience, you will find it yet easier to project yourself to *(inaudible)* consciousness. My friends, open up yourselves and allow yourselves to experience yet other universes than those around you.

I will now *(inaudible)* this instrument. I am Hatonn.

(Unknown channeling

I am Hatonn, and I am again with this instrument. We have been attempting to contact the one known as Don, but he is analyzing our contact and, therefore, we find it impossible to continue at this time through him. We will, therefore, conclude this particular thought through this instrument.

To continue—as we have said, it is all too easy to look upon yourselves as passive receivers of spiritual food. If you do so look upon yourself, you will find your progress to be slow. It is the hunter who seeks nothing but his prey who will achieve his goal, and you, therefore, must be hunters after your prey—aggressive, cunning and well-armed.

And what, then, is your prey, my friends? All of you can answer that question. You seek love. To say it another way, you seek the Creator. To say it another way, you seek the original Thought. And yet another way, you seek yourself. Only the single of mind will achieve the end of the trail, will find the prey that he desires.

And what, then, are your weapons? Perhaps you, yourself, know them better than we could ever tell you, but we say to you that those gifts that are given to you in meditation—a merry heart, a kindly and affectionate spirit, a gentle manner, and an ability to look at a larger picture, at a greater design than perhaps you have in the past—perhaps these are some of the things you gain in meditation, for in meditation you dwell, as it were, in a tabernacle with that which is divine, and you take away those elements to which you have opened yourself, to which you no longer have resistance, concerning which you no longer have reservations. There is a great deal of cleansing of the mind from bitterness and negative emotions that needs to be done in order for you to be able to gradually love yourself in a greater self, a self in which you have become the confident aggressor, seeking after love fearlessly, your weapons ready, your hands open.

At this time, since we are aware there are some questions, we would like to transfer this contact to the one known as Jim. I am Hatonn.

(Jim channeling

I am Hatonn, and I am with this instrument. It is a pleasure, shall we say, to be able to speak through this instrument and to ask if there are any questions?

Questioner: I was wondering, Hatonn, how your efforts went with the leaders with whom you were working.

My sister, we must answer you by saying, again, our efforts have been, for the most part, unable and—we should say—we have been unable to achieve the breakthroughs and the inspiration of the leaders whom we have been working with. We have sought to increase the awareness of certain leaders of your world to the vibration of love, that vibration which we have to share and which we bring as our service to your people. We have found that the polarities of differences of opinions and projections of intentions on the part of most of the leaders whom we have attempted to contact … this polarity is so great that it, should we say, absorbs our efforts and vibrations of love and reflects them back to us in a manner which leads us to believe that your leaders are unable to comprehend the concept of love as they go about their work of leading the nations of your world.

It has been our hope to open somewhat their hearts and souls to the experience of the infinite Creator. And though that spark of recognition does, indeed, reside within each of the people of your planet and your leaders, in some it is buried so deeply beneath the desire for power and the gain of money that we are unable to be of much assistance in uncovering their own recognition of their divinity and the divinity of those whom they lead. So, my sister, it has again been necessary for us to take a brief respite from this effort, for it is somewhat taxing for our beings to continually receive the reflection of our efforts shined back at us, shall we say.

May we answer you further, my sister?

Questioner: I have some other questions, but perhaps some others do, too.

Is there another question?

Questioner: I've got one. I'm not really sure how to put it into words, but this concerns morality and the bond between a man and a woman who have made this bond about sex with someone else. *(Inaudible)* put into words. How do you feel about that?

My brother, we would answer you by saying that the bond that a man and a woman make between themselves is a sacred agreement; that, according to the terms of that agreement, as they are understood by each party of the agreement, these terms are binding upon each party and it must be understood by each that the agreement as it is stated should be kept.

But as to the terms of the agreement, in specific areas—for example, sex, as you have mentioned—the agreement must also be made clearly, so that both understand its terms, and we would suggest to you that the morality of a union between two people depends upon the people and their agreement and

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what they wish to attain with their relationship. We cannot be extremely specific and say this or that action is right or wrong, moral or immoral, for those are terms which imply an agreement of one nature or another.

So may we say to you that as long as both parties in the relationship understand what the terms of the relationship are, and as long as both keep the terms of the relationship, then they have lived up to the terms of their agreement and are faithful to the purpose of the agreement, and this would include any action which fits within the terms, as long as both have openly agreed that this is what they seek.

We would also add, however, that it is, or at least, hopefully, should be apparent to each who would enter into such agreements, that they can determine what they wish to achieve in their relationship, and that there are what might be called high ideals of spiritual seeking together, which can be what you might call a "high morality": both seeking to help the other achieve oneness with the Creator. And that whatever means are used to achieve that oneness, as long as they hurt no others, then these might be used in good faith to achieve that union with the Creator, and that union with each other and that union with the Self, for we are all one, my brother.

May we answer you further?

Questioner: I really have trouble understanding such a long answer, so to try this once—is there a higher reward for an agreement kept like this, or is this just something between two people? Just a "yes" or "no" will do.

My brother, we would suggest that the reward for any agreement is within the agreement, and there is …

We suggest a pause for a moment as we deepen the contact with this instrument.

(Pause)

I am Hatonn, and I am again with this instrument. My brother, we would suggest that you will decide for yourself what the reward for an agreement kept is.

Can we answer you further?

Questioner: One other question. Is this agreement—does it outweigh any karmic responsibilities to someone else?

I am Hatonn, and I would suggest that your karmic responsibilities are fulfilled by your own conscious decisions as you enter into relationships with those you find yourself in agreements with.

Can we answer you further?

Questioner: Is a relationship like this of a—I realize it isn't always the case—but, would it be a real high spiritual vibration if you enter into—two spiritual people—it gives me the feeling that it's just not as spiritual as I've always imagined, and I was just wondering, is it a highly spiritual thing or is it just down, maybe down a few rungs?

I am Hatonn. My brother, we would suggest that each activity you undertake is of the highest spiritual nature, if you will open yourself to that possibility.

May we answer you further?

Questioner: I think that'll do it, thank you.

Is there another question?

Questioner: Yes, but I don't know whether this deserves an answer or not, so you just let me know—but every once in awhile, I have a really severe ache, usually in the same place, that doesn't seem to be connected with any physical activity or anything that I can put my finger on, and I wondered whether its cause was emotional or something I'm not aware of, like distant weather patterns, or whether fate had just turned up my number, or what might be going on that I'm not aware of, because I would like to maintain as healthy an aspect as I can, and it is something that I'd like to understand better so that I can avoid it. Is that for me to know, or for me to ponder?

I am Hatonn. We can best answer you, my sister, by saying that your physical ailment is somewhat a riddle, as you are aware, and this riddle concerns the nature of your relationship to your physical vehicle, and it is a riddle which you are expending a good deal of effort to unravel. We would suggest that it might be revealing to you to meditate daily for a period of time upon the nature of your physical ailments, and to ask yourself what the reason is for the recurring nature of this physical ailment. We cannot give you specific information, for this would be to do your work for you, and that we cannot do. We would suggest, in your meditations, to use a visualization process to allow healing energy to enter within your physical vehicle, and that you attempt to

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release your own healing energies as you also ponder the cause of your physical ailments.

May we answer you further?

Questioner: No, thank you, Hatonn.

We thank you. Is there another question?

Questioner: Not for now.

I am Hatonn. If there are no further questions, then we would leave this instrument at this time. May we say that it has been a pleasure and a privilege to be able to share a few of our thoughts with your group this evening. We are always honored to be able to make the contact with your meditation group. We leave you, as always, in the love and the light of the infinite Creator. I am Hatonn. Adonai, my friends. ♣

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Sunday Meditation
August 24, 1980

(Carla channeling

I am Hatonn, and I greet you in the love and the light of the infinite Creator. It gives us great pleasure to greet each of you in the name of love, and to wish each the blessing of light. Tonight, we would speak with you about a subject which some of you have been concerned with, and which all are interested in at this time. We will tell you a little story in order to give you some food for thought.

It came to pass in those days that the Earth was without water, and the seas were dried up. The Creator stayed His hand and war took place in great abundance among the beings of your planet. And then came the rains, and it was worse than the drought. And the Earth trembled and was lost in great abysses which opened in a moment. A remnant remained to know the ending of the rain and the beginning of a new cycle. Many of you in this room can cast your minds back in a subconscious manner to these sad happenings, for they marked the transition between the last cycle and this one upon your Earth-world.

There was great destruction, my friends, and many who lived were lost to their physical life, and what, my friends, had it booted[1] them to live? Perhaps this is the central question that we would ask each of you now, for you have your chance again, in this incarnation, for you are near the closing of another cycle. We have said to you many times: meditate, my friends. For the puzzle that this illusion is, is endless. Only the Creator is unified. Only love is simple.

What is the purpose? What is the point of being in your physical bodies at this time? What are you seeking, my friends? We know that each of you cares not only for yourself, but for the planet. And we have asked this group many times before to meditate on behalf of your Earth-world whenever you can, for the planetary consciousness is in great need of love. But for yourself, in order to obtain clarity and to attain that which you desire in this incarnation, you must then search out those things that you truly desire and pursue them. We do not mean to be shouting "Fire!" in a crowded theater, for my friends, those whom this instrument would call "existentialists" were correct: there is no exit. We ourselves are in an illusion. We can see many things which you cannot, and among them is the fact that one illusion follows another in an infinite variety and pattern. So, what does it gain us to be conscious? What is real?

I would, at this time, transfer this contact. I am Hatonn.

[1] booted: to avail, profit or benefit.

(Unknown channeling

I am Hatonn. And I am with this instrument. We have been speaking to you about your reality and what is real to you. We ask this question because so often, among your people, what is considered to be real is of so little true substance. We see when we observe your people that they concern themselves greatly with such things as money, material pursuits, image, position and other such items which we would suggest only divert the attention of the seeker. We do not mean that those things and materials which your world has to offer you are completely unimportant; for of course, you have physical vehicles which need a certain amount of maintenance and attention. But we would suggest that when you continue to focus only upon the material reality of your world, that you miss the substance of what is real. For what shall see you through the end of this Age? Can you ride upon an airplane, or in an automobile, or even upon a horse into the New Age? Will your credit cards be accepted when the New Age dawns?

No, my friends, these things have their place. But at the center of your being and at the center of your focus is the spiritual path, the journey inward which, when traveled, shall bring you through this closing of the old and the beginning of the new. We say to you, seek within for the real substance of your being. Seek within for what is real. Look into your hearts, my friends. Find the love of the Creator which is there. Shine that love as you look about you in your world, in your everyday activities. Remember that love when you speak to strangers. Remember that love when you see discord. Remember that love when you are in doubt, when you are unsure and when you need strength, for you shall need strength in the days ahead. And that strength cannot be found at a McDonald's hamburger or upon a freeway, for the sunset which you will ride into is the sun—that great, central sun that is within you. Therefore, we ask you constantly to make meditation a part of every day that you have to spend upon your planet. For you shall discover that those realities within yourself which you find in meditation are the substance and the strength that shall see you through that which is an illusion, but which so many take for real.

We say these words to you, hoping that you will find the devotion within yourself to make this journey, this spiritual journey, and make it your everyday life. For soon, it shall be so.

At this time, we would transfer this contact back to the one known as Carla. I am Hatonn.

(Carla channeling

I am Hatonn. I am again with this instrument. Again, we greet you in love and light. I and my brother, Laitos, would like to pause momentarily in order to share with each of those present the energies of the conditioning ray. If you will open yourself to us, we will make our presence known to you. I am Hatonn.

(Pause)

I am Latwii, and I greet each of you, especially the one known as C. We welcome him back to our circle. We are very glad to be with you, and are enjoying speaking to you no end, and wish you all the love and the light of the infinite Creator.

We would like to open the meeting to questions, but if the one known as Jim would accept our contact, we would like to use him at this time. I am Latwii.

(Jim channeling

I am Latwii. And I am with this instrument, and we would now like to ask if anyone has a question they would like to ask. We shall do our best to make an answer. Are there any questions?

Questioner: I have a question. About a week ago, I asked if I could find out the name of one of my spiritual guides, and I was wondering if the name I received was correct.

I am Latwii. And we are having some difficulty discerning the name which you refer to. Could you be more specific, my sister?

Questioner: Do you mean you want me to tell you the name I thought it was?

That is correct.

Questioner: Millicent.

We are checking with the computer. We are unable to confirm the correct identity of this name which you have given. We would suggest checking again to be sure. We wish that we could be of more assistance, but are unable at this time.

Questioner: Thank you.

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We thank you. Is there another question? Perhaps we could do better on our second try.

Questioner: I have a question. I know a very bright 13-year-old boy who is dealing with the question of death and suffering. Is there a most appropriate way to enable this boy to have the most help that it's possible for a human being to give? Is there a most supportive behavior towards such a boy?

I am Latwii, and I am aware of your question … concerning the subject of death with one who is young, with any who are grappling with this subject for the first time, and perhaps because it has become a reality in their life. We would suggest *(inaudible)*. We would suggest speaking of the natural rhythm of nature, of all the creatures that inhabit your planet. We are speaking specifically of the butterfly, which is born of the cocoon, which is born of the caterpillar. To enable one who is young to discern that movement of the life force from one stage to another is important, for at such an age, one can easily conceive that death means the end of all being. This is a great fear among many of your people, among the young, because they have no experience with this concept, usually, and must encounter it when it becomes real, for few in your world care to discuss the reality of death before it happens to one who is close.

We would suggest assuring, through any allegory or story which you would wish to tell demonstrating a natural life cycle, that the life force, the spirit within the physical vehicle, does indeed go on, does indeed continue, as always it has, and always it shall. You may use stories of animals, such as the butterfly, if the child has interests in other areas. In science, for example, you may use a variation of what is known in your laws of physics that energy can be created, but cannot be destroyed; that it can be transformed and change its nature, but always, it shall continue; that any being which has existed in any form, always exists, even after it has left many forms behind.

Does this help you in your help, my sister?

Questioner: I have listened carefully, and it helps me somewhat, but the thing that troubles me most about this young boy is his bitterness because of his mother's suffering. Death does not seem to be nearly as traumatic to him as the continued suffering of his mother. When I have spoken with him, I have simply said that it is, indeed, as I put it, a "crock." He is convinced that everything is an illusion. He has that solidly in mind; but if everything is an illusion, he then realizes with quite a clear eye that there may not be any meaning at all to life or death or suffering.

Consequently, I have only been able to respond by agreeing with him that all is illusion, and is sometimes very unfair, and that the only reality that I believe in is love and being kind to people. And I understand that this is precisely the reaction that his father has had to the same problem. It grieves me that I cannot think of a more appropriate response. Perhaps I, myself, do not understand well enough how to express the propriety of suffering in the world.

I am Latwii. And we would suggest that for the matter of suffering and the unfairness of suffering for those who must endure its pain, that each of the beings upon your planet are beings of light in reality. Many have chosen certain roles to play upon this stage in this illusion. They have chosen these roles for purposes, to learn certain lessons. Some lessons require certain props, perhaps pain. It is a common prop and lesson upon your planet. Many, many lessons and insights and truths can be learned by those who suffer. Suffering focuses consciousness to a fine degree, and even though the one who suffers in the physical vehicle may be unaware of the profound lesson being learned, we would assure you, and help you assure the young child, that the lesson which his mother is learning is incredibly important, or else, she would not endure such suffering.

Can we answer you further, my sister?

Questioner: That did it. That will do just fine, thank you very much.

We thank you. Is there another question?

Questioner: I'd like to know if there's any method to help develop the use of human energy *(inaudible)* life energies, or *(inaudible)*.

I am Latwii. My sister, we would answer you by saying, there is, indeed, a way for each, perhaps many ways for each person to awaken those healing energies that are within each of the beings upon your planet. And it is also true that some of the beings upon your planet have particular gifts or tendencies in the healing areas.

For those who wish to initiate the healing energy flow through their vehicles, we would suggest again,

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in meditation, to create an image within your mind, an image of light descending from the stars, descending into your brain, descending into your body, filling your body with light, with healing light, to feel your self, your heart open and to feel this light pour forth, and to open yourself to service as you shine this light, to seek not only the light, but to seek the desire to serve.

This light is the healing energy which is within each of you—we will correct this instrument—is within each of your people upon this planet. The image of the light descending from the stars, the image of the heart opening, will help you to release the energy which is within your being.

May we answer you further?

Questioner: Not right now, thank you.

Is there another question?

(Pause)

We are surprised. This is usually quite a group for questions, but if there are no further questions, we would leave you in the love and the light that is all about you, that is within you, and we would, again, suggest to you that you seek this love and this light daily, in meditation, and make it more a part of your day. I am known to you as Latwii. Adonai vasu borragus.

(Carla channeling

I am Nona. I have difficulty speaking through this instrument, for I am not used to speech. But I greet each of you in the love and the light of the infinite Creator. We of the vibration Nona are healers, and have been drawn to your group because of our sister, known as C. We would offer our consciousness and our vibratory aid in her work, and in order to acquaint her with our vibration, we will speak as we normally do through this instrument, so that the one known as C may be familiar with us. We shall speak no more words through this channel. Therefore, as all members of the Confederation do, we say farewell in the love and the light of the infinite Creator.

(Singing until the end of the tape.) ♣

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Meditation Meeting
August 27, 1980

(Unknown channeling

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is a very great privilege to be with you this evening.

It is a very great privilege to be with you at all times, for you see, my friends, we are inseparable, for we are one. Yes, we are one, just as you are one with all. Everything, as we have said many times, is but one thing: the Creation, or the Creator. Either is correct, for one is the other. This concept is the concept which the people of your planet must understand if they are to progress. It is unfortunate that this concept has not been communicated, in general, to most of the peoples of your planet. It is the lack of this concept that creates what they see as their present problems. A full understanding and application of this concept immediately eradicates all problems. This probably seems much too simple, but in truth, this is all that is necessary to be known. If you can greet each entity with whom you come in contact as you would greet yourself, if you could greet yourself, and love that person as you should love yourself, then, my friends, all of what you call your problems would be nonexistent.

We of the Confederation of Planets in the Service of our Infinite Creator have said this many times, through channels such as this one, and through other mechanisms. It has been put in writing many, many ways, and been communicated in many forms, through classifications of philosophy that you term "religion." Unfortunately, but few of the population of your planet have been able to understand this simple teaching. Some have understood it intellectually, and yet, they have not understood, for they have been unable to apply this simple concept.

The reason for the lack of ability to apply this simple concept, my friends, is primarily due to a lack of meditation. We have also, many, many times talked to you of the necessity for meditation. To sum it up, my friends, the concept of unity brought to your total awareness through the process of meditation is all that is necessary for the growth of the peoples of your planet at this time. If you find yourself straying from this awareness, remind yourself to relax and seek the truth that we bring you through the process of meditation. Reestablish, shall we say, your point of view, and then look at your environment and your fellow beings in a different light—in the true light. The light that simply states that everything that exists is one thing. Understand that that which is annoying or foreign to you is caused only by a lack of understanding of this simple, simple truth.

Many of your peoples will not be able to make the transition which is so close upon them that, as it has been said, they could reach out and touch it. They will require a longer period of learning. This is unfortunate, and yet, it is not as unfortunate as you

might think, for it is their choice to experience the set of conditions that they will experience.

My friends, you have a terrific opportunity. If you are able at this time to fully understand and then apply this simple truth of unity, if you are in every action, every word, every deed, able to reflect this understanding, then, my friends, you will have achieved what you set out to achieve. Consider this point well, my friends, for all that you experience in the physical will fade away and no longer be with you. All that you will transport through time and space to eternity is your thinking. Develop that, my friends, for that is the only thing you have of any value at all.

It has been a very great privilege to speak to you through this instrument. I will leave this instrument at this time and contact another instrument. I am Hatonn.

(Unknown channeling

I am Hatonn. We will speak briefly through this instrument and greet you again, in love and light. This instrument was rejecting our contact because she was analyzing.

Within yourselves, my friends, you have a simple understanding that all of the parts of your body make one entity. Without each member, the body would be maimed. It is in this fashion that you may grasp the concept of unity with your brothers and sisters of all dimensions and all densities, especially those who share your physical illusion at this time. You cannot be comfortable about choosing whom to accept as a brother or sister, for all beings are part of an organic whole. You cannot turn your back upon a member of an organic whole without pathetically reducing the efficiency of the whole.

Then, if you meet those situations and circumstances in which you find yourself in any judgment or incapacity to feel unity, we ask that you harken back to our words, for if you can vibrate upon the original Thought with your friends, that is a good thing. If you can send the same vibration to those with whom you are disaffected, you will have done a far harder thing and a thing which you will receive back a thousandfold. For many times, those beings who are inharmonious are just so because they expect the reception which they receive and so, become even more offensive in defense.

Look upon those people, my friends, as one being, and you stop a great wheel that is grinding down an entity whose soul is in pain. You stop a wheel and free a soul to be a perfect part of a perfect creation that, in truth, all of you are.

At this time, I would transfer this contact. I am Hatonn.

(Unknown channeling

I am Hatonn, and I am with this instrument. And we greet you again, in the love and light of our infinite Creator.

We have been talking this evening, my friends, about the realization that each of your people must make if they are to make the transition into the New Age that is to come. We have been speaking about the necessity for each person to turn inward and seek for the Creator, to seek for love within, my friends.

So many of your people seek, in the world around them, for meaning. They look to friends, they look to their everyday jobs. They look to what your society offers as models of excellence. They look to the material world that surrounds them in such seeming abundance of wealth, and they look inside, in materials that they surround themselves with, and seek for answers to fill up their whole being with meaning.

Long have we watched this process of running to and fro, like worried ants, hoping to find a morsel of meaning dropped somewhere on the ground, so that they might quench their thirst and hunger for one more meal, then to be hungry, again. It grieves us to see such futility. We have hoped through many means to be able to be of service to your people and to help your people awaken that spark of the Creator that resides within. We send our love to each of your people, hoping that when a person feels the vibration of love within, that this feeling would be a clue as to the direction of their search. We have attempted through instruments such as are here this evening, at meditations such as this one, to share our philosophy of love with as many of your people as would listen.

We always hope that meditations such as this will become a common occurrence upon your planet in the days that lie ahead for your people. But the time is short, my friends. It is necessary for us to ask those of your people who have heard our message to rekindle their efforts to awaken their fellow beings to the truth of the unity of all creation. We can only do

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so much, and then, must pass the effort and the flame of truth on to others such as yourselves, and hope that you will pass it still further, that the spark of the divine Creator within each of your people might be rekindled. We ask each of you to consider these words and to consider your response as you go your way, each in your own way, and meet your fellow creatures in your everyday life. Remember, my friends, that when you meet another, you meet yourself; that when you meet another, you meet the Creator. Be in awe of this truth. For then, you shall be open to further discovery of the truth of the oneness of all creation. We have said this many times through instruments such as this, to many people. We hope that our words have made an impression upon your being, for we seek to serve and to awaken within each of your people the truth of love.

We would now leave this instrument, and transfer our contact to the one known as Carla. I am Hatonn.

(Carla channeling

I am Hatonn. If you will be patient, I am deepening this instrument's contact. Ommmmmmmmm. I am Hatonn. I will turn to this instrument to inquire if we may answer any questions at this time.

We are aware that there is a question that is unspoken, that this instrument is not fond of dealing with the answers to unspoken questions. We, therefore, would have a difficult time speaking through this instrument. May we say that we did work with this instrument in order to speak on an unanswered question, and if she will open herself to us, we will say a few words.

We give to this instrument a concept of a very deep and very vast sky. It is not the sky that is seen from the surface of the planet, it is that which is seen from deep space, in those magic spaces between the galaxies where the dimensions merge. We wish the asker of the question to place himself in that area, and to feel the ecstasy of touching the infinity of dimensions and creations that spread out like a rainbow from that point.

The Creator's universe is a beautiful thing. In your microcosmic, planetary world, you see a tiny part of it, and much of what you see has been mishandled by your peoples. This does not mean, my friends, that the Creator has in some way become tarnished. There are those things which endure, and it is those things in which you may rest as a bird floating upon the wind, or a sea creature resting at the ocean's bottom, touching an infinity of beauty that is all one tapestry of light. Please know, my friends, that this being of infinite light connects you with all that there is—not upon this plane, but upon a finer one. The knowledge of this oneness cannot get you through the illusion if you attempt to apply it consciously. The magic of creation can only be expressed spontaneously. Therefore, we ask you to lift your consciousness to deep space, and look back on the microscopic dot in a minor galaxy which is called Earth.

I would, at this time, transfer this contact. I am Hatonn.

I am again with this instrument. I am Hatonn. Because we are aware of the nature of the question that this instrument wishes to ask, we would leave this instrument so that our brother, Latwii, may speak. I leave you, my friends, in love and light. It has been an enormous privilege to be with you. Adonai, my friends. I am Hatonn.

Questioner: Anybody picking up Latwii?

(Tape ends.) ♣

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Sunday Meditation
August 31, 1980

(Carla channeling

I am known to you as Hatonn, and I greet you in the love and the light of our infinite Creator. It is a great privilege to share your meditation and to enjoy each of your vibrations, and we thank you most gratefully for this opportunity to share our thoughts with you. Tonight we would like to speak about the sphere that you call Earth, and the experience that you call your life, and its relationship to what we may describe as love.

We would begin by telling a little story, the story of a young girl who felt that those about her were not speaking the truth. She listened to her parents, to her teachers, she listened to the words in books of intellect, of philosophy, of religion, and all seemed to be of no essence. All things seemed to her to partake of a kind of translucence—she could indeed see through each statement, each belief, and see that there was lacking a central truth. Within herself, she inquired as to the truth and found that she was not equipped by her studies, her observations, or her experience to answer this question, nor did she know to whom to turn.

One fine Fall day, as the sun filtered through the *(inaudible)* blue of the sky, through the golden and tawny blaze of the autumn leaves, and lit her upturned face, she began to have a feeling that perhaps she had not been looking for her answers in the proper manner, and so she began to observe the sky and the trees and the wind. And, as time passed, these things which she had formerly never noticed became her teachers, for she found that no matter what the news of the day, what the worries and the folly of the hour, the wind and the trees and the sky had their seasons and their cycles, and they moved to a rhythm given by the Creator.

It is said in one of your holy works that faith is the hope of things unseen, and yet many people have faith that the sun will rise, that the deciduous trees will lose their leaves and regain them again in the Spring, that winds will blow and rains will come, that the seasons will revolve. This the little girl thought, and as she became a young woman, she became grounded in the creation of the Father, and when she looked at the creation of man, a creation that had become very distorted from the original Thought, she could view it [and] in some way [was] able to understand that no matter how distorted, how difficult, or how illusory those things of the mind and the physical life may be, there is always a bedrock, a connection, that is as close as the nearest patch of ground, for truly, my friends, she discovered that she was grounded in the creation of the Father.

This Creation is a creation of love. The trees offer to mankind their shade, their beauty, the very oxygen that your peoples need to breathe. The winds carry

the rains needed to make your wildlife grow and your crops mature. The sun beams always so that those upon your planet may live, for without it they would surely die. Each natural individual possesses in its individuality the simple bias of service to the creation by beauty, by use.

All things may be discovered to have some use in the natural creation. You yourselves, my friends, are part of that creation. When you become able through simplification of your complex thought processes to become aware of the one original Thought of love, you then rejoin the creation of the Father and stop co-creating the more complex creation of man.

And how can you become aware of this original Thought, my friends?

At this time I would transfer this contact to another instrument. I am Hatonn.

(Unknown channeling

I am Hatonn, and I am with this instrument. We are very pleased to be able to speak a few words through this instrument.

We are speaking of becoming aware of the love of the Father. How may your people, each and every one, become aware of that love of the Father? Of course, as we have suggested, many, many times in many previous messages, meditation, my friends, is the surest and the quickest way to become aware of the love which the infinite Creator has planted as a seed within each of your beings. Each of your people are as a garden to the Father, each provides certain ingredients and requirements analogous to the soil and the rain and the wind and the sun of your Earth. Each of your people provide the atmosphere and the surroundings for this seed of love to grow, to germinate, to come to full maturity, and to be harvested as the fruit of the Father. Each of you, as you live in this world of illusion, by your attitudes and your actions, as you greet each new day, as you greet each new friend, promotes the growth for the death of that seed. Each moment that you spend consciously awake nourishes that seed, provides a watering of devotion that is necessary to cause it to grow.

Each time you forget the grand drama in which you partake, each time you forget that it is the Creator whom you meet every day, each day with every person and situation which you come in contact with, each experience either causes the seed to grow or hinders its growth, depending upon whether or not you remember that it is the love of the Father that is within you and each of your fellow creatures. When you forget, you hinder the growth of the seed. We would suggest daily meditation to help you to remember that you have within your being the spark of the divine Creator. And when you focus upon that reality, the reality within, you bring a light to the world, a light that shall shine and help others to see within their own being their own sparks.

By your actions, by your attitudes, you shall help those of your people who are open to growing; you shall help each to water their seeds of love. Together as a people you create either a garden of Eden within your being or you create further illusions that, by your own creation, build a wall around your garden of Eden and keep you from tasting of the fruit of love, the fruit of life.

We hope that in some way messages such as this will help those of you who are open to service and seeking within, to grow and to nourish those seeds, those sparks which are your Divine inheritance. For we wish for all of your people to inherit the kingdom of love that is within your grasp, within your being.

We would at this time transfer this contact to the one known as Carla. I am Hatonn.

(Carla channeling

I am again with this instrument. Our brothers and sisters of *(inaudible)* are with us at this time and we would like to work with you, if you would wish it, on your conditioning. We will move among you. We would start with the one known as L. If he would relax, we will make our presence known to him at this time.

(Pause)

We will move now to the one known as M1, and if he would request it we will work with him briefly.

(Pause)

Moving now to the one known as T.

(Pause)

We would now touch our sister M2, that she may know our presence.

(Pause)

We would now move to the one known as E, and after a period of conditioning we will contact him

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and speak a few words through him, if he would relax and allow our thoughts to flow freely through him. I am Hatonn.

(Pause)

(Carla channeling

I am again with this instrument. I am Hatonn. We have a good contact with the one known as E, but he is analyzing due to a fear that he is not receiving our thoughts. Therefore, we will again contact him. I am Hatonn.

(E channeling

I am Hatonn, and I greet you in love and the light of the infinite Creator. It is always a pleasure to work with a new channel. We are pleased with your progress. You have been with analyzing. I am Hatonn, and I will speak now through the one known as Carla.

(Carla channeling

I am again with this instrument. I am Hatonn. We pause so that the clicking would be happening between our words. We would share our vibration now with the one known as K, if she would request it mentally.

(Pause)

I am again with this instrument. We would now work to deepen our vibration and contact with the one known as Jim.

(Pause)

We now work briefly with this instrument.

(Pause)

We send blessings all around, my friends, and ask you to understand that although we are not very wise compared to those who are truly wise in our creation, yet we do indeed love our brothers and sisters upon your planet. We would leave this instrument now, that the one known as Oxal may speak. We leave you in the hope of things unseen, in the knowledge of the invisible power of the creation of love, of which we are all an unique and perfect part. We leave you in the light and the love of the One Who is the creation. Adonai, my friends. I am known to you as Hatonn.

I am Oxal, and I, like my brothers, greet you in the love and the light of the infinite Creator. We are attempting to make our vibration known to the instrument known as Jim. Therefore we would use this method of assuring this instrument of the fact that this particular vibration that he is receiving is the Oxal vibration and if he would perhaps be able to attune himself to this vibration, we would like to speak a few words through him at this time. I am Oxal.

(Side one of tape ends.)

(Transcript ends.) ♣

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Tuesday Meditation
September 2, 1980

(Unknown channeling

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is once again a very great privilege to be with you. It is unfortunate that we have some difficulty fully communicating *(inaudible)* concepts to you. This, of course, is because your language is not adequate for those concepts that we would give you. However, we intend to circumnavigate the intellectual mind through communications with you during your meditation.

During these meditations, concepts we impress should be relatively easy to understand. You have been conditioned for what you call a lifetime, you have been conditioned to think about certain things and certain of these things you consider important, others you consider unimportant, some you don't consider at all. From our perspective, most of the things that the people of Earth consider important are not important at all, or of no consequence. Those things that they don't consider at all often are the most important.

If you would like to discover what is important and what isn't, the process is relatively simple. *(Inaudible)* the following tests: first, is the concept involved with what you are considering of a lasting nature, that is, 100, 1000 or 10,000 years from now, will what you are considering and examining be of any consequence at all. This is the first and possibly the most important test. If you are putting considerable time and effort into a concept which will have no meaning in 100 or 1000 years, or even a few years, then, of course, it is of no importance at all from our point of view, for from our point of view your relatively short span of existence on the surface of your planet is but a brief experience in a much, much greater *(inaudible)*.

If you examine those things most of your people are fascinated with at this time, you will find them to be of a transient nature, and it will be obvious that almost everything which concerns them at this time will not even be worth putting in your history books 100 years from now. And, my friends, the material in your history books is of no consequence, for, my friends, there is only one thing of real consequence, and that, my friends, is the development of your thinking, not thinking about politics, not thinking about ecology, not thinking about evolution, but the simple process of growth through self-analysis, and even more important, your relationships with your fellow beings.

This, my friends, is the only thing of lasting importance. This is what develops you as a personality, develops you as a universal being, which is the only thing that you carry with you through the illusion of space and time which you call the creation. It is not necessary to be complex, it is not

necessary to be intellectually bright or knowledgeable or well-informed. It is necessary, my friends, to know, why you react as you do to your fellow man, and it is necessary, my friends, to then, having analyzed your reactions, to improve them.

This is first necessary for you as an individual, to understand, to know and to apply. It is then necessary, if you have achieved your objective, to by demonstration of this knowledge, spread this knowledge to others. But by demonstration, my friends, by demonstration, for truly this is the only method you have available to you in your present state of existence. We have observed many on your planet attempting to do good through word of mouth, and yet, my friends, without the necessary demonstration of what they knew to be true, their words were hollow. It is far better to say nothing and to demonstrate through deed and action the unity that you embrace than it is to speak it, to teach it, without the demonstration.

Spiritual growth, my friends, is a very simple thing, it is almost too simple. You cannot possibly intellectually explain or understand any facet of spiritual growth. When you have reached the next step in the development of your awareness, you will then understand fully what was so impossible to explain before you had arrived at your new position of knowledge. But to explain it, my friends, if we could do this, our task would be very, very simple. We would explain to you how to grow spiritually, you would grow, we would all rejoice, and our task would be complete.

But why, my friends, then, is it so very, very difficult, why have we used so many, many words expressing in your language a direction, a technique that is unreachable? We say, "Know yourself," and yet do you follow our instructions.

We will attempt through this instrument *(inaudible)* and meetings to follow this one, to give you more specific and exact instructions *(inaudible)* exercises *(inaudible)* personal techniques for reaching that goal that each of you desires. We will also through the other instruments present do the same thing. We would hope that we will be able to praise in your language *(inaudible)* our instructions, and that you will be able to utilize them. They would be meaningless to a less advanced group, for they are a bit unusual and would seem, I am afraid, somewhat ridiculous to a group of lesser advanced in their seeking. We are limited, as you know, by the group we contact. We will attempt through another instrument at this time to give you some instruction. At this time I will transfer this contact.

(Unknown channeling

I am Hatonn. This instrument is in deep contact, and we do not wish to disturb her state. Therefore, we will speak more slowly than is usual through this instrument.

Step number one: question yourself as follows. Situation: "I am the Christ." Further situation: "This circumstance occurs." Question: "What shall I do for my people?" There will be no hedging in your identification with the one whom you call Jesus, a carpenter known to his fellow men as *(inaudible)*. You are *(inaudible)*, a carpenter, you have Christ consciousness, you are Christ. What will you do? In seventy years a gospel will be written. What shall be your sayings? What legacy leave you? There are times to remove your being from this illusion. However, the moment of contact with any spiritual being is your moment of Christhood. Who are you? You are Christ. Speak, therefore, in parables if so the need is, but speak as Christ, for this is the beginning, the entryway, the gate into your being and only in process, only as you kneel to wash the feet of your fellow beings, only as you humble yourself in servitude to all of those who are the extensions of the Father, will you begin to receive yourself unto yourself.

In your identity lies your question. We, your brothers and sisters, promise you no answers but promise that you can learn to live the question until there is no answer necessary. Growth is not what it seems, my friends. Seek ye therefore not with the mind, not with the predisposition, not with the suspicion half-formed of what to expect, for we shall attempt to aid you in the exploration of that which is unexplored. Flexibility, therefore, is your ally.

I will leave this instrument at this time that my sister may speak through another instrument. I leave you in the love and the light of the Christ consciousness, which is the manifestation of the Father, the Creation and love itself. I am known to you as Hatonn. Do not call me master; I am your brother and your sister; I am the Christ, and I speak to myself. Adonai *(inaudible)*.

Carla: Do you come in the name of the Christ?

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(Singing)

(Unknown channeling

I am with the instrument.

(Transcript ends.) ♣

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Wednesday Meditation
September 3, 1980

(Unknown channeling

[I am Hatonn.] We will be able to speak to your meditation group this evening. We are aware that there are many concerns upon your minds, and we would speak to some of these concerns. We are aware that you each and every one present this evening are attempting each in your own way to decide the proper paths and method of proceeding down that path. We hope always that our messages are of some use as you journey down your path.

We have spoken many times to your meditation group. Always we have suggested that the journey which your people are embarking upon is a journey which each of you are responsible in some way for completing within yourself. We would hope that as you consider the proper path to take that you will always keep foremost in your mind and your heart and your soul the knowledge that you do not walk alone; that many beings of light are with you and walk beside you; that wherever you shall journey, there will be assistance available, and you are always encouraged to seek that assistance, for the Creator does not send the shepherds out without their staff, and we would suggest to you, each one, that you not be afraid to lean upon the staff from time to time.

Of course, as we have suggested many times in many messages to your group meditation, upon a daily basis is the most efficient way to call upon that inner strength that is the love of the infinite Creator. We realize that we need not suggest too many times to such a group as this that meditation is again the answer to questions and directions. We would, in this contact, suggest that you are accompanied always be those beings of light who are your guides and who have offered many directions and much love upon your path in the past and shall continue to do so in the future. We offer these words of hope and encouragement, for often it seems as though there is nowhere to turn when one has looked long upon the path which they travel, has looked long for ways to serve, and has hoped for more avenues to open. We would suggest once again that the seeking is the key to finding and those who seek always are always assured of finding.

We would at this time transfer this contact. I am Hatonn.

(Unknown channeling

I am with this instrument. I am known to you as Hatonn, and I greet you in love and light through this instrument. We give to this instrument the image of a dog, a loyal and faithful dog who has been lost when his family was moving from plate to place. It is well known among your peoples that some animals lost in such a manner travel hundreds of miles to find their master. What is in the mind of this conscious being? What causes this creature of

limited consciousness to seek and to seek and to seek? If his paws are cracked, he walks on bleeding feet; if there is no food, he continues starving; he finds water on leaves; he barely survives, but he never doubts for one instant his desire, for his mind is simple. The mind of man has become all too complex. And yet we say to you, learn what you desire, and once you have learned, seek it.

In your race of beings, you have no Earthly masters. Therefore, unlike a dog, you will never find precisely what you seek if what you seek is your master. For you could sit in the domicile in which you sit alone for the rest of this incarnation and you would never be away from your master. It is easy for us to tell you that life itself is your master, but this is not so, my friends; life is the catalyst by which you come to know the master. But you must begin with yourself to have faith in your feelings, in your desires, to be discriminating in all of your reactions. These things are important, but the road that you are on will be peopled with disappointing people until you realize that that which you desire is your master, love itself.

To an animal, the master is the incarnation of love. To a person, everything can be seen as an incarnation of love. The path that you take is relatively unimportant, as long as you remember what you desire. If you remember the Creator, those things which you need spiritually will not only fall into your life, but will give you a completely new slant on disappointments or feelings of discomfort concerning any whom you thought to be masters. You dwell upon a plane in which the jest of which you have discussed constantly calls the *(inaudible)*. The trickster plays his tricks. The prankster is not idle. What then can you seek in such an illusion, in such a maze, in such a meander, in such a labyrinth? Do not worry, my friends, do not be concerned, for the path, though seeming crooked, is straight. Though seeming narrow, is wide enough.

At this time we would transfer this contact. I am Hatonn.

(Unknown channeling

We are having difficulty with the instrument known as Don for he is extremely fatigued. I therefore will close through this instrument. Speak ye of guides? Nay, my friends, know that the hosts of the kingdom are yours as you polarize towards the love and the light of the Creator. In meditation, in action, in words, in touch, in caring, be aware that this is the Creator's work and that you are only an instrument. You do not simply channel at times such as these, your life is a channeled message. What will that message be? What say you of the love of the Creator, of the unity of the Creation? Dwell in the shadow of the Almighty. We leave you under the brow of that protective hill. We wish to work with the one known as Jim through vibration, and so we leave in order that one of our brothers may speak. I am known to you as Oxal. My peace to you, in the love and the light of the infinite Creator. I am Hatonn. Adonai, my friends.

(Unknown channeling

I am Oxal, and I also greet you in the love and the light of our infinite Creator. We are very pleased to have *(inaudible)* this contact with this instrument. We are aware that he is learning our vibration and will therefore benefit from continued exposure to our vibration. We would say a few words before transferring our contact. We always are delighted to be able to speak a few words through a new instrument through our vibrations.

We are having some difficulty at this time transferring our concepts. We would therefore suggest that this instrument relax and refrain from analysis. It is not always possible to remain free of interfering thoughts, but we assure this instrument that our vibration shall be easier to receive with practice. We would now transfer this contact. I am Oxal.

(Unknown channeling

I am Oxal, and I greet you once again. We wished to follow the directive of our brothers in speaking to you about a second method of advancing your discipleship along the path. Our suggestion has to do with simple self-confidence. To be unsure of oneself is to not be free. If you are not free, it is difficult for you to allow others to be free. Therefore, acknowledging that you and yourself are grass that withers and dies at the end of the season of greening, realize that you carry within you such perfection as you can never fully understand [while] you are in your vibration.

In all humility, my friends, carry out your plans. Actualize your dreams and in all of your contacts with your fellow beings, see them in the same gentle light of love. If they be a rapist, a killer, a robber, a tax collector, they still are perfect. Grant them

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therefore the freedom that you grant yourself. It begins within you. In our work [we express a preference] that you do not, in your anxiety, distress yourself over your feelings towards your deepest goals. It continues as you view a world gone quite mad, when many goals seem to you to be distinctly without merit. We will speak at a later time about the work that you may do in hearing those who are unhappy, but first give to each the love and the acceptance that you have given to yourself, knowing in all humility that it is the Creator in yourself Whom you love and Whom you must nurture.

Before I leave, I will gratefully open this meeting to any question from the one known as Jim.

Jim: I am curious about the strong feeling of comradeship that I feel with Don and Carla here. We seem to feel together. I am wondering if that's based solely on our mutual interest of being of service or if there might be more to it. Can you shed any light on that?

I am Oxal. I would not wish to interfere with the free will of you, my brother. The path ahead lies open in more than one direction. It is probable that the path concerning the entities known as Don and Carla will remain open. It is also possible for us to confirm that there is the possibility of not only work on the spiritual plane but a life experience of integrating all of the planes now available to you in this context. Nevertheless, another path open to you also draws you. We can only say to you that in your free will you must in all humility follow to the best of your ability the will of the Creator, for those of whom you speak are well aware of free will, and you may trust that understanding.

We cannot speak without infringement of several possible futures which you may encounter in your travels. We cannot speak of these things because we may influence you and you, my brother, must journey upon your own inner path, in your heart that which feels to be the will of the Creator. You must abide. You have the strength to be wrong. You have the will to press on. There are no doors closing behind you, for both paths will lie open for some time. More than this we cannot say, therefore, we leave you in peace, for that which you are to do will come to you, will feel the way that you await. We are sorry that we cannot answer you further, my brother.

Is there another question at this time?

Jim: No, thank you. That was fine. That's all I have to say.

I am Oxal. I speak as a shadow, a ripple upon the ocean. My words like water, gently cascade through you. They are words born in love and in light, and though we refrain now from speaking, that love and that light shall sustain you. I am Oxal. Adonai vasu borragus. ♣

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Sunday Meditation
September 4, 1980

(September 4, 1980, was not a Sunday, but a Thursday. It is not certain at this time whether the transcript title or date is correct.)

(Carla channeling

… vibration, thanking this instrument for the privilege of this work. I am Hatonn.

(N channeling

I am Hatonn, speaking from this instrument with greetings of love and light to my brothers and sisters. For the receptivity of this *(inaudible)* is such that our vibrations may be shared more readily due to the willingness of this oneness. From that point of light within we are one and in that love which we extend we bid you adieu. I am Hatonn.

(Carla channeling

I am Hatonn, and am again with this instrument. We thank the one known as N for the flexibility and desire to serve which enabled our contact. We would at this time share our vibration with the one known as *(inaudible)*, offering to her also our humble thanks that we may share with this new instrument in service to the infinite Creator. I am Hatonn.

(Carla channeling

I am Hatonn, and am again with this instrument. May we thank all of those present for the desire to serve and for your patience as we do this careful work with the new instruments. We are very happy as we begin to blend various tonalities and vibrations of the Confederation with the somewhat more complex vibratory needs of capacities of each new instrument here present. We have been able to blend with those energies already existing in what seems to us to be a most satisfactory manner using the fellowship of those entities with whom each new instrument had already been in contact, sharing concepts and allowing the one great message of love to find [the] new channels. We shall be with each at any time that you may mentally request our presence.

We would at this time transfer in order that queries may be had. I am Hatonn.

(Jim channeling

I am Hatonn, and greet you all once again in love and light. At this time it is our privilege to attempt the answering of questions which those present might have upon their minds. Is there a question at this time?

Questioner: Hatonn, was it your vibration that I felt this morning in this morning's meditation or was it Laitos? Is there anything you can say?

I am Hatonn. My brother, during the meditation of which you speak you were experiencing the vibration of our brothers and sisters of Laitos. For it is their

task to work with the new instruments in familiarizing the new instruments with the lighter band of the Confederation vibration. We of Hatonn have blended our vibrations with you on a specific basis this afternoon for the first time and shall at any time in your future in which you request our assistance be most honored to blend them at that time.

May we answer you further, my brother?

Questioner: No. Thank you very much.

I am Hatonn. We are most grateful to you my brother, as well. May we answer another question at this time?

Questioner: Is the difference between channeling we receive now and that experience that might be shared with what I will term a recording angel different only in functioning and the type of sharing that is involved or is there a difference?

I am Hatonn. My brother, we might be of most service in this regard by suggesting that all messengers of love and light are one. There are within your illusion certain relationships which would seem to make a difference between such messengers. These supposed and apparent differences are only in the type of relationship which the one serving as instrument has to the one serving as the messengers. Those entities of whom you speak are more closely related to this planetary influence, if we may use this misnomer, than are most of those of the Confederation since these entities of whom you speak have been in incarnation at times long past on this sphere.

May we answer you further, my brother?

Questioner: No. Thank you for your clearing *(inaudible)*.

We are grateful once again to you. May we answer another question at this time?

(Pause)

I am Hatonn. My friends, it has been a great honor to join you in your meditation. We of Hatonn feel the greatest joy and love with each opportunity to blend our vibrations with yours. Again we remind each that we are available for assistance in deepening meditation at any time in your future and need only a simple request for our presence and we shall happily respond. If at any time our vibrational contact becomes uncomfortable we ask that you request a lessening of the contact. If this is not successful in removing the discomfort, we again remind you that you need only ask us to depart and we shall depart and look forward to a future joining.

At this time we shall take our leave of this group and leave you in the love and in the light of the one infinite Creator. Peace be with you, my friends. I am Hatonn.

(Continuation of tape entitled "UFO Meditation, September 4, 1980—Hatonn Earth Changes." The following could be a recording that was on the tape, the beginning of which was erased by the September 4, 1980 recording. It could also be a recording of a subsequent meditation in which the recording began without preamble.)

(Jim channeling

… their fellow creatures and we would suggest for this reason plans for survival on the physical level might be made.

May we answer you further?

Questioner: No questions here.

Then we would now leave this instrument and transfer this contact to be able to answer any further questions. I am Hatonn.

(Carla channeling

I am Hatonn, and again I greet you in the love and the light of the infinite Creator. Within the boundaries of our ability, it is my pleasure to ask if there are other questions at this time?

Don: What causes the weather changes in the Earth right now?

I am Hatonn. We would like to confirm your opinion concerning the causes of these things. As you know, all that is is caused by thought. There is therefore nothing that is not caused by thought, up to and including changes in density including difficult changes in density. The reason that the transition will include difficult Earth changes for your peoples is that the thinking of this planetary consciousness is very awry. There are many upon this planet that are of highest caliber of service to others. However, there are just as many who are very strongly polarized towards separation. As a buffer zone you have an extremely weak, though large, segment of the population that cares about very

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little, learns very little, and contributes very little to the planetary consciousness. Therefore there is the battle of which you have spoken yourself many times between the forces of light and the forces of darkness. And as the battle rages in thought, so its shadows must cross the Earth's path. As disharmony enters year after year after bloody year into the planetary crust, so the mantle of the Earth must adjust to the disarrangement of harmony. This is the basic cause of the difficulties that you are now in the middle of experiencing, as you well know. We feel that you know these things and desire confirmation from an outside source for you fear that you are too opinionated. However, you have been receiving the correct information and we must simply ask you to use it with the wisdom and the grace that comes with years of dealing with this sort of information. We need not remind you of the caution with which this information must be offered.

May we answer you further, my brother?

Don: Will you give me a general idea of the progression of the problems?

Again, my brother, your understanding of the probabilities is correct although we cannot discover which of the parallel possibilities will be chosen until now is then. The great probability is that by your 1986 your west continent will be a block of islands and your Great Lakes will be the beginnings of a great inland waterway. It is probable that between that time and the next seven years there will be devastation economically and politically that may cause the rest of the Earth changes to be irrelevant.

By the beginning of the 1990's—we have difficulty with time; you must forgive us for pausing—you may pray to the Creator each and every day that you are not destroyed by your own creations before you can build anew in thought for the new age. Approximately 1992, if you have survived the crucial period for warfare, including civil war, you will begin to experience the worldwide changes of which the Americas, the lower Americas and the Pacific experiences are but the beginning. The entire world will be in some disarray for some time.

At approximately the year 2010, by probabilities at this moment, you will have experienced the shifting of the poles and very few shall survive. However, as it has always been promised, a remnant shall remain. It may be that you in this group will train those who aid the survivors. Therefore the timetable, extensive as it is, is a challenge to each person who has chosen to come here with a mission to serve. That challenge is to do what that person may do, what that person is best at doing, always keeping in mind the will of the Creator, for …

(Tape ends.) ♣

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Saturday Morning Meditation
September 6, 1980

(Unknown channeling

I am Hatonn, and I greet you in the love and the light of the infinite Creator. We have been with you in meditation and enjoying the serene gentleness of your vibrations. We wish only to say a few words to hopefully aid you in your thinking this day and, of course, to answer any questions that you may wish to have sent out as streams of light from the living fountain, with crystal purity in your very heart.

Each of your souls have traveled infinite dimensions and taken many, many directions to reach this point in your evolution of spirit. You could have passed by this vibration and chosen another, for your travels have been extensive and your journeys many. This one plucked your attention and in the end plucked you from the one true fountain into a smaller fountain, a shadow of the water of the Creator. And as you move about in this water that is half Creator and half made by man, you know that it is not the true living water of the Creator's fountain. Yet know within yourself that your stream of life runs clear. True and free from blemish or stain. You desire to cleanse yourself, then do so, my friends, from the inside to the out, cleansing your thoughts and purifying your emotions. Let your actions then be a delight unto you and a service to the Creator.

At this time we would transfer to the one known as Don. I am Hatonn.

(Don channeling

I am Hatonn, and I am with this instrument. I shall continue using this instrument. As you journey, through what you call time and space, you will [have], as you have had, many experiences. These experiences, as you know, mold what you call your personalities. It is necessary, if you are to become what you wish to be, to aid the experiences in molding your personalities. This is the path of the master. This is a very important step. If you can remember to aid the experiences that you have, regardless of how trivial, to effect the complete mold [of] what you wish to become then you will become that thing.

I shall repeat this. It is very difficult to remember all of the time. If you can remind yourself of this simple process, each time you speak, act or think, my friends, your progress will be *(inaudible)*. Do not underestimate the consequence of thought. Apply this principle to each thought you have. Decide whether it is a thought of a master. If it is not, correct it. Do the same for each action and each word you speak. Self-analysis is a continuing and all-important step in your self-education. You are now at the position your self education is possible and necessary. We are also at the same position in the evolution of our thought.

We will at this time transfer this contact.

(Unknown channeling

I am Hatonn, and am with this instrument. We have been speaking about the journey which each of you are proceeding upon, the journey towards mastering of your own being. We hope that we may further inspire your efforts by our simple thoughts, for we wish to be of service on this most important of journeys.

It is necessary at this time for your people to experience the urgency of making such a journey, of making such an investment of effort, for the investments which most of your people have made in this world of yours will not pay great dividends. We hope to be able to point a direction for future investments for the journey inward.

The path of mastering is that effort, is that investment of energy which shall reap the only rewards which sustain the true self. Each of your people seeks in some way to build a firm foundation of being that will sustain their consciousness, that will provide a source of security. We would suggest that the journey of the one known as Jesus is the example that has been placed before your people. We would hope that such a journey, such an example, would inspire each upon your plane to reproduce that effort.

Unfortunately, my friends, it has been seldom attempted by your people. We are hopeful that as the times of change draw ever nearer, more of your people will become aware of the urgency of making the inner journey, the inner preparations for transition. The world in which you live provides constant impetuses to remind you that each person you meet is as yourself, as each is as sacred and divine as the original Thought from which each springs.

We would at this time ask if there are any questions which we might attempt to answer through this instrument. Are there any questions?

Carla: Yes, Hatonn, I would like to know the significance of the two hawks that we saw this morning.

I am Hatonn, and would answer you, my sister, by saying that these particular hawks are as emissaries of the divine Being from which we also are sprung. And these particular emissaries were sent to wish you well and to communicate the blessings upon your new center and residence and the efforts which you shall make in this new location as emissaries yourselves of this divine Being as the One from which we all originate.

May we answer you further?

Carla: Yes, two more questions. Was there any significance to their mating?

The significance of the mating is the creation of the new effort, the effort to help those within your world who seek light but have known only darkness. The mating is the blending of the old with the new resulting in the offspring that is your work.

May we answer you further, my sister?

Carla: Yes, if it would not be beyond the right of me to know, I would like to know whether these hawks are biological or mechanical in construct.

We would answer you simply by saying these were biological creatures, in service to the divine Creator.

Carla: Thank you, Hatonn.

Is there another question?

Carla: Not from me, thank you.

I am Hatonn. If there are no further questions, we would take our leave of this instrument and leave, as always, in the love and the light of the infinite Creator. I am Hatonn. Adonai, my friends. ✣

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Saturday Evening Meditation
September 6, 1980

(Unknown channeling

I am known to you as Hatonn. I am here tonight to work with the love vibration, to answer any question that you may have, and was hoping to have started this contact through the other instrument. It is a matter of gaining confidence. We feel that you will find it easier, my brother, when you are the only contact in a group. It is then not subject to your concern as to whether another shall speak at the same time, although we do not send messages to more than one instrument at a time.

We are aware of the physical plane problems of your planet. We know that young children lie naked in the streets of some cities in Africa and South America and other places, their bellies swollen and the flies buzzing about their closing eyes. We know the injustice of the wasteful man who takes what he cannot use and does not give it away. My friends, although we are of the Confederation of Planets, we are not blind. We do not paint a rosy picture where there is no rosy picture. Left to your own devices, you would soon become nothing but ghosts, my friends, ghosts in a living machine. We hope that you will do something about it.

I would open the meeting at this time to any questions from my brother, Jim.

Jim: Hatonn, I am wondering when the subject of those who are called "seeds" or wanderers, if there are wanderers from other Confederations than the Confederation to which you belong.

Yes, my brother, there is such a Confederation although it is much smaller than our own. It is a very uneasy combination of shifting influences and patterns, and tends towards the negative side of polarity. It does not intend to be negatively polarized, however, the way the organization works causes them to seem very negative to you. We have never paid a great deal of attention to them other than acting as your guardians and placing the planet under quarantine. However, such ships do slip through, and these vehicles do what they can to disrupt an already chaotic society.

May we answer you further?

Jim: I am wondering with those which the Space Confederation have seated here as wanderers or "apples," if at the end of this age that is now ending, that the transition into the New Age, if these wanderers will be returning their home planets or if there will be need for some to remain yet *(inaudible)*.

My brother, it is difficult for us to answer that for we do not yet know whether you will have the man-made catastrophe which will destroy your culture rather than the God-created catastrophe which only destroys portions of your geography. If you are in a full-scale war, one of our concerns will be to recover enough records to serve as a kind of Rosetta Stone to

those who came after you, so they may translate our works if they wish instead of feeling completely without aid in this area.

May we speak further for you, my brother?

Jim: No, I don't believe so tonight. Thank you very much.

Is there another question at this time?

Jim: No, those are the two questions that I had, thank you.

In that case, I shall transfer this contact to the other instrument. I am Hatonn.

(Unknown channeling

I am Hatonn, and am with this instrument. We are pleased to greet you once again in the love and the light of our infinite Creator. We have said many times that it is necessary for the people of our planet to realign themselves with the plan of the Father. And we would say again, as each day passes, that your days are well spent when spent in the realization of the oneness that you share with all of Creation. We would hope that more of your people will seek to fulfill the yearning desire that most feel in one way or another with the pursuit of the inner being. We have said many times, such a pursuit is the only type of fulfillment that endures and yields fruit of the Father's creation.

We would hope that these messages which we are privileged and honored to be able to transmit through instruments such as these have been of aid and will continue to be of aid in this quest for your people. We are aware that, at the present, few value such messages, few value the method of contacts, but we say to you that instruments such as yourselves, and meditation groups such as this one, are precious tools and avenues for the sharing in the transmitting of the light from the infinite Creator, this light that shines within all creation.

We hope you will pour your efforts into and feed this light that it might burn ever brighter, covering more and more of your tired and weary world. This light is the light which illuminates the darkness that hangs so heavily upon your plane and your planet at this time. Such meditations as this one are invaluable tools for lighting yet one more candle to illuminate the darkness. And we thank those that are gathered here tonight for their efforts in preparing a way for yet more of their fellow creatures to share in the bounty and the harvest of the Father's creation.

We would now close this contact and, as always, leave you in the love and the light of the One Who is All. I am Hatonn. Adonai, my friends. Vasu borragus. ♣

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Sunday Meditation
September 7, 1980

(Carla channeling

I am Hatonn, and I greet each of you in the love and the light of the infinite Creator. We send special love to all of those who are present tonight, especially those who are new to this group or whom we have not seen for some time. It is a great privilege to blend our vibrations with yours. May we give our thanks to the one known as W, for had he not removed the young one from your midst, we would not have been able to speak, for he did not desire our presence at this time.

We would talk to you this evening about desire. Perhaps, my friends, you have heard of those who go on safari and [to] exotic places, discover remote islands, find new frontiers of learning, and it is an open question why some people do these things and others do not. Few are the people who are driven and this, my friends, is one of your planet's deepest problems. For you are all conscious beings and your desire, whatever it may be, should hopefully be clear enough to you that you are literally driven to pursue it. We are not speaking here of one type of desire being better than another for we find no elite among your peoples. All are one with the Creator. All are equal. We can, however, see simple differences in the patterns and the energies that surround some of your peoples, some of your peoples who have decided to pursue that which they desire.

And what, my friends, might be the mechanism for discovering your true desire? You can think and conjugate and plan and it will come to very little. To know your true desire, you must know yourself. And so, my friends, the journey is not to an exotic island or on a safari. The journey is inward to your heart, to that spark of love which holds the plan for you and for your universe and for your journey.

At this time, I would transfer this contact to the one known as Jim. I am Hatonn.

(Jim channeling

I am Hatonn, and I am with this instrument and greet you once again in the love and light of the infinite Creator.

It has been our privilege and pleasure to address groups such as this one for some time now. In our messages, we seek to share that vibration of love which lies within each of your beings. We seek through these messages to serve each of your people, for service is our way of expressing the love of the Creator and we hope in these meditations and messages that we might be of some inspiration to each who hears our message; that each might for one more moment seek ever more deeply inward. For that is a journey which so few of your people have sought to make but which so many are in need of sharing and experiencing with each other.

We look upon your planet and see great turmoil. We see the seeking and the striving every day in the material world for the things which many think will bring them peace of mind. We look and we see that such seeking offers so little in the final analysis. For how much of the things of your world are required before peace of mind is achieved?

My friends, great things have been built and won and gathered in one empire or another and yet those in whose rule the empire rests have found no peach of mind. My friends, we would once again suggest that meditation upon the inner journey might serve you well as you seek peace of mind; as you seek your source; as you seek love. We have spoken many times upon this subject, for we believe that love, though so obvious in its power, is so little understood by your people. And we hope that upon your journey you will include daily meditation to seek inward for that spark of the divine Creator which we all share, each with the other.

At this time we will leave this instrument and transfer contact back to the one known as Carla. I am Hatonn.

(Carla channeling

I am Hatonn, and I am again with this instrument. My friends, so often you discount your own worth. We do not wish to praise you for your humanity, your personality, your intellect, but for yourself. Those things which I have just described are as clothing as you go into meditation. As you desire to know yourself and the Creator, strip off those things which limit you. Remove them gently, for they serve you well. Then bathe in the clean waters of the tranquil silence of the universal Thought. And come to rest in the heart of love. There you will find food and drink for your spirit. Parched and hungry though it may be, there is a never-ending supply of love for each of you—of courage, of innocence, of kindness, of all those things that you would like to add to your wardrobe.

But, my friends, they are not clothing, they must come from the heart. They must come from yourself. Your ego, your personality, your intellect, can never display to others that which you wish. Therefore, my friends, let it all go and rest in love, with no name, no reputation, no learning, for love is the greatest force and the greatest knowledge that you can possibly attain and you cannot reach it with your mind, with your ego, with your personality. It is a matter of desire.

We who are travelers upon that path hold our hand out to you. Many of us come from a distance. Some of us from other dimensions. But we are all here for one purpose, to hold out that hand to you and to say, "Fellow traveler, be not so weary that you forget to desire love."

I will leave this instrument now, for my brother Latwii is waiting eagerly to speak. I leave you in the love and the light of our infinite Creator. I am known to you as the consciousness of Hatonn. Adonai, my friends. Adonai vasu.

I am Latwii, and I greet each of you in the love and the light of our infinite Creator. I was attempting to contact the one known as Jim, however, there was some difficulty due to the imagination of his mind, therefore we will try again and hopefully speak to you now through the one known to you as Jim. I am Latwii.

(Jim channeling

I am Latwii, and I am with this instrument and we greet you in the love and the light of our infinite Creator. It is a pleasure and a privilege to be able to speak a few words through this instrument. We would now like to ask if any of you listening to our words would have questions to ask. If so we would be most happy to attempt to answer. Is there any question?

Questioner: I would like to know if on your plane or level of existence, if there's male and female entities?

I am Latwii, and we would assure you my sister, that upon our level of vibration we do, indeed, have what are termed male and female entities, though in a somewhat different mode than upon your plane. We are paired according to our vibratory similarities, for as we exist as vibrations of light we are able through our perceptions to discern the vibrations of our mates and the similarity or match, so to speak, so that we are mated in a very harmonious manner.

May we answer you further?

Questioner: I would like to know if you think there is any significance to astrology as it is practiced on Earth as far as finding the right mate?

I am Latwii, and I am aware of your question. We would answer you, my sister, by saying that, indeed,

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the science of astrology is quite useful as a tool for selecting a mate when used with precision. Unfortunately, as with all tools, it is quite easy to misuse a tool and therefore we would suggest to those who would seek to use astrology for any particular purpose to search carefully within their own being for the harmonious feeling of unity with whatever interpretation that you are using or experimenting with. For many have grains of truth but are wrought with some distortion. We would suggest that to find the most precise and effective means of using astrology, to seek within your own being and to ask if your technique is meant for you.

May we answer you further?

Questioner: No, that's fine, thank you.

Questioner: Can you recommend a good book on astrology?

I am Latwii. My brother, we would answer by suggesting that the research into the particular book might best be made by the individual seeking, for that is an important part of the journey, to seek and to sort between one interpretation and another. It would not be proper for us to make this selection for you.

May we answer you further?

Questioner: No, thank you.

We thank you. Is there another question?

Questioner: Can you tell me anything about the person or the being that came to the barn Friday night? Just came to the door and left?

I am Latwii. My sister, we cannot at this time give any information concerning the particular situation but again would suggest that you seek within for the answer which you seek. We are sorry when we are unable to give a specific piece of information but we value highly the individual free will in the experiencing of your reality and are quite careful to choose those pieces of information which we may share without violating your free will.

Is there another question?

Questioner: Does my friend R know anything about reading Tarot cards?

I am Latwii. Again, my brother, we must suggest that it would not be proper to comment upon one's abilities as they may be manifested. It is for those who wish to enjoy this individual in his activities to decide whether he has ability.

Questioner: Thank you.

We thank you. Is there another question?

Questioner: Would it be possible for Earth people to become like you are in possibly another reincarnation?

I am Latwii, and I am aware of your question. My sister, we would say to you that, indeed, for all of the inhabitants of Earth such an opportunity is being held wide open, that the opportunity to advance in your manifestation and experiencing of the love of the infinite Creator is within each of your beings. That is why we feel it is of utmost importance for each of your people to seek within for that spark of love which shall light the way on their journey. And their journey shall take them many places; and their journey shall indeed result in the reaping of a harvest for each. For it is the time upon your plane for the harvest of the crop. The seeds long have been sown, the seeds of the divine Creator, the seeds within all of Creation. Many have fallen on barren ground. Many have fallen on ground which has been tended somewhat, yet some weeds grow. Few have fallen on fertile ground, but we assure you that within each of your beings the fertile ground to sow such seeds exists and the opportunity to more fully and completely experience the love of the Creator is available.

May we answer you further, my sister?

Questioner: Thank you. Not right now.

We thank you. Is there another question?

Carla: I had an unusual occurrence in choir practice this morning and contemplated and wondered if you could confirm my analysis of it?

I am Latwii. And, my sister, we would answer you by saying that your own analysis is indeed your correct answer.

Carla: Thank you.

Is there another question?

Questioner: I saw what is called a "crazer" last night and would like to know if you can say anything about that?

I am Latwii. My brother, we would answer you by saying it would not be proper at this time to describe

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the phenomenon which you are aware of. We are again sorry not to be able to give specific information of this nature.

Is there another question?

Questioner: I have been reading a lot about the Illuminati and hearing about international bankers. Do they exist, are they the same, are they different? Are their motives what are supposedly given them by the writers?

I am Latwii, and am aware of your question and we would answer by saying that upon the stage of your planet there are many players. Some have roles which appear to be very heavy, very dark and to be of the nature of darkness, of that which you refer to as the Illuminati. There are many who are swayed and polarized toward the dark part of the spectrum, toward the dark experience of separation from the Father, many in your world.

Indeed, each within your planetary vibration at one time or another does experience and express this dark force. Each time you meet a fellow creature and fail to recognize the divinity that resides within, each time you turn your face from the light of the infinite Creator, you are polarized in the direction of darkness or negativity. And this does indeed create an energy which can be tapped into, so to speak, and used to lure others in that direction.

We would suggest that should such beings indeed exist upon your plane, a most important consideration is how you, yourself, live your own life; how you are able to manifest the vibration of love. For, my friends, love is that force which encompasses all.

May we answer you further, my sister?

Questioner: No, Latwii. It's a great relief to know that I don't have to get paranoid.

We are very happy to ease your mind. May we answer another question?

(Someone blows their nose in the background, followed by laughter.)

We are greatly enjoying the vibrations of this group. We enjoy laughter quite heartily and join you in your mirth.

Questioner: Latwii, I have a question. As a community, we are about to embark in a cooperative manner together. Could you advise us relative to this endeavor? Are we acting at the right time? In other words, are we acting too soon? Are we acting too late? Is it the right time to be doing what we are doing?

I am Latwii, and I am aware of your question. My brother, we would suggest it is never too soon, never too late to join in love, to join in cooperation, that whatever endeavor you seek to carry out together, that you join your energies as closely as possible with each other, with the infinite Creator that you seek amongst yourselves, the council of your wisdom. That you seek to manifest to the best of your ability the love that resides in each of your beings.

Ask yourselves these question and within your cooperative experience the answers will become very apparent. We cannot council you specifically for you have the answers within your shared experience.

May we answer you further?

Questioner: Thank you.

We thank you. Is there another question?

Questioner: I would like to know more about the nature of the type of life or nervous system or whatever you are manifesting in relation to what we experience here.

I am Latwii, and am aware of your question. We would have great difficulty explaining precisely our experience of reality through this particular instrument for his mind is not furnished with the necessary concepts and it is also limiting to be forced to use words, but can only answer by saying that we exist as vibration of light and our experience is one which enables us to create by thought all that we need in the way of material things or things of a mass nature.

Questioner: What kind of things of a material nature do you need?

We occasionally make transitions to lower densities such as your own and are able to materialize any object that we need in order to navigate through such densities.

May we answer you further?

Questioner: Well, could you do that now? I mean, if you wanted to.

If there was such a need, it would indeed be possible. May we answer you further?

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Questioner: I was just wondering. Thank you. Do you occasionally manifest bodies in order to perform things here? Perform actions here on Earth?

Yes. May we answer you further?

Questioner: Have you done this yourself recently?

We have been long absent from your third dimension. May we answer you further?

Questioner: Well, come on down!

We appreciate the invitation. May we take what this instrument would call a rain check?

Questioner: Well that would be fine. I understand if you are busy and all.

Our business frequently takes us on jaunts and we will keep this particular destination in mind for future journeys.

Questioner: OK. We could also use some help on our workshop.

Is there another question that we might attempt to [answer?]

Questioner: Is there a cure to allergies?

I am Latwii, and we would suggest that allergies are indeed difficult to deal with upon your plane and we sympathize greatly. Is there another question?

(Pause)

I am Latwii, and we would suggest that if there are no further questions we would take our leave of this instrument. We wish to express our great gratitude and happiness at being able to share a few of our thoughts with your meditation group. It has been a joy to blend our vibrations with yours. I am known to you as Latwii and I leave you in the love and the light of the infinite Creator. Adonai vasu borragus.

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Monday Meditation
September 8, 1980

(Carla channeling

I am Laitos, and I greet you in the love and the light of the infinite Creator. As though we are one with you, a part of you, we love you, my friends; as we would love our own bodies, our own hearts and our own thoughts, we love you, my friends. Look around you. Who else in the creation of the Father loves you? Feast your eyes. Look at the rose that blooms in its enormous wealth of color and scent and form—because it loves. There is nowhere that you can truly look in the Creation of the Father that you cannot find love.

We realize that there is much to be said for the difficult nature of the task of the pilgrim for a pilgrim is one who sets himself to journey consciously. All beings journey unconsciously, but a few in any generation begin to journey in a consciousness understanding of the process of pilgrimage. This makes your existence at once more blessed and more difficult. Blessed, my friends, because you have all the company of heaven to surround you in angelic chorus. Difficult because you know that you cannot react as do those who are unconscious of the process of learning to those things which would undo you but must aim to remain centered.

We give you the idea of the rose, for truly, my friends, your life in this density is very like it. Your bloom and your form and your scent will please and glorify the Creator and then be gone. What remains, my friends, if you have shown as much love as a simple rose climbing towards the light, your scent, the odor of your spiritual being will remain. Certainly, you have examples of this in some of your great teachers. Their thoughts, their beings, remaining fresh in memory for many hundreds of your years. All else is and shall be consumed in time.

We are aware that each of you wishes to do what this instrument would call worldly work but each of you is consciously aware that these needs involve working for the good of the planet to which you have given your beings in this effort. Remember always to first center yourself, to feel the beauty of your own unfolding, the delicate scent of the love of the Creator that emanates from you in many, many, ways. Do not see yourself in any way except as a channel for love, the love of the Creator, my friends. If you can maintain that connection in sincerity, that which you need shall be given unto you.

I would like to leave this instrument at this time so that one of our brothers in the Confederation of Planets in the Service of the Infinite Creator may use the other instrument. I am Hatonn. Adonai, my friends.

I am Oxal, and I greet you in the love and light of the infinite Creator. We are very pleased and

privileged to be able to make this contact with this instrument tonight. We have been waiting to reestablish this contact and to help this instrument to recognize our vibrations. We are very pleased when we are able to speak a few words through a new instrument.

We have been observing the content of your meditation and are very pleased that we are able to join our vibrations with yours, for your vibrations this evening are of quite angelic nature. We are aware that both of the instruments here this evening are in pursuit of what our brother Hatonn has described as world work and we would add our blessings and assurances to this efforts. We wish to assure each instrument that there are great needs in your world today which you will be asked by your own choice to help meet. There is a crying need for those [with] the light and experience of the light of the infinite Creator to share and shine this light with your people who are bathed in darkness.

We are aware that many of your people seek sincerely yet inefficiently as they make their own journeys into consciousness. Their inability to fully recognize the light that shines [in] their being stems in some part from a lack of what might be called examples of your fellow creatures, for by example much is [communicated.] Unfortunately, there are too few examples of the light of the infinite Creator as you travel about in your daily activities. Shine that light forth with every opportunity that presents itself to you, as you meet and deal with your fellow creatures daily. Be noticed as one who radiates the love and the peace of the Father to those who are harried and worried and unable to find the center of *(inaudible)* within their own being. By your example you shall remind these that they also are capable of being such sources of light.

It is a noble endeavor to be as an example. It is not always easy but is one of the most effective methods of teaching, for it says in an action what a thousand words may fail to say. Therefore, we urge each of you to be as the shining light that is your source and to shine your light about you as you become beacons for your fellow creatures who are lost on dark and stormy seas.

We would now leave this instrument. It has been a pleasure and a privilege to be able to share our thoughts with you this evening. I am Oxal. Adonai, my friends. Vasu borragus.

I am Latwii and I greet you both in love and light and am here for the purpose of attempting to answer any question that you may have if you have not yet run out of questions. So I open myself to you at this time. Do you have a question, my brother?

Jim: Latwii, I was wondering about the concept of tithing and how it works for the individual to give part of the fruits of his or her labors to the larger community or a church. Could you share some of the underlining principles of tithing and who it benefits and how?

I am Latwii, and would be glad to share with you our limited ability to speak on this subject for it has been distorted by many of what this instrument would call fundraising activities until it is barely recognizable as the spiritual exercise which it once was.

The original concept as this instrument herself has stated recently is that all things come from the Creator and that any supply material that you may receive is the Creator's 100%. In giving part of that bounty back to the Creator, no matter how little or how much you can afford to give, you are blessing yourself, for the principle of giving is that those who give shall have a thousand-fold added [unto] them, but those who keep and hoard will lose all that they have.

The, shall we say, industrialized church business had caused tithing to become a means of being respectable within the society devised by those who attend a meeting on Sundays which makes them feel good. As far as we can tell, your peoples do not feel blessed at giving to the Creator who gave them the other 90 or 95% of what they have received as material supplies. Instead they are concerned at the loss of the 5% or the 10%.

The basic principle, however, is that tithing helps only one person and that is you, for it puts you in a right relationship between your work and your Creator. For work is a way of manifesting the original Thought of love and these manifestations may then be turned to whatever end you feel is closest to working toward the ends which you feel the Creator would have His centers of prayer and light approach.

The money itself cannot help anyone but you. The organization to which you offer your manifested energy and work and money must then feel the

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conscious aliveness of this gift from the heart and work with it to fulfill the desires of the participants in this giving. Then and only then do you find the organization itself multiplying as does the fortune of the giver. Then and only then do you find the exchange of love that erases any hint of money-raising, and instead observes tithing or giving some portion of your worldly bounty as a form of recognition that if the Creator has given you 100% of all that you are and all that you have, it is a right relationship with the Creator to give back to Him, then, a certain amount of that which, through His grace, you have garnered and reaped.

May we answer you further my brother?

Jim: That was very enlightening, Latwii. I appreciate that. I just have one other question of another nature. Um. It is of a personal nature and you may not be able to give me any information on this, but I'll ask anyway.

Somewhere within my being, I remember being in a state of bliss, moving into a state of what seemed to be disharmony and almost Hell in comparison and I was fearful that I would get lost in this hellish state and I remember a voice saying, "It is OK. You won't get lost, you can come back." I am wondering if you can shed any light on the origin of that feeling within my being?

Yes, my brother. We understand and we feel that you already understand enough of the answer that we will not infringe upon your free will by dealing with this question at this time.

Jim: I understand. I thank you, and that's the only question that I have for this evening. Thank you very much.

You are very welcome, my brother. At this time, if there are no more questions from you I would transfer this contact to you in order that this instrument may ask a question of me through you. I am Latwii.

(Jim channeling

I am with this instrument and would be very pleased to attempt to answer a question from our sister. Do you have a question?

Carla: Yes, Latwii, I do. As you know, I am working with a friend to attempt to help him to get as much as I can offer him of lessons that I have learned from working with the energies of the Brotherhood over a period of years. Is it possible for you to suggest to me things of which I may not have thought that I may be able to help him further?

I am Latwii, and am aware of your question and would answer by suggesting that your own efforts in this sharing which you have undertaken have been of a very positive and productive nature. We feel that you have truly given of yourself and have done so in an unselfish manner. Our only suggestion for further sharing would be to continue your true concern for the welfare of this entity and to consider carefully how your future sharing will affect this entity's right of free will to learn by his own efforts so that your sharings are in harmony with his right of free will.

We would attempt to state this somewhat more clearly through this instrument. We would suggest entering more of the concept of personal direction for this entity and less dependence upon your efforts.

May we answer you further?

Carla: Could you be more specific?

I am Latwii, and we will attempt to be more specific without infringing upon your own free will. We have suggested that your sharings have been quite positive and of an uplifting nature. We would now suggest that future sharings, to be also of an uplifting nature, might concentrate more upon helping the entity to help himself rather than to depend upon your efforts.

Carla: That is what I wish to do but I'm not sure how to go about it.

We wish that we could be more specific with the details of your sharing efforts but we must suggest that the very specific particulars must be of your own origination.

Carla: Possibly talking with the one known as Jim might be fruitful.

Yes.

Carla: Thank you, Latwii.

And we thank you. Did you have another question?

Carla: No, that was it for the night. Thank you very much.

I am Latwii and would now leave this instrument. As always, we leave you in the love and the light of the infinite Creator. I am Latwii. Adonai, my friends. ♣

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Meeting with Jim McCarty

September 9, 1980

(Unknown channeling

[I am Hatonn, and] we greet you, my friends, in the love and light of the infinite Creator. It is a privilege to join our vibrations with you this evening. We are especially pleased to be able to make our initial contact through this instrument for that is an important part of his efforts in channeling at this time.

We would speak with you this evening a few words on the subject of the Earth changes which you have been discussing this evening. We are aware of your great interest in this phenomenon which has begun upon your planet. We would suggest that those people who shall survive the Earth changes which are approaching rapidly will be in great need of guidance, even more than they are now, for your reality shall, in the twinkling of an eye, be changed radically and such an event will have drastic effects upon the mass consciousness of your people.

We would suggest that at such time it will be critical for the survivors to be aware of a greater reality, the reality of our unity each with the other that none are cast out alone on stormy seas, that even when the worst imaginable events have been played to their finale upon your Earth's stage that even then and especially then we are all one. Such survivors will be in great need of those who have traveled this path of peace, this path of seeking the truth. These pilgrims who are well acquainted with that path will be of invaluable service to those who are fortunate, shall we say, to survive the changes imminent upon your plane. These people will be in great need of the light which those such as are gathered here this evening will be able to share in their efforts to share the light that has been sparked within their being.

We are hopeful that the messages which we are transmitting at this time concerning Earth changes might be of help to those such as yourselves to prepare not only your own beings but to prepare for the showing of the way inward to those who shall need such directions greatly.

We would at this time transfer this contact to another channel. I am Hatonn.

(Carla channeling

I am Hatonn, and am now with this instrument. I greet you again in love and light. We were attempting to communicate through the one known as Don for he needs the practice in order to regain his fluency as a channel. However, he is somewhat fatigued and quite disinterested in making the effort to communicate as a channel at this time. Therefore we gladly move on to this instrument.

In the days ahead you will find that the decisions which you as spiritual beings make will be the keynotes to the decisions upon the physical plane

which you then must make in order to carry out your spiritual plan. For those of you who have consciously worked on seeking out your own identity, whatever happens to you will therefore be of a much different timbre and feeling than it will be to others for it will be seen differently by you. You will find yourself being changed and, since growth is always painful, you will experience some discomfort emotionally and mentally as you adjust to new conditions of living. But those of you who are destined to live through the first changes and to be some of those who are as rocks amid the quicksand will be able to view and deal with these discomforts in such a manner as would befit your state of mind.

As you know, we are a planetary consciousness and therefore it is not surprising that we suggest that those of you who desire to aid the planet during these times of change find groups of like-minded people and work as a community. For it is in community that your best abilities both to survive and to be a center of light will be realized. We would not be so specific as to indicate that we can see into the future and say which of you will and which of you will not be existing in this density at any particular time. We are attempting to give you guidelines to follow so that the vibrational change and its after-effects that you are already experiencing will not seem overly traumatic, in fact, will seem to be in some ways a ray of hope. For you will see people turning from their previous sleep and awakening to the brevity of their physical lives and to the next obvious question: "Will I survive the demise of my own physical vehicle?" This concern alone in a time of difficulty will have many seeking answers. Therefore, we encourage you in your dedication and are with you whenever you ask.

We would leave this instrument at this time. I leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai vasu borragus. ✣

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Sunday Meditation
September 14, 1980

(Carla channeling

I am Hatonn, and I greet you this evening in the love and the light of the infinite Creator. We who are in His service do thank you most heartily for allowing us to be with you this evening. This evening we would touch briefly upon an aspect of service. We have been concentrating in our talks with you upon the discovery of your inner self and of the seed of love within you. This evening we would talk about love in action, for there is no tree planted without help, and crop gathered without reapers. We have cautioned you many times not to be aggressive or abrasive in your contacts with others. But we would speak to you this evening about the confidence of the knowledge of who you are and whose glory you may manifest in this Earth world.

It is a responsibility to know, for then you must serve, and we would like you to be aware that in each contact that you make you are manifesting the Creator in some manner. When you think back, my friends, to the point in time when you yourself became aware of the kingdom of the Father and of all that there was to gain from the knowledge and the being of it, you will understand how precious it is to be able to share that experience with others. It is written that there is great joy when one lost sheep has been brought back into the fold. More joy than all ninety-nine of the other sheep engendered for they were already found. We encourage you not to be elite or apart from the world in which you live. You may see yourselves as somewhat different only because you have become conscious of who you are. Use your being to allow those about you to dwell in such an atmosphere that they too have the potential of realizing who they are also.

If you see those about you as perfect beings, you are seeing them clearly. If you see and react [to] them in their emotional, mental and physical illusory patterns, you are not seeing them clearly. You are not then allowing them the freedom to reach the point which was so precious to you when you reached it. It is true, my friends, there is often nothing that you can say, little that you can do to help those whom you meet. But there is much that you can be and much that you can conceive in your mind as the identity of those people who may to the outer eye be less than perfect.

To your inner eye, my friends, to that patient, timeless, inner eye, each being is perfect, manifesting in the eternal present. Give that gift in love, for you are disciples of a path of service. And to expend all of your energy upon yourself will block you from gaining more understanding. You must use what you have learned until it becomes a part of you, until it becomes second nature.

We would like at this time to transfer this contact to the one known as Jim. I am Hatonn.

(Jim channeling

I am Hatonn, and am with this instrument. We have been speaking of the pathway of service and we would say to you that this is a path which few of your people have chosen to travel. The path which is most frequently traveled is the one which seeks only self-gratification, the attempt to fill what is understood to be the self with the material wealth of your people and of your culture. The filling of the self with things which have matter …

We would suggest a pause for …

(Pause)

I am Hatonn, and am again with this instrument. We welcome the new members of our group this evening, and hope that they will forgive us for beginning in the middle of our presentation. We have been speaking of the pathway of service that so few of your people have chosen to follow, the pathway which we suggest for your serious consideration, for to serve is to allow that gift of the infinite Creator the energy which courses through your various bodies to continue its flow and to be shared by your fellow creatures. So few of your people have been able to discern the nature of service, for their ways have been circling round, shall we say, unto themselves so that the energy which is their daily gift of the Creator stays only within their being as they seek to fill themselves with the various material rewards of your third-dimensional world.

It would seem to the surface observer that the things of your world are indeed worth pursuing, for so many pursue them and so much is made of their possessions. But we would suggest to you that as you go forth in your daily round of activities that you consider the fact that each person you meet is the Creator and what else can one do, when one knows that he or she is also of the Creator, other than serve the Creator? My friends, what else can one do other than serve the Creator?

We would leave you with this question. We would now transfer this contact to the one known as Carla. I am Hatonn.

(Carla channeling

I am Hatonn, and I am again with this instrument, and greet you all in love and light. We give you but very poor food, my friends, for we must speak to you in words. But as we have said, we hope you have food for thought for the path of service as opposed to the path of non-service is an illusion and one which you must only come to grips with within yourself. We cannot express to you the paradoxes of your illusion, the difference between that which seems and that which is, for many are the actions which look the same and yet are diametrically opposed in intention and in effect in the thought world.

Therefore, my friends, look to your thoughts and let your thoughts create your actions, not the other way around. Above all realize that you are in a divine flow of perfect love into which you may tap as into an ever-flowing fountain cascading, scintillating, full of light, full of energy. It is easiest to do so in meditation, although there are other ways having to do with service to your fellow beings and a realization of the unity of us all. We ask you this: choose. At any moment that you can, stop and choose. It is your path, it is your illusion, it is your thought, it is your action. Refresh yourself in meditation on a daily basis and live the joyous life of love in action.

Before I leave this instrument I would like to pass among you aided by my brother Laitos, in order that we may make each of you aware of our presence and offer you our conditioning. If you would appreciate our help in deepening your meditation or in strengthening your ability to do channeling work in the future, please ask mentally for our presence, for we are in the room at this time and will pass among you. We will pause at this time. I am Hatonn.

(Pause)

(Carla channeling

I am Hatonn, and will speak through this instrument just long enough to say that I and my brother Laitos thank you for the privilege of working with you. We would leave you now that one of our brothers in the Confederation of Planets in the Service of the Infinite Creator may speak. We leave you in the love and light of the infinite One. I am Hatonn. Adonai vasu.

I am Latwii, and am with this instrument and greet each of you in the love and light of the infinite Creator. We have been waiting eagerly to be able to speak to your group this evening and would like to

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ask if there are any questions which we might attempt to answer? Are there any questions?

Questioner: Yes Latwii. I have been confused with the idea of whether … I've been chanting a few years, you know, high mantra and which I call the maha mantra, and I was speaking with some Jesus followers, and there is always this conflict in my mind. Is mantra OK, and is the eastern path OK, or should I just surrender with being a follower of Jesus Christ as the master? And then in my mind I go, well, I guess it's the same path, there is no different path. But I have always this conflict, and I hear so many things about, oh, [it] is devil worship in meditations, and then the Jesus people say, Jesus [has] already been through all this so you don't have to believe in karma and past deeds. And so could you please help me in my mind to ease it up, the confusion?

I am Latwii, and am aware of your question, my sister. We would suggest that the path which you would most benefit following is the path of your own choosing, that if you choose to do one exercise or another matters really very little, for that knowledge which you seek, that source of energy within your being is where it is, and it calls to you for you are one with it. And if you follow that inner voice you shall arrive at that destination.

Your path may wind around various trees in the woods, around various incantations or postures or beliefs, but shall surely bring you to that center of yourself. All of the various foliage, shrubbery of the woods, is there for you to enjoy along your path as you choose. You may pick one or another or many or various ways in which to enrich your journey according to your own interests. There are not what might be called right or wrong choices, for all will bring you to the destination which you seek.

What we would suggest in easing your conflict of mind is to simply experience that which is of interest, experience that which seems of value and examine it with your own thinking. Meditate on it within your own being. Ask sincerely which path is most beneficial for you to follow and you will have your answers, for you are at this moment one with your answers.

May we answer you further, my sister?

Questioner: Thank you, Latwii.

And we thank you. Is there another question?

Questioner: I have a question, Latwii. I've read that greenhouses can be used to improve a person's health, and specifically I've read that incorporating a seventh part of blue glass, with the rest being clear, has a beneficial effect on the health of plants and animals. Can you tell me anything about this?

I am Latwii, and am aware of your question. We will do the best that we can through this instrument to make an answer for you, my brother. We would suggest that the color blue is, indeed, a beneficial color for growing living organisms, for the blue provides what might be called a coolness to the light of your sun, which is in its unaltered form of a hot nature, that there is a need by most living creatures to experience a combination of cool and hot light. To provide a balance in their growing cycles which is not available when the plant is in the open sunlight unshaded, we would suggest that adding the blue part of the color spectrum to a greenhouse would indeed be of value for any plants which you would grow therein. As we have mentioned before through another instrument, this would be more properly termed a bluehouse.

May we answer you further?

Questioner: Yes. I'd like to know if there would be any benefits for elderly people, particularly arthritic, in such an environment.

I am Latwii, and would answer you, my brother, in the affirmative, for all living creatures would benefit by a closer interplay of their lives with various life-forms, for each life-form, plant or animal or mineral, has certain ingredients, shall we say, that are somewhat lacking in the other life-forms, and by combining various types of life-forms in one location there is a balanced exchange of various chemicals and vibrations of light, shall we say.

And the elderly of your people are especially in need of an expanded contact with various life-forms, for the elderly of your people are most frequently excluded from experiencing a variety of life-forms, and are most frequently placed in seclusion, so to speak, and therefore would benefit greatly by experiencing the vibrations and energy of plants and animals and the natural environment.

May we answer you further, my brother?

Questioner: No, thank you.

We thank you. Is there another question?

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Questioner: Yes, Latwii. Of course you are aware of the movie, "Close Encounters," and is that *(inaudible)*, is that what you people use to express? How much of that movie was the true thing, and also the part of the Indian chanting, is that a special chanting you people … you know, that sequence with the sounds, it's real pretty. Is that for real? I mean the whole thing was real, that's the way it happened, that's the way it goes?

I am Latwii, and would answer you, my sister, by saying that movies such as the one which you have mentioned, "Close Encounters," have utilized a variety of the data, shall we say, available to those who study the UFO phenomenon, as your people call it. There have been many ways that your people have been contacted by beings from dimensions and other parts of your universe. Many of these have been documented over long periods of time and are well known to many of your people.

We would suggest that those which were used in this movie were a compilation of various contact methods and our own Confederation of Planets in Service to the Infinite Creator have used a number of contact methods, most frequently the telepathic contact which is now being used, and those used within the movie are not very frequently used by our Confederation but are contacts of other beings.

May we answer you further?

Questioner: No, thank you.

Questioner: What sorts would the other beings be?

I am Latwii, and would answer you, my brother, simply by saying that for thousands of your Earth years we of the Space Confederation have been observing your people. We have been observing the interaction of your people with other beings as well and have attempted to, shall we say, quarantine your planet so that various negative energies could be worked out, so to speak, upon your plane. These energies are not just from the outside, shall we say, but have been attracted to your planet by the condition of your people on its surface, and there is the necessity for certain energies to find their fruition and to find reconciliation. Therefore, we can only say that the other beings are other beings not of the Confederation.

May we answer you further?

Questioner: No, that's fine.

Is there another question?

Questioner: I have another question, Latwii. I've recently heard that there is another group of entities that are known as the Nines and I would like to know whether or not, having an affinity for knowing myself, it would be useful for me to get in touch with them or in contact with that *(inaudible)*?

I am Latwii, and would answer you, my brother, by saying that your decision to contact any group or any resource must come from within your own being, and is best made there within your own knowing and being. Therefore, we cannot suggest that you do or do not make an attempt to contact those beings of the Nines. We hope that you will consider all such choices carefully, for they are your own choices.

May we answer you further?

Questioner: Yes. How would I go about contacting those entities known as the Nines?

I am Latwii, and would suggest that any contact with any group begins simply by being open to that group or concept. This is all we can suggest in this matter.

Can we answer you further? May we answer you further?

Questioner: No. I think I've about had it for awhile.

Is there another question?

Questioner: Yes, Latwii. I'm curious on the subject that I read myself and speculated on—immortality. Like, I understand that there is the mind and your mind sort of creates the body that you reside in. So if that is so, why do we choose to die? Why [is] there the urge in men that we create this body, and the Creator gave us this body, and then it had to perish with disease and old age? Can you explain that?

I am Latwii, and would answer you, my sister, by simply saying that it is an illusion that you live within and an illusion that you die when you leave, for while you are upon this stage in third dimension of material reality you play many parts. Each requires certain basic costuming. Your physical vehicle is a requirement for this particular stage and this particular drama. When you leave this stage and pass from this third dimension you will no longer be required to continue carrying certain burdensome costumes, your physical vehicle being one of these,

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that you are indeed at this moment immortal, that you have been for all time and beyond all time immortal and existing within the creation of the infinite Creator and that when you pass from this particular illusion, this particular stage, you will merely change roles and costumes as you have done so many, many times before.

May we answer you further, my sister?

Questioner: Yeah, there's one thing. What if somebody is so diseased, you know, the illusion of disease, and they choose, for instance, to self-destruct their own body and pass on. Is there sort of like a punishment, or is the choice being that somebody choose to leave their body by means of suicide, or is that a way to go that is a safe way, or is that playing games, or can [you] explain suicide and that sort of illusion?

I am Latwii, and would answer you, my sister, by saying that of the various illusions and games and roles and learnings which each of your people undertake upon your plane, all are illusion, yet do teach. All are chosen by each of your people for their own unique and personal reason, reasons which vary widely from one to another. That within this range of learnings of illusions, of games which are played upon your stage, some teach one thing and some another. And some teach different lessons to different entities depending upon the reasons which the entities [have that] began that illusion.

That, in general, it may be said that each choice which a person makes is the choice which will teach the perfect lesson for that moment. We would suggest that many stresses, so to speak, are encountered by your people as each plays their chosen role, and that each moment each person has an infinity of choices of how to continue that role. Some become overwhelmed by the heaviness and the burden which they have created in their role, stepping too far into the unknown, so to speak, or taking on too much of a challenge it would seem and thereby respond by the path which is described as suicide or the taking …

(Tape ends.) ♣

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Advanced Meeting
September 16, 1980

(Carla channeling

I am Hatonn. And I greet each of you in the light and the love of the infinite Creator. May we thank you for inviting us into your circle to share your love and your light.

May we also inject a piece of pertinent information which we feel that the newer channel and the one who is relearning old skills might find helpful. It is the custom of our channeling preparations to use the most experienced channel as a sort of battery to enable the less experienced channel or one who is rusty to achieve more distinctive contact with us. Therefore, we urge each of those who are working on their channeling at this time to make use of the battery of this psychic generator known as Carla in order that when you are working by yourself you will have gained the confidence that you need. We are very interested in creating an atmosphere in which you feel very comfortable with the vibrations of the various entities of the Confederation and feel able to discern them. If you pray aright in the name of the one known as Christ you shall receive a properly tuned contact. Therefore, we leave this instrument and again, work with another instrument. I am Hatonn.

(Unknown channeling

I am Hatonn. And I am with this instrument. And greet you once again in the love and the light of our infinite Creator. It has been our practice to begin our contact sessions with an opening message which is of general concern to those which are gathered to hear our thoughts. That this evening we would speak a few words on the subject of love as it is experienced or as it may be experienced in your daily life.

We would suggest that you carefully examine a concept which you now know within your being as love. We would ask each of you if that concept is clear to your own thinking and feeling. We would ask you to examine your concept to consider whether it is free of conditions. To examine, to discover, does the energy known as love flow freely through your being? Does it flow as the river, without interference? And if, in your examinations, you perchance discover blockages in the flow here or there, from whence come these blockages? Examine carefully, my friends, for though love is the basic power and motivating source of the universe, still it may be blocked by individual perceptions and behaviors.

And it is not always easy to allow a concept or the energy of love to course through one's being and wash all perceptive blocks away, for frequently we would wish as individuals that it would flow one way or another. But as you examine within your own being how it is that it flows through you, we would suggest examining the course and the channel and the way in which you allow it to flow. Are there

constrictions? Are there blockages? If so, how best removed?

For, my friends, we would suggest that though preconceived ideas of the world might make the mind feel better, the unimpeded flow of the energy of the Creator is the greatest feeling of freedom which an entity can experience, for the flow has within it the wisdom of the Creator. And each of the creations of the Father is as a vessel which holds and allows this energy to be. Each of you people are as vessels, are as channels which allow or restrict the flow of this energy of the Father.

We would at this time transfer this contact. I am Hatonn.

(Unknown channeling

I am Hatonn. I'm with this instrument. What you call the beginning of the Creation *(inaudible)*. The creative energy creates all there is. It is channeled through each individual, controlled only by an individual's thought. This is the natural or normal way. Creation, all the planets, all of the vegetation upon the planets, all of the animals that inhabit the planets, all of the birds that fly in the sky, are all thought forms brought into what you call reality by direction of original creative energy directed through the co-creators that inhabit the universe.

Each of you has this power and always has had it and always will have it. All of your fellow beings on the planet you call Earth have this ability. One thing, my friends, is necessary. To act as the perfect modulator or filter. The all-inclusive force is the creation. Only one thing, my friends, is necessary: that is to think as your Creator. Many lessons have been given those of your peoples who dwell upon the surface of the planet. Lessons to bring them back *(inaudible)* to that place, to the original *(inaudible)* state of perfection of things that's normal.

There are things that have occurred that the people of your planet have called miracles. And yet these are normal activities. If you wish to perform a miracle, all that is necessary is that you do so. Each of you, like everyone that exists, has the ability to do anything *(inaudible)*. All that is necessary is for you to think the original Thought, become one with that Thought, to open yourself as a channel to the infinite energy of the universe. Become in tune with its song. My friends, that song is a song of love. That is the song of the universe. Become receptive to that song. Hear it. Be one with it.

(Tape ends.) ♣

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Sunday Meditation
September 28, 1980

(Carla channeling

I am Latwii. Ho, ho, ho, this was intended to come through another channel. However, we needed to begin with this channel in order to give confidence to the one known as Jim. We greet you through this instrument in the love and the light of our infinite Creator. We are at the same time extremely glad and extremely sorry to be speaking to you instead of the brothers and sisters of your special teachers, the ones of Hatonn. However, this group entity has again returned to its duty, working in the Far East, as you would call it, working against the spread of disharmony upon your planet.

We have been conditioning the one known as Jim while we have been speaking through this instrument and we would again attempt to speak through the one known as Jim. We leave this instrument, in gratitude for her quick senses of inner listening, and in hopes of speaking through her many times in the future. We thank this instrument. I will now leave this instrument. I am called by your group, Latwii.

(Jim channeling

I am Latwii, and am with this instrument and we greet you, once again, in the love and the light of the infinite Creator.

We are pleased to be able to make this contact through this instrument, for we are aware that this instrument shall be away from this group in the near future, and is desirous of being able to continue this service as he embarks upon his journey. And it will be necessary for this instrument to be able to initiate contacts with the Confederation and with our vibration when he is on his own.

We would speak a few words this evening upon the subject of harmony, for the vibration and condition of harmony is one which is not frequently found upon your planet, as is evidenced by the condition of your world situation at the present.

Harmony is that state of being in tune with the infinite Creator, which is achieved by desire, a desire for unification, a desire for knowing and experiencing that fullness of being which is the Creator within. Harmony is that force which helps to unite people in their relationships with each other, but it must be sought before it can be found, and it is unfortunate, but it appears that few upon your planet seek harmony, for it is an endeavor which includes the welfare of those around you, and most of your people are pointed in the direction of their own interests and meeting them as best they can, fearing there will not be enough to go round.

The state of being, within the individual, which leads to harmony, is the same state which opens

doors to any step of growth within the individual, and that is the receptivity, the openness, and the desire for attaining such a state. It is often too easy to think only of the personal needs, desires, wishes, beliefs and other codes which we set up for ourselves as we judge our lives. It is far too easy to consider only what one wants for oneself, instead of how to blend one's being with another in the state of harmony. We would suggest to those who are desirous of attaining that state of harmony to consider that it is a state which is achieved *with* others; a state which is achieved in cooperative effort as individual entities blend their energies with each other; a path which usually entails a type of compromise of positions, so that each may share with the other a common position, and the sharing of the position, the belief, or the place, is that which is harmony within that concept.

We would suggest to those seeking such a balanced point with themselves and with those around them that the first step is to give: to recognize the needs, rights and position of those close about you. And that this state of giving, and accepting, and recognizing, will be reciprocated by those with whom you are in close contact. For the state of giving is based upon the concept of love; that to give is to share that which is love, and that which is love is recognized by the inner being of those to whom it is given, even though it may not be given directly as a gift of love, but may begin in more modest ways by the simple recognition of another person's needs. We would suggest that harmony is that process whereby people in close communication join their beings even closer by agreeing to accept each other as they are and to work from that beginning point in a constant balancing of the needs, ideas and beliefs of each party.

We would, at this time, pause for a moment as our brother Laitos passes among each in your group and makes his vibration available to those in need of deepening their meditation and of becoming familiar with the vibrations of the Confederacy. We speak specifically of the one known as L, who has expressed this evening a desire to become a channel.

We pause for a moment as our brother, Laitos, passes among you.

(Pause)

I am Latwii, and am once again with this instrument. We would, at this time, like to open the meeting to any questions. If any present would have a question, we would do our best to make an answer. Are there any questions?

Questioner: I was reading some cosmic awareness communications ideas, which have been run down by some people in the East, and I really have no doubt as to the truth of it. But I know that they are not, precisely, in the same company with you guys, and I was wondering what view was among your particular branch of the Confederation of [as to] what's happening here. What about the great concern for the survival of leaders? Does that have some kind of implication as to what will happen at the New Age vibrations, with a lot of old vibration people surviving?

I am Latwii, and am aware of your question, and would answer you, my sister, simply by saying that the most appropriate phrase for this particular phase which your nation and those individuals who lead it are going through would perhaps be that the first shall be last, and the last shall be first; for those who would seek to gain the whole world and yet lose their souls, what in truth and in spirit have they gained?

For to hold onto that which is of the material world, that which has, up to this point in the evolution of human history, been unable to completely fulfill human entities upon your plane, to hold on so tightly to that which is of the material, is to focus the energies of one's being in a direction which is likened unto building a house upon sand. And we would suggest that those who engage in such activities and have no concern for the welfare for those whom they are governing—or those whom they have been chosen to serve, those whom it a privilege to serve—these shall find that not only shall they not be serving such people or be in such high positions, but shall find themselves at the bottom of the pit of their own being, which they have dug with their own hands.

And we would suggest that the new age shall see many different responses to the flow of energy which is now sweeping over your planet. And you may expect to see the most absurd of dramas appearing upon your world's stage, for all the energies of the universe, it would seem, shall be sweeping across the stage of your planet and you shall see many wonders. But those energies may be channeled and focused into creative elements and centers by those who are

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truly concerned with serving those who are their brothers and sisters. And to focus in the direction of the spirit is the means by which true survival shall be attained.

May we answer you further, my sister?

Questioner: Well, I had a couple of other questions, which you may answer at your discretion, of course. I was—I've been very impressed by the Cosmic Awareness things that I've read, and I was wondering what your relationship in the Confederation was to this particular source. Is it a planetary source within the Confederation? Is it another source? What is the relationship between the two?

I am Latwii, and am aware of your question. And can answer best by suggesting that the source of which you speak is a source which is most well known to those who are familiar with the works of Edgar Cayce.

The source which is known as Cosmic Awareness appears to be simply that; an awareness of the being—the state of being—which is described as Cosmic, or of the Consciousness of all being. And this source of information is now proceeding to reveal unto those of your people who are concerned about the new age the pathway or process by which each may attune to these universal forces which we have spoken of as proceeding into your reality with such great speed at the present time, so to speak.

We cannot say whether the information revealed by this source is correct or incorrect, for it can never be known at the moment information is given whether it is correct or not, for the mere giving of information alters the situation which is being described.

We would suggest with all sources of information, including especially our own, that those who are contacted with information of this nature consider carefully within themselves what they themselves believe, to evaluate carefully on your own concerning what you are reading or hearing, and to make those judgments in light of competing or opposing information. For, within your world, you will discover there are infinite sources of information, and it is your task as entities upon your planet to sort and sift through the infinite variety of information available, and to choose that which speaks within your own being.

May we answer you further?

Questioner: Yes, my brother. Then I see that confirms what I thought about Cosmic Awareness. It did seem to be a planetary vibration in that, like the Cayce vibration, it comes from a much higher plane, inner plane, of our own planet, close to the akashic records. I was—I had pretty much of an idea in my head as to the type of information that they were giving and why they gave that type of information, as opposed to the philosophy that you give, and I was just wondering if you would care to say anything on that subject in confirmation, or changing, of what I had basically thought.

I am Latwii, and would add only that information of a specific nature is most difficult to express clearly, for the future, as you know, is never fixed. Directions, propensities, tendencies and likelihoods of directions of energy, are the most easily pinpointed and transmitted information, but to say where an infinite variety of energies will eventually coincide is very difficult and is a task which we of the Space Confederation do not attempt with these types of contacts, for the distortion factor would soon cause our information to become nearly worthless.

It is for this reason that we attempt to give the basic groundwork and basic philosophy of love and light which we feel are so important to your people at this time. We do not feel that the revealing of specific names, and dates, and places, and events is most beneficial to those in your meditation group, for this information can be attained elsewhere and we would be most pleased if we could, in our effort, plant the seeds of meditation, of love, of light, and of the seeking of the divinity within each of your peoples' being. We would suggest that sources which are focusing in the area of more specific information can be of great value, but must be carefully evaluated upon their performance, and we would suggest being very cautious in the area of accepting without further investigation any specific information which is attained, wherever it might be obtained.

May we answer you further, my sister?

Question: Well, just a little bit. I would like to thank you because I think you do work with the basic things and teach us love and light. But I just I wanted to check out the Cosmic Awareness people, because I was interested in them at this point. I made a few basic assumptions: number one, that they were planetary; number two, that they were

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giving more precise information because, being planetary, they had a right to do so; and number three, that they were able to put their probability guesses through because of the particular configuration of one channel, Paul Shokely. A lighter trance, the type of contact that we have with you, would never work for that type of information, that it would take a different vibration.

If you want to confirm any of the three—you already confirmed the first one—I just wondered about the second two.

I am Latwii, and we would conclude our comments upon this subject simply by saying that the particular type of trance which is used in this contact of the Space Confederation is most beneficial to the type of message we have to offer, and [we] are also appreciative of the efforts of those who would use the trance medium, for such an entity is indeed able to transmit information of a much different frequency or nature than that which we are able to transmit through our light trances, as you have spoken of them. We would suggest to those who wish to become more familiar with the contact situation to investigate the nature of meditation on their own, so that they may themselves discover what varieties and types of information are available within their own being.

Are there any other questions?

Questioner: No, thank you.

Questioner: I have a question. You are aware of my desire to learn more about channeling and to serve as a channel. I would ask for advice on how to proceed on this path.

I am Latwii, and, my brother, we will answer you simply by saying that to desire this type of service is the most important ingredient for those who wish to become channels. For it is indeed a service that you render, and within your own being it is necessary to search and to seek that you might be made an instrument, and might kindle within yourself that desire to share the love and the light of the infinite Creator, which resides within your being.

And we would suggest as well a daily system of meditation of your own design. We would suggest meditating at the same time each day, so that you might develop a pattern of relaxation and communication within your own being, so that you might find within yourself that point of centering from which you might be of service.

We would also suggest that a simple prayer might be used to ask that divine guidance be with you as you serve, and that you might be made an instrument of that service of the infinite Creator. We would also suggest that frequent experiences with a channel who has experience, such as those present this evening, might be of use in making the vibration of the Confederation more familiar to you.

May we be of further service?

Questioner: You've answered my questions.

We thank you. Is there another question?

Questioner: No, thank you.

We are very pleased to have been able to speak these few words and to share our thoughts through this instrument with you this evening. We would at this time take our leave of this instrument and, as always, we leave you in the love and the light of the infinite Creator. I am Latwii. Adonai, my friends. Vasu borragus. ♣

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Intermediate Meeting
October 5, 1980

(Carla channeling

I am Latwii, and I greet you in the love and the light of our infinite Creator. The desire for our words is strong this evening and we have been called in quickly. Therefore, we will pause in the middle of our message that you may as a group yet attain a deeper state of oneness. We speak to you because of your need to hear and because of our growing understanding of the difficulties of your peoples at this time. When we first spoke to you as a group we did not understand these difficulties. We knew that the people of your planet dwell within a heavy chemical illusion, but our previous study had been of the various vibrations of what you would call your heaven worlds. They too are troubled, color fading into color, the qualities sometimes distressed, as you would call it, muddying the water of your higher plane. But as we come into your minds, as we enter your domicile and join you in meditation, it is as though we were inside a deep well. And we understand the claustrophobia of those like you who, knowing there are other ways to live, must live in this well, this deep well of sorrow, limitation and lack.

This instrument does not understand why I am giving you this message at this time, for she herself is not sorrowful. Yet she is a faithful channel and will speak what I ask and what I give. We sound this somber note because we wish to tell you that although we can only be your companions in sorrow, lack or limitation, we do know of a reality that dwarfs the illusion in which you now live, and that is available to you through meditation. We know a very simple truth. It is so simple that we are laughable for speaking it to you, for all we have to tell you is what you already know. Many have said it before us. Love is all that there is. Light is the manifestation of love and each of you are vibrating in some area of light, not only in your physical body, but in your thought body and your emotional body and in your spiritual body.

Some of you are more harmonious than others at this time, and we can see you as the song you have just listened to said, as a kind of chord of being. And yet all of you, my friends, emanate it and will return to the one perfect light, the one beingness of love. In fact, you have not left. This trip, this journey, is an illusion which you have created because you have chosen not to be aware of the original Thought of love. This is your right and you have a great deal of help within the illusion which you now enjoy.

There are almost no people to whom you may speak of simple things. Almost all of those who attempt to speak wisdom unto you speak a complex wisdom, one that breaks down so that reality forever recedes before you. The truth, my friends, is simple. Through this instrument and others we of the Confederation have many times urged you to

meditate daily. We do not do this because we feel that a ritual is helpful. We do not do this because we desire to convert any being from any path that he or she may be upon. We do this because this is all that we can do that is not a complete distortion of the truth, for in meditation you simply listen. It is written in your holy works, "The place whereon you stand is holy ground." You carry your tabernacle and your meaning with you. It is a bag you can never leave behind when you pack. It is an item you will never have forgotten when you unpack. All that you are able to forget is how to find that simplicity which is yours in meditation.

When there is something that is troubling you in the physical world, it is often very handy to take an implement such as a pocket knife and remove it, be it the hanging thread or whatever else has begun to seem shabby and extraneous to your needs. There is a great deal in your thoughts that is of the same quality, and meditation has the same effect as a good sharp pocket knife. It cuts through a good deal that you would not be able to cut through by the use of your intellect, in order to bring you to the present, to infinity, to love.

I would pause at this time that you may experience in silence the force of that love. I am Latwii.

(Pause)

I am again with this instrument. I am Latwii. We are continuing to use this instrument in order that the one known as Jim may be more fresh when we get to the questions. This instrument is well suited to our message this evening.

We speak to your planet of sorrow. If we could, we would be upon our knees with our hands outstretched to you, for it is time. If you are going to pursue the life of a student of reality, if you are going to attempt to be one who loves with the love of the Creator, it is time now for you to decide and to do it. We realize that we have been speaking for many years of those things which are to come, and we cheerfully admit to you our inadequacy in understanding your time frame. But we cannot see any more daylight, as you would say, between the events that have been triggered by your planetary consciousness and your own paths. It is time, my friends, for you to be what you will be. There will be an hour in the not-so-distant future when you will be what you have become. And, like it or not, my friends, that will be your time. Becoming will temporarily be at an end and whatever you have developed up until that point will be your sensitivity, your resource, and your sanctuary.

We see down into a well. We do not see very well. Therefore, we ask you to come into the kingdom now and each day in meditation that you may spend as much time as possible in the light and the love of the infinite Creator, for in those days which are to come you will be called upon to be what you hoped to be. We offer you every assistance, as we of the Confederation wish nothing more than to aid you in your realization of the illusion and the way out. We will speak to you many times, for we have infinity. But we speak to you now in your bodies heavy with physical matter, and we send you our sympathy and our urgent message: seek love.

I will again pause that the one known as Laitos may touch each of you who requests it with his presence. I am Latwii.

(Pause)

(Carla channeling

I am Latwii. I am again with this instrument, and greet you once again in love and light. Having delivered myself of such a solemn message, I was looking forward to answering some questions and perhaps being able to spread a bit more cheer. However, we are having difficulty contacting the one known as Jim. If he would relax and allow our thoughts to flow through him, we will again attempt to contact him. I am Latwii.

(Jim channeling

I am Latwii, and am with this instrument, and greet you all once [again] in the love and light of the infinite Creator. We are very pleased to be able to make this contact at this time and would ask if there are any questions which we might attempt to answer. Are there any questions?

Questioner: I have a question. In the time I have attended these meditations I have never known you to seem depressed—what we would call depressed—or to feel the sense of urgency that you seem to project tonight. Are there events here on our planet which have prompted this that you can tell us of or events in the near future that we would wish to be aware of?

I am Latwii, and am aware of your question, and we would answer you, my brother, by saying that there

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are, indeed, events occurring upon your planet which require an urgent attention. But they are not events which have happened only recently, for the history of your planet is one of strife, is one of sorrow, is one of struggling for the material rewards which your reality has to offer. Your planet's history, the history of your people, is now culminating in the dramas which you may observe occurring upon your plane each day of your existence. You need only look carefully at those sources which are available to each of your people as the bearers of news and the occurrence of events around your world, to know that things are not right, so to speak, that there is a great growing of tensions among the various peoples of your world, that these tensions have as their roots thousands of years of motion, and this motion, this energy, this direction is now coming to its full bloom, so to speak.

There will be days in your future in which you will have to ask yourselves whether you have changed realities or if you are still existing within what you thought was your world, for the events occurring upon your plane at this time are of such a nature that they are changing the reality of your people very greatly and very quickly. We suggest that each of your people look carefully at what is occurring, that you make your decisions as to your path of action at this time, for in the very near future there shall not be the time for consideration and careful reflection.

Therefore, we bring this message of a solemn note it would seem to you this evening that you might prepare the way in which your spirit shall travel, for we wish that each of your people might know love and know that love for each other, for that simple action of love is the action which has so long been absent from your planet and your people.

May we answer you further, my brother?

Questioner: I have further questions, but I'm not sure what they are. I'd like to wait until later. Thank you.

We thank you. Are there any other questions?

Questioner: Yes. I'd like to know in relation to what you've just expressed if there are any signs that you can tell us that would signal us to run for cover, so to speak?

I am Latwii, and am aware of your question, my brother. We again would make the suggestion which we have made so often to your meditation group, that you engage yourselves in meditation daily, that you look within your own being for the signs, the directions and the answers which are necessary for your survival, that daily meditation is the most efficient means for tuning in to the energy of what might be called the flow of events, and that by so tuning your energy and your vibration into your planetary vibration you might most accurately decide which direction you shall proceed in.

May we answer you further, my brother?

Questioner: Yeah. I'd like to know more specifically what you were referring when you said that there would be a time when whatever we had would be all we have, and we would be more or less frozen in that position. It wasn't very clear to me what you meant, and I'd like elaboration on that.

I am Latwii, and would answer simply by saying that as you progress upon your own spiritual path, you also are a part of the collective consciousness of your planet, and that there will be a time in your future in which the vibrations of the consciousness of your people shall receive an input of energy, and this input of energy shall signal the end of the old age and the beginning of the new. And within this experiencing of the energy, if you have chosen the path of light, you shall be catapulted, so to speak, in that direction. If you have chosen the direction of darkness, of separation from your own people, from your planet, the direction that so many of your people now seek, those so seeking shall also be catapulted in that direction, that whichever choice you have made you shall receive that choice manyfold by the increase of vibrations of energy that shall be made available and is being made available daily more and more upon your planet.

May we answer you further, my brother?

Questioner: Yes. I just want to ask one more question and then I'll be quiet, and that is how is Hatonn doing?

I am Latwii, and would report to you that the efforts of your most beloved teacher, Hatonn, are realizing more of their purpose, but there is still great difficulty in making the leaders of the various nations aware of the possibility of love becoming a part of their foreign policy.

May we answer you further?

Questioner: No, thank you.

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Is there another question?

Questioner: Yes, Latwii. I'm being kind of split lately with the idea of having to return to my country, Brazil, due to the fact that my father is ill and I feel the need to be there right now and also I feel the need of being here. And it flashed on me a few times that I might have a strong purpose of going there more than just my father being ill, and if that is so would you give me some light on that or reassure me that I'm right, or would that be a good time for me to leave right now, and why is it that I feel so much strong power about being there in that part of the country, of the world, right now?

I am Latwii, and am aware of your query, my sister, and can only answer by saying that the feelings which you express as coming from within your being are those feelings which you must follow according to their strength, that we cannot give you directions as to where you must be but again may only refer you to the wisdom that resides within your own being, for as you yourself express, you are aware of that wisdom and have begun to tap into its energy, and we encourage you to continue to follow your feelings and to consider carefully within meditation the direction which is right for you to follow at this time. We are sorry that we cannot be more specific, but it would be an infringement upon your free will, your right to make this choice yourself.

May we answer you further, my sister?

Questioner: No, thank you, Latwii.

We thank you. Is there another question?

Carla: I have a question. From what you were saying to E, I have a whole new thought that what you're basically saying may be that already, since the new age has already begun and is growing stronger every day, already the time for contemplation and the potential for choosing and for growth is diminishing and the time for action is more and more so that we begin to learn more and more through service and have less of a potential difference between where we are and where meditation will take us. Is this true? Is our understanding beginning even now to be based on our actions?

I am Latwii, and we would answer by saying that you are correct, and, to amplify, we would also suggest the analogy of the gardener, that to reap the desired harvest one must plant the seeds; that seeds, whatever their character, do take that illusion time to grow, and there is a season for growth and a season for harvest. Previous to this time your people have had many seasons in which to sow the seeds of love. Too often other seeds have been sown, too often weeds have been allowed to grow, too often the flower of love has gone unwatered. And now we suggest once again that the season grows short, and those who have not sown the seeds of love, have not made the decision within their being, deep within their being, to follow the path of light and to serve their fellow creatures as best they can, that the time for such to decide is now, for there is only what appears to be a single season remaining for the seeds of love to be sown.

May we answer you further?

Carla: No, thank you.

We thank you. Is there another question?

Questioner: I do not have a question, but I would like to know if it is appropriate to react, to share my feelings about what you are saying?

I am Latwii, and we would be most privileged to experience your understanding and your feelings.

Questioner: I found myself reacting as I heard your answer to what E was asking. I could not accept what you were saying. I hear part of it, and it is beautiful, the growing new age, but what I have mainly difficulty to get into is that I hear [Latwii] dividing the world, the universe, into good forces and bad forces. I just cannot get into this idea that there is something evil or wrong that we have to overcome. I think there is just nothing evil, and somehow it is our illusion *(inaudible)* our *(inaudible)* and that everything, everything is love, everything is light, and we don't have to do anything special, you know, it is just really nice, and I would like to be able to meditate every day, but I do not think that we have to tell everybody to do that because working, even fighting, just all this must be done. And just *(inaudible)* out a word like "weed," you know, what is a weed? A farmer looks at something as a crop and something else as a weed, but a doctor or somebody who is in herbs will look at something like, you know, an unusual or not useable plant and look at something else as something really useable. So …

(Side one of tape ends.)

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(Jim channeling

… to our message to consider what part of the message has value for them, and to take that part and to use it and to nourish that that they hold within their [own] being to be of love, and to take the part which they do not feel and to simply brush it aside as the chaff is brushed aside from the berry of wheat.

And we are very grateful to you, my brother, for your sharing of your feeling, for it is very important, we feel, for each of your people to be able to share openly that which is within their being, and we encourage each of you in this endeavor.

May we ask at this time if there are any other questions which we might attempt to answer?

Questioner: I have another question. Am I correct in assuming that the division of humanity in the near future that you refer to will result in a physical death for part or all of humanity?

I am Latwii, and would answer you, my brother, by saying that the division of humanity which you have mentioned is a division that is not preordained. It is a choice that each of your people make, a choice which each of your people have a right to make, and there shall be many experiences each on an individual level, each occurring in unique ways to each of the people of your planet. The experiences which each of you shall go through shall be chosen by you, by the way you choose to live your life; that there are many events which await your people. Many on the physical level in the realm of Earth changes shall indeed result in what is called the physical death of many of your people, but these changes and these experiences as well shall also be by the choice of those, each and every one who experience them, for free will is a foundation stone upon which creation rests.

May we answer you further, my brother?

Questioner: Can you give us a time frame within which the physical occurrences will begin?

I am Latwii, and would answer simply by saying that the physical changes in the surface of your planet have already begun and shall accelerate in intensity as time goes on. As we have said many times in these messages, we are unable to pinpoint the exact time that any event shall happen, for your future is never fixed, and it is only possible for us to see the direction of energies as they flow, as your people individually and collectively make their choices for how they shall live their lives.

We have suggested before that the decade of the eighties which you have just entered shall be the decade of great changes. As the midpoint of the decade is passed and as the decade of the nineties approaches even greater changes, with more frequency of the various Earth disturbances, shall occur and that some time after the year 2000 your planet shall experience the great change which is known as the polar shift. Beyond this we cannot give more specific information for we are unable to see that clearly or that far into what you would call your future.

May we answer you further, my brother?

Questioner: No, you have placed it in a perspective where I can deal with it now. I thank you.

We thank you again. Is there another question?

Questioner: I have another question, and that is that there is more and more talk of war these days, and what I'd like to know, is it possible that we are close to nuclear war?

I am Latwii, and am aware of your question. We would suggest, my brother, that there have been many times which your people have been close to that which you call nuclear war and there will be more such occasions, and as you have correctly assumed, such an occasion is upon you now. But we would suggest it is nothing new, but is now more visible so that more of your people may see this possibility and may work in their own way to resolve the tensions which bring this possibility onto the center stage.

May we answer you further, my brother?

Questioner: No, I don't think I have to ask any more questions.

Is there another question?

(Pause)

I am Latwii, and if there are no further questions we would take this opportunity to thank each and every one of you for allowing us the privilege and the pleasure of speaking to you in your meditation this evening. We are always honored to be asked to share our vibrations with your people and would gladly

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resume such transmission at a future date. We would suggest a pause for a moment.

(Pause)

I am Latwii, and would close by saying that should any of you desire our presence in your meditation we would be most happy to blend our vibrations with yours. We are creatures of service and seek to serve in whatever way is made available to us. I am known to you as Latwii, and I leave you in the love and the light of the infinite Creator. Adonai, my friends. Vasu borragus. ♣

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Advanced Meeting
October 15, 1980

(Carla channeling

I am with this instrument. I am new to this group. I and my brothers are members of the Confederation of Planets of Service to the Infinite Creator. We have been having difficulty giving our name to this instrument. She is aware of this name and does not believe it. However, I am Monka. We are aware that this instrument feels that previous communications which she has heard from our source were unsatisfactorily legitimate. However, this was due to the editing of your peoples of a real transmission.

We are what you might call sociologists; we would not call it that. We share with you now what we would call it, insofar as words can be messengers of concepts, too deep for the bearing of words. We share with you a looking into the mirror. Yes, my friends, you cannot look away from the mirror. Look away from your mirror and up to the stars. The stars are a mirror. Look away from the stars and in the face of the person you like the least. Aha! A mirror. Look into the eyes of those you consider robots and thieves. Look into the mechanisms of you government. Behold the mirror.

How little you know of yourself, my friends, if you do not know that all things are you. When you study, what do you study? Whatever it is, you are studying yourself. Stare deeply into yourself. Leap at that mirror. What do you feel? What do you deny? You are looking in a mirror. You are looking at your shadow. Drink it. We know that each of you is concerned for this planet. And we have great concerns for your peoples also. We have attempted through other instruments to give you an idea of proper society, proper economics, the proper raising of children, the proper structures of a society based on the love and the light of the infinite Creator. We do not say that we have failed, for we are looking in the mirror, also. And we know that our image is infinite, and failure is far too finite of a concept to consider. Unfortunately, at this time, so is success. I am Monka.

I introduce myself to you and offer what little I have to say. I am as wordless as a fly upon the wall. But I can only urge you to continue to be both merciless and idealistic, both fierce and tender, for those who love mankind must indeed use the sword and the embrace. Look always straight and without sympathy at yourself wherever you may find that manifestation in the mirror of your existence.

We have probed both of the other instruments and find that perhaps it would be better if we worked a bit more before we attempted contact. Therefore, we will pause for a brief moment and reestablish contact with another instrument if he will accept our somewhat different form of vibration. We pause in love. I am Monka.

(Carla channeling

I am again with this instrument. I am Monka. We will return to this group if it is desired by those of you who are here. We do not feel that we can come to all of those in your group, however, this group has the proper tuning. Would you desire for us to return at another time, my brothers?

Several: Yes.

We are gratified to find our poor presence requested again and therefore will indeed again come to you. It is our honor to leave you with all of our love and light, as messengers of the one infinite Creator of the universe of one Being. I am Monka. Peace to you, my brothers, and love.

(Carla channeling

I am with this instrument. I am Latwii, and greet you in the love and the light of the infinite Creator.

We have been attempting to speak through the one known as Jim, however, we find that his attention is somewhat divided at this time. And we feel that perhaps we could be of some service to him, by offering ourselves to him in case he would like to ask any questions at this time.

Jim: I am having some difficulty in picking up your vibration. Last night I had some difficulty with E and B. I am wondering if there is something I could concentrate on or if there is any special interference on my part that is occurring. Could you shed some light on that, perhaps?

My brother, that is our business, and indeed our very nature. However, we will also attempt to make some sense as well as shed light. The difficulty you are having is transient and has to do with the feelings involved in departing and beginning a new phase of existence. Perhaps this has already occurred to you on the conscious level, however, it may not have been clear to you at this time what is occurring to you at this time on the unconscious level in your character.

You are setting the stage for your own act to come with some precision and a realization that the curtain rings down on the previous act. In one's life this is a momentous time and you are in the fortunate happenstance of being aware of it and even enjoying it. You may have noticed that those about you who are not as consciously developed on some of the finer realms as you in disciplines of the personality have been quite upset. This will occur when you consciously make changes in your existence. Those who understand will simply flow with your experiences. You are fortunate in having fellow pilgrims. It is possible that this difficulty may occur again, and we would forewarn you that you not be upset. If it occurs in the future you must not doubt your contact but must instead be aware that there will be those to whom you may speak who seem very interested but who do not wish to know that which is not already known to them.

We cannot speak where there is resistance, whether it is conscious or unconscious. We are, however, always with you and if you cannot receive us verbally you can always feel our love and our light, as you feel it at this moment, my brother. We are aware you are having difficulty receiving these words. But can you indeed feel the power of the Creator's love at this moment? We ask you then to remember and trust our contact. And know that the difficulty you are having at this moment will pass quickly. The difficulties you will have in the future are the difficulties shared by any instrument. That is our absolute desire, never to infringe upon the free will of any individual.

May we answer any other questions you may have?

Jim: I have a question concerning the message we just received from the contact Monka. It was a very interesting message and one statement was made that we should look into the mirror without sympathy for the reflection of ourselves that we see. I was wondering if it was possible for you to explain that or shed a little more light on that? I'm thinking in the realm of having affection for ourselves and accepting ourselves also as we look into the mirror. I'm having some difficulty balancing looking into the mirror without sympathy but also looking with affection.

I am Latwii. We are glad you speak of balance. The one known to you as Monka was attempting in the way of your world to give you some idea of the eye of the Creator as it is filtered through the tree of life, which is the tree of duality. When there abounds too much sympathy, when sympathy becomes too sentimental, when sympathy becomes self-pity, when sympathy becomes denial of a part of oneself, it is then that the surgeon's knife must come out. You must cut away that part of yourself that cannot be merciless in accepting all that there is in yourself.

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When you deal with that which has no sympathy, with that which is indeed merciless, with the murderer, with the rapist, with the terrorizer, then, my brother, balance with sympathy.

The one known as Monka spoke of a cosmic mirror and the eye as the symbol of all that there is. If you look into the mirror, you see yourself as you really are. But most cannot look into that mirror, even into their own eyes, for they become quite frightened. Therefore, it is a very strong allegory for the great oneness of mankind. To love oneself fully is to know without mercy the folly of the depths of one's heart. It is to know and accept without mercy the deepest and most degrading parts of one's being.

For they are not fantasies, my brother. They are all being acted out against the stage of this experience on your sphere of existence at this time. As we speak to you in cosmic gentleness, many terrible things occur. At this very moment, can you cry mercy? No, my brother. You must stand without sympathy and accept the totality of your being, and then pour love from the Creator into that world, into that merciless darkness, with every iota of your being.

For only when you know total mercilessness, in your estimation of the situation of your being, can you be truly a channel for love. Spirits are lovely but the sturdy who stand astride the world of illusion, of pain, of limitations of all kinds, and against that illusion take up the sword of love. Ah, my brother, there is the soldier that shall conquer in the name of love. We hope that this elucidates the theme of our brother of Monka.

May we answer you further?

Jim: No, Latwii, that was very beautiful. Thank you very much.

(A dog is howling outside.)

We thank you and the dog thanks you. Is there another question at this time?

Jim: Not at this time. You have answered my questions very thoroughly.

We are glad, my brother. We will at this time surround you in our vibration that you may carry a charge with you and fear no more that you could ever lose our contact.

I will leave this instrument at this time. I leave you in love and light. I am a fool called Latwii, poor messenger of the infinite Creator. Adonai vasu.

(Tape ends.) ♣

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Intensive Meditation
October 16, 1980

(Unknown channeling

I am Laitos, and I greet you in the love and light of our infinite Creator. It is a privilege to be with this group this afternoon and we thank the one known as Jim for joining us and the one known as L for making use of our contact.

This afternoon we would like to work in two ways. We would like to work with the new instrument, using the one known as Jim, in order that he may gain experience in the type of work which may be done with the newer instrument in order to familiarize him with our contact. The one known as L has already made some very impressive progress, for a newer instrument, and we are very pleased to work with each of you. At this time we would like to transfer to the one known as Jim. I am Laitos.

(Jim channeling

I am Laitos, and am with this instrument and greet you once again in the love and light of the infinite Creator.

We are pleased to have made this contact for this instrument has been experiencing some difficulty of late in receiving our vibrations and it is most pleasing to see that this difficulty has been dissolved. We would say to those who wish to experience our contact for the first time or on a new basis, so to speak, that our vibration is somewhat less intense, so to speak, than is the vibration of Latwii and we work always with those who request conditioning in meditation for it is our purpose to serve as intermediaries, so to speak, between the newer instruments and the Confederation.

We are able to make our vibration known to any who request it because we have what might be termed a more simple wavelength that is easily perceived by those who are able to quiet their minds for a few moments and who wish to receive this type of contact. We are most pleased in every instance to be asked to join in each person's meditation and are always honored to be asked to join in meditation such as this.

We would at this time make our vibration known to the one known as L, if he would relax and refrain from analysis and simply speak the thoughts that appear in his mind. We will now transfer this contact to the one known as L. I am Laitos.

(L channeling

I am Laitos, and I greet you in the love and light of the infinite Creator. *(Inaudible)*.

(Jim channeling

I am Laitos, and am once again with this instrument. We are most pleased to have been able to make this excellent contact with the one known as L and we encourage him in his endeavor to become an

instrument that will be of service to his fellow creatures upon this planet. We are always overjoyed to be able to speak our words through yet another instrument, for, as you all well know, the people of your planet are in great need of words of love and of light and we are especially honored to be able to provide even our limited understanding of the love and the light of the infinite Creator. Therefore, we are always overjoyed at the prospect of being able to utilize one more instrument in this service to the people of your [planet.]

We would, at this time, transfer our contact to the one known as Carla. I am Laitos.

(Carla channeling

I am again with this instrument. We had to bring this instrument back from a trance too deep for our use. We please ask pardon for the delay. As you know, it is especially important that we establish good contacts at this particular time and not only that, but [in] those who are grounded in themselves as seekers, who cannot be moved. There will come times in which your faith will be shaken and it will seem that you have too great a task to accomplish, too many unanswerable questions to deal with. However, that which is needed will be provided. That which is to be, will be. Although there will be miracles, we shall not safeguard the physical lives and the artificial values of each of those who seek our information. Our concern is for the things of the spirit and that is why we urge you, who seek to be the shepherds, to know that it is only important to have a state of mind in which the Creator is remembered as the center, as the giver, as the source, and as the identity of the self. You must have covering for your feet and protection against the cold and food to fill your bellies while you are in the physical. We ask you not to be overly concerned but simply to work upon yourselves, your desire, and your sense of will.

It is not understood in your culture that man can be born with a mission. It is taken, indeed, as a sign of mental aberration that such a belief could be held, yet your higher self planned certain things for you to accomplish, to seek them, to know the Creator, the channel through which your higher self speaks to you, that you may know in each day the service and the action and the manifestation of that day and in each experience the lesson and the import of that experience. If you cannot be shaken from the faith in things unseen, those things which you can see will never shake you.

We thank each of you for your dedication and we join you with our whole hearts in the love and in the light of the infinite Creator. Before we leave, we would simply make sure that we cannot be of further service by answering any questions that you may have.

Is there a question at this time?

(Pause)

Very well, then. We are aware of several questions that are beneath the surface and are content to await their maturity, for, after all, the answers are within you; this instrument is only part of yourself. We leave you in oneness, my brothers. I am known to you as Laitos. We leave you in the love and the light of the infinite Creator. Adonai, my friends. Adonai.

(Tape ends.) ♣

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Intensive Meditation

October 19, 1980

(Unknown channeling

We of Latwii have been attempting to send energy to this group for its use and balance the energies so that we may speak through this instrument for a brief period. We greet you in the love and light of our infinite Creator.

As you know, my friends, our love is always with you and we are very grateful that you desire that we speak with you at this time. We have very little in words to share with you this evening for we understand that we are, at this time, speaking to a group whose understanding of the basic truths of existence is fairly strong. We could attempt to deepen your understanding, but at this time we feel that you simply need to rest and that your minds have been all too active and so we ask you to come with us on a journey, floating up from your physical vehicles as you would float in the water, light as a bubble. There are no more limitations. There is no more ugliness, for you are now seeing reality and the light is very bright. You may pass through many, many dimensions and colors and glimpse many universes being born and existing in ways far unlike your own. You may do this for infinity, my friends, but this is only a short trip, for we know that you will desire, in the end, to arrive back in your physical vehicle, refreshed and ready again to take up the task of loving and living consciously and well.

As always, we ask you to be aware of each other as the Creator, and to be aware of yourself as the Creator. As always, we ask you to forgive others but far more, we ask you to forgive yourself. For though you may have many times heard and made mistakes, yet you have learned from these mistakes, and, my friends, how else can you learn when that is the entire reason for this experience which you are now sharing: education, the education of your soul. Do not worry about your grade, as a spirit, but simply enjoy what you can and when there is not the simple enjoyment, take conscious enjoyment in the knowledge that you are learning.

There will come a time in the not-too-distant future when you will not be burdened with the difficulties and limitations of your density of existence and you will be far more able to see the love and the light of the Creator at work in your lives. Meanwhile, there is an element of faith in living well and we encourage you to refresh it by cleansing yourselves in the waters of meditation.

I would, at this time, open the meeting to questions.

Questioner: I was wondering—I feel guilty to do meditation. I think sometimes I have come to that point of feeling a strong union with a being or a high consciousness and I feel sometimes that I want to—just like—[let] my whole being just fly away and go, you know, like an astral projection or

something, but I feel that I hold back and am kind of scared to release and let go. Could you give me some advice on that, how can I release that eagerness of my soul to just go on traveling, doing astral projection, to be more in union, to be more released with that energy?

I am Latwii, and am aware of your question. My sister, the separation of your astral body, as you would call it, from your physical is done by you each time that you sleep, consequently it is not an alien or an unusual occurrence in your life, it is simply somewhat unusual for entities to have the ability to do it consciously. There are physiological reactions, which can cause discomfort, such as the sounds and the vibrations of the astral body leaving the physical body in an imperfectly symmetrical manner. This often causes fear. However, there is no, shall we say, astral "boogey man."

The places which you wish to go are created by your desire and you will go where your desire is to go and visit whom or what your desire is to visit. Therefore, we feel that it is proper to reassure you that you have no fear, that you will be waylaid by some astral [monster] and stripped of whatever astral belongings you may have. This will not happen unless you have been calling it to yourself. If you desire to work with your guides or to simply examine the experience of what this instrument would call "distant vision," that is precisely what you will do.

Your desire shapes your experience. That is a law of the universe. If you are indeed feeling very cautious about such experiments, it is a reassuring thing to work with a group who is in meditation with you. Thus, they act as batteries strengthening your own desire for the truth, the good, and the beautiful. This is what is necessary in the astral or inner realms of experience, for in those realms, your thoughts are the only reality.

As your thoughts are, so shall your astral body go. Maintain your true desire for love and light and you will not be placed in a difficult situation. However, we assure you that it is not necessary to experience any unusual phenomenon in order to experience the release and the freedom which the love and the light of the infinite Creator can bring. This can be experienced in any condition. It requires only a state of mind capable of grasping love. Cultivate, then, freedom in whatever state you may find yourself and choose freely what you wish to experience, according to your desires.

May we answer you further, my sister?

Questioner: No, thanks. Interesting.

We are pleased to share with you our thoughts, my sister.

If there are no more questions that you wish to enunciate at this time, we would pause before we leave, that the one known as Laitos may work with each of you. I am Latwii.

(Pause)

I am again with this instrument. I am Latwii. It has been a great pleasure to speak with you and we are very, very happy to share in your vibrations at this time. We wish that your life streams may flow evenly and sweetly. We are always with you at any time you request our presence and you must always be sure that the teachers of Hatonn are with you in spirit even though their work calls them elsewhere at this time. We are their stand-ins, and it is our great pleasure to be with you. We leave you, through this instrument now, in the love and the light of the infinite Creator. I am Latwii. Adonai, my friends.

(Tape ends.) ♣

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Sunday Meditation
October 26, 1980

(Unknown channeling

I am Latwii, and I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be able to share this meditation with you, and we thank you for the opportunity. We see the calm that is growing within your minds as you begin to rest in meditation, as though it were the surface of a quiet pond which had been tossed by storms, and blown by the wind, and now it begins to calm under sunny skies, and to reflect, more accurately, the beauty of the foliage which surrounds the pond.

The minds of your people are so often disturbed by the waves and the storms of emotion, emotion which has been developed by the sense of separateness of one being from another. My friends, if we could but give to you the understanding of the one simple concept that underlies all of reality, the waters of your mind would ever be calm, and the springs of your inspiration would flow clear and sweet.

That simple truth is one Thought; it is written in your holy works as one word. That word is love. In those works, it was written that love came into the world, this love which is light. And the world was full of darkness—which we would call separation—and the darkness did not understand the light. And so, my friends, it will always be. The complex will never understand the simple. The simple truth, as we know it, is that love, manifesting itself in your world as light, is the source of all matter, all consciousness, and all energy. All the beauty that you see is a living embodiment of love.

Would that we could say to all of your peoples who live upon your troubled sphere at this time, "Please, beloved planet whom we serve, can you but calm your minds, and see the beauty of love."

People find their minds to be like stone, their opinions and their biases etched in the stony surface with great deliberations and therefore people do not change. Yet in truth, my friends, all living things are in constant state of change, and thus the mind is water, not stone. For water can adapt itself to any circumstance, and in the end is stronger than any rock. For you can see, as you look about you at your rivers and your canyons, that given time, as you call it, water erodes that hard and unforgiving stone, absorbing life-giving minerals, and [is] flowing, always flowing, giving beauty and life, rain from the sky, waves along the shore.

That is the secret of your consciousness, my friends. Your mind is much stronger than you may think. Not because of its firmness, but because of its incredible ability to learn, to change, to adapt, and to transform itself, just as water becomes part of the

air and is then reformed as a life-giving substance watering the crops.

As you rest, as your mind is clear, rejoice that you are part of a consciousness which is all one consciousness of being, of all living things in all the universe. You can no more be separate from each other than can one drop of water be separate from the ocean. We are all one, my sisters. And in this may we humbly rejoice and give thanks to the Father who created us, to share His love and His light.

I would pause at this time, in order that the one known as Laitos may work with each of you at this time. I am Latwii.

(Pause)

I am again with this instrument. I am Latwii, and again I greet you in the love and the light of the infinite Creator. Our brothers and sisters of Hatonn send you their greetings, and we come to the part of the meditation which is reserved for any questions you might have. We are grateful to you for allowing us to share our thoughts with you. We have become better at keeping our minds upon communication with you. For when we began speaking to your group, it was our first interaction with the consciousness of the people of your planet, and we found ourselves constantly drawn away by what we found to be the humor of the situation, as each of you has a vibration which dances and shimmers, and looks to us in a certain way, and we would become involved in watching those vibrations, and we would become distracted and end up making jokes which we found did not precisely add to the inspirational tone of our message.

We are grateful for the chance to work with this group and develop an ability to give to you some of the philosophical basis of our understanding, which in all seriousness we do wish to share with you. It is simply that, for those of us who deal almost completely in telepathy and do not speak, it is very difficult to work through language without finding that process somewhat hilarious. We wanted to especially thank you for being patient with us.

Now, we would be very happy if we could answer any questions you might have at this time. Is there a question?

Questioner: Could you tell me if the dizziness that I've felt since the beginning of the meditation—is it physical, a physical problem, or is it something more on a psychic level?

I am Latwii. We are with the instrument. We have been scanning your physical vehicle and we find that you do not have a basic physical problem at this time which would account for dizziness. However, this room is quite charged with the vibration of a sincere desire for understanding, and the contact which you have experienced has perhaps been a bit strong, since several of the Confederation of Planets in the Service of the Infinite Creator have been with us this evening without announcing their presence.

The dizziness seems to be associated with the vibration of the one whom you know as Nona, who has been with you during this meditation, for she wishes to send you strength and healing at this time.

We will at this time allow this vibration to modify so that you will not experience discomfort. We will pause at this time for that purpose.

(Pause)

We are adjusting the vibration at this time, my sister. Are you feeling better at this time?

Questioner: Yes, I am.

We are very pleased. We will use more caution, for we realize that you desire and need healing of a *(inaudible)*. And that is what you are here for. However, we do not wish to cause you *(inaudible)* while we are attempting to help you.

Is there another question at this time?

(Pause)

Very well then, my sisters. If there are no more questions, I will leave you with a simple thought that I hope will help you in the days to come.

Say, my sisters, that your neighbor had a very, very large garden, and yours was very, very small. But in your garden, you planted with balance, and an understanding of the position of sun and *(inaudible)* each other, and colors, and beauty, and the needs of your *(inaudible)*. And your garden *(inaudible)* weeded, and fed, and harvested in *(inaudible)* and flowers *(inaudible)* about its edges.

And your neighbor's garden, large as it may be, was planted without regard to the needs of plants, was allowed to grow wildly, weeds growing along with the food. Your neighbors planted no flowers, had no

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eye for beauty. Which garden, my sisters, would be the beautiful garden? Indeed, it would be the small one. It is not how great the deeds are that we do, in our day-by-day existence, it is the grace and the understanding with which we do them. Keep your heart full of love, and your mind acquainted with beauty. And no matter how great, how intellectual, how ambitious are the people with whom you deal, the quality will be judged only by the grace with which each of you meets the small requirements of the day, the tiny moments when you can be graceful, and kind, and appreciative. Never, ever lose confidence in the beauty and the grace and, if we may use this word, the importance of yourself. For you are the Creator. You have all that anyone has, within you. Perhaps your lot in life, this particular time, is not dramatic. But if you are graceful in the smallest thing, you are a better channel for love than the greatest individual who does not look to love for his actions.

We leave you in remembrance and constant acquaintance with that love, and with the light of the infinite Creator. I am known to you as Latwii. Adonai, my friends. Adonai vasu borragus.

(Tape ends.) ♣

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Sunday Meditation
November 9, 1980

(Unknown channeling

I am Hatonn, and I greet you in the love and the light of the infinite Creator. It is a great blessing to be back with you. Indeed, we have been back for several days, and have been looking forward to the opportunity of speaking to this group, and are very pleased that you are meeting.

We have had some success in causing some of the leaders of those peoples whom you call Russians to envision a more spiritual view. However, we are sorry to report that on the whole we have met with what this instrument would call a resounding rebuff. And [this] causes us to become very [weary,] as we have our energy reflected back to us with much negative energy added. We have been retired from that particular duty once again, and are able to return to you.

Although this instrument is somewhat puzzled at the change in program, we would like to open the meeting to questions at this time. Is there a question that we may answer for you?

Questioner: *(Inaudible)*.

I am Hatonn. We were aware this was very centrally upon your mind at this time, and we feel that it is one of the central questions, because it adds into one of the central occurrences of the dawning of the new age. Therefore, we wished to focus upon this.

This instrument is experiencing some difficulty, partially due to the depleted state of her physical energy, also partially due to her lack of personal understanding of this problem. However, we shall continue through this instrument, for we have a good contact. And we caution this instrument to be calm, and do her usual job without regard to the nature of her communications.

If you can picture with me the formation of mineral crystals, you will be aware that there is a great deal of rock that is not at all crystallized, and is therefore relatively insensitive to delicate vibrations. This is analogous to a large portion of the peoples of your planet, who feel the new vibrations of what you may call the "golden age," but whose crystallization of purpose or intent in seeking the path of truth and the love of the Creator is so truncated that it does not matter to them and they go about their business and lead the lives that they would lead, their relationships being guided almost entirely by their needs for procreation, companionship and financial aid. This governs the relationships of most of those among your peoples.

When these conditions are not met—when finances are inadequate, the procreative instinct of one does not suit the other, or the need of companionship is not agreeable to both—this type of union will cease.

Now we move on to your question. There are seeded among your peoples more crystallized souls or spirits who are much more oriented towards reflecting and refracting the light and the love of the Creator. These are people of magnetism and illumination to some degree or another, and are committed each in his or her own way to the path of righteousness, as this instrument would call it.

However, it is the nature of most crystals to be flawed, and the delicate vibrations of the golden age are such that each crystal will begin to disintegrate to a certain extent along the flawed line. It is within the free will of each of these entities to rebuild their crystallized entity in such a manner that the flaw no longer exists. However, this is extremely painful. It is much more common for the individual not totally understanding the purification that he or she is going through to blame the pain of transformation upon those nearest the entity.

Thus, many who are undergoing personal and individual purifications in order to become purely crystallized and free of flaws on the path to what you would call mastery are interpreting this pain as having to do with a relationship, rather than recognizing that the problem is completely personal, and is no reflection upon any partner, child or situation. This is the great contributing cause to the many seemingly synchronous relationship difficulties that you are now observing and indeed experiencing.

May we answer you further, my brother?

Questioner: *(Inaudible)*.

I am Hatonn, and I understand your question, my brother. You must address yourself to the fact that each individual has a path of his own. The individual who spoke in this wise to you is an individual whose nature sees things in a very simplistic way. Having once experienced relationships, and again experienced relationships, and again, this individual has determined to his own satisfaction, by simple experiment, as he would put it, that spiritual union does not exist for him, and that it is his fate to be alone. He may well be surprised when fate offers him a spiritual partner whose energy balances his own.

The simple truth is that each individual comes into this illusion that you have in third density to learn specific lessons. Some of them involve a large degree of loneliness. This does not have to do with the new age, this has to do with the choice of lessons by the individual. There are some individuals who have a great need to balance the love vibration with a wisdom vibration. Thus, they spend time alone working to become more self-disciplined and more wise. They are therefore unable at some particular point or perhaps for a large amount of time in the illusion to experience true spiritual union. Others spend their entire lives involved in spiritual union with partners due to the fact that their orientation attracts such partnership.

There is no right or wrong path. There are two poles to the love and the light of the infinite Creator. One is love, the other wisdom. Love is a female vibration, and wisdom male, if you would use those terms. We feel it will be helpful to you to understand what we are saying for us to use those terms. It is more characteristic of the male energy to be wise, and more characteristic of the female energy to be loving. Neither will be of service in becoming a channel for the love and the light of the infinite Creator without some balancing agent of the other. And in order to achieve mastery, the two must come into balance so that each male has the female energy totally balanced within his nature, and the female the male energy totally balanced within her nature.

It is basically, shall we say, nearly impossible to achieve mastery alone. Those who achieve it, for the most part, work with a partner. This is the true basis of spiritual union. This is the true yoga, for the female and the male to work out together the lessons of love and wisdom. For love without wisdom is wasted on foolish things. And wisdom without love is hollow, and foolish also.

Thus, at the end of this illusion, as you begin to achieve a mastery of this illusion, you will undoubtedly have done so through the unions that you have experienced in your lives during this cycle. Therefore, it is of course incorrect to say that there is no such thing as a spiritual union in the new age. Indeed, spiritual union is what the new age is all about. However, there are those individuals who must experience solitude, until they have reached the point at which they are ready to open themselves. Then the opener, that is to say the partner, will appear, and they will be caught up without doubts or prejudice.

For such is true union, that it is impossible to ignore. It is a characteristic of your peoples, that

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bitterness, as you were pointing out earlier in your conversation, is a by-product of age. It is unfortunate that some distill this from their experience, for it is not a healthy drink. Far better indeed, to let the bitterness go, and enjoy the beauty of each moment.

The entity who has spoken to you is indeed cleansing himself at this very moment, day by day, and will in time not be bitter, for his soul is a sweet one. He is simply discouraged over what he sees as failure on his part. However, when the entity has vibratory difficulties, it is not failure; it is simply the pain of growing. It is sometimes unfortunate that during the growth process, that which could be saved is lost, but almost always, this loss is for the purpose of freeing the individual for a relationship or an understanding that he needs more.

Therefore, what this instrument would call initiation through purification exists for those entities who are ready to work upon themselves. And the currency of this work is most often pain. It is in time balanced by joy. The nature of this illusion is polarity. Thus, your perception that spiritual union with a partner is not obsolete is certainly a proper one. However, this does not indicate that everyone will always have a partner, for there are times when solitude is necessary for growth process.

Remember that you are a continuing soul or spirit, and that this particular incarnation, in this particular illusion, in this particular space/time, is merely one small part of the circle of yourself. Thus, it does not always make sense day by day, but you must look at the greater picture and see the greater cycles that you experience knowing that that which you need will come to you and be unmistakable.

May we answer you further, my brother?

Questioner: *(Inaudible)*.

We of Hatonn thank you, my brother. We are pleased that you will work with what we have said. It is our greatest blessing to share our humble thoughts with you. Please know always that what we say to you is not infallible, and never trust anything that we say above your own instincts, anymore than you would trust the voicings of the opinions of a brother or a sister, for that is all that we are.

We would, before we leave this group, attempt contact with the one known as L, that he may experience our vibrations, not through computer, but directly. Thus, we will close through the one known as L. I am Hatonn.

(Tape ends.) ♣

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Sunday Meditation
November 16, 1980

(Unknown channeling

[I am Hatonn.] Tonight we have been successful in contacting a new instrument and we are pleased that he was going to step out on his faith. We of Hatonn are willing to adjust our being if it is difficult to discern for this instrument. We will pause for this purpose. I am Hatonn.

(Pause)

I am Hatonn, and I am again with you. We have adjusted our being and we feel that we are more closely aligned with this instrument. At this time, we would like to share with you a story of our past.

At one time, we of Hatonn were a warlike nation in that, although united as one planet, we were divided into many sects that strove to dominate or control the planet. We chose to combat one another in our efforts to achieve this control, however, none were able to dominate and all were weakened by the struggle. Finally a point was reached in which we of Hatonn were destitute. We had destroyed all of the resources that our planet had to offer and were unable to kill one another simply because we no longer possessed the raw materials from which to construct further weaponry. At this point, we had also destroyed our food chain and were near starvation. In many ways we were, at that time, very similar to you as your planet is today, fixed upon oblivion.

We discovered that our survival as a priority superseded all other priorities and that the requirements for survival became very obvious: regard each man or woman as one's own brother and share with that brother as you would with your wife or husband or child. Our decimation became, in this manner, our strength. In our choice, in our choosing to reduce our planet's ability to support life, we inadvertently chose a very strenuously spiritual path, that of loving through forced sharing. Perhaps this may not sound very spiritual to those listening to our words, however, then we learned that sharing was more valuable than surviving. We obtained a vibration level that enabled us to both sustain our bodies and at the same time, progress beyond physical needs.

We share this story with you not in pride, obviously, but in encouragement. Small though your numbers may be, those of you who have grown beyond your brothers in your desire to love and share will be able in destitution and poverty and in starvation to mold and guide the growth of your race but only if you keep faith with your feelings. We feel that it is necessary to encourage you at this point because the time draws near when your strengths will be called upon and tested severely. Many of those strengths in many of you are already being tested at this time.

We love you in the manner of brothers who can only watch and encourage and advise you as you grow

and we desire that your growth be rapid and as painless as is possible. However, what you call growing pains will occur and are occurring now that you may adapt yourselves to the experience of pain without taking the pain within and clinging to it as one would a valuable jewel or possession. All things pass, as will your pains even if they pass as a result of your death on the physical plane. Do not let this death or these pains worry you. They are merely tools with which the universe shapes the final product which you so desire to become. I am Hatonn.

I am Latwii, and I greet you also, my brothers, in the love and light of our infinite Creator, in whom the hope of consciousness lies. We are grateful to our brothers and sisters of Hatonn for enabling us to visit with you once more for we are very, very fond of this group and greet each of you. We are here for the purpose of answering any questions that you might have at this time. Is there a question at this time?

Questioner: Latwii, I have a question or more correctly a group of questions. I have some friends who receive information of a teacher such as possibly yourself, however the advice they receive often conflicts with what I receive from you. This has aroused my curiosity. I therefore ask you about their teachers and about the level of competence of these teachers and how much they should be believing.

I am Latwii. My brother, may we answer the last question first for it is the most important. You are not to believe any teacher. You must believe your heart. This is a simple truth but important to your advancement. There is no true teacher but yourself, for there is no one but yourself. All the information that comes your way does so for a purpose. Out of it you take what vibrates to you as proper. The rest you discard. This is true of all information, including the owner's manual of your car. You must not separate any information from any other information or treat some information as priority. This is only information that we are giving you. We do not consider ourselves, shall we say, a higher source. We are your brothers. We have had experience. We share it. It may not help you. It is as simple as that. We now go backwards and answer the first question.

We are a source that is not connected karmically, shall we say, with your physical planet or its finer planes. We are messengers or angels, if you will, in the service of the infinite Creator. We are a variety, but we are all one in His service. We do not have the right by the law of the creation to interfere with the free will of any of those upon your planet, although, in an advanced group, we can sometimes give information or confirm information for those in that group, knowing as we do that those advanced students will not believe us unless they wished to and if they believe us they already believed when they asked the question. Therefore, we are not infringing upon free will.

Those connected with the Cosmic Awareness Group and others whose information you have been acquainted with are a planetary source. This source is not a bad one at all, but you must understand it is no more to be believed than the owner's manual of your car, which most often will get you out of tight spots but is sometimes incorrect due to misprint, a torn-out page, or the book being for the wrong model.

This often happens with planetary consciousness such as this Awareness Consciousness. It is aware, in part, of the akashic record. However, it is filtered through the egoic vibrations of the interpreter. Therefore, there is an element of human awareness in this awareness and that particular human is somewhat alarmed about the practical side of things.

It is perfectly all right to consider any information that you may wish to. How much better it is to follow your heart and do not give the slightest amount of worry to various bits of data as they occur but merely be intelligent and knowledgeable of the only tool that you have for analysis upon the physical plane, to use it correctly. That is, use your intellect correctly. Collect and store data and observe further data to see if it fits various patterns. This will inform you [that] by far the most important group of data in your life is your thoughts and actions. The printed page, the spoken word, may be paranoid, inspiring, extremely interesting or dull, but it is basically irrelevant compared to the data of yourself, your thoughts, your beliefs, your biases and the actions that you take towards those about you.

You are like a web shining in the light and you weave yourself moment by moment. Do not compare teachers. They are all lacking. Listen to the wind, and attentively weave your life from the strands of love and light the Creator has placed at your momentary disposal.

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As to your second question of the three, we do not feel that it is necessary for us to evaluate sources of information. Perhaps you do not agree with this and would like to question further, but we feel sure that you are following our drift, as it were, and understand that it is not interesting to us to evaluate our brothers who are attempting to be of service but who have a different point of view, terrestrial rather than, shall we say, heavenly for our kingdom is the universe and that which is upon your ball in space is of interest to us only as it affects you in your growth and evolution.

May be answer you further my brother?

Questioner: I have a different question now. In examining my understanding of the concept of reincarnation and karma, I felt that in each situation one encounters, there may be a lesson which is confusing. The lesson itself might be more clear if I understood some of the things that I had returned to learn. For example, if I had returned to this Earth with one lesson as objective to learn not to kill and I were consciously aware of this, it would be perhaps easier to complete the lesson or to learn it fully.

Is it possible for you, first of all, to determine what an individual's lessons are for this lifetime and second, if it is possible, are you allowed to share that information with the individual to help them further their growth?

I am Latwii, and I am with this instrument. It is possible, my brother, for us to scan the various bodies that you possess and to discover thereby the patterns which you brought into this incarnation. It is not permissible for us to give you the answers to the examination before you have taken it. We are not in the business of crib sheets, and you must view your lessons as just what they are: things to be learned.

There is a shortcut and you know it well. Release all the lessons, all the worries, all the distress, and all the confusion and meditate. We cannot emphasize your daily surrender to the Infinite enough times. If you have that much faith in yourself to work upon yourself by opening yourself to yourself, your confusion, your problems, your karma will take care of itself. You may notice that you are foolish quite a lot and spend a good bit of time regretting it. That is because you are on a third-density planet. It, in effect, goes with the territory. Do not worry about it but turn instead once more to the Infinite and be enabled by contact with love to face with joy the total folly of your existence, if it seems so to you. Enjoy yourself, my brother. That is the highest advice that we can think of to give you. Laugh and love and be. What you came here to learn you will only learn by embracing this life with love.

The other part of your question has to do with karma and much is partly understood about it, which makes it very difficult to explain. It is commonly understood to be another way of saying that as you sow, so shall you reap. It is much more clearly seen in the context of forgiveness.

Karma is, very simply, action. There is a law in your physics that says there is an equal and opposite reaction and this can be true unless a higher law of creation is invoked. And that law is forgiveness. If you can forgive yourself or if you can forgive another you have eliminated that much karma. You have nulled the action and there will be no reaction. This is what the master known as Jesus was exemplifying. He stopped the wheel of karma and so may you, without being quite so dramatic.

We thank you. Is there another question at this time?

(Pause)

We would find it difficult to answer a snore, therefore, we will leave this instrument, wishing you only the infinite capacity to laugh as you tread the path of spirit. We leave you in the love and light of the infinite Creator. I am Latwii. Adonai vasu borragus.

(Tape ends.) ♣

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Sunday Meditation
November 30, 1980

(Unknown channeling

I am Hatonn, and I greet you, my friends, in the love and the light of the infinite Creator. It gives us great pleasure to welcome the ones known as C and D to the group once again for we have not had the pleasure of meditating with you for some time in this group although, of course, we are always with you. We may make it known at this time that we appreciate those who meditate at this time in other places to join this group in its meditations and are with them also.

It is said, my friends, that the one known as Jesus was incarnate by a virgin and was made man and dwelt among men and by them was crucified. This, my friends, is a much misunderstood story, a much misunderstood example, and a vastly underrated life. Around it has been built a great organization, all too lacking in the one thing that the entity known as Jesus to you desired and that is, my friends, the experience of being one with the Creator.

The one whom we call Amira and whom you call Jesus did not desire to eliminate from his disciples' lives cares and concerns about the state of their spiritual wellbeing. Indeed, he constantly urged his disciples to become more close to perfection. And it is written in your holy works that he said, "Be perfect as your Father is perfect," and again, "It is not I that do these things, but my Father."

My friends, as you go through your daily lives, so much of your attention is consumed with the needs of your physical vehicles, the security, your comfort, the enjoyment of your personality. But let us look at what is known as the virgin birth, that event which is celebrated every year by your peoples and that event which almost no one believes and even fewer understand. You, yourselves, my friends, are at some stage of holy conception by the inspirited self, that self who you really are. This self was not conceived by man but came to this plane of existence and to the human race asleep in a body, the physical vehicle.

The physical conception was, of course, not immaculate but the spiritual conception which each of you who seek are attempting to further is totally immaculate and takes place within what we may call your heart of hearts, within your deepest inner self. And like an infant, the spiritual self must be nurtured, loved and nourished through meditation and through as much right action as you can possibly interject into your daily lives.

We realize that this seems to be an inhumanly difficult thing many times but once an understanding of the love of the infinite Creator has been realized, that which is difficult will become obvious. That which is crooked will be made straight.

At this time, I would transfer this contact to the one known as L.

(L channeling

I am Hatonn, and I greet you with the love and the light of our Creator. This evening is a special time for all who work for the cause of enlightenment. *(Inaudible).*

We of Hatonn are able to see progress that has been made by meditating but, unfortunately, we must tell you that it is only slight. The special occasion we spoke of is an event of communication, for we are now able to speak and be heard by several others simultaneously. This is due both to the synchronization of the meditations of the various groups, and also to the level of competence or achievement that these groups have attained.

For the first time the scattered energies of the small varying groups scattered across the face of your geographic area are united, thus making our contact with you and them and your contact with them much stronger. We of Hatonn described your progress with your brothers as woefully short and that of the many-calling, [who] have been [chosen] by themselves to carry a level of learning and understanding forward among your brothers. Although we cannot urge you to contact your brothers and publicize our communications for our connections with your race must be through the warmth of an almost magnetic current of drawing seekers to light. We urge you to pursue physically a type of life that exemplifies true correct living that your light may be a beacon to those who seek.

As we of Hatonn share our knowledge, our love, and our strength with you, so also must you share with your brothers. It is only in this manner that you appear. You cannot take your plan to the universe, just as on this night the various groups that we mentioned have attuned themselves to one another.

We of Hatonn share our love with you at this moment and we ask the blessings of good nature upon you and upon your planet on this night and may you all rest in peace. I am Hatonn.

(Unknown channeling

I am again with this instrument. I am Hatonn, and again I greet you in love and light. Take heed, my friends, for you have within you the most precious thing in the creation. Take heed to your spirits. Nourish them and hearken to the faint music of the angelic choirs as they resound throughout the heavens of the creation. For each realized soul is a cause of great rejoicing among our peoples, for the harvest draws near and we grow closer to you. Draw on us if you need us but more than any, draw upon the love within you, the truth that resides within you, the one original Thought that created you. All of these things you bear within yourself. Let them be born. We rejoice with you in the here and now that is eternity. That we seekers of the Creator can even now know the joy of being part of the creation and in concert with all those who seek, we sing a joyful hallelujah, for to love and to know love is beyond all joy that can be known in the brief shadow that is your physical illusion. We leave you in the sunlight, my friends. The shadow of your physical vehicles is not a lasting one. Never let its limitation distract you from the perfect beauty of that which is born within you, the seed of creation—love.

I leave you in that love and in that light. I am known to you as Hatonn. Adonai, my friends.

I am Latwii, and I am very glad to be with you. My brother Laitos is also here and she asks me to ask you to request her presence if you wish to have some conditioning at this time. I will pause while she works with each of you who requests it. I am Latwii.

(Pause)

I am again with this instrument. I am again having to adjust our vibration, for we are blowing this channel's circuits. If you will pause just a moment, we will step down our intensity, for this is a sensitive instrument. We sometimes come on a little strong.

(Pause)

There, my friends, we think that will be a little easier on the instrument. We are here at the invitation of Hatonn to offer ourselves at your service in order that we may share with you any information that we may have, if you have a question at this time. Does anyone have a question at this time?

Questioner: Oh yes, a friend wants information on the issue of astral travel and out of body experiences. What can I tell him?

My brother, I am Latwii. I am aware of your question. Your friend knows more than is known to you at this time. However, we would say to you at this time, you may say that the higher self, with a

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number of more highly vibrational bodies at the moment of incarnation—which is not necessarily the moment of conception—becomes attached to the physical vehicle of an infant by means of what those of the so-called occult world call the silver cord. This silver cord is retained. It shapes the physical vehicle and those illnesses and other limitations which you experience during your physical existence occur due to the fact that the higher selves functioning through the silver cord are not able to allow that energy to flow unimpeded into the physical shell which it has created. These blockages cause these problems.

Those who are able by nature to travel astrally are those whose attachments to the physical vehicles are not taken as totally integrated either consciously or unconsciously. There are some souls who seem to know and consciously be able to leave the body and travel in the higher bodies. There are others who are unconscious of this ability but who have it happen spontaneously due to a misalignment of the physical body with the higher bodies or because of some trauma which occurs, whether it be joyful or sorrowful.

It is not particularly helpful to experience astral travel unless it is needed by the individual in order to prove to himself the subjective truth of the fact that consciousness does not reside in the physical vehicle. In that context, astral travel is very valuable. In and of itself, however, it is not inclined to be a valuable experience unless the entity is very highly trained in what this instrument would call magic.

If trained in the western traditions of magic, it is possible to reach through the astral body guides who may then instruct you while you are completely conscious. This is seen by those who work in these realms to be of great benefit. In the Eastern tradition, there is much the same consideration of the benefits of astral travel, although it is taken much more for granted in that tradition which is, of course, much older and therefore less structured and more complex.

Is there anything more that we may tell you about this subject that you feel may be helpful to your friend?

Questioner: I don't know. He's talked to me about it before because I listened and had some knowledge that would be some encouragement. Should he be encouraged? Is he ready to be? Should he be encouraged at this point?

My brother, I am Latwii. You should neither encourage or discourage a person who is in pursuit of a phenomenon. Encourage only that the Creator may be known. The entity himself may choose the route by which he finds the Creator. For this entity, it might be the experience of astral travel. However, it is not the perquisite of any individual to give advice to another on these matters, but only to witness to one's own feelings and knowledge of the Creator and of the methods by which he has experienced a change in his feelings, in his life, or in his work of a positive nature, due to his involvement in [a] spiritual path.

We do not mean to denigrate or, as you might say, put down astral travel. It is a natural thing to do rendered unnatural only because those of your peoples are very largely sleeping in their spirit and unaware of the possibility of separating the higher bodies from the physical body connected only by the silver cord. It is not to be encouraged any more than any other experiential phenomenon should be encouraged simply because it is unknown to anyone whether his brother may be ready for such an experience. It is impossible to judge the state of a brother or sister; therefore, it is impossible to give advice. For some this experience might be very beneficial. For others it might be terrifying due to an unfamiliarity with the process, for there are physical sensations connected with the leaving and returning to the body that are somewhat alarming to some who experience them.

Therefore, you see you are more or less in a position where you may give information but without any emotional bias. You may say, "This is what I have heard. This is information that I have been able to share but I do not know what you must do. You must seek inside yourself for the answer to that question." In this way your friend will know you to be a person of integrity, as well as a friend who attempts to hate, to help—we will correct this instrument—a friend who attempts to help when asked.

May be answer you further, my brother?

Questioner: Thank you. I'll just keep an open ear to him and share love. Thank you.

That is good, my brother, and we thank you. An open ear is the greatest blessing a friend can have.

Is there another question?

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Questioner: I've been experiencing some unusual physical sensations as you've been speaking.

There is an extremely good contact this evening, my brother, and this instrument we have had to be very careful with, for she is experiencing physical sensations herself having to do with enormous amounts of heat. At least we are able to speak through her, for when we began we were hardly able to control her vocal mechanisms. We are sorry for any stray vibrations that may be disturbing you and will ask the one known as Laitos to adjust your vibrations in such a way that you are more comfortable. We will pause at this time.

(Pause)

I am Latwii. I am again with this instrument. Are you feeling more comfortable, my brother?

Questioner: I was just thinking, now I know how a radio feels when it's turned down.

We are very glad that we have been able to adjust your dials. Is there another question at this time?

Questioner: Hatonn earlier spoke of understanding and the love of the infinite Creator. The statements reminds me of a kibbutz. I felt as though I were a finite being trying to understand the Infinite. Can you expand upon this statement?

Yes, my brother. Your concept of yourself as a finite being is essentially incorrect. You are an infinite being able to experience an infinite Creator. In fact, you are the infinite Creator, as is each person into whose eyes you may gaze at any moment in your existence. The finity or limited nature of your vehicle confuses almost all of your peoples, and it is because of this very concept in your mind that our brother of Hatonn spoke upon this subject earlier. It was intended to share with you our thinking upon this subject.

We of the Confederation see each entity, each man and woman of your planet as infinite. It is written in your holy works, "Before the world was, I AM." There is no past, there is no future. There is an infinite present and I AM. You and we of Latwii and this instrument, those in the room, and each of those upon your planet are part of the great I AM. You are awareness. You are consciousness. You are. Your being is infinite and preceded the making of this incredibly vast galaxy, solar system, and Earth. How many eons have you been infinite? And yet there is no duration, for in reality you are. And to understand your being is to understand love. For it was the love of the Creator that generated awareness. I AM. That is you and that is infinite. You are not a finite being and your brain, with all of its limitations, its overloads and its confusions, is merely a tool that you have sometimes used poorly. Never let it tell you what to do. Let your heart and your will express itself so that your mind performs the tasks given it by love, working as a servant to you who work as a servant to the Creation.

May we answer you further, my brother?

Questioner: *(Inaudible)*.

We thank you, my brother. May we answer the one known as C at this time?

C: I really didn't have a question. I just wanted to send a thank you *(inaudible)*.

We have relayed this to our brothers who are very, very pleased that they were able to share with you in such a way that it enabled you to feel more at home in yourselves, for you are truly only at home within yourself.

We have one more question that we must answer for one who is absent, but before that we wish to make sure there are no more questions. Is there another question at this time?

(Pause)

Very well then, we do not like to deal with this type of information because it is so boring, but we have been asked to deal with the earthquake situation. The one known as Don wishes to know about earthquakes. Unfortunately, he is not here but if he were, we would say to him that he already knows about earthquakes and has been talking about earthquakes for the last two decades of your time, as you count time. He may have noticed that there have been earthquakes. These are the earthquakes which he has been talking about. He is probably wondering whether there really are going to be more earthquakes. Has he not talked about more earthquakes? Yes, my brother there will be more earthquakes. The scenario is being played out due to the fact that although there has been great improvement in large segments of your population, although love and light has increased to what we would call a great extent in the light centers which we have started and among self-aware people all over

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your planet, it has not been enough to generate the positive love energy necessary to totally remove the necessity for the expression of disharmony which the Earth must now manifest, and so it will occur.

We are happy to say and this the entity also realizes, although he has not spoken of it to this instrument, that these occurrences will be less harmful than they would have been had the scenario not subtly changed due to the love that has been generated by people such as yourselves.

(Note: In the original printed transcript of November 30, 1980 that was converted to a text file a total of three more pages were attached. However, these same pages appear at the end of the December 7, 1980 transcript and are in context in that transcript to previous questioning about prayer. It is surmised that the last three pages in the November 30 transcript do not belong to that session and that some final pages are missing from it.) ♣

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Pearl Harbor Day

December 7, 1980

(Unknown channeling

I am Latwii, and I greet you, my friends, in the love and the light of our infinite Creator. It is a very great pleasure to welcome each of you to this group and we hope that our humble words may be of some service to you.

We wish to depart from our normal activities this evening by reversing the order of events, for we feel that there are questions in this group that we would like to have the opportunity to offer our thoughts upon and so we will begin with them and perhaps our messages will spring therefrom. Thus, may we ask each of you if you have a question for us and if so please feel free to ask it at this time.

Questioner: I would like to ask the contact if Jesus Christ was real in peoples' hearts?

I am Latwii. My brother, we are aware of your question and may we say to you that many things are real in people's hearts, not only the vibrational essence of the master known as Jesus but many other entities real and unreal, shall we say, as well. Kris Kringle, for instance, and other imaginary entities. What is perhaps more important is that the master known to you as Jesus is real as a vibrational entity, an individual essence independent of the knowledge of those who may be aware of him, who may deny him, or who may accept him as real, for this being, this very illuminated being, is an entity, real truly to the heart, to the understanding, and to the Creation of which he is a part.

May we answer you further, my brother?

Questioner: Is there also one known in the Bible as Satan that also lives?

There is, my brother, an entity in people's hearts known as Satan to them. However, this entity is part of the illusion of your density. The reality or seeming reality of evil is as natural to those who dwell in your polarized density as the darkness.

The vibration in which you live is made of many pairs of opposites and the interplay between these causes movement. To live is to move and the principle which has been called Satan is something within consciousness which repels and thus causes growth and movement.

There are some drawn to the negative or evil principle who may be said perhaps to be fond of the Satanic and these people are truly not pleasant. But they simply have chosen a path of separation from the Father, a path of belief in the importance of the self. This leads such people to desire power, especially over others. Those polarized towards the good desire power over themselves, so that they may better serve others.

There is no being known as Satan on your physical plane nor has there ever been. However, the

vibrational principle from which this concept received its ancient name is a thought form which is a reality of your illusion. We wish to distinguish this from the reality of the one known as Jesus or, as we know him, Amira, who is an entity who lives and dwells in love. He is a thought form only to those who do not realize that he is a real being.

The one known as Satan is merely the shadow of evil thoughts. Given fear enough, evil thoughts can do harm, can cause fear and pain and anguish. This power is given to the Satanic principle only through the fear of the one who is feeling the difficulty. There is no reality to the fear and thus it is said love casteth out fear. The one principle called Satan is a lonely and sad thought form and we would say to you, accept this principle as part of yourself, as that within you, if you will, which spurs you on to growth, to new understandings, and to desire for truth. Love this entity therefore, and take all strength from this mere shadow.

May we answer you further, my brother?

Questioner: Is there a war between Latwii and the one you just mentioned?

I am Latwii, and we understand your question. You are speaking of what this instrument knows as Armageddon. This battle has been underway for some time and, in truth, is proceeding towards its conclusion. However, only the shadows of its fierce antagonisms reach the physical plane, for this is a battle between light and darkness.

There are many, many hosts of those in the service of the infinite Creator. We ourselves are in the service of the infinite Creator and have formed a Confederation in order to do just what we are doing now: to speak to those who desire whatever knowledge we may have to share. These forces of light, of whom we count ourselves, an humble and unworthy number stand, as it has been said, in your Holy works, in the armor of light.[2]

We are given power first from the Creator Who is beyond light and darkness and from Whom we derive love. Secondly, from those upon your planet, who are praying, meditating and living to be loving, sincere, understanding and valuing the good and the beautiful. We face those of us on the physical, the etheric, and the [cosmic] forces which derive their substance from the belief and separation from the Creator and from each other.

Unfortunately, many of your peoples, their tempers sharpened through many, many generations of wars and territorial arguments, contribute to the negative quality of the forces of darkness. Anger, intense frustration, and the negative emotions associated with greed and envy add also to the aid that the etheric thought forms that are forces of darkness may draw upon and so the battle plan stands arrayed.

But whereas we have one Creator to guide us and one great truth to sustain us, the forces of darkness will always be scattered, for they do not trust one another but wish only to have power over one another as well as over all else. Therefore, as soon as enough of the people of your planet can stand behind us who are merely messengers of light, the battle gallantly joined will be over for this harvest and the harvest will be complete and those who stood in the light will avail themselves of that light.

We feel very positive about the coming of this harvest, for it pleases us that many have turned to that light and to that love to seek understanding. Even as the world seems to polarize itself more and more to negativity and separation yet you will find more and more of those people whom you personally know beginning to seek in some form of spiritual truth the light and the love of the Father.

Thus this battle. Whatever occurs upon your plane has already been joined and it is fought with the heart and the minds and the spirits of mankind, not with their physical bodies. This is a great lesson to learn

May we answer you further my brother?

Questioner: Yes, what I would like to know of one person known as Benjamin Franklin and if he was the antichrist?

[2] *Holy Bible*, Romans 13:11-13: "Besides this you know what hour it is, how it is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day …"

Also, from Ephesians 6:11-13: "Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places."

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My brother, I am Latwii, and I am aware of your question. We are attempting to remain serious, however, we must tell you that the antichrist is a thought form. There will be several who will be called antichrists, however, it is a concept. Inasmuch as there are no gods, shall we say, of the darkness, but only one Creator and that a Creator of love, so there can be no son of such a god of darkness and thus no antichrist.

There is, however, a thought form in people's minds. And there will be those who are powerful, rich and negatively oriented who will seem to many as the antichrist as, indeed, candidates have been put up already.

The entity known as Ben Franklin was a humorous chap and one who was considerably more valuable to society, shall we say, than the antichrist would have been. He was involved in some intellectual scheming, this is true, but then so is Henry Kissinger and he is not the antichrist either. Basically, the one known as Franklin was what you might call a wanderer, someone who came from another civilization to this planet, incarnated therein, and brought through several inventions which facilitated the civilization of the country in which you live and of the world in general.

We realize that you cannot see the humor of the idea of the antichrist, but from our vantage point we exist in a sea of perfect love, and although mistaken ideas occur to people, and we are beginning to understand the great sorrows that you must bear because you cannot see the love about you all the time, we cannot imagine being so convinced of the shadows that we could give them a name. We are sorry in our inability to fully enter into the understanding of your peoples but we hope that what we have to say may in some way be of help.

May we answer you further, my brother?

Questioner: That is all that I can honestly say that I can ask about Ben.

Very well, my friend, we would add one thing for the general edification of those who attend. There were several of the, shall we say, "fathers of our country," as this entity would say, although we do not fully understand the meaning of that term, who took part in a somewhat negative plan together. It may be called a club. It has been called by your peoples, "Illuminati." They actually did not mean harm but to improve mankind. What has occurred since then was not in the plans of those such as your Jefferson, your Madison, and your Franklin, those who were a part of this organization and whose imprint can to this day be seen upon your currency as this instrument would call it.

May we ask if there are questions from anyone else at this time?

Questioner: I would like to know about prayer and how does prayer function?

My brother, I am Latwii, and I would ask you how does your question function to cause an answer from me as I listen to you? It is self-evident, is it not, my brother? Prayer is a conversation. Sometimes you ask for things for yourself. Sometimes you ask intercession for others. Sometimes you only wish to say a thanksgiving to the Creator and do not have any questions to ask. Sometimes, you merely say, "What should I do today, Father?" and then you listen, that also being a prayer. A prayer is a rather privileged conversation held inwardly betwixt yourself and the one whose spirit will fill your life if you request it.

You are guarded by what you would call angels so that in any situation wherein you are in a prayerful, penitential or meditative attitude, the forces about you will concentrate and grow brighter. The Creator being within you has no trouble hearing you for the Creator is the entire creation within everything, the substance of everything, omnipresent and therefore knowing everything. Thus, you cannot speak too softly for the Creator. However, my brother, one of the sad things about prayer is that the Creator often speaks more softly than the one who prays can hear. Then he who prays will say, "My prayer was not answered." But, my brother, prayer is always answered. Perhaps the answer is "no," when you wished it to be "yes," but always there is a contact that is infallible, the still, small voice, as your holy writings would call it. We realize that there are many different ways with which we could attack this particular question and would appreciate it if we have not spoken clearly enough, if you would guide us further that we may be of service.

Questioner: You spoke very clearly and I have one further area of confusion. Would you explain to me the statement, "Ask and you shall receive." From the statement the answer to a prayer might be "no." I'm confused. It seems to be a contradiction.

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Yes, my brother, it does seem to be a contradiction and you will find in your spiritual life that you are constantly running up against paradoxes. This is one of the signs of spiritual progress. We are not the most unconfused people that you will ever speak with, we are sure, but perhaps we can shed some light upon your question.

Let us look at the situation of a person who prays and the will of the Father is not what is being prayed for. The answer which is awaiting is the will of the Father, which may well be not at all what is desired. However, the Father wills this only that His beloved son or daughter may learn and grow.

Sometimes it is necessary for the understanding [of] the spiritual entity that certain burdens be carried. It is also written that no burden will be made too heavy to bear, and this you may rely upon at all times. You will not be overburdened, for there is always a comforter. However, seeking is indeed finding. That which you ask you shall receive. However, if your basic desire is to know the truth, to know the will of the Creator in your life, that is what you may find. And what you—we will correct this instrument—and what you thought that you prayed for you may find indeed you did not pray for as much as you prayed for [the] understanding, love and presence of the infinite Creator in your life.

"Knock and it shall be opened unto you," but which door are you knocking upon? Do you believe not only in prayer but in the infallibility of your own praying? Or in your heart of hearts is your basic prayer to do the will of the Creator? If that is the truth, you cannot help but find your life opening, changing, moving according to laws of love.

We do not know if we have explained this seeming paradox to you, however, we may say to you as brothers, be careful what you pray for, for sometimes the Creator in His wisdom will give it to you just so that you will find out what to truly pray for.

May we answer you further upon this, my brother?

Questioner: You answered, thank you.

We thank you my brother. Is there another question at this time?

(Pause)

If there are no more questions at this time that you wish to ask, we will leave your delightful company and your meditation so that our brother may speak to you. I am most privileged to have been able to share our thoughts with you. I am of the entity Latwii, and I leave you in the love and the light of the infinite Creator. Adonai, my friends.

I am Hatonn and I greet you in the love and the light of our infinite Creator. In answer to the one known as Carla who carries messages of our brother Latwii, I speak now through this instrument *(inaudible)*.

It is our wish to share with you the story of a world much like your own. At one time the world of which we speak was covered with [a] great force which screened out the light of day from the crowd below. Those who lived on this planet were able only to live in a world of shadows and thus were not familiar with the light of day.

There came a time, however, their planet began to evolve just as yours is now perched upon the edge of an evolution. The grounds of the forest …

(Inaudible)

(Tape ends.) ♣

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Sunday Meditation
December 14, 1980

(Unknown channeling

I am with this instrument. I am Hatonn, and I greet you in the love and the light of the infinite Creator, of whom we are all one of an infinite number of parts. Tonight, my friends, I am impressing this instrument with the subject that has not often been dealt with in these meetings, but we feel it would be of help to those of you here at this time, and so we would like to share some thoughts with you upon the anger that you may feel at times towards your Creator.

We realize that you live and breathe and experience your existence in a world which is full of seeming injustice and cruelty, that things occur within your own lives which are quite simply unfair. We realize that there is nowhere that you can look where this pattern is not repeated endlessly, whether it be the picture in this instrument's mind of the innocent deer cleaving his way through the burning forest, out onto the road in the country where wicked men sit, waiting, with guns; or whether it be a friend who unfairly has been taken from you, or hurt; or whether it be sadness for your planet—and the feeling of frustration that you can do nothing.

It is only natural that you should become angry, but to whom should you direct your anger? You can only direct it at the Creator, and we would suggest to you that, at times, it is healthy to do so, to express your anger and your frustration and your grief, to remove it from your system, to purge it as if it were an unhealthy substance, for the Creator is able to absorb this energy. As this instrument would say, "He can take it." You cannot damage the Creator.

Now that we have said that, let us work a bit with these feelings. Who is the Creator, my friends? He is, of course, yourself, ourselves, this instrument, your friends, those whom you prefer not to associate with—all of those who are conscious upon your planet, all of those who share consciousness in the creation. In short, yourself—the creator is yourself. As you are angry at the Creator, so you become angry at yourself. And again we say to you, be angry at yourself, you can take it. It is well to purge yourself, with the fullest conscious understanding of the nature of your anger and of the source to which you must direct that anger.

We urge you to face those things that make you angry, straight on, never blinking, for this is your school, this is where you will learn compassion, balance and understanding of love. This is where you will learn who you are. This is the only understanding that matters, and you cannot come to it by blinking at those things that make you frustrated or angry or fearful. As you look at the world about you, you see an illusion, largely man-made at this point in your history. It has been woven and embroidered many, many of your years and

your cycle is coming to an end, and your piece of work is almost finished. And you know, each of you, that your planetary work leaves much to be desired.

May we say to you, my friends, before you condemn yourselves totally, that there have been so many instances throughout this cycle, and especially in the past few years, of those beings turning towards the light, towards love and towards service, and veritably shining with the love of the Creator, that much that could have been terrible upon your planet has been softened and ameliorated by the quality of the beings that dwell among you. Light groups such as this one have aided enormously. Catastrophes, including, my friends, nuclear war, that seemed almost inevitable a year ago seem less inevitable now.

We still see much turmoil upon your plane. We see war, but we no longer see the certainty of nuclear war; the probabilities have shifted. And before you become too angry at yourself, look with solemnity and joy upon the work of your hearts and your hands. You think, my friends, that you do nothing through your meditations, through your smiles, through noticing the difficulties of others and aiding them when it is not necessary. But, my friends, this is not true. The planetary consciousness is changed by such acts of conscious positivity.

We will never, ever encourage you to visit a never-never land, because you have all creation within you. You have nowhere to visit, you are within the boundaries of heaven. Cast a firm eye upon the hell which your peoples have made in many cases of the planetary vibration, but look also at the love that shines in the eyes of special ones about you, and in the hearts of yourselves and your loved ones. Seek always to be a light bearer, to be a light sharer, drop the seeds of light and love, asking no return, but casting, as your holy works would say, "your bread upon the waters."

We hope that these thoughts have been of some aid to you at this time. You must remember that the perfect symbol of love, the rose, is surrounded with thorns. The creation is a creation of polar opposites; the one without the other would not be complete. Cherish, then, the rose; avoid the thorns, but recognize them and love them as part of the rose. Look at the pearl and cherish it, but respect also the terrible irritation of sand which a small animal had to bear in order to build up this beauteous substance. Bless the rain as it falls sweetly from heaven upon the dry land, but know also that, in order for rain to fall, there must be a particle of dust.

Earth and heaven, my friends, they are about you. You dwell with Earthly things day by day, and this is necessary. These must be dealt with first, for you cannot teach a hungry man to love. The hunger is being dealt with, it is time to move on to the spiritual, and to dwell in the realms of truth, excellence and beauty. Turn your back neither on those things that make you angry or the redemption of a world by the heaven which permeates it. You are at this moment in that heaven, and the love of the Creator is so close to you that you cannot breathe without inhaling it. Rest, therefore, my friends, in that love, and stay centered as you gaze with compassion on a troubled world.

We will leave this instrument now. I am known to you as Hatonn, and I leave you in the love and the light of our infinite Creator. Adonai, my friends.

I am Latwii, and I am with this instrument. We would pause for a moment while our brother *(inaudible)* works with the ones known as D and C. I am Latwii.

I am again with this instrument. I will have to adjust to this instrument. We keep forgetting that she is more sensitive than we expect. We are adjusting. I am Latwii, and I greet you, my friends, in the love and the light of the One Who is All.

It is very kind of our brothers and sisters of Hatonn to allow us to come and speak with you, for it is our joy to share our thoughts with you on any subject which you may care to discuss. May we ask if you have a question at this time?

(Pause)

I am Latwii. Since there are no questions, we will merely give you our love and assure you that we will be with you whenever you wish to meet. It is our privilege to share this meditation with you. I will leave this instrument now. I leave you in love and light. Adonai, my friends. Adonai.

I am Nona. I would like to share with you this evening our healing sounds. We feel that it is possible that we may be able to share them through the one known as C. If he will open himself to our vibrations, we will attempt to, as you would call it, sing through him, as it is very difficult for us to speak since it involves translation from our language,

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which is singing. We will attempt to transfer to the one known as C. I am Nona.

(C sings)

(Note: This session, recorded on side one of the tape dated December 14, 1980, ends at this point. The following session was recorded on side two of the tape. It is assumed that that session was also recorded on the same date.)

(Unknown channeling

I am Hatonn, and I greet you in the love and the light of the infinite Creator. We who are in the Confederation of Planets in the Service of the Infinite Creator can never thank you enough for making yourselves available to us, that we may share our thoughts with you.

We trust that some of the events that have transpired for you in the past days have enabled you to feel more subjectively assured of our presence, but we would wish to say at this time that it is supremely unimportant to us whether the issue of our objective reality is ever resolved, for the simple reason that we are here to share the information that we have concerning love and light which love creates. Thus, we ourselves have no attachment to making your peoples aware of our presence. We have in the past attempted to do this in a much more open manner, and have found the results to be extremely unsatisfactory. Thus, we remain elusive, but we will continue with our small hints and notices of our being, as before.

We ask you now to become fully aware of your physical vehicle, and to realize that you sail within this combination of chemicals forming the complex of muscles and bone and nerves and other types of cells. You sail this as you would a ship from port to port along many a stormy sea, and you behold many and wondrous things with your physical eyes. Consider, my friends, all the wonders that you have seen on this very day and perhaps may have taken somewhat for granted.

Reach down into what you know of the universe, what is known by your science at this time, the vibrations that are called matter. Each leaf, my friends, that whirls in the wind, each tiny increment that in totality gives you a momentary scene as you move along one of your roadways or gaze from the window of your domicile, is a creation of an infinity of infinitesimally small parts. The physical vehicle in which you move is itself miraculous, each muscle and tendon moving in obedience to your wishes, the bio-computer, as this instrument would call it, processing information, sorting, distributing, remembering, retrieving that information as needed.

Consider the food that you have eaten this day, my friends: whence came it? In what earth did it grow? What hands harvested it, shipped it, unpacked it, prepared it, and served it to you? What a miraculous chain of love and service exists that you may eat. Consider your relationships, my friends, the kindnesses that you do, and those that are done to you. Are these not miracles also, my friends?

And yet how many have said this day, "What a rainy day! What a terrible day!" My friends, we ask you not to waste one moment; never lose sight of the fact that you are doing the impossible. You are aware in such a complex fashion of so many things in such an infinite creation filled with such beauty that it simply seems impossible. And yet, my friends, we say again, it is simple, it is love, and it is one. To understand this paradox is to understand enough to become silent.

We will pause for a moment in meditation to share with you, and then we will transfer to the other instrument. I am Hatonn.

(Pause)

I am Hatonn, and I greet you again in the love of our Creator. We have shared many thoughts with you in the past but now we are able to share more than simple thoughts, now we are able to share our minds, our love, and our compassion because we have learned much of your race and of your hearts. We *(inaudible)* Hatonn are of oneness with you in that we share many of your experiences as we watch you day by day, *(inaudible)* and follow you as your day passes and your hearts surge with love for one another *(inaudible)* as one of you as treats his brother.

There are times when we feel that we do not deserve this honor that the Creator has bestowed upon us, much more than our simple minds and hearts are worthy of, for we of Hatonn have never experienced many of the complex emotions that you take for granted because they have always been a part of your life. We have recently learned that this is a part of *our* lesson, that we of Hatonn are to grow from our contact with your race, not only through service but

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because of that service we of Hatonn, in helping you in our meager fashion, have learned and grown in our perceptions of emotions.

This may not seem to be a great gift to you of the Earth, but for us it is equivalent to a person from Earth suddenly going from being color-blind to perceiving color. We are overjoyed at the depth of emotion that we can now perceive and experience and this, my brothers, we owe to you.

It is true that perceiving the depths of emotion such as feeling disheartened, frustrated, heartbroken, jealous, jealousy, envy, greed and many of the other feelings, are emotions that you often term and sense as not pleasant. Yet we learn from these as well, for now we can empathize even with the greedy who perceive property as not yet theirs, or the glutton who sees the meal. In its own way, each of these *(inaudible)* is merely a convolution or defective form of love, and we are able to perceive the crystal teardrop of love within the experience or emotion, and are able to rejoice in that feeling.

And when we of Hatonn are able, through your hearts and eyes, through your tears and your touch, to experience that which you call love, our joy is boundless. To feel enthralled with a beautiful day, to worship from afar a wonderful person, to respect, to share, to regret a parting with the comforting knowledge of an imminent sharing, all of these we perceive through your eyes and hearts, and through our perception have grown boundlessly in our ability to appreciate the universe and our Creator as given us, and to appreciate in boundless gratitude our Creator Himself.

We wish to express to you *(inaudible)* our infinite love for you, our teachers, and our *(inaudible)* regret for we can find no way in which our puny efforts can begin to offer repayment for the beauty you have shared with us. We love you, you are our brothers and sisters. Our world and our lives are enriched from the experience of knowing you. We of Hatonn would thank you for *(inaudible)* and for accepting our feeble efforts of help *(inaudible)* our lack of experience. May our Creator bless you with many wonders and may you find your way *(inaudible)* into the heart of our Creator *(inaudible)*.

(Pause)

I am again with this instrument. I am Hatonn. I return to this instrument for the purpose of sharing with you any information that we might have if you have a question at this time.

Questioner: I have a question. I've noticed periodically a pain in my lower right leg that is almost similar to a headache. I feel that there must be a reason for this pain recurring *(inaudible)* and it's pointless for me to try to dispose of the pain. Could you give me some guidelines or suggestions that I can determine why I'm causing this pain?

I am Hatonn, and I am aware of your question. As you know, my brother, we do not give specific information. However, perhaps we could share a thought with you which might be helpful, in a general sense. Most of the imbalances that manifest in your physical vehicle as pains, limitations, etc., are the result of some form of tension, fear and anxiety, anger or resentment. It is not to your discredit that these things occur. That is why you are in the physical body, so that you may go through the catalyst of the experience of these things, and from them learn. However, it would be well to examine your tensions and the other expressions which we listed, going from the most ethereal manifestation of these to the most physical. The nervous system is only the lowest manifestation of the several bodies that make up your physical being.

May we answer you further, my brother?

Questioner: No.

Do you have another question at this time?

Questioner: It is my understanding that Carla would like to ask you a question.

This entity now has the question. We will repeat the question for the purpose of enlightening the one known as L who otherwise would probably be somewhat confused. The question has to do with the method of removing from one's aura or being the type of entity that is known in the occult sciences among your peoples as a subtle. The answer is as simple as it is difficult.

Those thought forms or subtles or, as some call them, devas, which may at times attach themselves to you, may have done so for a variety of reasons. It may be a thought form which you yourself have generated. It may be a thought form or an elemental which is connected to you because of the substance which you call blood, which you have given from your healthy body and which has been put into the

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veins of one who is quite ill and afflicted with elementals.

This occult connection can sometimes be very detrimental to the healthy person. However this occurs is immaterial. What is material is your understanding that, in all of this creation and in all of the infinite spheres and sub-spheres and dualities and differences that you may experience, you experience the illusion. The reality is that all things are one. In order to be removed from the darkening difficulties of association with a subtle entity, you must take that entity into your heart and love it, knowing that it is yourself under other circumstances—in another vibration, in another time and space, part of yourself. Accept the world as it is and take it to your heart.

In this way, and in this way only, can the power of love defeat, conquer or simply remove the separations that manifest themselves to you as difficulties that darken the aura, the dream, the feelings, or the thoughts. Whatever your fear, whatever your special thought difficulty, face it not in confrontation but in the knowledge that it is part of the creation and therefore a part of yourself. You are protected by a white light of the Creator. There is no other vibration for those who call upon it, for it contains all of the infinity of vibrations that color the many-hued rainbow of existence in the galaxies of mind, thought and space.

We trust that this is a sufficient answer, as it is being recorded and will be shared with him who asks. If our brother wishes to ask further, we most humbly invite any questions that he may have.

Is there another question at this time?

Questioner: No, thank you.

We thank you, my brother. We leave you, gazing at the brilliant sky that fills our dimension at this time. We are not far from you, however we are not in your density, and for us the world is washed in golden light, the golden light of the central sun. May this sun bless you in your meditations and in your daily life, as it is the symbol of the one infinite Creator in Whose love and in Whose light we now leave you. I am *(inaudible)* Hatonn. Adonai, my friends. Adonai.

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Sunday Meeting
December 28, 1980

(Carla channeling

I am Latwii, and I greet you, my friends, in the love and light of the infinite Creator. Please be patient while we step the energy down for this instrument, as usual. She is more sensitive than the one we were attempting to reach known as L.

I am with this instrument. I am Latwii. We have a more comfortable contact for the instrument now. May we say to you how glad we are to welcome each of you to the group this evening, and especially those that have been absent for a little while, such as the one known as Jim. We thank each of you for the privilege of sharing our meditation, for we in the Confederation in Service to the Infinite Creator are here only to be the mirrors wherein you find your own soul's wisdom. And it is only by your invitation that we may be with you. We greet you in love and in light.

The light of this particular time of the year is so bright that it is harsh to many of your peoples, and there are many among your peoples at this particular time in the cycle that will leave this incarnation and pass on to other things. There are others who are very unhappy or sick or sick at heart or uncertain in many ways. If you are among the fortunate who have been caught up in the joy of this particular celebration which you call Christmas, may we ask your especial meditation and sending of light to those about you whom you may or may not know, for there are so many that it is necessary at this time that they be helped if at all possible for you to do so. Simply share the Creator with them by holding the love and the light of the Creator in your heart and releasing it to the world's use. This is all you need to do. You do not need to know details.

We say to you, my friends, you are under the earth. This is your time of growing, of knowing and realizing who you are. This is, in your cycle of what this instrument would call seasons, the winter, the quiet time. Therefore, my friends, bring quiet to your souls as they rest in the darkness of the earth, gathering the strength to move and to blossom in season. This is the time to be patient with yourself. This is the time to feel the light within rather than looking for the light without. This is the seed time.

You may look at this earth time as a prison, for indeed it is not a time wherein your being can make the transformations of color and harmony that it will make in its season. However, my friends, you have the key to that prison and that key once used opens the door to more color and more harmony than you shall ever experience as manifestation. As you meditate in your seed time, as you discover the love that is your essence, realize the source of that love, the original Thought that created that love, and revel in the harmony and the beauty and the blooming of that reality. Your manifestations can only occur in as

much fullness as you prepare for at this time by the strength and the solidarity with which you ground yourself in your own being.

I will transfer at this tine. You will have to pardon the slight pause while we again step up the energy. I am Latwii.

(L channeling

I am Latwii, and I greet you *(inaudible)*. It is often said *(inaudible)* will receive yet how often do we find that the object of our desires is rarely as attractive as it was in our imagination. So it is, my brothers, with many of the desires of the heart. Often we *(inaudible)* thinking we know where it leads us. With all our hearts desiring an end, yet once we've achieved it and followed the path to its conclusion *(inaudible)* for our desires *(inaudible)*. My brothers, the path has no *(inaudible)* and like the universe goes on and on and on and on *(inaudible)* that the prayer of your hearts be not for ends but for growth, not for sights but for lights, not for *(inaudible)* but for strength, for of such is the road to the kingdom constructed *(inaudible)*.

(Inaudible) any questions at this time *(inaudible)*.

(Pause)

My brothers, I would share with you a simple thought at this time *(inaudible)*.

My brothers, it has been said to you, and I will say again the light of the universe goes on and on and on and on. We of Hatonn realize that this is confusing yet is important that you understand *(inaudible)* importance of meditation on this message. We of Hatonn realize that you find little of value upon your first examination of this message, yet we would encourage you *(inaudible)* further meditation *(inaudible)* your understanding *(inaudible)* the love and light of the Creator. Adonai, my friends *(inaudible)*. I am Hatonn.

(Carla channeling

(Chanting) Ami-Ra.

I greet you, my children, in the name of my Father. I lift up my heart to you for are you not of my Father? This little one through whom I speak calls herself by my name. My children, it is not necessary for I am and you are of my Father. I ask you to husband the creation in which you walk your ways this day, and to wait the precious gift of your love as it wakes toward the kingdom of love. And shall you not go where you have sought to go? Yea, you shall; I am with you as my Father is with you; as I am called, I speak. For as there is no time, I am always and you with me are part of that which is always. Thank you, my children, for thinking of me and requesting my vibration. Yours are as pleasing to me as the sweetest flowers, for are you not my Father? Peace to you, my children.

Carla: There's somebody else in the room. Did anyone request Nona? C, you don't feel it, do you? I do. OK.

(Carla channels a song from Nona until the end of the tape.) ❦

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Advanced Messages, New Year's Eve
December 31, 1980

(Unknown channeling

I am Latwii. I am getting through to this instrument with more ease than usual due to her relaxed state due to the ingestion of some alcohol. Normally this is a great difficulty in achieving contact but with this instrument, our vibrations are significantly stepped up from hers that, as she has stepped down her vibrations toward what is normally found on your planet, we are able to contact her without difficulty, using our normal strength.

We wish to greet the one known as B, with whom we have spoken several times. It is a tremendous pleasure to confirm to her that it is indeed our contact which she has been receiving. Our love is beyond measure and we are most, most grateful for the return love of you people in this deep and dense density. We do not understand how you can overcome so much and love so much for we are beginning to understand the limitations of your sphere of illusion and we are amazed that you are able to deal with it as well as you are given the limitations of your senses.

We would like to open the meeting to questions at this time, for we feel that perhaps we may be of more help in moving from interest to interest than we be in giving what may be called an inspirational message, for each of those present are most inspired and are inspiring us at this time and we do not feel that we would add to your inspiration where happiness in each other and your harmony is that which causes joy among those of us who are in the Confederation.

Is there a question at this time that we may perhaps share some information upon?

Jim: Latwii, how do you feel that Don and Carla and I can best serve the planet and fulfill our mission *(inaudible)*?

My brother, you have one mission above all others and that is, as you already know, which we are only confirming, to realize your true nature. As it happens, you have managed to arrive into a position where the mirror in which you look to determine your true character is a true mirror given support by those who will not lie to you in any way or give you a false image. This is true of each of the three of you, and as you work together, that will be your chief work: the improvement of the understanding of your own personality and the disciplines necessary to complete the understanding of that personality. Each of you will help the other. Each of you will learn. This is your most important task. The other tasks are within your free will and we cannot comment upon them at this time for we can only go as far as free will allows and you, at this time, and your comrades, are at a state of choosing what you will do of your own free will. Thus, we ask you to

meditate and learn from yourselves what it is that you must do. We are always with you and commend you to the love of the Creator.

May we answer you further, my brother?

Jim: Not at this time, thank you.

We thank you, my brother. Is there another question at this time?

Questioner: There is a difficulty that has arisen with one in our group and my family, that may make it necessary for me to leave the group to keep harmony in my house, and I don't feel good about this. Do you have any suggestion?

Yes, my sister. You must realize that you are a completely free entity. You must detach yourself from all supposed entanglements, including those of your family, and those of the person in your group. You are a star. Your radiance lights many. Your decisions must be made on the basis of your ability to shine and that which causes you to be able to function properly. Whatever temporary difficulties may arise from any inharmonious action on the basis of those who do not understand, one way or another, your main concern must always be yourself. For without yourself, you do not have the heart, the center, from which to move.

Center yourself, therefore, without reference to those who would pull upon you and ask from you to play roles. You do not play a role. You are an eternal spirit and you have your work. Determine, therefore, what you can best do to help in the most high sense that you know. In this way, any mistakes that you make will be canceled by the simple fact that your intention was of the highest nature, not attached to feelings of universal law of the illusion but attached instead to the universal law of the Creator, which come within you alone, for you, which come to each of us, from us.

You cannot live in anyone else's understanding of life, it must be your own, therefore, remove yourself from both sides and know, within yourself, what you must do to be of service. Whatever service you feel is the highest, do. You may, perhaps, be mistaken in practice but it would not matter less, because your intention is of the highest. When one's intention is consistently of the highest nature, the fruits will be known upon the planes that affect the thought forms of this planet and eventually they will come back to you in such a way that these problems will disappear.

May we aid you further, my sister?

Questioner: Thank you, not now.

We thank you. As you know, my sister, we enjoy talking with you.

Is there another question at this time?

(Pause)

Well, my brother and my sisters, since we do not think the world is going to blow up tonight, we would like to share a bit more philosophical information to the other instruments. Therefore, at this time, I will transfer this contact. I am Latwii.

I am Latwii. It is my pleasure to speak with you this evening, a joy *(inaudible)* to feel the heartbeat and love that flows around you. We are always with you and rejoice at moments such as these and your light touches us so brilliantly. We are glad to be of service in any way that we can. My brothers and sisters, we [are] always with you. As you know, there are moments when your awareness of us is like a *(inaudible)*) and a celebration, and another time we feel your urgent desire to sift through the clouds of illusion that *(inaudible)*.

We are always with you and our love surpasses the words this channel can speak tonight, or any words. Feel our love in the radiance of this woman that we share as a part of the creation, as part of the oneness that is the Creator. We will leave this instrument with love. I am Latwii.

I am Latwii, and am with this instrument. It is with great pleasure that we greet you again. It has been a long time, as you reckon time, since we have had the privilege of utilizing this instrument. We wish to inform this instrument that we have been with him in his meditations and have been available for contact at any time. This is the offer and invitation which we make to each who wishes to become an instrument and allow the vibrations of love and light [to] flow through their being.

We are most grateful for each opportunity to utilize instruments such as are gathered here this evening. We realize that each of those present this evening have strong desire to be of service. We understand and appreciate this desire, for, my friends, we share this desire with you. The blending of our vibrations at times such as these are of great significance and inspiration to us as well as to those here who hear our humble messages, for we are sure you know, to

be of service to the infinite Creator in each person which *(inaudible)* in each activity which you engage, is the greatest joy and the greatest love which we can imagine and to be of such service is our constant desire and we urge each of you to continue in your devotion to fulfill the desire to serve the infinite Creator, for we have found no other activity to be of such a fulfilling venture.

We would wish for each of you present tonight a wish for the New Year. A wish that the love and the light of the infinite Creator might light the way that each of you travel as you journey homeward and that that light might shine upon each you meet on this journey, and that light of the recognition of the Creator in each face might remain where you have passed, to illuminate the way for others to travel that same path homeward.

We would, at this time, transfer this contact for our closing message. I am Latwii.

I am Latwii. We have probed the one known as Don and discovered that he is not able to channel due to some difficulties of a physical nature. Each one of you is a radiant beam, far more well-realized than some of your brothers and sisters. We urge you to pay no attention to what others say. To remain simple, to remain humble, and in whatever situation you find yourself, to radiate the Creator and to know that you are doing your Father's work and not your own.

That is the key to simplicity, contentment and understanding. We know that each of you intends to work, that each of you has desires for the year ahead, as you would call it. So be it, my brothers and sisters, but let it be the Creator's year and do not confuse in your mind the gift of channeling with the gift of sure knowledge, for we are your brothers and our knowledge is not sure but only given to provoke thought.

And as you give it, give it to suggest pathways of thought that these pathways might perhaps help those to whom you speak. We ask you to remain simple, loving, charitable, kind, and above all, humble, for that is the key to a pure channel. We are grateful that you tuned to us on this powerful night. We share our laughter and our joys with you. We are capable, also, of sharing each moment that you may feel. If you do not laugh, call us anyway, for we love with the love that the Creator has given us as messengers and we are yours as companions whenever you wish us. We leave you in love and light. I am Latwii. Adonai, my friends. Adonai vasu borragus. ☘

Year 1981

January 4, 1981 to April 5, 1981

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Sunday Meditation
January 4, 1981

(L channeling

My brothers and sisters, it is a great pleasure for all of us to greet and be with so many of you. Often we find that there are but few who would contact us. Often we feel that our task is a difficult one and that our labors seem to go so often unrewarded and are even met with rejection, therefore, perhaps you can understand the deep pleasure and satisfaction that we feel in receiving communication from so large a group. At this time we would like to transfer the contact to another channel. I am Laitos.

(B channeling

I am Laitos. I am now with this instrument. As always, it is a pleasure, as I would say. Often, my friends, it seems our efforts go unrewarded, but, my friends, when we see a group of people of this size dwelling into truth, it truly strengthens us.

Now, my friends, for some of you who have not been here before may I ask why exactly are we here? Partial answers to that question being: by offering ourselves as a spiritual channel through which we are hoping to spread the knowledge of love and its energy to those of you who are truly searching, my friends, but essentially we are speaking of at the spiritual growth of each one of you in this room. Now, at a later time, you will find through your explorations many chances to help others with questions, such as we help you. My friends, as with ourselves, we in return gain a more spiritual understanding through the helping of others that then another in the long line of the universal laws. We are also here, my friends, to spread the understanding of meditation through which you will find it easier to grow. I will now transfer this contact to another instrument. I am Laitos.

(Jim channeling

I am Laitos, and am with this instrument and we greet you all once again. As we were saying, our purpose for being among your peoples at this time has to do with providing a wider understanding of the concept of love to your people. We have only limited means for being of this type of service, for we respect each individual's rights, each individual's free will choices and many would not wish to hear the message which we bring or experience the means by which we communicate it. Therefore, though we wish to be of the most possible service, we are especially grateful to be asked to join the vibrations of groups such as this so that our means of sharing the Creator's love might be experienced by your people and so that we might learn more ways to express the infinite love and understanding of the One who made us all, for are we not all children within that kingdom of creation?

Some have wandered from the "flock," so to speak. Some have chosen, as is the right of each, to turn

their backs upon the Creator, for awhile, so that individual expression in some area might be experienced. Each creation, each entity within the universe, makes a journey throughout their existence. This journey is a path of learning. Much may be learned in many fields. Much may be experienced at many times. The possibilities are infinite. Our purpose at this time is to offer the understanding that is the foundation of all learning, the learning eventually by each within creation that each is the Creator, that each has within the divine spark of the One who made us all. We seek to share our simple understanding of this basic fact with those of your people who wish to learn more of the secrets of their own existence.

We would transfer this contact at this time. I am Laitos.

(Carla channeling

I am Laitos. My brother Latwii is very impatient. We have asked her to wait while we work with this group a little while longer. We wish you to understand the utter simplicity in which we come. We do not have a complex story to tell. We speak one word and that is love. The original Thought that created all that there is, is love. This simple and consuming fire is the fire of creation, is the fire of change, of transformation and of infinity. There is no end to love. You may think of love in many ways. There are many words for love—in many languages. And many different words have been used by your peoples to attempt to express the plenitude of the original Thought, for love is all that there is. Thus, we are not only your brothers and sisters, we and you are one for we are love. Look into the face of the one next to you, my friends. You are seeing love. Perhaps the mirror has been distorted. Perhaps sometimes the face next to yours does not know that it is a face of love, but there is no consciousness that is not love. There is a consciousness that touches each of you. One word for it is "Christ Consciousness." Another word is love. You may feel it personally as the touch of a loved one. Hand on your shoulder. Close. Near. Never away. You cannot flee from love, You cannot be separated from love. For you are love. Love is closer to you than your body. Each breath is farther from your being than is love. This is what we come to share. For we of the Confederation, of those in service to the infinite Creator, have one desire: to serve you by offering you the only information that is worthwhile. We will answer any question that you may have, but the simple truth is that all questions dissolve into a dying fall as they reach the ocean of infinite and all-encompassing love.

I would at this time pause and move among you. If you wish to feel our presence, please request it mentally and we will work with each of you. After a pause, my impatient sister will be glad to answer your questions. I am Laitos.

(Carla channeling

I am Latwii. I am very glad to be with you. We are stepping our energy down as usual. We keep forgetting about this instrument. Please be patient. That is better. It is a great privilege to be able to speak with each of you and we were not in truth so impatient because we were enjoying our brother, Laitos. Also, because we feel that men's lib is important we should add that there is a woman and a man here and we are working together so that he should not be talking about sisters without mentioning brothers.

We of Latwii greet you in the love and the light of the infinite Creator. It is a wonderful thing to be able to share this meditation with you and to let each of you feel a bit of the light that we dwell in. We very much enjoy your vibration also. We come to offer ourselves in case you may have a question or two. Does anyone have a question at this time?

(Pause)

There are two in the room who would like to ask questions, but they are somewhat shy. We would urge them to voice their questions or perhaps frame them more carefully mentally as we will be answering all night if we attempt to answer the general questions that are in your minds at this time. It would aid the group in general if you could voice them aloud. We would greatly appreciate it. Otherwise we will have to take a flyer in general and hope to hit the main points.

Do you wish, my brothers, to ask a specific question at this time?

C: I have a question. I'm curious about what it's like where you live—your relation to your environment—the people of the planet Earth have abused the Earth a lot and a lot of us are concerned—*don't* abuse it and try to love the Earth—and I just wonder what … if your planet, if

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you have to deal at all with abuse of your environment?

I understand, my sister. Because we are answering you we give you a different answer than others of the Confederation. Please understand that some of our members come from very different vibrations. Our situation is, however, as follows. We are our environment. We are a sun body as a community. The body of the sun being the male population of our sphere, the beams being what some call photon energy and what others call angelic energy. Thus, we live in a light vibration and form our environment, which in your terms is a very simple one since our entire society radiates in light and our, shall we say, families are products of the polarity between the compactness of the light body and the great receptivity and expansiveness of, what you would perhaps call, a sunbeam. Thus, we perpetuate ourselves in a manner not understood by your scientists and this is true of many of your sun bodies.

Although we are not in your density, in our density what is perceived as heat in your density, does not exist. Unfortunately, beings such as yourself who have come to realize the oneness of being which they share with their planetary sphere, you are in a vibration in which you are encased in a heavy chemical vehicle. You cannot hear the flowers and the trees speak nor understand the song of the wind. And it is not apparent to many of your peoples that each part of the creation of the Father that exists upon your planet dwells in service. Thus, as you attempt to be of service to the planetary sphere that aided you in living, it is difficult for you to see with calmness and peace the great abuse of others.

However, my sister, that's the third density for you. That's, unfortunately, the way it is. People will, because of a lack of ability to feel the connections between their body and their minds, their minds and the Earth, their minds and the minds of each other and so forth, you will see abuses going on of all types. People abusing their own body by feeding them improperly, people abusing the Earth by using it improperly, people abusing each other by failing to see clearly the face of love in each entity.

So be it, my sister, that you yourself do what you can, feel what you can, love as best you can, is a great deal in the third density. To do this is to exceed understanding and move into the area of love. To do this is an exercise in what you may call faith, for in an environment where not everyone lives in this wise, this becomes a matter of choice. Thus, you have your choice, you have your understanding, you have your lesson, and the rest of the world must have its also. To deal with your own is truly your service.

May we answer you further, my sister?

C: No, I don't think so. Thank you.

We thank you. Is there another question at this time?

K: Do you have information about the coming conjunction of the planets in our solar system and ways that we *(inaudible)* or be wise to perhaps steel ourselves …

I am Latwii, and I am sending this instrument probabilities, for you must understand that the only area of which we can be certain is the area of the immediate nowness. The consciousness of each of you upon the planet determines the future, thus we cannot give you certainty. However, the Jupiter Effect, as it has been called by your scientists, promises to be somewhat of a strain for your Earth's crust. What is unclear to us is the state of your planet prior to this, for as has been the case all too often in the past few months, it is not clear to us whether or not your peoples are attempting to alter certain configurations of your planet due to nuclear war.

The Jupiter Effect has nothing on nuclear war. Thus, we are, as always, asking each of you to remember in your meditation the cause of peace and to offer up your own visualization of a world at peace. The danger, you understand, does not seem to be immediate, however there are several probabilities that do not look particularly good. As to the 1982 probabilities of Earth changes and your wisdom in, as you say, steeling yourself for them, we may say that whatever you feel to do is correct for you, or as this instrument would say, choose your poison. It is very noteworthy and praiseworthy for those of you who have the feelings to do so to prepare for difficulty, having to do with the transportation of food and other of your merchant services by forming self-sufficient households and communities. This will be helpful to you, not only during this time but into the future for some time, for this area does not look to be an early victim of earth changes, however it will not last forever and

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you may simply look to your conscience and your heart for you will be guided to do what you feel is best.

Some will not feel the need to make preparation to survive and will instead find their survival due to the law which states that no shepherd shall be without his staff. It is those who follow the kingdom who then have all else added unto them. We would like to encourage you, therefore, not to do one thing or the other, not to homestead or not to homestead, but instead listen to your heart and seek the wisdom of the spirit in meditation. The answers for you have been programmed from your, shall we say, higher self. And you have access to the information about your decisions as they occur as it is needed if you but have patience to seek the Creator, to tabernacle with His presence on a regular basis. Each has free will and you, my brother, are free. Thus, we can only say to you it is quite feasible to prepare for Earth changes and sensible and [is] a certainly suitable and appropriate action if it is what your heart tells you to do. Wherever you are you will have the opportunity to be of service and we know that you will find that a blessing.

May we answer you further, my brother?

K: No, thank you.

We thank you also. Is there another question at this time?

(Pause)

I am Latwii. We will speak for a short time—winging it, as it were—and attempting to touch on the basis of an unspoken question which is within this group. When we attempt to speak of who we are, it is a confusing thing, for we are in fact a vibration communicating through the mind of this instrument. We are, in your density, quite insubstantial. To attempt to give you our origin is very impractical and would be an occasion for general hilarity among this group due to this instrument's total lack of geographical sense. We do not lay any emphasis upon who we are but ask you only to consider us as messengers bringing certain information for your consideration and discrimination, urging you always to use your powers of discrimination to take that which we say [which] may be of use and to toss away the rest without a second thought. We are not infallible. We are your brothers and sisters. We see a bit further than you do. We are somewhat more displaced from, as this instrument would say, some of the more difficult games that your peoples are involved in. We are not bound by so many restrictions, but we are brothers and sisters because we share consciousness and that, my friends, is a gift of the One Who is All. We as a Confederation have been with you for many thousands of your years. We have attempted to serve you, protect you and to nurture you. There are special reasons for our being here at this time which the questioner already knows, but our relationship to all that our brother has learned is very simple. We are not …

(Tape ends.) ♣

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Wednesday Advanced Meeting
January 5, 1981

(Unknown channeling

I am Hatonn. I greet you, my friends, in the love and light of our infinite Creator. It is a very great privilege to greet you this morning and speak through this instrument. It is always a great privilege to be able to communicate to any of those of your peoples who will listen to what we have to bring them. You know, my friends, we have said many times, we have a very simple truth to bring your peoples. It is the truth, however, that seems somewhat difficult to convey. In its simplicity, it lacks this ability, ease of conveyance. We are continually searching for methods to convey the simple concepts of the greater *(inaudible)*. We have found without the spoken word, there is very little understood, therefore, we have to resort to the other vehicles of communication.

We are, at this time, initiating several, what you would call modes, for sending these messages which we have for your people. One of these programs has to do with your radio communications. We are, at this time, preparing certain communications to be substituted for some of your programming. This, I am sure, is a surprise to each of you, as it is to the instrument to which I am speaking through, but let me assure you, in the very near future that we will be using your radio communication to influence, shall I say, the thinking, without infringing upon those *(inaudible)* but we will bring them, without pain, to the limits of what you call *(inaudible)* of our reality or existence. We will, however, be blessed with *(inaudible)* because it will be a definite *(inaudible)*. The radio *(inaudible)* experience.

I will now transfer this contact.

(Unknown channeling

I am with the instrument. I am Hatonn. Due to the previous information, this instrument is not in a good state of concentration and we ask your patience while we deepen her contact.

We are capable of many things which we have never done and due to the extreme biases of your peoples, in relation to our purposes. A few of your years previous to this message, the basic concepts of this group with whom we have the relationship of love and service, began to change dramatically, due in part to our presence and our continued information which suggest the same sort of emphasis on the information which we have come to aid in conveying to your peoples. Therefore, our path has been cleared to have a more direct role in this culture's awareness. We are not, at this point, fearful of being guilty of infringement of free will by doing things which previously we would not have been able to consider.

The other reason, of course, for our plans at this time, is a reasoned and careful inspection, the

configuration of probabilities having to do with the harvest that you are so involved in being the workers within. Because the harvest approaches and because the effectiveness of our attempt to lighten the darker forces, which have been trapped in this illusion, we are more capable of, shall we say, a more comprehensive means of indicating to your peoples certain sources of information by means of visual aids which may certainly spark the imagination without infringing upon free will. It is necessary that the energy given to and from this planet by the relationship between peoples, such as yourselves and us, be concretized so that you may begin to share some of the more inner teachings that we may share with you about our relationship to your identity, your relationship to others, and both of our relationships to the Creator. We will attempt, through the purer channels available in a more tuned, or as this instrument has called it, advanced group, information which may be needed by this group. Some of this information is not designed for publication.

At this time we would move on to a completely different subject having to do with the thought-forms which you are busily creating having to do with your service to mankind. We have consulted amongst ourselves in the Confederation and feel that we are glad to be of service by making available information tailored, to the best of our ability, for what you may call the one new to the concept of a personal identity that goes beyond the physical illusion and the other forms of life, which by means of the procreative aspects of your physical illusion, are tied to these entities. We hope to be able to aid you in furnishing information that can be used to advantage in such a campaign.

At this time, we would transfer to the other instrument. I am Hatonn.

(Unknown channeling

I am Hatonn and am with this instrument. We greet you once again in love and light. We have been sharing what may be considered a new line of thought and action with this group this evening. It is our desire in each of our sharings with your people to provide information and inspiration of a nature that stretches or steps up the awareness and the consciousness—the vibrations—of those who would listen to our messages. It is a difficult task for your people—those who would listen to our messages—are each located at various points in their evolution of understanding. Therefore, our methods of providing information must take into account many different variables so that there is as little infringement as possible of the wills of those who would listen.

We feel, at this time, that it is of utmost importance to make the information that we have at our disposal available to your people in as many manners, as many vehicles, as possible, for the time of listening and considering grows short. The time of the great changes which long have been spoken of in the cultures and religions and folk stories of your planet, the time is close at hand when this great transformation shall occur. We will undertake every possible means for making our simple message of love and understanding available to each entity upon your plane, for each is of the fold of the Father. Each must have the opportunity to finally decide whether he or she wishes to return to the fold or wishes to continue upon a path which takes the entity further away from that state of unity which is the birthright of each within the creation of the Father.

As beings who wish to be of service, we are pledged to provide this message of love to every last being upon your planet. In order to do this, there may have to be, in some cases, a certain shocking of the senses, a certain reflecting of consciousness upon itself in manners which previously we would not have considered, this related to our initial message concerning the use of radio transmission of our thoughts as a substitution for the normal programming of certain of your radio transmissions. Such may also be used in the field of your televised pictures over your television stations. From time to time there will appear various images and messages which will have no other explainable source than our transmission. It is our hope that such anomalies will shake the perceptions of those who view them to a proper degree where internal questioning will be followed by internal seeking and the outward manifestation of those who would become a seeker of truth.

We realize that it will be unavoidable in such cases to infringe on the rights of some who will witness these events. We have carefully considered this possibility and are willing to take these actions in the hopes that opening the hearts and the minds and the souls of the few who still are able to seek inwardly,

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that this action will provide such entities with the opportunities which they so richly deserve.

We would at this time transfer this contact for our closing message. I am Hatonn.

(The rest of the tape is inaudible.) ♣

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Sunday Meditation
January 11, 1981

(L channeling

I am Laitos. And I greet you, my brothers, in the name of the Creator. We are pleased that you have chosen to take time away from your daily pursuits, from your happinesses and anguish, to contact us and share your love and attention with us. In return, my brothers, we hope to offer some advice, our love and, hopefully, a glimpse into intentions for which the Creator placed you on your planet. Our small efforts are never equal to the task, yet we will try, my brothers, to meet your needs as far as we are able.

My brothers, at this time I would share with you a small story. At one time in the past of your planet, a man came from a small town in a poor country proclaiming that he was able to hear the words and the voice of a father who existed in another realm from his own physical, [visible] father. Naturally, his neighbors knew he was crazy, for this, they knew, was not the way the universe worked. Still the man persisted. He was very insistent. He claimed that his father, of all things, was everyone's father and that, for this reason, everyone was brothers and sisters. Surely, my brothers, this was a calamity, for how could one hate or cheat or kill his own brother or sister? There was but one thing to do: the man must be silenced.

Many efforts were made to silence him. He was ridiculed, shamed, cursed and eventually beaten. He was held as an object of derision before his own countrymen. His own relatives and even his friends, who had followed him and listened to him preach his madness through endless days and nights, finally saw the error of their ways and abandoned him. Still this fool would not desist and in disgust his countrymen killed him.

Then, as if intent on making matters worse, he came back and continued his foolishness. By now his words, like a disease, had begun to spread. It was too late to check the infection and regrettably (or so it seemed to his countrymen) the disease was to continue and flourish until the situation exists as it does today, in which the foolishness of this man who claimed all to be his family, to be his brothers and his sisters, has become known—not believed—throughout his world.

My brothers, you probably wonder at the fact that we refer to this man as a fool and to his teachings as foolishness. Yet, my brothers, who but a fool could step out into oblivion and trust the truth to bear him up? Who but a fool would risk his earthly life in the belief that more existed than earthly life? And again, who but a fool would trust in an invisible father?

My brothers, we of Laitos are thankful for your foolishness, for the universe is desperately short of such fools. We would encourage you to trust in your foolishness, to step out off of the precipice into space

and rely upon your foolish belief that what is real will bear you up and sustain you and maintain your real life.

At this time we would transfer our contact to another instrument. I am Laitos.

(Unknown channeling

I am Laitos, and again I greet you in the love and the light of the infinite Creator. Yes, my friends, to make the leap of faith, as it has been called, to be the fool for the Creator, to seek what is most popularly known as foolishness instead of seeking personal power and glory and riches, this is indeed appreciated. For in your vibration, all of the signs point the other way if you can distract yourself enough. It is only when you have stopped distracting yourself with the things that man has made and the walls that man has put up against man that you can see the creation at work and the laws of the creation in practice, and thus have an inner feeling that to be a fool, to seek the truth, may have the most important basis of all in your thinking, that of an inner feeling of rightness.

We would add to you, my brothers, that it is most important as you unfold in the newness of your spiritual growth from day-to-day, that you refrain in the beginning from speaking with great detail about your path to others. For just as seedlings are fragile until they have taken root, so is the path that you take growing spiritually step-by-step. Each step is first taken with a very light treading of the foot and gradually, as you put into practice what you have learned in meditation and in seeking, that step becomes firm and you can push off from that onto the next. To avoid playing the hypocrite, which is never a desired role for a seeker, it is very precious to you to keep nurtured quietly and carefully, as a small plant in a hotbed, those new understandings into which you have come, those realizations which you have begun to understand and become one with.

Know that you are one of a great communion, a great fellowship of seekers, and that each positive thought, each positive deed, each prayer and meditation, is witnessed and emphasized by those who are tuned to that vibration of love and light. You have many helpers, and awareness of them will aid you in your own seeking. For as you are aware that they, in their, as you would call it, angelic presence, underscore and emphasize your own spiritual vibrations, you then can find a deeper and clearer level of meditation.

At this time I would like to work briefly with the one known as C. I will condition this instrument and attempt to contact him by speaking a few words through him, if you will relax. I am Laitos.

(Pause)

I am again with this instrument. We had a good contact with the one known as C, and wish to reassure him that all that lies between that feeling which he just experienced and channeling itself is simply the thought process whereby that instrument asks of himself whether the movements and feelings were coming from elsewhere or whether he was imagining them. Once that roadblock is removed and analysis ceases and you speak without thought, having tuned yourself to the proper spiritual vibration, you then will be able to perceive our contact.

We would like to work now with the one known as D, and give her some conditioning and a little healing from our sister, Nona. I am Laitos.

(Pause)

At this time we would work with the one known as N, if he would relax and request mentally that we be with him, we will work with his conditioning and attempt to make ourselves known unto him in some way.

(Pause)

I am again with this instrument. I am Laitos. Now if the instrument known as Jim would accede to the service of being used as a channel at this time, we would like to close this message through him. I am Laitos.

(Jim channeling

I am Laitos, and am with this instrument. We are very pleased to have been asked to join your meditation this evening. It is a rare privilege to be able to share our simple thoughts and perceptions with people who seek to know more of the truth of their reality. We of Laitos have experienced no truth greater than love, the love of the infinite Creator, for each entity, each particle of creation. And are we not all united as a family in love, bound by our desire to speak, to know the Father of us all? Each of you in your daily lives encounter the Creator in every

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endeavor in which you enter. Each moment the opportunity is made for you to travel yet one step closer to experiencing the love of the Father, for each moment holds a message, ere it would not exist. The message, disguised in infinite ways, speaks the song of love, the lesson of life. Listen closely, my brothers, for the Father sings to you in each moment and speaks the infinite languages of life to your hearts. We of Laitos have heard this song and would share what we can of its melody and message with those of your people who desire to hear such music.

We would now leave this instrument and this group, as always, in the love and the light of the infinite Creator. Adonai, my friends.

(Carla channeling

I am Latwii. I am next on the cosmic hit parade tonight. I must step this vibration down for this instrument, if you will be patient. I … I … I … I am Latwii. I believe this is the most comfortable level for this instrument. We do apologize to this instrument. Somehow we always overestimate the necessary vibration for contacting this instrument. She is somewhat sensitive to our vibration. We apologize. We think we just broke her high A.

We are very pleased to be here and have asked for the privilege of answering any questions that you may have at this time. As you know, that is our favorite thing to do as we are somewhat new to this game of speaking to your peoples and it is difficult for us to know how to inspire you by telling you stories, facts and other embroideries about love because it is such a simple matter. We seem to do better with the questions, so if you would be so kind as to voice any that you may have at this time, we will be glad to answer them.

C: Last week a question came up after the meditation about—concerning Hatonn, what he's doing now or if he's still on a special mission or somewhere else—just exactly what he is up to these days.

[I am Latwii.] We will attempt to speak through this instrument, for this information is perfectly all right for you to know but somewhat different and she may have difficulty.

The vibration of Hatonn is working in a new pattern, which is not along any particular geographical frontier or area, for at this particular time the problem is, as it were, a kind of metastasized illness and exists in many parts of the Earth's body. Therefore, the ones of Hatonn have tuned themselves to a certain energy of negativity and are working on the mass consciousness of that particular part of your planet's entities. These entities include many which are, as this instrument would call them, the movers and the shakers.

Thus, Hatonn has moved [to the] eighth or final or covering layer or dimension of this particular octave, stretched itself until it covers the entire planet and is tuning in and attempting to ameliorate by love that particular vibration which is doing the most harm to your peoples. This is a vibration of thought, not of deed.

May we answer you further, my brother?

C: No, that's fine. Thank you.

The brothers of Hatonn have spent a great deal of energy working with certain entities and groups of entities, but we have not found this to be in any one case the appropriate action for this particular energy. Thus, the change of, shall we say, strategy attempting to make the best use of those of Hatonn's special vibration, which is a very, very strong love vibration, and which has had much experience with your Earth's sphere.

Is there another question at this time?

L: Recently in meditation a new or special project was referred to concerning advanced communication. The impression I received was that our involvement was somehow necessary for this to be accomplished. Is my understanding of this correct, and, if so, how can we best facilitate the effort?

I am Latwii. I understand your question, my brother. Essentially you are correct, however there are two completely different means of effecting such communication. One has already been used and we have not found it satisfactory; that is, impressing those people who are sensitive to our message to arrange for the technology necessary to jam one broadcast and substitute another. This involves money, people, time, and can ultimately be ignored since the means of its being done by mere humans, as you would put it, can be discovered or, at least, surmised. The other way is for people, such as this group contains, to make available with all sincerity, and with as much humor as possible, the information of which they are the surest and with

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which they are the most comfortable. That is, of course, the information having to do with the basic philosophy and something about our basic reasons for working with your peoples.

Cosmology enters in, but we do not expect people to find cosmology an interesting way of being introduced to our message. Thus, the other way of aiding our ability to use your mass media is to make enough of an impression by your own creative efforts on the mass mind of the society in which you live that enough people desire to know more about not only the existence of our being but what message we might be bringing to you, that we could then, without infringing upon the free will of these peoples, feed small bits of information about love and light through these media. If people are not in the majority greatly desirous of this information, we would be infringing upon free will and we would not wish to do this. We are not, as you would call it, gods; we are your brothers, and what we have to say is only for your consideration, not for you to believe. What you believe must come from within.

May we answer you further, my brother?

L: I would ask that you speak to me about the value of humor.

My brother, the value of humor is a pale shadow of reality. Reality, as we understand it, is likened unto what this instrument would call an orgasm. That is, the basic ecstasy or joy of the universe. That is, the energy that is love. It is existent in all levels of being. Laughter is one outward expression of the emotional state of what you may call orgasm, however, it would not be advisable for you to call it this during your working hours while speaking to your workmates, or they might think you a little strange.

You must understand that this particular word is known clearly to you as a common human experience, whereas it has never been understood that laughter, when entered into totally and wholly rather than nervously or embarrassedly, is another form of the same energy. Laughter is available to all. Laughter is a healing, comforting, lovely energy and indeed is one of the most highly prized of all states of being. We find the universe to be full of the laughter—or the song—of joy.

May we answer you further about this or have we simply hilariously confused you?

L: You explained it well to me. Thank you.

We thank you, my brother. Is there another question at this time?

(Pause)

My brothers and sisters, we hope that we have been of service to you and we hope that you find joy in your hearts and in your lives and in each other, for all of those things are the Creator. There is nothing outside the Creator. There is nowhere to trip or fall, to stumble or fear. You are in the universe of love. Rejoice therefore. We shall rejoice with you. I am Latwii. I leave you in that love and that light of the infinite Creator. Adonai, my friends. Adonai. ♣

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Intensive Meditation

January 15, 1981

(The editing changes made to this transcript while readying it for publishing in the Law of One books have been included. However, portions of the original transcript that were removed for the Law of One publications have been retained in this version.)

(Carla channeling

I am Ra. I have not spoken through this instrument before. We had to wait until she was precisely tuned, as we send a narrow band vibration. We greet you in the love and in the light of our infinite Creator.

We have watched your group. We have been called to your group, for you have a need for the diversity of experiences in channeling which go with a more intensive, or as you might call it, advanced approach to the system of studying the pattern of the illusions of your body, your mind, and your spirit, which you call seeking the truth. We hope to offer you a somewhat different slant upon the information which is always and ever the same.

The Confederation of Planets in the Service of the Infinite Creator has only one important statement. That statement, my friends, as you know is that all things, all life, all of the creation is part of one original Thought.

We will exercise each channel if we are able to. The reception of our beam is a somewhat more advanced feat than some of the more broad vibration channels opened by other members for more introductory and intermediate work.

Let us for a moment consider thought. What is it, my friends, to take thought? Took you then thought today? What thoughts did you think today? What thoughts were part of the original Thought today? In how many of your thoughts did the creation lie? Was love contained? And was service freely given? You are not part of a material universe. You are part of the Thought. You are dancing in a ballroom in which there is no material. You are dancing thoughts. You move your body, your mind, and your spirit in somewhat eccentric patterns for you have not completely grasped the concept that you are part of the original Thought.

We would at this time transfer to an instrument known as Don. I am Ra.

(Pause)

(Carla channeling

I am Ra. I am again with this instrument. We are close to initiating a contact but we are having difficulty penetrating a certain mental tension and distraction that are somewhat characteristic of this channel. We will therefore describe the type of vibration which is being sent. The instrument will find us entering the energy field at a slight angle towards the back of the top of the head in a narrow

but strong area of intensity. We are not able to offer any conditioning due to our own transmitting limitations, therefore, if the instrument can feel this particular effect he may then speak our thoughts as they come to him. We will again attempt this contact. I am Ra.

(Pause)

(Carla channeling

This instrument is resisting our contact. However, we assure that we are satisfied that contact with the one known as Don is not preferable to that instrument. We will therefore move on to the one known as L. Again we caution the instrument that it is a narrow band of communication which is felt as a vibration entering the aura. We will now transfer this contact. I am Ra.

(Pause)

(Carla channeling

I am Ra. We greet once more in the love and the light of our infinite Creator. We ask that you be patient with us. We are a difficult channel to receive. We may perhaps add some dimensions to your understanding. At this time we would be glad to attempt to speak to any subject or question which those entities in the room may have potential use in the questing.

L: Do you have a specific purpose, and if so, could you tell us something of what your purpose is?

I am Ra. We communicate now. We too have our place. We are not those of the love or the light. We are those who are of the Law of One. In our vibration the polarities are harmonized; the complexities are simplified; the paradoxes have a solution; we are one. That is our nature and our purpose. We are old upon your planet and have served with varying degrees of success in transmitting the Law of One, of Unity of Singleness to your peoples. We have walked your planet. We have seen the faces of your peoples. This is not so with many of the entities of the Confederation. We found that it was not efficacious, however we now feel the great responsibility of staying in the capacity of removing the distortions and powers that have been given to the Law of One. We will continue in this until, shall we say, your cycle is appropriately ended. If not this one, then the next. We are not a part of time and thus are able to be with you in any of your times.

Does this give you enough information from which to extract our purpose, my brother?

L: Yes. Thank you.

I am Ra. We appreciate your vibrations. Is there another query?

L: I've heard of the name "Ra" in connection with the Egyptians. Are you connected with that Ra in any way?

I am Ra. Yes, the connection is congruency. May we elucidate? What do you not understand?

L: Could you give me a little more detail about your role with the Egyptians?

I am Ra. The identity of the vibration Ra is our identity. We as a group, or what you would call a social memory complex, made contact with a race of your planetary kind which you call Egyptians. Others from our density made contact at the same time in South America, and the so-called "lost cities" were their attempts to contribute to the Law of One.

We spoke to one who heard and understood and was in a position to decree the Law of One. However, the priests and peoples of that era quickly distorted our message, robbing it of the, shall we say, compassion with which unity is informed by its very nature. Since it contains all, it cannot abhor any.

When we were no longer able to have appropriate channels through which to enunciate the Law of One, we removed ourselves from the now hypocritical position which we had allowed ourselves to be placed in. Other myths, shall we say, having more to do with polarity and the things of your vibration that are complex, again took over in that particular society/complex.

Does this form a sufficient amount of information, or could we speak further?

Don: *(Inaudible)*.

Is there another query?

Don: *(Inaudible)*.

I am Ra. Consider, if you will, that the universe is infinite. This has yet to be proven or disproven, but we can assure you that there is no end to yourselves, your understanding, what you would call your

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journey of seeking, or your perceptions of the creation.

That which is infinite cannot be many, for many-ness is a finite concept. To have infinity you must identify or define the infinity as unity; otherwise, the term does not have any referent or meaning. In an infinite Creator there is only unity. You have seen simple examples of unity. You have seen the prism which shows all colors stemming from the sunlight. This is a simplistic example of unity.

In truth there is no right or wrong. There is no polarity for all will be, as you would say, reconciled at some point in your dance through the mind/body/spirit complex which you amuse yourself by distorting in various ways at this time. This distortion is not in any case necessary. It is chosen by each of you as an alternative to understanding the complete unity of thought which binds all things. You are not speaking of similar or somewhat like entities or things. You are every thing, every being, every emotion, every event, every situation. You are unity. You are infinity. You are love/light, light/love. You are. This is the Law of One.

May we enunciate in more detail?

Don: No.

I am Ra. Is there another query at this time?

Don: Can you comment on the coming planetary changes in our physical reality?

I am Ra. I preferred to wait til this instrument had again reached a proper state of depth of singleness or one-pointedness before we spoke.

The changes are very, very trivial. We do not concern ourselves with the conditions which bring about harvest.

Don: If an individual makes efforts to act as a catalyst in general to increase the awareness of planetary consciousness, is he of any aid in that direction, or is he doing nothing but acting upon himself?

I am Ra. We shall answer your question in two parts, both of which are important equally.

Firstly, you must understand that the distinction between yourself and others is not visible to us. We do not consider that a separation exists between the consciousness-raising efforts of the distortion which you project as a personality and the distortion that you project as another personality. Thus, to learn is the same as to teach unless you are not teaching what you are learning; in which case you have done you/them little good. This understanding should be pondered by your mind/body/spirit complex as it is a distortion which plays a part in your experiences at this nexus.

To turn to the second part of our response may we state our understanding, limited though it is.

Group-individuated consciousness is that state of sharing understanding with the other distortions of mind/body/spirit complexes which are within the evident reach of the mind/body/spirit complex individual or group. Thus, we are speaking to you and accepting both our distortions and your own in order to enunciate the laws of creation, more especially the Law of One. We are not available to many of your peoples, for this is not an easily understood way of communication or type of philosophy. However, our very being is hopefully a poignant example of both the necessity and the near-hopelessness of attempting to teach.

Each of those in this group is striving to use, digest and diversify the information which we are sending this instrument into the channels of the mind/body/spirit complex without distortion. The few whom you will illuminate by sharing your light are far more than enough reason for the greatest possible effort. To serve one is to serve all. Therefore, we offer the question back to you to state that indeed it is the only activity worth doing: to learn/teach or teach/learn. There is nothing else which is of aid in demonstrating the original Thought except your very being, and the distortions that come from the unexplained, inarticulate, or mystery-clad being are many. Thus, to attempt to discern and weave your way through as many group mind/body/spirit distortions as possible among your peoples in the course of your teaching is a very good effort to make. We can speak no more valiantly of your desire to serve.

May we speak in any other capacity upon this subject?

Don: Will you be available for communication? Can we call on you in the future?

I am Ra. We have good contact with this instrument because of her recent experiences with trance. She is to be able to communicate our thoughts in your

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future. However, we advise care in disturbing the channel for a few moments and then the proper procedure for aiding an instrument who has, to some extent, the need of re-entering the mind/body/spirit complex which the instrument has chosen for the life experience of this time/space. Do you understand how to nurture this instrument?

Don: No. Could you explain it?

We suggest first a brief period of silence. Then the repetition of the instrument's vibratory complex of sound in your density which you call name. Repeat until an answer is obtained. Then the laying on of the hands at the neck region for a brief period so that the instrument may recharge batteries which are not, shall we say, full of the essence of this particular field at this time. And finally, a gift of water into which the love of all present has been given. This will restore this entity, for her distortions contain great sensitivity towards the vibrations of love and the charged water will effect comfort. Do you now understand?

Don: Not completely.

I am Ra. We search your mind to find the vibration Lrac. It is this vibration from you which contains the largest amount of what you would call love. Others would call this entity Carla. The charging of the water is done by those present placing their hands over the glass and visualizing the power of love entering the water. This will charge that very effective medium with those vibrations.

Don: *(Inaudible)*.

Lastly.

Don: *(Inaudible)*.

This instrument is, at this time, quite fatigued. However, her heart is such that she continues to remain open to us and useful as a channel. This is why we have spent the time/space explaining how the distortions of what you may call fatigue may be ameliorated.

Don: *(Inaudible)*.

Under no circumstances should this instrument be touched until she has responded to her name. I do not wish to take this instrument beyond her capacity for physical energy. It grows low. Therefore, I must leave this instrument. I leave you in the glory and peace of unity. Go forth in peace, rejoicing in the power of the one Creator. I am Ra. ♣

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The Law of One, Book I, Session 1
January 15, 1981

Ra: I am Ra. I have not spoken through this instrument before. We had to wait until she was precisely tuned, as we send a narrow band vibration. We greet you in the love and in the light of our infinite Creator.

We have watched your group. We have been called to your group, for you have a need for the diversity of experiences in channeling which go with a more intensive, or as you might call it, advanced approach to the system of studying the pattern of the illusions of your body, your mind, and your spirit, which you call seeking the truth. We hope to offer you a somewhat different slant upon the information which is always and ever the same.

At this time we would be glad to attempt to speak to any subject or question which those entities in the room may have potential use in the requesting.

Questioner: Do you have a specific purpose, and if so, could you tell us something of what your purpose is?

Ra: I am Ra. We communicate now. We are those who are of the Law of One. In our vibration the polarities are harmonized; the complexities are simplified; the paradoxes have a solution. We are one. That is our nature and our purpose.

We are old upon your planet and have served with varying degrees of success in transmitting the Law of One, of Unity, of Singleness to your peoples. We have walked your planet. We have seen the faces of your peoples. However, we now feel the great responsibility of staying in the capacity of removing the distortions and powers that have been given to the Law of One. We will continue in this, until, shall we say, your cycle is appropriately ended. If not this one, then the next. We are not a part of time and, thus, are able to be with you in any of your times.

Does this give you enough information from which to extract our purpose, my brother?

Questioner: Yes. Thank you.

Ra: I am Ra. We appreciate your vibrations. Is there another query?

Questioner: I've heard of the name "Ra" in connection with the Egyptians. Are you connected with that Ra in any way?

Ra: I am Ra. Yes, the connection is congruency. May we elucidate? What do you not understand?

Questioner: Could you give me a little more detail about your role with the Egyptians?

Ra: I am Ra. The identity of the vibration Ra is our identity. We as a group, or what you would call a social memory complex, made contact with a race of your planetary kind which you call Egyptians. Others from our density made contact at the same time in South America, and the so-called "lost cities" were their attempts to contribute to the Law of One.

We spoke to one who heard and understood and was in a position to decree the Law of One. However, the priests and peoples of that era quickly distorted our message, robbing it of the, shall we say, compassion with which unity is informed by its very nature. Since it contains all, it cannot abhor any.

When we were no longer able to have appropriate channels through which to enunciate the Law of One, we removed ourselves from the now hypocritical position which we had allowed ourselves to be placed in. Other myths, shall we say, having more to do with polarity and the things of your vibration that are complex, again took over in that particular society/complex.

Does this form a sufficient amount of information, or could we speak further?

Is there another query?

Questioner: *(The question was lost because the questioner was sitting too far from the tape recorder to be recorded.)*

Ra: I am Ra. Consider, if you will, that the universe is infinite. This has yet to be proven or disproven, but we can assure you that there is no end to your selves, your understanding, what you would call your journey of seeking, or your perceptions of the creation.

That which is infinite cannot be many, for many-ness is a finite concept. To have infinity you must identify or define the infinity as unity; otherwise, the term does not have any referent or meaning. In an infinite Creator there is only unity. You have seen simple examples of unity. You have seen the prism which shows all colors stemming from the sunlight. This is a simplistic example of unity.

In truth there is no right or wrong. There is no polarity for all will be, as you would say, reconciled at some point in your dance through the mind/body/spirit complex which you amuse yourself by distorting in various ways at this time. This distortion is not in any case necessary. It is chosen by each of you as an alternative to understanding the complete unity of thought which binds all things. You are not speaking of similar or somewhat like entities or things. You are every thing, every being, every emotion, every event, every situation. You are unity. You are infinity. You are love/light, light/love. You are. This is the Law of One.

May we enunciate in more detail?

Questioner: No.

Ra: I am Ra. Is there another query at this time?

Questioner: Can you comment on the coming planetary changes in our physical reality?

Ra: I am Ra. I preferred to wait till this instrument had again reached a proper state of depth of singleness or one-pointedness before we spoke.

The changes are very, very trivial. We do not concern ourselves with the conditions which bring about harvest.

Questioner: If an individual makes efforts to act as a catalyst in general to increase the awareness of planetary consciousness, is he of any aid in that direction, or is he doing nothing but acting upon himself?

Ra: I am Ra. We shall answer your question in two parts, both of which are important equally.

Firstly, you must understand that the distinction between yourself and others is not visible to us. We do not consider that a separation exists between the consciousness-raising efforts of the distortion which you project as a personality and the distortion that you project as another personality. Thus, to learn is the same as to teach unless you are not teaching what you are learning; in which case you have done you/them little good. This understanding should be pondered by your mind/body/spirit complex as it is a distortion which plays a part in your experiences at this nexus.

To turn to the second part of our response may we state our understanding, limited though it is.

Group-individuated consciousness is that state of sharing understanding with the other distortions of mind/body/spirit complexes, which are within the evident reach of the mind/body/spirit complex individual or group. Thus, we are speaking to you and accepting both our distortions and your own in order to enunciate the laws of creation, more especially the Law of One. We are not available to many of your peoples, for this is not an easily understood way of communication or type of philosophy. However, our very being is hopefully a poignant example of both the necessity and the near-hopelessness of attempting to teach.

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Each of those in this group is striving to use, digest, and diversify the information which we are sending this instrument into the channels of the mind/body/spirit complex without distortion. The few whom you will illuminate by sharing your light are far more than enough reason for the greatest possible effort. To serve one is to serve all. Therefore, we offer the question back to you to state that indeed it is the only activity worth doing: to learn/teach or teach/learn. There is nothing else which is of aid in demonstrating the original thought except your very being, and the distortions that come from the unexplained, inarticulate, or mystery-clad being are many. Thus, to attempt to discern and weave your way through as many group mind/body/spirit distortions as possible among your peoples in the course of your teaching is a very good effort to make. We can speak no more valiantly of your desire to serve.

May we speak in any other capacity upon this subject?

Questioner: Will you be available for communication? Can we call on you in the future?

Ra: I am Ra. We have good contact with this instrument because of her recent experiences with trance. She is to be able to communicate our thoughts in your future. However, we advise care in disturbing the channel for a few moments and then the proper procedure for aiding an instrument who has, to some extent, the need of re-entering the mind/body/spirit complex which the instrument has chosen for the life experience of this time/space. Do you understand how to nurture this instrument?

Questioner: No. Could you explain it?

Ra: We suggest first a brief period of silence. Then the repetition of the instrument's vibratory complex of sound in your density which you call name. Repeat until an answer is obtained. Then the laying on of the hands at the neck region for a brief period so that the instrument may recharge batteries which are not, shall we say, full of the essence of this particular field at this time. And finally, a gift of water into which the love of all present has been given. This will restore this entity, for her distortions contain great sensitivity towards the vibrations of love and the charged water will effect comfort. Do you now understand?

Questioner: Not completely.

Ra: I am Ra. We search your mind to find the vibration *(nickname)*. It is this vibration from you which contains the largest amount of what you would call love. Others would call this entity *(first name)*. The charging of the water is done by those present placing their hands over the glass and visualizing the power of love entering the water. This will charge that very effective medium with those vibrations.

This instrument is, at this time, quite fatigued. However, her heart is such that she continues to remain open to us and useful as a channel. This is why we have spent the time/space explaining how the distortions of what you may call fatigue may be ameliorated.

Under no circumstances should this instrument be touched until she has responded to her name. I do not wish to take this instrument beyond her capacity for physical energy. It grows low. Therefore, I must leave this instrument. I leave you in the glory and peace of unity. Go forth in peace, rejoicing in the power of the one Creator. I am Ra. ♣

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The Law of One, Book V, Session 1, Fragment 1

January 15, 1981

Jim: The beginning of Session 1 appears here precisely as it was received. In our first private printing of Book One of *The Law Of One* we omitted a portion of this first session because Don felt that, compared with the other twenty-five sessions of Book One, it was anomalistic—and perhaps too confusing as such—for first-time readers. That omission was reproduced when the mass market edition was printed by The Donning Company under the title of *The Ra Material*.

This is the only session in which Ra delivered anything close to what Brad Steiger has called a "cosmic sermonette" before beginning with the question and answer format that was used exclusively throughout the remainder of the Ra contact. Ra preferred the question and answer format because it allowed our free will to decide what information we would seek rather than their determining that choice for us by using the lecture method of teach/learning.

And it was interesting to us that Ra mentioned in this first session that they were not able to offer any "conditioning" to any instrument due their own transmitting limitations. This conditioning often involves seemingly involuntary movement of some part of the vocal cords, mouth, lip, jaw, or some other physiological sensation which the one serving as instrument identifies with the approach of the contact. This session also marks the last time that Ra ever attempted to speak through any instrument other than Carla.

Since the channeling phenomenon has become so commonplace we would like to make an additional comment on the conditioning vibration. Many who serve as instruments feel that they recognize the entities who speak through them by the conditioning vibration and need no other identification to be sure that they are channeling whom they think they are channeling. We have found that this is not always so because negative entities of the same relative vibration will feel just like the familiar positive entity to the one serving as instrument when the negative entity wishes to call itself by another name and mimic the positive entity as a part of the process of tricking the instrument and then detuning the positive work done by the group receiving its information. This is standard procedure for those of the path of service to self. The fundamental concept involved is that the opportunity for positive entities to speak through instruments and groups must be balanced by the same opportunity being offered to negative entities. This need not be a difficulty for any instrument, however, if it and its support group utilizes the twin processes of tuning the group and challenging the contact each time channeling occurs.

Tuning the group is the process whereby each individual in the group refines the desire to serve others and puts it first and foremost in the mind and heart. The group may accomplish this tuning by any method which has meaning to each within the group whether that be by singing sacred songs, chanting,

praying, telling jokes, sharing information, visualizing light surrounding the group, or whatever blends each present into one unified source of seeking.

Then when the instrument feels the entities which wish to channel through it are present the challenge is mentally given, again in whatever way that feels appropriate to the instrument and in whatever way that the instrument can get behind with every fiber of its being. The instrument will demand to know if the entities wishing to channel through it come in the name of whatever principle the instrument feels is the highest and best in its own life. One may challenge the entity wishing to speak in the name of Jesus the Christ, the Christ consciousness, the positive polarity, service to others or in the name of one of the archangels or in whatever represents the center of one's life, that for which the instrument lives and would gladly die. This forms a wall of light through which an entity of negative polarity has as much trouble passing through as you and I would discover with a solid brick wall.

Negative entities stand ready to fill in any lapse of care in this regard with their offering of service in their own way; that is, mimicking the positive contact only as much as necessary to maintain the channel and then giving false information whenever possible, usually having to do with dates and descriptions of upcoming cataclysmic earth changes which, when made public by the group receiving such information makes the group lose credibility since the dates are never correct. Thus the negative entity takes the spiritual strength of the light which the group had been able to share in service-to-others work.

Carla used this method of challenging Ra for the first two sessions. This was and is her normal method, as she usually does conscious channeling. But in the Ra contact she involuntarily went into trance, and could not tune in that way, so we were glad when, at the end of the second session, Ra gave us the ritual of walking the Circle of One to replace the challenging procedure used in telepathic channeling since in all sessions after the first two Carla was immediately in the trance state, out of her body, and unaware of any activity whatsoever. None of us ever discovered how she was able to accomplish this trance state and the leaving of her body. It was apparently a pre-incarnatively chosen ability chosen to aid in the contact with Ra. Our meditation before each session was our group process of tuning.

We used what Don called "tuned trance telepathy" to communicate with those of Ra. This is to say that while the contact was ongoing neither Carla nor those of Ra inhabited Carla's body. Carla's spirit was apparently in the care of those of Ra while Ra used Carla's body from a distance to form the words that responded to Don's questions. Ra mentioned many times that they had only the grossest control over her body and had difficulty, for example, in repositioning her hands when one of them was experiencing pain flares due to her arthritic condition. Carla could not feel these pain flares, but repositioning them was sometimes necessary since the pain was like static on the line. This occurred only occasionally and was always noted in the text.

Don and Carla had been working together for twelve years channeling, researching, and had written two books in the area of metaphysics before I joined them in December of 1980. Unsure of what to do as the first project together, we considered re-writing one of those books, *Secrets Of The Ufo*, and I had begun background reading and taking notes. Three weeks later the first Ra contact occurred and was totally unexpected. It happened when Carla was conducting a teaching session in which one of the Sunday meditation group members was learning how to channel. Don sat in on the session, but I was out shopping and happened to walk in through the front door loaded with sacks of groceries just as Don was asking about the earth changes that were anticipated at the end of this cycle of growth. At that point Ra requested a moment to deepen Carla's trance state before continuing. Such an interruption never happened again because after the second session we prepared another room especially for the Ra contact and continued to use the living room for all other meditations and teaching sessions. This first session is one of only four of the total 106 sessions with Ra in which anyone besides Don, Carla, and I attended. Since the three of us lived together the harmony that we developed between us was very stable and was a critical ingredient in establishing and maintaining the contact.

Carla: *These days, I am teaching very few people to channel. Through the years, I have seen the kind of havoc an opened and untuned channel can wreak in the personality of the seeker who channels just for a while, or just for the fun of it. The basic problem with*

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channeling tends to be that the channel needs to be actively attempting to live the message she is receiving. In spiritual work, no one has the luxury of saying "Do as I say, not as I do." If we do not embody the principles we offer to others, we receive often dramatic and life-shaking catalyst that points up the divergence of ideals from true intention. I have seen people lose their sanity when carelessly involved with channeling. So I take the responsibility of taking students very, very seriously. For the most part, I now work with people who come to me already channeling, and having difficulties with that. This has involved me with people being moved around the world by signals from Indians, UFO contactees with strange stories, and all manner of diverse folks who are in some way at risk in the "new age" sea of confusion. The phrase "spiritual counselor" has a smug, know-it-all feeling to it, which I hope I do not reflect, but it's pretty much what I am doing these days. Perhaps "spiritual listener" is more accurate. With e-mail there has come a wider opportunity to relate with seekers personally. We welcome anyone's communication here at L/L Research, and have never failed to answer any mail sent to us, so please feel free to address questions to us. We're delighted to help in any way we can. Our web site address is www.llresearch.org.

Session 1, January 15, 1981

Ra: I am Ra. I have not spoken through this instrument before. We had to wait until she was precisely tuned as we send a narrow band vibration. We greet you in the love and in the light of our infinite Creator.

We have watched your group. We have been called to your group, for you have a need for the diversity of experiences in channeling which go with a more intensive, or as you might call it, advanced, approach to the system of studying the pattern of illusions of your body, your mind, and your spirit, which you call seeking the truth. We hope to offer you a somewhat different slant upon the information which is always and ever the same.

The Confederation of Planets in the Service of the infinite Creator has only one important statement. That statement, my friends, as you know, is that all things, all life, all of the creation is part of one original thought.

We will exercise each channel if we are able to. The reception of our beam is a somewhat more advanced feat than some of the more broad vibration channels opened by other members for more introductory and intermediate work.

Let us for a moment consider thought. What is it, my friends, to take thought? Took you then thought today? What thoughts did you think today? What thoughts were part of the original thought today? In how many of your thoughts did the creation lie? Was love contained? And was service freely given? You are not part of a material universe. You move your body, your mind, and your spirit in somewhat eccentric patterns for you have not completely grasped the concept that you are part of the original thought.

We would at this time transfer to the instrument known as Don. I am Ra.

(Pause)

Ra: I am Ra. I am again with this instrument. We are close to initiating a contact but we are having difficulty penetrating a certain mental tension and distraction that are somewhat characteristic of this channel. We will therefore describe the type of vibration which is being sent. The instrument will find us entering the energy field at a slight angle towards the back of the top of the head in a narrow but strong area of intensity. We are not able to offer any conditioning due to our own transmitting limitations, therefore, if the instrument can feel this particular effect he may then speak our thoughts as they come to him. We will again attempt this contact. I am Ra.

(Pause)

Ra: This instrument is resisting our contact. However, we assure you that we are satisfied that contact with the one known as Don is not preferable to that instrument. We will, therefore, move on to the one known as Leonard. Again we caution the instrument that it is a narrow band of communication which is felt as a vibration entering the aura. We will now transfer this contact. I am Ra.

(Pause)

Ra: I am Ra. We greet you once more in the love and the light of our infinite Creator. We ask that you be patient with us. We are a difficult channel to receive. We may perhaps add some dimensions to your understanding. At this time we would be glad to attempt to speak to any subject or question which

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those entities in the room may have potential use in the requesting. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meeting
January 18, 1981

(Carla channeling

I am Oxal. I greet you in the love and the light of the infinite Creator, and am delighted to be able to be with you this evening. I do not often speak through this channel and am privileged to be able to share this meeting with you at this time. I wish only to share with you the image, my friends, of the center of all things. When there is that which spins, you may call it a top or a gyroscope, there is always a center which allows the whirling to continue to be balanced. As you are light beings, the energy which spins you is called love. The balance must come from the coordination of light and the polarities of love. Therefore, please think upon the virtues of the balanced gyroscope, which is always aware of the level and true path. And in your meditation seek always to know your own center.

I am very grateful to have had the chance to exercise this instrument for a short time. I will leave you in the love and the light of the infinite Creator. I am Oxal.

(Pause)

I am Latwii. You see, my friends, at how good we are at being able to contact this instrument without blowing her circuits. We greet you in love and the light and apologize for the delay, but we had a desire to initiate contact through the channel known as Jim and were persistent in our attempts. Therefore, we shall leave this instrument to again make our contact with the one known as Jim. I am Latwii.

(Jim channeling

I am Latwii, and greet you once again in love and light. We are very pleased to have been able to make this contact. It is always a joy to be allowed to speak to your meditation group. We are always interested in joining our vibrations with those who seek to know what is the center of creation. We are simple beings for such a mighty task but in our way, simple and foolish though it may be, we would seek to share our understanding of the center of creation with you tonight. We do not mean to say that we have a complete understanding of any part of creation, for what is creation but the Infinite Father Who Is all and Who Is filled with mystery. But, in our searching we have found within the mystery clues and hints as to the central feature, shall we say, that composes all of creation. Of course, as you might suspect, love is to be found within each instance and experience that you might encounter in your lives, but we also have found that love may manifest in an infinite number of ways, many of which are not apparent at first glance.

We would refer each of you to your own library of experiences for analogies in this area for have not each of you had an experience which seemed to be cloaked in mystery for the duration of the experience

and even after the experience passed? And as you ponder the situation, did you not uncover layer after layer [of] those lessons, those learnings, which revolved once again to the central theme of love, to the acceptance of the lesson, whatever it might be and in that acceptance learning to love the experience and all that it represented? But have you not also found that in many experiences which you have pondered long and solved to a degree, have you not also found that there remains still some measure of mystery?

My friends, we would suggest that this mystery that remains, this incompleteness of the understanding, is that central feature that resides with love within each experience and this mystery, this incompleteness, will draw one forth into the next experience, into the next adventure, into the next learning. We would suggest that those things which can be known are valuable, for they teach wisdom, but we would also suggest that those things which remain a mystery are equally as valuable, for they teach seeking and wisdom must always include seeking. Love, therefore, grows more fully by its residence, shall we say, in the same experience with mystery.

We would at this time transfer our contact to the one known as L. I am Latwii.

(L channeling

I am Latwii, and again I greet you, my brothers, in the love and the light of our Creator. My brothers, my friends, it is interesting to we of Latwii that many of the events of your lives seem to revolve not around your own central axis of love but rather around an avoidance of love. We find this difficult to understand, both in how you are able to accomplish this and also—and why you are willing to attempt it.

My brothers, it is necessary that the people of your planet realize that each, as an entity of energy, must revolve around that axis of love, thus making it the central point of their lives. To avoid doing so, especially on a large scale—for many of your people to avoid doing so—can only have the effect of placing your entire planet out of balance, for how can a spinning top revolve around an axis outside its perimeter? It's impossible, yet so many of your people continue to attempt this.

My brothers, we have spoken many times, and on so many occasions as to make this subject, we are sure, a boring one to you, yet we must again reiterate the fact that your planet, its people, are out of balance. And if they do not choose consciously to return to their given axis, then a new axis will be found.

My brothers, we sense at this time it would be best to transfer this contact. … I am Latwii.

(Pause)

(Carla channeling

I am Latwii, and I am again with this instrument. I greet you once more in the love and the light of the infinite Creator. It is my privilege to be open to questions at this time and as I scan you, I realize there are many questions which we might answer. However, we would prefer to let you pick among them yourselves. Therefore, we will wait for the spoken questions that you might have voice at this time and we would be glad to share what information we have. Does anyone have a question at this time?

L: Latwii, it is my understanding that the instrument through whom we are channeling has a question she would like to ask.

I am Latwii. That is correct, however we do not feel that the information she seeks should be given through this instrument due to the fact that she would doubt the answer since she channeled it herself and the question concerns channeling, therefore it is not possible for us to channel through this instrument with any degree of accuracy that [will] be appreciated by this instrument on this particular question. We thank you for your thoughtfulness.

Is there another question at this time?

L: What can you tell us of contacting people who have physically died on this planet?

Ah, but my brother, what do you want to know? We can tell you many things, the most pertinent of which is that it is, of course, possible, depending upon the desires of the departed, as you would euphemistically put it.

L: First, would it be possible for us to contact them through channeling and, second, would they be in a position to advise or counsel us? And to a degree beyond that of a normal living person?

I am Latwii, and am aware of your question. It is possible to contact one who wishes to speak with the

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appropriate medium. The channeling that you are aware of at this time is very efficient compared to the amount of tuning needed for the vibration of your own human worlds[3]. The information you might seek through such a contact would not be any greater in wisdom than that of a normal living person. A person does not become wise by dying. A person becomes two things: one, a shell of the personality which he or she has left behind; that is what you are in contact with. This shell is somewhat informed but does not have the creative independence of the living being, for the living being that he or she truly is[4] is moving onward and gradually further and further away from the density which he or she has left. Thus, the shell will grow weaker and weaker, until the thought form is no longer requested. It is in no case wise to take advice from the departed if you can consult your own wisdom instead, for you are undoubtedly more up-to-date in your information.

May we answer you further, my brother?

L: Yes, on a different subject. Recently in discussing hypnotic regression the statement was made to me that in some instances it was possible to contact what was referred to as the higher self of an individual so as to ascertain information about current karmic debts and whether they have been completed or not. Is it possible for us to use channeling to accomplish this?

I am Latwii. It is perhaps more to the point to suggest that you use the powers of your own will and use what this instrument would call autohypnosis, thus depending upon yourself to seek understanding of your own relationships and circumstances. I would not recommend that channeling of this type be used, due to the fact that in personal uses it can became quite full of the ego needs of the individual channeling and is much better used in a group situation. Thus, if autohypnosis fails, it is best to seek qualified hypnotherapists.

Is there another question at this time?

C: It seems at times that some people are subjected to great physical or emotional suffering, seemingly more so than others, and I've always had trouble understanding whether some people undergo this by some design or is it just a chance that it happened to them or is it caused by—do we bring it on to ourselves or … what I'm asking, is it part of a design or do we bring it on or is it just merely by chance that these people undergo this extreme suffering?

(Pause)

[I am Latwii.] I am with the instrument. Please pardon the delay but this contact is growing somewhat weak. The universe is a grand design in which free will is the great cosmic circumstance. This is paradoxical but true. You yourself, in your higher or more conscious self, program certain lessons that you feel that you need. You then incarnate and forget. However, these lessons are programmed. It is not a rigid program. It is a program that is marvelously flexible so that if you at first do not succeed in learning a lesson, you will be given more and more chances to learn the same lesson. Knowing this is a great aid to the seeker, for thus he or she becomes conscious of the process of learning and is able to take charge of it and use the experience as a teacher. The experiences are unequal because various persons have chosen for themselves various lessons to learn. Some of them have, shall we say, bitten off quite a hunk. Others have decided to take R and R. That is the free will of those who have obtained the right to choose their own incarnations. Most, to be serious, are indeed attempting to learn lessons as quickly as they feel their higher self can absorb them. The lessons of this cycle have to deal with love and its manifestations in a social sphere.

May we answer you further, my brother?"

C: Yes, 'cause I'm thinking of particular situations that just happened. That we program these things *(inaudible)* this situation *(inaudible)* how do you program *(inaudible)* I can't see the death of someone else can be programmed *(inaudible)* as used as a lesson. This person was married. There was the death of the father on the day of the marriage. Just this week, their child was killed. Surely we don't program other's death, or do they program *(inaudible)* I don't understand how deaths at key times could happen to one person.

I am Latwii. This contact is very weak, however we are able to keep it open somewhat. Each entity comes with lessons to learn. When those lessons are through, that entity no longer needs the heavy cloak of the physical being and is freed from it. The living one who experiences deaths has not programmed

[3] Latwii is speaking about the inner planes; they consider themselves outer-planes contacts.

[4] In other words, the second thing that a person becomes, or is.

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death, but has programmed the lessons that such events may teach us. These lessons may be learned by many different kinds of losses, however, it seems to be a strong lesson for the particular entity of whom you speak that loss will be met with fortitude and an understanding of the loss as a gain. When this is seen, when the joy of the situation is seen, this lesson will have been learned. Then the entity may move on.

The individual is responsible for that individual and for no other. It is the truth as we know it that no one can aid another except by being and witnessing that being as a channel for love and light. We ask you not to stress in your mind the fine lines of intellectual rationalization of love. There will be in this illusion pain, loss, limitation—other negative effects. This is an illusion; there will be unequalness because there is harmony rather than unison on this density. Be you then prepared to show love and understanding in your gains and in your losses.

May we answer you further?

C: Well, I hate to keep straining the channel. I know she's tired. Then all events occur in a harmonious blend. Is it designed that these two particular entities work together to learn and grow? Was this designed for them to be together?

I am Latwii. One moment; we must scan. Yes, my brother, in this instance it was agreed between the two in both cases that this would occur and that nurturing would take place in its time. We see you are still not understanding the agreement was reached before the father incarnated. Time is not the same in all dimensions.

We fear that we must close at this time. The sound of snoring is heard in the room and we feel that we perhaps are not being scintillating enough, so we shall greet those named S and R with joy and welcome them to our meeting and leave you in the creation of the Father, the creation of love and light. I am known to you as Latwii. Adonai. ♣

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The Law of One, Book I, Session 2
January 20, 1981

Ra: I am Ra. I greet you in the love and the light of our infinite Creator. I am with this mind/body/spirit complex which has offered itself for a channel. I communicate with you.

Queries are in order in your projections of mind distortion at this time/space. Thusly would I assure this group that my own social memory complex has one particular method of communicating with those few who may be able to harmonize their distortions with ours, and that is to respond to queries for information. We are comfortable with this format. May the queries now begin.

Questioner: I'm guessing that there are enough people who would understand what you are saying, who would be interested enough in it, for us to make a book of your communications and I wondered if you would agree to this?

If so, I was thinking that possibly a bit of historical background of yourself might be in order.

Ra: I am Ra. The possibility of communication, as you would call it, from the One to the One, through distortion, acceptable for meaning is the reason we contacted this group. There are few who will grasp, without significant distortion, that which we communicate through this connection with this mind/body/spirit complex. However, if it be your desire to share our communications with others we have the distortion towards a perception that this would be most helpful in regularizing and crystallizing your own patterns of vibration upon the levels of experience which you call the life. If one is illuminated, are not all illuminated? Therefore, we are oriented towards speaking for you in whatever supply of speakingness you may desire. To teach/learn is the Law of One in one of its most elementary distortions.

Questioner: Could you tell us something of your historical background and your contact with earlier races on this planet? Then we would have something to start with.

Ra: I am Ra. We are aware that your mind/body is calculating the proper method of performing the task of creating a teach/learning instrument. We are aware that you find our incarnate, as you call it, state of interest. We waited for a second query so as to emphasize that the time/space of several thousand of your years creates a spurious type of interest. Thus in giving this information, we ask the proper lack of stress be placed upon our experiences in your local space/time. The teach/learning which is our responsibility is philosophical rather than historical. We shall proceed with your request which is harmless if properly evaluated.

We are those of the Confederation who eleven thousand of your years ago came to two of your planetary cultures which were at that time closely in touch with the creation of the one Creator. It was our naive belief that we could teach/learn by direct contact and that the free will distortions of individual feeling or personality were in no danger.

We had no thought of their being disturbed, as these cultures were already closely aligned with an all-embracing belief in the live-ness or consciousness of all. We came and were welcomed by the peoples whom we wished to serve. We attempted to aid them in technical ways having to do with the healing of mind/body/spirit complex distortions through the use of the crystal, appropriate to the distortion, placed within a certain appropriate series of ratios of time/space material. Thus were the pyramids created.

We found that the technology was reserved largely for those with the effectual mind/body distortion of power. This was not intended by the Law of One. We left your peoples. The group that was to work with those in the area of South America, as you call that portion of your sphere, gave up not so easily. They returned. We did not. However, we have never left your vibration due to our responsibility for the changes in consciousness we had first caused and then found distorted in ways not relegated to the Law of One. We attempted to contact the rulers of the land to which we had come, that land which you call Egypt, or in some areas, the Holy Land.

In the Eighteenth Dynasty, as it is known in your records of space/time distortions, we were able to contact a pharaoh, as you would call him. The man was small in life-experience on your plane and was a … what this instrument would call, Wanderer. Thus, this mind/body/spirit complex received our communication distortions and was able to blend his distortions with our own. This young entity had been given a vibratory complex of sound which vibrated in honor of a prosperous god, as this mind/body complex, which we call instrument for convenience, would call "Ammon." The entity decided that this name, being in honor of one among many gods, was not acceptable for inclusion in his vibratory sound complex. Thus, he changed his name to one which honored the sun disc. This distortion, called "Aten," was a close distortion to our reality as we understand our own nature of mind/body/spirit complex distortion. However, it does not come totally into alignment with the intended teach/learning which was sent. This entity, Ikhnaton, became convinced that the vibration of One was the true spiritual vibration and thus decreed the Law of One.

However, this entity's beliefs were accepted by very few. His priests gave lip service only, without the spiritual distortion towards seeking. The peoples continued in their beliefs. When this entity was no longer in this density, again the polarized beliefs in the many gods came into their own and continued so until the one known as Mohammed delivered the peoples into a more intelligible distortion of mind/body/spirit relationships.

Do you have a more detailed interest at this time?

Questioner: We are very interested in the entire story that you have to tell and getting in to the Law of One in quite some detail. There will be several questions that I'll ask as we go along that may or may not be related directly to understanding the Law of One. However, I believe that the proper way of presenting this as a teach/learning vehicle is to investigate different facets of what you tell us. You spoke of crystal healing. (One other thing I want to mention is that when the instrument becomes fatigued we want to cut off communication and continue questions at a later time when the instrument is recharged.) If the instrument is suitable at this time we would like a little information about the crystal healing that you mentioned.

Ra: I am Ra. The principle of crystal healing is based upon an understanding of the hierarchical nature of the structure of the illusion which is the physical body, as you would call it. There are crystals which work upon the energies coming into the spiritual body; there are crystals which work upon the distortions from spirit to mind; there are crystals which balance the distortions between the mind and the body. All of these crystal healings are charged through purified channels. Without the relative crystallization of the healer working with the crystal, the crystal will not be properly charged. The other ingredient is the proper alignment with the energy fields of the planet upon which you dwell and the holistic or cosmic distortions or streamings which enter the planetary aura in such a manner that an appropriate ratio of shapes and placement within these shapes is of indicated aid in the untangling or balancing process.

To go through the various crystals to be used would be exhaustive to this instrument, although you may ask us if you wish in another session. The delicacy, shall we say, of the choosing of the crystal is very critical and, in truth, a crystalline structure such as a diamond or ruby can be used by a purified channel

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who is filled with the love/light of One, in almost any application.

This, of course, takes initiation, and there never have been many to persevere to the extent of progressing through the various distortion leavings which initiation causes.

May we further inform you in any fairly brief way upon this or another subject?

Questioner: Yes. You mentioned that the pyramids were an outgrowth of this. Could you expand a little on that? Were you responsible for the building of the pyramid, and what was the purpose of the pyramid?

Ra: I am Ra. The larger pyramids were built by our ability using the forces of One. The stones are alive. It has not been so understood by the mind/body/spirit distortions of your culture. The purposes of the pyramids were two:

Firstly, to have a properly oriented place of initiation for those who wished to become purified or initiated channels for the Law of One.

Two, we wished then to carefully guide the initiates in developing a healing of the people whom they sought to aid, and of the planet itself. Pyramid after pyramid charged by the crystal and Initiate were designed to balance the incoming energy of the One Creation with the many and multiple distortions of the planetary mind/body/spirit. In this effort we were able to continue work that brothers within the Confederation had effected through building of other crystal-bearing structures and thus complete a ring, if you will, of these about the Earth's, as this instrument would have us vibrate it, surface.

This instrument begins to lose energy. We ask for one more query or subject and then we shall take our leave for this time/space.

Questioner: You might mention that originally there was a capstone on the pyramid at the top, what was it made of and how you moved the heavy blocks to build the pyramid. What technique was used for that?

Ra: I am Ra. I request that we be asked this question in our next worktime, as you would term the distortion/sharing that our energies produce.

If you have any questions about the proper use of this mind/body/spirit, we would appreciate your asking them now.

Questioner: Consider them asked. I don't have anything to go on. What is the proper use of this instrument? What should we do? What should we do to maximize her ability and her comfort?

Ra: I am Ra. We are pleased that you have asked this question for it is not our understanding that we have the right/duty to share our perceptions on any subject but philosophy without direct question. However, this mind/body/spirit is not being correctly used and therefore is experiencing unnecessary distortions of body in the area of fatigue.

The vibrations may well be purified by a simple turning to the circle of One and the verbal vibration while doing so of the following dialogue:

Question: "What is the Law?"

Answer: "The Law is One."

Question: "Why are we here?"

Answer: "We seek the Law of One."

Question: "Why do we seek Ra?"

Answer: "Ra is an humble messenger of the Law of One."

Both Together: "Rejoice then and purify this place in the Law of One. Let no thought-form enter the circle we have walked about this instrument, for the Law is One."

The instrument at this time should be in trance. The proper alignment is the head pointed twenty degrees north-by-northeast. This is the direction from which the newer or New Age distortions of love/light, which are less distorted, are emanating, and this instrument will find comfort therein. This is a sensitive instrument, by which we mean the distortions which enter her mind/body/spirit complex come from any of her senses. Thus, it is well to do the following:

Place at the entity's head a virgin chalice of water.

To the center, the book most closely aligned with the instrument's mental distortions which are allied most closely with the Law of One, that being the Bible that she touches most frequently.

To the other side of the Bible, a small amount of cense, or incense, in a virgin censer.

To the rear of the book symbolizing One, opened to the Gospel of John, Chapter One, a white candle.

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The instrument would be strengthened by the wearing of a white robe. The instrument shall be covered and prone, the eyes covered.

We feel that, though this is a complex of activity/circumstance and may seem very distorted from a purposeful teach/learning experience, these elaborations on the technique of trance will ease the mind distortions of those about the instrument as they perceive improvement in the instrument's distortions with regard to fatigue. We add only that if these teach/learning sessions are held during time/space during which your sun-body does not light your room that it is best to call the instrument before the lighting of the illuminatory mechanism.

I am Ra. I leave you in the glory and the peace of the one Creator. Rejoice in the love/light, and go forth in the power of the one Creator. In joy, we leave you. Adonai. ♣

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Intensive Meditation
January 21, 1981

(Carla channeling

[I am Laitos] … the love and in the light of our infinite Creator. It is with joy that we metaphorically raise our glasses to you in a toast to greeting. We have not had the privilege of working in a group such as this with you for some small period and have been conscious of your call to us. I and my brothers have been with you but very much appreciate the ability at this time to speak what humble words we can to share our message with you and to offer whatever service we may.

The gifts that you give us are infinitely precious to us and our thanks can never be sufficient, for you give to us a constant deepening of our understanding of love, and it is through this understanding that we ourselves are attempting to refine what you would call wisdom. Love we have; wisdom we are seeking. Thus, as we reach to you, who so sorely seek love, let us assure you that that which you offer us is greatly dear to us and aids us in our own spiritual seeking.

My friends, we wish to reassure you about the nature of love, for in many cases it seems as fragile as a newborn rose in the snow—beautiful but transient. As you continue in your seeking you will find that the rose may wither, the preserved odor may fade but the memory and the knowledge of that beauty is as infinite as your being. You hold each perception within you and you assign to it that value which seems proper. Look then to each moment, for in even the most difficult or confused circumstance love resides, and not as a fragile thing but as the very heart of your experience.

At this time, after a period of conditioning, we would like to transfer this contact to the one known as S. I am Laitos.

(S channeling

I am Laitos, and I greet you, my friends, in the love and in the light of the one infinite Creator. We are pleased to be able to speak through this instrument once again. We are happy to be with your group today and we find it always a pleasure to be among those of your planet who are seeking the knowledge which we humbly try to express through instruments such as this. We are pleased to be called upon to aid those of your planet who seek to expand their awareness of the Creator. We are always privileged to be with those who seek our aid. We find it a great honor to serve in this manner.

We would at this time transfer this contact. I am Laitos.

(Carla channeling

I am Laitos, and I am once again with this instrument, but this instrument keeps requesting that the contact be shifted to the one known as Jim due to her fondness for his channeling. We wish to

close through this instrument that one of our sisters may speak through the one known as Jim. We would again pause and offer the conditioning vibration to the one known as R. I am Laitos.

(Carla channeling

I am Laitos, and am again with this instrument. We thank the one known as R for the privilege of working with him and we thank each of you for calling us. We shall be with you at any time you may request it in the future, as you call it. Meanwhile, we leave you with an attempt to emphasize the sturdy and unquenchable spirit of love. It may seem that love can be shattered. It may seem that love can be damaged. It may seem that misunderstandings and confusions can cause harm. If this be so, my friends, then you must search more deeply in your understanding for the essence of love, for naught can undo its everlasting beauty and strength. The power of your being and the power of the universe are one thing and that thing, my friends, is love.

I am Laitos. I leave you in the invisible and infinite love and in the manifested light of the one Creator. Adonai my friends, adonai.

(Jim channeling

I am Latwii, and am with this instrument and greet you all most joyfully in love and light. It has been some period of your time since we have had the honor of speaking to your group and we embrace that joyful opportunity at this time with great and heartfelt gratitude. May we at this time offer ourselves in the capacity of answering questions which those present might have the value in the asking. Is there a question at this time?

S: I have a question. In a couple of my meditations I've received what seemed to be telepathic messages. Is this possible, and if so, do they come from the entities who I believe they're coming from?

I am Latwii, and, my sister, we may say first of all, all things are quite possible, and in specific may we say with the experience you have recalled in your meditation, these contacts are of the nature of which you have surmised. We cannot speak very specifically, for this would not be proper in our estimation at this time, but we confirm your hypothesis.

May we answer you further, my sister?

S: Yes. Is there any harm in seeking out these messages as far as maybe obtaining erroneous information or receiving an entity disguising itself as another entity?

I am Latwii, and, my sister, in this regard may we say that it is always helpful in such a seeking to provide yourself with a shield of light to gird yourself, shall we say, in the light and love of the one Creator, to seek then from this point in that same light and love for further understanding of your being as it is congruent with the one Creator, to seek always the union of yourself with the great Self that is the Creator of all, to seek, to learn, to know, and to be the one Creator and to serve that one Creator in all ways that are possible and open as opportunities to you.

If the seeking or any type of contact or knowledge veers in any degree from this pure seeking for oneness, then the seeker may experience that which is a more distorted contact. Seek always the oneness that is the foundation of your being. Seek to serve that oneness, to know it, and in this seeking in love and in light shall you find that which you seek and so shall that love and light be your protection in the seeking.

May we answer you further, my sister?

S: No. Thank you for your help.

We are most grateful as well to you. Is there another question at this time?

Carla: I have two questions that someone has sent me. And I was wondering if it would be acceptable to you if I read them to you since it is daylight now and I can read without having to turn on a light?

I am Latwii. We are always glad to hear from you, my sister. Please read us your queries.

Carla: Thank you. These questions are from M in Denver, Colorado. Firstly she says, "I have difficulty in determining lessons I feel I am in the midst of. It seems experiences are resistant or chronic, which tells me I must be thick-skinned. One area is of the health of my family. I feel totally impotent that I cannot remove their afflictions. One day I believe it is food for the soul and the next the burden feels that it is too great. What is health, or rather ill health, a chosen path or an inability of the body/spirit to find balance on the physical plane? Knowing this could, I think, help my attitude and the problems."

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I am Latwii, and am aware of your question, my sister, asked for your sister. May we say first of all in responding to this most thoughtful query, that what is defined as health within your culture is a term which is quite narrow in its scope, for it implies the smooth functioning of each body part with no hindrance no where and complete vitality at all times. This, of course, may be a pleasant condition for an entity in the third density to experience but is not a condition which clearly reflects the nature of the experiencing of catalyst which is the purpose of your being within the third density.

May we say in responding to another portion of this query that the condition of health and what is called ill health may be a result of a variety of choices made by the entity experiencing the condition. These choices most frequently are made during the incarnation and are results of utilizing the catalyst of this density either poorly or well or in combination, for each experience an entity encounters within the incarnation has the potential of teaching a lesson or many lessons. When these lessons are learned there [may be], shall we say, the smooth sailing for awhile until the next lesson is encountered.

Many conditions of the dysfunction of the body and mind complexes are the results of, shall we say, turbulent waters, difficulties experienced in the assimilating of the lessons by the entity when the mind is unable or unwilling to face that which is the lesson of the moment and continues in this ignoring, shall we say, of the lesson. Then the lesson must be passed on to the body complex so that it is more easy to recognize and in its symbolic form then might be pondered, might be meditated upon and might be unraveled as to its origin, which is the lesson needing learning.

There is also the great possibility at this time upon your planet that certain entities have placed upon themselves before the current incarnation certain conditions of physical and mental health or ill health, may we say, for very specific purposes. These purpose vary widely. An entity, for example, in one previous incarnation may have experienced the giving of love in great abundance to others about it, but may not have allowed these entities to give love to it and may decide before another incarnation to experience the giving of love from another by, shall we say, by making its physical vehicle somewhat crippled or, shall we say, less than perfectly functioning so that attention from others is necessary for the maintaining of the comfort and life systems.

Many are the reasons chosen before incarnation for the limiting of the physical and mental complexes. These choices are great lessons, lessons which could well take an entire incarnation to assimilate. It might be the case with such an entity that this would be the last lesson needing to be learned before the graduation.

May we say in responding to another part of this query that the entity seeing loved ones in conditions that are described as …

(Side one of tape ends.)

(Jim channeling

I am Latwii, and am once again with this instrument. As we were saying, an entity seeing loved ones in poor or ill health often wishes to be able to heal these loved ones, for such an entity feels the pain that is experienced by those around it and so, loving them, wishes to alleviate this pain. Often such an entity, after periods of meditation and struggling to understand the reasons for such afflictions, will find deeper levels of meaning to such conditions and will see that there is a great possibility that such conditions could be enabling the ones experiencing them to learn great lessons. This knowledge is often soothing and of comfort to the entity seeing pain in loved ones.

But when the pain is of a constant nature and the health continues to deteriorate and does not seem to respond in a lasting manner to treatment, the entity may once again burn with a desire to heal. May we say that this great love may be just that ingredient which is needed by the one experiencing the ill health. It may also be true that the understanding by all involved that such pain and suffering can indeed be teaching great lessons is most helpful in accepting the conditions as they are.

May we close this particular response by suggesting that in all cases, whether there is an understanding of the condition or not, it is most helpful to accept that condition and to feel the love that each moment of that condition offers to all involved. It is not useful to worry endlessly about conditions which persist. It is most helpful to find the love in each moment and to accept that which is given, for, my friends, may we say that there are no mistakes in any incarnation or experience. Each experience is a gift, a treasure, a

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gem from the one Creator who created each being to the one Creator that is each being so that the Creator might know Itself. Seek there, my friends, in the heart of your being for the Creator in each moment.

May we answer you further, my sister?

Carla: Yes. Since these questions are written down, I won't ask further on that question. I would like to thank you for a most inspiring answer, speaking as a slightly gimpy person myself.

M goes on then to ask another question here. She says, "G has playmates who have filled his thoughts with fire under the ground. This has me distraught. G started on a path I would not wish him to go. He wants to see the pictures in the Bible and seems quite interested. It all seems to be motivation from fear of punishment from God and an inclination for the morbid. I feel his spiritual seeking is his own but I am unsure if I should aggressively work to alter his newfound ideas just because I don't embrace them. I have tried to point out to him that everyone knows God differently and we don't know God that way, that is, N and I. Part of me says he is only [five years] old so I should take charge here but then again want him to feel his seeking is his own journey. Any comments or suggestions would be appreciated.

I am Latwii, and am aware of your query, my sister. May we say in this regard that indeed each entity of whatever the age is indeed the one which is responsible for the journey of seeking which it undertakes. It may be that many ports of call are necessary before the ship finally reaches the home port. Many experiences will aid each seeker in the seeking, for if all answers were known at once, would there be any need for the incarnations and experiences those of your planet have experienced for many thousands of your years?

Each entity in each incarnation travels a path laid out quite carefully before the incarnation, always allowing for free will to change or alter that path at any time. The traveling is of a nature that experience might be had. To taste of many flavors is to know the creation in greater depth and richness. Few upon your planet remain with one flavor, shall we say, for their entire incarnation. Each entity grows from the experience of a variety of flavors, a variety of patterns of thought, a variety of orientations and attitudes. In this way each entity reproduces the Creator experiencing Itself, for it must not be forgotten that all is one. Each entity, each experience, each thought, each turn, each port is the Creator.

Those who love the small ones of their bodies and being and family do feel the need from time to time to give the fruits of their own seeking in as pure a form as possible to the young ones entrusted to their care. This great feeling of love is not always possible nor is it always desirable, for if the young entity had all answers placed before him without the need to seek them for the self then where would come the strength that is born of the arduous journey? Where would come the wisdom of tasting many flavors? Where would come the ability to discern the wheat from chaff. In each seeking and experience that the young entity encounters there is the opportunity for those in whose care it is placed to provide yet another view, aspect or attitude concerning that which is the current experience of the young entity. Thereby shall both grow and learn respect each for the other, realizing both are seekers, both know very little, both seek to know the Creator.

May we answer further, my sister?

Carla: No, thank you Latwii. I know M will thank you.

I am Latwii. We are most grateful as well to you and to your sister, M. May we answer yet another question at this time?

(Pause)

I am Latwii, and since we have no answers for the growling stomach, may we say what a great honor and privilege it has been to join this group once again. We are with you always in your meditations, in your daily round of activities. You need only request our presence to become aware of it. Always are we with you. We leave you now in the love and in the light of the one infinite Creator. Rejoice in your being. I am Latwii. Adonai. ♣

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The Law of One, Book I, Session 3

January 21, 1981

Ra: I am Ra. I greet you in love and the light of the one infinite Creator. I communicate with you now.

Questioner: My first question is, did we correctly perform the ritual for starting the communication?

Ra: I am Ra. The placement of the artifacts designated to balance the instrument should be placed at the instrument's head for the least distortion of effect. The remainder of the beginning account of purpose is quite acceptable, for those speaking desire to serve. Otherwise, the attendant emphasis in mind complexities would not have been affected properly. We caution you to guard against those who are not wishing to serve others above all else, from taking part in the beginning or in lending their distortions of mind/body/spirit complex to any session as we should then be unable to properly blend our distortions with those of this instrument.

Questioner: Should I move the Bible, candle, and incense at this time?

Ra: I am Ra. This would be appropriate.

Questioner: *(After moving the items.)* Is this the proper position?

Ra: I am Ra. Please correct the angle of the incense so that it is perpendicular to the plane of twenty degrees north-by-northeast.

Questioner: *(After making the correction.)* Is this satisfactory?

Ra: I am Ra. Please check by eye to make fine correction. We will explain the process by which this becomes a significant distortion balancer. The incense acts as energizer to the physical body of this instrument, signifying its humanity. This is, therefore, a necessity that the wafted smoke is perceived from the same relative angle as the instrument perceives the opened Bible balanced by the lighted candle signifying love/light and light/love and, therefore, give the mental and emotional, shall we call it, distortion complex of this instrument the sight of paradise and peace which it seeks. Thus energized from the lower to the higher, the instrument becomes balanced and does not grow fatigued.

We appreciate your concern, for this will enable our teach/learning to proceed more easily.

Questioner: Does everything appear correctly aligned now?

Ra: I am Ra. I judge it within limits of acceptability.

Questioner: At the last session we had two questions that we were saving for this session: one having to do with the possible capstone on top of the Great Pyramid at Giza; the other having to do with how you moved the heavy blocks that make up the pyramid. I know these questions are of no importance with respect to the Law of One, but it was my judgment—and please correct me if I am wrong, and make the necessary suggestions—that

this would provide an easy entry for those who would read the material that will eventually become a book. We are very grateful for your contact and will certainly take any suggestions as to how we should receive this information.

Ra: I am Ra. I will not suggest the proper series of questions. This is your prerogative as free agent of the Law of One having learned/understood that our social memory complex cannot effectually discern the distortions of the societal mind/body/spirit complex of your peoples. We wish now to fulfill our teach/learning honor/responsibility by answering what is asked. This only will suffice for we cannot plumb the depths of the distortion complexes which infect your peoples.

The first question, therefore, is the capstone. We iterate the unimportance of this type of data.

The so-called Great Pyramid had two capstones. One was of our design and was of smaller and carefully contrived pieces of the material upon your planet which you call "granite." This was contrived for crystalline properties and for the proper flow of your atmosphere via a type of what you would call "chimney."

At a time when we as a people had left your density, the original was taken away and a more precious one substituted. It consisted, in part, of a golden material. This did not change the properties of the pyramid, as you call it, at all, and was a distortion due to the desire of a few to mandate the use of the structure as a royal place only.

Do you wish to query further upon this first question?

Questioner: What did you mean by chimney? What was its specific purpose?

Ra: I am Ra. There is a proper flow of your atmosphere which, though small, freshens the whole of the structure. This was designed by having air-flow ducts, as this instrument might call them, situated so that there was a freshness of atmosphere without any disturbance or draft.

Questioner: How were the blocks moved?

Ra: I am Ra. You must picture the activity within all that is created. The energy is, though finite, quite large compared to the understanding/distortion by your peoples. This is an obvious point well known to your people, but little considered.

This energy is intelligent. It is hierarchical. Much as your mind/body/spirit complex dwells within a hierarchy of vehicles and retains, therefore, the shell or shape or field, and the intelligence of each ascendingly intelligent or balanced body, so does each atom of such a material as rock. When one can speak to that intelligence, the finite energy of the physical, or chemical rock/body is put into contact with that infinite power which is resident in the more well-tuned bodies, be they human or rock.

With this connection made, a request may be given. The intelligence of infinite rock-ness communicates to its physical vehicle and that splitting and moving which is desired is then carried out through the displacement of the energy field of rock-ness from finity to a dimension which we may conveniently call, simply, infinity.

In this way, that which is required is accomplished due to a cooperation of the infinite understanding of the Creator indwelling in the living rock. This is, of course, the mechanism by which many things are accomplished, which are not subject to your present means of physical analysis of action at a distance.

Questioner: I am reminded of the statement—approximately—that if you had faith to move a mountain, the mountain would move. This seems to be approximately what you were saying. That if you are fully aware of the Law of One, you would be able to do these things. Is that correct?

Ra: I am Ra. The vibratory distortion of sound, faith, is perhaps one of the stumbling blocks between those of what we may call the infinite path and those of the finite proving/understanding.

You are precisely correct in your understanding of the congruency of faith and intelligent infinity; however, one is a spiritual term, the other more acceptable perhaps to the conceptual framework distortions of those who seek with measure and pen.

Questioner: Then if an individual is totally informed with respect to the Law of One and lives the Law of One, then such things as the building of the pyramids by direct mental effort would be commonplace. Is that what I am to understand?

Ra: I am Ra. You are incorrect in that there is a distinction between the individual power through the Law of One and the combined, or societal memory complex mind/body/spirit understanding of the Law of One.

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In the first case only the one individual, purified of all flaws, could move a mountain. In the case of mass understanding of unity, each individual may contain an acceptable amount of distortion and yet the mass mind could move mountains. The progress is normally from the understanding which you now seek to a dimension of understanding which is governed by the laws of love, and which seeks the laws of light. Those who are vibrating with the Law of Light seek the Law of One. Those who vibrate with the Law of One seek the Law of Foreverness.

We cannot say what is beyond this dissolution of the unified self with all that there is, for we still seek to become all that there is, and still are we Ra. Thus our paths go onward.

Questioner: Was the pyramid then built by the mutual action of many?

Ra: I am Ra. The pyramids which we thought/built were constructed thought-forms created by our social memory complex.

Questioner: Then the rock was created in place rather than moved from some place else? Is that correct?

Ra: I am Ra. We built with everlasting rock the Great Pyramid, as you call it. Other of the pyramids were built with stone moved from one place to another.

Questioner: What is everlasting rock?

Ra: I am Ra. If you can understand the concept of thought-forms you will realize that the thought-form is more regular in its distortion than the energy fields created by the materials in the rock which has been created through thought form from thought to finite energy and being-ness in your, shall we say, distorted reflection of the level of the thought-form.

May we answer you in any more helpful way?

Questioner: This is rather trivial, but I was wondering why the pyramid was built with many blocks rather than creating the whole thing as one form created at once?

Ra: I am Ra. There is a law which we believe to be one of the more significant primal distortions of the Law of One. That is the Law of Confusion. You have called this the Law of Free Will. We wished to make an healing machine, or time/space ratio complex which was as efficacious as possible. However, we did not desire to allow the mystery to be penetrated by the peoples in such a way that we became worshipped as builders of a miraculous pyramid. Thus it appears to be made, not thought.

Questioner: Well, then you speak of the pyramid, the Great Pyramid, I assume, as primarily a healing machine, and also you spoke of it as a device for initiation. Are these one and the same concept?

Ra: I am Ra. They are part of one complex of love/light intent/sharing. To use the healing properly it was important to have a purified and dedicated channel, or energizer, for the love/light of the infinite Creator to flow through; thus the initiatory method was necessary to prepare the mind, the body, and the spirit for service in the Creator's work. The two are integral.

Questioner: Does the shape of the pyramid have a function in the initiation process?

Ra: I am Ra. This is a large question. We feel that we shall begin and ask you to re-evaluate and ask further at a later session, this somewhat, shall we say, informative point.

To begin. There are two main functions of the pyramid in relation to the initiatory procedures. One has to do with the body. Before the body can be initiated, the mind must be initiated. This is the point at which most adepts of your present cycle find their mind/body/spirit complexes distorted from. When the character and personality that is the true identity of the mind has been discovered, the body then must be known in each and every way. Thus, the various functions of the body need understanding and control with detachment. The first use of the pyramid, then, is the going down into the pyramid for purposes of deprivation of sensory input so that the body may, in a sense, be dead and another life begin.

We advise, at this time, any necessary questions and a fairly rapid ending of this session. Have you any query at this time/space?

Questioner: The only question is, is there anything that we have done wrong, or that we could do to make the instrument more comfortable?

Ra: I am Ra. We scan this instrument.

This instrument has been much aided by these precautions. We suggest only some attention to the neck which seems in this body/distortion to be

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distorted in the area of strength/weakness. More support, therefore, to the neck area may be an aid.

Questioner: Should we have the instrument drink the water from the chalice behind her head, or should we have her drink from another glass after we charge it with love?

Ra: I am Ra. That and only that chalice shall be the most beneficial as the virgin material living in the chalice accepts, retains, and responds to the love vibration activated by your being-ness.

I am Ra. I will now leave this group rejoicing in the power and peace of the one Creator. Adonai. ♣

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The Law of One, Book I, Session 4

January 22, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate with you now.

Questioner: When we finished the last session, I had asked a question that was too long to answer. It had to do with the shape of the pyramid, its relationship to the initiation. Is this the appropriate time to ask this question?

Ra: I am Ra. Yes, this is an appropriate time/space to ask that question.

Questioner: Does the shape of the pyramid have an effect upon the initiation?

Ra: I am Ra. As we began the last session question, you have already recorded in your individual memory complex the first use of the shape having to do with the body complex initiation. The initiation of spirit was a more carefully designed type of initiation as regards the time/space ratios about which the entity to be initiated found itself.

If you will picture with me the side of the so-called pyramid shape and mentally imagine this triangle cut into four equal triangles, you will find the intersection of the triangle, which is at the first level on each of the four sides, forms a diamond in a plane which is horizontal. The middle of this plane is the appropriate place for the intersection of the energies streaming from the infinite dimensions and the mind/body/spirit complexes of various interwoven energy fields. Thus it was designed that the one to be initiated would, by mind, be able to perceive and then channel this, shall we say, gateway to intelligent infinity. This, then, was the second point of designing this specific shape.

May we provide a further description of any kind to your query?

Questioner: Yes. As I understand it then, the initiate was to be on the center line of that pyramid, but at an altitude above the base as defined by the intersection of the four triangles made by dividing each side. Is that correct?

Ra: I am Ra. This is correct.

Questioner: Then at this point there is a focusing of energy that is extra-dimensional in respect to our dimensions. Am I right?

Ra: I am Ra. You may use that vibratory sound complex. However, it is not totally and specifically correct. There are no "extra" dimensions. We would prefer the use of the term multi-dimensional.

Questioner: Is the size of the pyramid a function of the effectiveness of the initiation?

Ra: I am Ra. Each size pyramid has its own point of streaming in of intelligent infinity. Thus, a tiny pyramid that can be placed below a body or above a body will have specific and various effects depending upon the placement of the body in relationship to the entrance point of intelligent infinity.

For the purposes of initiation, the size needed to be large enough to create the impression of towering

size so that the entrance point of multi-dimensional intelligent infinity would completely pervade and fill the channel, the entire body being able to rest in this focused area. Furthermore, it was necessary for healing purposes that both channel and the one to be healed be able to rest within that focused point.

Questioner: Is the large pyramid at Giza still usable for this purpose, or is it no longer functional?

Ra: I am Ra. That, like many other pyramid structures, is like the piano out of tune. It, as this instrument would express it, plays the tune but, oh, so poorly. The disharmony jangles the sensitivity. Only the ghost of the streaming still remains due to the shifting of the streaming points which is in turn due to the shifting electromagnetic field of your planet; due also to the discordant vibratory complexes of those who have used the initiatory and healing place for less compassionate purposes.

Questioner: Would it be possible to build a pyramid and properly align it and use it today from the materials that we have available?

Ra: I am Ra. It is quite possible for you to build a pyramid structure. The material used is not critical, merely the ratios of time/space complexes. However, the use of the structure for initiation and healing depends completely upon the inner disciplines of the channels attempting such work.

Questioner: My question then would be, are there individuals incarnate upon the planet today who would have the inner disciplines to, using your instructions, construct and initiate in a pyramid they built? Is this within the limits of what any one on the planet today can do? Or is there no one available for this?

Ra: I am Ra. There are people, as you call them, who are able to take this calling at this nexus. However, we wish to point out once again that the time of the pyramids, as you would call it, is past. It is indeed a timeless structure. However, the streamings from the universe were, at the time we attempted to aid this planet, those which required a certain understanding of purity. This understanding has, as the streamings revolved and all things evolve, changed to a more enlightened view of purity. Thus, there are those among your people at this time whose purity is already one with intelligent infinity. Without the use of structures, healer/patient can gain healing.

May we further speak to some specific point?

Questioner: Is it possible for you to instruct in these healing techniques if we could make available an individual who had the native ability?

Ra: I am Ra. It is possible. We must add that many systems of teach/learning the healing/patient nexus are proper given the various mind/body/spirit complexes. We ask your imagination to consider the relative simplicity of the mind in the earlier cycle and the less distorted, but often overly complex, views and thought/spirit processes of the same mind/body/spirit complexes after many incarnations. We also ask your imagination to conceive of those who have chosen the distortion of service and have removed their mind/body/spirit complexes from one dimension to another, thus bringing with them in totally latent form many skills and understandings which more closely match the distortions of the healing/patient processes.

Questioner: I would very much like to continue investigation into the possibility of this healing process, but I'm a little lost as to where to begin. Can you tell me where my first step would be?

Ra: I am Ra. I cannot tell you what to ask. I may suggest that you consider the somewhat complex information just given and thus discover several avenues of inquiry. There is one "health," as you call it, in your polarized environment, but there are several significantly various distortions of types of mind/body/spirit complexes. Each type must pursue its own learn/teaching in this area.

Questioner: Would you say, then, that the first step would be to find an individual with ability brought with him into this incarnation? Is this correct?

Ra: I am Ra. This is correct.

Questioner: Once I have selected an individual to perform the healing, it would be helpful to receive instruction from you. Is this possible?

Ra: I am Ra. This is possible given the distortions of vibratory sound complexes.

Questioner: I'm assuming, then, that the selected individual would be one who was very much in harmony with the Law of One. Even though he may not have any intellectual understanding of it, he should be living the Law of One?

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Ra: I am Ra. This is both correct and incorrect. The first case, that being correctness, would apply to one such as the questioner himself who has the distortions towards healing, as you call it.

The incorrectness which shall be observed is the healing of those whose activities in your space/time illusion do not reflect the Law of One, but whose ability has found its pathway to intelligent infinity regardless of the plane of existence from which this distortion is found.

Questioner: I'm a little confused. I partially understand you, but I'm not sure that I fully understand you. Could You restate that in another way?

Ra: I am Ra. I can restate that in many ways, given this instrument's knowledge of your vibratory sound complexes. I will strive for a shorter distortion at this time.

Two kinds there are who can heal: those such as yourself who, having the innate distortion towards knowledge-giving of the Law of One, can heal but do not; and those who, having the same knowledge, but showing no significant distortions toward the Law of One in mind, body, or spirit, yet, and nevertheless, have opened a channel to the same ability.

The point being that there are those who, without proper training, shall we say, nevertheless, heal. It is a further item of interest that those whose life does not equal their work may find some difficulty in absorbing the energy of intelligent infinity and thus become quite distorted in such a way as to cause disharmony in themselves and others and perhaps even find it necessary to cease the healing activity. Therefore, those of the first type, those who seek to serve and are willing to be trained in thought, word, and action are those who will be able to comfortably maintain the distortion toward service in the area of healing.

Questioner: Then would it be possible for you to train us in healing awareness?

Ra: I am Ra. It is possible.

Questioner: Will you train us?

Ra: I am Ra. We will.

Questioner: I have no idea how long this would take. Is it possible for you to give a synopsis of the program of training required? I have no knowledge of what questions to ask at this point.

Ra: I am Ra. We consider your request for information, for as you noted, there are a significant number of vibratory sound complexes which can be used in sequence to train the healer.

The synopsis is a very appropriate entry that you might understand what is involved.

Firstly, the mind must be known to itself. This is perhaps the most demanding part of healing work. If the mind knows itself then the most important aspect of healing has occurred. Consciousness is the microcosm of the Law of One.

The second part has to do with the disciplines of the body complexes. In the streamings reaching your planet at this time, these understandings and disciplines have to do with the balance between love and wisdom in the use of the body in its natural functions.

The third area is the spiritual, and in this area the first two disciplines are connected through the attainment of contact with intelligent infinity.

Questioner: I believe I have a little idea of the accomplishment of the first step. Can you elaborate a little bit on the other two steps which I am not at all familiar with.

Ra: I am Ra. Imagine the body. Imagine the more dense aspects of the body. Proceed therefrom to the very finest knowledge of energy pathways which revolve and cause the body to be energized. Understand that all natural functions of the body have all aspects from dense to fine, and can be transmuted to what you may call sacramental. This is a brief investigation of the second area.

To speak to the third, if you will, imagine the function of the magnet. The magnet has two poles. One reaches up. The other goes down. The function of the spirit is to integrate the upreaching yearning of the mind/body energy with the downpouring and streaming of infinite intelligence. This is a brief explication of the third area.

Questioner: Then would this training program involve specific things to do, specific instructions and exercises?

Ra: I am Ra. We are not at this time incarnate among your peoples; thus, we can guide and attempt

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to specify, but we cannot, by example, show. This is an handicap. However, there should indeed be fairly specific exercises of mind, body, and spirit during the teach/learning process we offer. It is to be once more iterated that healing is but one distortion of the Law of One. To reach an undistorted understanding of that law, it is not necessary to heal or to show any manifestation but only to exercise the discipline of understanding.

We would ask that one or two more questions be the ending of this session.

Questioner: My objective is primarily to discover more of the Law of One, and it would be very helpful to discover the techniques of healing. I am aware of your problem with respect to free will. Can you state the Law of One and the laws of healing to me?

Ra: I am Ra. The Law of One, though beyond the limitation of name, as you call vibratory sound complexes, may be approximated by stating that all things are one, that there is no polarity, no right or wrong, no disharmony, but only identity. All is one, and that one is love/light, light/love, the infinite Creator.

One of the primal distortions of the Law of One is that of healing. Healing occurs when a mind/body/spirit complex realizes, deep within itself, the Law of One; that is, that there is no disharmony, no imperfection; that all is complete and whole and perfect. Thus, the intelligent infinity within this mind/body/spirit complex re-forms the illusion of body, mind, or spirit to a form congruent with the Law of One. The healer acts as energizer or catalyst for this completely individual process.

One item which may be of interest is that a healer asking to learn must take the distortion understood as responsibility for that ask/receiving. This is an honor/duty which must be carefully considered in free will before the asking.

Questioner: I assume that we should continue tomorrow.

Ra: I am Ra. Your assumption is correct unless you feel a certain question is necessary. This instrument is nurtured by approximately this length of work.

Questioner: I have one more short question. Is this instrument capable of two of these sessions per day, or should we remain with one?

Ra: I am Ra. This instrument is capable of two sessions a day. However, she must be encouraged to keep her bodily complex strong by the ingestion of your foodstuffs to an extent which exceeds this instrument's normal intake of your foodstuffs, this due to the physical material which we use to speak.

Further, this instrument's activities must be monitored to prevent overactivity, for this activity is equivalent to a strenuous working day on the physical level.

If these admonishments are considered, the two sessions would be possible. We do not wish to deplete this instrument.

Questioner: Thank you, Ra.

Ra: I am Ra. I leave you in the love and the light of the one Infinite Intelligence which is the Creator. Go forth rejoicing in the power and the peace of the One. Adonai. ♣

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The Law of One, Book I, Session 5

January 23, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: The last time that we communicated we were speaking of the learning of healing. It is my impression from what you gave to us in the earlier session that it is necessary to first purify the self by certain disciplines and exercises. Then in order to heal a patient, it is necessary, by example, and possibly certain exercises, to create the mental configuration in the patient that allows him to heal himself. Am I correct?

Ra: I am Ra. Although your learn/understanding distortion is essentially correct, your choice of vibratory/sound complex is not entirely as accurate as this language allows.

It is not by example that the healer does the working. The working exists in and of itself. The healer is only the catalyst, much as this instrument has the catalysis necessary to provide the channel for our words, yet by example or exercise of any kind can take no thought for this working.

The healing/working is congruent in that it is a form of channeling some distortion of the intelligent infinity.

Questioner: We have decided to accept, if offered, the honor/duty of learning/teaching the healing process. I would ask as to the first step which we should accomplish in becoming effective healers.

Ra: I am Ra. We shall begin with the first of the three teachings/learnings.

We begin with the mental learn/teaching necessary for contact with intelligent infinity. The prerequisite of mental work is the ability to retain silence of self at a steady state when required by the self. The mind must be opened like a door. The key is silence.

Within the door lies an hierarchical construction you may liken unto geography and in some ways geometry, for the hierarchy is quite regular, bearing inner relationships.

To begin to master the concept of mental disciplines it is necessary to examine the self. The polarity of your dimension must be internalized. Where you find patience within your mind you must consciously find the corresponding impatience and vice versa. Each thought a being has, has in its turn an antithesis. The disciplines of the mind involve, first of all, identifying both those things of which you approve and those things of which you disapprove within yourself, and then balancing each and every positive and negative charge with its equal. The mind contains all things. Therefore, you must discover this completeness within yourself.

The second mental discipline is acceptance of the completeness within your consciousness. It is not for a being of polarity in the physical consciousness to pick and choose among attributes, thus building the roles that cause blockages and confusions in the already distorted mind complex. Each acceptance

smoothes part of the many distortions that the faculty you call judgment engenders.

The third discipline of the mind is a repetition of the first but with the gaze outward toward the fellow entities that it meets. In each entity there exists completeness. Thus, the ability to understand each balance is necessary. When you view patience, you are responsible for mirroring in your mental understandings, patience/impatience. When you view impatience, it is necessary for your mental configuration of understanding to be impatience/patience. We use this as a simple example. Most configurations of mind have many facets, and understanding of either self polarities, or what you would call other-self polarities, can and must be understood as subtle work.

The next step is the acceptance of the other-self polarities, which mirrors the second step. These are the first four steps of learning mental disciplines. The fifth step involves observing the geographical and geometrical relationships and ratios of the mind, the other mind, the mass mind, and the infinite mind.

The second area of learn/teaching is the study/understanding of the body complexes. It is necessary to know your body well. This is a matter of using the mind to examine how the feelings, the biases, what you would call the emotions, affect various portions of the body complex. It shall be necessary to both understand the bodily polarity and to accept them, repeating in a chemical/physical manifestation the work you have done upon the mind bethinking the consciousness.

The body is a creature of the mind's creation. It has its biases. The biological bias must be first completely understood and then the opposite bias allowed to find full expression in understanding. Again, the process of acceptance of the body as a balanced, as well as polarized, individual may then be accomplished. It is then the task to extend this understanding to the bodies of the other-selves whom you will meet.

The simplest example of this is the understanding that each biological male is female; each biological female is male. This is a simple example. However, in almost every case wherein you are attempting the understanding of the body of self or other-self, you will again find that the most subtle discernment is necessary in order to fully grasp the polarity complexes involved.

At this time we would suggest closing the description until the next time of work so that we may devote time to the third area commensurate with its importance.

We can answer a query if it is a short one before we leave this instrument.

Questioner: Is the instrument comfortable? Is there anything that we can do to increase the comfort of the instrument?

Ra: I am Ra. The candle could be rotated clockwise approximately 10° each session to improve the flow of spiraled energy through the being's receiving mechanisms. This particular configuration is well otherwise. But we ask that the objects described and used be centered with geometric care and checked from time to time. Also that they not be exposed to that space/time in which work is not of importance.

I am Ra. I leave this instrument in the love and in the light of the one infinite Creator. Go forth rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book I, Session 6

January 24, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: We would like to continue the material from yesterday.

Ra: I am Ra. This is well with us.

We proceed now with the third part of the teach/learning concerning the development of the energy powers of healing.

The third area is the spiritual complex which embodies the fields of force and consciousness which are the least distorted of your mind/body/spirit complex. The exploration and balancing of the spirit complex is indeed the longest and most subtle part of your learn/teaching. We have considered the mind as a tree. The mind controls the body. With the mind single-pointed, balanced, and aware, the body comfortable in whatever biases and distortions make it appropriately balanced for that instrument, the instrument is then ready to proceed with the greater work.

That is the work of wind and fire. The spiritual body energy field is a pathway, or channel. When body and mind are receptive and open, then the spirit can become a functioning shuttle or communicator from the entity's individual energy/will upwards, and from the streamings of the creative fire and wind downwards.

The healing ability, like all other, what this instrument would call, paranormal abilities, is affected by the opening of a pathway or shuttle into intelligent infinity. There are many upon your plane who have a random hole or gateway in their spirit energy field, sometimes created by the ingestion of chemicals such as, what this instrument would call LSD, who are able, randomly and without control, to tap into energy sources. They may or may not be entities who wish to serve. The purpose of carefully and consciously opening this channel is to serve in a more dependable way, in a more commonplace or usual way, as seen by the distortion complex of the healer. To others there may appear to be miracles. To the one who has carefully opened the door to intelligent infinity this is ordinary; this is commonplace; this is as it should be. The life experience becomes somewhat transformed. The great work goes on.

At this time we feel these exercises suffice for your beginning. We will, at a future time, when you feel you have accomplished that which is set before you, begin to guide you into a more precise understanding of the functions and uses of this gateway in the experience of healing.

Questioner: I think this might be an appropriate time to include a little more background on yourself, possibly information having to do with where you came from prior to your involvement with planet Earth, if this is possible.

Ra: I am Ra. I am, with the social memory complex of which I am a part, one of those who voyaged

outward from another planet within your own solar system, as this entity would call it. The planetary influence was that you call Venus. We are a race old in your measures. When we were at the sixth dimension our physical beings were what you would call golden. We were tall and somewhat delicate. Our physical body complex covering, which you call the integument, had a golden luster.

In this form we decided to come among your peoples. Your peoples at that time were much unlike us in physical appearance, as you might call it. We, thus, did not mix well with the population and were obviously other than they. Thus, our visit was relatively short, for we found ourselves in the hypocritical position of being acclaimed as other than your other-selves. This was the time during which we built the structures in which you show interest.

Questioner: How did you journey from Venus to this planet?

Ra: I am Ra. We used thought.

Questioner: Would it have been possible to have taken one of the people of this planet at that time and placed him on Venus? Would he have survived? Were conditions on Venus hospitable?

Ra: I am Ra. The third-density conditions are not hospitable to the life-forms of your peoples. The fifth and sixth dimensions of that planetary sphere are quite conducive to growing/learning/teaching.

Questioner: How were you able to make the transition from Venus? Did you have to change your dimension to walk upon the Earth?

Ra: I am Ra. You will remember the exercise of the wind. The dissolution into nothingness is the dissolution into unity, for there is no nothingness. From the sixth dimension, we are capable of manipulating, by thought, the intelligent infinity present in each particle of light or distorted light so that we were able to clothe ourselves in a replica visible in the third density of our mind/body/spirit complexes in the sixth density. We were allowed this experiment by the Council which guards this planet.

Questioner: Where is this Council located?

Ra: I am Ra. This Council is located in the octave, or eighth dimension, of the planet Saturn, taking its place in an area which you understand in third-dimension terms as the rings.

Questioner: Are there any people such as you find on Earth on any of the other planets in our solar system?

Ra: I am Ra. Do you request space/time present information or space/time continuum information?

Questioner: Both.

Ra: I am Ra. At one time/space, in what is your past, there was a population of third-density beings upon a planet which dwelt within your solar system. There are various names by which this planet has been named. The vibratory sound complex most usually used by your peoples is Maldek. These entities, destroying their planetary sphere, thus were forced to find room for themselves upon this third density which is the only one in your solar system at their time/space present which was hospitable and capable of offering the lessons necessary to decrease their mind/body/spirit distortions with respect to the Law of One.

Questioner: How did they come here?

Ra: I am Ra. They came through the process of harvest and were incarnated through the processes of incarnation from your higher spheres within this density.

Questioner: How long ago did this happen?

Ra: I am Ra. I am having difficulty communicating with this instrument. We must deepen her state.

This occurred approximately 500,000 of your years ago.

Questioner: Is all of the Earth's human population then originally from Maldek?

Ra: I am Ra. This is a new line of questioning, and deserves a place of its own. The ones who were harvested to your sphere from the sphere known before its dissolution as other names, but to your peoples as Maldek, incarnated, many within your Earth's surface rather than upon it. The population of your planet contains many various groups harvested from other second-dimension and cycled third-dimension spheres. You are not all one race or background of beginning. The experience you share is unique to this time/space continuum.

Questioner: I think that it would be appropriate to discover how the Law of One acts in this transfer of beings to our planet and the action of harvest?

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Ra: I am Ra. The Law of One states simply that all things are one, that all beings are one. There are certain behaviors and thought-forms consonant with the understanding and practice of this law. Those who, finishing a cycle of experience, demonstrate grades of distortion of that understanding of thought and action will be separated by their own choice into the vibratory distortion most comfortable to their mind/body/spirit complexes. This process is guarded or watched by those nurturing beings who, being very close to the Law of One in their distortions, nevertheless, move towards active service.

Thus, the illusion is created of light, or more properly but less understandably, light/love. This is in varying degrees of intensity. The spirit complex of each harvested entity moves along the line of light until the light grows too glaring, at which time the entity stops. This entity may have barely reached third density or may be very, very close to the ending of the third-density light/love distortion vibratory complex. Nevertheless, those who fall within this octave of intensifying light/love then experience a major cycle during which there are opportunities for the discovery of the distortions which are inherent in each entity and, therefore, the lessening of these distortions.

Questioner: What is the length, in our years, of one of these cycles?

Ra: I am Ra. One major cycle is approximately 25,000 of your years. There are three cycles of this nature during which those who have progressed may be harvested at the end of three major cycles. That is, approximately between 75 and 76,000 of your years. All are harvested regardless of their progress, for during that time the planet itself has moved through the useful part of that dimension and begins to cease being useful for the lower levels of vibration within that density.

Questioner: What is the position of this planet with respect to the progression of cycles at this time?

Ra: I am Ra. This sphere is at this time in fourth-dimension vibration. Its material is quite confused due to the society memory complexes embedded in its consciousness. It has not made an easy transition to the vibrations which beckon. Therefore, it will be fetched with some inconvenience.

Questioner: Is this inconvenience imminent within a few years?

Ra: I am Ra. This inconvenience, or disharmonious vibratory complex, has begun several of your years in your past. It shall continue unabated for a period of approximately thirty of your years.

Questioner: After this period of thirty years I am assuming that this will be a fourth-density planet. Is this correct?

Ra: I am Ra. This is so.

Questioner: Is it possible to estimate what percent of the present population will inhabit the fourth-density planet?

Ra: I am Ra. The harvesting is not yet, thus, estimation is meaningless.

Questioner: Does the fact that we are in this transition period now have anything to do with the reason that you have made your information available to the population?

Ra: I am Ra. We have walked among your people. We remember. We remember sorrow: have seen much. We have searched for an instrument of the proper parameters of distortion in mind/body/spirit complex and supporting and understanding of mind/body/spirit complexes to accept this information with minimal distortion and maximal desire to serve for some of your years. The answer, in short, is yes. However, we wished you to know that in our memory we thank you.

Questioner: The disc-shaped craft that we call UFOs—some have been said to have come from the planet Venus. Would any of these be your craft?

Ra: I am Ra. We have used crystals for many purposes. The craft of which you speak have not been used by us in your space/time present memory complex. However, we have used crystals and the bell-shape in the past of your illusion.

Questioner: How many years in the past did you use the bell-shaped craft to come to earth?

Ra: I am Ra. We visited your peoples 18,000 of your years ago and did not land; again, 11,000 years ago.

Questioner: Photographs of bell-shaped craft and reports of contact of such from Venus exist from less than thirty years ago. Do you have any knowledge of these reports?

Ra: I am Ra. We have knowledge of Oneness with these forays of your time/space present. We are no

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longer of Venus. However, there are thought-forms created among your peoples from our time of walking among you. The memory and thought-forms created, therefore, are a part of your society-memory complex. This mass consciousness, as you may call it, creates the experience once more for those who request such experience. The present Venus population is no longer sixth-density.

Questioner: Do any of the UFOs presently reported at this time come from other planets, or do you have this knowledge?

Ra: I am Ra. I am one of the members of the Confederation of Planets in the Service of the Infinite Creator. There are approximately fifty-three civilizations, comprising approximately five hundred planetary consciousness complexes in this Confederation. This Confederation contains those from your own planet who have attained dimensions beyond your third. It contains planetary entities within your solar system, and it contains planetary entities from other galaxies.[5] It is a true Confederation in that its members are not alike, but allied in service according to the Law of One.

Questioner: Do any of them come here at this time in spacecraft? In the past, say, thirty years?

Ra: I am Ra. We must state that this information is unimportant. If you will understand this, we feel that the information may be acceptably offered. The Law of One is what we are here to express. However, we will speak upon this subject.

Each planetary entity which wishes to appear within your third dimension of space/time distortion requests permission to break quarantine, as you may call it, and appear to your peoples. The reason and purpose for this appearance is understood and either accepted or rejected. There have been as many as fifteen of the Confederation entities in your skies at any one time. The others are available to you through thought.

At present there are seven which are operating with craft in your density. Their purposes are very simple: to allow those entities of your planet to become aware of infinity which is often best expressed to the uninformed as the mysterious or unknown.

Questioner: I am fully aware that you are primarily interested in disseminating information concerning the Law of One. However, it is my judgment, and I could be wrong, that in order to disseminate this material it will be necessary to include questions such as the one I have just asked. If this is not the objective, then I could limit my questions to the application of the Law of One. But I understand that at this time it is the objective to widely disseminate this material. Is this correct?

Ra: I am Ra. This perception is only slightly distorted in your understand/learning. We wish you to proceed as you deem proper. That is your place. We, in giving this information, find our distortion of understanding of our purpose to be that not only of the offering of information, but the weighting of it according to our distorted perceptions of its relative importance. Thus, you will find our statements, at times, to be those which imply that a question is unimportant. This is due to our perception that the given question is unimportant. Nevertheless, unless the question contains the potential for answer-giving which may infringe upon free will, we offer our answers.

Questioner: Thank you very much. We do not want to overtire the instrument. We have gone considerably over our normal working time. Could you tell me what condition the instrument is in?

Ra: I am Ra. The instrument is balanced due to your care. However, her physical vehicle is growing stiff.

Questioner: In that case perhaps we should continue at a later time.

Ra: I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth rejoicing in the power and the peace of the one Creator. Adonai. ♣

[5] Ra often uses the word "galaxy" where we would say planetary system. This meaning is listed in the unabridged dictionary but is not in common use.

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The Law of One, Book V, Session 6, Fragment 2

January 24, 1981

Jim: The following material in Session 6 concerns the basic requirement for the Ra contact; that is, harmony. During the 106 sessions with Ra there were only three people who ever attended a Ra session besides the three of us, and in each case it was Ra's recommendation that each entity needed not only to have the appropriate attitude in its personal means of seeking but that each person needed to be in harmony with each of us before attending any session. In Tom's case this was achieved by Don's explaining to Tom the meaning that the Bible, candle, incense, and chalice of water held for us as triggering mechanisms or signals to our subconscious minds that a session was about to take place and that from all levels of our being we should begin the process of purifying our desires to serve others above all else and to surround ourselves with the joy-filled light of praise and thanksgiving. The harmony that this process produced among our group, then, was much as a musical chord with which those of Ra could blend their vibrations, and upon that harmonious blend of vibrations information of a metaphysical nature could be transmitted by being drawn to those which sought it.

Carla: *Tom is one of the members of L/L Research's spiritual family who attended our meditation group's Sunday meetings for some years. It is impossible to say how many "members" have come to our sessions over the years since 1962, when we began. Like many of these dear souls, he has kept in touch, although his personal path has taken him elsewhere. We have always attempted to "tune" our circle before we begin to meditate together, so Tom was perfectly clear on what we needed.*

That altar, with its Christian accouterments, may well puzzle some who think that it takes a new-age channel to produce new-age information. Not so for me, unless one counts Jesus Christ as a new-age channel himself! I was a cradle Anglican, and have attended Episcopal churches my whole life. That those of Ra worked with these deeply ingrained biases within me is, to me, a signal characteristic of this unique source. I felt loved, accepted and cherished by having these items placed near me, and that they thought this out was a constant blessing during this contact.

Session 6, January 24, 1981

Questioner: I would like to ask if it is possible for Tom to attend one of these sessions tomorrow. Are you familiar with the entity, Tom?

Ra: I am Ra. This mind/body/spirit complex, sound vibration "Tom," is acceptable. We caution you to instruct this entity in the frame of mind and various appurtenances which it must understand before it is conducted into the circle.

Questioner: I'm not quite sure what you mean by appurtenances.

Ra: I was referring to the symbolic objects which trigger this instrument's distortions towards

love/light. The placement and loving acceptance of them by all present is important in the nurturing of this instrument. Therefore, the appurtenances involved must be described and their presence explained in your own words of teach/learning, for you have the proper attitude for the required results.

Questioner: The only question that I have is that I will assume that since Leonard was here when you first made contact that it is suitable for him to be here as well as Tom.

Ra: This is correct and completes the number of those at this time able to come who are suitable. Again, remember the instructions given for the preparation of the vibratory sound complex, Tom. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meeting
January 25, 1981

(Don channeling

I am Hatonn. I greet you, my friends, in the love and in the light of the infinite Creator. It is a very great privilege to be with you once more. I speak through this instrument. I will condition this instrument. Please bear with me. I am sorry for the delay. We have contact now. I was saying that I speak to you through this instrument, the first time in some time. It is a very great privilege to be with you. I am Hatonn. We of the Confederation of Planets in the Service of the Infinite Creator are always very pleased to serve those who seek our service. We are at all times available to you—at all times, my friends. It is only necessary that you think of us. Avail yourself to us in meditation and we are there. This is our service to you. This is our privilege and our pleasure. We are constantly with you. We are with those, the peoples of the planet Earth, who seek our service and we are with only those who seek our service. We cannot in any way offer our aid to those who do not seek our service, for this is our understanding of the principle of free will.

Unfortunately, many of your peoples at this time do not understand the service we offer [the] service we offer, my friends, is the service toward that which, not only you, but also they seek. For all of the people of this planet in truth seek the same thing. They seek development of their mind and spirit. This development, my friends, is in truth all that there is. This development, my friends, in truth is all that there is to develop. Any other development [will] stay transient. That will be left in the memory of your being during that very short time that you walk the surface of this planet. We offer aid to those who seek that development which they seek. Many times we have come to you. Many times we have stated the importance of daily meditation. For only in this way can you truly understand that which we offer.

We do not have a language adequate to give to you the concepts which we offer. Those concepts are not complex but very simple. Simplicity, my friends, defies description in your language. The beauty defies description in your language. The truth defies description in your language. For your language, my friends, is not based in the system of thought which encompasses reality. The creation which all of us exist in are one. Avail yourselves, therefore, in meditation and begin to know without speaking. Begin to see without looking. Begin to hear without listening, that small voice that is all and ever present, for it is not only without you, it is within you. For it is all things, my friends—[and] you are all things. Become one with all that there is. Rejoice [in] the harmonious symphony that speaks to you from every part [of] the infinite, all being, all knowing creation.

(Jim channeling

I am Hatonn, and I am with this instrument. We must apologize for our delay. We lost our contact with the one known as Don for he has been himself under somewhat of a strain of late and is feeling the resulting fatigue. We would simply close this part of our sharing with you this evening by saying that we always enjoy the opportunity of joining our vibrations with those of your people who seek to know more of the law of love, for this is the vibration in which we dwell and the service which we offer is that of familiarizing those seekers of love with its vibration. We at this time thank each of those present for asking for our service for this evening. We are simple creatures of service and desire only to serve the one Creator. As always, we leave you in the love and the light of the one infinite Creator. We are known to you as Hatonn. Adonai, my friends.

(Carla channeling

I am Latwii. I am with this instrument. I greet you in the love and the light of our infinite Creator. I am being very careful with this instrument and do not appreciate all the levity about how I always blow this instrument's circuits. That is no longer true. I have learned to be delicate. The love and the light of the infinite Creator, my friends—this is what we greet you with. And we rest in it awaiting any questions that you might have at this time. Do you have a question at this time that we may share what information we have with you on?

C: I'm still having a hard time understanding things we talked about last week. I asked about a person that I knew that suffered so much personal loss in their life: why that they suffered it, why did so such happen to one, and you talked to me about how we set up our own lessons to be learned in this plane. You said that we could … that it's possible that some entities worked in conjunction to help each other with their lesson and that it was all part of a harmony.

It's just not quite soaking in for some reason. How is it … where are we coming from, where are we planning these things at … that we want to learn? How did we know what was necessary?

I am Latwii. That is quite a question, my brother. We will answer in several parts. The first part is a general concept. Consider yourself upon the floor of a terminal building. You are planning a trip. You look at all of the schedules and you decide your destination. You may need to go a short distance, in a relatively convenient way. You may decide to go a very long distance, and the difficulty of getting there may be quite great. You choose your destination. This destination, in spiritual terms, is the sum total of lessons you wish yourself to learn. This is done by yourself prior to incarnation and during incarnation it is extremely unlikely that you will, without help, remember picking such a destination if it happens to be difficult. Thus, the problems, the losses, the limitations you meet are preprogrammed by yourselves in order that you may learn whatever lessons these difficulties cause you to face more squarely.

That is often a challenging task for the soul body due to the fact that your peoples seem endlessly able to avoid seeing things clearly by deciding various rationalizations of them. Secondly, the cooperation between entities is not only common, it is the usual pattern for those advanced enough to choose their own incarnations. The path, shall we say, to mastering the lessons of this planet is a path where one entity is of great help in balancing another. It is extraordinarily difficult to learn the lessons completely alone, for you then have no feedback, as this instrument would call it, and must rely upon your own thinking. This is like shaving without a mirror and is not particularly easy.

May we answer you further, my brother?

C: Each of us has chosen the lesson that they wish to learn in this incarnation? Does the fact that we have free will in this incarnation … does it … do we many times bypass the road we have chosen for an easier path and miss our lesson? Or do many of us miss our lesson in this incarnation and have to repeat?

I am Latwii. I am with the instrument. Yes, my brother, many miss their lessons, but not because they do not receive them again and again. Free will is always in effect. You chose your lesson, each of you in this room. Not all of your peoples are able to do this. Some must incarnate randomly until they have reached a certain level of understanding. However, each of you has programmed certain lessons in order to learn the ways of love.

There are many, many times that each of you has decided not to learn a particular lesson. This lesson

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immediately returns in another form. You again may choose. You are never hopelessly lost. This instrument has the expression in her mind, "All roads lead to Rome." This is true of your journey in this lifetime. If you miss a turn, there is always another turning that will bring you back to the correct path. Perhaps a few detours have been experienced by each of you. This is not a cause for discouragement.

When you see a person such as the one of whom you spoke who has had a great deal of stimulus for learning, you see a person who has chosen to go from New York to Tanganyika by ark. This is difficult, but the lessons are rewarding. In the life of the soul, that is what is important, not the ease of the journey.

Do you have another question?

C: I get the feeling at times there is something giving us a nudge or helping hand or a blocking. Is that just the entities on this level? Is that just part of the harmony? Is something directing us? Helping us maybe with our lessons?

I am Latwii. My brother, you have as much help as you request. You yourself guide your own learning but there is always comfort. The blockages come by far most of the time from within your own thoughts. Thus, welcome a helping hand but know the responsibility lies with you.

Is there another question at this time?

C: No.

I am Latwii. We are glad to be able to use this instrument. We wish you very well and send you the light in which we dwell and the love of the Creator. I am Latwii. ♣

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The Law of One, Book I, Session 7

January 25, 1981

Ra: I am Ra. I greet you in the love and the light of our infinite Creator. I communicate now.

Questioner: You mentioned that there were a number of members of the Confederation of Planets. What avenues of service, or types of service, are available to the members of the Confederation?

Ra: I am Ra. I am assuming that you intend the service which we of the Confederation can offer, rather than the service which is available to our use.

The service available for our offering to those who call us is equivalent to the square of the distortion/need of that calling divided by, or integrated with, the basic Law of One in its distortion indicating the free will of those who are not aware of the unity of creation.

Questioner: From this, I am assuming that the difficulty that you have in contacting this planet at this time is the mixture of people here, some being aware of the unity, and some not, and for this reason you cannot come openly or give proof of your contact. Is this correct?

Ra: I am Ra. As we just repeated through this instrument, we must integrate all of the portions of your social memory complex in its illusory disintegration form. Then the product of this can be seen as the limit of our ability to serve. We are fortunate that the Law of Service squares the desires of those who call. Otherwise, we would have no beingness in this time/space at this present continuum of the illusion. In short, you are basically correct. The thought of not being able is not a part of our basic thought-form complex towards your peoples, but rather it is a maximal consideration of what is possible.

Questioner: By squared, do you mean that if ten people call you can count that, when comparing it to the planetary ratio, as 100 people, squaring ten and getting 100?

Ra: I am Ra. This is incorrect. The square is sequential-one, two, three, four, each squared by the next number.

Questioner: If only ten entities on earth required your services how would you compute their calling by using this square method?

Ra: I am Ra. We would square one ten sequential times, raising the number to the tenth square.

Questioner: What would be the result of this calculation?

Ra: I am Ra. The result is difficult to transmit. It is 1,012, approximately. The entities who call are sometimes not totally unified in their calling and, thus, the squaring slightly less. Thus, there is a statistical loss over a period of call. However, perhaps you may see by this statistically corrected information the squaring mechanism.

Questioner: About how many entities at present on planet Earth are calling for your services?

Ra: I am Ra. I am called personally by 352,000. The Confederation, in its entire spectrum of entity-complexes, is called by 632,000,000 of your mind/body/spirit complexes. These numbers have been simplified.

Questioner: Can you tell me what the result of the application of the Law of Squares is to those figures?

Ra: I am Ra. The number is approximately meaningless in the finite sense as there are many, many digits. It, however, constitutes a great calling which we of all creation feel and hear as if our own entities were distorted towards a great and overwhelming sorrow. It demands our service.

Questioner: At what point would this calling be great enough for you to come openly among the people on Earth? How many entities on Earth would have to call the Confederation?

Ra: I am Ra. We do not calculate the possibility of coming among your peoples by the numbers of calling, but by a consensus among an entire societal-memory complex which has become aware of the infinite consciousness of all things. This has been possible among your peoples only in isolated instances.

In the case wherein a social memory complex which is a servant of the Creator sees this situation and has an idea for the appropriate aid which can only be done among your peoples, the social memory complex desiring this project lays it before the Council of Saturn. If it is approved, quarantine is lifted.

Questioner: I have a question about that Council. Who are the members, and how does the Council function?

Ra: I am Ra. The members of the Council are representatives from the Confederation and from those vibratory levels of your inner planes bearing responsibility for your third density. The names are not important because there are no names. Your mind/body/spirit complexes request names and so, in many cases, the vibratory sound complexes which are consonant with the vibratory distortions of each entity are used. However, the name concept is not part of the Council. If names are requested, we will attempt them. However, not all have chosen names.

In number, the Council that sits in constant session, though varying in its members by means of balancing, which takes place, what you would call irregularly, is nine. That is the Session Council. To back up this Council, there are twenty-four entities which offer their services as requested. These entities faithfully watch and have been called Guardians.

The Council operates by means of, what you would call, telepathic contact with the oneness or unity of the nine, the distortions blending harmoniously so that the Law of One prevails with ease. When a need for thought is present, the Council retains the distortion-complex of this need, balancing it as described, and then recommends what it considers as appropriate action. This includes: One, the duty of admitting social memory complexes to the Confederation; Two, offering aid to those who are unsure how to aid the social memory complex requesting aid in a way consonant with both the call, the Law, and the number of those calling (that is to say, sometimes the resistance of the call); Three, internal questions in the Council are determined.

These are the prominent duties of the Council. They are, if in any doubt, able to contact the twenty-four who then offer consensus/judgment/thinking to the Council. The Council then may reconsider any question.

Questioner: You mentioned the nine who sit on the Council. Is this "nine" the same nine as those mentioned in this book? *(Questioner gestures to* Uri*.)*

Ra: I am Ra. The Council of Nine has been retained in semi-undistorted form by two main sources, that known in your naming, as Mark and that known in your naming as Henry. In one case, the channel became the scribe. In the other, the channel was not the scribe. However, without the aid of the scribe, the energy would not have come to the channel.

Questioner: The names that you spoke of. Were they Mark Probert and Henry Puharich?

Ra: I am Ra. This is correct.

Questioner: I am interested in the application of the Law of One as it pertains to free will with respect to what I would call the advertising done by UFO contacts with the planet Earth. The Council seems to have allowed the quarantine to be lifted many times over the past thirty years. This seems to me to be a form of advertising for what we are doing right now, so that more people will be awakened. Am I correct?

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Ra: I am Ra. It will take a certain amount of untangling of conceptualization of your mental complex to reform your query into an appropriate response. Please bear with us.

The Council of Saturn has not allowed the breaking of quarantine in the time/space continuum you mentioned. There is a certain amount of landing taking place. Some are of the entities known to you as the group of Orion.

Secondly, there is permission granted, not to break quarantine by dwelling among you, but to appear in thought form capacity for those who have eyes to see.

Thirdly, you are correct in assuming that permission was granted at the time/space in which your first nuclear device was developed and used for Confederation members to minister to your peoples in such a way as to cause mystery to occur. This is what you mean by advertising and is correct. The mystery and unknown quality of the occurrences we are allowed to offer have the hoped-for intention of making your peoples aware of infinite possibility. When your peoples grasp infinity, then and only then, can the gateway be opened to the Law of One.

Questioner: You said that Orion was the source of some of these contacts with UFOs. Can you tell me something of that contact, its purpose?

Ra: I am Ra. Consider, if you will, a simple example of intentions which are bad/good. This example is Adolf. This is your vibratory sound complex. The intention is to presumably unify by choosing the distortion complex called elite from a social memory complex and then enslaving, by various effects, those who are seen by the distortion as not-elite. There is then the concept of taking the social memory complex thus weeded and adding it to a distortion thought of by the so-called Orion group as an empire. The problem facing them is that they face a great deal of random energy released by the concept of separation. This causes them to be vulnerable as the distortions amongst their own members are not harmonized.

Questioner: What is the density of the Orion group?

Ra: I am Ra. Like the Confederation, the densities of the mass consciousnesses which comprise that group are varied. There are a very few third density, a larger number of fourth density, a similarly large number of fifth density, and very few sixth-density entities comprising this organization. Their numbers are perhaps one-tenth ours at any point in the space/time continuum as the problem of spiritual entropy causes them to experience constant disintegration of their social memory complexes. Their power is the same as ours. The Law of One blinks neither at the light nor the darkness, but is available for service to others and service to self. However, service to others results in service to self, thus preserving and further harmonizing the distortions of those entities seeking intelligent infinity through these disciplines.

Those seeking intelligent infinity through the use of service to self create the same amount of power but, as we said, have constant difficulty because of the concept of separation which is implicit in the manifestations of the service to self which involve power over others. This weakens and eventually disintegrates the energy collected by such mind/body/spirit complexes who call the Orion group and the social memory complexes which comprise the Orion group.

It should be noted, carefully pondered, and accepted, that the Law of One is available to any social memory complex which has decided to strive together for any seeking of purpose, be it service to others or service to self. The laws, which are the primal distortions of the Law of One, then are placed into operation and the illusion of space/time is used as a medium for the development of the results of those choices freely made. Thus all entities learn, no matter what they seek. All learn the same, some rapidly, some slowly.

Questioner: Using as an example the fifth density concerning the social memory complex of the Orion group, what was their previous density before they became fifth density?

Ra: I am Ra. The progress through densities is sequential. A fifth-density social memory complex would be comprised of mind/body/spirit complexes harvested from fourth density. Then the conglomerate or mass mind/body/spirit complex does its melding and the results are due to the infinitely various possibilities of combinations of distortions.

Questioner: I'm trying to understand how a group such as the Orion group would progress. How it would be possible, if you were in the Orion group, and pointed toward self-service, to progress from our

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third density to the fourth. What learning would be necessary for that?

Ra: I am Ra. This is the last question of length for this instrument at this time.

You will recall that we went into some detail as to how those not oriented towards seeking service for others yet, nevertheless, found and could use the gateway to intelligent infinity. This is true at all densities in our octave. We cannot speak for those above us, as you would say, in the next quantum or octave of beingness. This is, however, true of this octave of density. The beings are harvested because they can see and enjoy the light/love of the appropriate density. Those who have found this light/love, love/light without benefit of a desire for service to others nevertheless, by the Law of Free Will, have the right to the use of that light/love for whatever purpose. Also, it may be inserted that there are systems of study which enable the seeker of separation to gain these gateways.

This study is as difficult as the one which we have described to you, but there are those with the perseverance to pursue the study just as you desire to pursue the difficult path of seeking to know in order to serve. The distortion lies in the effect that those who seek to serve the self are seen by the Law of One as precisely the same as those who seek to serve others, for are all not one? To serve yourself and to serve others is a dual method of saying the same thing, if you can understand the essence of the Law of One.

At this time we would answer any brief questions you may have.

Questioner: Is there anything that we can do to make the instrument more comfortable?

Ra: I am Ra. There are small adjustments you may make. However, we are now able to use this instrument with minimal distortion and without depleting the instrument to any significant extent.

Do you wish to ask further?

Questioner: We do not wish to tire the instrument. Thank you very much. That was very helpful and we would like to continue in the next session from this point.

Ra: I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth then rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book I, Session 8

January 26, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: I have a question regarding what I call the advertising of the Confederation. It has to do with free will. There have been certain contacts allowed, as I understand, by the Confederation, but this is limited because of free will of those who are not oriented in such a way as to want contact. Many people on our planet want this material, but even though we disseminate it many will not be aware that it is available. Is there any possibility of creating some effect which I would call advertising, or is this against the principle of free will?

Ra: I am Ra. Consider, if you will, the path your life-experience complex has taken. Consider the coincidences and odd circumstances by which one thing flowed to the next. Consider this well.

Each entity will receive the opportunity that each needs. This information source-beingness does not have uses in the life-experience complex of each of those among your peoples who seek. Thus the advertisement is general and not designed to indicate the searching out of any particular material, but only to suggest the noumenal aspect of the illusion.

Questioner: You said that some of the landings at this time were of the Orion group. Why did the Orion group land here? What is their purpose?

Ra: I am Ra. Their purpose is conquest, unlike those of the Confederation who wait for the calling. The so-called Orion group calls itself to conquest. As we have said previously, their objective is to locate certain mind/body/spirit complexes which vibrate in resonance with their own vibrational complex, then to enslave the un-elite, as you may call those who are not of the Orion vibration.

Questioner: Was the landing at Pascagoula in 1973 when Charlie Hixson was taken aboard this type of landing?

Ra: I am Ra. The landing of which you speak was what you would call an anomaly. It was neither the Orion influence nor our peoples in thought-form, but rather a planetary entity of your own vibration which came through quarantine in all innocence in a random landing.

Questioner: What did they do to Charlie Hixson when they took him on board?

Ra: I am Ra. They used his mind/body/spirit complex's life experience, concentrating upon the experience of the complexes of what you call war.

Questioner: How did they use them?

Ra: I am Ra. The use of experience is to learn. Consider a race who watches a movie. It experiences a story and identifies with the feelings, perceptions, and experiences of the hero.

Questioner: Was Charlie Hixson originally of the same social memory complex of the ones who picked him up?

Ra: I am Ra. This entity of vibratory sound complex did not have a connection with those who used him.

Questioner: Did those who used him use his war experiences to learn more of the Law of One?

Ra: I am Ra. This is correct.

Questioner: Did the entities who picked him up have the normal configuration? His description of them was rather unusual.

Ra: I am Ra. The configuration of their beings is their normal configuration. The unusualness is not remarkable. We ourselves, when we chose a mission among your peoples, needed to study your peoples for had we arrived in no other form than our own, we would have been perceived as light.

Questioner: What density were the entities who picked up Charlie Hixson from?

Ra: I am Ra. The entities in whom you show such interest are third-density beings of a fairly advanced order. We should express the understanding to you that these entities would not have used the mind/body/spirit complex, Charlie, except for the resolve of this entity before incarnation to be of service.

Questioner: What was the home or origin of the entities who picked up Charlie?

Ra: I am Ra. These entities are of the Sirius galaxy.

Questioner: Would it be possible for any of us to have contact with the Confederation in a more direct way?

Ra: I am Ra. In observing the distortions of those who underwent this experiential sequence we decided to gradually back off, shall I say, from direct contact in thought-form. The least distortion seems to be available in mind-to-mind communication. Therefore, the request to be taken aboard is not one we care to comply with. You are most valuable in your present orientation.

May we ask at this time if you have a needed short query before we end this session?

Questioner: Is there anything that we can do to make the instrument more comfortable?

Ra: I am Ra. The instrument is well balanced. It is possible to make small corrections in the configuration of the spine of the instrument that it be straighter. Continue also to continually monitor the placement and orientation of the symbols used. This particular session, the censer is slightly off and, therefore, this instrument will experience a slight discomfort.

Questioner: Is the censer off in respect to angle or in respect to lateral displacement?

Ra: I am Ra. There is an approximate three degrees' displacement from proper perpendicularity.

I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book V, Session 8, Fragment 3

January 26, 1981

Jim: Early in the Ra contact we received answers to our questions which fell into a controversial portion of our third-density illusion. Almost everyone, at some point within the study of the paranormal, spends some time being fascinated by the so-called "conspiracy theories" which have generally to do with the supposedly unseen groups and individuals who are said to be the real powers behind governments and their activities in the world today. Such theories usually hold that the news reports that we hear and read concerning politics, economics, the military, and so forth are but the tip of a very large iceberg that has mainly to do with various schemes for world domination and which function through the secret activities of this small, elite group of human beings and their alien allies.

The following information falls into this category and resulted from a follow-up question Don asked about UFOs and their sources. You will note Don's incredulous attitude throughout this portion of his questioning. It was our decision to remove this information from Book One of *The Law Of One* because we felt it to be entirely unimportant and of a transient nature since knowing it adds nothing to one's ability or desire to seek the truth and the nature of the evolutionary process, whether the information is true or not. In fact, knowing and continuing to seek this kind of information can become a major stumbling block to one's spiritual journey because it removes one's attention from the eternal truths which may serve anyone's journey—at any time—and places it upon that which is only of fleeting interest and of little use spiritually. Concentrating on conspiracy theories and their participants tends to reinforce the illusion of separation and ignores the love that binds all things as One Being. If we had continued to pursue this particular line of questioning, or any other line of questioning of a transient nature, we would soon have lost the contact with those of Ra because, as Ra mentioned in the very first session, Ra communicated with us through a "narrow band" of vibration or wave length.

Through various clues that Ra gave us when Don asked about the alignments at the end of each session, we were able to determine that this "narrow band" meant that only information of the purest and most precise nature concerning the process of the evolution of mind, body, and spirit could be successfully transmitted on a sustainable basis through our instrument. To ask Ra questions of a transient nature would be like trying to run a finely-tuned engine on crude petroleum.

Many groups become fascinated with transient information of a specific, mundane nature and have their information polluted by negative entities who gradually replace the positive entities that began their contact. Pursuing information of this kind is like moving the dial on your radio so that you end up with another station altogether from the one with which you began. This change in desire for the kind

of information that the group seeks from its contact is the signal to that contact that what it has to offer is no longer desired, and the Law of Free Will requires that only hints of this de-tuning process be given to the group so that all choices that the group makes are totally a product of its free will. When a group continues to seek the transient information, the positive contact gives hints here and there that such information is not of importance, but when the group persists in seeking this kind of information, the positive contact, in order to observe the free will of the group, must slowly withdraw and is then eventually replaced by a negative contact which is only too happy to give this kind of information, but with less desire for accuracy and with maximal desire to remove the group from the ranks of those who serve others. When the group has been discredited by false information—such as dates of future disasters which are publicized by the group and then do not occur—then the negative entities have been successful in removing the power of the group's light and have gathered it for themselves.

We still feel that this information is totally unimportant, and the only reason that we include it now is to show how easy it is for a group to get off the track, shall we say, and to lose the focus of desire for that which is important and that with which the group began: the desire to serve others by gathering information which may aid in the evolution of mind, body, and spirit. Ten thousand years from now it will not matter one whit who did what to whom on this tiny speck of whirling dust. All that will matter is that love may be found at any time in every person and particle of the one creation, or any illusion thereof. Hopefully information gained through any effort such as the Ra contact will help some other third-density entities to discover more of that truth and to move one step further on their evolutionary journey to the one Creator.

Carla: *All I can add to this is a plea to all official sources: we do not know anything, we are not in on any conspiracies, and please, please don't tap our telephones … again! When Don and I joined Andrija Puharich for a mind-link in 1977, we caught the attention of some agency who played havoc with our telephone system. And how utterly without use to listen in to our converse! Mystics seldom plot! We honestly don't care about this stuff, and just stumbled into it by accident.*

I'd like to point out the way those of Ra seem here somewhat off-balance compared to their usual steady selves. It is subtle, but easy to see—the opening to each answer is normally "I am Ra." Several times in this fragment, however, that signature is missing. The contact was going slightly out of tune here, I think, due to the information's transient nature.

Session 8, January 26, 1981

Questioner: There was a portion of the material from yesterday which I will read where you say "there is a certain amount of landing taking place. Some of these landings are of your own people; some are of the group known to you as Orion." My first question is what did you mean that some of the landings are of your peoples?

Ra: I am Ra. Your peoples have, at this time/space present, the technological achievement, if you would call it that, of being able to create and fly the shape and type of craft known to you as unidentified flying objects. Unfortunately for the social memory complex vibratory rate of your peoples, these devices are not intended for the service of mankind, but for potential destructive use. This further muddles the vibratory nexus of your social memory complex, causing a situation where neither those oriented towards serving others nor those oriented towards serving self can gain the energy/power which opens the gates to intelligent infinity for the social memory complex. This in turn causes the harvest to be small.

Questioner: Are these craft that are from our peoples from what we call planes that are not incarnate at this time? Where are they based?

Ra: I am Ra. These of which we spoke are of third density and are part of the so-called military complex of various of your peoples' societal divisions or structures.

The bases are varied. There are bases, as you would call them, undersea in your southern waters near the Bahamas as well as in your Pacific seas in various places close to your Chilean borders on the water. There are bases upon your moon, as you call this satellite, which are at this time being reworked. There are bases which move about your lands. There are bases, if you would call them that, in your skies. These are the bases of your peoples, very numerous and, as we have said, potentially destructive.

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Questioner: Where do the people who operate these craft come from? Are they affiliated with any nation on Earth. What is their source?

Ra: These people come from the same place as you or I. They come from the Creator.

As you intend the question, in its shallower aspect, these people are those in your and other selves' governments responsible for what you would term national security.

Questioner: Am I to understand then that the United States has these craft in undersea bases?

Ra: I am Ra. You are correct.

Questioner: How did the United States learn the technology to build these craft?

Ra: I am Ra. There was a mind/body/spirit complex known to your people by the vibratory sound complex, Nikola. This entity departed the illusion and the papers containing the necessary understandings were taken by mind/body/spirit complexes serving your security of national divisional complex. Thus your people became privy to the basic technology. In the case of those mind/body/spirit complexes which you call Russians, the technology was given from one of the Confederation in an attempt, approximately twenty seven of your years ago, to share information and bring about peace among your peoples. The entities giving this information were in error, but we did many things at the end of this cycle in attempts to aid your harvest from which we learned the folly of certain types of aid. That is a contributing factor to our more cautious approach at this date, even as the need is power upon power greater, and your peoples' call is greater and greater.

Questioner: I'm puzzled by these craft which have undersea bases. Is this technology sufficient to overshadow all other armaments? Do we have the ability to just fly in these craft or are they just craft for transport? What is the basic mechanism of their power source? It's really hard to believe is what I'm saying.

Ra: I am Ra. The craft are perhaps misnamed in some instances. It would be more appropriate to consider them as weaponry. The energy used is that of the field of electromagnetic energy which polarizes the Earth sphere. The weaponry is of two basic kinds: that which is called by your peoples psychotronic and that which is called by your peoples particle beam. The amount of destruction which is contained in this technology is considerable and the weapons have been used in many cases to alter weather patterns and to enhance the vibratory change which engulfs your planet at this time.

Questioner: How have they been able to keep this a secret? Why aren't these craft in use for transport?

Ra: The governments of each of your societal division illusions desire to refrain from publicity so that the surprise may be retained in case of hostile action from what your peoples call enemies.

Questioner: How many of these craft does the United States have?

Ra: I am Ra. The United States has 573 at this time. They are in the process of adding to this number.

Questioner: What is the maximum speed of one of these craft?

Ra: I am Ra. The maximum speed of these craft is equal to the Earth energy squared. This field varies. The limit is approximately one-half the light speed, as you would call it. This is due to imperfections in design.

Questioner: Would this type of craft come close to solving many of the energy problems as far as transport goes?

Ra: I am Ra. The technology your peoples possess at this time is capable of resolving each and every limitation which plagues your social memory complex at this present nexus of experience. However, the concerns of some of your beings with distortions towards what you would call powerful energy cause these solutions to be withheld until the solutions are so needed that those with the distortion can then become further distorted in the direction of power.

Questioner: You also said that some of the landings at this time were of the Orion group. Why did the Orion group land here? What is their purpose?

Ra: I am Ra. Their purpose is conquest, unlike those of the Confederation who wait for the calling. The so-called Orion group calls itself to conquest.

Questioner: Specifically, what do they do when they land?

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Ra: There are two types of landings. In the first, entities among your peoples are taken on their craft and programmed for future use. There are two or three levels of programming. First, the level that will be discovered by those who do research. Second, a triggering program. Third, a second and most deep triggering program crystallizing the entity thereby rendering it lifeless and useful as a kind of beacon. This is a form of landing.

The second form is that of landing beneath the Earth's crust which is entered from water. Again, in the general area of your South American and Caribbean areas and close to the so-called northern pole. The bases of these people are underground.

Questioner: The most startling information that you have given me, which I must admit that I'm having difficulty believing, is that the United States has 573 craft of the type which you described. How many people of United States designation are aware of these craft, including those who operate them?

Ra: I am Ra. The number of your peoples varies, for there are needs to communicate at this particular time/space nexus so that the number is expanding at this time. The approximate number is 1,500. It is only approximate for as your illusory time/space continuum moves from present to present at this nexus many are learning.

Questioner: Where are these craft constructed?

Ra: These craft are constructed one by one in two locations: in the desert or arid regions of your so-called New Mexico and in the desert or arid regions of your so-called Mexico, both installations being under the ground.

Questioner: Am I to believe that the United States actually has a manufacturing plant in Mexico?

Ra: I am Ra. I spoke thusly. May I, at this time, reiterate that this type of information is very shallow and of no particular consequence compared to the study of the Law of One. However, we carefully watch these developments in hopes that your peoples are able to be harvested in peace.

Questioner: I am totally aware that this line of questioning is of totally no consequence at all, but this particular information is so startling to me that it makes me question your validity on this. Up until this point I was in agreement with everything you had said. This is very startling to me. It just does not seem possible to me that this secret could have been kept for twenty-seven years, and that we are operating these craft. I apologize for my attitude, but I thought that I would be very honest. It is unbelievable to me that we would operate a plant in Mexico, outside of the United States, to build these craft. Maybe I'm mistaken. These craft are physical craft built by physical people? Could I go get in one and ride in one? Is that correct?

Ra: I am Ra. This is incorrect. You could not ride one. The United States, as you call your society divisional complex, creates these as a type of weapon.

Questioner: There are no occupants then? No pilot, shall I say?

Ra: I am Ra. This is correct.

Questioner: How are they controlled?

Ra: I am Ra. They are controlled by computer from a remote source of data.

Questioner: Why do we have a plant in Mexico?

Ra: I am Ra. The necessity is both for dryness of the ground and for a near total lack of population. Therefore, your so-called government and the so-called government of your neighboring geographical vicinity arranged for an underground installation. The government officials who agreed did not know the use to which their land would be put, but thought it a governmental research installation for use in what you would call bacteriological warfare.

Questioner: Is this the type of craft that Dan Frye was transported in?

Ra: I am Ra. The one known as Daniel was, in thought-form, transported by Confederation thought-form vehicular illusion in order to give this mind/body/spirit complex data so that we might see how this type of contact aided your people in the uncovering of the intelligent infinity behind the illusion of limits.

Questioner: The reason that I have questioned you so much and so carefully about the craft which you say the United States government operates is that if we include this in the book it will create numerous problems. It is something that I am considering leaving out of the book entirely, or I am going to have to question you in considerable detail about it. It's difficult to even question in this area, but I would like to ask a few more questions about it with

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the possible option of leaving it in the book. What is the diameter of the craft which the United States has?

Ra: I am Ra. I suggest that this be the last question for this session. We will speak as you deem fit in further sessions, asking you to be guided by your own discernment only.

The approximate diameter, given several model changes, is twenty-three of your feet, as you measure. ♣

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The Law of One, Book I, Session 9

January 27, 1981

Ra: I am Ra. I greet you in the love and the light of our infinite Creator. We communicate now.

Questioner: The healing exercises that you gave us are of such a nature that it is best to concentrate on a particular exercise at a certain time. I would like to ask what exercise that I should concentrate on tonight?

Ra: I am Ra. Again, to direct your judgment is an intrusion upon your space/time continuum distortion called future. To speak of past or present within our distortion/judgment limits is acceptable. To guide rather than teach/learn is not acceptable to our distortion in regards to teach/learning. We, instead, can suggest a process whereby each chooses the first of the exercises given in the order in which we gave them, which you, in your discernment, feel is not fully appreciated by your mind/body/spirit complex.

This is the proper choice, building from the foundation, making sure the ground is good for the building. We have assessed for you the intensity of this effort in terms of energy expended. You will take this in mind and be patient for we have not given a short or easy program of consciousness learn/teaching.

Questioner: The way that I understand the process of evolution is that our planetary population has a certain amount of time to progress. This is generally divided into three 25,000-year cycles. At the end of 75,000 years the planet progresses itself. What caused this situation to come about with the preciseness of the years in each cycle?

Ra: I am Ra. Visualize, if you will, the particular energy which, outward flowing and inward coagulating, formed the tiny realm of the creation governed by your Council of Saturn. Continue seeing the rhythm of this process. The living flow creates a rhythm which is as inevitable as one of your timepieces. Each of your planetary entities began the first cycle when the energy nexus was able in that environment to support such mind/body experiences. Thus, each of your planetary entities is on a different cyclical schedule as you might call it. The timing of these cycles is a measurement equal to a portion of intelligent energy.

This intelligent energy offers a type of clock. The cycles move as precisely as a clock strikes your hour. Thus, the gateway from intelligent energy to intelligent infinity opens regardless of circumstance on the striking of the hour.

Questioner: The original, first entities on this planet—what was their origin? Where were they before they were on this planet?

Ra: I am Ra. The first entities upon this planet were water, fire, air and earth.

Questioner: Where did the people who are like us who were the first ones here, where did they come from? From where did they evolve?

Ra: I am Ra. You speak of third-density experience. The first of those to come here were brought from another planet in your solar system called by you the Red Planet, Mars. This planet's environment became inhospitable to third-density beings. The first entities, therefore, were of this race, as you may call it, manipulated somewhat by those who were guardians at that time.

Questioner: What race is that, and how did they get from Mars to here?

Ra: I am Ra. The race is a combination of the mind/body/spirit complexes of those of your so-called Red Planet and a careful series of genetical adjustments made by the guardians of that time. These entities arrived, or were preserved, for the experience upon your sphere by a type of birthing which is non-reproductive, but consists of preparing genetic material for the incarnation of the mind/body/spirit complexes of those entities from the Red Planet.

Questioner: I assume from what you are saying that the guardians transferred the race here after the race had died from the physical as we know it on Mars. Is that correct?

Ra: I am Ra. This is correct.

Questioner: The guardians were obviously acting within an understanding of the Law of One in doing this. Can you explain the application of the Law of One in this process?

Ra: I am Ra. The Law of One was named by these guardians as the bringing of the wisdom of the guardians in contact with the entities from the Red Planet, thus melding the social memory complex of the guardian race and the Red Planet race. It, however, took an increasing amount of distortion into the application of the Law of One from the viewpoint of other guardians and it is from this beginning action that the quarantine of this planet was instituted, for it was felt that the free will of those of the Red Planet had been abridged.

Questioner: Were the entities of the Red Planet following the Law of One prior to leaving the Red Planet?

Ra: I am Ra. The entities of the Red Planet were attempting to learn the Laws of Love which form one of the primal distortions of the Law of One. However, the tendencies of these people towards bellicose actions caused such difficulties in the atmospheric environment of their planet that it became inhospitable for third-density experience before the end of its cycle. Thus, the Red Planet entities were unharvested and continued in your illusion to attempt to learn the Law of Love.

Questioner: How long ago did this transfer occur from the Red Planet to Earth?

Ra: I am Ra. In your time this transfer occurred approximately 75,000 years ago.

Questioner: 75,000 years ago?

Ra: I am Ra. This is approximately correct.

Questioner: Were there any entities of the form that I am now—two arms, two legs—on this planet before this transfer occurred?

Ra: I am Ra. There have been visitors to your sphere at various times for the last four million of your years, speaking approximately. These visitors do not affect the cycling of the planetary sphere. It was not third-density in its environment until the time previously mentioned.

Questioner: Then there were second-density entities here prior to approximately 75,000 years ago. What type of entities were these?

Ra: I am Ra. The second density is the density of the higher plant life and animal life which exists without the upward drive towards the infinite. These second-density beings are of an octave of consciousness just as you find various orientations of consciousness among the conscious entities of your vibration.

Questioner: Did any of these second-density entities have shapes like ours—two arms, two legs, head, and walk upright on two feet?

Ra: I am Ra. The two higher of the sub-vibrational levels of second-density beings had the configuration of the biped, as you mentioned. However, the erectile movement which you experience was not totally effected in these beings who were tending towards the leaning forward, barely leaving the quadrupedal position.

Questioner: Where did these beings come from? Were they a product of evolution as understood by our scientists? Were they evolved from the original material of the earth that you spoke of.

Ra: I am Ra. This is correct.

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Questioner: Do these beings then evolve from second density to third density?

Ra: I am Ra. This is correct, although no guarantee can be made of the number of cycles it will take an entity to learn the lessons of consciousness of self which are the prerequisite for transition to third density.

Questioner: Is there any particular race of people on our planet now who were incarnated here from second density?

Ra: I am Ra. There are no second-density consciousness complexes here on your sphere at this time. However, there are two races which use the second-density form. One is the entities from the planetary sphere you call Maldek. These entities are working their understanding complexes through a series of what you would call karmic restitutions. They dwell within your deeper underground passageways and are known to you as "Bigfoot."

The other race is that being offered a dwelling in this density by guardians who wish to give the mind/body/spirit complexes of those who are of this density at this time appropriately engineered physical vehicles, as you would call these chemical complexes, in the event that there is what you call nuclear war.

Questioner: I didn't understand what these vehicles or beings were for that were appropriate in the event of nuclear war.

Ra: I am Ra. These are beings which exist as instinctual second-density beings which are being held in reserve to form what you would call a gene pool in case these body complexes are needed. These body complexes are greatly able to withstand the rigors of radiation which the body complexes you now inhabit could not do.

Questioner: Where are these body complexes located?

Ra: I am Ra. These body complexes of the second race dwell in uninhabited deep forest. There are many in various places over the surface of your planet.

Questioner: Are they Bigfoot-type creatures?

Ra: I am Ra. This is correct although we would not call these Bigfoot, as they are scarce and are very able to escape detection. The first race is less able to be aware of proximity of other mind/body/spirit complexes, but these beings are very able to escape due to their technological understandings before their incarnations here. These entities of the glowing eyes are those most familiar to your peoples.

Questioner: Then there are two different types of Bigfoot. Correct?

Ra: I am Ra. This will be the final question.

There are three types of Bigfoot, if you will accept that vibratory sound complex used for three such different races of mind/body/spirit complexes. The first two we have described.

The third is a thought-form.

Questioner: I would like to ask if there is anything that we can do to aid the instrument's comfort.

Ra: I am Ra. This instrument will require some adjustment of the tender portions of her body complex. The distortions are due to the energy center blockage you would call pineal.

I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book I, Session 10

January 27, 1981

Ra: I am Ra. I greet you in the love and light of the infinite Creator. I communicate now.

Questioner: I think that it would clarify things for us if we went back to the time just before the transfer of souls from Maldek to see how the Law of One operated with respect to this transfer and why this transfer was necessary. What happened to the people of Maldek that caused them to lose their planet? How long ago did this event occur?

Ra: I am Ra. The peoples of Maldek had a civilization somewhat similar to that of the societal complex known to you as Atlantis in that it gained much technological information and used it without care for the preservation of their sphere following to a majority extent the complex of thought, ideas, and actions which you may associate with your so-called negative polarity or the service to self. This was, however, for the most part, couched in a sincere belief/thought structure which seemed to the perception of the mind/body complexes of this sphere to be positive and of service to others. The devastation that wracked their biosphere and caused its disintegration resulted from what you call war.

The escalation went to the furthest extent of the technology this social complex had at its disposal in the space/time present of the then time. This time was approximately 705,000 of your years ago. The cycles had begun much, much earlier upon this sphere due to its relative ability to support the first-dimensional life forms at an earlier point in the space/time continuum of your solar system. These entities were so traumatized by this occurrence that they were in what you may call a social complex knot or tangle of fear. Some of your time passed. No one could reach them. No beings could aid them.

Approximately 600,000 of your years ago the then-existing members of the Confederation were able to deploy a social memory complex and untie the knot of fear. The entities were then able to recall that they were conscious. This awareness brought them to the point upon what you would call the lower astral planes where they could be nurtured until each mind/body/spirit complex was able to finally be healed of this trauma to the extent that each entity was able to examine the distortions it had experienced in the previous life/illusion complex.

After this experience of learn/teaching, the group decision was to place upon itself a type of what you may call karma alleviation. For this purpose they came into incarnation within your planetary sphere in what were not acceptable human forms. This then they have been experiencing until the distortions of destruction are replaced by distortions towards the desire for a less distorted vision of service to others. Since this was the conscious decision of the great majority of those beings in the Maldek experience, the transition to this planet began approximately 500,000 of your years ago and the type of body complex available at that time was used.

Questioner: Was the body complex available at that time what we refer to as the ape body?

Ra: I am Ra. That is correct.

Questioner: Have any of the Maldek entities transformed since then? Are they still second-density now or are some of them third-density?

Ra: I am Ra. The consciousness of these entities has always been third-density. The alleviation mechanism was designed by the placement of this consciousness in second-dimensional physical chemical complexes which are not able to be dextrous or manipulative to the extent which is appropriate to the working of the third-density distortions of the mind complex.

Questioner: Have any of the entities moved on now, made a graduation at the end of a cycle and made the transition from second-density bodies to third-density bodies?

A: I am Ra. Many of these entities were able to remove the accumulation of what you call karma, thus being able to accept a third-density cycle within a third-density body. Most of those beings so succeeding have incarnated elsewhere in the creation for the succeeding cycle in third density. As this planet reached third density some few of these entities became able to join the vibration of this sphere in third-density form. There remain a few who have not yet alleviated through the mind/body/spirit coordination of distortions the previous action taken by them. Therefore, they remain.

Questioner: Are these the Bigfoot that you spoke of?

Ra: I am Ra. These are one type of Bigfoot.

Questioner: Then our human race is formed of a few who originally came from Maldek and quite a few who came from Mars. Are there entities here from other places?

Ra: I am Ra. There are entities experiencing your time/space continuum who have originated from many, many places, as you would call them, in the creation, for when there is a cycle change, those who must repeat then find a planetary sphere appropriate for this repetition. It is somewhat unusual for a planetary mind/body/spirit complex to contain those from many, many various loci, but this explains much, for, you see, you are experiencing the third-dimension occurrence with a large number of those who must repeat the cycle. The orientation, thus, has been difficult to unify even with the aid of many of your teach/learners.

Questioner: When Maldek was destroyed, did all the people of Maldek have the fear problem or were some advanced enough to transfer to other planets?

Ra: I am Ra. In the occurrence of planetary dissolution none escaped, for this is an action which redounds to the social complex of the planetary complex itself. None escaped the knot or tangle.

Questioner: Is there any danger of this happening to Earth at this time?

Ra: I am Ra. We feel this evaluation of your planetary mind/body/spirit complexes' so-called future may be less than harmless. We say only the conditions of mind exist for such development of technology and such deployment. It is the distortion of our vision/understanding that the mind and spirit complexes of those of your people need orientation rather than the "toys" needing dismantlement, for are not all things that exist part of the Creator? Therefore, freely to choose is your own duty.

Questioner: When graduation occurs at the end of a cycle, and entities are moved from one planet to another, by what means do they go to a new planet?

Ra: I am Ra. In the scheme of the Creator, the first step of the mind/body/spirit/totality/beingness is to place its mind/body/spirit complex distortion in the proper place of love/light. This is done to ensure proper healing of the complex and eventual attunement with the totality/beingness complex. This takes a very variable length of your time/space. After this is accomplished the experience of the cycle is dissolved and filtered until only the distillation of distortions in its pure form remains. At this time, the harvested mind/body/spirit/totality/beingness evaluates the density needs of its beingness and chooses the more appropriate new environment for either a repetition of the cycle or a moving forward into the next cycle. This is the manner of the harvesting, guarded and watched over by many.

Questioner: When the entity is moved from one planet to the next, is he moved in thought or by a vehicle?

Ra: I am Ra. The mind/body/spirit/totality/beingness is one with the Creator. There is no time/space distortion.

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Therefore, it is a matter of thinking the proper locus in the infinite array of time/spaces.

Questioner: While an entity is incarnate in this third density at this time he may either learn unconsciously without knowing what he is learning, or he may learn after he is consciously aware that he is learning in the ways of the Law of One. By the second way of learning consciously, it is possible for the entity to greatly accelerate his growth. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Then although many entities are not consciously aware of it, what they really desire is to accelerate their growth, and it is their job to discover this while they are incarnate. Is it correct that they can accelerate their growth much more while in the third density than in between incarnations of this density?

Ra: I am Ra. This is correct. We shall attempt to speak upon this concept.

The Law of One has as one of its primal distortions the free will distortion, thus each entity is free to accept, reject, or ignore the mind/body/spirit complexes about it and ignore the creation itself. There are many among your social memory complex distortion who, at this time/space, engage daily, as you would put it, in the working upon the Law of One in one of its primal distortions; that is, the ways of love. However, if this same entity, being biased from the depths of its mind/body/spirit complex towards love/light, were then to accept the responsibility for each moment of the time/space accumulation of present moments available to it, such an entity can empower its progress in much the same way as we described the empowering of the call of your social complex distortion to the Confederation.

Questioner: Could you state this in a little different way … how you empower this call?

Ra: I am Ra. We understand you to speak now of our previous information. The call begins with one. This call is equal to infinity and is not, as you would say, counted. It is the cornerstone. The second call is added. The third call empowers or doubles the second, and so forth, each additional calling doubling or granting power to all the preceding calls. Thus, the call of many of your peoples is many, many-powered and overwhelmingly heard to the infinite reaches of the One Creation.

Questioner: For the general development of the reader of this book, could you state some of the practices or exercises to perform to produce an acceleration toward the Law of One?

Ra: I am Ra.

Exercise One. This is the most nearly centered and useable within your illusion complex. The moment contains love. That is the lesson/goal of this illusion or density. The exercise is to consciously see that love in awareness and understanding distortions. The first attempt is the cornerstone. Upon this choosing rests the remainder of the life-experience of an entity. The second seeking of love within the moment begins the addition. The third seeking empowers the second, the fourth powering or doubling the third. As with the previous type of empowerment, there will be some loss of power due to flaws within the seeking in the distortion of insincerity. However, the conscious statement of self to self of the desire to seek love is so central an act of will that, as before, the loss of power due to this friction is inconsequential.

Exercise Two. The universe is one being. When a mind/body/spirit complex views another mind/body/spirit complex, see the Creator. This is an helpful exercise.

Exercise Three. Gaze within a mirror. See the Creator.

Exercise Four. Gaze at the creation which lies about the mind/body/spirit complex of each entity. See the Creator.

The foundation or prerequisite of these exercises is a predilection towards what may be called meditation, contemplation, or prayer. With this attitude, these exercises can be processed. Without it, the data will not sink down into the roots of the tree of mind, thus enabling and ennobling the body and touching the spirit.

Questioner: I was wondering about the advent of the civilizations of Atlantis and Lemuria, when these civilizations occurred, and where did they come from?

Ra: I am Ra. This is the last question of this working. The civilizations of Atlantis and Lemuria

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were not one but two. Let us look first at the Mu entities.

They were beings of a somewhat primitive nature, but those who had very advanced spiritual distortions. The civilization was part of this cycle, experienced early within the cycle at a time of approximately 53,000 of your years ago. It was an helpful and harmless place which was washed beneath the ocean during a readjustment of your sphere's tectonic plates through no action of their own. They sent out those who survived and reached many places in what you call Russia, North America, and South America. The Indians of whom you come to feel some sympathy in your social complex distortions are the descendants of these entities. Like the other incarnates of this cycle, they came from elsewhere. However, these particular entities were largely from a second-density planet which had some difficulty, due to the age of its sun, in achieving third-density life conditions. This planet was from the galaxy Deneb.

The Atlantean race was a very conglomerate social complex which began to form approximately 31,000 years in the past of your space/time continuum illusion. It was a slow growing and very agrarian one until approximately 15,000 of your years ago. It reached quickly a high technological understanding which caused it to be able to use intelligent infinity in an informative manner. We may add that they used intelligent energy as well, manipulating greatly the natural influxes of the indigo or pineal ray from divine or infinite energy. Thus, they were able to create life forms. This they began to do instead of healing and perfecting their own mind/body/spirit complexes, turning their distortions towards what you may call negative.

Approximately 11,000 of your years ago, the first of the, what you call, wars, caused approximately forty percent of this population to leave the density by means of disintegration of the body. The second and most devastating of the conflicts occurred approximately 10,821 years in the past according to your illusion. This created an earth-changing configuration and the large part of Atlantis was no more, having been inundated. Three of the positively-oriented of the Atlantean groups left this geographical locus before that devastation, placing themselves in the mountain areas of what you call Tibet, what you call Peru, and what you call Turkey.

Do you have any brief questions before we close this meeting?

Questioner: Only one, other than what we can do to make the instrument more comfortable. I would like to have your definition of galaxy, the word "galaxy" as you have used it.

Ra: I am Ra. We use the term known to your people by the sound vibration "galaxy." We accept that some galaxies contain one system of planetary and solar groups. Others contain several. However, the importance of the locus in infinite time/space dimensionality is so little that we accept the distortion implicit in such an ambiguous term.

Questioner: Then the nine planets and sun which we have here in our system, would you refer to that as a galaxy?

Ra: I am Ra. We would not.

Questioner: How many stars would be—approximately—in a galaxy?

Ra: I am Ra. It depends upon the galactic system. Your own, as you know, contains many, many, millions of planetary entities and star bodies.

Questioner: I was just trying to get to the definition that you were using for galaxy. You mentioned a couple of times the term galaxy in reference to what we call a planetary system and it was causing some confusion. Is there any way that we can make the instrument more comfortable?

Ra: I am Ra. This instrument could be made somewhat more comfortable if more support were given the body complex. Other than this, we can only repeat the request to carefully align the symbols used to facilitate this instrument's balance. Our contact is narrow-banded and thus the influx brought in with us must be precise.

I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and peace of the one Creator. Adonai.

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The Law of One, Book V, Session 9, Fragment 4

January 27, 1981

Jim: None of us was ever greatly interested in previous incarnational experiences. Again, it's easy to lose the focus on the present moment's opportunities for growth if one becomes overly interested in one's lives before this one. The one query of this nature that we did ask of Ra elicited an answer that seemed to support our lack of interest in past lives.

Carla: *I do personally believe that we incarnate many times, and that we fashion, through these cycles of manifestation, complex and meaningful relationships that root deeply within our beings. When Don and I met, he has said he knew for certain that we would be together. Since what immediately thereafter ensued for me was a four-year marriage to a fellow who wished not to be married, I once braced him for not having told me this home truth right then in 1962, and saved me that difficult four years. "What? And have you miss all that good catalyst?" he said.*

Both Donald and Jim had a loving and generous regard of me that is amazing unless one introduces the concept of previous connections. I have no doubt that we have served together before, in other lives and other times. An interesting bit of possible past history was expressed years ago to Jim in a psychic reading: it was suggested that in the American great plains frontier of the nineteenth century, Don and Jim were brothers living together as farmers. I was Jim's child, Don's nephew, and I lived only to the age of five, being sickly from birth. This was suggested as being preparation for their taking care of me in this life, as I dealt with disability, limitation and especially psychic greeting during the time of the Ra contact. It rings true at some level with me. However, I also feel that we do not need to know anything of our past associations in order to learn and serve together at this present moment. We have all we need to meet the present moment. The rest is just details.

Session 9, January 27, 1981

Questioner: Is it possible for you to tell us anything about our past experiences, our past incarnations before this incarnation?

Ra: I am Ra. It is possible. However, such information as this is carefully guarded by your mind/body/spirit being totality so that your present space/time experiences will be undiluted.

Let us scan for harmless material for your beingness. I am, in the distortion of desire for your freedom from preconception, able to speak only generally. There have been several times when this group worked and dwelt together. The relationships varied. There is balanced karma, as you call it; each thus teacher of each. The work has involved healing, understanding the uses of the earth energy, and work in aid of civilizations which called just as your sphere has done and we have come. This ends the material which we consider harmless. ♣

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Intensive Meditation
January 28, 1981

(Unknown channeling

[I am Hatonn,] and I greet you in the light and in the love of the one great infinite Creator, Whose name is written in the heavens and Whose being encompasses all that there is. I greet you, my friends, against this backdrop of unimaginable immensity and scale. I am the voice of the Creator and you the creation. I realize, my friends, that it is extremely difficult to imagine that which you seem to be as being in analogy the immense infinity of creation. But you are all that there is. Your culture has offered you silence which pretends to know yet does not question. And scientists look at the boundlessness of the universe and upon remarking at its immensity proceed immediately back to their studies, starting petty arguments defining and redefining unknowns.

We of the Confederation of Planets in the Service of the Infinite Creator do not ask you to believe. We ask you to question. We do not pretend to have *the* answers although we do have information to share. We are not those who know, we are those who seek. And when we speak to you we ask you to join us in that seeking, but not against the backdrop of those things which your people wish to limit themselves by defining as the limits for seeking. We ask you to seek against the backdrop that to us is meaningful. That is the backdrop of the infinite creation, the one Creator. It is our understanding that this one Creator is the very core of each and every thing that exists, and that each ear that hears these words is part of some of the Creator. We are one being. This is our simple explanation *(inaudible)*. It is our further understanding that this one being, this one point *(inaudible)* is love. We do not ask you to believe this, we ask you to seek. As we join in your meditations, as we join in this paramount of all ways of seeking, we give thanks both for the opportunity to speak through this instrument and we thank you for both of you and would at this time transfer this contact to another instrument. I am Hatonn.

(Inaudible)

I am trying to exercise the instrument at this time for it is a good thing to, shall we say, stay in practice. One wishes to retain the techniques necessary for reception. We will continue to offer conditioning to the one known as D while we transfer contact to the one known as S1. I am Hatonn.

(S1 channeling

I am Hatonn. And I am with your instrument. It is indeed a pleasure to greet you, my friends, through this instrument once more. We of Hatonn are indeed honored to be able to speak through those amongst your people who offer themselves in service through what you call channeling. We are always happy to be of service to those who would request

our presence during meditation. We are available at any time to those who request. We do so. We of Hatonn are greatly pleased with the progress of this instrument and wish to assure her that she is correctly receiving those words which we are sending. We have not been able to speak through this instrument for some time, though we have been with her and given her our conditioning vibrations during her meditations. We are always happy when we are able to serve in this manner. We hope to be able to experience the sharing of love and light with this group in the near future as we are quite happy when we feel the closeness which we share with you today. We would at this time transfer this contact to another instrument. I am Hatonn.

(Unknown channeling

I am Hatonn, and I am again with this instrument. We are sorry that we have not made contact with the one known as D but appreciate each person's free will and assure this instrument that we are available at any time she may request our services. We leave you, my friends, in the love and the light of the infinite Creator. I am Hatonn. Adonai.

(Unknown channeling

I am Latwii, and am with this instrument. I greet you in the love and in the light of our infinite Creator. It is really great to be with you and to be speaking through this instrument of whom we are very fond. We do not get a chance to blend our vibrations with this instrument these days as we are handling the questions and answers and she is abstaining from same. We would like to work with the new instrument to acquaint this instrument further with our particular vibratory pattern, and will attempt to say a few words through her. I am Latwii.

(S2 channeling

I am Latwii. We are here with this instrument. We were able to contact this instrument without knocking her on the floor. She is happy about that. It is a pleasure to speak through this instrument again for we rarely have the opportunity to do so. We would like to assure her that we are indeed here. She is somewhat skeptical of our presence. We, nevertheless, are pleased to be here. We are going to leave this instrument now so that we may speak through another. I am Latwii.

(Unknown channeling

I am Latwii. And greet you all once again in love and light. We are very pleased to have made our contact with the one known as S2 and to have spoken the words through her that it was our pleasure to speak.

May we at this time ask if there are any questions which we might attempt to respond to?

Questioner: Yes, I have a question, Latwii. Is meditation the best way to get in contact with the higher self and does the higher self express itself through meditation?

I am Latwii, and am aware of your question, my sister. First of all, may we say that meditation is the most accessible way to most of the people of your planet to obtain contact with their inner being, their higher self, and the many guides which wait upon the seeking of the seeker. That it is the best way cannot be said for certain for many ways there are for those known as the *(inaudible)* to make such contact. But many steps of preparation are necessary for the utilization of these other techniques. So, we feel we might be most accurate in our response by suggesting that meditation is the most accessible means at this time for obtaining a contact with your deeper, or shall we say, higher levels of being including your higher self.

In response to the second portion of your query may we say that intuition is one of the many means utilized by the higher self and the other entities who form the inner resources available to each seeker through which this contact might be expressed. Intuition, dreams, meditation, hunches or insights of a sudden appearance are techniques, situations utilized to make such contact with entities of your planet who for the most part are unable to receive a contact from the, shall we say, inner planes by any conscious means.

May we answer you further, my sister?

Questioner: Yes. You spoke of other steps for making contact with the higher self or other beings besides meditation. Can you give any more information on this at this point?

I am Latwii, and am aware of your question, my sister, and may respond only in general by suggesting that long preparation of the entity who seeks such contact by means which utilize deep meditative states in the what has come to be known to this

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group as the balancing process, is necessary for the seeker upon the path of what is called by your peoples the white magical ritual, to prepare the self for this type of seeking of contact with the higher self. These techniques have been outlined to a basic degree in the text which this group has had the honor in the preparing that is known to you as the Law of One.

May we answer you further, my sister?

Questioner: No, thank you.

We are most grateful to you as well. Is there another question at this time?

(Pause)

I am Latwii. We are most grateful for this opportunity to speak to this group. We assure each that we shall at any time in the future be available for the conditioning contact. Simply request our presence and we shall be most honored to join you in your meditations. We leave you now in the love and in the light of the one infinite Creator. I am known to you as Latwii. Adonai, my friends. ♣

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The Law of One, Book I, Session ii
January 28, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: Should we include the ritual that you have suggested that we use to call you in the book that will result from these sessions?

Ra: I am Ra. This matter is of small importance for our suggestion was made for the purpose of establishing contact through this instrument with this group.

Questioner: Is it of any assistance to the instrument to have *(name)* and *(name)* present during these sessions? Does the number in the group make any difference in these sessions?

Ra: I am Ra. The most important of the entities are the questioner and the vibratory sound complex, *(name)*. The two entities additional aid the instrument's comfort by energizing the instrument with their abilities to share the physical energy complex which is a portion of your love vibration.

Questioner: You said yesterday that Maldek was destroyed due to warfare. If Maldek hadn't destroyed itself due to warfare would it have become a planet that evolved in self-service and would the entities involved have increased in density, and gone on to say the fourth density in the negative sense or the sense of self-service?

Ra: I am Ra. The planetary social memory complex, Maldek, had in common with your own sphere the situation of a mixture of energy direction. Thus it, though unknown, would most probably have been a mixed harvest—a few moving to fourth density, a few moving towards fourth density in service to self, the great majority repeating third density. This is approximate due to the fact that parallel possibility/probability vortices cease when action occurs and new probability/possibility vortices are begun.

Questioner: Is there a planet opposite our sun, in relation to us, that we do not know about?

Ra: I am Ra. There is a sphere in the area opposite your sun of a very, very cold nature, but large enough to skew certain statistical figures. This sphere should not properly be called a planet as it is locked in first density.

Questioner: You say that entities from Maldek might go to fourth density negative. Are there people who go out of our present third density to places in the universe and serve, which are fourth-density self-service negative type of planets?

Ra: I am Ra. Your question is unclear. Please restate.

Questioner: As our cycle ends and graduation occurs, is it possible for anyone to go from our third density to a fourth-density planet that is of a self-service or negative type?

Ra: I am Ra. We grasp now the specificity of your query. In this harvest the probability/possibility

vortex is an harvest, though small, of this type. That is correct.

Questioner: Can you tell us what happened to Adolf (Hitler)?

Ra: I am Ra. The mind/body/spirit complex known as Adolf is at this time in an healing process in the middle astral planes of your spherical force field. This entity was greatly confused and, although aware of the circumstance of change in vibratory level associated with the cessation of the chemical body complex, nevertheless, needed a great deal of care.

Questioner: Is there anyone in our history who is commonly known who went to a fourth-density self-service or negative type of planet or any who will go there?

Ra: I am Ra. The number of entities thus harvested is small. However, a few have penetrated the eighth level which is only available from the opening up of the seventh through the sixth. Penetration into the eighth or intelligent infinity level allows a mind/body/spirit complex to be harvested if it wishes at any time/space during the cycle.

Questioner: Are any of these people known in the history of our planet by name?

Ra: I am Ra. We will mention a few. The one known as Taras Bulba, the one known as Genghis Khan, the one known as Rasputin.

Questioner: How did they accomplish this? What was necessary for them to accomplish this?

Ra: I am Ra. All of the aforementioned entities were aware, through memory, of Atlantean understandings having to do with the use of the various centers of mind/body/spirit complex energy influx in attaining the gateway to intelligent infinity.

Questioner: Did this enable them to do what we refer to as magic? Could they do paranormal things while they were incarnate?

Ra: I am Ra. This is correct. The first two entities mentioned made little use of these abilities consciously. However, they were bent single-mindedly upon service to self, sparing no efforts in personal discipline to double, re-double and so empower this gateway. The third was a conscious adept and also spared no effort in the pursuit of service to self.

Questioner: Where are these three entities now?

Ra: I am Ra. These entities are in the dimension known to you as fourth. Therefore the space/time continua are not compatible. An approximation of the space/time locus of each would net no actual understanding. Each chose a fourth-density planet which was dedicated to the pursuit of the understanding of the Law of One through service to self, one in what you know as the Orion group, one in what you know as Cassiopeia, one in what you know as Southern Cross; however, these loci are not satisfactory. We do not have vocabulary for the geometric calculations necessary for transfer of this understanding to you.

Questioner: Who went to the Orion group?

Ra: I am Ra. The one known as Genghis Khan.

Questioner: What does he presently do there? What is his job or occupation?

Ra: I am Ra. This entity serves the Creator in its own way.

Questioner: Is it impossible for you to tell us precisely how he does this service?

Ra: I am Ra. It is possible for us to speak to this query. However, we use any chance we may have to reiterate the basic understanding/learning that all beings serve the Creator.

The one you speak of as Genghis Khan, at present, is incarnate in a physical light body which has the work of disseminating material of thought control to those who are what you may call crusaders. He is, as you would term this entity, a shipping clerk.

Questioner: What do the crusaders do?

Ra: I am Ra. The crusaders move in their chariots to conquer planetary mind/body/spirit social complexes before they reach the stage of achieving social memory.

Questioner: At what stage does a planet achieve social memory?

Ra: I am Ra. A mind/body/spirit social complex becomes a social memory complex when its entire group of entities are of one orientation or seeking. The group memory lost to the individuals in the roots of the tree of mind then becomes known to the social complex, thus creating a social memory complex. The advantages of this complex are the relative lack of distortion in understanding the social beingness and the relative lack of distortion in

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pursuing the direction of seeking, for all understanding/distortions are available to the entities of the society.

Questioner: Then we have crusaders from Orion coming to this planet for mind control purposes. How do they do this?

Ra: I am Ra. As all, they follow the Law of One observing free will. Contact is made with those who call. Those then upon the planetary sphere act much as do you to disseminate the attitudes and philosophy of their particular understanding of the Law of One which is service to self. These become the elite. Through these, the attempt begins to create a condition whereby the remainder of the planetary entities are enslaved by their free will.

Questioner: Can you name any names that may be known on the planet that are recipients of the crusaders' efforts?

Ra: I am Ra. I am desirous of being in nonviolation of the free will distortion. To name those involved in the future of your space/time is to infringe; thus, we withhold this information. We request your contemplation of the fruits of the actions of those entities whom you may observe enjoying the distortion towards power. In this way you may discern for yourself this information. We shall not interfere with the, shall we say, planetary game. It is not central to the harvest.

Questioner: How do the crusaders pass on their concepts to the individuals on Earth?

Ra: I am Ra. There are two main ways, just as there are two main ways of, shall we say, polarizing towards service to others. There are those mind/body/spirit complexes upon your plane who do exercises and perform disciplines in order to seek contact with sources of information and power leading to the opening of the gate to intelligent infinity. There are others whose vibratory complex is such that this gateway is opened and contact with total service to self with its primal distortion of manipulation of others is then afforded with little or no difficulty, no training, and no control.

Questioner: What type of information is passed on from the crusaders to these people?

Ra: I am Ra. The Orion group passes on information concerning the Law of One with the orientation of service to self. The information can become technical just as some in the Confederation, in attempts to aid this planet in service to others, have provided what you would call technical information. The technology provided by this group is in the form of various means of control or manipulation of others to serve the self.

Questioner: Do you mean to say then that some scientists receive technical information, shall we say, telepathically that comes out then as useable gadgetry?

Ra: I am Ra. That is correct. However, very positively, as you would call this distortion, oriented scientists have received information intended to unlock peaceful means of progress which redounded unto the last echoes of potential destruction due to further reception of other scientists of a negative orientation/distortion.

Questioner: Is this how we learned of nuclear energy? Was it mixed with both positive and negative orientation?

Ra: I am Ra. That is correct. The entities responsible for the gathering of the scientists were of a mixed orientation. The scientists were overwhelmingly positive in their orientation. The scientists who followed their work were of mixed orientation including one extremely negative entity, as you would term it.

Questioner: Is this extremely negative entity still incarnate on Earth?

Ra: I am Ra. This is correct.

Questioner: Then I would assume that you can't name him. So I will ask you where Nikola Tesla got his information?

Ra: I am Ra. The one known as Nikola received information from Confederation sources desirous of aiding this extremely, shall we say, angelically positive entity in bettering the existence of its fellow mind/body/spirit complexes. It is unfortunate, shall we say, that like many Wanderers the vibratory distortions of third-density illusion caused this entity to become extremely distorted in its perceptions of its fellow mind/body/spirit complexes so that its mission was hindered and in the result, perverted from its purposes.

Questioner: How was Tesla's work supposed to benefit man on Earth, and what were its purposes?

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Ra: I am Ra. The most desired purpose of the mind/body/spirit complex, Nikola, was the freeing of all planetary entities from the darkness. Thus, it attempted to give to the planet the infinite energy of the planetary sphere for use in lighting and power.

Questioner: By freeing the planetary entities from darkness, precisely what do you mean?

Ra: I am Ra. *(Most of the following answer was lost due to tape recorder malfunction. The core of the response was as follows.)* We spoke of freeing people from darkness in a literal sense.

Questioner: Would this freeing from darkness be commensurate with the Law of One or does this have any real product?

Ra: I am Ra. The product of such a freeing would create two experiences.

Firstly, the experience of no need to find the necessary emolument for payment, in your money, for energy.

Secondly, the leisure afforded, thereby exemplifying the possibility and enhancing the probability of the freedom to then search the self, the beginning of seeking the Law of One.

Few there are working physically from daybreak to darkness, as you name them, upon your plane who can contemplate the Law of One in a conscious fashion.

Questioner: What about the Industrial Revolution in general. Was this planned in any way?

Ra: I am Ra. This will be the final question of this session.

That is correct. Wanderers incarnated in several waves, as you may call them, in order to bring into existence the gradual freeing from the demands of the diurnal cycles and lack of freedom of leisure.

Questioner: That was the last question, so I will do as usual and ask if there is anything that we can do to make the instrument more comfortable?

Ra: I am Ra. You are doing well. The most important thing is to carefully align the symbols. The adjustment made this particular time/space present will aid this instrument's physical complex in the distortion towards comfort.

May we ask if you have any short questions which we may resolve before closing the session?

Questioner: I don't know if this is a short question or not, so we can save it till next time, but my question is, why do the crusaders from Orion do this? What is their ultimate objective? This is probably too long to answer.

Ra: I am Ra. This is not too long to answer. To serve the self is to serve all. The service of the self, when seen in this perspective, requires an ever-expanding use of the energies of others for manipulation to the benefit of the self with distortion towards power.

If there are further queries to further explicate this subject we shall be with you again.

Questioner: There was one thing that I forgot. Is it possible to have another session later on today?

Ra: I am Ra. It is well.

Questioner: Thank you.

Ra: I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book I, Session 12
January 28, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: In the last session you mentioned that the Orion crusaders came here in chariots. Could you describe the chariots?

Ra: I am Ra. The term chariot is a term used in warfare among your peoples. That is its significance. The shape of the Orion craft is one of the following: firstly, the elongated, ovoid shape which is of a darker nature than silver but which has a metallic appearance if seen in the light. In the absence of light, it appears to be red or fiery in some manner.

Other craft include disc-shaped objects of a small nature approximately twelve feet in your measurement in diameter, the box-like shape approximately forty feet to a side in your measurement. Other craft can take on a desired shape through the use of thought control mechanisms. There are various civilization complexes which work within this group. Some are more able to use intelligent infinity than others. The information is very seldom shared; therefore, the chariots vary greatly in shape and appearance.

Questioner: Is there any effort on the part of the Confederation to stop the Orion chariots from arriving here?

Ra: I am Ra. Every effort is made to quarantine this planet. However, the network of guardians, much like any other pattern of patrols on whatever level, does not hinder each and every entity from penetrating quarantine, for if request is made in light/love, the Law of One will be met with acquiescence. If the request is not made, due to the slipping through the net, then there is penetration of this net.

Questioner: Who makes this request?

Ra: I am Ra. Your query is unclear. Please restate.

Questioner: I don't understand how the Confederation stops the Orion chariots from coming through the quarantine?

Ra: I am Ra. There is contact at the level of light-form or lightbody-being depending upon the vibratory level of the guardian. These guardians sweep reaches of your Earth's energy fields to be aware of any entities approaching. An entity which is approaching is hailed in the name of the one Creator. Any entity thus hailed is bathed in love/light and will of free will obey the quarantine due to the power of the Law of One.

Questioner: What would happen to the entity if he did not obey the quarantine after being hailed?

Ra: I am Ra. To not obey quarantine after being hailed on the level of which we speak would be equivalent to your not stopping upon walking into a solid brick wall.

Questioner: What would happen to the entity if he did this? What would happen to his chariot?

Ra: I am Ra. The Creator is one being. The vibratory level of those able to breach the quarantine boundaries is such that upon seeing the love/light net it is impossible to break this Law. Therefore, nothing happens. No attempt is made. There is no confrontation. The only beings who are able to penetrate the quarantine are those who discover windows or distortions in the space/time continua surrounding your planet's energy fields. Through these windows they come. These windows are rare and unpredictable.

Questioner: Does this account for what we call "UFO Flaps" where a large number of UFOs show up like in 1973?

Ra: I am Ra. This is correct.

Questioner: Are most of the UFOs which are seen in our skies from the Orion group?

Ra: I am Ra. Many of those seen in your skies are of the Orion group. They send out messages. Some are received by those who are oriented toward service to others. These messages then are altered to be acceptable to those entities while warning of difficulties ahead. This is the most that self-serving entities can do when faced with those whose wish is to serve others. The contacts which the group finds most helpful to their cause are those contacts made with entities whose orientation is towards service to self. There are many thought-form entities in your skies which are of a positive nature and are the projections of the Confederation.

Questioner: You mentioned that the Orion crusaders, when they get through the net, give both technical and non-technical information. I think I know what you mean by technical information, but what type of non-technical information do they give? And am I right in assuming that this is done by telepathic contact?

Ra: I am Ra. This is correct. Through telepathy the philosophy of the Law of One with the distortion of service to self is promulgated. In advanced groups there are rituals and exercises given and these have been written down just as the service-to-others oriented entities have written down the promulgated philosophy of their teachers. The philosophy concerns the service of manipulating others that they may experience service towards the other self, thus through this experience becoming able to appreciate service to self. These entities would become oriented towards service to self and in turn manipulate yet others so that they in turn might experience the service towards the other self.

Questioner: Would this be the origin of what we call black magic?

Ra: I am Ra. This is correct in one sense, incorrect in another. The Orion group has aided the so-called negatively oriented among your mind/body/spirit complexes. These same entities would be concerning themselves with service to self in any case and there are many upon your so-called inner planes which are negatively oriented and thus available as inner teachers or guides and so-called possessors of certain souls who seek this distortion of service to self.

Questioner: Is it possible for an entity here on Earth to be so confused as to call both the Confederation and the Orion group in an alternating way, first one, then the other, and then back to the first again?

Ra: I am Ra. It is entirely possible for the untuned channel, as you call that service, to receive both positive and negative communications. If the entity at the base of its confusion is oriented toward service to others, the entity will begin to receive messages of doom. If the entity at the base of the complex of beingness is oriented towards service to self, the crusaders, who in this case, do not find it necessary to lie, will simply begin to give the philosophy they are here to give. Many of your so-called contacts among your people have been confused and self-destructive because the channels were oriented towards service to others but, in the desire for proof, were open to the lying information of the crusaders who then were able to neutralize the effectiveness of the channel.

Questioner: Are most of these crusaders fourth-density?

Ra: I am Ra. There is a majority of fourth-density. That is correct.

Questioner: Is an entity in the fourth density normally invisible to us?

Ra: I am Ra. The use of the word "normal" is one which befuddles the meaning of the question. Let us rephrase for clarity. The fourth density is, by choice, not visible to third density. It is possible for fourth density to be visible. However, it is not the choice of

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the fourth-density entity to be visible due to the necessity for concentration upon a rather difficult vibrational complex which is the third density you experience.

Questioner: Are there any Confederation or Orion entities living upon the Earth and operating visibly among us in our society at this time?

Ra: I am Ra. There are no entities of either group walking among you at this time. However, the crusaders of Orion use two types of entities to do their bidding, shall we say. The first type is the thought-form; the second, a kind of robot.

Questioner: Could you describe the robot?

Ra: I am Ra. The robot may look like any other being. It is a construct.

Questioner: Is the robot what is normally called the "Men in Black"?

Ra: I am Ra. This is incorrect.

Questioner: Who are the Men in Black?

Ra: I am Ra. The Men in Black are a thought-form type of entity which have some beingness to their make-up. They have certain physical characteristics given them. However, their true vibrational nature is without third-density vibrational characteristics and, therefore, they are able to materialize and dematerialize when necessary.

Questioner: Are all of these Men in Black then used by the Orion crusaders?

Ra: I am Ra. This is correct.

Questioner: You spoke of Wanderers. Who are Wanderers? Where do they come from?

Ra: I am Ra. Imagine, if you will, the sands of your shores. As countless as the grains of sand are the sources of intelligent infinity. When a social memory complex has achieved its complete understanding of its desire, it may conclude that its desire is service to others with the distortion towards reaching their hand, figuratively, to any entities who call for aid. These entities whom you may call the Brothers and Sisters of Sorrow move toward this calling of sorrow. These entities are from all reaches of the infinite creation and are bound together by the desire to serve in this distortion.

Questioner: How many of them are incarnate on Earth now?

Ra: I am Ra. The number is approximate due to an heavy influx of those birthed at this time due to an intensive need to lighten the planetary vibration and thus aid in harvest. The number approaches sixty-five million.

Questioner: Are most of these from the fourth density? Or what density do they come from?

Ra: I am Ra. Few there are of fourth density. The largest number of Wanderers, as you call them, are of the sixth density. The desire to serve must be distorted towards a great deal of purity of mind and what you may call foolhardiness or bravery, depending upon your distortion complex judgment. The challenge/danger of the Wanderer is that it will forget its mission, become karmically involved, and thus be swept into the maelstrom of which it had incarnated to avert the destruction.

Questioner: What could one of these entities do to become karmically involved? Could you give an example of that?

Ra: I am Ra. An entity which acts in a consciously unloving manner in action with other beings can become karmically involved.

Questioner: Do many of these Wanderers have physical ailments in this third-density situation?

Ra: I am Ra. Due to the extreme variance between the vibratory distortions of third density and those of the more dense densities, if you will, Wanderers have as a general rule some form of handicap, difficulty, or feeling of alienation which is severe. The most common of these difficulties are alienation, the reaction against the planetary vibration by personality disorders, as you would call them, and body complex ailments indicating difficulty in adjustment to the planetary vibrations such as allergies, as you would call them.

Questioner: Thank you. Is there anything that we can do to make the instrument more comfortable?

Ra: I am Ra. We ask you to realign the object upon which the symbols sit. It is not a significant distortion for only one session, but you will find upon measuring the entire assemblage that the resting place is 1.4° from the correct alignment, the resting place an additional .5° away from proper orientation. Do not concern yourselves with this in the space/time nexus present, but do not allow these

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distortions to remain over a long period or the contact will be gradually impaired.

I am Ra. I leave you in the love and in the light of the one infinite Creator. Go forth rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book V, Session 12, Fragment 5
January 28, 1981

Jim: In the first paragraph of the next section one can see how easy it is for even the most serious of seekers occasionally to lose the proper attitude for finding the heart of the evolutionary process. Properly attuning one's being for efficient seeking has far less to do with what one does than with how one does it and how one balances it or seats it within one's being with meditation and contemplation. Without the balance of the meditative attitude the mind tends to become distracted by the mundane repetition of events, and one's lessons tend to orbit the periphery of one's being without becoming seated in the center of the being, there to provide a deeper grasp of the nature of this illusion and a sense of how to navigate one's self through it in a more harmonious fashion. We also see in Ra's next response that it is imperative that all such navigational movements of one's being be a product of one's free will choices, never to be abridged by any other being. That point is echoed again in Ra's response to Don's query about the metaphysical implications of attempting to lock an Man In Black in one's closet, an opportunity that we never had, incidentally!

This is another good example of a line of questioning veering off into transient and unimportant information. Note how Ra ends Session 12 in Book I, also titled *The Ra Material*, with hints that the "correct alignment" and "proper orientation" of the Bible, candle, censer and water are somewhat askew. It took us twelve sessions to determine that Ra was not actually speaking of the physical placement of the Bible and so forth, but Ra was giving us a hint that our metaphysical alignment was off. Our line of questioning was misplaced from the heart of the evolutionary process. Since our contact with Ra was "narrow band" that meant that Ra could not long respond to questions which were off the target. If we had allowed these distortions to remain over a long period of time the contact would have been impaired and eventually we would have lost the contact..

The last portion of this session deals with the concept of what is called the Wanderers and their frequently shared characteristics of exhibiting physical ailments such as allergies and personality disorders which, in the deeper sense, seem to be a reaction against this planet's vibrational frequency. This is apparently a side-effect that is due to such entities having another planetary influence in a higher density as their home vibration. They incarnate on this third-density planet in order to be of service in whatever way is possible to help the population of this planet to become more aware of the evolutionary process and to move in harmony with it. These Wanderers go through the same forgetting process that every other third-density being who incarnates here goes through, and they become completely the third-density being—even as they slowly begin to remember why it is that they

have been born here. Apparently, about one in every seventy people on Earth is of such an origin.

It almost seems to be in vogue now to say that one is from this or that planet, this or that higher density, and that one is really this or that exalted being come down to Earth to be a great teacher. It is embarrassing to us to see such a magnificent opportunity for rendering a humble service cheapened to a game of who has the most spiritual sergeant's stripes. We do not hide the possibility that we may be of such origins, but neither do we nor those of Ra feel that such an origin is particularly remarkable. As Don used to say, "You've got to be somewhere doing something. You might as well be here doing this."

Carla: *I think one thing to keep in mind, if we are Wanderers from elsewhere, is that we came here for a reason: to serve at this time right here in this very shadow world of Earth's third density. Yes, we suffer the results of trying to live in a vibratory range that is difficult for us, and yes, we somehow remember a "better way" to live. With this in mind, it becomes clearer that our main mission here is simply to live, to breathe the air and to let the love within us flow. Just the simple living of an everyday life is sacramental when the person is living with that consciousness of "all is love" humming its tune beneath our words and thoughts. To live devotionally does not mean, necessarily, that one becomes a hermit or a wandering pilgrim, although if you feel called to it, blessings on your way. To me, at least, the daily things are the most holy, the washing up, the chores, the errands. All moves in rhythm, and we are just part of that symphony of all life that shares energy back and forth.*

I know one of the great hopes a Wanderer has is to find its service. The living of a devotional life, right in the busy midst of everything, is ample and perfect service. It is what we came here to do. As we let love flow through us, others change, and as they open their hearts, the circle of light grows. We are now at a stage where the light sources are beginning to connect … do I hear the sound of global mind being born?

The global mind is a very real concept to me, as well, especially since the advent of e-mail and the world-wide web. With information being exchanged without pen or paper, we are basically working with light, surely one of the purer ways to communicate. As I collect stories of Wanderers' blues, I am struck by how intense and constant is the general desire for a spiritual home, an identity, and a way of service. I encourage all those who experience themselves as Wanderers to link up and "network" with other awakened consciousnesses, to live in the open heart together and allow the light to come through us all into the "world-wide web" of planetary consciousness. As Jim says, there is no greater service than being yourself in this sometimes refractory world.

Don loved Andrija Puharich and was a loyal and generous friend to him for many years. We met Andrija in 1974, after we read the book, URI, which he wrote, and identified him as one of the characters in our oddly prophetic novel, THE CRUCIFIXION OF ESMERELDA SWEETWATER, which we had written in 1968 and 1969. We helped with the now-historic "Mind Link" of 1977, and heard from him from far and wide as he dodged bullets and various agents of various governments who thought he was up to something. Puharich was a person of immense hospitality and kindness of character, although quite insensitive to and unaware of the world and its requirements outside his work. This was a guy who got up in the morning and worked steadily, only stopping for grabbing some food, literally, until time for bed. He rather ran through people, using their talents and donations as they aided the work, and unaware of depleting people's resources or time, because he focused on the work before him, never on making money. This was a born scholar and a brilliant man, and much occurred in his ken, It is a loss to the world of ideas that his carefully kept journals were confiscated at the time of his death and have disappeared. I admit readily to feeling ofttimes that he was "using" Don. I felt he was a man of more energy, but less wisdom, than Don. I felt he should have followed Don's sage council at times. Don himself never felt anything like this. He was glad to help. I celebrate Andrija. What a singular and remarkable fellow, and what a contribution he made in so many ways!

George Hunt Williamson was a channel we greatly admired; indeed, we used his channeling of Brother Philip in our tape, MESSAGES FROM THE UFOs. We were in telephone contact with him only, and like Andrija, he never made it to our sessions. It's likely he was not too pleased at Ra's request for him to prepare! He is one of the great pioneers in UFO and related metaphysical research, and I think the first to name Wanderers. He called them "apples," quoting the radio-channeled UFO message, "To the apples we salt, we shall return."

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Session 12, January 28, 1981

Questioner: I got a call from Henry Puharich this afternoon and he will be here next month. I would like to ask if it is permissible for him to join in our circle and ask questions? I would also like to ask if Michael D'brenovic, also known as George Hunt Williamson, could join our circle as well?

Ra: I am Ra. These entities, at present, are not properly attuned for the particular work due to vibrational distortions which in turn are due to a recent lack of time/space which you call busy-ness. It would be requested that the entities spend a brief time/space in each diurnal cycle of your planet in contemplation. At a future time/space in your continuum you are requested to ask again. This group is highly balanced to this instrument's vibratory distortions due to, firstly, contact with the instrument on a day-to-day basis. Secondly, due to contact with the instrument through meditation periods. Thirdly, through a personal mind/body/spirit complex distortion towards contemplation which in sum causes this group to be effective.

Questioner: Which group was it that contacted Henry Puharich in Israel around 1972?

Ra: I am Ra. We must refrain from answering this query due to the possibility/probability that the one you call Henry will read this answer. This would cause distortions in his future. It is necessary that each being use free and complete discernment from within the all-self which is at the heart of the mind/body/spirit complex.

Questioner: Would that also keep you from answering who it was that the group I was in, in 1962, contacted then?

Ra: I am Ra. This query may be answered. The group contacted was the Confederation.

Questioner: Did they have any of their craft in our area at that time?

Ra: I am Ra. There was no craft. There was a thought-form.

Questioner: If an Man In Black were to visit me and I locked him in the closet could I keep him, or would he disappear?

Ra: I am Ra. It depends upon which type of entity you grab. You are perhaps able to perceive a construct. The construct might be kept for a brief period, although these constructs also have an ability to disappear. The programming on these constructs, however, makes it more difficult to remotely control them. You would not be able to grapple with a thought-form entity of the Man in Black, as you call it, type.

Questioner: Would this be against the Law of One? Would I be making a mistake by grabbing one of those entities?

Ra: I am Ra. There are no mistakes under the Law of One.

Questioner: What I mean to ask is would I be polarizing more towards self-service or service to others when I did this act of locking up the thought-form or construct?

Ra: I am Ra. You may consider that question for yourself. We interpret the Law of One, but not to the extent of advice.

Questioner: Is there a way for these Wanderers to heal themselves of their physical ailments?

Ra: I am Ra. This will be the last complete question of this time/space.

The self-healing distortion is effected through realization of the intelligent infinity resting within. This is blocked in some way in these who are not perfectly balanced in bodily complexes. The blockage varies from entity to entity. It requires the conscious awareness of the spiritual nature of reality, if you will, and the corresponding pourings of this reality into the individual mind/body/spirit complex for healing to take place.

Is there a short question before we close this session?

Questioner: Is it possible for you to tell us if any of the three of us are Wanderers?

Ra: I am Ra. In scanning each of the mind/body/spirit complexes present, we find an already complete sureness of this occurrence and, therefore, find no harm in recapitulating this occurrence. Each of those present are (sic) Wanderers pursuing a mission, if you will. ♣

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The Law of One, Book I, Session 13
January 29, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: First of all I would like to apologize for asking so many stupid questions while searching for what we should do. I consider what we are doing to be a great honor and privilege to also be humble messengers of the Law of One. I now believe that the way to prepare this book is to start at the beginning of creation and follow through the evolution of man on Earth, investigating at all times how the Law of One was used. I would also like to make as the title of the book, *The Law of One*, and I would like to state as the author, Ra. Would you agree to this?

Ra: I am Ra. Your query is unclear. Would you please state as separate queries each area of agreement?

Questioner: First, I would like to start at the beginning of creation, as far back as we can go and follow the development of man to the present time. Is this agreeable?

Ra: I am Ra. This is completely your discernment/understanding/decision.

Questioner: Secondly, I would like to title the book, *The Law of One*, by Ra. Is this agreeable?

Ra: I am Ra. The title of the book is acceptable. The authorship by vibratory sound complex Ra is, in our distortion of understanding, incomplete. We are messengers.

Questioner: Can you state who then should author the book?

Ra: I am Ra. I can only request that if your discernment/understanding suggests the use of this vibratory sound complex, Ra, the phrase "An humble messenger of the Law of One" be appended.

Questioner: Thank you. Can you tell me of the first known thing in the creation?

Ra: I am Ra. The first known thing in the creation is infinity. The infinity is creation.

Questioner: From this infinity then must come what we experience as creation. What was the next step or the next evolvement?

Ra: I am Ra. Infinity became aware. This was the next step.

Questioner: After this, what came next?

Ra: I am Ra. Awareness led to the focus of infinity into infinite energy. You have called this by various vibrational sound complexes, the most common to your ears being "Logos" or "Love." The Creator is the focusing of infinity as an aware or conscious principle called by us as closely as we can create understanding/learning in your language, intelligent infinity.

Questioner: Can you state the next step?

Ra: I am Ra. The next step is still at this space/time nexus in your illusion achieving its progression as you may see it in your illusion. The next step is an infinite reaction to the creative principle following the Law of One in one of its primal distortions, freedom of will. Thus many, many dimensions, infinite in number, are possible. The energy moves from the intelligent infinity due first to the outpouring of randomized creative force, this then creating patterns which in holographic style appear as the entire creation no matter which direction or energy is explored. These patterns of energy begin then to regularize their own local, shall we say, rhythms and fields of energy, thus creating dimensions and universes.

Questioner: Then can you tell me how the galaxy and planetary systems were formed?

Ra: I am Ra. You must imagine a great leap of thought in this query, for at the last query the physical, as you call, it, universes were not yet born.

The energies moved in increasingly intelligent patterns until the individualization of various energies emanating from the creative principle of intelligent infinity became such as to be co-Creators. Thus the so-called physical matter began. The concept of light is instrumental in grasping this great leap of thought as this vibrational distortion of infinity is the building block of that which is known as matter, the light being intelligent and full of energy, thus being the first distortion of intelligent infinity which was called by the creative principle.

This light of love was made to have in its occurrences of being certain characteristics, among them the infinite whole paradoxically described by the straight line, as you would call it. This paradox is responsible for the shape of the various physical illusion entities you call solar systems, galaxies, and planets of revolving and tending towards the lenticular.

Questioner: I think I made an error in getting ahead of the process you were describing. Would it be helpful to fill in that great leap due to the mistake I made?

Ra: I am Ra. I attempted to bridge the gap. However, you may question me in any manner you deem appropriate.

Questioner: Taking the question just before the one I asked about the galaxies and planets and tell me what the next step was from there?

Ra: I am Ra. The steps, as you call them, are, at the point of question, simultaneous and infinite.

Questioner: Can you tell me how intelligent infinity became, shall we say (I'm having difficulty with the language), how intelligent infinity became individualized from itself.

Ra: I am Ra. This is an appropriate question.

The intelligent infinity discerned a concept. This concept was discerned to be freedom of will of awareness. This concept was finity. This was the first and primal paradox or distortion of the Law of One. Thus the one intelligent infinity invested itself in an exploration of many-ness. Due to the infinite possibilities of intelligent infinity there is no ending to many-ness. The exploration, thus, is free to continue infinitely in an eternal present.

Questioner: Was the galaxy that we are in created by the infinite intelligence or was it created by a portion of the infinite intelligence?

Ra: I am Ra. The galaxy and all other things of material of which you are aware are products of individualized portions of intelligent infinity. As each exploration began, it, in turn, found its focus and became co-Creator. Using intelligent infinity each portion created an universe and allowing the rhythms of free choice to flow, playing with the infinite spectrum of possibilities, each individualized portion channeled the love/light into what you might call intelligent energy, thus creating the so-called Natural Laws of any particular universe.

Each universe, in turn, individualized to a focus becoming, in turn, co-Creator and allowing further diversity, thus creating further intelligent energies regularizing or causing Natural Laws to appear in the vibrational patterns of what you would call a solar system. Thus, each solar system has its own, shall we say, local coordinate system of illusory Natural Laws. It shall be understood that any portion, no matter how small, of any density or illusory pattern contains, as in an holographic picture, the one Creator which is infinity. Thus all begins and ends in mystery.

Questioner: Can you tell me how the individualized infinity created our galaxy and if the same portion

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created our planetary system and, if so, how this came about?

Ra: I am Ra. We may have misperceived your query. We were under the distortion/impression that we had responded to this particular query. Would you restate the query?

Questioner: I am wondering if the planetary system that we are in now was all created at once or if our sun was created first and the planets later?

Ra: I am Ra. The process is from the larger, in your illusion, to the smaller. Thus the co-Creator, individualizing the galaxy, created energy patterns which then focused in multitudinous focuses of further conscious awareness of intelligent infinity. Thus, the solar system of which you experience inhabitation is of its own patterns, rhythms, and so-called natural laws which are unique to itself. However, the progression is from the galaxy spiraling energy to the solar spiraling energy, to the planetary spiraling energy, to the experiential circumstances of spiraling energy which begin the first density of awareness of consciousness of planetary entities.

Questioner: Could you tell me about this first density of planetary entities?

Ra: I am Ra. Each step recapitulates intelligent infinity in its discovery of awareness. In a planetary environment all begins in what you would call chaos, energy undirected and random in its infinity. Slowly, in your terms of understanding, there forms a focus of self-awareness. Thus the Logos moves. Light comes to form the darkness, according to the co-Creator's patterns and vibratory rhythms, so constructing a certain type of experience. This begins with first density which is the density of consciousness, the mineral and water life upon the planet learning from fire and wind the awareness of being. This is the first density.

Questioner: How does this first density then progress to greater awareness?

Ra: I am Ra. The spiraling energy, which is the characteristic of what you call "light," moves in a straight line spiral thus giving spirals an inevitable vector upwards to a more comprehensive beingness with regards to intelligent infinity. Thus, first dimensional beingness strives towards the second-density lessons of a type of awareness which includes growth rather than dissolution or random change.

Questioner: Could you define what you mean by growth?

Ra: I am Ra. Picture, if you will, the difference between first-vibrational mineral or water life and the lower second-density beings which begin to move about within and upon its being. This movement is the characteristic of second density, the striving towards light and growth.

Questioner: By striving towards light, what do you mean?

Ra: I am Ra. A very simplistic example of second-density growth striving towards light is that of the leaf striving towards the source of light.

Questioner: Is there any physical difference between first and second density? For instance if I could see both a first and second-density planet side by side, in my present condition, could I see both of them? Would they both be physical to me?

Ra: I am Ra. This is correct. All of the octave of your densities would be clearly visible were not the fourth through the seventh freely choosing not to be visible.

Questioner: Then how does the second density progress to the third?

Ra: I am Ra. The second density strives towards the third density which is the density of self-consciousness or self-awareness. The striving takes place through the higher second-density forms who are invested by third-density beings with an identity to the extent that they become self-aware mind/body complexes, thus becoming mind/body/spirit complexes and entering third density, the first density of consciousness of spirit.

Questioner: What is the density level of our planet Earth at this time?

Ra: I am Ra. The sphere upon which you dwell is third density in its beingness of mind/body/spirit complexes. It is now in a space/time continuum, fourth density. This is causing a somewhat difficult harvest.

Questioner: How does a third-density planet become a fourth density planet?

Ra: I am Ra. This will be the last full question.

The fourth density is, as we have said, as regularized in its approach as the striking of a clock upon the hour. The space/time of your solar system has

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enabled this planetary sphere to spiral into space/time of a different vibrational configuration. This causes the planetary sphere to be able to be molded by these new distortions. However, the thought-forms of your people during this transition period are such that the mind/body/spirit complexes of both individual and societies are scattered throughout the spectrum instead of becoming able to grasp the needle, shall we say, and point the compass in one direction.

Thus, the entry into the vibration of love, sometimes called by your people the vibration of understanding, is not effective with your present societal complex. Thus, the harvest shall be such that many will repeat the third-density cycle. The energies of your Wanderers, your teachers, and your adepts at this time are all bent upon increasing the harvest. However, there are few to harvest.

Questioner: I would like to apologize for sometimes asking inappropriate questions. It's difficult sometimes to ask precisely the right question. I don't wish to go over any ground that we've already covered. I notice that this period is slightly shorter than previous work sessions. Is there a reason for this?

Ra: I am Ra. This instrument's vital energy is somewhat low.

Questioner: I am assuming from this that it would be a good idea not to have another session today. Is that correct?

Ra: I am Ra. It is well to have a session later if it is acceptable that we monitor this instrument and cease using it when it becomes low in the material which we take from it. We do not wish to deplete this instrument.

Questioner: This is always acceptable in any session. I will ask my final question. Is there anything that we can do to make the instrument more comfortable or aid in this communication?

Ra: I am Ra. It is well. Each is most conscientious. Continue in the same.

I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book I, Session 14
January 29, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. We communicate now.

Questioner: After going over this morning's work, I thought it might be helpful to fill in a few things. You said that the second density strives towards the third density which is the density of self-consciousness, or self-awareness. The striving takes place through higher second-density forms being invested by third-density beings. Could you explain what you mean by this?

Ra: I am Ra. Much as you would put on a vestment, so do your third-density beings invest or clothe some second-density beings with self-awareness. This is often done through the opportunity of what you call pets. It has also been done by various other means of investiture. These include many so-called religious practice complexes which personify and send love to various natural second-density beings in their group form.

Questioner: When this Earth was second-density, how did the second-density beings on it become so invested?

Ra: I am Ra. There was not this type of investment as spoken but the simple third-density investment which is the line of spiraling light calling distortion upward from density to density. The process takes longer when there is no investment made by incarnate third-density beings.

Questioner: Then what was the second-density form—what did it look like—that became Earth-man in the third density? What did he look like in the second density?

Ra: I am Ra. The difference between second- and third-density bodily forms would in many cases have been more like one to the other. In the case of your planetary sphere the process was interrupted by those who incarnated here from the planetary sphere you call Mars. They were adjusted by genetic changing and, therefore, there was some difference which was of a very noticeable variety rather than the gradual raising of the bipedal forms upon your second-density level to third-density level. This has nothing to do with the so-called placement of the soul. This has only to do with the circumstances of the influx of those from that culture.

Questioner: I understand from previous material that this occurred 75,000 years ago. It was then that our third-density process of evolution began. Can you tell me the history, hitting only the points of development, shall I say, that occurred within this 75,000 years, any point when contact was made to aid this development?

Ra: I am Ra. The first attempt to aid your peoples was at the time 75,000. This attempt 75,000 of your years ago has been previously described by us. The next attempt was approximately 58,000 of your years ago, continuing for a long period in your

measurement, with those of Mu as you call this race or mind/body/spirit social complex. The next attempt was long in coming and occurred approximately 13,000 of your years ago when some intelligent information was offered to those of Atlantis, this being of the same type of healing and crystal working of which we have spoken previously. The next attempt was 11,000 of your years ago. These are approximations as we are not totally able to process your space/time continuum measurement system. This was in what you call Egypt and of this we have also spoken. The same beings who came with us returned approximately 3,500 years later in order to attempt to aid the South American mind/body/spirit social complex once again. However, the pyramids of those so-called cities were not to be used in the appropriate fashion.

Therefore, this was not pursued further. There was a landing approximately 3,000 of your years ago also in your South America, as you call it. There were a few attempts to aid your peoples approximately 2,300 years ago, this in the area of Egypt. The remaining part of the cycle, we have never been gone from your fifth dimension and have been working in this last minor cycle to prepare for harvest.

Questioner: Was the Egyptian visit of 11,000 years ago the only one where you actually walked the Earth?

Ra: I am Ra. I understand your question distorted in the direction of selves rather than other-selves. We of the vibratory sound complex, Ra, have walked among you only at that time.

Questioner: I understood you to say in an earlier session that pyramids were built to ring the Earth. How many pyramids were built?

Ra: l am Ra. There are six balancing pyramids and fifty-two others built for additional healing and initiatory work among your mind/body/spirit social complexes.

Questioner: What is a balancing pyramid?

Ra: I am Ra. Imagine, if you will, the many force fields of the Earth in their geometrically precise web. Energies stream into the Earth planes, as you would call them, from magnetically determined points. Due to growing thought-form distortions in understanding of the Law of One, the planet itself was seen to have the potential for imbalance. The balancing pyramidal structures were charged with crystals which drew the appropriate balance from the energy forces streaming into the various geometrical centers of electromagnetic energy which surround and shape the planetary sphere.

Questioner: Let me make a synopsis and you tell me if I am correct. All of these visits for the last 75,000 years were for the purpose of giving to the people of Earth an understanding of the Law of One, and in this way allowing them to progress upward through the fourth, fifth, and sixth densities. This was to be a service to Earth. The pyramids were used also in giving the Law of One in their own way. The balancing pyramids, I'm not quite sure of. Am I right so far?

Ra: I am Ra. You are correct to the limits of the precision allowed by language.

Questioner: Did the balancing pyramid prevent the Earth from changing its axis?

Ra: I am Ra. This query is not clear. Please restate.

Questioner: Does the balancing refer to the individual who is initiated in the pyramid or does it refer to the physical balancing of the Earth on its axis in space?

Ra: I am Ra. The balancing pyramidal structures could be and were used for individual initiation. However, the use of these pyramids was also designed for the balancing of the planetary energy web. The other pyramids are not placed correctly for Earth healing but for healing of mind/body/spirit complexes. It came to our attention that your density was distorted towards, what is called by our distortion/understanding of third density on your planetary sphere, more of a time/space continuum in one incarnation pattern in order to have a fuller opportunity to learn/teach the Laws or Ways of the primal distortion of the Law of One which is Love.

Questioner: I want to make this statement and you tell me if I am correct. The balancing pyramids were to do what we call increase the life span of entities here so that they would gain more wisdom of the Law of One while they were in the physical at one time. Is this correct?

Ra: I am Ra. This is correct. However, the pyramids not called by us by the vibrational sound complex, balancing pyramids, were more numerous and were used exclusively for the above purpose and the

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teach/learning of healers to charge and enable these processes.

Questioner: George Van Tassel built a machine in our western desert called an integratron. Will this machine work for that purpose, of increasing the life span?

Ra: I am Ra. The machine is incomplete and will not function for the above-mentioned purpose.

Questioner: Who gave George the information on how to build it?

Ra: I am Ra. There were two contacts which gave the entity with the vibratory sound complex, George, this information. One was of the Confederation. The second was of the Orion group. The Confederation was caused to find the distortion towards non-contact due to the alteration of the vibrational mind complex patterns of the one called George. Thus, the Orion group used this instrument; however, this instrument, though confused, was a mind/body/spirit complex devoted at the heart to service to others, so the, shall we say, worst that could be done was to discredit this source.

Questioner: Would there be any value to the people of this planet now to complete this machine?

Ra: I am Ra. The harvest is now. There is not at this time any reason to include efforts along these distortions toward longevity, but rather to encourage distortions toward seeking the heart of self, for this which resides clearly in the violet-ray energy field will determine the harvesting of each mind/body/spirit complex.

Questioner: Going back to when we started this 75,000 year period, there was a harvest 25,000 years after the start which would make it 50,000 years ago. Can you tell me how many were harvested at that time?

Ra: I am Ra. The harvest was none.

Questioner: There was no harvest? What about 25,000 years ago?

Ra: I am Ra. A harvesting began taking place in the latter portion, as you measure time/space, of the second cycle, with individuals finding the gateway to intelligent infinity. The harvest of that time, though extremely small, was those entities of extreme distortion towards service to the entities who were now to repeat the major cycle. These entities, therefore, remained in third density although they could, at any moment/present nexus, leave this density through use of intelligent infinity.

Questioner: Then in the harvest 25,000 years ago, the entities who could have been harvested into the fourth density chose to remain here in service to this planetary population. Is this correct?

Ra: I am Ra. This is correct. Thus, there was no harvest, but there were harvestable entities who shall choose the manner of their entrance into fourth dimension.

Questioner: Then for the last 2,300 years you have been working to create as large a harvest as possible at the end of the total 75,000 year cycle. Can you state with respect to the Law of One why you do this?

Ra: I am Ra. I speak for the social memory complex termed Ra. We came among you to aid you. Our efforts in service were perverted. Our desire then is to eliminate as far as possible the distortions caused by those misreading our information and guidance. The general cause of service such as the Confederation offers is that of the primal distortion of the Law of One, which is service. The one Being of the creation is like unto a body, if you will accept this third-density analogy. Would we ignore a pain in the leg? A bruise upon the skin? A cut which is festering. No. There is no ignoring a call. We, the entities of sorrow, chose as our service the attempt to heal the sorrow which we are calling analogous to the pains of a physical body complex/distortion.

Questioner: Of what density level is Ra?

Ra: I am Ra. I am sixth density with a strong seeking towards seventh density. The harvest for us will be in only approximately two and one-half million of your years and it is our desire to be ready for harvest as it approaches in our space/time continuum.

Questioner: And you ready yourselves for this harvest through the service you can provide. Is this correct?

Ra: I am Ra. This is correct. We offer the Law of One, the solving of paradoxes, the balancing of love/light and light/love.

Questioner: How long is one of your cycles?

Ra: I am Ra. One of our cycles computes to 75 million of your years.

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Questioner: 75 million years?

Ra: I am Ra. That is correct.

Questioner: In your service in giving the Law of One, do you work with any other planets than Earth at this time, or just Earth?

Ra: I am Ra. We work only with this planetary sphere at this time.

Questioner: You stated that you were called by 352,000 Earth entities. Does this mean that it is this number that will understand and accept the Law of One?

Ra: I am Ra. We cannot estimate the correctness of your statement for those who call are not in every case able to understand the answer to their calling. Moreover, those who were not calling previously may, with great trauma, discover the answers to the call nearly simultaneously with their late call. There is no time/space in call. Therefore, we cannot estimate the number of your mind/body/spirit complexes which will, in your space/time continuum/distortion, hear and understand.

Questioner: How do you normally perform your service of giving the Law of One? How have you done this over the last 2,300 years? How have you normally given this to Earth people?

Ra: I am Ra. We have used channels such as this one, but in most cases the channels feel inspired by dreams and visions without being aware, consciously, of our identity or existence. This particular group has been accentuatedly trained to recognize such contact. This makes this group able to be aware of a focal or vibrational source of information.

Questioner: When you contact the entities in their dreams and otherwise, these entities first have to be seeking in the direction of the Law of One. Is this correct?

Ra: I am Ra. This is correct. For example, the entities of the nation Egypt were in a state of pantheism, as you may call the distortion toward separate worship of various portions of the Creator. We were able to contact one whose orientation was toward the One.

Questioner: I assume that as the cycle ends and inconveniences occur, there will be some entities who start seeking or be catalyzed into seeking because of the trauma and will then hear your words telepathically or in written form such as this book. Is this correct?

Ra: I am Ra. You are correct except in understanding that the inconveniences have begun.

Questioner: Can you tell me who was responsible for transmitting the book *Oahspe*?

Ra: I am Ra. This was transmitted by one of Confederation social memory complex status whose idea, as offered to the Council, was to use some of the known physical history of the so-called religions or religious distortions of your cycle in order to veil and partially unveil aspects or primal distortions of the Law of One. All names can be taken to be created for their vibrational characteristics. The information buried within has to do with a deeper understanding of love and light, and the attempts of infinite intelligence through many messengers to teach/learn those entities of your sphere.

Questioner: Have there been any other books that you can name that are available for this purpose that have been given by the Confederation?

Ra: I am Ra. We cannot share this information, for it would distort your discernment patterns in your future. You may ask about a particular volume.

Questioner: Who transmitted the *Urantia Book*?

Ra: I am Ra. This was given by a series of discarnate entities of your own Earth planes, the so-called inner planes. This material is not passed by the Council.

Questioner: Who spoke through Edgar Cayce?

Ra: I am Ra. No entity spoke through Edgar Cayce.

Questioner: Where did the information come from that Edgar Cayce channeled?

Ra: I am Ra. We have explained before that the intelligent infinity is brought into intelligent energy from eighth density or octave. The one sound vibratory complex called Edgar used this gateway to view the present, which is not the continuum you experience but the potential social memory complex of this planetary sphere. The term your peoples have used for this is the "Akashic Record" or the "Hall of Records." This is the last question which you may now ask.

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Questioner: Is there anything that we can do to make the instrument more comfortable or to help during the transmission?

Ra: I am Ra. We only reiterate the importance of alignment . This instrument is placed .2° away from the direction of the resting place, which is correct. This may be "eyed," shall we say, by sight and the instrument reminded. You are being conscientious. Is there any brief question we may answer before this session is closed?

Questioner: Can you tell me if we are accomplishing our effort reasonably well?

Ra: I am Ra. The Law is One. There are no mistakes.

I am Ra. I leave this instrument in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator. Adonai.

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The Law of One, Book I, Session 15
January 30, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: I would like to apologize for any past and future stupid questions. They are due to the fact that I am searching for the proper entry into the investigation of the Law of One.

I would like to ask about the use of the instrument, if it is a function of the time we use the instrument or the amount of words or information the instrument gives? In other words, do I have to hurry and ask questions, or can I take my time to ask questions?

Ra: I am Ra. There are two portions to your query. Firstly, this instrument's reserve of vital energy which is a product of body, mind, and spirit distortions in the various complexes, is the key to the length of time which we may expend using this instrument. We searched your group and we contacted you for each in your group possesses significantly more vital energy of the body complex. However, this instrument was tuned most appropriately by the mind/body/spirit complex distortions of its beingness in this illusion. Therefore, we remained with this instrument.

Secondly, we communicate at a set rate which is dependent upon our careful manipulation of this instrument. We cannot be more, as you would say, quick. Therefore, you may ask questions speedily but the answers we have to offer are at a set pace given.

Questioner: This isn't exactly what I meant. If it takes me, say forty-five minutes to ask my questions, does that give the instrument only fifteen minutes to answer, or could the instrument go over an hour, all totaled, with her answers?

Ra: I am Ra. The energy required for this contact is entered into this instrument by a function of time. Therefore, the time is the factor, as we understand your query.

Questioner: Then I should ask my questions rapidly so that I do not reduce the time. Is this correct?

Ra: I am Ra. You shall do as you deem fit. However, we may suggest that to obtain the answers you require may mean that you invest some of what you experience as time. Although you lose the answer-time, you gain thereby in the specificity of the answer. At many times in the past, we have needed clarification of hastily phrased questions.

Questioner: Thank you. The first question is this: Why does rapid aging occur on this planet?

Ra: I am Ra. Rapid aging occurs upon this third-density planet due to an ongoing imbalance of receptor web complex in the etheric portion of the energy field of this planet. The thought-form distortions of your peoples have caused the energy streamings to enter the planetary magnetic atmosphere, if you would so term this web of energy patterns, in such a way that the proper streamings

are not correctly imbued with balanced vibratory light/love from the, shall we say, cosmic level of this octave of existence.

Questioner: Do I assume correctly that one of your attempts in service to this planet was to help the population more fully understand and practice the Law of One so that this rapid aging could be changed to normal aging?

Ra: I am Ra. You assume correctly to a great degree.

Questioner: What is the greatest service that our population on this planet could perform individually?

Ra: I am Ra. There is but one service. The Law is One. The offering of self to Creator is the greatest service, the unity, the fountainhead. The entity who seeks the one Creator is with infinite intelligence. From this seeking, from this offering, a great multiplicity of opportunities will evolve depending upon the mind/body/spirit complexes' distortions with regard to the various illusory aspects or energy centers of the various complexes of your illusion.

Thus, some become healers, some workers, some teachers, and so forth.

Questioner: If an entity were perfectly balanced with respect to the Law of One on this planet would he undergo the aging process?

Ra: I am Ra. A perfectly balanced entity would become tired rather than visibly aged. The lessons being learned, the entity would depart. However, this is appropriate and is a form of aging which your peoples do not experience. The understanding comes slowly, the body complex decomposing more rapidly.

Questioner: Can you tell me a little more about the word, "balancing," as we are using it?

Ra: I am Ra. Picture, if you will, the One Infinite. You have no picture. Thus, the process begins. Love creating light, becoming love/light, streams into the planetary sphere according to the electromagnetic web of points or nexi of entrance. These streamings are then available to the individual who, like the planet, is a web of electromagnetic energy fields with points or nexi of entrance.

In a balanced individual each energy center is balanced and functioning brightly and fully. The blockages of your planetary sphere cause some distortion of intelligent energy. The blockages of the mind/body/spirit complex further distort or unbalance this energy. There is one energy. It may be understood as love/light or light/love or intelligent energy.

Questioner: Am I correct to assume that one of the blockages of the mind/body/spirit complex might be, shall we say, ego, and this could be balanced using a worthiness/unworthiness balance. Am I correct?

Ra: I am Ra. This is incorrect.

Questioner: Can you tell me how you balance the ego?

Ra: I am Ra. We cannot work with this concept as it is misapplied and understanding cannot come from it.

Questioner: How does an individual go about balancing himself? What is the first step?

Ra: I am Ra. The steps are only one; that is, an understanding of the energy centers which make up the mind/body/spirit complex. This understanding may be briefly summarized as follows. The first balancing is of the Malkuth, or Earth, vibratory energy complex, called the red-ray complex. An understanding and acceptance of this energy is fundamental. The next energy complex, which may be blocked is the emotional, or personal complex, also known as the orange-ray complex. This blockage will often demonstrate itself as personal eccentricities or distortions with regard to self-conscious understanding or acceptance of self.

The third blockage resembles most closely that which you have called ego. It is the yellow-ray or solar plexus center. Blockages in this center will often manifest as distortions toward power manipulation and other social behaviors concerning those close and those associated with the mind/body/spirit complex. Those with blockages in these first three energy centers, or nexi, will have continuing difficulties in ability to further their seeking of the Law of One.

The center of heart, or green-ray, is the center from which third-density beings may springboard, shall we say, to infinite intelligence. Blockages in this area may manifest as difficulties in expressing what you may call universal love or compassion.

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The blue-ray center of energy streaming is the center which, for the first time, is outgoing as well as inpouring. Those blocked in this area may have difficulty in grasping the spirit/mind complexes of its own entity and further difficulty in expressing such understandings of self. Entities blocked in this area may have difficulties in accepting communication from other mind/body/spirit complexes.

The next center is the pineal or indigo-ray center. Those blocked in this center may experience a lessening of the influx of intelligent energy due to manifestations which appear as unworthiness. This is that of which you spoke. As you can see, this is but one of many distortions due to the several points of energy influx into the mind/body/spirit complex. The indigo-ray balancing is quite central to the type of work which revolves about the spirit complex, which has its influx then into the transformation or transmutation of third density to fourth density, it being the energy center receiving the least distorted outpourings of love/light from intelligent energy and also the potential for the key to the gateway of intelligent infinity.

The remaining center of energy influx is simply the total expression of the entity's vibratory complex of mind, body, and spirit. It is as it will be, "balanced" or "imbalanced" has no meaning at this energy level, for it gives and takes in its own balance. Whatever the distortion may be, it cannot be manipulated as can the others and, therefore, has no particular importance in viewing the balancing of an entity.

Questioner: You previously gave us information on what we should do in balancing. Is there any publishable information you can give us now about particular exercises or methods of balancing these energy centers?

Ra: I am Ra. The exercises given for publication seen in comparison with the material now given are in total a good beginning. It is important to allow each seeker to enlighten itself rather than for any messenger to attempt in language to teach/learn for the entity, thus being teach/learner and learn/teacher. This is not in balance with your third density. We learn from you. We teach to you. Thus, we teach/learn. If we learned for you, this would cause imbalance in the direction of the distortion of free will. There are other items of information allowable. However, you have not yet reached these items in your line of questioning and it is our belief/feeling complex that the questioner shall shape this material in such a way that your mind/body/spirit complexes shall have entry to it, thus we answer your queries as they arise in your mind complex.

Questioner: Yesterday you stated that "the harvest is now. There is not at this time any reason to include efforts along this line of longevity, but rather to encourage efforts to seek the heart of self. This which resides clearly in the violet-ray energy field will determine the harvest of the mind/body/spirit complex." Could you tell us the best way to seek the heart of self?

Ra: I am Ra. We have given you this information in several wordings. However, we can only say the material for your understanding is the self: the mind/body/spirit complex. You have been given information upon healing, as you call this distortion. This information may be seen in a more general context as ways to understand the self. The understanding, experiencing, accepting, and merging of self with self and other-self, and finally with the Creator, is the path to the heart of self. In each infinitesimal part of your self resides the One in all of Its power. Therefore, we can only encourage these lines of contemplation or prayer as a means of subjectively/objectively using or combining various understandings to enhance the seeking process. Without such a method of reversing the analytical process, one could not integrate into unity the many understandings gained in such seeking.

Questioner: I don't mean to ask the same question twice, but there are some areas that I consider so important that possibly a greater understanding may be obtained if the answer is restated a number of times in other words. I thank you for your patience. Yesterday, you also mentioned that when there was no harvest at the end of the last 25,000 year period, "there were harvestable entities who shall choose the manner of their entrance into the fourth density." Could you tell me what you mean by "they shall choose the manner of their entry into the fourth density"?

Ra: I am Ra. These shepherds, or, as some have called them, the "Elder Race," shall choose the time/space of their leaving. They are unlikely to leave until their other-selves are harvestable also.

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Questioner: What do you mean by their "other-selves" being harvestable?

Ra: I am Ra. The other-selves with whom these beings are concerned are those which did not attain harvest during the second major cycle.

Questioner: Could you tell me just a small amount of the history of what you call the Elder Race?

Ra: I am Ra. The question is unclear. Please restate.

Questioner: I ask this question because I have heard of the Elder Race before in a book, *Road in the Sky*, by George Hunt Williamson, and I was wondering if this Elder Race was the same that he talked about?

Ra: I am Ra. The question now resolves itself, for we have spoken previously of the manner of decision-making which caused these entities to remain here upon the closing of the second major cycle of your current master cycle. There are some distortions in the descriptions of the one known as Michel; however, these distortions have to do primarily with the fact that these entities are not a social memory complex, but rather a group of mind/body/spirit complexes dedicated to service. These entities work together, but are not completely unified; thus, they do not completely see each the other's thoughts, feelings, and motives. However, their desire to serve is the fourth-dimensional type of desire, thus melding them into what you may call a brotherhood.

Questioner: Why do you call them the Elder Race?

Ra: I am Ra. We called them thusly to acquaint you, the questioner, with their identity as is understood by your mind complex distortion.

Questioner: Are there any Wanderers with this Elder Race?

Ra: I am Ra. These are planetary entities harvested—Wanderers only in the sense that they chose, in fourth-density love, to immediately reincarnate in third density rather than proceeding towards fourth density. This causes them to be Wanderers of a type, Wanderers who have never left the Earth plane because of their free will rather than because of their vibrational level.

Questioner: In yesterday's material you mentioned that the first distortion was the distortion of free will. Is there a sequence, a first, second, and third distortion of the Law of One?

Ra: I am Ra. Only up to a very short point. After this point, the many-ness of distortions are equal one to another. The first distortion, free will, finds focus. This is the second distortion known to you as Logos, the Creative Principle or Love. This intelligent energy thus creates a distortion known as Light. From these three distortions come many, many hierarchies of distortions, each having its own paradoxes to be synthesized, no one being more important than another.

Questioner: You also said that you offered the Law of One which is the balancing of love/light with light/love. Is there any difference between light/love and love/light?

Ra: I am Ra. This will be the final question of this time/space. There is the same difference between love/light and light/love as there is between teach/learning and learn/teaching. Love/light is the enabler, the power, the energy giver. Light/love is the manifestation which occurs when light has been impressed with love.

Questioner: Is there anything we can do to make the instrument more comfortable? Can we have two sessions today?

Ra: I am Ra. This instrument requires a certain amount of manipulation of the physical or body complex due to a stiffness. Other than this, all is well, the energies being balanced. There is a slight distortion in the mental energy of this instrument due to concern for a loved one, as you call it. This is only slightly lowering the vital energies of the instrument. Given a manipulation, this instrument will be well for another working.

Questioner: By manipulation, do you mean that she should go for a walk or that we should rub her back?

Ra: I am Ra. We meant the latter. The understanding must be added that this manipulation be done by one in harmony with the entity.

I am Ra. I leave you in the love and the light of the infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai.

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The Law of One, Book V, Session 15, Fragment 6
January 30, 1981

Jim: However, our curiosity did periodically return. And, once again, we see the importance of maintaining one's free will by not diluting the present incarnational experience with too much information concerning one's previous experiences. Meditations and lives tend to be more efficient if they remain focused upon one point or moment.

Carla: *We have spent a few moments of our lives thinking about who was fifth-density and who was sixth, but it has never been clear, nor have we been much pushed to figure it out!*

Session 15, January 30, 1981

Questioner: Is it possible, since we are Wanderers, for you to tell us anything about which our last density was, which density we came from?

Ra: I scan each and find it acceptable to share this information. The Wanderers in this working are of two densities, one the density of five; that is, of light; one the density of love/light, or unity. To express the identity of which came from which density, we observe this to be an infringement upon the free will of each. Therefore, we state simply the two densities, both of which are harmoniously oriented towards work together. ♣

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The Law of One, Book I, Session 16
January 31, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. We communicate now.

Questioner: I would like to ask, considering the free will distortion of the Law of One, how can the Guardians quarantine the Earth? Is this quarantine within free will?

Ra: I am Ra. The Guardians guard the free will distortion of the mind/body/spirit complexes of third density on this planetary sphere. The events which required activation of quarantine were interfering with the free will distortion of mind/body/spirit complexes.

Questioner: I may be wrong, but it seems to me that it would be the free will of, say the Orion group, to interfere. How is this balanced with the information which you just gave?

Ra: I am Ra. The balancing is from dimension to dimension. The attempts of the so-called Crusaders to interfere with free will are acceptable upon the dimension of their understanding. However, the mind/body/spirit complexes of this dimension you call third form a dimension of free will which is not able to, shall we say, recognize in full, the distortions towards manipulation. Thus, in order to balance the dimensional variances in vibration, a quarantine, this being a balancing situation whereby the free will of the Orion group is not stopped but given a challenge. Meanwhile, the third group is not hindered from free choice.

Questioner: Could these "windows" that occur to let the Orion group come through once in a while have anything to do with this free will balancing?

Ra: I am Ra. This is correct.

Questioner: Could you tell me how that works?

Ra: I am Ra. The closest analogy would be a random number generator within certain limits.

Questioner: What is the source of this random number generator? Is it created by the Guardians to balance their guarding? Or is it a source other than the Guardians?

Ra: I am Ra. All sources are one. However, we understand your query. The window phenomenon is an other-self phenomenon from the Guardians. It operates from the dimensions beyond space/time in what you may call the area of intelligent energy. Like your cycles, such balancing, such rhythms are as a clock striking. In the case of the windows, no entities have the clock. Therefore, it seems random. It is not random in the dimension which produces this balance. That is why we stated the analogy was within certain limits.

Questioner: Then this window balancing prevents the Guardians from reducing their positive polarization by totally eliminating the Orion contact through shielding. Is this correct?

Ra: I am Ra. This is partially correct. In effect, the balancing allows an equal amount of positive and negative influx, this balanced by the mind/body/spirit distortions of the social complex. Thus in your particular planetary sphere, less negative, as you would call it, information or stimulus is necessary than positive due to the somewhat negative orientation of your social complex distortion.

Questioner: In this way, total free will is balanced so that individuals may have an equal opportunity to choose service to others or service to self. Is this correct?

Ra: I am Ra. This is correct.

Questioner: This is a profound revelation, I believe, in the Law of Free Will. Thank you.

This is a minor question further to make an example of this principle, but if the Confederation landed on Earth, they would be taken as gods, breaking the Law of Free Will and thus reducing their polarization of service to all. I assume that the same thing would happen if the Orion group landed. How would this affect their polarization of service to self if they were able to land and became known as gods?

Ra: I am Ra. In the event of mass landing of the Orion group, the effect of polarization would be strongly toward an increase in the service to self, precisely the opposite of the former opportunity which you mentioned.

Questioner: If the Orion group was able to land, would this increase their polarization? What I am trying to get at is, is it better for them to work behind the scenes to get recruits, shall we say, from our planet, the person from our planet going strictly on his own using free will, or is it just as good for the Orion group to land on our planet and demonstrate remarkable powers and get people like that?

Ra: I am Ra. This first instance is, in the long run, shall we put it, more salubrious for the Orion group in that it does not infringe upon the Law of One by landing and, thus, does its work through those of this planet. In the second circumstance, a mass landing would create a loss of polarization due to the infringement upon the free will of the planet. However, it would be a gamble. If the planet were then conquered and became part of the Empire, the free will would then be re-established. This is restrained in action due to the desire of the Orion group to progress towards the one Creator. This desire to progress inhibits the group from breaking the Law of Confusion.

Questioner: You mentioned the word "Empire" in relation to the Orion group. I have thought for some time that the movie *Star Wars* was somehow an allegory for what is actually happening. Is this correct?

Ra: I am Ra. This is correct in the same way that a simple children's story is an allegory for physical/philosophical/social complex distortion/understanding.

Questioner: Is there a harvest of entities oriented toward service to self like there is a harvest of those oriented toward service to others?

Ra: I am Ra. There is one harvest. Those able to enter fourth density through vibrational complex levels may choose the manner of their further seeking of the one Creator.

Questioner: Then as we enter the fourth density there will be a split, shall we say, and part of the individuals who go into the fourth density will go into planets or places where there is service to others and part will go into places where there is service to self.

Is this correct?

Ra: I am Ra. This is correct.

Questioner: Can you tell me the origin of the Ten Commandments?

Ra: I am Ra. The origin of these commandments follows the law of negative entities impressing information upon positively oriented mind/body/spirit complexes. The information attempted to copy or ape positivity while retaining negative characteristics.

Questioner: Was this done by the Orion group?

Ra: I am Ra. This is correct.

Questioner: What was their purpose in doing this?

Ra: I am Ra. The purpose of the Orion group, as mentioned before, is conquest and enslavement. This is done by finding and establishing an elite and causing others to serve the elite through various

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devices such as the laws you mentioned and others given by this entity.

Questioner: Was the recipient of the commandments positively or negatively oriented?

Ra: I am Ra. The recipient was one of extreme positivity, thus accounting for some of the pseudo-positive characteristics of the information received. As with contacts which are not successful, this entity, vibratory complex, Moishe, did not remain a credible influence among those who had first heard the philosophy of One and this entity was removed from this third-density vibratory level in a lessened or saddened state, having lost, what you may call, the honor and faith with which he had begun the conceptualization of the Law of One and the freeing of those who were of his tribes, as they were called at that time/space.

Questioner: If this entity was positively oriented, how was the Orion group able to contact him?

Ra: I am Ra. This was an intensive, shall we say, battleground between positively oriented forces of Confederation origin and negatively oriented sources. The one called Moishe was open to impression and received the Law of One in its most simple form. However, the information became negatively oriented due to his people's pressure to do specific physical things in the third-density planes. This left the entity open for the type of information and philosophy of a self-service nature.

Questioner: It would be wholly unlike an entity fully aware of the knowledge of the Law of One to ever say "Thou shalt not." Is this correct?

Ra: I am Ra. This is correct.

Questioner: Can you give me some kind of history of your social memory complex and how you became aware of the Law of One?

Ra: I am Ra. The path of our learning is graven in the present moment. There is no history, as we understand your concept. Picture, if you will, a circle of being. We know the alpha and omega as infinite intelligence. The circle never ceases. It is present. The densities we have traversed at various points in the circle correspond to the characteristics of cycles: first, the cycle of awareness; second, the cycle of growth; third, the cycle of self-awareness; fourth, the cycle of love or understanding; fifth, the cycle of light or wisdom; sixth, the cycle of light/love, love/light or unity; seventh, the gateway cycle; eighth, the octave which moves into a mystery we do not plumb.

Questioner: Thank you very much. In previous material, before we communicated with you, it was stated by the Confederation that there is actually no past or future … that all is present. Would this be a good analogy?

Ra: I am Ra. There is past, present, and future in third density. In an overview such as an entity may have, removed from the space/time continuum, it may be seen that in the cycle of completion there exists only the present. We, ourselves, seek to learn this understanding. At the seventh level or dimension, we shall, if our humble efforts are sufficient, become one with all, thus having no memory, no identity, no past or future, but existing in the all.

Questioner: Does this mean that you would have awareness of all that is?

Ra: I am Ra. This is partially correct. It is our understanding that it would not be our awareness, but simply awareness of the Creator. In the Creator is all that there is. Therefore, this knowledge would be available.

Questioner: I was wondering how many inhabited planets there are in our galaxy and if they all reach higher density by the Law of One? It doesn't seem that there would be any other way to reach higher density? Is this correct?

Ra: I am Ra. Please restate your query.

Questioner: How many inhabited planets are there in our galaxy?

Ra: I am Ra. We are assuming that you intend all dimensions of consciousness or densities of awareness in this question. Approximately one-fifth of all planetary entities contain awareness of one or more densities. Some planets are hospitable only for certain densities. Your planet, for instance, is at this time hospitable for densities one, two, three, and four.

Questioner: Roughly how many total planets in this galaxy of stars that we are in are aware regardless of density?

Ra: I am Ra. Approximately 67 million.

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Questioner: Can you tell me what percentage of those are third, fourth, fifth, sixth etc., density?

Ra: I am Ra. A percentage seventeen for first density, a percentage twenty for second density, a percentage twenty-seven for third density, a percentage sixteen for fourth density, a percentage six for fifth density. The other information must be withheld.

Questioner: Of these first five densities, have all of the planets progressed from the third density by knowledge and application of the Law of One?

Ra: I am Ra. This is correct.

Questioner: Then the only way for a planet to get out of the situation that we are in is for the population to become aware of and start practicing the Law of One. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Can you tell me what percentage of the third-, fourth-, and fifth-density planets which you have spoken of here are polarized negatively towards service to self?

Ra: I am Ra. This is not a query to which we may speak given the Law of Confusion.

We may say only that the negatively or self-service oriented planetary spheres are much fewer. To give you exact numbers would not be appropriate.

Questioner: I would like to make an analogy as to why there are fewer negatively oriented, and then ask you if the analogy is good.

In a positively oriented society with service to others, it would be simple to move a large boulder by getting everyone to help move it. In a society oriented towards service to self, it would be much more difficult to get everyone to work for the good of all to move the boulder; therefore, it is much easier to get things done to create the service to others principle and to grow in positively oriented communities than in negatively oriented communities. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Thank you very much.

Can you tell me how the Confederation of Planets was formed and why?

Ra: I am Ra. The desire to serve begins, in the dimension of love or understanding, to be an overwhelming goal of the social memory complex. Thus, those percentiles of planetary entities, plus approximately four percent more of whose identity we cannot speak, found themselves long, long ago in your time seeking the same thing: service to others. The relationship between these entities as they entered an understanding of other beings, other planetary entities, and other concepts of service was to share and continue together these commonly held goals of service. Thus, each voluntarily placed the social memory complex data in what you may consider a central thought complex available to all. This then created a structure whereby each entity could work in its own service while calling upon any other understanding needed to enhance the service. This is the cause of the formation and the manner of the working of the Confederation.

Questioner: With such a large number of planets in this galaxy you say that there are approximately five hundred planets in the Confederation. There seems to be a relatively small number of Confederation planets around. Is there a reason for it?

Ra: I am Ra. There are many Confederations. This Confederation works with the planetary spheres of seven of your galaxies, if you will, and is responsible for the callings of the densities of these galaxies.

Questioner: Would you define the word galaxy as you just used it?

Ra: I am Ra. We use that term in this sense as you would use star systems.

Questioner: I'm a little bit confused as to how many total planets the Confederation that you are in serves?

Ra: I am Ra. I see the confusion. We have difficulty with your language.

The galaxy term must be split. We call galaxy that vibrational complex that is local. Thus, your sun is what we would call the center of a galaxy. We see you have another meaning for this term.

Questioner: Yes. In our science the term galaxy refers to the lenticular star system that contains millions and millions of stars. There was a confusion about this in one of our earlier communications, and I'm glad to get it cleared up.

Using the term galaxy in the sense that I just stated, using the lenticular star system that contains millions of stars, do you know of evolution in other galaxies besides this one?

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R : I am Ra. We are aware of life in infinite capacity. You are correct in this assumption.

Questioner: Can you tell me if the progression of life in other galaxies is similar to the progression of life in our galaxy?

Ra: I am Ra. The progression is somewhat close to the same, asymptotically approaching congruency throughout infinity. The free choosing of what you would call galactic systems causes variations of an extremely minor nature from one of your galaxies to another.

Questioner: Then the Law of One is truly universal in creating a progression towards the eighth density in all galaxies. Is this correct?

Ra: I am Ra. This is correct. There are infinite forms, infinite understandings, but the progression is one.

Questioner: I am assuming that it is not necessary for an individual to understand the Law of One to go from the third to the fourth density. Is this correct?

Ra: I am Ra. It is absolutely necessary that an entity consciously realize it does not understand in order for it to be harvestable. Understanding is not of this density.

Questioner: That is a very important point. I used the wrong word. What I meant to say was that I believed that it was not necessary for an entity to be consciously aware of the Law of One to go from the third to the fourth density.

Ra: I am Ra. This is correct.

Questioner: At what point in the densities is it necessary for an entity to be consciously aware of the Law of One in order to progress?

Ra: I am Ra. The fifth density harvest is of those whose vibratory distortions consciously accept the honor/duty of the Law of One. This responsibility/honor is the foundation of this vibration.

Questioner: Can you tell me a little more about this honor/responsibility concept?

Ra: I am Ra. Each responsibility is an honor; each honor, a responsibility.

Questioner: Thank you. Is it possible for you to give a short description of the conditions in the fourth density?

Ra: I am Ra. We ask you to consider as we speak that there are not words for positively describing fourth density. We can only explain what is not and approximate what is. Beyond fourth density our ability grows more limited until we become without words.

That which fourth density is not: it is not of words, unless chosen. It is not of heavy chemical vehicles for body complex activities. It is not of disharmony within self. It is not of disharmony within peoples. It is not within limits of possibility to cause disharmony in any way.

Approximations of positive statements: it is a plane of type of bipedal vehicle which is much denser and more full of life; it is a plane wherein one is aware of the thought of other-selves; it is a plane wherein one is aware of vibrations of other-selves; it is a plane of compassion and understanding of the sorrows of third density; it is a plane striving towards wisdom or light; it is a plane wherein individual differences are pronounced although automatically harmonized by group consensus.

Questioner: Could you define the word density as we have been using it?

Ra: I am Ra. The term density is a, what you call, mathematical one. The closest analogy is that of music, whereby after seven notes on your western type of scale, if you will, the eighth note begins a new octave. Within your great octave of existence which we share with you, there are seven octaves or densities. Within each density there are seven sub-densities. Within each sub-density, are seven sub-sub-densities. Within each sub-sub-density, seven sub-sub-sub-densities and so on infinitely.

Questioner: I noticed that the time of this session has gone slightly over an hour. I would like to ask at this time if we should go on? What is the condition of the instrument?

Ra: I am Ra. This instrument is in balance. It is well to continue if you desire.

Questioner: I understand that each density has seven sub-densities which again have seven sub-densities and so on. This is expanding at a really large rate as each is increased by powers of seven. Does this mean

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that in any density level anything that you can think of is happening?

Ra: I am Ra. From your confusion we select the concept with which you struggle, that being infinity/opportunity. You may consider any possibility/probability complex as having an existence.

Questioner: Do things like daydreams become real in other densities?

Ra: I am Ra. This depends upon the nature of the daydream. This is a large subject. Perhaps the simplest thing we can say is, if the daydream, as you call it, is one which attracts to self, this then becomes reality to self. If it is a contemplative general daydream, this may enter the infinity of possibility/probability complexes and occur elsewhere, having no particular attachment to the energy fields of the creator.

Questioner: To make this a little more clear, if I were to daydream strongly about building a ship, would this occur in one of these other densities?

Ra: I am Ra. This would/would have/or shall occur.

Questioner: Then if an entity daydreams strongly about battling an entity, would this occur?

Ra: I am Ra. In this case the entity's fantasy concerns the self and other-self, this binding the thought-form to the possibility/probability complex connected with the self which is the creator of this thought-form. This then would increase the possibility/probability of bringing this into third-density occurrence.

Questioner: Does the Orion group use this principle to create conditions favorable to suit their purpose?

Ra: I am Ra. We will answer more specifically than the question. The Orion group uses daydreams of hostile or other negative natures to feed back or strengthen these thought-forms.

Questioner: Are the many Wanderers who have and are coming to our planet subject to the Orion thoughts?

Ra: I am Ra. As we have said before, Wanderers become completely the creature of third density in mind/body complex. There is just as much chance of such influence to a Wanderer entity as to a mind/body/spirit complex of this planetary sphere. The only difference occurs in the spirit complex which, if it wishes, has an armor of light, if you will, which enables it to recognize more clearly that which is not as it would appropriately be desired by the mind/body/spirit complex. This is not more than bias and cannot be called an understanding.

Furthermore, the Wanderer is, in its own mind/body/spirit, less distorted toward the, shall we say, deviousness of third density positive/negative confusions. Thus, it often does not recognize as easily as a more negative individual the negative nature of thoughts or beings.

Questioner: Then would the Wanderers, as they incarnate here, be high-priority targets of the Orion group?

Ra: I am Ra. This is correct.

Questioner: If a Wanderer should be successfully infringed upon, shall I say, by the Orion group, what would happen to this Wanderer when harvest came?

Ra: I am Ra. If the Wanderer entity demonstrated through action a negative orientation towards other-selves it would be as we have said before, caught into the planetary vibration and, when harvested, possibly repeat again the master cycle of third density as a planetary entity. This shall be the last full question of this session.

Is there a short question we may answer before we close this session?

Questioner: Can the instrument be made more comfortable?

Ra: I am Ra. This instrument is as comfortable as it is possible for you to make it given the weakness distortions of its body complex. You are conscientious.

I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace. Adonai. ♣

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The Law of One, Book V, Session 16, Fragment 7
January 31, 1981

Jim: The following material on "silver flecks" is curious in that these small, shiny pieces of what looked like silver rectangles would occasionally appear on or around us when we were discussing matters of a metaphysical nature. Apparently, if we were on the track of thinking that was felt appropriate by our subconscious minds, we would be given a sign of this correctness in the form of the "silver fleck." There are apparently many, many different ways in which people may receive such subconscious confirmations of the appropriateness of their thoughts or actions. The most common, of course, is that feeling of rightness that wells up from within when one is on the right track or receiving spiritually helpful information.

Carla: *The awareness of this method of feedback from the winds of destiny is most helpful to one on a spiritual path. The natural world seems very open to the production of synchronicities that are subjectively meaningful. Once the seeker "gets" the presence of these signs, and begins consciously to watch for them, she can actually have influence in the creating of more subjective signs, until there are times when meaningful coincidence seems to take on a constant presence in her life. I certainly have found these signs most comforting and strengthening.*

Session 16, January 31, 1981

Questioner: Can you tell me of the silver flecks that we have found sometimes on our faces or elsewhere?

Ra: I am Ra. These of which you speak are a materialization of a subjectively oriented signpost indicating to one mind/body/spirit complex, and no other, a meaning of subjective nature.

Questioner: Who creates these silver flecks?

Ra: I am Ra. Picture, if you will, the increasing potential for learn/teaching. At some point a sign will be given indicating the appropriateness or importance of that learn/teaching. The entity itself, in cooperation with the inner planes, creates whatever signpost is most understandable or noticeable to it.

Questioner: I understand then that we ourselves create this?

Ra: I am Ra. Entities consciously do not create these. The roots of mind complex, having touched in understanding, intelligent infinity, create them. ♣

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The Law of One, Book I, Session 17
February 3, 1981

Ra: I am Ra. I greet you in the love and in the light of the infinite Creator.

Before we communicate by answer we shall correct an error which we have discovered in the transmission of our information to you. We have difficulty dealing with your time/space. There may again be errors of this type. Feel free to question us that we may recalculate in your time/space measurements.

The error we have discovered concerns one of the arrivals of both the Orion group into your planetary sphere of influence and the corresponding arrival of emissaries of the Confederation. We gave dates of 2,600 years for the Orion entry, 2,300 for Confederation entry. This is incorrect. The recalculation indicates numbers 3,600 for Orion entry, 3,300 for Confederation entry.

We communicate now.

Questioner: Thank you very much. I would like to say again that we consider it a great honor, privilege, and duty to be able to do this particular work. I would like to reiterate that some of my questions may seem irrelevant at times, but I am trying to ask them in a manner so as to gain a foothold into the application of the Law of One.

We are now in the fourth density. Will the effects of the fourth density increase in the next thirty years? Will we see more changes in our environment and our effect upon our environment?

Ra: I am Ra. The fourth density is a vibrational spectrum. Your time/space continuum has spiraled your planetary sphere and your, what we would call galaxy, what you call star, into this vibration. This will cause the planetary sphere itself to electromagnetically realign its vortices of reception of the in-streaming of cosmic forces expressing themselves as vibrational webs so that the Earth thus be fourth-density magnetized, as you may call it.

This is going to occur with some inconvenience, as we have said before, due to the energies of the thought-forms of your peoples which disturb the orderly constructs of energy patterns within your Earth spirals of energy which increases entropy and unusable heat. This will cause your planetary sphere to have some ruptures in its outer garment while making itself appropriately magnetized for fourth density. This is the planetary adjustment.

You will find a sharp increase in the number of people, as you call mind/body/spirit complexes, whose vibrational potentials include the potential for fourth-vibrational distortions. Thus, there will seem to be, shall we say, a new breed. These are those incarnating for fourth-density work.

There will also be a sharp increase in the short run of negatively oriented or polarized mind/body/spirit complexes and social complexes, due to the

polarizing conditions of the sharp delineation between fourth-density characteristics and third-density self-service orientation.

Those who remain in fourth density upon this plane will be of the so-called positive orientation. Many will come from elsewhere, for it would appear that with all the best efforts of the Confederation, which includes those from your peoples' inner planes, inner civilizations, and those from other dimensions, the harvest will still be much less than this planetary sphere is capable of comfortably supporting in service.

Questioner: Is it possible by the use of some technique or other to help an entity to reach fourth-density level in these last days?

Ra: I am Ra. It is impossible to help another being directly. It is only possible to make catalyst available in whatever form, the most important being the radiation of realization of oneness with the Creator from the self, less important being information such as we share with you.

We, ourselves, do not feel an urgency for this information to be widely disseminated. It is enough that we have made it available to three, four, or five. This is extremely ample reward, for if one of these obtains fourth-density understanding due to this catalyst then we shall have fulfilled the Law of One in the distortion of service.

We encourage a dispassionate attempt to share information without concern for numbers or quick growth among others. That you attempt to make this information available is, in your terms, your service. The attempt, if it reaches one, reaches all.

We cannot offer shortcuts to enlightenment. Enlightenment is, of the moment, an opening to intelligent infinity. It can only be accomplished by the self, for the self. Another self cannot teach/learn enlightenment, but only teach/learn information, inspiration, or a sharing of love, of mystery, of the unknown that makes the other-self reach out and begin the seeking process that ends in a moment, but who can know when an entity will open the gate to the present?

Questioner: Thank you. Can you tell me who was the entity, before his incarnation on Earth, known as Jesus of Nazareth?

Ra: I am Ra. I have difficulty with this question as it is phrased. Can you discover another form for this query?

Questioner: What I meant to say was can you tell me if Jesus of Nazareth came from the Confederation before incarnation here?

Ra: I am Ra. The one known to you as Jesus of Nazareth did not have a name. This entity was a member of fifth density of the highest level of that sub-octave. This entity was desirous of entering this planetary sphere in order to share the love vibration in as pure a manner as possible. Thus, this entity received permission to perform this mission. This entity was then a Wanderer of no name, of Confederation origins, of fifth density, representing the fifth-density understanding of the vibration of understanding or love.

Questioner: Did you say the fifth vibration was that of love?

Ra: I am Ra. I have made an error. The fourth-density being is that which we intended to say, the highest level of fourth density going into the fifth. This entity could have gone on to the fifth but chose instead to return to third for this particular mission. This entity was of the highest sub-octave of the vibration of love. This is fourth density.

Questioner: When I am communicating with you as Ra, are you at times individualized as an entity or am I speaking to an entire social memory complex?

Ra: I am Ra. You speak with Ra. There is no separation. You would call it social memory complex thus indicating many-ness. To our understanding, you are speaking to an individualized portion of consciousness.

Questioner: Am I always speaking to the same individualized portion of consciousness in each of the sessions?

Ra: I am Ra. You speak to the same entity through a channel or instrument. This instrument is at times lower in vital energy. This will sometimes hamper our proceedings. However, this instrument has a great deal of faithfulness to the task and gives whatever it has to this task. Therefore, we may continue even when energy is low. This is why we usually speak to the ending of the session due to our estimation of the instrument's levels of vital energy.

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Questioner: I would like to make a point clear now that I am sure of myself. The people of this planet, following any religion or no religion at all, or having no intellectual knowledge at all of the Law of One, can still be harvested into the fourth density if they are of that vibration. Is that not correct?

Ra: I am Ra. This is correct. However, you will find few who are harvestable whose radiance does not cause others to be aware of their, what you may call, spirituality, the quality of the mind/body/spirit complex distortion. Thus, it is not particularly probable that an entity would be completely unknown to his immediate acquaintances as an unusually radiant personality, even were this individual not caught up in any of the distortions of your so-called religious systems.

Questioner: When Jesus of Nazareth incarnated was there an attempt by the Orion group to discredit him in some way?

Ra: I am Ra. This is correct.

Questioner: Can you tell me what the Orion group did in order to try to cause his downfall?

Ra: I am Ra. We may describe in general what occurred. The technique was that of building upon other negatively oriented information. This information had been given by the one whom your peoples called "Yahweh." This information involved many strictures upon behavior and promised power of the third-density, service-to-self nature. These two types of distortions were impressed upon those already oriented to think these thought-forms.

This eventually led to many challenges of the entity known as Jesus. It eventually led to one, sound vibration complex "Judas," as you call this entity, who believed that it was doing the appropriate thing in bringing about or forcing upon the one you call Jesus the necessity for bringing in the third-density planetary power distortion of third-density rule over others.

This entity, Judas, felt that, if pushed into a corner, the entity you call Jesus would then be able to see the wisdom of using the power of intelligent infinity in order to rule others. The one you call Judas was mistaken in this estimation of the reaction of the entity, Jesus, whose teach/learning was not oriented towards this distortion. This resulted in the destruction of the bodily complex of the one known as Jesus.

Questioner: Then if the entity Jesus was fourth density and there are Wanderers on the planet today who came from fifth and sixth density, what was it that Jesus did that enabled him to be such a good healer and could these fifth- and sixth-density beings here now do the same?

Ra: I am Ra. Those who heal may be of any density which has the consciousness of the spirit. This includes third, fourth, fifth, sixth, and seventh. The third density can be one in which healing takes place just as the others. However, there is more illusory material to understand, to balance, to accept, and to move forward from.

The gate to intelligent infinity can only be opened when an understanding of the in-streamings of intelligent energy are opened unto the healer. These are the so-called Natural Laws of your local space/time continuum and its web of electromagnetic sources or nexi of in-streaming energy.

Know then, first, the mind and the body. Then as the spirit is integrated and synthesized, these are harmonized into a mind/body/spirit complex which can move among the dimensions and can open the gateway to intelligent infinity, thus healing self by light and sharing that light with others.

True healing is simply the radiance of the self causing an environment in which a catalyst may occur which initiates the recognition of self, by self, of the self -healing properties of the self.

Questioner: How did Jesus learn this during his incarnation?

Ra: I am Ra. This entity learned the ability by a natural kind of remembering at a very young age. Unfortunately, this entity first discovered his ability to penetrate intelligent infinity by becoming the distortion you call "angry" at a playmate. This entity was touched by the entity known as Jesus and was fatally wounded.

Thus the one known as Jesus became aware that there dwelt in him a terrible potential. This entity determined to discover how to use this energy for the good, not for the negative. This entity was extremely positively polarized and remembered more than most Wanderers do.

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Questioner: How did this aggressive action against a playmate affect Jesus in his spiritual growth? Where did he go after his physical death?

Ra: I am Ra. The entity you call Jesus was galvanized by this experience and began a lifetime of seeking and searching. This entity studied first day and night in its own religious constructs which you call Judaism and was learned enough to be a rabbi, as you call teach/learners of this particular rhythm or distortion of understanding, at a very young age.

At the age of approximately thirteen and one-half of your years, this entity left the dwelling place of its earthly family, as you would call it, and walked into many other places seeking further information. This went on sporadically until the entity was approximately twenty-five, at which time it returned to its family dwelling, and learned and practiced the art of its earthly father.

When the entity had become able to integrate or synthesize all experiences, the entity began to speak to other-selves and teach/learn what it had felt during the preceding years to be of a worthwhile nature. The entity was absolved karmically of the destruction of an other-self when it was in the last portion of lifetime and spoke upon what you would call a cross saying, "Father, forgive them for they know not what they do." In forgiveness lies the stoppage of the wheel of action, or what you call karma.

Questioner: What density is the entity known as Jesus in now?

Ra: I am Ra. This information is harmless though unimportant. This entity studies now the lessons of the wisdom vibration, the fifth-density, also called the light vibration.

Questioner: In our culture there is a saying that he will return. Can you tell me if this is planned?

Ra: I am Ra. I will attempt to sort out this question. It is difficult. This entity became aware that it was not an entity of itself but operated as a messenger of the one Creator whom this entity saw as love. This entity was aware that this cycle was in its last portion and spoke to the effect that those of its consciousness would return at the harvest.

The particular mind/body/spirit complex you call Jesus is, as what you would call an entity, not to return except as a member of the Confederation speaking through a channel. However, there are others of the identical congruency of consciousness that will welcome those to the fourth-density. This is the meaning of the returning.

Questioner: Can you tell me why you say that the Earth will be fourth density positive instead of fourth density negative since there seems to be much negativity here now?

Ra: I am Ra. The Earth seems to be negative. That is due to the quiet, shall we say, horror which is the common distortion which those good or positively oriented entities have towards the occurrences which are of your time/space present. However, those oriented and harvestable in the ways of service to others greatly outnumber those whose orientation towards service to self has become that of harvestable quality.

Questioner: In other words there will be fewer negative entities than positive entities harvested into the fourth density. Is this correct?

Ra: I am Ra. This is correct. The great majority of your peoples will repeat third density.

Questioner: How did Taras Bulba, Genghis Khan, and Rasputin get harvested prior to the harvest?

Ra: I am Ra. It is the right/privilege/duty of those opening consciously the gate to intelligent infinity to choose the manner of their leaving of third density. Those of negative orientation who so achieve this right/duty most often choose to move forward in their learn/teaching of service to self.

Questioner: Am I to understand that the harvest is to occur in the year 2,011, or will it be spread out?

Ra: I am Ra. This is an approximation. We have stated we have difficulty with your time/space. This is an appropriate probable/possible time/space nexus for harvest. Those who are not in incarnation at this time will be included in the harvest.

Questioner: If an entity wants to be of service to others rather than service to self while he is in this third density, are there "best ways" of being of service to others, or is any way just as good as any other way?

Ra: I am Ra. The best way to be of service to others has been explicitly covered in previous material. We will iterate briefly.

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The best way of service to others is the constant attempt to seek to share the love of the Creator as it is known to the inner self. This involves self knowledge and the ability to open the self to the other-self without hesitation. This involves, shall we say, radiating that which is the essence or the heart of the mind/body/spirit complex.

Speaking to the intention of your question, the best way for each seeker in third density to be of service to others is unique to that mind/body/spirit complex. This means that the mind/body/spirit complex must then seek within itself the intelligence of its own discernment as to the way it may best serve other-selves. This will be different for each. There is no best. There is no generalization. Nothing is known.

Questioner: I don't wish to take up extra time asking questions over again. Some areas I consider important enough in relation to the Law of One to ask questions in a different way in order to get another perspective in the answer.

In the book *Oahspe* it states that if an entity goes over fifty one percent service to others and is less than fifty percent service to self, then that entity is harvestable. Is this correct?

Ra: I am Ra. This is correct if the harvesting is to be for the positive fourth dimensional level.

Questioner: What is to be the entity's percentage if he is to be harvested for the negative?

Ra: I am Ra. The entity who wishes to pursue the path of service to self must attain a grade of five, that is five percent service to others, ninety-five percent service to self. It must approach totality. The negative path is quite difficult to attain harvestability upon and requires great dedication.

Questioner: Why is the negative path so much more difficult to attain harvestability upon than the positive?

Ra: I am Ra. This is due to a distortion of the Law of One which indicates that the gateway to intelligent infinity be a gateway at the end of a straight and narrow path as you may call it. To attain fifty-one percent dedication to the welfare of other-selves is as difficult as attaining a grade of five percent dedication to otherselves. The, shall we say, sinkhole of indifference is between those two.

Questioner: Then if an entity is harvested into the fourth density with a grade of fifty-one percent for others and forty-nine percent for self, what level of the fourth density would he go into? I am assuming that there are different levels of the fourth density.

Ra: I am Ra. This is correct. Each enters that sub-density which vibrates in accordance with the entity's understanding.

Questioner: How many levels do we have here in the third density at this time?

Ra: I am Ra. The third density has an infinite number of levels.

Questioner: I've heard that there are seven astral and seven devachanic levels. Is this correct?

Ra: I am Ra. You speak of some of the more large distinctions in levels in your inner planes. That is correct.

Questioner: Who inhabits the astral and devachanic planes?

Ra: I am Ra. Entities inhabit the various planes due to their vibration/nature. The astral plane varies from thought-forms in the lower extremities to enlightened beings who become dedicated to teach/learning in the higher astral planes.

In the devachanic planes, as you call them, are those whose vibrations are even more close to the primal distortions of love/light.

Beyond these planes there are others.

Questioner: Are there seven sub-planes to what we call our physical plane here?

Ra: I am Ra. You are correct. This is difficult to understand. There are an infinite number of planes. In your particular space/time continuum distortion there are seven sub-planes of mind/body/spirit complexes. You will discover the vibrational nature of these seven planes as you pass through your experiential distortions, meeting other-selves of the various levels which correspond to the energy influx centers of the physical vehicle.

The invisible, or inner, third-density planes are inhabited by those who are not of body complex natures such as yours; that is, they do not collect about their spirit/mind complexes a chemical body. Nevertheless these entities are divided in what you may call an artificial dream within a dream into

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various levels. In the upper levels, desire to communicate knowledge back down to the outer planes of existence becomes less, due to the intensive learn/teaching which occurs upon these levels.

Questioner: Is it necessary to penetrate one level at a time as we move through these planes?

Ra: I am Ra. It has been our experience that some penetrate several planes at one time. Others penetrate them slowly. Some in eagerness attempt to penetrate the higher planes before penetrating the energies of the so-called more fundamental planes. This causes energy imbalance.

You will find ill health, as you call this distortion, to frequently be the result of a subtle mismatch of energies in which some of the higher energy levels are being activated by the conscious attempts of the entity while the entity has not penetrated the lower energy centers or sub-densities of this density.

Questioner: Is there a "best way" to meditate?

Ra: I am Ra. No.

Questioner: At this time, near the end of the cycle, how are reincarnations into the physical allocated, shall we say, on this planet?

Ra: I am Ra. Entities wishing to obtain critically needed experience in order to become harvestable are incarnated with priority over those who will, without too much probable/possible doubt, need to re-experience this density.

Questioner: How long has this type of allocation been going on?

Ra: I am Ra. This has been going on since the first individual entity became conscious of its need to learn the lessons of this density. This was the beginning of what you may call a seniority by vibration.

Questioner: Can you explain what you mean by a seniority by vibration?

Ra: I am Ra. This will be the final question of this session of working.

The seniority by vibration is the preferential treatment, shall we say, which follows the ways of the Law of One which encourages harvestable individuals, each individual becoming aware of the time of harvest and the need on a self-level to bend mind/body/spirit towards the learn/teaching of these lessons, by giving them priority in order that an entity may have the best possible chance, shall we say, in succeeding in this attempt.

May we ask at this time if there are any brief questions?

Questioner: My only question is what can we do to make the instrument more comfortable?

Ra: I am Ra. This instrument is not wearing the appropriate apparel for this work. As inpourings occur in the regions of the, what you may call, seventh chakra as you speak of these energy centers, filtering through the sixth and so forth, the entity's other or base chakras become somewhat de-energized. Thus, this entity should be more careful in its selection of warm apparel for the part of the body complex you call the feet.

May we answer any other brief questions?

Questioner: Then we want to put heavier clothing on the feet. Is this correct?

Ra: I am Ra. This is correct.

I will leave this instrument now, I leave you in the love and the light of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 17, Fragment 8
February 3, 1981

Jim: Before each contact with those of Ra we conducted a meditation which we used as our tuning device; that is, our means of becoming as one in our seeking to be of service to others. Oftentimes, during this meditation, Don would get a hunch as to an addition to the line of questioning which we had decided upon the night before. In Session 17 such a hunch came to him concerning a crater in the Tunguska region of Russia which, it is speculated, was made by either a crashed UFO or a large meteor of some kind in 1908. There is also speculation that some scientists of the Soviet Union first became interested in the possibility of life in other parts of the galaxy and solar system as a result of their investigation of this crater and its possible origin.

After asking about this crater and following it up with questions concerning the development of nuclear energy on Earth and the odd and rarely reported phenomenon of spontaneous combustion of a human being, Don determined that this line of questioning would yield little of value.

Carla: *Donald was a scientist, and he never could quite accept that Ra was in no position to chat with us about phenomena that can be measured. The desire that had brought Ra to our group was a true desire for non-transient material, and this desire fueled our sessions. When we departed from that level of information, Ra would remind us to get back on track in a subtle way: by telling us to watch our alignments. We at first took them literally and thought they were referring to the items on the altar, to getting them lined up rightly. Later, we figured out that they were grading our questions, not our Bible and candle placement. It's worth emphasizing that anything measurable is also transient. The human spirit, the force of creative love, the creation's essence: these things are unfindable, noumenal, always sensed and never penetrated by our fact-finding intellects. But we sense into them through living with an open heart, and by talking about them with sources such as Ra and Q'uo and other "universal" or "outer" energies and essences. The personal guides and other teachers of the inner planes of our planet have much more leeway in offering personal information, whenever their last incarnation. Go to them to get your readings on your health and other specific issues. Go to outer sources such as our confederation sources with questions that transcend space and time. If it will matter less in 10,000 years than it does now, it is probably not a universal question!*

Session 17, February 3, 1981

Questioner: In meditation I got the question about the crater in Russia in the, I believe, Tunguska region. Can you tell me what caused the crater?

Ra: I am Ra. The destruction of a fission reactor caused this crater.

Questioner: Whose reactor?

Ra: I am Ra. This was what you may call a "drone" sent by Confederation which malfunctioned. It was moved to an area where its destruction would not cause infringement upon the will of mind/body/spirit complexes. It was then detonated.

Questioner: What was its purpose in coming here?

Ra: It was a drone designed to listen to the various signals of your peoples. You were, at that time, beginning work in a more technical sphere. We were interested in determining the extent and the rapidity of your advances. This drone was powered by a simple fission motor or engine as you would call it. It was not that type which you now know, but was very small. However, it has the same destructive effect upon third-density molecular structures. Thus as it malfunctioned we felt it was best to pick a place for its destruction rather than attempt to retrieve it, for the possibility/probability modes for this maneuver looked very, very minute.

Questioner: Was its danger both blast and radiation?

Ra: I am Ra. There is very little radiation, as you know of it, in this particular type of device. There is radiation which is localized, but the localization is such that it does not drift with the winds as does the emission of your somewhat primitive weapons.

Questioner: I believe that analysis has detected very little radiation in the trees in this area. Is this low level of radiation a result of what you are speaking of?

Ra: I am Ra. This is correct. The amount of radiation is very localized. However, the energy which is released is powerful enough to cause difficulties.

Questioner: Then was the Confederation responsible for the Earth receiving nuclear power?

Ra: I am Ra. It is a point which one cannot judge what is cause. The basic equation which preceded this work was an equation brought through by a Wanderer dedicated to service to the planet. That this work should have become the foundation for instruments of destruction was not intended and was not given.

Questioner: Can you tell me who this Wanderer was who brought through the equation?

Ra: I am Ra. This information seems harmless as this entity is no longer of your planetary third density. This entity was named, sound vibratory complex, Albert.

Questioner: Is this the reason for what we call spontaneous combustion of human beings?

Ra: I am Ra. This is not correct.

Questioner: Can you tell me what causes that phenomenon?

Ra: I am Ra. Picture, if you will, a forest. One tree is struck by lightening. It burns. Lightening does not strike elsewhere. Elsewhere does not burn. There are random occurrences which do not have to do with the entity, but with the window phenomenon of which we spoke.

Questioner: Are these entities uniquely the same, or are they random entities?

Ra: I am Ra. The latter is correct. ♣

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Intensive Meditation
February 4, 1981

(Carla channeling?)

[I am Hatonn,] and I greet you, my friends, in the love and in the light of our infinite Creator. We would like, at this time, to confirm that we have been conditioning the one known as S. If the instrument known as S had wished, it would have been possible for this instrument to initiate contact. This is a desirable ability, for there is not always an experienced instrument present during a time when one who wishes to be of service by offering itself as a vocal channel finds the opportunity to share in our thoughts.

We would speak a few words through this instrument before we work with the one known as S, for we sense the deprivation of some information which may perhaps be of service at this time. This deprivation is not due to any individual's efforts, rather, it is due, my friends, to the culture in which you find yourselves experiencing the great patterns of life which you weave day-by-day. It was intended by the Creator that you might experience your so-called work as a form of meditation and as an experience of love. It has been many centuries among your peoples since it was possible for many of your peoples to profoundly experience the combination of work and love. It has been said to work is to pray, and for those lucky enough, shall we say, to have found occupations which enable them to supply themselves with the necessities of survival which also feed the spirit, this is in the deepest sense true. You may find these people working with their hands to make beauty, working with their minds as channels of various forms of love, working among people in such a way that their very being is of service in a substantial manner.

But for so many, my friends, the connection between the daily life and love, between action and meditation, is not apparent. And in order for you to become able to link in any way the work of empty form which you find yourselves performing and the work which is love, it is recommended that you begin with the meditation rather than with the work. To move from one consciousness to another is like mounting the great hillside, the bottom of which is vanity, pollution, pettiness and distraction. In your spirit's garment you move in consciousness of this lovely hillside. You can feel that your garment, the garment of your spirit, is soiled from all that touches you that you perceive as being unclean. And so you remove the garment and cleanse yourself in the waters which you find falling down the hillside in a lovely waterfall, brilliant with crescents of *(inaudible)* and iridescent as it sprays the rocks, the moss, and the grass. Leaning into the water you can begin to see the purity of your true being, and

you can cleanse yourself with the waters of [the lake.]

Taking up your fresh garment, a new washed linen, you move onward until you sit at the top of this hillside. The air about you is warm and redolent with the scent of wild flowers, pinks and roses and whites, all in profusion about you, and as you settle into meditation, this is your consciousness, this is who you are. All of creation breathes with you and desires to be of service to you, and you in turn offer up the rhythms of your body, your mind, and your spirit in service to this beautiful [place you're in,] loving and delighting in its beauty, its purity, and its gentle ever-present strength.

Yes, my friends, you come down again into the marketplace where you live the illusion, where your lessons [collect.] But you bring with you an unsoiled garment, a cleanliness of soul, and a new vision that begins to attempt to see the top of the hillside beneath the soiled garment of all labor, all conditions, and all relationships. You cannot and never shall function as a great [wise] one working in the valley. Within yourselves you must find a place in which in silence you find the creation offered unto you, and offer yourself unto the Creation, feeling the great beating rhythm, unity that binds all things together.

We ask that you never be discouraged if you fail to manifest what you have learned in your meditations, for this is the work of your life: to find who you are. That is, my friends, to find the Creator, that one great original Thought which is love and which when *(inaudible)*.

We are pleased at this time to transfer this contact to the one known as S, after pausing for a brief period in order to make our conditioning vibration *(inaudible)*, and to the one known as R, and to the one known as [Don.] I am Hatonn.

(Unknown channeling

I am Hatonn, and am with this instrument. We greet you, my friends, once more. It has been a pleasure to work with those who have requested our conditioning vibration. We are always pleased to join with those who seek our contact. We are honored to be with this group today, as it is indeed a joy to be of service to the one infinite Creator by aiding those who seek our help. We of Hatonn are always available to those who seek out aid. We ask that you simply mentally request our presence and we shall be with you. We are hoping to be with each of you in the near future, and would attempt to contact another instrument at this time. I am Hatonn.

(Unknown channeling

I am Hatonn, and am again with this instrument. And please excuse the pause, but we were attempting to initiate contact with another instrument, shall we say, an old friend of ours. May we say to the one known as S that her fidelity to our channeled communication is such that the degree of the instrument's own thoughts coming into the contact is very nearly nonexistent.

At this point in the training of the new instrument we do the opposite of that with which we start. We attempt to encourage the somewhat experienced instrument to feel more free to speak upon a subject about which the instrument does not have a prior recollection of, a subject matter from another contact. This type of channeling is the next step and requires that the instrument allow us to present her with images drawn from the treasure trove of her own experiences, recollections and thoughts. We use this framework in order that our extremely simple message may be offered in the greatest possible variety, or kaleidoscope, of patterns, for each various view of love, of the Creator, of the universe, of reality, may for the first time inspire one to whom all previous words were naught but chatter and foolishness.

The nature of inspiration is so personal and so unpredictable that we simply cannot expect to create parrots. We hope instead to create those who are able through practice in sessions such as these to recognize our vibrations, and to trust in our contact enough to sally forth into vistas about which they have not thought, and to describe concepts and stories the gist and outcome of which is not known to the instrument. This is the work of some time, as you call it. We say all this to assure the instrument that she is progressing very well. Well enough, in fact, to consider the possibility of launching forward on the next step at any contact at which she may feel comfortable in so doing.

The knowledge of the instrument that subjectively familiar material is being integrated into a meditation, causes all beginning channels, except those who are not excellent, to have doubts as to the

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origin of the channeled information. However, my sister, it is our way of insuring that each message is somewhat fresh. We thank the one known as S, and, as always, assure her that we and those of the Confederation in general, offer ourselves at any time we may be requested to accompany meditation.

I am Hatonn. We leave you on a hillside, my friends, gazing forth into a world of illusion, a world in which each illusion has a central core of purity and love. As this instrument would say, your mission is, impossible though it may seem, to find it. I leave you in the love and in light. I am Hatonn. Adonai vasu.

(Unknown channeling

I am Latwii, and greet you all in love and light. It is a great honor for us to be asked to join you this afternoon during your meditation. As always, we look forward to such adventures with glee and a happy anticipation. Before we would attempt to answer queries, we would attempt to offer our conditioning to the one known as R, and simultaneously to the one known as S. And then if the one known as S would care to speak out thoughts, we would speak a few words through this new instrument. I am Latwii.

(S channeling

I am Latwii, and am with this instrument. I greet you, my friends, in the love and in the light of the Creator. We are overjoyed to be speaking to you through this instrument once more. She is indeed a contact that we enjoy. We are happy to be with her at this time. We are always pleased to be able to speak through instruments such as this, for we are not often given the opportunity to do so. We find it a great deal of fun. We are sorry to say that we feel we should close this contact so that we may be of service to those who have questions on their minds. We would therefore sign off. I am Latwii.

(Unknown channeling

I am Latwii, and am with this instrument once again, and greet you all in love and light. May we at this time ask if any present might have a question which we would attempt to answer?

Questioner: Yes, Latwii. How can I, or how is it possible to increase receptiveness to the conditioning vibration?

I am Latwii, and, my brother, may we suggest that there is nothing in particular to do. Rather, it is that which is not done which is most helpful to the reception of, not only our conditioning vibration, but the conditioning vibration of any Confederation entity. That is, simply the relaxing of mind and body to the greatest degree possible, and the opening of the being as clearly and freely, shall we say, as is possible. This, of course, is predicated upon the assumption that the desire for such a contact is present, and we find that desire is quite present in your case. The many methods of relaxing the mind and body which have been written down among your peoples as the various methods of meditation are helpful, but we would also suggest that the concept of not doing and of simply seeking is the foundation stone upon which any technique is based.

May we answer you further, my brother?

Questioner: No, thank you.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

S: Yes, Latwii, during one of my meditations I received what seemed to be very strong conditioning that I didn't ask for and was not able to get rid of for quite some time. It kind of frightened me. Can you give me any information about this?

I am Latwii, and am aware of your question, my sister. May we say in this regard that whenever you might feel a vibration which is not pleasant or desirable, at that time request that it be removed, and if the entity generating that vibration is of the Confederation of Planets in the Service of the Infinite Creator then you may be assured that the vibration shall be removed. If upon such request the vibration is not removed, we suggest the ceasing of the meditative state for a moment, the gathering of the self in concentrated thought, and the sending of love and light to all entities present, then the constructing, shall we say, of the shield of light about the self so that meditation may be resumed.

May we answer you further, my sister?

S: No, not on that subject, but I do have another question. Due to my feeling lately I've had a strong urge to proceed and go further, and against advice from the Confederation I proceeded to try channeling with just R and myself present. It did serve to confuse me as I was warned might happen,

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but I still feel somewhat compelled to continue so that I may be able to get more practice and therefore move along at a faster pace. Would you strongly advise against this or can I do anything more than I'm doing now to protect myself?

I am Latwii, and am aware of your question, my sister. It is always our advice to those …

(Side one of tape ends.)

(Unknown channeling

I am Latwii, and am once again with this instrument. As we were saying, we do not recommend that new instruments attempt to channel from any Confederation source without the presence of at least two other entities, one preferably being an instrument with some experience, so that the contact might be, shall we say, checked and balanced, so that there is reduced the possibility of the infringement of the contact by those entities which do seek to confuse positively-oriented instruments and do seek to sway such new instruments by giving information of what we might call a questionable and specific nature.

For those entities such as yourself who seek to speed their growth upon the spiritual path in general and the, shall we say, specific part of that path known to you as the channeling phenomenon, we recommend the intensive meditation periods, such as this period now occurring, with an experienced channel present. Also, we might recommend the additional meditation periods for the new instrument, at which time the instrument would request the conditioning vibration of the Confederation.

We would also suggest the lengthier, shall we say, meditation periods during which time the new instrument would attempt to increase the attention span, shall we say, that is the state of mind which is most receptive to a contact. This state of mind might be increased in its duration by the visualization technique, that is, the imaging [in] the mind during meditation of the new instrument of any symbol which has a particular meaning to that entity, whether it be the cross, the rose, the circle, the Buddha, or whatever. This is most helpful for the new instrument who wishes to improve its ability at receiving information as purely as possible.

To close this somewhat lengthy response, may we reiterate we are always available for the conditioning vibration to be experienced by any entity requesting it, and we further remind each present that it is most necessary to be accompanied in meditation that is directed toward the channeling phenomenon by at least two other entities. This is necessary, as we said, to preserve the purity of the contact.

May we answer you further, my sister?

S: No, thank you.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

(Pause)

I am Latwii. We are most grateful to each present for inviting us to join this meditation. We of Latwii have a history, shall we say, of being somewhat more humorous in our contacts with this group, but have in recent contacts found the necessity, shall we say, to balance this particular distortion with the giving of information in response to queries of a, shall we say, more serious or intense nature, for we feel the entities within this group who have been seeking our service have sought the guideposts, shall we say, to direct them to the heart of their seeking, and it has been for this reason that we have attempted to deal in a more, shall we say, serious manner with these particular topics and our responses to them.

We do not mean by such gravity to suggest that the lightness and the humor which we are known for does not have a value is such situations, but we wish these entities to seek our service, to know without a doubt that we value their seeking, their questions, and their being greatly, and would honor each entity with the most purely formed response.

With this qualification made and recorded, we shall look forward to joining this group in the future in our more familiar mode of lightness and joy. We thank each entity for requesting our presence. We shall be with each at any time in the future that our presence is so requested. We are known to you as Latwii, and we leave you now in the light and the love and the humor of the one infinite Creator. Adonai vasu borragus. ♣

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The Law of One, Book I, Session 18
February 4, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. We communicate now.

Questioner: I was thinking last night that if I were in the place of Ra right now, the first distortion of the Law of One might cause me to mix some erroneous data with the true information that I was transmitting to this group. Do you do this?

Ra: I am Ra. We do not intentionally do this. However there will be confusion. It is not our intent in this particular project to create erroneous information, but to express in this confining ambiance of your language system the feeling of the Infinite Mystery of the One Creation in its infinite and intelligent unity.

Questioner: Thank you. I have a question here that I will read: "Much of the mystic tradition of seeking on Earth holds the belief that the individual self must be erased or obliterated and the material world ignored for the individual to reach 'nirvana,' as it is called, or enlightenment. What is the proper role of the individual self and its worldly activities to aid an individual to grow more into the Law of One?"

Ra: I am Ra. The proper role of the entity is in this density to experience all things desired, to then analyze, understand, and accept these experiences, distilling from them the love/light within them. Nothing shall be overcome. That which is not needed falls away.

The orientation develops due to analysis of desire. These desires become more and more distorted towards conscious application of love/light as the entity furnishes itself with distilled experience. We have found it to be inappropriate in the extreme to encourage the overcoming of any desires, except to suggest the imagination rather than the carrying out in the physical plane, as you call it, of those desires not consonant with the Law of One, thus preserving the primal distortion of free will.

The reason it is unwise to overcome is that overcoming is an unbalanced action creating difficulties in balancing in the time/space continuum. Overcoming, thus, creates the further environment for holding on to that which apparently has been overcome.

All things are acceptable in the proper time for each entity, and in experiencing, in understanding, in accepting, in then sharing with other-selves, the appropriate distortion shall be moving away from distortions of one kind to distortions of another which may be more consonant with the Law of One.

It is, shall we say, a shortcut to simply ignore or overcome any desire. It must instead be understood and accepted. This takes patience and experience which can be analyzed with care, with compassion for self and for other-self.

Questioner: Basically I would say that to infringe upon the free will of another entity would be the

basic thing never to do under the Law of One. Can you state any other breaking of the Law of One than this basic rule?

Ra: I am Ra. As one proceeds from the primal distortion of free will, one proceeds to the understanding of the focal points of intelligent energy which have created the intelligences or the ways of a particular mind/body/spirit complex in its environment, both what you would call natural and what you would call man-made. Thus, the distortions to be avoided are those which do not take into consideration the distortions of the focus of energy of love/light, or shall we say, the Logos of this particular sphere or density. These include the lack of understanding of the needs of the natural environment, the needs of other-selves' mind/body/spirit complexes. These are many due to the various distortions of man-made complexes in which the intelligence and awareness of entities themselves have chosen a way of using the energies available.

Thus, what would be an improper distortion with one entity is proper with another. We can suggest an attempt to become aware of the other-self as self and thus do that action which is needed by other-self, understanding from the other-self's intelligence and awareness. In many cases this does not involve the breaking of the distortion of free will into a distortion or fragmentation called infringement. However, it is a delicate matter to be of service, and compassion, sensitivity, and an ability to empathize are helpful in avoiding the distortions of man-made intelligence and awareness.

The area or arena called the societal complex is an arena in which there are no particular needs for care for it is the prerogative/honor/duty of those in the particular planetary sphere to act according to their free will for the attempted aid of the social complex.

Thus, you have two simple directives: awareness of the intelligent energy expressed in nature, awareness of the intelligent energy expressed in self to be shared when it seems appropriate by the entity with the social complex, and you have one infinitely subtle and various set of distortions of which you may be aware; that is, distortions with respect to self and other-selves not concerning free will but concerning harmonious relationships and service to others as other-selves would most benefit.

Questioner: As an entity in this density grows from childhood, he becomes more aware of his responsibilities. Is there an age below which an entity is not responsible for his actions, or is he responsible from the time of his birth?

Ra: I am Ra. An entity incarnating upon the Earth plane becomes conscious of self at a varying point in its time/space progress through the continuum. This may have a median, shall we say, of approximately fifteen of your months. Some entities become conscious of self at a period closer to incarnation, some at a period farther from this event. In all cases responsibility becomes retroactive from that point backward in the continuum so that distortions are to be understood by the entity and dissolved as the entity learns.

Questioner: Then an entity four years old would be totally responsible for any actions that were against or inharmonious with the Law of One. Is this correct?

Ra: I am Ra. This is correct. It may be noted that it has been arranged by your social complex structures that the newer entities to incarnation are to be provided with guides of a physical mind/body/spirit complex, thus being able to learn quickly what is consonant with the Law of One.

Questioner: Who are these guides?

Ra: I am Ra. These guides are what you call parents, teachers, and friends.

Questioner: You stated yesterday that forgiveness is the eradicator of karma. I am assuming that balanced forgiveness for the full eradication of karma would require forgiveness not only of other-selves but also the forgiveness of self. Am I correct?

Ra: I am Ra. You are correct. We will briefly expand upon this understanding in order to clarify.

Forgiveness of other-self is forgiveness of self. An understanding of this insists upon full forgiveness upon the conscious level of self and other-self, for they are one. A full forgiveness is thus impossible without the inclusion of self.

Questioner: Thank you—a most important point.

You mentioned that there were a number of Confederations. Do all serve the infinite Creator in basically the same way, or do some specialize in some particular types of service?

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Ra: I am Ra. All serve the one Creator. There is nothing else to serve, for the Creator is all that there is. It is impossible not to serve the Creator. There are simply various distortions of this service.

As in the Confederation which works with your peoples, each Confederation is a group of specialized individual social memory complexes, each doing that which it expresses to bring into manifestation.

Questioner: Can you tell me how Yahweh communicated to Earth's people?

Ra: I am Ra. This is a somewhat complex question.

The first communication was what you would call genetic. The second communication was the walking among your peoples to produce further genetic changes in consciousness. The third was a series of dialogues with chosen channels.

Questioner: Can you tell me what these genetic changes were and how they were brought about?

Ra: I am Ra. Some of these genetic changes were in a form similar to what you call the cloning process. Thus, entities incarnated in the image of the Yahweh entities. The second was a contact of the nature you know as sexual, changing the mind/body/spirit complex through the natural means of the patterns of reproduction devised by the intelligent energy of your physical complex.

Questioner: Can you tell me specifically what they did in this case?

Ra: I am Ra. We have answered this question. Please restate for further information.

Questioner: Can you tell me the difference between the sexual programming prior to Yahweh's intervention and after intervention?

Ra: I am Ra. This is a question which we can only answer by stating that intervention by genetic means is the same no matter what the source of this change.

Questioner: Can you tell me Yahweh's purpose in making the genetic sexual changes?

Ra: I am Ra. The purpose 75,000 years ago, as you measure time, was of one purpose only: that to express in the mind/body complex those characteristics which would lead to further and more speedy development of the spiritual complex.

Questioner: How did these characteristics go about leading to the more spiritual development?

Ra: I am Ra. The characteristics which were encouraged included sensitivity of all the physical senses to sharpen the experiences, and the strengthening of the mind complex in order to promote the ability to analyze these experiences.

Questioner: When did Yahweh act to perform the genetic changes?

Ra: I am Ra. The Yahweh group worked with those of the planet you call Mars 75,000 years ago in what you would call the cloning process. There are differences, but they lie in the future of your time/space continuum and we cannot break the free will Law of Confusion.

The 2,600, approximately, time was the second time—we correct ourselves: 3,600—approximately, the time of attempts by those of the Orion group during this cultural complex; this was a series of encounters in which the ones called Anak were impregnated with the new genetic coding by your physical complex means so that the organisms would be larger and stronger.

Questioner: Why did they want larger and stronger organisms?

Ra: I am Ra. The ones of Yahweh were attempting to create an understanding of the Law of One by creating mind/body complexes capable of grasping the Law of One. The experiment was a decided failure from the view of the desired distortions due to the fact that rather than assimilating the Law of One, it was a great temptation to consider the so-called social complex or subcomplex elite or different and better than other-selves, this one of the techniques of service to self.

Questioner: Then the Orion group produced this larger body complex to create an elite so that the Law of One could be applied in what we call the negative sense?

Ra: I am Ra. This is incorrect. The entities of Yahweh were responsible for this procedure in isolated cases as experiments in combating the Orion group.

However, the Orion group were able to use this distortion of mind/body complex to inculcate the thoughts of the elite rather than concentrations upon the learning/teaching of oneness.

Questioner: Was Yahweh then of the Confederation?

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Ra: I am Ra. Yahweh was of the Confederation but was mistaken in its attempts to aid.

Questioner: Then Yahweh's communications did not help or create what Yahweh wished for them to create. Is this correct?

Ra: I am Ra. The results of this interaction were quite mixed. Where the entities were of a vibrational sum characteristic which embraced oneness, the manipulations of Yahweh were very useful. Wherein the entities of free will had chosen a less positively oriented configuration of sum total vibratory complex, those of the Orion group were able for the first time to make serious inroads upon the consciousness of the planetary complex.

Questioner: Can you tell me specifically what allowed the most serious of these inroads to be made by the Orion group?

Ra: I am Ra. This will be the final full question.

Specifically those who are strong, intelligent, etc., have a temptation to feel different from those who are less intelligent and less strong. This is a distorted perception of oneness with otherselves. It allowed the Orion group to form the concept of the holy war, as you may call it. This is a seriously distorted perception. There were many of these wars of a destructive nature.

Questioner: Thank you very much. As you probably know I will be working for the next three days, so we will possibly have another session tonight if you think it is possible. The next session after that would not be until four days from now. Do you believe another session tonight is possible?

Ra: I am Ra. This instrument is somewhat weak. This is a distortion caused by lack of vital energy. Thus, nurturing the instrument in physical balancing will allow another session. Do you understand?

Questioner: Not completely. What specifically shall we do for physical balancing?

Ra: I am Ra. One—take care with the foodstuffs. Two—manipulate the physical complex to alleviate the distortion toward pain. Three—encourage a certain amount of what you would call your exercise. The final injunction: to take special care with the alignments this second session so that the entity may gain as much aid as possible from the various symbols. We suggest you check these symbols most carefully. This entity is slightly misplaced from the proper configuration. Not important at this time. More important when a second session is to be scheduled.

I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book V, Session 18, Fragment 9
February 4, 1981

Jim: At the beginning of Session 18, in response to a general query from Don concerning the information Ra was transmitting to our group, Ra innocently "told on" Carla. A good friend of hers had offered her the opportunity to experience the effects of LSD, which she had never experienced before. She used it twice in early February of 1981 as a programming device to attempt to achieve an experience of unity with the Creator, but she did not wish Don to know about these experiences since he was very much against the use of any illegal substances at any time and especially during the time during which our group was working with the Ra contact. In a later session it will be suggested by Ra that these two experiences were arranged by the negative entities monitoring our work with those of Ra in hopes that Carla's ability to serve in the Ra contact might be hindered. As a result of this particular session it was the determination of the three of us that there would be no further use of any illegal substances for as long as we were privileged to work with the Ra contact so that no chinks in our "armor of light" that we could eliminate would be present and so that the Ra contact could never be associated with the use of any such drugs.

The information on Aleister Crowley is self-explanatory and underlines again the caution that each seeker must take in moving carefully through its energy centers in a balanced fashion.

By chance, a few sessions earlier, we had discovered that sexual intercourse was an aid to Carla's vital energies during the trance state and would increase the length of a session if engaged in the night before a session was to be held. Thus at the end of Session 18, when Don asked how we might avoid further difficulties in the contact, Ra affirmed the aid which we had discovered sexual intercourse provided. We also found that the conscious dedication of the act of love-making to the service of others via the Ra contact increased its beneficial effects.

Carla: *As a young college woman, I never dated or spent time with anyone who smoked marijuana or took LSD, or any other drugs. People all around me were experimenting, but I never was offered any drugs. It was the day of flower children and high ideals, a wonderful time to be young. The hippies ruled but I was only an honorary flower child, since I worked steadily throughout that decade. In 1981, I was 38. When an old friend offered to let me try LSD, I was tickled and eager to try it, for I had long been curious to see what this much-touted substance did to one's head. In the event, I thoroughly enjoyed the experiences—I tried LSD twice—and found that there really was a wonderful increase in the sense of rightness of things under its benign influence on me. Since then, I have heard from many people that my utterly positive experiences with LSD were somewhat atypical, in that most people deal with at least a little hallucination or departure from consensus reality, or even a negatively*

experienced "high," or bad trip. So I was either lucky, or my subconscious mind was more settled in its own skin than some others. I'd bet on luck!

Needless to say, I was not happy to learn that Ra had blithely told my secret to Don. I valued Don's opinion above all things, and he was not pleased with my judgment in taking illegal substances. But I did not, and do not, feel guilty or ashamed for satisfying my curiosity, under circumstances as safe as one could make them. I also have tried cigarettes and alcohol, both heavily addictive substances, but rarely drink and never use tobacco. (In cooking, however, I use many different spirits, as they offer such delightful notes when put into the harmony of cooking things.) My curiosity was satisfied, and I moved on. The freedom to do this, to know what is out there, is a valuable one, to my mind, if not abused. Moderation seems to me the key.

I have very fond memories of reading Aleister Crowley's autohagiography to Don. He did not like to read, so I frequently read to him. Once we got into this outrageous, brilliant man's work, we were fascinated. Crowley is a fine writer, regardless of what his polarity might have been fumbling around with. Our favorite poem of his is a perfectly ghoulish nursery rhyme he wrote as a precocious toddler. It begins, "In her hospital bed she lay, rotting away, rotting away, rotting by night and rotting by day, rotting and rotting and rotting away." Now that I have told you this, you may perhaps see why this character grew up to become … eccentric! But always interesting.

In working to fit myself into Don's requirements for a mate, I became a user of relative ethics, a practice that seems always to offer a challenge eventually. Don wished to be celibate, which became obvious to me within six months of our coming together in 1968. I always said that his inability to resist me for those first few months we lived together was my greatest compliment of all time! I attempted a celibate life, after we had talked this issue through, for a little over two years, before I concluded that celibacy was not for me. Don had also decided that we should not marry. This implied, to me, a relationship based on a commonality in a metaphysical rather than a physical sense. Always logical, I suggested to Don that we make an agreement: I would tell him before I took a lover, and when I had ceased seeing him. In between, there was no need to discuss it. This would preclude his hearing about such company from others. As he was gone flying about half the time, I had no difficulty in finding time for the lovers' relationship. My lover for most of the time Don and I spent together, ten of the sixteen years, was a trusted and much-loved buddy of mine ever since high school. We had thought of marriage years before, and then decided against it, but we'd remained close. He got the notion to come see me perhaps once a month. I stopped seeing him when he began to wish to take our relationship further, and I was celibate again for some four years before Jim. When Jim began coming to the group, we eventually got together, and he became my lover. All of this was done in the good mutual faith between Donald and me. He was genuinely happy for me to have these relationships, and they did not intrude upon our harmony.

However, in time, after Donald's death, it became clear to me that my relationship with Jim, especially the intimately sexual part of it, did bother Don at a level below the threshold of his awareness, or mine, for that matter. I doubt he ever realized or acknowledged the emotion. I certainly never saw any trace of it, and I am a sensitive person, able to pick up nuances of feeling. But he must have felt these things, and it led him, in the end, to lose faith in my allegiance. And that completely misplaced doubt was the weakness in his armor of light that resulted in his dying.

Long are the hours I have spent reflecting upon this matter. On the one hand, if I had been completely chaste and celibate, he would never have doubted me. He would have still been living, and with me. But we would not have had the contact with Ra that gave us the Law Of One *material, because it was the combined energy of us three that contacted Ra, not myself as channel, or any one of us as L/L Research, or even L/L Research as an entity. This is clear from the simple dates: Jim came to L/L permanently on December 23, 1980, and we received our first contact from those of Ra on January 15, 1981, less than three weeks after Jim moved in. And Donald felt from the first session with Ra that this was his life's work, the culmination of all he had been through since the '50s, and his gift to the world. Logic fails in matters like these. One can hew completely and faithfully to the agreements one has made, and still err.*

If one can move beyond the mythic tragedy of Donald's death, and believe me, one can, after a decade or so, barely, one begins to see the inherent humor in that human, prideful assumption that one can control one's destiny by doing only what is seen as right. One can certainly try to be without error or sin. My pride in

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myself as being one who always keeps her word blinded me to the suspicions Donald had, but kept completely to himself. His lack of faith in any opinion but his own, even when completely healthy of mind, made it more likely that when he became mentally ill, he would experience paranoia. It is a perfect tragedy.

Don wanted always and only my presence. He never asked for anything else, with the exception of the work we did together. He even begrudged me the time to work on his projects when he was at home. I did all the work for the books we wrote together while he was flying. When he was home, my job was to be in the same room he was in. I was delighted to do this. He could never bring himself to express it, but well I knew how devoted he was, and I felt the same. We had little choice in this; we both felt we were destined to be together, that we were truly star-crossed. Loving him was like breathing, and it did not matter how his needs impinged on mine. Indeed, my spiritual adviser said more than once that I was guilty of idolatry. I did not care what had to be lost to achieve his comfort. I knew these losses included marriage, home and children, things I valued highly and had hoped for. But we were "home" to each other in a way I cannot describe. He rested me, and I, him. I received two compliments from him, in our whole life together. He did not want to spoil me! The lessons were to see through the issues of home, family and reassurance to the ground of being that we shared, to the sensibility we had in common. I embraced them. He was worth whatever it cost. I look back and know I would not change anything. All our choices were made as well as we could make them.

This was the jigsaw puzzle within which we were living, in the world-drama, soap-opera consensus reality of our everyday lives. Carla and Don worked perfectly, as did Jim and Carla, and Don and Jim, who loved each other like family from the first meeting. These relationships were strong and true. Naught could have come between us except for doubt. It never occurred to me that Donald could mistake my fondness for Jim for any sort of alteration in Don's and my un-marriage version of being wed—and we were indeed truly wed, in spirit. You can imagine my wretchedness when one of his friends told me, long after the funeral, that Don had thought I had fallen out of love with him. I was flabbergasted, completely unaware of these doubts, so it never occurred to me to reassure him. How I wish I had! But I was grieving, for the man I knew was gone, and what took his place was a person in very bad need of help. And I was angry that he would not seek help, or follow any medical suggestions. He was my world, and without him, I felt I did not exist. I think most of my grieving was done before his death, in those surrealistic months when he was so very ill, and nothing I did to help was of avail. It took years after he died for me to come to a new sense of myself. That I have now done so is a gift of grace from the Creator, and has been greatly aided by Jim's sensitive treatment of me during the long years of confinement with debilitating episodes of arthritis and other troubles in the decade following Don's death, and during my rehab period in 1992. For the first six years after Don died, I actively felt I should kill myself, because I had "caused" his death, inadvertently, but surely. This was my longest walk in the desert until this present moment. I was resigned to having this basic mind-set for the rest of my life, and I was not aware that time had begun its healing work until I picked up something I'd written and forgot about. I read it anew, and thought, "you know, I like this person." Six years in the desert! Many were the times I was tempted to lay down my faith, but I could not, would not do that. So I survived, and waited for grace. The lesson here is simply that waiting does bring all things to one. Patience cannot be overvalued in the spiritual journey.

This world remains to me a sea of confusion. Knowing well how much I have erred, in what I have done and what I've left undone, and knowing how little I understand, I am well content to remain in the hands of destiny. One of my desires in publishing this personal material is to expose, with utter lack of modesty or fear, the humanness of the three of us. We were not "worthy" of the Ra contact, in the sense of being perfect people. We were three pilgrims who found comfort in each other, and who sought honestly and deeply to serve the light. The material is completely apart from who any of us was or is, and we are not to be confused with Ra, as having some sort of special excellence. This just is not so.

Are relative ethics OK? I still believe they are, and that keeping carefully made agreements is a real key to harmonious living and clear relationships. But it is just the best we can do. That doesn't make it perfect. Further, one cannot expect the universe to bless us with perfect peace just because we are keeping our agreements. We all are blindsided by life itself, and continue only by blunder, faith and a good humor in the face of all. There is an art to cooperating with destiny. And may I say, I am grateful to James Allen

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McCarty for that selfsame good humor, and for deciding with me, three years after Don's death, to take hold of our friendship and create a marriage between us. He was most ill-suited to such, as I said, and his gallant cheer and courtesy in accommodating himself to this role has been and continues to be remarkable to me. Truly, he has been a good companion through many waters.

One thing is sure: in true love, the star-crossed kind, there is incredible sweetness, but also immense pain. Don was a hard man to love. Not communicative in the usual sense, he never said what he wanted of me, but just waited for me to guess right. I did not mind, and still am glad of every bit of pain I went through trying to be what he needed me to be, which was essentially without sexuality or the usual reassurance of words, yet greatly intimate. In the density we came from, we were already one, Ra said. So there was an ultimate satisfaction in being with Don, having to do much more with eternity than any particular time or space. What Jim and I had and have is the devoted love of old friends and lovers, who have an earthly pilgrimage together. Our time together is child's play after Don, as far as my being able to handle whatever happens with us. Jim will communicate until we find every bit of misunderstanding, and so we have an easy time of it and when we do have catalyst together, it is quickly worked through. Jim's never had that ultimate romance, and occasionally misses it. But what we do have is so good to us that we have found a considerable happiness with each other, and the good work we have between us.

We see ourselves as still working for and with Don, keeping L/L's doors open and our hearts as well, and living the devotional life that we have learned about from the Confederation teachings. These teachings are at one with universal wisdom as well as my Christian heritage, and have to do simply with living in love. This is such a simple teaching that it escapes many people. But that focus upon Love is one's access to truth, and one's willingness to keep the heart open, which one may call faith, is the energy that brings to us all that was meant for us, both of lessons to learn and of service to offer.

And above all, we may acknowledge, for once and for all, that we are but dust, unless we are living in Love. This helps one to deal with sorrows that inevitably visit our lives. We are not supposed to be in control, or perfect, or any particular thing, but just those who continue to love, through whatever confusion there is. Sheer persistence in faith, regardless of the illusion, is the key to many blessings.

Session 18, February 4, 1981

Questioner: I was thinking last night that if I was in the place of Ra right now, the first distortion of the Law of One might cause me to mix some erroneous data with the true information that I was transmitting to this group. Do you do this?

Ra: I am Ra. We do not intentionally do this. However, there will be confusion. The errors which have occurred have occurred due to the occasional variation in the vibrational complex of this instrument due to its ingestion of a chemical substance. It is not our intent in this particular project to create erroneous information but to express in the confining ambiance of your language system the feeling of the infinite mystery of the one creation in its infinite and intelligent unity.

Questioner: Can you tell me what the chemical substance is that, when ingested, causes poor contact?

Ra: I am Ra. This is not a clear query. Could you please restate.

Questioner: You just stated that you had some problems with the instrument because of the ingestion of some chemical substance by the instrument. Can you tell me what the chemical substance was?

Ra: I am Ra. The substance of which we speak is called vibration sound complex, LSD. It does not give poor contact if it is used in conjunction with the contact. The difficulty of this particular substance is that there is, shall we say, a very dramatic drop-off of the effect of this substance. In each case this instrument began the session with the distortion towards extreme vital energy which this substance produces. However this entity was, during the session, at the point where this substance no longer was in sufficient strength to amplify the entity's abilities to express vital energy. Thus, first the phenomenon of, shall we say, a spotty contact and then, as the instrument relies again upon its own vibrational complexes of vital energy, the vital energy in this case being very low, it became necessary to abruptly cut off communication in order to preserve and nurture the instrument. This particular chemical

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substance is both helpful and unhelpful in these contacts for the causes given.

Questioner: Are there any foods that are helpful or harmful that the instrument might eat?

Ra: I am Ra. This instrument has body complex distortion towards ill health in the distortion direction corrected best by ingestion of the foodstuffs of your grains and your vegetables as you call them. However, this is extremely unimportant when regarded as an aid with equality to other aids such as attitude which this instrument has in abundance. It, however, aids the vital energies of this instrument, with less distortion towards ill health, to ingest foodstuffs in the above manner with the occasional ingestion of what you call your meats, due to the instrument's need to lessen the distortion towards low vital energy.

Questioner: The entity Aleister Crowley wrote "Do what thou wilt is the whole of the law." He was obviously of some understanding of the Law of One. Where is this entity now?

Ra: I am Ra. This entity is within your inner planes. This entity is in an healing process.

Questioner: Did this entity, then, even though he intellectually understood the Law of One, misuse it and have to go through this healing process?

Ra: I am Ra. This entity became, may we use the vibration sound complex, overstimulated with the true nature of things. This over-stimulation resulted in behavior that was beyond the conscious control of the entity. The entity thus, in many attempts to go through the process of balancing, as we have described the various centers beginning with the red ray and moving upwards, became somewhat overly impressed or caught up in this process and became alienated from other-selves. This entity was positive. However, its journey was difficult due to the inability to use, synthesize, and harmonize the understandings of the desires of self so that It might have shared, in full compassion, with other-selves. This entity thus became very unhealthy, as you may call it, in a spiritual complex manner, and it is necessary for those with this type of distortion towards inner pain to be nurtured in the inner planes until such an entity is capable of viewing the experiences again with the lack of distortion towards pain.

Questioner: I just have two little questions here at the end. The instrument wanted to ask if there were any other substances foods, etc. that she should not eat or drink or things that she should not do because she does not wish to have poor contact for any reason.

Ra: I am Ra. There is no activity which this instrument engages in which affects abilities negatively. There is one activity which affects its abilities positively. This is the sexual activity, as you would call it. There are substances ingested which do not aid the individual in the service it has chosen, this being that which you would call the marijuana. This is due to the distortion towards chemical lapses within the mind complex causing lack of synaptic continuity. This is a chemical reaction of short duration. This instrument, however, has not used this particular substance at any time while performing this service. We believe we have covered the use of such chemical agents as LSD, this being positive to a certain extent due to the energizing or speeding up of the vital forces. However, it is not recommended for this instrument due to the toll it takes upon the vital energies once the substance wears off. This being true of any speeding-up chemical. ♣

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The Law of One, Book I, Session 19
February 8, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. We communicate now.

Questioner: We are concerned in this communication with the evolution of mind, body, and spirit. It seems to me that a good place to start would be the transition from the second to the third density, then to investigate in detail the evolution of third-density entities of Earth, paying particular attention to the mechanisms which help or hinder that evolution.

Do all entities make a transition from second to third density, or are there some entities who have never gone through this transition?

Ra: I am Ra. Your question presumes the space/time continuum understandings of the intelligent energy which animates your illusion. Within the context of this illusion we may say that there are some that do not transfer from one particular density to another, for the continuum is finite.

In the understanding which we have of the universe or creation as one infinite being, its heart beating as alive in its own intelligent energy, it merely is one beat of the heart of this intelligence from creation to creation. In this context each and every entity of consciousness has/is/will experienced/experiencing/experience each and every density.

Questioner: Let's take the point at which an individualized entity of second density is ready for transition to third. Is this second-density being what we would call animal?

Ra: I am Ra. There are three types of second-density entities which become, shall we say, enspirited. The first is the animal. This is the most predominant. The second is the vegetable, most especially that which you call, sound vibration complex, "tree." These entities are capable of giving and receiving enough love to become individualized. The third is mineral. Occasionally a certain location/place, as you may call it, becomes energized to individuality through the love it receives and gives in relationship to a third-density entity which is in relationship to it. This is the least common transition.

Questioner: When this transition from second to third density takes place, how does the entity, whether it be animal, [vegetable] tree, or mineral, become enspirited?

Ra: I am Ra. Entities do not become enspirited. They become aware of the intelligent energy within each portion, cell, or atom, as you may call it, of its beingness.

This awareness is that which is awareness of that already given. From the infinite come all densities. The self-awareness comes from within given the catalyst of certain experiences understanding, as we

may call this particular energy, the upward spiraling of the cell or atom or consciousness.

You may then see that there is an inevitable pull toward the, what you may call, eventual realization of self.

Questioner: Then after the transition into the third density, am I correct in assuming—we'll take Earth as an example—the entities would then look like us? They would be in human form? Is this correct?

Ra: I am Ra. This is correct, taking your planetary sphere as an example.

Questioner: When the first second-density entities became third-density on this planet, was this with the help of the transfer of beings from Mars, or were there second-density beings who transferred into third density with no outside influence?

Ra: I am Ra. There were some second-density entities which made the graduation into third density with no outside stimulus but only the efficient use of experience.

Others of your planetary second density joined the third-density cycle due to harvesting efforts by the same sort of sending of vibratory aid as those of the Confederation send you now. This communication was, however, telepathic rather than telepathic/vocal or telepathic/written due to the nature of second-density beings.

Questioner: Who sent the aid to the second-density beings?

Ra: I am Ra. We call ourselves the Confederation of Planets in the Service of the Infinite Creator. This is a simplification in order to ease the difficulty of understanding among your people. We hesitate to use the term, sound vibration, understanding, but it is closest to our meaning.

Questioner: Then did this second-density to third-density transition take place 75,000 years ago? Approximately?

Ra: I am Ra. This is correct.

Questioner: Where did the second-density beings get physical vehicles of third-density type to incarnate into?

Ra: I am Ra. There were among those upon this second-density plane those forms which when exposed to third-density vibrations became the third-density, as you would call the sound vibration, human entities.

That is, there was loss of body hair, as you would call it, the clothing of the body to protect it, the changing of the structure of the neck, jaw, and forehead in order to allow the easier vocalization, and the larger cranial development characteristic of third-density needs. This was a normal transfiguration.

Questioner: Over how long a period of time was this transfiguration? It must have been very short.

Ra: I am Ra. The assumption is correct, in our terms at least—within a generation and one-half, as you know these things. Those who had been harvested of this planet were able to use the newly created physical complex of chemical elements suitable for third-density lessons.

Questioner: Can you tell me how this newly created physical complex was suited to third-density lessons and what those lessons were?

Ra: I am Ra. There is one necessity for third density. That necessity is self-awareness, or self-consciousness. In order to be capable of such, this chemical complex of body must be capable of abstract thought. Thus, the fundamental necessity is the combination of rational and intuitive thinking. This was transitory in the second-density forms operating largely upon intuition which proved through practice to yield results.

The third-density mind was capable of processing information in such a way as to think abstractly and in what could be termed "useless" ways, in the sense of survival. This is the primary requisite.

There are other important ingredients: the necessity for a weaker physical vehicle to encourage the use of the mind, the development of the already present awareness of the social complex. These also being necessary: the further development of physical dexterity in the sense of the hand, as you call this portion of your body complex.

Questioner: This seems to be a carefully planned or engineered stage of development. Can you tell me anything of the origin of this plan or its development?

Ra: I am Ra. We go back to previous information. Consider and remember the discussion of the Logos. With the primal distortion of free will, each galaxy

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developed its own Logos. This Logos has complete free will in determining the paths of intelligent energy which promote the lessons of each of the densities given the conditions of the planetary spheres and the sun bodies.

Questioner: I will make a statement then of my understanding and ask you if I am correct. There is a, what I would call, physical catalyst operating at all times upon the entities in third density. I assume this operates approximately the same way in second density. It is a catalyst which acts through what we call pain and emotion. Is the primary reason for the weakening of the physical body and the elimination of body hair, etc. so that this catalyst would act more strongly upon the mind and therefore create the evolutionary process?

Ra: I am Ra. This is not entirely correct, although closely associated with the distortions of our understanding.

Consider, if you will, the tree for instance. It is self-sufficient. Consider, if you will, the third-density entity. It is self-sufficient only through difficulty and deprivation. It is difficult to learn alone for there is a built-in handicap, at once the great virtue and the great handicap of third density. That is the rational/intuitive mind.

Thus, the weakening of the physical vehicle, as you call it, was designed to distort entities towards a predisposition to deal with each other. Thus, the lessons which approach a knowing of love can be begun.

This catalyst then is shared between peoples as an important part of each self's development as well as the experiences of the self in solitude and the synthesis of all experience through meditation. The quickest way to learn is to deal with other-selves. This is a much greater catalyst than dealing with the self. Dealing with the self without other-selves is akin to living without what you would call mirrors. Thus, the self cannot see the fruits of its being-ness. Thus, each may aid each by reflection. This is also a primary reason for the weakening of the physical vehicle, as you call the physical complex.

Questioner: Then we have second-density beings who have primarily motivation towards self and possibly a little motivation towards service to others with respect to their immediate family going into third density and carrying this bias with them but being in a position now where this bias will slowly be modified to one which is aimed toward a social complex and ultimately towards union with the all. Am I correct?

Ra: I am Ra. You are correct.

Questioner: Then the newest third-density beings who have just made the transition from second are still strongly biased towards self-service. There must be many other mechanisms to create an awareness of the possibility of service to others.

I am wondering, first about the mechanism and I am wondering when the split takes place where the entity is able to continue on the road to service to self that will eventually take him on to fourth density.

I'm assuming that an entity can start, say, in second density with service to self and continue right on through and just stay on what we would call the path of service to self and never be pulled over. Is this correct?

Ra: I am Ra. This is incorrect. The second-density concept of serving self includes the serving of those associated with tribe or pack. This is not seen in second density as separation of self and other-self. All is seen as self since in some forms of second-density entities, if the tribe or pack becomes weakened, so does the entity within the tribe or pack.

The new or initial third density has this innocent, shall we say, bias or distortion towards viewing those in the family, the society, as you would call, perhaps, country, as self. Thus though a distortion not helpful for progress in third density, it is without polarity.

The break becomes apparent when the entity perceives otherselves as other-selves and consciously determines to manipulate other-selves for the benefit of the self. This is the beginning of the road of which you speak.

Questioner: Then, through free will, some time within the third density experience, the path splits and the entity consciously chooses—or he probably doesn't consciously choose. Does the entity consciously choose this path of the initial splitting point?

Ra: I am Ra. We speak in generalities which is dangerous for always inaccurate. However, we realize

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you look for the overview; so we will eliminate anomalies and speak of majorities.

The majority of third density beings is far along the chosen path before realization of that path is conscious.

Questioner: Can you tell me what bias creates the momentum towards the chosen path of service to self?

Ra: I am Ra. We can speak only in metaphor. Some love the light. Some love the darkness. It is a matter of the unique and infinitely various Creator choosing and playing among its experiences as a child upon a picnic. Some enjoy the picnic and find the sun beautiful, the food delicious, the games refreshing, and glow with the joy of creation. Some find the night delicious, their picnic being pain, difficulty, sufferings of others, and the examination of the perversities of nature. These enjoy a different picnic.

All these experiences are available. It is the free will of each entity which chooses the form of play, the form of pleasure.

Questioner: I assume that an entity on either path can decide to change paths at any time and possibly retrace steps, the path changing being more difficult the farther along the path the change is made. Is this correct?

Ra: I am Ra. This is incorrect. The further an entity has, what you would call, polarized, the more easily this entity may change polarity, for the more power and awareness the entity will have.

Those truly helpless are those who have not consciously chosen but who repeat patterns without knowledge of the repetition or the meaning of the pattern.

Questioner: I believe we have a very important point here. It then seems that there is an extreme potential in this polarization the same as there is in electricity. We have a positive and negative pole. The more you build the charge on either of these, the more the potential difference and the greater the ability to do work, as we call it in the physical.

This would seem to me to be the same analogy that we have in consciousness. Is this correct?

Ra: I am Ra. This is precisely correct.

Questioner: Then it would seem that there is a relationship between what we perceive as a physical phenomenon, say the electrical phenomenon, and the phenomenon of consciousness in that they, having stemmed from the one Creator, are practically identical but have different actions. Is this correct?

Ra: I am Ra. Again we oversimplify to answer your query.

The physical complex alone is created of many, many energy or electromagnetic fields interacting due to intelligent energy, the mental configurations or distortions of each complex further adding fields of electromagnetic energy and distorting the physical complex patterns of energy, the spiritual aspect serving as a further complexity of fields which is of itself perfect but which can be realized in many distorted and unintegrated ways by the mind and body complexes of energy fields.

Thus, instead of one, shall we say, magnet with one polarity you have in the body/mind/spirit complex one basic polarity expressed in what you would call violet-ray energy, the sum of the energy fields, but which is affected by thought of all kinds generated by the mind complex, by distortions of the body complex, and by the numerous relationships between the microcosm which is the entity and the macrocosm in many forms which you may represent by viewing the stars, as you call them, each with a contributing energy ray which enters the electromagnetic web of the entity due to its individual distortions.

Questioner: Is this then the root of what we call astrology?

Ra: I am Ra. This will be the last full question of this session.

The root of astrology, as you speak it, is one way of perceiving the primal distortions which may be predicted along probability/possibility lines given, shall we say, cosmic orientations and configurations at the time of the entrance into the physical/mental complex of the spirit and at the time of the physical/mental/spiritual complex into the illusion.

This then has the possibility of suggesting basic areas of distortion. There is no more than this. The part astrology plays is likened unto that of one root among many.

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Questioner: Is there anything that we can do to make the instrument more comfortable?

Ra: I am Ra. This instrument is well aligned. You are being very conscientious. We request you take more care in being assured that this instrument is wearing footwear of what you would call, vibratory sound complex, shoes.

I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator. Adonai.
♣

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The Law of One, Book I, Session 20
February 9, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: To go back a bit, what happened to the second-density entities who were unharvestable when the third density began? I assume that there were some that did not make it into third density.

Ra: I am Ra. The second density is able to repeat during third density a portion of its cycle.

Questioner: Then the second-density entities who did not get harvested at the beginning of this 75,000 year period, some are still on this planet. Were any of these second-density entities harvested into the third density within the past 75,000 years?

Ra: I am Ra. This has been increasingly true.

Questioner: So more and more second-density entities are making it into third density. Can you give me an example of a second-density entity coming into the third density in the recent past?

Ra: I am Ra. Perhaps the most common occurrence of second-density graduation during third-density cycle is the so-called pet.

For the animal which is exposed to the individualizing influences of the bond between animal and third-density entity, this individuation causes a sharp rise in the potential of the second density entity so that upon the cessation of physical complex the mind/body complex does not return into the undifferentiated consciousness of that species, if you will.

Questioner: Then can you give me an example of an entity in third density that was just previously a second-density entity? What type of entity do they become here?

Ra: I am Ra. As a second-density entity returns as third-density for the beginning of this process of learning, the entity is equipped with the lowest, if you will so call these vibrational distortions, forms of third-density consciousness; that is, equipped with self-consciousness.

Questioner: This would be a human in our form then who would be beginning the understandings of third density. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Speaking of the rapid change that occurred in the physical vehicle from second to third density: this occurred, you said, in approximately a generation and a half. Body hair was lost and there were structural changes.

I am aware of the physics of Dewey B. Larson, who states that all is motion or vibration. Am I correct in assuming that the basic vibration that makes up the physical world changes, thus creating a different set of parameters, shall I say, in this short period of time between density changes allowing for the new type of being? Am I correct?

Ra: I am Ra. This is correct.

Questioner: Is the physics of Dewey Larson correct?

Ra: I am Ra. The physics of sound vibrational complex, Dewey, is a correct system as far as it is able to go. There are those things which are not included in this system. However, those coming after this particular entity, using the basic concepts of vibration and the study of vibrational distortions, will begin to understand that which you know as gravity and those things you consider as "n" dimensions. These things are necessary to be included in a more universal, shall we say, physical theory.

Questioner: Did this entity, Dewey, then bring this material through for use primarily in the fourth density?

Ra: I am Ra. This is correct.

Questioner: Yesterday we were talking about the split that occurs when an entity either consciously or unconsciously chooses the path that leads to either service to others or service to self. The philosophical question of why such a split even exists came up. It was my impression that just as it is in electricity, if we have no polarity in electricity we have no electricity; we have no action. Therefore, I am assuming that it is the same in consciousness. If we have no polarity in consciousness we also have no action or experience. Is this correct?

Ra: I am Ra. This is correct. You may use the general term "work."

Questioner: Then the concept of service to self and service to others is mandatory if we wish to have work, whether it be work in consciousness or work of a mechanical nature in the Newtonian concept in the physical. Is this correct?

Ra: I am Ra. This is correct with one addendum. The coil, as you may understand this term, is wound, is potential, is ready. The thing that is missing without polarizing is the charge.

Questioner: Then the charge is provided by individualized consciousness. Is this correct?

Ra: I am Ra. The charge is provided by the individualized entity using the in-pourings and in-streamings of energy by the choices of free will.

Questioner: Thank you. As soon as the third-density started 75,000 years ago and we have incarnate third-density entities, what was the average human life span at that time?

Ra: I am Ra. At the beginning of this particular portion of your space/time continuum the average life span was approximately nine hundred of your years.

Questioner: Did the average life span grow longer or shorter as we progressed into third-density experience?

Ra: I am Ra. There is a particular use for the span of life in this density and, given the harmonious development of the learning/teachings of this density, the life span of the physical complex would remain the same throughout the cycle. However, your particular planetary sphere developed vibrations by the second major cycle which shortened the life span dramatically.

Questioner: Assuming a major cycle is 25,000 years, at the end of the first major cycle, what was the life span?

Ra: I am Ra. The life span at the end of the first cycle which you call major was approximately seven hundred of your years.

Questioner: Then in 25,000 years we lost two hundred years of life span. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Can you tell me the reason for this shortening of life span?

Ra: I am Ra. The causes of this shortening are always an ineuphonious or inharmonious relational vibration between otherselves. In the first cycle this was not severe due to the dispersion of peoples, but there was the growing feeling complex/distortion towards separateness from other-selves.

Questioner: I am assuming that at the start of one of these cycles there could have been either a positive polarization that would generally occur over the 25,000 years or a negative polarization. Is the reason for the negative polarization and the shortening of the life span the influx of entities from Mars who had already polarized somewhat negatively?

Ra: I am Ra. This is incorrect. There was not a strong negative polarization due to this influx. The lessening of the life span was due primarily to the lack of the building of positive orientation. When there is no progress those conditions which grant

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progress are gradually lost. This is one of the difficulties of remaining unpolarized. The chances, shall we say, of progress become steadily less.

Questioner: The way I understand it, at the beginning of this 75,000 year cycle, then, we had a mixture of entities—those who had graduated from second density on Earth to become third-density and then a group of entities transferred from the planet Mars to continue third density here. Is this correct?

Ra: I am Ra. This is correct. You must remember that those transferred to this sphere were in the middle of their third density so that this third density was an adaptation rather than a beginning.

Questioner: What percentage of the entities who were here in third density at that time were Martian and what percentage were harvested from Earth's second density?

Ra: I am Ra. There were perhaps one-half of the third-density population being entities from the Red Planet, Mars, as you call it. Perhaps one-quarter from second density of your planetary sphere. Approximately one-quarter from other sources, other planetary spheres whose entities chose this planetary sphere for third-density work.

Questioner: When they incarnated here did all three of these types mix together in societies or groups or were they separated by groups and society?

Ra: I am Ra. They remained largely unmixed.

Questioner: Then did this unmixing lend to a possibility of warlike energy between groups?

Ra: I am Ra. This is correct.

Questioner: Did this help to reduce the life span?

Ra: I am Ra. This did reduce the life span, as you call it.

Questioner: Can you tell me why nine hundred years is the optimum life span?

Ra: I am Ra. The mind/body/spirit complex of third density has perhaps one hundred times as intensive a program of catalytic action from which to distill distortions and learn/teachings than any other of the densities. Thus the learn/teachings are most confusing to the mind/body/spirit complex which is, shall we say, inundated by the ocean of experience.

During the first, shall we say, perhaps 150 to 200 of your years as you measure time, a mind/body/spirit complex is going through the process of a spiritual childhood. The mind and the body are not enough in a disciplined configuration to lend clarity to the spiritual influxes. Thus, the remaining time span is given to optimize the understandings which result from experience itself.

Questioner: Then at present it would seem that our current life span is much too short for those who are new to third-density lessons. Is this correct?

Ra: I am Ra. This is correct. Those entities which have, in some way, learned/taught themselves the appropriate distortions for rapid growth can now work within the confines of the shorter life span. However, the greater preponderance of your entities find themselves in what may be considered a perpetual childhood.

Questioner: Back in the first 25,000 year period, or major cycle, what type of aid was given by the Confederation to the entities who were in this 25,000 year period so that they would have the opportunity to grow?

Ra: I am Ra. The Confederation members which dwell in inner-plane existence within the planetary complex of vibratory densities worked with these entities. There was also the aid of one of the Confederation which worked with those of Mars in making the transition.

For the most part, the participation was limited, as it was appropriate to allow the full travel of the workings of the confusion mechanism to operate in order for the planetary entities to develop that which they wished in, shall we say, freedom within their own thinking.

It is often the case that a third-density planetary cycle will take place in such a way that there need be no outside, shall we say, or other-self aid in the form of information. Rather, the entities themselves are able to work themselves towards the appropriate polarizations and goals of third-density learn/teachings.

Questioner: I make the assumption that if maximum efficiency had been achieved in this 25,000 year period the entities would have polarized either toward service to self or toward service to others, one or the other. This would have made them harvestable at the end of that 25,000 year period in which case they would have had to move

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to another planet because this one would have been third density for 50,000 more years. Is this correct?

Ra: I am Ra. Let us untangle your assumption which is complex and correct in part.

The original desire is that entities seek and become one. If entities can do this in a moment, they may go forward in a moment, and, thus, were this to occur in a major cycle, indeed, the third-density planet would be vacated at the end of that cycle.

It is, however, more towards the median or mean, shall we say, of third-density developments throughout the one infinite universe that there be a small harvest after the first cycle; the remainder having significantly polarized, the second cycle having a much larger harvest; the remainder being even more significantly polarized, the third cycle culminating the process and the harvest being completed.

Questioner: Was the Confederation watching to see and expecting to see a harvest at the end of the 25,000 year period in which a percentage would be harvestable fourth-density positive and a percentage harvestable fourth-density negative?

Ra: I am Ra. That is correct. You may see our role in the first major cycle as that of the gardener who, knowing the season, is content to wait for the spring. When the springtime does not occur, the seeds do not sprout; then it is that the gardener must work in the garden.

Questioner: Am I to understand, then, that there was neither a harvest of positive or negative entities at the end of that 25,000 years?

Ra: I am Ra. This is correct. Those whom you call the Orion group made one attempt to offer information to those of third density during that cycle. However, the information did not fall upon the ears of any who were concerned to follow this path to polarity.

Questioner: What technique did the Orion group use to give this information?

Ra: I am Ra. The technique used was of two kinds: one, the thought transfer or what you may call "telepathy"; Two, the arrangement of certain stones in order to suggest strong influences of power, this being those of statues and of rock formations in your Pacific areas, as you now call them, and to an extent in your Central American regions, as you now understand them.

Questioner: Were you speaking in part of the stone heads of Easter Island?

Ra: I am Ra. This is correct.

Questioner: How would such stone heads influence the people to take the path of service to self?

Ra: I am Ra. Picture, if you will, the entities living in such a way that their mind/body/spirit complexes are at what seems to be the mercy of forces which they cannot control. Given a charged entity such as a statue or a rock formation charged with nothing but power, it is possible for the free will of those viewing this particular structure or formation to ascribe to this power, power over those things which cannot be controlled. This, then, has the potential for the further distortion to power over others.

Questioner: How were these stone heads constructed?

Ra: I am Ra. These were constructed by thought after a scanning of the deep mind, the trunk of mind tree, looking at the images most likely to cause the experience of awe in the viewer.

Questioner: Did the Orion entities do this themselves? Did they do this in the physical? Did they land, or did they do it from mental planes?

Ra: I am Ra. Nearly all of these structures and formations were constructed at a distance by thought. A very few were created in later times in imitation of original constructs by entities upon your Earth plane/density.

Questioner: What density Orion entity did the construction of these heads?

Ra: I am Ra. The fourth density, the density of love or understanding, was the density of the particular entity which offered this possibility to those of your first major cycle.

Questioner: You use the same nomenclature for the fourth-density negative as for the fourth-density positive. Both are called the dimension of love or of understanding. Is this correct?

Ra: I am Ra. This is correct. Love and understanding, whether it be of self or of self toward other-self, is one.

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Questioner: What was the approximate date in years past of the construction of these heads?

Ra: I am Ra. This approximately was 60,000 of your years in the past time/space of your continuum.

Questioner: What structures were built in South America?

Ra: I am Ra. In this location were fashioned some characteristic statues, some formations of what you call rock and some formations involving rock and earth.

Questioner: Were the lines at Nazca included in this?

Ra: I am Ra. This is correct.

Questioner: Since these can only be seen from an altitude, of what benefit were they?

Ra: I am Ra. The formations were of benefit because charged with energy of power.

Questioner: I'm a little confused. These lines at Nazca are hardly understandable for an entity walking on the surface. He cannot see anything but disruption of the surface. However, if you go up to a high altitude you can see the patterns. How was it of benefit to the entities walking on the surface?

Ra: I am Ra. At the remove of the amount of time/space which is now your present it is difficult to perceive that at the time/space 60,000 years ago the earth was formed in such a way as to be visibly arranged in powerful structural designs, from the vantage point of distant hills.

Questioner: In other words at that time there were hills overlooking these lines?

Ra: I am Ra. This will be the last full question of this session.

The entire smoothness, as you see this area now, was built up in many places in hills. The time/space continuum has proceeded with wind and weather, as you would say, to erode to a great extent both the somewhat formidable structures of earth designed at that time and the nature of the surrounding countryside.

Questioner: I think I understand then that these lines are just the faint traces of what used to be there?

Ra: I am Ra. This is correct.

Questioner: Thank you. We need to know whether or not it is possible to continue with another session today and whether there is anything that we can do to make the instrument more comfortable?

Ra: I am Ra. It is possible. We ask that you observe carefully the alignment of the instrument. Otherwise, you are conscientious.

Is there any short query before we close?

Questioner: I intend in the next session to focus upon the development of the positively oriented entities in the first 25,000 years. I know you can't make suggestions. Can you give me any comment on this at all?

Ra: I am Ra. The choices are yours according to your discernment.

I am Ra. I leave you in the love and the light of the one infinite Creator. Adonai. ♣

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The Law of One, Book I, Session 21
February 10, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: I have a couple of questions that I don't want to forget to ask in this period, so I will ask them first.

The first question is: Would the future content of this book be affected in any way if the instrument reads the material that we have already obtained?

Ra: I am Ra. The future, as you measure in time/space, communications which we offer through this instrument have no connection with the instrument's mind complex. This is due to two things: first, the fidelity of the instrument in dedicating its will to the service of the infinite Creator; secondly, the distortion/understanding of our social memory complex that the most efficient way to communicate material with as little distortion as possible, given the necessity of the use of sound vibration complexes, is to remove the conscious mind complex from the spirit/mind/body complex so that we may communicate without reference to any instrument's orientation.

Questioner: Do you use the instrument's vocabulary or your own vocabulary to communicate with us?

Ra: I am Ra. We use the vocabulary of the language with which you are familiar. This is not the instrument's vocabulary. However, this particular mind/body/spirit complex retains the use of a sufficiently large number of sound vibration complexes that the distinction is often without any importance.

Questioner: So at the start of this 75,000 year cycle we know that the quarantine was fully set up. I am assuming then that the Guardians were aware of the infringements on the free will that would occur if they didn't set this up at that time and therefore did it. Is this correct?

Ra: I am Ra. This is partially incorrect. The incorrectness is as follows: those entities whose third-density experience upon your Red Planet was brought to a close prematurely were aided genetically while being transferred to this third density. This, although done in a desire to aid, was seen as infringement upon free will. The light quarantine which consists of the Guardians, or gardeners as you may call them, which would have been in effect was intensified.

Questioner: When the 75,000 year cycle started, the life span was approximately nine hundred years, average. What was the process and scheduling mechanism, shall I say, of reincarnation at that time, and how did the time in between incarnations into third-density physical apply to the growth of the mind/body/spirit complex?

Ra: I am Ra. This query is more complex than most. We shall begin. The incarnation pattern of the beginning third-density mind/body/spirit complex

begins in darkness, for you may think or consider of your density as one of, as you may say, a sleep and a forgetting. This is the only plane of forgetting. It is necessary for the third-density entity to forget so that the mechanisms of confusion or free will may operate upon the newly individuated consciousness complex.

Thus, the beginning entity is one in all innocence oriented towards animalistic behavior using other-selves only as extensions of self for the preservation of the all-self. The entity becomes slowly aware that it has needs, shall we say, that are not animalistic; that is, that are useless for survival. These needs include: the need for companionship, the need for laughter, the need for beauty, the need to know the universe about it. These are the beginning needs.

As the incarnations begin to accumulate, other needs are discovered: the need to trade, the need to love, the need to be loved, the need to elevate animalistic behaviors to a more universal perspective.

During the first portion of third-density cycles, incarnations are automatic and occur rapidly upon the cessation of energy complex of the physical vehicle. There is small need to review or to heal the experiences of the incarnation. As, what you would call, the energy centers begin to be activated to a higher extent, more of the content of experience during incarnation deals with the lessons of love.

Thus the time, as you may understand it, between incarnations is lengthened to give appropriate attention to the review and the healing of experiences of the previous incarnation. At some point in third density, the green-ray energy center becomes activated and at that point incarnation ceases to be automatic.

Questioner: When incarnation ceases to be automatic I am assuming that the entity can decide when he needs to incarnate for the benefit of his own learning. Does he also select his parents?

Ra: I am Ra. This is correct.

Questioner: At this time in our cycle, near the end, what percentage of the entities incarnating are making their own choices?

Ra: I am Ra. The approximate percentage is fifty-four percent.

Questioner: Thank you. During this first 25,000 year cycle was there any industrial development at all, any machinery available to the people?

Ra: I am Ra. Using the term "machine" to the meaning which you ascribe, the answer is no. However, there were, shall we say, various implements of wood and rock which were used in order to obtain food and for use in aggression.

Questioner: At the end of this first 25,000 year cycle was there any physical change that occurred rapidly like that which occurs at the end of a 75,000 year cycle or is this just an indexing time for harvesting period?

Ra: I am Ra. There was no change except that which according to intelligent energy, or what you may term physical evolution, suited physical complexes to their environment, this being of the color of the skin due to the area of the sphere upon which entities lived; the gradual growth of peoples due to improved intake of foodstuffs.

Questioner: Then, at the end of the first 25,000 year period, I am guessing that the Guardians discovered that there was no harvest of either positively or negatively oriented entities. Tell me then what happened? What action was taken?

Ra: I am Ra. There was no action taken except to remain aware of the possibility of a calling for help or understanding among the entities of this density. The Confederation is concerned with the preservation of the conditions conducive to learning. This for the most part, revolves about the primal distortion of free will.

Questioner: Then the Confederation gardeners did nothing until some of the plants in their garden called them for help. Is this correct?

Ra: I am Ra. This is correct.

Questioner: When did the first call occur, and how did it occur?

Ra: I am Ra. The first calling was approximately 46,000 of your years ago. This calling was of those of Maldek. These entities were aware of their need for rectifying the consequences of their action and were in some confusion in an incarnate state as to the circumstances of their incarnation; the unconscious being aware, the conscious being quite confused. This created a calling. The Confederation sent love and light to these entities.

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Questioner: How did the Confederation send this love and light? What did they do?

Ra: I am Ra. There dwell within the Confederation planetary entities who from their planetary spheres do nothing but send love and light as pure streamings to those who call. This is not in the form of conceptual thought but of pure and undifferentiated love.

Questioner: Did the first distortion of the Law of One then require that equal time, shall I say, be given to the self-service oriented group?

Ra: I am Ra. In this case this was not necessary for some of your time due to the orientation of the entities.

Questioner: What was their orientation?

Ra: I am Ra. The orientation of these entities was such that the aid of the Confederation was not perceived.

Questioner: Since it was not perceived it was not necessary to balance this. Is that correct?

Ra: I am Ra. This is correct. What is necessary to balance is opportunity. When there is ignorance, there is no opportunity. When there exists a potential, then each opportunity shall be balanced, this balancing caused by not only the positive and negative orientations of those offering aid but also the orientation of those requesting aid.

Questioner: Thank you very much. I apologize in being so stupid in stating my questions but this has cleared up my understanding nicely.

Then in the second 25,000 year major cycle was there any great civilization that developed?

Ra: I am Ra. In the sense of greatness of technology there were no great societies during this cycle. There was some advancement among those of Deneb who had chosen to incarnate as a body in what you would call China.

There were appropriately positive steps in activating the green-ray energy complex in many portions of your planetary sphere including the Americas, the continent which you call Africa, the island which you call Australia, and that which you know as India, as well as various scattered peoples.

None of these became what you would name great as the greatness of Lemuria or Atlantis is known to you due to the formation of strong social complexes and in the case of Atlantis, very great technological understandings.

However, in the South American area of your planetary sphere as you know it, there grew to be a great vibratory distortion towards love. These entities were harvestable at the end of the second major cycle without ever having formed strong social or technological complexes.

This will be the final question in completion of this session. Is there a query we may answer quickly before we close, as this instrument is somewhat depleted?

Questioner: I would just like to apologize for the confusion on my part in carrying on to this second 25,000 years.

I would like to ask if there is anything that we can do to make the instrument more comfortable? We would like to have a second session today.

Ra: I am Ra. You may observe a slight misalignment between book, candle, and perpendicularity of censer. This is not significant, but as we have said the cumulative effects upon this instrument are not well. You are conscientious. It is well to have a second session given the appropriate exercising and manipulation of this instrument's physical complex.

I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book V, Session 21, Fragment 10
February 10, 1981

Jim: As we were preparing to welcome Dr. Puharich into our circle of working with Ra, we were reminded once again of the prerequisite of the tuning in the personal life that was necessary for all of those involved in the contact.

Carla: *In the event, Andrija never visited us here in Kentucky. But it is worth noting that Ra frequently did respond to our questions by invoking the law of confusion. Those of Ra felt that the primary importance in personal ethics of allowing people to do their own learning, make their own mistakes, cannot be overemphasized.*

Session 21, February 10, 1981

Questioner: Andrija Puharich will be visiting later this month. Can he read the unpublished healing material?

Ra: I am Ra. The entity of whom you speak has a knowledge of this material in its conscious memory in somewhat altered form. Therefore, it is harmless to allow this entity to become acquainted with this material. However, we request the mind/body/spirit complex, Henry, be sufficiently prepared by means of meditation, contemplation, or prayer before entering these workings. At present, as we have said before, this mind/body/spirit complex is not of proper vibrational distortion.

Questioner: I had already determined to exclude him from these workings. I had only determined to let him read the material. The only other thing that I have noticed within the material as it exists now there is a certain statement that will allow him to understand who I believe Spectra really was. It seems to be my duty to remove this from his knowledge to preserve the same free will that you attempted to preserve by not naming the origin of the Spectra contact in Israel. Am I correct?

Ra: I am Ra. This is a matter for your discretion.

Questioner: That's what I thought you'd say. ♣

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The Law of One, Book I, Session 22
February 10, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. I communicate now.

Questioner: I will ask a couple of questions to clear up the end of the second major cycle. Then we will go on to the third and last of the major cycles.

Can you tell me what was the average life span at the end of the second major cycle?

Ra: I am Ra. By the end of the second major cycle the life span was as you know it, with certain variations among geographically isolated peoples more in harmony with intelligent energy and less bellicose.

Questioner: Can you tell me the length of the average life span in years at the end of the second major cycle?

Ra: I am Ra. The average is perhaps misleading. To be precise, many spent approximately thirty-five to forty of your years in one incarnation with the possibility not considered abnormal of a life span approaching one hundred of your years.

Questioner: Can I assume then that this drastic drop in average life span from seven hundred years to less than one hundred years in length during this second 25,000 years was caused by an intensification of a lack of service to others?

Ra: I am Ra. This is in part correct. By the end of the second cycle, the Law of Responsibility had begun to be effectuated by the increasing ability of entities to grasp those lessons which there are to be learned in this density. Thus, entities had discovered many ways to indicate a bellicose nature, not only as tribes or what you call nations but in personal relationships, each with the other, the concept of barter having given way to the concept of money; also, the concept of ownership having won ascendancy over the concept of nonownership on an individual or group basis.

Each entity then was offered many more subtle ways of demonstrating either service toward others or service to self with the distortion of the manipulation of others. As each lesson was understood, those lessons of sharing, of giving, of receiving in free gratitude—each lesson could be rejected in practice.

Without demonstrating the fruits of such learn/teaching the life span became greatly reduced, for the ways of honor/duty were not being accepted.

Questioner: Would this shortened life span help the entity in any way in that he would have more time in between incarnations to review his mistakes, or would this shortened life span hinder him?

Ra: I am Ra. Both are correct. The shortening of the life span is a distortion of the Law of One which suggests that an entity not receive more experience in more intensity than it may bear. This is only in

effect upon an individual level and does not hold sway over planetary or social complexes.

Thus the shortened life span is due to the necessity for removing an entity from the intensity of experience which ensues when wisdom and love are, having been rejected, reflected back into the consciousness of the Creator without being accepted as part of the self, this then causing the entity to have the need for healing and for much evaluation of the incarnation.

The incorrectness lies in the truth that, given appropriate circumstances, a much longer incarnation in your space/time continuum is very helpful for continuing this intensive work until conclusions have been reached through the catalytic process.

Questioner: You spoke of the South American group which was harvestable at the end of the second cycle. How long was their average life span at the end of the second cycle?

Ra: I am Ra. This isolated group had achieved life spans stretching upwards towards the nine hundred year life span appropriate to this density.

Questioner: I am assuming that the planetary action that we are experiencing now, which it seems shortens all life spans here, was not strong enough then to affect them and shorten their life span. Is this correct?

Ra: I am Ra. This is correct. It is well to remember that at that nexus in space/time great isolation was possible.

Questioner: How many people populated the Earth totally at that time; that is, were incarnate in the physical at any one time?

Ra: I am Ra. I am assuming that you intend to query regarding the number of incarnate mind/body/spirit complexes at the end of the second major cycle, this number being approximately 345,000 entities.

Questioner: Approximately how many were harvestable out of that total number at the end of the cycle?

Ra: I am Ra. There were approximately 150 entities harvestable.

Questioner: Then as the next cycle started were these the entities who stayed to work on the planet?

Ra: I am Ra. These entities were visited by the Confederation and became desirous of remaining in order to aid the planetary consciousness. This is correct.

Questioner: What type of visit did the Confederation make to this group of 150 entities?

Ra: I am Ra. A light being appeared bearing that which may be called a shield of light. It spoke of the oneness and infinity of all creation and of those things which await those ready for harvest. It described in golden words the beauties of love as lived. It then allowed a telepathic linkage to progressively show those who were interested the plight of third density when seen as a planetary complex. It then left.

Questioner: Did all of these entities then decide to stay and help during the next 25,000 year cycle?

Ra: I am Ra. This is correct. As a group they stayed. There were those peripherally associated with this culture which did not stay. However, they were not able to be harvested either and so, beginning at the very highest, shall we say, of the sub-octaves of third density, repeated this density. Many of those who have been of the loving nature are not Wanderers but those of this particular origin of second cycle.

Questioner: Are all of these entities still with us in this cycle?

Ra: I am Ra. The entities repeating the third-density major cycle have, in some few cases, been able to leave. These entities have chosen to join their brothers and sisters, as you would call these entities.

Questioner: Are any of these entities names that we would know from our historical past?

Ra: I am Ra. The one known as sound vibration complex, Saint Augustine, is of such a nature. The one known as Saint Teresa of such a nature. The one known as Saint Francis of Assisi of such nature. These entities, being of monastic background, as you would call it, found incarnation in the same type of ambiance appropriate for further learning.

Questioner: As the cycle terminated 25,000 years ago, what was the reaction of the Confederation to the lack of harvest?

Ra: I am Ra. We became concerned.

Questioner: Was any action taken immediately, or did you wait for a call?

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Ra: I am Ra. The Council of Saturn acted only in allowing the entry into third density of other mind/body/spirit complexes of third-density, not Wanderers, but those who sought further third-density experience. This was done randomly so that free will would not be violated for there was not yet a call.

Questioner: Was the next action taken by the Confederation when a call occurred?

Ra: I am Ra. This is correct.

Questioner: Who or what group produced this call, and what action was taken by the Confederation?

Ra: I am Ra. The calling was that of Atlanteans. This calling was for what you would call understanding with the distortion towards helping other-selves. The action taken is that which you take part in at this time: the impression of information through channels, as you would call them.

Questioner: Was this first calling then at a time before Atlantis became technologically advanced?

Ra: I am Ra. This is basically correct.

Questioner: Then did the technological advancement of Atlantis come because of this call? I am assuming that the call was answered to bring them the Law of One and the Law of Love as a distortion of the Law of One, but did they also then get technological information that caused them to grow into such a highly advanced technological society?

Ra: I am Ra. Not at first. At about the same time as we first appeared in the skies over Egypt and continuing thereafter, other entities of the Confederation appeared unto Atlanteans who had reached a level of philosophical understanding, shall we misuse this word, which was consonant with communication, to encourage and inspire studies in the mystery of unity.

However, requests being made for healing and other understanding, information was passed having to do with crystals and the building of pyramids as well as temples, as you would call them, which were associated with training.

Questioner: Was this training the same sort of initiatory training that was done with Egyptians?

Ra: I am Ra. This training was different in that the social complex was more, shall we say, sophisticated and less contradictory and barbarous in its ways of thinking. Therefore the temples were temples of learning rather than the attempt being made to totally separate and put upon a pedestal the healers.

Questioner: Then were there what we call priests trained in these temples?

Ra: I am Ra. You would not call them priests in the sense of celibacy, of obedience, and of poverty. They were priests in the sense of those devoted to learning.

The difficulties became apparent as those trained in this learning began to attempt to use crystal powers for those things other than healing, as they were involved not only with learning but became involved with what you would call the governmental structure.

Questioner: Was all of their information given to them in the same way that we are getting our information now, through an instrument such as this instrument?

Ra: I am Ra. There were visitations from time to time but none of importance in the, shall we say, historical passage of events in your space/time continuum.

Questioner: Was it necessary for them to have an unified social complex for these visitations to occur? What conditions were necessary for these visitations to occur?

Ra: I am Ra. The conditions were two: the calling of a group of people whose square overcame the integrated resistance of those unwilling to search or learn; the second requirement, the relative naiveté of those members of the Confederation who felt that direct transfer of information would necessarily be as helpful for Atlanteans as it had been for the Confederation entity.

Questioner: I see then. What you are saying is that these naive Confederation entities had had the same thing happen to them in the past so they were doing the same thing for the Atlantean entities. Is this correct?

Ra: I am Ra. This is correct. We remind you that we are one of the naive members of that Confederation and are still attempting to recoup the damage for which we feel responsibility. It is our duty as well as honor to continue with your peoples, therefore, until all traces of the distortions of our teach/learnings

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have been embraced by their opposite distortions, and balance achieved.

Questioner: I see. Then I will state the picture I have of Atlantis and you tell me if I am correct.

We have a condition where a large enough percentage of the people of Atlantis had started at least going in the direction of the Law of One and living the Law of One for their call to be heard by the Confederation. This call was heard because, using the Law of Squares, it overrode the opposition of the Atlantean entities who were not calling. The Confederation then used channels such as we use now in communication and also made contact directly, but this turned out to be a mistake because it was perverted by the entities of Atlantis. Is this correct?

Ra: I am Ra. This is correct with one exception. There is only one law. That is the Law of One. Other so-called laws are distortions of this law, some of them primal and most important for progress to be understood. However, it is well that each so-called law, which we also call "way," be understood as a distortion rather than a law. There is no multiplicity to the Law of One.

This will be the final question in length of this working. Please ask it now.

Questioner: Can you give me the average life span of the Atlantean population?

Ra: I am Ra. The average life span, as we have said, is misleading. The Atlanteans were, in the early part of their cultural experience, used to life spans from 70 to 140 years, this being, of course, approximate. Due to increasing desire for power, the lifetime decreased rapidly in the later stages of the civilization and, thus, the healing and rejuvenating information was requested.

Do you have any brief queries before we close?

Questioner: Is there anything that we can do to make the instrument more comfortable? Is there anything that we can do for her?

Ra: I am Ra. The instrument is well. It is somewhat less easy to maintain clear contact during a time when some or one of the entities in the circle of working is or are not fully conscious. We request that entities in the circle be aware that their energy is helpful for increasing the vitality of this contact. We thank you for being conscientious in the asking.

I am Ra. It is a great joy to leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator. Adonai. ✣

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The Law of One, Book V, Session 22, Fragment 11
February 10, 1981

Jim: Most of the personal information from Session 22 is self-explanatory. The prayer that Ra speaks of in relation to Carla is the Prayer of St. Francis which Carla has used as her own personal tuning mechanism since she began channeling in 1974. It further refines the tuning done by the support group and is always prayed mentally before any session, whether telepathic or trance.

The limitations which Ra speaks of in the second answer refers to Carla's rheumatoid arthritis which was apparently chosen before the incarnation to provide an inner focus for her meditative work rather than allow the ease of outer expression that might have dissipated the inner orientation. Thus not all disabilities are meant to yield to even the best efforts of healers, and when such a disability does not respond to any kind of healing effort, one may begin to consider what opportunities for learning and service are opened up by the disability. Ra even mentioned in the last sentence that her acceptance of her disabilities and limitations would ease the amount of pain that she suffered because of them.

Carla: *It was distinctly odd to be going about and walking into aromas which had no overt origin. It seemed to me throughout this time that I was being more and more sensitized, and less and less vibrating with my humanhood. I feel sure that the constant weight loss added to this Alice-in-Wonderland feeling. To the present day, I continue to have a very sensitized physical vehicle. However, my formerly tiny body has grown from size pre-teen 5/8 to its present position athwart 14/16, a weight gain of double the lightest weight reached during the contact. Just for a feel for where "normal" is for me, I used to weigh between 115 and 120, year after year. I looked quite normal at that weight. It's been interesting to feel the different weights I have been, to live with a more or less bulky vehicle. One feels stronger, the heavier one is. I was surprised at this, figuring that lighter weights would make one feel more toned and vital. It makes it easier to understand why we in America so often allow ourselves to eat to the point of obesity. It feels good! One doubts that it is a life-lengthening thing, however!*

The pre-incarnative choice which I made to have a body that would limit what I could do is one I have taken a long time to appreciate. It is frustrating at first not to be able to do the work one's trained to do. I loved being a librarian, I enjoyed researching for Don. When I could no longer work in these ways, I was profoundly puzzled and not a little upset. But then quiet years taught me so much. I learned the open heart although my body was declining; I found hope and faith although the physical picture grew steadily worse. After Donald died, I came close to dying too, and in 1992, when at last I was able to turn the boat around, I felt the grip of death loosen and fall away.

My present experience is of living in a barely-working physical vehicle. Taking no less than seven medications,

I walk the razor's edge between doing too much and not doing enough. The one thing that has never changed throughout this experience is my dedication to helping the Wanderers of this planet. All the various skills that I have had to give up have their place in my work with people who are having trouble with their spiritual path, and so I feel fully useful at last. And yet I know that we are all most useful, not by what we do or say, but in the quality of our being.

Session 22, February 10, 1981

Questioner: The instrument would like to ask a couple of questions of you. The instrument would like to know why she smells the incense at various times during the day at various places?

Ra: I am Ra. This instrument has spent a lifetime in dedication to service. This has brought this instrument to this nexus in space/time with the conscious and unconscious distortion towards service, with the further conscious distortion towards service by communication. Each time, as you would put it, that we perform this working our social memory complex vibrational distortion meshes more firmly with this instrument's unconscious distortions towards service. Thus we are becoming a part of this instrument's vibratory complex and it a part of ours. This occurs upon the unconscious level, the level whereby the mind has gone down through to the roots of consciousness which you may call cosmic. This instrument is not consciously aware of this slow changing of the meshing vibratory complex. However, as the dedication on both levels continues, and the workings continue, there are signals sent from the unconscious in a symbolic manner. Because this instrument is extremely keen in its sense of smell this association takes place unconsciously, and the thought-form of this odor is witnessed by the entity.

Questioner: Secondly, she would like to know why she feels more healthy now that she has begun these sessions and feels more healthy as time goes on?

Ra: I am Ra. This is a function of the free will of the entity. This entity has, for many of your years, prayed a certain set of sound vibration complexes before opening to communication. Before the trance state was achieved this prayer remained within the conscious portion of the mind complex and, though helpful, was not as effective as the consequence of this prayer, as you would call this vibrational sound complex, which then goes directly into the unconscious level, thus more critically affecting the communication from the spiritual complex. Also, this entity has begun, due to this working, to accept certain limitations which it placed upon itself in order to set the stage for services such as it now performs. This also is an aid to re-aligning the distortions of the physical complex with regard to pain. ♣

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The Law of One, Book I, Session 23
February 11, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. We communicate now.

Questioner: You were speaking yesterday of the first contact made by the Confederation which occurred during our third major cycle. You stated that you appeared in the skies over Egypt at approximately the same time that aid was given to Atlantis. Can you tell me why you went to Egypt and your orientation of attitude and thinking when you first went to Egypt?

Ra: I am Ra. At the time of which you speak there were those who chose to worship the hawk-headed sun god which you know as vibrational sound complex, "Horus." This vibrational sound complex has taken other vibrational sound complexes, the object of worship being the sun disc represented in some distortion.

We were drawn to spend some time, as you would call it, scanning the peoples for a serious interest amounting to a seeking with which we might help without infringement. We found that at that time the social complex was quite self-contradictory in its so-called religious beliefs and, therefore, there was not an appropriate calling for our vibration. Thus, at that time, which you know of as approximately 18,000 of your years in the past, we departed without taking action.

Questioner: You stated yesterday that you appeared in the skies over Egypt at that time. Were the Egyptian entities able to see you in their skies?

Ra: I am Ra. This is correct.

Questioner: What did they see, and how did this affect their attitudes?

Ra: I am Ra. They saw what you would speak of as crystal powered bell-shaped craft.

This did not affect them due to their firm conviction that many wondrous things occurred as a normal part of a world, as you would call it, in which many, many deities had powerful control over supernatural events.

Questioner: Did you have a reason for being visible to them rather than being invisible?

Ra: I am Ra. This is correct.

Questioner: Can you tell me your reason for being visible to them?

Ra: I am Ra. We allowed visibility because it did not make any difference.

Questioner: Then at this time you did not contact them. Can you answer the same question that I just asked with respect to your next attempt to contact the Egyptians?

Ra: I am Ra. The next attempt was prolonged. It occurred over a period of time. The nexus, or center,

of our efforts was a decision upon our parts that there was a sufficient calling to attempt to walk among your peoples as brothers.

We laid this plan before the Council of Saturn, offering ourselves as service-oriented Wanderers of the type which land directly upon the inner planes without incarnative processes. Thus we emerged, or materialized, in physical-chemical complexes representing as closely as possible our natures, this effort being to appear as brothers and spend a limited amount of time as teachers of the Law of One, for there was an ever-stronger interest in the sun body, and this vibrates in concordance with our particular distortions.

We discovered that for each word we could utter, there were thirty impressions we gave by our very being, which confused those entities we had come to serve. After a short period we removed ourselves from these entities and spent much time attempting to understand how best to serve those to whom we had offered ourselves in love/light.

The ones who were in contact with that geographical entity, which you know of as Atlantis, had conceived of the potentials for healing by use of the pyramid-shape entities. In considering this and making adjustments for the difference as in the distortion complexes of the two geographical cultures, as you would call them, we went before the Council again, offering this plan to the Council as an aid to the healing and the longevity of those in the area you know of as Egypt. In this way we hoped to facilitate the learning process as well as offer philosophy articulating the Law of One. Again the Council approved.

Approximately 11,000 of your years ago we entered, by thought-form, your—we correct this instrument. We sometimes have difficulty due to low vitality. Approximately 8,500 years ago, having considered these concepts carefully, we returned, never having left in thought, to the thought-form areas of your vibrational planetary complex and considered for some of your years, as you measure time, how to appropriately build these structures.

The first, the Great Pyramid, was formed approximately 6,000 of your years ago. Then, in sequence, after this performing by thought of the building or architecture of the Great Pyramid using the more, shall we say, local or earthly material rather than thought-form material to build other pyramidal structures. This continued for approximately 1,500 of your years.

Meanwhile, the information concerning initiation and healing by crystal was being given. The one known as "Ikhnaton" was able to perceive this information without significant distortion and for a time, moved, shall we say, heaven and earth in order to invoke the Law of One and to order the priesthood of these structures in accordance with the distortions of initiation and true compassionate healing. This was not to be long-lasting.

At this entity's physical dissolution from your third-density physical plane, as we have said before, our teachings became quickly perverted, our structures once again went to the use of the so-called "royal" or those with distortions towards power.

Questioner: When you spoke of pyramid healing, I am assuming that the primary healing was for the mind. Is this correct?

Ra: I am Ra. This is partially correct. The healing, if it is to be effectuated, must be a funneling without significant distortion of the in-streamings through the spiritual complex into the tree of mind. There are parts of this mind which block energies flowing to the body complex. In each case, in each entity, the blockage may well differ.

However, it is necessary to activate the sense of the spiritual channel or shuttle. Then whether the blockage is from spiritual to mental or from mental to physical, or whether it may simply be a random and purely physical trauma, healing may then be carried out.

Questioner: When you started building the pyramid at Giza using thought, were you at that time in contact with incarnate Egyptians and did they observe this building?

Ra: I am Ra. At that time we were not in close contact with incarnate entities upon your plane. We were responding to a general calling of sufficient energy in that particular location to merit action. We sent thoughts to all who were seeking our information.

The appearance of the pyramid was a matter of tremendous surprise. However, it was carefully designed to coincide with the incarnation of one known as a great architect. This entity was later made into a deity, in part due to this occurrence.

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Questioner: What name did they give this deity?

Ra: I am Ra. This deity had the sound vibration complex, "Imhotep."

Questioner: What can you tell me about the overall success of the pyramid? I understand that the pyramids were not successful in producing a rise in consciousness that was hoped for, but there must have been some success that came from them.

Ra: I am Ra. We ask you to remember that we are of the Brothers and Sisters of Sorrow. When one has been rescued from that sorrow to a vision of the one Creator, then there is no concept of failure.

Our difficulty lay in the honor/responsibility of correcting the distortions of the Law of One which occurred during our attempts to aid these entities. The distortions are seen as responsibilities rather than failures; the few who were inspired to seek, our only reason for the attempt.

Thus, we would perhaps be in the position of paradox in that as one saw an illumination, we were what you call successful, and as others became more sorrowful and confused, we were failures. These are your terms. We persist in seeking to serve.

Questioner: Can you tell me what happened to Ikhnaton after his physical death?

Ra: I am Ra. This entity was then put through the series of healing and review of incarnational experiences which is appropriate for third-density experience. This entity had been somewhat in the distortions of power ameliorated by the great devotion to the Law of One. This entity thus resolved to enter a series of incarnations in which it had no distortions towards power.

Questioner: Can you tell me what the average life span was for the Egyptians at the time of Ikhnaton?

Ra: I am Ra. The average life span of these people was approximately thirty-five to fifty of your years. There was much, what you would call, disease of a physical complex nature.

Questioner: Can you tell me of the reasons for the disease? I think I already know, but I think it might be good for the book to state this at this time.

Ra: I am Ra. This is, as we have mentioned before, not particularly informative with regard to the Law of One. However, the land you know of as Egypt at that time was highly barbarous in its living conditions, as you would call them. The river which you call Nile was allowed to flood and to recede, thus providing the fertile grounds for the breeding of diseases which may be carried by insects. Also, the preparation of foodstuffs allowed diseases to form. Also, there was difficulty in many cases with sources of water and water which was taken caused disease due to the organisms therein.

Questioner: I was really questioning about the more basic cause of disease rather than the mechanism of its transmission. I was going back to the root of thought that created the possibility of disease. Could you briefly tell me if I am correct in assuming the general reduction of thought over the long time on planet Earth with respect to the Law of One created a condition whereby what we call disease could develop? Is this correct?

Ra: I am Ra. This is correct and perceptive. You, as questioner, begin now to penetrate the outer teachings.

The root cause in this particular society was not so much a bellicose action although there were, shall we say, tendencies, but rather the formation of a money system and a very active trading and development of those tendencies towards greed and power; thus, the enslaving of entities by other entities and the misapprehension of the Creator within each entity.

Questioner: I understand, if I am correct, that a South American contact was also made. Can you tell me of the nature of your contact with respect to the attitude about the contact, its ramifications, the plan for the contact, and why the people were contacted in South America?

Ra: I am Ra. This will be the final full question of this session. The entities who walked among those in your South American continent were called by a similar desire upon the part of the entities therein to learn of the manifestations of the sun. They worshipped this source of light and life.

Thus, these entities were visited by light beings not unlike ourselves. Instructions were given and they were more accepted and less distorted than ours. The entities themselves began to construct a series of underground and hidden cities including pyramid structures.

These pyramids were somewhat at variance from the design that we had promulgated. However, the original ideas were the same with the addition of a

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desire or intention of creating places of meditation and rest, a feeling of the presence of the one Creator; these pyramids then being for all people, not only initiates and those to be healed.

They left this density when it was discovered that their plans were solidly in motion and, in fact, had been recorded. During the next approximately 3,500 years these plans became, though somewhat distorted, in a state of near-completion in many aspects.

Therefore, as is the case of the breakings of the quarantine, the entity who was helping the South American entities along the South American ways you call in part the Amazon River went before the Council of Saturn to request a second attempt to correct in person the distortions which had occurred in their plans. This having been granted, this entity or social memory complex returned and the entity chosen as messenger came among the peoples once more to correct the errors.

Again, all was recorded and the entity rejoined its social memory complex and left your skies.

As in our experience the teachings were, for the most part, greatly and grossly perverted to the extent in later times of actual human sacrifice rather than healing of humans. Thus, this social memory complex is also given the honor/duty of remaining until those distortions are worked out of the distortion complexes of your peoples.

May we ask if there are any questions of a brief nature before we close?

Questioner: Is there anything we can do to make the instrument more comfortable? Since you stated that she seems to be low on energy, is it possible to have another session later on today?

Ra: I am Ra. All is well with alignments. However, this instrument would benefit from rest from the trance state for this diurnal period.

I am Ra. I leave this instrument now. I leave each of you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book V, Session 23, Fragment 12
February 11, 1981

Jim: Dr. Puharich never did visit us during the Ra contact, so all of our questions about how he should prepare for joining the contact were only for our information. His strong desire to solve riddles and puzzles and his desire to prove spiritual truth would have made it difficult for him to become a part of our circle, since it was supported by the opposite mental attitude, faith.

Carla: *Once one starts watching for synchronicities, one can find many a book, movie, or any other object or event bringing repeated messages and reminders of our path. So often, Jim and I will be discussing an issue only to find that for the next day or two, we receive confirmations meaningful only to us.*

And I do think that many wanderers here are making today's movies and songs. One has only to listen to the wonderful words to current songs, sung by people as diverse as Arlo Guthrie and Donavon, Black Oak Arkansas and Earth, Wind and Fire, the Rolling Stones … the list is as long as my legs! We have wonderful company, we who wander here on earth.

Session 23, February 11, 1981

Questioner: I can't answer this question but I will ask it anyway since we are in the area that I think that this occurred in. I feel this is somewhat of a duty to ask this question because Henry Puharich will be visiting us here later this month. Was this entity involved in any of these times of which you have just spoken?

Ra: I am Ra. You are quite correct in your assumption that we can speak in no way concerning the entity Henry. If you will consider this entity's distortions with regard to what you call "proof" you will understand/grasp our predicament.

Questioner: I had assumed before I asked the question that that would be the answer. I only asked it for his benefit because he wished for me to. This may be a dumb question. There is a movie called "Battle Beyond the Stars." I don't know if you are familiar with it or not. I guess you are. It just seemed to have what you are telling us included in the script. Is this correct?

Ra: I am Ra. This particular creation of your entities had some distortions of the Law of One and its scenario upon your physical plane. This is correct. ♣

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The Law of One, Book I, Session 24
February 15, 1981

Ra: I am Ra. I greet you in the love and in the light of the infinite Creator. We communicate now.

Questioner: We are a little concerned about the physical condition of the instrument. She has a slight congestion. If you can tell me of the advisability of the session, I would appreciate it.

Ra: I am Ra. This instrument's vital energies of the physical complex are low. The session will be appropriately shortened.

Questioner: In the last session you mentioned that in this last 25,000 year cycle the Atlanteans, Egyptians, and those in South America were contacted and then the Confederation departed. I understand that the Confederation did not come back for some time. Could you tell me of the reasons, consequences, and attitudes with respect to the next contact with those here on planet Earth?

Ra: I am Ra. In the case of the Atlanteans, enlargements upon the information given resulted in those activities distorted towards bellicosity which resulted in the final second Atlantean catastrophe 10,821 of your years in the past, as you measure time.

Many, many were displaced due to societal actions both upon Atlantis and upon those areas of what you would call North African deserts to which some Atlanteans had gone after the first conflict. Earth changes continued due to these, what you would call, nuclear bombs and other crystal weapons, sinking the last great land masses approximately 9,600 of your years ago.

In the Egyptian and the South American experiments results, though not as widely devastating, were as far from the original intention of the Confederation. It was clear to not only us but also to the Council and the Guardians that our methods were not appropriate for this particular sphere.

Our attitude thus was one of caution, observation, and continuing attempts to creatively discover methods whereby contact from our entities could be of service with the least distortion and above all with the least possibility of becoming perversions or antitheses of our intention in sharing information.

Questioner: Thank you. Then I assume that the Confederation stayed away from Earth for a period of time. What condition created the next contact that the Confederation made?

Ra: I am Ra. In approximately 3,600 of your years in the past, as you measure time, there was an influx of those of the Orion group, as you call them. Due to the increasing negative influences upon thinking and acting distortions, they were able to begin working with those whose impression from olden times, as you may say, was that they were special and different.

An entity of the Confederation, many, many thousands of your years in the past, the one you may call "Yahweh," had, by genetic cloning, set up these particular biases among these peoples who had come gradually to dwell in the vicinity of Egypt, as well as in many, many other places, by dispersion after the down-sinking of the land mass Mu. Here the Orion group found fertile soil in which to plant the seeds of negativity, these seeds, as always, being those of the elite, the different, those who manipulate or enslave others.

The one known as Yahweh felt a great responsibility to these entities. However, the Orion group had been able to impress upon the peoples the name Yahweh as the one responsible for this elitism. Yahweh then was able to take what you would call stock of its vibratory patterns and became, in effect, a more eloquently effective sound vibration complex.

In this complex the old Yahweh, now unnamed, but meaning "He comes," began to send positively oriented philosophy. This was approximately, in your past, of 3,300 years. Thus, the intense portion of what has become known as Armageddon was joined.

Questioner: How did the Orion group get through the quarantine 3,600 years ago? The random window effect?

Ra: I am Ra. At that time this was not entirely so, as there was a proper calling for this information. When there is a mixed calling the window effect is much more put into motion by the ways of the densities.

The quarantine in this case was, shall we say, not patrolled so closely, due to the lack of strong polarity, the windows thus needing to be very weak in order for penetration. As your harvest approaches, those forces of what you would call light work according to their call. The ones of Orion have the working only according to their call. This calling is in actuality not nearly as great.

Thus, due to the way of empowering or squares there is much resistance to penetration. Yet free will must be maintained and those desiring negatively oriented information, as you would call it, must then be satisfied by those moving through by the window effect.

Questioner: Then Yahweh, in an attempt to correct what I might call a mistake (I know you don't want to call it that), started 3,300 years ago a positive philosophy. Were the Orion and Yahweh philosophies impressed telepathically, or were there other techniques used?

Ra: I am Ra. There were two other techniques used: one by the entity no longer called Yahweh, who still felt that if it could raise up entities which were superior to the negative forces, that these superior entities could spread the Law of One. Thus this entity, "Yod-Heh-Shin-Vau-Heh," came among your people in form according to incarnate being and mated in the normal reproductive manner of your physical complexes, thus birthing a generation of much larger beings, these beings called "Anak."

The other method used to greater effect later in the scenario, as you would call it, was the thought-form such as we often use among your peoples to suggest the mysterious or the sublime. You may be familiar with some of these appearances.

Questioner: Could you state some of those?

Ra: I am Ra. This is information which you may discover. However, we will briefly point the way by indicating the so-called wheel within a wheel and the cherubim with sleepless eye.

Questioner: Did the Orion group use similar methods for their impression 3,600 years ago?

Ra: I am Ra. The group or empire had an emissary in your skies at that time.

Questioner: Can you describe that emissary?

Ra: I am Ra. This emissary was of your fiery nature which was hidden by the nature of cloud in the day. This was to obliterate the questions of those seeing such a vehicle and to make it consonant with these entities' concept of what you may call the Creator.

Questioner: And then how was the information passed on to the entities after they saw this fiery cloud?

Ra: I am Ra. By thought transfer and by the causing of fiery phenomena and other events to appear as being miraculous through the use of thought-forms.

Questioner: Then are there any prophets that sprang from this era or soon after it that are recorded?

Ra: I am Ra. Those of the empire were not successful in maintaining their presence for long after the approximate three zero, zero, zero date in

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your history and were, perforce, left with the decision to physically leave the skies. The so-called prophets were often given mixed information, but the worst that the Orion group could do was to cause these prophets to speak of doom, as prophecy in those days was the occupation of those who love their fellow beings and wish only to be of service to them and to the Creator.

Questioner: Are you saying that the Orion group was successful in polluting some of the positively oriented prophets' messages with prophecies of doom?

Ra: I am Ra. This is correct. Your next query shall be the last full query for this session.

Questioner: Could you tell me why the Orion group had to leave after what figures to be a six hundred year period?

Ra: I am Ra. Although the impression that they had given to those who called them was that these entities were an elite group, that which you know as "Diaspora" occurred, causing much dispersion of these peoples so that they became an humbler and more honorable breed, less bellicose and more aware of the loving-kindness of the one Creator.

The creation about them tended towards being somewhat bellicose, somewhat oriented towards the enslavement of others, but they themselves, the target of the Orion group by means of their genetic superiority/weakness, became what you may call the underdogs, thereby letting the feelings of gratitude for their neighbors, their family, and their one Creator begin to heal the feelings of elitism which led to the distortions of power over others which had caused their own bellicosity.

Any short queries may be asked now.

Questioner: Is there anything that we can do to make the instrument more comfortable?

Ra: I am Ra. You are conscientious. Be careful to adjust this instrument's upper appendages if its upper body is elevated.

I am Ra. All is well. It is our joy to speak with you. We leave in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator. Adonai. ✤

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The Law of One, Book V, Session 24, Fragment 13
February 15, 1981

Jim: The following information refers to two of the most widely rumored events in Ufology in this country. The first refers to the supposed face-to-face meeting between extraterrestrials and then President Dwight D. Eisenhower and some senior military staff at Edwards Air Force Base in California in February, 1954. The second incident refers to the supposed crash of a UFO outside of Roswell, NM, in which the ufonauts on board supposedly died. It is further rumored that their bodies were stored in Hangar #18 at Wright Patterson Air Base in Ohio. Once again we encountered the temptation to pursue information that seemed on the surface to be extremely interesting but which in truth would yield little or no information which might aid in the evolution of mind, body, or spirit. And we would have lost the Ra contact because Ra's "narrow band contact" was focused only on aiding our evolution and not on revealing the transient intricacies of how groups play games in this illusion.

Carla: *In 1962, when I joined with Donald to help make up the initial meditation group which grew into L/L Research, there were several rumors being bruited about. Supposedly, the government knew all about UFOs, had had contact. There were alleged conspiracies that various sources warned the public about. To this day, there has continued a steady stream of such prophecies and doomsday warnings of all kinds. Only the dates of Armageddon have changed, usually predicting doom within the next two or three years. It is not that I do not think UFOs are communicating with our government. They might be. Certainly they are here; the landing trace cases alone prove that something that makes dents in the ground is visiting us, and the many witnesses and abductees create a comprehensive picture of human-alien contact that is undeniable. It is that I feel that the real treasure the UFO entities have brought us are those of the spirit, not those of this world. Whatever the physical reality of UFOs and governmental doings, they remain part of the transient world picture: part of this heavy illusion. But the messages have a metaphysical content that 10,000 years would not make out of date or less meaningful. So I tend to respond to people's questions about such highjinks as these with a redirection, back from phenomena to metaphysical truth.*

Session 24, February 15, 1981

Questioner: One thing that has been bothering me that I was just reading about is not too important, but I would really be interested in knowing if Dwight Eisenhower met with either the Confederation or the Orion group in the 1950s?

Ra: I am Ra. The one of which you speak met with thought-forms which are indistinguishable from third density. This was a test. We, the Confederation, wished to see what would occur if this extremely positively oriented and simple congenial person with no significant distortion

towards power happened across peaceful information and the possibilities which might append therefrom. We discovered that this entity did not feel that those under his care could deal with the concepts of other beings and other philosophies. Thus an agreement reached then allowed him to go his way, ourselves to do likewise; and a very quiet campaign, as we have heard you call it, be continued alerting your peoples to our presence gradually. Events have overtaken this plan. Is there any short query before we close?

Questioner: Another question with that is: was there a crashed spaceship with small bodies now stored in our military installations?

Ra: I am Ra. We do not wish to infringe upon your future. Gave we you this information, we might be giving you more than you could appropriately deal with in the space/time nexus of your present somewhat muddled configuration of military and intelligence thought. Therefore, we shall withhold this information. ♣

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The Law of One, Book I, Session 25
February 16, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. We communicate now.

Questioner: We shall now continue with the material from yesterday. You stated that about 3,000 years ago the Orion group left due to Diaspora. Was the Confederation then able to make any progress after the Orion group left?

Ra: I am Ra. For many of your centuries, both the Confederation and the Orion Confederation busied themselves with each other upon planes above your own, shall we say, planes in time/space whereby machinations were conceived and the armor of light girded. Battles have been and are continuing to be fought upon these levels.

Upon the Earth plane, energies had been set in motion which did not cause a great deal of call. There were isolated instances of callings, one such taking place beginning approximately 2,600 of your years in the past in what you would call Greece (at this time) and resulting in writings and understandings of some facets of the Law of One. We especially note the one known as Thales and the one known as Heraclitus, those being of the philosopher career, as you may call it, teaching their students. We also point out the understandings of the one known as Pericles.

At this time there was a limited amount of visionary information which the Confederation was allowed to telepathically impress. However, for the most part, during this time empires died and rose according to the attitudes and energies set in motion long ago, not resulting in strong polarization but rather in that mixture of the positive and the warlike or negative which has been characteristic of this final minor cycle of your beingness.

Questioner: You spoke of an Orion Confederation and of a battle being fought between the Confederation and the Orion Confederation. Is it possible to convey any concept of how this battle is fought?

Ra: I am Ra. Picture, if you will, your mind. Picture it then in total unity with all other minds of your society. You are then single-minded and that which is a weak electrical charge in your physical illusion is now an enormously powerful machine whereby thoughts may be projected as things.

In this endeavor the Orion group charges or attacks the Confederation armed with light. The result, a stand-off, as you would call it, both energies being somewhat depleted by this and needing to regroup; the negative depleted through failure to manipulate, the positive depleted through failure to accept that which is given.

Questioner: Could you amplify the meaning of what you mean by the "failure to accept that which is given"?

Ra: I am Ra. At the level of time/space at which this takes place in the form of what you may call thought-war, the most accepting and loving energy would be to so love those who wished to manipulate that those entities were surrounded and engulfed, transformed by positive energies.

This, however, being a battle of equals, the Confederation is aware that it cannot, on equal footing, allow itself to be manipulated in order to remain purely positive, for then though pure it would not be of any consequence, having been placed by the so-called powers of darkness under the heel, as you may say.

It is thus that those who deal with this thought-war must be defensive rather than accepting in order to preserve their usefulness in service to others. Thusly, they cannot accept fully what the Orion Confederation wishes to give, that being enslavement. Thusly, some polarity is lost due to this friction and both sides, if you will, must then regroup.

It has not been fruitful for either side. The only consequence which has been helpful is a balancing of the energies available to this planet so that these energies have less necessity to be balanced in this space/time, thus lessening the chances of planetary annihilation.

Questioner: Does a portion of the Confederation then engage in this thought-battle? What percent engages?

Ra: I am Ra. This is the most difficult work of the Confederation. Only four planetary entities at any one time are asked to partake in this conflict.

Questioner: What density are these four planetary entities?

Ra: I am Ra. These entities are of the density of love, numbering four.

Questioner: Would an entity of this density be more effective for this work than an entity of density five or six?

Ra: I am Ra. The fourth density is the only density besides your own which, lacking the wisdom to refrain from battle, sees the necessity of the battle. Thus it is necessary that fourth-density social memory complexes be used.

Questioner: Am I correct in assuming that both the Confederation and the Orion group utilize only their fourth densities in this battle, and that the fifth and sixth densities of the Orion group do not engage in this?

Ra: I am Ra. This will be the last full question as this entity's energies are low.

It is partially correct. Fifth- and sixth-density entities positive would not take part in this battle. Fifth-density negative would not take part in this battle. Thus, the fourth density of both orientations join in this conflict.

May we ask for a few short questions before we close?

Questioner: I will first ask if there is anything that we can do to make the instrument more comfortable. I would also really like to know the orientation of the fifth-density negative for not participating in this battle?

Ra: I am Ra. The fifth density is the density of light or wisdom. The so-called negative service-to-self entity in this density is at a high level of awareness and wisdom and has ceased activity except by thought. The fifth-density negative is extraordinarily compacted and separated from all else.

Questioner: Thank you very much. We do not wish to deplete the instrument. Is there anything that we can do to make the instrument more comfortable?

Ra: I am Ra. You are very conscientious. As we requested previously it would be well to observe the angles taken by the more upright posture of the entity. It is causing some nerve blockage in the portion of the body complex called the elbows.

I am Ra. I leave you in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book V, Session 25, Fragment 14
February 16, 1981

Jim: The following information gave us some insight into how one's choices can be used in either the positive or the negative sense even when there is the seeming interference of negative entities in the manner of what many light workers call psychic attack and what we came to call psychic greetings. We chose the term greeting to emphasize that there does not have to be a negative experience on the part of the one who is greeted and that the experience that the one who is greeted actually has is in direct proportion to how that entity looks at the situation. If one wishes to see such a greeting as a difficult attack, then that becomes the experience. One can, however, also choose to see the Creator in all entities and events and can praise and seek the light within any situation, and then that will tend to become the experience.

When this latter choice is made the psychic greeting becomes a great blessing in that it presents to the one who is greeted an intensive opportunity to see the one Creator where it may be more difficult to see and which, when accomplished, develops a great deal more spiritual strength than may normally be developed without the negative entity's aid in pointing out the weaker areas of our magical personalities. Psychic greetings can only be offered by negative entities' enhancing our own free will choices that are distorted towards service-to-self thought and behavior. Our poor choices, usually reflecting a lack of love towards another or the self, get magnified by the negative entity and bleed away our efforts to seek the light and serve others until we are able to balance the situation with love, acceptance, compassion, tolerance, and the light touch. This is why Jesus said to "Resist not evil." To resist and fight is to see someone or something as other than the self, as other than the one Creator. That is the negative path. The positive path sees and loves all as the self and as the One.

Carla: *The work that was perforce mine during this time of psychic greeting was, as Jim pointed out, very helpful in focusing my will and attention. I remember feeling tremendously uplifted and held in safe hands through all of the episodes. The key was the surrender to seeing one's own dark side. I think Dion Fortune's description of how to deal with a vampiric entity, in that case a wolf, still to be the most direct example of the understanding needed to move through such times. This wise soul had a wolf appearing at her bed, during training in white western ritual magic. The solution was to draw the wolf directly into the breast, loving it and accepting it as self. Against fearless love, the powers of negation and death are helpless, and melt away.*

I think those of Ra were very careful of our group, compared to some sources, who did not show much concern that they were wearing the instrument out. Advice such as was given for me could well apply to anyone who must husband one's energy.

Session 25, February 16, 1981

Questioner: What cause or complex of causes has led to the instrument's chest cold, as it is called?

Ra: I am Ra. This distortion towards illness was caused by the free will of the instrument in accepting a chemical substance which you call LSD. This was carefully planned by those entities which do not desire this instrument to remain viable. The substance has within it the facility of removing large stores of vital energy from the ingestor. The first hope of the Orion entity which arranged this opportunity was that this instrument would become less polarized towards what you call the positive. Due to conscious efforts upon the part of this instrument, using the substance as a programmer for service to others and for thankfulness, this instrument was spared this distortion and there was no result satisfactory to the Orion group.

The second hope lay in the possible misuse of the most powerful means of transmission of energy between your peoples in the area of body complex distortions. We have not previously spoken of the various types of energy blockages and transfers, positive and negative, that may take place due to participation in your sexual reproductive complex of actions. This entity, however, is a very strong entity with very little distortion from universal green-ray love energy. Thus this particular plan was not effected either, as the entity continued to give of itself in this context in an open or green-ray manner rather than attempting to deceive or to manipulate other-self.

The only remaining distortion available, since this entity would not detune and would not cease sharing love universally under this chemical substance, was simply to drain this entity of as much energy as possible. This entity has a strong distortion towards busy-ness which it has been attempting to overcome for some time, realizing it not to be the appropriate attitude for this work. In this particular area the ingestion of this substance did indeed, shall we say, cause distortions away from viability due to the busy-ness and the lack of desire to rest; this instrument staying alert for much longer than appropriate. Thus much vital energy was lost, making this instrument unusually susceptible to infections such as it now experiences.

Questioner: The second question that the instrument requested is: How may I best revitalize my self not only now but in the future?

Ra: I am Ra. This instrument is aware of the basic needs of its constitution, those being meditation, acceptance of limitations, experiences of joy through association with others, and with the beauty as of the singing, and the exercising with great contact, whenever possible, with the life forces of second density, especially those of trees; this entity also needing to be aware of the moderate but steady intake of foodstuffs, exercise being suggested at a fairly early portion of the day and at a later portion of the day before the resting.

Questioner: The third question that she requested was: How may Don and Jim help to revitalize me?

Ra: I am Ra. This is not an appropriate question for full answer. We can say only that these entities are most conscientious. We may add that due to this instrument's distortion towards imbalance in the space/time nexus, it would be well were this entity accompanied during exercise. ✤

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The Law of One, Book I, Session 26
February 17, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: Is any of the changing that we have done here going to affect communication with the instrument in any way? Is what we've set up here all right?

Ra: I am Ra. This is correct.

Questioner: Do you mean that everything is satisfactory for continued communication?

Ra: I am Ra. We meant that the changes affect this communication.

Questioner: Should we discontinue communication because of these changes, or should we continue?

Ra: I am Ra. You may do as you wish. However, we would be unable to use this instrument at this space/time nexus without these modifications.

Questioner: Assuming that it is all right to continue, we're down to the last 3,000 years of this present cycle, and I was wondering if the Law of One in its written or spoken form has been made available within this last 3,000 years in any complete way such as we are doing now? Is it available in any other source?

Ra: I am Ra. There is no possibility of a complete source of information of the Law of One in this density. However, certain of your writings passed on to you as your so-called holy works have portions of this law.

Questioner: Does the Bible that we know have portions of this law in it?

Ra: I am Ra. This is correct.

Questioner: Can you tell me if any of the Old Testament has any of the Law of One?

Ra: I am Ra. This is correct.

Questioner: Which has more of the Law of One in it, the Old Testament or the New Testament?

Ra: I am Ra. Withdrawing from each of the collections of which you speak the portions having to do with the Law of One, the content is approximately equal. However, the so-called Old Testament has a larger amount of negatively influenced material, as you would call it.

Questioner: Can you tell me about what percentage is of Orion influence in both the Old and New Testaments?

Ra: I am Ra. We prefer that this be left to the discretion of those who seek the Law of One. We are not speaking in order to judge. Such statements would be construed by some of those who may read this material as judgmental. We can only suggest a careful reading and inward digestion of the contents. The understandings will become obvious.

Questioner: Thank you. Have you communicated with any of our population in the third-density incarnate state in recent times?

Ra: I am Ra. Please restate, specifying "recent times" and the pronoun, "you."

Questioner: Has Ra communicated with any of our population in this century, in the last, say, eighty years?

Ra: I am Ra. We have not.

Questioner: Has the Law of One been communicated in the last eighty years by any other source to an entity in our population?

Ra: I am Ra. The ways of One have seldom been communicated, although there are rare instances in the previous eighty of your years, as you measure time.

There have been many communications from fourth density due to the drawing towards the harvest to fourth density. These are the ways of universal love and understanding. The other teachings are reserved for those whose depth of understanding, if you will excuse this misnomer, recommend and attract such further communication.

Questioner: Then did the Confederation step up its program of helping planet Earth some time late in this last major cycle? It seems that they did from previous data, especially with the Industrial Revolution. Can you tell me the attitudes and the reasonings behind this? is there any reason other than they just wanted to produce more leisure time in the last, say, one hundred years of the cycle? Is this the total reason?

Ra: I am Ra. This is not the total reason. Approximately two hundred of your years in the past, as you measure time, there began to be a significant amount of entities who by seniority were incarnating for learn/teaching purposes rather than for the lesser of the learn/teachings of those less aware of the process. This was our signal to enable communication to take place.

The Wanderers which came among you began to make themselves felt at approximately this time, firstly offering ideas or thoughts containing the distortion of free will. This was the prerequisite for further Wanderers which had information of a more specific nature to offer. The thought must precede the action.

Questioner: I was wondering if the one, Abraham Lincoln, could have been a Wanderer?

Ra: I am Ra. This is incorrect. This entity was a normal, shall we say, Earth being which chose to leave the vehicle and allow an entity to use it on a permanent basis. This is relatively rare compared to the phenomenon of Wanderers.

You would do better, considering the incarnations of Wanderers such as the one known as "Thomas," the one known as "Benjamin."

Questioner: I am assuming that you mean Thomas Edison and Benjamin Franklin?

Ra: I am Ra. This is incorrect. We were intending to convey the sound vibration complex, Thomas Jefferson. The other, correct.

Questioner: Thank you. Can you tell me where the entity who used Abraham Lincoln's body—what density he came from and where?

Ra: I am Ra. This entity was fourth-vibration.

Questioner: I assume positive?

Ra: I am Ra. That is correct.

Questioner: Was his assassination in any way influenced by Orion or any other negative force?

Ra: I am Ra. This is correct.

Questioner: Thank you. In the recent past of the last thirty to forty years the UFO phenomena have become known to our population. What was the original reason for the increase in what we call UFO activity in the past forty years?

Ra: I am Ra. Information which Confederation sources had offered to your entity, Albert [Einstein], became perverted, and instruments of destruction began to be created, examples of this being the Manhattan Project and its product.

Information offered through Wanderer, sound vibration, Nikola, also was experimented with for potential destruction: example, your so-called Philadelphia Experiment.

Thus, we felt a strong need to involve our thought-forms in whatever way we of the Confederation could be of service in order to balance these distortions of information meant to aid your planetary sphere.

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Questioner: Then what you did, I am assuming, is to create an air of mystery with the UFO phenomenon, as we call it, and then by telepathy send many messages which could be accepted or rejected under the Law of One so that the population would start thinking seriously about the consequences of what it was doing. Is this correct?

Ra: I am Ra. This is partially correct. There are other services we may perform. Firstly, the integration of souls or spirits, if you will, in the event of use of these nuclear devices in your space/time continuum. This the Confederation has already done.

Questioner: I don't fully understand what you mean by that. Could you expand on that a little bit?

Ra: I am Ra. The use of intelligent energy transforming matter into energy is of such a nature among these weapons that the transition from space/time third density to time/space third density or what you may call your heaven worlds is interrupted in many cases.

Therefore, we are offering ourselves as those who continue the integration of soul or spirit complex during transition from space/time to time/space.

Questioner: Could you give us an example from Hiroshima or Nagasaki of how this is done?

Ra: I am Ra. Those who were destroyed, not by radiation, but by the trauma of the energy release, found not only the body/mind/spirit complex made unviable, but also a disarrangement of that unique vibratory complex you have called the spirit complex, which we understand as a mind/body/spirit complex, to be completely disarranged without possibility of re-integration. This would be the loss to the Creator of part of the Creator and thus we were given permission, not to stop the events, but to ensure the survival of the, shall we say, disembodied mind/body/spirit complex. This we did in those events which you mention, losing no spirit or portion or holograph or microcosm of the macrocosmic Infinite One.

Questioner: Could you tell me just vaguely how you accomplished this?

Ra: I am Ra. This is accomplished through our understanding of dimensional fields of energy. The higher or more dense energy field will control the less dense.

Questioner: Then you are saying that, in general, you will allow the population of this planet to have a nuclear war and many deaths from that war, but you will be able to create a condition where these deaths will be no more traumatic than entrance to what we call the heaven worlds or the astral world due to death by a bullet or by the normal means of dying by old age. Is this correct?

Ra: I am Ra. This is incorrect. It would be more traumatic. However, the entity would remain an entity.

Questioner: Can you tell me the condition of the entities who were killed in Nagasaki and Hiroshima at this time?

Ra: I am Ra. They of this trauma have not yet fully begun the healing process. They are being helped as much as is possible.

Questioner: When the healing process is complete with these entities, will this experience of death due to nuclear bomb cause them to be regressed in their climb towards fourth density?

Ra: I am Ra. Such actions as nuclear destruction affect the entire planet. There are no differences at this level of destruction, and the planet will need to be healed.

Questioner: I was thinking specifically if an entity was in Hiroshima or Nagasaki at that time and he was reaching harvestability at the end of our cycle, would this death by nuclear bomb create such trauma that he would not be harvestable at the end of the cycle?

Ra: I am Ra. This is incorrect. Once the healing has taken place the harvest may go forth unimpeded. However, the entire planet will undergo healing for this action, no distinction being made betwixt victim and aggressor, this due to damage done to the planet.

Questioner: Can you describe the mechanism of the planetary healing?

Ra: I am Ra. Healing is a process of acceptance, forgiveness, and, if possible, restitution. The restitution not being available in time/space, there are many among your peoples now attempting restitution while in the physical.

Questioner: How do these people attempt this restitution in the physical?

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Ra: I am Ra. These attempt feelings of love towards the planetary sphere and comfort and healing of the scars and the imbalances of these actions.

Questioner: Then as the UFO phenomenon was made obvious to many of the population, many groups of people were reporting contact and telepathic contact with UFO entities and recorded the results of what they considered telepathic communication. Was the Confederation oriented to impressing telepathic communication on groups that were interested in UFOs?

Ra: I am Ra. This is correct although some of our members have removed themselves from the time/space using thought-form projections into your space/time, and have chosen, from time to time, with permission of the Council, to appear in your skies without landing.

Questioner: Then are all of the landings that have occurred with the exception of the landing that occurred when *(name)* was contacted of the Orion group or similar groups?

Ra: I am Ra. Except for isolated instances of those of, shall we say, no affiliation, this is correct.

Questioner: Is it necessary in each case of these landings for the entities involved to be calling the Orion group, or do some of these entities come in contact with the Orion group even though they are not calling that group?

Ra: I am Ra. You must plumb the depths of fourth-density negative understanding. This is difficult for you. Once having reached third-density space/time continuum through your so-called windows, these crusaders may plunder as they will, the results completely a function of the polarity of the, shall we say, witness/subject or victim.

This is due to the sincere belief of fourth-density negative that to love self is to love all. Each other-self which is thus either taught or enslaved thus has a teacher which teaches love of self. Exposed to this teaching, it is intended there be brought to fruition an harvest of fourth-density negative or self-serving mind/body/spirit complexes.

(The following material, from Session 53, May 25, 1981, was added for clarity.)

Questioner: Can you tell me of the various techniques used by the service-to-others positively oriented Confederation contacts with the people of this planet, the various forms and techniques of making contact?

Ra: I am Ra. We could.

Questioner: Would you do this, please?

Ra: I am Ra. The most efficient mode of contact is that which you experience at this space/time. The infringement upon free will is greatly undesired. Therefore, those entities which are Wanderers upon your plane of illusion will be the only subjects for the thought projections which make up the so-called "Close Encounters" and meetings between positively oriented social memory complexes and Wanderers.

Questioner: Could you give me an example of one of these meetings between a social memory complex and a Wanderer as to what the Wanderer would experience?

Ra: I am Ra. One such example of which you are familiar is that of the one known as Morris[6]. In this case the previous contact which other entities in this entity's circle of friends experienced was negatively oriented. However, you will recall that the entity, Morris, was impervious to this contact and could not see with the physical optical apparatus, this contact.

However, the inner voice alerted the one known as Morris to go by itself to another place and there an entity with the thought-form shape and appearance of the other contact appeared and gazed at this entity, thus awakening in it the desire to seek the truth of this occurrence and of the experiences of its incarnation in general.

The feeling of being awakened or activated is the goal of this type of contact. The duration and imagery used varies depending upon the subconscious expectations of the Wanderer which is experiencing this opportunity for activation.

Questioner: In a "Close Encounter" by a Confederation type of craft I am assuming that this "Close Encounter" is with a thought-form type of craft. Do Wanderers within the past few years have "Close Encounters" with landed thought-form type of craft?

[6] This refers to Case #1 in *Secrets of the UFO* by D. T. Elkins with Carla L. Rueckert, Louisville, L/L Research, 1976, pp 10-11.

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Ra: I am Ra. This has occurred although it is much less common than the Orion type of so-called "Close Encounter."

We may note that in a universe of unending unity the concept of a "Close Encounter" is humorous, for are not all encounters of a nature of self with self? Therefore, how can any encounter be less than very, very close?

Questioner: Well, talking about this type of encounter of self to self, do any Wanderers of a positive polarization ever have a so-called "Close Encounter" with the Orion or negatively oriented polarization?

Ra: I am Ra. This is correct.

Questioner: Why does this occur?

Ra: I am Ra. When it occurs it is quite rare and occurs either due to the Orion entities' lack of perception of the depth of positivity to be encountered or due to the Orion entities' desire to, shall we say, attempt to remove this positivity from this plane of existence. Orion tactics normally are those which choose the simple distortions of mind which indicate less mental and spiritual complex activity.

Questioner: I have become aware of a very large variation in the contact with individuals. Could you give me general examples of the methods used by the Confederation to awaken or partially awaken the Wanderers they contact?

Ra: I am Ra. The methods used to awaken Wanderers are varied. The center of each approach is the entrance into the conscious and subconscious in such a way as to avoid causing fear and to maximize the potential for an understandable subjective experience which has meaning for the entity. Many such occur in sleep, others in the midst of many activities during the waking hours. The approach is flexible and does not necessarily include the "Close Encounter" syndrome, as you are aware.

Questioner: What about the physical examination syndrome? How does that relate to Wanderers and Confederation and Orion contacts?

Ra: I am Ra. The subconscious expectations of entities cause the nature and detail of thought-form experience offered by Confederation thought-form entities. Thus, if a Wanderer expects a physical examination, it will, perforce, be experienced with as little distortion towards alarm or discomfort as is allowable by the nature of the expectations of the subconscious distortions of the Wanderer.

Questioner: Well, are those who are taken on both Confederation and Orion craft then experiencing a seeming physical examination?

Ra: I am Ra. Your query indicates incorrect thinking. The Orion group uses the physical examination as a means of terrifying the individual and causing it to feel the feelings of an advanced second-density being such as a laboratory animal. The sexual experiences of some are a sub-type of this experience. The intent is to demonstrate the control of the Orion entities over the Terran inhabitant.

The thought-form experiences are subjective and, for the most part, do not occur in this density.

Questioner: Then both Confederation and Orion contacts are being made and "Close Encounters" are of a dual nature as I understand it. They can either be of the Confederation or of the Orion type of contact. Is this correct?

Ra: I am Ra. This is correct, although the preponderance of contacts is Orion-oriented.

Questioner: Well, we have a large spectrum of entities on Earth with respect to harvestability, both positively oriented and negatively oriented. Would the Orion group target in on the ends of this spectrum, both positively and negatively oriented, for contact with Earth entities?

Ra: I am Ra. This query is somewhat difficult to accurately answer. However, we shall attempt to do so.

The most typical approach of Orion entities is to choose what you might call the weaker-minded entity that it might suggest a greater amount of Orion philosophy to be disseminated.

Some few Orion entities are called by more highly polarized negative entities of your space/time nexus. In this case they share information just as we are now doing. However, this is a risk for the Orion entities due to the frequency with which the harvestable negative planetary entities then attempt to bid and order the Orion contact just as these entities bid planetary negative contacts. The resulting struggle for mastery, if lost, is damaging to the polarity of the Orion group.

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Similarly, a mistaken Orion contact with highly polarized positive entities can wreak havoc with Orion troops unless these crusaders are able to de-polarize the entity mistakenly contacted. This occurrence is almost unheard-of. Therefore, the Orion group prefers to make physical contact only with the weaker-minded entity.

Questioner: Then in general we could say that if an individual has a "Close Encounter" with a UFO or any other type of experience that seems to be UFO-related, he must look to the heart of the encounter and the effect upon him to determine whether it was Orion or Confederation contact. Is this correct?

Ra: I am Ra. This is correct. If there is fear and doom, the contact was quite likely of a negative nature. If the result is hope, friendly feelings, and the awakening of a positive feeling of purposeful service to others, the marks of Confederation contact are evident.

(End of material from Session 53, May 25, 1981.)

Questioner: Then I am assuming all of the groups getting telepathic contact from the Confederation are high-priority targets for the Orion crusaders, and I would assume that a large percentage of them are having their messages polluted by the Orion group. Can you tell me what percentage of them had their information polluted by the Orion group and if any of them were able to remain purely a Confederation channel?

Ra: I am Ra. To give you this information would be to infringe upon the free will or confusion of some living. We can only ask each group to consider the relative effect of philosophy and your so-called specific information. It is not the specificity of the information which attracts negative influences. It is the importance placed upon it.

This is why we iterate quite often, when asked for specific information, that it pales to insignificance, just as the grass withers and dies while the love and the light of the one infinite Creator redounds to the very infinite realms of creation forever and ever, creating and creating itself in perpetuity.

Why then be concerned with the grass that blooms, withers and dies in its season only to grow once again due to the infinite love and light of the one Creator? This is the message we bring. Each entity is only superficially that which blooms and dies. In the deeper sense there is no end to being-ness.

Questioner: As you have stated, it is a straight and narrow path. There are many distractions.

We have created an introduction to the Law of One, traveling through and hitting the high points of this 75,000 year cycle. After this introduction I would like to get directly to the main work, which is an investigation of evolution. I am very appreciative and feel a great honor and privilege to be doing this and hope that we can accomplish this next phase.

Ra: I am Ra. I leave you, my friends, in the love and the light of the one infinite Creator. Go forth, then, merry and glad and rejoicing in the power and the peace of the one Creator. Adonai.

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The Law of One, Book V, Session 26, Fragment 15
February 17, 1981

Jim: The following information refers again to Carla's two experiences with LSD. We were very thankful that there were only two experiences with which she and we had to deal, for, as you can see, the debilitating effects apparently mount rapidly with each ingestion. The sessions in Book Two of *The Law Of One* were necessarily shortened in order to conserve the vital energy of the instrument which had been drained by the LSD.

Carla: *I can only add the fact that this period of weakness did occur, and so Ra's suggestion not to mix any drugs with channeling seems to me a sound piece of advice that I have followed ever since.*

Session 26, February 17, 1981

Questioner: The instrument asks how long will the debilitating effects that I am experiencing due to the LSD last, and is there anything that we can do to make the instrument more comfortable?

Ra: I am Ra. Firstly, the period of weakness of bodily complex is approximately three of your lunar cycles, the first ingestion causing approximately one of your lunar cycles; the second having a cumulative or doubling effect.

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The Law of One, Book II, Session 27
February 21, 1981

Ra: I am Ra. I greet you in the love and the light of the one infinite Creator. I communicate now.

Questioner: This session I thought we would start Book Two of THE LAW OF ONE, which will focus on what we consider to be the only important aspect of our being. This, I assume, will be a much more difficult task than the first book. We want to focus on things that are not transient, and as questioner I may have difficulty at times.

When I do have this difficulty I may fall back on some transient questions simply because I will not be able to formulate what I really need, and I apologize for this. I will try my best to stay on the track and eliminate things of no value from the book if they do occur during my questioning.

The statement I will make to begin with is: In this density we tend to focus our minds on some transient condition or activity with little regard to its value or use as an aid or a tool for growth and understanding of the true and undistorted essence of the creation of which we are an integral part.

I will attempt, by starting at the beginning of creation, to establish an overview of ourselves in the creation, thereby arriving at a more informed viewpoint of what we consider to be reality. It is hoped that this will allow us to participate more effectively in the process of evolution.

I would like to start with definitions of words that we have been using that possibly we have not—and possibly cannot—understand totally, but since the first words that we use are intelligent infinity, I would like for you to define each of these words and give the definition of their combination.

Ra: I am Ra. Your vibrations of mind complex indicate a query. However, your vibrational sound complex indicate a preference. Please restate.

Questioner: Would you define the word intelligent in the context of intelligent infinity?

Ra: I am Ra. We shall address the entire spectrum of this question before defining as requested. Your language, using vibrational sound complexes, can be at best an approximation of that which is closer to an understanding, if you will, of the nature of conscious thought. Perceptions are not the same as sound vibration complexes and the attempt to define will therefore be a frustrating one for you, although we are happy to aid you within the limits of your sound vibration complexes.

To define intelligent apart from infinity is difficult, for these two vibration complexes equal one concept. It is much like attempting to divide your sound vibration concept, faith, into two parts. We shall attempt to aid you however.

Questioner: It is not necessary to divide it. The definition of intelligent infinity is sufficient. Could you define that please?

Ra: I am Ra. This is exponentially simpler and less confusing. There is unity. This unity is all that there is. This unity has a potential and kinetic. The potential is intelligent infinity. Tapping this potential will yield work. This work has been called by us, intelligent energy.

The nature of this work is dependent upon the particular distortion of free will which in turn is the nature of a particular intelligent energy of kinetic focus of the potential of unity or that which is all.

Questioner: I would like to expand a little on the concept of work. In Newtonian physics the concept of work is the product of force and distance. I am assuming that the work of which you speak is a much broader term including possibly work in consciousness. Am I correct?

Ra: I am Ra. As we use this term it is universal in application. Intelligent infinity has a rhythm or flow as of a giant heart beginning with the central sun as you would think or conceive of this, the presence of the flow inevitable as a tide of beingness without polarity, without finity; the vast and silent all beating outward, outward, focusing outward and inward until the focuses are complete. The intelligence or consciousness of foci have reached a state where their, shall we say, spiritual nature or mass calls them inward, inward, inward until all is coalesced. This is the rhythm of reality as you spoke.

Questioner: Then I think I have extracted an important point from this in that in intelligent infinity we have work without polarity, or a potential difference does not have to exist. Is this correct?

Ra: I am Ra. There is no difference, potential or kinetic, in unity. The basic rhythms of intelligent infinity are totally without distortion of any kind. The rhythms are clothed in mystery, for they are being itself. From this undistorted unity, however, appears a potential in relation to intelligent energy.

In this way you may observe the term to be somewhat two-sided, one use of the term, that being as the undistorted unity, being without any kinetic or potential side. The other application of this term, which we use undifferentiatedly for lack of other terms in the sense of the vast potential tapped into by foci or focuses of energy, we call intelligent energy.

Questioner: I understand that the first distortion of intelligent infinity is the distortion of what we call free will. Can you give me a definition of this distortion?

Ra: I am Ra. In this distortion of the Law of One it is recognized that the Creator will know Itself.

Questioner: Then am I correct in assuming that the Creator then grants for this knowing the concept of total freedom of choice in the ways of knowing? Am I correct?

Ra: I am Ra. This is quite correct.

Questioner: This then being the first distortion of the Law of One, which I am assuming is the Law of Intelligent Infinity, all other distortions which are the total experience of the creation spring from this. Is this correct?

Ra: I am Ra. This is both correct and incorrect. In your illusion all experience springs from the Law of Free Will or the Way of Confusion. In another sense, which we are learning, the experiences are this distortion.

Questioner: I will have to think about that and ask questions on it in the next session, so I will go on now to what you have given me as the second distortion which is the distortion of love. Is this correct?

Ra: I am Ra. This is correct.

Questioner: I would like for you to define love in its sense as the second distortion.

Ra: I am Ra. This must be defined against the background of intelligent infinity or unity or the one Creator with the primal distortion of free will. The term Love then may be seen as the focus, the choice of attack, the type of energy of an extremely, shall we say, high order which causes intelligent energy to be formed from the potential of intelligent infinity in just such and such a way. This then may be seen to be an object rather than an activity by some of your peoples, and the principle of this extremely strong energy focus being worshipped as the Creator instead of unity or oneness from which all Loves emanate.

Questioner: Is there a manifestation of love that we could call vibration?

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Ra: I am Ra. Again we reach semantic difficulties. The vibration or density of love or understanding is not a term used in the same sense as the second distortion, Love; the distortion Love being the great activator and primal co-Creator of various creations using intelligent infinity; the vibration love being that density in which those who have learned to do an activity called "loving" without significant distortion, then seek the ways of light or wisdom. Thus in vibratory sense love comes into light in the sense of the activity of unity in its free will. Love uses light and has the power to direct light in its distortions. Thus vibratory complexes recapitulate in reverse the creation in its unity, thus showing the rhythm or flow of the great heartbeat, if you will use this analogy.

Questioner: I will make a statement that I have extracted from the physics of Dewey Larson which may or may not be close to what we are trying to explain. Larson says that all is motion which we can take as vibration, and that vibration is pure vibration and is not physical in any way or in any form or density, and the first product of that vibration is what we call the photon or particle of light. I am trying to make an analogy between this physical solution and the concept of love and light. Is this close to the concept of Love creating light?

Ra: I am Ra. You are correct.

Questioner: Then I will expand a bit more on this concept. We have the infinite vibration of Love which can occur, I am assuming, at varying frequencies.

I would assume that it begins at one basic frequency. Does this have any meaning?

Ra: I am Ra. Each Love, as you term the prime movers, comes from one frequency, if you wish to use this term. This frequency is unity. We would perhaps liken it rather to a strength than a frequency, this strength being infinite, the finite qualities being chosen by the particular nature of this primal movement.

Questioner: Then this vibration which is, for lack of better understanding, pure motion; it is pure love; it is nothing that is yet condensed, shall we say, to form any type of density of illusion. This Love then creates by this process of vibration a photon, as we call it, which is the basic particle of light. This photon then, by added vibrations and rotation, further condenses into particles of the densities we experience. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Then this light which forms the densities has what we call color. This color is divided into seven categories. Can you tell me if there is a reason or explanation for these categories of color?

Ra: I am Ra. This will be the last complete question of this session as this instrument is low on vital energy. We will answer briefly and then you may question further in subsequent sessions.

The nature of the vibratory patterns of your universe is dependent upon the configurations placed upon the original material or light by the focus or Love using Its intelligent energy to create a certain pattern of illusions or densities in order to satisfy Its own intelligent estimate of a method of knowing Itself. Thus the colors, as you call them, are as straight, or narrow, or necessary as is possible to express, given the will of Love.

There is further information which we shall be happy to share by answering your questions. However, we do not wish to deplete this instrument. Is there a short query necessary before we leave?

Questioner: The only thing I need to know is if there is anything that we can do to make the instrument more comfortable or to help her or this contact?

Ra: I am Ra. This instrument is slightly uncomfortable. Perhaps a simpler configuration of the body would be appropriate given the instrument's improving physical complex condition.

I am Ra. You are conscientious in your endeavors. We shall be with you. We leave you now in the love and in the light of the one infinite Creator. Rejoice, therefore, in the power and the peace of the one infinite Creator. Adonai. ✣

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The Law of One, Book V, Session 27, Fragment 16
February 21, 1981

Jim: Just before I joined Don and Carla, at the end of 1980, I traveled to the Portland, Oregon, area to work with Paul Shockley and the Aquarian Church of Universal Service. It was a happy experience in itself, and it also provided the catalyst that eventually saw me return to Kentucky and join L/L Research. After two months in Oregon I decided to take a weekend alone to think about an opportunity to earn a great deal of money that had been presented to me by one of the members of the Aquarian Church. Thirty seconds into my first meditation of the weekend the very clear message to return to Don and Carla flashed across my inner sky. So I said good-bye to my new friends and returned to Louisville. Three weeks later the Ra contact began, and when Paul Shockley was informed of the nature of the contact he asked that two questions be asked for him of the social memory complex, Ra.

The answer to the second query is especially interesting to us because it seems to suggest the means by which some of the pyramids of Egypt were constructed.

Carla: *In 1986 we were invited to Shockley's "Friendship" conference, and I finally met this channel for a source called "Cosmic Awareness." He was a very sincere and valiant channel, pure in his desire to serve. I feel it unfortunate that the questions put to this channel, over a period of time, pretty much changed and worsened the quality of information received. As always when this occurs, the culprit was a fascination with transient material. I think that it was the questions put to this excellent channel that lessened the metaphysical level of this channeling.*

Session 27, February 21, 1981

Questioner: Jim has felt the obligation to ask two questions that were asked of him by Paul Shockley, and I will ask those two first, in case you are able to answer them before we get started. The first question: Paul Shockley is presently channeling the same source which Edgar Cayce channeled, and he has received information that he took part in the design and construction of the Egyptian pyramids. Can you tell us what his role was in that effort?

Ra: I am Ra. This was in your space/time continuum two periods and two lifetimes. The first of a physical nature working with Confederation entities in what you know of as Atlantis, this approximately 13,000 of your years ago. This memory, shall we say, being integrated into the unconscious of the mind/body/spirit complex of this entity due to its extreme desire to remember the service of healing and polarization possible by the mechanisms of the crystal and the charged healer.

The second experience being approximately 1,000 of your years later during which experience this entity prepared, in some part, the consciousness of the people of what you now call Egypt, that they were

able to offer the calling that enabled those of our social memory complex to walk among your peoples. During this life experience this entity was of a priest and teaching nature and succeeded in remembering in semi-distorted form the learn/teachings of the Atlantean pyramidal experiences. Thus this entity became a builder of the archetypal thought of the Law of One with distortions towards healing which aided our people in bringing this through into a physical manifestation.

Questioner: The second question is: Paul has also received information that there were other beings aiding in the construction of the pyramids, but that they were not fully materialized in the third density. They were materialized from their waist up to their heads but were not materialized from their waist down to their feet. Did such entities exist and aid in the construction of the pyramids, and who were they?

Ra: I am Ra. Consider, if you will, the intelligent infinity present in the absorption of living-ness and being-ness as it becomes codified into intelligent energy, due to the thought impressions of those assisting the living stone into a new shape of being-ness The release and use of intelligent infinity for a brief period begins to absorb all the consecutive or interlocking dimensions, thus offering brief glimpses of those projecting to the material their thought. These beings thus beginning to materialize but not remaining visible. These beings were the thought-form or third-density visible manifestation of our social memory complex as we offered contact from our intelligent infinity to the intelligent infinity of the stone. ♣

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The Law of One, Book II, Session 28
February 22, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: I may be backtracking a little today because I think that possibly we are at the most important part of what we are doing in trying to make it apparent how everything is one, how it comes from one intelligent infinity. This is difficult, so please bear with my errors in questioning.

The concept that I have right now of the process, using both what you have told me and some of Dewey Larson's material having to do with the physics of the process, is that intelligent infinity expands outward from all locations everywhere. It expands outward uniformly like the surface of a bubble or a balloon expanding outward from every point everywhere. It expands outward at what is called unit velocity or the velocity of light. This is Larson's idea of the progression of what he calls space/time. Is this concept correct?

Ra: I am Ra. This concept is incorrect as is any concept of the one intelligent infinity. This concept is correct in the context of one particular Logos, or Love, or focus of this Creator which has chosen Its, shall we say, natural laws and ways of expressing them mathematically and otherwise.

The one undifferentiated intelligent infinity, unpolarized, full and whole, is the macrocosm of the mystery-clad being. We are messengers of the Law of One. Unity, at this approximation of understanding, cannot be specified by any physics but only become activated or potentiated intelligent infinity due to the catalyst of free will. This may be difficult to accept. However, the understandings we have to share begin and end in mystery.

Questioner: Yesterday we had arrived at a point where we were considering colors of light. You said: "The nature of the vibratory patterns of your universe is dependent upon the configurations placed upon the original material or light by the focus or Love using Its intelligent energy to create a certain pattern of illusions or densities in order to satisfy Its own intelligent estimate of a method of knowing Itself." Then after this you said that there was more material that you would be happy to share, but we ran out of time. Could you give us further information on that?

Ra: I am Ra. In discussing this information we then, shall we say, snap back into the particular methods of understanding or seeing that which the one, sound vibration complex, Dewey, offers; this being correct for the second meaning of intelligent infinity: the potential which then through catalyst forms the kinetic.

This information is a natural progression of inspection of the kinetic shape of your environment. You may understand each color or ray as being, as we had said, a very specific and accurate portion of intelligent energy's representation of intelligent

infinity, each ray having been previously inspected in other regards .

This information may be of aid here. We speak now nonspecifically to increase the depth of your conceptualization of the nature of what is. The universe in which you live is recapitulation in each part of intelligent infinity. Thus you will see the same patterns repeated in physical and metaphysical areas; the rays or portions of light being, as you surmise, those areas of what you may call the physical illusion which rotate, vibrate, or are of a nature that may be, shall we say, counted or categorized in rotation manner in space/time as described by the one known as Dewey; some substances having various of the rays in a physical manifestation visible to the eye, this being apparent in the nature of your crystallized minerals which you count as precious, the ruby being red and so forth.

Questioner: This light occurred as a consequence of vibration which is a consequence of Love. I am going to ask if that statement is correct?

Ra: I am Ra. This statement is correct.

Questioner: This light then can condense into material as we know it into our density, into all of our chemical elements because of rotations of the vibration at quantized units or intervals of angular velocity. Is this correct?

Ra: I am Ra. This is quite correct.

Questioner: Thank you. I am wondering, what is the catalyst or the activator of the rotation? What causes the rotation so that light condenses into our physical or chemical elements?

Ra: I am Ra. It is necessary to consider the enabling function of the focus known as Love. This energy is of an ordering nature. It orders in a cumulative way from greater to lesser so that when Its universe, as you may call it, is complete, the manner of development of each detail is inherent in the living light and thus will develop in such and such a way; your own universe having been well-studied in an empirical fashion by those you call your scientists and having been understood or visualized, shall we say, with greater accuracy by the understandings or visualizations of the one known as Dewey.

Questioner: When does the individualization or the individualized portion of consciousness come into play? At what point does individualized consciousness take over working on the basic light?

Ra: I am Ra. You remain carefully in the area of creation itself. In this process we must further confuse you by stating that the process by which free will acts upon potential intelligent infinity to become focused intelligent energy takes place without the space/time of which you are so aware as it is your continuum experience.

The experience or existence of space/time comes into being after the individuation process of Logos or Love has been completed and the physical universe, as you would call it, has coalesced or begun to draw inward while moving outward to the extent that that which you call your sun bodies have in their turn created timeless chaos coalescing into what you call planets, these vortices of intelligent energy spending a large amount of what you would call first density in a timeless state, the space/time realization being one of the learn/teachings of this density of being-ness.

Thus we have difficulty answering your questions with regard to time and space and their relationship to the, what you would call, original creation which is not a part of space/time as you can understand it.

Questioner: Thank you. Does a unit of consciousness, an individualized unit of consciousness, create a unit of the creation? I will give an example.

One individualized consciousness creates one galaxy of stars, the type that has many millions of stars in it. Does this happen?

Ra: I am Ra. This can happen. The possibilities are infinite. Thus a Logos may create what you call a star system or it may be the Logos creating billions of star systems. This is the cause of the confusion in the term galaxy, for there are many different Logos entities or creations and we would call each, using your sound vibration complexes, a galaxy.

Questioner: Let's take as an example the planet that we are on now and tell me how much of the creation was created by the same Logos that created this planet?

Ra: I am Ra. This planetary Logos is a strong Logos creating approximately 250 billion of your star systems for Its creation. The, shall we say, laws or

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physical ways of this creation will remain, therefore, constant.

Questioner: Then what you are saying is that the lenticular star system which we call a galaxy that we find ourselves in with approximately 250 billion other suns like our own was created by a single Logos. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Since there are many individualized portions of consciousness in this lenticular galaxy, did this Logos then subdivide into more individualization of consciousness to create these consciousnesses?

Ra: I am Ra. You are perceptive. This is also correct although an apparent paradox.

Questioner: Could you tell me what you mean by an apparent paradox?

Ra: I am Ra. It would seem that if one Logos creates the intelligent energy ways for a large system there would not be the necessity or possibility of the further sub-Logos differentiation. However, within limits, this is precisely the case, and it is perceptive that this has been seen.

Questioner: Thank you. I'll call the lenticular galaxy that we are in the major galaxy just so we will not get mixed up in our terms. Does all the consciousness in individualized form that goes into what we are calling the major galaxy start out and go through all of the densities in order, one-two-three-four-five-six-seven and into the eighth, or are there some who start up higher in the rank so that there is always a mixture of intelligent consciousness in the galaxy?

Ra: I am Ra. The latter is more nearly correct. In each beginning there is the beginning from infinite strength. Free will acts as a catalyst. Beings begin to form the universes. Consciousness then begins to have the potential to experience. The potentials of experience are created as a part of intelligent energy and are fixed before experience begins.

However, there is always, due to free will acting infinitely upon the creation, a great variation in initial responses to intelligent energy's potential. Thus almost immediately the foundations of the, shall we call it, hierarchical nature of beings begins to manifest as some portions of consciousness or awareness learn through experience in a much more efficient manner.

Questioner: Is there any reason for some portions being much more efficient in learning?

Ra: I am Ra. Is there any reason for some to learn more quickly than others? Look, if you wish, to the function of the will … the, shall we say, attraction to the upward spiraling line of light.

Questioner: I am assuming that there are eight densities created when this major galaxy was created. Is this correct?

Ra: I am Ra. This is basically correct. However, it is well to perceive that the eighth density functions also as the beginning density or first density, in its latter stages, of the next octave of densities.

Questioner: Are you saying then that there are an infinite number of octaves of densities one through eight?

Ra: I am Ra. We wish to establish that we are truly humble messengers of the Law of One. We can speak to you of our experiences and our understandings and teach/learn in limited ways. However, we cannot speak in firm knowledge of all the creations. We know only that they are infinite. We assume an infinite number of octaves.

However, it has been impressed upon us by our own teachers that there is a mystery-clad unity of creation in which all consciousness periodically coalesces and again begins. Thus we can only say we assume an infinite progression though we understand it to be cyclical in nature and, as we have said, clad in mystery.

Questioner: Thank you. When this major galaxy is formed by the Logos, polarity then exists in a sense that we have electrical polarity. We do have electrical polarity existing at that time. Is that correct?

Ra: I am Ra. I accept this as correct with the stipulation that what you term electrical be understood as not only the one, Larson, stipulated its meaning but also in what you would call the metaphysical sense.

Questioner: Are you saying then that we have not only a polarity of electrical charge but also a polarity in consciousness at that time?

Ra: I am Ra. This is correct. All is potentially available from the beginning of your physical space/time; it then being the function of consciousness complexes to begin to use the physical

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materials to gain experience to then polarize in a metaphysical sense. The potentials for this are not created by the experiencer but by intelligent energy.

This will be the last full question of this session due to our desire to foster this instrument as it slowly regains physical complex energy. May we ask if you have one or two questions we may answer shortly before we close?

Questioner: I am assuming that the process of creation, after the original creation of the major galaxy, is continued by the further individualization of the consciousness of the Logos so that there are many, many portions of the individualized consciousness creating further items for experience all over the galaxy. Is this correct?

Ra: I am Ra. This is correct, for within the, shall we say, guidelines or ways of the Logos, the sub-Logos may find various means of differentiating experiences without removing or adding to these ways.

Questioner: Thank you. And since we are out of time I will ask if there is anything that we can do to make the instrument more comfortable or to help the contact?

Ra: I am Ra. This instrument is well adjusted. You are conscientious.

I am Ra. I leave you, my friends, in the love and the light of the one infinite Creator. Go forth then rejoicing in the power and the peace of the one Creator. Adonai.

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The Law of One, Book II, Session 29
February 23, 1981

Ra: I am Ra. I greet you in the love and the light of the infinite Creator. I communicate now.

Questioner: Is our sun a sub-Logos or the physical manifestation of a sub-Logos?

Ra: I am Ra. This is correct.

Questioner: Then I am assuming that this sub-Logos created this planetary system in all of its densities. Is this correct?

Ra: I am Ra. This is incorrect. The sub-Logos of your solar entity differentiated some experiential components within the patterns of intelligent energy set in motion by the Logos which created the basic conditions and vibratory rates consistent throughout your, what you have called, major galaxy.

Questioner: Then is this sub-Logos which is our sun the same sub-Logos just manifesting in different parts through the galaxy, or is it all the stars in the galaxy?

Ra: I am Ra. Please restate.

Questioner: What I'm saying is that there are roughly 250 billion stars somewhat like ours in this major galaxy. Are they all part of the same sub-Logos?

Ra: I am Ra. They are all part of the same Logos. Your solar system, as you would call it, is a manifestation somewhat and slightly different due to the presence of a sub-Logos.

Questioner: Let me be sure I'm right then. Our sun is a sub-Logos of the Logos of the major galaxy?

Ra: I am Ra. This is correct.

Questioner: Are there any sub-sub-Logoi that are found in our planetary system that are "sub" to our sun?

Ra: I am Ra. This is correct.

Questioner: Would you give me an example of what I will call a sub-sub-Logos?

Ra: I am Ra. One example is your mind/body/spirit complex.

Questioner: Then every entity that exists would be some type of sub or sub-sub-Logos. Is that correct?

Ra: I am Ra. This is correct down to the limits of any observation, for the entire creation is alive.

Questioner: Then the planet which we walk upon here would be some form of sub-sub-Logos. Is this correct?

Ra: I am Ra. A planetary entity is so named only as Logos if It is working in harmonic fashion with entities or mind/body complexes upon Its surface or within Its electromagnetic field.

Questioner: Do the sub-Logoi such as our sun have a metaphysical polarity positive or negative as we have been using the term?

Ra: I am Ra. As you use the term, this is not so. Entities through the level of planetary have the strength of intelligent infinity through the use of free will, going through the actions of beingness. The polarity is not thusly as you understand polarity. It is only when the planetary sphere begins harmonically interacting with mind/body complexes, and more especially mind/body/spirit complexes, that planetary spheres take on distortions due to the thought complexes of entities interacting with the planetary entity. The creation of the one infinite Creator does not have the polarity you speak of.

Questioner: Thank you. Yesterday you stated that planets in first density are in a timeless state to begin with. Can you tell me how the effect that we appreciate as time comes into being?

Ra: I am Ra. We have just described to you the state of beingness of each Logos. The process by which space/time comes into continuum form is a function of the careful building, shall we say, of an entire or whole plan of vibratory rates, densities, and potentials. When this plan has coalesced in the thought complexes of Love, then the physical manifestations begin to appear; this first manifestation stage being awareness or consciousness.

At the point at which this coalescence is at the living-ness or being-ness point, the point or fountainhead of beginning, space/time then begins to unroll its scroll of living-ness.

Questioner: I believe that Love creates the vibration in space/time in order to form the photon. Is this correct?

Ra: I am Ra. This is essentially correct.

Questioner: Then the continued application of Love—I will assume that this is directed by a sub-Logos or a sub-sub-Logos—creates rotations of these vibrations which are in discrete units of angular velocity. This then creates chemical elements in our physical illusion and I will assume the elements in the nonphysical or other densities in the illusion. Is this correct?

Ra: I am Ra. The Logos creates all densities. Your question was unclear. However, we shall state the Logos does create both the space/time densities and the accompanying time/space densities.

Questioner: What I am assuming is that quantized incremental rotations of the vibrations show up as a material of these densities. Is this correct?

Ra: I am Ra. This is essentially correct.

Questioner: Then because of these rotations there is an inward motion of these particles which is opposite the direction of space/time progression as I understand it, and this inward progression then is seen by us as what we call gravity. Is this correct?

Ra: I am Ra. This is incorrect.

Questioner: Can you tell me how the gravity comes about?

Ra: I am Ra. This that you speak of as gravity may be seen as the pressing towards the inner light/love, the seeking towards the spiral line of light which progresses towards the Creator. This is a manifestation of a spiritual event or condition of living-ness.

Questioner: The gravity that we know of on our moon is less than it is on our planet. Is there a metaphysical principle behind this that you could explain?

Ra: I am Ra. The metaphysical and physical are inseparable. Thus that of which you spoke which attempts to explain this phenomenon is able to, shall we say, calculate the gravitational force of most objects due to the various physical aspects such as what you know of as mass. However, we felt it was necessary to indicate the corresponding and equally important metaphysical nature of gravity.

Questioner: I sometimes have difficulty in getting a foothold into what I am looking for. I am trying to seek out the metaphysical principles, you might say, behind our physical illusion.

Could you give me an example of the amount of gravity in the third density conditions at the surface of the planet Venus? Would it be greater or less than Earth's?

Ra: I am Ra. The gravity, shall we say, the attractive force which we also describe as the pressing outward force towards the Creator is greater spiritually upon the entity you call Venus due to the greater degree of success, shall we say, at seeking the Creator.

This point only becomes important when you consider that when all of creation in its infinity has reached a spiritual gravitational mass of sufficient

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nature, the entire creation infinitely coalesces; the light seeking and finding its source and thusly ending the creation and beginning a new creation much as you consider the black hole, as you call it, with its conditions of infinitely great mass at the zero point from which no light may be seen as it has been absorbed.

Questioner: Then the black hole would be a point at which the environmental material has succeeded in uniting with unity or with the Creator? Is this correct?

Ra: I am Ra. The black hole which manifests third density is the physical complex manifestation of this spiritual or metaphysical state. This is correct.

Questioner: Then when our planet is fully into fourth density, will there be a greater gravity?

Ra: I am Ra. There will be a greater spiritual gravity thus causing a denser illusion.

Questioner: This denser illusion then I would assume increases gravitational acceleration above the 32 feet per second squared that we experience. Is this correct?

Ra: I am Ra. Your entities do not have the instrumentation to measure spiritual gravity but only to observe a few of its extreme manifestations.

Questioner: This I know, that we can't measure spiritual gravity, but I was just wondering if the physical effect could be measured as an increase in the gravitational constant? That was my question.

Ra: I am Ra. The increase measurable by existing instrumentation would and will be statistical in nature only and not significant.

Questioner: OK. As the creation is formed, as the atoms form as rotations of the vibration which is light, they coalesce in a certain manner sometimes. They produce a lattice structure which we call crystalline. I am guessing that because of the formation from intelligent energy of the precise crystalline structure that it is possible by some technique to tap intelligent energy and bring it into the physical illusion by working through the crystalline structure. Is this correct?

Ra: I am Ra. This is correct only in so far as the crystalline physical structure is charged by a correspondingly crystallized or regularized or balanced mind/body/spirit complex.

Questioner: I don't wish to get off on subjects of no importance, but it is difficult sometimes to see precisely in what direction to go. I would like to investigate a little bit more this idea of crystals, how they are used. I am assuming then from what you said that in order to use the crystal to tap intelligent energy, it is necessary to have a partially undistorted mind/body/spirit complex. Is this correct?

Ra: I am Ra. This is specifically correct.

Questioner: There must be a point at which the removal of distortion reaches the minimum for use of the crystal in tapping intelligent energy. Is this correct?

Ra: I am Ra. This is correct only if it is understood, shall we say, that each mind/body/spirit complex has an unique such point.

Questioner: Can you tell me why each mind/body/spirit complex has this unique point of distortion-ridding?

Ra: I am Ra. Each mind/body/spirit complex is an unique portion of the one Creator.

Questioner: Then you are saying that there is no single level of purity required to tap intelligent energy through crystals but there can be a wide variation in the amount of distortion that an entity may have, but each entity has to reach his particular point of what I might call energizing the ability. Is this right?

Ra: I am Ra. This is incorrect. The necessity is for the mind/body/spirit complex to be of a certain balance, this balance thus enabling it to reach a set level of lack of distortion. The critical difficulties are unique for each mind/body/spirit complex due to the experiential distillations which in total are the, shall we say, violet-ray being-ness of each such entity.

This balance is what is necessary for work to be done in seeking the gateway to intelligent infinity through the use of crystals or through any other use. No two mind/body/spirit crystallized natures are the same. The distortion requirements, vibrationally speaking, are set.

Questioner: I see. Then if you are able to read the violet ray of an entity, to see that ray, is it possible to immediately determine whether the entity could use crystals to tap intelligent energy?

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Ra: I am Ra. It is possible for one of fifth density or above to do this.

Questioner: Is it possible for you to tell me how an entity who has satisfactorily achieved the necessary violet ray qualification should use the crystal?

Ra: I am Ra. The gateway to intelligent infinity is born of, shall we say, the sympathetic vibration in balanced state accompanying the will to serve, the will to seek.

Questioner: Can you tell me precisely what the entity would do with the crystal to use it for the purpose of seeking the intelligent infinity?

Ra: I am Ra. The use of the crystal in physical manifestation is that use wherein the entity of crystalline nature charges the regularized physical crystal with this seeking, thus enabling it to vibrate harmonically and also become the catalyst or gateway whereby intelligent infinity may thus become intelligent energy, this crystal serving as an analog of the violet ray of the mind/body/spirit in relatively undistorted form.

Questioner: Is it possible for you to instruct us in the specific uses of crystals?

Ra: I am Ra. It is possible. There are, we consider, things which are not efficacious to tell you due to possible infringement upon your free will. Entities of the Confederation have done this in the past. The uses of the crystal, as you know, include the uses for healing, for power, and even for the development of life-forms. We feel that it is unwise to offer instruction at this time as your peoples have shown a tendency to use peaceful sources of power for disharmonious reasons.

Questioner: Is it possible for you to give me an example of various planetary developments in what I would call a metaphysical sense having to do with the development of consciousness and its polarities throughout the galaxy? In other words I believe that some of these planets develop quite rapidly into higher density planets and some take longer times. Can you give me some idea of that development?

Ra: I am Ra. This will be the final full query of this session.

The particular Logos of your major galaxy has used a large portion of Its coalesced material to reflect the being-ness of the Creator. In this way there is much of your galactic system which does not have the progression of which you speak but dwells spiritually as a portion of the Logos. Of those entities upon which consciousness dwells there is, as you surmise, a variety of time/space periods during which the higher densities of experience are attained by consciousness.

Is there any short query further before we close?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. You are conscientious. The entity is well aligned

I am Ra. I leave you now in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 29, Fragment 17
February 23, 1981

Jim: Ra had advised Carla never to do any kind of physical healing because she was always very low on physical energy, and such healing would tend to drain her already low reserve in that area.

Carla: *Since I was a child, I have had some sort of odd ability to sit with someone and, with our hands in contact, be able to clear some of the surface clutter away from the other person's mind or being. I have never investigated what I am doing, or how to do it better, trusting rather in my instinct for the right time to offer this. Perhaps I should, but it has always struck me as a very marginal gift, not one near my central path. I think that if I have any healing ability, it is in my listening. When someone comes to me for private counsel, I think of the time as a "listening session," and see myself as a spiritual listener. There is much healing in a person's talking something through with another in a supportive atmosphere. The listener simply enables the person to listen better to herself. And I have very deep instincts towards doing this. So this is where I have focused my own efforts to become a better healer. Listening is truly an art, and I think it begins with the way we listen to ourselves. There is a tremendous strength in knowing one's full self, the dark side as well as the one that sees the light of everyday behavior.*

Once one has finally become able to bear one's own full nature and has gone through the painful process of surrendering the pride that would deny that wretchedness within, one becomes better able to love and forgive oneself. Often I think we feel our failure comes in being kind to another. But when this occurs, you can be sure the first and proximate cause of this outer ruthlessness lies within, in the self's refusal to reckon with the full-circle self.

Session 29, February 23, 1981

Questioner: The instrument had a question if we have time for a short question. I will read it. The instrument does not desire to do physical healing work. She already does spiritual balancing by hands. Can she read the private healing material without doing physical healing? I am assuming that she means can she read it without creating problems in her life pattern? She does not wish to incur lessening of positive polarity. Can she read the material under these conditions?

Ra: I am Ra. We shall speak shortly due to the fact that we are attempting to conserve this instrument's vital energies during the three month period of which we have spoken.

This entity has an experiential history of healing on levels other than the so-called physical. Thus it is acceptable that this material be read. However, the exercise of fire shall never be practiced by this instrument as it is used in the stronger form for physical healing. ♣

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The Law of One, Book II, Session 30
February 24, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: I am going to make a statement and then let you correct it if I have made any errors. This is the statement: Creation is a single entity or unity. If only a single entity exists, then the only concept of service is the concept of service to self. If this single entity subdivides, then the concept of service of one of its parts to one of its other parts is born. From this springs the equality of service to self or to others. It would seem that as the Logos subdivided, parts would select each orientation. As individualized entities emerge in space/time then I would assume that they have polarity. Is this statement correct?

Ra: I am Ra. This statement is quite perceptive and correct until the final phrase in which we note that the polarities begin to be explored only at the point when a third density entity becomes aware of the possibility of choice between the concept or distortion of service to self or service to others. This marks the end of what you may call the unself-conscious or innocent phase of conscious awareness.

Questioner: Thank you. Would you define mind, body, and spirit separately?

Ra: I am Ra. These terms are all simplistic descriptive terms which equal a complex of energy focuses; the body, as you call it, being the material of the density which you experience at a given space/time or time/space; this complex of materials being available for distortions of what you would call physical manifestation.

The mind is a complex which reflects the in-pourings of the spirit and the up-pourings of the body complex. It contains what you know as feelings, emotions, and intellectual thoughts in its more conscious complexities. Moving further down the tree of mind we see the intuition which is of the nature of the mind more in contact or in tune with the total being-ness complex. Moving down to the roots of mind we find the progression of consciousness which gradually turns from the personal to the racial memory, to the cosmic influxes, and thus becomes a direct contactor of that shuttle which we call the spirit complex.

This spirit complex is the channel whereby the in-pourings from all of the various universal, planetary, and personal inpourings may be funneled into the roots of consciousness and whereby consciousness may be funneled to the gateway of intelligent infinity through the balanced intelligent energy of body and mind.

You will see by this series of definitive statements that mind, body, and spirit are inextricably intertwined and cannot continue, one without the other. Thus we refer to the mind/body/spirit complex rather than attempting to deal with them separately, for the work, shall we say, that you do during your experiences is done through the

interaction of these three components, not through any one.

Questioner: Upon our physical death, as we call it, from this particular density and this particular incarnative experience, we lose this chemical body. Immediately after the loss of this chemical body do we maintain a different type of body? Is there still a mind/body/spirit complex at that point?

Ra: I am Ra. This is correct. The mind/body/spirit complex is quite intact; the physical body complex you now associate with the term body being but manifestation of a more dense and intelligently informed and powerful body complex.

Questioner: Is there any loss to the mind or spirit after this transition which we call death or any impairment of either because of the loss of this chemical body which we now have?

Ra: I am Ra. In your terms there is a great loss of mind complex due to the fact that much of the activity of the mental nature of which you are aware during the experience of this space/time continuum is as much of a surface illusion as is the chemical body complex.

In other terms nothing whatever of importance is lost; the character or, shall we say, pure distortion of emotions and biases or distortions and wisdoms, if you will, becoming obvious for the first time, shall we say; these pure emotions and wisdoms and bias/distortions being, for the most part, either ignored or underestimated during physical life experience.

In terms of the spiritual, this channel is then much opened due to the lack of necessity for the forgetting characteristic of third density.

Questioner: I would like to know how the mind/body/spirit complexes originate, going as far back as necessary. How does the origination occur? Do they originate by spirit forming mind and mind forming body? Can you tell me this?

Ra: I am Ra. We ask you to consider that you are attempting to trace evolution. This evolution is as we have previously described, the consciousness being first, in first density, without movement, a random thing. Whether you may call this mind or body complex is a semantic problem. We call it mind/body complex recognizing always that in the simplest iota of this complex exists in its entirety the one infinite Creator; this mind/body complex then in second density discovering the growing and turning towards the light, thus awakening what you may call the spirit complex, that which intensifies the upward spiraling towards the love and light of the infinite Creator.

The addition of this spirit complex, though apparent rather than real, it having existed potentially from the beginning of space/time, perfects itself by graduation into third density, When the mind/body/spirit complex becomes aware of the possibility of service to self or other-self, then the mind/body/spirit complex is activated.

Questioner: Thank you. I don't wish to cover ground that we have covered before but it sometimes is helpful to restate these concepts for complete clarity since words are a poor tool for what we do.

Just as a passing point, I was wondering—on this planet during the second density I believe there was habitation during the same space/time of bipedal entities and what we call the dinosaurs. Is this correct?

Ra: I am Ra. This is correct.

Questioner: These two types of entities seemed to be very incompatible, you might say, with each other. I don't know, but can you tell me the reason for both types of entities inhabiting the same space/time?

Ra: I am Ra. Consider the workings of free will as applied to evolution. There are paths that the mind/body complex follows in an attempt to survive, to reproduce, and to seek in its fashion that which is unconsciously felt as the potential for growth; these two arenas or paths of development being two among many.

Questioner: In second density the concept of bisexual reproduction first originates. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Can you tell me the philosophy behind this method of propagation of the bodily complex?

Ra: I am Ra. The second density is one in which the groundwork is being laid for third density work. In this way it may be seen that the basic mechanism of reproduction capitulates into a vast potential in third density for service to other-self and to self; this being not only by the functions of energy transfer, but also by the various services performed due to the close

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contact of those who are, shall we say, magnetically attracted, one to the other; these entities thus having the opportunities for many types of service which would be unavailable to the independent entity.

Questioner: Was the basic reason for this to increase the opportunity of the experience of the one Creator?

Ra: I am Ra. This is not merely correct but is the key to that which occurs in all densities.

Questioner: Does the process of bisexual reproduction or the philosophy of it play a part in the spiritual growth of second density entities?

Ra: I am Ra. In isolated instances this is so due to efficient perceptions upon the part of entities or species. For the greater part, by far, this is not the case in second density, the spiritual potentials being those of third density.

Questioner: Thank you. Can you give me a brief history of the metaphysical principles of the development of each of our planets that surround our sun, their function with respect to the evolution of beings?

Ra: I am Ra. We shall give you a metaphysical description only of those planets upon which individual mind/body/spirit complexes have been, are, or shall be experienced. You may understand the other spheres to be a part of the Logos.

We take the one known as Venus. This planetary sphere was one of rapid evolution. It is our native earth and the rapidity of the progress of the mind/body/spirit complexes upon its surface was due to harmonious interaction.

Upon the entity known to you as Mars, as you have already discussed, this entity was stopped in mid-third density, thus being unable to continue in progression due to the lack of hospitable conditions upon the surface. This planet shall be undergoing healing for some of your space/time millennia.

The planet which you dwell upon has a metaphysical history well known to you and you may ask about it if you wish. However, we have spoken to a great degree upon this subject.

The planet known as Saturn has a great affinity for the infinite intelligence and thus it has been dwelled upon in its magnetic fields of time/space by those who wish to protect your system.

The planetary entity known to you as Uranus is slowly moving through the first density and has the potential of moving through all densities.

Questioner: Thank you. You stated yesterday that much of this major galactic system dwells spiritually as a part of the Logos. Do you mean that near the center of this major galactic system that the stars there do not have planetary systems? Is this correct?

Ra: I am Ra. This is incorrect. The Logos has distributed itself throughout your galactic system. However, the time/space continua of some of your more central sun systems are much further advanced.

Questioner: Well then, could you generally say that as you get closer to the center of this major system that there is a greater spiritual density or spiritual quality in that area?

Ra: I am Ra. This will be the last full question of this session as this instrument is somewhat uncomfortable. We do not wish to deplete the instrument.

The spiritual density or mass of those more towards the center of your galaxy is known. However, this is due simply to the varying timelessness states during which the planetary spheres may coalesce, this process of space/time beginnings occurring earlier, shall we say, as you approach the center of the galactic spiral.

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: This instrument is well balanced and the contact is as it should be. This instrument has certain difficulties of a distortion you would call the muscular spasm, thus making the motionless position uncomfortable. Thus we leave the instrument.

I am Ra. You are doing well, my friends. I leave you in the love and the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one Creator. Adonai. ♣

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The Law of One, Book V, Session 30, Fragment 18

February 24, 1981

Jim: A fellow associated with Cosmic Awareness Communications in Washington state was developing and distributing a machine that was supposed to augment the general health and well-being of a person, and we asked Ra whether it might aid Carla. The response suggested Carla's magnetic field was somewhat unusual and very likely formed in such an unusual way as to permit contact with those of Ra specifically. This unusual magnetic field has been a source of frequent inconveniences with any electromagnetic equipment which Carla has used on a regular basis. She breaks it—just by touching it periodically. She can't wear any but quartz crystal watches, and we have many, many semi-functional tape recorders lying about different areas of our house.

Carla: *It makes for a good story, but it can be frustrating to have electronically damaging energy—I am not amused when I break things. The last thing I want to do is destroy the very machines that allow me to communicate. And my tendency to feel various odd energies has at times been an unwelcome gift. I remember a couple of times when my being able to perceive some occult frequency or another put me in the way of very forceful people who decided that I was to work with them. Of course, I have withstood any requests for help which I felt uncomfortable accepting, but I really don't enjoy the process of convincing someone that I won't come out and play!*

In all of the things, and there are a million or two, that we've tried to better my physical condition, we have not found anything of that nature that avails. However, the gifts of spirit and faith are far more efficacious. So I have become relatively uninterested in new modalities and gadgets—and rest in prayer and peace, knowing the perfect self within.

Session 30, February 24, 1981

Questioner: The instrument would like to know if you could tell her whether or not this item which is called Sam Millar's polarizer would help her physical well-being. Could you do that?

Ra: I am Ra. As we scan the instrument we find anomalies of the magnetic field which are distorted towards our abilities to find narrow band channel into this instrument's mind/body/spirit complex. The polarizer of which you speak, as it is, would not be helpful. A careful reading of this instrument's aura by those gifted in this area, and subsequent alterations of the magnetizing forces of this polarizer, would assist the entity, Sam, in creating such a polarizer that would be of some aid to the instrument. However, we would suggest that no electrical or magnetic equipment not necessary for the recording of our words be brought into these sessions, for we wish no distortions that are not necessary. ♣

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The Law of One, Book II, Session 31

February 25, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: I have a question that the instrument has asked me to ask. It reads: You speak of various types of energy blockages and transfers, positive and negative, that may take place due to participation in our sexual reproductive complex of actions. Could you please explain these blockages and energy transfers with emphasis upon what an individual who is seeking to be in accordance with the Law of One may positively do in this area? Is it possible for you to answer this question?

Ra: I am Ra. It is partially possible, given the background we have laid. This is properly a more advanced question. Due to the specificity of the question we may give a general answer.

The first energy transfer is red ray. It is a random transfer having to do only with your reproductive system.

The orange and the yellow ray attempts to have sexual intercourse create, firstly, a blockage if only one entity vibrates in this area, thus causing the entity vibrating sexually in this area to have a never-ending appetite for this activity. What these vibratory levels are seeking is green ray activity. There is the possibility of orange or yellow ray energy transfer; this being polarizing towards the negative: one being seen as object rather than otherself; the other seeing itself as plunderer or master of the situation.

In green ray there are two possibilities. Firstly, if both vibrate in green ray there will be a mutually strengthening energy transfer, the negative or female, as you call it, drawing the energy from the roots of the being-ness through the energy centers, thus being physically revitalized; the positive, or male polarity, as it is deemed in your illusion, finding in its energy transfer an inspiration which satisfies and feeds the spirit portion of the body/mind/spirit complex, thus both being polarized and releasing the excess of that which each has in abundance by nature of intelligent energy, that is, negative/intuitive, positive/physical energies as you may call them; this energy transfer being blocked only if one or both entities have fear of possession or of being possessed, of desiring possession or desiring being possessed.

The other green ray possibility is that of one entity offering green ray energy, the other not offering energy of the universal love energy, this resulting in a blockage of energy for the one not green ray thus increasing frustration or appetite; the green ray being polarizing slightly towards service to others.

The blue ray energy transfer is somewhat rare among your people at this time but is of great aid due to energy transfers involved in becoming able to express the self without reservation or fear.

The indigo ray transfer is extremely rare among your people. This is the sacramental portion of the body complex whereby contact may be made through

violet ray with intelligent infinity. No blockages may occur at these latter two levels due to the fact that if both entities are not ready for this energy it is not visible and neither transfer nor blockage may take place. It is as though the distributor were removed from a powerful engine.

Questioner: Could you define sexual energy transfer and expand upon its meaning, please?

Ra: I am Ra. Energy transfer implies the release of potential energies across, shall we say, a potentiated space. The sexual energy transfers occur due to the polarizations of two mind/body/spirit complexes, each of which have some potential difference one to the other. The nature of the transfer of energy or of the blockage of this energy is then a function of the interaction of these two potentials. In the cases where transfer takes place, you may liken this to a circuit being closed. You may also see this activity, as all experiential activities, as the Creator experiencing Itself.

Questioner: Could this then be the primal mechanism for the Creator to experience Itself?

Ra: I am Ra. This is not a proper term. Perhaps the adjectives would be "one appropriate" way of the Creator knowing Itself, for in each interaction, no matter what the distortion, the Creator is experiencing Itself. The bisexual knowing of the Creator by Itself has the potential for two advantages.

Firstly, in the green ray activated being there is the potential for a direct and simple analog of what you may call joy, the spiritual or metaphysical nature which exists in intelligent energy. This is a great aid to comprehension of a truer nature of being-ness. The other potential advantage of bisexual reproductive acts is the possibility of a sacramental understanding or connection, shall we say, with the gateway to intelligent infinity, for with appropriate preparation, work in what you may call magic may be done and experiences of intelligent infinity may be had. The positively oriented individuals concentrating upon this method of reaching intelligent infinity, then, through the seeking or the act of will, are able to direct this infinite intelligence to the work these entities desire to do, whether it be knowledge of service or ability to heal or whatever service to others is desired .

These are two advantages of this particular method of the Creator experiencing Itself. As we have said before, the corollary of the strength of this particular energy transfer is that it opens the door, shall we say, to the individual mind/body/spirit complexes' desire to serve in an infinite number of ways an otherself, thus polarizing towards positive.

Questioner: Can you expand somewhat on the concept that this action not only allows the Creator to know Itself better but also creates, in our density, an offspring or makes available the pathway for another entity to enter this density?

Ra: I am Ra. As we have previously said, the sexual energy transfers include the red ray transfer which is random and which is a function of the second-density attempt to grow, to survive, shall we say. This is a proper function of the sexual interaction. The offspring, as you call the incarnated entity, takes on the mind/body complex opportunity offered by this random act or event called the fertilization of egg by seed which causes an entity to have the opportunity to then enter this density as an incarnate entity.

This gives the two who were engaged in this bisexual reproductive energy transfer the potential for great service in this area of the nurturing of the small-experienced entity as it gains in experience.

It shall be of interest at this point to note that there is always the possibility of using these opportunities to polarize towards the negative, and this has been aided by the gradual building up over many thousands of your years of social complex distortions which create a tendency towards confusion, shall we say, or baffling of the service to others aspect of this energy transfer and subsequent opportunities for service to other selves.

Questioner: If a sexual energy transfer occurs in green ray—and I am assuming in this case that there is no red ray energy transfer—does this mean it is impossible for this particular transfer to include fertilization and the birthing of an entity?

Ra: I am Ra. This is incorrect. There is always the red ray energy transfer due to the nature of the body complex. The random result of this energy transfer will be as it will be, as a function of the possibility of fertilization at a given time in a given pairing of entities each entity being undistorted in any vital sense by the yellow or orange ray energies; thus the

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gift, shall we say, being given freely, no payment being requested either of the body, of the mind, or of the spirit. The green ray is one of complete universality of love. This is a giving without expectation of return.

Questioner: I was wondering if there was some principle behind the fact that a sexual union does not necessarily lead to fertilization. I'm not interested in the chemical or physical principles of it. I'm interested in whether or not there is some metaphysical principle that leads to the couple having a child or not, or is it purely random?

Ra: I am Ra. This is random within certain limits. If an entity has reached the seniority whereby it chooses the basic structure of the life experience, this entity may then choose to incarnate in a physical complex which is not capable of reproduction. Thus we find some entities which have chosen to be unfertile. Other entities, through free will, make use of various devices to insure nonfertility. Except for these conditions, the condition is random.

Questioner: Thank you. In the previous material you mentioned "magnetic attraction." Would you define and expand upon that term?

Ra: I am Ra. We used the term to indicate that in your bisexual natures there is that which is of polarity. This polarity may be seen to be variable according to the, shall we say, male/female polarization of each entity, be each entity biologically male or female. Thus you may see the magnetism which two entities with the appropriate balance, male/female versus female/male polarity, meeting and thus feeling the attraction which polarized forces will exert, one upon the other.

This is the strength of the bisexual mechanism. It does not take an act of will to decide to feel attraction for one who is oppositely polarized sexually. it will occur in an inevitable sense giving the free flow of energy a proper, shall we say, avenue. This avenue may be blocked by some distortion toward a belief/condition stating to the entity that this attraction is not desired. However, the basic mechanism functions as simply as would, shall we say, the magnet and the iron.

Questioner: We have what seems to be an increasing number of entities incarnate here now who have what is called a homosexual orientation. Could you explain and expand upon that concept?

Ra: I am Ra. Entities of this condition experience a great deal of distortion due to the fact that they have experienced many incarnations as biological male and as biological female. This would not suggest what you call homosexuality in an active phase were it not for the difficult vibratory condition of your planetary sphere. There is what you may call great aura infringement among your crowded urban areas in your more populous countries, as you call portions of your planetary surface. Under these conditions the confusions will occur.

Questioner: Why does density of population create these confusions?

Ra: I am Ra. The bisexual reproductive urge has as its goal, not only the simple reproductive function, but more especially the desire to serve others being awakened by this activity.

In an over-crowded situation where each mind/body/spirit complex is under constant bombardment from other-selves it is understandable that those who are especially sensitive would not feel the desire to be of service to otherselves. This would also increase the probability of a lack of desire or a blockage of the red ray reproductive energy.

In an uncrowded atmosphere this same entity would, through the stimulus of feeling the solitude about it, then have much more desire to seek out someone to whom it may be of service thus regularizing the sexual reproductive function.

Questioner: Roughly how many previous incarnations would a male entity in this incarnation have had to have had in the past as a female to have a highly homosexual orientation in this incarnation?

Ra: I am Ra. If an entity has had roughly 65% of its incarnations in the sexual/biological body complex, the opposite polarity to its present body complex, this entity is vulnerable to infringement of your urban areas and may perhaps become of what you call an homosexual nature.

It is to be noted at this juncture that although it is much more difficult, it is possible in this type of association for an entity to be of great service to another in fidelity and sincere green ray love of a nonsexual nature thus adjusting or lessening the distortions of its sexual impairment.

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Questioner: Is there an imprint occurring on the DNA coding of an entity so that sexual biases are imprinted due to early sexual experiences?

Ra: I am Ra. This is partially correct. Due to the nature of solitary sexual experiences, it is in most cases unlikely that what you call masturbation has an imprinting effect upon later experiences.

This is similarly true with some of the encounters which might be seen as homosexual among those of this age group. These are often, instead, innocent exercises in curiosity.

However, it is quite accurate that the first experience in which the mind/body/spirit complex is intensely involved will indeed imprint upon the entity for that life experience a set of preferences.

Questioner: Does the Orion group use this as a gateway to impress upon entities preferences which could be of a negative polarization?

Ra: I am Ra. Just as we of the Confederation attempt to beam our love and light whenever given the opportunity, including sexual opportunities, so the Orion group will use an opportunity if it is negatively oriented or if the individual is negatively oriented.

Questioner: Is there any emotional bias that has nothing to do with male/female sexual polarity that can create sexual energy buildup in an entity?

Ra: I am Ra. The sexual energy buildup is extremely unlikely to occur without sexual bias upon the part of the entity. Perhaps we did not understand your question, but it seems obvious that it would take an entity with the potential for sexual activity to experience a sexual energy buildup.

Questioner: I was thinking more of the possibility of the Orion group influencing certain members of the Third Reich who I have read reports of having sexual gratification from the observation of the gassing and killing of entities in the gas chambers.

Ra: I am Ra. We shall repeat these entities had the potential for sexual energy buildup. The choice of stimulus is certainly the choice of the entity. In the case of which you speak, these entities were strongly polarized orange ray, thus finding the energy blockage of power over others, the putting to death being the ultimate power over others; this then being expressed in a sexual manner, though solitary. In this case the desire would continue unabated and be virtually unquenchable.

You will find, if you observe the entire spectrum of sexual practices among your peoples, that there are those who experience such gratification from domination over others either from rape or from other means of domination. In each case this is an example of energy blockage which is sexual in its nature.

Questioner: Would the Orion group be able, then, to impress on entities this orange ray effect? Is this the way that this came about? If we go back to the beginning of third-density there must be a primal cause of this.

Ra: I am Ra. The cause of this is not Orion. It is the free choice of your peoples. This is somewhat difficult to explain. We shall attempt.

The sexual energy transfers and blockages are more a manifestation or example of that which is more fundamental than the other way about. Therefore, as your peoples became open to the concepts of bellicosity and the greed of ownership, these various distortions then began to filter down through the tree of mind into body complex expressions, the sexual expression being basic to that complex. Thus these sexual energy blockages, though Orion influenced and intensified, are basically the product of the being-ness chosen freely by your peoples.

This will be the final question unless we may speak further upon this question to clarify, or answer any short queries before we close.

Questioner: I just need to know then if this works through the racial memory and infects the entire population in some way?

Ra: I am Ra. The racial memory contains all that has been experienced. Thus there is some, shall we say, contamination even of the sexual, this showing mostly in your own culture as the various predispositions to adversary relationships, or, as you call them, marriages, rather than the free giving one to another in the love and the light of the infinite Creator.

Questioner: That was precisely the point that I was trying to make. Thank you very much. I do not wish to overtire the instrument, so I will just ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

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Ra: I am Ra. Please be aware that this instrument is somewhat fatigued. The channel is very clear. However, we find the vital energy low. We do not wish to deplete the instrument. However, there is, shall we say, an energy exchange that we feel an honor/duty to offer when this instrument opens itself. Therefore, counsel we this instrument to attempt to assess the vital energies carefully before offering itself as open channel.

All is well. You are conscientious.

I am Ra. I leave this instrument and you in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one Creator. Adonai. ✤

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The Law of One, Book II, Session 32
February 27, 1981

Ra: I am Ra. I greet you in the love and the light of the one infinite Creator. We communicate now.

Questioner: We will now continue with the material from the day before yesterday. The subject is how sexual polarity acts as a catalyst in evolution and how to best make use of this catalyst. Going back to that material, I will fill in a few gaps that we possibly do not understand too well at this point.

Can you tell me the difference between orange and yellow ray activation? I am going to work up from the red ray right on through the violet. We have covered red ray, so I would like to ask now what the difference is between yellow and orange ray activation?

Ra: I am Ra. The orange ray is that influence or vibratory pattern wherein the mind/body/spirit expresses its power on an individual basis. Thus power over individuals may be seen to be orange ray. This ray has been quite intense among your peoples on an individual basis. You may see in this ray the treating of other-selves as non-entities, slaves, or chattel, thus giving otherselves no status whatever.

The yellow ray is a focal and very powerful ray and concerns the entity in relation to, shall we say, groups, societies, or large numbers of mind/body/spirit complexes. This orange—we correct ourselves—this yellow ray vibration is at the heart of bellicose actions in which one group of entities feels the necessity and right of dominating other groups of entities and bending their wills to the wills of the masters. The negative path, as would call it, uses a combination of the yellow ray and the orange ray in its polarization patterns. These rays, used in a dedicated fashion, will bring about a contact with intelligent infinity. The usual nature of sexual interaction, if one is yellow or orange in primary vibratory patterns, is one of blockage and then insatiable hunger due to the blockage. When there are two selves vibrating in this area the potential for polarization through the sexual interaction is begun, one entity experiencing the pleasure of humiliation and slavery or bondage, the other experiencing the pleasure of mastery and control over another entity. This way a sexual energy transfer of a negative polarity is experienced.

Questioner: From the material that you transmitted February 17th you stated: "In third ray there are two possibilities. Firstly, if both vibrate in third ray there will be a mutually strengthening energy transfer." What color is third ray in this material?

Ra: I am Ra. The ray we were speaking of in that material should be properly the green ray or fourth ray.

Questioner: So I should change that third to fourth or green?

Ra: This is correct. Please continue to scan for errors having to do with numbering, as you call them, as this concept is foreign to us and we must translate, if you will, when using numbers. This is an on-going

weakness of this contact due to the difference between our ways and yours. Your aid is appreciated.

Questioner: Thank you. I believe for the time being we have amply covered green ray, so I am going to skip over green ray and go to blue ray. Could you tell me the difference that occurs between green ray and blue ray with the emphasis on blue ray?

Ra: I am Ra. With the green ray transfer of energy you now come to the great turning point sexually as well as in each other mode of experience. The green ray may then be turned outward, the entity then giving rather than receiving. The first giving beyond green ray is the giving of acceptance or freedom, thus allowing the recipient of blue ray energy transfer the opportunity for a feeling of being accepted, thus freeing that other-self to express itself to the giver of this ray. It will be noted that once green ray energy transfer has been achieved by two mind/body/spirits in mating, the further rays are available without both entities having the necessity to progress equally. Thus a blue ray vibrating entity or indigo ray vibrating entity whose other ray vibrations are clear may share that energy with the green ray other-self, thus acting as catalyst for the continued learn/teaching of the other-self. Until an other-self reaches green ray, such energy transfer through the rays is not possible.

Questioner: What is the difference between indigo and blue ray transfer?

Ra: I am Ra. The indigo ray is the ray of, shall we say, awareness of the Creator as self; thus one whose indigo ray vibrations have been activated can offer the energy transfer of Creator to Creator. This is the beginning of the sacramental nature of what you call your bisexual reproductive act. It is unique in bearing the allness, the wholeness, the unity in its offering to other-self.

Questioner: What is the difference between violet ray and the others?

Ra: I am Ra. The violet ray, just as the red ray, is constant in the sexual experience. Its experience by other-self may be distorted or completely ignored or not apprehended by other-self. However, the violet ray, being the sum and substance of the mind/body/spirit complex, surrounds and informs any action by a mind/body/spirit complex.

Questioner: Do the energy transfers of this nature occur in the fifth, sixth, and seventh-density—all the rays?

Ra: I am Ra. The rays, as you understand them, have such a different meaning in the next density and the next and so forth that we must answer your query in the negative. Energy transfers only take place in fourth, fifth, and sixth densities. These are still of what you would call a polarized nature. However, due to the ability of these densities to see the harmonies between individuals, these entities choose those mates which are harmonious, thus allowing constant transfer of energy and the propagation of the body complexes which each density uses. The process is different in the fifth and the sixth-density than you may understand it. However, it is in these cases still based upon polarity. In the seventh-density there is not this particular energy exchange as it is unnecessary to recycle body complexes.

Questioner: I am assuming we have on Earth today and have had in the past fourth, fifth, and sixth-density Wanderers. As they come into incarnation in the physical of this density for a period as a Wanderer, what types of polarizations with respect to these various rays do they find affecting them?

Ra: I am Ra. I believe I grasp the thrust of your query. Please ask further if this answer is not sufficient.

Fourth density Wanderers, of which there are not many, will tend to choose those entities which seem to be full of love or in need of love. There is the great possibility/probability of entities making errors in judgment due to the compassion with which other-selves are viewed.

The fifth-density Wanderer is one who is not tremendously affected by the stimulus of the various rays of other-self and in its own way offers itself when a need is seen. Such entities are not likely to engage in the, shall we say, custom of your peoples called marriage and are very likely to feel an aversion to childbearing and child-raising due to the awareness of the impropriety of the planetary vibrations relative to the harmonious vibrations of the density of light.

The sixth-density, whose means of propagation you may liken to what you call fusion, is likely to refrain, to a great extent, from the bisexual reproductive programming of the bodily complex and instead

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seek out those with whom the sexual energy transfer is of the complete fusion nature in so far as this is possible in manifestation in third-density.

Questioner: Can you expand a little bit on what you mean by "complete fusion nature"?

Ra: I am Ra. The entire creation is of the one Creator. Thus the division of sexual activity into simply that of the bodily complex is an artificial division, all things thusly being seen as sexual equally, the mind, the body, and the spirit; all of which are part of the polarity of the entity. Thus sexual fusion may be seen with or without what you may call sexual intercourse to be the complete melding of the mind, the body, and the spirit in what feels to be a constant orgasm, shall we say, of joy and delight each in the other's being-ness.

Questioner: Would many Wanderers of these densities have considerable problems with respect to incarnation in the third-density because of this different orientation?

Ra: I am Ra. The possibility/probability of such problems, as you call them, due to sixth-density incarnating in third is rather large. It is not necessarily a problem if you would call it thusly. It depends upon the unique orientation of each mind/body/spirit complex having this situation or placement of vibratory relativities.

Questioner: Can you give me an idea how the different colors … This is a difficult question to ask. I'm having trouble finding any words. What I'm trying to get at is how the different colors originate as the functions for the different expressions in consciousness? I don't know if this question is sufficient.

Ra: I am Ra. This question is sufficiently clear for us to attempt explanation of what, as you have observed, is not easily grasped material for the intellectual mind. The nature of vibration is such that it may be seen as having mathematically straight or narrow steps. These steps may be seen as having boundaries. Within each boundary there are infinite gradations of vibration or color. However, as one approaches a boundary, an effort must be made to cross that boundary. These colors are a simplistic way of expressing the boundary divisions of your density. There is also the time/space analogy which may be seen as the color itself in a modified aspect.

Questioner: Thank you. Is it possible for an entity in third-density physical to vary across the entire band of colors or is the entity pretty well zeroed in on one color?

Ra: I am Ra. This will be the last full question of this working. Please restate for clarity.

Questioner: I meant was it possible for a green ray person who is primarily of green ray activation to vary on both sides of the green ray in a large or a small amount in regards to energy activation, or is he primarily green ray?

Ra: I am Ra. We grasp the newness of material requested by you. It was unclear, for we thought we had covered this material. The portion covered is this: the green ray activation is always vulnerable to the yellow or orange ray of possession, this being largely yellow ray but often coming into orange ray. Fear of possession, desire for possession, fear of being possessed, desire to be possessed: these are the distortions which will cause the deactivation of green ray energy transfer.

The new material is this: once the green ray has been achieved, the ability of the entity to enter blue ray is immediate and is only awaiting the efforts of the individual. The indigo ray is opened only through considerable discipline and practice largely having to do with acceptance of self, not only as the polarized and balanced self but as the Creator, as an entity of infinite worth. This will begin to activate the indigo ray.

Questioner: Thank you.

Ra: I am Ra. Do you have any brief queries before we close?

Questioner: I think that anything I have would be too long, so I will just ask if there is anything that we can do to make the instrument more comfortable or to make the contact better?

Ra: I am Ra. All is well. We caution not only this instrument but each to look well to the vital energies necessary for nondepletion of the instrument and the contact level. You are most conscientious, my friends. We shall be with you. I leave you now in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 32, Fragment 19

February 27, 1981

Jim: Many people have written to us over the years telling us of what they call psychic attacks and asking how to protect themselves from them. It seems that one needn't perform any elaborate rituals or call upon any big league light bearers for assistance. Ra describes the manner in which anyone can provide all the protection that will ever be necessary in any situation. And it is very, very simple.

Carla: *I will be 54 next birthday, and as I get older, I become more and more convinced that our path always lies in offering praise and thanksgiving for whatever is coming our way, no matter what we may humanly think about it. This is easy to do in good times, but it is a matter of some persistence of discipline to train the mind not to shrink away from trouble we perceive coming at us. However, I encourage in everyone that patient tenacity that refuses to doubt the Creator, no matter what. Once we have very clear the fact that we are safely in the Creator's hands and heart, this becomes easier. But the work is never fully done, for we fail again and again to witness to the light, and this causes confusion in our patterns of destiny.*

Session 32, February 27, 1981

Questioner: I have a question that I will throw in at this point from Jim. I will read it. The instrument's physical vehicle is now in the process of recovery from the ingestion of a chemical. She was ignorant of the opening that she was creating. How may the three of us present be more aware of how such openings may be created in our actions and our thoughts? Is it possible that we can make such openings innocently as we question in different areas during these sessions? And what can we do to protect our selves from negative influences in general? Are there any rituals or meditations that we can do to protect our selves?

Ra: I am Ra. Although we are in sympathy with the great desire to be of service exemplified by the question, our answer is limited by the distortion of the Way of Confusion. We shall say some general things which may be of service in this area.

Firstly, when this instrument distorted its bodily complex towards low vital energy due to this occurrence, it was a recognizable substance which caused this. This was not a, shall we say, natural substance nor was the mind/body/spirit complex enough aware of its distortion towards physical weakness. The natural ways of, shall we say, everyday existence in which the entity without the distortions caused by ingestion of strongly effective chemicals may be seen to be of an always appropriate nature. There are no mistakes, including the action of this instrument.

Secondly, the means of protection against any negative or debilitating influence for those upon the positive path was demonstrated by this instrument to a very great degree. Consider, if you will, the potentials that this particular occurrence had for negative influences to enter the instrument. This

instrument thought upon the Creator in its solitude and in actions with other-self, continually praised and gave thanksgiving to the Creator for the experiences it was having. This in turn allowed this particular self such energies as became a catalyst for an opening and strengthening of the other-self's ability to function in a more positively polarized state. Thus we see protection being very simple. Give thanksgiving for each moment. See the self and the other-self as Creator. Open the heart. Always know the light and praise it. This is all the protection necessary. ♣

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The Law of One, Book II, Session 33

March 1, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. I communicate now.

Questioner: In our last session you said that each of us in these sessions should look well to the vital energies necessary for nondepletion of the instrument and the contact level. Did that mean that we should look at the instrument's vital energies or be careful of our own vital energies?

Ra: I am Ra. Each entity is responsible for itself. The mechanics of this process taking place involve firstly, the use of the physical bodily complex of third-density with its accompanying physical material in order to voice these words. Thus this instrument needs to watch its vital energies carefully, for we do not wish to deplete this instrument. Secondly, the function of the supporting group may be seen to be firstly, that of protection for this contact; secondly, that of energizing the instrument and intensifying its vital energies.

This supporting group has always, due to an underlying harmony, been of a very stable nature as regards protection in love and light, thus ensuring the continuation of this narrow band contact. However, the vital energies of either of the supporting members being depleted, the instrument must then use a larger portion of its vital energies, thus depleting itself more than would be profitable on a long-term basis.

Please understand that we ask your apology for this infringement upon your free will. However, it is our distortion/understanding that you would prefer this information rather than, being left totally to your own dedication/distortion, deplete the instrument or deplete the group to the point where the contact cannot be sustained.

Questioner: Can you give us advice on how to maintain the best possible condition for maintaining contact?

Ra: I am Ra. We have given information concerning the proper nurturing of this channel. We, therefore, repeat ourselves only in two ways in general. Firstly, we suggest that rather than being, shall we say, brave and ignoring a physical complex weakness/distortion it is good to share this distortion with the group and thus perhaps, shall we say, remove one opportunity for contact which is very wearying for the instrument, in order that another opportunity might come about in which the instrument is properly supported.

Secondly, the work begun in harmony may continue in harmony, thanksgiving and praise of opportunities and of the Creator. These are your protections. These are our suggestions. We cannot be specific for your free will is of the essence in this contact. As we said, we only speak to this subject because of our grasp of your orientation towards long-term maintenance of this contact. This is acceptable to us.

Questioner: Thank you very much. We have a device for so-called color therapy, and since we were

on the concept of the different colors in the last session I was wondering if this would in some way apply to the principle of color therapy in the shining of particular colors on the physical body. Does this create a beneficial effect and can you tell me something about it?

Ra: I am Ra. This therapy, as you call it, is a somewhat clumsy and variably useful tool for instigating in an entity's mind/body/spirit complex an intensification of energies or vibrations which may be of aid to the entity. The variableness of this device is due firstly to the lack of true colors used, secondly, to the extreme variation in sensitivity to vibration among your peoples.

Questioner: I would think that you could achieve a true color by passing light through a crystal of the particular color. Is this correct?

Ra: I am Ra. This would be one way of approaching accuracy in color. It is a matter of what you would call quality control that the celluloid used is of a varying color. This is not of a great or even visible variation, however, it does make some difference given specific applications.

Questioner: Possibly you could use a prism breaking white light into its spectrum and screening off all parts of the spectrum except that which you wish to use by passing it through a slit. Would this be true?

Ra: I am Ra. This is correct.

Questioner: I was wondering if there is a programming of experiences that causes an individual to get certain catalysts in his daily life. For instance, as we go through our daily life there are many things which we can experience. We can look at these experiences as occurring by pure chance or by a conscious design of our own such as making appointments or going places. I was wondering if there was a behind-the-scenes, as you might call it, programming of catalyst to create the necessary experiences for more rapid growth in the case of some entities. Does this happen?

Ra: I am Ra. We believe we grasp the heart of your query. Please request further information if we are not correct.

The incarnating entity which has become conscious of the incarnative process and thus programs its own experience may choose the amount of catalyst or, to phrase this differently, the number of lessons which it will undertake to experience and to learn from in one incarnation. This does not mean that all is predestined, but rather that there are invisible guidelines shaping events which will function according to this programming. Thus if one opportunity is missed another will appear until the, shall we say, student of the life experience grasps that a lesson is being offered and undertakes to learn it.

Questioner: Then these lessons would be reprogrammed, you might say, as the life experience continues. Let's say that an entity develops the bias that he actually didn't choose to develop prior to incarnation. It is then possible to program experiences so that he will have an opportunity to alleviate this bias through balancing. Is this correct?

Ra: I am Ra. This is precisely correct.

Questioner: Thank you. From this I would extrapolate to the conjecture that the orientation in mind of the entity is the only thing that is of any consequence at all. The physical catalyst that he experiences, regardless of what is happening about him, will be a function strictly of his orientation in mind. I will use as an example *(example deleted)* this being a statement of the orientation in mind governing the catalyst. Is this correct?

Ra: I am Ra. We prefer not to use any well-known examples, sayings, or adages in our communications to you due to the tremendous amount of distortion which any well-known saying has undergone. Therefore, we may answer the first part of your query asking that you delete the example. It is completely true to the best of our knowledge that the orientation or polarization of the mind/body/spirit complex is the cause of the perceptions generated by each entity. Thus a scene may be observed in your grocery store. The entity ahead of self may be without sufficient funds. One entity may then take this opportunity to steal. Another may take this opportunity to feel itself a failure. Another may unconcernedly remove the least necessary items, pay for what it can, and go about its business. The one behind the self, observing, may feel compassion, may feel an insult because of standing next to a poverty-stricken person, may feel generosity, may feel indifference.

Do you now see the analogies in a more appropriate manner?

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Questioner: I think that I do. Then from this I will extrapolate the concept which is somewhat more difficult because as you have explained before, even fourth-density positive has the concept of defensive action, but above the level of fourth-density the concept of defensive action is not in use. The concept of defensive action and offensive action are very much in use in our present density.

I am assuming that if an entity is polarized strongly enough in his thought in a positive sense that defensive action is not going to be necessary for him because the opportunity to apply defensive action will never originate for him. Is this correct?

Ra: I am Ra. This is unknowable. In each case, as we have said, an entity able to program experiences may choose the number and the intensity of lessons to be learned. It is possible that an extremely positively oriented entity might program for itself situations testing the ability of self to refrain from defensive action even to the point of the physical death of self or other-self. This is an intensive lesson and it is not known, shall we say, what entities have programmed. We may, if we desire, read this programming. However, this is an infringement and we choose not to do so.

Questioner: I will ask you if you are familiar with a motion picture called *The Ninth Configuration*. Are you familiar with this?

Ra: I am Ra. We scan your mind and see this configuration called The Ninth Configuration.

Questioner: This motion picture brought out the point about which we have been talking. The Colonel had to make a decision. I was wondering about his polarization. He could have knuckled under, you might say, to the negative forces, but he chose to defend his friend instead. Is it possible for you to estimate which is more positively polarizing: to defend the positively oriented entity, or to allow suppression by the negatively oriented entities?

Ra: I am Ra. This question takes in the scope of fourth-density as well as your own and its answer may best be seen by the action of the entity called Jehoshuah, which you call Jesus. This entity was to be defended by its friends. The entity reminded its friends to put away the sword. This entity then delivered itself to be put to the physical death. The impulse to protect the loved other-self is one which persists through the fourth-density, a density abounding in compassion. More than this we cannot and need not say.

Questioner: Thank you. As we near the end of this master cycle there may be an increasing amount of catalyst for entities. I am wondering if, as the planetary vibrations mismatch somewhat with the fourth-density vibrations and catalyst is increased, if this will create more polarization thereby getting a slightly greater harvest?

Ra: I am Ra. The question must be answered in two parts. Firstly, the planetary catastrophes, as you may call them, are a symptom of the difficult harvest rather than a consciously programmed catalyst for harvest. Thus we do not concern ourselves with it, for it is random in respect to conscious catalyst such as we may make available.

The second portion is this: the results of the random catalyst of what you call the earth changes are also random. Thus we may see probability/possibility vortices going towards positive and negative. However, it will be as it will be. The true opportunities for conscious catalyst are not a function of the earth changes but of the result of the seniority system of incarnations which at the time of the harvest has placed in incarnation those whose chances of using life experiences to become harvestable are the best.

Questioner: Is this seniority system also used in the service to self side for becoming harvestable on that side?

Ra: I am Ra. This is correct. You may ask one more full question at this time.

Questioner: What I would like for you to do is list all the major mechanisms designed to provide catalytic experience that do not include interaction with other-self. That is the first part.

Ra: I am Ra. We grasp from this question that you realize that the primary mechanism for catalytic experience in third-density is other-self. The list of other catalytic influences: firstly, the Creator's universe; secondly, the self.

Questioner: Can you list any sub-headings under self or ways the self is acted upon catalytically which would produce experience?

Ra: I am Ra. Firstly, the self unmanifested. Secondly, the self in relation to the societal self created by self and other-self. Thirdly, the

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interaction between self and the gadgets, toys, and amusements of the self, other-self invention. Fourthly, the self relationship with those attributes which you may call war and rumors of war.

Questioner: I was thinking possibly of the catalyst of physical pain. Does this go under this heading?

Ra: I am Ra. This is correct, it going under the heading of the unmanifested self; that is, the self which does not need other-self in order to manifest or act.

Questioner: Do we have enough time left to ask the second part of this question which is to list all major mechanisms designed to provide the catalyst that include action with other-self?

Ra: I am Ra. You have much time for this, for we may express this list in one of two ways. We could speak infinitely, or we could simply state that any interaction betwixt self and other-self has whatever potential for catalyst that there exists in the potential difference between self and other-self, this moderated and undergirded by the constant fact of the Creator as self and as other-self. You may ask to this question further if you wish specific information.

Questioner: I believe that this is sufficient for the time being.

Ra: I am Ra. Do you have a brief query or two before we close this working?

Questioner: Yes, here is one question. Is there any difference in violet ray activity or brightness between entities who are at entrance level both positive and negative to fourth-density?

Ra: I am Ra. This correct. The violet ray of the positive fourth-density will be tinged with the green, blue, indigo triad of energies. This tinge may be seen as a portion of a rainbow or prism, as you know it, the rays being quite distinct.

The violet ray of fourth-density negative has in its aura, shall we say, the tinge of red, orange, yellow, these rays being muddied rather than distinct.

Questioner: What would the rays of fifth and sixth-density look like?

Ra: I am Ra. We may speak only approximately. However, we hope you understand, shall we say, that there is a distinctive difference in the color structure of each density.

Fifth density is perhaps best described as extremely white in vibration.

The sixth-density of a whiteness which contains a golden quality as you would perceive it; these colors having to do with the blending into wisdom of the compassion learned in fourth-density, then in sixth the blending of wisdom back into an unified understanding of compassion viewed with wisdom. This golden color is not of your spectrum but is what you would call alive.

You may ask one more question briefly.

Questioner: Then I will ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. This working is well. You are attempting to be conscientious. We thank you. May we say we enjoyed your vision of our social memory complex drinking one of your liquids while speaking through this instrument.

I am Ra. I leave you in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book II, Session 34

March 4, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: You stated at an earlier time that penetration of the eighth level or intelligent infinity allows a mind/body/spirit complex to be harvested if it wishes at any time/space during the cycle. When this penetration of the eighth level occurs what does the entity who penetrates it experience?

Ra: I am Ra. The experience of each entity is unique in its perception of intelligent infinity. Perceptions range from a limitless joy to a strong dedication to service to others while in the incarnated state. The entity which reaches intelligent infinity most often will perceive this experience as one of unspeakable profundity. However, it is not usual for the entity to immediately desire the cessation of the incarnation. Rather the desire to communicate or use this experience to aid others is extremely strong.

Questioner: Thank you. Would you define karma?

Ra: I am Ra. Our understanding of karma is that which may be called inertia. Those actions which are put into motion will continue using the ways of balancing until such time as the controlling or higher principle which you may liken unto your braking or stopping is invoked. This stoppage of the inertia of action may be called forgiveness. These two concepts are inseparable.

Questioner: If an entity develops what is called karma in an incarnation, is there then programming that sometimes occurs so that he will experience catalysts that will enable him to get to a point of forgiveness thereby alleviating the karma?

Ra: I am Ra. This is, in general, correct. However, both self and any involved other-self may, at any time through the process of understanding, acceptance, and forgiveness, ameliorate these patterns. This is true at any point in an incarnative pattern. Thus one who has set in motion an action may forgive itself and never again make that error. This also brakes or stops what you call karma.

Questioner: Thank you. Can you give me examples of catalytic action from the last session beginning with the self unmanifested producing learning catalyst?

Ra: I am Ra. We observed your interest in the catalyst of pain. This experience is most common among your entities. The pain may be of the physical complex. More often it is of the mental and emotional complex. In some few cases the pain is spiritual in complex-nature. This creates a potential for learning. The lessons to be learned vary. Almost always these lessons include patience, tolerance, and the ability for the light touch.

Very often the catalyst for emotional pain, whether it be the death of the physical complex of one other-self which is loved or other seeming loss, will simply result in the opposite, in a bitterness and impatience, a souring. This is catalyst which has gone awry. In these cases then there will be additional catalyst

provided to offer the unmanifested self further opportunities for discovering the self as all-sufficient Creator containing all that there is and full of joy.

Questioner: Do what we call contagious diseases play any part in this process with respect to the unmanifested self?

Ra: I am Ra. These so-called contagious diseases are those entities of second-density which offer an opportunity for this type of catalyst. If this catalyst is unneeded, then these second-density creatures, as you would call them, do not have an effect. In each of these generalizations you may please note that there are anomalies so that we cannot speak to every circumstance but only to the general run or way of things as you experience them.

Questioner: What part do what we call birth defects play in this process?

Ra: I am Ra. This is a portion of the programming of the mind/body/spirit complex totality manifested in the mind/body/spirit of third-density. These defects are planned as limitations which are part of the experience intended by the entity's totality complex. This includes genetic predispositions, as you may call them.

Questioner: Thank you. Can you give me the same type of information about the self in relation to the societal self?

Ra: I am Ra. The unmanifested self may find its lessons those which develop any of the energy influx centers of the mind/body/spirit complex. The societal and self interactions most often concentrate upon the second and third energy centers. Thus those most active in attempting to remake or alter the society are those working from feelings of being correct personally or of having answers which will put power in a more correct configuration. This may be seen to be of a full travel from negative to positive in orientation. Either will activate these energy ray centers.

There are some few whose desires to aid society are of a green ray nature or above. These entities, however, are few due to the understanding, may we say, of fourth ray that universal love freely given is more to be desired than principalities or even the rearrangement of peoples or political structures.

Questioner: If an entity were to be strongly biased toward positive societal effects, what would this do to his yellow ray in the aura as opposed to an entity who wanted to create an empire of society and govern it with an iron fist?

Ra: I am Ra. Let us take two such positively oriented active souls no longer in your physical time/space. The one known as Albert went into a strange and, to it, a barbaric society in order that it might heal. This entity was able to mobilize great amounts of energy and what you call money. This entity spent much green ray energy both as a healer and as a lover of your instrument known as the organ. This entity's yellow ray was bright and crystallized by the efforts needed to procure the funds to promulgate its efforts. However, the green and blue rays were of a toweringly brilliant nature as well. The higher levels, as you may call them, being activated, the lower, as you may call them, energy points remaining in a balance, being quite, quite bright.

The other example is the entity, Martin. This entity dealt in a great degree with rather negative orange ray and yellow ray vibratory patterns. However, this entity was able to keep open the green ray energy and due to the severity of its testing, if anything, this entity may be seen to have polarized more towards the positive due to its fidelity to service to others in the face of great catalyst.

Questioner: Could you give me the last names of Albert and Martin?

Ra: I am Ra. These entities are known to you as Albert Schweitzer and Martin Luther King.

Questioner: I thought that that was correct, but I wasn't sure. Can you give me the same type of information that we have been getting here with respect to the unmanifested interacting between self and gadgets and toys and inventions?

Ra: I am Ra. In this particular instance we again concentrate for the most part in the orange and in the yellow energy centers. In a negative sense many of the gadgets among your peoples, that is what you call your communication devices and other distractions such as the less competitive games, may be seen to have the distortion of keeping the mind/body/spirit complex unactivated so that yellow and orange ray activity is much weakened thus carefully decreasing the possibility of eventual green ray activation.

Others of your gadgets may be seen to be tools whereby the entity explores the capabilities of its

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physical or mental complexes and in some few cases, the spiritual complex, thus activating the orange ray in what you call your team sports and in other gadgets such as your modes of transport. These may be seen to be ways of investigating the feelings of power; more especially, power over others or a group power over another group of other-selves.

Questioner: What is the general overall effect of television on our society with respect to this catalyst?

Ra: I am Ra. Without ignoring the green ray attempts of many to communicate via this medium such information of truth and beauty as may be helpful, we must suggest that the sum effect of this gadget is that of distraction and sleep.

Questioner: Can you give me the same type of information that we are working on now with respect to war and rumors of war?

Ra: I am Ra. You may see this in relationship to your gadgets. This war and self relationship is a fundamental perception of the maturing entity. There is a great chance to accelerate in whatever direction is desired. One may polarize negatively by assuming bellicose attitudes for whatever reason. One may find oneself in the situation of war and polarize somewhat towards the positive activating orange, yellow, and then green rays by heroic, if you may call them this, actions taken to preserve the mind/body/spirit complexes of other-selves.

Finally, one may polarize very strongly third ray by expressing the principle of universal love at the total expense of any distortion towards involvement in bellicose actions. In this way the entity may become a conscious being in a very brief span of your time/space. This may be seen to be what you would call a traumatic progression. It is to be noted that among your entities a large percentage of all progression has as catalyst, trauma.

Questioner: You just used the term third ray in that statement. Was that the term you meant to use?

Ra: I am Ra. We intended the green ray. Our difficulty lies in our perception of red ray and violet ray as fixed; thus the inner rays are those which are varying and are to be observed as those indications of seniority in the attempts to form an harvest.

Questioner: Would the red ray, an intense red ray, then be used as an index for seniority in incarnation as well as an intense violet ray?

Ra: I am Ra. This is partially correct. In the graduation or harvesting to fourth-density positive, the red ray is seen only as that, which being activated, is the basis for all that occurs in vibratory levels, the sum of this being violet ray energy.

This violet ray is the only consideration for fourth-density positive. In assessing the harvestable fourth-density negative, the intensity of the red as well as the orange and the yellow rays is looked upon quite carefully as a great deal of stamina and energy of this type is necessary for the negative progression, it being extremely difficult to open the gateway to intelligent infinity from the solar plexus center. This is necessary for harvest in fourth-density negative.

Questioner: Is it possible for you to use as an example our General Patton and tell me the effect that war had on him in his development?

Ra: I am Ra. This will be the last full question of this working. The one of whom you speak, known as George, was one in whom the programming of previous incarnations had created a pattern or inertia which was irresistible in its incarnation in your time/space. This entity was of a strong yellow ray activation with frequent green ray openings and occasional blue ray openings. However, it did not find itself able to break the mold of previous traumatic experiences of a bellicose nature.

This entity polarized somewhat towards the positive in its incarnation due to its singleness of belief in truth and beauty. This entity was quite sensitive. It felt a great honor/duty to the preservation of that which was felt by the entity to be true, beautiful, and in need of defense. This entity perceived itself a gallant figure. It polarized somewhat towards the negative in its lack of understanding the green ray it carried with it, rejecting the forgiveness principle which is implicit in universal love.

The sum total of this incarnation vibrationally was a slight increase in positive polarity but a decrease in harvestability due to the rejection of the Law or Way of Responsibility; that is, seeing universal love, yet still it fought on.

Questioner: Do we have enough time for me to ask if the death, almost immediately after the cessation of war, of this entity could have been so that it could have immediately been reincarnated so that it could make harvest?

Ra: I am Ra. This is precisely correct.

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Questioner: Thank you. Then I will just ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. We leave you, my friends, in the love and the light of the One which is All in All. I leave you in an ever-lasting peace. Go forth, therefore, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 34, Fragment 20
March 4, 1981

Jim: Because Carla's physical energy level was always very low and constantly being drained by the arthritic condition and the persistent presence of some degree of pain, it became necessary for her to engage in daily exercise in order to maintain the function of each portion of her body. We found that the more distorted or low on energy she was the greater was the need for this exercise. When her body was functioning most nearly normally, the exercise could be reduced in length until it also was normal. For Carla that was about one hour of rapid walking per day.

When Don queried about an experience that he had in 1964, the specificity of the answer was limited by Ra's desire to maintain Don's free will. Most events in our lives are a mystery in some degree or another. One way of looking at the process of evolution is to see it as the process of solving the mysteries all about us. All events are illusions or mysteries because each represents the one Creator in one disguise or another, offering us a greater or lesser opportunity to find love, joy, balance, and perfection in each moment. There is a spiritual strength that comes with unraveling such mysteries for one's self. It is not always a service for those with better trained eyes to tell another what he does not yet see for himself, but which he has the capacity to learn to see. Thus Ra often invoked the Law of Free Will, also known as the Law of Confusion.

Carla: *When I was a child, I danced and swam and rode horses. I loved exercise, especially when it was rhythmic. The exercise that was my lot to do during this time was, though very hard, because I felt so tired, an energizing experience. Both Don and Jim helped me remember to get these periods in, and Jim made them easier still by joining me. It is always easier to do such things with a buddy! Don was not able to join me in these walks, as he had a painful condition of the feet brought on by working in tropical climes, and every step hurt. However, I witnessed, from time to time, a level of animal strength in Don that was miraculous. For instance, in 1977 Don and I went to join in a Mind Link held by Andrija Puharich. Gathered were a mixed bag of established psychics, all women, and other mid-aged supporters, and about an equal number of college-age kids who had identified themselves to Puharich as Wanderers. The kids loved soccer and played it when we weren't in session. Don joined in their first game. He did really well, impressing not only me but all the kids. They finally had to stop the game, red-faced and panting. Donald was not even breathing heavily. Needless to say, the kids warmed up to Don quickly! But they never could get him to play again.*

Session 34, March 4, 1981

Questioner: The instrument would like to know if two short exercise periods per day would be better for her than one long one?

Ra: I am Ra. This is incorrect. The proper configuration of the physical complex exercising during the three month period wherein the instrument is vulnerable to physical complex distortion intensification, needs the strengthening of the physical complex. This may appropriately be seen to be one major period of the exercising followed late in your diurnal cycle before the evening meditation by an exercise period approximately one-half the length of the first. This will be seen to be wearing upon the instrument. However, it will have the effect of strengthening the physical complex and lessening the vulnerability which might be taken advantage of.

Questioner: Is it possible for you to tell me what I experienced, around 1964 I believe it was, when in meditation I became aware of what I considered a different density and different planet, and seemed to experience moving onto that planet? Is it possible for you to tell me what experience that was?

Ra: I am Ra. We see some harm in full disclosure due to infringement. We content ourselves with suggesting that this entity, which is not readily able to subject itself to the process of hypnotic regression instigated by others, nevertheless, has had its opportunities for understanding of its being-ness. ♣

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The Law of One, Book II, Session 35

March 6, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: I would like to say that we consider it a great privilege to be doing this work, and we hope that we will be questioning in the direction that will be of value to the readers of this material. I thought that in this session it might be helpful to inspect the effect of the rays of different well-known figures in history to aid in understanding how the catalyst of the illusion creates spiritual growth. I was making a list that I thought we might use to hit the high points on the workings of the catalysts on these individuals starting with the one we know as Franklin D. Roosevelt. Could you say something about that entity?

Ra: I am Ra. It is to be noted that in discussing those who are well-known among your peoples there is the possibility that information may be seen to be specific to one entity whereas in actuality the great design of experience is much the same for each entity. It is with this in mind that we would discuss the experiential forces which offered catalyst to an individual.

It is further to be noted that in the case of those entities lately incarnate much distortion may have taken place in regard to misinformation and misinterpretation of an entity's thoughts or behaviors.

We shall now proceed to, shall we say, speak of the basic parameters of the one known as Franklin. When any entity comes into third-density incarnation, each of its energy centers is potentiated but must be activated by the self using experience.

The one known as Franklin developed very quickly up through red, orange, yellow, and green and began to work in the blue ray energy center at a tender age, as you would say. This rapid growth was due, firstly, to previous achievements in the activation of the rays, secondly, to the relative comfort and leisure of its early existence, thirdly, due to the strong desire upon the part of the entity to progress. This entity mated with an entity whose blue ray vibrations were of a strength more than equal to its own thus acquiring catalyst for further growth in that area that was to persist throughout the incarnation.

This entity had some difficulty with continued green ray activity due to the excessive energy which was put into the activities regarding other-selves in the distortion towards acquiring power. This was to have its toll upon the physical vehicle, as you may call it. The limitation of the nonmovement of a portion of the physical vehicle opened once again, for this entity, the opportunity for concentration upon the more, shall we say, universal or idealistic aspects of power; that is, the nonabusive use of power. Thus at the outset of a bellicose action this entity had lost some positive polarity due to excessive use of the orange and yellow ray energies at the expense of green and blue ray energies, then had

regained the polarity due to the catalytic effects of a painful limitation upon the physical complex.

This entity was not of a bellicose nature but rather during the conflict continued to vibrate in green ray working with the blue ray energies. The entity who was the one known as Franklin's teacher also functioned greatly during this period as blue ray activator, not only for its mate but also in a more universal expression. This entity polarized continuously in a positive fashion in the universal sense while, in a less universal sense, developing a pattern of what may be called karma; this karma having to do with inharmonious relationship distortions with the mate/teacher.

Questioner: Two things I would like to clear up. First, then Franklin's teacher was his wife? Is this correct?

Ra: I am Ra. This is correct.

Questioner: Secondly, did Franklin place the physical limitation on his body himself?

Ra: I am Ra. This is partially correct. The basic guidelines for the lessons and purposes of incarnation had been carefully set forth before incarnation by the mind/body/spirit complex totality. If the one known as Franklin had avoided the excessive enjoyment of or attachment to the competitiveness which may be seen to be inherent in the processes of its occupation, this entity would not have had the limitation.

However, the desire to serve and to grow was strong in this programming and when the opportunities began to cease due to these distortions towards love of power the entity's limiting factor was activated.

Questioner: I would now like to ask for the same type of information with respect to Adolf Hitler. You have given a little of this already. It is not necessary for you to recover what you have already given. Could you complete that information?

Ra: I am Ra. In speaking of the one you call Adolf we have some difficulty due to the intense amount of confusion present in this entity's life patterns as well as the great confusion which greets any discussion of this entity.

Here we see an example of one who, in attempting activation of the highest rays of energy while lacking the green ray key, canceled itself out as far as polarization either towards positive or negative. This entity was basically negative. However, its confusion was such that the personality disintegrated, thus leaving the mind/body/spirit complex unharvestable and much in need of healing.

This entity followed the pattern of negative polarization which suggests the elite and the enslaved, this being seen by the entity to be of an helpful nature for the societal structure. However, in drifting from the conscious polarization into what you may call a twilight world where dream took the place of events in your space/time continuum, this entity failed in its attempt to serve the Creator in an harvestable degree along the path of service to self. Thus we see the so-called insanity which may often arise when an entity attempts to polarize more quickly than experience may be integrated.

We have advised and suggested caution and patience in previous communications and do so again, using this entity as an example of the over-hasty opening of polarization without due attention to the synthesized and integrated mind/body/spirit complex. To know your self is to have the foundation upon firm ground.

Questioner: Thank you. That is an important example I believe. I was wondering if any of those who were subordinate to Adolf at that time were able to polarize in a harvestable nature on the negative path?

Ra: I am Ra. We can speak only of two entities who may be harvestable in a negative sense, others still being in the physical incarnation: one known to you as Hermann; the other known, as it preferred to be called, Himmler.

Questioner: Thank you. Earlier we discussed Abraham Lincoln as a rather unique case. is it possible for you to tell us why the fourth-density being used Abraham Lincoln's body, what its orientation was, and when this took place with respect to the activities that were occurring in our society at that time?

Ra: I am Ra. This is possible.

Questioner: Would it be of value for the reader to know this in your estimation?

Ra: I am Ra. You must shape your queries according to your discernment.

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Questioner: Well in that case I would like to know the motivation for this use of Abraham Lincoln's body at that time?

Ra: I am Ra. This shall be the last full query of this session as we find the instrument quite low in vital energies.

The one known as Abraham had an extreme difficulty in many ways and, due to physical, mental, and spiritual pain, was weary of life but without the orientation to self-destruction. In your time, 1853, this entity was contacted in sleep by a fourth-density being. This being was concerned with the battles between the forces of light and the forces of darkness which have been waged in fourth-density for many of your years.

This entity accepted the honor/duty of completing the one known as Abraham's karmic patterns and the one known as Abraham discovered that this entity would attempt those things which the one known as Abraham desired to do but felt it could not. Thus the exchange was made.

The entity, Abraham, was taken to a plane of suspension until the cessation of its physical vehicle much as though we of Ra would arrange with this instrument to remain in the vehicle, come out of the trance state, and function as this instrument, leaving this instrument's mind and spirit complex in its suspended state.

The planetary energies at this time were at what seemed to this entity to be at a critical point, for that which you know as freedom had gained in acceptance as a possibility among many peoples. This entity saw the work done by those beginning the democratic concept of freedom, as you call it, in danger of being abridged or abrogated by the rising belief and use of the principle of the enslavement of entities. This is a negative concept of a fairly serious nature in your density. This entity, therefore, went forward into what it saw as the battle for the light, for healing of a rupture in the concept of freedom.

This entity did not gain or lose karma by these activities due to its detachment from any outcome. Its attitude throughout was one of service to others, more especially to the downtrodden or enslaved. The polarity of the individual was somewhat, but not severely, lessened by the cumulative feelings and thought forms which were created due to large numbers of entities leaving the physical plane due to trauma of battle.

May we ask if this is the information you requested or if we may supply any further information?

Questioner: I will ask any further questions during the next working period which should occur in about four days. We do not want to overtire the instrument. I will only ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. I leave you, my friends, in the love and the light of the one infinite Creator. Go forth, therefore rejoicing in the power and the peace of the one Creator. Adonai. ♣

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Sunday Meditation
March 8, 1981

(Carla channeling

I am Hatonn. It is a great privilege and pleasure to greet you this evening. We have been with each of you in your meditations and we thank you for your continuing efforts to seek the path of truth. Our stories and our speeches are always and ever those attempting to give you an understanding that is very simple, an understanding of love. And once again we shall tell you, shall we say, a parable, in order that you may turn in your mind another facet of the understanding of love and its workings in your life as you live it at this time.

Imagine yourself, my friends, as a young man at the dawn of *(inaudible)*, contemplating with some despair the difficulties and limitations of responsibility and adulthood. Imagine then a guide, a guardian, coming to this young man and saying, "Come with me and I shall show you the alternative to your difficulties and your limitations."

And the young man awakes in an enchanted forest. He is cold and wishes himself better clothed, for it is somewhat chilly and immediately he is garbed in a warm and comfortable garment. He looks about and wonders if there might be water and suddenly a brook gurgles verily at his feet. Recklessly, he thinks to himself, "Well, I'll just think myself a house," and it is there. A comfortable, furnished cabin. Outside he finds beehives, gardens, all things as he would wish them to be. And it is many days before this young man begins to realize that he is not happy in this tremendous freedom from limitation and from responsibility. It is not many more days than that before he recalls his guardian. "Great Being," he says, "you have shown me what it is to be free of responsibility and limitation and I now understand. I wish to go back." And back he is in a world with responsibilities, sometimes of a crushing nature, of limitations of all kinds, and other people.

My friends, cherish each other and understand that in each entity you view the Creator. In each entity beginning with yourself and spreading outward through all of your life you meet a *(inaudible)* of love. Beings born and made of love. It is a responsibility to live in such a world, but, my friends, it is an honor to be able to share woe and *(inaudible)* alike with your fellow beings and a common understanding that you are one with the Creator, a Creator of infinite love.

How can you keep this in mind as your back bends under responsibilities you may not wish to bear, limitations and situations you might wish to be different? As always, my friends, we offer you the suggestion that time spent in meditation is time spent out of time and in the kingdom of heaven. These moments are with you through the days; as you need them you may call upon them if you but will.

At this time I would like to transfer this contact. I am Hatonn.

(Jim channeling

I am Hatonn, and greet you once again in love and light. It is always a great privilege and honor to share our simple thoughts with your meditation group. We of Hatonn are simple messengers with a very simple message. A message which you know is a message of love. The experience of love, the recognition of love, the living of love, the sharing of love, the giving of love, for my friends, love is that force which binds all that is together in the one great Being that we serve and call the infinite Creator. We speak of love for there is nothing else that may be spoken of.

The love that is the source of your very being surrounds you each moment of every day that you experience in your lives upon this tiny planet that you call Earth. The infinite Creator has set in motion the force of love to carry each of His creations on a journey, a journey of awakening, a journey of realizing the oneness of self with all that is, with love, with the Creator. This journey has many routes available. Each of you in your own free will, by your own choices, may choose how to make this journey. Each of you in your daily activities as you go about that which is your work, your life, meets those who are like you, pilgrims upon this path of awakening. Each of you in your daily lives have infinite opportunities to realize that you share love with each other. Each of you has infinite opportunities to recognize the workings of love in your life, in each moment.

It is for this reason that we suggest again and again that you pause for a moment in each day to sit with yourself in the silence of meditation so that the realization of your oneness with all that is might be made more profoundly clear in your life, for amid the hustle and the bustle and the activity that are contained within each of your days in such great profusion it is easy, as you know, to lose the sight and the feeling and the realization of your oneness with all. It is easy to forget that the force which propels you through all your activities is simply the force of love. It is easy to overlook the most obvious of realities and, sadly to say, my friends, so often is love overlooked; so often is the Creator forgotten.

Though you meet the Creator in every activity in every face in every day, it is so easy to forget whom you meet. For this reason we suggest that meditation might be the means by which you make this connection with the foundation of your being on a daily basis. This meditation activity can became likened unto a fire, a light which burns within your being and illuminates your being burning brighter as you feed it the fuel of your attention. Burning brighter until those around you notice a change in your very being and are inspired by the light that shines from your being, from your words, from your thoughts, from your actions. In this way, the light and the love of the infinite Creator may find means of manifestation into your third-dimensional reality, a reality that contains the Creator in every degree. But a reality which, as all illusions, hides that which is its foundation.

We from Hatonn are privileged to be able to speak these simple words to your group and thank you for the opportunity that you offer for our service to you and to your fellow creatures as you open yourselves in meditation whenever possible. We shall be with you and shall be most happy to join you in your meditations whenever you have a moment, however long or short, to sit in the silence of the self at the throne of the Creator.

We would at this time transfer this contact to the one known as Carla. I am Hatonn.

(Carla channeling

I am Hatonn. Before I leave you, my friends, I would like to allow our brothers and sisters of Laitos to join with us in greeting each of you personally with the vibration which we call the conditioning wave. We shall make this available first to the one known as N. If he will relax, we will deepen his state of meditation. And to the one known as D. To the one known as C. We give our thanks to each channel and we expand our love and our light to those others to whom these words, poor as they may be, shall be sent. We are only messengers, as we have said of the carrying of great news. You may feel the love. It does not come from us, but through us. May it also come through you, and bless the lives of all those whose lives you touch.

I leave you now in the love and the light of the infinite Creator, in the beauty of His great caring, in the joy of His creation. I am Hatonn. Adonai, my friends. Adonai vasu.

(Pause)

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I am Nona. I am with this instrument and greet you in the love and in the light of the infinite Creator. We speak with difficulty but we are called by one of those of you, the one known as S. His request for healing does not go unheard and we share that healing with you now. We thank you for this opportunity to be of service.

I am Latwii. I am very happy to be with you. I greet you also in the love and in the light of the infinite Creator. It is a great joy to be here with you and to offer myself as one who would attempt to answer any questions that you may have at this time.

C: We were speaking earlier about a case that is currently in—well, it's in the paper this morning, and it dealt with a person claiming to have been possessed at the time of a violent act. But with the operation of free will, how can one be possessed by a negative influence, say as this one claims?

I am Latwii, and am aware of your question. We do not wish to make light of your negative entities, however, we ask you, my friend, is not anyone who is acting without rationality possessed by inspiration of some kind? The being that you are encompasses a, shall we say, dark side. This dark side may, in some cases, be extremely visible. The workings of the mind, as you call it, are such that many of the influences of your daily life are largely unknown to you. But they do exist in the individual, not in *(inaudible)*.

There are those who aid individuals wishing to be of a negative nature. But the wish must precede the deed. The cases of what you may call possession are so few that in discussing the greater number that are largely understood to be possessions we must simply say we see [a] darker side of the individual which has disintegrated from the whole. In some cases the disintegration is so great that what you would call a discarnate entity may actually be present. We ask you, my friends, not to think of devils but of negative and positive, for each of you has potentials for each so that you may be possessed by the thirst for beauty, truth, honor and faith, or by the lust for power, greed or destruction.

Does this answer your question, my brother?

C: Yes, so there's just a manifestation of a portion of ourselves and not external influences?

I am Latwii. In the majority of cases this is so. Is there another question at this time?

C: *(Inaudible)*.

(Tape ends.) ♣

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The Law of One, Book II, Session 36

March 10, 1981

Ra: I am Ra. I greet you in the love and the light of the one infinite Creator. We communicate now.

Questioner: In previous communications you have spoken of the mind/body/spirit complex totality. Would you please give us a definition of the mind/body/spirit complex totality?

Ra: I am Ra. There is a dimension in which time does not have sway. In this dimension, the mind/body/spirit in its eternal dance of the present may be seen in totality, and before the mind/body/spirit complex which then becomes a part of the social memory complex is willingly absorbed into the allness of the one Creator, the entity knows itself in its totality.

This mind/body/spirit complex totality functions as, shall we say, a resource for what you perhaps would call the higher self. The higher self, in turn, is a resource for examining the distillations of third-density experience and programming further experience. This is also true of densities four, five, and six with the mind/body/spirit complex totality coming into consciousness in the course of seventh density.

Questioner: Then would the mind/body/spirit complex totality be responsible for programming changes in catalyst during a third-density experience of the mind/body/spirit complex so that the proper catalyst would be added, shall we say, as conditions for the complex changed during third-density experience?

Ra: I am Ra. This is incorrect. The higher self, as you call it, that is, that self which exists with full understanding of the accumulation of experiences of the entity, aids the entity in achieving healing of the experiences which have not been learned properly and assists as you have indicated in further life experience programming, as you may call it.

The mind/body/spirit complex totality is that which may be called upon by the higher self aspect just as the mind/body/spirit complex calls upon the higher self. In the one case you have a structured situation within the space/time continuum with the higher self having available to it the totality of experiences which have been collected by an entity and a very firm grasp of the lessons to be learned in this density.

The mind/body/spirit complex totality is as the shifting sands and is in some part a collection of parallel developments of the same entity. This information is made available to the higher self aspect. This aspect may then use these projected probability/possibility vortices in order to better aid in what you would call future life programming.

Questioner: Out of the Seth Material we have a statement in which Seth says that each entity here on Earth is one part of or aspect of a higher self or Oversoul which has many aspects or parts in many dimensions all of which learn lessons which allow the higher self to progress in a balanced manner. Am

I to understand from this that there are many experiences similar to the one which we experience in the third-density which are governed by a single higher self?

Ra: I am Ra. The correctness of this statement is variable. The more in balance an entity becomes, the less the possibility/probability vortices may need to be explored in parallel experiences.

Questioner: Do I understand from this then that the higher self or Oversoul may break down into numerous units if the experience is required to what we would call simultaneously experience different types of catalysts and then oversee these experiences?

Ra: I am Ra. This is a statement we cannot say to be correct or incorrect due to the confusions of what you call time. True simultaneity is available only when all things are seen to be occurring at once. This overshadows the concept of which you speak. The concept of various parts of the being living experiences of varying natures simultaneously is not precisely accurate due to your understanding that this would indicate that this was occurring with true simultaneity. This is not the case.

The case is from universe to universe and parallel existences can then be programmed by the higher self, given the information available from the mind/body/spirit complex totality regarding the probability/possibility vortices at any crux.

Questioner: Could you give an example of how this programming by the higher self would then bring about education through parallel experiences?

Ra: I am Ra. Perhaps the simplest example of this apparent simultaneity of existence of two selves, which are in truth one self at the same time/space, is this: the Oversoul, as you call it, or higher self, seems to exist simultaneously with the mind/body/spirit complex which it aids. This is not actually simultaneous, for the higher self is moving to the mind/body/spirit complex as needed from a position in development of the entity which would be considered in the future of this entity.

Questioner: Then the higher self operates from the future as we understand things. In other words my higher self would operate from what I consider to be my future? Is this correct?

Ra: I am Ra. From the standpoint of your space/time, this is correct.

Questioner: In that case my higher self would have a very large advantage in knowing what was needed since it would know, as far as I am concerned, what was going to happen. Is this correct?

Ra: I am Ra. This is incorrect, in that this would be an abrogation of free will. The higher self aspect is aware of the lessons learned through the sixth-density. The progress rate is fairly well understood. The choices which must be made to achieve the higher self as it is are in the provenance of the mind/body/spirit complex itself.

Thus the higher self is like the map in which the destination is known; the roads are very well known, these roads being designed by intelligent infinity working through intelligent energy. However, the higher self aspect can program only for the lessons and certain predisposing limitations if it wishes. The remainder is completely the free choice of each entity. There is the perfect balance between the known and the unknown.

Questioner: I'm sorry for having so much trouble with these concepts, but they are very difficult I am sure to translate into our understanding and language. Some of my questions may be rather ridiculous, but does this higher self have some type of vehicle like our physical vehicle? Does it have a bodily complex?

Ra: I am Ra. This is correct. The higher self is of a certain advancement within sixth-density going into the seventh. After the seventh has been well entered the mind/body/spirit complex becomes so totally a mind/body/spirit complex totality that it begins to gather spiritual mass and approach the octave density. Thus the looking backwards is finished at that point.

Questioner: Is the higher self of every entity of a sixth-density nature?

Ra: I am Ra. This is correct. This is an honor/duty of self to self as one approaches seventh density.

Questioner: Let me be sure that I understand this then. We have spoken of certain particular individuals. For instance we were speaking of George Patton in a previous communication. Then his higher self at the time of his incarnation here as George Patton about forty years ago was of sixth-density? is this correct?

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Ra: I am Ra. This is correct. We make note at this time that each entity has several beings upon which to call for inner support. Any of these may be taken by an entity to be the mind/body/spirit complex totality. However, this is not the case. The mind/body/spirit complex totality is a nebulous collection of all that may occur held in understanding; the higher self itself a projection or manifestation of mind/body/spirit complex totality which then may communicate with the mind/body/spirit during the discarnate part of a cycle of rebirth or during the incarnation; may communicate if the proper pathways or channels through the roots of mind are opened.

Questioner: These channels would then be opened by meditation and I am assuming that the intense polarization would help in this. Is this correct?

Ra: I am Ra. This is partially correct. Intense polarization does not necessarily develop, in the mind/body/spirit complex, the will or need to contact the Oversoul. Each path of life experience is unique. However, given the polarization, the will is greatly enhanced and visa-versa.

Questioner: Let me take as an example the one that you said was called Himmler. We are assuming from this that his higher self was of the sixth-density and it was stated that Himmler had selected the negative path. Would his higher self then dwell in a sixth-density negative type of situation? Can you expand on this concept?

Ra: I am Ra. There are no negative beings which have attained the Oversoul manifestation, which is the honor/duty of the mind/body/spirit complex totality, of late sixth-density as you would term it in your time measurements. These negatively oriented mind/body/spirit complexes have a difficulty which to our knowledge has never been overcome, for after fifth-density graduation wisdom is available but must be matched with an equal amount of love. This love/light is very, very difficult to achieve in unity when following the negative path and during the earlier part of the sixth-density, society complexes of the negative orientation will choose to release the potential and leap into the sixth-density positive.

Therefore, the Oversoul which makes its understanding available to all who are ready for such aid is towards the positive. However, the free will of the individual is paramount, and any guidance given by the higher self may be seen in either the positive or negative polarity depending upon the choice of a mind/body/spirit complex.

Questioner: Then using Himmler as an example, was his higher self at the time he was incarnate in the 1940s a sixth-density positively oriented higher self?

Ra: I am Ra. This is correct.

Questioner: Was Himmler in any way in contact with his higher self at that time when he was incarnate during the 1940s?

Ra: I am Ra. We remind you that the negative path is one of separation. What is the first separation: the self from the self. The one known as Himmler did not choose to use its abilities of will and polarization to seek guidance from any source but its conscious drives, self-chosen in the life experience and nourished by previous biases created in other life experiences.

Questioner: Well then let's say that when Himmler reaches sixth-density negative, would he realize that his higher self was positively oriented and for that reason make the jump from negative to positive orientation?

Ra: I am Ra. This is incorrect. The sixth-density negative entity is extremely wise. It observes the spiritual entropy occurring due to the lack of ability to express the unity of sixth-density. Thus, loving the Creator and realizing at some point that the Creator is not only self but other-self as self, this entity consciously chooses an instantaneous energy reorientation so that it may continue its evolution.

Questioner: Then the sixth-density entity who has reached that point in positive orientation may choose to become what we call a Wanderer and move back. I am wondering if this ever occurs with a negatively oriented sixth-density entity? Do any ever move back as Wanderers?

Ra: I am Ra. Once the negatively polarized entity has reached a certain point in the wisdom density it becomes extremely unlikely that it will choose to risk the forgetting, for this polarization is not selfless but selfish and with wisdom realizes the jeopardy of such "Wandering." Occasionally a sixth-density negative becomes a Wanderer in an effort to continue to polarize towards the negative. This is extremely unusual.

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Questioner: Then what is the mechanism that this unusual sixth-density entity would wish to gain to polarize more negatively through Wandering?

Ra: I am Ra. The Wanderer has the potential of greatly accelerating the density whence it comes in its progress in evolution. This is due to the intensive life experiences and opportunities of the third-density. Thusly the positively oriented Wanderer chooses to hazard the danger of the forgetting in order to be of service to others by radiating love of others. If the forgetting is penetrated the amount of catalyst in third-density will polarize the Wanderer with much greater efficiency than shall be expected in the higher and more harmonious densities.

Similarly, the negatively oriented Wanderer dares to hazard the forgetting in order that it might accelerate its progress in evolution in its own density by serving itself in third-density by offering to other-selves the opportunity to hear the information having to do with negative polarization.

Questioner: Are there any examples of sixth-density negatively polarized Wanderers in our historical past?

Ra: I am Ra. This information could be harmful. We withhold it. Please attempt to view the entities about you as part of the Creator. We can explain no further.

Questioner: It is very difficult at times for us to get more than a small percentage of under-standing of some of these concepts because of our limitation of awareness, but I think that some meditation on the information from today will help us in formulating some questions about these concepts.

Ra: I am Ra. May we ask for any brief queries before we leave this instrument?

Questioner: I'll just ask one short one before we close. Can you tell me what percentage of the Wanderers on Earth today have been successful in penetrating the memory block and have become aware of who they are, and finally, is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. We can approximate the percentage of those penetrating intelligently their status. This is between eight and one-half and nine and three-quarters percent. There is a larger percentile group of those who have a fairly well defined, shall we say, symptomology indicating to them that they are not of this, shall we say, "insanity." This amounts to a bit over fifty percent of the remainder. Nearly one-third of the remainder are aware that something about them is different, so you see there are many gradations of awakening to the knowledge of being a Wanderer. We may add that it is to the middle and first of these groups that this information will, shall we say, make sense.

This instrument is well. The resting place is somewhat deleterious in its effect upon the comfort of the dorsal side of this instrument's physical vehicle. We have mentioned this before.

You are conscientious. We leave you now, my friends.

I am Ra. I leave you in the love and in the light of the infinite Creator. Go forth, then, rejoicing merrily in the power and the peace of the one Creator. Adonai. ✤

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The Law of One, Book V, Session 36, Fragment 21
March 10, 1981

Jim: Having only a faint but persistent idea that we had come to this planet in order to be of service to others was apparently a sufficient degree of the "penetrating of the forgetting process" that Don mentioned in Session 36, for we had little more than that with which to begin the Ra contact.

Any third-density entity apparently has a higher self or Oversoul which is at the mid-sixth density level of being. In addition, the Wanderer who is a member of a social memory complex also has another complex of consciousness upon which to call for assistance, for each social memory complex also seems to have the equivalent of its own Oversoul or what Ra calls a "mind/body/spirit complex totality."

Carla: *The forgetting process, or the veil, is a term used often by our sources. The basic thought is that when we take on flesh and become a manifested entity on the earth plane, that flesh shuts our metaphysical senses. All that we knew before birth is hidden in the deeper mind, and we set out on our earthly pilgrimage with only our naked selves and our heartfelt desires. It is no wonder then that Wanderers have some difficulty waking up within the illusion we call consensus reality. There is always the fear, as one enters incarnation, that one will not awaken at all, but be lost for the whole life experience. You who read this sentence are probably right in the midst of this awakening process, beginning more and more to identify with a new and larger concept of the self as an eternal and metaphysical being.*

As we all awaken and develop our truer selves, we can help each other, and I encourage each Wanderer to find ways to support fellow pilgrims of the light. People will come your way. They may not seem to be very "aware," or they may seem quite aware, but very confused or frightened. If the Creator put them in your way, then you are well equipped to aid them. Simply love and accept them.

This is much harder to do than to say. It involves first coming to love and accept yourself, forgiving yourself for the myriad imperfections and folly you find when gazing within. But all work is upon the self, speaking metaphysically. If you have trouble loving someone, look within for the place within self where you have rejected part of yourself, some slice of the dark side you'd rather not see or experience. As you work with this loving, accepting and forgiving of the dark side of self, you are working on service to all the other selves coming your way. I think the key to this acceptance of self is to see that to be in flesh is to be very imperfect and confused. There is no way to be without error when in the context of the world. Yet within us there is that self without the veil, with perfect memory of who we are and what we came to do. Once one is able to face one's wretched side, one becomes much more able to be transparent to that infinite love that comes not from us but through us, to bless all.

In this practice of loving, we have a wonderful source of strength and courage: the higher self. I call this self the Holy Spirit, because I am of the distortion called

mystical Christianity. Other people refer to this higher self as inner guides, angelic beings, the higher nature, or simply Guidance. Whatever the term, this energy is quite dependable, always there, supporting and sustaining. One can practice becoming more aware of this energy, consciously opening to it within meditation, and calling upon it in times of challenge. I encourage each to see the self as an awakening being, with much support from the unseen forces. Lean into these sources of strength in silence and prayer. They will truly aid you.

Session 36, March 10, 1981

Questioner: I was wondering if qualification for contact with Ra might include penetrating this forgetting process? Is this correct?

Ra: I am Ra. This is quite correct.

Questioner: Otherwise the Law of Confusion would prohibit this? Is this correct?

Ra: This is correct.

Questioner: I was also wondering if three was the minimum number necessary for this type of working? Is this correct?

Ra: I am Ra. For protection of this instrument this is necessary as the minimum grouping and also as the most efficient number due to the exceptional harmony in this group. In other groups the number could be larger, but we have observed in this contact that the most efficient support is given by the individual mind/body/spirits present at this time.

Questioner: I'm a little fuzzy on a point with respect to the higher self. We each, I am assuming, have an individual higher self at sixth-density positive level. Is this correct? Each of us in the room here; that is, the three of us?

Ra: I am Ra. This shall be the last full question of this working. We shall attempt to aim for the intention of your query as we understand it. Please request any additional information.

Firstly, it is correct that each in this dwelling place has one Oversoul, as you may call it. However, due to the repeated harmonious interactions of this triad of entities there may be seen to be a further harmonious interaction besides the three entities' Higher Selves; that is, each social memory complex has an Oversoul of a type which is difficult to describe to you in words. In this group there are two such social memory complex totalities blending their efforts with your Higher Selves at this time. ♣

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The Law of One, Book II, Session 37

March 12, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: You said that each third-density entity has an higher self in the sixth-density which is moving to the mind/body/spirit complex of the entity as needed. Does this higher self also evolve in growth through the densities beginning with the first-density, and does each higher self have a corresponding higher self advanced in densities beyond it?

Ra: I am Ra. To simplify this concept is our intent. The higher self is a manifestation given to the late sixth-density mind/body/spirit complex as a gift from its future selfness. The mid-seventh density's last action before turning towards the allness of the Creator and gaining spiritual mass is to give this resource to the sixth-density self, moving as you measure time in the stream of time.

This self, the mind/body/spirit complex of late sixth-density, has then the honor/duty of using both the experiences of its total living bank of memory of experience, thoughts, and actions, and using the resource of the mind/body/spirit complex totality left behind as a type of infinitely complex thought-form.

In this way you may see your self, your higher self or Oversoul, and your mind/body/spirit complex totality as three points in a circle. The only distinction is that of your time/space continuum. All are the same being.

Questioner: Does each entity have an individual mind/body/spirit complex totality or do a number of entities share the same mind/body/spirit complex totality?

Ra: I am Ra. Both of these statements are correct given the appropriate time/space conditions. Each entity has its totality and at the point at which a planetary entity becomes a social memory complex the totality of this union of entities also has its Oversoul and its social memory complex totality as resource. As always, the sum, spiritually speaking, is greater than the sum of its parts so that the Oversoul of a social memory complex is not the sum of the Oversouls of its member entities but operates upon the way of what we have called squares and what we grasp you prefer to call doubling.

Questioner: Thank you. And thank you for that explanation of the mathematics too. Could you define spiritual mass?

Ra: I am Ra. This will be the last full question of this session.

Spiritual mass is that which begins to attract the out-moving and on-going vibratory oscillations of being-ness into the gravity, speaking in a spiritual sense, well of the great central sun, core, or Creator of the infinite universes.

Questioner: Since we don't want to tire the instrument I will just ask if there is anything that we

can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. We leave you now in the love and the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai.

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The Law of One, Book V, Session 37, Fragment 22
March 12, 1981

Jim: In March of 1981 we sent off the first ten sessions of the Ra contact to the Scott Meredith Literary Agency in New York City. We wanted to get the information out to as many people as we could, and we thought that a large literary agency could help us find a publisher. After considering the manuscript for about two weeks Mr. Meredith was kind enough to write us a four-page, single-spaced letter thanking us for sending him the material and telling us why it had no chance in the marketplace. The heart of the letter may be summarized by the following quote:

"No entity that wreaks such havoc with the English language is going to ingratiate himself with the general reading public. This has all the denseness of *The New England Journal Of Medicine*, or the *Journal Of English And German Philosophy* or a Ph.D. dissertation on epistemology … and for another thing, the dialogue form gets pretty tedious after a while. It was all the rage in Athens for a while, I know, and its popularity continued all the way through the neoclassic renaissance, but it died out shortly afterwards, and I don't think that it's about to be revived."

Ra's final comment on the topic of how to make the information available brought a somewhat humorous end to our earnestness. A few days earlier we had been sitting around the kitchen table wondering aloud what cosmic humor might be like, and Ra took this opportunity to give us an illustration. We would give the same basic advice to any group trying to disseminate information that it has collected so that it might be of service to others. Relax, and let the Law of Attraction work. Even if only one person is aided by the work, that is enough. At the very least, the benefit that the material provides to the group alone will become like unto a light which each in the group will radiate to all others met in the daily round of activities.

And, since we had discovered for ourselves the necessity of pursuing non-transient information, Ra clearly states that was a requirement for maintaining the contact in contrast to Don's estimate of the kind of information that usually attracts the attention of the marketplace.

Carla: *It was always a hope of Don's that we would be able to communicate to a large number of people. He felt a real urgency at getting the word out, and as the contact with Ra persisted, his concern deepened. It was like a breath of fresh air to find Ra counseling us to be content with our "reasonable effort." As we write these comments, the first book of* The Law Of One *series has sold about 30,000 copies. Our mail this week included queries from Poland, Romania, Malaysia and Japan, as well as the USA and Canada. I am sure that a little part of Don is sitting on my shoulder like the angel he is, content at last with his life's work and seeing it taken up by those who find it useful.*

The concept of sacrifice as part of the beginning of contact is not new at all. The channel for Oahspe *was*

told in a vision that he must live austerely for ten years before he could be of help, and he and a friend did just that, living monastically, waiting for the time of opportunity. When his decade of sacrifice was through, he was told to get a typewriter, new at the time. He did so. Over the next few years, he channeled the huge book, being put at the typewriter while he was asleep at night. He would awaken each morning to find his work lying by the machine. And Edgar Cayce had similar experiences with being told he needed to sacrifice in order to serve. In our case, Jim sacrificed his love of isolation and retreat from humankind, Don sacrificed his solitude with me, that happy and safe harbor we had made together. He let Jim into the very fabric of our lives, with never the first word of complaint. He also sacrificed himself by working in order to support us. I had the easiest sacrifice, that of myself as channel. The contact was hard on me, and I wasted away under the brilliant energy of Ra's vibration, losing two to three pounds per session. But I would gladly have died in this service, for during these sessions, Don was a happy man. This was the only time during which I knew him that he was not melancholy in his quiet way. To see him fulfilled and content was one of the greatest sources of pleasure in my whole life, for I knew that I'd been a part of that. It was worth everything, and I'd do it all again in a heartbeat, even the extremities of grief which we all felt as Donald sickened and perished, and I came closer and closer to death through the years following Don's suicide. My part of sacrifice has been turned into joy and satisfaction, and I know Don and Jim feel the same.

That reviewer at the agency was quite right to view the language of Ra as technical. It represents the most balanced attempt I have ever read at creating a vocabulary for talking about metaphysical issues with neutral emotional words. It may be stilted at first read, but one always knows what Ra is trying to say, a real achievement in such subjects.

Session 37, March 12, 1981

Questioner: Is Ra familiar with the results of our efforts today to publish the first book that we did?

Ra: I am Ra. This is correct.

Questioner: I don't know if you can comment on the difficulty that we will have in making the Law of One available to those who would require it and want it. It is not something that is easy to disseminate to those who want it at this time. I am sure that there are many, especially the Wanderers, who want this information, but we will have to do something else in order to get it into their hands in the way of added material, I am afraid. Is it possible for you to comment on this?

Ra: I am Ra. It is possible.

Questioner: Will you comment on it?

Ra: I am Ra. We shall. Firstly, the choosing of this group to do some work to serve others was of an intensive nature. Each present sacrificed much for no tangible result. Each may search its heart for the type of sacrifice, knowing that the material sacrifices are the least; the intensive commitment to blending into an harmonious group at the apex of sacrifice. Under these conditions we found your vibration. We observed your vibration. It will not be seen often. We do not wish to puff up the pride, but we shall not chaffer with the circumstances necessary for our particular contact. Thus you have received and we willingly undertake the honor/duty of continuing to offer transmissions of concepts which are, to the best of our abilities, precise in nature and grounded in the attempt to unify many of those things that concern you.

Secondly, the use you make of these transmissions is completely at your discretion. We suggest the flowing of the natural intuitive senses and a minimum of the distortion towards concern. We are content, as we have said, to be able to aid in the evolution of one of your peoples. Whatever effort you make cannot disappoint us, for that number already exceeds one.

Questioner: I have been very hesitant to ask certain questions for fear that they would be regarded, as I regard them, as questions of unimportance or of too great a specificity and thereby reduce our contact with you. In order to disseminate some of the information that I consider to be of great importance; that is, the non-transient type of information, information having to do with the evolution of mind, body, and spirit, it seems almost necessary in our society to include information that is of little value simply because that is how our society works, how the system of distribution appraises that which is offered for distribution. Will you comment on this problem that I have?

Ra: I am Ra. We comment as follows: It is quite precisely correct that the level and purity of this

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contact is dependent upon the level and purity of information sought. Thusly, the continued request for specific information from this particular source is deleterious to the substance of your purpose. Moreover, as we scanned your mind to grasp your situation as regards the typescript of some of our words, we found that you had been criticized for the type of language construction used to convey data. Due to our orientation with regard to data, even the most specifically answered question would be worded by our group in such a way as to maximize the accuracy of the nuances of the answer. This, however, mitigates against what your critic desires in the way of simple, lucid prose. More than this we cannot say. These are our observations of your situation. What you wish to do is completely your decision and we remain at your service in whatever way we may be without breaking the Way of Confusion.

Questioner: We will attempt to work around these problems in the dissemination of the Law of One. It will take some careful work to do this. I personally will not cease while still incarnate to disseminate this. It will be necessary to write a book, probably about UFOs because the Law of One is connected with the phenomenon. It's connected with all phenomena, but this seems to be the easiest entry for dissemination. I plan firstly to use the UFO in the advertising sense as it was meant by the Confederation as an entry into an explanation of the process of evolution that is going on on this planet and how the rest of the Confederation has been involved in a more understandable way, shall I say, for the population that will read the book. We will use the Ra material in undistorted form just as it has been recorded here in various places throughout the book to amplify and clarify what we are saying in the book. This is the only way that I can see right now to create enough dissemination for the people who would like to have the Law of One for them to be able to get it. I could just print up the material that we have off of the tape recorder and publish it but we wouldn't be able to disseminate it very well because of distribution problems. Will you comment on my second idea of doing a general book on UFOs including the material from the Law of One?

Ra: I am Ra. We shall comment. We hope that your Ra plans materialize. This is a cosmic joke. You were asking for such an example of humor and we feel this is a rather appropriate nexus in which one may be inserted. Continue with your intentions to the best of your natures and abilities. What more can be done, my friends? ♣

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The Law of One, Book II, Session 38

March 13, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Backtracking just a little bit today I would like to know if the reason nuclear energy was brought into this density forty or so years ago had anything to do with giving the entities who were here who had caused the destruction of Maldek another chance to use nuclear energy peacefully rather than destructively?

Ra: I am Ra. This is incorrect in that it places cart before horse, as your people say. The desire for this type of information attracted this data to your people. It was not given for a reason from outside influences; rather it was desired by your peoples. From this point forward your reasoning is correct in that entities had desired the second chance which you mentioned.

Questioner: What was the mechanism for fulfilling the desire for the information regarding nuclear energy?

Ra: I am Ra. As we understand your query the mechanism was what you may call inspiration.

Questioner: Would this inspiration be an entity impressing the person desiring the information with thoughts? Would this be the mechanism of inspiration?

Ra: I am Ra. The mechanism of inspiration involves an extraordinary faculty of desire or will to know or to receive in a certain area accompanied by the ability to open to and trust in what you may call intuition.

Questioner: Could you tell me how each of the rays, red through violet, would appear in a perfectly balanced and undistorted entity?

Ra: I am Ra. We cannot tell you this for each balance is perfect and each unique. We do not mean to be obscure.

Let us offer an example. In a particular entity, let us use as an example a Wanderer; the rays may be viewed as extremely even, red, orange, yellow. The green ray is extremely bright. This is, shall we say, balanced by a dimmer indigo. Between these two the point of balance resides, the blue ray of the communicator sparkling in strength above the ordinary. In the violet ray we see this unique spectrograph, if you will, and at the same time the pure violet surrounding the whole; this in turn, surrounded by that which mixes the red and violet ray, indicating the integration of mind, body, and spirit; this surrounded in turn by the vibratory pattern of this entity's true density.

This description may be seen to be both unbalanced and in perfect balance. The latter understanding is extremely helpful in dealing with other-selves. The ability to feel blockages is useful only to the healer. There is not properly a tiny fraction of judgment when viewing a balance in colors. Of course when we see many of the energy plexi weakened and blocked, we may understand that an entity has not

yet grasped the baton and begun the race. However, the potentials are always there. All the rays fully balanced are there in waiting to be activated.

Perhaps another way to address your query is this: In the fully potentiated entity the rays mount one upon the other with equal vibratory brilliance and scintillating sheen until the surrounding color is white. This is what you may call potentiated balance in third-density.

Questioner: Is it possible for a third-density planet to form a social memory complex which operates in third-density?

Ra: I am Ra. It is possible only in the latter or seventh portion of such a density when entities are harmoniously readying for graduation.

Questioner: Could you give me an example of a planet of this nature, both a third-density service-to-others type and a third-density service-to-self type at this level of attainment?

Ra: I am Ra. As far as we are aware there are no negatively oriented third-density social memory complexes. Positively oriented social memory complexes of third-density are not unheard of but quite rare. However, an entity from the star Sirius' planetary body has approached this planetary body twice. This entity is late third-density and is part of a third-density social memory complex. This has been referred to in the previous material. The social memory complex is properly a fourth-density phenomenon.

Questioner: I was wondering if that particular social memory complex from the Sirius star evolved from trees?

Ra: I am Ra. This approaches correctness. Those second-density vegetation forms which graduated into third-density upon this planet bearing the name of Dog were close to the tree as you know it.

Questioner: I was also wondering, since action of a bellicose nature is impossible as far as I understand vegetation, would they not have the advantage as they move into third-density from second to not carry a racial memory of a bellicose nature and therefore develop a more harmonious society and accelerate their evolution in this nature?

Ra: I am Ra. This is correct. However, to become balanced and begin to polarize properly it is then necessary to investigate movements of all kinds, especially bellicosity.

Questioner: I am assuming, then, that their investigations of bellicosity were primarily of the type that they extracted from Hixson's memory rather than warfare among themselves?

Ra: I am Ra. This is correct. Entities of this heritage would find it nearly impossible to fight. Indeed, their studies of movements of all kinds is their form of meditation due to the fact that their activity is upon the level of what you would call meditation and thus must be balanced, just as your entities need constant moments of meditation to balance your activities.

Questioner: I believe that this is an important point for us in understanding the balancing aspect of meditation since we have here its antithesis in another type of evolution. These entities moved, we are told by Charlie Hixson, without moving their legs. I am assuming that they used a principle that is somewhat similar to the principle of movement of your crystal bells in the movement of their physical vehicles. Is this correct?

Ra: I am Ra. This is partially incorrect.

Questioner: I am assuming that their method of movement is not a function of mechanical leverage such as ours, but a direct function of the mind somehow connected with the magnetic action of a planet. Is this right?

Ra: I am Ra. This is largely correct. It is an electromagnetic phenomenon which is controlled by thought impulses of a weak electrical nature.

Questioner: Would their craft have been visible to anyone on our planet in that area at that time? Is it of a third-density material like this chair?

Ra: I am Ra. This is correct. Please ask one more full question before we close as this instrument has low vital energy at this space/time.

Questioner: Could you give me some idea of what conditions are like on a fourth-density negative or service to self planet?

Ra: I am Ra. The graduation into fourth-density negative is achieved by those beings who have consciously contacted intelligent infinity through the use of red, orange, and yellow rays of energy. Therefore, the planetary conditions of fourth-density

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negative include the constant alignment and realignment of entities in efforts to form dominant patterns of combined energy.

The early fourth-density is one of the most intensive struggle. When the order of authority has been established and all have fought until convinced that each is in the proper placement for power structure, the social memory complex begins. Always the fourth-density effect of telepathy and the transparency of thought are attempted to be used for the sake of those at the apex of the power structure.

This, as you may see, is often quite damaging to the further polarization of fourth-density negative entities, for the further negative polarization can come about only through group effort. As the fourth-density entities manage to combine, they then polarize through such services to self as those offered by the crusaders of Orion.

You may ask more specific questions in the next session of working. Are there any brief queries before we leave this instrument?

Questioner: I would just ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. We leave you in the love and light of the one infinite Creator. Go forth rejoicing in the power and in the peace of the one Creator. Adonai. ♣

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The Law of One, Book V, Session 38, Fragment 23

March 13, 1981

Jim: Serving as the instrument for the Ra contact was very wearing on Carla. She would lose between two and three pounds per session, and the psychic greeting component of the contact often intensified her arthritic distortions to the point that her functioning on all levels was severely curtailed. Thus Don and I had hoped that one or the other of us could take her place from time to time in order to give her rest, but neither of us was properly prepared for this service. So rest was obtained by spacing the sessions out over a greater period of time, and we all contented ourselves with the fact that there was a price to be paid for being able to offer this kind of service, and Carla would have to bear the brunt of that price.

Carla: *I cannot express the amount of pleasure I felt at being able to serve in this way. To see Donald happy and inspired was a satisfaction of the heart that struck to the depths of my being. I adored Don, and wished to make him comfortable and happy. But he was not comfortable in this world, and so often felt painfully lonely and isolated, although this was never mentioned, nor did he show it in any way. For some reason, his pain and loneliness were always utterly apparent to me, and called forth my deepest sympathy and desire to nurture. The days of the Ra contact were golden indeed. I would have died quite gladly doing one last session, and rather expected to, and embraced that freely, but Don's death came first. So I remain! The years since his death have opened to me a wonderful path of service, as readers write in, and I have become counselor and friend to so many all over the world. It is as though I received a second life, for truly when Donald died, the Carla that was, was gone. He had taken a 25-year-old and molded her to his needs, with my willing aid. I became truly his creature. When I woke up from that life, 16 years later, I was neither that 25-year-old nor Don's. I really had to start from scratch to discover my current self.*

Session 38, March 13, 1981

Questioner: Will you tell us if there would be any hope or any purpose in either Jim or me taking the instrument's place as instrument by attempting the trance work ourselves?

Ra: I am Ra. This information is on the borderline of infringement upon free will. We shall, however, assume your desire to constitute permission to speak slightly beyond limits set by Confederation guidelines, shall we say.

At this space/time nexus neither the one known as Don nor the one known as Jim is available for this working. The one known as Don, by, shall we say, practicing the mechanics of contact and service to others by means of the channeling, as you call it, would in a certain length of your time become able to do this working. The one known as Jim would find it difficult to become a channel of this type without more practice also over a longer period of time. Then we should have to experiment with the

harmonics developed by this practice. This is true in both cases. ♣

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The Law of One, Book II, Session 39

March 16, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: I noticed that most of the basic things seemed to be divided into units which total seven. In looking at a transcript by Henry Puharich of "The Nine" I found a statement by The Nine where they say, "If we get seven times the electrical equivalent of the human body then it would result in sevenon of the mass of electricity." Could you explain this?

Ra: I am Ra. To explain this is beyond the abilities of your language. We shall, however, make an attempt to address this concept.

As you are aware, in the beginning of the creations set up by each Logos, there are created the complete potentials, both electrical, in the sense the one you call Larson intends, and metaphysical. This metaphysical electricity is as important in the understanding, shall we say, of this statement as is the concept of electricity.

This concept, as you are aware, deals with potentiated energy. The electron has been said to have no mass but only a field. Others claim a mass of infinitesimal measure. Both are correct. The true mass of the potentiated energy is the strength of the field. This is also true metaphysically.

However, in your present physical system of knowledge it is useful to take the mass number of the electron in order to do work that you may find solutions to other questions about the physical universe. In such a way, you may conveniently consider each density of being to have a greater and greater spiritual mass. The mass increases, shall we say, significantly but not greatly until the gateway density. In this density the summing up, the looking backwards—in short—all the useful functions of polarity have been used. Therefore, the metaphysical electrical nature of the individual grows greater and greater in spiritual mass.

For an analog one may observe the work of the one known as Albert who posits the growing to infinity of mass as this mass approaches the speed of light. Thus the seventh-density being, the completed being, the Creator who knows Itself, accumulates mass and compacts into the one Creator once again.

Questioner: Then in the equation here I am assuming Mi is spiritual mass.

$$Mi = (m_0 C^2)/(1 - v^2 / c^2)^{½}$$

Ra: I am Ra. This is correct.

Questioner: Thank you. Can you tell me what this transmission from "The Nine" means. "CH is a principle which is the revealing principle of knowledge and of law"? Can you tell me what that principle is?

Ra: I am Ra. The principle so veiled in that statement is but the simple principle of the constant or Creator and the transient or the incarnate being and the yearning existing between the two, one for

the other, in love and light amidst the distortions of free will acting upon the illusion-bound entity.

Questioner: Was the reason "The Nine" transmitted this principle in this form the first distortion?

Ra: I am Ra. This is incorrect.

Questioner: Can you tell me why they gave the principle in such a veiled form then?

Ra: I am Ra. The scribe is most interested in puzzles and equations.

Questioner: I see. "The Nine" describe themselves as the "nine principles of God." Can you tell me what they mean by that?

Ra: I am Ra. This is also a veiled statement. The attempt is made to indicate that the nine who sit upon the Council are those representing the Creator, the one Creator, just as there may be nine witnesses in a courtroom testifying for one defendant. The term principle has this meaning also.

The desire of the scribe may be seen in much of this material to have affected the manner of its presentation just as the abilities and preferences of this group determine the nature of this contact. The difference lies in the fact that we are as we are. Thus we may either speak as we will or not speak at all. This demands a very tuned, shall we say, group.

Questioner: I sense that there is fruitful ground for investigation of our development in tracing the evolution of the bodily energy centers because these seven centers seem to be linked with all of the sevens that I spoke of previously, and these seem to be central to our own development. Could you describe the process of evolution of these bodily energy centers starting with the most primitive form of life to have them?

Ra: I am Ra. This material has been covered previously to some extent. Therefore, we shall not repeat information upon which rays dwell in first and second density and the wherefores of this, but rather attempt to enlarge upon this information.

The basic pivotal points of each level of development; that is, each density beyond second, may be seen to be as follows: Firstly, the basic energy of so-called red ray. This ray may be understood to be the basic strengthening ray for each density. It shall never be condescended to as less important or productive of spiritual evolution, for it is the foundation ray.

The next foundation ray is yellow. This is the great steppingstone ray. At this ray the mind/body potentiates to its fullest balance. The strong red/orange/yellow triad springboards the entity into the center ray of green. This is again a basic ray but not a primary ray.

This is the resource for spiritual work. When green ray has been activated we find the third primary ray being able to begin potentiation. This is the first true spiritual ray in that all transfers are of an integrated mind/body/spirit nature. The blue ray seats the learnings/teachings of the spirit in each density within the mind/body complex animating the whole, communicating to others this entirety of being-ness.

The indigo ray, though precious, is that ray worked upon only by the adept, as you would call it. It is the gateway to intelligent infinity bringing intelligent energy through. This is the energy center worked upon in those teachings considered inner, hidden, and occult, for this ray is that which is infinite in its possibilities. As you are aware, those who heal, teach, and work for the Creator in any way which may be seen to be both radiant and balanced are those activities which are indigo ray.

As you are aware, the violet ray is constant and does not figure into a discussion of the functions of ray activation in that it is the mark, the register, the identity, the true vibration of an entity.

Questioner: In order to clarify a little bit I would like to ask this question: If we have a highly polarized entity polarized towards service to others and a highly polarized entity polarized towards service to self, what would be the difference in the red ray of these two entities?

Ra: I am Ra. This shall be the last full question of this working.

There is no difference in equally strongly polarized positive and negative entities as regards red ray.

Questioner: Is this also true of all of the other rays?

Ra: I am Ra. We shall answer briefly. You may question further at another working.

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The negative ray pattern is the red/orange/yellow moving directly to the blue, this only being used in order to contact intelligent infinity.

In positively oriented entities the configuration is even, crystallinely clear, and of the seven ray description.

Are there any short queries before we leave this instrument?

Questioner: I would just ask if there is anything that we can do to make the instrument more comfortable and to improve the contact?

Ra: I am Ra. You are most conscientious. All is well. I leave you, my friends, in the love and in the light of the one infinite Creator. Go forth therefore rejoicing in the power and in the peace of the one Creator. Adonai. ♣

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The Law of One, Book V, Session 39, Fragment 24
March 16, 1981

Jim: The difficulties in recovering physical energy which Carla experienced as a result of the two experiences with LSD continued to shorten sessions and keep her condition somewhat fragile. We again saw not only the powerful effects of this chemical agent—which we do not recommend to anyone—but the even more powerful effects of unwise choices made by those who wish above all else to be of service to others. As time and experience with the Ra contact accumulated we became increasingly aware that the honor of providing this kind of service brought with it the need for just as much responsibility for providing the service with as much purity and harmony as one was capable of producing in every facet of the life experience. What was learned needed to be put to use in the daily life, or difficulties would result in the life pattern which were the means by which the subconscious mind would provide the opportunity to regain the balance and harmony which had been lost. These difficulties could then also be intensified by Orion crusaders in the form of psychic greetings designed to stop the contact with Ra.

We also discovered that every person which incarnates brings with him or her certain avenues, preferences, or ways of nurturing its inner beingness. This inner beingness is that which is the true enabler and ennobler of our daily lives. When we would ask Ra how best to aid the instrument we would often get more specific suggestions according to the situation, but we would always be reminded of those qualities which were Carla's ways of nurturing her inner beingness.

Carla: *Data from the Ra contact indicates that I never had much actual physical energy at all, which fits with my own personal, subjective sense of myself as one who runs on spiritual and mental energy, and as one physically lazy. I call it laziness because I have such a hard time making myself do physical work, unless it is walking and wandering, dancing or swimming, rhythmic activities I love. Even as a young child I was easily able to sit and read, or sit and imagine, for hours. So the sessions we were doing completely exhausted my actual innate physical energy quite quickly. To this very day, I think since then I have always run on nerve alone, and the simple joy of being alive, which I have in abundance.*

Don and Jim both were very upright persons of marked integrity and character, which helped tremendously as the process of psychic greeting could only work on our inherent distortions. They loved each other and treated each other with great respect, and did their utmost to care for me. They were wonderful in making sure that all was done as well as possible to make me more comfortable. I also had the advantage of being a straight-arrow kind of soul all my life. So the negative energy could only intensify my many physical "problems." Thusly the sessions were extremely wearing, but I gloried in them nevertheless, for seeing Don's pleasure in the talks with Ra was more than enough

payment to me. I was and am careless of life force if by giving it I can see another live more fully.

I should note that I see the purity that Ra speaks of in myself not as a shining virtue, nor as a personal achievement, but rather as a gift of nature. I cannot remember a time when I was other than completely involved in the passion of my life: that life itself. I saw myself as a child of God, and wanted my life to be a gift to that deity. I was drawn to virtue as others are to gambling or drugs. This inexplicable condition still prevails—my hopes for this life remain simply the giving of all I have to the Creator. What this purity is not, is celibacy or retreat from the workings of the world. I have always followed my relationships and based my life around them, trusted my passion, and had an earthy, even vulgar side. I simply find life a wonder and a joy, and all the limitation, mess, loss and pain in this world have not changed my mind on that.

Session 39, March 16, 1981

Questioner: The instrument was wondering if the fragile feeling she has now is the result of the chemical ingestion of about six weeks ago?

Ra: I am Ra. This is correct. This instrument is now undergoing the most intensive period of physical complex debilitation/distortion due to the doubling effects of the two ingestions. This instrument may expect this extremity to proceed for a period of fifteen to twenty of your diurnal cycles. The weakness distortions will then begin to lift, however, not as rapidly as we first thought due to this instrument's weakness distortions. This instrument is very fortunate in having a support group which impresses upon it the caution necessary as regards these sessions at this time. This instrument is capable of almost instantaneously clearing the mental/emotional complex and the spiritual complex for the purity this working requires, but this instrument's distortion towards fidelity to service does not function to its best use of judgment regarding the weakness distortions of the physical complex. Thus we appreciate your assistance at space/times such as that in your most recent decision-making not to have a working. This was the appropriate decision and the guidance given this instrument was helpful.

Questioner: Is there anything that the instrument can do in addition to what she is attempting to do to help her condition get better faster? I know that she hasn't been able to exercise because of her foot problem for the last couple of days, but we are hoping to get back to that. Is there anything else that she could do?

Ra: I am Ra. As we have implied, the negative entities are moving all stops out to undermine this instrument at this time. This is the cause of the aforementioned problem with the pedal digit. It is fortunate that this instrument shall be greatly involved in the worship of the one infinite Creator through the vibratory complexes of sacred song during this period. The more active physical existence, both in the movements of exercise and in the sexual sense, are helpful. However the requirement of this instrument's distortions toward what you would call ethics have an effect upon this latter activity. Again, it is fortunate that this instrument has the opportunities for loving social intercourse which are of some substantial benefit. Basically, in your third density continuum, this is a matter of time.

Questioner: From your reading of the instrument's condition can you approximate how often and the length of workings we should plan on in future workings?

Ra: I am Ra. This query borders upon infringement. The information given sets up fairly followable guidelines. However, we are aware that not only can each of you not read this instrument's aura and so see conditions of the physical complex but also the instrument itself has considerable difficulty penetrating the precise distortion condition of its physical complex due to its constant dependence upon its will to serve. Therefore, we believe we are not infringing if we indicate that one working each alternate diurnal period in the matinal hours is most appropriate with the possibility of a shorter working upon the free matinal period if deemed appropriate. This is so not only during this period but in general. ♣

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The Law of One, Book II, Session 40
March 18, 1981

Ra: I am Ra. I greet you in the love and in the light of the infinite Creator. We communicate now.

Questioner: I thought that I would make a statement and let you correct it. I'm trying to make a simple model of the portion of the universe that we find ourselves in. Starting with the sub-Logos, our sun, we have white light emanating from this which is made up of the frequencies ranging from the red to the violet. I am assuming that this white light then contains the experiences through all of the densities and as we go into the eighth density we go into a black hole which becomes, on the other side, another Logos or sun and starts another octave of experience. Can you comment on this part of my statement?

Ra: I am Ra. We can comment upon this statement to an extent. The concept of the white light of the sub-Logos being prismatically separated and later, at the final chapter, being absorbed again is basically correct. However, there are subtleties involved which are more than semantic.

The white light which emanates and forms the articulated sub-Logos has its beginning in what may be metaphysically seen as darkness. The light comes into that darkness and transfigures it, causing the chaos to organize and become reflective or radiant. Thus the dimensions come into being.

Conversely, the blackness of the black hole, metaphysically speaking, is a concentration of white light being systematically absorbed once again into the one Creator. Finally, this absorption into the one Creator continues until all the infinity of creations have attained sufficient spiritual mass in order that all form once again the great central sun, if you would so imagine it, of the intelligent infinity awaiting potentiation by free will. Thus the transition of the octave is a process which may be seen to enter into timelessness of unimaginable nature. To attempt to measure it by your time measures would be useless.

Therefore, the concept of moving through the black hole of the ultimate spiritual gravity well and coming immediately into the next octave misses the subconcept or corollary of the portion of this process which is timeless.

Questioner: Our astronomers have noticed that light from spiral galaxies is approximately seventy times less than it should be, considering the calculated mass of the galaxy. I was wondering if that was due to the increase of spiritual mass in the galaxy in what we call white dwarf stars?

Ra: I am Ra. This is basically correct and is a portion of the way or process of creation's cycle.

Questioner: Thank you. I was also wondering if the first-density corresponded somehow to the color red, the second to the color orange, the third to the color yellow and so on through the densities corresponding to the colors in perhaps a way so that the basic vibration which forms the photon that forms the core of all atomic particles would have a

relationship to the color in the density and that that vibration would step up for second, third, and fourth-density corresponding to the increase in the vibration of the colors. Is any of this correct?

Ra: I am Ra. This is more correct than you have stated. Firstly, you are correct in positing a quantum, if you will, as the nature of each density and further correct in assuming that these quanta may be seen to be of vibratory natures corresponding to color as you grasp this word. However, it is also true, as you have suspected but not asked, that each density is of the metaphysical characteristic complex of its ray. Thus in first-density the red ray is the foundation for all that is to come. In second density the orange ray is that of movement and growth of the individual, this ray striving towards the yellow ray of self-conscious manifestations of a social nature as well as individual; third-density being the equivalent, and so forth, each density being primarily its ray plus the attractions of the following ray pulling it forward in evolution and to some extent coloring or shading the chief color of that density.

Questioner: Then bodily energy centers for an individual, assuming that the individual evolves in a straight line from first through to eighth density, would then be activated to completion if everything worked as it should? Would each chakra be activated to completion and greatest intensity by the end of the experience in each density?

Ra: I am Ra. Hypothetically speaking, this is correct. However, the fully activated being is rare. Much emphasis is laid upon the harmonies and balances of individuals. It is necessary for graduation across densities for the primary energy centers to be functioning in such a way as to communicate with intelligent infinity and to appreciate and bask in this light in all of its purity. However, to fully activate each energy center is the mastery of few, for each center has a variable speed of rotation or activity. The important observation to be made once all necessary centers are activated to the minimal necessary degree is the harmony and balance between these energy centers.

Questioner: Thank you. Taking as an example the transition between second and third-density, when this transition takes place, does the frequency of vibration which forms the photon (the core of all the particles of the density) increase from a frequency corresponding to second density or the color orange to the frequency that we measure as the color yellow? What I am getting at is, do all the vibrations that form the density, the basic vibrations of the photon, increase in a quantum fashion over a relatively short period of time?

Ra: I am Ra. This is correct. Then you see within each density the gradual up-grading of vibratory levels.

Questioner: This is a guess. Would the frequency going from second to third increase from the middle orange or average orange frequency to the middle or average yellow frequency?

Ra: I am Ra. This query is indeterminate. We shall attempt to be of aid. However, the frequency that is the basis of each density is what may be called a true color. This term is impossible to define given your system of sensibilities and scientific measurements, for color has vibratory characteristics both in space/time and in time/space. The true color is then overlaid and tinged by the rainbow of the various vibratory levels within that density and the attraction vibrations of the next true color density.

Questioner: How long was the time of transition from second to third-density? A generation and a half I believe you said. Is that correct?

Ra: I am Ra. This is correct, the time measured in your years being approximately 1,350.

Questioner: Then what will be the time of transition on this planet from third to fourth-density?

Ra: I am Ra. This is difficult to estimate due to the uncharacteristic anomalies of this transition. There are at this space/time nexus beings incarnate which have begun fourth-density work. However, the third-density climate of planetary consciousness is retarding the process. At this particular nexus the possibility/probability vortices indicate somewhere between 100 and 700 of your years as transition period. This cannot be accurate due to the volatility of your peoples at this space/time.

Questioner: Has the vibration of the photon increased in frequency already?

Ra: I am Ra. This is correct. It is this influence which has begun to cause thoughts to become things. As an example you may observe the thoughts of anger becoming those cells of the physical bodily complex going out of control to become what you call the cancer.

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Questioner: I am assuming that this vibratory increase began about twenty to thirty years ago. Is this correct?

Ra: I am Ra. The first harbingers of this were approximately forty-five of your years ago, the energies vibrating more intensely through the forty year period preceding the final movement of vibratory matter, shall we say, through the quantum leap, as you would call it.

Questioner: Starting then, forty-five years ago, and taking the entire increase of vibration that we will experience in this density change, approximately what percentage through this increase in vibrational change are we right now?

Ra: I am Ra. The vibratory nature of your environment is true color, green. This is at this time heavily over-woven with the orange ray of planetary consciousness. However, the nature of quanta is such that the movement over the boundary is that of discrete placement of vibratory level.

Questioner: You mentioned that the thoughts of anger now are causing cancer. Can you expand on this mechanism as it acts as a catalyst or its complete purpose?

Ra: I am Ra. The fourth-density is one of revealed information. Selves are not hidden to self or other-selves. The imbalances or distortions which are of a destructive nature show, therefore, in more obvious ways, the vehicle of the mind/body/spirit complex thus acting as a teaching resource for self revelation. These illnesses such as cancer are correspondingly very amenable to self-healing once the mechanism of the destructive influence has been grasped by the individual.

Questioner: Then you are saying that cancer is quite easily healed mentally and is a good teaching tool because it is easily healed mentally and once the entity forgives the other-self at whom he is angry the cancer will disappear. Is this correct?

Ra: I am Ra. This is partially correct. The other portion of healing has to do with forgiveness of self and a greatly heightened respect for the self. This may conveniently be expressed by taking care in dietary matters. This is quite frequently a part of the healing and forgiving process. Your basic premise is correct.

Questioner: In dietary matters, what would be the foods that one would include and what would be the foods that one would exclude in a general way for the greatest care of one's bodily complex?

Ra: I am Ra. Firstly, we underline and emphasize that this information is not to be understood literally but as a link or psychological nudge for the body and the mind and spirit. Thus it is the care and respect for the self that is the true thing of importance. In this light we may iterate the basic information given for this instrument's diet. The vegetables, the fruits, the grains, and to the extent necessary for the individual metabolism, the animal products. These are those substances showing respect for the self. In addition, though this has not been mentioned for this instrument is not in need of purification, those entities in need of purging the self of a poison thought-form or emotion complex do well to take care in following a program of careful fasting until the destructive thought-form has been purged analogously with the by-products of ridding the physical vehicle of excess material. Again you see the value not to the body complex but used as a link for the mind and spirit. Thus self reveals self to self.

Questioner: Thank you. A very important concept. Does the fact that the basic vibration that we experience now is green true color or fourth-density account for the fact that there are many mental effects upon material objects that are now observable for the first time in a mass way such as the bending of metal by mind?

Ra: I am Ra. This shall be the final query in total of this working. This is not only correct but we suggest you take this concept further and understand the great number of entities with the so-called mental diseases being due to the effect of this green ray true color upon the mental configurations of those unready mentally to face the self for the first time.

Are there any brief queries before we close?

Questioner: Just two. With respect to what you just said, would then people incarnating here by seniority of vibration who incarnate in the service-to-self path be ones who would have extreme difficulty mentally with this green ray vibration?

Ra: I am Ra. This is incorrect. It is rather the numbers who have distracted themselves and failed to prepare for this transition yet who are somewhat susceptible to its influence who may be affected.

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Questioner: Thank you. Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: This instrument is well. You are conscientious. The appurtenances cause this instrument greater comfort in the distortion of the warmth of the body complex. I am Ra. I leave you, my friends, in the love and in the light of the one infinite Creator. Go forth then rejoicing in the power and in the peace of the one infinite Creator. Adonai. ✤

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The Law of One, Book II, Session 41

March 20, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: I have one question of logistics to start with. I know that it is a dumb question, but I have to ask it to be sure. There is a possibility that we may have to move from this location. Will this have any effect at all on our contact with Ra?

Ra: I am Ra. This is not a foolish question. The location is meaningless, for are we not in the creation? However, the place of the working shall be either carefully adjudged by your selves to be of the appropriate vibratory levels or it shall be suggested that the purification of the place be enacted and dedication made through meditation before initial working. This might entail such seemingly mundane chores as the cleansing or painting of surfaces which you may deem to be inappropriately marred.

Questioner: I am familiar with the Banishing Ritual of the Lesser Pentagram. I was wondering if this ritual was of use in preparing a place for this type of working?

Ra: I am Ra. This is correct.

Questioner: In trying to build an understanding from the start, you might say, starting with intelligent infinity and getting to our present condition of being I think that I should go back and investigate our sun since it is the sub-Logos that creates all that we experience in this particular planetary system. Will you give me a description of our sun?

Ra: I am Ra. This is a query which is not easily answered in your language, for the sun has various aspects in relation to intelligent infinity, to intelligent energy, and to each density of each planet, as you call these spheres. Moreover, these differences extend into the metaphysical or time/space part of your creation.

In relationship to intelligent infinity, the sun body is, equally with all parts of the infinite creation, part of that infinity.

In relation to the potentiated intelligent infinity which makes use of intelligent energy, it is the offspring, shall we say, of the Logos for a much larger number of sub-Logoi. The relationship is hierarchical in that the sub-Logos uses the intelligent energy in ways set forth by the Logos and uses its free will to co-create the, shall we say, full nuances of your densities as you experience them.

In relationship to the densities, the sun body may physically, as you would say, be seen to be a large body of gaseous elements undergoing the processes of fusion and radiating heat and light.

Metaphysically, the sun achieves a meaning to fourth through seventh density according to the growing abilities of entities in these densities to grasp the living creation and co-entity, or other-self, nature of this sun body. Thus by the sixth density the sun may be visited and inhabited by those dwelling in

time/space and may even be partially created from moment to moment by the processes of sixth density entities in their evolution.

Questioner: In your last statement did you mean that the sixth density entities are actually creating manifestations of the sun in their density? Could you explain what you meant by that?

Ra: I am Ra. In this density some entities whose means of reproduction is fusion may choose to perform this portion of experience as part of the beingness of the sun body. Thus you may think of portions of the light that you receive as offspring of the generative expression of sixth-density love.

Questioner: Then could you say that sixth-density entities are using that mechanism to be more closely co-Creators with the infinite Creator?

Ra: I am Ra. This is precisely correct as seen in the latter portions of sixth density seeking the experiences of the gateway density.

Questioner: Thank you. What I want to do now is investigate, as the first-density is formed, what happens and how energy centers are first formed in beings. Does it make any sense to ask you if the sun itself has a density, or is it all densities?

Ra: I am Ra. The sub-Logos is of the entire octave and is not that entity which experiences the learning/teachings of entities such as yourselves.

Questioner: I am going to make a statement of my understanding and ask you to correct me. I intuitively see the first-density being formed by an energy center which is a vortex. This vortex then causes these spinning motions that I have mentioned before of vibration which is light which then starts to condense into materials of the first-density. Is this correct?

Ra: I am Ra. This is correct as far as your reasoning has taken you. However, it is well to point out that the Logos has the plan of all the densities of the octave in potential completion before entering the space/time continuum in first-density. Thus the energy centers exist before they are manifest.

Questioner: Then what is the simplest being that is manifested? I am supposing that it might be a single cell or something like that. How does it function with respect to energy centers?

Ra: I am Ra. The simplest manifest being is light or what you have called the photon. In relationship to energy centers it may be seen to be the center or foundation of all articulated energy fields.

Questioner: When first-density is formed we have fire, air, earth, and water. There is at some time the first movement or individuation of life into a portion of consciousness that is self-mobile. Could you describe the process of the creation of this and what type of energy center it has?

Ra: I am Ra. The first or red-ray density, though attracted towards growth, is not in the proper vibration for those conditions conducive to what you may call the spark of awareness. As the vibratory energies move from red to orange the vibratory environment is such as to stimulate those chemical substances which lately had been inert to combine in such a fashion that love and light begin the function of growth.

The supposition which you had earlier made concerning single-celled entities such as the polymorphous dynaflagallate is correct. The mechanism is one of the attraction of upward spiraling light. There is nothing random about this or any portion of evolution.

Questioner: As I remember, the polymorphous dynaflagallate has an iron rather than a copper based cell. Could you comment on that?

Ra: I am Ra. This information is not central. The base of any metabolism, shall we say, is that which may be found in the chemical substances of the neighborhood of origin.

Questioner: I was just commenting on this because it has the motion of our animal life with copper based cells yet it has the iron based cell of plant life indicating a transition from possibly plant to animal life. Am I wrong? My memory is a little fuzzy on this.

Ra: I am Ra. It is not that you are incorrect but that no conclusions should be drawn from such information. There are several different types of bases for conscious entities not only upon this planetary sphere but to a much greater extent in the forms found on planetary spheres of other sub-Logoi. The chemical vehicle is that which most conveniently houses the consciousness. The functioning of consciousness is the item of interest

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rather than the chemical makeup of a physical vehicle.

We have observed that those whom you call scientists have puzzled over the various differences and possible interrelationships of various stages, types, and conditions of life-forms. This is not fruitful material as it is that which is of a moment's choice by your sub-Logos.

Questioner: I didn't mean to waste time with that question but you just happened to mention that particular single cell. Does this polymorphous dynaflagallate have an orange energy center?

Ra: I am Ra. This is correct.

Questioner: Is this energy center, then, on a very small scale related to the orange energy center in man?

Ra: I am Ra. The true color is precisely the same. However, the consciousness of the second-density beginning is primitive and the use of orange ray limited to the expression of self which may be seen to be movement and survival.

In third-density, at this time, those clinging to orange ray have a much more complex system of distortions through which orange ray is manifested. This is somewhat complicated. We shall endeavor to simplify.

The appropriate true color for third-density is, as you have ascertained, yellow. However, the influences of the true color, green, acting upon yellow ray entities have caused many entities to revert to the consideration of self rather than the stepping forward into consideration of other-self or green ray. This may not be seen to be of a negatively polarized nature, as the negatively polarized entity is working very intensively with the deepest manifestations of yellow ray group energies, especially the manipulations of other-self for service to self. Those reverting to orange ray, and we may add these are many upon your plane at this time, are those who feel the vibrations of true color green and, therefore, respond by rejecting governmental and societal activities as such and seek once more the self.

However, not having developed the yellow ray properly so that it balances the personal vibratory rates of the entity, the entity then is faced with the task of further activation and balancing of the self in relation to the self, thus the orange ray manifestations at this space/time nexus.

Thus true color orange is that which it is without difference. However, the manifestations of this or any ray may be seen to be most various depending upon the vibratory levels and balances of the mind/body or mind/body/spirit complexes which are expressing these energies.

Questioner: Could you tell me the simplest and first entity to have both orange and yellow ray energy centers?

Ra: I am Ra. Upon your planetary sphere those having the first yellow ray experiences are those of animal and vegetable natures which find the necessity for reproduction by bisexual techniques or who find it necessary to depend in some way upon otherselves for survival and growth.

Questioner: And then what entity would be the simplest that would have red, orange, yellow, and green rays activated?

Ra: I am Ra. This information has been covered in a previous session. To perhaps simplify your asking, each center may be seen to be activated potentially in third-density, the late second-density entities having the capability, if efficient use is made of experience, of vibrating and activating the green ray energy center.

The third-density being, having the potential for complete self-awareness, thus has the potential for the minimal activation of all energy centers. The fourth, fifth, and sixth densities are those refining the higher energy centers. The seventh density is a density of completion and the turning towards timelessness or foreverness.

Questioner: Then would an animal in second-density have all of the energy centers in some way in its being but just not activated?

Ra: I am Ra. This is precisely correct.

Questioner: Then the animal in second-density is composed of light as are all things. What I am trying to get at is the relationship between the light that the various bodies of the animal are created of and the relationship of this to the energy centers which are active and the ones which are not active and how this is linked with the Logos. It is a difficult question to ask. Can you give me some kind of answer?

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Ra: I am Ra. The answer is to redirect your thought processes from any mechanical view of evolution. The will of the Logos posits the potentials available to the evolving entity. The will of the entity as it evolves is the single measure of the rate and fastidiousness of the activation and balancing of the various energy centers.

Questioner: Thank you. In the session from the day before yesterday you mentioned variable speed of rotation or activity of energy centers. What did you mean by that?

Ra: I am Ra. Each energy center has a wide range of rotational speed or as you may see it more clearly in relation to color, brilliance. The more strongly the will of the entity concentrates upon and refines or purifies each energy center, the more brilliant or rotationally active each energy center will be. It is not necessary for the energy centers to be activated in order in the case of the self-aware entity. Thusly entities may have extremely brilliant energy centers while being quite unbalanced in their violet ray aspect due to lack of attention paid to the totality of experience of the entity.

The key to balance may then be seen in the unstudied, spontaneous, and honest response of entities toward experiences, thus using experience to the utmost, then applying the balancing exercises and achieving the proper attitude for the most purified spectrum of energy center manifestation in violet ray. This is why the brilliance or rotational speed of the energy centers is not considered above the balanced aspect or violet ray manifestation of an entity in regarding harvestability; for those entities which are unbalanced, especially as to the primary rays, will not be capable of sustaining the impact of the love and light of intelligent infinity to the extent necessary for harvest.

Questioner: Could you tell me the difference between space/time and time/space?

Ra: I am Ra. Using your words, the difference is that between the visible and invisible or the physical and metaphysical. Using mathematical terms, as does the one you call Larson, the difference is that between s/t and t/s.

Questioner: You mentioned in the last session the concept of fasting for removing unwanted thought-forms. Can you expand on this process and explain a little bit more about how this works?

Ra: I am Ra. This, as all healing techniques, must be used by a conscious being; that is, a being conscious that the ridding of excess and unwanted material from the body complex is the analogy to the ridding of mind or spirit of excess or unwanted material. Thus the one discipline or denial of the unwanted portion as an appropriate part of the self is taken through the tree of mind down through the trunk to subconscious levels where the connection is made and thus the body, mind, and spirit, then in unison, express denial of the excess or unwanted spiritual or mental material as part of the entity.

All then falls away and the entity, while understanding, if you will, and appreciating the nature of the rejected material as part of the greater self, nevertheless, through the action of the will purifies and refines the mind/body/spirit complex, bringing into manifestation the desired mind complex or spirit complex attitude.

Questioner: Then would this be like a conscious reprogramming of catalyst? For instance, for some entities catalyst is programmed by the higher self to create experiences so that the entity can release itself from unwanted biases. Would this be analogous then to the entity consciously programming this release and using fasting as the method of communication to itself?

Ra: I am Ra. This is not only correct but may be taken further. The self, if conscious to a great enough extent of the workings of this catalyst and the techniques of programming, may through concentration of the will and the faculty of faith alone cause reprogramming without the analogy of the fasting, the diet, or other analogous body complex disciplines.

Questioner: I have a book, INITIATION, in which the woman describes initiation. Are you familiar with the contents of this book?

Ra: I am Ra. This is correct. We scan your mind.

Questioner: I have only read part of it, but I was wondering if the teachings in the book with respect to balancing were Ra's teachings?

Ra: I am Ra. This is basically correct with distortions that may be seen when this material is collated with the material we have offered.

Questioner: Why are the red, yellow, and blue energy centers called primary centers? I think from

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previous material I understand this, but is there some tracing of these primary colors back to intelligent infinity more profound than what you have given us?

Ra: I am Ra. We cannot say what may seem profound to an entity. The red, yellow, and blue rays are primary because they signify activity of a primary nature.

Red ray is the foundation; orange ray the movement towards yellow ray which is the ray of self-awareness and interaction. Green ray is the movement through various experiences of energy exchanges having to do with compassion and all-forgiving love to the primary blue ray which is the first ray of radiation of self regardless of any actions from another.

The green-ray entity is ineffectual in the face of blockage from other-selves. The blue ray entity is a co-Creator. This may perhaps simply be a restatement of previous activity, but if you consider the function of the Logos as representative of the infinite Creator in effectuating the knowing of the Creator by the Creator you may perhaps see the steps by which this may be accomplished.

May we ask for one final full question before we leave this working?

Questioner: This may be too long a question for this working, but I will ask it and if it is too long we can continue it at a later time. Could you tell me of the development of the social memory complex Ra, from its first beginnings and what catalysts it used to get to where it is now in activation of rays?

Ra: I am Ra. The question does not demand a long answer, for we who experienced the vibratory densities upon that planetary sphere which you call Venus were fortunate in being able to move in harmony with the planetary vibrations with an harmonious graduation to second, to third, and to fourth, and a greatly accelerated fourth-density experience.

We spent much time/space, if you will, in fifth-density balancing the intense compassion we had gained in fourth-density. The graduation again was harmonious and our social memory complex which had become most firmly cemented in fourth-density remained of a very strong and helpful nature.

Our sixth-density work was also accelerated because of the harmony of our social memory complex so that we were able to set out as members of the Confederation to even more swiftly approach graduation to seventh-density. Our harmony, however, has been a grievous source of naiveté as regards working with your planet. Is there a brief query before we leave this instrument?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. I leave you, my friends, in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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Sunday Meditation
March 22, 1981

(Carla channeling

[I am Hatonn.] … in the light of our infinite Creator. It gives me great pleasure to greet each of you. Especially the one know as M for we have not seen him in this group for a short period. It is a great privilege to speak to you and we could not be more grateful for the opportunity to share our thoughts.

My friends, we have spoken to you often of love. We know that those to whom we speak are seeking that ineffable power and substance that is the creative force of all that there is, the simple, single substance of creation. And yet how hard it is, my friends, to constantly remember that we are seekers and that what we are seeking is love, for do we not seek other things, my friends, during each day? How many other things has each of you sought during this day? Many, many times my friends, it may seem to you that you are on a runaway freight train, as this instrument would put it, that you have begun a sequence of events, gotten on a track from which there is no removing yourself. My friends, this is not so and is a condition of the illusion which is reinforced only by your belief in it. There is no track that cannot be replaced with one which you more truly seek. The secret lies not in catching the right train but in knowing yourself; knowing enough about yourself to seek your deepest desires.

It has often been said that there are many things that simply cannot be expected to work out well, that this understanding is a part of becoming more mature. You have often heard from many sources a great variety of things that should be, ought to be, must be, and need to be the models on which to build your expectations of yourself and of others. And we come to you and suggest a substitute for all of these things, the substitute being love. There is a passage in one of your holy works where it states clearly: "Love is not puffed up." This is to be remembered, my friends, for part of the track of that freight train that you may sometimes feel yourself to be upon, part of what makes it complete in your existence, is your belief in a puffed up, proud sense of the rightness of certain ways of being.

If there is something within your existence that is not pleasing to you, reexamine those concepts of which you are proud of and evaluate them in the simple, single, all-encompassing light, love. Wash yourself clean in that love and, so purified, reexamine your concepts. You will find that the path you are on is not what is making you less than comfortable but rather your expectations, your preconceptions, and your feelings about how things should be. This, my friends, is why meditation is so centrally important to the seeker, for while you are bathed in this illusion you are susceptible to many, many influences and if the balance wheel of your

central self has not been nourished in the silence of love and praise and thanksgiving, you will continually be generating freight trains and places you didn't want to go.

At this time I would like to transfer this contact. I am Hatonn.

(Carla channeling

I am Hatonn. I am again with this instrument. We have been attempting to contact the instrument known as Don. If he would relax, and open himself to our contact, we would be most grateful for the opportunity to speak through him at this time. I am Hatonn.

(Carla channeling

I am again with this instrument. I am Hatonn. We are having difficulty making an uninterrupted contact with the one known an Don. Therefore, we shall condition him while we transfer to the one known as Jim. I am Hatonn.

(Jim channeling

I am Hatonn. I am with this instrument and greet you once again in the love and light of the infinite Creator. It is always a pleasure to be able to utilize yet one more instrument in our humble attempt to speak the simple words of love, the simple words that are so often misunderstood, so often ignored by the people of your planet who need most to hear of love. We speak in groups such as this one with the hope that the simple words which we share might begin within this nucleus of entities who seek love, might kindle within their beings the seeking, the radiance, of the one infinite Creator; that they might take this kindled flame with them to their homes, to their work, to their family, to their friends, to strangers whom they meet on the street each day in their daily round of existence and might radiate yet one more small spark of love. Those upon your planet who seek this love and do not know that they seek, yet shall recognize when they come in contact with those such as yourselves, that they have been touched by love and they will in even a small way be nourished by this contact.

It is with this hope in our hearts that we send love to your group, to each of your beings to carry as vessels of the infinite Creator to all those whom you may come in contact with so that the desire that is so strong among your people to know the Creator, to experience the love of the Father, might be realized in even a small way. For when any realizes love of the Creator, are not all enriched thereby?

It is with this simple hope in our hearts that we rejoice at each instance and each meeting of your group which we are able to establish contact with. Each gathering such as this provides us with yet one more opportunity to share that which is the simplest, yet too often the rarest of delicacies upon your planet.

We would at this time attempt once again to contact the one known as Don. If he would relax, we would be most honored to speak a few words through this instrument. I am Hatonn.

(Don channeling

I am Hatonn. I am now with this instrument. We've had a small amount of difficulty making contact at this time, This instrument had changed his mind slightly off our channel, so to speak. He was investigating other perimeters, so to speak. We shall continue speaking through this instrument. As I have said, it is a very great privilege to contact this group at this time. My friends, this time is a very important time in the history of your planet. The lessons [that] have been learned are about to culminate. My friends, graduation is at hand. The lessons shall shortly change and you shall move to new lessons, lessons where love will be understood, not as an intellectual concept or expression of feeling or emotion toward others. My friends, love will be understood as a living being; will be understood in all of its essence as the foundation for everything that is.

As you become aware of this form of love you will then be aware of the true creation. My friends, the true creation is love. There is nothing else. Shortly, as I was saying, you will be fully into this vibration, fully into this new experience, or density, if you will, density of love. Many, many of the peoples that now inhabit the surface of your planet will not have the opportunity to enter this density at this time but will necessarily reexperience the lessons through which they have just passed. This is neither unfortunate for them or fortunate for you. It's just simply the condition of existence. For each it's the total freedom to choose the path that he walks.

For this reason we contact those who seek our teachings, who seek our understanding, who seek

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our love. For this reason we cannot contact those who do not seek. They seek what they desire. This, my friends, is their right and their privilege. They are in no way lesser than yourselves or us. They simply choose a different path. All of the creation, my friends, experiences the same path. Each walk it a slightly different way. We hold out our hands to those who would follow our footsteps. We hold out our hands to you at this time, try to express our understanding of the creation, our understanding of its essence, our understanding of its love.

Think on this very carefully, my friends, for if you have chosen this path and walk it carefully, it is a narrow path and misfootings are many. Be aware of your footsteps. Choose each step with accuracy. We will constantly be with you to guide you. This is our privilege and our purpose. We of Hatonn have but one mission, shall I say, to reach to those who would reach to us …

(Pause)

I shall continue. We're having some interference. As I was saying, my friends, we have but one purpose; to reach to those who would reach to us for our understanding. Our understanding, my friends, is, as you know, is simply stated. It is the creation is made of and is love. If you can at each moment of awareness see each being you meet as the total expression of love that is the Creator, if you can see yourself as that total expression of love that is the Creator, if you do these simple things, my friends, you have then found the Creator within yourself and within others. There is nothing else. Find that understanding in its complete totality, and you have found everything that exists. You have found your path and walking it becomes obvious. Practice this understanding. We are all one. I do not anymore speak through this instrument than I am this instrument and I am each of you that sit in this room, for each of us is the same being.

I will conclude this communication through another instrument at this time.

(Carla channeling

I am Hatonn. I am again with this instrument. We have been attempting to close the message through the instrument know as L. If he wishes to make himself available we shall say but a few words through this instrument as this instrument is somewhat low in energy. I will again attempt this transfer. I am Hatonn.

(L channeling

I am Hatonn and I greet you again, my brethren, in the love and the light of our Creator of our [own] oneness. My brothers, we are all the same in that we share each other. In your ceremonies of marriage, the statements, "for richer, for poorer, for better, for worse, in health and sickness," my brothers, what vows could possibly bind one more closely in the oneness that the universe shares with itself? As selves in one body we function. As each individual has a breath that feeds and nourishes the body of the universe, so are we all, both part of the whole and again all of the whole.

My brothers, be strong in your love for one another, in your love for yourselves, for it is that love that eliminates the clouds of confusion and disperses entanglements of the maya, the illusion. Be strong, my brothers, and remember that our love is always with yours. I am Hatonn.

(Carla channeling

I am Latwii. I greet you in the love and the light of the infinite Creator. We were attempting to contact the instrument known as Jim, but find that this instrument is reluctant to take on the channeling of answers at this time. We shall give him another tumble next tine. If there are any questions that we could perhaps attempt to shed some light on for you we would be very pleased if you would ask them now.

M: Where did Joseph Smith get his information?

I am Latwii. This information is of a nature which we are reluctant to share. Much of the information was, may we say in general, not received as the story is told. However, the information, as all information, must stand upon its own recognizance, so that each may read and inwardly consider whether there be truth and virtue in any words. We do not wish to mince words about this particular source, but we do not wish to address ourselves to the questions of plates of gold and their reality when the true question is the possible virtue of the words themselves, regardless of the story.

We may say this much. This particular entity had a contact and attempted to share its results. We ask that you judge his efforts for yourself. Much too

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much reliance is placed upon the storybook or miraculous aspects of the gaining of information. Look instead into the heart of the information.

May we answer you further, my brother?

M: No.

Is there another question at this time?

L: I have noticed that a recent sleep disturbance that I received, that my son seemed to be also disturbed. I'm concerned that an outside influence may be periodically acting upon him. Is this true? And if it is what can I do to prevent it?

I am Latwii, and am aware of your question. My brother, there is no outside influence acting upon the entity known as E. There is some activity surrounding yourself at this time which you are fully capable of dealing with. The disturbance is due to strong empathic link betwixt yourself and the flesh of your flesh. This is as it should be and may be countered by the loving embrace of parent and child. No harm can come to those you love for you yourself are in the light and the love of the infinite Creator and are quite aware of this. This will pass itself along to your son. When you are disturbed, this entity will also be disturbed. When you comfort, this entity shall be comforted.

It is a great responsibility to be the one to whom a helpless child looks for love, but it is also a joy, which we know that you feel. If there is at any time any danger that you may feel, we ask that you feel free to call upon us and all of our brothers and sisters in the Confederation and we shall be with you, not only we, but the one whom we gather in service towards, the infinite Creator.

May we answer you further?

L: There are three individuals to whom it recently occurred to me may be receiving instruction from the Orion group …

(Tape ends.) ♣

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The Law of One, Book II, Session 42

March 22, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: I am going to make a statement and ask you to comment on its degree of accuracy. I am assuming that the balanced entity would not be swayed either towards positive or negative emotions by any situation which he might confront. By remaining unemotional in any situation, the balanced entity may clearly discern the appropriate and necessary responses in harmony with the Law of One for each situation. Is this correct?

Ra: I am Ra. This is an incorrect application of the balancing which we have discussed. The exercise of first experiencing feelings and then consciously discovering their antitheses within the being has as its objective not the smooth flow of feelings both positive and negative while remaining unswayed but rather the objective of becoming unswayed. This is a simpler result and takes much practice, shall we say.

The catalyst of experience works in order for the learn/teachings of this density to occur. However, if there is seen in the being a response, even if it is simply observed, the entity is still using the catalyst for learn/teaching. The end result is that the catalyst is no longer needed. Thus this density is no longer needed. This is not indifference or objectivity but a finely tuned compassion and love which sees all things as love. This seeing elicits no response due to catalytic reactions. Thus the entity is now able to become co-Creator of experiential occurrences. This is the truer balance.

Questioner: I will attempt to make an analogy. If an animal, shall I say, a bull, in a pen attacks you because you have wandered into his pen, you get out of his way rapidly but you do not blame him. You do not have much of an emotional response other than the response that he might damage you. However, if you encounter another self in his territory and he attacks you, your response may be more of an emotional nature creating physical bodily responses. Am I correct in assuming that when your response to the animal and to the other-self is that of seeing both as Creator and loving both and understanding their action in attacking you is the action of their free will then you have balanced yourself correctly in this area? Is this correct?

Ra: I am Ra. This is basically correct. However, the balanced entity will see in the seeming attack of an other-self the causes of this action which are, in most cases, of a more complex nature than the cause of the attack of the second-density bull as was your example. Thus this balanced entity would be open to many more opportunities for service to a third-density other-self.

Questioner: Would a perfectly balanced entity feel any emotional response in being attacked by the other-self?

Ra: I am Ra. This is correct. The response is love.

Questioner: In the illusion that we now experience it is difficult to maintain this response especially if the attack results in physical pain, but I assume that this response should be maintained even through physical pain or loss of life. Is this correct?

Ra: I am Ra. This is correct and further is of a major or principle importance in understanding, shall we say, the principle of balance. Balance is not indifference but rather the observer not blinded by any feelings of separation but rather fully imbued with love.

Questioner: In the last session you made the statement that "We, that is Ra, spent much time/space in the fifth-density balancing the intense compassion that we had gained in the fourth-density." Could you expand on this concept with respect to the material you just discussed?

Ra: I am Ra. The fourth-density, as we have said, abounds in compassion. This compassion is folly when seen through the eyes of wisdom. It is the salvation of third-density but creates a mismatch in the ultimate balance of the entity.

Thus we, as a social memory complex of fourth-density, had the tendency towards compassion even to martyrdom in aid of other-selves. When the fifth-density harvest was achieved we found that in this vibratory level flaws could be seen in the efficacy of such unrelieved compassion. We spent much time/space in contemplation of those ways of the Creator which imbue love with wisdom.

Questioner: I would like to try to make an analogy for third-density of this concept. Many entities here feel great compassion for relieving the physical problems of third-density other-selves by administering to them in many ways, with food if there is hunger as there is now in the African nations, by bringing them medicine if they feel that there is a need to minister to them medically, and being selfless in all of these services to a very great extent.

This is creating a vibration that is in harmony with green-ray or fourth-density but it is not balanced with the understanding of fifth-density that these entities are experiencing catalysts and a more balanced administration to their needs would be to provide them with the learning necessary to reach the state of awareness of fourth-density than it would be to minister to their physical needs at this time. Is this correct?

Ra: I am Ra. This is incorrect. To a mind/body/spirit complex which is starving, the appropriate response is the feeding of the body. You may extrapolate from this.

On the other hand, however, you are correct in your assumption that the green ray response is not as refined as that which has been imbued with wisdom. This wisdom enables the entity to appreciate its contributions to the planetary consciousness by the quality of its being without regard to activity or behavior which expects results upon visible planes.

Questioner: Then why do we have the extreme starvation problem in, generally, the area of Africa at this time? Is there any metaphysical reason for this, or is it purely random?

Ra: I am Ra. Your previous assumption was correct as to the catalytic action of this starvation and ill health. However, it is within the free will of an entity to respond to this plight of otherselves, and the offering of the needed foodstuffs and substances is an appropriate response within the framework of your learn/teachings at this time which involve the growing sense of love for and service to other-selves.

Questioner: What is the difference in terms of energy center activation between a person who represses emotional responses to emotionally charged situations and the person who is balanced and, therefore, truly unswayed by emotionally charged situations?

Ra: I am Ra. This query contains an incorrect assumption. To the truly balanced entity no situation would be emotionally charged. With this understood, we may say the following: The repression of emotions depolarizes the entity in so far as it then chooses not to use the catalytic action of the space/time present in a spontaneous manner, thus dimming the energy centers. There is, however, some polarization towards positive if the cause of this repression is consideration for other-selves. The entity which has worked long enough with the catalyst to be able to feel the catalyst but not find it necessary to express reactions is not yet balanced but suffers no depolarization due to the transparency of its experiential continuum. Thus the gradual increase in the ability to observe one's reaction and to know the self will bring the self ever closer to a

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true balance. Patience is requested and suggested, for the catalyst is intense upon your plane and its use must be appreciated over a period of consistent learn/teaching.

Questioner: How can a person know when he is unswayed by an emotionally charged situation or if he is repressing the flow of emotions, or if he is in balance and truly unswayed?

Ra: I am Ra. We have spoken to this point. Therefore, we shall briefly iterate that to the balanced entity no situation has an emotional charge but is simply a situation like any other in which the entity may or may not observe an opportunity to be of service. The closer an entity comes to this attitude the closer an entity is to balance. You may note that it is not our recommendation that reactions to catalyst be repressed or suppressed unless such reactions would be a stumbling block not consonant with the Law of One to an other-self. It is far, far better to allow the experience to express itself in order that the entity may then make fuller use of this catalyst.

Questioner: How can an individual assess what energy centers within its being are activated and in no immediate need of attention and which energy centers are not activated and are in need of immediate attention?

Ra: I am Ra. The thoughts of an entity, its feelings or emotions, and least of all its behavior are the signposts for the teaching/learning of self by self. In the analysis of one's experiences of a diurnal cycle an entity may assess what it considers to be inappropriate thoughts, behaviors, feelings, and emotions.

In examining these inappropriate activities of mind, body, and spirit complexes the entity may then place these distortions in the proper vibrational ray and thus see where work is needed.

Questioner: In the last session you said, "that when the self is conscious to a great enough extent of the workings of the catalyst of fasting, and the techniques of programming, it then may through concentration of the will and the faculty of faith alone cause reprogramming without the analogy of fasting, diet, or other analogous bodily complex disciplines." What are the techniques of programming which the higher self uses to insure that the desired lessons are learned or attempted by the third-density self?

Ra: I am Ra. There is but one technique for this growing or nurturing of will and faith, and that is the focusing of the attention. The attention span of those you call children is considered short. The spiritual attention span of most of your peoples is that of the child. Thus it is a matter of wishing to become able to collect one's attention and hold it upon the desired programming.

This, when continued, strengthens the will. The entire activity can only occur when there exists faith that an outcome of this discipline is possible.

Questioner: Can you mention some exercises for helping to increase the attention span?

Ra: I am Ra. Such exercises are common among the many mystical traditions of your entities. The visualization of a shape and color which is of personal inspirational quality to the meditator is the heart of what you would call the religious aspects of this sort of visualization.

The visualization of simple shapes and colors which have no innate inspirational quality to the entity form the basis for what you may call your magical traditions.

Whether you image the rose or the circle is not important. However, it is suggested that one or the other path towards visualization be chosen in order to exercise this faculty. This is due to the careful arrangement of shapes and colors which have been described as visualizations by those steeped in the magical tradition.

Questioner: As a youth I was trained in the engineering sciences which include the necessity for three dimensional visualization for the processes of design. Would this be helpful as a foundation for the type of visualization which you are speaking of, or would it be of no value?

Ra: I am Ra. To you, the questioner, this experience was valuable. To a less sensitized entity it would not gain the proper increase of concentrative energy.

Questioner: Then the less sensitized entity should use … What should he use for the proper energy?

Ra: I am Ra. In the less sensitized individual the choosing of personally inspirational images is appropriate whether this inspiration be the rose

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which is of perfect beauty, the cross which is of perfect sacrifice, the Buddha which is the All-being in One, or whatever else may inspire the individual.

Questioner: Using the teach/learning relationship of parent to child, what type of actions would demonstrate the activation of the energy centers in sequence from red to violet?

Ra: I am Ra. This shall be the last full query of this working.

The entity, child or adult, as you call it, is not an instrument to be played. The appropriate teach/learning device of parent to child is the open-hearted being-ness of the parent and the total acceptance of the beingness of the child. This will encompass whatever material the child entity has brought into the life experience in this plane.

There are two things especially important in this relationship other than the basic acceptance of the child by the parent. Firstly, the experience of whatever means the parent uses to worship and give thanksgiving to the one infinite Creator, should if possible be shared with the child entity upon a daily basis, as you would say. Secondly, the compassion of parent to child may well be tempered by the understanding that the child entity shall learn the biases of service-to-others or service-to-self from the parental other-self. This is the reason that some discipline is appropriate in the teach/learning. This does not apply to the activation of any one energy center for each entity is unique and each relationship with self and other-self doubly unique. The guidelines given are only general for this reason.

Is there a brief query before we leave this instrument?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. The instrument is well. I leave you, my friends, in the love and the light of the infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 42, Fragment 25

March 22, 1981

Jim: Almost everyone on the path of consciously seeking the truth has had some kind of mystical experience that may or may not make much sense to the person. Most such experiences remain unfathomable to our conscious minds and accomplish their work in an unseen and incomprehensible fashion. Being inhabitants of the third density with the great veil of forgetting drawn over our ability to see and to truly know, we must content ourselves with the fact that we only make the barest beginnings upon understanding in this illusion. But we may also rest assured that there are no mistakes and that the events of our lives, whether ordinary or extraordinary, fall into the appropriate place at the appropriate time.

Carla: *Don had several experiences of altered consciousness that were permanently etched into his mind. The initiation he spoke of here was received in 1968, while we were in meditation together. He suddenly found himself in a world where the colors were living. He said these colors made our earthly hues look like black and white photos. They were three-dimensional. He saw living waters, and a golden sunrise streaming over the sky. He could open his eyes and he was in his chair, then close them again and see the other world. This state lasted about half an hour. The other event that is notable, to me, was a night he was meditating and found his arm moving rapidly up and down from elbow to fingers as his arm rested upon the chair arm. A blue light began to emanate from his lower arm, and he was forever grateful that he had company who saw his arm turning blue and glowing. Later transmissions indicated that the UFO entities were winding his battery!*

Session 42, March 22, 1981

Questioner: I had one experience in meditation which I spoke of before which was very profound approximately twenty years ago, a little less. What disciplines would be most applicable to create this situation and this type of experience?

Ra: I am Ra. Your experience would best be approached from the ceremonial magical stance. However, the Wanderer or adept shall have the far greater potential for this type of experience which, as you have undoubtedly analyzed to be the case, is one of an archetypal nature, one belonging to the roots of cosmic consciousness.

Questioner: Was that in any way related to the Golden Dawn in ceremonial magic?

Ra: I am Ra. The relationship was congruency.

Questioner: Then in attempting to reproduce this experience would I then best follow the practices for the Order of the Golden Dawn in reproducing this?

Ra: I am Ra. To attempt to reproduce an initiatory experience is to move, shall we say, backwards. However, the practice of this form of service to others is appropriate in your case working with your associates. It is not well for positively polarized

entities to work singly. The reasons for this are obvious.

Questioner: Then this experience was a form of initiation? Is this correct?

Ra: I am Ra. Yes. ♣

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The Law of One, Book II, Session 43

March 24, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator.

Before we communicate may we request the adjustment, without the touching of this instrument's physical body complex, of the item which presses upon the instrument's head. This is causing some interference with our contact.

Questioner: Is that the pillow or something else? Do you speak of the pillow under the neck?

Ra: I am Ra. There is a line of interference crossing the crown of the head.

Questioner: Is it this? *(A two inch fold in the sheet is located three inches from the crown of the instrument's head and is laid flat on the bed.)* Is that it?

Ra: I am Ra. This is correct. Please increase the distance from the crown of the head.

Questioner: *(Ruffles in the sheet are smoothed all along the length of the sheet next to the instrument's head.)* Is this satisfactory?

Ra: I am Ra. Yes.

Questioner: I am sorry that we failed to notice that.

Ra: We communicate now.

Questioner: I don't know if it is of any importance, but it occurred to me that the parts removed from the cattle mutilations are the same every time, and I wondered if this is related to the energy centers and why they were important if that was so?

Ra: I am Ra. This is basically correct if you may understand that there is a link between energy centers and various thought-forms. Thus the fears of the mass consciousness create the climate for the concentration upon the removal of bodily parts which symbolize areas of concern or fear in the mass consciousness.

Questioner: Are you saying, then, that these parts that are removed are related to the mass consciousness of the third-density human form and that this fear is being used in some way by the thought-form entities in these mutilations?

Ra: I am Ra. This is correct. The thought-form entities feed upon fear; thus they are able to do precise damage according to systems of symbology. The other second-density types of which you speak need the, what you call, blood.

Questioner: These other second-density types need the blood to remain in the physical? Do they come in and out of our physical from one of the lower astral planes?

Ra: I am Ra. These entities are, shall we say, creatures of the Orion group. They do not exist in astral planes as do the thought-forms but wait within the Earth's surface. We, as always, remind you that it is our impression that this type of information is unimportant.

Questioner: I agree with you wholeheartedly, but I sometimes am at a loss before investigation into an

area as to whether it is going to lead to a better understanding. This just seemed to be related somehow to the energy centers which we had been speaking of.

I am going to make a statement and have you comment on it for its correctness. The statement is: When the Creator's light is split or divided into colors and energy centers for experience, then in order to reunite with the Creator the energy centers must be balanced exactly the same as the split light was as it originated from the Creator. Is this correct?

Ra: I am Ra. To give this query a simple answer would be nearly impossible.

We shall simplify by concentrating upon what we consider to be the central idea towards which you are striving. We have, many times now, spoken about the relative importance of balancing as opposed to the relative unimportance of maximal activation of each energy center. The reason is as you have correctly surmised. Thusly the entity is concerned, if it be upon the path of positive harvestability, with the regularizing of the various energies of experience. Thus the most fragile entity may be more balanced than one with extreme energy and activity in service-to-others due to the fastidiousness with which the will is focused upon the use of experience in knowing the self. The densities beyond your own give the minimally balanced individual much time/space and space/time with which to continue to refine these inner balances.

Questioner: In the next density, the fourth density, is the catalyst of physical pain used as a mechanism for experiential balancing?

Ra: I am Ra. The use of physical pain is minimal, having only to do with the end of the fourth-density incarnation. This physical pain would not be considered severe enough to treat, shall we say, in third density. The catalysts of mental and spiritual pain are used in fourth density.

Questioner: Why is physical pain a part of the end of fourth density?

Ra: I am Ra. You would call this variety of pain weariness.

Questioner: Can you state the average lifespan in the fourth density of space/time incarnation?

Ra: I am Ra. The space/time incarnation typical of harmonious fourth density is approximately 90,000 of your years as you measure time.

Questioner: Are there multiple incarnations in fourth density with time/space experiences in between incarnations?

Ra: I am Ra. This is correct.

Questioner: How long is a cycle of experience in fourth density in our years?

Ra: The cycle of experience is approximately 30 million of your years if the entities are not capable of being harvested sooner. There is in this density a harvest which is completely the function of the readiness of the social memory complex. It is not structured as is your own, for it deals with a more transparent distortion of the one infinite Creator.

Questioner: Then the big difference in harvestability between third and fourth density is that at the end of the third density the individual is harvested as a function of individual violet ray, but it is the violet-ray for the entire social memory complex that must be of a harvestable nature to graduate to the fifth density. Is this correct?

Ra: I am Ra. This is correct although in fifth density entities may choose to learn as a social memory complex or as mind/body/spirit complexes and may graduate to sixth density under these conditions, for the wisdom density is an extremely free density whereas the lessons of compassion leading to wisdom necessarily have to do with other-selves.

Questioner: Then is sixth-density harvest strictly of a social memory complex nature because again we have wisdom and compassion blended back using wisdom?

Ra: I am Ra. This is quite correct.

Questioner: The physical vehicle that is used in fourth-density space/time is, I am assuming, quite similar to the one that is now used in third density. Is this correct?

Ra: I am Ra. The chemical elements used are not the same. However, the appearance is similar.

Questioner: Is it necessary to eat food in fourth density?

Ra: I am Ra. This is correct.

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Questioner: The mechanism of, shall we say, social catalyst due to a necessity for feeding the body then is active in fourth-density. Is this correct?

Ra: I am Ra. This is incorrect. The fourth-density being desires to serve and the preparation of foodstuffs is extremely simple due to increased communion between entity and living foodstuff. Therefore, this is not a significant catalyst but rather a simple precondition of the space/time experience. The catalyst involved is the necessity for the ingestion of foodstuffs. This is not considered to be of importance by fourth-density entities and it, therefore, aids in the teach/learning of patience.

Questioner: Could you expand a little bit on how that aids in the teach/learning of patience?

Ra: I am Ra. To stop the functioning of service-to-others long enough to ingest foodstuffs is to invoke patience.

Questioner: I'm guessing that it is not necessary to ingest foodstuffs in fifth-density. Is this correct?

Ra: I am Ra. This is incorrect. However, the vehicle needs food which may be prepared by thought.

Questioner: What type of food would this be?

Ra: I am Ra. You would call this type of food, nectar or ambrosia, or a light broth of golden white hue.

Questioner: What is the purpose of ingesting food in fifth density?

Ra: I am Ra. This is a somewhat central point. The purpose of space/time is the increase in catalytic action appropriate to the density. One of the preconditions for space/time existence is some form of body complex. Such a body complex must be fueled in some way.

Questioner: In third density the fueling of our bodily complex is not only simply fueling of the bodily complex but gives us opportunities to learn service. In fourth density it not only fuels the complex but gives us opportunities to learn patience. In fifth density it fuels the complex but does it teach?

Ra: I am Ra. In fifth density it is comfort for those of like mind gathered together to share in this broth, thus becoming one in light and wisdom while joining hearts and hands in physical activity. Thus in this density it becomes a solace rather than a catalyst for learning.

Questioner: I am simply trying to trace the evolution of this catalyst that then, as you say, changes in fifth density. I might as well complete this and ask if there is any ingestion of food in sixth density?

Ra: I am Ra. This is correct. However, the nature of this food is that of light and is impossible to describe to you in any meaningful way as regards the thrust of your query.

Questioner: On this planet after the harvest is complete, will fourth-density beings be incarnate on the surface as we know it now?

Ra: I am Ra. The probability/possibility vortices indicate this to be most likely.

Questioner: Then will there be at that time any fifth-density or sixth-density beings on the surface of the planet?

Ra: I am Ra. Not for a fairly long measure of your time as fourth-density beings need to spend their learn/teaching space/time with their own density's entities.

Questioner: Then basically what you are saying is that at that point the teachings of fifth or sixth-density beings would not be too well understood by the new fourth-density beings?

Ra: I am Ra. Do you wish to query us upon this point?

Questioner: I guess I didn't state that correctly. Would the new fourth-density beings then need to evolve in their thinking to reach a point where fifth-density lessons would be of value?

Ra: I am Ra. We grasp the thrust of your query. Although it is true that as fourth-density beings progress they have more and more need for other density teachings, it is also true that just as we speak to you due to the calling, so the information called is always available. It is simply that fifth-density beings will not live upon the surface of the planetary sphere until the planet reaches fifth-density vibratory level.

Questioner: I was wondering, then, if the mechanism of teach/learning was the same relatively then in fourth density. From what you say, it is necessary first for a call to exist for the teach/learning of fifth density to be given to fourth just as a call must exist here before fourth-density lessons are given to third density. Is this correct?

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Ra: I am Ra. This query is misguided, for experience in fourth density is emphatically not the same as third-density experience. However, it is correct that the same mechanism of calling predisposes the information received in a way consonant with free will.

You may ask one more full question at this working.

Questioner: You stated that the key to strengthening the will is concentration. Can you tell me the relative importance of the following aids to concentration? I have listed: silence, temperature control, comfort of body, screening as a Faraday cage would screen electromagnetic radiation, visible light screening, and a constant smell such as the use of incense. In other words, an isolation-type of situation. You mentioned that this was one of the functions of the pyramid.

Ra: I am Ra. The analogies of body complex to mind and spirit complex activities have been discussed previously. You may consider all of these aforementioned aids as those helpful to the stimulation of that which in actuality aids concentration, that being the will of the entity. This free will may be focused at any object or goal.

Questioner: I was really trying to get at whether it would be of great importance to construct a better place for our meditations. We have distractions here of the types which I mentioned, and I know that it is a function of our total free will as to whether we construct this or not, but I was trying to get at the principles behind and the relative importance of the Faraday cage. It would be quite a construction and I was wondering if it would be of any real value?

Ra: I am Ra. Without infringing upon free will we feel it possible to state that the Faraday cage and the isolation tank are gadgets.

The surrounding of self in a sylvan atmosphere, apart from distractions, in a place of working used for no other purpose, in which you and your associates agree to lay aside all goals but that of the meditative seeking of the infinite Creator is, shall we say, not gadgetry but the making use of the creation of the Father in second-density love, and in the love and support of otherselves. Are there any brief queries before this working is at an end?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one infinite Creator. Adonai.

(Session #44, March 28, 1981, and Session #45, April 6, 1981, contain only personal material and were, for that reason, removed.) ♣

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The Law of One, Book V, Session 44, Fragment 26
March 28, 1981

Jim: Session 44 was removed from Book Two because it is almost entirely a maintenance session. In querying as to how best to revitalize Carla's physical vehicle and aid the contact with Ra in general we did, however, discover a couple of fundamental principles which we found useful thereafter.

In the first answer we found that a strong desire to be of service is not enough when it is uninformed by wisdom. Carla, and our entire group as well, suffered in the first months of the Ra contact from an overactive desire to be of service through having more sessions with Ra than was helpful for the contact over the long run. Scheduling so many sessions in such a short period of time was overly draining on Carla's physical energy and would mean that the total number of sessions that was possible during her incarnation was probably being reduced.

The second principle which we found of interest was the power of dedication. If Carla dedicated herself to having a session with Ra she would expend an amount of energy equal to a full day's work—even if the session did not occur. Thus it was most important that her dedication be informed by wisdom, if not her own then that of the support group's. Thus, for any person, it is the will which drives the dedication, all thoughts, words, and actions depending therefrom. As one points the will, one's desires become manifest. It is important, therefore, that one use the will carefully.

Carla: *My body has always been fragile. Born with birth defects, laid low by rheumatic fever at the age of 2 years and kidney failure at ages 13 and 15, I have since worked with an increasing amount of rheumatoid arthritic and other rheumatoid diseases. By 1981, when the contact with Ra began, I had had several operations on my wrists and finger joints, and was experiencing rheumatoid changes in virtually every joint in my body, the neck and back being the worst hit after the hands. I had worked as a librarian, a job I loved, and as a researcher and writer for Don, but 1976 was the last year I was able to manage a typewriter, and by 1981 I was on Social Security Disability and having grave problems physically, both organic and rheumatoid. I was in pain constantly. I tolerated this without much remark, and tried to appear well; indeed, I felt healthy. But the body was a weak one. And I think that the trance state was difficult because without my being able to move my body around, it simply lay in one position during the sessions. This meant that the bad joints were liable to become far more painful, especially in those joints of back, neck and wrist which were severely damaged. I would wake up in a world of hurt. There did not seem to be a way to avoid this, and it was easy for me to be discouraged at my imperfect physical vehicle. I felt as though I were letting the group down when Ra said they had to limit the session length, and always tried my hardest to maximize my time in trance.*

Donald and Jim never reproached me even the first time, and were endlessly patient in working with my

limitations. However, I cried many a tear of frustration, for I wished so much to be able to continue with this channeling of Ra. It was fortunate for the contact that Jim and I were lovers, for apparently all the physical energy I had to give, after the first few sessions, was the energy transferred during lovemaking. How does a person called "pure" have a lover? Purely, of course. I tried celibacy for about two years when Don and I first got together. I found it extremely difficult and unsatisfying as a life choice. After talking this over with Donald, we agreed that I would take a lover if I wished. As he was gone fully half of the time flying for Eastern Air Lines, I was able to be completely discreet. He never saw the lover, who never saw him. When Jim began coming to meditations regularly, I had once again been celibate for about four years, not having anyone I felt good about to be a lover and friend. Jim was the answer to a maiden's prayers, being extremely fond of his solitude most of the time, but a marvelous companion and an amazing lover when he was in the mood. He wanted nothing from me in the everyday sense of having a constant companion. Don wanted only that companionship. The two men fitted into my life like puzzle pieces, just so. It was, for the time it lasted, a seamless and wonderful threesome of those who truly and entirely wished to serve.

I pondered Ra's words about martyrdom for some time, and eventually decided that I should take a vacation, the first one I had taken since 1971. Jim and I went to the seashore, and I rested and felt great healing. I see this as the first step I took away from the forces of death and towards an embrace of continued life. I wish that Don could also have done this, but it was not in him.

I think Ra's comments on how to treat psychic greeting are very wise. To look on these experiences of being "attacked" as less than vitally important was to invite their prolongation. When faced and given full consideration, without fear, just being with these energies and loving them, seeing them as the dark side of oneself, the greetings were simply experiences to have and to ponder, working towards acceptance of the full self. Jesus suggested that we not resist evil, and I think this is part of what He meant—to embrace the greeting as coming from the self, and as loved by the self, was to draw its teeth and neutralize its venom.

Donald had a long-standing interest in ritual magic, one that predated my arrival in his life. He was fascinated with the thought that somehow he could help me by dealing with the negative entities that were offering greetings. It has always been an uneasy thought that he, as he once discussed with Jim, might have tried to make a pact with the entity that was so persistently greeting me, to give himself instead of me.

Session 44, March 28, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: The instrument had some question as to her vitality. We were having some difficulty in appraising it. Is it possible for you to comment on this?

Ra: I am Ra. We scan this instrument and find that we may be of service without infringement due to this instrument's decision to abide by the most careful appraisal possible rather than the most desired.

We have been surprised that we have been able to maintain contact on a regular basis during this most intense period of negatively influenced interference. Sexual energy transfers have at some workings given this instrument additional vital resources upon which to draw. However, this is not so at this working and, therefore, the will of the instrument drives its bodily complex. This instrument has no judgment about this service. The faculty of will, while recognized as most central and valuable, could in this application cause serious distortion in the bodily complex of the instrument. May we note that martyrdom is not necessarily helpful. We ask this instrument to examine these thoughts, judge, and discriminate the possible truth of them, and if they be deemed true we suggest this instrument release the power of judgment to the support group whose interests are balanced far more than this instrument's. Allow decisions to be made without expectation or attachment to the outcome. Our hopes, may we say, for long-term contact through this instrument depend upon its maturing ability to be of service to other-selves by accepting their help and thus remaining a viable instrument.

May we thank the questioner for allowing us to speak to this point, for we were aware of the distortions incumbent upon one whose will to serve is not regulated by knowledge of limitations of bodily complex distortion.

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Questioner: Could you please terminate this contact as soon as necessary since we are not aware of the vitality of the instrument at this time?

Ra: I am Ra. In your way of speaking our hands are, to a certain extent, tied. This instrument has called upon inner reserves which are dearly bought. Therefore, we have the honor/duty of using this energy to the best of our ability. When it becomes low we shall most certainly, as always, express the need for ending the working. The only way of avoiding this sharing of service at whatever cost is to refrain from the working. It is a dilemma.

Questioner: Can you tell me what the tone was that I heard in my left ear when you started your communication?

Ra: I am Ra. This was a negatively oriented signal.

Questioner: Can you tell me how I would hear a positively oriented signal?

Ra: I am Ra. Two types there are of positive signal. First, in the right ear location the signal indicates a sign that you are being given some unworded message saying, "Listen. Take heed." The other positive sign is the tone above the head which is a balanced confirmation of a thought.

Questioner: Are there any other negatively oriented signals that I get?

Ra: I am Ra. This is correct. You are able to receive thought-forms, word-forms, and visions. However, you seem able to discriminate.

Questioner: Is there a reason that I am open to these signals of a negative nature?

Ra: I am Ra. Are you not all things?

Questioner: I think that it might be a good idea if we terminated the contact at this time to allow the instrument to gain more of the necessary energy before continuing these sessions. This is my decision at this time. I would very much like to continue the contact, but it seems to me, although I can't tell the instrument's level, that the instrument should not use up any more energy.

Ra: I am Ra. We are responding to an unasked query. However, it is most salient and therefore we beg your forgiveness for this infringement. The energy has been lost to the instrument, dedicated to this purpose only. You may do as you will, but this is the nature of the instrument's preparation for contact and is the sole reason we may use it.

Questioner: I am not sure if I fully understood you. Could you say that in a little different way? Could you explain more completely?

Ra: I am Ra. Each of you in this working has consciously dedicated the existence now being experienced to service to others. This instrument has refined this dedication through long experience with the channeling, as you term it, of Confederation philosophy, as you may say. Thus when we first contacted this instrument it had offered its beingness, not only to service to other-selves but service by communication of this nature. As this contact has developed, this dedication of beingness has become quite specific. Thus once the vital energy is dedicated by the instrument to our communications, even if the working did not occur, this vital energy would be lost to the day-by-day experience of the instrument. Thus we indicated the importance of the instrument's releasing of the will from the process of determining the times of working, for if the instrument desires contact, the energy is gathered and thus lost for ordinary or mundane purposes.

Questioner: In that case, since her energy is already lost, we might as well continue with this session, and we should very carefully monitor the instrument and be the sole judge of when the sessions should occur. Am I correct?

Ra: I am Ra. This is profoundly correct. This instrument's determination to continue contact during this period has already extended the low energy period.

Questioner: This is very revealing to us. Thank you. Each of us gets signals and dreams. I have been aware of clairaudient communication at least once in waking up. Can you suggest a method whereby we might be able, shall I say, to nullify the influence of that which we don't want of a negative source?

Ra: I am Ra. There are various methods. We shall offer the most available or simple. To share the difficult contact with the other-selves associated with this working and to meditate in love for these senders of images and light for self and other-selves is the most available means of nullifying the effects of such occurrences. To downgrade these experiences by the use of intellect or the disciplines of will is to

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invite the prolonging of the effects. Far better then to share in trust such experiences and join hearts and souls in love and light with compassion for the sender and armor for the self.

Questioner: Can you tell me the source of the instrument's dream this morning as soon as she woke up?

Ra: I am Ra. The feeling of the dream, shall we say, was Orion-influenced. The clothing of the dream revealing more the instrument's unconscious associative patterns of symbolism.

Questioner: In meditation a number of years ago my arm started to glow and to move rapidly involuntarily. What was that?

Ra: I am Ra. The phenomenon was an analogy made available to you from your higher self. The analogy was that the being that you were was living in a way not understood by, shall we say, physicists, scientists, or doctors.

Questioner: What I am trying to get at in this session is if there are any practices that we might be able to do to best revitalize the instrument, for it is going to be necessary to do all we can in order to maintain our contact. Can you tell us what we can do to increase the instrument's vitality for these contacts?

Ra: I am Ra. Your experience was a function of your ability to contact intelligent infinity. Therefore, it does not have a direct bearing upon this instrument's vital energy.

We have spoken before of those things which aid this instrument in the vital energy: the sensitivity to beauty, to the singing of sacred music, to the meditation and worship, to the sharing of self with self in freely given love either in social or sexual intercourse. These things work quite directly upon the vitality. This instrument has a distortion towards appreciation of variety of experiences. This, in a less direct way, aids vitality.

Questioner: I was looking at a diagram of the advancement of magical practices starting from Malkuth and ending at Kether. I was wondering if these corresponded to the colors or the densities with Malkuth as one, Yesod as two, Hod and Netzach being three, Tiphareth four, and so on. Is this correct?

Ra: I am Ra. This is basically incorrect although you are upon the correct track of thinking. Each of these stations has a complex number and shading of energy centers as well as some part in various balances; the lower, the middle, the high, and the total balance. Thus there are complex colors or rays and complex charges, if you will, in each station.

Questioner: Does the left-hand path of this represent the service-to-self path and the right-hand path the service-to-others?

Ra: I am Ra. This will be the last full query of this working.

This is incorrect. These stations are relationships. Each path has these relationships offered. The intent of the practitioner in working with these powerful concepts determines the polarity of the working. The tools are the tools.

Questioner: As an ending question I will just ask if it is possible for the Ipsissimus then to have either positive or negative polarity, or must he be neither?

Ra: I am Ra. We shall respond to the meaning of this term in a specialized sense. The Ipsissimus is one who has mastered the Tree of Life and has used this mastery for negative polarization.

Is there any brief query which we may respond to as we take leave of this instrument?

Questioner: I am sorry that we got a little off the track today. I think that the most important thing that we accomplished was discovering how to better regulate the instrument's sessions, and I would hope that you would bear with me for my inability to select questions properly at times. Sometimes I probe into areas to see if it is a direction in which we might go, and once entering, am then able to determine whether or not to continue in that direction.

Other than that, all I would like to ask is if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. There are no mistakes. Be at rest, my friend. Each of you is most conscientious. All is well. I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. I am Ra. Adonai. ♣

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Sunday Meditation
March 29, 1981

(Carla channeling

I am Hatonn. I greet you in the love and the light of the infinite Creator. It is a privilege to speak to you through this instrument. We ask your pardon for the delay, however, it was our attempt to initiate contact through the one known as L and then through the one known as Jim that they may have more experience in initiating contact. We wish to confirm to these two instruments that they had indeed been receiving conditioning.

We would at this time attempt again to contact the one known an L. I am Hatonn.

(L channeling

I am Hatonn, and I again greet you, my brothers, in [the] love and the light of our infinite Creator. My brothers, it is a great pleasure for all of us to share with you our thoughts that we might be of service to those of your planet. In this manner we of Hatonn further our own development as well, for is it not through service that we all grow? Therefore, my brothers, be not hesitant to call upon us in your time of need, be it a need originating from indecision or a need in which you may feel yourself threatened either physically or spiritually. We cannot guarantee that we will be able to assist you in the manner you prefer, for it is not our will or our way to interfere with another's karmic responsibilities. But, my brothers, if the path is open to us we will surely take it.

At this time, my brothers, I would like to renew our contact through the one known as Jim. I am Hatonn.

(Jim channeling

I am Hatonn, and am with this instrument and greet you all once again in love and light. It is our privilege, as always, to share our simple thoughts with your group. We of Hatonn are humble messengers of the message and the vibration of love. We have through many years attempted to share our simple message with the people of your planet. Unfortunately, we must say our attempts have fallen far short of our hopes, but yet we shall continue in this effort for as long as there is a calling for a desire on the part of any of the people of your planet to hear our message.

We know that those of you who have been attending these meditations for a period of time now are very familiar with the message which we have to offer. The message of love seems very simple to those who have heard it, but, my friends, we ask you in truth, how simple is the Creator? Is it not a simple thing to consider that the Creator is all about you? Is it not a simple thing to consider that the Creator, being all things, loves all things, each part of Its creation? Yes, my friends, it is simple, a simple thing to consider

this simple truth, yet so many of your people find it so difficult to express such a simple truth, such a simple recognition in their daily lives. It seems, by observation, so much simpler for entities to consider only their own momentary interests as they go about their daily round of activities. It seems so much simpler to forget that the Creator is within each being that you meet, is within each experience that you encounter.

Yes, my friends, it is very simple, this thing which you call life. It is simply a matter of choice. A matter of knowing which direction you wish to point your life. Do you wish to see love, do you wish to experience the love of the Creator? Do you wish to express this love each moment of your life? Do you wish to experience the fullness and the oneness of the Creator all about you? It is a simple choice. A choice which we of Hatonn hope that we are able to aid you in some small way by the presentation of our variety of a simple message, the message of love, the message of understanding that all is the Creator, that you are the Creator. That you have the love of the Creator available each moment, each day of your lives and this love may be the energy upon which you draw to express your life in any way. We hope through these simple communications that we are able to share same small spark of this infinite light and love which is available at all times to all creatures in the creation of the Father.

We would at this time pause so that our brother, Laitos, may pass among those gathered here and should any request the conditioning vibration, our brother Laitos would be most pleased and privileged to aid each such request by sharing the conditioning vibration of the Confederation. I am Hatonn.

(Carla channeling

I am Hatonn. I am again with this instrument and again I greet you in the love and light. As we were saying, my friends, each and every part of the Creation is full of the love of the Creator. Let us consider two models of such love. Let us consider the differences which we may see with the intellect and perhaps find possibilities of thought. Let us consider the concern and love of the parent for the child. How careful the parent is, how concerned, how totally committed to the care of this being, this perfect entity which is a representation of the Creator. Of what service in this great love of parent to child.

Let us consider another model of love. Let us look at the first rose as it blooms, first a bud, then sweet smelling and fresh with the dew. It opens to the sun, sharing its scented beauty with the breeze and the glory of its radiant color with all who pass by or with no one at all if there is no one to pass by.

There is much to consider in these two models of love. One is a radiation; one a relationship. Consider, my friends the love of which we speak. Are you in a relationship with the Creator? Do you feel the radiance of the Creator? Is there a point at which it is necessary to understand the difference? We leave you these thoughts to ponder. I would close through the one known as Don. I am Hatonn.

(Carla channeling

I am again with this instrument. The one known as Don is not tuned to our vibratory level, thus we shall close through this instrument. It is our great privilege to be able to share our humble thoughts with you. We hope that there may be in some way a feeling of the radiance, of the love of the Creator within you at this moment; a feeling of the perfection of His love and His light. In this, I leave you. I am known to you as Hatonn. Adonai vasu borragus.

I am Latwii. I am with this instrument. I greet you in the love and the light of our infinite Creator. We said previously that we would attempt to give the one known as Jim another tumble, however he beat us to the mat three out of three. We will continue to attempt to establish contact with this instrument at a later time. Meanwhile, it is our pleasure to offer ourselves in the event that we may share our thoughts with you if you have any questions at this time.

N: What happens to persons who have crises in their life?

I am Latwii. I am aware of your question. The nature of the events following the premature ending of a life by conscious act or suicide are various, depending upon the state of mind and basic vibration of the entity. However, there are some common problems with this action. That is, the removal of the entity from the life experience it was unable to finish then causes this same entity to at some point re-travel the same path in another attempt to finish the life experience begun but not ended. However, because of the trauma of the

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physical death it is more difficult to solve the life experience upon the rerun, shall we say. This is perhaps the most salient, common experience associated with this action.

May we answer you further, my brother?

Don: What type of music should you use for tuning this group?

I am Latwii. The tuning mechanism is not important but rather the dedication of the group to using that period in order to form the feeling of unity of purpose in seeking the truth. It is not suggested that raucous or disharmonious sounds be proffered, however any harmonious sounds or inspirational words will suffice well if they allow the functioning of the unifying of the will of the group.

Is there another question at this time?

N: How does the Confederation look upon things like abortion?

I am Latwii. This area, like the previously mentioned area of suicide, is somewhat misunderstood among your peoples. Neither suicide nor abortion is recommended for those entities wishing to zoom to the head of the class of service to others, for such actions as abortion or the taking of one's own life indicate a feeling of being unable to cope. This is not a correct perception, however, there is such a thing upon your planet as what is called morals. These morals are used much like stones to hurt people. Unfortunately, morals enter greatly into discussions of both suicide and abortion as well as many other emotionally charged matters.

Abortion is that action which removes anything from an empty opportunity to a life. Whether the abortion removes only physical matter or an entity can be known only through meditation upon the part of the mother. The mother will know if a soul wishes to be born and wishes it as mother. If such an entity cannot feel the presence of a soul those morally against abortion are incorrect. If after careful meditation the presence of a spirit desiring the experience of an incarnation with this entity as mother is felt and then the entity removes that opportunity, this action is to some degree part of a reckoning. The relationship will then occur in the future and restitution made: love will find its balance in time.

Again, those with morals do not have the concept of the all-encompassing, all-embracing power of love to eventually balance all incorrectness. Morals do not apply precisely as those who jump up and down and are angry may think [they] do. This is difficult for us to speak of, for each case is unique. Each suicide, each murder, each abortion, each thought, my friends, of an unkind nature, these things cannot be judged by morals but can only be offered to love in the knowledge that love will truly conquer all.

May we answer you further, my brother?

(Pause)

I am Latwii. Is there another question at this time?

L: I am having difficulty emotionally with a past relationship. I ask whatever advice or counseling you can offer.

I am Latwii. My brother, we do not give advice but we can give you a thought or two. You are perfect. Forgive yourself. Let your friends comfort you. Listen in your heart for the love of the Father. Feel upon your shoulder the hand of a presence so near and so dear that you could not be separated from it, This presence may be called Christ consciousness or divine love. Seek and ye shall find. This is that which you will find. As always, we are with you.

May we answer you further, my brother?

L: Could you give some detail on what conditioning is?

I am Latwii. This is not our field, however we shall attempt the basics. The electrical, shall we say, characteristics of your mind are tunable in a way much like that of the radio. To strengthen the signal of a radio, such a thing as a carrier wave is given. We underscore your meditational vibration with such a carrier wave. This does not interfere with your free will in tuning beyond a certain point as our conditioning wave is broadly tuned over the positive spectrum, however, it enables the meditator to deepen the state of meditation. Some electrical experiences or symptoms may be observed when feeling this conditioning wave.

Those who wish to become instruments may also use this wave by request mentally as a means of exercising and making ready the mouth and vocal mechanism for channeling such as this instrument does.

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Is there another question?

L: Yes. Is it beneficial to request conditioning immediately prior to going to sleep, with an understanding that an effort will be made on your part to work upon the instrument while they're in a relaxed sleeping condition?

I am Latwii. The hypnogogic state is a good state for conditioning. Therefore, it is beneficial, however, we do not work upon the sleeping entity. This would be an infringement of free will.

Is there another question at this time?

L: Would it be an infringement on free will if it were requested?

I am Latwii. When you request it in a dream it will not be an infringement upon free will. Your vulnerability during sleeping states is much different than the waking state. We do not intrude where we are not specifically requested. You would have to request our presence while asleep. This may be difficult to understand but a knowledge of the way the mind functions makes this point apparent.

Is there another question at this time?

(Pause)

I am Latwii. This instrument is a naughty girl. She wants to know who will win the basketball game. We think that it is time that we leave you in the love and in the light of the infinite Creator. Our love and light and comfort are always with you, my friends. I am Latwii. Enjoy each other and the universe for all is very beautiful, my friends. Adonai vasu. ♣

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Sunday Meditation
April 5, 1981

(Carla channeling)

[I am Hatonn] … Creator. It is a great privilege to be with you this evening, and I especially greet those who have not been with this group for some time. May we send you our blessings and our peace and know that there is no treasure as great to us as the privilege of sharing our love and our thoughts with you.

My friends, it in written in your holy works: "I have waited for the Lord more than the watchman for the morning, more than the watchman for the morning." We would speak to you this evening of the love that manifests itself to you more slowly than you would perhaps wish. We would speak to you of patience and waiting. It is very difficult for your peoples to wait for anything for among your peoples it is understood that each entity has rights and privileges and these include prompt results from any energy output. And yet we say to you, my friends, that when your day is done and you look back upon it you find, perhaps, all too much of your precious time has been spent waiting for inconsequential and petty things, those things which shall not outlast this transient illusion nor even last until your next week, your next month, your next year.

We have suggested to you often that you spend time daily in meditation, for how else, my friends, can you discover that the waiting that is profitable for you to do is the waiting for the truth? Not the truth of a circumstance of an apparent problem or any evanescent phenomenon of who you really are and whence you truly came. This is worth much waiting, my friends. The Creator makes Itself known in an eternal present and as you in your experience live from the day-to-day you have little natural access to this wonderful sphere of celestial influence. It takes patience to set aside the time to wait upon the Creator. But one moment it will come to you, my friends, that you seek this Creator, not as a part of many other things which you do but as the bride seeks the bridegroom, as the sailor his home, as the lost sheep the fold, and you will watch with even more patience than the watchman for the morning.

For the light which you seek is the light wherein creation is illumined. That sun body which you may seek at the dawning is but a tiny prototype, for example, of the dawn of understanding of love, of oneness with the creation, yourself and the Creator. Wait, my friends, and be comfortable, for you are not alone and there is no end to the patience of He who waits for you.

At this time I would transfer this contact to the one known as Jim. I am Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument. Once again it is our privilege to greet you in love and light. We have been speaking of patience, the patience of waiting for the goals which you seek, the illumination of the entirety of your being. It is a waking which each creature within the creation of the Father experiences as a necessary part of the life stream, for each within the creation is the Creator in one form or another likened unto the guests at a costume ball, each with their own mask and costume, each playing a part which in a certain way expresses the Creator for that individual in a way that has meaning for that entity.

Most at the ball know not that they wear costumes. Most believe that they are who they seem to be in their daily round of activities, but most also suspect that there is more to their expression of life than meets their own eyes. And each, on occasion, peers into the mirror of their own being to examine that which is the self. Each discovers certain parts of the costume and decides that perhaps these are parts of their personality. For most, they find contentment in assuming that they are many different things, that they have many different aspects to their personalities, and this, my friends, is true, for the Creator is all things. But each entity at the appointed hour of their own illumination shall discover that they are but one thing in truth: they are the Creator.

Upon that discovery they shall also realize that each of the other entities at the costume ball are also the Creator. They shall discover that there is nothing but the Creator and they shall take their place within the realm of the infinite and reign as the Creator. The patience of playing the parts is a prime requisite for playing the part well. Enjoy the ball. Enjoy your costume. Enjoy all the manifestations of the creation, for each expresses the Creator in an infinity of ways, but realize also that it is but a costume you wear, a play in which you partake, an illusion in which you are immersed. And know also that there is a truth in which you are an integral part—the truth of the love and the light of the infinite Creator that shines from deep within your very being. Have the patience and play your parts. And play them well, for much there is to learn of the Father's creation, and in many ways are these lessons learned.

We of Hatonn hope that in some small way our simple messages of love to your meditation group might serve as part of your infinite play and might help you learn yet one more small lesson, the lesson of love and light and oneness of all beings, of all creation.

We would at this time transfer our contact to the one known as L. I am Hatonn.

(L channeling)

I am Hatonn, and again I greet you, my brothers, in the love and the light of the Creator. My brothers, it is often seemingly that we repeat our messages concerning the subject of meditation. This is true and yet we would emphasize that this is the most important tool available to you for growth. My brothers, we do not deny your intention for growth or even your willingness to strive for growth, yet of what value are good intentions or a strong will with no guidance? It is like going on a trip in a powerful, well-tuned car with no road map and no destination in mind, Therefore, my brothers, we reiterate our seemingly endless message that meditation is the key for your understanding of the universe and your place, your role, within that universe.

We would now share with you what answers we might be able to provide to your questions, should you have any. Are there any questions?

Carla: Would you like to make a comment on our recent Ra contact?

I am Hatonn. I have received your question. The Ra contact that you received is of incomplete detail. The reason for this in not within our area of responsibility in that the Ra contacts are of a highly controlled nature. We would answer you in more detail if we could, however, it is not within the intention of the Ra contact for us to expand on that source of information. May we answer you further?

Carla: Just a few questions peripherally to that. By "incomplete," do you mean that answers to questions asked are incomplete or that some questions cannot be answered?

I am Hatonn. I understand your question. By incomplete we mean that the information you seek is more complex than you have ascertained. Therefore, when you ask a question not knowing the full extent of detail supporting the answer it is not possible to say that a simple phrase given in answer has given the entire answer. In other words, my brother, if you were to ask what is the weather like today the answer

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you sought would concern only your own geographic location yet would not completely answer the question, for the weather conditions vary widely on your planet, as you well know.

Does this answer your question?

Carla: I believe so. Let me try to clarify. Then the incompleteness of the contact is due to the limits of our understanding? And the language?

I am Hatonn. Yes, my brother, in conjunction with the fact that, as you know, not all may be revealed to you because of the requirements concerning your free will for your personal growth.

Carla: Yes, I'm aware of that stipulation. That's been mentioned many times by Ra. What is your relationship with the group Ra?

I am Hatonn. I understand your question. The Ra entity speaks frequently to you, my brother of oneness. Does this not answer your question?

Carla: To be more specific, I was wondering whether you had a special connection with this teaching group within the Confederation of Planets or whether you did not work closely, since you both had spoken to this group.

I an Hatonn. The Ra group on your planet has incurred specific responsibilities as a result of their actions. This you are already aware of. For this reason the Ra group has responsibilities for debts, if you will, that must be completed. These responsibilities are unique to the Ra group, that the Ra group are members of the Federation as a whole. It would not be correct to assume, however, that the Federation or its individual members share in those unique responsibilities. Where the Ra group is discharging previously incurred responsibilities prior to their own advancement, we of Hatonn work at this time solely for advancement through service.

Is this clear to you my brother?

Carla: Yes, thank you, my brother. I send you my love.

Don: What density is Hatonn?

I am Hatonn. My brother, you ask a question in an effort to test this instrument. We cannot answer this question because of the intention with which it is asked. This would violate the precept concerning free will, my brother.

May we answer you further?

Don: Expand on what you said about the responsibilities of Ra.

I am Hatonn. My brother, the Ra group has, in your distant past, attempted to accomplish specific works with your race. These efforts, although well intentioned, were not successful. Indeed, they resulted in setbacks for which the Ra group held itself responsible. In judging themselves responsible the Ra group obligated themselves to correct the deficiencies they caused.

Does this answer your question, my brother?

Don: Yes.

Is there another question?

Carla: Is there anything that this group could do, in your opinion, to aid in your contact?

I am Hatonn. My brothers, there is an atmosphere of disbelief which is causing difficulty for this instrument. Although we of Hatonn cannot initiate actions of proof we can only remind you that the quality of the contact is dependent upon atmosphere control.

May we answer you further?

Carla: I'm assuming that you're speaking of this particular meeting and that you're having this difficulty because of some tinge of disbelief along with open-mindedness, Is that correct?

I am Hatonn. That is correct, my brother.

Carla: My intent in asking had mostly to do with a general thought about our tuning. We have been doing many different kinds of tuning, everything from the Lord's prayer to chanting, to other prayers and oms. Is any method which gets the group in a unified tune seeking truth satisfactory or is one preferred?

I am Hatonn. It is not significant in which manner you tune your vibrations, as long as the attunement is of a positive nature and the attunement is accomplished.

Is there another question?

Carla: Thank you.

I am Hatonn. As there are no further questions, we bid you farewell in the love and the light of the Creator. I am Hatonn. ♣

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The L/L Research Channeling Archives

Transcripts of the Meditation Sessions

Volume 4

April 6, 1981 to February 14, 1982

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Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1981

April 6, 1981 to December 20, 1981

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The Law of One, Book V, Session 45, Fragment 27
April 6, 1981

Jim: Session 45 was also a maintenance session with a few other minor areas of investigation included. The sessions were at their shortest at this time while Carla was regaining her vital energy level. At the end of the session Ra found the need to end the session somewhat prematurely. The fellows who delivered our water for our cistern had shown up and failed to read our notes on the door which said that we were not available, and that silence was required for the experiment in which we were engaged. Thus they proceeded to knock loudly on every door that they could find, including the door to the Ra session room. Needless to say, we blocked our driveway after that experience so that we would not again be disturbed by visitors while we were having a session with Ra.

Carla: *This must have been a hilarious situation. I am sorry I missed it. We were so very careful in preparing our place of working, getting the various preparations done with care and grace, then my going off to sleep while Don and Jim walked the circle of One. And then, the exquisitely careful choice of questions, listening for Ra's very soft, very uninflected words—altogether a delicate operation. And then to have loud noises and the hurrying emotions behind them—I can just see the two men going quietly ballistic!*

It is hard to read the constant reports of my failing energies, even now, because I remember so well the feelings of frustration and anger that I experienced as I offered myself, poor as I was, for contact. Inside, I felt a strength and power of self that was much different from my physical state, and I wondered why I had chosen such a limited physical body. Why had I not given myself a totally healthy body so I could be a better worker for the Light? And yet I knew, at least intellectually and consciously, that all is perfect, that this was the very best configuration of mind and body and energy balance, that this was precisely where I needed to be. Were I not a mystic, and able to access that part of me which is pure faith, I would have been tempted to give up.

In the time since Don's death and the end of the Ra contact, I have come to much more of a peace with this issue, seeing clearly the way my limitations worked to refine me, to hone my sense of purpose and make ever more substantial those joys of spirit that informed my awareness. I see them still at work, and can embrace now that fragility which has given me such fruits of consciousness, and hollowed me out so well. It is the empty instrument that is able to offer the purest substance through it, and it is limitation and loss that have refined and hollowed me, and given me that transparency of spirit that moves into simple joy. I am so very glad to see each new day, I cannot express it; and this is a gift given through suffering. So often, as we look at spiritual gifts, that is true: the gaining of them can be seen to involve tragedy and pain. Yet as we experience those depths of sorrow, we also find ourselves more able to move into joy in the everyday things that are so right and so precious.

Session 45, April 6, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you give us an estimate of the instrument's physical condition now that she is rested?

Ra: I am Ra. This instrument's condition as regards the bodily complex is extremely poor. This instrument is not rested. However, this instrument was eager for our contact.

Questioner: Did the period of abstinence from contact help the instrument's physical condition?

Ra: I am Ra. This is correct. The probability of this instrument's development of what you would call disease either of the pulmonary nature or the renal nature was quite significant at our previous contact. You have averted a possible serious physical malfunction of this instrument's bodily complex. It is to be noted that your prayerful support was helpful as was this instrument's unflagging determination to accept that which was best in the long run and thus maintain the exercises recommended without undue impatience. It is to be further noted that those things which aid this instrument are in some ways contradictory and require balance. Thus this instrument is aided by rest but also by diversions of an active nature. This makes it more difficult to aid this instrument. However, once this is known, the balancing may be more easily accomplished.

Questioner: Can you tell me if a large percentage of the Wanderers here now are those of Ra?

RA. I am Ra. I can.

Questioner: Are they?

Ra: I am Ra. A significant portion of sixth-density Wanderers are those of our social memory complex. Another large portion consists of those who aided those in South America; another portion, those aiding Atlantis. All are sixth density and all brother and sister groups due to the unified feeling that as we had been aided by shapes such as the pyramid, so we could aid your peoples.

Questioner: Can you say if any of the three of us are of Ra or any of the other groups?

Ra: I am Ra. Yes.

Questioner: Can you say which of us are of which group?

Ra: I am Ra. No.

Questioner: Are all of us of one of the groups that you mentioned?

Ra: I am Ra. We shall go to the limits of our attempts to refrain from infringement. Two are a sixth-density origin, one a fifth-density harvestable to sixth but choosing to return as a Wanderer due to a loving association between teacher and student. Thus you three form a greatly cohesive group.

Questioner: Can you explain the right and left ear tone and what I call touch contact that I continually get?

Ra: I am Ra. This has been covered previously. Please ask for specific further details.

Questioner: I get what I consider to be tickling in my right and my left ear at different times. Is this any different as far as meaning goes from the tone that I get in my right and left ear?

Ra: I am Ra. No.

Questioner: Why is the left ear of the service-to-self contact and the right service-to-others?

Ra: I am Ra. The nature of your physical vehicle is that there is a magnetic field positive and negative in complex patterns about the shells of your vehicle. The left portion of the head region of most entities is, upon the time/space continuum level, of a negative polarity.

QUESTIONER. Can you tell me what is the purpose or philosophy behind the fourth, fifth, and sixth-density positive and negative social memory complexes?

Ra: I am Ra. The basic purpose of a social memory complex is that of evolution. Beyond a certain point the evolution of spirit is quite dependent upon the understanding of self and other-self as Creator. This constitutes the basis for social complexes. When brought to maturity, they become social memory complexes. The fourth density and sixth density find these quite necessary. The fifth positive uses social memory in attaining wisdom, though this is done individually. In fifth negative much is done without aid of others. This is the last query as this instrument needs to be protected from depletion. Are there brief queries before we close?

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Questioner: I just need to know if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well, my brothers. *(Loud rapping at the door. Water truckers!)*

Questioner: What did you say?

Ra: I am Ra. All is well, my brothers. I leave you now in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
April 12, 1981

(Jim channeling)

I am Hatonn, and I greet you in the love and the light of our infinite Creator. It is with great joy that we bring you our greetings this evening, for always it is an honor and a privilege to be able to share our simple thoughts with your group. Our thoughts, as always, are a humble reflection of the one original Thought of the Creator, that Thought that binds us all in unity, in love and in light.

It is for the purpose of sharing this one simple Thought that we feel the greatest of honors in addressing your group each session where it is possible for us to be with you. This evening we would speak a few words once again on the subject of love. This subject which is the focus of most of our communications with you is yet the subject which is not well understood by many of your people and, indeed, we would say that few really understand the concept of love, though many times have they heard the concept reviewed. It is for this reason that we speak again and again on this simple concept, for simple though it is, yet much seems to stand in the way of the peoples of your planet and their understanding of this simple concept.

There exists within the creation of the Father only one force, the force of love, which has created all that exists. The perceptions that your people have of the creation is one which sees many things; is one which looks and sees objects; which looks and sees interaction; which looks and sees ratios; which looks and sees the particles of existence broken down as though they were bricks, built back up as though they were buildings. It is, if you will pardon our expression, somewhat of a mechanical view of creation, a view which does not see far beyond the exterior appearance, a view which sees only that which is apparent with the physical senses.

We of Hatonn speak our simple words in order that the view of those who seek to see might be extended beyond the surface, beyond the exterior. For much there is, my friends, that does not meet the physical eye. Much there is that must be seen by other means. With this in mind, we present to you for your examination the simple concept that when you view the Father's creation, if you look with your heart, if you look with your inner eye, if you look with your interior perceptions, you might be made aware of a binding force which holds all of creation together, which serves as not only the binder, but also that which is bound, and yet not bound in a way which restricts to sight, or vision, but in a way which arranges that which is seen as a pattern of love that the Creator has arranged within all of Creation, an infinite variety of patterns of love, that these patterns might be seen in many, many ways.

But if, when seeing in any way, the realization is also kept in focus that that foundation upon which all is

created is love, then that which is seen might be viewed in a clearer perspective. For if there is no binding force apparent to those who view the creation, is not all that is seen somewhat chaotic, somewhat disjointed, without rhyme or reason? For within the creation there is an ordering and that ordering of the Father is love, love which seeks to be known, love which seeks to know itself, love which calls, love which listens.

As you perceive that which is round about you, we suggest that you keep within your mind, within your heart, within your being, the consideration of what it is you see. Ask yourself, "Where is the love?" For surely, my friends, it surrounds you always.

At this time we would transfer our contact to another instrument. I am Hatonn.

(L channeling)

I am Hatonn, and again I greet you, my brothers, in the love and the light of the infinite Creator. We are pleased that you and your friends are seeking the light more readily in these days of approaching turmoil. My friends, it is difficult to perceive the approaching storm in that the vestiges of the season of tranquility that you are leaving tend to disguise the gradual formation of clouds that herald the thunder to come. Yet, my brothers, be attentive, for the thunder does come and the peace and tranquility that you are lulled into perceiving will not last.

My brothers, you are wise in that you listen when we speak, for there is always wisdom in listening. Yet, my brothers, you would be far wiser still if you chose to act upon the information that you have received. It is not within our grasp or our responsibility to advise each of you personally upon his or her future, for we all know, my brothers, that this is not possible and would violate your blessing of freedom of will. Yet, my brothers, we would encourage all of your race to be more attentive to the signs that surround you, for as the light shines from out of the east and covers all of the land in a gradual transformation of darkness into lightness, so also, my brothers, does the transformation come to your planet. It does and will continue to seem a gradual process that often appears to have ceased. Yet, my brothers, just as the sun, in climbing above the horizon, more and more rapidly erases the shadows, so also will the coming changes occur. It is, therefore, within your grasp to perceive these changes and to prepare yourselves accordingly.

The question [then] becomes not whether one should prepare, but rather how one should prepare oneself. It is possible to spend great lengths of your remaining time attempting to consolidate advantage on the physical plane in expectation that by accumulating what will become the riches of tomorrow one might find a way to purchase one's way through the impending future. My brothers, is this not what most of those beings upon your planetary surface are doing now and have done for thousands of years? Therefore, my brothers, is it not far wiser to ask oneself, "How may I prepare for my spiritual survival and advancement in this coming new age?"

The answer, my brothers, lies in the subject referred to through the aid of the instrument known as Jim, that subject being love. The riches that must be accumulated upon your planet and by its peoples are not those of property or gold or silver, but rather, my brothers, those riches of the soul that can only be received, not taken, and can only be given, not sold. My brothers, be strong in your goodness and fear not the impending struggle, for it is less wise to ask oneself, "Will I survive until tomorrow?" than to ask oneself, "Will I be able to love continuous until tomorrow?"

At this time, my brothers, we would ask if there are any questions that we may attempt to help you answer for yourselves, for is not that the true path of learning? Therefore, we will dispense with further rhetoric, for we love to answer what we are allowed to. I am Hatonn.

C: Yes, I have a question. It concerns my son, A. We've had troubles with A being afraid to be separated from us. But here in the last few weeks the fear is becoming more intense and it seems to have followed … of us trying to explain to him … to answer questions he had about death and about our coming to meditation and I'm afraid that somehow he's gotten the two equated with each other and I'm thinking he's afraid that we might not return from these meditations. I don't know if this is so, but if it is, how best can we explain to him what it is we're doing? But it's hard sometimes to communicate with a child, especially a very young child.

I am Hatonn. I understand your question. My brother, a child is much like a picture that has not been completed. Various forms have been sketched in and will later be endowed with color and

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substance. The picture is aware of its incompleteness, just as you are aware of your own incompleteness, being a somewhat more colorful picture. That was a pun—ha ha.

My brother, just as you sense directions in which your picture may further be completed, so also does your child, but being more recently returned from what you might call the spiritual aspect, he is less acquainted with the limitations imposed by your current physical plane. It is then understandable that he perceives your absence with the expressed intent of reestablishing your connection with the non-physical plane as a potentially permanent linkage, just as his more recent transition from the spiritual to the physical plane was relatively permanent.

Your child loves you greatly and realizes that he must maintain his contact with you upon this plane so as to achieve the situations necessary for his growth. As he is less than familiar with the multitude of rules and regulations governing the behavior of physical objects, such as your body, on this plane and concerning the necessary attachment of yourself to your body, he is concerned that an inadvertent and permanent separation might ensue. Furthermore, he realizes that your efforts toward growth and maturity are not characteristic of beings on your plane. And is not growth a departure from one locus with the intent of striving toward a non-existent, infinitely distant point?

Therefore, my brother, be assured that your child is not the victim of an external, malevolent force, but rather of his own affections for you as well as his own craving for those situations of the future which will enable him to grow at a considerable rate.

May we answer you further, my brother?

C: How can I better communicate with my child about what I'm doing, and what his mother is doing? Or is it really necessary to communicate with him verbally about it?

I am Hatonn. My brother, is experience not the best teacher? Verbal communication is a valuable tool in conveying abstract explanation and should be employed in conjunction with your other, more expressive forms of communication such as touching, holding and reassuring the young child of his value in your life. In addition, my brother, that [what] you would be well to consider would be the introduction of your child to the performance of brief meditation. It is not necessary nor is it advisable to make these introductory meditations of extensive time or of the purpose to convey messages, rather, my brother, we would suggest that occasionally you or your wife might stop, explain to your child that the present moment is an excellent opportunity for meditation and yourself or your wife briefly meditate while encouraging your child to join and share with you for a moment or two.

May we answer you further, my brother?

C: No, you've helped greatly. Thank you.

We thank you, my brother, for the opportunity of service. May we answer another question?

E: I have a question, Hatonn, and that is: in the Bible there are many references to the Kingdom of God or the Kingdom of Heaven and I've been mulling over in my own mind what is meant by these phrases, which seem to be used interchangeably. Could you tell me what is meant by the phrase "Kingdom of Heaven"?

I am Hatonn. Mull no longer, my friend. The Kingdom of Heaven is that place one reaches when one understands and shares the existence of oneness in this universe and all universes. Just as in a well exercised and cared for body on your plane, all cells work joyfully and share one set of vibrations, so also could be represented the Kingdom of Heaven.

Does this answer your question, my brother?

E: Yes. That's what I suspected, and may I ask further, does that then mean that entities such as you are part of the Kingdom of Heaven?

I am Hatonn. My brother, the answer to your question could be expressed as both yes and no. Yes, in that whether one realizes his perfection or not, he is a still a part of the Kingdom of Heaven, yet that heaviness which is within has not been allowed outward, and encompasses the individual's life. Regretfully, my brother, we of Hatonn have not yet attained that form of perfection which is responsible for the negative answer of the doubly answered question.

May we answer you further, my brother?

E: Yes. That makes me wonder how you have fallen short of attaining that Kingdom?

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I am Hatonn. My brother, if we knew that answer—if we only knew. May we be of further service to you?

E: At some later time I'm sure you will be.

Thank you, my brother.

E: Thank you.

May we answer another question?

C: Yes. I know an individual who … one that I've spoken to before about things we have learned about meditation and this individual, when they're alone, feels a contact … had expressed to us he feels a contact, and the contact he feels—I get a very bad feeling about that he is being played with by influences other than the Confederation. Is this so?

I am Hatonn. My brother, we of Hatonn are not allowed to inform members of your race of the predilections of specific other members or of those from whom they seek learning. However, my brother, we would offer the advice that was carefully selected for your planet in reference to questions such as the one you have posed: "By their fruits ye shall know them."

May we answer you further, my brother?

C: No. Not at this time. Thank you

We thank you. May we answer another question?

E: I have one more concerning the Bible and that is the fairly frequent references to angels and my question is, what are angels?

I am Hatonn. My brother, you seek definitions which are functional to a mind which dwells in three-dimensional logic. To convey a three-dimensionally logical answer, we would respond that an angel is one who acts as the servant or messenger from God. Obviously, my brother, you are capable of perceiving the truth that extends beyond three-dimensional logic and this answer is not sufficient. Therefore, my brother, we would answer for you that an angel is one who acts in accordance with the flow of universal energy, for does not …

(Side one of tape ends.)

May we answer you further, my brother?

E: Yes. I'd like to know then … well, as my understanding of it is that angels must be very close to God, as we call it, and I would like to know if that's true.

My brother, God, or God-ness, is everywhere. What is more close than that? The angels to whom you refer were servants who performed specific tasks, not always realizing the service to which they were put, just as you yourself do not always realize the services you perform in other persons' lives simply by existing. For example, my brother, had you not encountered your recent accident and injury, the individual whose vehicle impacted your own might have more recently suffered a fatal accident through inattention to his driving performance. Obviously you were not a winged creature, although you did fly, yet you acted inadvertently in accordance with the will of the universe. The fact that you yourself were also in training, so to speak, does not alter your service, a service that you in your past contracted to perform.

Therefore, my brother, to reiterate, an angel is one who often unknowingly acts in such a manner as to be in attunement with the will of the universe.

May we answer you further, my brother?

E: I'll think on what you've said for now. Thank you.

We thank you, my brother. May we answer further questions?

(Pause)

I am Hatonn. We thank you for the opportunity to speak at such great lengths and upon so many interesting subjects. We of Hatonn do not always find interesting those subjects which are selected for discussion in that many are concerned with mechanical events and aspects of your three-dimensional illusion. We of Hatonn find more challenging and interesting the discussions of those subjects which are non-illusive, for these subjects are areas of our own enlightenment or lack thereof.

For this reason, my brothers, we are always grateful to you for your perceptive questions, for [is it] not the student who asks questions the real teacher of the class? Certainly the teacher—correction—instructor learns rapidly when faced with a question which had not previously incurred—correction—occurred to that instructor. Therefore, my brothers, we of Hatonn thank you both for the opportunity of being of service to yourselves and for your service in providing the stimuli for our further education.

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At this time we would bid you adieu. I am Hatonn.

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The Law of One, Book II, Session 46

April 15, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: If an entity polarizes toward the service-to-self path, would anger have the same physical effect that it would have on the entity polarizing on the service-to-others path? Would it also cause cancer, or is it just a catalytic effect working in the positively polarizing entity?

Ra: I am Ra. The catalytic mechanisms are dependent, not upon the chosen polarity of a mind/body/spirit complex, but upon the use or purpose to which this catalyst is put. Thus the entity which uses the experience of anger to polarize consciously positively or negatively does not experience the bodily catalyst but rather uses the catalyst in mental configuration.

Questioner: I am not sure that I understand that. Let's take some examples: an entity polarizing toward the negative path becomes angry. Let's take the condition where he develops a cancer. What is the principle that is at work for him?

RA I am Ra. We see the thrust of your query and will respond at variance with the specific query if that meets with your approval.

Questioner: Certainly.

Ra: The entity polarizing positively perceives the anger. This entity, if using this catalyst mentally, blesses and loves this anger in itself. It then intensifies this anger consciously in mind alone until the folly of this red-ray energy is perceived not as folly in itself but as energy subject to spiritual entropy due to the randomness of energy being used.

Positive orientation then provides the will and faith to continue this mentally intense experience of letting the anger be understood, accepted, and integrated with the mind/body/spirit complex. The other-self which is the object of anger is thus transformed into an object of acceptance, understanding, and accommodation, all being reintegrated using the great energy which anger began.

The negatively oriented mind/body/spirit complex will use this anger in a similarly conscious fashion, refusing to accept the undirected or random energy of anger and instead, through will and faith, funneling this energy into a practical means of venting the negative aspect of this emotion so as to obtain control over other-self, or otherwise control the situation causing anger.

Control is the key to negatively polarized use of catalyst. Acceptance is the key to positively polarized use of catalyst. Between these polarities lies the potential for this random and undirected energy creating a bodily complex analog of what you call the cancerous growth of tissue.

Questioner: Then as I understand it you are saying that if the positively polarizing entity fails to accept the other-self or if the negatively polarizing entity

fails to control the other-self, either of these conditions will cause cancer, possibly. Is this correct?

Ra: I am Ra. This is partially correct. The first acceptance, or control depending upon polarity, is of the self. Anger is one of many things to be accepted and loved as a part of self or controlled as a part of self, if the entity is to do work.

Questioner: Then are you saying that if a negatively polarizing entity is unable to control his own anger or unable to control himself in anger that he may cause cancer? Is this correct?

Ra: I am Ra. This is quite correct. The negative polarization contains a great requirement for control and repression.

Questioner: A repression of what?

Ra: I am Ra. Any mind complex distortion which you may call emotional which is of itself disorganized, needs, in order to be useful to the negatively oriented entity, to be repressed and then brought to the surface in an organized use. Thus you may find for instance, negatively polarized entities controlling and repressing such basic bodily complex needs as the sexual desire in order that in the practice thereof the will may be used to enforce itself upon the other-self with greater efficiency when the sexual behavior is allowed.

Questioner: Then the positively oriented entity, rather than attempting repression of emotion, would balance the emotion as stated in an earlier contact. Is this correct?

Ra: I am Ra. This is correct and illustrates the path of unity.

Questioner: Then cancer is a training catalyst operating for both polarities in approximately the same way but creating or attempting to create polarization in both directions, positive and negative, depending upon the orientation of the entity experiencing the catalyst. Is this correct?

Ra: I am Ra. This is incorrect in that catalyst is unconscious and does not work with intelligence but rather is part of the, shall we say, mechanism of learn/teaching set up by the sub-Logos before the beginning of your space/time.

Questioner: How does cancer do this learn/teaching when the entity developing cancer has no conscious idea of what is happening to him when he develops cancer?

Ra: I am Ra. In many cases catalyst is not used.

Questioner: What is the plan for use of the catalyst of cancer?

Ra: I am Ra. The catalyst, and all catalyst, is designed to offer experience. This experience in your density may be loved and accepted or it may be controlled. These are the two paths. When neither path is chosen the catalyst fails in its design and the entity proceeds until catalyst strikes it which causes it to form a bias towards acceptance and love or separation and control. There is no lack of space/time in which this catalyst may work.

Questioner: I am assuming that the plan of the Logos is for positively and negatively polarized social memory complexes in fourth density and above. Can you tell me the purpose of the plan for these two types of social memory complexes with respect to Coulomb's Law or negative and positive electrical polarity, or in any way that you can?

Ra: I am Ra. This instrument grows weary. We shall speak with you again. We may indicate the possibility, without further harm to this instrument, of approximately two sessions per your weekly period until these weeks of potential for attack and presence of very low physical energy are passed. May we say it is good to be with this group. We appreciate your fidelity. Are there any brief queries before the end of this work time?

Questioner: Only is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. Each is supporting the instrument well and the instrument remains steady in its purpose. You are conscientious. All is well. We ward you ware of any laxity regarding the arrangement and orientation of appurtenances.

I am Ra. I leave you, my friends, in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 46, Fragment 28

April 15, 1981

Jim: In querying about how best to aid two of our cats as they were about to be put under anesthetic at the veterinarian's and how to reduce any negative influences that might have sought an inroad while the cats were being operated on, we discovered that when the investment of a second-density being has been successful, that second-density being attracts to it the spirit complex. And the presence of the spirit complex makes that being vulnerable to the same psychic greeting process that any third-density entity may experience, given the appropriate circumstances. The ritual sentences mentioned are taken from the Book Of Common Prayer of the Episcopal Church.

Carla: *When I was a young woman of 17, I thought I wanted a life full of children and home. But life never offered me that. Instead, I was drawn to follow a life of devotion, to Don and to the Creator. Instead of children, I have had the joy of being friend and/or counselor to many courageous and seeking souls. And cats!! Plenty of cats! I cannot remember being without a cat my whole life long! They delight me, and their company is always a pleasure. We relate to them as children, and they soak up a lot of my maternal feelings!*

Gandalf was an exceptionally devoted cat. He loved our laps, and would retrieve for Don, catching the peppermint candy wrappers that Don tossed and bringing them to deposit in Don's shoe. When he became old and full of years, he was more than ever devoted, and even after he could no longer walk, if I forgot to carry him with me, he would scrape along the floor little by little to come nearer again. Needless to say, we did not forget him often. And he still lives in loving memories.

Session 46, April 15, 1981

Questioner: The one question that is bothering us, which I got in meditation, may be an inappropriate question, but I feel it is my duty to ask it because it is central to the instrument's mental condition and ours. It has to do with the two cats which we were going to have worked upon today for teeth cleaning and for the removal of the small growth from Gandalf's leg. I got the impression that there might be an inroad there for the Orion group, and I was primarily concerned if there was anything that we could do for protection for these two cats. It may be out of line for me to ask this question, but I feel it my duty to ask it. Would you please give me any information that you can on that subject?

Ra: I am Ra. The entity, mind/body/spirit complex, Gandalf, being harvestable third density, is open to the same type of psychic attack to which you yourselves are vulnerable. Therefore, through the mechanism of images and dreams, it is potentially possible for negative concepts to be offered to this mind/body/spirit complex, thus having possible deleterious results. The entity, Fairchild, though harvestable through investment, does not have the vulnerability to attack in as great amount due to a

lack of the mind complex activity in the distortion of conscious devotion.

For protection of these entities we might indicate two possibilities. Firstly, the meditation putting on the armor of light. Secondly, the repetition of short ritual sentences known to this instrument from the establishment which distorts spiritual oneness for this instrument. This instrument's knowledge will suffice. This will aid due to the alerting of many discarnate entities also aware of these ritual sentences. The meditation is appropriate at the time of the activity on behalf of these entities. The ritual may be repeated with efficacy from this time until the safe return, at convenient intervals.

Questioner: I am not familiar with the ritual sentences. If the instrument is familiar, you need not answer this but which sentences do you mean?

(Silence. No response from Ra.)

Questioner: I assume that the instrument is familiar with them then?

Ra: I am Ra. This is correct.

Questioner: Can you tell me something of the little growth on Gandalf's leg and if it is of danger to him?

Ra: I am Ra. The cause of such growths has been previously discussed. The danger to the physical body complex is slight given the lack of repeated stimulus to anger. ♣

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The Law of One, Book II, Session 47

April 18, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first give us an indication of the condition of the instrument?

Ra: I am Ra. It is as previously stated.

Questioner: The question that I was trying to ask at the end of the last session was: Of what value to evolution or experience with respect to the Creator knowing Itself are the positive and negative social memory complexes that form starting in fourth density, and why was this planned by the Logos?

Ra: I am Ra. There are inherent incorrectness in your query. However, we may answer the main point of it.

The incorrectness lies in the consideration that social memory complexes were planned by the Logos or sub-Logos. This is incorrect, as the unity of the Creator exists within the smallest portion of any material created by Love, much less in a self-aware being.

However, the distortion of free will causes the social memory complex to appear as a possibility at a certain stage of evolution of mind. The purpose, or consideration which causes entities to form such complexes, of these social memory complexes, is a very simple extension of the basic distortion towards the Creator's knowing of Itself, for when a group of mind/body/spirits becomes able to form a social memory complex, all experience of each entity is available to the whole of the complex. Thus the Creator knows more of Its creation in each entity partaking of this communion of entities.

Questioner: You gave the values of better than 50% service-to-others for fourth-density positive and better than 95% service-to-self for fourth-density negative social memory complexes. Do these two values correspond to the same rate, shall I say, of vibration?

Ra: I am Ra. I perceive you have difficulty in expressing your query. We shall respond in an attempt to clarify your query.

The vibratory rates are not to be understood as the same in positive and negative orientations. They are to be understood as having the power to accept and work with intelligent infinity to a certain degree or intensity. Due to the fact that the primary color, shall we say, or energy blue is missing from the negatively oriented system of power, the green/blue vibratory energies are not seen in the vibratory schedules or patterns of negative fourth and fifth rates of vibration.

The positive on the other hand, shall we say, has the full spectrum of true color time/space vibratory patterns and thus contains a variant vibratory pattern or schedule. Each is capable of doing fourth-density work. This is the criterion for harvest.

Questioner: Did you say that blue was missing from fourth-density negative?

Ra: I am Ra. Let us clarify further. As we have previously stated, all beings have the potential for all possible vibratory rates. Thus the potential of the green and blue energy center activation is, of course, precisely where it must be in a creation of Love. However, the negatively polarized entity will have achieved harvest due to extremely efficient use of red and yellow/orange, moving directly to the gateway indigo bringing through this intelligent energy channel the in-streamings of intelligent infinity.

Questioner: Then at fourth-density graduation into fifth is there anything like that which you gave as the percentages necessary for third-density graduation into fourth in polarization?

Ra: I am Ra. There are, in your modes of thinking, responses we can make, which we shall make. However, the important point is that the graduations from density to density do occur. The positive/negative polarity is a thing which will, at the sixth level, simply become history. Therefore, we speak in an illusory time continuum when we discuss statistics of positive versus negative harvest into fifth. A large percentage of fourth-density negative entities continue the negative path from fourth to fifth-density experience, for without wisdom the compassion and desire to aid other-self is not extremely well informed. Thus though one loses approximately two percent moving from negative to positive during the fourth-density experience we find approximately eight percent of graduations into fifth density those of the negative.

Questioner: What I was actually asking was if 50% is required for graduation from third to fourth in the positive sense and 95% was required for graduation in the negative sense, does this have to more closely approach 100% for graduation in both cases for graduation from fourth to fifth density? Does an entity have to be 99% polarized for negative and maybe 80% polarized positive for graduation?

Ra: I am Ra. We perceive the query now.

To give this in your terms is misleading for there are, shall we say, visual aids or training aids available in fourth density which automatically aid the entity in polarization while cutting down extremely upon the quick effect of catalyst. Thus the density above yours must take up more space/time.

The percentage of service-to-others of positively oriented entities will harmoniously approach 98% in intention. The qualifications for fifth density, however, involve understanding. This then, becomes the primary qualification for graduation from fourth to fifth density. To achieve this graduation the entity must be able to understand the actions, the movements, and the dance. There is no percentage describable which measures this understanding. It is a measure of efficiency of perception. It may be measured by light. The ability to love, accept, and use a certain intensity of light thus creates the requirement for both positive and negative fourth to fifth harvesting.

Questioner: Can you define what you mean by a "crystallized entity"?

Ra: I am Ra. We have used this particular term because it has a fairly precise meaning in your language. When a crystalline structure is formed of your physical material the elements present in each molecule are bonded in a regularized fashion with elements in each other molecule. Thus the structure is regular and, when fully and perfectly crystallized, has certain properties. It will not splinter or break; it is very strong without effort; and it is radiant, traducing light into a beautiful refraction giving pleasure of the eye to many.

Questioner: In our esoteric literature numerous bodies are listed. I have listed here the physical body, the etheric, the emotional, the astral. Can you tell me if this listing is the proper number, and can you tell me the uses and purposes and effects etc. of each of these and any other bodies that may be in our mind/body/spirit complex?

Ra: I am Ra. To answer your query fully would be the work of many sessions such as this one, for the interrelationships of the various bodies and each body's effects in various situations is an enormous study. However, we shall begin by referring your minds back to the spectrum of true colors and the usage of this understanding in grasping the various densities of your octave.

We have the number seven repeated from the macrocosm to the microcosm in structure and experience. Therefore, it would only be expected that there would be seven basic bodies which we would perhaps be most lucid by stating as red-ray body, etc. However, we are aware that you wish to correspond these bodies mentioned with the color rays. This will be confusing, for various teachers have offered their teach/learning understanding in various

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terms. Thus one may name a subtle body one thing and another find a different name.

The red-ray body is your chemical body. However, it is not the body which you have as clothing in the physical. It is the unconstructed material of the body, the elemental body without form. This basic unformed material body is important to understand for there are healings which may be carried out by the simple understanding of the elements present in the physical vehicle.

The orange-ray body is the physical body complex. This body complex is still not the body you inhabit but rather the body formed without self-awareness, the body in the womb before the spirit/mind complex enters. This body may live without the inhabitation of the mind and spirit complexes. However, it seldom does so.

The yellow-ray body is your physical vehicle which you know of at this time and in which you experience catalyst. This body has the mind/body/spirit characteristics and is equal to the physical illusion, as you have called it.

The green-ray body is that body which may be seen in séance when what you call ectoplasm is furnished. This is a lighter body packed more densely with life. You may call this the astral body following some other teachings. Others have called this same body the etheric body. However, this is not correct in the sense that the etheric body is that body of gateway wherein intelligent energy is able to mold the mind/body/spirit complex.

The light body or blue-ray body may be called the devachanic body. There are many other names for this body especially in your so-called Indian Sutras or writings, for there are those among these peoples which have explored these regions and understand the various types of devachanic bodies. There are many, many types of bodies in each density, much like your own.

The indigo-ray body which we choose to call the etheric body is, as we have said, the gateway body. In this body form is substance and you may only see this body as that of light as it may mold itself as it desires.

The violet-ray body may perhaps be understood as what you might call the Buddha body or that body which is complete.

Each of these bodies has an effect upon your mind/body/spirit complex in your life being-ness. The interrelationships, as we have said, are many and complex

Perhaps one suggestion that may be indicated is this: The indigo-ray body may be used by the healer once the healer becomes able to place its consciousness in this etheric state. The violet-ray or Buddhic body is of equal efficacy to the healer for within it lies a sense of wholeness which is extremely close to unity with all that there is. These bodies are part of each entity and the proper use of them and understanding of them is, though far advanced from the standpoint of third-density harvest, nevertheless useful to the adept.

Questioner: Which bodies do we have immediately after physical death from this yellow-ray body that I now am in?

Ra: I am Ra. You have all bodies in potentiation.

Questioner: Then the yellow-ray body in potentiation is used to create this chemical arrangement that I have as a physical body now. Is this correct?

Ra: I am Ra. This is incorrect only in that in your present incarnation the yellow-ray body is not in potentiation but in activation, it being that body which is manifest.

Questioner: Then after death from this incarnation we still have the yellow-ray body in potentiation, but then in the general case of our planetary population after death, would they then normally have the green-ray body manifested?

Ra: I am Ra. Not immediately. The first body which activates itself upon death is the "form-maker" or the indigo-ray body. This body remains—you have called it the "ka"—until etherea has been penetrated and understanding has been gained by the mind/body/spirit totality. Once this is achieved, if the proper body to be activated is green-ray, then this will occur.

Questioner: Let me make a statement and you tell me if I am correct. After death then, if an entity is unaware, he may become what is called an Earth-bound spirit until he is able to achieve the required awareness for activation of one of his bodies. Would it be possible then to activate any of the bodies from red through violet?

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Ra: I am Ra. Given the proper stimulus, this is correct.

Questioner: What stimulus would create what we call an Earth-bound spirit or a lingering ghost?

Ra: I am Ra. The stimulus for this is the faculty of the will. If the will of yellow-ray mind/body/spirit is that which is stronger than the progressive impetus of the physical death towards realization of that which comes, that is, if the will is concentrated enough upon the previous experience, the entity's shell of yellow-ray, though no longer activated, cannot either be completely deactivated and, until the will is released, the mind/body/spirit complex is caught. This often occurs, as we see you are aware, in the case of sudden death as well as in the case of extreme concern for a thing or an other-self.

Questioner: Well then, does orange-ray activation after death occur very frequently with this planet?

Ra: I am Ra. Quite infrequently, due to the fact that this particular manifestation is without will. Occasionally an other-self will so demand the form of the one passing through the physical death that some semblance of the being will remain. This is orange-ray. This is rare, for normally if one entity desires another enough to call it, the entity will have the corresponding desire to be called. Thus the manifestation would be the shell of yellow-ray.

Questioner: What does the large percentage of the Earth's population, as they pass through the physical, activate?

Ra: I am Ra. This shall be the last full query of this working.

The normal procedure, given an harmonious passage from yellow-ray bodily manifestation, is for the mind and spirit complex to rest in the etheric or indigo body until such time as the entity begins its preparation for experience in an incarnated place which has a manifestation formed by the etheric energy molding it into activation and manifestation. This indigo body, being intelligent energy, is able to offer the newly dead, as you would term it, soul a perspective and a place from which to view the experience most recently manifested. Is there a short query we may answer at this time?

Questioner: I will only ask if there is anything that we may do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. The appurtenances are conscientiously measured by eye and spirit. You are conscientious. All is well. Observe this instrument to ensure continued building of the vital energies. It will have to work upon its own physical energies for this weakness was brought about by free will of the self.

I am Ra. We leave you now in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation, Easter
April 19, 1981

(L channeling)

I am Hatonn, and I greet you, my brothers, in the love and in the light of the infinite Creator. My brothers, it is with great pleasure that we of the Federation are able to share with you once again our simple thoughts and aspirations for those of your planet and dimension. It in easy enough for us to see areas of improvement that you may strive towards, yet, my brothers, you must understand that your confusion is similar to the confusion that we experience on our own level. Therefore, my brothers, be not down-hearted at our seeming unwillingness to communicate to you those lessons which you are striving so hard to learn in your struggle for growth. We of Hatonn are pleasured in that we are often sought by those of this group and other groups for our advice, yet we are reluctant often to communicate to you the answer to those questions you pose. For, my brothers, it is not our place to prevent your growth by handing you the answers as one schoolboy with a crib sheet to another.

At this time, my brothers, I would like to attempt to contact the one known as E. If he will be patient, relax and open his mind, we will attempt to speak through him. I am Hatonn.

(E channeling)

I am Hatonn, and I greet you again in the love and light of the infinite Creator. We are most delighted to be working with this entity. If he can relax he will find that it is not difficult. I am Hatonn, and I would transfer to the one known as Jim.

(Jim channeling)

I am Hatonn, and am with this instrument. It is our privilege to speak to you once again, and tonight it is an especial joy to be able to use one more new instrument in the sending of our simple message of love. We of Hatonn are most honored to be able to partake in this sharing of love—which is the Creator's love—with those of our brothers and sisters of your people and especially to this meditation group which we have long been associated with.

It is always a joy to speak of the communion with the one infinite Creator with those with ears, hearts and minds which are opened to the frequency of love. It is a message which one would think all would wish to hear, and in truth so it is, but many do not know consciously that this message is that which their hearts yearn to hear. Many have not been able to realize that that which is missing from their lives is the simple message of love. Many attempt to fill that empty place in their beings with many other messages, many other thoughts, many other things. Much time and effort is spent in accumulating those thoughts, things and ideas which it is hoped will fill that void.

Your reality, your everyday life, is filled with those substitutes, those items of a transient nature which are the catalysts for your growth but are not that substance that will fill that empty place. For within all of the creation of the Father there is the space which contains all of creation, the space between all things, the space within all things, that vacuum, as it were, that needs to be filled with love, and in fact is filled with love. Those entities upon your planet are not consciously aware, for the most part, of that love that surrounds each in every activity in which each engages. It is the plan of the Creator that each of those upon your planet shall eventually know that love is that which each seeks. It is the plan of the Creator that each shall consciously become aware that love is that which they have not realized as the foundation of their being. It is the plan that each shall so realize and shall travel upon that path of love which they have been unconsciously traveling for many eons of time.

The cycle of growth upon your planet Earth now draws to a close in its present state of being. Those who have learned the lessons of love, of service to the Creator, shall pass through the graduation, shall continue their growth on the upward spiraling arc of oneness that binds us all together. Those who have not yet learned the lessons of love shall have the honor of repeating once again that great cycle of growth with every opportunity made available to learn the lessons of love, for there is no other lesson within your density which can allow the student of life to pass on to the next grade, so to speak.

We of Hatonn feel the greatest of honors in being able to share in some small way our simple understanding of the Creator's love. We hope that we have been of some aid to you throughout these many years of meditation and messages we have brought to the best of our ability. Our message has been simple: the love of the Creator is within each being each moment and in each part of the creation, and through the simple act of meditation might this love be known.

At this time we would transfer this contact to the one known as Carla. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you once again, my brethren, in the love and in the light. As we were saying, in your meditations dwell upon the simple yet deep lesson which you will need in order to move forward. In meditation, my friends, feel the roots of spirit growing deep, deep and deeper still to the ground of silence. Perceive your self, not as the willow whole celery green color is always the first to show in the spring and whose beauty is unparalleled, but as the mighty cedar or oak. Such trees have their own being, but there is one great difference. The willow has roots that move shallowly in the earth, drinking eagerly and quickly from the thirsty grounds, feeding and growing and ripening and bearing fruit in haste, yet the storm comes and the wind blows and the willow is torn from the ground. It takes a mighty wind indeed to topple a cedar, for the roots go deep. It takes a great wind, my friends, to fell an oak for the roots seek downward, ever downward, into the deeper sources of moisture, of life, of food.

In your meditation, my friends, know that you are a thing growing, growing quietly, nourished and nurtured from the earth of your silence. Do not be satisfied with your own quick results. Do not be fooled by the constant taking of your own spiritual temperature. Simply and patiently, seek ever deeper in silence for the waters of truth, that they may nourish you and lift you up, that your fruits may be strong and good and ready for the harvest time.

At this time we would attempt to contact the one known as N in order to say a few closing words. If this entity would relax and cease all analysis and request this contact, we will attempt to send our thoughts to him in such a way that they may be perceived. I am Hatonn.

(Pause)

(Carla channeling)

I am Hatonn, I am again with this instrument. We thank the one known as N for the privilege of working with this instrument. We have some difficulty in making the contact due to the interference of misperception as to the sensations surrounding contact. It will be in time that which may be worked with and we look forward to any opportunity which may be offered us.

We would close through this instrument at this time. My friends, many will come to you and ask you for answers and you, yourself will seek them. Remember the lesson of the willow. True answers come from deep within your being. The shallow ones may be moved by the storms of your illusion.

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We meet with you when ere you meditate. We send you our love in every moment, and yet not ours but that of the Creator's We are those of Hatonn and we leave you in the love and in the light of our infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Latwii, and I greet you in the love and in the light of the infinite Creator. It is our privilege to speak to your group, though we have an odd situation for we have an embarrassment of riches. We would be able to use each of three instruments and we are having difficulty at first scan in detecting any questions that you might have. Therefore we may speak, but do not know to which topic you may put us. Therefore we have chosen this instrument because she does not have any questions. May we ask if you at this time—if you would like to ask any questions? If so, please feel free.

L: I have several questions. First, I understand to some extent the significance of the entity Ra during our previous Egyptian culture. Is there any significance to the Egyptian god Osiris, or was Osiris primarily a creation of man at that time?

I am Latwii. This is a somewhat difficult question due to the fact that the answer is double in nature. The specific character Osiris is part of a system of belief in which there are many names for the same basic story. The name Osiris, then, is a type of thought-form. Further, the story itself has an extremely important meaning. If you will consider the various religions among your peoples—there are many crucified or dismembered entities which are then considered saviors or those which aid fertility of the earth. The understanding ranges from the crucifixion for the sake of the earth to that of sacrifice for the sake of the so-called soul. This general type of story you may see as the basic pattern of passion or intended love whereby the disharmonies and difficulties of existence are brought into a more helpful configuration due to the sacrificial act, whether it be intended or unintended of an entity, Osiris being one such entity. This, then, is another type of thought-form being, one which is quite integrated into the mass consciousness of your race and your planet. There is not an entity from the Confederation who was hacked to pieces and is now king of the underworld.

Is there another question?

L: Yes, I am interested in doing some work on a farm and wish to approach it in a manner that is more in balance with the universe than to do it in a destructive manner. For this reason I am interested in contacting some of the land spirits or devas as we call them for that area, if there is such. Could you give me some information on how to go about this?

I am Latwii. My brother, this information is most easily given. Remember that not all beings may speak. Therefore you may speak to them, though they speak not to you, yet they hear you. In this manner you may approach the devas, as you call them. These spirits will, to the less sensitive beings, be silent and unseen, yet you shall contact them if you sit in meditation and speak with them upon reaching the appropriate state, universal love and respect, of which you have spoken. In time, you may find that due to your faith you will be able to feel, hear or see these spirits. They will, in any case, respond to you and cooperate more and more, as you hope.

May we answer you further?

L: You've answered me completely. Thank you.

As always, your thanks are returned and doubled for we are most happy to communicate. We don't know where you were hiding these questions when we scanned, but we are most pleased.

Is there another question?

N: Did the Caucasian, Negroid, and Oriental people come from a common root being or did one or more of these groups originate on another planet?

I am Latwii. All of your beings originated either upon another planet or were those which manifested from another density of your own planet. You do not have any native Americans, as I believe you call them. Everyone moves in the search for truth. To be more specific the various races all have one great commonality, that being that they are the Creator. Some races are differentiated due to the climatic needs of various geographic regions of your planetary surface. Others did indeed come from other planetary spheres.

May we answer you further?

N: Where would the Orientals have come from?

I am Latwii. This instrument has this information in her conscious mind, however we will also speak to

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the subject. These entities are from a place which you would call Deneb.

May we answer you further, my brother?

N: What is Deneb?

This is a star system. May we answer you further, my brother?

N: No.

As we may say, if you have seen one star system you have seen them all, due to the fact that one love created this universe. We intend not only to joke with you but to make a point, that being that there is no alien-ness to the creation, no strangeness to the Creator, but rather an infinite variety of representations of love.

Is there another question at this time?

E: I would like to ask you a question, Latwii. First of all, I would like to say hello. My question is: I have been getting a picture of the universe as a place that is teeming with life like our oceans are and I also have gotten the impression that solar systems are common to stars, and my question first of all is, are solar systems common to stars and if so, how is it—what are the dynamics involved in their formation? Why do solar systems form around stars?

I am Latwii. Hello, my brother. You certainly ask zingers! In the first place, it is correct that the universe teems with life, for are not all things alive? Is not love available in each portion of light which forms the creation in whatever form that light may take? As to the query about planetary systems, they are, of course, common to suns since solar systems would have a difficult time being common to anything else.

The nature of the formation [is] the zinger. This takes some little thought and deliberate speech. If you can imagine a force which is expanding and another force, which you may consider that of the materialization of love, which are contracting into an ordered state due to a plan of love, you may see that from a great beginning of creation, first great things are created and then smaller and smaller still. Thus the sun coalescing sends forth radiations and emissions, which being thrown out themselves, coalesce and become the solar system, so-called.

May we answer you further, my brother?

E: Yes. Is the solar system that we live in more or less typical of solar systems in general in the number of the planets, the size of the planets, and the life on the planets?

I am Latwii. Your planet is typical of a planet of a certain type of star. There are quite a few different types of stars. Not all stars begin at the same point and evolution as you would perceive this in your density, thus we may say that for your type of star …

(Side one of tape ends.)

(Jim channeling)

… planetary system is fairly typical in the number of planets—perhaps a bit more than the average but one gets into trouble with statistics. So-called numbers always confuse. For instance, it is in this instrument's head that she has recently heard that each couple has 1.7 children. I ask you, my brother, of what meaning is this statistic? We will simply say that the solar system is typical of its particular type of radiant energy.

May we answer you further?

E: What color are you in tonight?

We are in a lovely color, my brother. Follow us in your mind. What do you see?

E: Nothing very clearly. I'm afraid I get a little bit of purple.

I am Latwii. We will have to get better contact with you, my brother. We are in a beautiful shade you would call tangerine. We are studying some of the effects of your earth magnetic field, as opposed to the planetary consciousness effects, verging into orange from the yellow. It is quite a beautiful shade, very rich and full of life.

May we answer you further, my brother?

E: No. Thank you Latwii.

We thank you also, my brother. Is there another question at this time?

L: When an entity who once lived on this planet known as C. S. Lewis authored several works, was he receiving any form of communication from any source that you are aware of as a stimulus for his writings?

I am Latwii. This information can be helpful to you, my brother, for it is sometimes thought by those who listen to us that everything useful on a planet

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such as yours was given by some extraterrestrial source. This is not so. The entity of whom you spoke found in his meditations a very rich vein of memory and vision made available by angelic guardians and his higher self. With these companions this entity was moved to speak in perhaps of some of the most persuasive prose on your planet to the subject of Christianity, love, peace and an understanding of the nature of good and evil.

May we answer you further, my brother?

L: I'll need to examine that before I can even come up with another question. I thank you for your answer.

You are most welcome. Is there another question?

E: Yes, I'd like to ask you one more question, Latwii. Does it make sense to use the sun as a light source for a color therapy device rather than using an artificial light source? The reason that I ask this is because it would be a lot more difficult to use the sun, so if an incandescent source would be as good, or nearly as good, it would make more sense to go with that. But if the sun were a lot better than an incandescent source it would make more sense to go with that and do the extra work that it would take to make it work.

I am Latwii. Although I am aware of your question I find an answer to your question bordering upon infringement of free will. May we say this: the calculations necessary to determine the difference between the one source and the other are readily available to the tutored mind, of which we see you have one. Therefore, the differences are known to you. Your query is involved in the question of healing. This is the area of free will upon which we feel we cannot infringe. We are sorry not to be of more aid, my brother.

Is there another question?

(Pause)

I am Latwii. May we thank you once again for the fascinating array of questions which you have given us to consider. We cannot thank you enough and are most grateful to you for providing us with the opportunity to again be of some small service to you, a part of the infinite Creator. We serve you. We love you. We send you our light. And in this Creator's love and this Creator's light we leave you now. I am known to you as Latwii. Adonai vasu borragus.

(Carla channels Nona singing for several minutes to end the meditation.) ♣

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The Law of One, Book II, Session 48

April 22, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you tell us of the instrument's condition and if she is improving with time?

Ra: I am Ra. This instrument's vital energies are improving with time, as you measure it. This instrument's physical energies are less than your previous asking.

Questioner: Thank you. If you, Ra, as an individualized entity were incarnate on Earth now with full awareness and memory of what you know now, what would be your objective at this time on Earth as far as activities are concerned?

Ra: I am Ra. The query suggests that which has been learned to be impractical. However, were we to again be naive enough to think that our physical presence was any more effective than that love/light we send your peoples and the treasure of this contact, we would do as we did do. We would be, and we would offer our selves as teach/learners.

Questioner: My lecture yesterday was attended by only a few. If this had occurred during a UFO flap many more would have attended. Since Orion entities cause the flaps, what is Orion's reward for visibility in that they actually create greater opportunities for the dissemination of information such as this information at those times?

Ra: I am Ra. This assumption is incorrect. The flaps cause many fears among your peoples, many speakings, understandings concerning plots, cover-ups, mutilations, killings, and other negative impressions. Even those supposedly positive reports which gain public awareness speak of doom. You may understand yourself as one who will be in the minority due to the understandings which you wish to share, if we may use that misnomer.

We perceive there is a further point we may posit at this time. The audience brought about by Orion-type publicity is not seeded by seniority of vibration to a great extent. The audiences receiving teach/learnings without stimulus from publicity will be more greatly oriented towards illumination. Therefore, forget you the counting.

Questioner: Thank you. That clears up that point very well. Can you tell me how positive and negative polarizations in fourth and fifth density are used to cause working in consciousness?

Ra: I am Ra. There is very little work in consciousness in fourth and in fifth densities compared to the work done in third density. The work that is accomplished in positive fourth is that work whereby the positive social memory complex, having, through slow stages, harmoniously integrated itself, goes forth to aid those of less positive orientation which seek their aid. Thus their service is their work and through this dynamic between the societal self and the other-self, which is the object of love, greater and greater intensities of understanding or compassion are attained. This

intensity continues until the appropriate intensity of the light may be welcomed. This is fourth-density harvest.

Within fourth-density positive there are minor amounts of catalyst of a spiritual and mental complex distortion. This occurs during the process of harmonizing to the extent of forming the social memory complex. This causes some small catalyst and work to occur, but the great work of fourth density lies in the contact betwixt the societal self and less polarized other-self.

In fourth-density negative much work is accomplished during the fighting for position which precedes the period of the social memory complex. There are opportunities to polarize negatively by control of other-selves. During the social memory complex period of fourth-density negative the situation is the same. The work takes place through the societal reaching out to less polarized otherself in order to aid in negative polarization.

In fifth-density positive and negative the concept of work done through a potential difference is not particularly helpful as fifth-density entities are, again, intensifying rather than potentiating.

In positive, the fifth-density complex uses sixth-density teach/learners to study the more illuminated understandings of unity thus becoming more and more wise. Fifth-density positive social memory complexes will choose to divide their service to others in two ways: first, the beaming of light to creation; second, the sending of groups to be of aid as instruments of light such as those whom you are familiar with through channels.

In fifth-density negative, service to self has become extremely intense and the self has shrunk or compacted so that the dialogues with the teach/learners are used exclusively in order to intensify wisdom. There are very, very few fifth-density negative Wanderers for they fear the forgetting. There are very, very few fifth-density Orion members for they do not any longer perceive any virtue in other-selves.

Questioner: Thank you. I would like to take as an example an entity, starting before birth, who is roughly high on the seniority list for positive polarization and possible harvestability at the end of this cycle and follow a full cycle of his experience starting before his incarnation—which body is activated, the process of becoming incarnate, the activation of the third-density physical body, the process as the body moves through this density and is acted upon by catalysts, the process of death, and the activation of the various bodies so that we make a full circuit from a point prior to incarnation back around through incarnation and death; you might say one cycle of incarnation in this density. Could you do that for me?

Ra: I am Ra. Your query is most distorted for it assumes that creations are alike. Each mind/body/spirit complex has its own patterns of activation and its own rhythms of awakening. The important thing for harvest is the harmonious balance between the various energy centers of the mind/body/spirit complex. This is to be noted as of relative import. We grasp the thrust of your query and will make a most general answer stressing the unimportance of such arbitrary generalizations.

The entity, before incarnation, dwells in the appropriate, shall we say, place in time/space. The true color type of this location will be dependent upon the entity's needs. Those entities for instance which, being Wanderers, have the green, blue, or indigo true color core of mind/body/spirit complex will have rested therein.

Entrance into incarnation requires the investment or activation of the indigo-ray or etheric body for this is the "formmaker." The young or small physical mind/body/spirit complex has the seven energy centers potentiated before the birthing process. There are also analogs in time/space of these energy centers corresponding to the seven energy centers in each of the seven true color densities. Thus in the microcosm exists all the experience that is prepared. It is as though the infant contains the universe.

The patterns of activation of an entity of high seniority will undoubtedly move with some rapidity to the green-ray level which is the springboard to primary blue. There is always some difficulty in penetrating blue primary energy for it requires that which your people have in great paucity; that is, honesty. Blue ray is the ray of free communication with self and with otherself. Having accepted that an harvestable or nearly harvestable entity will be working from this green-ray springboard one may then posit that the experiences in the remainder of the incarnation will be focused upon activation of the primary blue-ray of freely given communication,

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of indigo ray, that of freely shared intelligent energy, and if possible, moving through this gateway, the penetration of violet-ray intelligent infinity. This may be seen to be manifested by a sense of the consecrate or hallowed nature of everyday creations and activities.

Upon the bodily complex death, as you call this transition, the entity will immediately, upon realization of its state, return to the indigo form-maker body and rest therein until the proper future placement is made.

Here we have the anomaly of harvest. In harvest the entity will then transfer its indigo body into violet-ray manifestation as seen in true color yellow. This is for the purpose of gauging the harvestability of the entity. After this anomalous activity has been carefully completed, the entity will move into indigo body again and be placed in the correct true color locus in space/time and time/space at which time the healings and learn/teachings necessary shall be completed and further incarnation needs determined.

Questioner: Who supervises the determination of further incarnation needs and sets up the seniority list for incarnation?

Ra: I am Ra. This is a query with two answers.

Firstly, there are those directly under the Guardians who are responsible for the incarnation patterns of those incarnating automatically, that is, without conscious self-awareness of the process of spiritual evolution. You may call these beings angelic if you prefer. They are, shall we say, "local" or of your planetary sphere.

The seniority of vibration is to be likened unto placing various grades of liquids in the same glass. Some will rise to the top; others will sink to the bottom. Layers and layers of entities will ensue. As harvest draws near, those filled with the most light and love will naturally, and without supervision, be in line, shall we say, for the experience of incarnation.

When the entity becomes aware in its mind/body/spirit complex totality of the mechanism for spiritual evolution it, itself, will arrange and place those lessons and entities necessary for maximum growth and expression of polarity in the incarnative experience before the forgetting process occurs. The only disadvantage of this total free will of those senior entities choosing the manner of incarnation experiences is that some entities attempt to learn so much during one incarnative experience that the intensity of catalyst disarranges the polarized entity and the experience thus is not maximally useful as intended.

Questioner: An analogy to that would be a student in college signing up for more courses than he could possibly assimilate in the time they were given. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Could you tell me how the various bodies, red through violet, are linked to the energy centers, red through violet? Are they linked in some way?

Ra: I am Ra. This shall be the last full query of this working.

As we have noted, each of the true color densities has the seven energy centers and each entity contains all this in potentiation. The activation, while in yellow-ray, of violet-ray intelligent infinity is a passport to the next octave of experience. There are adepts who have penetrated many, many of the energy centers and several of the true colors. This must be done with utmost care while in the physical body for as we noted when speaking of the dangers of linking red/orange/yellow circuitry with true color blue circuitry the potential for disarrangement of the mind/body/spirit complex is great. However, the entity who penetrates intelligent infinity is basically capable of walking the universe with unfettered tread.

Is there any brief query before we leave this instrument?

Questioner: Just if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. As we have said, this instrument is weak physically and continued work times will lengthen this weakness. The continued contact also aids in the continued climb in vital energy of the instrument as well as the integration and vital energy of the group as an unit. The choice is yours. We are pleased. All is well. You are conscientious. Continue so.

I am Ra. I leave you in the love and in the light of the one infinite Creator. Go forth, then, my friends,

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rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 48, Fragment 29

April 22, 1981

Jim: The spiritual transfer of energy is apparently possible for Carla in any sexual energy transfer. It happens without any particular effort on her part and seems due, primarily, to her nature as one who considers all of her actions, first, in the light of how she may be of service to another. This kind of spiritual energy transfer, however, is possible for anyone to achieve through a conscious mental dedication of the shared sexual intercourse for the purpose of achieving such a transfer. With that dedication consciously made, the male will transfer the physical energy, which he has in abundance, to the female and refresh her, and the female will transfer the mental/emotional and spiritual energies, that she has in abundance, and inspire the male. The kinds of energy transferred by each biological sex are determined by the nature that is unique to each. The biological male tends to express the male principle of that quality which reaches. The biological female tends to express the female principle of that quality which awaits the reaching. The orgasm is the point at which the transfer takes place although well-mated partners do not necessarily need to experience the orgasm in order to achieve the transfer.

Carla: *Since these sessions were recorded, I have continued to study the sexual part of red-ray activity, with the hope of finding ways to share the beauty and joy I have found in my sexuality with other people who wish to move into the experience of sacramental sex. More and more, I am convinced that we all have the ability to move into this vibratory level, where intercourse becomes ever more deeply a Holy Eucharist of red ray. I think that this orgasmic energy is pure love, and that as we experience this ecstasy, we are simply knowing the creator's vibration at rest. I suspect that the universe dwells in a state of orgasm, a timeless ecstasy. So much of our culture's training is bent on blunting the power of passion so that social strictures may be observed that the spontaneity of the act itself is lost. And the constant bombardment of sexual images in commercials and advertisements of every kind sharpen the desire for more and more: more partners, more unorthodox experiences, more thrills, more novelty.*

In contrast to this, there is the red-ray part of self and its natural functions, natural and right and, like all other natural functions, something to fulfill in privacy, and with an eye to grace and purity of form in the doing. Once a man has found the wisdom to fix his desire upon Woman, the Goddess, as incarnate in his mate, and the woman has opened her heart to Man, as incarnate in her mate, there is laid the stage for an ever deeper practice of this glorious natural sharing of energy. It has been a blessing to me, certainly, as I apparently ran out of energy some years ago—but am still alive and kicking! Thanks in no small part to the truly fine natural functions of one James McCarty, a man most lovingly sensitive to the Goddess within.

Session 48, April 22, 1981

Questioner: I have a question from the instrument that I will read. "You have suggested several times

that sexual energy transfers aid the instrument's vital energy and this contact. It seems that this is not true for all people; that the sexual circuitry and the spiritual circuitry are not the same. Is this instrument an anomaly, or is the positive effect of sexual activity on spiritual energy normal for all third-density beings?"

Ra: I am Ra. This instrument, though not anomalous, is somewhat less distorted towards the separation of mind, body, and spirit than many of your third-density entities. The energies of sexual transfer would, if run through the undeveloped spiritual electrical or magnetic complex which you call circuitry, effectually blow out that particular circuit. Contrarily, the full spiritual energies run through bodily complex circuitry will also adversely effect the undeveloped circuit of the bodily complex. Some there are, such as this instrument, who have not in the particular incarnation chosen at any time to express sexual energy through the bodily circuitry. Thus from the beginning of such an entity's experience the body and spirit express together in any sexual action. Therefore, to transfer sexual energy for this instrument is to transfer spiritually as well as physically. This instrument's magnetic field, if scrutinized by one sensitive, will show these unusual configurations. This is not unique to one entity but is common to a reasonable number of entities who, having lost the desire for orange and yellow-ray sexual experiences, have strengthened the combined circuitry of spirit, mind, and body to express the totality of beingness in each action. It is for this reason also that the social intercourse and companionship is very beneficial to this instrument, it being sensitive to the more subtle energy transfers. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
April 26, 1981

(Carla channeling)

I am Oxal, and I greet you in the love and in the light of the infinite Creator. It is a great privilege to speak to this group and to use this instrument, whom we have not used for some time. We are very grateful for this opportunity.

We would speak to you this evening, my friends, about dissatisfaction. In your illusion dissatisfaction is the watchword. There are few indeed among your peoples who can be said to be satisfied with their condition, either physically, mentally, emotionally or spiritually. The reaction of your peoples is to attempt to eliminate dissatisfaction by correcting those items which cause dissatisfaction. If a consumer is dissatisfied with a product, the consumer attempts to cause the producer to correct the defect that is causing dissatisfaction. If two entities are dissatisfied with their relationship, one to the other, they will attempt to communicate through intermediaries, quite often in an attempt to correct the defects of that relationship. If there is dissatisfaction between the individual and the society, many individuals will attempt to correct the defects by correcting the societal bias causing this defect which dissatisfies the individual. If an entity is dissatisfied with himself, he will purchase volumes purporting to give advice and counsel upon correcting the defect within the self!

The mechanisms for erasing dissatisfaction abound and are considered appropriate and normal. My friends, let us consider the function of dissatisfaction. Were we to ask you what the primary reason for your existence is, the answer would not be satisfaction. Of this we are certain, for those who seek will never be satisfied. What then is your goal? We shall not say it for you, but as you may, then reevaluate the virtues of dissatisfaction. When an unthinking being such as an horse or a donkey does not wish to move forward, it is goaded. Consider your sources of dissatisfaction and look within yourselves for the causes, for the defects, for the stimulus to seeking.

Observe, from the standpoint of the self outside of time, that you are both responsible for your actions and quite without responsibility for these actions. You are responsible in the illusion for each and every moment, for each analysis of each stimulus to growth, but to be dissatisfied with the state of your dissatisfaction is to carry dissatisfaction beyond the function for which it was intended. When you find your self dissatisfied, know that the source is your self. Without condemning the self, clear the mind, step away from the illusion of time and limitations, and do your work, not to seek satisfaction but to understand the stimulus, asking yourself the question: What do you seek? Patiently, humbly, quietly, dwell in this question, accepting your

dissatisfaction. The combination you will find most fruitful. As always, we of Oxal join our brothers in recommending that this and all spiritual exercises be accompanied by meditation.

I am a sister of light known to you as one of Oxal. I leave this instrument, that another may speak to your group at this time. I leave you in the love and the light of the infinite Creator. Adonai.

(Don channeling)

I am Hatonn, and am with this instrument. I greet you, my friends, in the love and in the light of the infinite Creator. It is a very great privilege to speak with you once more and a privilege to once more use this instrument. Please bear with me while I condition the instrument.

(Pause)

I am Hatonn, and am with this instrument. As I was saying, it is a very great privilege to once more be with you and speak through this instrument. We have been watching this group progress and we are happy to see the harmonious progression taking place in the understanding of what we of the Confederation have to offer. We are always very privileged to work with any group that will receive our contact, and we are very appreciative when groups such as this one are able to put to use that which we have to offer.

My friends, our words have been heard by many upon your planet, but very few have put these words to use. They hear the words, they understand the words, but there is more to our communication than the hearing and the understanding. The important step, my friends, is the next step: putting into action that which we bring to you. That, my friends, is the only important step. The first two are necessary; the third produces the result.

We have been watching the people of your planet many, many of your years, as you well know. We have been concerned about their development and yet it seems that there is little that we can do, other than to attempt to contact groups such as yours to simply give to those who would seek our love and our light. My friends, in your future there will be more and more of your peoples seeking answers to questions that become apparent to them. At that time it will be necessary for you to have become very practiced in living and understanding that which we offer. We suggest that you practice at this time living the understanding that you receive from us. It is not an understanding that you are receiving in an original or a new manner, but it is simply an understanding that we remind you of. If you are able to live in every waking moment the understanding which we offer, you will then be able to effectively offer that understanding to those who will shortly be seeking it in much greater numbers.

This way of life and attitude, shall I say, my friends, will be your only credentials, for this is the way of the Creator. We suggest time spent in meditation and contemplation of this principle be allocated, for, my friends, this is the great work. This is the true service. We are always available to aid you in every way we can, to aid you so that you in turn may aid others. Shortly, you will have, shall I say, a golden opportunity that does not come too often.

I will transfer this contact at this time to another instrument. I am Hatonn.

(Pause)

(Carla channeling)

I am Hatonn. I am again with this instrument. As you know, my friends, to live each moment in the full realization of the Creator's love and light, of the original Truth, is beyond the capabilities of even the most gifted monk of your peoples and often among ours as well. Many are the moments in each of your experiences when the presence of the Creator seems far and distant and the love that surrounds you seems hidden, as though a great cloud had removed it from your environment. Illumination seems to take place not in a steady stream but in flashes, as if lightening had struck, and for just one moment the presence of the Creator is felt.

If you climbed into a cave and walked into the depths of the Earth you could travel patiently and long among the labyrinthian corridors of the caverns seeking and searching for a shaft of light. This is your situation in your heavy chemical illusion. The shafts of light, however, do appear, and the memory of them is seared upon your brain and upon your being. Do not hesitate, then, to attempt to live your life in memory of these past experiences and in watchful expectation of those in the future, for the rest of your experience is the illusion caused by the heaviness of the earth betwixt you and the light. Ready yourselves for the work at hand, not as a student for a test, not as a vain woman before a glass

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preparing for the evening, but as one who, knowing and accepting the illusion that experience offers, yet knows too that the sudden illuminations are the reality and it is no hypocrisy to practice according to the light gained in those moments of comprehension.

We thank you, my brothers, for our association has been long and as we have said, we are always available to you. Before we leave this instrument we would open the meeting to any questions that you may have at this time.

(Pause)

I am Hatonn. There is an unverbalized question at this time to which we will give a very brief answer: love.

I am with this instrument. I leave you in the love and in the light of our infinite Creator and in the freedom of His service. Join us, my friends. Adonai vasu borragus. ♣

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The Law of One, Book II, Session 49

April 27, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Would you please give us a reading on the instrument's condition?

Ra: I am Ra. It is as previously stated.

Questioner: I was wondering; in a previous session you had mentioned the left and right ear tones, the left and the right brain somehow being related to the polarities of service-to-self and service-to-others. Could you comment on this?

Ra: I am Ra. We may comment on this.

Questioner: Will you go ahead and comment on this?

Ra: I am Ra. The lobes of your physical complex brain are alike in their use of weak electrical energy. The entity ruled by intuition and impulse is equal to the entity governed by rational analysis when polarity is considered. The lobes may both be used for service to self or service-to-others. It may seem that the rational or analytical mind might have more of a possibility of successfully pursuing the negative orientation due to the fact that in our understanding too much order is by its essence negative. However, this same ability to structure abstract concepts and to analyze experiential data may be the key to rapid positive polarization. It may be said that those whose analytical capacities are predominant have somewhat more to work with in polarizing.

The function of intuition is to inform intelligence. In your illusion the unbridled predominance of intuition will tend to keep an entity from the greater polarizations due to the vagaries of intuitive perception. As you may see, these two types of brain structure need to be balanced in order that the net sum of experiential catalyst will be polarization and illumination, for without the acceptance by the rational mind of the worth of the intuitive faculty the creative aspects which aid in illumination will be stifled.

There is one correspondence between right and left and positive and negative. The web of energy which surrounds your bodies contains somewhat complex polarizations. The left area of the head and upper shoulder is most generally seen to be of a negative polarization whereas the right is of positive polarization, magnetically speaking. This is the cause of the tone's meaning for you.

Questioner: Will you expand on the positive and negative polarizations in general and how they apply to individuals and planets, etc.? I think there is a correlation here, but I'm not sure.

Ra: I am Ra. It is correct that there is a correlation between the energy field of an entity of your nature and planetary bodies, for all material is constructed by means of the dynamic tension of the magnetic field. The lines of force in both cases may be seen to be much like the interweaving spirals of the braided hair. Thus positive and negative wind and

interweave forming geometric relationships in the energy fields of both persons, as you would call a mind/body/spirit complex, and planets.

The negative pole is the south pole or the lower pole. The north or upper pole is positive. The crisscrossing of these spiraling energies form primary, secondary, and tertiary energy centers. You are familiar with the primary energy centers of the physical, mental, and spiritual body complex. Secondary points of the crisscrossing of positive and negative center orientation revolve about several of your centers. The yellow-ray center may be seen to have secondary energy centers in elbow, in knee, and in the subtle bodies at a slight spacing from the physical vehicle at points describing diamonds about the entity's naval area surrounding the body.

One may examine each of the energy centers for such secondary centers. Some of your peoples work with these energy centers, and you call this acupuncture. However, it is to be noted that there are most often anomalies in the placement of the energy centers so that the scientific precision of this practice is brought into question. Like most scientific attempts at precision, it fails to take into account the unique qualities of each creation.

The most important concept to grasp about the energy field is that the lower or negative pole will draw the universal energy into itself from the cosmos. Therefrom it will move upward to be met and reacted to by the positive spiraling energy moving downward from within. The measure of an entity's level of ray activity is the locus wherein the south pole outer energy has been met by the inner spiraling positive energy.

As an entity grows more polarized this locus will move upwards. This phenomenon has been called by your peoples the kundalini. However, it may better be thought of as the meeting place of cosmic and inner, shall we say, vibratory understanding. To attempt to raise the locus of this meeting without realizing the metaphysical principles of magnetism upon which this depends is to invite great imbalance.

Questioner: What process would be the recommended process for correctly awakening the kundalini and of what value would that be?

Ra: I am Ra. The metaphor of the coiled serpent being called upwards is vastly appropriate for consideration by your peoples. This is what you are attempting when you seek. There are, as we have stated, great misapprehensions concerning this metaphor and the nature of pursuing its goal. We must generalize and ask that you grasp the fact that this in effect renders far less useful that which we share. However, as each entity is unique, generalities are our lot when communicating for your possible edification.

We have two types of energy. We are attempting then, as entities in any true color of this octave, to move the meeting place of inner and outer natures further and further along or upward along the energy centers. The two methods of approaching this with sensible method are first, the seating within one's self of those experiences which are attracted to the entity through the south pole. Each experience will need to be observed, experienced, balanced, accepted, and seated within the individual. As the entity grows in self-acceptance and awareness of catalyst the location of the comfortable seating of these experiences will rise to the new true color entity. The experience, whatever it may be, will be seated in red ray and considered as to its survival content and so forth.

Each experience will be sequentially understood by the growing and seeking mind/body/spirit complex in terms of survival, then in terms of personal identity, then in terms of social relations, then in terms of universal love, then in terms of how the experience may beget free communication, then in terms of how the experience may be linked to universal energies, and finally in terms of the sacramental nature of each experience.

Meanwhile the Creator lies within. In the north pole the crown is already upon the head and the entity is potentially a god. This energy is brought into being by the humble and trusting acceptance of this energy through meditation and contemplation of the self and of the Creator.

Where these energies meet is where the serpent will have achieved its height. When this uncoiled energy approaches universal love and radiant being the entity is in a state whereby the harvestability of the entity comes nigh.

Questioner: Will you recommend a technique of meditation?

Ra: I am Ra. No.

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Questioner: Is it better, or shall I say, does it produce more useable results in meditation to leave the mind as blank as possible and let it run down, so to speak, or is it better to focus in meditation on some object or some thing for concentration?

Ra: I am Ra. This shall be the last full query of this work time.

Each of the two types of meditation is useful for a particular reason. The passive meditation involving the clearing of the mind, the emptying of the mental jumble which is characteristic of mind complex activity among your peoples, is efficacious for those whose goal is to achieve an inner silence as a base from which to listen to the Creator. This is an useful and helpful tool and is by far the most generally useful type of meditation as opposed to contemplation or prayer.

The type of meditation which may be called visualization has as its goal not that which is contained in the meditation itself. Visualization is the tool of the adept. Those who learn to hold visual images in mind are developing an inner concentrative power that can transcend boredom and discomfort. When this ability has become crystallized in an adept the adept may then do polarizing in consciousness without external action which can effect the planetary consciousness. This is the reason for the existence of the so-called White Magician. Only those wishing to pursue the conscious raising of planetary vibration will find visualization to be a particularly satisfying type of meditation.

Contemplation or the consideration in a meditative state of an inspiring image or text is extremely useful also among your peoples, and the faculty of will called praying is also of a potentially helpful nature. Whether it is indeed an helpful activity depends quite totally upon the intentions and objects of the one who prays.

May we ask if there are any brief queries at this time?

Questioner: I will just ask if there is anything that we may do to make the instrument more comfortable or to improve the contact and if the two periods per week are still appropriate?

Ra: I am Ra. We request your care in the placement of the neck support for this entity as it is too often careless. You are conscientious and your alignments are well. The timing, if we may use that expression, of the sessions is basically correct. However, you are to be commended for observing fatigue in the circle and refraining from a working until all were in love, harmony, and vital energy as one being. This is, and will continue to be, most helpful.

I am Ra. I leave you in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 49, Fragment 30

April 27, 1981

Jim: I was the one of the three of us most interested in querying about my own experiences. Having once also been a conspiracy buff this may be understandable as the result of an over-active and over-dramatic curiosity. Questions about Carla were always of a maintenance nature, trying to figure out the best way to keep her physical vehicle running smoothly or at least running in some cases, and Don seldom queried about himself at all. The following comments by Ra amplify the sacramental function that sexual intercourse can fulfill in one's journey of seeking the truth. With the proper balance of mind and body, uniquely determined for each entity, the orgasm can serve as a kind of triggering mechanism that activates the spirit complex and serves as a kind of shuttle, and which then can allow the entity to contact what Ra calls intelligent infinity.

The "pertinent information" concerning the frontal lobes portion of the brain that Ra speaks of concerns the fact that no one knows for sure what that part of the brain is for. All of the qualities that make us human beings are accounted for in the rear five-eighths of the reptilian and mammalian brain. Pioneer thinkers studying this portion of the brain have posited the possibility that the frontal lobes are dormant in most people and may be activated by removing the various blockages in the lower energy centers which childhood experiences have placed there, in accordance with pre-incarnative choices of lessons for the incarnation. When these blockages have been removed—i.e. lessons have been learned—then the frontal lobes may in some degree be activated and a quantum leap in consciousness may be experienced for various lengths of time, usually quite short except in the cases of genuine yogis, saints, and mystics. This is the theory. However, Jim is still "looking forward," shall we say.

Carla: *Jim's fascination, early on, about possible conspiracies of political, economic and metaphysical nature, was one he had in common with a large number of people interested in UFOs and UFO messages. Somehow, the mind that revolved around to the mystery of UFOs was also vulnerable to the sensational and elaborate theories which involved secret governmental and international corporate powers. When I first began to channel in 1974, such questions were very common. It took me several years of experience in channeling and watching how the group energy felt to me, to determine to my own satisfaction that asking questions about this sort of fear-based specific material was substantially detrimental to the tuning of the contact, and therefore to the virtue of the information received. In recent years, I allow and even welcome questions that may touch on specific issues for a questioner—but I also offer caveat that the answer will not be specific. I value highly the good contact we continue to be able to sustain, and guard its tuning carefully.*

Jim's whole experience with frontal lobe research was a life-changing thing. It seemed to be the thing that opened up for him the life-style of homesteader,

certainly an unusually retiring and abstemious way of life, but one which suited Jim to a tee. So without understanding much of the research, I can see that it was very helpful to Jim. The man who created and promulgated this research, however, was a person increasingly devoted to specific questions, when his students began channeling. So I think Jim learned the hard way that any channel can be tainted when the questioning gets too specific, and focuses on worldly things rather than eternal values.

Session 49, April 27, 1981

Questioner: I have a question here from Jim first. He says: "For the past nine years I have had what I call frontal lobes experiences in the pre-conscious state of sleep when I wake up in the morning. They are a combination of pleasure and pressure which begins in the frontal lobes and spreads in pulses through the whole brain and feels like an orgasm in the brain. I have had over 200 of these experiences and often they are accompanied by voices and visions which seldom make much sense to me. What is the source of these frontal lobes experiences?"

Ra: I am Ra. We scan the questioner and find some pertinent information already available which regards the physiological disposition of this particular part of the brain. The experiences described and experienced are those distillations which may be experienced after a concentration of effort upon the opening of the gateway or indigo mind complex so that experience of a sacramental or violet ray may occur. These experiences are the beginnings of that which, as the body, the mind, and the spirit become integrated at the gateway or indigo level, may then yield not only the experience of joy but the comprehension of intelligent infinity which accompanies it. Thus the body complex orgasm and mind complex orgasm becoming integrated may then set forth the proper gateway for the spiritual complex integration and its use as a shuttle for the sacrament of the fully experienced presence of the one infinite Creator. Thus there is much to which the questioner may look forward. ♣

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Sunday Meditation
May 3, 1981

(Don channeling)

l greet you, my friends, in the love and the light of our infinite Creator. It's a very great privilege to be with you this evening. We are always privileged to speak with this group and any new members that join this group. I am Hatonn. I am, as you now know, what you call a social memory complex. This information has recently been given to you. I am of the planet, Hatonn. This instrument has spoken to the planet itself and received its thoughts. When you speak to us of Hatonn, you may speak to an individualized portion or, in some instances, the entire memory complex, depending on the particular tuning, shall we say, the particular purpose for the communication.

At this time, I, an individualized portion of that social memory complex, impress my thoughts upon this instrument, who then repeats them as he receives them. It is possible for any of you here tonight to receive my thoughts in the same manner that this instrument receives them. It is not necessary that you verbalize them as he does at this time. All that is necessary for you to receive our thoughts is for you first to desire that reception, and then, second, to make yourself available to that reception. Availability is accomplished simply by removing from the conscious mind the clutter of thinking that normally involves the mind in mundane daily activities. The removal of this clutter can be done by the simple process of meditation. For this reason, and for other reasons, we suggest that daily meditation be accomplished if our contact is desired.

We of the planet Hatonn are here and have been here for many of your years. The purpose: bringing to those who desire our contact a very simple message. That message is of what you would call universal love, for this, my friends, is what the people of your planet need at this time. If they were able to realize truth contained within this very simple message, all of the problems that they now are faced with would very rapidly dissolve to nothingness. We, and many other members of the Confederation, have been actively beaming to [the] population of planet Earth for many of your years that simple message of universal love; not so much in an intellectual sense, but in, what you might call, a subliminal way, a way that has brought about an increase in awareness of universal love with a portion of your population.

Unfortunately, the vast majority of the population of your planet at this time is unaware of the truth of concept of universal love. For this reason, you find yourselves immersed, shall I say, in the sea of troubles. These troubles are the creation of the individual members of your planet. They are manufactured by the thinking that is engaged in by those who dwell upon your surface. This has created some difficulty for those who seek awareness of love

and then attempt to put that awareness into practice, for all about them they find the continuing problems created by those who have blocked, shall I say, the truth of universal love which is every being, every thing, every experience in the entire creation. For this reason, you will find [it] sometimes very difficult to look about you and see the re-expression of the planetary population, an expression of the love generated through manifestations of our infinite Creator. However, if you are able to accomplish this under the conditions which you now experience, you will have passed, shall I say, a rather stern test.

My friends, you look upon each of the problems generated by those who do not seem to be aware of the universality of the Creator's love as simply a small test of your awareness and if you successfully pass that small test in each and every day, in each and every way, you will have then learned the very simple lesson, a very simple lesson that will open to you that gateway to your Creator.

It has been a privilege speaking through this instrument. I am Hatonn. I shall now transfer this contact to another instrument.

(L channeling)

I am Hatonn, and I greet you again, my brothers, in the love and the light of our Creator. It is difficult to select a channel when offered a group of such willing candidates. However, as so many are both available and willing, we will attempt to speak through each if possible.

We of Hatonn are engaged at this time in a study of your manifestations, for we find them to be often confusing. It is not that they are confusing in their substance, but rather in their contradiction, for we do not understand sometimes how you are able, as a people, to pursue that which you simultaneously deplore. My brothers, the lessons of your dimension are many and can be difficult, therefore, we urge you to maintain an awareness whenever possible of the fact that you exist within an illusion of your own creation. If your creation, your illusion, is contradictory, then you will find that your growth is impeded in that you expend your energy praying for and rejecting at the same time.

For example, if you choose to desire a car of a specific type and year, you have only to voice your prayer, or creative form, and follow it with a conscious creative effort. If you then follow this prayer, this creative effort, with an evaluation of people who seek new cars instead of growth, your energy—your creative ability—has been superseded by itself. You are living, my brothers, in a world of illusions, yet you must remember that it is the individual who creates the illusion within which he lives, not the illusion forming the individual. It is therefore wise, my brothers, to examine your world constantly as if through the eyeglasses of another whose visual acuity is dissimilar from your own, for just as your physical reality would be grossly distorted by such an act, it would simultaneously be made more real to you as its actual existence is displayed in wavy lines and hazy forms. The image is but an image, the form is simply a bottle which you fill or empty at will.

At this time we would transfer our contact to another instrument. I am Hatonn.

(Jim channeling)

I am Hatonn, and greet you once again in the love and the light of our infinite Creator. It is a measure, as we have said before, to have so many instruments from which to choose. Our only sorrow, if it could be called that, is that all are in the same room this evening. It is our wish, as you know, to develop as many instruments as possible upon the surface of your planet. And it is not surprising to see that many have grown from the same seed pit. We would hope that it would not appear too greedy on our part to have more instruments to spread about the surface of your planet, but certainly we rejoice in the abundance of instruments that has appeared within the grouping that has gathered this evening.

We of Hatonn have spoken for many years to those of your people who have sought our messages and that is the important factor in the delivering of the simple message which we have to offer. We are unable to present any kind of communication other than the simple sending of love and light to your peoples unless there is a calling—a calling for that service which we have to offer. And we are overjoyed to report that the calling upon your planet, though still of a relatively small degree, is yet increasing and as that illusion which is called time goes on, the calling appears to be increasing.

This, my friends, is, as most of you know, a result of the illusion and its course which it has been taking for many, many of your years. Those of you who have taken time to observe the events upon the

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planet of your Earth, in the realms called political and the realms called military, in the realms of geophysical events, in those interpersonal relationships between the entities upon your plane, in each segment of the illusion in which you partake, those of you who have looked, have seen that much of what may be called catalyst of experience is intensifying, that each energy which is inverted in any area is magnified and the results of actions seem now to be increasing in their intensity and their numbers and in the learning that is available. This is a natural progression of events upon your planet.

For many of your years the people of your planet have sought valiantly to make sense of the illusion. Many of their efforts to make sense of this illusion have only caused greater confusion, greater confusion it would seem, but to those who look from the heart of love, of universal love, it may be seen that there is more than meets the eye. For the confusion which seems so rampant upon your planet today is the logical outgrowth of an illusion pursued to its ultimate completion, for my friends, as you know, this illusion in which you live is just that: it is an illusion. It is not that which sustains, it is not that which is the goal of evolution, the goal of the Creator, or the goal of any of the entities which partake in it. It is simply the means, it is simply the catalyst. It is simply the opportunities presented time and again for each of the entities partaking in it to learn, to seek in another direction, to learn to seek within, to seek from within the center of their own being the love of the Creator, to seek to know the unity that binds all things, all beings, all life.

The illusion in which you live has this simple purpose: to teach you that it is not real, that the reality which is the center of your being, the source of your life and the goal of your learning is found within your own being, is found in what might be called the form of love. We of Hatonn have through these many years attempted to bring this simple message to your peoples. We have advised that each entity partake in meditation on a daily basis, for we have found in our own seeking that meditation is the surest way to discover the love of the Creator within all that exists.

We would now transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn. We would like to take this opportunity to once again invoke the light and the love of the Creator as we work with a new channel, the one known as C. Our brothers and sisters of Laitos are with us at this time and we of Hatonn would like to speak a few words through this channel at this time, if he would relax and speak without hesitation as thoughts come into his mind. We now transfer this contact. I am Hatonn.

(C channeling)

I am Hatonn. I am with this instrument. It is a pleasure to speak …

(Carla channeling)

I am Hatonn. I am again with this instrument. It is indeed a great pleasure to work with new channels. We have made great progress with the one known as C and it will continue such, for this instrument is desirous of learning this particular service. We always stress that this is but one kind of service and that each of you may be of service one way or the other channeling the love and the peace of the infinite Creator. However, as these times proceed that have already begun, as confusion springs within the hearts, in the minds, of those peoples whom you personally know, there will come times when perhaps you may wish to be able to channel philosophy of love in such a way that it is less overlaid by the dogma and the theology of those structured spiritual disciplines which you call religions. It is unfortunate but true that many of those who seek the hardest are those who do not wish or need the bones, the hard skeleton of churches, ashrams, or synagogues, but rather need the soft heart of a living and loving Creator. Therefore, each new channel is cause for rejoicing.

We would share our vibrations with all of you present if you will open your minds at this time. We will make our presence known especially to the one known as H and the one known as D. I am Hatonn.

(Pause)

I am Hatonn, and am again with this instrument. I thank you for your patience as we work with new instruments. Before we leave this group, we would like to ask if you have any questions at this time.

L: I have a question. Are you familiar with two entities who call themselves *(name)* and *(name)*?

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I am Hatonn. My brother, we are aware of your question and we suggest that you do not repeat the names which you have just pronounced. We will say no more.

Is there another question at this time?

L: No, thank you.

We suggest in general, my friends, the removal, by neglect, of those vocalizations which embody unneeded or unwanted thought forms.

Is there another question at this time, my friends?

(Pause)

I am Hatonn. We feel there is a question that is on the tip of the tongue, yet we do not wish to infringe on free will. Thus, we will ask once more and then move on, if you have a question at this time.

L: I would ask one other question. Of the entities previously mentioned, is there a negative facet to their existence and to dealing with them. Should I be warned against them?

I am Hatonn, and am joined by two in the Confederation, Laitos and Nona. Nona will speak as we finish. Laitos is with you, as are we. You understand that there are many things which we cannot detail due to our desire and our necessity of non-infringement on free will. It is written, "By their fruits ye shall know them." The warnings are always within the discrimination of the entity. My brother, you are more wise and more powerful than you know. You have help, you have love, and above all you have a universe within you. We cannot make a judgment, give a warning or speak ill in the context in which you ask this question, for it is of some importance in your future. Accept our apology, but we are unable to lessen our own polarity by infringing upon your free will. We feel that we have, shall we say, tripped about the edges of the question with every ounce, if you will, of verbiage that can be given.

May we answer you in another fashion, my brother?

L: I thank you for your answers. I find them sufficient at this time.

Very well. Is there another question at this time?

(Pause)

If there are no more questions at this time, my friends, I leave you naked, yet strong; alone, yet full of love; pilgrims, yet accompanied by the hosts of heaven. You trod a path that is rocky, steep, and difficult and yet your vistas could not be more beautiful. As you seek the truth, you experience a greater range of what you would call catalysts than those who do not seek, and this is for a reason. There is much in the illusion. As we have said, it is well not to fight the self. It is well not to praise and condemn the same thing. It is well to understand the illusion, to feel comfortable, to feel free in the self, unreconstructed—unperfected, as you would say—just as you are in the illusion. This is you. This is the Creator. Experience yourself, my friends, as part of the illusion. This is …

(Side one of tape ends.)

(Carla channeling)

… perfection can be overshadowed by any error, any stumbling, any blockage, whatever the problem, the difficulty, the limitation, the mistake, there is love enough inside you to cause creation to be radiant, from one infinite realm to another, and to another, forever. Seek the Creator and we shall be with you as you meditate, as you live.

I am one of those known to you as Hatonn. We are sorry we need to use words with you. We wish we could share with you the love of the Creator without these masks. We do not mean to deceive you, but we cannot give you the power of love with these weak tools called words. Nevertheless, with all of our hearts we reach out to you with them in the hopes that some inspiration may send you searching more and more for the larger life that awaits you. Adonai, my friends. We leave you in the love and the light of the infinite Creator. Adonai.

(Carla channels Nona until the end of the tape.) ♣

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The Law of One, Book II, Session 50

May 6, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you please give me an indication of the instrument's condition now?

Ra: I am Ra. It is as previously stated.

Questioner: In the last session you made the statement that experiences are attracted into the entity through the south pole. Could you expand on that and give us a definition of what you mean?

Ra: I am Ra. It takes some consideration to accomplish the proper perspective for grasping the sense of the above information. The south or negative pole is one which attracts. It pulls unto itself those things magnetized to it. So with the mind/body/spirit complex. The in-flow of experience is of the south pole influx. You may consider this a simplistic statement.

The only specific part of this correctness is that the red-ray or foundation energy center, being the lowest or root energy center of the physical vehicle, will have the first opportunity to react to any experience. In this way only, you may see a physical locus of the south pole being identified with the root energy center. In every facet of mind and body the root or foundation will be given the opportunity to function first.

What is this opportunity but survival? This is the root possibility of response and may be found to be characteristic of the basic functions of both mind and body. You will find this instinct the strongest, and once this is balanced much is open to the seeker. The south pole then ceases blocking the experiential data and higher energy centers of mind and body become availed of the opportunity to use the experience drawn to it.

Questioner: Why do you say the experience is drawn to or attracted to the entity?

Ra: I am Ra. We say this due to our understanding that this is the nature of the phenomenon of experiential catalyst and its entry into the mind/body/spirit complex's awareness.

Questioner: Could you give an example of how an entity sets up a condition for attracting a particular experiential catalyst and how that catalyst then is provided or is learned.

Ra: I am Ra. Such an example may be given.

Questioner: Will you give that?

Ra: I am Ra. We paused to scan *(name's)* consciousness to use its experiential catalyst as example. We may proceed.

This is one instance and extrapolation may be made to other entities which are aware of the process of evolution. This entity chose, before incarnation, the means whereby catalyst had great probability of being obtained. This entity desired the process of expressing love and light without expecting any return. This entity programmed also to endeavor to

accomplish spiritual work and to comfort itself with companionship in the doing of this work.

Agreements were made prior to incarnation; the first, with the so-called parents and siblings of this entity. This provided the experiential catalyst for the situation of offering radiance of being without expectation of return. The second program involved agreements with several entities. These agreements provided and will provide, in your time/space and space/time continuum, opportunities for the experiential catalyst of work and comradeship.

There are events which were part of a program for this entity only in that they were possibility/probability vortices having to do with your societal culture. These events include the nature of the living or standard of living, the type of relationships entered into in your legal framework, and the social climate during the incarnation. The incarnation was understood to be one which would take place at harvest.

These givens, shall we say, apply to millions of your peoples. Those aware of evolution and desirous in the very extreme of attaining the heart of love and the radiance which gives understanding no matter what the lessons programmed: they have to do with other-selves, not with events: they have to do with giving, not receiving, for the lessons of love are of this nature both for positive and negative. Those negatively harvestable will be found at this time endeavoring to share their love of self.

There are those whose lessons are more random due to their present inability to comprehend the nature and mechanism of the evolution of mind, body, and spirit. Of these we may say that the process is guarded by those who never cease their watchful expectation of being of service. There is no entity without help, either through self-awareness of the unity of creation or through guardians of the self which protect the less sophisticated mind/body/spirit from any permanent separation from unity while the lessons of your density continue.

Questioner: Could you give an example of negative polarization sharing love of self? It would seem to me that that would deplete negative polarization. Could you expand on the concept?

Ra: I am Ra. We may not use examples of known beings due to the infringement this would cause. Thus we must be general.

The negatively oriented being will be one who feels that it has found power that gives meaning to its existence precisely as the positive polarization does feel. This negative entity will strive to offer these understandings to other-selves, most usually by the process of forming the elite, the disciples, and teaching the need and rightness of the enslavement of other-selves for their own good. These other-selves are conceived to be dependent upon the self and in need of the guidance and the wisdom of the self.

Questioner: Thank you. How does the ability to hold visual images in mind allow the adept to do polarization in consciousness without external action?

Ra: I am Ra. This is not a simple query, for the adept is one which will go beyond the green-ray which signals entry into harvestability. The adept will not simply be tapping into intelligent energy as a means of readiness for harvest but tapping into both intelligent energy and intelligent infinity for the purpose of transmuting planetary harvestability and consciousness.

The means of this working lie within. The key is first, silence, and secondly, singleness of thought. Thusly a visualization which can be held steady to the inward eye for several of your minutes, as you measure time, will signal the adept's increase in singleness of thought. This singleness of thought then can be used by the positive adept to work in group ritual visualizations for the raising of positive energy, by negative adepts for the increase in personal power.

Questioner: Can you tell me what the adept, after being able to hold the image for several minutes, does to affect planetary consciousness or affect positive polarity?

Ra: I am Ra. When the positive adept touches intelligent infinity from within, this is the most powerful of connections for it is the connection of the whole mind/body/spirit complex microcosm with the macrocosm. This connection enables the, shall we say, green-ray true color in time/space to manifest in your space/time. In green ray thoughts are beings. In your illusion this is normally not so.

The adepts then become living channels for love and light and are able to channel this radiance directly into the planetary web of energy nexi. The ritual will

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always end by the grounding of this energy in praise and thanksgiving and the release of this energy into the planetary whole.

Questioner: Could you give me more information on the energy fields of the body as related to the right and left brain and if this is somehow related to the pyramid shape as far as energy focusing goes? I am at a loss as to how to get into this line of questioning, so I will ask that question.

Ra: I am Ra. We are similarly at a loss at this line of answering. We may say that the pyramid shape is but one which focuses the in-streamings of energy for use by entities which may become aware of these in-streamings. We may say further that the shape of your physical brain is not significant as a shape for concentrating in-streamings of energy. Please ask more specifically if you may that which you seek.

Questioner: Each of us feels, in meditation, energy upon the head in various places. Could you tell me what this is, what it signifies, and what the various places in which we feel it signify?

Ra: I am Ra. Forgetting the pyramid will be of aid to you in the study of these experiences. The in-streamings of energy are felt by the energy centers which need, and are prepared for, activation. Thus those who feel the stimulation at violet-ray level are getting just that. Those feeling it within the forehead between the brows are experiencing indigo ray and so forth. Those experiencing tingling and visual images are having some blockage in the energy center being activated and thus the electrical body spreads this energy out and its effect is diffused.

Those not truly sincerely requesting this energy may yet feel it if the entities are not well-trained in psychic defense. Those not desirous of experiencing these sensations and activations and changes even upon the subconscious level will not experience anything due to their abilities at defense and armoring against change.

Questioner: Is it normal to get two simultaneous stimulations at once?

Ra: I am Ra. The most normal for the adept is the following: the indigo stimulation activating that great gateway into healing, magical work, prayerful attention, and the radiance of being; and the stimulation of the violet ray which is the spiritual giving and taking from and to Creator, from Creator to Creator. This is a desirable configuration.

Please ask one more full query at this working.

Questioner: Can you expand on the concept which is that it is necessary for an entity, during incarnation in the physical as we know it, to become polarized or interact properly with other entities and why this isn't possible in between incarnations when the entity is aware of what he wants to do. Why must he come into an incarnation and lose conscious memory of what he wants to do and then act in a way in which he hopes to act?

Ra: I am Ra. Let us give the example of the man who sees all the poker hands. He then knows the game. It is but child's play to gamble, for it is no risk. The other hands are known. The possibilities are known and the hand will be played correctly but with no interest.

In time/space and in the true color green density, the hands of all are open to the eye. The thoughts, the feelings, the troubles, all these may be seen. There is no deception and no desire for deception. Thus much may be accomplished in harmony but the mind/body/spirit gains little polarity from this interaction.

Let us re-examine this metaphor and multiply it into the longest poker game you can imagine, a lifetime. The cards are love, dislike, limitation, unhappiness, pleasure, etc. They are dealt and re-dealt and re-dealt continuously. You may, during this incarnation begin—and we stress begin—to know your own cards. You may begin to find the love within you. You may begin to balance your pleasure, your limitations, etc. However, your only indication of other-selves' cards is to look into the eyes.

You cannot remember your hand, their hands, perhaps even the rules of this game. This game can only be won by those who lose their cards in the melting influence of love, can only be won by those who lay their pleasures, their limitations, their all upon the table face up and say inwardly: "All, all of you players, each other-self, whatever your hand, I love you." This is the game: to know, to accept, to forgive, to balance, and to open the self in love. This cannot be done without the forgetting, for it would carry no weight in the life of the mind/body/spirit being-ness totality.

Is there a brief query before we leave this instrument?

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Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. You are conscientious and your alignments are careful. It would be well to take care that this instrument's neck is placed carefully upon its support.

I am Ra. I leave you, my friends, in the love and the light of the one infinite Creator. Go forth, then, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 50, Fragment 31

May 6, 1981

Jim: When I was in the process of cutting trees with which to build my cabin in the woods of central Kentucky in the spring of 1973, I was quite unsure of how or if I would be able to survive alone in that remote environment. Though subdued most of the time, my nervousness about this whole project was obvious. One night, in my tent, I was awakened by the sound of a friend's dog eating dog food from its plastic bowl. I mentally heard the message that is spoken of in the following material and wrote it down by flashlight. It appears that each of us has at least three guides to aid us, and aid is usually given in a symbolic manner in order to give us clues that will stimulate our own thinking and seeking abilities rather than by laying out answers in a plain and unquestionable fashion.

Carla: *I have experienced Jim's nervousness through our long association, and found that his quickness and alertness are preternatural. The trait seems to be a mixed blessing, however, for if the objects he is manipulating have the temerity to be balky, the tension can escalate. I suppose virtues always have their shadows! I have come to find that level of trust with Jim where one accepts another without regard for anything but complete support, and would not change him to be one iota less fiery. That race-horse temperament is simply the shadow of so many wonderful traits that make him the extremely efficient and ever-resourceful good judge of men and situations that he is.*

Session 50, May 6, 1981

Questioner: I have a question from Jim about an experience which he had when he first moved to his land in which he was told, "The key to your survival comes indirect, through nervousness." The entity was Angelica. Could you give him information with respect to this?

Ra: I am Ra. Yes.

Questioner: Would you please do that?

Ra: I am Ra. As we have noted, each mind/body/spirit complex has several guides available to it. The persona of two of these guides is the polarity of male and female. The third is androgynous and represents a more unified conceptualization faculty.

The guide speaking as sound vibration complex, Angelica, was the female polarized persona. The message may not be fully explicated due to the Law of Confusion. We may suggest that in order to progress, a state of some dissatisfaction will be present, thus giving the entity the stimulus for further seeking. This dissatisfaction, nervousness, or angst, if you will, is not of itself useful. Thus its use is indirect. ♣

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Sunday Meditation
May 10, 1981

(L channeling)

[I am Hatonn,] and I greet you again, my friends, in the love and the light of our infinite Creator. It is with great pleasure, my brothers, that we greet again the one known as M, for it has been a great time, in your conception of time passage, since we have been able to welcome her presence in this group. It is also a great honor that we feel in speaking to this group, for you honor us by consistently and faithfully tuning yourselves to the meager advice we are capable of offering. It is the love of the Creator that motivates both yourselves and ourselves, therefore, my brothers, let us rejoice in the love and light that the Creator has blessed us with.

My brothers, this night is one of calm, for although there is much strife in your world, there is also a peace in the hearts of many who have been blessed this day. It is a custom on your planet and your world as you know it, to honor those receptive entities that you term mothers, on this day and the effect—correction—the cumulative effect of this vibration is one of the creation of a state of receptivity upon an area of your planet that is often responsible for much of the strife that exists on the surface of your world. Therefore, the result has been an increase in the receptivity and in the quantity of peace, if you will, within the hearts of many of the entities of your planet, not only in the geographic area in which you reside, but across the surface, for peace has a cumulative effect that increases beyond its original numbers.

Therefore, my brothers we greet you once again in the love and the light and in the peace of your infinite Creator. At this time we would transfer our contact to another instrument that we may give further experience to those present who desire to channel our voices. I am Hatonn.

(Jim channeling)

I am Hatonn, and I greet you once again in the love and the light of our infinite Creator. It is our special privilege to be speaking to you this evening. It is always a privilege to be able to address groups such as yourselves who have gathered with a common quest: the seeking of truth, the seeking of love. We of Hatonn have attempted to aid such seekers for many of your years. We attempt this aid because it is our understanding of the plan of the Creator that all of the creation is one Thought; that all of the creation, whether it is conscious of its oneness with the Creator or not, all of the creation is part of the Creator, and those entities who have been privileged to travel the trail of conscious evolution, such as we of Hatonn have been so privileged, such entities as ourselves by the traveling of that trail do incur a certain responsibility that is a privilege as well. And that privilege and that responsibility is to serve those who have not traveled quite so far, but who seek to

travel the trail of awareness and who choose to seek, each in their own way, the truth and the love of the Creator. By such service we not only aid those who seek our service, but we aid ourselves, for are we not all one? And in this service, is not all of the Creation advanced yet one tiny step further? For as one becomes illumined, the All shines just a bit brighter, and every particle and being of the creation of the Father has a full understanding of its unity with the Creator.

Not until this time, my friends, may any rest in their service to others, for if one remains in the darkness, does not the darkness fall upon all? Therefore, we of Hatonn deem it a great privilege to be able to share our meager understandings with all who ask for our assistance and we wish at this time to assure each entity within this gathering that we are always with you; that should you ever request our assistance in any of your ponderings, of your meditations, of your spiritual endeavors, we shall be most honored to respond and, indeed, many times have we responded, even though you may not have known it was those of Hatonn who went to their aid. We do not seek recognition for this service, for the service is its own reward. For as we have said many times in our messages, we are all one and as any gains in understanding, all gain thereby.

We would at this time pause for a moment so that our brother of Laitos might pass among those in this group and might aid each in their meditation as the request is made. We will pause for a moment and then resume. I am Hatonn.

(Pause)

(Jim channeling)

I am Hatonn, and am with this instrument once again. We have been speaking thus far this evening about the honor of service. We would ask that each entity within this group consider carefully the concept of service. Consider the unity that binds each of you with each person that you meet, with each activity which you undertake, with each thought that you think. We would ask that as you go your ways over the days and the months ahead, that as you face the various difficulties, the various joys, the various experiences, we ask that you consider your response to each as an act of service. We will not explain completely what we wish for you to consider by seeing each action as a service, but will leave a majority of that understanding to come as a result of your ponderings, for we of Hatonn are not able to give full understanding, for we do not have full understanding. And even if that full understanding was within our possession, still we would not give it, for it cannot be given but may only be received by each entity's own effort. Therefore, we would once again ask that you look through the lens of service as you travel your ways and encounter the experiences which await you.

We would, at this time, transfer our contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you once again in the love and the light of the infinite Creator. At this time, my friends, we would like to open the meeting to questions.

L: Hatonn, I have in my hand several pieces of paper on which are written a series of questions—correction—series of statements that I directed to your attention earlier this evening. Without violating the Law of Confusion, can you tell me [if] these statements are correct or false?

I am Hatonn. I accept your questions, my friend, but find that I cannot answer you with such a simple reply. I shall spend some time with the questions and at that time will allow you as much time, as you call it, as you need to decide what more you would wish to know upon this particular subject. The knowledge which has been offered you is the knowledge of an adept. This has been offered you because of past experiences which enable you in this particular experience to avail yourself of a state of consciousness in which this level of information is appropriate.

It is correct and to be understood fully that such an ability is companioned by an explicit and fastidious responsibility. Any power has the tendency, as you say among your peoples, to corrupt, and it is the work of an adept to be radiant, to shine, and to aid with the power. The power which you ask was inadvertently asked in such a way that you received an understanding of what you may call names of power, having to do with certain elements of your natural creation. As you know, all things live and may be commended.

We ask that you guard yourself against any lightly held commands and that you preface any use of the abilities instinctive to your nature with careful and

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conscientious preparation in this life experience in the area of compassion and acceptance, for the creation of the Father is interrelated by webs of love and service. The power to disrupt this web is within your being. You would not inadvertently wish to do this. Ponder this and seek harmony in all that you attempt in your service to the creation.

May we answer you further, my brother?

L: Yes. There was one statement in my series of statements in my list that would be particularly significant in my further seeking of advice from you in this area. For that reason I would like to reiterate those statements to assure myself of their accuracy. Those statements are as follows.

First, I may assign names to these entities that will enable me to discuss them with you or another such as yourself without summoning them; second, the entities have the potential to assume characteristics associated with those assigned names unless this is specifically forbidden at the time the names are assigned; third, I may at this time assign those names and forbid the entities from assuming any characteristics associated with those names; and fourth, knowledge of those names that I have assigned the entities will not enable another person to summon those entities. Are these statements correct?

I am Hatonn. My brother, we have attempted in general terms to answer these questions for you by warning you against the hasty use of that which is not developed in this incarnation, but which has been developed previously. Your assumptions, although not totally incorrect, are basically misapprehensions due to the fact that behind the name is the thought and in the area in which you are working, the thought is that which has power. The name is the symbol of that power. New names are simply new symbols for the same power and in the perception of another not so positively oriented, the name to which you have given authority, bound or unbound, may then be used if the second entity has power to bind or unbind that entity by whatever name you have assigned.

Let us give an example. Your own vibration contains several names to which you answer. Some of these have great power over you. For instance, the name, "Daddy," has great power over you. Yet, you are not called by that name. You are in a position where an entity, given the right to use this name, will then command your complete attention. So it is with the entities of which you speak. These entities are your brethren, and are to be valued. However, like yourself, they may be commanded. It is well to know how and what to ask and to have the full understanding of the essence of their nature. Before work is begun, we suggest that no names be used. You, of course, may do as you wish.

May we answer you further, my brother?

L: Yes. I am reluctant to command, having no command that I desire to make or request beyond the simple ones I have already made to my brethren. However, it has been my experience on this plane that one gains ability through practice and dealing with the magnitude that you describe I am extremely hesitant to practice and I would seek further learning that I feel will accompany the ability. Is there any advice you could offer to assist me in achieving that end?

I am Hatonn. My brother, this answer may have grown rusty and creaky with overuse, yet, it is our answer. Meditate, and in that state allow those questions which you may have to be sent out into the inner planes of your great being. There are resources available to you which will have their fruits, first upon planes of thought which may not offer you words, but which will bring understanding, and then the plane of the physical illusion will aid you as it reflects to you that which you have attracted by your seeking.

Is there another question at this time?

L: No. I think any further questions on this subject need to be directed inward. I thank you for your assistance.

We are humbly grateful for the opportunity to serve. Is there another question at this time?

L: I have one more question, if I may interrupt. Do these entities desire to be channeled at any time?

I am Hatonn. These entities are channels, my brother. You will understand this after some meditation.

L: Thank you.

Is there another question at this time?

M: Yes, I have a question. In our new area we have been undecided as to whether to seek out a new group or to try to just wait for the right time. We go

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back and forth on what to do. Are you aware of another group that … are you in contact with, in that area in Colorado?

I am Hatonn. Yes, my sister, we are aware of a group that has had some communication with us. However, it is our feeling that your understanding is enough advanced, if we may use this term, that the experience of working with your own group would be of more aid than the contact with a group which is somewhat interested in specific information almost to the exclusion of philosophy, as you may call it. This is not as helpful for your seeking as that which you may, through your own channels, receive, whether in silent meditation or through a channel such as this one.

Be aware, as we have said, that our love is with you and we of the Confederation are never apart from any member of this group, no matter what the so-called geographical distance between this meeting place and your domicile, for all is one place, for all is the creation. Thus, if we may be so bold, we would gladly accept your seeking in any way you may wish, but would not speak through this instrument of any other groups, for the vibrations within your own small group are somewhat, as we have said, more advanced.

Does this answer your question, my sister?

M: Yes, thank you.

Is there another question at this time?

(Side one of tape ends.)

(Carla channeling)

… simple thoughts. We have spoken with peace and yet, surely you know by now that the peace of which we speak is not the peace of your peoples, for your peoples have no true peace, but only destruction and the numbing of the senses. It is written in one of your holy works that the one known as Jesus said, "I come to bring not peace, but a sword." And so will this peace seem in your life. As you become able to view your experiences in a conscious and loving manner, multiplying the true peace of your existence, that vision will cut through the feelings and the preferences of those about you who do not prefer true peace, but rather the illusion.

If you seek peace, know this: it is truly worth that which is paid for, and yet it may sometime seem like loss. Rest, then in your meditation, in the true peace of love, and as you find your understanding causing you to act in such a way as to cause those about you to observe a difference in your actions, understand that those who radiate love may also be counted as fools.

We have spoken also this evening of service. A great part of the peace that is true peace is service to others. Moment by moment you have unending opportunities to view your situations as opportunities to be of service, to sow a seed of calm, of love, of kindness. Again, many times you may be countered as a fool, but my friends, it is the fools of this world who shall be in salvation. Only a fool can love without judging. Only a foolish person can desire to serve those who are unlovable, can pray for those who are unattractive and cold in their misery.

Be fools, then. And join a joyful host of such fools, for those who love will always be such. It is to be remembered that those ways of judging among your peoples are greatly various. It is to be remembered that it is impossible to judge, but through the grace of the inner light and love available to you, it is possible, indeed, to love.

We hold out our hands to you in great joy and leave you in the love and in the light of our infinite Creator. I am known to you as Hatonn. Adonai, my friends. Adonai, vasu

I am Nona, and I greet you, my friends, in the love and in the light of the infinite Creator. We are called to this meeting to aid in the healing vibrations for the one known as P. We would attempt to channel this healing through the one known as C. I am Nona.

(C channeling)

Aahhhhhhhh …

(Carla channeling)

I am Oxal, and I greet this group in the love and light of the infinite Creator. It is a great privilege to be able to address you briefly. We wish to be with you to greet the one known as M, for we have been with this entity and wish to assure this entity of our continued love and light.

We ask you, my friends, to remember the great cross and circle of being: the mouth, the heart, and the hands—the great cross of being. If these four points of your physical illusion may be coordinated, you may begin to flow in the great circle of the ever-

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present moment. You may strive and strive and never find that great circle of being, and so we say to you, my friends, strive with your heart and release with great freedom the lock upon your heart so that your hands and your lips may show forth the love and the light that your heart so strives to encompass.

I leave you, my friends, through this instrument, but am always with you. I am Oxal. Adonai, my friends.

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The Law of One, Book III, Session 51

May 13, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: As we begin Book Three of *The Law Of One* there are a couple of questions of fairly non-transient importance that I have and one that I consider to be of a transient nature that I feel obligated to ask.

The first is clearing up the final point about harvest. I was wondering if there is a supervision over the harvest and if so, why this supervision is necessary and how it works since an entity's harvestability is determined by the violet ray? Is it necessary for entities to supervise the harvest, or is it automatic?

Ra: I am Ra. In time of harvest there are always harvesters. The fruit is formed as it will be, but there is some supervision necessary to ensure that this bounty is placed as it should be without the bruise or the blemish.

There are those of three levels watching over harvest.

The first level is planetary and that which may be called angelic. This type of guardian includes the mind/body/spirit complex totality or higher self of an entity and those inner plane entities which have been attracted to this entity through its inner seeking.

The second class of those who ward this process are those of the Confederation who have the honor/duty of standing in the small places at the edge of the steps of light/love so that those entities being harvested will not, no matter how confused or unable to make contact with their higher self, stumble and fall away for any reason other than the strength of the light. These Confederation entities catch those who stumble and set them aright so that they may continue into the light.

The third group watching over this process is that group you call the Guardians. This group is from the octave above our own and serves in this manner as light bringers. These Guardians provide the precise emissions of light/love in exquisitely fastidious disseminations of discrimination so that the precise light/love vibration of each entity may be ascertained.

Thus the harvest is automatic in that those harvested will respond according to that which is unchangeable during harvest. That is the violet ray emanation. However, these helpers are around to ensure a proper harvesting so that each entity may have the fullest opportunity to express its violet ray selfhood.

Questioner: This next question I feel to be a transient type of question; however, it has been asked me by one whom I have communicated with who has been involved intensely in the UFO portion of the phenomenon. If you deem it too transient or unimportant we'll skip it, but I have been asked how it is possible for the craft of the fourth-density to get here since it seems that as you approach the velocity

of light the mass approaches infinity. My question would be why craft would be necessary at all?

Ra: I am Ra. You have asked several questions. We shall respond in turn.

Firstly, we agree that this material is transient.

Secondly, those for the most part coming from distant points, as you term them, do not need craft as you know them. The query itself requires understanding which you do not possess. We shall attempt to state what may be stated.

Firstly, there are a few third-density entities who have learned how to use craft to travel between star systems while experiencing the limitations you now understand. However, such entities have learned to use hydrogen in a way different from your understanding now. These entities still take quite long durations of time, as you measure it, to move about. However, these entities are able to use hypothermia to slow the physical and mental complex processes in order to withstand the duration of flight. Those such as are from Sirius are of this type. There are two other types.

One is the type which, coming from fourth, fifth, or sixth density in your own galaxy, has access to a type of energy system which uses the speed of light as a slingshot and thus arrives where it wishes without any perceptible time elapsed in your view.

The other type of experience is that of fourth, fifth, and sixth densities of other galaxies and some within your own galaxy which have learned the necessary disciplines of personality to view the universe as one being and, therefore, are able to proceed from locus to locus by thought alone, materializing the necessary craft, if you will, to enclose the light body of the entity.

Questioner: I assume that that latter type is the type we experience with the landings of the Orion group. Is this correct?

Ra: I am Ra. The Orion group is mixed between the penultimate and the latter groups.

Questioner: Why is a vehicle necessary for this transition? When you, as Ra, went to Egypt earlier you used bell-shaped craft, but you did this by thought. Can you tell me why you used a vehicle rather than just materializing the body?

Ra: I am Ra. The vehicle or craft is that thought-form upon which our concentration may function as motivator. We would not choose to use our mind/body/spirit complexes as the focus for such a working.

Questioner: Thank you. It seems to me, and you can tell me where I am going wrong with this statement, that we have seven bodies each corresponding to one of the seven colors of the spectrum and that energy that creates these seven bodies is a universal type of energy that streams into our planetary environment and comes in through the seven energy centers that we have called chakras to develop and perfect these bodies. Each of these bodies is somehow related to the mental configuration that we have and the perfection of these bodies and the total in-streaming of this energy is a function of this mental configuration, and through this mental configuration we may block, to some extent, the in-streamings of energy that created these seven bodies. Could you comment on where I am wrong and correct that which I have stated?

Ra: I am Ra. Your statement is substantially correct. To use the term "mental configuration" is to oversimplify the manners of blockage of in-streaming which occur in your density. The mind complex has a relationship to the spirit and body complexes which is not fixed. Thus blockages may occur betwixt spirit and mind, or body and mind, upon many different levels. We reiterate that each energy center has seven sub-colors, let us say, for convenience. Thus spiritual/mental blockages combined with mental/bodily blockages may affect each of the energy centers in several differing ways. Thus you may see the subtle nature of the balancing and evolutionary process.

Questioner: I am unsure as to whether this will provide an avenue of questioning that will be fruitful, but I will ask this question since it seems to me that there is a connection here.

On the back of the book, *Secrets Of The Great Pyramid*, there are several reproductions of Egyptian drawings or works, some showing birds flying over horizontal entities. Could you tell me what this is and if it has any relationship to Ra?

Ra: I am Ra. These drawings of which you speak are some of many which distort the teaching of our perception of death as the gateway to further experience. The distortions concern those

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considerations of specific nature as to processes of the so-called "dead" mind/body/spirit complex. This may be termed, in your philosophy, the distortion of Gnosticism: that is, the belief that one may achieve knowledge and a proper position by means of carefully perceived and accentuated movements, concepts, and symbols. In fact, the process of the physical death is as we have described before: one in which there is aid available and the only need at death is the releasing of that entity from its body by those around it and the praising of the process by those who grieve. By these means may the mind/body/spirit which has experienced physical death be aided, not by the various perceptions of careful and repeated rituals.

Questioner: You spoke at an earlier time of rotational speeds of energy centers. Am I correct in assuming that this is a function of the blockage of the energy center so that when it is less blocked, the speed of rotation is higher and the energy instreaming is greater?

Ra: I am Ra. You are partially correct. In the first three energy centers a full unblocking of this energy will create speeds of rotation. As the entity develops the higher energy centers, however, these centers will then begin to express their nature by forming crystal structures. This is the higher or more balanced form of activation of energy centers as the space/time nature of this energy is transmuted to the time/space nature of regularization and balance.

Questioner: What do you mean by crystal structures?

Ra: I am Ra. Each of the energy centers of the physical complex may be seen to have a distinctive crystalline structure in the more developed entity. Each will be somewhat different just as in your world no two snowflakes are alike. However, each is regular. The red energy center often is in the shape of the spoked wheel. The orange energy center in the flower shape containing three petals.

The yellow center again in a rounded shape, many faceted, as a star.

The green energy center sometimes called the lotus-shape, the number of points of crystalline structure dependent upon the strength of this center.

The blue energy center capable of having perhaps one hundred facets and capable of great flashing brilliance.

The indigo center a more quiet center which has the basic triangular or three-petalled shape in many, although some adepts who have balanced the lower energies may create more faceted forms.

The violet energy center is the least variable and is sometimes described in your philosophy as thousand-petalled as it is the sum of the mind/body/spirit complex distortion totality.

Questioner: Right now I feel a feeling at the indigo center. If this center were totally activated and not blocked at all, would I then feel nothing there?

Ra: I am Ra. This query, if answered, would infringe upon the Law of Confusion.

Questioner: Immediately after the death of the physical body you have stated that the primary activated body is the indigo, and you stated that it is the form-maker. Why is this so?

Ra: I am Ra. This will be the last full query of this session of working.

The indigo body may be seen to be an analog for intelligent energy. It is, in microcosm, the Logos. The intelligent energy of the mind/body/spirit complex totality draws its existence from intelligent infinity or the Creator. This Creator is to be understood, both in macrocosm and microcosm, to have, as we have said, two natures: the unpotentiated infinity which is intelligent; this is all that there is.

Free will has potentiated, both the Creator of us all and our selves as co-Creators with intelligent infinity which has will. This will may be drawn upon by the indigo or form-making body and its wisdom used to then choose the appropriate locus and type of experience which this co-Creator or sub-sub-Logos you call so carelessly a person will take.

I am Ra. This is the time for any brief queries.

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. You are conscientious. I leave you now, my brothers, in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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Sunday Meditation
May 17, 1981

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to speak with this group once again and we greet each of you.

We feel that it is not only our privilege, but also that which we must do in order to be of most service to you as you seek the truth, to speak to you about some of the aspects of love which are not recognized by your peoples and, therefore, which in many people's minds blur the image of love past all recognition in the cosmic sense of the word, if you would term it such. We speak to you, my friends, of the freedom of love. Many, many times it comes to the attention of all of those who seek that there is a concept called right and wrong, virtue or sin. This concept is much like one who willingly builds a jail house and locks himself within it.

My friends, we are not suggesting in any way that lawlessness prevails or that nihilism is an appropriate stance for those who seek the truth. We suggest only that that which is appropriate for each being is known to some portion of that being—is known within, my friends, and the entity which seeks the counsel of society, of accepted modes of conduct and behavior without discrimination, is like unto the willing prisoner.

Perfect love is perfect freedom. Perfect love is an entrance into a fresh field of flowers from the dark dungeon of fear. Love does not bind or unbind according to one man-made law. We speak to you in this wise, because we understand your desire to go further than the surface of seeking. Therefore, it is time, if you will allow us to use this term, for each to take the responsibility for the use of discrimination in the ascertaining of those actions which are appropriate, not in the eyes of others, or of a society which is faceless, but in the eyes of the self facing itself in meditation.

This is the law of love that binds and unbinds. This is the law, which when used correctly causes the entity to take upon itself the raiment of the co-creator that each of you really is. Only when you choose the responsibility of seeking in love your own answers, your own formulations of questions, can you become one who acts rather than one who reads. The abilities of one who allows the original Thought to energize his being are many. The ability to serve others is immensely enhanced when the seeker ceases pondering the rightness and wrongness of action, but rather takes it to meditation and releases it, allowing then the original Thought of love to have a clear channel through which to work.

My friends, as the new vibrations mount about you and you see both the very beautiful new things and those most disturbing of the older things occurring

about you, it is very advantageous for you, if you would be of service, to take these thoughts into meditation with you, to seek what virtue there may be in them.

At this time, we would transfer this contact to the one known as L. I am Hatonn.

(L channeling)

I am Hatonn, and I greet you again, my brothers, in the love and light of our Creator. It is said that we are also very unsure of ourselves at times, yet we continue to speak on various subjects in an attempt to enlighten your selves. This, my brothers, is due to the fact that we also are continuing to grow, and although we continue to share what we have learned with you, so as to stimulate through service our own growth, we sometimes find that we have misconstrued or have acquired additional learning upon a particular subject, so we, in your [channeling] meditations, return to those subjects so as to clarify these new details. This, my brothers, is why we often seem to be repetitive and that as we discover additional nuances pertaining to a particular subject, such as love, or because we acquire new information concerning your selves, we assimilate the new data and in your [channeling] meditations return once again to what sometimes must seem a tedious subject.

My brothers, it is only that we deeply care for you and are concerned that you be given as much as is allowed to assist your growth prior to the impending events which we have already also discussed at great length and possibly to the point of tedium. We of Hatonn are grateful to you for the opportunity—correction—opportunities that you have presented to us for growth in service and we are aware that your motivation is very often on a subconscious level, partially the motive of service in return for us.

In your world there is a saying, "I'll scratch your back if you'll scratch mine." So it is with service. He who serves is served in turn by he who provides the opportunity for service, thus multiplying any goodness many times beyond the actual performance. When one loves another person, one performs a service in consciously defining the polarity of thought images referenced to the subject individual. The individual being loved has the opportunity for service in return, for if one is capable of stepping outside of the traditional love roles of your illusion and simply seeing love for the gift that it is, one realizes that the receiving of love can function in a manner so as to facilitate the growth and health of both entities involved.

For example, the person who consciously loves another without attempting to restrict the other or define areas of performance to assure themselves of a correct behavior pattern, directs his or her conscious mind to emit a force that produces beneficial energy vibrations, both in himself and the object of his or her affection. The one who receives this energy, if he or she receives it in a consciously non-judgmental fashion is allowed both to benefit himself from the quality of these vibrations, but also to benefit the original person in not resisting this flow of beneficial energy.

My brothers, on your planet, in your illusion, love has been construed as a system of barter for the accomplishment of selective reproduction. It is necessary to achieve an understanding that this is only a facet of your illusion, somewhat like a bad dream to one who has awakened. My brothers, we ask you to awaken to see that each individual on your planet and each entity throughout all dimensions and all universes is capable and deserving of loving and being loved, for this is the path which must be followed to attain the state of an illumined soul, as you would call it.

At this time we would transfer our contact to the instrument known as Jim. I am Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument and greet you once again in love and light. We would exercise this instrument at this time in the manner of offering ourselves for any questions which you might have to ask us. Are there any questions that we might attempt to answer?

Carla: Hatonn, in our prayers and meditations, is there any particular part of the planet that we should direct light to at this time?

I am Hatonn, and am aware of your question. We would suggest for those who wish to be of service in aiding the vibrations of your planet to simply visualize the entire planet in a state, initially, of darkness, seeing the planet as a blackened void. After a few moments in this visualization, then we would suggest that you begin to see points of light in different locations upon your planet beginning to shine. Continue this process until you see the light

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growing in size and in brilliance until finally you see the light completely encompassing your planet, until it glows as though it were a sun.

We suggest this simple method of meditation and visualization, for it is simple and accessible and also because it recognizes the unity of all peoples upon your planet, for those same areas of your planet are in great turmoil and other areas appear to be less tumultuous. Yet, each being upon your planet has those areas of darkness. Each area of your planet has those areas of darkness; each being and each location has those areas of light. For each particle of your creation is composed of polarities of the light and the dark; the positive, the negative; that which is called good and that which is called evil, and if all are indeed one, then all must be treated the same. Therefore, we would suggest this simple meditation for those who wish to increase the vibrations and be of service to the planet which you inhabit.

May we answer you further, my sister?

Carla: No thank you. That's fine.

We thank you for this opportunity to serve. May we attempt another answer to another question?

L: I have a question I'd like to ask, Hatonn. I have noticed in channeling that more and more often now I seem to receive pictures or concepts instead of words. I am interested in why I'm experiencing this effect. I'm also concerned as to whether I'm translating correctly what you're attempting to convey. Could you give me some information on that, please?

I am Hatonn, and am aware of your question. We of Hatonn, in transmitting our thoughts to those of your planet who are able to receive them, use the means by which we might be most effective. There are various means we use to achieve this contact. For some we use a word by word, or perhaps grouping of words, transmitted one or two at a time, which when spoken create what might be called a vacuum, which draws yet more of our word transmissions into the mind of the instrument.

There is another method of which you speak in which we transmit concepts, images or pictures into the mind of the instrument. In this way we short circuit, or shall we say to be more precise, we make a shortcut in the transmission of our concept, for we present it in a more holistic fashion and leave to the instrument the task of forming the words which will transmit the concept which we have projected to the instrument's mind.

In any method which we might use of making contact with an instrument, there is a possibility of distortion of concepts. In the method of which you have spoken and shown an interest and an ability, the chances, shall we say, to distort are greater than in the word by word transmission. Yet, we feel that for certain instruments [it] is more advantageous to use the concept method, for it gives a greater feeling of confidence to the instrument to have within his or her mind the parameters, shall we say, of the concepts that are being transmitted in the message which we intend.

We would assure you that though there is a greater possibility of distortion in this method, the distortion is not so as to detract from the message, for within your own being is the very same message which we seek to transmit, for we are all as one and within your being and the being of each entity upon your planet there is the connection which we of Hatonn have realized on a conscious level, the connection that brings us all together, as do the spokes of a wheel connect the rim to the hub. And this connection is that which might be called a channel which might convey information.

We of Hatonn consider that each who serves as instrument will provide part of the message which we convey. This might be looked upon, and correctly so, as a distortion. But it is a distortion which we consider to be beneficial, for it recognizes the divinity within each being and each being has something of value to offer each other being, and we of Hatonn, in transmitting these messages wish to recognize that fact. So we would suggest, my brother, that you not be concerned about distortions, for there will be distortions no matter what method is used.

May we answer you further?

L: No. You've answered my question. Thank you.

And we thank you. May we answer another question?

Carla: I have a question, but I'm not sure if you can answer it. Just say so if you can't. We've been receiving some material from a Confederation member named Ra, and I've noticed that the viewpoint of that material, being as they say, from sixth density, is somewhat different than your

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viewpoint, taking into account your viewpoint and adding to it. I wondered if you have access to the information of the higher densities than yourself or if you yourself are attempting, say as a fourth-density planetary being, to attempt to learn lessons that lie between your state of mind and the state of mind of Ra. Do you have teachers of sixth density, and is this information available to you?

I am Hatonn, and we shall attempt to answer in the best way possible for us to express this concept. We of Hatonn have achieved what you have called a social memory complex. This means that each of the individuals within our complex has at his disposal the complete knowledge of each other entity. But there are, shall we say, limits to what the entities within our complex have learned. We of Hatonn are of the density of love. This is the density which is directly above, shall we say, your own. We have available to us information from densities yet beyond our own, in manners similar to the method by which you now receive our contact.

We of Hatonn have, as a social memory complex and as individuals, we have teachers in densities advanced to our own, therefore, we have available to us information similar to that which you now receive through the contact known to you as Ra. We of Hatonn do not attempt in our contact with you to pass on the concepts which the entity known as Ra shares in its contact with you, for those concepts are to us lessons yet to be learned. When we make contact with your group, we attempt to share those lessons which we have learned by experience and therefore feel somewhat more able and confident in sharing. Were we to share information which has been transmitted to us by our teachers, we would be, so to speak, only telling tales, for these lessons we have yet to learn, but are being prepared in the learning by our teachers.

May we answer you further, my sister?

Carla: Yes, Hatonn. I understand completely and I'd like to make a statement and you tell me if it is true. The lesson that we would then draw from what you say is that we should not tell tales, but only speak of those things which we have experienced as true, not simply thought of as true. Is that correct?

I am Hatonn. In this area, my sister, we would agree with you in general and to be more specific we would also add that the sharing of any information, whether it be that which has been experienced and seated within your own being or that which you consider as possibilities, the sharing of any information must be on the level whereby those with whom you share it seek it, for any information shared of spiritual nature which has not been sought is as the pearl cast before the swine. And we do not mean by using this terminology from your holy works to denigrate those who do not seek the information which you share, but mean to create in your minds the image of the situation which you would be placing yourself in if you should share information which has not been sought, for those whom you would share this with would not understand it, would not seek it, and very likely would not appreciate it. And in this situation there can be the danger of what might be called alienation of affections or the reduction of the polarity of those who would share, whether sharing …

(Side one of tape ends.)

(Jim channeling)

I am Hatonn, and am once again with this instrument. Is there another question which we might attempt to answer?

L: I have two more questions, Hatonn. There are two entities that I have discussed with you to whom I have been bonded in some manner. I would like to know what density these entities are and what it is that they channel.

I am Hatonn, and am aware of your question, but we must suggest, my brother, that information of this type is not that which we might pass on, but we would suggest instead that if this be of value to you and of interest to you, it might best be sought as you meditate and then when the timing, shall we say, is correct, this information might be known from within and thereby the rights of free will might not be abridged, so to speak.

May we answer you further, my brother?

L: Yes. I have begun to believe that there is a timing necessary for the proper perception on my part of this information on this general subject. I have begun to feel that in striving, and possibly striving too early and too hard to learn, that I'm in effect trying to push a river upstream. Would you be willing to comment on this?

I am Hatonn. We would say only that which you have discovered yourself and that is that you are

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correct. The timing which you have begun to experience is that which will continue to make itself known to you. And though it might seem that you attempt to, as you put it, push the river upstream, that you will progress as your abilities allow and though you may seem, in your own thinking and feeling, to be somewhat out of kilter in your seeking from time to time, these are but the adjustments which are made from the inside out, shall we say, of your being. And as you continue in your seeking these adjustments, or ripples upon the pond of your mind, shall smooth and make room for more learning, for more experience, for more what is called catalyst upon your plane, and you shall progress as you are ready to progress.

May we answer you further, my brother?

L: No, you've answered me fully. I thank you.

Again, we thank you. Is there another question which we might attempt to answer?

(Pause)

I am Hatonn. Before we would leave this group we would pause for a moment so that our brother, Laitos, might pass among those gathered here and aid the deepening of the meditative state of any who would request this aid. We would pause at this time. I am Hatonn.

(Pause)

I am Hatonn. We feel a very great privilege to have been able to speak a few simple words to your group this evening. It is always a great honor when we are asked to speak with you. We hope in our simple sharing that we have helped you within your being to uncover yet one more aspect of that message which we so often bring, the message of love. Though we have spoken upon this message many, many times to this group, we feel it is a message which cannot be overdone, shall we say, for it is a message that upon you planet has seldom been clearly understood, and this we feel we understand, for always do we learn more about this concept and this message of love. And as we learn more, we feel it is an honor, but also a duty, shall we say, to share what we have learned with those who ask for what we have to share. Therefore, we hope that we will be asked in your future to share yet more of our understanding, for in such sharing all might increase the opportunity for growth.

We thank you many times over for allowing us the opportunity to share those few learnings and teachings which we have gained through our own experience. We are known to you as Hatonn and we leave you now in the love and in the light of the infinite Creator. Adonai.

(Carla channeling)

I am Oxal, and I greet this group also in the love and in the light of our infinite Creator. It is a distinct pleasure to speak with you and we come to exhort you, my brothers and my sisters, to exhort you as a parent a child. We have watched your peoples living the illusion as if it were reality and ignoring the brevity of this illusion. But you, my friends, do you wish to live like children? We come to ask you to meditate and seek as your higher self surely knows to do. We ask you, my friends, to avoid becoming so involved in this illusion. It is good to be a child. It is well to play, but it is well also, my friends, for beings which are infinite to look to that side of their nature. We cannot be eloquent, for only silence is eloquent. We can only urge you to see yourselves as those who take themselves seriously enough to do the work you came to do. Your illusion is beautiful my friends, and the work you came to do may seem to be a burden, but as the illusion lifts, which it will, my friends, you will discover that your true joy has always lain in the fullest knowledge possible of your infinite self.

It is said in your holy works, "Seek ye first the kingdom of heaven and all else shall be added unto you." What seek ye, my friends? I am with you at any time, and send you love and the light that we channel that is truly that of the Creator and in this love and this light and this infinity, we leave you. I am called Oxal. Adonai, my friends. Adonai vasu borragus. ♣

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The Law of One, Book III, Session 52

May 19, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: In the previous session you stated: "The other type of experience is the fourth, fifth, and sixth densities of other galaxies and some within your own galaxy which have learned necessary disciplines of personality to view the universe as one being are able to proceed from locus to locus by thought alone, materializing the necessary craft." I would like to ask you when you say fourth, fifth, and sixth densities of other galaxies, some within your own galaxy, are you stating here that more of the entities in other galaxies have developed the abilities of personality than have those in this galaxy for this type of travel? I am using the term galaxy with respect to the lenticular shape of billions of stars.

Ra: I am Ra. We have once again used a meaning for this term, galaxy, that does not lie within your vocabulary at this time, if you will call it so. We referred to your star system.

It is incorrect to assume that other star systems are more able to manipulate the dimensions than your own. It is merely that there are many other systems besides your own.

Questioner: Thank you. I think that possibly I am on an important point here because it seems to me that the great work in evolution is the discipline of personality, and it seems that we have two types of entities moving around the universe, one stemming from disciplines of personality, and the other stemming from what you call the slingshot effect. I won't even get into the sub-light speeds because I don't consider that too important. I only consider this material important because of the fact that we are considering disciplines of the personality.

Is the use of the slingshot effect for travel what you might call an intellectual or a left brain type of involvement of understanding rather than a right brain type?

Ra: I am Ra. Your perception on this point is extensive. You penetrate the outer teaching. We prefer not to utilize the terminology of right and left brain due to the inaccuracies of this terminology. Some functions are repetitive or redundant in both lobes, and further, to some entities the functions of the right and left are reversed. However, the heart of the query is worth some consideration.

The technology of which you, as a social complex, are so enamored at this time is but the birthing of the manipulation of the intelligent energy of the sub-Logos which, when carried much further, may evolve into technology capable of using the gravitic effects of which we spoke.

We note that this term is not accurate but there is no closer term. Therefore, the use of technology to manipulate that outside the self is far, far less of an aid to personal evolution than the disciplines of the mind/body/spirit complex resulting in the whole knowledge of the self in the microcosm and macrocosm.

To the disciplined entity, all things are open and free. The discipline which opens the universes opens also the gateways to evolution. The difference is that of choosing either to hitchhike to a place where beauty may be seen or to walk, step by step, independent and free in this independence to praise the strength to walk and the opportunity for the awareness of beauty.

The hitchhiker, instead, is distracted by conversation and the vagaries of the road and, dependent upon the whims of others, is concerned to make the appointment in time. The hitchhiker sees the same beauty but has not prepared itself for the establishment, in the roots of mind, of the experience.

Questioner: I would ask this question in order to understand the mental disciplines and how they evolve. Does fourth, fifth, and sixth-density positive or service-to-others orientation of social memory complexes use both the slingshot and the personality disciplines type of effect for travel or do they use only one?

Ra: I am Ra. The positively oriented social memory complex will be attempting to learn the disciplines of mind, body, and spirit. However, there are some which, having the technology available to use intelligent energy forces to accomplish travel, do so while learning the more appropriate disciplines.

Questioner: Then I am assuming that in the more positively oriented social memory complexes a much higher percentage of them use the personality disciplines for this travel. Is this correct?

Ra: I am Ra. This is correct. As positive fifth-density moves into sixth there are virtually no entities which any longer use outer technology for travel or communication.

Questioner: Could you give me the same information on the negatively oriented social memory complexes as to the ratios and as to how they use the slingshot effect or the disciplines of the personality for travel?

Ra: I am Ra. The fourth-density negative uses the slingshot gravitic light effect, perhaps 80% of its membership being unable to master the disciplines necessary for alternate methods of travel. In fifth-density negative approximately 50% at some point gain the necessary discipline to use thought to accomplish travel. As the sixth-density approaches, the negative orientation is thrown into confusion and little travel is attempted. What travel is done is perhaps 73% of light/thought.

Questioner: Is there any difference close to the end of fifth-density in the disciplines of personality between positive and negative orientation?

Ra: I am Ra. There are patent differences between the polarities but no difference whatsoever in the completion of the knowledge of the self necessary to accomplish this discipline.

Questioner: Am I correct, then, in assuming that discipline of the personality, knowledge of self, and control in strengthening of the will would be what any fifth-density entity would see as those things of importance?

Ra: I am Ra. In actuality these things are of importance in third through early seventh densities. The only correction in nuance that we would make is your use of the word, control. It is paramount that it be understood that it is not desirable or helpful to the growth of the understanding, may we say, of an entity by itself to control thought processes or impulses except where they may result in actions not consonant with the Law of One. Control may seem to be a short-cut to discipline, peace, and illumination. However, this very control potentiates and necessitates the further incarnative experience in order to balance this control or repression of that self which is perfect.

Instead, we appreciate and recommend the use of your second verb in regard to the use of the will. Acceptance of self, forgiveness of self, and the direction of the will; this is the path towards the disciplined personality. Your faculty of will is that which is powerful within you as co-Creator. You cannot ascribe to this faculty too much importance. Thus it must be carefully used and directed in service-to-others for those upon the positively oriented path.

There is great danger in the use of the will as the personality becomes stronger, for it may be used even subconsciously in ways reducing the polarity of the entity.

Questioner: I sense, possibly, a connection between what you just said and why so many Wanderers have selected the harvest time on this planet to incarnate. Am I correct?

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Ra: I am Ra. It is correct that in the chance to remember that which has been lost in the forgetting there is a nimiety of opportunity for positive polarization. We believe this is the specific thrust of your query. Please ask further if it is not.

Questioner: I would just include the question as to why the time of harvest is selected by so many Wanderers as time for incarnation?

Ra: I am Ra. There are several reasons for incarnation during harvest. They may be divided by the terms self and other-self.

The overriding reason for the offering of these Brothers and Sisters of Sorrow in incarnative states is the possibility of aiding other-selves by the lightening of the planetary consciousness distortions and the probability of offering catalyst to other-selves which will increase the harvest.

There are two other reasons for choosing this service which have to do with the self.

The Wanderer, if it remembers and dedicates itself to service, will polarize much more rapidly than is possible in the far more etiolated realms of higher density catalyst.

The final reason is within the mind/body/spirit totality or the social memory complex totality which may judge that an entity or members of a societal entity can make use of third-density catalyst to recapitulate a learning/teaching which is adjudged to be less than perfect. This especially applies to those entering into and proceeding through sixth-density wherein the balance between compassion and wisdom is perfected.

Questioner: Thank you. Just as something that I am a little inquisitive about, but which is not of much importance, I would like to make a statement which I intuitively hunch. I may be wrong.

You were speaking of the slingshot effect and that term has puzzled me.

The only thing that I can see is that you must put energy into a craft until it approaches the velocity of light and this of course requires more and more energy. The time dilation occurs and it seems to me that it would be possible to, by moving at 90° to the direction of travel, somehow change this stored energy in its application of direction or sense so that you move out of space/time into time/space with a 90° deflection. Then the energy would be taken out in time/space and you would re-enter space/time at the end of this energy burst. Am I in any way correct on this?

Ra: I am Ra. You are quite correct as far as your language may take you and, due to your training, more able than we to express the concept. Our only correction, if you will, would be to suggest that the 90° of which you speak are an angle which may best be understood as a portion of a tesseract.

Questioner: Thank you. Just a little point that was bothering me of no real importance.

Is there then, from the point of view of an individual who wishes to follow the service-to-others path, anything of importance other than disciplines of personality, knowledge of self, and strengthening of will?

Ra: I am Ra. This is technique. This is not the heart. Let us examine the heart of evolution.

Let us remember that we are all one. This is the great learning/teaching. In this unity lies love. This is a great learn/teaching. In this unity lies light. This is the fundamental teaching of all planes of existence in materialization. Unity, love, light, and joy; this is the heart of evolution of the spirit.

The second-ranking lessons are learn/taught in meditation and in service. At some point the mind/body/spirit complex is so smoothly activated and balanced by these central thoughts or distortions that the techniques you have mentioned become quite significant. However, the universe, its mystery unbroken, is one. Always begin and end in the Creator, not in technique.

Questioner: In the previous session you mentioned the lightbringers from the octave. Am I to understand that those who provide the light for the graduation are of an octave above the one we experience? Could you tell me more about these lightbringers, who they are, etc.?

Ra: I am Ra. This will be the last full query of this working.

This octave density of which we have spoken is both omega and alpha, the spiritual mass of the infinite universes becoming one central sun or Creator once again. Then is born a new universe, a new infinity, a new Logos which incorporates all that the Creator has experienced of Itself. In this new octave there are also those who wander. We know very little across

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the boundary of octave except that these beings come to aid our octave in its Logos completion. Is there any brief query which you have at this time?

Questioner: Only is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. This instrument has some distortion in the area of the lungs which has been well compensated for by the position of the physical complex.

All is well.

We leave you, my friends, in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ✤

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
May 24, 1981

(L channeling)

I am Hatonn, and I greet you in the love and light of the infinite Creator. My brothers, it is with great pleasure that we welcome here this night those of you who are new to these communications or have not been in communication with us for some time. It is always a pleasure to encounter again or for the first time our beloved friends. We of Hatonn are grateful for the opportunity to speak to this assembly, for it is so seldom on your planet that we are capable of reaching the minds and hearts of its inhabitants. The message we bring you is not our own, but rather a reflection of that message which springs from your own hearts, for it is merely a repetition of the knowledge within your own souls that one might refer to as having been misplaced or mislaid. Therefore, my brothers, although we are grateful for the love with which you greet us, be aware that we are not teachers or doers but rather beloved friends who would assist you, if allowed, to regain and recover the knowledge within your own beings.

It is frequent that we are called upon to express our messages, but the calling is often erratic in that those beings who summon our message often do not care for the content and draw away from us, seeking instead the pleasures of the illusion within which you all function to a greater or lesser extent. We therefore, my brothers, encourage that you seek further contact, that you may both develop your own perceptive abilities and also affect more greatly the polarity of your planetary sphere. Your actions, my brothers, affect your planetary sphere more strongly than those of the group whom we may describe as undecided, in that they have not selected yet a polarity of striving. Therefore, your own striving in meditation and service-oriented living is a further service to your planetary brothers in and of itself, as it affects their lives.

It is important that you be aware of this in that the coming events affecting your planet will tend to dismay and panic those beings of your race who are not aware of the causes or intentions behind the cataclysmic events that cast them as twigs into the maul of a maelstrom. As they seek frantically for a point of security or stability within the whirlpool of their lives, they will more and more readily perceive yourselves as steadfast and will hopefully seek to understand and emulate your own efforts toward spiritual growth. Your example, my brothers, has always been pointed out to you as the most efficient teacher, yet in the times to come this will be more and more significant, for events will occur that will tend to encourage more and more of your race to polarize in one direction or the other, thus, hopefully enabling them to achieve inclusion in the harvest.

At this time we would attempt to continue through another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I am now with this instrument. Again I greet you, my friends, in the love and light of the infinite Creator. To continue, my friends, how often have you acted and thought, on the basis of the illusion, that there is such a thing as being justified? How many times have you condemned yourself because you were not justified in your own mind? When one has not sufficiently sought to know the self, sought to know the Creator and the Creator within themselves, one is liable to accept what might be called a belief that those ethics and dogmas of your peoples have an independent propriety. How much sadness, my friends, guilt, grief and consternation has been caused because your peoples do not go within to seek for what is right for them, because the events of the days act upon them, the only measuring stick is the degree of justification in terms of ethics or religion which is accepted outwardly by your peoples.

My friends, to the best of our understanding, there is no justification. You are never justified. You cannot ever be justified, nor can you be wronged, nor can you wrong except intentionally. When you think to yourself, "Ah yes, I shall drink a toast to myself. Such and such an action was justified," step back, my friends, and see the perfection that created both yourself and whatever else seems to be in conflict with yourself. What is it, my friends, that requires that you be justified? What is it but a lack of seeking to know the truth, that in reality disharmony is not necessary, that in reality those things about you are perfect as they are, without justification.

Within your illusion, my friends, there is and there will be much that has no justification. But you, my friends, may transcend that illusion by seeking within yourself a wider perspective, a deeper realization. There will be, just as there have been in the past, times when in moments of decision there is no guideline for action; times when that which your society labels justified does not seem appropriate; times when your religious teachings, as sincerely and earnestly meant to help as they have been, do not seem appropriate; times when there is no outward source for peace and for the feeling that you as a spirit, as a soul, have done as well as you can.

The one known as Jesus said, in your holy works, "I am the way, the truth, the life. No one comes to the Father but by me." This saying, my friends, has been much misunderstood and is very central to that which we have to say. This entity known to you as Jesus often went to be by himself, to seek within himself that knowledge which is not justification, but rather the knowledge of love, and when he became one with that love he also became one with the knowledge of what creative actions he might take to be in harmony with the rhythms of his particular way of existence, his particular means of sharing that love among your peoples in what you call your life. And when this entity was in that state of love, he was one in consciousness with the Creator, with love itself. And you also, my friends, when you find that consciousness, when you find that selfhood, that "I" which is beyond justification, concerns and worries, that "I" which may move mountains, you too will be the way, for love is the way, the truth. For is not love the truth? And the life? And you will be one with the Father, for there is no road to the Father but by love.

As you move from moment to moment, we hope that you may in your day never be far from the realization of this love, never be too far from the means to find the gateway to this paradise. For never will others find justice in all that you do and never will you find justice in those things that others do. This is not the way of the illusion, but in the knowledge of love there comes a peace of the feeling that all things are love and that all things are of one Creation …

(A telephone rings.)

I am Hatonn. We are sorry for the delay, but this instrument's concentration was somewhat disturbed by her realization that she had forgotten to do some duties to make this meditation more smooth. My friends, it is this kind of thinking of which we are speaking. For a disturbance to occur may not be justified, but that it does occur is a perfect part of a creation of love. When these things occur, when you feel that you have failed, when you feel that you are not justified, step back, my friends, and know that it does not matter. Failure; success; justification. These are illusions and dreams within a dream. Know yourself, then, as one who is learning from failure, from success, from striving and from not striving, and accept all those things in yourself and in others.

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At this time we would pause that the one known as Laitos may pass among you and offer you the conditioning wave that will enable you to become somewhat more aware of our presence. Merely mentally request that we be with you, for we would not interfere with free will, but are always happy to aid in the deepening of the meditative state. We shall resume through another channel. I am Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument and I greet you once again in the love and the light of our infinite Creator. It is our privilege at this time to offer ourselves in the manner of answering questions which you may have. Are there any questions which we might attempt to answer through this instrument?

L: I have a question, Hatonn. Earlier this morning while sleeping I had a rather unusual dream. Would you care to comment on that?

I am Hatonn, and am aware of your question. We would suggest that in dreams of this nature that you consider carefully the message which you feel through your own feelings in response to the dream. Your dreams are often ways in which another part of yourself chooses to express self to you, to gain an avenue of your attention which normally is not open to it while you are in your waking state. In this general way, we are able to respond to such a question. To speak to the specific nature and content of the dream we feel would be an infringement upon your free will, but wish to say that the significance in your dream is as you perceive it.

May we answer you further, my brother?

L: No, that answers it well. Thank you.

We thank you. Is there another question which we might attempt to answer?

Carla: Could you give some sort of probability for the Mt. St. Helen and that chain of volcanic openings in the earth having problems again in the next few months? I've been having some intuitive feelings about that. And if so, would it aid if we meditated?

I am Hatonn, and we would suggest, my sister, that in instances such as the eruptions of volcanoes, the occurrence of earthquakes and other natural phenomena which might be viewed as catastrophic in nature, all these are but repercussions or reflections, you might say, of the consciousness of your peoples which has been expressed upon your planet for many centuries, for the friction which has occurred between your peoples has, in its very being, and is in its very being, a vibration of a nature which penetrates the planet on which you live. And as you approach the time which has been called the time of harvest, the energies which have been invested in your planetary sphere will be coming full circle, so to speak, and be returning, so that those who inhabit your planet at this time might experience the culmination of this cycle in every degree.

The likelihood of such occurrences to continue is very great; to state when such might occur is very difficult. For those, such as yourself, who are interested in alleviating some of the difficulties that ensue when such occurrences happen, we would suggest the healing meditation which we have mentioned in other sessions. To simply restate, we might say, that in your state of meditation you might see your planet as it is, with many fissures and openings, scars, and wounds, that there might be seen here and there darkness and ignorance, that this might be held in your vision for a few moments and then you might see your planet beginning to shine with a light emanating from various locations and continue to see the light spreading until your planet glows as a sun. In this way you will lend the healing energies of your visualization to the healing of the energies which have so long been festering within the material part of your planet.

May we answer you further, my sister?

Carla: No, thanks, Hatonn. I think I got it this time.

Again, we thank you. Is there another question which we might attempt to answer?

L: Yes. I have a question concerning healing, especially in light of your previous discussion of justification. It would seem to me that some lessons I've been receiving recently concerning healing would indicate that there are instances where it is appropriate to either heal or refrain from healing and that an individual would intuitively know when it would be appropriate, but that my previously held concept that healing impartially without perception of the results of the healing is less correct. Let's see if I can rephrase my question. Could you consider that an accurate interpretation of the lesson that has been presented to me lately? Am I perceiving it correctly?

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I am Hatonn. And we would say, my brother that, in general, you have perceived the process of healing, to the best of our understanding, in a correct manner. To further explicate, we may say that to heal without the permission of the one to be healed is not permitted, or shall we say, advisable, and we may further add that in many cases, most cases, not possible, for the one who is to be healed must not only give permission to be healed, but must also take part in the process by opening the self to the energies of a healing nature which are being prepared for that entity and which will be transmitted through the channel known as the healer.

Because each entity is part of a Oneness, each entity participates in the transfer of energy from one part of the Oneness to another. The healer, so called, is the means by which this energy is transmitted. The one to be healed must recognize that there is, within its own being, that part which is not in balance. This part must be accepted, this part must be recognized, and this part must be forgiven for its imbalance. Then, with this state of openness created within the one to be healed, then may the energy from the infinite Creator flow through the channel to the one to be healed, and then may the healing process occur.

May we answer you further, my brother?

L: Yes. There are two other areas I would like for you to address on that subject, if you will please. …

(Side one of tape ends.)

L: … First is the area of healing on second-dimensional beings, for instance, an injured animal. Second area I would ask you to address is the area of attempting to channel healing for an unconscious human being.

I am Hatonn, and we may answer you, my brother, by saying that in both cases, since conscious consent cannot be given, then the abilities of the healer must include being able to communicate with the higher self of each entity. This is especially true in the case of the second-density being, for it is not usually the case that clear communication can be achieved with those entities who do not have the, shall we say, complex of mind functioning or activated for communication, but in both cases it is necessary for the healer to communicate, preferably in the state of meditation or prayer, with the higher self of the entity to be healed and when the confirmation from the higher self is received, then may the healing process proceed.

May we answer you further, my brother?

L: No. You've clarified the areas that I needed [clarified]. Thank you.

Again, we thank you. Is there another question which we might attempt to answer?

Carla: Well, I had one but now I have two. The first one was just—I was kind of curious—it seems to me that some people have a touch with plants or animals that quiets the animal or plants grow well for that person and not for other people. And it's almost an instantaneous state of communication between them and I was wondering if perhaps this meditative state didn't have to be formal, but perhaps in some healers that are just gifted that way, could almost be communicated, almost … through the fingers—instantaneously.

I am Hatonn, and we would answer you, my sister, by saying that in some instances, rare though they be, such entities exist, that by their very presence and their very being, they heal those who are round about them who may not consciously ask to be healed, but who subconsciously, shall we say, recognize the presence of one who can heal.

May we answer you further, my sister?

Carla: Yes. The other question was considerably different. I have been watching with some passing interest the downfall of the world and really glad it's happening so slowly because otherwise I'd kind of get lost, but anyway, the news keeps being very bad and you haven't been gone for quite awhile and I was pondering why it was that the Confederation and you hadn't pow-wowed and sent you off to send love to some world leader or another because so many of them seem bloody-minded right now. And it occurred to me that it was possible that you had done, or perhaps people in the Confederation in general, had worked enough with the people on Earth that they were beginning to lose some of their polarity, because so much had been rejected, so much love had been rejected. I was wondering if this was true and if this was why you'd given up this tactic and just fallen back on talking with groups like ours.

I am Hatonn, and to this matter we would say that fortunately within the Confederation there are many

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entities, many planetary entities such as ourselves, who are able to perform the tasks which many times, as you know, we of Hatonn have been asked to perform, that being the sending of love to certain areas and leaders of your planet to lessen the intensities and reduce the likelihood of the outbreak of war or hostilities. It is unfortunate that we observe that there are no fewer intense areas upon your planet than there have been in the recent past. At the present there are many areas which present the likelihood of the outbreak of hostilities. These areas are receiving aid from other entities within the Confederation. We of Hatonn have served in this capacity many times and we anticipate, without being pessimistic, that we shall be asked once again at some point in the future to serve in this capacity.

May we answer you further, my sister?

Carla: Just to clear up the part of the query, do you lose polarity when the love is sent back to you without being used or is it just a service that you're not attached to the outcome of and therefore you don't lose any positive polarity, no matter what happens?

I am Hatonn, and your assumption is correct that we of Hatonn do not lose our polarity when we, shall we say in your terms, may fail at the attempt to send love and experience its reflection instead, but we may also say, in greater terms, that there is no such thing as failure, for in the attempt to be of service there are still many who are served, for love is not particular in whom it seeks for its resting, shall we say. And though the entities whom we have, shall we say, targeted for our love may not accept it, still the love is sent and still some part of the Creator receives.

May we answer you further, my sister?

Carla: No, thank you.

We thank you. Is there another question which we might attempt to answer?

(Pause)

I am Hatonn. Once again may we say it has been a great privilege to be able to address your group this evening. We hope that in some small way our simple message has made a spot or a place of love a bit larger in your being. We feel it is a great privilege to be asked to join you in your meditations. We of Hatonn are beings of service; to serve another part of the Creator we view as the only reason for being, for the Creator is all that there is. We leave you now in the love and the light of the infinite Creator. We are known to you as Hatonn. Adonai vasu borragus. ✤

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The Law of One, Book III, Session 53

May 25, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: I would first like to ask what is the instrument's condition and then ask two questions for her. She would like to know if she can now do one exercise period per day, and also is the pain she feels prior to doing a session due to an Orion attack?

Ra: I am Ra. The instrument's condition is as previously stated. In answer to the question of exercise, now that the intensive period is over, this instrument may, if it chooses, exercise one period rather than two. In scanning this instrument's physical complex distortions we find the current period of exercise at the limit of this instrument's strength. This is well in the long run due to a cumulative building up of the vital energies. In the short run it is wearying to this entity. Thus we suggest the entity be aware of our previous admonitions regarding other aids to appropriate bodily distortions. In answer to the second query we may say that the physical complex difficulties prior to contact with our social memory complex are due to the action of the subconscious will of the instrument. This will is extremely strong and requires the mind/body/spirit complex to reserve all available physical and vital energies for the contact. Thus the discomforts are experienced due to the dramatic distortion towards physical weakness while this energy is diverted. The entity is, it may be noted, also under psychic attack, and this intensifies pre-existing conditions and is responsible for the cramping and the dizziness as well as mind complex distortions.

Questioner: Thank you. I would like to know if *(name)* may attend one of these sessions in the very near future?

Ra: I am Ra. The mind/body/spirit complex, *(name)*, belongs with this group in the spirit and is welcome. You may request that special meditative periods be set aside until the entity sits with this working. We might suggest that a photograph of the one known as *(name)* be sent to this entity with his writing upon it indicating love and light. This held while meditating will bring the entity into peaceful harmony with each of you so that there be no extraneous waste of energy while greetings are exchanged between two entities, both of whom have a distortion towards solitude and shyness, as you would call it. The same might be done with a photograph of the entity, *(name)*, for the one known as *(name)*.

Questioner: Thank you. During my trip to Laramie certain things became apparent to me with respect to dissemination of the first book of the Law of One to those who have had experiences with UFOs and other Wanderers, and I will have to ask some questions now that I may have to include in Book One to eliminate a misunderstanding that I am perceiving as a possibility in Book One. Therefore, these questions, although for the most part transient,

are aimed at eliminating certain distortions with respect to the understanding of the material in Book One. I hope that I am using the correct approach here. You may not be able to answer some of them, but that's all right. We'll just go on to others then if you can't answer the ones I ask.

Can you tell me of the various techniques used by the service-to-others positively oriented Confederation contacts with the people of this planet, the various forms and techniques of making contact?

Ra: I am Ra. We could.

Questioner: Would you do this please?

Ra: I am Ra. The most efficient mode of contact is that which you experience at this space/time. The infringement upon free will is greatly undesired. Therefore, those entities which are Wanderers upon your plane of illusion will be the only subjects for the thought projections which make up the so-called "close encounters" and meetings between positively oriented social memory complexes and Wanderers.

Questioner: Could you give me an example of one of these meetings between a social memory complex and a Wanderer as to what the Wanderer would experience?

Ra: I am Ra. One such example of which you are familiar is that of the one known as Morris.[1] In this case the previous contact which other entities in this entity's circle of friends experienced was negatively oriented. However, you will recall that the entity, Morris, was impervious to this contact and could not see, with the physical optical apparatus, this contact.

However, the inner voice alerted the one known as Morris to go by itself to another place and there an entity with the thought-form shape and appearance of the other contact appeared and gazed at this entity, thus awakening in it the desire to seek the truth of this occurrence and of the experiences of its incarnation in general.

The feeling of being awakened or activated is the goal of this type of contact. The duration and imagery used varies depending upon the subconscious expectations of the Wanderer which is experiencing this opportunity for activation.

Questioner: In a "close encounter" by a Confederation type of craft I am assuming that this "close encounter" is with a thought-form type of craft. Have Wanderers within the past few years had "close encounters" with landed thought-form type of craft?

Ra: I am Ra. This has occurred although it is much less common than the Orion type of so-called "close encounter." We may note that in a universe of unending unity the concept of a "close encounter" is humorous, for are not all encounters of a nature of self with self? Therefore, how can any encounter be less than very, very close?

Questioner: Well, talking about this type of encounter of self to self, have any Wanderers of a positive polarization ever had a so-called "close encounter" with the Orion or negatively oriented polarization?

Ra: I am Ra. This is correct.

Questioner: Why does this occur?

Ra: I am Ra. When it occurs it is quite rare and occurs either due to the Orion entities' lack of perception of the depth of positivity to be encountered or due to the Orion entities' desire to, shall we say, attempt to remove this positivity from this plane of existence. Orion tactics normally are those which choose the simple distortions of mind which indicate less mental and spiritual complex activity.

Questioner: I have become aware of a very large variation in the contact with individuals. Could you give me general examples of the methods used by the Confederation to awaken or partially awaken the Wanderers they contact?

Ra: I am Ra. The methods used to awaken Wanderers are varied. The center of each approach is the entrance into the conscious and subconscious in such a way as to avoid causing fear and to maximize the potential for an understandable subjective experience which has meaning for the entity. Many such occur in sleep; others in the midst of many activities during the waking hours. The approach is flexible and does not necessarily include the "close encounter" syndrome as you are aware.

[1] This refers to Case #1 in *Secrets of the UFO*, by D. T. Elkins with Carla L. Rueckert, Louisville, KY, L/L Research, 1976, p. 10-11.

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Questioner: What about the physical examination syndrome. How does that relate to Wanderers and Confederation and Orion contacts?

Ra: I am Ra. The subconscious expectations of entities cause the nature and detail of thought-form experience offered by Confederation thought-form entities. Thus if a Wanderer expects a physical examination, it will perforce be experienced with as little distortion towards alarm or discomfort as is allowable by the nature of the expectations of the subconscious distortions of the Wanderer.

Questioner: Well, are those who are taken on both Confederation and Orion craft then experiencing a seeming physical examination?

Ra: I am Ra. Your query indicates incorrect thinking. The Orion group uses the physical examination as a means of terrifying the individual and causing it to feel the feelings of an advanced second-density being such as a laboratory animal. The sexual experiences of some are a sub-type of this experience. The intent is to demonstrate the control of the Orion entities over the Terran inhabitant.

The thought-form experiences are subjective and, for the most part, do not occur in this density.

Questioner: Well, we have a large spectrum of entities on Earth with respect to harvestability, both positively oriented and negatively oriented. Would the Orion group target in on the ends of this spectrum, both positively and negatively oriented, for contact with Earth entities?

Ra: I am Ra. This query is somewhat difficult to accurately answer. However, we shall attempt to do so.

The most typical approach of Orion entities is to choose what you might call the weaker-minded entity that it might suggest a greater amount of Orion philosophy to be disseminated.

Some few Orion entities are called by more highly polarized negative entities of your space/time nexus. In this case they share information just as we are now doing. However, this is a risk for the Orion entities due to the frequency with which the harvestable negative planetary entities then attempt to bid and order the Orion contact just as these entities bid planetary negative contacts. The resulting struggle for mastery, if lost, is damaging to the polarity of the Orion group.

Similarly, a mistaken Orion contact with highly polarized positive entities can wreak havoc with Orion troops unless these Crusaders are able to depolarize the entity mistakenly contacted. This occurrence is almost unheard of. Therefore, the Orion group prefers to make physical contact only with the weaker-minded entity.

Questioner: Then in general we could say that if an individual has a "close encounter" with a UFO or any other type experience that seems to be UFO-related, he must look to the heart of the encounter and the effect upon him to determine whether it was Orion or Confederation contact. Is this correct?

Ra: I am Ra. This is correct. If there is fear and doom, the contact was quite likely of a negative nature. If the result is hope, friendly feelings, and the awakening of a positive feeling of purposeful service-to-others, the marks of Confederation contact are evident.

Questioner: Thank you. I did not wish to create the wrong impression with the material that we are including in Book One. I may find it necessary to add some of this material. As I say, I know that it is transient, but I believe it is necessary for a full understanding or, shall I say, a correct approach to the material.

I'll ask a few questions here, but if you do not care to answer them we'll save them. I would like to ask, however, if you can tell me what, for the most part, the Confederation entities look like?

Ra: I am Ra. The fourth-density Confederation entity looks variously depending upon the, shall we say, derivation of its physical vehicle.

Questioner: Do some of them look just like us? Could they pass for Earth people?

Ra: I am Ra. Those of this nature are most often fifth-density.

Questioner: I assume that the same answer would apply to the Orion group. Is this correct?

Ra: I am Ra. This is correct.

Is there any other query of a brief nature we may answer?

Questioner: I apologize for asking many transient questions during this session. I felt it necessary to include some of this material so that those Wanderers and others reading the first book of THE

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LAW OF ONE would not get the wrong impression with respect to their experiences in contacts. I am sorry for any problems that I might have caused.

I will just ask if there is anything that we can do to aid the contact or to aid the instrument?

Ra: I am Ra. The instrument is well. Please guard your alignments carefully. We leave you now, my friends, in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 53, Fragment 32
May 25, 1981

Jim: We have omitted the name of the person contacted in this query in Session 53 because we still would not want to be part of reducing the polarity of those of Ra. We would, however, like to share the rest of the question and answer because it seems to us to be a good illustration of the general principles that extraterrestrials of the positive polarity utilize in their face-to-face encounters with the population of our planet.

In the spring of 1981 Don traveled by himself to Laramie, Wyoming to give a talk on the Law of One at one of Leo Sprinkle's UFO contactee conferences. The cause of his sickness during that conference and the aid of a support group are interesting points gleaned from that experience. Again, we see the desire not to abridge free will paramount in Ra's answer. The answer was possible because Don had already reached the same general conclusion in his own thinking.

The last question and answer in this section give an interesting perspective on the phenomenon of ball lightning. When Carla was a small child a ball of what looked to be lightning came in through the window, rolled around her crib and left through the same window. When Don was a young child, he had a similar experience.

Carla: *It would seem that once any seeker dedicates herself to following the path towards the Creator that has opened before her awakening gaze, odd coincidences and events mount up rapidly. The silver flecks were first noticed by Andrija Puharich, as he and Uri Geller worked together. They might be strewn around a hotel room's rug, showing up overnight. After Don and I made contact with Puharich in 1974, and began working with him from time to time, I began getting them on my face and upper body. We got glitter of all the kinds we could find and compared them. The sparkles on my face were not the shape of any of the manufactured kinds. When the contact with those of Ra began, silver flecks started showing up much more frequently. This little phenomenon ended when Donald died in 1984. However, we do continue to be blessed frequently with Ra's other form of saying hello: the hawk. We actually have a family of hawks nesting in our trees for the second year! And often, when Jim and I are discussing something, we will get a hawk sighting just when we come to a decision. It always feels great to see this sign of Love.*

Everyone will have his own set of these little signals that say "you are on the beam" or "perhaps not." As illogical as this sounds, we encourage you to note these coincidences when they begin to repeat. They are a definite form of communication with spirit energies that are benign and loving, as far as we can tell.

Our association with Leo Sprinkle is long-standing. This courageous researcher became interested in UFO phenomena when asked to participate as hypnotist in the research being done on a UFO contactee. He worked with many such contactees through the years, and eventually founded a research organization which

holds a yearly Rocky Mountain Conference for UFO contactees. It is a good support group for these witnesses to the unusual. In 1975, we spent an hilarious weekend at a UFO convention held in Fort Smith, Arkansas, working on a movie together. (The movie, The Force Beyond*, turned out so badly that Don renamed it* The Farce Beyond*) Leo was hypnotizing a UFO witness, Don and I were consultants on the script and he obtained most of the psychics and witnesses that were in the film. When Leo did the actual hypnosis, things went wrong repeatedly with equipment and so forth, and it was midnight before we sat down to eat. I asked him how he was holding up. Completely deadpan, he dropped his head on the table in front of him as though poleaxed. It was a delightful moment after a long day.*

Since Don and I began talking about these experiences with light coming to greet us, seemingly, we have heard from many others to whom this has also occurred. It is a marvelous thing to ponder. Are these the bodies we shall use to experience a higher density? They are most fair and pure.

Session 53, May 25, 1981

Questioner: First I will ask if you could tell me the affiliation of the entities who contacted. (name).

Ra: I am Ra. This query is marginal. We will make the concession towards information with some loss of polarity due to free will being abridged. We request that questions of this nature be kept to a minimum.

The entities in this and some other vividly remembered cases are those who, feeling the need to plant Confederation imagery in such a way as not to abrogate free will, use the symbols of death, resurrection, love, and peace as a means of creating, upon the thought level, the time/space illusion of a systematic train of events which give the message of love and hope. This type of contact is chosen by careful consideration of Confederation members which are contacting an entity of like home vibration, if you will. This project then goes before the Council of Saturn and, if approved, is completed. The characteristics of this type of contact include the nonpainful nature of thoughts experienced and the message content which speaks not of doom but of the new dawning age.

Questioner: It is not necessary that I include the information that you just gave in the book to accomplish my purpose. In order to save your polarity, shall we say, I can keep that as private material if you wish. Do you wish for me to keep it unpublished?

Ra: I am Ra. That which we offer you is freely given and subject only to your discretion.

Questioner: I thought you would say that. In that case can you tell me anything of the "blue book" mentioned by (name) in that case?

Ra: I am Ra. No.

Questioner: Can you tell me why (name) has so many silver flecks on her?

Ra: I am Ra. This is infringement. No.

Questioner: Thank you. Can you tell me why I got sick during Carl Rushkey's talk?

Ra: I am Ra. We scan your thoughts. They are correct and therefore we do not infringe by confirming them. The space/time of your allotted speaking was drawing near and you came under Orion attack due to the great desire of some positively oriented entities to become aware of the Law of One. This may be expected especially when you are not in a group lending strength to each other.

Questioner: Thank you. Can you comment on my and the instrument's, if she approves, so-called ball of lightening experiences as a child?

Ra: I am Ra. This will be the last query of this working.

You were being visited by your people to be wished well. ♣

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The Law of One, Book III, Session 54
May 29, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: I would like to trace the energy that I assume comes from the Logos. I will make a statement and let you correct me and expand on my concept.

From the Logos comes all frequencies of radiation of light. These frequencies of radiation make up all of the densities of experience that are created by that Logos. I am assuming that the planetary system of our sun, in all of its densities, is the total of the experience created by our sun as a Logos. Is this correct?

Ra: I am Ra. This is correct.

Questioner: I am assuming that the different frequencies are separated, as we have said, into the seven colors, and I am assuming that each of these colors may be the basic frequency for a sub-Logos of our sun Logos and that a sub-Logos or, shall we say, an individual may activate any one of these basic frequencies or colors and use the body that is generated from the activation of the frequency or color. Is this correct?

Ra: I am Ra. If we grasp your query correctly this is not correct in that the sub-sub-Logos resides, not in dimensionalities, but only in co-Creators, or mind/body/spirit complexes.

Questioner: What I meant was that a mind/body/spirit complex can then have any body activated that is one of the seven rays. Is this correct?

Ra: I am Ra. This is correct in the same sense as it is correct to state that any one may play a complex instrument which develops an euphonious harmonic vibration complex such as your piano and can play this so well that it might offer concerts to the public, as you would say. In other words, although it is true that each true color vehicle is available potentially there is skill and discipline needed in order to avail the self of the more advanced or lighter vehicles.

Questioner: I have made these statements to get to the basic question which I wish to ask. It is a difficult question to ask.

We have, coming from the sub-Logos we call our sun, intelligent energy. This intelligent energy is somehow modulated or distorted so that it ends up as a mind/body/spirit complex with certain distortions of personality which are necessary for the mind/body/spirit complex or mental portion of that complex to undistort in order to conform once more with the original intelligent energy.

First, I want to know if my statement on that is correct, and, secondly, I want to know why this is the way that it is and if there is any answer other than the first distortion of the Law of One for this?

Ra: I am Ra. This statement is substantially correct. If you will penetrate the nature of the first distortion

in its application of self knowing self, you may begin to distinguish the hallmark of an infinite Creator, variety. Were there no potentials for misunderstanding and, therefore, understanding, there would be no experience.

Questioner: OK. Once a mind/body/spirit complex becomes aware of this process it then decides that in order to have the full abilities of the Creator it is necessary to reharmonize its thinking with the Original Creative Thought in precise vibration or frequency of vibration. In order to do this it is necessary to discipline the personality so that it precisely conforms to the Original Thought, and this is broken into seven areas of discipline each corresponding to one of the colors of the spectrum. Is this correct?

Ra: I am Ra. This statement, though correct, bears great potential for being misunderstood. The precision with which each energy center matches the Original Thought lies not in the systematic placement of each energy nexus but rather in the fluid and plastic placement of the balanced blending of these energy centers in such a way that intelligent energy is able to channel itself with minimal distortion.

The mind/body/spirit complex is not a machine. It is rather what you might call a tone poem.

Questioner: Do all mind/body/spirit complexes in the entire creation have seven energy centers?

Ra: I am Ra. These energy centers are in potential in macrocosm from the beginning of creation by the Logos. Coming out of timelessness, all is prepared. This is so of the infinite creation.

Questioner: Then I will assume that the Creator in its intelligent appraisal of the ways of knowing Itself, created the concept of the seven areas of knowing. Is this correct?

Ra: I am Ra. This is partially incorrect. The Logos creates light. The nature of this light thus creates the nature of the catalytic and energetic levels of experience in the creation. Thus it is that the highest of all honor/duties, that given to those of the next octave, is the supervision of light in its manifestations during the experiential times, if you will, of your cycles.

Questioner: I will make another statement. The mind/body/spirit complex may choose, because of the first distortion, the mental configuration that is sufficiently displaced from the configuration of the intelligent energy in a particular frequency or color of in-streaming energy so as to block a portion of instreaming energy in that particular frequency or color. Is this correct?

Ra: I am Ra. Yes.

Questioner: Can you give me an idea of the maximum percentage of this energy it is possible to block in any one color?

Ra: I am Ra. There may be, in an entity's pattern of in-streaming energy, a complete blockage in any energy or color or combination of energies or colors.

Questioner: OK. Then I assume that the first distortion is the motivator or what allows this blockage. Is this correct?

Ra: I am Ra. We wish no quibbling but prefer to avoid the use of terms such as the verb, to allow. Free will does not allow, nor would predetermination disallow, experiential distortions. Rather the Law of Confusion offers a free reach for the energies of each mind/body/spirit complex. The verb, to allow, would be considered pejorative in that it suggests a polarity between right and wrong or allowed and not allowed. This may seem a minuscule point. However, to our best way of thinking it bears some weight.

Questioner: Thank you. It bears weight to my own way of thinking also. I appreciate what you have told me.

Now, I would like to then consider the origin of catalyst. First we have the condition of mind/body/spirit complex which, as a function of the first distortion, has reached a condition of blockage or partial blockage of one or more energy centers. I will assume that catalyst is necessary only if there is at least partial blockage of one energy center. Is this correct?

Ra: I am Ra. No.

Questioner: Could you tell me why?

Ra: I am Ra. While it is a primary priority to activate or unblock each energy center, it is also a primary priority at that point to begin to refine the balances between the energies so that each tone of the chord of total vibratory being-ness resonates in clarity, tune, and harmony with each other energy.

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This balancing, tuning, and harmonizing of the self is most central to the more advanced or adept mind/body/spirit complex. Each energy may be activated without the beauty that is possible through the disciplines and appreciations of personal energies or what you might call the deeper personality or soul identity.

Questioner: Let me make an analogy that I have just thought of. A seven-stringed musical instrument may be played by deflecting each string a full deflection and releasing it producing notes. instead of producing the notes this way the individual creative personality could deflect each string the proper amount in the proper sequence producing music. Is this correct?

Ra: I am Ra. This is correct. In the balanced individual the energies lie waiting for the hand of the Creator to pluck harmony.

Questioner: I would like then to trace the evolution of catalyst upon the mind/body/spirit complexes and how it comes into use and is fully used to create this tuning. I assume that the sub-Logos that formed our tiny part of the creation using the intelligence of the Logos of which it is a part, provides the base catalyst that will act upon mind/body complexes and mind/body/spirit complexes before they have reached a state of development where they can begin to program their own catalyst. Is this correct?

Ra: I am Ra. This is partially correct. The sub-Logos offers the catalyst at the lower levels of energy, the first triad; these have to do with the survival of the physical complex. The higher centers gain catalyst from the biases of the mind/body/spirit complex itself in response to all random and directed experiences.

Thus the less developed entity will perceive the catalyst about it in terms of survival of the physical complex with the distortions which are preferred. The more conscious entity being conscious of the catalytic process will begin to transform the catalyst offered by the sub-Logos into catalyst which may act upon the higher energy nexi. Thus the sub-Logos can offer only a basic skeleton, shall we say, of catalyst. The muscles and flesh having to do with the, shall we say, survival of wisdom, love, compassion, and service are brought about by the action of the mind/body/spirit complex on basic catalyst so as to create a more complex catalyst which may in turn be used to form distortions within these higher energy centers.

The more advanced the entity, the more tenuous the connection between the sub-Logos and the perceived catalyst until, finally, all catalyst is chosen, generated, and manufactured by the self, for the self.

Questioner: Which entities incarnate at this time on this planet would be in that category of manufacturing all of their catalyst?

Ra: I am Ra. We find your query indeterminate but can respond that the number of those which have mastered outer catalyst completely is quite small.

Most of those harvestable at this space/time nexus have partial control over the outer illusion and are using the outer catalyst to work upon some bias which is not yet in balance.

Questioner: In the case of service-to-self polarization, what type of catalyst would entities following this path program when they reach the level of programming their own catalyst?

Ra: I am Ra. The negatively oriented entity will program for maximal separation from and control over all those things and conscious entities which it perceives as being other than the self.

Questioner: A positively oriented entity may select a certain narrow path of thinking and activities during an incarnation and program conditions that would create physical pain if this were not followed. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Would a negatively oriented entity do anything like this? Could you give me an example?

Ra: I am Ra. A negatively oriented individual mind/body/spirit complex will ordinarily program for wealth, ease of existence, and the utmost opportunity for power. Thus many negative entities burst with the physical complex distortion you call health.

However, a negatively oriented entity may choose a painful condition in order to improve the distortion toward the so-called negative emotive mentations such as anger, hatred, and frustration. Such an entity may use an entire incarnative experience honing a blunt edge of hatred or anger so that it may polarize more towards the negative or separated pole.

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Questioner: Prior to incarnation, as an entity becomes more aware of the process of evolution and has selected a path whether it be positive or negative, at some point the entity becomes aware of what it wants to do with respect to unblocking and balancing its energy centers. At that point it is able to program for the life experience those catalytic experiences that will aid it in its process of unblocking and balancing. Is that correct?

Ra: I am Ra. That is correct.

Questioner: The purpose then, of what we call the incarnate physical state, seems to be wholly or almost wholly that of experiencing the programmed catalyst and then evolving as a function of that catalyst. Is that correct?

Ra: I am Ra. We shall restate for clarity the purpose of incarnative existence is evolution of mind, body, and spirit. In order to do this it is not strictly necessary to have catalyst. However, without catalyst the desire to evolve and the faith in the process do not normally manifest and thus evolution occurs not. Therefore, catalyst is programmed and the program is designed for the mind/body/spirit complex for its unique requirements. Thus it is desirable that a mind/body/spirit complex be aware of and hearken to the voice of its experiential catalyst, gleaning from it that which it incarnated to glean.

Questioner: Then it seems that those upon the positive path as opposed to those on the negative path would have precisely the reciprocal objective in the first three rays; red, orange, and yellow. Each path would be attempting to utilize the rays in precisely the opposite manners. Is this correct?

Ra: I am Ra. It is partially and even substantially correct. There is an energy in each of the centers needed to keep the mind/body/spirit complex, which is the vehicle for experience, in correct conformation and composition. Both negative and positive entities do well to reserve this small portion of each center for the maintenance of the integrity of the mind/body/spirit complex. After this point, however, it is correct that the negative will use the three lower centers for separation from and control over others by sexual means, by personal assertion, and by action in your societies.

Contrary-wise, the positively oriented entity will be transmuting strong red-ray sexual energy into green-ray energy transfers and radiation in blue and indigo and will be similarly transmuting selfhood and place in society into energy transfer situations in which the entity may merge with and serve others and then, finally, radiate unto others without expecting any transfer in return.

Questioner: Can you describe the energy that enters these energy centers? Can you describe its path from its origin, its form, and its effect? I don't know if this is possible.

Ra: I am Ra. This is partially possible.

Questioner: Would you please do that?

Ra: The origin of all energy is the action of free will upon love. The nature of all energy is light. The means of its ingress into the mind/body/spirit complex is duple.

Firstly, there is the inner light which is Polaris of the self, the guiding star. This is the birthright and true nature of all entities. This energy dwells within.

The second point of ingress is the polar opposite of the North Star, shall we say, and may be seen, if you wish to use the physical body as an analog for the magnetic field, as coming through the feet from the earth and through the lower point of the spine. This point of ingress of the universal light energy is undifferentiated until it begins its filtering process through the energy centers. The requirements of each center and the efficiency with which the individual has learned to tap into the inner light determine the nature of the use made by the entity of these in-streamings.

Questioner: Does experiential catalyst follow the same path? This may be a dumb question.

Ra: I am Ra. This is not a pointless question, for catalyst and the requirements or distortions of the energy centers are two concepts linked as tightly as two strands of rope.

Questioner: You mentioned in an earlier session that the experiential catalyst was first experienced by the south pole and appraised with respect to its survival value. That's why I asked the question. Would you expand on this concept?

Ra: I am Ra. We have addressed the filtering process by which in-coming energies are pulled upwards according to the distortions of each energy center and the strength of will or desire emanating from the

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awareness of inner light. If we may be more specific, please query with specificity.

Questioner: I'll make this statement which may be somewhat distorted and then let you correct it. We have, coming through the feet and base of the spine, the total energy that the mind/body/spirit complex will receive in the way of what we call light. Each energy center then filters out and uses a portion of this energy, red through violet. Is this correct?

Ra: I am Ra. This is largely correct. The exceptions are as follows: The energy ingress ends with indigo. The violet ray is a thermometer or indicator of the whole.

Questioner: As this energy is absorbed by the energy centers at some point it is not only absorbed into the being but radiates through the energy center outwardly. I believe this begins at the blue center and also occurs in the indigo and violet? Is this correct?

Ra: I am Ra. Firstly, we would state that we had not finished answering the previous query and may thus answer both in part by stating that in the fully activated entity, only that small portion of in-streaming light needed to tune the energy center is used, the great remainder being free to be channeled and attracted upwards.

To answer your second question more fully we may say that it is correct that radiation without the necessity of response begins with blue ray although the green ray, being the great transitional ray, must be given all careful consideration, for until transfer of energy of all types has been experienced and mastered to a great extent, there will be blockages in the blue and indigo radiations.

Again, the violet emanation is, in this context, a resource from which, through indigo, intelligent infinity may be contacted. The radiation thereof will not be violet ray but rather green, blue, or indigo depending upon the nature of the type of intelligence which infinity has brought through into discernible energy.

The green ray type of radiation in this case is the healing, the blue ray the communication and inspiration, the indigo that energy of the adept which has its place in faith.

Questioner: What if a mind/body/spirit complex feels a feeling in meditation at the indigo center, what is he feeling?

Ra: I am Ra. This will be the last full query of this working.

One who feels this activation is one experiencing in-streamings at that energy center to be used either for the unblocking of this center, for its tuning to match the harmonics of its other energy centers, or to activate the gateway to intelligent infinity.

We cannot be specific for each of these three workings is experienced by the entity which feels this physical complex distortion.

Is there a brief query before we leave this instrument?

Questioner: I just would ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. Please be aware of the need for the support of the instrument's neck. All is well. I leave you, my friends, in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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Sunday Meditation
May 31, 1981

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and the light of the infinite Creator. It is a very great privilege to speak with you this evening and we especially wish to greet the one known as B. We have not had the pleasure of sitting with him in this group for some of your time and it is an honor that we cherish, although, of course, we are always with each of you if you call upon us and we have indeed been with the one known as B.

My friends, we would speak to you in parables. Once there was a young man. This young man roamed the highways. He was homeless and carried that little which he had upon his back and in his arms. This young man was consumed with the knowledge of his imperfection. From time to time when he was not hungry and not sleepy, he would take the guitar from his pack and play it in what little way he could and attempt to distract himself, for he was a most troubled young man. When he looked upon himself, he saw nothing but error, mistakes, imperfections and faults. With his ears he could hear much beauty, for bird call and the rustle of the wind are the friends of those who live by the road. With his eyes he witnessed an unending panorama of the creation of the Father. His skin was touched with sun and welcomed rain from the heat. And the flowers greeted his nose with that beauty that is so careless that it gives itself regardless of the witnesses it may have.

One day, my friends, this young man caught a ride upon one of your freight trains and found that he was not alone but rather was joined by another young man much like himself. This man, however, dirty and ragged and poor though he was, was radiant. A light shone from his eyes. "My friend," he said. "What is wrong with you? Are you hungry? May I help you?"

"No," the young man replied. "It is hopeless. I cannot help myself, for I have done many things of which I am ashamed."

"What are they?" queried the other. "Have you raped? Have you killed? Have you stolen?"

"Oh no," said the young man, startled. "But I have lied and I have run, and I have hidden and I am not clean and there is no hope of my overcoming these faults in character."

"Is that right?" said the other. "Now let us examine this." He made a gesture. "Sit up my friend. You were made in the image of the Creator. Where is the fault in that?"

"Why, no fault!" replied the young man. "But you do not understand."

The other made another gesture. "Now see here. Has your Father not told you to be perfect?"

"Yes!" cried the young man in anguish. "That is what I cannot be."

"Ha!" said the other. "How foolish. To think that the Creator would ask you to be perfect, unless He thought you could be." The radiant eyes seemed to burn into the young man's very soul.

"Touch the places within yourself that you feel are at fault and know that the Creator is waiting confidently for you to be perfect."

With a shudder the young man closed his eyes and prayed. Finally, he spoke. "Whoever you are, I cannot find the truth that you give me, for I have touched my iniquities, my harsh words, my ill feelings, my half truths. I can find no health in them, much less perfection."

"Aha!" said the other, radiant one. "But you have touched them. You know them. Now let us proceed into the importance of the matter. Open your eyes, my friend. Do you not love me?"

The young man opened his eyes, quite startled. "Yes, of course I do." The radiant one smiled. "There, you see?" said he. "Is that not perfection? Continue, then, to love."

I am Hatonn.

After a brief pause, we will transfer this contact.

(Jim channeling)

I am Hatonn, and I greet you once again in the love and light of our infinite Creator. We have been attempting to contact the one known as Don but find that our vibration is not in harmony with the vibration which the one known as Don is using, shall we may, as his tuning this evening. We shall proceed through this instrument. We would, at this time, offer ourselves in the role of answering or attempting to answer, should we say, any questions that you might have to ask. Are there any questions at this time?

Carla: I have a question from S. She wanted to know if the inner feelings which she had about her true personality and its magical working in this life were accurate and if you had any comments on her feelings.

I am Hatonn, and am aware of the question from the one known as S. We might answer by saying that the feelings which the one known as S has expressed within its being are those feelings which come from the depth of being that is her source and her knowing. These feelings, we might say, are of a nature which can only be confirmed from within her own being, for it is within her that they arise. We of Hatonn can only go so far, shall we say, in expressing our feelings about her own, for as you know, the concept of free will prohibits us from being too specific. We would assure the one known as S that those feelings which have made an impression upon her are from the heart of her being and always we would advise each entity to follow the feelings that come from the heart, for the lesson of your plane of existence is to follow the ways of the heart, to know from the depth of your being that love is your source and love is your path in whatever way you choose to manifest love.

May we answer you further, my sister?

Carla: No. I thank you for S.

[I am Hatonn.] And of course we are thankful for the opportunity of being of this service. May we ask if there is another question which we might attempt to answer?

C: Yes. In the parable, the young man expressed love for the radiant one. But at the same time he seemed so negative and unloving of himself. Can you truly love others without a love for the self?

I am Hatonn, and would answer you, my brother, by saying that the answer is not simple, for of course it is true that one cannot truly love another until the self knows love for itself, but we must also say in this case, did not the young man love a portion of himself when he expressed love for the radiant one? What is the self, if it is not all that is?

May we answer you further, my brother?

C: I'm not sure. I don't see his acceptance of himself. Is the loving of another … I'm not sure how I want to word this … Is an ability to love another a first step toward an acceptance of loving and loving of oneself? Or is it necessary to learn to love oneself as one is before we can love another?

I am Hatonn and we would answer you by saying that the process of loving the self may begin at any point, for all is one. And when an entity can truly love any other entity or any other idea that seems to be other than self, then the entity has made a start in

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loving the self which will, shall we say, become as a chain of reactions, each feeding the other—the love of the self for the other for the self for the other for the self, and so on until the channel of love is open within the entity and flows freely, the waters of love touching all.

May we answer you further, my brother?

C: No, thank you very much.

We thank you. Is there another question which we might attempt to answer?

C: Yes, I think I have one more question. I have interaction with people at work and one [in] particular seems [to have] a very negative opinion of himself—seemingly very loving and giving toward others and we talked not long ago about love. And he was expressing disappointment and even resentment because in his mind he never seemed to receive love in kind for what he'd given and to me—I expressed that I thought love was not a thing that is bartered with, but given freely without thought of compensation. Was this a wise thing to say to someone in such a situation?

I am Hatonn. To answer, my brother, we would say that such a response or any response given with love and concern for the other is a response which is of great value. For it is a response truly exhibiting the ideals of love, for as you have said yourself, love can only be given freely. Many, though, while learning this lesson, attempt what we might call the lesser lessons of loving and that is what might be described as the bartering: giving what is perceived as love in hopes of receiving that which will be perceived as love. When this process has run its course, finally the entity will discover that love is free, and that when one gives freely, one receives freely, for all indeed is part of a oneness and many are the attempts of such as your friend, before this lesson is realized.

May we answer you further, my brother?

C: No, but I do have a request—for you to be with me in my further dealings with my friends.

I am Hatonn. As always, we are honored to be with each of you whenever it is asked of us, for freely do we wish to serve the one infinite Creator that resides within all beings. And we are honored and privileged to be invited by any of your group or any of your people, to be of whatever service we can be. Rest assured, my brother, we shall be with you.

C: Thank you.

We thank you. Is there another question which we might attempt to answer?

C: Yes. I have one more. It's in regard to meditation last week. And I have a question to ask on the subject of healing, and it was that for one to heal another, that the one to be healed must really want to be healed and aid the other. How does that affect the case where as we at the end of these meditations send light to people of the planet. Where they—you don't actually tell them that we are sending them light, but we send it. Does that not help even though they're not consciously asking for the help that we seek to give?

I am Hatonn, and we would answer by saying that when you send your love, your light, and your healing energies at the end of your meditations, those to whom you send these energies must ask on some level of their being, whether it be conscious or unconscious, that they be healed in order to receive the healing energy. Otherwise, the healing aspects of your sendings will be reflected and will not be received, for it is, what might be said, a law of the universe that only those energies which are sought may be found. But we may also say that the love and the light which you send may serve its purpose and find its mark within those entities whom you seek to heal and will aid them in a general uplifting of their being and will aid them in their receptivity, though not directly aid them in the healing.

May we answer you further, my brother?

C: No, thank you.

Again, we thank you. Is there another question which we might attempt to answer?

(Pause)

I am Hatonn. We are most honored to have been able to join you this evening. Before we leave this group, we would pause for a moment so that the one known as Laitos may pass among those in this group and aid any who ask for assistance [in] meditation, in their meditation. We will pause now for a moment. I am Hatonn.

(Pause)

I am Hatonn. We have been very pleased to be able to join you this evening and to take part in your meditation. It is always a great honor to be with you.

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We hope we shall have this opportunity many times in what you call your future and we hope that each of you will know that as you go your own individual ways in your daily life that we are always with you, that at any time should you need our assistance, we would be most honored to join you in whatever effort you are engaged and to lend our love and light to that effort so that it might result in a learning of love of the Creator. It is always present and available for your use. We are known to you as Hatonn, and we leave you in the love and the light of the infinite Creator. Adonai vasu borragus. ♣

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The Law of One, Book III, Session 55

June 5, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. I communicate now.

Questioner: I would first like to ask as to the condition of the instrument, please?

Ra: I am Ra. This instrument is experiencing physical distortions toward weakness of the bodily complex occurring due to psychic attack. This instrument's vital energies have not been affected, however, due to the aid of those present in healing work. This instrument will apparently be subject to such weakness distortions due to incarnative processes which predispose the body complex towards weakness distortions.

Questioner: Is there any specific thing that we can do that you have already told us or otherwise to alleviate this psychic attack or to help the instrument the most?

Ra: I am Ra. We scan this instrument and find its distortion towards appreciation of each entity and each entity's caring, as you may call it. This atmosphere, shall we say, offers the greatest contrast to the discomfort of such psychic attacks, being the reciprocal, that is, the atmosphere of psychic support.

This each of you do as a subconscious function of true attitudinal, mental, emotional, and spiritual distortions towards this instrument. There is no magic greater than honest distortion toward love.

Questioner: Thank you. I want to ask a couple questions about previous material that I didn't understand. I am hoping that this will clear up my understanding somewhat with respect to the mental configurations with which we have been dealing.

In the session before last you stated, "However, this is a risk for the Orion entities due to the frequency with which the harvestable negative planetary entities attempt to bid and order the Orion contact just as these entities bid planetary negative contacts." Can you explain the mechanisms that affect polarization in consciousness with respect to this statement?

Ra. I am Ra. The negative polarization is greatly aided by the subjugation or enslavement of other-selves. The potential between two negatively polarized entities is such that the entity which enslaves the other or bids the other gains in negative polarity.

The entity so bidden or enslaved, in serving an other-self, will necessarily lose negative polarity although it will gain in desire for further negative polarization. This desire will then tend to create opportunities to regain negative polarity.

Questioner: Am I to understand then that just the fact that the third-density entity calls or bids an Orion Crusader is a polarizing type of action that affects both entities?

Ra: I am Ra. This is incorrect. The calling mechanism is not congruent in the slightest degree with the bidding mechanism. In the calling, the entity which calls is a suppliant neophyte asking for aid in negative understanding, if you may excuse this misnomer. The Orion response increases its negative polarity as it is disseminating the negative philosophy, thereby enslaving or bidding the entity calling.

There are instances, however, when the contact becomes contest which is prototypical of negativity. In this contest, the caller will attempt, not to ask for aid, but to demand results. Since the third-density negatively oriented harvestable entity has at its disposal an incarnative experiential nexus and since Orion Crusaders are, in a great extent, bound by the first distortion in order to progress, the Orion entity is vulnerable to such bidding if properly done. In this case, the third-density entity becomes master and the Orion Crusader becomes entrapped and can be bid. This is rare. However, when it has occurred, the Orion entity or social memory complex involved has experienced loss of negative polarity in proportion to the strength of the bidding third-density entity.

Questioner: You mentioned that this will work when the bidding is properly done. What did you mean by "when the bidding is properly done"?

Ra: I am Ra. To properly bid is to be properly negative. The percentage of thought and behavior involving service to self must approach 99% in order for a third-density negative entity to be properly configured for such a contest of bidding.

Questioner: What method of communication with the Orion entity would a bidder of this type use?

Ra: I am Ra. The two most usual types of bidding are: One, the use of perversions of sexual magic; two, the use of perversions of ritual magic. In each case the key to success is the purity of the will of the bidder. The concentration upon victory over the servant must be nearly perfect.

Questioner: Can you tell me, in the polarizations in consciousness, if there is any analogy with respect to what you just said in this type of contact with respect to what we are doing right now in communicating with Ra?

Ra: I am Ra. There is no relationship between this type of contact and the bidding process. This contact may be characterized as one typical of the Brothers and Sisters of Sorrow wherein those receiving the contact have attempted to prepare for such contact by sacrificing extraneous, self-oriented distortions in order to be of service.

The Ra social memory complex offers itself also as a function of its desire to serve. Both the caller and the contact are filled with gratitude at the opportunity of serving others.

We may note that this in no way presupposes that either the callers or those of our group in any way approach a perfection or purity such as was described in the bidding process. The calling group may have many distortions and the working with much catalyst, as may those of Ra. The overriding desire to serve others, bonded with the unique harmonics of this group's vibratory complexes, gives us the opportunity to serve as one channel for the one infinite Creator.

Things come not to those positively oriented but through such beings.

Questioner: Thank you. You have stated in an earlier session that "until transfers of energy of all types have been experienced and mastered to a great extent, there will be blockages in the blue and in the indigo radiations." Could you explain that more fully?

Ra: I am Ra. At this space/time we have not covered the appropriate intermediate material. Please requestion at a more appropriate space/time nexus.

Questioner: I'm sort of hunting around here for an entry into some information. I may not be looking in a productive area.

You had stated that "as we *(Ra)* had been aided by shapes such as the pyramid, so we could aid your people." These shapes have been mentioned many, many times and you have also stated that the shapes themselves aren't of too much consequence. I see a relation between these shapes and the energies that we have been studying with respect to the body, and I would like to ask a few questions on the pyramids to see if we might get an entry into some of this understanding.

You stated, "You will find the intersection of the triangle which is at the first level on each of the four sides forms a diamond in a plane which is

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horizontal." Can you tell me what you meant by the word, intersection?

Ra: I am Ra. Your mathematics and arithmetic have a paucity of configurative descriptions which we might use. Without intending to be obscure, we may note that the purpose of the shapes is to work with time/space portions of the mind/body/spirit complex. Therefore, the intersection is both space/time and time/space oriented and thus is expressed in three dimensional geometry by two intersections which, when projected in both time/space and space/time, form one point.

Questioner: I have calculated this point to be one-sixth of the height of the triangle that forms the side of the pyramid. Is this correct?

Ra: I am Ra. Your calculations are substantially correct and we are pleased at your perspicacity.

Questioner: This would indicate to me that in the Great Pyramid at Giza, the Queen's Chamber, as it is called, would be the chamber used for initiation. Is this correct?

Ra: I am Ra. Again, you penetrate the outer teaching.

The Queen's Chamber would not be appropriate or useful for healing work as that work involves the use of energy in a more synergic configuration rather than the configuration of the centered being.

Questioner: Then would the healing work be done in the King's Chamber?

Ra: I am Ra. This is correct. We may note that such terminology is not our own.

Questioner: Yes, I understand that. It is just that it is the common naming of the two chambers of the Great Pyramid. I don't know whether this line of questioning is going to take me to a better understanding of the energies, but until I have explored the concepts there is nothing much that I can do but to ask a few questions.

There is a chamber below the bottom level of the pyramid, down below ground, that appears to be roughly in line with the King's Chamber. What is that chamber?

Ra: I am Ra. We may say that there is information to be gained from this line of querying. The chamber you request to be informed about is a resonating chamber. The bottom of such a structure, in order to cause the appropriate distortions for healing catalyst, shall be open.

Questioner: The book, *The Life Force Of The Great Pyramid*, has related the ankh shape with a resonance in the pyramid. Is this a correct analysis?

Ra: I am Ra. We have scanned your mind and find the phrase "working with crayons." This would be applicable. There is only one significance to these shapes such as the crux ansata; that is the placing in coded form of mathematical relationships.

Questioner: Is the 76° and 18' angle at the apex of the pyramid a critical angle?

Ra: I am Ra. For the healing work intended, this angle is appropriate.

Questioner: Why does the King's Chamber have the various small chambers above it?

Ra: I am Ra. This will be the last full query of this working.

We must address this query more generally in order to explicate your specific question. The positioning of the entity to be healed is such that the life energies, if you will, are in a position to be briefly interrupted or intersected by light. This light then may, by the catalyst of the healer with the crystal, manipulate the aural forces, as you may call the various energy centers, in such a way that if the entity to be healed wills it so, corrections may take place. Then the entity is reprotected by its own, now less distorted, energy field and is able to go its way.

The process by which this is done involves bringing the entity to be healed to an equilibrium. This involves temperature, barometric pressure, and the electrical charged atmosphere. The first two requirements are controlled by the system of chimneys.

Questioner: Does this healing work by affecting the energy centers in such a way that they are unblocked so as to perfect the seven bodies that they generate and, therefore, bring the entity to be healed into proper balance?

Ra: I am Ra. This entity tires. We must answer in brief and state simply that the distorted configuration of the energy centers is intended to be temporarily interrupted and the opportunity is then presented to the one to be healed to grasp the baton, to take the balanced route and to walk thence with

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the distortions towards disease of mind, body, and spirit greatly lessened.

The catalytic effect of the charged atmosphere and the crystal directed by the healer must be taken into consideration as integral portions of this process, for the bringing back of the entity to a configuration of conscious awareness would not be accomplished after the reorganization possibilities are offered without the healer's presence and directed will. Are there any brief queries before we leave this instrument?

Questioner: Only is there anything that we can do to make the instrument more comfortable or to improve this contact?

Ra: I am Ra. All is well. You are conscientious. I now leave this working. I am Ra. I leave you, my friends, in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ✤

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Sunday Meditation
June 7, 1981

(L channeling)

[I am Hatonn.] … brothers, in the love and light of the infinite Creator. It is with great pleasure that we of Hatonn are able once again to communicate with this group. We are especially pleased to greet those from whom we have been separated, so to speak, for such a long time. It is always our pleasure to renew contact with those who have for some time followed other paths.

Tonight we would like to tell you a small story concerning one of our brethren who was, a long time ago and in a distant place, a seeker. He felt as though his efforts were not sufficient, yet was unable to arrive at a decision or realization of the next step upon his path of awareness. It seemed to him that the more often he tried to establish a foothold upon his next slope of climb, so to speak, the more often his outstretched foot would simply pass through his illusive goal and land him once again upon the all too solid earth upon which he trod.

He began to despair ever being able to develop further. It seemed that all of his efforts were futile and he became despondent, not realizing that the source of growth is not solely in trying. In his depression he decided to give up and attempt to retrace his steps of growth so that he could once again become the person he once was, a simple, half-conscious being, lost among a crowd of other half-conscious beings. In this, however, he was unsuccessful, for the way of the lonely one is not the path of the blind.

Finally he could stand it no longer and painfully, arduously he again retraced his path of growth, feeling that to be alone and trying was better than the company of the blind. When he arrived at his metaphysical destination, he found his path no longer blocked. He was able to continue and to once again initiate a spiritual ascent.

My brothers, there are times in your lives, in our lives, when the path appears to be blocked, when the harder one tries the less one seems to accomplish. It is necessary, my brothers, to realize that one does not grow by attempting to force change, rather one must wait until the flow of the universe guides one into his proper path. There are many experiences that are necessary upon the plane you now occupy, before you are ready and able to ascend to the next plane. Therefore, my brothers, do not be hasty. Welcome and cherish the experiences before you, for it is on this plane that you will establish the necessary growth to attain the next and it is each of you, my brothers, who is and was and will be that striving being that we have described in our little tale.

At this time we would like to exercise another channel. Therefore, we shall continue to another. I am Hatonn.

(H channeling)

I am Hatonn. Greeting once again, my friends. It is a pleasure to speak through this instrument as it has been quite a spell of time. We of the Confederation of Planets in Service to the Infinite Creator, have come to your planet and we have communicated with many of your peoples. Many have heard our words, many have shared this experience. Many have come and listened and gone away with the feeling that what they have heard is of value. But, my friends, the value is not what you hear, it is in what you do with that which you have received. We could speak to you and reveal to you a great deal of knowledge, but unless you have the initiative to employ that knowledge into your everyday actions, then our mission has been of no use.

Within this group we have seen a great deal of growth and we have seen many setbacks come upon the people with whom you associate, and for the most part we smile upon this group of people, for they have overcome the difficulties and they have maintained spiritual goals. Though it may not be evident at all times, the people with whom you associate is a very special group to us. We are aware of the difficulty upon your planet of continued associations, one with the other, due to your needs and your desires. We believe what has come about in this day is only another step in the growth of all concerned, and we are pleased.

I shall now transfer this communication to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and am now with this instrument. At this time we would pause and with our brother, Laitos, move about this group so that each of you who request it may experience a deepening of our contact. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn, and again I greet you in love and light. It is a privilege at this time to open the meeting to questions.

L: Hatonn, do you have any information concerning E and why we have not heard from him?

I am Hatonn. My brother, as you probably know, this type of query is not the type which we may answer due to infringement upon free will. We would, however, use this opportunity to speak to you of the place which those dear to you may have in your existence. It is apparently difficult not to be concerned about the disposition of a brother about whom you have no information. Nevertheless, it is well to remember that each entity is infinitely present and that there is no end to the perfect condition of the one known as E.

In this particular case we believe that your phrase is, "All is well," however, were this loved one to vanish from your ken, yet still would your brother be in the creation of the Father. It is well to take comfort in this perspective, for there is an inevitable rise and fall to the physical illusion of any one entity and many are the times in your incarnation that all will not be well with a loved one, yet you must remember that all is indeed perfect. It is the illusion that may fail, as illusions always do.

Is there another question, my friend?

L: No, thank you.

S: I have a question. I had a dream that I related to Don and Carla by mail and I was wondering if you could, since it was a lengthy dream, if you know of the dream that I am talking about and if my interpretation of it was correct, because it involved several people in it.

I am Hatonn. My sister, our ability to answer you is limited due to the level upon which you dreamed. We may confirm the substantial interpretation of this dream and suggest to you that the level upon which you dreamed was one wherein those forgotten abilities prior to incarnation, those alliances and shared ideals, were brought into realization in the dream state.

May we answer you further, my sister?

S: No, just to get it straight, then, that it was more of a symbolic exercise of power and unity than an actual event on another plane.

I am Hatonn. That which occurred in what seemed to be dreaming consciousness was occurring in another time and another dimension in actuality and was not of the nature of contest, so much as the nature of unity, the love and wisdom of the group being shared or given in such a way as to unify all darkness into light. The level of this work is such that we are not able to speak well about it, as we ourselves are attempting to study such matters. This

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was a dream state which was not, as you might say, ordinary.

May we answer you further, my sister?

S: Just as a curiosity, if for some reason I had not done the right thing, would there have been any harm to me in this plane?

I am Hatonn. We are not able to speak to this, for we would infringe upon free will. However, we may suggest consideration of our story told earlier. There would have been the retracing of steps.

Is there another question at this time, my friend?

S: No. Thank you very much.

May we answer another question?

L: Hatonn, I've noticed that it seems more and more frequently the answers to questions placed before you are refusals to answer, based upon free will, and I consider this … I surmise that this is a condition based upon the type of questions being asked, rather than any change in your restrictions. Therefore, it would seem to me that there is possibly a level of learning that one can attain to contact with you and then one must go, in some manner, beyond that contact. I'm reluctant to abandon good counsel, yet I suppose my question is, is there a point reached in contact with the Confederation where one has a requirement to move on, so to speak, to grow further?

I am Hatonn. We cannot say, my brother, what requirement there shall be for an individual entity, for each has his own path, and one path may require such a separation from a source in order to find another.

The reason for a seeming frequency of, shall we say, half answers in this particular group at this particular time, is, as you surmise, that this group has attained a certain level of discrimination and has begun asking questions which it is not the purpose of our group, or any positively-oriented spiritual counsel to answer, for we cannot smell flowers for you; we cannot feel the air for you; we cannot inform your senses nor can we offer you predigested enlightenment or assurances of a specific nature, without losing our ability to speak clearly upon matters that we consider of importance.

The questions that we may answer in any degree of detail to any length and at any cost are questions of love, of light, of the Creator. This is the message we have come to share. Questions of a personal nature are examined by us for information which will aid in the spiritual journey and give to you whatever gifts we may, whatever understanding we have, that may aid you. We do not wish to stunt your growth by telling you, only to spur your growth by inspiring you.

Thus, when questions of a specific nature are asked and we cannot find a spiritual bone to chew, shall we say, we do not speak. There are many entities in the Confederation of Planets and there is virtually no end to the information to be gained. However, we of the Confederation, being oriented solely towards the desire to serve you, would far rather that you sought elsewhere if we cannot serve you. If your need for information is specific, dogmatic or even trivial, we urge any to move onward and seek out that which is literal, that which is theological, that which is prophetic.

May we answer you further, my brother?

L: Only a clarification. The problem is not so much the questions, as the direction of the question—that I'm basically asking questions that are in an area you're not allowed to answer, rather than reaching the limits of your answering ability. Is that correct?

I am Hatonn. It is both incorrect and correct. It is incorrect in that there are limits to our own understanding and as your understanding improves, you will draw those to you who will be able to speak specifically to your needs for philosophy. However, the substance of your assumption is quite correct. We must examine each question for the thrust of the question, for to interfere in any way with the freedom of your own thought processes, to give you information that can be proven in any way, to make for you a case that we exist, that we are right, that we can be proven, is completely against the Law of Free Will which guarantees that each entity has the complete and total right to choose subjectively for himself the path which he may walk. If you seek love, seek it then because we have perhaps inspired or given you pause for thought, not because something which we have said has proven miraculously to be true, or has seemed to be good advice on a particular matter.

Have we explained the Law of Free Will sufficiently for you, my brother?

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L: Yes, and I thank you. I have one other question on a different subject that I would like to offer. I am, from past experiences, past meditations, of the impression that you are capable of reading minds but that there are limitations to your capability. Is this correct and would you be willing to discuss the matter in some detail so that I can gain a better understanding of communication with you in this fashion?

I am Hatonn. We are capable of sharing your thoughts. Those who do not think are not capable of sharing their thoughts with us. We are capable, then, only of sharing the feelings with many of your peoples. The sharing of which we are capable is largely upon this level. The well-developed intellect with clear-cut thought patterns is not altogether common among your peoples. This is our greatest limitation.

May we answer you further?

L: Yes. Beings who have clear-cut thought patterns—there are those thoughts which you might refer to as private and others which might be referred to as directed toward you. Is my assumption correct that you are capable of perceiving both but, perhaps out of good manners, ignore the former?

I am Hatonn. …

(Side one of tape ends.)

(Carla channeling)

… one other person at a party, we only hear our own names. Much conversation may go on about us, but it does not concern us. The concept of good manners exists among your peoples where there is also a concept of the ill-mannered behavior. Within our society such a concept does not exist since all thoughts are open to all, yet we take only that which is sent to us. It would not occur to us to scan all minds at all times, for the energy needed would be quite large and it would not be interesting to know a great deal about so many. Thus, when you call us we hear. This you may rely upon. When you do not call us, and most of your peoples do not call us a great portion of the time, we do not hear, for we cannot be of service.

May we answer you further?

L: Yes, one last question. The description you've given of your own ability to listen and respond is comparable to that of other members of the Confederation who contact us. Is this correct?

I am Hatonn. This is correct.

L: Thank you.

We thank you, my brother. Is there another question before we leave this instrument?

(Pause)

I am Hatonn. It has been a pleasure to speak through this instrument and each instrument this evening. We would, if we may, close through another instrument at this time. I am Hatonn.

(Don channeling)

I am Hatonn. It's been a very great privilege to be with this group this evening. We are always aware of any call for our service, for this, my friends, is what we do. We serve those who call, for in giving this service, we serve ourselves. Each service which any entity performs, no matter to whom, how small or how large it may be, that service is simply to himself, for all of us are one being, all of us are growing in the very same way. As we serve you through contacts such as this one, we grow in awareness just as you grow in awareness. That growth, my friends, is the growth of one being. That growth is the experience of the one infinite Creator. Rejoice in the knowledge that you are a part of this great experiment—the experiment which you call the creation, the universe, the Creator.

I leave you now in the love and the light that is your love and your light, the love and the light of the infinite Creator. Adonai vasu borragus. ♣

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The Law of One, Book III, Session 56

June 8, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Would you first please give me an indication of the instrument's condition?

Ra: I am Ra. This instrument is severely distorted towards weakness of the mental and physical complexes at this time and is under psychic attack due to this opportunity.

Questioner: Would it be better to discontinue the contact at this time?

Ra: I am Ra. This is entirely at your discretion. This instrument has some energy transferred which is available. However, it is not great due to the effects as previously stated.

We, if you desire to question us further at this working, will as always attempt to safeguard this instrument. We feel that you are aware of the parameters without further elaboration.

Questioner: In that case, I will ask how does the pyramid shape work?

Ra: I am Ra. We are assuming that you wish to know the principle of the shapes, angles, and intersections of the pyramid at what you call Giza.

In reality, the pyramid shape does no work. It does not work. It is an arrangement for the centralization as well as the diffraction of the spiraling upward light energy as it is being used by the mind/body/spirit complex.

The spiraling nature of light is such that the magnetic fields of an individual are affected by spiraling energy. Certain shapes offer an echo chamber, shall we say, or an intensifier for spiraling prana, as some have called this all-present, primal distortion of the one infinite Creator.

If the intent is to intensify the necessity for the entity's own will to call forth the inner light in order to match the intensification of the spiraling light energy, the entity will be placed in what you have called the Queen's Chamber position in this particular shaped object. This is the initiatory place and is the place of resurrection.

The off-set place, representing the spiral as it is in motion, is the appropriate position for one to be healed as in this position an entity's vibratory magnetic nexi are interrupted in their normal flux. Thus a possibility/probability vortex ensues; a new beginning, shall we say, is offered for the entity in which the entity may choose a less distorted, weak, or blocked configuration of energy center magnetic distortions.

The function of the healer and crystal may not be over-emphasized, for this power of interruption must needs be controlled, shall we say, with incarnate intelligence; the intelligence being that of one which recognizes energy patterns which, without judging, recognizes blockage, weakness, and other distortion and which is capable of visualizing,

through the regularity of self and of crystal, the less distorted other-self to be healed.

Other shapes which are arched, groined, vaulted, conical, or as your tipis are also shapes with this type of intensification of spiraling light. Your caves, being rounded, are places of power due to this shaping.

It is to be noted that these shapes are dangerous. We are quite pleased to have the opportunity to enlarge upon the subject of shapes such as the pyramid for we wish, as part of our honor/duty, to state that there are many wrong uses for these curved shapes; for with improper placement, improper intentions, or lack of the crystallized being functioning as channel for healing the sensitive entity will be distorted more rather than less in some cases.

It is to be noted that your peoples build, for the most part, the cornered or square habitations, for they do not concentrate power. It is further to be noted that the spiritual seeker has, for many of your time periods of years, sought the rounded, arched, and peaked forms as an expression of the power of the Creator

Questioner: Is there an apex angle that is the angle for maximum efficiency in the pyramid?

Ra: I am Ra. Again, to conserve this instrument's energy, I am assuming that you intend to indicate the most appropriate angle of apex for healing work. If the shape is such that it is large enough to contain an individual mind/body/spirit complex at the appropriate off-set position within it, the 76° 18', approximate, angle is useful and appropriate. If the position varies, the angle may vary. Further, if the healer has the ability to perceive distortions with enough discrimination, the position within any pyramid shape may be moved about until results are effected. However, we found this particular angle to be useful. Other social memory complexes, or portions thereof, have determined different apex angles for different uses, not having to do with healing but with learning. When one works with the cone, or shall we say, the silo type of shape, the energy for healing may be found to be in a general circular pattern unique to each shape as a function of its particular height and width and in the cone shape, the angle of apex. In these cases, there are no corner angles. Thus the spiraling energy works in circular motion.

Questioner: I will make a statement which you can correct. I intuitively see the spiraling energy of the Giza pyramid being spread out as it moves through the so-called King's Chamber and refocusing in the so-called Queen's Chamber. I am guessing that the spread of energy in the so-called King's Chamber is seen in the spectrum of colors, red through violet, and that the energy centers of the entity to be healed should be aligned with this spread of the spectrum so that the spectrum matches his various energy centers. Will you correct this statement?

Ra: I am Ra. We can correct this statement.

Questioner: Will you please do that?

Ra: The spiraling energy is beginning to be diffused at the point where it goes through the King's Chamber position. However, although the spirals continue to intersect, closing and opening in double spiral fashion through the apex angle, the diffusion or strength of the spiraling energies, red through violet color values, lessens if we speak of strength, and gains, if we speak of diffusion, until at the peak of the pyramid you have a very weak color resolution useful for healing purposes. Thus the King's Chamber position is chosen as the first spiral after the centered beginning through the Queen's Chamber position. You may visualize the diffusion angle as the opposite of the pyramid angle but the angle being less wide than the apex angle of the pyramid, being somewhere between 33 and 54°, depending upon the various rhythms of the planet itself.

Questioner: Then I assume that if I start my angle at the bottom of the Queen's Chamber and make a 33 to 54° angle from that point, so that half of that angle falls on the side of the centerline that the King's Chamber is on, that will indicate the diffusion of the spectrum, starting from the point at the bottom of the Queen's Chamber; let's say, if we were using a 40° angle, we would have a 20° diffusion to the left of the centerline, passing through the King's Chamber. Is that correct?

Ra: I am Ra. This will be the last full question of this session. It is correct that half of the aforementioned angle passes through the King's Chamber position. It is incorrect to assume that the Queen's Chamber is the foundation of the angle. The angle will begin somewhere between the Queen's Chamber position and thence downward towards the level of the resonating chamber, off-set for the healing work.

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This variation is dependent upon various magnetic fluxes of the planet. The King's Chamber position is designed to intersect the strongest spiral of the energy flow regardless of where the angle begins. However, as it passes through the Queen's Chamber position, this spiraling energy is always centered and at its strongest point.

May we answer any brief queries at this time?

Questioner: I will just ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well, my friends. It is well, however, to be conscious of the limitations of this instrument. We feel the alignments are excellent at this time. I am Ra. I leave you in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book III, Session 57

June 12, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: First, could you give me an indication of the instrument's condition, please?

Ra: I am Ra. This instrument is under a most severe psychic attack. This instrument is bearing up well due to replenished vital energies and a distortion towards a sense of proportion which your peoples call a sense of humor.

This attack is potentially disruptive to this contact for a brief period of your space/time.

Questioner: Is there anything in particular that we can do in addition to what we are doing to alleviate this attack?

Ra: I am Ra. There is nothing you can do to alleviate the attack. The understanding of its mechanism might be of aid.

Questioner: Could you tell us its mechanism?

Ra: I am Ra. The Orion group cannot interfere directly but only through preexisting distortions of mind/body/spirit complexes.

Thus in this case, this entity reached for an heavy object with one hand and this miscalculated action caused a deformation or distortion of the skeletal/muscular structure of one of this instrument's appendages.

Your aid may be helpful in supporting this instrument in the proper care of this distortion which is equivalent to what you call your post-operative state when bones are not firmly knit. This instrument needs to be aware of care necessary to avoid such miscalculated actions and your support in this state of awareness is noted and encouraged.

Questioner: Is there anything that we can specifically do to alleviate this problem that is already existing?

Ra: I am Ra. This information is harmless, thus we share it though it is transient, lacking the principle but only offering a specific transient effect.

The wrist area should be wrapped as in the sprained configuration, as you call this distortion, and what you call a sling may be used on this distorted right side of the body complex for one diurnal period. At that time symptoms, as you call these distortions, shall be reviewed and such repeated until the distortion is alleviated.

The healing work to which each is apprentice may be used as desired.

It is to be noted that a crystal is available.

Questioner: Which crystal is that?

Ra: I am Ra. The flawed but sufficient crystal which rests upon the digit of this instrument's right hand.

Questioner: Would you tell me how to use that crystal for this purpose?

Ra: I am Ra. This is a large question.

You first, as a mind/body/spirit complex, balance and polarize the self, connecting the inner light with the upward spiraling in-pourings of the universal light. You have done exercises to regularize the processes involved. Look to them for the preparation of the crystallized being.

Take then the crystal and feel your polarized and potentiated balanced energy channeled in green ray healing through your being, going into and activating the crystalline regularity of frozen light which is the crystal. The crystal will resound with the charged light of incarnative love, and light energy will begin to radiate in specified fashion, beaming, in required light vibrations, healing energy, focused and intensified towards the magnetic field of the mind/body/spirit complex which is to be healed. This entity requesting such healing will then open the armor of the overall violet/red ray protective vibratory shield. Thus the inner vibratory fields, from center to center in mind, body, and spirit, may be interrupted and adjusted momentarily, thus offering the one to be healed the opportunity to choose a less distorted inner complex of energy fields and vibratory relationships.

Questioner: Should the crystal be held in the right hand of the healer?

Ra: I am Ra. This is incorrect. There are two recommended configurations.

The first, the chain about the neck to place the crystal in the physical position of the green-ray energy center. Second, the chain hung from the right hand, out-stretched, wound about the hand in such a way that the crystal may be swung so as to affect sensitive adjustments.

We offer this information realizing that much practice is needed to efficiently use these energies of self. However, each has the capability of doing so, and this information is not information which, if followed accurately, can be deleterious.

Questioner: Would an unflawed crystal be considerably more effective than the flawed one that we have now?

Ra: I am Ra. Without attempting to deem the priorities you may choose, we may note that the regularized or crystallized entity, in its configuration, is as critical as the perfection of the crystal used.

Questioner: Does the physical size of the crystal have any relationship to the effectiveness in the healing?

Ra: I am Ra. In some applications concerning planetary healing, this is a consideration. In working with an individual mind/body/spirit complex, the only requirement is that the crystal be in harmony with the crystallized being. There is perhaps a lower limit to the size of what you may call a faceted crystal, for light coming through this crystal needs to be spread the complete width of the spectrum of the one to be healed. It may further be noted that water is a type of crystal which is efficacious also although not as easy to hang from a chain in your density.

Questioner: Placing the end of this pencil on my naval, would the point of it then represent the place where the crystal should hang for proper green ray? Is this position correct?

Ra: I am Ra. We attempt your measurements. From 2 to 5.4 centimeters towards your heart is optimal.

Questioner: Using this piece of wood then, I would determine, from my naval, the position to be at the top of the piece of wood. Is this correct?

Ra: I am Ra. This is correct.

Questioner: How does the healing that you just told us about relate to the healing done in the King's Chamber in the Giza pyramid?

Ra: I am Ra. There are two advantages to doing this working in such a configuration of shapes and dimensions.

Firstly, the disruption or interruption of the violet/red armoring or protective shell is automatic.

In the second place, the light is configured by the very placement of this position in the seven distinctive color or energy vibratory rates, thus allowing the energy through the crystallized being, focused with the crystal, to manipulate with great ease the undisturbed and, shall we say, carefully delineated palate of energies or colors, both in space/time and in time/space. Thus the unarmored being may be adjusted rapidly. This is desirable in some cases, especially when the armoring is the largest moiety of the possibility of continued function of body complex activity in this density. The trauma of the interruption of this armoring vibration is then seen to be lessened.

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We take this opportunity to pursue our honor/duty, as some of those creating the pyramid shape, to note that it is in no way necessary to use this shape in order to achieve healings, for seniority of vibration has caused the vibratory complexes of mind/body/spirit complexes to be healed to be less vulnerable to the trauma of the interrupted armoring.

Furthermore, as we have said, the powerful effect of the pyramid, with its mandatory disruption of the armoring, if used without the crystallized being, used with the wrong intention, or in the wrong configuration, can result in further distortions of entities which are perhaps the equal of some of your chemicals which cause disruptions in the energy fields in like manner.

Questioner: Is there currently any use for the pyramid shape at all that is beneficial?

Ra: I am Ra. This is in the affirmative if carefully used.

The pyramid may be used for the improvement of the meditative state as long as the shape is such that the entity is in Queen's Chamber position or entities are in balanced configuration about this central point.

The small pyramid shape, placed beneath a portion of the body complex may energize this body complex. This should be done for brief periods only, not to exceed 30 of your minutes.

The use of the pyramid to balance planetary energies still functions to a slight extent, but due to earth changes, the pyramids are no longer aligned properly for this work.

Questioner: What is the aid or the mechanism of the aid received for meditation by an entity who would be positioned in the so-called Queen's Chamber position?

Ra: I am Ra. Consider the polarity of mind/body/spirit complexes. The inner light is that which is your heart of being. Its strength equals your strength of will to seek the light. The position or balanced position of a group intensifies the amount of this will, the amount of awareness of the inner light necessary to attract the in-streaming light upward spiraling from the south magnetic pole of being.

Thus this is the place of the initiate, for many extraneous items or distortions will leave the entity as it intensifies its seeking, so that it may become one with this centralized and purified in-coming light.

Questioner: Then if a pyramid shape is used, it would seem to me that it would be necessary to make it large enough so that the Queen's Chamber position would be far enough from the King's Chamber position so that you could use that energy position and not be harmed by the energy position of the King's Chamber position. Is this correct?

Ra: I am Ra. In this application a pyramid shape may be smaller if the apex angle is less, thus not allowing the formation of the King's Chamber position. Also efficacious for this application are the following shapes: the silo, the cone, the dome, and the tipi.

Questioner: Do these shapes that you just mentioned have any of the effect of the King's Chamber at all, or do they have only the Queen's Chamber effect?

Ra: I am Ra. These shapes have the Queen's Chamber effect. It is to be noted that a strongly crystallized entity is, in effect, a portable King's Chamber position.

Questioner: Then are you saying that there is absolutely no need, use, or good in having the King's Chamber effect at this time in our planetary evolution?

Ra: I am Ra. If those who desired to be healers were of a crystallized nature and were all supplicants, those wishing less distortion, the pyramid would be, as always, a carefully designed set of parameters to distribute light and its energy so as to aid in healing catalyst.

However, we found that your peoples are not distorted towards the desire for purity to a great enough extent to be given this powerful and potentially dangerous gift. We, therefore, would suggest it not be used for healing in the traditional, shall we say, King's Chamber configuration which we naively gave to your peoples only to see its use grossly distorted and our teachings lost.

Questioner: What would be an appropriate apex angle for a tipi shape for our uses?

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Ra: I am Ra. This is at your discretion. The principle of circular, rounded, or peaked shapes is that the center acts as an invisible inductive coil. Thus the energy patterns are spiraling and circular. Thus the choice of the most pleasant configuration is yours. The effect is relatively fixed.

Questioner: Is there any variation in the effect with respect to the material of construction, the thickness of the material? Is it simply the geometry of the shape, or is it related to some other factors?

Ra: I am Ra. The geometry, as you call it, or relationships of these shapes in their configuration is the great consideration. It is well to avoid stannous material or that of lead or other baser metals. Wood, plastic, glass, and other materials may all be considered to be appropriate.

Questioner: If a pyramid shape were placed below an entity, how would this be done? Would it be placed beneath the bed? I'm not quite sure about how to energize the entity by "placing it below." Could you tell me how to do that?

Ra: I am Ra. Your assumption is correct. If the shape is of appropriate size it may be placed directly beneath the cushion of the head or the pallet upon which the body complex rests.

We again caution that the third spiral of upward lining light, that which is emitted from the apex of this shape, is most deleterious to an entity in overdose and should not be used over-long.

Questioner: What would the height be, in centimeters, of one of these pyramids for best functioning?

Ra: I am Ra. It matters not. Only the proportion of the height of the pyramid from base to apex to the perimeter of the base is at all important.

Questioner: What should that proportion be?

Ra: I am Ra. This proportion should be the 1.16 which you may observe.

Questioner: Do you mean that the sum of the four base sides should be 1.16 of the height of the pyramid?

Ra: I am Ra. This is correct.

Questioner: By saying that the Queen's Chamber was the initiatory place, could you tell me what you mean by that?

Ra: I am Ra. This question is a large one. We cannot describe initiation in its specific sense due to our distortion towards the belief/understanding that the process which we offered so many of your years ago was not a balanced one.

However, you are aware of the concept of initiation and realize that it demands the centering of the being upon the seeking of the Creator. We have hoped to balance this understanding by enunciating the Law of One, that is, that all things are one Creator. Thus seeking the Creator is done not just in meditation and in the work of an adept but in the experiential nexus of each moment.

The initiation of the Queen's Chamber has to do with the abandoning of self to such desire to know the Creator in full that the purified in-streaming light is drawn in balanced fashion through all energy centers, meeting in indigo and opening the gate to intelligent infinity. Thus the entity experiences true life or, as your people call it, resurrection.

Questioner: You also mentioned that the pyramid was used for learning. Was this the same process or is there a difference?

Ra: I am Ra. There is a difference.

Questioner: What is the difference?

Ra: I am Ra. The difference is the presence of other-selves manifesting in space/time and after some study, in time/space, for the purpose of teach/learning. In the system created by us, schools were apart from the pyramid, the experiences being solitary.

Questioner: I didn't quite understand what you meant by that. Could you tell me more of what you are talking about?

Ra: I am Ra. This is a wide subject. Please restate for specificity.

Questioner: Did you mean that teachers from your vibration or density were manifest in the Queen's Chamber to teach those initiates, or did you mean something else?

Ra: I am Ra. In our system experiences in the Queen's Chamber position were solitary. In Atlantis and in South America teachers shared the pyramid experiences.

Questioner: How did this learning process take place—learning or teaching—in the pyramid?

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Ra: I am Ra. How does teach/learning and learn/teaching ever take place?

Questioner: The dangerous pyramid shape for use today would be a four-sided pyramid that was large enough to create the King's Chamber effect. Is that statement correct?

Ra: I am Ra. This statement is correct with the additional understanding that the 76° apex angle is that characteristic of the powerful shape.

Questioner: Then I am assuming that we should not use a pyramid of 76° at the apex angle under any circumstances. Is that correct?

Ra: I am Ra. This is at your discretion.

Questioner: I will restate the question. I am assuming then that it might be dangerous to use a 76° angle pyramid, and I will ask what angle less than 76° would be roughly the first angle that would not produce this dangerous effect?

Ra: I am Ra. Your assumption is correct. The lesser angle may be any angle less than 70°.

Questioner: Thank you. I want to go on with more questioning on the pyramid, but I want to ask a question that *(name)* has here. I'll throw it in at this point. Could you please expand on the concept of space/time and time/space and how to get past this concept and what density level do these concepts no longer affect the individual?

Ra: I am Ra. This will be the last full query of this working. This instrument has some vital energy left. However, we become concerned with the increasing distortions of the body complex towards pain.

The space/time and time/space concepts are those concepts describing as mathematically as possible the relationships of your illusion, that which is seen to that which is unseen. These descriptive terms are clumsy. They, however, suffice for this work.

In the experiences of the mystical search for unity, these need never be considered, for they are but part of an illusory system. The seeker seeks the One. The One is to be sought, as we have said, by the balanced and self-accepting self aware, both of its apparent distortions and its total perfection. Resting in this balanced awareness, the entity then opens the self to the universe which it is. The light energy of all things may then be attracted by this intense seeking, and wherever the inner seeking meets the attracted cosmic prana, realization of the One takes place.

The purpose of clearing each energy center is to allow that meeting place to occur at the indigo ray vibration, thus making contact with intelligent infinity and dissolving all illusions. Service-to-others is automatic at the released energy generated by this state of consciousness.

The space/time and time/space distinctions, as you understand them, do not hold sway except in third-density. However, fourth, fifth, and to some extent, sixth, work within some system of polarized space/time and time/space.

The calculation necessary to move from one system to another through the dimensions are somewhat difficult. Therefore, we have the most difficulty sharing numerical concepts with you and take this opportunity to repeat our request that you monitor our numbers and query any that seem questionable.

Is there a brief query that we may answer before we leave this instrument?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is harmonious. We greet you all in joy. The adjustments are satisfactory.

I am Ra. I leave you in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ✣

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Sunday Meditation
June 14, 1981

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, in the love and in the light of our infinite Creator. It gives us great pleasure to greet each of you, and especially do we welcome the one new to our group and assure this entity that we are most honored to be able to share our thoughts with her at this time.

My friends, we have always spoken to you of one very simple Thought that is the original Thought of the Creator. This original Thought is love. Thus, we bring to your peoples the love of the Creator. All that you see about you that is material, is made of the material of love, which is light, and it is for this reason that we greet you in love and in light. We speak always to that point and attempt in many different ways to approach it according to your various circumstances.

Tonight we would approach this understanding of love by speaking to you of a concept which is generated by your peoples. That concept is security. Among your peoples, my friends, it is understood that security is desirable, and yet rare is the person that feels secure. Where is security to be found, my friends? Is it to be found in the accumulation of your worldly goods? It would seem that this is not the case, for there are many among your peoples who have amassed a comfortable amount of worldly goods, and yet are painfully insecure. Is it the occupation of your hours, of what you call work, that gives you security? This seems to be a widespread concept among your peoples, that what an entity does lends to that entity reality, which the entity alone does not have. To do, then, is to be, and to do represents security.

And, yet, if an entity is at all thoughtful, this security too will pall, for it will become clear as experiences accumulate for an entity, that he is more than what he does, and thus this security too will vanish. We have often asked you to meditate, my friends, and we suggest it once again in this regard, for there is only one security: that is the knowledge of the nature of yourself. To know that you are not a transient being is to be secure. To know that this is an illusion and that though you participate in it and play your part, that there is an infinite which is part of your makeup, is to feel secure.

This knowledge of the self may come spontaneously to a few, but for the most part it is a hard won knowledge. Serenity, long sought after, is seldom won permanently and so, day by day, you must seek knowledge of your true nature, of your true oneness with love in meditation. It does not matter what the technique may be for your meditation. It matters only that you desire to seek the truth of your own nature and of the nature of the creation. As you look about you, you may see great evidence, my friends, of your peoples striving for security. As you sit

within this domicile, you sit within a location which has been carefully planned to increase security of entities and so it shall do for a brief period of your time.

One day, my friends, these entities will be in this dimension no more. They will leave their shell, their securities, their misconceptions of what security is, and they will embark upon a very interesting journey, my friends. In meditation you may begin that journey now. You may become aware of the infinite nature of yourself while in this illusion and, knowing this, your behavior may be such that the Creator's love may find its way through the channel of your being with more ease.

At this time I would transfer this contact. I am Hatonn.

(L channeling)

I am Hatonn, and I greet you, my brothers, in the love and the light of our Creator.

The concept of security in its reality is not difficult to understand, my brothers, for true security lies not in that which one possesses, but rather in that which one gives away. If you would seek security, seek it in service, for service is the path upon which the soul, as you call it, rises through the planes of the universe. As one performs service, either in the path of service to oneself or in service to other, his act functions as a sort of solvent which reduces his density just as water, for example, will dissolve away crystalline forms that might be adhering to a less solid formation, thus freeing it of unnecessary weight and rigidity which might be holding it back.

Consider, if you will, how a spring might be pressed and then coated with a solid substance that, if allowed to remain, would keep the spring forever compressed, never allowed to release its pent energy to grow and expand. Service, for the individual, is that which dissolves away the more dense actions, the more dense perceptions and prejudices that we use to force ourselves to retain a form which needs to be dissolved away, allowing us to use the energy contained within us and release ourselves from our self-imposed bondage.

Therefore, my brothers, if you would be secure, then be secure in your striving. Find your contentment in accelerated growth. Hitch your wagon, as the saying goes, to the nearest star and let it bear you where it will, as ever onward and ever upward. And that, my brothers, is the objective of your striving.

At this time I would transfer this contact to another instrument, I am Hatonn.

(Jim channeling)

I am Hatonn. I am with this instrument. We would now offer ourselves in the service of answering questions—or attempting them, to be more precise. Are there any questions which we might attempt to answer?

Carla: I have a very minor one. I was just wondering if the reason that there was a pause there was because two of our numbers were asleep and I woke them up and as soon as I woke them up you were able to come through. Was that the blockage? Is there a drain on the energy of the group if there is someone asleep?

I am Hatonn, and we would answer you, my sister, by saying that, in part, you are correct, For the most efficient contact to be made, as you know, your tuning device, whichever you may use for the evening, serves the purpose of making each of the entities within your circle as one, each with the other, and it is to this total entity that we communicate. There was also another problem, shall we say, and that was this instrument was not concentrating as precisely as necessary, for his attention was also drawn to those who had, shall we say, momentarily departed our group.

May we answer you further, my sister?

Carla: That does it except I was also interested in whether the children that were with us were content that we were meditating and that was why the contact was such a good one tonight.

I am Hatonn. We would say in this answer that the young entities which are resting now in the upper part of this dwelling are a, shall we say, gentling influence upon the group if they are not within the earshot, shall we say, of the group and the message, for if they are located too closely, then they may serve the opposite purpose of keeping the contact from occurring, for they are not yet of the age of decision, whereby they may decide that they wish to participate in this group, and as you know, each person within the circle must, of their own free will, choose to be within the circle and to experience the message which we have to offer. Thus, entities such

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as the young children may play either role and on this occasion they are, what might be called, a gentling influence, helping each within the circle to find that openness of child within the self which wishes to hear a message such as the humble and simple message which we of Hatonn have to share with your group.

May we answer you further, my sister?

Carla: No. Thank you, Hatonn.

We thank you, as always. May we answer another question?

C: I don't know if it's so much a question as just me wanting to talk. I work at a … we have grocery stores … and I see a lot of food and things just wasted because of laws that have been established by our lawmakers. But, this past week there was an incidence in which I was a part, and which afterwards I was kind of regretting having done to begin with. I remember before the incident happened, I thought what a waste it was going to be that we had to destroy all this food and then I got to thinking—according to the laws made by our lawmakers to protect people, since this food was not exactly as it should have been according to guidelines that have been established, that perhaps it was the best thing to get rid of it, but I didn't really want to have a part in it, but then when it came down to the time to destroy the food, instead of … I did not have to do it, but something in me made me want to do it. I don't know what it was, how or what … to destroy this stuff, and like I say, after it all occurred it was just … at first it didn't hit me … the waste. I didn't think anything about me doing it, then later I couldn't figure out why I had done this … why I even enjoyed doing this, I mean, in this particular case I knew the exact nature of [the] problem with the food stuff was nothing serious. It was nothing major. It was nothing to hurt anyone. It was just a little too much of water in the product. But the fact that I did it and really almost felt compelled to, just wanted to do it, bothered me.

It was not the first time it's happened. It's happened other times with things they throw away which are really still useful, but I don't know. I just … in this instance it just hit me. I'm just wondering, as we progress, will we gain enough sense not to destroy just because some law says we should or we grow out of need for an established code of laws. What can we expect as we leave this density?

I am Hatonn. My brother, we would answer you by saying, as we have spoken earlier this evening concerning security, that those laws which your culture has conceived are laws which deal with your material world and deal with matters which are not the heart of your being. You may concern yourselves with them as much or as little as you like, for they are, if we may say, of little consequence in the overall picture of your life, the journey which you are making, and the goal towards which each of you move.

When you leave this density you will, for a greater or shorter period of what you call time, depending upon your own individual need and place, shall we say, be able to tune into the universal laws which govern all creation. These laws are based upon the foundation of the love of the infinite Creator. These laws are those which shall guide you as surely as the stars have guided your sailors for centuries. These laws are those which are, at this moment, available to each of those upon your planet. Available for the seeking; available to the seeker. We would suggest that you use each of the instances, such as the one which you have spoken of this evening, as what might be called a catalyst to discover the underlying or greater law, the law greater than the one on the surface, greater than appearance, greater than rules, regulations in the amount of water in a product. We would suggest that you use each puzzling circumstance as a riddle in your own mind and let your consideration of it take you deeper and deeper until you discover for yourself the true law at its foundation.

May we answer you further, my brother?

C: Something that's beyond this last instance was brought forward in my mind. I don't know. It just seems like for years now it's been little power games going on in my mind, rethinking situations, having hindsight of what I should have done, what I will do so that I'll have the upper hand, I won't be the one under the other person. I don't believe that I physically manifest them to a great extent, as far as physical actions to carry things out, but sometimes I worry because it seems like they just keep reoccurring, reoccurring, just like a steady stream. It's not so much here and there, but just isolated situations—seems like a constant thing.

Then I get situations like this week we had a chance to just let out this thing, that I had all this power to

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destroy all this stuff, exhilarating for the moment but really, it really made me feel bad. Should I just spend more time in meditation, why these things are occurring?

I am Hatonn. Again, my brother, we would say that you have discovered for yourself the necessary step to take. Indeed, meditation might be that procedure which would aid you in your balancing as you go about your daily activities, for most of the activities of the people of your planet do not have balance, do not have harmony. It is as if there is disease and those who participate within the daily activities of your planet are susceptible to this disease, or imbalance, and by using the technique of meditation you will find within yourself the ability to balance, so that the activities [in] which you participate during the day might become part of a larger understanding within your own being and might become, for you, catalysts to learn and to grow further and further into the understanding and the oneness of the infinite Creator. We cannot urge too often for you people to consider meditation as the opportunity to find any answers to the puzzles which are presented daily in your lives.

May we answer you further, my brother?

C: No. I think I just felt like talking a little bit tonight, thank you. Thank you for your answers.

We thank you. It is always a privilege and an honor to be able, not only to share our simple thoughts with your group, but to listen to those thoughts which are of concern to you. Is there another question at this time?

L: I have a question I'd like to ask, Hatonn. I have a small child that I'm responsible for and I find that this service to him of being a parent frequently conflicts with my desire to attend these meditations. He is, as yet, too young to be able to converse or understand your advice and the teachings you convey to us, therefore, would it be proper to bring him along to the meditations or would this interfere with the meditations?

I am Hatonn. My brother, as we have mentioned earlier this evening, each entity which joins this circle must join of their own free will and in most cases this means that entities must be able to decide and be of the age of decision whereby they may decide to join this group. We have, on some occasions, spoken to groups which contained entities who were of, what might be called, a young age. But these instances have been few and we have on those instances been required by the decision of the group and of the young entities to speak in much more general terms than we are able to speak on this occasion, for instance.

We would, in your case, suggest that as an alternative to bringing your young child to this meditation that you attempt through your own words to explain to your child those concepts which have meaning to you, that you have derived from this meditation. And when your child is of an age whereby through this dialogue with you he is able to choose for himself to come to a meditation such as this and partake, then that shall be the time when it is proper to include your child.

May we answer you further, my brother?

L: Yes. I have two questions. One is, could you define more fully the age at which a child is capable of making that decision and second, to the best of my understanding, my child is not yet able to understand even single sentence explanations. He's still functioning on the basis of communication through single words and very limited word associations. I find it difficult to believe that I could explain any concepts to him at this time. Is there any further advice you could offer in that area?

I am Hatonn. In this instance, my brother, we would say that it is difficult to determine precisely the age at which a child …

(Side one of tape ends.)

(Jim channeling)

I am Hatonn, and am with this instrument once again. As we were saying, it is not easy to determine the age at which a child may be able to decide for itself, but we might suggest that the age of decision-making for most children, a range, shall we say, for those of your peoples, is somewhere between the ages of approximately four to the age of seven. It varies according to individual circumstances. We would suggest further that in the case of your own child that you might proceed first, if he is unable to understand complete sentences, that you explain words or concepts individually by actions which have meaning for your child.

In this area you will, of necessity, need to rely upon your own creativity, a type of communication which

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your child is able to understand and which you are aware through experience with your child that he is able to understand and to connect with words and phrases.

We would suggest as a next step that when your child is able to understand sentences, that you continue as we previously suggested, to provide, may we say, your child with those concepts which are of value to you, and in this way begin the education on a spiritual level which will enable your child to understand those concepts which we present here. For when your child is able to understand those concepts spoken from your lips, as we speak to you, then he will also be able to understand what it is we have to share with each who attends these meditations, for we are none other than your other selves, or should we say, your brothers and sisters, who speak to you as brothers and sisters. Therefore, when your child is able to understand through dialogue with you, then you will know that he is also able to understand that which we have to share with those in your group.

May we answer you further, my brother?

L: No. I feel you've answered my question. Thank you.

We thank you. Is there another question at this time?

(Pause)

I am Hatonn. It has been a great privilege and an honor to be able to speak a few of our simple thoughts with your group this evening. We greatly appreciate each opportunity to join you in your meditations. It is a source of great joy for we of Hatonn to be able to join any group or any entity as their meditations are conducted. We would assure each in this circle tonight that we would be most happy to join them in meditation at any time, whether they are with this group or alone, meditating. We would be most happy to join you and your request is all that is needed. We are known to you as those of Hatonn, simple messengers of the love and the light of the infinite Creator, and in that love and light we leave you now. I am Hatonn. Adonai. ♣

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The Law of One, Book III, Session 58

June 16, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Would you please give me an indication of the instrument's condition?

Ra: I am Ra. This condition is as previously noted except that the physical distortions mentioned have somewhat increased.

Questioner: Could you tell me the cause of the increase of the physical distortions.

Ra: I am Ra. Physical distortions of this nature are begun, as we have said, due to overactivity of weak, as you call this distortion, portions of the body complex. The worsening is due to the nature of the distortion itself which you call arthritis. Once begun, the distortion will unpredictably remain and unpredictably worsen or lessen.

Questioner: We have tried healing with the diamond crystal. I have tried both using the crystal around my neck and dangling it from a chain held in my right hand. I think that possibly that to do the best work on the wrist I should dangle the crystal just below my right hand from a distance of just a centimeter or two, holding it directly above the wrist. Is this correct?

Ra: I am Ra. This would be appropriate if you were practiced at your healing art. To work with a powerful crystal such as you have, while unable to perceive the magnetic flux of the subtle bodies, is perhaps the same as recommending that the beginner, with saw and nail, create the Vatican.

There is great art in the use of the swung crystal. At this point in your development, you would do well to work with the unpowerful crystals in ascertaining, not only the physical major energy centers, but also the physical secondary and tertiary energy centers and then begin to find the corresponding subtle body energy centers. In this way, you may activate your own inner vision.

Questioner: What type of crystal should be used for that?

Ra: I am Ra. You may use any dangling weight of symmetrical form, for your purpose is not to disturb or manipulate these energy centers but merely to locate them and become aware of what they feel like when in a balanced state and when in an unbalanced or blocked state.

Questioner: Am I correct in assuming that what I am to do is to dangle a weight approximately two feet below my hand and place it over the body, and when the weight starts moving in a clockwise rotational direction it would indicate an unblocked energy center. Is this correct?

Ra: I am Ra. The measurement from hand to weight is unimportant and at your discretion. The circular motion shows an unblocked energy center. However, some entities are polarized the reverse of others and, therefore, it is well to test the form of

normal energy spirals before beginning the procedure.

Questioner: How would you test?

Ra: I am Ra. Test is done by first holding the weight over your own hand and observing your particular configuration. Then using the other-self's hand, repeat the procedure.

Questioner: In the case of the instrument we are concerned with the healing of the wrists and hands. Would I then test the energy center of the instrument's wrist area? Is this correct?

Ra: I am Ra. We have given you general information regarding this form of healing and have explicated the instrument's condition. There is a line beyond which information is an intrusion upon the Law of Confusion.

Questioner: I would like to trace the energy patterns and what is actually happening in these patterns and flow of energy in a couple of instances. I would first take the pyramid shape and trace the energy that is focused somehow by this shape. I will make a statement and let you correct it.

I think that the pyramid can be in any orientation and provide some focusing of spiraling energy, but the greatest focusing of it occurs when one side of it is precisely parallel to magnetic north. Is this correct?

Ra: I am Ra. This is substantially correct with one addition. If one corner is oriented to the magnetic north, the energy will be enhanced in its focus also.

Questioner: Do you mean that if I drew a line through two opposite corners of the pyramid at the base and aimed that at magnetic north—that would be precisely 45° out of the orientation of one side aimed at magnetic north—that it would work just as well? Is that what you are saying?

Ra: I am Ra. It would work much better than if the pyramid shape were quite unaligned. It would not work quite as efficiently as the aforementioned configuration.

Questioner: Would the pyramid shape work just as well right side up as upside down with respect to the surface of the Earth, assuming the magnetic alignment was the same in both cases?

Ra: I am Ra. We do not penetrate your query. The reversed shape of the pyramid reverses the effects of the pyramid. Further, it is difficult to build such a structure, point down. Perhaps we have misinterpreted your query.

Questioner: I used this question only to understand the way the pyramid focuses light, not for the purpose of using one. I was just saying if we did build a pyramid point down, would it focus at the Queen's Chamber position or just below it the same way as if it were point up?

Ra: I am Ra. It would only work thusly if an entity's polarity were, for some reason, reversed.

Questioner: Then the lines of spiraling light energy—do they originate from a position towards the center of the Earth and radiate outward from that point?

Ra: I am Ra. The pyramid shape is a collector which draws the in-streaming energy from what you would term, the bottom or base, and allows this energy to spiral upward in a line with the apex of this shape. This is also true if a pyramid shape is upended. The energy is not Earth energy, as we understand your question, but is light energy which is omni-present.

Questioner: Does it matter if the pyramid is solid or is made of four thin sides, or is there a difference in effect between those two makes?

Ra: I am Ra. As an energy collector, the shape itself is the only requirement. From the standpoint of the practical needs of your body complexes, if one is to house one's self in such a shape, it is well that this shape be solid sided in order to avoid being inundated by outer stimuli.

Questioner: Then if I just used a wire frame that was four pieces of wire joined at the apex running down to the base, and the pyramid were totally open, this would do the same thing to the spiraling light energy? Is this correct?

Ra: I am Ra. The concept of the frame as equal to the solid form is correct. However, there are many metals not recommended for use in pyramid shapes designed to aid the meditative process. Those that are recommended are, in your system of barter, what you call expensive. The wood, or other natural materials, or the man-made plastic rods will also be of service.

Questioner: Why is the spiraling light focused by something as open and simple as four wooden rods joined at an apex angle?

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Ra: I am Ra. If you pictured light in the metaphysical sense, as water, and the pyramid shape as a funnel, this concept might become self-evident.

Questioner: Thank you. I do not wish to get into subject matter of no importance. I had assumed that questions about the pyramid were desired by you due to the fact that some danger was involved to some who had misused the pyramid, etc.

I am trying to understand the way light works and am trying to get a grasp of how everything works together, and I was hoping that questions on the pyramid would help me understand the third distortion, which is light. As I understand it, the pyramid shape acts as a funnel increasing the density of energy so that the individual may have a greater intensity of actually the third distortion. Is this correct?

Ra: I am Ra. In general, this is correct.

Questioner: Then the pure crystalline shape, such as the diamond, you mentioned as being frozen light—it seems that this third-density physical manifestation of light is somehow a window or focusing mechanism for the third distortion in a general sense. Is this correct?

Ra: I am Ra. This is basically correct. However, it may be noted that only the will of the crystallized entity may cause interdimensional light to flow through this material. The more regularized the entity, and the more regularized the crystal, the more profound the effect.

Questioner: There are many people who are now bending metal, doing other things like that by mentally requesting this happen. What is happening in that case?

Ra: I am Ra. That which occurs in this instance may be likened to the influence of the second spiral of light in a pyramid being used by an entity. As this second spiral ends at the apex, the light may be likened unto a laser beam in the metaphysical sense and when intelligently directed may cause bending not only in the pyramid, but this is the type of energy which is tapped into by those capable of this focusing of the upward spiraling light. This is made possible through contact in indigo ray with intelligent energy.

Questioner: Why are these people able to do this? They seem to have no training; they are just able to do it.

Ra: I am Ra. They remember the disciplines necessary for this activity which is merely useful upon other true color vibratory experiential nexi.

Questioner: Then you are saying that this wouldn't be useful in our present density. Will it be useful in fourth-density on this planet in the very near future?

Ra: I am Ra. The end of such energy focusing is to build, not to destroy, and it does become quite useful as, shall we say, an alternative to third-density building methods.

Questioner: Is it also used for healing?

Ra: I am Ra. No.

Questioner: Is there any advantage in attempting to develop these characteristics or in being able to bend metal, etc.? What I am trying to say is, are these characteristics a signpost of the development of an entity, or is it merely something else? For instance, as an entity develops through his indigo would a signpost of his development be this bending ability?

Ra: I am Ra. This will be the last full query of this working.

Let us specify the three spirals of light energy which the pyramid exemplifies. Firstly, the fundamental spiral which is used for study and for healing. Second, the spiral to the apex which is used for building. Thirdly, the spiral spreading from the apex which is used for energizing.

Contact with indigo ray need not necessarily show itself in any certain gift or guidepost, as you have said. There are some whose indigo energy is that of pure being and never is manifested, yet all are aware of such an entity's progress. Others may teach or share in many ways contact with intelligent energy. Others continue in unmanifested form, seeking intelligent infinity.

Thus the manifestation is lesser signpost than that which is sensed or intuited about a mind/body/spirit complex. This violet ray being-ness is far more indicative of true self.

Are there any brief queries or small matters we may clear up, if we can, before we leave this instrument?

Questioner: I did have a question on what you meant by the "third spiral" and if that is too long I

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would just ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. We may answer briefly. You may query in more detail if you deem it desirable at another session.

If you picture the candle flame, you may see the third spiral.

This instrument is well balanced. The accoutrements are aligned well. You are conscientious.

I am Ra. I leave you, my friends, in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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Sunday Meditation
June 21, 1981

(Jim channeling)

I am Hatonn. I am with this instrument. I greet you, my friends, in the love and the light of the infinite Creator. We have had some difficulty initiating contact this evening. The difficulty has to do with our pleasant problem, shall we say, of an abundance of instruments from which to choose. This instrument was finally able to speak our contact after doing a bit of manipulating with the machine.

As always, it is a great honor and privilege to be asked by your group to share a few of our thoughts with you. We of Hatonn strive through such meetings as this to share a simple, but, we feel, profound message with your people, with those who are willing to open their hearts and their minds to new experiences and new understanding of the one infinite Creator. The new understandings are always built upon the never changing original Thought which the Creator used to create all of the creation. This thought, my friends, as you know, is based on the concept of love and the concept of unity. Throughout all of the creation, the creation is unified by love. Love is the moving force, the foundation upon which all is built.

We of Hatonn have the simple task, it would seem—though it has not always proven simple in our past—we have the task of sharing our insights and our understandings of how love works within the density which you inhabit at this time. We hope through these communications that we are able to provide means whereby you might see love in action in each of your waking moments, for that is the task of your density. That is the learning which each must, to a certain degree, master before passing on to the next lesson, shall we say. We have not always been able to find means whereby we might be able to explain love to those who seek our guidance in every manner, but through continued communications with your people we have learned much in the realm of explaining and experiencing that concept of love, whichever is sought by those of your people.

This evening we would speak a few words upon the concept of confusion and its relationship to love. It might not seem, at first glance, as an area which could be connected to love, but consider, my friends, the state of confusion. Surely, each of you can remember many times when you found yourself in such a state. Look at the response which is confusion. Confusion is, as you know, a state whereby there is little activity, for activity has been brought to a halt because certain messages do not, shall we say, jibe with your ideas or your preconceived notions about what should be. We would suggest that in such a situation described as confusion that it is most beneficial to rest within

that position for a few of, what you might call, your moments of time.

Consider now and place yourself now in such a state for a few moments, if you will. Look within the boundaries of confusion. See? There appears to be no exit. Within the confusion you have a status of motionless—motionless being. You have traveled a path up to that point and the path leads no further. You are unsure of which way you should go. Look now at the directions which present themselves, most usually in a multitude, so that you are yet more confused. Each path a possibility, yet each path an impossibility. Confusion.

Consider carefully, now, what response will take you yet further in clear understanding of your journey. At this particular time, how shall you approach the problem, the predicament? Shall you blindly go forward upon the first path which presents itself? And if this path is the incorrect choice? More confusion. Shall you wait and shall you assess the many paths that present themselves? Still you find yourself in confusion. Shall you do nothing? The confusion persists. What must you do to move from confusion and to the proper path for your next step of growth?

Consider this for a few moments, if you will. As the confusion fills your being, what shall you do? Look within your being, my friends. Can you find an openness and acceptance of your state of confusion? It is, after all, your state at the moment. Could you not perhaps claim it? It is no sin, shall we say, to be confused. Indeed, perhaps it is of great benefit, for if you can accept the situation in which you know that you do not know, then might there be the openness, the acceptance, the love within your being of this state of confusion; the openness that will allow the proper course of action of thought to be drawn to you as a magnet draws the filings of iron.

For if you are open as an empty cup, then more can be added, or poured into your being, but if you persist in believing that you know exactly what you need to do to keep up the image, shall we say, and to bull ahead with any plan simply to have a plan of action, then you are likened unto the cup that is full and no more may be added until the cup is empty.

Within this state of confusion, when the state of confusion can be accepted as a part of the being that is yourself, then, through this acceptance you may find within yourself the openness to draw wisdom unto your being. Wisdom is much likened unto the forces which fill a vacuum. It is all about you. It is always available; available for the learning; available to those who make a place within their being for it; available to those who seek it, seek it, perhaps, by realizing that they do not know all the answers that they need at any moment, though at every moment most entities console themselves by thinking that they know much.

We of Hatonn would counsel foolishness, my friends. We would counsel that you know very little, that we ourselves know very little, but that this state of confusion, shall we say, is a state of infinite possibilities to those who accept it as part of their being and who use it as a method of drawing wisdom unto then.

We would at this time pause for a few moments so that our brother of Laitos may pass among you, and to those who request assistance in their meditation, our brother Laitos will contact each and deepen the meditative state. We would pause now for a few moments. I am Hatonn.

(Pause)

I am Hatonn, and am with this instrument once again. We would at this time transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn and I greet you, my friends, again in the love and in the light of our infinite Creator. Yes, my friends, there is much in your illusion which seems to you to be inconvenient and which does bring confusion, and yet, we suggest to you that without some disorder there is no creation. Perhaps you have known entities or perhaps you have even found within yourself some tendency towards the desire for the ultimate orderliness of existence. And perhaps you have noted the sterility which this brings. Just as that which is fruitful multiplies—does so with a minimum of neatness and an excess of enthusiasm—so does confusion offer you a minimum of neatness.

It is to you, my friends, that the decision is handed: enthusiasm, or its opposite. It is often difficult to be enthusiastic about the unknown. It is difficult to be enthusiastic when you truly do not know what to do. It is difficult to count oneself lucky when one seems to be lost in a sea with no shore in sight. But this is the breeding ground of new beginnings, of

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transformations, and of wisdoms. Where are you, my friends? Where do you see yourselves at this moment? Do you see yourselves in a room or in a dwelling or in a city or a nation? Can you pull away and see yourself upon the surface of the planet, sitting in darkness? Can you pull further, further away and lose sight of the planet altogether as you view the galaxy in which you have your being at this time? Is there any meaning to so small a piece of consciousness as one entity—you—seated in darkness on a small planet in a minor solar system in a reasonable-sized galaxy among billions of other galaxies? Or is it all confusion?

We suggest to you, my friends, that confusion is balanced by meaning and meaning by confusion. You will not find the meaning within each moment of your existence without the acceptance of the confusion, of the foolishness of the limitations of our understanding as entities which are part of a vast and mysterious universe. The meaning is there, my friends. We have seen the laws of creation and their working never falters, to the best of our understanding. Yet, from moment to moment, the great laws disappear and confusion often reigns. If you can remain conscious both of how small a part of creation you are and of how perfect a part of it you are, you will have achieved a great deal.

And this, my friends, as you know, cannot be done without meditation. We offer these thoughts to you at this time, for we know your desire to be of service to others, but we suggest to you that you first must align yourself with the original Thought of the Creator in whatever situation you may find yourself, including the greatest confusion. Then and only then, can you be of maximum aid to those about you.

At this time we would open the meeting to questions.

C: Yes, I have a question. We were discussing before the meditation about entities sort of getting together before their incarnation here to set up the lessons that they need to learn and to work with each other, but it seems that many times second-density creatures aid us in our lessons. And I was wondering, is there some coordinating force who coordinates the second-density creatures to aid in the lessons of third-density creatures, referring to an event like what happened this week with the turtle?

I am Hatonn. The cart is basically before the horse in your question in that third-density entities may be of great service to second-density entities by offering them love. The second-density entity then mirrors that emotion and develops the responses which it is taught by the third-density entity.

May we answer you further?

C: Then, so our expression of love toward second-density creatures aids them in their evolution. I can see that, but it seems they're also a reinforcement for us and it seems like many times more than a coincidence that situations arise where we serve them or they serve us.

I am Hatonn. We had to keep this instrument quiet while the machine was being changed.

We understand your question and find it slightly difficult to respond to, for there are random events which, when responded to, are invested with meaning according to the response given. Thus, if a second-density creature, whether it be a tree or an animal or some other second-density entity, is aided voluntarily by a third-density entity, this may well be a random choice and yet, it is catalyst for growth for the third-density entity as well as the second-density entity. The greatest help that can be given is that of the pet, as you may call a domestic animal or plant, whereby love is shared and the second-density entity invested with love. This second-density entity then becomes a mirror reflecting the third-density entity, both in good and bad habits, as you may call them, according to your own judgment.

May we answer you further, my brother?

C: No, I guess not. Thank you.

We thank you. Is there another question at this time?

M: How does one get in touch with the infinite intelligence? Ra has spoken of the infinite intelligence at length, but how do we get in touch?

I am Hatonn. My brother, the answer to this question would be impossible to share except in a joking manner. We may say to you, to get to Carnegie Hall you must rehearse, and yet that does not give you all the information which you need to know. To follow the path of love is to achieve unity with infinite intelligence, as you call it, or the one infinite Creator. There is no other possibility in the end, for it is the ultimate attraction towards which

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we all are drawn. To achieve this contact within your present illusion it is necessary to achieve within the self a serenity and love of self, a peaceful love of others, and an overriding desire to seek the truth.

There are many avenues to intelligent infinity, all having to do with the use of the creative force of love. Meditation, healing, communication, what you may call ritual and ceremony, the proper use of the body, the mind, and the spirit, all these are ways and keys of achieving intelligent infinity contact, as you call it. We would simply say love and serve and seek to know. This has been our simple message always.

May we answer you further, my brother?

M: Yes. Ra has spoken of several entities, both positive and negative, that were able to be of great service to others or to themselves because they were in touch with this cosmic consciousness, yet, how did they reach that point in this particular plane and with all its confusion?

I am Hatonn. As we said, my brother, there is a great amount of discipline involved in this seeking. This is the seeking of the adept. It cannot be achieved quickly or lightly, for the most part, but must be sought fruitlessly and seemingly without any achievement in all patience, through all confusion, through all self-doubt, through all tribulation, constantly seeking, constantly asking, constantly waiting, constantly knowing that that which is sought will be found and at some moment, when all is completed within your being, at some moment unknown it will occur and in that moment you will know the joy of love and light and infinity. This will happen to you and to each. This is your destiny. If you consciously seek it, it will simply occur more quickly in your time measurement.

May we answer you further, my brother?

M: No, thank you.

We thank you also. Is there another question at this time?

L: Could you speak to us on the subject of relationships between men and women on this plane? The proper state, as opposed to a number of rituals and games we've developed for interrelating?

I am Hatonn. My brother, in your question lies the answer. The relationship between any two entities among your peoples would hopefully be that of love freely given and freely received, of aid and service freely given and freely received. There are difficulties inherent in your cultural or societal structure having to do with possession of property and this causes entities to consider other entities much as one business would consider another when contemplating a merger. This is not an appropriate method of polarizing towards the love and the light of the infinite Creator, nor does it give the greatest opportunity for freely given service, each to the other.

It is not necessary to participate in such ritualized activities in order to form deep and lasting relationships. It is, in fact, possible, and we have seen it among your peoples, for entities to engage in what you call the marriage bond and remain in free and open love and service one to the other. This, however, takes a great amount of conscious awareness of the dangers of impersonal thinking on the part of each entity involved in such a relationship. In any relationship, the key is to consider service to the other entity above all things.

May we answer you further?

L: Yes. You made the phrase, "the dangers of impersonal living." I believe I quoted you correctly. Could you expand upon that please?

I am Hatonn. When there are contracts between business entities, the contract gives each entity rights and privileges and duties. This contract then binds the entities in an agreement. This is an impersonal arrangement which dehumanizes a relationship if it be between two entities on a personal level, and causes each to think of his or her rights and privileges and how to minimize the responsibilities. It is difficult not to succumb from time to time to thinking of these rights and privileges due to one who has so carefully written out this agreement and signed it, for much is given by one who signs such an agreement. These contracts between entities are of a serious nature, and this seriousness is felt by both and often becomes burdensome, thus entities begin dealing with each other in an impersonal way, working for their rights and privileges and forgetting that the entire source of the relationship was the boundless joy of the other company and a great desire to serve that entity.

May we answer you further, my brother?

L: No, thank you.

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It is a pleasure to share our thoughts with you. Is there another question at this time?

(Pause)

I am Hatonn. If there are no more questions at this time we would close the meeting through another instrument. We will contact him now. I am Hatonn.

(L channeling)

I am Hatonn, and I greet you once again, my brothers. It has been a great pleasure for us in that, by performing this insignificant service for you we have been able, ever so slightly, *(inaudible)* the light of the universe, to further illumine an area which has, shall we say, drawn its blinds in the past. It is our wish, my brothers, that we be allowed, at any place or time in your lives, to assist you in whatever manner possible, for it is through you and others such as yourselves that the blind may once again be raised and the light allowed to permeate your sphere. Again, my brothers, we thank you. I am Hatonn.

(Carla channels Nona until the end of the meditation.)

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The Law of One, Book III, Session 59
June 25, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first tell me the instrument's condition and why she feels so tired?

Ra: I am Ra. This instrument's condition is as previously stated. We cannot infringe upon your free will by discussing the latter query.

Questioner: Would it be any greater protection for the instrument if *(name)* changed his sitting position to the other side of the bed?

Ra: I am Ra. No.

Questioner: At the end of the second major cycle there were a few hundred thousand people on Earth. There are over four billion people on Earth today. Were the over four billion people that are incarnate today in the Earth planes and not incarnate at that time, or did they come in from elsewhere during the last 25,000 years?

Ra: I am Ra. There were three basic divisions of origin of these entities.

Firstly, and primarily, those of the planetary sphere you call Maldek, having become able to take up third-density once again, were gradually loosed from self-imposed limitations of form.

Secondly, there were those of other third-density entrance or neophytes whose vibratory patterns matched the Terran experiential nexus. These then filtered in through incarnative processes.

Thirdly, in the past approximate 200 of your years you have experienced much visiting of the Wanderers. It may be noted that all possible opportunities for incarnation are being taken at this time due to your harvesting process and the opportunities which this offers.

Questioner: Just to clarify that could you tell me approximately how many mind/body/spirit complexes were transferred to Earth at the beginning of this last 75,000 year period?

Ra: I am Ra. The transfer, as you call it, has been gradual. Over two billion souls are those of Maldek which have successfully made the transition.

Approximately 1.9 billion souls have, from many portions of the creation, entered into this experience at various times. The remainder are those who have experienced the first two cycles upon this sphere or who have come in at some point as Wanderers; some Wanderers having been in this sphere for many thousands of your years; others having come far more recently.

Questioner: I'm trying to understand the three spirals of light in the pyramid shape. I would like to question on each.

The first spiral starts below the Queen's Chamber and ends in the Queen's Chamber? Is that correct?

Ra: I am Ra. This is incorrect. The first notion of upward spiraling light is as that of the scoop, the light energy being scooped in through the attraction

of the pyramid shape through the bottom or base. Thus the first configuration is a semi-spiral.

Questioner: Would this be similar to the vortex you get when you release water from a bathtub?

Ra: I am Ra. This is correct except that in the case of this action the cause is gravitic whereas in the case of the pyramid the vortex is that of upward spiraling light being attracted by the electro-magnetic fields engendered by the shape of the pyramid.

Questioner: Then the first spiral after this semi-spiral is the spiral used for study and healing. Relative to the Queen's Chamber position, where does this first spiral begin and end?

Ra: I am Ra. The spiral which is used for study and healing begins at or slightly below the Queen's Chamber position depending upon your Earth and cosmic rhythms. It moves through the King's Chamber position in a sharply delineated form and ends at the point whereby the top approximate third of the pyramid may be seen to be intensifying the energy.

Questioner: The first spiral is obviously different somehow from the second and third spirals since they have different uses and different properties. The second spiral then starts at the end of the first spiral and goes up to the apex. Is that correct?

Ra: I am Ra. This is partially correct. The large spiral is drawn into the vortex of the apex of the pyramid. However, some light energy which is of the more intense nature of the red, shall we say, end of the spectrum is spiraled once again causing an enormous strengthening and focusing of energy which is then of use for building.

Questioner: And then the third spiral radiates from the top of the pyramid. Is this correct?

Ra: I am Ra. The third complete spiral does so. This is correct. It is well to reckon with the foundation semi-spiral which supplies the prana for all that may be affected by the three following upward spirals of light.

Questioner: Now I am trying to understand what happens in this process. I'll call the first semi-spiral zero position and the other three spirals one, two, and three, the first spiral being a study in healing. What change takes place in light from zero position to the first spiral that makes that first spiral available for healing?

Ra: I am Ra. The prana scooped in by the pyramid shape gains coherence of energetic direction. The term "upward spiraling light" is an indication, not of your up and down concept, but an indication of the concept of that which reaches towards the source of love and light.

Thus all light or prana is upward spiraling but its direction, as you understand this term, is unregimented and not useful for work.

Questioner: Could I assume then that from all points in space light radiates in our illusion outward in a 360° solid angle and this scoop shape with the pyramid then creates the coherence to this radiation as a focusing mechanism? Is this correct?

Ra: I am Ra. This is precisely correct.

Questioner: Then the first spiral has a different factor of cohesion, you might say, than the second. What is the difference between this first and second spiral?

Ra: I am Ra. As the light is funneled into what you term the zero position, it reaches the point of turning. This acts as a compression of the light multiplying tremendously its coherence and organization.

Questioner: Then is the coherence and organization multiplied once more at the start of the second spiral? Is there just a doubling effect or an increasing effect?

Ra: I am Ra. This is difficult to discuss in your language. There is no doubling effect but a transformation across boundaries of dimension so that light which was working for those using it in space/time—time/space configuration becomes light working in what you might consider an inter-dimensional time/space—space/time configuration. This causes an apparent diffusion and weakness of the spiraling energy. However, in position two, as you have called it, much work may be done inter-dimensionally.

Questioner: In the Giza pyramid there was no chamber at position two. Do you ever make use of position two by putting a chamber in that position on other planets or in other pyramids?

Ra: I am Ra. This position is useful only to those whose abilities are such that they are capable of serving as conductors of this type of focused spiral.

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One would not wish to attempt to train third-density entities in such disciplines.

Questioner: Then the third spiral radiating from the top of the pyramid you say is used for energizing. Can you tell me what you mean by "energizing"?

Ra: I am Ra. The third spiral is extremely full of the positive effects of directed prana and that which is placed over such a shape will receive shocks energizing the electro-magnetic fields. This can be most stimulating in third-density applications of mental and bodily configurations. However, if allowed to be in place over-long such shocks may traumatize the entity.

Questioner: Are there any other effects of the pyramid shape beside the spirals that we have just discussed?

Ra: I am Ra. There are several. However, their uses are limited. The use of the resonating chamber position is one which challenges the ability of an adept to face the self. This is one type of mental test which may be used. It is powerful and quite dangerous.

The outer shell of the pyramid shape contains small vortices of light energy which, in the hands of capable crystallized beings, are useful for various subtle workings upon the healing of invisible bodies affecting the physical body.

Other of these places are those wherein perfect sleep may be obtained and age reversed. These characteristics are not important.

Questioner: What position would be the age reversal position?

Ra: I am Ra. Approximately 5 to 10° above and below the Queen's Chamber position in ovoid shapes on each face of the four-sided pyramid extending into the solid shape approximately one-quarter of the way to the Queen's Chamber position.

Questioner: In other words, if I went just inside the wall of the pyramid a quarter of the way but still remained three-quarters of the way from the center at approximately the level above the base of the Queen's Chamber I would find that position?

Ra: I am Ra. This is approximately so. You must picture the double teardrop extending in both the plane of the pyramid face and in half towards the Queen's Chamber extending above and below it. You may see this as the position where the light has been scooped into the spiral and then is expanding again. This position is what you may call a prana vacuum.

Questioner: Why would this reverse aging?

Ra: I am Ra. Aging is a function of the effects of various electro-magnetic fields upon the electromagnetic fields of the mind/body/spirit complex. In this position there is no input or disturbance of the fields, nor is any activity within the electro-magnetic field complex of the mind/body/spirit complex allowed full sway. The vacuum sucks any such disturbance away. Thus the entity feels nothing and is suspended.

Questioner: Is the pyramid shape constructed in our yard functioning properly? Is it aligned properly and built properly?

Ra: I am Ra. It is built within good tolerances though not perfect. However, its alignment should be as this resting place for maximum efficacy.

Questioner: Do you mean that one of the base sides should be aligned 20° east of north?

Ra: I am Ra. That alignment would be efficacious.

Questioner: Previously you stated that one of the base sides should be aligned with magnetic north. Which is better, to align with magnetic north or to align with 20° east of magnetic north?

Ra: I am Ra. This is at your discretion. The proper alignment for you of this sphere at this time is magnetic north. However, in your query you asked specifically about a structure which has been used by specific entities whose energy vortices are more consonant with the, shall we say, true color green orientation. This would be the 20° east of north.

There are advantages to each orientation. The effect is stronger at magnetic north and can be felt more clearly. The energy, though weak, coming from the now distant, but soon to be paramount, direction is more helpful.

The choice is yours. It is the choice between quantity and quality or wide band and narrow band aid in meditation.

Questioner: When the planetary axis realigns, will it realign 20° east of north to conform to the green vibration?

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Ra: I am Ra. We fear this shall be the last question as this entity rapidly increases its distortion towards what you call pain of the body complex.

There is every indication that this will occur. We cannot speak of certainties but are aware that the grosser or less dense materials will be pulled into conformation with the denser and lighter energies which give your Logos its proceedings through the realms of experience.

May we answer any brief queries at this time?

Questioner: Only if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. We are aware that you experience difficulties at this time, but they are not due to your lack of conscientiousness or dedication. I am Ra. I leave you in the love and in the light of the one infinite Creator. Go forth, then, rejoicing the power and the peace of the one infinite Creator. Adonai. ✣

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The Law of One, Book V, Session 59, Fragment 33
June 25, 1981

Jim: When it becomes known to a seeker that there are negative entities of an unseen nature that may present one with psychic greetings that, in general, tend to intensify difficulties that the seeker has freely chosen, it is often easy for the seeker totally to blame the negative entities for difficulties that appear in the life pattern rather than continuing to trace the line of responsibility to its source within the free will choices of the self. I illustrated this trait in the following question.

I had known very well from an early age that I had a well-exercised temper. In Ra's response to my question about that temper it is interesting to see one possible source for such anger and the potential for balancing that such anger can provide. A future query in this same general area elicits another facet of this quality of anger.

Carla: *When one feels she has a fault, it is very easy to focus on eliminating the fault. Yet Ra encourages us not to erase faults but to balance them. I think this to be a key concept. All of us dwelling in this veil of flesh have biases and opinions that seem distorted to some degree. Of course, if one has a fault that involves infringing on the free will of another, then the fault does need to be addressed by eliminating that behavior. One does not find ways to balance thieving or murder. But Jim's anger, my eternal vagueness and forgetfulness, all of people's little quirks, can be seen to be energies that need balancing, rather than removal. One tries to behave completely without error, yet errors occur. This should not be an excuse for the self to judge the self, but rather a chance for the self to offer love and support to the self, while gently bringing the behavior into balance. Unless we get this principle solidly under our metaphysical belts, we will be self-judgmental people who are petty in complaint and grudging with praise, not just for the self, but for others.*

Session 59, June 25, 1981

Questioner: I have a question from Jim and it states: "I think that I have penetrated my lifelong mystery of my anger at making mistakes. I think that I have always been aware subconsciously of my ability to master new learning, but my desire to successfully complete my work on Earth has been energized by the Orion group into irrational and destructive anger when I fail. Could you comment on this observation?

Ra: I am Ra. We would suggest that as this entity is aware of its position as a Wanderer, it may also consider what pre-incarnative decisions it undertook to make regarding the personal or self-oriented portion of the choosing to be here at this particular time/space. This entity is aware, as stated, that it has great potential, but potential for what? This is the pre-incarnative question. The work of sixth density is to unify wisdom and compassion. This entity abounds in wisdom. The compassion it is desirous of balancing has, as its antithesis, lack of compassion. In the more conscious being this expresses or

manifests itself as lack of compassion for self. We feel this is the sum of suggested concepts for thought which we may offer at this time without infringement. ♣

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Sunday Meditation
June 28, 1981

(Carla channeling)

I am Hatonn, and I greet you my friends, in the love and in the light of our infinite Creator. It is with great pleasure that I speak with each of you and send you our love.

We have spoken to you very often, my friends, about how love can be realized and manifested between yourself and the other persons who are your fellow travelers in this your life experience at this time. Tonight we would like to say a few words about love, the original Thought and how you may manifest and realize this in relation to the world of things.

Each of you has been taught by those who mean very well that is a good and proper thing for people to gather about them an amount of useful or decorative items—what you would call your furniture, your clothing, your transport, and many other items with which you may decorate your domicile or use in your daily life, and each of you has, to same extent, performed and manifested this understanding, that it is good to have these things. When one begins to tread in an earnest manner the path of the pilgrim, one becomes immediately aware that there is too much emphasis placed upon things, and there is, in many cases, a great reaction against things, as if things were intrinsically not spiritual or conducive to spirituality.

You, my friends, are one portion of the original Thought. The first thing which you possess is your physical vehicle. The important entity is yourself, but without this vehicle you would not be manifested in this density. Therefore, this vehicle has a justification and deserves appropriate, loving care. So it is, my friends, with your possessions. If you are able, as part of the original Thought, to view your things as those things invested by you with love, you are then able to create in them the vibrations of peace, harmony, love and light, which will touch all who come within the vicinity of your possessions.

Perhaps you have experienced entering the domicile of one whose heart is serene and whose mind is placed upon the will of the Father. In that place each thing seems comforting and comfortable and there is an atmosphere which is exuded from the very walls. It is in this light that you may observe your relationship to your possessions. In and of themselves they have no importance. If within you there is a love of them greater than the love of the Creator, they are an unfortunate influence upon your spiritual path. If you may imbue your possessions with love while remaining unattached to them, it does not matter what the amount of your possessions may be, for through them, as through everything else in the radiant Being, you are being of service.

(Pause)

I am Hatonn. We are aware of the weariness of the one known as C and would attempt to keep this communication fairly short. We would at this time wish to extend our gratitude to this entity for the sharing of his seeking for the truth that brings him to this circle in spite of this weariness. It is a privilege to share our thoughts with those who seek. I would, at this time, transfer this contact. I am Hatonn.

(L channeling)

I am Hatonn, and I greet you again, my brothers, in the love and the light of our Creator. My brothers, is it not strange that we who are on a path of development seem to spend so much time combating the path with all of our skill and daring? We use those tools which have been provided for our advancement to prevent that very act. Our minds, the complex and infinitely wonderful tool that we have created to serve our needs in the embodied state, have became the master instead of the servant, and must be constantly subdued in order to even set foot on the path, much less advance upon it. My brothers, the choice is ours.

We have made what we have made and only we can undo that which, with more wisdom, we would have not made. Each of you, my brothers, must experience again and again a very individualized Armageddon, an end of the world, for it is in ending your personal world, your concepts, your treasures, the physical illusion to which you so dramatically cling, in the ending of all this, my brothers, comes growth. For just as an eagle cannot rise to the heights and soar through the heavens while chained to a perch or clinging to an overly large prey that has been conquered, you also, my brothers, must release that to which you cling so fervently.

The value or lack of value in the physical object lies not in its existence, for that is part of the illusion, but rather in the use to which one puts it. If one uses a chair as a tool, a means of supporting one comfortably, while at rest or at work, then that chair acts in service and is used as a tool toward advancement, but, my brothers, that same chair used as a throne becomes a different matter altogether. In the first case, the chair releases. In the second, the chair, through your will, restrains. Therefore, my brothers, be not overly concerned with the quality or the quantity of possessions. Be concerned, rather, with the service accomplished through the use of those tools which have been given you.

At this time, we of Hatonn would seek to be of service in answering those questions which we are able to answer. I am Hatonn.

Carla: Hatonn, I have a question for S. She says: "I feel that the increase of negative influence or path of service to self in the various media arenas—that is, movies, books and music—is having a very, very subtle effect on people individually and as a whole. I am referring to a far more subliminal level or door that has been found and used by the Orion Confederation. Am I correct, and could you expand on this concern?"

I am Hatonn. To our sister S—you are correct, my sister, in your assumption. As the time grows near in which each member of your race must decide his direction, a battle, a very subliminal battle is being fought. The battle, however, is not a tug of war in which the negative and positive polarities seek to drag the individual to their own polarity. Rather, the struggle is within the seeking of the individual. He or she is torn between seeking for self and seeking for others. Just as we are capable of providing information, suggestion and advice, so also are those which we term of negative polarity, capable, in their own manner, of providing service.

One must be careful to perceive them as a goodness in their own right and not an evil to be avoided. One such as this instrument would shrink from contact with that herb referred to as poison ivy, but would not regard it as an evil. Rather, as a goodness that must be avoided so that it might continue to perform its service without interference. In the examples provided it is true there are many subliminal suggestions, as you call them, toward polarization, but it is important to realize that those suggestions are toward polarization and not toward a single polarity, for just as many of those suggestions encourage one to gravitate toward a negative or self-serving polarity, there are also many suggestions to gravitate toward a positive or other-serving polarity. We of Hatonn know that if you seek, you shall find. This applies also to those areas of your concern. If we may be of further service on this subject, we would encourage you, our sister, to question us further. I am Hatonn.

Carla: Thank you, Hatonn, for S. I'll see that she gets it soon as D is kind enough to type it up.

We thank you, my sister. May we be of further service?

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Carla: I have a couple of questions of my own. Hopefully they will be brief for C's sake. I found myself with the necessity of dealing with a person whom I conceive to be a negatively-oriented person. I have no trouble loving him at all, none whatsoever. I can love him with all my heart and see him as part of myself. However, there's a necessity for not only dealing with him, but possibly entering into contracts with him and I have not been able to find myself feeling completely free of the desire to avoid this person and his contracts. Is this an acceptable reaction to negative polarity or should I strive more to balance that reaction with indifference or is even that not enough?

I am Hatonn. We understand your question. My sister, all reactions are acceptable. It is a misconception to regard any honest reaction as insufficient, in that these reactions, as you so accurately term then, are guideposts on your personal path, telling you your mileage, so to speak. My sister, each person who enters your life is your teacher, for a true teacher is one who stimulates or prompts his student to teach himself. Therefore, we might suggest that you attempt to perceive this individual as one who, on a non-physical level, chose to enter your life at this time to assist you in your growth. The fact of his consciousness or lack of consciousness concerning his role in your life is not significant. What is significant, my sister, is your choice of words. You speak not of action freely undertaken, consciously chosen, but rather reaction which seems to imply a non-conscious response to a stimulus.

My sister, emotions are simply tools. Some serve to teach, others serve to warn and correct or advise. If you were to attempt to serve a meal, my sister, the preparation of that meal might entail the use of a pan known as a skillet. The skillet would serve to warm a certain type of food, but would you continue to cling to the skillet after it has served this purpose, even to the point of retaining your hold on the skillet throughout the meal? My sister, your reactions serve a purpose of warning and preparing you, but if we were to advise you on this matter we would say that you should consider releasing the skillet once it has served its purpose. Your actions are yours and can be consciously chosen. Your reactions are a conscious choice to place your actions before the whims and will of another. We would ask you to consider this in dealing with the teachers who surround you, my sister.

May we answer you further?

Carla: Just one sub-question. In my dealings with this person, in all the actions I've ever had with him I have, as far as I know, carefully chosen a blameless path, which is my normal way of dealing with people, no matter what I think. What I'm concerned about is my thoughts. I take it, then, that what you are speaking of is mental action rather than physical action.

I am Hatonn. My sister, the mind is your tool. You may use it as you wish. If you wish to retain an image of the individual and create within your mind additions to the illusion before you, those things which are termed daydreams or suppositions, then you are protecting yourself from that which does not exist even within your illusion. My sister, there is no wrong nor imbalance in perceiving a warning when dealing with individuals of questionable intent. It is our suggestion, however, that if you would seek a course of action, follow this one: perceive the warning less within your mind and heart, both the source of the warning and the individual against whom you are warned, and as soon as possible put both from your mind.

May we answer you further, my sister?

Carla: No, thank you Hatonn.

We thank you for this service that you do us, my sister. Is there another question?

Carla: I had one more. Just a comment I wondered if you wanted to make. Up until this time in my life I had always thought that the most aid one could be to another was to be as clear a communicator as possible and I feel that I have been discovering lately that there is a kind of restraint which is in some cases more helpful than seemingly clear communication which ends up just being words. Do you have a comment on this?

My sister, within your heart a comment exists concerning pearls and swine. May we answer you further?

Carla: No, I really don't think I know any pigs but I think I know what you mean. Thank you.

My sister, we would further advise you, if we might.

Carla: Please.

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The pig referred to is a blessed creature, equal in standing in the eyes of the Creator with us all. Is there another question at this time?

Carla: No, thank you Hatonn.

Thank you. I am Hatonn. Although it is pleasant to listen through the ears of this instrument to the night creatures sing, we are aware that darkness is also a time for rest of many of those present. Therefore, at this time we bid you all good night, in the love and the light of our Creator. Adieu, my friends. I am Hatonn. ♣

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The Law of One, Book III, Session 60

July 1, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: When you spoke in the last session of "energizing shocks" coming from the top of the pyramid, did you mean that these came at intervals rather than steadily?

Ra: I am Ra. These energizing shocks come at discrete intervals but come very, very close together in a properly functioning pyramid shape. In one whose dimensions have gone awry the energy will not be released with regularity or in quanta, as you may perhaps better understand our meaning.

Questioner: The next statement that I will make may or may not be enlightening to me in my investigation of the pyramid energy, but it has occurred to me that the effect of the so-called Bermuda Triangle could be possibly due to a large pyramid beneath the water which releases this third spiral in discrete and varying intervals. Entities or craft that are in the vicinity may change their space/time continuum in some way. Is this correct?

Ra: I am Ra. Yes.

Questioner: Then this third spiral has an energizing effect that, if strong enough, will actually change the space/time continuum. Is there a use or value to this type of change?

Ra: I am Ra. In the hands of one of fifth-density or above this particular energy may be tapped in order to communicate information, love, or light across what you would consider vast distances but which with this energy may be considered transdimensional leaps. Also, there is the possibility of travel using this formation of energy.

Questioner: Would this travel be the instantaneous type used primarily by sixth-density entities, or is it the sling-shot effect that you are talking about?

Ra: I am Ra. The former effect is that of which we speak. You may note that as one learns the, shall we say, understandings or disciplines of the personality each of these configurations of prana is available to the entity without the aid of this shape. One may view the pyramid at Giza as metaphysical training wheels.

Questioner: Then is the large underwater pyramid off the Florida coast one of the balancing pyramids that Ra constructed or did some other social memory complex construct it and if so, which one?

Ra: I am Ra. That pyramid of which you speak was one whose construction was aided by sixth-density entities of a social memory complex working with Atlanteans prior to our working with the, as you call them, Egyptians.

Questioner: You mentioned working with one other group other than the Egyptians. Who were they?

Ra: I am Ra. These entities were those of South America. We divided our forces to work within these two cultures.

Questioner: The pyramid shape then, as I understand it, was deemed by your social memory complex to be at that time of paramount importance as the physical training aid for spiritual development. At this particular time in the evolution of our planet it seems that you place little or no emphasis on this shape. Is this correct?

Ra: I am Ra. This is correct. it is our honor/duty to attempt to remove the distortions that the use of this shape has caused in the thinking of your peoples and in the activities of some of your entities. We do not deny that such shapes are efficacious, nor do we withhold the general gist of this efficacy. However, we wish to offer our understanding, limited though it is, that contrary to our naive beliefs many thousands of your years ago the optimum shape for initiation does not exist.

Let us expand upon this point. When we were aided by sixth-density entities during our own third-density experiences we, being less bellicose in the extreme, found this teaching to be of help. In our naiveté in third-density we had not developed the interrelationships of your barter or money system and power. We were, in fact, a more philosophical third-density planet than your own and our choices of polarity were much more centered about the, shall we say, understanding of sexual energy transfers and the appropriate relationships between self and other-self.

We spent a much larger portion of our space/time working with the unmanifested being. In this less complex atmosphere it was quite instructive to have this learn/teaching device and we benefited without the distortions we found occurring among your peoples.

We have recorded these differences meticulously in the Great Record of Creation that such naiveté shall not be necessary again.

At this space/time we may best serve you, we believe, by stating that the pyramid for meditation along with other rounded and arched or pointed circular shapes is of help to you. However, it is our observation that due to the complexity of influences upon the unmanifested being at this space/time nexus among your planetary peoples it is best that the progress of the mind/body/spirit complex take place without, as you call them, training aids because when using a training aid an entity then takes upon itself the Law of Responsibility for the quickened or increased rate of learn/teaching. If this greater understanding, if we may use this misnomer, is not put into practice in the moment by moment experience of the entity, then the usefulness of the training aid becomes negative.

Questioner: Thank you. I don't know if this question will result in any useful information, but I feel that I must ask it. What was the ark of the covenant, and what was its use?

Ra: I am Ra. The ark of the covenant was that place wherein those things most holy, according to the understanding of the one called Moishe, were placed. The article placed therein has been called by your peoples two tablets called the Ten Commandments. There were not two tablets. There was one writing in scroll. This was placed along with the most carefully written accounts by various entities of their beliefs concerning the creation by the one Creator.

This ark was designed to constitute the place wherefrom the priests, as you call those distorted towards the desire to serve their brothers, could draw their power and feel the presence of the one Creator. However, it is to be noted that this entire arrangement was designed, not by the one known to the Confederation as Yahweh, but rather was designed by negative entities preferring this method of creating an elite called the Sons of Levi.

Questioner: Was this a device for communication then? You also said that they drew power from it. What sort of power? How did this work?

Ra: I am Ra. This was charged by means of the materials with which it was built being given an electromagnetic field. It became an object of power in this way and, to those whose faith became that untarnished by unrighteousness or separation, this power designed for negativity became positive and is so, to those truly in harmony with the experience of service, to this day. Thus the negative forces were partially successful but the positively oriented Moishe, as this entity was called, gave to your planetary peoples the possibility of a path to the one infinite Creator which is completely positive.

This is in common with each of your orthodox religious systems which have all become somewhat mixed in orientation, yet offer a pure path to the one Creator which is seen by the pure seeker.

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Questioner: Where is the ark of the covenant now? Where is it located?

Ra: I am Ra. We refrain from answering this query due to the fact that it does still exist and is not that which we would infringe upon your peoples by locating.

Questioner: In trying to understand the creative energies, it has occurred to me that I really do not understand why unusable heat is generated as our Earth moves from third into fourth density. I know it has to do with disharmony between the vibrations of third and fourth density but why this would show up as a physical heating within the Earth is beyond me. Can you enlighten me on that?

Ra: I am Ra. The concepts are somewhat difficult to penetrate in your language. However, we shall attempt to speak to the subject. If an entity is not in harmony with its circumstances it feels a burning within. The temperature of the physical vehicle does not yet rise, only the heat of the temper or the tears, as we may describe this disharmony. However, if an entity persists for a long period of your space/time in feeling this emotive heat and disharmony, the entire body complex will begin to resonate to this disharmony, and the disharmony will then show up as the cancer or other degenerative distortions from what you call health.

When an entire planetary system of peoples and cultures repeatedly experiences disharmony on a great scale the earth under the feet of these entities shall begin to resonate with this disharmony. Due to the nature of the physical vehicle, disharmony shows up as a blockage of growth or an uncontrolled growth since the primary function of a mind/body/spirit complex's bodily complex is growth and maintenance. In the case of your planet the purpose of the planet is the maintenance of orbit and the proper location or orientation with regards to other cosmic influences. In order to have this occurring properly the interior of your sphere is hot in your physical terms. Thus instead of uncontrolled growth you begin to experience uncontrolled heat and its expansive consequences.

Questioner: Is the Earth solid all the way through from one side to the other?

Ra: I am Ra. You may say that your sphere is of an honey-comb nature. The center is, however, solid if you would so call that which is molten.

Questioner: Are there third-density entities living in the honey-comb areas? Is this correct?

Ra: I am Ra. This was at one time correct. This is not correct at this present space/time.

Questioner: Are there any inner civilizations or entities living in these areas other than physically incarnate who do come and materialize on the Earth's surface at some times?

Ra: I am Ra. As we have noted, there are some which do as you say. Further, there are some inner plane entities of this planet which prefer to do some materialization into third-density visible in these areas. There are also bases, shall we say, in these areas of those from elsewhere, both positive and negative. There are abandoned cities.

Questioner: What are these bases used for by those from elsewhere?

Ra: I am Ra. These bases are used for the work of materialization of needed equipment for communication with third-density entities and for resting places for some equipment which you might call small craft. These are used for surveillance when it is requested by entities.

Thus some of the, shall we say, teachers of the Confederation speak partially through these surveillance instruments along computerized lines, and when information is desired and those requesting it are of the proper vibratory level the Confederation entity itself will then speak.

Questioner: I understand then that the Confederation entity needs communication equipment and craft to communicate with the third-density incarnate entity requesting the information?

Ra: I am Ra. This is incorrect. However, many of your peoples request the same basic information in enormous repetition, and for a social memory complex to speak ad infinitum about the need to meditate is a waste of the considerable abilities of such social memory complexes.

Thus some entities have had approved by the Council of Saturn the placement and maintenance of these message givers for those whose needs are simple, thus reserving the abilities of the Confederation members for those already meditating and absorbing information which are then ready for additional information.

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Questioner: There has been, for the past 30 years, a lot of information and a lot of confusion, and in fact, I would say that the Law of Confusion has been working overtime—to make a small joke—in bringing information for spiritual catalysis to groups requesting it, and we know that both the positively and the negatively oriented social memory complexes have been adding to this information as they can. This has led to a condition of apathy in a lot of cases with respect to the information. Many who are truly seeking have been thwarted by what I might call spiritual entropy in this information. Can you comment on this and the mechanisms of alleviating these problems?

Ra: I am Ra. We can comment on this.

Questioner: Only if you deem it of importance would I request a comment.

If you deem it of no importance we'll skip it.

Ra: I am Ra. This information is significant to some degree as it bears upon our own mission at this time.

We of the Confederation are at the call of those upon your planet. If the call, though sincere, is fairly low in consciousness of the, shall we say, system whereby spiritual evolution may be precipitated, then we may only offer that information useful to that particular caller. This is the basic difficulty. Entities receive the basic information about the Original Thought and the means, that is meditation and service-to-others, whereby this Original Thought may be obtained.

Please note that as Confederation members we are speaking for positively oriented entities. We believe the Orion group has precisely the same difficulty.

Once this basic information is received it is not put into practice in the heart and in the life experience but instead rattles about within the mind complex distortions as would a building block which has lost its place and simply rolls from side to side uselessly, yet still the entity calls. Therefore, the same basic information is repeated. Ultimately the entity decides that it is weary of this repetitive information. However, if an entity puts into practice that which it is given, it will not find repetition except when needed.

Questioner: Thank you. Are the chakras or bodily energy centers related to or do they operate like the pyramid energy funnel?

Ra: I am Ra. No.

Questioner: Was there a purpose for mummification having to do with anything other than bodily burial?

Ra: I am Ra. Much as we would like to speak to you of this distortion of our designs in constructing the pyramid, we can say very little for the intent was quite mixed and the uses, though many felt them to be positive, were of a nonpositive order of generation. We cannot speak upon this subject without infringement upon some basic energy balances between the positive and negative forces upon your planet. It may be said that those offering themselves felt they were offering themselves in service-to-others.

Questioner: What civilization was it that helped Ra using the pyramid shape while Ra was in third-density?

Ra: I am Ra. Your people have a fondness for the naming. These entities have begun their travel back to the Creator and are no longer experiencing time.

Questioner: The instrument wished to know, when using the pendulum in discovering energy centers, what the back and forth motion meant instead of the circular motion?

Ra: I am Ra. This shall have to be the final question although this entity is still providing us with energy. It is experiencing the distortion towards pain.

The rotations having been discussed, we shall simply say that the weak back and forth motion indicates a partial blockage although not a complete blockage. The strong back and forth motion indicates the reverse of blockage which is over-stimulation of a chakra or energy center which is occurring in order to attempt to balance some difficulty in body or mind complex activity. This condition is not helpful to the entity as it is unbalanced. Are there any brief queries before we leave this instrument?

Questioner: Only is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. Be merry, my friends. All is well and your conscientiousness is to be recommended. We leave you in the love and the light of the one infinite Creator. Rejoice, then, and go forth in the peace and in the glory of the one infinite Creator. I am Ra. Adonai. ♣

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The Law of One, Book V, Session 60, Fragment 34
July 1, 1981

Jim: The first two questions in this portion of Session 60 touch upon Carla's tendency towards martyrdom in general terms; that is, in the case of the Ra contact Carla's desire to be of service in this contact was strong enough that she would open herself completely to the contact until there was no vital energy left for her own ease of transition back to the waking state. Ra's suggestion in this regard was that if she were to reserve some vital energy, it would be possible that the contact could continue over a longer period of time. Ra recognized that her basic incarnational lesson was to generate as much compassion as possible and was the root of the unreserved opening to the contact, but Ra also suggested that a little addition of wisdom in the reserving some small amount of vital energy might enhance her service.

In fact, our entire group was then in the process of exercising more caution regarding the frequency of sessions. We had begun to travel the martyr's path in having sessions too frequently and giving of the self—of the instrument—until there was nothing left. As we continued to hold sessions when she was not in good shape, it was also suggested to us by Ra that overly to stress caution in scheduling sessions further apart and in resting Carla was as deleterious to retaining the contact as our martyring behavior was at the beginning of the sessions. In having the sessions, in distributing the material to others, and in living the daily life in general we found that there is a basic kind of dedication to serving others that is helpful. But when that dedication becomes focused on a strong desire that a specific outcome be the result of any effort to serve others, then one is distorting the service with preconceived ideas. "Not my will, but Thy will" is the attitude offering the most efficient service.

And once again we see the beneficial role that a physical limitation can play in one's incarnation. In this case, Carla's arthritis is seen to be the means by which she pre-incarnatively determined to focus her attention, not on the usual activities of the world, but on the inner life, the life of meditation and contemplation which her physical limitation offered her. This same limitation has also been used to carry out other pre-incarnatively chosen lessons, as mentioned by Ra in the last two responses. Such pre-incarnatively chosen limitations confound many healers who have the opinion that no disease is ever necessary. However, it seems that some people choose lessons that will utilize the entire incarnation and not just a portion of it. Thus the distortions needed to present the opportunities for these kinds of lessons are not meant to yield to healing efforts.

Carla: *It may seem as though I have had a life ruled by disease and limitation. In actuality, that just isn't so. At one time, when Donald had died and I had not yet fully decided to survive him, my condition worsened to the point where I had to stay horizontal all the time. But even then I was able to make letter tapes and to channel, until the very end of that dark period, the*

month or so before going to the hospital in January of 1992. And I can honestly say that even in that extremity, I wanted to stay.

Today, I simply do not think very much about my aches and pains, and I don't think other people notice anything out of the ordinary about me. I don't appear ill, and do not act that way either, so people just assume I am healthy. Having done everything I could to better my condition, and failed to make any dent by any means, I have concluded that the symptoms of pain which I experience are not signal but noise. This is the basic pain management theory I learned in rehab that fateful year of 1992. Something that has no message is a useless thing, no matter how irritating. I was riding one of those electric buggies airline employees use to transport the elderly and feeble, and remarked on the constant **bee-baw, bee-baw, bee-baw** *as the cart wended its way through the pedestrian traffic in the huge corridor. The driver said she didn't even notice it any more, she was so used to it. Exactly. I don't do this perfectly: I complain at least daily to my mate, who has identified listening to the daily report as a service to the weary! It really helps to gripe a bit. As long as the griper doesn't take it too seriously.*

I know this is not easy, and I spent months during that period thinking that I might not make the cut! It is difficult to face pain, especially ancient, blade-keen pain that has crippled, and to work through the crystallizations that kept the arms down and the back separated from the neck. What saved me was love. I have a real passion for cooking. I love to play with tastes, to mix herbs and spices and all the kinds of food there are. The fact that the result of this playtime is meals that people enjoy is icing on the cake! I'd been banned from the kitchen 12 years ago. After thorough testing to be sure I would not harm my condition, I was OK'd to take up cooking again. I loved being in the kitchen to the point where I would just hang on to the stove and cook long past the point where I would have given up if I'd just been sitting or standing and doing nothing. And then there was the love I had for Jesus—I promised Him that I would get better, and give praise and thanksgiving and glory to His holy Name. Which I do, frequently! Between the two, a miracle occurred for me, given by Love to love for Love's sake. And I pray to be able to share my story of being a Wanderer and one who wishes to serve, with all those who are awakening to their spiritual identity at this time.

Yes, I am still limited by my physical restrictions. I have spent literally years refining a schedule that I can live with, that has the most things in it that I want in my life, without overstressing my frail body. At this point, Jim and I have things worked out very well, and I have been fortunate to escape difficulty this last year or so. It is a first! I just take things at the speed I know is safe for me.

Needless to say, when this contact was ongoing, I had no such concept of caution. I adored Don, he wanted this contact more than anything I'd ever seen him go after; during this time he was actually a happy man. These were golden moments for me: I had had but one goal for a long time from 1968 onwards, and that was to make a real home, both physical and metaphysical, for Don. I knew he was comforted by being with me, so I felt I always helped. But this state he was in was unique. Here was my star-crossed love, peaceful and completely satisfied with his life for the first and only time I ever saw. I couldn't wait to do the next session, just so I could wake up to see him grinning with delight.

It is fairly easy to see from the questions he was asking that Don felt my best chance for healing lay in mental work along the lines of his Church Of Christ Scientist Mother's faith. He was accustomed, when a family member got a cold or illness, to calling the Practitioner, who would spend time in prayer and meditation, affirming the perfection of whatever seemed to be imperfect. This method of thinking is extremely valuable, and I do want to give credit to this marvelous practice of affirming perfection. For that is the overriding truth—behind all of this seeming imperfection there is utter perfection beyond telling or measure. I have sensed and felt it, but have never been able to bring back words. However I believe those experiences to be true.

As to the idea of my pre-incarnatively choosing the limitations, and the lesson of loving without expectation of a return, both of these topics had been covered in a past-life regression done by Larry Allison in 1975, and I felt sure that this was the case. It rang true with that depth of resonance I have come to associate with personal truth. I felt and feel fortunate to be alive, and if I have to pay some dues, that's OK. I'm glad to be at the party! When I do die to this world, I hope that I will be satisfied I've done all I can—and I don't feel that way yet. One thing I know I still have ahead is to write some sort of witness to those truths that have been

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shared with me at dear cost. When I have written all I know about the devotional life lived in the midst of it all, then I will be fairly satisfied that I have served my part. But we never really know what the sum of service is, do we? I don't presume to think that I know all that is slated for me to experience. And am satisfied to let it surprise me.

Session 60, July 1, 1981

Questioner: It is my opinion that the best way for the instrument to improve her condition is through periods of meditation followed by periods of contemplation with respect to the condition and its improvement. Could you tell me if I am correct and expand on this?

Ra: I am Ra. Meditation and contemplation are never untoward activities. However, this activity will in all probability, in our opinion, not significantly alter the predispositions of this instrument which cause the fundamental distortions which we, as well as you, have found disconcerting.

Questioner: Can you tell me the best approach for altering, to a more acceptable condition, the distortions that the instrument is experiencing?

Ra: I am Ra. There is some small amount of work which the instrument may do concerning its pre-incarnative decisions regarding service to the infinite Creator in this experience. However, the decision to open without reservation to the offering of self when service is perceived is such a fundamental choice that it is not open to significant alteration, nor would we wish to interfere with the balancing process which is taking place with this particular entity. The wisdom and compassion being so balanced by this recapitulation of fourth density is helpful to this particular mind/body/spirit complex. It is not an entity much given to quibbling with the purity with which it carries out that which it feels it is best to do. We may say this due to the instrument's knowledge of its self which is clear upon this point. However, this very discussion may give rise to a slightly less fully unstopped dedication to service in any one working so that the service may be continued over a greater period of your space/time.

Questioner: You are saying, then, that the physical distortions that the instrument experiences are part of a balancing process? Is this correct?

Ra: I am Ra. This is incorrect. The physical distortions are a result of the instrument's not accepting fully the limitations placed prior to incarnation upon the activities of the entity once it had begun the working. The distortions caused by this working, which are inevitable given the plan chosen by this entity, are limitation and to a degree, consonant with the amount of vital and physical energy expended, weariness, due to that which is the equivalent in this instrument of many, many hours of harsh physical labor.

This is why we suggested the instrument's thoughts dwelling upon the possibility of its suggesting to its higher self the possibility of some slight reservation of energy at a working. This instrument at this time is quite open until all resources are quite exhausted. This is well if desired. However, it will, shall we say, shorten the number of workings in what you may call the long run.

Questioner: Will spreading the workings out over greater intervals of time so that we have more time between workings help?

Ra: I am Ra. This you have already done. It is not helpful to your group to become unbalanced by concern for one portion of the work above another. If this instrument is, in your judgment, capable and if the support group is functioning well, if all is harmonious and if the questions to be asked have been considered well, the working is well begun. To overly stress the condition of the instrument is as deleterious to the efficiency of this contact as the antithetical behavior was in your past.

Questioner: Aside from the workings I am concerned about the physical distortions of the instrument in the area of her hands and arms. Is there a, shall we say, mental exercise or something else that the instrument could work on to help to alleviate the extreme problems that she has at this time with her hands, etc.?

Ra: I am Ra. Yes.

Questioner: Would this be an exercise of meditation and contemplation upon the alleviation of these problems?

Ra: I am Ra. No.

Questioner: What would she do then in order to alleviate these problems?

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Ra: I am Ra. As we have said, this instrument, feeling that it lacked compassion to balance wisdom, chose an incarnative experience whereby it was of necessity placed in situations of accepting self in the absence of other-selves' acceptance and the acceptance of other-self without expecting a return or energy transfer. This is not an easy program for an incarnation but was deemed proper by this entity. This entity therefore must needs meditate and consciously, moment by moment, accept the self in its limitations which have been placed for the very purpose of bringing this entity to the precise tuning we are using. Further, having learned to radiate acceptance and love without expecting return, this entity now must balance this by learning to accept the gifts of love and acceptance of others which this instrument feels some discomfort in accepting. These two balanced workings will aid this entity in the release from the distortion called pain. The limitations are, to a great extent, fixed.

Questioner: Is the fact that the instrument was already consciously aware of this the reason that the first distortion was not in force in making it impossible for you to communicate this to us?

Ra: I am Ra. This is not only correct for this entity which has been consciously aware of these learn/teachings for some of your years, but also true of each of the support group. The possibility of some of this information being offered was not there until this session. ♣

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Sunday Meditation
July 5, 1981

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, in the love and light of the infinite Creator. It is a great joy and privilege to be with you and we welcome and greet each of you, especially the one known as K, whom we have not seen for some time and the one known as E, who is always with us, yet we have not seen this entity either for some time in this group. We welcome each of you and wish you to know that we are always with you at any time that you may request our aid in your meditation.

Outside your domicile, my friends, it rains upon the earth and the great cycles of your nature move in their stately cycles through the many ways of service which the Creator offers in His creation and in yourselves, too. The rains come and moisten the surfaces of your thoughts and yet, my friends, as inspiration falls to you from the Creator it does much more than simply moisten your daily thoughts and emotions. It goes deep within the surface of your mind and your heart. This rain, which you may call grace or love, feeds the deepest rivers which flow at the very heart of the being. These rivers are never dry, no matter what the outer surface of your reality may seem at any time. These rivers of your deepest heart and your deepest mind are always enriched and forever full of the waters of love, and in each meditation you may come to these waters and be bathed and cleansed in their sweetness.

We speak to you of love, for it is the original Thought and it is the cause of our being with you this evening. In the difficulties and the hurly-burly of your daily existence, how easy it is to mistake the surface weather of your moods and your emotions and your thoughts for the deeper sources of the being, and to think that you are as you feel. Indeed, my friends, it is good to know just how you do feel and how you do think at all times, that you may be careful to use the experiences of your daily life, yet it is well also to realize that that which is deep within you is the true reality of your being and often bears no resemblance whatsoever to your thinking or your feeling on the outer planes. For your true self, my friends, is one which is beyond the human joys and sorrows that you experience in this illusion. Your true self, my friends, is one which is part of the creation of the Father and as such, experiences the entire creation outside of time, outside of space, outside of all things but the unity of the eternal present of the creation.

Many there are upon your sphere who have dabbled their toes in these underground rivers of consciousness and, finding them too deep, have turned back. We realize that each of you seeks these deep rivers of love within your being. We ask that you imagine where this rain, that you now experience upon the roof of your domicile, is coming from. Does it come from elsewhere, from some

outside source? No, my friends. This rain that falls from your sky was once a part of the deepest underground waterways, surfacing in sea and lake and stream, to be taken up into the air, to fall once again in service upon the good earth. So it is with love, my friends. It is not something that you need seek upon the outer planes, for it is within you. And as it comes to you so it has flowed from you. Thus, to seek love is to give love in the unending cycle of service.

At this time we would transfer this contact. I am Hatonn.

(Jim channeling)

I am Hatonn, and I greet you once again in the love and the light of our infinite Creator. We would at this time offer ourselves in the service of answering questions which might be upon your minds. Are there any questions that we might attempt to answer?

Carla: I would like to take this opportunity to thank you, Hatonn, for being with me in my meditations in these last few days.

I am Hatonn. My sister, we may say it has been a great honor and privilege to join you in your meditations, for always do we seek to serve those who request our assistance. In this way we provide the means whereby we also progress. Those whom we serve, hopefully, are aided in their progression and the Creator is aided yet one more step further in the recognition of each entity as Creator. We thank you, my sister.

Is there a question which we might attempt to answer at this time?

C: Hatonn, could you talk to me a little bit about the value of solitude as an aid to growth?

I am Hatonn, and am aware of your question, my brother. We would answer by saying there are many ways which an entity may use for growth in this illusion which you now experience. The most common method is the everyday experience which you share with the entities round about you, for each entity is likened unto a mirror and reflects back to you that image which is the part of yourself which most needs attention and acceptance at that moment. For fewer numbers of entities, but for all from time to time, a method of experiencing solitude is also of great use. Solitude, though it does not provide the easy access of a mirror which the entities around you provide in your daily life, still provides a great mirroring for the entity who is alert and aware of the fact that each experience one encounters is part of your very being.

In the situation of solitude you must be aware that, though you do not have other entities around you, yet you are surrounded by the Creator, you are surrounded by yourself in forms not so easily recognizable. The experience of solitude has the effect of driving the attention of the entity deeper within the self of the entity, for your experience in solitude is a focus, a focus into your being which has the ability to show you that all about you is your being, that all about you is your experience, that you create your reality in your response to that which you experience.

Solitude must be carefully used, may we say, for it is a more powerful tool for the entity who wishes to progress in the growth and the realization of oneness with the Creator, for though many entities experience the reflecting of the part of themselves needing attention by other-selves in their daily lives, since this occurs so often it is easy to ignore, but when one experiences solitude, the experience of the self as all is much more profound and is harder to ignore.

Therefore, we would suggest for those who seek to progress upon the path of realization the use of solitude as a tool upon this path, but the use of this tool with discretion, for it is one of the more powerful tools which entities upon your plane have at their disposal.

May we answer you further, my brother?

C: No, thank you very much.

We thank you. May we answer another question at this time?

Carla: My friend B just wrote a letter and said that she thought that a lot of new age babies were being born right now. Is this perhaps the reason that some of my friends, say that who didn't expect to start families and then later in life did start families, are experiencing childbirth and the beginning of families at this time? Are there many new souls, or are these souls trying for graduation?

I am Hatonn. And we would answer you, my sister, by saying many are the ways in which service may be

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provided, and at this time upon your planet, as your peoples approach graduation in the great harvesting of souls in your near future, many of the entities upon your plane are providing a service for souls wishing to incarnate upon this planet and this dimension at this time. Since the harvest grows near, those who have but a short distance to travel or a few lessons to learn, those able with a small amount, shall we say, of experience needed, do now wish to incarnate upon your plane. Those who have a chance for graduation realize that chance is now.

Many are the souls which knock upon the door of your plane. Many are the entities who now open themselves to this service, providing a channel, shall we say, for these souls to enter upon your plane. Those entities being born now and for the last few years, shall we say, as you measure time, are those souls which are old, as time is reckoned, and which have experienced enough of the catalysts of your dimension that graduation is near at hand for them, and many are the souls which seek this graduation. Yes, my sister, we would say that the service of providing that which is called by your peoples parenthood, many are those which shall provide this service in these days approaching the harvest.

May we answer you further, my sister?

Carla: No, thank you, Hatonn. That's fine.

We thank you, as always. May we attempt to answer another question at this time?

E: When one feels that one has not accomplished that which they came here to do and feels that the time, perhaps, is short, what would be your advice?

I am Hatonn. My sister, we would answer you by saying that to seek the love of the infinite Creator in each moment of your life is the greatest service and the greatest learning that can be accomplished upon your plane, for it is the lesson of this dimension to discover the love of the Creator within all that is experienced within the self, within the life, within the family, within the community, within each activity, each experience and there is, shall we say, an infinite amount of time to discover this love.

May we answer you further, my sister?

E: No, thank you.

We thank you. Is there another question at this time?

Carla: This is really off the wall, but I would just like to know if, in this density, in this cycle, in this particular universe, were there ever dragons? Where did that come from? Is it a parallel universe or is it a deep thought form in our being, or what? It must be real somewhere—dragons and magic.

I am Hatonn, and we would answer you, my sister, by saying that thousands of years ago, in the measure of time as your people measure time, as the circumstances and the level of living and understanding was much simpler, there were seen by the entities upon your planet many dangers and many threats, not only of the world of survival from day-to-day and of what you would call neighboring tribes and entities and of animals of various natures of temperament, but the weather, the very world itself, appeared to the simpler understanding as a great threat to existence. Many were the means by which the simpler entities imagined the world about them and many were the deities and powers and gods and beings which these entities beseeched for assistance and worshipped for power.

It is difficult to separate the group or mass mind of your peoples from these times, the many influences and forces which shaped the images of fear and power which your people have contained within their collective consciousness. But we might say in relation to your question about dragons, there have been many types of images or powers which your people have experienced in their past. Many of these have taken the forms of dragons or serpents or monsters as explanations for the unknown powers which ruled the world these people experienced. There have not been, to the best of our understanding, the types of dragons which are commonly portrayed in your comic books and upon your movie screens, though there have been many types of beasts, shall we say, that have walked your planet and have come quite close in their effect upon the population of your planet.

May we answer you further, my sister?

Carla: Yes, just to follow it through. I was, of course, referring to the movie, "Dragon Slayer," which I just saw and I was pondering why it is that something within me responds to a certain fineness and goodness in bravery, or whatever myth it is, that is the "dragon slayer," like St. George or like some fine sorcerer of old that has the ability to slay the dragon. I was wondering why I respond so deeply to that

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image. Is it possible that it's just a part of the mass mind that I'm aware of or that it's a strong image?

I am Hatonn. We would answer, my sister, by saying that the imagery of the dragon, of the force which threatens, is an old image upon your planet. As we said before, many are the images and the feelings of fear which your people have experienced. There has been, in your illusion, the illusion of separation, of having to contend or compete against another entity, another nation or another force to win the survival, to win the day. Many have been the forces which have been seen as being in opposition; many have been the unknown threats. It is the conquering of the unknown, the winning of the day by one means or another, that has been the allegorical story for your people throughout their history.

For each entity, in his or her life faces many unknowns, many dragons, many threats, and many are the opportunities, therefore, for each entity to confront, to face and to slay the dragon by one means or another and thereby pass yet one more test, shall we say, in this course of learning within this density. It is an old and noble image and story, that of the dragon, that of the unknown, that of the one who slays the dragon and frees people and frees the self.

May we answer you further, my sister?

Carla: No, thank you Hatonn. The answer was a lot better than the question. Thank you very much.

Again, we thank you. Is there another question at this time?

M: Hatonn, about the new births coming in close to the harvest [that] are many souls that are ready to go into the next density. Will their physical bodies be able to go into the next density, [for those that make it?]

I am Hatonn. My brother, we would answer you simply by saying there shall be, as it appears at this time, a remnant that shall remain with your planet, as even at this time your planet has begun movement into the fourth density, and there are, as you know quite well, many entities upon your planet now experiencing this transition. As the harvest grows near and the various signs of the transition take place, there shall be yet remaining with each transition and each difficulty, a remnant, and many shall pass to the fourth density inhabiting that which is known as a physical body complex.

May we answer you further?

M: No, thank you.

Is there another question at this time?

(Pause)

I am Hatonn. May we say it has been a great privilege to be with you this evening in your meditation. We hope that in some small way our simple message has been able to shine a bit of light upon your understanding, and we have been able, hopefully, to share the love that we feel, the love of the infinite Creator, with your group this evening.

We would say once again that should at any time you request that we be with you in your meditations or in your daily life, we would be most honored to join you at that time. Always, we are with you, for always we are one in the love and in the light of the infinite Creator. We are known to you as those of Hatonn and we leave you now in the love and in the light of the infinite Creator. Adonai. ♣

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The Law of One, Book III, Session 61

July 8, 1981

Ra: I am Ra. I greet you, my friends, in the love and in the light of the infinite Creator. We communicate now.

Questioner: Could you give me an indication of the instrument's condition?

Ra: I am Ra. This instrument's vital energies are improving. The physical complex distortions are quite marked at this space/time and there is a decrease in physical complex energies.

Questioner: Is there anything in particular that the instrument could do to improve the physical condition?

Ra: I am Ra. This instrument has two factors affecting its bodily distortions. This is in common with all those which by seniority of vibration have reached the green-ray level of vibratory consciousness complexes.

The first is the given in-streamings which vary from cycle to cycle in predictable manner. In this particular entity the cyclical complexes at this space/time nexus are not favorable for the physical energy levels.

The second ramification of condition is that which we might call the degree of mental efficiency in use of catalyst provided for the learning of programmed lessons in particular and the lessons of love in general.

This instrument, unlike some entities, has some further distortion due to the use of preincarnative conditions.

Questioner: Can you expand on what you meant by the "cycling in-streamings of energy"?

Ra: I am Ra. There are four types of cycles which are those given in the moment of entry into incarnation. There are in addition more cosmic and less regularized in-pourings which, from time to time, affect a sensitized mind/body/spirit complex. The four rhythms are, to some extent, known among your peoples and are called bio-rhythms.

There is a fourth cycle which we may call the cycle of gateway of magic of the adept or of the spirit. This is a cycle which is completed in approximately eighteen of your diurnal cycles.

The cosmic patterns are also a function of the moment of incarnative entrance and have to do with your satellite you call the moon, your planets of this galaxy, the galactic sun, and in some cases the in-streamings from the major galactic points of energy flow.

Questioner: Would it be helpful to plot these cycles for the instrument and attempt to have these sessions at the most favorable points with respect to the cycles?

Ra: I am Ra. To that specific query we have no response.

It may be noted that the three in this triad bring in this energy pattern which is Ra. Thus each energy input of the triad is of note.

We may say that while these information systems are interesting they are in sway only in so far as the entity or entities involved have not made totally efficient use of catalyst and, therefore, instead of accepting the, shall we say, negative or retrograde moments or periods without undue notice, have the distortion towards the retaining of these distortions in order to work out the unused catalyst.

It is to be noted that psychic attack continues upon this entity although it is only effective at this time in physical distortions towards discomfort.

We may suggest that it is always of some interest to observe the roadmap, both of the cycles and of the planetary and other cosmic influences, in that one may see certain wide roads or possibilities. However, we remind that this group is an unit.

Questioner: Is there some way that we could, as a unit then, do something to reduce the effect of the psychic attack on the instrument and optimize the communicative opportunity?

Ra: I am Ra. We have given you the information concerning that which aids this particular mind/body/spirit complex. We can speak no further. It is our opinion, which we humbly offer, that each is in remarkable harmony with each for this particular third-density illusion at this space/time nexus.

Questioner: I would like to ask questions about healing exercises. The first is, in the healing exercises concerning the body, what do you mean by the disciplines of the body having to do with the balance between love and wisdom in the use of the body in its natural functions?

Ra: I am Ra. We shall speak more briefly than usual due to this instrument's use of the transferred energy. We, therefore, request further queries if our reply is not sufficient.

The body complex has natural functions. Many of these have to do with the unmanifested self and are normally not subject to the need for balancing. There are natural functions which have to do with other-self. Among these are touching, loving, the sexual life, and those times when the company of another is craved to combat the type of loneliness which is the natural function of the body as opposed to those types of loneliness which are of the mind/emotion complex or of the spirit.

When these natural functions may be observed in the daily life they may be examined in order that the love of self and love of other-self versus the wisdom regarding the use of natural functions may be observed. There are many fantasies and stray thoughts which may be examined in most of your peoples in this balancing process.

Equally to be balanced is the withdrawal from the need for these natural functions with regard to other-self. On the one hand there is an excess of love. It must be determined whether this is love of self or other-self or both. On the other hand there is an over-balance towards wisdom.

It is well to know the body complex so that it is an ally, balanced and ready to be clearly used as a tool, for each bodily function may be used in higher and higher, if you will, complexes of energy with other-self. No matter what the behavior, the important balancing is the understanding of each interaction on this level with other-selves so that whether the balance may be love/wisdom or wisdom/love, the other-self is seen by the self in a balanced configuration and the self is thus freed for further work.

Questioner: Then the second question is, could you give an example of how feelings affect portions of the body and the sensations of the body?

Ra: I am Ra. It is nearly impossible to speak generally of these mechanisms, for each entity of proper seniority has its own programming. Of the less aware entities we may say that the connection will often seem random as the higher self continues producing catalyst until a bias occurs. In each programmed individual the sensitivities are far more active and, as we have said, that catalyst not used fully by the mind and spirit is given to the body.

Thus you may see in this entity the numbing of the arms and the hands signifying this entity's failure to surrender to the loss of control over the life. Thus this drama is enacted in the physical distortion complex.

In the questioner we may see the desire not to be carrying the load it carries given as physical manifestation of the soreness of those muscles for carrying used. That which is truly needed to be

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carried is a preincarnative responsibility which seems highly inconvenient.

In the case of the scribe we see a weariness and numbness of feelings ensuing from lack of using catalyst designed to sensitize this entity to quite significant influxes of unfamiliar distortion complexes of the mental, emotional, and spiritual level. As the numbness removes itself from the higher or more responsive complexes the bodily complex distortions will vanish. This is true also of the other examples.

We would note at this time that the totally efficient use of catalyst upon your plane is extremely rare.

Questioner: Could you tell me how you are able to give us information like this with respect to the first distortion or Law of Confusion?

Ra: I am Ra. Each of those is already aware of this information.

Any other reader may extract the heart of meaning from this discussion without interest as to the examples' sources. If each was not fully aware of these answers we could not speak.

It is interesting that in many of your queries you ask for confirmation rather information. This is acceptable to us.

Questioner: This brings out the point of the purpose of the physical incarnation, I believe. And that is to reach a conviction through your own thought processes as to a solution to problems and understandings in a totally free situation with no proof at all or anything that you would consider proof, proof being a very poor word in itself. Can you expand on my concept?

Ra: I am Ra. Your opinion is an eloquent one although somewhat confused in its connections between the freedom expressed by subjective knowing and the freedom expressed by subjective acceptance. There is a significant distinction between the two.

This is not a dimension of knowing, even subjectively, due to the lack of overview of cosmic and other in-pourings which affect each and every situation which produces catalyst. The subjective acceptance of that which is at the moment and the finding of love within that moment is the greater freedom.

That known as the subjective knowing without proof is, in some degree, a poor friend for there will be anomalies no matter how much information is garnered due to the distortions which form third-density.

Questioner: The third question that I have here is, could you give examples of bodily polarity?

Ra: I am Ra. Within the body there are many polarities which relate to the balancing of the energy centers of the various bodies of the unmanifested entity. It is well to explore these polarities for work in healing.

Each entity is, of course, a potential polarized portion of an other-self.

Questioner: The last question here says that it would seem the proper balancing exercises for all the sensations of the body would be some sort of inactivity such as meditation or contemplation. Is this correct?

Ra: I am Ra. This is largely incorrect. The balancing requires a meditative state in order for the work to be done. However, the balancing of sensation has to do with an analysis of the sensation with especial respect to any unbalanced leaning between the love and the wisdom or the positive and the negative. Then whatever is lacking in the balanced sensation is, as in all balancing, allowed to come into the being after the sensation is remembered and recalled in such detail as to overwhelm the senses.

Questioner: Could you tell me why it is important for the appurtenances and other things to be so carefully aligned with respect to the instrument and why just a small ruffle in the sheet by the instrument causes a problem with the reception of Ra?

Ra: I am Ra. We may attempt an explanation. This contact is narrow-band. The instrument is highly sensitive. Thus we have good entry into it and can use it to an increasingly satisfactory level.

However, the trance condition is, shall we say, not one which is without toll upon this instrument. Therefore, the area above the entrance into the physical complex of this instrument must be kept clear to avoid discomfort to the instrument especially as it re-enters the body complex. The appurtenances give to the instrument's sensory input mental visualizations which aid in the trance beginning. The careful alignment of these is important for the

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energizing group in that it is a reminder to that support group that it is time for a working. The ritualistic behaviors are triggers for many energies of the support group. You may have noticed more energy being used in workings as the number has increased due to the long-term, shall we say, effect of such ritualistic actions.

This would not aid another group as it was designed for this particular system of mind/body/spirit complexes and especially the instrument.

There is enough energy transferred for one more long query. We do not wish to deplete this instrument.

Questioner: Then I will ask this question. Could you tell us the purpose of the frontal lobes of the brain and the conditions necessary for their activation?

Ra: I am Ra. The frontal lobes of the brain will, shall we say, have much more use in fourth density.

The primary mental/emotive condition of this large area of the so-called brain is joy or love in its creative sense. Thus the energies which we have discussed in relationship to the pyramids: all of the healing, the learning, the building, and the energizing are to be found in this area. This is the area tapped by the adept. This is the area which, working through the trunk and root of mind, makes contact with intelligent energy and through this gateway, intelligent infinity.

Are there any queries before we leave this instrument?

Questioner: Only is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. This instrument is somewhat distorted but each is doing well. You are conscientious. We thank you for continuing to observe the alignments and request that on each level you continue to be this fastidious as this will maintain the contact.

I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth my friends, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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Sunday Meditation
July 12, 1981

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to greet each of you and we do so with love and with joy.

We would speak to you this evening about the process of allowing that channel which is within you to flow without blockage, that channel for the original Thought which, when blocked, can cause such great misery and confusion among your peoples. When we observe the belief systems of your particular societal patterns, we find a frightening situation. In each area of the common social life and in each personal area there is the concept of failure or success. In your cultural patterns there is a strong drive to succeed. Thus, those who, by the standards of your society, garner great amounts of that which you call money, power or prestige, are admired simply because they have succeeded and those whose accomplishments are modest in the eyes of the society are looked upon with kindness or with pity, but not with admiration, in spite of the fact, my friends, that this is all an illusion. You cannot know whether the work that you are doing in order to garner your money is succeeding. You can only do it with love. You cannot judge yourself, nor can anyone judge you with any accuracy whatsoever. For it is the love in your work, not the remuneration, that will affect your eternal self.

In your peoples at this time there is tremendous turmoil and many people feel the pressure to succeed by means of relationships. Those who have many friends or a devoted spouse are considered great successes in their personal lives. Those whose relationships end in separation or who, because they are loners, have not gathered about themselves a great many of acquaintances are considered—with kindness or with pity—as those who simply somehow failed to make a personal success of the personal side of life, and yet again, my friends, it is not the length of relationships, the number of relationships; it is the love given and received between yourself and strangers, enemies, acquaintances, friends, lovers, mates, family, any self whatsoever, that accounts for the true value of your personal channel of love, for it is in giving that you receive. Not in this illusion, my friends, but in that which remains your eternal spirit.

In your religious lives you may have been familiar as children and some yet abide in a system which states that there is a judgment and that some will succeed and some will fail. What are the conditions for that judgment? In your holy works the answer is not clear, for the master known as Jesus erased the concept of morality, as you would call it, as the prerequisite for success, by the forgiveness which he showed to sinners, as your holy works called those

who for some reason were not serving others to the best of their ability.

This is frightening, my friends. This illusion places upon you a desire to succeed in that which is the most infinitely important of all areas, the spiritual. How does one know if one is among those who will be with the Creator? How can one monitor one's behavior so as to be sure of this eventuality? It is easy for us to say to you that you can monitor your behavior, but we must at this point stop and say to you, my friends, there is no success or failure. There is no judgment. There is, in each of you, the Creator. This Creator seeks to express Itself through you in whatever way that It may, to a world much unused to the original Thought.

Thus, my friends, many, many values which are subjectively clear to you seem ineffectual or even perverted when offered freely, gladly and lovingly to a world that does not believe that there are those who wish to love without gain of any kind, who wish to love without succeeding, who would be glad to fail in the eyes of the world if, through that mechanism, love could best be channeled.

As you find the blockages in your minds and in your hearts, turn within to the original Thought, for it, my friends, is simple, unlike your paradoxical illusion with its great ideas of success and its poor ideas of failure. There is a comfort in knowing that you cannot run out of spiritual food. You cannot be hungry; you cannot be thirsty, for you have only to turn within. To you can be opened the secrets of your birthright—the fire of love, its joy, and its power and the radiance of the whole creation as it echoes the praises of the one unity which is all of us, my friends.

Let your hearts be soothed, and when you hear the thoughts of others or the thoughts of yourself regarding the success or failure of an enterprise, of a relationship, of your own behavior, seek the comfort of the original Thought. There is work for you to do. The world may think it poor. That is nothing. It is what you feel in your heart that is all-important, for the heart is informed in meditation of many, many things far too mysterious for words, and the attempt to speak them can be but a paltry one.

What a treasure you have, my friends. What a wonderful treasure room is locked within you. There is no limitation and no difficulty that can remove the key to that treasure room from your hand. Feel merry then, my friends, and with utmost gladness seek the original Thought, that fire that blew upon creation and formed the planets in their courses, the suns in all their brilliance, the galaxies in their splendor and your tiny, delicate, island home, your Earth. You are inheritors of the splendor of creation. And as you channel that love and that light, you are co-creators with it. Be of good cheer. Understood or reviled, if your work is as it should be within your heart, there is nothing that can truly sway you to the quick, for you are covered in light.

We would leave this instrument at this time and after a brief pause, while our brothers and sisters of Laitos pass among you to offer their services to you in the deepening of the meditative state, we will transfer to another instrument. I am Hatonn.

(Pause)

(Carla channeling)

I am again with this instrument. I am Hatonn, and will speak a few more words through this instrument while we are conditioning the other instrument so that he may be in the proper state.

To observe those who are successes is not, by this token, to observe those who have somehow became derailed from the spiritual path, for those who have garnered your monies, your positions, and your prestige are in a position to share with many that which is their channel, that which is their way of expressing love. It is simply to say that, also, those who participate in the rearing of children, those who in their personal lives are kind to those some may find it difficult to show kindness to, those who serve in jobs considered lowly, with dedication and love, are creating for themselves the same bias, in the infinite sense. It is this thought that you may grasp and move forward using, no matter what your position, no matter what your thoughts about your life. It is an illusion designed to give you opportunities to find love in each experience and to freely give it forth. Again I will leave this instrument and transfer this contact. I am known to you as Hatonn.

(Jim channeling)

I am Hatonn. I am with this instrument. We have been having some difficulty contacting this instrument as well as the one known as Don. We shall proceed through this instrument at this time.

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We would now like to offer ourselves in the attempt to answer any questions that you might have. Are there any questions at this time?

M: Can Hatonn give us any guidance on how we can recognize—with efforts toward success of one type or another, say success in society versus success spiritually—when they're conflicting with each other?

I am Hatonn. My brother, we would say to you that you recognize the success of the spiritual journey, if we will use that term and you will accept it, is the task of each entity upon your plane. The success of the spiritual journey has one mark and one mark only in this density, and that is the mark of love, the acceptance of all about you as part of the Creator, the giving and receiving of love as the gift of the Creator. When you see any part of this mark in your life, in whatever direction you are seeking at that time, know that you are achieving, what might be called upon your plane, a successful journey. When you do not find love in your life, in your endeavors, in your activities, you may take this as a sign that you are, perhaps shall we say, embarking upon an empty journey or goal. It is not difficult, my friends, to recognize love, for when you, yourself, come in contact with that which is love you shall know it, for it shall enlarge your field of perception. Within your mind it shall enlarge your capacity to feel the glory of the creation within your heart and it shall be unmistakable to the depths of your very being.

May we answer you further, my brother?

M: No, thank you.

We, as always, thank you. May we ask if there is another question at this time?

Carla: Yes. Just following up what M said—if there seemed to be a clear cut problem, where a job seemed to be requiring a great deal of time and the harmonies in the job were such as to seemingly drain one of the love—of the channel of love—is this necessarily in conflict with the spiritual path or is this a challenge for more opening of the channel in that difficult situation?

I am Hatonn. My sister, we would answer by saying that in truth, there are no conflicts on the path of love, for as you have correctly surmised yourself, each activity or each supposed conflict is but a further opportunity to find love, to express love, to share love, to be the heart of love. Those situations which appear to be the most, in what you may call, conflict with this seeking, the sharing of love, are those situations which offer the most opportunity for the finding and the sharing of love, for there are no accidents or mistakes upon your plane, no truly misdirected avenues. Each path that any entity might take has the possibility of providing love. There is nothing but love, whatever density an entity may inhabit, and this, my sister, is most certainly true of this density which each of you inhabit at this time.

May we answer you further, my sister?

Carla: No thank you, Hatonn. That was very eloquent and most satisfactory.

Again, we thank you. May we be of assistance in any other queries at this time?

Carla: I have a question which you probably can't answer but I have been attempting to surrender the control over my life totally to the Creator and I have found it difficult because my personality is one which is much given to arrangements and control over circumstance and in the past I have been good at it, which adds to the difficulty of letting go. Is there any specific exercise or visualization that I might do in addition to the meditations I am already doing, with which you are helping, to my great gratitude?

I am Hatonn. My sister, we would say to you that this journey which you have chosen for yourself in this life is not what might be called an easy one. As we have said before in the previous answer, difficulties, as they are known to your people, are merely opportunities offering greater service to others in a sharing of love. The service which you perform at this time in your working is a service which requires a great surrendering. We know that this surrendering is not easy for any among your peoples, for upon your planet the control of the situation round about each entity is most sought, and control is the concept which pervades your planet most fully at this time.

For yourself as an individual entity upon this planet attempting to be of service, you have achieved, as you know, a great deal of surrender, yet there is more surrender which you seek and which shall be of aid to you in the work that you are now undertaking. In this effort to surrender we would simply suggest to you—the most we are able to

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suggest—that is, that in each moment you attempt to be totally conscious of your efforts as a channel, your efforts to open completely to remove control, to be completely free of obstructions, of thoughts of busyness, of thoughts of doing anything but what you at the moment feel the Creator would wish you to do. We can say no more, for as you know, we are most desirous of maintaining free will among each of your peoples at this time.

May we answer you further in any other way, my sister?

Carla: No, thank you Hatonn.

Again, we thank you. May we attempt to answer any other questions at this time?

Carla: Is Latwii off on assignment or was he called to this group by a certain individual like E? I was wondering why he had been absent for some time? He and she.

I am Hatonn. Our brothers and sisters of Latwii are of the vibration of light and have a specific purpose, as each in the Confederation has, and their sharings with those of your peoples who call in a certain way for their services. We of Hatonn are of the vibration of love and at this time in your group it has been assessed that love is the vibration which is most called, that which is most needed, and that which would be of the most service to each of the entities of your group and to your group as a unit. For this reason we have remained with your group. We would also say that those of Latwii are in the wings, so to speak, and it is correct that when certain entities, such as the one known as E, are with this group, it is from time to time enough of a change in the calling, shall we say, so that those of Latwii might blend their vibrations with this group in addition to those which we offer as our sharing of love.

May we answer you further, my sister?

Carla: No. Thank you. That's really interesting.

Again, we thank you. May we answer any other questions at this time?

(Pause)

I am Hatonn. Once again, my friends, may we say it has been the greatest of privileges, the greatest of pleasures to join you this evening in your meditation. We would remind each of you that we are most willing to be with each of you in your meditation at any time which you should choose to call us. We of Hatonn seek in every way possible to share that understanding which we have gained through our own seeking of the one Creator, that understanding which is known to your peoples as love. We are known to you as Hatonn, and we leave you now in that love and in the light of the one infinite Creator. Adonai. ✤

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The Law of One, Book III, Session 62

July 13, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator.

Before we begin may we request that a circle be walked about this instrument and that then each of the supporting group expel breath forcibly, approximately two and one-half feet above the instrument's head, the circle then again being walked about the instrument.

(This was done as directed.)

Ra: I am Ra. We appreciate your kind cooperation. Please recheck the alignment of perpendicularity and we will begin.

(This was done as directed.)

Ra: I am Ra. We communicate now.

Questioner: Could you tell me what was wrong or what caused the necessity for the rewalking of the circle and the purpose for the expelling of the breath?

Ra: I am Ra. This instrument was under specific psychic attack at the time of the beginning of the working. There was a slight irregularity in the words verbalized by your sound complex vibratory mechanisms in the protective walking of the circle. Into this opening came this entity and began to work upon the instrument now in trance state, as you would call it. This instrument was being quite adversely affected in physical complex distortions. Thus the circle was properly walked. The breath of righteousness expelled the thought-form and the circle again was walked.

Questioner: What was the nature of the thought-form or its affiliation?

Ra: I am Ra. This thought-form was of Orion affiliation.

Questioner: Was the attack successful in creating any further distortion in the instrument's physical complex?

Ra: I am Ra. This is correct.

Questioner: What is the nature of this distortion?

Ra: This thought-form sought to put an end to this instrument's incarnation by working with the renal distortions which, although corrected upon time/space, are vulnerable to one which knows the way to separate time/space molding and space/time distortions which are being unmolded, vulnerable as before the, shall we say, healing.

Questioner: What detrimental effect has been done?

Ra: I am Ra. There will be some discomfort. However, we were fortunate in that this instrument was very open to us and well-tuned. Had we not been able to reach this instrument and instruct you, the instrument's physical vehicle would soon be unviable.

Questioner: Will there be any lasting effect from this attack as far as the instrument's physical vehicle is concerned?

Ra: I am Ra. This is difficult to say. We are of the opinion that no lasting harm or distortion will occur.

The healer was strong and the bonds taking effect in the remolding of these renal distortions were effective. It is at this point a question of two forms of the leavings of what you may call a spell or a magic working; the healer's distortions versus the attempt at Orion distortions; the healer's distortions full of love; the Orion distortions also pure in separation. It seems that all is well except for some possible discomfort which shall be attended if persistent.

Questioner: Was the opening that was made in the protective circle planned to be made by the Orion entity? Was it a specific planned attempt to make an opening, or was this just something that happened by accident?

Ra: I am Ra. This entity was, as your people put it, looking for a target of opportunity. The missed word was a chance occurrence and not a planned one.

We might suggest in the, shall we say, future, as you measure space/time, as you begin a working be aware that this instrument is likely being watched for any opportunity. Thus if the circle is walked with some imperfection it is well to immediately repeat. The expelling of breath is also appropriate, always to the left.

Questioner: Would you expand on what you just said on the expelling of the breath? I'm not quite sure of what you mean.

Ra: I am Ra. The repetition of that performed well at this working is advisable if the circle is walked in less than the appropriate configuration.

Questioner: But you mentioned the expelling of the breath to the left, I believe. Would you tell me what you meant by that?

Ra: I am Ra. It is as you have just accomplished, the breath being sent above the instrument's head from its right side to its left.

Questioner: Is there anything that we can do for the instrument after she comes out of the trance to help her recover from this attack?

Ra: I am Ra. There is little to be done. You may watch to see if distortions persist and see that the appropriate healers are brought into contact with this mind/body/spirit complex in the event that difficulty persists. It may not. This battle is even now being accomplished. Each may counsel the instrument to continue its work as outlined previously.

Questioner: Who would the appropriate healers be, and how would we bring them in contact with the instrument?

Ra: I am Ra. There are four. The difficulty being at all noticed as bodily distortion, the one known as *(name of spiritual healer)* and the one known as *(name of spiritual healer)* may work upon the instrument's bodily complex by means of the practices which are developing in each entity. Given persistence of distortion, the one known as *(name of allopathic healer)* shall be seen. Given the continued difficulty past the point of one of your cycles called the fortnight, the one known as *(name of allopathic healer)* shall be seen.

Questioner: Does the instrument know who these people are, *(name)* and *(name)*? I don't know who they are?

Ra: I am Ra. This is correct.

Questioner: Is that the sum total of what we can do to aid the instrument?

Ra: I am Ra. This is correct. We may note that the harmonies and loving social intercourse which prevails habitually in this group create a favorable environment for each of you to do your work.

Questioner: What priority, shall I say, does the Orion group place on the reduction of effectiveness or elimination of effectiveness of this group with respect to activities on planet Earth at this time? Can you tell me that?

Ra: I am Ra. This group, as all positive channels and supporting groups, is a greatly high priority with the Orion group. This instrument's bodily distortions are its most easily unbound or unloosed distortion dissolving the mind/body/spirit complex if the Orion group is successful; this particular group, having learned to be without serious chinks, may we say, in mind and spirit complex vibratory patterns. In other channels other chinks may be more in evidence.

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Questioner: I'll make this statement and you correct it. The Orion group has an objective of the bringing of the service-to-self polarized entities to harvest, as great a harvest as possible. This harvest will build their potential or their ability to do work in consciousness as given by the distortion of the Law of One called the Law of Squares or Doubling. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Are there other groups of those who are on the service-to-self path joined with those of the Orion constellation, for instance those of Southern Cross, presently working for the same type of harvest with respect to Earth?

Ra: I am Ra. These you mention of Southern Cross are members of the Orion group. It is not, shall we say, according to understood wording that a group from various galaxies should be named by one. However, those planetary social memory complexes of the so-called Orion constellation have the upper hand and thus rule the other members. You must recall that in negative thinking there is always the pecking order, shall we say, and the power against power in separation.

Questioner: By creating as large a harvest as possible of negatively oriented entities from Earth, then, the social memory complex of the Orion group gains in strength. Am I correct in assuming that this strength then is in the total strength of the complex, the pecking order remaining approximately the same, and those at the top gaining in strength with respect to the total strength of the social memory complex? Is this correct?

Ra: I am Ra. This is correct. To the stronger go the greater shares of polarity.

Questioner: Is this the fourth-density group that we are talking about now?

Ra: I am Ra. There are fourth and a few fifth-density members of the Orion group.

Questioner: Then is the top of the pecking order fifth-density?

Ra: I am Ra. This is correct.

Questioner: What is the objective; what does the leader, the one at the very top of the pecking order in fifth-density of the Orion group, have as an objective? I would like to understand his philosophy with respect to his objectives and plans for what we might call the future or his future?

Ra: I am Ra. This thinking will not be so strange to you. Therefore, we may speak through the densities as your planet has some negatively oriented action in sway at this space/time nexus.

The early fifth-density negative entity, if oriented towards maintaining cohesion as a social memory complex, may in its free will determine that the path to wisdom lies in the manipulation in exquisite propriety of all other-selves. It then, by virtue of its abilities in wisdom, is able to be the leader of fourth-density beings which are upon the road to wisdom by exploring the dimensions of love of self and understanding of self. These fifth-density entities see the creation as that which shall be put in order.

Dealing with a plane such as this third-density at this harvesting, it will see the mechanism of the call more clearly and have much less distortion towards plunder or manipulation by thoughts which are given to negatively oriented entities although in allowing this to occur and sending less wise entities to do this work, any successes redound to the leaders.

The fifth-density sees the difficulties posed by the light and in this way directs entities of this vibration to the seeking of targets of opportunity such as this one. If fourth-density temptations, shall we say, towards distortion of ego, etc. are not successful the fifth-density entity then thinks in terms of the removal of light.

Questioner: When the Orion entity who waits us seeking the opportunity to attack is with us here can you describe his method of coming here, what he looks like, and what his signs are? I know that this isn't too important, but it might give me a little insight into what we are talking about.

Ra: I am Ra. Fifth-density entities are very light beings although they do have the type of physical vehicle which you understand. Fifth-density entities are very fair to look upon in your standard of beauty.

The thought is what is sent for a fifth-density entity is likely to have mastered this technique or discipline. There is little or no means of perceiving such an entity, for unlike fourth-density negative entities the fifth-density entity walks with light feet.

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This instrument was aware of extreme coldness in the past diurnal cycle and spent much more time than your normal attitudes would imagine to be appropriate in what seemed to each of you an extremely warm climate. This was not perceived by the instrument, but the drop in subjective temperature is a sign of presence of a negative or nonpositive or draining entity.

This instrument did mention a feeling of discomfort but was nourished by this group and was able to dismiss it. Had it not been for a random mishap, all would have been well, for you have learned to live in love and light and do not neglect to remember the one infinite Creator.

Questioner: Then it was a fifth-density entity that made this particular attack upon the instrument?

Ra: I am Ra. This is correct.

Questioner: Isn't this unusual that a fifth-density entity then would bother to do this rather than sending a fourth-density servant, shall I say?

Ra: I am Ra. This is correct. Nearly all positive channels and groups may be lessened in their positivity or rendered quite useless by what we may call the temptations offered by the fourth-density negative thought-forms. They may suggest many distortions towards specific information, towards the aggrandizement of the self, towards the flowering of the organization in some political, social, or fiscal way.

These distortions remove the focus from the One Infinite Source of love and light of which we are all messengers, humble and knowing that we, of ourselves, are but the tiniest portion of the Creator, a small part of a magnificent entirety of infinite intelligence.

Questioner: Is there something that the instrument could do or we could do for the instrument to eliminate the problems that she has, that she continually experiences of the cold feeling of these attacks?

Ra: I am Ra. Yes.

Questioner: Would you tell me what we could do?

Ra: I am Ra. You could cease in your attempts to be channels for the love and the light of the one infinite Creator.

Questioner: Have I missed anything now that we can do at all to aid the instrument during, before, or after a session or at any time?

Ra: I am Ra. The love and devotion of this group misses nothing. Be at peace. There is some toll for this work. This instrument embraces this or we could not speak. Rest then in that peace and love and do as you will, as you wish, as you feel. Let there be an end to worry when this is accomplished. The great healer of distortions is love.

Questioner: I have a question that I didn't properly answer last night for *(name)*. It has to do with the vibrations of the densities. I understand that the first-density is composed of core atomic vibrations that are in the red spectrum, second in the orange, etc. Am I to understand that the core vibrations of our planet are still in the red and that second-density beings are still in the orange at this space/time right now and that each density as it exists on our planet right now has a different core vibration, or is this incorrect?

Ra: I am Ra. This is precisely correct.

Questioner: Then as the fourth-density vibrations come in this means that the planet can support entities of fourth-density core vibration. Will the planet then still be first-density core vibration and will there be second-density entities on it with second-density vibrations, and will there be third-density entities on it with third-density vibrations?

Ra: I am Ra. This will be the last full query of this working. There is energy but the distortions of the instrument suggest to us it would be well to shorten this working with your permission.

Questioner: Yes.

Ra: You must see the Earth, as you call it, as being seven Earths. There is red, orange, yellow, and there will soon be a completed green color vibratory locus for fourth-density entities which they will call Earth. During the fourth-density experience, due to the lack of development of fourth-density entities, the third-density planetary sphere is not useful for habitation since the early fourth-density entity will not know precisely how to maintain the illusion that fourth-density cannot be seen or determined from any instrumentation available to any third-density.

Thus in fourth-density the red, orange, and green energy nexi of your planet will be activated while the

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yellow is in potentiation along with the blue and the indigo.

May we ask at this time if there be any brief queries?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: All is well. You have been most conscientious.

I am Ra. I leave you, my friends, in the glory of the love and the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book III, Session 63

July 18, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you give me an indication of the condition of the instrument?

Ra: I am Ra. This instrument's vital energies are at the distortion which is normal for this mind/body/spirit complex. The body complex is distorted due to psychic attack in the area of the kidneys and urinary tract. There is also distortion continuing due to the distortion called arthritis.

You may expect this psychic attack to be constant as this instrument has been under observation by negatively oriented force for some time.

Questioner: Is the necessity of the instrument to go to the bathroom several times before a session due to the psychic attack?

Ra: I am Ra. In general this is incorrect. The instrument is eliminating from the body complex the distortion leavings of the material which we use for contact. This occurs variably, sometimes beginning before contact, other workings this occurring after the contact.

In this particular working this entity is experiencing the aforementioned difficulties causing the intensification of that particular distortion/condition.

Questioner: I know that you have already answered this question, but I feel it my duty now to ask it each time in case there is some new development, and that is, is there anything that we can do that we aren't doing to lessen the effectiveness of the psychic attack upon the instrument?

Ra: I am Ra. Continue in love and praise and thanksgiving to the Creator. Examine previous material. Love is the great protector.

Questioner: Could you give me a definition of vital energy?

Ra: I am Ra. Vital energy is the complex of energy levels of mind, body, and spirit. Unlike physical energy, it requires the integrated complexes vibrating in an useful manner.

The faculty of will can, to a variable extent, replace missing vital energy and this has occurred in past workings, as you measure time, in this instrument. This is not recommended. At this time, however, the vital energies are well-nourished in mind and spirit although the physical energy level is, in and of itself, low at this time.

Questioner: Would I be correct in guessing that the vital energy is a function of the awareness or bias of the entity with respect to his polarity or general unity with the Creator or creation?

Ra: I am Ra. In a nonspecific sense we may affirm the correctness of your statement. The vital energy may be seen to be that deep love of life or life experiences such as the beauty of creation and the

appreciation of other-selves and the distortions of your co-Creators' making which are of beauty.

Without this vital energy the least distorted physical complex will fail and perish. With this love or vital energy or elán the entity may continue though the physical complex is greatly distorted.

Questioner: I would like to continue with the questions about the fact that in fourth-density the red, orange, and green energies will be activated; yellow, blue, etc. being in potentiation. Right now, we have green energies activated. They have been activated for the last 45 years. I am wondering about the transition through this period so that the green is totally activated and the yellow is in potentiation. What will we lose as the yellow goes from activation into potentiation, and what will we gain as green comes into total activation, and what is the process?

Ra: I am Ra. It is misleading to speak of gains and losses when dealing with the subject of the cycle's ending and the green-ray cycle beginning upon your sphere. It is to be kept in the forefront of the faculties of intelligence that there is one creation in which there is no loss. There are progressive cycles for experiential use by entities. We may now address your query.

As the green-ray cycle or the density of love and understanding begins to take shape the yellow-ray plane or Earth which you now enjoy in your dance will cease to be inhabited for some period of your space/time as the space/time necessary for fourth-density entities to learn their ability to shield their density from that of third is learned. After this period there will come a time when third-density may again cycle on the yellow-ray sphere.

Meanwhile there is another sphere, congruent to a great extent with yellow ray, forming. This fourth-density sphere coexists with first, second, and third. It is of a denser nature due to the rotational core atomic aspects of its material. We have discussed this subject with you.

The fourth-density entities which incarnate at this space/time are fourth-density in the view of experience but are incarnating in less dense vehicles due to desire to experience and aid in the birth of fourth-density upon this plane.

You may note that fourth-density entities have a great abundance of compassion.

Questioner: At present we have, in third-density incarnation on this plane, those third-density entities of the planet Earth who have been here for some number of incarnations who will graduate in the three-way split, either positive polarity remaining for fourth-density experience on this planet, the negative polarity harvestable going to another planet, and the rest unharvestable third-density going to another third-density planet. In addition to these entities I am assuming that we have here some entities already harvestable from other third-density planets who have come here and have incarnated in third-density form to make the transition with this planet into fourth-density, plus Wanderers.

Is this correct?

Ra: I am Ra. This is correct except we may note a small point.

The positively oriented harvested entities will remain in this planetary influence but not upon this plane.

Questioner: I think you said there were 60 million Wanderers, approximately, here now. Am I correct in that memory?

Ra: I am Ra. This is approximately correct. There is some excess to that amount.

Questioner: Does that number include the harvestable entities who are coming to this planet for the fourth-density experience?

Ra: I am Ra. No.

Questioner: Approximately how many are here now who have come here from other planets who are third-density harvestable for fourth-density experience?

Ra: I am Ra. This is a recent, shall we say, phenomenon and the number is not yet in excess of 35,000 entities.

Questioner: Now these entities incarnate into a third-density vibratory body. I am trying to understand how this transition takes place from third to fourth-density. I will take the example of one of these entities of which we are speaking who is now in a third-density body. He will grow older and then will it be necessary that he die from the third-density physical body and reincarnate in a fourth-density body for that transition?

Ra: I am Ra. These entities are those incarnating with what you may call a double body in activation.

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It will be noted that the entities birthing these fourth-density entities experience a great feeling of, shall we say, the connection and the use of spiritual energies during pregnancy. This is due to the necessity for manifesting the double body.

This transitional body is one which will be, shall we say, able to appreciate fourth-density vibratory complexes as the instreaming increases without the accompanying disruption of the third-density body. If a third-density entity were, shall we say, electrically aware of fourth-density in full, the third-density electrical fields would fail due to incompatibility.

To answer your query about death, these entities will die according to third-density necessities.

Questioner: You are saying, then, that for the transition from third to fourth-density for one of the entities with doubly activated bodies, in order to make the transition the third-density body will go through the process of what we call death. Is this correct?

Ra: I am Ra. The third and fourth, combination, density's body will die according to the necessity of third-density mind/body/spirit complex distortions.

We may respond to the heart of your question by noting that the purpose of such combined activation of mind/body/spirit complexes is that such entities, to some extent, conscientiously are aware of those fourth-density understandings which third-density is unable to remember due to the forgetting. Thus fourth-density experience may be begun with the added attraction to an entity oriented toward service-to-others of dwelling in a troubled third-density environment and offering its love and compassion.

Questioner: Would the purpose in transitioning to Earth prior to the complete changeover then be for the experience to be gained here before the harvesting process?

Ra: I am Ra. This is correct. These entities are not Wanderers in the sense that this planetary sphere is their fourth-density home planet. However, the experience of this service is earned only by those harvested third-density entities which have demonstrated a great deal of orientation towards service-to-others. It is a privilege to be allowed this early an incarnation as there is much experiential catalyst in service to other-selves at this harvesting.

Questioner: There are many children now who have demonstrated the ability to bend metal mentally which is a fourth-density phenomenon. Would most of these children, then, be the type of entity of which we speak?

Ra: I am Ra. This is correct.

Questioner: Is the reason that they can do this and the fifth-density Wanderers who are here cannot do it the fact that they have the fourth-density body in activation?

Ra: I am Ra. This is correct. Wanderers are third-density activated in mind/body/spirit and are subject to the forgetting which can only be penetrated with disciplined meditation and working.

Questioner: I am assuming that the reason for this is, first, since the entities of harvestable third-density who very recently have been coming here are coming here late enough so that they will not affect the polarization through their teachings. They are not infringing upon the first distortion because they are children now and they won't be old enough to really affect any of the polarization until the transition is well advanced. However, the Wanderers who have come here are older and have a greater ability to affect the polarization. They must do their affecting as a function of their ability to penetrate the forgetting process in order to be within the first distortion. Is this correct?

Ra: I am Ra. This is quite correct.

Questioner: It would seem to me that some of the harvestable third-density entities are, however, relatively old since I know of some individuals who can bend metal who are over 50 years old and some others over 30. Would there be other entities who could bend metal for other reasons than having dual activated bodies?

Ra: I am Ra. This is correct. Any entity who, by accident or by careful design, penetrates intelligent energy's gateway may use the shaping powers of this energy.

Questioner: Now as this transition continues into fourth-density activation, in order to inhabit this fourth-density sphere it will be necessary for all third-density physical bodies to go through the process which we refer to as death. Is this correct?

Ra: I am Ra. This is correct.

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Questioner: Are there any inhabitants at this time of this fourth-density sphere who have already gone through this process. Is it now being populated?

Ra: I am Ra. This is correct only in the very, shall we say, recent past.

Questioner: I would assume that this population is from other planets since the harvesting has not yet occurred on this planet. It is from planets where the harvesting has already occurred. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Then are these entities visible to us? Could I see one of them? Would he walk upon our surface?

Ra: I am Ra. We have discussed this. These entities are in dual bodies at this time.

Questioner: Sorry that I am so stupid on this, but this particular concept is very difficult for me to understand. It is something that I am afraid requires some rather dumb questions on my part to fully understand, and I don't think I will ever fully understand it or even get a good grasp of it.

Then as the fourth-density sphere is activated there is heat energy being generated. I assume that this heat energy is generated on the third-density sphere only. Is this correct?

Ra: I am Ra. This is quite correct. The experiential distortions of each dimension are discrete.

Questioner: Then at some time in the future the fourth-density sphere will be fully activated. What is the difference between full activation and partial activation for this sphere?

Ra: I am Ra. At this time the cosmic influxes are conducive to true color green core particles being formed and material of this nature thus being formed. However, there is a mixture of the yellow-ray and green-ray environments at this time necessitating the birthing of transitional mind/body/spirit complex types of energy distortions. At full activation of the true color green density of love the planetary sphere will be solid and inhabitable upon its own and the birthing that takes place will have been transformed through the process of time, shall we say, to the appropriate type of vehicle to appreciate in full the fourth-density planetary environment. At this nexus the green-ray environment exists to a far greater extent in time/space than in space/time.

Questioner: Could you describe the difference that you are speaking of with respect to time/space and space/time?

Ra: I am Ra. For the sake of your understanding we will use the working definition of inner planes. There is a great deal of subtlety invested in this sound vibration complex, but it, by itself, will perhaps fulfill your present need.

Questioner: I will make this statement and have you correct me. What we have is, as our planet is spiraled by the spiraling action of the entire major galaxy and our planetary system spirals into the new position, the fourth-density vibrations becoming more and more pronounced. These atomic core vibrations begin to create, more and more completely, the fourth-density sphere and the fourth-density bodily complexes for inhabitation of that sphere. Is this correct?

Ra: I am Ra. This is partially correct. To be corrected is the concept of the creation of green-ray density bodily complexes. This creation will be gradual and will take place beginning with your third-density type of physical vehicle and, through the means of bisexual reproduction, become by evolutionary processes, the fourth-density body complexes.

Questioner: Then are these entities of whom we have spoken, the third-density harvestable who have been transferred, the ones who then will, by bisexual reproduction, create the fourth-density complexes that are necessary?

Ra: I am Ra. The influxes of true color green energy complexes will more and more create the conditions in which the atomic structure of cells of bodily complexes is that of the density of love. The mind/body/spirit complexes inhabiting these physical vehicles will be, and to some extent, are, those of whom you spoke and, as harvest is completed, the harvested entities of this planetary influence.

Questioner: Is there a clock-like face, shall I say, associated with the entire major galaxy so that as it revolves it carries all of these stars and planetary systems through transitions from density to density? Is this how it works?

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Ra: I am Ra. You are perceptive. You may see a three-dimensional clock face or spiral of endlessness which is planned by the Logos for this purpose.

Questioner: I understand that the Logos did not plan for the heating effect in our third-density transition into fourth. Is this correct?

Ra: I am Ra. This is correct except for the condition of free will which is, of course, planned by the Logos as It, Itself, is a creature of free will. In this climate an infinity of events or conditions may occur. They cannot be said to be planned by the Logos but can be said to have been freely allowed.

Questioner: It would seem to me that the heating effect that takes place on the planet is analogous to a disease in the body and would have as a root cause the same or analogous mental configuration. Is this correct?

Ra: I am Ra. This is correct except that the spiritual configuration as well as mental biases of your peoples has been responsible for these distortions of the body complex of your planetary sphere.

Questioner: When the third-density goes out of activation and into potentiation that will leave us with a planet that is first, second, and fourth-density. At that time there will be no activated third-density vibrations on this planet. Am I correct in assuming that all third-density vibrations on this planet now are those vibrations that compose the bodily complexes of entities such as we are; that that is the sum total of third-density vibrations on this planet at this time?

Ra: I am Ra. This will be the last full query of this working. This instrument has energy left due to transfer but there is discomfort. We do not wish to deplete this instrument. May we say that this instrument seems in better configuration despite attack than previous workings.

To answer your query, this is incorrect only in that in addition to the mind/body/spirit complexes of third-density there are the artifacts, thought-forms, and feelings which these co-Creators have produced. This is third-density.

May we answer any brief queries as we leave this instrument?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. You are conscientious. All is well. We leave you now, my friends, in the glory of the love and the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the infinite Creator. Adonai. ✣

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The Law of One, Book V, Session 63, Fragment 35

July 18, 1981

Jim: Carla's arthritis began just after her kidneys failed when she was thirteen years old. In her childhood she had the very strong desire to be of service to others, but after many difficult experiences as a child unable to fit well anywhere she felt so sure that she would never be able to really be of service that by the age of thirteen she prayed that she might die. When her kidney failure six months later provided her with an avenue for such an exit from the incarnation, her near-death experience was of the nature where she was told that she could go on if she chose to but that her work was not done. She immediately chose to return to this life, now feeling that there was indeed service to be provided, and the juvenile rheumatoid arthritis set in immediately.

You can also see here how the efforts of negative entities intensified the choice to die that she had made of free will, but by that same free will there was no force that could hinder her return to service once she had made that choice.

Carla: *The concept of limitation, especially in the form of physical disease, being a benign thing can be disturbing to think upon at first. I asked myself why in heaven's name would I choose this particular condition? For it is as cunning in how it limits me as it could be. Although the rheumatoid disease has altered each joint in my body, it has focused on my hands, wrists and shoulders and back. I simply cannot do anything physical for too long a period, including typing at this very computer's keyboard. I cannot pick up heavy things, or do heavy cleaning around the house. In general, I must watch how long I work at anything, for I cannot do a good day's work and expect to rise the next day feeling well. I simply must write a lot of rest into the schedule. Any time I do overstep these unseen limitations, I reap the reward of having lots of quiet time while I recuperate.*

Through the years, therefore, I have become very able to live in a world that is retired to the point of being a hermit's way. Even in the depths of illness, in the early '90's, I was still given work to do, in the channeling, and in correspondence with a wide variety of students, counsel-ees and friends. My voice, because it hurt to produce a tone, was faint, but my thoughts still flew with wings, and there was immense satisfaction in continuing to serve.

It has always been difficult for me to take things lightly. I am always the one so intensely riveted on whatever I am doing that there's no possibility of my being "cool." Forget it! So Ra's telling me I needed to reserve energy for myself during sessions did not sit well. However, given the way I was physically wasting away, I realized I would have to learn how to do that. I have come to appreciate this lesson greatly, and so pass the advice on to each who sees himself in these words. It is a worthwhile thing to preserve the physical shell; indeed, it is the kind of loving act that teaches as it aids.

Session 63, July 18, 1981

Questioner: Was the original problem with the kidneys some 25 years ago caused by psychic attack?

Ra: I am Ra. This is only partially correct. There were psychic attack components to the death of this body at that space/time. However, the guiding vibratory complex in this event was the will of the instrument. This instrument desired to leave this plane of existence as it did not feel it could be of service.

Questioner: You are saying then that the instrument itself created the kidney problem at that time?

Ra: I am Ra. The instrument's desire to leave this density lowered the defenses of an already predisposed weak body complex, and an allergic reaction was so intensified as to cause the complications which distorted the body complex towards unviability. The will of the instrument, when it found that there was indeed work to be done in service, was again the guiding factor or complex of vibratory patterns which kept the body complex from surrendering to dissolution of the ties which cause the vitality of life. ♣

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The Law of One, Book III, Session 64

July 26, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first tell me the condition of the instrument?

Ra: I am Ra. It is as previously stated with the exception of a transitory distortion lessening the free flow of vital energy.

Questioner: Can you tell me what the transitory distortion is?

Ra: I am Ra. This is marginal information.

Questioner: Then we won't question on it.

Could you explain the basic principles behind the ritual which we perform to initiate the contact and what I would call the basic white magical principles of protection?

Ra: I am Ra. Due to your avenue of question we perceive the appropriateness of inclusion of the cause of this instrument's transitory vital energy distortion. The cause is a bias towards the yearning for expression of devotion to the one Creator in group worship.

This entity was yearning for this protection both consciously in that it responds to the accoutrements of this expression, the ritual, the colors and their meanings as given by the distortion system of what you call the church, the song of praise, and the combined prayers of thanksgiving and, most of all, that which may be seen to be most centrally magical, the intake of that food which is not of this dimension but has been transmuted into metaphysical nourishment in what this distortion of expression calls the holy communion.

The subconscious reason, it being the stronger for this yearning was the awareness that such expression is, when appreciated by an entity as the transmutation into the presence of the one Creator, a great protection of the entity as it moves in the path of service-to-others.

The principle behind any ritual of the white magical nature is to so configure the stimuli which reach down into the trunk of mind that this arrangement causes the generation of disciplined and purified emotion or love which then may be both protection and the key to the gateway to intelligent infinity.

Questioner: Can you tell me why the slight error made in the ritual starting this communication two sessions ago allowed the intrusion by an Orion affiliated entity?

Ra: I am Ra. This contact is narrow band and its preconditions precise. The other-self offering its service in the negative path also is possessed of the skill of the swordsman. You deal in this contact with, shall we say, forces of great intensity poured into a vessel as delicate as a snowflake and as crystalline.

The smallest of lapses may disturb the regularity of this pattern of energies which forms the channel for these transmissions.

We may note for your information that our pause was due to the necessity of being quite sure that the mind/body/spirit complex of the instrument was safely in the proper light configuration or density before we dealt with the situation. Far better would it be to allow the shell to become unviable than to allow the mind/body/spirit complex to be shall we say, misplaced.

Questioner: Could you describe or tell me of rituals or techniques used by Ra in seeking in the direction of service?

Ra: I am Ra. To speak of that which sixth-density social memory complexes labor within in order to advance is at best misprision of plain communication for much is lost in transmission of concept from density to density, and the discussion of sixth-density is inevitably distorted greatly.

However, we shall attempt to speak to your query for it is an helpful one in that it allows us to express once again the total unity of creation. We seek the Creator upon a level of shared experience to which you are not privy and rather than surrounding ourselves in light we have become light. Our understanding is that there is no other material except light. Our rituals, as you may call them, are an infinitely subtle continuation of the balancing processes which you are now beginning to experience.

We seek now without polarity. Thus we do not invoke any power from without, for our search has become internalized as we become light/love and love/light. These are the balances we seek, the balances between compassion and wisdom which more and more allow our understanding of experience to be informed that we may come closer to the unity with the one Creator which we so joyfully seek.

Your rituals at your level of progress contain the concept of polarization and this is most central at your particular space/time.

We may answer further if you have specific queries.

Questioner: Would it be helpful if Ra were to describe the techniques that Ra used while Ra was third-density to evolve in mind, body, and spirit?

Ra: I am Ra. This query lies beyond the Law of Confusion.

Questioner: What about fourth-density experience of Ra? Would that also he beyond the Law of Confusion?

Ra: I am Ra. This is correct. Let us express a thought. Ra is not elite. To speak of our specific experiences to a group which honors us is to guide to the point of a specific advising. Our work was that of your people, of experiencing the catalyst of joys and sorrows. Our circumstances were somewhat more harmonious. Let it be said that any entity or group may create the most splendid harmony in any outer atmosphere. Ra's experiences are no more than your own. Yours is the dance at this space/time in third-density harvest.

Questioner: The question was brought up recently having to do with possible records left near, in, or under the Great Pyramid at Giza. I have no idea whether this would be of benefit. I will just ask if there is any benefit in investigating in this area?

Ra: I am Ra. We apologize for seeming to be so shy of information. However, any words upon this particular subject create the possibility of infringement upon free will.

Questioner: In a previous session you mentioned the gateway of magic for the adept occurring in eighteen-day cycles. Could you expand on that information please?

Ra: I am Ra. The mind/body/spirit complex is born under a series of influences, both lunar, planetary, cosmic, and in some cases, karmic. The moment of the birthing into this illusion begins the cycles we have mentioned.

The spiritual or adept's cycle is an eighteen-day cycle and operates with the qualities of the sine wave. Thus there are a few excellent days on the positive side of the curve, that being the first nine days of the cycle—precisely the fourth, the fifth, and the sixth—when workings are most appropriately undertaken, given that the entity is still without total conscious control of its mind/body/spirit distortion/reality.

The most interesting portion of this information, like that of each cycle, is the noting of the critical point wherein passing from the ninth to the tenth and from the eighteenth to the first days the adept will experience some difficulty especially when there

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is a transition occurring in another cycle at the same time. At the nadir of each cycle the adept will be at its least powerful but will not be open to difficulties in nearly the degree that it experiences at critical times.

Questioner: Then to find the cycles we would take the instant of birth and the emerging of the infant from the mother into this density and start the cycle at that instant and continue it through the life. Is this correct?

Ra: I am Ra. This is mostly correct. It is not necessary to identify the instant of birthing. The diurnal cycle upon which this event occurs is satisfactory for all but the most fine workings.

Questioner: Am I correct in assuming that whatever magic the adept would perform at this time would be more successful or, shall we say, more to his design than that performed at less opportune times in the cycle?

Ra: I am Ra. This cycle is an helpful tool to the adept but as we said, as the adept becomes more balanced the workings designed will be dependent less and less upon these cycles of opportunity and more and more even in their efficacy.

Questioner: I have no ability to judge at what point the level of abilities of the adept would be reached to be independent of this cyclical action. Can you give me an indication of what level of "adeptness" that would be necessary in order to be so independent?

Ra: I am Ra. We are fettered from speaking specifically due to this group's work, for to speak would seem to be to judge. However, we may say that you may consider this cycle in the same light as the so-called astrological balances within your group; that is, they are interesting but not critical.

Questioner: Thank you. I read that recent research has indicated that the normal sleep cycle for entities on this planet occurs one hour later each diurnal period so that we have a 25 hour cycle instead of a 24 hour cycle. Is this correct, and if so, why is this?

Ra: I am Ra. This is in some cases correct. The planetary influences from which those of Mars experience memory have some effect upon these third-density physical bodily complexes. This race has given its genetic material to many bodies upon your plane.

Questioner: Thank you. Ra mentioned the ones *(name)* and *(name)* in a previous session. These are members of what we call our medical profession. What is the value of modem medical techniques in alleviating bodily distortions with respect to the purpose for these distortions and what we might call karma?

Ra: I am Ra. This query is convoluted. However, we shall make some observations in lieu of attempting one coherent answer, for that which is allopathic among your healing practices is somewhat two-sided.

Firstly, you must see the possibility/probability that each and every allopathic healer is in fact an healer. Within your cultural nexus this training is considered the appropriate means of perfecting the healing ability. In the most basic sense any allopathic healer may be seen to, perhaps, be one whose desire is service-to-others in alleviation of bodily complex and mental/emotional complex distortions so that the entity to be healed may experience further catalyst over a longer period of what you call the life. This is a great service-to-others when appropriate due to the accumulation of distortions toward wisdom and love which can be created through the use of the space/time continuum of your illusion.

In observing the allopathic concept of the body complex as a machine we may note the symptomology of a societal complex seemingly dedicated to the most intransigent desire for the distortions of distraction, anonymity, and sleep. This is the result rather than the cause of societal thinking upon your plane.

In turn this mechanical concept of the body complex has created the continuing proliferation of distortions towards what you would call ill-health due to the strong chemicals used to control and hide bodily distortions. There is a realization among many of your peoples that there are more efficacious systems of healing not excluding the allopathic but also including the many other avenues of healing.

Questioner: Let us assume that a bodily distortion occurs within a particular entity who then has a choice of seeking allopathic aid or experiencing the catalyst of the distortion and not seeking correction of the distortion. Can you comment on the two possibilities for this entity and his analysis of each path?

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Ra: I am Ra. If the entity is polarized towards service-to-others, analysis properly proceeds along the lines of consideration of which path offers the most opportunity for service-to-others.

For the negatively polarized entity the antithesis is the case.

For the unpolarized entity the considerations are random and most likely in the direction of the distortion towards comfort.

Questioner: I understand *(name)* brought a four-toed Bigfoot cast by here the other day. Could you tell me which form of Bigfoot that cast was?

Ra: I am Ra. We can.

Questioner: I know that it is totally unimportant, but as a service to *(name)* I thought that I should ask that.

Ra: I am Ra. This entity was one of a small group of thought-forms.

Questioner: He also asked—I know this is also unimportant—why there were no Bigfoot remains found after the entities have died on our surface. Could you also answer this? I know this is of no importance but as a service to him I ask it.

Ra: I am Ra. You may suggest that exploration of the caves which underlie some of the western coastal mountain regions of your continent will one day offer such remains. They will not be generally understood if this culture survives in its present form long enough in your time measurement for this probability/possibility vortex to occur.

There is enough energy for one more full query at this time.

Questioner: In the healing exercises, when you say examine the sensations of the body, do you mean those sensations available to the body via the five senses or in relation to the natural functions of the body such as touching, loving, sexual sharing, and company, or are you speaking of something else altogether?

Ra: I am Ra. The questioner may perceive its body complex at this moment. It is experiencing sensations. Most of these sensations or in this case, nearly all of them, are transient and without interest. However, the body is the creature of the mind. Certain sensations carry importance due to the charge or power which is felt by the mind upon the experience of this sensation.

For instance, at this space/time nexus one sensation is carrying a powerful charge and may be examined. This is the sensation of what you call the distortion towards discomfort due to the cramped position of the body complex during this working. In balancing you would then explore this sensation. Why is this sensation powerful? Because it was chosen in order that the entity might be of service-to-others in energizing this contact.

Each sensation that leaves the aftertaste of meaning upon the mind, that leaves the taste within the memory shall be examined. These are the sensations of which we speak.

May we answer any brief queries before we leave this instrument?

Questioner: Is there anything that we could do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. Continue to consider the alignments. You are conscientious and aware of the means of caring for the instrument in its present distortions having to do with the wrists and hands. As always, love is the greatest protection.

I am Ra. I leave you, my friends, in the glorious love and joyful light of the infinite Creator. Go forth, then, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
August 2, 1981

(L channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of our infinite Creator. It was with great pleasure, my friends, that we listened to your song and to the joy with which you shared your singing. My brothers, it is always a wonder to us to be able to share this contact between your race and our races, yet on times—correction—occasions such as this there is such an overflowing abundance of loving and happiness that we feel in some manner fulfilled beyond any expectations that we might have formed concerning the potentials for sharing throughout the universe.

At this time we would like to share this contact with those of another planetary entity known as Orcas. If the instrument would relax and be patient, an attempt will be made to make contact. I am Hatonn.

(L channeling)

I am Orcas, and I greet you in the love and the light of the infinite Creator. It is a pleasure to be allowed to contact this group.

Carla: May I ask you two questions, Orcas?

I am Orcas.

Carla: Do you come in the name of Christ, whom we serve with all of our heart, all of our mind, and all of our soul?

I am Orcas. I come in the love and the light of the infinite Creator, the Is which was and is continuing to be served by that entity known to you as the Christ.

Carla: Are you a member of the Confederation of Planets in the Service of the Infinite Creator?

I am Orcas. That is correct.

Carla: We welcome you to our group.

I an Orcas. I thank you both for your welcome and your caution, my friend. It is somewhat difficult for this instrument to receive our signal, but with patience the channel of communication may be enhanced. Are there any questions?

M: Yes. You come through Hatonn to address us. What particular area is your expertise? Laitos is in conditioning and Hatonn in bringing love and other entities have particular areas of their talent. What do you bring our group?

I am Orcas. I have been allowed to contact this group due to an upswelling of emotional sharing between the members of your group and the subsequent reduction of residual animosities between members of your group and others of your race. To attempt to reduce this to a more understandable form, as you love one another more intensely, you overcome your residual irritation with others not in your group.

As to the purpose of my contact, I am one who may be of assistance in guidance in surviving future events on your planetary surface. There are limitations, my brother, to the amount of information that I can offer without receiving a specific request for that information. I am Orcas.

Carla: I personally am not interested at all in taking thought for physical survival. Why would such information be of use when, if we're needed on whatever level, the means for that will be provided?

I am Orcas. I am told that in your race is a saying that, "God helps those who help themselves." While it is indeed not necessary to become overwhelmed with attention to the physical future, it is also of a potential benefit to receive advice concerning the interaction between your physical vehicle and the realm within which it exists. The advice or information that I may provide at your request is not necessary, just as the information provided by other members of the Federation is not necessary. Does this answer your question?

Carla: Yes. My basic area of interest is the development of the evolution of my spirit and consequently I have no questions at all about survival. So I will wish you well and if any one else has any questions please go ahead.

C: Orcas? Is your contacting this group due to a need of our services in regards to our fellow members of this race or was there a specific calling for you …

(The microphone was dropped)

[I am] … Orcas. There has been a calling from your planet of sufficient quantity or value to allow the calling to meet response. As many on your planetary surface find a likelihood for a very difficult physical future in which to complete their incarnate lessons prior to the time of harvest, it was deemed a sufficient calling to allow response.

May I answer further?

C: Not at this moment, but I might have more questions later. Thank you.

Thank you. May I answer another in this group?

J: What is your advice on survival? What may entities do to best survive?

I am Orcas. While I am unable to provide a strategy, for such would infringe upon your rights, I am allowed to encourage an amount of identification of one's third-dimensional self with the Earth's second and third-dimensional realms within which the physical body resides. The awareness that the oneness exists, traversing those realms, can be of assistance in physical survival. In essence, this understanding may assist an individual in attaining a striven-for growth in this incarnation.

May I answer you further, my brother?

J: Since you have come to share information on survival, it would suggest that the times of cataclysms perhaps are close. Do you have information as to when we might expect the necessity for survival to be present, when these cataclysms might occur?

I am Orcas. It is not within my realm to provide announcement of events, but rather to assist in the attainment of that awareness that may serve both in personal growth and the survival of the events you describe. The timing of my arrival, so to speak, was dependent, not upon physical events, but rather on a level of desire emitted from your planetary surface.

May I answer further?

J: Not at this time. I may have some questions later. Thank you

I am Orcas. Is there another question?

C: Have you made contact with any other contact groups or is this the first for you?

I am Orcas. This is my initial contact.

C: Are there other Confederation members who would feel *(inaudible)* at this time?

I am Orcas. I am unaware of any entity performing my allotted task. However, my brother, as your question was somewhat vague, I am unable to answer definitively.

C: It's just that I'm curious as to the reasons why this group *(inaudible)*. In other words *(inaudible)* for us to aid your teaching.

I am Orcas. Rather than a need—for all are complete—the ability to receive, and in awareness and desire for more information in my area of service, for example, this group, although a stronger desire exists elsewhere upon your planetary surface, the ability for communication does not exist.

May I answer you further?

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C: Could you possibly know which area it is you speak of?

I am Orcas. By area we assume you refer to our area of advising. If this is so, then our area concerns advising entities to accept their surroundings as a portion of themselves, to live in a manner in which a sharing exists between themselves and the first and second level entities—correction—first, second and third-level entities of their world.

C: *(Inaudible)* question, what particular area of our world was this need for the information *(inaudible)* that you were unable to contact due to a lack of a channel.

I am Orcas. The calling exists in a primarily scattered form throughout your race as more become convinced of an impending disaster and an awareness *(inaudible)* concerning each entity's lack of knowledge concerning their own planetary surface and their ability to coexist with what the Creator has placed upon that surface. The discomfort associated with this knowledge resulted in a calling sufficient to evoke a response.

May we answer further?

C: No thank you.

I am Orcas. Is there another question?

C: One more. Before you spoke of the actual probability of the cataclysms to come *(inaudible)* happen sooner will have increased?

I am Orcas. I am unable to answer your question, however, I would emphasize that my arrival, so to speak, results from a calling and not from impending physical conditions.

May I answer you further?

(Inaudible)

Is there another question?

J: What is your density?

I am Orcas. I am of fourth density, but feel compelled to add that I am of comparatively recent graduation to this density and have been allowed this contact …

(Side one of tape ends.)

(L channeling)

… opportunity to learn to service.

May I answer further?

J: On the third-density planet from which you have recently graduated, did you have similar cataclysms as those which appear upon the horizon of our planet?

I am Orcas. On our third-dimensional point of origin, so to speak, we attained an attunement with our third-dimensional realm, or planet, that *(inaudible)* the necessity of such events.

May we respond further?

J: Not at this time. Thank you.

We thank you. Is there another question?

(Pause)

I am Orcas. We thank you for this opportunity to serve and if called upon will respond with the best of our ability in service, my brothers. Adonai.

(Carla channeling)

I am Laitos, and I greet you, my friends, in the love and the light of our infinite Creator. We would like to take this opportunity to share with our brothers and sisters and would at this time pass among you. [If you] will make the request that we be with you we will work at deepening the meditative state *(inaudible)*.

(Pause)

I am again with this instrument. It is a pleasure to be with each of you. At this time we would like to exercise the instrument known as C. If he would relax, we would speak a few words through him. *(Inaudible)* any analysis and speak thoughts you think without hesitation and we shall speak a few words. I am Laitos.

(C channeling)

I am Laitos. *(Inaudible)*.

(Carla channeling)

I am Laitos. I am again with this instrument *(inaudible)*. It is a great pleasure to exercise *(inaudible)* there is a great deal of energy *(inaudible)* and we experience *(inaudible)*, however, the one known as C *(inaudible)*. We will continue to work with you, my brother, and we thank you for your service. *(Inaudible)* I am known to you as Laitos. Adonai.

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(Carla channeling)

I am Latwii, and I greet you in the love and the light of the infinite Creator. It has been some time since we used this instrument. We will have to step down our vibration, if you will be patient. We are working on it. We are getting better. We have good contact. We forget about this instrument in between times that we use *(inaudible)* this is better. This is more comfortable for the instrument.

We have been long away from your group due to the fact that the proper configuration of vibration was not present. There was a great desire for information of a certain nature that was best given you by the brothers and sisters of Hatonn and, therefore, we stayed close to you in our hearts, but did not speak *(inaudible)*. However, this evening we find the configuration which requests those small differences which we might offer, due to the fact that we have a certain variation in our understanding of the one simple truth of love and light. Since our perspective is that of light, rather than love, thus we see things with a slightly different point of view. It is sometimes proper to view things from this angle of total and ever joy.

The compassion with which you are so full is of great aid to those about you. And we can but encourage you to look in each moment of your daily life for opportunities to share that compassion which you have so dearly bought by many periods of thought, contemplation, meditation and *(inaudible)*. There is a dimension which it also *(inaudible)*. It is *(inaudible)* for there are few people whom you may serve by sharing with them the laughter and the energy of the light, yet with these *(inaudible)* which is the material of *(inaudible)* all that is beautiful, good and true is composed of one of the infinite complexes of vibration which you call light.

There is an infinite vibration. You may think of the universe as an infinite expression of joy and *(inaudible)* in an eternally moving and luminous form. In the shadow of your illusion when compassion itself is hard to remember and often nearly impossible to show, the thought of the *(inaudible)* joy laughing and ecstasy is the thought of the Creator, but we say to you, my friends, come and be the fools that we are, for there is a kingdom of such as we and in that kingdom there is not the darkness whereby compassion cannot *(inaudible)*. You may choose in each moment that which you *(inaudible)*. It is our wish to experience the beauty of the material of the various colors of your *(inaudible)* and our *(inaudible)* to share our joy and whatever love we may have saved up from our own experience with you, our brothers and sisters.

At this time we would like to change the instrument through which we speak. I am a brother of Latwii.

(Jim channeling)

I am Latwii, and I greet you once again in the love and the light of the infinite Creator. We had some small difficulty making contact with this instrument, but we are very pleased to once again be able to utilize this instrument in our speaking to this group.

As we said before, long has it been since we have spoken to this group and a pleasure it is to find a configuration proper this evening to once again be able to share our humble thoughts and feelings with your group.

At this time it is our pleasure and our priv— correction. This instrument is somewhat tongue-tied—it is our privilege, shall we say, to be able and to attempt to answer questions that you may have.

Might we answer a question at this time?

M: Yes, please. What was the exact configuration which you are speaking of that allows you to be here tonight?

I am Latwii. The configuration necessary for our contact contains not only a desire for the sharing of the compassion in love of our brothers and sisters of Hatonn, but also a calling for a desire for the sharing of wisdom to balance that love. Love is the moving force which creates all of creation. In the light of wisdom might the creation be clearly seen so that love might be used in a balanced fashion, so that one does not run, shall we say, headlong into difficulties with a completely and uninhibitedly open channel of love.

Might we answer you further, my brother?

M: What about this particular group creates that configuration?

I am Latwii. On this particular evening there is the addition of members who have not been with this group for quite some time which adds the necessary configuration for the seeking of the wisdom or light vibration. To those new additions, shall we say, or

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additions long absent from this group, we may thank for proper configuration for our speaking.

May we answer you further, my brother?

M: No, thank you.

We thank you, as always. Might we answer another question at this time?

Carla: May I say I'm glad to hear your cheery voice *(inaudible)*.

I am Latwii, and we thank you for your appreciation of our liveliness. We hope we did not overdo the liveliness when we first made contact with you. We are somewhat clumsy in our attempts, as you know from your experience with our contact. This evening, it is our pleasure to be basking in the color of what you would call a violet ray, quite beautiful by any standards, and we wish that we could share it with you, but as you know, it is quite difficult to share the exact true color of any vibration which we might experience.

Might we answer you further, my sister?

Carla: No, thank you.

We thank you, as always. Might we answer another question at this time?

C: Yes. I'm needing some advice. Here of late I haven't been very compassionate. I've been impatient. When I meditate, I get up with a drained, tired feeling, but I was wondering, is there something that I'm doing wrong or is it a physical deficiency? I don't think my diet is proper to keep my body properly maintained *(inaudible)*.

I am Latwii. My brother, we would suggest, as it is well known to you, that the work which you engage yourself in for your living, your daily existence, is quite draining upon you at almost every turn. This has been a problem for you in the past and continues to be so in your meditations. May we suggest that as you enter your meditation you perform a simple ritual in which you leave the cares of the day and the worries which may have come your way aside for these few moments of meditation. In the state of meditation you are, in effect, opening yourself to every possible energy which you have come in contact with, and an indiscriminate opening may allow such energy draining effects which you have experienced in your work to magnify in your meditation.

A simple ritual which has meaning for you in which you leave these cares by the door, shall we say, would be, may we suggest, of assistance to you as you enter the meditative state and will allow you to choose those energies or tune to those vibrations which are of an uplifting nature rather than carrying with you and magnifying those which tend to drain your energy.

May we answer you further, my brother?

C: Yes. When I do meditate there are times I have this vision of traveling at extreme speeds through space. And I almost have a feeling that I'm partially leaving my body. Is this happening or is it just a sensation of meditation?

I am Latwii. My brother, there are various explanations possible for this phenomenon which you are experiencing. A partial leaving of the body is one, but potential, may we say, explanation for this phenomenon. There are other possibilities which include your diet, which you mentioned before. Occasionally the chemical balances or imbalances within the brain may be affected by those ingredients which are ingested by your peoples as a normal part of your daily existence. Care in diet can often be of assistance in making the meditative state a clearer channel for the expressing of those vibrations which are attempting to be made manifest during your meditation.

In this particular case of which you speak, we may say that it is a combination of these two possible explanations which is acting and causing an imbalance in your experience of the meditative state. One is attempting to express as the leaving of the cares or the body as you experience. The other, the intake of certain chemicals or foods is inhibiting this expression.

May we be of further service, my brother?

C: Is this chemical that you speak of the ingestion of sugars?

I am Latwii. You are correct, my brother. We could not say this without your finding for yourself of this truth.

C: I guess I've known it for some time. Try to get off one, seems like I'm substituting one for the other. Thank you for your reassurance and information.

As always, we thank you. May we be of further service with another question at this time?

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L: Yes. I'm a member of a communal farm. I notice that there seems to be a greater amount of friction between members recently. Is this the result of an effort from negatively polarized entities? If so, what information can you give me about it?

I am Latwii. My brother, in this case we may say that though it might be somewhat glamorous to consider the possibility of negative entities inviting themselves into the affairs of your community, it is more possibly the case that those in this community are having more or less success at using the catalyst of learning and from time to time will suffer falling back, shall we say, and at other times shall be more successful in the use of their catalyst. Might we answer you further, my brother?

L: Not at this time, thank you.

Again, we thank you. Might we answer another question?

Carla: You might. Recently the three of us that live in this house have been so inundated with a lot of scare talk about doom, imminent doom, and my reactions to it have been basic disinterest. I wonder if you might comment on the reason, the possible reason for my *(inaudible)*.

I am Latwii. And we might make an answer at this time and, indeed, we find we shall! And we also might say that we heartily enjoy the humor of this group and we have missed it greatly during the absence.

In answer to your question, may we say that speaking of doom which is so prevalent among your peoples at this time is most likely caused by the great possibility that such doom-filled cataclysms shall and, indeed, have begun occurring upon your planet. Of this there can be no denying, but we would suggest, as you have suggested yourself, that one's response to such doom-saying is what is of most importance. You must consider for yourself that which you wish to do. Do you wish to be swayed by prophecies of doom which comes your way? If so, you have your choice of many, for many there are at this time and many more shall there be, for indeed you shall continue to see more cataclysms upon your planet, but we of Latwii may or may not be able to be of assistance in this area for we are those who have what might be called a light touch upon this matter and do not see such things with the same gravity as many who speak of them. We are very pleased that you enjoy our humor and hope that you have received our message as well.

May we answer you further, my sister?

Carla: No, that happens to be completely with my own feelings. So I have no more questions whatsoever. Thank you very much.

Again, may we thank you. May we answer another question at this time?

L: I'd just like to make a comment that I think we all appreciate the punishment you've given us.

I am Latwii. And we have been outdone, and we yield the floor to the punster of rank among us.

May we answer another question?

M: It is my perception that many people of this group aren't particularly concerned about their physical well-being through the coming cataclysms which may befall us. Why is it that we had the new contact tonight? It does not seem to me that that is our particular call for information that *(inaudible)*.

I am Latwii, and, my brother, on this question we must, we are afraid, remain somewhat silent; though there is much that may be said at this time, it is not proper that it be said.

May we be of further service with another question?

Carla: May I make a statement and ask if you would confirm or deny it? Is it possible that the reason that Orcas spoke with this group is that there is a clear channel *(inaudible)* for information which caused this new social memory complex to find its *(inaudible)* in such a way that *(inaudible)*.

I am Latwii. It is possible. May we answer another question?

L: I'd like to formulate a hypothesis which requires that you confirm or deny it, if you would like to, that the entity Orcas is being given an initial opportunity to work through the Federation with a third-dimensional group—ourselves—and has been assigned an area with which it has greatest familiarity, as there was an area of considerable ability *(inaudible)*.

I am Latwii, and, my brother, at this time, that we are hindered by necessity of remaining silent for fear of infringement.

May we answer another question?

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Carla: Are there still fourth-density planetary entities that are working with *(inaudible)*?

I am Latwii, and as you know, my sister, that is correct, for your own beloved teacher, Hatonn, is one of these entities who works with those leaders of your planet who have the power, shall we say—or shall we say, it seems have the power—to determine whether war occurs or does not occur upon your planet. Many are those from the Confederation who pour their light and love upon your planet at this time to each entity upon the surface of your planet, not only to the leaders, but to each entity that forms the entire mind complex of your planet. Many are those upon your planet who call for this service at this time and hopefully, it is the hope of our group, at least, of the Confederation, that these efforts of pouring light and love upon your planet shall be successful in averting the catastrophes of war which seem, at times, so imminent among your peoples.

May we answer you further, my sister?

Carla: No, thank you.

We thank you once again. May we answer another question?

L: I have one last question about Orcas. Is Orcas capable of exerting an influence on first or second-dimensional entities or is Orcas capable of instructing us in the accomplishment of *(inaudible)*?

I am Latwii. My brother, we do not mean to seem obscure, but again we must remain silent in this area. There is, as we said, much that could be said in this area, but at this time we do not deem it the proper time to say that which could be said.

May we answer another question?

M: Well, since we're getting the whole clan of contacts tonight, where's Oxal?

I am Latwii. The one known to you as Oxal is, shall we say, waiting in the wings and though it appears may not speak—we correct this instrument once again. We believe we are tiring his tongue—though it appears Oxal may not speak this evening, there is a good chance that Oxal may speak at a future date, in your near future.

May we answer you further, my brother?

(Inaudible)

May we answer another question at this time?

(Pause)

I am Latwii. And our thanks to your group, as always, for inviting us to share our humble thoughts and feelings and simple humor with your group. It is always a joy to be able to speak with those whose ears and minds and hearts are open to words of love and light, simple and humble though they be. We are known to you as Latwii and we leave you in the love and the light of the one infinite Creator. Adonai, my friends. ♣

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Intensive Meditation
August 6, 1981

(Unknown channeling)

I am Laitos, and I am with this instrument. I greet you all, my friends, in the love and the light of the infinite Creator. It is an honor and a privilege once again to be called to your group for the purpose of exercising a new instrument. It is always a joy for us to join your meditations in whatever capacity possible. It is our special joy and privilege to join at this time, for it is our service as members of the Confederation of Planets in the Service of the Infinite Creator to serve as those who introduce new instruments to the conditioning vibration of the Confederation and the initial contacts. We of Laitos have long served in this role and find great meaning in sharing this service with those few of people who choose to seek.

Always *(inaudible)* for the opportunity to share the love and the light of the infinite Creator with yet one more entity, and to see that entity in turn become a beacon to share that light yet further with more of your people. Thusly, it is our hope that more and more people upon the surface of your planet might become aware of the philosophy of the Federation and, more importantly, of the love and the light of the infinite Creator that is found within. In this regard, we hope that this service that we now offer might be [arranged.]

At this time we will prepare the one known as C to receive our conditioning vibrations, if the one known as C would relax. We will now send a few words to the one known as C. They shall, as before, be the phrase, "I am Laitos." We shall repeat it a number of times before continuing further. I am Laitos.

(C channeling)

I am Laitos. I am Laitos. I am Laitos. I am Laitos. I am Laitos.

(Unknown channeling)

I am Laitos, and I am again with this instrument. We are very pleased with the progress the one known as C continues to make. At this time we will once again transfer this contact to the one known as C in order that we might speak a few sentences through this instrument. If he would relax and refrain from analysis, speak each word-thought as it appears in his mind. I am Laitos.

(C channeling)

I am Laitos, and I greet you once again in the love and the light of the Creator. *(inaudible)* simple thoughts is but one way in which *(inaudible)* can seek to serve *(inaudible)*. I am Laitos.

(Unknown channeling)

I am Laitos, and I greet you once again in love and light. We thank the one known as C for allowing us to use his instrument. And we say once again, it is a privilege and a pleasure and a great honor for us to be able to exercise a new instrument. And may we say that we are very pleased by the progress shown by the one known as C.

At this time we will transfer this contact to another instrument for the purpose of answering any questions which any gathered here might have. We now transfer this contact. I am Laitos.

(Unknown channeling)

I am Laitos. I am now with this instrument, and greet you once again in the love and the light of the infinite Creator. May we ask if we may have the privilege of attempting to share our thought with you on any subject?

Questioner: If I may, could you speak a few words on the relationship we call marriage and its role in responsibilities?

I am Laitos. The question that you ask is somewhat complex. The relationship known among your peoples as marriage is a vehicle for service. The polarity between two entities draws them together and forms within each a bias to be of service. This is the basis of the relationship. This relationship is heavily laden with heavy difficulties inherent in the non-flexible structure which is lacking in the bias toward service.

Thus, when dealing in the illusion with this relationship, it is well to clear from the mind all possible thoughts of the necessity which the marriage bond seems to suggest and to focus instead upon the bias toward service to another which caused the genesis of the relationship.

There are several responsibilities in this relationship. There is the responsibility of offering the self for service. There is the responsibility of expressing the self in as undistorted a manner as possible, so that [yours] may be to the other entity a clear self, a self that communicates and is therefore of service by teaching or by offering the ability of one in need of teaching.

There is the responsibility of being the friend and protector of those entities which may issue from the physical sexual reproductive activities of this relationship, in such a way that the self is offered to the so-called children in service in ways which the young entity may understand. These ways include the basic orientation of service to others, the familiarizing of the children with the concept of the Creator and their relationship to the Creator, the family remembrance of this relationship and, in general, the best guidance each in the relationship may possibly offer to these young ones, in whatever they may encounter as they progress in the illusion.

May we answer you further?

Questioner: No. Thank you very much.

We thank you. Is there another question?

Questioner: Can you give me some idea of the accuracy of my channeling?

I am Laitos. The accuracy of channeling is always imperfect. We assume you intend to discover the percentage of channeling which comes from your own resources and the percentages which come from the Confederation resources. This ratio of percentages varies widely but at present you are beginning to reach the level where your percentage remains within acceptable Confederation limits for clear contact. It is our intent in this type of contact to retain at least 25 percent of the contact for the use of the channel. This enables our message to find the unique expression in each and every instrument while maintaining the basic simple tenor of what our group has to offer—that is, the explication of the original Thought of love.

Thus, this channel, for instance, is normally approximately 30 percent using her own resources. In your case, you are beginning to stabilize at approximately 35 to 37 percent your own resources. This is a plateau which must be reached. Once stability is reached, it is then possible through experience to gradually approach the 25 percent which is considered by us to be the limit beyond we would not wish to go. The lower acceptable limit is 50 percent one's own resources. So you may see you have advanced in your own work to a great extent. Therefore, we thank you for your desire to be as pure a channel as possible and request that you never be concerned if you find some material from your own experience worked into the channeling, for it is our precise intention to use experiences which illustrate the basic love and light of the infinite Creator.

May we answer you further?

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Questioner: No. Thank you for your answer.

We thank you greatly for your service and offer every encouragement. Is there another question?

(Pause)

I am Laitos. If there are no more questions at this time we shall close this meeting. We shall again transfer to the one known as C to bid you farewell. I am Laitos.

(C channeling)

I am Laitos, and I once again am with this instrument. It has been our pleasure to *(inaudible)* the ones who call us. I am Laitos. I leave you now in the love and the light of the infinite Creator. Adonai, my friends, *(inaudible)*.

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The Law of One, Book III, Session 65

August 8, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give us an indication of the instrument's condition and the level of vital and physical energies?

Ra: I am Ra. This instrument's vital energies are as previously stated. The physical energies are greatly distorted towards weakness at this space/time due to the distortion complexes symptomatic of that which you call the arthritic condition. The level of psychic attack is constant but is being dealt with by this instrument in such a way as to eliminate serious difficulties due to its fidelity and that of the support group.

Questioner: I may be recovering a little ground already covered today, but I am trying to get a more clear picture of some things that I don't understand and possibly develop a plan of my own for activity in the future.

I have the impression that in the near future the seeking will increase by many who now are incarnate in the physical on this planet. Their seeking will increase because they will become more aware of the creation as it is and as it is opposed, I might say, to the creation of man. Their orientation and their thinking will be, by catalyst of a unique nature, reoriented to thinking of more basic concepts, shall I say. Is this correct?

Ra: I am Ra. The generalities of expression can never be completely correct. However, we may note that when faced with a hole in the curtain, an entity's eyes may well peer for the first time through the window beyond. This tendency is probable given the possibility/probability vortices active within your space/time and time/space continua at this nexus.

Questioner: I have assumed that the reason that so many Wanderers and those harvested third-density entities who have been transferred here find it a privilege and an exceptionally beneficial time to be incarnate upon this planet is that the effect that I just spoke of gives them the opportunity to be more fully of service because of the increased seeking. Is this, in general, correct?

Ra: I am Ra. This is the intention which Wanderers had prior to incarnation. There are many Wanderers whose dysfunction with regard to the planetary ways of your peoples have caused, to some extent, a condition of being caught up in a configuration of mind complex activity which, to the corresponding extent, may prohibit the intended service.

Questioner: I noticed that you are speaking more slowly than usual. Is there a reason for this?

Ra: I am Ra. This instrument is somewhat weak and although strong in vital energy and well able to function at this time is somewhat more fragile than the usual condition we find. We may note a continuing bearing of the physical distortion called pain which has a weakening effect upon physical

energy. In order to use the considerable store of available energy without harming the instrument we are attempting to channel even more narrow band than is our wont.

Questioner: Have I properly analyzed the condition that creates the possibility of greater service as follows: Seniority by vibration of incarnation has greatly polarized those upon the surface of the planet now, and the influx of Wanderers has greatly increased the mental configuration toward things of a more spiritual nature. This would be, I assume, one of the factors creating a better atmosphere for service. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Would the coming changes as we progress into fourth-density such as changes in the physical third-density planet due to the heating effect and changes such as the ability of people to perform what we term paranormal activities act as catalyst to create a greater seeking?

Ra: I am Ra. This is partially correct. The paranormal events occurring are not designed to increase seeking but are manifestations of those whose vibratory configuration enables these entities to contact the gateway to intelligent infinity. These entities capable of paranormal service may determine to be of such service on a conscious level. This, however, is a function of the entity and its free will and not the paranormal ability.

The correct portion of your statements is the greater opportunity for service due to the many changes which will offer many challenges, difficulties, and seeming distresses within your illusion to many who then will seek to understand, if we may use this misnomer, the reason for the malfunctioning of the physical rhythms of their planet.

Moreover, there exists probability/possibility vortices which spiral towards your bellicose actions. Many of these vortices are not of the nuclear war but of the less annihilatory but more lengthy so-called "conventional" war. This situation, if formed in your illusion, would offer many opportunities for seeking and for service.

Questioner: How would conventional warfare offer the opportunities for seeking and service?

Ra: I am Ra. The possibility/probabilities exist for situations in which great portions of your continent and the globe in general might be involved in the type of warfare which you might liken to guerrilla warfare. The ideal of freedom from the so-called invading force of either the controlled fascism or the equally controlled social common ownership of all things would stimulate great quantities of contemplation upon the great polarization implicit in the contrast between freedom and control. In this scenario which is being considered at this time/space nexus the idea of obliterating valuable sites and personnel would not be considered an useful one. Other weapons would be used which do not destroy as your nuclear arms would. In this on-going struggle the light of freedom would burn within the mind/body/spirit complexes capable of such polarization. Lacking the opportunity for overt expression of the love of freedom, the seeking for inner knowledge would take root aided by those of the Brothers and Sisters of Sorrow which remember their calling upon this sphere.

Questioner: We would seem to have dual catalysts operating, and the question is which one is going to act first. The prophecies, I will call them, made by Edgar Cayce indicated many Earth changes and I am wondering about the mechanics describing the future. Ra, it has been stated, is not a part of time and yet we concern ourselves with possibility/probability vortices. It is very difficult for me to understand how the mechanism of prophecy operates. What is the value of such a prophesy such as Cayce made with respect to Earth changes and all of these scenarios?

Ra: I am Ra. Consider the shopper entering the store to purchase food with which to furnish the table for the time period you call a week. Some stores have some items, others a variant set of offerings. We speak of these possibility/probability vortices when asked with the understanding that such are as a can, jar, or portion of goods in your store.

It is unknown to us as we scan your time/space whether your peoples will shop hither or yon. We can only name some of the items available for the choosing. The, shall we say, record which the one you call Edgar read from is useful in that same manner. There is less knowledge in this material of other possibility/probability vortices and more attention paid to the strongest vortex. We see the same vortex but also see many others. Edgar's material could be likened unto one hundred boxes of your cold cereal, another vortex likened unto three,

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or six, or fifty of another product which is eaten by your peoples for breakfast. That you will breakfast is close to certain. The menu is your own choosing.

The value of prophecy must be realized to be only that of expressing possibilities. Moreover, it must be, in our humble opinion, carefully taken into consideration that any time/space viewing, whether by one of your time/space or by one such as we who view the time/space from a dimension, shall we say, exterior to it will have a quite difficult time expressing time measurement values. Thus prophesy given in specific terms is more interesting for the content or type of possibility predicted than for the space/time nexus of its supposed occurrence.

Questioner: So we have the distinct possibility of two different types of catalyst creating an atmosphere of seeking that is greater than that which we experience at present. There will be much confusion, especially in the scenario of Earth changes simply because there have been many predictions of these changes by many groups giving many and sundry reasons for the changes. Can you comment on the effectiveness of this type of catalyst and the rather wide pre-knowledge of the coming changes but also the wide variation in explanation for these changes?

Ra: I am Ra. Given the amount of strength of the possibility/probability vortex which posits the expression by the planet itself of the difficult birthing of the planetary self into fourth-density, it would be greatly surprising were not many which have some access to space/time able to perceive this vortex. The amount of this cold cereal in the grocery, to use our previous analogy, is disproportionately large. Each which prophesies does so from an unique level, position, or vibratory configuration. Thus biases and distortions will accompany much prophecy.

Questioner: This entire scenario for the next twenty years seems to be aimed at producing an increase in seeking and an increase in the awareness of the natural creation, but also a terrific amount of confusion. Was it the preincarnative objective of many of the Wanderers to attempt to reduce this confusion?

Ra: I am Ra. It was the aim of Wanderers to serve the entities of this planet in whatever way was requested and it was also the aim of Wanderers that their vibratory patterns might lighten the planetary vibration as a whole, thus ameliorating the effects of planetary disharmony and palliating any results of this disharmony.

Specific intentions such as aiding in a situation not yet manifest are not the aim of Wanderers. Light and love go where they are sought and needed, and their direction is not planned aforetimes.

Questioner: Then each of the Wanderers here acts as a function of the biases he has developed in any way he sees fit to communicate or simply be in his polarity to aid the total consciousness of the planet. Is there any physical way in which he aids, perhaps by his vibrations somehow just adding to the planet just as electrical polarity or charging a battery? Does that also aid the planet, just the physical presence of the Wanderers?

Ra: I am Ra. This is correct and the mechanism is precisely as you state. We intended this meaning in the second portion of our previous answer.

You may, at this time, note that as with any entities, each Wanderer has its unique abilities, biases, and specialities so that from each portion of each density represented among the Wanderers come an array of preincarnative talents which then may be expressed upon this plane which you now experience so that each Wanderer, in offering itself before incarnation, has some special service to offer in addition to the doubling effect of planetary love and light and the basic function of serving as beacon or shepherd.

Thus there are those of fifth-density whose abilities to express wisdom are great. There are fourth and sixth-density Wanderers whose ability to serve as, shall we say, passive radiators or broadcasters of love and love/light are immense. There are many others whose talents brought into this density are quite varied.

Thus Wanderers have three basic functions once the forgetting is penetrated, the first two being basic, the tertiary one being unique to that particular mind/body/spirit complex.

We may note at this point while you ponder the possibility/probability vortices that although you have many, many items which cause distress and thus offer seeking and service opportunities, there is always one container in that store of peace, love, light, and joy. This vortex may be very small, but to turn one's back upon it is to forget the infinite possibilities of the present moment. Could your

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planet polarize towards harmony in one fine, strong, moment of inspiration? Yes, my friends. It is not probable; but it is ever possible.

Questioner: How common in the universe is a mixed harvest from a planet of both positively and negatively oriented mind/body/spirit complexes?

Ra: I am Ra. Among planetary harvests which yield an harvest of mind/body/spirit complexes approximately 10% are negative; approximately 60% are positive; and approximately 30% are mixed with nearly all harvest being positive. In the event of mixed harvest it is almost unknown for the majority of the harvest to be negative. When a planet moves strongly towards the negative there is almost no opportunity for harvestable positive polarization.

Questioner: Can you tell me why there is almost no opportunity in that case?

Ra: The ability to polarize positively requires a certain degree of self determination.

Questioner: Then as these final days of the cycle transpire if the harvest were to occur now, today, it would have a certain number harvested positively and negatively and a certain number of repeaters. I am going to assume that because of the catalyst that will be experienced between now and the actual harvesting time these numbers of harvestable entities will increase.

Generally speaking, not particularly with respect to this planet but with respect to general experience in harvesting, how big an increase in harvestable entities can you logically assume will occur because of the catalyst that occurs in the final period such as this one, or am I making a mistake in assuming that other planets have added catalyst at the end of a harvesting period when they have a mixed harvest?

Ra: I am Ra. In the event of mixed harvest there is nearly always disharmony and, therefore, added catalyst in the form of your so-called "Earth changes." In this assumption you are correct.

It is the Confederation's desire to serve those who may indeed seek more intensely because of this added catalyst. We do not choose to attempt to project the success of added numbers to the harvest for this would not be appropriate. We are servants. If we are called, we shall serve with all our strength. To count the numbers is without virtue.

Questioner: Now the added catalyst at the end of the cycle is a function specifically of the orientation of the consciousness that inhabits the planet. The consciousness has provided the catalyst for itself in orienting its thinking in the way it has oriented it, thus acting upon itself the same as catalyst of bodily pain and disease act upon the single mind/body/spirit complex. I made this analogy once before but reiterate it at this time to clarify my own thinking in seeing the planetary entity as somewhat of a single entity made up of billions of mind/body/spirit complexes. Is my viewpoint correct?

Ra: I am Ra. You are quite correct.

Questioner: Then we deal with an entity that has not yet formed a social memory but is yet an entity just as one of us can be called a single entity. Can we continue this observation of the conglomerate entity through the galactic entity, or shall I say, planetary system type of entity? Let me try to phrase it this way. Could I look at a single sun in its planetary system as an entity and then look at a major galaxy with its billions of stars as an entity? Can I continue this extrapolation in this way?

Ra: I am Ra. You can but not within the framework of third-density space/time.

Let us attempt to speak upon this interesting subject. In your space/time you and your peoples are the parents of that which is in the womb. The Earth, as you call it, is ready to be born and the delivery is not going smoothly. When this entity has become born it will be instinct with the social memory complex of its parents which have become fourth-density positive. In this density there is a broader view.

You may begin to see your relationship to the Logos or sun with which you are most intimately associated. This is not the relationship of parent to child but of Creator, that is Logos, to Creator that is the mind/body/spirit complex, as Logos. When this realization occurs you may then widen the field of "eyeshot," if you will, infinitely recognizing parts of the Logos throughout the one infinite creation and feeling, with the roots of Mind informing the intuition, the parents aiding their planets in evolution in reaches vast and unknown in the creation, for this process occurs many, many times in the evolution of the creation as an whole.

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Questioner: The Wanderer goes through a forgetting process. You mentioned that those who have both third-and fourth-density bodies activated now do not have the forgetting that the Wanderer has. I was just wondering if, say, a sixth-density Wanderer were here with a third-density body activated, would he have gone through a forgetting that was in sections, shall I say, a forgetting of fourth, fifth, and sixth-densities and if he were to have his fourth-density body activated then he would have a partial additional memory and then another partial memory if his fifth-density body were activated and full memory if he had his sixth-density body activated? Does this make any sense?

Ra: I am Ra. No.

Questioner: Thank you. The forgetting process was puzzling me because you said that the fourth-density activated people who were here who had been harvested did not have the same forgetting problem. Could you tell me why the Wanderer loses his memory?

Ra: I am Ra. The reason is twofold. First, the genetic properties of the connection between the mind/body/spirit complex and the cellular structure of the body is different for third-density than for third/fourth-density.

Secondly, the free will of third-density entities needs be preserved. Thus Wanderers volunteer for third-density genetic or DNA connections to the mind/body/spirit complex. The forgetting process can be penetrated to the extent of the Wanderer remembering what it is and why it is upon the planetary sphere. However, it would be an infringement if Wanderers penetrated the forgetting so far as to activate the more dense bodies and thus be able to live, shall we say, in a god-like manner. This would not be proper for those who have chosen to serve.

The new fourth-density entities which are becoming able to demonstrate various newer abilities are doing so as a result of the present experience, not as a result of memory. There are always a few exceptions, and we ask your forgiveness for constant barrages of over-generalization.

Questioner: I don't know if this question is related to what I am trying to get at or not. I'll ask it and see what results. You mentioned in speaking of the pyramids the resonating chamber was used so that the adept could meet the self. Would you explain what you meant by that?

Ra: I am Ra. One meets the self in the center or deeps of the being. The so-called resonating chamber may be likened unto the symbology of the burial and resurrection of the body wherein the entity dies to self and through this confrontation of apparent loss and realization of essential gain, is transmuted into a new and risen being.

Questioner: Could I make the analogy of in this apparent death of losing the desires that are the illusory, common desires of third-density and gaining desires of total service-to-others?

Ra: I am Ra. You are perceptive. This was the purpose and intent of this chamber as well as forming a necessary portion of the King's Chamber position's effectiveness.

Questioner: Can you tell me what this chamber did to the entity to create this awareness in him?

Ra: I am Ra. This chamber worked upon the mind and the body. The mind was affected by sensory deprivation and the archetypical reactions to being buried alive with no possibility of extricating the self. The body was affected both by the mind configuration and by the electrical and piezoelectrical properties of the materials which were used in the construction of the resonating chamber.

This will be the last full query of this working. May we ask if there are any brief queries at this time?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. We feel that the instrument is well supported and that all is well. We caution each regarding this instrument's distortions towards pain, for it dislikes sharing these expressions but as support group this instrument subconsciously accepts each entity's aid. All is in alignment. You are conscientious. We thank you for this. I am Ra. I leave you, my friends, rejoicing in the love and the light of the one infinite Creator. Go forth, therefore, glorying in the power and in the peace of the one infinite Creator. Adonai.

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The Law of One, Book V, Session 65, Fragment 36
August 8, 1981

Jim: The following material returns to the realm of transient information in general—and a portion of the conspiracy theory specifically—as an outgrowth of our querying about prophesies, earth changes, probable futures, and their effect on seeking truth. You will notice that we didn't linger long here this time.

Carla: *I think it is important, in the context of this little volume of fragments we kept out of the first four volumes of* The Law Of One*, that we look straight and hard at the tendency of UFO researchers and people in general to see conspiracies and treachery behind every bush and gossip item. When I first started reading in this area, in the late sixties, there were prophets claiming a near future in which war, catastrophe and desolation would reign. In the years since, nothing has changed but the dates. Always this great trouble is seen to be coming a couple of years from now, and the call is to put all else aside except for preparing for this time of trial. I have known people of sound judgment who have basement walls lined with freeze-dried food, proof against disaster. Let's call it the bomb shelter syndrome.*

The thing I wish to emphasize is that these thoughts do harm to the innocent future. They take present energy away from the immediate happenings of the day, and sap it with chronic fear and fear-based planning. Disasters do occur, indubitably. And when they do come, we can hope simply to meet them with some grace. In that day, it will be the people who have learned to live from a loving heart that will be able to help the most, not the people who have barricaded themselves into a mind-set based on fear.

Session 65, August 8, 1981

Questioner: Are you saying then that this possible condition of war would be much more greatly spread across the surface of the globe than anything we have experienced in the past and therefore touch a larger percentage of the population in this form of catalyst?

Ra: I am Ra. This is correct. There are those now experimenting with one of the major weapons of this scenario, that is the so-called psychotronic group of devices which are being experimentally used to cause such alterations in wind and weather as will result In eventual famine. If this program is not countered and proves experimentally satisfactory, the methods in this scenario would be made public. There would then be what those whom you call Russians hope to be a bloodless invasion of their personnel in this and every land deemed valuable. However, the peoples of your culture have little propensity for bloodless surrender. ♣

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Sunday Meditation
August 9, 1981

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening, and we especially greet those new to this group, and send to each the love and the light which we channel from the one infinite Creator. We would speak to you this evening of ships. You may see yourself, my friends, as one upon a ship. There are many different configurations in the sky and there is no land in sight. The ship is equipped with rudder and sail and the wind is keen and swift, yet there is much that needs to be done before you can set sail and move before the wind.

Each of you, my friends, is upon a path which, like the trackless seas, offers no apparent signpost. The daily experience of your peoples is one of great confusion. How, then, to get the bearings, how to read the skies. My friends, there is within you the ability to create the knowledge which you need in order to be master of your destiny. There is, shall we say, a knowledge of constellations and the sextant whereby to measure them. It is not hidden within you at any great depth. This ability to guide your path is separated by your conscious mind only through a veil which may be penetrated by meditation, contemplation, and the desire to seek.

There are many times when it does not even seem important to find the path through this ocean, for things occur which make one feel infinitely small and at the mercy of all those elements. In our analogy they would be weather, night, day, hunger and thirst, loneliness, despair in your daily life. You may see the vessel of your physical body as meeting far more complex elements as you deal with the many other persons with whom you may come in contact and the many societal pressures which may come to bear upon your situation.

How helpless can such a sailor feel, my friends? We would remind you of the story spoken of in one of your holy works wherein one the disciples of the one known to you as Jesus saw this entity walking towards his boat across the water. "If you truly be he," said the disciple, "bid me come and walk to you." "Come," said the one known as Jesus, and so the disciple did. As he doubted, he sank, and as he asked, he walked. In meditation, my friends, you find more than just the tools for plotting the course. You find a feeling, a sensitivity, an openness for what your course may be. This is the function of what some call faith. It is not necessary to have rigid beliefs in order to progress, in fact quite the opposite, for the path, like the ocean, is ever *(inaudible)* and ever changing.

It is important, however, to reach, to seek and to dare. To step out upon the water is not a sensible

thing to do, and yet, in this story it was instructed for the disciple to do what he felt. Yes, my friends, many times you may begin to sink; many times you may clamber back into your boat and wonder if you will make error after error in your search for the truth. Nevertheless, if you seek and yet again seek to know the truth of who you are, how you came to be here and why you make this pilgrimage at this particular time in this particular way, you will find that your path opens more and more fair before you.

At this time I would leave this instrument that one of my sisters may speak through another instrument. We thank you with all of our hearts for allowing us to share our humble thoughts with you. It has been a great privilege to do so, and we ask you to consider what we say, not as the words of the wise, but as words to the wise, for we are your brothers and your sisters and can share in our imperfect way that which we have come to understand. I am known to you as Hatonn. I leave you in the love and the light of the infinite Creator. Adonai, my friends.

(L channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the Creator. It is a great pleasure to speak to a group as large, and may we say, as comfortable as this one. It is much easier to transmit messages to a group that has, for the time being, managed to lay aside its individual dramas, and, in the words of one who has occupied your planetary surface, "be here now." We would like to invite questions at this time for we are aware that there are a number of questions yet to be answered in the minds of those participating this night. Are there any questions that we may attempt to answer? I am Latwii.

(Pause)

I am Latwii. It is apparent that those who bear questions in their minds have not formulated those questions into the conscious thought patterns necessary to conversion into speech. Therefore, we shall again pause to enable those present to accomplish this magnificent task, if such is your individual desires. I am, patiently, Latwii.

Carla: I have laboriously come up with a question as to what color you are into tonight. What color are you into tonight?

I am Latwii. My sister, it is wonderful to hear your voice tonight. It is wonderful to hear any voice tonight. At this time we are experiencing a shade known as lavender, simply because we are relaxing and find this color conducive to relaxation without what would approximate to your sleep.

May we answer you further?

Carla: Well, that brings up an interesting point. I know that you're fifth density. Do you then have work periods rather than being in a state of conscious working all the time? Do you have some sort of time sense in that dimension?

I am Latwii. Time, as the occupants of your planetary sphere refer to, does not exist in our dimension, or for that matter, in yours, but enough of the puzzles. We find it necessary to recharge, as you might describe it, if a particularly strenuous effort has been made, such as our brother Hatonn's efforts at producing harmony in your planetary sphere. As you are aware, this sometimes has a deteriorative effect upon our brother Hatonn that requires some recuperation. However, we find that sleep, as you know it, is not necessary, as we have nothing to sleep with but find the state of mind, so to speak, that you refer to as meditation to be highly desirable.

May we answer you further?

Carla: You may. In other communications we've had some information about fifth-density beings having a much denser light body. I was wondering if you spend the entire experience in fifth density in one body or whether you go through a process of reincarnation as does third and fourth density?

I am Latwii. My sister, it is necessary to understand that the physical apparatus that you refer to as a body is merely a tool, and as you would use a screwdriver or spoon to accomplish a task, or a book to learn a lesson, so also do we create and use our tools, but cease to retain them upon completion of the task or learning necessary. This is also within the possibility of those in your plane, however, most are not aware of this potential and do not make use of it except in dreaming.

May we answer you further?

Carla: Well, just to clarify. I didn't quite understand. You said—are you saying that you only create or need one vehicle for the fifth-density experience or that you now use a fifth-density vehicle for each experience? In other words, do you

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reincarnate, or—I couldn't quite tell what you were saying. I know from other communications that the bisexual reproduction is the same although the vibrations are quite a bit different, obviously, but the function of this being to offer other entities fifth-density lessons. It isn't clear to me whether this would indicate reincarnation or whether you simply need one vehicle only for the entire working of the lessons of the learning of wisdom. I don't suppose it matters a lot. If this is not information that you can share just say so.

I am Latwii. I am prepared to speak now. We cannot describe the necessities for all of those entities in our dimension, for just as your awareness is lacking concerning your own, shall we say, field of endeavor, so also is our awareness less than total for our own educational facility that is our dimension. We can inform you that we find it unnecessary at some points in our education to possess a physical vehicle, yet at others the vehicle facilitates our learning experience. It is not, however, always necessary to enter the physical realm without the awareness of our lessons or knowledge prior to what you described as incarnating.

Does this answer your question?

Carla: Yes, indeed. I think I understand now what you were saying before. You do go through the process of reincarnation in a much more conscious way than we do, but what you were saying before was that we too go in and out of bodies and use time in between incarnations as well as the time during incarnations. We're just not as conscious of that while we're here in the illusion. Does that sum up what you were saying?

I am Latwii. Your answer is correct, and as this instrument would say, quite succinct, although we are not sure that the instrument knows the meaning of the term, as we cannot find the definition. We will simply accept his shot in the dark.

Carla: That's cool. Thank you, Latwii.

We thank you. Is there another question?

(Pause)

I am Latwii. As we are unable to answer the last comment we shall assume that your remaining questions shall be presented at another time. We therefore thank you for this opportunity of service and would encourage those present to continue to contact the members of the Federation at any time, however brief, for we are willing to respond at any opportunity that you will afford us. We leave you now and ask that you be aware that all who strive are beautiful points of balance within creation. With this puzzle, my friends, we bid you adieu. I am Latwii.

(Carla channeling)

I am Laitos, and I greet you, my friends. We will speak briefly for we realize this has been a somewhat lengthy meeting for you. We wish to offer to you an opportunity to experience the conditioning vibration which may aid you in deepening your meditative state, and for those who wish to experience the service known as vocal channeling, aid them in the perception of contact with the Confederation of Planets in the Service of the Infinite Creator. We would pass among you at this time. If you would wish us to work with you, please mentally request this and we would be most privileged to be of service.

While we are working with you, we will especially be conditioning the one known as C, and would say a few words through the one known as Jim before we close this meeting. I am Laitos, and will pause at this time, my friends.

(Jim channeling)

I am Laitos, and am with this instrument, and greet you all once again in love and light. We are aware that the one known as C is having some difficulty this evening dealing with the increase in energy attendant with our contact. We will pause once again. If the one known as C will relax, we will again attempt contact through his instrument and attempt to say a few words to this group. I am Laitos.

(C channeling)

I am Laitos, and I am with this instrument. It is again, as always, a pleasure to work with those who seek service as a vocal channel. We wish to assure this instrument that contact is good, but we ask that he relax and refrain from trying too hard, for we know that the words at first are hard to know and hard to discern from the entity's own thought patterns. We are happy with this contact and will continue to work with this instrument.

We would now transfer this contact back to the one known as Jim. I am Laitos.

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(Jim channeling)

I am Laitos, and am again with this instrument. We thank the one known as C for his effort this evening. We are very pleased with his progress and very grateful for the opportunity to provide this service, for we of Laitos have the specific function of introducing entities upon your planet who wish to be vocal channels to the vibrations of the Confederation of Planets in Service of the Infinite Creator. We find far too few opportunities upon your planet to exercise this service, and each time another opportunity is presented to us, we cherish it as a treasure in our hearts, and we thank each of you for your patience in allowing us to work with yet one more new instrument that might serve as a beacon of the light and the love of the infinite Creator.

We are known to you as those of Laitos, and we leave you now in that love and in that light of the one infinite Creator. Rejoice with us each of the moments of your days as you travel in that love and light with all of the creation of the Father. Adonai, my friends. Adonai vasu borragus. ♣

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The Law of One, Book III, Session 66

August 12, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: I would like to investigate the mechanism of healing using the crystallized healer. I am going to make a statement, and I would appreciate it if you would correct my thinking.

It seems to me that once the healer has become properly balanced and unblocked with respect to energy centers, it is possible for him to act in some way as a collector and focuser of light in a way analogous to the way a pyramid works, collecting light through the left hand and emitting it through the right; this then, somehow, penetrating the first and seventh chakras' vibratory envelop of the body and allowing for the realignment of energy centers of the entity to be healed. I'm quite sure that I'm not completely correct on this and possibly considerably off. Could you rearrange my thinking so that it makes sense?

Ra: I am Ra. You are correct in your assumption that the crystallized healer is analogous to the pyramidal action of the King's Chamber position. There are a few adjustments we might suggest.

Firstly, the energy which is used is brought into the field complex of the healer by the outstretched hand used in a polarized sense. However, this energy circulates through the various points of energy to the base of the spine and, to a certain extent, the feet, thus coming through the main energy centers of the healer spiraling through the feet, turning at the red energy center towards a spiral at the yellow energy center and passing through the green energy center in a microcosm of the King's Chamber energy configuration of prana; this then continuing for the third spiral through the blue energy center and being sent therefrom through the gateway back to intelligent infinity.

It is from the green center that the healing prana moves into the polarized healing right hand and therefrom to the one to be healed.

We may note that there are some who use the yellow-ray configuration to transfer energy and this may be done but the effects are questionable and, with regard to the relationship between the healer, the healing energy, and the seeker, questionable due to the propensity for the seeker to continue requiring such energy transfers without any true healing taking place in the absence of the healer due to the lack of penetration of the armoring shell of which you spoke.

Questioner: A Wanderer who has an origin from fifth or sixth-density can attempt such a healing and have little or no results. Can you tell me what the Wanderer has lost and why it is necessary for him to regain certain balances and abilities for him to perfect his healing ability?

Ra: I am Ra. You may see the Wanderer as the infant attempting to verbalize the sound complexes of your peoples. The memory of the ability to communicate is within the infant's undeveloped

mind complex, but the ability to practice or manifest this called speech is not immediately forthcoming due to the limitations of the mind/body/spirit complex it has chosen to be a part of in this experience.

So it is with the Wanderer which, remembering the ease with which adjustments can be made in the home density, yet still having entered third-density, cannot manifest that memory due to the limitation of the chosen experience. The chances of a Wanderer being able to heal in third-density are only more than those native to this density because the desire to serve may be stronger and this method of service chosen.

Questioner: What about the ones with the dual type of activated third and fourth-density bodies, harvested from other third-density planets? Are they able to heal using the techniques that we have discussed?

Ra: I am Ra. In many cases this is so, but as beginners of fourth-density, the desire may not be present.

Questioner: I'm assuming, then, that we have a Wanderer with the desire attempting to learn the techniques of healing while, shall I say, trapped in third-density. He then, it seems to me, is primarily concerned with the balancing and unblocking of the energy centers. Am I correct in this assumption?

Ra: I am Ra. This is correct. Only in so far as the healer has become balanced may it be a channel for the balancing of an other-self. The healing is first practiced upon the self, if we may say this, in another way.

Questioner: Now as the healer approaches an other-self to do the healing we have a situation where the other-self has, through programming of catalyst, possibly created a condition which is viewed as a condition needing healing. What is the situation and what are the ramifications of the healer acting upon the condition of programmed catalyst to bring about healing? Am I correct in assuming that in doing this healing, the programmed catalyst is useful to the one to be healed in that the one to be healed then becomes aware of what it wished to become aware of in programming the catalyst? Is this correct?

Ra: I am Ra. Your thinking cannot be said to be completely incorrect but shows a rigidity which is not apparent in the flow of the experiential use of catalyst.

The role of the healer is to offer an opportunity for realignment or aid in realignment of either energy centers or some connection between the energies of mind and body, spirit and mind, or spirit and body. This latter is very rare.

The seeker will then have the reciprocal opportunity to accept a novel view of the self, a variant arrangement of patterns of energy influx. If the entity, at any level, desires to remain in the configuration of distortion which seems to need healing it will do so. If, upon the other hand, the seeker chooses the novel configuration, it is done through free will.

This is one great difficulty with other forms of energy transfer in that they do not carry through the process of free will as this process is not native to yellow-ray.

Questioner: What is the difference, philosophically, between a mind/body/spirit complex healing itself through mental, shall I say, configuration and it being healed by an healer?

Ra: I am Ra. You have a misconception. The healer does not heal. The crystallized healer is a channel for intelligent energy which offers an opportunity to an entity that it might heal itself.

In no case is there an other description of healing. Therefore, there is no difference as long as the healer never approaches one whose request for aid has not come to it previously. This is also true of the more conventional healers of your culture and if these healers could but fully realize that they are responsible only for offering the opportunity of healing, and not for the healing, many of these entities would feel an enormous load of misconceived responsibility fall from them.

Questioner: Then in seeking healing a mind/body/spirit complex would then be seeking in some cases a source of gathered and focused light energy. This source could be another mind/body/spirit complex sufficiently crystallized for this purpose or the pyramid shape, or possibly something else. Is this correct?

Ra: I am Ra. These are some of the ways an entity may seek healing. Yes.

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Questioner: Could you tell me the other ways an entity could seek healing?

Ra: I am Ra. Perhaps the greatest healer is within the self and may be tapped with continued meditation as we have suggested.

The many forms of healing available to your peoples … each have virtue and may be deemed appropriate by any seeker who wishes to alter the physical complex distortions or some connection between the various portions of the mind/body/spirit complex thereby.

Questioner: I have observed many activities known as psychic surgery in the area of the Philippine Islands. It was my assumption that these healers are providing what I would call a training aid or a way of creating a reconfiguration of the mind of the patient to be healed as the relatively naive patient observes the action of the healer in seeing the materialized blood, etc. and reconfigures the roots of mind to believe, you might say, the healing is done and, therefore, heals himself. Is this analysis that I have made correct?

Ra: I am Ra. This is correct. We may speak slightly further on the type of opportunity.

There are times when the malcondition to be altered is without emotional, mental, or spiritual interest to the entity and is merely that which has, perhaps by chance genetic arrangement, occurred. In these cases that which is apparently dematerialized will remain dematerialized and may be observed as so by any observer. The malcondition which has an emotional, mental, or spiritual charge is likely not to remain dematerialized in the sense of the showing of the objective referent to an observer. However, if the opportunity has been taken by the seeker the apparent malcondition of the physical complex will be at variance with the actual health, as you call this distortion, of the seeker and the lack of experiencing the distortions which the objective referent would suggest still held sway.

For instance, in this instrument the removal of three small cysts was the removal of material having no interest to the entity. Thus these growths remained dematerialized after the so-called psychic surgery experience. In other psychic surgery the kidneys of this instrument were carefully offered a new configuration of being-ness which the entity embraced. However, this particular portion of the mind/body/spirit complex carried a great deal of emotional, mental, and spiritual charge due to this distorted functioning being the cause of great illness in a certain configuration of events which culminated in this entity's conscious decision to be of service. Therefore, any objective scanning of this entity's renal complex would indicate the rather extreme dysfunctional aspect which it showed previous to the psychic surgery experience, as you call it.

The key is not in the continuation of the dematerialization of distortion to the eye of the beholder but rather lies in the choosing of the newly materialized configuration which exists in time/space.

Questioner: Would you explain that last comment about the configuration in time/space?

Ra: I am Ra. Healing is done in the time/space portion of the mind/body/spirit complex, is adopted by the form-making or etheric body, and is then given to the space/time physical illusion for use in the activated yellow mind/body/spirit complex. It is the adoption of the configuration which you call health by the etheric body in time/space which is the key to what you call health, not any event which occurs in space/time. In the process you may see the transdimensional aspect of what you call will, for it is the will, the seeking, the desire of the entity which causes the indigo body to use the novel configuration and to reform the body which exists in space/time. This is done in an instant and may be said to operate without regard to time. We may note that in the healing of very young children there is often an apparent healing by the healer in which the young entity has no part. This is never so, for the mind/body/spirit complex in time/space is always capable of willing the distortions it chooses for experience no matter what the apparent age, as you call it, of the entity.

Questioner: Is this desire and will that operates through to the time/space section a function only of the entity who is healed or is it also the function of the healer, the crystallized healer?

Ra: I am Ra. May we take this opportunity to say that this is the activity of the Creator. To specifically answer your query the crystallized healer has no will. It offers an opportunity without attachment to the outcome, for it is aware that all is one and that the Creator is knowing Itself.

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Questioner: Then the desire must be strong in the mind/body/spirit complex who seeks healing to be healed in order for the healing to occur? Is this correct?

Ra: I am Ra. This is correct on one level or another. An entity may not consciously seek healing and yet subconsciously be aware of the need to experience the new set of distortions which result from healing. Similarly an entity may consciously desire healing greatly but within the being, at some level, find some cause whereby certain configurations which seem quite distorted are, in fact, at that level, considered appropriate.

Questioner: I assume that the reason for assuming the distortions appropriate would be that these distortions would aid the entity in its reaching its ultimate objective which is a movement along the path of evolution in the desired polarity. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Then an entity who becomes aware of his polarization with respect to service-to-others might find a paradoxical situation in the case where it was unable to fully serve because of distortions chosen to reach the understanding it has reached. At this point it would seem that the entity who was aware of the mechanism might, through meditation, understand the necessary mental configuration for alleviating the physical distortion so that it could be of greater service-to-others. At this particular nexus am I correct in this thinking?

Ra: I am Ra. You are correct although we might note that there are often complex reasons for the programming of a distorted physical complex pattern. In any case, meditation is always an aid to knowing the self.

Questioner: Is a vertical positioning of the spine useful or helpful in the meditative procedure?

Ra: I am Ra. It is somewhat helpful.

Questioner: Would you please list the polarities within the body which are related to the balancing of the energy centers of the various bodies of the unmanifested entity?

Ra: I am Ra. In this question there lies a great deal of thought which we appreciate. It is possible that the question itself may serve to aid meditations upon this particular subject. Each unmanifested self is unique. The basic polarities have to do with the balanced vibratory rates and relationships between the first three energy centers and to a lesser extent, each of the other energy centers?

May we answer more specifically?

Questioner: Possibly in the next session we will expand on that.

I would like to ask the second question. What are the structure and contents of the archetypical mind, and how does the archetypical mind function in informing the intuition and conscious mind of an individual mind/body/spirit complex.

Ra: I am Ra. You must realize that we offered these concepts to you so that you might grow in your own knowledge of the self through the consideration of them. We would prefer, especially for this latter query, to listen to the observations upon this subject which the student of these exercises may make and then suggest further avenues of the refinement of these inquiries. We feel we might be of more aid in this way.

Questioner: You mentioned that an energizing spiral is emitted from the top of any pyramid and that you could benefit by placing this under the head for a period of thirty minutes or less. Can you tell me how this third spiral is helpful and what help it gives the entity who is receiving it?

Ra: I am Ra. There are substances which you may ingest which cause the physical vehicle to experience distortions towards an increase of energy. These substances are crude, working rather roughly upon the body complex increasing the flow of adrenaline.

The vibration offered by the energizing spiral of the pyramid is such that each cell, both in space/time and in time/space, is charged as if hooked to your electricity. The keenness of mind, the physical and sexual energy of body, and the attunement of will of spirit are all touched by this energizing influence. It may be used in any of these ways. It is possible to over-charge a battery, and this is the cause of our cautioning any who use such pyramidal energies to remove the pyramid after a charge has been received.

Questioner: Is there a best material or an optimal size for this small pyramid to go beneath the head?

Ra: I am Ra. Given that the proportions are such as to develop the spirals in the Giza pyramid, the most appropriate size for use beneath the head is an

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overall height small enough to make placing it under the cushion of the head a comfortable thing.

Questioner: There's no best material?

Ra: I am Ra. There are better materials which are, in your system of barter, quite dear. They are not that much better than substances which we have mentioned before. The only incorrect substances would be the baser metals.

Questioner: You mentioned the problems with the action in the King's Chamber of the Giza-type pyramid. I am assuming if we used the same geometrical configuration that is used in the pyramid at Giza this would be perfectly all right for the pyramid placed beneath the head since we wouldn't be using the King's Chamber radiations but only the third spiral from the top, and I'm also asking if it would be better to use a 60° apex angle than the larger apex angle? Would it provide a better energy source?

Ra: I am Ra. For energy through the apex angle the Giza pyramid offers an excellent model. Simply be sure the pyramid is so small that there is no entity small enough to crawl inside it.

Questioner: I assume that this energy then, this spiraling light energy, is somehow absorbed by the energy field of the body. Is this somehow connected to the indigo energy center? Am I correct in this guess?

Ra: I am Ra. This is incorrect. The properties of this energy are such as to move within the field of the physical complex and irradiate each cell of the space/time body and, as this is done, irradiate also the time/space equivalent which is closely aligned with the space/time yellow-ray body. This is not a function of the etheric body or of free will. This is a radiation much like your sun's rays. Thus it should be used with care.

Questioner: How many applications of thirty minutes or less during a diurnal time period would be appropriate?

Ra: I am Ra. In most cases, no more than one. In a few cases, especially where the energy will be used for spiritual work, experimentation with two shorter periods might be possible, but any feeling of sudden weariness would be a sure sign that the entity had been over-radiated.

Questioner: Can this energy help in any way as far as healing of physical distortions?

Ra: I am Ra. There is no application for direct healing using this energy although, if used in conjunction with meditation, it may offer to a certain percentage of entities some aid in meditation. In most cases it is most helpful in alleviating weariness and in the stimulation of physical or sexual activity.

Questioner: In a transition from third to fourth-density we have two other possibilities other than the type that we are experiencing now. We have the possibility of a totally positively polarized harvest and the possibility of a totally negatively polarized harvest that I understand have occurred elsewhere in the universe many times. When there is a totally negatively polarized harvest, the whole planet that has negatively polarized makes the transition from third to fourth-density. Does the planet have the experience of the distortion of disease that this planet now experiences prior to that transition?

Ra: I am Ra. You are perceptive. The negative harvest is one of intense disharmony and the planet will express this.

Questioner: The planet has a certain set of conditions in late third-density, and then the conditions are different in early fourth-density. Could you give me an example of a negatively polarized planet and the conditions in late third-density and early fourth-density so that I can see how they change?

Ra: I am Ra. The vibrations from third to fourth-density change on a negatively oriented planet precisely as they do upon a positively oriented planet. With fourth-density negative comes many abilities and possibilities of which you are familiar. The fourth-density is more dense and it is far more difficult to hide the true vibrations of the mind/body/spirit complex. This enables fourth-density negatives, as well as positives, the chance to form social memory complexes. It enables negatively oriented entities the opportunity for a different set of parameters with which to show their power over others and to be of service to the self. The conditions are the same as far as the vibrations are concerned.

Questioner: I was concerned about the amount of physical distortions, disease, and that sort of thing in third-density negative just before harvesting and in

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fourth-density negative just after harvesting or in transition. What are the conditions of the physical problems, disease, etc. in late third-density negative?

Ra: I am Ra. Each planetary experience is unique. The problems, shall we say, of bellicose actions are more likely to be of pressing concern to late third-density negative entities than the earth's reactions to negativity of the planetary mind, for it is often by such warlike attitudes on a global scale that the necessary negative polarization is achieved.

As fourth-density occurs there is a new planet and new physical vehicle system gradually expressing itself and the parameters of bellicose actions become those of thought rather than manifested weapons.

Questioner: Well then is physical disease and illness as we know it on this planet rather widespread on a third-density negative planet before harvest into fourth-density negative?

Ra: I am Ra. Physical complex distortions of which you speak are likely to be less found as fourth-density negative begins to be a probable choice of harvest due to the extreme interest in the self which characterizes the harvestable third-density negative entity. Much more care is taken of the physical body as well as much more discipline being offered to the self mentally. This is an orientation of great self-interest and self-discipline. There are still instances of the types of disease which are associated with the mind complex distortions of negative emotions such as anger. However, in an harvestable entity these emotional distortions are much more likely to be used as catalyst in an expressive and destructive sense as regards the object of anger.

Questioner: I am trying to understand the way that disease and bodily distortions are generated with respect to polarities, both positive and negative. It seems that they are generated in some way to create the split of polarization, that they have a function in creating the original polarization that occurs in third-density. Is this correct?

Ra: I am Ra. This is not precisely correct. Distortions of the bodily or mental complex are those distortions found in beings which have need of experiences which aid in polarization. These polarizations may be those of entities which have already chosen the path or polarization to be followed.

It is more likely for positively oriented individuals to be experiencing distortions within the physical complex due to the lack of consuming interest in the self and the emphasis on service-to-others. Moreover, in an unpolarized entity catalyst of the physical distortion nature will be generated at random. The hopeful result is, as you say, the original choice of polarity. Oftentimes this choice is not made but the catalyst continues to be generated. In the negatively oriented individual the physical body is likely to be more carefully tended and the mind disciplined against physical distortion.

Questioner: This planet, to me, seems to be what I would call a cesspool of distortions. This includes all diseases and malfunctions of the physical body in general. It would seem to me that, on the average, this planet would be very, very high on the list if we just took the overall amount of these problems. Am I correct in this assumption?

Ra: I am Ra. We will review previous material.

Catalyst is offered to the entity. If it is not used by the mind complex it will then filter through to the body complex and manifest as some form of physical distortion. The more efficient the use of catalyst, the less physical distortion to be found.

There are, in the case of those you call Wanderers, not only a congenital difficulty in dealing with the third-density vibratory patterns but also a recollection, however dim, that these distortions are not necessary or usual in the home vibration.

We over-generalize as always, for there are many cases of preincarnative decisions which result in physical or mental limitations and distortions, but we feel that you are addressing the question of widespread distortions towards misery of one form or another. Indeed, on some third-density planetary spheres catalyst has been used more efficiently. In the case of your planetary sphere there is much inefficient use of catalyst and, therefore, much physical distortion.

We have enough energy available for one query at this time.

Questioner: Then I will ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. Continue as always in love. All is well. You are conscientious.

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I am Ra. I leave you in the love and in the light of the one infinite Creator. Go forth rejoicing in the power and the peace of the one infinite Creator. Adonai. ✾

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The Law of One, Book V, Session 66, Fragment 37

August 12, 1981

Jim: There were no great tricks or elaborate rituals employed to aid Carla in maintaining her physical health and her ability to serve as the instrument for this contact. Good foods, reasonable exercise, and a healthy and happy attitude are techniques that are within most people's reach.

Carla: *It was not very much fun to be so scrutinized for estimation of my energy level in this way. I have always had tons of mental, emotional and spiritual energy, but low physical energy. In fact I would say my life has been lived mainly on nerve. To me, life has always seemed a marvelous celebration, a party of sun and moon and earth and sky, birdsong and green leaves and people of every sort and kind, doing various amazing things. This joy in life is a pure gift, and it has made my life a dream of love. It was no surprise to me when Ra spoke of my low energy! And I doubt any athlete worked harder to keep in shape than I did during this time.*

Session 66, August 12, 1981

Questioner: Would you give me an indication of the instrument's condition?

Ra: I am Ra. The vital energies are somewhat depleted at this time but not seriously so. The physical energy level is extremely low. Otherwise, it is as previously stated.

Questioner: Is there anything that we can do, staying within the first distortion, to seek aid from the Confederation in order to alleviate the instrument's physical problems?

Ra: I am Ra. No.

Questioner: Can you tell me the most appropriate method in attempting to alleviate the instrument's physical problems?

Ra: I am Ra. The basic material has been covered before concerning the nurturing of this Instrument. We recapitulate: the exercise according to ability, not to exceed appropriate parameters, the nutrition, the social intercourse with companions, the sexual activity in green ray or above, and in general, the sharing of the distortions of this group's individual experiences in an helpful, loving manner.

These things are being accomplished with what we consider great harmony, given the density in which you dance. The specific attention and activities, with which those with physical complex distortions may alleviate these distortions, are known to this instrument.

Finally, it is well for this instrument to continue the practices it has lately begun.

Questioner: Which practices are those?

Ra: I am Ra. These practices concern exercises which we have outlined previously. We may say that the variety of experiences which this entity seeks is helpful as we have said before, but as this instrument

works in these practices the distortion seems less mandatory. ♣

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The Law of One, Book III, Session 67

August 15, 1981

Ra: I am Ra and I greet you in the love and in the light of the one infinite Creator. I communicate now.

Questioner: Could you first give us the instrument's condition, please?

Ra: I am Ra. The vital energies are more closely aligned with the amount of distortion normal to this entity than previous asking showed. The physical complex energy levels are somewhat less strong than at the previous asking. The psychic attack component is exceptionally strong at this particular nexus.

Questioner: Can you describe what you call the psychic attack component and tell me why it is strong at this particular time?

Ra: I am Ra. We shall elect not to retrace previously given information but rather elect to note that the psychic attack upon this instrument is at a constant level as long as it continues in this particular service.

Variations towards the distortion of intensity of attack occur due to the opportunities presented by the entity in any weakness. At this particular nexus the entity has been dealing with the distortion which you call pain for some time, as you call this measurement, and this has a cumulatively weakening effect upon physical energy levels. This creates a particularly favorable target of opportunity, and the entity of which we have previously spoken has taken this opportunity to attempt to be of service in its own way. It is fortunate for the on-going vitality of this contact that the instrument is a strong-willed entity with little tendency towards the distortion, called among your peoples, hysteria, since the dizzying effects of this attack have been constant and at times disruptive for several of your diurnal periods.

However, this particular entity is adapting well to the situation without undue distortions towards fear. Thus the psychic attack is not successful but does have some draining influence upon the instrument.

Questioner: I will ask if I am correct in this analysis. We would consider that the entity making this so-called attack is offering its service with respect to its distortion in our polarized condition now so that we may more fully appreciate its polarity, and we are appreciative of the fact and thank this entity for its attempt to serve our one Creator in bringing to us knowledge in, shall I say, a more complete sense. Is this correct?

Ra: I am Ra. There is no correctness or incorrectness to your statement. It is an expression of a positively polarized and balanced view of negatively polarized actions which has the effect of debilitating the strength of the negatively polarized actions.

Questioner: We would welcome the services of the entity who uses, and I will use the misnomer attack, since I do not consider this an attack but an offering of service, and we welcome this offering of service, but we would be able, I believe, to make more full

use of the services if they were not physically disabling the instrument in a minor way. For with a greater physical ability she would be able to more appreciate the service. We would greatly appreciate it if the service was carried on in some manner which we could welcome in even greater love than at present. This, I assume, would be some service that would not include the dizzying effect.

I am trying to understand the mechanism of this service of the entity that seems to be constantly with us, and I am trying to understand the origin of this entity and his mechanism of greeting us. I will make a statement that will probably be incorrect but is a function of my extreme limitation in understanding the other densities and how they work. I am guessing that this particular entity is a member of the Orion Confederation and is possibly incarnate in a body of the appropriate density, which I assume is the fifth, and by mental discipline he has been able to project a portion or all of his consciousness to our coordinates, you might say, here and it is possibly one of the seven bodies that make up his mind/body/spirit complex. Is any of this correct, and can you tell me what is correct or incorrect about this statement?

Ra: I am Ra. The statement is substantially correct.

Questioner: Would you rather not give me information as to the specifics of my statement?

Ra: I am Ra. We did not perceive a query in further detail. Please requestion.

Questioner: Which body in respect to the colors does the entity use to travel to us?

Ra: I am Ra. This query is not particularly simple to answer due to the transdimensional nature, not only of space/time to time/space, but from density to density. The time/space light or fifth-density body is used while the space/time fifth-density body remains in fifth-density. The assumption that the consciousness is projected thereby is correct. The assumption that this conscious vehicle attached to the space/time fifth-density physical complex is that vehicle which works in this particular service is correct.

Questioner: I undoubtedly will ask several uninformed questions. However, I was trying to understand certain concepts that have to do with the illusion, I shall say, of polarization that seems to exist at certain density levels in the creation and how the mechanism of the interaction of consciousness works. It seems to me that the fifth-density entity is attracted in some way to our group by the polarization of this group which acts somehow as a beacon to this entity. Am I correct?

Ra: I am Ra. This is, in substance, correct but the efforts of this entity are put forward only reluctantly. The usual attempts upon positively oriented entities or groups of entities are made, as we have said, by minions of the fifth-density Orion leaders; these are fourth-density. The normal gambit of such fourth-density attack is the tempting of the entity or group of entities away from total polarization towards service-to-others and toward the aggrandizement of self or of social organizations with which the self identifies. In the case of this particular group each was given a full range of temptations to cease being of service to each other and to the one infinite Creator. Each entity declined these choices and instead continued with no significant deviation from the desire for a purely other-self service orientation. At this point one of the fifth-density entities overseeing such detuning processes determined that it would be necessary to terminate the group by what you might call magical means, as you understand ritual magic. We have previously discussed the potential for the removal of one of this group by such attack and have noted that by far the most vulnerable is the instrument due to its preincarnative physical complex distortions.

Questioner: In order for this group to remain fully in service to the Creator, since we recognize this fifth-density entity as the Creator, we must also attempt to serve in any way we can, this entity. Is it possible for you to communicate to us the desires of this entity if there are any in addition to us simply ceasing the reception and dissemination of that which you provide?

Ra: I am Ra. This entity has two desires. The first and foremost is to, shall we say, misplace one or more of this group in a negative orientation so that it may choose to be of service along the path of service to self. The objective which must precede this is the termination of the physical complex viability of one of this group while the mind/body/spirit complex is within a controllable configuration. May we say that although we of Ra have limited understanding, it is our belief that sending this entity love and light, which each of the group is doing, is the most helpful catalyst which the group may offer to this entity.

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Questioner: We find a—I'm sorry. Please continue.

Ra: I am Ra. We were about to note that this entity has been as neutralized as possible in our estimation by this love offering and thus its continued presence is perhaps the understandable limit for each polarity of the various views of service which each may render to the other.

Questioner: We have a paradoxical situation with respect to serving the Creator. We have requests, from those whom we serve in this density, for Ra's information. However, we have requests from another density not to disseminate this information. We have portions of the Creator requesting two seemingly opposite activities of this group. It would be very helpful if we could reach the condition of full service in such a way that we were by every thought and activity serving the Creator to the very best of our ability. Is it possible for you to solve, or for the fifth-density entity who offers its service to solve, this paradox which I have observed?

Ra: I am Ra. It is quite possible.

Questioner: Then how could we solve this paradox?

Ra: I am Ra. Consider, if you will, that you have no ability not to serve the Creator since all is the Creator. You do not have merely two opposite requests for information or lack of information from this source if you listen careful to those whose voices you may hear. This is all one voice to which you resonate upon a certain frequency. This frequency determines your choice of service to the one Creator. As it happens this group's vibratory patterns and those of Ra are compatible and enable us to speak through this instrument with your support. This is a function of free will.

A portion, seemingly of the Creator, rejoices at your choice to question us regarding the evolution of spirit. A seemingly separate portion would wish for multitudinous answers to a great range of queries of a specific nature. Another seemingly separate group of your peoples would wish this correspondence through this instrument to cease, feeling it to be of a negative nature. Upon the many other planes of existence there are those whose every fiber rejoices at your service and those such as the entity of whom you have been speaking which wish only to terminate the life upon the third-density plane of this instrument. All are the Creator. There is one vast panoply of biases and distortions, colors and hues, in an unending pattern. In the case of those with whom you, as entities and as a group, are not in resonance, you wish them love, light, peace, joy, and bid them well. No more than this can you do for your portion of the Creator is as it is and your experience and offering of experience, to be valuable, needs be more and more a perfect representation of who you truly are. Could you, then, serve a negative entity by offering the instrument's life? It is unlikely that you would find this a true service. Thus you may see in many cases the loving balance being achieved, the love being offered, light being sent, and the service of the service-to-self oriented entity gratefully acknowledged while being rejected as not being useful in your journey at this time. Thus you serve one Creator without paradox.

Questioner: This particular entity, by his service, is able to create a dizzying effect on the instrument. Could you describe the mechanics of such a service?

Ra: I am Ra. This instrument, in the small times of its incarnation, had the distortion in the area of the otic complex of many infections which caused great difficulties at this small age, as you would call it. The scars of these distortions remain and indeed that which you call the sinus system remains distorted. Thus the entity works with these distortions to produce a loss of the balance and a slight lack of ability to use the optic apparatus.

Questioner: I was wondering about the magical, shall I say, principles used by the fifth-density entity giving this service and his ability to give it. Why is he able to utilize these particular physical distortions from the philosophical or magical point of view?

Ra: I am Ra. This entity is able to, shall we say, penetrate in time/space configuration the field of this particular entity. It has moved through the quarantine without any vehicle and thus has been more able to escape detection by the net of the Guardians.

This is the great virtue of the magical working whereby consciousness is sent forth essentially without vehicle as light. The light would work instantly upon an untuned individual by suggestion, that is the stepping out in front of the traffic because the suggestion is that there is no traffic. This entity, as each in this group, is enough disciplined in the ways of love and light that it is not suggestible to any great extent. However, there is a predisposition of the physical complex which this entity is making

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maximal use of as regards the instrument, hoping for instance, by means of increasing dizziness, to cause the instrument to fall or to indeed walk in front of your traffic because of impaired vision.

The magical principles, shall we say, may be loosely translated into your system of magic whereby symbols are used and traced and visualized in order to develop the power of the light.

Questioner: Do you mean then that this fifth-density entity visualizes certain symbols? I am assuming that these symbols are of a nature where their continued use would have some power or charge. Am I correct?

Ra: I am Ra. You are correct. In fifth-density light is as visible a tool as your pencil's writing.

Questioner: Then am I correct in assuming that this entity configures the light into symbology, that is what we would call a physical presence? Is this correct?

Ra: I am Ra. This is incorrect. The light is used to create a sufficient purity of environment for the entity to place its consciousness in a carefully created light vehicle which then uses the tools of light to do its working. The will and presence are those of the entity doing the working.

Questioner: The fifth-density entity you mentioned penetrated the quarantine. Was this done through one of the windows or was this because of his, shall I say, magical ability?

Ra: I am Ra. This was done through a very slight window which less magically oriented entities or groups could not have used to advantage.

Questioner: The main point with this line of questioning has to do with the first distortion and the fact that this window exists. Was this a portion of the random effect and are we experiencing the same type of balancing in receiving the offerings of this entity as the planet in general receives because of the window effect?

Ra: I am Ra. This is precisely correct. As the planetary sphere accepts more highly evolved positive entities or groups with information to offer, the same opportunity must be offered to similarly wise negatively oriented entities or groups.

Questioner: Then we experience in this seeming difficulty the wisdom of the first distortion and for that reason must fully accept that which we experience. This is my personal view. Is it congruent with Ra's?

Ra: I am Ra. In our view we would perhaps go further in expressing appreciation of this opportunity. This is an intensive opportunity in that it is quite marked in its effects, both actual and potential, and as it affects the instrument's distortions towards pain and other difficulties such as the dizziness, it enables the instrument to continuously choose to serve others and to serve the Creator.

Similarly it offers a continual opportunity for each in the group to express support under more distorted or difficult circumstances of the other-self experiencing the brunt, shall we say, of this attack, thus being able to demonstrate the love and light of the infinite Creator and, furthermore, choosing working by working to continue to serve as messengers for this information which we attempt to offer and to serve the Creator thereby.

Thus the opportunities are quite noticeable as well as the distortions caused by this circumstance.

Questioner: Thank you. Is this so-called attack offered to myself and *(name)* as well as the instrument?

Ra: I am Ra. This is correct

Questioner: I personally have felt no effect that I am aware of. Is it possible for you to tell me how we are offered this service?

Ra: I am Ra. The questioner has been offered the service of doubting the self and of becoming disheartened over various distortions of the personal nature. This entity has not chosen to use these opportunities and the Orion entity has basically ceased to be interested in maintaining constant surveillance of this entity.

The scribe is under constant surveillance and has been offered numerous opportunities for the intensification of the mental/emotional distortions and in some cases the connection matrices between mental/emotional complexes and the physical complex counterpart. As this entity has become aware of these attacks it has become much less pervious to them. This is the particular cause of the great intensification and constancy of the surveillance of the instrument, for it is the weak link

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due to factors beyond its control within this incarnation.

Questioner: Is it within the first distortion to tell me why the instrument experienced so many physical distortions during the new times of its physical incarnation?

Ra: I am Ra. This is correct.

Questioner: In that case can you answer me as to why the instrument experienced so much during its early years?

Ra: I am Ra. We were affirming the correctness of your assumption that such answers would be breaking the Way of Confusion. It is not appropriate for such answers to be laid out as a table spread for dinner. It is appropriate that the complexes of opportunity involved be contemplated.

Questioner: Then there is no other service at this time that we can offer that fifth-density entity of the Orion group who is constantly with us. As I see it now from your point of view there is nothing that we can do for him? Is this correct?

Ra: I am Ra. This is correct. There is great humor in your attempt to be of polarized service to the opposite polarity. There is a natural difficulty in doing so since what you consider service is considered by this entity non-service. As you send this entity love and light and wish it well it loses its polarity and needs to regroup.

Thus it would not consider your service as such. On the other hand, if you allowed it to be of service by removing this instrument from your midst you might perhaps perceive this as not being of service. You have here a balanced and polarized view of the Creator; two services offered, mutually rejected, and in a state of equilibrium in which free will is preserved and each allowed to go upon its own path of experiencing the one infinite Creator.

Questioner: Thank you. In closing that part of the discussion I would just say that if there is anything that we can do that is within our ability—and I understand that there are many things such as the ones that you just mentioned that are not within our ability—that we could do for this particular entity, if you would in the future communicate its requests to us we will at least consider them because we would like to serve in every respect. Is this agreeable to you?

Ra: I am Ra. We perceive that we have not been able to clarify your service versus its desire for service. You need, in our humble opinion, to look at the humor of the situation and relinquish your desire to serve where no service is requested. The magnet will attract or repel. Glory in the strength of your polarization and allow others of opposite polarity to similarly do so, seeing the great humor of this polarity and its complications in view of the unification in sixth-density of these two paths.

Questioner: Thank you very much. I have a statement here that I will have you comment on for accuracy or inaccuracy. In general, the archetypical mind is a representation of facets of the One Infinite Creation. The Father archetype corresponds to the male or positive aspect of electromagnetic energy and is active, creative, and radiant as is our local sun. The Mother archetype corresponds to the female or negative aspect of electromagnetic energy and is receptive or magnetic as is our Earth as it receives the sun's rays and brings forth life via third-density fertility. The Prodigal Son or the Fool archetype corresponds to every entity who seems to have strayed from unity and seeks to return to the one infinite Creator. The Devil archetype represents the illusion of the material world and the appearance of evil but is more accurately the provider of catalyst for the growth of each entity within the third-density illusion. The Magician, Saint, Healer, or Adept corresponds to the higher self and, because of the balance within its energy centers, pierces the illusion to contact intelligent infinity and thereby demonstrates mastery of the catalyst of third-density. The archetype of Death symbolizes the transition of an entity from the yellow-ray body to the green-ray body either temporarily between incarnations or, more permanently, at harvest.

Each archetype presents an aspect of the One Infinite Creation to teach the individual mind/body/spirit complex according to the calling or the electromagnetic configuration of mind of the entity. Teaching is done via the intuition. With the proper seeking or mind configuration, the power of will uses the spirit as a shuttle to contact the appropriate archetypical aspect necessary for the teach/learning. In the same way each of the other informers of intuition are contacted. They are hierarchical and proceed from the entity's own subconscious mind to group or planetary mind, to guides, to higher self, to archetypical mind, to

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cosmic mind or intelligent infinity. Each is contacted by the spirit serving as shuttle according to the harmonized electromagnetic configuration of the seeker's mind and the information sought.

Would you please comment on the accuracy of these observations and correct any errors and fill in any omissions?

Ra: I am Ra. The entity has been using transferred energy for most of this session due to its depleted physical levels. We shall begin this rather complex answer which is interesting but do not expect to finish it. Those portions which we do not respond to we ask that you requestion us on at a working in your future.

Questioner: Perhaps it would be better to start the next session with the answer to this question. Would that be appropriate or is the energy already fixed?

Ra: I am Ra. The energy is as always allotted. The choice, as always, is yours.

Questioner: In that case, continue.

Ra: I am Ra. Perhaps the first item we shall address is the concept of the spirit used as a shuttle between the roots and the trunk of mind. This is a misapprehension and we shall allow the questioner to consider the function of the spirit further, for in working with the mind we are working within one complex and have not yet attempted to penetrate intelligent infinity. It is well said that archetypes are portions of the one infinite Creator or aspects of its face. It is, however, far better to realize that the archetypes, while constant in the complex of generative energies offered, do not give the same yield of these complexes to any two seekers. Each seeker will experience each archetype in the characteristics within the complex of the archetype which are most important to it. An example of this would be the observation of the questioner that the Fool is described in such and such a way. One great aspect of this archetype is the aspect of faith, the walking into space without regard for what is to come next. This is, of course, foolish but is part of the characteristic of the spiritual neophyte. That this aspect was not seen may be pondered by the questioner. At this time we shall again request that the query be restated at the next working and we shall at this time cease using this instrument. Before we leave may we ask if there may be any short questions?

Questioner: Only if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. Continue, my friends, in the strength of harmony, love, and light. All is well. The alignments are appreciated for their careful placement.

I am Ra. I leave you now, my friends, in the glory of the love and the light of the infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 67, Fragment 38
August 15, 1981

Jim: In the first question Don is asking Ra how we could resolve the seeming paradox of being able to serve various portions of the same Creator, some of which rejoiced at our service and some of which wished nothing less than to remove the instrument and the contact from the third density, i.e. our fifth-density, negative friend. We removed the sentence that you see in brackets because we did not wish for over attention to be given to our personalities. We include it now because it might be helpful for those who have the feeling that they may be here from elsewhere to know that there is a kind of momentum of serving others which adds its support to the individual's desire to learn and to serve well.

Those who have read *The Crucifixion Of Esmerelda Sweetwater* will recognize the last query of this section. This book was written by Don and Carla in 1968, when they first got together and formed L/L Research. It was their first project and was unusual in that seemed to be seen first and then recorded as a story. And it was also unusual in the fact that it seemed to anticipate many of the experiences that Don and Carla, and later I, would share in their work together.

Carla: *Into this first work of ours was poured all the love we had for each other and for the ideals and concerns of a purer, higher way, a way of love undefiled by any hint of the heaviness of earth. We were smitten with each other; it was a wonderful time. Mind you, Don was never verbal, but this time held our short-lived intimate physical relationship, which I treasure, and our time of that nearly trembling joy one has when one is in love. The story seemed to tell itself, and we saw the characters so clearly they might have been telling us the story over our shoulder. The only part of the book which was in error was the ending. The character that rather resembled me on a perfect day was killed off by the bad guys at the end of the book. In real life, my frail body was stronger than Don's due, I think, to my gifts of faith and élan vital. Don was never the least bit at home on this earth. He lived his life very defended and isolated, except for me and a very few close friends and relations. One thing is sure: his gifts have been well shared in the body of work that comprises the material Ra shared with us. His questions were marvels of sense and always game to head in a new direction. The romance ended badly, in the sense that Don has entered a larger life, and I have been left to become a whole different person than the one he groomed and appreciated. But the work has not ended at all, and will not until the world no longer has any need of our material.*

Session 67, August 15, 1981

Questioner: Then how could we solve this paradox? *(The sentence of personal material which was removed from Ra's answer is inserted in this paragraph which may be found on pg. 90 of Book III.)*

Ra: I am Ra. Consider, if you will, that you have no ability not to serve the Creator since all is the

Creator. In your individual growth patterns appear the basic third-density choice. [Further, there are overlaid memories of the positive polarizations of your home density.] Thus your particular orientation is strongly polarized towards service to others and has attained wisdom as well as compassion.

Questioner: Are you familiar with a book that the instrument and I wrote approximately twelve years ago called *The Crucifixion Of Esmerelda Sweetwater*, in particular the banishing ritual that we used to bring the entities to Earth?

Ra: I am Ra. This is correct.

Questioner: Were there any incorrectnesses in our writing with respect to the way this was performed?

Ra: I am Ra. The incorrectnesses occurred only due to the difficulty an author would have in describing the length of training necessary to enable the ones known in that particular writing as Theodore and Pablo in the necessary disciplines.

Questioner: It has seemed to me that that book has somehow, in its entirety, been a link to many of those whom we have met since we wrote it and to many of the activities we have experienced. Is this correct?

Ra: I am Ra. This is quite so. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
August 16, 1981

(Jim channeling)

I am Hatonn, and I greet you in the love and in the light of the one infinite Creator. We have been listening in great joy to the song and the vibrations of this group and it is a great privilege and an honor to join your group this evening. We of Hatonn have a simple mission and a simple service which we gladly offer to your group and that is sharing of the love, the vibration of love of the infinite Creator, with each of those who seek our service. We are old, shall we say in the way of the vibrations of love and in the speaking to groups such as this one.

Long have we sought to share our simple message with those people of your planet who call for our service. Many are there upon the surface of your planet who seek the experience of love. It is the lesson of your density which has escaped, shall we say, the notice of many of the students upon your planet, though everywhere is this lesson of love taught. You cannot walk your streets; you cannot recline in any seat; you cannot climb any mountain; you cannot experience any event upon your planet that does not contain within it one facet of the lesson of love, yet, so many upon your planet do not seem to be aware that it is this lesson they have chosen to learn at this time in your density.

Many seek other lessons, other goals. Many seek the ways of the world which seem to grant those rewards which are honored by most of your people. We speak of the positions of power, the positions of social eminence, the rewards of your monetary system, the recognition of your fellow beings for achievements of one kind or another. We do not say that these seekings are irrelevant, for each contain within the core of their being the lesson of love. We do suggest that when one seeks only the outer trappings, such as we have spoken of, that one might find the lesson learned somewhat hollow, and after due consideration, somewhat disappointing.

But this, my friends, is also an important lesson, for it points the seeker in yet another direction, for deep within the being of each of the entities upon your planet is the knowledge of why they are here, is the knowledge of their great desire to learn the lesson of love, and each seeker in time will turn in the direction of conscious seeking of love. How long it will take for many upon your planet, we cannot say, but always do we offer ourselves in whatever capacity we are asked to teach this lesson of love.

And what, my friends, is love? Many upon your planet have sought the answer to this question for years and for lifetimes. Poets have written volumes concerning the nature of love. My friends, we do not say that we can answer this riddle but we do say that we have traveled perhaps somewhat further down this trail than have most upon your planet, and we offer our meager understandings of love to your

peoples when asked. Love, as we experience this vibration which is our density, is that unconditional acceptance by the infinite Creator of all that is [is].

My friends, this may seem a simple statement, but upon reflection we would suggest that you might find within it yet more mysteries, for Who is the Creator and what is the Creation? Many upon your planet have pondered these questions also for many years and lifetimes, seemingly without end. We of Hatonn are learning the lesson of love and it has taught us that there is nothing but the Creator. Each of you gathered this evening in this group are the Creator. Each of you are expressions of the original Thought of the one infinite Creator. Each of you have, as your foundation, the one infinite Creator and within your being you may discover your connection to each other being upon your planet, to each facet of your existence within this density, and to all parts of the creation throughout the universe.

We know this sounds to many like a much too simple description of the nature of love and to others sounds much too abstract. This is the nature of any search of any seeker, for the one infinite Creator begins and ends in mystery and each seeker on his path back to the Creator will experience the reality of love in an unique pattern. Each is a unique expression of the Creator and each shall ponder the mysteries of love of the creation and of one's own being and from this pondering you will find your own solutions to the mystery, and though your solutions may seem at odds with those of others, yet are they all the same, for all lead eventually to the unity, the oneness of the Creator.

For, my friends, you shall upon your journey into the depths of your own being discover for yourself which words of wisdom and of love ring true for you. This is the nature of the quest. This is the nature of your own being. This is the nature of love.

At this time we would pause so that our brother of Laitos might pass among you and to each who requests the service of our brother Laitos will be given an experience of a conditioning vibration of the Confederation. This is to help deepen your meditative state and to help relax your mind and your body. We would pause at this time so that our brother of Laitos might pass among you. I am Hatonn.

(Pause)

(Carla channeling)

I am Hatonn, and am now with this instrument. I greet you once again in the love and the light of the infinite Creator.

My brother of Laitos thanks each of you for the privilege of working with you and will be conditioning the one known as C as we speak through this instrument in a gentle manner. We shall continue through this instrument.

What, my friends, can you do to most efficiently seek for the nature of yourself, of the creation, or of love? Where can you go? What activity can you perform that will enable you to find those things that do ring true in the depths of your being? As you listen to the world about you and experience its distractions it is clear that the world in which you now live, the outer world with its jangling vibrations and its disturbed feelings, thoughts and activities, is not a place conducive to efficient seeking. My friends, there is one sanctuary which no man can bar you from, beside which no fence can be built. This is the sanctuary of your own inner self. This is the true tabernacle for there none may pass, none may distract, none may say you nay, nor discredit you in any way.

It is often among your peoples that as you begin to seek you wish to share your thoughts and your feelings, your amazement at the mysteries of the unknown. And you find in the reactions of those to whom you speak little or no support for understanding, no answers, but only the confused reaction of one who does not wish to be removed from the illusion in which he has placed himself. But each of you, my friends, has the capacity to seek within, in the sanctuary of your own silence, for within you lies a great knowing of great understanding, a great peace and a path that can guide you step-by-step through what seems to the outer eye to be more or less chaotic. To the inner eye there is a purpose, there is a learning, there is a blessedness about every circumstance that may befall you. None can take this capacity from you, nor discourage you from seeking it. You have only to meditate, to listen in silence and awaken with the echo of the still, small voice. You may hear nothing and yet, at the point at which you need to choose the way in which you must go, that love which you have sought will speak to you in the silence and your choice will be made simple.

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For love—and by this we do not mean the love so confused by your peoples—is the great simplifier. As you seek, so you will find. The teacher known to you as Jesus was quoted in your holy works as saying, "My house shall be a house of prayer." Houses, my friends, can be shaken, blown and scattered. The winds of chance, the storms of happenstance may remove you from all those things which are now physically yours in this illusion. The one house which is yours, through whose lintels you may always pass, is the house of your own physical body, your mind and your spirit. Let, then, your house be habitually one in which there is meditation, silence and listening, for love waits within. The creation, of which love is the great ingredient, waits within.

As always, we ask that you listen to our words, not as if we were wise, for we are not, not as if we are perfect, for we are not, but as if we were your brothers and sisters, for this we are. We reach out our hands to you in love and in a desire to serve by offering this simple message. We would close through the one known as C. I am Hatonn.

(C channeling)

I am Hatonn, and I am with this instrument. Our simple message tonight is one that though [it] seems simple to us, we know that you in your world have great difficulty understanding. We can only, through our simple messages, hope that you shall continue to seek love and to live in such a way that you continue to grow and seek the love that is with you and surrounds you in all of your moments within this existence.

We of Hatonn are privileged to speak our humble words of love to such groups as this one, who seek and will listen. We will leave you now in the love and the light of the one infinite Creator. I am Hatonn. Adonai, my friends.

(Carla channeling)

I am Latwii. I greet you in the love and in the light of our infinite Creator. We were conditioning the one known as L, but we found that this instrument was somewhat distracted and so we shall use this instrument this evening with fond thanks to the one known as L.

If there are any questions at this time we would be positively thrilled to answer them. Please ask any questions that you may have at this time and we will do our poor best at framing some kind of answer.

C: Latwii, I have a question to ask about channeling. When Hatonn transferred to me tonight—I'm still new at this—as I was channeling I could feel a change in the vibration I was receiving. Do the members of the Confederation, when they are conditioning or channeling to an instrument, are they in a constant process of adjustment to ease the—to relax the instrument more or to find a more comfortable level? Do they just constantly, without pausing, or what was going on tonight?

I am Latwii. As you will notice, my brother, from the variations in the strength of the voice level which is proceeding from this instrument's vocal apparatus, we do indeed attempt constantly to adjust to an instrument's particular vibrations so that we may convey those thoughts which we have to offer without unduly causing discomfort of any kind due to the minor amount of control necessary for this type of contact.

There is an additional factor which is the constantly varying flow of energy in the group. As the group becomes more or less unified as one member perhaps becomes weary and somewhat less unified with the group, then returns to unification with the group, the energy of the group will be in flux and this energy is working with the instrument much like a battery. Consequently, you will from time to time feel an energy change. Since you do not have an ammeter, you cannot see this, however, this does occur.

May we answer you further, my brother?

C: No, thank you.

We thank you also. Is there another question at this time?

L: I have a question, Latwii. I seem to be on the verge of a recurrent growth cycle, initiating again, and I realize that you're forbidden to give specific information, however, if there are areas that you would suggest for my attention or for meditation, I would appreciate any advice you could offer.

I am Latwii. My brother, we appreciate your understanding of our complete compliance with the requirements of the Law of Free Will. We cannot speak in any specific areas which may cause changes in your future, for to do so would be a negative influence, may we say, upon your own growth. We would not have you depend upon a brother or a sister when you have yourself to depend upon, for

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you yourself are the greatest and strongest of your allies. There are many portions of yourself upon which you may call for aid. When you feel disheartened by your own growth cycles, we might suggest that you make use of these portions of yourself, which at this time might aid you, for there are portions of yourself which are not a part of these cycles and yet which are completely one with you and are you in your own unique vibratory configuration. Some have called this the higher self. There are other entities or guides which are with you and await your requests in order to serve as those who may support your requests for peace of mind and for confidence.

We may further suggest that you consider that the creation of the Father is one in which there is an infinite process of growth, and that this growth cannot be halted because one has become comfortable but must then go further into that which may be unknown. The conscious self may consider explorations of the self at a certain point as being disheartening, yet these uncertainties and discomforts of the mind and spirit are a necessary part of a growth pattern.

Finally, we might suggest that it is unwise to take one's spiritual temperature. The thermometer you are using is not accurate. You are a part of the Creator, whatever may seem to be your manifestation at this time. You must realize and ponder your basic nature and when you have come to some conclusion about this nature, you must than seek to see this nature as your true self and the behavior and manifestation as an ongoing experience in an illusion. One is real, one is a dream.

May we answer you further, my brother?

L: You've given me much to grow with. I have one other question concerning some specific detail of what you have just given me. In reference to supportive entities, at one time in the past a reference was made to other entities that I shall not name. Are these the same entities or some of the same entities?

I am Latwii. We scan this information and find that these entities are not connected with you personally, but are connected with geographical locations. The entities of which we speak have been termed by your peoples guardian angels or guides. They need have no particular introduction, however, if you seek within the reaches of your mind, you may find some feelings—we shall not say advice—coming to you which you may identify as being not a portion of your own intuition, but that of a supportive influence. It is almost as though within your own confluence of energy there lies a parental or mothering and fathering influence …

(Side one of tape ends.)

… listen to that which seems supportive, even if biased, and take the comfort that is intended by this energetic influence.

May we answer you further?

L: No, and I thank you for *(inaudible)*.

As always, we thank you, for without the questions we would not have the opportunity to share our thoughts with you. Is there another question at this time?

M: Yes, Latwii. Ra describes this planet as going into fourth density, and there will be a subsequent harvest as third-density entities cannot stand the light. Going into fourth density as a planet, will all spiritual entities be fourth density and above, and I ask this question in relation to the second and first-density life forms.

I am Latwii. You must realize that the one known as Ra has a density on us and therefore, has got straighter poop, however, we will attempt to share with you our own understanding, limited as it might be.

Each density is the density—a true color, as we see in your mind this terminology describes. Thus, first density will have the true color of red. The fourth density is one in which the beings of fourth density will have true color green core vibration. The environment which supports them, then, will also be a true color green. However, within this true color green density there will be the overlay of first-density red, second-density orange, and so forth, for there is no awareness beyond the appropriate density of the creatures of that density.

Thus, you have the basic vibratory patterns of fourth density enabling fourth-density creatures to experience incarnation. However, the second-density creatures, for instance the animals and the plant life, will have the characteristics of animals and of plant life without the enhancement of fourth density, just as in third density, as you have experienced, although there is true color yellow at the core of this

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density, still first and second-density creatures have the experiences and the overlay of colors of their densities.

May we answer you further, my brother?

M: So as Earth goes into fourth density, or green, the actual mineral expression which is normally first density—is the spiritual entity of the planet, being mineral essentially, first density or fourth? Or do they co-exist?

I am Latwii. Not only do they co-exist, but you have first, second, and fourth; the third density, at some point in your future, will cease being active. However, in the long run you have each density occurring concurrently, so that the planetary sphere has first, second, third, fourth, fifth, sixth and seventh. This is the mature planetary system of bodies. One is not discarded when another is activated; each functions concurrently with the others.

This is a difficult subject, for the mind perhaps is attempting to rationalize whether the second-density tree at third density is the same second-density tree in fourth density. Yes, my brother, it is the same tree, but in the fourth density of vibration it will [have] slightly different characteristics and will be able to have a more conscious relationship with the fourth-density being, for instance, being able to communicate the simple second-density feelings to the fourth-density entity. It remains the same tree, but as each density observes it, it grows in its ability to be understood in its essence.

May we answer you further?

M: Just one quick one. Okay. The tree. The second-density spiritual still would be fourth-density physical after the transition. Is that correct?

I am Ra. For a time it will be second density, overlaid third density and fourth density. May we answer you further?

M: No, thank you.

We thank you. May we ask if there may be another question at this time?

R: When a planet is fourth density, it will no longer support third density forever, or just for a temporary period?

I am Ra … We correct this instrument. We are attempting to retrieve this instrument from a trance state. Please have patience.

I am Latwii. We have this instrument. This instrument was going into a trance state due to the subject matter. We are now with this instrument. We will continue talking complete nonsense through this instrument for a moment, if you will have patience, so that we can gain good control of this instrument.

L: Is there any way we can assist?

We are achieving good control. Thank you for your offer. I am Latwii. Sometimes, my friends, we are less than careful with our contact with this instrument.

Now, to the question that was asked. The third density may be likened to a kind of body; the fourth density, a denser type of body. In fourth density there is a type of experience which goes with this type of body. This experience is new to this body and the body, like that of any child, must mature and grow. If the fourth density were visible to third density, the processes of third density would be those with whom it would greatly interfere, for in third density there are choices to be made and lessons to be learned, and if fourth-density positive or negative were visible to third density, the entire process of choice would be abrogated.

Consequently, while the fourth density of planetary complex is young, third density remains unactivated. This is normally so only for a limited amount of time, until fourth-density entities become able, through the process of maturing and forming the social memory complex, of removing their density from the view of third density. When this is possible without strain, third-density experience may once again become available for those who are graduating, shall we say, from second density.

May we answer you further?

R: Do the non-harvested third-density individuals remain in a state of limbo, if you will, or are they allowed to recycle on another third-density planet while this one is not proper for them?

I am Latwii. As this instrument would say, "What mean we, white man?" There is no particular virtue, as far as we know, in the concept of limbo, for the entity does not stop experiencing. If any entity does

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not find itself in the graduating class and therefore finds itself ready to repeat third density, it will, in good time, as one might say, be taken to another sphere where third-density experience is beginning its cycle.

The use of limbo might profitably be discussed, if you will allow us a moment. This concept is profitable if you consider it to be a form of healing. This indeed occurs upon the cessation of your physical vehicle at the end of your brief experience here in this illusion. There are, at times, healings which must take place before the entity can review its lifetime, as you would call it, and therefore make some judgment as to what it might need to do with its next opportunity for experience. These hearings could be called a Limbo, for they are periods of rest, but indeed they are not only rest, but also a readying for further experience.

May we answer you further?

R: No, thank you.

We thank you, and may we thank this group for supporting this instrument. We were afraid that we had lost her to trance which would have been most inconvenient for all concerned.

Is there another question at this time?

C: Yes, what color are you all experiencing tonight?

We are experiencing the red-violet color. This is a combination, a hue which we are examining. It is the shell of your planetary sphere and we are at work at this time attempting to assess the strength and purity of this shell.

May we answer you further, my brother?

C: No, thank you.

Is there another question at this time?

L: Yes. At the conclusion of Ra sessions there are some procedures undertaken for the benefit of the instrument. Due to the brief Ra contact here, is any of it advisable?

I am Latwii. We would ask that the instrument's name be mentioned before a light is turned on, however, it is our judgment that this instrument is with us, as you would say. We thank you for your concern, of course.

Is there another question?

(Pause)

I am Latwii. Please pardon us for yelling at you for the duration of this contact, but it was our method of retrieving this instrument to full consciousness and we have found it useful. Can we say to you that we greatly appreciate our turn at sharing some thoughts with you and feeling the sharing of love and light which each of you offers to the Creator. We join you in that happy state of unity with the Creator at this time. I leave you, my friends, in this love and this light. I am one of those known to you as Latwii. Adonai, my friends. Adonai vasu. ♣

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The Law of One, Book III, Session 68

August 18, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: The primary reason that we decided to have this session today is that I might not be around for a while and I had a pressing question about what happened Sunday night when, apparently, the instrument was slipping into a trance state during one of the normal Sunday night meditations, and I would like to question you on this. Can you give me information about what happened?

Ra: I am Ra. We can.

Questioner: Would you tell me what happened in that case?

Ra: I am Ra. We have instructed this instrument to refrain from calling us unless it is within this set of circumscribed circumstances. In the event of which you speak this instrument was asked a question which pertained to what you have been calling the Ra Material. This instrument was providing the voice for our brothers and sisters of the wisdom density known to you as Latwii.

This instrument thought to itself, "I do not know this answer. I wish I were channeling Ra." The ones of Latwii found themselves in the position of being approached by the Orion entity which seeks to be of service in its own way. The instrument began to prepare for Ra contact. Latwii knew that if this was completed the Orion entity would have an opportunity which Latwii wished to avoid.

It is fortunate for this instrument, firstly, that Latwii is of fifth-density and able to deal with that particular vibratory complex which the Orion entity was manifesting and, secondly, that there were those in the support group at that time which sent great amounts of support to the instrument in this crux. Thus what occurred was the ones of Latwii never let go of this instrument although this came perilously close to breaking the Way of Confusion. It continued to hold its connection with the mind/body/spirit complex of the instrument and to generate information through it even as the instrument began to slip out of its physical vehicle.

The act of continued communication caused the entity to be unable to grasp the instrument's mind/body/spirit complex and after but a small measure of your space/time Latwii recovered the now completely amalgamated instrument and gave it continued communication to steady it during the transition back into integration.

Questioner: Could you tell me what the plan of the fifth-density negatively oriented entity was and how it would have accomplished it and what the results would have been if it had worked?

Ra: I am Ra. The plan, which is on-going, was to take the mind/body/spirit complex while it was separated from its yellow body physical complex shell, to then place this mind/body/spirit complex within the negative portions of your time/space. The shell would then become that of the unknowing,

unconscious entity and could be, shall we say, worked upon to cause malfunction which would end in coma and then in what you call the death of the body. At this point the higher self of the instrument would have the choice of leaving the mind/body/spirit complex in negative sp—we correct—time/space or of allowing incarnation in space/time of equivalent vibration and polarity distortions. Thus this entity would become a negatively polarized entity without the advantage of native negative polarization. It would find a long path to the Creator under these circumstances although the path would inevitably end well.

Questioner: Then you are saying that if this fifth-density negative entity is successful in its attempts to transfer the mind/body/spirit complex when that complex is in what we call the trance state to negatively polarized time/space, then the higher self has no choice but to allow incarnation in negatively polarized space/time? Is that correct?

Ra: I am Ra. This is incorrect. The higher self could allow the mind/body/spirit complex to remain in time/space. However, it is unlikely that the higher self would do so indefinitely due to its distortion towards the belief that the function of the mind/body/spirit complex is to experience and learn from other-selves thus experiencing the Creator. A highly polarized positive mind/body/spirit complex surrounded by negative portions of space/time will experience only darkness, for like the magnet, there is no, shall we say, likeness. Thus a barrier is automatically formed.

Questioner: Let me be sure that I understand you. Is that darkness experienced in negative space/time or in negative time/space?

Ra: I am Ra. Negative time/space.

Questioner: Incarnation in negative space/time then in a condition like that would result in incarnation into which density level for, let us take as an example, the instrument?

Ra: I am Ra. The answer to this query violates the first distortion.

Questioner: OK then, let's not take the instrument as an example. Let's assume that this was done to a Wanderer of sixth-density. If this answer violates the first distortion, don't answer. But let's say a sixth-density Wanderer had this happen and went into negative time/space. Would that be a sixth-density negative time/space, and would he incarnate into sixth-density negative space/time?

Ra: I am Ra. Your assumption is correct. The strength of the polarization would be matched as far as possible. In some positive sixth-density Wanderers the approximation would not quite be complete due to the paucity of negative sixth-density energy fields of the equivalent strength.

Questioner: Is the reason that this could be done the fact that the Wanderer's mind/body/spirit complex extracted in what we call the trance state, leaving the third-density physical, in this state the Wanderer does not have the full capability to magically defend itself? Is this correct?

Ra: I am Ra. In the case of this instrument, this is correct. This is also correct when applied almost without exception to those instruments working in trance which have not consciously experienced magical training in time/space in the, shall we say, present incarnation. The entities of your density capable of magical defense in this situation are extremely rare.

Questioner: It would seem to me that since I can't imagine anything worse than this particular result it would be very advisable to seek the magical training and defense for this situation. Could Ra and would Ra instruct us in this type of magical defense?

Ra: I am Ra. This request lies beyond the first distortion. The entity seeking magical ability must do so in a certain manner. We may give instructions of a general nature. This we have already done. The instrument has begun the process of balancing the self. This is a lengthy process.

To take an entity before it is ready and offer it the scepter of magical power is to infringe in an unbalanced manner. We may suggest with some asperity that the instrument never call upon Ra in any way while unprotected by the configuration which is at this time present.

Questioner: I think that it is important for me to investigate the techniques, if they are within the first distortion, of the fifth-density entity who wishes to displace the mind/body/spirit complexes of this group. Am I within the first distortion in asking you to describe how this entity goes about this working?

Ra: I am Ra. You are.

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Questioner: Well, then, how does this fifth-density entity go about this working from the very start of being alerted to the fact that we exist?

Ra: I am Ra. The entity becomes aware of power. This power has the capacity of energizing those which may be available for harvest. This entity is desirous of disabling this power source. It sends its legions. Temptations are offered. They are ignored or rejected. The power source persists and indeed improves its inner connections of harmony and love of service.

The entity determines that it must needs attempt the disabling itself. By means of projection it enters the vicinity of this power source. It assesses the situation. It is bound by the first distortion but may take advantage of any free will distortion. The free will, preincarnative distortions of the instrument with regards to the physical vehicle seem the most promising target. Any distortion away from service-to-others is also appropriate.

When the instrument leaves its physical vehicle it does so freely. Thus the displacement of the mind/body/spirit complex of the instrument would not be a violation of its free will if it followed the entity freely. This is the process.

We are aware of your pressing desire to know how to become impervious as a group to any influences such as this. The processes which you seek are a matter of your free choice. You are aware of the principles of magical work. We cannot speak to advise but can only suggest, as we have before, that it would be appropriate for this group to embark upon such a path as a group, but not individually, for obvious reasons.

Questioner: I am interested as to how the first distortion applies to the negatively polarized entity misplacing the mind/body/spirit complex. Why is the negatively polarized entity followed to the place of negative time/space? Why would one of us freely follow the entity?

Ra: I am Ra. The positive polarity sees love in all things. The negative polarity is clever.

Questioner: Then I am assuming if the negative polarity used any other approach that did not use the free will of the other-self, he would lose polarization and magical power. This is correct, isn't it?

Ra: I am Ra. This is correct. The transferred energy grows low. We wish to close. Are there any short queries before we leave this instrument?

Questioner: Only if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. You are conscientious. We realize your necessity for these queries. All is well, my friends. We thank you and leave you in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ✤

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The Law of One, Book V, Session 68, Fragment 39

August 18, 1981

Jim: In seeking advice from Ra on caring for Carla's condition and in scheduling sessions we again found that Ra constantly guarded our free will by providing loosely formed guidelines that offered us direction but which required that we continually exercise our ability and duty to make the decisions ourselves. Thus was the contact a function of our free will by the fact that information was given only in response to questions, that the kind of information was determined by the nature of our seeking being formed into such and such a question, and by the actual scheduling or timing of sessions. So it is necessary for each seeker of truth to decide what to seek, how to seek, and when to seek. Not everyone speaks so directly to Ra, but everyone speaks with the one Creator in one form or another. If the seeking is strong enough any portion of the Creator can teach you all that you wish to know. It is the seeking that determines the finding.

The last two questions and answers refer to a most unusual phenomenon which we discovered was a possibility in Session 68; that is, the misplacement of the mind/body/spirit complex of the instrument, under certain unprotected conditions, by the fifth-density negative entity which monitored our Ra sessions. This possibility was unusual enough, but to add to its extraordinary nature is the fact that Don and Carla wrote about an identical situation in *The Crucifixion Of Esmerelda Sweetwater* thirteen years earlier. The ending of the book was not seen as was the remainder of the book, and it had to be written in the usual way. Now this all makes sense to us, for it seems that the ending of that book was a symbolic description of Don's death in November of 1984.

Carla: *Have you ever been put on the spot by someone asking how you were? Usually, the civil greeting "how are you?" is a meaningless murmur indicating respect and awareness of presence, rather than a true request for information. The last thing wanted is a laundry list of woes and ailments. So I was not accustomed to being so in touch with myself that I could tell my exact condition. When one is in pain all the time, as I have been for a long time now, the stimulus eventually becomes dulled and ignored simply because it is telling one nothing useful. When one has done all one can, one is far better off simply getting on with the life which is offered. This may sound extreme, but I know just how many chronic-pain patients there are out there, quietly dealing with life, usually very well indeed. So the last thing I would wish is to be constantly checking to see my energy level. My reaction, at that time, and at this one, is "Ya gotta be kidding!" I cannot remember ever having physical energy. Mental, emotional, spiritual energy oh YES! Tons of that I have, and a heart full of joy to be here, whatever my limitations. But I run on nerve alone, in my own perception. So this concern, while genuine and necessary, was a challenge to me. I really wanted to do sessions so much, also, which biased my response.*

The matter of The Crucifixion Of Esmerelda Sweetwater *playing itself out in real life is to me a*

fascinating example of the liquidity and permeability of the supposed boundaries of space and time. We saw that story as if it were a movie running in our heads. We wrote it never knowing it had to do with us in the future. It was most unsettling when the more tragic parts of the book played themselves out with horrid accuracy. Life humbles one again and again, bringing us all to our knees and revealing self to self in utter fidelity. As always when I think on Don's death, I am warmed by the perfection of his opening to love and his nobility, as I am chilled by his absence from my side. One can do little except offer it all up to the Creator in thanksgiving and praise.

Session 68, August 18, 1981

Questioner: Could you first please give me an indication of the instrument's condition?

Ra: I am Ra. This instrument's physical energies are depleted completely. The remainder is as previously stated.

Questioner: With the physical energies completely depleted should I continue with the session? I'm not sure exactly what that means?

Ra: I am Ra. We have available transferred energy which is due to the service offered by two of this group and, therefore, we are able to continue. Were it not for this transferred energy, the instrument whose will is strong would have depleted its vital energies by willing the available resources. Thus if there is no transfer of energy, and if the instrument seems depleted to the extent it now is, it is well to refrain from using the instrument. If there is energy transferred, this service may be accepted without damage to the distortion of normal vital energy.

We may note that the physical energy has been exhausted, not due to the distortion toward pain, although this is great at this space/time, but primarily due to the cumulative effects of continual experience of this distortion.

Questioner: Would you recommend a greater rest period between the end of this work period and the next work period? Would that help the instrument?

Ra: I am Ra. We might suggest, as always, that the support group watch the instrument with care and make the decision based upon observation. It is not within our capacity to specifically recommend a future decision. We would note that our previous recommendation of one working on alternate diurnal periods did not take into account the fragility of the instrument and thus we would ask your forgiveness for this suggestion.

At this nexus our distortion is towards a flexible scheduling of workings based upon, as we said, the support group's decisions concerning the instrument. We would again note that there is a fine line between the care of the instrument for continued use which we find acceptable and the proper understanding, if you will excuse this misnomer, of the entire group's need to work in service.

Thus if the instrument's condition is truly marginal, by all means let more rest occur between workings. However, if there is desire for the working and the instrument is at all able in your careful opinion, it is, shall we say, a well done action for this group to work. We cannot be more precise, for this contact is a function of your free will.

Questioner: We have been speaking almost precisely of a portion of the Esmerelda Sweetwater book which we wrote having to do with the character Trostrick's misplacement of the space girl's mind/body/spirit complex. What is the significance of that work which we did with respect to our lives? It has been confusing to me for some time as to how it meshes in. Can you tell me that?

Ra: I am Ra. We scan each and find we may speak.

Questioner: Would you please do so now?

Ra: I am Ra. We confirm the following which is already, shall we say, supposed or hypothesized.

When the commitment was made between two of this group to work for the betterment of the planetary sphere, this commitment activated a possibility/probability vortex of some strength. The experience of generating this volume was unusual in that it was visualized as if watching the moving picture.

Time had become available in its present-moment form. The scenario of the volume went smoothly until the ending of the volume. You could not end the volume, and the ending was not visualized as the entire body of the material but was written or authored.

This is due to the action of free will in all of the creation. However, the volume contains a view of significant events, both symbolically and specifically,

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which you saw under the influence of the magnetic attraction which was released when the commitment was made and full memory of the dedication of this, what you may call, mission restored. ✣

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Sunday Meditation
August 23, 1981

(Jim channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of the infinite Creator. It is a great honor for us to join your group this evening. We especially greet those who are new to this group and add a special greeting to those who have joined our group once again after a long absence. We of Hatonn are members of the Confederation of Planets in the Service of the Infinite Creator. We have the honor and the privilege of addressing groups such as this one, those of your people who seek our service. It has been said in your holy works that as one seeks so shall one find. It is our honor and in joy we perform this honor to acquaint groups such as this one with our vibration of love.

We of Hatonn long have sought the love of the infinite Creator. We are no different than any of your people except, perhaps, we have journeyed that path of seeking love a little longer than have most of the entities upon you planet. Because we have so journeyed, our seeking also has been rewarded. We of Hatonn have been blessed by the Creator that is within us all with a small understanding of the love of the one infinite Creator. Because it is this love that we are learning, it is also our honor and our duty to teach this love to those who seek this learning. Only because we are students of the vibration of love may we also serve as teachers to others who seek this knowledge.

Long have we spent in the study and the teaching of love. Many of your peoples have heard our words. It has been our privilege to speak through the years to many groups such as this one. We have always felt the greatest of joys in this effort, but we also have other feelings, shall we say, for many of your peoples do not know of the love of the Creator. Many of your peoples are not aware that this density, this illusion which they inhabit and go about their daily existences within, is an illusion. Many do not know the lesson of this illusion is the recognition and experience of love. Many seek many other lessons. Many seek the rewards that your world has to offer. Many seek the positions of power, large or small, the rewards of money, large or small, the recognition of peers, large or small. Many seek in many directions, many goals. Few find that which truly fulfills their thirst, for though few among your people know what it is they seek, it is almost true without exception that each knows it seeks something. The power of the desire of the seeking cannot forever be denied; thus, the seeking goes on within each in many ways.

We of Hatonn feel the great calling of your people. We feel their sorrow. We feel their pain. We feel their frustration. We feel their desire, for we are your brothers and sisters. We are as one being and any feeling that any entity feels we feel as well, for we are as one. It is because we feel the calling of your

peoples that we have come in the capacities which are open to us that do not infringe upon any entity's free will, for though each, in some way, consciously or subconsciously, seeks love, there may not be an infringement of any entity's free will by offering the knowledge of love without a calling for that knowledge.

Many we are able to serve in their dreams, by inspirations and intuitions, for within their minds in the manner in which they believe, this is the only method which they will accept. We come however we may. We serve wherever it is possible, but never may we infringe upon any entity's path back to the Creator, for we cannot learn lessons for an entity. That would be robbing the entity of experience and upon your planet and within this illusion all experience has one purpose; that is, to teach.

All experience teaches in some way the knowledge of love, the love of the one infinite Creator. Thusly, we of Hatonn respond to the callings that are made and respond in the manner in which is allowed. We have, in our own way, served long upon your planet and shall continue this service for as long as the calling exists, for we learn as we teach. You, my brothers and sisters, are teachers to us as well. We learn from you how to serve the Creator better and better, with more love and compassion and understanding and we thank you for allowing us to serve in this way. For, my friends, there is nothing but service—for there is nothing but the Creator. It has been truly said that all is one.

We would pause at this time so that our brothers and sisters of Laitos might pass among your group and give each who request it the conditioning vibration of the Confederation, the purpose being to deepen the meditative state. We shall pause at this time as our brothers and sisters of Laitos pass among you. I am Hatonn.

(Pause)

I am Hatonn, and am once again with this instrument and greet you all once again in the love and the light of the infinite Creator. At this time we shall transfer this contact to the one known as C so that, as a new instrument, we might speak a few words through his channel and exercise his ability to receive our thoughts. If he would relax and refrain from analysis we shall transfer this contact at this time. I am Hatonn.

(C channeling)

I am Hatonn, and I am with this instrument. It is always a pleasure to speak to groups such as these, for there are far too few. We of Hatonn will always answer any of those who call. We bring, as always, a simple message, a message of love, love that is within and surrounds each and every thing. We are privileged that we may work with this group and thank each of those who have gathered to hear our humble words.

We will transfer now to the entity known as L. We are known to you as Hatonn.

(L channeling)

I am Hatonn, and I greet you once again in the love and the light of our infinite Creator. It is said, my friends, that one must go blindly into the darkness to discover the significance of light. There is some truth to this statement, yet as analogy it has lost something in the translation, for although blindness and darkness are not necessary to ascertain the significance of light, they are beneficial tools toward that end. It would be more correct to say that once one has gone blindly through darkness, the value of light is more readily perceived.

In your lives, my friends, there is a borderline across which the majority of your people meander with little cognizance of its significance. That borderline signifies the division between awareness and non-awareness; between light and its absence, darkness. My friends, all illusions require a source of energy for their maintenance and such is also true of your own illusion, for in your world the illusion produced through the manipulation of the light energy can exist only with the presence of that power source. If we may examine, therefore, the consequences of a dominance of either polarity on your planet, that is, a totality of light or a total absence of light, we discover that in both instances, in the pursuit by the individual of either polarity until it is maximized within the individual, the illusion begins to disappear, for within darkness there is no light energy to maintain the illusion, yet within total lightness the illusion, as in a projector, can no longer be focused. The light penetrates and overwhelms the illusion until only that which is real stands in evidence.

My brothers, it is difficult for those minds which have been trained in terms of right or wrong, good

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or bad, to look with love and appreciation upon the efforts of those who struggle in efforts contrary to one's own, yet it is important to remember that even those who strive toward darkness, the absence of light, shall in their striving overcome the illusion. We of Hatonn would encourage you, my brothers, to increase the amount of light in your lives, for such is our path. And such is the tool which has benefited us so well, yet we would hasten to remind you that in doing so, in seeing beyond the illusion, you must learn also to see the value of your brother's struggle and appreciate your brother as one struggling for spiritual nourishment even though his path may not be your own. It is a blessing to follow either path, for no matter what the path, the blessing exists in the seeking and in seeking one will always find.

We, therefore, would encourage our brothers of this planet to perceive the advice of one of their own: to love the God-ness of the universe with their entirety, to make it an expression of their lives and themselves, and to love their brothers and sisters, to love their brothers and sisters with that same intensity.

At this time we would like to allow questions to be asked through this instrument. I am Hatonn.

R: Hatonn, when can I see your craft?

I am Hatonn. My brother, we find ourselves tempted to follow the example of our sister, Latwii, and perform what she refers to as a joke, in that the term "craft" is ambiguous. In one sense, it is our craft we are describing to you this evening, for is not our handiwork our craft?

However, my brother, to answer you more seriously, you yourself are all that stands between your eyes and the perception of our vehicle, for it is not visible to one within your density. When your attainment of higher densities occurs, so also will your visual experience, although we doubt it will be significant to you.

May we answer you further?

(Inaudible)

I am Hatonn. I am again with this instrument. Is there another whose question may be answered?

M: Yes. Back in the mid-sixties there were the so-called Ohio Valley sightings in which a great number of people, a great many places and times had sightings. Were these Confederation sightings or Orion sightings?

I am Hatonn. I am aware of your question. My brother, a majority of those sightings of actual vehicles were not of the Confederation, but rather of those who would seek to cause an imbalance resulting from fear and confusion. However, my brother, you must also remember that the power of Creation resides within the individual and, being aware of this, understand that a number of the sightings were generated by those who sighted the thought forms which appeared as vehicles.

May we answer you further?

M: No—well, yes. You're saying the people that saw a number of these sightings were creating the thought forms rather than other entities—aliens—creating these thought forms?

I am Hatonn. That is correct. There resides within the individual the ability to create shared perceptions, for as you well know, my brother, your existence is within a world of illusion and who but yourselves create the illusion? It is possible for others to add to your illusion, but as this instrument might choose to say, the flour in the cake is your own.

May we answer you further?

M: No.

Is there another question?

(Pause)

I am Hatonn. Although the beauty of the music caused by the night creatures of your world is pleasant to us, we would feel remiss in our duties should we remain for that reason. Therefore, my brothers, we bid you adieu. ♣

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The Law of One, Book III, Session 69

August 29, 1981

Ra: I am RA. I greet you in the love and in the light of the one infinite Creator.

Before we proceed may we make a small request for future workings. At this particular working there is some slight interference with the contact due to the hair of the instrument. We may suggest the combing of this antenna-like material into a more orderly configuration prior to the working.

We communicate now.

Questioner: A question which I didn't get to ask at the previous session and which I will be forced to ask at this time is, is the trance state the only state in which a mind/body/spirit positive entity may be lured by a negative entity or adept to negative time/space configuration?

Ra: I am Ra. This is a misperceived concept. The mind/body/spirit complex which freely leaves the third-density physical complex is vulnerable when the appropriate protection is not at hand. You may perceive carefully that very few entities which choose to leave their physical complexes are doing work of such a nature as to attract the polarized attention of negatively oriented entities. The danger to most in trance state, as you term the physical complex being left, is the touching of the physical complex in such a manner as to attract the mind/body/spirit complex back thereunto or to damage the means by which that which you call ectoplasm is being recalled.

This instrument is an anomaly in that it is well that the instrument not be touched or artificial light thrown upon it while in the trance state. However, the ectoplasmic activity is interiorized. The main difficulty, as you are aware, is then the previously discussed negative removal of the entity under its free will.

That this can happen only in the trance state is not completely certain, but it is highly probable that in another out-of-body experience such as death the entity here examined would, as most positively polarized entities, have a great deal of protection from comrades, guides, and portions of the self which would be aware of the transfer you call the physical death.

Questioner: Then you are saying that the protective friends, we will call them, would be available in every condition except for what we call the trance state which seems to be anomalistic with respect to the others. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Why is this trance state, as we call it, different? Why are there not entities available in this particular state?

Ra: I am Ra. The uniqueness of this situation is not the lack of friends, for this, as all entities, has its guides or angelic presences and, due to polarization, teachers and friends also. The unique characteristic of the workings which the social memory complex

Ra and your group have begun is the intent to serve others with the highest attempt at near purity which we as comrades may achieve.

This has alerted a much more determined friend of negative polarity which is interested in removing this particular opportunity.

We may say once again two notes: Firstly, we searched long to find an appropriate channel or instrument and an appropriate support group. If this opportunity is ended we shall be grateful for that which has been done, but the possibility/probability vortices indicating the location of this configuration again are slight. Secondly, we thank you for we know what you sacrifice in order to do that which you as a group wish to do.

We will not deplete this instrument in so far as we are able. We have attempted to speak of how the instrument may deplete itself through too great a dedication to the working. All these things and all else we have said has been heard. We are thankful. In the present situation we express thanks to the entities who call themselves Latwii.

Questioner: Do I understand, then, that death, whether it is by natural means or accidental means or suicide, that all deaths of this type would create the same after-death condition which would avail the entity to its protection from friends? Is this correct?

Ra: I am Ra. We presume you mean to inquire whether in the death experience, no matter what the cause, the negative friends are not able to remove an entity. This is correct largely because the entity without the attachment to the space/time physical complex is far more aware and without the gullibility which is somewhat the hallmark of those who love wholeheartedly.

However, the death, if natural, would undoubtedly be the more harmonious; the death by murder being confused and the entity needing some time/space in which to get its bearings, so to speak; the death by suicide causing the necessity for much healing work and, shall we say, the making of a dedication to the third-density for the renewed opportunity of learning the lessons set by the higher self.

Questioner: Is this also true of unconscious conditions due to accident, or medical anesthetic, or drugs?

Ra: I am Ra. Given that the entity is not attempting to be of service in this particular way which is proceeding now, the entities of negative orientation would not find it possible to remove the mind/body/spirit. The unique characteristic, as we have said, which is, shall we say, dangerous is the willing of the mind/body/spirit complex outward from the physical complex of third-density for the purpose of service-to-others. In any other situation this circumstance would not be in effect.

Questioner: Would this be a function of the balancing action of the first distortion?

Ra: I am Ra. Your query is somewhat opaque. Please restate for specificity.

Questioner: I was just guessing that since the mind/body/spirit complex's will from the third-density body for a particular duty or service-to-others would then create a situation primarily with respect to the first distortion where the opportunity for balancing this service by the negative service would be available and, therefore, magically possible for the intrusion of the other polarization. Is this thinking at all correct?

Ra: I am Ra. No. The free will of the instrument is indeed a necessary part of the opportunity afforded the Orion group. However, this free will and the first distortion applies only to the instrument. The entire hope of the Orion group is to infringe upon free will without losing polarity. Thus this group, if represented by a wise entity, attempts to be clever.

Questioner: Has a Wanderer ever been so infringed upon by a negative adept and then placed in negative time/space?

Ra: I am Ra. This is correct.

Questioner: Can you tell me the situation that the Wanderer finds himself in and the path back, why that path could not be the simple moving back into positive time/space?

Ra: I am Ra. The path back revolves, firstly, about the higher self's reluctance to enter negative space/time. This may be a significant part of the length of that path. Secondly, when a positively oriented entity incarnates in a thoroughly negative environment it must needs learn/teach the lessons of the love of self thus becoming one with its other-selves.

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When this has been accomplished the entity may then choose to release the potential difference and change polarities.

However, the process of learning the accumulated lessons of love of self may be quite lengthy. Also the entity, in learning these lessons, may lose much positive orientation during the process and the choice of reversing polarities may be delayed until the mid-sixth-density. All of this is, in your way of measurement, time-consuming although the end result is well.

Questioner: Is it possible to tell me roughly how many Wanderers who have come to this planet during this master cycle have experienced this displacement into a negative time/space?

Ra: I am Ra. We can note the number of such occurrences. There has been only one. We cannot, due to the Law of Confusion, discuss the entity.

Questioner: You said that the higher self is reluctant to enter negative space/time. Is that correct?

Ra: I am Ra. The incarnative process involves being incarnated from time/space to space/time. This is correct.

Questioner: I will make this statement and see if I am correct. When first moved into time/space of a negative polarization the positive entity experiences nothing but darkness. Then, by incarnation into negative space/time by the higher self, it experiences a negative space/time environment with negatively polarized other-selves. Is this correct?

Ra: I am Ra. This is correct.

Questioner: It would seem to me that it would be an extremely difficult situation for the positively polarized entity and the learning process would be extremely traumatic. Is this correct?

Ra: I am Ra. Let us say that the positively polarized individual makes a poor student of the love of self and thus spends much more time, if you will, than those native to that pattern of vibrations.

Questioner: I am assuming that this displacement must be a function of his free will in some way. Is this correct?

Ra: I am Ra. This is absolutely correct.

Questioner: This is a point that I find quite confusing to me. It is the function of the free will of the positively oriented entity to move into the negatively polarized time/space. However, it is also a function of his lack of understanding of what he is doing. I am sure that if the entity had full understanding of what he was doing he would not do it. It is a function of his negatively polarized other-self creating a situation where he is lured to that configuration. What is the principle with respect to the first distortion that allows this to occur since we have two portions of the Creator, each of equal value or of equal potential, but oppositely polarized and we have this situation resulting. Could you tell me the philosophical principle behind this particular act?

Ra: I am Ra. There are two important points in this regard. Firstly, we may note the situation wherein an entity gets a road-map which is poorly marked and in fact is quite incorrect. The entity sets out to its destination. It wishes only to reach the point of destination but, becoming confused by the faulty authority and not knowing the territory through which it drives, it becomes hopelessly lost.

Free will does not mean that there will be no circumstances when calculations will be awry. This is so in all aspects of the life experience. Although there are no mistakes, there are surprises.

Secondly, that which we and you do in workings such as this carries a magical charge, if you would use this much misunderstood term, perhaps we may say a metaphysical power. Those who do work of power are available for communication to and from entities of roughly similar power. It is fortunate that the Orion entity does not have the native power of this group. However, it is quite disciplined whereas this group lacks the finesse equivalent to its power. Each is working in consciousness but the group has not begun a work as a group. The individual work is helpful for the group is mutually an aid, one to another.

Questioner: This instrument performs services that involve channeling other members of the Confederation. We are reluctant to continue this because of the possibility of her slipping into trance and being offered the services of the negatively polarized entity or adept. Are there any safeguards to create a situation whereby she cannot go into trance other than at a protected working such as this one?

Ra: I am Ra. There are three. Firstly, the instrument must needs improve the disciplined subconscious

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taboo against requesting Ra. This would involve daily conscious and serious thought. The second safeguard is the refraining from the opening of the instrument to questions and answers for the present. The third is quite gross in its appearance but suffices to keep the instrument in its physical complex. The hand may be held.

Questioner: Are you saying, then, that just by holding the instrument's hand during the channeling sessions this would prevent trance?

Ra: I am Ra. This would prevent those levels of meditation which necessarily precede trance. Also in the event that, unlikely as it might seem, the entity grew able to leave the physical complex the auric infringement and tactile pressure would cause the mind/body/spirit complex to refrain from leaving.

We may note that long practice at the art which each intuits here would be helpful. We cannot speak of methodology for the infringement would be most great. However, to speak of group efforts is, as we scan each, merely confirmation of what is known. Therefore, this we may do.

We have the available energy for one fairly brief query.

Questioner: There are many techniques and ways of practicing so-called white magical arts. Are rituals designed by a particular group for their own particular use just as good or possibly better than those that have been practiced by groups such as the Order of the Golden Dawn and other magical groups?

Ra: I am Ra. Although we are unable to speak with precision on this query, we may note some gratification that the questioner has penetrated some of the gist of a formidable system of service and discipline.

I am Ra. May we thank you again, my friends, for your conscientiousness. All is well. We leave you rejoicing in the power and the peace of the one infinite Creator. Go forth with joy. Adonai. ♣

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Sunday Meditation
August 30, 1981

(L channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. We are happy to join this group, as much because of the opportunity to serve as the obvious joy and love in which we have gathered. It is, therefore, our pleasure not only to serve, but to share, and for this we thank you.

Tonight we would like to present to you a small story concerning a young child in a wilderness. The child, as the story goes, found himself abandoned in a wilderness in which the very milieu within which he found himself was antagonistic toward his own growth and survival, but being a child he was not aware of the circumstances surrounding him, for a child is much more aware of those circumstances which he wishes to see and to encounter and this being the actuality of his perceptions, he was unaffected by his surroundings and quite happily and successfully grew and learned in his hostile environment.

My brothers and sisters, the child is yourself, for is it not true that as a child you came to the life you now experience, a life, an illusion that is unquestionably hostile to your own spiritual growth and progression, for your illusion entitles you to a multitude of distractions and setbacks designed primarily to prevent your growth. My brothers, we encourage you to see through your illusion. You have within you the power of creation. Make use of your power. Create the garden that you so fervently desire to return to, for the only return to Eden that you will experience, my brothers, is a return through the development of your innate abilities to transform disorder and chaos into balance and beauty, and, as the child in the story, by seeing in your world and in your brothers and sisters only that which you wish to see, only beauty, only love.

In this manner, my brothers, will you grow and prosper and return to your Eden. It is very difficult we know, to receive what often seems vague, esoteric advice and attempt to incorporate it into the daily distractions of your illusion, for your hostile environment requires your active participation to insure the maintenance of your physical vehicles within the illusion. This in as it should be in that your education requires the development of your ability to simultaneously experience the illusion, playing by its rules, so to speak, yet also rising above the illusion and perceiving it as such. In your schools it is often required that you perform the mathematics necessary to sustain and resolve an illusory problem, referring to the mysterious appearance and disappearances of numbers of apples and oranges. In a like manner, the illusion in which you live has problems that require resolution, but not, my brothers, immersion.

Therefore, we encourage you to see beyond your daily apples and oranges, to view them as only problems to be resolved that you might hone your skills in dealing with illusory problems and identifying them as such, for in exerting your will in choosing to be conscious of the illusion as it exists and not immersed in it comes the awareness necessary for perception of that which actually is real within the universe. There is a reality in the realization that all is all, that one is all, that all is one. In your daily acts of service you achieve steps in redressing the imbalance between your race's perception of the illusion and the reality. In redressing this imbalance you serve not only yourself but bring more of the universe one step closer to their eventual progression to higher levels of consciousness and education.

At this time we would like to exercise another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn. I am now with this instrument and am pleased to be speaking through this instrument. We would continue, my friends, greeting you once again in the love and in the light of our infinite Creator.

My friends, we speak to you this evening not of meditation, for this is not an introductory group. We speak to you of the fruits of that meditation. Those fruits are the manifestations and expressions of love. You would call that service. To be of service to those about you is a far more subtle thing than it would seem. Many there are among your peoples at this time that may be likened unto weeds. Those things which they offer may appear to be pretty, but they take the place of good growing things and give back neither fruit nor scent nor true beauty. Many there are among your peoples who, in attempting to serve, judge harshly their fellow creatures. We have seen many times those who truly wish to serve speak again and again believing that they are aiding their fellow beings and all the while judging, limiting and divorcing themselves from their fellow beings. Many of your so-called religions operate in this manner. We find it unfortunate, for there is a true service that, like the rose, not only blooms but has a sweet scent and when cut, wishes only to serve by growing again.

It is, as we have said, often difficult to feel as though the radiance of the Creator bloomed within you, for your illusion is powerful and its traps are intentionally dangerous. But it is not so difficult as you might think to remain, in many cases, conscious of the radiance and the beauty of that love which you channel.

We have only one thought to offer you before we leave this instrument. We ask that you recall the cheerfulness, the joy, which you may experience in good company. My friends, all creatures are good company for all are the Creator. On some the illusion may hang heavy and, like an Halloween mask, protect them from your sight so that you may think some of your brothers and sisters to be those with whom we could not be cheerful, could not be joyful, could not, in fact, share love. The essence of service, my friends, is an effortless cheerfulness, a lack of judgment, and a willingness to serve as others would have you serve them. Sometimes, my friends, this may mean you cannot serve them. Accept this with cheerfulness and let this very cheer be the service you offer to those who are not yet ready to seek whatever joy you may have, whatever gifts you may share.

At this time, my brother of Laitos will join us and we would move among you so that each in the group might experience our conditioning and contact. We will attempt to moderate our contact with the one known as R, as we discern that there has been some slight discomfort in the past due to this instrument's sensitivity.

We leave this instrument at this time in the love and light of the infinite Creator. We shall resume after this pause through another instrument with his kind permission. I am known to you as Hatonn.

(C channeling)

I am Hatonn, and I am with this instrument. We have been attempting to contact this instrument for a free chance for him to exercise, for he needed a bit of experience for it has been a while since his last attempt. We of Hatonn speak always of love and wish that each of your peoples could or would open themselves so that they may experience beauty that is around them and that as they serve they shall become more aware of love, for with service to your fellow beings you slowly, but steadily, grow yourselves and increasingly bask more so in the love around and in yourselves.

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We of the Confederation wish always to serve each of you in your process of growth toward a greater awareness of the infinite Creator. We will at any time be with any who wish our aid, for as we said, we seek to serve, for through service we may grow and as it is for us, so is it for you people. To serve is to grow. To serve is a great privilege and to serve is an honor, for through this service each grows.

We are known to you as Hatonn, and will at this time transfer this contact to another instrument for the purpose and privilege of answering any questions you might have, for through answering your questions we also gain greater understanding and deem it a great teaching aid, not only for you in your quest, but also for us. We transfer now. We are known to you as Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument and we greet you once again in love and light. We offer ourselves at this time for the purpose of answering questions which might be of aid to those who quest. Are there any questions at this time?

C: Yes. As I was channeling—toward the end—once again I felt myself drifting, looking for the words, the concepts, looking to complete those words which I'd begun. Is there some way that I can keep myself more within myself and channel? I tried to do some things that were suggested tonight. I had my hands crossed and one leg crossed over the other two to keep the energy field closed. Is there anything else that I can do to keep more control for myself?

I am Hatonn. My brother, in this case we feel we might best answer you by suggesting that it is simply a matter of increased practice that will be of most service at this stage of your channeling experience, for as you continue in your contact with our vibration, you have noticed that you look for the next phrase or thought or concept to complete the one begun. It is the free and clear opening of the self to our contact and not the seeking through the mind that allows our concepts to be transmitted through your instrument.

Therefore, we would suggest that in order to gain confidence and to open yourself more fully to our contact it is simply a matter of practice, so that you will learn by your own experience that you need not look for the next concept or word but need merely to open yourself and allow these to be transmitted through your instrument. We feel you have made great progress in this regard and we would reassure you that it is simply a matter of practice.

May we answer you further, my brother?

C: No, not at this time. Thank you.

As always, we thank you. Is there another question at this time?

Carla: I have a question which may not be proper, but I was wondering if you had any comment concerning …

(Side one of tape ends.)

(Jim channeling)

I am Hatonn, and am once again with this instrument. The advanced course in tape changing has just been completed. To answer you, my sister, most fully, we would say that we were quite pleased with our contact with you this evening. The precautions that you have taken to remain within your physical vehicle have worked, in our estimation, quite well and we commend the effort that is being made in this regard.

May we answer you further, my sister?

Carla: No. I just want to thank you for the judgment from your end. I felt that way too. I'm really pleased that I can continue to be of service. Thank you.

I am Hatonn. We thank you and look forward, as always, to future contacts through your channel. May we answer another question at this time?

D: Yes. You mentioned earlier that the distractions within this illusion that get in our way of radiating this love, these distractions are put here purposely and they're designed for the purpose of distraction. Can you explain that more fully, please?

I am Hatonn. My brother, we would say that it is well known to many upon your planet that each of the entities now incarnate on this planet have, before incarnation, taken part in designing at some level the experience which they encounter within their incarnation. In most cases it is what is called the higher self which designs the program that will be pursued and the lessons that will be learned. In an increasing number of cases upon your planet at this time the individuals who are called by our brothers and sisters of Ra the mind/body/spirit complex, itself designs the experience that it will encounter and the

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lessons it wishes to learn. The lessons are presented as what might be called obstacles, for when one exerts an energy in a certain direction seemingly against a problem or situation, there is an interaction that occurs which, if one is aware, results in learning.

It is necessary within your illusion that there be a forgetting after incarnation, or else the obstacles encountered and the lessons learned would carry no weight since they would not have been forgotten in their purpose, but when forgotten and encountered within the incarnation, present the opportunity for the learning of a specific lesson. The lesson may take many forms. Each entity has its own unique perceptions and needs and methods of experiencing this lesson. The basic lesson of your illusion is that all is one. There is nothing but the Creator and it is called an illusion that you dance within, for during your incarnation it seems time and again that there is nothing but opposition, separation, anxiety, frustration, hatred, even unto war. All of this illusion, all of these obstacles, are teaching devices determined by each of you before your incarnation as that which you shall experience so that you might overcome, so to speak, the perception that you have obstacles, that there is separation, that there is anything but the one infinite Creator.

The experience within your illusion is intense. It is intensified by the fact that there is forgetting by each who participates within the illusion. It is your task to remember. It is your task to discover that, in fact, there are no obstacles, that there is only the one infinite Creator, that there is only love and that this love might be found within each part of your experience of the illusion. Time and again you shall experience the opportunity to learn this simple lesson.

May we answer you further, my brother?

D: No, thank you.

We thank you. Is there another question at this time?

Carla: I have a question. I have a relative who is a fundamental Christian, so fundamental that it boggles the imagination, and I sort of felt like when you were channeling earlier that I really could identify a lot of the judgmental things that my brother has said with what you were talking about. I wonder what the best service one can be is to such a loved person who, on the other hand is so terribly judgmental? Is all one can do to be of good cheer and to love or is there some seed that one can plant?

I am Hatonn. My sister, in many cases such as this one of which you speak, there is very little that can be done in the way of overt teaching, shall we say, for all who experience this illusion, in whatever perception they may bask, each experiences a valid perception of the one infinite Creator, for there is nothing but the Creator. Each progresses through this illusion and hopefully refines the perception and the experience of the Creator. As this growth proceeds, many teachers are met, for there is nothing but teaching and learning within this illusion. Your brother and each entity upon this planet meets teachers each time he meets another human being or another experience or another thought or another moment within the Creation. You are one such teacher. As each teaches, so do you teach.

Your experience with your brother has been long and intense, so to speak. Many ways have you tried to share that which is of meaning to you, as each who becomes more conscious of the patterns of the evolution of the spirit attempts to share that perception with those about them. You may find after a period of time that your very being, that cheer of which you speak, is the best teacher, the best means of your teaching for your brother, for it has often been said that the actions speak much louder and clearer than do the words, and though your brother on a conscious level may seldom experience or express the learning that he gains from your being, yet within his heart and mind and being, your being will shine, for you do feel love for this entity and that is the greatest teaching device upon your planet.

May we answer you further, my sister?

Carla: Not unless you can think of a good answer to the question, "Have you accepted Christ into your heart today?"

I am Hatonn. May we suggest a simple "Yes"?

Carla: Thank you, Hatonn. Thank you very much.

Again, we thank you. Is there another question at this time?

F: Yes. I've been told that in your spiritual seeking, that by digging many holes, as with a well—digging shallow holes—that it would be better to dig one deep hole. In other words, choosing one path, or one

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so-called religion. Would you comment on this please?

I am Hatonn. My sister, to your query we might respond by saying that though it would appear that an entity, by digging many holes, as you call them, is digging many holes and dividing itself in its seeking, there is only one seeking and it is the desire for this seeking that shall result in the finding. The many holes, when added up, shall we say, shall result in the one path which the entity pursues, and from moment to moment it might appear that the entity is pursuing yet another path, digging yet another hole, but we might suggest that each entity pursues the path that feels to it to be of greatest benefit and learns from each the lessons therein, for many are the paths upon your planet and within your illusion.

Each has that which might be of aid to those who travel that path. In short, may we say, it is your choice to pursue your path and there is nothing but the one path that you pursue and we would suggest, if we might, that within the depths of your being you are quite aware of the path that you pursue, and in meditation you shall discover the path upon which you wish to tread. Do not be concerned if from time to time the path appears to change. We would suggest that the path is long and the path is one, and your journey on that path can yield nothing but success, for all paths lead to the one infinite Creator.

May we answer you further, my sister?

F: No, thank you.

We thank you. Is there another question at this time?

L: Hatonn, I notice that you seem to be developing a sense of humor. Would you care to comment on that?

I am Hatonn. During our lone experience with this group, we have found there are certain avenues of experience and expression which have been opened to us by the needs and the desires of those to whom we speak. It has been our honor and a great privilege to speak in whatever manner is allowed and called for. We find at this time within this group there is a certain lightness, shall we say, that has not been present in such quantity before. Because it is now more possible, shall we say, to utilize the tool of humor, we are exercising this ability which we have not been able to exercise before, and may we say that it is a great honor to find yet another path of service and it is with great fervor that we do our push-ups.

May we answer you further, my brother?

L: I would simply like to offer a comment that more and more the conversations with you are as pleasant as a cool drink of water and we're grateful for your presence.

I am Hatonn. We share your feeling of gratitude. This group has provided those whom you know of our people as Hatonn with many sips of nectar. Is there another question at this time?

F: May I ask for some advice on showing young children the light and love other than by example? Ways that they may be able to learn, maybe, faster?

I am Hatonn. My sister, in this regard we might say that there is no greater teacher for the young one of your peoples than the example which they see and which they experience themselves within their daily lives. To specifically guide your decision-making in this regard we cannot do, for this would infringe upon your free will, but we can say in general that to experience yourself the love of the one infinite Creator in a manner which your children can understand and to reflect this love through your behavior with those round about you is the greatest teaching which can be done. To find a means to daily express in some way your love of the Creator and your desire to serve the Creator will express to your children that which you value most.

If there might be some way in which you could, shall we say, regularize or ritualize this experience and expressing of devotion and love to the one Creator with your children partaking, this would be a most effective means of allowing them not only to see but to experience with you this love and desire.

May we answer you further, my sister?

F: I don't do any ritual myself other than meditation by myself. I guess maybe I don't understand or would ask you to go further on that *(inaudible)*.

I am Hatonn. Many there are among your people who praise the Creator in song. Many there are among your people who praise the Creator in dance. Many there are who praise the Creator in prayer or meditation or in certain spoken words which convey the feelings within. Many ways have your peoples found of praising the one Creator. Any way will be

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suite sufficient for the child to learn, if practiced regularly.

May we answer you further, my sister?

F: No. Thank you, Hatonn.

Again, we thank you. May we answer another question at this time?

(Pause)

I am Hatonn. May we say once again how great an honor it has been to join your group this evening. As always, we find ourselves immersed in joy when we are asked to join this group. We thank you with every fiber of our being for being allowed to partake in your meditations and for being asked to share our humble message with you. By this service do we learn more of the love of the Father. We would say once again that at any time should any request our aid in their daily meditations, it need only be asked that we join in meditation and we shall worship with each the one infinite Creator.

We are known to you as those of Hatonn. We shall now take our leave of this instrument and this group for this evening. We look forward to joining you in your meditations as you go about your daily lives. We leave you now in the love and in the light of the one infinite Creator. Adonai vasu borragus.

(Carla channeling)

I am Nona, and I greet you in the love and in the light of the infinite Creator. We come among you at this time as we have been called to share our healing vibrations at this time.

(Carla channels Nona until the end of the meditation.)

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Sunday Meditation
September 6, 1981

(Carla channeling)

[I am Hatonn,] … and I greet you, my friends, in the love and the light of the infinite Creator. It is a great privilege, as always, to be with you this evening and we greet each of you.

We would like tonight to share with you a small story. There was once a very steep mountain. So precipitous were its heights that clouds formed across the face of the cliffs so that the valley never saw the sky and those who lived upon the heights never saw the valley. Those who lived in the valley were very jealous of the land and of the possessions, one of the other. Their methods of sharing experiences with each other was harsh in the extreme and disharmony reigned under the clouds.

Another group lived high among the peaks of this mountain. This society lived very meagerly, having far, far less than those in the valley, for game was scarce and little grew that could be eaten, but they survived and such was their society that their leaders whom they chose were wise and good and when judgment must needs be made t'was fair. Harmony reigned also between people, for all was offered as all had so little that it must be pooled to survive. Those who looked upon the stars, though they had little, dwelt in peace and harmony, and because they did not think of possessions; as they mated, each was content, one with the other, and harmony was given as an heirloom from generation to generation.

This was, my friends, one mountain, one location, and one illusion. The factors of existence varied. Under the cloud there was plenty and above there was little, and yet, which people bore like a shield and buckler the light of harmony and the seeking for the truth? My friends, sometimes it may seem as though your days stretch before you as a plain, vast and featureless and indistinguishable by any landmark, any signpost to which you may look to for inspiration or a new way of being. Actually, my friends, the terrain of your illusion is constantly precipitous. Your illusion has many levels. You, yourself, may choose the level at which you wish to experience the conditions of your existence.

When it seems that though you have plenty, that though all things should be harmonious, they are not, put yourself to the task of scaling a cliff within yourself. Move beyond a cloud which obscures the ever-present pinnacle that towers out of sight above the fog. At that level, my friends, you may experience certain losses and feel in these losses, which are only those needs which you have discarded as you see the illusory nature of them, a freedom to be joyful and in harmony, that you could not see dwelling under a cloud.

This cloud is part of the illusion and may be penetrated most easily by meditation. It is, however, possible at any moment to mentally climb the precipice, to, by an act of desire, move above the obscuring clouds and see the stars, the points of light and love and truth which are not visible from the lower points of viewing. There is one fine gift, perhaps above most, that such an overview may offer to you. That is a sense of the honor that it is to dwell with those about you, for each is a unique and beautiful part of the creation, which is vast, free, resplend—we correct this instrument—resplendently lovely.

This sense of honor in sharing experiences with others is so often lost among your peoples that it is quite rare to experience. However, my friends, you can perhaps cast your mind back to a point at which you met such an entity, an entity who honored the life within you, whether you yourself at that time honored it or not. What a gift has such a person given—the gift of recognition, for are we not all one being? One part of an infinite Creator? And is not each part full worthy of the utmost honor?

At this time we would transfer this contact. I am Hatonn.

(L channeling)

I am Hatonn, and I greet you again, my brothers and sisters, in the love and the light of the Creator. We of Hatonn desire to be of service to you for in so doing we accomplish the task of growth which we have set before ourselves. It is a privilege to serve you, for in doing so we find that we serve ourselves, as one self in a body serves itself through benefiting the entire body.

At this time we would like to exercise another instrument, so as to familiarize the instrument with the sensation of our contact. I am Hatonn.

(Carla channeling)

I am Hatonn, and am again with this instrument. We have been attempting to speak a few words through the one known as E. If he would relax and speak the words that are given at the moment to him without hesitation, we shall again transfer to the instrument known as E. I am Hatonn.

(E channeling)

I am Hatonn, and I great you once again in love and the light of the infinite Creator. It is a pleasure to work with a new instrument. We suggest that this instrument relax and allow the words to come without thinking or worrying about what is being said. We will return now to the one known as Carla. I am Hatonn.

(Carla channeling)

I am Hatonn, and am again with this instrument. May we thank each of you for the patience which it requires for you to offer energy to the group while we exercise new channels. It is enormously appreciated. We and our brothers and sisters of Laitos would like to take this opportunity while there is some pause for working with each of you who is not at the present time channeling, as this instrument calls this activity of service. We would not wish at this time to put words in your mouths, but merely to work with each of you to help deepen your state of meditation and to make some adjustments which are unique with each of your vibrations.

We would work at this time with the one known as D.

(Pause)

We would, at this time move to the one known as S, if she would relax.

(Pause)

I am Hatonn. May we say to the one known as S that we appreciate the effort that has been made by this entity and are with her.

As we move to the one known as R may we say we are attempting to be extremely cautious that we may disrupt as little as possible a somewhat sensitive energy field. We would work with this instrument at this time.

(Pause)

I am Hatonn. We move now to the one known as Don and offer our vibration.

(Pause)

I am Hatonn, and greet you once again in love and light. I and my brother Laitos thank you for the privilege of working with each of you. We would at this time move on, if we may, to another channel. I am Hatonn.

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(L channeling)

I am Hatonn. I am again with this instrument. We thank you for your patience as we have had some difficulty in contacting this instrument. It is our privilege at this time to attempt to answer any questions that you may have. I am Hatonn.

C: Yes, Hatonn, I have a question. I asked earlier and was told that as third density we aid second density in their attempt to become third. I was wondering, as a second-density entity grows, does it seek out contact with third?

I am Hatonn. I am aware of your question. My brother, second density, like your own third density, has levels of development within it, for just as in your own density, not all who occupy that density are of simultaneous development. Also, my brother, we would remind you that not all seek the some experiences simultaneously in your dimension, therefore, we would answer your question by saying that, with these factors understood, some of second density will seek out the experience of contact with third-density entities such as yourself, while others will not seek out that contact.

May we answer you further, my brother?

C: No, not on that subject, but here of late I've been observing a friend who is experiencing extreme emotional difficulties and I was wondering if you could give me any advice about how best to aid this person in this difficult time.

I am Hatonn. My brother, your heart is open to sharing, for such is your nature, and you do not limit your sharing to joy, but also to sharing the pains and sorrows experienced by others because of the love that you feel for them. My brother, the saying exists on your planet that "time heals all wounds." Though we would not attempt to evaluate the accuracy of the terms used in this saying, we would make use of it to suggest that what you refer to as time with the sharing of a sincere loved one can be of great assistance in assimilating the experiences your friend has chosen to take on at this time. Therefore, my brother, to be more concise, we would suggest that your patient willingness to serve through sharing of experience is the most valuable form of assistance you can render your friend.

May we answer you further, my brother?

C: No, thank you very much.

We thank you. Is there another question?

E: I have a question, Hatonn, and that is during the recent flyby Saturn I heard on the radio that the camera of the satellite went out of order. There was also a period of ten to fifteen minutes of transmissions from three other sets of instruments that were described as being very strange, that is that for ten to fifteen minutes strange data was coming through three other sets of instruments, and my question is can you tell us what that incident means or what that strange data was?

I am Hatonn. My brother, you are aware that we of the Federation are unable to supply proof of our efforts for existence. Consequently, to passively allow any such event to occur would be a violation of our own morals, so to speak. To answer what we feel is your subsequent question, if we may be so presumptuous …

E: Certainly.

…We thank you. We cannot reveal to you …

(Side one of tape ends.)

… suggest that the variation and terminations of data could be construed as indicative of variations within the supposedly concrete universe within which many minds attempt to function. The statement made on your planet long ago, "Those who have eyes, let them see; those who have ears, let them hear," is very appropriate for the situation to which you have referred, my brother, for the perceptions must be selective for their growth value to be derived.

May we answer you further?

E: Not at this time. Thank you.

As always, we thank you, my brother. Is there another question?

E: Yeah. I'd like to ask one other question, and that is—and this just occurred to me—we are of the third density on a planet that is entering fourth density and on our planet there are beings of first, second and third density, and as we enter fourth density I would assume there would then be beings of first, second, third and fourth density, but as I understand it, when the planet becomes fourth density, then those of us that remain in the third density will have to go elsewhere. Is that correct? And why is it that we can't stay with the planet, if

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we don't become fourth density, because second-density creatures stay or are on this planet now, so why can't third-density creatures inhabit or be on a planet that is in fourth density?

I am Hatonn. I am aware of your question. It is appropriate, my brother, for a mixture of polarities to exist simultaneously when the opportunity exists for those polarities to achieve growth due to the potential produced by the presence of both polarities. However, the presence of both positive and negative fourth-dimensional polarities upon a planetary sphere that contains solely unpolarized third-dimensional entities would potentially result in the third-dimensional entities becoming a sort of battleground between the fourth-dimensional polarities.

To remove either of the two fourth-dimensional polarities would have a detrimental effect upon the remaining third-dimensional entities, therefore, my brother, we have a situation where it is not possible to allow all three to occupy the some planetary sphere, nor is it possible to allow either fourth-dimensional polarity along with the unpolarized third-dimensional entities. Finally, to cover all of the potential combinations, to allow the joint occupation of the planetary sphere by both fourth-dimensional polarities without the undecided third-dimensional polarities—correction—third-dimensional unpolarized entities would be simply to extend and aggravate the immediately pre-harvest third-dimensional condition. For these reasons, it is necessary to separate the groups.

In reference to your comparison with the simultaneous occupation of first, second and third densities, my brother, you must remember the significance of the third-dimensional existence, that is, a time of choice.

May we answer you further, my brother?

E: I think I understand. Thank you.

We thank you. Is there another question we may answer?

D: Yes, Hatonn. At the time you were attempting, that you were working with all of us in the room and you began to work with me, it seemed to me that you passed over rather quickly and I'd like to know if you can tell me why that was and for me specifically and, in general, how those of us who are not channeling at this time, how we may better prepare ourselves for future contacts, for future workings with you.

I am Hatonn. My brother, we are pleased that you are interested in these matters, for meditation itself is a path toward growth for you and as insignificant as our efforts and advice may be, we welcome the opportunity to share what little we have to offer with you as frequently as you request.

To answer your questions, my brother, the purpose of our contact with you was simply a refinement of our communication with you, for although we would not attempt to force you to channel, as you term it, we would share as—correction—share in as well-balanced a state as possible our own atmosphere with yours, so as to acquaint you with our presence without forcing ourselves upon you. In your case, the balance was near to being concise and therefore did not require much adjustment. As to facilitating your contact with any member of the Federation, the most important discipline for you to undertake is that of consistent, daily meditation, for there is no other tool, as this instrument would say, that will suffice to do the job. There are many disciplines that possess great value in their ability to facilitate an entity to teach himself, but the tool must be appropriate for the job. In this case, the tool for the job is consistent, daily meditation.

May we answer you further, my brother?

D: No, thank you very much and thank you for your unusual contact.

As always, my brother, the pleasure through the service is ours. Is there another question?

S: I have a question. I've experienced a great deal of discomfort this evening. Can you tell me the cause of it and what I can do to alleviate it in the future?

I am Hatonn. The discomfort that you experience is due partly to our own inadequate control of our attempt to share our presence with you and for this we humbly offer our apology, for our intent is not to cause discomfort. We would ask that you understand that the unity of contact within this group ebbs and flows as various individuals are distracted, become tired, or suddenly recall the purpose for which they came and return full force to the energy field of this group. All of this requires a constant tuning and balancing for us and we regretfully are not always adept at this.

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In your case as well there is a strong request for our presence and communication but it is hindered by a reluctance which results in a sort of a participatory tug of war between yourself and yourself. As we attempt to step up our signal to you, so to speak, in response to the intensity of your calling, the increased presence at some times meets a repulsion that itself waxes and wanes with the intensity of our signal.

May we answer you further?

S: No, thank you.

We would suggest, if we might, that through further meditation, both with groups such as this one or by yourself away from this group, that you will gradually overcome the fears and reluctance that are affecting your development of your talents, for just as the sudden exercising of unused muscles can cause pain and difficulty, so also can the new flexing, so to speak, of your psychic muscles.

Is there another question?

S: No. You've been very helpful. Thank you.

As always, we thank you. Is there another question?

E: I have another question and that is it seems as though the mode of communication that we're using now would be called telepathy and what I'm wondering is—that is, whether in communicating with you this way we become any more sensitive telepathically to each other and to others on this planet. In other words, are there any changes in our brains as a result of this kind of communication?

I am Hatonn. My brother, in any spiritual striving that results in the individual more closely approximating his or her potential there is an increase in those skills or characteristics that the perfected individual would find inherent.

May we answer you further?

E: So, are you saying that we are in this communication improving our telepathic skills, so to speak?

I am Hatonn. That is correct just as—correction—that is correct, but just as one might limit one's perception to a single area and say, "I improve my telepathic skills," and not see that one is improving simultaneously on all sides, then in another area of research might say, "I am improving my levitational skills," without realizing simultaneously, simultaneous improvement of telepathic skills.

May we answer you further?

E: No, thank you.

C: Hatonn! When I asked a similar question—I may have read the answer wrong, but I thought I was told that although our telepathic skills improve, that on this level there are so few entities capable of sending a powerful enough thought that our ability to pick up thoughts from our fellow entities really didn't increase appreciably. Is that right?

I am Hatonn. My brother, the term appreciably is somewhat confusing, however, if we may attempt to clarify the communication problem we would say that growth occurs—correction—when growth occurs, it occurs in all directions. However, this is not to say that a surge in one area is accompanied by a dramatic surge in a different area. The key to the understanding of this problem is in viewing growth as the ability to accept and make use of the energy inherent in light. To be quite skillful in manipulating energy, to levitate for example, does not imply the same skill acquired through practice in such an area as telepathy. There are, in a sense, limitations to what may be accomplished in the third dimension in the area of telepathy simply because to become as adept with the use of light energy as is necessary to make major displays of telepathy—such as those communications accomplished by some of this group through mechanical devices—would be a level of development far in excess of that requiring an extended stay in the third dimension.

May we answer you further?

C: No. I see what you mean.

Is there another question?

C: Hatonn, when an entity gets a glimpse of future events, a premonition, what source is that entity tapping for this information? Is he, for a moment, open to a higher density negative source, for most future predictions are specific information, or is there, for a brief period, a strengthening of the link between the lower and the plan that the higher self has conceived for his experiences in this density or is it neither of?

I am Hatonn. My brother, there are many possible answers to your question for there are many

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potential causes to the effect you describe. Obviously, there are ramifications to informing you what the specific cause of the specific event is and for that reason we will not attempt to define a specific cause or a specific event. However, we would also suggest that you examine the creation that you refer to as time, for time itself is a tool created to serve and not to be served. It is malleable and as your higher self is familiar with this malleability and is also in direct communication with you, it is distinctly possible at times that your higher self will choose to give you a glimpse of what you refer to as the future, although in actuality all futures and all pasts are the present.

May we answer you further?

C: No thank you, for the moment. I'll have to think about this for a while.

We thank you. Is there another question that we may attempt to answer?

(Pause)

I am Hatonn. I am again with this instrument. We of Hatonn are grateful for the extended opportunity of service that you have presented us and desire that you be aware that we are available to each of you individually at any time, for however brief a period of time, if we may be of some assistance, for even the occurrence of a stoplight or as instrument describes as "being on hold," are opportunities for a brief but effective effort to establish a link between your selves and ours, if such is your desire and if so, simply address your mental or verbal calling to us and we will be enthusiastically responsive.

At this time we bid you adieu. I am Hatonn.

(Carla channeling)

I am Latwii, and I greet you in the love and in the light of the infinite Creator. We thank you for the opportunity to speak as briefly as possible at this time, for we know that you have had a long meeting. We have been exercising this instrument and causing her to twitch about on the couch for some time. We wanted to tell you how grateful we were to be with you this evening. My friends, we will only speak a few words and answer no questions. We wish to share with you a few thoughts.

We first would like for you to think of the oyster. My friends, when an oyster gets sand inside it, do you think that the oyster says to itself, "Ah, sand! I will now make a pearl.'' No, my friends, the oyster tries as hard as it can to remove the sand, but the sand is part of the oyster's experience and somehow, as the sand remains and the pain of its remaining is borne, something of great beauty among your peoples comes to be.

The sand within your existence, my friends, is there, not to cause you to swear, although you do, but to create the opportunity for you to create those things of beauty in your nature which shall be of eternal worth. We call you, my friends; we call you. What do you desire? Not yesterday, not tomorrow. At this moment, desire you the joy …

(Tape ends.) ♣

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The Law of One, Book III, Session 70

September 9, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you please give me an indication of the condition of the instrument?

Ra: I am Ra. We are gratified to say that it is as previously stated.

Questioner: Why do you say that you are gratified to say that?

Ra: I am Ra. We say this due to a sense of gratitude at the elements which have enabled this instrument to maintain, against great odds, its vital energy at normal vibratory strength. As long as this complex of energies is satisfactory we may use this instrument without depletion regardless of the distortions previously mentioned.

Questioner: The instrument has complained of intensive psychic attack for the past diurnal period, approximately. Is there a reason for the intensification of this psychic attack?

Ra: I am Ra. Yes.

Questioner: Can you tell me what this reason is, please?

Ra: I am Ra. The cause is that with which you are intimately involved, that is, the cause is the intensive seeking for what you may call enlightenment. This seeking upon your parts has not abated, but intensified.

In the general case, pain, as you call this distortion and the various exaggerations of this distortion by psychic attack would, after the depletion of physical complex energy, begin the depletion of vital energy. This instrument guards its vital energy due to previous errors upon its part. Its subconscious will, which is preternaturally strong for this density, has put a ward upon this energy complex. Thus the Orion visitor strives with more and more intensity to disturb this vital energy as this group intensifies its dedication to service through enlightenment.

Questioner: I have an extra little question that I want to throw in at this time. Is regressive hypnosis on an individual past birth in this incarnation to reveal memories to it of previous incarnations a service or a disservice to it?

Ra: I am Ra. We scan your query and find you shall apply the answer to your future. This causes us to be concerned with the first distortion. However, the query is also general and contains an opportunity for us to express a significant point. Therefore, we shall speak.

There is an infinite range of possibility of service/disservice in the situation of time regression hypnosis, as you term this means of aiding memory. It has nothing to do with the hypnotist. It has only to do with the use which the entity so hypnotized makes of the information so gleaned. If the hypnotist desires to serve and if such a service is

performed only upon sincere request, the hypnotist is attempting to be of service.

Questioner: In the last session Ra stated that "the path back from sixth-density negative time/space revolves, firstly, about the higher self's reluctance to enter negative time/space." Could you explain the higher self's position with respect to positive and negative time/space and why it is so reluctant to enter negative time/space that it is necessary for the mind/body/spirit complex to incarnate in negative space/time to find its path back?

Ra: I am Ra. In brief, you have answered your own query. Please question further for more precise information.

Questioner: Why is the higher self reluctant to enter negative time/space?

Ra: I am Ra. The higher self is reluctant to allow its mind/body/spirit complex to enter negative time/space for the same basic reason an entity of your societal complex would be reluctant to enter a prison.

Questioner: What I am trying to understand here is more about the higher self and its relationship with the mind/body/spirit complex. Does the higher self have a sixth-density mind/body/spirit complex that is a separate unit from the mind/body/spirit complex that is, in this case, displaced to negative time/space?

Ra: I am Ra. This is correct. The higher self is the entity of mid-sixth-density which, turning back, offers this service to its self.

Questioner: I think I have an erroneous concept of the mind/body/spirit complex that, for instance, I represent here in this density and my higher self. This probably comes from my concept of space and time. I am going to try to unscramble this. The way I see it right now is that I am existing in two different locations, here and in mid-sixth-density, simultaneously. Is this correct?

Ra: I am Ra. You are existing at all levels simultaneously. It is specifically correct that your higher self is you in mid-sixth-density and, in your way of measuring what you know of as time, your higher self is your self in your future.

Questioner: Am I correct in assuming that all of the mind/body/spirit complexes that exist below levels of mid-sixth-density have a higher self at the level of mid-sixth-density? Is this correct?

Ra: I am Ra. This is correct.

Questioner: Would an analogy for this situation be that an individual's higher self is manipulating, to some extent shall I say, the mind/body/spirit complex that is its analog to move it through the lower densities for the purposes of gaining experience and finally transferring that experience or amalgamating it in mid-sixth-density with the higher self?

Ra: I am Ra. This is incorrect. The higher self does not manipulate its past selves. It protects when possible and guides when asked, but the force of free will is paramount. The seeming contradictions of determinism and free will melt when it is accepted that there is such a thing as true simultaneity. The higher self is the end result of all the development experienced by the mind/body/spirit complex to that point.

Questioner: Then what we are looking at is a long path of experience through the densities up to mid-sixth-density which is a function totally of free will and results in the awareness of the higher self in mid-sixth-density, but since time is illusory and there is a, shall I say, unification of time and space or an eradication of what we think of as time, then, all of this experience that results in the higher self, the cause of evolution through the densities, is existing while the evolution takes place. It is all simultaneous. Is this correct?

Ra: I am Ra. We refrain from speaking of correctness due to our understanding of the immense difficulty of absorbing the concepts of metaphysical existence. In time/space, which is precisely as much of your self as is space/time, all times are simultaneous just as, in your geography, your cities and villages are all functioning, bustling, and alive with entities going about their business at once. So it is in time/space with the self.

Questioner: The higher self existing in mid-sixth-density seems to be at the point where the negative and positive paths of experience merge into one. Is there a reason for this?

Ra: I am Ra. We have covered this material previously.

Questioner: Oh yes. Sorry about that. It slipped my mind. Now, if a positive entity is displaced to negative time/space I understand that the higher self is reluctant to enter the negative time/space. For

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some reason it makes it necessary for the mind/body/spirit complex to incarnate in negative space/time. Why is it necessary for this incarnation in negative space/time?

Ra: I am Ra. Firstly, let us remove the concept of reluctance from the equation and then secondly, address your query more to the point. Each time/space is an analog of a particular sort or vibration of space/time. When a negative time/space is entered by an entity the next experience will be that of the appropriate space/time. This is normally done by the form-making body of a mind/body/spirit complex which places the entity in the proper time/space for incarnation.

Questioner: I think that to clear up this point I will ask a few questions that are related that will possibly help me to understand this better because I am really confused about this and I think it is a very important point in understanding the creation and the Creator in general, you might say. If a Wanderer of fourth, fifth, or sixth-density dies from this third-density state in which we presently find ourselves, does he then find himself in the third-density time/space after death?

Ra: I am Ra. This will depend upon the plan which has been approved by the Council of Nine. Some Wanderers offer themselves for but one incarnation while others offer themselves for varying lengths of your time up to and including the last two cycles of 25,000 years. If the agreed-upon mission is completed the Wanderer's mind/body/spirit complex will go to the home vibration.

Questioner: Have there been any Wanderers on this planet for the past 50,000 years now?

Ra: I am Ra. There have been a few. There have been many more which chose to join this last cycle of 25,000 years and many, many more which have come for harvest.

Questioner: Now here is the point of my confusion. If, after physical death, a Wanderer would return to his home planet why cannot the same entity be extracted from negative time/space to the home planet rather than incarnating in negative space/time?

Ra: I am Ra. As we stated, the position in negative time/space, of which we previously were speaking, is that position which is preincarnative. After the death of the physical complex in yellow-ray activation the mind/body/spirit complex moves to a far different portion of time/space in which the indigo body will allow much healing and review to take place before any movement is made towards another incarnative experience.

I perceive a basic miscalculation upon your part in that time/space is no more homogenous than space/time. It is as complex and complete a system of illusions, dances, and pattern as is space/time and has as structured a system of what you may call natural laws.

Questioner: I'll ask this question to inform me a little about what you just stated. When you came to this planet in craft 18,000 and 11,000 years ago, these craft have been called bell craft and were photographed by George Adamski. If I am correct these craft looked somewhat like a bell; they had portholes around them in the upper portions; and they had three hemispheres at 120° apart underneath. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Were these constructed in time/space or in space/time?

Ra: I am Ra. We ask your persistent patience, for our answer must be complex.

A construct of thought was formed in time/space. This portion of time/space is that which approaches the speed of light. In time/space, at this approach, the conditions are such that time becomes infinite and mass ceases so that one which is able to skim the, shall we say, boundary strength of this time/space is able to become placed where it will.

When we were where we wished to be we then clothed the construct of light with that which would appear as the crystal bell. This was formed through the boundary into space/time. Thus there were two constructs, the time/space or immaterial construct, and the space/time or materialized construct.

Questioner: Was there a reason for the particular shape that you chose, in particular a reason for the three hemispheres on the bottom?

Ra: I am Ra. It seemed an aesthetically pleasing form and one well suited to those limited uses which we must needs make of your space/time motivating requirements.

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Questioner: Was there a principle of motivation contained within the three hemispheres on the bottom, or were they just aesthetic, or were they landing gear?

Ra: I am Ra. These were aesthetic and part of a system of propulsion. These hemispheres were not landing gear.

Questioner: I am sorry to ask such stupid questions, but I am trying to determine something about space/time, time/space, and this very difficult area of the mechanism of evolution. I think it is central to the understanding of our evolution. However, I am not sure of this and I may be wasting my time. Could Ra comment on whether I am wasting my time in this particular investigation or whether it would be fruitful?

Ra: I am Ra. Since the concepts of space/time, or physics, and time/space, or metaphysics, are mechanical they are not central to the spiritual evolution of the mind/body/spirit complex. The study of love and light is far more productive in its motion towards unity in those entities pondering such concepts. However, this material is, shall we say, of some small interest and is harmless.

Questioner: I was asking these questions primarily to understand or to build a base for an attempt to get a little bit of enlightenment on the way that time/space and space/time are related to the evolution of the mind/body/spirit complex so that I could better understand the techniques of evolution. For instance, you stated "the potential difference may be released and polarity changed after an entity has learned/taught the lessons of love of self" if the entity is a positive entity that has found itself in negative time/space and has had to incarnate into negative space/time. What I was trying to do was build a base for an attempt to get a slight understanding of what you meant by this statement that potential difference may be released and polarity changed after the above step. I am very interested in knowing, if placed in a negative time/space, why it is necessary to incarnate in negative space/time and learn/teach love of self and develop—I guess—a sixth-density level of polarity before you can release that potential difference. Could you speak on that subject?

Ra: I am Ra. This will be the last full query of this working.

The entity which incarnates into negative space/time will not find it possible to maintain any significant positive polarity as negativity, when pure, is a type of gravity well, shall we say, pulling all into it. Thus the entity, while remembering its learned and preferred polarity, must needs make use of the catalyst given and recapitulate the lessons of service to self in order to build up enough polarity in order to cause the potential to occur for reversal.

There is much in this line of questioning which is somewhat muddled. May we, at this point allow the questioner to rephrase the question or to turn the direction of query more towards that which is the heart of its concern.

Questioner: I will, at the next session, then attempt to turn more toward the heart. I was attempting in this session to get at a point that I thought was central to the evolution of spirit but I seem to have gone awry. It is sometimes very, very difficult for me to question wisely in these areas.

I will just ask if there is anything that we can do to enhance the contact or to make the instrument more comfortable?

Ra: I am Ra. You are most conscientious and the alignments are especially good. We thank you, my friends, and have been glad to speak with you. We are attempting to be of the greatest aid to you by taking care not to deplete this instrument. Thus although a reserve remains we will attempt from this working onward to keep this reserve, for this instrument has arranged its subconscious to accept this configuration.

I am Ra. You are all doing well, my friends. We leave you in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing and glorying in the power and in the peace of the one infinite Creator. Adonai. ♣

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Sunday Meditation
September 13, 1981

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to speak with you this evening and we greet the one known as M, who is new to this group.

This evening we would like to share with you a small story. It is the story of a person who was seeking. This person was seeking, not for food, nor for labor, nor for rest, nor for companionship, for this young man was weary of the ways of the world and sought only one thing—the knowledge of the Creator. He spoke to many, for many are the teachers among your peoples and many are the opinions that they hold. From one great teacher he would hear that the Creator is that which is within a great vastness apart from this little life, which is called heaven. From another great teacher he heard that the Creator lurked in the running water and was in fact a state of nothingness. He continued seeking. Another great teacher—and a very convincing one—sought to teach the Creator is honor, righteousness and a graceful way of life. This seemed to make more sense to the young man and yet, the young man was not satisfied.

He looked to the stars, to the forests, to the seas and to all of nature, for he could not, in any case, find any man, no matter how wise, who could tell him about the nature of the Creator. One day, as he was sitting, looking into a still pool, a very old man approached him. Little hair had he and little height. He was apparently poor, for his clothes were tattered. He smiled as he sat next to the young man and inquired after the young man's health. "I'm quite well, stranger," replied the young man, "But my heart is heavy. The things of this world do not satisfy me, and yet I cannot find that which is more permanent. I cannot understand the Creator."

The old man nodded and pointed to the still pool. "Have a look into the water," said he, "For there is the beginning and the end of your search."

And lo! The wizened old man had fled, leaving the young wanderer to gaze at his own face in the calm, clear waters of the forest pond. My friends, in the illusion which you now enjoy, there is every reason for you to believe that the truth will come to you from outside yourself. Your peoples have believed this for a great span of your years, as you call them, and all those about you believe that all things come to you from the outside. There are some items which are available to one who wishes to purchase knowledge. One may learn how to make the illusion work. What one may not purchase for any price from outside oneself is the knowledge of why things are as they are, why we are here, and what is the nature of our being.

To look in the mirror is to see an infinitely small part of the creation. This, my friends, is to the best of our knowledge, a creation made entirely of love. As you view yourself, you may see a tiny portion of an infinite love and yet, within that image in the mirror, there lie depths through which you may only see given a great deal of desire, time and discipline, for that which you seek within yourself, that which is the true heart of love, is locked within you like a seed within the earth or a babe in the womb, and it is through quietness, confidence and meditation that you may let this plan germinate, this babe be born. This entity is that part of yourself that is more fully the original Thought of the Creator—the original Thought of love.

At this time I would transfer this contact. I am Hatonn.

(L channeling)

I am Hatonn. I am now with this instrument and I greet you again in the love and the light of that which has caused our existence in service to one another.

It is a novel situation on your planet that so many who, in their higher self, seek numerous opportunities for service to one another find that on your planetary surface they are able only to seek opportunities for [helping] others to serve themselves. It is disappointing for them to find that their energies were so misdirected. For upon passing through that portal which you describe as death, and gazing back in reexamination of those life experiences, they discover that in one sense they were extraordinarily successful, for against their own higher will and against the natural flow of service that permeates the universe, they were successful in attempting, for their brief period of time, to shove the river of service upstream. Their accomplishment was to, against all help offered by the universe, find themselves opportunities to absorb service instead of projecting service.

It is not often that a planet upon which this is so prevalent is encountered, yet such notoriety is not particularly advantageous, my brothers. It is for this reason that we seek to spend more and more time in communication with the occupants of your planet, such as yourself, for this misdirection of energy, although unpolarized, does not achieve any variation in the individual's attainment. The uncontrolled scattering of energy that this represents is similar to an unharnessed electrical engine which generates sparks, and fires them randomly throughout the arc of its circulation. This random expulsion of energy acts, in its own way, as a summons for the type of help which we may offer if there is a defined calling for our help calling as well.

So, although the situation which we have described greatly validates, so to speak, our efforts, we would prefer that our presence were less intensely demanded. The opportunity for service within the individual consciously oriented toward service is intensified in this situation, for the individuals directing their energy at random on a higher level seek assistance in attaining their focus and for this purpose many of those you describe as wanderers have sought the opportunity for service on your planet.

If those of you present will seek the opportunity for service to your fellow occupants, we would suggest that you not attempt to describe your particular form of communication with those of the Federation—for many are not open to this type of communication and should be allowed to introduce their own calling—but rather attempt to assist your brothers and sisters in attaining a focus for their energies. It is possible, for example, to suggest that an afternoon might be more effectively spent in assisting a friend or relative in a form of necessary labor rather than whiling away the afternoon being entertained by electromechanical devices.

It is not necessary to convey to the individual the entire philosophy offered by members of the Federation to accomplish this suggestion. Rather, offer what is needed to plant the seed and allow it to grow without over-fertilization. We do not intend to imply that the communications you receive should be kept secret, for this is not our purpose, but rather that service is independent of philosophy, may be offered without an awareness of the philosophy we offer and may, in some cases, be inhibited by an awareness of our philosophy. It is for you, in service, to evaluate the situations before you and act accordingly.

At this time we would transfer our contact to another instrument. I am Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument and greet you once again in love and light. At this time it is

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our privilege to be joined by our brothers and sisters of Laitos for the purpose of offering the conditioning vibration to those of this group who wish to become more familiar with this vibration in order to deepen their meditation and perhaps at a later date, to take part in the channeling process.

At this time we will pause to allow our brothers and sisters of Laitos to pass among this group and to condition those who mentally request the conditioning vibration. I am Hatonn.

(Pause)

I am Hatonn. I am again with this instrument. At this time we would offer ourselves in the answering of questions which those of this group may find the value in the questing. Are there any questions at this time?

L: I have a question I'd like to ask, Hatonn. Recently I've been experiencing some visual or mental flashes of what seem to be a picture or a memory. As it's only present for a split second and then it's gone, it's not something I can retrieve and it has nothing at all to do with what I was thinking about or seeing at the time. Could you explain to me what this is?

I am Hatonn, and am aware of your question, my brother. To answer it in full, we are afraid, would be an infringement upon your future and your free will. We may only say in this case that this phenomenon which you are experiencing is that which is, shall we say, a trigger for that which is the harbinger of more to come. It is to tickle your curiosity and to incite further seeking. This you have already surmised yourself; this we may confirm. To say any more of a specific nature would be to travel that road of seeking for you. This we cannot do, for that road is the road which contains the learning you seek and this learning we would not take from you.

May we answer you further, my brother?

L: Yes. Within the limitations that you operate, is there any advice you are able to offer that would assist me in determining the direction to turn to develop this particular phenomena?

I am Hatonn. My brother, of these suggestions we may say you are already aware of that path which is most beneficial for the seeking. We may only say that to seek and to persevere is the most efficacious solution.

May we answer you further, my brother?

L: No. Thank you very much.

As always, we thank you. Is there another question at this time?

L: I have one other question, Hatonn. A while back I was involved in a practice session for astral projection that was fairly successful. Is this phenomena fairly significant as an accomplishment or is it simply another phenomena that can be developed, on the order of telekinesis or something like that that is no particular value of its own?

[I am Hatonn.] On this matter, my brother, may we say that the answer has two parts. Indeed, such an ability is a sign of great achievement, for it is not usual among your people to be able to project the astral body at will. It may also be said that it is not usual among your people to be able to, as this instrument might say, juggle five balls simultaneously. The value of either activity depends upon the desire and the purpose of the one so seeking the skills.

May we only suggest that in any seeking which you may undertake, if you should wish to evaluate its effectiveness as regards your own spiritual evolution, you may simply ask yourself the question, "How may I serve others through this activity?" If you can find ways to share the love of the Creator with those brothers and sisters who are one with you upon this planet, then you have done that which is of great value and you have accomplished a feat that few upon your planet can name as their own.

May we answer you further, my brother?

L: No, you've answered my question. Thank you.

We thank you. Is there another question at this time?

(Side one of tape ends.)

(Jim channeling)

I am Hatonn. It is a great pleasure to share in your meditation, but we feel somewhat remiss in our duties to only meditate at this time with you. May we ask if there is another question which any entity present might wish to ask at this time?

L: Is there a service you are capable of offering beyond that of communication?

I am Hatonn. Our services at this time are few in number, but include, as we have mentioned before, joining each entity in meditation wherever that

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entity might be at whatever time we are asked, the asking being the only requirement. When asked to join an entity in meditation we are most privileged to be allowed to do so. This service combined with the service which we now render in the form of telepathic transmission of thoughts is the service which we are allowed by Confederation guidelines, shall we say, to offer those entities who call for our services upon your planet.

May we answer you further, my brother?

L: Is this a service that is common to all members of the Federation?

I am Hatonn. There are some within the Confederation of Planets in the Service of the Infinite Creator who have varying skills and therefore, varying services to offer. This group is aware of the entity known as Nona who has the skills and services of the healing vibrations. There are others in the Confederation who have the task and the service of contacting various entities upon your planet while they are in states of what you call sleep and dreams and who, in this contact, are able to inspire by image or dream the entity so contacted to perform what the entity has decided before incarnation that it shall perform. These contacts are of an inspirational nature and are, in general, agreed upon before the incarnation of the entity contacted.

Others in the Confederation have, in that which you call your past, been able to make direct contact with various entities upon your planet for the purpose of providing information of a certain nature. In general, such direct contacts have not proven useful in the long run, so to speak, and thus this type of service is no longer offered by Confederation members for such services have proven to have mixed results.

May we answer you further, my brother?

L: No. You've answered me sufficiently. Thank you.

Again we thank you. May we answer another question at this time?

D: Hatonn, this past week during my meditations I've mentally called upon you to meditate with me and during those times I sensed or I felt no added presence to me at that time. Am I doing something wrong or are my spiritual senses just not sharp enough yet to detect that, or is there something that you could suggest I could improve on my technique?

I am Hatonn. In this regard, my brother, may we say that we are aware of your calling and we have indeed joined you in your meditations. We deem it a great privilege to do so. To those who are new to this group and who are in effect calling for our assistance for the first few times, so to speak, we are quite careful to join such an entity by using, shall we say, the light touch. We have, in this group's recent past, not been quite so able to use this light touch and have caused some inconvenience and discomfort, which we once again apologize for. It is not always an easy task to be able to blend vibrations of one density with those vibrations of another density.

As you continue in your meditations to request our presence, we will, hopefully, be able to blend our vibrations in such a manner that you will indeed be aware of our presence, but shall not experience the discomfort of a heavy hand, shall we say.

May we answer you further, my brother?

D: No, I appreciate that answer, Hatonn. Just always be aware that in my understanding of what you're saying, that if at any time you happen to slip and knock me off the couch—that or anything—I'll certainly understand.

I am Hatonn. We sincerely appreciate the range of possibilities which you have provided us. We shall attempt to remain within that range.

May we answer another question at this time?

S: Hatonn, I have a question. When I was experiencing discomfort, is that a result of what you were just speaking of—a heavy hand?

I am Hatonn. My sister, we are apologetically required to answer "Yes." We shall attempt to be more light in our touch in the future.

May we answer you further?

S: No, thank you.

Again, we thank you. May we answer another question at this time?

L: Hatonn, there was an individual on our planet that we called Mahatma Ghandi. What can you tell me of previous incarnations of this individual?

I am Hatonn. On this matter, my brother, we are somewhat limited in speaking to the present activities of this entity, but may say that this entity was one of those whom you have called the wanderer who came among your peoples at the time that you

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are familiar with as this last incarnation, and who came among your peoples also at a previous time approximately two hundred years earlier, and also this entity walked among your peoples a number of times in your distant past as one who sought to raise the vibrations of this planet by its very beingness and also through the activities afforded to it by each successive incarnation. The incarnation which you are most familiar with was, shall we say, a great triumph for this entity and allowed this entity to complete the mission which it had agreed to complete many thousand of your years ago, when it first offered itself as a wanderer.

May we answer you further, my brother?

L: Yes. Is the individual's current incarnation still involved with working on our planet?

I am Hatonn. Yes. May we answer you further, my brother?

L: No. I thank you.

I am Hatonn. We thank you, as always. Is there another question at this time?

(Pause)

I am Hatonn. At this time we shall transfer this contact and close through another instrument. I am Hatonn.

(C channeling)

I am Hatonn, and I am with this instrument. My friends, tonight as always, it's been a great privilege to speak a few humble words. We of Hatonn do deem it, as always, very pleasing to join with this group, and feel the love that is present in this group. And we always enjoy each opportunity to speak to those who become as part of the entity of your planet who seek, as do we all, the love and light of the one infinite Creator.

We especially enjoy the sounds that are present, in what you call nature, of this time of your year and wish you also to, at times, listen. Open yourselves to your planet. Hear, feel yourselves as one in meditation with your planet and all those entities upon it, for while we all seem to be isolated within ourselves, there's always kindred spirits seeking and willing to share and aid each of those who seek. We are known to you as Hatonn and leave you now in the love and light of the one Creator. Adonai, my friends. Adonai vasu borragus. ♣

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The Law of One, Book III, Session 71

September 18, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. It is as previously stated with the exception of a slight improvement in the vital energy distortions. One may note to the support group, without infringement, that it is well to aid the instrument in the reminders that while physical complex distortions remain as they are it is not advisable to use the increased vital energies for physical complex activities as this will take a somewhat harsh toll.

Questioner: In this session I hope to ask several different questions to establish a point of entry into an investigation that will be fruitful. I would first ask if it is possible to increase polarity without increasing harvestability?

Ra: I am Ra. The connection between polarization and harvestability is most important in third-density harvest. In this density an increase in the serving of others or the serving of self will almost inevitably increase the ability of an entity to enjoy an higher intensity of light. Thus in this density, we may say, it is hardly possible to polarize without increasing in harvestability.

Questioner: This would probably be possible in the higher densities such as the fifth-density. Is this correct?

Ra: I am Ra. In fifth-density harvest, polarization has very little do to with harvestability.

Questioner: Would you explain the concept of working with the unmanifested being in third-density to accelerate evolution?

Ra: I am Ra. This is a many-layered question and which stria we wish to expose is questionable. Please restate giving any further depth of information requested, if possible.

Questioner: Define, please, the unmanifested being.

Ra: I am Ra. We may see that you wish to pursue the deeper strata of information. We shall, therefore, answer in a certain way which does not exhaust the query but is designed to move beneath the outer teachings somewhat.

The unmanifested being is, as we have said, that being which exists and does its work without reference to or aid from other-selves. To move into this concept you may see the inevitable connection between the unmanifested self and the metaphysical or time/space analog of the space/time self. The activities of meditation, contemplation, and what may be called the internal balancing of thoughts and reactions are those activities of the unmanifested self more closely aligned with the metaphysical self.

Questioner: As an entity goes through the death process in third-density it finds itself in time/space. It finds itself in a different set of circumstances. Would you please describe the circumstances or

properties of time/space and then the process of healing of incarnative experiences that some entities encounter?

Ra: I am Ra. Although this query is difficult to answer adequately, due to the limitations of your space/time sound vibration complexes, we shall respond to the best of our ability.

The hallmark of time/space is the inequity between time and space. In your space/time the spatial orientation of material causes a tangible framework for illusion. In time/space the inequity is upon the shoulders of that property known to you as time. This property renders entities and experiences intangible in a relative sense. In your framework each particle or core vibration moves at a velocity which approaches what you call the speed of light from the direction of supraluminal velocities.

Thus the time/space or metaphysical experience is that which is very finely tuned and, although an analog of space/time, lacking in its tangible characteristics. In these metaphysical planes there is a great deal of what you call time which is used to review and re-review the biases and learn/teachings of a prior, as you would call it, space/time incarnation.

The extreme fluidity of these regions makes it possible for much to be penetrated which must needs be absorbed before the process of healing of an entity may be accomplished. Each entity is located in a somewhat immobile state much as you are located in space/time in a somewhat immobile state in time. In this immobile space the entity has been placed by the form-maker and higher self so that it may be in the proper configuration for learn/teaching that which it has received in the space/time incarnation.

Depending upon this time/space locus there will be certain helpers which assist in this healing process. The process involves seeing in full the experience, seeing it against the backdrop of the mind/body/spirit complex total experience, forgiving the self for all missteps as regards the missed guideposts during the incarnation and, finally, the careful assessment of the next necessities for learning. This is done entirely by the higher self until an entity has become conscious in space/time of the process and means of spiritual evolution at which time the entity will consciously take part in all decisions.

Questioner: Is the process in positive time/space identical with the process in negative time/space for this healing?

Ra: I am Ra. The process in space/time of the forgiveness and acceptance is much like that in time/space in that the qualities of the process are analogous. However, while in space/time it is not possible to determine the course of events beyond the incarnation but only to correct present imbalances. In time/space, upon the other hand, it is not possible to correct any unbalanced actions but rather to perceive the imbalances and thusly forgive the self for that which is.

The decisions then are made to set up the possibility/probabilities of correcting these imbalances in what you call future space/time experiences. The advantage of time/space is that of the fluidity of the grand overview. The advantage of space/time is that, working in darkness with a tiny candle, one may correct imbalances.

Questioner: If an entity has chosen the negative polarization are the processes of healing and review similar for the negative path?

Ra: I am Ra. This is correct.

Questioner: Are the processes that we are talking about processes that occur on many planets in our Milky Way Galaxy, or do they occur on all planets, or what percentage?

Ra: I am Ra. These processes occur upon all planets which have given birth to sub-Logoi such as yourselves. The percentage of inhabited planets is approximately 10%.

Questioner: What percentage of stars, roughly, have planetary systems?

Ra: I am Ra. This is unimportant information, but harmless. Approximately 32% of stars have planets as you know them while another 6% have some sort of clustering material which upon some densities might be inhabitable.

Questioner: This would tell me that roughly 3% of all stars have inhabited planets. This process of evolution is in effect throughout the known universe then. Is this correct?

Ra: I am Ra. This octave of infinite knowledge of the one Creator is as it is throughout the One Infinite Creation, with variations programmed by

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sub-Logoi of what you call major galaxies and minor galaxies. These variations are not significant but may be compared to various regions of geographical location sporting various ways of pronouncing the same sound vibration complex or concept.

Questioner: It seems to me from this that the sub-Logos such as our sun uses free will to modify only slightly a much more general idea of created evolution so that the general plan of created evolution then seems to be uniform throughout the One Infinite Creation. The process is for the sub-Logoi to grow through the densities and, under the first distortion, find their way back to the original thought. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Then each entity is of a path that leads to one destination. This is like many, many roads that travel through many, many places but eventually merge into one large center. Is this correct?

Ra: I am Ra. This is correct but somewhat wanting in depth of description. More applicable would be the thought that each entity contains within it all of the densities and sub-densities of the octave so that in each entity, no matter whither its choices lead it, its great internal blueprint is one with all others. Thusly its experiences will fall into the patterns of the journey back to the original Logos. This is done through free will but the materials from which choices can be made are one blueprint.

Questioner: You have made the statement that pure negativity acts as a gravity well pulling all into it. I was wondering first if pure positivity has precisely the same effect? Could you answer that please?

Ra: I am Ra. This is incorrect. Positivity has a much weaker effect due to the strong element of recognition of free will in any positivity approaching purity. Thus although the negatively oriented entity may find it difficult to polarize negatively in the midst of such resounding harmony it will not find it impossible.

Upon the other hand, the negative polarization is one which does not accept the concept of the free will of other-selves. Thusly in a social complex whose negativity approaches purity the pull upon other-selves is constant. A positively oriented entity in such a situation would desire for other-selves to have their free will and thusly would find itself removed from its ability to exercise its own free will, for the free will of negatively oriented entities is bent upon conquest.

Questioner: Could you please comment on the accuracy of these statements. I am going to talk in general about the concept of magic and first define it as the ability to create changes in consciousness at will. Is this an acceptable definition?

Ra: I am Ra. This definition is acceptable in that it places upon the adept the burden it shall bear. It may be better understood by referring back to an earlier query, in your measurement, within this working having to do with the unmanifested self. In magic one is working with one's unmanifested self in body, in mind, and in spirit; the mixture depending upon the nature of the working.

These workings are facilitated by the enhancement of the activation of the indigo-ray energy center. The indigo-ray energy center is fed, as are all energy centers, by experience but far more than the others is fed by what we have called the disciplines of the personality.

Questioner: I will state that the objective of the white magical ritual is to create a change in consciousness of a group. Is this correct?

Ra: I am Ra. Not necessarily. It is possible for what you term white magic to be worked for the purpose of altering only the self or the place of working. This is done in the knowledge that to aid the self in polarization towards love and light is to aid the planetary vibration.

Questioner: The change in consciousness should result in a greater distortion towards service-to-others, towards unity with all, and towards knowing in order to serve. Is this correct, and are there any other desired results?

Ra: I am Ra. These are commendable phrases. The heart of white magic is the experience of the joy of union with the Creator. This joy will of necessity radiate throughout the life experience of the positive adept. It is for this reason that sexual magic is not restricted solely to the negatively oriented polarizing adepts but when most carefully used has its place in high magic as it, when correctly pursued, joins body, mind, and spirit with the one infinite Creator.

Any purpose which you may frame should, we suggest, take into consideration this basic union with

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the one infinite Creator, for this union will result in service-to-others of necessity.

Questioner: There are, shall I say, certain rules of white magic. I will read these few and I would like you to comment on the philosophical content or basis of these and add to this list any of importance that I have neglected. First, a special place of working preferably constructed by the practitioners; second, a special signal or key such as a ring to summon the magical personality; third, special clothing worn only for the workings; fourth, a specific time of day; fifth, a series of ritual sound vibratory complexes designed to create the desired mental distortion; sixth, a group objective for each session. Could you comment on this list please?

Ra: I am Ra. To comment upon this list is to play the mechanic which views the instruments of the orchestra and adjusts and tunes the instruments. You will note these are mechanical details. The art does not lie herein.

The one item of least import is what you call the time of day. This is important in those experiential nexi wherein the entities search for the metaphysical experience without conscious control over the search. The repetition of workings gives this search structure. In this particular group the structure is available without the need for inevitable sameness of times of working. We may note that this regularity is always helpful.

Questioner: You stated in a previous session that Ra searched for some time to find a group such as this one. I would assume that this search was for the purpose of communicating the Law of One. Is this correct?

Ra: I am Ra. This is partially correct. We also, as we have said, wished to attempt to make reparation for distortions of this law set in motion by our naive actions of your past.

Questioner: Can you tell me if we have covered the necessary material at this point to, if published, make the necessary reparations for the naive actions?

Ra: I am Ra. We mean no disrespect for your service, but we do not expect to make full reparations for these distortions. We may, however, offer our thoughts in the attempt. The attempt is far more important to us than the completeness of the result. The nature of your language is such that what is distorted cannot, to our knowledge, be fully undistorted but only illuminated somewhat. In response to your desire to see the relationship betwixt space/time and time/space may we say that we conducted this search in time/space for in this illusion one may quite readily see entities as vibratory complexes and groups as harmonics within vibratory complexes.

Questioner: I see the most important aspect of this communication as being a vehicle of partial enlightenment for those incarnate now who have become aware of their part in their own evolutionary process. Am I correct in this assumption?

Ra: I am Ra. You are correct. We may note that this is the goal of all artifacts and experiences which entities may come into contact with and is not only the property of Ra or this contact.

We find that this instrument has neglected to continue to remind its self of the need for holding some portion of energy back for reserve. This is recommended as a portion of the inner program to be reinstated as it will lengthen the number of workings we may have. This is acceptable to us. The transferred energy grows quite, quite low. We must leave you shortly. Is there a brief query at this time?

Questioner: Is there anything that we can do to improve the contact or to make the instrument more comfortable?

Ra: I am Ra. You are conscientious. Remain most fastidious about the alignments of the appurtenances. We thank you. I am Ra. I leave you in the love and in the glorious light of the infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 71, Fragment 40

September 18, 1981

Jim: The time/space or metaphysical portion of ourselves is not apparent to any of us most of the time, yet it is the place or realm of our truer being. This is true for anyone. It is the essence from which that which we know of as our conscious selves manifests as a portion of our true selves. Our space/time, physical selves are a reflection or shadow of our true selves which those who have eyes that can see behind illusion see when they behold our time/space beingness. It was this metaphysical self which Ra observed when first considering our group as a potential group for contact.

Carla: *Don, Jim and I had a common interest in spiritual community before we ever got together. When we did join households at Christmas in 1980, we consciously joined together as a light group. We wanted to live a spiritually directed life with each other, and serve as we might. Much was sacrificed for this joining on both Jim's and Don's parts, for they were both loners, fond of their own company and not much fond of society, although they were both excellent hosts when guests did come by. But the sacrifices were gladly made, and we felt very blessed to be together. When the Ra contact began three weeks later, we felt very happy that we had gone ahead on faith and joined forces.*

What we had together was that clear, pure, unmuddied love and fellowship that stems from there being no fear between us, or needs that were not met. For a golden few months and years, this remained so. I have long felt that Don's decline and death were the result of his becoming fearful that I might leave him for Jim. I would never have done such a thing, and had no idea he was concerned. But I believe that this fear, which he never expressed, and which I knew nothing of, led to his woeful last months, in which he suffered so greatly.

Session 71, September 18, 1981

Questioner: When you say you searched for this group what do you mean? What was your process of search? I ask this question to understand more the illusion of time and space.

Ra: I am Ra. Consider the process of one who sees the spectrograph of some complex of elements. It is a complex paint sample, let us say for ease of description. We of Ra knew the needed elements for communication which had any chance of enduring. We compared our color chip to many individuals and groups over a long span of your time. Your spectrograph matches our sample.

In response to your desire to see the relationship betwixt space/time and time/space, may we say that we conducted this search in time/space, for in this illusion one may quite readily see entities as vibratory complexes and groups as harmonics within vibratory complexes. ♣

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Sunday Meditation
September 20, 1981

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to greet each of you and we especially welcome those new to this group. It is our hope that we may be of service to you and we are grateful that you have opened your ears to what humble thoughts we may have to share. Let us say to you who are new, before we speak upon any subject whatsoever, that ours is not the path of sure knowledge. We may give you the benefit of our experience, but we cannot give you answers that are without any equivocation, for we ourselves are still learning and still growing in the service of the infinite Creator, and that which we share with you is merely the fruit of our experiences. Thus, we ask that you take what you will from us. Discriminate in your hearts as to what you will keep and what you will leave behind, and if we may be of any aid to you whatsoever, then so be it, for this is our one desire—to aid those upon your planet who are at this time seeking to know the love and the light that surrounds them, that begat them, and that is their existence.

This evening, my friends, we would speak to you upon the subject of the love which you may manifest towards yourself and your fellow beings. This is a difficult subject. It is easy to speak of meditation and of the love that created you but as those upon a path of seeking begin to enter the domain of the meditative life, each seeker finds the daily practice, which this meditation engenders, to be the greatest challenge.

It is not, my friends, that the challenge was not there before. The same challenge always awaits the seeker. However, there comes a point in each entity's incarnation when the entity chooses to release all responsibility for that incarnation, or to take responsibility for that incarnation, for that experience, for the manifestations of the being which the entity is undergoing, for existence, my friends, is an activity, not a state. As you meditate this becomes apparent. Therefore, as you meditate you begin to see yourself and those about you in quite, quite a different light than you previously saw them. Not vanished, but quite faded, becomes the desire to actively manipulate those about you and to manipulate your own feelings and your own beingness because of those things which you believe to be acceptable in the terms of your culture. You begin to measure yourself by a yardstick that you find within yourself. It is this yardstick about which we speak.

In your holy works, my friends, there is a parable. This parable describes the vineyard. In this vineyard the grapes are ready for harvest and men are hired. Early in the morning they trudge to the vineyard to begin to earn their day's pay, but the owner is not satisfied and wishes to harvest more, and sends to

the marketplace to discover if there might be more laborers to increase the harvest, and [the owner] admits them. Those who have worked all the morning are joined by those fresh from a lazy siesta upon the street. The afternoon passes. The heat of the day begins to vanish and the pleasantness of a cool evening breeze begins to signal the near end of the working day, and yet, the harvest is not complete. Again, the owner sends to the marketplace asking for workers, and more come and work for a very brief period harvesting the grapes of the owner.

Finally, twilight sends its violet rays along the soft lines of the hills and it is time for the workers to gather their day's pay and wend their way homeward. Behold! Those who have worked through the heat of the morning and the glare of the afternoon, those who have worked only in the afternoon and those who have worked very briefly in the cool of the evening are all paid the same.

My friends, is this the yard stick by which you measure yourself and others? Do you feel that you work longer or harder than others and so deserve more pay? Do you find the services which you attempt to offer to others, in offering to them seeds of thought upon love and light, slightly tainted because you know that you are offering to an entity who has slept the morning and wasted the afternoon the chance to gain the same reward as you?

In your illusion, my friends, it is inevitable that you will judge and that you will be judged by those about you. This, my friends, does not make the phenomenon a well thought out experience. Would you judge yourself? Would you judge others? Nay, my friends. Whatever the behavior that you exhibit, whatever the behavior of those to whom you wish to offer the opportunity to work in the harvesting, let one thing be uppermost in your mind and that is that we are all the Creator. The Creator is in us all and we in the Creator.

Go, therefore with a free and joyful heart, lifting yourself up with cheer when you feel yourself to have fallen, offering your love and your light to any who may ask, be they saint or wastrel. This way lies a great realization. That, my friends, is compassion.

Many times we speak to groups such as this—who are seeking to serve others—about this service, but you must understand that the first entity whom you serve is yourself. To know that you are a part of the Creator, that whatever errors you make, whatever missteps you may take, you may always move back to a perfect portion of yourself. To know this is to become able not to judge.

We encourage you in the disciplines of meditation and in the attempts to be of service, but let these things flow with the freedom of the joy of your participation in the Creator. Those who harvest are under a merciful protector. Harvest yourself, and offer yourself with love and in light to others as they ask and as they wish.

We are pleased to have spoken through this instrument and would, at this time, like to transfer this contact. I am Hatonn.

(Jim channeling)

I am Hatonn. I am now with this instrument and greet you all once again in love and light. At this time it is our privilege to be joined by our brothers and sisters of Laitos for the purpose of offering our conditioning vibration to those in this group who would wish to experience it and to be aided in deepening their meditation by so doing. If each who would wish to experience our conditioning vibration would simply mentally request such, our brothers and sisters of Laitos will pass among you and aid as requested. We shall pause at this time. I am Hatonn.

(Pause)

I am Hatonn, and am with this instrument once again. We thank each in this group for allowing us to join them in their meditations. We would at this time ask for the permission to contact the one known as C so that we may speak a few words through this new instrument. It is our privilege to offer this service to new instruments and those wishing to become instruments in the transmission of our thoughts. If he would relax, we would now transfer this contact. I am Hatonn.

(C channeling)

I am Hatonn, and am with this instrument. As always, it is a privilege to work with any who seek this form of service. We of Hatonn always bring a simple message of love and always welcome new voices with which to speak. On your planet there are many desires that many do not quite yet understand. They seek, but sometimes lack one small push, you might say …

(A line of text is missing in the transcript.)

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… choose to follow. Those who choose to serve others by the means of what you call channeling are of great assistance to us to aid those that seek, but not yet have the knowledge, the experience to feel our vibration.

We, as all Confederation members, are always willing to aid any who seek, who desire our assistance in their chosen path. We are always available to you in your meditations at any time that you ask us to join you. We are honored, privileged that we have so many who have chosen channeling as a means of service within this group, and are more than happy to work with the new ones as well as those more experienced, and we assure those within this group who seek also to channel our words—concepts, that we will work with them.

It may seem at times, my friends, that so many within a group may seem a luxury at times, but we assure you that once a channel has learned and exercises the ability, the ability will be there, and when the entity who has gained ability is needed, he or she may be of great service to other entities who seek, for you know that on your planet, that within the illusion many times groups have a way of finding harmony within them, but your various means of existence often pull groups physically apart while they may be mentally, spiritually, always attached.

That is one reason why it's always pleasing to us that many begin a group, seek similar ability, for they can aid others after the original group has begun to go, as you would say, their own ways within the illusion. We always thank this group and all others who listen, for we seek to serve, as do you, aiding in our humble way, your seeking. We also learn in experience through you and by interacting to the extent that we can, with you.

We would, at this time, transfer our contact to another instrument, for we would like, if we may, to exercise others within this group who seek to channel our humble words. I am Hatonn.

(L channeling)

I am Hatonn. I am with this instrument, and again I greet you in the love and the light of the Creator of all that is vast and small, infinite and finite. It is amusing to us in using these descriptive terms to perceive the implausibility of these terms, for they denote the contrast between that which is of reality and that which is of the illusion. For example, the terms infinite and finite both are constructed to attempt to define that which is beyond comprehension, for while you may quickly and readily acknowledge from past experience that the term "infinite" is without picture within your mental construction, has it occurred to you that the term "finite" is of equal caliber?

Is there, within your world or any other, that which is finite? The substance of your illusion is the result of creative efforts by each of you, both individually and collectively, for your illusion is constructed—tailor-made, as you say—to support your quest for knowledge and growth. As the details of your illusion are of this same fabric, each is a facet of a particular lesson and, therefore, a fragment of your experience, that experience which continues as you do yourself

Thus, we perceive the nebulous quality of the term "finite," for what can be finite, yet continue in existence throughout that which we label "infinite"? The term "infinite," on the other hand, although readily acknowledged as incomprehensible, is equally finite, for that which exists, exists only in the now, for in reality now is the future, now is the past, now is.

My brothers and sisters, we do not wish for you to be alarmed, fearing perhaps that we have chosen to embark upon lengthy philosophical discussions without reference to your present situation, for there is, as you might say, a method to our madness. The temptation exists to regard your efforts towards service as money placed within a bank, drawing sufficient interest to pay for a ticket out of this illusion when the harvest time arrives. My brothers and sisters, today is the day in which the rent comes due, as this instrument would say, for the attainment of your service could be regarded as compounded …

(Side one of tape ends.)

(L channeling)

I am Hatonn. I am with this instrument and we find your own instruments humorous.

The interest compounded upon your savings of service, so to speak, are not stored up, but rather returned to you instantly that you may use your gains to further your own efforts toward the development of your ability toward selfless service. Do not be disheartened that your efforts toward service seem tainted because of your awareness that

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your efforts result from a desire to improve yourself sufficiently to attain harvestability, for this process is within the order of the universe.

The interest gained is the establishment of a path which through habit will more and more smoothly and assuredly guide your efforts toward a selfless form of service. Have you noticed, my brothers and sisters, that although the initial acts of service to others may come with difficulty and only after lengthy forethought and argument with one's more selfish nature, after a sufficient number of these experiences occur, you may suddenly realize that the path toward service to others, while still motivated by service to self, has become more easily acquired as your nature, your vibration, has been adjusted through your efforts toward an automatic choice or orientation toward service to others without tremendous amounts of lengthy forethought and planning.

For this reason, do not be disheartened by the selfishness which exists within all of us, for this characteristic being of negative or selfish polarization acts as a catalyst which results in selfless performance of service to others. We would encourage, therefore, all efforts toward service to others, however motivated, and would comfort those who find their own selfish nature disquieting.

At this time we would attempt to answer questions that you might desire to offer. I am Hatonn.

M: Hatonn, how do chemicals bridge the gap between our physical illusion and our spiritual reality?

I am Hatonn. I am aware of your question. My brother, the chemical substance is of a nature that is unpolarized, yet, as a key, is capable of unlocking synaptic blocks which are used to prevent the subconscious mind from overriding the wishes of the conscious mind. These synaptic blocks are of the substance of your physical illusion, yet one of the rules, so to speak, of your illusion gives dominance to the conscious mind over the subconscious mind, thus allowing you, within the illusion, to refuse communication from your higher self, if such is your choice. The chemical key, or drug, acts to dissolve temporarily those blocks constructed by the conscious mind, allowing the subconscious mind's receptions to be transmitted directly to the conscious mind. The quality of the reception is the result of the orientation of the conscious mind during the period of time in which the synaptic block is removed.

For this reason, the same individual may, with the same key, receive either enjoyable and encouraging or unpleasant and discouraging experiences.

May we answer you further?

M: Yes. Essentially, you remove the chemical inhibitors in the brain to allow the subconscious to come to a conscious level. The images that we then become conscious of, are they a creation of our own—or the spiritual type things that are experienced, are they real spiritual experiences? Are they experiences we are creating for ourselves, or is it a perception of reality that we're then capable of seeing?

I am Hatonn. My brother, all experience is real. For this reason, we suggest that you may desire to rephrase your question.

M: OK. Are you actually having a spiritual experience or are you creating a mental illusion?

I am Hatonn. I am aware of your question. The receptions of the conscious mind from the subconscious mind are similar in nature to that which is referred to by your people as radio or television. The quality of the image received is solely defined by the source of the image which can be of numerous transmitters, so to speak. The image may be the result of a seeking conveyed by the subconscious mind for a specific experience or communication. However, it may also be of the nature of a seeking for an unusual or exciting created experience to entertain.

The subconscious mind can only convey that which is desired and can only attain that which is earned. The spiritual experience, as you refer to it, is the result of a calling within the individual for a specific type of contact or experience and as all vacuums are filled, this calling is answered. However, we would caution you that a calling for an experience which may be characterized by the description, "I want to see God, but not have it really count," will result in a form of entertainment that is characterized by a pervasive aura of goodness.

May we answer you further, my brother?

M: One last part. You mentioned that [if] the subconscious has made a calling for an experience and you are in tune to do that, the drug will help

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you bridge that gap. How can it be [done] more easily without the assistance of the chemical promoter?

I am Hatonn. My brother, the drug, or key, cannot provide that which has not been earned. For example, the key cannot acquire for one the skills of the adept without the learning or discipline. Conversely, the learning and discipline themselves are sufficient to dissolve the synaptic block if such is your desire. Often this occurs during times of meditation or sleep or prayer, for these are times in which the persuasive contact of the conscious mind with the illusion ebbs and the individual is less convinced of the reality of the illusion within which he or she functions.

To most easily activate—correction—deactivate the synaptic block is through prayer or meditation, for at these times the orientation of the individual's calling is firmly established and the nature of the desired experience controlled by the individual. The chemical synaptic key, conversely, is subject to the whims and changing moods of the individual and thus may cause the entry of both angels and dragons, so to speak. For this reason, we strongly recommend the paths of prayer or meditation over the use of chemical substances.

May we answer you further?

M: No thank you, Hatonn. You've been very helpful.

As always, my brother, we thank you for the opportunity to serve in our small manner. Is there another question.

Carla: I'd just like to clarify something. You mentioned several times that you only get those things which you earn in the drug experience and I was trying to link that up with other material with which I'm familiar and also with my own experience, and it seems that in Ra's terminology, the conscious use of the polarization towards service to others and the desire to worship or praise seems to aid in the experiencing of, as you put it, the angels, rather than the dragons, which would suggest that one were not at the mercy, shall we say, of a drug, but rather had a cooperative effort with it, given that enough energy centers were activated and aware of the seriousness of the experience to use it.

I have no desire to advocate the use of drugs. I just wanted to clarify that. Is this concept correct, that it is the opening of the energy centers, the desire to polarize, etc., that you mean when you say you get what you earn?

I am Hatonn. This is correct. If we may reiterate more clearly our words upon the subject. To give an example—if an individual who has not chosen a direction of polarization consumes a chemical substance designed to dissolve synaptic blocks, the individual is at the mercy, so to speak, of his or her own fluctuations of polarization, which tend to fluctuate more uncontrollably in the absence of your contemporary illusion. Therefore, our statement concerning the angels and dragons.

The individual who is polarized, however, has established a consistent nature within the subconscious mind which acts as a controlling influence on the nature of the receptions transmitted to the conscious mind. Therefore, that individual which has earned his stripes, so to speak, has the ability to receive a consistent quality of perception, whereas that individual [who] is undecided will find the quality varies wildly. The intensity of the experience is also affected in the same fashion.

May we answer you further?

Carla: No thank you, Hatonn. Your clarity is exceeded only by your prolixity.

I am Hatonn. If it were possible, we would blush. We thank you. Is there another question?

(Pause)

As always, the music of the spirits pervading the night draw us closer as we long to share more fully the incredible beauty of your home. We thank you deeply for sharing with us. I am Hatonn. ♣

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Monday Meditation
September 21, 1981

(Carla channeling)

I am Latwii. Ho, ho, ho. This was intended to come through another channel, however, we needed to begin with this channel in order to give confidence to the one known as Jim. We greet you through this instrument in the love and in the light of our infinite Creator. We are at the same time extremely glad and extremely sorry to be speaking to you instead of the brothers and sisters of your special teachers, the ones of Hatonn. However, this group entity has again returned to its duty, working in the Far East, as you would call it, working against the spread of disharmony upon your planet. We have been conditioning the one known as Jim while we have been speaking through this instrument and we would again attempt to speak through the one known as Jim. We leave this instrument in gratitude for her quick senses of inner listening and in hopes of speaking through her many times in the future. We thank this instrument. I will now leave this instrument. I am called by your group Latwii.

(Jim channeling)

I am Latwii, and am with this instrument. We great you once again in the love and the light of the infinite Creator. We are please to be able to make this contact through this instrument, for we are aware that this instrument shall be away from this group in the near future and he desires being able to continue this service as he embarks upon his journey and it will be necessary for this instrument to be able to initiate contacts with the Confederation and with our vibration when he is on his own.

We would speak a few words this evening upon the subject of harmony, for the vibration and condition of harmony is one which is not frequently found upon your planet, as is evidenced by the condition of your world situation at the present.

Harmony is that state of being in tune with the infinite Creator which is achieved by desire. A desire for unification, a desire for knowing and experiencing that fullness of being which is the Creator within. Harmony is that force which helps to unite people in the relationships with each other, but it must be sought before it can be found and it is unfortunate but it appears that few upon your planet seek harmony for it is an endeavor that includes the welfare of those around you and most of your people are pointed in the direction of their own interests and meeting them as best they can, fearing there will not be enough to go around.

The state of being within the individual which leads to harmony is the same state that opens doors to any step of growth within the individual and that is the receptivity, the openness, and the desire for attaining such a state. It is often too easy to think only of the personal needs, desires, wishes, beliefs and other

codes which we set up for ourselves as we judge our lives. It is far too easy to consider only what one wants for oneself, instead of how to blend one's being with another in the state of harmony.

We would suggest to those who are desirous of attaining that state of harmony to consider that it is a state which is achieved with others, a state which is achieved in cooperative effort as individual entities blend their energies with each other, a task which usually entails a type of compromise of positions so that each may share with the other a common position and the sharing of the position, the belief, or the place is that which is harmony within that concept.

We would suggest to those seeking such a balance point with themselves and with those around them that the first step is to give, to recognize the needs, rights and position of those close about you and that this state of giving and accepting and recognizing will be reciprocated by those with whom you are in close contact. For the state of giving is based on the concept of love, that to give is to share that which is love and that which is love is recognized by the inner being of those to whom it is given, even though it may not be given directly as a gift of love but may begin in more modest ways by the simple recognition of another person's needs.

We would suggest that harmony is that process whereby people in close communication join their beings even closer by agreeing to accept each other as they are and to work from that beginning point in a constant balancing of the needs, ideas and beliefs of each party.

We would at this time pause for a moment as our brother Laitos passes among each in your group and makes his vibration available to those who are in need of deepening their meditation and of becoming familiar with the vibrations of the Confederacy. We speak specifically of the one known as L who has expressed this evening a desire to become a channel. We pause for a moment as our brother Laitos passes among you.

(Pause)

I am Latwii, and am once again with this instrument. We would at this time like to open this meeting to any questions. If any present would have a question, we would do our best to make an answer. Are there any questions?

Carla: I've been reading some cosmic communication ideas which have been run down by some people in the East and I really have no doubt as to the truth of it, but I know they are not precisely in the same company with you guys and I was wondering what your view was among your particular branch of the Confederation of what's happening here? What about the great concern for the survival of leaders? Does that have some kind of implication as to what will happen at the beginning of the new age vibrations with a lot of old vibration people surviving?

I am Latwii, and am aware of your question and would answer you, my sister, simply by saying that the most appropriate phrase for this particular phase which your nation and those individuals who lead it are going through would perhaps be, the first shall be last and the last shall be first. For those who would seek to gain the whole world and yet lose their souls, what in truth and in spirit have they gained? For to hold on to that which is of the material world, that which has up to this point in the evolution of human history been unable to completely fulfill human entities upon your plane, to hold on so tightly to that which is of the material is to focus the energies of one's being in a direction which is likened unto building a house upon sand, and we would suggest that those who engage in such activities and have no concern for the welfare of those whom they are governing, or those whom they have been chosen to serve, those whom it is a privilege to serve, these shall find that not only shall they not be serving such people or be in such high positions, but shall find themselves at the bottom of the pit of their own being which they have dug with their own hands.

And we would suggest that the new age shall see many different responses to the flow of energy which is now sweeping over your planet and you may expect to see the most absurd of dramas appearing upon your world stage, for all the energies of the universe, it would seem, shall be sweeping across the stage of your planet. And you shall see many wonders, but those energies may be channeled and focused into creative elements and centers by those who are truly concerned with serving those who are their brothers and sisters. And to focus in the direction of the spirit is the means by which true survival shall be attained.

May we answer you further, my sister?

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Carla: Well, I had a couple of other questions which you may answer at your discretion, of course. I've been very impressed by the Cosmic Awareness things that I've read and I was wondering what your relationship in the Confederation was with this particular source? Is it a planetary source within the Confederation? Is it another source? What is the relationship between the two?

I am Latwii, and am aware of your question and can answer best by suggesting that the source of which you speak is a source which is most well known to those who are familiar with the works of Edgar Cayce. The source which is known as Cosmic Awareness appears to be simply that: an awareness of the state of being which is described as cosmic or of the consciousness of all being, and this source of information is now proceeding to reveal unto those of your people who are concerned about the new age, the pathway or process by which each may attune to these universal forces which we have spoken of as proceeding into your reality with such great speed at the present time, so to speak.

We cannot say whether the information revealed by this source is correct or incorrect for it can never be known at the moment information is given whether it is correct or not, for the mere giving of information alters the situation which is being described. We would suggest with all sources of information, including especially our own, that those who are contacted with information of this nature consider carefully within themselves what they themselves believe, to evaluate carefully on your own concerning what you are reading or hearing and to make those judgments in light of competing or opposing information. For within your world you will discover there are infinite sources of information and it is your task as entities upon your planet to sort and sift through the infinite variety of information available and to chose that which speaks within your own being.

May we answer you further?

Carla: Yes, my brother. Then I see that confirms what I thought about Cosmic Awareness, was that it did seem to be a planetary vibration in that, like the Cayce vibration, it comes from a much higher plane, inner plane of our own planet, close to the Akashic Record. I had pretty much of an idea in my head as to the type of information that they were giving and why they gave that type of information, as opposed to the philosophy that you give, and I just wondered if you would care to say anything on that subject in confirmation or changing of what I had basically thought?

I am Latwii, and would add only that information of a specific nature is most difficult to express clearly for the future, as you know is never fixed. Direction, propensities, tendencies and likelihoods of directions of energy are the most easily pinpointed and transmitted information, but to say where an infinite variety of energies will eventually coincide is very difficult and is a task that we of the Space Confederation do not attempt with these types of contacts for the distortion factor would soon cause the information to become nearly worthless. It is for this reason that we attempt to give the basic groundwork and philosophy of love and light which we feel are so important to your people at this time. We do not feel that the revealing of specific names and dates and places and events is most beneficial to those within your meditation group for this information can be obtained elsewhere and we would be most pleased if we could, in our effort, plant the seeds of meditation, of love, of light, and of the seating of the divinity within each of your people's being. We would suggest that those sources which are focusing in the area of more specific information can be of great value, but must be carefully evaluated upon their performance and we would suggest being very cautious in the area of accepting, without further investigation, any specific information which is obtained, wherever it might be obtained.

May we answer you further, my sister.

Carla: Well, just a little bit. I would like to thank you, because I think you do work with the basic things and teach us love and light, but I wanted to check out the Cosmic Awareness people because I was just interested in them at this point. I made a few basic assumptions. Number one, that they were planetary; number two, that they were giving more precise information because, being planetary, they had a right to do so; and, number three, that they were able to put their probability guesses through because of the particular configuration of one channel, Paul Shockley. A lighter trance, the type of contact we have with you would never work for that information. It would take a different vibration. If you want to confirm any of those three. You

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confirmed the first one, I just wondered about the second two.

I am Latwii, and we would conclude our comments upon this subject simply by saying that the particular type of trance which is used in this contact of the Space Confederation is most beneficial to the type of message which we have to offer and are also appreciative of the efforts of those who would use the trance medium, for such an entity is indeed able to transmit information of a much different frequency or nature to that which we are able to transmit through our light trances, as you have spoken of them. We would suggest to those who wish to become more familiar with the contact situation to investigate the nature of meditation on their own, so they may themselves discover what variety and types of information are available within their own being.

Are there any other questions?

Carla: No, thank you.

Questioner: I have a question. You are aware of my desire to learn more about channeling and to serve as a channel. I ask how you would advise me to proceed in this matter?

I am Latwii, and, my brother, we would answer you simply by saying that to desire this type of service is the most important ingredient for those who wish to become channels. For it is indeed a service that you render and within your own being it is necessary to search and to seek that you might be made an instrument and might kindle within yourself that desire to share the love and the light of the infinite Creator which resides within your being. We would suggest as well a daily system of meditation of your own design. We would suggest meditating at the same time each day so that you might develop a pattern of relaxation and communication within your own being, so that you might find that point of centering from which you might be of service. We would also suggest that a simple prayer might be used to ask that divine guidance be with you as you serve and that you might be made an instrument of that service of the infinite Creator. We would also suggest that frequent experiences with a channel who has experience, such as those present this evening, may be of use in making the vibration of the Confederation more familiar to you.

May we be of further service?

Questioner: You've answered my questions, thank you.

We thank you. Is there another question?

Carla: No, thank you.

We are very pleased to have been able to speak these few words and to share our thoughts through this instrument with you this evening. We would at this time take our leave of this instrument and, as always, we leave you in the love and in the light of the infinite Creator. I am Latwii. Adonai, my friends. Vasu borragus. ♣

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Intensive Meditation

September 22, 1981

(Unknown channeling)

I am with this instrument. I greet you, my friends, in the love and light of the infinite Creator. Tonight we enjoyed listening with you to the music, and we are, as you, sometimes sad when the sounds come to the end. But we say that what we seek has *(inaudible)* you see as convinced are really only starting points of new beginnings as things in your natural world now begin to die or lay dormant with the coming of your fall, they really are only in a *(inaudible)* state where they shall begin anew after this rather bare period of your fall and winter. But even as they cease to be green they still are beautiful and still look to the sunlight though they may seem weak. New times will seem to fade to use your *(inaudible)* you still have sparked a light in themselves at will. You will blossom. *(Inaudible)* that ending are an *(inaudible)* in your existence in your illusion and that as you go you will see past the *(inaudible)*. They will no longer seem as real you *(inaudible)* come ever closer to the light to the Creator.

We are known as *(inaudible)* to you. We are always available to you and your search for love and light. We are now *(inaudible)* we would ask the instrument if he would relax and *(inaudible)* analysis and repeat the words. We are now trying to jump ahead. We *(inaudible)* speak only as the words come to him. So often new instruments they tend to try to get ahead of themselves and will at times lose parts of concepts we are attempting to speak and will find themselves, as you say, "grasping for a limb" when, in reality, the limb is right there under them, and they have a hold of it. So we say to this instrument that he need not rush or try to get ahead, but to simply speak as words comes to him.

We have a new *(inaudible)* and will note that our contact with this instrument is improving. We say once again that your world and its seeming ending are illusion as are many—correction—as are the situations you face in as what you see as your day-to-day existence. The problems that each illusion presents, that each illusion—correction—each situation that is there to learn from is [for] you to see, examine, learn so that you may grow with the use of meditation. The lessons will oftentimes become easier to see and to grow beyond in your seeking an awareness of the rough life that is you and all things.

We are known to you as *(inaudible)*. We will leave you now in love and light of the one infinite Creator. Adonai, my friends.

(Pause)

I am Hatonn, and I am with this instrument. We have some trouble contacting this instrument, for he has begun to channel more the way in which he feels

are initial contact attempts has become milder and he at this point [is] sometimes unsure if the contact is being *(inaudible)*. But [we] assure him that he will grow in confidence as he exercises more and he will more easily more recognize the contact attempt.

We are Hatonn. *(Inaudible)* is ever calling for truth or love. Your people will often think of themselves in hopeless situations where they are unable to move in any direction, for they are forever being pulled by various groups who try different methods and philosophies, [seeking] at times the same thing. In your world it is common to find most people seemingly unable to know which way to turn. What they should do to help themselves out of the rut that has been worn in the road … not nearly as many can see that it is easier to be in the light when one has pulled themselves out of the little rut. So many do not want to try to climb in order to see, but blindly *(inaudible)*.

We are Hatonn, [and] are aware of the great difficulties within your vision. We can see the horror it is to pull oneself up and keep from falling back, but when one truly seeks the light no matter if one falls back they may rise again stronger with eyes that they more clearly see the direction [from] which the light shines, and more *(inaudible)* light as it radiates within *(inaudible)*. We of Hatonn are ever ready to aid any to climb from the rut into the light. We shall be with you in your meditation, seeking with you, in [the] love and light of the infinite Creator. I am Hatonn. I will now leave this instrument. Adonai, my friends. ♣

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Sunday Meditation
September 27, 1981

(C channeling)

I am Laitos, and I am with this instrument. We greet you in [the] love and light of our infinite Creator. We are most privileged to be with you this evening. We have but a brief message and that is that we are *(inaudible)* we are with each who wish to experience more fully that channeling vibration *(inaudible)*.

l am Laitos. I am Laitos, and am once again with this instrument. We are only too happy and feel privileged to work with those who seek to be of service *(inaudible)* known as channeling to you and tell you that we will be with those who call to us in their meditation *(inaudible)* to serve others is a very—correction—is a positive step toward your own growth in your seeking to become ever more aware of the Creator and we say that the activity you call channeling is but one humble means of service within your everyday lives.

You are constantly exposed to situations in which each makes his own conscious decisions as to whether that individual will serve others or only partially help others or to shut the others out. In your search to become aware you find that ever increasingly so in the situations you will less and less refuse others but will become more in tune with the feeling and needs of others in relation to your dealings with them. But we say that to aid, serve the others, we say that it occurs only as you begin to know self or to know oneself is to know the other, for it ultimately boils down to the awareness of that we all are one.

In groups or as individuals, you seek and we of Laitos again say that we will aid your seeking for we seek to serve, for as you, we seek to know ourselves and seek to grow as do you and your peoples. We are known to you as Laitos. We are your friends and we are your fellow travelers on a road that you have begun to tread. We thank you for the opportunity to speak briefly and will at this time leave this instrument. We are known to you as Laitos. Adonai, my friends.

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. We were attempting to contact the one known as L, both previously and before we spoke through this instrument, but we find that this instrument's mind is somewhat preoccupied with the recent experiences which it has undergone and therefore, we happily will speak through this instrument.

We thank each instrument for the service that it provides in allowing us to share our thoughts with you for whatever worth they may be. My friends, these are the ways and the parables of service. As we have said to you before—to those who are present—speaking of meditation, of seeking, and of the love

that unified and creates us all, is speaking of those things which are known. Therefore, it is possible for us to continue.

Each of you present in this domicile is at this time seeking to become aware of the ways of service. Thus we would ask you to visualize the flower—the flower who decides that it will not be of service and will not accept service, but will remain independent. Sun shines upon the flower and before the flower thinks, it opens and receives light. Rain falls upon the flower and before the flower can realize it, its roots have drunk and retained health and growth. The bud opens and becomes the blossom. And before the flower has time to think, that animal which you call the bee has taken from it and given to it the propagation of its life that it may continue. And the services that it has given, why, it has forgotten. It has inadvertently been beautiful, giving to each passerby a vision of perfection, of radiance, and of beauty. It has given to the bee who gave it life, the honey which sustains the bee, and has breathed out into the atmosphere that which the humans need to survive—the oxygen which those of your planet who are your peoples, must have.

My friends, there is no way that you can refrain from accepting service and being of service. You are interlocked and meshed in the tapestry of giving and receiving and it takes a great deal of effort to refrain from the realization of all that you receive and all that you may give. We are sad to report that among your peoples it is not uncommon for people to realize that they are receiving gifts from others, but it is very common for people to refrain from the realization that they have many gifts to give and that they are giving those gifts without effort, without trying, with their very existence.

For each of you, my friends, like a flower, is beautiful and radiant and perfect and although you may not see yourself in this [light], there are those who do, and who find in each of you an inspiration of thought, of feeling that that person needs and realizes, although you have no consciousness of being of service.

My friends, the beginning of service comes before you are even aware of the process, as each of you are inevitably of service to others in your behavior, in your actions, in your thoughts. Thus, perhaps, before you try so very hard to learn the ways of service, it may be a good beginning to give thanks to the love that is within you, that unifies you with all that there is and that creates in you a heart that receives and gives back that love in so many ways, with so many devices, that your life is a flowing tapestry of the giving and the receiving of service. Never, my friends, are you out of touch with the life of service. In your most selfish or secluded moment, you are but pausing and learning, adding your sums wrongly and thinking again, for the essence of your life is love and it is out of your hands. You, like the flower, will glow, according to your nature and those about you will realize the love within you, without effort, without trying, without pain.

My friends, there is much that we could say about the kind of service that is conscious, consciously chosen, consciously pursued and at another time we shall speak these things in as many ways as we feel might be helpful, but at this time we wish to give you a bedrock of understanding about your nature. My friends, you are love. You are a part of the original Thought of the Creator. There is not any variation from this simple understanding of yourself, and thus, if your feelings about your efforts in this incarnation are that you could be trying harder, that you could be doing better, that you could be more loving, more giving—lay these thoughts to rest. It is well to have a will to be of service, but it is first well to know your nature, to feel the bedrock of love, to feel your unity, your harmony, your interdependence, the meshing of your lives with all your brothers and sisters. You are all that you seek.

Thus, my friends, bloom as you will and remember to give thanks, for the nature of the Creation is one of great joy and there is much thanks to offer that we may experience living in such a creation. Step out of the illusion at any time this bedrock strays too far from your feet, for it is quite central to your progress that you remain aware of your identity.

We would at this time transfer the contact. We thank you for allowing us to share these thoughts and ask you to take what you will from them. I am Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument and greet you all once again in love and light. It is our privilege at this time to offer ourselves in the answering of any queries which those present might have the use in the asking. Are there any questions at this time?

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D: Hatonn, the entity known to us as Jesus, on his leaving our planet, told us that he would leave what he called the Holy Spirit behind to guide and direct us through our daily lives. Would you, or could you classify yourself as part of this Holy Spirit?

I am Hatonn. My brother, in response to this query, may we say that many are those who are numbered among the legions of light, the same light sources and messengers which the one known to your peoples as Jesus of Nazareth was also a member. When this entity known to you as Jesus spoke the words that you have just recited he was speaking of many such as ourselves and others of the Confederation who offer themselves as the most humble of messengers.

We and our brothers and sisters of the Confederation offer our messages of love and light as a comfort and an inspiration to those of your planet who call for our service. In joy do we offer this service; in love do we send our thoughts; in light do we experience the oneness of the Creator. All of this we offer as a service to your peoples.

There is also another source which you may find that may also be described as the Comforter, spoken of by the entity called Jesus. This source may be found by each entity so seeking in meditation, for as you still your mind, as you open your heart and as you open your innermost being to the Creator in love, there shall you find that small, still voice within, which shall also be of great comfort to you as you proceed on that path of spiritual evolution.

We of Hatonn have through many instruments and in many of your meditations spoken of the necessity for meditation for those who wish to seek the Creator. Within meditation shall you find the Creator. Within meditation shall you find the fruits of your labor of evolution.

May we answer you further, my brother?

D: I would like for you just to maybe to expand on what part of that—that my own desire for finding this still, small voice within is extremely great and through my meditation recently the … I've had a difficult time stilling my mind and realizing the fruits of opening myself up to the Creator. Am I being too impatient? Do I need to just stick with it or do you have any comment on that?

I am Hatonn. My brother, it is often the case with those expressing great desire to seek the Creator that the meditative state will at first resound with this great calling and this great desire. It is not unusual and should not be given too much emphasis or concern. Remain steady in your seeking and know that at each moment that you seek in the manner of meditation, that there is a work that is being done within your being, whether you are aware of its fruits or not.

The art of meditation, stated most simply, is that the seeker becomes more and more aware and conscious of this work that is done while meditation is undertaken. If at first you have few glimpses as to the nature of this work and in fact feel that little work could be accomplished amidst such clamor, rest your concerns and your mind will also rest.

May we answer you further, my brother?

D: No. Thank you very much.

We thank you, as always, for allowing us to serve. Is there another question at this time?

L: Yes. I've been trying to do my meditations early in the morning and have been having considerable *(inaudible)*. Is there any suggestions you could make to improve my contact?

I am Hatonn. My brother, we could only add in your case to that which we have just spoken, that your desire to seek the Creator in your meditations is your strongest ally and that this desire shall open new means for you to experience this contact. We cannot make specific suggestions as to when or how you might structure your meditative periods, but can only suggest that any time which you feel a desire for such contact might be utilized, no matter how short.

May we answer you further, my brother?

L: Yes. Who was the source of the writings by one known here as Saint Paul?

I am Hatonn. Unfortunately, my brother, information of this nature we may not divulge, for there are those who would be, shall we say, adversely affected if a full disclosure of this information was made. We do not wish to appear to evade questions of a serious nature, but we are unable to give this type of information concerning entities who are well known, shall we say, and much revered by your peoples.

May we be of further assistance, my brother?

L: No, you've answered my question. Thank you.

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Again, we thank you. Is there another question at this time?

(Pause)

I am Hatonn. As always, it has been a great honor to join this group in meditation. We would at this time transfer this contact and close through another instrument. I am Hatonn.

(L channeling)

I am Hatonn, and I greet you once more in the love and the light of that which you refer to as the Creator. It is a singular pleasure to experience the presence and the intensity of striving of those within this room tonight. My brothers, my sisters …

(Side one of tape ends.)

… we are unable to express fully the gratitude we feel for the opportunity to share what little we can contribute with those who strive that they may contribute so very much. We thank you for this honor and for the service you render us in patiently listening to our feeble efforts. In the love and the light, we of Hatonn bid you adieu, "to God." I am Hatonn.

(Carla channeling)

I am Nona. I greet you in the love and the light of the infinite Creator. We are called here for healing vibrations at this time. We thank you for the opportunity to be of service.

(Carla channels a melody from Nona.) ♣

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Sunday Meditation
October 4, 1981

(Jim channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of the infinite Creator. We are especially pleased to be able to speak to this group this evening. We pause for a moment while an adjustment is made.

(Pause)

I am Hatonn. We are again with this instrument. As we were saying, we are always honored to be asked to join your meditations and are privileged to speak our words, humble though they be, to those whose ears and hearts are opened to the message of love.

My friends, this evening we would say a few words about the perception of love by entities upon your planet. We would begin by saying that there is no shortage of that commodity, shall we say, of love. Many times each of this group, we are certain, has wondered if such a thing as love might actually exist upon this planet, for much seems to be of an inharmonious nature. There seems to be much in the way of contention and strife between peoples, between groups and between nations, and this contention and its manifestation is apparent to all. Many there are among your peoples who seek in one way or another to speak of love and seem stifled to seek for love and seem to come away empty. Many there are among your people who seem to experience nothing of the fruits of love. Many there are among your people whose knowledge of love seems to begin and end with the self.

My friends, we do not deny that this illusion of contention and strife is quite heavy upon your planet. We see, as we look from our vantage point of the density of love, and we see each of your peoples engaged in activities which may be seen from various levels. These activities appear to most on your planet to be struggles for survival and gain for self, but, my friends, we must emphasize that this is an illusion in which you dwell. It is an illusion which has a very important purpose. Each activity, each situation, indeed each thought an entity encounters, serves as catalyst, an ingredient which of itself has no polarity, has no charge, shall we say, but when interacted with by an individual has the capability of allowing that individual to perceive in a variety of manners.

Each individual has certain lessons to learn. These lessons will be expressed and pointed out by the reaction which the individual makes as a result of catalyst. Each entity has available to it the full range and power of love as a response to each situation. You might see each situation with a range of possible responses. At one end we have the concern of the individual for self. At the other end we have love. An individual will place itself at the proper position within this range of responses: there may be strife; there may be confusion; there may be frustration; there may be momentary acceptance and lapses into

anger and then acceptance; there may be indifference; there may be a loving acceptance of the situation and all entities within it.

Always is this acceptance and love a possibility, and you may yourself look at each situation which you find yourself in and you may observe in retrospect your response to each situation and you may observe as you consciously seek for love, understanding, compassion and forgiveness, that you indeed are slowly, but surely, ever so surely, proceeding along the path of love. For it has been truly said, that those who seek shall find, that those who knock upon the door of love shall find that door opened unto them and shall find the bounty of love pouring forth from their very being, for that door upon which you knock is within your heart of hearts, may we say, and as you seek for love and understanding, each seeking is as a knock upon this door.

Each time that you find one more ounce, shall we say, of love added to the scales of your own response you shall find the balance tipping towards love. It is not often in your illusion that one finds love at every turn. It is most often the case that entities discover another part of the range of responses available, but, may we say that love does make itself available at every turn in your activities, for it is within your own being and therefore, your own grasp.

(Pause)

I am Hatonn. We allowed this instrument to pause for a moment. We shall continue.

We are aware that there are a number of entities present this evening who wish to exercise their beginning abilities to serve as channels. We pass among this group of entities exercising each in turn and making our vibrations available for the familiarizing and vocalizing, if this is acceptable to each entity. We would remind each new channel that the relaxing of the mind and the refraining from analysis is most important in this endeavor.

We would, at this time, begin with the one known as R and attempt to speak a few words through this new instrument. We will now transfer this contact to the one known as R. I am Hatonn.

(Pause)

(Jim channeling)

I am Hatonn. I am with this instrument once again. We feel that we have a good contact with the one known as R. If he would simply speak our words which are present in his mind we would then continue the message that he does perceive. We shall attempt this contact again. We now transfer once again to the one known as R. I am Hatonn.

(Pause)

(Jim channeling)

I am Hatonn. We thank the one known an R for his attempts in transmitting our message. We shall be with him in the future for renewed attempts.

We now move to the one known as S, and if she would relax we shall now transfer this contact to this instrument. I am Hatonn.

(Pause)

(Jim channeling)

I am Hatonn, and am with this instrument once again. We feel we have quite a strong contact with the one known as S and would suggest the relaxing once again by the expelling of one or two deep breaths for this new instrument. We will attempt once again to make our thoughts available to the one known as S. I am Hatonn.

(S channeling)

I am Hatonn. I am …

(Jim channeling)

I am Hatonn. We thank the one known as S for her efforts in speaking our words. We assure this entity that the words which it was perceiving in its mind were indeed our thoughts and the simple speaking of the words would continue their flow through this new instrument's mind. We thank this entity for its great desire and we shall now pass to the one known as D1. If she would relax and refrain from analysis, we would attempt to speak a few words through this new instrument. I am Hatonn.

(Pause)

(Jim channeling)

I am Hatonn. We are quite pleased with our contact with this new instrument and shall attempt at a future time to renew and improve this contact. We are aware of the difficulty of vocalizing our thoughts in a large group. We move now to the one known as D2, and shall attempt to transmit our thoughts through this new instrument. If he would relax and

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refrain from analysis we shall now transfer this contact. I am Hatonn.

(Jim channeling)

I am Hatonn. We are aware that there is some degree of analysis that is interfering with this contact with this new instrument. We would assure this instrument that our thoughts are being correctly perceived and need only be spoken. We shall attempt this contact once again. We now transfer to the one known as D2. I am Hatonn.

(D2 channeling)

I am Hatonn, and I greet you through this new instrument. We are pleased with the progress of the instrument. I am Hatonn.

(Jim channeling)

I am Hatonn, and am once again with this instrument. May we thank the one known as D2 for his efforts in transmitting our thoughts. We are most pleased with this new instrument's progress this evening and look forward to making our contact available to each of the new instruments at what you would call future meditations.

We are always most gratified by those of your peoples who seek to serve in this manner, for thusly do we find more and more entities willing and able to share our message of love and light and by this service to the one Creator are all lifted into that love and light. We also wish to express our gratitude to each of those in this group who have given the service of patience while we work with the new instruments. We cannot thank each here enough for this service.

We would now open this meditation to the questions if any present would have the queries that are seeking an answer which we may humbly provide. Are there any questions at this time?

D: First of all, I'd like to thank you for your patience with us who try to channel and my first question is the obvious one, it being my first channeling experience. Was the contact I was receiving—or were the words I was vocalizing a genuine contact or was I making those up as I went along?

I am Hatonn. My brother, may we say your vocalization of our words was completely correct. It may seem to new instruments that the thoughts which are perceived within the mind are the thoughts of the instrument itself. We are aware of this phenomenon and assure each new instrument that though it may seem the manufacture of words comes from the instrument, there is indeed a transmission taking place and it is of a fine or ephemeral, shall we say, nature. This transmission shall become more easily accomplished as the instrument is exercised time and again and shall become much easier to, shall we say, perceive as a transmission of our thoughts in your future.

May we answer your further, my brother?

D: No, that subject *(inaudible)*. Thank you very much. I have one other question and I'll stop taking up your time. Our scientists have discovered a great void in the Universe as is visible from this planet, a void—an area of the universe totally void of any apparent galaxies, of stars, of anything at all. It's highly unusual, at least for the way that we visualize the universe. Could you comment on this?

I am Hatonn. My brother, there are many, shall we say, unusual situations throughout the one infinite Creation of the Father. Unusual to many upon your plane, but not so unusual to those who have expanded, shall we say, their field of vision from microscope and telescope to the vision within. The area of which you speak of as a void may also be looked at with other eyes.

Each area or part of the creation is as a being and may be looked upon as a living being of one kind or another. Such voids, as they have been described by your scientists, may be seen to be quite advanced beings existing in the octave density, shall we say, and existing in a manner which we ourselves do not completely understand or even approach in understanding. That all such areas are beings is without a doubt, in our own way of thinking. Just what the nature of the existence of such beings is, we may say we share your ignorance.

May we answer you further, my brother?

D: No, thank you.

We thank you, as always. Is there another question at this time?

M: Yes, I have a question. Perhaps, Hatonn, you can teach me something. In the Ra works, we look at service to self versus the service of others and how an entity grows on each path. I see some conflicts for the service-to-others type forming in a competitive

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leadership role. I see a very strong service-of-self influence in that type of situation. Is there anything you can teach me that would help me avoid the service-of-self influence and a leadership role?

I am Hatonn. We are aware of your question, my brother, and would attempt to be of service by saying that the range of opportunities available to such an entity in what you might call a leadership role is quite wide and does include that which may be called the service-to-self possibility, but does also include, as we mentioned in our opening message, the possibility of service to others and the full reflection of the experience of love.

It is, my brother, quite the decision of the entity in this position—may we correct this instrument—position to decide what the purpose and the means of putting the purpose into motion shall be for leadership—for leadership of itself does not necessarily imply contention with others against others or in any way imply a disharmonious being within the entity expressing and exercising the leadership. Each position, each role that an entity finds itself in upon your planet has this full range of possibilities available in its exercise. We would simply suggest that to focus upon the role alone is to focus upon the mechanics of the experience and not the heart of the experience. The heart of the experience lies within the entity, within the experience. It is up to each entity to determine what shall be the purpose of the action, what shall be the purpose of the being. How shall love be sought? How shall love be expressed? How shall love be shared? There is no experience upon your planet that does not offer the possibility of the expression of love.

May we answer you further, my brother?

M: No, thank you.

Again, may we thank you. Is there another question at this time?

L: Hatonn, I had an experience several years ago where while sleeping I received some very, very vivid images that I had assumed were recollections of past lives here on this planet. Is that or is that not correct?

I am Hatonn. My brother, we must apologetically refrain from answering this query, for we find that by so doing we would be, shall we say, robbing you of your own efforts in the seeking for the answer.

May we aid you in another way, my brother?

L: Within the limitations of your service could you give me information on the following problem? I seem to have recollections of previous lives on this planet, yet during a recent regression, recollected an immediately prior existence on a different planet. Can you give me any information that might help me balance this?

I am Hatonn. My brother, in this area, we may speak in general and say that it is not unusual for an entity who seeks a certain type of information to experience in what you call regressive hypnosis an experience of a lifetime in which this type of information was contained. The lifetime may or may not have been the immediately previous …

(Side one of tape ends.)

(Jim channeling)

I am Hatonn, and am with this instrument once again. As we were saying, the nature and the strength of the seeking of a certain type of material within the mind are the determining factors for what shall be recalled upon the experience of that known to you as regressive hypnosis. You have had an experience of this nature and you have received a certain type of information. You may ascertain by the efforts of your own seeking in this area whether you have recalled that which was previous to this life or which was more removed.

May we answer you further, my brother?

L: Yes. In either of the situations I described, is it possible I received input from another individual's experiences?

I am Hatonn. My brother, we are somewhat fettered by the reality that all things are possible. We can only say in this instance that the possibility is somewhat slight.

May we answer you further?

L: No, and I thank you for your service.

I am Hatonn. We are most grateful, as well, for your own. Is there another question at this time?

Carla: I'd like to ask a question which you may not be able to answer. In doing the Ra contact work we've run up against an anomaly and, to the best of our intuition, it seems that we need to add an aspect of a sacramental ritual of some sort to the

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preparation for contact and for protection. Can you in any way confirm this?

I am Hatonn. My sister, we can speak in no way upon this matter. Can we be of service in any other way?

Carla: It's nice having you around.

I am Hatonn. Our pleasure is immense at the invitation to join this group in any manner and we thank you as well. May we answer another question at this time?

(Pause)

I am Hatonn. We shall at this time transfer this contact to another instrument for a closing thought. I am Hatonn.

(L channeling)

I am Hatonn. I am with this instrument. It is our pleasure and our privilege to be of service to those who strive for greater awareness. We are humbly grateful for this opportunity, for unlike many of our brothers of the Federation who serve, we have been blessed with the opportunity to serve those aware of our presence and able to share with us their love of one another and of the universe which contains them, and being a portion of the latter, we are the grateful recipients of that immense gift. My brothers, my sisters, we of Hatonn thank you and ask only that if there be a situation in your daily lives in which we may be of service, however small, however brief, however insignificant, that you would call upon us that we may, with gratitude, in some way return the wonderful gift that you have given us.

In the love and the light of the Creator, I am Hatonn.

(C channeling)

I am Nona, and I am with this instrument. We come tonight in answer to a strong calling for our specialty of healing.

(C channels a song from Nona.) ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
October 11, 1981

(L channeling)

I am Hatonn, and I greet you, my brothers, in the love and the light of the infinite Creator. We of Hatonn are pleased and grateful that this assemblage should call upon us, should share with us the love and the unity which pervades this room this night. My brothers, my sisters, we are blessed beyond words at the service you do us in requesting our presence at your gathering. We of Hatonn would like to exercise the various instruments present, if such is within the will of those who have previously sought such contact. At this time our brother Laitos will move among you and if you will but request, he will attempt to share with you his conditioning vibration. We will pause at this time and, for those who request it, our brother of Laitos will perform this function. I am Hatonn.

(Pause)

I am Hatonn. I am again with this instrument. At this time we would attempt to contact the instrument known as C. I am Hatonn.

(C channeling)

I am Hatonn, and I am with this instrument. We once again greet you in the love and light of the one infinite Creator. It is a great privilege to have so many who wish to channel our humble words and messages. Tonight the energy is strong and we will work with various instruments, if you will be patient with us.

Those here seek to advance closer to a greater awareness of the love and light of the infinite Creator. Each here has a method, or as you might term it, a style of growing. Each is different, yet each seeks, each takes of the most powerful tool available to them. The tool is meditation, the quieting of random thought patterns and opening to the love and the light. We of Hatonn share with you your search. We shall aid when called to help you deepen your meditations and to simply be with you, for we are one in the love and light of the infinite Creator. We of Hatonn know that in your illusion that growth is difficult to maintain, for you are sorely distracted by what you would call your everyday hand-to-mouth trying to simply survive. But, my friends, remember that each situation in your lives is an opportunity and a chance to learn, gain insight on yourself and others, and to aid you as a catalyst in your journey.

We are known to you as Hatonn and will at this time transfer this contact to the one known as Jim.

(Jim channeling)

I am Hatonn, and am with this instrument. We greet you once again in love and light. At this time we would attempt to exercise the instrument known as D1. If she would relax and refrain from analysis

we would attempt to speak a few words through this new instrument. I am Hatonn.

(D1 channeling)

I am Hatonn, and I am with this instrument. It is a pleasure to be able to speak our thoughts through this new instrument. We are aware of some discomfort and are attempting to adjust our vibration. If she would relax …

(Jim channeling)

I am Hatonn, and am with this instrument. We are very pleased with the progress of the one known as D1 and would assure her that we shall be with her in her meditations to familiarize her with our conditioning vibration so that the experience of channeling might be less discomforting in the future.

We would move now to the instrument known as R and attempt to speak a few words through this new instrument. If he would relax and refrain from analysis we shall now transfer this contact. I am Hatonn.

(Pause)

(Jim channeling)

I am Hatonn. We are aware of some analysis which the one known as R has allowed to create doubt and would once again suggest the refraining from analysis and the relaxing as much as possible, and we would attempt once again to contact the one known as R. I am Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument. May we assure the one known as R that the thoughts which he was perceiving in his mind were indeed our thoughts and the contact with this instrument is good and we shall attempt at a future date to speak a few words through his channel.

We move now to the one known as S and shall attempt to speak a few words through this new instrument. If she would relax and refrain from analysis and speak the words which she perceives in her mind, we shall now transfer this contact. I am Hatonn.

(S channeling)

I am Hatonn. I am with this instrument. It is a pleasure to greet you through this instrument. We of Hatonn will now attempt to use this instrument in the near future. We are pleased with the progress of this instrument. I am Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument. May we say we are most pleased with the progress of each of the new instruments and would now move to the one known as D2 and attempt to speak a few words through [his] instrument. If he would also relax and refrain from the analysis, we shall transfer this contact at this time. I am Hatonn.

(D2 channeling)

I am Hatonn, and I am with this instrument. We of Hatonn are most privileged to speak through this new instrument. I am Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument. We would now move to the one known as E and attempt to speak a few words through this instrument. If he would relax and refrain from analysis, we shall now transfer this contact. I am Hatonn.

(E channeling)

I am Hatonn, and I greet you with this instrument. We are glad to work with any who seek our services. We have a simple message which you all have heard before. It is mainly of love and is all there is. We are very pleased to have gone this far with this instrument. We will now transfer to the one known as Jim. I am Hatonn.

(Jim channeling)

I am Hatonn, and am once more with this instrument. May we take this opportunity to express our extreme gratitude for the patience which each within this circle of meditation has shown this evening as we have attempted to exercise those entities wishing to serve as instruments. We have found quite fertile ground within this group this evening and are most pleased to discover that the desire to serve as instruments of love and light is quite strong within this group. We assure each new instrument that the contact which it experienced this evening was our contact. We are aware that each instrument experienced varying degrees of doubt, unsure of whether the words perceived in the mind were our transmission or were merely thoughts running through the mind of the instrument's own

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manufacture. We have said before and now reiterate that each instrument shall experience this phenomenon in varying degrees. The doubt shall be diluted as practice is begun again and again within this group.

We suggest to each new instrument that the opening as a channel for our thoughts is both quite simple and quite difficult. It is simple for those who are willing to appear quite foolish and to allow our thoughts to be spoken by their own voices as they appear within their minds. It is quite difficult for those who would wish to maintain a certainty that they shall not appear foolish, for my friends, upon your planet at this time it is the experience of any who seek to love that this experience shall render one quite familiar with the feelings of foolishness. For upon your planet it is quite foolish, it would seem, to love without the expectation of return, to give for no reason other that to give to one who needs and it is true also that for those who seek to be of a specific type of service, that which you call the channeling, that the experience of foolishness shall also be reflected, for it is, apparently, it would seem, to new instruments not a particular energy associated with that instrument which is being allowed to pass through the channel.

We of Hatonn are your brothers and sisters on the search and the journey for love and unity with the Creator. Thus, we are none other that your other selves and that which we transmit through your instrument is none other than the love and the light of the one infinite Creator which exists within your very being. Therefore, it is not something which is alien to you, but which you are most intimately acquainted [with] when you open your being to the experience of the love that resides within.

May we thank each in this group for the patience and the desire to be of such service. At this time we would transfer this contact to another instrument so that we might offer ourselves in the service of answering questions. I am Hatonn.

(C channeling)

I am Hatonn, and I am now with this instrument. We wish at this time to further exercise this channel by offering [otherselves'] questions to him, which shall be for him a new experience and we seek to deepen our contact with this instrument by this means at this time.

Are there any questions?

R: Hatonn, the entity called Sadat—was this entity a wanderer and, if so, from where?

I am Hatonn, and I am aware of your question. My brother, the entity known to you as Sadat was a entity seeking as do you. We cannot, due to the Law of Free Will, tell you whether or not any in your density is or is not what you term a wanderer, but we may say that the one known as Sadat was aware of love and light and was very oriented toward service to others. He was an open receiver and he did much.

As an example [of] one who has begun to strengthen his polarization towards light, he was however, toward the end of his physical existence, subject to the same influences that have affected others of your world who have or had begun to be an example for others, open to both aspects of love and light, and was having difficulties with his polarization, but he is an aware individual such as you seek—correction—are and seek to come more so.

May we answer you further, my brother?

R: No, thank you.

We thank you, my brother. Are there any other questions?

E: I'd like to ask you about something that you were just talking about. When people open up to selfless love, they can appear foolish and it struck me that there was something very sad about Sadat's death in that, as an example, when Nasser died, millions of people were mourning in the streets and there was a tremendous show of sympathy and respect for him, but when Sadat died the ceremonies were closed to the public and there didn't appear to be more than a few thousand real mourners for his death, and I would like to know if that might be an example of the foolishness that you were talking about?

I am Hatonn, and I am aware of your question.

(Side one of tape ends.)

(Jim channeling)

… but were waiting for the clicking of the tape to be …

(The recording tape is blank for a few seconds.)

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(Jim channeling)

… the mourning, for it is a step that all must take and, in this case, it would seem that the man known as Sadat was a—how you might say—an individual in an area where many are seeking to be collectively one in a territorial type of behavior. He was a man unafraid to do those things that flowed within and throughout him. He was, for the most part, isolated by choice from many of what you would call his countrymen and fellow entities.

In this particular area of your planet there is great fear and apprehension on many people's parts to fully express their feelings, for in this area—as it seems throughout your planet—people attempt to influence and dominate others through violence and threats thereof. We can assure you that the feelings of many were suppressed because of fear and say that the mourning, as you term it, was much greater than what you were able to see through your information gathering sources. His was for many people of your planet a great loss, for he was an example to them of what one can accomplish by doing that which is flowing within them as manifested by physical actions. In this case the actions were far-reaching, for he occupied a position on your planet of leadership that affected many. But we wish once again to say that death is not necessarily the time to mourn, for as is taught in many of your religions, it is the next step.

May we answer you further?

E: No, thank you. Thank you.

We thank you. We wish to say that one need not affect many by allowing oneself to flow with that light within them, but we say that as one shines, that they are seen and that they, by flowing within themselves, touch others, whether they actively seek to do so or not, for we all are love and light and the flowing of love and light touches all those around those who become aware.

Are there any other questions?

R: Yes. The material that I've been hearing tonight is very similar to material that I have heard before. Perhaps the main reason why I came tonight was because of my interest in the new material that is included in the new book, *The Law of One*, from the social memory complex described as Ra. So, I would like to know what the connection is between what we have been listening to and what is documented in that book?

I am Hatonn, and am aware of your question. My brother, ours is but a simple message and will many times seem repetitious, for we deliver a message of love and light and seek to encourage the use of meditation as a means of becoming more aware. The material in the book, *The Law of One*, comes from a source, though part of the Confederation, a different density with somewhat different guidelines which they follow.

While we both are limited by the Law of Free Will, or distortion, as it is referred to in the *The Law of One* book, the source known to you as Ra seeks to compensate for what it sees as mistakes that it made in previous contacts with your planet. The aim of both the book, the *The Law of One* and our contact is basically the same. While the approach is different, both seek to make those entities of your planet who seek growth more aware of the love and light of the one infinite Creator. Material that is presented by Ra or the message we seek to convey are aimed at the same end—to aid your planet and the entities upon it in their seeking.

May we answer you further, my brother?

(Inaudible)

M: Hatonn, I'm interested in a concise answer as to how one can protect themselves from being drained when sending energy to others.

I am Hatonn, and I am aware of your question. My brother, sending of light to others need not be to you physically draining, for as you know, light may be conveyed to other entities while in meditation, which is a non-draining activity, for while in meditation the light flows more freely and a great effort is not necessary to convey light to another.

May we answer you further?

M: Perhaps. Often in meditations with a group, I will leave a group feeling very, very charged, but in meditations alone I will sometimes come out of a meditation feeling very, very tired. I feel sometimes drained. Is this just my imagination or is there a way to be drained of energy in meditation?

My brother, I am Hatonn, and am aware of your question. For many who meditate alone, for that matter, within a group, there are times when one may sometimes temporarily, partially, separate

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themselves from their physical body. This activity, though not necessarily done, as you would say, deliberately, may occur and is draining upon your vital energies. This experience may be avoided, as well as the draining effect, by beginning one's meditations with some form of centering of your energies, by, in some cases, praying or just the performing of some small ritual to center one's energies for the purpose intended. By doing this one may avoid the draining that occurs sometimes in meditation.

May we answer you further, my brother?

M: No, you've answered me now. Thank you.

Thank you, my brother. May we answer another question?

L: Yes. Hatonn, earlier this evening and on a number of other occasions, I've felt, I guess you'd call it, access, to a high intensity energy that seemed to be directable. Could you explain to me the source of this energy and how it is I'm tapping into it?

I am Hatonn, and I am aware of your question. My brother, energies that you feel are simply yours flowing and are energies which are always present and available to you. As you have developed and grown through your meditations, these energies are becoming more available to you.

May we answer you further?

L: Yes. As these energies have been dormant for the majority of my life, it seems to me that they're not necessary for my physical existence. What purpose do they serve, or to what purpose can they be used?

My brother, those energies that you may tap may be used as you wish them to be used, for as with any energy source, he who taps them determines what he shall do with them. Those energies which you are becoming more aware of are there as a means of achieving those things which you wish to achieve.

May we answer you further, my brother?

L: No, I thank you for your help.

We thank you. Is there another question?

(The sound of a cat choking in the kitchen is heard.)

Although the sounds tonight are not quite as pleasant as those of your creatures in nature, we would again be amiss if we merely hung around to listen. So, we will, at this time transfer this contact to the one known as D2 and attempt to end with a few words through him. We are known to you as Hatonn. Adonai, my friends.

(D2 channeling)

I am Hatonn, and I greet you with this instrument. We of Hatonn are …

(W channeling)

I am Hatonn. I am now with this instrument. We are greatly pleased with the progress of the new instruments in the room. We encourage each of you to continue in your meditations as often as it is possible for each of you to do so. We bid you adonai, and leave you in the love and light of the infinite Creator. ♣

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The Law of One, Book III, Session 72
October 14, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first give me an indication of the instrument's condition?

Ra: I am Ra. This instrument's physical energy distortions are as previously stated. The vital energy level has become distorted from normal levels, somewhat downward, due to the distortion in this instrument's mind complex activity that it has been responsible for the, shall we say, difficulties in achieving the appropriate configuration for this contact.

Questioner: Was the banishing ritual that we performed of any effect in purifying the place of working and the screening of influences that we do not wish?

Ra: I am Ra. This is quite correct.

Questioner: Can you tell me what I can do to improve the effectiveness of the ritual?

Ra: I am Ra. No.

Questioner: Can you tell me what caused the instrument to become in a condition toward unconsciousness in the last two meditations prior to this one to such an extent that we discontinued them?

Ra: I am Ra. We can.

Questioner: Would you please tell me then?

Ra: I am Ra. The entity which greets this instrument from the Orion group first attempted to cause the mind/body/spirit complex, which you may call spirit, to leave the physical complex of yellow-ray in the deluded belief that it was preparing for the Ra contact. You are familiar with this tactic and its consequences. The instrument, with no pause, upon feeling this greeting, called for the grounding within the physical complex by requesting that the hand be held. Thus the greatest aim of the Orion entity was not achieved. However, it discovered that those present were not capable of distinguishing between unconsciousness with the mind/body/spirit intact and the trance state in which the mind/body/spirit complex is not present.

Therefore, it applied to the fullest extent the greeting which causes the dizziness and in meditation without protection caused, in this instrument, simple unconsciousness as in what you would call fainting or vertigo. The Orion entity consequently used this tactic to stop the Ra contact from having the opportunity to be accomplished.

Questioner: The instrument has scheduled an operation on her hand next month. If the general anesthetic is used to produce the unconscious state will this or any other parameters of the operation allow for any inroads by the Orion entities?

Ra: I am Ra. It is extremely improbable due to the necessity for the intention of the mind/body/spirit complex, when departing the yellow-ray physical

complex, to be serving the Creator in the most specific fashion. The attitude of one approaching such an experience as you describe would not be approaching the unconscious state with such an attitude.

Questioner: We have here, I believe, a very important principle with respect to the Law of One. You have stated that the attitude of the individual is of paramount importance for the Orion entity to be able to be effective. Would you please explain how this mechanism works with respect to the Law of One and why the attitude of the entity is of paramount importance and why this allows for action by the Orion entity?

Ra: I am Ra. The Law of Confusion or Free Will is utterly paramount in the workings of the infinite creation. That which is intended has as much intensity of attraction to the polar opposite as the intensity of the intention or desire.

Thus those whose desires are shallow or transitory experience only ephemeral configurations of what might be called the magical circumstance. There is a turning point, a fulcrum which swings as a mind/body/spirit complex tunes its will to service. If this will and desire is for service-to-others the corresponding polarity will be activated. In the circumstance of this group there are three such wills acting as one with the instrument in the, shall we say, central position of fidelity to service. This is as it must be for the balance of the working and the continuance of the contact. Our vibratory complex is one-pointed in these workings also and our will to serve is also of some degree of purity. This has created the attraction of the polar opposite which you experience.

We may note that such a configuration of free will, one-pointed in service-to-others, also has the potential for the alerting of a great mass of light strength. This positive light strength, however, operates also under free will and must be invoked. We could not speak to this and shall not guide you, for the nature of this contact is such that the purity of your free will must, above all things, be preserved. Thus you wend your way through experiences discovering those biases which may be helpful.

Questioner: The negatively oriented entities who contact us and others on this planet are limited by the first distortion. They have obviously been limited by the banishing ritual just performed. Could you describe, with respect to free will, how they limit themselves in order to work within the first distortion and how the banishing ritual itself works?

Ra: I am Ra. This query has several portions. Firstly, those of negative polarity do not operate with respect to free will unless it is necessary. They call themselves and will infringe whenever they feel it possible.

Secondly, they are limited by the great Law of Confusion in that, for the most part, they are unable to enter this planetary sphere of influence and are able to use the windows of time/space distortion only in so far as there is some calling to balance the positive calling. Once they are here, their desire is conquest.

Thirdly, in the instance of this instrument's being removed permanently from this space/time, it is necessary to allow the instrument to leave its yellow-ray physical complex of its free will. Thus trickery has been attempted.

The use of the light forms being generated is such as to cause such entities to discover a wall through which they can not pass. This is due to the energy complexes of the light beings and aspects of the one infinite Creator invoked and evoked in the building of the wall of light.

Questioner: Everything that we experience with respect to this contact, our distortion toward knowledge in order to serve, the Orion entity's distortion towards reducing the effectiveness of this contact, all of this is a result of the first distortion, as I see it, in creating the totally free atmosphere for the Creator to become more knowledgeable of Itself through the interplay of its portions, one with respect to the other. Is my view correct with respect to what I have just said?

Ra: I am Ra. Yes.

Questioner: In the last session you mentioned that if the instrument used any of the increased vital energy that she experiences for physical activity that she would pay a "harsh toll." Could you tell me the nature of that harsh toll and why it would be experienced?

Ra: I am Ra. The physical energy level is a measure of the amount of available energy of the body complex of a mind/body/spirit complex. The vital

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energy measurement is one which expresses the amount of energy of being of the mind/body/spirit complex.

This entity has great distortions in the direction of mind complex activity, spirit complex activity, and that great conduit to the Creator, the will. Therefore, this instrument's vital energy, even in the absence of any physical reserve measurable, is quite substantial. However, the use of this energy of will, mind, and spirit for the things of the physical complex causes a far greater distortion in the lessening of the vital energy than would the use of this energy for those things which are in the deepest desires and will of the mind/body/spirit complex. In this entity these desires are for service to the Creator. This entity sees all service as service to the Creator and this is why we have cautioned the support group and the instrument itself in this regard. All services are not equal in depth of distortion. The over-use of this vital energy is, to be literal, the rapid removal of life-force.

Questioner: You mentioned that the large amount of light that is available. Could this group, by proper ritual, use this for recharging the vital energy of the instrument?

Ra: I am Ra. This is correct. However, we caution against any working which raises up any personality; rather it is well to be fastidious in your working.

Questioner: Could you explain what you mean by "raises up any personality"?

Ra: I am Ra. Clues, we may offer. Explanation is infringement. We can only ask that you realize that all are One.

Questioner: We have included "Shin" in the banishing ritual, "Yod-Heh-Vau-Heh" to make it "Yod-Heh-Shin-Vau-Heh." Is this helpful?

Ra: I am Ra. This is helpful especially to the instrument whose distortions vibrate greatly in congruency with this sound vibration complex.

Questioner: We will in the future have group meditations. I am concerned about protection for the instrument if she is once more a channel in these meditations. Is there an optimum time or limiting amount of time for the banishing ritual to be effective, or if we continued daily to purify the place of working with the banishing ritual would this carry over for long periods of time, or must the ritual be done immediately prior to the meditations?

Ra: I am Ra. Your former assumption is more nearly correct.

Questioner: Is there any danger now, with the precautions that we are taking, of the instrument being led away by the Orion entity?

Ra: I am Ra. The opportunities for the Orion entity are completely dependent upon the instrument's condition of awareness and readiness. We would suggest that this instrument is still too much the neophyte to open its self to questions since that is the format used by Ra. As the instrument grows in awareness this precaution may become unnecessary.

Questioner: Why is there no protection at the floor or bottom of the banishing ritual, and should there be?

Ra: I am Ra. This will be the last full query of this working.

The development of the psychic greeting is possible only through the energy centers starting from a station which you might call within the violet-ray moving through the adept's energy center and therefrom towards the target of opportunity. Depending upon the vibratory nature and purpose of greeting, be it positive or negative, the entity will be energized or blocked in the desired way.

We of Ra approach this instrument in narrow band contact through violet-ray. Others might pierce down through this ray to any energy center. We, for instance, make great use of this instrument's blue-ray energy center as we are attempting to communicate our distortion/understandings of the Law of One.

The entity of Orion pierces the same violet-ray and moves to two places to attempt most of its non-physical opportunities. It activates the green-ray energy center while further blocking indigo-ray energy center. This combination causes confusion in the instrument and subsequent over-activity in unwise proportions in physical complex workings. It simply seeks out the distortions preincarnatively programmed and developed in incarnative state.

The energies of life itself, being the one infinite Creator, flow from the south pole of the body seen in its magnetic form. Thus only the Creator may, through the feet, enter the energy shell of the body to any effect. The effects of the adept are those from

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the upper direction and thus the building of the wall of light is quite propitious.

May we ask if there are any shorter queries at this time?

Questioner: I would just ask if there is anything that we could do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. This instrument has some increased distortion in the region of the neck. Some attention here might provide greater comfort. All is well, my friends. The forbearance and patience observed by Ra are commendable. Continue in this fastidiousness of purpose and care for the appropriate configurations for contact and our continuance of contact will continue to be possible. This is acceptable to us.

I am Ra. I leave you, my friends, glorying in the love and the light of the one infinite Creator. Go forth, then, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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Intensive Meditation

October 15, 1981

(Carla channeling)

I am Laitos, and I greet you, my friends, in the love and the light of the infinite Creator. It is a great pleasure to be able to use this instrument once again, and also a pleasure to be able to work with each of you at this time. May we say to you that as you come into this place of peace and dedication to service, let all those things slide from you that cause you to be caught in the world of illusion where it is difficult to see the one infinite Creator, for here, as you are banded together to seek to be of service, is the Creator. There is a spirit of which we are messengers and of which you wish to be messengers also. As you offer yourselves to this service, my friends, know that you are among the great many friends of we of Laitos, and those of the Confederation of Planets in the Service of the Infinite Creator and many of those whom you call angels are all of a single wish, and that is to be of aid to those who wish to offer themselves as channels of the love and the light of the infinite Creator.

We would pause for a few moments to work on the group as a whole and then we shall begin exercising each individual. I am Laitos.

(Pause)

I am again with this instrument. I am Laitos. We would like to begin by working with the one known as R. We would like to carefully repeat a single phrase through this instrument so that this instrument may begin to feel a sense of what this type of contact may be experienced as being like. If the instrument would relax and refrain from analysis, we shall at this time transfer to the one known as R. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We are adjusting the contact. There is some slight care which we must take with this instrument in order to avoid activation which is undesirable, therefore, we shall narrow our communication and again attempt to speak the name by which you know us through this instrument. I am Laitos.

(Carla channeling)

I am Laitos, and am again with this instrument. We find a good deal of blockage due to some, shall we say, concern on the part of the instrument that such contact may not be controlled and may be false. May we suggest for the first fear that the instrument, in meditation, visualize a deep violet shade surrounding, in particular, the rear and sides of the portion of the body known as the head, but extending more generally throughout the *(inaudible)*. For the second fear may we suggest the imaging of the opening of the pea pod—as one pea

rolls away from the pod, the rest follow. There is an inevitability about this particular process which is felt by the finger or thumb as this is done. So it is with a phrase as we give it. We give a phrase which is easily spoken, then the pod is tossed away, shall we say, and another ready to be given forth.

We thank the one known as R and shall at the end of this session attempt once more to speak through him. At this time we would exercise the instrument known as S by giving a few thoughts through this instrument if she would also relax and speak those things which flow easily into the mind. I am Laitos.

(S channeling)

I am Laitos, and I greet you through this instrument. We are pleased to be speaking through this instrument once more. We are attempting to reach …

(Carla channeling)

I am Laitos, and am again with this instrument. We gratefully thank the one known as S for her service and confirm that the phrase which was given was "reach as many of those upon your planet as it is possible to reach at this time." We offer this confirmation that the instrument may grow in confidence and therefore cease any analysis that may keep the process which you call channeling from being experienced with *(inaudible)*.

We are hopeful that the attempts which we have made in the past few days to cause a comfortable but noticeable experience of our presence has been somewhat successful. May we offer to the instrument the suggestion that with this instrument also there is a visualized color which may be somewhat helpful. If it is desired that the meditation be pointed towards communication and the deepening of the contact to include the conditioning of the Confederation, as the request is mentally sent for our presence the golden color may also be sensed as that which is about the instrument, for this is compatible with this instrument's meditative state.

At this time we would like to exercise the instrument known as D1. We shall offer words slowly and ask that the one known as D1 speak with peace in her heart knowing that we are indeed offering these words. I am Laitos.

(D1 channeling)

I am Laitos, and I am with this instrument. It is a pleasure to greet you through this instrument. We feel that there is a good contact and wish to express our gratitude for the opportunity to work with this group. I am Laitos.

(Carla channeling)

I am Laitos, and am again with this instrument. Again we greet you in love and light and thank the one known as D1. We are extremely happy with the progress which has been made and wish to assure the one known as D1 that we shall at all times be available for the conditioning work. We feel in this particular case there is no advice, shall we say, which we might offer since the instrument has a great desire to serve and is, to the best of her ability, doing those things which we might suggest. Thus, we can only encourage the one known as D1 to continue in faith and in love and to realize that we are always at her disposal.

We would now transfer to the one known as D2 to speak a few phrases. We ask this instrument to refrain most rigorously from analysis and assure the instrument that we shall not be attempting to speak any but those words which are those of the Creator. We would now transfer. I am Laitos.

(D2 channeling)

I am Laitos, and I greet you through this instrument. We of Laitos know of …

(Carla channeling)

I am Laitos. I am with this instrument. We are attempting to make adjustments so that the instrument is more comfortable and can perceive our contact more clearly. After a brief pause, we shall again transfer to the one known as D2. I am Laitos.

(D2 channeling)

I am Laitos. I am once again with this instrument. We are pleased with the contact with this instrument. We will always try …

(Carla channeling)

I am Laitos. I am again with this instrument. We realize that we have some careful adjustment to do with the instrument known as D2 in order to make the contact with him comfortable and clear, and we shall be glad to work with this instrument in conditioning whenever it is requested. We cannot

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thank this instrument enough for the service which he attempts to provide.

We would now again attempt to vibrate our name as you know it through the instrument known as R, if he will allow our thought to come into his mind and then be spoken. I am Laitos.

(Pause)

(Carla channeling)

I am Laitos. I am again with this instrument. We had a better contact during this second attempt to speak with the one known as R. However, there is a great deal of analysis and this inhibits the clear functioning of such a contact as this. This contact is the result of the free will of each entity offering himself or herself in service to the infinite Creator. There are many things which those who wish to serve wish to offer to all of mankind and in particular to those whom one knows. This is one of many forms of service and we thank each for sharing in this work of service.

We would at this time attempt to exercise the instrument known as D3. I am Laitos.

(D3 channeling)

I am Laitos. I am with this instrument. It is a very great privilege to be able to work with this group at this time. We of Laitos are always pleased when our contact and aid is sought. We will attempt to give through this instrument some simple instructions. It is only necessary that you desire our contact for our contact to be given. Desire, my friends, is the key to the contact. The greater the desire, the more we are able to work with you. If the desire is sufficient we will be there. We will be there at any time, any place, when you have the desire for our contact.

Sometimes it is difficult to establish what we would call the original contact. This is understandable, for quite often the individual who is receiving our contact analyzes that which he receives and quite often interprets that to be thoughts of his own generated from within his own being. We suggest, my friends, that you do not try to discriminate between our contact and those thoughts generated within your own being, but simply say what is available for the saying.

My friends, it matters not whether those thoughts are generated within your own being or from us, known to you as Laitos. Relax and simply speak those words that are available during that period of meditation when you desire our contact. After you have gained same experience in simply letting flow that which is available, regardless of its source, whether it be yourself, whether it be us, or whether it be another source, you will then begin to realize that all sources are one. The information, my friends, is information. It is information of the Creator. It *is* the Creator. It is our understanding, and you will receive it; the greater the desire, my friends, the more the understanding.

I will leave this instrument at this time and transfer this contact. Please be available for our contact, for we shall now, at this time, attempt to contact each of those in this room. I am Laitos.

(Jim channeling)

I am Laitos, and am with this instrument and greet you all in love and light once again. We have been able to make our presence known to each within this circle and with practice we are certain that each entity in time shall be able to speak our words when they are perceived within the mind. We thank each entity within this room for the service which has been offered to those of our group known as Laitos.

We would, at this time, offer ourselves in the attempt to answer any questions which those present might have. Are there any questions at this time?

R: How deep of a meditative state is necessary for contact?

I am Laitos. My brother, it is not necessary that one enter any great depth during the meditation in which contact is sought. The necessity, rather, is for the clearing of the mind and not in the deepening of its perceptive ability. The clearing of the mind, as we have mentioned, consists of removing the tendency towards analysis, which is natural for your peoples and for any new instrument which is attempting to perceive thoughts transmitted from any other source than its own being.

May we answer you further, by brother?

R: No, thank you.

As always, our gratitude is with you. Is there another question at this time?

S: Yes. How can one be certain when a contact has been made?

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I am Laitos. My sister, we do not deal in certainty, for this is a phenomenon which has no proof, proof as you know being the greatest of infringements upon your own free will. But we may suggest to you that if you should desire some simple sign that contact has been made, you may ask for conditioning in whatever degree you deem appropriate prior to the contact, and upon receiving this conditioning, this shall be your signal to yourself that the contact is about to be initiated.

Of course, you may also note that any entity who wishes to persist in the analysis may also decide that the signal was not the proper signal. This is why we say there is no certainty, but you may, yourself, during the time that contact is sought, be assured as much as we can assure you that if you desire our contact, it is our contact which you shall perceive.

May we answer you further, my sister?

S: Yes. Why was I not able to perceive the rest of the message? Was there a bad contact? I became somewhat anxious. Is that responsible for not being able to receive the contact?

I am Laitos. My sister, we would confirm your discovery and assertion that the anxiety does indeed serve as an inhibitor to the perceiving of our contact. It is much likened unto what you might—we correct this instrument—much likened unto what you might perceive as the static upon the radio. Anxiety within your mind does block that further perception of the contact. That is why we suggest the relaxing of the mind …

(Side one of tape ends.)

(Jim channeling)

I am Laitos and am once again with this instrument. This is why we have previously suggested the taking of deep breaths and the simple speaking of the thoughts as they are perceived within the mind, without analysis or doubt.

May we answer you further, my sister?

S: No, thank you.

As always, we are most grateful for this opportunity to serve. Is there another question at this time?

D2: Yes. I'm seeming to have more trouble with the contact this afternoon (than) I have had previously, although I did not perceive any difference in my own particular mental state today than I have had before. Are there any adjustments that you would suggest that I could do just to make contact better?

I am Laitos. My brother, in this regard we may simply reiterate those suggestions which we have made in the past, those being the relaxing as much as possible, the clearing of the mind of all extraneous thought and the refraining from analysis. These are the basics which any new instrument must be able to master before the contact can be clearly perceived. We feel, in your case, these are quite sufficient and are being accomplished to a sufficient degree by your own efforts and any other advice at this time would simply be extraneous to the process which is occurring within your own being. We are pleased with the contact which we have through your instrument and may assure you that your meditations in the future will be much more successful in the attempt to perceive our contact, for we feel we have quite a good contact through your instrument.

May we answer you further, my brother?

D2: No, thank you.

We thank you. Is there another question at this time?

(Pause)

I am Laitos. My friends, it has been a very great honor and privilege for us to speak to your group this afternoon and to utilize each of the instruments which we have been able to contact. We are always grateful for any opportunity to speak to any of your people who wish our service. To be able to address a group such as this which is devoted to the specific service of serving as instruments for messages which we humbly offer as our interpretation of the love and light of the one infinite Creator is a joy which cannot be spoken. We assure each entity within this group that we shall be most honored to join each in his or her private meditation and a simple (request?) is all that is necessary.

We would now leave this group, rejoicing in that love and in that light which flows through all of our beings and joins us in the clear light of the one infinite Creator. We are known to you as those of Laitos and we leave you now in that love and in that light. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
October 18, 1981

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, in the love and in the light of the infinite Creator. It is a great privilege to speak through this instrument this evening. We were attempting to initiate contact with the one known as C and we will transfer to him later in the meeting. We wish to confirm that we were indeed attempting to contact him. We will speak now a few thoughts through this instrument.

We would speak to you this evening of an aspect of love that is seldom understood among your peoples. It is an aspect of love that is one if the most creative and offering the most freedom of all the aspects of love. And that, my friends, is endurance. In the vicissitudes of each of your lives as you experience them at this time, there are many peaks and many valleys and when you reach the peaks you feel that the experience that you have gained, the high points that are the equivalent of the soaring of the eagle or the rejoicing of the angels, will surely carry you through all that may lie ahead of you, but, my friends, this is not to be. There is no mountain high enough to bridge the valleys, and when you are in those valleys, the difficult and dreary times, times when it seems that it is impossible to find a positive reason for your existence and being, it does not seem possible that there will ever come to you again the euphoria of the experience of the empyrean heights, bliss, thankfulness, joy and shared laughter, and yet again this is not so, for there is no valley deep enough to keep you from scaling the next height.

The changes of your life experience are intended to give you cause for thought and reason for action. It is not intended that you should have an uneventful life. It is, rather, intended that your life offer you whatever peaks and vales that you may need in order to experience the joy and the sorrow of your humanity to such an extent that you learn how to endure. How easy it is, my friends, to love and to be loved upon the peaks of your life. How easy to express the graceful phrase, the caring thought, the heartfelt deed. And when you have once again walked into the vale and are locked in the cage of sorrow, how then can you reach through the bars and offer up love and offer yourself to be loved? For you are a prisoner of your sorrow, and know not how to do these things, and yet, my friends, if you experience the alternation of joy and sorrow to a great enough extent and with a great enough clarity of perception, you may discover in this very cycle one enduring thing.

That, my friends, is yourself. Your mind finds peaks and rejoices in freedom. Your mind creates valleys and imprisons itself in sorrow, but there is always your mind, your consciousness, your beingness, the totality of which never changes, never alters and does indeed endure. And who are you, the being experiencing these changes, seasons and cycles of life,

of love and sorrow? We suggest to you, my friends, that you are part of an original Thought, part of that which we might call love and as long as your consciousness endures, so shall love.

Love is not a property of the heights of joy, nor are you bereft of it in the utmost depths of despair, for you are love. It is always with you, for it is here, no matter how distorted your perception of yourself and of your experience, how separated you feel from the warmth and the safety of love, yet you cannot deny or ignore your being. You cannot escape your thoughts or your nature. Therefore, my friends, it is well, from time to time, to imagine yourself as one who watches a picture that moves upon the *(inaudible)*. This picture is yourself as you act from day to day, moving as the winds of experience move you, that you yourself, my friends, are the watcher and, as the watcher, you may see, not only the folly of this illusion, not only the missteps, the grand moments and the failures that you fear, but something far deeper, for the watcher sees the reality behind all of these actions. The watcher sees love.

At this time I would transfer this contact. I am known to you as Hatonn.

(C channeling)

I am Hatonn, and I am with this instrument. In your lives, within this illusion, each and every of your days you will face various situations which may at times be pleasant or troubling or just seem to pass. Each moment [and] situation that you face is an opportunity for each to examine, feel, for each moment offers a chance to grow, to become more aware. Each moment offers a lesson which will provide opportunities. Whether you take the opportunity or not is totally a matter of your free choice, for each of you well knows that a lesson unlearned repeats itself or is manifested in similar situations. To grow, each lesson must be learned, although some you will find most difficult and within this illusion may even be a physically or mentally unpleasant experience due to your having to deal with others in this illusion, for those who are aware and seek are often misunderstood. As they become more aware, quite often you will see distances appear between you and those who would shun the lessons that they are faced with, though you may, as you grow with patience, bridge the gap and can make the difference small and even through your love bring you and others closer after a time. You, as you become more aware, can endure all seeming blindness of others which so often stems from ignorance, for in your illusion many who do not understand or consciously seek turn their eyes away from the light and love of which we all are a part. You need not be ever discouraged by others as you seek more love and light that is within, and as you, will shine and touch others and aid them to begin their own journey.

We would at this time ask if there are any questions which we might attempt to answer? Is there a question?

(Pause)

My friends, it is always a pleasant experience to sit, quietly listen, to hear various vibrations that surrounds, for even in what you would term a silence, there is energy and peace which, not heard, is felt and experienced. We enjoy sitting silent, but we would also enjoy the sounds of your questions and would ask once again if we may be of service to you tonight within this capacity?

(Pause)

I am Hatonn. Since there seems to be no pressing questions upon your minds of the ones within this group, we shall, at this time, transfer this contact to another instrument. I am Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument. We greet you once again in love and light. At this time we would offer ourselves in the capacity of exercising new instruments. We would begin with the one known as R and, if he would relax and refrain from any analysis, we shall attempt to speak a few words through this new instrument. We shall now transfer this contact. I am Hatonn.

(Pause)

(Jim channeling)

I am Hatonn, and am with this instrument once again. We find that we have some blockage within the one known am R. Our contact enters just above the eyebrows, and if the one known as R would imagine in imagery this area being clear of all thought, and relax the body, we will once again attempt contact with this new instrument. I am Hatonn.

(Pause)

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(Jim channeling)

I am Hatonn. We find that we have somewhat a stronger contact with the one known as R, but this new instrument feels not only a hesitance for speaking those thoughts which it finds within its mind, but also feels a good deal of pleasure in the sitting quietly within our vibrations. We appreciate the efforts of the one known as R and shall be with this new instrument in the future meditations and we look forward to being able to speak our words through this instrument, and assure this instrument that the desire to experience our contact, to speak our words, is all that is necessary to do so.

We would at this time attempt to contact the one known as S. If she would relax and speak the thoughts which appear within her mind, we would attempt to speak a few words through this new instrument. We will now transfer this contact to the one known as S. I am Hatonn.

(S channeling)

I am Hatonn, and I am with this instrument. We are pleased to be speaking to you through this instrument once more. We feel we are able to contact this instrument more comfortably now. We have, in the past, caused some discomfort. We are adjusting our … We have had to pause to make a minor adjustment, as this instrument was experiencing discomfort. We feel she is now more comfortable. We of Hatonn wish to speak …

(Jim channeling)

I am Hatonn, and am with this instrument once again. We are most pleased with the progress made by the one known as S in the reception in transmission of our contact. We look forward to meditations at which time we might be asked once again by this instrument to exercise its channeling abilities. May we say that it is a great honor to be able to utilize a new instrument at any time in any manner and we appreciate the desire which each of these new instruments has expressed and demonstrated in working with our conditioning vibrations. We assure each that we shall be with each of them in their meditations and a simple request is all that is necessary for us to join in meditation.

My friends, it has been a great privilege to be able to speak to your group this evening. We of Hatonn …

(Side one of tape ends.)

(Jim channeling)

I am Hatonn, and am once again with this instrument. We have spoken many times to this group. Our subject has always been some aspect of the love of the one infinite Creator. This is our area of specialization. This love which goes quite beyond words is that lesson which we of Hatonn labor to learn. Our learning is greatly enhanced by the opportunity to share our humble learnings with those of your peoples such as are gathered here this evening.

In the sharing of our learning do we thus learn yet more and penetrate further the mystery of being and that which is known as love. We of Hatonn do not claim any certain knowledge. We recognize the mystery of all creation. We know many of your people feel great confusion at this time in their evolution. It is with the hope of alleviating some of that great confusion that we share our simple learnings of love with your people. We cannot express our gratitude at the opportunity to provide this service. But, we assure this group that we shall treasure each future opportunity to speak and thusly serve. We leave you now in that love and in that light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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The Law of One, Book III, Session 73

October 21, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you please give me an indication of the instrument's condition?

Ra: I am Ra. It is as previously stated with the exception of the vital energy level which is distorted more nearly towards that which is normal for this entity.

Questioner: Has the banishing ritual that we have performed been helpful for this contact?

Ra: I am Ra. The ritual described has gained with each working in making efficacious the purity of contact needed not only for the Ra contact but for any working of the adept.

Questioner: Thank you. I would like to thank Ra at this time for the opportunity to be of service to those on this sphere who would want to have the information that we gain here.

You stated that free will, one-pointed in service-to-others had the potential of alerting a great mass of light strength. I assume that the same holds precisely true for the service-to-self polarity. Is this correct?

Ra: I am Ra. This is incorrect but subtly so. In invocation and evocation of what may be termed negative entities or qualities the expression alerts the positively oriented equivalent. However, those upon the service-to-others path wait to be called and can only send love.

Questioner: What I was trying to get at was that this alerting of light strength is, as I see it, a process that must be totally a function of free will, as you say, and as the desire and will and purity of desire of the adept increases, the alerting of light strength increases. Is this part of it the same for both the positive and negative potentials and am I correct with this statement?

Ra: I am Ra. To avoid confusion we shall simply restate for clarity your correct assumption.

Those who are upon the service-to-others path may call upon the light strength in direct proportion to the strength and purity of their will to serve. Those upon the service-to-self path may call upon the dark strength in direct proportion to the strength and purity of their will to serve.

Questioner: I will undoubtedly make many errors in my statements today because what I am trying to do is guess at how this works and let you correct me. In considering the exercise of the Middle Pillar I have thought it might be wrong in that in it the adept sees or visualizes the light moving downward from the crown chakra down to the feet. Ra has stated that the Creator enters from the feet and moves upward, that this spiraling light enters from the feet and moves upward. It seems to me that the adept alerting the light strength, in visualizing the use of this, would visualize it entering the feet and energizing first, the red energy center and then moving upward

through the energy centers in that fashion. Is this correct?

Ra: I am Ra. No.

Questioner: Could you tell me where I am wrong in that statement?

Ra: I am Ra. Yes.

Questioner: Would you please do that?

Ra: I am Ra. There are two concepts with which you deal. The first is the great way of the development of the light in the microcosmic mind/body/spirit. It is assumed that an adept will have its energy centers functioning smoothly and in a balanced manner to its best effort before a magical working. All magical workings are based upon evocation and/or invocation.

The first invocation of any magical working is that invocation of the magical personality as you are familiar with this term. In the working of which you speak the first station is the beginning of the invocation of this magical personality which is invoked by the motion of putting on something. Since you do not have an item of apparel or talisman the gesture which you have made is appropriate.

The second station is the evocation of the great cross of life. This is an extension of the magical personality to become the Creator. Again, all invocations and evocations are drawn through the violet energy center. This may then be continued towards whatever energy centers are desired to be used.

Questioner: Then will you speak of the difference between the spiraling light that enters through the feet and the light invoked through the crown chakra?

Ra: I am Ra. The action of the upward spiraling light drawn by the will to meet the inner light of the one infinite Creator may be likened to the beating of the heart and the movement of the muscles surrounding the lungs and all the other functions of the parasympathetic nervous system. The calling of the adept may be likened to those nerve and muscle actions over which the mind/body/spirit complex has conscious control.

Questioner: Previously you stated that where the two directions meet you have a measure of the development of the particular mind/body/spirit complex. Am I correct?

Ra: I am Ra. This is correct.

Questioner: It would seem to me that the visualization of the invocation would be dependent upon what the use was to be of the light. The use could be for healing, communication, or for the general awareness of the creation and the Creator. Would you please speak on this process and my correctness in making this assumption?

Ra: I am Ra. We shall offer some thoughts though it is doubtful that we may exhaust this subject. Each visualization, regardless of the point of the working, begins with some work within the indigo-ray. As you may be aware, the ritual which you have begun is completely working within the indigo-ray. This is well for it is the gateway. From this beginning light may be invoked for communication or for healing.

You may note that in the ritual which we offered you to properly begin the Ra workings the first focus is upon the Creator. We would further note a point which is both subtile and of some interest. The upward spiraling light developed in its path by the will, and ultimately reaching an high place of mating with the inward fire of the one Creator, still is only preparation for the work upon the mind/body/spirit which may be done by the adept. There is some crystallization of the energy centers used during each working so that the magician becomes more and more that which it seeks.

More importantly, the time/space mind/body/spirit analog, which is evoked as the magical personality, has its only opportunity to gain rapidly from the experience of the catalytic action available to the third-density space/time mind/body/spirit. Thus the adept is aiding the Creator greatly by offering great catalyst to a greater portion of the creation which is identified as the mind/body/spirit totality of an entity.

Questioner: Desire and will are the factors in this process. Is this correct?

Ra: I am Ra. We would add one quality. In the magical personality desire, will, and polarity are the keys.

Questioner: Many so-called evangelists which we have in our society at present have great desire and very great will, and possibly great polarity, but it seems to me that in many cases that there is a lack of awareness that creates a less than effective working in the magical sense. Am I correct in this analysis?

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Ra: I am Ra. You are partially correct. In examining the polarity of a service-to-others working the free will must be seen as paramount. Those entities of which you speak are attempting to generate positive changes in consciousness while abridging free will. This causes the blockage of the magical nature of the working except in those cases wherein an entity freely desires to accept the working of the evangelist, as you have called it.

Questioner: What was the orientation with respect to this type of communication for the one known as Jesus of Nazareth?

Ra: I am Ra. You may have read some of this entity's workings. It offered itself as teacher to those mind/body/spirit complexes which gathered to hear and even then spoke as through a veil so as to leave room for those not wishing to hear. When this entity was asked to heal, it oft times did so, always ending the working with two admonitions: firstly, that the entity healed had been healed by its faith, that is, its ability to allow and accept changes through the violet-ray into the gateway of intelligent energy; secondly, saying always, "Tell no one." These are the workings which attempt the maximal quality of free will while maintaining fidelity to the positive purity of the working.

Questioner: An observation of the working itself by another entity would seem to me to partially abridge free will in that a seemingly magical occurrence had taken place as the result of the working of an adept. This could be extended to any phenomenon which is other than normal or acceptable. Could you speak on this paradox that is immediately the problem of anyone doing healing?

Ra: I am Ra. We are humble messengers of the Law of One. To us there are no paradoxes. The workings which seem magical and, therefore, seem to infringe upon free will do not, in themselves, do so, for the distortions of perception are as many as the witnesses and each witness sees what it desires to see. Infringement upon free will occurs in this circumstance only if the entity doing the working ascribes the authorship of this event to its self or its own skills. He who states that no working comes from it but only through it is not infringing upon free will.

Questioner: The one known as Jesus accumulated twelve disciples. What was his purpose in having these disciples with him?

Ra: I am Ra. What is the purpose of teach/learning if there be no learn/teachers? Those drawn to this entity were accepted by this entity without regard for any outcome. This entity accepted the honor/duty placed upon it by its nature and its sense that to speak was its mission.

Questioner: In the exercise of the fire I assume the healer would be working with the same energy that we spoke of as entering through the crown chakra. Is this correct?

Ra: I am Ra. This is correct with some additional notation necessary for your thought in continuing this line of study. When the magical personality has been seated in the green-ray energy center for healing work the energy then may be seen to be the crystalline center through which body energy is channeled. Thus this particular form of healing uses both the energy of the adept and the energy of the upward spiraling light. As the green-ray center becomes more brilliant, and we would note this brilliance does not imply over-activation but rather crystallization, the energy of the green-ray center of the body complex spirals twice; firstly, clockwise from the green-ray energy center to the right shoulder, through the head, the right elbow, down through the solar plexus, and to the left hand. This sweeps all the body complex energy into a channel which then rotates the great circle clockwise again from right—we correct this instrument—from the left to the feet, to the right hand, to the crown, to the left hand, and so forth.

Thus the in-coming body energy, crystallized, regularized, and channeled by the adept's personality reaching to the green-ray energy center, may then pour out the combined energies of the adept which is incarnate thus offering the service of healing to an entity requesting that service. This basic situation is accomplished as well when there is an entity which is working through a channel to heal.

Questioner: Can you tell me how this transfer of light, I believe it would be, would affect the patient to be healed?

Ra: I am Ra. The effect is that of polarization. The entity may or may not accept any percentage of this polarized life-energy which is being offered. In the occasion of the laying on of hands this energy is more specifically channeled and the opportunity for acceptance of this energy similarly more specific.

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It may be seen that the King's Chamber effect is not attempted in this form of working but rather the addition to one, whose energies are low, of the opportunity for the building up of those energies. Many of your distortions called illnesses may be aided by such means.

Questioner: As a general statement which you can correct, the overall picture, as I see it, of the healer and patient is that the one to be healed has, because of a blockage in one of the energy centers or more—we will just consider one particular problem—because of this energy center blockage the upward spiraling light which creates one of the seven bodies has been blocked from the maintenance of that body, and this has resulted in the distortion from the perfection of that body which we call disease or a bodily anomaly which is other than perfect. The healer, having suitably configured its energy centers, is able to channel light, the downward pouring light, though its properly configured energy centers to the one to be healed. If the one to be healed has the mental configuration of acceptance of this light, the light then enters the physical complex and re-configures the distortion that is created by the original blockage. I am sure that I have made some mistakes in all this. Would you please correct them?

Ra: I am Ra. Your mistakes were small. We would not, at this time, attempt a great deal of refinement of that statement as there is preliminary material which will undoubtedly come forward. We may say that there are various forms of healing. In many, only the energy of the adept is used. In the exercise of fire some physical complex energy is also channeled.

We might note further that when the one wishing to be healed, though sincere, remains unhealed, as you call this distortion, you may consider preincarnative choices and your more helpful aid to such an entity may be the suggestion that it meditate upon the affirmative uses of whatever limitations it might experience. We would also note that in these cases the indigo-ray workings are often of aid.

Other than these notes, we do not wish to further comment upon your statement at this working.

Questioner: It seems to me that the primary thing of importance for those on the service-to-others path is the development of an attitude which I can only describe as a vibration. This attitude would be developed through meditation, ritual, and the developing appreciation for the creation or Creator which results in a state of mind that can only be expressed by me as an increase in vibration or oneness with all. Could you expand and correct that statement?

Ra: I am Ra. We shall not correct this statement but shall expand upon it by suggesting that to those qualities you may add the living day by day and moment by moment, for the true adept lives more and more as it is.

Questioner: Thank you. Could you tell me of the number of possible energy transfers between two or more mind/body/spirit complexes. Is it very large, or are there few?

Ra: I am Ra. The number is infinite, for is not each mind/body/spirit complex unique?

Questioner: Could you define this statement "energy transfer between two mind/body/spirit complexes"?

Ra: I am Ra. This will be the last full query of this working. This entity still has transferred energy available, but we find rapidly increasing distortions towards pain in the neck, the dorsal area, and the wrists and manual appendages.

The physical energy transfer may be done numerous ways.

We shall give two examples. Each begins with some sense of the self as Creator or in some way the magical personality being invoked. This may be consciously or unconsciously done. Firstly, that exercise of which we have spoken called the exercise of fire: this is, through physical energy transfer, not that which is deeply involved in the body complex combinations. Thusly the transfer is subtle and each transfer unique in what is offered and what is accepted. At this point we may note that this is the cause for the infinite array of possible energy transfers.

The second energy transfer of which we would speak is the sexual energy transfer. This takes place upon a non-magical level by all those entities which vibrate green ray active. It is possible, as in the case of this instrument which dedicates itself to the service of the one infinite Creator, to further refine this energy transfer. When the other-self also dedicates itself in service to the one infinite Creator, the transfer is doubled. Then the amount of energy transferred is

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dependent only upon the amount of polarized sexual energy created and released. There are refinements from this point onward leading to the realm of the high sexual magic.

In the realm of the mental bodies there are variations of mental energy transferred. This is, again, dependent upon the knowledge sought and the knowledge offered. The most common mental energy transfer is that of the teacher and the pupil. The amount of energy is dependent upon the quality of this offering upon the part of the teacher, and regards the purity of the desire to serve, and the quality of information offered and, upon the part of the student, the purity of the desire to learn and the quality of the mind vibratory complex which receives knowledge.

Another form of mental energy transfer is that of the listener and the speaker. When the speaker is experiencing mental/emotional complex distortions towards anguish, sorrow, or other mental pain, from what we have said before, you may perhaps garner knowledge of the variations possible in this transfer.

The spiritual energy transfers are at the heart of all energy transfers as a knowledge of self and other-self as Creator is paramount, and this is spiritual work. The varieties of spiritual energy transfer include those things of which we have spoken this day as we spoke upon the subject of the adept.

Are there any brief queries before we leave this working?

Questioner: Only if there is anything we can do to improve the comfort of the instrument and the contact, and secondly, is there anything that you wish not published in today's session?

Ra: I am Ra. We call your attention to two items. Firstly, it is well that the candle which spirals 10° each working be never allowed to gutter as this would cause imbalance in the alignment of the appurtenances in their protective role for this instrument. Secondly, we might suggest attention to the neck area so that the cushion upon which it is supported be more comfortable. This difficulty has abbreviated many workings.

We thank you, my friends, for your conscientiousness and your fastidiousness with regard to these appurtenances which, as our workings proceed, seems to be increasing. Secondly, your decisions are completely your own as to that material which you may wish published from this working.

I am Ra. I leave you glorying in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ✞

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
October 25, 1981

(L channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. It is with great pleasure that we of Hatonn are able to listen to your voices unite in song this evening, for it is our joy and our privilege to share in the upliftment caused by your emotions as your spirits unite in joy and purpose. We of Hatonn are grateful for this opportunity and sincerely thank you for this blessing.

Tonight, my brothers and sisters, we would share with you a small story pertaining, perhaps, to ones such as yourselves. The story concerns a small child abandoned on a sea coast through an accident of his parents. The child left behind was forced to rely upon his own devices and his meager knowledge for survival in that his parents, lost as they were themselves, were unable to retrace their steps or recover the offspring of their actions.

The child wandered the seacoast, his ears and mind filled with the monotonous crashing of the sea, its hypnotic waves at times comforting him, at other times irritating in that they seemed almost able to communicate with him, yet not quite able. As the child grew he became less and less like his parents in that his seeking for food, for drink, for understanding, led him into many new and varied experiences that were not shared by those who had lost and later forgot [him]. Yet, the child never in his travels left the sea coast, for [this] message, although seemingly just beyond his ears, was ever a stimulus that drove him onward.

Finally the time came when the child stumbled across another of his race, although not of the family nor the tribe that had abandoned him. An old man sat quietly on the beach, the crashing waves stopping just short of his feet as he gazed sightlessly toward the horizon. The child was hesitant, for although he remembered the human form, he was disturbed by the serenity of the old man, for this was not familiar to him. As he slowly approached, he waited for the old man to turn his gaze unto his own, yet the old man continued staring out to sea until the boy stood at his feet. Finally the old man spoke.

"Do you know the answer?" was his question.

The boy hesitated, unsure of himself, unsure of this question. The old man again asked. "Do you know, child, what the voices say to you?" The boy, again unsure, shook his head. The old man gestured. The boy sat down alongside and began to listen. As the sun warmed them both, rising higher and higher in the sky, the boy became drowsy, his shoulder and then his head leaning gently against that of the old man. And as the waves continued to crash he began to dream and began to understand. He began to realize that the old man was himself; that the ocean

was himself; that all who had gone before, that all who he attempted to rediscover, to meet again, were all himself. Gradually the young boy awakened. The old man was gone and yet the old man, a teacher, a sharer, was still there—for he was himself.

My friends, my brothers and sisters, we share this story with you to underline the importance of that which you do. The acts that you perform, the efforts that you make toward growth, toward understanding, toward the assistance of others, are all acts of service, for as you learn for yourself, you learn for all, for all are yourself. Be not ashamed, then, if your heart directs you in paths of learning as well as those of service, for to understand the mysteries of your universe are to love it and to love a part is to love the all.

At this time I would transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn. We are with this instrument and we greet you once again in love and in light. May we thank the one known as Don for his gracious acceptance of our humble words said with such humor. We shall continue with a few thoughts through this instrument.

We speak of unity using water as a symbol, not only because your singing offered this image for our use in a tuned manner, but also because water is indeed a very appropriate symbol for the path that each of you, as drops of water, may understand himself to be taking as you seek the infinite sea of the creation. A drop of water may seem to be quite powerless and you as an individual may feel lacking or limited in some way in some situation. But, my friends, water is continuous and is not separated from itself. It may fall in drops in service to the fruits of the earth, but as it gathers and moves towards the great oceans, does it not carve out mighty channels from sheer luck that men could not hew so well with all their might? Water is quiet, and yet when stirred can be the most mighty of avengers, changing physical landscapes in minutes.

In your meditations, then, my friends, take each limitation and lack that you may feel that you have experienced, each disappointment that you feel in yourself or in others and offer them up as drops of water, to see them dissolve in a pure, clear ocean of the infinite Creator. Then, my friends, let the rainbow of sunlight through this water fill your heart and send you forth to serve the Creator, each in your own way and yet each a part of the great ocean of being. You are serving yourself, for all that you meet and all that you seek is yourself. If you love the ocean of the Creator then, my friends, you will learn to love each drop of water, each apparently individualized portion of that ocean, yourself and all others, all circumstances and all times.

At this time we would join with our brother, Laitos, in conditioning those in the room who mentally request it. We shall pause at this time, and continue through another instrument. I am Hatonn.

(Pause)

(C channeling)

I am Hatonn, and am with this instrument. We would at this time ask if there are any questions which we may attempt to answer for you. Are there any questions at this time?

M: Hatonn, can you tell me the purpose of the entity that appeared on the mountain in Guadelupe long ago with a message for the people? What was the purpose of that entity and can they be contacted through channeling?

I am Hatonn, and I am aware of your question. The entity of which you speak was a, what you would call, a wanderer, who incarnated in that particular area to reinforce certain lessons which he felt he was lacking in. The entity, as he became aware of his nature and as he became aware of [the] light of the Creator, sought to be a teacher, or you might say, an example for those entities that were aware of him. The entity may, as with other higher density entities, be contacted if there is sufficient calling for that particular entity.

However, we must warn that to seek a particular entity alone can sometimes be a bit dangerous due to a lack of a proper tuning and protection that is present in a group. To seek a particular entity alone opens one to others who would tend to mislead the one seeking contact. So, he may be contacted, but we would recommend that any attempt be made within the protection of a unified group.

May we answer you further, my brother?

M: That will do for now, thank you.

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Carla: Excuse me. I had a question about that because the entity of Guadelupe that I was familiar with is Our Lady of Guadelupe, and I was wondering if what occurs when simple individuals who have been taught a simple—in this case, Catholic—belief system, seek, perhaps what they get is fashioned in part by their expectations, so that the entity of whom you speak, though in incarnation being male, would appear when sought as a stylized version of Our Lady. Would this be possible? Is this the same entity?

I am Hatonn, and am aware of your question. This is possible and, in this case, this instrument's particular biases due to his teaching he received at early stages of his development in this illusion have come out in the answer. We will say that you will find that which you seek. If one has a bias toward a male-dominated type of experience, then that individual will perceive those things which they do not fully understand as male, and same holds true for someone who is biased toward a female orientation.

You will, in this illusion, be often misled by things which you have incorporated into your being due to teaching by others within your society.

May we answer you further, my sister?

Carla: Yes. I have another related question. There have been many "Our Ladies" of various localities and I've wondered about them sometimes and wondered about their connection to the Confederation. Are these entities angelic entities of our planetary sphere, for the most part? Or are they those wanderers who've gone before the Counsel of Saturn and put in for this particular job for a certain length of time—to appear and to give inspiration? Or is it a mixture of the two—some from this planet's inner plane and some wanderers?

I am Hatonn, and am aware of your question. The phenomenon which is referred to as "Our Lady of …" is for the most part a combined calling of various groups which are dominated by an orientation toward Mary. Most often these are a manifestation of the desire of these groups. It is possible that in some cases that these were what you would call wanderers, but these were few, for as most wanderers became aware of themselves and of the lessons that they set for themselves, although they did provide examples for others of your world, [they] soon left to continue on their journey. It is rare that one remains for any length of time to be a teacher, other than by example of their own growth.

So, as we said, for the most part, these manifestations were the product of combined desire, faith and love of particular groups on your planet oriented toward the one known as Mary.

May we answer further?

Carla: No, not on that subject. I have a question about the use of precious metal in healing. If a crystal such as a diamond is worn over the green-ray energy center or the heart chakra, is it any aid to the healing if the chain on which this crystal is held be a precious metal such as gold …

(Side one of tape ends.)

(C channeling)

… apologize for the pause.

The metal which holds the crystal is not important. In any healing attempt the important thing is the one making the attempt and not the chain or the crystal, although the crystal is a focusing aid.

May we answer you further?

Carla: No, thank you, Hatonn.

Is there another question?

M: Is there a guardian of the Americas?

I am Hatonn, and am aware of your question, My brother, there is not one who only guards two of your continents. There are many who aid your planet, its people, but they do not literally subdivide your planet, but aid where needed, for there are no chosen areas.

May we answer you further, my brother?

M: No, thank you.

We thank you. Is there another question?

(Pause)

I am Hatonn, and am always eager and happy to be of whatever aid we can to you in the capacity of answering your various questions. We would ask once again if any have a question for us. I am Hatonn.

(Pause)

My friends, in this time of year you refer to as autumn, many living things upon your planet seem

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to wither and fade as your weather becomes colder, but as always, the rains fall and the sun shines down to aid, perpetuate those lives upon the planet. They are still nourished by rains. They will be nourished by the oncoming snow that will melt in your spring, refresh, aid in new growth, and once again reach toward light and continue [the] cycle that is characteristic of your planet.

There will be times when faith, in your search, it will seem to wither, and all seems dying and without meaning. But if one is patient, they will once again feel the rain nourishing. They will once again feel the love and the light that is them and is with them and will again grow, blossom and be renewed in their faith and their search.

We are known to you as Hatonn, and will be with you all when requested to aid in what way we can. We will now take our leave. We leave you now in the love and the light of the one infinite Creator. Adonai, my friends. ♣

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The Law of One, Book III, Session 74

October 28, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Would you first please give me the condition of the instrument?

Ra: I am Ra. It is as previously stated.

Questioner: Before we get to new material, in the last session there seems to be a small error that I corrected then having to do with this statement, "no working comes from it but only through it." Was this an error in the transmission? What caused this?

Ra: I am Ra. This instrument, while fully open to our narrow-band contact, at times experiences a sudden strengthening of the distortion which you call pain. This weakens the contact momentarily. This type of increased distortion has been occurring in this instrument's bodily complex with more frequency in the time period which you may term the previous fortnight. Although it is not normally a phenomenon which causes difficulties in transmission, it did so twice in the previous working. Both times it was necessary to correct or rectify the contact.

Questioner: Could you please describe the trance state? I am somewhat confused as to how, in a trance, pain can affect the instrument since I was of the opinion that there would be no feeling of pain by the bodily complex in the trance state?

Ra: I am Ra. This is correct. The instrument has no awareness of this or other sensations. However, we of Ra use the yellow-ray activated physical complex as a channel through which to speak. As the mind/body/spirit complex of the instrument leaves this physical shell in our keeping it is finely adjusted to our contact.

However, the distortion which you call pain, when sufficiently severe, mitigates against proper contact and, when the increased distortion is violent, can cause the tuning of the channel to waver. This tuning must then be corrected which we may do as the instrument offers us this opportunity freely.

Questioner: In a previous session there was a question on the archetypical mind that was not fully answered. I would like to continue with the answer to that question. Could you please continue with that, or will it be necessary for me to read the entire question over again?

Ra: I am Ra. As a general practice it is well to vibrate the query at the same space/time as the answer is desired. However, in this case it is acceptable to us that a note be inserted at this point in your recording of these sound vibratory complexes referring to the location of the query in previous workings.

(Note: This question was the last question asked in Session #67.)

The query, though thoughtful, is in some degree falling short of the realization of the nature of the archetypical mind. We may not teach/learn for any

other to the extent that we become learn/teachers. Therefore, we shall make some general notations upon this interesting subject and allow the questioner to consider and further refine any queries.

The archetypical mind may be defined as that mind which is peculiar to the Logos of this planetary sphere. Thusly unlike the great cosmic all-mind, it contains the material which it pleased the Logos to offer as refinements to the great cosmic being-ness. The archetypical mind, then, is that which contains all facets which may affect mind or experience.

The Magician was named as a significant archetype. However, it was not recognized that this portion of the archetypical mind represents not a portion of the deep subconscious but the conscious mind and more especially the will. The archetype called by some the High Priestess, then, is the corresponding intuitive or subconscious faculty.

Let us observe the entity as it is in relationship to the archetypical mind. You may consider the possibilities of utilizing the correspondences between the mind/body/spirit in microcosm and the archetypical mind/body/spirit closely approaching the Creator. For instance, in your ritual performed to purify this place you use the term "Ve Geburah." It is a correct assumption that this is a portion or aspect of the one infinite Creator. However, there are various correspondences with the archetypical mind which may be more and more refined by the adept. "Ve Geburah" is the correspondence of Michael, of Mars, of the positive, of maleness. "Ve Gedulah" has correspondences to Jupiter, to femaleness, to the negative, to that portion of the Tree of Life concerned with Auriel.

We could go forward with more and more refinements of these two entries into the archetypical mind. We could discuss color correspondences, relationships with other archetypes, and so forth. This is the work of the adept, not the teach/learner. We may only suggest that there are systems of study which may address themselves to the aspects of the archetypical mind and it is well to choose one and study carefully. It is more nearly well if the adept go beyond whatever has been written and make such correspondences that the archetype can be called upon at will.

Questioner: I have a statement here that I am going to make and let you correct. I see that the disciplines of the personality feed the indigo-ray energy center and affect the power of the white magician by unblocking the lower energy centers allowing for the free flow of the upward spiraling light to reach the indigo center. Is this correct?

Ra: I am Ra. No.

Questioner: Will you please correct me?

Ra: I am Ra. The indigo center is indeed most important for the work of the adept. However, it cannot, no matter how crystallized, correct to any extent whatsoever imbalances or blockages in other energy centers. They must needs be cleared seriatim from red upwards.

Questioner: I'm not sure exactly if I understand this. The question is how do disciplines of the personality feed the indigo-ray energy center and affect the power of the white magician? Does that question make sense?

Ra: I am Ra. Yes.

Questioner: Would you answer it please?

Ra: I am Ra. We would be happy to answer this query. We understood the previous query as being of other import. The indigo ray is the ray of the adept. There is an identification between the crystallization of that energy center and the improvement of the working of the mind/body/spirit as it begins to transcend space/time balancing and to enter the combined realms of space/time and time/space.

Questioner: Let me see if I have a wrong opinion here of the effect of disciplines of the personality. I was assuming that the discipline of the personality to, shall we say, have a balanced attitude toward a single fellow entity would properly clear and balance, to some extent, the orange-ray energy center. Is this correct?

Ra: I am Ra. We cannot say that you speak incorrectly but merely less than completely. The disciplined personality, when faced with an other-self, has all centers balanced according to its unique balance. Thusly the other-self looks in a mirror seeing its self.

Questioner: The disciplines of the personality are the paramount work of any who have become consciously aware of the process of evolution. Am I correct on that statement?

Ra: I am Ra. Quite.

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Questioner: What I am trying to get at is how these disciplines affect the energy centers and the power of the white magician. Will you tell me how that works?

Ra: I am Ra. The heart of the discipline of the personality is threefold. One, know your self. Two, accept your self. Three, become the Creator.

The third step is that step which, when accomplished, renders one the most humble servant of all, transparent in personality and completely able to know and accept other-selves. In relation to the pursuit of the magical working the continuing discipline of the personality involves the adept in knowing its self, accepting its self, and thus clearing the path towards the great indigo gateway to the Creator. To become the Creator is to become all that there is. There is, then, no personality in the sense with which the adept begins its learn/teaching. As the consciousness of the indigo ray becomes more crystalline, more work may be done; more may be expressed from intelligent infinity.

Questioner: You stated that a working of service to others has the potential of alerting a great mass of light strength. Could you describe just exactly how this works and what the uses of this would be?

Ra: I am Ra. There are sound vibratory complexes which act much like the dialing of your telephone. When they are appropriately vibrated with accompanying will and concentration it is as though many upon your metaphysical or inner planes received a telephone call. This call they answer by their attention to your working.

Questioner: There are many of these. The ones most obvious in our society are those used in the church rather than those used by the magical adept. What is the difference in the effect in those used in our various churches and those specifically magical incantations used by the adept?

Ra: I am Ra. If all in your churches were adepts consciously full of will, of seeking, of concentration, of conscious knowledge of the calling, there would be no difference. The efficacy of the calling is a function of the magical qualities of those who call; that is, their desire to seek the altered state of consciousness desired.

Questioner: In selecting the protective ritual we finally agreed upon the Banishing Ritual of the Lesser Pentagram. I assume that these sound vibratory complexes are of the type of which you speak for the alerting of those on the inner planes. Is this correct?

Ra: I am Ra. This is correct.

Questioner: If we had constructed a ritual of our own with words used for the first time in this sequence of protection what would have been the relative merit of this with respect to the ritual that we chose?

Ra: I am Ra. It would be less. In constructing ritual it is well to study the body of written work which is available for names of positive or service to others power are available.

Questioner: I will make an analogy to the loudness of the ringing of the telephone in using the ritual as the efficiency of the practitioners using the ritual. I see several things affecting the efficiency of the ritual: first, the desire of the practitioners to serve, their ability to invoke the magical personality, their ability to visualize while performing the ritual, and let me ask you as to the relative importance of those items and how each may be intensified?

Ra: I am Ra. This query borders upon over-specificity. It is most important for the adept to feel its own growth as teach/learner.

We may only say that you correctly surmise the paramount import of the magical personality. This is a study in itself. With the appropriate emotional will, polarity, and purity, work may be done with or without proper sound vibration complexes. However, there is no need for the blunt instrument when the scalpel is available.

Questioner: I assume that the reason that the rituals that have been used previously are of effect is that these words have built a bias in consciousness of those who have worked in these areas so that those who are of a distortion of mind that we seek will respond to imprint in consciousness of this series of words. Is this correct?

Ra: I am Ra. This is, to a great extent, correct. The exception is the sounding of some of what you call your Hebrew and some of what you call you Sanskrit vowels. These sound vibration complexes have power before time and space and represent configurations of light which built all that there is.

Questioner: Why do these sounds have this property?

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Ra: I am Ra. The correspondence in vibratory complex is mathematical.

At this time we have enough transferred energy for one full query.

Questioner: How did the users of these sounds, Sanskrit and Hebrew, determine what these sounds were?

Ra: I am Ra. In the case of the Hebrew that entity known as Yahweh aided this knowledge through impression upon the material of genetic coding which became language, as you call it.

In the case of Sanskrit the sound vibrations are pure due to the lack of previous, what you call, alphabet or letter-naming. Thus the sound vibration complexes seemed to fall into place as from the Logos. This was a more, shall we say, natural or unaided situation or process.

We would at this time make note of the incident in the previous working where our contact was incorrectly placed for a short period and was then corrected. In the exercise of the fire you may see the initial spiral clockwise from the green-ray energy center, through the shoulders and head, then through the elbows, then to the left hand. The channel had been corrected before the remainder of this answer was completed.

Is there a brief query at this time?

Questioner: Is there anything that we could do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. The instrument continues in some pain, as you call this distortion. The neck area remains most distorted although the changes have been, to a small degree, helpful. The alignments are good.

We would leave you now, my friends, in the love and in the light of the one infinite Creator. Go forth, then, glorying and rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book III, Session 75

October 31, 1981

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: The instrument would like to know why twice during the "Benedictus" portion of the music she sang in a group concert that she experienced what she believes to be a psychic attack?

Ra: I am Ra. This is not a minor query.[2] We shall first remove the notations which are minor. In the vibrating, which you call singing, of the portion of what this instrument hallows as the Mass which immediately precedes that which is the chink called the "Hosanna" there is an amount of physical exertion required that is exhausting to any entity. This portion of which we speak is termed the "Sanctus." We come now to the matter of interest.

When the entity Jehoshuah[3] decided to return to the location called Jerusalem for the holy days of its people it turned from work mixing love and wisdom and embraced martyrdom which is the work of love without wisdom.

The "Hosanna," as it is termed, and the following "Benedictus," is that which is the written summation of what was shouted as Jehoshuah came into the place of its martyrdom. The general acceptance of this shout, "Hosanna to the son of David! Hosanna in the highest! Blessed is he who comes in the name of the Lord!" by that which is called the church has been a misstatement, an occurrence which has been, perhaps, unfortunate for it is more distorted than much of the so-called Mass.

There were two factions present to greet Jehoshuah, firstly, a small group of those which hoped for an earthly king. However, Jehoshuah rode upon an ass stating by its very demeanor that it was no earthly king and wished no fight with Roman or Sadducee.

The greater number were those which had been instructed by rabbi and elder to make jest of this entity, for those of the hierarchy feared this entity who seemed to be one of them, giving respect to their laws and then, in their eyes, betraying those time-honored laws and taking the people with it.

The chink for this instrument is this subtle situation which echoes down through your space/time and, more than this, the place the "Hosanna" holds as the harbinger of that turning to martyrdom. We may speak only generally here. The instrument did not experience the full force of the greeting which it correctly identified during the "Hosanna" due to the intense concentration necessary to vibrate its portion of that composition. However, the "Benedictus" in

[2] It may seem that there is an excessive amount of personal and rather melodramatic material about psychic attack included here. We considered long and hard before deciding not to delete it. Our reason—Ra seems to suggest that any "light worker" will, if successful in this work, attract some sort of negatively-oriented greeting. Therefore, we wish to share our experiences and Ra's discussion of them, in hopes that the information might be helpful.

[3] Ra has previously identified this name as the name of Jesus in biblical times.

this particular rendition of these words is vibrated by one entity. Thus the instrument relaxed its concentration and was immediately open to the fuller greeting.

Questioner: The chink then, as I understand it, was originally created by the decision of Jesus to take the path of martyrdom? Is this correct?

Ra: I am Ra. This is, in relation to this instrument, quite correct. It is aware of certain over-balances towards love, even to martyrdom but has not yet, to any significant degree, balanced these distortions. We do not imply that this course of unbridled compassion has any fault but affirm its perfection. It is an example of love which has served as beacon to many.

For those who seek further, the consequences of martyrdom must be considered, for in martyrdom lies the end of the opportunity, in the density of the martyr, to offer love and light. Each entity must seek its deepest path.

Questioner: Let me see, then, if I understand how the Orion entity finds a chink in this distortion. The entity identifying in any amount toward martyrdom is then open by its free will to the aid of the Orion group to make it a martyr. Am I correct?

Ra: I am Ra. You are correct only in the quite specialized position in which the instrument finds itself, that is, of being involved in and dedicated to work which is magical or extremely polarized in nature. This group entered this work with polarity but virtual innocence as to the magical nature of this polarity. That it is beginning to discover.

Questioner: How was the Orion entity able to act through this linkage of the "Hosanna"? Was this simply because of mental distortions of the instrument at this period of time, because of that suggested by the music, or was it a more physical or metaphysical link from the time of Christ?

Ra: I am Ra. Firstly, the latter supposition is false. This entity is not linked with the entity, Jehoshuah. Secondly, there is a most unique circumstance. There is an entity which has attracted the attention of an Orion light being. This is extremely rare.

This entity has an intense devotion to the teachings and example of the one it calls Jesus. This entity then vibrates in song a most demanding version, called The Mass in B Minor by Bach, of this exemplary votive complex of sound vibrations. The entity is consciously identifying with each part of this Mass. Only thusly was the chink made available. As you can see, it is not an ordinary occurrence and would not have happened had any ingredient been left out: exhaustion, bias in the belief complexes, attention from an Orion entity, and the metaphysical nature of that particular set of words.

Questioner: What was the Orion entity's objective with respect to the entity you spoke of who, in a demanding manner, sings the Mass?

Ra: I am Ra. The Orion entity wishes to remove the instrument.

Questioner: Is this a fourth- or a fifth-density?

Ra: I am Ra. This instrument is being greeted by a fifth-density entity which has lost some polarity due to its lack of dictatorship over the disposition of the instrument's mind/body/spirit or its yellow-ray activated physical complex.

Questioner: You are speaking of this other person now who sang in the Mass? Is this correct?

Ra: I am Ra. No.

Questioner: I think there was a little miscommunication here. I was asking about the other person who sings the Mass in creating this chink that was also greeted by an Orion entity, and my question was what density is the Orion entity who greets the other person who sings the Mass?

Ra: I am Ra. We did not speak of any entity but the instrument.

Questioner: OK. I misunderstood. I thought you were speaking of someone else in the singing group who had been identified with the singing. The entire time we were speaking we were speaking only of the instrument? Is this correct?

Ra: I am Ra. This is correct.

Questioner: I am sorry for my confusion. Sometimes, as you say, sound vibration complexes are not very adequate.

The answer to this next question probably has to do with our distorted view of time, but as I see it, Wanderers in this density who come from the fifth-density or sixth-density should already be of a relatively high degree of adeptness and they must follow a slightly different path back to the adeptness

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that they once had in a higher density and get as close to it as they can in the third-density. Is this correct?

Ra: I am Ra. Your query is less than perfectly focused. We shall address the subject in general.

There are many Wanderers whom you may call adepts who do no conscious work in the present incarnation. It is a matter of attention. One may be a fine catcher of your game sphere, but if the eye is not turned as this sphere is tossed then perchance it will pass the entity by. If it turned its eyes upon the sphere, catching would be easy. In the case of Wanderers which seek to recapitulate the degree of adeptness which each had acquired previous to this life experience, we may note that even after the forgetting process has been penetrated there is still the yellow activated body which does not respond as does the adept which is of a green- or blue-ray activated body. Thusly, you may see the inevitability of frustrations and confusion due to the inherent difficulties of manipulating the finer forces of consciousness through the chemical apparatus of the yellow-ray activated body.

Questioner: You probably can't answer this, but are there any suggestions that you could give with respect to the instrument's coming hospital experience that could be of benefit for her?

Ra: I am Ra. We may make one suggestion and leave the remainder with the Creator. It is well for each to realize its self as the Creator. Thusly each may support each including the support of self by humble love of self as Creator.

Questioner: You spoke in a previous session about certain Hebrew and Sanskrit sound vibratory complexes being powerful because they were mathematically related to that which was the creation. Could you expand on this understanding as to how these are linked?

Ra: I am Ra. As we previously stated the linkage is mathematical or that of the ratio you may consider musical. There are those whose mind complex activities would attempt to resolve this mathematical ratio but at present the coloration of the intoned vowel is part of the vibration which cannot be accurately measured. However, it is equivalent to types of rotation of your primary material particles.

Questioner: If these sounds are precisely vibrated then what effect or use, with respect to the purposes of the adept, would they have?

Ra: I am Ra. You may consider the concept of sympathetic resonance. When certain sounds are correctly vibrated, the creation sings.

Questioner: Would these sounds, then, be of a musical nature in that there would be a musical arrangement of many different sound vibrations, or would this apply to just one single note? Which would it apply more to?

Ra: I am Ra. This query is not easily answered. In some cases only the intoned vowel has effect. In other cases, most notably Sanskrit combinations, the selection of harmonic intervals is also of resonant nature.

Questioner: Then would the adept use this resonant quality to become more one with the creation and, therefore, attain his objective in that way?

Ra: I am Ra. It would be perhaps more accurate to state that in this circumstance the creation becomes more and more contained within the practitioner. The balance of your query is correct.

Questioner: Could you tell me the musical name of the notes to be intoned that are of this quality?

Ra: I am Ra. We may not.

Questioner: I didn't think that you could, but I thought it wouldn't hurt to ask.

Then I assume that these must be sought out and determined by empirical observation of their effect by the seeker. Is this correct?

Ra: I am Ra. This is partially correct. As your seeking continues there will be added to empirical data that acuity of sensibility which continued working in the ways of the adept offers.

Questioner: Is the exercise of the fire best for the instrument, or is there anything better that we could do other than the things that you have already suggested to aid the instrument?

Ra: I am Ra. Continue as you are at present. We cannot speak of the future as we may then affect it, but there is a great probability/possibility if you follow the path which you now tread that more efficacious methods for the entire group will be established.

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Questioner: You mentioned in an earlier session that the hair was an antennae. Could you expand on that statement as to how that works?

Ra: I am Ra. It is difficult to so do due to the metaphysical nature of this antennae-effect. Your physics are concerned with measurements in your physical complex of experience. The metaphysical nature of the contact of those in time/space is such that the hair, as it has significant length, becomes as a type of electrical battery which stays charged and tuned and is then able to aid contact even when there are small anomalies in the contact.

Questioner: Is there an optimum length of hair for this aid?

Ra: I am Ra. There is no outer limit on length but the, shall we say, inner limit is approximately four to four and one-half inches depending upon the strength of the contact and the nature of the instrument.

Questioner: May anyone in third density accomplish some degree of healing if they have the proper will, desire, and polarity, or is there a minimal balance of the energy centers of the healer that is also necessary?

Ra: I am Ra. Any entity may at any time instantaneously clear and balance its energy centers. Thus in many cases those normally quite blocked, weakened, and distorted may, through love and strength of will, become healers momentarily. To be a healer by nature one must indeed train its self in the disciplines of the personality.

Questioner: How does the use of the magical ritual invoking the magical personality aid the mind/body/spirit complex totality? Could you expand on the answer that you gave in the last session with respect to that?

Ra: I am Ra. When the magical personality is properly and efficaciously invoked the self has invoked its higher self. Thus a bridge betwixt space/time and time/space is made and the sixth-density magical personality experiences directly the third-density catalyst for the duration of the working. It is most central to deliberately take off the magical personality after the working in order that the higher self resume its appropriate configuration as analog to the space/time mind/body/spirit.

Questioner: Then you are saying that the act, signal, or key for the invoking of the magical personality which is the putting of something on or a gesture should also be as carefully taken off to reverse the gesture perhaps at the end of the invocation. Is this correct?

Ra: I am Ra. This is correct. It should be fastidiously accomplished either in mind or by gesture as well if this is of significant aid.

Questioner: Now in the invocation of the magical personality it is not necessarily effective for the neophyte. Is there a point at which there is a definite quantum change and that then the magical personality does reside in the neophyte, or can it be done in small degrees or percentages of magical personality as the neophyte becomes more adept?

Ra: I am Ra. The latter is correct.

Questioner: The three aspects of the magical personality are stated to be power, love, and wisdom. Is this correct and are these the only primary aspects of the magical personality?

Ra: I am Ra. The three aspects of the magical personality, power, love, and wisdom, are so called in order that attention be paid to each aspect in developing the basic tool of the adept; that is, its self. It is by no means a personality of three aspects. It is a being of unity, a being of sixth density, and equivalent to what you call your higher self and at the same time is a personality enormously rich in variety of experience and subtlety of emotion.

The three aspects are given that the neophyte not abuse the tools of its trade but rather approach those tools balanced in the center of love and wisdom and thus seeking power in order to serve.

Questioner: Then is it correct that a good sequence for the developing of the magical personality would be alternate meditations first on power, and then a meditation on love, and then a meditation on wisdom and then to continue cycling that way?

Ra: I am Ra. This is indeed an appropriate technique. In this particular group there is an additional aid in that each entity manifests one of these qualities in a manner which approaches the archetype. Thusly visualization may be personalized and much love and support within the group generated.

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Questioner: You made the statement in a previous session that the true adept lives more and more as it is. Will you explain and expand more upon that statement?

Ra: I am Ra. Each entity is the Creator. The entity, as it becomes more and more conscious of its self, gradually comes to the turning point at which it determines to seek either in service to others or in service to self. The seeker becomes the adept when it has balanced with minimal adequacy the energy centers red, orange, yellow, and blue with the addition of the green for the positive, thus moving into indigo work.

The adept then begins to do less of the preliminary or outer work, having to do with function, and begins to effect the inner work which has to do with being. As the adept becomes a more and more consciously crystallized entity it gradually manifests more and more of that which it always has been since before time; that is, the one infinite Creator.

This instrument begins to show rapid distortion towards increase of pain.

We, therefore, would offer time for any brief query before we leave this working.

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. You are conscientious. The alignments are well.

I am Ra. I leave you, my friends, in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 75, Fragment 41
October 31, 1981

Jim: In Session 75 we were trying to help Carla through her upcoming hand operation in a local hospital. When the Ra contact began the pre-incarnatively chosen arthritic limitations set in more strongly than ever, and Carla's desire to do things for others with hands that were meant to be restricted from mundane work brought more and more pain and damage to the arthritic joints—thus necessitating the operation for short-term repair. The length or success of the surgical repairs would depend upon Carla's growing ability to accept the limitations that she placed upon herself before the incarnation in order that her focus might move inward and prepare her for the possibility of becoming a channel. Her ability to accept these limitations delayed the next surgery for four years.

Since she had been a Christian mystic from birth certain prayers of her Episcopalian Church, and the communion service in particular, were felt by Ra to be of aid to her. The Banishing Ritual of the Lesser Pentagram which we had been using for some time to purify our place of working for the Ra contact was suggested for her hospital room and the operating room. The greatest protective and healing device, however, was seen to be love, whether manifest or unspoken, for all any ritual such as prayer, communion, or the Banishing Ritual of the Lesser Pentagram actually does is alert positively-polarized discarnate entities so that they may provide that quality which we call love from their quarters for whatever the purpose might be. Each of us may also provide that same love as a function of our truly caring for another. As we learn the lessons of love within this third-density illusion we are also learning the basics of healing and protection.

Carla: *There are surprises in this material, even after all these years. It was not until this moment (writing in 1997) that Jim and I realized we did not follow one of Ra's suggestions during that hospital experience. Jim, Don and I vibrated the Banishing Ritual twice a day; Jim and I both remember that. Neither of us can recall reading the Mass in any form. We just missed it. Imagine wasting Ra's advice! I know we did not do that on purpose. After 16 years, all we can say is that refrain of bozos everywhere … oops!*

As to the hand-holding when I meditated, this was a practice that began after a particularly discomfiting experience during one of our public meditation sessions. These were completely separate from the sessions with Ra. Any and all could come and check us out. I did not go into trance at these sessions as I did with Ra sessions, but channeled from a very light trance state. However, during the question and answer period, someone asked a question to which I had no earthly idea about, and I thought to myself, "I wish I were channeling Ra." Immediately, I began to leave my body, which was absolutely NOT to be done, according to Ra. The source which I was channeling, Latwii, simply kept me channeling—probably pure nonsense—but it sufficed to keep me in the body. After that, someone, usually Jim, always held my hand during sessions. To this day, Jim

holds my hand as we meditate during our morning offering, and at all meditation sessions we offer. Better safe than sorry is the cliché which covers this.

I remember with great affection the utter fidelity of love and concern that Don and Jim showed me during this time. It was very hard for Don especially to see me in pain. But he did not flinch or draw away, but rather tried ceaselessly to protect and aid me. The same could be said of Jim, but I think it was light-years harder for Don to bear this than Jim. Jim is a simple, straightforward person. To him what is, is. I remember asking him once if all he was going to say in this life was "yup, nope or maybe." "Yup," he replied. Then, after considering, he said, "Nope." Then more consideration, and he finally settled on, "Maybe!" To Don my pain was his pain, for we were truly one being in that ineffable sense which is beyond space and time. The pain, severe though it was, did not overly distress me, but it foundered Don. His level of concern was profound.

Through the years since this channeling, I have more and more come to appreciate Ra's suggestion that I fully accept my limitations. After my miraculous rehabilitation in 1992, I found myself out of the wheelchair and vertical for the first time in many years. A year ago, I was able to give the downstairs hospital bed back to Medicare. (I still find one helpful at night, for sleeping.) when I first started to rebuild a "vertical" life, I was full of ideas as to what I might accomplish. I tried going back to school to get myself current in my old field of library service. I tried to take a job. I volunteered at church far beyond my actual capacity to serve. And this took its toll, as I collected injuries, broken ankle, sprained knees, and two more hand operations. Finally, about a year ago, I managed to pare down my work to the point where I allowed much rest time within the schedule of the day. I've tinkered with this schedule, finding ways to harmonize my efforts with Jim's, finding how to nurture myself, finding what priorities my life really has. I am hopeful that I have at this point realized these set limits to effort, and have begun to cooperate with my destiny.

I fully respect my pre-incarnative choice to take on these uncomfortable limitations. The experience has hollowed me out and made me an ever better channel. I continue to rejoice as I see little bits of my ego fall away. My prayer these days is "Lord, show me Thy ways." There is much work left for me, a true idiot. But I exult in being upon the King's highway

Session 75, October 31, 1981

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. It is as previously stated with some slight lessening of the reserve of vital energy due to mental/emotional distortions regarding what you call the future.

Questioner: I felt that this session was advisable before the instrument has her hospital experience. She wished to ask a few questions, if possible, about that.

First, is there anything that the instrument or we might do to improve the hospital experience or to aid the instrument in any way with respect to this?

Ra: I am Ra. Yes. There are ways of aiding the mental/emotional state of this entity with the notation that this is so only for this entity or one of like distortions. There is also a general thing which may be accomplished to improve the location which is called the hospital.

The first aiding has to do with the vibration of the ritual with which this entity is most familiar and which this entity has long used to distort its perception of the one infinite Creator. This is an helpful thing at any point in the diurnal period but is especially helpful as your sun body removes itself from your local sight.

The general improvement of the place where the performance of the ritual of the purification is to be performed is known. We may note that the distortion towards love, as you call this spiritual/emotional complex which is felt by each for this entity, will be of aid whether this is expressed or unmanifest as there is no protection greater than love.

Questioner: Do you mean that it would be valuable to perform the Banishing Ritual of the Lesser Pentagram in the room in which she will be occupying in the hospital?

Ra: I am Ra. This is correct.

Questioner: I was wondering about the operating room. That might be very difficult. Would it be helpful there?

Ra: I am Ra. This is correct. We may note that it is always helpful. Therefore, it is not easy to posit a query to which you would not receive the answer

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which we offer. This does not indicate that it is essential to purify a place. The power of visualization may aid in your support where you cannot intrude in your physical form.

Questioner: I see the way to do this as a visualization of the operating room and a visualization of the three of us performing the banishing ritual in the room as we perform it at another location. Is this the correct procedure?

Ra: I am Ra. This is one correct method of achieving your desired configuration.

Questioner: Is there a better method than that?

Ra: I am Ra. There are better methods for those more practiced. For this group, this method is well.

Questioner: I would assume those more practiced would leave their physical bodies and, in the other body, enter the room and practice the ritual. Is this what you mean?

Ra: I am Ra. This is correct.

Questioner: The instrument would like to know if she can meditate in the hospital without someone holding her hand. Would this be a safe practice?

Ra: I am Ra. We might suggest that the instrument may pray with safety but only meditate with another entity's tactile protection.

Questioner: The instrument would like to know what she can do to improve the condition of her back as she feels it will be a problem for the operation?

Ra: I am Ra. As we scan the physical complex we find several factors contributing to one general distortion experienced by the instrument. Two of these distortions have been diagnosed; one has not; nor will the entity be willing to accept the chemicals sufficient to cause cessation of this distortion you call pain.

In general we may say that the sole modality addressing itself specifically to all three contributing distortions, which is not now being used, is that of the warmed water which is moved with gentle force repeatedly against the entire physical complex while the physical vehicle is seated. This would be of some aid if practiced daily after the exercise period.

Questioner: Did the exercise of the fire performed before the session help the instrument?

Ra: I am Ra. There was some slight physical aid to the instrument. This will enlarge itself as the practitioner learns/teaches its healing art. Further, there is distortion in the mental/emotional complex which feeds the vital energy towards comfort due to support which tends to build up the level of vital energy as this entity is a sensitive instrument.

Questioner: Was the exercise of the fire properly done?

Ra: I am Ra. The baton is well visualized. The conductor will learn to hear the entire score of the great music of its art.

Questioner: I assume that if this can be fully accomplished that exercise will result in total healing of the distortions of the instrument to such an extent that operations would be unnecessary. Is this correct?

Ra: I am Ra. No.

Questioner: What else is necessary, the instrument's acceptance?

Ra: I am Ra. This is correct. The case with this instrument being delicate since it must totally accept much which the limitations it now experiences cause to occur involuntarily. This is a pre-incarnative choice. ♣

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Sunday Meditation
November 1, 1981

(Carla channeling)

I am Hatonn, and I greet you my friends, in the love and in the light of the infinite Creator. It is a pleasure and a privilege to be with you this evening and we would share with you a story.

There was once a young woman whose talent with an instrument you call the violin was so great that all who knew her were aware that this young woman was truly remarkable. She had, in the early days of her childhood, been given a small instrument and had been given lessons by a teacher who was neither bad nor good and this child prodigy learned so quickly that she soon outstripped her teacher. There was no effort in her excellence. It flowed from her as a gift and it was as little thought of. As a young woman this person had quickly achieved great fame and she traveled and played before great audiences and received applause and acclaims for this great gift which she had, yet she did not appreciate it, learn from it nor think of it, for it had always been with her and there was no effort involved in her art.

One day she came to a city thinking that she was to play a certain violin concerto with the orchestra which had hired her. She was informed that her information was incorrect and that the orchestra had practiced a different piece, one which she did not know. It was a piece for a virtuoso and she had only hours to rehearse. The unfamiliar score stared at her like an enemy and she felt fear. She picked up her instrument and began to work as she had never worked.

Each difficult place made her want to weep, for she had so little time to understand the music, so little time to understand the fingerings, so little time to grasp the scope and the feeling of the piece and to play the notes correctly. Much was expected of her by the audience which would surely come. Feverishly, desperately, she worked. Not once could she play the entire piece with no errors.

The young woman's time was up. She dressed, she came to the concert, she took her bows and stood before the full house. The music which she had so feverishly practiced was jumbled in her head and yet she knew she must remember it. She had always made mistakes and yet she knew she must not. And all the faces looked expectantly towards her. The conductor lifted his baton and she played as she had never played before. If notes were missed, they went by so quickly that the reviewer missed them, for the piece was played with passion and with feeling, and she went away, knowing for the first time the experience of joy in her chosen part.

My friends, there are many, many times when in your experience those things about you flow easily. Gifts are given you and you accept them thoughtlessly, for they are not hard won. Then a

whirlwind seems to hit you, a dilemma, a difficulty, an argument, and you begin to wonder why you must go through this experience. It is your chance, my friends, for growth. In the situation where you are tried, where you are tested, you are also given a great opportunity and your response, no matter how flawed, will bring you joy if the response contains the best that you can give. It is good to experience the calm times, the quiet times, but to be taken by the whirlwind is a great privilege, one which is given to those in your illusion, that you may make the great choice to love and to be of service.

How easy it is to be pleasant when there is no reason not to be. The world about you, my friends, often seems to be calm. This is an illusion. In your geographical location many are violent, many hungry, many in pain, many in the depths of sorrow, and somehow you find your perceptions those of one led into a quiet cove. Use those times, my friends, in meditation, in appreciation of those things about you which you can so easily take for granted and when the whirlwind takes you, realize that this is most appropriate for those experiencing your density. This is the way that work is done within your understanding. This is the way your experience may be utilized to the utmost by your seeking consciousness. And know always that the whirlwind is of the Creator, and it will place you safe once again in that quiet cove of calm where you may once again seek in meditation to understand, and seek in the giving of yourself to express that understanding of love, for the whirlwind is the Creator

Love is far beyond that which you think of as love. The characteristics of this great creative force include those characteristics of the whirlwind which ceaselessly beat against your life to aid you as you wish to be aided, to change you as you choose to change. Know trouble as your friend, for all things and all qualities are of the one Creator, whose only wish for each is love. The ways of this love are many and varied, but all ways are love, all difficulties lead to calm, to light, to beauty. All the false images of your illusion lead to the one original Thought which is the truth which you all seek.

At this time I would pause so that I and my brother of Laitos may begin to condition each of those in the room and after a brief pause we will transfer this contact to another instrument. I am Hatonn.

(Pause)

(L channeling)

I am Hatonn, and I greet you once again in the love and the light of the Creator. It is important that we are able and allowed to exercise the individuals who would offer themselves as instruments for this service, for in doing so we train not only those who so generously offer, but also ourselves. We, therefore, are grateful for this opportunity by which you, in effect, train us in the proper manner in which to establish contact with each individual. For this reason we would like at this time to transfer our contact to yet another instrument. I am Hatonn.

(C channeling)

I am Hatonn, and am now with this instrument. We of Hatonn are always willing to be a part of your meditations and will aid in any way we can. We wish to say once again that you need but request and we shall be with you. We of Hatonn do appreciate each opportunity in which we can serve you, for we grow as we serve and learn as we attempt to share the knowledge that is available to us which we may impart to you within the guidelines of the Law of Free Will. We bring a simple message of love, the infinite Creator's simple but multifaceted message which, though simple in its whole, has so many aspects in areas which may, as you become aware, seem confusing and at times not what you, in your existence refer to as love, for in your existence you may become aware of the aspects of love without understanding, but with awareness you may begin to accept and develop faith in the love of the one infinite Creator.

We will now transfer contact once again so as to allow another to exercise their ability to receive and vocalize our vibration. I am Hatonn.

(Pause)

(C channeling)

I am Hatonn, and am once again with this instrument. We were attempting to speak a few words through the one known as D, and would ask him to relax if he will and we shall once again attempt to speak a few words through this new instrument. If he would relax and refrain from analysis and speak freely, we will now once again transfer to the one known as D. I am Hatonn.

(Pause)

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(C channeling)

I am Hatonn, and am once again with this instrument. We are having some difficulty in our attempts to contact the one known as D. We assure him that a good contact was achieved and that we shall, as well as our brothers of Laitos, work with him at any that that he might request our presence. We would now attempt to contact one known as S, give her a chance to experience our particular vibration. We simply ask that she refrain from analyzing of thought, relax and freely speak those thoughts that she receives. We will now transfer to the one known as S. I am Hatonn.

(S channeling)

I am Hatonn, and am with this instrument. It is a pleasure to greet you through this instrument once more. We of Hatonn are always glad to allow each of you who request it the experience of our conditioning vibration. We would assure each of you that you need only to mentally request our presence in your daily meditations and we would be honored to join you.

We are having some difficulty transmitting at this time and would transfer this contact to another instrument. I am Hatonn.

(C channeling)

I am Hatonn, and am with this instrument. We are greatly pleased by the progress of the one known as S and assure her that through practice her skill as a channel will improve and we shall learn, as we are allowed to aid, how to better make contact with this particular channel, for we also learn as we aid you in your endeavor to be, as you refer to them, a vocal channel for members of the Confederation. We are indeed privileged to have so many in this group, both former and present individuals, who have sought to and have become channels for our simple messages and assure each that in this, that too many cooks shall not spoil the broth, for …

(Side one of tape ends.)

(C channeling)

… for hesitation, but we were allowing for the clicks to subside before continuing.

As we began, though each seems to be seeking to improve in an activity that seems to have became crowded in this case, we assure each that this ability, once learned, is not wasted, for even though you may at a later time at what you refer to as your future leave this particular group, you retain your abilities and hopefully will share that which you have experienced in your seeking.

We indeed feel a closeness to each and all within this group and cannot help but do what you call smile at the sight and sound of the love that radiates from within those with whom we have, over these past few years, been with in this group. We of Hatonn are indeed privileged. We thank you again for the chance to aid in what ways we can.

We would now ask if we may aid any by answering any questions which any may have at this time. Is there a question?

L: Hatonn, I have a question. Earlier this evening a number of us were discussing a newsletter for communicating some of the information you've given us. Are there any comments you'd like to offer on this? Any advice or suggestions?

I am Hatonn, and we are happy that you have chosen to further spread our simple messages. We would not begin to voice our own opinions as to form, for this is not a method that is practiced at Hatonn. We only wish to say that we hope that you and any others who aid you with your project allow the love that is them [to] flow into your work and allow it to guide you in your selections of material and let it allow you to perceive [the] need of those who will have a chance to see your work. We are honored that you have chosen to aid us further by this work, and we wish to thank you, my brother.

May we answer you further?

L: No, and I thank you for your help.

We thank you again. Is there another question?

S: Hatonn, my trouble in receiving your message—could you tell me any way I can help improve it? Was it due to my busy mind or are you having transmitting difficulty or what was the cause of that?

I am Hatonn, and am aware of your question. The ability to receive our vibration and our ability to adjust ourselves to you will improve through meditation and practice. We are aware that your mind is busy due to your activities prior to this group meditation but assure you that this is not due to your mind's activity but to somewhat lower than normal level of energy, for you experienced

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something that brought forth flowing of emotion and in giving of your emotions, energy was expended and the levels dropped somewhat. This is nothing to really be concerned about, for through your emotions you serve others, whether it is love or anger or any other. It provides opportunity for the other and yourself to look into what brought that particular emotion out of your being. Tonight your freely giving love to the one known as R was indeed [a] beautiful moment—allowed you to see each other from [a] very lovely viewpoint—and this expenditure of emotion was the biggest reason for the difficulty that was experienced with your receiving and our transmitting our vibration to you tonight.

May we answer you further, my sister?

S: You've been more than helpful, thank you.

We thank you. May we aid another by answering another question?

(Pause)

I am Hatonn, and indeed have been privileged tonight to be a part of your meditations, for energy and the love that is present is indeed [a] beautiful and greatly gratifying experience for us to share with you. We are known to you as Hatonn. We shall now leave, but assure you that we shall be with you whenever you request it. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation
November 5, 1981

(C channeling)

I am Laitos, and I am with this instrument. We greet you always in the love and the light of the one infinite Creator. We are privileged today to be able to serve the new instruments by conditioning and working with each one. We would at this time transfer and attempt to speak a few thoughts through the one known as S if she would but relax and speak freely. I am Laitos.

(S channeling)

I am Laitos, and am with this instrument. It is a pleasure, my friends, to greet you in the love and in the light of the one infinite Creator. We of Laitos are pleased to be able to be of service to this group at this time. We would hope that each of the new instruments would be able to speak our thoughts as we are able to contact each, what you call, channel. We of Laitos are privileged to be called upon by those of your group. We feel it is an honor to serve you at this time. We are always happy to be with each of you in your daily meditations if you would but mentally request we do so.

At this time we would transfer this contact. I am Laitos.

(C channeling)

I am Laitos, and I am with this instrument. We are indeed pleased with the progress shown by the one known as S and assure her that with practice the contact which is good shall be improved and the words, the thoughts, will become more flowing and feel more natural to her. We are always grateful for the chance to work with any who seek to serve in this function you call channeling, and shall always aid whenever called.

We of Laitos can't say that ground—that there is fertile ground for the growth and spreading of love and light within all who serve others in the name of the one infinite Creator. Your lessons are as leaves fall, your season for autumn. Your lessons accumulate and must be dealt with. One may do as with the leaves, push them aside or attempt to ignore them, but they are there, and within them is potential for growth. If you attempt to break down and examine each problem much as you would mulch the leaves, then the lessons may be understood and will aid your growth as the leaf mulch aids the soil by making it more fertile and enable it to aid growth of the various plants. Your lessons are ever with you and each will aid you if you would but allow it.

We are known to you as Laitos. We are with you when asked and eagerly await your calling for we seek to be of service to others as do you. We would at this time transfer to another instrument. I am Laitos.

(Jim channeling)

I am Laitos, and I greet you through this instrument once again in love and light. We are privileged to be able to offer our service at this time in the answering of questions. If any have questions, may we be of service at this time?

S: Yes. Does the act of channeling have any lasting physical effect on the body?

I am Laitos, and am aware of your question, my sister. We may note that there is no activity which does not have some effect upon the body. The activity which you call channeling has its effect primarily not upon your physical vehicle but upon your vehicle that is of the spirit and also to a lesser extent upon the vehicle of your mind. For in the process of channeling you are utilizing the meditative state and it is the meditative state which carries the most impact in this instance.

The meditative state in the channeling process is somewhat more finely focused, this being necessary on the part of the one doing the activity of channeling in order to correctly receive those thoughts that are being transmitted. This focusing to a fine degree of the meditative state, of the attention, and of the consciousness, does tend to have a relaxing effect upon the mind and an expansive effect upon the spirit, for the spirit is fed as the mind relaxes. There is some effect of relaxation also upon your physical vehicle which is always of aid. For within your illusion activity and over-activity are in great abundance and their balancing in the state of relaxation is always an aid to your physical vehicle.

May we answer you further my sister?

S: No, thank you.

We are most grateful, as well, to you. May we answer another question at this time?

Carla: Along those same lines, I was wondering if some types of channeling might have some effect on the hair? I seem to have experienced a change in the way my hair grows and the color since beginning the Ra contact.

I am Laitos, and am aware of your question, my sister. We of Laitos cannot offer any great changes in the nature of that appendage to your physical vehicle which you call hair, but may note that in the type of channeling which you have recently become engaged, the overall effect to the one who is serving as instrument is quite varied and in one aspect of this impact it might be noted that the physical vehicle will experience some changes.

You have noticed, as you have noted, a change in your hair, as you call it. This, we might say, is due to the effect of the hair serving, as you have recently been informed, as a battery type of instrument. As the hair receives the charge, which is the physical analog of the telepathic contact in our case, and the trance contact, in the case of the ones known as Ra, the hair then builds up this charge and this charge within the hair serves as a stabilizer to the contact and allows the contact to proceed on a more even basis, even with anomalies in the contact such as the wavering of the contact due, in your case, to pain in the physical vehicle. And over a long period of time this effect, this charging of the hair with the contact in its magnetic form, will allow the hair to grow or flourish. In your case this growth has also been accompanied by the changing somewhat of the color to a lighter or more golden nature.

May we answer you further, my sister?

Carla: Yes, but on a different subject. I will be going through an operation next week and would like to aid myself in the healing process as much as possible. And I've gotten quite a bit of helpful guidance in the form of general suggestions already, but I wondered if there was perhaps one touchstone of thought that you might be able to suggest that I seek out in order to aid in my own healing process or to unblock my own healing process. I would like to be ready for service as soon as possible instead of involved in my own recovery.

I am Laitos, and am aware of your question and your desire to be of service. In this regard we may say one simple thing. That is, that you be ever mindful that you are the Creator, that the healing energy, the love and the light of the Creator resides within your being, that you look upon yourself with humility, with love and with the openness to this experience which you shall undergo and see the energies about you moving smoothly through your physical vehicles, through your mental vehicle, and through your spiritual vehicle, so that your entire being becomes as a channel for the energy which shall heal your vehicles on each level as you open your being to this energy.

Remind yourself daily, even moment-by-moment, my sister, that you are the Creator. That when you

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seek for healing, for wisdom, for love, that each of these attributes and energies may be found within your own being. To remind yourself that you are the Creator is to develop the respect for your own being that will allow each of your vehicles to be attended to by your own efforts.

May we answer you further, my sister?

Carla: No, thank you.

We thank you. Is there another question at this time?

Carla: Be sure and tell Nona, would you two come to Philadelphia with me, so I don't forget the words?

I am Laitos. We shall relay your invitation, my sister.

Carla: Thank you.

Is there another question at this time?

(Pause)

I am Laitos. We are most pleased to experience the feeling of unity within this group at this time, for it is this oneness of being that is the only true nature of any of our being. To think that we are separate in any way is to approach the one original Thought of the one infinite Creator in a lesser manner than if one recognizes and experiences the unity of all creation at each moment of the experience of it. We of Laitos are humble messengers and servants of that one Creator of which we are a part, in which we dwell with you as brothers and sisters in oneness. We leave you now in the love and in the light and in the oneness of the one infinite Creator. I am Laitos. Adonai, my friends.

(Carla channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the infinite Creator. You will note that we did not make this instrument yell. We too can remember occasionally.

We are called to this group by the new channels and are most happy to come. We have been spending some of your space/time, as this instrument would call it, studying your underlying color, which is yellow in your illusion, and find it so heavily overladen with orange and red that we are quite amazed that there is a group such as your own which is functioning with some degree of genuine sincerity of seeking in the midst of all this basic confusion of vibration. We are very pleased that you have somehow found a way to step out of this, if only for a few moments at a time, for such is not the case apparently for your peoples in general. We can only say to you it is an interesting array of overlaid colors and one which does not augur well for a rich harvest in numbers. But as long as the light shines in some, we are happy to help those who seek.

We would at this time attempt to make ourselves known to the one known as S. If we hit this instrument like a two-by-four, please may we ask that the one known as S mentally tell us so with some sternness and we will attempt to not be so clumsy. We will now transfer this contact. I am Latwii.

(Carla channeling)

I am again with this instrument. I am Latwii. We observe an error in our direction of entering this instrument's auric field. We hope that the neck and shoulders of the instrument were not uncomfortable. We will enter at a sharper angle, from more to, what you would call, above the instrument. We have good contact but there was blockage due to a strong amount of, shall we say, noise generated by the angle of our entry. We shall again transfer. I am Latwii.

(S channeling)

I am Latwii. I am pleased to have been able to penetrate to the consciousness of this instrument. We are having some difficulty in adjusting ourselves to this instrument. We will therefore transfer our contact at this time. I am Latwii.

(Carla channeling)

I am Latwii. Hah! We were successful. That is very pleasing to us. We are not very experienced with groups such as yours and it is a real kick to be able to speak through another such as the one known as S. We thank our sister and would have at it again with the one known as C. We feel this contact to be already made, so without any introduction or suggestion will simply transfer, as we feel this contact to be in good shape already. Again, we request that if it is uncomfortable the instrument let us know. I am Latwii.

(C channeling)

I am Latwii, and I am with this instrument. We have made contact but can see that there is some doubt within this particular instrument due to expectations he had as to how our contact would physically feel. We assure him, however, that contact is strong and

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that we were able to modify the intensity of our vibration, for we had made contact prior to the transference from the one known as Carla. We of Latwii do enjoy any opportunity which we may have to join with groups such as this, for it is few and far between when we are specifically requested by groups such as these, for the particular configuration of thought within the group …

(Side one of tape ends.)

(C channeling)

I am Latwii, and will now leave this group grudgingly but will be more than willing to aid whenever we can. You know the number, so feel free to call us. I leave you now in the love and light of the one infinite Creator. Adonai.

Carla: I think there's another entity here, and it's a good one, but I can't make out the signal. Can anybody else?

S: I can feel it when we're …

(S channeling)

I am Hatonn, and have been trying to contact this instrument for quite some time. She requires a great deal of conditioning. We are pleased to be with your group at this time. We are always happy to be of service to this group. We of Hatonn are hoping to reach those entities amongst your peoples who request our services. We are often overwhelmed by the calling we receive and are honored to be of service to those who request our services.

We would at this time transfer this contact. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of the one infinite Creator. Although this is an intensive working meditation devoted primarily to the generation of more proficient channeling in the service of the infinite Creator, we feel in this group at this time the need for the sharing of a simple thought or two and this we are very glad to do at any time. For it is truly written that when several gather in the name of the Creator, those things which are asked will be heard and that which is needed will be given.

At this time we feel the need to share with you the thought of your identity. This identity is very easily lost, for you are strangers in a strange land, as this instrument would put it, dealing with many foolish and petty occasions, words and thoughts generated by yourself for your learning and by those about you for their learning. This is a confusing density, we can make no bones about it. It is a difficult one in which to remember your identity. But there is, shall we say, a master and you are his children. And the mark within you is that as his children, you are children of light. And the light within you marks you as the Creator's own. No circumstance, no thought, no behavior, no error, no difficulty, no limitation can remove this mark from your very being and you rest in the arms of the Creator. There is no moment in eternity when this is not so.

The illusion is strong and ofttimes dark, my friends. But there is a light within you and you are the Creator's own. You shall never be forgotten. You shall never be lost. For all who seek begin to intensify that light more and more. As your light becomes brighter, so shall you yourselves begin to light the way of others and so may it go. Perhaps you cannot see your light—many do not. Others will tell you. Trust no words, no thoughts, no behavior in yourself or others, but be grounded in the knowledge of your birthright, of your identity in the light. Call upon it, speak to it and never fear that you shall be lost from it.

Do not attempt to ask yourself to believe anything. You are what you are. That, my friends, is enough. Seek then to know who and what you are. In your meditation, in your seeking, in your crying and in your laughter, call upon us and we are with you. For we are all children of one Creator and are indeed one being.

In this unity may we take the illusory pleasure of bidding you adieu through this instrument that we may retire into another dimension where we may then seek to hear your call and be with you when you call. We leave you in the love and in the light of the infinite Creator. Adonai, my friends. Adonai vasu borragus.

(C channeling)

(Singing)

I am Nona, and I come to assure one known as Carla that I shall indeed be with her in the coming week and never to be afraid to ask. We are grateful to be of service to her and any who may request us.

(Sung melody, "Ah.")

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(Singing)

We are one with you and are happy to have been a part of this meditation and to be with anyone who wishes to serve by sharing our vibrations. ♣

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Sunday Meditation
November 8, 1981

(C channeling)

I am Hatonn, and I am with this instrument. We greet you, my brothers and sisters, in the love and light of the one infinite Creator. Tonight we would speak briefly on an aspect of love, a part which allows you to remain open to surrounding experiences without judging, without hiding. As you become more and more aware of the true nature of this illusion in which you live, you will find as growth occurs a greater insight and knowledge of the actions around you. To continue growth one should remain open, for if one judges outside influences, even though a person may have greater knowledge than the outside influence, the act of judging is as though taking steps backwards along the path which an entity has begun to travel, for all within this illusion are part of the One and is no worse, no better, than any other within the illusion.

By remaining open to others and events that surround you in your existence you will find that no matter what person or event is you can benefit from [the] lesson offered if you will but accept it as simply another lesson to be felt, experienced, learned and as one may learn one may also, by example, be of service as one who may teach in what small way they can by their example.

In your illusion example is a most persuasive teaching tool, for many times words cannot reach others and will often confuse, for all are on different levels within the illusion. Each has their own awareness and margin for misunderstanding is often great and many of the basic emotions that you feel in this illusion often block the spoken word by making one feel that they are being, as you in this illusion might say, talked with down to or condemned as we see is often the case, many who seek to preach and evangelize their particular awareness of the Creator.

We of Hatonn hope that as you all grow in your seeking that you may come to be more aware of the need to remain open to all that surrounds you and to refrain from your emotion of hatred, to refrain from trying to judge others from your particular point of awareness. We would, at this time, transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn, and again I greet you in the love and the light of our infinite Creator. You see, my friends, those who judge are like the man who was convinced of the coming end of this earthly experience, convinced that these were the latter days and that the time was at hand when judgment would be rendered for all. And, so he desperately went about speaking to as many as he could and begging them to change their ways so that in this last judgment they would be able

to pass the tests set before the righteous in the day of judgment. He told of many difficulties that would have to be endured and encouraged great prayerfulness and watchfulness that all might be ready when these great latter days occur.

One sunny, mild and pleasant day, quite unexpectedly, this same prophet had a failing of his heart and was struck down. And, as he lay there, he knew that his latter days had come and that all that he had said to others he had in many ways forgotten to apply to himself. Now it was he, he thought, who was under judgment and all too soon. A great fear overtook this prophet of the latter days, for he of all people was the least prepared.

This gentleman of our little story remained in your illusion, recovering from his day of judgment. It was indeed a day of judgment, for he had judged himself and found himself wanting. My friends, to refrain from discrimination is not wise, nor would we offer you guidance, for you were given a tool for use and that tool is your intellect. And within your intellect lies the powers of discrimination and judgment, and when used correctly much may be done with these gifts, but love, my friends, is greater than judgment and wiser, for it knows that no matter what you may see, you see yourself; that no matter what you think about another, you think it of yourself.

As you seek the truth, my friends, rest in a unity, in a sense of the strength of love that binds all things and know that all conditions, all situations, all seeming errors of the heart and mind and spirit, lead ever onward to a final, complete dissolution in love.

At this time we would exercise the instrument known as S. My brother, Laitos, will be conditioning those at this time who may mentally request this conditioning. We now transfer this contact. I am Hatonn.

(S channeling)

I am Hatonn. I am with this instrument. We are pleased to greet you once again through this instrument. We of Hatonn are always honored to answer your calls for our presence. We are hopeful to aid, in some small way, those who seek the truth and the knowledge of the one infinite Creator. We would, at this time, wish to exercise the one known as D1 if he would relax and refrain from analysis. We would transfer this contact at this time. I am Hatonn.

(D1 channeling)

I am Hatonn, and I am with this instrument. We are pleased that he is accepting the channeling vibration at this time. We of Hatonn are pleased at the progress of this instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and am again with this instrument. We would exercise for a few sentences the instrument known as D2, and may we say we greatly appreciate this opportunity. We would transfer at this time. I am Hatonn.

(Pause)

(Carla channeling)

I am Hatonn, and am again with this instrument. We find a good contact with the one known as D2, but find also that it is much more comfortable for this instrument at this time if we condition her and allow her to remain quiet. We will work with each of the new instruments whenever the opportunity is given us.

My friends, we speak from time to time of the need for instruments such as this one. You are, of course, aware that each of you is an instrument. However, sometimes the poetry of your life, your being, your living, and your actions are not enough for one who comes to you and seeks—seeks in a certain way, my friends, seeks with a certain philosophical bent, a certain desire for inspiration. And for this service channels such as this one are helpful, for our function is to enable the part of your being that is often distracted or distorted by the illusion to open up to what you might call a cosmic influence so that those things which may inspire, those thoughts which may provoke further thought, might flow more directly and more straight to the heart, for our message is to the heart, my friends, not to the mind.

We can talk to you about the key and show you the door to your own heart, for it is in your own heart that you will find all that you seek. Within you, my friends, lies the universe. That which you see with your physical eyes is but an image of that which you contain. Thus, we thank each who seeks to serve with all of our hearts, for to share love is the greatest privilege of which we know and we thank you for this opportunity.

At this time we would leave this group in order that one of our sisters may speak with you through

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another instrument. We are always with you if you mentally request our presence. I am known to you as Hatonn. I leave you in the love and the light of our infinite Creator. Adonai.

(Jim channeling)

I am Latwii, and greet this group in the love and in the light of the infinite Creator. It is with the greatest of joy that we are able to join this group and we hope that we have a good number of queries which are waiting for us. We would now offer our service, humble though it be, in this capacity of answering questions. Are there any questions at this time?

R: Yes. Hatonn—Latwii. I'm sorry. First off, is that a French name?

I am Latwii, and we assume you mean Latwii for French and not Hatonn. We are unsure of the origin of Hatonn, but may say that Latwii is a name which vibrates with the harmonies of the density of light and we might note further that those of your planet known to you as the people of the French persuasion are often the bearers of light and therein lies any significance which might be correlated with our name.

Might we answer you further, my brother?

R: Yes. Once more thing. I had an experience last night and I was curious if you could comment on it to me because I have been mentally requesting something along those lines and I'm not sure if it happened or if it didn't happen. I know it's vague, but can you answer it?

I am Latwii, and in this regard, my brother, we must also be somewhat vague, for experiences such as the one which you have recently had are of such a nature that the seeking for the substance or meaning of the experience by the experiencer is the most helpful of avenues to pursue. Therefore, we may only say in general that this experience was indeed in response to that which you have sought. The seeking on your part of the meaning and the call which you have made is the avenue of pursuit which we would suggest for you.

May we answer you further, my brother?

R: No, thank you.

We are thankful as well for this opportunity to be of service. May we answer another question at this time?

S: Yes, Latwii. Is that your conditioning I've been experiencing for the past fifteen minutes or do I just have a stiff neck?

I am Latwii, and although we are somewhat hesitant to admit that we are often a pain in the neck, we have indeed been conditioning your instrument and apologize for our over-eagerness in the attempt. May we answer you further, my sister?

S: No, thank you.

We thank you, as always. Is there another question at this time?

D1: Yes. Latwii, I've been, in my own search for the truth, because of my religious background—it's sometimes very helpful to me to study the Bible. Some of the things I've heard and read lately through this group—it's brought some portions of the Bible under question as to the value of that in my own seeking. Would you have any suggestions as to how I should pursue a Bible study type program and if that would be beneficial?

I am Latwii, and in this regard, my brother, we would heartily recommend the continuation of your study of the holy work known to your peoples as the Bible, for as with all works of a sacred nature, there is indeed a great amount of inspirational information which is available through this source, as you are aware and have noted yourself. This particular source also shares the somewhat dubious distinction with all other religious types of writings of your people as having some, shall we say, pollution of the information contained within it. This in itself might seem as somewhat of a deterrent to the intensive study of its knowledge, wisdom and love, but seen from another perspective might also be most beneficial to those who study it, for it is the nature of your illusion that nothing can be known for certain and it is the nature of the quest which you are upon that the seeking is most necessary and the discrimination in the seeking is most helpful in determining that which is of value to the seeker and that which is not. If it be known to the seeker that the seeker seeks from a source that is infallible, then the strength of the seeking for the seeker has been removed, for there is no area which might be

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questioned and therefore develop the seeker's discrimination.

May we answer you further, my brother?

D1: No, thank you. That's very helpful.

We are most grateful to you as well. Is there another question at this time?

E: I have a question, Latwii, about the sermon on the Mount. I've heard some people say that the sermon on the mount was for the disciples of Jesus and not for the ordinary person and I've heard others say that the sermon on the mount was for everyone. Now, the problem it seems for us is that it's very difficult to follow the sermon on the mount and so a lot of people would like to feel as though it were for disciples and not for the general population. Could you illuminate this matter at all?

I am Latwii, and shall make an attempt to shine some sort of light upon this matter. We of Latwii would suggest that each statement which you have just made is correct, that indeed this piece of work which is referred to by your people as the Sermon on the Mount, is for the disciple, but we might also ask, "Who is the disciple?" for are not all who seek the truth disciples of the truth? It is for those who seek to make of themselves the disciple. This is the choice of the people of your density and of your planet at this time. Those who do not wish to make this choice are most free to do so or not do so. The choice to be the disciple of the truth is a choice which will make one such a disciple when the choice is made. Any teaching which is given by any of those who are known by your people as masters is also given not only to the advanced disciple, but is given in some form to each entity upon your planet, for it is truly said that as above so it is below, and each entity has the capability of becoming that which is known as the disciple.

Might we answer you further, my brother?

E: I think there are probably a lot of questions I could ask, but I will ask one more and that is, if one knows that what is stated in the Sermon on the Mount is true and does not follow it, how does that affect one?

I am Latwii, and in this matter, my brother, we might be of most assistance by suggesting that the refusal to follow the path which one knows is most correct for that entity simply …

(Side one of tape ends.

(Jim channeling))

I am Latwii, and am once again with this instrument. We are most grateful and thankful to each for the patience in our pause. May we be of further assistance, my brother, with this query?

E: No, thank you.

We thank you. Is there another question at this time?

D2: Latwii, I have a question. When Hatonn tried to channel through me earlier I felt uncomfortable to the point that it was distracting and I was unable to speak. Could you explain to me why that was?

I am Latwii. My sister, it is often the case with new instruments that the instrument's desire to serve as a channel will be so great that the instrument's sensitivity will be enlarged, so to speak. It is not always apparent to those of the Confederation as to the nature or strength of the vibration which will work most harmoniously with a new instrument, for the process of channeling is a process which takes place upon many levels and there are many fine adjustments which must be made, and in the case of the new instrument it is especially true for the ones attempting to transmit thoughts that this adjustment is often, shall we say, a difficult target to hit and is often over-shot. And this is the case that was in effect for you this evening.

May we answer you further, my sister?

D2: Not right now. Thank you.

We thank you as well. Is there another question at this time?

T: Yes. I have a question. Every time I come to a meditation here or other classes I've taken where the energy seems to be pretty intense, after a while I sit here and I start to twitch. I feel the energy that's going on in the room and sometimes it becomes uncomfortable, but my question is, do you have any suggestions, I suppose along the lines of kundalini practice, that you can do to further develop your ability to handle this energy so you can use it and also so it's not uncomfortable. How do you expand your capacity?

I am Latwii, and would suggest, my brother, in this case that, as it is true with all experiences of this nature, the exercise of the experience is the situation,

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shall we say, or the aid which will help one the most to experience a more comfortable feeling. It is often the case with those who have practiced various forms of meditation or what you call yoga or other types of mind and body disciplines that the experience from time to time is quite intense because there has been the opening of a channel and the experiencing of the energy flowing through it, then the closing of the channel for a prolonged period of what you call time and then the opening of the channel again at a later date, this continuing on a sporadic basis for some time, thereby giving the new experiencer or instrument, shall we say, a somewhat less than consistent experience, and this requires the experience of the energy on future dates to be more consonant, shall we say, or more regular.

We would suggest in this case that the continuation of your meditations might be the most aid in this situation, for within this meditative state there is the gradual opening on a consistent basis of those energy centers which are referred to by many of your peoples as the chakras and this will enable each to open on a consistent basis.

Might we be of further assistance, my brother?

T: Yes, then I infer from what you're saying that you probably wouldn't approve of chemical enhancement of this energy flow. Is that true—just comment on things like acid and how they affect—I have an idea how they affect it, but whether this effect is good or bad or counterproductive or whatever.

I am Latwii, and in this situation, my brother, we would suggest that the use of what you refer to as chemical assistance to the expansion of one's awareness is much like the roulette wheel. It is of a random nature and may be on one occasion quite helpful and quite useful for the experience of increased energy flowing through the energy centers. On another occasion it might be most detrimental to this flow, for it might be that one has, shall we say, plugged into an energy source which is not of the highest nature, for we would suggest that it is quite a large and well-populated universe that we share with many forms of life. And we would not suggest either the abstinence or the ingestion, for we feel this is a matter of your own free will and may say that in truth there is no sure way of saying or predicting what the overall effect might be. For as many entities as partake in these substances there are also as many experiences as can be had.

May we answer you further, my brother?

T: No, that's fine. Thank you.

We are most grateful to you as well. Is there another question at this time?

E: Latwii, could you explain why it is so important that the neck be unblocked? It seems like I've felt my neck being unblocked fairly often in connection with this group.

I am Latwii. My brother, we might suggest that the neck area is also correspondent to one of your energy centers and it is quite helpful to have all energy centers unblocked if possible, but more importantly the balance between them is more to be sought and in each entity's case there is a certain pattern of balance that is apparent. Each entity will have certain strengths and certain, what might be called, weaknesses or areas which will be focused upon for further growth. In each entity's case the area which experiences what you would describe as physical sensation during the state of meditation is that area which is experiencing some type of activation or energizing effect.

In your particular instance that you have just noted, we might say that the feeling which you have experienced in your neck region, the fifth energy center, is in correspondence with that density which we inhabit, that being the density of light, numbering five, and it is our conditioning which you are experiencing at these times.

May we answer you further, my brother?

E: Yes. If I understand you correctly, then you have a particular influence on the neck because it does represent fifth density. Is that correct?

I am Latwii. In general, my brother, you are correct. More specifically, we might add that we respond to the call as it is made from whatever level it is made, be it the conscious or subconscious.

May we answer you further, my brother?

E: No, thank you. You've been quite helpful. I would like to say, though, that I thank you for the work you've done on my neck. It's helped me quite a bit.

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I am Latwii, and we are most grateful that our light chiropractic practices have been of some service. May we answer you further, my brother?

E: No, thank you.

Is there another question at this time?

D2: I have one more about what—the question that I asked you a moment ago. You said that the desire can be so strong. It seems that at times, can the desire be so strong that it … I perceive it as blocking. It seems it reaches a point where it just blocks, it's so strong. Is there something that I could do to alleviate that?

I am Latwii, and my sister, we would suggest that you are quite correct. That the desire can be so strong as the new instrument seeks [to] receive the contact that the desire can indeed work the reverse and block that contact. We would suggest that there are no great secret rituals which one might perform to alleviate this situation, but the simple relaxation of the mind and the body is the most helpful exercise in this case.

May we answer you further, my sister?

D2: No, thank you.

We thank you as well. Is there another question at this time?

Carla: I have one which you can answer very briefly, but I would like to observe that since you called yourself a chiropractor, perhaps you're Egyptian as well as French!

We've been studying archetypes through the Tarot and I found them very interesting and I was wondering—I know that the Confederation numbers quite a few different planets and the archetypes have been defined to us as those which pertain to one particular Logos or Sun. I was wondering if there was a larger Logos which offers its archetypes for all the members of the Confederation or whether the archetypical nature of mind is third density only.

I am Latwii, and we might say that we also appreciate the Egyptian touch to your puns. In answer to your query concerning the nature of archetypes, we might also add that there are as many natures or types of archetypes as there are creators or Logos, as the one known as Ra has so succinctly put it. We of Latwii have at our disposal the numbering of archetypes which approaches infinity, as do each of the members of the Confederation, for there are as many ways of perceiving the Creator as there are perceivers, and we find there is great benefit in using a great variety of ways of perceiving the one infinite Creator, for the one Creator is all that there is.

May we answer you further, my sister?

Carla: Yes, just to clear up one point. This number of archetypes that approaches infinity, is this due to the number of different planetary logoi, all of which are structured, or is it due to the infinite capacity of the consciousness to create its own archetypes?

I am Latwii, and we might agree with your latter assumption, my sister, for the creators of the various systems which you refer to as the solar system is infinite and it is upon the shoulders of these creators the necessity lies to refine, shall we say, the energy patterns which are provided by the one infinite Creator in the creation of all that is.

May we answer you further, my sister?

Carla: No. Thank you. I think I'll study the ones we have here now and then go on afterwards. Thank you very much.

I am Latwii, and thank you as well. Is there another question at this time?

(Pause)

I am Latwii. We have greatly enjoyed the questions that you have offered us this evening. We are always thrilled at the opportunity to be of this type of service for we learn much during these sessions. And we look forward to such sessions in what you call your future and we shall be working in our spare time, so to speak, to match the punstership of this group. We leave you now in the love and in the light of the one infinite Creator. I am Latwii. Adonai, my friends. ♣

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Intensive Meditation
November 12, 1981

(Unknown channeling)

I am Hatonn. I greet all you in the love and the light of the one infinite Creator. We are most *(inaudible)* this afternoon as the new instruments continue their quest for the specific *(inaudible)* to your peoples as channeling. In all such channeling efforts *(inaudible)* may we say that the one certainty is *(inaudible)* is making as clear as possible *(inaudible)* language *(inaudible)* a message [of] which each entity upon your planet is intimately aware, though this awareness may not yet be on the conscious level, for as you know, my friends, each entity is, and each entity has within, its Creator, the means of knowing that Creator and expressing that Creator and, indeed, each entity does so each day of its life, for no matter what expression of any entity within any reality, the expression is of the Creator, for it is the nature of the Creator to wish to experience Its own being in as many ways and varieties of experience as possible. In this way the entire creation is enriched by the knowledge of itself.

When you seek service as an instrument—a vocal channel for the one Creator—you're attempting to condense or crystallize the experience, knowledge, beingness of the one Creator into what your peoples understand as words which form concepts upon the written page, more easily understood at one level when read *(inaudible)* but, my friends, we hope you will also realize that the crystallization of the concepts also distorts *(inaudible)* in some way for there are no words which can fully express the beingness of the one Creator which resides within each *(inaudible)* your beingness.

Yet we of the Confederation of Planets in the Service to the One Infinite Creator continually seek new instruments through which to speak for it is our understanding that this is a most efficient method of imparting some small part of the love and the light of the one Creator to those entities who wish to hear such words for inspiration. *(Inaudible)* also remind those who wish to serve as instruments that this is not necessarily the most efficient way, and certainly not the only *(inaudible)*. We suggest the adding of this technique/method of seeking to one's fully developed repertoire of techniques and methods of seeking that which *(inaudible)* as one such technique and one such source of information. We feel that our *(inaudible)* words might then be most useful to each of those gathered in this room and also most useful to those who might come in contact with this message.

We would at this time exercise the instrument known as D, if he would relax, as always, and refrain from analysis. Speak the words *(inaudible)*. We shall transfer this contact and speak our thoughts through the one known as D. I *(inaudible)*.

(D channeling)

(Inaudible)

(Unknown channeling)

I am Hatonn. We are once again with this instrument. We are aware of the distractions which the one known as D has experienced within his consciousness at this time. We assure the one known as D that his progress has been most pleasing to us and we shall continue to make our initial vibrations known to the one known as D at any time in what you call your future in which he might request our presence.

We shall at this time make our initial vibrations known to the one known as *(inaudible)* and shall transfer our contact to this new instrument. Speak *(inaudible)*. We shall now transfer this contact. I am Hatonn.

(Unknown channeling)

(Inaudible)

(Unknown channeling)

I am Hatonn, and am once again with this instrument. We have had some difficulty making our *(inaudible)* vibrations known to the one known as *(inaudible)* by which our *(inaudible)* and attempt to speak a few rules through *(inaudible)* channel if she will relax. We shall now transfer this contact. I am Hatonn.

(Unknown channeling)

(Inaudible)

(Unknown channeling)

I am Hatonn, and am once again with this instrument. At this time it is our privilege to offer our *(inaudible)* attempt to answer questions which each of those present *(inaudible)* minds. Are there any questions at this time?

Questioner: *(Inaudible)*.

I am Hatonn. My brother, in this regard we feel that our best response *(inaudible)* to point in *(inaudible)* direction which you are already pointing *(inaudible)*. We of Hatonn have advised meditation for each entity has heard our words for many years *(inaudible)*. We have advised meditation *(inaudible)* and though it seems a simple activity *(inaudible)* the fineness, shall we say, *(inaudible)* of this activity *(inaudible)* meditation. In the meditative state all is possible. The tuning of the meditative state is accomplished through the desire of the one *(inaudible)*. The desire, whatever it might be, may be more easily manifest in the state of meditation, for in this state you are reaffirming your connection with the one Creator and are in fact *(inaudible)* retracing the steps that you have made from your conscious *(inaudible)*. As you retrace this and enter the state of being *(inaudible)* you will find opening before you any avenue *(inaudible)* which you seek. Therefore, it is your desire which shall tune the state of meditation and shall determine how you shall use that state and the energy *(inaudible)* available in that state.

We can also add to this suggestion of following desire with meditation a more specific use of the state of meditation since each in this group is familiar with the work of the group which is in contact with our brothers and sister of the density of unity, those known to you as Ra. In these communications are given several exercises which are also quite useful to the entity wishing to fine-tune the centers of energy which are known to your peoples as the chakra system. The general concept which is used is that of the balancing and by utilizing the exercises which have been made available through the work of this group and the one known as Ra the balancing process might be undertaken and refined at a future time, shall we say.

We feel that at this time these three suggestions are the most aid *(inaudible)* without infringement upon you free will *(inaudible)*. May we answer you further, my brother?

Questioner: *(Inaudible)*.

We are also quite grateful to you as well. May we answer *(inaudible)*?

Questioner: Yes *(inaudible)*. Does the act of meditation … or can the act of meditation help improve one's memory of previous lives? And I know that different entities of the Confederation specialize in different things. Would there be an entity who *(inaudible)* perhaps be more helpful if called upon than another *(inaudible)*?

I am Hatonn, and, my sister, we must say *(inaudible)* the entities of the Federation are always honored to join any meditation and any entity might *(inaudible)* vibrations which *(inaudible)* be

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used by the one *(inaudible)* meditation for whatever purpose the one using it would choose. We would suggest that the meditative state can indeed be used for the recalling of previous experiences of *(inaudible)* this life but what you would call previous lives as well, but the use of the meditative state for this purpose is more difficult than the use of what your peoples call the hypnotic state, for in the meditative state the one who meditates is engaged in an activity of solitude and would need in effect to be quite adept at use of the meditative energy to also practice the role of what your peoples call the hypnotist who guides *(inaudible)* true experiences to be recalled.

This is a most difficult feat for in the meditative state you are activating the, shall we say, grossly unused portion of your mind *(inaudible)* being the subconscious and in so doing are also of necessity deactivating the conscious *(inaudible)* portion. This aids in meditation but the conscious portion of your mind or some mind is necessary to serve as a guide, shall we say, through your subconscious so that your journey might be *(inaudible)* comfortably accomplished. Therefore, we affirm the possibility that mediation might be of aid in the recalling of previous experiences in this or another life but might not be as successfully used as other …

(Tape ends.) ♣

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Sunday Meditation
November 15, 1981

(L channeling)

[I am Hatonn] … those who are wise, omniscient teachers, but rather *(inaudible)* the advice or relation of *(inaudible)* experience from an older brother or sister within your own *(inaudible)* of existence, for it is not our purpose to provide answers, but rather to provide a stimulus serving to assist you in answering your own questions. As you are aware, those answers come only through meditation *(inaudible)* your experiences, for is this not the purpose of your *(inaudible)*. We of Hatonn desire only to be of service and wish that you feel free to call upon us at any time, no matter how brief, no matter how rushed or hurried you may feel, no matter how *(inaudible)*. It is our desire to serve in any way which we are allowed. At this time we would transfer our contact to another instrument. I am Hatonn.

(C channeling)

(Inaudible)

(Jim channeling)

I am Hatonn, and greet you once again. At this time it is our privilege to offer ourselves in service by attempting to answer questions. Are there any questions at this time?

Questioner: *(Inaudible)*.

I am Hatonn, and am aware of your question, my brother. Healing, basically, is a function of the one to be healed desiring to be healed. Those who wish to aid in this process may do so in a number of manners. For those present in this group we would suggest that the method most accessible and useful be done in the meditative state where the one to be healed is imaged in the mind in the condition which needs healing. This condition is seen in as much detail as is possible for the one wishing to be of service. When it is seen as clearly as is possible, then it is replaced by another image. This image being of the one to be healed in the healed condition, surrounded by love and light, seeing every part of the one to be healed body surrounded by this love and light, a glowing effect. This condition is also imaged in as much detail as is possible for the one wishing to be of service. It is recommended, though not completely essential, that each image be maintained for a number of your minutes. Then, that the images be released so that higher forces, so to speak, might take them over and fill in the flesh on the bone, shall we say, of this image.

The healing process, in general, is a process whereby the one to be healed accepts the healing energy which is ever present within its own being, always entering its being through the feet and the lower chakras or energy centers. The one to be healed, therefore, makes a decision either to accept this

energy which is ever present, as well as energy which is transferred or sent from another, and if this energy is accepted then there is a new configuration evident within the one to be healed which is what you call the healed condition or health.

In all cases, we emphasize that the healing is done by the one to be healed. Others may serve as what you might call a catalyst for this action and this acceptance, but there is no possibility of another entity healing the one to be healed unless the one to be healed accepts this offering. In the final analysis, so to speak, it is the Creator who does the healing, the Creator residing within the one *(inaudible)*.

May we answer you further, my brother?

Questioner: *(Inaudible)*.

We thank you as well. Is there another question at this time?

Questioner: *(Inaudible)*.

I am Hatonn, and am aware of your question, my brother. In this regard we might once again recommend that the meditative state be used for visualization of this anger and the one to whom it is being sent and for whom it is being generated. In your visualization see this entity receiving your anger and see the effect upon this entity of such a reception. See in your mind your own identification with this entity. See this entity as yourself as you receive the anger which you have generated for this entity. See this anger entering this entity's being which is now your own being as well. Feel the effects of this emotion which you call anger within your being. Experience its nature. Carry it to its logical, as you would say, conclusion in your mind and in your visualization. Allow this image to remain within your mind for a period of time. Determine by the intensity of the anger *(inaudible)*.

When you feel that your anger has been spent and has been felt in full, then for a moment in your mind image its opposite. Then let that image disappear and let it be, shall we say, a small beacon which you shall approach by a process of what we will call natural discovery. Remaining in the meditative state, continue to see in your mind the entity for which you feel anger and, seeing this entity still in a dual nature, being the other and being your self.

As you see this image make no attempt to guide it either toward the anger or its opposite, towards love, but allow your being to proceed through this natural discovery, until you feel the love which you imaged momentarily filling your being, which is also the being of the other. Allow this feeling of love to overwhelm your senses in the same manner and degree in which the anger did so. When this has been achieved, see both emotions, the anger and the love, in your mind as imbalance. See the imbalance of anger, but see the balance of anger and love. Then accept yourself and forgive yourself and see yourself as whole and complete as is the Creator, which you are, and see yourself experiencing both emotions as means by which the Creator might know Itself.

May we answer you further, my brother?

Questioner: *(Inaudible)*.

We thank you for this opportunity to be of service. Is there another question at this time?

(Pause)

I am Hatonn. We are aware of several unasked questions and will once again allow for their asking, for we feel it is an infringement upon free will to respond to any query which has not been spoken. Are there any further questions at this time?

Questioner: *(Inaudible)*.

I am Hatonn. My brother, in this regard we may speak in general by saying that the structures of which you speak had their origin within the minds of a small group of adepts who were of the nature of deep religious seekers and who sought to express the grandeur and richness which was their personal experience through the medium of the architectural design and layout of these structures so that by certain geometric relationships future generations of seekers and worshippers might be inspired by the beauty, the grace, and the richness of design to increase their seeking of the one Creator.

It is true in these cases as it is also true in many such cases of the designs of the places of worship in your ancient of times, that those few seekers who had attained some small part of their goal of union with the one Creator put their findings, the crystallizations of their learning, shall we say, in a geometric or architectural form serving much as what you know as pyramids, to funnel, focus and intensify the ever present instreamings of intelligent

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energy or that which is known in your eastern philosophies as prana, into certain patterns which would be of assistance in their seeking of union with the one Creator. Many such structures are aiding those who worship inside their walls to this day because of efforts of the few in ancient of times of your peoples.

May we answer you further, my brother?

Questioner: *(Inaudible)*.

I am Hatonn, and in this regard, my brother, we might say that you are correct, for it is well known to those who are deep religious seekers of truth who have attained some part of that goal of union with the Creator, that all is one and as it has been said many times in your religious history, "As it is above, so it is below."

There are certain relationships, balances and regularities in the relation of different parts or aspects of the mind to itself and to other minds, expanding outward to the master mind and cosmic mind or the mind of the one infinite Creator. There are certain geometric relationships that might also be seen in a geographical nature as well. In this regard there is upon your planet a knowledge of certain structures or forms which aid the seeking of the religious adopt. These forms may be seen to be of a vaulted or a conical nature, that which is similar to the pyramid, the dome or the arch and such structures have been utilized throughout your history and before your written history for the purpose of increasing the focus of the instreamings of the one Creator in a certain area which is to be used for the seeking or sacred ritual of seekers. In many cases these designs or structures are copied from earlier times and earlier structures and indeed are reproductions of forms which have existed previously upon your planet. In other cases these structures are arrived at by individual or original means of inspiration, shall we say, and though they are similar in design to the previous structure, bear the *(inaudible)* mark of one for their inspiration.

May we answer you further, my brother?

Questioner: *(Inaudible)*.

I am Hatonn. The structure which you refer to as the flying buttress is indeed an extension of a design which incorporates the pyramid or arch type of structure and is necessary to complete the funneling or focusing of the prana energy.

May we answer you further, my brother?

Questioner: *(Inaudible)*.

We are most grateful to you as well. Is there another question at this time?

Questioner: *(Inaudible)*.

I am Hatonn, and in this regard, my sister, we would suggest that your planet is populated with a multitude of entities, each of whom is in the greatest of need …

(Side one of tape ends.) ♣

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Sunday Meditation
November 22, 1981

(C channeling)

I am Hatonn, and I am with this instrument. We greet you, my friends, as always, in the love and the light of the one infinite Creator.

We see that you are within your illusion about to enter into a time of your year which is reserved for the worship of the one known as Jesus, this time that you have chosen to celebrate the birth of the one who walked the Earth and became an example that many of your peoples have chosen to use in their seeking for the knowledge of what you term as God, which we would more aptly call love and light. This time of your year has power to bring entities together with common bonds which is many times unattainable during the rest of your year. In this time many of your peoples gain a greater awareness of love and light that is within and that is them, and in this time they reach out and touch those close to them and those who have needs. Although this period of time has become, what you would call, commercialized, feelings between and among your people [are] still the source of the power that makes this time of your year so special to so many of your peoples.

We of Hatonn are with you in the seeking for love/light and are very happy and we feel what you may call warmth with you. It is sad, however, that there are those who at this time feel alone or forgotten, who seek to contain the love within their being or who build walls between themselves and the love and light that's so strong at this time. They who have attempted to shut themselves away do not realize that love and light are with them, that they are love and light. They need but look. They need but open themselves just a small bit and they may see the love and light that is. Your peoples have many stories about this season, about people who have closed themselves to others, to love, but come to realize that they needed but to gain a glimpse—was all they needed.

We know that in this group that there is not a Scrooge, but we also know that many peoples on your planet are not aware and have not allowed themselves to feel the true warmth that is love and light. Though this number is progressively getting smaller, there are still many who need but one small example of which to gain even the smallest glimpse that they may begin their seeking and experiencing an awareness of love. We of Hatonn join with you, as always, in this your people's special time of year. We so enjoy the sounds and laughter, the beauty of each individual's being as they experience and transmit to brothers the love and light they have seen, they have felt—that they have seen and felt the experiences of the one they call Jesus. We of Hatonn say once again that we are one with you and the people of your planet and we hope that in this time

of your year that many more will experience and begin their seeking of the one infinite Creator.

We would like now to transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you once again, my friends, through this instrument, in love and in light. We would continue, briefly, with our thoughts through this instrument.

What is it, my friends, that constitutes yourself? As you sit in this dwelling, feel your body, your feet and your hands. Is that where you are, my friends? Perhaps you do not find your self there. Look in your mind, in your thinking. As you listen to these words spoken through an instrument, as these words impinge upon you, am I speaking to you, to the essence of your self? Not yet, my friends, have we found each other. That which is you is closer to you than your body, more nigh to you than your thoughts, dearer and surer than your breath and just as difficult to recognize.

Where are you, my friends? Have you found yourselves completely? In this illusion it is very, very difficult, in the illusion of your density with all the distractions of body and of mind. It is difficult, indeed, my friends, to know even your self. And it is only, my friends, in knowing the self that you can know another, that you can share with another, that you can rejoice and laugh and give with and to another. Is it any wonder then that your peoples are so often alone in a time when even your culture suggests joy? When your rather forbidding society urges rejoicing?

Indeed, my friends, for many among your peoples it is this very urge of the society from without to pretend to be happy that causes the loneliness, that causes the feeling of sorrow. And in many, my friends, this season is a sadness that ends the incarnation. We rejoice with those who rejoice, but my friends, although we feel sorrow for those who are sorrowful, we can only reach out in joy from ourselves to yourselves. We are all one, my friends.

As you enter this particular season, which is much misunderstood among your peoples, seek to know your own self, find that love which is your true being, for in knowing that one, simple spark which is of the one Creator, you will know every person, each entity that you may meet and there can be no division betwixt you. Then you may truly share the love of the Creator, and let Its light come forth from your eyes. There is nothing, my friends, that you need do, for you already are what you seek. If you seek for a basic method of attempting to find that self of which we speak, as always, we suggest meditation, meditation and meditation. The attempt, persistence and the desire are essential. Your estimate of your success is inessential.

It has been a privilege to speak through these channels and before we leave this group we would like to share our conditioning with each and to exercise the one known as D. Our conditioning is designed to aid each in deepening the level of meditation and also, if desired, it is designed to make our vibration known in some comfortable, physical way to each who requests it mentally. In its more powerful forms we use it to condition those who desire to serve as vocal channels, such as this one.

We would begin with the one known as A and condition this entity.

(Pause)

We move now to the one known as M and send blessings and love to this entity also.

(Pause)

We move now to the one known as B, and send a confirmation which only this entity will understand.

(Pause)

If you will allow us to pause, we will touch the one known as L.

(Pause)

B: This one is not comfortable. It's not fluid with the trancing faculty.

I am Hatonn. We ask that you request adjustment mentally and if you are not comfortable immediately to request that we leave and we will work with you at any time, so that we may, in a more orderly manner, develop a good contact.

B: Thanks. Yes. Let us please work with this conditioning at another time. Thank you.

I am Hatonn, and we thank you. We urge you not to attempt to dip too deeply into the well of consciousness, as we prefer to work with complete free will with our contacts and consequently wish to

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adjust ourselves to a complete free will light contact so that you may at any time while working with us have complete control over the duration of the contact. We scan you now for comfort. We are attempting now to lift all discomforts, touching the nape of the neck and removing all discomfort.

We would at this time transfer this contact to one known as D, if we might have this privilege, so that we might close through this instrument, as our sister is practically beating our door down waiting for her turn to speak. I am Hatonn.

(D channeling)

I am Hatonn, and I greet you once again through this instrument. We of Hatonn wish to express our gratitude for being allowed to be with this group and we will be with any who mentally request at any time. We would leave you now in the love and in the light of the one infinite Creator. Adonai, my friends.

(Jim channeling)

I am Latwii, and I greet you in the love and in the light of the one infinite Creator. We are most pleased to be able to join this group this evening, as our brothers and sisters of Hatonn mentioned. We have been most anxious to join this group and offer our services in the attempt to answer questions which those of this group might have the value in asking. Are there any questions at this time?

Carla: I'd like to thank you and Hatonn and all the Confederation contacts of which I was aware in the hospital for your presence and comfort. This was much appreciated.

I am Latwii, and, my sister, may we say it was a great honor to join you, even though the location of our joining you was somewhat less than satisfactory. We also did not find the food quite up to par, shall we say.

Are there any questions at this time?

B: Latwii, would you entertain a question of a personal nature?

I am Latwii. We shall do our very best to be of whatever entertainment value we might be. As you may have ascertained by this time, we are of somewhat a light density and do appreciate the levity with which such a meeting as this might be conducted. We cannot promise that we shall answer specifically personal questions, but shall give it our, shall we say, best shot, for the concept of free will must always be kept intact and never abridged.

May we answer a question at this time?

B: Thank you. It's my understanding that I've reached what could be termed a turning point in this incarnation where my attention is being directed now beyond self. My purpose for coming to this location is to better determine the energies and the focus of this group, now in body, as well as the consciousness of Ra, and to develop a sense as to whether I can serve in this direction. Can you comment on this, please?

I am Latwii, and my brother, in this regard we might say that it is indeed a point of turning which you feel. We of Latwii recognize your great desire to be of service, to move beyond the boundaries of the concerns for the individual self, to move into the field of consciousness of this planet itself and to encourage that growth of consciousness within the minds, of the hearts and the spirits of the entities which you share this planet with. We of Latwii cannot point to any specific effort which you might perhaps undertake as your unique means of serving your brothers and sisters on this planet. We can suggest that in this attempt to expand your own boundaries of service and concern that you seek within your own being in the meditative state, as you have already done, for the direction which shall be most meaningful for you.

May we also mention and reaffirm what our brothers and sisters of Hatonn have previously mentioned this evening—that is that each entity is already whole and complete within itself. To expand upon this concept, may we also say that there is nothing but service, for there is nothing but the Creator. How you channel or express this service must be a function of your own searching, your own choice, and in the end, shall we say, the fruit of your labors shall be harvested from the effort which you make in this direction.

We encourage the seeking and the attempt far more than the concern with the result, for the attempt to be of service is likened unto the lighting of a lamp, and where there was darkness now there is light. It is the attempt, my brother, that is most helpful at this time for the peoples of your planet, for so many live in the darkness. As you seek your means of serving your brothers and sisters, keep foremost in your mind the desire to serve. Worry not about the

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means, for as you seek, so shall you find. Your seeking shall be as the magnet and shall attract unto you the means by which you might serve best.

May we answer you further, my brother?

B: Thank you. That's certainly very well. Thank you.

I am Latwii. We are most grateful to you as well for allowing us the privilege of so serving. Is there another question at this time?

Carla: What color are you in tonight?

I am Latwii. This evening, my sister, we are observing the color of your planet and its spectrum, which might be most accurately described as a fuchsia.

May we answer you further?

Carla: No, thank you. I just wanted to get a feel for you.

I am Latwii. We hope that you have enjoyed this color vibration with us. Is there another question at this time?

Carla: I had a series of odd reactions to medication …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. We might mention in this regard that your feeling of rapid healing has been the result of many entities pouring their love and light, their healing vibrations, in your direction, for there are many around you who wish to aid you in this manner. In the respect of the reaction which you experienced to the, shall we say, drugs in your hospital used for pain control, you were, shall we say, aided in your distortions of response by the entity which you have become familiar with up to this point, the entity which had been attracted by your efforts in the Ra contact.

Might we answer you further, my sister?

Carla: By this entity do you mean the social memory complex Ra?

I am Latwii, and we do not mean the social memory complex Ra, but the entity who greets you from the Orion group.

Carla: I gotcha. Thank you.

I am Latwii. We thank you, my sister. Is there another question at this time?

(Pause)

I am Latwii. We are aware that there are a number of queries which have not been vocalized. It is our understanding that such queries must be vocalized in order for free will to remain intact. We shall ask once again if there are any further queries which we might attempt to answer.

(Pause)

I am Latwii. My friends, it has been a great privilege and an honor to join your group this evening. We of Latwii seldom find such opportunities offered to us and cherish each with the greatest of joy and glee when so invited to join this group. May we remind each that we shall be available for the conditioning vibration at any time in what you would call your future, should you request our presence and assistance. We of Latwii shall now leave this group rejoicing in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus.

(C channeling)

I am Nona, and am now with this instrument. We are privileged and honored that you have called, that we might share our healing vibrations with those who are in your thoughts. We join with you now in order that we may aid you with your healing requests.

(C channels a vocal melody from Nona.) ⚘

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Sunday Meditation
November 29, 1981

(L channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. We of Hatonn thank you for the pleasure we have derived from your joyous music, for all too often, my brothers and sisters, the only sounds that reach our ears are those directed to us from individuals who in their suffering cry out for help and relief. Although we of Hatonn realize that it is both our responsibility and service to respond to these messages of distress, we wish to add that we are deeply touched and pleasured by the sounds of joy and sharing that seem to come from your planet all too seldom.

Tonight, we of Hatonn wish to share with you a small story concerning a child who was able to fly. Perhaps this may seem a rather preposterous beginning, yet we will continue with our story, for there is a purpose in our sharing it with you.

A child was born. The child was not abnormal in any fashion. He had eyes, ears, arms and legs of the correct number. As he grew older, he learned to speak, to walk, to handle the various utensils for eating, for working, for enjoyment; yet, this child was different in one respect. He was aware of the world around him. His awareness of his surroundings was not the result of a sudden inspiration or insight, but rather was simply a continuous perception that he had brought into the world with him and had managed to resist being indoctrinated into disbelieving. In a sense, this child was more a normal child that those about him, for he was not blinded by the stories and half-truths that distort reality.

Naturally, the child's familiarity with the world about him became evident due to his ability to flow in attunement with those energies about him. This was evident in others—correction—this was evident to others in that the child was able to create or dissolve material objects at will; yet this was constantly overlooked as simply a slight of hand or deception, for other children do not question reality and elders who regard themselves as much wiser found their own answers to explain this phenomenon rather than to accept it for its actuality.

The breaking point arrived, however, when the child began to fly. Again, the other children, being less fully indoctrinated, were capable of accepting this practice, for is it not a natural practice for one who is aware of the illusory state of his surroundings to be able to manipulate the illusion? The elders, the adults, those who were wise, however, found the prospect much less enchanting. And, again created, in a distorted fashion, their own understanding of this phenomena. The child, being different, must be evil, and therefore must be destroyed.

The child was captured, if a simple response of approaching when requested can be interpreted as capturing, and was put upon a trial in which he was expected to answer a number of questions dealing with complex theories developed by the elders to explain the process by which he had attained large quantities of a supposedly evil and forbidden knowledge. The child was confused, for he knew nothing of metaphysics, of religions, of theories, of superstitions. He simply knew the substance of which his world was composed. He was simply aware of the malleability of his surroundings and his ability to mold them, to flow with them, as a feather flows on a liquid stream.

Eventually the trial was over. The child, now regarded as both evil and uncooperative, was condemned to death, for such was the only response conceivable to those wise elders who sought to protect themselves from the knowledge they suspected the child bore. We will not dwell upon details of pain. It will suffice to say, the child's physical vehicle was terminated, yet the child joyfully continued to fly, for not bearing the heavy burden of wisdom possessed by those elders, the child was not borne down and crushed to the earth by the fears of a physical death, but simply continued to live and to fly. The child was unaware that this death, as they called it, was to be something frightening, to be avoided, to flee [from] as long and with as much effort as possible. He was but a child, and only knew that his universe was still malleable, was still subject to his own powers of creation, and thus, happily, the child continued to fly.

My brothers, the child in all of us continues to fly. We can load it down with the heavy burdens of this supposed knowledge and wisdom of the worlds we create. We can crush ourselves to the earth with our needs, our possessions, with the heavy burdens which we create for ourselves. Or we can see them in their proper perspective, as malleable conditions that we have created for the purpose of our own learning. We can use them toward that, and relinquish them when we are finished. My brothers, my sisters, if your burdens are heavy, lay them down and come fly.

I am Hatonn.

(Carla channeling)

I am Hatonn, and am now with this instrument. I greet you again, my friends, in the love and in the light of the infinite Creator. We would continue through this instrument.

My friends, we realize that there is always some gap between the concepts or inspirations which we might offer you and practical application of the original Thought of the infinite Creator in your life. We have not drifted so far from your experience of third density that we have forgotten the gravity that holds you down, both physically and metaphysically. We do suggest to you that you might lay aside your metaphysical gravity, and take your birthright as a co-creator of this infinite universe and fly wherever and whenever you wish *(inaudible)* is to invite even the most devoted student to inquire as to the precise nature of the mechanics of flight.

My friends, we do not speak of the mechanical concept of flight. Let us look at the same concept from a slightly different point of view. Say that you are a detective, each of you on the trail of the suspect. This suspect is reputed to be the true self. The most daring, careful and inventive detective shall never discover his own true self, for the self is revealed to the self unexpectedly, as if by chance you walked into a strange room in a strange house and unexpectedly caught sight of your face in the mirror. How startled the person is to see that reflection when it is not expected; [how] different the person suddenly looks.

Within the bleak outline of difficult days, or the rich outline of good ones, something [unexpected] occurs and in the life of the self, a discovery is made by you about yourself. These things cannot be predicted, cannot be planned. They are the revelations of the self to the self. They are the marks of an adventure which each of you has begun in the seeking for the truth, for my friends, the truth lies within your self and within that self which is the true self.

That true self, we submit to you, my friends, is love and the nature of that love is such that it opens to you, in all unity, all the Creation. Here, my friends, is true flight. Here is the capacity and ability to be the essence, to experience all that there is. In meditation, such a search is mounted. The self seeks the self. In meditation, such a thing is considered possible. Your spirit can fly. We have had far less of a heavy—we correct this instrument—chemical illusion to penetrate, are able to see more of the creation, as ourselves, to fly further, to feel love. And in our feeling of unity with you we reach out our

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hands to you. We cannot do this for you, but we can tell you that it is possible.

We shall be with you, my friends, at any time that you wish to meditate. We are messengers of love and we send you that love at all times. It is a creation of love. Come fly with us, my friends, in a universe filled with the love and the light of the infinite Creator.

Before we leave this instrument we would like to work with each in the room, conditioning those who request it, and working with new channels. We would first spend some of what you call time with the one known as R, that this entity may share with us the vibratory harmonics of our relationship. I am Hatonn.

(Pause)

I am Hatonn, and am again with this instrument. We thank the one known as R and will continue spending time with him an we work with the one known as S. We would like to say a few words through this instrument at this time. I am Hatonn.

(S channeling)

I am Hatonn. It is a pleasure to greet you once more through this instrument. It has been some time since we have been able to speak through this instrument. We are pleased to be able to share our conditioning vibration with this instrument once more. We of Hatonn are pleased, as always, to be able to work with those of you who are attempting, what you call, the channeling process. We are indeed honored to be of service to you in this area.

We would at this time like to make our contact known to the one known as D. If he would relax, we would make contact at this time. I am Hatonn.

(Carla channeling)

I am Hatonn. I am again with this instrument, and confirm that we have good contact with the one known as D and intend to speak through this instrument. The one known as D is somewhat fatigued at this time and has some question as to our contact. We would not wish in any way to intrude upon any question or conflict regarding our channeling, but will once again offer this contact to the one known as D, if this entity wishes to use this energy at this time. I am Hatonn.

(D channeling)

I am Hatonn, and am with this instrument. We of Hatonn are pleased to be working with this instrument at this time. I am Hatonn.

(Carla channeling)

I am Hatonn, and am once again with this instrument. We thank the one known as S and the one known as D for the great privilege of working with each of them. We are aware of many questions in the mind of the one known as D of a philosophical nature, regarding our source and our relationship with energies connected with this planet. It is our sincere hope that we, or one of our brothers or sisters of the Confederation of Planets in the Service of the Infinite Creator may speak and share our thoughts to any questions which any entity might have, if not at this time, at any time that is desired.

We would very much like to close this particular message through the instrument known as W. This instrument desires at this time to offer itself for our service. I am Hatonn.

(W channeling)

I am Hatonn. I am now with this instrument. To greet each of you in the love and the light of the infinite Creator is as a constant reminder that in truth we are all as one, with our entire message and purpose for contact [being] sharing this love and experience, and [it] is that spirit with which we leave you and pray you forever share with all of your brothers and sisters on the face of the planet. We leave you. Adonai, my friends.

(Carla channeling)

I am Latwii. I am Latwii. I am with this instrument. We greet you in the love and the light of the infinite Creator and are sorry to yell, but we forget about this instrument. We would like to talk to you about a small, hard-shelled animal. It is on the ocean bottom. It in a private animal, sifting seawater and gaining food. It values its privacy. One day a grain of sand gets stuck in this animal's jaw. What is this animal to do? It cannot spit. It sits there grumbling to itself, "Why do I have a piece of sand stuck in my jaw? It hurts. It continues to hurt." Its hard-shelled body begins to cover the sand to protect it from hurting. It learns to deal with the pain, and one day some alien sweeps along the bottom of the ocean

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and scoops up this animal, forces it open and finds a pearl, my friends, of great price.

(Side one of tape ends.)

(Carla channeling)

[I am Latwii.] … this instrument for awhile, and are grateful for the opportunity. At this time we would transfer. I am known to you as Latwii.

(Jim channeling)

I am Latwii, and greet you again through this instrument. We are most honored to be able to join you this evening in your meditation and shall now attempt the answering of questions which those present might have value in the asking. Are there any questions at this time?

D: Speaking of the bottom of the ocean, what can you tell me about dolphins?

I am Latwii, and my brother, we can say many things about dolphins. We, of course, do not suppose to give biology lessons, but may remark in passing that the creatures which are known to you as dolphins are much more than animals which swim in the deep, for these creatures have, for many of your years, possessed the prize of the human form which is called the extension of the brain complex known as the frontal lobes, and, therefore, this creature does have the intelligence that exceeds many of your so-called second-density creatures, and is able to communicate with those of its own kind, and other entities as well, on a level which you may describe as telepathic.

Is there any further specific information regarding this creature which you ask about at this time, my brother?

D: What is their evolutionary track? How did they become dolphins?

I am Latwii, and, my brother, in this regard we may say that the creatures known to you as dolphins have progressed upon a path which is in, shall we say, somewhat of a balance or opposition to the path which the humanoid creatures of your kind have traveled. Those of the homo sapien nature have traveled a path that has, for the most part, been a dusty one and one which has remained upon the land. The creatures known to you as dolphins have traveled a path which has been somewhat more moist. This path has included the single-celled creatures of the ocean which have developed over a period of time the nature of the vertebrate, which has included the knobby protrusion at one end known as the brain.

This continuing evolution of complexity of the nervous system has developed additional parts of this brain which have corollaries to your cortex and thinking processes. The continuing development through various forms of what you would call fishes has progressed to the aquatic form of a mammal, which has reached its zenith upon this planet in the ones which you call dolphins and some forms of the creatures which you call whales, in that these creatures have been able to develop an additional portion of the brain organ which we have referred to previously as the frontal lobes, and in this regard have activated an energy center which has allowed them the communication which might be called telepathic.

Is there any further way which we might be of service to you in this regard, my brother?

D: What's the density of the dolphin?

I am Latwii, and, my brother, we might suggest to you that, as you are aware, many creatures upon your planet now, including the human form, possess the body of the fourth density in activation and this is also the case with the creatures known to you as dolphins.

May we answer you further, my brother?

D: No.

We are most grateful for this opportunity to be of service. Is there another question at this time?

L: Yes. On that same subject of dolphins. Will they go through the same process—of division into the polarized groups—as we will?

I am Latwii. My brother, we might suggest that your assumption is correct to the best of our knowledge.

May we answer you further?

L: Yes. In comparison to our own race's progress in polarization, how would you compare our progress with that of the dolphins?

I am Latwii, and, my brother, we do not wish to make any present feel lesser in their seeking, but your brothers and sisters of the dolphin family have been much more united and centered in their seeking and choosing of a polarity, for their seeking

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has resulted in the positive polarity choice to an almost unanimous degree.

May we answer you further, my brother?

L: Yes. Is this also true of the group we refer to as killer whales?

I am Latwii. This is correct, my brother. May we answer you further?

L: No, thank you for your help.

We thank you as well. Is there another question at this time?

Carla: While we're on dolphins, do dolphin—does the dolphin race precede the humanoid race and have its own individual and particular genetic trail or did those of Atlantis deal genetically with and become part of the dolphin race at one point many thousands of years ago?

I am Latwii, and, my sister, in this regard, we may note that crossover, shall we say, between the races of your third-density beings, this including those known as dolphins and some forms of those called whales, has been very minimal. The genetic progress of the ones known as dolphins has been, for the most part, a progress of a homogeneous nature, dwelling also within the boundaries of the third-density illusion which you experience. Therefore, this trail which has been traveled by the dolphin is a trail which began at the same time the trail of the humanoid form began upon your planet, approximately 75,000 of your years ago.

May we answer you further, my sister?

Carla: Yes. So that those who incarnated as that type of fish reincarnated as that type of fish and so forth, just as we have incarnated many times as what we call humans. Their path has been one that they followed carefully and they are a breed getting ready for harvest, just as we are? Is this correct? Or have they gone through harvest early and are now living in fourth-density activated bodies, or do they have dual-activated bodies?

I am Latwii, and, my sister, upon this query we might say that these entities of which you speak are, for the most part, inhabiting those bodies which you might call doubly activated, and shall continue in that form upon the completion of that which is called the harvest. And we might also note that you are correct in assuming that they have remained with this form for the entire 75,000 years of this third-density cycle, for their experience in that form and in the medium known to you as water has been unique for their race, and to change forms from that of the aquatic to that of the land creature known as the humanoid, would not be of the greatest value in the seeking of the light and the love of the one Creator, for they have their mode, shall we say, and your people have their own.

May we answer you further, my sister?

Carla: No, indeed. Thank you.

We thank you, as always. Is there another query at this time?

W: Yes. Concerning the unicorns in California and the caretakers and so-called otherwise parents of those unicorns, can you elaborate a little bit as to maybe what sort of density beings that the unicorns are and what sorts of people its human caretakers parents are?

I am Latwii, and, my brother, we do not wish to appear too dumbfounded, but we are unable to determine the thrust of your query. We are unable to find such a creature within the realm of your third-density existence at present. May we ask if there is a further refinement of this query which you might make to aid our understanding of it?

W: Would these creatures be of another density and still nonetheless be able to have appeared on this planet and made themselves aware to third-density beings, and what would be the significance of that?

I am Latwii, and we believe we have somewhat more information upon which to begin our response to this query. There are many beings of many forms which inhabit those planes of your planetary existence, which are known as the astral planes. These planes are not of another density, but are associated with the third-density experience. This is much likened unto the form your people take upon the passing through of the stage of death. The activation of the fourth ray or the green-ray body, also known as the astral body, does take place upon the process of death and may pass through many planes of existence which are contained within the astral and devachanic levels of your planet.

Many of the creatures which you have referred to are inhabitants of these planes of existence and may from time to time become visible to some of the

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peoples of your planet who have a certain relationship with these creatures. It must be understood, however, that these creatures are not what you might call regular or normal inhabitants of your planetary surface, for their pattern of existence is not within the space/time complex or location of your third density, but is upon a level which is what you might call not visible to the normal third-density eye.

May we answer you further, my brother?

W: How about a different question. How can these beings be photographed and put in a newspaper with otherwise what I would believe to be third density going into fourth density human being types?

I am Latwii, and, my brother, we might suggest several possibilities for this phenomenon of the photographing of such an entity. One possibility is that such on entity might for a moment become more material, shall we say, or become focused within this density so that its reproduction by the photograph would become possible. Another possibility which is much greater in its likelihood, is that such a creature might be, shall we say, falsely inserted into such a photograph so that they appear to exist, when in fact they might not have existed at the time the photograph was made.

May we answer you further, my brother?

W: No.

Is there another question at this time?

L: Yes, one last question on the dolphins. There is a tradition or story that dolphins have a strong enmity toward sharks. Is this strictly the result of a protective effort to protect their young or is there a significance to sharks that brings out this response in dolphins?

I am Latwii, and, my brother, we might note in this regard that the ones known to you as sharks and the ones known to you as dolphins do have their evolutionary history and shared experience and it has been the experience of the ones known as dolphins that the ones known as sharks have been, shall we say, placed in opposition to them in the position of the one which would attack and devour the young of the dolphin herd, and, therefore, the ones known as dolphins have, of necessity, made certain precautionary, shall we say, procedures a part of their pattern of existence with these creatures known as sharks. Each has served the other in their own particular pattern of behavior and the progress of each has been thusly enhanced.

May we answer you further, my brother?

L: Yes. What level of development are sharks?

I am Latwii, and we might say that the one known as sharks remain in the high second density of their particular species. There have been some individual crossovers, shall we say, from the shark line into that which is known as the dolphin, which is another part of their evolutionary history—have shared the experience, and has been a part of the chain of evolution for both.

May we answer you further, my brother?

L: This crossover has taken place through reincarnation and not while in occupation of a physical body? Is this correct?

I am Latwii. This is correct.

L: That answers my question. Thank you.

We are most grateful to you as well. Is there another question at this time?

Carla: I have something I've been wondering about. I've always had a very strong feeling for angels, the traditional Christian angel—Seraphim, Cherubim hosts, etcetera. I have no doubt as to their reality on the inner plane and I wondered what their relationship might be to you and if you work with me.

I am Latwii, and, my sister, we might most succinctly say that we are one with all beings. In specific, we shall remark [on] one particular relationship which we have with these beings which you might describe as angelic. Upon your inner planes, upon the planes known to you as the devachanic planes, reside many of what are most frequently called by your people as the masters. Various brotherhoods do exist here upon the inner planes and we of Latwii do have a communication with some of these brotherhoods, for it is from such entities that have gone through the incarnational cycle of your planet and who by their own individual effort have achieved that known to you as the harvest, that we might discover the nature of your people and thereby make our contact more harmoniously felt by the groups to which we hope to communicate. It has been our great privilege to be

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able to speak with these entities from time to time in the gathering of information which has enlarged our understanding of your peoples.

May we answer you further, my sister?

Carla: Yes. Just a question about something that has always pleased me about angels, and that is the thought that they are forever praising the Creator. Traditionally, what they're saying is "Holy, holy, holy," etc., that this never stops, that there's an endless praising of the Creator. Is this in fact a part of the vibration in this particular plane of existence? Has this in fact happened?

I am Latwii, and, my sister, again we shall begin our response with a general response, saying that each entity, no matter what the density, does praise the Creator. Many entities do this on an unconscious level, as we are noting there is such praise occurring at this moment. As we progress through the levels of the inner planes, we see that there is a varying degree of conscious praising of the Creator in the fashion which you mention and in other means as well.

As we ascend the planes of the devachanic levels, we find that there is, shall we say, less and less of the communication of these angelic beings with those of your peoples and more of that phenomenon which you have described as the constant praising of the one Creator. It is upon such levels that the light and the love of the one Creator truly shines as a beacon.

May we answer you further, my sister?

Carla: I'll hold it til another time. Thank you.

We are most grateful to you for this opportunity to be of service. Are there any further questions at this time?

(Pause)

I am Latwii. We have been most privileged to be able to join you this evening. We hope that our presence will be requested at future gatherings, for we are coming to be somewhat of a ham, as you might say, and do thoroughly enjoy these sessions of questions and answers, and wish we were able to respond to the query of the one known as Fairchild, but do not feel that our mastery of the feline tongue is yet sufficient to do so. I am known to you as Latwii, and I leave you now in the love and in the light of the one infinite Creator. We shall be with you in your future. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation
December 3, 1981

(Carla channeling)

I am Laitos, and I greet you, my friends, in the love and the light of the one infinite Creator. We have been attempting to contact the one known as D and the one known as S but we find that some time of conditioning would be helpful with both of these instruments as there has been a good deal of activity on this day and retuning of the mind towards seeking, towards the ideals of service, towards the impersonal and objective in life.

It is difficult to find in a moment and yet, my friends, this is what you seek, not an easy thing nor a profitable one among your peoples. You seek the invisible and do not find the visible satisfactory or sufficient. You seek the idea and do not find practicality a reasonable excuse for action. You seek service and do not accept the philosophy that to be self-sufficient is service enough. You are, in fact, those in the minority among your peoples, those who consciously and deeply seek something beyond the petty, mundane round of existence that can be seen and heard and felt and experienced.

We are with you, my friends, to share with you a mystery. That mystery is that you do not seek in vain. That mystery is the mystery of an infinite creation, of an original Thought that has created all that there is, including an infinite array of those things that cannot be seen with the physical eye, that cannot be touched, that cannot be experienced—until one thing occurs, until one door is opened. This one thing, my friends, is the seeking that you are now engaged in. We are with you.

We believe that we have sufficiently conditioned each and would now speak through the one known as D. I am Laitos.

(D channeling)

I am Laitos, and I greet you through this instrument. We realize that the instrument is experiencing some difficulty and she is somewhat fatigued. We would suggest that she take a few deep breaths. We have a good contact with this instrument and would like to say that she has made good progress. We would assure her that she did indeed …

(Carla channeling)

I am again with this instrument. I am Laitos. We hope the one known as D will forgive us for continuing to offer our transmission, but there is a breakthrough which is quite close at this time. The difficulty is as it so often is—the analysis of the contact. We were assuring the instrument that we were offering our thoughts to the instrument. It is only when this point has been trusted that we can begin to offer material of a more advanced nature. Therefore, it is worth spending some of your time on, if you will be patient in sessions such as this one.

We wish to build up the confidence of the new instruments by breaking through the point at which the new instrument becomes aware enough of our vibration and the method of our sharing of concept that we can then begin to share concepts in a less predictable manner and gradually develop the unique channel which is possible with each unique being through whom we may speak. We thank the one known as D very much for the privilege of working with her and feel that we are very close to this breakthrough of confidence. We are most privileged to share in this service.

At this time we would speak through the one known as S. I am Laitos.

(S channeling)

I am Laitos, and I greet you, my friends, through this instrument once more. We of Laitos are always pleased to be able to speak through instruments such as those that we find in this group. It makes us feel happy to know that there is such a calling for our presence in order that we may aid those who are seeking to serve in the manner known as channeling. It is indeed a pleasure to serve the one infinite Creator by being of service to those who call us for assistance in their seeking. We of Laitos are indeed honored at the frequency of the calls we receive from your group. It is, as always, a pleasure to work with each of the new instruments. We find a sincere effort is being made by those in this group. We would at this time like to transfer this contact. I am Laitos.

(Jim channeling)

I am Laitos, and greet you once again in love and light. We are honored at this time to offer ourselves in the service of answering questions which entities in this group might have to ask. May we answer any questions at this time?

S: Yes, I have a question. I am usually unable to note your contact. It is either so very light that I don't feel it or I'm just having trouble recognizing it. Do I just need practice to develop the ability to recognize? I can recognize others easily, but your touch seems so light that I have difficulty knowing when contact has been made.

I am Laitos, and am aware of your question, my sister. We of Laitos attempt to respond to the request of each new instrument in the strength of our conditioning vibration through a series of learning relationships and speaking attempts by each instrument. We are able to provide the conditioning which makes each instrument aware of our presence yet does not overstimulate the instrument.

We would suggest at this time, if it be your desire at this time to be more aware of our conditioning vibration, that you mentally request such before meditation begins after the tuning has been accomplished. In this way it will be more easily perceived by any Confederation member wishing to utilize your instrument with your permission what the degree of conditioning you have requested is.

You are also correct in your analysis that more practice on your part will also be of aid to you in perceiving our contact as we attempt to balance your perception of our contact with a touch which is light enough avoid the overstimulation of your instrument.

May we answer you further, my sister?

S: *(Inaudible)*.

We are most grateful to you as well for offering us this great opportunity to be of service to the one Creator. Are there any further questions at this time?

Carla: Well, I wasn't going to ask it, but just in case you might have some thoughts that I hadn't been aware of from previous communications through the Confederation, I'm very interested in healing as quickly as possible, and my healing seems to have been quite accelerated already, and I wondered if you had any thoughts regarding my further acceleration of that by any action or thought that I might do?

I am Laitos, and am aware of your question, my sister. In this regard we find that there is not much new information which we may give upon this subject for your desire to be healed has caused you to seek every possible remedy which is available at this time. Your desire is in itself the greatest aid to your healing process. For your desire does pierce that protective shell which holds your physical vehicle in its configuration, whatever that configuration might be, and does allow the healing energy which many send you to enter through your protective auric shell.

This has been the case thus far and your desire to be healed continues to open your shell to healing love and light energies. We simply reaffirm that which you are familiar with, the visualizing of your arm—

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and entire body for that matter—being surrounded by light, this light being the healing love/light of the one Creator. This light entering through your lower chakras and feet and circulating throughout your body, coalescing in those regions which need the most healing. And then, to complete the visualization in your meditation, the seeing of your body and any specific areas as being completely healthy and healed.

May we answer you, my sister?

Carla: No, thank you, Laitos.

We are most grateful to you as well. Is there another question at this time?

(Pause)

I am Laitos. We are most grateful for this opportunity to join your group this afternoon. We of Laitos hope that we shall have this honor many times in what you call your future, for this is our service as members of the Confederation of Planets in the Service of the Infinite Creator—that is, the exercising and conditioning of new instruments. We treasure each experience and thank each present this afternoon for adding another voice to the call of service which we have to offer. ♆

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Sunday Meditation
December 6, 1981

(L channeling)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. My friends, my brothers, my sisters, it is with great pleasure that we shared your musical and heartfelt vibrations as you initiated this period of sharing. We of Hatonn are sensitive to those vibrations to which you refer as music and are pleasured deeply at this sensation of harmonious vibrations. At this time we would like the opportunity to work with the various instruments present, if they are willing. I am Hatonn.

(C channeling)

I am Hatonn, and I am now with this instrument. We again greet you in the love and light of the one infinite Creator. As always, it is a pleasure to speak to groups as large as this one, for we do not often get to speak our few words through so many at a time. It is especially a pleasure tonight, for within this group there are so many who have chosen to aid others, us, themselves, by the act that you refer to as channeling. We of Hatonn are always grateful [to] all who would serve in this manner, for it enables us to be in contact with more of your peoples who would listen, but who have not yet gained the ability to hear, to feel our vibration, our love, in our attempt to aid those of your planet who seek, to gain awareness, the love and the light that is the one infinite Creator. We would now like to exercise another channel with whom we have not had contact with for a while. We are known to you as Hatonn.

(H channeling)

I am Hatonn. I am once again with this instrument. It has been a great length of time, as you would measure it. It is always our pleasure to be invited into the heart of your peoples and when you open yourselves to our communication this is indeed what you offer. You offer your trust, your commitment to the seeking of truth, and with this, the inner feeling which many of you would call to be the spirit or the heart of your being.

We of Hatonn wish in no way to bring upon anyone what they do not request or desire. We are only here to share with you at this present time our knowledge, sometimes our advice, but we wish in no way to give you advice that would determine your actions. We only wish to share our knowledge, commune it with yours, and allow you to analyze and to decide which is the great truth that permeates the universe and which is the direction that you should seek, for each of you walks a path which you have chosen prior to your birth. Blindly, you lead yourself through this experience upon Earth. Many take generations—excuse the mistake—many take several incarnations to follow one path, for within

your Earth environment there is a great deal of confusion and a great deal of what you would call negative energy. It is here to test the strength of your commitment to the seeking of truth and the Creator.

Your walk upon this plane of existence is merely one lesson in a vast universe of endless classes and experiences. You on Earth are fortunate in that you are now culminating what you might call one of your major courses in spiritual growth. You are here to learn the meaning of love, without prejudice or prejudgment. You are here to learn to accept one another. You are here to learn to become an inhabitant of the Creator's entire creation. Look not only upon that which happens upon your globe, but look into the sky and know that you are not alone. All that you see is inhabited in one form or another. Intelligence permeates the universe, and love overcomes all things. We of Hatonn extend our love to you and await the day that we may walk hand in hand in the love and in the light of our infinite Creator.

I shall now transfer to another instrument. I am Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn. Once again, my friends, we greet you in love. Before we leave this group, we would greatly appreciate the privilege of sharing with each of you our conditioning vibration. We shall pass among you at this time and if you request this vibration which will allow you to become more aware of our presence and deepen your own meditative states, we ask that you mentally request that we be with you, and we shall be. We shall now pause in order to be with you.

(Pause)

I am again with this instrument. My friends, we thank you for the great symphony of your harmonized circle of vibration. We ask that if you think of us, you think not of who we are, but of only the Creator. We care not what impression we may offer, nor do we wish authority among your peoples, for reputation is a stranger to meaning. We ask only that you consider the love that is the original Thought of the infinite Creator, and we ask that you consider seeking that love in meditation.

We are always with you if you mentally request. If in any way when we condition any who may be sensitive there is discomfort, mentally request adjustment. If there is continued discomfort, mentally request that we leave. We shall do so immediately. When we work with individual or the preliminary times, as you would say, there is a period in which we are adjusting constantly to the unique vibratory pattern of each. Please have patience with us in order that we may serve you, for that is our only desire.

We leave this instrument in order that another of the Confederation may speak. Thank you, my brothers and sisters, for allowing us to meditate with you. I am known to you as Hatonn. Adonai, my friends. Adonai.

(Carla channeling)

I am Oxal, and I greet you, my friends, in the love and in the light of the infinite Creator. May I say that it is with the greatest of pleasure that we speak to this group this evening. We greet each, and especially those who are new to this group, and the one known as H who has been absent for some time. Your life vibrations are a great blessing to us.

You, my friends, are in exile. All upon your planet are in a strange land. There is no comfort for the spirit in the spirit of your culture. The planet that man has made is a strange and barbarous territory. You are in exile in your bodies. There is within you a knowledge, a remembrance, a memory of the light and the infinite life of your true existence and of your true body. But here you are, my friends, cast away and what have you done, my friends, you exiles of the soul? Have you banded together defensively to protect yourselves against the pain of living? Have you attempted to convince yourselves that exile is home? Examine the actions that you take and the thoughts that you think and you may find in yourself many, many traces of the behavior of a stranger in a strange land.

My friends, there is comfort. There is complete and utter comfort. It is in looking outward that you miss the one source of home, for to find that home you must look within the self. Beneath all those things which you have been taught and all those things which you have rationalized, there lies a homeland and a true being, so deeply fixed within you that you cannot lose it, you cannot forget it. It is not to be earned, but it may be sought.

Seek, my friends, the peace of your true home, balm of your true identity, and in that knowledge, my

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friends, look out upon this illusion and see it in love and in light. If you seek wisdom you shall not find it in your illusion. In meditation go home, for that home is yours by right of infinite birth.

I would now leave this instrument, but I assure you, my friends, I will continue to meditate with this group as one of our brothers speaks, for it is indeed a pleasure to be with you. I am known to you as Oxal. Let there be no division in yourself, my friends. Cease all confusion and know that exiles think strange things. Seek that which awaits within. I leave you in the love and in the light of the infinite Creator. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you all in love and light. We are most honored to join you this evening. As always, it in our privilege to add what small bit of light that we might to the answering of queries which those present might have the value in asking. May we ask if there are any queries at this time?

M: Yes. Latwii, I have one that was missed on the tape. You answered while we were changing tapes. If someone who knows a truth or knows a particular sermon to be true, what happens in their growth and development if they do not act accordingly to that truth?

I am Latwii, and am aware of your question, my brother. In this regard we might say that when an entity has ascertained information which it has determined to be of value, to be of a certain degree of truth, shall we say, then if this information is not utilized by this entity, the entity shall discover the means whereby it was brought into contact with this truth being repeated, so that the entity might once again discover that which it seeks, that which it has previously discovered to be of value to it in its seeking, and might, thereby, by repetition discover a use for this truth.

The information which an entity seeks is drawn to it like a magnet draws the filing of iron. When the entity does not use this information, but sets it aside, the seeking mechanism remains in motion, drawing unto that entity the means whereby it might once again discover that which it seeks.

When the information, the truth is made a part of the being's behavior and thoughts, a part of the being itself, then there is that which might be likened unto the closing of a circuit and there is a completion at one level of seeking whereby there might be, following that seeking, seeking of a further truth, for the seeking is endless. It is infinite, my friends, and if the product of the seeking on any level is not utilized, then there shall be generated more opportunities by which the truth might be found.

May we answer you further, my brother?

M: No, thank you.

We thank you as well. We are always grateful for the opportunity to be of service. Is there another question at this time?

C: Yes. I could stand a little advice. I've been, here of late, in an ongoing process of trying to improve the relationship that exists between myself and my son. I went through a period where I was, I know now, I was demanding too much of my small son and was just curious as to whether the steps I'm now undertaking will lead to the bettering of our relationship. It seems to be having some effect now, but I was wondering as if you could comment as to whether the steps I'm taking will continue to improve the relationship between us.

I am Latwii, and am aware of your question, my brother. In this regard we must answer in a general nature, for to give specific advice or judgment of your particular line of action would, in our humble estimation, be infringement upon your free will.

C: General is just fine.

We appreciate your compromise with our position and might suggest that in the relationship with the young entities of your illusion, those children of your being, that first of all there are no mistakes. What you do in relationship with your children will affect them in a manner which will eventually result in their growth, their learning and their unity with the Creator, for there is nothing but service that is possible within this or any illusion. Worry not that you make mistakes, for it is the attention which you give your young child in the attempting to be of service to it that is of the most service to it, for the young entity in your illusion needs the models, shall we say, needs the knowledge that those who are in its care and whose care it rests within, do care for it, do give it attention and do attempt to allow its perceptions to be broadened, its experiences to be increased, so that its great desire to master this

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illusion might be fed the food of your wisdom and your love and your simple being.

By this constant interplay of attention between your child and yourself, there shall grow a relationship of clear understanding that this is an illusion which has no clear cut answers and that the seeking within the self for each answer is that activity which is of most benefit. In this regard, my brother, you have yourself been of great service and know you that your child does recognize this factor.

May we answer you further, my brother?

C: Yes. Maybe. Here of late I've been putting myself into the situation where I'm interacting with the children of others, and am experiencing very warming emotions and experiencing definite growth. And in this situation I see a profound wisdom, that is not within me or the other adults that I'm working with, but within the children within their simple and very—I'm not sure how to say it—their own little world. They seem to display a wisdom that we tend to forget. I realize that each and every situation which we are involved in is a means for furthering our growth, but I guess—I really don't have a question, I just simply wanted to say that the chance that I've had here of late with children has let me see many things which I'd either forgotten or ignored.

Why is it that so many of us forget the wisdom and simple truths that we know as children? Why do adults forget what they seem to be born with?

I am Latwii, and am aware of your question, my brother. We of Latwii can say little that will be of clear understanding in this regard, for it is our understanding that the entities within your illusion are indeed, as our brothers of Oxal have mentioned previously, in exile. Born into this illusion, each entity comes from a unity with the innocence and the purity of one facet of that unity which might be likened unto the unconscious recognition of all as the self. From this innocence must be made a journey, a journey which will lead into a confusion which will lead into this illusion. The innocence of the young must be tested, shall we say, by the fires of this illusion so that the unconscious knowing of oneness might become as the final fruit of the tree of incarnation, balanced by the conscious knowing of the unity.

On this journey there shall be many experiences, many …

(Side one of tape ends.)

(Jim channeling

I am Latwii. To continue with our story, this journey moves from the unconscious into the conscious realms for the entity, and in this journey the entity does experience that which shall teach it to know with its conscious mind that which it knows with its unconscious mind. For the conscious mind to learn this lesson it must learn through experience and experience somewhat of a forgetting, much as each entity upon entering this illusion does experience a forgetting so that the learnings of this illusion will carry weight.

This process is reflected in the life of each entity within each incarnation. Each entity begins as the young entity, quite aware of unity with all, journeys forth, experiences that which appears to be separation from all as the individuality of each entity is formed. The fruits of this journey, the labors, culminate for each entity in the experience of conscious oneness with all. For this experience to carry weight for the entity, there must be a forgetting.

May we answer you further, my brother?

C: No, thank you.

We thank you as well. Is there another question at this time?

L: Latwii, I've got a bunch of questions. The first one is in reference to my friend, R, who is experiencing an emotional imbalance caused by the death of a near relative. Is there anything we can do in addition to sending light and love that will enable R to find the comfort he needs?

I am Latwii, and am aware of your question, my brother, and in this regard we must also reiterate that we cannot give specific advice but can only suggest that if you wish to be of service to one who is in need of your service that you consider carefully the needs of this entity, and in your meditative state seek you this solution, and as you seek to be of service the way shall be made clear from within [your] own being as to which path would be of most value to this entity.

May we answer you further, my brother?

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L: Yes, on a different subject, on the subject of healing. I have reached an understanding of a process to assist in the healing of internal organs recently. Is this the best system that I have available to work with, or would you advise that I seek further?

I am Latwii, and my brother, we do not wish to sound confused in our response, but we would suggest both of your assumptions are correct.

May we answer you further, my brother?

L: Yes. My understanding of my present situation on learning healing is that my greatest success in learning will be obtained, not through study under another individual or a particular system, but rather through attuning myself to what I can learn through meditation and performance. It appears to me that the systems are at best distortion, and are something I should avoid for the time being until I have established some basics in my own understanding. Would you regard this as a correct perception of the situation I'm in?

I am Latwii, and, my brother, in this regard we might suggest that your own discrimination has thus far provided you with the path which has borne fruit, and we would suggest the continued following of your own inclinations in this matter, remaining open to any source which appears to be of value.

May we answer you further, my brother?

L: Yes. It is my understanding that certain physical imbalances are created by the individual for their spiritual progress, and that these should not be interfered with. It is also my understanding that other physical imbalances have served their purpose and are inadvertently maintained by the individual who may be served by assisting them to release themselves from these imbalances. My problem is discerning between the two. How would you advise that I discern between the two?

I am Latwii, and in this regard, my brother, we would attempt to simplify your understanding of the healing process by suggesting that as the healer you offer the one to be healed the opportunity to be healed, but do not, by your own actions, heal. Therefore, if there is one who approaches you and seeks your assistance in the healing process, the seeking is that which is necessary for your decision, for if one seeks to be healed, one is seeking the assistance to do that which the entity to be healed has already decided, therefore there is no infringement upon the will of the entity in such a seeking.

May we be of further assistance, my brother?

L: No, that answer itself is a great relief to me. Thank you very much. I have no further questions.

We are most grateful to you as well for allowing us to serve in this capacity. May we ask if there is another question at this time?

Carla: Which part of our density are you scanning tonight?

I am Latwii, and, my sister, we were wondering when you would ask which particular color of your density we were enjoying and have prepared for you a display of that color which you might call the apple green.

May we ask if there is another question at this time?

Carla: No. That suited me just fine.

We are most grateful to you as well. May we ask if there is another question at this time?

(Pause)

I am Latwii. My friends, may we say that it has been the greatest of privileges to join your group this evening. We look forward to such sessions in what you call your future, for it is of great inspiration to our memory complex of entities to be able to participate in such exchanges of perceptions and the vibration of love and light which this group is known to generate.

We shall leave this group at this time and would in the leaving remind each present that at any time in your future which you would be in the need of our assistance in meditation, that we should be most pleased to join you with the simple request for our presence being all that is required. We leave you now in the love and in the light of the one infinite Creator. We are known to you as Latwii. Adonai, my friends. Adonai vasu borragus.

(C channeling)

I am Nona, and greet you, my friends, in love and in light. We of Nona have been greatly honored by this group for some time now. The desire is present in this group to aid others by the sending [of] healing light. It has been for some time now very strong, very potent. The light generated has been well

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received by those to whom this group has directed its energies. We of Nona are always extremely glad that we may be of service to you by adding our energies to yours as you seek to aid those around and amongst you.

We of Nona are with you and shall always be, whenever you ask, for our main service in your vibration is to aid healing and always feel honored to aid you at any time. We now leave this instrument, but will still be with you as you send healing light to those for whom you have concern. Adonai. ♣

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Intensive Meditation
December 8, 1981

(Carla channeling)

I am Laitos, and I greet you, my friends, in the love and the light of the infinite Creator. We shall speak some brief thoughts through this instrument while we work with each of the new instruments and share our vibrations with each of those present who asks for the conditioning.

How high the snow is in the winter. How blue the cerulean sky. One lone eagle stalks far above, watching. His cohort, the eagle's mate, watches. The air is crisp, the day is long. The eagle is patient. There is a rush, a sudden emptiness where once the eagle soared. The eagle has found its food. The beauty of the sky, the whiteness of the mountain and crispness of the air do not disturb the hunter, for its seeking is quite specific. In this fair creation of the infinite Creator which you call Earth are not only difficulties but many pleasant distractions, many lovely things. Find then within your being room for the eagle that seeks, keen-eyed and patient for the bread of heaven. Those things which will aid you will not come to you in a moment until that moment comes. Keep awake.

We are grateful to have this opportunity to share some thoughts with you and to join in your meditation and a special *(inaudible)* to be able to work with each instrument. We would at this time transfer this contact to the one known [as] M, if she would relax and realize that there is no effort required for us to transmit our thoughts through the instrument which she has. Merely speak that which is sent. We now transfer. I am Laitos.

(M channeling)

I am Laitos, and I greet you through this instrument. It is difficult *(inaudible)* sharing with [experience] like *(inaudible)* this instrument.

(L channeling)

I am Laitos, and I am now with this instrument. We are pleased and grateful at the success and effort displayed by the one known to you as M. We of Laitos are appreciative of the dedication required and the service rendered to us in training oneself that we may be allowed the privilege of communication with beings of your race.

At this time we would like to speak through another instrument. I am Laitos.

(C channeling)

I am Laitos, and I am now with this instrument. It has been some time since we have been able to work with this instrument, and we are grateful for this opportunity to do so. We of Laitos always [are] eager to assist any who choose to be [of] service, as you call channels. For it is through those who choose this service that the simple message of love/light can be

made more available to those of your planet who are seeking or have just begun to become aware of the need to seek [the] love and light of the one infinite Creator. Each one who serves aids others as well as takes further steps themselves on their own journey. We of Laitos also seek, we are also on a journey to further our growth and to further our awareness of the love and the light. We are known to you as Laitos. We are one of many within the Confederation, one of many who would aid; one of many, yet one. We say again we all share the journey.

We would now transfer this contact to another. We are known as Laitos.

(Carla channeling)

I am again with this instrument. I am Laitos, and greet you once again in love and light. We thank you for your patience during this pause but we were attempting to initiate contact with the one known as N without the specific mention of the intention in order that we might as rapidly as possible build up the confidence of this new instrument. We may therefore confirm that the vibrations which the one known as N felt were correctly perceived and would have resulted in the continuation of our message. We shall once again transfer to the one known as N.

(N channeling)

I am Laitos, greeting you in light and in love, which each of us are. The completion of your quests will be experienced as the acceptance of yourselves as all is accepted. The length of the journey is one limited only by each individual's free will. We are Laitos. We leave this instrument.

(L channeling)

I am Laitos, and I am with this instrument despite the contact of the other instrument.

(The telephone had just rung.)

My friends, my brothers, my sisters, we thank you for this opportunity to pass among you. We thank you for being allowed to touch, to immerse ourselves, and to make a part of ourselves the love that passes among you at this moment. It is the will of the Creator that all beings, all races, all facets of creation attain a constant awareness of that love which binds each of you to one another and makes you one with yourselves, with us, with many, with one. Again, deeply, we thank you for this sharing. Adieu, my friends, my loved ones. I am Laitos.

(Carla channeling)

I am Hatonn, and I greet you as do my brothers and sisters in the love and the light of the infinite Creator. We wish to make our vibration known to the new instruments but first, if we may, we wish to share our vibration with one with whom we have been in contact but who does not at this time desire the service of vocal channeling but instead wishes to serve in other ways. May we thank this instrument for allowing us to be companions with him. We pause for a moment to send our love to the one known as Don. I am Hatonn.

(Pause)

We move now, my friends, to another of your group that we may share with him also our conditioning vibration. We pause for a moment with the one known as Don, expressing our great gratitude and love that we may so share in this meditation with this instrument. I am Hatonn.

(Pause)

We would …

(Tape ends.) ♣

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Friday Meditation
December 11, 1981

(Unknown channeling)

I am Hatonn, and I greet you, my friends, in the love and the light of the infinite Creator. We have been having some difficulty making contact with this instrument, but wish to begin this session with a short period of conditioning that is, shall we say, directed and focused on the new instruments. We have previously attempted to initiate contact through both of these new instruments, without hand-off, shall we say, and have been most pleased with the rapid progress which has been demonstrated by each new instrument. During this session we would like to spend a few more moments acquainting each new instrument with our conditioning vibration so its recognition might be enhanced when these new instruments might leave this group.

At this time it is our privilege to acquaint the one known as M with our vibrations so that she might reach a comfortable state of the blending and might feel the vibration of our contact increase in small increments and decrease similarly. It is our purpose at this time to fluctuate our vibration in an undulating manner so that the one known as M be aware of how our vibration might be perceived in its full range of possibility within the limits of comfort for her instrument. During this process we again suggest that this new instrument mentally request adjustment that would result in more comfort, but that she also realizes we are attempting to fluctuate our vibration so that she might be aware of our nature more clearly.

We shall now attempt to speak a few words through the instrument known as M. With her permission, we shall now transfer this contact. I am Hatonn.

(Pause)

I am Hatonn, and I am with this instrument once again. We are aware that the one known as M has a desire to rest within our vibrations and to familiarize herself with the intricacies, shall we say, and would at this time be best served by being allowed to do so. It is always a privilege for us to be of service in whatever manner is desired by those who call for our service. We thank the one known as M for so fully opening her channel and very being to our presence and allowing us to blend our vibrations with hers on such a frequent basis.

We shall at this time move to the one known as N and allow this new instrument also to experience the fluctuating range of our vibrations for the purpose of familiarizing this new instrument with our contact in as wide a range as is possible within the limits of comfort.

I am Hatonn, at this time we shall offer ourselves in the service of transmitting our thoughts through the

one known as N. If this is his desire, we shall transfer the contact. I am Hatonn.

(N channeling)

I am Hatonn, and I greet you in the love and light of the one Creator. This instrument will be seen as having various frequencies through which you may channel. As he becomes more comfortable with receiving our messages [he] may find himself receiving contacts from our brothers and sisters of the Confederation offering their services. Once *(inaudible)* in preparing yourselves *(inaudible)* might arise we will being the deciding factor. We transfer now. I am Hatonn.

(Unknown channeling)

I am Hatonn, and greet you once again in love and light. At this time it is our privilege in offering ourselves in [answering] queries. Is there a question which we might answer?

N: Yes, Hatonn, over the last few communications which part has been myself and which part has been yours?

I am Hatonn, and, my brother, as we stated at the previous asking, your percentage of contribution has remained at a steady-state shall we say, of 40% of the contact, ours at the 60% level, fluctuating only slightly. We feel the contact is strong and rapidly improving and would only suggest that the continued relaxation during the contact via clearing of the mind of all analytical faculties, and the simple allowing of any thought appearing in the mind to be spoken be continued.

We are most grateful to be of service to you, my brother. Is there another question at this time?

N: In reading the *Ra Material* I came upon mention of a wanderer that was lost, or should we say, a wanderer who became entangled with a negative-polarized entity and was transferred to that reality. Do I have an awareness of this wanderer? Can you tell me without violating the first?

I am Hatonn, and, my brother, we find we cannot give an answer without violation of your free will, or the free will of others. Can we answer in another capacity, another query?

N: Yes. In the future, as questions arise as to the energy centers of our bodies, may we take advantage of our communication with you to gain clarity that we will need as we go on?

I am Hatonn. Indeed, my brother, this is a very strong possibility. As we mentioned previously, we are most honored to join our vibrations, and lend out inspiration to those who seek in this manner. We again remind each new instrument that this does not mean that the seeking shall be clarified beyond a shadow of a doubt. There will always be the necessity for continued seeking and clarification [of] that which is felt from within for each entity on your planet does channel information from the sources from which are [quite] beyond the small self, yet each entity needs to keep foremost in the mind the need for renewed seeking, for never resting upon any information whether it be felt of great inspirational nature or simply that found upon, shall we say, your bubblegum wrapper.

May we be of further assistance, my brother?

N: Thank you, Hatonn.

We are most grateful to you as well. Is there another question at this time?

Carla: I have question but I'm not sure you can speak on it. The last two evening channeling meditations, at the beginning I've gotten a strong sending from my friend encouraging unconsciousness. I've found it more easy to deal with today than yesterday, but it was very strong in both cases. I was wondering if you could comment on how this sending could occur since we have been doing protective work in this house for some time.

I am Hatonn, and we find that we are somewhat limited in our ability to speak in this area, but shall do what we can. There is the need in this particular group to recognize the fact that each of you in your seeking of that one Creator and the law of unity or oneness, that this seeking shall meet that which is, in its appearance, an opposition, a supposed separative factor. Each entity [must] determine that this factor of seeming opposition is a part of the great Self and as part of that one great Self, must be treated [with] the greatest love, care and consideration. The means of protection which compose the care and consideration factors must be determined by each entity from within that entity. The members of this group dwelling in this place have determined certain procedures which have been quite effective in this regard. At this time there is a need for further

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refinement. The nature of such refinement is that ground upon which we may not tread, for it is that which the group must discover.

May be answer further, my sister?

Questioner: No, thank you.

I am Hatonn. We thank you greatly. May we answer another question at this time?

(No further queries.)

I am Hatonn. As always, it has been the greatest of privileges to be asked to join your meditations to make our contact to the new instruments. We shall leave this group for the present and [look], shall we say, forward to that time when we might once again blend our conditioning vibration with any who requests this service. We leave you now in love and light, rejoicing [in] the once infinite Creator. I am Hatonn. Adonai, my friends.

(Pause)

(Carla channeling)

I am [Nona]. I am with this instrument and with this group. And now in light in service to the infinite Creator. We prefer not to speak, but we offer this vibration which you have experienced to all those who seek to heal. We leave you in the all healing love and light. *(Inaudible)*. ♣

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Sunday Meditation
December 13, 1981

(C channeling)

I am Laitos, and I am with this instrument. We greet you, my friends, brothers and sisters, in the light and love of the infinite Creator. We would at this time like to pass among you and let each experience our particular conditioning vibration and we pause for a brief moment with those who have been working diligently to improve their ability to receive and channel the humble message of the Confederation. We would now pass among you. I am Laitos.

(Pause)

I am Laitos, and am once again with this instrument. We have been privileged this past period of time you call your week in which we have been called to be of service in our humble way to aid new instruments who wish to serve others in the form of the activity called channeling. We of Laitos, as always, assure all present that we shall be with you whenever you request and we shall be also with you and any who seek love and light. We thank you for allowing us this brief time tonight. We will now leave so that another of our brothers may speak a few words through another instrument. I leave you now in love and light. We are Laitos.

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege to be asked to share your meditation and we send each of you a blessing and our love, for, my friends, what else could we do, as there is nothing but blessing in each moment, nothing but love in every iota of the one Creation.

Your streets are crowded. We feel within your group the tensions and the expectations of this season which you call Christmas. We sink into gray evenings, the crowded parking lots, crowded schedules, many concerns. We find, my friends, that you are not alone, but that your people as a whole seem to have a great overdose, shall we say, of civilization. To the simple joys of a season in which the trees are bare and the roots rest deep, so much has been added that it almost seems that it is a gaudier season than the bright colors of June.

My friends, are the thoughts with which you fill your minds as beautiful as flowers, as sweet smelling as the evergreen trees which you use to help celebrate this season? We realize, my friends, that it is easy to lose yourself in the crowded maze of your civilization. And we ask you to remember that this is a season also when the trees are bare, when all has gone to seed and lies quiet in the ground, when the surface of things does not really matter. In the world of the Creator this is the season for true birth, for true nurture, and for that great focused silence which brings new growth.

You will remember also that in your holy work which you call the Bible, detail of the life of the one known to you as Jesus is full of times spent alone. Perhaps, my friends, you cannot find a wilderness in these crowded days, but we would ask that you consider the possible virtue of finding that silence within yourself in which you cease to follow the road of everyday life and find yourself upon the trackless desert where nothing is previously set or known. Allow yourself to listen within yourself. There is a source of love which can only speak to one who asks. The content of that speaking cannot be predicted, but there are qualities that can certainly be shared—clarity and sweetness. As you go into meditation seek for that love which is within. Do not expect the road to be already drawn for you, for the wilderness is trackless, and yet, my friends, from each meditation the way before you becomes less crowded, the road more wide and the possibilities for love more evident.

We ask that you consider these words, not as infallible, but only as words from a friend, from a brother, from yourself, for are we not one, my friends? Is not each of us part of a unity which encompasses all of creation? Take from what we say those things which may be of aid to you. Discard the rest and know that we are with you at any time that you may ask, for this is our one great privilege and honor, to be available to those who would wish to share thoughts with us, using instruments such as this or simply being experienced as a vibration which may aid in clarity.

Before we leave this group we would like to share our vibrations with the one known as M1 and the one known as N. If the group would be patient, we would like to work briefly with each instrument, in order that each may have the best possible sense of the nature and quality of our particular tuning. We also wish to make quite sure that the adjustments which we have made with the one known as M1 are entirely comfortable. We would now pause. I am Hatonn.

(Pause)

I am Hatonn, and am again with this instrument. We thank each of you for sharing with us, and especially the one known as M1 and the one known as N. We leave you now, my friends. As you begin to feel crowded and discouraged in this supposedly happy season, and this will surely happen, look up into the limitless sky and know that there is no true reason to feel anything but love. Adonai, my friends. I am known to you as Hatonn.

(Jim channeling)

I am Latwii, and I greet you my friends, in the love and the light of the one infinite Creator. It is once again our privilege and pleasure to join your meditation group and to offer ourselves in the humble capacity of attempting to answer the questions which those present may have upon their minds. May we answer any questions at this time?

Carla: I'd like to ask some for L. He would like to know, "When doing healing work, what is the purpose of the laying on of hands, and the nature of using proximity rather than physical contact?"

I am Latwii, and am aware of these queries, my sister. We shall begin by saying that the purpose of the laying on of the hands is to provide the one to be healed with the opening of the shell of protection which surrounds each entity and does also provide a means by which the one to be healed might know that there is something happening. This something, the actual physical touching, is that which the one to be healed may look to as many of your entities look to the pill, shall we say, of those whom you refer to as physicians. Many of your psychologists have described this effect as the placebo effect. It is necessary for the one to be healed to know that there is an healing activity which is occurring and which will, if the one to be healed wishes it, have an effect upon that one to be healed.

The actual penetrating of that shell of protection about each entity is the, shall we say, foundation of purpose upon which the touching rests. The proximity to the one to be healed of the one attempting the healing—the healer, shall we say—is necessary for this same reason for most entities. This is not so with those entities who wish to be healed with a very great desire and have, with their own efforts and desires to be healed, traveled that path which shall result in the healing. The proximity of the healer to the one to be healed is, therefore, also connected to that which is known as the placebo effect, for if the one to be healed does truly desire to be healed with enough purity of desire and if the one to be healed has, through its own effort, succeeded in working with that catalyst which has not been previously worked with successfully, then it is not necessary for there to be any other self attempting

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healing, nor would it be necessary for any laying on of hands, but only necessary for the one to be healed to open the self completely to that love/light of the one Creator which, in the end, does all the healing.

May we answer you further, my sister?

Carla: It seems that there is a type of energy that the healer offers by some funneling of energy through the hands. What you're saying is, that it is not necessary for this energy to actually touch the person, and, furthermore, that if the person desires to be healed with enough purity, the piercing of the protective shell by this power is accomplished by the will and desire of the person themself. Is that correct?

I am Latwii, and this, my sister, is basically correct with one small addition. It is indeed necessary for this energy to touch the one to be healed, but is not necessarily, shall we say, a function of the one known as the healer, for it is quite possible for the one to be healed to provide this energy for the self and to touch the self with it by the purity of its desire to be healed.

May we answer you further, my sister?

Carla: I believe that answers that question. L also would like to ask, "Is it necessary to sleep?"

I am Latwii, and, my sister, we find that for the great majority of entities upon your planet, it is quite necessary to sleep, for those activities of your daily routines which provide the catalyst for the learning of love for each part of the creation and each part of the self do take a toll upon both the mind and the body, most especially the body, and there must be for each entity upon your planet so experiencing this catalyst a rest and a respite, shall we say, so that the body complex might use those nutritious elements of your food nature to rebuild those cells which have been, shall we say, sacrificed, and played their part in the role of consuming and using catalyst.

It is also necessary for the mind to be rested from the daily pursuits so that it might turn, in sleep, to other pursuits of a more balanced nature. It is, we may add, not totally necessary that this recharging of mind and body be done in the sleep process. Meditation does offer a great deal of concentrated energy which might recharge both mind and body. There are other forms of relaxation, concentration and prayer which might also be utilized for this recharging process.

May we answer you further, my sister?

Carla: Well, the rest of that question that L had I think you've already answered, but I'll just check. He wanted to know if it was possible to simply use the energy, the life energy that's all around, instead of sleeping.

I am Latwii, and, my sister, we might say this is indeed possible, but for most entities upon your planet is beyond the grasp, shall we say, for this type of recharging by the utilizing of the cosmic energy which surrounds each particle of your being is that process of the adept or the one who has, through a disciplined and purified form of seeking, been able to make use and to use the contact of this energy for such recharging. It is not common among your peoples, but is indeed possible.

May we answer you further, my sister?

Carla: No, Latwii. Thank you. It's been a pleasure to talk to you.

I am Latwii, and we are most gratified to be able to be of this humble service. May we answer another question at this time?

C: Yes, a question I guess also doing with sleep. I was reading about dreams and that during each sleeping period we go through times during that time of sleep that our minds are active in what we call dreams and that if a person is disturbed during the period in which the dream exists, that in the next sleep period that person will dream that much more. I was wondering exactly what are dreams? What is the purpose of dreams?

I am Latwii, and, my brother, we might say in general upon this very large topic that in your daily activities you experience a variety of experiences. These times seem quite overwhelming, numerous in nature, and never ending. Within your dream state you may also notice that there is a great variety of experiences available here as well. Indeed, the number and types of experiences to be had during the dream state is quite infinite.

As you have yourself noted in your query, there might be certain activities in the dream state which are used much as the activities in your waking state are used, that is, for the learning of a specific lesson. We might say that among your peoples it has been noted by most that the dreams are only dreams. We might say in this regard that those activities which

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are called dreams by your people might, in one respect, be looked upon as being more, shall we say, real than that activity which occurs during waking hours, for within the dream state the mind is more freed from the limitations of your third density physical illusion and may pursue those lessons of the mind/body/spirit complex which the entity has incarnated to learn, with more fluidity, with a greater freedom, with a perception of that which is limitless, and might more efficiently learn those lessons which have been programmed before this incarnation.

There are a number of types of dream experiences. It would be quite exhaustive to cover each at this time, but we might say that the entity in the dream state might have subconsciously programmed the meeting with other entities of its Earth environment, entities of other astral levels, entities of levels of existence in what you would call the heaven worlds, all for the purpose of enacting a miniature drama much like that which you experience during an entire lifetime, and in this drama, however long or short, might then experience that lesson or attempt that lesson which has not been well learned within the waking activity. And when this lesson has been brought to, shall we say, a point of blooming or point of mastery, then this lesson might be brought forth into the waking consciousness so that the entity might manifest it in the third-density physical illusion and thereby more efficiently utilize the catalyst of that particular lesson.

May we answer in more detail, my brother?

C: No, but I was wondering if humans have forgotten how to use telepathy as a means of communication. In the dream state, is one better able to use the brain's telepathic capacity?

I am Latwii, and am aware of your question, my brother. We might in general say that this is a correct assumption, that in the dream state, that which you know as telepathic communication is quite possible. We might also add that it is a matter of choice of the entity's subconscious mind as to what type of communication is utilized within the dream state. For some type of learning the simple spoken word is quite sufficient. For other more intensive, shall we say, learnings the telepathic communication might more efficiently be utilized.

May we answer you further, my brother?

C: Not at the moment. Thank you.

We are most grateful to you, as well. May we answer another question at this time?

N: Yes. In the distortion I call healing and which I term balancing, I hold the crystal in my right hand. Is that, for me, a proper vehicle for the energy which I allow to flow through me to that one being healed?

I am Latwii, and, my brother, we will quite heartily agree that for your particular distortion of the healing process, this holding of the crystal is quite appropriate and for you quite sufficient. We shall also suggest that upon this path of healing you yourself shall discover other means whereby you might also be of this service in the balancing, as you have called it.

May we answer you further, my brother?

N: Yes. Would you please clarify that last statement as to other methods? Is there a better method?

I am Latwii, and, my brother, we might say that there is an infinite array of methods of utilizing the healing by crystal, and indeed there are many methods which are more efficient, shall we say, and our suggestion was simply that you shall, when the time is appropriate, discover these methods.

N: Thank you. I have a further question. In my distortion of the energy which I channel through, I term it a violet transmuting flame type of energy. Is there any correspondence to that with the energies which we've been studying this week that have come through Ra?

I am Latwii, and, my brother, we might suggest in this regard that it matters not what you call the energy which you are working with, for they do have their effect upon the healing process, and whether you call them violet, green, pink or chartreuse, shall we say, matters not. There are, of course, identifications which are more efficacious and more correct, but these are not a part of the healing process, that is, the naming does not heal. The energies which you utilize and channel through your particular channel do aid in this healing process.

May we answer you further, my brother?

N: Thank you for that clarity. I wonder if you might suggest a way in which I might be a clearer channel for this energy?

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I am Latwii, and, my brother, we find in this regard that we can make no specific suggestions other than that general suggestion of the meditation and the deepening of the desire to be of service, knowing that within this state of meditation your desire shall lead you upon the path and bring you to those points of learning which will allow you to become an increasingly more efficient, shall we say, healer. To give you the specific methods would be an infringement upon your own free will.

May we answer you further, my brother?

N: No Latwii. Thank you for your clarity.

I am Latwii. We are most thankful, as well, for yours. May we answer another question at this time?

Carla: What color are you in, Latwii?

I am Latwii, and, my sister, the color which we inhabit this evening might be most correctly described as that of the orangish rust or, shall we say, that which is the citron in nature.

Is there another question at this time?

Carla: Since you mentioned that particular color, I was wondering if it is rather …

(Side one of tape ends.)

Carla: … move into green has then to go back to orange and do some homework, I guess you'd say. Is that particular vibration distorted from the norms this close to the end of a cycle?

I am Latwii, and in response to this query, my sister, we may say that the orange vibration is quite pure in its orangeness, shall we say. The distortion lies not in the orangeness, but in its great prevalence upon your planet at this time. We do indeed now investigate this particular color of the spectrum because it is that color which is most manifest upon your planet, that being the color of the individual focused upon the self, not yet exploring beyond the self, focused upon those concerns which assure the survival and maintenance of the self and of the immediate surroundings of the self.

Eventually, as the progress of evolution proceeds, the self-aware entity does move out into those fields of concern which may be likened unto the field of the consciousness of other selves upon the planet, seeing the needs of the other selves, attempting to meet these needs, attempting to share in some manner with other selves those necessities which the self has found for the self.

At this time many upon your planet do move back into this orange ray for the purpose of reassessing those needs of the self, so that eventually there might be a continued movement outward into the yellow ray and the sharing of those sustenance features, shall we say, of your illusion with the other selves.

May we answer you further, my sister?

Carla: No, thank you.

We are most grateful to you as well. Is there another question at this time?

M1: Yes, Latwii. In reference to what you were just talking about, could you use as an example my coming here as being a movement into orange so that I might move from yellow to green?

I am Latwii, and, my sister, we cannot give you the specific information which you request at this time, for it is in our humble opinion an infringement to reveal the nature of your path to you at this time. It is, we feel, more appropriate for you to discover your own path and its winding ways, shall we say.

May we answer you further, my sister?

M1: No, thank you, Latwii.

We thank you. Is there another question at this time?

M2: Yes, Latwii. Back when the Vietnamese and Chinese were in a very intense situation, you were monitoring the situation closely. Are we having a similar situation in Poland?

I am Latwii, and, my brother, we might say in general that your planet is experiencing a great number of intensities at this time. There are among your people many feelings of mistrust, many feelings of hatred for other groups, many concerns of a worldly nature which concern, as we mentioned before, the survival of the self, the refusal of the self to see the need for the survival of other selves.

Many are the intensities upon your planet at this time. We are monitoring many of the situations and are hopeful that as the entities involved in each become more and more involved in the intricacy of the other selves' situation that there might be seen by all concerned the oneness that binds each to the one Creator, for it is the purpose of such catalysts which your peoples now experience to give to those

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experiencing them the realization that those things which seem to separate peoples are not of a real substance, but are illusions which do teach certain lessons. The students are in the classroom. The lesson has progressed through most of the semester. The graduation does approach. The final examinations are being prepared. Whether the students shall learn the lessons is not known.

We of Latwii, with our brothers and sisters of the Confederation of Planets in the Service of the Infinite Creator, do respond to those calls for love and light as we perceive them and do lend our love and light where it is called. We are hopeful that the students shall learn their lessons and shall receive the passing grades, for it would indeed be much easier if the students realized that the tests which they are now taking do not need to be taken alone, for the answers are within the hearts of each and it is not, shall we say, cheating to give the answer of love to another.

May we answer you further, my brother?

M2: No. Thank you, Latwii.

We are most grateful to you as well. Is there another question at this time?

N: Yes. Is it possible to experience what I would term fine tuning of balancing by asking an entity such as yourself for that?

I am Latwii, and, my brother, to our best understanding of this term which you use, we cannot give such an experience. It must be given by the self requesting it to the self requesting it.

May we answer you further, my brother?

N: No, thank you.

We thank you. Is there another question at this time?

(Pause)

I am Latwii. We have been most honored to be asked to join your meditation group this evening. We hope that each entity present will take those words which have meaning with them, will leave those words which have no meaning behind. We of Latwii are humble messengers of light and do bring our love to share with this group when called. It is a great honor to be called to this group. We come as brothers and sisters. We come as messengers of the one Creator. We come as Creator to Creator, for are we not all one? We leave you now in the love and in the light of the one infinite Creator. I am Latwii. Adonai.

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Sunday Meditation
December 20, 1981

(C channeling)

I am Hatonn, and I am with this instrument. We greet you, my brothers and sisters, in the light and love of the one infinite Creator. We found great pleasure in listening to your music this night. In this time of your year many of your peoples who participate in what you call Christian worship join together to sing songs of praise to the one known to you as Jesus—songs of love, songs of giving, of awakening to love that surrounds us, but that so many turn a cold shoulder to for the most of the rest of your year.

In this season, many do feel a new kindling of the warmth that begins to glow within as they stop the rushing, their selfishness, and begin to look about them and see needs of others, the needs of themselves as they take stock of what and how they acted, reacted during your year. Too often your peoples think that the giving to others of material things in this your Christmas season is an adequate way of expressing what many mistake for love. Many feel that giving in this way will bring them closer to what you call God, but we say that although for some the giving material things is a loving gesture, we say to you that the opening of oneself to the needs of others, be they spiritual, material, mental, as you would term it, is much more important.

For as you begin to genuinely open yourself to receive others, you give not only to others, but to yourselves, for as you open yourself to others, to your world, love and light, it is you [who] begins to glow, to become more and more visible [to] those whom you come in contact with, be it physically or spiritually. For as you slowly open, you take steps closer to awareness of love and light of the one infinite Creator. You, my friends, give so much more by seeking greater awareness than you could ever give with things that you can purchase to give to others.

Your love, your light will, not only in this season, but throughout all the days of your existence on your planet, be of great service to the needs of the others around you. We of Hatonn join with you in this time of your year, and any time, to rejoice with each who seeks awareness of the love and the light, for we, as you, are seeking ever to grow. We know that it sometimes seems difficult to remain open, for in your illusion there are many who do not actively seek and may feel threatened and afraid of that which they do not readily perceive and understand, but when you are faced by such, we say open yourself that much more that they may begin to see beauty—that is, the love and light.

We are known as Hatonn. We would now transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am with this instrument. If you will be patient with me for a moment, I and my brother Laitos would at this time wish to move among you and share our love and our light with each who may request it on a more personal basis in the form of our conditioning wave. If you wish to feel this wave, please mentally request it and we shall be with you, for a brief period, a bit more intensively. I am Hatonn.

(Pause)

I am Hatonn, and I greet you once again, my friends, in the love and the light. May this time of your year be one in which you may find quiet moments, moments to find that which is the heart of your existence, for beneath all those things which you may do and those things which you may say, the heart of existence lies always near, and yet never quite so near as in the dead of winter, when a new life clean and fresh and untouched may spring from the desires and the love of the soul that waits to be born anew.

I am Hatonn. In new life we leave you—in love, in light, in hope, and in peace and always under the care of all that there is, the great and boundless unity of the one infinite Creator. Adonai. Adonai.

(Jim channeling)

I am Latwii, and am with this instrument, and greet you all in our very best holiday cheer and, of course, we bring our greeting, as always, in love and in light.

We have the honor once again this evening of offering ourselves as somewhat of a Christmas present in the capacity of answering queries which those present might have the value in the asking. Are there any presents which we might open?

Carla: In the spirit of that question, I would like to rap with you.

L: Stop ribbin'!

Carla: M1 in Denver, Colorado has had a series of extremely severe tragedies befall her family that have gone on over a period of years and have mostly to do with illness. Everyone but herself is ill in some way in which she cannot be of much help except by nurturing them. She would like to know what nature this catalyst is for her and if there is something that she could be doing to better use this catalyst, because she feels that at this moment it is about to overwhelm her.

I am Latwii, and am aware of your query, my sister. As for your loved sister some distance from this dwelling, we of Latwii can only speak in general terms concerning this entity, for we are most desirous of maintaining this entity's free will, as this is always our uppermost desire. In such a situation as this entity finds itself in it might be ascertained that there is a lesson which needs to be learned on an urgent basis, for the repeating of catalysts of what your people might call an intense nature is most usually a sign that a specific lesson has not been completely comprehended.

In such a situation as this one where [there is] the continuation of catalyst of an intense nature, especially that dealing with that known as the ill health or the disease, one may find a *(inaudible)* in reviewing each such instance quite carefully, as the surgeon with the scalpel; the viewing the complete nature of each such situation, looking at that which surrounds it, that which fostered it, that which was its genesis; looking also at the response to each situation by those finding themselves within its swirls of energy.

Further inspection would also be suggested into the results of each situation upon the entity. What lessons were learned? What possibilities were not explored? Where did the path of seeking lead from each situation? Looking at each situation in this manner may provide a pattern, a pattern of the catalyst, so that the entities within each situation might become aware—more aware—of those parts of the pattern previously ignored, for these particular types of catalysts do provide certain lessons.

When the lessons have not been completely comprehended, the catalyst must be repeated. We would remind this entity, and each such entity finding itself in a situation which has been repeated, that there is an infinite amount of time in which to learn all lessons. Each lesson within this illusion does carry with it certain responsibilities, certain abilities to respond. There is an infinite range of response possible for each lesson. There is free will, my friends. Lessons may be learned. Lessons may be ignored. Lessons may be postponed. There is no right or wrong way of learning. It may also be the case that an entity shall choose to learn lessons within the period of catalyst provided for the

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original lesson. All is quite permissible within the plan of the Creator and within the framework laid by each entity before incarnation. It may also be the case that preincarnative choices have been made for the purpose of reminding the entity of certain lessons and their needs for mastery of these lessons within a certain period, therefore requiring the repeating of the providing of the catalyst.

To summarize our somewhat lengthy response, may we say that all such lessons and catalysts reviewed in meditation by the entity finding themselves within these lessons, will provide the entities with the solutions which are necessary for the learning of the lesson and the walking of the path.

May we answer you further, my sister?

Carla: Not on that point, no, and I thank you on the behalf of my friend M1. I would also like to ask a question that was prompted by a friend of mine named S. No matter how much difficulty I have ever been in, mentally or emotionally or physically, since I've been coming to these meetings, no matter how disharmonious I feel, I've always felt very close to the Confederation entities such as yourself that we contact at meetings, but S, who is having a lot of emotional feelings having to do with the feeling that she is not fulfilling her mission in this life, says that she has a feeling that the Confederation entities that she has been calling upon for so long look down upon her, but have put a wall between themselves and her, and she feels very lonely. I wondered if you could comment on this perception?

I am Latwii, and am aware of your question, my sister. In this regard, again we find ourselves able to speak only in general terms, for once again we wish foremost to respect the free will of this entity. This entity has for many of your years pursued the path of spiritual evolution and has, in her own way and manner, been of great service. This entity, as it is well known to your own being, has great potential and does recognize this potential. This entity wishes to be of service in a manner which is equal to this potential. This entity, in its own evaluation of its service, has felt that it does not yet meet its potential.

We of the Confederation of Planets in Service of the Infinite Creator look upon each of your peoples, this entity as well, as having infinite potential for service, each potential unique. We can say that no entity of Confederation affiliation ever puts a wall between itself and those who seek its service. Many we find upon your planet who put walls within their own being, for it might be, shall we say, necessary for a certain time for an entity to build a wall and to contain itself so that it might know what its limits are within that wall, and it might be necessary at a later time for that entity to remove that wall which it has placed within its own being by its own efforts, for its own reasons, so that it might explore yet more means of service, new fields of consciousness, and new depths of its own being.

It is often necessary for an entity to place certain restrictions upon the self so that certain lessons might result from experiencing those restrictions. This entity has chosen to serve in a way which is not yet revealed fully unto it. The wall does keep that revelation from piercing through into consciousness, for reasons which this entity can find within its own being as a result of its continued seeking. We would only suggest to this entity the continued seeking, for the highest path of service shall provide it with the ladder, shall we say, to scale the wall which it has erected.

May we answer you further, my sister?

Carla: I have one more question, and thank you on behalf of S. I think if she wants to ask further on this point she'll probably write me. I have a question of my own. In the past month or so we've had a couple of fairly remarkable healings of people for whom we have prayed and sent light and I was wondering if you could comment on the method that we use to send light in order that we might become better channels for that light, and refine that channel if we possibly could?

I am Latwii, and am aware of your query, my sister. We are quite pleased with the efforts made by this group in the area of healing, and we may add that there is no effort which does not have its positive effects. The technique used by this group—the envisioning of the entity to be healed surrounded by light—is effective to a degree. At this time surveying those present, those a part of this group, in this surveying we feel that there is the possibility of one refinement which those present might add to their current technique. This would be spending more of that which you call time visualizing each entity to be healed, seeing first the diseased nature of the entity as described by the one asking for the healing for the entity. A few moments spent visualizing the diseased nature of the entity would then best be followed by

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the same amount of time spent seeing the entity to be healed, healed. Do not attempt to see the healing occurring, but see it completed. Again, see the entity surrounded by light.

At this time we feel this is the only suggestion which we might make that would increase the growing ability of this group to do that which [it] is providing of the healing energy.

May we answer you further, my sister?

Carla: No, thank you, Latwii. I really appreciate the time you took.

I am Latwii, and we are most grateful to you as well, and to each in this group for allowing us to spend that which you call time with you. May we answer yet another question at this time?

M2: Yes, please. Latwii, I have some problem with some choices in my life from time-to-time where either of two options look like the positive option, yet either of the two options look like there may be a lot of negativism. I have a problem determining what's right and wrong. Can you perhaps help me?

I am Latwii, and am aware of your question, my brother. We find, indeed, in this particular illusion it is not always easy to travel the paths which are laid before the seeker of spiritual evolution. This illusion does provide many areas which might be considered between the poles of that known as right or good and that known as wrong or bad. Many are the areas of grayness that confuse those who choose to serve others …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue our response in terms of a general nature, we may say that at any time when you find a choice of paths which is not clear in your own mind, in your own heart, in your own being, that retiring yourself into yourself in meditation is the most helpful avenue of choice. Meditate upon each path, examine all possibilities, feel within your being a choice of yes and no for each path. Travel the "yes" and "no" for each paths in meditation in your own being. Visualize as clearly as possible the results of traveling each path. See in great detail the ramifications of each choice. Experience your feeling about each choice. Allow these distillations of feeling to permeate your being. Imagine each as real. Find, then, within your being the patience necessary to make no choice until a choice must be made. Then, make your choice when it must be made, from the depths of your being, after having traveled all possibilities in your visualized reality. The response most appropriate for you at each turn shall became evident, for as ye seek, ye shall find. Many times this has been said to your peoples. Again, we repeat, for those who seek there shall be that finding of a new goal, for as the magnet draws the iron, so does the seeker draw the sought.

May we answer you further, my brother?

M2: No, I know that will be very helpful for me. Thank you.

We are most grateful to you as well. May we answer another question at this time?

A: I have a question. For those living in confusion … if one has the knowledge which could be given to others which could either cause them to have a greater understanding or to be in more confusion, is it better to be silent or to try to lift confusion?

I am Latwii, and am aware of your question, my sister. And in this regard we might respond as we are, for we of Latwii seek to be of the service which is requested of us and would suggest to each present that when attempting to assist another self within your illusion, to assist in the highest degree one must be asked for assistance. To give that which is not sought is to add to the confusion of another self. If asked for advice, give that which you feel to be of the highest and best available to you. Allow it to come through your being as you serve as a channel, for all entities are channels of the one Creator. Give that which comes from you naturally when it is requested. Allow the one requesting assistance to digest, shall we say, the food which you have provided for its nourishment. Reply further when requested for more information. Resist the, shall we say, temptation to be that known to your peoples as the teacher when the teachings are not requested. Give that which is requested and which comes easily from your being.

May we answer you further, my sister?

A: Only a question as to whenever answering there is the free will. How do you know when you're going against someone's free will?

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I am Latwii, and am aware of your question, my sister. We might say in this regard that as you come into contact with those who request your assistance you do not violate their free will by responding to their requests, for, whatever your response, they are always free to refuse your assistance, for there is nothing special about any entity within this illusion in relation to any other entity which would make any entity believe that which another offers as assistance. There is little chance of infringing upon the free will of another self if you respond to their requests for assistance and do not offer, without the request for assistance, aid which is not sought.

May we answer you further, my sister?

A: No. Thank you, though.

I am Latwii, and we are most grateful to you as well. Is there another question at this time?

L: I have several questions, Latwii. First on the subject of healing. In working with the instrument known as Carla in this area we have found that our efforts can produce temporary effects, but not permanent effects. Have you any advice to offer to assist us in making our efforts more permanent?

I am Latwii, and am aware of your questions, my brother. Again, in this area we find that to maintain your free will we must respond only in general and suggest that the continued, shall we say, balancing efforts of the one known as the healer is the endeavor which shall provide the increased ability to offer the opportunity for healing, for the opportunity for healing must flow through the entity as water through a pipe and the pipe must be cleared of the blockages which do not permit easy flow of the nourishing water.

May we answer you further, my brother?

L: Yes. In our efforts I have been using the process of conditioning diseased parts taking on a healthy aspect. If I understood your comments earlier this evening, you strongly advise against that process. Could you speak on that subject?

I am Latwii, and am aware of your question, my brother. In this regard we might say that certain techniques do work for certain entities, and can repeat our suggestion that seeing the entity becoming healed is an aid to healing, but seeing the entity healed is perhaps more efficacious. This shall be discovered by each entity as the entity practices that known as the healing art. We offer our suggestions as humble advice and would advise further that each entity make these discoveries for the self, for until the self believes such and such a situation to be correct the entity shall not have the faith that such is correct and no amount of, shall we say, correctness shall allow that technique to work for that entity.

May we respond further, my brother?

L: I have a last question on a different, more personal, subject. I have found in myself recently an ambivalence on the subject of emotional relationships, when I find a part of me strongly drawn toward it and at the same time, given the opportunity, often find reasons to avoid it. I realize that this is something I'm going to have to sort out for myself, but I would appreciate any observations of a general nature that you could make on the lessons to be learned from the interactions.

I am Latwii, and am aware of your question, my brother, and upon this subject we may speak a few words, and suggest that the relationships between your peoples, especially those of the male to the female, are somewhat tinged, shall we say, with the coloration of one entity pitted against another, both vying for the, shall we say, emotional satisfaction of owning the affections of the other. Your relationships of the sexual nature, male to female, do suffer somewhat in your society because of the coloration of what has been named, shall we say, the adversary relationship by our brothers and sisters of the social memory complex of Ra. It is not particularly easy for entities within your illusion to join with their polar opposites, for there is the bartering of emotions which does, in the final analysis, hinder the free flow of that known to your peoples in sparing degree as love, for that concept of love does not in its true form know any boundary, does not know any limitation to amount which may be given, does not know that there is the, shall we say, artificial need to be balanced by more of the concept of love given by another in order to balance the scales of the relationship and to complete the transaction of emotions.

The concept of love is the free giving of the self without reservation to another because the other is as it is. The giving of love which demands another be other than it is is a distortion of love which has severe, shall we say, ramifications and does result in

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that known as the emotional pain and the withdrawal of love from the account of the entity experiencing the pain. In such instances the entity experiencing pain shall then feel an aversion to further experience of the love relationship, for the love relationship has not been experienced in a positive way for the reasons which we have previously enumerated.

Within your illusion each entity must find its way through the confusions of the marketplace of emotions, for that known as love has been colored, has been twisted and contorted by your peoples for many generations upon your planet and has resulted in the misapprehension of love as something which can be divided into parts and traded as a commodity. We would suggest to those who have experienced the pain of the withdrawal of affections, either of self for another self or of another self for the self, that the pure experiencing of love upon your planet is a rare occurrence, but one which we cannot speak too highly of, for even though the one who would love with no expectation of return might be viewed as most foolish, surely it is such foolishness which shall eventually be seen to be the container which knows no limits and can, therefore, contain, shall we say, the concept of love, and where there is love freely given for no reason and with no expectation of return, then there is created within the entity who gives this love in this free manner, there is created a vacuum which shall draw unto that entity that which it gives, for there is nothing truly apart from an entity, for all beings are one and when one is loved, for any reason or no reason, then all are loved and the self also find its love.

May we answer you further, my brother?

L: No, thank you. You've answered me well.

I am Latwii, and we are most grateful to be of whatever service we might be. Is there another question at this time that we might attempt to answer?

(Pause)

I am Latwii. My friends, we are most gratified to have been able to join your group this evening. We know that occasions such as this are most honored by each present and especially in this season of joyous thanksgiving and praise of the one Creator, we know that those present do feel a special bond in the sharing of love and light. We leave you now rejoicing in that love and light and wishing each present a most joyous season of holiday cheering and loving and sharing and we shall be with you as you share your love for the one Creator each with the other. We leave you now in that love and light. We are known to you as Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I greet you in the love and the light of the Father. I am Am Ne Ra. My children, you call to me and I come, but am I not always with you? Is my peace not in you? My incarnation is known to you and still you seek as if I were not here. I am with you always and yet it is not I nor all those things which I say. Ah, but those things given me by the Father, let it be so with all … I am Am Ne Ra. I am with you in the love and the light of the one infinite Creator. ♣

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Year 1982

January 3, 1982 to February 14, 1982

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Sunday Meditation
January 3, 1982

(Carla channeling)

I am Hatonn, and I am with this instrument. I greet you once more in the love and light of the infinite Creator.

My friends, the nature of the journey that you are on is such that it may bring about periods in which you feel that your pilgrimage is no longer functioning properly. We ask you to consider a small example of such a pilgrimage. Take for example the young man. He is alone, and he seeks to make a journey, and as he seeks, he changes. This young man grows older year by year and experiences various locations, various entities. He is a visitor in homes which seem to him to be oh, so normal and so pleasant, and he asks himself over the years, "Why, if I am like other men, can I not have such pleasantness?"

Still he seeks and still he sheds what light he has upon those he meets and one day he meets an old woman. She is alone but has not always been so. Though her face is wrinkled, her eyes sparkle. The man, no longer so young, asks her, "Why must the seeker always have such a lonely pilgrimage?" The old woman smiles very gently. "There are no rules to a pilgrimage except those that you make for yourself," she says. "Examine that which you think you need. If it stays the same, there is not the beginning of the opportunity for growth. "Why," the young man says, "you were married for many, many years." "Ah, yes," said the old woman, "but we were both pilgrims."

My friends, whatever your path, search it with your mind and your heart in each moment that you can possibly find to obtain in this most important activity so that when you go into meditation you are conscious of your being. Take yourself into yourself, for in meditation the conscious and the unconscious meet, become acquainted and begin to merge into one ever larger beacon of the light.

For those dead spots which seem to be upon the road we can only suggest the balm of meditation while remembering it was your choice to begin this pilgrimage, and that pilgrims are happy as no other entities can ever be when they are changing. In any crucible of transformation joy is an inevitable byproduct.

We would pause at this time and offer our vibration to any who may wish to experience it. We would especially like to exercise in conditioning the one known as D and to assure this instrument that at the appropriate time we will be most happy to work with this instrument. If you will have patience and ask mentally, we will be glad and most grateful to touch each of you. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn. We thank each of you for the opportunity of being able to work with each one and would like to confirm at this time that we were attempting to contact the one known as W for the purpose of closing this message, as one of our brothers in the Confederation of Planets is waiting to speak also. We would again attempt to contact the one known as W. I am Hatonn.

(The rest of the tape is inaudible.) ♣

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Sunday Meditation
January 10, 1982

(Carla channeling)

[I am Hatonn.] We greet you, my friends, in the love and the light of the all infinite Creator. This evening we have greeted each of you individually throughout the tuning and in the time hence. We are glad to see this group together again in meditation.

There are changes as the seasons pass by the years. New relationships are formed and changes of relationships that are *(inaudible)*, that all is growing. With change there are two directions that a person can face in order to see change that he or that others around him are going through. One may look in the forward direction or one may look in the direction from which one has already been. Both are equally valuable although it is easy sometimes to be caught in the focusing on one of the two directions.

One of the great uses in meditation is the stabilizing or the balancing of the views of the two different directions in looking upon the past deeds of your life and the experiences that you have had that have helped bring you to where you are today and the direction ahead to a new, as yet unrealized, goal that we each have; and that that goal can be controlled, or, shall I say, guided by the will of each individual along their journey.

We all have pictures in the backs of our minds, specific goals or things which we would like to do, which we think that may help us get to wherever that we individually desire to be. Many of these are but glimmers of possible realities and many of these are but modified recollections from our past experiences, in that many such individuals who are on a path and among themselves acknowledge that they are all on similar paths and in trying to understand that they have a similar goal encounter many obstacles or memories, as it were, of seeds which have not come to fruit. And it is sometimes very difficult to see that there are still many more seeds which need to be planted and cultivated to ensure further spiritual growth among you individually and as a small collective of light beings desiring to be of service on the planet.

We shall now continue this contact through another instrument. I am Hatonn. I leave you in love and light.

Carla: Does anybody else feel uneasy? I'm not getting any feelings. Why don't we just meditate silently.

(Tape ends.) ♣

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Sunday Meditation
January 31, 1982

(L channeling)

I am Hatonn, and I greet you in the love and the light of our infinite Creator. My brothers, it is a great pleasure to join our vibrations with your own once again. It has been a long time by your own standards since we have been able to communicate with this group and to share that which we call love with one another. We are grateful for your sincere and joyful invitation, and we hope that we may be of service to you this evening. It is always our pleasure and desire to be of service to those who ask for our vibration. We remind you that whether singly or in groups, you need only ask and we shall be with you. We of Hatonn realize that the demands of your illusion often tempt you to forgo the meditative contact that you might otherwise seek on a more regular basis, for a time once existed in which we shared the same difficulties in our own time of growth. We would lovingly advise you not to be discouraged at your susceptibility to your illusion, for it is an illusion that is designed to press you to the limits of your abilities, for it is at these limits that true growth occurs.

At this time we would like to transfer this contact so as to exercise another instrument, for it has been a period of time since this opportunity has occurred. I am Hatonn.

(D channeling)

I am Hatonn, and am with this instrument. It has been a long time since we have contacted this instrument. We of Hatonn are happy to contact this instrument when he is ready to meditate on a more regular basis. I am Hatonn.

(Carla channeling)

I am Hatonn, and am now with this instrument. May we thank the one known as D for the great opportunity which he offers us in blending our consciousness with his and in transmitting our thoughts through him. These, my friends, must never be considered to be simply our thoughts, for we are, as all members of the Confederation, messengers, not gods. We bring you a message of love. To be able to share this message through instruments such as these is an ineffable privilege, one which we cannot give adequate thanks for, and as these messages continue in a group such as this one, and the members of the group become more and more aware of the fundamental concepts of love and service, we are able to offer many more diverse insights than we could offer at first.

For the work which this group has done consciously and unconsciously, we thank you. We are aware that each in this group considers himself to fall far short of the spiritual mark. We are not here to gauge that mark but only to say that it is the seeking that

concentrates, preserves and enlightens the organism of your spiritual self.

You, my friends, are as those who search through days and nights, through clarity and haze, through clichés and misunderstanding, looking restlessly for the inspiration that will be food for your true self. How diversely you look. Were you capable of travel, your desire is such you would seek the Earth over and you would have many strange experiences, and yet we say to you, you have many and strange experiences. It is your discriminatory power which will point the heart of your experiences out to you and make you realize the incredible adventure of experiencing the illusion which you experience. The greatest adventure lies in the microscopic interplay of synaptic connections which lies within the confines of the consciousness and that electrically powered organism which houses it. The adventure of interpretation, discrimination, understanding and self-discovery is such that your greatest explorer could not discover any territory so vast and so uncharted. Took you ship and sailed the globe around you could not go as far as you can go in meditation and in self-discovery

My friends, you are not creatures of your body. You are not bound by time or space. Your birthright is that which you have called Christ-consciousness. You are love. The one known as Jesus said, "I am the way." This consciousness is a path, a path so exciting, so all-encompassing, and so attractive that all those upon your planet will eventually find it, it and no other, for it is the path of truth, of life, of love. The universe, my friends, is one thing. It is within you, both to find that one thing and to be that one thing. We ask your permission to coax you into the consideration at all times, in all decisions, in all situations, of the dimensions of meditation and of seeking. Surely it is well to set aside the time, as you call it, for this marvelous exercise of the joyousness of silence, for this tremendous opportunity to listen to that which has so long been lost among your peoples.

But beyond that, my friends, is the path, and you are not on the path only when you meditate. There is no action or thought that cannot be considered in relation to the path. We are upon it, and we know you seek to be upon it also. Thus, we do ask your permission to say, please, my friends, do not cut any part of your life off from the path, for in all stations of life, in all moods of man, there lies perfection, love and a wonderful surety of step that only come to the mind of one who has begun the practice of being.

We are aware that there are many judgments among your peoples. There are no judgments upon the path. This instrument says to herself, "Many times I am too rowdy. Many times I am in bad humor. How can I be on the path?" My friends, how can you not be on the path? There is only one I AM and all of you are part of it. I AM the way. In laughter and in tears, never fear that you have stumbled. We thank you for allowing us to share these humble thoughts.

At this time we would leave the group in order that our sister may speak. We leave you, my friends, in the love and in the one great illumination of the Father. I am Hatonn. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. We are, as always, filled with great joy to be able to speak to your group once again. We offer ourselves also as humble messengers of the one Creator, and offer ourselves, as is our custom, in the capacity in the answering of those question which might be put to us. Is there a question at this time?

D: Yes. Latwii, as I have been meditating recently—of course not enough, as Hatonn pointed out—I've been envisioning myself during meditation as being enveloped in light myself. It seems to create a very interesting sensation. I just wanted to know if that was a proper meditation technique?

I am Latwii, and am aware of your question, my brother. We may say in this regard that such a technique such as that which you have mentioned is most appropriate for those of your people who wish to activate the throat energy center, shall we say, that which is used in the communication of concepts, the inspiration, and the inner understanding, the seating of the learning which the entity meditating has experienced as catalyst. The enveloping of the self in light does have the effect upon the inner planes of the entity utilizing this technique of illuminating the learning that is being assimilated, seating it within the mind/body/spirit complex and making it available for future reference, shall we say, the recalling of the distillations of lessons learned, so that

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they might be shared with the other selves which the meditator comes into contact with.

The enveloping of the self in the light also has other functions and effects, one of these being the protection, shall we say, so that those concepts and feelings of positivity might be those which are admitted. The enveloping of the entity in light also has the effect upon the inner planes of your planet of creating a beacon, shall we say, which does signal other entities that there is a calling for a certain type of understanding which needs be answered.

In short, may we say this is a most useful technique in meditation and does carry great facility, shall we say, for the practitioner.

May we answer further, my brother?

D: No, thank you. I just want to thank you or Hatonn or Laitos or whoever it was that revealed that to me in meditation. They really helped me along with that.

I am Latwii, and am most grateful as well to you for allowing us to be of this service. May we answer another question at this time?

L: I have a number of questions that I would like to ask with the benefit of your patience. The first one is, an individual named Paul Blighton was once contacted by an entity who claimed to be within a UFO. Was this a member of the Federation and, if so, who was it?

I am Latwii, and, my brother, we fear that the response shall be shorter than anticipated. We cannot give this information for we feel that it would be intrusion upon the free will.

May we answer another query, my brother?

L: Yes. At one point within the past year I described to either yourself or another member of the Federation a visual experience that occurred some time back during which there were two chairs, one on either side of an altar, one of which within I was placed. The other I could sense had an entity but I wasn't able to perceive who it was. Am I correct in my assumption that the occupant of the other chair was the totality of my other selves?

I am Latwii, and am aware of your question, my brother. May we say in this regard that your assumption is, in general, correct. There are, of course, various levels of understanding that can come from any such vision or image. The one which you have described and experienced does hold for you increased, shall we say, levels or intensity of description and distillations of learning. We, therefore, would recommend the continued pondering and meditating upon this particular experience which you have described.

May we answer you further, my brother?

L: Yes. Again I thank you for your patience. Prior to that experience there was an earlier experience in which I was able to sense a—I would not characterize it as heat as such—a perception of my entire spinal column coming down from my head to the base of my spine in conjunction with a religious ceremony that was occurring at the time. Could you describe to me what was actually occurring to cause this sensation besides the physical events that I am aware of?

I am Latwii, and am aware of your question, my brother. In this regard we find again that we cannot be too specific in our response, for the experience which you describe is one which has the purpose of teaching you many levels of lessons. That which you query about at the present is the key to the unlocking of the various levels which are available to you through this particular experience. We would simply suggest the reexamination of the circumstances which surrounded this experience, the symbolic nature of the experience as it has been revealed to you through your own seeking, and the inner levels, shall we say, which have been made available to you as possibilities through, once again, your own seeking. We do not wish to sound too ambiguous or to be shy of words but we do not wish to travel that trail of the teach/learner, if we may borrow a term, that is the proper role of the one who seeks the solution to mystery. If we were to give the solutions, where would come the strength in the seeking and where would the seeker look to within its own being when we were absent from its presence?

May we answer you further, my brother?

L: Yes, again, on a different subject. A number of my learning experiences recently have involved emotional contacts with women. This seems to be increasing as far as frequency and therefore learning experiences. I realize that you are very limited, but I would ask for any advice that you might give to assist me in maximizing my learning experience.

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I am Latwii, and am aware of your question, my brother. In this regard, may we suggest that to maximize the learning in any situation, whether it be of the mind, the body, the spirit, or the emotions that are the distortions of the mind and the expression of the feelings, that the entity seeking the learning available look to the moment with an openness, and what you might call a vulnerability which does not seek any reward other than the opportunity of being of service and of learning what love the moment can teach.

The difficulties for many upon your planet come when they attempt to get something in return for that which is given. This particular attitude does then hinder and inhibit the free exchange of energies, shall we say, between the entities involved in the learning situation. This attitude of seeking reward for that which is given does then color the situation so that that love which is available in the moment to each becomes reduced and hidden, shall we say, for each holds on to that which it could give the other until some sign is given that it will receive in a balanced fashion, equivalent reward, or exchange to that which it gives.

To make, shall we say, a long story short, seek ye to [give] freely, seek ye to learn love, and that which ye seek shall be drawn unto you.

May we answer you further, my brother?

L: No. You've given me a great deal to ponder. I thank you for your time and your patience.

I am Latwii, and, as always, we are most grateful to be allowed the opportunity to give freely that which we humbly have to give. May we answer another question at this time?

Carla: I have a question that I hadn't thought of for a while but the message brought it up to me. A friend of mine asked me why she has such an easy life. She's well-situated, married with a very much loved husband who very much loves her. The children of the marriage are much loved. She's very comfortably fixed for supply of all kinds: money, friends, family, all the blessings of the daily life. She is also blessed with a perfectly lovely attitude towards life and kind of a joy and a personality that always meets things with a grace and verve, and she realizes this. She spent quite a bit of time coming to this group a few years ago, and that was one question that I really never could feel had really been answered in my own mind. She asked it and an answer was given that she was indeed serving people in her daily life, but she really wanted to know where were the lessons for her; where were the difficulties that were talked about; where were all the limits that were being pushed towards and that she wasn't feeling? Was she somehow missing the boat by being so happy?

I am Latwii, and am aware of your question, my sister. In responding to this most interesting question may we say once again that each of your peoples inhabits an illusion. The illusion has many lessons to teach. Each entity chooses before the incarnation those lessons which it most needs in order to learn those lessons necessary for the graduation to the density of understanding, the density of love and compassion.

An entity, through many incarnations, such as the sister of whom you speak, may have encountered the difficulties upon difficulties without end, shall we say, and may have learned the lessons which the outer expression of difficulty and the meeting of difficulty have to teach. Such an entity then may determine that there are other types of lessons which are of value in the upcoming, shall we say, incarnation. It may be determined, for example, that the lessons of abundance might need be explored, for what is abundance? Where can it be found? Is abundance found in the life of leisure? Is abundance found only with a family that meets the standards of success described by your culture? Is abundance found in friends who stimulate the mind with conversation? Is abundance found in any part of this illusion other than in the heart of the seeking of the one Creator within the center of the being?

Many are the lessons which your illusion has to teach. It would seem to many entities upon your planet that the life described by your sister is the life which holds the full promise kept, the promise made to each entity within your illusion, and we do not say that such cannot be so, but we do suggest that there might be a much greater difficulty, shall we say, in obtaining the lessons of love for an entity experiencing those material abundances which are so often sought among the peoples of your planet and especially the nation in which you reside.

We might, in closing, suggest that the learning of love might also be quite well supported in such a surrounding which you have described, for the love

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of the one Creator is available in each moment. The ability to perceive and share this love depends only upon the strength of the desire of the entity seeking this love and experiencing any moment. Your sister may have indeed found the love of the one Creator and may indeed be experiencing it moment by moment. It may also be true that she shall use the illusion in which she lives to deepen that experience by removing the illusion of love to uncover the pearl of great price which resides within the heart of her being, and which no earthly treasure can match.

May we answer you further, my sister?

Carla: No. I thank you.

We are most grateful as well to you. Is there another question at this time?

L: I would simply like to add my thank you for all the information tonight. I feel overwhelmed with the quantity of learning that you've dumped on me.

D: Likewise.

Carla: Ditto.

L: I would simply like to say thank you and compliment you on the performing of your service in a superior manner.

I am Latwii. We are most gratified to have been able to have offered what we consider to be our treasures to this group which has, for some long period of your time, so sincerely sought that which we so humbly offer. We of Latwii do not assume to know all that can be known, but we do, with every fiber of our being, attempt to share all that we have. We thank each of you, for there is no greater service, in our estimation, than the service which you provide by seeking the one Creator and seeking to serve that one Creator.

We remind each entity that we are available upon simple request of our presence during your meditations or during your daily round of activities. It is a great honor for us to be asked to join you at any time. We look forward with great joy and anticipation at being able to answer such requests. We leave you now in the love and the light of the one Creator residing in the heart of each being. We are known to you as Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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The Law of One, Book IV, Session 76

February 3, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me an indication of the condition of the instrument?

Ra: I am Ra. This instrument is in a state of physical complex bankruptcy which has existed for some of the measure you call time. The vital energies are normal with a strong spiritual complex counterpart and will lending substance to the mind/body/spirit complex energy levels.

Questioner: Will our continued communication with Ra be deleterious to the physical energies of the instrument?

Ra: I am Ra. We may answer in two modes. Firstly, if the instrument were thusly dedicated to this use with no transfer of energy of physical complex nature it would begin to call upon the vital energy itself and this, done in any substantive measure, is actively deleterious to a mind/body/spirit complex if that complex wishes further experience in the illusion which it now distorts.

Secondly, if care is taken, firstly, to monitor the outer parameters of the instrument, then to transfer physical energy by sexual transfer, by magical protection, and, lastly, by the energetic displacements of thought-forms energizing the instrument during contact there is no difficulty in that there is no worsening of the instrument's mind/body/spirit complex distortions of strength/weakness.

It is to be noted that the instrument, by dedicating itself to this service, attracts greetings of which you are aware. These are inconvenient but, with care taken, need not be lastingly deleterious either to the instrument or the contact.

Questioner: Of the three things that you mentioned that we could do for the instrument's benefit, would you clarify the last one? I didn't quite understand what you meant.

Ra: I am Ra. As the entity which you are allows its being to empathize with any other being, so then it may choose to share with the other-self those energies which may be salubrious to the other-self. The mechanism of these energy transfers is the thought or, more precisely, the thought-form for any thought is a form or symbol or thing that is an object seen in time/space reference.

Questioner: Has our use of the Banishing Ritual of the Lesser Pentagram been of any value and what is its effect?

Ra: I am Ra. This group's use of the Banishing Ritual of the Lesser Pentagram has been increasingly efficacious. Its effect is purification, cleansing, and protection of the place of working.

The efficacy of this ritual is only beginning to be, shall we say, at the lower limits of the truly magical. In doing the working those aspiring to adepthood

have done the equivalent of beginning the schoolwork, many grades ahead. For the intelligent student this is not to be discouraged; rather to be encouraged is the homework, the reading, the writing, the arithmetic, as you might metaphorically call the elementary steps towards the study of being. It is the being that informs the working, not the working that informs the being. Therefore, we may leave you to the work you have begun.

Questioner: Would it be beneficial for us to perform the banishing ritual more in this room?

Ra: I am Ra. It is beneficial to regularly work in this place.

Questioner: I am sorry that we have had such a long delay between the last session and this one. It couldn't be helped I guess. Could you please tell me the origin of the tarot?

Ra: I am Ra. The origin of this system of study and divination is twofold: firstly, there is that influence which, coming in a distorted fashion from those who were priests attempting to teach the Law of One in Egypt, gave form to the understanding, if you will pardon the misnomer, which they had received. These forms were then made a regular portion of the learn/teachings of an initiate. The second influence is that of those entities in the lands you call Ur, Chaldea, and Mesopotamia who, from old, had received the, shall we say, data for which they called having to do with the heavens. Thusly we find two methods of divination being melded into one with uneven results; the, as you call it, astrology and the form being combined to suggest what you might call the correspondences which are typical of the distortions you may see as attempts to view archetypes.

Questioner: Then am I correct in assuming that the priests of Egypt, in attempting to convert knowledge that they had received initially from Ra into understandable symbology, constructed and initiated the concept of the tarot? Is this correct?

Ra: I am Ra. This is correct with the addition of the Sumerian influence.

Questioner: Were Ra's teachings focusing on the archetypes for this Logos and the methods of achieving a very close approach to the archetypical configuration? Is this correct?

Ra: I am Ra. This is correct without being true. We, of Ra, are humble messengers of the Law of One. We seek to teach/learn this single law. During the space/time of the Egyptian teach/learning we worked to bring the mind complex, the body complex, and the spirit complex into an initiated state in which the entity could contact intelligent energy and so become teach/learner itself so that healing and the fruits of study could be offered to all. The study of the roots of mind is a portion of the vivification of the mind complex and, as we have noted, the thorough study of the portion of the roots of mind called archetypical is an interesting and necessary portion of the process as a whole.

Questioner: Is there, in Ra's opinion, any present day value for the use of the tarot as an aid in the evolutionary process?

Ra: I am Ra. We shall repeat information. It is appropriate to study one form of constructed and organized distortion of the archetypical mind in depth in order to arrive at the position of being able to become and to experience archetypes at will. You have three basic choices. You may choose astrology, the twelve signs, as you call these portions of your planet's energy web, and what has been called the ten planets. You may choose the tarot with its twenty-two so-called Major Arcana. You may choose the study of the so-called Tree of Life with its ten Sephiroth and the twenty-two relationships between the stations.

It is well to investigate each discipline, not as a dilettante, but as one who seeks the touchstone, one who wishes to feel the pull of the magnet. One of these studies will be more attractive to the seeker. Let the seeker, then, investigate the archetypical mind using, basically, one of these three disciplines. After a period of study, the discipline mastered sufficiently, the seeker may then complete the more important step: that is, the moving beyond the written in order to express in an unique fashion its understanding, if you may again pardon the noun, of the archetypical mind.

Questioner: Would I be correct in saying that the archetypes of this particular Logos are somewhat unique with respect to the rest of the creation? The systems of study that we have just talked about would not translate quickly or easily in other parts of the creation. This is a very difficult question to state. Could you clear that up for me?

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Ra: I am Ra. We may draw from the welter of statement which you offer the question we believe you ask. Please requestion if we have mistaken your query. The archetypical mind is that mind which is peculiar to the Logos under which influence you are at this space/time distorting your experiences. There is no other Logos the archetypical mind of which would be the same any more than the stars would appear the same from another planet in another galaxy. You may correctly infer that the closer Logoi are indeed closer in archetypes.

Questioner: Since Ra evolved initially on Venus Ra is of the same archetypical origin as that which we experience here. Is this correct?

Ra: I am Ra. This is correct.

Questioner: But I am assuming that the concepts of the tarot and the magical concepts of the Tree of Life, etc. were not in use by Ra. I suspect, possibly, some form of astrology was a previous Ra concept. This is just a guess. Am I correct?

Ra: I am Ra. To express Ra's methods of study of the archetypical mind under the system of distortions which we enjoyed would be to skew your own judgment of that which is appropriate for the system of distortions forming the conditions in which you learn/teach. Therefore, we must invoke the Law of Confusion.

Questioner: I am going to ask some questions now that may be a little off the center of what we are trying to do. I'm not sure because I'm trying to, with these questions, unscramble something that I consider very basic to what we are doing. Please forgive my lack of ability in questioning since this is a difficult concept for me.

Could you give me an idea of the length of the first and second densities as they occurred for this planet?

Ra: I am Ra. There is no method of estimation of the time/space before timelessness gave way in your first density. To the beginnings of your time, the measurement would be vast and yet this vastness is meaningless. Upon the entry into the constructed space/time your first density spanned a bridge of space/time and time/space of perhaps two billion of your years.

Second density is more easily estimated and represents your longest density in terms of the span of space/time. We may estimate that time as approximately 4. 6 billion years. These approximations are exceedingly rough due to the somewhat uneven development which is characteristic of creations which are built upon the foundation stone of free will.

Questioner: Did you state that second density was 4.6 billion years? B, b-i-l? Is that correct?

Ra: I am Ra. This is correct.

Questioner: Then we have a third density that is, comparatively speaking, the twinkling of an eye, the snap of a finger in time compared to the others. Why is the third density cycled so extremely rapidly compared to the first and second?

Ra: I am Ra. The third density is a choice.

Questioner: Third density, then, compared to the rest of the densities, all of them, is nothing but a uniquely short period of what we consider to be time and is for the purpose of this choice.

Is this correct?

Ra: I am Ra. This is precisely correct. The prelude to choice must encompass the laying of the foundation, the establishment of the illusion and the viability of that which can be made spiritually viable. The remainder of the densities is continuous refining of the choice. This also is greatly lengthened, as you would use the term. The choice is, as you put it, the work of a moment but is the axis upon which the creation turns.

Questioner: Is this third-density choice the same throughout all of the creation of which you are aware?

Ra: I am Ra. We are aware of creations in which third density is lengthier and more space/time is given to the choosing. However, the proportions remain the same, the dimensions all being somewhat etiolated and weakened by the Logos to have a variant experience of the Creator. This creation is seen by us to be quite vivid.

Questioner: I didn't understand what you meant by what you said "as seen by you to be quite vivid." What did you mean?

Ra: I am Ra. This creation is somewhat more condensed by its Logos than some other Logoi have chosen. Thus each experience of the Creator by the Creator in this system of distortions is, relatively speaking, more bright or, as we said, vivid.

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Questioner: I am assuming that upon entry into third density, for this planet, disease did not exist in any form. Is this correct?

Ra: I am Ra. This is incorrect.

Questioner: What disease or form of disease was there and why did this exist at the beginning of the third density?

Ra: I am Ra. Firstly, that which you speak of as disease is a functional portion the body complex which offers the body complex the opportunity to cease viability. This is a desirable body complex function. The second portion of the answer has to do with second-density other-selves of a microscopic, as you would call it, size which have in some forms long existed and perform their service by aiding the physical body complex in its function of ceasing viability at the appropriate space/time.

Questioner: What I am trying to understand is the difference between the plan of the Logos for these second-density entities and the generation of what I would guess to be more or less a runaway array of feedback to create various physical problems to act as catalyst in our present third-density condition. Could you give me an indication of whether my thinking is anywhere near right on that?

Ra: I am Ra. This instrument's physical body complex is becoming more distorted towards pain. We shall, therefore, speak to this subject as our last full query of this working. Your query contains some internal confusion which causes the answer to be perhaps more general than desired. We invite refinements of the query.

The Logos planned for entities of mind/body/spirit complex to gain experience until the amount of experience was sufficient for an incarnation. This varied only slightly from second-density entities whose mind/body complexes existed for the purpose of experiencing growth and seeking consciousness. As the third density upon your planet proceeded, as has been discussed, the need for the physical body complex to cease became more rapidly approached due to intensified and more rapidly gained catalyst. This catalyst was not being properly assimilated. Therefore, the, shall we say, lifetimes needed to be shorter that learning might continue to occur with the proper rhythm and increment. Thus more and more opportunities have been offered as your density has progressed for disease. May we ask if there are further brief queries before we close?

Questioner: I have one question that is possibly of no value. You don't have to expand on it, but there is a crystal skull in the possession of a woman near Toronto. It may be of some value in investigating these communications with Ra since I think possibly this had some origin from Ra. Can you tell me anything about that, and then is there anything that we can do to improve the contact or to make the instrument more comfortable?

Ra: I am Ra. Although your query is one which uncovers interesting material we can not answer due to the potential an answer may have for affecting your actions. The appurtenances are carefully placed and requisite care taken. We are appreciative. All is well.

I am Ra. I leave you, my friends, in the love and the light of the one infinite Creator. Go forth, therefore, glorying and rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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Intensive Meditation

February 4, 1982

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, In the love and in the light of our infinite Creator. We would like, at this time, to confirm that we have been conditioning the one known as S. If the instrument known as S had wished, it would have been possible for this instrument to initiate contact. This is a desirable ability, for there is not always an experienced instrument present during a time when one who wishes to be of service by offering itself as a vocal channel finds the opportunity to share in our thoughts.

We would speak a few words through this instrument before we work with the one known as S, for we sense the deprivation of some information which may perhaps be of service at this time. This deprivation is not due to any individual's efforts, rather, it is due, my friends, to the culture in which you find yourselves experiencing the great patterns of life which you weave day by day. It was intended by the Creator that you might experience your so-called work as a form of meditation and as an experience of love. It has been many centuries among your peoples since it was possible for many of your peoples to profoundly experience the combination of work and love.

It has been said, "To work is to pray," and for those lucky enough, shall we say, to have found occupations which enable them to supply themselves with the necessities of survival which also feed the spirit, this is in the deepest sense true. You may find these people working with their hands to make beauty, working with their minds as channels of various forms of love, working among people in such a way that their very being is of service in a substantial manner. But for so many, my friends, the connection between the daily life and love, between action and meditation, is not apparent. And in order for you to become able to link in any way the work of empty form which you find yourselves performing and the work which is love, it is recommended that you begin with the meditation rather than with the work.

To move from one consciousness to another is like mounting the great hillside, the bottom of which is vanity, pollution, pettiness and distraction. In your spirit's garment you move in consciousness of this lovely hillside. You can feel that your garment, the garment of your spirit, is soiled from all that touches you that you perceive as being unclean, and so you remove the garment and cleanse yourself in the waters which you find falling down the hillside in a lovely waterfall, brilliant with crescents of *(inaudible)* and iridescent as it sprays the rocks, the moss, and the grass. Leaning into the water, you can begin to see the purity of your true being and you can cleanse yourself with the waters of [the lake.] Taking up

your fresh garment, a new washed linen, you move onward until you sit at the top of this hillside. The air about you is warm and redolent with the scent of wild flowers—pinks and roses and whites, all in profusion about you. And as you settle into meditation, this is your consciousness, this is who you are. All of creation breathes with you and desires to be of service to you, and you in turn offer up the rhythms of your body, your mind, and your spirit in service to this beautiful [place you're in,] loving and delighting in its beauty, its purity, and its gentle ever present strength.

Yes, my friends, you come down again into the marketplace where you live the illusion, where your lessons [collect.] But you bring with you an unsoiled garment, a cleanliness of soul, and a new vision that begins to attempt to see the top of the hillside, beneath the soiled garment of all labor, all conditions, and all relationships. You cannot and never shall function as a great [wise] one working in the valley. Within yourselves you must find a place in which in silence you find the creation offered unto you, and offer yourself unto the creation, feeling the great beating rhythm, unity that binds all things together.

We ask that you never be discouraged if you fail to manifest what you have learned in your meditations, for this is the work of your life—to find who you are. That is, my friends, to find the Creator, that one great original Thought which is love and which when *(inaudible)*.

We are pleased at this time to transfer this contact to the one known as S, after pausing for a brief period in order to make our conditioning vibration *(inaudible)*. And to the one known as R, and to the one known as [Don]. I am Hatonn.

(Pause)

(S channeling)

I am Hatonn, and am with this instrument. We greet you, my friends, once more. It has been a pleasure to work with those who have requested our conditioning vibration. We are always pleased to join with those who seek our contact. We are honored to be with this group today, as it is indeed a joy to be of service to the one infinite Creator by aiding those who seek our help. We of Hatonn are always available to these who seek out aid. We ask that you simply mentally request our presence and we shall be with you. We are hoping to be with each of you in the near future, and would attempt to contact another instrument at this time. I am Hatonn.

(Pause)

(Carla channeling)

I am Hatonn, and am again with this instrument. And please excuse the pause, but we were attempting to initiate contact with another instrument, shall we say, an old friend of ours. May we say to the one known as S that her fidelity to our channeled communication is such that the degree of the instrument's own thoughts coming into the contact is very nearly nonexistent. At this point in the training of the new instrument we do the opposite of that with which we start. We attempt to encourage the somewhat experienced instrument to feel more free to speak upon a subject about which the instrument does not have a prior recollection of, a subject matter from another contact.

This type of channeling is the next step and requires that the instrument allow us to present her with images drawn from the treasure trove of her own experiences, recollections and thoughts. We use this framework in order that our extremely simple message may be offered in the greatest possible variety, or kaleidoscope, of patterns, for each various view of love, of the Creator, of the universe, of reality may for the first time inspire one to whom all previous words were naught but chatter and foolishness.

The nature of inspiration is so personal and so unpredictable that we simply cannot expect to create parrots. We hope instead to create those who are able through practice in sessions such as these to recognize our vibrations, and to trust in our contact enough to sally forth into vistas about which they have not thought, and to describe concepts and stories, the gist and outcome of which is not known to the instrument. This is the work of some time, as you call it. We say all this to assure the instrument that she is progressing very well. Well enough, in fact, to consider the possibility of launching forward on the next step at any contact at which she may feel comfortable in so doing.

The knowledge of the instrument, that subjectively familiar material—[it] being integrated into a meditation—causes all beginning channels, except

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those who are not excellent, to have doubts as to the origin of the channeled information. However, my sister, it is our way of insuring that each message is somewhat fresh. We thank the one known as S, and as always assure her that we and those of the Confederation in general, offer ourselves at any time we may be requested to accompany meditation. I am Hatonn.

We leave you on a hillside, my friends, gazing forth into a world of illusion, a world in which each illusion has a central core of purity and love. As this instrument would say, your mission is, impossible though it may seem, to find it. I leave you in the love and in light. I am Hatonn. Adonai vasu.

(Carla channeling)

I am Latwii, and greet you all in love and light. It is a great honor for us to be asked to join you this afternoon during your meditation. As always, we look forward to such adventures with glee and a happy anticipation. Before we would attempt to answer queries, we would attempt to offer our conditioning to the one known as R, and simultaneously to the one known as S. And then if the one known as S would care to speak our thoughts, we would speak a few words through this new instrument. I am Latwii.

(S channeling)

I am Latwii, and am with this instrument. I greet you, my friends, in the love and in the light of the Creator. We are overjoyed to be speaking to you through this instrument once more. She is indeed a contact that we enjoy. We are happy to be with her at this time. We are always pleased to be able to speak through instruments such as this, for we are not often given the opportunity to do so. We find it a great deal of fun. We are sorry to say that we feel we should close this contact so that we may be of service to those who have questions on their minds. We would therefore sign off. I am Latwii.

(Jim channeling)

I am Latwii, and am with this instrument once again, and greet you all in love and light. May we at this time ask if any present might have a question which we would attempt to answer?

Questioner: Yes, Latwii. How can I, or how is it possible, to increase receptiveness to the conditioning vibration?

I am Latwii, and, my brother, may we suggest that there is nothing in particular to do. Rather, it is that which is not done which is most helpful to the reception of, not only our conditioning vibration, but the conditioning vibration of any Confederation entity. That is, simply the relaxing of mind and body to the greatest degree possible, and the opening of the being as clearly and freely, shall we say, as is possible. This, of course, is predicated upon the assumption that the desire for such a contact is present and we find that desire is quite present in your case. The many methods of relaxing the mind and body which have been written down among your peoples as the various methods of meditation are helpful, but we would also suggest that the concept of not doing and of simply seeking is the foundation stone upon which any technique is based.

May we answer you further, my brother?

Questioner: No, thank you.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

Questioner: Yes. Latwii, during one of my meditations I received what seemed to be very strong conditioning that I didn't ask for and was not able to get rid of for quite some time. It kind of frightened me. Can you give me any information about this?

I am Latwii, and am aware of your question, my sister. May we say in this regard that whenever you might feel a vibration which is not pleasant or desirable, at that time request that it be removed, and if the entity generating that vibration is of the Confederation of Planets in the Service of the Infinite Creator then you may be assured that the vibration shall be removed. If upon such request the vibration is not removed we suggest the ceasing of the meditative state for a moment, the gathering of the self in concentrated thought, and the sending of love and light to all entities present, then the constructing, shall we say, of the shield of light about the self so that meditation may be resumed.

May we answer you further, my sister?

S: No, not on that subject, but I do have another question. Due to my feeling, lately I've had a strong urge to proceed and go further, and against advice from the Confederation I proceeded to try channeling with just R and myself present. It did serve to confuse me as I was warned might happen,

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but I still feel somewhat compelled to continue so that I may be able to get more practice and therefore move along at a faster pace. Would you strongly advise against this or can I do anything more than I'm doing now to project myself?

I am Latwii, and am aware of your question, my sister. It is always our advice to those …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. As we were saying, we do not recommend that new instruments attempt to channel from any Confederation source without the presence of at least two other entities, one preferably being an instrument with some experience so that the contact might be, shall we say checked and balanced, so that there is reduced the possibility of the infringement of the contact by those entities which do seek to confuse positively-oriented instruments and do seek to sway such new instruments by giving information of what we might call a questionable and specific nature.

For those entities such as yourself who seek to speed their growth upon the spiritual path in general and the, shall we say, specific part of that path known to you as the channeling phenomenon, we recommend the intensive meditation periods such as this period now occurring with an experienced channel present. Also, we might recommend the additional meditation periods for the new instrument, at which time the instrument would request the conditioning vibration of the Confederation. We would also suggest the lengthier, shall we say, meditation periods during which time the new instrument would attempt to increase the attention span, shall we say, that is, the state of mind which is most receptive to a contact.

This state of mind might be increased in its duration by the visualization technique that is the imaging on the mind during meditation of the new instrument of any symbol which has a particular meaning to that entity, whether it be the cross, the rose, the circle, the Buddha or whatever. This is most helpful for the new instrument who wishes to improve its ability at receiving information as purely as possible.

To close this somewhat lengthy response, may we reiterate we are always available for the conditioning vibration to be experienced by any entity requesting it, and we further remind each present that it is most necessary to be accompanied in meditation that is directed toward the channeling phenomenon by at least two other entities. This is necessary, as we said, to preserve the purity of the contact.

May we answer you further, my sister?

S: No, thank you.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

(Pause)

I am Latwii. We [are] most grateful to each present for inviting us to join this meditation. We of Latwii have a history, shall we say, of being somewhat more humorous in our contacts with this group, but have in recent contacts found the necessity, shall we say, to balance this particular distortion with the giving of information in response to queries of a, shall we say, more serious or intense nature, for we feel the entities within this group who have been seeking our service have sought the guideposts, shall we say, to direct them to the heart of their seeking, and it has been for this reason that we have attempted to deal in a more, shall we say, serious manner with these particular topics and our responses to them.

We do not mean by such gravity to suggest that the lightness and the humor which we are known for does not have a value in such situations but we wish these entities to seek our service, to know without a doubt that we value their seeking, their questions, and their being greatly, and would honor each entity with the most purely formed response. With this qualification made and recorded, we shall look forward to joining this group in the future in our more familiar mode of lightness and joy. We thank each entity for requesting our presence. We shall be with each at any time in the future that our presence is so requested. We are known to you as Latwii, and we leave you now in the light and the love and the humor of the one infinite Creator. Adonai vasu borragus. ♣

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Sunday Meditation
February 7, 1982

(L channeling)

I am Hatonn, and I greet you, my brothers and my sisters, in the love and the light of the infinite Creator. My friends, it is with great pleasure that we listen to the gentle sounds of the young child, for we understand its meaning. It shares with you and with us its wonderment at the infusion of love and light into your room this night as your spirits join and become one. It is our pleasure, as well, to be both perceivers and participants in this mingling, and for this we offer you our thanks.

We of Hatonn would like at this time to share with you a story, one in which a child is born, lives and dies in the manner of your density, yet accomplishes a great deal more than is obvious to those who shared his presence. The child of whom we speak was in no way outstanding, either physically or mentally. The child was of inauspicious parentage, having been raised of poor parents in a small village. When the child reached maturity he joined himself with a woman for he sought the comfort that this type of companionship could provide. As things progress in your density, the child grew older, fathered children, grew older again, and eventually died.

Not a very impressive tale of a life, you might assume, yet the child accomplished, in this brief lifespan, that which he set out to do. The learning which the individual had prescribed for himself prior to this incarnation did occur, and although this individual did not attain great wisdom, did not even obtain the realization of choice between service to self or service to others, still the individual attained that which he set out to do.

My brothers, my sisters, there are many in your world today who are like this child. The lessons toward which you strive exist yet for them far in their future, for as one must learn to walk before one may run, one must first learn to crawl. We would suggest to you, therefore, to be generous in your hearts to your other selves, your other brothers and sisters of this world, for although they have not attained your awareness, although the revelations which you seek and hold so dear are not revealed to them, we urge you to realize that their lessons to them are equally important, that their learning is paid for with as many tears and as much pain as your own.

It is often difficult to extend your love to some who fall within this group, for their confusion seems to abrade their lack of awareness, makes them appear almost another species, a duller, dimmer species, somehow distantly related to your own. My friends, they are not merely your own species, these are your own selves. It is not our desire to chastise, for judgment is not ours, rather it is our desire to encourage, that you may, in perceiving your other

selves as such, find your hearts less reluctant to share your love with them. Loving is not always an easy task and on some occasions is poorly rewarded, but my brothers, is reward what you seek? Therefore, we would humbly implore that you extend to yourselves that love which you extend to us.

At this time we desire to speak through another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and am with this instrument. We offered this contact to the one known as C, but this entity requested that we move on. Therefore, we shall close through this instrument. We greet you once again in love and light. To feel, my friends, that one is a finer example of the species is to find oneself upon dangerous ground, if we may use that term in a spiritual sense. In your holy work which you call your Bible a great king of Assyria made a request to a great king of Israel, that a great Assyrian might be healed of leprosy. The request was made in a grand and formal manner and the gentleman of importance who had contracted this feared contagion journeyed forth to the land of Israel. The king of Israel was about to turn away this gentleman, but one known as Elisha offered instead to heal this man. "Go forth," he said to this fine and important man, "and wash yourself in the river seven times."

Now, this man was important. It was not for him to do such a thing, an unimportant act. He expected his healing to have all the grandeur of his person and at first would not go wash. In the end, desiring to be cleansed, he did indeed wash in the river seven times over and emerged cleansed and healed.

Whenever, my friends, you do find yourselves gazing at a brother or a sister and feeling that feeling of distance betwixt you and he or she, know for certain that your feeling of a great height upon which you stand by reason of intellect or knowledge or spirituality will soon become an opportunity for you to experience humility, and when this happens, my friends, greet this experience with as much enthusiasm as you can muster, for it is a valuable way of learning the ways of love.

Before we leave this instrument we would pause and offer our conditioning vibration to each of those in this circle, to all of whom we send our love. Please request mentally that we be with you and we shall attempt to make our presence known to you. I am Hatonn.

(Pause)

(Carla channeling)

I am Hatonn, and speak once more through this instrument to assure each of you our gratitude for your call to us that we may share our humble thoughts with you. As you go about your daily tasks, know that these feelings which you experience in meditation are with you, are a part of you and are available to you. Let not this beauty fade from your life, for what is there to replace it?

We leave this instrument in the love and the light of our infinite Creator. I am Hatonn. Adonai, my friends. Adonai vasu.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. We are most honored to be asked to join your group this evening. It is always a great privilege to blend our vibrations with this group, for we have many memories of the joyful intercourse, shall we say, with this group in the capacity of answering the queries which those present bring as treasures to us. May we at this time ask if there are any questions which we might attempt to answer through this instrument?

M: I have a question for S. She had a spiritual experience recently and needs an answer, if you can help her, on how an individual can react or respond to her kind of spiritual experience.

I am Latwii, and am aware of the query which you ask for your sister. May we say first of all that the experiences of what you would call a spiritual nature are most private and personal and unique unto each entity. Each entity upon your planet seeks either consciously or unconsciously union with the one Creator and all of Creation. Each entity, by the path it travels, in the beliefs it holds, and the way in which it experiences its life, does create a framework through which each truth shall be revealed unto it. Each entity, therefore, does determine a manner in which it seeks and the manner in which it shall receive that which it seeks.

Therefore, when an entity such as the one known as S experiences that which your peoples call a spiritual revelation, this entity is experiencing a greater portion of itself, because it has asked to know, to

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receive, and to be answered in such a way as it has been answered. To speak specifically to this particular experience for this entity would not be, in our humble opinion, a service to this entity, for the greater portion of such a spiritual revelation is the seeking of the meaning of that experience within the heart of the being of the entity experiencing it. For another, such as ourselves, to attempt to reveal unto this entity the meaning of such an experience is to travel that path for the entity, and thus remove for the entity the opportunity of gaining further spiritual strength and understanding that would ensue as a result of this entity attempting to assimilate fully the meaning of this experience.

We can only suggest that this entity, and any other in a similar situation, meditate upon the situation preceding the experience, the experience itself and the results in the experience that follow. In this way we feel we might be of most service to this entity.

May we answer you further, my brother?

M: Just a little. I believe she understands your answer and would have expected that. The problem with meditation is an evil presence she feels as she tries to meditate almost makes her afraid to meditate. She wonders if she should, in fact, meditate at all, if she's bringing on that type of vibration.

I am Latwii, and am aware of your query, my brother. In this regard, may we make a simple suggestion to the one known as S, that being that to seek purely the one infinite Creator and to serve the one Creator by serving the other selves that one finds in one's daily round of activities, is a shield, shall we say, that does provide protection from entities of what you would call a negative nature who would seek to infringe upon the free will of another.

To refine this seeking of the one Creator and this service, it may be useful in this instance for this entity to engage in what might be called a fast for purification and protection. This fast to be of the description which is most beneficial to the entity, the most important ingredient being the dedication of the fast, of whatever nature, to the seeking of the one Creator. This fast to continue for a period of approximately three days. During this period the concentrating upon the seeking and the purity is to be recommended. During this period it might also be helpful to include material of a spiritual nature, of an inspirational nature, to be read by this entity periodically as a reminder for the purpose for which it seeks.

At the end of this period of fasting it is suggested that the entity begin a series of what might be called rituals which would consist simply of the shielding of the self in light to begin the meditation, a prayer of supplication, invoking the presence of the guides of this entity, and invoking the love, the light of the one Creator. In this way we feel that this entity might be aided by portions of its own being in the seeking of purity and of service to the one Creator.

May we answer you further, my brother?

M: Thank you for the instructions, Latwii. I'm sure that will be very helpful.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

L: I'd like to ask a couple of questions if I may. Within the last few months—couple of months—I've been receiving some visitations at night from some rather malevolent entities. I'm curious as to who is favoring me with their attention, and why, as far as their choosing this particular time. Is there any information you can give me?

I am Latwii, and am aware of your query, my brother. We may answer in this regard by saying that such instances as those which you experience in your sleeping state may be of many origins. There are those entities, as you have surmised, which are of what you would call a negative nature. That is, they seek to serve their own individuated selves by the gaining of control of some nature over another self. Entities upon your planet who seek to serve the one Creator upon the positive path—that is, the serving of other selves in preference to the serving of the self—in this activity of service do attract unto them, as a function of the balancing nature of all of creation, entities of a negative nature.

The entities of the negative nature are providing a service. They provide, shall we say, a test, a force against which you may move and thereby further express service to other selves. Your response to such an experience is also a service and in remaining steadfast to the positive path of service to others, by sending love and light to these entities while in the dream state if possible, and while awake in meditation if not, is a great service, for, my brother, as you know, the Creation and all of its parts are one thing, one being. The Creator shall know Itself in

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every possible way. There is, as you would say, no right or wrong and in truth there is no polarity, for all, at some point, shall be reconciled through the dance of the densities and the illusions which you experience.

As you become more convinced or confirmed, shall we say, upon the positive path, you shall experience a greater array of experiences in every part of your life. This is simply a signpost, shall we say, that indicates you are ready for further lessons. These lessons may not always be in conformance with that which you would imagine or desire would lie upon the spiritual path, but, my brother, we may suggest that as you travel this path and meet those entities of a negative nature, whether in dreams, visions, thought forms, or in person, the greatest service which you can provide is to envelop these entities in love and in light, for they are your other selves just as surely as is any other self.

May we answer you further, my brother?

L: Yes. On that topic, my understanding of what is being sought by a negatively oriented individual would lead me to assume that the presentation or response of love and light to the individual would be less than in tune with their desires, their own service to themselves. How am I assisting them in that manner? I don't understand that.

I am Latwii, and am aware of your query, my brother. By sending such an entity love and light, you do radiate unto that entity the core of your being as undistorted and clearly as you perceive it. By revealing that which is the heart of your being, you do serve this other self by expressing your nature without reservation, and do accept this other self without reservation, without demand of any kind. This is the perfect expression of the positive polarity path. The acceptance, the forgiveness, and the loving of all other selves no matter what their dance through the illusion, in this way do you express unto the other self of whatever polarity the heart of your being which is love and acceptance of all, and thereby do you provide catalyst for an other self of a negative polarity to work upon its own perceptions and being.

May we answer you further, my brother?

L: Yes. One last question, then I'll give room for someone else. In previous meetings I had understood that there were certain rituals that could be used to, in effect, exclude the inclusion of unwanted entities into your living space. It's something I'd considered doing. At the same time I'm reluctant to because I feel that it would be reducing the amount of service I could do to one of these entities as well as, in effect, giving them the opportunity to concentrate on me instead of bothering somebody else. I realize this is not a decision you can make for me, but I would be interested in hearing any advice you could offer.

I am Latwii, and am aware of your query, my brother. In this regard we feel we may be of most service by simply referring you to these entities present who have utilized such rituals for this purpose. In this way we feel we might allow the further pursuance of this course of action to take, shall we say, a more natural turn in events.

May we answer you further, my brother?

L: No, I thank you for your patience.

I am Latwii. We are most grateful to you as well. We look forward now to another query which we might attempt to answer through this instrument. Is there another query at this time?

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and would assure each that we are with this instrument once again and are awaiting a further query.

M: How can one best maintain high spiritual and physical energy levels?

I am Latwii, and am aware of your query, my brother. In this regard, may we say that the maintaining of such levels of physical and spiritual nature is that which is the work of, shall we say, the adept, for there are few upon your planet who concern themselves with such matters and are quite content to seek periodically the solution to such problems. In actuality, we would suggest that such matters are of such a simple nature that it almost escapes the sincere seeker, for within simplicity the seeker is usually surprised to find the answers to the questions of a complex nature.

Therefore, we may simply answer you by saying your desire is that which shall assure your maintaining of such levels of energy upon the spiritual, the mental, and the physical complex nature. We could suggest a

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multitude of exercises, diets, regimens, readings, and other paraphernalia of the spiritual seeker, but we do not feel that specific suggestions such as these are of most service to those who seek upon the spiritual path, for most often such externalities, shall we say, simply dissipate one's energies, when the simple rekindling of the desire to seek the one Creator on a daily basis, no matter how simple or short, is that which shall assure your treading of the path of the pilgrim, the one who seeks union of all with all and through each experience that is encountered.

May we answer you further, my brother?

M: No, that was very nice, Latwii. Thank you.

I am Latwii. We are most grateful for this opportunity to be of service in this manner. May we answer another question at this time?

(Pause)

I am Latwii. We are very grateful to be able to experience the silence and the seeking with each in this group. We are aware that there are yet remaining some questions of an unasked nature. We do not feel it proper to answer queries which have not been vocalized. We would, therefore, ask once again if there is a question which we might attempt to answer?

(Pause)

I am Latwii, and am with this instrument once again. We find that the only queries we have been able to elicit at this time are those of the young, for which we have difficulty in the translation. Therefore, we shall at this time thank each present for allowing us to join our vibrations in meditation. It is a great honor and a privilege which we cannot thank you enough for. We are always grateful for such opportunities and look forward with an anxious *(inaudible)* for the next opportunity of this joining. We remind each present that a simple request for our presence in meditation is all that is necessary for our joining there. We leave this group now in the love and in the light of the one infinite Creator. I am Latwii. Adonai vasu borragus. ✤

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The Law of One, Book IV, Session 77

February 10, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you please give me an indication of the condition of the instrument?

Ra: I am Ra. It is as previously stated.

Questioner: Was the instrument under attack just prior to this session?

Ra: I am Ra. This is correct.

Questioner: Is there anything that we could do to help protect the instrument from these attacks prior to the session?

Ra: I am Ra. This is correct.

Questioner: What could we do?

Ra: I am Ra. Your group could refrain from continuing this contact.

Questioner: Is that the only thing that we could do?

Ra: I am Ra. That is the only thing you could do which you are not already attempting with a whole heart.

Questioner: I have three questions that the instrument asked me to ask which I will get out of the way first. She wants to know if the preparation for her hospital experience could be improved if she should ever have to repeat it?

Ra: I am Ra. All was done well with one exception. The instrument was instructed to spend space/time contemplating its self as the Creator. This, done in a more determined fashion, would be beneficial at times when the mind complex is weakened by severe assaults upon the distortions of the body complex towards pain. There is no necessity for negative thought-forms regardless of pain distortions. The elimination of such creates the lack of possibility for negative elementals and other negative entities to use these thought-forms to create the worsening of the mind complex deviation from the normal distortions of cheerfulness/anxiety.

Questioner: The instrument would also like to know if what we call tuning could be improved during times when we do not communicate with Ra?

Ra: I am Ra. That which has been stated in regard to the latter question will suffice to point the way for the present query.

Questioner: Finally, she wishes to know why several days ago her heart rate went up to 115 per minute and why she had extreme pain in her stomach? Was that an Orion greeting?

Ra: I am Ra. Although this experience was energized by the Orion group the events mentioned, as well as others more serious, were proximally caused by the ingestion of certain foodstuffs in what you call your tablet form.

Questioner: Can you tell me what these tablets were, specifically?

Ra: I am Ra. We examine this query for the Law of Confusion and find ourselves close to the boundary, but acceptably so.

The substance which caused the bodily reaction of the heartbeat was called Pituitone by those which manufacture it. That which caused the difficulty which seemed to be cramping of the lower abdominal musculature but was, in fact, more organic in nature was a substance called Spleentone.

This instrument has a physical body complex of complicated balances which afford it physical existence. Were the view taken that certain functions and chemicals found in the healthy, as you call it, body complex are lacking in this one and, therefore, simply must be replenished, the intake of the many substances which this instrument began would be appropriate. However, this particular physical vehicle has, for approximately twenty-five of your years, been vital due to the spirit, the mind, and the will being harmoniously dedicated to fulfilling the service it chose to offer.

Therefore, physical healing techniques are inappropriate whereas mental and spiritual healing techniques are beneficial.

Questioner: Is there any technique that we could use that we have not been using that would be beneficial for the instrument in this case?

Ra: I am Ra. We might suggest, without fractiousness, two. Firstly, let the instrument remove the possibility of further ingestion of this group of foodstuffs.

Secondly, each of the group may become aware of the will to a greater extent. We cannot instruct upon this but merely indicate, as we have previously, that it is a vital key to the evolution of the mind/body/spirit complex.

Questioner: Thank you. I would like to go back to the plan of this Logos for Its creation and examine the philosophical basis that is the foundation for what was created in this local creation and the philosophy of the plan for experience. I am assuming that I am correct in stating that the foundation for this, as has been stated many times before, is the first distortion. After that, what was the plan in the philosophical sense?

Ra: I am Ra. We cannot reply due to a needed portion of your query which has been omitted; that is, do we speak of this particular Logos?

Questioner: That is correct. I am asking with respect to this particular sub-Logos, our sun.

Ra: I am Ra. This query has substance. We shall begin by turning to an observation of a series of concept complexes of which you are familiar as the tarot.

The philosophy was to create a foundation, first of mind, then of body, and then of spiritual complex. Those concept complexes you call the tarot lie then in three groups of seven: the mind cycle, one through seven; the physical complex cycle, eight through fourteen; the spiritual complex cycle, fifteen through twenty-one. The last concept complex may best be termed The Choice.

Upon the foundation of the transformation of each complex, with free will guided by the root concepts offered in these cycles, the Logos offered this density the basic architecture of a building and the constructing and synthesizing of data culminating in The Choice.

Questioner: Then to condense your statement, I see it meaning that there are seven basic philosophical foundations for mental experience, seven for bodily, seven for spiritual, and that these produce the polarization that we experience sometime during the third-density cycle. Am I correct?

Ra: I am Ra. You are correct in that you perceive the content of our prior statement with accuracy. You are incorrect in that you have no mention of the, shall we say, location of all of these concept complexes; that is, they exist within the roots of the mind and it is from this resource that their guiding influence and leitmotifs[4] may be traced. You may further note that each foundation is itself not single but a complex of concepts. Furthermore, there are relationships betwixt mind, body, and spirit of the same location in octave, for instance: one, eight, fifteen, and relationships within each octave which are helpful in the pursuit of The Choice by the mind/body/spirit complex. The Logos under which these foundations stand is one of free will. Thusly the foundations may be seen to have unique facets

[4] leitmotif: *Lit:* leading motive. *In music:* A distinguishing theme or melodic phrase representing and recurring with a given character, situation, or emotion in an opera.

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and relationships for each mind/body/spirit complex. Only twenty-two, The Choice, is relatively fixed and single.

Questioner: Then I am probably having a problem with the concept of time since it appears that the Logos was aware of the polarization choice. It seems that this choice for polarization at the end of third density is an important philosophical plan for the experience past third density. Am I correct in assuming that this process is a process to create the proper or desired experience that will take place in the creation after third density is complete?

Ra: I am Ra. These philosophical foundations are those of third density. Above this density there remains the recognition of the architecture of the Logos but without the veils which are so integral a part of the process of making the choice in third density.

Questioner: The specific question that I had was that it seems to me that the choice was planned to create intense polarization past third density so that experience would be intense past third density. Is this correct?

Ra: I am Ra. Given that our interpretation of your sound vibration complexes is appropriate, this is incorrect. The intensity of fourth density is that of the refining of the rough-hewn sculpture. This is, indeed, in its own way, quite intense causing the mind/body/spirit complex to move ever inward and onward in its quest for fuller expression. However, in third density the statue is forged in the fire. This is a type of intensity which is not the property of fourth, fifth, sixth, or seventh densities.

Questioner: What I am really attempting to understand, since all of these twenty-one philosophical bases result in the twenty-second which is The Choice, is why this choice is so important, why the Logos seems to put so much emphasis on this choice, and what function this choice of polarity has, precisely, in the evolution or the experience of that which is created by the Logos?

Ra: I am Ra. The polarization or choosing of each mind/body/spirit is necessary for harvestability from third density. The higher densities do their work due to the polarity gained in this choice.

Questioner: Would it be possible for this work of our density to be performed if all of the sub-Logoi chose the same polarity in any particular expression or evolution of a Logos? Let us make the assumption that our sun created nothing but, through the first distortion, positive polarity. There was no product except positive polarity. Would work then be done in fourth density and higher as a function of only the positive polarization evolving from the original creation of our sub-Logos?

Ra: I am Ra. Elements of this query illustrate the reason I was unable to answer your previous question without knowledge of the Logos involved. To turn to your question, there were Logoi which chose to set the plan for the activation of mind/body/spirit complexes through each true color body without recourse to the prior application of free will. It is, to our knowledge, only in an absence of free will that the conditions of which you speak obtain. In such a procession of densities you find an extraordinarily long, as you measure time, third-density; likewise, fourth density. Then, as the entities begin to see the Creator, there is a very rapid, as you measure time, procession towards the eighth density. This is due to the fact that one who knows not, cares not.

Let us illustrate by observing the relative harmony and unchanging quality of existence in one of your, as you call it, primitive tribes. The entities have the concepts of lawful and taboo, but the law is inexorable and all events occur as predestined. There is no concept of right and wrong, good or bad. It is a culture in monochrome. In this context you may see the one you call Lucifer as the true light-bringer in that the knowledge of good and evil both precipitated the mind/body/spirits of this Logos from the Edenic conditions of constant contentment and also provided the impetus to move, to work and to learn.

Those Logoi whose creations have been set up without free will have not, in the feeling of those Logoi, given the Creator the quality and variety of experience of Itself as have those Logoi which have incorporated free will as paramount. Thusly you find those Logoi moving through the timeless states at what you would see as a later space/time to choose the free will character when elucidating the foundations of each Logos.

Questioner: I guess, under the first distortion, it was the free will of the Logos to choose to evolve without free will. Is this correct?

Ra: I am Ra. This is correct.

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Questioner: Do the Logoi that choose this type of evolution choose both the service-to-self and the service-to-others path for different Logoi, or do they choose just one of the paths?

Ra: I am Ra. Those, what you would call, early Logoi which chose lack of free will foundations, to all extents with no exceptions, founded Logoi of the service-to-others path. The, shall we say, saga of polarity, its consequences and limits, were unimagined until experienced.

Questioner: In other words you are saying that originally the Logoi that did not choose this free will path did not choose it simply because they had not conceived of it and that later Logoi, extending the first distortion farther down through their evolution, experienced it as an outcropping or growth from that extension of the first distortion. Am I correct in saying that?

Ra: I am Ra. Yes.

Questioner: Then did this particular Logos that we experience plan for this polarity and know all about it prior to its plan? I suspect that this is what happened.

Ra: I am Ra. This is quite correct.

Questioner: In that case, as a Logos, you would have an advantage of selecting the form of acceleration, you might say, of spiritual evolution by planning what we call the major archetypical philosophical foundations and planning these as a function of the polarity that would be gained in third density. Is this correct?

Ra: I am Ra. This is exquisitely correct.

Questioner: In that case, it seems that a thorough knowledge of the precise nature of these philosophical foundations would be of primary importance to the study of evolution of mind, body, and spirit, and I would like to carefully go through each, starting with the mind. Is this agreeable with Ra?

Ra: I am Ra. This is agreeable with two requests which must be made. Firstly, that an attempt be made to state the student's grasp of each archetype. We may then comment. We cannot teach/learn to the extent of learn/teaching. Secondly, we request that it be constantly kept before the mind, as the candle before the eye, that each mind/body/spirit complex shall and should and, indeed, must perceive each archetype, if you use this convenient term, in its own way. Therefore, you may see that precision is not the goal; rather the quality of general concept complex perception is the goal.

Questioner: Now, there are several general concepts that I would like to be sure that we have clear before going into this process and I will certainly adhere to the requests that you have just stated.

When our Logos designed this particular evolution of experience It decided to use a system of which we spoke allowing for polarization through total free will. How is this different from the Logos that does not do this? I see the Logos creating the possibility of increase in vibration through the densities. How are the densities provided for and set by the Logos, if you can answer this?

Ra: I am Ra. This shall be the last full query of this working. The psychic attack upon this instrument has, shall we say, left scars which must be tended, in our own opinion, in order to maintain the instrument.

Let us observe your second density. Many come more rapidly to third density than others not because of an innate efficiency of catalysis but because of unusual opportunities for investment. In just such a way those of fourth density may invest third, those of fifth density may invest fourth. When fifth density has been obtained the process takes upon itself a momentum based upon the characteristics of wisdom when applied to circumstance. The Logos Itself, then, in these instances provides investment opportunities, if you wish to use that term. May we enquire if there are any brief queries at this space/time?

Questioner: Is there anything that we can do after this contact to increase the comfort as related to the psychic attack, or is there anything that we can do to make the instrument more comfortable and to improve the contact in the present situation?

Ra: I am Ra. The faculties of healing which each has commenced energizing may be used. The entity may be encouraged to remain motionless for a period. As it will not appreciate this, we suggest the proper discussion.

The physical appurtenance called the censer was just a degree off, this having no deeper meaning. We do ask, for reasons having to do with the physical comfort of the instrument, that you continue in

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your careful efforts at alignment. You are conscientious. All is well.

We leave you, my friends, in the glorious love and light of the one Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. I am Ra. Adonai. ♣

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Intensive Meditation

February 11, 1982

(Carla channeling)

I am Laitos, and I am with this instrument. We greet you, my friends, in the love and in the light of the one infinite Creator. It is, as always, a great privilege to be allowed to work with those who seek to serve as channels to speak the humble message of the Confederation. We of Laitos know that for many of those who attempt to serve as channels there come times when the individual begins to regress somewhat in the progress they have made. The ones who choose to serve as channels often find doubts in their minds about their abilities, doubts about whether they are truly receiving, doubts about whether they are speaking randomly or not and soon with the message that the Confederation offers.

As you continue, however, to exercise your abilities these doubts will begin to smooth out and you will once again be able to relax and allow the words to flow freely without attempting to examine each and every phrase, each word. We do not speak of doubts as a handicap, for doubt is a very important part of your seeking. Without doubt one does not question. To find answers, unknowns, one must question not only others but oneself. Questions will aid you as well as we of Laitos.

(Inaudible). Each insight, each thought, offers opportunity to increase one's awareness, one's knowledge of the Creator, of the self. We of Laitos encourage each to be used—the doubts—and not void them. We will aid you in whatever way possible. If you would call and we shall be with you.

We would at this time like to transfer this contact to one known as S. If she would but relax and allow the words to flow without analyzing them. We now transfer.

(S channeling)

I am Laitos, and am with this instrument. We of Laitos are honored to greet you all with this instrument once again. We are happy to be with you all today and appreciate your allowing us to serve by being of aid to you. We are always pleased to be with each of you at any time should you request we do so. We hope to be able to speak through another instrument, so we would transfer this contact at this time. I am Laitos.

(Unknown channeling)

I am Laitos, and am with this instrument. We greet you all once again in love and light. We apologize for the delay in making our contact known to the group. We were unable to reach the one which we had intended to speak through. We would at this time offer our conditioning vibrations to the one known as R so that he might be able to reach a greater depth in his meditation. We would pause for a moment. I am Laitos.

(Pause)

(Unknown channeling)

I am Laitos, and am once again with this instrument. At this time we would offer ourselves in somewhat of an unusual capacity, i.e. the answering of questions. We feel that at this time we might be of most service in this capacity. Is there a question at this time?

Questioner: I have a question, but first I would like to ask if the drawing of the group energy is acceptable for the channel to remain energized because of the sleeping?

I am Laitos. We are able to maintain this contact at a level which is acceptable at the present though we cannot guarantee, shall we say, this shall be the case for the remainder of the session. We shall do our best, my sister. May we answer you further?

Questioner: Yes, thank you. I got a letter today from a brother who is very, very busy seeking Nirvana of the quickie variety and he would like to know the answer to a question which is difficult for me to fathom. However, I will ask it as he asked it because I would very much appreciate being able to send him a reply. He has studied under a yogic philosophy for many years and would very much like to return to the source. He identifies this source as being at the ninth density. He would like to know if it is possible to bypass all the intervening densities in this lifetime and go back to the source using his yogic practices. Could you comment on these concepts and help our brother, who is truly an earnest seeker, in any way that you see appropriate, please?

I am Laitos, and am aware of your question. We are also aware that entities such as this brother upon your planet at this time seek with great intensity the meaning of their lives and a path which might bring them that which might be called enlightenment. Many are the ways which your peoples have chosen to seek this path throughout the history of your planet. Each path has provided integral pieces of the puzzle, shall we say, which are most necessary for the sincere seeker to utilize in the polarization of the self to a degree which is, shall we say, harvestable. Many such paths have produced those called the saints, the avatars, the gurus, each of which, through disciplined exercises of many kinds, has been able to balance the centers of energy in your mind and body/mind/spirit complex to a degree that is necessary for this harvest into the next density of the illusion of the one Creator. Each discipline, while providing a viable path for the spiritual evolution, also contains those facets which may be considered distortions or misapprehensions of certain spiritual qualities and descriptions.

It is our humble understanding that the path of spiritual evolution must be one which is straight and narrow and of some considerable length, traveling through many illusions and densities with the one goal of becoming one with the Creator. What this means for each entity in any illusion is that the in-streamings of the love/light of the one Creator are available for use by each entity; this love/light or prana being channeled through the energy centers or chakras, if you will, in such a manner that the light is used efficiently, each density providing the seeker of union with a greater intensity of light.

Upon the completion of the cycle of incarnations in any density an entity is given the opportunity to, shall we say, grade itself by being bathed in the light of the one Creator until it is no longer able to withstand or utilize the increasing intensity of light. This light has degrees shall we say, of vibration. When the entity can no longer withstand or use the light, then it stops at that point and that point falls where it may. Wherever it falls it is then the entity's choice, by its own ability to use the light, to continue its study in the appropriate illusion which matches the intensity of light which has been utilized.

Few there are upon your planet at this time who can withstand the intensity of the light of the fourth density. For this light is what might be called a quantum leap beyond that which you now experience within your third density. If any entity were to experience it for but a moment and be able to withstand it, for that moment that entity would feel indeed that it had returned to its Source and would most likely be quite appreciative of that experience. For such seekers as your brother to desire to progress more rapidly than is possible, shall we say, realizing that all things are possible, is a commendable trait, but one which is not likely to be realized, for though your density provides an intense degree of catalyst and opportunity for traveling the spiritual path, to the best of our knowledge, it does not provide enough catalyst to build the polarity necessary to, shall we say, skip any density.

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To the best of our knowledge, when this octave of densities is completed the individualized entities will find themselves at the level of the eighth density—one with the Source of this particular creation. But our teachers have not themselves found such union nor have their teachers told them of an end to such progressions.

We shall continue. For an entity to return to the Source does not mean the end to evolution. For an entity to desire to progress spiritually as rapidly as possible is quite commendable, but we would suggest that it is most necessary to learn to walk, shall we say, before one runs or flies or soars beyond the start. Yours is a density in which the child learns to crawl. Rejoice in the opportunities which are thusly presented to you.

May we answer you further, my sister?

Questioner: No. Thank you, for that was very helpful, I am sure, and I am sure that B thanks you too.

I am Laitos. Our thanks be with your brother as well. May we answer another question at this time?

Questioner: Yes, can you give me some information about the technique of unblocking energy centers during meditation, and is this helpful?

I am Laitos, and am aware of your question, my sister. May we say that the balancing and unblocking of energy centers is the single process which each entity upon your planet is now busy with, though most are quite unaware of the process that is in motion. The incarnation offers the entity the opportunity to accept, to forgive, to love all beings, all experiences, all events, including the self. This learning of acceptance and loving is that learning which shall allow the graduation, shall we say, into the next lesson's series or density. The entity throughout a lifetime, therefore, has the opportunity of learning to love that which is unlovable, learning to accept that which is unacceptable, learning to forgive that which is unforgivable.

This process of loving, accepting, forgiving of all might be enhanced in the meditations upon those circumstances, situations, entities or characteristics of the self which are deemed by the self to be unacceptable, unforgivable, unlovable. Such characteristics occurring within the daily round of activities might be beneficially noted within the mind and used as a catalyst for the learning to love, accept and forgive in the meditative state.

It is our understanding that to see the original feeling as it occurred in its natural surroundings and to allow that feeling to be concentrated upon intensifies it until its logical outcome is perceived, is most beneficial. For example, anger at any would be intensified until the logical outcome of anger would be seen. Anger increasing to violence, violence to pain and suffering, pain and suffering to remorse, remorse to a desire to make retribution—leading to a feeling of love and acceptance. Then seeing this range of experience as polarized opposites at the extremes and seeing the self as acceptable for having these facets, for the one Creator within to know Itself through.

This, we feel, is the most beneficial use of the process of balancing that might be utilized at this time. The descriptions of the centers of energy and the behavioral patterns corresponding to them are available from this group.

May we answer you further, my sister?

Questioner: No, thank you.

We are humbly grateful to you. May we answer another question?

(Pause)

(Unknown channeling)

I am Laitos. At this time we would attempt to close this contact through another instrument. I am Laitos.

(Pause)

(Unknown channeling)

I am Laitos. We were attempting to reestablish contact with the one known as S, but we were unable to reach her at this time. We would like to once again attempt to establish contact with her to end our part in this meditation. We would now attempt once again to contact the one known as S. I am Laitos.

(Unknown channeling)

I am Laitos, and am once again with this instrument. We are still working with this instrument to make our contact known to her, as she is still having some problems in recognizing our contact. We would, however, like to speak through this instrument as we

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leave you today. It has indeed been an honor and a pleasure to be with this group and to be a part of your meditation. We are always grateful to you for allowing us to be with you. And we will end this contact at this time. Adonai, my friends. Adonai vasu borragus.

(Portions of the following recording are inaudible.)

(Unknown channeling)

We are again with the instrument. I am [Latwii]. We thank the one known as C and assure him that as a good instrument would say *(inaudible)* whatever that he must surely get beyond through constant application. We would thank you and each of the others in this group, some of whom desire to be channels such as this one, some of whom desire only to feel our presence and to deepen their own meditation. *(Inaudible)* a sort of carrier of strengthening your own individual vibration. We only therefore at this time attempt to make our presence known to *(inaudible)* to *(inaudible)* to *(inaudible)* and to *(inaudible)*.

Now to the one known as *(inaudible)* I contact *(inaudible)*.

My friends, it is a great privilege to work for this group, and we leave you with the request that you do ask for us to have us there for a few minutes. Never think it is for too short a time. For if you can look carefully at one blade of grass as beauty *(inaudible)* the *(inaudible)* for your own test as your pursue it. As the clock strikes. As a bird sings. As you hear the sound of water *(inaudible)*. Let all things be signals to meditate upon the beauty of the creation of the Father.

We are always with you. You need but ask. I am Latwii, and will leave this instrument now. Adonai *(inaudible)*.

(Unknown channeling)

I am Latwii, and am again with this instrument. We took a *(inaudible)* at the one known as Jim, but he is not yet ready to answer questions for a large group. We think that he is, but he does not think that he is, but we will work that out in the future as you *(inaudible)*. Actually, to us it is a kind of *(inaudible)* to this instrument. May we ask at this time if there are any questions. If you have one please ask.

Questioner: Yes, first I would like to thank you. *(inaudible)* attempting to contact me *(inaudible)*.

We realize, my brother, that that is not precisely the question, however we will make it into one as we know that which you mean. It is a common occurrence with one who has not yet truly vanquished the old habits of the body. We will state that in such a way that you do not feel that because you eat [spaghetti] you cannot channel. The habit of the body is to be active. Unless the body is asleep it is most often active. Even while watching one of your television shows the body will be active and will attempt to feed itself *(inaudible)* or have some sort of pastime. It is very certain that the mind and the body do have some kind of activity.

(Tape ends.) ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
February 14, 1982

(C channeling)

I am Hatonn, and I am with this instrument. We greet you, my friends, in the love and in the light of the one infinite Creator. Tonight we will speak but briefly. We of Hatonn wish to express our gratitude at being allowed to be a part of this group for what has been in your terms a long time. We feel as much a pupil as do all in this group, for through this group we have also learned and have been aided in our journey. So, we wish to say thanks to you and hope that we may continue to be with you.

On your planet the season you call spring is at hand. As your weather begins a change and as the warmth begins to return, a new cycle is about to begin. New growth will stretch and reach for the light, will bask in the warmth *(inaudible)* will be nurtured and will fulfill its purpose. My friends, you are reaching, stretching, ever attempting to expose more and more *(inaudible)* to the light, to the love of the Creator. In this illusion in which you are now a part, you are slowly, steadily, fulfilling your purpose, attempting to be a part of the whole. You, as you become more and more aware of the love that is within, without and that is you, blossoming, growing, fulfilling, as you are nurtured by the light the radiance of yourself shines increasingly brighter. You cannot hide it, for it is part of you and it is there for others to see; whether they can appreciate or not, whether they will become like it or seek to ignore or destroy, the light that is you shines.

That light, my friends, is most beautiful to us. We are most joyful in being able to see this light grow. We hope that this light, if seen by others, may awaken them and enable them to fulfill their purposes. We ask not for you to make yourselves conspicuous, as do so many who would preach to others but attempt to drag them along and into their particular way of growth, but we hope that each, by example, may start a small spark in others, that they may come to know the love and the light of the one infinite Creator. We ask, we hope, that you will not flash in front of people, but merely allow the love and light that is you [to] shine so that others may see and deal with as is their way.

We would now like to transfer this contact to another. We are Hatonn.

(Carla channeling)

I am Hatonn, and I greet you once again in the love and in the light of our infinite Creator. We would continue through this instrument.

My friends, in expressing our gratitude for being able to share with you in your meditations over a period of what you call your time, we are expressing appreciation of something which has a fundamental function in the spiritual life. Picture, if you will, the creation of our planetary sphere that surrounds you, in some parts towers above you, curves away from you in the far distance, out of eyeshot finally. The creatures of that creation are in many cases so totally

interconnected physically that there is no misunderstanding possible of the fundamental truth of unity. The mother, the nurturer, the Earth itself bears the fruit that supports the life, and the creatures of that creation are aware of this, and do not question it. They know that they are a part of one creation and a piece of one unity.

Creatures, such as yourselves, my friends, have reared up on their hind legs and have walked away from the mother, that is, the symbol of a kind of unity that is nurtured *(inaudible)*. It does not often occur to your peoples that you all could indeed be a part of one being, particles of one creation, and yet, my friends, just as the roots of trees intertwine and touch in their search for light, so do all the creatures of your world touch each other. The air circulates among you, the earth is under your feet, even in your domicile, my friends, each of you rests upon some chair, a sitting place, which touches the floor, that touches the next sitting place. The air touches all of you. These words, that this instrument offers itself that we may speak, come to each of you. You are one, my friends, and that is the fundamental function of meetings such as this. We do not suggest that you are in any way better than your fellow man, wiser than your fellow man, or more to be than your fellow man, for you are your fellow man.

However, my friends, each of you has made a simple, but sometimes devastating choice and that is to pursue the path of spiritual seeking, Although it is an adventure, it is one which often causes one to feel immensely alone. Each of you, hearing these words, is now seated in a domicile with a group of like-minded seekers. It matters not what you say or do not say, whether you are jocular or serious or silent. What matters, my friends, is that just as the floor and the chairs and the air physically touch all of you together, so your seeking allows you to feel the touch *(inaudible)* of all the *(inaudible)*, not a touch of the hand, necessarily, but the touch of caring of sharing, of daring the determination, and of a kind of honor which is not the property of those who yet sleep.

So, my friends, it is so far more to feel that light within you *(inaudible)*. Here lies that which in your heart may became a resource. As you move into groups of people who are not necessarily at all of a like mind and to whom it is your desire to be of service, your chief service is to share that light that you feel at this moment and at those times when your meditations allow you magnificent moments of that feeling of sweetness and unity which occur unexpectedly, as roses in the desert. Here is where your own resources may be brought up, to use this instrument's phrase, your batteries may be charged, for there are those who will indeed seek to drain you, and it is important for your own maintenance that you have control over this process so that you are never open when you have been completely drained. Fill, then, your batteries with love and light and then know that nothing can come from you, but only through you. Keep these feelings in your heart and as you attempt to express the manifested love in your daily life attempt only to be.

We could speak to a far greater extent upon this subject, however, for the present, we shall close. If there are questions we shall allow our brother to answer. Again, my friends, we thank you. We wish you the peace of your path, in the company of those who are seeking to know how to love.

I am Hatonn. We leave you in the love and in the light of the infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Latwii. I am with this instrument, and I also greet you in the love and light. It is a privilege to speak through this instrument as we do not often do so since this instrument does not use question and answer format. We, however, wish to use this instrument in order to comment on the hilarious conversation that three of the instruments present are having at this time. Each of them is saying, "Why don't you go to someone else?" We have been playing round-robin up here for the last several of your what you call minutes and we would be glad to keep doing so except that no one can hear it except us and therefore we cannot answer any questions. We say to the one known as L, we understand, old boy, you are a little lame-brained tonight, therefore, we would, if we might have the honor, work with the instrument known as Jim, if he would allow us to enter into the realm of his energy centers, rather than asking us to try L. I will now leave this instrument. It has been a joy to speak through her. I am Latwii.

(Jim channeling)

I am Latwii, and am with this instrument finally. We greet you all in love and light and do marvel at the ease of moving through a door which has been

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opened. We especially enjoy evenings such as this, for is it not variety which is the spice of every life? And now for the main course, so to speak. May we answer queries at this time?

L: I have a question, please, in reference to my lame-brainedness. I seem to be having a lot of trouble maintaining concentration tonight. Have you any advice to offer or explanation of what might possibly be causing it?

I am Latwii, and am aware of your query, my brother. In this regard may we say quite simply that when a portion of the physical vehicle is what you might call injured, it is much more difficult to place the concentration at a, shall we say, constant state or a steady state, for there is the natural concern of the body complex for a portion of its being and as your mind, body and spirit are intertwined in quite close fashion, it is only logical to assume that when one part has been injured, there is the taking away of, shall we say, energy and concentration from the whole, so that that part might be healed.

May we answer you further, my brother?

L: Yes. I recently had some trouble in the area of my throat. Considering the proximity of one of the chakras to that area, is there a connection between the physical ailment I've been experiencing and that chakra?

I am Latwii, and am aware of your query, my brother. In this regard we find we are unable to speak specifically, for indeed there is a connection between these two phenomenon—we correct this instrument—phenomena. We are sure the one known as Carla would appreciate this correction.

Carla: Thank you, Latwii.

We continue by saying that there is a connection which is relevant to the current growth of your being. This connection is most beneficially sought for and discovered within your own meditative seeking. We cannot infringe by describing its nature, for that would be to, shall we say, rob the prize from you.

May we answer you further, my brother?

L: No, and I thank you very much for your assistance.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

M: Yes, Latwii, something that may be of interest to our readership. You talked about the new cycle is beginning soon. Can you give us some idea of what soon is?

I am Latwii, and am aware of your query, my brother. We of Latwii are unable, as is each of the Confederation, to specifically delineate time frames. Firstly, we are unable because we cannot compute correctly the frame of time that will elapse between the present and, shall we say, the heart of the beginning of the new cycle, for it is already, in some respects, quite well underway and shall be determined in its specificness and completeness by the combined free will choices of each of the entities upon your planet. Even if we were able to determine all the [initial], shall we say, parameters we could not give specific information as to its inception or date, shall we say, for such information is not deemed proper or pertinent to the spiritual evolution of entities upon your planet.

To summarize, may we suggest that this cycle has begun and shall continue in intensity for some period of your time as you measure years and decades.

May we answer you further, my brother?

M: No. I think I knew that answer before I asked. It was not a wise question. Next one has to do with material I've been reading from back in 1974 and before and concerned as to what changed in the thinking of the Confederation—you talked many, many times about a very broad contact or even a landing that was imminent and I'm curious as to what's changed in your way of thinking about that approach of bringing truth to this planet.

I am Latwii, and am aware of your query, my brother. To this question we may best respond, we feel, by suggesting that the changes have occurred within the instruments and their tuning. To be more specific we may suggest that new instruments or instruments with tuning which is not precisely positive in nature may receive information which is not always accurate or of Confederation origin.

May we answer you further, my brother?

M: Yes. Do I understand you correctly that the Confederation never alluded to a mass landing type contact and that that was only something that came through the instrument's own imagination?

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I am Latwii, and would respond to this query by suggesting that this is partially correct. It is also suggested that telepathic contact with entities of origins other than the Confederation might also have been the source of such information in a few instances in the past of this group.

May we answer you further, my brother?

M: One last question. That topic came up many, many times in the past. Were we routinely in contact with entities that identified themselves as Confederation that were not? Back in '74?

I am Latwii, and to respond to this query most generally, we may suggest that the concept of a mass landing by Confederation entities has been a concept which has been widely disseminated among your peoples for a great length of time, by entities of both the positive and negative polarities, for some period of your time. Such a contact with your peoples through the landing of craft has been occurring from both Confederation …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am with this instrument once again. To continue our response. This concept of the landing of craft has been widely disseminated for a long period of time as your peoples measure time. Many landings have occurred, landings originating from the Confederation and from other origins. The concept of a mass landing has never been a strong possibility, as far as Confederation sources are concerned. The telepathic contact with various channels has been somewhat hampered, shall we say, when these instruments are aware of the landings which have occurred and are aware of the messages transmitted by other sources which suggest a mass landing, for the various purposes of teleporting, shall we say, entities off of your planetary surface, of giving technological information, of teaching the spiritual laws, and so forth.

Instruments who have become aware of information from other sources have, in their minds, by their own choice, a distortion toward such information quite frequently which allows sources other than the Confederation to eventually infringe upon the purity of their contact and utilize the information and distortions already present in the mind complex so that further information of this nature might be given. It is possible, therefore, that an entity for a period of time may receive a positive contact and through its own distortion towards such and such a type of information thereby distort that information and allow an opening to occur within its own instrument for the further description and dissemination of this type of information.

May we answer you further, my brother?

M: No. Thank you, Latwii, for your patience.

I am Latwii. We thank you as well. Is there another question at this time?

L: Latwii, I have a couple of questions I'd like to ask to ensure my understanding of how this whole thing came about. In discussing this subject with a friend recently, I found I had some questions in my mind as to the purpose that you had for UFOs, so I would like to make several statements and have you either agree with them or disagree and correct them if you would.

The first is that some, but not all, of the UFO occurrences that have occurred in the past have originated with you and that they were for the purpose of drawing attention to the fact that you do exist. Would you say that is correct?

I am Latwii, and am aware of your question, my brother. We assume that when you use the word "you" that you are referring not only to those known as Latwii, but to the Confederation in general, and we would respond by saying that some contacts of the sighting and encounter of the UFO craft, as your peoples call them, have been of Confederation origins and have the general purpose of presenting to the people of your planet the concept of mystery which then produces, hopefully, the seeking for the solution to the mystery.

In specific cases, entities upon your planet who have such contacts with Confederation craft have such contact for the purpose of awakening within their being a knowledge of information which has been seeded within their mind/body/spirit complex before this incarnation having to do with their own seeking and service to the one Creator.

May we answer you further, my brother?

L: Yes. In reference to those you just discussed, what is the necessity of the craft? Why is the craft necessary at all?

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I am Latwii, and am aware of your query, my brother. In many cases—in most cases a craft is not necessary. Many such contacts, shall we say, are made in the state of sleep and dreams and may not even be consciously remembered by the entity contacted. The purpose still is the same: to awaken the one contacted to the purpose of its life and mission as determined by it before this incarnation. In some few cases the entity is contacted by the use of a craft of the UFO description, for it is felt by the entity's own higher self, shall we say, that such a contact is most beneficial for the awakening of that entity, as each entity is unique and in some cases the contact by the craft is also utilized for a wider purpose, that being the presentation to your population of the concept of mystery, so that the seeking to its solution might be generated.

May we answer you further, my brother?

L: So, would it be correct to say that the use of a physical craft is simply to take advantage of the individual's or group of individuals' favorable distortion toward such a craft as opposed to a boat from Shangri-La or something similar?

I am Latwii, and am aware of your query, my brother, and may respond by saying that, in general, this is correct, although there is no advantage, shall we say, which is taken, but an opportunity which is presented according to the distortions of the entity receiving this opportunity.

May we answer you further, my brother?

L: No, that should hold me for a while. I'll get back with you when I've had some time to look at it. Thank you very much for your patience.

I am Latwii. We are most grateful to you, and look forward to further queries from you. May we answer another question at this time?

(Pause)

I am Latwii. We have been most honored to join your group this evening. The exchange of love and light with each present has given us great joy. We especially enjoy those moments of laughter, for it is not often that we can partake in such levity, shall we say, for those of our vibration have heard all our jokes. We look forward to future gatherings with this group and shall bring our repertoire of bad puns. We leave this group now, rejoicing in love and in light. We leave each of you in that love and that light, radiating as it does from the one infinite Creator within all beings. We are known to you as Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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The L/L Research Channeling Archives

Transcripts of the Meditation Sessions

Volume 5

February 19, 1982 to September 25, 1982

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1982

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The Law of One, Book IV, Session 78
February 19, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Was there some problem with the ritual we performed that made it necessary to perform the ritual twice?

Ra: I am Ra. There was a misstep which created a momentary lapse of concentration. This was not well.

Questioner: What was the misstep?

Ra: I am Ra. It was a missed footing.

Questioner: Did this have any detrimental effect on the instrument?

Ra: I am Ra. Very little. The instrument felt the presence it has come to associate with cold and spoke. The instrument did the appropriate thing.

Questioner: Could you tell me the condition of the instrument?

Ra: I am Ra. The physical complex is as previously stated. There is some slight loss of vital energy. The basic complex distortions are similar to your previous asking.

Questioner: The instrument would like for me to ask if there is any problem with her kidneys?

Ra: I am Ra. This query is more complex than its brevity certifies. The physical complex renal system of this instrument is much damaged. The time/space equivalent which rules the body complex is without flaw. There was a serious question, due to psychic attack, as to whether the spiritual healing of this system would endure. It did so but has the need to be re-enforced by affirmation of the ascendancy of the spiritual over the apparent or visible.

When this instrument began ingesting substances designed to heal in a physical sense, among other things, the renal complex, this instrument was ceasing the affirmation of healing. Due to this, again, the healing was weakened. This is of some profound distortion and it would be well for the instrument to absorb these concepts. We ask your forgiveness for offering information which may abridge free will, but the dedication of the instrument is such that it would persevere regardless of its condition, if possible. Thusly we offer this information that it may persevere with a fuller distortion towards comfort.

Questioner: What was the experience that caused the healing of the time/space kidney?

Ra: I am Ra. This experience was the healing of self by self with the catalyst of the spiritual healer whom you call Pachita.

Questioner: Thank you. In utilizing the energetic displacements of thought-forms energizing the instrument during contact most efficiently, what specifically could we do?

Ra: I am Ra. Each of the support group has an excess of love and light to offer the instrument

during the working. Already each sends to the instrument love, light, and thoughts of strength of the physical, mental, and spiritual configurations. These sendings are forms. You may refine these sendings until the fullest manifestations of love and light are sent into the energy web of this entity which functions as instrument. Your exact sending is, in order to be most potent, the creature of your own making.

Questioner: Thank you. I am going to go back to an earlier time, if you could call it that, in evolution to try to establish a very fundamental base for some of the concepts that seem to be the foundation of everything that we experience so that we can more fully examine the basis of our evolution.

I am guessing that in our Milky Way Galaxy (the major galaxy with billions of stars) that the progress of evolution was from the center outward toward the rim and that in the early evolution of this galaxy the first distortion was not extended down past the sub-Logos simply because it was not thought of or conceived of and that this extension of the first distortion, which created polarization, was something that occurred in what we would call a later time as the evolution progressed outward from the center of the galaxy. Am I in any way correct in this statement?

Ra: I am Ra. You are correct.

Questioner: We have the first, second, and third distortions of the Law of One as free will, love, and light. Am I correct in assuming that the central core of this major galaxy began to form with the third distortion? Was that the origin of our Milky Way Galaxy?

Ra: I am Ra. In the most basic or teleological sense you are incorrect as the one infinite Creator is all that there is. In an undistorted seed-form you are correct in seeing the first manifestation visible to the eye of the body complex which you inhabit as the third distortion, light, or to use a technical term, limitless light.

Questioner: I realize that we are on very difficult ground, you might say, for precise terminology. It is totally displaced from our system of coordinates for evaluation in our present system of language.

These early Logoi that formed in the center of the galaxy wished, I assume, to create a system of experience for the one Creator. Did they then start with no previous experience or information about how to do this? This is difficult to ask.

Ra: I am Ra. At the beginning of this creation or, as you may call it, octave there were those things known which were the harvest of the preceding octave. About the preceding creation, we know as little as we do of the octave to come. However, we are aware of those pieces of gathered concept which were the tools which the Creator had in the knowing of the self.

These tools were of three kinds. Firstly, there was an awareness of the efficiency for experience of mind, body, and spirit. Secondly, there was an awareness of the most efficacious nature or, if you will, significator of mind, body, and spirit. Thirdly, there was the awareness of two aspects of mind, of body, and of spirit that the significator could use to balance all catalyst. You may call these two the matrix and the potentiator.

Questioner: Could you elaborate please on the nature and quality of the matrix and the potentiator?

Ra: I am Ra. In the mind complex the matrix may be described as consciousness. It has been called the Magician. It is to be noted that of itself consciousness is unmoved. The potentiator of consciousness is the unconscious. This encompasses a vast realm of potential in the mind.

In the body the matrix may be seen as Balanced Working or Even Functioning. Note that here the matrix is always active with no means of being inactive. The potentiator of the body complex, then, may be called Wisdom for it is only through judgment that the unceasing activities and proclivities of the body complex may be experienced in useful modes.

The Matrix of the Spirit is what you may call the Night of the Soul or Primeval Darkness. Again we have that which is not capable of movement or work. The potential power of this extremely receptive matrix is such that the potentiator may be seen as Lightning. In your archetypical system called the tarot this has been refined into the concept complex of the Lightning Struck Tower. However, the original potentiator was light in its sudden and fiery form; that is, the lightning itself.

Questioner: Would you elucidate with respect to the significator you spoke of?

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Ra: I am Ra. The original significators may undifferentiatedly be termed the mind, the body, and the spirit.

Questioner: Then we have, at the beginning of this galactic evolution, an archetypical mind that is the product of the previous octave which this galaxy then used as and acts upon under the first distortion so as to allow for what we experience as polarity. Was there any concept of polarity carried through from the previous octave in the sense of service-to-others or service-to-self polarity?

Ra: I am Ra. There was polarity in the sense of the mover and the moved. There was no polarity in the sense of service-to-self and service-to-others.

Questioner: Then the first experiences, as you say, were in monochrome. Was the concept of the seven densities of vibration with the evolutionary process taking place in discrete densities carried through from the previous octave?

Ra: I am Ra. To the limits of our knowledge, which are narrow, the ways of the octave are without time; that is, there are seven densities in each creation infinitely.

Questioner: Then I am assuming that the central suns of our galaxy, in starting the evolutionary process in this galaxy, provided for, in their plans, the refinement of consciousness through the densities just as we experience it here. However, they did not conceive of the polarization of consciousness with respect to service-to-self and service-to-others. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Why do the densities have the qualities that they have? You have named the densities with respect to their qualities, the next density being that of love and so on. Can you tell me why these qualities exist in that form? Is it possible to answer that question?

Ra: I am Ra. It is possible.

Questioner: Will you please answer that?

Ra: I am Ra. The nature of the vibratory range peculiar to each quantum of the octave is such that the characteristics of it may be described with the same certainty with which you perceive a color with your optical apparatus if it is functioning properly.

Questioner: So the original evolution then was planned by the Logos but the first distortion was not extended to the product. At some point this first distortion was extended and the first service-to-self polarity emerged. Is this correct and if so, could you tell me the history of this process of emergence?

Ra: I am Ra. As proem let me state that the Logoi always conceived of themselves as offering free will to the sub-Logoi in their care. The sub-Logoi had freedom to experience and experiment with consciousness, the experiences of the body, and the illumination of the spirit. That having been said, we shall speak to the point of your query.

The first Logos to instill what you now see as free will, in the full sense, in its sub-Logoi came to this creation due to contemplation in depth of the concepts or possibilities of conceptualizations of what we have called the significators. The Logos posited the possibility of the mind, the body, and the spirit as being complex. In order for the significator to be what it is not, it then must be granted the free will of the Creator. This set in motion a quite lengthy, in your terms, series of Logos's improving or distilling this seed thought. The key was the significator becoming a complex.

Questioner: Then our particular Logos, when it created Its own particular creation, was at some point far down the evolutionary spiral of the experiment with the significator becoming what it was not and, therefore, I am assuming, was primarily concerned in designing the archetypes in such a way that they would create the acceleration of this polarization. Is this in any way correct?

Ra: I am Ra. We would only comment briefly. It is generally correct. You may fruitfully view each Logos and its design as the Creator experiencing Itself. The seed concept of the significator being a complex introduces two things: firstly, the Creator against Creator in one sub-Logos in what you may call dynamic tension; secondly, the concept of free will, once having been made fuller by its extension into the sub-Logoi known as mind/body/spirit complexes, creates and re-creates and continues to create as a function of its very nature.

Questioner: You stated previously that The Choice is made in this third-density and is the axis upon which the creation turns. Could you expand on your reason for making that statement?

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Ra: I am Ra. This is a statement of the nature of creation as we speak to you.

Questioner: I did not understand that. Could you say that in a different way?

Ra: I am Ra. As you have noted, the creation of which your Logos is a part is a protean entity which grows and learns upon a macrocosmic scale. The Logos is not a part of time. All that is learned from experience in an octave is, therefore, the harvest of that Logos and is further the nature of that Logos.

The original Logos's experience was, viewed in space/time, small; Its experience now, more. Therefore we say, as we now speak to you at this space/time, the nature of creation is as we have described. This does not deny the process by which this nature has been achieved but merely ratifies the product.

Questioner: After third density, in our experience, social memory complexes are polarized positively and negatively. Is the interaction of social memory complexes of opposite polarity equivalent, but on a magnified scale, to the interaction between mind/body/spirit complexes of opposite polarity? Is this how experience is gained as a function of polarity difference in fourth and fifth densities?

Ra: I am Ra. No.

Questioner: This is a hard question to ask, but what is the value experientially of the formation of positive and negative social memory complexes, of the separation of the polarities at that point rather than the allowing for the mixing of mind/body/spirit complexes of opposite polarity in the higher densities?

Ra: I am Ra. The purpose of polarity is to develop the potential to do work. This is the great characteristic of those, shall we say, experiments which have evolved since the concept of The Choice was appreciated. Work is done far more efficiently and with greater purity, intensity, and variety by the voluntary searching of mind/body/spirit complexes for the lessons of third and fourth densities. The action of fifth density is viewed in space/time the same with or without polarity. However, viewed in time/space, the experiences of wisdom are greatly enlarged and deepened due, again, to the voluntary nature of polarized mind/body/spirit action.

Questioner: Then you are saying that as a result of the polarization in consciousness which has occurred later in the galactic evolution, the experiences are much more intense along the two paths. Are these experiences each independent of the other? Must there be action across the potentiated difference between the positive and negative polarity, or is it possible to have this experience simply because of the single polarity? This is difficult to ask.

Ra: I am Ra. We would agree. We shall attempt to pluck the gist of your query from the surrounding verbiage.

The fourth and fifth densities are quite independent, the positive polarity functioning with no need of negative and visa-versa. It is to be noted that in attempting to sway third-density mind/body/spirit complexes in choosing polarity there evolves a good bit of interaction between the two polarities. In sixth density, the density of unity, the positive and negative paths must needs take in each other for all now must be seen as love/light and light/love. This is not difficult for the positive polarity which sends love and light to all other-selves. It is difficult enough for service-to-self polarized entities that at some point the negative polarity is abandoned.

Questioner: The choice of polarity being unique as a circumstance, shall I say, for the archetypical basis for the evolution of consciousness in our particular experience indicates to me that we have arrived, through a long process of the Creator knowing Itself, at a position of present or maximum efficiency for the design of a process of experience. That design for maximum efficiency is in the roots of consciousness and is the archetypical mind and is a product of everything that has gone before. There are, unquestionably, relatively pure archetypical concepts for the seven concepts for mind, body, and spirit. I feel that the language that we have for these is somewhat inadequate.

However, we shall continue to attempt to investigate the foundation for this and I am hoping that I have laid the foundation with some degree of accuracy in attempting to set a background for the development of the archetypes of our Logos. Have I left out anything or made any errors, or could you make any comments on my attempt to lay the foundation for the construction that our Logos used for the archetypes?

Ra: I am Ra. Your queries are thoughtful.

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Questioner: Are they accurate, or have I made mistakes?

Ra: I am Ra. There are no mistakes.

Questioner: Let me put it this way. Have I made missteps in my analysis of what has led to the construction of the archetypes that we experience?

Ra: I am Ra. We may share with you the observation that judgment is no part of interaction between mind/body/spirit complexes. We have attempted to answer each query as fully as your language and the extent of your previous information allow. We may suggest that if, in perusing this present material, you have further queries, refining any concept, these queries may be asked and, again, we shall attempt adequate rejoinders.

Questioner: I understand your limitations in answering that. Thank you.

Could you tell me how, in the first density, wind and fire teach earth and water?

Ra: I am Ra. You may see the air and fire of that which is chaos as literally illuminating and forming the formless, for earth and water were, in the timeless state, unformed. As the active principles of fire and air blow and burn incandescently about that which nurtures that which is to come, the water learns to become sea, lake, and river offering the opportunity for viable life. The earth learns to be shaped, thus offering the opportunity for viable life.

Questioner: Are the seven archetypes for mind a function of or related to the seven densities that are to be experienced in the octave?

Ra: I am Ra. The relationship is tangential in that no congruency may be seen. However, the progress through the archetypes has some of the characteristics of the progress through the densities. These relationships may be viewed without being, shall we say, pasted one upon the other.

Questioner: How about the seven bodily energy centers? Are they related to archetypes in some way?

Ra: I am Ra. The same may be said of these. It is informative to view the relationships but stifling to insist upon the limitations of congruency. Recall at all times, if you would use this term that the archetypes are a portion of the resources of the mind complex.

Questioner: Is there any relationship between the archetypes and the planets of our solar system?

Ra: I am Ra. This is not a simple query. Properly, the archetypes have some relationship to the planets. However, this relationship is not one which can be expressed in your language. This, however, has not halted those among your people who have become adepts from attempting to name and describe these relationships. To most purely understand, if we may use this misnomer, the archetypes it is well to view the concepts which make up each archetype and reserve the study of planets and other correspondences for meditation.

Questioner: It just seemed to me that since the planets were an outgrowth of the Logos and since the archetypical mind was the foundation of the experience that the planets of this Logos would be somewhat related. We will certainly follow your suggestion.

I have been trying to get a foothold into an undistorted perception, you might say, of the archetypical mind. It seems to me that everything that I have read having to do with archetypes has been, to some degree or another, distorted by the writers and by the fact that our language is not really capable of description.

You have spoken of the Magician as a basic archetype and that this seems to have been carried through from the previous octave. Would this be in order—if there is an order—the first archetypical concept for this Logos, the concept that we call the Magician?

Ra: I am Ra. We would first respond to your confusion as regards the various writings upon the archetypical mind. You may well consider the very informative difference between a thing in itself and its relationships or functions. There is much study of archetype which is actually the study of functions, relationships, and correspondences. The study of planets, for instance, is an example of archetype seen as function. However, the archetypes are, first and most profoundly, things in themselves and the pondering of them and their purest relationships with each other should be the most useful foundation for the study of the archetypical mind.

We now address your query as to the archetype which is the Matrix of the Mind. As to its name, the name of Magician is understandable when you

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consider that consciousness is the great foundation, mystery, and revelation which makes this particular density possible. The self-conscious entity is full of the magic of that which is to come. It may be considered first, for the mind is the first of the complexes to be developed by the student of spiritual evolution.

Questioner: Would the archetype then that has been called the High Priestess, which represents the intuition, be properly the second of the archetypes?

Ra: I am Ra. This is correct. You see here the recapitulation of the beginning knowledge of this Logos; that is, matrix and potentiator. The unconscious is indeed what may be poetically described as High Priestess, for it is the Potentiator of the Mind and as potentiator for the mind is that principle which potentiates all experience.

Questioner: Then for the third archetype would the Empress be correct and be related to disciplined meditation?

Ra: I am Ra. I perceive a mind complex intention of a query, but was aware only of sound vibratory statement. Please requestion.

QUESTIONER. I was asking if the third archetype was the Empress and was it correct to say that this archetype had to do with disciplined meditation?

Ra: I am Ra. The third archetype may broadly be grasped as the Catalyst of the Mind. Thus it takes in far more than disciplined meditation. However, it is certainly through this faculty that catalyst is most efficiently used. The Archetype, Three, is perhaps confusedly called Empress although the intention of this number is the understanding that it represents the unconscious or female portion of the mind complex being first, shall we say, used or ennobled by the male or conscious portion of the mind. Thus the noble name.

Questioner: The fourth archetype is called the Emperor and seems to have to do with experience of other-selves and the green-ray energy center with respect to other-selves. Is this correct?

Ra: I am Ra. This is perceptive. The broad name for Archetype Four may be the Experience of the Mind. In the tarot you find the name of Emperor. Again this implies nobility and in this case we may see the suggestion that it is only through the catalyst which has been processed by the potentiated consciousness that experience may ensue. Thusly is the conscious mind ennobled by the use of the vast resources of the unconscious mind.

This instrument's dorsal side grows stiff, and the instrument tires. We welcome one more query.

Questioner: I would like to ask the reason for this session having been longer than most previous sessions and also if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. This instrument was given far more than the, shall we say, usual amount of transferred energy. There is a limit to the amount of energy of this type which may, with safety, be used when the instrument is, itself, without physical reserves. This is inevitable due to the various distortions such as we mentioned previously in this working having to do with growing dorsal discomfort.

The alignments are fastidious. We appreciate your conscientiousness. In order to enhance the comfort of the instrument it might be suggested that careful manipulation of the dorsal area be accomplished before a working.

It is also suggested that, due to the attempt at psychic attack, this instrument will require warmth along the right side of the physical complex. There has been some infringement but it should not be long-lasting. It is, however, well to swaddle this instrument sufficiently to ward off any manifestation of this cold in physical form.

I am Ra. I leave you, my friends, in the love and in the light of the one infinite Creator. Go forth, therefore, merrily rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
February 21, 1982

(C channeling)

I am Hatonn, and am now with this instrument. Tonight we were enjoying the sounds of your laughter, but will refrain from attempting to indulge in joke-telling, for we feel we are too long out of practice to be able to adequately bandy about your puns. Tonight we wish to speak a few words about compassion, feelings that you experience in regard to your fellow entities, your planet. In your illusion, my friends, you are constantly faced with choices, and each affects, not only you, but also indirectly or sometimes directly affects those around you. These choices, as you develop, may at times seem very clear and shall be easy for you to do that which will aid you the most in your journey, but in your illusion few things are simple. Your illusion is such that in no case can the line clearly be drawn between serving of others, the serving of the self.

My friends, each of you must flow, each of you must act in the way that you deem most appropriate. In your illusion you become intertwined closely with various other entities in relationships, just friendship, family, ties that you call blood ties, connections that intertwine, that complicate each and every decision made, with relationships always [being] connected by choices. The choice is made with these relationships weighing very heavily upon the decision. You will find that you will tend to take relationships, bring them ever increasingly into your choices as you slowly progress in your journey as they are brought ever closer, the bonds strengthen and the ways in which you view these is ever more with a more focused love.

These entities, as you grow you may find that they take place … as you think and act first for them instead of first for you. As you continue to grow, this love/compassion will extend beyond your immediate relationships and reach further and further to others on your planet. Few begin … begin to place all others first in their choices, as you see it how they should be made.

My friends, the choices are hard, but through meditation you may find your mind so much clearer and the choices perhaps a little easier. No one but you may make your decision. The choice is always yours; no matter what acts upon you, you choose.

We are known to you as Hatonn, and we are always grateful to be able to speak a few humble words to you to aid in what ways we can. We can no more make your decisions than can any other catalyst you may encounter. We hope that through our few humble words love and light may serve you in your journey. We say this to emphasize that we do not, in your words, make decisions for you. Remember always choice, the decisions are yours.

We would, at this time, transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and am now with this instrument. We would continue briefly. My friends, there are many lonely people who do not believe that each person has a free choice of action at each moment in his life. The philosophy of such among your peoples is that first the parents instruct and must be obeyed, then society instructs and codes of social behavior must be followed, then, perhaps at some point, there is a marriage and the mate requires certain behavior and responsibilities ensue because children are forthcoming, and there are behaviors which are the responsibility of parents, and so from birth to death some people feel there is no freedom, but only a sometimes happy and sometimes dreary round of fitting in, doing your duty, and remaining within the law.

On the other side of the scale, my friends, there are those among your peoples who have listened to their inner voices and who say, and quite rightly, "All that I need to know is already within me. I do not need experience. Why should I accept sometimes being happy and sometimes sad and always involved with others who certainly seem to cause complications when I already know all that there is to know, when I am already aware of love, when I already feel the light of the Creator governing my footsteps? With my inner voice to guide me, what need have I for further experience in [the] outer world?"

Between these two systems of thought, my friends, there lies, as we have said, choices, a lifetime full. Those who believe that they are not free to make choices are lazy. Any number of clever statements can be made concerning such things as a prison, times wherein there is no choice as to the location of your physical vehicle, situations in which it would seem obvious that an action must be followed, but, my friends, the essence of choice is the use of the mind to discriminate between that which is worthy, true and beautiful in one's immediate environment and that which is not. There is no situation so limiting that you do not have full choice over your own mind, your own attitude, your own ability to radiate the love and the light of the infinite Creator.

To address those whom, far from feeling pent in by a society which seems to predetermine their destinies, feel instead that they have no need for experience, we can only suggest to each of you that you look back over a significant time period of your past, as you have experienced it in this lifetime. Are you indeed the same person that you were? Have not the choices that you have made, one by one, added up to a transformed person that sits in meditation in this domicile this evening with this group of people? Not some other group, not some other activity, not some other message. No matter that the universe is potentially complete within you. You must choose to know yourself, and there are so many things that you cannot know without experience. In happy times and in sad you know yourself better and better, and if you use the powers of your mind to determine what you have learned from the happy times and the sad ones, you will became more and more able, as a person, to, shall we say, stand upon your own two feet, within yourself surer, but able also to offer yourself to those about you as a listener, as an understander and as one who is seeking to be of aid.

Your first aid, my friends, is to yourself, so that you may be a person capable of aiding others. This aid is to know yourself, not to know what other people think of you; not to know what society expects of you; not to know what is legal, but to know what you think, what you feel and who you are. To suggest that you put into action, without discrimination, all those things that you are would be foolish, for, my friends, each entity has a light side and a dark one. To know yourself is the important thing, to know, to accept, and to love yourself, that which you consider good, that which you consider bad, is to became ready to know, to love and to accept others.

As always, we suggest the regular period of meditation, in order that those things which are too deep for conscious thought within yourself may be contacted and used, for you have a vast storehouse within you which will be of great aid as you seek the light of the infinite Creator.

At this time, we would pause so that our brothers and sisters of Laitos and we might move among you, offering to each our vibration, that you may feel our presence in a gentle manner, and if you wish, strengthen your own meditative state. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn, and I thank you for your patience. We of the Confederation have begun working with many of those present and we greatly welcome each

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opportunity to touch their vibrations in a meeting such as this one. We would close now through another instrument. I am Hatonn.

(C channeling)

I am Hatonn, and I am once again with this instrument. We had experienced difficulty earlier in establishing contact with this instrument, and were attempting to strengthen contact this time. We now feel that contact has been improved and is more easily recognizable to this instrument. We shall now leave this group so that our brothers and sisters of Latwii may serve you by attempting to answer any questions you may have. We are Hatonn. Adonai, my friends.

(Carla channeling)

I am Latwii. I am with you in the love and the light of the infinite Creator, and am once again in the position of having to speak through this instrument in order to break up a little party going on up here between two of the instruments in the room who are playing a game which they call Alphonse and Gaston. My friends, each of these instruments is crackerjack. We would be happy to speak through either. Perhaps they should get together and decide whether one of them will actually allow us to speak, or whether we should just go home.

I am Latwii and will again attempt to contact somebody who can answer questions. I thank this instrument for allowing us to ring her chime, however briefly.

(L channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. Now that we have the opportunity to express a few words to those present, we would gladly offer to attempt the service of answering …

(Side one of tape ends.)

(L channeling)

Now, then. Are there any questions that we may attempt to feel, so to speak?

M: If nobody has one, I have one for you, Latwii. Would you address the polarization or depolarization potential of taking another entity's life?

I am Latwii. I am aware of your question. My brother, we are surprised at this question, merely because we had assumed that your earlier conversation had managed to cover nearly every conceivable detail and variation upon that subject. If we may be allowed the pun, we had assumed that the concept of putting an other self into the ground had already been run into the ground.

M: If you'd like to make it brief, that's fine Latwii.

However, my brother, we shall attempt to add whatever commentary we can before the case or grave is closed. My brother, the taking of an other self's life is a task that, of course, should never be approached feverously, yet at times, if this situation occurs, you will find that you have very little opportunity for philosophical discussion prior to making the decision. We would suggest, my brother, that the same storehouse of information available for the lengthy philosophical discussion is also available for a quick service version of analysis. There is a capacity within each individual to evaluate a situation, not upon the details of the illusion, but rather upon the climate of wisdom and compassion within that same individual. It is not merely a matter of evaluating the details of the external situation, but rather of evaluating the details of your own orientation toward action or inaction. Therefore, my brother, we would simply offer the suggestion that while looking at the situation one should also include a brief effort toward looking at one's own motivations. More succinctly, let your conscience be your guide.

May we answer further, my brother?

M: No, thank you.

We thank you. Is there another question?

Carla: I have a question. Part of the time I feel very full of faith, and have a very good feeling about life in general and what I'm doing in particular, and this has been true ever since I was born. I can't remember a time when I didn't, at least part of the time, have a good deal of faith. At other times I feel very empty and full of doubts as to whether my life is worth anything or the work that I'm doing is valuable due to a strong desire to carry on, based on the observation that people who don't are usually even more unhappy than ones who do.

I continue, for the most part, acting as if the things that I believe in part of the time, I believed in all the time, and the actions that I do with a full heart part of the time, I'm doing with a full heart all the time.

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What's the relative value of those things done with a full heart and with no effort, and things done when I really almost feel like I'm being a hypocrite, because I'm simply trying when I don't feel—when I have doubts?

I am Latwii. I am aware of your question. My sister, what would be the relative value of the individual who, upon finding an injured stranger abandoned on the road, chose reluctantly to attempt to save the life, as compared to that individual who found value in spending the waking hours of their day patrolling the roads attempting to locate someone who needed saving?

Again, my sister, we would reflect back to you the concept of the state of mind with which the effort is attempted, rather than the value of the effort itself. The accomplishment of expressing care, of offering compassionate attention when one might prefer to be involved in other pursuits, is difficult, yet the fact that the challenge exists of attempting these efforts as a service to others when one might prefer a more pleasurable occupation, is indicative of the dedication toward service necessary to attain polarization.

Those efforts which come easily are the result of the accumulation of past efforts which came with much more difficulty. Those efforts which come with difficulty are the initial steps of a journey that will come more easily as time passes. Do not be dismayed by suspicions of hypocrisy within yourself, rather, be attentive to the fact that your presence on this plane is due to a need to complete your polarization so as to attempt the next density. If all came with ease, my sister, we would suggest that you, perhaps, had misplaced your density.

May we answer you further?

Carla: No, thank you. That was most clarifying.

Is there another question?

(Pause)

I am Latwii. As there seem to be no more questions in the offing, so to speak, we shall ourselves be offing. We leave you, my brothers, and sisters, embraced in our love. Know that we are available to you upon request, and desire to be of service whenever we may be so. We leave you now. I am Latwii. ♣

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The Law of One, Book IV, Session 79

February 24, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first give me the condition of the instrument?

Ra: I am Ra. It is as previously stated.

Questioner: The instrument would like to ask if there is any danger in the instrument receiving too much transferred energy in her present condition?

Ra: I am Ra. No.

Questioner: She would like to know the function of the energy transfer during the session?

Ra: I am Ra. The function of this energy transfer is a most helpful one in that it serves to strengthen the shuttle through which the in-streaming contact is received. The contact itself will monitor the condition of the instrument and cease communication when the distortions of the instrument begin to fluctuate towards the distortions of weakness or pain. However, while the contact is on-going the strength of the channel through which this contact flows may be aided by the energy transfer of which you spoke.

Questioner: We have been ending our banishing ritual prior to the session by a gesture that relieves us of the magical personality. I was just wondering if we should maintain this personality and omit that gesture while we are walking the Circle of One and then relinquish the magical personality only after the circle is formed or after the session? Which would be more appropriate?

Ra: I am Ra. The practice of magical workings demands the most rigorous honesty. If your estimate of your ability is that you can sustain the magical personality throughout this working, it is well. As long as you have some doubt it is inadvisable. In any case it is appropriate for this instrument to return its magical personality rather than carry this persona into the trance state, for it does not have the requisite magical skill to function in this circumstance and would be far more vulnerable than if the waking personality is offered as channel. This working is indeed magical in nature in the basic sense. However, it is inappropriate to move more quickly than one's feet may walk.

Questioner: I would like to question about the third-density experience of those entities just prior to the original extension of the first distortion to the sub-Logoi to create the split of polarity. Can you describe, in general, the differences between the third-density experience of these mind/body/spirits and the ones who have evolved upon this planet now?

Ra: I am Ra. This material has been previously covered. Please query for specific interest.

Questioner: Specifically, in the experience where only the service-to-others polarity in third density evolved, was the veil that was drawn with respect to

knowledge of previous incarnations, etc., in effect for those entities?

Ra: I am Ra. No.

Questioner: Was the reincarnational process like the one that we experience here in which the third-density body is entered and exited numerous times during the cycle?

Ra: I am Ra. This is correct.

Questioner: Is it possible to give a time of incarnation with respect to our years and would you do so if it is?

Ra: I am Ra. The optimal incarnative period is somewhere close to a measure you call a millennium. This is, as you may say, a constant regardless of other factors of the third-density experience.

Questioner: Then prior to the first extension of the first distortion the veil or loss of awareness did not occur. From this I will make the assumption that this veil or loss of remembering consciously that which occurred before the incarnation was the primary tool for extending the first distortion. Is this correct?

Ra: I am Ra. Your correctness is limited. This was the first tool.

Questioner: Then from that statement I assume that the Logos first devised the tool of separating the unconscious from the conscious during what we call physical incarnations to achieve its objective? Is this correct?

Ra: I am Ra. Yes.

Questioner: Then from that statement I would also assume that many other tools were conceived and used after the first tool of the so-called veil. Is this correct?

Ra: I am Ra. There have been refinements.

Questioner: The archetypical mind of the Logos prior to this experiment in veiling was what I would consider to be less complex than it is now, possibly containing fewer archetypes. Is this correct?

Ra: I am Ra. We must ask your patience. We perceive a sudden flare of the distortion known as pain in this instrument's left arm and manual appendages. Please do not touch this instrument. We shall examine the mind complex and attempt to reposition the limb so that the working may continue. Then please repeat the query.

(Ninety second pause)

I am Ra. You may proceed.

Questioner: Thank you. Prior to the experiment to extend the first distortion how many archetypes were there at that time?

Ra: I am Ra. There were nine.

Questioner: I will guess that those nine were three of mind, three of body, and three of spirit. Is this correct?

Ra: I am Ra. This is correct.

Questioner: I am going to guess that in the system of the tarot those archetypes would roughly correspond to, for the mind, the Magician, the Emperor, and the Chariot. Is this correct?

Ra: I am Ra. This is incorrect.

Questioner: Could you tell me what they correspond to?

Ra: I am Ra. The body, the mind, and the spirit each contained and functioned under the aegis of the matrix, the potentiator, and the significator. The significator of the mind, body, and spirit is not identical to the significator of the mind, body, and spirit complexes.

Questioner: I now understand what you meant in the previous session by saying that to extend free will the significator must become a complex. It seems that the significator has become the complex that is the third, fourth, fifth, sixth, and seventh of the mind, the tenth on of the body, and the seventeenth on of the spirit. Is this correct?

Ra: I am Ra. This is incorrect.

Questioner: Could you tell me what you mean by "the significator must become a complex"?

Ra: I am Ra. To be complex is to consist of more than one characteristic element or concept.

Questioner: I would like to try to understand the archetypes of the mind of this Logos prior to the extension of the first distortion. In order to better understand that which we experience now I believe that this is a logical approach.

We have, as you have stated, the matrix, the potentiator, and the significator. I understand the

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matrix as being that which is what we call the conscious mind, but since it is also that from which the mind is made, I am at a loss to fully understand these three terms especially with respect to the time before there was a division in consciousness. Could you expand even more upon the Matrix of the Mind, the Potentiator of the Mind, and the Significator of the Mind, how they differ, and what their relationships are, please?

Ra: I am Ra. The Matrix of Mind is that from which all comes. It is unmoving yet is the activator in potentiation of all mind activity. The Potentiator of the Mind is that great resource which may be seen as the sea into which the consciousness dips ever deeper and more thoroughly in order to create, ideate, and become more self-conscious.

The Significator of each mind, body, and spirit may be seen as a simple and unified concept. The Matrix of the Body may be seen to be a reflection in opposites of the mind; that is, unrestricted motion. The Potentiator of the Body then is that which, being informed, regulates activity.

The Matrix of the Spirit is difficult to characterize since the nature of spirit is less motile. The energies and movements of the spirit are, by far, the most profound yet, having more close association with time/space, do not have the characteristics of dynamic motion. Thusly one may see the Matrix as the deepest darkness and the Potentiator of Spirit as the most sudden awakening, illuminating, and generative influence.

This is the description of Archetypes One through Nine before the onset of influence of the co-Creator or sub-Logos' realization of free will.

Questioner: The first change made then for this extension of free will was to make the communication between the Matrix and the Potentiator of the Mind relatively unavailable one to the other during the incarnation. Is this correct?

Ra: I am Ra. We would perhaps rather term the condition as relatively more mystery-filled than relatively unavailable.

Questioner: The idea was then to create some type of veil between the Matrix and the Potentiator of the Mind. Is this correct?

Ra: I am Ra. This is correct.

Questioner: This veil then occurs between what we now call the unconscious and conscious minds. Is this correct?

Ra: I am Ra. This is correct.

Questioner: It was probably the design of the Logos to allow the conscious mind greater freedom under the first distortion by partitioning, you might say, this from the Potentiator or unconscious which had a greater communication with the total mind, therefore, allowing for the birth of uneducated, to use a poor term, portions of consciousness. Is this correct?

Ra: I am Ra. This is roughly correct.

Questioner: Could you de-roughen it or elucidate a bit on that?

Ra: I am Ra. There is intervening material before we may do so.

Questioner: OK. Was then this simple experiment carried out and the product of this experiment observed before greater complexity was attempted?

Ra: I am Ra. As we have said there have been a great number of successive experiments.

Questioner: I was just wondering since this seems to be the crux of the experiment, the large breaking point between no extension of the first distortion and the extension of the first distortion, what the result of this original experiment was with respect to that which was created from it. What was the result of that?

Ra: I am Ra. This is previously covered material. The result of these experiments has been a more vivid, varied, and intense experience of Creator by Creator.

Questioner: Well I was aware of that. I probably didn't state the question correctly. It's a very difficult question to state. I don't know if it's worth attempting to continue with but what I meant was when this very first experiment with the veiling process occurred, did it result in service-to-self polarization with the first experiment?

Ra: I am Ra. The early, if we may use this term, Logoi produced service-to-self and service-to-others mind/body/spirit complexes immediately. The harvestability of these entities was not so immediate and thus refinements of the archetypes began apace .

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Questioner: Now we are getting to what I was trying to determine. Then at this point were there still only nine archetypes and the veil had just been drawn between the Matrix and the Potentiator of the Mind?

Ra: I am Ra. There were nine archetypes and many shadows.

Questioner: By shadows do you mean the, what I might refer to as, birthing of small archetypical biases?

Ra: I am Ra. Rather we would describe these shadows as the inchoate thoughts of helpful structures not yet fully conceived.

Questioner: Would The Choice exist at this point during the creation of the first service-to-self polarity?

Ra: I am Ra. Implicit in the veiling or separation of two archetypes is the concept of choice. The refinements to this concept took many experiences.

Questioner: I'm sorry that I have so much difficulty in asking these questions, but this is material that I find somewhat difficult.

I find it interesting that the very first experiment of veiling the Matrix of the Mind from the Potentiator of the Mind and visa-versa created service-to-self polarity. This seems to be a very important philosophical point in the development of the creation and possibly the beginning of a system of what we would call magic not envisioned previously.

Let me ask this question. Prior to the extension of the first distortion was the magical potential of the higher densities as great as it is now when the greatest potential was achieved in consciousness for each density? This is difficult to ask. What I am asking is that at the end of fourth density, prior to the extension of free will, was what we call magical potential as great as it is now at the end of fourth density?

Ra: I am Ra. As you understand, if we may use this misnomer, magic, the magical potential in third and fourth density was then far greater than after the change. However, there was far, far less desire or will to use this potential.

Questioner: Now, to be sure that I understand you: prior to the change and the extension of free will, let's take specifically the end of fourth density, magical potential for the condition when there was only service-to-others polarization was much greater at the end of fourth density than at the end of fourth density immediately after the split of polarization and the extension of free will. Is that correct?

Ra: I am Ra. Magical ability is the ability to consciously use the so-called unconscious. Therefore, there was maximal ability prior to the innovation of sub-Logoi's free will.

Questioner: OK. At the present time we are experiencing the effects of a more complex or greater number of archetypes and I have guessed that the ones we are experiencing now in the mind are as follows: We have the Magician and High Priestess which correspond to the Matrix and Potentiator with the veil drawn between them which is the primary creator of the extension of the first distortion. Is that correct?

Ra: I am Ra. We are unable to answer this query without intervening material.

Questioner: OK. Sorry about that.

The next archetype, the Empress, is the Catalyst of the Mind, that which acts upon the conscious mind to change it. The fourth archetype is the Emperor, the Experience of the Mind, which is that material stored in the unconscious which creates its continuing bias. Am I correct with those statements?

Ra: I am Ra. Though far too rigid in your statements, you perceive correct relationships. There is a great deal of dynamic interrelationship in these first four archetypes

Questioner: Would the Hierophant then be somewhat of a governor or sorter of these effects so as to create the proper assimilation by the unconscious of that which comes through the conscious?

Ra: I am Ra. Although thoughtful, the supposition is incorrect in its heart.

Questioner: What would be the Hierophant?

Ra: I am Ra. The Hierophant is the Significator of the Body [Mind[1]] complex, its very nature. We may note that the characteristics of which you speak do have bearing upon the Significator of the Mind complex but are not the heart. The heart of the

[1] Ra corrected this error in Session #80. The Hierophant is the Significator of the Mind.

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mind complex is that dynamic entity which absorbs, seeks, and attempts to learn.

Questioner: Then is the Hierophant that link, you might say, between the mind and the body?

Ra: I am Ra. There is a strong relationship between the significators of the mind, the body, and the spirit. Your statement is too broad.

Questioner: Let me skip over the Hierophant for a minute because I am really not understanding that at all and just ask if the Lovers represent a merging of the conscious and the unconscious or the communication of the conscious and unconscious?

Ra: I am Ra. Again, without being at all unperceptive, you miss the heart of this particular archetype which may be more properly called the Transformation of the Mind.

Questioner: Transformation of the mind into what?

Ra: I am Ra. As you observe Archetype Six you may see the student of the mysteries being transformed by the need to choose betwixt the light and the dark in mind.

Questioner: Would the Conqueror or Chariot then represent the culmination of the action of the first six archetypes into a conquering of the mental processes, even possibly removing the veil?

Ra: I am Ra. This is most perceptive. The Archetype Seven is one difficult to enunciate. We may call it the Path, the Way, or the Great Way of the Mind. Its foundation is a reflection and substantial summary of Archetypes One through Six.

One may also see the Way of the Mind as showing the kingdom or fruits of appropriate travel through the mind in that the mind continues to move as majestically through the material it conceives of as a chariot drawn by royal lions or steeds.

At this time we would suggest one more full query for this instrument is experiencing some distortions towards pain.

Questioner: Then I will just ask about the one of the archetypes which I am the least able to understand at this point if I can use that word at all. I am still very much in the dark, so to speak, in respect to the Hierophant and precisely what it is. Could you give me some other indication of what that is?

Ra: I am Ra. You have been most interested in the Significator which must needs become complex. The Hierophant is the original archetype of mind which has been made complex through the subtile movements of the conscious and unconscious. The complexities of mind were evolved rather than the simple melding of experience from Potentiator to Matrix.

The mind itself became an actor possessed of free will and, more especially, will. As the Significator of the mind, the Hierophant has the will to know, but what shall it do with its knowledge, and for what reasons does it seek? The potentials of a complex significator are manifold.

Are there any brief queries at this working?

Questioner: Only is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. For some small portion of your future the instrument would be well advised to wear upon the hands those aids to comfort which it has neglected to use. There has been some trauma to both hands and arms and, therefore, we have had to somewhat abbreviate this working.

I am Ra. You are conscientious, my friends. We leave you in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the One Glorious infinite Creator. Adonai. ✣

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Intensive Meditation
February 25, 1982

(Unknown channeling)

I am Laitos, and am with this instrument. [I] greet you, as always, in the love and in the light of the one infinite Creator. We are happy, as always, to be allowed the chance to help those who seek to serve in the capacity of channels for [the] humble message of the Confederation. Each voice that is lent is greatly appreciated and aids more than can be hoped for. As each receives and speaks the words, the thoughts, each will in their own way express these as their store of *(inaudible)*. Each speaks as his orientation allows. Each channels vocabulary, background knowledge. Each has their own forms of expression, their own ways of conceiving the message that is transmitted to them. Each message may sound a bit different from one channel to another, but the differences in the presentation of the words are not as important as the basic meanings of the whole. While one may be able to use words not in your peoples' common vocabulary, they say no more than the one whose knowledge of words is small.

As each channel remains open, [flowing], that channel will speak an uncontaminated message in their own way. Each of those present at this time has totally different backgrounds, varying interests, individual phrases, mannerisms—yet each in their own way, style, is able to transmit the message they receive in more than acceptable clarity and preciseness. One may not feel they [are omitting] or changing the message if they do not use the words, the phrases, used by others. Each is unique, and each has their purpose. Each speaks, acts, in their own unique way. We are indeed privileged to have so many who actively seek to serve the channeling capacity within this group. We are privileged indeed to be able to work with you and any others seeking to serve as channels. We of Laitos are always at hand and will join with you in your meditations whenever asked. You need but call and we shall be with you.

I will leave you now, as always, in the love and the light. I am Laitos.

(Unknown channeling)

I am Hatonn, and greet you all in the love and in the light of the infinite Creator. We are honored to be asked to join your meditation this afternoon, and to offer ourselves in the capacity of answering questions which those present may have. May we at this time answer any questions?

Questioner: Hatonn, I think that the question that was on my mind was pretty well answered by Laitos. But I have been wondering about whether or not I was fully able to channel an acceptably unpolluted message. I have been having troubles recognizing your vibration and felt several times as I began to speak that a good contact had not been made. Have I been possibly picking up your presence as you attempted to contact another? And, if I have, when I

spoke was I able to transmit the message fairly clearly?

I am Hatonn, and am aware of your question, my brother. To respond, may we say that as a new instrument which is gaining in experience, that you are progressing in a manner which is quite similar to other instruments along this similar path, shall we say. The quality or clarity of your transmission of those concepts which are sent to you is well within the range of acceptability. We may also say that your concern about the clarity of your contact is also well within the range of acceptability, for it is necessary to be aware that a contact can become, shall we say, swayed towards the bias of the one serving as instrument, but to be overly concerned in this area does then present problems of another nature. Those problems are more your current concern.

Specifically, we speak now of your doubt which has caused you some concern in the area of perceiving the initial contact, recognizing it, and beginning the transmission at what you consider the proper time. We would suggest that you set a certain level of conditioning which when reached would be your signal from the Confederation entity attempting contact that contact is now ready to be verbalized. The conditioning vibration can be provided in any degree of strength or frequency, shall we say. When you have experienced the strength of the vibration which will assure you that you have made a good contact, then simply speak without concern for that which will follow.

The desire to be an instrument, we have found, is the key ingredient in this process of channeling, as you call it. We have found also that being overly concerned about the success, shall we say, being demonstrated by the new instrument is that ingredient which is most detrimental to the steady development of a new instrument. The channeling process is in fact much more easily accomplished than most of your peoples believe. We speak now of those who are aware of the process. There is at all times when communication occurs among your peoples a channeling which occurs during these contacts. This process is simply refined so that your own memory bank, shall we say, and subconscious is blended in an harmonious fashion with our thoughts. To simply speak them and allow these thoughts to be verbalized is all that is necessary.

We realize, of course, that each time you endeavor to do this you are in fact playing the fool, for you are out on a limb, so to speak, without assurance that the limb will hold you. We can only suggest at this point in your development that you release your doubts and simply take part in the process. Speak the thoughts as you become aware of them and you shall clear the way for the thoughts which follow, and the limb shall indeed support you as it has thus far.

May we answer you further, my brother?

Questioner: No. Thank you. I do have one more thing. As I sit in meditation, especially when I'm channeling, I'm usually seeing various cloud-like shapes in front of me—sometimes in color, sometimes just dark shapes. But today as I was doing it, after several clouds of green went by, there was a small bright—it almost seemed like an opening that I could see. What was I experiencing?

I am Hatonn, and an aware of your question, my brother. To give you the specific nature and meaning of this experience would not be proper, in our estimation. We can only suggest that you investigate in further meditations the sensations that accompany such visual images, and let these sensations and images be the food for your further meditation, thereby opening, shall we say, yet another channel within your being for a fuller expression of that which seeks to make itself known to your conscious mind.

May we answer you further, my brother?

Questioner: No. Thank you very much.

I am Hatonn. Is there another question at this time?

Carla: I have a question. Would it be within the boundaries of the Law of Confusion for you to be able to give me some rough estimate of how many of this planetary population call the portion of the Confederation that is channeled at our Sunday night meditations and at Intensive meditations such as these?

I am Hatonn, and am aware of your question, my sister. We shall attempt a rough estimate of these figures, for it is quite harmless information. Your Sunday night, as you call them, meditations are more, shall we say, in line with the general Confederation philosophy, that being the transmission of the concept of the original Thought

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of the Creator which became that which you know of as the creation, and the need for meditation to gain knowledge of this thought, and the further need for the cultivation of love within the heart of each being. This type of calling is expressed by approximately six hundred million entities upon your planet. The type of calling which occurs during the normal intensive parts of your Sunday night meditation, that being the question and answer session as well as …

(Side one of tape ends.)

(Unknown channeling)

I am Hatonn, and am again with this instrument. To continue. The more intensive portions of your meditations represent a calling for that which may be described as wisdom, or light. The significantly representative portion of your planetary population which asks for this type of illumination [at all] approaches two hundred million of your peoples.

There are, in addition, a session when your meditation group is of such a configuration that entities of finer or, as you would say, higher vibrations are also called upon. This occurring most recently during your Christmas celebrations and meditations when the entire planetary population does, for a brief period, raise the mass vibration quite significantly.

May we answer you further, my sister?

Carla: Yes, please, Hatonn. This strengthens my feeling that it would be good to take advantage of the offer of one of our friends to attempt to make available some of the material from Sunday night meditations. Would we have the permission of you and all those members of the Confederation who speak to our group to publish this information? And edit it as necessary to remove mechanical portions of the content?

I am Hatonn, and am aware of your question, my sister. We of the Confederation are honored to share our simple and humble messages whenever requested, and we do so on a freely given basis, so to speak. What you choose to do with this information is completely your decision. Many simply bathe in the moment of the message only to be washed free of it shortly thereafter. Others choose to, shall we say, soak in more of the message so that it might be carried within the being. Yet others choose to take that which has become part of the being and radiate it to others who have not had the opportunity of firsthand hearing, shall we say. The range of possibilities is quite wide. And we of the Confederation are quite pleased at any choice, and would gladly consent to any use which you might make of these humble offerings.

May we answer you further, my sister?

Carla: Yes, Hatonn. We of Rock Creek do not intend to be evangelistic in any way and will not attempt to push information such as this down anyone's throat, but merely to make it available to those who ask. We would like to know if it would be permissible for us to use your names, as you have given them to us, of your planetary being in the messages?

I am Hatonn, and once again, my sister, the choice is completely yours, for we have chosen certain names for the sole purpose of making ourselves known to you on a regular and recognizable basis. Names are not important for any other reason in our own estimation. Therefore, to use our name is quite acceptable.

May we answer you further, my sister?

Carla: No, thank you, Hatonn.

I am Hatonn. Is there another question at this time?

(Pause)

I am Hatonn. We have been greatly honored to have been asked to join our vibrations with yours during this meditation. We ask each present to remember that we are always available for such aid as we may give during your meditations. Simply request our presence and we shall gladly join you at the throne of the Creator. We leave you now at that throne and in the love and in the light of the one infinite Creator. We are Hatonn. Adonai, my friends. Adonai vasu borragus.

(Unknown channeling)

I am Oxal, and I greet you in the love and the light of the infinite Creator. It is a privilege to be with this meditation group. We take this opportunity to make the one known as C aware of our vibration. [We] will at this time condition this new instrument and give him the opportunity [to] speak a few words. Ours is not a wideband contact such as our brothers and sisters of Hatonn, and therefore reception is somewhat different. We will attempt not to cause

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discomfort in the contact. If discomfort is felt, please, mentally request adjustment. I am Oxal.

(C channeling)

I am Oxal, and I am now with this instrument. Our contact is somewhat discomforting to this instrument, but he wishes to fully experience our contact in order that he may more easily recognize us at another time. We are adjusting and now are able to ease some of the initial discomfort of contact. Our contact answers similarly to another this instrument has known, but [is centered] slightly different from the other he thinks he would confuse it with. We seldom speak, but we at times desire to speak when group configurations are such that our method of communicating the message of the Confederation is desired. We, as do all Confederation members, welcome the opportunity to make our vibration known to those who wish to act as what you call channels. We will work with this channel and will be with him when requested. We are known to you as Oxal. We will leave you now in love and light. Adonai, my friends. ♣

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Friday Night
February 26, 1982

(Carla channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the Creator. My friends, my loved ones, it was with great pleasure that we shared the thoughts with which you opened your sharing, and it is the oneness of all of creation that is the objective toward which you strive. That oneness, my brothers and sisters, is contained within the love and the light described in those verses, for the light of the Creator is that from which all life, all energy, extends, and it is the love of that Creator that binds all together into a single unity.

The individual known to you as Jesus Christ, known to himself as Am Ne Ra, came to your race, to your planet, many of your years ago. He sought not to found a religion, a dynasty, or a kingdom on Earth but rather to be of service to those who sought to free themselves from the illusion that had begun to bind them so tightly. It may be said that this man was no greater than any other that has walked your planet, for his accomplishment was, in simple terms, to do that which he intended upon entering your density. My brothers, my sisters, was this not the same purpose for which you yourselves entered this density?

The accomplishment of setting oneself a task and striving toward its completion, although significant, does not place one beyond the realm within which the individual functions or has functioned. Rather, it more clearly defines the realm in which others of that race or density may accomplish their own set tasks, and more clearly illuminates the falsehood of accepting one's supposed limitations.

My friends, our purpose is not in saying these things to belittle the accomplishment of an individual, but rather to place it within a perspective, a perspective which we hope will enable you to understand that all of which he attained is within your grasp at this moment. He once said, "All of these things you shall do and more." Yet, most often it is convenient to ignore such statements as this, for they come uncomfortably close to reminding us of the truth of the understanding within our souls. It is far easier to establish a towering pedestal upon which to place such leaders, such lovers, far beyond our reach and far out of our sight, that we may not be uncomfortably reminded of our potential for attainment.

My friends, the possibility exists at this moment for each of you to destroy the pedestal, to realize that the accomplishments of this man and others like him who walked your planet are not safely out of reach and unattainable but rather within your grasp, within your attainment, for those individuals are yourselves and their attainment is your own. My friends, have confidence, have faith in yourselves. You are as that scripture stated, yourselves, Sons of

God, portions of the Creator, not merely children but each a unit of light within itself.

It is elsewhere said within that same book, my brothers, that the Creator formed each of you as a likeness of Himself. If this is true, my friends, then who but yourselves are responsible for what you have created? My friends, the temptation exists to point at others of accomplishment and say, "Yes, I will be like that some day, but not yet." Be like that today, my friends. I am Hatonn.

(Unknown channeling)

I am Laitos, and I greet you also, my brothers, in the love and the light of that Creator, of which we are all a part. It is our desire, dear friends, to share with you at this time our conditioning vibration that we may be of service in assisting the acquisition of a more effective meditational state. If there are those among you who would desire that we be of service in this manner, simple mentally request our assistance and we will be greatly honored to provide this small service. I am Laitos.

(Unknown channeling)

I am Latwii, and I greet you impatiently in the love and the light of the Creator. My brothers and sisters, now that our brothers of Hatonn and Laitos have performed their very worthy but time-consuming functions, it is now our turn to be of service, and we might add, to enjoy the pleasure of your company. At his time we would like to open the floor, so to speak, for any questions, for such is the service that is our honor and privilege to offer, even though our responses may not be as ponderous or dramatic as those of our brother, Hatonn.

Are there any questions?

S: I have some questions, but let me say that you are one of my favorite entities, and it's good to feel your thoughts again after such a break, as I call it, from the last times. To get to my questions. The first one is, Monday night, a week ago, I experienced astral projection, and it was either Monday or Tuesday night of this week I felt like I was in a classroom of some kind, learning things in which I only remembered two things, what I thought were two galaxies, Vale and Cyclops. Could you tell me if I was in a classroom trying to learn something?

I am Latwii. My brother, first we would express our appreciation for the affection that has enabled us to attain placement within your "Top 40," so to speak. In answer to your question, my brother, if you were to reflect, would it occur to you that you have yet to leave the classroom?

May we answer you further?

S: Well, I understand your analogy that in my life here on Earth I'm here to learn lessons. I've always realized this even when I started learning more. But, could I have projected again and gone to a more specialized classroom away from Earth?

I am Latwii. My brother, the area within which you have chosen to invest your energies is the area which will attract fulfillment for your seeking. The experiences you describe are your own interpretation of learning experiences that are assembled or constructed to provide a functional analogy for your own purposes or meditation. It is difficult to ponder the subject of fruit without generating a mental image of one type of fruit or another upon which to focus one's attention. In a like manner, my brother, as it is your desire for education within this specific area, it is suitable that you should translate your learning experience into symbols that you are familiar with for the purpose of meditation and study.

May we answer you further?

S: Let me ponder that answer, and I may ask for clarification later. My second question is, the Tribunal of Saturn has always fascinated me, and along with the Guardians is there anything you can tell me now that in the past they have been unwilling to reveal to us?

I am Latwii. My brother, we must admit that these subjects fascinate us also, as they are a portion of our learning experience. An amount of difficulty lies in attempting to answer your question, for, if you will reflect, you will perceive that for you to answer truthfully about ongoing learning experiences within your own density is quite difficult, as it is not often until far later that you begin to develop a glimmer of understanding of what you were doing when you thought you knew what you were doing. The situation for ourselves as participants in our density in our response presents the same problem. It would be very difficult for us to describe to you what we think we're doing while we're doing it, for as with yourselves, we have not developed total awareness of our actions and intentions.

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We are hesitant to offer information about conditions or events upon your own density. First, because we do not desire to establish biases within your perceptions. In addition, you must remember that our so-called predictions are simply evaluations of percentages and therefore always have a reluctance to come true 100% of the time.

On the subject of the Guardians, my brother, we are in all honesty at loss as to where to begin discussing them with one another within our density, for just as it is difficult for those of your density to attain understanding of our own, which is relatively close to your own, we find the Guardians to be quite difficult to understand for ourselves, which may be why we are within our density and they are within a much higher density. They do seem, we would estimate, to have a much higher level of development than our own. Beyond this, my brother, we can only say that we find great pleasure in studying them and their communications to us, in hopes that we may someday understand what they are trying to tell us.

May we answer you further?

S: No, that answers those pretty well, and I understand what you're trying to explain. Thank you.

We thank you, my brother, and we, in all humility, hope that at some point we will be able to understand what our teachers have been trying to explain to us. Is there another question?

(Pause)

I am Latwii. The silence in the room indicates either that all questions have been answered or that our eloquence has stricken you speechless. Rather than attempt to determine which of the two it is, we will simply accept the compliment and bid you all a loving farewell.

My brothers, my sisters, it is the message of all of our brothers and sisters of the Federation that our services are available at any time, at any place; that there is no task or unit of time that is too small to be worth our attention. It is our desire to be of service in our small ways, and we await the honor and privilege of your request for that service. My friends, we bid you adonai. I am Latwii.

(Carla channeling)

I am Nona. There is present within this group a strong desire for a healing, and we come in the love and the light of the Creator in answer to that calling. If [there are] those desiring to see loved ones blessed with our healing vibration or desire that for themselves, we ask that you offer a brief prayer for that person's healing, and then picture that person as whole and complete.

(Tape ends.) ♣

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The Law of One, Book IV, Session 80

February 27, 1982

Ra: I am Ra. We greet you in the love and in the light of the one infinite Creator.

Before we initiate this working we would wish to correct an error which we have found in previous material. That Archetype Five which you have called the Hierophant is the Significator of the Mind complex.

This instrument is prey to sudden flares towards the distortion known as pain. We are aware of your conscientious attempts to aid the instrument but know of no other modality available to the support group other than the provision of water therapy upon the erect spinal portion of the physical body complex, which we have previously mentioned.

This instrument's distortions of body do not ever rule out, shall we say, such flares during these periods of increased distortion of the body complex. Our contact may become momentarily garbled. Therefore, we request that any information which seems garbled be questioned as we wish this contact to remain as undistorted as the limitations of language, mentality, and sensibility allow.

We communicate now.

Questioner: Thank you. Could you please give me the condition of the instrument?

Ra: I am Ra. This instrument is experiencing mild fluctuations of the physical energy complex which are causing sudden changes from physical energy deficit to some slight physical energy. This is due to many, what you may call, prayers and affirmations offered to and by the instrument offset by continual greetings whenever it is feasible by the fifth-density entity of whom you are aware.

In other respects, the instrument is in the previously stated condition.

Questioner: I had to leave the room for a forgotten item after we performed the banishing ritual. Did this have a deleterious effect on the ritual or the working?

Ra: I am Ra. Were it the only working the lapse would have been critical. There is enough residual energy of a protective nature in this place of working that this lapse, though quite unrecommended, does not represent a threat to the protection which the ritual of which you spoke offers.

Questioner: Has our fifth-density visitor been less able to affect the instrument during our more recent workings?

Ra: I am Ra. We shall answer in two parts. Firstly, during the workings themselves the entity has been bated to a great extent. Secondly, in the general experiential circumstances of your space/time experience this fifth-density entity is able to greet this entity with the same effectiveness upon the physical body complex as always since the inception of its contact with your group. This is due to the several physical complex distortions of the instrument.

However, the instrument has become more mentally and spiritually able to greet this entity with love thereby reducing the element of fear which is an element the entity counts as a great weapon in the attempt to cause cessation, in any degree, of the Ra contact.

Questioner: What is the reason for the fact that the entity is able to act through physical distortions that are already present as opposed to being unable to act upon an entity who has no physical distortion at all?

Ra: I am Ra. The key to this query is the term, distortion. Any distortion, be it physical, mental, or spiritual in complex nature, may be accentuated by the suggestion of one able to work magically; that is, to cause changes in consciousness. This entity has many physical distortions. Each in the group has various mental distortions. Their nature varies. The less balanced the distortion by self-knowledge, the more adeptly the entity may accentuate such a distortion in order to mitigate against the smooth functioning and harmony of the group.

Questioner: As Ra well knows, the information that we accumulate here will be illuminating to a very minor percentage of those who populate this planet simply because there are very few people who can understand it. However, it seems that our fifth-density visitor is, shall we say, dead set against this communication. Can you tell me why this is so important to him since it is of such a limited effect, I would guess, upon the harvest of this planet?

Ra: I am Ra. Purity does not end with the harvest of third density. The fidelity of Ra towards the attempt to remove distortions is total. This constitutes an acceptance of responsibility for service-to-others which is of relative purity. The instrument through which we speak and its support group have a similar fidelity and, disregarding any inconvenience to self, desire to serve others. Due to the nature of the group the queries made to us by the group have led rapidly into somewhat abstruse regions of commentary. This content does not mitigate against the underlying purity of the contact. Such purity is as a light. Such an intensity of light attracts attention.

Questioner: What would our fifth-density visitor hope to gain for himself if he were to be successful in eliminating this contact?

Ra: I am Ra. As we have previously stated, the entity hopes to gain a portion of that light; that is, the mind/body/spirit complex of the instrument. Barring this, the entity intends to put out the light.

Questioner: I understand this up to a point and that point is if the entity were successful in either of these attempts of what value would this be to him? Would it increase his ability? Would it increase his polarity? By what mechanism would it do whatever it does?

Ra: I am Ra. Having attempted, for some of your space/time with no long-lasting result, to do these things the entity may be asking this question of itself. The gain for triumph is an increase in negative polarity to the entity in that it has removed a source of radiance and, thereby, offered to this space/time the opportunity of darkness where there once was light. In the event that it succeeded in enslaving the mind/body/spirit complex of the instrument it would have enslaved a fairly powerful entity, thus adding to its power.

Questioner: I am sorry for my lack of penetration of these mechanisms and I apologize for some rather stupid questions, but I think we have here a point that is somewhat central to what we are presently attempting to understand. Some of my next questions may be almost unacceptably stupid, but I will attempt to try to understand what this power that our visitor seeks is and how he uses it. It seems to me that this is central to the mind and its evolution.

As our visitor increases his power through these works, what is the power that he increases? Can you describe it?

Ra: I am Ra. The power of which you speak is a spiritual power. The powers of the mind, as such, do not encompass such works as these. You may, with some fruitfulness, consider the possibilities of moonlight. You are aware that we have described the Matrix of the Spirit as a Night. The moonlight, then, offers either a true picture seen in shadow or chimera and falsity. The power of falsity is deep as is the power to discern truth from shadow. The shadow of hidden things is an infinite depth in which is stored the power of the one infinite Creator.

The adept, then, is working with the power of hidden things illuminated by that which can be false or true. To embrace falsity, to know it, and to seek it, and to use it gives a power that is most great. This is the nature of the power of your visitor and may

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shed some light upon the power of one who seeks in order to serve others as well, for the missteps in the night are oh! so easy.

Questioner: Are you saying, then, that this power is of the spirit and not of the mind or of the body?

Ra: I am Ra. The work of the adept is based upon previous work with the mind and the body, else work with the spirit would not be possible on a dependable basis. With this comment we may assert the correctness of your assumption.

Questioner: The fifteenth archetype is the Matrix of the Spirit and has been called the Devil. Can you tell me why that is so?

Ra: I am Ra. We do not wish to be facile in such a central query, but we may note that the nature of the spirit is so infinitely subtle that the fructifying influence of light upon the great darkness of the spirit is very often not as apparent as the darkness itself. The progress chosen by many adepts becomes a confused path as each adept attempts to use the Catalyst of the Spirit. Few there are which are successful in grasping the light of the sun. By far, the majority of adepts remain groping in the moonlight and, as we have said, this light can deceive as well as uncover hidden mystery. Therefore, the melody, shall we say, of this matrix often seems to be of a negative and evil, as you would call it, nature.

It is also to be noted that an adept is one which has freed itself more and more from the constraints of the thoughts, opinions, and bonds of other-selves. Whether this is done for service to others or service to self, it is a necessary part of the awakening of the adept. This freedom is seen by those not free as what you would call evil or black. The magic is recognized; the nature is often not.

Questioner: Could I say, then, that implicit in the process of becoming adept is the seeming polarization towards service to self because the adept becomes disassociated with many of his kind?

Ra: I am Ra. This is likely to occur. The apparent happening is disassociation whether the truth is service to self and thus true disassociation from other-selves or service-to-others and thus true association with the heart of all other-selves and disassociation only from the illusory husks which prevent the adept from correctly perceiving the self and other-self as one.

Questioner: Then you say that this effect of disassociation on the service-to-others adept is a stumbling block or slowing process in reaching that goal to which he aspires? Is this correct?

Ra: I am Ra. This is incorrect. This disassociation from the miasma of illusion and misrepresentation of each and every distortion is a quite necessary portion of an adept's path. It may be seen by others to be unfortunate.

Questioner: Then is this, from the point of view of the fifteenth archetype, somewhat of an excursion into the Matrix of the Spirit in this process? Does that make any sense?

Ra: I am Ra. The excursion of which you speak and the process of disassociation is most usually linked with that archetype you call Hope which we would prefer to call Faith. This archetype is the Catalyst of the Spirit and, because of the illuminations of the Potentiator of the Spirit, will begin to cause these changes in the adept's viewpoint.

Questioner: I didn't intend to get too far ahead of my questioning process here. The positively or negatively polarized adept, then, is building a potential to draw directly on the spirit for power. Is this correct?

Ra: I am Ra. It would be more proper to say that the adept is calling directly through the spirit to the universe for its power, for the spirit is a shuttle.

Questioner: The only obvious significant difference, I believe, between the positive and negative adepts in using this shuttle is the way they polarize. Is there a relationship between the archetypes of the spirit and whether the polarization is either positive or negative? Is, for instance, the positive calling through the sixteenth archetype and the negative calling through the fifteenth archetype? I am very confused about this and I imagine that that question is either poor or meaningless. Can you answer that?

Ra: I am Ra. It is a challenge to answer such a query, for there is some confusion in its construction. However, we shall attempt to speak upon the subject.

The adept, whether positive or negative, has the same Matrix. The Potentiator is also identical. Due to the Catalyst of each adept the adept may begin to pick and choose that into which it shall look further. The Experience of the Spirit, that which you have

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called the Moon, is then, by far, the more manifest of influences upon the polarity of the adept. Even the most unhappy of experiences, shall we say, which seem to occur in the Catalyst of the adept, seen from the viewpoint of the spirit, may, with the discrimination possible in shadow, be worked with until light equaling the light of brightest noon descends upon the adept and positive or service-to-others illumination has occurred. The service-to-self adept will satisfy itself with the shadows and, grasping the light of day, will toss back the head in grim laughter, preferring the darkness.

Questioner: I guess the nineteenth archetype of the spirit would be the Significator of the Spirit. Is that correct?

Ra: I am Ra. This is correct.

Questioner: How would you describe the Significator of the Spirit?

Ra: I am Ra. In answer to the previous query we set about doing just this. The Significator of the Spirit is that living entity which either radiates or absorbs the love and the light of the one infinite Creator, radiates it to others or absorbs it for the self.

Questioner: Then would this process of radiation or absorption, since we have what I would call a flux or flux rate, be the measure of the adept?

Ra: I am Ra. This may be seen to be a reasonably adequate statement.

Questioner: Then for the twentieth archetype I'm guessing that this is the Transformation of the Spirit, possibly analogous to the sixth-density merging of the paths. Is this in any way correct?

Ra: I am Ra. No.

Questioner: Sorry about that. Can you tell me what the twentieth archetype would be?

Ra: I am Ra. That which you call the Sarcophagus in your system may be seen to be the material world, if you will. This material world is transformed by the spirit into that which is infinite and eternal. The infinity of the spirit is an even greater realization than the infinity of consciousness, for consciousness which has been disciplined by will and faith is that consciousness which may contact intelligent infinity directly. There are many things which fall away in the many, many steps of adepthood. We, of Ra, still walk these steps and praise the one infinite Creator at each transformation.

Questioner: Then I would guess that the twenty-first archetype would represent contact with intelligent infinity. Is that correct?

Ra: I am Ra. This is correct, although one may also see the reflection of this contact as well as the contact with intelligent energy which is the Universe or, as you have called it somewhat provincially, the World.

Questioner: Then by this contact also with intelligent energy can you give me an example of what this would be for both the contact with intelligent infinity and the contact with intelligent energy? Could you give me an example of what type of experience this would result in, if that is at all possible?

Ra: I am Ra. This shall be the last query of this working of full length. We have discussed the possibilities of contact with intelligent energy, for this energy is the energy of the Logos, and thus it is the energy which heals, builds, removes, destroys, and transforms all other-selves as well as the self.

The contact with intelligent infinity is most likely to produce an unspeakable joy in the entity experiencing such contact. If you wish to query in more detail upon this subject, we invite you to do so in another working. Is there a brief query before we close this working?

Questioner: Is there anything that we can do to improve the contact or to make the instrument more comfortable?

Ra: I am Ra. The alignments are most conscientious. We are appreciative. The entity which serves as instrument is somewhat distorted towards that condition you call stiffness of the dorsal regions. Manipulation would be helpful.

I am Ra. I leave you, my friends, glorying in the light and the love of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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Sunday Meditation
February 28, 1982

(Unknown channeling)

[I am Hatonn.] This evening *(inaudible)* which is somewhat difficult to approach within the context of your daily lives within the illusion which you now experience. You experience each entity *(inaudible)* as one simple *(inaudible)* you experience the creation as something separate, and above all my friends, you experience portions of yourself as being separate from each other.

In one of your Holy Books, the situation was described which has been called by your peoples, "The Transfiguration." The teacher known to you as Jesus was seen to be illuminated, brightened, as those about this teacher heard a voice that said, "This is my beloved Son, listen to him."

My friends, as you progress in your search to find your own relationship to the Creator, you must at one point along the way come to grips with the fact that within you lies a portion of that same consciousness which the one known as Jesus exemplified.

You must then be able at some point to see that every individual has that same relationship to the Creator, and that the creation itself—wood and flower, bird and bush—are sons and daughters of the Creator.

But, my friends, do you listen to the Creator when It speaks to us? This is the great important part of experience, that is, the opportunity to listen. We have followed your *(inaudible)*.

As we were saying … to listen, to inwardly digest, and to transfer each word, thought and vision you see into that which shows you a face, an aspect of the one infinite Creator. How difficult it is *(inaudible)* to change your perceptions, for your illusion is a harsh one. It is nearly impossible to believe that the entities seated within this domicile are all one being, for can you not touch each other and feel the difference between you? Can you not speak together and never know the outcome until it has already been manifested? And yet, my friends, this very experience is an experience of unity. And if you can maintain the overview that you are indeed speaking to yourself, that you, as a portion of the creation, speak only to other portions of the creation, transformation of your life will occur as what you call time reveals to you the beauty and the harmony of those about you of the creation. And most of all, my friends, of yourself.

It is easier for many of you to see the beauty of *(inaudible)*, to appreciate the radiance of perfection of another's being than to appreciate the perfection of your own. How many times this day have you been dissatisfied not with others, my friends, but with yourself?

And yet, the voice said, "This is my son, listen to Him." Listen to yourself, my friends, as well as to all the profound works of inspiration; all those others and all of creation. Listen to your body, listen to your mind, listen to your seeking, and find the unity and the perfection at the heart of all these things. And try to be pleased with the portion of creation that is yourself.

Please do not [cease], my friends, to open yourself up to the radiance that lies waiting for the one who has ceased quibbling with the self and has instead offered the self, imperfect as though it may seem, to the Creator, as a channel for love, *(inaudible)*.

At this time, *(inaudible)*, and therefore we shall close through this instrument. We thank the one known as *(inaudible)* for his service, and will be with him again.

(Unknown channeling)

[I am Hatonn.] My friends, to remain in this illusion is such a waste of your time. Even with your physical eyes you can see such a vastness of space, of light, of beauty. And within yourself you can find such imagination what will take you on voyages far beyond this illusion. May we suggest that you continue to discipline yourself to remove yourself from this illusion, from the needs of eating and sleeping and providing that with which you purchase those things you may need. May we suggest that you enter meditation with joy, for it is a freedom that you may never find within this illusion.

Time is a prison. Space, a jail. All these things that your, as you would call it, society expects of you are the warden's clanking of keys as they walk past your cell. Even those that love you the most expect things of you, and you expect things of them. And so, in small ways, you within your evolution are jailed and act as jailer, putting those about you in prisons of your expectations. This, my friends, is for a reason.

You have elected to enter into a very valuable personal relationship that you might gain experience. My friends, do not let this experience go to waste. Do not remain in prison. Not in thought, and not in action. Go instead, into that infinite space, that infinite time which is the kingdom.

Meditate and listen [to] all those things which can be imagined to be more beautiful, more full of fine quality, more happy than you can within the prison describe. Now open yourselves too. And you shall be in a goodly company. For many there are who dream the dream of the Creator. *(Inaudible)*.

I am known to you as Hatonn. And I leave you in that love, that light, that freedom I mentioned. I leave you in unity, the unity of the one Creator of which each is an infinitively valuable *(inaudible)*.

(Unknown channeling)

I am Latwii, and I greet each of you in the love and the light of the one infinite Creator. We are always happy to be asked to perform what simple tasks we might in conjunction with your call. This evening we find a simpler task for our, shall we say, ping-pong partner is not present. Therefore, we have only one target for the evening. May we at this time ask if there might be a question which we could attempt to answer?

Questioner: Yes, tonight as Carla channeled I felt Hatonn's presence very strongly *(inaudible)* and really do not feel the *(inaudible)* to the degree that I should be able to channel but when the attempt was made to transfer, the contact was lost. As Carla began to channel again, I once again felt the presence of the conditioning and at this moment [am] still experiencing the conditioning. Could you please explain the role Latwii plays in the ability to channel?

I am Latwii, and I am aware of your question, my brother. In this regard may we say that when we speak of the many variations in the levels of consciousness of your peoples, we speak of an area which is infinite in its range. That which you experience as your conscious waking state seems by most accounts to be quite homogeneous. But upon careful observation, it is discovered that this state does contain within the seeming homogeneity many ranges of perception. These are a result of the interactions of the self with other selves and the Creator's universe which results, as we have hinted, in different levels of perception. Which is another way of saying the sharpness of your perception may be influenced by what you have called fatigue, the fatigue having been created by the experience of the self on levels. This evening you have experienced yet another level of perception, another interaction of the fatigue or the wear of your experience upon your consciousness. When you attempt to be that which you have called an instrument to channel the words, the concepts, of Confederation entities, you, shall we say, zero in on a particular frequency, that which is

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used to communicate the thoughts by, in this case, the entities known as Hatonn.

You have experienced the subtler level of fatigue that is a result of an inner seeking, a desire to know the finer levels of the self, the finer levels of the Creator and to blend this seeking in an effort to serve as an instrument for Confederation contact. Your own inner seeking does therefore at times provide you with the experiences which are necessary for your inner growth, but which may also at times provide a certain fatiguing of that same inner channel that is used both for the inner seeking and the contact with Confederation entities.

This inner channel is exercised many times during your waking consciousness and your, shall we say, less conscious or sleeping periods as well. And its exercise may create a certain fatigue of which the conscious mind is not completely aware. It is not a matter of great concern, it is more frequently experienced by the new instrument and may be allowed to run its course without concern and upon the next attempt at contact may be completely absent. It is, shall we say, a random effect which you have experienced this evening. The entities of Hatonn are continuing their work with you by providing their conditioning vibration so that you might be assured that their vibration has been perceived by your instrument and shall be available to you at any time in what you call your future.

May we answer you further, my brother?

Questioner: Not on that particular subject. But I do have something that is troubling me, it has been for the last few weeks. I've been experiencing periods of depression, and periods of inability to interact in anything near a harmonious way to the people around me. I know I've not been following a rigorous program of meditation. At times I've let it slip altogether. But, here this last week when I did attempt to sit and meditate, I've come out of it feeling tired, and in a worse frame of mind than when I sat down to begin. I know, that of late, I've been shutting myself off quite frequently, as if something inside is slowly rebelling, at least momentarily rebelling against an influx of outside stimulus, and not until today have I experienced any form of inner peace. I'd like, if you will say some words on my mistakes in my current meditations, and if you would say a few words on dealing with that state of mind we refer to as depression.

I am Latwii, and I am aware of your question, my brother. First of all, may we say that in truth there can be no mistakes, for this illusion you find yourself within, each of you, is an experience which has the purpose of teaching. Each of you, in some way, seeks to learn the lessons of love. These lessons, in the particular case of which you now speak, concern learning to love the self. Learning to accept the self, as the self is and expresses daily. Learning to forgive the self, for that which is felt to be less than desired. The state of mind which you call depression is simply the realization consciously, [that] the self has not been accepted.

Again we say, there are no mistakes. You have each moment that you experience in your daily round of activities an opportunity to see yourself in many reflections, to see yourself [in] the faces of those you meet. To see yourself in the activity which you undertake. To see yourself within your own mind and your own heart. To accept yourself, to love yourself, to know that at the core of your being lies perfection, lies the creation, lies the infinite love and light that binds all of creation. You have presented to you, with each waking moment, an infinite array of opportunities to see this unity of self evolve. In order to see that unity, it is most frequently necessary to first be presented with the illusion of separateness, the illusion of the self which is not perfect, the illusion of the self which is filled with mistakes, and the illusion of the feeling and inability to accept the self.

To learn the lesson most fully, to drive it the deepest within the heart of your being, it is necessary first to experience the opposite of what is true, the illusion of imperfection of separateness. In your meditations, attempt then to see the perfection of being, attempt to see how each opportunity you have encountered, each thought of a depressing nature you have welcomed, has presented you an opportunity both ways, as imperfect and as perfect. See the choices that you have made, and *(inaudible)* have been swayed towards the imperfect; see then the opportunity for the perfection. For does not each opportunity teach? Have you not noticed each opportunity's lessons? Indeed, you have. For you have noted your own failures, as you call them. But look at them in another light.

Have they not shown you the depth of your being, the range of your feelings? The possibilities of your learning? To be alive and aware in your illusion is a

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state of mind and perception which few among your people enjoy. For they have been, shall we say, deadened to the world about them, and the world within them. Therefore, rejoice in the feelings which surge within your being, and see therefore the other side of the illusion which is the truth of your own perfection, your oneness, and the love/light that dwells with you. Attempt then, in your waking hours to continue the feeling you develop in your meditations so that a new light is shed on the experiences which you encounter. Do not forget you can have it an illusion. Do not forget it has but one purpose, to teach that you are whole, and perfect, acceptable, and loved.

May we answer you further, my brother?

Questioner: No, thank you very much. I do have one more question, then I'll be through. I know that when I do meditate, I have a definite distraction. The cause, as I go deeper and deeper into mediation, I attempt to leave my body to some degree to come to the point where I enjoy the experience, the feelings of the separation, no matter how slight. But I know this has a draining effect on me. Any suggestion on how to better center my thoughts so that [I will] not as often make the attempt for the separation?

I am Latwii, and I am aware of your question, my brother. We feel that you have yourself discovered the key to this, being very simply the centering of the self in separation for one purpose, and one purpose alone. To do more than one thing when you meditate is to split your consciousness and your effort so that you do neither thing well.

Therefore, we would suggest that at those times which you wish to use for the centering of the self, the seeking of the one Creator, in the quiet, the peacefulness, the heart of your being, that you attempt no other activity at this time. That if at another time you wish to attempt those activities which you have described as the separating of the bodies that this be done at another time. We do not suggest that great emphasis be placed upon, shall we say, the tricks of your illusion or your ability to manipulate the bodies. This is, shall we say, a side effect, random in nature, which of itself provides but little catalyst for the learning of the love of the creation and of the self.

May we answer you further, my brother?

(No further query.)

I am Latwii. We thank you greatly. Is there another question at this time?

(Pause)

(Unknown channeling)

I am Latwii, and am with this instrument. We have been most honored to be able to share a few of our simple thoughts with this group this evening. We look forward to such engagements with glee and hopeful anticipation for few are the times which we are able to join our vibrations with your peoples. We find a great and special excitement and opportunity at such times, for we learn as much if not more as do each of you during each of the occasions. For it is our special pleasure and privilege to see within each entity gathered here this evening a fuller, a deeper, and a richer array of the Creator's handiwork and unique expression, and this always brings up joy. We leave each of you and this group at this time, in that joy and the love and the light of the one infinite Creator. We are known to you as Latwii. Adonai, my friends. Adonai. ♣

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Friday Night
March 5, 1982

(Unknown channeling)

I am Hatonn. I greet you, my brothers and sisters, in the love and light of the infinite Creator. My friends, as always, it is a great pleasure to be amongst you once again to be able to share with you our thoughts, our advice, imperfect though it may be. It is a great service to us on your part to allow us to attempt service in return.

My friends, tonight we would share with you a small story concerning a lamb which had strayed from the flock, from its mother, from the shepherd whose efforts to ensure the lamb's safety within the flock were circumvented by the lamb's curiosity. You see, my friends, the lamb, realizing that among the flock there was simply retracing the steps already covered by those around it, chose to wander further and further toward the edge of the flock, seeking experience beyond what could be and often was narrated by its elders.

Eventually, as the lamb progressed toward the edge of the flock, the lamb began to notice that those around seemed to be somewhat different than those at the core. They were sheep, it was true, but they were of a more unencumbered nature. Their seeking for the close, shoulder to shoulder relationship that sheep seem to enjoy was less prevalent, and often one would stop, snatch a bite, look about a moment and have to gallop to regain the safety of the flock. Indeed, those at the perimeter were a different breed of sheep.

But the lamb was not satisfied with a mere change of scenery, so to speak, and upon reaching the edge of the flock, chose to continue beyond the flock, beyond the shepherd, beyond all of that which was known and familiar. Gradually, the sound of the flock diminished, and the lamb was alone, having abandoned its past. Perhaps at this point, one would assume that the lamb should be afraid, for it's well known that the Earth contains those which would prey upon one another or upon the innocent, upon those which would try and extend themselves beyond the edge of the flock. Yet the lamb, possessing the wise *naiveté* of the fool, was not troubled, for the lamb simply sought to know.

My friends, at this point, in your minds we find the question concerning the eventual conclusion of our story. We wonder what happened to the lamb. My friends, the lamb is still wandering further and further from the crowded security it left behind where the decisions are made by caretakers. My friends, the lambs within your souls seek only to learn, and it is that craving for knowledge, for new experience with which to grow, that has brought you here this night. There is a meekness in knowledge, my friends, for an early and constant lesson upon that path is the awareness that one's knowledge is

sorely lacking. The path extends ever onward to that knowledge that is without end.

One might ask, "To what purpose do we wander that path if there is no reward at the end, no pot of gold at the terminus of our rainbow. Why should we leave the flock? Is it not safer within the confinement of the crowd? Are we not protected from those that would prey upon us?" My friends, you are wanderers of the path, and to do other than that would betray your real nature. Accept this in yourselves and be not afraid, for though the predators exist, so also does that force within your world that knows of each bird in flight, of each tree desiring to bloom, of each flower striving through the soil toward the sun.

My friends, follow your path consciously and joyfully, and if you find other lambs upon your path be grateful for the God that walks beside you, for each of you, my friends, is of the Creator, is a facet, a particle of that which you call God, and each of you follow that path which guides you back to your Creator self, my friends.

At this time our brothers and sisters of Latwii desire to offer to assist you in your meditation. If those of you desiring this service would simply relax and within your minds offer a request for the vibrations of our brothers and sisters of Latwii, they will pass among you and be honored to perform their service. I am Hatonn.

(Unknown channeling)

I am Latwii, and we greet you, our brothers and sisters, in the love and light of the infinite Creator. My friends, it is with great honor that we take credit for the work performed by our brothers of Laitos. However, we would remind this instrument that although our names are similar, our functions are somewhat different, and that the vibrations imparted by our brother Laitos are much more effectively administered if the instrument would concentrate more fully, and get our names correctly.

Now then, we are, of course, present to perform our unworthy service of attempting to answer your questions. This is a role we enjoy because not only are we afforded the opportunity of sharing conversation with yourselves whom we find much more lively than some of our more overly serious brothers and sisters of other densities, but also we receive the opportunity of learning through the verbal interchange. So, without further ado, we would offer ourselves for this service. Are there any questions which we may undertake to answer tonight?

Questioner: *(Inaudible)*.

I am Latwii. My brother, we would assay the pun that no light can be shed, since all of Creation sheds its own light. However, we would attempt to answer your question in this fashion. There are a number of Federation members whose services are very specific in that they receive the honor of being assigned to working with specific individuals or very small groups of individuals, some of those being on your planet. A number of these Federation members are involved in working on your planet. Some of those are of the group you mentioned.

May we answer further?

Questioner: *(Inaudible)*.

I am Latwii. My brother, we are somewhat at a loss to respond to your question, in that we would humbly suggest it was somewhat vaguely phrased, and we are reluctant to offer unrequested information. Would it be possible to more accurately phrase your question?

Questioner: *(Inaudible)*.

I am Latwii. I am aware of your question. My brother, a difficulty encountered in the contacts which you refer to as "kindling" are that the instruments have certain biases that open the instrument to confusion of communication or the interjection of inaccurate material by entities who would seek to confuse or disrupt the message being conveyed. It is not on our agenda, so to speak, to conduct any landings at this time. The process which you described as "energy rings" is unfamiliar to us in the context with which your question was posed. We would offer the suggestion that perhaps the communication was misunderstood.

May we answer you further?

Questioner: *(Inaudible)*.

I am Latwii. My brother, your perception is excellent. We would, as a friend, also remind you that we ourselves, being less than infallible, should also be taken with a grain of salt, to use your phrase. Our intention is to be of service, but we desire to perform the service of a loving advisor, not as an oracle which would accurately define your future for

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you or save you the difficulty of performing your own learning.

May we answer you further?

Questioner: *(Inaudible)*.

As always, my brother, we thank you. Is there another question?

(Pause)

I am Latwii. We of Latwii are aware that there are questions of a more personal nature, as this instrument would say, which some present would desire answered, but are hesitant to verbalize. It is our desire to be of service, however, it is not our desire to force the issue. At this time we would once more offer ourselves as willing to attempt to respond to any questions which you may desire to verbalize.

S: I did have another question. *(Mostly inaudible. There was an analogy made between a book having to do with a being called the Watcher and the Guardians.)*

I am Latwii. My brother, we sincerely and deeply wish that we could answer your question, for questions like that are to an extent objects of our own learning process. The Guardians to us are primarily an unknown. They are entities which perform the service to us of assisting in our learning experience, and, as you may surmise, are at this time beyond our intellectual grasp.

We would suggest, however, that the image which you interpret as the Guardians, or as you refer to it, as the Watcher, is one that is prevalent within the subconscious mind of your gradually developing social memory complex. It is an archetypical concept which stems from a subconscious awareness that each of us as the Creator stands in a position of the overseer of Creation, an overseer who would find it possible to alter facets of the illusion within which the individual learns its lesson but realizes that to do so would be improper. A comparable term to your Watcher might be the expression "oversoul" or "higher self."

May we answer you further?

S: *(Inaudible)*.

I am Latwii. My brother, the Guardians are entities who are far more fully self-realized than our humble selves, and therefore are beyond our current conscious understanding. We would suggest to you that quite often your own understanding or interpretation of our advice stems from your subconscious, and the process of subsequent meditation upon the subjects of your interest would be quite beneficial to a more [full] understanding.

May we answer you further?

S: No, thank you.

Again, we thank you, my brother. Is there another question?

A: *(Inaudible)*.

I am Latwii. My sister, we thank you for the opportunity to attempt to answer your questions, for we know the difficulty that your striving has encountered lately. To borrow an expression from this instrument, we would remind you that life is but a dream. It is possible within your illusion to exist within a very unconscious state that is sadly characteristic of a substantial number of your race. This state of existence, my sister, is analogous to the type of dreams within which a certain amount of entertainment is derived, similar to that produced from your video communication devices, and we would advise that one not take this type of dream too seriously, for its purpose is simply to entertain the mind as you sleep.

There are other types of dreams, however, just as there are other manners in which one may function consciously within the illusion within which you exist. For example, in a group such as this there are individuals who attempt to be conscious of the manner within which they perform their daily tasks, seeking both polarization and catalysts that they may advance upon the path of learning and polarization. These types of lives are analogous to those types of dreams within which specific types of work are performed under the direction of the higher self seeking to provide growth at the request of that portion of the mind/body/spirit complex which you might refer to as the conscious mind or the striving.

Other dreams also perform service to the individual, such as those dreams within which a catalyst may be provided, such as communication from entities such as Federation members, resulting from a calling within the individual that the individual may not be quite conscious of but nonetheless is communicating. These dreams being of a semiconscious point of origin, are in themselves less fully remembered, and often possess a very vague

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and indistinct memory trace after the mind/body/spirit complex has reawakened within the physical illusion.

May we answer you further?

A: *(Inaudible)*.

I am Latwii. My sister, your terminology is beautifully precise. The calmness is resultant from the vibration experience during the learning process, the confusion resultant from the fact that the subconscious was the major recipient of the educational process.

We would also add that there is a further range of dreams that are generally referred to as nightmares among your race. These, in the same manner, may be the result of an entertainment of the mind or the result of an unpolarized individual requesting contact with a polarized entity whose vibrations they rapidly find very uncomfortable.

May we answer you further?

A: *(Inaudible)*.

I am Latwii. My sister, we would suggest that the most effective manner within which one may receive communication that is consciously requested would be through the active use of the conscious mind in the area of meditation. The function of sleep in part is to assist those who do not have adequate control of the conscious mind to receive such communication. This is a facet of the sleep tool which you may desire to use, but we have found that the conscious awake mental meditational state is a much more precise form of communication and reception, and we would highly recommend its usage for conscious calling.

May we answer you further?

A: *(Inaudible)*.

As always, my sister, we are grateful to be of service to one such as yourself.

Is there another question that we may answer?

(Pause)

I am Latwii. It seems that either the questions have been sufficiently answered or the previous discussion has managed to instill the dream state in all present. In either case, we shall consider our service to be completed at this point in time and shall communicate to you that we look forward to a further opportunity to be of service to you at any time, just as all members of the Confederation would offer. My friends, in the love and the light of our Creator, we bid you adonai. I am Latwii. ♣

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Sunday Meditation
March 7, 1982

(Unknown channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, it is our great pleasure to perform this small service of addressing you this evening, and it is our desire that it be known that if our service be desired at any time, by any member or members of this group, you need only ask. Mentally request our presence and we shall be with you.

My friends, tonight we would share with you a few thoughts on the subject of purity. It is difficult to conceive of purity within the realm of your illusion, for as your illusion is permeated with indecision, as your illusion is the point at which the individual must select—correction—elect to polarize in one direction or the other, there is a strong tendency to accept a proximity to purity as the totality itself.

At this point, my brothers and sisters, the question occurs to a number of you, "What type of purity is being discussed?" My friends, in using the word purity we refer to the non-resistance to the outward reflectance of light from an individual. As you well know, every molecule, every atom, every portion of substance within your universe, being a facet of the Creator, [is] imbued with the light of the Creator and is capable of projecting that light in all directions. However, the influence of the individual—correction—individualized consciousness which organizes the various molecules into a physical vehicle for the purpose of experiencing this density, exerts a controlling influence over the amount of light emitted from the total vehicle.

More briefly, my friends, you have the ability to restrict the amount of light which you are capable of emitting. The ramification of this act is that the energy level of your planetary sphere is being controlled by those entities upon that sphere yourselves. In restricting the amount of spiritual light and energy which you are capable of exuding, you reduce the amount of energy and therefore the vibratory level of your surroundings. When taken in terms of your race, the effect is to reduce the vibratory level of your planet, which results in the physical and emotional traumas that your planet and its populace continually experience.

My friends, the statement in your holy texts which decry the attempt to hide one's light beneath a basket refer to this type of choice. It is within the realm of your abilities to restrict the light-energy that you would choose to return to the Creator. It is also within the realms of your ability to restrict your own growth and that of your brothers and sisters. My friends, we are aware that on your planet there is pressure from those about you to conform, to avoid standing out in a crowd. But we would request that you consider whether a greater service [is] performed

in [being] willing to be brave enough to allow your light to shine forth fully. The service that you would perform for your brothers and sisters in attempting this in your day-to-day actions is immense, for there is no being in existence who is capable of resisting the beneficial effects of this action. We would suggest, dear friends, that this be an object of consideration as you live within the confines of your illusion.

At this time, it is our desire to transfer this contact to another instrument, that we may accomplish the exercising of those who have made themselves available for this purpose. I am Hatonn.

(Unknown channeling)

I am Hatonn, and I am now with this instrument. We greet you once again in the love and in the light of the one infinite Creator. Within your illusion, one who stands out from the crowd is often isolated, scorned, ignored. But each is unique and each has their own rate of growth. And each has the choice. As you progress, you will find that at times you will be alone in the crowd, for as you grow and gain knowledge—become more aware—that which you have learned will be harder and harder to hide. You shall find that you will be more content with your particular place on your planet. Each works upon oneself.

Each self, each being *(inaudible)* will begin to see that though they are experiencing difficulties in relating to others on the planet, that they also become closer, for they will begin to see that which makes them brothers, one in the love and the light of the Creator. Though you will experience difficulties, they will be but lessons; the acceptance of others but mainly acceptance of oneself. The light is ever within *(inaudible)*. It is all things and it will shine, it will glow, as one becomes more aware of its presence. The knowledge that you gain grows increasingly brighter, warmer, feels more and more comfortable *(inaudible)* your being. My friends, as you grow, as you sit within meditation, allow yourself to feel. Experience the light. Allow it to glow. Be that which is you. Allow yourselves to be.

My friends, we are with you and shall be, whenever asked. For we wish in whatever humble way we can to aid you as you search, as you seek to experience, as you become aware and grow. For we are one with you, as all is one. *(Inaudible)* you're not you as *(inaudible)*. We will leave now this group so that another of the Confederation may be with you. I am Hatonn.

(Unknown channeling)

I am Latwii. I greet you, my friends, in the love and the light of the infinite Creator. We speak briefly through this instrument in order to thank each of you for the privilege of being allowed to share our humble thoughts with you, and, with our brothers and sisters of Laitos and Hatonn, to offer as wide a variety of the types of Confederation energizing which we can at this time. We are aware that there are those of you who would wish to use this vibration for aid in deepening the meditation state, others who simply wish to feel the sensation of our presence, others who are working to become local channels. Please take from this band of vibrations that which you personally would find most helpful.

We shall pause at this time and pass among you that you may become aware of our presence and may be aided insofar as we will aid you with our vibrations. I am Latwii.

(Pause)

I am Latwii, and am again with this instrument. We are sorry that we are heating some of you up. We will attempt to adjust for your comfort and close the message through this instrument, that we may transfer to another. We would like for you to notice that we are not shouting through this instrument. We are very proud because we have finally figured out how to do that.

My friends, we would only offer a few foolish thoughts which we would ask you not to take any more seriously than necessary. We would like for you to think of what has been said by the brothers and sisters of Hatonn.

The concept of purity is one which pertains not to all of those foolish things that your peoples find so interesting, but rather to a quality which is as simple as light. If you would gaze out of your window, my friends, in the early morning hours, you will find the tiny crocuses moving upwards towards the still cool spring sun. They are pure. You will find the squirrels chasing the birds from the seed you have put out, their bright eyes darting back and forth, their tails moving quickly and cleverly as they maintain their balance. You hear the song of the birds, and all these things, my friends, are pure. They are pure because they are not conscious of themselves. They are

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creatures of the creation of the Father. And they are what they are without question.

But all, my friends, have you not been given a complicated task? To find again that beingness, that feeling of being a part of the Creation with no effort, while you are conscious of yourself? Your greatest task, my friends, is to stay out of your own way, for that which you are will shine, and all that might obstruct it is that which you might do. Some obstruct the light on purpose. But, my friends, many, many others in their efforts to increase their helpfulness, actually confuse the quality of that vibration of beingness, which we have so often described to you as the original Thought of the one infinite Creator. You are already a being of perfect love and light. To stay out of your way is a tremendous service to yourself and to others. All of the intelligence and analysis that you can produce through the time of your incarnation cannot yield up one more iota of light than is the totality of your being to begin with.

So, my friends, go within and trust that that which you are to be—do—is least of all a function of that mind which analyses and far more nearly a function of your ability to feel comfortable being one who is loved totally by the Creator. If you are loved you can then love, no matter what other function you may have in this illusion. Love, my friends, is the heart of your gift to those about you, and to yourself.

We are very happy to have used this instrument. We do not often receive the requisite amount of call to offer a little sermon, but are most grateful to you for allowing us to share these thoughts with you.

We would now transfer the contact to another instrument in order that we might attempt to field any questions that you might have at this time. I leave this instrument, in the love and the light of the infinite Creator. I am Latwii.

(Unknown channeling)

I am Latwii, and am with this instrument, and greet you all once again in love and light. May we at this time attempt to answer any questions which those present might have for us?

Questioner: Latwii, I have a question. If you are willing to, I would like for you to give me some feedback on the effectiveness of the channeling on the Friday night sessions, specifically the accuracy of the channeling.

I am Latwii, and am are aware of your question, my brother. May we say in this regard that your attempts to be of service during your meditations on the evenings have been quite successful. We have been very pleased with the quality of thoughts transmitted and received by your group. We have found an unusually receptive audience at your Friday evening gatherings, and for this reason have been able to provide information which has been called for, and which has been transmitted with accuracy.

May we answer you further, my brother?

Questioner: Yes, is there any advice you could offer as to the manner in which we could improve?

I am Latwii, and am aware of your question, my brother. In this regard, may we say that the seeking, the desire of each entity within your group, is that quality which, when taken as an unit, is responsible for the quality of both your meditation and the information which is received. The desire which has caused this group to be formed is of a high quality, therefore, to suggest the improvement of attuning, shall we say, this desire might be at this time too much to ask, for we feel each does present to the group the fullest amount of desire and will to seek the one Creator which is possible at this time, though it is always the nature of the pilgrim to continue the journey in ever a greater degree of depth and purity, and this refining of your purity shall, we are certain, also continue.

May we answer you further, my brother?

Questioner: You have answered me fully. Thank you.

I am Latwii. We are most grateful to you. Is there another question at this time?

Questioner: Are you the same entity that has been contacting us in Nova Scotia, in our group there?

I am Latwii, and am aware of your question, my sister. We of Latwii have had the privilege of making contact with your group on some few occasions. We of Latwii have not been able to make contact with many groups upon your planet, for the information which we have to offer is not often sought by such groups as this. We have been honored to join you on these occasions of which you are familiar, and do offer our thanks and our appreciation of this opportunity.

May we answer you further, my sister?

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Questioner: No, we offer our thanks to you for joining us.

I am Latwii. We see that there is a great abundance of joy and thanksgiving, and for this we offer additional thanks. May we answer yet another question at this time?

Questioner: I had a question that occurred to me while you were speaking through me. And I just wondered—you were speaking of purity and you said something about the purity, the way people think of purity on this planet, isn't very helpful. I guess what most people think of as purity has to do with living …

(Side one of tape ends.)

Questioner: … that it is not actual purity, or that it is not conducive to development of actual purity, or that it is just not relevant, or what?

I am Latwii, and am aware of your question, my sister. May we say that, in general, you have expressed some degree of our perception of purity. Those of your people who have considered the concept of purity have quite frequently chosen to whittle away at their being in order to find the purity which they sense must be achieved by the removing of, shall we say, the catalysts of your illusion. By this we mean to say that the world which surrounds the self is too often seen as being of no value, and is too often removed from the experience of the entity, so that the entity seeking purity does isolate the self in what might be described as rigid and strict guidelines and frameworks and perceptions of the way purity must be expressed.

This, of course, is the free-willed choice of each entity, and does have the lessons to teach. The concept of purity which we have perceived as being, shall we say, more natural in its beingness is that concept which recognizes that you are pure and perfect as you are, without removing any ingredient from your experience. That indeed, each experience about you has a value to you, for it can teach you—a pure and perfect expression of the one Creator—are quite capable of learning each lesson that is made available to you by the world in which you find yourself immersed.

We do not, in our perception, see a need for living what might be called the monkish existence of the ascetic, for this type of perception quite frequently does further confuse the seeker. For if the world about one is seen to have no value, then part of the Creator is seen to have no value. If the entity is aware of the self as part of the Creator, the feeling of worthlessness then does intrude upon the consciousness and the perception of the entity seeking union with the Creator, which has part of its being that is of no value.

We instead would suggest the seeing of the Creator within all creation, within each other self that one encounters in the daily round of activities, and within the self as well. And we further suggest the attempt to discover the value of each experience, the lesson which does wait within each experience, which will point ever more accurately to the heart of your being which you seek, the heart of your being which is perfect, which is pure and which, when allowed to express itself to its fullest, will purely reflect the one infinite Creator.

May we answer you further, my sister?

Questioner: I think I understand pretty much exactly what you're saying, Latwii. What you're saying is, for instance, instead of removing sex from one's life, as do monks, you would instead request of [one]self the most careful search for the Creator in the truest of love within this experience, and instead of removing money from the experience, you would instead accept whatever amount of supply that you had within your station of life, and see what you could do with that money, to be of service as a part of the Creation. Is this what you're saying?

I am Latwii. My sister, we have indeed attempted to express thoughts similar to these. We would also add that we cannot speak specifically for any entity for each must make these choices as a result of the free will, and in this regard, we can only speak in general and express these thoughts which you have accurately reflected.

May we answer you further, my sister?

Questioner: No, thank you Latwii, that was very inspiring.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

Questioner: I'm curious about angels. Are there angels, or beings, that can be helpful to us if we request it? That can help take care of us, or guard us

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or be with us to lend support and love, if we request it? I've always felt there were. I'm just curious.

I am Latwii, and am aware of your question, my sister. There are beings within the inner planes, shall we say, of this planetary influence which many of your peoples have described as being of an angelic nature. For their nature has been perceived [as] of great and intense love and light. These being do serve, shall we say, as guardians for entities upon this planetary sphere.

Each entity upon this planet has a number of such angelic presences which have as their honor and duty the guidance of individuals who have incarnated within this third-density illusion. Each entity may, therefore, call upon a variety of beings which reside within the inner planes. Each entity may determine the means by which the call is made, and the light and the being is invoked. It may be a simple ritual, a prayer of meditation, a simple sentence mentally asking assistance. It is helpful for each entity desiring this assistance to meditate upon the guides and beings which are in charge, shall we say, of the protection of the entity.

Attempt, then, in your meditation, to discern some aspects of the entity whose assistance you seek. Whatever aspects you are able to perceive—be it their form, their face, their color, shall we say, their tone, their quality, or their purpose—use this aspect as a part of your calling for their assistance. When this technique of seeking their nature is refined to a great enough extent you may receive additional descriptions, shall we say, of such beings, and eventually come to know their name and their form, and be able to call them by the visualization of either.

May we answer you further, my sister?

Questioner: Are they allowed to work with us, or must we request it? What form of aid are they allowed to give?

I am Latwii, and am aware of your question, my sister. The assistance which such beings render is that assistance which is called for by the entity, either consciously or subconsciously. Each entity upon this planet does call for some type of assistance, whether it is consciously recognized and verbalized, or whether it be subconsciously expressed. Each calling is answered. The degree of desire, the conscious seeking and strengthening of this desire, is that key which shall determine how the call is answered.

Many calls, shall we say, are answered in sleep and dreams, providing inspiration and answers to problems. May calls are answered by intuitive hunches or inspirations of the moment, which seem to occur and appear out of the blue, shall we say. Other answers are of what might be called the coincidental or synchronistic nature, where you may wish to proceed along a certain path, to undertake a certain activity, and do not know exactly how this should be done, and within a short period of time an answer appears in the form of another self with a proposal, or with a part of your solution, or a situation which fulfils your needs.

Many are the ways in which calls are answered. Each entity which calls does take part in the answering of the call by making the call, by desiring the answer, and by arranging the, shall we say, landscape of the inner being, so that the proper sequence, or scene of events, might be painted upon that landscape.

May we answer you further, my sister?

Questioner: So the more in harmony we are with the creation, with the Creator, the more—the better landscape we provide for working with these entities?

I am Latwii. We perceive this statement to be basically correct, with the addition that at all times is each entity in harmony with the Creator. That variable which does change is the conscious awareness of this harmony and the ability to learn those lessons which have been provided in each opportunity.

May we answer you further, my sister?

Questioner: One more question. Do you ever work with these entities in your service here on this planet to us?

I am Latwii, and am quite happy to answer that at this time we do so.

Questioner: Thank you.

We are most grateful to you as well. Is there another question at this time?

Questioner: Yes. I've read a lot in the last few months and it's been very inspirational, and in fact sometimes it's given me a sense of real joy and bliss, and my question is, should I try to share this? At this

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point I don't know anybody who's got a listening ear and I don't know whether I have any responsibility in this respect.

I am Latwii, and am aware of your question, my sister. In this regard, may we say that the experiences which each entity such as yourself encounters are those experiences which are programmed by the self so that certain lessons might be learned for the evolution of the mind and the body and spirit of the entity. Part of this process of learning includes not only the evolution of the self but at some point in that evolution the radiating of this information, this inspiration, and this feeling of oneness to others. The sharing of such inspiration with other selves is that experience which then allows additional learning to become part of the experience of growth which each seeks.

The sharing of this information does require a careful balancing, shall we say, for few are the entities you shall meet that will request that which you have to share that is of a spiritual nature. To share such information when it is not requested is not the most efficient type of service to provide. Therefore, as, shall we say, a simple guide, we might suggest the full experience of this illusion in the way which is most beneficial to your own growth and the natural flowing of this exuberance for life through your being when you feel the proper moment has presented itself to you.

May we answer you further, my sister?

Questioner: In other words, unless there is a request or fairly obvious opportunity, then I don't make any real outward attempt at sharing what I experience?

I am Latwii, and am aware of your query, my sister. To refine our previous statement may we say that each moment in your existence is part of the one Creator, as is each entity. Each seeks the union with the Creator. Each moment, then, does present the opportunity to make the self available; for the sharing of that which is most dear to the self with an other self is that which is most helpful to the growth of both.

To become the evangelist, which requests and requires the open ear and mind, is that activity which shall prove to provide for results. To make the self available at each opportunity is most helpful, whether the opportunity be a simple smile, the granting of the right of way at one of your intersections, the listening to the sorrows of a friend or stranger, the sharing of your deepest insights, or offering of a simple piece of advice when asked for. Each is an opportunity to share that which is the love and compassion for the self and each that self will meet.

May we answer you further, my sister?

Questioner: No, that's an excellent answer. Thank you very much.

I am Latwii. We thank you. Is there another question at this time?

Questioner: I have a question. Mostly out of curiosity. What causes and what are actually déja vu experiences?

I am Latwii, and am aware of your question, my sister. Each entity upon your planet, as we have said many times, is a part of the fabric of the one creation and the one Creator, and by their very nature, therefore, have the ability to become aware of other parts of the creation. Within your third-density illusion, the forgetting is in sway, and this unity with the creation is, shall we say, a more foggy part of your being. There are times, however, as the rhythms of your being change frequency, that you may become aware of a possibility which does exist for what you would describe as a future occurrence. This is one of many possibilities.

Each entity does have such insights, shall we say, whether they be dreams during sleep, daydreams in waking consciousness, or random thoughts floating through the mind. Most do not occur, for they are possibilities which were not taken, roads which were not traveled. There are, however, times when the thought, the daydream, the dream during sleep, does coincide with that road which was taken in what is perceived to be the future. It is at such times that the entity then becomes aware that the previous conscious knowing has transpired. This you have called the déja vu experience.

May we answer you further, my sister?

Questioner: Yes, but on another subject. This is pretty much a personal question. I spoke in another session of dreams and didn't ask this question. In such a dream I spent time with an individual that I did not know, but it was on a one-to-one contact and he was teaching me lessons and I was wondering if you could enlighten me who that was?

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I am Latwii, and am aware of your question, my sister. To speak specifically to your query would be, in our humble opinion, [an] infringement upon your own free will, for the seeking of the solution to this riddle is of necessity for you at this time to accomplish through your own efforts.

You have been quite successful in remembering these experiences. Your dreaming experience can be quite valuable, if you wish it to be so. If you wish to return to this place and this entity, it is quite possible for you to do so, for the dreaming experience is one which offers a wider latitude, shall we say, for the entity which seeks to learn certain lessons. These lessons might be more difficult to experience within this third-density illusion and are more easily expressed and perceived in the state of consciousness which you have called the dreaming state.

May we answer you further, my sister?

Questioner: No, you answered another question in answering the first question. Another question, in dealing with people at school I am finding I am trying hard to be myself around them, and in doing so am getting rejected by many. I am at the point of quitting and not trying to work with them anymore. I'm having a hard time figuring out if that's right.

I am Latwii. We have listened to your description and assume that your question is whether you should proceed in one direction or another, and find that we cannot give this advice, for to travel your path for you is to remove the opportunities for growth that wait upon it for you, and this we do not feel to be a service at his time.

May we answer you further, my sister?

Questioner: No thank you. I'll be figuring it out …

I am Latwii. We are most grateful as well to you.

Is there another question at this time?

Questioner: When we see people that we know in dreams and deal with them, working out problems, are we actually speaking to that entity on a different plane or is it just working out problems in our minds?

I am Latwii. My sister, may we say that each possibility which you have mentioned is indeed possible. The state of consciousness which you call the dream state, as we have mentioned before, does lend to the entity a greater scope of experience. Most often the experience of the dream state does include realms beyond that which you might consider the normal range of being. These realms do include the conscious awareness of other selves, which you are in contact with during your daily existence. In such dreams the work of experiencing the catalysts of this illusion might be more easily accomplished, and the conscious mind might therefore be apprised of those lessons which are most in need of concentrated effort. In many such dream experiences, the conscious mind is seeded with the necessary information which will allow the waking entity to experience those lessons which are, shall we say, pregnant within the being. The conscious mind, then so fertilized, shall we say, does provide the focus of attention in these areas by its very consideration of the dream and its possible meaning.

The dream state is far more varied and, shall we say, multi-dimensioned than it has been imagined by most of your peoples. To give an accurate description of what is possible within this dream state is, in our humble opinion, not possible, for the possibilities are infinite, since the conscious mind does not have its limiting perceptions to reduce the effectiveness of the learning, shall we say, during this dream state.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii, we are most grateful to you as well. Is there another question at this time?

Questioner: I read a book written by a psychic that talked about walk-ins. People that want to leave this earth—this is nothing personal, this doesn't apply to me—about people who want to leave this earth and beings who had something to accomplish and did not want to go through childhood would take their place and fill out their life and then go on to accomplish in this particular body. Have you heard of walk-ins?

I am Latwii, and am aware of your question, my sister. This phenomenon which you have described as the walk-in is indeed that situation which has occurred upon your planet but which is not usual, shall we say. The integration of the mind, the body, and the spirit in the evolutionary progress of union with the Creator is that process which is most necessary for each entity to accomplish upon this planet at this time. This process is most carefully

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watched over by those entities we have previously described as being the guides, the guardians, the angelic presences.

There are rare occurrences in which an entity incarnates with many lessons to learn. The lessons are of such a nature that the integration of the mind, the body, and the spirit is not harmoniously achieved. Such an entity, quite frequently upon your planet, will then engage in that activity which your peoples have called the taking of the life, or the suicide. For those entities which have faced the great difficulties in the learning of the lessons, and which have not been able to achieve a satisfactory integration of mind, body and spirit, and which, in addition, do not have the desire to end their own existence, are those entities which then do make themselves available to beings or another entity to complete for them …

(Tape ends.) ♣

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Friday Night
March 12, 1982

(Unknown channeling)

I am Hatonn, and greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, it is difficult at times to share with one another our feelings of confusion or sorrow, for these emotions stem from an awareness that we are somehow unable to balance within ourselves our perceptions of the universe within which we live. As these emotions, therefore, are based upon confusion it is understandably difficult to attempt to describe to one another these feelings. We of Hatonn are aware that your illusion can often be dismaying and may lead one to accept within one's emotional mass of perceptions this type of imbalance and although we may say that we can sympathize with this difficulty, we would emphasize to you, my friends, that the responsibility for clarifying this confusion resides with the individual. If it is your desire, dear friends, to perceive your illusion clearly then it is your responsibility to insure that your perceptions stem from reality and not from your illusion.

At this time we would like to relinquish our verbal contact with this group so that our brothers of Laitos may pass among you and offer his service to those who would mentally request his vibration. I am Hatonn.

(Pause)

(Unknown channeling)

I am Hatonn. I am again with this instrument. My friends, we cannot emphasize strongly enough that your perceptions of your reality substantially affect the manner in which you interrelate with your other selves and thereby achieve the results of your efforts toward service and polarization. It is essential to develop within oneself the ability to control your emotional reflexes, so to speak. The emotions that you experience are tools which may aid or retard your development depending upon your willingness and skill to learn to make use of these tools. As you become more adept, you will realize that in your recent past you were in the position of the malleable iron being hammered into a convoluted shape by the tools of emotion instead of being able to use those same tools for the development of your service orientation.

My brothers and sisters, we of Hatonn would encourage you to be conscious of your use of these tools, for like many of those of your manipulation of the physical role they may cause harm as well as good in the hands of the unskilled.

At this time we would relinquish our use of this instrument to our brothers and sisters of Latwii that they may perform their service of attempting to answer questions that you might choose to pose. I am Hatonn.

(Unknown channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of our Creator. It is a great pleasure, as always, to be able to be among you and to share your various vibrations, to perceive the intricate artwork, so to speak, as they interweave and meld into one common vibration, thus uniting your group. However, as we are aware that you are probably not overly interested in psychic tapestry, we shall proceed with the original purpose of our visitation, to wit, are there any questions?

K: I have a request. Could you speak to the idea of tolerance for someone who does something and you wish that they would do, say, the opposite? How to achieve that tolerance of a person's difference?

I am Latwii. I am aware of your question, my sister. First we would suggest that the question as stated be examined further in view of the potential desire to manipulate another individual into performing in a desired mode of behavior. My sister, although this may be an attractive idea, it is not necessarily conducive toward your own personal growth to either act as the manipulator or to, in an effort to remain passively involved, wish for some form of catalyst to occur to perform the manipulation for oneself and hopefully exclude oneself from the responsibility for that manipulation.

We would suggest that a better route might be to examine the behavior pattern that is regarded as an irritant and to try to attain an understanding of why the action or inaction stimulates one to generate within oneself an unpleasing emotion. It is difficult in your dimension to acquire emotional and spiritual distance from the lessons that one attracts to oneself, for they will quite literally pursue you about the face of the Earth until you are willing to accept the catalyst that you have requested.

We would therefore, my sister, encourage you to look within your own soul for an understanding of the origin of these negative feelings and to attempt to convey forgiveness to the one whose actions are construed as in some manner wronging oneself.

May we speak further on the subject?

K: No, thank you.

As always, we thank you for the opportunity to provide our meager service. Is there another question?

S: I have a question having to do with the planets coming within close proximity of one another in our solar system. Did they cause any changes upon our Earth, and when they realign in the future, is there a possibility of any changes happening then in the form of earthquakes or any tremors or volcanic activity?

I am Latwii. My brother, there is always the possibility of any event, however unlikely, occurring. However, to more specifically answer your question, we would remind you that the major cause for the physical upheavals of your planetary surface are not the celestial bodies but rather the occupants of the physical bodies who so heavily populate your planet. It is the vibration level prevalent upon your planet that is in conflict with your planet's transition into the fourth density and therefore results in physical upheavals and redistribution as your conflicting vibrations strive to achieve a balance. This will, in most likelihood, continue to occur and to increase in frequency unless your peoples' vibration level alters substantially. This is the major effector and in comparison the celestial bodies to which you refer are considerably insignificant.

May we answer you further?

S: Do you see any high probability of an earthquake happening in a certain location on the Earth from these vibrations at this time?

I am Latwii. My brother, we might succinctly answer your question "yes," but to provide the further information that we are allowed in this case, we would remind you of our inability, so to speak, to make specific projections due to the potential disruptions to the individual's right to choice or confusion depends upon your perception of this requirement.

May we answer you further?

S: No, I understand, and I should have realized that before. In the past Hatonn has suggested we pray specifically for certain areas of the Earth. At one time it was for Red China when there was a conflict between China and Russia. Besides in general praying for the Earth and its problems are there specific areas where we could send energy?

I am Latwii. I am aware of your question. My brother, there are many areas to which a specific application of love and light could be beneficial. However, we are reticent on this subject due to the

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fact that again we seek to avoid making specific predictions or sharing with you knowledge that we possess that you do not, therefore altering substantially your own efforts toward growth. We would suggest as an alternative, my brother, that one might seek the answer within one's own soul and find the appropriate response therein.

May we answer you further, my brother?

S: No, thank you.

Again, we thank you, my brother. Is there another question?

G: I have a question. Sometimes when I meditate, I become really afraid. Could you instruct me toward how to overcome those fears?

I am Latwii. My sister, there is within your society a traditional perception of the individual possessing a sanctified protective entity whose efforts are solely concerned with a vague, indescribed protection of the individual, these entities being referred to as "guardian angels." Unfortunately, my sister, there are also a less prevalent breed of entities who achieve polarization through the disruption of efforts such as those of your own which you describe as meditation, and it may be said that these particular entities patiently wait for the opportunity to attempt to disrupt efforts toward positive polarization made by certain individuals.

It is your gift, my sister, to be quite perceptive to the psychic communication often referred to as intuition, however, each such gift is a twin-edged sword, and in your case you are also susceptible to the influence by those who would attempt to interrupt your efforts by psychic projection of fear or disruptive thoughts. We would encourage you, my sister, when these efforts begin to manifest themselves in your consciousness, to direct love and light to whatever individual or individuals are sending you their gift of disruption. We believe that you will find after a short period of time that these disruptions will reduce in frequency and intensity as your return gift is quite uncomfortable for its recipients.

May we answer you further?

G: No, thank you.

I am Latwii. We thank you as well, my sister. Is there another question?

(Pause)

I am Latwii. We would like to at this time thank our brothers and sisters of this group for inviting us to share your vibration and your learning. It is our desire that you understand that we ourselves, in addition to our other brothers and sisters of the Confederation, seek to be of service to you whenever possible in your lives. There is no task too small or unreasonable that we would be unwilling to offer our assistance [to].

Therefore, we would encourage you to contact us, if only briefly, that we might attempt to be of some service to you. At this time we will take our leave. Adonai, my friends. I am known to you as Latwii. ♣

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Sunday Meditation
March 14, 1982

(C channeling)

I am Hatonn, and I am with this instrument. We greet you, as always, in the love and the light of the one infinite Creator. We are once again extremely glad to be able to reach so many. It is indeed a great honor to speak to those who seek to become more aware of the love and the light of the infinite Creator.

My friends, on your planet the season has changed. New life will soon begin, entities growing, developing, each seeking the light, each wishing its own place in the whole of the Creation. The new life depends on a fragile balance of those things necessary for life in your illusion, the need for water, for food, for light, but each also needs a guide, a hand, whether it is advantage of more suitable genetic traits, such things as plants, or the aid of one more older [as] entities aid the young of your animal life or for the lives of the human.

Each new entity that is now incarnating on your planet has an excellent chance of reaching a state in their development to make what we refer to as the harvest. These entities are those with the greatest chance. These entities will have an impact on your planet and upon the entities thereupon. These entities also will have a need for guidance, for aid, that will exert great demand on those entities around it and who interact with it. These new entities will begin their lives as a very strong catalyst [to] those around them. They will teach as well as be taught. They will be as a beautiful flower if they be nurtured and allowed to grow. Those on your planet who have chosen the role of parent have taken upon themselves a task, a lesson that will be hard for many. The ideas, customs, habits that have been ingrained on each for generations before will be sent before them in such a way that many of the concepts will be seen as a light that before was not seen, not felt. The new entities, the children, are and will be a new light, [who] will help to illuminate the world around them. Hopefully, those around them may see this, may learn from it and continue to grow, become aware and themselves be awakened from the sleep or aided in seeking.

Cherish the new life, for each life is a beginning and a means for all to see. We of Hatonn wish to aid any who may need with the times that are to come, that are here, are filled with ever increasing lessons, ever more difficult. We need but hear your call, whether faint or loud, whether consciously or not, we shall aid when needed.

We would now transfer this contact. We are Hatonn.

(L channeling)

I am Hatonn, and I am now with this instrument. At this time, my friends, we would like to give our

brothers and sisters of Laitos the opportunity to perform their service of passing among you and sharing their vibration with those who request this. If it is your desire that our brothers and sisters of Laitos should share their vibration with you, simply mentally request this service and they shall be performing it. We shall now pause that this may be accomplished. I am Hatonn.

(Pause)

(L channeling)

I am Hatonn. I am again with this instrument. My friends, my brothers and sisters, in your society, within your race, there are many variations, many opinions on the subject often referred to as the rearing of children. It is thought that those who perform the role of parent are in some manner performing the role of one who makes entries on a slate that was once blank and in doing so construct the mind and behavior of their offspring. It is difficult for one raised in such a society to disregard this concept, to allow the newly arrived entity the respect and understanding that would be accorded to an individual of physically mature years on your planet who was, for some reason, temporarily unable to communicate or adequately control one's physical functions, yet was obviously intelligent, knowledgeable and possessed of large amounts of experience.

My friends, if you would benefit those new lights among you, then we would suggest that an effort be made to perceive that these new lights are in many ways old lights that have been among you periodically since time within your dimension itself has begun, that these who enter during the final days are very likely entities with great experience and learning prior to their entry into your physical realm. Be aware, my friends, that those whom you would teach may have come to perform the service of assisting you to learn, of aiding you in achieving the necessary level of service for harvest. Be attentive to your lessons, for they have much to share with you. It is said on your planet that the child is the father to the man. There are many depths of meaning within this statement. We would encourage those present who would understand the process of aiding newly entered entities to meditate upon this statement.

I am known to you as Hatonn.

(Carla channeling)

I am now with this instrument. I am Hatonn, and I greet you once again in the love and in the light of our infinite Creator. Each of you, my friends, has a memory of being a small and defenseless being under the protection of those seemingly very large and almost godlike entities which were called grownups, and more especially, parents, and then, my friends, we as children find that illusion called time passing us by, and as we glance about ourselves we discover that we have become those very large beings whose impervious nature and iron rule was once totally accepted, and we find, my friends, that we are only large. We have not become omniscient or impervious or full of wisdom.

But, my friends, although we share with you this humorous situation, as we of Hatonn also have children and see to their raising, we may affirm to you that it matters not that you are often wrong, impatient, slow to understand and quick to speak. It does not matter any more than any other behavior matters if that behavior is the offspring of the moment. My friends, none small or large is infallible, but, my friends, there is one thing that can be done, and we speak not only for those who work with young ones, we speak for all. That one thing is always the seeking of the original Thought of the one infinite Creator. In seeking this heart within yourself and within the creation you bring sunshine into a life which otherwise may seem quite random and completely uninteresting.

You may look at your own being as that which is woven. There are those who go to the market and select that which is offered. Some buy cheaply and some for style, but few there are, my friends, who plan the design and the pattern of their leaving and then go select the yarns. If you but can weave your inner life slowly and thoughtfully, the pattern that will emerge will speak far loudly—we correct this instrument—far more loudly to child, to friend, or to stranger than any momentary behavior.

Let us look again at the arrangement itself. If you are faced with the instrument which you call the piano, and you think of a lifetime as that which can be played on the piano, you again have many choices. You can, if you are very lazy, choose to ignore the learning of this art and simply sit upon the keys. This will produce a lifetime, a noise, a jangle, a disharmony. You may play what this instrument

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calls "Chopsticks" over and over and over. You may be the last one tired of that particular tune. You may choose to learn to accompany yourself in popular singing and be an entertaining and light influence, or, my friends, you may choose to acquaint yourself with the literature of the piano, and, having the technique to play that which you wish and knowing that literature, you may then select the tune which carries your life in its breath.

We have spoken to you a great deal this evening about children because the children being born within this group, and, indeed, among your peoples in general at this time are souls that have by their very nature both a great deal to give and a great deal to ask. There are many who have chosen incarnation here in order to attempt to graduate from third density. There are others who have chosen to incarnate as shepherds to aid at this time in this harvest, in this transition, and at this time, my friends, there are those who are now being born who are commencing their work in the density of love into which your planet now revolves. To deal with such experienced, knowledgeable, old souls is not always, shall we say, child's play. However, these entities have chosen their parents and you they, and you are together for very specific reasons—to comfort each other, to teach each other and above all, my friends, to love each other.

All those who live at this time can be parents in the metaphysical sense, nurturing those whom you meet, comforting, accepting and loving. Do not find yourself displeased with yourself because of any momentary lapse from behavior you require of yourself, as a parent or as a person, for, my friends, the great gift you give is always yourself, your carefully woven tapestry of being, the lovely lilting melody that you have chosen to play with your lives in this illusion.

I thank you, my friends, with all my heart, that you have allowed those of Hatonn to speak with you this evening. It has been the greatest privilege for us, and we hope that we have been of some small service. We are always with you if you mentally request it. We leave you now. Soft and gentle as the raindrops which we may hear through this instrument's ears is the love that surrounds you. We leave you in that love and in the light of the one infinite Creator. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and greet you all in love and light. We have been called to this group once again and have responded in joy and feel it a great honor to be allowed to present our simple service to this group. That service, as each of you know, is the attempt to answer the questions which might be of value to those present. Is there a question at this time?

L: I have two questions, Latwii. The first is, is it possible for the instrument who is channeling you to also ask questions of you?

I am Latwii, and am aware of your query, my brother. In this regard we may say that it would in some few cases be possible to do this, but we do not feel that the level of, shall we say, mental dexterity and discipline is properly advanced in any present …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. As we were saying, there is a great deal of discipline that is necessary for the performing of such an activity, for unlike the simple changing of the recording device which this instrument has just accomplished, the framing of a question and the subsequent answering of the question does then blend the consciousness of the instrument and of those entities being channeled in such a way that doubt might enter the instrument's mind as to what the source of the query and the answer might be. It might be easy, shall we say, to ask the query. The answer received might present some problem for the instrument in the determining of its source and thereby increase doubt.

May we answer you further, my brother?

L: You've answered me fully on that subject. I have one other question I'd like to pose. I've noticed in the past two or three weeks that I feel constantly physically exhausted. Is there any information you could give on the cause of this and how to get beyond it?

I am Latwii, and am aware of your query. We cannot answer simply, for this query has many potential answers; to speak in general, then, is our lot. One potential source of weariness in the case of entities who have opened themselves to the seeking of that known as the evolution of mind, body and spirit is that the opening of the self to such seeking

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does then, as the magnet, attract that which is sought. Such seeking then does attract the necessary configuration of energies that will serve as catalyst for the learning necessary for such evolution.

Entities seeking with great will, with great desire, do then attract greater amounts of such energies and experiences, and may, as the over-eager college student signing up for classes, bite off, shall we say, more than can be comfortably chewed. There are also at this time many energies of a more general nature which affect each entity upon your planet, no matter of the degree of seeking present within the entities; that is the movement of your entire planet into a new configuration of vibrations and of energies which have been called by many the energies of your New Age.

The increased vibratory level of each particle of your creation, of your being and your experience is an increase in the, shall we say, channeling of these energies through each vehicle or the blocking of these energies by various vehicles of mind/body/spirit complex nature. These energies are available to each upon your planet. Many in their seeking and many unconsciously are not able to accommodate these new energies, for they have not yet built the proper foundation for their experience, and, therefore, their experience of these energies becomes somewhat of a deadening effect, which does then serve to protect the entity from being, shall we say, blown out as a circuit unable to accommodate the increased vibrations.

Therefore, we may say in general that there are specific reasons for each entity's experiencing of that which is known as weariness and tiredness, and there are general reasons at this time having to do with the increase in vibration upon the personal and planetary level.

May we answer you further, my brother?

L: No, you've given me a great deal to look at. Thank you.

I am Latwii. We thank you most humbly. May we answer another question at this time?

M: Yes. Edgar Cayce had an interesting skill, ability to read someone's aura. How can that skill be developed?

I am Latwii, and am aware of your question, my brother. To develop such a skill as this is the work of many of, what you call, your years for most entities who would attempt it. Few there are who have what might be called a natural ability to do this, though there are such entities, as you are aware. To become able to perceive the patterns of the personality, shall we say, as they are expressed in the aura of any entity it is necessary to develop what might be called an inner vision, [which] might be most simply defined as the ability to perceive patterns of energy and to view these patterns in relation to the incarnational experience which has set them in motion.

The ability to read such patterns must, as we have said, in most cases be consciously pursued. The meditative state, of course, is of greatest value to the beginner, for within the meditative state does the entity then became aware of those patterns of energy within its own being. To aid the beginner, contemplation is rec … we continue—is recommended for the beginner, the contemplation of those sensations, experiences, cravings and patterns of thought which pass like a stream through the being of each entity, after an entity has been able to become more aware of such patterns within its own being. Then the entity may begin—and we stress, begin—to attempt to become aware of those patterns in others by the use of what might be called training aids.

One such aid might be what you have called the pendulum. An entity may, by the use of this training aid, determine the location and level of activity of the major energy centers within an other self. Continued practice at this activity will then allow the entity to move on to those secondary and tertiary centers within an other self. The continued practice of this activity and the use of this training aid will then allow the entity to begin to develop this inner vision or inner sense which not only views the energy centers and their activity within an other self, but also begins to sense the nature of this activity, its source, its movements, its characteristics.

With enough patience and practice such efforts to establish the inner vision then do bear fruit, for each desire does draw unto the one which has the desire that which is desired.

May we answer you further, my brother?

M1: No, thank you. That was very complete.

I am Latwii, and we thank you as well. Is there another question at this time?

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M2: I have two questions. L's question about being tired two weeks, I would like to elaborate into a lifetime of being tired. Would you further tell me any more about the tiredness?

I am Latwii, and am aware of your question, my sister. We again can speak only in general terms, for to speak specifically to the causes of an entity's condition is to then take the lessons of that learning from the entity and delay their learning. Such an experience as you describe may again have many possible causes. We have spoken previously of those who have incarnated to learn the lessons that will allow graduation into the density of love. The time, as you describe it, remaining for these lessons to be learned grows short, therefore those incarnating at this time do attempt to learn that which is necessary for the graduation. These lessons may be few, these lessons may be many. To attempt what is necessary may be a large undertaking or a moderate one, but to allow those patterns of experience to be available to the entity for the learning may involve what you might call a constant state of near overload. This may result in the physical vehicle of such an entity to experience that which is known as weariness.

To elaborate upon this somewhat, let us say that the feeling of the weary state is not in itself to be dismissed or relegated as less than useful or desirable. There may, in such a situation, be yet another purpose for such a condition, for each condition experienced by each entity has a purpose. There are some who limit themselves in some way so that they shall not dissipate their energies in avenues which shall produce no learning. There are some who limit themselves so that they shall be more likely to direct their efforts in ways which shall be fruitful.

We might, in general, suggest the meditation upon this particular situation in your life condition, and thereby discover for yourself the most likely explanation, shall we say, for this condition. It is not by chance that such has occurred.

May we answer you further, my sister?

M2: I think you've answered that question sufficiently, but I would like to know the difference in some people. Same people have such a zest for living and want to stay here on earth indefinitely, and other people are not quite comfortable here and feel like they're serving a sentence and are not a bit unhappy about leaving. Why is there that variation?

I am Latwii, and am aware of your query, my sister. Many are the sources of origination of those of your peoples at this time. Many are not native to this planet. Many have come to be of service, and yet, as they forget their mission, do enter into that known as incarnation and do proceed through the life with the feeling of some purpose, but also with the feeling of not quite being at home, these—what might be called—bleed-through memories which have lingered through the forgetting process, as they are basic to the nature of the entity.

Some upon your planet feel the zest of life in its fullness, for it is perhaps their purpose and to their mission to be active and to radiate those resources that are theirs to others, that they might be of a service of a certain nature. Some radiate in yet another manner, without the overt physical manifestations, and experience vitality. The experience of vitality and of health which your peoples have described as optimal for the physical existence is an experience which does not in itself have any meaning or value, but does when applied to a specific individual then and only then take on meaning. Many are the ways in which the people of your planet have chosen to be of service. Many are the ways and the lessons to learn these ways of service. For each there is a purpose. For each there is a mission.

May we answer you further, my sister?

M2: You feel, then, that people who are not quite comfortable and who are not unhappy about leaving may have quite a bit of bleed-through. Is that correct?

I am Latwii. We believe that you have grasped the heart of our response.

May we answer you further?

M2: You have. I'm finished with the question.

C: Following right along in the same vein, do some people spend a lifetime of sickness for a purpose?

I am Latwii. My sister, may we say this is, indeed, quite true. It might be the preincarnative choice of an entity who experiences that known as sickness and ill health. To experience such a condition, to balance those experiences which have been distilled from previous incarnations, as you call them, it might be, for instance, that an entity has been of great service in previous incarnations, has given

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much selflessly, has been able to share a great deal of that which was available to it as love and light, and it might then be necessary for it to learn that others might also give unto it in like manner, and thereby choose an incarnation which would be full of that known as sickness so that the opportunity for others to give unto it would be established and perpetuated in its motion.

There are, of course, an infinite number of reasons for that known as sickness and ill health. We have given but one.

May we answer you further, my sister?

C: What about a condition known as paranoia? Would any entity ever choose such a state as that?

I am Latwii, and am aware of your query. May we say that the preincarnative choices are made from a plane of existence which is far removed from that which you now experience. Those various distortions such as the mental aberrations, the physical sickness and the spiritual yearning, each of these having certain desirable and undesirable traits, is seen from this plane of experience as simply an experience which may teach a certain lesson. The preincarnative state then does select those situations which will produce the catalyst necessary for learning of certain lessons.

A certain state of mind [such as] that which you have described as paranoia may be chosen for a certain period of time for a certain lesson, then, when that lesson is learned, may be discarded as the shoes are discarded at the end of the day. It may also be that such a state has resulted from the entity's inability to learn those lessons programmed. There are no mistakes, but there are occasional detours and delayings of the learning. It cannot be said that any mental, physical or spiritual state of being denotes only one purpose, for each offers an infinite array of opportunities for learning.

May we answer you further, my sister?

C: No, thank you. That answered it.

I am Latwii. May we answer another question at this time?

Carla: I just wanted to clarify what you said about the last entity—hi, Latwii, how are you? Then, you think that mental illness in general, which I've often wondered about, since the person is too enrapt to know what's going on, is perhaps a little bit like an electrical circuit blowing a fuse, so that just the fuse goes instead of the whole circuit. It's a safety valve to save the individual, while it isn't quite integrated. Is that sort of what you're saying?

I am Latwii, and we greet you, my sister, and we thank you for your query, and we may in general agree with your supposition. We do, however, wish to add that such a safety valve, as you have called it, is not the only particular, shall we say, cause or result of the entity's protective measures which it used to ensure the continuation of the mind/body/spirit complex. There are numerous protective measures or safety valves which entities may utilize for such a purpose. The mental condition which your peoples describe as neurotic or schizophrenic, and even that known as catatonic may be used for various purposes, as we have mentioned previously. Their greatest use, however, as you have mentioned, is that of providing a mechanism whereby the entity may be put into a holding pattern until the stabilization of the catalyst and experience of the entity is achieved. At that time further lessons may be undertaken.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii. We thank you, as well. Is there another question at this time?

C: Yes. May I pursue that just a little further? From having worked in a mental hospital, I got the feeling that such mental aberrations are childlike in nature, and an attempt to escape responsibility, but you indicate that it may be a holding pattern instead of an escape. Do I get that right?

I am Latwii, and am aware of your query. We might use either term, but have chosen to use the term "holding pattern," for it does not have the characteristic of judgment which that term "escape" carries with it. The entity has, in many cases, experienced some degree of difficulty in assimilating the lessons of its incarnation, and then does, with the assistance of what might be called the higher self, place itself in a pattern of experience which, indeed, is likened unto the child, in that further growth is not attempted, but is delayed until those patterns that have caused the difficulty can be stabilized, and further growth then attempted.

May we answer you further, my sister?

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C: No, thank you. That answers my question.

I am Latwii. We thank you. Is there another question at this time? I am Latwii. We have been most honored to have been asked to join your group this evening. We feel a great joy at each opportunity, and we remind each that a simple request is all that is necessary for our joining your meditations, whether in group or in private. We are most honored to join you at any time for any length of that which you know of as time.

We leave this group at this time rejoicing with each in the love and in the light of the one infinite Creator. Go forth, then, peacefully. I am known to you as Latwii. Adonai vasu borragus. ✤

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Sunday Meditation
March 21, 1982

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, my friends, as always, in the love and light of the one infinite Creator. We are always happy to hear your voices as they seek to harmonize with one another, to bring forth song. Each sings the same words, yet each feels and expresses those same words, [in] sometimes subtle and at other time very distinct ways, which differ from their brothers and their sisters. From the one Source came many variations, for each, while part of a whole, is different, feels, thinks, reacts differently, for they are their own individual entity, each looking at your illusion through eyes that reflect the unique experiences, lessons.

Each is here to become aware, if that which each needs is not the same. Each of you see, yet as you know, each is very different. Each treads their own paths, though you be one in spirit. You need not feel lacking, or doubt your growth or ability to do so, if you are not doing as you see your other brothers or sisters. Your path is your own. Follow it as it may lead. Stray not right nor left, but keep your eyes forward and go as the light leads. Your path will cross those of many others and at times may be shared. These times are always joyous, for they serve to show that you are not alone. There are others who will help, whom you may help, but worry not if the paths diverge. Walk on. Share when you may. Give what you can. Be not proud and deny what others wish to share. You are always in harmony if the light is your guide and though there be differences in the light and the love of the Creator they provide harmony which is most beautiful. Be not afraid, look ahead. If the need be felt, raise your voice in chorus with others, but be not afraid to stand alone and sing.

We shall now transfer this contact to another instrument. I am Hatonn, and I transfer now.

(Carla channeling)

I am Hatonn, and I am now with this instrument. We were attempting to contact the one known as L, but discovered that one of our sisters in the Confederation is conditioning this instrument. Therefore, we shall allow this process to take place while we speak through this instrument.

We greet you once again, my friends, in the love and the light of our infinite Creator. "Be not afraid" is a statement, an injunction most easy to say and at times not so easy to do, and as you came together in this domicile at this time to listen to our humble message, we are aware that in many ways you come seeking to find whole that which has been broken, to find in a larger amount that which you feel you have not in great enough quantity. Perhaps, my friends, you are seeking faith. Perhaps you are seeking the grace with which to do good works. Perhaps you are

seeking wisdom. All these are gifts of a consciousness which some call the spirit and which we choose to call love, that one great original Thought of the one Creator, and, my friends, as you seek in a group this gift of love, as you seek to feel the wholeness, the purity of this love, and to find yourself mended as well, it may seem to you that this group is absolutely necessary in order to experience this wholeness, this purity, and this love, but we say to you, my friends, this gathering is for the purpose of sending you forth alone into a world sorely in need of the wholeness and purity of the love of the infinite Creator.

You may experience it here. You may identify it with being with the group, but, my friends, you are only resonating each with one common vibration, that great original Vibration of light, and this can be taken with you, and as you follow your path in the light, in service, remembering the Creator, so you take with you this wholeness, and without saying any word or making any gesture you are then, yourself, an offering to the world of the manifestation of this enormous creative love.

You cannot do this yourself, for you are as you are in this illusion, but there is that within you which is more yourself than that self which you now know, and that deeper self can do all these things that you may wish to do. It can love. It can show forth patience and understanding, and, my friends, it can sing alone in the darkness and offer to those who grope, the seeking for love, that beacon which may guide them to their own paths, toward light.

You came together in a faith. This faith is a great blessing, and we thank you for desiring to hear these words enough to generate the faith and the seeking which leads you to this point in your existence. You may feel that this faith and this desire is simply not enough, but we ask you, my friends, to remember the workings of one of your great teachers, for the one known as Jesus sought to teach. Many gathered about this entity and his disciples were uneasy, for they wished to make these thousands of seekers comfortable, and yet had little food and less money, and therefore could not be generous and offer sustenance.

The one known as Jesus broke and scattered what seemed to be not enough, and it was more than enough. You, my friends, are also filled with this bread. It has been called the bread of heaven, and it may seem to you that it is not enough, but oh, my friends, what an infinity of bounty you possess. As you go from this place, then, trust in the plenty and the bounty of love and find it in meditation again and again, that you may do those things which you wish to do in wholeness, in purity, in love, that you may sing your song with a glad and cheerful heart.

We thank you for allowing us to share these thoughts with you, and would now leave this instrument, that our sister that has been working with the one known as L might exercise that instrument.

I am known to you as Hatonn. Peace, my friends. I leave you in the love and in the light of our infinite Creator. Adonai vasu borragus.

(L channeling)

I am Laitos, and I greet you, my friends, in the love and the light of the infinite Creator. My brothers and sisters, it is, as always, a great pleasure for us to be able to share our vibration with those of this group. At this time it is our desire to pass among you and share our conditioning vibration with those of you who desire this experience. If you would simply mentally request that this sharing occur, it will be our privilege to perform this service for you. I am Laitos.

(Pause)

I am Laitos. I am again with this instrument. My friends, there are those of your planet who would say that your efforts are in vain, that those experiences which you share with one another do not exist, that the sensations that you experience are imaginary. My friends, your presence here is as seekers of truth and your experience is the result of your knowledge of that same truth. The facets of your illusion produce doubt and uncertainty in the best of your race, for such is the purpose of your illusion and for this the forgetting did occur.

My friends, concentrate not on whether your illusion is reality, on whether the voices conveyed through these instruments carry the thoughts of the instrument or of other entities. These are merely distractions. Your purpose, my friends, in this illusion is to determine your path, to choose the direction upon which your growing will occur. Concentrate on that, my friends. Choose well, and follow your choice, and do not let the facets of your illusion distract you from your purpose or occupy your attention.

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It may be said that these thoughts so kindly conveyed through those who serve as instruments are unquestionably illusion, for are we not, in some ways, a part of your illusion? Therefore, my friends, accept the need for your choice and follow it, but place not too heavy an emphasis upon words of advice or encouragement from ourselves or others of your realm, for we are no more gods than you, and our advice, no matter how well intentioned, can never supplant that knowledge which stems from your own soul. A wise man of your realm spoke thusly: "Peace be with you, my peace I give unto you." My friends, my loved ones, we cannot improve upon that and such is our wish for you.

At this time we would relinquish our use of this instrument, for he is experiencing some unusual sensations that are distracting from the channeling process. Therefore, we will relinquish both this instrument and the floor, that our brothers and sisters of Latwii may speak. Adonai, my friends.

(Jim channeling)

I am Latwii, and I greet each of you in the love and in the light of the one infinite Creator. It is our joy to be able to blend our vibrations with this group at this time and once more to be able to offer ourselves as humble messengers of light. At this time if there be any light which we may be able to shed on those darker areas of your questions may we then begin? Is there a question at this time?

M: Latwii, the Book of Revelations talks about the second coming of Christ. How does that fit in with the harvest, and is there a second coming of the entity, the spiritual entity of Christ consciousness?

I am Latwii, and am aware of your query, my brother. We may respond by saying that, indeed, there is what you might call a second coming which is occurring upon your planet. Many have spoken of this coming. Many have spoken in a variety of ways of the nature of this coming. It is our understanding that as each of your peoples begins to seek in ever deeper patterns and fashions, that the opening made in each entity's consciousness does allow the energies of what you might call the fourth dimension of love and of understanding to enter that entity's complex of mind, of body, and of spirit. As this awakening occurs within each entity who does so seek for this awakening, there is a coming into the entity of that consciousness which was manifested as a pattern of being by the one known as Jesus of Nazareth, who did achieve that consciousness during his incarnation for the purpose of setting the pattern so that those who would follow this entity might have an inspiration by which the entity would then evolve in a similar fashion.

The one known as Jesus is not, to our knowledge, to again incarnate upon your plane, but shall communicate to various instruments the message which shall serve as a beacon to many, and when this cycle has been appropriately ended there shall be those entities of like vibration awaiting to greet those of your plane who have made what you have called the graduation, or the transition from the illusion which you now inhabit, to the density of love and understanding.

May we answer you further, my brother?

M: Not at this time, thank you. I'll stew on that for awhile, Latwii.

I am Latwii. We hope we have not given you indigestion, my brother. We do thank you. Is there another question at this time?

C: Yes. In our healing practices, especially in the area known as surgery, there is a—they use, they replenish a person's blood with that of others, and over the years I've been giving blood for such purposes, but of late I've seen material from various groups which refuse, even at the point of ceasing existence, to accept blood from another due to a passage from somewhere in the Bible instructing then not to partake of blood. Is there any harmful effect to the acceptance of blood from another? I see it as merely a giving of life from one to another. I can't see any harm in the practice.

I am Latwii, and am aware of your question, my brother. In response, may we say this is not a simple matter, for indeed one who is approaching the limits of what you know as life and does, therefore, require what is called the transfusion of blood, such a practice might be deemed quite helpful, for indeed it is one means of prolonging the incarnation and might be the only means for many upon your planet, for their knowledge does not yet include other means.

In such cases it cannot be said to be other than helpful if each party does wish to aid in the prolonging of life which grows short. On the other hand, there are situations which mitigate against the transferring of that known as blood from one entity

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to another if the entities are not involved in what you call the …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. As we were saying, there are instances which are not favorable to such a transfer of this vital fluid from one entity to another, for there are various, shall we say, patterns or parts of an entity's pattern of being of the bodily complex which are transferred in this process that may be detrimental to another.

We speak of areas now which are little known to your peoples, and are, therefore, most likely to be somewhat confusing, but we shall continue. Each entity does through the power of mind before incarnation create the pattern of the physical vehicle which it shall inhabit. This vehicle, in each cell of its substance, does contain the complete blueprint of the entity, much as a hologram. This is true also of the fluid known as blood. The state of being of health, shall we say, to use somewhat of a misnomer, is clearly reflected in the blood and each cell of that fluid. The transfer of such vital fluid to one entity from another does then transfer the patterns of being or of health from one entity to another, these patterns having a great complexity of interrelationship from the experience of the entity who has provided the blood for transfusion.

Therefore, the one receiving such blood shall be receiving not just a simple bodily fluid, but shall be receiving the patterns of the very being of the entity who served as donor, and shall, therefore, be creating a tie between the two entities in which some of which you know of as karma, shall be shared. This appears quite insignificant when the entity is facing what you call the life and death situation, but does grow in significance as the entity does continue its incarnation and as the entity which served as donor does also continue its incarnation. It is then left to what might be called higher levels of the being of both entities to complete the balancing of the karmic patterns which have been set in motion by this transfer.

We realize that we have said much which is confusing, but we hope that we have been able to transfer to you a basic understanding of this phenomenon.

May we answer you further, my brother?

C: In the case where one receives, say, a pint of blood, which is the usual unit, is the amount of the being of the donor that is received by the individual a sufficient enough amount to actually interfere with the being of the person receiving?

I am Latwii. My brother, we feel that you have correctly stated the situation. The amount is not significant—we correct this instrument—the amount is significant in that it serves as what you might call a ratio, a blending the beingness of the sources of blood, both of the donor and the one receiving the donation.

May we answer you further, my brother?

C: Yes. In our bodily systems, cells are constantly being used up and replaced. After a period of time would that amount of beingness be slowly removed from the blood of the one receiving?

I am Latwii, and am aware of your question, my brother. We may say in this case, in general, that this is not correct, for the reproduction of the blood fluid is by the existing ratio of blood, and this existing ratio does then reproduce itself much as what you have called the cloning mechanism does reproduce an exact duplicate of itself. The dilution, shall we say, of the donor's karmic patterns may occur in another manner, this being the balancing of the patterns of behavior of the one which has received the donation, and also of the one which has served as donor.

May we answer you further, my brother?

C: Yes. I don't mean to bore anybody, but it's something that's been on my mind for awhile. I just want to explore a few points. In the transference of blood from one to another there's a series of matching up, what we refer to as types of blood and RH factors of blood. Is there some basic tie between individuals who have what we refer to as the same blood type and RH factor?

I am Latwii, and am aware of your question, my brother. In this regard we may agree that there is indeed such a tie, but the tie is most general and gross in nature, similar to the relationship between those entities possessing brown hair or red hair or blue eyes, etc. Though the relationship between those with the similar types of blood is somewhat more complex, it is quite similar in nature. The

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matching of blood types does match the factor which is most easily recognizable by your peoples of the nature of blood, but does not take into account, as we mentioned previously, factors of greater complexity which are at present unknown to your peoples.

May we answer you further, my brother?

C: This is leaving great deal of confusion in my mind. I was considering going and donating again tomorrow, but I don't want to interfere with another's beingness or create a problem for them, and yet I feel drawn to do it for I feel that it's a giving thing to give of oneself to someone who may need, and I know you can't say yes, you should or no, you shouldn't, and I don't expect you to, but if you could speak to me just in general of whether or not the giving—I'm not quite sure how to say this, because I don't want to interfere with anyone else, yet, to me, I feel as if I'm serving others by giving of the life fluid we call blood, and still feel drawn to do so. I just wondered if you can speak to me in general if I would be creating unnecessary problems by doing so.

I am Latwii, and an aware of your question, my brother. We may say in beginning to answer this question in general terms that it is not a simple situation. As each entity proceeds on its chosen path of service few are the types of service that it will find which are purely of one nature or another—service to others or service to self. Even as we speak these words to you, to this group, we realize that we partake in that which is not a simple matter, for as we attempt to share that which we feel to be true in our own experience, we know that by the very nature of the words and the language that we use that we shall distort that which we intend to share, and therefore shall provide some confusion to those who listen. When you undertake an activity, whatever the nature, you shall find that you are unable to make clear distinctions in most cases, for there is, in truth, no way that you can avoid influencing another or infringing in some way upon another's free will, for each entity is most closely related to each other entity, not just in the actions and interactions which you share, but in your very beingness, for are not all one, and can any part of the one act without affecting another part?

When you engage in the giving of the life fluid which you call blood you do engage in an action which is like any other action. You provide a service, yet also do you influence or infringe in some way, however large or small, upon another being. This is the nature of being, for all entities share the experience of being and though each proceeds on a uniquely chosen path it has well been said that no entity is an island, and each does mingle with each other in some fashion. The confusions that you feel in such decisions are those factors which shall provide the necessary stimulus for careful thought, and always do we encourage your thoughts and feelings and innermost being be consulted as the final arbiter in your decision.

May we answer you further, my brother?

C: I want to say one more thing, then I'll stop. It's just the thought as you were speaking came to my mind that somewhere there's someone who in the planning, or in our planning coming into this illusion, that somewhere along the line there's—it was set up for him to receive part of my being as part of our growth, our pattern of incarnation, and it's all—my mind gets confused because I know there are no mistakes and that we really are fulfilling roles that were mapped out before incarnation, and I just feel like, to me, I have the feeling that there's someone waiting for this part of me, and that I should make that part of me available.

I'm not really asking a question or expecting an answer. I'm just more or less talking right now. But I just have that feeling that this part of my being I should share, and I want to thank you for your words tonight. They were very helpful.

I am Latwii. Our gratitude is with you as well, and as you have well stated, each possibility within this illusion has been carefully mapped out, and there is an infinite array of such possibilities that exist. Look about you in your world and you shall see many of them occurring as planned, for nothing occurs by chance.

May we answer yet another question at this time?

Carla: Before we leave this sanguine subject, I'd like to check a couple of hunches. Is it true that the link between patterns of the entities works precisely both ways?

I am Latwii. Yes, my sister, we do recognize this to be true in our understanding of such matters.

May we answer you further?

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Carla: Yes. Hunch number two. Is this link the time/space portion of this very central fluid which is called blood, that is magical in nature, and is this why some of the more primitive of our tribes peoples have used blood to become blood brothers and things like this, why even as children we do things like that? Does this have a magical potential in the time/space portion of its reality?

I am Latwii, and again we find agreement with your statement, that the portion known as the time/space portion or metaphysical portion of the entity is that which is affected in what you have described as a magical nature.

May we answer you further, my sister?

Carla: That's very interesting. My last hunch had to do with blood types. I wondered if various planetary influxes of entities into this third-density experience may have at least a preponderance, a majority, of one blood type as opposed to another? I realize this crosses all racial boundaries, and thought perhaps this might be one large classification.

I am Latwii, and am aware of your question, my sister. We find that the answer to this query is in the affirmative when using the rather gross measurements of your peoples, but does become somewhat more difficult to assess and tends towards the negative when looking at the vital fluid in more refined manners.

May we answer you further, my sister?

Carla: No, thank you very much Latwii.

I am Latwii. We are thankful as well to you. Is there another question at this time?

C: Yes, while we're on the subject. If the pattern of beingness in each self … what of the situation as in our, in the drinking, in the partaking of blood orally as opposed to taking it into the veins directly, if ingesting the cells of another being, whether flesh or blood, do you still pick up the beingness?

I am Latwii, and am aware of your question, my brother. Again, we find that the general response can be somewhat misleading, for such an action as you have described would have far different results with different types of entities. Those most likely to accomplish such an action would be those who have begun the practice of what you might call the black magical arts and such an adept then would gain power, the power of the one whose vital fluid it consumed. An entity who had no training in these arts and rituals would simply gain those karmic ties in the time/space or metaphysical portion of your existence.

May we answer you further, my brother?

C: I was just curious because in our legends of creatures such as vampires, they're always able to remove the being and leave just a shell, more or less, though animated, no longer expressing that which it was, and I was just curious as to the source of that idea, whether there was some truth behind it.

I am Latwii, and am aware of a general query. We may respond by saying that your legends in this regard have distorted greatly the foundation of facts in such situations, but have reflected some of that which is more nearly true. The magical nature of the fluid you call blood has been reflected in such stories and legends, for indeed the entity whose blood has been removed in some degree is only a shell of the former self, the greater portion having passed to the entity consuming the blood, the greater portion of power also passing with that consuming.

May we answer you further, my brother?

C: No. I think I shall take my leave of the subject. At least for now. There are other thinks floating around in my head, but I think I've sufficiently beleaguered the point for tonight or grossed out for the night …

M: You've bled it to death!

C: Wait! One more thing, one more … Many, even still, peoples have had a basic belief that the partaking of the blood of a particular creature, they could gain the attributes of that other creature, such as the partaking of the blood of the lion for fierceness, things of that nature, and I was just trying to picture where the, whether they received this information from a contact or whether it was just something they knew somewhere back in their lives before the forgetting that the beingness of another can be received through the blood.

I am Latwii, and am aware of your question, my brother. In this regard we may say that throughout the history of the peoples of your planet there have been those small groups located in various places upon your planet's surface who have, throughout time, sought the various means of gaining personal power. Such a seeking does then serve as a calling,

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and attracts those entities of what you might call a negative nature, who in their desire to serve the self do respond to this calling much as we respond to your calling, and they do make contact with these entities, and in, shall we say, a trade, do provide information which allows these entities to gain personal power, if these entities then shall do the bidding of those who have answered their call.

Such information as you have discussed this evening concerning the nature of blood and its magical properties is then given so that power might be concentrated in the hands of a few who then do owe their allegiance to a number of lesser, or entities of fewer numbers, but, shall we say, greater power.

May we answer you further, my brother?

C: No, thank you. I shall now cease the questions on the subject. Thank you very much.

I am Latwii. We are grateful to you as well, though this is somewhat of a distasteful subject. Is there another question at this time?

L: Yes. It seems to me every coin has two sides, There is a rather substantial number of people on this planet who currently are involved in a ritual partaking of blood. In their belief a transubstantiation occurs in which wine is metaphysically converted into blood of the one we knew as Jesus Christ. I realize you've no desire to get into a religious discussion, but could you speak in general upon this subject and the possible benefits resulting, if there are any.

I am Latwii, and am aware of your question, my brother. Again, we may return to the magical nature of that which is known as blood, but we now move to the time/space or metaphysical portion when discussing that activity which is known to your peoples as the Holy Communion.

The entity known as Jesus did possess a knowledge that was deep upon the subject of the magical transfiguration, shall we say, of its source of enlightenment or power unto those whom it desired to serve. It was well aware that the ritual of communion would provide those entities revering it with a means of making an opening within the time/space portion of their beings for the love and light of the one Creator to fill that opening, depending upon how efficiently the entity had prepared its being to receive this vital energy, much as a transfusion, if we may continue our analogy.

This particular type of ritual does focus, then, upon the aspects which you might call positive in the transferring of the power of the magical nature of life fluids and life energies which course through all creation. This type of ritual known as the Holy Communion does, then, allow each who partakes of it to drink of the life-giving beingness of the Father, so that those transfers of energy and of power are those which seek to serve the others of the being so that there is an increase in the level of awareness of the unity of all creation within those who partake within the ritual of communion.

May we answer you further, my brother?

L: Yes. In the accomplishment of this ritual, communion, is there any special significance to wine as opposed to any other substance? Does wine have a particular value that other substances do not possess that aids this transubstantiation?

I am Latwii, and am aware of your query, my brother. In this regard we may say that to those who first began the ritual with the use of that known as wine there was a purpose which allowed this substance to serve most efficiently for them. It is not necessary to use any particular substance. It is only necessary that whatever substance is used be given by those who use it, the trappings, shall we say, or the belief in its ability to serve as a pattern or symbol for that vital energy which is being channeled through it.

May we answer you further, my brother?

L: I have a couple of questions of a more personal nature. I was experiencing some intense conditioning earlier by Laitos. I would like to know if you can tell me the purpose for this, and why it seemed distinctly different from other conditioning I've received?

I am Latwii. In this case, my brother, we may say that the conditioning which you received this evening was aimed at the further deepening of your own channel which has been, of late, able to receive a wider band of information. In this regard we mean to convey the concept that your particular tuning has been increasing in its ability to perceive a wider array of contacts, including those of a narrower band and those of wider band, and this conditioning was, therefore, carried out with more vigor, shall we say, so as to continue the process of expansion which has already begun.

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May we answer you further, my brother?

L: Yes. Is there any way, aside from continued requests …

(Tape ends.) ♣

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Intensive Meditation
March 22, 1982

(Carla channeling)

[I am Hatonn, and] I greet this group in the love and in the light of the one infinite Creator Whom we all serve and in Whose love we all grow and breathe. We have been with this instrument for some time conditioning this instrument while attempting to reach the one known as C. We are aware that this instrument has had difficulty perceiving our contact, as it is intended to be a broader range contact and therefore easier to receive. It is therefore less easy to receive by one such as the one known as C which has become very sensitive to a somewhat narrower band of sensation preceding contact. We therefore would initiate, to the best of our ability, a simple opening of the mouth—somewhat as a yawn, as you call it, would feel, although, unlike a yawn, the need to breathe deeply and exhale deeply is not present—as a signal that the instrument has been contacted by the one known to you as Hatonn. We hope that we are able to effect this simple mechanical movement, and that this in turn will give the instrument the confidence which it desires.

There has been good contact at all times, however, it is very meritorious that the instrument not speak if there is doubt as to the origin of the contact. It is far better to remain tuned and silent than to accept a possible detuning by channeling an entity of whose identity you are not sure. We will again attempt to contact the one known as C using this recognition mechanism as a conditioning mechanism. We hope that it will be gentle without being so gentle that it is impractical. We transfer now. I am Hatonn.

(C channeling)

I am Hatonn, and I am now with this instrument. We feel that he now feels more comfortable and that the signal we mentioned will be felt [by] him in our attempt to contact this instrument. We are aware that this signal is somewhat similar to the way in which this instrument receives our brothers and sisters of Laitos, but we feel that our signal will be somewhat stronger and will not be confused when used.

We are Hatonn. We are more than grateful and happy to work with those who wish to be of service as vocal channels and with any who wish our help of the deepening of their meditation in their search to become more aware of the love and the light of the infinite Creator.

My friends, to speak to you for what to you has been a long period of time has been a great source of joy and of learning for us. We feel privileged that you request us so often to hear the message that we have, the message that is always the same. But always a new facet is shown that you may take each one and study and meditate upon it and add it to the others you have seen and become aware that by summation

of the parts you may see that the whole is greater than the sum of the parts can ever be.

The love and the light of the infinite Creator is beyond meaning that your language can give, beyond that we or you now see. You become aware in your vision of only a small part of that light and love but as with all things in your illusion, beyond the first step needs to be taken, the choice must begun to be made, the path chosen. Now take what may be said to be equivalent to your first baby steps, the first few steps along the long but joyous path back to the One. Remember always that there is ever so much more to learn than you can see in your illusion. You perception is limited by physical vehicles and by the amount of your mental faculties that have been activated. But you shall know, you shall learn, you shall be aware. Take your steps carefully, and if you stumble and fall be not proud and refuse the help of others. If help is needed, allow them to help you, to stand once again that you continue to take the small but important steps. You are not alone, as we are not alone. There are countless kindred souls who reach out, who wish to help, who wish to give. They are not too proud to receive. They are with you, brothers and sisters. We are known to you as Hatonn, but also as brother and sister, as friend, as student, as teacher, as all those things that you want, that we all want. We rejoice with you as you step, to each as you go about that step.

We now close. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and greet you all in love and light. We have been waiting patiently for the opportunity to present our humble service to this group once again. We, as always, are overjoyed at the possibility of lending some light in whatever amount to those areas which are in some doubt and about which you have questions. At this time we would ask if any present would have a question?

C: D and I both have requests. We both know that children tend to reflect back those things that they see, experience, especially from the parents when they are a young age, but of late—well, really, for some time now—we've noticed that our son does not readily take up the roles that many in our society expect of children to take. In his preschool and even with other children in the area where we live, he tends to draw people to him both older and younger but he does not easily, is not easily able to form any type of relationship, but tends to remain to himself. He tends not to try to fully utilize abilities that he has or that those who work with him know he has, at least not in their or in our way of thinking that he should use them. And I really would just like you to tell me anything that you could about our son within the limitations that I know that you must follow.

I am Latwii, and am aware of your request, my brother. To this regard may we say that it is correct to assume that the young child, as you call it, will in its younger years tend to reflect those behaviors, thoughts and patterns of its family and friends. But after a certain period of experience has been gained, and the young entity has begun to feel its own individual sense of being, then there shall begin to be those expressions of the young entity which the entity his incarnated for the purpose of expressing. It is to be noted in this regard that at this time there are many factors which govern the process and pattern of incarnations for entities upon your plane. As you know, this is the time of the harvest. Those entities having the greatest opportunity and potential for polarizing, shall we say, sufficiently, their own conscious beings may through catalyst experienced in an incarnation achieve that which is known as the graduation. Never before have so, shall we say, pure a group of entities been incarnate upon your plane. Which means that there shall be the individual expression of beingness in great variety and the illusion which you inhabit shall more fully provide the catalyst which these beings need in order to learn the lessons that will allow graduation.

The illusion which you inhabit has certain expectations, shall we say, of the entities which comprise it and move about in it. These expectations, roles and patterns of behavior are not in themselves that which is …

(Tape ends.) ♣

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The Law of One, Book IV, Session 81
March 22, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first tell me the condition of the instrument?

Ra: I am Ra. The physical complex energy is in deficit at this particular space/time nexus due to prolonged psychic accentuation of pre-existing distortions. The remainder of the energy complex levels are as previously stated.

Questioner: Is this the reason for the instrument's feeling of uninterrupted weariness?

Ra: I am Ra. There are portions of your space/time in which this may be said to be symptomatic of the psychic greeting reaction. However, the continual weariness is not due to psychic greeting but is rather an inevitable consequence of this contact.

Questioner: Why is this an inevitable consequence? What is the mechanism of this contact that creates this weariness?

Ra: I am Ra. The mechanism creating weariness is that connection betwixt the density wherein this instrument's mind/body/spirit complex is safely kept during these workings and the altogether variant density in which the instrument's physical body complex resides at this space/time. As the instrument takes on more of the coloration of the resting density the third-density experience seems more heavy and wearisome. This was accepted by the instrument, as it desired to be of service. Therefore, we accept also this effect about which nothing of which we are aware may be done.

Questioner: Is the effect a function of the number of sessions, and has it reached a peak level or will it continue to increase in effect?

Ra: I am Ra. This wearying effect will continue but should not be confused with the physical energy levels, having only to do with the, as you would call it, daily round of experience. In this sphere those things which are known already to aid this instrument will continue to be of aid. You will, however, notice the gradual increase in transparency, shall we say, of the vibrations of the instrument.

Questioner: I didn't understand what you meant by that last statement. Could you explain it?

Ra: I am Ra. Weariness of the time/space nature may be seen to be that reaction of transparent or pure vibrations with impure, confused, or opaque environs.

Questioner: Is there any of this effect upon the other two of us in this group?

Ra: I am Ra. This is quite correct.

Questioner: Then we would also experience the uninterrupted weariness as a consequence of the contact. Is this correct?

Ra: I am Ra. The instrument, by the very nature of the contact, bears the brunt of this effect. Each of the support group, by offering the love and the light

of the one infinite Creator in unqualified support in these workings and in energy transfers for the purpose of these workings, experiences between 10 and 15 percent, roughly, of this effect. It is cumulative and identical in the continual nature of its manifestation.

Questioner: What could be the result of this continued wearying effect after a long period?

Ra: I am Ra. You ask a general query with infinite answers. We shall over-generalize in order to attempt to reply.

One group might be tempted and thus lose the very contact which caused the difficulty. So the story would end.

Another group might be strong at first but not faithful in the face of difficulty. Thus the story would end.

Another group might choose the path of martyrdom in its completeness and use the instrument until its physical body complex failed from the harsh toll demanded when all energy was gone.

This particular group, at this particular nexus, is attempting to conserve the vital energy of the instrument. It is attempting to balance love of service and wisdom of service, and it is faithful to the service in the face of difficulty. Temptation has not yet ended this group's story.

We may not know the future, but the probability of this situation continuing over a relatively substantial period of your space/time is large. The significant factor is the will of the instrument and of the group to serve. That is the only cause for balancing the slowly increasing weariness which will continue to distort your perceptions. Without this will the contact might be possible but finally seem too much of an effort.

Questioner: The instrument would like to know why she has a feeling of increased vital energy?

Ra: I am Ra. We leave this answer to the instrument.

Questioner: She would like to know if she has an increased sensitivity to foods?

Ra: I am Ra. This instrument has an increased sensitivity to all stimuli. It is well that it use prudence.

Questioner: Going back to the previous session, picking up on the tenth archetype, which is the Catalyst of the Body, the Wheel of Fortune represents interaction with other-selves. Is this a correct statement?

Ra: I am Ra. This may be seen to be a roughly correct statement in that each catalyst is dealing with the nature of those experiences entering the energy web and vibratory perceptions of the mind/body/spirit complex. The most carefully noted addition would be that the outside stimulus of the Wheel of Fortune is that which offers both positive and negative experience.

Questioner: The eleventh archetype would then be the Experience of the Body which represents the catalyst which has been processed by the mind/body/spirit complex and is called the Enchantress because it produces further seed for growth. Is this correct?

Ra: I am Ra. This is correct.

Questioner: We have already discussed the Significator, so I will skip number thirteen. The Transformation of the Body is called Death, for with death the body is transformed to a higher vibrational body for additional learning. Is this correct?

Ra: I am Ra. This is correct and may be seen to be additionally correct in that each moment and certainly each diurnal period of the bodily incarnation offers death and rebirth to one which is attempting to use the catalyst which is offered it.

Questioner: Finally, the fourteenth, the Way of the Body is called the Alchemist because there is an infinity of time for the various bodies to operate within to learn the lessons necessary for evolution. Is this correct?

Ra: I am Ra. This is less than completely correct as the Great Way of the Body must be seen, as are all the archetypes of the body, to be a mirror image of the thrust of the activity of the mind. The body is the creature of the mind and is the instrument of manifestation for the fruits of mind and spirit. Therefore, you may see the body as providing the athanor[2] through which the Alchemist manifests gold.

Questioner: I have guessed that the way to enter into a better comprehension of the archetypes is to

[2] athanor: an oven; a fire; a digesting furnace, formerly used in alchemy, so constructed as to maintain a uniform and constant heat.

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compare what we experience now, after the veil, with what was experienced prior to that time, starting possibly as far back as the beginning of this octave of experience, to see how we got into the condition that we are in now. If this is agreeable I would like to retreat to the very beginning of this octave of experience to investigate the conditions of mind, body, and spirit as they evolved in this octave. Is this acceptable?

Ra: I am Ra. The direction of questions is your provenance.

Questioner: Ra states that it has knowledge of only this octave, but it seems that Ra has complete knowledge of this octave.

Can you tell me why this is?

Ra: I am Ra. Firstly, we do not have complete knowledge of this octave. There are portions of the seventh density which, although described to us by our teachers, remain mysterious. Secondly, we have experienced a great deal of the available refining catalyst of this octave, and our teachers have worked with us most carefully that we may be one with all, that in turn our eventual returning to the great all-ness of creation shall be complete.

Questioner: Then Ra has knowledge from the first beginnings of this octave through its present experience and what I might call direct or experiential knowledge through communication with those space/times and time/spaces, but has not yet evolved to or penetrated the seventh level. Is this a roughly correct statement?

Ra: I am Ra. Yes.

Questioner: Why does Ra not have any knowledge of that which was prior to the beginning of this octave?

Ra: I am Ra. Let us compare octaves to islands. It may be that the inhabitants of an island are not alone upon a planetary sphere, but if an ocean-going vehicle in which one may survive has not been invented, true knowledge of other islands is possible only if an entity comes among the islanders and says, "I am from elsewhere." This is a rough analogy. However, we have evidence of this sort, both of previous creation and creation to be, as we in the stream of space/time and time/space view these apparently non-simultaneous events.

Questioner: We presently find ourselves in the Milky Way Galaxy of some 200 or so billion stars and there are millions and millions of these large galaxies spread out through what we call space. To Ra's knowledge, can I assume that the number of these galaxies is infinite? Is this correct?

Ra: I am Ra. This is precisely correct and is a significant point.

Questioner: The point being that we have unity. Is that correct?

Ra: I am Ra. You are perceptive.

Questioner: Then what portion of these galaxies is Ra aware of? Has Ra experienced consciousness in many other of these galaxies?

Ra: I am Ra. No.

Questioner: Has Ra experienced or does Ra have any knowledge of any of these other galaxies? Has Ra traveled to, in one form or another, any of these other galaxies?

Ra: I am Ra. Yes.

Questioner: It's unimportant, but how many other of these galaxies has Ra traveled to?

Ra: I am Ra. We have opened our hearts in radiation of love to the entire creation. Approximately 90 percent of the creation is at some level aware of the sending and able to reply. All of the infinite Logoi are one in the consciousness of love. This is the type of contact which we enjoy rather than travel.

Questioner: So that I can just get a little idea of what I am talking about, what are the limits of Ra's travel in the sense of directly experiencing or seeing the activities of various places? Is it solely within this galaxy, and if so, how much of this galaxy? Or does it include some other galaxies?

Ra: I am Ra. Although it would be possible for us to move at will throughout the creation within this Logos, that is to say, the Milky Way Galaxy, so-called, we have moved where we were called to service; these locations being, shall we say, local and including Alpha Centauri, planets of your solar system which you call the Sun, Cepheus, and Zeta Reticuli. To these sub-Logoi we have come, having been called.

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Questioner: Was the call in each instance from the third-density beings or was this call from other densities?

Ra: I am Ra. In general, the latter supposition is correct. In the particular case of the Sun sub-Logos, third density is the density of calling.

Questioner: Ra then has not moved at any time into one of the other major galaxies. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Does Ra have knowledge of any other major galaxy or the consciousness of anything in that galaxy?

Ra: I am Ra. We assume you are speaking of the possibility of knowledge of other major galaxies. There are Wanderers from other major galaxies drawn to the specific needs of a single call. There are those among our social memory complex which have become Wanderers in other major galaxies. Thus there has been knowledge of other major galaxies, for to one whose personality or mind/body/spirit complex has been crystallized the universe is one place and there is no bar upon travel. However, our interpretation of your query was a query concerning the social memory complex traveling to another major galaxy. We have not done this, nor do we contemplate it, for we can reach in love with our hearts.

Questioner: Thank you. In this line of questioning I am trying to establish a basis for understanding the foundation for not only the experience that we have now but how the experience was formed and how it is related to all the rest of the experience through the portion of the octave as we understand it. I am assuming, then, that all of these galaxies, this infinite number of galaxies that we can just begin to become aware of with our telescopes, are all of the same octave. Is this correct?

Ra: I am Ra. This is correct.

Questioner: I was wondering if some of the Wanderers from Ra in going to some of the other major galaxies, that is, leaving this system of some 200 billion stars of lenticular shape and going to another cluster of billions of stars and finding their way into some planetary situation there, would encounter the dual polarity that we have here, the service-to-self and the service-to-others polarities?

Ra: I am Ra. This is correct.

Questioner: You stated earlier that toward the center of this galaxy is what, to use a poor term, you could call the older portion where you would find no service-to-self polarization. Am I correct in assuming that this is true with the other galaxies with which Wanderers from Ra have experience? At the center of these galaxies only the service-to-others polarity exists and the experiment started farther out toward the rim of the galaxy?

Ra: I am Ra. Various Logoi and sub-Logoi had various methods of arriving at the discovery of the efficiency of free will in intensifying the experience of the Creator by the Creator. However, in each case this has been a pattern.

Questioner: You mean then that the pattern is that the service-to-self polarization appeared farther out from the center of the galactic spiral?

Ra: I am Ra. This is correct.

Questioner: From this I will assume that from the beginning of the octave we had the core of many galactic spirals forming, and I know that this is incorrect in the sense of timelessness, but as the spiral formed then I am assuming that in this particular octave the experiment of the veiling and the extending of free will must have started, roughly, simultaneously in many, many of the budding or building galactic systems. Am I in any way correct with this assumption?

Ra: I am Ra. You are precisely correct. This instrument is unusually fragile at this space/time and has used much of the transferred energy. We would invite one more full query for this working.

Questioner: Actually, I don't have much more on this except to make the assumption that there must have been some type of communication throughout the octave so that, when the first experiment became effective, knowledge of this spread rapidly through the octave and was picked up by other budding galactic spirals, you might say. Is this correct?

Ra: I am Ra. This is correct. To be aware of the nature of this communication is to be aware of the nature of the Logos. Much of what you call creation has never separated from the One Logos of this octave and resides within the one infinite Creator. Communication in such an environment is the communication of cells of the body. That which is learned by one is known to all. The sub-Logoi, then, have been in the position of refining the discoveries

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of what might be called the earlier sub-Logoi. May we ask if we may answer any brief queries at this working?

Questioner: Only if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. It is difficult to determine the energy levels of the instrument and support group. Of this we are aware. It is, however, recommended that every attempt be made to enter each working with the most desirable configurations of energy possible. All is well, my friends. You are conscientious and the alignments are well.

I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the infinite Creator. Adonai. ✣

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Friday Night
March 26, 1982

(Unknown channeling)

I am Hatonn. It is a great pleasure and privilege to join you in your simultaneous acts this evening of service and pleasure. We are privileged to be admitted into your presence in this creative time for it is too seldom on your planet that members of your race are capable of perceiving the pleasure and satisfaction resultant of service, but rather perceive only sensations of discord, jealousy or doubt as they find that their efforts too often are grudgingly given under the suspicion that they may be actually allowing themselves in some manner to be taken advantage of.

My friends, it is no small achievement to be able in your illusion to lovingly give of yourselves in this manner. It is our pleasure tonight to share with you some thoughts on the subject of giving. It is appropriate to understand the reasons for which this service is performed if one is to seek attainment through the use of giving as a tool. Too often giving is regarded as a finite act, a sort of stopgap effort similar to that of a gear on a watch which at regular intervals detains a rotating wheel or gear for an increment of time as to prevent a surge of energy to burst out of control, accomplishing nothing as the hands of the watch spin uselessly at a high rate of speed. Many on your planet regard giving as a way of temporarily preventing their life from spinning uselessly out of control by the periodic application of spiritual brakes, so to speak.

My friends, giving extends much further than service to self. There is a point at which the act of giving can be regarded as finite, thus limiting the effect of the action. There is also a point at which the same act of giving may produce an infinite amount of effects, all oriented toward the service to one's brothers and sisters. It is said on your planet that it is better to give than to receive. This is because the act of receiving is a simple service to another, yet the act of giving can and should be a constant and daily process as one performs those tasks necessary for participation within your illusion.

For example, many of those present serve in the capacity as assistants for the physical, emotional and educational maturation of recently arrived members of your race. It is quite easily understood that one who serves as a mother, for example, may spend an entire day engrossed in the function of giving to those recently arrived entities in that their requirements for physical and emotional attention are quite stringent. The pattern of giving then becomes not a simple jerky stopgap which punctuates the parents' day, but rather flows continuously from early morning until late night, and as we have noticed, regrettably, late into the night and early into the morning as well. It is one of the lessons of your experience within this illusion

that this example of a continuous flow of giving of service may be extended beyond the more obvious requirements of the young child to the more subtle needs of those individuals—often strangers—which one encounters through the passage of one's waking hours.

It is possible to spend an entire waking day performing a myriad number of services for literally hundreds of individuals within your developing social/memory/complex, thus reinforcing those developing ties which will eventually link each individual to his or her fellow members of that developing complex. As this in itself is a major accomplishment for those currently in physical existence upon your planetary surface and as the development of positively-oriented social memory complexes is beneficial on a more grand scale to the entirety of creation, it may be understood that the simple act of wishing good morning to a stranger, holding a door open, picking up an object that another has dropped, may all be combined into a major accomplishment. That which unifies these seemingly insignificant individual events, my friends, into a continuous flow of giving is the conscious, although generally non-verbal, expression of love for those one encounters during the day combined with the loving acceptance of those same individuals.

The statement has been made on your planet that one should judge not lest one be judged. This is significant, my friends, in that the act of judgment is the act of simultaneously separating oneself and the self of another individual from that developing complex as one chooses to place themselves in a role of judicial separateness and the recipient of the judgment in the role of being detected as a portion of the complex which has attained insufficiently in certain aspects so as to no longer be capable of full participation. My friends, this act of judgment in separating both yourself as judge and your subject as an inadvertent victim of your judgment from that same developing social memory complex toward which your striving could possibly be more focused.

Therefore, my friends, we urge you to abandon the seat of judgment to those less suited for the position of a loving member of a family, that family being the unified group which struggles to attain the necessary levels of unification of intention, wisdom and compassion to accomplish a unified polarization.

At this time, my friends, we of Hatonn will leave this instrument, that our brothers and sisters of Laitos may in turn communicate with those present. Adonai, my friends. Adonai vasu borragus.

(Unknown channeling)

I am Laitos. I am with this instrument, and I greet you in the love and light of our infinite Creator. My friends, we too thank you for the opportunity to share in your efforts this evening. We are aware that there has been a calling for our vibration within those members of your group this evening, and at this time it is our desire to share our conditioning vibration with those of you present who wish to experience our contact. If it is your desire, simple mentally request that you might receive our conditioning vibration and we will gratefully perform this service to the best of our ability. At this time we desire to pass among you for this service. I am Laitos.

I am Laitos. I am again with this instrument. We are grateful for the opportunity to provide our small service and desire to remind you that we are available for this same purpose to any of you who might request our aid, no matter how brief the period of time you might have available to you. We thank you for providing us this opportunity to perform our small service. At this time we in turn shall relinquish this instrument that our brothers and sisters of Latwii might perform their service of answering whatever questions are within their abilities and limitations to answer. Again, we thank you. I am Laitos.

(Jim channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, we are very happy to be here tonight for we have been observing your actions this evening and we must say that they seem from our vantage point to be quite enjoyable and you, in turn, seem to be taking full advantage of the opportunity to be enjoying your experience, and for this, my friends, we congratulate you for far too many of your brothers and sisters of your planet seem to take advantage of opportunities when among others of your race to pursue the path of boredom or superficiality or moroseness. Fortunately, we do not find it necessary to extend more than a passing glance in those directions as the calling for our services are very, very limited in those situations.

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Again, we are grateful that we are called to such a pleasant atmosphere and wish to thank you for that reason. At this time we would open the floor, so to speak …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. We are again with this instrument and with you. Are there any questions we might attempt to answer at this time?

S1: I have a question. I read about a young man a couple of years ago by the name of Carlos Castaneda. He was doing some research work with an Indian brujo in Mexico, supposedly using some hallucinogenic drugs to communicate with the gods, so to speak. Could you shed a little light, on the ancient Indian rituals and how they came about?

I am Latwii. I am aware of your question. My sister, we would with your permission attempt to answer your query in several segments as we feel that there are some implied queries within your statement that we would like to answer as well as your phrased question. So, with your permission, we will answer as follows.

First, the performance of rituals or the ingestion of any substance is not necessary to accomplish a communication with the gods. It is very common on your planetary surface for individuals of even the more conservative religious groups to acknowledge communication with that which they conceive as an omnipotent spiritual being. There seems to be some disagreement as to whether the communications for the masses of participants [is] one-way or two-way but there seems to be a general consensus among those leaders of those groups that the communication between those leaders and that which they refer to as a "God" is definitely both ways.

We will not attempt to evaluate the accuracy to this form of communication, rather we would choose to emphasize communication with that concept referred to as a "God" is considered quite common on your planet in many forms. We would add on this subject, prior to exhausting it, that if you wish to communicate with the Creator, simply address, whether yourself, your brother, or sister or any object within reach, for all are a part of the Creator. The rituals developed by the ancients of your race were developed to attain the state of spiritual closeness or oneness with the Creator because the understanding of the Creator and the universe for these individuals was somewhat limited. The tool of ceremony and its lesser tools of drugs, instruments, drawings, etc., were all to serve the purpose of assisting the individuals and establishing and maintaining a contact with the creative consciousness of your universe.

The duplication of these rituals [or] the ingestion of the previously described substances would not be recommended for one who is seeking this same contact any more than driving a motorized vehicle or facing oneself for a period of time beneath the surface of a body of water to perform a ritual for that same purpose. The purpose of any ritual is simply to function as a tool and the tool generally is designed and selected by its owner to fulfill his or her specific need.

May we answer you further, my sister?

S1 No, I think not. Thank you.

As always, my sister, we thank you for the opportunity of being of service. Is there another question?

S2: *(Inaudible)*.

I am Latwii. It is our desire, my brother, that you would attempt to clarify your question. There are limitations upon our ability to answer on this particular subject without further clarification of your inquiry.

S2: *(Inaudible)*.

I am Latwii. I am aware of your question. My brother, you must understand that the limitations under which we function include a restriction against revealing to an individual that which is more appropriately learned by the individual as a portion of their educational experience while participating within this illusion. It is possible to explain to you, my brother, that the ability to receive this image reveals within you an ability in the area normally referred to as clairaudience which may be developed and refined. However, we are unable to divulge to you the significance of the image you have received for that is more appropriately an answer to be sought within your own self.

May we answer you further, my brother?

S2: Would you explain the concept of clairaudience?

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I am Latwii. Clairaudience may be described as the ability which all possess but most in an unrefined state to perceive mentally the communication of other entities such as the instrument's channeling. The clairaudience may be of a conscious nature—as again in the example of channeling—or of an unconscious nature in which the individual does not recognize that communication is being received but rather recognizes only the sudden perception of hunches or ideas that are actually the revelation of information from an outside source without the individual perception of the information as a communication.

May we answer you further?

S2: No, that answers that. My second question is, I've tried to ask before about what I believe to have been a UFO sighting when I was five years old. Can you tell me now, would it be any different, was what I saw a UFO?

I am Latwii. I am aware of your question. My brother, the function of various elements of information may possibly be to act as keys in the unlocking of areas of understanding. There are the times when the key may be given from one to another. There are other times when the individual already possesses the key and must locate and use that key which is already possessed. We would not desire to make a factual statement but rather an evaluation or opinion in saying that we believe your situation in reference to the subject you described is of the latter group and that the likelihood of an outside source revealing to you that which should be revealed from within is very nominal.

We would suggest that further development in the area of meditative communication with oneself might be beneficial. We would also suggest, my brother, that it is not always beneficial to constantly focus one's attention on past events, for this often prevents one from extending their attention to that which occurs presently. We would therefore suggest that in your particular case, benefits might be achieved in the pursuit of understanding of the lessons which you currently are experiencing rather than lessons which may have occurred or may not have occurred at a period of time of approximately twenty of your years ago.

May we answer you further, my brother?

S2: Well, if I could just explain. It has puzzled me about the path that I've taken in my life, and the specialized studies that I've taken all my life, that has brought me to this time, and I've often felt that that might have been the start of it, by that one occurrence of seeing the UFO, and it's always puzzled me how I've been on an almost directed path, and I've felt this path was within me all along, and the deeper desire to study these specialized areas was always there. That's why I question it. I realize you're saying that I should devote more energy to the area of the future, which I'll try to do, but it still feels like something has guided me to this. Maybe it's what is referred to as my higher self. I really don't know. It will remain a question.

I am Latwii. My brother, we can empathize with the thoughts that you have expressed. We would concur with you that the guiding force of your life is not an outer force or external entity but rather that which you refer to as the higher self. We would also suggest to you, my brother, that many events in one's life are like signposts which assist one in following a predetermined route. Occasionally one may pass a signpost and either correctly or incorrectly read that which is presented. Often the misconceived signpost functions very well in guiding the traveler along the route that the subconscious, in its wisdom, prefers to that which the conscious mind thinks it prefers. In other cases, the signposts are read correctly and followed with great diligence to a consciously perceived objective. The experiences of most individuals, regrettably, are to travel in small circles, not realizing that the signposts exist.

We would encourage you, my brother, in following your path in the diligent manner that you have displayed. However, we would again suggest that the signposts be perceived as just that, and that one might better concentrate on the road which one's attention is focused forward [on] instead of on signposts of the past.

May we answer you further?

S2: That's good advice. One other thing that has puzzled me that you probably couldn't tell me is I've often wondered if maybe I've been what is sometimes referred to as a wanderer, that I've come from a higher density to assist the people of this density to reach a higher density. Is that within the realm of possibility or should I just continue

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thinking about your advice following more on the present and future than the past?

I am Latwii. My brother, it is correct to assume that all things are within the realm of possibility. It is not our privilege to define the number or identity of those individuals known to you as wanderers for the simple reason that the path …

(Tape ends.) ♣

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The Law of One, Book IV, Session 82

March 27, 1982

Ra: I am Ra. I greet you, my friends, in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. It is as previously stated.

Questioner: Is there anything at all that we could do that we are not doing—besides eliminating the contact—to increase the physical energy of the instrument?

Ra: I am Ra. There is the possibility/probability that the whirling of the water with spine erect would alter, somewhat, the distortion towards what you call pain which this entity experiences in the dorsal region on a continuous level. This in turn could aid in the distortion towards increase of physical energy to some extent.

Questioner: I would like to consider the condition at a time or position just prior to the beginning of this octave of experience. I am assuming that, just prior to the beginning of this octave, intelligent infinity had created and already experienced one or more previous octaves. Is this correct?

Ra: I am Ra. You assume correctly. However, the phrase would more informatively read, infinite intelligence had experienced previous octaves.

Questioner: Does Ra have any knowledge of the number of previous octaves; if so, how many?

Ra: I am Ra. As far as we are aware we are in an infinite creation. There is no counting.

Questioner: That's what I thought you might say. Am I correct in assuming that at the beginning of this octave, out of what I would call a void of space, seeds of an infinite number of galactic systems such as the Milky Way Galaxy appeared and grew in spiral fashion simultaneously?

Ra: I am Ra. There are duple areas of potential confusion. Firstly, let us say that the basic concept is reasonably well-stated. Now we address the confusions. The nature of true simultaneity is such that, indeed, all is simultaneous. However, in your modes of perception you would perhaps more properly view the seeding of the creation as that of growth from the center or core outward. The second confusion lies in the term, 'void'. We would substitute the noun, 'plenum'.

Questioner: Then, if I were observing the beginning of the octave at that time through a telescope, say from this position, would I see the center of many, many galaxies appearing and each of them then spreading outward in a spiraling fashion over what we would consider billions of years, but the spirals spreading outward in approximately what we would consider the same rate so that all these galaxies began as the first speck of light at the same time and then spread out at roughly the same rate? Is this correct?

Ra: I am Ra. The query has confusing elements. There is a center to infinity. From this center all

spreads. Therefore, there are centers to the creation, to the galaxies, to star systems, to planetary systems, and to consciousness. In each case you may see growth from the center outward. Thus you may see your query as being over-general in concept.

Questioner: Considering only our Milky Way Galaxy at its beginnings, I will assume that the first occurrence that we could find with our physical apparatus was the appearance of a star of the nature of our sun. Is this correct?

Ra: I am Ra. In the case of the galactic systems the first manifestation of the Logos is a cluster of central systems which generate the outward swirling energies producing, in their turn, further energy centers for the Logos or what you would call stars.

Questioner: Are these central original creations or clusters what we call stars?

Ra: I am Ra. This is correct. However, the closer to the, shall we say, beginning of the manifestation of the Logos the star is, the more it partakes in the one original thought.

Questioner: Why does this partaking in the original thought have a gradient radially outward? That's the way I understand your statement.

Ra: I am Ra. This is the plan of the one infinite Creator. The One Original Thought is the harvest of all previous, if you would use this term, experience of the Creator by the Creator. As It decides to know Itself It generates Itself, into that plenum full of the glory and the power of the one infinite Creator which is manifested to your perceptions as space or outer space. Each generation of this knowing begets a knowing which has the capacity, through free will, to choose methods of knowing Itself. Therefore, gradually, step by step, the Creator becomes that which may know Itself, and the portions of the Creator partake less purely in the power of the original word or thought. The Creator does not properly create as much as It experiences Itself.

Questioner: What was the form, condition, or experience of the first division of consciousness that occurred at the beginning of this octave at the beginning of this galactic experience?

Ra: I am Ra. We touch upon previous material. The harvest of the previous octave, was the Creator of Love manifested in mind, body, and spirit. This form of the Creator experiencing Itself may perhaps be said to be the first division.

Questioner: I was interested specifically in how this very first division showed up in this octave. I was interested to know if it made the transition through first, second, third, fourth, etc. densities? I would like to take the first mind/body/spirit complexes and trace their experience from the very start to the present so that I could better understand the condition that we are in now by comparing it with this original growth. Could you please tell me precisely how this came about as to the formation of the planets and growth through the densities, if that is the way it happened, please?

Ra: I am Ra. Your queries seem more confused than your basic mental distortions in this area. Let us speak in general and perhaps you may find a less confused and more simple method of eliciting information in this area.

A very great deal of creation was manifested without the use of the concepts involved in consciousness, as you know it. The creation itself is a form of consciousness which is unified, the Logos being the one great heart of creation. The process of evolution through this period, which may be seen to be timeless, is most valuable to take into consideration, for it is against the background of this essential unity of the fabric of creation that we find the ultimate development of the Logoi which chose to use that portion of the harvested consciousness of the Creator to move forward with the process of knowledge of self. As it had been found to be efficient to use the various densities, which are fixed in each octave, in order to create conditions in which self-conscious sub-Logoi could exist, this was carried out throughout the growing flower-strewn field, as your simile suggests, of the one infinite creation.

The first beings of mind, body, and spirit were not complex. The experience of mind/body/spirits at the beginning of this octave of experience was singular. There was no third-density forgetting. There was no veil. The lessons of third density are predestined by the very nature of the vibratory rates experienced during this particular density and by the nature of the quantum jump to the vibratory experiences of fourth density.

Questioner: Am I correct, then, in assuming the first mind/body/spirit experiences, as this galaxy progressed in growth, were those that moved

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through the densities; that is, the process we have discussed coming out of second density. For instance, let us take a particular planet, one of the very early planets formed near the center of the galaxy. I will assume that the planet solidified during the first density, that life appeared in second density, and that all of the mind/body/spirit complexes of third density progressed out of second-density on that planet and evolved in third density. Is this correct?

Ra: I am Ra. This is hypothetically correct.

Questioner: Did this in fact happen on some of the planets or on a large percentage of the planets near the center of this galaxy in this way?

Ra: I am Ra. Our knowledge is limited. We know of the beginning but cannot asseverate to the precise experiences of those things occurring before us. You know the nature of historical teaching. At our level of learn/teaching we may expect little distortion. However, we cannot, with surety, say there is no distortion as we speak of specific occurrences of which we were not consciously a part. It is our understanding that your supposition is correct. Thus we so hypothesize.

Questioner: Specifically, I am trying to grasp an understanding of the process of experience in third density before the veil so that I can better understand the present process. As I understand, it the mind/body/spirits went through the process of what we call physical incarnation in this density but there was no forgetting. What was the benefit or purpose of the physical incarnation when there was no forgetting?

Ra: I am Ra. The purpose of incarnation in third density is to learn the ways of love.

Questioner: I guess I didn't state that exactly right. What I mean is, since there was no forgetting, since the mind/body/spirits had, in what we call the physical incarnation, their full consciousness, they knew the same thing that they would know while not in the physical incarnation. What was the mechanism of teaching that taught the ways of love in the third-density physical prior to the forgetting process?

Ra: I am Ra. We ask your permission to answer this query in an oblique fashion as we perceive an area in which we might be of aid.

Questioner: Certainly.

Ra: I am Ra. Your queries seem to be pursuing the possibility/probability that the mechanisms of experience in third density are different if a mind/body/spirit is attempting them rather than a mind/body/spirit complex. The nature of third density is constant. Its ways are to be learned the same now and ever. Thusly, no matter what form the entity facing these lessons, the lessons and mechanisms are the same. The Creator will learn from Itself. Each entity has unmanifest portions of learning and, most importantly, learning which is involved with other-selves.

Questioner: Then prior to the forgetting process there was no concept of anything but service-to-others polarization. What sort of societies and experiences in third-density were created and evolved in this condition?

Ra: I am Ra. It is our perception that such conditions created the situation of a most pallid experiential nexus in which lessons were garnered with the relative speed of the turtle to the cheetah.

Questioner: Did such societies evolve with technologies of a complex nature, or did they remain quite simple? Can you give me a general idea of the evolvement that would be a function of what we would call intellectual activity?

Ra: I am Ra. There is infinite diversity in societies under any circumstances. There were many highly technologically advanced societies which grew due to the ease of producing any desired result. When one dwells within what might be seen to be a state of constant potential inspiration, that which even the most highly sophisticated, in your terms, societal structure lacked, given the noncomplex nature of its entities, was what you might call will or, to use a more plebeian term, gusto, or élan vital.

Questioner: Did such technological societies evolve travel through what we call space to other planets or other planetary systems? Did some of them do this?

Ra: I am Ra. This is correct.

Questioner: Then even though, from our point of view, there was great evolutionary experience it was deemed at some point by the evolving Logos that an experiment to create a greater experience was appropriate. Is this correct?

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Ra: I am Ra. This is correct and may benefit from comment. The Logos is aware of the nature of the third-density requirement for what you have called graduation. All the previous, if you would use this term, experiments, although resulting in many experiences, lacked what was considered the crucial ingredient; that is, polarization. There was little enough tendency for experience to polarize entities that entities repeated habitually the third-density cycles many times over. It was desired that the potential for polarization be made more available.

Questioner: Then since the only possibility at this particular time, as I see it, was a polarization for service to others, I must assume from what you said that even though all were aware of this service-to-others necessity they were unable to achieve it. What was the configuration of mind of the mind/body/spirits at that time? Why did they have such a difficult time serving others to the extent necessary for graduation since this was the only polarity possible?

Ra: I am Ra. Consider, if you will, the tendency of those who are divinely happy, as you call this distortion, to have little urge to alter or better their condition. Such is the result of the mind/body/spirit which is not complex. There is the possibility of love of other-selves and service to other-selves, but there is the overwhelming awareness of the Creator in the self. The connection with the Creator is that of the umbilical cord. The security is total. Therefore, no love is terribly important; no pain terribly frightening; no effort, therefore, is made to serve for love or to benefit from fear.

Questioner: It seems that you might make an analogy in our present illusion of those who are born into extreme wealth and security. Is this correct?

Ra: I am Ra. Within the strict bounds of the simile, you are perceptive.

Questioner: We have presently an activity between physical incarnations called the healing and review of the incarnation. Was anything of this nature occurring prior to the veil?

Ra: I am Ra. The inchoate structure of this process was always in place, but where there has been no harm there need be no healing. This too may be seen to have been of concern to Logoi which were aware that without the need to understand, understanding would forever be left undone. We ask your forgiveness for the use of this misnomer, but your language has a paucity of sound vibration complexes for this general concept.

Questioner: I don't grasp too well the condition of incarnation and the time in between incarnations prior to the veil. I do not understand what was the difference other than the manifestation of the third-density, yellow-ray body. Was there any mental difference upon what we call death? I don't see the necessity for what we call the review of the incarnation if the consciousness was uninterrupted. Could you clear up that point for me?

Ra: I am Ra. No portion of the Creator audits the course, to use your experiential terms. Each incarnation is intended to be a course in the Creator knowing Itself. A review or, shall we say, to continue the metaphor, each test is an integral portion of the process of the Creator knowing Itself. Each incarnation will end with such a test. This is so that the portion of the Creator may assimilate the experiences in yellow, physical, third density, may evaluate the biases gained, and may then choose, either by means of automatically provided aid or by the self, the conditions of the next incarnation.

Questioner: Before the veil, during the review of the incarnation, were the entities at that time aware that what they were trying to do was sufficiently polarize for graduation?

Ra: I am Ra. This is correct.

Questioner: Then I am assuming that this awareness was somehow reduced as they went into the yellow ray third-density incarnative state even though there was no veil. Is this correct?

Ra: I am Ra. This is distinctly incorrect.

Questioner: OK. This is the central important point. It seems to me that if polarization was the obvious thing that more effort would have been put forward to polarize. Let me see if I can state this differently. Before the veil there was an awareness of the need for polarization towards service to others in third density by all entities, whether incarnate in third-density, yellow-ray bodies or in between incarnations. I assume, then, that the condition of which we earlier spoke, one of wealth you might say, was present through the entire spectrum of experience whether it might be between incarnations or during incarnations and the entities just simply

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could not manifest the desire to create this polarization necessary for graduation. Is this correct?

Ra: I am Ra. You begin to grasp the situation. Let us continue the metaphor of the schooling but consider the scholar as being an entity in your younger years of the schooling process. The entity is fed, clothed, and protected regardless of whether or not the schoolwork is accomplished. Therefore, the entity does not do the homework but rather enjoys playtime, mealtime, and vacation. It is not until there is a reason to wish to excel that most entities will attempt to excel.

Questioner: You have stated in a much earlier session that it is necessary to polarize more than 50% service-to-others to be harvestable fourth-density positive. Was this condition the same at the time before the veil?

Ra: I am Ra. This shall be the last full query of this working.

The query is not answered easily, for the concept of service to self did not hold sway previous to what we have been calling the veiling process. The necessity for graduation to fourth density is an ability to use, welcome, and enjoy a certain intensity of the white light of the one infinite Creator. In your own terms at your space/time nexus this ability may be measured by your previously stated percentages of service.

Prior to the veiling process the measurement would be that of an entity walking up a set of your stairs, each of which was imbued with a certain quality of light. The stair upon which an entity stopped would be either third-density light or fourth-density light. Between the two stairs lies the threshold. To cross that threshold is difficult. There is resistance at the edge, shall we say, of each density. The faculty of faith or will needs to be understood, nourished, and developed in order to have an entity which seeks past the boundary of third density. Those entities which do not do their homework, be they ever so amiable, shall not cross. It was this situation which faced the Logoi prior to the veiling process being introduced into the experiential continuum of third density.

May we ask if there are any brief queries at this working?

Questioner: Is there anything that we can do to improve the contact or make the instrument more comfortable?

Ra: I am Ra. All parameters are being met. Remain united in love and thanksgiving. We thank you for your conscientiousness as regards the appurtenances.

I am Ra. I leave you in the love and in the light of the One Infinite Glorious Creator. Go forth, therefore, rejoicing merrily in the power and the peace of the one Creator. Adonai. ✤

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The Law of One, Book V, Session 82, Fragment 42
March 27, 1982

Jim: Ra mentioned a number of times that impatience is one of the most frequent catalysts with which the seeker must work. When a general outline of the path of evolution is seen it is often too enticing to resist jumping ahead of one's actual place upon the path and making quickly for the goal. This was the case for me as I queried about the steps of accepting the self which I had discovered in my own seeking. Ra's suggestion to carefully place the foundation of one's house before hanging the roof seems sound. It brings to mind the old saying, "There is never time enough to do a thing right the first time, but there is always time enough to do it over."

Note also how any thought and action, when carefully scrutinized, can lead one to the basic distortions or lessons that one is working on. Thus any portion of the life experience can be seen as a holographic miniature of the entire incarnational plan for an entity as layer upon layer of meaning is discovered behind the smallest surface of things. As we discovered in Book Four, this is not because the events in our world are naturally filled with layers of meanings—though this is also true—but because we subconsciously color the events in our lives in the way that we have pre-incarnatively decided will provide us with the opportunities to learn what we wish to learn. That's why different people see the same catalyst in different ways—often wildly varying. As we work with these colorations/distortions/reactions in a conscious manner we begin to accept ourselves for having them because we begin to see the purpose behind them. This acceptance draws to us the balancing attitudes for our distortion so that our viewpoint expands and we are able to accept and love another part of the Creator which was previously not accepted and loved. Love, then, is the potential product of any distortion.

Carla: *The course of spiritual seeking is often unclear, and seekers are always looking hopefully for some single point of clarity to hold against the universe as yardstick. Certainly, the remembrance of Love Itself suffices in this wise. But this remembrance comes slowly when we are caught up in our reactions. We each have these hooks that catch us up, and there is some time that passes before we are reoriented. We wish we were more alert! But we are not always attentive, no matter how abreast of things we hope to be. I like Ra's insistence that we continue to catch ourselves in the act, rather than swinging around in a supposed short cut that keeps us from seeing into why we got caught. It is a real breakthrough for me every time I see myself GETTING caught. This moment reveals to us that inner distortion we've been looking for! Once we can see the mechanism, we can far more effectually work on its release. I think the goal here is not to be without error, but to see our errors more clearly. We are human: we will err. It is impossible not to. But we can, slowly, learn ourselves well enough to do the erring during inner processes, rather than upon the outer world stage. Perhaps, one day, all the "buttons" from childhood and other*

traumas might become released, and we be clear. And perhaps not. I don't think this matters nearly as much as how much we have loved.

Session 82, March 27, 1982

Questioner: Jim has a personal question that is not to be published. He asks, "It seems that my balancing work has shifted from more peripheral concerns such as patience/impatience, to learning to open myself in unconditional love, to accepting my self as whole and perfect, and then to accepting my self as the Creator. If this is a normal progression of focus for balancing, wouldn't it be more efficient once this is discovered for a person to work on the acceptance of the self as Creator rather than work peripherally on the secondary and tertiary results of not accepting the self?"

Ra: I am Ra. The term efficiency has misleading connotations. In the context of doing work in the disciplines of the personality, in order to be of more full efficiency in the central acceptance of the self, it is first quite necessary to know the distortions of the self which the entity is accepting. Each thought and action needs must then be scrutinized for the precise foundation of the distortions of any reactions. This process shall lead to the more central task of acceptance. However, the architrave must be in place before the structure is builded.

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Sunday Meditation
March 28, 1982

(C1 channeling)

I am Hatonn, and I am now with this instrument. We greet you, brothers and sisters, in the love and the light of the one infinite Creator.

Tonight we would speak a few words on compassion, a term not fully understood by your peoples and difficult to express with words. Each of you here is on a path of service to others and each has felt lacking at times in relation to the ability to help others, may see the difficulties that others may face as they learn or try to learn the lessons chosen or that they have chosen. As each seeks to be of service each need not treat themselves harshly if at times they come short of their expectations of how they should help others, or if others fail to respond to your attempts at service as you would have expected them to. The attempt is often worth more if it is tried without the expected results occurring, for in these times you are afforded the opportunity to reflect on reactions, the attempts, and can learn to deal with oneself softly. As you do this you are better able to touch another softly, for as you know the softness, the touch, the warmth conveyed tends to be a more direct linking and the other is grabbed, pulled, pushed. One need but be open, flowing in order to more fully be in touch with another, to be able to see more clearly from the perspective of the other.

So often in your illusion the urge to take charge of a given situation often creates more blockages than existed prior to that situation. As you learn to be soft the walls become less high, narrower, and open slowly and allow the touching and exchange. The softness is something that you learn, though it has always been within you. It is something you must learn to develop, to be sought, to be able to see as others see. Though being soft, touching may lead at times to hurt, for as you touch you are brought closer and share the feelings, emotions. This sharing, even through the hurt, is a very valuable lesson. Be soft, my friends, gentle. Be open to experiences and those of others. Lay judgment aside *(inaudible)*. We too are learning to be soft. We join with you *(inaudible)*.

I am known to you as Hatonn, and will at this time transfer this contact to another. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you once again in the love and light of the infinite Creator. I and my brothers and sisters of Laitos would at this time pause in order that we may move among you, and if you request it may offer you the vibration that is known to you as conditioning. If you wish to be made aware of our presence, please mentally request it at this time and we shall be with you. I am Hatonn.

(Pause)

I am Hatonn, and am once again with this instrument. We thank you for allowing us to be of service to you. It is a great privilege to work with each of you and if, at any time, you might desire the same conditioning vibration, mentally request this and we shall be with you. If at any tine as you are experiencing conditioning you are in any way in discomfort we ask that you mentally request that we adjust the conditioning or remove it completely. We shall do so immediately. We shall continue now, with your kind permission.

Let us tell you a small story, a story in which the hero is a man bent upon learning the meaning of compassion. He seeks first a very, very famous and successful mental and spiritual guide to many. This famous man greets our hero. His home is palatial, his manner most civilized. His entire being radiates a sureness of character and the confidence of wealth and yet, so many who are themselves influential in the ways of your society have spoken highly of this gentleman, but our hero feels perhaps he will know the meaning of compassion, having helped so many.

"Ah," the rich man says, "all these things that I own are necessary in order that I may offer my services to those who in turn have the power to help so many others. True compassion is knowing whither to put your energies, and I have offered my aid to those who will be able, in turn, to be of the greatest help to the greatest number."

Our hero moves from this interview understandably unsatisfied and walks into the middle of the city, into the meaner portions of its dark streets, passes warehouses, bolted windows, and those among your peoples who have not a supply of money for protection against the elements, and he comes to a terribly dirty, falling down storefront which is marked, "Mission." Inside, there is a rather gaunt woman ladling soup for those indigents who have no money and he asks her with hope in his eyes and in his voice, "Can you tell me what compassion is?"

"Certainly," says the woman, lifting her tired eyes from the kettle. "Compassion is a plate of soup for a hungry man. Compassion is seeing beauty and perfection in those things which are apparently not lovely, in seeing love in that which is not loved."

"How many do you serve in this manner?" asked our seeker.

"I do not know," replies the gaunt woman. "As many as I can supply with soup. Not many, I suppose," she says, "but it is all that I can do."

Our seeker by this time is quite confused. The two faces of compassion both seem so compelling. One is logical, one moves the heart. Both seem to be a means of comforting those who seek comfort, and is that not what compassion is?

Wandering aimlessly in the bright sun of the mid-afternoon, the young man spies a tree in the midst of a small park. There is a circular seat beneath it and he is tired and without thinking he goes to it and rests upon it that he may consider what compassion might be. After spending some time in aimless and unproductive musing, he glances to one side and then the other. Upon one side sits a most wealthy man busy with his work, the signs of wealth in his dress and his accouterments. Upon our hero's other side rests one of those from the soup kitchen, a man unable to function within the limits of society based upon money.

The seeker looks up at the tree and suddenly knows what compassion is, for the tree is shading all three entities from the harshness of the afternoon sun.

My friends, in compassion there is no judgment. The actions that you may take because of your compassion are many and various, for you have many faculties of mind and spirit at your command and your actions are yours to discriminate, but the love that is within you, if you wish to be compassionate, shall shine as gently as sunlight filtered through the living green of the shading leaves of a great tree.

As always, we cannot emphasize enough to you our perception and our belief that it is not to be expected of each entity that it be able to have such compassion without aid, and, as always, the aid which we suggest is that of meditation, for you have these things as a birthright which you seek. They are locked within you as treasure within a chest and meditation is the key. We ask you to be gentle with yourselves as well as with others, and to allow the process of compassion to work its magic within your own life.

If you wish to radiate to others you must first allow the radiance within you to come forth, and if you block this radiance by some feeling of disappointment within yourself, then you must stop

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and return to meditation until you can see that in the view of love it matters not what mistakes, what conditions, what experiences you may have had. It matters only that you are a portion of the infinite Creator. This is your reality. The remainder is illusion. We ask you to feel as we leave you the joy and the freedom of a lack of judgment for yourself and for others. Not a lack of judgment that implies a lack of discrimination, for it is only by discrimination that you can learn better how to be of service, but as you attempt to be of service lay the judgment aside and as the tree gives shade, let your love and the love that shines through you gently touch each and every entity about you with the glorious oneness.

I am Hatonn. It has been a great privilege to be able to greet each of you. We thank you for allowing us to share our thoughts with you. And at this time we leave you through this instrument in the love and the light of the infinite Creator. I am known to you as Hatonn, Adonai, my friends. Adonai.

(Jim channeling)

I am Latwii, and I greet each of you in the love and in the light of the one infinite Creator. We are greatly honored to once again be able to join this group and to be asked to partake, as always, in the capacity of attempting to answer those queries which those present may have the value in asking. At this time we would open this working to questions. Are there any questions at this time?

C1: I'll try not to get into anything as lengthy as I did last week, but here of late D's had some aches and pains and I've tried to use touch to alleviate them and it seems to be working fairly well, but one night after we'd gone to bed—I was told of this, I remember none of it—as she was experiencing a muscle cramp, and then I used touch to alleviate it and spoke with her without ever fully waking up, because I have no knowledge myself what happened, just what I was told, and I was wondering if you could explain to me a little bit about what takes over in your sleeping that you can operate in that capacity?

I am Latwii, and am aware of your query, my brother. In this regard we might suggest that this particular situation is one which reflects not so much another aspect taking over your conscious being, but your conscious awareness removing itself from your unconscious. Therefore, this allows those latent abilities which you are attempting to develop to make themselves more apparent and they do become more apparent because you have consciously sought to develop them and at that particular moment of which you speak the unique situation occurred in which your conscious mind was laid to rest and those belief patterns which inhibit such activity normally were not in effect.

May we answer you further, my brother?

C1: Is this type of activity a common thing? I know that—I mean that I've been told about it, but I really don't remember—for quite a number of years a functioning while being what we refer to as asleep. Is this something that is common or is it something that in particular happens to work with me?

I am Latwii. May we say in this regard that such activities as you have described are common to a great number of your peoples, but are less commonly expressed as you have expressed them. The ability of each entity to function within the state commonly called the hypnogogic state is well known and widespread while the entity sleeps. To manifest this condition in what seems to be a waking state to those present and witnessing the action is not so common but does occur on occasions for entities who have prepared their minds, shall we say, in a certain manner which meditation does allow. This is to say, there is an opening, or a channel made between the conscious and unconscious minds, a piercing, shall we say, of the veil which divides these two portions of your mind complex. This, then, allows the communication between the two portions of your mind to flow more easily without the restrictions common to those of your peoples who have yet to seek the mysteries and their solutions.

(Side one of tape ends.)

C1: Today I was with some others as they were trimming a tree, and at this time of year, especially as the weather gets warm, there's a lot of—the sap starts to run. Today, as the tree was trimmed, it ran freely, almost as if rain dripping from the tree, but this is not really what seemed unusual to me, but at this same time another tree some ten feet away from the first which had been trimmed several weeks before began also to run as the one being trimmed today began, and I was curious because there are times when we refer to people having sympathy pains, as when one of a mated pair is suffering or experiencing discomfort, then the other does. I was

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wondering, if in second density that this same thing can occur?

I am Latwii, and am aware of your query, my brother. We may agree that in the second density of your plants and your animals there is quite frequently that relationship which is sympathetic and as one entity vibrates, so does the other harmonically resonate in sympathy. In the situation of which you speak it is more likely that it was simply the time for the movement of the fluid which you call the sap of the tree to progress in an upward fashion as the season of your year beckons it thusly, and because there were wounds upon both trees then the sap did emanate from these wounds. This is not to say that these particular entities which you call the trees were not also resonating with an harmonic vibration, for both were experiencing the same flow of the fluid called sap and had also experienced the same removal of lower limbs and then did share two experiences quite closely.

May we answer you further, my brother?

C1: In this situation, in the time between today and when this first tree was trimmed, there was much warmer weather more conducive to sap flow, but it did not occur until the—it occurred as the other tree was being cut. Today the sap was not flowing until the wounding of the tree today, which seems to be one of those chance situations that happened too simultaneously to be solely chance.

I am Latwii. We have not perceived a clearly stated query. May we ask if there is a further question along this line, my brother?

C1: No, I really guess not. I have a bad tendency to talk and not really formulate a distinct question, and at times it helps me think in motion, so to speak. Since being really connected with these meditations I've begun to see what I used to refer to as coincidence and become more aware that there are reasons behind such things and that there's more pattern than I was aware of previously, and I guess I was thinking aloud. Thank you for your answer, and I'm sorry I couldn't get a question formulated, but my ramblings sometimes help me, so have patience with me at times.

I am Latwii. We are most grateful to you, my brother, for your patience with us as well, for often we also tend to ramble. May we ramble upon another subject?

C2: Yes. My husband has lost his mother in the last couple of months, and they were very attached to each other, and he's having a very hard time. I wonder what I can do to help him that I'm not doing.

I am Latwii, and am aware of your query, my sister. In such cases where a dearly loved friend does pass from this illusion to another it is often the case that the one remaining shall suffer that which may be described as grief, loneliness and pain, for the one which has passed meant a great deal to the one which remains. In such cases it is often difficult to move the perspective beyond the immediate feeling of loss and grief, but if it is possible to do so we may suggest the enlarging of the perspective by compassionate communication with the grieving entity so that this entity does begin to perceive a larger pattern in the flow of life, so that there is seen not the loss, but a gain, so there is seen not the pain of the passing, but the joy in the passing.

In this regard we would suggest that in such a situation the beliefs of the entity remaining be discussed in such a fashion that the basic view of life is uncovered and the view is then allowed to progress in such a way as to include the possibility that each incarnation which is experienced is likened unto a class in a great school of learning, that each experience of each incarnation does provide those lessons which shall allow the entities to prepare for the great graduation, the graduation into that density of love and of compassion which awaits those who have completed their lessons within this illusion.

If an entity can realize that this illusion is but an eye blink in eternity, and that it has helped another to learn the lessons that will permit graduation, then the entity remaining might see with clearer perspective that there is only the feeling of joy as a residue to be felt when a loved one has learned the lessons programmed before the incarnation and has joyfully passed the test, shall we say, and passed through that transition which is called death. In such a situation we would also suggest that the joy and feeling of gratitude at having experienced the incarnation and the love and the learning with the entity which has passed be felt by the one which remains and that this feeling of joy and gratitude be sent daily to the one who has passed from this illusion by the one which has remained to learn further lessons, for it is necessary for the loved ones

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of those passing to release the hold, shall we say, the emotional and psychic bonds which bind those who are close in the incarnation, so that when the passing has been achieved there might be the free movement to the next level of lessons without the calling back to the classroom which has been left.

May we answer you further, my sister?

C2: No, that was very good. I thank you. Now, one other question. I've had a spinal curvature all my life and I've lived with [it] and I've had a great deal of pain. I have pain now. Is there anything I can do that I'm not doing to relieve the back pain?

I am Latwii, and am aware of your query, my sister. We might suggest that there could be benefit gained from the use of what you might call the swirling water upon the erect spine to relax those muscles which attempt to hold the misplaced curvature, shall we say. There might also be benefit gained from the manipulation which is called massage to deeply move these muscles so that once again they might be relaxed from their tight grip. There is also the possibility of benefit to be gained from the mild exercise of the walking on a daily basis.

May we answer you further, my sister?

C2: No. Thank you. That helps.

I am Latwii. May we ask if there is another question at this time?

Questioner: Yes. I would like to know if you ever appear in visual form to those requesting it?

I am Latwii, and am aware of your query, my sister. We of Latwii, as members of the Confederation of Planets in the Service of the Infinite Creator, do occasionally appear in dream states and less frequently in meditative states to those who have requested our presence or the presence of entities which are willing and able to provide a certain type of lesson. It is often the case that an entity so requesting will not remember the appearance in the dream state, for there are certain necessities, shall we say, of maintaining the free will of such entities. This is not always the case. Quite often there will be a remembering of such a dream or vision, and it will be remembered as a situation which was quite inspiring to the one requesting.

May we answer you further, my sister?

Questioner: In a dream state is it the message received in symbolic form or literally?

I am Latwii. In this case of the dream appearance the message is given in whatever form the entity requesting the message is able to receive it. Those entities able to receive a clear transmission are then aware of less symbolic imagery. Those not able to assimilate a directly transmitted message will be given those symbols which will serve as *(inaudible)* or somewhat of an enigmatic mantra for the mind.

May we answer you further, my sister?

Questioner: Does the entity of Jesus ever speak through dream state?

I am Latwii. In this particular query we find that the answer is in the affirmative, and is not limited to only the dream state. Many entities of the Confederation do appear in this dream state in meditation, and do provide messages of a wide variety of contents to those requesting such messages.

May we answer you further, my sister?

Questioner: Thank you. You've answered my questions.

I am Latwii. We are most grateful to you as well. Is there another query at this time?

M: Could you discuss how a person could find a small degree of happiness?

I am Latwii. My sister, we find that your query does reflect the great desire to penetrate, shall we say, the grosser nature of this illusion which each of your peoples inhabit. Each entity on your planet moves in its daily round of activities seemingly unaware of the meaning for the movement. Each completes a seemingly prescribed set of tasks. Each feels a multitude of feelings. Each rides the roller coaster of pain, joy, sorrow, boredom, etc. Few seek the reason for the ride. Few seek to find that which is loosely defined as happiness. Most feel that happiness can be bought. Some feel it can be worn. Some feel it can be traded for. Some have given up all hope of finding happiness. Most have no concept of what it might be composed of.

We of Latwii can only suggest to one such as yourself who seeks deeper meaning of this life in which you experience each moment, that in the meditative state you might come closer to that which

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is poorly called happiness, for what, my sister, could make one happier than to know that one is an integral part of all Creation, and more—the one Creator. What could make an entity more fulfilled than to know the heart of love resides within its own being? What could fulfill one more than to know that the plan of the one Creator is not complete without the participation of the one who seeks that known as happiness?

We can only suggest that the palest shadow of happiness can be found in the daily round of activities. Remove for but a moment each day yourself from this round of activities which too often confuses and distracts, and place your being within the silence and peace of meditation. Seek within this state to know that which you wish to know. Seek within your being that which you called happiness. That which you have called happiness can only be found at the depths of your heart, for there the Creator which is yourself has planted a seed that needs the nourishment of your seeking and your attention to grow into the tree of life that will sustain the fruits of your incarnation.

May we answer you further, my sister?

M: Thank you. You've answered me very well.

I am Latwii. We are most grateful, as well, to you. Is there another question at this time?

C2: Yes. We read in the New Testament that Jesus said that it was necessary for him to leave in order for a Comforter to come, and we interpret that as the Holy Spirit, of course. Is the entity known as Jesus looking over the planet today in its distress? Does he still have responsibility for the happenings on this planet?

I am Latwii, and am aware of your query, my sister. The entity known to your peoples as Jesus of Nazareth does continue its vigil over this planet, as do countless souls who are members of the Confederation of Planets in the Service of the One Infinite Creator. There are those of this Confederation, such as the one known as Jesus, who have become much more well known to your peoples than have great multitudes of the heavenly hosts which have never ceased their surveillance and compassionate caring for those of your peoples who have sought their service. No entity upon your planet is without such aid. Each who calls for the service of love, of light, of unity, is answered in some way. Those of your peoples who are most familiar with the entity known as Jesus are also answered by this entity in whatever manner they are capable of understanding, for it is the understanding of each entity within this Confederation that your peoples must have their free will respected fully, and all responses to calls for service must be made in such a way as to allow the entity so called to be aware within the limits of its perception that the call has been answered.

May we answer you further, my sister?

C2: Paul talks about a crowd of witnesses. That's the way I'm remembering it right now. He said something about seeing that you are encompassed about with a great crowd of witnesses. Now, is that what he's talking about? Say you're referring to members of the Confederation, is that what Paul's talking about when he talks about a crowd of witnesses?

I am Latwii. That is correct, my sister. May we answer you further?

C2: No, thank you. That answers the question very well.

I am Latwii. May we ask if there is another question at this time?

Questioner: Yes. I would like to inquire about an *(inaudible)* master, Saint Germaine, and a group called the Brotherhood of the Royal Teton. Are they in contact in physical form with entities on this Earth?

I am Latwii, and am aware of your question, my sister. The entity known to you and to your peoples as St. Germaine has made contact through various entities and organizations, as you call them, for the purpose of providing the services which have been requested, most usually dealing with the ability to open the heart of being in love and compassion for the entities surrounding one. This entity has maintained a constant vigil, shall we say, and shall continue in its serving of those entities who called. We cannot be more specific and state whether this or that organization has been in contact with this or that entity, for we do not wish to infringe upon any entity's free will, and direct their attention towards or away from any organization.

May we answer you further, my sister?

Questioner: No, that will be all. Thank you.

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I am Latwii. Is there another question at this time?

C2: Yes. One short question. Does Buddha still assume some care and responsibility for the planet also?

I am Latwii, and am aware of your query, my sister. Each master, shall we say, that has blended its vibrations with this planet at any time in its evolutionary history does by that shared experience create the bond, shall we say, which persists until the lessons which must needs be learned have been learned by those who were the students of the teacher. This is true in every case of which we are aware.

May we answer you further, my sister?

C2: No. That's very comforting.

I am Latwii. Is there another question at this time?

Carla: L has a question. L has a two year old boy, and he realizes that in the past his son has been too restless to take part in these meditations, and would like to know if it would be possible for the child to take part in meditations at this time, or follow still the recommendation that the child wait until he can more fully grasp and desire the information? L wants to attend the meditations.

I am Latwii. We greet the one known as L in absence, shall we say, and do look forward to his returning to this group. In response to the query of whether or not it is possible at this time for the young entity known as A to attend these sessions, we can only suggest that until an entity such as this young child is able to perceive the basic contents of these meditations it is not advisable for such an entity to be present, for it is our foremost desire not to infringe upon the free will of any entity of your peoples. The young child spoken of is not yet able to perceive those concepts which are most likely to be shared in this group, therefore it would not be included in the level of understanding which is necessary for the partaking in these meditations.

We of Latwii, as do each Confederation member speaking at these meetings, wish to include as purely and as closely as possible each entity which joins this group. We attempt in our messages and responses to queries to construct our message in such a way as to be available to each entity which is present. This requires, shall we say, a certain skill which we are unable to perfect to the degree necessary to allow an entity of limited vocabulary and concept understanding to participate within. We are always attempting to expand our own capacities in presenting these messages, but at present are unable to include an entity which is of the configuration of mind of the one known as A.

May we answer you further, my sister?

Carla: Yes, just a sideline. We have a couple of newborns in the group and it seems to make no difference whatsoever that the newborn who does not understand the language and doesn't care where it is as long as mama is there is included. Is this due to the fact that the faculty of will has not been activated?

I am Latwii, and am aware of your query, my sister. In general, we would agree that you have correctly stated the situation. The newborn entity has, shall we say, a self-contained world which does not extend very far from its own physical vehicle. It, therefore, is unaware of the activities of the other entities within the same room and is therefore not infringed upon when present at such a meeting as this. An entity which has begun the concept and practice of moving beyond its own immediate being and has begun to interact with those around it then has developed the will to expand its field of perception and experience, and therefore must be accounted for by those present in the room with it, and this then requires our attention as well, for such an entity is seeking with the group in that instance.

May we answer you further, my sister?

Carla: No, thank you, Latwii. How are you tonight?

I am Latwii, and we are doing quite well with our abilities to verbalize in your language this evening and feel a great joy at having our state of being queried. We thank you for your interest, as always, and do always look forward to the lighter side, shall we say, of the queries.

May we answer another query at this time?

C2: One quickie. We talk about accidental death. Is there ever an accidental death?

I am Latwii, and am aware of your query, my sister. Within the illusion which you inhabit there appear to be many accidents. There are, in reality, very few accidents. There are what appear to be random occurrences, but with such a situation as you would describe as the death of any nature, it is very unlikely

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that such a situation would occur truly by accident, for there is a far greater comprehension, shall we say, of the total life pattern, by that portion of the self known to you as the higher self, than can be perceived by most entities of your plane of experience. There is at the level of the higher self seen the great road map of the being and its progression through the incarnation. Each entity does, before incarnation, make certain agreements and preparations for the incarnation with each of those with whom it shall experience the illusion. It is, therefore, highly unlikely that the passing from the illusion would occur …

(Tape ends.) ♣

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Friday Night
April 2, 1982

(Unknown channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, we welcome the sounds of your laughter, of your pleasure in sharing the company of one another this evening. It is a great blessing that you are able to share your love for one another, your thoughts, your beliefs, your conversation, just as the sharing described in the text which was previously read, the music spoken of in those words, the sharing of love, the awareness of oneness and the acceptance of the blessings which originate from the Creator. Too often those of your race and others find these blessings difficult to accept, for they have strayed far from their original intention and in seeking to reflect the will and the awareness of the Creator by developing themselves as independent yet equal co-Creators, they forget the original intention to return to their source.

My friends, it is the blessings of the Creator that draw you to seek one another's companionship, to share that light that joins you, that makes a oneness of your individual alonenesses. It is the sharing of His love that makes your illusion bearable, for it is true that the sharing of the Creator's love, although greatly misunderstood, is perhaps the primary driving force of all striving, both spiritual and physical, upon your plane of existence. It is often the case among your peoples that that desire for reception of the light of the Creator and the light which it engenders becomes transmuted into a lesser form, just as an alchemist might inadvertently transmute gold back to lead. Those who experience this difficulty find themselves seeking the light of the Creator yet perceiving that light as the love given by or drawn from another individual of your species.

My friends, realize and be aware of the source of the love which can permeate your lives. Understand that in loving another you love yourself. Is it your desire to imprison within the bonds of promises about the future made with no awareness thereof? Or is it your desire to fashion a permanence of an emotion by establishing a rigid outer form, a structure for that emotion similar to words or pictures carven into stone that persist long after that it represents has passed to its appropriate conclusion?

My friends, give and accept love with the awareness that it is a precious gift which may be neither owned nor held but simply experienced and be grateful for this experience as one encountering a wild flower growing freely and beautifully in one of your forests. Seek not to define but rather appreciate the beauty that exists. It is a tradition on your planet to establish bonds that link individuals together for the purpose of establishing a permanence within which responsibility may be shared. This is the custom of your race and exists to serve a purpose. Although this

custom itself does no harm, but being a tool can serve or hinder its master.

We would encourage you, my brothers and sisters, to realize that the tool is meant to serve and not to command, that the role established by the tool is but a fleeting image within the imagination of your race and is simply form without substance if it does not serve the purpose of being a conduit through which love may flow freely in all directions. My friends, we urge you to give freely of your love to all who would receive it. Be generous, my friends, with yourselves, for indeed these brothers and sisters are but yourselves.

At this time we would pause that our brothers and sisters of Laitos might pass among you and extend their conditioning vibration to those of you who would mentally request this service. I am Hatonn.

(Pause)

(Unknown channeling)

I am Hatonn. I am again with this instrument. My friends, my loved ones, your illusion appears often to you to be an entrapment, an endless complexity within which you have managed somehow to ensnare yourselves. We are aware of the difficulty that you encounter as we are also aware of the challenges you face. But, my friends, be aware those difficulties, those challenges, are also reflections of love, that their existence is due in part to those conditions established by yourselves among many others prior to this incarnation that you might learn to choose to be of service to one another and in so doing attempt and accomplish the reunification of your race into a single consciousness of love.

There are many of your race who despair of this accomplishment, who finally throw up their hands and fly to the desolate areas, and there find the means to continue their loving in a more suitable manner. There are others for whom the proper method of loving is to immerse themselves into the greatest densities of population or corruption of your race and thereby strive to achieve a maximized effect by loving where love is sorely lacking. Both can be paths of service, my friends, and of accomplishment. Your own paths will be that portion of the spectrum within which you are best able to serve. Therefore, do not concern yourselves overly with worries of the fitness of your service or comparisons between yourselves and others. Rather, find your path and strive confidently to follow it.

I am known to you as Hatonn. Adonai, my friends. Adonai vasu borragus.

(Unknown channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator, and may I say that we are very happy both to be able to address this group, and if we might say so, to balance the somber tones of our beloved brother of Hatonn with our somewhat lighter and somewhat frivolous, but no less loving, tones. At this time we would attempt to provide answers to any questions that might be asked, even if their total number exceeds the total number of two. Are there any questions?

S: Yes, I have a couple of questions. To keep it a little short tonight, my first question is more of a personal nature, and I know that normally you cannot answer specific things, but maybe if you could give me some advice. At this time in my life I'm going through a great deal of stress in trying to decide what my future will be like—to work or to stay in school or maybe having to leave Louisville. Can you give me some advice to help me through this?

I am Latwii, and we would love, so to speak, to give you some advice on this or any other subject, for doing so is one of the easiest paths of extending love we are aware of, and we love to love by speaking. To respond more succinctly to your question, we would remind you that your decision was made in this area prior to your incarnation, and therefore rather than concentrating on remaking the same decision your energy might be more comfortably and appropriately focused on understanding what your decision was and following it.

May we answer you further?

S: Interesting. I feel like I'm at a crossroads but you tell me I've made the decision previously. Why is it I feel, in one respect, dead set in my decision on staying in Louisville—I have to think about this. How would you recommend I rediscover what my future will be?

(Side one of tape ends.)

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(Unknown channeling)

I am Latwii. I am again with this instrument and we must say the sensations we experience as the instrument fumbles in the dark are quite novel. However, to return to your question. We would draw an analogy if you would permit us. If you were to decide to go to the grocery to purchase a food product you might elect to travel in a motorized vehicle to a grocery at some distance from your residence. In performing this task, there are probably a number of routes you might elect to follow, and in choosing one you're in essence duplicating the accomplishment that would be attained by any of them, in that each would entice you to stray in different directions from the direct course, but all would eventually lead you to your objective and the sustenance you seek.

If, en route, you were to momentarily lose track of your objective, or forget entirely, it is likely that you might drift for a while to one direction or another or to several until the calling for sustenance recalls to you your objective and aids you in redetermining the best path to follow to that target. In a like manner, my friend, there are many objectives before you seemingly, but there is one primary objective that will provide for you the sustenance that you seek on a spiritual level, and although you may meander in one direction or another, you will return to the path you originally selected, for that path leads from your pre-incarnate self to your post-incarnate self.

It will be your task and pleasure to determine which of the routes you are examining will most lovingly deliver you to your objective. The best way, of course, that we can recommend to determine that objective, and therefore the best route, is through meditation, for in the act of meditation, the higher self is more able to communicate to your conscious mind through the link established during meditation between the subconscious mind and the conscious mind, and in doing so will assist you in answering your questions.

In the meantime, may we answer you further?

S: No, that will help me and I see the logic. I've tried meditating on this. I've had some problems concentrating, but that will help. My second question is: I was looking over some material I have on past contactees during the 1950's. I've been fascinated with the different groups that have contacted the human race in the past, and what their purposes are. What groups were primarily contacting in the '50s? They claim to be from Venus. Could you explain a little more about that?

I am Latwii. I am aware of your question. My friend, there are a number of groups which have been contacting your planet, not only [during] the span which you mentioned, but during the greater part of your race's existence on this same sphere. For example, those of the Federation on occasion will use the physical vehicle that is referred to as a UFO for specific purposes when a physically perceivable structure is beneficial. The same might be said for those of the group referred to as the Orion group, which also have their own purposes which they desire to accomplish.

There are also those entities which are referred to as "constructs," which although not actual entities in themselves, are functional creations that are brought into being and have occasionally visited your planet for the accomplishment of specific purposes before they are again allowed to dissipate back into the raw material from which they were constructed.

There are also occasional visitations of your planetary sphere from entities of other planets and solar systems, however, we would explain that those entities of the planet Venus are not of your density and therefore would not figure prominently in any physical manifestation grouping for your planet.

May we answer you further?

S: Was their purpose in contacting us during the '50's similar to your purpose in preparing the human race for the passage from the third to the fourth density?

I am Latwii. To answer this question, my brother, both we and yourself would need clarification of the word "they," for a multitude could be interpreted within this grouping which could be at cross-purposes.

S: I was thinking of those primarily who claim to be Venusians. I believe they were in contact with George Adamski.

I am Latwii. There are a number of factors within this situation that you have described that we are unable to discuss because of the possible infringement upon the free will of those who are involved or interested. However, we would suggest in general that frequently a communication is often

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either distorted by the previous positions of that individual receiving the telepathic communication or by those entities which would consciously choose to attempt such distortion so as to produce confusion, thereby serving themselves.

May we answer you further?

S: No, I think that explains that. One last quick question. In the past I asked to be able to see a UFO again—preferably from the Confederation—and I was told it would be against my will and I think perhaps against the Law of Confusion. Would it be possible now for me to see another one?

I am Latwii. My brother, that which prevents your perception is not of our doing, but of your own. It is your higher self that generates the experiences that you will encounter, and it is within that realm that the interdiction exists. It is not within our own system of restrictions, if you will, to work in such a manner as to oppose your growth, which acting in opposition to your higher self's will would accomplish.

May we answer you further?

S: So are you saying to see another UFO would be against the wishes of my higher self?

I am Latwii. We would rephrase your statement slightly and respond as such. For you to physically perceive a vehicle in the manner you desire is in opposition to conditions established by that higher self. These conditions are established for the purpose of your growth and accomplishment and therefore considerable wisdom has been used in establishing these conditions.

May we answer you further?

S: Yes, so my higher self feels for me to see a UFO that it would be a distortion of my learning at this time?

I am Latwii. My brother, it is not our place or desire to speak for that higher self, for in doing so we could only hope to provide a distortion of the original intention. However, [if] we might again be permitted the use of an analogy, we would provide the following analogy. There are many of your race who follow a religious sect or grouping that refer to themselves as Christians, and whose lives are based upon the attempt to follow the teachings of that one we know as Am Ne Ra. If we might pose a question to you we would do so as follows. If for these individuals a visitation by Am Ne Ra occurred at each point of difficulty or temptation, would a substantial amount of growth occur within those individuals, or if a service which you refer to as a miracle would occur to remove this difficulty for them without the necessity of their faith or firmness of purpose being tested, would this be that which you would regard as beneficial or loving service?

S: Not really. I understand your analogy here, and I'm starting to understand better why it would not be beneficial for me to have an occurrence like that. Thank you.

As always, my brother, we thank you. Is there another question?

G: I have a question. I'm having problems meditating. I feel like I'm just sitting thinking, not really meditating when I'm meditating alone. Would you give me some help?

I am Latwii, and we would say first of all, my sister, that we are greatly pleased to receive your question, and hope you would not feel inhibited in asking one or even more than one question of us, for such is a service we enjoy providing.

We would have you understand, my sister, that the mind is a servant to the individual that must be trained just as an animal such as dog can be trained to behave or allowed to run amuck. The training process is a slow process, and immediate success in conquering this frolicsome creature is seldom encountered. However, consistent practice is always beneficial to the accomplishment of the taming of the beast, so to speak. To this end, we would suggest using one or more of several tools, the greatest and most effective of which is consistence. It is important to be consistent in your demands of your mind, in that the frequency of your attempts toward meditation and the scheduling of those same attempts with consistency are both beneficial to accomplish your purpose.

If you were to attempt to meditate daily at a specific time you might find that your dominance over your mind was more easily accomplished. While in your meditative attempt we would suggest that you begin with the concentration upon a specific—correction, that was not part of our statement. To return to the subject momentarily abandoned by the instrument—we would suggest the use of a tool for focusing the concentration rather than attempting to

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blank out the mind entirely, which is more difficult. Many find it beneficial to use a specific prayer as an object of meditation. There are also those phrases which this instrument identifies as mantras for this same purpose.

Finally, you might choose to meditate on a particular symbol such as those used in your various religious groups or upon a particularly uplifting phrase or expression. These and many other similar tools are most effectively used by concentrating upon the object of concentration, and when one finds one's mind has drifted away, do not punish or berate oneself, but simply return to the original thought …

(Tape ends.) ♣

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Sunday Meditation
April 4, 1982

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of the one Creator. We extend our love and our greeting to each of you as you can receive it, and we especially thank the instrument known as L for his recent increased dedication to service as a channel for our thoughts and those of the Confederation other than ourselves. We were attempting to begin the evening with a few thoughts using that instrument but understand the instrument's desire to listen rather than channel and will, therefore, speak through this instrument and offer again an opportunity at a later time.

My friends, there is a cave that is a subterranean maze full of darkness, half-darkness, and into this cave, this cavern, your mind so often travels. There are so many among your peoples who fear these travels that they constitute an enormous majority, and their fear of these deep and secret places of their minds is such that they would do anything which can be done to avoid these places, to not think, to not search, to not be awake. And thus you see around you, my friends, many whose intellects you know to be above adequate who are working quite hard to distract themselves from that great cavern of being which lies below the surface of the comfortable, everyday illusion, and we share with you, my friends, the perception that this search through the mind for truth is risky. One does not stumble upon love, illumination, enlightenment, and blinding joy within ten days after saying, "I shall seek the truth, or your money back." Indeed, there is never a time, no matter how many times you have been into the dark places of your mind and come through them safely when you are not potentially at the entrance to another blind alley, another difficult station, another mistaken perception, another point in your growth when it will seem to you that all has come to zero and that there is no more use in seeking, that there is no more hope for love and laughter and easiness of heart.

My friends, those who seek shall indeed be given what they seek, but the truth of your being is such an enormous and gigantic truth that it is difficult to accept. The truth of your being is a truth of unity—not apparent unity, not conditional unity, but unity with the dark and with the light, with the shadow and with the angel. One love created all. One love creates you. One great Thought is you and all else in the creation. Do you wish to know yourself? You have many choices to make, for again and again it will be easier to decide to know nothing more than to again affirm your desire to know. And each affirmation will bring with it a resolution, a lightening, and often that sudden burst of joy.

We speak to you, my friends, not of those things that are apparently occurring about you, for you may apparently be most contented and comfortable or

most unsettled, but of those tides which ebb and flow in the heart of your being. We can offer to you only the comfort that you could offer a child, for you are as children, and as you grow there are not only scrapes and bruises but very real dangers, most of which work out quite, quite well. See yourself in your inner journey as a child. Know yourself as naive, unsophisticated. Yet know that you are not alone, for there is always guidance, and this guidance is with you constantly.

It is not our place to give to this particular group inspiration without a more serious note, for you have gone too far on this road. You know that the comfort of unity is not an illusion, and you have experienced much, but as you experience you experience also that which is most painful and that, my friends, is transformation. We, therefore, stand beside you as brothers and sisters, not wishing to inspire and then send you upon your way, but wishing instead to inspire in a deeper sense and be with you. Each of you is strong, and in quiet times may feel that strength.

Seek ye then, my friends, the times of quiet, for all truly shall be well. Even in a night when there are no candles, the dawn comes. We offer to you by these thoughts a root, that which is below the surface, just as in your conversation you spoke of the planting of flowers. The bloom comes and goes, and so your transitory experiences bloom and fade ever so quickly, and whether the blooming is effortless or labored, it passes and your true essence goes down again into the roots to be nurtured, to be affirmed, and to be fed by your desire, by your faithfulness to the will to seek the love of the Creator.

We would pause at this time, and, with those of Laitos, move among you that we way share our vibrations with each of you. If you will mentally request our presence we shall be with you at this time. I am Hatonn.

(Pause)

I am Hatonn, and I am again with this instrument. We thank you for the opportunity of working with each of you and would now, at this time, transfer the contact to another instrument. I am Hatonn.

(L channeling)

I am Hatonn, and I greet you again, my brothers and sisters, in the love and in the light of the infinite Creator. My friends, it is often difficult to find the stimulation to proceed forward. Inspiration seems to wax and wane and yet the path is ever present. It is quite easy to become discouraged, to feel that one is willingly falling by the wayside when the lack of inspiration seems to encourage one's feet to tarry or to stumble or even to stop. My friends, my loved ones, discouragement, anticipation, joy, and depression are all emotions. They are but tools that you may call upon in your quest for growth and learning.

Therefore, when you sense discouragement, disillusionment, perceive these emotions for what they are. They are the instruments which are available for your use to evaluate your progression, to adjust, if necessary, those facets of your being that appear to be retarding your progression, and, most important of all, they may be used to detect, to discern those areas within which adjustments of perception must be accomplished that your growth may continue.

Therefore, when these emotions become evident to you, experience and discern that which is being revealed. But just as one would not, in a suddenly non-functioning motor vehicle, state to oneself, "I am a dead car," do not take the identity of the tool upon your self with the acceptance in the manner of, "I am discouraged." Rather, experience the sensation with the awareness of, "I sense discouragement within my self," and make use of this powerful tool to further your striving.

My friends, the power of a group of a sharing such as this one is little realized by its members, yet who among you has not, many times during your days, discerned suddenly dramatic differences between your individual self and those other-selves with which your life is shared away from this group. My friends, realize that as each of you is like a molecule of which the cell of your group is composed, so also is your group a cell among many of which a larger entity is composed. These cells composing a hand within your individual body can accomplish little on their own, yet perceive for a moment the marvelous instrument their composition achieves. In your moments of discouragement or disillusionment, my friends, when you sense yourself as somehow failing to meet your desires or expectations, pause for a moment and realize what a mighty force is accomplished through your own will aligned with that of your loved ones. There is no failure, my friends. Those who set foot on the path do so by

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choice, the choice to seek the light. It is a choice not made lightly and, once made, cannot be abandoned, for how may a child among your people decide at one moment never again to grow, never more to learn?

Therefore, my friends, believe in yourselves, love yourselves, and continue confidently in your efforts. I am Hatonn.

(L channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and in the light of the infinite Creator. My friends, it is, as usual, a great privilege and pleasure for us to be here in that we both enjoy the sensation of your group's vibration, and also because we have been impatiently waiting for our somewhat stodgy brother of Hatonn to finish his dissertation. At this time we would offer our services, inadequate though they may be, to attempt to answer any questions you may desire to pose. Are there any questions?

R: Yes, Hatonn. What can you tell me of witchcraft?

I am Latwii. I assume that your question was directed to me, in that Hatonn does not seem capable of answering it at this time, so I will attempt to answer the question for him, or for me, as the case may be.

R: Forgive me.

[I am Latwii.] We are all forgiven, my brother. At this point I will attempt to answer your question. Witchcraft can consist of many different attempts to perform specific tasks. There are facets of the general subject referred to as witchcraft which are functional, and, as you may suspect, other facets which do not seem to accomplish a great deal. Those that tend to accomplish their desired ends may be further divided into the areas generally referred to as white magic or black magic. We assume that black magic is the subject of your interest and will address that topic.

Just as your own group is endeavoring to progress along a path of service to others, so are there also individuals who desire to progress along a path of service to self. This, of course, you are aware of. What you perhaps are not aware of is the fact that the desire to exert one's will upon another or a number of other individuals is one of the strong suits, shall we say, of those involved in that effort, and there are many facets or fields of study within that realm through which the will of an individual may be projected in dominance over the wills of others. There are many rituals that can be used as tools to assist in this endeavor, those rituals being valuable solely in the effort of enabling the aspiring magician to focus his will and intention.

May we answer you further, my brother?

R: I don't really know how to phrase what I am thinking, but I am curious if people who practice that, whether it be white or black, are basically doing the same thing that we are doing here, with it all leading towards the same thing, the same goal, just different methods?

I am Latwii. My brother, consider the individual who desires to progress from what we shall describe [as] point A to point B in as rapid a manner as possible. The individual who is endeavoring to serve others would most likely choose a route which will disturb or endanger as few as possible whereas the individual who is engrossed in service to self might choose to drive the vehicle which you refer to as a tank through a crowded stadium in an effort to achieve his goal. Both have progressed from A to B, but by substantially different methods and with substantially different results, due to their orientation. We hope that this might clarify the distinction between groups such as this and those who would, in an effort to serve themselves, exert their will over other individuals to accomplish personal growth.

May we answer you further?

R: No, thank you, Latwii.

As always, we thank you. Is there another question?

K: What about the "Moral Majority"? It seems to me that they try very hard to force their wills on other people, and yet they seem like they are trying to accomplish good ends. Could you speak to that?

I am Latwii. It is difficult to address this question in that it refers to a specific group of individuals, and there are limitations upon the amount of information we are allowed to give due to the possible infringement upon your freedom of choice. It is always possible to select specific groups that seem to be significant because of the stridency of their voices and regard these groups as being perhaps more significant than they are. We would simply say that the majority of the true accomplishment

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performed on your planet is seldom accomplished through groups which deal with the illusion but rather through the efforts of groups that deal beyond the illusion, such as this group, or through the efforts of special individuals whose responsibility to strive toward certain objectives was taken on prior to incarnation.

May we answer you further?

K: No. That's answered the question. Thank you.

As always, we thank you. Is there another question?

Carla: I wouldn't mind mopping up a little bit on that one because it was an interesting one. …

(Side one of tape ends.)

Carla: … potential as far as the potential for service of any kind?

I am Latwii. I am aware of your question. My sister, picture, if you will, that form of blanket or coverlet which is woven of yarn and referred to often as an afghan. If there are individuals who require the warming comfort of such an object to sleep comfortably, it would be an act of service for one or more people to lift that object and remove it to the location where the one desiring the comfort of warmth may have it placed upon them. However, if a number of individuals are all desiring to move that comfort in different directions to serve different purposes, although each has a hand on the blanket and claim honestly in his or her heart to be attempting an act of service, the conflicting desires may result in a composite accomplishment of service that borders on nothing, although each truly sought to act in service.

The difficulty within your illusion that is constantly encountered by groups of any sort desiring service is not the heartfelt desire to serve but rather the lack of communion between its members within which dissension evaporates in the light of common purpose.

May we answer you furthers my sister?

Carla: Well, you haven't plumbed the depths of that one, but I'll let it be. I have a couple of questions from S in Denver. She would like to know first about the comparison, if it is possible for you to give one, between an experience she had while under age regression hypnosis into another life where she was initiated in a temple, and the experience of the initiate in the Queen's chamber as described by Ra. Could you comment on any similarities between those two experiences?

I am Latwii. I am aware of your question. The desire of the individual originating the question was to be assured, first of all, of the linearity or congruence of the two individual types of experience, and indeed there are similarities between the two. The experiences are both what may be referred to as illuminations in which the common factors of consent, rituals and devices are shared to accomplish a specific balancing and attunement of those areas known as chakras.

In each situation the structure within which the illumination occurred serves a specific purpose in focusing the channeled light energy due to the configuration of the structure. The facet referred to as consent of course was necessary in the experience recalled during the regression as it also is in the Queen's chamber experience. The ritual aspect of both is to serve the purpose of allowing individuals of attainment to assist in the illumination process for the individual. The result in both cases is the opening and balancing of those areas referred to as chakras due to the individual's acceptance of the light energy which is funneled through the individual.

May we answer you further, my sister?

Carla: I'll let S see this, and see if she has any other questions.

Her other question was probably much shorter and easier to answer because it is sort of a yes or no question. She wanted to know if the higher self could have two instead of one mind/body/spirit complexes on the same plane of being in the same density at the same time, and, if so, if they could be as close as mother and daughter or father and son?

I am Latwii. The higher self referred to is associated with not only the specific individual at the unique time and place within your illusion but of course also the various incarnations of that particular individual throughout his incarnate experiences. It must be remembered that all individuals are a part of a larger, unified self, and that although the higher selves are associated only with specific individuals, they are more attuned to the consciousness of their unity than the mind/body/spirit complex within your illusion tends to be.

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It is often the case that individuals will repeatedly incarnate over a period of several incarnations so as to encounter and re-encounter, that the recognition might be a stimulus to the desire to extend one's consciousness beyond the limits of the forgetting. This can be a very powerful tool toward assisting both individuals to recall their purpose in incarnating, thus receiving an earlier stimulus toward a focusing of their effort.

May we answer you further?

Carla: No. Again, I thank you for S. I still see very rich ground for discussion on the subject of how the various groups [who] think so much alike and feel so much alike and believe so much alike and have so much community are the very ones who judge and are so abrasive in their contact with those who don't think as they do.

I will save that for another week because I am sure that the instrument is getting very tired. I'll just ask, how are you, Latwii?

I am Latwii. I am in the condition referred to as fine, and thank you both for your salutation, and the heartfelt affection that we are aware initiated the salutation, and we also hope that your condition is similar to our own.

Carla: I am fine too.

That is well. Is there another question we may answer?

K: You can probably answer this with a yes or a no. I've recently read two books by Capra. One was *The Tao of Physics*, and the other was *The Turning Point*, which I haven't quite completed. Is Capra being used by the Confederation to guide and help the planet?

I am Latwii. My sister, there are many definitions and many titles for those areas of assistance or tools for that purpose that are perceived by those of your planet. It is wise perhaps to recall that all originates with the Creator and regardless of what name is attached to a particular object of interest or definition, the source is the same.

May we answer you further?

K: No. I'll accept that answer.

We thank you. Is there another question?

(Pause)

I am Latwii. As there is a reluctance to pose further questions due to concern for the wellbeing of the instrument we shall take our leave and hope for the opportunity to serve in answering those questions at a future time. Adonai, my friends. Adonai vasu borragus. I am Latwii. ♣

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The Law of One, Book IV, Session 83

April 5, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. I communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. It is as previously stated.

Questioner: Could you please tell me why the instrument now gains weight after a session instead of losing it?

Ra: I am Ra. To assume that the instrument is gaining the weight of the physical bodily complex due to a session or working with Ra is erroneous. The instrument has no longer any physical material which, to any observable extent, must be used in order for this contact to occur. This is due to the determination of the group that the instrument shall not use the vital energy which would be necessary since the physical energy complex level is in deficit. Since the energy, therefore, for these contacts is a product of energy transfer the instrument must no longer pay this physical price. Therefore, the instrument is not losing the weight.

However, the weight gain, as it occurs, is the product of two factors. One is the increasing sensitivity of this physical vehicle to all that is placed before it, including that towards which it is distorted in ways you would call allergic. The second factor is the energizing of these difficulties.

It is fortunate for the outlook of this contact and the incarnation of this entity that it is not distorted towards the overeating as the overloading of this much distorted physical complex would over-ride even the most fervent affirmation of health/illness and turn the instrument towards the distortions of illness/health or, in the extreme case, the physical death.

Questioner: Thank you. I'm going to ask a rather long, complex question and I would request that the answer to each portion of this question be given if there was a significant difference prior to the veil than following the veil so that I can get an idea of how what we experience now is used for better polarization.

What was the difference before the veil in the following while incarnate in third density: sleep, dreams, physical pain, mental pain, sex, disease, catalyst programming, random catalyst, relationships, and communication with the higher self or with the mind/body/spirit totality or any other mind, body, or spirit functions before the veil that would be significant with respect to their difference after the veil?

Ra: I am Ra. Firstly, let us establish that both before and after the veil the same conditions existed in time/space; that is, the veiling process is a space/time phenomenon.

Secondly, the character of experience was altered drastically by the veiling process. In some cases such as the dreaming and the contact with the higher self, the experience was quantitatively different due to the

fact that the veiling is a primary cause of the value of dreams and is also the single door against which the higher self must stand awaiting entry. Before veiling, dreams were not for the purpose of using the so-called unconscious to further utilize catalyst but were used to learn/teach from teach/learners within the inner planes as well as those of outer origins of higher density. As you deal with each subject of which you spoke you may observe, during the veiling process, not a quantitative change in the experience but a qualitative one.

Let us, as an example, choose your sexual activities of energy transfer. If you have a desire to treat other subjects in detail please query forthwith. In the instance of the sexual activity of those not dwelling within the veiling each activity was a transfer. There were some transfers of strength. Most were rather attenuated in the strength of the transfer due to the lack of veiling.

In the third density entities are attempting to learn the ways of love. If it can be seen that all are one being it becomes much more difficult for the undisciplined personality to choose one mate and, thereby, initiate itself into a program of service. It is much more likely that the sexual energy will be dissipated more randomly without either great joy or great sorrow depending from these experiences.

Therefore, the green-ray energy transfer, being almost without exception the case in sexual energy transfer prior to veiling, remains weakened and without significant crystallization. The sexual energy transfers and blockages after veiling have been discussed previously. It may be seen to be a more complex study but one far more efficient in crystallizing those who seek the green-ray energy center.

Questioner: Let's take, then, since we are on the subject of sex, the relationship before and after the veil of disease, in this particular case venereal disease. Was this type of disease in existence prior to the veil?

Ra: I am Ra. There has been that which is called disease, both of this type and others, before and after this great experiment. However, since the venereal disease is in large part a function of the thought-forms of a distorted nature which are associated with sexual energy blockage the venereal disease is almost entirely the product of mind/body/spirit complexes' interaction after the veiling.

Questioner: You mentioned that it existed in a small way prior to the veil. What was the source of its development prior to the veiling process?

Ra: I am Ra. The source was as random as the nature of disease distortions are, at heart, in general. Each portion of the body complex is in a state of growth at all times. The reversal of this is seen as disease and has the benign function of ending an incarnation at the appropriate space/time nexus. This was the nature of disease, including that which you call venereal.

Questioner: I'll make this statement and you can correct me.

As I see the nature of the action of disease before the veil, it seems to me that the Logos had decided upon a program where an individual mind/body/spirit would continue to grow in mind and the body would be the third-density analog of this mind. The growth would be continual unless there was an inability, for some reason, for the mind to continue along the growth patterns. If this growth decelerated or stopped, what we call disease would then act in a way so as to eventually terminate this physical experience so that a new physical experience would be started, after a review of the entire process had taken place between incarnations. Would you clear up my thinking on that, please?

Ra: I am Ra. Your thinking is sufficiently clear on this subject.

Questioner: The thing I don't understand is why, if there was no veil, the review of the incarnation after the incarnation would help the process since it seems to me that the entity should already be aware of what was happening. Possibly this has to do with the nature of space/time and time/space. Could you clear that up, please?

Ra: I am Ra. It is true that the nature of time/space is such that a lifetime may be seen whole as a book or record, the pages studied, riffled through, and re-read. However, the value of review is that of the testing as opposed to the studying. At the testing, when the test is true, the distillations of all study are made clear.

During the process of study, which you may call the incarnation, regardless of an entity's awareness of the process taking place, the material is diffused and over-attention is almost inevitably placed upon detail.

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The testing upon the cessation of the incarnative state is not that testing which involves the correct memorization of many details. This testing is, rather, the observing of self by self, often with aid as we have said. In this observation one sees the sum of all the detailed study; that being an attitude or complex of attitudes which bias the consciousness of the mind/body/spirit.

Questioner: Now before the veil an entity would be aware that he was experiencing a disease. As an analogy would you give me, if you are aware of a case, a disease an entity might experience prior to the veil and how he would react to this and think about it and what effect it would have on him?

Ra: I am Ra. Inasmuch as the universe is composed of an infinite array of entities, there is also an infinity of response to stimulus. If you will observe your peoples you will discover greatly variant responses to the same distortion towards disease. Consequently, we cannot answer your query with any hope of making any true statements since the over-generalizations required are too capacious.

Questioner: Was there any uniformity or like functions of societies or social organizations prior to the veil?

Ra: I am Ra. The third density is, by its very fiber, a societal one. There are societies wherever there are entities conscious of the self and conscious of other-selves and possessed with intelligence adequate to process information indicating the benefits of communal blending of energies. The structures of society before as after veiling were various. However, the societies before veiling did not depend in any case upon the intentional enslavement of some for the benefit of others, this not being seen to be a possibility when all are seen as one. There was, however, the requisite amount of disharmony to produce various experiments in what you may call governmental or societal structures.

Questioner: In our present illusion we have undoubtedly lost sight of the techniques of enslavement that are used since we are so far departed from the pre-veil experience. I am sure that many of service-to-others orientation are using techniques of enslavement even though they are not aware that these are techniques of enslavement simply because they have been evolved over so long a period of time and we are so deep into the illusion. Is this not correct?

Ra: I am Ra. This is incorrect.

Questioner: Then you say that there are no cases where those who are of a service-to-others orientation are using techniques of enslavement that have grown as a result of the evolution of our social structures? Is this what you mean?

Ra: I am Ra. It was our understanding that your query concerned conditions before the veiling. There was no unconscious slavery, as you call this condition, at that period. At the present space/time the conditions of well-meant and unintentional slavery are so numerous that it beggars our ability to enumerate them.

Questioner: Then for a service-to-others oriented entity at this time meditation upon the nature of these little-expected forms of slavery might be productive in polarization I would think. Am I correct?

Ra: I am Ra. You are quite correct.

Questioner: I would say that a very high percentage of the laws and restrictions within what we call our legal system are of a nature of enslavement of which I just spoke. Would you agree with this?

Ra: I am Ra. It is a necessary balance to the intention of law, which is to protect, that the result would encompass an equal distortion towards imprisonment. Therefore, we may say that your supposition is correct. This is not to denigrate those who, in green and blue-ray energies, sought to free a peaceable people from the bonds of chaos but only to point out the inevitable consequences of codification of response which does not recognize the uniqueness of each and every situation within your experience.

Questioner: Is the veil supposed to be what I would call semi-permeable?

Ra: I am Ra. The veil is indeed so.

Questioner: What techniques and methods of penetration of the veil were planned and are there any others that have occurred other that those planned?

Ra: I am Ra. There were none planned by the first great experiment. As all experiments, this rested upon the nakedness of hypothesis. The outcome was unknown. It was discovered, experientially and empirically, that there were as many ways to

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penetrate the veil as the imagination of mind/body/spirit complexes could provide. The desire of mind/body/spirit complexes to know that which was unknown drew to them the dreaming and the gradual opening to the seeker of all of the balancing mechanisms leading to adepthood and communication with teach/learners which could pierce this veil.

The various unmanifested activities of the self were found to be productive in some degree of penetration of the veil. In general, we may say that by far the most vivid and even extravagant opportunities for the piercing of the veil are a result of the interaction of polarized entities.

Questioner: Could you expand on what you mean by that interaction of polarized entities in piercing the veil?

Ra: I am Ra. We shall state two items of note. The first is the extreme potential for polarization in the relationship of two polarized entities which have embarked upon the service-to-others path or, in some few cases, the service-to-self path. Secondly, we would note that effect which we have learned to call the doubling effect. Those of like mind which together seek shall far more surely find.

Questioner: Specifically, by what process would, in the first case, two polarized entities attempt to penetrate the veil, whether they be positively or negatively polarized? By what technique would they penetrate the veil?

Ra: I am Ra. The penetration of the veil may be seen to begin to have its roots in the gestation of green-ray activity, that all-compassionate love which demands no return. If this path is followed the higher energy centers shall be activated and crystallized until the adept is born. Within the adept is the potential for dismantling the veil to a greater or lesser extent that all may be seen again as one. The other-self is primary catalyst in this particular path to the piercing of the veil, if you would call it that.

Questioner: What was the mechanism of the very first veiling process? I don't know if you can answer that. Would you try to answer that?

Ra: I am Ra. The mechanism of the veiling between the conscious and unconscious portions of the mind was a declaration that the mind was complex. This, in turn, caused the body and the spirit to become complex.

Questioner: Would you give me an example of a complex activity of the body that we have now and how it was not complex prior to the veil?

Ra: I am Ra. Prior to the great experiment a mind/body/spirit was capable of controlling the pressure of blood in the veins, the beating of the organ you call the heart, the intensity of the sensation known to you as pain, and all the functions now understood to be involuntary or unconscious.

Questioner: When the veiling process originally took place, then, it seems that the Logos must have had a list of those functions that would become unconscious and those that would remain consciously controlled. I am assuming that if this occurred there was good reason for these divisions. Am I in any way correct on this?

Ra: I am Ra. No.

Questioner: Would you correct me, please?

Ra: I am Ra. There were many experiments whereby various of the functions or distortions of the body complex were veiled and others not. A large number of these experiments resulted in nonviable body complexes or those only marginally viable. For instance, it is not a survival-oriented mechanism for the nerve receptors to blank out unconsciously any distortions towards pain.

Questioner: Before the veil the mind could blank out pain. I assume then, that the function of the pain at that time was to signal the body to assume a different configuration so that the source of the pain would leave, and then the pain could be eliminated mentally. Is that correct, and was there another function for the pain prior to the veiling?

Ra: I am Ra. Your assumption is correct. The function of pain at that time was as the warning of the fire alarm to those not smelling the smoke.

Questioner: Then let's say that an entity at that time burned its hand due to carelessness. It would immediately remove its hand from the burning object and then, in order to not feel the pain any more, its mind would cut the pain off until healing had taken place. Is this correct?

Ra: I am Ra. This is correct.

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Questioner: We would look at this in our present illusion as an elimination of a certain amount of catalyst that would produce an acceleration in our evolution. Is this correct?

Ra: I am Ra. The attitude towards pain varies from mind/body/ spirit complex to mind/body/spirit complex. Your verbalization of attitude towards the distortion known as pain is one productive of helpful distortions as regards the process of evolution.

Questioner: What I was trying to indicate was that the plan of the Logos in veiling the conscious from the unconscious mind in such a way that pain could not so easily be controlled would have created a system of catalyst that was not previously usable. Is this generally correct?

Ra: I am Ra. Yes.

Questioner: In some cases it seems that this use of catalyst is almost in a runaway condition for some entities in that they are experiencing much more pain than they can make good use of as far as catalytic nature would be considered. Could you comment on that?

Ra: I am Ra. This shall be the last query of this working of a full length. You may see, in some cases, an entity which, either by preincarnative choice or by constant reprogramming while in incarnation, has developed an esurient program of catalyst. Such an entity is quite desirous of using the catalyst and has determined to its own satisfaction that what you may call the large board needs to be applied to the forehead in order to obtain the attention of the self. In these cases it may indeed seem a great waste of the catalyst of pain and a distortion towards feeling the tragedy of so much pain may be experienced by the other-self. However, it is well to hope that the other-self is grasping that which it has gone to some trouble to offer itself; that is, the catalyst which it desires to use for the purpose of evolution. May we ask if there are any brief queries at this time?

Questioner: I noticed you started this session with "I communicate now" and you usually use "We communicate now." Is there any significance or difference with respect to that, and then is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. We am Ra. You may see the grammatical difficulties of your linguistic structure in dealing with a social memory complex. There is no distinction between the first person singular and plural in your language when pertaining to Ra.

We offer the following, not to infringe upon your free will, but because this instrument has specifically requested information as to its maintenance and the support group does so at this querying. We may suggest that the instrument has two areas of potential distortion, both of which may be aided in the bodily sense by the ingestion of those things which seem to the instrument to be desirable. We do not suggest any hard and fast rulings of diet although we may suggest the virtue of the liquids. The instrument has an increasing ability to sense that which will aid its bodily complex. It is being aided by affirmations and also by the light which is the food of the density of resting.

We may ask the support group to monitor the instrument as always so that in the case of the desire for the more complex proteins that which is the least distorted might be offered to the bodily complex which is indeed at this time potentially capable of greatly increased distortion.

I am Ra. We thank you, my friends, for your continued conscientiousness in the fulfilling of your manifestation of desire to serve others. You are conscientious. The appurtenances are quite well aligned.

I am Ra. I leave you, my friends, in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing merrily in the power and in the peace of the one infinite Creator. Adonai. ♣

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Friday Night
April 9, 1982

(Carla channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and light of the infinite Creator. My friends, my loved ones, this is a day traditionally associated on your planet with the remembrance of one known to you as Jesus, Joshua, or known to us as Am Ne Ra. The mission and accomplishments of this entity while on your planet have been greatly misunderstood by most, in that an effort was made by a number of your people to interpret his words and actions within the framework of that which was earlier understood and yet was so sorely lacking as to require his sojourn upon your planet.

The interpretations of his words and actions were by some misunderstood while in others a conscious effort was made to misrepresent those words to create confusion and augment the numbers on your planet who would either polarize in what you describe as a negative sense or would fail to polarize due to confusion. However, my friends, it is never possible for confusion to overwhelm knowledge, just as darkness, being but the absence of light, is unable to overwhelm light.

My friends, there is always one source of information that you may draw upon, and that is that still, quiet voice that speaks to you from the depths of your soul when presented a heartfelt question. It is often difficult to perceive that voice behind the clamorings of those voices of the mind, and for this reason, among others, we encourage strongly the frequent use of that tool which you call meditation, for it is only through the attainment of skill with this tool that the voice may be perceived and thereafter recognized.

My friends, the attainments of Am Ne Ra are worthy of your attention and emulation, for he was able to accomplish much of which on your planet was long overdue, yet it is important, my friends, that you realize that his accomplishments are not unattainable to yourselves; if anything, they are more attainable as a result of his efforts. Seek, my friends, and you shall find. Knock, and it shall be open to you, and if you but ask, that for which you ask you shall receive, for such is the way of the universe.

These are not merely grand statements deprived of an eloquence of a man thought to be two thousand years dead, but rather statements of fact, of simple laws that guide the functioning and development of your universe. If it is your will to attain that growth which was achieved by that man, Jesus, if you would have his knowledge, if you would share his wisdom, then, my friends, these goals are within your grasp, these answers will be given. This wisdom will be obtained if you but constantly seek, my friends, if you but constantly ask. If your knock at the door of knowledge is ceaseless, if your maintain your hunger, refusing to be satisfied with that of which you are

aware and continue to strive toward that which is still unknown, then, my friends, your quest will be fulfilled, just as that of the one you call Jesus.

You may recall, my friends, the final statement attributed to him on the day that you are recalling. That statement, "It is consummated[3]." My friends, give yourselves to your striving, do not yield to distraction, to boredom, or to the influences of those who do not understand your seeking, but maintain your efforts and do not be satisfied until you have reached that point where you may confidently acknowledge that your task of learning on this plane has been completed.

At this time we would pause that our brothers and sisters of Laitos might pass among you and share their vibration with those of you who might request it. I am Hatonn.

(Pause)

I am Hatonn, and I am again with this instrument. We of Hatonn would like to thank you for your patience while we have spoken. We are aware that at times our words are ponderous and unyielding, yet we would ask you to be aware that our intention is but to serve, just as the one who fiercely and seemingly without compassion braided himself a whip and drove those which you call money changers from a place of worship. The eyes can't see it but the heart can recognize the love within the action and the love within our communication when we attempt to share our thoughts with you.

We will now relinquish the use of this instrument that our brothers and sisters of Latwii may share their thoughts with you. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you in the love and the light of the infinite Creator. My friends, as always, it is a great pleasure to be able to perform our small service for those of you who desire to ask questions from this unworthy source of information. Is there a question that we may attempt to answer tonight?

S1: As always, I have a question. What would our life probably be like in the fourth density?

I am Latwii, and, as always, I have an answer. My friend, we assume that your question deals with the everyday details of your fourth-density existence, and not with the physical structures or bodies involved therein, and, my friend, we would very candidly answer you by saying, my friend, your life will be what you make of it. There is no defined society, no cities, no interstates awaiting your arrival. However, as you may have surmised, there will be a great quantity of love and light within the larder so that you will not feel completely abandoned.

May we answer you further, my friend?

S1: Yes, from what I've learned in the past, we will probably leave the Earth to go to another destination. Is this correct?

I am Latwii, and I would answer your question by replying that this is correct for certain entities who have not fully polarized, and for others who will fully polarize by the time of harvest but will polarize in such a fashion that their service-to-self orientation will require their removal from this planet. The remaining entities will initiate their fourth-density experience upon this planet, although it will be substantially altered by that time.

May we answer you further?

S1: Well, I'm curious. I will probably still have my physical body at that time. What will happen to the physical carrier, and will I have a physical carrier during and after the change?

I am Latwii. My brother, we are going to answer your question with reticence, for it is not our intention to violate your free will by revealing to you details about your personal future. We will therefore speak in general, and caution those present against making broad assumptions about their personal future based upon generalized statements.

There is what may be referred to as a fourth-density body which will be for those in fourth density a carriage or physical vehicle, but for those in third density this same carriage or vehicle would be invisible and completely indistinguishable. Those entities who are alive and functioning, you might say, in fourth density will be doing so solely in this type of body. There will be a transition period in which certain entities who currently are in existence in a third-density vehicle will be in the process of a transformation, for they are also at this time simultaneously in possession of a fourth-density

[3] From the *Holy Bible*, the Gospel of John, 19:30, "When Jesus had received the vinegar, he said, 'It is finished,' and he bowed his head and gave up his spirit."

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vehicle of which they are unaware, and a process will be experienced by which the butterfly will shed its cocoon and leave it behind. It remains to be seen by yourself, however, as to your own personal future.

May we answer you further?

S1: You may not be able to tell me this because of it being a violation of my free will. Am I on the right path to being able to graduate to the fourth density?

I am Latwii. My friend, there is no wrong path for attainment to fourth density or any other density for all paths lead in one direction. The object of your concern, however, might be the sufficient polarization of a chosen polarity and the maintaining of that condition so as to be sufficiently polarized to attain harvest on the particular occasion as opposed to several harvests down the road.

May we answer you further?

S1: Will I be harvested at the next harvest or do you think it will be further on?

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and apologize for the delay and lack of coordination of the instrument. Our intention was not to keep you in suspense, my brother, until the next episode. As you surmised, my friend, that is a question we may not respond to in any fashion that would imply to you or identify any level of accomplishment that you have attained or failed to attain, for to do so could drastically affect your polarization and efforts thereto.

May we answer you further?

S1: I may have asked you this in the past. Besides meditating more often, is there anything else I can do toward polarizing more positively than I already am so that I can attempt to make harvest?

I am Latwii. My brother, if we may paraphrase one who has previously spoken on your planet, we would suggest that you love all that is of the Creator and love your brothers as yourself. Beyond this there is very little else that can be accomplished that will affect your polarity in the direction in which you currently strive.

May we answer you further?

S1: Well, if I could just make a comment. I hope that I will be able to reach polarization. I may not understand things too well, but I feel that having these lifetimes in the physical carrier is a waste of time in a way because when you're born you forget all you've accomplished in a previous life on a conscious level. Like right now I wish I could finish my third density so that I would not have to go through another lifetime and possible mess everything up. Do you understand my frustration here?

I am Latwii, and we are aware of your question. My brother, we are aware of your feelings and we counsel you in this fashion. There are no mistakes within the will of the Creator. If it is your quest to attain the level of polarity necessary to successfully be harvested as a fourth-density positively-polarized entity, as our brother Hatonn pointed out, your sustained seeking will attain fruition. The efforts and accomplishments of those who are unable to sustain a seeking will result in a confused response to a confused seeking. We would not suggest for those present that either is the case, for only in each entity's heart is [there] an awareness of their performance and their level of desire, for we would suggest that there are no mistakes within creation, and each will attain at the harvest that end toward which his striving has led him.

May we answer you further?

S1: It takes a moment for all of this to sink in. I'm trying to realize all of what you've said. Maybe it's that I'm very happy with my present situation. I've been going through a lot of questioning in my environment right now trying to decide what my future will be in my interactions in my daily life. That was just an observation I made. I feel that my major striving should be to help myself and others in their spiritual paths, and trying to keep this thought in mind while considering the daily interaction, trying to understand how to put that in perspective in my immediate future. Do you understand sort of what I'm going through right now?

I am Latwii. My brother, moments ago you spoke of your lack of understanding of the Creator's will and the waste of time involved in experiencing a physical incarnation. My brother, for the edge of a sword to remain keen it must first be stressed and tempered, for that which comes easily is easily lost, while that which is bought dearly is dearly held.

My brother, we understand that your polarization and that of all others is dearly bought and often

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seems to be of unfair cost. We can only reply, my friend, that you shall not, at a future date, reminisce and wonder at what point your polarity was obtained and strive to recall the foggy details, for your past striving and attainments will ever be a lamp that you will proudly hold high and shine brightly as a sword whose edge was painfully brought to keenness or even as the pearl described for which the individual sold all that he had so as to obtain it.

May we answer you further, my brother?

S1: No, I'm understanding that better. I guess I'll have to learn more patience in this area, and just keep trying re-learning my lessons, and keep trying to polarize myself so that when the time comes I'll be ready for whatever the Creator has set forth for me. Thank you for your help, and it helps to talk to someone that I feel has all the answers that I don't have. Thank you.

I am Latwii. My brother, we would sincerely respond that we find great pleasure in our ability to learn with you and from you as well as to share what meager advice we might offer, and for this, my brother, we thank you and urge you to contact us at any time for however brief a time that we may, with our presence, attempt to sustain you in your striving.

Is there another question?

G: Yes, I have a question. My son, T, is having difficulty in school maintaining average grades, and I'm pushing and he seems to be resisting. Is there another way to go about helping him get better grades or do the younger children realize nowadays that that's just not their goal?

I am Latwii. My sister, you must first understand that we are restricted in our ability to respond to your question due to the nature of your question itself, in that we do not wish to imply a certain decision must be made. However, with the understanding that we speak in general terms we would respond that those entities which are currently incarnating into your world are more aware of the transience of their incarnation, in that a subconscious knowledge exists of the relatively small period of time remaining until the harvest occurs. For this reason there is difficulty in performing the large number of nominal and repetitive tasks that are associated with your educational systems.

However, we would also suggest that those entities who incarnate in your illusion do so to experience fully that illusion and to experience the illusion with an attitude of, "We will selectively experience those parts which are enjoyable but not those parts which are less desirable," is not as prone to stimulate growth as another approach might be.

May we answer you further, my sister?

G: No, thank you.

As always, it is a pleasure to be of service to you. Is there another question?

S2: Yes, I have a question, Latwii. Could you explain the chakras and their activation a little for me, please?

I am Latwii. I am aware of your question. My sister, as you consider the progression of light energy through the physical body then you must first examine the path which is followed. The energy traditionally associated with the Earth follows generally in a path up the legs, the base of the spine and up the spine itself to the skull. This may seem misleading in reference to light energy but nonetheless this is the path that is followed as all of creation exudes light in a 360 degrees, and that light is not limited to solar bodies such as your Sun.

The various energy centers, or chakras, may be regarded as contact points between the physical vehicle and what might be referred to as the spiritual body, each contact point representing a stage of development akin to levels on a staircase. As the light progresses through each stage it will stimulate a retention of light or emittance of light through each of these centers. The proper configuration for a fully developed entity would be a configuration in which each of the chakras is unblocked and fully emitting light energy that it is receiving as described previously.

The sequence of the chakras in receiving light corresponds to the learning experience sequence generally encountered by those in your illusion. For example, the first chakra, being primarily involved in the survival of the single entity, would take progression in sequence before that of the development of interpersonal relationships. The difficulty in the light flow through the chakras which is referred to as blockages are the results of the individual choosing to reduce or deny the admission of light to the individual center or centers or the

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refusal to emit light through those centers for whatever reasons the individual possesses. These reasons may be involved with particular emotions or may be the result of experience received by the entity which must be balanced in the entity's perceptions. These are but two explanations of many effectors of the energy centers or chakras.

May we answer you further, my sister?

S2: Not at this time Latwii. Thank you.

We thank you. Is there another question?

(Pause)

I am Latwii. As there seems to be no further questions we will relinquish our use of this instrument, and will leave you to your own devices, so to speak. We would, however, caution a number of those present against the levitation by hand of many of those devices that, what is referred to as *(inaudible)*, as this seems to result in certain inconsistencies within the structural framework that supports your vehicle, and although we recognize the pleasure derived from assisting one another in readjusting of the structural frameworks[4], we are always reluctant to see those dear to us experience physical pain, however minor. With this reminder we would bid you farewell 'til our next …

(Tape ends.) ♣

[4] Carla: I may have been walking on L's back to ease his back pain. At this remove of time, I am not sure, but I did that frequently for him, as at that time I weighed about 80 pounds.

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Sunday Meditation

April 11, 1982

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, as always, in the love and the light of the one infinite Creator. For many of your peoples this is a holy time of your year, a time in which hope and faith is renewed, as they remember the one known to you as Jesus and how he overcame what you term death to live. My friends, each in his own fashion finds as they forget, as they begin anew to learn, as each as they incarnate, are reborn begin to experience again a start of the road that will take them back, and will enable them to remember that forgotten. Each of you has begun to see a small part of that which was forgotten, each seeing that which they need. Awareness of forgetting. It is a valuable step for your journey. Your life will …

We are experiencing difficulty with our contact with this instrument and will now, at his request, transfer this contact. I am Hatonn.

(L channeling)

I am Hatonn. I am now with this instrument, and I again greet you in the love and light of the infinite Creator. My friends, that which you celebrate at this time of your year is a rebirth and reemergence of life upon your planet and within your souls. It is fitting that the death in the physical form of that one which you call Jesus coincides with this time of rebirth, for just as a change in form occurs throughout those areas of your planet experiencing what you call Spring in that an old form, that of the concealed, that of the waiting, that which seems withered and dead externally but merely conceals and protects the life within, is suddenly abandoned and a new life leaps forth, a life form which was unseen and inconceivable in its previous incarnative form. A new life spreads literally with the speed of light across your planet, for is it not light that summons the new life forth and feeds, nourishes and sustains it as the trees and flowers begin to grow, climbing ever higher ever further, extending their buds as arms and hands reaching to grasp the light, almost as if desiring to take hold of it and pull it back into the center of their souls.

My friends, accept, recognize and celebrate your spring. Let your growth proceed in harmony with the flower and grasses that surround you and let your hearts climb ever higher, striving to obtain that light, to ingest it, to make it ever a part of you. There is in your need—correction—in your world a need for this substance, and just as on the physical realm the light is passed through the food chain from plant to animal, from animal to animal, in truth from brother to brother, so also within the spiritual realm, my friends. Be aware of your need to share your light and of your brother's need to partake of your light that you may both be sustained.

At this time we would pause that our brothers and sisters of Laitos might pass among you and extend their conditioning vibration to those of you who mentally request it. I am Hatonn.

(Pause)

I am Hatonn. I am once again with this instrument. My friends, it is our desire at this time to take our leave that our brothers and sisters of Latwii might perform their service of answering your questions. Adonai, my friends. I am Hatonn.

(Carla channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the one infinite Creator. I am very, very pleased to be with you this evening, and very pleased that we are able to say a few words through this instrument before we get to the task at hand which is our great privilege.

We are always pleased to be able to use this instrument. My friends, we would like you to consider an aspect of this which you call the resurrection of an entity known to you as Jesus of Nazareth. To some extent this occasion has been upon each of your minds this day, and we take this opportunity to use this story to the purpose for which it was intended, as example for your consideration. My friends, what would you feel if one to whom you were very devoted had been killed in a most barbarous manner and his body placed in a cave behind a great rock? It is daybreak, my friends, and you go to tend the dead. You are mourning yet you know death, for it comes to all, but there is no corpse. What do you feel, my friends, when a being whiter than any normal being, and more full of light says to you, "He is not here. He is alive."

My friends, there were reasons why the women did not disbelieve the livingness of their beloved. Undoubtedly, your first impulse would be to say, "There is trickery involved here and someone has robbed a grave," but if you knew that the dead one was now alive, what would you feel? My friends, the women were afraid and most troubled in mind, because the possibility of life had suddenly been presented to them. My friends, we ask you why are you afraid of dying and take your living for granted? Would it not be more helpful to you to have a fear and awe and a wonder of the living that you are somehow miraculously doing?

So many of your peoples, my friends, pass through this life in a dream, scarcely waking 'til they die. Let your life became less familiar to you. Try to see how totally amazing it is. Find that which has been called in your holy works "life more abundant." Because, my friends, there is so much to do, to see, to feel. There is so much joy in the universe. Why waste a day, a moment, upon indifference? We rejoice with you that we share consciousness. You are all alive and you shall be now and forever. Stand in awe of the great consciousness of the Creator and try not to slip too quickly into indifference.

I shall, at this time, leave this instrument that we may proceed with any questions which you may wish to ask at this time. I leave this instrument in the love and the light of the Creator. I am Latwii.

(Jim channeling)

I am Latwii, and I greet you all once again in the love and the light of the one Creator. It is now our privilege to begin the question and answer portion of this meeting. May we at this time ask if there are any questions?

C: As I began to channel tonight the contact was good but I realized after it started that I assumed a position too close to a heating vent and felt some physical discomfort. But tonight I had—when I usually channel it seems I have concept with words. It's sort of like it had a little caption there, and I see the words as I try to speak them, but tonight I had a concept, but it seemed there were no words and I felt a bit of nervousness, that I felt like I had no words to express the concept, and I was just wondering if tonight Hatonn was trying to help me further develop as a channel by having me draw upon myself more, or whether the contact was just weakened by me being—my attention being distracted by physical discomfort.

I am Latwii, and am aware of your question, my brother. We might suggest that your latter assumption is more nearly correct, for the mind which is divided does not pay the necessary attention to the concepts which are presented to it.

May we answer you further, my brother?

C: No, thank you.

We thank you. Is there another question at this time?

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R: Yes. Can you tell us if the Easter Shroud of Turin is the actual burial cloth of Christ? And also what created the image on it?

I am Latwii, and am aware of your query, my brother. We shall, we are afraid, have to invoke that great Law of Confusion at this time, for we do not feel it would be appropriate for us to answer the riddle which is presented by this artifact which you have called the Shroud of Turin, for such mysteries are most important to your peoples at this time in their evolution. Such mysteries pose questions of the eternal for the conscious minds to consider. Each entity upon your planet now seeks in ever greater degree to proceed with its evolutionary path, and such mysteries as this one do serve as a stimulus to provoke the questioning and increase the seeking.

May we answer you further, my brother?

R: No, thank you.

We thank you. Is there another question at this time?

L: Yes, first for myself and those present I'd like to wish you a happy Easter. Beyond that, I've noticed in myself that my dedication, if you wish to call it that, tends to wax and wane with no particular stimulus or lack of stimulus that I can discern. Would you discuss this subject?

I am Latwii, and am aware of your question, my brother. We would first of all thank you for your Easter wishes, and hope that we do not lay any eggs this evening. We now address your query. The seeker shall, as it proceeds on what you might call the path of enlightenment, discover those light areas and those dark areas in its seeking. These may be likened unto times when the seeker is most clearly aware that it is seeking and might feel some pride, shall we say, in the success of the seeking. There might be the comparison of current attitudes, thoughts and desires with those of the entity's past, and there might be some, shall we say, rejoicing at the progress that has been made. There are other times when the entity is not aware that progress has been made in other areas of its being. There might be, for instance, the repeating of patterns of thoughts, desires and behaviors which do not satisfy the entity, for they seem the same as always, and no growth is there apparent.

We can only suggest to the ardent seeker that in each instance the estimation which we have rendered might be just the opposite, for in those times in which the seeker feels the progress has been made, it might indeed be true that the progress has been made, but in that area for the present moment there is no further growth, the growth having been accomplished. In the area in which the seeker feels the frustrations and disappointments at the, shall we say, maintenance of the status quo, there is yet the growth in motion and in potential, and there is the possibility for the developing of new thoughts and behaviors.

To summarize our somewhat lengthy statement, may we say that at each moment the seeker shall be experiencing some facet of the growth process, but in your illusion you shall not be fully appraised of the exact nature of your growth until it is well behind you, for the illusion which you inhabit is quite dense, and does provide many times of confusion, many opportunities for growth, and as you seek the light you seek the darkness of your own forgetting that is necessary to propel you towards the light.

May we answer you further, my brother?

L: I desire to question you on a different subject, the subject of healing. I am aware that certain procedures that I have developed in the past were simply tools or constructs that were for the purpose of enabling me to develop a rudimentary understanding of the process so as to work with it, and I'm aware that those constructs are but tools and not the reality itself. My understanding of the reality of healing is incomplete. I do know that there are points in time where I can apparently generate or tap into a form of energy and apparently can project this, but I do not understand how it works or what purpose it accomplishes, in that to my understanding the actual purpose of the healer is simply to act as a go-between, a focusing object, or the person desiring healing and intelligent infinity. I realize this is a pretty vague introduction for the question, but would you discuss the subject of healing in relation to this?

I am Latwii, and am aware of your query, my brother. We are also aware that this is quite a large subject, but we shall attempt to make some general statements that we hope may be of service to you.

First of all, we shall begin with the normally accepted realm of healing as it is experienced within your density, this known as the allopathic method of

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healing, where the healer assumes the greatest amount of responsibility for the one to be healed and its healing process. You may see this as an action from outside of the one to be healed and as some kind of salve upon the wound, the presence of the healer therefore being necessary in order for what is loosely described as the healing process to occur. Now we move to that realm of healing which has just begun to surface in the conscious knowledge of this group, that being the contact with intelligent infinity, by which the healer offers to the one to be healed the opportunity to accept a new configuration of mind/body/spirit more congruent with that configuration known as health. In this process the healer has no will, but offers itself as an instrument or a channel for the intelligent infinity present in each entity to …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue—this shell, then, having been pierced, the one to be healed then has the opportunity to accept the new configuration that offers health, shall we say. This process then having been successfully completed does then allow for what you call the healing to occur.

Between these two types of healing lie many steps. Those seeking to become healers travel this path that joins these two points. At each step along this path the healer does become transformed so that it does practice upon itself what you might call the healing process, so that the injunction which is old among your peoples of physician, "Heal thyself," is indeed accomplished. This healing of the one desiring to become a healer does then allow this entity to provide other entities with this same opportunity. As this process continues, as the healer does become what is called healed or—what might be more clearly defined as—balanced in its energy centers, and balanced in mind, body and spirit, then [it] is able to provide this opportunity to other selves.

At one point more closely associated with the contact with intelligent infinity, yet short of this point, there does come about a transformation, shall we say, which might be described as contact with intelligent energy, which is more known among your peoples as action at a distance, and does include the ability of the entity to utilize powers of the mind which have not been well known among your peoples. The entity then is able to provide more energy, shall we say, of its own abilities to the one to be healed, and then does affect the one to be healed, but to a lesser extent than does the allopathic healer.

May we answer you further, my brother?

L: Yes. One last question. In seeking to heal, obviously one of the prime requisites would be to assist in whatever manner possible the person desiring healing to identify the novel condition that is projected from intelligent infinity. Obviously this is something I need to do for myself as well. Have you any advice on how to go about this?

I am Latwii. My brother, we would wish to correct what we believe to be a misapprehension, and that is that the one seeking to be a healer is one wishing to serve the one Creator without a will of its own, making its will subservient to the will of the Creator. Therefore, the one seeking to be the healer does not aid the one to be healed in the preparation of the configuration of the mind of the one to be healed, for this is the task solely of the one to be healed, and the one seeking to be that known as a healer then offers itself for whatever the outcome as a catalyst, shall we say, for the healing to occur or not to occur.

May we answer you further, my brother?

L: No. I thank you for your assistance and your patience.

I am Latwii. We are most grateful to you, as always. Is there another question at this time?

K: Yes. I hesitate to ask this question, and I'll certainly understand if the answer is not appropriate. When I was in my 30's, as I can recall, I had a completely overwhelming experience in a classroom during the worship service. The classroom was in another building even from the worship service, and I was totally overwhelmed with a presence in that room and I certainly did not understand the experience, and I had no one to whom I could go that did understand, and I've lived with that—still am—without understanding it. I felt a pain in the heart for years and [wonder,] if it's appropriate, would you comment on that?

I am Latwii, and am aware of your query, my sister. We may speak in general upon this subject, for such experiences are not as unusual among your peoples as many would believe, for this seeming random contact with what we have called intelligent infinity

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does from time to time make itself known to various entities for a great variety of reasons. In your particular case, the pain which you have felt within the heart of your being acts much like the grain of sand within that creature you call the oyster. It does motivate you, shall we say, to ask the reasons for this occurrence, the meaning of this occurrence, and does in some way then affect the way in which you seek. The sand is likened unto the pain, and produces that likened unto the pearl of great price, and as you seek the meaning of this occurrence, you shall, within your being, produce that pearl which you have incarnated to produce.

May we answer you further, my sister?

K: Well, it was so very, very painful and overwhelming that I tried to forget it for a long time, and it comes back to me from time to time. Would you comment on why I insisted on forgetting it?

I am Latwii, and again may speak only generally. It is often the case that an experience which is so overwhelming and out of the ordinary shall be too intense for an entity to consider at once and must needs be spread out, shall we say, over the period of the lifetime for its meaning to be fully revealed.

May we answer you further, my sister?

K: No, thank you. That's fine. Thank you very much.

I am Latwii. We are grateful to you, as well. Is there another question at this time?

M: Yes. Could you tell me how one becomes an instrument?

I am Latwii, and may suggest that the desire to be that known as an instrument is the greatest factor in becoming such. There is within this group a practice which allows such entities to devote a specific period of time to developing this ability, and we might simply refer you to those entities present which will aid you in this process if it should be your desire. The process is quite simple and requires the attaining of the meditative state with the desire to receive such information after the tuning in a group has been accomplished, as it has been this evening, and the beginning transmissions experienced.

May we answer you further, my sister?

M: You've answered me. Thank you.

I am Latwii. Is there another question at this time?

L: Latwii, as there do not seen to be any more questions, I would just like to say that in view of the fact that this is Easter, that your answers have been "eggsactly "what we've been "dyeing" to hear, and we shall look forward to hearing from you again.

I am Latwii, and am most pleased with these puns, and we shall file them for future reference.

L: I hope you enjoyed my "yolks."

We are very pleased to have other groups with which to share them, and shall give this group the proper credit. May we ask if there are any questions before we leave this group? We are not always able to provide answers which are as potentially enlightening, shall we say, as those questions this evening have elicited, and we would not wish to leave any question unanswered.

K: Yes. One other question. The sixties and the seventies—I've lived a long time, and I think I'm aware of this, but the sixties and the seventies have been, it seems to me, times of reappraisal, and a kind of an awakening or at least a seeking. Is that true?

I am Latwii, and am aware of your query, my sister. We are in agreement with your estimation, and may comment somewhat further by suggesting that as this cycle of learning is ending for your peoples those entities incarnating are incarnating for what may well be the last opportunity for completing the lessons of this cycle, and therefore have programmed before the incarnation a great deal of learning which it is hoped shall occur during the incarnation. This fact is increased in its intensity when it is realized that the entities now incarnating are also those entities most likely to achieve the graduation, the, shall we say, cream of the crop which your planet has produced in its cycles of evolution, and this fact added to the previous fact does then increase that experience which occurs in the incarnative state. The periods of years which you have described are an accurate reflection of the increased vibratory rates of the peoples of your planet and the learning which is being attempted, and you might be prepared, shall we say, for the future years being of an increased vibratory nature as well, as both polarities seek to make their graduations upon your planet.

May we answer you further, my sister?

K: Yes. I've had some friends in the seminary who think that the year 2000 is a climatic time, and is that an accurate statement also?

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I am Latwii, and am aware of your query, my sister. When speaking of time periods it is increasingly difficult to accurately describe the time in which any event shall occur the further the event is from that you call the present. You may see your present situation as a point in space and time with an infinity of possibilities surrounding that point—possibilities for future events. You may also see the course which has been traveled by your peoples and its direction of further travel, but to project that force further into your future becomes more and more difficult, for each entity upon your planet fully exercises that known as free will, and as this is exercised the possibility of predicting its course becomes more and more difficult as what you call time progresses.

It might be generally stated that the year 2000, and subsequent years following that year, are more likely to be decisive points, and become that culmination of points of experience which is often called the graduation or the harvest for your peoples.

May we answer you further, my sister?

K: When you talk about the harvest—we use the concept of the end of a dispensation or is that the same?

I am Latwii, and we find that there are many terms which have been applied to this which is loosely called the harvest by many of your peoples over great periods of what you call time. When we speak of harvest we are speaking of the end of this planet's third density experience and the beginning of its fourth-density experience, that experience which is likened unto a quantum leap in evolution.

May we answer you further, my sister?

K: No. That helps a lot. Thank you.

I am Latwii. We are most grateful to you as well. Is there another questions at this time?

M: Yes. I have a friend that is disgustingly happy all the time, and she doesn't seem to have much depth. Now, I don't know whether or not to envy her happiness or whether I feel sorry for her because she takes everything, what seems to me, lightly or maybe it's because I'm not as happy. Is her happiness good or not?

I am Latwii, and am aware of your query, my sister. We can respond to this query most helpfully, we believe, by suggesting that the response depends upon one's point of view. In truth, it has been said there is no right or wrong, no good or evil, but only the experience of the Creator by the Creator. Each entity [as] a portion of the one Creator incarnates to learn certain lessons. Some lessons require the application of a great amount of what you might call pain and difficult experience in order to get the attention, shall we say, of the self which is attempting these lessons. Other lessons may not require so great an application of the pain. It cannot be said without knowing the full scope of an entity's preincarnative choices whether the entity is learning the lessons programmed, or whether these lessons are being ignored, or whether they have indeed been learned. There are an infinite array of lessons, of portions of the one Creator and experiences available within the one creation. Each is a portion of the Creator, and is experienced by the Creator.

May we answer you further, my sister?

M: No. I think you have answered the question.

I am Latwii. Is there another question at this time?

M: Maybe you can tell me a little bit more about her. She paints happy faces on everybody around her and [that] makes her happy, and is she ignoring the misery around her or is it a good idea to paint happy faces on people?

I am Latwii, and am aware of your query, my sister. Again we must respond by suggesting that it is not possible to say whether an action such as this is good or not good, but can only be seen as an experience of the Creator in which lessons are being attempted. Within your illusion each entity has his or her own set of biases, of preferences, of their definitions of what is good and what is not good. These are an illusion, as we have said, for there is no good or evil in truth, but these are necessary illusions to provide the catalyst for growth among your peoples. As you meet entities in your daily round of activities such as this entity, you shall view such an entity through the framework of your own preferences and biases. You shall, therefore, interact with this entity in a manner which does then produce a catalyst for experience and growth. You shall see the entity in such and such a manner, and the entity shall see you likewise. This shall produce an interchange and interplay of thoughts, ideas, behaviors and feelings for both of you and those surrounding you. All of these thoughts and feelings shall either add to the biases which you have, or shall in some way produce the

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balancing effect, so that that concept which is known to you as judgment is evened or smoothed in its effect and acceptance of the other self. The other self's behavior and your own self is then aided, for this is the greatest lesson of your illusion, the acceptance of all entities including yourself, the acceptance of all experience, for all is the experience of the one Creator.

May we answer you further, my sister?

M: Well, I'm not sure. I think I would like to find some of her happiness, but I don't particularly like shallowness if it has to go with it. Can happiness and shallowness be separated?

I am Latwii, and am aware of your query, my sister. We may suggest that those distortions which you have called happiness and shallowness are two facets of the jewel of the one creation and Creator, and are not greater or lesser than any other experience. Each then does provide a lesson. All lessons aid the Creator in knowing Itself, and aid each portion of the Creator in knowing the Creator.

May we answer you further, my sister?

M: Well, if she's getting as much out of it as I am, then I think I would like to have some of her happiness. From what you're telling me, she's accomplishing just as much. Am I understanding that correctly?

I am Latwii, and am aware of your query, my sister. Depending upon one's point of view, this is entirely correct. It is difficult to know whether an entity is accomplishing what it set out to accomplish before its incarnation during its incarnation, but whether or not lessons are learned, there is an infinity of time for each entity to learn all lessons and all lessons are lessons which aid the Creator and the entity.

May we answer you further, my sister?

M: No. I think you have answered the question at this time as much as I can understand.

I am Latwii. May we ask if there is another question at this time?

(Pause)

I am Latwii. We are most grateful to each present this evening for extending to us the opportunity to speak this capacity of attempting to answer your queries. We realize that each seeks the solution to many inner mysteries. We of Latwii do not presume to be able to answer these queries fully. We hope in our answers that you might find further stimulus for seeking within the true solutions to each mystery. We can only offer directions and comments, for any answer we give contains the distortions which are inherent in any language which attempts to convey thoughts in words which are unable to hold the thoughts. Therefore, we ask each entity present to remember that we are also seeking solutions to mysteries which we share with you.

We would at this time take our leave of this group. We leave each of you in the love and in the light of the one infinite Creator. We shall be with you again in what you call your future, and look forward to each opportunity to be with you in your meditations. I am known to you as Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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The Law of One, Book IV, Session 84

April 14, 1982

Ra: I am Ra. I greet you, my friends, in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The physical complex energy level of the instrument is in sizable deficit. The vital energies are well.

Questioner: In the last session you mentioned the least distorted complex protein for the instrument since its body complex was capable of greatly increased distortion. Would you define the protein of which you spoke and in which direction is the increased distortion, towards health or ill-health?

Ra: I am Ra. We were, in the cautionary statement about complex protein, referring to the distortions of the animal protein which has been slaughtered and preservatives added in order to maintain the acceptability to your peoples of this non-living, physical material. It is well to attempt to find those items which are fresh and of the best quality possible in order to avoid increasing this particular entity's distortions which may be loosely termed allergic.

We were speaking of the distortion towards disease which is potential at this space/time.

Questioner: The instrument asked the following question: Ra has implied that the instrument is on the path of martyrdom, but since we all die are we not all martyred to something, and when, if ever, does martyrdom partake of wisdom?

Ra: I am Ra. This is a thoughtful query. Let us use as exemplar the one known as Jehoshua. This entity incarnated with the plan of martyrdom. There is no wisdom in this plan but rather understanding and compassion extended to its fullest perfection. The one known as Jehoshua would have been less than fully understanding of its course had it chosen to follow its will at any space/time during its teachings. Several times, as you call this measure, this entity had the possibility of moving towards the martyr's place which was, for that martyr, Jerusalem. Yet in meditation this entity stated, time and again, "It is not yet the hour." The entity could also have, when the hour came, walked another path. Its incarnation would then have been prolonged but the path for which it incarnated somewhat confused. Thusly, one may observe the greatest amount of understanding, of which this entity was indeed capable, taking place as the entity in meditation felt and knew that the hour had come for that to be fulfilled which was its incarnation.

It is indeed so that all mind/body/spirit complexes shall die to the third-density illusion; that is, that each yellow-ray physical-complex body shall cease to be viable. It is a misnomer to, for this reason alone, call each mind/body/spirit complex a martyr, for this term is reserved for those who lay down their lives

for the service they may provide to others. We may encourage meditation upon the functions of the will.

Questioner: The instrument asked if the restricted, unpublishable healing information that was given during the first book could be included in Book Four since readers who have gotten that far will be dedicated somewhat?

Ra: I am Ra. This publication of material shall, in time, shall we say, be appropriate. There is intervening material.

Questioner: Going back to the previous session, you stated that each sexual activity was a transfer before the veil. Would you trace the flow of energy that is transferred and tell me if that was the planned activity or a planned transfer by the designing Logos?

Ra: I am Ra. The path of energy transfer before the veiling during the sexual intercourse was that of the two entities possessed of green-ray capability. The awareness of all as Creator is that which opens the green energy center. Thusly there was no possibility of blockage due to the sure knowledge of each by each that each was the Creator. The transfers were weak due to the ease with which such transfers could take place between any two polarized entities during sexual intercourse.

Questioner: What I was getting at, precisely, was, for example, when we close an electrical circuit it is easy to trace the path of current. It goes along the conductor. I am trying to determine whether this transfer is between the green energy centers (the heart chakras). I am trying to trace the physical flow of the energy to try to get an idea of blockages after the veil. I may be off on the wrong track here, but if I am wrong we'll just drop it. Can you tell me something about that?

Ra: I am Ra. In such a drawing or schematic representation of the circuitry of two mind/body/spirits or mind/body/spirit complexes in sexual or other energy transfer the circuit opens always at the red or base center and moves as possible through the intervening energy centers. If baffled it will stop at orange. If not, it shall proceed to yellow. If still unbaffled it shall proceed to green. It is well to remember in the case of the mind/body/spirit that the chakras or energy centers could well be functioning without crystallization.

Questioner: In other words, they would be functioning but it would be equivalent in an electrical circuitry to having a high resistance, shall we say, and although the circuit would be complete, red through green, the total quantity of energy transferred would be less. Is this correct?

Ra: I am Ra. We might most closely associate your query with the concept of voltage. The uncrystallized, lower centers cannot deliver the higher voltage. The crystallized centers may become quite remarkable in the high voltage characteristics of the energy transfer as it reaches green ray and indeed as green ray is crystallized this also applies to the higher energy centers until such energy transfers become an honestation[5] for the Creator.

Questioner: Would you please correct me on this statement. I am guessing that what happens is that when a transfer takes place the energy is that light energy that comes in through the feet of the entity and the voltage or potential difference is measured between the red energy center and, in the case of the green ray transfer, the green energy center and then must leap or flow from the green energy center of one entity to the green energy center of the other, and then something happens to it. Could you clarify my thinking on that?

Ra: I am Ra. Yes.

Questioner: Would you please do that?

Ra: I am Ra. The energy transfer occurs in one releasing of the potential difference. This does not leap between green and green energy centers but is the sharing of the energies of each from red ray upwards. In this context it may be seen to be at its most efficient when both entities have orgasm simultaneously. However, it functions as transfer if either has the orgasm and indeed in the case of the physically expressed love between a mated pair which does not have the conclusion you call orgasm there is, nonetheless, a considerable amount of energy transferred due to the potential difference which has been raised as long as both entities are aware of this potential and release its strength to each other by desire of the will in a mental or mind complex dedication. You may see this practice as being used to generate energy transfers in some of your practices of what you may call other than

[5] honestation: *n.* adornment; grace. [Obs.]

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Christian religious distortion systems of the Law of One.

Questioner: Could you give me an example of that last statement?

Ra: I am Ra. We preface this example with the reminder that each system is quite distorted and its teachings always half-lost. However, one such system is that called the Tantric Yoga.

Questioner: Considering individual A and individual B, if individual A experiences the orgasm is the energy, then, transferred to individual B in a greater amount? Is that correct?

Ra: I am Ra. Your query is incomplete. Please restate.

Questioner: I am trying to determine whether the direction of energy transfer is a function of orgasm. Which entity gets the transferred energy? I know it's a dumb question, but I want to be sure that I have it cleared up.

Ra: I am Ra. If both entities are well polarized and vibrating in green-ray love any orgasm shall offer equal energy to both.

Questioner: I see. Before the veil can you describe any other physical difference that we haven't talked about yet with respect to the sexual energy transfers or relationships or anything prior to veiling?

Ra: I am Ra. Perhaps the most critical difference of the veiling, before and after, was that before the mind, body, and spirit were veiled, entities were aware that each energy transfer and, indeed, very nearly all that proceeds from any intercourse, social or sexual, between two entities has its character and substance in time/space rather than space/time. The energies transferred during the sexual activity are not, properly speaking, of space/ time. There is a great component of what you may call metaphysical energy transferred. Indeed, the body complex as a whole is greatly misunderstood due to the post-veiling assumption that the physical manifestation called the body is subject only to physical stimuli. This is emphatically not so.

Questioner: After the veil, in our particular case now, we have, in the circuitry of which we were speaking, what you call blockages. Could you describe what occurs with the first blockage and what its effects are on each of the entities assuming that one blocks and the other does not or if both are blocked?

Ra: I am Ra. This material has been covered previously. If both entities are blocked both will have an increased hunger for the same activity, seeking to unblock the baffled flow of energy. If one entity is blocked and the other vibrates in love, the entity baffled will hunger still but have a tendency to attempt to continue the procedure of satiating the increasing hunger with the one vibrating green ray due to an impression that this entity might prove helpful in this endeavor. The green-ray active individual shall polarize slightly in the direction of service to others but have only the energy with which it began.

Questioner: I didn't mean to cover previously covered material. What I was actually attempting to do was discover something new in asking the question, so please if I ask any questions in the future that have already been covered don't bother to repeat the material. I am just searching the same area for the possibility of greater enlightenment with respect to this particular area since it seems to be one of the major areas of experience in our present condition of veiling that produces a very large amount of catalyst and I am trying to understand, to use a poor term, how this veiling process created a greater experience and how this experience evolved. These questions are very difficult to ask.

It occurs to me that many statues or drawings of the one known as Lucifer or the Devil are shown with an erection. Is this a function of orange-ray blockage, and was this known in a minimal way by those who devised these statues and drawings?

Ra: I am Ra. There is, of course, much other distortion involved in a discussion of any mythic archetypical form. However, we may answer in the affirmative and note that you are perceptive.

Questioner: With respect to the green, blue, and indigo transfers of energy, how would the mechanism for these transfers differ from the orange-ray mechanism in making them possible or setting the groundwork for them? I know this is very difficult to ask and I may not be making any sense, but what I am trying to do is gain an understanding of the foundation for the transfers in each of the rays and the preparations for the transfers or the fundamental requirements or biases and potentials

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for these transfers. Could you expand on that for me please? I am sorry for the poor question.

Ra: I am Ra. We would take a moment to state in reply to a previous comment that we shall answer each query whether or not it has been previously covered for not to do so would be to baffle the flow of quite another transfer of energy.

To respond to your query we firstly wish to agree with your supposition that the subject you now query upon is a large one, for in it lies an entire system of opening the gateway to intelligent infinity. You may see that some information is necessarily shrouded in mystery by our desire to preserve the free will of the adept. The great key to blue, indigo, and finally, that great capital of the column of sexual energy transfer, violet energy, transfers, is the metaphysical bond or distortion which has the name among your peoples of unconditional love. In the blue-ray energy transfer the quality of this love is refined in the fire of honest communication and clarity; this, shall we say, normally speaking in general, takes a substantial portion of your space/time to accomplish although there are instances of matings so well refined in previous incarnations and so well remembered that the blue-ray may be penetrated at once. This energy transfer is of great benefit to the seeker in that all communication from this seeker is, thereby, refined and the eyes of honesty and clarity look upon a new world. Such is the nature of blue-ray energy and such is one mechanism of potentiating and crystallizing it.

As we approach indigo-ray transfer we find ourselves in a shadowland. We cannot give you information straight out or plain, for this is seen by us to be an infringement. We cannot speak at all of violet ray transfer as we do not, again, desire to break the Law of Confusion.

We may say that these jewels, though dearly bought, are beyond price for the seeker and might suggest that just as each awareness is arrived at through a process of analysis, synthesis, and inspiration, so should the seeker approach its mate and evaluate each experience, seeking the jewel.

Questioner: Is there any way to tell which ray the transfer was for an individual after the experience?

Ra: I am Ra. There is only a subjective yardstick or measure of such. If the energies have flowed so that love is made whole, green-ray transfer has taken place. If, by the same entities' exchange, greater ease in communication and greater sight has been experienced, the energy has been refined to the blue-ray energy center. If the polarized entities, by this same energy transfer experience, find that the faculties of will and faith have been stimulated, not for a brief while but for a great duration of what you call time, you may perceive the indigo-ray transfer. We may not speak of the violet-ray transfer except to note that it is an opening to the gateway of intelligent infinity. Indeed, the indigo-ray transfer is also this but, shall we say, the veil has not yet been lifted.

Questioner: Did most Logoi plan, before the veil, to create a system of random sexual activity or the specific pairing of entities for specific periods of time, or did they have an objective in this respect?

Ra: I am Ra. This shall be the last full query of this working.

The harvest from the previous creation was that which included the male and female mind/body/spirit. It was the intention of the original Logoi that entities mate with one another in any fashion which caused a greater polarization. It was determined, after observation of the process of many Logoi, that polarization increased many fold if the mating were not indiscriminate. Consequent Logoi thusly preserved a bias towards the mated relationship which is more characteristic of more disciplined personalities and of what you may call higher densities. The free will of each entity, however, was always paramount and a bias only could be offered.

May we ask if there may be any brief queries before we leave this instrument?

Questioner: Is there any way that we can make the instrument more comfortable or to improve the contact?

Ra: I am Ra. We would ask that each of the support group be especially vigilant in the, what you would call, immediate future due to this instrument's unbidden but serious potential for increased distortion towards illness/health.

You are most conscientious. We thank you, my friends, and leave you in the glorious light and love of the one infinite Creator. Go forth, therefore,

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rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 84, Fragment 43

April 14, 1982

Jim: The first portion of Session 84 is mostly nuts and bolts maintenance of the instrument. Her primary exercise each day was one hour of brisk walking, and when her feet began to suffer injury we tried alternating two different kinds of shoes hoping that each would aid one portion of the injury without aggravating another portion.

Don also asked Ra about information concerning earth changes which Andrija Puharich had received from one of his sources. Instead of responding directly to the query and risking infringing upon the free will of Dr. Puharich, Ra chose to speak to the subject of earth changes as representative of one of two choices that a person may make in the search for truth.

Between that response and the last question and answer that you see was a portion of information concerning a person's encounter with a UFO which Ra asked us to keep private. The question and answer that you do see is in reference to this same UFO contact and reveals the general way in which many face-to-face encounters between our third-density population and extraterrestrial entities occur. What is actually remembered by the third-density entity is a product of its expectations and what its subconscious mind fashions as an acceptable story that will allow the entity to continue functioning without losing its mental balance. This is the nature of the positive contact in which the third-density entity is being awakened to seek more clearly the nature of not only the UFO encounter but the life pattern as well. Negative contacts, however, utilize the concepts of fear and doom to further separate and confuse the Earth population.

Carla: *My poor feet! Rheumatoid disease is notorious for its depredations upon one's extremities, and perhaps my hands, feet and neck have suffered the worst from its progression. Thirteen operations on my hands and six on my feet have staved off total dysfunction, but the old digits are not what they once were. During these sessions, they suffered far more than normal, because when I was in trance, I did not move at all. Those of Ra did not know how to make my body move very well, and so whatever aches and pains I had became rapidly very hard to bear. It was easy for me to be discouraged. I can remember asking the Creator, with some asperity, what It had in mind when it gave me these gifts! How inconvenient! Especially in terms of this contact, which we all knew was special, I tended to feel that I had let down the side by these sore joints' taking time away from the sessions in length. Feeling unworthy in the first place, I felt sheepish that I was, by these distortions, lessening the content of each working. At this latter day, however, I have ceased to rail against whatever comes my way. I am just glad to be here. And if I can still channel, fine. But I think all of us have one main job, and that is just to be who we are, living in an open-hearted love of the creator and His creation.*

Ra's zinger of an answer to Puharich's question about coming earth changes is worth pondering in depth. The

answer concerning the person's remembrance of a close encounter of the third kind, being on board a craft, is also pithy. We really have a great deal to do with how we experience events of an archetypal nature, and this bleeds through into the everyday. So much of what we receive from the world is set by what we give to it. Ra's comments are provocative in suggesting how we can view that ineffable thing called sanity.

Session 84, April 14, 1982

Questioner: What disease in particular were you speaking of and what would be its cause?

Ra: I am Ra. One disease, as you call this distortion, is that of the arthritis and the lupus erythematosus. The cause of this complex of distortions is, at base, pre-incarnative. We refrain from determining the other distortion potential at this space/time due to our desire to maintain the free will of this group. Affirmations may yet cause this difficulty to resolve itself. Therefore, we simply encourage the general care with the diet with the instructions about allergy, as you call this quite complex distortion of the mind and body complexes.

Questioner: Could you make any suggestions about the instrument's feet or how they got in the bad shape that they are in, and if alternating the shoes would help?

Ra: I am Ra. The distortion referred to above; that is, the complex of juvenile rheumatoid arthritis and lupus erythematosus acts in such a way as to cause various portions of the body complex to become distorted in the way in which the instrument's pedal appendages are now distorted.

We may suggest care in resumption of the exercise but determination as well. The alternation of footwear shall prove efficacious. The undergarment for the feet which you call the anklet should be of a softer and finer material than is now being used and should, if possible, conform more to the outline of those appendages upon which it is placed. This should provide a more efficient aid to the cushioning of these appendages.

We may further suggest that the same immersion in the waters which is helpful to the general distortion is, in general, helpful to this specific distortion as well. However, the injury which has been sustained in the metatarsal region of the right pedal appendage should be further treated for some period of your space/time by the prudent application of the ice to the arch of the right foot for brief periods followed always by immersion in the warm water.

Questioner: I am sure that we are getting into a problem area with the first distortion here with a difficulty with a bit of transient material, but I have questions from a couple of people that I would like to ask. The first one especially is of no lasting value. Andrija Puharich asks about the coming physical changes, specifically this summer. Is there anything that we could relay to him about that?

Ra: I am Ra. We may confirm the good intention of the source of this entity's puzzles and suggest that it is a grand choice that each may make to, by desire, collect the details of the day or, by desire, seek the keys to unknowing.

Questioner: I can't help but be interested in the fact that this other entity to whom we were previously referring reported being taken on board a craft. Could you tell me something about that?

Ra: I am Ra. The nature of contact is such that in order for the deep portion of the trunk of the tree of mind affected to be able to accept the contact, some symbology which may rise to the conscious mind is necessary as a framework for the explanation of the fruits of the contact. In such cases the entity's own expectations fashion the tale which shall be most acceptable to that entity, and in the dream state, or a trance state in which visions may be produced, this seeming memory is fed into the higher levels of the so-called subconscious and the lower levels of the conscious. From this point the story may surface as any memory and cause the instrument to function without losing balance or sanity. ♣

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Intensive Meditation

April 15, 1982

(Carla channeling)

I am Hatonn, and I greet you in the love and light of our infinite Creator. It is a great privilege, as always, to be with you. Our brothers and sisters of Laitos have been with you, and have been conditioning each. However, we wished to work with the one known as S if this is agreeable to that instrument. We should first condition that instrument and then speak a few words through that instrument if she would relax. I am Hatonn.

(Pause)

(Carla channeling)

I am Hatonn, and am again with this instrument. We apologize for disturbing your pet. We shall speak a few general thoughts through this instrument before we leave as we know that there are many things upon your minds, and it is sometimes possible that by turning over in the mind a few concepts, a path may become remarkably clearer than previously seen.

We would like to observe the seeming delicacy of all that surrounds you, the extreme delicacy of the parameters which guard the ability of your physical vehicles to dwell in safety upon this sphere in space, the fragile chain of life which the creation of the Father has provided for all creatures from the smallest to the greatest. Yet we would like to point out that this seeming fragility houses an imponderably huge and immense role of an evolution which goes so far beyond the evolution of the physical form that there are no words to describe this everlasting evolution. It may seem at times that each is a fragile and easily wounded and torn entity, yet there is no possibility of true harm, for there is no ending to consciousness. Physical death cannot touch it, and any experience can only aid it.

Moreover, it may seem that in addition to fragility the third-density experience has a great loneliness, a great separation of being from being, brother from brother, Creator to Creator. We have often said that this can be gone beyond, shall we say, in the depths of meditation, that the roots of being and of consciousness can be seen to be one. But, my friends, even in your everyday existence, in the greatest illusion possible, you may see signs of the oneness of all things. How many times, my friends, just when you thought that this illusion held no ideals, have you heard of some entity who acted in such a way that the light of the one infinite Creator and the love of this marvelous unity radiates to the world?

You may see stories upon stories of the difficulties and the travails of your planet, and travails there will be, for this is the proper time for such to occur. Yet in the midst of these you will see again and again the story that you are lucky enough to hear of one just

such as yourself, who has turned from being the sheep and has awakened into the shepherd, and tends the flock. What might this flock be? It might be a person defending the beauty of an ideal against those who would misuse it for money's sake or for power. It might be a person who has given much to aid a group or a cause at great personal sacrifice, or it might be one person who serves one other person with such selflessness that all who see it may marvel. This is the creation of the Father. The illusion can be pierced.

Now, just as you have the ideals within you which are your birthright, you have also these things which are called travails by the world. Accept them in yourself and in the world, these seeming imperfections, and, no matter how great the error, attempt to see yourself in each circumstance that comes before your vision. Imagine yourself in the place of one who has greatly erred, and then forgive yourself, for although you have been wrong, yet you are still the child of an infinite Creator and there is time enough and more to mend any error.

We thank you, my friends, for providing us with the great service of your presence and the blessing of your vibrations. We would at this time make room for our brothers and sisters of Latwii. Consequently, we leave this instrument, wishing all about you the love and the light of the infinite Creator. I am Hatonn. Adonai, my friends. Adonai vasu borragus.

(Transcript ends.) ♣

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Sunday Meditation
April 18, 1982

(C channeling)

I am Hatonn, and I am now with this instrument. We were listening to the sounds that surround you, the singing of your birds which has begun again in your season of spring. The cycle has turned, new life begins. The world echoes the sounds of nature—beautiful, musical peace. My friends, if you would but take a little extra of your time to sit and quietly listen, the world around will speak of many things and you, if you listen, may begin to become more aware of the simple, the profound lessons that the world around you offers. My friends, you are part of an illusion and learning experience that allows you to became aware of the love and light of the Creator. In your illusion, as awareness is slowly achieved, a balance will become more and more evident to you as you begin to find your place in the workings of your world. Each person has a place on the scale, a scale that has many of your years been unbalanced, ever teetering, but is slowly begun to change this as more and more seek to be a part of the world instead of centered simply on what they perceive as their physical needs. This scale, though leveling, is still unbalanced, yet your world, you, are slowly riding this. Each of you, as you become aware, aid the planet and your own self in your growth in this period of transition. We join you and would aid in whatever way that we may. You need but call and we shall be with you in your meditations. We are your brothers and sisters.

We would now at this time pause to allow our brothers and sitters of Laitos to pass among you so that those who wish may feel their conditioning vibration. We will pause now, and then will transfer to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. I continue through this instrument. I and my brother Laitos thank you for the opportunity of blending our vibrations with yours. It is a great blessing to share consciousness with you. Please know that if this sharing is of value to you, you need only ask for it at any time.

To conclude our thoughts for this evening we would continue to speak upon the subject of those times that are in what you call your immediate future. We are aware that this topic is upon the minds of many, and we wish to thank each of you that you have not single-mindedly attempted to discover details of prophecy concerning specific events which are part of your planetary entry into the full dimension of love.

My friends, it is not that we cannot speak to you of these things. We would take this opportunity to

attempt to express to you our perceptions of the difficulties involved in the transference of specific information through conscious channeling. The contact such as we have through this instrument is a free will contact. This instrument receives impressions of concepts of a crystalline nature, that is, they are below or other than words. This instrument then cloaks these concepts in the vocabulary with which this instrument is most comfortable. In any free will contact of this nature we expect and encourage a certain amount of communication by the instrument through the instrument, as well as communication by the Confederation through the instrument. This portion by the instrument consists of those biases, concepts and ways of approaching subjects that are unique to that instrument, and, therefore, make our very simple message more varied, more inspiring, and more interesting to those who seek and who listen to these communications.

This same free will, my friends, causes specific information to be quite difficult to transmit, for as we transmit we ourselves are functioning in free will. We cannot know that which is the future to you, but can only know probabilities, for it is your free will which determines which future your peoples shall achieve. Therefore, when an instrument is repeatedly asked for specific information, for dates, for places, and for plans of catastrophe, there are others willing to be less than truthful, willing to give specific dates and places and plans, and so we lose our instrument.

It is a gradual process and one which we are very glad has not yet begun with this group at this time, for, my friends, there are important concerns in your immediate future, as you call it, that have to do only peripherally with the undoubted fact that the topography of your earth will change somewhat as a result of the stresses within it at this time as it must adjust to the new vibrations of the New Age, as you call it. That which is important to you, my friends, is your own inner balance, your own inner awareness of your identity, your essence, and your beingness, for as long as you breathe the air of this planet you will be able to offer under any circumstances whatever that beingness, that essence, that identity.

One of your great poets, many, many of your years ago wrote, "Yea, though I walk through the valley of death, I shall fear no evil." This was, of course, a translation from another language, but the concept, my friends, is infinitely important compared to the details of Earth changes. We ask you to be aware that at each moment presences guard you in life and in death. Your consciousness is not subject to this death. You have, before incarnation, chosen some things which you may wish to do. You did not make these plans with the intention of knowing them ahead. You made these plans knowing that at each point that something was required of you, you would have the free will to choose the manner of your beingness. We realize that in your daily illusion the events, the cataclysms, the mounting strangeness of the times in which you live, may well seem to be far more important than your own disciplined understanding of who you are, but, my friends, your seeking of that understanding is the only burden to carry in those days to come, for the more of your identity that you are able to fathom, the greater your light will shine in a very dark world, and like the great lighthouse which guides the ships to harbor and warns of a craggy rock and a dangerous gale, those within the view of your simple beingness will gain a kind of safe harbor until they themselves can begin to seek for themselves.

The days to come, my friends, are indeed a life and death situation, but these are the ingredients of which your illusion has always been made. That which is different is that the harvest is upon you. Prepare that part of yourself, therefore, which shall endure. Prepare not for catastrophe, but for joy; not for darkness, but for light; not for fear, but for hope, and never doubt that you are one with many, many brothers and sisters who share with you the hope of love and light for all of the peoples of the Earth.

I am Hatonn. I leave you, my friends, in the love and the light of our infinite Creator. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet each of you in love and light. We have been waiting patiently for our opportunity to speak to this group, and this evening our wait has been much easier than usual, for we also have been most engrossed in the message our brothers and sisters of Hatonn have shared with your group. We, at this time, would hope that our encore, shall we say, shall be of equal value or some value approaching that of the message you have heard this evening. We would now ask if there would be any questions which we may attempt to answer this evening?

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M: Yes. I have one, I believe. It is not terribly important, but a curiosity. It seems that a few years back the messages of then were that the harvest was coming and that there was very little time, not very many people were going to make it, and for the first time I can recall Hatonn spoke to us about the balance, and more and more people were going to the other side, understanding what this experience was all about. Is this in fact accelerating our people of the Earth understanding our purpose more?

I am Latwii, and am aware of your query, my brother. The people of your planet are now experiencing those times which have long been foretold by those whom you call prophets, the so-called last days of your great cycle of evolution. It is during these days that the experiences, the catalyst and the opportunities for growth shall be increased manyfold so that each entity upon your planet who seeks in any degree might have available to him or her much more of a fulcrum of energy, so to speak, that shall act as a lever within the consciousness and move it great distances in comparison to where it was and where it could have been moved prior to this time.

The reason for this is, as many of you know, manyfold. The entities now incarnating on your planet have, for some period of time, maximum possible polarization. Those entities who were nearest the harvest—for the time grows short and only those entities could benefit by now being incarnate on your planet—this fact, when combined with the fact that the inconveniences, shall we say, have well begun and do themselves provide much more opportunity for the seeking—creates a situation in which if an entity wishes to know the truth of its being, this truth is ever closer and less veiled, shall we say, to the entity who seeks it, for those experiences which seem to be of major or minor cataclysmic effect, those experiences of the, shall we say, sagging economy, of the threats of nuclear war, of the prophecies of great Earth changes, of the difficulties in interpersonal relationships, in the confusions of the personal journey of seeking, all these experiences and events magnify for an entity who seeks the truth the ability to find that truth, for each such experience does pose the question for the entity, the question being, "What is the meaning of this life in which I experience and see these events?"

May we answer you further, my brother?

M: No, thank you, Latwii.

I am Latwii and we thank you. Is there another question?

Carla: I have a question from L. L was asking if gypsies were a race apart from others, and perhaps like the Chinese who come from Deneb, from a certain star system or a certain origin that was different than the other peoples of the Earth?

I am Latwii, and am aware of your query, my sister. To recount the origins of those whom your peoples call the gypsies is indeed a difficult task, for one aspect of these entities that those here are aware of, that being the wandering nature, is a facet which has colored these entities for their entire history, shall we say, upon your planet. These entities, therefore, are of many roots, the majority of which coming from the areas of your Mediterranean sea, have from times long passed been the caretakers of the codes and systems of secret knowledge, that which follows the mystic path.

Many schools of seeking the one Creator have evolved upon your planet in its past. Each path has been fortified more or less, and its tenets have been propounded within the walls of the secret schools. There have been, from time to time, attempts by other forces to purge various cultures of these mystery schools and their secret rites, for they were considered other than a normally accepted society, and as is the case even unto this day in your own society such entities who are too far removed from normal acceptance are often shunned and ostracized.

Therefore, these entities known to you as gypsies have as their origins a variety of lands in the area which borders the Mediterranean Sea, some of these lands being Egypt, Turkey and Greece. When these mystery schools were attacked and when efforts were made to cease their functioning, those in charge of the teachings would remain viable and could be passed on in what is called the future to other entities also seeking the same truth.

Therefore, those who you call the gypsies have been wandering from home to home and land to land and from age to age throughout the history that has been written upon your planet, and few there are of these entities remaining true to the teachings which they sought to preserve unto this day, for all teachings are subject to distortion, to loss, and to forgetting.

May we answer you further, my sister?

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Carla: Yes. Two questions. If I remember my Ra correctly, Turkey was a repository both of people from Mu and for people from Atlantis after both of those lands sank, but mysteries schools were Atlantis' strong suit. It would be logical, then, to suspect that it is Atlantean mystery schools that were the basis of the gypsies' store of knowledge. Is this correct?

I am Latwii, and am aware of your question, my sister. This is basically correct, for the lineage of most of these mystery schools is traced to the Atlantean era, its middle and latter portions, though some few of these schools were in existence as a result of other cultural influences, specifically speaking now of the Egyptian culture, which was able to maintain an identity unique even in the times of the Atlantean culture.

May we answer you further, my sister?

Carla: Yes. The other question is the teachings of these systems which are called mystery schools. Are they at heart a purely service-to-others oriented school of teaching?

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once more with this instrument. These mystery schools may be generally classified under the areas which you are already familiar with as the tarot, the astrology, and the Tree of Life, or that which is more commonly known as ritual magic. Each attempt at codification of the path of seeking the one Creator has as its foundation the service-to-others polarization. Through the ages each system has undergone various distortions as those in whose trust they were placed have altered these teachings, some alterations also being of service-to-others polarization, others being of the negative polarization, what you would call the service-to-self polarization.

The amount of distortion within each system presents the greatest difficulty to the student of the system, for many other additions, shall we say, or fields of knowledge, have been blended with each of these three systems, and has resulted in a system in each case which is quite far removed from the original, therefore, both the distortions present in each system and specific distortions of negative orientations present the student of each system with the greatest difficulties in penetrating the symbolism involved in each way of knowing.

May we answer you further, my sister?

Carla: No, thank you, Latwii. I think I've caught right up with you.

I am Latwii, and we are pleased that we have not left any in our ancient dust. May we ask if there be another question at this time?

M: Yes. I have a question. Why is it that some people I know are so afraid of the supernatural or the unknown? They feel that somehow it's something evil, and to me it's just knowledge. Why do we have that different opinion?

I am Latwii, and am aware of your query, my sister. The unknown, to those who do not seek it, is a great mystery, a great challenge, and represents to such an entity the part of its own being which is yet unexplored, and is unexplored, for there is some reason within this entity to fear that part of itself which it has not chosen to explore.

For each entity holding the view [that] that which you call the supernatural is evil there is an unique reason for this view. Many entities fear that which they have begun to find within their own being, that which expresses to them some ramification of this supernatural realm, but which they have had some difficulty in comprehending.

Many entities have had some kind of experience of a supernatural nature early in their incarnation, and have been unable to assimilate its occurrence and its meaning within their being and this new information has so overwhelmed their ability to assimilate it that they have, in fact, shoved it aside and forgotten it on the conscious level, yet it remains in their unconscious as a possibility for further exploration, if only they would journey that path, yet the fear of further journey remains, and only this fear filters into the conscious mind so that the similar experience of another will again trigger this fear within their own being.

May we answer you further, my sister?

M: Well, they don't really fear evil, they just fear fear itself. Is that it?

I am Latwii, and am aware of your query, my sister. The fear is the result of the difficulty with the experience at a previous time, and that which is feared might also be forgotten so that only the fear surfaces. The fear, over a long period of time, might itself begin to fade so that only the coloration of

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what the entity then describes as evil remains. That which is feared is most often called by your peoples evil.

May we answer you further, my sister?

M: Thank you. You've answered me.

I am Latwii. We thank you. Is there another question at this time?

(Pause)

I am Latwii. We find this group rather quiet this evening, and we also enjoy your peaceful vibrations. We thank each for allowing us to enter this group and to blend our vibrations with each. We look forward to each encounter. We leave this group now, rejoicing in love and light. We leave you in that love and light of the one Creator. We shall be with you again. I am Latwii. Adonai vasu borragus.

(C channeling)

I am Nona, and am now with this instrument. We have been called, for there is concern of those who are close, a part of this group who are at this time experiencing difficulties with their physical vehicles, and we are called for concern of this group for your planet and the conditions faced in this period of your time.

(C continues to channel Nona.) ♣

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Intensive Meditation
April 22, 1982

(Unknown channeling)

… Hatonn. I greet you, my friends, in the love and in the light of [our] infinite Creator. We thank you for being patient with [us] while we work with the instrument now receiving. We were attempting to make ourselves reliably known to this instrument that she may in the future be able to initiate contact without a *(inaudible)* experienced instrument. We thank the new instrument for her dedication to serve others and at this time we greatly appreciate the opportunity to share a few of our thoughts with you through *(inaudible)*.

We would now transfer this contact. I am Hatonn.

(Pause)

(Unknown channeling)

I am Hatonn, and [am] with this instrument. We are pleased to greet you once again in the love and in the light of the one infinite Creator. We are happy to speak through this instrument at this time and assure her of her ability to recognize our conditioning as it becomes more obvious to her. We are pleased to join our vibrations with those who are gathered today in their seeking. It is a beautiful experience for us. We are always pleased to be of service to those who call upon us to do so. We are pleased at the [feelings]—correction—feelings of those who are gathered together and share the same space at the same time. We are sometimes in awe of the warmth *(inaudible)* from this group. It is a great honor to share this with you and we are indeed privileged to be able to blend our vibrations with yours. It is an uplifting experience for us and reassures us that there is indeed a great deal on your planet to be thankful for. We are often overwhelmed by the misery or callousness that is often present, but when we are joined with groups such as this we are uplifted and grateful to be a part of this meditation. We are grateful for your calling and are grateful to be of service, as we are also serving in our way by helping those who are seeking.

We wish to be able to speak to you through another instrument at this time. Thank you my friends. I am Hatonn.

(Unknown channeling)

I am Hatonn, and *(inaudible)* with this instrument. We are indeed most grateful to you for the sharing of our vibrations which adds so much richness to our experience and enables us to learn as well as hopefully offer some thoughts that may teach to some limited extent. We are aware, my friends, that many times those thing which we say may seem to have an almost a transparent quality, as if the [ideas], concepts and the very light of which we speak were the illusion, compared to the solid reality of your daily difficulties and trivialities.

We do not change our message to you, because regardless of the great potential that our message has for being ignored because it seems so nearly irrelevant, it is, nevertheless, the only message which we have to share with you, which in our humble opinion does not partake so heavily of an illusion and instead rests itself within the framework of that which is not an illusion.

From within the illusion, my friends, it would hardly seem possible that all the things that you experience at this time are transparent in quality and can be pierced through as one would pierce through a veil. What has occurred to you this day, my friends? As you share these memories with yourself you are aware of the strength of your various feelings and thoughts and patterns of behavior and of the interactions between yourself and others. All of these things did not seem transparent to you; this is for a reason. If they were transparent to you, you could not learn from them. But resting now in meditation as we join our vibration with you …

(Tape ends.) ♣

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Sunday Meditation
April 25, 1982

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. What a blessing and privilege it is to be with you this evening. We especially send our greetings to the one known as S, whom we have not spoken to through this instrument for some time. We thank you for your patience, my friends. We are again with this instrument. We wished to delay for some brief moments while each of you is made more comfortable.

This evening we would speak to you of your rainbow beings and that which you call sin. As you proceed in your meditations and in your reflections upon your daily lives you will no doubt grasp the fact that when you achieve something in your inner life it does not seem to be apparent on the outer planes of manifestation. This self-judgment is not only unnecessary but in some cases unhelpful. When you are in meditation you are within a point of light such as you visualized at the beginning of this session. This white light, so full of love and purity, enfolds you with peace and calmness, and, indeed, does lift up your consciousness into a realm which may be considered to be the kingdom of heaven. When you return from this state to your daily life you return to a dazzling rainbow of experience. All the colors of experience, all the hues of feeling and emotion are available to you. The white light has been splintered into a visible range of a variety of experiences.

The nature of what you call sin is twofold. Firstly, there is that which the entity which you may call your society names as sin. We examine this instrument's mind. Within this instrument's mind it is a sin to wear checked material with patterned material when donning the clothes which your peoples feel are necessary to cover their bodies. This, my friends, is an apparent sin which has no meaning whatsoever. Many, many of those things which you do which are not acceptable to others fall in this category, having no spiritual reality.

The other category of what you call sin is inherent of the nature of your rainbow being. You must understand yourself as containing everything. Whatever you see about you or hear in one of your news programs is a mirror to yourself. Do you hear of a rapist? You are he. Do you watch the trial of a murderer? You stand with that person waiting to be sentenced. Do you see about you those whose argumentative qualities are such that trouble follows them as a wake follows a fast-moving ship? You see the ripples of your being also.

Each entity is potentially capable of all things. It is a function of your biases, your preferences, and the circumstances of your particular situation as to what will test you and what will call forth from you the

reactions which you will later judge. In all cases it is undeniable that each entity will at some point fail to polarize totally towards service to others. We speak not only of those in this room. We speak of all those in your density. All will fail from time to time. It is as understandable as one who enters your school system as a young child and is asked to count two plus two. The child works upon its fingers and says the answer is five. This is the nature of what you call sin. It is an error. There is no judgment necessary for an error.

We would ask, my friends, that as you look at yourselves instead of judging yourselves you simply make note of any errors that you feel you may have committed, any defaults that you may have sustained in striving towards love and light, so that at the next testing you will not repeat the error. And yet, my friends, if you repeat the error again you are only exhibiting one hue of a magnificent rainbow. You are still a portion of the Creator. You still have the birthright of the great wholeness and perfection of that white light, and you can at any moment, by an act of will and faith, remove your consciousness from that of judgment of self and others into that vision of the white light which sees all things as whole.

My friends, it is written in the holy work that you call the Bible that the master known as Jesus was an advocate for your sins. This sentence, and those like it, have caused many among your peoples to fear greatly the great array of possibly sinful acts, and to put their trust and their hope in one who was both man and Christ consciousness. We offer to you the possibility for your consideration that the entity known to you as Jesus, being the perfect example of one who saw the white light during a great portion of his life, may then offer to you the shining lodestar, that which may be seen as example and inspiration, for this Christ consciousness, as you may call it, is within you also just as all the errors and all the mistakes have their place in your being.

You may call, in your mind, upon an outside influence. You may put your trust and your faith outside of yourself, but we say to you, my friends, to the best of our understanding all is within yourself including the master known to you as Jesus. Why is it that among your peoples it is so easy for you to see yourselves as sinful, which is true within the bounds of your language, and is so difficult for you to see yourselves as perfect, which is also true within your language?

Have you looked kindly upon yourself this day, my friends? And have you looked kindly upon others? Have you seen the rainbow? Ah, my friends, the colors are so lovely and beautiful, and it is with the greatest love that we rejoice in each of you just as you are in what you would call an imperfect state. Let yourselves too rejoice in the uniqueness of your being and doggedly and quietly and confidently continue that patient path of finding the white light that has been splintered into every color that you see about you.

At this time we would like to exercise the one known as S. If he would relax, we shall work with him at this time. I am Hatonn.

(S channeling)

I am Hatonn. I wish only … I wish only to say a few words so that the one known as S can develop his confidence in his service to others. I am Hatonn.

(Carla channeling)

I am Hatonn, and am again with this instrument. We thank the one known as S for making himself available to us. We assure him that we shall continue to work with him. Before we leave this group we would like to work briefly with each who wishes the conditioning wave. We ask that each mentally request this wave if you would wish it, and we and our brothers and sisters of Laitos will be with you. I am Hatonn.

(Pause)

I am Hatonn, and am again with this instrument. We shall leave you with this thought. You are rainbow beings. You may consider yourself as you wish. You may spend your life concerning yourself with how far you have fallen short of the perfection of the Creator. You may scold yourself unceasingly, and, having made yourself miserable, may spend a most productive life creating misery for others. Or you may look deeper. How deeply do you wish to look within the colors and the hues? Do you fear that you will find darkness? Be unafraid. You are creatures of the one infinite Creator, creatures of the light that is so powerful that the universe is one and you are one with it. How then can you fear? Whatever you do and have done and whatever you shall do does indeed fall short of yourself. How

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many people vary from your requests of them. Look closely and deeply and carefully and find the source of the rainbow. Every cell of your body is greatly composed of water. Infused with the white light that surrounds you, how brightly shall you radiate rainbows of being?

I leave you now, my brothers and sisters, in the love and the light of our Creator. I am known to you as Hatonn and speak only as we hope and trust the Creator has given us to speak. Do with these words what you will, for we are but fallible beings, yet we offer them to you along with our love. I am Hatonn. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and greet each of you in the love and the light. It is our privilege once again to join this group to offer our service in attempting [to] answer the questions which each of you have brought with you this evening. We would now ask if there might be a question which we might attempt to answer?

K: Yes, let's talk about the white light. If I judge myself because I have failed in something, and if I judge my fellow man, I understand that I diminish the white light about me and I am somehow of a negative influence as I move about people. Do I understand that pretty well?

I am Latwii. My sister, we may say that in general your grasp of this concept is correct, and we may comment further by suggesting that the activity that you may call judgment does provide a barrier through which efforts to proceed in the evolutionary process are halted for as long as that barrier restrains them by its existence. By this we mean to say when an entity judges the self or any other entity, the entity, then, is affirming the illusion of separation in that the entity is saying one person or activity is less than another and is to be shunned, when in truth all beings and activities are one. To accept the self, no matter what the activity or behavior or thought, is to accept the self or another entity as part of the one Creator.

This is not to say that certain behaviors or thoughts cannot be improved upon to reflect, ever more closer, the unity with all beings, but is to say whatever the experience an entity encounters, whether within the self or within an other self, the entity is seeing the Creator experiencing Itself. The entity is seeing the opportunity for growth into further realization of that unity presented. To fully utilize that opportunity for growth one must, if one travels the positive path, accept the activity, the self, and any other self involved, for this acceptance then reaffirms the unity of all creation.

May we answer you further, my sister?

K: No. That's a good answer. Thank you.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

J: Lately I have been having dreams that have been coming true, and I was wondering maybe if I may have a certain ability. Could you explain this a little to me?

I am Latwii, and am aware of your question, my sister. We may comment only generally upon this most interesting topic. We might suggest that, indeed, as does each entity, you have certain abilities. These abilities are focused about the general concept of being of service to others. In your particular case, you have a certain openness, a certain receptivity, to messages from planes of existence which are normally considered outside the one which you presently inhabit. You are now developing this receptivity in order to be of service to those about you, and this development is, shall we say, making itself known in certain ways which are becoming more familiar to you, but these ways are not themselves the heart of your ability, but only reflections of that ability, much as though one would see a scene reflected in a mirror.

Your abilities lie deeper within your being, and are of a nature which shall be most helpful in your future, as you would call it, as you begin to bring through certain inspirations and ideas from deeper parts of your own being and other realms, shall we say.

May we answer you further, my sister?

J: No. I think I understand. Thank you very much.

I am Latwii. We thank you very much. Is there another question at this time?

S: I have a question. I need some information about this and I also would like to have your recommendations on this about a friend of mine who I believe to have a contact with the Orion group. Could you explain to me how I should

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encounter him or interact with him in daily activities and explain to me what his contact is?

I am Latwii, and am aware of your query, my brother. First of all, we may not, shall we say, engage in judgment of the source of any type of contact such as that which you now speak of, for to do so would be to lend an heavy, shall we say, opinion upon the mind of another entity and weight the judgment or discernment in such a fashion as to abridge the entity's free will.

Concerning the second portion of your query, we might suggest when you meet any entity which is of special concern to you that you treat such an entity as being your own self, which is to say the acceptance of such an entity is of paramount importance. If you feel, in your daily round of activities and interactions with this entity that you might be of service by sharing those concepts which are cherished by your own being, this you may do. There might be some suggestion concerning your understanding of how information can be helpful to entities hearing it. You might share, as with any entity, those feelings which are part of your being but all the while remembering that you speak to yourself, you speak to the Creator, and all words have only the value which the ear hearing them gives them, and each ear and each entity has the right to hear and to act according to its own desires, for each entity is the one Creator experiencing the creation and learning those lessons it deems important.

May we answer you further, my brother?

S: That's helpful, what you have said so far. I have another query in the same area. Should I feel any kind of fear in this interacting towards—I was reading in the Ra work about a possible lessening of our positivity because of this interaction. Should I be afraid of that or should I look at this as possibly a catalyst in helping myself learn and possibly this other individual?

I am Latwii, and we are aware of your question, my brother. To begin, there is no need for fears for fear is that energy which is most used and fed upon by those entities you describe as negative. The method or means of interaction with any entity, to be most helpful to all concerned, must needs be that action which reflects love, acceptance and compassion for all concerned, for this reaffirms the path of positivity, the reality of the unity of all creation. To fear is to assume that the illusion of separation is correct, for to fear is to engage in that separation by feeling some part of the unity stands apart from yourself and is other than yourself and has some intention of harming you. Though there are those within the creation of the Father which pursue this path and would intend such harm, it is but an illusion to those who travel the path of positivity, for those on this path, within the heart of their beings, [know] that all is one and that there is no need for fear of the self.

May we answer you further, my brother?

S: That's a big help. Is there, by interacting with this individual—will any harm come to our group?

I am Latwii, and am aware of your question, my brother.

(Side one of tape ends.)

(Jim channeling)

I am Latwii and am once again with this instrument. To continue. We may not predict your future, for we are unable to determine the path which an entity may take. Therefore, the effect is unknown, though we might suggest the chances are quite small, given your present orientation, that there would be any deleterious effect on this group.

May we answer you further, my brother?

S: Thank you. It helps a lot.

I am Latwii. We are most grateful to you as well. May we ask if there might be another question at this time?

K: Would you comment on the prevalence of cancer? I have so many friends who have died of cancer and there seems to be no cure that we know of so far. Why so much cancer?

I am Latwii, and am aware of your query, my sister. The cycle of evolution which is now ending upon your planet shall be finished, shall we say, by those entities which have the greatest chances of graduating from this cycle into the next. These entities now incarnate and have been incarnating upon your planet for some time. Such entities, before incarnation, realize that there is a certain distance, shall we say, that must be traveled, certain lessons that must be learned before the graduation may be achieved.

Therefore, these entities are most likely to program great opportunities for learning into their

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incarnations. These opportunities serve as catalysts for growth in a great variety of ways. At this time upon your planet there are catalysts of great intensity being provided by such entities for the learning of the lessons needed for graduation. One of these catalysts, as those who have read further in what you term the Ra material have discovered, is that catalyst known as cancer. The cancerous growth is usually a result of an entity's inability to balance the emotion which you call anger with the emotion that you call love. Those entities who feel the anger, the frustration, the heat of the emotion of separation for any other entity or for the self, or even a situation, are providing themselves with the catalyst known as cancer.

If the entity is unable to accept, forgive and love that entity or situation for which the anger was first felt, the anger is like the cells within the body which begins in one location. Fed by the great reservoir of energy known as anger the cells begin to grow and spread, nourished by the heat of the anger, and when this anger, then, is not balanced with love the cancerous condition does begin to consume the entity which first began the generation of anger, for each entity upon your planet is every other entity, and when anger is felt toward any it is reflected to the self, and this reflection of the heat of anger does then begin to consume the entity which began it. The simple cure, as you would call it, for that catalyst known as cancer, then, is the acceptance, the forgiveness, the loving [of] that which first felt the anger.

May we answer you further, my sister?

K: No. I had a notion that that was true but I have a lot more insight now. And one further. It's almost a follow-up on this question. Because I have had this back pain for so long—sometimes worse, sometimes better—I asked the Christ consciousness a couple of weeks ago to remove it and heal my body because the New Testament indicates that that is possible. And the thought came, "Heal yourself." Would you comment on that?

I am Latwii, and am aware of your query, my sister. Any ailment, be it physical, mental or even that known as spiritual has a lesson to teach. The lesson most generally has to do with the acceptance of the creation, some aspect of yourself, some aspect of the creation with which one is intimately concerned. Certain ailments reflect those lessons which have been programmed before the incarnation to serve as, shall we say, training aids so that the entity might not forget the need to learn that lesson. Other ailments are, when in the physical vehicle, simply symbolic representations of the frame of mind which has not yet been able to accept a portion of itself. In each case the injunction to heal the self is another means of saying to the self that there is some portion of the self that needs to be accepted as part of the self, whole and perfect, and when this acceptance is made deep within the heart of the being, then the entity shall realize the unity of that portion with the self and with all creation and shall be healed [of] that known as the ailment which served to point out that which needed to be accepted.

Oftentimes, all that is necessary is the faith, shall we say, in an entity known as a healer. At other times it is necessary that more work be done upon the self by the self. The intensity of the lesson to be learned determines the intensity of the effort necessary for the entity wishing to be healed to make.

May we answer you further, my sister?

K: That's what I thought, but you've given extra information. That's helpful. Thanks a lot.

I am Latwii. We thank you. Is there another question at this time?

S: I have a couple of other questions that won't take too long. The first question is that for the last day or so I have felt extremely warm and my hands have gotten real cold, and this has happened on other occasions and I have wondered if somehow I might be sending light because of the Falkland Island crisis. In the past I have felt extreme warmth when the President had that assassination attempt and the other time when there was an assassination attempt on him.

Is this warmth somehow sending light to these crisis situations?

I am Latwii, and am aware of your query, my brother. Though each entity has its own unique means of dealing with those situations which your peoples call crises, we may not comment upon the particular means of any specific entity in its response to such a situation, for it is most important for each entity to look upon those experiences of its complex of mind, body and spirit for its own inner guidance. We may suggest beginning with the supposition which you have just articulated in your meditative

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state and allowing that supposition to travel its own path in your mind, thereby revealing to your own awareness the cause of the sensations which you have explained.

May we answer you further, my brother?

S: That explains that. Thank you on that. I have another question. I was reading in the Ra materials about blockages that occur in our energy centers. This will probably be in violation of my free will and you can't answer it, but can you tell me if I have any major blockages now?

I am Latwii, and am aware of your query, my brother. We may begin by agreeing that to comment upon the specific configuration of an entity's energy centers would be an infringement, for each entity must find these blockages and begin the process of balancing through its own efforts, otherwise, there would be no reward for the entity to reap. The reward, then, would go to our complex, and we would not wish to take this from another.

We might suggest in general that if an entity exists upon your planet in the third density the entity has blockages in the energy centers, for this is simply another way of expressing the fact that each entity has incarnated to learn certain lessons. Before a lesson can be learned there must needs be the distortion called a blockage of the knowing or the learning of that lesson. A bias must exist in one direction before it might be balanced with a bias in another direction. Each entity, therefore, seeks to learn what configuration of blockages is unique unto its own being. When an entity becomes consciously aware that it seeks to evolve in mind, body and spirit then the entity is ready to travel that path through the energy centers which shall reveal to the entity those areas that are blocked, those areas that are open, and shall reveal to the entity the path of its own unique spiritual journey.

May we answer you further, my brother?

S: As a start towards discovering my blockages or maybe analyzing these biases better, which I recognize right away that I've had them, that I consciously recognized this in the past—probably through my daily meditation I can better understand these blockages and study these biases.

As for my third question—in the Ra materials it talks about one of the ways the Confederation makes contacts now is through the dreams, what we call dreaming, and I was wondering—a friend of mine this week … The last couple of months I have noticed a very definite spiritual growth and this last week he did some sleepwalking and woke up with somewhat of a positive message. Was this an example of what I referred to in the Ra materials?

I am Latwii, and am aware of your query, my brother. We do not mean to be short, shall we say, of information but again find it an infringement to comment upon a specific experience, for experiences of this nature occur to entities for the very purpose of providing a mystery which must be solved. The entity so experiencing this mystery, then, hopefully shall be intrigued to pursue the mystery to its solution. The path of pursuing this mystery does then provide the entity with an exercising of the spiritual desire to seek the truth. To exercise this desire is to strengthen it, and in the seeking shall come the fruits of the seeking, and when the mystery has been solved then that portion of the seeking will have served its purpose for the entity.

We might suggest in general that experiences such as this experience are those which can be used by Confederation entities, by personal guides, shall we say, and by other portions of the entity's own being, those portions being within the subconscious mind. Each of these particular types of communication has a purpose in that it provides a mystery which then inspires the seeking further.

May we answer you further, my brother?

S: I just want to thank you.

I am Latwii. We thank you. Is there another question at this time?

M: I have a question. I should be grateful because I never have any physical pains, but I would like to get more energy. Is there any particular pattern or method that a person can use to obtain more energy?

I am Latwii, and am aware of your query, my sister. That which you seek as the increase of the energy level of your complex of mind, body and spirit has many potential sources of increase. We could spend a great deal of time explaining each but this would be the work of many sessions such as this one. In general, we may comment by suggesting that the care of the vehicle that you inhabit in its physical and mental forms by the proper and unique configuration of food intake, of rest, of exercise, and of the stimulation of the mind complex in its

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developing of a framework for the spiritual energies to pass through are, of course, the most general and helpful means of increasing the energy levels of your complex of mind, body and spirit.

As an entity undertakes the path of the spiritual seeker these general suggestions may be altered, for each entity shall experience those sensations of the vehicle which it inhabits which reflect the, shall we say, efficiency of learning those lessons which it has incarnated to learn. Therefore, as an entity becomes more conscious of its own spiritual seeking those suggestions which we have given as general guidelines might be greatly altered depending upon the entity's unique means of learning lessons and upon the entity's success in learning those lessons.

For example, it might be that as an entity becomes more sensitive to its environment as it becomes more attuned to the unity of all creation that certain foods in their grosser forms might need to be eliminated from the diet, when in the beginning stages of the seeking these foods were felt to be most helpful and provided the necessary ingredients for the energizing of the vehicle.

Therefore, we cannot say specifically what would be most helpful for increasing the energy levels of your own complex of mind, body and spirit, for to do this would be an infringement upon your own seeking which you now undertake. We may comment in general upon your desire to increase this level of energy by suggesting that within your meditative state you may be able to discern those means of increasing that energy level by certain activities. This type of meditation might begin by viewing the entity which is yourself as it proceeds through its day and encounters that known as fatigue and view this process as a series of lessons that are being attempted. By gaining the overview, shall we say, of your particular means of learning you may also increase those levels of energy you now feel are in deficit.

May we answer you further, my sister?

M: No. Thank you for answering me very well. Thank you.

I am Latwii. We thank you. Is there another question at this time?

(Pause)

I am Latwii. We are most gratified to have been able to speak with your group this evening. We thank each entity present for allowing us to attempt to respond in our meager way to those concerns that are upon your minds. We wish each to know that we value greatly each query for our possible response. We know that each entity present brings these queries as treasures of their own being [in] which they feel there is lack of completeness and which they seek to complete in perfection. We wish each entity to know that the perfection of the being which you are at the heart of your seeking is that perfection which has always existed within your being and shall always be there. The questions which you ask are simply the means by which you shall eventually realize that perfection. We are honored that you have asked us to join you in that seeking, and we ask each entity to remember that the true answers to any question that you may ask already exist within the heart of your being and you shall find them as you continue to ask your questions.

We leave this group now in the love and in the light of the one infinite Creator. We shall look forward to being with you again. We are known to you as Latwii. We leave you now. Adonai vasu borragus. ♣

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The Law of One, Book IV, Session 85

April 26, 1982

Ra: I am Ra. We communicate now.

Questioner: Could you first give me the condition of the instrument?

Ra: I am Ra. We ask your permission to preface this answer by the inclusion of the greeting which we use.

Questioner: That is agreeable.

Ra: I am Ra. We greet you in the love and in the light of the one infinite Creator. We were having some difficulty with the channel of energy influx due to pain flare, as you call this distortion of the physical body complex of this instrument. Therefore, it was necessary to speak as briefly as possible until we had safely transferred the mind/body/spirit complex of this instrument. We beg your kind indulgence for our discourtesy which was appropriate.

The condition of this instrument is as follows. The necessity for extreme vigilance is less, due to the somewhat lessened physical complex energy deficit. The potential for distortion remains and continued watchfulness over the ingestion of helpful foodstuffs continues to be recommended. Although the instrument is experiencing more than the, shall we say, normal, for this mind/body/spirit complex, distortions towards pain at this space/time nexus the basic condition is less distorted. The vital energies are as previously stated.

We commend the vigilance and care of this group.

Questioner: What is the current situation with respect to our fifth-density, service-to-self polarized companion?

Ra: I am Ra. Your companion has never been more closely associated with you than at the present nexus. You may see a kind of crisis occurring upon the so-called magical level at this particular space/time nexus.

Questioner: What is the nature of this crisis?

Ra: I am Ra. The nature of this crisis is the determination of the relative polarity of your companion and your selves. You are in the position of being in the third-density illusion and consequently having the conscious collective magical ability of the neophyte, whereas your companion is most adept. However, the faculties of will and faith and the calling to the light have been used by this group to the exclusion of any significant depolarization from the service-to-others path.

If your companion can possibly depolarize this group it must do so and that quickly, for in this unsuccessful attempt at exploring the wisdom of separation it is encountering some depolarization. This shall continue. Therefore, the efforts of your companion are pronounced at this space/time and time/space nexus.

Questioner: I am totally aware of the lack of necessity or rational need for naming of entities or things, but I was wondering if this particular entity

had a name just so that we could increase our efficiency of communicating with respect to him. Does he have a name?

Ra: I am Ra. Yes.

Questioner: Would it be magically bad for us to know that name, or would it make no difference?

Ra: I am Ra. It would make a difference.

Questioner: What would the difference be?

Ra: I am Ra. If one wishes to have power over an entity it is an aid to know that entity's name. If one wishes no power over an entity but wishes to collect that entity into the very heart of one's own being it is well to forget the naming. Both processes are magically viable. Each is polarized in a specific way. It is your choice.

Questioner: I am assuming that it would be a problem for the instrument to meditate without the hand pressure from the other-self at this time because of the continued greeting. Is this correct?

Ra: I am Ra. This is correct if the instrument wishes to remain free from this potential separation of its mind/body/spirit complex from the third density it now experiences.

Questioner: Since our fifth-density companion has been monitoring our communication with Ra it has been made aware of the veiling process of which we have been speaking. It seems to me that conscious knowledge and acceptance of the fact that this veiling process was used for the purpose for which it was used would make it difficult to maintain high negative polarization. Could you clear up my thinking on that, please?

Ra: I am Ra. We are unsure as to our success in realigning your modes of mentation. We may, however, comment.

The polarization process, as it enters fourth density, is one which occurs with full knowledge of the veiling process which has taken place in third density. This veiling process is that which is a portion of the third-density experience. The knowledge and memory of the outcome of this and all portions of the third-density experience informs the higher-density polarized entity. It, however, does not influence the choice which has been made and which is the basis for further work past third density in polarization. Those which have chosen the service-to-others [service-to-self[6]] path have simply used the veiling process in order to potentiate that which is not. This is an entirely acceptable method of self-knowledge of and by the Creator.

Questioner: You just stated that those who are on the service-to-others path use the veiling process to potentiate that which is not. I believe that I am correct in repeating what you said. Is that correct?

Ra: I am Ra. Yes.

Questioner: Then the service-to-others path has potentiated that which is not. Could you expand that a little bit so that I could understand it a little better?

Ra: I am Ra. If you see the energy centers in their various colors completing the spectrum you may see that the service-to-others(self) choice is one which denies the very center of the spectrum; that being universal love. Therefore, all that is built upon the penetration of the light of harvestable quality by such entities is based upon an omission. This omission shall manifest in fourth density as the love of self; that is, the fullest expression of the orange and yellow energy centers which then are used to potentiate communication and adepthood.

When fifth-density refinement has been achieved that which is not is carried further, the wisdom density being explored by entities which have no compassion, no universal love. They experience that which they wish by free choice, being of the earnest opinion that green-ray energy is folly.

That which is not may be seen as a self-imposed darkness in which harmony is turned into an eternal disharmony. However, that which is not cannot endure throughout the octave of third density and, as darkness eventually calls the light, so does that which is not eventually call that which is.

Questioner: I believe that there were salient errors in the communication that we just completed because of transmission difficulties. Are you aware of these errors?

Ra: I am Ra. We are unaware of errors although this instrument is experiencing flares of pain, as you call this distortion. We welcome and encourage your perceptions in correcting any errors in transmission.

[6] Ra corrects this error in the next two answers.

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Questioner: I think that the statement that was made when we were speaking about the service-to-others path was incorrect. Would you check that, please?

Ra: I am Ra. May we ask that you be apprised of our intention to have spoken of the service-to-self path as the path of that which is not.

Questioner: I am interested in the problem that we sometimes have with the transmission since the word "others" was used three times in this transmission rather than the word "self." Could you give me an idea of this problem which could create a discrepancy in communication?

Ra: I am Ra. Firstly, we may note the clumsiness of language and our unfamiliarity with it in our native, shall we say, experience. Secondly, we may point out that once we have miscalled or misnumbered an event or thing, that referent is quite likely to be reused for some transmission time, as you call this measurement, due to our original error having gone undetected by ourselves.

Questioner: Thank you. Do you have use of all the words in the English language and, for that matter, all of the words in all of the languages that are spoken on this planet at this time?

Ra: I am Ra. No.

Questioner: I have a question here from *(name)*. It states: "As we see compassion developing in ourselves is it more appropriate to balance this compassion with wisdom or to allow the compassion to develop as much as possible without being balanced"?

Ra: I am Ra. This query borders upon that type of question to which answers are unavailable due to the free-will prohibitions upon information from teach/learners.

To the student of the balancing process we may suggest that the most stringent honesty be applied. As compassion is perceived it is suggested that, in balancing, this perception be analyzed. It may take many, many essays into compassion before true universal love is the product of the attempted opening and crystallization of this all-important springboard energy center. Thus the student may discover many other components to what may seem to be all-embracing love. Each of these components may be balanced and accepted as part of the self and as transitional material as the entity's seat of learn/teaching moves ever more clearly into the green ray.

When it is perceived that universal love has been achieved the next balancing may or may not be wisdom. If the adept is balancing manifestations it is indeed appropriate to balance universal love and wisdom. If the balancing is of mind or spirit there are many subtleties to which the adept may give careful consideration. Love and wisdom, like love and light, are not black and white, shall we say, but faces of the same coin, if you will. Therefore, it is not, in all cases, that balancing consists of a movement from compassion to wisdom.

We may suggest at all times the constant remembrance of the density from which each adept desires to move. This density learns the lessons of love. In the case of Wanderers there are half-forgotten overlays of other lessons and other densities. We shall leave these considerations with the questioner and invite observations which we shall then be most happy to respond to in what may seem to be a more effectual manner.

Questioner: What changes of functions of the mind/body/spirits were most effective in producing the evolution desired due to the veiling process?

Ra: I am Ra. We are having difficulty retaining clear channel through this instrument. It has a safe margin of transferred energy but is experiencing pain flares. May we ask that you repeat the query as we have better channel now.

Questioner: After the veiling process certain veiled functions or activities must have been paramount in creating evolution in the desired polarized directions. I was just wondering which of these had the greatest effect on polarization?

Ra: I am Ra. The most effectual veiling was that of the mind.

Questioner: I would like to carry that on to find out what specific functions of the mind were most effectual and the three or four most effective changes brought about to create the polarization.

Ra: I am Ra. This is an interesting query. The primary veiling was of such significance that it may be seen to be analogous to the mantling of the Earth over all the jewels within the Earth's crust; whereas previously all facets of the Creator were consciously

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known. After the veiling, almost no facets of the Creator were known to the mind. Almost all was buried beneath the veil.

If one were to attempt to list those functions of mind most significant in that they might be of aid in polarization, one would need to begin with the faculty of visioning, envisioning, or far-seeing. Without the veil the mind was not caught in your illusory time. With the veil space/time is the only obvious possibility for experience.

Also upon the list of significant veiled functions of the mind would be that of dreaming. The so-called dreaming contains a great deal which, if made available to the conscious mind and used, shall aid it in polarization to a great extent.

The third function of the mind which is significant and which has been veiled is that of the knowing of the body. The knowledge of and control over the body, having been lost to a great extent in the veiling process, is thusly lost from the experience of the seeker. Its knowledge before the veiling is of small use. Its knowledge after the veiling, and in the face of what is now a dense illusion of separation of body complex from mind complex, is quite significant.

Perhaps the most important and significant function that occurred due to the veiling of the mind from itself is not in itself a function of mind but rather is a product of the potential created by this veiling. This is the faculty of will or pure desire.

We may ask for brief queries at this time. Although there is energy remaining for this working, we are reluctant to continue this contact, experiencing continual variations due to pain flares, as you call this distortion. Although we are unaware of any misgiven material we are aware that there have been several points during which our channel was less than optimal. This instrument is most faithful but we do not wish to misuse this instrument. Please query as you will.

Questioner: I will just ask in closing: is an individualized portion or entity of Ra inhabiting the instrument's body for the purpose of communication? Then, is there anything that we could do to improve the contact or to make the instrument more comfortable?

Ra: I am Ra. We of Ra communicate through narrow band channel through the violet ray energy center. We are not, as you would say, physically indwelling in this instrument; rather, the mind/body/spirit complex of this instrument rests with us.

You are diligent and conscientious. The alignments are excellent. We leave you rejoicing in the power and in the peace of the one infinite Creator. Go forth, then, my friends, rejoicing in the power and in the peace of the infinite love and the ineffable light of the one Creator. I am Ra. Adonai. ♣

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Intensive Meditation
April 27, 1982

(Unknown channeling)

I am Latwii, and am once again with this instrument. To continue. We were saying that the density of eight is most normally, shall we say, used by entities in the review process of the incarnation just passed so that the distillations or learning from that incarnation might be seen within the wholeness of the love and the light of the one Creator, and the decisions for the next incarnation might be made. This is not a type of communication where the entity reviewing the incarnation is aware of another individualized being communicating a concept, but rather a type of all-embracing communication of the total of beingness or nature of the creation so that the life experience just passed might be seen in comparison to this wholeness and the further needs for learning might thereby be discerned.

May we answer you further, my sister?

Questioner: Then you are saying that the communications is light? A quality of light? Is that correct?

I am Latwii, and apologize for our interruption. We have so indicated because this is the means by which we feel this concept might be most easily understood. The communication, if it might be called that, is one which is of a total nature, and is experienced by the entity reviewing the incarnation as an experience of white light which might then shine upon the incarnation just completed, illuminating its various learnings and the efficiency of the learning so that future decisions can be made.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii. We are most grateful to you, as always. Is there another question at this time?

Questioner: I am not sure if I understand the concept of an over-self or a higher self. Is that an entity that is with us? Or is that a part of us? Or is that *(inaudible)* coexist simultaneously in other dimensions?

I am Latwii, and am aware of your query, my brother. This is a most difficult concept to attempt to explain. We shall do our best, however, for we are not known for our reticence. The concept of simultaneity is one which is most confusing to entities inhabiting an illusion in which time seems to be experienced in a linear fashion with a past, a present, and a future. But if you would consider the possibility that all of the time and space which you are aware of exists in a solid 360 degree angle you might see this simultaneity as likened then to the solid sphere of infinite proportions and the path through this sphere or universe of evolution might then be chosen at any point and the further progress made in any direction. The [accumulation] of

choices being seen during one lifetime, therefore, would appear to be linear. That portion of yourself which you know as the higher self, and that portion of yourself which you know of as your third density [waking] conscious self are quite closely allied portions of the one Creator as is each a portion of the creation.

You have provided for your experience portions of yourself which do exist in other, shall we say, locations besides that density which you are now inhabiting. The higher self, for example, does exist within the sixth density and serves as, shall we say, the kindly grandfather which oversees the progress of the grandchild. This higher self does provide a blueprint for your use in learning the lessons which are necessary for your evolution through each density. You as an individualized portion of this higher self then choose through free will the means of learning theses lessons, the speed with which they shall be learned, and you embellish upon these lessons as it meets your fancy. This higher self, which provides the framework in which you shall proceed, is also aided by another portion of itself and yourself which exist within the seventh density. Therefore, each entity within each part of the creation has resources and guides, shall we say, which might be called upon at any point in the incarnation and most especially between the incarnations, for guidance in the further learning of lessons which [accumulate] in each portion of the one Creator, joining once again the one Creator, bringing with it the fruits of the process of evolution.

May we answer you further, my brother?

Questioner: No, that was great, thank you.

I am Latwii, and am most grateful to you. May we answer another question at this time?

(No further queries.)

I am Latwii. We are once again quite honored to have been asked to join this group. We would remind each entity present that a simple request in meditation is all that is necessary for our joining each in private meditation. We would especially encourage those entities wishing to deepen their meditative states to call upon our services, for we feel that each entity present might be most aided at this time by a deepening of meditative states and each entity seems to be quite open to such an experience.

We would now leave this group and say once again that it is a most great honor to be with you. We leave you in the love and in the light of the one infinite Creator. I am Latwii. Adonai, my friends.

(Tape ends.) ♣

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Friday Night
April 30, 1982

(Unknown channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, it is a great pleasure to be with you once again, and to be able to share with you the love that we extend in the name of ourselves and our brothers of the Confederation. We desire only to be of service to you in whatever manner may be allowed and are grateful to you for providing us this opportunity.

Tonight we would share with you a small story concerning an animal of your planet which is referred to by you as a squirrel. It is seemingly not a significant animal in that its contact with those of your race is very limited. It is generally regarded by many as simply an object of prey for consumption at their tables, yet as with all things of the Creator, it may serve the purpose by its example as being a teacher. The squirrel seemingly spends its life in the process of storing food away for the winter. It appears to be a very seriously minded creature, not prone to relax and allow the universe to provide its sustenance when and where it is desired, preferring rather to work constantly, taking responsibility for providing its own sustenance, trusting the future to no one.

Yet, my friends, the squirrel, in a larger sense, is similar to those who strive upon a spiritual path, for although one may often see the younger ones on a pleasant day indulging in playful frolics, chasing one another, clambering rapidly up and down their trees, the elder squirrels are not content to allow the world about them to provide for their needs, but rather constantly strive to improve upon their own situation, to acquire what is available at the moment, no matter how unnecessary the acquisition may momentarily seem, for they realize that that which may seem of questionable value, at this moment not worth pursuing, at a later date may be perceived as a jewel beyond comparison.

My friends, it is often difficult to understand the necessity for striving. It is convenient to casually glance about oneself and view that which is available with a cynical eye, telling oneself, "I do not need to learn this for it is of no use to me at this moment. Perhaps later at a more convenient time, at a time when the education appears more valuable, at that moment I will begin to learn what is offered." My friends, the difficulty one encounters when one approaches their life training session with this attitude is the fact that when the need appears it is often a need that arrives at a critical time, a point in your existence where one is unable to stop and say to yourself, "Now I will take the time to learn that which was available before."

My friends, you cannot count on the opportunity to leisurely pursue your growth at some later date, for

that later date will suddenly be thrust upon you, born with the force of your indolence. For that lesson will be then coupled with another lesson for which you have called concerning your reluctance to undertake the process of spiritual growth. We say these words, my friends, not to chastise for you are deeply loved by us, and it is neither our place or desire to attempt to correct your path or to direct your growth, for there is but one teacher on each of your paths. That teacher is yourself.

It is our desire, however, to share with you, if possible, that which we have experienced ourselves and those experiences of our own in which from a retrospective viewpoint we find that our dedication was somewhat lacking. My friends, be conscious of the gifts that are given to you. Do not simply accept them and place them on a shelf or file them away until such time as your illusion presents that which you regard as the ideal situation under which to take them down from the shelf, dust them off, and begin to work with them. Rather, my friends, realize that the arrival of those lessons, those opportunities, is due to a calling on your part, a summoning of those lessons that they might be worked upon at that point in your life which is the ideal condition, the ideal time for those lessons.

At this time, our brother Laitos would pass among you, and to those who request it will extend their service of the conditioning vibration to those among you who desire this. I am Hatonn.

(Pause)

I am Hatonn. I am again with this instrument. At this time we desire to speak a few words through the instrument known as S. If he will relax and open his perceptions to our presence, we will speak through him. I am Hatonn.

(S channeling)

I am Hatonn. I am Hatonn. I wish at this time to be able to speak a few words so that the one known as S can begin to feel more comfortable with our presence. We wish at this time to allow our brothers of Laitos to provide their service of answering your queries. I am Hatonn. I wish at this time to transfer the contact to the one known as L. I am Hatonn.

(L channeling)

I am Hatonn. I am again with this instrument. We have experienced some minor difficulty in our contact with the one known as S, but this is not a significant difficulty, and with time will [be] overcome by the instrument's increased familiarity with the process known as channeling.

At this time we will relinquish our use of this instrument so that our brothers and sisters of Latwii may make themselves available for the purpose of answering any questions that those present might desire to ask. I am known to you as Hatonn.

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, it is a great pleasure to be back with you, for although we are always appreciative of a desire on anyone's part to have a brief vacation, [we] would point out to you that we did not get to go on vacation at the same time, and therefore we are glad to be back with you, for it was much like watching the shop when the shop was closed!

At this time we would make ourselves available for the wonderful opportunity to attempt to answer your harmless questions. May we answer a question for anyone present?

S: I have a question.

We have an answer.

S: About my attempted channeling. Hatonn said my performance tonight was not exactly a 100%, and there was some distortion on my part. Is this normal until I get more relaxed and have more confidence with channeling?

I am Latwii. Yes. To extend our answer further we would suggest that what our brothers and sisters of Hatonn stated was simply that some difficult was encountered, and were very consciously specific in not stating upon whose part. This is because our brothers and sisters of Hatonn tend to be tactful to the extreme. However, due to the fact that we posses less tact, we shall discuss the subject, for we feel that was the nature of your question however it was implied.

The difficulty as our brother Hatonn described it is of the nature of an individual who is channeling suddenly wondering if they are channeling. The next step, generally speaking, is then to wonder if they are channeling an entity or channeling themselves. This is a very normal and expected process in any individual who seeks the path of being an instrument. We would suggest, therefore, that the

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simultaneous pursuits of relaxation, practice and increased meditation would all be beneficial to your efforts. In particular, we would recommend at some point during your daily meditations, would you choose to meditate daily, we would suggest the services of our brothers and sisters of Laitos and their conditioning vibration, for this is very conducive to the process by which one refines their facilities, so to speak, as an instrument.

May we answer you further?

S: I have two questions. When I meditate, am I able to call Laitos for his assistance, being by myself?

I am Latwii. My brother, you are able at any time, at any moment, for any reason, to request the services of any member of the Confederation. It is not recommended to attempt to channel in the situation you describe, but to request the presence and assistance of any member of the Confederation is always within the realm of acceptable, and we would always suggest that for a person desiring to polarize in the direction that you refer to as positive polarization, this type of contact would be very beneficial.

May we answer you further?

S: The other thing was—you mentioned besides meditation …

(Side one of tape ends.)

(L channeling)

I am Latwii. My brother, the opportunity several minutes ago that you availed yourself of is a good example of practice. The presentation of oneself as an instrument being offered for the service of channeling at any of the co-minglings that you refer to as group meditation is an example of opportunity for practice.

S: That answers those question. There was something else I wanted to ask. I saw a movie this week on TV, and there were things in it that would be pretty much parallel to the things we've been receiving from the Confederation. I've been wondering if the person who wrote this might have been receiving the same type of contact.

I am Latwii. My brother, the individual to whom you refer has not been in contact with us in the manner that those in this room are at this time. However, we would point out that there are many types of calling by which your peoples seek the aid of entities such as ourselves or those entities referred to by your group as the Orion group, and the type of response is defined by the type of calling. For example, if an individual's calling was limited to those periods of time during which a nocturnal relaxation of the conscious mind is in process, then a response such as this one would not be possible, yet a response would occur.

May we answer you further?

S: No, that explains that. There was one other thing. At the beginnings of our meditations I feel Hatonn's presence very strongly. Should I as a rule, right now while I'm developing channeling, wait until I'm specifically called upon?

I am Latwii. My brother, it is neither our intent or responsibility to instruct you in the manner in which you perform your educational processes while you are existing within your illusion, for this would be an interference that is not permissible for entities such as ourselves. However, we would suggest that in general the adoption of fixed rules of conduct are not often beneficial. We would suggest therefore that each situation be viewed as a new learning experience with unique characteristics, and a response should be tailored to the situation. There would be no evil or badness that would result from one such as yourself acting as an instrument in the situation you describe, for the contact you experience is a result of your offering yourself for the service of providing an instrument for the entity you are aware of.

We would suggest in general that many opportunities for channeling can be made available to those who desire to channel if their desire is mentally expressed at the commencement of the session. However, as there is no particular value to being first off the line, so to speak, that a more efficient contact might result if the developing instrument is confident that the entity whom they sense is actually present and has previously identified itself and declared its desire to speak through the new instrument, for this can be beneficial to those who are experiencing difficulty resulting from lack of confidence or from self-analysis.

May we answer you further?

S: No, that answers those questions. Thank you.

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We thank you, my brother, both for your questions, and for your desire for service, and we would suggest that those opportunities you seek will be made available as your desire persists.

Is there another question?

M: Yes, Latwii, I'd like some help and reflection on a social concept having to do with morals in our culture. For example, we have morals which guide us in how to live. One would be respect to our brothers, treating them as we would want to be treated ourselves, and our cultures has all types of morals which are generally common sense, and seem to deal in the vein of loving one another, until you get to sexual relationships, and then there suddenly seems to be a great deal of confusion that doesn't seem to follow common sense, and doesn't seem to follow in the vein of truly loving your fellow man. Why all the confusion around this part of our social make-up when it's not around other parts of it?

I am Latwii. My brother, to answer your question briefly we would simply suggest that the answer lies in your statement, in that the confusion is the purpose. There has been, in your past, a large amount of contact with many entities, for your current experiences in [this] area is not new to your race or to any of the races who have migrated to your planet and incarnated in your current form. The entities who have worked with your peoples throughout their history have all sought to sincerely aid those of your people in achieving a level of polarization. Unfortunately, there are two levels of polarization available, and a great deal of confusion has resulted from a sort of tug-of-war as both those oriented toward service to self and those oriented toward service to others attempt to aid the entities of your planet who extend a calling to the entities we have described.

The result is a set of conflicting rules which are the result of those of your planet attempting to set down in a fixed form methods of conduct based upon information received from both sources. For example, the entities who are oriented toward service to others might suggest that to love all people in such a manner as to regard each individual as being of equal value as to oneself would be in direct conflict with those entities who would suggest that the best way to love a person would be to control that person. The concept of being possessed as an object of someone's love is recognizable to yourself and to those present as a very widely supported role that meets the approval of many on your planet. However, the act of possessing or being possessed by another person is not often very comfortable, and requires further restrictive rules to then limit the power exerted by the possessor. As the tug-of-war between the two opposite polarities and the recipients of their information continues, a mass of contradictory mores and laws becomes evident.

May we answer you further?

M: Well, perhaps. I understand the purpose of confusion, but what I don't understand is why there is so much more confusion in this area than in perhaps many of the other areas where social mores are clearly defined and seem to be more in line with loving one another.

I am Latwii. My brother, it is important to realize that the process of becoming a social memory complex takes place in your current density. The relationships that occur while in this density either accelerate or retard this process. Obviously, the retardation of this process is beneficial to those who seek to serve only themselves, while the acceleration of this process is beneficial to those who seek to serve others. The distinction between the two sexes is present not only in your density but in several others, and is always a focal point for much learning. When the focal point is in conjunction with the necessity to determine one's polarity in a density that has an increased emphasis upon relationships with other selves, the situation you have described is very likely to occur. The process of loving becomes saddled with the burden of loving while owning or being owned. The characteristic of owning or being owned being a definitive state then requires further definition so as to provide sufficient limitation and restriction in increased polarization for those seeking the negative polarization. This is a very valuable tool for those individuals who follow the path of service to self.

May we answer you further?

M: No, I think that will do for now, thank you.

We thank you. Is there another question?

(Pause)

I am Latwii. As there are no more questions we will relay some comments from some entities present—acting as a sort of instrument ourselves—that they

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are very pleased that the sun has recently risen again and were somewhat confused at the extended period of darkness in their aquatic world, for they were somewhat confused. They are grateful to whatever deity decided to return the sun to their world and give thanks. At this time we would bid you adieu, my friends. We thank you. Adonai, my friends. ♣

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Sunday Meditation
May 2, 1982

(C channeling)

I am Hatonn, and I am now with this instrument. I greet you, my brothers and sisters, as always, in the love and in the light of the one infinite Creator. We have been observing your planet for a long, long period of what you call time, and we find much happiness at this time of your year as your planet, with the light of your sun, renews its cycle. On your planet the cycles are short, your time, you'll find, is often short. In your nature, the shortness each season is used fully by your second-density creatures for their purposes. Their time, they realize, cannot be wasted. They exist with a purpose in mind to perpetuate themselves as best they can in the time that they have. They do not utilize choice as you do, though their free will may have an instinct that drives them.

You, my friends, with your increased awareness and utilization of choice, often do not realize the shortness of your time. Your lives are a small fraction of even a millisecond, to use your terms, in the universe. So often on your planet the time available in each incarnation is not used. So many wander aimlessly, not feeling the light, engrossed in attempting to gather as much physical comfort as they can, with little regard for that part of themselves that seeks, pushing it aside and falling back. Though the time is short you have ample time if you would but attempt to allow even a small portion of this short time for quiet thought and meditation, to allow your being to become aware of the light of the Creator.

The physical vehicle needs [to] be maintained, and no one can neglect it and hope to be able to utilize fully the spiritual self. They are connected, one affecting the other. But in caring for the physical self, the spiritual self also needs the caring, and needs to grow as does the physical. The growing is much like going from infanthood through the stages up to where, to use the analogy, adulthood is reached and you have achieved the level of awareness that is possible within this illusion. If you would but look around you can see people, other beings, who are wasting time. Worry not about their wasting, but stop and sit quietly and think and meditate of what you are doing with the time available to you.

On your planet, physical death awaits each. Not to interfere, but just merely a point in time which shows you that your time is limited, each incarnation is short. Use your time wisely. Take care of each part of yourself. Love each part of yourself. Strive to properly maintain the physical and spiritual. Allow time for each, for you exist in time and for you time is something to be aware of. So often your peoples have the habit of saying that they will begin at a later time; they have other concerns for now. My friends, if there is any doubt about when to begin, start then, even a small step, but

begin. We do not mean to sound as though we are trying to scare or rush you, but for your planet time is growing increasingly short.

Many more of your peoples, becoming aware, are easily distracted, and do not follow up after the initial awareness begins. We hope that even more of your peoples become aware, but also hope they use what time is left wisely and truly begin the slow process of awakening, and truly become aware of the love and the light of the Creator.

We of Hatonn are always waiting to be of service to any who would but ask, for we are anxious to help. If you would but ask, on any level of your meditation, we shall be with you, as will any and all of your brothers and sisters of the Confederation. We grow as you grow, and are one with you.

We would at this time pause to allow the brothers and sisters of Laitos to pass among you and ask that each who wishes to feel their conditioning vibration would ask. We are known to you as Hatonn and now take our leave of this group. Adonai, my friends.

(Carla channeling)

I am Laitos, and I greet you, my friends, in the love and in the light of the infinite Creator. We would say but a few words to those of this group, for we know that our brother, Latwii, is waiting to speak to you. We were going to speak on the subject of the physical vehicle and its aid to you, and due to the member of your circle which is using its physical vehicle at this time for one of its functional uses we would choose this subject on which to speak.

We speak to you on the subject of sleep. This is an underrated activity of the physical vehicle. Indeed, my friends, many more of your peoples sleep in the waking state than achieve true unconsciousness while in the sleeping state. We ask you to picture your physical vehicle as it is, a creature of both time and space. Your physical vehicle has a great web of energy receptors which during the day are put to use to a degree which is governed by the desire of each entity. There are those whose desire to be sensitive to the incoming vibrations of all those things about it are such that it receives almost no positive value from the physical vehicle, and in addition receives many distortions of the incoming energies of planets, of stars, of the universe, and most of all, my friends, of those other entities with whom you come in contact.

In fact, by the time that your day is done, and you are prepared to take your rest, nearly all entities have developed a certain system of distortions during that day, due to the free choice of various thoughts which are not in harmony with the energy influxes, primarily of other entities with whom you have come in contact. The more sensitive the entity, the more possible it is to avoid great distortion of these energy influxes.

However, when the physical body enters the sleep, the distortions that have occurred within the energy web of the body may be healed to a greater or lesser extent, depending upon the depth of sleep, the length of the sleep, and the manner with which sleep is respected. If it is a sleep of exhaustion, a sleep without gratitude, a sleep entered into without purpose, the positive functions of sleep are much less apparent, and it is possible to even awaken in a weary state.

The potential of sleep itself for lifting the distortions of the day are very great. We would suggest that as you enter sleep be aware that this function is tremendously helpful to you, for your physical body has great wisdom and in every cell is built a governing factor which will of itself control the proper functioning of the intake of the energies which are available. In sleep it is possible to affirm that the distortions of the day will be lifted. In sleep it is possible to request that those angelic presences who guide you shall be with you. Yes, my friends, thankfulness and gratitude and a certain amount of understanding of the functions of sleep will enable you to lie down to your rest with far less weariness, far more a sense of another portion of your learning experience upon which you are about to embark, which is every bit as valuable to you as your daily experience.

My brothers and sisters of Hatonn have spoken to you of the virtue of not wasting time. As you enter sleep, know that this, too, is time not to be wasted. For there is a great deal of healing and learning and a stretching of, shall we say, those inner muscles of self, which may be achieved during this blessed activity you call sleep.

We would at this time make way for the one known as Latwii. We thank you, my friends, for allowing us to speak through this instrument. It has been a great

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privilege. I am Laitos. Should you desire our companionship at any time, you have only to ask. I leave you in the love and in the light of the infinite Creator. I leave you in the great infinity of the one original Hope. Adonai, my friends. Adonai.

(Jim channeling)

I am Latwii, and greet you all in the love and in the light of the Creator. It is a great honor to once again be asked to join your group in meditation. At this time, as is our custom, we open this meeting to queries which those present may have brought with them. Is there a question at this time?

Questioner: Yes. To follow up with the idea of sleep, if I can make sense out of this. A couple of nights just this past week I had dreams that were frustrating. I couldn't quite remember them when I woke up, but they were dreams that left me frustrated, and I was tired, and the thought occurred to me in meditation that the dreams, or whatever caused the dreams, had blocked energy, and that was the reason I was tired. And so I thought if I unblocked this energy I would be able to release it, and I began to imagine that I was sending blessings to everybody I knew, and then extending it out to the ends of the Earth in meditation for maybe fifteen minutes, and tried to think or imagine this. And I was totally rested at the end of the meditation, and was rested all day. And my question is, did I unblock energy or what happened in that experience? That was the first time that a thought like that had come to me, that I had blocked the energy and I could release it.

I am Latwii, and am aware of your question, my sister. In responding, may we suggest that indeed when any entity sends that known as love, light and healing energies to any other entity it is opening within its own being a channel for the flow of life-giving energies to open such a channel. To be of service to others does have ramifications for the entity opening that channel, these being the energizing of that entity's mind, body and spirit complex of vehicles. Thusly, you may see that truly it is said, "To give is better [than] to receive." For in truth when one gives to others, oneself cannot help but receive.

This exercise may or may not have a connection with a particular dream experience. They may be two different experiences. Or they may be related in that the meditative sending of love and light and healing energy does then respond to the symbolic blockage experienced in the dream state. We can not be specifically accurate in this instance, for this is a matter for your own inner inquiry. But we might suggest that you did indeed open a pathway by sending the life-giving energies to others.

May we answer you further, my sister?

Questioner: As I did this, did others really benefit from this energy?

I am Latwii. My sister, when such an activity as you have described and carried out is effected, no matter the length of the visualization or the depth of the meditation, there is an increase in the vibratory level of your planet. There is a substantial increment in the amount of love, light and healing energies which is available to each entity so requesting. The amount may be small, but when engaged in as a periodic or regular activity by an entity, the action then is doubled with each sending, and when engaged in by more than one entity, the activity is doubled with each entity. Therefore, each sending does have its effect in raising the vibrations of your planet. The planet itself resounds with the joy of your effort.

May we answer you further, my sister?

Questioner: No. That's fantastic. That's all for right now. I'll have to live with that one a minute.

I am Latwii. Is there another question at this time?

Questioner: Is there ever a time when giving is not of benefit to people?

I am Latwii, and am aware of your query, my sister. There are a number of ways to look at this activity called "giving." If one looks at such an activity in, shall we say, a small frame of reference, one may see the giving of answers to another, which the other seeks, could be a disservice if the answers could have been found by the other's own efforts, for to find such answers by the effort of one's own seeking increases the strength of seeking. Yet, if one expands the frame of reference, in this instance, to consider a much larger view, it might be found that the effect upon the entity receiving such answers is but momentary, and shall lead to other lessons having to do with the seeking of answers, and the finding by one's own efforts. And therefore, it might be seen that this action has but minuscule effect on both entities.

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There is no right or wrong behavior which one can engage in, in the larger view, for all experience teaches whether the lesson is planned as a part of that experience or not, for there is but one Creator and many portions of that one Creator, and there is but one experience, that of the Creator. Yet, that experience has many facets. Each entity, as a facet of the Creator, therefore, will look upon a situation, a thought, or an action in the frame of reference with which it is currently dealing and within which it experiences its lessons.

Most entities upon your planet at …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. I am once again with this instrument. To continue. The incarnation, as you would call it, is that period of time [with] which entities upon your planet are primarily concerned, and therefore is that frame of reference which is usually considered as that frame which shall be used to discern that which is learned and that which is not well learned. This, then, provides the criterion for the discernment of the helpful nature of an action, and is primarily concerned with those lessons chosen before the incarnation. An entity in the waking state of an incarnation cannot know whether an action is helpful or not, unless it knows what lessons were programmed before the incarnation.

We apologize for taking this long route to arrive at that statement, but find that the subject is so large that some background is necessary to understand what the result of analysis in this area is.

May we answer you further, my sister?

Questioner: Are you saying that the experience of seeking is perhaps more meaningful than the result, that they're equal or …? I've said enough of the question. I thought I heard you say that experience of seeking was the most vital aspect of living in this incarnation and that the result was there were no right or wrong answers exactly. Am I understanding you correctly?

I am Latwii, and am aware of your query, my sister. We would agree that your basic assumption is correct, and would add that in reality the seeking and the result of the seeking are but parts of one process. That process is the experience of the Creator. For the seeking yields the result and the result asks yet another question. For the process of that which you call learning has no end as far as we can tell. Therefore, there is an equality in the seeking and in that which is found. For each feeds the process of experience for the entity which is seeking the Creator within.

May we answer you further, my sister?

Questioner: The only part that I'm slightly unclear about is that there is the choice of either telling someone the answer, perhaps, or not giving them the answer, but allowing them to experience their life and come up with an answer. And I guess what I'm hearing you say is that it's OK. Is it preferable to encourage them to seek the process rather than to just give them the answer, as a sort of shortcut?

I am Latwii, and am aware of your query, my sister. We of the Confederation of Planets in the Service of the Infinite Creator take that view that to give answers to questions which might provide answers to the seeker by the seeker's own efforts is not a desired service. We use this frame of reference in dealing with groups such as this one, but also recognize—but from a much larger point of view, that of the Creator—that it matters [not] what we do or what any entity does, for all actions provide experience and all experiences teaches lessons.

May we answer you further, my sister?

Questioner: No, thank you. That is very clear. Thank you very much, Latwii.

I am Latwii. We are most grateful to you, and once again apologize for our occasional wordiness. We do enjoy these opportunities for expressing our humble understanding of the experience which each entity undertakes.

May we ask if there might be another question at this time?

Questioner: I have not a question, but a request. That is that you be available to my grandfather as he makes the transition from this world.

I am Latwii. My brother, we assure you that each entity which passes from this plane in that process which is known to your peoples as death does have a great number of those angelic beings which wait upon it: those entities known as guides, those dear souls which have been closely associated with the one transitioning this life in previous life experiences, and those entities of the Confederation

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which oversee such processes. Each entity which makes this transition is well protected and attended. And those entities which remain in the third density illusion might be of the greatest aid by wishing the entity "God speed," shall we say, and sending joy, love and light with the entity, and rejoicing at the process which allows the entity to move from one level of lessons to yet another level of lessons. Be ye therefore full of that joy and peace which is the result of each entity's unending existence within the one Creator.

May we ask if there might be another question at this time?

Questioner: I have a question. Are there new third-density beings and old third-density beings at the same time on this Earth?

I am Latwii, and am aware of your question, my sister. This situation has indeed occurred upon your planet for most of its time, as you call it, within this cycle which is now ending. At this time however, there are no "new," shall we say, third-density beings upon your planet, those being those entities passing from the second density into the third by virtue of their own graduation. This is the case since at this time upon your planet that process of incarnation by the seniority of vibration has been in effect for many, of what you call, the years, being necessitated by the ending of the cycle and the providing of the opportunity for those entities to graduate from this density to the next by virtue of their own lessons learned throughout many incarnations.

These lessons take a good deal of what you call time. Therefore, it would not serve an entity well who had just, shall we say, arrived in this density to incarnate at this time. Nor would it serve well those who might have an opportunity to achieve the graduation with but one further incarnation.

May we answer you further, my sister?

Questioner: Thank you. That answers the question.

I am Latwii. We are most grateful to you. Is there another question at this time?

Questioner: Yes. I have another question. I have a lot of friends who talk about the second coming of Christ. You talk about the harvest. Are these similar events? Can we talk about them—when we refer to the harvest, and refer to the second coming of Christ, are we talking about the same thing? I think this is what I'm trying to ask.

I am Latwii, and am aware of your query, my sister. Basically, this is correct, but there is an addition which we feel might be helpful. That known as the harvest, or the graduation, is a process which occurs at the end of each cycle of evolution upon your planet of 75,000 years. All entities at this time are harvested, for the planet itself has its own evolution, and will for a short period be unsuitable for third density existence. Therefore, each entity shall be given the opportunity to pass on to another level of existence, either in the positive orientation, that known as the service-to-others path, or the negative orientation, that known as the service-to-self path.

For these two groups there is also that known as the second coming of the Christ consciousness, which is the experience of each entity of the increase in vibration which accompanies the opening of the red, orange, yellow and green energy centers, for the positive vibrations, and the red, orange, yellow and momentary opening of blue, for the negative vibrations. This second coming of the Christ consciousness simply refers to the fourth-density level of understanding expressed in the entities who are being graduated to the next density of learning.

Those entities who have not achieved this level of understanding are between the polarities, shall we say, and though harvested have not experienced the second coming of the Christ consciousness, and therefore shall be allowed another great cycle of experience upon another third-density planet just beginning its 75,000 year cycle.

The one known as Jesus, the Christ, was the pattern for this experience of the coming, shall we say, of the Christ consciousness. This entity was able to open its energy centers, red through green, quite easily at an early age and spoke of this experience when it said, "The Father and I are One." Such an experience is available to any entity which truly seeks the one Creator, and shall be experienced by those who have achieved this goal, whether it be in the service-to-self or service-to-others polarization.

May we answer you further, my sister?

Questioner: Yes, you said this planet would not be—oh, I am not sure that I can repeat that—fit for habitation of third-density entities. Does that mean

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that no one will be living on this planet for a period of time?

I am Latwii, and am aware of your query, my sister. There will be those fourth-density positive service-to-other entities living on this planet who have either been graduated from the third-density cycle now ending upon this planet, or who have transferred to this planet from another third-density planet ending its cycle of evolution, after having achieved the graduation upon that planet. There shall not be third-density entities as you know them now, for it will take some period of what you call time for the fourth-density inhabitants of this planet to learn the ways of the density of love and compassion. It is necessary that such entities learn the ability to shield their physical vehicles from the sight or perception from any third-density entity such as yourself, for it is considered an infringement on the free will of a third-density entity to be aware of those experiences of density above third, for it is necessary upon your planet to make the choice of polarity, either the positive or the negative, and this choice must be made within the confines of the third-density experience only, uncontaminated by any density's experience which exceeds the third density.

After a period of what you call time the fourth-density entities who have been newly harvested, and who inhabit this planet shall be able to achieve the shielding effect, and at this time there shall be the reemergence of the third-density life experience as you know it now.

May we answer you further, my sister?

Questioner: No, I believe that answers the question, thank you.

I am Latwii. We thank you. Is there another question at this time?

Questioner: What becomes of people like Hitler who seem to have caused a lot of trouble on our planet?

I am Latwii, and am aware of your query, my sister. When such an entity is successful in pursuing the negative polarization to the degree which shows a great desire to serve the self at least 95% of the time, shall we say, then an entity is also able to achieve that known as the graduation in the negative, or service-to-self sense, and is then able to choose a planet of fourth-density negative vibration with which to join its vibrations in a social memory complex of a negative nature. The entity which you have referred to, the entity known as Adolf, was not able to achieve this effect in his consciousness, and did suffer some depolarization and was unable to make the graduation during its previous incarnation, and has been undergoing a process of healing for some of what you call time within the middle astral planes of your planet.

May we answer you further, my sister?

Questioner: Yes. Do some people become negative and positive and go back and forth, or do the people that are negative tend to remain negative through all the densities?

I am Latwii, and am aware of your query, my sister. Within your third-density illusion, indeed most of your population swings between the positive and negative poles, neither polarizing in service to others or in service to self. These entities, therefore, must repeat the great cycle of learning now ending upon your planet, for it is necessary within this octave of creation for an entity to choose one path or the other in order that evolution might occur. After this choice has been made and successfully achieved in the degree of its purity, the entity then pursues that path of polarization for many of what you call years or time, and through a number of your densities.

Yet those of the negative path find that the path they pursue must join the positive path by the time the sixth density is achieved. At some point within the density there is the realization that the experience of what is called spiritual entropy occurs for the negative polarization, and therefore there must be a switch, shall we say, or a release of the negative potential so that the orientation becomes that known as the positive, for the negative path pursues that part of the illusion which is not, shall we say, for it is the understanding of negative entities that to manipulate and control others, even for their own good, is the best way to evolve in mind, body and spirit. Therefore, they omit that great universal love which is associated with the green-ray energy center, and this omission allows evolution to occur only up until the point of the mid-sixth density experience. At this time it is necessary to add this component if further evolution is desired.

May we answer you further, my sister?

Questioner: I think that is as much as I can comprehend at this time.

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I am Latwii. We are most grateful for your query and hope we have not overtaxed your patience or your interest. May we ask if there is another query at this time?

Questioner: Just one more, and I don't want to wear you out. Recently in my meditations I have had most unusual thoughts come. And one that just sort of overwhelmed me was, "My mind is at home among the stars." I wrote it down, I was so overwhelmed with the thought. Where does such a thought come from?

I am Latwii, and am aware of your query, my sister. Such a thought comes from the heart of your being, for each entity upon your planet is indeed at home among the stars. Few there are, however, who become aware of that fact within their lifetime. Each lifetime has as one portion of its goal the realization of that truth. It is the birthright of each, and each incarnates to claim it.

May we answer you further, my sister?

Questioner: No, that's fine, thank you.

I am Latwii. We are most grateful. Is there another question?

Questioner: I have one more thing I want to talk about for a second, and that is I have a friend that I have loved for a long time, about four years, that I have had very much of a struggle becoming close to. And I'm about to leave her and probably never see her again. I feel like I want to reach her, and I'm really having a struggle with it. I don't know if there is anything you can tell me that would help, but I thought I would tell you about it anyway.

I am Latwii, and am aware of your concerns, my sister. Each entity upon your planet experiences those times of what is usually described as a difficult nature. Usually such difficulty occurs with a specific entity or a number of entities, for each entity has the ability to teach in relation to its ability to provide the opportunity for another to learn. Opportunities come most frequently with what you call problems, for, to learn, an entity must have something to push against, shall we say.

When an entity experiences the difficult times, the problems, and the disharmonies, these experiences then point out to the entity the areas where learning might be found, the learning to resolve the disharmony, the learning to solve the problem, the learning to make smooth that which is difficult, the learning to love, to accept, to forgive, to have compassion for another entity and for the self. When an entity experiences the difficult times, then deep within that entity's being comes the realization that the preincarnative choices for lessons has once again provided a means for being fulfilled. The yearning within the heart of being calls then to the conscious mind and points to the opportunity for learning so that the learning might be achieved. Your feelings of wishing to reach out are simply those feelings which describe to you your desire to learn, to love, and to accept.

May we answer you further, my sister?

Questioner: No. I think I have a better understanding now, thank you.

I am Latwii. We thank you. Is there another question at this time?

Questioner: Yes. I have often wondered where my husband went. He died four years [ago] and he was afraid to die. He had no idea where he was going, and as far as I know he had no beliefs. And although he was a good man, he hated the question why, and I don't think he ever asked himself why anything happened. Would a person like that probably be reincarnated before the harvest?

I am Latwii, and am aware of your query, my sister. It is most difficult from the perspective of your illusion to perceive the great variety of lessons which may lead to the graduation from this density, for each entity is a unique facet of the one Creator. And each entity has specific lessons which enable that entity to proceed in its own evolutionary process. It cannot be said even with a general statement where an entity such as your husband has incarnated next, whether it be this density or the next, for each entity does pursue those lessons which will allow it to achieve that graduation. For each entity upon your planet, and upon all planets in all densities, there is as much time and experience and incarnations as is necessary for the process of evolution to have its effect within the heart of being.

May we answer you further, my sister?

Questioner: No, I think that is sufficient.

I am Latwii. Is there another question at this time?

Questioner: Yes. One quickie. I'm full of questions tonight. In talking about service to others, is

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volunteer work, where—like, you're working in a hospital, where you're not particularly needed—service to others?

I am Latwii, and am aware of your query, my sister. Indeed, such an activity, when undertaken with the conscious desire to be of such service, is indeed service to others. It is a most difficult task to make the distinction between what is of service to others and what is not, for there is nothing but the one Creator, and all serve the one Creator. Therefore, all engage in service to others, and yet all engage in service to self. For are not all entities part of the one Creator?

The distinction to be most applicable to those within your density between service-to-others activity and that activity which is not of service to others needs to be considered within the light of what is the conscious choice. The entity which engages in activities by conscious choice that are of service to others, therefore does more effectually polarize in consciousness than does the activity which an entity undertakes with no conscious thought as to whether others are served or not. Therefore, it is not always an easy distinction to make. But we offer this framework of thought for your consideration.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii. We thank you. Is there another question at this time?

(Pause)

I am Latwii. We are aware that this group has provided us with the queries most important for the current questioning, and are most grateful for this opportunity to be of whatever service it is possible for us to be in providing our meager responses, though [they are] always provided with enthusiasm. We hope each will realize that our responses are framed within a reference which is not all-knowing, but does have those elements which we consider to be the kernels of our truth, as we also seek the solutions to the mystery of being as do each of your entities on your planet, and within this meeting room. We are most grateful at each request, and at each question for the opportunity to blend our vibrations with yours, and to provide that service which it is our honor to provide. We remind each entity that a simple request for our presence within the meditative state will bring us, rejoicing in our blending of vibrations within your own.

We would at this time take our leave of this group and leave each therefore in the love and in the light of the one infinite Creator, Who resides within the heart of all who chooses. We are known to you as Latwii. We leave you now. Adonai, my friends. Adonai vasu borragus. ♣

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The Law of One, Book IV, Session 86

May 4, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Would you first please give me the condition of the instrument?

Ra: I am Ra. The instrument's distortion towards physical energy complex deficit has slightly increased since the last asking. The vital energy levels have had significant calls upon them and are somewhat less than the last asking also.

Questioner: What was the nature of the significant calls upon the vital energy?

Ra: I am Ra. There are those entities which entertain the thought distortion towards this entity that it shall remove for the otherselves all distortions for the other-self. This entity has recently been in close contact with a larger than normal number of entities with these thought complex distortions. This entity is of the distortion to provide whatever service is possible and is not consciously aware of the inroads made upon the vital energies.

Questioner: Am I correct in assuming that you are speaking of incarnate third-density entities that were creating the condition of the use of the vital energy?

Ra: I am Ra. Yes.

Questioner: What is the present situation with our fifth-density service-to-self polarized companion?

Ra: I am Ra. The period which you may call crisis remains.

Questioner: Can you tell me anything of the nature of this crisis?

Ra: I am Ra. The polarity of your companion is approaching the critical point at which the entity shall choose either to retreat for the nonce and leave any greetings to fourth-density minions or lose polarity. The only other potential is that in some way this group might lose polarity in which case your companion could continue its form of greeting.

Questioner: In the last session you had mentioned the properties precipitating from the veiling of the mind; the first being envisioning or far-seeing. Would you explain the meaning of that?

Ra: I am Ra. Your language is not overstrewn with non-emotional terms for the functional qualities of what is now termed unconscious mind. The nature of mind is something which we have requested that you ponder. However, it is, shall we say, clear enough to the casual observer that we may share some thoughts with you without infringing upon your free learn/teaching experiences.

The nature of the unconscious is of the nature of concept rather than word. Consequently, before the veiling the use of the deeper mind was that of the use of unspoken concept. You may consider the emotive and connotative aspects of a melody. One could call out, in some stylized fashion, the terms for the notes of the melody. One could say, quarter note A, quarter note A, quarter note A, whole note F. This bears little resemblance to the beginning of the

melody of one of your composer's most influential melodies, that known to you as a symbol of victory.

This is the nature of the deeper mind. There are only stylized methods with which to discuss its functions. Thusly our descriptions of this portion of the mind, as well as the same portions of body and spirit, were given terms such as "far-seeing," indicating that the nature of penetration of the veiled portion of the mind may be likened unto the journey too rich and exotic to contemplate adequate describing thereof.

Questioner: You have stated that dreaming, if made available to the conscious mind, will aid greatly in polarization. Could you define dreaming or tell us what it is and how it aids polarization?

Ra: I am Ra. Dreaming is an activity of communication through the veil of the unconscious mind and the conscious mind. The nature of this activity is wholly dependent upon the situation regarding the energy center blockages, activations, and crystallizations of a given mind/body/spirit complex.

In one who is blocked at two of the three lower energy centers dreaming will be of value in the polarization process in that there will be a repetition of those portions of recent catalyst as well as deeper held blockages, thereby giving the waking mind clues as to the nature of these blockages and hints as to possible changes in perception which may lead to the unblocking.

This type of dreaming or communication through the veiled portions of the mind occurs also with those mind/body/spirit complexes which are functioning with far less blockage and enjoying the green-ray activation or higher activation at those times at which the mind/body/spirit complex experiences catalyst, momentarily reblocking or baffling or otherwise distorting the flow of energy influx. Therefore, in all cases it is useful to a mind/body/spirit complex to ponder the content and emotive resonance of dreams.

For those whose green-ray energy centers have been activated as well as for those whose green-ray energy centers are offered an unusual unblockage due to extreme catalyst, such as what is termed the physical death of the self or one which is beloved occurring in what you may call your near future, dreaming takes on another activity. This is what may loosely be termed precognition or a knowing which is prior to that which shall occur in physical manifestation in your yellow-ray third-density space/time. This property of the mind depends upon its placement, to a great extent, in time/space so that the terms of present and future and past have no meaning. This will, if made proper use of by the mind/body/spirit complex, enable this entity to enter more fully into the all-compassionate love of each and every circumstance including those circumstances against which an entity may have a strong distortion towards what you may call unhappiness.

As a mind/body/spirit complex consciously chooses the path of the adept and, with each energy balanced to a minimal degree, begins to open the indigo-ray energy center the so-called dreaming becomes the most efficient tool for polarization, for, if it is known by the adept that work may be done in consciousness while the so-called conscious mind rests, this adept may call upon those which guide it, those presences which surround it, and, most of all, the magical personality which is the higher self in space/time analog as it moves into the sleeping mode of consciousness. With these affirmations attended to, the activity of dreaming reaches that potential of learn/teaching which is most helpful to increasing the distortions of the adept towards its chosen polarity.

There are other possibilities of the dreaming not so closely aligned with the increase in polarity which we do not cover at this particular space/time.

Questioner: How is the dream designed or programmed? Is it done by the higher self, or who is responsible for this?

Ra: I am Ra. In all cases the mind/body/spirit complex makes what use it can of the faculty of the dreaming. It, itself, is responsible for this activity.

Questioner: Then you are saying that the subconscious is responsible for what I will call the design or scriptwriter for the dream. Is this correct?

Ra: I am Ra. This is correct.

Questioner: Is the memory that the individual has upon waking from the dream usually reasonably accurate? Is the dream easily remembered?

Ra: I am Ra. You must realize that we are over-generalizing in order to answer your queries as there are several sorts of dreams. However, in general, it

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may be noted that it is only for a trained and disciplined observer to have reasonably good recall of the dreaming. This faculty may be learned by virtue of a discipline of the recording immediately upon awakening of each and every detail which can be recalled. This training sharpens one's ability to recall the dream. The most common perception of a mind/body/spirit complex of dreams is muddied, muddled, and quickly lost.

Questioner: In remembering dreams, then, you are saying that the individual can find specific clues to current energy center blockages and may, thereby, reduce or eliminate those blockages. Is this correct?

Ra: I am Ra. This is so.

Questioner: Is there any other function of dreaming that is of value in the evolutionary process?

Ra: I am Ra. Although there are many which are of some value we would choose two to note, since these two, though not of value in polarization, may be of value in a more generalized sense.

The activity of dreaming is an activity in which there is made a finely wrought and excellently fashioned bridge from conscious to unconscious. In this state the various distortions which have occurred in the energy web of the body complex, due to the misprision with which energy influxes have been received, are healed. With the proper amount of dreaming comes the healing of these distortions. Continued lack of this possibility can cause seriously distorted mind/body/spirit complexes.

The other function of the dreaming which is of aid is that type of dream which is visionary and which prophets and mystics have experienced from days of old. Their visions come through the roots of mind and speak to a hungry world. Thus the dream is of service without being of a personally polarizing nature. However, in that mystic or prophet who desires to serve, such service will increase the entity's polarity.

Questioner: There is a portion of sleep that has been called REM. Is this the state of dreaming?

Ra: I am Ra. This is correct.

Questioner: It was noticed that this occurs in small units during the night with gaps in between. Is there any particular reason for this?

Ra: I am Ra. Yes.

Questioner: If it is of any value to know that would you tell me why the dreaming process works like that?

Ra: I am Ra. The portions of the dreaming process which are helpful for polarization and also for the vision of the mystic take place in time/space and, consequently, use the bridge from metaphysical to physical for what seems to be a brief period of your space/time. The time/space equivalent is far greater. The bridge remains, however, and traduces each distortion of mind, body, and spirit as it has received the distortions of energy influxes so that healing may take place. This healing process does not occur with the incidence of rapid eye movement but rather occurs largely in the space/time portion of the mind/body/spirit complex using the bridge to time/space for the process of healing to be enabled.

Questioner: You mentioned the loss of knowledge and control over the body as being a factor that was helpful in the evolutionary process due to veiling. Could you enumerate the important losses of knowledge and control of the body?

Ra: I am Ra. This query contains some portions which would be more helpfully answered were some intervening material requested.

Questioner: I'm at a loss to know what to request. Can you give me an idea of what area of intervening material I should work on?

Ra: I am Ra. No. However, we shall be happy to answer the original query if it is still desired if you first perceive that there is information lacking.

Questioner: Perhaps I can question slightly differently here. I might ask why the loss of knowledge and control over the body was helpful?

Ra: I am Ra. The knowledge of the potentials of the physical vehicle before the veiling offered the mind/body/spirit a free range of choices with regard to activities and manifestations of the body but offered little in the way of the development of polarity. When the knowledge of these potentials and functions of the physical vehicle is shrouded from the conscious mind complex, the mind/body/spirit complex is often nearly without knowledge of how to best manifest its beingness. However, this state of lack of knowledge offers an opportunity for a desire to grow within the mind complex. This desire is that which seeks to know the possibilities of the body complex. The ramifications

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of each possibility and the eventual biases thusly built have within them a force which can only be generated by such a desire or will to know.

Questioner: Perhaps you could give examples of the use of the body prior to veiling and after the veiling in the same aspect to help us understand the change in knowledge of and control over the body more clearly. Could you do this, please?

Ra: I am Ra. We could.

Questioner: Will you do this?

Ra: I am Ra. Yes. Let us deal with the sexual energy transfer. Before the veiling such a transfer was always possible due to there being no shadow upon the grasp of the nature of the body and its relationship to other mind/body/spirits in this particular manifestation. Before the veiling process there was a near total lack of the use of this sexual energy transfer beyond green ray.

This also was due to the same unshadowed knowledge each had of each. There was, in third density then, little purpose to be seen in the more intensive relationships of mind, body, and spirit which you may call those of the mating process, since each other-self was seen to be the Creator and no other-self seemed to be more the Creator than another.

After the veiling process it became infinitely more difficult to achieve green-ray energy transfer due to the great areas of mystery and unknowing concerning the body complex and its manifestations. However, also due to the great shadowing of the manifestations of the body from the conscious mind complex, when such energy transfer was experienced it was likelier to provide catalyst which caused a bonding of self with other-self in a properly polarized configuration.

From this point it was far more likely that higher energy transfers would be sought by this mated pair of mind/body/spirit complexes, thus allowing the Creator to know Itself with great beauty, solemnity, and wonder. Intelligent infinity having been reached by this sacramental use of this function of the body, each mind/body/spirit complex of the mated pair gained greatly in polarization and in ability to serve.

Questioner: Did any of the other aspects of loss of knowledge or control of the body approach, to any degree in efficiency, the description which you have just given?

Ra: I am Ra. Each function of the body complex has some potential after the veiling to provide helpful catalyst. We did choose the example of sexual energy transfer due to its central place in the functionary capabilities of the body complex made more useful by means of the veiling process.

This instrument grows somewhat low in energy. We would prefer to retain the maximal portion of reserved energy for which this instrument has given permission. We would, therefore, ask for one more full query at this working.

Questioner: I would assume that the veiling of the sexual aspect was of great efficiency because it is an aspect that has to do totally with a relationship with an other-self. It would seem to me that the bodily veilings having to do with other-self interaction would be more efficient when compared with those only related to self, which would be lower in efficiency in producing either positive or negative polarization. Am I correct in this assumption?

Ra: I am Ra. You are correct to a great extent. Perhaps the most notable exception is the attitude of one already strongly polarized negatively towards the appearance of the body complex. There are those entities upon the negative path which take great care in the preservation of the distortion your peoples perceive as fairness/ugliness. This fairness of form is, of course, then used in order to manipulate other-selves. May we ask if there are any brief queries?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. We are pleased that this instrument was more conscientious in preparing itself for contact by means of the careful mental vibrations which you call prayer. This enabled the channel to be free from the distortions which the contact fell prey to during the last working.

We would suggest to the support group some continued care in the regulating of the physical activities of the instrument. However at this nexus it is well to encourage those activities which feed the vital energies as this instrument lives in this space/time present almost completely due to the careful adherence to the preservation of those mental and spiritual energies which make up the vital energy

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complex of this entity. Each is conscientious. The alignments are good.

We would caution the support group as to the physical alignment of the appurtenance known as the censer. There has been some slight difficulty due to variation in the pattern of the effluvium of this incense.

I am Ra. I leave you rejoicing in the power and in the peace of the one infinite Creator. Go forth, then, rejoicing in the love and in the light of the one Creator. Adonai ♣

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Friday Night
May 7, 1982

(Unknown channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, it is a great pleasure to share with you our thoughts, our aspirations, in the hope that they may be in some small way be of assistance to you in the accomplishment of your own objectives of growth, of love, of reunion with one another and the Creator. My friends, it is always a blessing to share oneness with our brothers, for so seldom on your planet does this occur. It might be said that each individual lives within a vacuum, that each isolates himself or herself from the other selves that surround them, and in fear and misunderstanding of the isolation that has been created, each as in a vacuum contracts into himself as if unable to contact the energy with which to expand outward and establish a reunion with those among [whom] one lives.

My friends, we are aware of the exhaustion that is characteristic of those who strive to overcome this spiritual vacuum, for it is a great struggle to constantly extend oneself, holding oneself open and extended, so to speak, in one's attempt to establish and maintain contact with those other selves that compose the single unit that your race has the potential of becoming. My friends, do not be discouraged. What will pass, will pass and what will occur, will occur. As your book [the Bible] states, for every purpose, there is a season, and it is perhaps beneficial to remember that just as one cannot push a river upstream, one may not also be able to establish the desired reunification before its season arrives.

How then, you might ask, are those who strive to find acceptance of this statement? Is one to simply surrender to the overwhelming flow and simply wash downstream, relying upon chance occurrence or fate to establish the desired configuration between individual entities, or is one to take upon oneself the task of attempting to force the establishment of this interrelationship, even while being conscious of the fact that the task may not be accomplished until the season has arrived?

My friends, it is important to realize that the seed which is sown will first lie dormant just as each of you who initially entered this incarnation lay dormant for a period of time before awakening to the light of your inner fire. It is important for the seed, once awakened, to climb toward the light, to strive to reach it, but it is also important, my friends, that at the same time, the roots within the world be also established, for just as those entities that you so generally refer to as grass will strive simultaneously to reach the sun, and also intertwine its earthly roots with those of its brothers and sisters, so also must you realize that your contact with your world is not intended to be solitary and aloof, but rather one

characterized by an entwined uplifting toward the light of the Creator.

My friends, do not cease to strive, for this is your path of growth, but be aware that not all seeds will germinate at the same moment in time. Be aware that the grass which firsts sprouts and successfully establishes and entwines its roots with those who sprout at the same time do not need to grasp their slower brothers by the hair or shoulders and attempt to rip them higher in a fanatic effort to assist. Rather, realize that as those younger seeds germinate and sprout forth that the soil has been conditioned by the older brothers and sisters who have retained the moisture and attracted those life forms which will provide the nutrients for the fledglings to follow.

My brothers and sisters, it is said on your planet that those serve who also sit and wait. My friends, realize the love that is necessary to sit and wait and be patient, for just as the parent awaits the younger child to cease sleeping that new tasks may be undertaken, so also is it important that you who go before be patient and support and protect those who will follow.

At this time we will close and allow our brothers and sisters of Laitos to pass among you and offer their conditioning vibration to those among you who would request it. I am Hatonn.

(Pause)

(Unknown channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, as always, it is a great pleasure to be once again amongst you that we may perform our small service of answering any questions or puns that might be cast in our direction. Is there any question that we may attempt to respond to on this wonderful evening on your planet?

S: I have a question concerning nuclear explosions. What happens to an entity that is caught in one of these?

I am Latwii, and I am aware of your question, my sister. It is our assumption that your field of interest lies in the dissolution of [an] entity rather than the physical manifestation of nuclear explosion, and we shall attempt to answer the question on that perspective.

The entity which is within the most intense area affected by the disruption that you refer to as a nuclear explosion is affected thusly. The Word of the Logos Itself is disrupted, in the manner of a framework or structure on your planetary surface can be disrupted, to such a degree as to be rendered into particulate matter, and such is the effect upon an entity experiencing this dismantling, so to speak.

As the Logos is the force establishing the framework into a functional form within your particular density and galaxy, this disruption relinquishes the form, in effect canceling the structure which had been formed by the Logos. The raw material, so to speak, does not cease to exist, but rather ceases to retain its structured form, and to put it simply, returns to the Creators' raw material pile, so to speak.

We would hasten to point out that this occurrence is not limited to those entities of your own density, but also of those lesser densities occupying the same area of effect. Therefore, we would emphasize the responsibility taken on by those who would detonate such a device, in that the entities affected are not only your people, but also those first and second-density entities who occupy the same localities. We would refer to this as food for thought.

May we answer you further?

S: Maybe at a later date after I've had a chance to think about this. Thank you, Latwii.

[I am Latwii.] As always, we thank you for the opportunity to communicate with you in this fashion. Is there another question?

(Pause)

I am Latwii. As there are no questions, and as the energy and attunement within the group is rapidly dropping off, we would take our leave. We would offer the suggestion that the embodiment of those materials known to produce a state of somnolence is in general not beneficial to the communication of our thoughts, as the variations in tuning that occur so rapidly after the commencement strongly affect our ability to communicate. We would also refer [to] this as food for thought in future contacts. As always, my brothers and sisters, we leave you in the love and the light of the infinite Creator. Adonai vasu borragus. I am Latwii. ♣

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Sunday Meditation
May 9, 1982

(L channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, as always, it is our pleasure to be able to join your group and participate with you in your meditations, and, as always, we are honored by the service you do us in requesting our service, small and insignificant as it may be.

There are many aspects, my friends, to the study of meditation, and for many these aspects are never readily perceivable, for there is seldom sufficient striving to attain the depth necessary for the perception of the distinctions between the types of meditation. For example, when one of your brothers or sisters who has not participated for a long period of time in a group such as this or in other forms of meditation, there is a sense of puzzled wonderment when the subject is raised. It may be assumed by many that the act of meditating is in some way the attainment of a mystical state that is available to but a few, and for that reason there is no reason for the individual to pursue the attainment as one would practice to achieve a level of attainment in a sport or other field of endeavor on your planet.

My friends, do not be dismayed by your perceptions, for perceptions are based upon a limited amount of knowledge, and only through your striving will the truth be opened to you. The attainments in meditation do not come painfully, but rather they come consistently. As one practices regularly and with frequency one begins to perceive the potential paths that open before oneself, as a fan of leaves open from the branch of a tree, each leading farther and farther in a different direction, but striving still in unity toward the light.

My friends, we do not speak on this subject as a lector or professor who will define and detail for you the various aspects of meditation, but rather as an encouraging participant or co-student who, having discovered a small amount of the splendor attainable, would rush back to share the surprise with his brothers or sisters. We cannot encourage you sufficiently, my friends, to undertake the regular practice of meditations for it is your sincere desire, we believe, to seek attainment, and find that this path above all others will enable you to achieve that end.

At this time we would transfer our contact to the one known as Jim.

(Jim channeling)

I am Hatonn, and greet you once again in love and light. It is our privilege to utilize this instrument, which we have not been able to speak through for some time. It is always, my friends, the lot of the seeker that the seeking shall be strewn with those situations which you call the difficulties. So it is with

the method of seeking known as meditation. As one seeks in meditation there are a number of parameters, shall we say, that must be met which may offer that known as the difficulty from time to time, for the purpose of teaching the seeking entity how best to meet them.

The first parameter is the honing of the desire to actually make the time for meditation in the busy schedule. It seems so often that there is not enough time to accomplish those activities which acquire the attention in the outer world of the entity for its survival and sustenance. This is the basic requisite, shall we say, for the desire to seek in this manner must be of a certain strength before the seeking shall have the opportunity to begin. A meditator then finds that when time has been made for this activity that the outer world is not easily shed and remains, indeed, within the head or mind. Quieting this muscle of stray thoughts and leftover concerns from the day's activities then becomes the next step for the seeker in meditation.

This is approached by each entity in a unique fashion. Many use various means to quiet the mind: the chanting, the visualizing of a blank space, the seeing of the thoughts settling to the bottom of a pool, the watching of the thoughts as they pass through the mind's eye without giving them undue attention are some means that may be used. These thoughts shall continue in their progression for quite some time, shall we say, for each meditator, for each entity so seeking in meditation is always engaged in some degree in the outer world. For this outer world seems to be that which is most real and which requires the seeker's attention.

When a stillness of a sufficient nature has been achieved then the entity may utilize this stillness for a great variety of purposes. It may be that the meditator has a need which must be met in the spiritual, emotional or mental sense, which then might be the theme or topic of the meditation. This need might be allowed to travel its natural course, shall we say, as the seeker seeks its solution. It might be that the seeker would use this stillness to meditate upon a concept such as love, wisdom, mercy, etc. It might also be the case that the seeker simply wishes to remain in that stillness and feel the presence of its guides and the higher vibrations of these entities so that a subconscious sustenance or food might be gained.

A visualization of certain symbols sacred to the seeker might also be accomplished within the bounds of this stillness. These are but a few of those uses for the meditative state. Each seeker, whatever the use made of this state, does in some way seek the one Creator. Meditation can never fail, my friends. You may feel that your mind loses its concentration as often as a leaf in a wind, yet the very act of seeking in meditation carries a metaphysical charge or power, shall we say, which is always of aid to the seeker, though seldom perceivable.

We would at this time close this particular discussion through the entity known as C. We would now transfer this contact. I am Hatonn.

(C channeling)

I am Hatonn, and I greet you now through this instrument. We would but say that though [there are] those who do not understand and see meditation as a passive state, we would but remind [you of] the dynamics occurring for reaching, as you, through your meditations, become more in touch and activate those parts in you which aid as you seek and grow. We will join with you and aid in what ways we can. You need but request, and we shall be with you. We are known to you as Hatonn, and at this time we shall take our leave of this group that our brothers and sisters of Latwii may aid you in that which is their particular specialty, and answer as they may questions of those things that have begun to be turned over in your minds as you have become more aware of. We leave you now in the love and light of the one infinite Creator. Adonai, my friends.

(L channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and in the light of the infinite Creator. As always, we are very happy to be here, particularly on such a day that produces such wonderful feelings and contentment in those who attend the meetings, for we find it is much more pleasurable to share oneness with you when you are happy than when you are depressed or soggy.

At this time we would offer our services of attempting to answer any questions that you may choose to offer within our feeble realm of ability. Are there any questions?

Question: This week I attended a funeral and a practice sort of stuck in my mind that I was wondering the significance of. That is the practice of

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using incense as part of the ceremony. It seems to be something that is used worldwide, and I was just wondering what value the use of incense is?

I am Latwii, and am aware of your question. My brother, the substance that you describe as incense has the ability to perform tasks on several levels of perception. We would describe them as follows. First and most generally, the substance being recognized as a symbol within the physical realm of a religious event or occurrence has the ability to key both the conscious and subconscious mind to a particular state of mind. Such as, "I am at a funeral. I shall be attentive and solemn." We are sure that this is quite easy to understand.

However, we would offer also the information that just as certain sounds such as the chanting of the "om" may have an effect upon the subconscious mind in the performance of an attunement, so also may the sense of smell be activated in such a manner, and some of these substances generally referred to on your planet as incenses may perform this function.

There has been in your past a misunderstanding of these concepts and some confused loquation. These concepts were translated into the idea that an omnipotent entity somehow craved the odor of this substance. We would suggest that this seems quite unlikely to us, and is simply a misunderstanding of the concept that the Creator which is within and without all of us is desirous of reunification, and the state of mind which is signaled by the smelling of the substance incense is desirous for the Creator in us all.

May we answer you further, my brother?

Questioner: If I get all that right it is that incense is mainly a tool for focusing?

I am Latwii. That is primarily correct. It also functions in a metaphysical manner, but this is not the substance incense itself, but rather the process of using a tool to accomplish an end. It is very functional as a tool for certain purposes.

May we answer you further?

Questioner: Not at this time, thank you.

We thank you. Is there another question?

Questioner: I have a friend who I am very close to, and my brother and I explained to him a little of the meditation, and he doesn't understand. He thinks it's all weird, and he says that it isn't right. Some people say it is, and I need a little help on it. I was wondering if maybe you could help me?

I am Latwii, and am aware of your question. My friend, it is often very difficult to be in the position of possessing some wonderful knowledge, and yet being unable to share that knowledge with those who are dear to us or whose companionship we desire. It is always appropriate to desire that a friend or loved one be enabled to attain this particular type of knowledge. However, it is important to remember that one must first ask before one receives. That one must knock before the door is opened. If this were not so then the gifts and the answers that are given would not be fully appreciated, and would very likely be disregarded. My friend, there are times when you will want to share your knowledge with others, and must hold back out of love for your friends, for to share with them too soon would reduce their appreciation of that knowledge because it is knowledge that they have not sought, and because they were not looking for it, they are not impressed or satisfied when they find it.

It is more easy to understand that they find this type of communication to be unusual or suspect it of being a deception or lies because for those who do not yet seek there are no answers yet provided. They have not yet been given the information that you have already discovered. If we could offer advice, my friend, we would simply say that rather than share your knowledge with those who may not [be] prepared to accept it, share instead your love, for that is a language which is always understood, and it is a form of communication that will not be seen by your friends as weird or somehow wrong. Love your friends, and should they ask of you at that point it would be better to share your knowledge, for by asking they will identify themselves to you as seekers.

May we answer you further?

Questioner: No, I think I understand and thank you for your advice.

My friend, we thank you for your question. Is there another question?

Questioner: Yes. As I see things, our own country as well as the world is in such a dilemma financially that there are no solutions, and I am assuming that because of the harvest being near that we'll have to

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muddle through until harvest time about the way we're going. Am I right in that assumption?

I am Latwii. We would state that you are incorrect in that there are an infinite number of solutions available at this time to the peoples of your planet. They might range from the solution of eradicating the problems by eradicating your planet, to sharing responsibility by solving your difficulties by sharing responsibility for distributing those forms of physical needs to the areas in which they lack, and in this way expressing love for one's other selves.

May we answer you further?

Questioner: Yes. Let me push that a little farther. For instance, in Africa, where people reproduce so fast, it seems that there is no way to meet that need. What do we do in cases like that?

I am Latwii. My sister, we might point out that the need is currently being balanced to a large extent by a substantially early withdrawal of many entities from your planet in a form you refer to as physical death, at often a very young age, from a lack of food substances. This is neither good nor bad, but simply that which occurs, and might be regarded by some as an acceptable solution to the problem.

We would extend our analysis of this answer even further to hazard the assumption that this is what your people are doing to solve the problem. This is very likely regarded by your people as an acceptable and workable solution to the problem. However, your planet and your people have at this time the capability to feed extremely well all of those who currently inhabit your planet. That is not a matter of finding the food, or finding locations within which to produce the food, but rather finding those people who will share what they have. It is also possible on your planet to control and regulate the population of your planet, and when this becomes a sufficiently desirable solution to some of your people who do not regard it as such at this time, it will likely be implemented in those areas.

May we answer you further?

Questioner: Is there any one form of government on the planet at this time that is capable of distributing wealth where it is needed?

I am Latwii. My sister, the distribution of substances can be accomplished by any group who are motivated by love. The effective distribution over substantially wide ranges may only be accomplished by a substantially large group motivated in this same manner. The form under which the group operates or the government under which this distribution takes place is not important. What is important is a sufficient number of sufficiently motivated people. Just as rocks may be worn away by the constant barrage of raindrops and grains of sand, so also can the most substantial problems be overcome with enough determination and with enough motivation.

May we answer you further?

Questioner: No, that is sufficient. Thank you.

We thank you. Is there another question?

Questioner: Yes. One other question. It's very personal. My grandson, D, is having a very hard time. Can you make any comments about his condition, or what his dad can do, or what we can do?

I am Latwii. My sister, is not permissible for us to speak in terms of particular individuals or, as you understand, this is antagonistic to our own purpose in communicating with you. In speaking generally, however, of relationships between those individuals who find difficulty in one another's presence, we would simply say that if the people desire to love and understand one another, if their desire is to extend love unconditionally without placing demands upon others, then their path would become much easier, and their companionship less abrasive. The difficulty lies not in the fact of loving or not loving, but rather in the placement of rules or limitations upon that loving. If one person says to another, "I will only love you if you do this, or I will cease to love you if you act in that manner," my friend, how valuable is love that can be bought and sold in such a fashion?

We would offer instead a suggestion that one attempt to view one's brothers and sisters with the understanding of, "If you do that, I will love you still. If you act in that manner, I will try to love you more, and I will try to understand. And if unable to understand, I will try to remember that your path is not mine, and that it is not my responsibility or right to guide your steps." For such is permissible only to the individual himself or herself. The journey must be made, but the direction and the speed can only be determined by he or she who walks the path.

May we answer you further?

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Questioner: That's very good, thank you.

My sister, we thank you for the opportunity to offer our services, and we desire that you find peace in this manner.

Questioner: Thank you.

Is there another question?

(Pause)

I am Latwii. I am again with this instrument. As there are no further questions at this time, we will take our leave. May the love and the light of the Creator be ever in your awareness, my friends, just as you are always in their presence. Adonai vasu borragus. I am known to you as Latwii. ♣

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The Law of One, Book IV, Session 87

May 12, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. I communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The distortions of the physical complex are unchanged. The vital energy levels are greatly enhanced.

Questioner: Thank you. In considering what was mentioned in the last session about the censer I have thought about the fact that the position of the origin of the smoke changes approximately six inches horizontally. Would it be better to have a censer in a single, horizontal smoking position?

Ra: I am Ra. This alteration would be an helpful one given that the censer is virgin.

Questioner: What would be the optimum geometrical arrangement of censer, chalice, and candle with respect to the Bible and table and the positions that we now have them in?

Ra: I am Ra. Both chalice and candle occupy the optimal configuration with respect to the book most closely aligned with the Law of One in the distortion complexes of this instrument. It is optimal to have the censer to the rear of this book and centered at the spine of its open configuration.

Questioner: Would a position directly between the chalice and the candle be optimum, then, for the censer?

Ra: I am Ra. This is not an exact measurement since both chalice and candle are irregularly shaped. However, speaking roughly, this is correct.

Questioner: Thank you. What is the present situation with respect to our fifth-density negative companion?

Ra: I am Ra. This entity has withdrawn for a period of restoration of its polarity.

Questioner: Would you expand upon the concept of the acquisition of polarity by this particular entity, its use, specifically, of this polarity other than the simple, obvious need for sixth-density harvest if this is possible, please?

Ra: I am Ra. We would. The nature of the densities above your own is that a purpose may be said to be shared by both positive and negative polarities. This purpose is the acquisition of the ability to welcome more and more the less and less distorted love/light and light/love of the one infinite Creator. Upon the negative path the wisdom density is one in which power over others has been refined until it is approaching absolute power. Any force such as the force your group and those of Ra offer which cannot be controlled by the power of such a negative fifth-density mind/body/spirit complex then depolarizes the entity which has not controlled other-self.

It is not within your conscious selves to stand against such refined power but rather it has been through the harmony, the mutual love, and the honest calling

for aid from the forces of light which have given you the shield and buckler.

Questioner: What is the environmental situation of this particular fifth-density entity, and how does he work with fourth-density negative entities in order to establish power and control; what is his particular philosophy with respect to himself as Creator and with respect to the use of the first distortion and the extension of the first distortion to the fourth-density negative? I hope that this isn't too complex a question.

Ra: I am Ra. The environment of your companion is that of the rock, the cave, the place of barrenness, for this is the density of wisdom and that which is needed may be thought and received. To this entity very little is necessary upon the physical, if you will, or space/time complex of distortions.

Such an entity spends its consciousness within the realms of time/space in an attempt to learn the ways of wisdom through the utmost use of the powers and resources of the self. Since the self is the Creator, the wisdom density provides many informative and fascinating experiences for the negatively polarized entity. In some respects one may see a more lucid early attachment to wisdom from those of negative polarity as the nexus of positions of consciousness upon which wisdom is laid is simpler.

The relationship of such an entity to fourth-density negative entities is one of the more powerful and the less powerful. The negative path posits slavery of the less powerful as a means of learning the desire to serve the self to the extent that the will is brought to bear. It is in this way that polarity is increased in the negative sense. Thus fourth-density entities are willing slaves of such a fifth-density entity, there being no doubt whatsoever of the relative power of each.

Questioner: A reflection of this could be seen in our density in many of those leaders who instigate war and have followers who support, in total conviction that the direction of conquest is correct. Is this correct?

Ra: I am Ra. Any organization which demands obedience without question upon the basis of relative power is functioning according to the above described plan.

Questioner: One point that I am not clear on is the understanding and use of the first distortion by fifth and fourth-density negative entities in manipulating third-density entities. I would like to know how the first distortion affects the attempts to carry out the conquest of third-density entities and the attempt to add them, under the premise of the first distortion, to their social memory complexes. Would you expand on that concept, please?

Ra: I am Ra. This latter plan is not one of which fourth-density negative social memory complexes are capable. The fourth-density habit is that of offering temptations and of energizing preexisting distortions. Fourth-density entities lack the subtlety and magical practice which the fifth-density experience offers.

Questioner: It seems though that in the case of many UFO contacts that have occurred on this planet that there must be some knowledge of and use of the first distortion. The fourth-density entities have carefully remained aloof and anonymous, you might say, for the most part, so that no proof in a concrete way of their existence is available. How are they oriented with respect to this type of contact?

Ra: I am Ra. We misperceived your query, thinking it was directed towards this particular type of contact. The nature of the fourth-density's observance of the free will distortion, while pursuing the seeding of the third-density thought patterns, is material which has already been covered. That which can be offered of the negatively oriented information is offered. It is altered to the extent that the entity receiving such negative information is of positive orientation. Thus many such contacts are of a mixed nature.

Questioner: I'm sorry for getting confused on my question here in not asking it correctly. There is a philosophical point of central importance that I am trying to clear up here. It has to do with the fact that fourth-density negative seems to be aware of the first distortion. They are in a nonveiled condition, and they seem to use this knowledge of the first distortion to maintain the situation that they maintain in contacts with this planet. I am trying to extract their ability to understand the mechanism of the first distortion and the consequences of the veiling process and still remain in a mental configuration of separation on the negative path. I hope that I have made myself clear there. I have had a hard time asking this question.

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Ra: I am Ra. The answer may still not satisfy the questioner. We ask that you pursue it until you are satisfied. The fourth-density negative entity has made the choice available to each at third-density harvest. It is aware of the full array of possible methods of viewing the universe of the one Creator and it is convinced that the ignoring and non-use of the green-ray energy center will be the method most efficient in providing harvestability of fourth density. Its operations among those of third density which have not yet made this choice are designed to offer to each the opportunity to consider the self-serving polarity and its possible attractiveness.

Questioner: It seems to me that this is a service-to-others action in offering the possibility of the self-serving path. What is the relative effect of polarization in this action? I don't understand that.

Ra: I am Ra. In your armed bands a large group marauds and pillages successfully. The success of the privates is claimed by the corporals, the success of corporals by sergeants, then lieutenants, captains, majors, and finally the commanding general. Each successful temptation, each successful harvestable entity is a strengthener of the power and polarity of the fourth-density social memory complex which has had this success.

Questioner: If one mind/body/spirit complex is harvested from third density to a fourth-density social memory complex is the total power of the social memory complex before the absorption of this single entity doubled when this entity is absorbed?

Ra: I am Ra. No.

Questioner: The Law of Doubling, then, does not work in this way. How much does the power of the social memory complex increase relative to this single entity that is harvested and absorbed into it?

Ra: I am Ra. If one entity in the social memory complex is responsible for this addition to its being, that mind/body/spirit complex will absorb, in linear fashion, the power contained in the, shall we say, recruit. If a sub-group is responsible, the power is then this sub-group's. Only very rarely is the social memory complex of negative polarity capable of acting totally as one being. The loss of polarity due to this difficulty, to which we have previously referred as of kind of spiritual entropy, is quite large.

Questioner: Then assuming that a single negatively oriented entity is responsible for the recruiting of a harvested third-density entity and adds its polarity to his negative polarity and power, what type of ability or what type of benefit is this and how is it used by the entity?

Ra: I am Ra. The so-called pecking order is immediately challenged and the entity with increased power exercises that power to control more other-selves and to advance within the social memory complex structure.

Questioner: How is this power measured? How is it obvious that this entity has gained this additional power?

Ra: I am Ra. In some cases there is a kind of battle. This is a battle of wills and the weapons consist of the light that can be formed by each contender. In most cases where the shift of power has been obvious it simply is acknowledged and those seeing benefit from associating with this newly more powerful entity aid it in rising within the structure.

Questioner: Thank you. We noticed a possibility of confusion between the term "mind/body/spirit" and "mind/body/spirit complex" in the last session. Were there a couple of misuses of those terms in shifting one for the other?

Ra: I am Ra. There was an error in transmission. The use of the term "mind/body/spirit" should refer to those entities dwelling in third density prior to the veiling process, the term "mind/body/spirit complex" referring to those entities dwelling in third density after the veiling process. We also discover a failure on our part to supply the term "complex" when speaking of body after the veiling. Please correct these errors. Also, we ask that you keep a vigilant watch over these transmissions for any errors and question without fail as it is our intention to provide as undistorted a series of sound vibration complexes as is possible.

This entity, though far better cleared of distortions towards the pain flares when prepared by those mental vibration complexes you call prayer, is still liable to fluctuation due to its preincarnative body complex distortions and the energizing of them by those of negative polarity.

Questioner: Thank you. We will make the corrections[7]. In the last session you made the

[7] The text was corrected before publishing and now reads as it should.

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statement that before the veiling, sexual energy transfer was always possible. I would like to know what you meant by "it was always possible" and why it was not always possible after the veiling, just to clear up that point?

Ra: I am Ra. We believe that we grasp your query and will use the analogy in your culture of the battery which lights the flashlight bulb. Two working batteries placed in series always offer the potential of the bulb's illumination. After the veiling, to continue this gross analogy, the two batteries being placed not in series would then offer no possible illumination of the bulb. Many mind/body/spirit complexes after the veiling have, through blockages, done the equivalent of reversing the battery.

Questioner: What was the primary source of the blockages that caused the battery reversal?

Ra: I am Ra. Please query more specifically as to the mind/body/spirits or mind/body/spirit complexes about which you request information.

Questioner: Before the veil there was knowledge of the bulb-lighting technique, shall we say. After the veil some experiments created a bulb lighting; some resulted in no bulb lighting. Other than the fact that information was not available on methods of lighting the bulb, was there some root cause of the experiments that resulted in no bulb lighting?

Ra: I am Ra. This is correct.

Questioner: What was this root cause?

Ra: I am Ra. The root cause of blockage is the lack of the ability to see the other-self as the Creator, or to phrase this differently, the lack of love.

Questioner: In our particular illusion the sexual potential for the male seems to peak somewhere prior to the age twenty and the female's peak is some ten years later. What is the cause of this difference in peaking sexual energy?

Ra: I am Ra. We must make clear distinction between the yellow-ray, third-density, chemical bodily complex and the body complex which is a portion of the mind/body/spirit complex. The male, as you call this polarity, has an extremely active yellow-ray desire at the space/time in its incarnation when its sperm is the most viable and full of the life-giving spermato. Thusly the red ray seeks to reproduce most thickly at the time when this body is most able to fulfill the red-ray requirements.

The yellow-ray, chemical body complex of the female, as you call this polarity, must needs have a continued and increasing desire for the sexual intercourse for it can only conceive once in one fifteen to eighteen month period, given that it carries the conceived body complex, bears it, and suckles it. This is draining to the physical body of yellow ray. To compensate for this the desire increases so that the yellow-ray body is predisposed to continue in sexual congress, thus fulfilling its red-ray requirement to reproduce as thickly as possible.

The more, shall we say, integral sexuality or polarity of the body complex, which is a portion of the mind/body/spirit complex, does not concern itself with these yellow-ray manifestations but rather follows the ways of the seeking of energy transfer and the furthering of aid and service to others or to the self.

Questioner: In addition, why is the ratio of male to female orgasms so heavily loaded on the side of the male?

Ra: I am Ra. We refer now to the yellow-ray, physical body or, if you will, body complex. At this level the distinction is unimportant. The male orgasm which motivates the sperm forward to meet its ovum is essential for the completion of the red-ray desire to propagate the species. The female orgasm is unnecessary. Again, as mind/body/spirit complexes begin to use the sexual energy transfer to learn, to serve, and to glorify the one infinite Creator the function of the female orgasm becomes more clear.

Questioner: What was this ratio before the veil?

Ra: I am Ra. The ratio of male to female orgasms before the veil was closer to one-to-one by a great deal as the metaphysical value of the female orgasm was clear and without shadow.

Questioner: Is it meaningful to give this ratio in early fourth density and, if so, would you do that?

Ra: I am Ra. In many ways it is quite meaningless to speak of orgasm of male and female in higher densities as the character and nature of orgasm becomes more and more naturally a function of the mind/body/spirit complex as an unit. It may be said that the veil in fourth density is lifted and the choice

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has been made. In positive polarities true sharing is almost universal. In negative polarities true blockage so that the conqueror obtains orgasm, the conquered almost never, is almost universal. In each case you may see the function of the sexual portion of experience as being a most efficient means of polarization.

Questioner: In our illusion we have physical definitions for possible transfers of energy. We label them as the conversion of potential to kinetic or kinetic to heat and examine this with respect to the increasing entropy. When we speak of sexual energy transfers and other more basic forms of energy I am always at a loss to properly use, you might say, the terms since I am not understanding—and possibly can't understand—the basic form of energy that we speak of. However, I intuit that this is the energy of pure vibration; that is, at the basic level of our illusion, that vibration between the space and time portion of the space/time continuum and yet somehow is transferred into our illusion in a more basic form than that. Could you expand on this area for me, please?

Ra: I am Ra. Yes.

Questioner: Would you do that?

Ra: I am Ra. You are correct in assuming that the energy of which we speak in discussing sexual energy transfers is a form of vibratory bridge between space/time and time/space. Although this distinction is not apart from that which follows, that which follows may shed light upon that basic statement.

Due to the veiling process the energy transferred from male to female is different than that transferred from female to male. Due to the polarity difference of the mind/body/spirit complexes of male and female the male stores physical energy, the female mental and mental/emotional energy. When third-density sexual energy transfer is completed the male will have offered the discharge of physical energy. The female is, thereby, refreshed, having far less physical vitality. At the same time, if you will use this term, the female discharges the efflux of its stored mental and mental/emotional energy, thereby offering inspiration, healing, and blessing to the male which by nature is less vital in this area.

At this time may we ask for one more full query.

Questioner: Why is the male and the female nature different?

Ra: I am Ra. When the veiling process was accomplished, to the male polarity was attracted the Matrix of the Mind and to the female, the Potentiator of the Mind, to the male the Potentiator of the Body, to the female the Matrix of the Body. May we ask if there are any brief queries before we close this working?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. We shall find the suggested readjustment of the censer helpful. The alignments are good. You have been conscientious, my friends. We leave you now in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing merrily in the power and in the ineffable peace of the one infinite Creator. Adonai.

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Intensive Meditation

May 13, 1982

(Carla channeling)

[I am Laitos,] and I greet you, my friends in the love and in the light of our infinite Creator. We thank you for the privilege of having been called to this meeting, for it [is] our special delight to work with those who desire to familiarize themselves with the channeling vibration, and who serve as couriers of a very simple message, a message which has been available to your peoples for many, many of your years, but which in all times and places finds new ways of reaching those whose ears have not yet been opened to the words of love.

Before we begin to work with you, my friends, we would like to say a few words about this service of being a vocal channel, a messenger of love, a voice for those who serve the Creator with all their strength. First we wish to acquaint you with the concept that a messenger is a servant, one who is humble and who bows the knee before those to whom he speaks. A messenger is not involved in the outcome or the result of the message. The responsibility of the messenger is to the source of that message, that it may be given as truly and as well as the messenger has the capability of doing so.

Therefore, in any situation, all are messengers, all speak from a source. All are channels, my friends. You are offering to be a channel to aid the Confederation in the service of the one infinite Creator. [It] differs from these unconscious channelings of your race in that you have a conscious desire to focus your message in such a way that it reflects a deeper source, that you may speak more truly, and that your message may originate within the realms of service to others. This is indeed a very blessed decision, for the desire to serve will open the door to that service.

My friends, there is no question as to your ability to function as channels once your desire has been summoned. We have especially been aware for many weeks that the one known as D was contemplating a closer acquaintance with this service, but until this entity had concluded the decision-making process we felt that it would be an infringement to offer our services.

We would say one more thing before we begin, and ask you to consider this in your meditations. As you serve, you grow, and as you grow, it may seem to you that you have been blessed with more information, more depth of understanding, more realization of that great source of love which is within you, than some others. We ask that when these thoughts come to you, you bless them, and then release and remember instead that each understanding brings with it a responsibility. Each responsibility brings with it an understanding. Therefore, my friends, avoid either praising or not praising your progress. Simply continue to seek.

That service which has been prepared for you will be yours as you take it up moment by moment and day by day.

Again, we are so very happy to be working with you. We shall begin at this time with a period of conditioning concentrated in the area of the head, the face, and the throat. This is to make you aware of the presence of those of Laitos, and to give you a true feeling of our ability to communicate with you. We shall pause for this exercise at this time. I am Laitos.

(Pause)

I am Laitos, and am again with this instrument. We are beginning to blend our vibrations with yours, and would at this time like to work with the one known as S if she would relax. We will be sending one single thought. That is our identification. We ask that this entity to relax, allow her mind to rest undisturbed, and wait for the thought, "I am Laitos." We will repeat this several times in order to assure the one known as S that she is not creating this voice within her own being. I am Laitos.

(Pause)

(Carla channeling)

I am Laitos, and am again with this instrument. We have good contact with this instrument, but we find that the one known as S has some blockage due to some slight indecision about the actual speaking of our words. We shall continue to work with this instrument and return to this instrument after work with the one known as D, that it may consider what it wishes to do at this time. We are most happy to be of service, whether as offerers of the channeling vibration alone, or as offerers of thoughts. We thank the one known as S and would now work with the one known as D.

It would be suggested to the one known as D that quietness and a refraining from analysis be employed so that we may transmit our single thought, "I am Laitos." When the instrument thinks this particular concept, it will seem much like his own thought. That is the nature of our channeling process as we work within a deeper portion of the mind. Therefore, we ask the instrument not to attempt to analyze the source of the concept, but when the thought occurs, speak it without hesitation. We shall repeat the thought several times. We will now transfer to the one known as D. I am Laitos.

(Pause)

(Carla channeling)

We are adjusting our contact with this instrument to provide more comfort and efficiency and shall continue working with this instrument as we move back again to the one known as S, and attempt once more to make our vibrations available to her. We shall again offer the possibility of the simple channeling exercise. We transfer this contact at this time. I am Laitos.

(S channeling)

I am Laitos. I am with this instrument. I am Laitos. I am Laitos.

(Carla channeling)

I am Laitos, and am again with this instrument. It is with great joy that we make contact with this instrument. We realize the rush is a bit of an experience at first, but assure the instrument that the accompanying sensations subside to a far more pleasant configuration as we learn better how to channel the energy that we have been given through the physical vehicle of each instrument. Each instrument is unique and with each instrument we go through a process of adjustment.

We would at this time attempt again to speak through the one known as D in hopes that the adjustments we have been making have been helpful. Again we ask for the instrument to completely relax and to speak what comes into the mind spontaneously. We transfer now. I am Laitos.

(D channeling)

I am Laitos.

(Carla channeling)

I am Laitos, and am again with this instrument. We see that our adjustments have been in the right direction, and we shall continue to endeavor to make this contact more comfortable for the one known as D. Again, we assure the instrument that the experiences and sensations which accompany channeling do not remain at the level of intensity of first contact, for we do attempt to channel our vibrations in a way which enables the instrument to remain comfortable. Also, each instrument becomes more comfortable with the process, and thus a certain amount of what is experienced is dropped as

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the surprise element, shall we say, of our reality ceases to become a factor.

We are so very happy and pleased to be able to make contact with the one known as D and the one known as S. We are full of love for both instruments, and wish each to know that we shall be with you at any time you wish. We would advise, however, practicing the actual channeling of a vocal nature only in a group with a more experienced channel, for the tuning, as this instrument would call it, is quite important to the quality and content of the message received.

We have begun a journey, my friends. We greet you, and as we leave the shores, we rejoice in the power of that pilgrimage, which we all make together, to love and serve the one infinite Creator.

At this time I would transfer to the one known as Jim. I am Laitos.

(Jim channeling)

I am Laitos, and am now with this instrument, and greet you once again in love and light. At this time we would open this meeting to questions which those present may have on their minds. May we answer any question at this time?

D: Yes. The sensations that I felt I've been feeling for years. Is that possible?

I am Laitos. My brother, your experience with this group in its initial stages enabled you to become familiar with this type of vibration, and to become aware that the process which you have now begun was always possible, for many entities of the Confederation wish to avail themselves of the contacts such as this contact in order to make the philosophy of love and light and unity available to more people on your planet. Therefore, you have at this time tapped the potential which has been available to you since your beginning experience with this group.

May we answer you further, my brother?

D: No, that's fine.

We are most grateful for this opportunity. Is there another question which we might attempt to answer?

D: Yes. I have a question. In practicing …

(Side one of tape ends.)

D: … In practicing this type of thing, should I focus my consciousness or release?

I am Laitos. We would suggest, my brother, that you use whichever method is most helpful to you, for each has its strength and each has its weakness. Your own unique configuration of mind, body and spirit will determine through practice that technique which is most useful. The releasing of the attention so that a blankened focus of mind is achieved allows for the easier perception of the vibration for most entities, but also does allow for the random thought to be equally considered as well. The focused attention does allow for a more precise perception and is usually useful in the later stages of the channeling process. But many instruments find this is helpful at each beginning stage as well.

May we answer you further, my brother?

D: So, when I become accustomed to the conditioning vibrations, the focus will probably be better? Is this what you're saying?

I am Laitos. In general, this is correct, my brother. May we answer you further, my brother?

D: No, that's fine. Thank you.

I am Laitos. We thank you as well. Is there another question at this time?

S: Yes. You were saying that you used the energy in the physical vehicle to channel. Is there a way, the science through meditation, that this energy could be increased and directed?

I am Laitos. My sister, the technique of meditation is that technique which focuses the seeking of an entity so that the seeking might be used for a more refined purpose, in this case, the purpose of the vocal channeling. The refinement or enhancement of this type of focus of energy might be accomplished by any activity which the entity undertakes as a means of expressing the seeking, the desire to know the one Creator. Any activity, therefore, might aid this focus of energy. There are those activities such as meditation which are far more efficient, shall we say, in the focusing of this energy. One might also engage in that known as prayer, or that known as contemplation, or the philosophical discussion on an intellectual basis of those concepts which are felt to be crystallized portions of the understanding of the one Creator. Many are the ways which are available

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to the seeker to gain leverage, shall we say, in the application of this focus of energy.

May we answer you further, my sister?

S: No, not on that, but I do have another question. It seems that there are a lot of questions inside that I cannot seem to quite [get at.] Is there a reason for this? How can I go about unblocking these? It seems to me that meditation would be the best thing—the only thing—to do. Is this true?

I am Laitos. My sister, again we find another facet of the previous query, and again we would respond by saying that your assumption is correct, that meditation is the most efficient means of discovering those portions of the self which seek to make themselves known to the conscious mind so that the conscious mind might grow further in its grasp of understanding of unity with all that is. You may see these unformed queries in your mind as the seeds of your future growth, and you may see the practice of meditation, contemplation, prayer and the seeking in general as those means whereby the seeds shall receive the water of your attention, which is necessary for them to sprout and to bloom forth into their full glory, for they contain that part of yourself which is yet unborn, and which seeks to become born.

May we answer you further, my sister?

S: No, thank you.

I am Laitos. We thank you, as well. May we answer another question at this time?

Carla: I was surprised at the strength of energy that I felt when each of the new channels began to channel. I thought it was an unusually strong sensation. I wondered if you could comment on it?

I am Laitos. My sister, we would concur with your recognition of the strength of desire that is present this afternoon within this group, for the desire that has been manifested by the new instruments is a desire to be of service to others, and has within each entity had much of what you call time in which to be nourished and has now been manifested in the conscious actions which have been undertaken this day. We are always most honored to be able to participate in this process of the desire to serve finding a means whereby it might be fulfilled, and within this new grouping of instruments we find that desire is quite strong indeed.

May we answer you further, my sister?

Carla: No, thank you.

I am Laitos. May we attempt another answer at this time?

(Pause)

I am Laitos. We have been filled with joy this afternoon as each entity has participated in the process of serving as vocal instruments. We look forward to the continued progress of each new instrument, and assure each that we shall be with each in his and her meditations. A simple request for our presence is all that is necessary. Again, we remind each that the actual attempt to vocalize the thoughts which we send is best carried out within the parameters present, that is, the presence of an experienced instrument, so that tuning might be most helpful. We leave each entity at this time in the love and in the light of the infinite Creator. We thank each. I am Laitos. Adonai, my friends. ♣

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Sunday Meditation
May 16, 1982

(C channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and light of the one infinite Creator. It is indeed a great privilege to be able to address so many who seek the love/light. It is not often that we have this opportunity, so we extend special greeting to those new to this group, and those who have been associated with us for some time now.

As we have said before, more and more of your peoples are beginning their search, beginning to feel that urge to know the love and the light, as conditions in which you now live begin to intensify, various lessons that each needs to experience as what you refer to as time begins to wind down. Your peoples are beginning to feel what many of them say is an urgency of need to quickly learn all, but we ask you to not rush, not grab and try to cram as if you were studying for one of your school tests. The awareness that you seek is something that develops slowly, but not always evenly. To begin to experience, to feel, you need to stop rushing and begin to take time to sit in quiet meditation, allow yourself to open, to begin to slowly expose your being to the light, to the love. This awareness may at times seem to come in the flash of a moment, but it is never a flash, it is built slowly. We do not simply request that! Though time as you know it may be winding down, you need not rush. Slow down, my friends, allow yourself to experience. Allow yourself to flow. It is not necessary to push or grab.

We would at this time pause for a moment to allow our brothers and sisters of Laitos to pass among you, and allow each the request to feel their conditioning vibrations. You would then resume through another instrument.

(Pause)

(L channeling)

I am Hatonn. I am now with this instrument, and I greet you again, my brothers and sisters, in the love and the light of the infinite Creator. My friends, in your race there is often a tendency to avoid the responsibility for one's own actions or lack of actions. It is frequently heard that an individual or a group is blessed. Those making the statement, not realizing that what they regard as blessings, distributed, perhaps, randomly by some external entity, are in reality the result of the individuals and their efforts. My friends, it may be said in the same manner that many in this group are blessed, in that their efforts find fulfillment, and, because as accomplishments on the spiritual plane are reflected on the physical plane, the fulfillments themselves are readily reflected and quite noticeable to those about them.

My friends, your desires are strong, as are your wills, and this is good. However, do not concern yourselves with the accomplishment of a certain level of attainment, for it is not in this manner that the spirit progresses. In the situation within which you exist, the choice is soon to be upon you which will determine the characteristics of your next incarnation, for the time remaining for your race is relatively brief. It is tempting when faced with this situation to attempt a frenzied effort in the manner referred to by your people as cramming, as if you are aware that the final examination is soon to be undertaken, and desire not to be found wanting.

My friends, this is not the path to development. Do not be frightened by the future. But, also do not be sustained in your efforts by something akin to fear, for this also is a stony ground upon which to attempt growth. Rather, my friends, accept that your drive for attainment, that your will to progress, that your striving to learn will sustain you, will nurture you in whatever incarnation is destined to be yours, and accept joyfully that that life which follows this life will be that which is most fit for your path of learning. Do not let the final examination be your goal, my friends, but rather let the final attainment be your goal.

At this time we would like to attempt to speak a few words through another instrument present, as there is a strong drive—correction—strong desire to be of service in this fashion, and we desire to exercise the instrument. I am Hatonn.

(S channeling)

I am Hatonn, and I greet you in the love and light of the Creator. My friends, we are aware that this instrument is …

(L channeling)

I am Hatonn. I am again with this instrument. We would like to thank the instrument known as S for her efforts in service of communicating our thoughts, and we would congratulate her for the successful transmission thereof. It is always encouraging to us to encounter one who possesses a strong drive for service in this fashion, as there are so very many who desire to hear the message that we attempt to convey, but there are so few who are willing to serve in the fashion of conveying these messages for us. For this reason, as one who would be mute without the service of another to speak for them, we thank the instrument S, and all others who serve in this fashion for their efforts in service to us.

At this time we will take our leave so that our brothers and sisters of Latwii may perform their service of attempting to answer any questions you might care to offer. Adonai, my brothers and sisters, my loved ones. I am known to you as Hatonn.

(L channeling)

I am Latwii, and I greet you in the love and the light of the infinite Creator. My friends, it is always a pleasure to speak to this group, but it is especially a pleasure when there is such a large audience, for we must admit that there is a facet of our collective character that enjoys the limelight. For this reason we are especially grateful that this group has enabled us to strut our stuff, so to speak. Are there any questions we might attempt to answer?

S: Yes, Latwii. I have a question. This is kind of difficult to phrase. Is it a service to someone or an infringement upon them to force something on them that would help them in the long run, and would be of service to someone else by helping them? I guess what I'm trying to say is, do we have the right to take that decision in our hands, so to speak, or let them work out their catalyst?

I am Latwii, and I am aware of your questions. My sister, you must be aware that there are a number of parameters involved in answering the question as you pose it. For example, the parent in supervising the child exerts their will upon another individual, [and] can be viewed as being involved in service to self or may be viewed as involved in service to another in the same situation. The critical factor becomes the intention with which the action is performed. In a like manner …

(One of the tape recorders stops.)

We will pause in order that our priceless words may be ever maintained for posterity.

(Pause)

I am Latwii, and I am again with this instrument. The most critical factor in all potential situations of this nature is the intent with which the action is performed. That individual who attempts to pressure or manipulate another may do so for a variety of reasons, and although many of the reasons might be quite questionable when viewed from a standpoint of positive polarity, it would be safe to say that from

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the standpoint of negative polarity there are a larger number of situations with which this could be viewed as right.

In general, we might say that for one who desires to polarize positively, it is best when dealing with a child to be conscious of one's own intentions that one might avoid the potential for negative polarization while attempting to exert a—correction—an influence upon the offspring for the purpose of that individual's benefit. When the parameters no longer include the responsibility of assisting in the acclimatization of the newly returned entity, and involves the interaction of two of which you refer to as adults, it is very difficult to exert one's influence upon another in the manner you describe without a reduction in positive polarity. For this reason, if polarization in the positive direction is your intention, we would strongly suggest avoiding this situation.

May we answer you further?

S: No, thank you.

We thank you. Is there another question?

C: Yes. In our dealings with our fellow beings I'm well aware that we all have our own lessons and problems that we deal with, but many are complicated, or we have to interact with others around us, and in these interactions there are times when a particular individual seems to be of great need, and it's often a hard decision to know whether—as if they come when a sympathetic ear should be given, and when they should just be told to go and work on themselves, and instead of a pat on the back and say it's all right, to tell them that as you see things that they just need to stop seeking sympathy, and start straightening things out for themselves, and I was wondering if you'd just speak for a minute about such a situation.

I am Latwii, and I am aware of your question. My friend, there are many situations that you encounter in your manner of living in which the difficulties encountered by other individuals are readily apparent. If we might paraphrase one of your more renowned predecessors, we would suggest that the poor, those who are lacking in some manner, will be with us always. The question then becomes whether an individual desires to attempt to alleviate another individual's suffering or to recognize that suffering as a portion of a lesson that an individual desires not to infringe upon. This, as you are well aware, is not an easy decision.

My friends, there is within each of you a portion of that whole which you call the Creator. If you but allow yourselves to listen, my friends, to that small, still voice you will not find that your questions are answered for you, for thus would be the antithesis of your learning. But, rather, you will encounter guidance that will be beneficial to you in your interactions with your brothers and sisters. There are many forms with which you might offer aid to a brother or sister, and in general we would suggest that to avoid infringing upon another's lessons, that the aid offered by yourselves be limited to the form requested by the entity who is suffering.

As you are aware, very often the sufferer requests upon two levels. Verbally, the individual may bewail their fate and desire nothing more than attention, yet the intention which brought them to seek the interaction with yourself often comes from a higher source which drives the individual to one who loves them, to chastise. This is as it should be. For that given with love can only be beneficial. In the situation you describe, my friend, that which you give lovingly, be it the pat on the back or the chastisement, can only be beneficial. Your lesson, however, is the selection of that which, in benefiting the individual most, will perform the best service.

May we answer you further?

C: Well, maybe. In this situation I spent a lot of time watching others deal with the individual of whom I'm speaking, and I noticed the difference in the way the individual interacts with them and how he, the individual, interacts with me, and it seems that the individual comes around more or less to have someone to mirror themselves back, and I find myself often, even before the contact is initiated, running the situation mentally, and more or less setting the situation in my own mind. I feel many times that instead of extending love to this individual by establishing the situation prior to the contact that I am really many times a self seeking to avoid any real meaningful interaction with this individual, so that each time contact is made I run the series of emotions about the situation, one where I'm acting out of love to help this person by mirroring themselves back—more or less by trying to chastise—instead of extending sympathy, and in the same moment I'll turn around and see myself as

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avoiding any real contact with this individual and more or less drawing into myself instead of extending myself to them. And earlier you spoke of the intent in each situation. Could you speak briefly about these doubts such as that I experience in my interactions with this particular individual?

I am Latwii. My brother, we would preface our remarks with the reminder that we are reticent to speak of individual learning experiences, as we do not wish to have our advice weigh in the balance. However, to speak in general on the subject, we would observe that quite often individuals who seek advice, in reality seek not advice but attention, and will manipulate others to this end. For this reason, the type of interaction which occurs is from their viewpoint not significant. What is significant is the duration and intensity of the interaction, for this is through manipulation an opportunity to exercise control of individuals such as yourselves toward the end of attaining negative polarity.

We do not intend to advise you in this area. We would suggest however that the responsibility for the individual's situation is their own, and that you do not bear even a portion of that load. Therefore, whatever your action be, let it be accomplished with love and the desire for an enlightenment of the interaction.

May we answer you further?

C: No, thank you very much.

As always, we thank you. Is there another question?

K: This thought has come to me several times. We read about sorcery, the evil eye. Some people you just simply can't seem to get along with very well, and I have known a few people who had a way of looking at you with the eyes that was just a little frightening. What is the evil eye? Can you make a comment about that if there is such a thing?

I am Latwii. My sister, it is a common tendency when attempting to exert influence over another individual to concentrate one's visual attention on that individual so as to enable oneself to exert the full strength of the conscious mind on the performance of this task. This serves the purpose both of concentrating the conscious mind and performing the specific ritual which in turn gives added strength to the creative effort of that person who is attempting to dominate or exert influence over another. It is also a common statement on your planet that the eye is the window to the soul, and we would observe that the examination of another's eye can often be revealing as to the nature of that individual's intentions and polarity, as eye-to-eye contact is beneficial to the transmission [of] information.

May we answer you further?

K: Then, if a mother, for instance, used the eyes in a frightening way to control a child, and if the child accepts this control, would this then be likely to be someone who is negatively polarized? I don't think I made that very clear. Is the mother likely to be negatively polarized if she uses the eye in this way to control the child?

I am Latwii. My sister, it is not significant which instrument—the hand, the eye, the voice—is used in controlling the child, but rather the intention with which the instrument is used. If the parent, for example, sternly reprimands the small child for attempting to play with a sharp instrument, the parent's intention is quite likely to be oriented toward serving the child in this manner. In this situation we would suggest that there is no effort exerted toward dominance, but rather toward enabling the young individual to attain a safe level of independence. Therefore, we would reiterate that it is not the action undertaken, but rather the intention with which the action is undertaken that is significant.

May we answer you further?

K: No, that's fine, thank you.

We thank you. Is there another question?

M: Could you say a few words on the subject of suicide?

I am Latwii. My sister, it is not our intention or our right to stand in judgment over the actions of another entity. For this reason, we would strongly suggest that those present be aware that such an action is, although not positively polarizing in most cases, is an acceptable form of death for those who seek a different avenue of progress. We, being of a positive orientation, regard this as a detrimental action in that, as you are aware, it terminates the possibility of attainment before a number of lessons are offered. It also acts in a less than selfless manner upon the lives of others who had chosen to interact with the now dead individual for the purpose of that

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individual and their own learning. Again, this, as it exerts control and influences the learning progression of others, can be regarded as beneficial to those whose path lies in the direction of negative orientation. However, for those who seek positive polarization we, in the majority of cases, would strongly suggest avoiding this path.

May we answer you further?

M: No, I think you've answered me very well.

We thank you very much for the compliment, my sister. Is there another question?

R: Yes, I have a question. Latwii, could you tell me from the knowledge that you have to explain the mystery of the triune God?

I am Latwii. I am aware of your question. My sister, because of your own seeking for understanding in this area, we must be very reticent in this discussion, for to provide your learning for you would be a disservice to you that would be beyond our scope of allowed behavior, so to speak. If we might be permitted, however, we would suggest that the Creator exists not only in many forms but in all forms, for that which is not of the Creator does not exist.

The structures that men create in their efforts toward attainment often result in a structured form of Creator that enables the individuals concerned to better strive toward understanding. It may be said quite truthfully that the entity to which you refer as the triune God does exist, but it might be equally accurate to say that the Creator exists in all forms but is limited to no man's concept of a God.

May we answer you further?

R: No. Thank you very much.

We thank you, my sister. Is there another question?

K: Yes, the New Testament says that without the shedding of blood there is no remission of sin. And I have seen that most of my friends are church friends, and I hesitate to have much conversation with them any more for fear I'll offend in some way, and would you speak to that concept about … I have some friends who take that very seriously, that if Jesus had not shed his blood, and they also talk about salvation and so the shedding of blood and lostness and salvation gets pretty mixed up sometimes. Could you speak to that?

I am Latwii. With your permission, my sister, we will attempt to discuss the topics separately as we feel this will be more beneficial to communication. The concept of salvation is unfortunate in that it is broadly misunderstood to be a reference to either a point in time or a situation in which one passes the test with a sufficient grade, so to speak, or a point in time at which another entity performs the necessary actions to rescue another entity, thus enabling them to graduate to their concept of an eternal paradise. We would suggest an examination of this concept, that it might be somewhat limited, and if we might be allowed to submit a more accurate definition we would suggest that salvation might be regarded as a constant process by which the individual heals themselves of that which is in imbalance within themselves. As the individual attains greater spiritual development that individual will also attain greater spiritual perception of those progressively finer and finer imbalances within themselves that require the salve of healing that the individual may become perfected and one with the Creator.

The shedding of blood might be more accurately translated as the flowing of blood, which is a reference to the understanding that the blood acts as a carrier of experience. Just as the individual blood cell in your body might serve not only its physical purpose of delivering oxygen to each individual cell, it also serves the metaphysical purpose of conveying throughout the body the congregate of experiences, that the experiences may be absorbed and maintained by the body as an entirety.

The reference, therefore, is directed toward the fact that the remission of sin, or more correctly, the correction of imbalances, is accomplished through the experiences and their—correction—and the absorption of those experiences and their lessons throughout the entire body of the populace. In this manner the healing of the spiritual body of your planet, the—correction—of imbalances that you might refer to as salvation might be achieved.

May we answer you further?

K: So then, this statement that without the shedding of blood there is no remission of sins is really symbolic of what you have just explained. Is that—that's the way I'm understanding it. Is that correct?

I am Latwii. That is correct, in that the statements to which you refer are directed as advice or exhortation by the individual who originally spoke them,

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directed [to] those followers who were present as well as those to come, and not a reference to an individual action which had occurred in more than a metaphorical sense.

May we answer you further?

K: No. That helps a lot. Thanks a lot.

We thank you my sister. Is there another question?

R: I have another question. Latwii, when Jesus lived on this Earth and he established a church, my thoughts of what a church is is not what I'm seeing. My experience and concept of church is one that has a lot of power, hierarchical structure. I have found church to imprison and hold people in captivity, and I would like to know if you could comment on what Jesus' concept of church would be and when he said to Peter that, "Thou art Peter and upon this rock I will build my church and the gates of Hell will not prevail against it"?

I am Latwii, and I am aware of your question. The individual to whom you refer as Jesus, that who is known to us as Am Ne Ra, visited your planet for the purpose of assisting those present and to come in their attainments. The church that he sought to establish was not a structure either physical or theological, for those in many cases serve but as distraction and limitation as you are fully aware. The rock upon which the church was to be founded was that of willingness to serve one another, and the willingness to love one another. As you are aware, the statements which preceded the …

We will pause.

(Side one of tape ends.)

(L channeling)

As you are aware, the statements preceding the verbal founding of the church were the questions repeatedly, "Do you love me?" and the exhortation, "Feed my lambs, feed my sheep." Upon these two concepts, love and service, are that church founded. The accomplishment of these two efforts requires no structure. As you are again probably aware, the moment to which you refer took place out of doors and not within the confines of a building or regimented theological society. The social structures that you refer to as churches are not without love or service, and we would not imply that they are without value, however we would suggest that just as the communication that you receive this evening is not appropriate for all entities on your planet, so also are the teaching and actions of these social structures inappropriate for some who are not benefited by these social structures. We would therefore suggest that that which is an occasion of discomfort, that which produces frustration or dissatisfaction, be avoided if the net result is not beneficial.

May we answer you further?

R: No, thank you.

We thank you, my sister. Is there another question?

M: Yes. I was reading about wanderers and how some of them cannot quite adjust to the third density and if they die in confusion, do they stay in the third density or do they go to their normal place?

I am Latwii. Generally speaking, those entities known as wanderers enter the density no better equipped for the most part than those who [are] originally of that density in that the wanderer, in experiencing the forgetting, is not allowed to draw upon the full resource of experiences. They are in essence playing the odds, so to speak, that their natural tendency toward positive polarization will exert itself, and they will be successful in both contributing to the welfare of those about them and the attainment of sufficient polarization to upon their physical death be presented the option of returning to their original density or progressing to another act of service.

However, the possibility occurs, as whenever one plays the odds, that the odds will not fall in the direction that seems most obvious, and in this situation the wanderer incurs some responsibilities or karmic debts, as you refer to them, that must be discharged, and if this is not accomplished during the first incarnation, additional incarnations may be required to accomplish this end.

May we answer you further?

M: Well, do they eventually go back to their fifth or sixth dimension? I mean density, or do they stay in the third density indefinitely, the same as a third-density person?

I am Latwii. The wanderers who discharge their acts of service without incurring further indebtedness are allowed to return to their original density or to take upon themselves further acts of service which may or may not require reincarnating in that same density

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on that same planet or reincarnating in that same density on a different planet, as that need exists.

May we answer you further?

M: I meant the ones that die confused. Do they have a choice or must they stay in the same density?

I am Latwii. The distinction between confusion and indebtedness is significant in that confusion does not affect the wanderer's attainment. The wanderer, upon experiencing physical death, once again passes through the veil of forgetting and recovers those forgotten memories. The significant factor is not confusion, but whether a karmic debt has been incurred during that incarnation. If this is the case, the wanderer must discharge the karmic debt before proceeding to his own density or further acts of service. If the wanderer has not incurred such indebtedness, he or she is free to return to the original density or elect to perform further acts of service in lesser densities.

May we answer you further?

M: I think that's enough at this time. Thank you.

We thank you. Is there another question?

A: I have two questions. One is about wanderers you were just speaking of, whether when they are incarnated in the third density, and go through the forgetting, whether or not during that incarnation they can lift the forgetting and do remember some of their experiences. Is that possible?

I am Latwii. I am aware of your question. There are certain situations in which this might occur and those, generally speaking, are based upon the intended acts of service that will be performed by the wanderer as a preincarnate condition for incarnating. For example, a wanderer might incarnate upon your planet, and later in life experience a hypnotic regression that enables the incarnate wanderer to recall certain experiences that occurred on different planets or in different densities. This generally is to serve the purpose of motivating the wanderer to initiate the acts of service previously agreed upon before incarnation. The remembrance in this situation is of a type that is somewhat vague and hazy, thus resulting in a lack of confirmed belief by the wanderer. The wanderer is aware that there is an amount of confusion or perhaps imagination involved in the memories. In this fashion the wanderer is motivated on cue, so to speak, but is never given what might be called an unfair advantage in that the attainment of polarity accomplished in performing their service would be greatly lessened if the wanderer were operating under conditions of confirmed status as a wanderer. The wanderer therefore must always function in an atmosphere of some doubt so as to attain their own polarization.

Is there another question?

A: On the same lines, is it possible then when dealing with these situations of life given to us that in a meditation it is possible to remember something but not, you know, as if the subconscious remembers, the conscious might remember part of it, but not realize that it was from the past, and then use this to handle the situation. Is that possible?

I am Latwii. The situation you refer to is very possible. It is equally possible, however, that the individual is recovering or remembering a—correction—an experience from a previous life, and this type of remembrance does not define the individual as a wanderer, but simply as one who has incarnated previously.

May we answer you further?

A: This is the other question. I didn't fully understand the last time we spoke as to why you couldn't comment on the question of the circle of light. I was wondering if you could explain it again.

I am Latwii. My sister, to comment upon such a subject would be to add definitive information within a structure that has been determined by entities of your race. For example, we would not take it upon ourselves to discuss the relative values of the various religions on your planet. In like manner, we are reluctant to undertake the discussion of a clearly defined concept in that we are reluctant to imply evaluation of that same concept. If the question were rephrased so as to request information about specific details rather than the overall topic, it might be possible to offer additional information.

May we answer you further?

A: Well, since the topic is something I really know nothing about, I find it very hard to ask detailed questions about it. Let me just ask about the group [that] are part of the circle of light. I believe that everyone is a child of the circle of light, but there are

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those who are the circle of light. Does that make sense, and if so, say if I'm right or wrong.

I am Latwii. Again my sister, we must apologetically decline to answer. As you are aware, for us to define the spiritual activities or positions, so to speak, of various entities would not be an act of service.

May we answer you further?

A: No, thank you.

We would add, if we might, that meditation or the seeking of information on this subject might be beneficial to one such as yourself.

A: Thanks for that added bit.

We thank you, sister. Is there another question?

J: Yes, Latwii, I'd like to ask a question about the condition known as senility which occurs later in life to some people. Is this an opportunity for continued learning? It seems as if the person is kind of just absent, but is this an opportunity to actually to continue learning and becoming, and could you comment on that?

I am Latwii. That condition which you refer to as senility, generally speaking, is the focusing in the twilight years of physical life of one's attention upon those details which occurred in that life so as to reevaluate with the intent of balancing that which is imbalanced, correcting that which might be corrected, and absorbing in completion those lessons which occurred. It might be likened to the proofreading of a very significant paper before submitting it to the teacher. It is a sort of grace period to allow the individual to put a final polish, so to speak, on the efforts of a lifetime. The fact that the individual is quite unaware frequently of the details that occur in the contemporary setting is simply the result of the fact that the majority of lessons have been completed to whatever extent was possible, and that due to lack of conditions in the present—correction—lessons in the present, the attention of the individual is exerted upon scanning the lessons of a lifetime to glean what there is remaining from them.

May we answer you further?

J: Thank you. That's a beautiful answer. No, thank you.

We thank you. Is there another question?

K: Yes, let me just ask one step further. You mean that during this period of senility that one is reviewing your life, one can make corrections on past mistakes or one can balance the life that has already been lived?

I am Latwii. If we might offer examples, we would suggest that in certain situations the individual who has not forgiven himself or herself for actions taken previously in that incarnation might find it an opportunity to do so. One might also, in reviewing one's experiences, come to the awareness of a lesson which was overlooked but is still available for learning if one were simply to cast one's attention upon those experiences, whether they occurred yesterday or fifty years ago.

May we answer you further?

K: No, thanks. That's fine.

We thank you. Is there another question?

M: In one of the books of [the Law of] One they talk about some wanderers knowing they are wanderers, and others not knowing. Is it an advantage to know it or is it a disadvantage?

I am Latwii. My sister, that is defined by the responsibilities to be undertaken by the wanderer. There are those who are served in their efforts by the awareness of their past. There are others who are best served by ignorance of their past.

May we answer you further?

M: Thank you. That answers the question.

R: I have another question. The one we refer to as Jesus, is he the fullest manifestation of God's love? And also Jesus' relationship with his father, is that more than what our relationship is or can be?

My sister, the fullest manifestation of the Creator is yourself and others such as yourself, for the Creator loves in an infinite manner, and as you and all things are a part of that Creator, He loves all parts of Himself equally, and that is to an infinite degree. The relationship between the one you refer to as Jesus and the Creator was significantly different at the time of his incarnation than the relationships of the majority of the population of your planet and the Creator at that time, in that the entity you call Jesus was willing to allow the love of the Creator to flow unimpeded through him, whereas the majority of entities of your planet at that time would not

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allow this to occur, but rather blocked the love and light of the Creator. This, sad to say, still occurs, but to a lesser degree on your planet.

The relationship of the one known as Jesus with the Creator is often pictured as the entity Jesus loving the Creator and the Creator singling the entity Jesus out for a special type of love, but we would submit for your examination, my sister, that when the Creator's love for all parts of His creation are infinitely equal, is there the potential for special relationships?

May we answer you further?

R: I have another question. In the process of being and becoming, will one day—will we just be or will we always be becoming? Do you understand?

I am Latwii. My sister, as you grow so also does the Creator. The Creator learns and grows through the interaction of those portions of Himself with one another. This increases the Creator's awareness of Himself and his ability to love Himself, so to speak, in that He further appreciates those component parts, their actions, and their growth.

In answer to your question on that basis, we would suggest that you will always be becoming, but that you will never find yourself at the point of a spiritual exhaustion from constant striving, for as effort toward spiritual striving is exerted, so also does fulfillment become obtained.

May we answer you further?

R: No. Thank you very much.

We thank you for your questions, my sister. Is there another question?

R: I think I do have another question. Are we to become like God?

I am Latwii. My sister, you have never ceased to be like God. May we answer you further?

R: No, thank you.

Is there another question?

K: Yes, and this can be answered yes or no because I know it's getting too long. It seems to me that in the last ten or fifteen years, lots more people that I know believe in reincarnation. Yes or no? I'll take a yes or no.

(Laughter)

M: There go your degrees of freedom!

(Laughter.)

K: What I meant to say, I don't require a long, long answer.

I am Latwii, and, my sister, we thank you for the opportunity of laughter. We would answer your question: Yes.

(Laughter)

We would point out, however, the balance of potentially harvestable souls on your planet is constantly increasing as the point of termination draws nearer and the awareness of this concept is past work, as you might call it, for the majority of these entities, and they find it quite easily finally recognizable.

May we answer you further?

K: No. Thanks for the extra information.

And we thank you, my sister. Is there another question?

J: I have a question about an author named Ayn Rand, who died recently. She wrote books and she maintained a position in which she tried to persuade people that altruism was very bad for them and selfishness was very good for them. Was she an Orion-influenced person or simply a person of extreme negative polarity or just comment briefly on this person.

I am Latwii. My sister, we regret that we are limited in the discussion of such individuals. We would have you understand that to evaluate the individual would be to cast light upon the orientation of the individual's works which are significant in their effect upon the polarization of other people. For this reason we are unable to answer your question.

Is there another question?

J: No. And I realize that I really meant to ask about the significance of the works, but you say that you cannot respond to that, right?

That is correct.

J: Thank you.

We thank you, my sister. Is there another question?

(Pause)

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I am Latwii, and we must say that we find the silence deafening. As there are no further questions, we will thank each of you again for the wonderful opportunity of sharing your joy and companionship, and for the opportunity to offer our service as slight as it may be. We bid you adieu for this time. I am known to you as Latwii. ♣

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Intensive Meditation
May 20, 1982

(Unknown channeling)

[I am Laitos.] I greet you, my friends, in the love and the light of our infinite Creator. We thank you for the precious gift of the meditation shared with us. While we work with each of you to deepen the meditative state we would ask you to walk with us a few steps into the light of the infinite Creator. Oh, my friends, even in the brightness of the noon day each mind, each heart, so often walks in shadow. As you walk into the white and limitless light, shed from yourself the shadows of this day. Has there been a harsh word? Take a step and leave it behind, and feel the light grow brighter. Have you felt inadequate to any task? Take a step into the light, and leave that feeling behind. Have you tried to reach out only to find yourselves lacking the right words, too shy to make the right choice? Take another step, my friends, and feel the light grow brighter. Drop away all those things about yourself that seem imbalanced, inadequate, limited. Have you felt helpless? Have you felt proud? You do not need these feelings, my friends, to be a child of the Creator. Remove these garments from your soul. Remove these bindings from your spirit.

As you walk into the fullness of light know that you are one, whole and perfect being. You and all in creation are this being, and without you this being could not exist. To feel yourself wrapped in the love and light of the infinite Creator. And that all else *(inaudible)*. All who seek may come to His light, but let it not be for comfort only, but as a source of inspiration and strength, that you may emerge from such moments prepared to walk in the remembrance of *(inaudible)*. For there is work for you to do and the means whereby you may do it, and for each entity the work is different. That the light, the love, and the strength are one.

At this time we transfer this contact to the one known as S.

(Pause)

(Unknown channeling)

We have a good contact with this instrument, and we ask only that the instrument speak forth without hesitation or questioning so that she may learn through practicing what our contact feels like. We transfer now. I am Laitos.

(Pause)

(S channeling)

I am Laitos, and I am with this instrument. Before she can *(inaudible)* she must learn to *(inaudible)* and speak words as they are given.

(Pause)

I am Laitos, and I am again with this instrument. If she would speak the words. If she would find it

easier to believe that *(inaudible)* the words come from us and not from her. I am Laitos. I will now transfer this contact to another, and I would ask D if he would relax, and accept our vibrations he would find it easy to say the words of our message. I am Laitos.

(Pause)

(Unknown channeling)

I am Laitos and I am now with this instrument. May we express our extreme gratitude at being able to work with the one known as S. And [we] are pleasured at the rapid progress this instrument has made. We have at this time a good contact with the one known as D, but find that this entity is analyzing our concepts. Oh, my brother, the analysis of concepts is all-important to the examination of your moment to moment existence in order that you might find in each experience the love and the light of the Creator, and we applaud you for your ability to use the power of your mind in such a constructive way. It happens that in the service of offering yourself to be a vocal instrument for the Confederation of Planets in the Service of the Infinite Creator this particular gift of the mind is counterproductive due to the fact that our concepts are given to you in a somewhat subconscious manner that is awkward to your subconscious mind as concepts or thoughts not as words. Consequently, they seem to arise out of your own mind and the words come to you which are the clothing of these concepts. This is precisely the same manner in which you do your own conceptualizing and thinking. It is virtually impossible without some experience as a channel to examine for yourself the difference between our thoughts and your own thoughts.

Therefore, as a new channel you are instructed to lay aside the faculty of analysis and allow those thoughts which spontaneously come to you to be spoken without hindrance of any kind by your intellect. You will find that as you speak one thought another will come, and as you speak that thought, another. You will find that if you stop to examine a thought the entire process is halted. Therefore, as we transfer to you again we ask you to keep in mind that a lack of analysis is perhaps the most helpful thing which you could attempt at this time in order to foster our contact with you and our ability to communicate concepts of love with your instrument. I would at this time transfer to the one known as D. I am Laitos.

(D channeling)

I am Laitos, and am with this instrument. I have been many times in intimate contact and found the way blocked This instrument is not aware of the *(inaudible)* but is so conscious. I am Laitos.

(Unknown channeling)

I am Laitos, and am with this instrument. We would like to say how pleased we are with the progress shown by the one known as D, for the speaking of our concepts without analysis is the first great hurdle, shall we say, that a new instrument must clear before being able to fully partake in the channeling process. It is one which is most difficult for those who have never experienced such type of meditation in their experience of meditation, for most entities as they partake in the meditative state are aware that many thoughts flow through the mind as debris upon the ocean, and think nothing of such thoughts' possible origins. When the channeling process is undertaken there is also seen by the new instrument the beginnings of our contact which appear as the debris of the mind even though configured in our normal greeting which is familiar to each, thereby adding to the conviction of being an instrument that there is nothing particularly special about our contact, nothing to differentiate it from the normal thoughts which proceed through the mind in meditation.

Indeed, our contact is most like your thoughts. This is the way it must be for free will to be maintained. Each part of this process which you have undertaken with rapid progress will require continued refraining from analysis, and the continued willingness to step out on the limb, shall we say, for there shall be no solid proof that this contact is indeed occurring, or such solid proof would be an infringement. Yet each instrument shall in its experience with the channeling process find that certain inner confirmations shall be made available so that the instrument might become more comfortable with the process. This is the most that can be done by any member of the Confederation when working with an instrument who serves as vocal channel, for it is most important that the free will of each entity be maintained.

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We would at this time open this meeting to questions if any present might have a question for us. Is there a question at this time?

Questioner: *(Inaudible)* block things out?

I am Laitos. My brother, we find that your experience with the initial contact, a Confederation member has produced within your mind complex at the juncture, shall we say, between the conscious and the unconscious mind a pattern of recognition of this contact which you have been aware of for a long period of what you call time, and which has produced an unconscious or subconscious [shunting] of this contact so that it is not, shall we say, paid attention to. The many experiences which you have with this contact in your past has therefore accustomed your mind to the initial recognition, and since you have made no efforts to vocalize these contacts in the past but have ignored them, shall we say, or simply observed them and let them go their way, this pattern of behavior has reached the level of your unconscious mind, having been given to it by the conscious mind as an automatic response.

May we answer you further, my brother?

Questioner: Yes, is it you all the time that I have felt?

I am Laitos. We of Laitos have been among others of the Confederation, those presences which you have become familiar with throughout your past, as you call it. This is correct, my brother.

May we answer you further?

Questioner: How can I differentiate?

I am Laitos. The process which you are now undertaking is one which will allow you to become sensitized to the differences in the frequency of various Confederation members' contact. This of course takes practice, and must be pursued with a steady desire as any new skill which requires the learning of new patterns of thought and perception.

May we answer you further, my brother?

Questioner: Will experiencing these conditioning vibrations further on other days at these intensive meetings confuse things?

I am Laitos. At the times which you now refer to when conditioning vibrations are sought—and we underline the necessity for their being consciously sought in your meditations—then if you are perceptive and notice their effect upon your being you will be able to increase your ability to recognize the various Confederation members which are making their conditioning vibrations available to you, [and] then you may use meditations such as this meditation to confirm that a certain vibration was being felt.

May we answer you further my brother?

Questioner: Thank you very much.

I am Laitos, and we are most grateful to you. Is there another question that we might answer?

S: Yes, Laitos. I would just like to know if I was channeling your words or mixing some of my thoughts in with them?

I am Laitos. My sister, this question is the first question which most new instruments entertain, and we are quite pleased to note the progress which you and the one known as D have shown is the normal mixture, shall we say, for the new instrument, which is ranging between 60 and 70% of our transmission, the remainder being your own. This is how it should be, for we do not wish to control any instrument to the extent that it does not have a part in the process, for this would infringe upon free will. We are very pleased with the progress which you and the one known as D have shown this evening, and we encourage both new instruments to continue as the beginning as they may.

May we answer you further, my sister?

S: No, thank you.

I am Laitos. Is there another question?

Questioner: Yes, sometimes I seem to get messages that are undistorted and seem clear, and I was wondering if I fabricate those? Not here but at home.

I am Laitos, and, my brother, we find that there is a certain line which we may not cross in responding to this query, for it is messages such as these of which you speak that are most important to each seeker of love and light. May we respond in general by saying that each entity which seeks the love and light of the one Creator opens its being, its channel, shall we say, to the reception of messages from a great variety of beings. This receptivity is then able to make available to the seeker messages from the Confederation, from guides who are located in what

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you might call the inner planes of this planet's web of energy, and from the deeper levels of the being's own subconscious mind which also plays a most important role in the informing of the conscious mind as the being seeks ever more highly the tuning that will allow the unity with all that is.

It is then for the being who seeks to look at that which has been found, to ponder and meditate upon the meaning of the messages, their origins, and how they might be implemented in the life's activities. Thereby does the seeker find that which is sought. To lay the table out openly, shall we say, and reveal the source and meaning of each message is not that which we wish to do, for that would be a great infringement upon your free will, and [this] is your honor and privilege to pursue as part of your path to seeking.

May we answer you further, my brother?

Questioner: Did we get any conditioned vibrations from any other source?

I am Laitos. There has been present this evening those entities of our brothers and sisters at Hatonn who have been lending their conditioning vibrations to each member in this group. For those of Hatonn are those who, shall we say, are the elder statesmen who serve this group in the normal capacity of the channeling process, and you shall become familiar with their vibrations as well. As this process continues, in a very short time it appears as though each of the new instruments will be available to brothers and sisters of Hatonn for the vocal channeling process. Therefore it has been their honor and privilege to join us this evening in the making ready of each new instrument.

May we answer you further, my brother?

Questioner: *(Inaudible).*

I am Laitos, and we thank you. Is there another question at this time?

Questioner: Laitos, a very beloved friend of mine who is also one of the very best instruments for the Confederation that I have ever heard has virtually stopped channeling. It isn't until I read some of this instrument's transcriptions, and enjoy again the beauty of the channeling, that I realize how much I miss this channeling from this particular instrument. What makes such a beautiful instrument decide to cease offering themselves, and how can I accept it and be helpful instead of wishing to hear the words again through that particular instrument?

I am Laitos, and, my sister, as you are well aware each instrument in the process of serving as an instrument encounters those opportunities for further seeking and further refining in the channeling process which provide the entity with a choice: the choice of whether to continue the process with the increased demands, shall we say, of inner surrender that are necessary for each transformation or to rest for awhile while the reserves of the inner being are focused in other areas, and are held, shall we say, in limbo in the particular area known as the channeling.

The entity therefore finds that the process of seeking in any direction will be [that] the channeling process, meditation in general, or any service to any other self, requires that there be made and remade and made again the inner dedication to continue refining the self in the fires of personal experience. It may be for some entities this process becomes too intense, and must be for a period laid aside so that there might be a regrouping, shall we say, and a rededication. For the progress that each entity makes is the result of the will to seek and to serve, and the will of each entity which serves in this manner is quite unique.

For one who wishes to hear once again the service of the channeling by an entity which has chosen for the moment to rest is a desire which must take into account the unique nature of each entity and the unique requirements that are made upon the resources which the entity calls the will. To wait until another has become once again available through transformation to provide this service is to recognize that each progresses at the proper rate for their own unique configuration of being. To offer yourself when asked as an advisor or supporter of this process in another is the most one can do. For we cannot, no matter how much we may wish to, help another proceed on his spiritual path faster than his feet can carry the entity.

May we answer you further, my sister?

Questioner: *(Inaudible).*

I am Laitos, and we thank you. Is there another question at this time?

(Pause)

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I am Laitos. We are most honored to have been asked to join this group this evening. We thank each of you. Again we remind each new instrument that it is most helpful to request our conditioning in your private meditations but to reserve the actual vocal channeling for meetings such as this one with experienced instruments present. We commend each new instrument on the rapid progress that is being made, and look forward to the continuation of this service to each new instrument, and by each new instrument. We shall now take our leave of this group. We leave you in the love and the light of the one Creator. We are always one in spirit. I am Laitos. Adonai, my friends.

(Unknown channeling)

We are receiving an unspoken question and would like to send a concept to the one who asks at this time *(inaudible)*.

(Pause)

I am Latwii. We thank you for your patience. Sometimes it is desirable that privacy be maintained, and this is not a question that we wish to verbalize the answer to. Is there another question at this time?

(Pause)

I am Latwii. My friends, we thank you. We would close through the instrument known as J. I will transfer at this time. I am Latwii.

(J channeling)

I am Latwii, and we would say in closing that the tasks which each of you have set for yourselves are worthy tasks, and we would aid you in every way that is possible for us to do so in the accomplishing of your tasks. Your work will not be easy but you will discover the greatest rewards in serving your brothers and sisters on your planet at this time. Your world has never needed your service more, and it is with this knowledge that you must go forth each in your own way, and be of whatever service you can be. I am known to you as Latwii, and I leave you in the light and love of our infinite Creator. Adonai, my friends. ♣

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Monday Meditation
May 23, 1982

(Unknown channeling)

I am Hatonn, and I am now with this instrument. We greet you again in the love and in the light of the one infinite Creator. This indeed lessons to view the blessings in song, in harmony, with all of those present we see to the one divine purpose, see on the planet many people who are living the emotion you call fear. Many have begun to look too far ahead at things which might be, which could be [occurring]. You live in a time when the threat of what you call global destruction appears somewhere, someone, who does that one thing that start the dominoes to fall bringing an end to your world. Others live in the fear that the changes that your planet is undergoing, they fear those events occurring in nature will begin to intensify; the earthquakes, severe storms, volcanoes and other natural disasters as you call them, will sweep over your planet and bring great death and destruction.

All these things, my friends, may happen, they may not. The things that you do now are those things that *(inaudible)* of what you call the future. If one dwells too long on the things that have not yet happened, or even those things that have already passed, one runs the risk of not living the moment that they're in. My friends, each moment offers you choices. Each moment holds the lesson for you to see, to learn from. Each moment provides an opportunity to start the journey to begin seeking the [brightness] of the love and of the light. As you begin you will have an effect on your planet. Small *(inaudible)*, whether you be aware of it or not, it is the combined effects of your peoples which will help to shape the planet's future. In these times many of your planet have begun to journey, have begun to seek the Creator, the love, the light, and it's beginning, it's happening, it's [affecting]. But, as this effect is [pondered], also affecting the planet of those combined energies of those who dwell in a *(inaudible)* of darkness shall [dawn] who love like the same way those who seek to serve the *(inaudible)*.

There is at this time an ever shifting balance between these two effects. We ask that you remain with the moment. Allow yourself to experience, to feel the love and the light, [to allow for time] that you do not rush into the future. But allow yourselves to slowly be in each moment and deal with those things that are in the moment. We are Hatonn. Realize that to be in the moment in your illusion is indeed a difficult task. You've been living constantly bombarded by all the aspects of the world. You are constantly pressured by those who would attempt to sway the thinking but you are always free to examine and for yourself choose that which you do. We hope that you will allow yourself the time to be each love and light, to open yourself in your meditations to the love and the light and allow yourself love.

We would now transfer this contact to another instrument at this time. I am Hatonn.

(Carla channeling)

I am Hatonn, and I am with this instrument. We greet you once again, my friends, in the love and the light of the infinite Creator. We offered the contact to the one known as L but discovered that this instrument was too *(inaudible)* for the present. This is well, for this instrument has some *(inaudible)* and we thank this instrument *(inaudible)*.

We would continue with some thoughts for our subject which has been *(inaudible)* in the eyes of many of you at this time. We are aware, my friends, that you seek not only to know the truths of the one original Thought but also to establish a company with whom you make this pilgrimage *(inaudible)* companions on the way, support upon the journey.

The questions on how to structure a community which is centered in spiritual seeking is one which it is impossible for us to answer, for each group of entities is a unique blend of needs. However, our own community is one based upon just such things and therefore we may offer some thoughts which may aid you. We surely hope that this may be true.

As you sit in community in this domicile this evening, you are experiencing the height of that which community is. The shared experience, a shared ideal, a shared desire. As these means of unity pass and as you discover each other's individual needs, the community who comes as *(inaudible)* as the entities within it. There may be one who needs sympathy, an outstretched hand, there may be another who needs the understanding soul too and the support of that soul to be protection and yet these two entities are seeking the same idea. [All have] the same [privilege] of sharing the same experience. There are some who identify community with those who work closely together. There have been several within this group of companions who have striven to cause this to come about.

This sharing, rightly understood, is greatly helpful. But there is a sharing of periodical community—such as these meetings—which is also extremely helpful. And the structures necessary to offer this community then form the structures necessary to offer a completely common human experience. There is a greater community, the community of those who know that this group sits in circle and shares the light. And my friends, these entities are *(inaudible)* and they form a community also. Shall we say, a community of *(inaudible)*. They accept with great thankfulness the products of the service which you offer, as you sit in meditation and share your energy in unity that channels such as this one may speak to you; and not only to you but to the larger community. And there is that one last great community without which no [ideal] community is complete and that is those who do not yet know of this community.

To have a structure available for those who wish to know about this community, this is service that aids greatly in a community's polarity towards service to others. It is well that this particular companionship is open to any who wish to attend. It is well that you ask only that simple preparations of reading and studying be accomplished. For there will be those attracted to this group and an entrance to be fashioned to greet them, one as full of friendliness, love and light as the one which greeted each of you.

We have spoken through instruments such as this upon the simple subject of the original Thought for many of your years and in that time many are those who have listened and have gone forth keeping the knowledge of these thoughts within their hearts. This is a great feat, a great bounty to us and it is well when you think of community not to look [at] the unity regardless of time for all those which have sat in this circle of shared experience, shared ideas, and shared seeking. As you seek, as you meditate, become sensitive to your needs, become sensitive to those who share your path at this time.

(A baby is heard crying.)

(Carla channeling)

I am Hatonn, we are sorry for the delay but they will *(inaudible)* an entity close to your group which did not adjust *(inaudible)*.

Become aware of the opportunities for community. Not as you would *(inaudible)* but as your ideals, your visions, and your love show you.

It has been written, my friends, that the kingdom of heaven is within. The community of that kingdom is one of the great blessings of the shared experience *(inaudible)*. Rejoicing *(inaudible)* rejoice in the strangers with whom you may share your love and your light and rejoice most of all because the comfort, the confidence, and the power which

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supports those who desire to love each other is abundant in every atom of the creation.

I would at this time leave this instrument. I am Hatonn. I leave you as a voice [upon the rooftop] that you must know, my friends, that we are always with you. As all of those who desire to wait and hearken to the call. We leave you in that great companionship, that great community that is yours for eternity. I *(inaudible)* now *(inaudible)* Hatonn. We leave you in the love and in the light of our infinite Creator. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you all in the love and in the light of the one infinite Creator. We are most honored to be able to join your group this evening. We thank each of you for extending the invitation to us once again, to blend our vibrations with yours. We, as always, offer ourselves in the capacity attempting to answer those queries which have meaning to those requesting information. We would at this time therefore open this meeting to the questions. May we ask for the first question?

Questioner: What is meant in the New Testament, why the statement that if we resist the devil he will [slowly charm us]? And also what is meant by "devil"?

I am Latwii, and am aware of your query, my sister. We believe that this statement has been misstated in that reference in its effect. For it is our understanding, humble and simple though it be, that to resist that known as the devil, to resist any influence considered dark or evil, is to intensify the ability of that influence to make its effect felt upon the one resisting. The concept is based upon the fact that all is one and that those who pursue that path of darkness, or the serving of the self, are also part of that oneness and to resist, or fight against, propose an opposition against such a force is to reinforce that power of separation by reaffirming separation. The forces of darkness obtain their power by separation from and control over others. To resist, in any degree, is to affirm that there is a separation and therefore it is to affirm the base of power of which the forces of the darkness draw their being. Therefore it is more in conformity, shall we say, with the principle of unity to accept all entities that are of a dark or light nature as part of the self, recognizing the one Creator in all. Accepting, forgiving and loving these entities therefore provides the entity with, what might be called, the shield of light, and does provide that protection which entities may seek in the resistance of that called evil.

The devil, my sister, is simply that dark portion of creation which seeks separation and pursues its path to the Creator by the separation from, and control over, other selves. But this, of course, is a path of limited light for it is not in total agreement with the underlying unity that is the fabric of all creation. And this path must therefore at some point, if it wishes to continue in evolution, join in the path that accepts all, loves all, forgives all, and sees all as the one Creator.

May we answer you further, my sister?

Questioner: Well, just let me see if I've got this clear. So the statement, resist the devil and he will *(inaudible)*. I'm not sure which one it is and he will [flee from you] so that's not really not a good path to follow, is that right?

I am Latwii. It is our suggestion that that path would not prove effective for those who would wish to be protected from the influence of negative forces. This is correct, my sister.

Questioner: Thank you.

I am Latwii, we thank you. Is there another question at this time?

Questioner: Do people who say that rosary and prayer wheels and other prayers for people, do they accomplish something?

I am Latwii, and am aware of your query, my sister. Such entities do indeed accomplish something. That which is wished to be accomplished, the aiding in love and light of another entity is that which is in some degree accomplished by the activities which you have described. The purity of the seeking to be of service and the strength with which the will is turned in this direction are the factors which determine the degree of success of this desire. There are, as you are aware of, many methods by which such service …

(Side one of tape ends.)

(Jim channeling)

… might be rendered, for the entity wishing to undertake such a service needs be most concerned with the will and the purity of the desire. The manner in which this is manifested is of concern

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only to those entities who wish to make this type of service a more refined and regularized, shall we say, offering of service. Such entities may then wish to employ other techniques.

May we answer you further, my sister?

Questioner: Thank you, you answered me very well.

I am Latwii, we thank you and we are pleased that we have been able to serve. May we ask if there is another question at this time?

Questioner: Yes, Latwii, would a major nuclear confrontation affect existence in other places, or other dimensions, or other worlds [of awareness] or would it be confined to this planet's third density?

I am Latwii, and am aware of your query, my brother. There is a unity, as each of you know, [and] when any portion of that unity is affected by any action, the rest of the unity is also affected, for are not all one? If such an action which you have described and discussed this evening were to be accomplished upon your planet as it has been accomplished elsewhere, even within your own solar system, there would indeed be an effect which would be felt and there would be certain balances that would be, for the moment, awry and would therefore need to be balanced by another action upon the various levels of what you call the creation.

May we answer you further, my brother?

Questioner: Yes, would the Confederation interfere in any way …? We were discussing information from various sources that it would not be allowed to happen. Is that true?

I am Latwii, and am aware of your query, my brother. We of the Confederation of Planets in Service to the Infinite Creator seek to be of service to those entities who call us. We see the creation as one thing, we see needs, we see perfection, we see the Creator knowing Itself in all activities and we see each portion of the Creator pursuing its path in reuniting with the one Creator. Each entity, each portion of the creation, must be allowed to pursue this path within free will insofar as this is possible. We see many possibilities on your planet at this time. Each possibility must be granted the opportunity to be expressed. For those entities now upon your planet have, at this time, many balances which are in the process of becoming complete.

There are, as you are aware, entities from a great number of planets which have found the necessity to repeat this third-density cycle. Many have found this necessity because they have experienced that which is now feared upon your planet—the destruction of the planet. These entities and these actions now are attempting to reach a reconciliation, a balance, if you will. And this activity must be allowed to become completed. Therefore, whatever choices your peoples make as they seek this balance, individually, in community, and in global terms, therefore, must be allowed to find full and free expression and shall be allowed to do so. The stage from which the drama is played is one part of the creation. It has evolved from many sources. Whatever its final curtain *(inaudible)* upon this planet, it shall continue in some manner and continue in its evolution of characters, of scripts, and expression of the one Creator. There is no end to the experience.

May we answer you further, my brother?

Questioner: No, thank you.

I am Latwii, we thank you. Is there another question at this time?

Questioner: Does the presence of entities from other planets which have destroyed themselves increase our chances of this type of thing happening here since they had to balance that experience somehow?

I am Latwii, and am aware of your query my brother. Indeed, this may be so, but it is also true that many of those entities that have experienced this destruction are also desirous now, upon the subconscious levels, to make a reconciliation for this action and it might then be said the possibilities of such an action could also be less. With some entities, their purposes being manipulation and control upon a conscious level, the likelihood then becomes increased; with other entities, who wish to make a balance in the actions—whether on a conscious or unconscious level—then is generated the possibility that such would not occur. But therefore are—we correct this instrument—therefore all possibilities continue as possibilities with some awaiting in favor of one activity at certain times, another activity at other times.

May we answer you further, my brother?

Questioner: No, thank you.

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We thank you. Is there another question at this time?

Questioner: Are there any entities upon this planet presently who experienced the demise of Atlantis?

I am Latwii, and, my sister, there are many entities upon this planet which experienced that action. Indeed, almost every entity which was a part of the population of that continent known in your history as Atlantis now resides upon your planet.

May we answer you further, my sister?

Questioner: And I'm assuming they're both of the positive and negative polarity?

I am Latwii. In general, my sister, this is correct, although the greatest portion of your peoples have not yet chosen their polarity but swing back and forth between the two, both upon the conscious and unconscious levels.

May we answer you further, my sister?

Questioner: So then these entities really aren't helping us very much within the crisis we think we're in, is that right?

I am Latwii. May we ask for a more specific naming of the entities referred to?

Questioner: Are there more entities who have chosen the positive polarity than there are who have chosen the negative polarity?

I am Latwii. My sister, this is correct. The number of entities at this time who have chosen the positive polarity is quite small considered in relation to the entire population of your planet. Yet this number far exceeds those entities who have chosen the negative polarity. The entities, however, who have chosen the negative polarity are more to be seen in the positions of power, shall we say, for this is the natural habitat, shall we say, of such a negative polarity.

May we answer you further?

Questioner: Then I'm assuming some of them are rulers today? Or they're at least in government positions of power.

I am Latwii. This is correct, my sister, and to this we would only add that many such entities are not publicly visible, though many are. May we answer you further?

Questioner: No, thank you.

I am Latwii, we are most grateful to you. Is there another question at this time?

Questioner: Could you tell us something about yourself *(inaudible)*?

I am Latwii. As an introduction, may we say that we are most pleased to be asked about our meager existence—meager, shall we say, when compared with the great variety of experiences that your peoples now enjoy upon the surface of your planet. Our existence has become quite simplified for many thousands of your years and even greater spans of years have we been of one mind, shall we say. We of Latwii inhabit that density known to you as the density of light, the density of wisdom, numbering five. We seek the density of unity which will allow us to balance the compassion which we as a social memory complex gained in our experience of the fourth density. With the reason that we are now learning in its fullest extent. This attempt that we make at evolution has been aided greatly by our intense desire to seek the one Creator. For it has been our experience to know a great variety of the paths, shall we say, of evolution. For we of Latwii have *(inaudible)* of those you know of as wanderers to many parts of this galaxy and have become acquainted with a great array of planets, of peoples, and of processes of evolution. All this we have taken into our beings and have learned therefore that the one Creator is that experience of unity which all entities seek.

We of Latwii experience an illusion similar in some ways to your own in that we yet have much catalyst to work with and much experience to complete before our graduation to the next density. Yet our illusion is somewhat more finely constructed than is your own. For it is an illusion that is made of light, as are all illusions, but we are able to form that light at will so that our simple needs might be met by our own actions in a more easily observable fashion. This, of course, is true upon your own planet and within your own density, yet it's not so apparent to the peoples of your planet for they still dwell within the veil of the forgetting. We of Latwii have utilized this veil of forgetting in the third density and now proceed in our evolution at what might be considered a slower pace but a pace in which we are able to see that each part of our illusion is the fabric of our own creation.

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We at times exist within what you would call a sun body but, being unable to balance wisdom and love at this time, we are not able to remain in that configuration for an extended period of what you would call time. Our normal environment, shall we say, is within the realms of light and consists of that focus of light which we find a need for in order to learn certain lessons—these lessons having to do with the refinement of wisdom. Therefore, our environment is not what you would call constant. We periodically make forays, shall we say, into other planetary environs such as your own in order to study the configurations of light that are the basis for a certain portion of the evolutionary process of your peoples and other peoples. We are what you might call more scientifically oriented than our brothers and sisters of Hatonn or Laitos who find philosophical explorations more to their liking and nature.

May we answer you further, my sister?

Questioner: Are they in the same density as you are?

I am Latwii. Though we are in the same creation, our density is one density removed from those of Hatonn and Laitos, their density being the fourth density—that of love and understanding.

May we answer you further, my sister?

Questioner: Thank you that was very *(inaudible)*.

I am Latwii. We thank you and are pleased that our chance to, shall we say, strut our stuff has pleased you. May we ask if there is another question at this time?

Questioner: Yes, would you evaluate the accuracy of the channeling that occurs on Friday nights?

I am Latwii, and am aware of your query, my brother. We prefer to make a general statement in this case for it is necessary for entities engaging in this process of refining the channeling process to seek such a refinement as a result of inner revelation. We would say in general that we are most pleased that we have been able to speak at your meetings held upon another evening and in another location as you call it, and are very happy to offer ourselves in this endeavor. We are happy that the entities engaging in this meeting process have asked for our services and that these entities continue to seek whatever stronger desire to know the one Creator. We assure each this desire shall continue to refine that process which is now taking place.

May we answer you further, my brother?

Questioner: Yes, have you any suggestions to offer for our examination that would possibly lead to a more refined and accurate channeling?

I am Latwii. My brother, again we must speak generally. Each entity which wishes to refine the process of seeking may do so in any number of ways. The most important ingredient is the strengthening of the will and of the desire to seek. We have mentioned this many times. These are the foundation stones, shall we say, upon which the seeking of any entity rests. For as the entity seeks so shall they find, for the seeking is as the magnet which attracts the filings. You are part of one creation; as you seek, you respond. Your greater selves are aware that that portion of yourself which you project as a personality, through its desire thereby seeks greater illumination. Therefore, may we suggest simply the reaffirming of each moment of which you are conscious of your seeking of the desire to seek in ever more pure and ever more positively polarized matters. This is a suggestion which each may find aid in utilizing.

May we answer you further, my brother?

Questioner: I have a question on a different subject. I'm currently experiencing a lesson which involves the decision to whether it is best to communicate or not communicate with another self. I've reached what I feel is the best decision but I would be very interested in any advice that Latwii might be willing to offer on that.

I am Latwii. My brother, we can only advise you to do that which you feel is best to do. For within your own being resides those biases which seek the balance; and to advise an entity to do anything other than that which it wishes to do is to advise an entity to do that which will not aid its evolution as greatly as will its own volition. You cannot make mistakes, my brother. You can learn from all experiences.

May we answer you further, my brother?

Questioner: No, thank you for your answers.

I am Latwii. We thank you as well. Is there another question at this time?

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Carla: I had to tie up about three questions that I had more questions about when you finished answering. First was L's question about channeling. I've wondered also what one could do to refine one's channel. Don has always talked about the possibility of what a teacher would call "master classes." That's when teachers teach other teachers. Would this sort of channelers' channeling meditation be of aid to the channels involved in refining the channels of those who desire to take part? Or can you comment?

I am Latwii. My sister, we can indeed comment. Our comment is, yes. May we answer you further?

Carla: Yes, to work on C's question a little bit more. I do understand your idea about not resisting evil because obviously if evil—or the devil if you want to personify it—being a part of yourself since we are the creation—is to be loved and accepted as a part of the self and thereby made non-powerful because it is a part of the self, it is understood, it is forgiven. I could understand that but many is the time when I've talked with someone who has a very specific problem like wanting to stop eating too much or wanting to stop smoking; or my own particular weakness is wanting to stop purchasing garments that I don't need to wear. It does seem to be a simple prayer "resist," will get me through one specific instance. Is there virtue in that limited kind of resistance or am I talking about evil or just the *(inaudible)* choices?

I am Latwii, and am aware of your query, my sister. There is a significant difference in those activities of which you speak having to do only with the self in relationship to the self and those activities which have to do with the self in relationship to other selves. As an entity seeks to balance its own biases and distortions, there are those activities which are subject to the will, which may be undertaken and prove efficacious in that balancing. It is possible to exercise the will to such an extent that the simple losing of the desire to do those things which are not deemed proper might be accomplished.

When dealing with an other self, on the other hand, it is not deemed proper for one wishing to proceed [on] the path of positive polarity to exercise the will in such a fashion over another entity if this entity has [been] seen to be that of what is called the negative polarity. For to do so is to engage in a battle which is a thought upon the negative entity's turf, shall we say, and is to engage in a contest of wills which will inevitably lead to the depolarizing of the positive entity. It is better for such an entity to not exercise the will in opposition to such an entity but to withdraw from the contest and, within the meditative state, seek to send the negative entity the love and the light which is truly felt for another part of the great self.

May we answer you further, my sister?

Carla: I believe I understand. What you're saying is that, for instance, when Jesus said, "Get thee behind me Satan," he was dramatizing not the reality of the devil but his ability to use his will to decide not to accept a certain temptation and then to pray for those who did persecute, as he did for the forty days before he went to be crucified. His statement then is misleading as it's written in the *Bible* which is basically saying because the emphasis is wrongly placed on the personification which seems to be evil instead of the rule to choose one thing instead of another.

Is this correct? Is this what you're saying?

I am Latwii, my sister. In general, we agree with your summary. We may comment further by suggesting that the entity known as Jesus, when speaking of that concept of negativity called Satan in your holy works, was speaking of those temptations that were being offered it by those forces which wished to depolarize the one known as Jesus so that its work would remain undone. The one known as Jesus, though it accepted fully those forces of negativity or darkness within its heart of being, loved them, forgave them, and had compassion for them, yet did it say to those forces that it wished to pursue another path and that those temptations which were being offered were not acceptable to this entity, though the entities offering them were indeed accepted, loved and cherished. Therefore, the entity known as Jesus was, in refusing these temptations, not opposing those forces of darkness but was loving them in the fullest while at the same time refusing their offerings.

May we answer you further, my sister?

Carla: Not on that subject, that was most helpful, thank you. I wanted to just pursue some questions that were asked about lots of UFO rumor mongering that's been going on—that's about the best I can call it—when the UFO research community, for years and years, ever since I've been

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involved in these meditations, the big rumor has always been the UFO involvement in what the *Bible* has called the rapture. This rapture business has been going on for the last eighteen hundred or so years and I've always been curious as to what germ of truth it held, the remnant that shall remain and the being taken up, whether it was simply the small harvest at the end of the cycle or what. And I've always figured when UFOs become a part of the scene it was only natural that UFO channels [who] were familiar with the *Bible* would then latch onto the idea of the rapture and figure that it was going to be accomplished by means of the mechanisms of spaceships. I wonder if you could comment on this for our group because I think that in many ways this whole concept has been a very damaging one in that it concerns people and it distracts them from your message. This whole idea of the mechanical salvation by UFOs?

I am Latwii, and I am aware of your query, my sister. We are very pleased to be able to make a comment upon this subject which we also have found to be quite disconcerting. The, shall we say, kernel of truth as we see it within this concept is the fact that there shall be those of the fourth-density vibration who shall greet those entities upon your planet who are harvested into the fourth density of love and compassion. These entities who shall serve as the greeters, the guides, and the teachers from the newly harvested of your planet, are those entities of the similar configuration to the one known as Jesus and shall be those who shall fulfill that known as the Second Coming in one aspect. That is the greeting. These entities stand ready at all times to greet those upon your planet who, in their daily round of activities, in their daily round of activates seek ever more purely the one Creator. Love and light is sent, a direction then possible is offered, and as your planet makes the appropriate passage into that density of love and understanding which it is now entering, these entities shall be those who make ready the passage and who …

(Tape ends.) ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Intensive Meditation
May 27, 1982

(Carla channeling)

[I am Laitos,] and I greet you, my friends, in the love and the light of our infinite Creator. We thank you for the great blessing you have offered us in asking us to come and work with those who have gathered here in the name of the Creator, the Source. We attempted for a time before we contacted this instrument to make contact with the one known as S1. We say this in order that this instrument may know those sensations that she was feeling were those of contact. We shall continue for a short period working with each instrument as we speak through this one.

My friends, in these groups in which we concentrate so much upon service, sometimes we of Laitos may stress too much that great pillar of "the life lived in knowledge of [8]," and forget to stress with the most abundant emphasis the joy that permeates the universe of this Creator Whom we serve. Too much we stress responsibilities connected with being a pilgrim and not enough do we share with you the reality of freedom that that service brings, for in each attempt to serve the Creator you have freed yourself from the opinion of a disillusioned illusion, you have removed yourself from a dimly lit, habitually angry and negative set of circumstances which persist despite all the beauties of the creation around you, and you have with your eyes in your inner selves glimpsed the reality of an infinite merrymaking, an eternal joyousness, the love that is without end.

Because of the medium of speech, we do not seem to you to be constantly joyful, and because of those things which we wish to teach, those skills which we wish to share, we seem bent single-mindedly upon the great responsibilities of service, and it is true, my friends, that those who wish to become shepherds must rise up and take the shepherd's crook, and stand by the sheep in daytime and in dark, in safety and in peril. You do not know when you shall be called upon to channel in your own way. Consequently, we speak frequently on the service that is to be kept in mind. But, my friends, if we could but skip and jump and rejoice among you, laughing and shouting and making merry, for we are drunk on the very joy of the universe! We shall never be able to bring this into your language or your illusion, yet as you meditate, this feeling may come to you at any moment as you touch the Kingdom of the Father and His reality. As we charge you to meditate, to seek the truth, to attempt to be of service, if that is your desire, we invite you also to a grand party. Everyone is there. It is just, my friends, that some do not yet know it.

We would at this time again transfer this contact to the one known as S1. I am Laitos.

[8] Carla: The consciously lived life or the reviewed life.

(S1 channeling)

I am Laitos. I am with this instrument. She was afraid to speak before, thinking that it was her own thoughts and not ours she perceived, but this is not true. She was receiving our thoughts, and she will find it easier as she practices. I am Laitos. I will now at this time transfer this contact to the one known as D. I am Laitos.

(S1 channeling)

I am Laitos. I am again with this instrument. The one known as D did not wish this contact at this time. We will therefore, continue to work with him in hopes that he will in the future rely more on his feeling than his analysis. I am Laitos. I will transfer this contact to the one known as Carla. I am Laitos.

(Carla channeling)

I am Laitos, and I greet you again in love and Light. We would say to the one known as D that the brothers of Hatonn are joining us in twisting your arm, and we shall contact you again later [in the evening.]

We would at this time ask your patience as we wish to spend some time familiarizing the one known as M with our vibrations. We would attempt to speak a very, very simple phrase through this instrument in order that the words themselves do not constitute a difficulty, but merely the experience of channeling will be the focus of the experience. We shall repeat, "I am Laitos," and this repetition will seem as though it is the thought of the instrument. Nevertheless, my friends, none of you goes through life say to himself, "I am Laitos." This is not a normal thought.

Consequently, we ask the one known as M to comfort himself, and not to analyze this thought when it appears within his conscious mind. We urge him, rather, simply to speak this thought and then await another thought. We shall repeat this transmission several times in order to familiarize the instrument with the experience of speaking our concepts. We ask that the instrument relax and refrain in the most rigorous manner possible from analysis, as analysis will block our transmissions. We would at this time, with the permission of the instrument, transfer this contact to the one known as M. I am Laitos.

(M channeling)

I am Laitos. I am with this instrument. I am Laitos. I am Laitos. I am Laitos. I am with this instrument. We are glad to speak to this instrument. We have had a desire for a long time to work with the one known as M, but due to his reluctance we have not been able to do so. We are glad to be with this instrument. I am Laitos. I am Laitos. I am Laitos. I am Laitos. I am with this instrument. I am Laitos.

(Carla channeling)

I am Laitos. I am again with this instrument. We are extremely pleased to be able to make such rapid contact with the one known as M. The way has indeed been made plain for us by this instrument's desire. This instrument has an extremely strong ability to concentrate upon the tuning which is so great a part of this type of contact. For this, we are most grateful, also, for it shall greatly accelerate the speed with which we are able to open this particular channel. The one known as Hatonn has been conditioning the one known as D, and at this time we would step aside, that those of Hatonn may offer their greeting through this instrument. We would now leave this instrument temporarily. I am Laitos.

(D channeling)

I am Hatonn. I am with this instrument. It is with great difficulty we use this instrument, due to his concentration. I am Hatonn.

(Carla channeling)

I am Laitos, and I am again with this instrument. At this time we would like to share with the one known as J and the one known as R with the vibrations of ourselves and of Hatonn in order that we may deeply share in consciousness, and more deeply share in meditation. We now pause.

(Pause)

I am Laitos. I am Laitos. We would now exercise the instrument known as S2. It is with great pleasure that we move with this contact to that instrument. I am Laitos.

(S2 channeling)

I am Laitos. I am pleased to greet you once again with this instrument. It has been quite some time since we have been able to speak our words through her. She is most frequently used by those known to you as Hatonn and we are indeed happy that she has

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all us to be—correction—to speak through her today. We of Laitos are pleased with the progress of all those who are attempting to improve their abilities to speak our words, and are amazed at the speed with which all of you are beginning to, what you might call, grasp our thought out of thin air. It is often confusing to those who are not so experienced to distinguish between those thoughts of the instrument and those thoughts which we are attempting to send them. However, we wish to let you all know that you are correctly receiving these messages which you have been speaking.

We are aware of some of the difficulties you have when we are not able to direct our beam of thought in the precise manner in order to make a clear and concise contact. We are grateful for your patience with us, and we will try to zero in on each of you individually as we become more accustomed to your own particular frequency.

(Side one of tape ends.)

I am Laitos. We apologize for the interruption, but as you know, we were unable to speak momentarily. As we were saying, it is now with a great deal of pleasure that we would turn our contact over to those known to you as Latwii, as we know that there are many of you who are anxious to communicate with Latwii. We would leave you now, my friends, in the love and in the light which we arrived in. I am Laitos.

(Carla channeling)

I am Latwii, and I am surprising this instrument in the love and the light of the infinite Creator, for we wish to speak a few words through her, and also depart greatly from established custom in this group. However, there is one in this group which has been toying with the idea of attempting contact with the Confederation, and this particular instrument has its wiring strung somewhat delicately, and it was a thought, as we counseled together, those of us who serve you at this time, that the one known as A would perhaps best comfortably be able to communicate a few words with our particular vibration, which this instrument feels with a strength akin to the two-by-four, but which to other vibratory complexes is far more comfortable than even that vibration of old, easy-going Hatonn. Therefore, we would at this time ask your patience as we repeat with the one known as A the exercise of the repetition of our simple identity so that the one known as A may have the experience, if she wishes it, of this channeling. We ask the instrument to relax, and to mentally inform us if there is discomfort, and we shall adjust accordingly our vibration. We would transfer at this time. I am Latwii.

(Pause)

(Carla channeling)

I am Latwii. I am again with this instrument. I fear that we have, shall we say, inadvertently blown some circuitry, even as we were attempting to be most careful not to. Also, the desire to be of service in this particular manner is not yet a fixed star, but rather one which twinkles on and off. So be it.

We thank the one known as A, and may we say to each of you, we shall, along with our brothers and sisters, be with you at any time you may wish to work with our vibrations. We leave this instrument now in order to get on with the answering of any questions that you may have. We leave this instrument in love and light. I am Latwii.

(Jim channeling)

I am Latwii, and greet you all once again in love and light. We are privileged at this time to be able to offer ourselves in the capacity of attempting to answer your queries, for we are aware that there are those questions upon some minds which might prove useful in the answering. May we at this time, therefore, ask if there is a question which we might attempt to answer?

R: Yes, Latwii, I've asked this before, and the answer is bothering me quite a bit. I'm curious, an experience I had—I'm wondering how much damage [there is] or how thwarted my abilities to receive mentally your conditioning, and conditioning in general [is] for the Confederation. Is there any way I can take care of that, or is there any way back, or do I just have to learn to function with whatever I have left of those abilities? Can I undo the damage?

I am Latwii, and am aware of your query, my brother. The experience of which you speak was one which was most intense on those minor circuits of your metaphysical body, shall we say. This body might be likened unto that which is not visible, and is that body which is activated at the times in which you are engaging in what you call meditation, a deep contemplation, and for many entities, the activity of

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prayer. It has been somewhat affected, shall we say, in its ability to make its manifestations known to your physical vehicle, as you are in the meditative state. The circuitry has suffered some impairment of connections. These connections might be most fruitfully repaired by your conscientious observance of regular periods of meditation, and the continued strengthening of your seeking of the one Creator.

The experience of which you speak has had beneficial effects as well, for it has made various portions of your metaphysical body more finely tuned, shall we say, and able to receive impressions and transmissions from other sources such as the Confederation. This occurred in, shall we say, somewhat of a premature manner, and therefore resulted in that impairment of the transmission of these perceptions to your physical conscious vehicle. But we are of the opinion that your continuation in strengthening your desire to seek the one Creator in the meditative state shall be most beneficial in the repairing of these circuits.

May we answer you further, my brother?

R: No. Thank you.

We thank you. Is there another question at this time?

Carla: We have a couple of friends that do work with crystals, and both of them seem to be good crystal healers to me. Would R's particular metaphysical difficulties be aided by this type of healing?

I am Latwii. My sister, we feel that the type of healing which you have referred to as crystal healing would have at best what might be described as short-term benefits, for the impairment of the circuitry connecting the metaphysical and physical vehicles is that which was made in free will, and which must also be repaired by that same free will. It is, of course, possible that this free will could seek an avenue of expression through a response in a positive nature to this crystal healing of which you speak. This is possible, though our recommendation for the continuation of the meditative periods and the strengthening of the desire to seek are our best suggestion.

May we answer you further, my sister?

Carla: No, thank you, Latwii. I believe I have you pegged. Take two meditations and call me in the morning.

I am Latwii. My sister, we hope you shall not report us for practicing without one of your licenses. May we answer another question at this time?

Questioner: Yes, Latwii. What can you tell me in general, and I won't mind if you're brief, about the benefits of going through hypnotic regression?

I am Latwii, and am aware of your query, my sister. The process of enhancing the memory of previous experiences through that which you have called the hypnotic regression is a process in which information is added unto an entity's conscious mind from those levels of the unconscious which are not normally available to the conscious mind. Therefore, information of this sort is usually of such an unique nature that its use is often not discovered until much of what you call time is passed. This is usually the case unless an entity has quite specific purposes for seeking information from previous incarnations. Most entities are unaware of the most beneficial type of information which could be sought. Therefore, the information which is received is usually not of much use.

Were an entity to look upon that life which is presently being experienced and see in that life those lessons which are being attempted, and attempt to trace those lessons in a previous incarnation so as to see their roots, then it might be possible for the entity to use that information in a more beneficial manner, for each bias which an entity develops during any incarnation shall at some time need to be what you call balanced with its opposite bias. This usually occurs in a future incarnation. Therefore, if one is able to look upon the current incarnation as a balancing effort set in motion by a previous incarnation's gaining of bias, then there might be information of a most helpful nature which could be obtained by using the tools of regressive hypnosis.

May we answer you further, my sister?

Questioner: Might I say, "Aha, that's exactly what I was after." Thank you very much.

I am Latwii. We thank you. Is there another question at this time?

M: Yes, Latwii. In recent months I've read volumes of back issues of meditations and something I've

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noticed in many of the question and answer periods are some extremely long answers to what sometimes seem as relatively simple questions, and as I read over these, it seems as though the length and some of the things you go into in your answer actually add confusion to the answers. Why are you not more concise more often?

I am Latwii, and am aware of your query, my brother. In responding, we may respond in two ways, hopefully with brevity. Firstly, the question which is asked by any entity has components which often reach into unspoken portions of inquiry. In order to be of the most service to such an entity, we feel a responsibility to speak to these portions which have not been verbalized, but have, shall we say, been tacked on in a nonverbal manner. Often we speak to another portion of the mind complex of the questioner. Secondly, the instrument through which we speak has an effect upon the upon the type of response, and even its length, for some instruments have certain strengths, certain characteristics and means of expressing thoughts. When we present our responses to queries, most often they are in a somewhat seed or crystallized form, not yet at the level of the spoken word. It is therefore up to the instrument to clothe these thoughts in the words considered most appropriate for their transmission. Some instruments feel more inadequacy, shall we say, in able—we correct this instrument—some instruments feel more inadequacy in being able to clothe our thoughts in the most precise words, and therefore use what might be called the shotgun approach on occasion, hoping that by expressing the thought in more than one way that it shall be correctly expressed in its total summation.

May we answer you further?

M: No, Latwii, that makes a lot of sense. I knew you had good reasons all along.

I am Latwii. We thank you, my brother, for your patience and your good humor. We hope that we shall be able to provide each entity with those thoughts which are most coherent and crystallinely pure as we respond to your queries. We realize that we are quite frequently unable to do this to the satisfaction of all present, yet we shall continue in our efforts, for we find great joy in being able to provide this service, even if it is occasionally clothed in more verbiage than the prevailing styles of speech would allow.

May we ask if there is another question at this time?

(Pause)

I am Latwii. We find that we have exhausted the questions, but hopefully have left your minds somewhat more intact. We appreciate the invitation to join this group, and we look forward to each meeting. We are with each of you in your meditations as requested. We remind each that a simple request will bring us in joy. We leave you now in the love and in the light of the one infinite Creator. We are known to you as Latwii. Adonai vasu borragus. ♣

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The Law of One, Book IV, Session 88

May 29, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The physical complex energy deficit is considerable at this space/time. There has been also a significant loss of the vital energies. However, these energies are still well within the distortion you may call strength.

Questioner: Of all of the things that you have mentioned before for replenishing these energies, at this particular space/time, which would be most appropriate for the replenishing of both of these energies?

Ra: I am Ra. As you note, there are many factors which contribute to the aiding of the strength distortions and the amelioration of distortions towards weakness in this instrument. We suggest to each that those many things which have been learned be conscientiously applied.

We would single out one physical distortion for discussion. The fourth-density negative minions which visit your group at this time are energizing a somewhat severe complex of imbalances in the manual appendages of this instrument and, to a lesser extent, those distortions of the thoracic region. We suggest care be taken to refrain from any unnecessary use of these appendages. As this instrument will not appreciate this suggestion we suggest the appropriate discussion.

Questioner: I assume from this that our fifth-density negative companion is still on R and R. Is this correct?

Ra: I am Ra. Your fifth-density companion is not accompanying you at this time. However, it is not resting.

Questioner: Is the censer that we have provided all right? It does go out prior to the end of the session. Would it be better if it did not go out prior to the end of the session?

Ra: I am Ra. The new configuration of the censer is quite helpful to the more subtle patterns of energy surrounding these workings. It would be helpful to have a continuously burning amount of cense. However, the difficulty is in providing this without overpowering this enclosure with the amount of effluvium and physical product of combustion. Having to choose betwixt allowing the censer to finish its burning and having an overabundance of the smoke, we would suggest the former as being more helpful.

Questioner: The instrument has mentioned what she refers to as bleed-through or being aware, during these sessions sometimes, of the communication. Would you comment on this?

Ra: I am Ra. We have the mind/body/spirit complex of the instrument with us. As this entity begins to

awaken from the metaphorical crib of experiencing light and activity in our density it is beginning to be aware of the movement of thought. It does not grasp these thoughts any more than your third-density infant may grasp the first words it perceives. The experience should be expected to continue and is an appropriate outgrowth of the nature of these workings and of the method by which this instrument has made itself available to our words.

Questioner: The instrument mentioned a recurrence of the need to go to the bathroom prior to the session. Is this because of the low vital energy?

Ra: I am Ra. It is part of the cause of the lowered vital energy level. This entity has been sustaining a level of the distortion you call pain which few among your peoples experience without significant draining of the energies. Indeed, the stability of the entity is notable. However, the entity has thusly become drained and further has felt other distortions such as those for a variety of experiences accentuated, for this is one means of balancing the inward-looking experience of the physical pain. Due to concern for this entity such activities have been discouraged. This has further drained the entity.

The will to be of service to the Creator through the means of offering itself as instrument in these working, therefore, was given an opportunity for the testing of resolve. This entity used some vital energy to fuel and replenish the will. No physical energy has been used by the instrument, but the vital energies were tapped so that this entity might have the opportunity to once again consciously choose to serve the one infinite Creator.

Questioner: Our publisher requests pictures for the book, The Law of One, that is going to press at this time. Would you comment on the advisability, the benefit, or detriment, magical or otherwise, of us using pictures of this particular setup, the instrument, and the appurtenances in the book?

Ra: I am Ra. The practical advisability of such a project is completely a product of your discrimination. There are magical considerations.

Firstly, if pictures be taken of a working the visual image must needs be that which is; that is, it is well for you to photograph only an actual working and no sham nor substitution of any material. There shall be no distortions which this group can avoid any more than we would wish distortions in our words.

Secondly, it is inadvisable to photograph the instrument or any portion of the working room while the instrument is in trance. This is a narrow band contact and we wish to keep electrical and electromagnetic energies constant when their presence is necessary and not present at all otherwise.

Questioner: From what you … I'm sorry. Go ahead. If you meant to continue, continue. If not, I'll ask a question.

Ra: I am Ra. We wished to state, thirdly, that once the instrumental *(?)* is aware that the picture-taking will be performed, that during the entire picture-taking, whether before or after the working, the instrument be required to continuously respond to speech, thus assuring that no trance is imminent.

Questioner: From what you have told me, then, I have planned the following: We will, after the session is complete and the instrument has been awakened, and before moving the instrument, have the instrument continually talk to us while I take pictures. In addition to this I will take some other pictures as requested by the publisher. Is this the optimal filling of this requirement?

Ra: I am Ra. Yes. We ask that any photographs tell the truth, that they be dated, and shine with a clarity so that there is no shadow of any but genuine expression which may be offered to those which seek truth. We come as humble messengers of the Law of One, desiring to decrease distortions. We ask that you, who have been our friends, work with any considerations such as above discussed, not with the thought of quickly removing an unimportant detail, but, as in all ways, regard such as another opportunity to, as the adept must, be yourselves and offer that which is in and with you without pretense of any kind.

Questioner: Thank you. I would like to ask you as to the initial production of the tarot, where this concept was first formed and where the tarot was first recorded?

Ra: I am Ra. The concept of the tarot originated within the planetary influence you call Venus.

Questioner: Was the concept given to or devised for a training tool for those inhabiting Venus at that

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time or was it devised by those of Venus as a training tool for those of Earth?

Ra: I am Ra. The tarot was devised by the third-density population of Venus a great measure of your space/time in your past. As we have noted the third-density experience of those of Venus dealt far more deeply and harmoniously with what you would call relationships with other-selves, sexual energy transfer work, and philosophical or metaphysical research. The product of many, many generations of work upon what we conceived to be the archetypical mind produced the tarot which was used by our peoples as a training aid in developing the magical personality.

Questioner: I'll make a guess that those of Venus of third density who were the initial ones to partially penetrate the veil gleaned information as to the nature of the archetypical mind and the veiling process and from this designed the tarot as a method of teaching others. Is this correct?

Ra: I am Ra. It is so.

Questioner: I will also assume, and I may not be correct, that the present list that I have of twenty-two names of the tarot cards of the Major Arcana are not in exact agreement with Ra's original generation of the tarot. Could you describe the original tarot, first telling me if there were twenty-two archetypes? That must have been the same. Were they the same as the list that I read to you in a previous session or were there differences?

Ra: I am Ra. As we have stated previously, each archetype is a concept complex and may be viewed not only by individuals but by those of the same racial and planetary influences in unique ways. Therefore, it is not informative to reconstruct the rather minor differences in descriptive terms between the tarot used by us and that used by those of Egypt and the spiritual descendants of those first students of this system of study.

The one great breakthrough which was made after our work in third density was done was the proper emphasis given to the Arcanum Number Twenty-Two which we have called The Choice. In our own experience we were aware that such an unifying archetype existed but did not give that archetype the proper complex of concepts in order to most efficaciously use that archetype in order to promote our evolution.

Questioner: I will make this statement as to my understanding of some of the archetypes and let you correct this statement. It seems to me that the Significators of Mind, Body, and Spirit are acted upon in each of these by the catalyst. This produces Experience which then leads to the Transformation and produces the Great Way. This is the same process for the mind, the body, and spirit. The archetypes are just repeated but act in a different way as catalyst because of the differences of mind, body, and spirit and produce a different type of experience for each because of the difference in the three. The Transformation is slightly different. The Great Way is somewhat different but the archetypes are all basically doing the same thing. They are just acting on three different portions of the mind/body/spirit complex so that we can say that in making the Significator a complex basically we have provided a way for Catalyst to create the Transformation more efficiently. Would you correct that statement, please?

Ra: I am Ra. In your statement correctness is so plaited up with tendrils of the most fundamental misunderstanding that correction of your statement is difficult. We shall make comments and from these comments request that you allow a possible realignment of conceptualization to occur.

The archetypical mind is a great and fundamental portion of the mind complex, one of its most basic elements and one of the richest sources of information for the seeker of the one infinite Creator. To attempt to condense the archetypes is to make an erroneous attempt. Each archetype is a significant *ding an sich*, or thing in itself, with its own complex of concepts. While it is informative to survey the relationships of one archetype to another it can be said that this line of inquiry is secondary to the discovery of the purest gestalt or vision or melody which each archetype signifies to both the intellectual and intuitive mind.

The Significators of Mind, Body, and Spirit complexes are complex in and of themselves, and the archetypes of Catalyst, Experience, Transformation, and the Great Way are most fruitfully viewed as independent complexes which have their own melodies with which they may inform the mind of its nature.

We ask that you consider that the archetypical mind informs those thoughts which then may have bearing upon the mind, the body, or the spirit. The

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archetypes do not have a direct linkage to body or spirit. All must be drawn up through the higher levels of the subconscious mind to the conscious mind and thence they may flee whither they have been bidden to go. When used in a controlled way they are most helpful. Rather than continue beyond the boundaries of your prior statement we would appreciate the opportunity for your requestioning at this time so that we may answer you more precisely.

Questioner: Did Ra use cards similar to the tarot cards for training in third-density?

Ra: I am Ra. No.

Questioner: What did Ra use in third density?

Ra: I am Ra. You are aware in your attempts at magical visualization of the mental configuration of sometimes rather complex visualizations. These are mental and drawn with the mind. Another example well-known in your culture is the visualization, in your mass, of the distortion of the love of the one infinite Creator called Christianity, wherein a small portion of your foodstuffs is seen to be a mentally configured but entirely real man, the man known to you as Jehoshuah or, as you call this entity now, Jesus. It was by this method of sustained visualization over a period of training that we worked with these concepts.

These concepts were occasionally drawn. However, the concept of one visualization per card was not thought of by us.

Questioner: How did the teacher relay information to the student in respect to visualization?

Ra: I am Ra. The process was cabalistic; that is, of the oral tradition of mouth to ear.

Questioner: Then when Ra attempted to teach the Egyptians the concept of the tarot, was the same process used, or a different one.

Ra: I am Ra. The same process was used. However, those which were teach/learners after us first drew these images to the best of their ability within the place of initiation and later began the use of what you call cards bearing these visualizations' representations.

Questioner: Were the Court Arcana and the Minor Arcana a portion of Ra's teachings or was this something that came along later?

Ra: I am Ra. Those cards of which you speak were the product of the influence of those of Chaldea and Sumer.

Questioner: You mentioned earlier that the tarot was a method of divination. Would you explain that?

Ra: I am Ra. We must first divorce the tarot as a method of divination from this Major Arcana as representative of twenty-two archetypes of the archetypical mind.

The value of that which you call astrology is significant when used by those initiated entities which understand, if you will pardon the misnomer, the sometimes intricate considerations of the Law of Confusion. As each planetary influence enters the energy web of your sphere those upon the sphere are moved much as the moon which moves about your sphere moves the waters upon your deeps. Your own nature is water in that you as mind/body/spirit complexes are easily impressed and moved. Indeed, this is the very fiber and nature of your journey and vigil in this density: to not only be moved but to instruct yourself as to the preferred manner of your movement in mind, body, and spirit.

Therefore, as each entity enters the planetary energy web each entity experiences two major planetary influxes, that of the conception, which has to do with the physical, yellow-ray manifestation of the incarnation, and that of the moment you call birth when the breath is first drawn into the body complex of chemical yellow ray. Thus those who know the stars and their configurations and influences are able to see a rather broadly drawn map of the country through which an entity has traveled, is traveling, or may be expected to travel, be it upon the physical, the mental, or the spiritual level. Such an entity will have developed abilities of the initiate which are normally known among your peoples as psychic or paranormal.

When the archetypes are shuffled into the mix of astrologically oriented cards which form the so-called Court Arcana and Minor Arcana these archetypes become magnetized to the psychic impressions of the one working with the cards, and thusly become instruments of a linkage between the practitioner of the astrological determinations and divinations and the one requesting information. Oft times such archetypical representations will appear in such a manner as to have seemingly interesting results,

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meaningful in configuration to the questioner. In and of themselves, the Major Arcana have no rightful place in divination but, rather, are tools for the further knowledge of the self by the self for the purpose of entering a more profoundly, acutely realized present moment.

Questioner: Ra must have had, shall we say, a lesson plan or course of training for the twenty-two archetypes to be given either to those of third density of Ra or, later on, to those in Egypt. Could you describe this scenario for the training course?

Ra: I am Ra. This shall be the last full query of this working.

We find it more nearly appropriate to discuss our plans in acquainting initiates upon your own planet with this particular version of the archetypes of the archetypical mind. Our first stage was the presentation of the images, one after the other, in the following order: one, eight, fifteen; two, nine, sixteen; three, ten, seventeen; four, eleven, eighteen; five, twelve, nineteen; six, thirteen, twenty; seven, fourteen, twenty-one; twenty-two. In this way the fundamental relationships between mind, body, and spirit could begin to be discovered, for as one sees, for instance, the Matrix of the Mind in comparison to the Matrices of Body and Spirit one may draw certain tentative conclusions.

When, at length, the student had mastered these visualizations and had considered each of the seven classifications of archetype, looking at the relationships between mind, body, and spirit, we then suggested consideration of archetypes in pairs: one and two; three and four; five; six and seven. You may continue in this form for the body and spirit archetypes. You will note that the consideration of the Significator was left unpaired, for the Significator shall be paired with Archetype Twenty-Two.

At the end of this line of inquiry the student was beginning to grasp more and more deeply the qualities and resonances of each archetype. At this point, using various other aids to spiritual evolution, we encouraged the initiate to learn to become each archetype and, most importantly, to know as best as possible within your illusion when the adoption of the archetype's persona would be spiritually or metaphysically helpful.

As you can see, much work was done creatively by each initiate. We have no dogma to offer. Each perceives that which is needful and helpful to the self.

May we ask if there are any brief queries before we leave this working?

Questioner: Is there anything that we can do to improve the contact or to make the instrument more comfortable?

Ra: I am Ra. We, again, ward you concerning the distortions of the instrument's hands. The fourth-density influence upon them could be inconvenient in that, if allowed to proceed without abatement, what you call your surgery shall be almost immediately necessary.

The alignments are good. You have been fastidious. We leave you, my friends, in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing merrily in the power and in the glorious peace of the one infinite Creator. Adonai. ✤

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The Law of One, Book V, Session 88, Fragment 44

May 29, 1982

Jim: The gift of a crystal that has been charged by a friend is a very special gift. Apparently, it is also the kind of gift that creates a special connection between the one who gives it and the one who receives it, and because of this connection it would seem that a special care needs to be exercised by both the one who world give and the one who would receive such a crystal as a gift.

Carla: *People like myself, who are sensitive to energy flow, often find that they simply cannot ignore certain crystals. I do not wear them at all, having found that their energy can disturb me, make me edgy. In these latter days of crystal technology, it is not surprising that crystals can be seen to have power. It is their magnetization by the people who have them, or give them, that makes them unique beyond their structure's singularity. They need to be handled with care, I think. I have been told many stories of the effects, good and bad, of such magnetized stones. If you receive one, or are drawn to one, be sure to cleanse it in salt water overnight, and then magnetize it for your own use by holding it during meditation and asking silently that it be blessed for service.*

Session 88, May 29, 1982

Questioner: Is the small crystal that the instrument uses upon her during the session of any benefit or detriment?

Ra: I am Ra. This crystal is beneficial as long as he who has charged it is functioning in a positively oriented manner.

Questioner: Who charged the crystal?

Ra: I am Ra. This crystal was charged for use by this instrument by the one known as Neil.

Questioner: It would be an abridgment of the first distortion for you to tell us if he is still functioning in a positive manner, would it not?

Ra: I am Ra. We perceive you have replied to your own query. ♣

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Sunday Meditation
May 30, 1982

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, my friends, as always in the love and in the light of the one infinite Creator. It is indeed a privilege tonight to be able to speak a few humble words to those who are new to this group. So often it seems that too few wish to become aware of the love and the light. So, as the time does begin to run short, more and more are trying their many ways to establish a contact with the Creator. There are still many who walk blindly and alone. That is why new ears are opened. We are more than happy to serve in what way we can. We would say, as we have before, that meditation is indeed the most useful tool at your disposal. In the quiet you may hear, you may feel those things which people in their hurried life pass by, give no heed to. Meditation—begin to touch that part of you that seeks, that wishes to stretch out, to experience the love and light.

Those few precious moments in which you allow yourself to open may have more effect than all the deliberate thought, all the logical methods of solving problems. So often people believe that everything may be rationalized, everything fits into those qualifications that they establish to fit the concepts of the solution. By doing so, people limit that which they may reach. We would remind that this is an illusion in which you exist, and this illusion does have its limits. It is for you to become aware that the love and the light of the Creator is infinitely more than your illusion. Through your meditations you may begin to pierce the illusion, to feel, to hear, to truly see the light. It is for you to grow, to learn, to experience. It is for you to choose whether you seek to be of service to others or seek to be of service to self. Your task is the same, to become aware of the light, the love.

We of Hatonn are always ready to aid any who would but request our aid in your meditations. You need but ask. We would at this time pause and allow our brothers and sisters of Laitos to pass among you and allow you to feel their conditioning vibration. If you would but request, they will work with you. We would then transfer this contact to another instrument. I am Hatonn.

(Pause)

(L channeling)

I am Hatonn, and I greet you once again, my brothers and sisters, in the love and the light of the infinite Creator. My friends, the desire for growth is strong among you. It is this desire that has brought you together. It is this desire that will continue to bring yourselves and many others—correction—many other selves into contact with one another as you progress through your illusion that you may achieve through interaction a fuller appreciation of the oneness of creation.

My friends, your illusion is perhaps the most complex facet of your universe. For although what you perceive as stars and planets, galaxies, constellations, all seem to exist in one manner to you, they actually exist in a much simpler form, as does indeed the rest of the universe which surrounds you. Those objects which you would call the manifestation of your God's creation are in complexity quite simple in comparison to that creation of your own within which you often feel as one who is drowning. My friends, realize that your creation is simply an illusion, and that, like the waters, one may elect to submerge oneself or one may simply make use of the waters, the illusion, to the scant degree necessary to accomplish physical survival. It is not necessary to remain submerged, my brothers. The choice is your own, just as the waters of your illusion are your own.

At this time it is our desire to exercise those other instruments present who are willing to perform this service. At this time we will transfer our contact to another instrument. I am Hatonn.

(Carla channeling)

I am now with this instrument, and I greet you once again in the love and the light of the infinite Creator. We are enjoying greatly the unity of this group, and have been attempting to contact each of the new instruments, but have found that each is somewhat reluctant to speak, fearing that the signal from us was not being perceived correctly. Therefore, we shall attempt to give a bit more aid. We would at this time transfer our contact to the one known as S. I am Hatonn.

(S channeling)

I am Hatonn. I am with this instrument, and I greet you once again, my brothers and sisters, in the love and the light of the infinite Creator. My friends, it is indeed wonderful to be able to speak through this instrument this evening and to so many that we love, to send forth our thoughts, but we know that many do not wish to hear. And so, when we are called upon to speak, it is indeed joyous to us. We thank you for this opportunity to speak to you, and wish only to send our vibrations to those who request it. And now we would transfer this contact. I am Hatonn.

(Carla channeling)

I am Hatonn, and am again with this instrument. We are most pleased at the excellent progress by which our channel through the instrument known as S is being opened. Those who wish to be of service are indeed a breed apart, my friends, and we cannot speak our gratitude enough. For it is only through the free will of those who wish to speak of the one original Thought of the infinite Creator that we may fulfill our mission as messengers of that thought of love.

We would at this time speak a few words through the one known as D, if he would relax and mentally request that that portion of the subconscious which governs memory be released and that trust be restored concerning those contents which this instrument has experienced in the past, but doubted. We have good contact with this instrument, but are very appreciative of the difficulties of such a blockage and can only suggest that a mental suggestion to the self and a refraining of analysis will enable a free flowing of our vibrations. We would now transfer to the one known as D. I am Hatonn.

(D channeling)

I am Hatonn, and am with this instrument. The blockages that occur, to adapt, the confusion, and the inability to accept this contact. Progress is being made in the ability to differentiate our thoughts from those that are his own. Will now transfer this contact. I am Hatonn.

(Carla channeling)

I am Hatonn, and am again with this instrument. May we thank the instrument known as D for having the courage to recognize desire and to pursue it despite many doubts and confusions. For who are we, my friends, that we should erase doubts and confusions as to our ability to exist and to speak through instruments? We cannot convince, nor would we wish to, for we come to speak of those things which can only subjectively be accepted or used. We have no proof to offer, and those who seek service by their desire to seek the Creator are taking a step which can never be justified in any intellectual manner as being a certain or sure method of acquiring or offering that which you call knowledge.

Ah, my friends, the mind of men on Earth is a fine and wonderful thing, and through its good graces, many a plan and many a life has been executed.

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However, my friends, there is one great disadvantage to the workings of the conscious mind, and that is that even as the conscious mind seeks the truth, it seeks a quantity of truth. The mind finds the idea that there is no quantity of truth quite outrageous. It seems logical, does it not, my friends, that truth should be of a certain kind and of a certain quantity so that by knowing all of the truth one may come to the end of the truth and firsthand know the Creator. For is not the Creator truth, and should know love in its entirety, for is not the truth love?

And yet, my friends, we say to you that the mind of man will not know truth, will not know the Creator, and will not know love. And in our poor estimation, we come as messengers of a quality of thought—never a quantity. We come as messengers of one original Thought that is infinite. We cannot finish learning that unity. We do not know any end to the journey which you have begun. We know only that the journey is good, that the piercing of the illusion is inevitable, and that the desire to pierce that illusion, to find the truth, and to be of service in your own way, shall speed you upon that journey, and cause you to meet many an intimate stranger, and hear many a much needed word.

As you seek and as you desire, my friends, more and more of the illusion will resound with that which beneath the surface may be felt to have a meaning which you may use in your spiritual pilgrimage. It takes courage to come to the end of the intellect and leap forward into a true seeking for the infinite unity of the one original Thought. As you sit in meditation, you are in an extremely appropriate environment in which to seek that thought. We offer ourselves in any way that we may be of aid in your meditations, and through channels such as this one, and we thank each of you for your desire and the courage with which you pursue it.

We would at this time wish to close our message and would transfer this contact to the one known as M. We apologize for having offered to this instrument some, shall we say, interesting sensations as we are acclimating ourselves to the particular vibratory complex of this instrument. We believe we have adjusted appropriately at this time. If there is still discomfort, may we ask that the instrument known as M mentally request further adjustment. We would transfer at this time. I am Hatonn.

(M channeling)

I am Hatonn. I am with this instrument. We are pleased to be here with this instrument, and will close so that those of you that have questions can ask them of our brothers of Latwii. We are always happy to be among you, my friends. It is for only a short time, it seems, that we can be with you, but a joyous time for us, my brothers. We leave you now in the love and the light of the infinite Creator. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. It is a great honor to be asked to join your group this evening, and as always, it is our privilege to offer ourselves in the attempt to answer those queries which you have brought with you. Is there a question at this time?

Carla: I have a question, Latwii. It's from R, who couldn't be here this evening. He called and has a question that is very important to him right now. He's not the same person that he was when he began coming to this group and yet in his daily life, the work that he does as a disc jockey is based upon his ability to act out a persona which, up until he came to this group, matched his true personality. Now he has experienced a good many transformations and has a great desire to be of service in more ways than are available to a rock and roll disc jockey. He wishes to be able in his life to have some outward and visible signs of his inward and spiritual gifts, but he doesn't know how to bring them through into his daily life, and especially into his work …

(Side one of tape ends.)

Carla: … He would pretty much like to hear any comments that you might be able to make regarding this situation in his life.

I am Latwii, and am aware of this query, my sister. It is indeed a dilemma for each entity upon your planet who seeks the one Creator within the illusion within which the entity moves, for the Creator seems to be most difficult to pursue and to find. And yet, there is the finding in stages for each pilgrim, and with the joy of the awakening to another truth comes the responsibility of putting that truth into motion in the life, in the daily round of activities in which the entity finds itself. If this is not done, then the progress remains without movement and the seeking

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loses its drive. When the entity of which you speak began this particular portion of its seeking, its desire was quite strong and has resulted in that transformation of which you have spoken. Now the entity finds that the truth which is becoming more apparent within its inner being must needs be manifested without as well. To such an entity we might say that to seek to make this truth known to those about it is not only a noble effort, and one which requires courage, but is one which must be done with some finesse, shall we say. For to take that truth which has been dearly won and to lay it out for others plain, without their seeking for it, is not to provide the service which is possible. To be of the greatest service and to remain true to those gems of truth which have been found within requires of the entity a discernment to match the desire to be of service.

As you well know, we cannot speak specifically as to what this entity must do, for to do so would be to infringe upon this entity's free will. The choice must remain with the pilgrim. But, might we suggest in general those things which could be of use to any entity in such a situation. The seeking, my friends, began within. Within the states of meditation, the outer self comes to know and to blend with the greater self that lies within. It is also within these states of meditation that the path which now needs be traveled shall be revealed unto the inner eye. There is the tendency for seekers who have undergone transformations of any kind to become, shall we say, somewhat of in a panic as to how to manifest that truth and that transformation. Quite often it is forgotten how it was achieved.

May we say firstly that to continue the seeking in meditation is most important. Also to be encouraged is the contemplation of the possibilities which present themselves to such an entity within the frame of its daily round of activities. Each entity has been placed by its own choice in those situations which shall allow it the greatest expression of its own being and the truth which shines through it. Therefore, let the entity look upon that situation in which it has placed itself to see what new means of expression might be created for the sharing of the truth of the love and light of the one Creator which the entity wishes to offer. There is no problem without solution to this entity. May we simply suggest that its continued seeking in meditation, in contemplation, and in experimentation in its daily round of activities shall provide those solutions to the problems which now beset it.

May we answer you further, my sister?

Carla: No. I thank you for R. I ask that you be with him, as I know he would ask, in the coming days as he works on this problem.

I am Latwii. We are with each when requested. May we ask if there is another question at this time?

C: Yes, I have a couple. When I began channeling, it was that I would see a flash of color as I started. The color I saw was green. The last few times I've channeled, the color has changed. More of a purplish color. Can you tell me anything about why I'm seeing something different or if it is anything at all?

I am Latwii, and am aware of your query, my brother. The channeling process, as you have called it, and as you are aware, is quite unique to each entity. As an entity offers itself as an instrument, there shall be those times wherein the tuning of the entity shall be of such and such a nature because of the concerns which the entity is attempting to work upon in balancing its own being. Therefore, when the conditioning vibration is offered to such an entity there is the necessity of blending the vibration with the entity's own unique configuration.

As you know, each of your energy centers are composed of an individual color. Those concerns which you are undertaking, therefore, are associated with these energy centers and the corresponding colors. As we blend our vibrations with any instrument, and this is true for each member of the Confederation, we must make an attempt to blend our vibration so that a match is made. Often this blending shall be visible to the entity's inner eye. The changing colors, therefore, my brother, are simply your changing concerns reflected in your own unique vibrations.

May we answer you further, my brother?

C: Yes, on another question, again dealing with channeling. In the beginning as I began to receive concepts, it seemed like I also was able to pick up words to help express them. As I have begun to channel more and have received more practice at it, it now seems that I get the concepts, and I feel I understand, but I feel now that I don't pick up any words with the concept. And I've been undergoing

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some fears that due to limits of my particular vocabulary that I'm not fully or totally accurately expressing the concept that I've received. Can you give me any idea of how accurately I am relaying these concepts?

I am Latwii, and am aware of your query, my brother. With new instruments it is most usually the practice to exercise more of that that you know as control so that each word is provided in order that the concept be expressed. As the instrument progresses in this process, the concepts are provided in more of a whole manner, and the instrument is therefore left more free to interpret these concepts. This is a natural progression of the channeling process of this nature, that is, the telepathic vocal contact. In your case, you have become able to discern the concepts with a great enough degree of accuracy to be able to choose your own descriptive terminology for them. As with all transitions, as we said previously, there comes the fear, shall we say, as to how to utilize the new information or ability. If at any time you should wish to return to the technique of perceiving the words in a more concrete manner, this may be accomplished with a simple request mentally. We appreciate your concern and assure you that your progress has been most rapid and accurate.

May we answer you further, my brother?

C: Thank you. That was very reassuring. I would ask one more question, again on a similar subject. I was wondering if you could speak a few words on the state of being we call depressed. It's something that seems to be very prevalent at this time.

I am Latwii, and am aware of your query, my brother. Entities upon your planet experience the depressed qualities of being when they have recognized within themselves, perhaps at a subconscious level, that they are not taking advantage of those opportunities for learning the lessons for which they incarnated, and therefore feel a drawing within the self so that the self might examine more carefully the purpose for the incarnation, and the lessons which are being presented to the self. This state of depressing the awareness within the being hopefully then, with guidance from others, will result in a new direction being chosen, and a new desire to proceed in that direction.

May we answer you further, my brother?

C: It seems that more and more who experience depression never really come out. People in such a state have turned to suicide, various other methods of totally escaping from the illusion. How may one best aid someone, who has gone to such an extreme, to stay?

I am Latwii, and am aware of your query, my brother. The aid that might be given to such an entity is an aid which can only point in the direction of the inward search. Each entity making that journey inward, whatever the motivation, shall find two paths, either of which might be chosen. There is that path that leads toward the light. This path looks at all which surround it—correction—looks at all which surrounds the entity as an opportunity to grow in understanding, and to use the illusion as a tool for evolution, and this path requires a certain maturity, as you are aware. It is a path frequently not chosen.

The other path which an entity discovers within is that path which you have called the escape. The escape from the illusion, the escape from the lessons, the escape from the ability to respond to the challenge. To aid an entity who has chosen this path most efficiently, we might suggest the recounting of those times within the past of your own being in which you have encountered the difficulties, and share your point of view as to how these difficulties aided your own growth. By providing an example or a pattern, if you will, to such an entity, you might once again allow the entity to see some glimmer of light, and to turn its feet to another path.

May we answer you further, my brother?

C: No. Thank you very much.

We thank you. Is there another question at this time?

J: Some people tend to block out believing in meditations and so on. How come most people tend to do this?

I am Latwii, and am aware your query, my sister. Each entity has complete free will as to how it shall seek the one Creator. Each entity therefore chooses those methods which seem most useful to it. Some of what you might call errors are occasionally made and other paths or methods then chosen. But it is necessary, my sister, that each entity be allowed the total free will choice as to how it shall seek, or if it shall seek the one Creator. It is necessary to

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understand that each entity is quite unique. It is this uniqueness that gives your illusion and your Creator the richest experience possible, for if all entities sought in the same way, then the variety, the richness, the depth of experience would be greatly reduced.

May we answer you further, my sister?

J: Why must we always choose between one thing and another, instead of all going on one path?

I am Latwii, and am aware of your query, my sister. To the best of our understanding, that which you know as the creation of the one Creator exists so that the one Creator might know Itself in as many ways as possible. Therefore, to each of Its portions has It given free will that choices might always be made in free will as to how to know the one Creator and how the one Creator might then know Itself. Never forget, my sister, that though the illusion which you inhabit seems to provide an infinite array of paths, all lead to the one Creator.

May we answer you further, my sister?

J: No, thank you very much.

I am Latwii. We are most grateful to you. Is there another question at this time?

M: I have one for my mother. Looking at your probability vortices, what are the chances of the Falkland situation expanding beyond its present scope?

I am Latwii, and am aware of your query, my brother. We perceive many possibilities with this particular situation. It is not possible to give you an accurate percentage for each, for there are many forces in motion at this time, and their choices are many and each choice therefore affects the possible outcome, and each choice affects other choices so that we might humbly say that all possibilities are viable at this time.

May we answer you further, my brother?

M: No, Latwii, thanks anyway.

I am Latwii. We thank you. Is there another question at this time?

D: I have a couple of questions, Latwii. First, it is my understanding that each of the members of the Confederation who work with the people on Earth have a particular area of responsibility of attention. Is this correct?

I am Latwii, and am aware of your query, my brother. Each Confederation entity has certain skills. It is these skills that determine where the services might be offered, and not the entities, the situations or the areas which determine the responsibility.

May we answer you further, my brother?

D: Yes. What are the skills of the entity, Oxal, that are brought into play when that entity is working with people on Earth?

I am Latwii, and am aware of your query, my brother. Our brothers and sisters of Oxal have a particular penchant for seeing and sharing the infinite perfection within all creation so that the entities which are contacted by Oxal might gain a greater insight into the workings of the one Creator. The entities of Oxal have chosen to offer their services to entities who wish to gain that which is known as wisdom in a balancing action with that known as love.

May we answer you further, my brother?

D: Yes. To what would you attribute the fact that the Friday Night group and this group are so seldom contacted by the entity, Oxal?

I am Latwii and am aware of your query, my brother. The entities of Oxal, as we have mentioned, have the service of wisdom in great purity to offer. Wisdom is, to our best understanding, the ability to see each entity, each situation, and each thought within your illusion as absolutely perfect and in no need of alteration of any kind. The ability to see each situation in this light is to some entities somewhat of a cold approach to your illusion and its needs, for those entities which gather in this group are greatly distorted towards compassion and understanding, that vibration known to you as love. The love vibration sees all creation as one thing, but sees the many portions of the Creator in various states of need of service, and within this understanding and compassion and love, then, is generated the desire to serve and alleviate what is seen as pain, sorrow, sickness, ignorance.

These same conditions, seen through the eyes of wisdom, are revealed as being the perfect situation for the entities inhabiting them to learn the lessons which they incarnated to learn. This group perceives the need for love at this time upon your planet, and seeks therefore the offerings of those entities of

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Hatonn and Laitos and of our service in the answering of queries.

May we answer you further, my brother?

D: Yes, on a different, more personal subject. For about the last week, I've been experiencing some pains in the right half of my brain, and I have an amount of tenderness in an area surrounding my right eye. I don't recall doing anything to produce either of these effects. Could you explain to me what the causative agent is?

I am Latwii, and am aware of your query, my brother. We are afraid that we must invoke the great Law of Confusion so that we do not infringe upon your free will as you attempt to pursue that path which you have freely chosen. We can only suggest, as always in these cases, that inward meditation is that path which will reveal unto you the roots and the fruits of this affliction.

May we answer you further, my brother?

D: Yes. I don't want to try to browbeat you into giving me information, but could you answer this question, or perhaps I should say, would you evaluate the statement that I am on some level causing this myself for some reason?

I am Latwii, and am aware of your query, my brother. As all are one, this is quite true. May we answer you further, my brother?

D: No, and I commend you on your slickness. Thank you very much.

I am Latwii. We hope that we have not become too slippery. May we ask if there is another question at this time?

K: Yes. I was at a funeral this afternoon, and where is this entity now?

I am Latwii, and am aware of your query, my sister. When an entity passes from that which you call the incarnation and goes through that door known as death, there is a certain period in which the entity is somewhat, shall we say, disoriented, in that it is aware that its consciousness has continued, but its environment has greatly changed. At this time, the entity then begins a series of questions which resonate to the depths of its being, and cause those guides and angelic presences which watch over it to join it in whatever fashion it will allow itself to perceive them. The entity's conscious recognition of these guides and presences will allow it to utilize their service so that it might begin the review of the life which has just been completed. When this review has been accomplished, then there is the placement of the entity by its own choosing within the proper configuration of illusion, shall we say, until another attempt or incarnation is made to learn those lessons which it has agreed to undertake with the aid of its guides and higher self. The time spent in the condition of the confusion is entirely dependent upon the entity's grasp of this process, and its desire to seek a clearer understanding of its functioning. There may be a time, as you call it, required in healing certain imbalances and actions that were obtained in the preceding incarnation. This time is also dependent upon the nature and degree of the imbalances obtained.

May we answer you further, my sister?

K: Do I understand that the greater preparation we have made before death, and the better understanding we have before death helps in this period of disorientation? Is it possible for us to be prepared in such a way that the disorientation …

(Tape ends.) ♣

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Senior Citizens Intensive Meditation
June 6, 1982

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, in the love and the light of the one infinite Creator. We have observed your group with some humor as we attempted to speak through each of you, for each was unwilling to be an instrument due to the concern that the channeling would not be enough advanced for an advanced group. My friends, do not take yourselves too seriously. A carpenter may learn to drive a nail with ten blows, then six, then three, and then two, but he is still making a floor. When you were beginners, my friends, you were making a floor, a foundation of communication between the messengers that surround your planet and those upon the surface of your planet who have a desire at this time to seek beyond the illusion that this planet's culture offers. When you had gained some experience, you continued building that floor, and now you seek to become better carpenters. But, my friends, you are still attempting the same task. The message will forever be that which is designed by the Creator, to be made available to those within your density for the purpose of encouraging their seeking.

In order to improve the ability to drive the nail, we shall begin a story through this instrument and rather than finish it through one instrument, we shall several times change our instrument, and through several, tell one story.

My friends, there was once a great kingdom beneath the sea. Beneath the green waters and the sand lay golden doors. And some beings there were who under enchantment could enter that majestic world. In this world, my friends, there was no aging. There was no work. There was no ugliness or lack of any kind. All were beautiful. Each meal was a banquet, the only drawback being that the entities of this enchanted land could eat nothing.

We shall now transfer this contact. I am Hatonn.

(C channeling)

All was laid for the people. That which others could taste, select from, was denied. People found that though all was theirs, save this one thing, could not find contentment or peace for they could not have this one pleasure. Those who had lived within the kingdom for some time tried to ignore this thing. They went about their lives with one part missing. But for some, that which they did not know became ever heavier on their minds.

We now transfer.

(L channeling)

The people reacted to their difficulty in many ways. Some chose to respond in anger, choosing at first to blame one another for their deprivation. Others chose to feel within themselves antagonism toward the deprivation itself, and sought to destroy all that

was associated with the untouchable, the unattainable. Others elected to attempt to forget that which they seemed unable to control. It became an accepted practice as time passed among these people, to ignore that which lay before their eyes, to pretend that it never had existed, and to belittle any reference on the subject as mythical, as childish fairy tale, as something absurdly illogical. "For if it were true," they said, "would we not all see it?"

We shall now transfer our contact.

(Jim channeling)

Years passed. Generations grew to maturity, died, and left to their children many stories of the forbidden and mythical prohibition. Entities soon came to feel a great confusion concerning this almost forgotten tale of the great banquet set before their ancestors which could not be had. And then there arose from time to time among these people a few entities who spoke of having some knowledge of this food. Their speakings were largely ignored. Some, however, felt a type of kinship for what was spoken, perhaps because they had retained childish ways, said many. Yet, did some knowledge continue to grow, and word spread on occasion that there was indeed such a banquet, and indeed were means known to some for partaking in its plenty.

We will now transfer.

(Don channeling)

After much persuasion, one of these who knew of the means of partaking of the banquet was able to bring others to the appointed place where such a banquet was said to have been many, many years past. To the great surprise of all present, magically a banquet appeared. One reached eagerly for the delicious food, but as he touched it, it vanished. One who said he knew the means for taking of this reached out and picked a piece of fruit from the table, held it in his hand, and gave it to the one that so eagerly reached for the vanished fruit. Amazed, he ate it.

I will now transfer this contact.

(Carla channeling)

This entity, tasting the delicious fruit, took the example of the first and offered food to another, and that third offered it to a fourth, and so on until each at the table, in feeding each other instead of themselves, was satisfied. For no food had ever been so delicious, so luscious, and so delectable.

My friends, those who seek dive in deep waters, and very quickly a golden door is opened unto them. All about the seeker who is in meditation there is glamour, there is nothing but beauty. In meditation, the seeker can look, can explore, can walk the universe, and every activity is wonderful. But, my friends, as the seeker does this, he has not yet found the fruits of his seeking.

I will now transfer this contact.

(C channeling)

Each who finds himself beginning to reach the table soon finds that as an entity, they are not alone. As each gets closer, we find that to truly reach forward, they need to share that which has been found. Each does so in their own manner. Each who has received will find the giving is indeed more fulfilling.

We will now transfer.

(L channeling)

My friends, each of you by now is aware of the fact that your own craving for spiritual sustenance cannot be satisfied by yourself alone. Each of you has chosen a path upon which your own sustenance is derived from the sustaining of others, that your own growth occurs as a result of the efforts of others. Consider for a moment, my friends, that structure which you call a pyramid. It is composed of a number of massive, powerful, unyielding blocks of stone, each of which to the observer is quite impressive, but each of which, my friends, is but form without function when standing alone. For it is only when each stands upon the shoulders of his other selves that the form is produced through which their purpose may be accomplished, through which their service may be performed. My friends, be aware that your sustenance comes to you as a result of your efforts to assist and sustain your brothers as they grow and change. Each of you must perform his or her tasks without the expectation of receiving the fruits thereof, for the fruits of service belong to another, and the fruits of their service, my brothers, will belong to you.

We will now transfer our contact.

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(Jim channeling)

Your journey as seekers is indeed one which must be pursued in solitude within the deepest portions of your being, and as you travel this path you shall find that there is a greater responsibility which shall be necessary for you to assume in the sharing of the fruits which you find on that inward journey. The seeker cannot be aided in such a manner that work is done for it. Yet, as it travels this path and removes the distortions which separate it from understanding, there must needs be a sharing of this growing fruitfulness, else the path shall not be able to be continued. For this path, though traveled in solitude, is one which unites the seeker with all, and the reflection and manifestation of this unity then requires the seeker to go out into that world which is hungry and naked, sick and poor, to point out the direction to sustenance, clothing for the soul, and the support of Creator to Creator.

We shall now transfer this contact.

(Carla channeling)

In the world of the meditative journey, my friends, it is so entrancing that it is like some siren beckoning sailors from their course. It can be pursued endlessly, and all experiences are good. Never forget, my friends, the one thing that is missing in that kingdom beneath the waters of your illusion in the enchanted land where the illusion gives way to the first view of reality. That one thing, my friends, is the creation. To reach for it is to lose it. If you reach in solitude, to offer it to another is to manifest it, and in the world of manifestation does the enchantment become food and drink of the spirit.

May we thank you for having this opportunity to work through each of you. We leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai, my friends. Adonai. ♣

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The Law of One, Book IV, Session 89

June 9, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. It is as previously stated.

Questioner: I have two questions, the first of which is: during the last intensive meditation here the instrument experienced very strong conditioning from an entity which did not identify itself and which did not leave when she asked it to. Would you tell us what was occurring then?

Ra: I am Ra. We find the instrument to have been given the opportunity to become a channel for a previously known friend. This entity was not able to answer the questioning of spirits in the name of Christ as is this instrument's distortion of the means of differentiating betwixt those of positive and those of negative orientation. Therefore, after some resistance, the entity found the need to take its leave.

Questioner: Was this particular entity the fifth-density visitor that we have had quite often previously?

Ra: I am Ra. This is correct.

Questioner: Is he back with us at this time?

Ra: I am Ra. No. The attempt to speak was due to the vigilant eye of the minions of this entity which noted what one may call a surge of natural telepathic ability upon the part of the instrument. This ability is cyclical, of the eighteen-diurnal period cycle, as we have mentioned aforetimes. Thusly, this entity determined to attempt another means of access to the instrument by free will.

Questioner: Was this what I would refer to as an increased ability to receive telepathically over a broader range of basic frequencies so as to include not only the Confederation but also this entity?

Ra: I am Ra. This is incorrect. The high point of the cycle sharpens the ability to pick up the signal but does not change the basic nature of the carrier wave. Shall we say, there is greater power in the receiving antennae.

Questioner: This question may be meaningless but would a fifth-density entity of the Confederation who was positively polarized transmit on the same frequency as our negatively polarized fifth-density companion?

Ra: I am Ra. This is correct and is the reason that the questioning of all contacts is welcomed by the Confederation of Planets in the Service of the Infinite Creator.

Questioner: Question two: *(name)* has also felt some conditioning which was unbidden while channeling Latwii recently and in his personal meditations. Could you also tell us what occurred in these cases?

Ra: I am Ra. The entity which has been companion has a vibratory frequency but a small amount lesser than that of the social memory complex known as

Latwii. Also, Latwii is the primary Comforter of the Confederation for entities seeking at the vibratory complex level of the one known as *(name)*. Therefore, this same companion has been attempting the contact of this instrument also, although this instrument would have great difficulty in distinguishing the actual contact due to the lack of experience of your companion at this type of service. Nevertheless, it is well that this instrument also choose some manner of the challenging of contacts.

Questioner: How many of our years ago was Ra's third density ended?

Ra: I am Ra. The calculations necessary for establishing this point are difficult since so much of what you call time is taken up before and after third density as you see the progress of time from your vantage point. We may say in general that the time of our enjoyment of the choice-making was approximately 2.6 million of your sun-years in your past. However—we correct this instrument. Your term is billion, 2.6 billion of your years in your past. However, this time, as you call it, is not meaningful for our intervening space/time has been experienced in a manner quite unlike your third-density experience of space/time.

Questioner: It appears that the end of Ra's third density coincided with the beginning of this planet's second density. Is that correct?

Ra: I am Ra. This is roughly correct.

Questioner: Did the planet Venus become a fourth-density planet at that time?

Ra: I am Ra. This is so.

Questioner: Did it later, then, become a fifth-density planet?

Ra: I am Ra. It later became a fourth/fifth-density planet; then, later a fifth-density planet for a large measure of your time. Both fourth and fifth-density experiences were possible upon the planetary influence of what you call Venus.

Questioner: What is its density at present?

Ra: I am Ra. Its core vibrational frequency is sixth density. However we, as a social memory complex have elected to leave that influence. Therefore, the beings inhabiting this planetary influence at this space/time are fifth-density entities. The planet may be considered a fifth/sixth-density planet.

Questioner: What was your reason for leaving?

Ra: I am Ra. We wished to be of service.

Questioner: I have here a deck of twenty-two tarot cards which have been copied, according to information we have, from the walls of the large pyramid at Giza. If necessary we can duplicate these cards in the book which we are preparing. I would ask Ra if these cards represent an exact replica of that which is in the Great Pyramid?

Ra: I am Ra. The resemblance is substantial.

Questioner: In other words, you might say that these were better than 95% correct as far as representing what is on the walls of the Great Pyramid?

Ra: I am Ra. Yes.

Questioner: The way that I understand this, then, Ra gave these archetypical concepts to the priests of Egypt who then drew them upon the walls of one of the chambers of the Great Pyramid. What was the technique of transmission of this information to the priests? At this time was Ra walking the surface among the Egyptians, or was this done through some form of channeling?

Ra: I am Ra. This was done partially through old teachings and partially through visions.

Questioner: Then at this particular time Ra had long since vacated the planet as far as walking among the Egyptians. Is this correct?

Ra: I am Ra. Yes.

Questioner: I would like to question Ra on each of these cards in order to better understand the archetypes. Is this agreeable?

Ra: I am Ra. As we have previously stated, these archetypical concept complexes are a tool for learn/teaching. Thusly, if we were to offer information that were not a response to observations of the student we would be infringing upon the free will of the learn/teacher by being teach/learner and learn/teacher at once.

Questioner: You stated that Ra used the tarot to develop the magical personality. Was this done to mentally become the essence of each archetype and in this way develop the magical personality?

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Ra: I am Ra. This is incorrect. The clothing one's self within the archetype is an advanced practice of the adept which has long studied this archetypical system. The concept complexes which together are intended to represent the architecture of a significant and rich portion of the mind are intended to be studied as individual concept complexes as Matrix, Potentiator, etc., in viewing mind/body/spirit connections and in pairs with some concentration upon the polarity of the male and the female. If these are studied there comes the moment when the deep threnodies and joyful ditties of the deep mind can successfully be brought forward to intensify, articulate, and heighten some aspect of the magical personality.

Questioner: You stated that each archetype is a concept complex. Would you please define what you mean by that statement?

Ra: I am Ra. Upon the face of it such a definition is without merit, being circular. A concept complex is a complex of concepts just as a molecule is a complex structure made up of more than one type of energy nexus or atom. Each atom within a molecule is its unique identity and, by some means, can be removed from the molecule. The molecule of water can, by chemical means, be caused to separate into hydrogen and oxygen. Separately they cannot be construed to equal water. When formed in the molecular structure which exemplifies water the two are irrefragably water.

Just in this way each archetype has within it several root atoms of organizational being. Separately the overall structure of the complex cannot be seen. Together the concept complex is irrefragably one thing. However, just as it is most useful in grasping the potentials in your physical systems of the constituted nature of water, so in grasping the nature of an archetype it is useful to have a sense of its component concepts.

Questioner: In Archetype One, represented by tarot card number one, the Matrix of the Mind seems to have four basic parts to the complex. Looking at the card we have, first and most obvious, the Magician and what seems to be an approaching star. A stork or similar bird seems to be in a cage. On top of the cage seems to be something that seems to be very difficult at *(?)* discern. Am I in any way correct in this analysis?

Ra: I am Ra. You are competent at viewing pictures. You have not yet grasped the nature of the Matrix of the Mind as fully as is reliably possible upon contemplation. We would note that the representations drawn by priests were somewhat distorted by acquaintance with and dependence upon the astrologically based teachings of the Chaldees.

Questioner: When Ra originally trained or taught the Egyptians about the tarot did Ra act as teach/learners to a degree that Ra became learn/teachers?

Ra: I am Ra. This distortion we were spared.

Questioner: Then could you tell me what information you gave to the Egyptian priests who first were contacted or taught with respect to the first archetype? Is this possible for you to do within the limits of the first distortion?

Ra: I am Ra. It is possible. Our first step, as we have said, was to present the descriptions in verbal form of three images: one, eight, fifteen; then the questions were asked: "What do you feel that a bird might represent?" "What do you feel that a wand might represent?" "What do you feel that the male represents?" and so forth until those studying were working upon a system whereby the images used became evocative of a system of concepts. This is slow work when done for the first time.

We may note, with sympathy, that you undoubtedly feel choked by the opposite difficulty, that of a great mass of observation upon this system, all of which has some merit as each student will experience the archetypical mind and its structure in an unique way useful to that student. We suggest that one or more of this group do that which we have suggested in order that we may, without infringement, offer observations on this interesting subject which may be of further aid to those inquiring in this area.

We would note at this time that the instrument is having almost continuous pain flares. Therefore, we ask that each of the support group be especially aware of any misinformation in order that we may correct any distortions of information the soonest possible.

Questioner: Now as I understand it, what you suggest as far as the tarot goes is to study the writings that we have available and from those formulate questions. Is this correct?

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Ra: I am Ra. No.

Questioner: I'm sorry that I didn't understand exactly what you meant with respect to this. Would it be appropriate then for me to answer the questions with what I think is the meaning of the three items that you spoke of for Card Number One and then Card Eight, etc.? Is this what you mean?

Ra: I am Ra. This is very close to our meaning. It was our intention to suggest that one or more of you go through the plan of study which we have suggested. The queries having to do with the archetypes as found in the tarot after this point may take the form of observing what seem to be the characteristics of each archetype, relationships between mind, body, and spiritual archetypes of the same ranking such as Matrix, or archetypes as seen in relationship to polarity, especially when observed in the pairings.

Any observations made by a student which have fulfilled the considerations will receive our comment in return. Our great avoidance of interpreting, for the first time, for the learn/teacher various elements of a picture upon a piece of pasteboard is involved both with the Law of Confusion and with the difficulties of the distortions of the pictures upon the pasteboard. Therefore, we may suggest a conscientious review of that which we have already given concerning this subject as opposed to the major reliance being either upon any rendition of the archetype pictures or any system which has been arranged as a means of studying these pictures.

Questioner: All right; I'll have to do that. Ra stated that a major breakthrough was made when proper emphasis was put on Arcanum Twenty-Two. This didn't happen until Ra had completed third density. I assume from this that Ra, being polarized positively, probably had some of the same difficulty that occurred prior to the veil in that the negative polarity was not appreciated. That's a guess. Is this correct?

Ra: I am Ra. In one way it is precisely correct. Our harvest was overwhelmingly positive and our appreciation of those which were negative was relatively uninformed. However, we were intending to suggest that in the use of the system known to you as the tarot for advancing the spiritual evolution of the self a proper understanding, if we may use this misnomer, of Archetype Twenty-Two is greatly helpful in sharpening the basic view of the Significator of Mind, Body, and Spirit and, further, throws into starker relief the Transformation and Great Way of Mind, Body, and Spirit complexes.

Questioner: Were some of Ra's population negatively harvested at the end of Ra' s third density?

Ra: I am Ra. We had no negative harvest as such although there had been two entities which had harvested themselves during the third density in the negative or service-to-self path. There were, however, those upon the planetary surface during third density whose vibratory patterns were in the negative range but were not harvestable.

Questioner: What was Ra's average total population incarnate on Venus in third density?

Ra: I am Ra. We were a small population which dwelt upon what you would consider difficult conditions. Our harvest was approximately 6 million 500 thousand mind/body/spirit complexes. There were approximately 32 million mind/body/spirit complexes repeating third density elsewhere.

Questioner: What was the attitude prior to harvest of those harvestable entities of Ra with respect to those who were obviously unharvestable?

Ra: I am Ra. Those of us which had the gift of polarity felt deep compassion for those who seemed to dwell in darkness. This description is most apt as ours was a harshly bright planet in the physical sense. There was every attempt made to reach out with whatever seemed to be needed. However, those upon the positive path have the comfort of companions and we of Ra spent a great deal of our attention upon the possibilities of achieving spiritual or metaphysical adepthood or work in indigo ray through the means of relationships with other-selves. Consequently, the compassion for those in darkness was balanced by the appreciation of the light.

Questioner: Would Ra have the same attitude toward the unharvestable entities or would it be different at this nexus than at the time of harvest from the third density?

Ra: I am Ra. Not substantially. To those who wish to sleep we could only offer those comforts designed for the sleeping. Service is only possible to the extent it is requested. We were ready to serve in whatever way we could. This still seems satisfactory as a means of dealing with other-selves in third density. It is our feeling that to be each entity which one attempts to

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serve is to simplify the grasp of what service is necessary or possible.

Questioner: What techniques did the two negatively harvested entities use for negative polarization upon such a positively polarized planet?

Ra: I am Ra. The technique of control over others and domination unto the physical death was used in both cases. Upon a planetary influence much unused to slaughter these entities were able to polarize by this means. Upon your third-density environment at the time of your experiencing such entities would merely be considered, shall we say, ruthless despots which waged the holy war.

Questioner: Did these two entities evolve from the second density of the planet Venus along with the rest of the population of Venus that became Ra from second density to third?

Ra: I am Ra. No.

Questioner: What was the origin of the two entities of which you speak?

Ra: I am Ra. These entities were Wanderers from early positive fifth density.

Questioner: And though they had already evolved through a positive fourth density they, shall we say, switched polarity in the reincarnating in third density. Is this correct?

Ra: I am Ra. This is correct.

Questioner: What was the catalyst for their change?

Ra: I am Ra. In our peoples there was what may be considered, from the viewpoint of wisdom, an overabundance of love. These entities looked at those still in darkness and saw that those of a neutral or somewhat negative viewpoint found such harmony, shall we say, sickening. The Wanderers felt that a more wisdom-oriented way of seeking love could be more appealing to those in darkness.

First one entity began its work. Quickly the second found the first. These entities had agreed to serve together and so they did, glorifying the one Creator, but not as they intended. About them were soon gathered those who found it easy to believe that a series of specific knowledges and wisdoms would advance one towards the Creator. The end of this was the graduation into fourth-density negative of the Wanderers, which had much power of personality, and some small deepening of the negatively polarized element of those not polarizing positively. There was no negative harvest as such.

Questioner: What was the reason for the wandering of these two Wanderers, and were they male and female?

Ra: I am Ra. All Wanderers come to be of assistance in serving the Creator, each in its own way. The Wanderers of which we have been speaking were indeed incarnated male and female as this is by far the most efficient system of partnership.

Questioner: As a wild guess, one of these entities wouldn't be the one who has been our companion here for some time would it?

Ra: I am Ra. No.

Questioner: Then from what you say I am guessing that these Wanderers returned or wandered to Ra's third density possibly to seed greater wisdom in what they saw as an overabundance of compassion in the Ra culture. Is this correct?

Ra: I am Ra. This is incorrect in the sense that before incarnation it was the desire of these Wanderers only to aid in service to others. The query has correctness when seen from the viewpoint of the Wanderers within that incarnation.

Questioner: I just can't understand why they would think that a planet that was doing as well as the population of Venus was doing as far as I can tell would need Wanderers in order to help with the harvest. Was this at an early point in Ra's third density?

Ra: I am Ra. It was in the second cycle of 25,000 years. We had a harvest of six out of thirty, to speak roughly, of millions of mind/body/spirit complexes, less than 20%. Wanderers are always drawn to whatever percentage has not yet polarized, and come when there is a call. There was a call from those which were not positively polarized as such but which sought to be positively polarized and sought wisdom, feeling the compassion of other-selves upon Venus as complacent or pitying towards other-selves.

Questioner: What was the attitude of these two entities after they graduated into-fourth density negative and, the veil being removed, realized that they had switched polarities?

Ra: I am Ra. They were disconcerted.

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Questioner: Then did they continue striving to polarize negatively for a fifth-density harvest in the negative sense or did they do something else?

Ra: I am Ra. They worked with the fourth-density negative for some period until, within this framework, the previously learned patterns of the self had been recaptured and the polarity was, with great effort, reversed. There was a great deal of fourth-density positive work then to be retraced.

Questioner: How is Ra aware of this information? By what means does Ra know the precise orientation of these two entities in fourth-density negative, etc?

Ra: I am Ra. These entities joined Ra in fourth-density positive for a portion of the cycle which we experienced.

Questioner: I assume, then, that they came in late. Is this correct?

Ra: I am Ra. Yes.

Questioner: I didn't mean to get so far off the track of my original direction, but I think that some of these excursions are enlightening and will help in understanding the basic mechanisms that we are so interested in in evolution.

Ra stated that archetypes are helpful when used in a controlled way. Would you give me an example of what you mean by using an archetype in a controlled way?

Ra: I am Ra. We speak with some regret in stating that this shall be our last query of length. There is substantial energy left but this instrument has distortions that rapidly approach the limit of our ability to maintain secure contact.

The controlled use of the archetypes is that which is done within the self for the polarization of the self and to the benefit of the self, if negatively polarized, or others, if positively polarized, upon the most subtle of levels.

Keep in mind at all times that the archetypical mind is a portion of the deep mind and informs thought processes. When the archetype is translated without regard for magical propriety into the manifested daily actions of an individual the greatest distortions may take place and great infringement upon the free will of others is possible. This is more nearly acceptable to one negatively polarized. However, the more carefully polarized of negative mind/body/spirit complexes will also prefer to work with a finely tuned instrument. May we ask if there are any brief queries before we leave this working?

Questioner: I'll just make the statement that I perceive that a negative polarity harvest is possible with less negativity in the environment like Ra's environment than in the environment such as we have at present and ask if that is correct, and then is there anything that we can do to improve the contact or the comfort of the instrument?

Ra: I am Ra. Firstly, the requirements of harvest are set. It is, however, easier to serve the self completely or nearly so if there is little resistance.

In the matter of the nurturing of the instrument we suggest further manipulation of the dorsal side and appendages of this instrument and the whirling of the waters, if possible. The alignments are conscientious. We ask for your vigilance in alignments and preparations. All is well, my friends.

I am Ra. I leave you in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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Intensive Meditation
June 10, 1982

(S channeling)

I am Hatonn. I am with this instrument and I greet you, my brothers and sisters, in the love and light of our infinite Creator. My friends, this is a great lesson, and we are happy to see that this instrument can perceive our thoughts and has the courage and love to serve the Creator to speak those thoughts and not think that by speaking those thoughts others would believe that those thoughts were not from us. We thank this instrument, and wish only to serve by speaking. We are Hatonn. We leave this instrument and transfer to the one known as Carla. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you through this instrument in the love and the light of the infinite Creator. We thank the one known as S for the constancy with which this instrument pursues the desire to be of service to the infinite Creator by this means of what you call vocal channeling. We ask each to remember that all of us who call ourselves by the name of the Confederation of Planets in the Service of the Infinite Creator are but messengers, so that those who speak our thoughts are also messengers. That which comes through us and through you is, therefore, a sometimes simple and sometimes more complex rendering of one basic concept and its implications. The concept is the original Thought, its nature, its unity, and its creative power. Its implications are infinite, and are expressing themselves all about you and to the ends of the endless universe of the Father.

We do not speak with any remarkable powers, with absolute knowledge, but rather out of what we are aware is a limited grasp that is just a bit wider than your own. Therefore, we turn to you to aid you as you attempt a wider grasp of the original Thought of love. We would say to each instrument that desires to be of service that the mechanism by which we produce concepts through instruments is one which is not discernibly different than the method which your own deeper self uses to produce concepts which your conscious minds then clothe with words. As we send concepts to the higher regions of the subconscious levels of your mind, we release them to come forth into your conscious mind just as do your own thoughts, so that you with your unique background of experience of language and of attitude may clothe our simple thoughts in your own unique way so that our message may be offered to those who seek in an ever changing and ever varied manner.

And therefore, my friends, the very first concept to remember as you begin to work with our brothers and sisters of Laitos is the concept of non-analysis. We shall in the beginning be very careful to be specific in what it is that we intend to do in regard

to using each as instrument. But then, my friends, because you have become familiar with our words, when you hear the familiar salutation rising to thought in your mind, you may analyze this thought and say to yourself, "I am making this up. I know that is what I should say, and so I shall not [say] it. I shall wait for further recognition." And yet, my friends, to do this is to completely block the contact, for unless you speak the first concept, the second shall not rise. When you speak the second, the third shall rise, and so forth, until you have spoken all that you may be capable of funneling through your instrument at a given time.

Just as a musical instrument in the hands of an inexperienced player may make only a few notes in the beginning, so you shall perhaps be able to only begin slowly, although, my friends, there are natural musicians who play well immediately and there are natural channels who speak fluently immediately. So, have no expectations of yourself, good or bad. Do not hesitate to speak if you hear in your mind the rising of the thought. Do not analyze, and do not be concerned, for each in this group is here to support this process, and we shall be with you as our brothers and sisters of Laitos work with each new instrument. We leave you for a while. I am Hatonn.

(Pause)

(Carla channeling)

I am Laitos, and I greet you, my friends, in the love and the light of the infinite Creator. What a pleasure to be with you this evening. We are grateful to this instrument for making itself available, for it is somewhat fatigued, and [we] would use it to commend itself on the constancy of its desire to serve in this manner.

We have been conditioning the one known as M, the one known as A, and the one known as K. If at this present moment there are physical discomforts connected with this channeling or vibration, we would request that you mentally ask for adjustment, and we shall immediately begin to alleviate any discomfort that you may have. We will pause for a moment in order to deepen our contact with each instrument.

(Pause)

(Carla channeling)

I am Laitos, and I am again with this instrument. We would at this time attempt to identify ourselves through the instrument known as M, if she would relax and allow her mind to remain calm. We shall identify ourselves by the phrase, "I am Laitos." We shall repeat this—in order that the instrument need not be concerned with only having one opportunity—several times. At this time we would transfer this contact to the one known as M. I am Laitos.

(M channeling)

I am Laitos. I greet you, my brothers and sisters, in the love and light of the infinite Creator. You have a beautiful day today. Did you appreciate it? You have a good planet. It's a shame there is so much turmoil. You personally need to learn to rejoice. I am now leaving this instrument.

(Carla channeling)

I am Laitos, and am again with this instrument. We thank the one known as M, and are most appreciative of the natural abilities of this instrument. With work, we look forward to a most fruitful collaboration in expressing the love of the infinite Creator.

We would at this time turn to the one known as A. We thank this instrument for the deep consideration it has given to the development of this form of service. We assure this instrument that this is only one of many types of service, and that we are most grateful that the instrument has chosen to avail herself for this particular service. If the instrument would relax and cease from analysis, we shall again make the repetition of the identification several times, that the new instrument may have several opportunities to perceive our presence and speak. I am Laitos.

(A channeling)

I am Laitos. I am Laitos, and [am] now with this instrument. I am Laitos. We greet you through this instrument. We are pleased that she … I am Laitos.

(Carla channeling)

I am Laitos, and I am again with this instrument. We thank the one known as A for remaining open to our contact after it had become somewhat uncomfortable and difficult to transmit. The ability

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to perceive our contact has been well established, and we are most pleased with this excellent beginning. We shall be adjusting for better comfort and clarity of contact at this time and in future meditations as the instrument requests adjustment.

We would now like to proceed to the one known as K who we also thank with a grateful heart for offering herself in this service. As your voices, my friends, are our only means of communicating to your people those thoughts which may aid them in the evolution which they seek, we cannot speak often or deeply enough of our gratitude to those who serve. Again, we remind the one known as K to cease from analysis and relax, as there is much supporting and tuned vibratory aid which protects and underlines our opening to the instrument and the instrument's opening to us. We ask the instrument to avoid analysis and to simply speak up when the thought rises. We shall again be identifying ourselves several times. I am Laitos. We transfer now.

(K channeling)

I am Hatonn, and am now with this instrument. My brothers and sisters, I greet you with the love and the light of the infinite Creator. I have been trying to get through for some time. I would just like to greet all of you, and I hope this instrument is comfortable with me. I have made contact. I now leave this instrument.

(K channeling)

I am Laitos. I am now with this instrument. I greet you, my friends, in the love and the light of the infinite Creator.

(Carla channeling)

I am Laitos, and am again with this instrument. My friends, how joyful we are that we have been able to contact all those who have sought to receive our words. We feel as though we are at a banquet and that the bounty is so great that our thanks could never be sufficient. We would say to the one known as K and to the one known as A that we shall be adjusting our contact and that those experiences which especially affected the one known as K are those to be expected because of the initial, shall we say, shock to the subtle electrical body of the power of the vibration which we use. It has a very uncomfortable affect upon some. Upon others it can produce a not unpleasurable, but certainly disruptive influence at first. These sensations will subside as the instrument becomes more comfortable with our contact.

To all we ask that the practicing of the opening of the—we correct this instrument—that the opening of the instrument be attempted only when there is a supportive group of at least two other entities, one of which is preferably more experienced. We also suggest this thought to all. The one known as A and the one known as K verbalized thoughts which were almost totally from the Confederation. The one known as M, one of the natural instrumentalists of which we were hearing from our brothers and sisters of Hatonn, was able to speak a mixture of concepts, those of the self and those of the Confederation.

In all cases, what we desire is to obtain within each instrument the ability to speak that which is approximately seventy percent Confederation, thirty percent the instrument in content. In this way, my friends, we find it possible to keep ever new our simple message. Therefore, let all be comforted, for we were with each of you, and it was our vibrations that were perceived. Again, as we are full of praise to the Creator that we have been given the opportunity to serve, we are full of gratitude to you that we may be of service with your aid.

We would now turn the contact back to our brothers and sisters of Hatonn in order that any questions that may be upon your minds may be asked. I leave this instrument now, as always, in the love and light of the infinite Creator. I am Laitos. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Hatonn, and greet each of you in the love and in the light of the one infinite Creator. It is our privilege at this time to be able to present ourselves in a capacity in which we have not been utilized by this group for some of what you call time. It is our privilege, therefore, to ask at this time if there might be any questions which we could attempt humble reply to?

A: I have a question out of curiosity. Why have the brothers and sisters of Latwii not spoken tonight?

I am Hatonn. We of the Confederation always attempt to serve in the manner which is requested. We have perceived this evening that the blended vibrations of this particular group ask for the type of service which is more distorted towards the concept

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of love and understanding. This is not unusual for those who are new instruments, for the desire to be an instrument of the Confederation is usually the type of desire which includes a great concern for that known as love. Each gathering in which you participate is quite unique and therefore each gathering shall have its unique calling. Often this calling falls within the vibrational levels of love and understanding, and other times it includes the level of light or wisdom, and at that time it is the honor of our brothers and sisters of Latwii to join this group.

May we answer you in any further way, my sister?

A: No, that was interesting. I think I understand. Thank you.

I am Hatonn. We are most grateful for your care and concern. May we ask if there is another question at this time?

M: Yes. Who is this silly, funny, happy, wonderful person that is contacting me?

I am Hatonn. My sister, an instrument such as yourself which has the natural capacity to receive and transmit the thoughts of entities such as those of the Confederation, is open, shall we say to a great variety of impressions. The natural vibration of your being, being that of a joyful and carefree nature in most instances, does then attract entities of like vibration. You will note that from time to time when you are in a meditative state and have opened your instrument to contact such as you have done this evening, that you shall experience a variety of impressions if you continue to leave your channel, shall we say, or your receiver, open. The entity which contacts you now is of no specific orientation, but merely greets you in joy. We would suggest that as you perceive various impressions or contacts that you develop some means of determining the nature of the contact, so that your instrument does not become utilized by entities which are of what might be called the negative nature.

Therefore, it is helpful for new instruments to ask of any entity which attempts to transmit through the channel a general type query which would ask if that entity desires to be of service to others, or is of positive polarity, or is of Confederation origin, or by some means the new instrument might utilize some form of challenge …

(Tape ends.) ♣

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Sunday Meditation
June 13, 1982

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, my friends, in the love and the light of the one infinite Creator. Tonight we have heard the sounds of your planet, and have felt many entities thereupon who are seeking to harmonize with it. The sounds of the harmonies is indeed a joyous chord, and as you sing, the sounds become stronger to the planet, and those entities singing grow together, become ever more aware of the love and the light. As you well know, at this time, while many sing, there are many who remain silent or who had hit the sour note. At this time upon your planet the lessons are becoming ever more demanding and all those entities on your planet are in many cases reacting to an emotional extreme. As they launch themselves with fever upon their various paths, many, drawn to uniting by means of the ties that are formed in groups, identify themselves as a nation, and sever many of the close ties which they have experienced when, in their youth, people were simply that—people—and not one of a particular country.

As you are well aware, all are one with the Creator, none better, none worse, not separated, not segregated by geography or religion or the ties of nationalities, of race. Each on your planet is in their own unique ways seeking the awareness of the love and light. Few are those who may totally shield their eyes, for the love and light is and surrounds us. Though you may attempt to shield [your] eyes, your being, the awareness and the learning is something that we all will face, and each at his own speed will learn. You need not be disheartened if in your seeking there are times when you seem to stumble or move backward, for the lessons are difficult, but not impossible. Each will learn and in these times that are upon you the lessons will not lessen in any degree.

To us it is hard to deal with your concept of time, but as we understand, yours is drawing ever shorter. Each of you need to utilize each moment, to allow yourself each moment, open yourselves to the love and the light, not grabbing, not running toward it, but allowing yourself to be within it. Though time does for you begin to run down, use and be in the moment when the moment is your time. Be with each as they occur. You need not plan far into the future, for one who looks too far ahead often loses his way upon the path, his own mind. But with the aid of meditation and dealing with the moment, your path may well become a little straighter and easier to follow.

We join you on your journey any time you request, to be of what aid we may. I am known to you as Hatonn. We leave you, as always, in the love and light. Adonai, my friends.

(M1 channeling)

I am Hatonn, and am now with this instrument. I greet you in the love and the light of the infinite Creator. Although your path seems hard, you have chosen to learn. If you accept your problems you will experience learning, you will not feel they are so personal. Meditation will help you solve your problems and understand them. You have chosen your path for specific reasons. Although it may seem hard, in looking back you will understand why it was so.

At this time I leave this instrument.

(K channeling)

I am Hatonn. I greet you, my friends, in the love and the light of the infinite Creator. I am unable to adjust this instrument right now and I transfer the contact to another.

(L channeling)

I am Hatonn. I am once again with this instrument. It is our desire at this time to further exercise those instruments who are relatively new. If those desiring to be of service in this manner will simply relax and listen with confidence for our words, we will pass from instrument to instrument that each in turn will be exercised. I am Hatonn.

(S channeling)

I am Hatonn. I am with this instrument and I greet you, as always, in the love and light of the one infinite Creator. My friends, it is with great joy that we are among you this evening, and we relish the chance to exercise the new channels so they may become more used to our vibration—correction—blended vibration, and so serve the Creator in a way that is both loving and loved. We speak only a few words through this instrument so she will become easier and more confident that she is receiving our thoughts, for we know the love and desire that is there that is hidden and locked at times, but given time and practice will be allowed to come forth, for are we all not brothers and sisters and a part of the one Creator? And remember, my friends, that in loving, so are we loved. I now transfer this contact. I am Hatonn.

(L channeling)

I am Hatonn. I am again with this instrument. It was our intention to exercise the instruments known as A and M2, but we found ourselves unable to sufficiently assure these individuals that we were indeed attempting to contact them. At this time, with their permission, we would again attempt to contact these instruments. First the instrument known as A, and second the instrument known as M2. We will now attempt these contacts. I am Hatonn.

(A channeling)

I am Hatonn, and we are now with this instrument. We greet you once again in the love and the light of the one infinite Creator. We are pleased at being able to speak through this instrument. We have been working at adjusting our vibrations so that she might more easily perceive our thoughts. We will now transfer our contact to the one known as M2. I am Hatonn.

(M2 channeling)

I am Hatonn. I am with this instrument. We are pleased to have had the opportunity to work with the one known as A. She has—she is progressing well in her attempts to channel our messages. We are pleased at every opportunity to work with the new channels. There is a great desire in this group to serve in this manner. We are pleased this is so. We are now going to transfer this contact to the one known as D. I am Hatonn.

(D channeling)

I am Hatonn, and am with this instrument. We have experienced difficulties in adjusting to this instrument also. Reassurances are needed to gain confidence even for a channeler. We will close tonight. Repeat that we enjoy working with the new channels and look forward to more in the future. I am Hatonn, and I leave this instrument. Adonai.

(M1 channeling)

I am Hatonn. I greet you with the love and the light of the infinite Creator. No experience is wasted. You who struggle hardest to get our message gain our respect. Sometimes the things that are hardest to achieve are the most valuable. We do not intend to give up. We hope that you will continue to try to receive our messages. I leave this instrument. I am Hatonn.

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(L channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, as always it is a great pleasure to join you, especially on such a lovely evening as you would call it, for we are aware that the sounds and the conditions which are prevalent outside your structure are somewhat pleasantly distracting, but as we are capable of sharing this pleasure, we too are grateful for the distraction. At this time we present ourselves for your enjoyment in answering or avoiding the answering to any of your questions which you may desire to pose. We would make you aware, however, that the instrument also has a craving for this form of intellectual satisfaction, and would be appreciative of an opportunity to transfer the contact at an appropriate point so that his appetite may be sated. Without further ado, is there another question—correction—is there a question?

C: Yes. Something that popped, came to my mind this week, as to what are those things we call solar flares, and what are their purpose, since they seem to have an effect upon this planet?

I am Latwii. The manifestations that you refer to as solar flares are obviously, on the physical plane as you would call it, sudden outbursts of …

(Side one of tape ends.)

(L channeling)

The solar flares, as you call them, are outbursts of visible energy. They are the result of creative expression, so to speak, within the individual sub-logos which you designate as your sun. The sun, being the physical point of origin of the manifestation of energy brought into your dimension, produces what appear to be violent outbursts or explosions of energy which are the result of metaphysical reordering of that which will become physical. There are also what you call solar flares that are the result of a need for forms of balancing on planets such as your own, which in their disruptive effect upon your communications and, incidentally, guidance systems of ballistic missiles, tend to serve a less understandable, but equally beneficial purpose.

May we answer you further?

C: Why is this energy then pouring into our—what is the reason for this input of energy?

I am Latwii. My brother, as you are aware, your planet is within a period of transition. Just as the surface of your planet has begun to react strongly to the resistance of those upon its surface to orderly change [in] thought and deed, so also does the remainder of the universe react to rectify the situation, just as a vacuum would soon be filled were it to exist anywhere in the universe. The alteration of your planet's vibration is also accompanied by a strong desire emanating from the hearts of your people to have the disease that your people call war or aggression to be corrected in whatever manner possible. In this case the universe, within the limitations of the sub-logo, is providing conditions which are less than favorable for the continuation of your race's aggressive tendencies.

May we answer you further?

C: So that when aggression is the highest, then activity, that inpouring of energy we call—that comes to us as solar flares, will increase?

I am Latwii. That is not necessarily the case, in that the specific form of the inpouring of energy may not always be the one to which you refer. However, we may confidently say that as the aggressive activity increases, so also will the number of aids provided by the universe to assist your race in reducing these same aggressive tendencies.

May we answer you further?

C: On a different subject, I could use some general words of advice. I know that for me when it comes time to begin accepting others after initial judgments have been made and labels put upon them, when it comes time to accept, and I have a tendency to throw up a wall and hide behind my ego, and just mentally to say I'm above such—the person—and work toward acceptance. And this does present quite a problem when the ones toward who I'm not accepting, my non-acceptance spills out beyond my interaction with this person into our children's actions towards one another, and mine, and this other person's actions toward the children. I would just feel grateful for any general words you could speak at this time upon such a situation.

I am Latwii. We would first preface our comments with the observation that the problem that you refer to is characteristic of individuals who have not yet attained unification with their other selves in the form of a social memory complex, but rather

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function as separate and substantially emotionally undisciplined individuals. This is not a criticism, but rather an observation that the fact that you are experiencing this difficulty might lead one to correctly assume that you are currently in third density. However, to provide advice in addition to the observation, we would suggest that often the faults that one perceives within an other self are those characteristics within one's own self that one finds least attractive. These same difficulties may be of the nature of problems that one feels that one has overcome, but is still aware that the problem within themselves simply lies dormant rather than has ceased to exist, and one tends to react strongly to that same problem when made visible within the reflection of an other self.

The difficulty to which you refer concerning offspring results from the parent's conscious effort to resist the transmission of the parent's own flaws or faults to a beloved offspring. In the same manner, when the other self possessing those same faults is perceived as—correction—is perceived to have an offspring, the faults are often perceived as having been transferred to the offspring. In effect, the mirror image is constructed of a dual reflection. The self perceives the other self in a darkly invested form. The self perceives its own offspring as untainted while perceiving the other self's offspring as already contaminated, and prepared to extend the courtesy to one's own offspring. As you are aware, when you are examining this within your own situation, the occurrence is quite unlikely, yet the fear still remains. We would simply remind you, my friend, that in both cases, the offspring is not a blank slate upon which anything might be inscribed, but rather a soul who possesses age equal to your own, experiences in many ways equal to your own, and although we would urge attention to protecting the offspring from undue influence, we would caution you that the young body contains the old soul to whom it is hard to present new tricks.

May we answer you further?

C: No. I had a pretty good idea of what I needed to work on. More than anything, I needed some confirmation so I could get started upon the right path to something that would be useful. Thank you for your words.

We thank you for the opportunity to speak, my brother. Is there another question?

M2: Will you transfer your contact so L can ask a question?

We will indeed do so, and the instrument is appreciative of this consideration. Is the instrument known as M2 willing to act in this service?

M2: I'll give it a shot.

(Laughter)

I am Latwii. We are grateful that you will undertake this service. We do not wish to mandate it upon you, however, if it is your desire, we shall transfer our contact. Is this your desire?

M2: I'll give it a try, Latwii.

We are grateful. We will leave this instrument at this time. I am Latwii.

(M2 channeling)

I am Latwii. I am with this instrument. Are there any questions?

L: In the past two weeks I have been experiencing some difficulty that I now attribute to being a draining or waning of my own psychic energy. Is this correct?

I am Latwii. We heard your question. My friend, we are unable to give you specifics about your condition, as you are aware, but to speak in a general sense, we might say that the activities which you have undertaken during this recent period of time have contributed to the state you find your physical vehicle in. If one takes better care of oneself, one might find that you would not experience this problem quite to the degree that you are experiencing now. We would perceive that you are suffering more from a physical exhaustion than from a lack of spiritual energy, my brother, for as well as we can determine, your spiritual energies are quite high.

Does this answer your question?

L: I have some further queries. Speaking only in general and not to the specific, is it possible for another—correction—is it possible for one individual either intentionally or unintentionally to in some manner drain or reduce psychic energy from another individual?

We understand your question. This is indeed a possibility. The degree to which this is likely would seem to be largely dependent upon an entity

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allowing another entity to share in these energies. We are not sure—correction—this is not necessarily a problem, for you normally share a great deal of energy with other selves in your day-to-day life. For example, as you might send a blessing of sorts to another self, are you not truly sharing your energies with them? And as for an other self to tap into your energies, this is quite possible if you allow it. You may choose, if you wish, to prevent someone from tapping into these energies by surrounding yourself with a shield of light, and concentrating—correction—focusing your energies upon yourself or some symbol which is meaningful to you.

Does this answer your question?

L: Yes. I thank you for your help.

Is there another question?

(Pause)

If there are no other questions, we shall leave this instrument at this time, before we, as this instrument would say, blow him away. I am Latwii. ✣

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Intensive Meditation
June 17, 1982

(S channeling)

[I am Hatonn.] I am with this instrument and I greet you, my brothers and sisters, in the love and light of the one infinite Creator. My friends, how wonderful to hear your voices raised in song this evening. It's great meditating with the one Creator, for it is pleasant to see such as yourselves striving to attain that oneness with the Creator no matter how difficult and distant the road is as it lies before you.

My friends, we are pleased this evening to see that the one known as S recognized our vibration and initiated this contact within the group. We are pleased at the progress of all [the entities] and urge each one to continue in their seeking of the one Creator. The roads are different, the paths not smooth at times, but yet with continued striving and love the object will be attained as all roads eventually lead to the Creator.

My friends, we would leave this instrument at this time and would transfer this contact to the one known as E. I am Hatonn.

(E channeling)

I am Hatonn, and we are now with this instrument. We greet you in the love and in the light of the one infinite Creator. We come here tonight to speak a few words through this instrument. She is doing well in picking up our vibration and is having some difficulty in not analyzing our thoughts. [If] she will just relax and speak a few words she perceives, it would be much easier. We would now transfer this contact to the one known as M. I am Hatonn.

(M channeling)

I am Hatonn. I am now with this instrument. I greet you in the love and the light of the infinite Creator. We can help you find a rhythm to relieve. So many of your people on your planet get caught in [longing]. They do not seem able to take *(inaudible)*. If you realize you are here to learn lessons you will not get over-involved and live your life in jerks. You will have a spirituality and will learn your lessons easily. I now leave this instrument. I am Hatonn.

(S channeling)

I am Hatonn. We are again with this instrument. We are pleased that she would initiate another contact. We would like to speak a few more words through her to build up her confidence because she had been feeling she had been making up the last contact. We will now transfer this contact so as to exercise the other instruments present. I am Hatonn.

(Unknown channeling)

I am Hatonn, and I greet you once again in the love and the light of the infinite One. We confirm for the one known as M that we were indeed attempting to contact that instrument, and further that we were

attempting to put this instrument to work through the referral of the contact to the one known as D, and then to the one known as K, for these two instruments are still building confidence in the service they have offered to provide. Therefore, you were not receiving the beginnings of a message, for we were initiating a contact with you, my brother, in order to facilitate the exercising of other channels. We would appreciate the opportunity to work with you in this manner so that you may feel the ebb and flow of our contact, and become ever more confident in its initiation and in the guiding of other channels. Therefore, we would again attempt to contact the one known as M. We thank this instrument for his service and appreciate the confusion that must ensue in … The new instrument is beginning to achieve some experience at this service. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am with this instrument. This is a contact. This instrument is experiencing some confusion or anxiety upon initiating the contact. This will pass with practice. We wish to speak a few words through another instrument at this time, and will transfer this contact to the one known as K. I am Hatonn.

(K channeling)

I am Hatonn. I am now with this instrument. I greet you, my brothers and sisters, in the light and the love of the infinite Creator. This instrument has been exceedingly reticent about this contact. It is due in part to past experiences at having seen others become terribly confused. Even though the desire is there, there has been ambivalence. With some practice this ambivalence will pass and great strength will come as a result. I am grateful for having had the opportunity to exercise this instrument, and I will now leave this instrument and transfer the contact to one known as D. I am Hatonn.

(D channeling)

I am Hatonn, and am with this instrument. This instrument, too, is experiencing confusion, not the sensation associated with this contact. We are now making adjustments with the contact.

(Pause)

My friends, experiences such as these require practice. It is natural for some to have some hesitation in initiating this contact, sensations in practice. This will develop. We are still experiencing some difficulty, and we transfer this contact to the one known as Carla. I am Hatonn.

(Carla channeling)

Firstly, my friends, we ask you to be aware and fully conscious of the mechanism of faith or belief, by which this contact is made far more accessible. Indeed, the faculty of faith has long since atrophied among many of your peoples, and it is understandable and to be appreciated that this faculty would be used cautiously and in many cases mistrusted. Whereas [when] we look about your peoples, my friends, we find that those who have exercised the faculty of faith have in many cases become overbalanced in the direction of that faith, and so have separated themselves from a great many other entities rather than using that faith to become one with their brothers and sisters.

Therefore, my friends, we ask you to use that faculty of faith as a tool, and later to feel perfectly free to fully use your powers of discrimination and intellectual analysis to consider those experiences which you have had and those thoughts which have been offered for your consideration. It has never been our desire to offer to your peoples any dogma or system of belief or faith which would bind or constrict that spirit within you which is in the process of growth. Each entity has its own needs, its own food, its own garb, and its own journey. What we then ask all [is] to find details upon which to agree. Could we expect this to be helpful? No, my friends. Our message is simple.

Then, secondly. We ask you that you be aware of the type and quality of service which you are attempting to provide. We ask you to cast your minds back to the first meeting of this kind which you attended, which spoke to you. We ask you to be aware that whoever the instrument …

(Side one of tape ends.)

(Carla channeling)

… over a period of time as you call to reach the point where you too wish to be of service as you were served. Each of you as a channel shall indeed be of a unique service, for each of you will interpret our concepts with different language, different examples, different experiences. For such is the nature of our contact that the use of your own personal vocabulary

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and memory is encouraged. Thus, that within you which is inspirational shall be added to our simple message. And you may one day find yourself thanked by yet someone else whose time it now is to have become aware of this particular kind of meeting, meditation and message.

Thirdly, my friends, we ask that you put no pressure upon yourselves of any kind. For although we are endlessly grateful for your service in this particular mode, we assure you that you cannot help being of service. It has been said by this instrument that anyone is of service, even those who serve as bad examples. And although this is a somewhat casual statement, it is the gist of what we wish to convey. My friends, by the way that you live and express your being you witness to those about you. And in that witnessing lies a great service, no matter what you witness, for there is an infinite variety and need both for positive and negative witness. Even in your very worst moment, as you would call it, you are offering someone the opportunity for understanding, for kindness, for anger, for irritation, for indifference, for some catalyst, and as each serves as catalyst for another person, so each has aided in the growth of that person.

Now, my friends, we realize that you do not wish to be of random service. We realize that you wish with all of your hearts and minds to be of positive polarized service. Do not ever think that such service begins and ends with any particular kind or degree of service. Do not feel that the service of being an instrument, of receiving material such as this instrument does, is the best or the finest service. My friends, your finest service is the very vibration that causes the atoms of your being to dance in their energy fields as you move in your own special way, through your own special light, moment by moment by moment. We rejoice in your company and give great praise to the Creator for this opportunity to share our thoughts with you, and to work with each channel.

At this time we would leave this instrument. It has been a great delight to work with you. We leave you in the love and the light of our infinite Creator. Adonai. Adonai vasu borragus.

(Unknown channeling)

I am Latwii, and greet each of you in the love and in the light of our infinite Creator. It is our privilege once again to be able to join your group as you seek the One, as is our custom. We offer ourselves at this time in the capacity of attempting to answer your queries. May we now ask if there might be a question which we could attempt to answer?

Questioner: All is quiet on the southeastern front, Latwii, but we do wish you well.

Questioner: Yes. I have a question, Latwii. In recent weeks I've just had a special feeling. It just keeps coming to me over and over that we're being prepared for some, shall I say, unknown event. And I'm torn between a little anxiety and anticipation. In other words, I feel that I'm being prepared for something, and I don't know what it is. Have you got any enlightenment on this subject? I'm assuming that lots of other people feel the very same way.

I am Latwii, and am aware of your query, my sister. We thank you, incidentally, for posing this query, for we were afraid that we had drawn, shall we say, a blank with this group for the first time in our memory. You are indeed being prepared for a great event. To some it will seem that this event is most unusual, even earth shaking, shall we say. We can only say to you that this event is that which each shall have—we correct this instrument—which each has incarnated to experience. The event, my friends, is the discovery of yourself. That which you know of as yourself in your present incarnation is but the tip of the iceberg, shall we say.

The self that you seek and that soon you shall know is much more than the great majority of your peoples have ever conceived of. The self which is now possible for many of your peoples to perceive is that great being known to your peoples as the one Creator. You as the Creator have chosen to play a masquerade in order that you shall know yourself more fully. To put on the mask of that which you know as the personality in your present incarnation, and in many past incarnations, aids the Creator in discovering facets of the Self which would have been unknown had not the free will to discover been granted through each portion of the Creator experiencing a forgetting.

You have forgotten much, and you have spent many incarnations remembering piece by piece those portions of yourself which, seen cumulatively, become the one Creator. It is now possible for many upon your planet to complete the puzzle, shall we say, and this feeling of anticipation, growing even unto anxiety, is within many of the hearts and minds

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of your peoples. It is your day of graduation. It is the day in which all that you are shall be revealed unto you. You shall know yourself as the Creator, and as all other selves. This is that for which you are now being prepared.

May we answer you further, my sister?

Questioner: OK. Let me just see if I can put this in my own words. This feeling that I have of this event, and sometimes it's joyous, and it's as I said, sometimes there's some anxiety about it. But it is nothing more than just self-discovery, is that what I understand? Is that right?

I am Latwii. This is correct, my sister. Each entity seeks the self through many means, and though there shall be many accompanying phenomena, many of which shall be most disturbing to those who still reside within the darkness and the ignorance of their self and their being, yet, for those who truly seek the self, the truth of the Creator, so shall these, the gems of your being, be revealed unto you.

May we answer you further, my sister?

Questioner: So this is what Socrates was talking about when he said, "Know thyself"?

I am Latwii. Yes. May we answer you further?

Questioner: No, thank you.

I am Latwii. We are most grateful to you. Is there another question at this time?

Questioner: I'd like to ask about the previous one just a bit more. The answer that you gave could be seen as a very uplifting way of looking at the physical death of the body. It could also be seen as having quite a bit to do with the particular incarnation's physical death which will undoubtedly tie in with the graduation from this density. Were you referring to either of these events tangentially?

I am Latwii, and am aware of your query, my sister. We were indeed referring to each of these events of which you have spoken. Indeed, it could be said that that great event which awaits each entity now upon your planet could be spoken of as that entrance into what has been called the New Age of being, of understanding, of love. For this, a great discovery of the self is that prime moving element which has set all that you see occurring upon the stage of your world in motion. Indeed, it has been well said that all the world is a stage, and each entity upon this stage plays many parts in its time, with many exits and entrances, and yet the play is the thing. And the purpose of this play, my friends, is that you shall know yourself. For you have authored the play, and you sit in the audience; you raise the curtain, you sell the ticket; you are the critic and you are those who know not that a play is in progress.

You, my friends, shall discover yourself in all these positions and many more, for you are the Creator and all that is exists so that the Creator might know Itself. As your age ends there will be many events, many lives lived successfully, shall we say, so that the self is found, many deaths to be lamented in the respect that the self still remains hidden to the entity. All that shall occur will have but one purpose—that is, to aid in the revealing of the self to each entity who seeks the self.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

Questioner: Yes. Will you clear up one other concept that has bothered me, and that's the meaning of love. It seems to me that in the English language we use it to mean so many different things, and most of the time it's just an emotional experience. Right now, I think of love as the unconditional or the total acceptance of the self, of all selves, shall I say. Would you comment on the meaning of love?

I am Latwii, and am aware of your query, my sister. It seems that this group has once again found its voice, and we are appreciative for the queries. Love, my friends, has many meanings among your peoples. The meaning which we would choose to share with you at this time is that type of love of which each of you is only dimly aware. It is an experience of acceptance, of being, and of the Creator, which may be approached through a surrender of the self to all that is. When an entity upon your planet surrenders the self to the experience of love, then the entity opens its being to knowing what forgiveness means, for all is seen as One and how can One hold anger for any when all is seen as the Creator? All is then accepted as the Creator knowing Itself.

Each entity is seen as the Creator. The self which is seen is also recognized as this Creator so that a band

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of unity binds each entity to each other entity and there is only seen the desire to be of service to the one Creator by serving the parts or portions known as other selves. The desire is great, for that which is known as love is felt for each. The pains and sorrows, the difficulties, are seen, and it is felt deep within the self that to minister to those selves feeling such pain is a great necessity. Therefore, an entity which seeks to know love, to know compassion, then does begin step-by-step to appreciate and to understand each other entity, as well as the self, as being the one Creator, and the great need is felt to be of service to the One through the many.

May we answer you further, my sister?

Questioner: No, that helps a lot. Thanks, thanks a lot.

I am Latwii. We thank you as well. Is there another question at this time?

Questioner: It seems as if almost everyone on our planet is anxious, and, I don't know whether I'm stupid or not, but it doesn't seem to bother me. Is there something lacking that I'm not anxious, that everybody else is worried about earthquakes and seems to be filled with tension? Am I missing something?

I am Latwii, and am aware of your query, my sister. We don't feel that you lack, rather, it might be said that those who feel anxiety are more apt to communicate the same anxiety than are those who feel less anxiety, perhaps even tranquility, likely to communicate tranquility. For the peace of mind is as it is and shares itself not in, shall we say, any ostentatious manner in which others are urged to feel what the self feels. Those of anxious hearts and minds feel a great desire burning within to alert others to that which has made the self anxious, and thus the anxiety is spread, much likened unto what you call disease. Those, on the other hand, who feel a tranquility by their very nature radiate, shall we say, the tranquility in a more passive means, serving as stabilizers within the field of entities which has become somewhat enmeshed in the anxiety. Therefore, those who feel the tranquility might at this time be of great service to their fellow beings when asked why they are not anxious.

May we answer you further, my sister?

Questioner: No. I believe that explains it. Thank you.

I am Latwii. We thank you. Is there another question at this time?

(Pause)

I am Latwii. We are most appreciative towards each entity for allowing us to speak our simple words this evening. We cannot speak without your participation, shall we say, and the service you provide us by the queries you bring is a service for which we cannot thank you for enough. At this time we shall take our leave of this group, and remind each that a simple request for our presence in your meditation is all that is necessary for us to join you there. We leave you now in the love and in the light of the One Who is All. I am Latwii. ✤

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The Law of One, Book IV, Session 90

June 19, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The physical complex energy deficit is somewhat increased by continued distortions towards pain. The vital energy levels are as previously stated, having fluctuated slightly between askings.

Questioner: Could you tell me the situation with respect to our fourth and fifth-density companions at this time?

Ra: I am Ra. The fourth-density league of companions accompanies your group. The fifth-density friend, at this space/time nexus, works within its own density exclusively.

Questioner: By what means do these particular fourth-density entities get from their origin to our position?

Ra: I am Ra. The mechanism of calling has been previously explored. When a distortion which may be negatively connotated is effected, this calling occurs. In addition, the light of which we have spoken, emanating from attempts to be of service to others in a fairly clear and lucid sense, is another type of calling in that it represents that which requires balance by temptation. Thirdly, there have been certain avenues into the mind/body/spirit complexes of this group which have been made available by your fifth-density friend.

Questioner: Actually, the question that I intended was how do they get here? By what means of moving do they get here?

Ra: I am Ra. In the mechanism of the calling the movement is as you would expect; that is, the entities are within your planetary influence and are, having come through the quarantine web, free to answer such calling.

The temptations are offered by those negative entities of what you would call your inner planes. These, shall we say, dark angels have been impressed by the service-to-self path offered by those which have come through quarantine from days of old and these entities, much like your angelic presences of the positive nature, are ready to move in thought within the inner planes of this planetary influence working from time/space to space/time.

The mechanism of the fifth-density entity is from density to density and is magical in nature. The fourth density, of itself, is not capable of building the highway into the energy web. However, it is capable of using that which has been left intact. These entities are, again, the Orion entities of fourth density.

Questioner: You stated previously that fifth-density entities bear a resemblance to those of us in third density on planet Earth but fourth density does not.

Could you describe the fourth-density entities and tell me why they do not resemble us?

Ra: I am Ra. The description must be bated under the Law of Confusion. The cause for a variety of so-called physical vehicles is the remaining variety of heritages from second-density physical vehicular forms. The process of what you call physical evolution continues to hold sway into fourth density. Only when the ways of wisdom have begun to refine the power of what you may loosely call thought is the form of the physical complex manifestation more nearly under the direction of the consciousness.

Questioner: If the population of this planet presently looks similar to fifth-density entities I was wondering why this is? If I understand you correctly the process of evolution would normally be that of third density resembling that from which evolved in second density and refining it in fourth and then again in fifth density, becoming what the population of this looks like in the third density. It seems to me that this planet is ahead of itself by the way that its mind/body/spirit complex or body complex looks. What is the reason for this?

Ra: I am Ra. Your query is based upon a misconception. Do you wish us to comment or do you wish to requestion?

Questioner: Please comment on my misconception if that is possible.

Ra: I am Ra. In fifth density the manifestation of the physical complex is more and more under the control of the conscious mind complex. Therefore, the fifth-density entity may dissolve one manifestation and create another. Consequently, the choice of a fifth-density entity or complex of entities wishing to communicate with your peoples would be to resemble your peoples' physical-complex, chemical, yellow-ray vehicles.

Questioner: I see. Very roughly, if you were to move a third-density entity from some other planet to this planet, what percentage of all of those within the knowledge of Ra would look enough like entities of Earth so that they would go unnoticed in a crowd?

Ra: I am Ra. Perhaps five percent.

Questioner: Then there is an extreme variation in the form of the physical vehicle in third density in the universe. I assume that this is also true of fourth density. Is this correct?

Ra: I am Ra. This is so. We remind you that it is a great theoretical distance between demanding that the creatures of an infinite creation be unnoticeably similar to one's self and observing those signs which may be called human which denote the third-density characteristics of self-consciousness, the grouping into pairs, societal groups, and races, and the further characteristic means of using self-consciousness to refine and search for the meaning of the milieu.

Questioner: Within Ra's knowledge of the third-density physical forms, what percentage would be similar enough to this planet's physical forms that we would assume the entities to be human even though they were a bit different? This would have to be very rough because of my definition's being very rough.

Ra: I am Ra. This percentage is still small; perhaps thirteen to fifteen percent due to the capabilities of various second-density life forms to carry out each necessary function for third-density work. Thusly to be observed would be behavior indicating self-consciousness and purposeful interaction with a sentient ambiance about the entity rather than those characteristics which familiarly connote to your peoples the humanity of your third-density form.

Questioner: Now in this line of questioning I am trying to link to the creations of various Logoi and their original use of a system of archetypes in their creation and I apologize for a lack of efficiency in doing this, but I find this somewhat difficult. For this particular Logos in the beginning, prior to its creation of the first density, did the archetypical system which it had chosen include the forms that would evolve in third density or was this related to the archetypical concept at all?

Ra: I am Ra. The choice of form is prior to the formation of the archetypical mind. As the Logos creates Its plan for evolution, then the chosen form is invested.

Questioner: Was there a reason for choosing the forms that have evolved on this planet and, if so, what was it?

Ra: I am Ra. We are not entirely sure why our Logos and several neighboring Logoi of approximately the same space/time of flowering chose the bipedal, erect form of the second-density apes to invest. It has been

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our supposition, which we share with you as long as you are aware that this is mere opinion, that our Logos was interested in, shall we say, further intensifying the veiling process by offering to the third-density form the near complete probability for the development of speech taking complete precedence over concept communication or telepathy. We also have the supposition that the so-called opposable thumb was looked upon as an excellent means of intensifying the veiling process so that rather than rediscovering the powers of the mind the third-density entity would, by the form of its physical manifestation, be drawn to the making, holding, and using of physical tools.

Questioner: I will guess that the system of archetypes then was devised to further extend these particular principles. Is this correct?

Ra: I am Ra. The phrasing is faulty. However, it is correct that the images of the archetypical mind are the children of the third-density physical manifestations of form of the Logos which has created the particular evolutionary opportunity.

Questioner: Now, as I understand it the archetypes are the biases of a very fundamental nature that, under free will, generate the experiences of each entity. Is this correct?

Ra: I am Ra. The archetypical mind is part of that mind which informs all experience. Please recall the definition of the archetypical mind as the repository of those refinements to the cosmic or all-mind made by this particular Logos and peculiar only to this Logos. Thus it may be seen as one of the roots of mind, not the deepest but certainly the most informative in some ways. The other root of mind to be recalled is that racial or planetary mind which also informs the conceptualizations of each entity to some degree.

Questioner: At what point in the evolutionary process does the archetypical mind first have effect upon the entity?

Ra: I am Ra. At the point at which an entity, either by accident or design, reflects an archetype, the archetypical mind resonates. Thusly random activation of the archetypical resonances begins almost immediately in third-density experience. The disciplined use of this tool of evolution comes far later in this process.

Questioner: What was the ultimate objective of this Logos in designing the archetypical mind as It did?

Ra: I am Ra. Each Logos desires to create a more eloquent expression of experience of the Creator by the Creator. The archetypical mind is intended to heighten this ability to express the Creator in patterns more like the fanned peacock's tail, each facet of the Creator vivid, upright, and shining with articulated beauty.

Questioner: Is Ra familiar with the archetypical mind of some other Logos that is not the same as the one we experience?

Ra: I am Ra. There are entities of Ra which have served as far Wanderers to those of another Logos. The experience has been one which staggers the intellectual and intuitive capacities, for each Logos sets up an experiment enough at variance from all others that the subtleties of the archetypical mind of another Logos are most murky to the resonating mind, body, and spirit complexes of this Logos.

Questioner: There seems to have been created by this Logos, to me anyway, a large percentage of entities whose distortion was towards warfare. There have been the Maldek and Mars experiences and now Earth. It seems that Venus was the exception to what we could almost call the rule of warfare. Is this correct and was this envisioned and planned into the construction of the archetypical mind, possibly not with respect to warfare as we have experienced it but as to the extreme action of polarization in consciousness?

Ra: I am Ra. It is correct that the Logos designed Its experiment to attempt to achieve the greatest possible opportunities for polarization in third density. It is incorrect that warfare of the types specific to your experiences was planned by the Logos. This form of expression of hostility is an interesting result which is apparently concomitant with the tool-making ability. The choice of the Logos to use the life-form with the grasping thumb is the decision to which this type of warfare may be traced.

Questioner: Then did our Logos hope to see generated a positive and negative harvest from each density up to the sixth, starting with the third, as being the most efficient form of generating experience known to It at the time of Its construction of this system of evolution?

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Ra: I am Ra. Yes.

Questioner: Then built into the basis for the archetypes is possibly the mechanism for creating the polarization in consciousness for service to others and service to self. Is this, in fact, true?

Ra: I am Ra. Yes. You will notice the many inborn biases which hint to the possibility of one path's being more efficient than the other. This was the design of the Logos.

Questioner: Then what you are saying is that once the path is recognized, either the positive or the negative polarized entity can find hints along his path as to the efficiency of that path. Is this correct?

Ra: I am Ra. That which you say is correct upon its own merits, but is not a repetition of our statement. Our suggestion was that within the experiential nexus of each entity within its second-density environment and within the roots of mind there were placed biases indicating to the watchful eye the more efficient of the two paths. Let us say, for want of a more precise adjective, that this Logos has a bias towards kindness.

Questioner: Then you say that the more efficient of the two paths was suggested in a subliminal way to second density to be the service-to-others path. Am I correct?

Ra: I am Ra. We did not state which was the more efficient path. However, you are correct in your assumption, as you are aware from having examined each path in some detail in previous querying.

Questioner: Could this be the reason for the greater positive harvest? I suspect that it isn't, but would there be Logoi that have greater negative percentage harvests because of this type of biasing?

Ra: I am Ra. No. There have been Logoi with greater percentages of negative harvests. However, the biasing mechanisms cannot change the requirements for achieving harvestability either in the positive or in the negative sense. There are Logoi which have offered a neutral background against which to polarize. This Logos chose not to do so but instead to allow more of the love and light of the infinite Creator to be both inwardly and outwardly visible and available to the sensations and conceptualizations of mind/body/spirit complexes undergoing Its care in experimenting.

Questioner: Were there any other circumstances, biases, consequences, or plans set up by the Logos other than those we have discussed for the evolution of Its parts through the densities?

Ra: I am Ra. Yes.

Questioner: What were these?

Ra: I am Ra. One more; that is, the permeability of the densities so that there may be communication from density to density and from plane to plane or sub-density to sub-density.

Questioner: Then as I see the plan for the evolution by this Logos it was planned to create as vivid an experience as possible but also one which was somewhat informed with respect to the infinite Creator and able to accelerate the progress as a function of will because of the permeability of densities. Have I covered accurately the general plan of this Logos with respect to Its evolution?

Ra: I am Ra. Excepting the actions of the unmanifested self and the actions of self with other-self, you have been reasonably thorough.

Questioner: Then, is the major mechanism forming the ways and very essence of the experience that we presently experience here the archetypical mind and the archetypes?

Ra: I am Ra. These resources are a part of that which you refer to.

Questioner: What I am really asking is what percentage of a part, roughly, are these responsible for?

Ra: I am Ra. We ask once again that you consider that the archetypical mind is a part of the deep mind. There are several portions to this mind. The mind may serve as a resource. To call the archetypical mind the foundation of experience is to oversimplify the activities of the mind/body/spirit complex. To work with your query as to percentages is, therefore, enough misleading in any form of direct answer that we would ask that you requestion.

Questioner: That's OK. I don't think that was too good a question anyway.

When Ra initially planned for helping the Egyptians with their evolution, what was the primary concept, and also secondary and tertiary if you can name those, that Ra wished to impart to the Egyptians? In other words, what was Ra's training plan or schedule

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for making the Egyptians aware of what was necessary for their evolution?

Ra: I am Ra. We came to your peoples to enunciate the Law of One. We wished to impress upon those who wished to learn of unity that in unity all paradoxes are resolved; all that is broken is healed; all that is forgotten is brought to light. We had no teaching plan, as you have called it, in that our intention when we walked among your peoples was to manifest that which was requested by those learn/teachers to which we had come.

We are aware that this particular line of querying; that is, the nature and architecture of the archetypical mind, has caused the questioner to attempt, to its own mind unsuccessfully, to determine the relative importance of those concepts. We cannot learn/teach for any, nor would we take this opportunity from the questioner. However, we shall comment.

The adept has already worked much, not only within the red, orange, yellow, and green energy centers but also in the opening of the blue and indigo. Up through this point the archetypes function as the great base or plinth of a builded structure or statue keeping the mind complex viable, level, and available as a resource whenever it may be evoked. There is a point at which the adept takes up its work. This is the point at which a clear and conscious consideration of the archetypal mind is useful.

Questioner: I have an observation on Archetype Number One made by *(name)* and I request comment on it by Ra. I will read it, "The Matrix of the Mind is the conscious mind and is sustained by the power of the spirit as symbolized by the star which flows to it through the subconscious mind. It contains the will which is signified by the scepter of power in the Magician's hand. All of creation is made through the power of the will directed by the conscious mind of the Magician, and the bird in the cage represents the illusion in which the self seems trapped. The Magician represents maleness or the radiance of being manifested as the creation through which each entity moves."

Ra: I am Ra. As this instrument is becoming somewhat weary we shall not begin this considerable discussion. We would request that this series of observations be repeated at the outset of the next working. We would suggest that each concept be discussed separately or, if appropriate, a pair of concepts be related one to the other within the concept complex. This is slow work but shall make the eventual building of the concept complexes more smoothly accomplished.

Were we to have answered the observations as read by you at this space/time, as much space/time would have been given to the untangling of various concepts as to the building up of what were very thoughtful perceptions.

May we ask if there are any brief queries at this time?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. It is well that the appliances for the arms were placed upon the instrument. We ask that continued vigilance be accorded these distortions which are, if anything, more distorted towards disease than at our previous cautionary statement.

All is well, my friends, You are conscientious and faithful in your alignments. We appreciate your fastidiousness.

I am Ra. I leave you now, rejoicing merrily in the love and the light of the one infinite Creator. Go forth, then, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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Sunday Meditation
June 20, 1982

(Unknown channeling)

I am Hatonn. I greet you, my brothers and sisters, in the light and the love of the infinite Creator. My friends, we initially attempted to contact a number of the newer instruments, yet found ourselves unable to convince those individuals of the veracity of the contact. It is our desire in the future to attempt this often at further sessions so as to familiarize each instrument with our vibration that they might perceive and be confident in our initial contacts.

At this time, we desire to extend our vibration to the one known as A, that she might again experience the sensation and be able to compare the vibration with that which she experienced earlier and so better recognize our presence. At this time we will transfer our contact to the one known as A. I am Hatonn.

(A channeling)

I am Hatonn. I am now with this instrument and again we greet you in the love and the light of the infinite Creator. My friends, we would like at this time to speak a few words though this instrument.

You are all going through a time in which you are learning many lessons and we are well aware of the difficulties and the pain that is sometime felt from learning the lesson. But did you not choose to learn this lesson so that you might learn more and thereby experience the love and the light of the infinite Creator? We wish to say that you all are doing well in seeking the love and light of the infinite Creator. And at those times when you feel the lesson is too hard, remember you are not alone, but that you are one with the infinite Creator and therefore you will take on any challenge you face.

We will leave this instrument now so that we may exercise some of the other new instruments. We will now transfer this contact to the one known as [D1.] I am Hatonn.

(D1 channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator.

Your life and your mind is like a stream. At times you feel it is dried up and cannot go on. But a torrent of ideas and events, as a torrent of rain, will send you further along the [path.] At times part of your mind will go into still ponds and you do not see the end, but part will still be in the main stream and will pull you down. As life goes on and the stream gets bigger, your ideas and your understanding become larger and you eventually will reach your destination. I now leave this instrument. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am now with this instrument. I greet you, my friends, in the love and the light of the infinite Creator. It is well for us to remember that all of us are one in the Creator and that the least of us is as much a part of the Creator as those that may appear great. On your planet, you have a tendency to place people on different levels, but that is not necessary with [love,] because all are one and one is all.

You hear many distressing things day by day, but it is always well to remember that the Creator is indeed in all of us and you need have no concern for the things that bombard your ears day by day. We are pleased to have had the opportunity to exercise this instrument and will now transfer the contact. I am Hatonn.

(Carla channeling)

I am Hatonn. I am now with this instrument and once again greet you, my friends, in love and in light. If you will be patient, we will take a few moments to comment upon the work of the instruments that are now developing and their skills and then we shall share a few thoughts with you. During this time we shall be adjusting a contact with the one known as D1, that this instrument may have an opportunity to work with us under somewhat better circumstances. May we say to each that we are very grateful for the opportunities for delving into the treasures of each instrument's mind and experience offered to us. To the one known as A, we would say that although the progress made is very quick, it is to be relied upon and is a result of a desire which has, according to the nature of this individual, been carefully thought out. This clarity of desire is extremely helpful in preparing instruments for this or any positive service and we commend this instrument.

We commend also the instrument known as M and would only ask that this gifted instrument, that in contact with our vibration it refrain from closing the contact for a brief moment after each train of thought has been accomplished and communicated. The process by which we of the Confederation build concepts into meaningful relationships for these communications is one in which concept is built upon concept. Therefore, as the instrument begins to be aware of concepts it is then time for the instrument to be aware of the possibility that more than one concept may be prepared for communication. This was in this case a possibility. We offer this information in order that the instrument may grasp the nature of the sensations felt and may see the mechanism whereby the flow of our communication may be easily shut off at any junction at the desire of the instrument. We wish also to commend and thank the one known as K that [that] which we wished to communicate was well received.

Each of you, my friends, is progressing at a rapid rate and we are, along with our brothers and sisters of Laitos, in awe at the opportunity presented to us at this time and offer our thanks and our love to each. We are aware of a desire for some words at this time which may be of aid, for there are a majority among you whose questioning at this time is particularly keen in the area of the actual practicality or reality of living a life filled with the Creator while within an illusion of [that] which may seem harmless or may seem difficult, but certainly seems full of the unnecessary, the ambivalent, the humorous, and the ridiculous.

Where, then, is the profundity of the great love of the Creator? As you sit at your traffic lights, do you see the Creator? As you attempt to clean up after your ceaselessly disordering lives, filling your refuse pails and consuming the contents of brown paper bags, do you see the Creator? My friends, if you do not it is understandable, but it is also an area that needs work. Let us remove ourselves, not from the traffic lights or the places behind the wheels of automobiles. Not from the self as it consumes and creates garbage, but from the attitude that trivializes existence. Let us look at the atoms that make up the scene at the traffic light. Is not everything that is created a creation full of love? Indeed, where can you go to escape love? You tabernacle with love as you gaze into the blank faces that await the changing of a random traffic light. If you wish to ignore the temple that is about you, this you may do. It is not necessary. Do you find your lives trivial because in some portion there is a routine of maintenance and sustenance and the removing of the husks of this maintenance and sustenance? My friends, you physical vehicle was given to you because it is a marvelously sensitive mechanism for perceiving the Creator. Listen and learn from its perceptions and do not begrudge it its maintenance. For each thing that you must do in order to maintain life within the

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illusion may be reflected upon and learned from. My friends, meditation is extremely helpful, but you do not have to wait for meditation to seek the non-trivial in each moment.

You stand upon holy ground, as the one known as Moses in your holy works. Take the shoes from off your feet, take the numbness from you feelings about your self and about your routines. When you feel that presence, that love in the so-called trivial moment that you spend with yourselves, then, my friends, how much more ready you are to be of service to those about you. You may look for the Creator in genetic coding, in the furthest star, in the small, in the enormous. Look where you wish, my friends, your vision will not fail you. You will find the Creator that you seek, but begin by seeking where you are and within your own nature.

I would at this time, close this contact through the instrument known as [D2]. I am Hatonn.

(D2 channeling)

I am Hatonn. We have been making adjustments for contact with this instrument and find that he is constantly readjusting. The method of contact this time is not fully understood or accepted and has made it much more difficult.

(Long pause.)

At this time we have very good contact with this instrument and hope in the future he will remain open and accepting of our presence. This instrument has sensitive *(inaudible)* … We may need *(inaudible)*. This instrument does not accept the fact that we are, in effect, dissolving his defenses as his desire is greater than his own resistance. If he will accept this, life will be made much easier for us all. *(Laughter)* We will close this contact and hope that in the future that he is cooperative as he is *(inaudible)*. I am Hatonn.

(M channeling)

I am Hatonn. I am now with this instrument. Although she is normally very talkative, she refuses to tell more than one of my ideas and I have been flooding her with ideas. I would like for her to say that all the beautiful things that happen to you come through with you. Any flower that you smell the scent of never dies, any baby's laughter that you hear rings on forever. The people of your planet are not collecting beauty to bring with them. The sunset that you see never dies, but the ones you don't bother to see for you [remain.] Collect beautiful moments. True, your planet has its problems. It has acid rain, but the flowers still grow. Some day things may be barren, but if you have these flowers growing in your mind you will have beauty that comes with you. How many times do you pass something beautiful, something happy, something wonderful and ignore it? Your world has many beautiful things and your people seem to be immune to them. They like highways, they like to go fast, but all beautiful things take time. Walking in the grass, hearing a bird sing, these are beautiful things to take with you. When you leave this planet don't just take its trouble. You really have many wonderful things. Collect them. Cherish them and remember that anything that you remember never dies.

This instrument will not give anymore of my ideas. I will leave this instrument. I am Hatonn.

(Carla channeling)

I am Hatonn. I am again with this instrument. We thank the one known as M for opening wider the channel that is indeed a gift to which we are grateful to avail ourselves.

The sensitivity that this new instrument shows to manifest so quickly, we are having a chuckle at the delightful rapidity of the movement of energy within your group. We would again, if we may, attempt to close our contact through the instrument known as D2. I am Hatonn.

(D2 channeling)

I am Hatonn. I am again with this instrument. We are pleased that this instrument immediately recognized the conditioning and signal of contact. We may reassure this instrument that we will be as patient with him as he is with us and look forward with working with him again in the future. We leave this group [saying] as always in the love and the light of the infinite Creator. We are known to you as Hatonn. Adonai. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. We are most privileged to be asked once again by this group to serve in our capacity of attempting to answer your queries. We would, therefore, at this time open this

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meeting to the queries that may be asked. Is there a question at this time?

M: Yes. I was listening to the radio this morning and it was a review of the news of the recent past, in fact, this past week and one of comments was that it's time for this planet to get its act together, and the next statement was that this planet is a grain of sand in the galaxy and the commentator said he believes there are people on other planets. The thought that came to mind was that this person is probably from the fourth density or maybe even the fifth density because he seemed to have better understanding than most commentators.

I am Latwii, and I am aware of your query, my sister. We find it somewhat humorous to be asked to serve as the commentator upon a commentator. But, my friends, is this not the role which each plays upon your planet? For are not all of your entities the one Creator and does not each comment upon its particular status and experience of the one Creator? Whether it knows it or not, this is what it does. Some of your entities have for great periods of what you call time searched deep within their being and deep within the illusion for the meaning of both. Some, therefore, have drawn unto themselves those portions of their great self which they have sought. The revelations, intuitions, the piecing together of the meaning of the life, of the nature of the one Creator and the functioning of your illusion comes little by little, yet it comes in some form to all.

Many upon your planet, whether they be those known to you as the wanderers, the teachers, the avatars, or whether they be those who are native to this planet or other planet similar to it, have found portions of the Creator in the form by which the entity could understand that which has been found. You will see in the days which follow rapidly the increasing recognition by more and more entities upon your plant of the nature of their existence. For the time and the cycle of this planet does indeed grow short and the act is being gotten together, for the players are those old souls upon your planet who have had many such roles and this is the grand finale. The learnings of each incarnation shall be distilled and shall be radiated to all who have ears to hear. Yes, my friends, great understanding is coming to your planet. Greater understanding shall come to each entity and through each entity in the days which are to come.

May we answer you further, my sister?

M: No, that's fine. Thank you.

I am Latwii. We thank you very much. Is there another question at this time?

Questioner: I have a question or two. In your answer you spoke of very old souls. Could you speak a little on them? I'm not really sure what you mean, are there varying types of ages or anything?

I am Latwii, and I am aware of your query, my sister. In truth, all are one being. This one being, as you know, has chosen to evolve by dividing Itself into many portions. Each portion, therefore, given the freewill, evolves at its own pace, learning those lessons within the framework of what you call space and time, at a pace which is chosen by the entity. For those upon your planet come from many sources, for this planet, which is now finishing its third density experience, has collected into its influence those from many other planets from the third density upon their conclusion of third density, those souls who were unable to achieve the graduation at that time. These entities have come to this planetary influence in order that they might have, once again, the opportunity to learn the lessons of love to the degree necessary to welcome the light of that known as the fourth density of love and understanding. Therefore, the few upon your planet that have evolved from your planet's second density of plant and animal life, could be in one sense considered younger than those who have come to this planet from another third density planet. Yet all are one. In their evolution and by their free choice, entities determine the pace at which they pursue their return to the one Creator.

May we answer you further, my sister?

Questioner: No, thank you, not at this time.

I am Latwii, and I thank you. Is there another question at this time?

M: Yes. Why does Hatonn talk to me when he knows I am not going to say these things? Time's over; is it for next Sunday? Why does he keep talking to me?

I am Latwii, and am aware of your query, my sister. It is a common practice for Confederation members to provide the conditioning vibration to those requesting it as new instruments for as long as the instrument continues to express a desire for this

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vibration. [Some] of those who do not choose to serve as instruments feel this vibration as a deepening of their meditative state; [some] of those, on the other hand, who are new instruments, not only feel the possibility of the deepening meditation, but are aware of the possibility of transmitting thoughts at that time.

Sensitive instruments, when also being a new instrument, oftentimes are unable to determine the appropriate moment for initiating the contact. This is not unusual. With practice, each instrument may become aware of when the contact is indeed being initiated. The one known as Hatonn has, through your instrument, spoken various thoughts due to the facility with which Hatonn has been able to utilize your instrument. The one known as Hatonn has attempted to build thought upon thought through your channel. There has been the ease of contact with your instrument, coupled with the desire to purely transmit that which is felt by yourself. This desire to purely transmit the thoughts has also provided somewhat a limit to the length of the contact. It is this limit which the one known as Hatonn has offered you the opportunity to lengthen. The opportunity is always there. Your ability to discriminate the appropriate moment for initiating the contact will increase with practice.

May we answer you further, my sister?

M: No, I think you've answered it.

I am Latwii. We are grateful for the opportunity to be of service. Is there another question at this time?

Carla: I have a question sparked by the previous question. When Confederation members send a carrier wave, are there concepts involved in the basic carrier wave? In other words, is there a kind of conceptualized transmission that is answering the subconscious level which may be seeking such information that goes on pretty much all the time, if we open ourselves to it? Or is this carrier wave without concept and M's experience is just a specialized case where she continued to desire the conditioning and, consequently, the sensitive thoughts as well?

I am Latwii, and am aware of your query, my sister. This is not entirely easy to answer, for each experience is most unique. In general, we may say that when the Confederation entities attempt to initiate contact with any instrument there is, by the very nature of the entity involved, a framework, shall we say, of information which is available. Those of Hatonn deal primarily with the concepts of love. When such a contact is initiated, this general framework then is blended, not only with the combined vibrations, shall we say, of the group which is being spoken to, but also is blended with the instrument being utilized; specifically, with the instrument's desires, knowledge, whether conscious or sub-conscious, and the instrument's facility with your language. Therefore, the carrier wave may activate within an instrument a message which blends the Confederation's thoughts, the desires of the group, and the abilities of the instrument. An instrument which desires contact and desires to be of service in this manner may increase the contribution which it makes to that contact if its desire is great. This is acceptable to each Confederation member as long as the instrument also remains open to further communication so concepts may be built upon concepts and a balanced message might be given.

May we answer you further, my sister?

Carla: Yes. I'm sorry to be such a pest, but I've been working with this contact since … twenty years ago, [and] this is the first time this has really come up and I'm fascinated by it. Given that there is another instrument as sensitive as M, I would like to know what's going on next time better. OK. How is a person as sensitive as this new instrument to determine clearly the proper time to initiate contact if the contact is of such a completely comfortable nature that communication is possible on a continual basis? This is not usually true of new instruments and the length is one little by little until a person can communicate a series of concepts. As I understand it, the difficulty is exactly the opposite here where the new instrument is capable of continuing to communicate and continuing to receive and, consequently, how or by what mechanism can such a sensitive new instrument be able to discriminate the proper moment to initiate contact?

I am Latwii, and am aware of your query, my sister. We greatly appreciate the opportunity to comment upon this subject, for, indeed, it is true that seldom do we have the instrument which is both new and quite sensitive and able to perceive our contact with ease. It is therefore recommended to each new instrument that some form of sign be asked for by the new instrument from the Confederation member

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when contact is to be verbalized. This might take any form comfortable to the instrument, whether it be the gradual opening of the mouth, seemingly at the control of the Confederation member, or the concept within the mind that it is now time to begin to verbalize the concepts, or a feeling of pulsing between the eyebrows, the feeling of energy rushing through the chest, or any other sensation which is acceptable to the instrument. This will allow the new instrument to differentiate between the conditioning vibration, which aids the deepening of the meditation and the initiation of contact through the verbalization of concepts.

May we answer you further, my sister?

Carla: Only if you could give me any other pointers as a person who offers meditations for new instruments in order that I might in any other way be able to help any other new instrument who came to me with the questions M has.

I am Latwii. My sister, we feel that this group has for a great period of what you call time become most familiar with the mechanics of contact of the telepathic nature, therefore, at this time we feel that there has been ample recognition of the nature of the contact by each new instrument and that as new circumstances arise in what you call your future that each entity be asked to query upon any particular problem which is encountered. The asking of the questions concerning the contact should always be encouraged so that the intricacies of this contact might be made known to each entity.

May we answer you further, my sister?

Carla: No, I thank you

I am Latwii. I am grateful to you as well. Is there another question at this time?

A: I have a question. *(Inaudible)*. During meditation sessions, say when you, Latwii, are channeling an answer through an instrument, is it possible for others present to receive or [communicate] with others of, say, Hatonn during, say, your channeling?

I am Latwii, and I am aware of your query my sister. All things are quite possible. We hope that this is not too impossible to digest. If an entity during a meditation, such as this meditation, desires a contact from another Confederation member while a contact is ongoing and being verbalized at that moment, this might occur upon the mental, telepathic level. Usually such a contact is only felt as the conditioning vibration so that the meditation is deepened, allowing the entity to perceived the concepts being verbalized with as deep a portion of the subconscious mind as possible. This allows the fuller comprehension of the concepts to be enjoyed by the entity.

To seek a contact of a telepathic nature in which concepts are transmitted during a meditation in which verbalized channeling is occurring is possible but not recommended, for though your mind has great potential it is able to focus the attention only upon one train of thought at a time while in the meditative state. Therefore, a choice must be made and it is always recommended that each entity within the circle of meditation focus the energy and the attention upon those verbalized concepts being shared by all, so that the channel may be held as clear and steady as possible, thereby aiding the group as much as is possible. To *(inaudible)* the attention and energy from the concepts being verbalized is to create gaps in the circle of light which sustains the contact.

May we answer you further, my sister?

A: So you're saying also that most likely someone from the Confederation would not initiate mental contact during a meditation. Is this true?

I am Latwii, and I am aware of your query, my sister. This is basically correct, for it is well recognized by each Confederation member that there is a need to keep the focus of attention one-pointed during such telepathic transmission of thoughts. The entities within the circle, however, by the exercise of their free will might at any time request a contact and when called, Confederation members answer in the manner which is most appropriate.

May we answer you further, my sister?

A: No, not at this time, thank you.

I am Latwii. Is there another question at this time?

Questioner: Yes, Latwii. During a Friday session, *(inaudible)* of this group known as M attempted to channel an answer to a question that was in opposition to his own personal bias concerning the subject matter. He had difficulty in transmitting the answer and immediately after had a great deal of difficulty removing the control of his body from the

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entity channeling through him and regaining the control of his body for himself. Would you please discuss this situation, as it was you initially that was speaking through him?

I am Latwii, and am aware of your query, my brother. When speaking through an instrument such as the one known as M and utilizing concepts which are in opposition to the instrument's beliefs, there is frequently created a situation in which the instrument provides a barrier to the smooth flowing of concepts. Though the instrument's desire may be strong to serve as an instrument, the consternation felt at the information which is being transmitted may for a time cause the instrument to lose the control of its process of receiving the information and block the full reception of the concepts. This can result in another entity's utilization of the instrument for the further diverting of the concepts involved.

This group has, by the very brilliance of the light which emanates from it, attracted the attention of those of the opposite polarity, which is the natural balancing function and, therefore, it is recommended that the most careful tuning be utilized by, not only the group, but by each entity serving as instrument so that the efforts might be kept most pure. When concepts are blocked by the desire of the instrument to transmit only a certain set of thoughts there is set up then the possibility that this blockage might be utilized by other entities. This is quite unusual for most groups do not attract the attention that this group has.

May we answer you further, my brother?

Questioner: Yes. Is this particular instrument known as M possessed of an unusual susceptibility of which he and the others of the group should be aware concerning this potential for displacement and is there any reason that you might suggest that this instrument not channel, or, further, is there any particular process you would recommend for the protection of this individual instrument?

I am Latwii, and am aware of your query, my brother. Instruments, which are sensitive in whatever degree their sensitivity is expressed, are, therefore, sensitive to contact by any entity whose vibratory levels fall within that range of sensitivity, be the entity positive or negative who is attempting to transmit thoughts. It is through the tuning mechanism utilized by the group and by the instrument itself that the choice is made between the positive and negative vibrations. It is, therefore, most helpful [that] the group not only utilize the greatest care in its tuning before the session has begun, but that each instrument utilize some means of determining the nature of the entities wishing to transmit thoughts through their instruments. It is recommended, therefore, that each new instrument create some form of challenge to an entity who wishes to utilize its instrument in the transmission of thoughts. The challenge may take any form which is meaningful to the new instrument. The basic nature of the challenge is to ask that the entity wishing to transmit thoughts whether it is of the Confederation, whether it comes in the name of the Christ or the Christ consciousness, or the positive polarity of service to others. Each Confederation member appreciates this challenge and will answer in the affirmative. Those entities not of the Confederation or not of positive polarity are not able to meet this challenge or answer this query, and therefore, must retire.

Therefore, we once again suggest the tuning of the group and the development of each new instrument of some means of challenging those entities wishing to transmit thoughts through their instrument.

May we answer you further, my brother?

Questioner: Yes, one final question. The information that you have given in response to my questions has been given to me previously, immediately after that session. Could you define for me the source of that information at that time?

I am Latwii, and am aware of your query, my brother. In this case we find that we are bound by that Law of Confusion, also known as the respecting of free will. We find it necessary to recommend that you ponder this query in your meditations and consider its source for yourself.

May we answer further, my brother?

Questioner: No, for myself and my brother M, I thank you.

I am Latwii. We are most grateful to you. Is there another question at this time?

Carla: I would like to apologize to the instrument, but I do have a couple of questions here about M's experience. First of all, is it possible that M's long

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time fear that precisely this thing would happen to him attracted this experience to him?

I am Latwii, and am aware of your query, my sister. We shall relay your apologies to the instrument. To respond to your query, it is indeed quite possible that what one fears shall be drawn unto the entity until the fear is balanced with acceptance. For …

(Tape ends.) ♣

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Sunday Meditation
June 26, 1982

(M channeling)

I am Hatonn, and I am now with this instrument. I greet you with the love and the light of the infinite Creator. I would like to explain what happened last Sunday. I was not with this instrument when she translated the concept into words. She is not aware that she does not understand words. I will explain this to you. If you say right to her, she cannot understand it. She will say mentally, "You mean turn the machine not to the left but to the right?" This is a concept and she can understand it and follow it. I would not suggest that you say "fire" to her because she has to translate it into, "The building is on fire," into a concept and then she will respond. If I gave her words she would have to translate the words into a concept and translate the concept back into words. It is much easier for me to give her a concept. I will not give her a concept late in the meeting. She may be involved that she forgets to translate it into words. This would not happen again because she would understand that she was translating the concept after I left. She was so fascinated with the concept that she wanted to tell you what I had told her.

I was explaining to her that television machines and cooling systems are negative influences. Before television and cooling systems people sat on their front porch and became involved with their other selves. The drama was not as condensed on the front porch but it was real, and they did not feel isolated the way they do in front of their TV set. Even refrigeration is negatively oriented. In the days of the icebox people went down to the drugstore for ice cream. They went to the grocery store because perishables would not keep. They became involved with their other selves. These machines are negatively oriented. You must be very careful not to use them extensively. That is one reason that there is so much crime on the streets. People are isolated. They do not care. Be aware of the negative influence of these machines and make a point of not using them too much.

I now leave this instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and am now with this instrument. I greet you once again in the love and in the light of our infinite Creator. It was not our original intention to speak through this instrument at this time, but as we have communications of two types to offer we shall take this opportunity to do so. We would first say to our sister, M, that the brilliance and the clarity of this instrument's personality is quite unusual among your peoples upon this planet. Unlike many of your peoples who seek, this instrument's seeking takes place in an atmosphere which you may call the brightest of noons, and is not shadowed by the many shadings of doubt and

confusion that complicate the seeking of many of your peoples.

This has both aided and, may we say, somewhat hindered our initiation of contact with this gifted instrument. It has aided our contact in that we are able to communicate so openly, for this instrument has been well tuned, shall we say, to a specific spiritual frequency of positivity, love and light for a great portion of this instrument's incarnation. However, we would caution the instrument known as M that we, as Confederation members, never instruct but always suggest, that we always desire to leave the room for the doubting, the pause for the consideration. Therefore, when this instrument receives a portion of a concept that is a conclusion that brooks no contrary opinion, this communication contains a large portion of that which is the loving and brilliant deeper mind of the instrument. We desire to keep as a part of all free will channeling a portion of that character that makes each entity a unique and inspiring instrument. However, we say to you, my sister, and to all new channels, we do not wish to instruct your peoples, for we are your brothers and sisters. Therefore, if you receive such, shall we say, cut and dried concepts, ask for more clarity. Ask for a purer contact and we shall be there making the adjustment necessary to blend our thoughts with yours in order that the love and the light of the infinite Creator may be offered to your peoples in words that inspire without the ordering.

We would, in addition, wish to continue that message which was begun so that we may express through each instrument the same thought that you may perceive in two ways—one intention and one meaning. We spoke to you, my friends, of some of what you may call your gadgets—your televisions and your refrigeration. My friends, we could go on and remind you of many of the elements of those days which are in your memory or in the memories of those who bore you into this incarnation, memories of the time when there were more than two or three in a household, where domiciled together there were many more other selves, and where, because of the relative lack of movement geographically among your peoples, there was a far longer term of interaction between yourself and those to whom each person was close. In this particular time, as you call it, your peoples lacked the luxury of those several other selves with whom to spend an incarnation. And we say a luxury, my friends, because each entity who reflects a loved one in love and without stint or grudge becomes a mirror so that the growth of the entity may accelerate greatly.

For example, my friends, you may hear the babe crying and feel some emotion when that babe is part of a drama upon your television, but need you go and comfort it? Need you nurture it? No, my friends. It is gone to be replaced by another which likewise will only touch you briefly. But to hear the babe crying and to go to it—ah, my friends, there lies service. There lies the opportunity.

There are some of you who come in contact with many, many other selves in your daily lives and yet do not receive the mirror until you meet those other selves that cause you concern, that cause you to ponder, to meditate, to pray, and to care. We ask that you thank the Creator for each opportunity that you have to experience the contact with other selves that teaches you your nature, that gives you the mirror for yourself.

It has been said in your holy works that the love of money is the root of all evil. We would paraphrase this and say that the love of distraction is the root of the slowing of the spirit. It is not that anything is negative in itself, but if an inanimate object, if a convenience, if that which gives you solitude, is loved and sought when you have the opportunity to look in the mirror of your other self, then, my friends, that inanimate object has become a blockage to the positive growth of yourself as a seeker. Seek ye then that truth and that love which can only be found in the experiences of meditation and of the serious consideration of all those thoughts that concern you in your dealings and in your attempts to be of service to your brothers and your sisters.

In closing we thank you for your patience and we thank the one known as M. Indeed, we do not wish to seem to be giving this instrument a hard time but because of this instrument's ability we have a desire to aid this instrument in its nurturing that those words which through her come may be to the fullest extent be that which she wishes—a true channel for the love and the light, and it is in that Creator and in that creation that we leave you. I am Hatonn. Adonai vasu borragus. ♣

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The Law of One, Book IV, Session 91

June 26, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. It is as previously stated.

Questioner: I have listed the different minds and would like to know if they are applied in this particular aspect: first, we have the cosmic mind which is, I would think, the same for all sub-Logoi like our sun. Is this correct?

Ra: I am Ra. This is correct.

Questioner: A sub-Logos such as our sun, then, in creating Its own particular evolutionary experience, refines the cosmic mind or, shall we say, articulates it by Its own additional bias or biases. Is this the correct observation?

Ra: I am Ra. It is a correct observation with the one exception that concerns the use of the term "addition" which suggests the concept of that which is more than the all-mind. Instead, the archetypical mind is a refinement of the all-mind in a pattern peculiar to the sub-Logo's choosing.

Questioner: Then the very next refinement that occurs as the cosmic mind is refined is what we call the archetypical mind. Is this correct?

Ra: I am Ra. Yes.

Questioner: Then this creates, I would assume, the planetary or racial mind. Is this correct?

Ra: I am Ra. No.

Questioner: What is the origin of the planetary or racial mind?

Ra: I am Ra. This racial or planetary mind is, for this Logos, a repository of biases remembered by the mind/body/spirit complexes which have enjoyed the experience of this planetary influence.

Questioner: Now, some entities on this planet evolved from second density into third and some were transferred from other planets to recycle in third density here. Did the ones who were transferred here to recycle in third density add to the planetary or racial mind?

Ra: I am Ra. Not only did each race add to the planetary mind but also each race possesses a racial mind. Thus we made this distinction in discussing this portion of mind. This portion of mind is formed in the series of seemingly non-simultaneous experiences which are chosen in freedom of will by the mind/body/spirit complexes of the planetary influence. Therefore, although this Akashic, planetary, or racial mind is indeed a root of mind it may be seen in sharp differentiation from the deeper roots of mind which are not a function of altering memory, if you will.

We must ask your patience at this time. This channel has become somewhat unclear due to the

movement of the cover which touches this instrument. We ask that the opening sentences be repeated and the breath expelled.

(The microphones attached to the cover upon the instrument were pulled slightly as a rug was being placed over a noisy tape recorder. The Circle of One was walked; breath was expelled two feet above the instrument's head from her right to her left; and the Circle of One was walked again as requested.)

Ra: I am Ra. We communicate now.

Questioner: Were we successful in re-establishing clear contact?

Ra: I am Ra. There was the misstep which then needed to be re-repeated. This was done. The communication is once again clear. We enjoyed the humorous aspects of the necessary repetitions.

Questioner: What occurred when the microphone cords were slightly moved?

Ra: I am Ra. The link between the instrument's mind/body/spirit complex and its yellow-ray, chemical, physical vehicle was jarred. This caused some maladjustment of the organ you call the lungs and, if the repair had not been done, would have resulted in a distorted physical complex condition of this portion of the instrument's physical vehicle.

Questioner: What kind of distortion?

Ra: I am Ra. The degree of distortion would depend upon the amount of neglect. The ultimate penalty, shall we say, for the disturbing of the physical vehicle is the death, in this case by what you would call the congestive heart failure. As the support group was prompt there should be little or no distortion experienced by the instrument.

Questioner: Why does such a very minor effect like the slight movement of the microphone cord result in this situation, not mechanically or chemically, but philosophically, if you can answer this question?

Ra: I am Ra. We can only answer mechanically as there is no philosophy to the reflexes of physical vehicular function.

There is what you might call the silver cord reflex; that is, when the mind/body/spirit complex dwells without the environs of the physical shell and the physical shell is disturbed, the physical shell will reflexively call back the absent enlivener; that is, the mind/body/spirit complex which is connected with what may be metaphysically seen as what some of your philosophers have called the silver cord. If this is done suddenly the mind/body/spirit complex will attempt entry into the energy web of the physical vehicle without due care and the effect is as if one were to stretch one of your elastic bands and let it shrink rapidly. The resulting snap would strike hard at the anchored portion of the elastic band.

The process through which you as a group go in recalling this instrument could be likened unto taking this elastic and gently lessening its degree of tension until it was without perceptible stretch.

Questioner: To get back to what we were talking about, would the different races of this planet be from different planets in our local vicinity or the planets of nearby Logoi which have evolved through their second-density experiences, and would they create the large number of different races that we experience on this planet?

Ra: I am Ra. There are correctnesses to your supposition. However, not all races and sub-races are of various planetary origins. We suggest that in looking at planetary origins one observes not the pigmentation of the integument but the biases concerning interactions with other-selves and definitions regarding the nature of the self.

Questioner: How many different planets have supplied the individuals which now inhabit this planet?

Ra: I am Ra. This is perceived by us to be unimportant information, but harmless. There are three major planetary influences upon your planetary sphere, besides those of your own second-density derivation, and thirteen minor planetary groups in addition to the above.

Questioner: Thank you. One more question before we start on the specific questions in regard to archetypes. Do all Logoi evolving after the veil have twenty-two archetypes?

Ra: I am Ra. No.

Questioner: Is it common for Logoi to have twenty-two archetypes or is this relatively unique to our Logos?

Ra: I am Ra. The system of sevens is the most articulated system yet discovered by any experiment by any Logos in our octave.

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Questioner: What is the largest number of archetypes, to Ra's knowledge, used by a Logos?

Ra: I am Ra. The sevens plus The Choice is the greatest number which has been used, by our knowledge, by Logoi. It is the result of many, many previous experiments in articulation of the one Creator.

Questioner: I assume, then, that twenty-two is the greatest number of archetypes. I also ask is it the minimum number presently in use by any Logos to Ra's knowledge?

Ra: I am Ra. The fewest are the two systems of five which are completing the cycles or densities of experience.

You must grasp the idea that the archetypes were not developed at once but step by step, and not in order as you know the order at this space/time but in various orders. Therefore, the two systems of fives were using two separate ways of viewing the archetypical nature of all experience. Each, of course, used the Matrix, the Potentiator, and the Significator for this is the harvest with which our creation began.

One way or system of experimentation had added to these the Catalyst and the Experience. Another system if you will, had added Catalyst and Transformation. In one case the methods whereby experience was processed was further aided but the fruits of experience less aided. In the second case the opposite may be seen to be the case.

Questioner: Thank you. We have some observations on the archetypes which are as follows. First, the Matrix of the Mind is depicted in the Egyptian tarot by a male and this we take as creative energy intelligently directed. Will Ra comment on this?

Ra: I am Ra. This is an extremely thoughtful perception seeing as it does the male not specifically as biological male but as a male principle. You will note that there are very definite sexual biases in the images. They are intended to function both as information as to which biological entity or energy will attract which archetype and also as a more general view which sees polarity as a key to the archetypical mind of third density.

Questioner: The second observation is that we have a wand which has been seen as the power of the will. Will Ra comment?

Ra: I am Ra. The concept of will is indeed pouring forth from each facet of the image of the Matrix of the Mind. The wand as the will, however, is, shall we say, an astrological derivative of the out-reaching hand forming the, shall we say, magical gesture. The excellent portion of the image which may be seen distinctly as separate from the concept of the wand is that sphere which indicates the spiritual nature of the object of the will of one wishing to do magical acts within the manifestation of your density.

Questioner: The hand downward has been seen as seeking from within and not from without and the active dominance over the material world. Would Ra comment on that?

Ra: I am Ra. Look again, O student. Does the hand reach within? Nay. Without potentiation the conscious mind has no inwardness. That hand, O student, reaches towards that which, outside its unpotentiated influence, is locked from it.

Questioner: The square cage represents the material illusion and is an unmagical shape. Can Ra comment on that?

Ra: I am Ra. The square, wherever seen, is the symbol of the third-density illusion and may be seen either as unmagical or, in the proper configuration, as having been manifested within; that is, the material world given life.

Questioner: The dark area around the square, then, would be the darkness of the subconscious mind. Would Ra comment on that?

Ra: I am Ra. There is no further thing to say to the perceptive student.

Questioner: The checkered portion would represent polarity?

Ra: I am Ra. This also is satisfactory.

Questioner: The bird is a messenger which the hand is reaching down to unlock. Can Ra comment on that?

Ra: I am Ra. The winged visions or images in this system are to be noted not so much for their distinct kind as for the position of the wings. All birds are indeed intended to suggest that just as the Matrix figure, the Magician, cannot act without reaching its winged spirit, so neither can the spirit fly lest it be released into conscious manifestation and fructified thereby.

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Questioner: The star would represent the potentiating forces of the subconscious mind. Is this correct?

Ra: I am Ra. This particular part of this image is best seen in astrological terms. We would comment at this space/time that Ra did not include the astrological portions of these images in the system of images designed to evoke the archetypical leitmotifs.

Questioner: Are there any other additions to Card Number One other than the star that are of other than the basic archetypical aspects?

Ra: I am Ra. There are details of each image seen through the cultural eye of the time of inscription. This is to be expected. Therefore, when viewing the, shall we say, Egyptian costumes and systems of mythology used in the images it is far better to penetrate to the heart of the costumes' significance or the creatures' significance rather than clinging to a culture which is not your own.

In each entity the image will resonate slightly differently. Therefore, there is the desire upon Ra's part to allow for the creative envisioning of each archetype using general guidelines rather than specific and limiting definitions.

Questioner: The cup represents a mixture of positive and negative passions. Could Ra comment on that?

Ra: I am Ra. The otic portions of this instrument's physical vehicle did not perceive a significant portion of your query. Please requery.

Questioner: There is apparently a cup which we have as containing a mixture of positive and negative influences. However, I personally doubt this. Could Ra comment on this, please?

Ra: I am Ra. Doubt not the polarity, O student, but release the cup from its stricture. It is indeed a distortion of the original image.

Questioner: What was the original image?

Ra: I am Ra. The original image had the checkering as the suggestion of polarity.

Questioner: Then was this a representation of the waiting polarity to be tasted by the Matrix of the Mind?

Ra: I am Ra. This is exquisitely perceptive.

Questioner: I have listed here the sword as representing struggle. I am not sure that I even can call anything in this diagram a sword. Would Ra comment on that?

Ra: I am Ra. Doubt not the struggle, O student, but release the sword from its stricture. Observe the struggle of a caged bird to fly.

Questioner: I have listed the coin represents work accomplished. I am also in doubt about the existence of the coin in this diagram. Could Ra comment on that please?

Ra: I am Ra. Again, doubt not that which the coin is called to represent, for does not the Magus strive to achieve through the manifested world? Yet release the coin from its stricture.

Questioner: And finally, the Magician represents the conscious mind. Is this correct?

Ra: I am Ra. We ask the student to consider the concept of the unfed conscious mind, the mind without any resource but consciousness. Do not confuse the unfed conscious mind with that mass of complexities which you as students experience, as you have so many, many times dipped already into the processes of potentiation, catalyst, experience, and transformation.

Questioner: Are these all of the components, then, of this first archetype?

Ra: I am Ra. These are all you, the student, see. Thusly the complement is complete for you. Each student may see some other nuance. We, as we have said, did not offer these images with boundaries but only as guidelines intending to aid the adept and to establish the architecture of the deep, or archetypical, portion of the deep mind.

Questioner: How is the knowledge of the facets of the archetypical mind used by the individual to accelerate his evolution?

Ra: I am Ra. We shall offer an example based upon this first explored archetype or concept complex. The conscious mind of the adept may be full to bursting of the most abstruse and unimaginable of ideas, so that further ideation becomes impossible and work in blue ray or indigo is blocked through over-activation. It is then that the adept would call upon the new mind, untouched and virgin, and dwell within the archetype of the new and unblemished mind without bias, without polarity, full of the magic of the Logos.

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Questioner: Then you are saying, if I am correct in understanding what you have just said, that the conscious mind may be filled with an almost infinite number of concepts but there is a set of basic concepts which are what I would call important simply because they are the foundations for the evolution of consciousness, and will, if carefully applied, accelerate the evolution of consciousness, whereas the vast array of concepts, ideas, and experiences that we meet in our daily lives may have little or no bearing upon the evolution of consciousness except in a very indirect way. In other words, what we are attempting to do here is find the motivators of evolution and utilize them to move through our evolutionary track. Is this correct?

Ra: I am Ra. Not entirely. The archetypes are not the foundation for spiritual evolution but rather are the tool for grasping in an undistorted manner the nature of this evolution.

Questioner: So for an individual who wished to consciously augment his own evolution, an ability to recognize and utilize the archetypes would be beneficial in sorting out that which he wishes to seek from that which would be not as efficient a seeking tool. Would this be a good statement?

Ra: I am Ra. This is a fairly adequate statement. The term "efficient" might also fruitfully be replaced by the term "undistorted." The archetypical mind, when penetrated lucidly, is a blueprint of the builded structure of all energy expenditures and all seeking without distortion. This, as a resource within the deep mind, is of great potential aid to the adept.

We would ask for one more query at this space/time as this instrument is experiencing continuous surges of the distortion you call pain and we wish to take our leave of the working while the instrument still possesses a sufficient amount of transferred energy to ease the transition to the waking state, if you would call it that.

Questioner: Since we are at the end of the Matrix of the Mind I will just ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. Each is most conscientious. The instrument might be somewhat more comfortable with the addition of the swirling of the waters with spine erect. All other things which can be performed for the instrument's benefit are most diligently done. We commend the continual fidelity of the group to the ideals of harmony and thanksgiving. This shall be your great protection. All is well, my friends. The appurtenances and alignments are excellent.

I am Ra. I leave you glorying in the love and in the light of the one infinite Creator. Go forth, then, rejoicing in the power and the peace of the one infinite Creator. Adonai. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
July 4, 1982

(Carla channeling)

[I am Hatonn,] and I greet you, my friends in the love and the light of our infinite Creator. We would speak through this instrument in order to express your compassion and that of the Confederation of Planets in the Service of the Infinite Creator for your planet. We are aware as we look into the thoughts of this instrument that this day has meaning to your nation. It is a day called Independence Day, won, my friends, as so many things have been won upon your planet, by killing and forcing one group's opinion upon another in what seems to be a planetary love of hostile struggle. We know that you as well grieve for those strangers who you have never met, who die violently in unknown lands mouthing the ideals that have been taught them. We know that within your thoughts there lies great concern for those who have killed but have not been killed.

My friends, in the end, the victors and the victims merge into one pitiable panorama of carnage and experience, hard won. We would not say to you, my friends, that those who are the victims of what you call war have not profited in their spiritual growth, for all experience is useful, and death is but the end of a parenthesis in endlessness. But we would say to you, my friends, that because of the nationwide preoccupation with ideals that presuppose hostile actions, and because of planetary belief systems which are likewise dangerous, your planet is in great need of healing and in potential need of far more healing, for there are many within your planetary sphere who would not be adverse to global warfare.

Therefore, as your hearts go out to those of whom you may know who have died attempting to be of service by killing and being killed, we take this opportunity to suggest to you that at any time that you may feel this compassion which we share for your planet that you share with your planet your peace and your love. Peace, my friends, is not a word used to indicate a positive [force] but rather the absence of a negative. Peace has been used by your peoples to mean an absence of active hostility. My friends, there is a peace that is an active principle. It is the other face of power, and it is part of the nature of the unity of all creation. That peace is no weak alternative to an ideal. That peace offers power of a spiritual kind which dissolves the seeming impossibilities of your geographical enmities and their rapprochement. We ask you to call upon that peace, that active and living principle of a Creator of love. Whenever you see brother against brother, may we suggest that you become inwardly active, invoking that principle of peace. The power of that principle is as great as your ability to comprehend the functions, the activities, and the being of yourself and all about you as one thing.

At this time, my brother Laitos shall begin conditioning each newer instrument, and we shall

transfer this contact to the one known as S1. I am Hatonn.

(S1 channeling)

I am Hatonn. I am with this instrument, and I greet you again, my brothers and sisters, in the love and the light of the infinite Creator. My friends, this love is a blessed thing—to share this love with your brothers and sisters no matter who they are or where you meet them, in your work day, in your daily lives, on the streets of your world, in the structures of your planet, remember they are your other selves, your brothers and sisters, and share this love which you feel within this group, this small number of entities. Think on this, my friends. Were you to share with one other entity this feeling and they were to share, how quickly the feeling would grow and become larger and larger toward the end which we all seek and strive for.

My friends, remember as you go about your daily lives that we are with you, should you ever call—correction—should you but ask our assistance, and it will be joyfully and cheerfully given, for we know that in your density the striving is quite difficult at times, and the confusion of your world tends to get you down, so to speak. But, my friends, the love that we have for you and share with you this evening is always there. Our humble words that we share with you through these instruments are only given to guide you and help you along your way. They are not meant to direct you or confidently tell you how your path should or must be. For only you, my friends know what your path is and what you are most comfortable with. This is beginning to know yourself and know your desires and where your path leads.

My friends, our love is always with you at a thought. We share your dreams, my friends. I leave you now, quietly, peacefully, as we hope your day has been, as we hope all your days will be, my brothers and sisters. I am known to you as Hatonn. Adonai, my friends. Adonai vasu borragus.

(M channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. I have been with this instrument for some time. She loves to talk with me and I know that she will tell it to you, even though she prefers not to. We have been discussing freedom, as it is your day of freedom. Freedom is an interesting concept. Plants, trees and flowers have limited freedom because they cannot move. They can only live, die, become smaller or larger. But animals such as the squirrel has more freedom, but he can only be a squirrel. He cannot be a cat or a dog. You as a human have much more freedom than a squirrel. You have the opportunity to understand larger ideas. You can choose, but many of your choices are not consequential. It is similar to choosing vanilla or chocolate. In the long run it really doesn't matter.

Many people feel they have great freedom. But part of their freedom is ignorance. They do not realize that they were patterned as a squirrel and flower. The other people are their other selves. They can hurt them. They can help them. They can learn at a slow rate, a fast rate, or whatever is their rate. But they are linked to the Creator. They are linked with their other selves, and this does limit their freedom, as a squirrel's freedom is limited to being a squirrel. The more knowledge they see, the less freedom they really have. Freedom is precious in one sense and dangerous in another. Everything you do affects other people. If you have the freedom to love, you are directed in a positive way. You also have the freedom to hate, and that is not necessarily bad. It certainly is negative, and you are hurting your other selves. You do have these choices. So your freedom is large in some sense and very small in others. I am Hatonn. I now leave this instrument.

(S1 channeling)

I am Laitos, and I greet you, my brothers and sisters, in the love and light of our infinite Creator. I come this evening to share with you our conditioning vibration and to blend our vibration with yours in the hopes that we may be of service to you, brothers and sisters. In blending our vibrations and sending our conditioning to you, you allow us to be of service, and our love is strongly visible in this way.

My friends, this day on your planet has been one of seeking in the hearts of many for the meaning of freedom—of freedom of will, freedom of your countries, and the dangers they face in the upcoming times. Many peoples on your planet wish to know the joy of freedom that you experience this evening within this group—the freedom and joy of loving one another, of sharing yourselves with one another, and being as one. So many of your peoples, my loved ones, do not share this feeling, this source of

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freedom. To love and share that love with one another is a source of freedom.

We wished only to say a few words through this instrument and will now leave you in the love and light of the Creator. But remember, my dear ones, should you but ask, and we will be with you to share our conditioning vibration to help you in your meditation, to share our love with you. Should you but ask with your mind, and we will be there. We leave you now, that our brothers and sisters of Latwii may perform their service of answering any questions you may have brought with you this evening. In so doing, you allow them also to serve you in the love and light. Again, my friends of our infinite Creator, we leave you now. I am Laitos.

(Carla channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. We are adjusting to relax this instrument's neck. We do not wish to be a pain in the neck. We enjoy channeling through this instrument and seldom have a reason to do so especially, but wished to aid our brothers and sisters in this meeting which we have been witnessing with our usual enjoyment and anticipation of our art. We are aware that each instrument wishes to know the progress of its opening of its instrument, and we wish to assure that we have refrained from working with the ones known as D and S2 this evening due to feelings that it would be more efficacious in an intensive session, as there were some thoughts that were called for by the group this evening, and we wished to have, what you call, the time to express them without wearing out your seats.

We would say to the instrument known as S1 that we look forward to working with this instrument, and commend this instrument on the quality of its work. It is proceeding quite accurately and needs only release a very small bit more of the personality to flesh out our concept in order to be re—we correct this instrument, which has a tied tongue—in order to reach the desired ration of deeper self to Confederation concept.

To the one known as M we would also commend the conscientious and continuing efforts. We would, however, attempt to clarify this evening's experience, that this gifted instrument may learn the techniques of what you may call the surrender of the personality in order that the appropriate ratio of Confederation concept may be reached. The conditioning was of the one known as Laitos. We are aware that this is difficult sometimes for the new instrument to perceive, that is, which entity is contacting it. But it is well to request identification. Also, there are often clues in the rhythm of the meetings, such as the statement by our brothers and sisters of Hatonn that the Laitos entities were working with the new instruments. Also, it is rare for our somewhat professorial brothers and sisters of Hatonn to leave a meeting with the appropriate closing and then immediately return as if they had left their spectacle case.

These are intended to be helpful, and not to be critical, for as the instrument known as M may see to, we hope, her delight, the gist of the message was as given by Laitos with only the exception of the portion given by the entity, S1. This portion was a substantial portion, as it redefined freedom moving from that fixed position which each entity finds itself in in a very thick illusion and transferring the concept of freedom to the vastness of the inward reaches of self and its identification with love. In love and in service, my friends, there is perfect freedom. This is a patent paradox. It is only in the working out of this paradox that the experience of true freedom is found.

We thank this instrument and all the new instruments for the great service that they provide us, and, as always, offer to you our heartfelt joy at being requested to share our thoughts with you. Since this instrument is restricted from the question and answer portion, we have the privilege of using another instrument at this time, one whose patience with us is well known. We therefore would transfer this contact at this time to the instrument known as Jim. I am Latwii.

(Jim channeling)

I am Latwii, and am with this instrument. We greet you once again in love and light. It is our privilege at this time to offer ourselves in the capacity of attempting to answer your queries. Are there any queries at this time?

S2: Yes, Latwii. Excuse me for being vague, but this is a rather private question. I have a perception that is bothering me quite a bit. Can you tell me if this perception is correct? If you cannot do that, can you give me any information about it?

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I am Latwii, and am aware of your query, vague though it be. To private queries we give general responses. We say firstly that …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am with this instrument once again. The supposition which you have perceived is that which may provide for you a catalyst for further growth, my sister. To look upon such a possibility with the eyes of the usual responses and perceptions of your culture is to see only within strict boundaries. May we say, these boundaries are not necessary. There is the possibility of a great freedom which also is paramount within this perception. We hope that we have not been too vague, but this is our lot in such a situation.

May we respond further, my sister?

S2: Yes. Am I incorrect in perceiving this as potentially dangerous?

I am Latwii, and am aware of your query, my sister. We can only respond by suggesting that though the danger may exist, its manifestation is not necessarily the outcome of the situation which you have perceived. There are other possibilities included.

May we answer you further, my sister?

S2: I'll have to think on it for a minute. Thank you.

We are most grateful to you for allowing us this service. Is there another question at this time?

Carla: Well, I'd like to follow up this vague question that I couldn't figure out much of a general answer to. So let's just say for the sake of a possible other question that someone has a perception of some metaphysical stumbling block or even a metaphysical difficulty which may be seen as negative. You said that anything which may be perceived as dangerous may also be perceived as not dangerous. There would seem to be suggested some transformation. Is this in the mind of the perceiver?

I am Latwii. My sister, we feel that you have grasped the heart of our response. We apologize for the vagueness that is necessitated by the type of query which we have responded to. Any perception which an entity has within the mind, whether it be that which seems most unavoidable and imminent within the future, as you call it, or that which is vaguely feared as a possibility at a distant date, there is the possibility within the entity's mind to rearrange the thinking, shall we say, by looking at that which is feared. There is the possibility of allowing that feared perception to grow in the mind, run its full course, and find the balance within the same mind so that no longer is fear the response towards the possible occurrence. Thus, indeed, might a transformation occur within an entity's mind, for all experiences upon your planet within this illusion have the purpose of transformation.

May we answer you further, my sister?

Carla: Not on that point. That's a great answer. Thank you. I would like to ask you a question that's not vague, in that I don't mind talking about it, but it's kind of hard to put into words. In the past month or so I've been feeling an increasing desire to have a vacation of some kind after about a year and a half of pretty steady, heavy-duty metaphysical work with the Ra contact, and I'm dealing with a lot of feelings of guilt at the thought of just letting the Ra contact go for the amount of time it would take me to be away for awhile, and to a lesser extent, the feeling of just not being available for the people that might need to talk with me or be with me. I wonder if you could talk to me about the concept of selfishness and service because I'm not feeling balanced on that point, and even after meditation I'm not feeling balanced.

I am Laitos, and am aware of your query, my sister. To respond most helpfully, we feel that we should begin by suggesting that the configuration of the mind is that which determines the entity's responses, perceptions and actions. It is this configuration of the mind that each entity has incarnated to work upon in a balanced manner. The activities which an entity undertakes to be of whatever service it can be are activities which have been determined before the incarnation. Therefore, when an entity gives itself to a service which it hopes will be of benefit to others, there is then the feeling within the entity that a completion of purpose has been accomplished. Along the path of this service, however, it might be noted that the entity may discover certain needs that from time to time may apparently detract from that service if the needs are fulfilled. To an entity who sincerely desires to be of service to others, it is often the case that the personal needs become neglected, for an entity does not wish frequently to focus overly much on those needs that may at first seem somewhat selfish. Yet, must not an entity maintain

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its being in a manner which is able to serve others most efficiently? Can one ask the self to never consider its own needs, and yet continue to serve others? In many cases, the answer is obvious.

Would you refuse to eat when your body needs nourishment in order that one more effort be made in the service of another? This could be done for some portion of your time. It could not be continued overly long. Would you refuse the sleep that is necessary for the maintenance of your physical vehicle? Again, only for a limited time. Each entity must look within the self to discover those needs which indeed are unique to its own being. It may be that an entity would be greatly benefited, and the service it performs benefited as well by the variation of the pace, shall we say, in the service to others. It is often the case that an entity becomes overly idealistic in the serving of others, and gets in its own way, shall we say, by refusing to see that the self has needs which must be met.

May we answer you further, my sister?

Carla: That's a really helpful answer, but how do you tell when those are needs that have to be met, and when those are needs that are just sort of whimsical or extra or selfish?

I am Latwii. My sister, when you do not eat, how often does your body tell you that you are hungry? When you do not sleep, how often do you hear a call of sleep until, indeed, you do sleep? Any need which strikes to the core of your being, and continues in its call may be considered that which is not of a frivolous nature, for those needs of a frivolous nature tend to come and go with the wind, with time, and with forgetting.

May we answer you further, my sister?

Carla: No, thank you, Latwii. That did it. Thank you.

I am Latwii. We thank you. Is there another query at this time?

M: Yes, Latwii. Could you tell me why my messages are different than other people?

I am Latwii, and am aware of your query, my sister. Each entity which wishes to serve as an instrument for the Confederation of Planets in the Service of the One Infinite Creator is quite unique. Most entities who wish this service, as you are aware, begin a process which is somewhat different than your own, though each is quite unique. Your process, as has been observed by our brothers and sisters of Hatonn, is one which is quite open and available. This openness allows for a much easier contact and the fluid transmission of concepts, but at the same time offers a difficulty in that due to your desire to transmit clearly those thoughts which you receive, you have the need to, shall we say, become aware of a greater amount of the message before you are willing to act as instrument and transmit the concepts. This desire on your part is respected by each Confederation entity, for it is of paramount importance that the free will of each instrument be maintained.

In your particular case, as we have mentioned, this desire to transmit clearly which has resulted in the desire to know the major portion of the message before its transmission, allows for a clear perception of transmission, yet puts certain boundaries upon that transmission, for to add to those concepts which you have become aware of is then difficult after you have initiated the contact, since additions lie beyond the boundaries which are acceptable to you. It is therefore quite easy for the shorter message of a unique nature to be transmitted through your instrument, but is more difficult for the development of concepts. This creates the bright star effect, shall we say, where the contact blooms rapidly and then ends as rapidly. We might suggest, if you wish to expand these gifted abilities, that in subsequent contacts, when you feel the message is near its end as you perceive it, remain with the contact. Allow the mind to become completely blank, virgin, unblemished with any preconceived idea. And then speak those concepts which begin to appear upon the horizon of your mind. This then will allow the development of concepts which would not be possible otherwise.

May we answer you further, my sister?

M: No. I think you've answered me very well. Thank you.

I am Latwii. We are most grateful to you. Is there another question at this time?

S1: Yes, Latwii. Why would someone not remember their dreams?

I am Latwii, and am aware of your query, my sister. That state of your being known as the dream state is seldom given much value by the entities upon your

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planet. There is a great cultural bias which suggests that dreams be ignored as being unreal and useless. Therefore, it takes a great deal of effort on the part of any entity wishing to utilize this state of your being for growth to utilize it. An entity needs to make the inner commitment each night before retiring to your sleep that it shall remember those events in which it partakes during its sleeping time. When this commitment has been intensified to the sufficient degree that the subconscious is convinced that the conscious mind wishes a communication with it, then the subconscious mind shall aid in the remembering of the dreams.

May we answer you further, my sister?

S1: Well, I have a question for a friend. Is there any spiritual value in, or could spiritual value be applied in developing the area of telekinesis in an individual?

I am Latwii, and am aware of your query, my sister. Each area which is of potential interest to an entity, whatever the area, does indeed have the possibility of providing spiritual sustenance, for is not the one creation the one Creator, and does not all experience teach this simple lesson? But we must also say, my sister, that there are certain areas which some of your peoples find of interest only for the novelty that that area offers. Those abilities described as telekinetic by your parapsychological researchers are of such a nature. Most entities, in attempting to research or develop such abilities, lose sight of the relationship between that ability and the evolution of the mind, the body, and the spirit. It is as though a trinket were placed in front of the eyes and the entity became hypnotized, and was unable to see beyond the trinket. If an entity enters into such an endeavor to study this particular area, or any other, with the desire to seek the truth, to use the study to seek the means to enhance that seeking, then the seeking indeed may well be enhanced. In short, may we suggest that it is the attitude of the entity which determines whether fruits shall be found upon one tree or another.

May we answer you further, my sister?

S1: No, thank you, Latwii.

I am Latwii. We thank you. Is there another question at this time?

Questioner: Yes, Latwii. When in the dream state, does the subconscious mind leave the three dimensional plane, and, if so, where is it? Does it leave the body and the three dimensional plane, and, if so, where does it go during the dream state?

I am Latwii, and am aware of your query, my sister. That known to your peoples as the subconscious mind exists in realms and reaches far greater than has ever been perceived by those who have studied the phenomenon of dreams. Your conscious mind dwells in this illusion for the purpose of utilizing the catalyst which may teach it the lessons necessary for the graduation. The subconscious mind, on the other hand, is directly linked to the creative forces which are the foundation not only of this illusion but of all illusions within this octave of experience. The subconscious mind, therefore, includes a great array of resources which the conscious mind might draw upon for inspiration and information to expand the boundaries of its perception. The subconscious mind has the basic purpose of allowing this expansion of perception and increase in the ability to learn by providing the catalysts which provoke, shall we say, new lessons and learnings. The subconscious mind is directly connected to the planetary mind, that is, the mind that contains the total experiences of all entities who inhabit your planet at this time. Beyond this are reaches of the mind which are greater yet. These mind reaches included that known to your peoples as the basic motivating force of the universe, that being the Logos or love. It is through this connection that each individual upon your planet reproduces the nature of the one infinite Creator, that is, to experience and to grow from experience. Therefore, each entity is connected to the one Creator through the deep reaches of the mind as though the one creation could be seen as a great wheel with each spoke being a portion of yet another entity's deep mind.

May we answer you further, my sister?

Questioner: Well, that gives me a lot to think about. But I must have missed the answer to my question, and right at this point in time I'm not exactly sure what my question was. What I really think I was getting at was where … I feel like when I'm in the dream state I do have some recall of dreams, but they're usually disjointed and fragmented and very bizarre and confusing and they seem to surpass time, the dimension of time as I know it, and I don't see what it can teach me or where, and I feel like I'm some place else when I'm dreaming. And I can't really seem to piece together or interpret anything from my dreams other than the little fragments I

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remember as being very bizarre, things happening to people I know, or very unrealistic or unreal. Well, that's all I can come up with right now. I can't remember what my question was.

I am Latwii. We shall, if it is agreeable with you, attempt once again to phrase our response in a manner which might be more helpful. The subconscious mind in the dream state operates within the framework which you might call the metaphysical. The illusion which you inhabit in your conscious waking state is the physical. It is that which provides the catalysts and experiences which teach. In the metaphysical or time/space portion of your being, all things are possible, for thoughts are things. This is not normally so in your waking consciousness. Your subconscious mind is able to show to the conscious mind the lessons which have not been well learned or which have been ignored. Yet, to preserve the free will of the conscious mind, these lessons must be in symbolic form in most cases.

Therefore, each entity who wishes to utilize the dream state for accelerating growth must make a concerted effort to determine what the language and landscape of its subconscious mind represents. Each entity has conscious memories of experiences which were vivid and imprinted within its past. One entity, for example, might see a bug as being a symbol of fear. Another entity might see the same bug as being a symbol of its nature or survival instincts. Each entity has language which its subconscious uses in expressing those lessons which might be of benefit if looked at in another manner.

When you are in that dreaming state, you are indeed beyond the normal space/time continuum. You exist at that time within a realm which is quite fluid and flexible, and your subconscious mind may then utilize the great power of its being to express its perception of your progress in the evolution of your mind, your body, and your spirit.

May we answer you further, my sister?

Questioner: Not at this time. Thank you for your answer.

I am Latwii. We are most grateful to you. Is there another question at this time?

S1: Yes, Latwii. Would you elaborate a little on one of your opening statements about releasing the personality in order to grasp the Confederation concept?

I am Latwii, and am aware of your query, my sister. In regard to your instrument, this statement was meant to suggest that in your desire to be a clear channel, you have restricted somewhat the additions to the message which your deeper self could offer, for each contact with new instruments begins to approach the ideal percentage ratio when the new instrument is comfortable enough with the contact to speak clearly those concepts which appear in its mind, whether these concepts are recognized as being a portion of the instrument's own experience, or are recognized as being other than the instrument's experience. New instruments are often hesitant to speak those concepts which are familiar to them, for they fear they speak only their own minds, and are fabricating the entire contact.

In your particular case, it was our suggestion that you are restricting those portions of your deeper mind which could add to and make more unique the contact that is transmitted through you from Confederation sources.

May we answer you further, my sister?

S1: I would suppose that only through meditation and prayer and contemplation would this be opened a little faster, right? Is this correct?

I am Latwii, and am aware of your query, my sister. These techniques may indeed prove quite useful. One might also benefit from simply relaxing, and not worrying about the process.

May we answer you further, my sister?

S1: No, thank you.

I am Latwii. We thank you. Is there another question at this time?

Carla: What color are you in tonight?

I am Latwii. The color in which we find ourselves this evening is that which you would describe as a light chartreuse. We examine this color for its healing properties.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii. We thank you. Is there another question at this time?

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Carla: When engaged in planetary healing, is this a good color to image?

I am Latwii. For the healing of the planetary entity it might be more useful to envision the white light encircling the planet, and continue this image in the mind for as long as it comfortable.

May we answer you further, my sister?

Carla: No. Silly me, I knew that. Thank you.

I am Latwii. We thank you very much for your silliness. Is there another question at this time?

Questioner: Latwii, may I have a few suggestions about getting rid of self-consciousness and awareness of self so that I can more readily open my mind and be less aware of who I am, or who I think I am in this particular density, third density?

I am Latwii, and am aware of your query, my sister. We might suggest that there is a great difficulty in simply ridding the self of a perception of the self. We might instead suggest that in your meditative state you look at that image which seems to be yourself, expand upon it in every degree …

(Tape ends.) ♣

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The Law of One, Book IV, Session 92

July 8, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The condition of this instrument is slightly more distorted towards weakness in each respect since the previous asking.

Questioner: Is there a specific cause for this and could you tell us what it is?

Ra: I am Ra. The effective cause of the increased physical distortions has to do with the press of continuing substantial levels of the distortion you call pain. Various vehicular distortions other than the specifically arthritic have been accentuated by psychic greeting and the combined effect has been deleterious.

The continued slight but noticeable loss of the vital energies is due to the necessity for the instrument to call upon this resource in order to clear the, shall we say, way for a carefully purified service-to-others working. The use of the will in the absence of physical and, in this particular case, mental and mental/emotional energies requires vital energies.

Questioner: We have been trying to figure out how to provide the instrument with the swirling waters, and we hope to do that soon. Is there any other thing that we can do to improve this situation?

Ra: I am Ra. Continue in peace and harmony. Already the support group does much. There is the need for the instrument to choose the manner of its being-ness. It has the distortion, as we have noted, towards the martyrdom. This can be evaluated and choices made only by the entity.

Questioner: What is the present situation with the negative fifth-density visitor?

Ra: I am Ra. It is with this group.

Questioner: What prompted it to return?

Ra: I am Ra. The promptings were duple. There was the recovery of much negative polarity upon the part of your friend of fifth density and at the same approximate nexus a temporary lessening of the positive harmony of this group.

Questioner: Is there anything that we can do about the instrument's stomach problem or constipation?

Ra: I am Ra. The healing modes of which each is capable are already in use.

Questioner: In the last session we discussed the first tarot card of the Egyptian type. Are there any distortions in the cards that we have that Ra did not originally intend or any additions that Ra did intend in this particular tarot?

Ra: The distortions remaining after the removal of astrological material are those having to do with the mythos of the culture to which Ra offered this teach/learning tool. This is why we have suggested

approaching the images looking for the heart of the image rather than being involved overmuch by the costumes and creatures of a culture not familiar to your present incarnation. We have no wish to add to an already distorted group of images, feeling that although distortion is inevitable there is the least amount which can be procured in the present arrangement.

Questioner: Then you are saying that the cards that we have here are the best available cards.

Ra: I am Ra. Your statement is correct in that we consider the so-called Egyptian tarot the most undistorted version of the images which Ra offered. This is not to intimate that other systems may not, in their own way, form an helpful architecture for the adept's consideration of the archetypical mind.

Questioner: I would like to make an analogy of when a baby is first born. I am assuming that the Matrix of the Mind is new and undistorted and veiled from the Potentiator of the Mind and ready for that which it is to experience in the incarnation. Is this correct?

Ra: I am Ra. Yes.

Questioner: I will read several statements and ask for Ra's comments. The first is: Until an entity becomes consciously aware of the evolutionary process the Logos or intelligent energy creates the potentials for an entity to gain the experience necessary for polarization. Would Ra comment on that?

Ra: I am Ra. This is so.

Questioner: Then, this occurs because the Potentiator of the Mind is directly connected, through the roots of the tree of mind, to the archetypical mind and to the Logos which created it and because of the veil between the Matrix and Potentiator of the Mind allows for the development of the will. Will Ra comment on that?

Ra: I am Ra. Some untangling may be needed. As the mind/body/spirit complex which has not yet reached the point of the conscious awareness of the process of evolution prepares for incarnation it has programmed for it a less than complete, that is to say a partially randomized, system of learnings. The amount of randomness of potential catalyst is proportional to the newness of the mind/body/spirit complex to third density. This, then, becomes a portion of that which you may call a potential for incarnational experience. This is indeed carried within that portion of the mind which is of the deep mind, the architecture of which may be envisioned as being represented by that concept complex known as the Potentiator.

It is not in the archetypical mind of an entity that the potential for incarnational experience resides but in the mind/body/spirit complex's insertion, shall we say, into the energy web of the physical vehicle and the chosen planetary environment. However, to more deeply articulate this portion of the mind/body/spirit complex's being-ness this archetype, the Potentiator of the Mind, may be evoked with profit to the student of its own evolution.

Questioner: Then are you saying that the source of preincarnatively programmed catalyst is the Potentiator of the Mind?

Ra: I am Ra. No. We are suggesting that the Potentiator of the Mind is an archetype which may aid the adept in grasping the nature of this preincarnative and continuingly incarnative series of choices.

Questioner: The third statement: Just as free will taps intelligent infinity which yields intelligent energy which then focuses and creates the densities of this octave of experience, the Potentiator of the Mind utilizes its connection with intelligent energy and taps or potentiates the Matrix of the Mind which yields the Catalyst of the Mind. Is this correct?

Ra: I am Ra. This is thoughtful but confused. The Matrix of the Mind is that which reaches just as the kinetic phase of intelligent infinity, through free will, reaches for the Logos or, in the case of the mind/body/spirit complex the sub-sub-Logos which is the free will potentiated being-ness of the mind/body/spirit complex; to intelligent infinity, Love, and all that follows from that Logos; to the Matrix or, shall we say, the conscious, waiting self of each entity, the Love or the sub-sub-Logos spinning through free will all those things which may enrich the experience of the Creator by the Creator.

It is indeed so that the biases of the potentials of a mind/body/spirit complex cause the catalyst of this entity to be unique and to form a coherent pattern that resembles the dance, full of movement, forming a many-figured tapestry of motion.

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Questioner: The fourth statement: When the Catalyst of the Mind is processed by the entity the Experience of the Mind results. Is this correct?

Ra: I am Ra. There are subtle misdirections in this simple statement having to do with the overriding qualities of the Significator. It is so that catalyst yields experience. However, through free will and the faculty of imperfect memory catalyst is most often only partially used and the experience thus correspondingly skewed.

Questioner: Then, the dynamic process between the Matrix, Potentiator, Catalyst, and Experience of the Mind forms the nature of the mind or the Significator of the Mind. Is this correct?

Ra: I am Ra. As our previous response suggests, the Significator of the Mind is both actor and acted upon. With this exception the statement is largely correct.

Questioner: As the entity becomes consciously aware of this process it programs this activity itself before the incarnation. Is this correct?

Ra: I am Ra. This is correct. Please keep in mind that we are discussing, not the archetypical mind, which is a resource available equally to each but unevenly used, but that to which it speaks: the incarnational experiential process of each mind/body/spirit complex. We wish to make this distinction clear for it is not the archetypes which live the incarnation but the conscious mind/body/spirit complex which may indeed live the incarnation without recourse to the quest for articulation of the processes of potentiation, experience, and transformation.

Questioner: Thank you. And finally, as each energy center becomes activated and balanced, the Transformation of the Mind is called upon more and more frequently. When all of the energy centers are activated and balanced to a minimal degree, contact with intelligent infinity occurs; the veil is removed; and the Great Way of the Mind is called upon. Is this correct?

Ra: I am Ra. No. This is a quite eloquent look at some relationships within the archetypical mind. However, it must be seen once again that the archetypical mind does not equal the acting incarnational mind/body/spirit complex's progression or evolution. Due to the first misperception we hesitate to speak to the second consideration but shall attempt clarity. While studying the archetypical mind we may suggest that the student look at the Great Way of the Mind, not as that which is attained after contact with intelligent infinity, but rather as that portion of the archetypical mind which denotes and configures the particular framework within which the Mind, the Body, or the Spirit archetypes move.

Questioner: Turning, then, to my analogy or example of the newborn infant and its undistorted Matrix of the Mind, this newborn infant has its subconscious mind veiled from the Matrix of the Mind. The second archetype, the Potentiator of the Mind, is going to act at some time through the veil—though I hesitate to say through the veil since I don't think that is a very good way of stating it—but the Potentiator of the Mind will act to create a condition such as the example I mentioned of the infant touching a hot object. The hot object we could take as random catalyst. The infant can either leave its hand on the hot object or rapidly remove it. My question is, is the Potentiator of the Mind involved at all in this experience and, if so, how?

Ra: I am Ra. The Potentiator of Mind and of Body are both involved in the questing of the infant for new experience. The mind/body/spirit complex which is an infant has one highly developed portion which may be best studied by viewing the Significators of Mind and Body. You notice we do not include the spirit. That portion of a mind/body/spirit complex is not reliably developed in each and every mind/body/spirit complex. Thusly the infant's significant self, which is the harvest of biases of all previous incarnational experiences, offers to this infant biases with which to meet new experience.

However, the portion of the infant which may be articulated by the Matrix of the Mind is indeed unfed by experience and has the bias of reaching for this experience through free will just as intelligent energy in the kinetic phase, through free will, creates the Logos. These sub-sub-Logoi, then, or those portions of the mind/body/spirit complex which may be articulated by consideration of the Potentiators of Mind and Body, through free will, choose to make alterations in their experiential continuum. The results of these experiments in novelty are then recorded in the portion of the mind and body articulated by the Matrices thereof.

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Questioner: Are all activities that the entity has from the state of infancy a function of the Potentiator of the Mind?

Ra: I am Ra. Firstly, although the functions of the mind are indeed paramount over those of the body, the body being the creature of the mind, certainly not all actions of a mind/body/spirit complex could be seen to be due to the potentiating qualities of the mind complex alone as the body and in some cases the spirit also potentiates action. Secondly, as a mind/body/spirit complex becomes aware of the process of spiritual evolution, more and more of the activities of the mind and body which precipitate activity are caused by those portions of the mind/body/spirit complex which are articulated by the archetypes of Transformation.

Questioner: The Matrix of the Mind is depicted as a male on the card and the Potentiator as female. Could Ra state why this is and how this affects these two archetypes?

Ra: I am Ra. Firstly, as we have said, the Matrix of the Mind is attracted to the biological male and the Potentiator of the Mind to the biological female. Thusly in energy transfer the female is able to potentiate that which may be within the conscious mind of the male so that it may feel enspirited.

In a more general sense, that which reaches may be seen as a male principle. That which awaits the reaching may be seen as a female principle. The richness of the male and female system of polarity is interesting and we would not comment further but suggest consideration by the student.

Questioner: In Card #2, the Potentiator of the Mind, we see a female seated on a rectangular block. She is veiled and sitting between two pillars which seem to be identically covered with drawings but one is much darker than the other. I am assuming that the veil represents the veil between the conscious and subconscious or Matrix and Potentiator of the Mind. Is this correct?

Ra: I am Ra. This is quite correct.

Questioner: I am assuming that she sits between the different colored columns, with the dark one on her left, to indicate at this position an equal opportunity for the potentiation of the mind to be of the negative or positive nature. Would Ra comment on this?

Ra: I am Ra. Although this is correct it is not as perceptive as the notice that the Priestess, as this figure has been called, sits within a structure in which polarity, symbolized as you correctly noted by the light and dark pillars, is an integral and necessary part. The unfed mind has no polarity just as intelligent infinity has none. The nature of the sub-sub-sub-Logos which offers the third-density experience is one of polarity, not by choice but by careful design.

We perceive an unclear statement. The polarity of Potentiator is there not for the Matrix to choose. It is there for the Matrix to accept as given.

Questioner: In other words, this particular illusion has polarity as its foundation which might be represented by the structural significance of these columns. Is this correct?

Ra: I am Ra. This is correct.

Questioner: It seems to me that the drawings on each of these columns are identical but that the left-hand column, that is the one on the Priestess's left, has been shaded much darker indicating that the events and the experiences may be identical in the incarnation but may be approached, viewed, and utilized with either polarity. Is this correct?

Ra: I am Ra. This is correct. You will note also, from the symbol denoting spirit in manifestation upon each pillar, that the one infinite Creator is no respecter of polarity but offers Itself in full to all.

Questioner: There seems to be a book on the Priestess's lap which is half hidden by a robe or material that covers her right shoulder. It would seem that this indicates that knowledge is available if the veil is lifted but is not only hidden by the veil but is hidden partially by her very garment which she must somehow remove to become aware of the knowledge which she has available. Is this correct?

Ra: I am Ra. In that the conceit of the volume was not originated by Ra we ask that you release the volume from its strictured form. Your perceptions are quite correct.

The very nature of the feminine principle of mind which, in Ra's suggestion, was related specifically to what may be termed sanctified sexuality is, itself, without addition, the book which neither the feminine nor the male principle may use until the male principle has reached and penetrated, in a

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symbolically sexual fashion, the inner secrets of this feminine principle.

All robes, in this case indicating the outer garments of custom, shield these principles. Thusly there is great dynamic tension, if you will, betwixt the Matrix and the Potentiator of the Mind.

Questioner: Are there any other parts of this picture that were not given by Ra?

Ra: I am Ra. The astrological symbols offered are not given by Ra.

Questioner: The fact that the Priestess sits atop the rectangular block indicates to me that the Potentiator of the Mind has dominance or is above the material illusion. Is this in any way correct?

Ra: I am Ra. Let us say, rather, that this figure is immanent, near at hand, shall we say, within all manifestation. The opportunities for the reaching to the Potentiator are numerous. However, of itself the Potentiator does not enter manifestation.

Questioner: Would the half moon on the crown represent the receptivity of the subconscious mind?

Ra: I am Ra. This symbol is not given by Ra but it is not distasteful for within your own culture the moon represents the feminine, the sun the masculine. Thusly we accept this portion as a portion of the image, for it seems without significant distortion.

Questioner: Was the symbol on the front of the Priestess's shirt given by Ra?

Ra: I am Ra. The crux ansata is the correct symbol. The addition and slight distortion of this symbol thereby is astrological and may be released from its stricture.

Questioner: Would this crux ansata then be indicating the sign of life as the spirit enlivening matter?

Ra: I am Ra. This is quite correct. Moreover, it illuminates a concept which is a portion of the archetype which has to do with the continuation of the consciousness which is being potentiated, in incarnation, beyond incarnation.

Questioner: Were the grapes depicted on the cloth over her shoulder of Ra's communication?

Ra: I am Ra. Yes.

Questioner: We have those as indicating the fertility of the subconscious mind. Is that correct?

Ra: I am Ra. This is correct, O student, but note ye the function of the mantle. There is great protection given by the very character of potentiation. To bear fruit is a protected activity.

Questioner: The protection here seems to be depicted as being on the right-hand side but not the left. Would this indicate that there is protection for the positive path but not for the negative?

Ra: I am Ra. You perceive correctly an inborn bias offering to the seeing eye and listing ear information concerning the choice of the more efficient polarity. We would at this time, as you may call it, suggest one more full query.

Questioner: I will attempt an example of the Potentiator of the Mind acting. As the infant gains time in incarnation would it experience the Potentiator offering both positive and negative potential thoughts, shall I say, for the Matrix to experience which then begin to accumulate in the Matrix and color it one way or the other in polarity depending upon its continuing choice of that polarity? Is this in any way correct?

Ra: I am Ra. Firstly, again may we distinguish between the archetypical mind and the process of incarnational experience of the mind/body/spirit complex.

Secondly, each potentiation which has been reached for by the Matrix is recorded by the Matrix but experienced by the Significator. The experience of the Significator of this potentiated activity is of course dependent upon the acuity of its processes of Catalyst and Experience.

May we ask if there are briefer queries before we leave this instrument?

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. The support group is functioning well. The instrument, itself, might ponder some earlier words and consider their implications. We say this because the continued calling upon vital energies, if allowed to proceed to the end of the vital energy, will end this contact. There is not the need for continued calling upon these energies. The instrument must find the key to this riddle or face a growing loss of this particular service at this particular space/time nexus.

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All is well. The alignments are exemplary.

I am Ra. I leave you, my friends, in the love and the light of the one infinite Creator. Go forth, then, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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Intensive Meditation
July 15, 1982

(M channeling)

[I am Hatonn.] I am with this instrument. We greet you, brothers and sisters, in the love and the light of the infinite Creator. It is a great pleasure for us to be with you this evening. We always rejoice at the opportunity to share this time with you, to feel your vibrations, to share your love. We look forward this evening to working with each of the new instruments in their endeavor to learn to pick up our channeled messages. It is a great service you perform, each of you perform for us, to give us this opportunity to, in a sense, speak to many more brothers and sisters upon your planet. We are most eager for this opportunity. We are not infallible, of course, but we do have an understanding of some concepts of the Creator which we want to share with you, and you, through your channeling, give us the opportunity to reach others who are seeking who might otherwise not have the benefit of our years of learning similar lessons as we passed through the density of separation.

We are pleased with the progress that each of you have made at your attempts at channeling. Your strong desire, my brothers and sisters, has been the key to your rapid success. This intense desire coupled with the intense love you have for your fellow man truly makes you effective instruments of the Creator, a potential to perform a valuable service for your fellow man. We are all too pleased to have this opportunity to work with such as you.

At this time, we will pass to another instrument, so they may practice the pursuance of this contact. We leave this instrument in the love and the light of the infinite Creator. I am Hatonn.

(A channeling)

I am Hatonn, and we are now with this instrument, and we greet you again in the love and the light of our infinite Creator. My brothers and sisters, we wish to say to you a few words that might help ease you on your journey along the path, for at times you may become tired, and the path may look longer than it has in some time. But do not worry, for even though it may seem to get harder and the climb to be steeper, you will know that which you need to know, for you know that the future will come, and that time will not stop.

And so, as you move on your journey …

We will start again, and we thank this instrument for pausing. For as you go on this journey through what you know as time, you feel that time will not stop, and that you must go on. And for you this is true. But at all times you are one with the Creator, and all you must do is ask and the love will be there. And if you become tired and confused, we suggest that

meditation might be of aid in easing the confusion of living in this time.

We would now like to say to this instrument we are pleased that she finished our thought and started over so that we might more completely give our message. And that it was okay to stop and to rechallenge our contact.

And now we will transfer this contact so as to exercise the other instruments present. We leave you again in the love and the light of the infinite Creator. I am Hatonn.

(S1 channeling)

I am Hatonn. It is a pleasure, my friends, to greet you once more this evening in the love and the light of the one infinite Creator. It seems that often we greet you several times during one evening, but each time we indeed feel the love and the light that we greet you in. We are pleased to feel the love surrounding all of us as we join together in our efforts to serve the one infinite Creator. It is a journey that we are on as well as you, for are we not all walking in the same direction? Are we not all seeking the same thing? Do we not all see the same light and enjoy the same love? And we are always aware that you are with us. And we also hope that you are aware that we are with you. We are honored by the calls we receive from each of you and are indeed pleased to spend some of what you call time with you, as it is very rewarding for us. It lets us know that we are serving in our way, and we are indeed happy for the opportunity that you allow us. For, were there no seekers that were calling upon us, we would indeed be in somewhat of a fix, for we would have no one to aid. It is in this—correction—it is for this reason we are indeed humbly grateful to you for sharing your love, your light, your time, and your meditations with us. May we thank you once again.

We would leave this instrument at this time in the same love and light that we have greeted and left you many times this evening. I am Hatonn.

(S2 channeling)

I am Hatonn, and I greet you once again, my brothers and sisters, in the love and the light of the one infinite Creator. My friends, my loved ones, your purpose this evening is to serve your many brothers and sisters through the act of channeling. Many of these brothers and sisters have never heard of this act of service which you perform—and perform so well, we might add. But in the coming years time grows short and more and more of your peoples, your brothers and sisters in the light, will be becoming aware of the light, in different stages perhaps, but all will reach the point they are destined to reach, and you, my loved ones, our brothers and sisters of the Creator, and in the Creator, will help those many peoples that are now in darkness. Will help them to become aware that there is a glorious and beautiful love and happiness awaiting each and every one at the end of a sometimes dark and weary road that somehow never seems to end. Until one day, you will say, "I can see the light. I am one with the light."

My brothers and sisters, we are still striving for this also. We are not very much further along that path than you. That is why, in your act of channeling, in your service of channeling, you allow us to share with you that little knowledge we have gained a little further along the path. My friends, the love and light of the Creator is a glorious thing to share with your brothers and sisters. Be happy and do so. Share, and it will be returned many times over.

I leave you now that our brothers and sisters of Latwii may have the chance to serve in their fashion of answering your many questions. We leave you softly and gently in love, deeply felt for each of you, my friends. We leave you in the love and the light of the one infinite Creator. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. What an honor it is to once again be asked to blend our vibrations with yours. We cannot thank you enough for this wonderful opportunity, and it is our privilege to once again ask if there might be a question at this time which we could attempt to answer?

S2: Latwii, I have a question, but it's quite difficult. Now, I realize that we all are a part of the Creator, but, if some one entity, an individual, says that they are channeling God, how should we react to this?

I am Latwii; I am God. My sister, there is no difference. When an entity partakes of any activity, you see the Creator in movement. You see the movements as the Creator. You see all about you as the Creator. When you see an entity which then says

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that it has, shall we say, the corner on the market of the Creator, then you know there is some type of distortion apparent within that perception, for each entity at all times channels the Creator. We do not suggest that you render any judgment whatsoever towards one who might be of this distortion, for it is not necessary to rank the levels of distortion of those about you, and to separate in your mind further one entity from another. The separation of your illusion is most efficient, and will provide you with the learning catalyst that you need.

It is the task of each entity within your illusion to seek and find the Creator within all beings. Each entity begins at a certain point of viewing, shall we say. The growth of the entity is determined by its ability to move from that point, and to see the Creator in all other points of viewing. This is the process of the growth of the soul, of your mind, your body, and your spirit. Therefore, observe the entities about you in their various distortions. Learn to love each, for each is a pure expression of the one Creator, whether it calls its expression "God" or "Fred."

May we answer you further, my sister?

S2: No. Thank you very much, Latwii.

I am Latwii. We are most grateful to you, my sister. Is there another question at this time?

S1: Yes, Latwii. Lately, I have, in my conditioning at these meditations, every once in a while received what I might call a false alarm. Can you give me any information about this?

I am Latwii, and am aware of your query, my sister. The new instrument will most often find some difficulty in determining when contact has been made for the purpose of the vocal channeling as opposed for the—we correct this instrument—as opposed to the conditioning which is necessary when asked for as a preparation for this vocal channeling. We suggest, therefore, that each new instrument ask for some type of signal from the Confederation entity providing the conditioning vibration that will signify to the new instrument that the vocalizing of the thoughts is now appropriate. This may be a simple intensification of the contact in whatever means it has been experienced, a dropping of the jaw, a rushing of the pulse of the heart, an increase in the sensations of the forehead. Whatever is a new instrument's unique configuration, then let this be that signal for the beginning of the contact in its vocalized form.

Do not be discouraged, my sister, if this technique also takes time to learn. The new instrument that is full to the brim with the desire to be of service in this manner has opened itself to such a degree that the sensitivity is quite finely tuned, and therefore the next step becomes necessary, that is, the discrimination of the sensations which are experienced. With practice, you shall become most adept at this as well.

May we answer you further, my sister?

S1: I thought that was what was going on, but thank you for confirming it for me.

I am Latwii. We thank you, my sister, for the service which you provide. Is there another question at this time?

M: Yes, Latwii. I'm not quite sure how to ask it. I've got a couple, but the first has to do with how one should react perhaps to a given condition. The situation that I'm thinking of is there are a couple of people in my life that I'm no longer in contact with on a daily basis that were very difficult people to interact with, and I would think of them in all the love and light of the infinite Creator, and think of them as my brother, and really try to shed a lot of light on the situation, and in my meditations I could do that and feel good about them. But in daily contact, they were such negative people that I really could not enjoy their company, and yet I felt like somewhere along the way I was missing the concept of brotherhood and being one by not being able to love them even when I was around them. I don't even know what I'm asking, other than, is it a distortion of the oneness to not be able to feel close to everyone when you desire to?

I am Latwii, and am aware of your query, my brother. Of course, my brother, it is a distortion. This density of illusion is most useful in that it allows each entity to refine the distortions of the one Creator into a seeking of great purity. Do not be discouraged, my brother, when you meet those challenges in your daily round of activities which you are unable to successfully, shall we say, complete, for if you were always able to love without end each entity and situation [that] presented itself to you, where then would you find the opportunity for growth?

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There must be for each entity the full range of experience so that there might be those times of knowing the love and unity for and with all your creation. There must be those times where for the moment you falter, so that you might see yet one more way in which to be of service. There must also be those times for each seeker in which great despair is felt. For, are you not all things and do you not seek to know the Creator, which is all things? Can you not then see the opportunities presented to you in what you call failure, in what might be a momentary stumbling on that path of the pure seeking?

My friends, this illusion was not created to be a smooth experience. A catalyst within your illusion is most intense, and by this we mean to say, it seems from time to time there is no unity. It seems there is no love. It seems that each is separate, struggling and full of despair, and that your world falls to pieces. It is an illusion, my friends, for in truth, there is only unity. But to know that unity in its fullest extent, you must then experience its polarity, that is, the illusion of the separation. To experience that illusion is to prepare the foundation within your being to know the unity, for it is all one, my friends.

May we answer you further, my brother?

M: That was real purty, Latwii. Thank you.

I am Latwii. We are pleased with your pleasure as well. Is there another question at this time?

M: One, perhaps you can answer briefly. Tonight I've been experiencing, I guess it's conditioning, that feels different than any conditioning I've ever received before. Could you shed some light on that?

I am Latwii, and am aware of your query, my brother. We would suggest with any new conditioning that the entity so experiencing the conditioning begin that process which you have lately come to know as the challenge. Offer unto that entity which conditions your instrument the challenge so that it might itself reveal to you its source. We cannot, as you know, provide that service for you, for to do so would be to rob you of the opportunity of growth that each such situation presents.

May we answer you further, my brother?

M: No, thank you.

I am Latwii. We are most grateful to you. Is there another question at this time?

(Pause)

I am Latwii. We see that our silver words have been replaced …

(Tape ends.) ♣

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Advanced Meditation

July 18, 1982

(C channeling)

I am Hatonn, and am now with this instrument. We greet you, my friends, in the love and the light of the one infinite Creator. It is indeed a privilege to work with those who seek to improve their abilities to receive and channel the humble messages that we of the Confederation speak to you. We would like to begin, as we have before, [by] beginning a story through one instrument and would then switch our contact to another to continue the story with the first and end it.

My friends, there was once a tree which was situated by the side of a trail at a point where it branched. The tree was not of great stature, and in fact was in its years of decline, becoming softer and starting to hollow and at this time it still stood. The leaves still sprouted and its sap of its life still flowed within. We would now transfer.

(L channeling)

The tree, although it declined, was still capable of bearing fruit and those who passed by, though selecting either path that branched before the tree, would often select a piece of fruit from the tree and bear it with them as they continued their journey down one path or the other and found nourishment and satisfaction from the fruits of this hollow tree. It may be said that the tree in its offerings [of] its fruits was able to travel both journeys while remaining at the branch in the path. We would now transfer.

(Carla channeling)

The season passed. The tree sent its roots with less and less energy into the life-giving soil and turned its leaves in fewer and fewer numbers to the warmth of the sun and the gentle cleansing and nourishment of the rain, and the path became empty. So rich and so perfect was each piece of fruit, and yet so apparently uneaten, unused, unappreciated. This was of no importance to the tree, for it was in rhythm with its own cycle and it flourished, flowered, bloomed and faded as the seasons rattled the leaves of fall, sifted the snows of winter, warmed the earth of spring, and brightened the skies of summer. We will now transfer this contact.

(Jim channeling)

It was felt by many who passed the tree on their journey that there could be no further purpose for the tree, for it seemed that the usefulness had perished with its fruitfulness. There was the feeling of the travelers upon both paths that the tree had fulfilled its purpose and that travelers would now be left without the fruit to take with them upon their journey. But there also were those who saw the season of the tree as providing but one type of fruit, as was understood by those who had been nourished by that fruit. And yet, some said, is there not still a

purpose for such a tree, even though its fruit has long since passed? There became an effort to discern what that purpose could be. We will how transfer this contact.

(C channeling)

The purpose of the tree when the fruit was gone became an ever-increasing concern of many who walked past. Instead of looking at other sources or simply ignoring other sources, some of the people began to mourn for the tree, and instead of continuing along their chosen paths, stopped and stayed at that place. Others, however, knew that they could no longer depend upon this single tree for the food to sustain them on their journey [and] decided to seek further along the path for other sources of sustenance. We will now transfer.

(Carla channeling)

And to those who listened to the tree, the tree seemed to say to them, "My friends, there was a great period when no one passed by. Not to the right, not to the left. But I did not think, because of your absence for a moment of your time, that the path would be forever empty, for I knew that pilgrims, though each may walk alone, forever walk in a great company. No matter that the way be barren and the seekers seemingly absent for awhile, yet still another generation passed by.

"Just so, pilgrims, because I have found the cycle in my being of stillness, does that not mean the chance for another generation of trees to offer you shade and beauty and truth? For did not your fathers eat from me and drop the seeds where they root upon each path?" I would now transfer this contact.

(Jim channeling)

"And does not the one Creator who made us all provide for us in seasons of plenty and of scarcity? Does not that one Creator provide the nourishment for life and the means by which the pilgrim of either path might travel through the mystery of the creation? My friends, I lived for much of your time at the fork of these paths and through me did not the Creator show an equal love for all? And now, in this season of my stillness, cannot each pilgrim find the stillness within itself as once was found the nourishment of the outer being? Therefore, my friends, does not the one Creator nourish each entity both within and without, no matter which path is chosen?" We shall now transfer this contact.

(C channeling)

Each is nourished. Each partakes of that which they need: the fruit to nourish, the shade to rest, the branch for a staff to support, the sign that life is renewed. The theme exists, a cyclic harmony that for each creation there is a place along the journey that points the choice, a decision. There are sources such as the tree which offers itself to the traveler in what way it can. Those who partake of the fruit of the tree serve to aid in the scattering of the seed and new sources of sustenance may grow and may in turn be available to the journeyer. We will transfer.

(L channeling)

It is the opportunity of all to serve in a multitude of ways throughout the cycle of their lifespan. At certain points along the curve it may be possible to serve by providing a comfort and the relaxation, the easing of the soul that comes from allowing an other self to rest for awhile within one's shadow and to support that other self as they lean against you to recover their strength and determination. At another point on the curve, one might be blessed with the opportunity to provide sustenance, and in so doing to sweeten another's life, no matter their intention or their destination. As the cycle continues, one's purpose—correction—one's service might be limited to providing a staff, a source of stability and rigidity that an other self requires to complete their journey, for there are a number who must spend their lives in close contact with an unyielding determination to enable themselves to partake of that determination and so complete their journey and finally, as the circle completes, as the cycle begins anew, one's service might be to foreshadow the sweetness of the fruits that lie ahead for those who follow either path. We will now transfer.

(Carla channeling)

My friends, as you experience the continuum of your incarnation, of your cycle, and as you seek to be of service, know that wherever you are, to others you appear to be a stationary object at the branching of two paths. You can never know what service you may provide. One may see your beauty and the sweet blossoms that are lit with the sunshine of springtime. One may find the solace of your shade and take from you that rest which is nourishment to the weary soul. One in hunger may find that gracious and perfect fruit which, unbeknownst to you in your inward life, you have produced and have

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offered. And one may take a little piece of your being, your words, your thoughts, your actions, and use that image as a staff.

But, my friends, never forget your greatest gift, your greatest service. That is your hollowness, your stillness, your final beingness, for there you stand and there you witness to the great panorama of the creation, our Father. I would transfer at this time.

(Jim channeling)

I would now open this meeting to questions, if any present would desire to query upon any topic of importance. Is there a question?

C: Hatonn, I've noticed there seems to be an increase in frequency with which my son awakens, and his cries withdraw me from my meditation. Is there any information you can offer as to the cause or any suggestions you could make to prevent this occurrence?

I am Hatonn, and can suggest that the young being has a growing desire for your presence due to its own desire to experience that which you can teach it. The young entity is more and more able to perceive that there are opportunities for its own expression to expand which you might be of service in the facilitating of. The meditations which you have found somewhat disturbed by this increased …

(Tape ends.) ♣

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Sunday Meditation
July 18, 1982

(S channeling)

[I am Hatonn,] and I greet you, my brothers and sisters, in the love and in the light of our infinite Creator. My friends, your meeting this evening is especially blessed with the birth of a new entity into your plane of existence. This life will sow many things. It will reap many things. The guidance that is given this child through its parents, its friends, its loved ones, in this group and other groups will sow many lifetimes of learning. The reaping is upon each and every one that is here. The learning that is now culminating in these last few years will experience many things.

We apologize, my brothers and sisters. This instrument is having difficulty this evening and would prefer not to finish the message we have started. We appreciate her efforts and would at this time transfer to another contact. I am Hatonn.

(Carla channeling)

I am Hatonn, and am with this instrument. We would apologize, my friends, through this instrument, for the circumstances that cause us to, at this particular time, request each instrument to continuously tune towards the appropriate amplitudes and harmonies of love and light. It is not, my friends, a usual difficulty that we of the Confederation of Planets experience when we are working with free will groups such as this one, but we say to you that we are experiencing at this time an interference, not of each of you in this group, but rather of the group itself in its identity, as that group which functions as messenger for the Confederation entity known as Ra. This group has undertaken work which has borne fruit in the form of a blossoming of light, and for such light much thanksgiving may be given. Within this particular group, however, you are experiencing, without any conscious request or intent, visits from those of what you would call a darker polarity, whose desires can have no effect upon the properly tuned instrument, but whose effects can disturb the, shall we say, morale of a group such as this one.

We therefore sympathetically apologize for the inconvenience. But, my friends, as light shines in darkness, it is said in your holy works that the darkness does not know it. Yet that darkness, my friends, is the darkness of ignorance. There are those who do know the light and wish to absorb it. They shall never succeed. For as love vanquishes all that comes before it, so shall the light never be extinguished unless it is with the conscious choice of entities such as yourselves to cease the careful tuning of which we have spoken so often in these last few meetings.

We would not presume to predict the actions of other entities, but we believe that you shall find, as those who have worked with the Ra entities have

found, that these disturbances are only visits, that they are the visits of entities who are friends, brothers and sisters, entities to whom love may be given, unqualified and full. As you experience the offering of love in positive oneness with these visitors, they shall rapidly become less interested in experiencing contact with this group, for love, my friends, is to one which desires cold and darkness an uncomfortable and unhappy reaction.

We are sorry to have spent so much time, as you call it, speaking on this subject, but without giving it too much importance, we wish to give you assurances as to our continued contact in answer to your continued calling, and as to your own ability, through the love and the light of the infinite One, to bear with grace and beauty those small difficulties which are caused by the unfamiliar greetings of friends whom you might not think [of as such.] They are one with the Creator, and if you can, see them, greet them, bless them, and send them on their way knowing that you cannot help them, nor they you. Your rest in the Christ consciousness, as this instrument would call it, will grow and expand and become more articulated from this experience so that you will learn more about love. Not the love of man, my friends, but the love of the Creator.

We would continue to speak upon the subject of the thanksgiving that we share with you at the birth of the young entity who bides now at his mother's breast. So much, my friends, is before each entity in incarnation, and as you cast your mind backwards in time, you too can recapture those moments before each decision was made which caused you to be the entity which you are at this moment. My friends, we would ask you to look now at yourself as that newborn, for you have the same incredible possibilities in your grasp as does the young one, just opening its eyes in this incarnation. As you grow in years and experience, you, or at least many of your peoples, became convinced that there is a rigidity to existence that demands certain behavior, exhibits certain truths, and delineates the human possibility. My friends, the spirit within you does not know any limits. That which governs your heart, your life, and your soul throughout eternity does not speak the language of society, family, government or even planetary considerations. It recognizes a law that is so far beyond the laws of your science and the dogmas of your religion that most have great difficulty in grasping the mechanisms of the spirit. The one known to you as Jesus the Christ offered the heart or ethic of this law, saying, "Love your God with all your heart, all your mind, all your soul, and all your strength; and love your neighbor as yourself." The law, my friends, is love. It is a law of freedom, not restriction, of flexibility, not rigidity, of wisdom, not knowledge, of possibilities, not dogma. And we ask that as you give thanksgiving for this wondrous miracle, this infinite, immortal and precious spirit that has come among you to be cherished, to be guided and to be set free, that you see yourself also as infinitely precious and infinitely miraculous. Do you lift up your heart in thanksgiving at a baby? No less lift it up for yourselves, for your neighbors, for your brothers and sisters, for are you not each eternal facets of the one infinite Creator?

We would at this time transfer the contact gratefully back to the one known as S, that this instrument may feel more clarity and reassurance as to the accuracy and the stability of this contact. We thank each of you for the continuous tuning that you have been doing. We would now transfer this contact. I am Hatonn.

(S channeling)

I am Hatonn, and greet you once again through this instrument. We are sorry to have had the difficulty previously and would want this instrument to realize that it is not to be taken upon herself the total blame for this difficulty.

We appreciate the efforts of all the new instruments within this group for channeling our thoughts and helping to spread the message of the Creator and His love and light. This instrument wishes very much to serve in this fashion, as do the other new instruments within this room and the pleasure we share with each is quite extensive, my friends. Our joy is unbounded. We will now leave this instrument in order that we may exercise the other instruments within this group. Your continuing efforts are encouraged, even though you may have doubts. We would urge you to continue in your service. I am Hatonn.

(Carla channeling)

I am Hatonn. I am again with this instrument and greet each again in the love and the light of the infinite Creator. Having worked with the one known as K and the one known as M, we find

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requests from each to pass them by at this particular time that they may do the working which they desire to do in this particular service at what you would call a later time. We find within the one known as A [the] same confusion, but a desire to speak. Therefore, we would ask that the group join once again in the one light while we condition the instrument known as A. We would then close our message through this instrument. We thank each instrument for fidelity, for laughter, for joy, and for the dedication to seeking which is our life light and in whose pursuit we are here in service to each of you. We would now transfer. I am Hatonn.

(A channeling)

I am Hatonn. I am now with this instrument, and greet you once again in the love and the light of the one infinite Creator. We would just like to speak a few words and a closing through this instrument so as to reaffirm our contact with her, for there was some confusion as to if it was our vibration she felt. We are appreciative to the tuning we are given, for it aids in the contact through which our thoughts may be sent.

And now we will close in saying that we are always there and you but need to ask for our presence. I am Hatonn. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. We are most honored to join your group this evening and we extend to each the blessings which are sent forth from this group, for it makes our contact a great joy and privilege to pursue. Again it is our honor to present ourselves in the capacity of attempting to answer your queries. Therefore, may we ask if there be a query at this time?

C: Not a question, but I would like to say thank you for yours and the presence of the other members of the Confederation whose aid was felt at the hospital. So I just want to say thank you.

I am Latwii. My brother, an honor such as aiding a new entity to enter into the illusion which you now inhabit is an honor which we cannot describe, but for which our gratitude is also immeasurable. We thank you. Is there a question at this time?

A: Yes, Latwii, I have a question. I was wondering what is the significance of the blue light?

I am Latwii, and am aware of your query, my sister. As each entity pursues the path of the seeker there is the awakening, step by step, of various levels of perception, shall we say. These have been codified and described by many of your peoples as the system of chakras or energy centers, which when activated and balanced each with the other, culminate in the Christ identity. As an entity releases those blockages which inhibit this full functioning of each energy center, there is, according to the center being worked upon, the experience of various sensations, according to the nature of the center.

The blue light which might be experienced in meditation or seen as a symbol within the dreams is a correspondence which emanates from the throat chakra, that energy center which has as its basic characteristic the clear communication of an entity with fellow entities and with itself. This center is most important for the transmission of thoughts in as undistorted a manner as possible for entities upon your planet. It is a center not frequently worked upon by many of your peoples, for the lessons of your illusion deal primarily with the center of the heart and the green-ray vibrations of universal love, compassion, forgiveness and understanding. These lessons of the heart, when mastered to a sufficient degree, may then be communicated as a form of inspiration to others by an entity's very being as well as the more obvious words and deeds of that entity.

May we answer you further, my sister?

A: No, thank you.

I am Latwii. We thank you. Is there another question at this time?

Carla: Yes. The information that I heard while I was channeling it from Hatonn about there being some so-called negative interference with members of the group besides Jim, me and Don has me a little puzzled. I can understand why they would want to communicate to us and lessen our polarity, but I cannot understand why they would want to do that to the people in this group which will never sit in a Ra session. Seems like they're just picking on people. Could you comment?

I am Latwii, and am aware of your query, my sister. We find in this situation that the entities who sit within this meditation seek ever more purely the one Creator. These entities, then, create a beacon of light and this beacon of light shines to those who call for

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service to others. Yet this group is part of yet another effort which also is as a beacon of light. Both beacons of light call …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue. The calling of both beacons of light to those of positive polarity is answered, and this group has its guides and protectors. Yet such a beacon of light also serves to attract the attention of those of negative polarity, for there is the necessity of the balance within the density of forgetting which you inhabit.

Those entities, therefore, of the dark light seek in whatever manner presents itself to depolarize and to extinguish those lights, for as you are aware, it is the way of the negative polarity to seek control and mastery over others that others might serve the self. There is power in the light of a magical nature. To then take that power and attempt to control it, if successful, would give to the negative entities an increase in their own polarity and power. Any target of opportunity, shall we say, is quite the fair game, for where there is the love for others and concern for others, then there is the possibility that that concern might be utilized to cause the worry, the frustrations and the eventual detuning of various entities within the group. Therefore, this group becomes as a body, a unit, each entity forming a portion of the wall of light. Therefore, any entity might also become a target for the light to be dimmed.

May we answer you further, my sister?

Carla: Well, I'd just, to clarify, then, what you're basically correcting is my assumption that because these people are not physically present at Ra sessions, they are not part of the Ra sessions. What you're saying is everyone in this living room, in this meeting, because of the fact that we love each other, we are the Ra group, all of us. Is this what you're trying to tell me, because the reality seen in terms of light is metaphysical, not physical. Is that correct?

I am Latwii. My sister, this is correct. You have within this group a family of light beings and each, therefore, has the opportunity to accelerate its polarity and its evolution by means of the utilization of the information generated in these meditations and in the meditations which have resulted in the Ra contact. Therefore, the Law of Responsibility holds sway, so that where the opportunity to accelerate evolution upon the positive path comes into being, there must also be the balancing opportunity for the entity to choose the opposite path.

May we answer you further, my sister?

Carla: Yes. Carrying that further then, anyone who studies this material carefully and conscientiously works with it, therefore becomes a part of this same opportunity for increased spiritual evolution and also increased opportunities to view the other opportunities, the other polarities. Is that correct?

I am Latwii. My sister, this is quite correct. The burden of the seeker is that it shall bear the responsibility for the purity of its seeking. The path in union with the one Creator is a path which is hard-won, the traveling of which is not always easy. The pearl of great price, as it has been called, has as its price the constant seeking and the constant choosing to be of that positive polarity. To refine the seeking to the purity necessary to achieve the pearl requires that there be the constant opportunity to have a choice, the constant opposing force, shall we say against which to push. It is a testing. It is a choosing. It is a seeking and a refining. And those of the positive path rejoice in this process, for each opposing force which acts within the life of the seeker presents yet one more opportunity to increase the desire to seek the truth. If there were no force against which to push, there would be no motion, no movement, no evolution. Rejoice, then, my friends, for your opportunities of seeking are greatly enhanced, yet you must bear the responsibility of this seeking and of the increased opportunities.

May we answer you further, my sister?

Carla: No, thank you, Latwii.

I am Latwii. We thank you, my sister. Is there another question at this time?

K: Yeah, to follow that just one step further. Are you saying that the more we seek, the more likely we are to encounter a stumbling block that may at times appear, well, too difficult, or at least at times it seems that we've had a real set-back, so the harder we seek, the … well, I guess, what I'm trying to say and I'm not doing it very well, the more we seek and the greater the desire, the more likely we are to encounter a real stumbling block. Is that right?

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I am Latwii, and am aware of your query, my sister. In general, we might agree that you are quite correct, for when the seeker seeks, what is it that the seeker seeks? Do you not wish to know the truth more clearly? Do you not wish to increase the purity of your seeking? If this be true, then how can that truth be known? How can that purity be gained if there not be that obstacle which tests the ability of the seeker to continue to seek and to refine the purity?

May we answer you further, my sister?

K: No, that helps a great deal. I think I understand.

I am Latwii. Is there another question at this time?

M: Yeah, Latwii. I have an opportunity to perhaps help some people and I'm not just sure how to do it. I'm working in a situation where a company's offering a great sum of money for blue sky research. I've got an opportunity to push some blue sky ideas. I want to somehow be able to get in touch with some part of my being that's—that can somehow help me conceptually understand something that would be of benefit to the people of this world, rather than something that's just going to earn more money for the stockholders, so to speak. I want to be able to get in touch with that creative part of me to come up with something the world really needs while that opportunity is here. How can I do that?

I am Latwii, and am aware of your query, my brother. It is only in the general sense in which we may respond—we correct this instrument—in which we may respond to this query, for to specifically guide the footsteps of the seeker is to walk the path for the seeker. Therefore, may we suggest that in your meditations you begin each meditation which is dedicated to the solution of this problem, shall we say, with the consideration of what it is you wish to do and with what given opportunities you have to work. Consider well the boundaries of your situation. Analyze to the best of your intellectual ability how to proceed. You have within the experience of your being many remembrances which will be helpful. Blend them, my brother. Then let them go and seek within your meditative state the inspiration from your higher self, your guides, or whatever forces of light you wish to call upon. Wait for that inspiration that will guide your own actions.

My brother, to simply say, "Look within," seems much too simple for the seeker. Many people upon your planet have devised the most intricate of procedures by which to decide upon one action over another. Most entities dwell within the details and confusions of the mind that consciously attempts to figure and calculate, weigh, balance and scheme. We suggest to the seeker that the simple removing of the self into meditation so that those matters of import might rise from the subconscious levels of your being as inspirational insights that might then be acted upon. Seek within, my brother. Your direction is well known to you.

May we answer you further?

M: No, thank you, Latwii.

I am Latwii. We thank you. Is there another question at this time?

K: Yes, one more. As I've watched the news and the terrible destruction in Beirut and Lebanon, the thought has occurred to me—did those people who have suffered and are still suffering so much, did they choose to incarnate in order to experience that suffering?

I am Latwii, and am aware of your query, my sister. Each entity before the incarnation draws up the general guidelines, shall we say, of the upcoming incarnation. These plans may call for the entity to bear a great deal of that known as unhappiness or suffering in order that the entity might find the love of the Creator within that suffering, for the Creator's love is not absent from any moment or situation. It may not be specifically planned that the suffering shall result from that which you know as warfare. It may be that such suffering can be beneficially experienced as a disease of the body, a disease of the mind, a condition of strained relationships with those near and close to the entity's heart. It may be that such suffering can be achieved by an entity who feels great empathy for a world in pain. That such suffering is programmed before the incarnation is quite correct. How it shall be encountered is often not specifically delineated.

May we answer you further, my sister?

K: No, that answered it. Thank you.

I am Latwii. We are most grateful to you. Is there another question at this time?

(Pause)

I am Latwii. My friends, we cannot express in a complete enough sense our great joy at being able to

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join you this evening. The path each of you travels is one which is pointed surely and steadily at the one Creator. Your path has many pitfalls; it is so for each true seeker. We rejoice with each of your efforts. They are most valiant, for the conditions under which you labor are conditions which hide a great portion of the truth from you. The truth of your oneness with each of your brothers and sisters, the truth of your oneness with the Creator, and the truth of the love and the light and the power of that one Creator within each of your beings is a truth which is hidden from you so that your desire to find it might be enhanced. We rejoice with each of you as you rekindle that desire. Seek, my brothers and sisters, for as you seek, so shall you surely find, for that which you seek is already within your being.

We leave you now, as always, in the love and the light of the one Creator Who is the All. We are known to you as Latwii. Adonai vasu borragus. ✤

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Sunday Meditation
July 25, 1982

(C channeling)

I am Hatonn, and am now with this instrument. We greet you, as always, my friends, in the love and the light of the one infinite Creator. It is indeed a great privilege for us to welcome the new participants in this group tonight and to welcome an old friend returned. Groups this large are indeed rare and we treasure every opportunity to speak our few humble words to them.

Tonight we would seek to remind each and all that by the fact that there are so many in this one place tonight that you are not alone. You have many brothers and sisters to walk with you, near you on your journey. You need not put excessive burdens upon yourself, for there are those who would, if you would but open yourself to them, help. The journey is so much more pleasant when the burden is shared. Each offers opportunities to learn and each offers opportunities to teach, to share. We of the Confederation would at any time, when in your meditations you request, join with you and aid, as we may, your journey. As you grow, your awareness of the light and of the love of the infinite Creator increases, and as your awareness grows, so grows that light within you, the love that is you. Reach out and touch others, and bring to you ever more opportunities to learn, to share and grow.

We of Hatonn can feel many requests this evening for us to work with various instruments within this group who are seeking to enhance their ability to receive our vibration, and would at this time transfer our contact to the instrument known as M1 so that we may continue through him. If he would but relax. I am Hatonn.

(M1 channeling)

I am Hatonn. I am with this instrument. We greet you, my brothers, again in the love and the light of the infinite Creator. As always, [it is] our pleasure to work with each of the new instruments, for we delight in seeing them grow in their abilities. My brothers, we are here tonight with each to share, to learn, and to grow in every experience with you. For in teaching, surely we learn, and in giving, surely we receive. In sharing each experience with you, are you not sharing your experience with us? These are opportunities we rejoice in—the opportunity to gain a oneness with you, one portion of the creation.

It is such a beautiful experience that you are living in, one certainly difficult to appreciate at times, as the experience grows ever so challenging. But each challenge placed before you, my friends, is an opportunity to triumph, to grow at an ever faster rate, to grow closer to that oneness with the infinite Creator, the awareness of that oneness with the one infinite Creator. My friends, whenever possible

when facing the challenges, the roadblocks, the problems along the way that appear to make you stumble, look at them always as opportunities. The barrier is not a wall, but a stepping stone, and take each one that way. For each is an opportunity given you, even requested by you long before coming here. It is an opportunity for you to grow.

At this time we transfer this contact. I am Hatonn.

(M2 channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. Change is very good for everybody. A film is lifted from your eyes. When you go to some other place than your usual habitat, you look, you really see. You smell, you feel. And when you return home you have clearer eyes, a sharper smell, and a greater sense of touch. So much of life passes you by when you stay in the same place. You forget to look up at the sky. You don't smell the scent of the forest. You don't touch those. When you come home you see them all with these new eyes. If you can't travel, it might be fun for one day a week to think that you will only be able to see for this day. You will only be able to smell for this day. You will only be able to touch for this day. If one day every week you could bring this excitement into your life, you would see the beauty you are missing. So much of the wonders of the world are taken for granted. On a trip the same sky looks different because your eyes are different. Make a point of seeing the beauty of the world. Don't let it pass you by.

I now leave this instrument. I am Hatonn.

(D channeling)

I am Hatonn. I am with this instrument. It is a pleasure to speak once again through this instrument, and we wish to speak of the wealth that each of you possess. In your world there are many types of wealth, but that which is most desirable is the wealth of knowledge within your inner being, and the greatest tool that you possess is the ability to go within yourself, to learn of your true existence, to learn of the origin from which you have come. Any man living upon your planet that has gone within himself and come to rest and knows that he is of the Father, or the Creator, then he is the most wealthy of all. For that of your world, that which you touch, is only a tool. It is only a toy, and as you pass through this life you lay many of them aside and desire others. But constantly man looks for something, knowing not what it is until he looks within himself.

You seek to know what there is other than that which you have learned upon this planet, and for that reason you are here. To seek is the first step. But to participate and to turn within yourself in a group such as this is an even greater step, for together your energies can mesh and accomplish a great deal more than you can alone. Yet we of the Confederation stress that if you truly seek to know the Creator, if you seek the wealth of the universe, seek it with your friends as well as alone. Both are vital. For within a group as this, you receive information upon an intellectual basis as well as spiritual energies, as you might call them. But when you are alone, and you go within yourself, and you reach the core of your being, you are all people and all things. You are in unison with the Creator. And His words shall not be heard; they shall emanate within your life. His energies can flow freely as you open the doors and cross the barriers that you have placed between you and the universe.

My friends, your life is but a mask that you wear. It is good for your growth. But it is only a tiny portion of the truth that you seek. Learn the lesson of love while upon this planet and you shall graduate into an environment that is love. Seek and ye shall find. Seek love, my friends, and your reward shall be that.

I shall now leave this instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and am now with this instrument. We would condition the instrument known as K, and would after that close our message through the one known as S. But first we wish, along with our brother Laitos, to touch the unique vibratory essences which comprise each of those here who may wish to feel our presence at this time. We may say to the one known as A that the one known as Latwii will be working with that instrument. We would pause now that this conditioning may take place for each of those who may mentally request it. I am Hatonn.

(Pause)

(K channeling)

I am Hatonn. Again we greet you, my friends, in the love and the light of the infinite Creator. And again,

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we wish to emphasize the joy that we feel of being with this group, and of the sincere efforts of each one and especially of the new instruments. We wish to go with each one of you this week so that you may rejoice in the infinite Creator, perhaps in a greater sense than you have before.

I now leave this instrument and transfer the contact.

(S channeling)

I am Hatonn, and am now with this instrument. We would like once more this evening, my brothers and sisters, to greet you in the love and in the light of the one infinite Creator. My friends, many times have we spoken this phrase this evening, and many more will we speak it. For to know the love and the light of the Creator is why you are here. The love and the light of the one Creator is the reason we speak through each of these instruments, for their wish to serve is culminated in this service to the Creator. Each one in their daily lives serves many people and many things in small ways, my friends. Ways that may not at the moment seem worth anything, but by serving the smallest of the creation you serve the Creator. Microcosm affects the macrocosm, my friends. The least that you do will blossom, though you may not see or know the end result of your action.

Ah, my friends, what good you could do by thinking one beautiful thought towards another self, towards doing one small service to another self. My friends, by doing this you serve yourself, for everything is one. We are all one within the One, and this purpose is what we seek and why you are here this evening, drawn by things you may not realize, reasons beyond your comprehension at the moment. You are drawn to serve the Creator, my friends. Remember the saying of your holy book, "Do unto others as you would have them do unto you." So simple, my friends, and so true. Think upon this as you go about your daily lives, for love is so very simple, and yet at the end of a life you may consider full of struggles and strife, by seeking the one Creator and striving to serve the Creator, you will find this very simple message of love.

We leave you now in this same love and light, and wish you every happiness that can be bestowed by the Creator. I am known to you as Hatonn. Adonai, my friends. Adonai vasu borragus.

(S channeling)

I am Latwii, and am very pleased to be here this evening. We would thank this instrument, even though we caught her by surprise, we think, and would say we appreciate her picking up our vibration, but only do so to accustom her a bit more to our vibrations, and will not continue this contact any longer. We thank her again, and would now transfer this contact. I am Latwii.

(Jim channeling)

I am Latwii, and am with this instrument. We greet you, my friends, in the love and the light of the one infinite Creator. Again may we thank our sister known as S for her great desire to be of service, and may we congratulate her on her ability to perceive our vibrations. As always, it is a great privilege to be asked to join this group in the capacity of attempting to answer those queries which those present may have the value in the requesting. Therefore, may we ask if there are any questions at this time?

C: Latwii, I'm having difficulties here of late when attempting to meditate privately. I think my main problem is really a matter of tuning, but I was wondering if you could make any comments about what it is I am doing wrong, because it leaves me quite drained and really quite irritable afterwards.

I am Latwii, and am aware of your query, my brother. We may suggest, my brother, that at any time you wish to pursue your seeking through meditation, that the first portion of your meditation be given to some inward devotion to the one Creator. Whether this be a prayer, a chant, a mantra, a visualization, makes no difference. Use this device to refine your desire to seek the truth in the positive sense. If then you have but a moment in which to meditate, fear not that time is too short, for a moment given to the one Creator cannot be measured in time. Rest in that moment as you surrender your small self and your will to the will of the Father. Know that in that moment you have drunk of the essence of your being. Then go forth, refreshed, full and whole. Your desire, my brother, will see you through. You have no shortage of that most important ingredient.

May we answer you further, my brother?

C: Yes. In visualization, I've had a vision that I had before I knew what meditation was, and continue to use. But I'm having doubts as to this particular

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visualization actually being beneficial. I guess the doubts arise from the various feelings the visualization is a part of. The other visualization, when it started occurring to me, was simply a matter of falling, but has developed into a falling, not bodily, but simply a motion through some sort of tone at an extreme rate of speed. Whenever this occurs to me, which it does without conscious trying, it results in a feeling of really almost of rushing from myself. Is this causing part of my problem?

I am Latwii, and am aware of your query, my brother. As always, it is our lot to make only the general comment for the specific practice of the seeker. In this regard, therefore, may we suggest that if you find the visualization which you have used to be of an unsettling nature in any degree, that you investigate each portion of the experience and replace those portions which have the unsettling effect. It is the seeker's responsibility to determine the nature and content of all practices which are used in seeking. You have within your conscious mind the information which is necessary for the construction of a technique which will be most useful in your seeking. We do not mean to be shy of information, but feel we might be of the most service at this time by directing your query back to your own being.

May we answer you further, my brother?

C: Not at the moment. And I'm fully aware of that what you may say, and I only hoped for general information so that I may really gain some reassurance. Thank you.

I am Latwii. My brother, we are most grateful to you. Is there another question at this time?

M2: I'd like to inquire a little more about the same thing. Could he be experiencing a negative influence?

I am Latwii, and am aware of your query, my sister. As this group is well aware, there are those influences of the negative nature which accompany this group, and any seeker which has sought in a purified fashion the truth of the one Creator. We cannot say for any seeker whether such and such an experience …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To conclude our response, it is necessary for each seeker to find the path which is the purest expression of its positive polarity. We remind each in this group that the offerings which are made to you by those sources and forces which you might describe as negative are great services, my friends, for each offers you the opportunity to choose once again to serve the one Creator in a positive fashion.

May we answer you further, my sister?

M2: Thank you. I think you've answered my question very well.

I am Latwii. We are pleased that we have been of service. We thank each for each query that offers us this opportunity. Is there another question at this time?

Carla: Latwii, could you speak to love, wisdom and martyrdom?

I am Latwii, and am aware of your query, my sister. You have asked a query which covers a great deal of ground, shall we say. We hesitate for a moment to find the focus. The love which is the salvation of your density of illusion is that love which sees creation as one being. This being has many facets. This being is in each face, is in each experience, and any pain, sorrow or suffering that an entity observes in an other self then resounds to that entity who feels the love of the Creator as a pain, a sorrow, a suffering which must needs be attended. The entity feeling this love, then, if it feels the love purely and without any addition of wisdom, seeks by whatever means are deemed possible to heal the suffering, to calm the sorrow, and to make whole that which was broken. The self which gives this love to the other self that suffers is willing to give all with no reservations in order that an other portion of the creation might be healed and soothed.

The entity, on the other hand, which seeks and experiences the ways of wisdom also sees each portion of the one creation as being indeed the one Creator, but differs somewhat from the entity viewing this creation in love in that it sees sorrow and suffering as being a perfect means whereby the entity's experience in the sorrow and suffering might learn those lessons which they have determined before the incarnation to undertake. Each experience, therefore, is seen as a perfect portion of

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an illusion which has but one purpose, and that is to teach love.

The entity which sees the creation purely through the eyes of love without the eye of wisdom may, in the service to others, became that known as the martyr, for the self is given without reservation, and without the discernment which would allow the perception of the perfection of all suffering, sorrow and tragedy in the lives of those who experience these traumas. The entity who travels the path of the martyr cannot be said to serve less well than the entity who travels the path of wisdom. Each path sees Creator and the creation in unity. The martyr is the perfect expression of love for the Creator and the creation in each other self. The martyr, however, limits the amount of service or the quality, shall we say, if it completes its service in the path of martyrdom, giving of itself until there is no self left within the illusion to give.

The entity who balances the love of all with wisdom, therefore, has an additional tool to utilize in the serving of others in that the entity is able to see that indeed there is service that can be given to others, but there are times when it is of a greater service, shall we say, to allow others to experience the illusion in such and such a way, whether it include sorrow or not, in order that they might most purely learn their lessons. The wisdom to know when to serve is most helpful to an entity who wishes to serve in the deepest pattern possible for it.

May we answer you further, my sister?

Carla: No. Latwii. I really needed to hear those words. I'm working on that subject and I would ask especially for your aid in my meditations in the coming weeks.

I am Latwii. My sister, as always, it is our honor to address this subject, for we realize that you and each within this group seeks to be of the greatest service possible, and that type of service is not always obvious. We shall indeed be with you and with each as requested.

Is there another question at this time?

M2: Yes, then in that context, Jesus could have been of greater service had he not chosen to be a martyr, is that right?

I am Latwii, and am aware of your query, my sister. The response which we made to the previous query was a general response which is not always applicable to specific situations. The entity known to your peoples as Jesus had a specific purpose for its incarnation. As you are aware, this entity was that known as a wanderer, and incarnated for the purpose of giving a pattern to your peoples that would be useful in the daily round of activities for many of your years to come. The pattern was that of love of other selves in as pure a fashion as possible. To make this statement in a fashion which would have the necessary force, shall we say, to survive throughout your ages, the one known as Jesus determined before incarnation to travel the path of love in as pure a fashion as possible. This fashion, as we have mentioned, is that of the martyr.

Indeed, it has been said that greater love hath no man than he who would lay down his life for another. It was the determination of the one known as Jesus that the peoples of your planet needed a pattern such as he determined finally to offer in order that some distortion of that pattern would remain and have an influence upon those who would follow, in some portion, his footsteps. If the entity had decided, for example, not to complete the purpose of its mission and become that known as the martyr, then there would be much less emphasis given to those teachings which the entity offered during its incarnation. This entity had a specific purpose in its incarnation and fulfilled it well. We cannot say what is most appropriate for any one entity, but only give those guidelines which each entity then may interpret in his or her own fashion.

May we answer you further, my sister?

M2: No, that answered me quite well. Thank you.

I am Latwii. We thank you, my sister. Is there another question at this time?

M2: Latwii, do you think the cat eating the string was an accident or a planned event?

I am Latwii, and am aware of your query, my sister. We find some degree of humor in this particular query, for there are indeed those activities which are of the unusual nature occurring within this group which might be said to have a planned and somewhat negative influence. But we find the young entity of the feline variety is without the necessary mental apparatus to allow such programming, therefore we might suggest that this young entity

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was pursuing its trade as a cat, which will eat almost anything.

May we answer you further, my sister?

M2: No, thank you, Latwii.

I am Latwii. We are most grateful to you. Is there another question at this time?

K: Yes. I guess this is a little humorous also, but we'll try it anyway. My daughter was ill on the trip. She had a sore throat and her nose stopped up and she couldn't breathe, so I had to see that she got to the emergency room at the hospital, and it cost her seventy dollars plus the tax. And about three or four nights later we were at Las Vegas, and she won seventy dollars playing a little game called Keno on the first try. And it did seem a little odd that she should have one expense of seventy dollars, and then win seventy dollars. Was that accident?

I am Latwii, and am aware of your query, my sister. We might suggest to each entity, as that journey is traveled which culminates in the various lessons being learned, there shall appear from time to time those co-incidences which may suggest to the entity that there are indeed no such things as accidents. There are, to the seeker, a continuing array and panorama of events which seem random until the heart of the event is determined. To an entity such as your daughter, it might be considered appropriate from time to time to learn of certain lessons by the method which you have described. It might be, for instance that such an entity might need to know that the creation supports it, and the Creator is within it, and there is no need to fear the chance happening, shall we say, of the injury or loss to self in any degree, for there is always that portion of the Creator which stands ready to teach the opposite lesson.

It might be helpful, therefore, for such an entity to receive this information within its own experience in a fairly short period of what you call time in order to become aware of the essence of balance within the creation. This occurs for each entity from time to time as the deeper portions of the self determine that it is appropriate to present the lessons in this fashion.

May we answer you further, my sister?

K: No, that answered it. And she really did need to learn that lesson, and I think she learned it. So I'm glad to hear that explanation. Thank you.

I am Latwii. We thank you, my sister. Is there another question at this time?

M2: You might answer one question for me. Why is my happy little fellow—that's the only name I know for him—dancing around Hatonn's words when two of the people spoke, but not quite coming in?

I am Latwii, and am aware of your query, my sister. We cannot always present those explanations which are what you might call perfectly clear, for entities of this nature. For each entity has that known as free will, and does present itself to those open to its vibrations in such and such a manner. It might be its choice to act in this manner in order to, shall we say, capture your attention, and present the riddle of sorts.

May we answer you further, my sister?

M2: No, thank you. I think you've answered it.

I am Latwii. We thank you. Is there another question at this time?

A: Yes, Latwii, I have a question I hope you can answer. Lately I've been confused and hurting, and I don't know if you can help, but the question I have is, why?

I am Latwii, and am aware of your query, my sister. We also hope that we might be of service in this regards, but we find that such an experience of pain and confusion is one which has great lessons to teach, and to speak too specifically would rob the seeker of those lessons. May we then suggest that if it is possible within your meditations or within your conscious contemplation upon this experience of pain and confusion that you look as from above upon yourself within the situation in which the pain and confusion is generated. See those forces in motion. Look at them in their symbolic form, if possible, without becoming lost in specific identities. See yourself as actor, and as that which is acted upon. Look at the result of the action. If possible, intensify in your mind that activity so that its logical conclusion, shall we say, might be experienced within your being.

As you find portions of this experience which have meaning to you on your journey, meditate upon them to unlock further keys and understandings, that your journey might continue. For, my sister, there is no experience within your illusion that does not have the purpose of teaching a certain lesson and

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opening yet another door, that you might pass through and continue your journey. Look, my sister, then within yourself and within that experience, and you shall find those treasures which at present are covered and hidden. Yet do not doubt that treasures await, for your illusion is filled with them, yet they are camouflaged to many.

May we answer you further, my sister?

A: No, thank you.

I am Latwii. We are most grateful to you. Is there another question at this time?

Questioner: Latwii, are members of your Confederation aware of channeling with Michael Pace and panel?

I am Latwii, and am aware of your query. We of the Confederation of Planets in the Service of the One Infinite Creator do observe those activities which you describe. There are many such activities occurring at this time upon the surface of your planet for the sole purpose of awakening those entities who seek the message of love that they might know in further degree the truth of love, light and unity with the one Creator. We are most honored to be but a small portion of that awakening.

May we answer you further?

Questioner: Yes. Is this channeling always positive?

I am Latwii, and am aware of your query. We find that in answering this query we are restricted by that great Law of Confusion that prohibits the infringement upon the free will of any other being. We cannot determine, therefore, for any such instrument or channel the positive or negative nature of the experience, for this is most important to each seeker, and especially to those who serve as instruments. It is necessary that each seeker be able to discriminate for itself the nature of information which is garnered, whatever its source might be. In this way the pearls of wisdom, shall we say, truly then belong to the seeker, for they have been won by the seeker's own efforts.

May we answer you further, my sister?

Questioner: Thank you. I think that's all right.

I am Latwii. We are most grateful to you. Is there another question at this time?

M2: Yes. I've had some unpleasant experiences happen to me, and I really think I should be miserable. But I don't seem to be able to hold on to misery. Is there something wrong with me?

I am Latwii, and am aware of your query, my sister. And in one sense, we rejoice with you, for it would seem that to be unable to retain the experience of misery would be a most desired state of being. It might, on the other hand, be determined by another portion of yourself that another try, shall we say, be made so that you might experience that known as misery, not to become distorted towards unhappiness within yourself, but perhaps to be able to feel compassion for others who experience the distortion known as misery. We cannot say what the particular purpose of your inability to retain this state of being is, but can only suggest that there are no mistakes, and your ability or lack of same has its own purpose and you are learning this well.

May we answer you further, my sister?

M2: Thank you.

I am Latwii. We thank you. Is there another query at this time?

M2: If no one else has a question, do you think I'm taking my misery too lightly?

I am Latwii, and am aware of your query. We cannot make such a judgment for it would be an infringement, my sister, upon your free will to make that discernment for yourself.

May we answer you further?

M2: No. I guess you mean I have to figure it out for myself.

I am Latwii. You state it much better than [I do.]

(Group laughter.)

R: I've had some problems arising in a new business, and these problems that have arisen have been brought on by one or two people, not that they're vindictive or anything. One particular person brought me to a standstill, but I was able to acquire what I needed through another company, and we just received them. And the first one that stopped me and brought me to a standstill now seems to be having some worries about what he'd done. Will he be successful in carrying on?

I am Latwii, and am aware of your query, my brother. We feel we might be of most aid in this regard by responding in a general sense. My brother, it is an illusion which you inhabit, an illusion in

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which you have forgotten, as do each—we correct this instrument—as does each entity which passes through this illusion, that it is the one Creator. It is most helpful to forget this great truth, in order that experiences of a great variety might then be available to teach this truth in a manner which reaches to the depth of the being. When difficulties, as you call them, are encountered of any nature, you might then look at the situation as a situation which has an opportunity for growth, for within the difficulty is a lesson. Each such lesson, though it be uniquely tailored, has the purpose of teaching the ability to be tolerant, the ability for the light touch, shall we say, and the ability to find the love and the light of the one Creator within each experience, and each entity one encounters. Therefore, we would suggest that it is of small concern as to whether or not successes will be encountered in this or that endeavor. For what does your illusion teach? To love, my brother. To know love, to give love, to be love, and in that endeavor we can assure you that each shall be most successful.

May we answer you further, my brother?

R: *(Inaudible).*

Is there another question at this time?

(Pause)

I am Latwii. We thank each present this evening for asking that we join our vibrations with yours during your meditation. As always, it is the greatest of honors for us to participate with your group in seeking the love, the light, and the unity of the one Creator. We remind each entity that we are but brothers and sisters who travel the same path that you now tread. It may be true that we have traveled somewhat further upon this trail than you have at this time, and it is therefore our honor to share our insights, and those lessons which have been most useful to us, as you request them. But we do remind each that we are not in any way infallible. We are your brothers and sisters in the truest sense. We share what truths we have found. We seek yet further, and we know that we are all one. We leave you now in the love and in the light of the one infinite Creator who resides within all. We are known to you as Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Nona. I greet you, my friends, in the love and in the light of the infinite Creator. We have been conditioning this instrument, as she was reluctant to lengthen the communiqué. However, there is a request from the inner planes and from some of those present for the healing of our sound vibrations. We would ask each of you to visualize one who has recently passed from your illusion as we sing through this instrument one melody which has great meaning for this entity's guide, and one melody which has great influence upon the moving into greater realms for the entity passing.

(Carla channels a melody from Nona.) ♣

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Sunday Meditation
August 8, 1982

(Carla channeling)

[I am Hatonn, and] I greet you, my friends, in the love and the light of the infinite Creator. To be with you is exquisite pleasure, and we thank you for requesting our presence. The opportunity to share our thoughts with you is the greatest opportunity for which we could hope. We should like to offer philosophical thoughts framed in parable this evening, and we shall move from one channel to another with some frequency. Therefore, we suggest that if you have tuned and challenged us mentally that you may dispense with the beginning and ending greetings until the end of the message.

Once upon a time there was a wooded copse, a beautiful leafy glade, and within that small forest lived many creatures that you would call spirits of nature; others have called them fairies and elves. To them, the smallest peony was as a towering tree and the red clover was enough to make a roof for their house. We shall transfer.

(C channeling)

This world was to this fairy an idyllic place of beauty of peace and harmony between yourself and nature. They took not but they couldn't give back and lived in quiet serenity for some time.

We will transfer.

(Jim channeling)

These entities felt the great peace of oneness, yet in that peaceful unity, there was something that was missing, for though their daily routine provided all that was needed for their simple sustenance, there still was felt in each the yearning for something more, and on certain occasions these entities would gather in what you might call a council circle. There were at these times, shall we say, certain ritualized celebrations. Yet the heart of the council was the attempt to resolve the matter of what was lacking in the lives which seemed so rich and full of pleasure, of harmony, and of peace.

We shall now transfer.

(C channeling)

Into this setting at times creatures other than the small fairy folk would enter. Most were passive forest dwellers seeking sustenance from nature with whom which [the] small fairy folk existed harmoniously. But it came that into this setting entered one different from any the small fairy folk had ever encountered. It seemed strange to them, for instead of harmony it seemed to emote a discord.

We will transfer.

(Carla channeling)

This entity, so unlike the forest denizens, stood upright and was even taller than the peony bush. It was a five-year-old boy, and he was deeply troubled because he saw things he did not understand. But he was unafraid, and knelt down and put his face very close to the ground to speak with it. "Who are you?" he asked. All the nature spirits laughed and said, "Oh, we are the spirits of nature. Call us the folk of Fairy. We cause your flowers to bloom, your trees to grow tall, your grass to smile in the sunshine. We tell the butterflies when to pop from their cocoons and we speak to the busy insects. We have converse with all that is within our ken." "Oh," said the little boy. "You are so beautiful. Can you fly with your wings?" "Of course," said the fairies, "Would you like to see us?" And they took a gigantic flight all the way up to the top of the peony bush and back down again. "Ohh!" said the little boy, clapping his hands and making thunder roll for the fairies. "That was splendid. And can you show me where I lost my marbles last year, for I was shooting near here." "Of course," said the fairies, if you speak of those huge boulders that we cannot move." "Yes, yes," said the little boy.

We will transfer.

(Unknown channeling)

The little boy was delighted that he had found beings such as the fairy folk, and his troubled mind at their unusual nature was soon put to rest by their gleeful acceptance of his questions and presence. He had many questions for them concerning how he saw his world, questions that the five-year-old mind ponders frequently and with much determination. He asked if they grew old, and when they replied that they grew very old and did not die, he compared their situation to the one he knew was true for his family and friends, where death had been known once or twice. And he asked what was the meaning of the life and the meaning of the death. And they began to explain that in their lives meaning was found in the services which they provided to the various plants and animals which appreciated assistance in carrying out their normal functions of growing and blooming, living and dying.

We shall now transfer.

(S channeling)

As the little boy pondered the growth and blooming and death of the flowers and the other things that were found in this fairyland, he seemed to become somewhat less fearful, for had not the flowers brought beauty to his world and to the world of the fairies, and had they not returned that which had been given to them by the little ones who had aided in its growth and development? The little boy pondered similar, and wondered if he too might be as this flower who would grow and become strong and with the help of many from his own world be able to return that which was done for him. He thought of the many times he had been caressed when he had fallen and skinned a knee. He thought of the many kisses planted on his cheek so that he might sleep feeling safe, secure and loved, and he thought of the happy faces which greeted him in the morning and prepared his breakfast and sent him off to school.

And he wondered if he had been returning all the smiles and warmth and love that was brought to him by those around him. And he thought to himself, "Perhaps I am not showing my appreciation for these gifts that I am indeed so grateful for. Perhaps I should make my gratitude known so that those who are dear to me will realize that I appreciate the caresses, the kisses, the smiling faces, and the touch of one who loves me." He pondered similar and made up his mind to return home and plant a kiss on his mother's cheek, though she was not going to bed, and give her a big hug, though she had not skinned her knee, and to tell her he loved her for no apparent reason other than he wanted to be sure that she knew.

We will transfer.

(Carla channeling)

Before he left the glade that day, he thanked the folk of Fairy and told them of his plans. They laughed merrily as they so often did, and one of them said to him a bit shyly, "Perhaps you do not need to speak of where you found this wisdom." "Oh perhaps," said the boy rather absentmindedly. He jingled his clanking marbles together in his pocket, and practiced whistling all the way home. His mother was in the kitchen. "Hi, mom." "Hello, dear," was the reply. "Bend down, mom, because I'm going to plant a kiss on your cheek, just like you plant the roses in the garden." Laughing, the mother bent

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down. "And I am going to give you a big hug," he said. "This is my lucky day," laughed his mother. "I love you, mom," said the little boy.

His mother, glad enough to have the embrace, looked at him and smiled. "Now, what put that in your head?" said his mother. "Oh, the little people." "What?" said the mother. Then the little boy remembered what the fairy had said: "Do not tell them of us." But the mother had heard. "What little people?" Said the boy, "Oh, just little people in the forest that make things grow and found my marbles that I lost last year." His mother sat him down carefully. "Now, listen son," she said, "I'm very happy that you found them, but you know there are no such thing as little people in the forest."

We shall transfer.

(C channeling)

The boy's mother was unable to understand what the little boy's openness and innocence had allowed him to see in the forest. She was afraid that because the small boy was seeing and hearing entities in the forest, that he was not living in the real world but in one of imagination.

We will transfer.

(Jim channeling)

The little boy had discovered that those things and thoughts of most importance to himself were often not exactly shared by those around him, and he began to realize the wisdom of the fairy creature's warning not to speak of the presence of little folks in the woods. He began to consider that what he had learned of love and of expressing it to those whom he dearly loved could be done better than it could be described. And thus, he began to show what he knew in his actions and to be somewhat shy with his words. Yet, his being radiated the love which the little folks had aided in its growth just as they aided the growth of the flowers, the trees, and the birthing of the butterflies.

We shall now transfer.

(Carla channeling)

One …

(Side one of tape ends.)

(Carla channeling)

One day he put down his school books, for he had become older and begun school, and went as he so often had before to the lovely copse where he had so often spent a happy hour. He could no longer find the little people. "Where are you," he cried, "Where are you?" Carefully he got down upon his knees and began to peer under the clover. "I am so afraid I will step on you", he said. The fairy folk watched him, knowing that the world had finally become more real to him than the kingdom of the Creator. Safe in their own dimension from any stepping feet, and filled with the greatest of love, they watched their young friend, the giant among them. His blond hair picked leaves from the bushes, and his eyes were blue and wide with distress. "Where are you, where are you?" he cried. His tears began to fall. "My friends," said the king of the folk of Fairy, "It is for this divine gift that we sit in circle and do our rituals, for as wise as we are, we do not have the gift of tears. We do not have the love that cries for loss, for all has become one to us. And yet we remember. Mark well, my people, as you grow old but do not die, this precious gift."

We shall transfer.

(C channeling)

The fairy folk watched the boy, saw that he was experiencing something they were unable to know, for to them was given all they needed to exist in a finely arranged harmony, but [he] existed within a harmony they were denied, an aspect of love that enabled love to search within, to draw forth the deeper understanding of the Creator. They had not the opportunity to grow by experience.

We transfer.

(Carla channeling)

We shall close through this instrument, as we find the energies are somewhat variable and would suggest retuning after this contact.

We of the Confederation of Planets in the Service of the Infinite Creator are full of sorrow as we gaze upon your people. We hope to inspire you and aid the butterfly within you to be birthed and the flower within you to bloom, yet we cannot quiet you. It is you who may bring to the service of your planet the gift of your tears. You are those who have faith in things unseen, in the ideals of love and truth, and

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you gaze upon that which is not there. That which is not there gives you the desire to manifest love, radiance to glow, to grow, and the feeling that there is more, far more balance, far more holiness than is visible to the objective beholder of circumstance. You bring to your planet the gift of your perception, the gift of your faith. Can you cry out for fear lest you lose those things, lest those about you lose those things? Can you cry out that those about you deny them, and live and die with no knowledge of perfection?

The ideals which you seek in meditation have enabled you to find that which you had lost; to love and reach and give. Remember the gift of tears. You who are in the illusion, whose spirits dwell in flesh, are full of wonder and full of folly. Which will you choose? How much do you care? You may do a service that we cannot with all our knowledge. We encourage you to remain open and innocent and childlike, no matter what cynicism greets you, no matter what horror awaits you in the illusion. Leave your consciousness in the hands of love and truth and give to a planet desperate for your light, that powerful fire—your caring, your salt tears of remembrance and faith.

We are those of Hatonn. We thank each of you for the great gift of your service in working with us to create thoughts which may be of aid to those among your peoples who seek love and truth. We leave you in that love and in the light of our infinite Creator. Adonai vasu borragus. ♣

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Intensive Meditation

August 12, 1982

(S channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and in the light of the one infinite Creator. We are extremely happy to be here this evening. It has been long since we have been with this group in what you call the intensive session. It is our pleasure and great joy to be with you this evening, and to exercise the instruments so that they, through their desire to serve, can perfect or attempt to perfect the technique of channeling. We are pleased to see the one known as G this evening and to feel and blend with her vibration. She is at this time not quite sure of the process known as channeling, so we will condition and work with her and we thank her sincerely for the opportunity.

At this time we would transfer this contact to the one known as A in order to exercise the instrument. I am known to you as Hatonn.

(A channeling)

I am Hatonn, and once again we greet you through this instrument. On this night we wish to work with the new instruments, for they feel they are out of practice and have lost some of their touch on channeling. We wish to say that if the desire is there, there is no need to worry about losing the touch. We are happy to be here tonight so that we may learn *(inaudible)* our vibrations with each, and to also bring forth a small message to all. It is a message of peace and of hope, and it is as a small reminder that you are all on this planet by choice, and that while you are here you have many, many lessons to experience, to learn from, to grow from. Be patient and do not try to figure out the whole future at once. It is there and it is now, and so we ask of each of you to be patient with those things that you do not understand. Once you have overcome the confusion you will very easily see the lesson that was at hand.

We have made this message short, or shall we say, this reminder short and would now wish to transfer this contact. I am Hatonn.

(Carla channeling)

I am Hatonn. We ask your pardon for the delay, but were requesting as to whether the channel known as Don might be available for work with us at this time. This instrument prefers to listen at this time, and so we are very pleased to speak through this instrument to close the message. For indeed it has been some time since we spoke through this instrument, and it is a privilege to speak through this as through all of the instruments.

We would like to say a few words in particular to the one known as G, but, in general, towards the subject of dedication. When an entity such as each of these instruments decides that he or she desires to be of service by receiving concepts and passing them on,

these concepts being of a recognized spiritual quality, the decision for this service has an emotional content. In some cases this emotional content is not great, and in these cases, as the novelty wears off, the instrument ceases that particular service and moves on. This is, of course, perfectly acceptable to us and we are grateful for being able to work with any instrument for any length of time.

Others who come to recognize our vibrations discover within themselves an emotion which can be described as dedication. In these particular instruments there has been developed a love of service which does not grow on compliments nor fatten on praise, but rests instead on the desire to be of service as each instrument has been served in his or her own turn. And we say to the one known as G, and to each, it does not matter greatly whether or not an entity determined to be of service by learning the skill of more and more precisely tuning the receiver so as to transmit our messages. What matters, my friends, is that in whatever service you are attempting to perform, there lie beneath the surface an inner dedication that is not a veneer which washes away with constant use nor is rubbed away with idle chatter and stray thoughts, but instead remains, a kind of inner lodestar, [guiding] the servant on to seek an ever more precise rendition of whatever service he or she has undertaken to perform.

The array of services in your illusion, my friends, is staggering. The emotion with which one faces any service is a constant. In the vicissitudes of your daily round, look then to that which lies below the surface of your reactions. Analyze carefully the depth of your dedication to service. And, my friends, if you are not satisfied, continue to seek from within that great sun service of love and hope and strength which will give you the energy of vital and careful dedication.

In being so serious, my friends, we do not wish to unbalance your lives as you ponder the mysteries of service, for indeed very often the greatest service you can offer another is your own smile, your own light word, your own cheerful touch. Therefore, let your dedication be careful and deep. But do not forget to let the sunshine flow through all your thinking, and lighten it that your service may be pleasant and of good cheer. For it is with those about you that you shall wend your way as pilgrims. It is with those about you that the ever-changing present will come. Therefore, my friends, let your souls be merry and glad together, that in loving the one infinite Creator you may love each other with the gentleness and forbearance requisite for each unique being in your life.

We thank you for requesting our presence at this meeting, and at this time will take our leave through this instrument. We leave you riding upon the winds of the present moment. Lift your arms, my friends, and ride those winds with the grace with which you are capable, with the faith which is within you, with the love and the light which are yours as part of an infinite creation of love and light. In that unity, we leave you. We are known to you as Hatonn. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in love and light. We are most privileged once again to be able to blend our vibrations with yours. We are always honored to be asked to join your meditations and offer ourselves in the capacity of attempting to answer your queries if it be within our capabilities. May we then ask at this time if there is a question?

Carla: I have a question, but I'm not sure if it makes any sense or not. I was recently gone for two weeks, and my oldest cat was repeatedly reported to have suffered. Did Gandalf indeed suffer in some way that I could have helped, because of my two week's absence?

I am Latwii, and am aware of your query, my sister. We find that the entity known to you as Gandalf has a great deal of what your peoples describe as devotion for your presence and your care. You are not unfamiliar with this quality in this being, and should not be discouraged to discover that when you have removed yourself for a period of time from his presence that there is the feeling of loss within this entity. You yourself know that feeling in a recent manifestation of your own experience. We do not find a particular need for corrective action in this instance, for your presence is once again known to this entity.

May we answer you further, my sister?

Carla: Yes. What I was trying to ask was, is there any way that I could have explained to this second-density entity, who is so bright for being a cat, that I would be back at the end of the two weeks so that he didn't have to worry?

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I am Latwii. My sister, we find that there is a limit, shall we say, to the conceptualizations possible for this particular entity, though it is indeed quite, as you would call it, intelligent. The nature of this entity is not a nature which includes the perceiving of time in the same manner in which your peoples describe it. So that, though there is benefit to the entity to have your vibrations assured of your return, it is not perfectly understandable to this entity that a certain period of what you call time must be experienced before the return occurs. Therefore, we feel that it has been well accomplished on your part to impart to this entity, as you did, that you would return.

May we answer you further, my sister?

Carla: No, thank you, Latwii.

I am Latwii. We are grateful to you, as well. May we attempt another query at this time?

(Pause)

I am Latwii. The sounds of your evening are a great source of peace to all present. We rejoice in sharing these vibrations with you. Before we leave, we shall ask for any queries which might be upon the mind, but which have not yet found their way to the tongue.

(Pause)

I am Latwii. My friends, it has been a great honor to join with you this evening, though it has been for but a brief moment, as you would call it. Be not discouraged in any way that any moment be too brief, for within the one creation that we share as one being, all moments are part of the great eternity which opens in every portion of what you call time. We thank you, my friends, for asking for our presence, and we assure each present that we shall be most honored to join you in your private meditations should you but request that we do so. We leave you now in the love and the light of the one infinite Creator, and we rejoice with you in the eternal present. We are known to you as Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
August 15, 1982

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, as always, my friends, in the love and in the light of the one infinite Creator. The sounds we have heard tonight are indeed beautiful—your voices, the voices of the nature that surrounds you, the song of your planet, the harmony that exists. Though there be notes of discord, the theme is there, the parts are all being sung, each part gaining in strength, blending into a sound that fills many of your planet, touches many others, and is whispering to still more, if you will listen, if you take time, quiet time, if you would meditate, if you would be open, if you would but listen, experience. Your planet is growing as are you. You grow together, each drawing strength from the other. As more of your peoples become aware of the love and the light of the Creator, they grow. As the peoples grow, so does the planet, but like all people, it grows at its own rate. Though you are connected with it, it grows at its own rate. It has times when it surges ahead. It has times when it falls back. It has times to remain still.

Your peoples affect your planet's growth. It feels the energies of the lives upon it. It reacts to the energies. Its consciousness develops. With development and awareness, it changes. You are well aware that the time of transition, of harvest, is not that distant. At that time your planet will have changed. We of Hatonn wish to be of service to you. We remain open and willing to share, to aid as we may. My friends, as you meditate, you need but ask and we shall be with you. We listen. We ask that you allow us the time, and listen, feel, for more and more of your peoples have chosen, have started their journeys. We wish that more of your peoples would listen. Take some of your time to listen and feel, for you, your illusion, time, your concept of time, is so short and so limited. We would remind you that time is limited. There is more than enough, more than enough so that you can take that time. Allow yourself to listen. Be open to the light, the love.

We know that …

(C has been speaking with deep intensity of feeling.)

(Carla channeling)

… mentally requests our presence. We wish everyone may know this marvel, to be especially reassured as to it, and as this entity seems to depart to another geographical location, we wish to say there is one creation and one Creator, and we are available to each of you wherever you meet in this illusion which you share, agonizing and enjoying. We have spoken this evening of devout things, of the ability to listen, to feel and to be, and have spoken of allowing those things which are past to be released so that each may live in the present moment with all its infinity and wonder.

My friends, each of you has been given a physical vehicle. You are not disembodied experience. You are embodied, and in these bodies we learn. We stress tonight for each of you the value of acquiring that state of mind and heart wherein you are in the eternal present and your body for the moment makes no demands upon you. The great additions and multiplications and subtractions and divisions of life are gone. Those enemies which you may face are hence from you, and the joys which you contemplate are similarly lost from your world, and you dwell in endless bliss. This is what awaits the inner ear, and we ask you to be content with no less, to continue seeking, if it be until this incarnation's end, for those moments when you are in the present, when you have found eternity. For it is in those moments that you are adding to that eternal self which is you the kind of learning which you shall carry with you beyond this illusion.

And, my friends, after this moment is over and you are back in [the illusion] faced with the great arithmetic of living—its sorrows and its joys—we ask that you consider and constantly analyze why it is that you might be in this body and in this circumstance. Each body is imperfect, and yet are you not all perfect? And are not all circumstances full of the possibilities of perfection, of learning, of gaining knowledge, and of giving to those about you? How important it is, my friends, to be aware of both these things at once—that you are eternal and that your lessons are those of eternity, and that you are in manifestation at this time to learn and to teach. Stand in the present moment, my friends, as much of the time as you can. The public world about you in this illusion will seem to be somewhat negatively polarized. This is the nature of your illusion. This is the nature of your opportunity.

We wish you all of the awareness of love and light that is within you and the amount of that awareness of the original Thought is infinite. It is with infinity that you may meet the arithmetic, the terrible subtractions and additions and disengagements and confrontations of the solution. It is with the infinite Creator that you go forth. Could you in all eternity ask for a better opportunity?

We are your brothers and sisters. How much we have enjoyed sharing this meditation with you. We greet and love each, and so we leave you. We leave you through this instrument in the love and the light of the infinite Creator. Adonai, my friends, Adonai.

(Jim channeling)

I am Latwii, and greet you, my friends, in the love and the light of the one infinite Creator. It is once again our great honor and privilege to join your group in your meditation. As always, it is our honor to be asked the queries upon your mind, and we offer ourselves at this time in that capacity. Is there a question we may attempt to answer?

L: I'd like to ask a question, Latwii. In a recent discussion, a couple of us were in disagreement concerning information that we had received from the Confederation, specifically, should our race attempt a nuclear war that would hypothetically destroy all of our race or the planet itself, would this be allowed to occur?

I am Latwii, and am aware of your query, my brother. We of the Confederation of Planets in the Service of the Infinite Creator observe that Creator in all possible manifestations. And should your planet manifest that condition of the Creator wherein the so-called destructive elements of your nuclear bombs be released, we would with our full abilities attempt to maintain each entity as an entity, and this would be our service. We would allow the expression known to you as destruction by nuclear war, for this is a great lesson, one that teaches much. It has, as you are aware, been begun upon another entity, or as you call it, planetary sphere within your own solar system and seeks now its balance upon your own planet.

May we answer you further, my brother?

L: Yes. I've noticed that there is in our own communications industries a large amount of attention given to the subject of nuclear war. The orientation of this attention seems to have changed in the last few years away from a very non-participatory examination of potential effects to a very self-involved examination of the consequences, a great deal of attention to the likelihood that no one would be likely to survive unscathed. Are we receiving any particular attention or communication on a planetary basis to aid us in realizing more fully the effects of this kind of event?

I am Latwii, and am aware of your query, my brother. As we mentioned in our previous response, there is upon your planet the attempt by many entities to balance actions begun upon other spheres both within and without your own solar system. The

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third-density illusion which you inhabit offers the opportunity for the choice of any lesson which is found to hold a potential for increasing polarization. Upon your sphere at this time reside those entities who have experienced this devastation upon other spheres. Many now seek the balancing action; many seek to repeat the action. The lessons that have been chosen by each entity will be enacted within the bounds of your illusion with free will offering an infinite array of opportunities. There are many who are aware of the results of such an action. Therefore, these entities from the depths of their being seek another path.

May we answer you further, my brother?

L: No, thank you for your assistance.

I am Latwii. We are grateful to you. Is there another query at this time?

E: I have a query, Latwii, and that is that you said, you indicated that those of us on this planet desire that lesson of nuclear war, or there are many that do. And my question is, would a nuclear war be the war to end all wars? Would we learn to make war no more, that is, would we became polarized towards service to others through such an experience or would we tend to be polarized towards service to self by such an experience, or can you say?

I am Latwii, and am aware of your query, my brother. We see many possibilities for what you call your future. Indeed, the possibilities are infinite, though many have more potential for manifestation than do others. We cannot say what will occur, for free will assures a great variety of possibilities. Indeed, whatever the outcome of this particular path of action, there is always the possibility for the polarization in either direction, the positive or negative.

Indeed, upon your planet at this time, the circumstances of living are becoming altered to the extent where more of what you call the stressful factors are becoming apparent. As the conditions surrounding your survival become more perilous, there is the greater possibility that each entity upon your planet might find the desire to seek within and increase polarization, for as the environment surrounding an entity is less and less supportive, shall we say, the entity then of necessity must seek within the self for the meaning of that experience which it finds itself in. Such seeking offers the greater possibility that polarization shall be increased.

Do not fear, my friends, that a birthing is not occurring. Though there be pains with the birth, yet the child emerges and shall breathe the air of life and love.

May we answer you further, my brother?

E: No, thank you, not on that. But I do have another question on something else. That is, my radio has been giving me a lot of trouble recently, and it seems as though there is a lot of interference which seems to be coming from the sun, and what I would like to know is, is there any connection between the turmoil that we're going through on this planet and the interference that I seem to be getting from the sun?

I am Latwii, and am aware of your query, my brother. We are aware that there are many factors which affect the peoples of your planet at this time, and though there is indeed an effect which is the result of activity upon the entity known to you as your Sun, we find that the great majority of causes for the actions of your of your peoples resides within the mass mind of your own planet and planetary consciousness, for as your peoples have inhabited this planet for the duration of this cycle in a manner which has been somewhat less than harmonious, these vibrations have became a part of the planet itself and the planetary consciousness, and then, as the transition into that density of love and understanding which approaches occurs, the blending of the vibrations of your planet and this density of love and understanding becomes less than easy. Your planet begins to give off the vibrations which it has been bathed in, shall we say, and finds that there is some difficulty in the releasing of these vibrations.

Therefore, the entities which walk its surface do respond to the accumulated experience of the planetary mind which itself has interacted with the experience of each entity throughout the ages of your planet's third-density experience. Therefore, though there are many effects which originate from without your planet, such as those which you have mentioned, they are quite small in comparison to the causes of the actions of your peoples which are a result of the free will having been exercised in a less than harmonious manner over the many thousands of years of your planet's third-density experience.

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May we answer you further, my brother?

E: No, thank you.

We thank you, my brother, and may we say it is with joy that we greet you this evening, as it has been some measure of what you call time since we have had the honor of joining you in this group.

E: Thank you.

Is there another question at this time?

M1: I have something you may not be able to answer, but if you can, I would appreciate it. This whole evening a cold breeze has been on my feet and part way up my legs, and when I decided to ask you about it, it stopped. Is there some particular significance to it?

I am Latwii, and am aware of your query, my sister. Is it not always the case that the symptoms disappear when one approaches the doctor's waiting room? But to be more to the point, my sister, may we suggest that there is, as far as we can tell, no special significance to the various breezes and movements of air which inhabit this dwelling.

May we answer you further?

M1: No, thank you.

I am Latwii. We are grateful to you. Is there another question at this time?

L: Yes, I have one other question. The social memory complex Ra, in one of the books, made what seemed to be some rather ambiguous statements concerning those individuals currently being born into our density who simultaneously maintain a third and fourth density body or vehicle. The question I propose is this. In the transition from third to fourth density for these individuals, would they perceive the release of all third-density vehicles as a physical death?

I am Latwii, and am aware of your query, my brother. Yes, these entities shall experience the physical death as you know it.

May we answer you further?

L: Then, may I assume that all who would pass from third to fourth density in our planetary experience will experience that physical death?

I am Latwii, and am aware of your query, my brother. Again, this is correct. May we answer you further?

L: One final question on the same subject. The time period of approximately thirty years remaining before the transition occurs on our planet has been offered by members of the Confederation. It would then be correct to assume that all of those still possessing physical vehicles in this third density at that time will experience a physical death. Is this correct?

I am Latwii, and am aware of your query, my brother. This is, in general, correct, though one must not assume that the population at that time will include the great numbers that your current population would suggest, for the deaths that shall occur between the present moment and the final harvesting shall accrue, so that the population becomes more slowly reduced due to the harvesting in the various manners.

May we answer you further, my brother?

L: No. I just had same confusion as to what was actually likely to occur. I appreciate your clearing it up for me. Thank you.

I am Latwii. We thank you, my brother. Is there another question at this time?

M2: Yes, along that same line, to make sure I understood it, if someone is born into this world with fourth-density activated physical vehicle, will they make the transition without physical death?

I am Latwii, and am aware of your query, my brother. These entities of the dually activated bodies shall experience the physical death in the same manner as any other third-density entity, yet their transition shall be of a somewhat different nature, for they shall already have been harvested from other planetary spheres, and shall not need to repeat the harvesting procedure, but may then immediately inhabit the fourth-density sphere which your planet is rapidly growing to become.

May we answer you further, my brother?

M2: No, thank you.

I am Latwii. We are thankful to you. Is there another question at this time?

S: Yes, Latwii. This has probably been answered before, but when an entity reaches fourth density, is the veil of forgetting lifted?

I am Latwii, and am aware of your query, my sister. This is correct, although the veil is not such a simple

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device that one might assume its removal would be as simply accomplished as the pulling of a curtain. Various portions of the mind/body/spirit complex of each entity upon your planet have been veiled, shall we say, so that the knowledge, experience and expression of the self as the Creator is hidden from the entity. There are various portions that shall be revealed in their due course. When the entity has fully passed into that density of love and understanding, known as the fourth density, then shall all veils be removed so that the entity is more fully aware of its beingness as the one infinite Creator.

May we answer you further, my sister?

S: No, thank you …

(Side one of tape ends.)

(A question was asked by M1 prior to the tape recorder being turned back on.)

(Jim channeling)

I am Latwii. We are once again with this instrument. We are aware of your query, my sister, and may respond by suggesting that certain entities are more able to express the nature of the physical body's polarity, for there are various portions of your physical vehicle which are positively and negatively charged, this in the electrical sense. Therefore, the emanations which proceed from the right hand are of a positive nature, and may affect certain devices within your illusion such as the television mechanism. The right hand emitting these positive vibrations of electrical nature, therefore, might in some cases enhance the colored nature of your television in its projecting of the image. The left hand, then, might, through its receptive abilities remove these same particles, thereby causing the appearance of the lack of color. Many upon your planet might experience this phenomenon if the proper experiment was attempted.

May we answer you further, my sister?

M1: No, thank you, I think you've answered me very well.

I am Latwii. We thank you, my sister. Is there another question at this time?

Questioner: I have a question. Is there a Confederation brother or sister by the name of, something like Ritonn, I don't think that's right, but it sounds something like that? Or Rittye?

I am Latwii, and am aware of your query, my sister. We cannot be one hundred per cent accurate in the reproduction of sound vibration complexes of Confederation members, for various members choose various sound vibration complexes for the transmission of thoughts to various groups, as various groups are more receptive to certain of the names, as you call them. The naming procedure is not always chosen by Confederation members. Indeed, most exist without that which you call the name or sound vibration complex, the name being chosen primarily for use in the communication with entities upon your sphere or similar spheres of the third density. Therefore, we cannot be accurate by suggesting that such a entity does or does not exist as a Confederation member.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii. We thank you. Is there another question at this time?

M1: Yes, I've been visiting in a nursing home, and the nurse has given me a patient who does not even know her last name, and she asks the same question over again and again, for instance, she asks me where I live several times while I'm with her. And just generally, what can be the value of a visit with someone who—I guess senile is the word, I suppose—who is as senile as this?

I am Latwii, and am aware of your query, my sister. The value of such offering of love cannot often be seen in such a situation, but do not doubt that the love which you offer such an entity is felt. Many times those entities which inhabit the homes for the aged within the state of mind known to your peoples as senility are attempting to make an orientation upon another plane while remaining within the physical vehicle. Therefore, their awareness has been withdrawn to the outer eye and dwells in other realms, so that the entity might become familiar with certain lessons and recapitulations of lessons of the life which is drawing to a close.

Therefore, when one such as yourself visits and shares love with an entity who is not apparently aware of a large variety of beingness, there is, nevertheless, an absorption and appreciation of that love, for though the awareness of the entity is not

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fully with the physical vehicle, yet it is nourished by the love given to that vehicle.

May we answer you further, my sister?

M1: Well, then, does the visit make her transition easier, or does it help her in her transition to another, well, in preparation for death?

I am Latwii. My sister, love is always a great enabler and enobler of all beings at all times. May we answer you further?

M1: No, that answers it. It seems so useless, but I can see your point of view. I can understand. Thank you.

I am Latwii. We thank you. Is there another question at this time?

M1: I have a question. If people die singly, or in the millions, many millions at one time, does it affect their advancement in any way?

I am Latwii. May we ask that the query be restated. We have some difficulty in penetrating the heart of your query.

M1: I want to know if large numbers of people, millions of people die at once, or if a person dies in the normal course of their life, one person at a time, does it affect their advancement? Can millions of people be advanced at the same time, or is it better if they go one at a time?

I am Latwii, and am aware of your query, my sister. We are not aware of any effect of the number of people dying which would be a factor in the advancement or the progress upon the evolutionary path, for upon your planet each day, thousands of your entities pass. When looked at as a whole, your planet passes many entities each day, though each entity might make the transition as an individual.

May we answer you further, my sister?

M1: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

Carla: I have a question concerning questions. Don Elkins has suggested to me that we make a change in the questioning and limit the questions only to philosophical questions in order that we might further improve the contact and the quality of the material that you are able to convey to us. Could you comment on the suggestion, especially concerning its merit?

I am Latwii, and am aware of your query, my sister. The factor which affects the type of information which we may share with groups such as this group is the tuning of the group as a whole, which is in turn affected by the tuning of each individual with the group. By tuning, my friends, we mean that each entity focuses the attention of the mind upon a certain point or array of points. When the group is summed or looked at as a whole, the focus of each entity is seen to lend itself in the formation of the focus of the group. When you join in love and light and sing or chant or pray, you continue a tuning that has begun in each entity's personal life. When each entity, then, refines that tuning through whatever means of a personal nature have meaning, the tuning thus is further enhanced.

The tuning may further be affected by the types of queries which are offered, for we may give only that information which is a response to the interests of the group, and which does not infringe upon the free will of any within the group. Therefore, the suggestion that questions of a philosophical nature only be offered is a suggestion which would enhance the type of information which we of the Confederation might then offer. This is assuming, of course, that by enhancement one would agree that the evolution of mind, body and spirit is the primary purpose for which each entity has incarnated. But we cannot suggest to this group that this be done or that any other particular path be chosen, for it is the free will of this group that is paramount as we transmit our thoughts to you through instruments such as are gathered here this evening.

May we answer you further, my sister?

Carla: No, thank you, Latwii. I think we'll probably have to talk about it as a group.

I am Latwii. We thank you. Is there another question at this time?

(Pause)

I am Latwii. My friends, it has been a very great honor to be asked to join your group this evening. As always, it is our privilege to do so. We remind you once again that a simple request for our presence in your meditations is all that is necessary for us to join you there. We leave this group at this time in the love and in the light of the one infinite Creator.

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Be merry, my friends. Rejoice in your beingness. The opportunities for your growth are ever more abundant. We are known to you as Latwii. Adonai vasu borragus. ♣

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The Law of One, Book IV, Session 93

August 18, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The physical complex distortions of this instrument far more closely approach what you might call the zero mark; that is, the instrument, while having no native physical energy, is not nearly so far in physical energy deficit distortions. The vital energy distortions are somewhat strengthened since the last asking.

Questioner: What is the position and condition of our fifth-density, negatively oriented visitor?

Ra: I am Ra. This entity is with this group but in a quiescent state due to some bafflement as to the appropriate method for enlarging upon its chosen task.

QUESTIONER Thank you. You have stated previously that the foundation of our present illusion is the concept of polarity. I would like to ask, since we have defined the two polarities as service-to-others and service-to-self, is there a more complete or eloquent or enlightening definition of these polarities or any more information that we don't have at this time that you could give on the two ends of the poles that would give us a better insight into the nature of polarity itself?

Ra: I am Ra. It is unlikely that there is a more pithy or eloquent description of the polarities of third density than service-to-others and service-to-self due to the nature of the mind/body/spirit complexes' distortions towards perceiving concepts relating to philosophy in terms of ethics or activity. However, we might consider the polarities using slightly variant terms. In this way a possible enrichment of insight might be achieved for some.

One might consider the polarities with the literal nature enjoyed by the physical polarity of the magnet. The negative and positive, with electrical characteristics, may be seen to be just as in the physical sense. It is to be noted in this context that it is quite impossible to judge the polarity of an act or an entity, just as it is impossible to judge the relative goodness of the negative and positive poles of the magnet.

Another method of viewing polarities might involve the concept of radiation/absorption. That which is positive is radiant; that which is negative is absorbent.

Questioner: Now, if I understand correctly, prior to the veiling process the electrical polarities, the polarities of radiation and absorption, all existed in some part of the creation, but the service-to-others/service-to-self polarity with which we are familiar had not evolved and only showed up after the veiling process as an addition to the list of possible polarities in the creation. Is this correct?

Ra: I am Ra. No.

Questioner: Would you correct me on that?

Ra: I am Ra. The description of polarity as service-to-self and service-to-others, from the beginning of our creation, dwelt within the architecture of the primal Logos. Before the veiling process the impact of actions taken by mind/body/spirits upon their consciousness was not palpable to a significant enough degree to allow the expression of this polarity to be significantly useful. Over the period of what you would call time this expression of polarity did indeed work to alter the biases of mind/body/spirits so that they might eventually be harvested. The veiling process made the polarity far more effective.

Questioner: I might make the analogy, then, in that when a polarization in the atmosphere occurs to create thunderstorms, lightening, and much activity, this more vivid experience could be likened to the polarization in consciousness which creates the more vivid experience. Would this be appropriate as an analogy?

Ra: I am Ra. There is a shallowness to this analogy in that one entity's attention might be focused upon a storm for the duration of the storm. However, the storm producing conditions are not constant whereas the polarizing conditions are constant. Given this disclaimer, we may agree with your analogy.

Questioner: With the third tarot card we come to the first addition of archetypes after the veiling process, as I understand it. I am assuming that this third archetype is, shall I say, loaded in a way so as to create the possible polarization since that seems to be one of the primary objectives of this particular Logos in the evolutionary process. Am I in any way correct on that?

Ra: I am Ra. Before we reply to your query we ask your patience as we must needs examine the mind complex of this instrument in order that we might attempt to move the left manual appendage of the instrument. If we are not able to affect some relief from pain we shall take our leave. Please have patience while we do that which is appropriate.

(Thirty second pause.)

I am Ra. There will continue to be pain flares. However, the critical portion of the intense pain has been alleviated by repositioning.

Your supposition is correct.

Questioner: There seems to be no large hint of polarity in this drawing except for the possible coloration of the many cups in the wheel. Part of them are colored black and part are colored white. Would this indicate that each experience has within it the possible negative or positive use of that experience that is randomly generated by this seeming wheel of fortune?

Ra: I am Ra. Your supposition is thoughtful. However, it is based upon an addition to the concept complex which is astrological in origin. Therefore, we request that you retain the concept of polarity but release the cups from their strictured form. The element you deal with is not in motion in its original form but is indeed the abiding sun which, from the spirit, shines in protection over all catalyst available from the beginning of complexity to the discerning mind/body/spirit complex.

Indeed you may, rather, find polarity expressed, firstly, by the many opportunities offered in the material illusion which is imaged by the not-white and not-dark square upon which the entity of the image is seated, secondly, upon the position of that seated entity. It does not meet opportunity straight on but glances off to one side or another. In the image you will note a suggestion that the offering of the illusion will often seem to suggest the opportunities lying upon the left-hand path or, as you might refer to it more simply, the service-to-self path. This is a portion of the nature of the Catalyst of the Mind.

Questioner: The feet of the entity seem to be on an unstable platform that is dark to the rear and light to the front. I am guessing that possibly this indicates that the entity standing on this could sway in either direction, to the left or to the right-hand path. Is this correct?

Ra: I am Ra. This is most perceptive.

Questioner: The bird, I am guessing, might be a messenger of the two paths depicted by the position of the wings bringing catalyst which could be used to polarize on either path. Is this in any way correct?

Ra: I am Ra. It is a correct perception that the position of the winged creature is significant. The more correct perception of this entity and its significance is the realization that the mind/body/spirit complex is, having made contact

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with its potentiated self, now beginning its flight towards that great Logos which is that which is sought by the adept.

Further, the nature of the winged creature is echoed both by the female holding it and the symbol of the female upon which the figure's feet rest; that is, the nature of catalyst is overwhelmingly of an unconsciousness, coming from that which is not of the mind and which has no connection with the intellect, as you call it, which precedes or is concomitant with catalytic action. All uses of catalyst by the mind are those consciously applied to catalyst. Without conscious intent the use of catalyst is never processed through mediation, ideation, and imagination.

Questioner: I would like, if possible, an example of the activity we call Catalyst of the Mind in a particular individual undergoing this process. Could Ra give an example of that?

Ra: I am Ra. All that assaults your senses is catalyst. We, in speaking to this support group through this instrument, offer catalyst. The configurations of each in the group of body offer catalyst through comfort/discomfort. In fact all that is unprocessed that has come before the notice of a mind/body/spirit complex is catalyst.

Questioner: Then presently we receive catalyst of the mind as we are aware of Ra's communication and we receive catalyst of the body as our bodies sense all of the inputs to them, but could Ra then describe catalyst of the spirit, and are we at this time receiving that catalyst and if not, could Ra give an example of that?

Ra: I am Ra. Catalyst being processed by the body is catalyst for the body. Catalyst being processed by the mind is catalyst for the mind. Catalyst being processed by the spirit is catalyst for the spirit. An individual mind/body/spirit complex may use any catalyst which comes before its notice, be it through the body and its senses or through mediation or through any other more highly developed source, in its unique way to form an experience unique to it, with its biases.

Questioner: Would I be correct in saying that the archetype for the Catalyst of the Mind is the Logos's model for its most efficient plan for the activity or use of the catalyst of the mind?

Ra: I am Ra. Yes.

Questioner: Then the adept, in becoming familiar with the Logos's archetype in each case, would be able to most efficiently use the Logos's plan for evolution. Is this correct?

Ra: I am Ra. In the archetypical mind one has the resource of not specifically a plan for evolution but rather a blueprint or architecture of the nature of evolution. This may seem to be a small distinction, but it has significance in perceiving more clearly the use of this resource of the deep mind.

Questioner: Then Ra presented the images which we know now as the tarot so that the Egyptian adepts of the time could accelerate their personal evolution. Is this correct, and was there any other reason for the presentation of these images by Ra?

Ra: I am Ra. You are correct.

Questioner: Are there any other uses at all of tarot cards other than the one I just named?

Ra: I am Ra. To the student the tarot images offer a resource for learn/teaching the processes of evolution. To any other entity these images are pictures and no more.

Questioner: I was specifically thinking of the fact that Ra, in an earlier session, spoke of the tarot as a system of divination. Would you tell me what you meant by that?

Ra: I am Ra. Due to the influence of the Chaldees, the system of archetypical images was incorporated by the priests of that period into a system of astrologically based study, learning, and divination. This was not a purpose for which Ra developed the tarot.

Questioner: The third card also shows the wand, I am assuming it is, in the right hand. The ball atop the wand is the round magical shape. Am I in any way correct in guessing that the Catalyst of the Mind suggests the possible eventual use of the magic depicted by this wand?

Ra: I am Ra. The wand is astrological in its origin and as an image may be released from its stricture. The sphere of spiritual power is an indication indeed that each opportunity is pregnant with the most extravagant magical possibilities for the far-seeing adept.

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Questioner: The fact that the clothing of the entity is transparent indicates the semi-permeability of the veil for the catalytic process. Is this correct?

Ra: I am Ra. We again must pause.

(Fifteen second pause.)

I am Ra. We continue under somewhat less than optimal conditions. However, due to the nature of this instrument's opening to us our pathway is quite clear and we shall continue. Because of pain flares we must ask you to repeat your last query.

Questioner: I was just wondering if the transparency of the garments on the third card indicates the semi-permeable nature of the veil between the conscious and unconscious mind?

Ra: I am Ra. This is a thoughtful perception and cannot be said to be incorrect. However, the intended suggestion, in general, is an echo of our earlier suggestion that the nature of catalyst is that of the unconscious; that is, outward catalyst comes through the veil.

All that you perceive seems to be consciously perceived. This is not the correct supposition. All that you perceive is perceived as catalyst unconsciously. By the, shall we say, time that the mind begins its appreciation of catalyst, that catalyst has been filtered through the veil and in some cases much is veiled in the most apparently clear perception.

Questioner: I'm at a loss to know the significance of the serpents that adorn the head of the entity on this drawing. Are they of Ra and, if so, what do they stand for?

Ra: I am Ra. They are cultural in nature. In the culture to which these images were given the serpent was the symbol of wisdom. Indeed, to the general user of these images perhaps the most accurate connotation of this portion of the concept complexes might be the realization that the serpent is that which is powerful magically. In the positive sense this means that the serpent will appear at the indigo-ray site upon the body of the image figures. When a negative connotation is intended one may find the serpent at the solar plexus center.

Questioner: Is there any significance to the serpent? Is there any polarity to the serpent as we experience it in this illusion?

Ra: I am Ra. We assume that you question the serpent as used in these images rather than the second-density life form which is a portion of your experience. There is a significance to the serpent form in a culture which coexists with your own but which is not your own; that is, the serpent is symbol of that which some call the kundalini and which we have discussed in previous material.

Questioner: Is there any other aspect of this third card that Ra could comment on at this time?

Ra: I am Ra. There may be said to be many aspects which another student might note and ponder in this image. However, it is the nature of teach/learning to avoid trespass into the realms of learn/teaching for the student. We are quite agreed to comment upon all observations that the student may make. We cannot speak further than this for any student.

We would add that it is expected that each student shall naturally have an unique experience of perception dealing with each image. Therefore, it is not expected that the questioner ask comprehensively for all students. It is, rather, expected and accepted that the questioner will ask a moiety of questions which build up a series of concepts concerning each archetype which then offer to each succeeding student the opportunity for more informed study of the archetypical mind.

May we ask for one more query at this time. We are pleased to report that this instrument has remembered to request the reserving of some transferred energy to make more comfortable the transition back to the waking state. Therefore, we find that there is sufficient energy for one more query.

Questioner: I am assuming that you mean one full question. I'll make that question in this form. I'd like to know the significance of the shape of the crux ansata, and if that's too much of an answer I'll just ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. There are mathematical ratios within this image which may yield informative insights to one fond of riddles. We shall not untangle the riddle. We may indicate that the crux ansata is a part of the concept complexes of the archetypical mind, the circle indicating the magic of the spirit, the cross

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indicating that nature of manifestation which may only be valued by the losing. Thus the crux ansata is intended to be seen as an image of the eternal in and through manifestation and beyond manifestation through the sacrifice and the transformation of that which is manifest.

The support group functions well. The swirling waters experienced by the instrument since our previous working have substantially aided the instrument in its lessening of the distortion of pain.

All is well. The alignments are well guarded.

We leave you, my friends, in the love and the light of the infinite One. Go forth, therefore, rejoicing in the power and in the peace of the one infinite and glorious Creator. Adonai. ♣

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Sunday Meditation
August 22, 1982

(Unknown channeling)

(Inaudible). I greet you, my friends, in the love and the light of the infinite Creator. It has been a joy to observe the bounties of the new life that has come into your midst. Your love and your light will be very helpful to this young life, and you will be rewarded by watching him grow in the love and light of the infinite Creator. Your love and your light can also be a great help to C and D. We appreciate the opportunity of exercising this instrument and we will now leave this instrument for another contact.

(Unknown channeling)

I am Hatonn, and I greet you through this instrument also in the love and the light of our infinite Creator. It is indeed a benediction and a blessing for our vibrations to blend with yours as you attempt with your whole hearts the beginning of a spiritual experience that will last a lifetime for the little being known as B. Because this has been attempted this evening, my friends, with such love and such sincerity we would ask that you consider some aspect of living a life in which your spirit is continuously conscious. My friends, your entire people and their culture have a marked tendency towards the appreciation of convenience and quickness in all things. And this tendency to expect and look for *(inaudible)* to bear no searching *(inaudible)*. In each case we are aware that these gaps are many and that the reasons for them are overwhelming, for your illusion is indeed a difficult one. But each place where the spirit is not is a missed opportunity for learning, for radiating the love and the light of the one Creator and for appreciating the thoroughness and the unity of that one great original Thought of love. My friends, it is the nature of your physical manifestation that you shall seek comfort and for us to ask you to actively seek discomfort could scarcely be called a bid for popularity nor do we suggest that a life lived in constant consciousness of the Creator is not joyful. We suggest only that in order to grow in that life, as you wish to do, to learn those things which you have come into this sphere to learn it is necessary to cultivate that divine discomfort which is called inward seeking.

This eve you have promised to aid another being in his life of seeking. Perhaps the greatest aid that you can be to this small entity is to continue in all ways to seek, at whatever cost, the path of love and service to others. Your mistakes will be myriad, for the illusion guarantees misunderstanding. The moments in which you lack confidence will be many, for no entity can hope to see through your illusion more than imperfectly. And yet if you are willing to take upon yourself what seems to be the greatest burden that we could describe to you, the burden of yourself, if you take it well—thoroughly and truly—

you shall find an ever expanding experience and ever further reaching journey of seeking.

It is not within our grasp to express to you the joy, the fruit, the bliss and the peace of total commitment to seeking, and to ask that is to ask far more than any may accomplish in one incarnation, but we recommend the attempt, my friends, for the merest shadow of such an attempt has a stature that is great among your peoples.

In your meditations, if you wish, we shall be with you, as always, but know also that there is another great being with you. There is a portion of the Creator with you which has been perfect and whole and wise since the beginning of creation. That being, my friends, is you, for each of you is part of one infinite and perfect Creator. Seek that aid and then as you come out of meditation, as you live your life, call from that meditation not merely comfort, but strength—strength to delight and to be overjoyed and to bless all those about you, all that you see and all that is you.

My friends, in your holy works it is written that when the one known as Jesus told his disciples what was expected of them, many, being unequal to such a great charge, left this teacher, never to return. It is written that the one known as Jesus then asked the one known as Peter, "And will you also leave me?" And the one known as Peter replied, "I have no choice. Yours is the only voice that speaks of the spirit and of life."

My friends, we cannot urge upon you any effort, any conditions or any thoughts that are not yours, born within you and truly thought by you, but we do wish to inspire not only the realization of the enormous comfort and healing and protection of the Creator, but the stringent challenge that a life as a disciple of the truth shall offer you. Take you this challenge then, my friends? We can but hope that you will give our humble words some consideration. We will wish to close through the one known as M. We shall transfer at this time. I am Hatonn.

(M channeling)

I am Hatonn, and am with this instrument. My brothers and sisters, it is such great pleasure for us to share this event with you this evening, to be among you as each of you share your blessings with another coming into this world. We are with you each as you participated in this sacred loving blessing as we will be with each of you tomorrow and the next day and the day after. And we will be with B tomorrow and the day after as long as he wishes our presence, our support, and our love. We can scarcely express the joy we feel in sharing these beautiful moments with you. This group *(inaudible)* indeed fortunate that each of you have come to know enough about yourselves, about the Creator, about the truth to share love in this manner. If only the rest of the peoples of your world could share in such an experience *(inaudible)*. Our blessings are with each of you tonight and our blessings are especially with the one known as B—a new life, a brilliant new life, experiencing a sunrise upon this precious planet. We leave you, my friends, in the love and the light of the one infinite Creator. *(Inaudible)*.

(Unknown channeling)

I am Hatonn. I am now with this instrument. I greet you in the love and the light of the infinite Creator. The beginning of life and the ending of life is a time of great rejoicing and a little fear. A new adventure is starting. White is the slate which has not been used. Only he can write on it. During his lifetime many people will try to pick up his chalk and write. You can influence him, but you cannot write on his slate. Many times his friends and family will try to erase what he's written, but only B can erase it. It's B's story and B's song. It's an exciting time and a fearful time. His whole lifetime will be an original creation. Many times you will not understand what he has written. Many times you will not agree with him. But when his life is ended it will be an original manuscript. It will be B's song. It will be his story. At this time I will leave this instrument.

(Jim channeling)

I am Latwii, and greet you in the love and the light of the one infinite Creator, for we are again most honored to be asked to join your group this evening and we offer ourselves, as always, in the capacity of attempting to answer your queries. We see that there are many who have joined this evening bringing the queries upon the minds. We would then ask if there would be a question at this time?

Questioner: Yes, I have a question about the evolution of consciousness. I was at the horse show last night and I was amazed at how the rider and the horse were able to communicate and the thought came to me as I watched this process, is it possible that these horses that receive so much care and so

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much love, is it possible that they can … after they die that they can be human even as we are, and take on … or could they be reincarnated again as a human being rather than a horse because of the care and the love that's been given to them?

I am Latwii, and am aware of your query, my sister. Indeed, this means of the investing of the second-density creature with the vibrations of love from a third-density entity is one of the principle means for the evolution of the second-density entities. The great spiral of light that travels the journey throughout all of creation seeking the One begins in the great unformed chaos that precedes the solidification and orbiting of your spheres known as planets and then throughout the great reaches of time as you know it, life seeds itself within the red-ray density which is the foundation for all which is to come. The simple awareness is refined within the second density known to your peoples as the forms of life that are plants and animals. This great spiral of light continues the path of seeking the One and is aided in many cases when the second-density creatures share in habitation of a sphere with the third-density entities such as yourselves. When the third-density entities then begin a specific relationship with that creature of second density and invests that creature with love so that the creature become inspirited, shall we say, and its pace of evolution quickened, there are those entities presently upon your planet at this time who have evolved from the second density of this planet. At this time, as your cycle draws to an end, there are many creatures of the second density which have indeed become invested to a sufficient degree with the vibrations of love that their individualization will now allow expression within a third-density illusion. But at this time upon your planet, the third density's remaining period is so short that such second-density entities shall be forced to find a third-density planet beginning its cycle of third density on which to incarnate for upon your planet at this time are placed those entities who have the greatest opportunity of making the harvest, shall we say, into the fourth-density vibrations which rapidly surround your sphere, and a second-density creature just beginning this cycle of evolution would not be, shall we say, in line for an incarnation upon this planet at this time, as you call it.

May we answer you further, my sister?

Questioner: No, I believe not right now.

I am Latwii. We thank you for your concern and your query. Is there another question at this time?

Questioner: I have a question, Latwii. And that is, I'm wondering, if one's meditation can be aided by a form … by sitting in a form like a band-shell.

I am Latwii, and am aware of your query, my brother. Throughout the ages of your planet's evolution, the mystics, as you call them, and seekers of truth, have sought the rounded shape such as the cave, the dome, the arch, and the pyramid, for such entities have, through long seeking, become aware that the love/light that is the one Creator that is omnipresent within your illusion is focused by the rounded arched shape. The focus of this which others of your cultures have called prana is that effect which intensifies the seeking of the entity experiencing it. Therefore, for the greatest effect, the shell of which you speak would need to be made whole—that is, completed in a dome-like manner. There would be, however, some small resonance precipitated by the shape which you have spoken of which would be of aid in reducing the, as you may call it, the static from your meditative state.

May we answer you further, my brother?

Questioner: Yes, just one more question on that and that is how would one determine the best place to be within the space for meditating?

I am Latwii, and before answering your query [we] must determine if we speak of the band-shell or of the completed dome.

Questioner: Band-shell.

I am Latwii, and am now aware of your query, my brother. The most efficient means [of] determining this position would be a series of experiments so that in your own meditations you might notice the effect of one position in relation to another position upon your meditation. There may be a position which is most efficient for general use and there may be a position which is most useful for your own use, therefore it is necessary that you make the experiments and then the choice yourself.

May we answer you further, my brother?

Questioner: Just one more. I've noted that sound was most intense at one particular point and wonder whether or not that point wouldn't be something of a focal point in the space and if so whether that might not be the best place to be while meditating?

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I am Latwii, and am aware of your query, my brother. The vibrations of sound which you have noticed to be focused in a certain position impinge upon the sphere from a definite direction. The energy with which you deal in meditation, that energy of the prana, as we have spoken, is an energy which emanates from each point in a 360 degree solid angle, therefore it impinges from all directions simultaneously and your experimentation with meditation in various positions may yield a somewhat variant position.

May we answer you further, my brother?

Questioner: No, you've been very helpful. Thank you very much.

I am Latwii. We are most grateful to you, my brother. Is there another query at this time?

Questioner: Yes. On a couple of nights this week I was out under a lot of trees just as the sun … well, the sun had just gone down and I didn't know whether I was delusional or what happened, but it seemed like I felt something like energy rising from the ground through my body. I've never experienced anything like that before and I began to think, "Is the ground conscious of my being here? Are the trees conscious of my being here?" Because I know always one … but anyway that was a new experience. Have you got any comment about that?

I am Latwii, and am aware of your query, my sister. Indeed, my sister, as you are aware, the entire creation is alive and as you move within this creation you interact with it on levels which are only dimly perceptible to your five senses. As you move throughout your life within this illusion, the web of energy which is the essence of your being and which is fed by the configuration of your mind, as you think and as you be, is that interaction which is noticed and responded to by each portion of the creation through which you move. There are times when an entity such as yourself may for a moment remove unconsciously all blockages from the energy centers or plexi and allow an interaction with the creation which is quite ecstatic in that the very power of being is for that moment experienced. Indeed, my sister, the entire creation nourishes you and feeds you with the love and light of the one Creator at all times when a certain stimulus such as the beauty of the setting sun or the grandeur …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. And opens your centers of energy for that moment you experience a truer picture of the nature of your illusion and the interaction of its portions.

May we answer you further, my sister?

Questioner: Yes, just one further. The thought came to me … well, this energy that I'm feeling is healing energy … not only physically but emotionally and in every respect. This must be healing energy. Is that true?

I am Latwii, and am aware of your query, my sister. Indeed, the love and light of the one Creator which is ever present and available to each entity is a healing energy, for to become aware, in even a distorted degree, of the nature of this love and light is to experience the wholeness and the healingness of the one Creator.

May we answer you further, my sister?

Questioner: No, no that's fine. Thank you.

I am Latwii. We thank you. Is there another query at this time?

Questioner: I have another question. I know of a person who has multiple personalities. I've spoken to you of this before but I'd like to speak again of it. My question is … well, let me explain. This individual has several adult personalities and many children personalities, all of which have different talents and skills and experiences: four languages, two are painters, and there are many children and they're all housed in one body but the body doesn't have any control over which personality it is at any moment and so is undergoing therapy in which they're trying to eliminate the personalities by fusing them together and hopefully will end up with one personality, but the problem is that the one personality will have lost all the experiences and skills and talents of the many individuals that seem to inhabit this body now. And my question is, is there not … is there no way for this entity to become integrated without losing all this … all that she now has, or is there some way in which she might be able to control the many entities that live in her and keep the skills and the experience and the talents?

I am Latwii, and am aware of your query, my brother. Such an entity is quite, quite unique among

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your peoples and the experience of the third-density illusion for such an entity has called upon the deeper portions of the mind which are usually veiled from entities within your illusion. The calling when the results [are] what appear to be a randomized traumatic event is a calling which does not carry the skills of the adept, shall we say, and therefore the partial removing of that veil between the conscious and unconscious minds happens in a pattern which seems to be random and which is most usually beyond the effecting or control of the conscious entity experiencing the joining of its consciousness with the, as you have called them, personalities which dwell deep within its own subconscious mind. Therefore, when the attempt is made to, as you have called it, fuse the various uncontrollable personalities with the original conscious personality, what is occurring is not, in truth, a fusion, but is more correctly a replacing of the veil, piece by piece, so that the entity more closely approaches the normal experience within your third-density illusion. That is, the experience of one overriding personality which itself has various portions that have attained greater or lesser degrees of what your peoples call maturity. When an entity such as the one which you have spoken of experiences the variety of personalities which have penetrated this veil there is the uncontrollable nature which is most likely to remain uncontrollable for the entity has not engaged itself in a conscious program of self-exploration and has not developed consciously the means of contacting deeper portions of its own mind and previous experiences. Therefore, the normal, if we can use that term in this situation, procedure is for a replacing of the veil instead of the continuing conscious use of the skills of the various personalities.

May we answer you further, my brother?

Questioner: Yes. You're saying that it is best that she lose these personalities because she would not be able to control them?

I am Latwii, and am aware of your query, my brother. We refrain from using—we correct this instrument—from utilizing any terms of judgment such as best or better, but suggest only that it is more nearly inevitable that either the entity shall have the variety of personalities and their correspondent skills or shall have its veil repaired and replaced and lose, shall we say, the access to these personalities and skills, for the entity has not called upon this portion of the deep mind in a conscious fashion but has, through a traumatic experience, found that there are certain holes, shall we say, within the veil which separates its conscious and unconscious minds.

May we answer you further, my brother?

Questioner: I'm still not clear on whether or not she can go on being as she is and gain control over her resources, or whether she has to lose them?

I am Latwii, and am aware of your query, my brother. It is possible for such an entity, through long practice of the disciplining of the personality, to gain what you call the control over these aspects of its deeper mind. This type of study is usually reserved to those who seek quite intensively upon the path of the evolution of mind, body and spirit. Entities with such a determination and strength of will can indeed [find] such as would be required for this entity to obtain the control of its many randomly generated personalities.

May we answer you further, my brother?

Questioner: I don't believe that she's ever been exposed to any higher consciousness material. What I'm trying to say, I think, is I'm wondering if she shouldn't at least be given the option of taking the path of discipline and of the personality rather than losing her abilities. My question is what … what form of discipline would she need to perform?

I am Latwii. May we suggest the resolving of this second-density conflict?

(At least one cat was hissing during the last question and this answer. Sounds of shuffling, laughter and then the following exchange.)

Questioner: Pause the tape recorder *(laughter)* …

(Pause)

Questioner: I thought it was my question.

Questioner: *(Inaudible)* developing another personality.

(Jim channeling)

I am Latwii, and we greet you once again, my friends, in love and light. We are appreciative of the efforts at the achieving of a more harmonious condition. We thank each for your great good humor and we shall proceed, if it is agreeable to the feline counterparts.

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Questioner: I don't think they're here anymore.

The entity of which you speak has many options, as you may call them. It is not possible, nor appropriate, to describe a certain course of study for such an entity, for to carry weight the course of study would need to come from that entity's own choosing. It is quite possible for any to present this entity with materials which are felt to be of potential use. Many are the choices available to such an entity wishing to be of this service. We cannot suggest for any the path which is most appropriate for the seeking.

May we answer you further, my brother?

Questioner: I have one more question and I apologize for taking up so much time. The question is: is there any danger involved in encouraging her in any way to seek some other solution rather than con … repairing the holes in her unconscious that are allowing this to happen? In other words, she's undergoing therapy and I'm concerned if it were suggested that she read some material that might indicate another path that it might be more … do more damage than good.

I am Latwii, and am aware of your query, my brother. Such an entity as this one of which you speak, is an entity which is in what we may call a quite delicate position, for already there is the fragmenting of its focus of consciousness. To suggest a certain course of action to such an entity would have potential damaging effects, in any case, for the consciousness of this entity seeks in many directions and may not continue that which is begun, thereby utilizing such suggestions as partial courses of action. It is not an easy position through which to experience your illusion. And we cannot make any suggestion for such an entity for our great desire not to infringe upon the free will of any is enhanced manyfold when dealing with such an entity for this entity already experiences an illusion which is so much more intense, shall we say, than the one which most here experience, that to tamper with such a delicate balance is to offer a great potential for imbalance. The sending of the love and light and the prayers and the visualizations of peace and wholeness for such an entity may be all that most could ever do to be of aid. The type of aid which this entity could profit most from is not the type which is well known to the peoples of this planet, therefore we would suggest the enveloping of this entity in love and in light and the remembering and the prayers.

May we answer you further, my brother?

Questioner: No, thank you. Thank you very much. You've been very helpful.

I am Latwii. We thank you, my brother. Is there another question at this time?

Carla: I'd like to follow that a little further but first I'd like to ask you as to the instrument's condition. Is he fatigued enough that we should continue questioning at another time?

I am Latwii, and aware of your query, my sister. We find this instrument is not greatly fatigued and is quite capable of continuing.

Carla: OK. I've been fascinated by this case too and because my mother was a psychologist and has dealt for years with schizophrenics. This is just an extreme case of schizophrenia and she's often noted to me the talents and the psychic nature sometimes of the split personality and it's occurred to me to wonder whether the portion of the deep mind—when the veil is lifted and that person becomes a schizophrenic and goes into another personality—might not be from a previous incarnation and that there is a portion of the deeper mind that consists of our previous incarnational experiences. Could you confirm this?

I am Latwii, and am aware of your query, my sister. It is often the case with what you have called the multiple personalities that indeed those experiences of previous incarnations have been recalled to this particular incarnation for there is some aspect of the current incarnation which is able to make use of these previous aspects of the self. It is also possible that portions of the multiple personality are from what we might also call parallel existences. These existences are in dimensions that are adjoining your own within other universes. There is occasionally the opening of the door between universes within the being also occurring within the deep portions of the unconscious mind and these openings may then allow another aspect of this entity to experience the illusion which adjoins the illusion from whence it came. It is also possible that portions of the entity's future being, as you would call it, may make up a part of the multiple personalities, for it is only within your illusion that time is perceived as sequential and linear. It is in truth more clearly and

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correctly stated that all of what you know of as creation occurs simultaneously. Just as there are many entities within each city, as you call it, going about their business at one time, so it is with each individual. The many portions of the self which seem to exist in what you call the past, the present, and the future are as the many entities inhabiting the city of the self and it is possible for entities from time to time to become aware of and experience these portions of the self. Usually such occurrences take place within what you would call your dreaming state and occasionally within your meditative state of being. When this door is opened in the veil, shall we say, between the conscious and unconscious minds and allows this new, shall we say, personality to enter and become part of the waking self then there is what is called by your psychologists the split personality or the multiple personality or the schizophrenic personality, each description being a distorted attempt to describe the addition to, rather than the fragmenting of, a conscious personality.

May we answer you further, my sister?

Carla: Yes. Then past selves, parallel present selves, and future selves are all a functional portion of the deeper mind. Is that correct?

I am Latwii, and am aware of your query, my sister. This is in general quite correct for your unconscious mind extends throughout great spans of what you space and time and has known the creation of the one infinite Creator in ways quite imperceptible to the normal waking consciousness. When these experiences of the self which you are become available in what may be called an unbidden fashion, then there is what your psychologists call the breakdown of the personality in one fashion or another, as we have mentioned. It is not truly a breaking down but an addition to of an awareness which may be seen to be quite non-understandable to the normal consciousness.

May we answer you further, my sister?

Carla: OK. When the living consciousness is pushed past its limits so that without conscious control it escapes and finds these selves, these parts of itself, then it is considered pathological. But would it not be true that when an entity in its incarnation is able to develop the gifts which the past, parallel present, or future may have, then the person is simply considered extraordinarily gifted or a genius or talented. In other words, does the phenomenon that we know of as genius or great talent represent an integrated movement from the conscious into the unconscious with the veil intact but with the will and the faith of the entity making these resources available safely? Could this be considered to be true?

I am Latwii, and am aware of your query, my sister. We may use the analogy of the television, as you call it. The illusion which you inhabit is likened unto one channel or station. Most entities are not able to change the channel or station, but must experience the offerings of your illusion and work with them in a disciplined manner before they are able to penetrate the nature of your illusion and change the stations by an act of their own will. An entity which through some seeming random or abnormal and usually traumatic circumstance experiences the changing of the station without conscious control of that changing, then there is what your psychologists and so forth describe as a pathological state of consciousness. Indeed, many of those entities described as genius or mystic in nature have been able through some discipline of their own personalities to change to another station momentarily or perhaps for greater portions of what you call time. The entities which are able to change their stations and states of awareness at will are quite, quite rare upon your planet.

May we answer you further, my sister?

Carla: No, thank you. I think it throws a whole new light on Itzhac Perlman and people like that who seem to come into this incarnation already knowing how to do something that's incredibly difficult. I thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

Questioner: You've really worked on that question hard and I don't want to make this difficult but let me see if I can summarize something for my own benefit. If it were not for the veil of forgetting which occurs when we take on this physical body, if it were not for that forgetting, would not all of us be schizophrenic, as we use the word schizophrenia?

I am Latwii, and am aware of your query, my sister. This is in one sense correct and in another incorrect. The correctness lies in the fact that without the veil each entity would be aware of every experience of every incarnation ever experienced, but would not

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be, shall we say, at the mercy *(inaudible)* the experiences would be quite *(inaudible)* able to be affected by the *(inaudible)* conscious choice, therefore there would not be *(inaudible)*.

Is there another question at this time?

(The sound of crickets can be heard.)

I am Latwii. Before we take our leave of this instrument and this group may we suggest that the leaving of the circle of seeking creates another type of hole within the tuning of this group. It is somewhat more difficult to maintain clear contact when there is the movement to and from this circle. We mention this in order that those present who are desirous of increasing their seeking and in strengthening the tuning might have yet one more tool in accomplishing this desire. We thank each of you, my brothers and sisters, for your great desire and your increasing devotion to seeking the love and light of the one infinite Creator. We are greatly honored to have been able to have blended our vibrations with yours for this short span of what you call time. We thank each present for allowing us this great privilege. Our gratitude is boundless. We shall leave this group now rejoicing in love and light and we leave each in that same love and light which the one infinite Creator has provided with an unending joy of being. We are known to you as Latwii. We leave you now, my friends. Adonai vasu borragus. ♣

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Intensive Meditation
August 26, 1982

(S channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and in the light of the one infinite Creator. We are pleased, as always, to be called among you to be of service in this method you refer to as the channeling technique. We gladly offer our services in exercising the new channels as their desire deepens and grows with each day that passes on your planet. We often hear your calls to us, my friends, in each day as you progress as through the rounds of your daily activities that make up your life and experiences. We hear your calls and we are with you in each moment that your desire is open to us for our service, for our love, we are there. Never doubt that our presence is always close to those who strive as continually and with such diligence as the ones who are gathered this evening. We are always close, my friends, always close enough should you ever put out a mental hand, a thought, and we are there. We know your desire is strong to serve in this fashion of channeling, to spread the light among the peoples in the service of your planet. Time grows short and ever more often there are people who see and seek the light. There has been much done and much still that needs to be done. But even if one person is reached, my friends, then that has been a job well done. For in reaching only one person and sharing your light with that one person you have done a great service to mankind.

At this time we would transfer this contact to another. I am known to you as Hatonn.

(M1 channeling)

I am Hatonn. I am with this instrument. We are happy to be working with this instrument this evening as we are pleased to be with each of you this evening. My brothers and sisters, we are here among you to work with you, to help you develop in the service of channeling, the service of love, and at times, the service of self-sacrifice for those around you, a sacrifice that may at times seem that you are ever giving and you do not receive and it is this way in everything you do through each day that you serve, you are also being served. For each person you interact with, do you not interact with yourself? For as you teach, as you not learning? As you reach to help one along by the hand, are they not in fact pulling you along? The opportunity for you to be of service is so great, especially at this time. There are so many with needs, they are all around you. And as you look at each person, my friends, look within, recognize that the need they manifest is actually you and your need. So as you help them over that stumbling block, whatever it may be, you are in fact, my friends, learning to scale that barrier yourselves, moving along the path together arm in arm with those who are going along the same path, a very similar path, as different as it may appear in this, your illusion. Each person ultimately has the same

goal, that of being one with the Creator, each person traveling that path experiencing the growth, the joy, the fulfillment together with you. They are you. Such a splendid opportunity you have. And we rejoice that you are eager to take this opportunity and grow the most from it. You have a gift, my brothers and sisters. Not a gift [different than] that those around you have, for of course they have it too, but you do recognize, more so than many of the others of your world, who you are and what you are capable of. You [are] vested with a great deal of power, self-assurance, confidence, a faith, so to speak, a faith strong enough to accomplish all, to accomplish each and every desire. [This is] a combination of factors, my friends, that offers you the opportunity for great growth, great growth for those that are around you. We rejoice in seeing you grow, where possible, helping those around you grow. But you are not able to save your whole world, my friends. Everyone will have a chance to learn the lessons they came to learn. Should they not, then they will get the opportunity to again. If you have learned the lessons you came to learn you will get an opportunity [from there on]. Such is the path. Our blessings go with you, my friends. We will transfer this contact. I am Hatonn.

(A channeling)

I am Hatonn. I am now with this instrument and we greet you once again in the love and the light of our one Creator. We wish to say just a few words through this instrument, for it has been some time since we have spoken through her. Remember that as you live in this world with all that you see, with all that you know, that there is always love and light. That power, that energy that comes from the love and light is strong and is always there. You are aware of it. Do not forget it. This instrument is tired. We will transfer the contact to another. I am Hatonn.

(K channeling)

I am Hatonn, and I am now with this instrument. There are times, my friends, when you feel that your service to your fellow man is limited and that you are not rendering very much service. If you wish to serve, you have but to ask and the door will be opened before you. You need never doubt that the things you do for someone else are worthwhile. We have but to remember the words of the one known as Jesus who did nothing more than going about doing good. When you have a tendency to become discouraged, you have but to look about you, my friends, and see the beauty of nature and it will most surely restore you. There is sufficient beauty in a sunset to give you encouragement when you have need. It has been a great joy and a great pleasure to be with you. I am Hatonn.

(M2 channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. Always keep an open mind. Gather new ideas with wild abandon. If you cannot use them, gather them and store them as a miser stores gold. My friends, they are as valuable as gold. When an occasion comes that you need one of these ideas, you have them in reserve and can withdraw them and enlighten your problem. Find as much excitement in new ideas as you find in wealth. They are your true wealth. Look for them everywhere. Understand situations that you meet. Look at them from many angles. Love things that are different. You grow by understanding differences. I am Hatonn. I leave this instrument.

(Carla channeling)

I am Hatonn. I shall close through this instrument, offering many thanks to each instrument. We no longer call those present new instruments, for each is capable now of communicating not simply our identification, but our concepts. We most humbly and heartily thank you, each and every instrument present, for we are aware, at least to some small degree, of the many demands upon your time and your energy and we know the hours that you have spent privately and in meetings with a group such as this one working on your service to others.

We speak one single basic message. And in each instrument it has its own overtones and harmonies so that as many as possible might hear some portion, some version, some idea of our great fundamental theme of love and service and be inspired thereby to the wild and perilous belief that such a thing as love does exist in the world. To the casual eye, such a belief may seem foolhardy. We encourage you in your foolhardiness. It is the path, well trodden by pilgrims from the beginning of creation. It is the one path, call it what you will, which circles back to the source of all that there is.

Think now upon each other, my friends. Picture one by one those faces who have become dear to you that

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are circled in the gentle light of evening as your planet's sun moves beneath the rim of your sphere. Do you find one entity wise because of the age or the experience? Another wise because of a gift or a talent? Another wise because of some great service? Another wise because of some extraordinary amount of determination to seek? We suggest that you cease finding any wise. There is no wisdom in age for all are children of one Creator. Nor is there wisdom in gifts, for those are given, not understood. There is no wisdom in service. That is an action like any other. Nor is there the wisdom in determination, for many have been determined for many reasons.

These beloved faces, my friends, are all the faces of one being, each in a marvelous disguise. Each is the face of the Creator. Each mouth speaks the words of the Creator. Spend your love then, as brother and sister, encouraging, aiding, comforting. But know always what entity it is whom you serve. You serve the Creator, my friends, as do we, as do each of you in your mental vibratory configurations. We find each a perfect and wondrous delight and leave each of you our blessing. We shall be with you as always.

We leave this instrument at this time in that love and that light which is the emanation of each of you that is the one Creator. Adonai vasu.

(Jim channeling)

I am Latwii, and I greet you, my friends, in love and light. We are most privileged to be asked to join your group this evening. We thank each of you, for it is our great honor to be asked to provide the humble service of attempting to answer your queries. Remember always, my friends, we are your brothers and sisters and know only a small amount concerning the mystery of the creation which we share with you. Gladly though do we share that pittance that is ours. May we ask if there might be a question at this time?

K: Yes. In a former session, maybe a couple of weeks ago, something was said, I'm not sure that I got it accurate, about the planet is growing, or something about the growth of the planet and after I got home I wasn't sure of the meaning. It seems to me the planet is being destroyed rather than growing. Did I get that wrong?

I am Latwii, and am aware of your query, my sister. Your planet undergoes a process of evolution as does each entity upon its surface. Many entities throughout this process of evolution may incur those difficulties which seem to be the stoppage of growth, the decay, the disease, the trauma that threatens to cease the experience of the illusion. Yet do not all entities make a progress through such circumstances and find, shall we say, the light at the end of the long and dark tunnel? So then, my sister, does your planet itself make progress and become transformed through the many experiences which the entities as cultures and races upon its surface experience. This entity which is your planet is having what might be called a difficult labor. There are the wars and rumors of wars as you call them. There are the changes in the garment of the surface of your planet. There are the personal difficulties of the inhabitants of each culture upon your planet's surface. There are the difficulties in the harmonizing of the vibrations of the density which you leave and the density which you enter. Yet your planet grows. And yet your planet shall be born anew and shall be a new entity, as will those entities be new which remain with it.

May we answer you further, my sister?

K: Yes, let me see if I can understand it a little better. What we see and which looks like destruction, revolution, etc., etc., is really an illusion. There is still an evolutionary process going on that is growth? Fairly accurately?

I am Latwii. My sister, your statement is most accurate. From the ashes does the phoenix rise.

May we answer you further?

K: No, thank you.

I am Latwii. We are most grateful to you. Is there another question at this time?

S1: Yes, Latwii, I have a question. For the past week and a half or two weeks the one known as G and I have been experiencing an extreme state of physical fatigue even though we have both been getting enough rest and that sort of thing. Could this fatigue be due to a draining of or a scattering of the vital energies?

I am Latwii, and am aware of your query, my sister. Indeed, it is possible for entities who seek a solution to the mysteries of being and who are willing to undergo those transformations which present themselves as opportunities to the seeker for an experience of that which might be called a spiritual weariness. The path of the seeker is a path which has

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its price, that is to say, from time to time there is the expenditure of much energy so that understanding, to use a poor term, might be enlarged, the bounds of the being might be expanded to include a new way. This might be likened unto those growing pains, that you call them, for the physical vehicle during the early parts of the incarnation. The spiritual seeker, like the young entity of your illusion, finds new capabilities opening up within the being as the seeking increases in intensity. As these new ways of being, perceiving and thinking continue to be experienced by the seeker, there is the effort that is necessary to procure them and seek them within the being of the seeker. Such an effort is primarily of a spiritual nature, but does have its mental, emotional and physical counterparts so that the stretching of the being in all these complexes then on occasion cause the entity to experience that which is commonly known to your peoples as weariness. Be not discouraged in any degree or sense by this weariness for it is simply that that which you have reached for is now a part of your being. And as it becomes more uniformly a part of your being, then you shall grow new spiritual muscles, shall we say.

May we answer you further, my sister?

S1: No, thank you very much, Latwii.

We are most grateful to you, my sister. Is there another question at this time?

Carla: Latwii, if we're light on questions tonight, I would like to ask a question for my friend S2. S2 is a wanderer who continues seeking all by herself year after year with no help or support from any close kin and only the love and support of friends like me and like you to aid her. She has wondered whether she might not be a part of a kind of experiment in wanderers, a part of an experiment which places wanderers in various positions. She's very weary of waiting and although she knows that she's equal to the necessity of continuing to wait for years and years if necessary, her real fear is that she will completely miss her ability to perform her mission. I have the feeling that there are many wanderers who have become aware that they have come to this Earth for a reason but as yet do not have any guidance as to what it is and are in similar circumstances of mind as to how to. Could you comment on her plight and the possibility of what she calls the experiment?

I am Latwii and am aware of your query, my sister. May we begin by suggesting that this entity, as all entities, is supported daily by the creation which it inhabits. No entity, in truth, is without support, for the entire creation is alive with the original Thought of the experiencing …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am with this instrument once again. The original Logos, shall we say, began this octave of creation. Each entity travels a path which it has chosen before it entered the incarnation. The nature of the path varies from entity to entity so that in truth it might be said each entity experiments with its own beingness. Those entities which have recently been called upon your planet the wanderers are entities which not only come to grow within the bounds of their own being, but to aid those of your planet which seek the lessons of love for the first time. Each so-called wanderer has the desire to be of a certain type of service besides the general desire to serve. Whether the talents of each are developed to a finely tuned degree, shall we say, is the determination of each entity during the incarnation. For each is presented with that programming, as you may call it, which wells up from the deeps of the unconscious mind.

Each entity, then, sees about it the catalyst which provokes and promotes the remembering or reconfiguring of the original intent. Many become distracted for greater or lesser periods of time by the illusion which they inhabit, for the illusion is an intense one and is most easily able to redirect the attention of many who seek to be of service within it.

We are unable to determine any specific experiment for the one which you have called S2 apart from the experiment which each entity undertakes as the third-density illusion is entered and utilized for growth and service. We suggest to each entity which questions in this regard that the meditation upon those queries will bring those responses and glimpses of truth from the great depths of being of the unconscious mind. And by so seeking shall the entity be able to rest the conscious mind and know that there are in truth no mistakes. There are only opportunities to be of service and to expand the experience of the one infinite Creator.

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May we answer you further, my sister?

Carla: Yes, just a bit. First I would like to thank you for that answer. I know my sister S2 well enough to say that she will continue wondering beyond any bounds what she is to do, but your words of comfort will undoubtedly help her. I would like to ask just one little detail of the experiment thing that she was working on in her last letter. She said during her regression she at one point referred to her teachers and said that she was their [seed.] This is part of her experiment idea. These teachers were beautiful, wise, golden beings whom she loved dearly and who loved her as dearly in another density and in another time. Would you comment on her feeling on that relationship for her?

I am Latwii and am aware of your query, my sister. The planetary entities which form the various members of the Confederation of Planets in the Service of the One Infinite Creator are as one being, each unto themselves, though they are many in number. Each portion of such a social memory complex, as you have come to known them, is therefore, a seed of that grouping or social memory complex. As each portion then is sent out to be that which you have called the wanderer, then the seeds of that complex are sown throughout the universe of the one infinite Creator. The seeds of light are planted within the darkness. There it is hoped that there shall be the nourishment of the great central sun from which all springs so that the growth, the eventual flowering and fruiting of these entities might be accomplished, and that those who dwell in the so-called darkness might then have the opportunity to taste of the love and light of the one Creator. In this way each entity, therefore, is the seed.

May we answer you further, my sister?

Carla: Just to clarify it for my understanding. What you're saying then, is what she perceived as teachers were part of her social memory complex, that she found herself being separated from as seed when she made the decision to come here as a wanderer. Is that right?

I am Latwii and am aware of this query, my sister. This is, in general, correct. There is, of course, within each social memory complex the variety of relationships which you might expect to find within any grouping of entities, where some teach in certain areas and learn in yet others, all being teachers and all being students, yet in certain areas of service, might one find teachers tutoring students who then undertake the laboratory experiment, shall we say.

May we answer you further, my sister?

Carla: No. I'll send that off to S2 and ask questions only if she asks me to. Thank you so much, Latwii.

I am Latwii. We are most grateful to you, my sister. Is there another question at this time?

M1: Yes, Latwii. I think you've already answered it, but I want to try it on you for size. I'll be making some decisions here and I recognize there are no mistakes and there are no detours, but is there a watchword of sorts which you might have that I should perhaps key on in the rest of my search for the rest of my path here for the near future?

I am Latwii and am aware of your query, my brother. We hesitate to give the word in any sense which would direct your attention away from those concerns which are unique to your being at this time. We wish to be of service without infringing upon free will and feel that we might be of the best aid by suggesting that you look in meditation within your being at the purpose for the life. Look then as well to the opportunities which present themselves. Find the balance which is unique to your seeking and to your being.

May we answer you further, my brother?

M1: I think you did pretty well. In fact, that was a better answer than I'm used to getting from you, pardner. Thank you.

I am Latwii and am most appreciative of your compliment, my brother. We are not always able to earn them, as you are aware. May we ask if there might be another query at this time?

(Pause)

I am Latwii. We thank you, my brothers and sisters for allowing us to join with you this evening. Your vibrations have been most delicious, shall we say. To taste of the seeking that is pure, clear and intensified through what you call time is to taste of the very essence of the one infinite Creator. To grow, to know, to share, and to be, by these modes do you in your incarnations reproduce the nature of the one Creator. We are privileged to be but a small part of this process. We thank each of you for allowing us to blend our vibrations with yours on evenings such as

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this one. We are with you whenever requested. We shall at this time take our leave of this group, though in truth, always are we one. Then in that love and light do we leave you now. We are known to you as Latwii. Adonai, my friends. Adonai, vasu, borragus.

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The Law of One, Book IV, Session 94

August 26, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. I communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. There is some small increase in physical energy deficit. It is not substantial. All else is as at the previous asking.

Questioner: From the previous session the statement was made that much is veiled to the most apparently clear observation. Would Ra expand on what was meant by that statement? I assume that this means the veiling of all that which is outside of the limits of what we call our physical perception having to do with the spectrum of light, etc., but I also intuit that there is more than that veiled. Would Ra expand on that concept?

Ra: I am Ra. You are perceptive in your supposition. Indeed, we meant not any suggestions that the physical apparatus of your current illusion was limited as part of the veiling process. Your physical limits are as they are.

However, because of the unique biases of each mind/body/spirit complex there are sometimes quite simple instances of distortion when there is no apparent cause for such distortion. Let us use the example of the virile and immature male who meets and speaks clearly with a young female whose physical form has the appropriate configuration to cause, for this male entity, the activation of the red-ray sexual arousal.

The words spoken may be upon a simple subject such as naming, information as to the occupation, and various other common interchanges of sound vibratory complex. The male entity, however, is using almost all the available consciousness it possesses in registering the desirability of the female. Such may also be true of the female.

Thusly an entire exchange of information may be meaningless because the actual catalyst is of the body. This is unconsciously controlled and is not a conscious decision. This example is simplistic.

Questioner: I have drawn a small diagram in which I simply show an arrow which represents catalyst penetrating a line at right angles to the arrow, which is the veil, depositing in one of two repositories which I would call the right-hand path and the left-hand path, and I have labeled these two repositories the Experience. Would this be a very rough analogy of the way the catalyst is filtered through the veil to become experience?

Ra: I am Ra. Again, you are partially correct. The deeper biases of a mind/body/spirit complex pilot the catalyst around the many isles of positivity and negativity as expressed in the archipelago of the deeper mind. However, the analogy is incorrect in that it does not take into account the further polarization which most certainly is available to the

conscious mind after it has perceived the partially polarized catalyst from the deeper mind.

Questioner: It seems to me that the Experience of the Mind would act in such a way as to change the nature of the veil so that catalyst would be filtered so as to be acceptable in the bias that is increasingly chosen by the entity. For instance, if he had chosen the right-hand path the Experience of the Mind would change the permeability of the veil to accept more and more positive catalyst. Also the other would be true for accepting more negative catalyst if the left-hand path were the one that was chosen. Is this correct?

Ra: I am Ra. This is not only correct but there is a further ramification. As the entity increases in experience it shall, more and more, choose positive interpretations of catalyst if it is upon the service-to-others path and negative interpretations of catalyst if its experience has been of the service-to-self path.

Questioner: Then the mechanism designed by the Logos of the action of catalyst resulting in experience was planned to be self-accelerating in that it would create this process of variable permeability. Is this an adequate statement?

Ra: I am Ra. There is no variable permeability involved in the concepts we have just discussed. Except for this, you are quite correct.

Questioner: Now I can understand, to use a poor term again, the necessity for the archetype of Catalyst of the Mind but what is the reason for having a blueprint or model for the Experience of the Mind other than this simple model of dual repositories for negative and positive catalyst? It seems to me that the first distortion of free will would be better served if no model for experience was made. Could you clear that up for me?

Ra: I am Ra. Your question is certainly interesting and your confusion hopefully productive. We cannot learn/teach for the student. We shall simply note, as we have previously, the attraction of various archetypes to male and to female. We suggest that this line of consideration may prove productive.

Questioner: In the fourth archetype the card shows a male whose body faces forward. I assume that this indicates that the Experience of the Mind will reach for catalyst. However, the face is to the left which indicates to me that in reaching for catalyst, negative catalyst will be more apparent in its power and effect. Would Ra comment on this?

Ra: I am Ra. The archetype of Experience of the Mind reaches not, O student, but, with firm authority, grasps what it is given. The remainder of your remarks are perceptive.

Questioner: The Experience is seated upon the square of the material illusion which is colored much darker than in Card Number Three. However, there is a cat inside of this square. I am guessing as experience is gained the second-density nature of the illusion is understood and the negative and positive aspects separate. Would Ra comment on this?

Ra: I am Ra. This interpretation varies markedly from Ra's intention. We direct the attention to the cultural meaning of the great cat which guards. What, O student, does it guard? And with what oriflamme does it lighten that darkness of manifestation? The polarities are, indeed, present; the separation nonexistent except through the sifting which is the result of cumulative experience. Other impressions were intended by this configuration of the seated image with its milk-white leg and its pointed foot.

Questioner: In Card Number Three the feet of the female entity are upon the unstable platform, signifying the dual polarity by its color. In Card Number Four one foot is pointed so that if the male entity stands on the toe it would be carefully balanced. The other foot is pointed to the left. Would Ra comment on my observation that if the entity stands on this foot it will be very, very carefully balanced?

Ra: I am Ra. This is an important perception, for it is a key to not only this concept complex but to others as well. You may see the T-square which, at times riven as is one foot from secure fundament by the nature of experience yet still by this same nature of experience, is carefully, precisely, and architecturally placed in the foundation of this concept complex and, indeed, in the archetypical mind complex. Experience[9] has the nature of more effectively and poignantly expressing the architecture of experience, both the fragility of structure and the surety of structure.

[9] Card Number Four.

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Questioner: It would seem to me, from the configuration of this male entity in Card Number Four, who looks to the left with the right foot pointed to the left, that this card would indicate you must be in a defensive position with respect to the left-hand path, but there is no need to concern yourself about protection with respect to the right-hand path. Would Ra comment on that?

Ra: I am Ra. Again, this is not the suggestion we wished to offer by constructing this image. However, the perception cannot be said to be incorrect.

Questioner: The magical shape is on the right edge of the Card Number Four which indicates to me that the spiritual experience would be on the right-hand path. Could Ra comment on that?

Ra: I am Ra. Yes. The figure is expressing the nature of experience by having its attention caught by what may be termed the left-hand catalyst. Meanwhile, the power, the magic, is available upon the right-hand path.

The nature of experience is such that the attention shall be constantly given varieties of experience. Those that are presumed to be negative, or interpreted as negative, may seem in abundance. It is a great challenge to take catalyst and devise the magical, positive experience. That which is magical in the negative experience is much longer coming, shall we say, in the third density.

Questioner: Both the third and fourth archetypes, as I see it, work together for the sole purpose of creating the polarity in the most efficient manner possible. Is this correct?

Ra: I am Ra. This cannot be said to be incorrect. We suggest contemplation of this thought complex.

Questioner: Then prior to the veiling process that which we call catalyst after the veiling was not catalyst simply because it was not efficiently creating polarity, because this loading process, you might say, that I have diagrammed, of catalyst passing through the veil and becoming polarized experience, was not in effect because the viewing of what we call catalyst by the entity was seen much more clearly as the experience of the one Creator and not something that was a function of other mind/body/spirit complexes. Would Ra comment on that statement?

Ra: I am Ra. The concepts discussed seem without significant distortion.

Questioner: Thank you. Then we're expecting, in Card Number Four, to see the result of catalytic action and, therefore, a greater definition between the dark and the light areas. In just glancing at this card we notice that it is more definitely darkly colored in some areas and more white in others in a general sense than in Card Number Three, indicating to me that the separation along the two biases has occurred and should occur in order to follow the blueprint for experience. Could Ra comment on that?

Ra: I am Ra. You are perceptive, O student.

Questioner: The bird in Card Number Three now seems to be internalized in the center of the entity in Card Number Four in that it has changed from its flight in Card Number Three. The flight has achieved its objective and has become a part, a central part, of the experience. Could Ra comment on that?

Ra: I am Ra. This perception is correct, O student, but what shall the student find the bird to signify?

Questioner: I would guess that the bird signifies that a communication that comes as catalyst signified in Card Number Three is accepted by the female and, used, becomes a portion of the experience. I'm not sure of that at all. Am I in any way correct?

Ra: I am Ra. That bears little of sense.

Questioner: I'll have to work on that.

Then I am guessing that the crossed legs of the entity in Card Four have a meaning similar to the crux ansata. Is this correct?

Ra: I am Ra. This is correct. The cross formed by the living limbs of the image signifies that which is the nature of mind/body/spirit complexes in manifestation within your illusion. There is no experience which is not purchased by effort of some kind, no act of service-to-self or others which does not bear a price, to the entity manifesting, commensurate with its purity. All things in manifestation may be seen in one way or another to be offering themselves in order that transformations may take place upon the level appropriate to the action.

Questioner: The bird is within the circle on the front of the entity on Card Four. Would that have the same significance of the circular part of the crux ansata?

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Ra: I am Ra. It is a specialized form of this meaningful shape. It is specialized in great part due to the nature of the crossed legs of manifestation which we have previously discussed.

Questioner: The entity on Card Four wears a strangely shaped skirt. Is there a significance to the shape of this skirt?

Ra: I am Ra. Yes.

Questioner: The skirt is extended toward the left hand but is somewhat shorter toward the right. There is a black bag hanging from the belt of the entity on the left side. It seems to me that this black bag has a meaning of the acquiring of the material possessions of wealth as a part of the left-hand path. Would Ra comment on that?

Ra: I am Ra. Although this meaning was not intended by Ra as part of this complex of concepts we find the interpretation quite acceptable.

(Thirty second pause.)

I am Ra. As we observe a lull in the questioning we shall take this opportunity to say that the level of transferred energy dwindles rapidly and we would offer the opportunity for one more full question at this working, if it is desired.

Questioner: I would just state that this card, being male, would indicate that as experience is gained the mind becomes the motivator or that which reaches or does more than the simple experiencer it was prior to the gaining of the catalytic action. There is a greater tendency for the mind to direct the mind/body/spirit complex, and other than that I would just ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. In the context of your penultimate query we would suggest that you ponder again the shape of the garment which the image wears. Such habiliment is not natural. The shape is significant and is so along the lines of your query.

The support group cares well for the instrument. We would ask that care be taken as the instrument has been offered the gift of a distortion towards extreme cold by the fifth-density friend which greets you.

Although you may be less than pleased with the accouterments, may we say that all was as carefully prepared as each was able. More than that none can do. Therefore, we thank each for the careful alignments. All is well.

We leave you, my friends, in the love and in the light of the one glorious infinite Creator. Go forth, then, rejoicing in the power and in the peace of the One. Adonai. ✣

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The Law of One, Book V, Session 94, Fragment 45

August 26, 1982

Jim: The first few questions and responses in this session are more of the nuts and bolts maintenance which we constantly found ourselves having to deal with in keeping up with both Carla's arthritic flare-ups of pain and our fifth-density negative friend's accentuating of these difficulties.

Toward the beginning of Session 92 in Book Four of *The Law Of One*, one of Ra's responses was "There is the need for the instrument to choose the manner of its beingness. It has the distortion, as we have noted, towards the martyrdom. This can be evaluated and choices made only by the entity." And at the end of that same session, Ra added "The instrument, itself, might ponder some earlier words and consider their implications. We say this because the continued calling upon vital energies, if allowed to proceed to the end of the vital energy, will end this contact. There is not the need for continued calling upon these energies. The instrument must find the key to this riddle or face a growing loss of this particular service at this particular space/time nexus." The last part of the personal material from Session 94 consists of a query from Carla upon which she pondered long concerning the riddle which Ra had presented in Session 92. The riddle was Ra's way of maintaining Carla's free will and at the same time giving her a direction for thought which might enhance both her own growth and the service of the contact to others.

Carla: *As time went on, we fiddled around more and more with clothing and such, trying to maximize my comfort and the length of sessions. I was warmly clothed, all in white, with the white comforter placed so it did not drag down the arms, and then my hands were gloved, and the kind of tubing used to vent washer/dryers went over both hands up to about the elbow, to keep the weight of the cover off them completely. It was a job just getting dressed for the sessions. It seems almost funny when one looks back on it, that we kept on with such perseverance. But at the time, there was only one thought between us three, and that was to continue this contact and learn all we could. I think if it happened again, I'd do the same thing again: give my utmost. And I imagine Jim would say the same. Without question Don was also absolutely single-minded about pursuing the questioning with Ra. He felt that this was the culmination of his life's work. If we were somewhat wearied and even battered by the conditions we had to work in, that was acceptable. And we did indeed all feel the weariness.*

I appreciate the point those of Ra make concerning my gift of faith. It has been true for as long as I can remember that I have enjoyed that attitude of faith and hope. It may well be why I am alive today, while Don is a soldier fallen in the spiritual battle. Don was a person of infinite dignity, intelligence and ethical purity, but always a somewhat melancholy man under the mask of polite courtesy, efficiency and professorial charm that he wore to meet the world. Much has been

given me in this life in the way of gifts, but this is surely the most precious.

Doesn't Ra offer a marvelous perspective to the myopic spiritual eye, in suggesting that I was only looking at what still needed doing, rather than giving thanks for what had come around already? I have often taken their advice and pondered the merits of judging as the stern critic that would have everything just so. Life is messy, and often things are very much untidy, and that needs to be released, forgiven and accepted.

And Ra's final thought is truly a jewel. What, after all, is all our striving in the end, including this contact and all human thought, but a vain and empty folly? We cannot move from illusion to truth in this body, on this plane of existence. So where is our truest and central service? Not in the doing but in the being, in allowing the true self, that open-hearted lover of all things in creation, to share its essence with the world, and to allow the love and light of the Infinite One to pass through it and radiate into the planetary consciousness. That is our true geste*, all of us who have come here at this time to be of service: being, living a devotional and devoted life.*

Session 94, August 26, 1982

Questioner: I have questions here from the instrument. The first one is, "Is our fifth-density friend responsible for the instrument's extreme distortion towards pain during and just after sessions?"

Ra: I am Ra. Yes.

Questioner: Is there anything that we can do that we are not doing to remedy this situation so that the instrument does not experience this pain, or as much pain?

Ra: I am Ra. There Is little that can be done due to a complex of pre-existing distortions. The distortions are triple in the source.

There is the, shall we say, less than adequate work of your chirurgeons which allows for various distortions in the left wrist area.

There is the distortion called systemic lupus erythematosus which causes the musculature of the lower left and right arms to allow for distortions in the normal, shall we say, configuration of both.

Lastly, there is the nerve damage, more especially to the left, but in both appendages from the thoracic outlet.

In the course of the waking behavior the instrument can respond to the various signals which ring the tocsin of pain, thus alerting the mind complex, which in turn moves the physical complex in many and subtle configurations which relieve the various distortions. Your friend greets these distortions, as has been stated before, immediately prior to the beginning of the working. However, during the working the instrument is not with its yellow-ray chemical vehicle and thusly the many small movements which could most effectively aid in the decrease of these distortions are not possible. Ra must carefully examine the mental configurations of the mind complex in order to make even the grossest manipulation. It is not our skill to use a yellow-ray vehicle.

The weight of the cover has some deleterious effect upon these distortions in some cases and thus we mentioned that there was a small thing which could be done; that is, the framing of that which lifted the coverlet from the body slightly. In order to compensate for loss of warmth the wearing of material warming the manual appendages would then be indicated.

Questioner: I immediately think of the instrument wearing long underwear under the robe that it now wears and an extremely light, white cover. Would this be satisfactory?

Ra: I am Ra. Due to this instrument's lack of radiant physical energy the heavier cover is suggested.

Questioner: In your statement, at the beginning of it, you said "less than adequate work of" and then there was a word that I didn't understand at all. Are you familiar with the word that I am trying to understand?

Ra: I am Ra. No.

Questioner: Then we'll have to wait until we transcribe the material. I assume that our fifth-density negative friend doesn't cause these distortions all of the time because he wishes to emphasize the fact that the instrument is going to be distorted only if she attempts one of these service-to-others workings and, therefore, attempts to stifle the workings. Is this correct?

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Ra: I am Ra. This is partially correct. The incorrect portion is this: The entity of which you speak has found its puissance[10] less than adequate to mount a continuous assault upon this instrument's physical vehicle and has, shall we say, chosen the more effective of the space/time nexi of this instrument's experience for its service.

Questioner: Could you tell me why I have felt so tired on several recent occasions?

Ra: I am Ra. This has been covered in previous material.

The contact which you now experience costs a certain amount of the energy which each of the group brought into manifestation in the present incarnation. Although the brunt of this cost falls upon the instrument, it is caparisoned by pre-incarnative design with the light and gladsome armor of faith and will to a far more conscious extent than most mind/body/spirit complexes are able to enjoy without much training and initiation.

Those of the support group also offer the essence of will and faith in service to others, supporting the instrument as it releases itself completely in the service of the one Creator. Therefore, each of the support group also experiences a weariness of the spirit which is indistinguishable from physical energy deficit except that if each experiments with this weariness each shall discover the physical energy in its usual distortion.

Questioner: Thank you. I didn't mean to go over previous material. I should have phrased my question more carefully. That is what I expected. I was trying to get a confirmation of my suspicion. I suspected that. I will try to be more careful in questioning.

The second question from the instrument says, "While on vacation I uncovered a lot about myself not consciously known before. It seems to me that I have coasted a lot on the spiritual gifts given at birth and never have spent any time getting to know my human self which seems to be a child, immature and irrational. Is this so?"

Ra: I am Ra. This is partially correct.

Questioner: Then she says, "If this is so, this seems to be part of the riddle about the manner of my beingness that Ra spoke of. I fear that if I do not work successfully on my human distortions I shall be responsible for losing the contact. Yet also Ra suggests the over-dedication to any outcome is unwise. Could Ra comment on these thoughts?"

Ra: I am Ra. We comment in general first upon the query about the contact which indicates once again that the instrument views the mind/body/spirit complex with jaundiced eye. Each mind/body/spirit complex that is seeking shall almost certainly have the immature and irrational behaviors. It is also the case that this entity, as well as almost all seekers, has done substantial work within the framework of the incarnative experience and has indeed developed maturity and rationality. That this instrument should fail to see that which has been accomplished and see only that which remains to be accomplished may well be noted. Indeed, any seeker discovering in itself this complex of mental and mental/emotional distortions shall ponder the possible non-efficacy of judgment.

As we approach the second portion of the query we view the possibility of infringement upon free will. However, we believe we may make reply within the boundaries of the Law of Confusion.

This particular instrument was not trained, nor did it study, nor worked it at any discipline in order to contact Ra. We were able, as we have said many times, to contact this group using this instrument because of the purity of this instrument's dedication to the service of the one infinite Creator and also because of the great amount of harmony and acceptance enjoyed each by each within the group; this situation making it possible for the support group to function without significant distortion.

We are humble messengers. How can any thought be taken by an instrument as to the will of the Creator? We thank this group that we may speak through it, but the future is mazed. We cannot know whether our *geste* may, after one final working, be complete. Can the instrument, then, think for a moment that it shall cease in the service of the one infinite Creator? We ask the instrument to ponder these queries and observations. ♣

[10] puissance: The power to accomplish or achieve; potency [<OF].

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Sunday Meditation
August 29, 1982

(C channeling)

I am Hatonn, and I am now with this instrument. My friends, it is always an honor and a privilege for us to speak to you. It is somewhat easier when you journey with another along the path. It may at times seem easier, but so much is lost when there is not the sharing and the learning that is generated by the interaction with others. Energies of a group strengthens forces. When you share freely, give your energies, your love, you form a more powerful vehicle in which to journey.

As you know, at this time on your planet the number of entities is increasing rapidly. Entities striving to complete lessons. As the number of entities increases you may see an increase in those who seek to separate themselves from all other entities. They will try, but ever increasing numbers will act to bring those seeking to separate themselves to look at the self through different eyes. For each is separate; each is also one with the Creator and increasing numbers are inclined to offer to all the chance to give themselves to their brothers and sisters for the needs …

I am Hatonn, and would now pause, for our contact is not a good one, and this instrument has been receiving another contact as well as our own. We are adjusting. I am Hatonn. We have now readjusted our contact, and this instrument has pulled himself back. We would ask that this group please retune themselves for the various stages of alertness are causing the energies to wane. If you would retune, we would again try to speak to you. I am Hatonn.

Carla: *(Chanting, with group.)* Omm.

(M channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. You have been especially among people very healthy. *(inaudible)* Some of your people get so disturbed over insignificant situations. They treat them as life and death matters where it should be considered a [new] life and a *(inaudible)* experience. They so overcharge their emotions that they do not learn from the experience. When they return to a normal state they need to re-experience the situation. The forgetting process is necessary for learning. But if you can take the long view of the situation, you can learn as you first experience it. It is not healthy to over-involve yourself in a situation. Remember that your whole life is a learning experience. The insignificant details are there to teach but not to overcome.

I am Hatonn. I now leave this instrument.

(C channeling)

I am Hatonn, and am once again with this instrument. We regret the interference, but now we

seem to have a much better contact. We would caution those who seek to act in the service of channeling to always remain within themselves. To channel, you need not surrender. To channel is an act of free will. If the one seeking to channel begins to drift, so to speak, to reach out beyond and separate even partially from the physical being, then that instrument is open to others who would speak. The interference could quite possibly be to information that would harm instead of help. We know that you wish to be of service to all, but caution you to remain in position where you choose, where you are not used. Your free will is extremely important to your learning, to your experiencing freely the lessons that you have chosen to learn in this incarnation.

If at any time as you act as a channel you seem pulled, please take time. Collect yourself. As you begin channeling, we and my brothers and sisters of Laitos suggested that you open yourself to speak freely without doubt and analysis, but as you speak any of the words, the thoughts are not comfortable, take time …

Carla: Who is speaking, Hatonn? C, answer to your name. C?

C: Yes.

Carla: Okay. Get close enough to L to put your hand under his leg or under his arm or hold his hand or something like that. L, don't hold on to him hard or anything, just keep contact.

C, do you feel all right?

C: *(Inaudible)*.

Carla: Okay. Relax. There is no longer any possibility that you will leave your body. You're grounded to L. That's why I always hold hands with Jim. Does anybody else feel any problem? Excuse me, Hatonn, please go on through another channel and let C relax for the remainder of the evening.

(L channeling)

I am Hatonn. I am now with this instrument. We are appreciative of these difficulties being experienced by the one known as C, and extend our apologies for over-using the instrument that he so generously provided for the purpose of our communication. We were unaware of the extent of disorientation resultant from the higher disturbance caused by a negatively-polarized entity seeking simultaneously to be of service. We commend the one known as Carla for her perception, and are also appreciative of her service. It is apparent to ourselves and an increasing number of those present that there has been a sustained effort toward the disruption of the efforts towards positive polarization of this group this evening. We are confident of the ability of this group to sustain both its polarization and self-possession, so to speak, and would desire to continue with our message. However, if any present desire a cessation for any reason, we shall pause at this time to reopen this possibility for the expression verbally. Are there any present who desire the cessation of this contact?

Carla: I don't desire the cessation of the contact, Hatonn, but I would appreciate the opportunity to give C some remark.

C: Hatonn?

(L channeling)

I am Hatonn.

C: Would it be better if I left the circle for awhile? Would it help *(inaudible)*?

I am Hatonn. My friend, the strength that has sustained you in [the] recent past is that strength which also sustains those present and is a benefit to those present that your presence is included. However, we would not desire to imply that your presence is required, should it be your desire to depart.

C: I don't want to interfere, so I'm going to go outside for a little while.

I am Hatonn. We thank you for your decision.

(C leaves.)

We would suggest that consideration be given to some accompaniment for the one known as C.

(Another person leaves the room.)

I am Hatonn. I am again with this instrument. My brothers and sisters, here is a force that feeds upon and is strengthened by itself. If you would desire, the continuation of that sensation would be a wise choice to maintain a conscious—correction—consciousness of that which you fear and thus be rewarded by its reinforced presence. However, should your desire be to flip that fear behind yourself and progress beyond it, a wise selection might be to extend—correction—cease extending your life force

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to the support of that construct. The universe within which you live, my brothers and sisters, is of your creation, and responds to that which you reinforce.

At this time we shall relinquish our use of this instrument that our brothers and sisters of Latwii might extend their service as well. I am known to you as Hatonn. Adonai, my friends.

(L channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and light of the infinite Creator. And might we suggest, my friends, that attention be extended to the maintenance by all present of the attunement, or variations of a severe nature may be accomplished in the attunement of the group by a reduction in concentration among those present. At this time we would offer ourselves in the service of answering questions, if there are any questions tonight.

K: Yes, Latwii, I have a question. We were talking about the poltergeist tonight on our way out, and we continued talking about it a little bit in here. Could these thoughts have been a distraction and could that have been a … had some part in what happened in the group tonight?

I am Latwii, and I am aware of your question. My sister, the variation in attunement experience was the result of several factors. However, we would downplay the significance of the conversations on this particular subject prior to the attunement.

May we answer you further?

K: No, thank you.

We thank you, my sister. Is there another question?

Carla: I'm aware that the relaxation technique caught an extremely good hypnotic subject by surprise in C, and wonder if it would be going beyond the bounds of free will if you would scan the group and let me know if there is anyone else in the group …

(Side one of tape ends.)

[I am Latwii, and am aware of your]) question and your concern, my sister. We may say that we are quite confident that at this point we have the vast majority of each individual present's attention at this moment due to unforeseen circumstances. We might suggest however, that in addition to the entity known as C encountering some difficulty, the instrument we are currently using "went right under" in his terms, but was able to make a gradual comeback.

May we answer you further?

Carla: Does he need further aid?

I am Latwii. We have examined this instrument quite carefully prior to setting foot inside, so to speak, and it is not only wide awake, but curiously well rested.

May we answer you further?

Carla: Oh, good. Thank you.

As always, we thank you. Is there another question?

Carla: Did you have a message for us tonight? I'm really missing the spiritual inspiration.

I am Latwii. I am aware of your question. We had not planned on the delivery of an impromptu sermonette, and in all sincerity find that the current atmosphere is perhaps too highly keyed for our liking for such an undertaking. We would prefer to beg off until a more suitable time might occur, if that would be acceptable.

Carla: I'll take a light check.

We thank you, and may we say, that was lightly put. Is there another question?

K: Yes. I'm … Having worked in a mental hospital for a long time, and observed how—what can happen to human beings, it's my belief that too much thinking can break the barrier between, shall we say, the barrier between reality and non-reality. Would we not be better off if we had a little more levity, and a little more humor to counterbalance the seeking? I don't know if I've made myself clear. If not, I'll try it again.

I am Latwii. My sister, a significant facet of love is humor, for it is through humor that we encounter the exuberance of the Creator and His creation. There are many among your peoples who seek deeply and earnestly, yet manage to overlook the simplicity of that within which they exist. It is possible to travel from one point to another by many routes and arrive quite exhausted and depressed by many of the longer routes, yet we find that there is a strong correlation on the path we have traveled between lightness and levity.

May we answer you further, my sister?

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K: You may not be able to answer this, and that's quite all right. As you scan my life, didn't I go through a period when I was about to go off the deep end, so to speak, and maybe lose contact with reality on this plane? And I'll understand if you don't want to answer that.

I am Latwii. As you surmised, my sister, we are very reluctant to undertake the extension of interpretation of an individual's life path. However, we would be willing to say in general that most individuals who consciously follow a path will often encounter side roads that seem quite attractive until traveled sufficiently to reveal their potential destination. At this point, many will simply retrace their steps to their original path, and continue to follow it.

May we answer you further?

K: No, that's fine. Thank you.

We thank you. Is there another question?

Carla: I have a couple of observations, but I would enjoy your confirmation or comments on them if that is possible. Thinking about what K said. First of all, I've known several people that came through this group that were pathologically mentally ill either during or after the experience with the group, either for a small amount of time or permanently. And it was my observation that the seeking that they displayed in my group was entirely different from the seeking displayed by those who are, in the context of their lives as a whole, going at it day by day, week after week, in that it was almost a symptom. It was a compulsion that they had sort of caught on, and what it was doing to them had almost nothing to do with what they said that they were seeking, but was driving them into an intensity beyond which the mind cannot rebound. Which really has nothing at all to do with seeking, it has to do with intensity. Can you comment or confirm this at all?

I am Latwii. We again are reluctant to undertake the description of individual cases known to those present. However, we would observe that there are many forms of addiction within your world and very few of our vantage points seem to be of a contributory nature.

May we answer you further?

Carla: That was a good comment. Thank you.

We thank you, my sister.

Carla: The other observation that K sparked off in me—I was thinking back through what happened to me since I consciously determined to live a life of seeking. And what's happened to me within various periods, there has been what almost might be called an initiation period where things were very, very difficult for a time, there was something I had to learn. Once I figured out what it was I had to learn, sometimes I had to dwell within that learning for awhile to indicate to myself that I did learn it indeed, and then it was over and the path was free and easy again. But I would not be surprised if every seeker didn't go through these times that are simply a part and parcel of the transformational process as you work through change. And change is never completely easy. Would you comment on that?

I am Latwii. As many present are aware, it is quite difficult to establish a new path through dense undergrowth that requires large amounts of sustained effort. However, once the path has been firmly established and used quite regularly for a period of time, one might leave that particular path through the undergrowth and perform other tasks for an extended length of time and return to find the path still easily trodden.

May we answer you further?

Carla: No, thank you.

We thank you. Is there another question?

M: Yes. If new channels remained opened too long, doesn't it give negative entities a chance to enter where they are not experienced enough to have the real intensity necessary?

If any channel, no matter how well intentioned, should overextend its abilities, the potential is always present for an interruption or confusion to be interspersed with the message attempting to be channeled.

May we answer you further?

M: Well, I think you mean then that new channels can became overextended more easily than more experienced channels. Is that correct?

I am Latwii. As your original query was concerned with the possibility for distortion to occur, we desired to indicate that that possibility was present when any individual desiring to be of service as a

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channel for messages overextended their energies. We acknowledge that in most instances the lesser experienced individual seeking to be of service in this manner will tire more quickly, and thus be more rapidly accessible to distortion, but we would not suggest that this be regarded as a—correction—as an inflexible rule, for there are many factors which can affect the endurance of one seeking to serve in this fashion.

May we answer you further?

M: No, thank you. That answers my question.

We thank you, my sister. Is there another question?

K: Yes. One other question. Regarding the positive polarity and the negative polarity. Since I've been in this group and I've thought about this more, it seems to me that what we are seeing in the Middle East is simply—well, I don't want to use the word conflict … well, I'll use that word anyway—a conflict between the positive and negative polarities. Is that true?

I am Latwii. My sister, the answer could well be true or false with its outcome dependent upon the perspective of that individual who evaluates the situation to which you refer. From our own perspective we perceive that the majority of those participants are neither positively nor negatively polarized to any appreciable extent, and from that perspective would feel it correct to state that your assumption was false. However, as with any situation such as the one to which you refer, there is always an effort by those of a negative polarization to take advantage of the situation to extend their own services and, as you might well guess, there are those of the positive polarization who simultaneously seek to be of service, as the objectives of each polarity is the same, that is, to be of service, but their efforts are directly at odds, so to speak. One might also interpret the situation as a struggle between the positive and negative polarities. We would suggest as an overview that the awareness that both positive and negative polarities are based on service.

May we answer you further?

K: No. That helps. But I can assume, then, that the preponderance of entities in that area are just not polarized in either direction, or the large majority of entities in the Middle East are not polarized in either direction. Is that assumption right?

I am Latwii. We would agree with that statement, and extend it to include the majority of the population of your planet. May we answer you further?

K: No, I think maybe that's why we're all crazy. Maybe that's why we're in such a mess. Thank you very much.

We thank you, my sister. Is there another question?

Carla: Would the term "mixed polarity" be more accurate, in that many people who are fighting on both sides believe that God is on their side, which is positive. They believe that they are being patriotic and doing the right thing in helping their buddies and saving lives, their buddies. And on the other hand they are shooting people which is not right, so they sort of cancel themselves out. So would the term "mixed polarity" be part of what you mean by saying they are polarized in neither direction?

I am Latwii. We find your observations of the confusion existent within the given situation to be particularly apt. However, we will graciously refrain from supplying any labels because of the potential for personal distortion that so often occurs.

May we answer you further?

Carla: No, thank you, Latwii.

Is there another question at this time?

(Pause)

I am Latwii. As there are no further questions, we will take our leave at this time. Adonai, my friends. We are known to you as Latwii. ♣

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The Law of One, Book IV, Session 95

September 2, 1982

Ra: I am Ra. I greet you, my friends, in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. It is as previously stated.

Questioner: Thank you. What is the situation with respect to our fifth-density negative associate?

Ra: I am Ra. The aforenamed entity has chosen various means to further its service and though each is effective in itself, none leads to the lessening of the dedication to service for others or the valuing of harmonious interaction. Therefore, the entity, though not quiet as it has been, is somewhat depolarized on balance.

Questioner: There seems to be an extremely high probability that we will move from this position to another residence. If we move from this residence and cease using this room for workings with Ra, is there a magically appropriate ritual for closing the use of this place of working, or is there anything that we should do with respect to leaving this particular place?

Ra: I am Ra. It would be appropriate to remove from this room and, to a lesser extent, from the dwelling, the charging of what you might call the distortion towards sanctity. To remove this charge it is valuable either to write upon your paper your own working or to use existing rituals for the deconsecration of a sacred place such as one of your churches.

Questioner: Thank you. The new room that we choose for this working will of course be carefully cleaned and marred surfaces made well. We shall also use the Banishing Ritual of the Lesser Pentagram prior to a working. Is there anything else that Ra could suggest? I would like, also, to know if there is anything in particular that you might suggest with respect to the particular place that has been chosen for our new location?

Ra: I am Ra. We scan the recent memory configurations of the questioner. Firstly, there have been some less than harmonious interactions within this dwelling. The dynamics of this interaction were potent enough to attract a lesser thought-form. Therefore, we suggest the salting and ritual cleansing by blessed water of all windows and doorways which offer adit into the domicile or any out-buildings thereof.

Further, we suggest the hanging of the cut garlic clove in the portion of the room which has accommodated those whose enjoyment has turned into a darker emotion centering upon the area we find you call the wet bar, also the room intended for the sleeping which is found near the kitchen area. The appropriate words used to bid farewell to those of the lower astral shall be used in connection with the hanging of the garlic cloves for the period of approximately 36 of your hours. We believe that this

is equivalent to two of your night periods and one of your lit periods. This should cleanse the house as you find it to the extent that it is neutral in its vibrations of harmony, love, and thanksgiving which this group shall then, as the incarnational experience proceeds, offer to the domicile.

Questioner: I am assuming that we would prepare the blessed water the same as we prepare the water for the instrument to drink after a session and would then wipe the windows and doors with this water. This would probably have to be done in a bucket. I would like to know if this is correct, and what was meant by salting the windows and doors?

Ra: I am Ra. Firstly, you may bless the water yourselves or may request so-called holy water from any blessed place; that is, blessed by intention. Secondly, the water shall be carefully shaken from the fingers along the sills of all windows and doors as they have been opened. Thirdly, prior to the sprinkling of this cleansing, blessing sacrament of water, the salt shall be trailed along these sills in a line and again allowed to exist in this configuration for 36 to 48 hours. Then the virgin broom may ritually sweep the salt out of each window and doorway, sweeping with each stroke the less fortunate of the vibrations within the dwelling which might find coexistence with group difficult.

Questioner: I assume that you mean that we should put the salt only on the outer doorway sills and not on the inner doorway sills in the house. Is that correct?

Ra: I am Ra. This is correct. We cannot express the nature of salt and water and garlic with clarity enough to inform you as to the efficacy with which salt absorbs vibrations which have been requested to move into salt when salt has been given water. We cannot express the full magical nature of your water, nor can we express the likeness and attractiveness of the garlic cut to lower astral forms. The attractiveness is negative and no service-to-self astral form will accept coexistence with the cut garlic.

Therefore, we offer the suggestions. We also request, carefully, that the broom be clean and that the garlic be burned. The virginity of the broom is most efficacious.

Questioner: Let me see if I have the scenario correctly in mind. I'll repeat my version of it. We would hang fresh-cut garlic in the area of the wet bar and in the area of the bedroom that is adjacent to the kitchen area. We would salt all window sills and all outer wall door sills and then sprinkle blessed water from our fingers on the salted areas. We would then say the appropriate words to bid farewell to lower astrals. Those words I am not sure of. Would Ra comment on the scenario that I have stated?

Ra: I am Ra. Your grasp of our suggestions is good. We note that the salt be poured in the straight line with no gaps. There are various ritual words of blessing and farewell to entities such as you are removing. We might suggest the following.

When the salt is laid you may repeat "We praise the one Creator which gave to salt the ability to enable those friends, to which we wish to bid farewell, to find a new home."

As the water is sprinkled you may say "We give thanks to the one Creator for the gift of water. Over it the Creator moves Its hand and stirs Its will to be done."

The hanging of the cut garlic may be accompanied by the words "We praise the one Creator for the gift of garlic and bless its ability to offer to those friends to whom we wish to bid farewell the arrow which points their way of egress."

When the sweeping is done you may say "We praise the one Creator and give thanksgiving for the spiritual cleanliness of this dwelling place."

As the garlic is burned you may say "We give thanks to the one Creator for the gift of spiritual cleanliness in our dwelling place and seal the departure of all those who have left by this exit by the consuming of this substance" .

Questioner: Is there any place more appropriate than any other to hang the garlic in the room; for instance, over the windows or anything like that? I know that it is supposed to be hung in the area of the bar but I meant in the bedroom. Is there any more appropriate place than another?

Ra: I am Ra. The windows and the doorways are most appropriate and, in addition, we suggest the salting and sprinkling of any door which may lead elsewhere than out of the dwelling in order to afford to the entities the understanding that they are not desired elsewhere within the dwelling.

Questioner: I understand that the garlic is to be used at the bar area and the bedroom that is close to the

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kitchen and has an exit onto the carport. If I am correct, those are the only two places that it is to be used. This is correct, isn't it?

Ra: I am Ra. This is correct.

Questioner: We would like to pick the most appropriate room for sanctifying for the Ra contact. Is there any room that would be most appropriate that Ra could name?

Ra: I am Ra. When you have finished with your work the dwelling shall be as a virgin dwelling in the magical sense. You may choose that portion of the dwelling that seems appropriate and once having chosen it you may then commence with the same sort of preparation of the place with which you have been familiar here in this dwelling place.

Questioner: I am assuming that the newly chosen place meets the parameters for the best contact with Ra on the exterior of the house and I would like to ask Ra at this time if there are any suggestions with respect to the exterior of the house?

Ra: I am Ra. The dwelling seems surrounded with the trees and fields of your countryside. This is acceptable. We suggest the general principle of preparing each part of your environment as it best suits each in the group with the beauty which each may feel to be appropriate. There is much of blessing in the gardening and the care of surroundings, for when this is accomplished in love of the creation the second-density flowers, plants, and small animals are aware of this service and return it.

Questioner: On one end of the house are four stalls that have been occupied by horses. Would it be appropriate or necessary to modify in any way the condition of that area even though it is outside the living area?

Ra: I am Ra. There has been no undesirable negative energy stored in this area. Therefore, it is acceptable if physically cleaned.

Questioner: Is there any other comment about our new location that Ra could make?

Ra: I am Ra. We are gratified that this query was offered to us for there has been a concentration of negative thought patterns at a distance north to 10° of north, approximately 45 of what you call yards extending therefrom to all four directions in a rectangular but irregular shape.

We ask that the garlic be strung approximately 60-70 feet beyond the far verge of this area which is approximately 57 yards from the dwelling on a bearing north to 10° of north. We suggest that the garlic be hung in the funnel so that the energies are drawn into the south small end of the funnel and traduced northward and away from the dwelling. The procedure of the hanging will be one for testing your ingenuity but there are several ways to suspend the substance and it is well to do so.

Questioner: I envision a cardboard funnel approximately three feet in length and then a small cardboard of the same configuration inside of that funnel, the garlic placed between the two cardboard surfaces so that the garlic actually makes a funnel itself held in place by the two cardboard cones. The smaller end of the cone would be toward the house and the larger end would be away from the house.

I would also like to know that I am accurately aware of the position that we are talking about. Taking a specific point on the house such as the front door, I suspect that the direction is up toward the road that leads out of the property. An exact measurement from the doorknob to the center of the area of negativity of which we speak would be helpful. Would Ra comment on that?

Ra: I am Ra. We were working from the other side of the dwelling. However, the exact distance is not important due to the generalized nature of the astral leavings. The heading would be approximately 10° east of north to 5° east of north. This is not a heading in which absolute fastidiousness needs be paramount. The yardage is approximately as given. As to the hanging of the garlic, it must be able to be blown by the wind. Therefore, the structure which was envisioned is less than optimal. We might suggest the stringing between two placed posts on either side of the funnel of the strung cloves.

Questioner: Would a wire framework such as chickenwire which has a small inch-square mesh or something like that shaped into a cone with the garlic attached to the cone with the small end toward the house and the open end away from the house strung between two poles be appropriate?

Ra: I am Ra. That is appropriate. You see in this case the center of the negativity is as described, but there will be a general cleansing of the dwelling and its acreage by this means. One action you might take in order to improve the efficacy of the cleansing of the

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environment is the walking of the perimeter with the opened clove in hand, swinging the clove. No words need be said unless each wishes to silently or verbally speak those words given for garlic previously.

Questioner: Is there any other thing that we can do to prepare this new place that Ra could mention at this time?

Ra: I am Ra. There are no more specific suggestions for the specific location you contemplate. In general, the cleanliness is most helpful. The removal from the mind complex of those thoughts not of harmony is most helpful and those practices which increase faith and will that the spirit may do its work are most helpful.

Questioner: After the suggestions are accomplished with respect to cleansing of the property, does Ra anticipate our contact with Ra will be as efficient there as in this particular place?

Ra: I am Ra. All places in which this group dwells in love and thanksgiving are acceptable to us.

Questioner: Thank you. A question has been asked which I will ask at this time. In processing the catalyst of dreams is there a universal language of the unconscious mind which may be used to interpret dreams, or does each entity have a unique language in its own unconscious mind which it may use to interpret the meaning of dreams?

Ra: I am Ra. There is what might be called a partial vocabulary of the dreams due to the common heritage of all mind/body/spirit complexes. Due to each entity's unique incarnational experiences there is an overlay which grows to be a larger and larger proportion of the dream vocabulary as the entity gains experience.

Questioner: Thank you. In the last session you indicated in the statement about the immature male meeting the immature female that the information exchanged was quite different with respect to what occurred because of the veil. Would you give an example of the information exchange prior to the veil for the same case?

Ra: I am Ra. Given this same case; that is, the random red-ray sexual arousal being activated in both male and female, the communication would far more likely have been to the subject of the satisfying of that red-ray, sexual impulse. When this had occurred other information such as the naming could be offered with clear perception. It is to be noted that the catalyst which may be processed by the pre-veil experience is insignificant compared to the catalyst offered to the thoroughly bemused male and female after the veil. The confusion which this situation, simplistic though it is, offers is representative of the efficiency of the enlargement of the catalytic processes occurring after the veiling.

Questioner: For the condition of meeting after the veiling process, either entity will choose, as a function of its previous biases or Card Four, the experience and the way in which it will handle the situation with respect to polarity, therefore probably producing more catalyst for itself along the chosen path of polarization. Would Ra comment on this statement?

Ra: I am Ra. This statement is correct.

Questioner: In Card Four in the last session we spoke of the shape of the skirt and it has occurred to us that the skirt of the entity representing the archetype of the Experience of the Mind is extended to the left to indicate that other-selves would not be able to get close to this entity if it had chosen the left-hand path. There would be a greater separation between it and other-selves, whereas if it had chosen the right-hand path there would be much less of a separation. Would Ra comment on that observation?

Ra: I am Ra. The student is perceptive.

Questioner: And it seems that the square upon which the entity sits, which is almost totally black, is a representation of the material illusion and the white cat is guarding the right-hand path which is now separated in experience from the left. Would Ra comment on that observation?

Ra: I am Ra. O student, your sight almost sees that which was intended. However, the polarities need no guardians. What, then, O student, needs the guard?

Questioner: What I meant to say was that the entity is guarded along the right-hand path, once it has chosen this path, from effects of the material illusion that are of the negative polarity. Would Ra comment on that?

Ra: I am Ra. This is an accurate perception of our intent, O student. We may note that the great cat guards in direct proportion to the purity of the manifestations of intention and the purity of inner work done along this path.

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Questioner: From that statement I interpret the following. If the Experience of the Mind has sufficiently chosen the right-hand path, and as total purity is approached in the choosing of the right-hand path, then total imperviousness from the effect of the left-hand catalyst is also approached. Is this correct?

Ra: I am Ra. This is exquisitely perceptive. The seeker which has purely chosen the service-to-others path shall certainly not have a variant apparent incarnational experience. There is no outward shelter in your illusion from the gusts, flurries, and blizzards of quick and cruel catalyst.

However, to the pure, all that is encountered speaks of the love and the light of the one infinite Creator. The cruelest blow is seen with an ambiance of challenges offered and opportunities to come. Thusly, the great pitch of light is held high above such an one so that all interpretation may be seen to be protected by light.

Questioner: I have often wondered about the action of random and programmed catalyst with respect to the entity with the very strong positive or negative polarization. Would either polarity be free to a great extent from random catalyst such as great natural catastrophes or warfare or something like that which generates a lot of random catalyst in the physical vicinity of a highly polarized entity? Does this great cat, then, have an effect on such random catalyst on the right-hand path?

Ra: I am Ra. In two circumstances this is so. Firstly, if there has been the preincarnative choice that, for instance, one shall not take life in the service of the cultural group, events shall fall in a protective manner. Secondly, if any entity is able to dwell completely in unity the only harm that may occur to it is the changing of the outward physical, yellow-ray vehicle into the more light-filled mind/body/spirit complex's vehicle by the process of death. All other suffering and pain is as nothing to one such as this.

We may note that this perfect configuration of the mind, body, and spirit complexes, while within the third-density vehicle, is extraordinarily rare.

Questioner: Am I to understand, then, that there is no protection at all if the Experience of the Mind has chosen the left-hand path and that path is traveled? All random catalyst may affect the negatively polarized individual as a function of the statistical nature of the random catalyst. Is this correct?

Ra: I am Ra. This is correct. You may note some of those of your peoples which, at this space/time nexus, seek places of survival. This is due to the lack of protection when service to self is invoked.

Questioner: The possibility of the legs of the entity of Card Four being at right angles was linked with the tesseract[11], mentioned in a much earlier session by Ra, as the direction of transformation from space/time into time/space and I was thinking that possibly it was also linked with the crux ansata. Am I in any way correct in this observation?

Ra: I am Ra. This shall be the last query of this working, as transferred energy wanes. The observation of the right angles and their transformational meaning is most perceptive, O student. Each of the images leading to the Transformations of Mind, Body, and Spirit and ultimately to the great transformative Choice has the increasing intensity of increasing articulation of concept; that is to say, each image in which you find this angle may increasingly be seen to be a more and more stridently calling voice of opportunity to use each resource, be it experience as you now observe or further images, for the grand work of the adept which builds towards transformation using the spirit's bountiful shuttle to intelligent infinity. Please ask any brief queries at this space/time.

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. We observe some small worsening of the distortions of the dorsal side. This is due to the nature of the beginning use of the swirling waters. The difficulties are physically accentuated as the swirling waters begin to aid the musculature surrounding the nexi of distortions. We encourage the swirling waters and note that complete immersion in them is somewhat more efficacious than the technique now used .

We ask that the support group attempt to aid the instrument in remembering to preserve the physical energies and not expend them upon movements associated with the packing, as you call this activity,

[11] tesseract: in speculative mathematics, a cube which has developed at least one additional dimension.

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and the movement between geographical locations upon your sphere.

The alignments are excellent. All is well.

We leave you glorying in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the mighty peace of the one infinite Creator. Adonai. ✣

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Sunday Meditation
September 5, 1982

(M1 channeling)

[I am Hatonn.] I am now with this instrument. I greet you, my friends, with the love and the light of the infinite Creator. One reason you have so much trouble with pollution on your planet, you do not stop to enjoy the beauty of the streams, the beauty of your parks, the beauty of your sunset. People who see the beauty do not throw things in the streams, do not cause pollution. You are worried about your pollution, but your lack of appreciation of the beauty in the world is the cause of your pollution. Your young children should be taught to see the beauty of nature, the beauty of human beings. People would not be mistreated if the original nature of each person was appreciated. When a channel is lowest from abuse, that particular individual will never come again. People who love beauty know how to treat it. Never be so busy that you don't stop to enjoy the beauty of the flowers, the beauty of the trees and the beauty of the sunset. I am Hatonn. I leave this instrument.

(C channeling)

I am Hatonn, and I am with this instrument. We greet you again, especially those new and those who have been away but have rejoined the group. We would this evening speak but briefly through as many of the new instruments as wish to practice this evening so as to further [their] confidence and hone their abilities. We are always indeed more than grateful when allowed to aid any who seek to serve in the capacity of vocal channeling, for each aids us in that our few meager words may aid those of your planet who are searching and seeking the knowledge of the love and the light that is the one infinite Creator.

We would now switch our contact to another, speak a few words, pass on. We now transfer. I am Hatonn.

(A channeling)

I am Hatonn. I am now with this instrument, and we greet you again this evening. As we said, we wish to just speak a few words through this new instrument—correction—this instrument. We wish to say that as you work your lives on this planet, that you remember that you are indeed alive, living in what some call an illusion. But if it was not for this illusion, you would miss getting to learn some of the greatest lessons in learning to love and to care.

You do not need to wish to be somewhere else, for look about you. Is not where you are a great and beautiful place? Do not be quick to see what is not good, for in all things there is a purpose and a reason, no matter how bleak you may see it. Therefore, we say in closing, remember to live, because you are alive and you are here and you chose

to be. We now wish to transfer to another instrument. I am Hatonn.

(M1 channeling)

I am Hatonn. I am now with this instrument. I greet you again in the love and the light of the infinite Creator. Expanding our earlier conversation—make yourself larger with beauty, with friendship, with love. Did you see something beautiful today? Did you stop to admire it? Did it make you bigger? Were you with your friends? Did you feel their affection, and did they feel yours? Did you see someone that you truly love? These are the things that expand your soul. Do not become so involved in the physical that the beauty of your life and your soul are left unfulfilled. I am Hatonn. I leave this instrument.

(Carla channeling)

I am Hatonn, and I greet you once again, my friends, in the love and the light of the infinite Creator. We had intended to move to M2, and found that this instrument was receiving the signals in a particularly sensitive manner, so that it would perhaps be appropriate to use this instrument and then move on to the one known as M2 and the one known as S. We would like at this time to pause so that the brothers and sisters of Laitos may move among you if you would mentally request their presence. It is their especial honor to be an assistant to those who wish to deepen their meditative state, and to feel the presence of the Confederation of Planets. We shall pause for them at this time.

(Pause)

(Carla channeling)

I am Hatonn, and I am again with this instrument. It gives us pleasure to speak to this instrument as we are aware that our opportunities to speak to these, our beloved friends, through this instrument are few. My friends, we speak to you of the beauties and the opportunities of living a full and generous life, and indeed that is the great first part of the lesson of love—to apprehend the nature of your surroundings, of your environment, of your opportunities and of yourself; to apprehend the one infinite Creator in all that lies about you from the smallest particle to the farthest sound of the distant car driven by a stranger to a place unknown to you. Wherever that stranger goes, so do you go. You are with all beings. You are a part of all that there is, yet the opportunities for the learning of the lessons of love are inexhaustible.

There is a great second part that we would speak to you about, and that is the part of the hand that cuts the flower, of the reaper that harvests the grain. My friends, if you are too comfortable in your thinking about life, about truth, and about the Creator, reexamine your circumstances and find out where your challenge lies, for there is no still and unlearned place in the pilgrimage of the soul. You shall be forever learning, forever blessed with the challenge. Indeed, my friends, there is a strength, a placid calm, the deepest night unlit by any star within your being into which you may go for comfort and wisdom. But from that great source of love and strength and power there comes a time when you must get up from your meditation and go forward.

Try, if you can, my friends, to know that feeling that the harvest [of] each day represents to you. Each day, my friends, those things which you have sown in the past may come into bloom. Each day, something that you could not do before, or have prayed to be able to do may finally come into bloom, and each day, you must examine the possibility that there is something that you may reap and offer to the creation. Perhaps not to the part of creation that you would wish, perhaps to an entity or a situation that you would far rather were not as it were. But as we said previously, there is no circumstance without its purpose.

Investigate your own flowering abilities as each day brings its situation and challenges, for you did not come into this illusion to gaze idly by while others learned. No, my friends, you came to walk a path that has been walked by many and shall be walked by many more. We came seeking; we are with you as you seek. But your greatest resource is your own carefully and beautifully intentioned past. Whatever has been done ill, whatever error you may have committed, you have also sown many thoughts, many ideas, many intentions, many desires for the truth, for love, for the Creator. Each thought will flower in its time and each flower will be needed, so watch your garden.

We would now leave this instrument and transfer to the one known as K. I am Hatonn.

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(K channeling)

I am Hatonn. I am now with this instrument, and I would say a few words along the ones that have already been spoken. We read in your scriptures about the light that is set on a hill for all to see. A light shining in darkness is really quite easy to see. My friends, as you go about the routine which is oftentimes seemingly unimportant, and perhaps even dull and boring, if you would practice serenity and peace and joy, all of which are deep inside you as has already been indicated, you will indeed be like that light set on a hill. This may be difficult to learn, but practice is necessary for anything that you accomplish, and so I encourage you to practice these attributes in your daily life. You will not only be of help to others about you, but you will grow in the process. I now leave this instrument. I am Hatonn.

(S channeling)

I am Hatonn, and we greet you once again this evening in the love and the light of our one infinite Creator. Many times this evening have we done so, and this greeting, my brothers and sisters, can never be spoken enough or felt within your souls enough. We say this not only to greet you, but to instill in you the feeling of the light and love of the Creator. For this love and this light, my friends, is that which all of you have chosen to seek and to find in your lives and to spread throughout your world to help the peoples of this planet see this love and this light that is shared so intensely among you. You are so very bright. It should not be hard for anyone to let their light shine, to see in the future how one moment of light could change and bring about so many changes in so many peoples' lives on your planet.

My friends, we have spoken long this evening. It was our great pleasure and great joy to be called among so many. We would want you to know, as we have said in the past, that we are with you if but you call in a moment of need or a moment of quiet reflection to aid your meditation, to aid you in any way we can in your particular search for the light and for the path leading to that light. We realize that there are times when you feel very much alone, but, my friends, you are never alone. Look around you. Feel the Creator in everything you touch, everything you see. Feel His grace, His love. There is nothing that does not exude His light. And if you can but see and be aware, you will never need feel lonely or without the support that you feel you need to grow or to sustain you in your search.

We would at this time leave this instrument and transfer this contact. I am known to you as Hatonn.

(M2 channeling)

I am Hatonn. I am with this instrument. We greet you again in the love and the light of the infinite Creator. We will say just a few words through this instrument in closing because this instrument is fatigued. It is again, as always, a great joy for us to share this time and our thoughts with you. We are forever at your beck and call. Just think our names, and we are with you in your meditations and in your daily routine. Our thoughts go with you. We leave you now in the love and the light. I am Hatonn.

(M1 channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. You cannot imagine how much it means to us to speak to M2. It is not easy, but for some reason he had a special meaning for us. *(Inaudible).* Nourish your body because it houses your soul. The physical is very important. But remember, it is a temporary covering for your soul. Each day nourish yourself. Nourish the souls of your friends. When you are speaking with your friends and you compliment them, this is a greater favor than inviting them to dinner. Feeding them physically is a temporary thing. Expanding their soul is permanent. Try to see the good in everybody, but never forget to tell them. Many times you appreciate attractive things about your friends and you forget to tell them. This gives you no chance to expand their soul. Remember your soul and the souls of your friends are very important. Help them to expand their soul and never let a day go by that you are not conscious that your soul will go on. The physical is very good for helping the soul, but it really is what you people call a [whirlwind.] You feel you need three meals a day, but how many of you stop and feed your soul? When you go to bed at night, do you think of the food that you have given your soul? Are you involved with growing? Keep your soul as the valuable thing. All other things are [vapid.] Basically, in the long run, they are unimportant. I am Hatonn. I leave this instrument.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the one infinite Creator. We are

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most honored once again to be allowed to join this group and to offer ourselves in the capacity of attempting to answer those queries which have value to you. May we then ask if there might be a query with which we might begin?

K: I would like to ask one, some thoughts on a subject that all of us are going to be concerned with soon, and that is moving from one place to another. I understand that you learn from that and meet new people and grow. The difficulty that I have is with feeling sad about leaving friends and family that are loved ones, and I could use some help with this.

I am Latwii, and am aware of your query, my sister. May we begin by suggesting that though there are what you call periods of time which seem to remain unchanging, the true nature of your illusion is one of constant change. Each moment is a treasure which offers the opportunity …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. These moments offer the opportunity for you to expand your experience of yourself, and therefore the one Creator as well. As you move through each moment, there is an unending variety of opportunities to find love, to know wisdom, to feel unity, or to make whatever response is yours to make. Each moment builds upon the experience which is significant for each to undertake in the incarnation. Each moment, therefore, offers the opportunity for the type of growth which you might call a transformation of your being, so that constantly you have the opportunity to live within the moment, to allow the old to pass from your being, to experience a tiny death, and to be born again into yet another moment.

For each entity there are also those times of greater significance and larger transformations. There are various ways in which each entity experiences such transformations. The joining of couples in marriage, the birthing of children, the forming of communities, and the moving of the family or group from one location to another are obvious examples of these types of transformations. These experiences offer the entity a new beginning, and offer the entity not only growth which has been accomplished, but the opportunity to make the self new once again.

As you look about you, whether you are in the position of moving, having moved, or remaining in the location which you have known for some period of what you call time, you may see that which you call your past as having yielded the fruits which make you now what you are. Bless those experiences, my friends, for they have been well accomplished and have done their duty, shall we say. But also look to what you call your future so that there might be the symbolic opening within yourself to yet further experiences, for your life was not meant to become as the stagnant pool, but is meant to flow as the river.

May we answer you further, my sister?

K: No, thank you.

We thank you. Is there another question at this time?

E: I have a question, Latwii. It refers to the interminable questions I was asking last week, and that is, I know of an entity that has multiple personalities, and I was of the understanding that it would be very difficult for her ever to integrate her personalities. And last week I learned that one of her personalities is teaching another how to play the violin, and I would like you to comment on that, and how it relates to her possibility of putting herself back together, if you know what I mean.

I am Latwii, and am aware of your query, my brother. This entity has, as is true for each entity, incarnated for specific reasons. In general, each entity may be seen as the one infinite Creator in search of Itself. As this entity of which you speak makes that journey of seeking for the self, it has found a quite unique experience available to it. There are portions of each entity which remain hidden during what you call the incarnation, and yield their fruits, their skills, only in subliminal fashion. For this entity, these portions are not so hidden. As we mentioned before, this entity has experienced other portions of itself entering through what we then called tears or holes in the veil which separates the conscious and unconscious minds. As these portions or personalities of this entity's greater self begin to find an integration, then there is a finding of greater portions of the self for this entity. And as this particular experience which you refer to occurs, there is the melding of the self as portions which seemed divorced begin what might be termed a communication, one with the other. This is the

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fulfillment of a portion of this entity's purpose of its incarnation.

May we answer you further, my brother?

E: No, not at the time, thank you.

We thank you. Is there another question at this time?

K: Yes. Scripture tells about Jesus casting out devils and the disciples talked about casting out devils. Would you comment on the meaning of this?

I am Latwii, and am aware of your query, my sister. For those entities upon your planet who have sought the meaning of life, and the nature of truth, there has been the answer to the calling in an infinite variety of ways. Those works which you refer to as the holy scriptures of your Bible are but one example of an answer, or more correctly, a series of answers to a series of callings. Each answer, therefore, is made understandable by the one answering the call for the one who calls. Therefore, you might note that different terms can be used for those entities which are described in this work as devils or evil spirits.

Forget not, my friends, that there is one Creator and one creation, and many portions of that creation are of what is normally called the darker side, for there is night and there is light and together they make the day. Those entities of the negative nature are those entities which pursue the polarity of serving the self, which is to say, they draw unto the self the light which surrounds them and do not reflect it or radiate it unto others, for such radiation is of the positive polarity. Entities of the so-called negative nature, therefore, might seem at times to be in opposition, as you might call it, to entities of a positive polarity. Yet, my friends, in truth, this is not so. Each serves the other so that the one Creator which resides in both might know Itself in greater varieties and intensities and manners of being.

Yet, with the, shall we say, short run of time there might be the inharmonious joining of positive and negative. When entities of a positive nature are hindered in their attempts to be of service to others, this hindrance is a portion of the dance of the Creator. And another portion of that dance might include the entities of positive polarity seeking a purification of their being, of their place or location, and of those types of service which they seek to render in such purification or such casting out of demons, as it is called in these scriptures. It is recognized by those of purely positive polarity that though they ask those of the negative nature to remove themselves from the immediate surroundings, yet all are seen as the one Creator. Within certain levels of the illusions which create the densities of being, it is more appropriate from time to time for such purifications to occur. Yet, all action is the Creator which is experiencing Itself.

May we answer you further, my sister?

K: Yes, just one clarification to see if I understand. If one entity is seeking the love and the light and seeking to be the light set on a hill and another is of the negative polarity, or as you say, the negative nature, then sometimes it would be good for the ones seeking to absent themselves from the one that is of the negative nature, shall I say?

I am Latwii, and am aware of your query, my sister. In general, this is a correct summary of our suggestions and comments. We would only add that as the illusion of the separations of the two polarities takes place through the means of purification, it is most purely accomplished when it is realized that in truth there is no separation. This may seem a paradox, and indeed the illusion which you inhabit has many of these seeming paradoxes to offer.

May we answer you further, my sister?

K: I believe that answers the question. Thank you.

I am Latwii. We are most grateful to you. Is there another question at this time?

E: I have another question, Latwii, and it concerns the Bible. And that is, in the story of Adam and Eve, when their children are of age, they are instructed to go out and marry amongst the tribes, and my question is, who are these beings that they go out and marry, and where do they come from?

I am Latwii, and am aware of your query, my brother. We find you have discovered a point which many who read your book called the Holy Bible have not noticed or given great attention to. It is often felt that the descriptions made in the first few books of this work are descriptions only of an allegorical nature, when this is not in truth the case.

There were at the time in which this story was written, many entities inhabiting your planet. These entities were those who had been transferred from another within your own solar system to the planet Earth to complete the third-density cycle which they

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were unable to complete upon that planet which you call Mars. Their inability to complete that cycle upon their home planet was due to the bellicose nature of the means in which their societies interacted. Such warring natures created an environment upon that planet which did not permit the completing of its cycle without a great period of what you call time devoted to the healing of the entity that is that planet. Therefore, the transfer was undertaken by entities of the Confederation of Planets in Service to the Infinite Creator who felt that not only the transfer, but the genetic mixing, shall we say, of their beingness with the beingness of the entities being transferred to your planet would be helpful to these entities who had undergone what might be called much stress upon their home planet and who were in somewhat of a state of confusion, shall we say.

Therefore, your planet began its third-density experience 75,000 of your years in the past as you measure time, not with only its own third-density population which had evolved from the second-density life forms, but also had added unto these entities those of the planet which your peoples call Mars.

May we answer you further, my brother?

E: No, thank you.

I am Latwii. We thank you. Is there another question at this time?

K: Yes, that reminds me of the Urantia book. Would you comment on the validity of the book?

I am Latwii, and am aware of your query, my sister. This book, which your peoples call the Urantia book, was compiled by entities existing within the so-called inner planes of your planet. These entities sought to be of service by explaining in their terms, yet using some veiling of explanation, the nature of creation and the nature of evolution upon this planet. These entities sought to be of this service in response to a call of the third-density entities of your planet many, many of your years in your past. As with all answers to those who call, the information offered is stated in such a way as to speak only to those who call. Therefore, the information might be seen to be of a limited use, as is any information communicated in this manner, including the information which we have to offer.

May we answer you further, my sister?

K: Then I'm assuming this is true of what we call the Bible also.

I am Latwii, and am aware of your query, my sister. To our knowledge, this is true of any information offered by any source to any who call. For any information is a distortion of that which is attempted in the transmission, that is to say, the nature of truth, the nature of creation, the nature of the Creator is as it is. There are those who have traveled the path of seeking who have discovered more and more about truth, shall we say, but to attempt to describe it in what you call words is not to reveal the truth, but to point a direction towards the truth. Words are not the experience, therefore, all words are distortion of the experience.

May we answer you further, my sister?

K: Yes. I think I understand that then, it would be proper to say that as consciousness evolves, then truth is constantly evolving also?

I am Latwii, and am aware of your query, my sister. In one respect, this is correct, for what is true to any entity is only true as it is perceived. What is true for one changes, therefore the truth for the one changes. Yet the nature of all that is does not in its essence change. For all that is is as it is. Yet the one Creator is a being which seeks experience of Itself. There is a portion of the one Creator which this group has come to know as intelligent infinity which is not created, for it is not a portion of the creation, but is that from which the creation springs. Its nature is as it is. Yet, what springs from it constantly evolves and seems to add to it. Yet, in that addition there is no true change. This again is a paradox which we cannot resolve for you using the language of words, but we are hindered in this respect, for at this time this is our means of communication with you. We apologize for the inability that we recognize, that is, our inability to express the heart of this concept.

May we answer you further, my sister?

K: No, that helps a lot. I think that's enough for right now. Thank you.

I am Latwii. We are most grateful to you, my sister. Is there another question at this time?

A: Yes, Latwii, I have a question. In this group of meditation we put forth work in tuning so as to open [more] to one center thought of light, and it has sometimes been necessary during the meditation

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for people to leave the group, and you have mentioned that this causes a disruption in the circle. And I'm wondering if there's anything that can be done to cause less of a disruption if someone needs to leave?

I am Latwii, and am aware of your query, my sister. Should it occur that one must remove the self from the circle of seeking for a short period of time, as you call it, the easiest method to utilize for the remaining and retaining of the unified seeking is to leave as silently as possible. And prior to the leaving, to image within the mind the circle of light which is the group, and to see that position which you are leaving as sealed by light. Then, upon the reentry into the group, seeing that circle reinforced once again, and to make the circle of light stronger within your mind, and to feel once again your unity in seeking with the group.

May we answer you further, my sister?

A: No, thank you.

I am Latwii. We thank you. Is there another question at this time?

M1: I have a question, Latwii, concerning multiple personalities. Is it good for the personality to become integrated or is it better for them to remain separate?

I am Latwii, and am aware of your query, my sister. We cannot make a general statement which covers each separate case, for there are entities who experience the phenomenon which you call the multiple personality for the reasons that are knowable only to the entity, and perhaps shall not be known fully for the entire span of the incarnation. It might be thought more helpful for an entity to have the unified focus of its being to work upon its evolution of mind, of body, and of spirit, and for most upon your planet this is indeed so. But it is also possible that for some entities there is the need to splinter, shall we say, a portion of the self from another portion of the self so that through the dynamic tension which is created between the portions which are split, a certain series of experiences and lessons might be had.

Each entity upon your planet from time to time experiences some form of this splitting, for such a splitting, when accomplished within certain boundaries, shall we say, is a means for the enhancing of the experience of the entity in that certain portions of the self are then able to express their characteristics in more profound manners, and therefore might be more easily noticed by the entity as a whole or unified being. Each entity within this group this evening has at some time felt a portion of its own being moving, shall we say, away from the greater portion of the self. This frequently occasions the feelings of schizophrenia, shall we say, or the feelings of losing the control of the self for a period of time. These instances are often helpful in what you call the long run, for they enable experiences to occur which then add to the lessons which are set forth by the entity.

May we answer you further, my sister?

M1: No, that's very good. Thank you.

I am Latwii. We thank you. Is there another question at this time?

(Pause)

I am Latwii. Since we do not perceive further queries, may we say it has been a great honor to be asked to join your group this evening. We are most grateful for each opportunity to share our meager thoughts with those seekers who ask those queries which have meaning on their journey. We remind each that we are but your brothers and your sisters, and the thoughts we offer have no degree of infallibility. We suggest the contemplation and the acceptance of those which have meaning, and the discarding of any thoughts which have no value. At any time, should you ask our presence for your meditations, we would be most honored to join you. We leave you now, my friends, rejoicing in the love and in the light of the one infinite Creator. We are known to you as Latwii. Adonai vasu borragus. ♣

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Intensive Meditation
September 9, 1982

(Jim channeling)

I am Hatonn, and greet you, my friends, in the love and the light of the one infinite Creator. It is our great privilege to be able to join your group this evening. We thank each entity present for the desire we feel within each to be of the service which you have called the vocal channeling. We would begin the process this evening with the newer instruments so that we might devote the greatest amount of what you call time to their initial contact. We shall be working with our brothers and sisters of Laitos this evening, and at this time, for each new instrument who is desirous of feeling the initial contact from the Confederation, our brothers and sisters of Laitos shall pass among you and begin the conditioning process. A mental request is all that is necessary for the conditioning vibration to be experienced. You may notice any one of a variety of manifestations of this vibration. Simply request that contact be made and then allow yourself to experience the result. If at any time this process should be uncomfortable in any way, simply ask that the vibration be reduced, and if comfort is not immediately noticed, then request that the vibration be removed and it shall be done immediately.

We would first begin by conditioning the one known as N, if this entity would wish to receive our vibrations, and after a few moments of this conditioning would then attempt to make our initial contact with this entity. It is most helpful to rest the mind in its analytical processes so that the thoughts which become apparent to the inner eye may be spoken clearly. To attempt any determination as to whether the thoughts are of the Confederation or are from the entity's own subconscious is not helpful. This process is helpful at a later time after the meditation has been completed. Therefore, the simple speaking of whatever thoughts are apparent is that which shall aid the beginning of the telepathic contact.

At this time we shall attempt to speak our identification through the one known as N. We shall repeat, "I am Hatonn," until this instrument has been able to perceive our thoughts. We would at this time transfer this contact to the one known as N. I am Hatonn.

(Jim channeling)

I am Hatonn, and am once again with this instrument. We feel that we have been successful in making our initial contact with the one known as N, but find that there is some doubt on this entity's mind that the thoughts were indeed from our contact. This is quite a normal beginning, and we would reassure the entity that there is no great trick or difficulty associated with the telepathic contact and the simple speaking of our thoughts is all that is necessary to initiate and continue it. We shall

attempt once again therefore to speak our identification through the one known as N. I am Hatonn.

(Jim channeling)

I am Hatonn, and am with this instrument once again. We thank the one known as N for her great desire to be of this service, and we assure her that though she has not been able to vocalize our initial thoughts, we are most pleased with the ease which we have found in making our first contact with this instrument. We also reassure her that a simple period of practice, shall we say, is all that is necessary for this process to find a home within this entity. We shall now move to those instruments who have somewhat more experience in this process and therefore shall not identify the instrument to whom the contact shall be transferred. I am Hatonn.

(M1 channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. The people of your density have something called depression. There are many ways to overcome the situation. If you can pretend you are back in the second density as an animal and look at your life, and find that you have food, shelter, and animal conveniences, you would realize that your life is not as bad as you think it is. You can also go into the fourth density in your mind and look at your life as an observer. You will see that the things that bother are not immediate. You have the comfort that you saw as an animal. You have food, shelter and the necessities for today. If you can get out of yourself, and look at yourself as you someday will be, you will be able to leave some of your depression.

Depression is a condition seen mostly in the third density. The forgetting process keeps you from seeing the total picture, but because you imagine you see the total picture, you become depressed. If you could see the total picture, you would realize that the problems that are bothering you are only a small part of the total picture. It is very helpful to go either direction—back to the second density or imagine yourself beyond the third density. Either of these outlooks will help your depression. I am Hatonn. I leave this instrument.

(K channeling)

I am Hatonn. I greet you, my friends, again in the love and the light of the infinite Creator. Again it gives us great joy to be with this group. At the end of the day at the time of sunset, if you can but look back upon the day and count your blessings, you will find more to be thankful for than you had imagined. If you continue this practice, to look back on the day, you will find that the little things seem to fall away, and there are more things to be thankful for. As your days pass, you learn how to use the energies now available to you to bring about the good things, not only within your own life, but in the lives of those about you. The understanding of how to use the energies that are yours each day is very important. All the energy that you need is available if it is requested, and as has been indicated in times past, the beauty of the sunset and the quietness at the end of the day restores the soul.

Again we would like to express the joy we feel at being in the midst of this group. We now transfer the contact. I am Hatonn.

(A channeling)

I am Hatonn, and we greet you once again, my brothers and sisters, in the love and the light of the one infinite Creator. We do so enjoy coming to your group to feel the love you share, to see the joy. We also watch and see the joyous occasions that you have. We also see the concern of those needing. It also seems to be a worry because of the fear of losing close friends. But you live in an illusion, one which seems to be a time of separation. But is it really? Where can people go so that they are totally separated? Since we all are one, there seems to be no need to worry of losing something. But much can be gained from learning the lessons in your illusion, and we are sometimes envious of the lessons you can learn. We are joyous though, in being able to watch you grow, to learn to love, and if ever you wish our presence, you need but ask. We shall be there. We are more than happy to serve you in this manner.

We shall now transfer this contact to another instrument. I am Hatonn.

(S channeling)

I am Hatonn, and once again we greet you, our brothers and sisters, in the love and in the light of our one infinite Creator. This evening we have spoken of love that is shared between friends, between others like yourselves who have similar interests. But, my friends, do you take that extra step to share that love with the people whom you meet in

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your everyday lives, to share that love that is so abundant among you? To share the light, the Creator's love? Is this so hard to do? We have spoken of sharing among your families, as indeed you are a family. And to include others in that family would be an accomplishment along the path which you seek, for that path is service.

This entity—we correct this instrument. This instrument is fatigued this evening and having trouble maintaining our contact. Therefore at this time, we would transfer to another instrument. I am Hatonn

(M1 channeling)

I am Hatonn, and am once again with this instrument. I greet you with the love and the light of the infinite Creator. I know in your heart you are uneasy because the more established instruments are leaving. If letters or tapes could be sent back and forth, if part of a letter or part of a tape could be read at the beginning of a meeting, or if the instruments who are leaving would set aside this time to be with you in spirit for a short time until you feel more comfortable alone, it would be very helpful. If they could set aside fifteen minutes on a Sunday evening, you would not feel so alone. They would be with you in spirit. If they could send the thoughts they have during that time to you, you would know you are not alone. You will not feel so uncomfortable and can continue the spirit of the meeting. I leave this instrument. I am Hatonn.

(M2 channeling)

I am Hatonn, and I greet you again in the love and the light of the infinite Creator. We are pleased to see the progress of each of the channels. You are no longer new channels. You have grown in confidence. Your desire has been steady. You have worked and prayed to attain as pure a channel as possible. You have an opportunity, brothers and sisters, before you to use this channel medium to continue to share with those that are around you. Your group will grow and it will become small. It will grow and become small again, perhaps. For such is the nature of your group, to always be willing to serve others that pass through; to always have the watchful eye for someone in need; to always have the helping hand for someone who may have stumbled.

You have grown strong, especially through the bonding of the friendships and your love with one another. While many of you will be physically separated, surely you know by now that you are not separated at all. But just as we are with you at your call, your brothers and sisters in the spirit of your cause are also with you at your call. They share in your joy, they share in your sorrow, and especially they share in your strength. And this is the strength that will help you carry on many times when the distractions are great or the interest wanes, and you wonder, "Is there still a need for this type of service?"; when weeks may pass and many of the members that have frequented this road of learning have gone their separate ways. But your desire is strong, my brothers and sisters, and it will always bring you back. Bring you back together. You are a family in unison who will serve those in need. Each time you come together you grow in the strength of your commitment to serve. A legacy of sorts is left to you, and [as] a very able and willing group you are to take it upon your shoulders. Our blessings are on all of you.

We leave this instrument. I am Hatonn.

(Jim channeling)

I am Hatonn, and greet you all once again in love and light. Before we take our leave of this group, we would perform what is for us somewhat of an unusual honor, and that is the attempting to answer your queries on this evening. We usually are not asked to perform this task, for it is most often our brothers and sisters of Latwii who are requested to perform this service, but it is our honor this evening, for there are the needs upon our vibration of love which we feel we might be most able to fulfill. May we ask if there is a question which we might make an answer to at this time?

S: I have a question. My question is, how will I know when it is you in my consciousness and not my own input? I am fearful to say what is on my mind and not what is knowledge from you.

I am Hatonn. My sister, your concern is indeed well-founded, for it is most helpful for the desire of each new instrument to be strong in purity. This you have achieved. May we also then suggest that in order to initiate the vocalized channeling process that you speak those thoughts which appear in your mind while you are meditating within a group which has devoted itself to this type of service. You will not know with any degree of what you call certainty that the thoughts belong to us or belong to you. This is

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necessary so that each contact is what we call free will contact. That is, no truth of any reproducible or certain nature may be given. This aids the new instruments and each entity much more in what you call the long run than having absolute proof that the thoughts belong to us and not to you, for the exercise of faith and will together are most helpful to any entity's growth. To have the work done or the proof given without some doubt being overcome, shall we say, on the part of the entity is not most helpful, for it does not take any faculty of will or faith for an entity to have proven for it that such and such a phenomenon exists. Therefore, we suggest that while you are attempting to make the contact with any member of the Confederation of Planets that you speak those thoughts which appear in your mind, and only later attempt to analyze their origin.

May we answer you further, my sister?

S: No, thank you.

I am Hatonn. We thank you. Is there another question at this time?

M1: I have a question. Is it possible that some of us knew you before this incarnation?

I am Hatonn. My sister, all things are quite possible. May we answer you further?

M1: Thanks for that answer to my question.

I am Hatonn. We thank you. Is there another question at this time?

K: Yes. I'd like for you to comment on an experience I had this week. My daughter has trouble sleeping. She came over two nights ago, at 2:30 in the morning, and touched me and scared me half to death, and she said, "Mother, I can't sleep." And because of having to teach the next day, she almost panics when she has trouble sleeping. And so I made a pallet for her, and she lay down on the floor, and I tried to put some energy from my own hands into the solar plexus to help her calm down, and then I got back on the bed, and I found that I couldn't rest. And I thought, well, we're both in a dilemma now, 'cause I don't know what to do. It seemed like I was supposed to be doing something. And so I imagined light beginning at her head and just going down and covering her like a cocoon. And I still couldn't relax myself, and I was afraid my anxiety was going to make her anxiety worse. And then the thought occurred to me. I will seal that light so that it's … she is completely sealed in this light of peace and rest, and with that thought, I was totally relaxed myself, and I went to sleep and she went to sleep.

And the next morning I thought, I didn't know if she'd been asleep, I know I went to sleep. The next morning I wondered how she was going to be, and she came in before she went to school, and I've never seen her so excited. And I just wondered if that little thing of sealing the light …

(Side one of tape ends.)

(Jim channeling)

I am Hatonn. We have had a small difficulty in perceiving the point of the query which we feel has some merit. May we ask for a summary?

K: Why did … I didn't get relief, and couldn't relax myself until I sealed the light about her. Now, why was that significant for me?

I am Hatonn, and we feel we have a better grasp now of the gist of your query, my sister. It is often the case that those upon your planet who have entered the relationships of a family have ties which are quite close in the experience of your illusion. That your daughter sought your comfort in a period of her own discomfort is the expression of the yearning for the love of the parent, and your response was the completion of that cycle of being. That you sought to seal that cycle's completion was most appropriate, for both of you were engaged in a process of growth which was symbolic in nature, that of the giving and receiving of love. To seal that symbolic learning was indeed to seat it within your being, and was of great aid to your daughter, for she was then more able to feel the love living within her being, and it was then able to provide a new type of perception or energetic being for her.

May we answer you further, my sister?

K: No. That was a good explanation, thank you.

I am Hatonn. We are most grateful to you, my sister. May we attempt another query at this time?

Carla: I have a question from K's question. She so often gets me started on something. I've noticed that sometimes people try the laying on of hands as if they were attempting to take the pain unto themselves. And there is another kind of healing in which a person seems to realize that the healing comes through them and not from them, and

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therefore they don't take the pain unto themselves, they just allow themselves to be channels of light. And the feeling that one gets from that type of a healing may or may not do anything on the physical plane, but it seems to be a more permanent and a more peaceful feeling.

So I was wondering when K touched her daughter on her solar plexus if she had not taken some of her daughter's discomfort unto herself in the desire to heal her daughter because she loved her, and when she made that symbolic sealing it was as if she released that healing to the Creator. In other words, I'm trying to see the thing in a larger light, so that I can understand it in more different circumstances than just this one. Would this sort of be a relatively accurate understanding of the dynamic of it?

I am Hatonn. My sister, we find your perception quite adequate to describe this phenomenon. The process which the one known as K undertook, the taking on of her daughter's discomfort, is one which is in itself and in its place quite appropriate to one who serves as what you might call the mother in the protective capacity that might be required in order to complete a certain portion of learning for both the mother and the daughter. The sealing in light of the love and light of the one Creator which the one known as K then undertook as her final portion of that action is the demonstration of a more universal principle, that of the one who does indeed turn to the one Creator as the source of all beingness and gives up the will, shall we say, the small will that wishes for one thing or another for the daughter, and allows the one Creator to act through the small will and transform it, that the will of the one Creator might be manifested. Thus, you have types of activity which occurred, each appropriate to the lessons that were being learned.

May we respond further, my sister?

Carla: No, thank you.

I am Hatonn. We are grateful to you as well, my sister. May we respond to another query at this time?

K: Yes. Let me just push that on a little bit further. I didn't know what happened, but that … the explanation was excellent, but, since that, I have felt a sense of humility, even though I was unaware exactly what happened, but I have felt the sense of humility and almost—how do I—a glow since that experience. Is that the result of the experience of love, or why has it affected me since then?

I am Hatonn. My sister, the greatest humility is felt by those who are vessels for the one Creator and who do not claim that what proceeds from their being is a portion of their small being, but who know and express their knowledge that the one Creator moves through their being. To be such a vessel is the greatest of honors, and causes within such a vessel the greatest humility, for such an one knows that of itself no such power is possible, but to open the being to the one Creator is to allow the greatest of possibilities of knowing love for all creation to flow through the being, and for that love to exercise its healing power. Therefore, humility is always the result.

May we answer you further, my sister?

K: No, thank you.

I am Hatonn. We thank you, my sister. Is there another query at this time?

S: I have a question, Hatonn. I don't know whether you can answer it or not. In the past three or four days, G and I have felt an entity in our new home and are curious as to whether it's left over, so to speak, or if we have drawn the entity there since we have been in [town]?

I am Hatonn. My sister, we find that there is somewhat of a residue which exists with the entity which has become your new dwelling. This is most frequently the case when the dwelling place is inhabited for a portion of time, that certain thought forms shall be created by the inhabitants, and shall remain with the place of dwelling should the inhabitants leave. Therefore, it is often most helpful to initiate some type of ritual ceremony to purify the new place of dwelling so that it might then be more receptive to those harmonics or vibrations of its new inhabitants.

May we answer you further, my sister?

S: Well, yes, a little bit. The entity, being the presence, does not seem negative or malevolent at all. Should we not welcome him, or by going through the ritual of purifying the house, would that not be in itself a negative act, by trying to control or, what would be, remove him?

I am Hatonn. My sister, we find that it is frequently most helpful for those who have chosen the positive

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path of service to others to perform such a ritual in any new dwelling place so that the environment which shall nourish such entities might be most purely positive. To perform such a ritual does not then ask all entities to leave, but only requests those of the negative sense depart. Those of the positive nature shall know they have found a good home. To exercise such discrimination within the bounds of one's dwelling is not to attempt the control that which might be viewed as negative, but is to attempt the purity which then nourishes most effectively those of the positive nature who wish to be of service to others. It is the choice of how to tend the garden. The choice of allowing the weeds to persist or to remove the weeds, and to then water the garden.

May we answer you further, my sister?

S: No, thank you. I hadn't quite seen it in that perspective. I feel a lot better now.

I am Hatonn. We are most grateful to you, my sister. Is there another query at this time?

A: Yes, Hatonn, I have one, an inquiry that goes along the lines of S's. I'm curious—is the ritual the same as the one Jim and Don and Carla would use on their new home?

I am Hatonn. My sister, this ritual which you have referred to is quite efficient in its ability to banish, shall we say, the lesser vibratory rates of beings, and may not be necessary in most cases. A ritual which has meaning to these entities which would then include those elements of the nature of the salt or the garlic or the water or the burning cedar might also be helpful. The intent is that which is most important. The intent of purification so that positive vibrations might be enhanced, and the praise of the one Creator for providing the opportunities for service are most helpful in this regard.

May we answer you further, my sister?

A: Yes, but now to another house. Where I am living does not seem to be the most positive place, and I'm finding I have problems studying there, and just basically finding peace of mind there. But since I have someone living in the other part of the house, is it possible just to do part of the house, or if I do the whole house, will whatever his vibrations are counteract, or how can it be done to, say, bring a house more positively when both people in it might not be towards the same goal?

I am Hatonn. My sister, in such a case, you indeed have more to work with in the way of obstacles and barriers. It is possible to purify a portion of a dwelling, but those entities which create thought forms at variance with your own then intrude from time to time and affect the tuning which you have achieved. In such cases there is the need for the repetition of such rituals, and this is recommended in such a situation.

May we answer you further, my sister?

A: Yes. I do not wish to cause him any problems, and from what I recall, a Ra session says that entities may not leave the house, but just go to another portion, and I would not wish to cause him any problems by sending mine to his half of the house. So, would that happen? Would that be a concern?

I am Hatonn. In this case, my sister, we find that these entities or thought forms would simply be returning to their source. You would not be providing any new additions to the other dwellers of this place.

May we answer you further?

A: No, thank you.

I am Hatonn. Is there another question at this time?

Carla: One quick question that you probably can't answer. Is there any reason that I'm not supposed to sing songs for this young women's prayer group?

I am Hatonn. We are not aware of any reason. May we answer you further?

Carla: No, thank you. No, I just wondered. I've been trying a lot.

I am Hatonn. We thank you, my sister. At this time we shall take our leave of this group, for we find there is some discomfort within this instrument, and it would be most appropriate at this time for us to take our leave. We thank each within the group for the dedication to the service of the one Creator by developing that skill which you have come to call the vocal channeling. We assure each that we shall be with you whenever requested. We assure the new instruments that the desire and the dedication and the practice will result in the sharpening of the skills which are new. We leave each of you, my friends, in the love and in the light of the one infinite Creator. We are known to you as Hatonn. Adonai, my friends. Adonai vasu borragus. ♣

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The Law of One, Book IV, Session 96

September 9, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The physical energy deficit is significantly greater than the last asking. There has been substantive lessening also of the vital energies, although the perquisite degree of energy for mental/emotional distortions of normalcy are yet available.

Questioner: The instrument asks if the house which is to be our new location is capable of being transformed by painting and cleaning? We don't plan to put down all new carpets. Would cleaning the carpets that are there now be acceptable?

I want to bring this particular house up to acceptable limits so that it is neutral after we do the salting. I have a concern only for the conditions for our work there. The physical location isn't that important. In fact I don't consider that important at all. Could Ra comment on this?

Ra: I am Ra. It is, of course, the preference of this group which is the only consideration in the situation for the contact with Ra.

The domicile in question has already been offered a small amount of blessing by this group through its presence and, as we have previously stated, each of your days spent in love, harmony, and thanksgiving will continue transforming the dwelling.

It is correct, as we have previously stated, that physical cleanliness is most important. Therefore, the efforts shall be made to most thoroughly cleanse the dwelling. In this regard it is to be noted that neither in the dwelling as a whole wherein you now reside or in the chamber of this working is there an absence of your dust, earth, and other detritus which is in toto called dirt. If the intention is to clean, as much as is physically possible, the location, the requirements for physical cleanliness are fulfilled. It is only when a lower astral entity has, shall we say, placed portions of itself in the so-called dirt that care should be taken to remove the sentient being. These instructions we have given.

May we note that just as each entity strives in each moment to become more nearly one with the Creator but falls short, just so is physical spotlessness striven for but not achieved. In each case the purity of intention and thoroughness of manifestation are appreciated. The variance between the attempt and the goal is never noted and may be considered unimportant.

Questioner: The sequence of events that I am considering is first the painting and then the cleaning, then the moving in of the furniture, then the salting and use of garlic. Is this as good as any other sequence or would another sequence be better?

Ra: I am Ra. Any sequence which results in the cleansing is acceptable. It is to be noted that the thresholds are not to be crossed during the cleansing.

Since such stricture upon use of the limen may affect your considerations we make note of this.

Questioner: Would Ra comment on the technique of blessing the water that we will use to sprinkle the salt? I assume that we just sprinkle the water directly off of our finger tips onto the line of salt. How much water, in general, should be sprinkled on the salt? How wet should we get it? I would like to get this done right.

Ra: I am Ra. The blessing of the water may be that one we have previously given, or it may be that one which is written within the liturgy of this instrument's distortion of the worship of the one Creator, or it may simply be obtained from what you call your Catholic Church in the form of holy water.

The intention of blessing is the notable feature of blessed water. The water may be sprinkled not so that all salt is soaked but so that a goodly portion has been dampened. This is not a physical working. The substances need to be seen in their ideal state so that water may be seen to be enabling the salt.

Questioner: I have planned to re-draw the tarot cards omitting the extraneous additions by those who came after Ra and I would like quickly to go through those things that I intend to eliminate from each card and ask Ra if there is anything else that should be eliminated to make the cards as they were before the astrological and other appendages were added.

I would eliminate all of the letters from the edge of the card with the possible exception of the number of the card. That would be the case for all of the cards. In Card Number One I would eliminate the star, the wand in the Magician's hand, and I understand that the sphere remains but I am not really sure where it should be. Would Ra comment on that please?

Ra: I am Ra. Firstly, the elimination of letters is acceptable. Secondly, the elimination of stars is acceptable in all cases. Thirdly, the elimination of the wand is appropriate. Fourthly, the sphere may be seen to be held by the thumb and index and second finger.

Fifthly, we would note that it is not possible to offer what you may call a pure deck, if you would use this term, of tarot due to the fact that when these images were first drawn there was already distortion in various and sundry ways, mostly cultural.

Sixthly, although it is good to view the images without the astrological additions, it is to be noted that the more general positions, phases, and characteristics of each concept complex are those which are significant. The removal of all distortions is unlikely and, to a great extent, unimportant.

Questioner: I didn't think that we could ever remove all distortions but it is very difficult to work with or interpret these cards because of the quality of the drawing, and as we go through them we get a better idea of what some of these things are and how they should be drawn. I think that we can improve on the quality of the cards and also remove some of the extraneous material that is misleading.

On the second card we should remove the letters and the stars. At the center of the female form here she is wearing something that looks something like a crux ansata and we should change that. Is that correct?

Ra: I am Ra. We perceive an incomplete query. Please requestion.

Questioner: I think that I should put a crux ansata in the place of this thing that looks a little like a crux ansata on the front of the female. Is that correct?

Ra: I am Ra. This is correct.

Questioner: Then as to the thing that she wears on her head, that, I believe, is a bit confusing. What should it be shaped like?

Ra: I am Ra. We shall allow the student to ponder this point. We note that although it is an astrologically based addition to the concept complex it is not entirely unacceptable when viewed with a certain feeling. Therefore, we suggest, O student, that you choose whether to remove the crown or to name its meaning in such a way as to enhance the concept complex.

Questioner: Would Ra please give me any information possible on the ratios of dimensions, and the shape of the crux ansata as it should be made or drawn?

Ra: I am Ra. No.

Questioner: In Card Number Three we will remove all the letters and the stars and I assume that the little cups around the outside of the rays

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representing the sun should be removed? Is that correct?

Ra: I am Ra. Yes

Questioner: In Card Number Four we will remove all the letters and the stars and it seems that again we have a situation of removing the wand and putting the sphere in the hand. Is that correct?

Ra: I am Ra. Again, this is a matter of choice. Though astrological in nature, this particular scepter has possibilities of relevance in the originally intended concept complex.

This instrument is experiencing some small lack of that distortion which you call proper breathing due to the experience of your near past, as you perceive it. Therefore, as this instrument has requested a substantial enough amount of transferred energy to be retained that it might effect a comfortable re-entry, we shall at this time ask for one more query, after noting the following.

We did not complete our statement upon the dimensions of the crux ansata. It is given in many places. There are decisions to be made as to which drawing of this image is the appropriate one. We may, of course, suggest viewing the so-called Great Pyramid if the puzzle is desired. We do not wish to work this puzzle. It was designed in order that in its own time it be deciphered. In general, of course, this image has the meaning previously stated.

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. Continue in harmony, communication, praise, and thanksgiving.

We would note that this instrument's distortions would be lessened were it to refrain from the speaking to some extent for a diurnal period or perhaps two if the difficulty remains. We would also recommend against the activity such as running which would cause rapid respiration. This after-effect of the greeting is not necessarily long-lasting. However, as this instrument has some blood vessels in the forward regions of the skull; that is, the integument covering the skull, which are greatly swollen at this time and since this instrument has the distortion known as the streptococcal infection, it is best to be full of care for a short period in order that the distortions do not catapult the entity into longer-term after-effects.

All is well. We find the alignments satisfactory.

I am Ra. I leave you in the love and light of the infinite One. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 96, Fragment 46
September 9, 1982

Jim: Don's job as a pilot for Eastern Airlines saw him based in Atlanta. Commuting to and from Atlanta became more and more wearing on him and reduced the amount of time available for Ra sessions due to his absence and due to the time needed for him to recover from his weariness when he was home. Thus, in the fall of 1982 we found a house near the airport in Atlanta that we thought we would move to so Don's commuting time would be reduced. It had previously been inhabited by people who had trafficked in illegal drugs and who had apparently had numerous disharmonious experiences within the dwelling that was to become our new home. These unfortunate experiences by the former tenants had apparently attracted elementals and lower astral entities into the house which Carla was somewhat able to perceive.

She wanted very much to move into the house because it would have greatly helped Don to be that close to his work. She wanted to buy new carpeting to replace the soiled one, or failing that, to begin scrubbing the carpet to cleanse the house of the undesirable presences, but the limitations of our budget and her arthritis made that impossible. Thus a blue-ray blockage of communication occurred which, two days later while she was on her daily walk, was entered by our fifth-density, negative friend and enhanced in the magical sense until she was unable to breathe for about thirty seconds. This was symbolic of her inability to talk to Don about what the house needed. Keeping calm during the distress saw her through it, and talking to Don about the house cleared the blockage.

The queries about the malfunctioning tape recorder refer to strange sounds that came from it a few days later when Carla was trying to record some of her singing to send to a friend.

The last portion of this session returns to the subject of the house next to the airport in Atlanta that was to become our new home. In our personal and fallible opinions it is from this point that the difficulties that eventually led to Don's death may be traced. When we returned to our home in Louisville from looking at the new home-to-be in Atlanta, we had just walked in the front door when, all of the sudden, a hawk with a wing span of at least four feet landed outside of our kitchen window, remained for a few moments, and then flew off over the tree tops. Carla and I took the appearance of the hawk as a sign confirming the desirability of the house in Atlanta as our new home. Don, however, was not sure that the hawk was a good sign, and he began to doubt whether we should move to the house after all.

Carla: *I cannot tell you just how sorry I was that the Atlanta "farm" they were talking about here did not work out as a dwelling place for us. In it, Don was just three miles from the airport. It was a very nice place, although peculiar in that the house simply ended with no wall between it and the adjoining horse barn. It was less expensive to rent than the place we had in*

Louisville, it was a milder climate, and there was room for Jim to stretch out and have his own place, and Don and me to do likewise. What foiled it was an attitude of Don's that was deeply characteristic, and I imagine stemmed from growing up in the depression. He did not want to spend the money to get the place really clean. The dirtiness of the place was everywhere, it had been neglected for some time, dusted and vacuumed occasionally, but any spills were left as they fell, and there was the slight patina of ground-in dirt that only good soap would get, and much hard scrubbing. The most logical solution to me was simply to replace the floor covering throughout the dirtied area. Barring that, hiring a good cleaning agency with professional equipment would have sufficed. Don wished to do neither of these things.

When the hawk flew, and Don took it as a bad omen, that was it. There was no more to discuss, as far as Don was concerned. At that point, as Jim has said, there was a definite shift in Don's peace of mind. He was more concerned about having enough energy to work as a pilot than ever, and yet everything seemed to be too much trouble. When we tried to buy the Louisville house from its owner, there was a $5,000.00 dispute that the owner and Donald developed that put the quietus on that deal. So we had to move somewhere, as the owner of the Louisville property was selling it out from under us. Don eventually OK'd a lovely and pricey house on Lake Lanier, about 40 bad miles from the airport. What we hadn't realized was that Atlanta traffic is terrible; after the Olympics were held there, the whole nation became aware of that. And Don had to drive from the extreme north of the traffic tangle to the extreme south, where the airport lay. He spent more time getting there from the lake house than he had done from Louisville, since all he had to do in Louisville was take a short drive to the airport and commute for an hour to Atlanta. The driving from the lake was always an hour and a half to two hours, because of the traffic. There simply seemed no relief and no solution at that house. And so began a difficult experience for all three of us, who somehow had no safe place to be.

If Donald had been normal, he would have been talking a good deal about his various fears. But Don was Don, a wonderful, wise, charming, funny and truly great man, but an unique man who had from an early age pretended he had no preferences and was only an observer. After his death I found out that he was developing real fears about losing me to Jim. But to me he said nothing, following his usual practice of behaving as though he had no preferences. So I was utterly confused. I figured he was just upset about having the right place, and spent countless hours poring over newspaper ads trying to find him a place he felt good about, but to no avail. From this point on, we were never at peace. And little by little, I realized at a deep level that something serious was going wrong with Don. He began acting very unlike himself, being unwilling to leave my presence to the point of listening to my music rehearsals, watching me exercise, sleeping in my room, all things the usual Don would scorn. I did not take these things as positive, for I truly loved the irascible and indifferent Don and longed to have him back.

I was grieving for Donald for months while he was still alive, for he quickly changed to the point that neither I not he himself could recognize him. This was a time of the most profound distress for Don and for me. Jim was deeply concerned about both of us, but was pretty stable. Both Don and I went rather quickly beyond the bounds of normalcy. I suffered a breakdown. I asked for and got help from family, friends and therapists. So I walked through my nervous breakdown, continuing to function at a basic level. Don suffered a breakdown also, but his came with a real break from reality, and he was in a place where it seemed no one, most of all I, could help him.

Session 96, September 9, 1982

Questioner: Could you tell me the cause of the lessening of the physical and vital energies?

Ra: I am Ra. We found the need of examining the mental configurations of the instrument before framing an answer due to our reluctance to infringe upon its free will. Those concepts relating to the spiritual contemplation of personal catalyst have been appreciated by the entity so we may proceed.

This entity has an habitual attitude which is singular; that is, when there is some necessity for action the entity is accustomed to analyzing the catalyst in terms of service and determining a course. There was a most unusual variation in this configuration of attitude when this instrument beheld the dwelling which is to be inhabited by this group. The instrument perceived those elementals and beings of astral character of which we have spoken. The instrument desired to be of service by achieving the domicile in question but found its instincts reacting to the unwelcome presences. The

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division of mind configuration was increased by the continuing catalyst of lack of control. Had this entity been able to physically begin cleansing the dwelling the, shall we say, opening would not have occurred.

Although this entity attempted clear communication upon this matter, and although each in the support group did likewise, the amount of blue-ray work necessary to uncover and grasp the nature of the catalyst was not affected. Therefore, there was an opening quite rare for this mind/body/spirit complex and into this opening the one which greets you moved and performed what may be considered to be the most potent of its purely magical manifestations to this present nexus, as you know time.

It is well that this instrument is not distorted towards what you may call hysteria, for the potential of this working was such that had the instrument allowed fear to become greater than the will to persevere when it could not breathe, each attempt at respiration would have been even more nearly impossible until the suffocation occurred which was desired by the one which greets you in its own way. Thus the entity would have passed from this incarnation.

Questioner: Does this threat, shall I say, still exist and, if so, is there something that we can do to alleviate it?

Ra: I am Ra. This threat no longer exists, if you wish to phrase this greeting in this manner. The communication which was affected by the scribe and then by the questioner did close the opening and enable the instrument to begin assimilating the catalyst it had received.

Questioner: Was the unusual sound on the instrument's tape recorder that occurred while she was trying to record her singing a greeting from our fifth-density, negative associate?

Ra: I am Ra. No. Rather it was a greeting from a malfunctioning electronic machine.

Questioner: There was no catalyst for that machine to malfunction from any of the negative entities then. Is that right? It was only a function of the random malfunction of the machine. Am I correct?

Ra: I am Ra. No.

Questioner: What was the origin of this malfunction?

Ra: I am Ra. There are two difficulties with the machine. Firstly, this instrument has a strong effect upon electromagnetic and electronic machines and instruments, and likely, if continued use of these is desired, should request that another handle the machines. Also, there was some difficulty from physical interference due to the material you call tape catching upon adjoining, what you would call, buttons when the "play" button, as you call it, is depressed.

Questioner: How is Ra able to know all of this information? This is somewhat of an unimportant question, but it is just amazing to me that Ra is able to know all of these trivial things. What do you do, move in time/space and inspect the problem or what?

Ra: I am Ra. Your former supposition is correct, your latter unintelligible to us.

Questioner: You mean that you move in time/space and inspect the situation to determine the problem. Is that correct?

Ra: I am Ra. This is so.

Questioner: Was there a significance with respect to the hawk that landed the other day just outside the kitchen window?

Ra: I am Ra. This is correct. We may note that we find it interesting that queries offered to us are often already known. We assume that our confirmation is appreciated.

Questioner: This seems to be connected with the concept of the bird being messengers in the tarot and this was a demonstration of this concept. I was wondering about the mechanics, you might say, of this type of message. I assume that the hawk was a messenger, and I assume that as I thought of the possible meaning of this with respect to our activities I was, in the state of free will, getting a message in the appearance of this very unusual bird, unusual, I say, in that it came so close. I would be very interested to know the origin of the message. Would Ra comment on this, please?

Ra: I am Ra. No.

Questioner: I was afraid that you would say that. Am I correct in assuming that this is the same type of communication as depicted in Card Number Three of the Catalyst of the Mind?

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Ra: I am Ra. We may not comment due to the Law of Confusion. There is an acceptable degree of confirmation of items known, but when the recognized subjective sigil[12] is waved and the message not clear, then it is that we must remain silent. ♣

[12] sigil: A seal or signet; a mark or sign supposed to exercise occult power [< L *siggilum* seal].

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The Law of One, Book IV, Session 97

September 15, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. It is as previously stated.

Questioner: What is the situation with our fifth-density negative friend?

Ra: I am Ra. It is as previously stated.

Questioner: Are there any items in the first four cards not of Ra's intention that we could remove to present a less confusing card as we make our new drawings?

Ra: I am Ra. We find much material in this query which would constitute repetition. May we suggest rephrasing the query?

Questioner: Possibly I didn't phrase that the way I meant to. We had already determined the items that should be removed from the first four cards and my question was: had I missed anything that should be removed that was not of Ra's original intention?

Ra: I am Ra. We shall repeat our opinion that there are several concepts which, in each image, are astrologically based. However, these concepts are not without merit within the concept complex intended by Ra, given the perception by the student of these concepts in an appropriate manner.

We wish not to form that which may be considered by any mind/body/spirit complex to be a complete and infallible series of images. There is a substantial point to be made in this regard. We have been, with the questioner's aid, investigating the concept complexes of the great architecture of the archetypical mind. To more clearly grasp the nature, the process, and the purpose of archetypes, Ra provided a series of concept complexes. In no way whatsoever should we, as humble messengers of the one infinite Creator, wish to place before the consideration of any mind/body/spirit complex which seeks its evolution the palest tint of the idea that these images are anything but a resource for working in the area of the development of the faith and the will.

To put this into perspective we must gaze then at the stunning mystery of the one infinite Creator. The archetypical mind does not resolve any paradoxes or bring all into unity. This is not the property of any source which is of the third-density. Therefore, may we ask the student to look up from inward working and behold the glory, the might, the majesty, the mystery, and the peace of oneness. Let no consideration of bird or beast, darkness or light, shape or shadow keep any which seeks from the central consideration of unity.

We are not messengers of the complex. We bring the message of unity. In this perspective only may we affirm the value to the seeker of adepthood of the

grasping, articulating, and use of this resource of the deep mind exemplified by the concept complex of the archetypes.

Questioner: Thank you. Card Number Five, the Significator of the Mind, indicates, firstly, as I see it, simply a male within a rectangularly structured form which suggests to me that the Significator of the Mind in third density is well bounded within the illusion, as is also suggested by the fact that the base of the male is a rectangular form showing no ability for movement. Would Ra comment on that?

Ra: I am Ra. O student, you have grasped the barest essence of the nature of the Significator's complete envelopment within the rectangle. Consider for the self, O student, whether your thoughts can walk. The abilities of the most finely honed mentality shall not be known without the use of the physical vehicle which you call the body. Through the mouth the mind may speak. Through the limbs the mind may affect action.

Questioner: The entity looks to the left, indicating that the mind has the tendency to notice more easily catalyst of a negative essence. Would Ra comment on that observation?

Ra: I am Ra. This is substantially correct.

Questioner: There are two small entities at the bottom, one black and one white. I will first ask Ra if this drawing is correct in the coloring? Is the black one in the proper position with respect to Ra's original drawings?

Ra: I am Ra. That which you perceive as black was first red. Other than this difference, the beings in the concept complex are placed correctly.

Questioner: The red coloration is a mystery to me. We had originally decided that these represented the polarization of the mind. Would Ra comment on that?

Ra: I am Ra. The indications of polarity are as presumed by the questioner. The symbolism of old for the left-hand path was the russet coloration.

We shall pause at this time if the questioner will be patient. There are fairly serious difficulties with the instrument's throat. We shall attempt to ameliorate the situation and suggest the rewalking of the Circle of One.

(The Circle of One was rewalked and breath expelled two feet above the instrument's head.)

Ra: I am Ra. Please continue.

Questioner: What was the nature of the problem?

Ra: I am Ra. The fifth-density entity which greets this instrument affected a previous difficulty distorting the throat and chest area of the instrument. Some fraction of this distortion remained unmentioned by the instrument. It is helpful if the instrument speaks as clearly as possible to the support group of any difficulties that more care may be taken.

However, we find very little distortion left in the chest area of the instrument. However, immediately preceding the working the instrument was offered an extreme activation of what you may call the allergies and the mucous from the flow which this distortion causes began to cause difficulty to the throat. At this juncture the previous potential for the tightening of the throat was somewhat activated by reflex of the yellow-ray, chemical body over which we have only gross control.

We would appreciate you reminding us to cause this instrument to cough before or after each query for the remainder of this working. Once conscious, this instrument should have no serious difficulty.

Questioner: I was wondering why the dark entity was on the right side of the card in relation to the Significator. Could Ra comment on that after making the instrument cough?

Ra: *(Cough)* The nature of … We pause.

(Ten second pause.)

I am Ra. There was a serious pain flare. We may now continue.

The nature of polarity is interesting in that those experiences offered to the Significator as positive frequently become recorded as productive of biases which may be seen to be negative, whereas the fruit of those experiences apparently negative is frequently found to be helpful in the development of the service-to-others bias. As this is perhaps the guiding characteristic of that which the mind processes and records, these symbols of polarity have thusly been placed.

You may note that the hands of the central image indicate the appropriate bias for right and left-hand

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working; that is, the right hand gestures in service-to-others, offering its light outward. The left hand attempts to absorb the power of the spirit and point it for its use alone.

Questioner: The eight cartouches at the bottom would possibly signify the energy centers and the evolution through those centers with the possibility for positive or negative polarization because of the white and black coloration of the figures. Would Ra comment on that after making the instrument cough?

Ra: *(Cough)* I am Ra. The observations of the student are perceptive. It is informative to continue the study of octaves in association with this concept complex. Many are the octaves of a mind/body/spirit complex's beingness. There is not one that does not profit from being pondered in connection with the considerations of the nature of the development of polarity exemplified by the concept complex of your Card Number Five.

Questioner: Do the symbols on the face of each of these little cartouches such as the birds and the other symbols have a meaning in this card that is of value in considering the archetypes? Could you answer that after making the instrument cough?

Ra: *(Cough)* I am Ra. These symbols are letters and words much as your language would receive such an entablature. They are, to a great extent, enculturated by a people not of your generation. Let us, in the rough, suggest that the information written upon these cartouches be understood to be such as the phrase, "And you shall be born again to eternal life."

Questioner: Thank you. I thought that the wings on top of the card might indicate the protection of the spirit over the process of evolution. Would Ra comment on that after having the instrument cough?

Ra: *(Cough)* I am Ra. We shall end this session for we are having considerable difficulty in using the sympathetic nervous system in order to aid the instrument in providing sufficient of your air for its respiration. Therefore, we prematurely suggest ending this session.

Is there any brief query before we leave this instrument?

Questioner: It's not necessary to answer this if you want to end right now for the instrument's benefit, but is there anything that we can do to improve the contact or make the instrument more comfortable?

Ra: I am Ra. All is well. The support group functions well.

It is suggested that the instrument be encouraged to take steps to recover completely from the distortion towards the aching of the throat and, to a lesser extent, the chest. There is no way in which we or you may remove that working which has been done. It simply must be removed by physical recovery of the normal distortion. This is not easy due to this instrument's tendency towards allergy.

The alignments are being carefully considered.

I am Ra. I leave you, my friends, glorying and rejoicing in the love and the light of the infinite Creator. Go forth, then, in the great dance, empowered by the peace of the one infinite Creator. Adonai.

(Session #98, September 24, 1982, contains only personal material and was, for that reason, removed from The Law of One, Book IV.) ♣

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The Law of One, Book V, Session 97, Fragment 47

September 15, 1982

Jim: After more thought on the subject of the hawk, Don again queried Ra about its significance. Since Ra did not wish to infringe upon Don's free will by clearly explaining the meaning of the hawk—and thus making Don's decision to move or not move to the house for him—the most Ra could do was speak in an indirect sense, in a kind of riddle that required that Don, and each of us, make our own determinations. The extreme desire on the part of any positive entities such as Ra to maintain the free will of each person on our third-density planet is due to the fact that if an entity such as Ra gives information that could change one's future choices, that entity, then, has not only taught the third-density being but has learned for it. By learning for it, it has removed the spiritual strength that comes to one who struggles and finally learns for him/herself. In the larger view this is not seen as a service but as a disservice. Because of Don's doubt about the appropriateness of the house in Atlanta as our next home, we did not move to that house but remained in Louisville for another year. It was the fall of 1983 before we finally found another house in the Atlanta area and moved there. By that time Don's weariness had increased to the critical point and he had begun worrying more and more about whether he was even going to have a job since Eastern airlines was rapidly failing financially.

Carla: *Ah, to be able to read aright the little hints that the Creator always seems to be offering us! Both Jim and I thought the hawk was simply a confirmation of that location. But Don was the boss, and he really felt unsure, to the point that he left, for a time, the idea of moving completely, and tried to purchase the house we were renting. As I mentioned, the difference of about 4% of the house's cost was in dispute, and Donald did not see his way clear to giving the rather greedy owner an extra bonus for having us over the barrel of "buy or move." So in the end we were forced to move somewhere, either in Louisville or Atlanta. It was a fateful move, attended from the beginning by struggles and problems. The sad tale of our demise as a group able to contact Ra was beginning.*

Session 97, September 15, 1982

Questioner: I've been doing some consideration of the appearance of the hawk and have made this analysis of the bird in Card Number Three. The bird is a message from the higher self, and the position of the wings on Card Three, one pointing toward the female, indicates that it is a message to the female acting as catalyst for the mind. The position of the downward wing indicates that the message is of a negative nature or of a nature indicating the inappropriateness of certain mental activity or plans. Would Ra comment on that?

Ra: I am Ra. No.

Questioner: Is the reason for this lack of comment the first distortion?

Ra: I am Ra. This is correct.

Questioner: I have analyzed the hawk that I saw immediately after returning from the house in Atlanta as a message, probably from my higher self, indicating that the plan of moving was not the best or not too appropriate since, without the hawk, we would have continued as planned with no added catalyst. This single catalyst of a remarkable nature then, logically, from my point of view, could only mean that there was a message as to the inappropriateness of the plan for some reason yet to be discovered. Would Ra comment on that?

Ra: I am Ra. We tread as close as possible to the Law of Confusion in suggesting that not all winged creatures have an archetypical meaning. We might suggest that the noticing of shared subjectively notable phenomena is common when, in another incarnational experience, work significant to the service of increased polarity has been shared. These subjectively interesting shared phenomena then act as a means of communication, the nature of which cannot be discussed by those outside of the shared incarnational experience without the interference with the free will of each entity involved in the complex of subjectively meaningful events.

Questioner: Can Ra tell us the source of the unusual odor in this room this morning?

Ra: I am Ra. There are two components to this odor. One is, as has been surmised, the decomposing physical vehicle of one of your second-density Rodentia. The second is an elemental which is attempting to take up residence within the putrefying remains of this small creature.

The cleansing of the room and the burning of the incense has discouraged the elemental. The process of decomposition shall, in a short period of your space/time, remove the less than harmonious sensations provided for the nose.

Questioner: I find myself presently in a difficult position of decision, primarily because of the appearance of the aforementioned hawk upon our return from Atlanta. The only objective of any value at all is the work that we are doing which includes not only the contact but communication and dissemination of this material to those who might request it. Since a move was connected with that, and since the hawk was, to me, obviously a function of that process, I am presently in a quandary with respect to the optimal situation since I have not yet definitely decided on the significance of the hawk or the advantages or the efficaciousness of the move and do not want to create any process which is basically irreversible if it is going to result in a lack of our ability to be of service to those who would seek that which we are able to manifest in our efforts. Would Ra comment on that situation?

Ra: I am Ra. The questioner presumes much, and to comment is an infringement upon its free will. We may suggest the pondering of our previous comments regarding the winged creatures of which you speak. We repeat that any place of working, properly prepared by this group, is acceptable to Ra. The discrimination of choice is yours. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
September 19, 1982

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you in the love and in the light of the one Creator. *(Inaudible).* It is the time in your season's change when one season *(inaudible)* people of your day …

(About one third of side one is inaudible. Portions that are audible indicate a story of a man and a tree.)

I am Hatonn. I will now pause so that my brothers and sisters of Laitos may pass among those here wishing to deepen their meditation. I am Hatonn.

(M1 channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. The people of your planet live too much in the past. They judge their own shortcomings and the shortcomings of their friends. They remember unpleasant things that they did and unpleasant things that were said to them. This is similar to your expression, "beating a dead horse." You can never bring it back. When people die, they are no longer with you. Your past days are no longer with you. Of course, you could say that it helps you predict the future, but this is not always accurate. In your holy book, Saul, through inspiration and through forgiveness, was changed into Paul. Jacob, who took his brother Esau's birthright, became Israel.

If you will start your day with a clean slate and give your friends and your so-called enemies the same privilege, you may inspire yourself and others to change. The past is as dead as the trees in winter. The only difference is the trees will return each spring, but the past is gone. Giving yourself a clean slate helps you to change for the better. Giving your friends a clean slate and also your enemies inspires them not to repeat their mistakes. The only real good thing about the past are the good times. They will help you and teach you. But negative influences, judging people, and judging yourself will keep you *(inaudible)*. Wake up each day giving yourself and your friends a clean slate. That day cannot help but be finer. And that day is all you have.

I am Hatonn and I leave this instrument.

(L channeling)

I am Hatonn, and I greet you again, my brothers and sisters, in the love and the light of the infinite Creator. My friends, there will be times in your lives when the extension of love and understanding will be difficult, for, as you are aware, those experiences in which learning are obtained are frequently uncomfortable. My friends, we would urge those of you who seek to make the path of service less difficult to spend more of your own time in solitude, for it is the times in which you detach yourself from

the illusion that much of your growth may be accomplished.

We realize that our use of the word solitude is misunderstood by some here, for it is not our advice to seek aloneness, but rather oneness. We therefore suggest that those present who desire to progress along the path of service to others avail themselves of the opportunity to meditate, to seek the solitude of oneness with their other selves.

At this time we will relinquish our use of this instrument, that our brothers and sisters of Latwii may perform their service. I am known to you as Hatonn.

(Pause)

(L channeling)

I am Latwii, and I greet you once again, my brothers and sisters, in the love and in the light of the infinite Creator. At this time, it is our desire to be of service to those who would pose questions that we might seek to enlighten those areas of confusion. Is there a question at this time?

C: What do babies dream?

I am Latwii. My brother, the use of the term "dream" is not precise in defining those experiences which occur within the consciousness of your young, for it is not their need to sharply define sharply their perceptions of that which you term imaginative from that which you term real. It must be remembered, therefore, that those recently entering your world of illusion do not have imprinted within their consciousness the affirmation that that which they see is real. For your young, their world consists of a series of lessons, of perceptions, some of which pertain to the world into which they have recently been ejected, so to speak, and much of [what] concerns our young [is] adjustment to the physical vehicle and the sensations of that vehicle.

Within the consciousness of the child or newly arrived individual is a constant barrage of stimuli. The newly arrived entity, being unfamiliar with its sensory apparati, is initially incapable of distinguishing those signals generated externally, and those which originate through the process you know as imagination. It would therefore be more accurate to state that to a large extent the newly arrived entity dreams of the illusion which he or she has chosen to enter.

May we answer you further, my brother?

C: Yes. I was thinking about the—the thought that hit me, would that being newly incarnated and not having been bombarded by years of existence in its illusion whether or not it is unconscious—if they still are—had—well, that they still had actually ties to their previous life, and that some parts of it still stimulate the input in these periods of ease?

I am Latwii, and we shall assume that your statements are indicative of a question, and will attempt to respond. In a majority of individuals newly arrived to your illusion, the combination of factors most significant to the entity are the new physical vehicle and the recent *(inaudible)*. Consider, if you will, the individual to whom you refer [to] as an amnesiac who suddenly awakens to illness, to a life of illness. It is difficult for one in that situation to pose to themselves the question, "How might I improve upon my functions of this day?" for it is most frequently an understanding of the present that dominates the learning experience.

The newly arrived entity is suddenly within a physical vehicle after a period of existence in a form of unawareness within the womb. The assumption of a physical vehicle has been likened to an act of imprisonment and this reflection *(inaudible)* but you can appreciate the *(inaudible)* from the new vehicle and its barrage of stimuli, but coupled with the forgetting that accompanies entry to your illusion. The philosophical bent of the entity is quite often ignored in the start in the struggle to survive as a stranger in a strange world.

May we answer you further?

C: No, thank you.

We thank you, my brother. Is there another question?

E: I have a question, Latwii. It concerns a subject which you enlightened us on last week and the week before about pyramids, bandshells and other structures that focus energy. And my question is, can hilltops also be included in those forms that focus energy?

I am Latwii. My brother, consider your own history, that of your predecessors who wrote of the significance of him whom you called Moses, who returned from the mountain; of him you called Mohammed, who spent time of enlightenment

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within a cave; of him whom you call Jesus Christ, who was transfigured on a mountain; of the tendency of your peoples to erect mountains of their own in their seeking of that which they call God. These structures, my brother, have the potential of focusing much power, and the significance of the structure has been long understood by your religious leaders the significance of the structure. Many variations are attempted to [tame] the power they describe, ranging from the construction of vast cathedrals, basilicas, pyramids or the construction of edifices upon the mountains themselves as in that area which you call Tibet.

May we answer you further?

E: No, thank you.

We thank you. Is there another question?

M1: I have a question, but I'm not sure I understand it. Maybe Hatonn gets through to us in different ways, but why did he give me the impression he was going speak through K and A and S and M2, and he hasn't spoke?

I am Latwii, and I am aware of your question. My sister, our brothers and sisters of Hatonn will often allow their communications to one another or communal thoughts to bleed through to the attentive listener. In this particular situation, consideration was being given to the availability of willing instruments as well as the need to exercise those instruments choosing to make themselves available. As this particular instrument was willing to channel, as you say, and had fallen somewhat into disuse, our brothers and sisters of Hatonn elected to avail themselves of the opportunity to do a bit of housecleaning, so to speak, and assist the instrument in retuning itself. In the accomplishment of this task, our brothers and sisters of Hatonn completed their message and evaluated the remaining instruments as being sufficiently attuned that no adjustments were necessary.

May we answer you further?

M1: No, thank you.

We thank you, my sister. Is there another question?

K: Yes. You mentioned the mountains of Tibet, and I'm assuming that it is the power of the mountains that draws so many of the adepts of the East into the mountains. And then that leads me to ask this question. If one does not have a mountain available, what's the next best thing?

I am Latwii. My sister, if we might be allowed a bit of frivolity, we would simply quote a passage from your own literature in that if Mohammed cannot go to the mountain …

(Side one of tape ends.)

(L channeling)

In a more serious vein of communication, however, we would point out that the necessity for the mountain is non-existent, for it is within the individual that the power referred to may be tapped successfully. Such appliances as mountains or pyramids may be used to accomplish specific tasks but one must not make the mistake of regarding the mountain or the structure as the significant factor in one's growth, for is not the mountain itself part of the illusion?

It is within the archetype of the Fool to seek high places that they might step forward unafraid into space, for this is a portion of yourself and all others, to seek the unknown heights. As the mountain is a reflection of your seeking within the physical plane, it, in echoing your ambition, focuses your attention upon that facet of your character, and provides an attractive force which is often mistaken for attraction to the mountain itself rather than that which the mountain represents. However, we would conclude that if the mountain serves the purpose of adequately enabling one to focus one's striving, then perhaps the impartation of that which you referred to as Mt. Everest might be in order.

May we answer you further?

K: Then it would be conceivable that a coin or an inspirational work of art or something of that nature could serve the same purpose as a mountain?

I am Latwii. That is not only correct but astute, my sister.

K: Thank you.

We thank you. Is there another question?

M1: Carrying the thing one bit further, could you be inspired in a deep hole and in a cave as well?

I am Latwii. My sister, if your physical vehicle resides within the cave or the well, but your consciousness is upon the mountain top, where then, are you?

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M1: I'm in the hole.

I am Latwii. My sister, one must remember that the illusion presents many entanglements that encourage one to accept limitation, for it is only in exceeding those limitations that one attains growth. Your existence is defined not by your physical vehicle's location, but rather by the path upon which you strive. If you tread the path of service consciously, then there is no prison, no cavern, that may contain you, for your service may be extended in infinite directions to infinite distance. For it is the location of your awareness, of your attention, that truly defines the location of your self, and learning as well as service may occur no matter where your physical vehicle may reside.

May we answer you further?

M1: No, I think you've answered it, but I think my attention would be down in the hole. Probably down there. I don't think I could get up. I don't need a map but at least I need to get out of the hole.

I am Latwii. My sister, we agree with you wholeheartedly, and would suggest the avoidance of the hole.

Is there another question?

(Pause)

I am Latwii. As there are no further questions, we will take our leave with the reminder that our service and the service of our brothers and sisters of the Confederation are available at any time to any person who simply asks. In the love and the light of the infinite Creator we bid you adonai. I am known to you as Latwii. ♣

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Intensive Meditation

September 24, 1982

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of the infinite Creator. It is a great pleasure to speak to this group. We have been working with each and find ourselves in the position of several instruments being eager to courteously step aside for each other's practice. This, my friends, is a very good practice except when carried to the extent that there is no message due to an excess of courtesy. We would like to work with each instrument. We would first like to work with the instrument known as D. This instrument is a very stable instrument, however, the group dynamics of the larger groups in what you would call your recent meetings have not been propitious for this instrument to practice with a great degree of self-confidence. Therefore, we are most pleased that the instrument has availed himself in an intensive session that we may continue building upon the contact which we have so that in good time the instrument will feel the nature of our contact regardless of the variety of groups that may desire to hear Confederation philosophy, and so gather about instruments such as are here this evening.

This is not easy, my friends. If you are a conscientious instrument, you will find that each group with which you meet flavors and colors the vibrations of the, shall we say, the atmosphere of the contact. It is then a more advanced ability to be able to have the inner personal tuning that allows for communication if there is a group desire for this communication, regardless of the variation in the group dynamics.

We pause in the light at this time in order to more firmly make our contact with the one known as D, and then would say a few words through this instrument. I am Hatonn.

(Jim channeling)

I am Hatonn. I am now with this instrument. We are having some difficulty in making our thoughts perceptible to the one known as D. It is often the situation that a new instrument will perceive the first few words of our greeting as being of personal origin and then be unable to determine whether this perception is correct. We would therefore advise each new instrument to simply speak those words which are well known as our greeting so that the words which are not as well known, and may be more fully understood to be of our origin, might then proceed into the consciousness of the new instrument. We would at this time attempt once again to speak through the one known as D, if he would relax the analysis and speak easily. We would transfer this contact. I am Hatonn.

(D channeling)

I am Hatonn. We felt the need to prod this instrument as he is again reluctant to speak those words which enter. We will pause. I am Hatonn.

(Pause)

We felt the need to refamiliarize this instrument with our presence as he is still somewhat uncomfortable. However, with practice this will be made much easier. We will continue to condition this instrument as we pass on to the other instruments. I am Hatonn.

(S1 channeling)

I am Hatonn, and am with this instrument. We would like to greet you once again in the love and light of the infinite Creator, and once again we were experiencing each instrument willingly and gladly wishing to serve their brothers by allowing them to speak first. Once again we would like to say this is indeed a noble and service-oriented trait. However, at times it is best to take the bit between the teeth, so to speak. We would only wish to say a few words through each instrument this evening, for the one known as M, the one known as S2, and the one known as S1, through which we speak, are no longer new instruments and are here solely for the purpose of reaffirming the contact and gaining more self-confidence in themselves, for they at times do not see the results as more experience channels, yet each has the capability and most of all the desire to serve in this manner, and as we have said many times, the desire to serve is the main facet of this work.

At this time we would transfer this contact. I am Hatonn

(S2 channeling)

I am Hatonn, and I again greet you, my brothers and sisters, in the love and the light of the infinite Creator. As we have said before, we would only speak a few words through each instrument, for they are primarily here to reaffirm their confidence and their contact with us. We have always said that desire is important for this contact, and that if the desire is strong enough, there will be a strong contact, and we know that there is a strong desire on your part. We would at this time like to transfer this contact to another who has the desire. I am Hatonn.

(M channeling)

I am Hatonn. I am with this instrument. We are pleased to have had the opportunity to work with each of you tonight, and rejoice in your desire for service to one another and to many of your brothers. We are always at your service, always prepared to be with each of you at your call. We are only a thought away, and your calling for our assistance or our message is indeed a great service to us, for it gives us the opportunity for us to share with you the bounty of our own experiences. Our advice, or our words to you, rather than advice, are certainly fallible. They are true to the best of our understanding, and we thank each of you for allowing us this opportunity to serve.

At this time we would like the opportunity to work briefly once again with the instrument known as D if he would still be interested in our contact. We leave this instrument in the love and the light. I am Hatonn.

(D channeling)

I am Hatonn, and am once again with this instrument. We have been making some slight adjustments and sweeping out a few cobwebs. Our contact is much better now and we look forward to further communication in the future. We must leave this group now. We look forward to another such gathering in the near future. We leave you, as always, in the love and light. I am Hatonn.

(S2 channeling)

I am Latwii, and I wish to greet you again, my brothers, in the love and the light of the infinite Creator. And as always, we would like to answer any questions that your group may have this evening. We will ask if there are any questions.

D: Yes, I have a question. Several years ago at a meeting a strong attempt—or what felt like a strong attempt—was made to contact me, the first time that it ever happened was not requested by me. If this is a free will contact, how are those attempts made?

I am Latwii, and I am aware of your question. For the experience that you inquire about, it is a free will contact, as you have said. It was felt that for you to feel our presence at that time was not a violation of your free will, but was in hopes for you to become more familiar and comfortable with our contact.

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May we answer you further?

D: Well, it was announced that contact was—an attempt was being made at contact by another source. A name was never given, and the contact was never made, because I didn't allow it. Does this happen often?

I am Latwii, and I am aware of your question. As we have said, it was hoped that the contact you felt was not intended to distress you, but it was hoped that you would feel the love and the light that was intended. Rarely do we ever force ourselves upon the unwilling, but, as we have suggested, that that contact was intended, that contact was intended to show our love and so that you would be able to make that decision for yourself for what path you wished to take.

May we answer you further?

D: No, thank you very much.

And as always, we thank you, my brother. Is there another question we may answer?

(Pause)

I am Latwii, and at this time we would like to transfer this contact so that the instrument with the contact may have the opportunity to ask any questions that he may have. I am Latwii.

(Jim channeling)

I am Latwii, and I greet you again, my brothers and sisters, in love and light. We at this time shall ask if there might be another query that we might attempt to answer.

S2: I have a question, if I could decide upon which one it is. In the past I have asked several questions about the time-regressed hypnosis. Are there any suggestions—now that it appears that I will be able to make an attempt at it—are there any suggestions you might make that might help us in that endeavor?

I am Latwii, and am aware of your query, my brother. We have found that suggestions are frequently taken as more than suggestions. Therefore, we must speak most generally. Each course of action which one takes has the opportunity for growth. We can only recommend that whatever course one might take to realize the greatest growth, it is helpful to seek as purely for the purpose of growth in the spirit, in the mind, and in the body, so that what is awaiting the entity might be able then to come forth purely, having been purely called. The various phenomena which the seeker encounters upon the journey which attract the attraction for but the moment, though intriguing for that moment, sometimes lack in lasting value. Therefore, we simply recommend the seeking with the heart of the goal in mind.

May we answer you further, my brother?

S2: No, I think you've helped me a lot, thank you.

I am Latwii. We thank you, my brother. May we answer another question at this time?

(Pause)

I am Latwii. We perceive the great silence of the being of this group and rejoice in the peace. We thank you for allowing us the opportunity to speak with you, to blend our vibrations with you. It is an honor which we treasure and look forward to at each gathering of this group. We leave this group now, rejoicing in love and light, and as always, we leave you in that love and light. We are known to you as those of Latwii. Adonai, my brothers and sisters. Vasu borragus. ♣

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The Law of One, Book V, Session 98, Fragment 48

September 24, 1982

Jim: Session 98 is presented in total here. Our experiences were beginning to become a little more unusual and difficult at this point in our lives. We had difficulty agreeing on how to proceed concerning the house near the airport in Atlanta, and this is the difficulty of blue-ray blockage which Ra speaks of in the very long response to Carla's compound question. Since our difficulties were freely chosen by us, they were fair game for our negative companion of fifth density to intensify.

In querying about how once again to aid our long-time pet and companion, Gandalf, in another tumor removal operation, we found that second-density creatures are also subject to causing cancer by creating unresolved anger within themselves—the same process that applies for third-density beings.

And, finally, we found when one constructs the artifacts, clothing, or structures with which one accomplishes service-to-others work, there is a great investment of love and magical potential which may result from such homemade and heartmade artifacts.

Carla: *As we prepare this personal material for publication, I am sitting at the computer, and am very tempted to rub my eyes, because the gardening I did earlier placed me in one of many environments to which I'm allergic. I think these allergies are often a complaint of Wanderers, and have to do at least partially with the mismatch of vibrations between this earth world and the world of origin. Often the more uncomplaining the Wanderer, the more the body shall act out the difficulties we may have emotionally and mentally with the vibrations here. Certainly this is true of myself. I do see the psychosomatic nature of these allergies, and by long practice have developed a fair resistance to them, which allows me to do some of the too many things I enjoy, whether it be patting the cats or pulling henbit out of the ivy. Or eating one of many foods, or dusting, or getting the mold out of something I find at church on one of my housekeeping forays. I doubt I could duck these no matter what my attitude, but I hope they are as little a part of my awareness as possible, and feel that the attitude really is key.*

What it shows me is just how carefully balanced we are, as we come into incarnation here. I was given just these distortions, largely in order that I would have plenty of forced time to become more contemplative. It may seem that I am a thoroughgoing mystic, and certainly during many years of forced stillness, I have always found a depth of faith and a joy that illumined my life from within. It is almost as though the adversity of illness or limitation is a teacher, taking you out of the old ways of doing, and introducing you to the contemplative life. I have wanted to be here every day of my life, with the exception of some sorry time during early puberty when I lost all faith and decided if I couldn't be of help to anyone, I might as well go on. Which my body obligingly did not six months later, throwing itself into kidney failure brought on by an allergic reaction. And the allergies are there because of the mismatch in

vibratory complexes. See how neatly this works. Such is catalyst. it's a wonderful world.

As I got up from the sickbed at last during 1992, I vowed not to lose this love of stillness. But I also love to do, busy bee that I am. Of course I love to help L/L Research with correspondence and writing and channeling, and my church and singing. These are like the footers for the building I live in, real pillars of renewing spirit within. But there's more. I love the company of women and go out of my way to have that gal's night out in my schedule. I love to cook, and do as much as I can cram in, and an extension of that is that I take a morning each week to go through the parish where I worship in community and just go around straightening, washing out, putting away and making ready, especially in the church kitchen but really all over the building. It is a joy being a servant in the Lord's house.! And I could continue till you were exhausted of any possible interest. There are so many good things to do, so many needs I hear and wish to respond to. Too many to accomplish, sadly. The plight of the nineties: no time!

What this is all in aid of is simply to demonstrate how deeply bred in the bone my love of helpful activity is. Activity at whatever level I can accomplish it is inevitable. It is part of who I am, and some would say that is a born martyr. Perhaps this is somewhat true. I only know we live and then we are gone, and while I am here, I want to respond as deeply as I can. This means I am always pushing the envelope, and always prey to psychic greeting. I have not ceased being greeted. It is just that I deal with it, as does Jim, with respect, in acknowledging it, and discipline, in allowing it to pass quickly without judgment, knowing the negative essence behind it as part of myself that I love. Acceptance and forgiveness simply move the situation forward, and the crises pass. This is hard-won wisdom. I encourage any groups who get into a situation where psychic greeting is occurring to study the ways of forgiveness and acceptance of this seemingly opposing energy. In claiming the higher truth that all is one, we place ourselves in that finer, fuller light, and the difficulties ease away as we simply persevere in living without fear of these greetings. For those who might be interested, I do have a chapter on psychic greeting and psychic self-defense in my Channeling Handbook. *The essence of that advice: fear not and lean on prayer and keeping the self aligned in open-hearted love.*

My recovery from the bad throat infection discussed above was accomplished by a 6-week course of antibiotics taken with lots of buttermilk, not a substance I enjoy. It did, however, work.

Gandalf was a very special little person. Given to me by an old friend in 1968, he was a kitten when Donald and I began our life together. He adored Don, and would play retriever with him, repeatedly fetching the peppermint candy wrappers Don would tie in a little bow-tie and throw, and putting them in Don's shoes, which were always off if he was at home. His devotion was intense. If we were sitting, he was almost always upon one of us. Don loved to walk around with Gandalf hanging over his shoulder, and I can still see them clearly, doing their daily tour of the rooms of our apartment. Gandalf expressed such love! As he became quite old, he got both arthritis and cancer, but until the moment he died, he was fiercely determined to be here and as close to us as possible. I feel that he has now reincarnated in our beautiful cat, "Mo," who expresses much the same energy. I am thankful we have had more time with this soul, who is certainly harvestable to third density.

Session 98, September 24, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The physical energy deficit has somewhat increased. The vital energy distortions are somewhat improved.

Questioner: We eliminated our meditation prior to the session. Would Ra comment on that?

Ra: I am Ra. The purpose of preparation for a working is the purification of each entity involved with the working. The removal of a portion of this preparation has a value determined by the purity of each which takes part in the working has achieved without that particular aid.

Questioner: I had just taken a wild guess that possibly it was during that meditation prior to the working that was used by our fifth-density, negative friend to create the allergic reactions and other reactions in the instrument. Was I correct in that assumption, or was I incorrect?

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Ra: I am Ra. This entity greets the instrument as close to the working in your space\ time continuum as is practicable. The elimination of that preparation caused the fifth-density entity to greet this instrument at this juncture of decision not to meditate. The greeting does not take what you would call a noticeable amount of your time.

Questioner: Was the greeting as effective as it would have been if meditation had been done?

Ra: I am Ra. Yes.

Questioner: I have a question from the instrument. It states: "Could Ra tell us what factors are allowing our fifth-density, negative companion to be able to continue greeting the instrument in the throat area as well as with other unusual sensations such as dizziness, the smelling of orange blossoms, the feeling of stepping on imaginary creatures, and what can be done to lessen these greetings? Also, why do the greetings occur on walks?"

Ra: I am Ra. There are various portions of the query. We shall attempt answer to each. We tread close to the Law of Confusion, saved only by the awareness that given lack of information this instrument would, nonetheless, continue to offer its service.

The working of your fifth-density companion which still affects the instrument was, as we have stated, a potent working. The totality of those biases which offer to the instrument opportunities for increased vital and physical strength, shall we say, were touched by the working. The blue-ray difficulties were not entirely at an end after the first asking. Again, this group experienced blockage rare for the group; that is, the blue-ray blockage of unclear communication. By this means the efficacy of the working was reinforced.

The potential of this working is significant. The physical exercising, the sacred music, the varieties of experience, and indeed simple social intercourse are jeopardized by a working which attempts to close the throat and the mouth. It is to be noted that there is also the potential for the loss of this contact.

We suggest that the instrument's allergies create a continuous means whereby the distortion created by the magical working may be continued. As we have stated, it shall be necessary, in order to remove the working, to completely remove the distortion within the throat area caused by this working. The continuous aggravation of allergic reactions makes this challenging.

The orange blossom is the odor which you may associate with the social memory complex of fifth-density positive which is known to you as sound vibration, Latwii. This entity was with the instrument as requested by the instrument. The odor was perceived due to the quite sensitive nature of the instrument due, again, to its, shall we say, acme in the eighteen-day cycle.

The sensation of stepping upon the small animal and killing it was a greeting from your fifth-density, negative companion also made possible by the above circumstance.

As to the removal of the effects of the magical working, we may make two suggestions, one immediate, and one general. Firstly, within the body of knowledge which those healers known among your peoples as medical doctors have is the use of harsh chemical substances which you call medicine. These substances almost invariably cause far more changes than are intended in the mind/body/spirit complex. However, in this instance the steroids or, alternately, the antibiotic family might be useful in the complete removal of the difficulty within which the working is still able to thrive. Of course, the allergies would persist after this course of medicine were ended, but the effects of the working would no longer come into play.

The one you call Jerome might well be of aid in this somewhat unorthodox medical situation. As allergies are quite misunderstood by your orthodox healers, it would be inappropriate to subject the instrument to the services of your medical doctors which find the amelioration of allergic effects to be connected with the intake of these same toxins in milder form. This, shall we say, treats, the symptom. However, the changes offered to the body complex are quite inadvisable. The allergy may be seen to be the rejection upon a deep level of the mind complex of the environment of the mind/body/spirit complex. Thus the allergy may be seen in its pure form as the mental/emotional distortion of the deeper self.

The more general recommendation lies with one which does not wish to be identified. There is a code name prayer wheel. We suggest ten treatments from this healer and further suggest a clear reading and subsequent following upon the part of the

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instrument of the priorities of allergy, especially to your foodstuffs.

Lastly, the effects of the working become apparent upon the walking when the body complex has begun to exert itself to the point of increased respiration. Also a contributing factor is the number of your second-density substances to which this instrument is allergic.

Questioner: Thank you. The second question is: "Our oldest cat, Gandalf, has a growth near his spine. Is there anything that makes the surgical removal of this growth less appropriate than the surgical removal of the growth that we had performed a year ago last April, and would the most appropriate action on our part to aid his recovery be the visualization of light surrounding him during the surgery and the repeating of ritual phrases periodically while he is at the veterinarians'?"

Ra: I am Ra. No. There is no greater cause for caution than previously and, yes, the phrases of which you speak shall aid the entity. Although this entity is, in body complex, old and, therefore, liable to danger from what you call your anesthetic, its mental, emotional, and spiritual distortions are such that it is strongly motivated to recover that it might once again rejoin the loved one. Keep in mind that this entity is harvestable third density.

Questioner: Would you explain why you said "Keep in mind that this entity is harvestable third density" and tell me if you have any other specific recommendations with respect to the proposed operation on the growth?

Ra: I am Ra. We stated this in order to elucidate our use of the term "spirit complex" as applied to what might be considered a second-density entity. The implications are that this entity shall have far more cause to abide and heal that it may seek the presence of the loved ones.

Questioner: Is there any additional recommendation that Ra could make with respect to the proposed operation?

Ra: I am Ra. No.

Questioner: I was wondering if I was correct in my assumption for the reason for the growth was a state of anger in the cat, Gandalf, because of the addition of the newer cats in his environment? Was I correct?

Ra: I am Ra. The original cause of what you call cancer was the distortion caused by this event. The proximate cause of this growth is the nature of the distortion of the body cells which you call cancer.

Questioner: Are there any other cancerous growths at this time in Gandalf?

Ra: I am Ra. Yes.

Questioner: Can we alleviate those and, if so, how and where are they?

Ra: I am Ra. None can be alleviated at this space/time nexus. One is located within the juncture of the right hip. Another which is very small is near the organ you call the liver. There are also small cell distortions under the, we may call it, arm, to distinguish the upper appendages, on both sides.

Questioner: Is there anything that we can do to alleviate these problems that are other than surgical to help Gandalf?

Ra: I am Ra. Continue in praise and thanksgiving, asking for the removal of these distortions. There are two possible outcomes. Firstly, the entity shall dwell with you in contentment until its physical vehicle holds it no more due to distortions caused by the cancerous cells. Secondly, the life path may become that which allows the healing. We do not infringe upon free will by examining this life path although we may note the preponderance of life paths which use some distortion such as this to leave the physical body which in this case is the orange-ray body.

Questioner: Does the cat, Fairchild, have any of these same type of problems?

Ra: I am Ra. Not at this space/time nexus.

Questioner: Was it necessary for the cat Gandalf to be a mind/body/spirit complex and harvestable third density to have the anger result in cancer?

Ra: I am Ra. No.

Questioner: Then any mind/body complex can develop cancer. Is this correct?

Ra: I am Ra. This is correct.

At this time we would break our routine by making an observation. We observe the following coincidence. Firstly, the congestion of this instrument's throat due to the flow of mucous caused by energized allergic reaction has, at this point, become such that we may safely predict the

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probability/possibility vortex approaching certainty that within one-half of an hour we shall need to depart from this working. Secondly, as we noted the above the sound vibration made by one of your sound vibration recording devices was audible to us. If this group desires, it may choose to have sessions which are brought to an ending soon after this sound vibration occurs. This decision would ensure the minimal distortions within the instrument towards the discomfort/comfort within the throat until the effects of the magical working of your fifth-density companion have been removed.

Questioner: That is perfectly fine with us. That noise occurs at the forty-five minute time period since the tapes are forty-five minutes on a side. I would just ask as the final question, then, if the new table that Jim has built for the appurtenances is satisfactory to hold them since it will give us more room to walk around the bed, and is it better to leave it in its natural condition, or is it better to coat it with linseed oil, varnish, or paint?

Ra: I am Ra. We view this appurtenance. It sings with joy. The pine vibrates in praise. Much investment of this working in wood has been done. It is acceptable. We may suggest it be left either as it is or rubbed with the oil which also is easily magnetized and holds the proffered vibration to a profound extent.

Questioner: I was wondering if this would be an appropriate time to end since the tape recorder clicked some time ago?

Ra: I am Ra. This is a matter for your discrimination. The instrument remains open to our use although, as we have noted, the physical distortions begin to mount.

Questioner: Then we had better close to protect the instrument's physical energy, and I will ask if there is anything that we can do to improve the contact or to make the instrument more comfortable?

Ra: I am Ra. All is well. We find your concerns appropriate.

We leave you in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the One. Adonai. ♣

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Saturday Meditation
September 25, 1982

(A1 channeling)

I am Hatonn, and I greet you in the love and in the light of the one infinite Creator. I am pleased to be called to your group once again so that we might bring forth a message. It is just a small message with great meaning to some. It deals with living in your illusion, and with coping with those many, many lessons you have chosen to learn. There are always those times which seem to have no meaning but at times there must be endurance so as to get to a bigger and better time. But care should be taken to look at every detail of the lesson, and to be aware of many facets which it holds. It could be wanting—not having loved another—to love oneself, it could be the lesson of patience or of endurance, it could be learning to see God in each person, seeing the oneness of the world. There are many things the lessons have to offer and in those times when there seems to be no point in staying in that one particular lesson you might want to look at it one more time. It is like looking in the mirror one more time to see yourself again to make sure you are there, and that you have forgotten to pardon yourself. When you see yourself, see the other, know that there is a oneness with all, and remember with patience and with the will to learn the lessons you have chosen to experience will be beneficial, and you will grow in oneness with the Creator.

We would at this time like to transfer this contact to another present in the group. I am known to you as Hatonn.

(L channeling)

I am Hatonn, and I greet you once again, my brothers and sisters, in the love and light of the infinite Creator. My friends, it is often difficult to experience those passages of time in which one seems to have lost an awareness of the path which one treads. For as those of you [who] have traveled through the forests of your planet are aware, the most pleasurable segments of your travels are those within which events of significance are discerned: a particularly beautiful flower, a joyous song, a passing bird, an impressive outcropping of stones—each of these is an easily discernible landmark of your journey, one which may be easily reexperienced at a later date. But, my friends, was not the greater value of the journey acquired as one quieted oneself in anticipation of that which was to come? Is it not true that the greatest value derived from such a trip is not determined by those seemingly significant objects or experiences, but rather the balance one retains through the journey?

So also, my friends, is the path you tread, on which you periodically encounter the beauty of re-experiencing to a greater or lesser degree the oneness with your other selves. It is this oneness that is the

sharing of the Creator's love, the perception of the Creator's light that makes your path worth seeking. Yet, my friends, do not be dismayed if your path reveals few landmarks. Rather, be attentive to the fact that in following the path one opens oneself to listen, to see that which is often overlooked, to be that which one has the potential to be. My friends, the glory of your journey lies not in its landmarks or its completion but rather in its undertaking. It is the constant undertaking of oneness, the constant desire to be that which is, instead of that which appears, that is the true reward of the path you follow. Therefore, my friends, be not dismayed that your path has many persistent stretches between the sharpened pines and the regrettable ravines, for each step can only be taken with consciousness and each step, my friends, is a step closer to oneness.

At this time we will take our leave, that our brothers and sisters of Latwii may perform their service. Adonai, my friends. We are known to you as Hatonn.

(L channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the infinite Creator, and we desire to communicate to those present that it is an exquisite pleasure to be able to strut our stuff before such an elite group. For it is never so frequent an experience to have visitors as to become humdrum, as you might say, and we are at this moment relishing the task of undertaking to display our eloquence. We assume that the gentle peals of laughter are merely vociferations of anticipation, and we shall hold you in suspense no longer. Is there a question we might answer?

A1: Well, Latwii, I have a question. Since we're so eager to be with you tonight, and you're so glad to perform, I was wondering if you have any small message which you would like to share with us at this time?

I am Latwii. I am aware of your question. We desire to communicate to those present that we are—and speaking for our brethren and sistren of the Confederation as well as ourselves—quite pleased that those of this cadre who have traveled such a great distance have displayed such dedication to the hobbling of their personal paths and desire to commend them for their attentiveness to the task which they undertook in entering your illusion.

Is there another question?

A1: I have a question about those who come into the world to aid others and how do they—it seems like some people come in groups, such as in families, but the group seems to go its separate ways and come back again. How does this separating and gathering disturb the energy of the family or does it?

My sister, if we may be allowed an analogy, we would refer to those cycles on your planet which are called by you seasons within in which many things are accomplished as that which presently exists seems to be in a process of splitting asunder. The order of creation is in a sense circular in nature, yet the circle must not be too constricted in nature or those who the circle serves will become stale and less perceptive. In the situations such as you describe it is often possible for two tasks to be accomplished: the service rendered unto others as you have described, as well as the service rendered unto others that is accomplished when the entity withdraws so as to extend the entity's own series of growth experiences. As you pointed out, quite frequently the growth experiences enable the entity to approach the former work or a new type of service with a renewed enthusiasm, and a rejuvenated desire to serve.

May we answer you further, my sister?

A1: No, thank you.

We thank you. Is there another question?

S: We have been gifted with a new entity. Although I speak with maternal bias, this entity seems very special. Do you have a suggestion as to how we can provide an environment which will further enable this entity to flower?

I am Latwii. I am aware of your question and would extend our commendation for the sincerity of your intention. While we are aware that this subject has been the object of much soul-searching for yourself, we would suggest, generally speaking, that the newly arrived entity has perceptions quite dissimilar from those who have occupied your illusion for a length of time, for this is the case with all newly arrived entities. It is the process of daily education through interaction with brothers and sisters of your planet that tends to distort the perceptions of the newly arrived entity. As you are aware, it is the will of the occupants of your illusion that establish the parameters within which you and your other selves exist. Therefore we would suggest that for any

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individual who seeks to assist a newly arrived entity the maintenance of an awareness of the potential for unity between oneself and one's other selves be attempted, for the newly arrived entity has chosen its date of arrival to participate in the harvest which will occur, and will be greatly assisted by being initially programmed, so to speak, with the correct data. The atmosphere of love without judgment is strongly recommended and the emphasis upon an awareness of the Creator's role in all areas of life would also be recommended, for the young entity would be benefited by such assistance in overcoming the distortions that will later be encountered.

May we answer you further?

S: I wish so much to learn, not only for myself but that the information I pass on be accurate information. I know so few other ways than to attempt to figure things out for myself. Have you any suggestion?

I am Latwii. My sister, the striving of which you speak is the catalyst that will promote communication between the universe, so to speak, and you own subconscious as you consciously attempt to decipher that which is confusing or that which is not understood. It is wise to determine intuitively whether one is satisfied with the answer arrived at in the logical fashion to which you refer. If there is within one's soul, so to speak, an instant awareness of the truth of the answer arrived at, one may safely rely on that information. However, if there is some question in regards to the accuracy or the completeness of that which is determined by the logical process, we would recommend that one simply drop the pursuit through logic for a period of time so that the communication of the desired information may be accomplished by the subconscious mind. When reexamined later one may often find that the conscious mind has quite suddenly developed additional and surprisingly accurate information.

May we answer you further?

S: Thank you. You have been surprisingly helpful. I will contemplate your response.

I am Latwii. We are grateful for your response, and we would add in the words of this instrument the rejoinder, "Shucks, ma'am, twarn't nothin." Is there another question?

A2: Yes, Latwii. Is there anything you can say, comment on, shed some light on in the area of what's been going on with A1's physical problems that have been coming up, and any way she could see how this is a catalyst, and see direction and ways in which to use this?

I am Latwii. I am aware of your question. As you are aware, it is undesirable in our manner of service or in the manner of striving which each of you pursues to provide free answers to the pop quizzes. However, we will extend ourselves a bit upon the limb by making some general observations on this subject of physical impairments. The nature of the physical impairment is the key to the spiritual imbalance or lesson that must be learned or addressed. Each of you is able to formulate within your own awareness such examples. We would therefore suggest that the entity known as A1 consider the nature of the physical impairment as well as the locations which are affected, for this entity is oriented toward the perception of symbolism and therefore is capable of afflicting herself within specific regions of the physical vehicle so as to provide clues in the deciphering of the lesson.

If we might return to generalized comments we would offer such examples as difficulty in the legs or feet might often refer, might often indicate a weakness or refusal in understanding. The affliction of the hands, for example, might be indicative of a resistance or imbalance in the manner in which one communicates with one's other selves, for as you are aware, the hands, next to the tongue, are essential organs of communication, and an imbalance between that which is a spiritual lesson and that which is the path naturally being followed in a situation may result in the production of pain that attention may be drawn to the imbalance.

May we answer you further?

A2: I'm sure the answer is very much appreciated. I thank you very much, and I have one further question which might be specific so I would appreciate whatever generalities you could offer. I am unclear in areas in which I have very strong ideas, and they are so clear for me that it is difficult for me to see where most, many other people are coming from, and I wish to share with them what would serve them best. Do you have any comments on what type of sharing is most easily assimilated or used by others?

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I am Latwii. If we may be allowed to be succinct, we would respond that that sharing which is most useful to others or most easily assimilated by others is that which is sought.

May we answer you further?

A2: Does this mean that I should wait and simply answer questions?

I am Latwii. My sister, the desire to communicate that which one has uncovered or that which has been revealed to one is a powerful drive, for as your chosen path appears to be that of service to others, the desire to progress along that path by sharing such revelations is a powerful force. However, one must first consider the value of service performed in extending to another self that which is unsought, perhaps undesired, yet on revelation is that which is unavoidable. For example, that which is revealed untimely to another self, however well-intentioned, becomes a revelation that the other …

(Side one of tape ends.)

(L channeling)

… becomes a revelation for which that other self is suddenly made responsible for incorporating into their awareness. If the child is suddenly pressed in the position of making the moral decisions of an adult the difficulty and trauma may be well imagined. If this is coupled with the child being made responsible for actions resulting from information which the child is incapable of assimilating fully a substantial amount of damage may occur.

We would therefore suggest, my sister, that your own intuitive perceptions will allow you to identify those other selves who are upon a path similar in nature to your own which may accord growth through the acquisition of the information you possess. However, we would caution that in most cases it would be better for yourself and the other self who seeks, to await the indication in some form by the other self that a conscious request for information pertinent to personal growth is made. In this manner the other self consciously elects to accept the information and the responsibility for the information that will be received. Obviously, in making this decision the entity cannot kick and scream at will [at] that which it is willing to accept and be responsible for. As you are aware, the selection of a path holds many surprises. However, it is essential that the other self consciously elect to seek that which you desire to reveal.

May we answer you further?

A2: No, thank you very much.

We thank you my sister. Is there another question?

A1: Well, Latwii, I just want to say thanks for answering my sister's question. But I need a little clarity. I understood the symbolism of the hands but I was a little confused on the symbolism of the legs and understanding. Could you kind of clarify this a little?

I am Latwii, and as this was a generalized statement we will joyfully attempt to clarify for you. The physical vehicle itself is possessed of many symbols which allow the diagnosis of the true spiritual cause of illnesses or physical impairments so that the spiritual renouncing may be attempted, for as you are aware it is the spiritual growth that is the motivation for assuming a physical vehicle. Therefore if an individual is of the mental structure to perceive symbols and use these symbols to determine physical imbalances and their spiritual origins, one might realize that the legs and feet are that from which one stands, and might read a symbolism in an imbalance in these areas as an imbalance in understanding. One might examine the feet and realize that the feet are one's contact with that which is most substantial of your physical world, the earth itself. An impairment in this area might be interpreted as a refusal to accept that physical illusion upon which one physically stands.

There are no hard and fast rules for the interpretation of the various symbolisms for the individual originates his or her own physical imbalances in such a pattern as to match the individual's own style, so to speak, of creating symbols. One who regards the physical vehicle as completely non-symbolic, for example, and who relies heavily upon the maintenance structures for physical vehicles and their mechanics, or hospitals and doctors, would have very little use for a symbolic revelation, and instead might create a physical imbalance that would leave oneself bedridden for extensive periods of time that a greater opportunity for contemplation could be provided. It is the individual who creates the physical imbalance, and it is to the individual's particular bent of interpretation that the symbols are structured.

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May we answer you further?

A1: Just in one small, little thing. So then, you kind of can mean someone with a broken leg in some cases [it could] be a symbol of great imbalance?

I am Latwii. As you surmise, a broken leg, by one who perceives symbolism, would be perceivable or interpretable as a grave imbalance. However, the same broken leg by one who is oblivious to such symbolism might be interpreted as a general tendency for clumsiness.

May we answer you further?

A1: No, thank you. What you said has great meaning. I see a lot of truth about my beliefs. Thank you.

We thank you, my sister, for the opportunity to give service. Is there another question?

J: Yes, Latwii. To carry this discussion a little farther, once a person is able to perceive what the body's symbol is trying to tell them, and are able to learn the lesson, then does the body go ahead and become healed in regard to the physical manifestation of the problem?

I am Latwii. My sister, the suggestion or interpretation which you offer in many cases is correct. However, we would caution that the individual might have chosen prior to incarnation to experience a debilitating illness, for example, that would, in reducing the entity's ability toward activity, increase the individual's tendency toward contemplation or meditation. If this is indeed the situation, an awareness of cause and effect may have no bearing on the continuation of the impairment, for on a higher level, so to speak, the entity may have previously decided to avoid the possibility of self-repair to the detriment of one's spiritual growth.

The case may also occur in which the entity develops spontaneously the impairment, and in deciphering the cause of the impairment may correct the cause but maintain the impairment because additional facility may be derived from the impairment. For example, there are present in your own knowledge several entities who are physically blind yet have accomplished great works in the field generally and often erroneously referred to as entertainment. The blind individual in many cases might be able to acquire physical eyesight yet elects not to acquire their physical vision out of a fear that the distraction might be sufficient to deter their performance of service in their musical creations.

May we answer you further?

J: Could you speak a little generally to the symbolism of other afflictions: depression, tummy aches, skin allergies, and bladder problems for instance—you know, pick and choose, one or all, whatever. Just generally, give me some more help if you can.

I am Latwii. My sister, we would preface our general discussion with the reminder that we seek to offer service in the understanding of the true universe and the Creator's will, and are reluctant to undertake the opening of a clinic in that it might restrict our other efforts. Therefore, we would caution against the mistake of applying our generalized comments to specific individual's illness, for as we have previously explained the symbology is specific to the entity.

To address a few of those physical impairments to which you referred we would suggest first examining the interaction of the specific physical component with the role within which it exists. For example, the stomach is that which takes in or digests specifically chosen facets or components of your world. Would it not be fitting therefore in many cases to use this organ as a lodestone which indicates that which one erroneously for growth refuses to take upon oneself or to make a part of oneself?

The skin is both a communicator and a barrier, for is not the skin that which insulates oneself from the outside world, yet in proximity or contact is used to communicate sharing or acceptance. Therefore, one might, generally speaking, assume that a skin disorder could be a potential indicator of one's reluctance to accept contact with their world or one's over-extension of oneself to the point of abuse.

The area which you describe as the knees could be for one entity interpreted as a portion [of] that which we have previously discussed as understanding. In another entity's situation the ailment might be generated to indicate an unyielding nature, a lack of flexibility or openness to the revelations of the subconscious mind due perhaps to a over-reliance upon the rigid, unyielding logic.

May we answer you further?

J: No, thank you, not on that, Latwii. Hi. How are you? I feel like I get to talk with you just all the time

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because I get to transcribe the tapes. Are you with me when I'm sitting at the typewriter and listening to the tape recorder?

I am Latwii. My sister, we are in the third seat to the left, three rows forward. In a more serious vein, my sister, we would simply acknowledge that your calling makes our presence available, and the frequency of your calling is quite pleasurable for us as well, and we are grateful that you would seek our companionship so readily, and we thank you for this, my sister.

J: I thank you, and I'm glad to know that. I am always aware when you and Hatonn say, you know, that if we ask for you in our meditations you will aid us and help us. How do we experience your aid?

I am Latwii. My sister, we would humbly point out that you are currently experiencing our aid.

J: I see. I have another question. Can you give me a—tell me what the words of closing mean when you say—I know what "adonai" means, but "vasu borragus"?

I am Latwii. My sister, we are aware that many clear, definitive translations have been offered for these expressions. However, we regret to be the informers that they are not literal translations of our statements, but rather tools, as are all words, to communicate with as little distortion as possible our intended messages. Therefore, the statements, "good-bye, see you again, have a good time," might readily serve if they conveyed the appropriate message through the distortive tendencies of those who channel our messages, for as you are aware, it is quite unlikely that you will encounter an undistorted message. Therefore, if we were to explain our reliance upon these particular terms we would do so in terms again of the channeling individual's preference in expressing as closely as possible our intended messages. If the instrument believes the word to convey a specific message, then we will use that instrument's vocabulary to accomplish the delivery of a certain message.

In brief, we would conclude that our closing is generally composed of a combination of several messages, such as the equally familiar statement, "In the love and the light of the infinite Creator"; the statement, "We love you"; the statement, "We appreciate our communion with you and desire to be of service again whenever possible." Each of these is an equally valid translation of our intended message at a given time. The preference of those receiving the messages to interpret the specific words, "Adonai vasu borragus" to convey these messages is the major factor in our selection of these terms.

May we answer you further?

J: No, that was almost more than I could understand. I have one last question briefly. Do you have any suggestions about any appropriate good way for us to invoke a special blessing on our new car?

I am Latwii.

(Snickers from group.)

I am Latwii, and we appreciate the editorial comment, for as you are aware we are always interested in those messages which are conveyed to us. We would extend the following suggestion for the preservation of your motorized vehicle and its occupants. The vehicle itself is, as you are aware, a part of your physical illusion. We are in turn aware that this makes the motorized vehicle dear to your hearts. Therefore, we would suggest that an awareness that the motorized vehicle is protected from all non-growth creating encounters with other motorized vehicles would be most valuable in sustaining those physical attributes of that vehicle which you so admire.

May we answer you further?

J: I'm not sure that you understood me correctly. Not that I admire this motorized vehicle as much, that I want it to be endowed with as much—the valuation in it to be—that it be used in love and light and for the protection and well-being of all who ride in it or come in contact with it in any way. You know, a blessing that it be a blessing. Not that it has inherent value in itself as a bucket of bolts.

I am Latwii. My sister, we apologize for our misinterpretation. We would suggest that our comprehension was somewhat tainted by conflicting perceptions of your value in the physical vehicle existent within this room. We would therefore suggest, my sister, that you be aware that the physical vehicle will take upon itself or be imbued with your own personal atmospheres. If you would seek to make it a tool of service to others it will become rapidly pervaded with the aura of your

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striving. This, we feel, is the vibration which you desire your motor vehicle to transmit. We would suggest further that in those periods of operation of this vehicle which are most stressful, such as delays in travel caused by unforeseen circumstances or other vehicle operators who appear to be performing their operation in a substandard manner, [those] be regarded with an openhearted acceptance as expressions of the full range of potential of the Creator's creation, for the intensity of emotion projected during these times of stress often become the dominant vibration within a vehicle such as you describe. An amount of wisdom or perspective during these times of stress would be beneficial to maintaining the vibration within your vehicle that you seek.

May we answer you further?

J: No, thank you. That was an answer that really satisfies me because it is the way I thought it was. Thanks for all the time you've taken for me. See you at the typewriter.

I am Latwii. My sister, we are heartily grateful for the time you've taken for us. Is there another question?

A1: Yes, how is the instrument doing?

I am Latwii. The instrument is functioning well as a result of its capacity to draw upon energy resources that are not commonly available. The instrument is capable of this accomplishment because of the interest and attentiveness of those present which maintains a stable and beneficial rate of communal vibration which in turn minimizes the distortion of our efforts to communicate. In short, your communal attentiveness results in a minimal amount of stretching or searching for the instrument, and the instrument is therefore capable of simultaneously resting the physical vehicle and tapping other sources of energy to perform this service.

May we answer you further?

A1: No, I just wanted to make sure he wasn't growing too fatigued. Thank you.

We thank you, my sister. Is there another question?

S: I feel that you have answered many questions, both those vocalized and unvocalized. I sense that you wear the cloak of modesty yet you have honored us. I sense now and again in the evening that you would honor us further. Is there a message that you desire to express?

I am Latwii. I am aware of your communication. It is our desire to communicate to those present that we are in many ways humbled by the intensity of the love and selflessness that has drawn you together on this night. My friends, the illusion in which you function is dominated by the desires of its occupants, and regrettably within your illusion a large number desire that such intensities of love, of sharing, and of service should not exist. We are therefore …

(Tape ends.) ♣

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The L/L Research Channeling Archives

Transcripts of the Meditation Sessions

Volume 6

September 26, 1982 to June 3, 1984

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1982

September 26, 1982 to December 26, 1982

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
September 26, 1982

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, in the love and the light of the one infinite Creator. May we thank and bless each within this circle at this time for the privilege of being able to share our lives and our thoughts with you. The service that you render us by requesting our humble opinions is very great. We find in this group a request which is unusual for this group, and that is for a specific instrument to speak our words for some of the time, and as this instrument is willing, we are happy to comply, but would suggest to you that each instrument is equally capable of offering, each in his or her own way, the message of the one original Thought.

You see, my friends, we have so little to tell you. It is extremely helpful for us to have a variety of instruments through whom we may share our thoughts, for each instrument brings to the task of speaking on a very simple subject memories, thoughts and vocabulary peculiar to that particular entity. Therefore, cherish you each other as you channel, each in your own way, for all of you are channels, if not in the service of this particular vocal channeling, then, my friends, in whatever you do are you the channels for the infinite Creator.

My friends, it behooves us to bring before your attention at this time the great amount of excess involved in the accepted ways of your peoples. More specifically, the excess of supply, the excess of interpersonal politeness, and the excess of spiritual hypocrisy. How much, my friends, do you need to give you that diaphanous, unshaped and inchoate thing called happiness? What of this world's belongings are necessary to the establishment and the perfection of your being and your seeking? How soft and how many must be your beds? How redundant your raiment? How filled your rooms within your dwellings and indeed how many rooms do you find necessary within them? Look you to the society with which you have commerce. What do you require of those to whom you have said, "I shall love you"?

Look again, and this time with the most careful eye at those efforts, specifically spiritual, and bring upon them the blinding light of honesty. Is there any variance at all between who you are and how you act? My friends, we are not suggesting that you give up civility, that you toss out furniture and live in smaller dwellings or that you are in any way lacking because there is some distance yet to go in learning the lessons of love. Far from it. What we are attempting to do is give to you a perspective from which to see that the Creator does provide all that is

necessary. This, however, does not necessarily include large dwelling places, a multitude of friends trained to speak well of you, or your own good opinion of yourself at all times.

No, my friends. The Creator has provided you with that which you may call manna. You know the word from the holy book you call your Old Testament, and you may understand it to mean that supply without which you would no longer be able to inhabit this particular density, given that it is still your desire and your purpose to learn the lessons that you have come here to learn. The Creator has offered you an unlimited amount of love and with it you may choose the most miraculous lesson.

Yes, my friends, you may choose to love. This is the manna of the heart. Beyond this blessing there is no provision, for this blessing is what you may call an end in itself, working by the Law of Reflection within your spiritual life, and this is indeed always the most difficult to penetrate. The Creator has provided discrimination and this is the manna of the spirit. It is to be used against yourself. It is to be used with the understanding that all events which cause you to query your capacity for the penetration of understanding of love involve yourself and spiritual manna is most abundant. You may work upon yourself as much as you desire and that, my friends, is the important word. What do you desire? Do you desire physical manna? The manna of the heart, the manna of the spirit? Very well, then, your path shall be made plain. With every difficulty there shall come manna, and your will and your faith shall bring you into pleasant places where the heart may rest and the soul may bide. Do you desire other? Very well, then, you shall have to disentangle yourself periodically from the added and unnecessary enjoyments that the Creator has made available for each.

There is no lack of virtue in a great house, in many friends, or in expanded ministry as you see fit to aid others. If you may see your life as a tabernacle, we ask you to understand that your life may be as capacious as you wish to make it, as complicated as you wish to make it, as busy as you wish to make it, and in no case shall any portion or detail of your life be upon anything but holy ground. Great confusions among your people come from the belief that anything except manna is worth love. Enjoy those things which you have, but, boring as it may be, look at what the Creator has offered day by day, year by year. Always the same, my friends. You are one with the Father. Your body has its safekeeping, your heart, the gift of love that you may radiate with that one great original Thought of love to the ends of the Earth, if so you burn. It is your choice. You may progress as quickly as you desire. Encourage that desire, and let the tangles out of your light periodically through the practice of the presence of that manna. Be it a fleeting instant of awareness or a long meditation, the duration does not matter nearly so much as your desire to feel that presence, to touch the source that created in love and in light all that there is.

Hear you then, the clock strike. Say to yourself, "I have a choice, for the Creator is with me." See you the insignificant and petty detail of living, the unwashed dish, the unraked leaf? Go about that task knowing for a moment that you are the Creator, and that all that you see is the Creator. Look at the beauty of the shining plate, the sunlit window, the pleasant smell of cleanliness. Or as you rake, observe the creation of the Father. How can any creation be so filled with wonder, and yet you are one with all that is. Within you each leaf a miracle, and you the observer and the extension. And the one who says, "Praise and thanksgiving be to you, Creator." My friends, we know there are challenges within your lives. That is why we are here. We wish to let you know that that is cause for rejoicing and for work and again for rejoicing.

I am Hatonn. We have enjoyed speaking through this channel, and would like to defer now to the use of one or two others in order that each, as we have said, may offer the precious coloration of his or her being to our very simple thoughts. I now transfer this contact. I am Hatonn.

(K channeling)

I am Hatonn, and again I greet you, my friends, in the love and the light of the infinite Creator. As we contemplate the words, "of the light of the infinite Creator," our mind seems to stand still momentarily because these thoughts are more than we can grasp. As you listen to the news day by day and the confusion that your planet is in, it is difficult indeed to keep the faith, to use an expression of yours. But, my friends, the power to live the good life is a matter of your own choice because the power of the Creator is all about you. It is like the air you breathe. It is like the silence we feel at times. Indeed, the psalmist is right when he said, "Be still and know." The

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moments that are about you oftentimes make it difficult to be still, but again I repeat, the power to live the good life, the joyful life, the peaceful life, the compassionate life is yours for the choosing. And to repeat in closing, the power is available. I am Hatonn and I now leave this instrument.

(Carla channeling)

I am Hatonn. We speak briefly through this instrument in love and in light to note for the confirmation of the one known as M1 that we were indeed attempting to close through him. We shall again attempt this contact. I am Hatonn.

(M1 channeling)

I am Hatonn, and I am with this instrument. This instrument was a reluctant channel this evening because of desire that other channels may have their opportunity to share with you our words. We are pleased to have had the opportunity to share with each of you this evening our thoughts, our philosophies, and most of all, our love. It is a great service you do us by calling upon us, and a great honor indeed not only to speak to those who are quite familiar with our teachings, [but] especially this evening to those who are new to us. We take this opportunity to remind and to stress to you that we of Hatonn are sharing with you our understanding that we as a planet have assimilated over a great period of what you would call time. They are our perceptions, our concepts, and is the truth to the best of our understanding. But, my friends, we are certainly fallible. We are continuing on a path of learning. So take each morsel of teaching that we offer as food for thought. If we inspire you to think about your spiritual growth and the path you have chosen, we are honored. But take each thought, each concept, as only that, for of course it is up to each entity to choose for themselves what is truth, what is right, what is wrong, and not teacher or prophet can dictate for you your truth. For the Creator has given each of you the opportunity to choose for yourselves your path, to exercise your free will, to learn your lessons as you will, to experience the opportunities for learning you wish. And we are pleased to have the opportunity to give you a fresh insight from another point of view. We leave you now in the love and the light of the infinite Creator. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. It is our privilege once again to be able to join your group in the capacity of attempting to answer your queries. We thank each for extending to us this opportunity. It is a joyful privilege which we always look forward to. May we ask then if there might be a question we might attempt to answer?

Carla: Well, everybody's got questions. I hope you'll say for the instrument when the instrument's worn out. But I have one. First of all, I'd like to thank you very much for your presence on my walk the other day, and ask if you were aware that I was being greeted by a fifth-density negative friend, and was therefore attempting to either protect, or whether you were simply with me?

I am Latwii. As we perceive the heart of your query, my sister, may we say it was our privilege to join you at that time—and others as well—in response to your petition in the form of what you call prayer. For we of Latwii have the honor of serving as what you might call a comforter to various of your peoples who seek our service and our comfort.

May we answer you further, my sister?

Carla: No. Thank you very much, Latwii.

I am Latwii. May we thank you, my sister, as well. Is there another question at this time?

S: Yes. Would you please address or enlarge upon the concept that we label with the word "lazy"?

I am Latwii, and find that we have been given a rather large area upon which to expound. We shall attempt to respond as best we can. Each word which your peoples use has some type of connotation according to its use. Within your illusion the activities of busyness and accomplishing one task and then another and then another, seemingly without end, are given great value. And in such tasks there does indeed reside the lessons that teach love in some form or another. Yet, to those who do not choose to behave in the manner of busying themselves as proscribed by the culture in which they reside is given a variety of terms, one of which you have classed that of laziness. To laze about and to relax into the essence of one's being is frequently not valued among your people. But we ask you, my friends, is there not value in your very essence, and

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does that value not reside there of its own accord? Need you labor at one task or another in order to store up some form of chit that represents …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. To continue our thought—to those who labor without end at tasks of one sort or another would seem to fall the great value, but can the value or worth of an entity be measured in such a fashion? If such attempt is made, then what is the value of the one Creator which resides within each particle of your illusion which then does not accomplish work? Are the trees without value? Are the rivers which only flow and nourish by their beingness without value? Is the soil which does not move of its own accord without value? Is the Creator, which rejoices in Its beingness, within your beingness, without movement, therefore without value?

May we answer you further, my sister?

S: Thank you.

I am Latwii. We are most grateful to you, my sister. Is there another query at this time?

E: I have a question in regards to the last question, and that is, why is it then that most of our people have organized their lives so they have practically no time to spend peacefully, lazily?

I am Latwii, and am aware of your query, my brother. We find within your illusion that there has been of necessity a great forgetting. To forget the essence of one's being, though of an infinite value, is to allow the possibility of the increase of that beingness through the gaining of the experience which comes from what you call doing or acting. Entities then by such activity express the nature of the Creator in one form or another. By this expression is distilled the essence of the Creator. This essence then feeds that beingness so that there is completed a cycle of doing and being, each balancing the other.

Within your illusion it is most common to concentrate on that which is apparent, the seeming separation of all beings, and the ability to act in an infinite variety of ways because of this seeming separation. This then allows the Creator within each entity to know Itself more fully. It then becomes the task of each individual to balance the activity with the being. It is not easy within such an intense illusion to penetrate even the most simple mysteries of being. Seldom does an entity within your illusion truly ponder the reason for its being, the purpose for its life. Yet at some time, each does this, and whether the decision is made upon a conscious or upon a subconscious level, yet each decides to act, to be, and to balance as determined before the incarnation.

May we answer you further, my brother?

E: No, thank you. But I'd just like to see if I have it straight. In other words, if one proceeds through life and doesn't make any mistakes, one learns. And if one proceeds through life and makes a lot of mistakes, one learns more quickly?

I am Latwii, and am aware of your query, my brother. We would not choose the term "mistake," but would rather see all activities as the Creator knowing Itself. For indeed, if there is only the Creator which is acting and being, can there be a mistake?

May we answer you further, my brother?

E: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

A1: Yes, Latwii. I have a question for a woman who is not here. Her name is A2. She was wondering—she understood that normally answers were not offered if the question was not directly asked. So therefore, if the question was asked mentally without words, could there be any answer?

I am Latwii, and am aware of your query, my sister. Normally this is also seen as an infringement. For to answer the query which has not been verbalized is to tread quite closely to infringing upon the free will which has not chosen to freely express itself.

May we answer you further, my sister?

A1: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

J: Yes, Latwii. I have another question from A2 also. I believe the question that she would like answered is this. Is it possible that an entity would choose a third-density experience that would be lived in a state of mental pathology for the purpose of using this experience to learn about love and light, and also that this experience of living with the illness

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continue pretty much throughout life partly also for the benefit of those others who might learn from her in the way that she handles this?

I am Latwii. We believe that we perceive the heart of your query, and can respond by suggesting that indeed all things are most possible. We do not mean to sound simplistic, but look about you, my sister. Within your illusion, is there not an infinite variety of beingness exhibited within each entity? Is there not that which you call insanity, poverty, hunger, confusion, wealth, power, fame? Look about you. Recognize that each life pattern was chosen. There are no mistakes. Within your illusion is the lesson to be learned called love. Though the lesson be simple, the means of learning it are infinite.

It may indeed be such that an entity would choose to spend an entire life mute, crippled or in any other configuration of mind, body and spirit that can be imagined so that love might be learned in such and such a fashion. Each entity now incarnate upon your planet is living but a small portion of its total beingness at this time. The inertia, the accumulated experience of each entity determines the next lesson to be learned. The great variety contained within all of the infinite creation, therefore, suggests a great variety of biases to be gained and a great variety of biases to be the balances to be experienced for these biases in each incarnation.

May we answer you further, my sister?

J: Thank you, I believe that answers that one. Now I would like to ask for myself. Could you give me any understanding about the nature of the mental illness that is known as borderline personality?

I am Latwii, and am aware of your query, my sister. Those of your peoples who study the personality, as you have called it, have many descriptions for its expression. Such descriptions are utilized because they are convenient, and allow the entities to place in certain compartments, shall we say, those variations of the personality which they study. That type of personality which has most recently been called the borderline personality is a personality which is not well understood among your peoples, and therefore the termination of this personality, or that which is more correctly called the naming of this personality is most accurate, but regards those who name rather than those who are named.

We do not by this description mean to suggest that those who study and name are in any way to be denigrated or looked down upon, but mean to suggest that the term they have chosen describes more their inability to describe. The personality which is viewed as borderline is simply one which expresses in such a fashion as to be somewhat incomprehensible to the normal way of description. A personality which does not always reside within the normal bounds of your illusion then steps over the border or the line, shall we say, and expresses in a fashion which is comprehensible only to the deeper self of the entity so expressing.

There is not, to our knowledge, a personality or expression of personality which does not allow the entity so expressing the opportunity to learn the lessons of love. It may not be understandable in any ordinary fashion to those who view such an entity as to how such an entity might be benefiting either itself or any other by such expression which crosses the border, shall we say. Yet, within the one Creation there are no borders. Each entity is free to travel however it chooses. Most within your illusion travel in such and such a fashion and this fashion by the inertia, shall we say, and the numbers of its travelers, creates the parameters of normalcy. Yet, if each entity were closely studied, there would be found within each a portion of the personality which was not within these parameters and which had indeed crossed the border. For each entity has in its being a great variety of expression, and from time to time this expression becomes that which is not considered normal. Thus, [for] those entities which express in this non-normal fashion a greater percentage of their lives then is given a term such as this term of borderline personality.

May we answer you further, my sister?

J: Yes, let me just try to sort that out a little more. So this, then, is unusual and perhaps not ordinary, but it seems from what you've said that it's not necessarily pathological either. And from that point then, does it necessarily need to be corrected or made ordinary in the sense of being "not-different," or "not-pathological"?

I am Latwii, and am aware of your query, my sister. In responding most accurately, we must suggest that yes and no both be used. To an entity which is that known as pathological, it is both a service to experience in that mode, and to have others attempt

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to serve it by responding to it in one fashion or another. The interaction between the two serves as catalyst to teach each. Whether the entity becomes that known as normal or remains that known as pathological is of no importance. The dynamic interrelationship between such an entity and all entities surrounding it is that experience which offers the opportunity to each to learn love.

May we answer you further, my sister?

J: No. I guess I'm beginning to see that this is a difference just like any other disease. It offers catalyst and that's all right. Is that about it?

I am Latwii. This is correct, and indeed your entire illusion may be viewed in this manner.

May we answer you further, my sister?

J: Thank you, no. That's fine.

I am Latwii. We thank you. Is there another query at this time?

K: Yes, let me just see if I can ask this a little bit different. Then we can assume that any kind of an aberration or anything that we perceive as an aberration offers an opportunity for some to express love and others—offers the opportunity for both to learn love. Is that right? I don't think I said that very well. Any kind of an aberration gives each one the opportunity to learn to love? Is that right?

I am Latwii. This is quite correct, my sister. May we answer you further?

K: So then what we see going on in the Middle East, such as the massacre, can be seen in the same light? Is that right also?

I am Latwii. This is also quite correct, my sister. May we answer you further?

K: Well, I think that answers that. But I'd like to ask a question about dreams. Can one choose one's own dreams, or do we just pick up a lot of stuff that goes on about us in our dreams, and sometimes we can do nothing about it, we just simply do pick up what goes on about us? I didn't make that very clear either, I don't guess. Can we choose what we dream about?

I am Latwii, and am aware of your query, my sister. It is only for those which you might call the adept to choose the dream which shall be experienced, for the dream, though it has a great variety of uses, has the primary use of reflecting in symbolic form the catalyst that the entity faces in its daily life so that the entity might once again review and utilize that catalyst. To choose the dream assumes a great efficiency in the use of the catalyst. It assumes the conscious recognition upon the part of the entity so choosing that it does indeed reside within an illusion which provides a means of progress in evolution through the catalyst of daily experiences. To program, shall we say, a dream is quite like the entity programming the incarnation before entering the incarnation. This requires much ability, which does not normally begin to be recognized or accumulated by an entity while in the incarnation, but is possible.

May we answer you further, my sister?

K: No, I don't believe so, thank you.

I am Latwii. We thank you. Is there another query at this time?

Carla: Following up on K there, I'm intrigued. There are two kinds of dreams that I have frequently enough to be noticeable. The one kind really common with everybody—I'm either teaching somebody or somebody's teaching me, and the other one, I'm somewhere else going through Raiders of the Lost Ark kind of things, the good guys against the bad guys, or whatever, on another planet, though. I've never been able to tie these two particular kinds of dreams to catalyst, and the only other kind of dream that I have that doesn't seem to be tied to catalyst is dreams where I see something happening in the future, which I've done a couple of times, and it has happened. So, are there also other uses for dreams besides working through the catalyst on a deeper level? And are these uses far less important?

I am Latwii, and am aware of your query, my sister. There are indeed a great variety of uses for dreams, none to be considered more or less valuable. The varieties which you have mentioned are examples of a perspective upon the life experience. For example, might not a life be looked at as a teaching and a learning? And does not each teach each? Look into that which is being taught for the catalyst. And as you journey through your life, might it not be seen as a great adventure? Look then to the kind of adventure you experience for the catalyst. And it is true that from time to time an entity may see that which is called the future. Indeed, there are many futures, as you may call them, and when an entity in the dreaming state experiences that experience which

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does then occur in what you call your future, there is a special connection which has been made between the entity and a deeper portion of itself. And the deeper mind has made available to the conscious mind an experience which shall be of especial value to this entity.

May we answer you further, my sister?

Carla: Yes, on another subject, but first I wanted to share a terrible joke that just occurred to me. What would be another term for a bill of lading on a boxcar full of bulls? A catal-lyst.

(Giggles and groans.)

Carla: The other question I have … Sorry about that! I thought Latwii would like it. Latwii, you're not laughing.

I am Latwii. We find ourselves convulsing in laughter.

Carla: Thank you.

We appreciate your humor, as you know. Please continue.

Carla: The other question that I had, I really wanted to pursue it a little further. Just so I could get it. I really want to get this. I understand how a healer—even if a healer fails—is learning the lessons of love by trying, by trying to heal, by offering itself in service. But, because of the fact my mother happens to be a psychologist, I hear some really wild things about real psychopaths. And, one simple example. There's a lady that speaks only Spanish who came into Central State Hospital five days before my mother told me the story. She was on her way out of town to a spiritual retreat, and looked a bit drawn. In that five days, this hundred and sixty pound Spanish-speaking woman, whom everybody calls C because she does nothing except dance and sing when she is not attacking people, had attacked nineteen people, and put several of them in the hospital. She had not gotten around to my mother yet. There is no way, either in Spanish or in English, that anyone can cause her to focus her attention. There is no medication except megadoses of tranquilizer that will cause her to stop dancing, singing and attacking people, which she does seemingly without any anger. She simply attacks them and attempts to kill them until someone subdues her, still singing and dancing. There is no connection.

Now, we're not talking about people that are seeing life a little differently, we're talking about somebody who sees life a lot differently, who is not able to communicate across the boundary in any way. How is this person learning the lesson of love? If you can't answer this, I understand.

I am Latwii, and am aware of your query, my sister. To begin, may we suggest that the healer never fails, but may exert an effort which has results which are different than those intended. May we also suggest that an entity such as the one you have described may indeed learn those lessons of love in such behavior as you have described over what might be called the longer span of its beingness. For its current life experience has accumulated a certain bias which is being expressed in that behavior which is seen as quite erratic, and this bias, when viewed between what you call the incarnations by this entity in time/space, this then as a bias will teach that entity a certain lesson. This entity shall determine to take one path or another in continuing its learning of love according to the bias gained in this incarnation. Sometimes the lessons of love come quite slowly. Yet, the progress is always made, and one incarnation might be as the grain of sand upon the beach.

May we answer you further, my sister?

Carla: You mean even when there is apparently no motion, there is absolutely flat affect, nothing from the outside in and from the inside out, a person is learning from the experiences that it is apparently not experiencing? To some degree, in some way? A yes will do—I've taken up too much time.

I am Latwii: Our sister, though "yes" is our response, may we also suggest that the entity which acts within the incarnation is but a portion of itself. And though, as that portion, may have difficulty in learning from the great variety of its experiences, yet those experiences do teach love. You may look at each incarnation as containing a great abundance of useless detail, in that the detail itself does not have value, but the detail upon detail upon detail creates a bias. The bias expands experience and experience teaches love.

May we answer you further, my sister?

Carla: No, thank you, Latwii.

I am Latwii. We thank you, my sister. Is there another query at this time?

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M: Yes, I have one. While Hatonn was with us, I had this weird feeling of floating on a cloud and looking down and looking down, and floating for a long time, and finally looking down and seeing this rather violent scene of a deserted street with either wolves or dogs growling and fighting. Does that have any meaning?

I am Latwii. My sister, we are quite pleased to see that you have pulled yourself from the hole which you inhabited upon our previous meeting.

(Laughter)

L: It was hole-arious!

Indeed, each experience then does have a meaning, but the meaning of such must be determined by the entity so experiencing the sensation.

May we answer you further, my sister?

M: No, but I don't think I'll ever understand it.

I am Latwii. Do not underestimate yourself, my sister. Last week you were quite despairing of ever climbing from the hole. Next week may bring further miracles.

May we answer you further?

M: No, that's sufficient.

I am Latwii. Is there another query at this time?

J: Yes, Latwii. Let me try an observation, and ask you to comment on it. Now, ordinarily in third-density illusion we see people as being successful in, say, their personal evolution as we see it in third density who are healthy, organized, successful and they've got it all together. Now I'm beginning to see that on a more transcendent basis there's no real way of being able to evaluate the real personal evolution that may be going on. It is possible for a person to be experiencing a great deal of catalyst, for instance, economic misfortune, or mental illness or physical illness or depression or confusion, and be at a more advanced level of evolution, or progressing, making a lot of progress or not. Is there any … well, could you comment?

I am Latwii, and am aware of your query, my sister. Indeed it does not matter which distortion an entity chooses. There are lessons to learn. Entities, as you are aware, are quite unique, and each does not learn in the same manner. You may view any entity's position in your social, political, economic or other arenas, and yet be unable to determine where upon the path of evolution that entity treads. There are, of course, the various accepted means within your culture by which an entity might be measured. It is as though the children were gathered upon the playground …

(Tape ends.) ♣

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Sunday Meditation
October 3, 1982

(M1 channeling)

[I am Hatonn.] I am now with this instrument. We greet you with the love and the light of the one infinite Creator. If you need an example of something that is at peace with its environment, think of a cloud floating along on gentle breezes, blown by every wind, rained on, made fresh again, gets where its going, at peace with its environment. When you seem to be scurrying and at odds with the things around you, think of yourself as a floating cloud. This will help you see that there is meant to be harmony in all things. Try to feel in your harmony in harmony with your God. Problems will not seem as acute, more as an ongoing thing, as weeds in a flower garden, as rain in the sky. Get the feeling of oneness. This will help you, people and animals around you, feel your serenity. It will not solve your problems but it will give you a harmony with them. I am Hatonn. I leave this instrument.

(Carla channeling)

I am Hatonn, and greet you once again through this instrument in the love and the light of the infinite Creator. It is our joy to speak through each instrument, and we respect the always courteous portion of the one known as A, and the one known as M2 as they each wish to allow others the opportunity to exercise their channel. At the risk of sounding repetitious, we would point out to each the ultimate difficulty of such an overwhelming courtesy. However, we are inclined to allow these developing channels the opportunity to feel with more and more certainty when we wish to speak through one or the other. It is very seldom that we shift our communication to more than one instrument at a time, and when the parallel activation is done, it is for the purpose of confirmation. Therefore, we will leave this instrument for a time and once again offer to one but not both of these instruments an opportunity which may be taken at this time to speak a few words. We will then gladly confirm through this instrument the intention which we had. I am Hatonn.

(M2 channeling)

I am Hatonn. I am at last with this instrument. We are pleased at an opportunity to work briefly with this instrument as we are pleased at the opportunity to share this time with each that is here tonight. We would speak on a topic we have spoken on many times in your gatherings, the topic of love, which is essentially intertwined in everything that we bring to share with you. Love for one another, love of a country, for your world, and of course, an important love you must have for yourself. When we speak of a love for oneself, we wish to express the importance

of one appreciating themselves, their essence, as being one with the Creator, for if one cannot fully appreciate their true essence, are they not handicapped in their desires to spread the Creator's love to all that is around them? For without that appreciation by which you value the self can one have the strong faith that in turn accounts for the strong will which is so important a driving force in spreading that love you wish to share with those around you?

My friends, each of you are indeed the Creator. We have spoken this to you many times before and yet it seems to be a concept which you hear but do not fully believe. You seem to look at yourself as all too often an insignificant, unable, weak, small factor in the things that go on around you. My friends, the things, the events, the experience that occurs around you is truly your own creation. From the smallest grain of sand on the seaside to the multitudes, it is all your creation, certainly not the work of an insignificant [entity] or another faceless soul, just one among the masses. Recognize, my friends, the gift the Creator has bestowed upon you. Be one with the essence of unlimited abilities the Creator has bestowed upon you; at the same time, the opportunity to limit yourself. Each of you are truly a treasure, a masterpiece, a consummation of all the greatness of your imaginations and beyond. A difficult concept for you in the confines of this illusion, but all the same, a very real opportunity for each who struggles by themselves.

We will transfer this contact. I am Hatonn.

(Carla channeling)

I am Hatonn, and greet you once again in love and light, speaking briefly through this instrument only, and to use this instrument as vehicle for confirmation both of the direction of our intention and of the subject matter. We are pleased that the confidence of the instruments begins to become set in ways of a realization of service, for in truth, as we move about the group with its several channels, the normal courtesy of awaiting a turn and of listening for others should be laid aside so that the tuning may be more and more precise. Then when the signal comes to you, each channel may pick it up and receive it. Thus, each indeed will take the turn but the flow of communication will be unfettered and much stronger for this confidence.

We would proceed, using other channels at this time, and again we ask, as you feel our contact, please feel free to speak, knowing that we speak through only one at a time, and do not, shall we say, put our contact up for grabs, but rather attempt to move from instrument to instrument in such a way that our very simple message may be given the most beautiful and rich interpretation of which we are capable.

We would now transfer this contact. I am Hatonn.

(A channeling)

I am Hatonn. I greet you once again, and we shall speak briefly through this instrument, for that is her desire. To continue on our previous message, we shall add these few words. Desire to find peace with yourself while you are walking along the path. For when you are at peace, you will be at your center where you can see your own light so that you might bring forth to others more fully.

We shall now leave this instrument. I am Hatonn.

(K channeling)

I am Hatonn. I am now with this instrument, and again greet you in the light and the love of the infinite Creator. It has been a joy to listen to your animated conversations tonight. However, we would add one bit of warning which all of you know can't be repeated too often. As has been indicated through the one known [as] M2, you are all creators. And as you very well know, negative thoughts create, just the same as the positive ones. And when you find yourselves dwelling on the negative thoughts of yourself or others, it would be well to remember that you are the Creator. Just stopping long enough to remember that we are creators reminds us again of the path we should follow. Indeed, my friends, life can be beautiful. It can be harmonious as you learn how to create your own harmony and beauty. However, we would add one further word. The essence of each of us is harmony and beauty and peace, but your illusion makes it difficult for you to keep this in mind at all times.

Again may we say it has been a pleasure and a joy for us to be with you, and I leave you now in the light and the love of the infinite Creator. I am Hatonn.

(Carla channeling)

I am Latwii. First our brother Hatonn speaks soberly through this instrument about reluctant channels,

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and then this channel is reluctant. Well, my friends, we still greet you most joyously in the love and the light of the one infinite Creator. How joyful, how wonderful, how lovely it is to be with you. We are so pleased to be able to use this instrument for a word or two before receiving questions. We sense, my friends, that there is a point which wisdom seeks within you this evening. Therefore, we are called in a general way, and so we shall share our humble thoughts with you, reminding you that we are but poor fools and our mummery is but the shabbiest of words covering the nakedness of our ignorance of the ultimate truth. However, what little we know we share with the utmost pleasure.

We are aware, my friends, that each of you has desired to know what it is that you shall do in response to your great and precious knowledge. How shall you be the givers of yourselves? How shall you share? Well, my friends, if we were speaking of your money, we could simply say give such and such an amount, give such and such a percentage. For in your world, is it not easy to think in terms of quantity, and in your life, do you not often judge yourself by the quantity of your actions? Let us examine, my friends, what it is that you have to share. It is written in your holy works that that which you have is like a tiny bit of yeast, which put in a large amount of grain leavened the whole. It was not a great quantity that the one known as Jesus discussed in his teaching. It was a very small amount. But it was a very small amount of the proper quality.

What you have to share is a quality, not a quantity. Those who love want to do much but they must first understand that the work of love is infinite. You cannot do a great deal of infinite work or a small amount of infinite work. You do infinite work. Now, my friends, to business, then! How do you do infinite work of a certain quality? You are not all alike. This, our brothers and sisters of Hatonn have spoken of. Each has a totally unique radiance, and that is the quality that you have to give. You do not all have equal gifts. Yet each gift is most blessed, and that gift, whatever it may be, is the quality that you have to give. Therefore, my friends, before you share that leaven of hope, of praise, of joy, of faith, of light, of love, allow that second of silent opening within, that prayer which is so simple, my friends. Not my will, but My will, O Creator, the will of me as You, be done. Not the little self, but the great Self. Open me, use me. This is the prayer, this is the hope, this is the faith.

It only takes a fraction of a second, my friends, and in that fraction of a second, you may well exchange quantity for quality. Your people hurry and scurry. Our brother, Hatonn, points us to the clouds of your planet. What quality of radiance awaits you in the center of your effortless perfect being? And under what bushel of busyness and quantity do you hide that radiance? Much has been given you, my brothers and my sisters. You are very close to the kingdom you desire. All that is precious lies just beyond the illusion of the door. Meditation is a key, prayer another. Now may you rejoice and shine forth your light in a dark world that all who come unto you may feel the healing. But let it not be effortful or burdensome or difficult. Let it be that which is done so that no one shall know. Let your light shine so that the kingdom is revealed, not you. Perhaps the most difficult thing for a pilgrim to do is to discover how to get out of the way of that great and abiding flame of love. Let it burn through you, never from you.

We shall now put you atop the clouds of our brothers and sisters of Hatonn, and let you float merrily there, thinking your thoughts and perhaps asking a few questions if you would. To this end, we thank this instrument, reluctant though she was, and would at this time transfer to one who does us great service, for which we are forever grateful. I am Latwii.

(Jim channeling)

I am Latwii, and greet you once again in love and light. We are now honored to offer our humble selves in the capacity of attempting response to your queries. May we ask then if there might be a query?

M1: I have one, Latwii. What is the principle behind identical twins or identical triplets?

I am Latwii, and am aware of your query, my sister. In the case of the births of entities of what you would call the identical nature there is the incarnation of entities of the exact vibrational frequency which have chosen to play out certain patterns of interrelationships which have developed over great periods of what you call time and through many of what you call the incarnations …

(Side one of tape ends.)

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(Jim channeling)

I am Latwii, and am with this instrument once again. Such entities have experienced a great portion of their existence in a shared manner so that it becomes appropriate at a certain time, so to speak, to make that shared experience complete. In such a situation it is then determined that what is called the birth of twins, triplets and so forth of an identical nature might be appropriate and is then undertaken. The underlying reason for this, to summarize, is the completion of a pattern of existence which has been chosen by free will by entities which have found a mutual comradeship and learning possible in an intensified manner with an other or others. And this journey is then manifested in such and such a manner.

May we answer you further, my sister?

M1: Thank you. I do have another question. What causes people to go to excesses, whether it's overeating or drinking or drugs or overworking or any other form of excesses?

I am Latwii, and am aware of your query, my sister. To reply most accurately to such a query, we find that our response may seem much too simplistic. But it might be said that any entity which exhibits the great distortion in any direction is either attempting to balance the opposite bias or is attempting to develop a certain bias which then may itself be balanced. This is the plan of the Creator for the gathering of experience. It might also be suggested that for some entities there is the momentary difficulty in developing the desired bias, and what might be called an overreaction to the halting of progress might then also be developed as a bias which was not the primary intention. Nevertheless, each bias provides the opportunity for balance and each balance the opportunity for experience.

May we answer you further, my sister?

M1: I'm not exactly sure. Do you mean that they deliberately go in a certain direction or that their personality is out of sync at that particular time and they are not entirely aware of what they are doing?

I am Latwii, and to clarify our previous response, may we suggest that before the incarnation, certain lessons, which might be called biases, are determined appropriate for that incarnation. These biases may appear during the incarnation to be in excess. There might also be the free will choice of the entity during the incarnation, unaware of the preincarnative choice, to respond to the developing bias in yet another overblown fashion, shall we say. Each action, whether determined before the incarnation or during the incarnation provides a bias, whether great or small, which then must needs be balanced by its opposite bias. Such balancing then aids in the gathering of experience, and this experience is the reason for the incarnation itself.

May we answer you further, my sister?

M1: No, I think you've answered it, but it seems like I have a lot of questions. I've got a third one. When test tube babies are formed, does that interfere with their normal progression?

I am Latwii, and am aware of your query, my sister. Within the bounds of your illusion, such would seem the case, for the great majority of entities which enter your illusion do so in a manner which is quite unlike that you have described, and would seem then to be quite homogeneous. In some respects, of course, this is quite correct. But we might also note that each entity's entrance into the illusion which you now inhabit is quite unique. Some who enter your illusion do not actually inhabit the physical vehicle of the fetus for some period of what you call time, choosing to enter at the last moment, shall we say, when birth has occurred, and some even after that event, as well. If an entity should, therefore, decide to enter your illusion, a method for its entering shall be made available. This method might include what has recently been developed by your scientists, that being the test tube entrance. This does provide a certain framework within which the new entity then begins the incarnation. That it is different from most others is undeniably correct. That most others are homogeneous is not correct, for all are quite unique. Each entity is provided the precise requirements to proceed with the incarnation before it.

May we answer you further, my sister?

M1: No, I think you've answered that question, but it's brought up a fourth one. When babies are aborted, are they usually inhabited by an entity or are they babies which no entity has inhabited?

I am Latwii. To speak again to the heart of this query, we must again note that there cannot be a general statement which is adequate. Some entities

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need only the briefest of experiences of a certain nature within your illusion, and are with the vehicle which has been, as you have described, aborted. A larger majority, shall we say, of these aborted physical vehicles are not inhabited, for it is known that they shall not reach your illusion, shall we say.

May we answer you further, my sister?

M1: No, that's fine. You've given me a lot of good answers.

I am Latwii. We thank you, my sister, for your excellent queries. May we ask if there might be another query at this time?

K: I'd like to follow up on the last question just a little bit. Are you saying then that although a fetus is beginning to grow, it is not really alive with the soul yet in some cases?

I am Latwii, and am aware of your query, my sister. This is not a simple query with which a response can easily be matched. In one sense the entire creation is alive and sings with the spirit of the one Creator. There is no portion that does not have this spirit. And it is also true in another sense that when an entity known as a fetus is housed within its mother's womb, there is often the absence of the enlivening mind/body/spirit complex which is common among your peoples, and without which the fetus would not appear to be human, as you call it, but without which, in rare instances, the physical vehicle of the orange ray may yet function. In some cases this fetus does indeed contain the mind/body/spirit complex which gives its coloration of humanity, as you call it, for it has been determined by the incarnatinq entity that an early, as you might call it, entrance into this fetus is useful for the beginning of the lessons of this incarnation.

May we answer you further, my sister?

K: Is a child ever born without that whole complex, and receives it afterwards?

I am Latwii. This is correct, my sister. May we answer you further?

K: No, thank you, that's fine.

I am Latwii. We thank you. Is there another question at this time?

Carla: Are there ever borderline cases where a mother and a child may have an agreement before the incarnation of both to have a life together, and then the mother finds herself in a position where the public ethic is not useful to her, and the private ethic is basically unknown, and so she wavers a great deal and finally ends up aborting—so that the fetus is occupied—and then when it is observed that birth is not going to be possible, the mind/body/spirit complex simply leaves and awaits another opportunity. Is that ever possible so that it's sort of yes and no sometimes instead of just sometimes yes and sometimes no?

I am Latwii, and am aware of your query, my sister. You have correctly surmised that before each incarnation agreements are made. The agreements made, shall we say, are not ironclad. There are in many cases contingency plans, as you might call them, which recognize the ever changing nature of what you call your future as free will exerts its force within your illusion. If certain boundaries or parameters of the incarnation in its beginning are met, then it is begun as planned. If there is a significant change in such boundaries, then there might be the decision to take an alternative route for entry into the illusion, and an alternative means of joining the relationship with the one already within the illusion. Though this is somewhat unusual, it is ever possible.

May we answer you further, my sister?

Carla: Yes, I'm very interested in this subject. Along with almost everybody, I suppose, I have instinctive feelings about whether abortion is right or not. The debate runs high on that one and discarding the concept of sin, I would take up the concept of karma. Is it ever possible that by aborting a child with whom one has made a very careful agreement, one may—a mother may collect the karma which is simply the promise for future—so it's missed this time, but there will be another lifetime in which that relationship will be worked out. Is it ever that inevitable or is it freer than that?

I am Latwii, and am aware of your query, my sister. To speak of that known as karma is to use a term which has among many of your peoples an emotional impact which we do not desire to invoke. We would, however, suggest that entities which engage in an agreement which is then altered by the activity known as abortion will at some point within that incarnation or another complete that agreement which has been made. The ability of entities upon your planet to utilize what you have called abortion

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adds yet another variable to entities which are deciding upon the means of relating one to another and of beginning the incarnation. Within your illusion are an infinite variety of such considerations which must be taken into account by each entity before the incarnation. Thus, the addition of one more variable does have its effect, and this effect may or may not be profound. It is, however, considered by each entity before the incarnation is begun and does, as does each consideration, have certain repercussions which then must be balanced.

May we answer you further, my sister?

Carla: Only to confirm that this would be the answer which you would also give to questions about voluntary birth control and voluntary sterilization?

I am Latwii. My sister, this is quite correct, as would such items within your illusion as the transportation by your various vehicles and their likelihood of collision and subsequent passing from the incarnation, as would the various chemicals and drugs utilized by those whom you call healers, as would the great variety of means of interacting which your game sports provide, as indeed would each activity which is available within your illusion provide the need for an entity entering your illusion to consider its impact upon the incarnation.

May we answer you further, my sister?

Carla: Yes, because that last, although general, didn't get to what I wanted to find out. There are many more women, I think, that are simply very careful not to have children for one reason or another than have abortions. My question was whether there was a possibility that the same karma, to use a non-emotional form of this word, might be caused by being voluntarily sterilized or using voluntary birth control when a woman had forgotten that she had agreed before incarnation to be in a mother and child relationship with another entity who is then unable to enter. What I'm trying to do is get to the heart of all of the nonsense that has been spoken on both sides about—not just abortion but birth control, so I'd like to find out if there is an actual amount of, shall we say, delay or damage that one can do by birth control or sterilization to an entity with whom you've had the agreement or whether birth control is simply something that person does because that person is inwardly aware that no such agreements have been made for this period or at all. Can you get anything out of that question?

I am Latwii, and indeed, my sister, we believe we feel the heart of your query has been well expressed. We would once again respond by suggesting that there are no mistakes within your illusion. When an entity chooses to enter within your third-density illusion, it is well aware of the parameters within which it shall move, of the resources which to it shall be available. The agreements made before the incarnation are agreements made in the light of this knowledge. Therefore, there is, in truth, no action which can be undertaken by any during the incarnation which were not seen as possibilities before the incarnation began. Thus, each activity which is engaged in during the illusion does have its effect, yet each activity was also known to be a possibility before the incarnation was begun. Therefore, such actions are not undertaken in a willy-nilly fashion, shall we say. Though their effects shall be felt by those in their vicinity, these effects have also been chosen.

May we answer you further, my sister?

Carla: So there isn't the case where there is a child waiting and hoping to be born to a certain mother, and then it comes as a big surprise because sterilization has occurred or birth control is consistently used. You're saying that to a certain extent this is—enough is known about the incarnations of both that this situation just doesn't occur?

I am Latwii, and am aware of your query, my sister. This in general is quite correct, though it is also a possibility that an entity awaiting the incarnation shall await that incarnation somewhat longer than originally intended. This is also a possibility which is seen by each entity which attempts to enter that illusion which you now inhabit. The great range of sight, shall we say, or the far-seeing ability which is denied to those within your illusion is that factor which resolves the great complex difficulty which an entity has in attempting to clarify just how this illusion operates. Before the incarnation, the range of sight is quite without time or space and an entity might view into what you call the future with a great degree of clarity, and therefore make the necessary choices for the upcoming, as you would say, incarnation.

May we answer you further, my sister?

Carla: I'd like to ask one more short question. I think I've dragged this line of questioning out long enough. Is it possible that a person could have to

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reincarnate instead of graduating in order to complete an agreement? In other words, stay in third density instead of going on with graduation because of a missed agreement?

I am Latwii, and am aware of your query, my sister. As we have said many times, all things are quite possible, though most activities are very difficult to generalize and to predict with certainty. All things are indeed quite possible.

May we answer you further, my sister?

Carla: No, thank you, Latwii.

I am Latwii. We thank you. May we ask if there might be another question at this time?

K: Yes. Regarding the free will of the woman who chooses to abort or not to have children, is the woman exercising the same free will that she exercises when she decides to marry or not to marry or when she decides to work or not to work? Is it a matter of exercising the free will? What I'm trying to say, she's exercising her free will in each instance in whether to abort or whether not to abort, and is there any difference in the degrees of exercising her free will?

I am Latwii, and am aware of your query, my sister. Each choice, no matter what the subject, is an exercise of will, freely made. As the mind is configured by its very nature of being, and as it gathers the experiences of your illusion, it becomes biased either in the service-to-self sense or in the service-to-others sense. With this general coloration, then does the individual entity begin to increase its polarization so that each choice which is made adds in some fashion to that polarization. Each choice, no matter what the subject of the choice, then might be seen as adding or subtracting from the polarization which is the general character, shall we say, of the entity. The various choices available within the illusion are simply means by which an entity adds to the polarization which it has chosen.

May we answer you further, my sister?

K: No, I think that answers the question. Just one other brief question. The planet is rapidly becoming overpopulated, and I think in the last session I remember that you said that people were—entities were choosing to come here at this point in time, as we call time, in order to go through the harvest. Now my question is—if I've got that much of it right—my question is: Are entities coming here choosing to live in poverty, because many of them are living in poverty, are they literally choosing to live in poverty until the time of harvest?

I am Latwii, and am aware of your query, my sister. Indeed, you have stated the situation quite correctly. It is a paradox within your illusion to consider those elements of your illusion—such as the poverty, hunger, disease, pain, warfare—delicacies. Yet such existences provide an entity with the greatest of opportunities in which to learn love in the shortest of what you call periods of time.

Therefore, as your cycle grows to an end, you will see the varieties of experience increase in all fashions, including those which within your illusion are normally seen as quite undesirable, yet within the greater framework of the progression through the densities such characteristics offer great opportunities for evolution of mind and body and spirit.

May we answer you further, my sister?

K: So then, some may have come here at this point just to get blown up with an atomic bomb? Is that stretching it a little too far?

I am Latwii, and am aware of your query, my sister. It is somewhat, shall we say, the case that entities would seek the traumatic experience up to a certain point. For beyond that point which you have described, there is seen the trauma to the mind/body/spirit complex which tends to break apart that complex and reduce its ability to assimilate experience, and therefore require a great period of what you would call time to be undergone in the healing and reintegration of those complexes. Therefore, it is the desire of entities entering your illusion at this time to experience as intensely as possible the opportunities for learning the lessons of love without damaging the complexes which enable that learning to continue.

May we answer you further, my sister?

K: No, that makes sense. Thank you very much.

I am Latwii. We thank you very much as well. Is there another query at this time?

Carla: Yes, I have one more because I'm sort of riveted on this point here. I always thought when I was a young woman that I was destined to have children, about six of them, as a matter of fact, and I

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never had children. The one child I ever conceived, I lost spontaneously, and I'm now sterilized voluntarily. Reluctantly, but voluntarily. And I have spent much time actually thinking about what children wanted me for their mother. And although I realized that it was completely necessary within the way I look at things now that I not have children, so that I can do the work that we're doing, I think about those children, and I wonder how they're doing and if I have in some way incurred some karma because of the forgotten agreements that I made possibly with them. I feel sure that this is true of other women as well. Is there some way to communicate with these souls in such a way as to ask their forgiveness? And so stop the wheel of karma?

I am Latwii, and am aware of your query, my sister. To begin, may we suggest that you presume much that is not necessarily as you have presumed it to be. It is the case with most entities entering your illusion that parallel, if we may call them, programs of incarnation are seen as possibilities. If one choice is not taken, then another presents itself so that those lessons to be learned are available. It is quite difficult to describe to entities within your illusion the freedom and fluidity with which these choices are made and pursued. Within your illusion it is generally the case that a plan is made and undertaken and then, if an alteration is made, the changes in the outcome are easily attributable. However, before the incarnation, the range and freedom of choice is such that level upon level of agreement is made, therefore allowing for changes to occur. For though there is the ability to see into what is called your future, this ability also sees that nothing can be known for sure, that there shall be changes, that therefore, there needs to be plans for the changes. If one event occurs, then this allows another, but may disallow yet another, and so forth in an endless progression of cause and effect. Therefore, there cannot truly be said to be mistakes within any incarnation, for each has been …

(Tape ends.) ♣

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Sunday Meditation
October 17, 1982

(Unknown channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, it is, as always, a great pleasure to be able to speak to those present, for, although we are frequently called upon by yourselves in your efforts to understand or accept those experiences of your daily lives, it is more rare for us to have the opportunity to communicate in this manner, and for this opportunity we are grateful. It is our desire at this time to exercise the instruments present that we may have the opportunity to fine tune those same instruments, if you will, and if they are willing to allow this. Therefore, it is our desire to progress from instrument to instrument and speak a few words through each that this might be accomplished. We will now leave this instrument. I am known to you as Hatonn.

(Unknown channeling)

I am Hatonn, and am now with this instrument. We greet you once more, my friends, in the love and the light of the one Creator. We are pleased to be with you again this evening so as to share a few of our thoughts with you, simple as they may be. We have spoken many times on the concept of learning to love, learning to be one with the Creator. We now wish to continue this *(inaudible)* through another instrument. I am Hatonn.

(Unknown channeling)

I am Hatonn, and am now with this instrument. Again, we greet you in the light and the love of the infinite Creator. Each of you has had and will have concerns about progress on your spiritual path, but let me assure each of you that you are making progress. You do not see the small baby growing moment-by-moment, but over a period of time the growth is very obvious. You have a tendency to become impatient, and you want to see things happen quickly, but if you will think back you will recall experiences and dreams that have fit together and have guided you on the path. So may we say do not be impatient, but be joyful and cheerful as you *(inaudible)* continue day-by-day as you think of time. And may we remind you again that we shall be with you upon request.

I now leave this instrument and transfer the contact to another.

(Unknown channeling)

I am Hatonn. I am now with this instrument. I greet you in the love and the light of the infinite Creator. When you look back on your past, you look at it as a different person. You are not as *(inaudible)* involved.

Your highs and lows do not seem as *(inaudible)*. Sometimes, when the present seems too intense, if you can stand apart from yourself, you will see that the intensity is not necessary. As the great philosopher, *(inaudible)* once said, "And this too will pass." Both the good and the bad will pass. You need the positive and the negative to [get a] proper perspective. Then you *(inaudible)* the learning experience a success.

Often, when you do not have *(inaudible)* work, you can study your objectives. Sometimes, this will turn you in a different direction. If you have too much success, you become so involved in the [world] that some of your learning stops, and you lose track of your overall *(inaudible)*. Rejoice in your problems. Overcoming them can give you great joy, more joy than if you never had them. Treat your trouble as something that will pass and something that is very educational. Even great failure sometimes gives you much *(inaudible)*. It makes it possible for you to understand great philosophies.

Do not become too involved in your world because all of you must leave it. And, when you look down on your life, you will not see its *(inaudible)* and mountains as you presume them to be; just ripples and hills and great courage and interesting experiences. Take great interest in your failures as well as your successes. They are important to the total picture.

I am Hatonn, and I leave this instrument.

(Unknown channeling)

I am Hatonn. I greet you once again in the love and in the light of our infinite Creator. We had intended to contact the one known as [C] but *(inaudible)* the request that we allow this instrument to listen for this period of time. This we are most happy to do, and we thank this instrument for all the many times that he has served and all the times that he intends to serve again as a vocal channel.

Each of you needs to know that at any time, though we may be fairly insistent in knocking upon the door *(inaudible)* , you may simply repeatedly request that we move on, and we shall do so when we are convinced that it's your desire. Not to speak is greater than your desire to learn better how to serve in this manner. It is a delicate point, but be assured that we never intend to break the law of free will that binds us and all creation in the freedom of service.

The light and the dark together, my friends, day and night, make each round, each somehow the same and each somehow different. You observe your many cycles, and your memory causes you to reflect upon the sameness, and yet each experience is a new one. Attempt to remember the difficulties that you had as the leaves turned to jewel tones and fell upon the fading grass in the last of the years, for many of those same problems have you now. Look back two and three and five years and again reflect upon the incessant changes that make up the seeming monotony of a life spent day-by-day, light and dark, light and dark.

If, indeed, you may locate one or more difficulty that has remained with you over the period of the years, cause this difficulty to attain its rightful place in your attentions. For any difficulty that remains for that long of a period is part of that because of [that for] which you came here. Attend to your difficulties with a loving and balanced hand of one who is not at enmity with the self.

There is in your ear the seeming repetition of so many events, dates, characters, situations and opportunities. You, my friends, are the being who each day sees for the first time the miraculous creation of [thought]. It is in your mind to see creation in all its glory, each rising sun. It is within your mind to greet each entity with the joy *(inaudible)*. It is within your mind to be aware of the new vibrations that enfold and surround and caress your planet at this time.

However, my friends, it is not within your mind *(inaudible)*. Seek, therefore, the caravans of the righteous, the pure and what your holy books call the "poor in spirit." Join this glad train, this retinue, and make of your pilgrimage [the thing ever new]. Yes, my friends, you may indeed concentrate upon the petty details of the mundane existence; you may also invest each moment with the spirit of adventure that will bring you laughter and shared joy and the peace that this world truly does not know.

We leave you through this instrument, rejoicing with you in the opportunities *(inaudible)*. We are ever with you. I am known to you as Hatonn. I leave you in the love and in the light of our infinite Creator. Adonai vasu *(inaudible)*.

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I am Maitreya. I greet you, my friends, in the love and the light of the one fair Creator. Please pardon the slowness of this contact. Ours is broadband, and we normally do not have a call to speak to a group such as this one but rather are called to those groups whose vision of the one divine light is centered upon the figure of that teacher whom you know as Jesus. We find in this instrument both the devotion to this teacher and the opened consciousness which allows us to speak more purely than is our usual privilege.

We find those in this group who seek the Christ Consciousness. My friends, let the gentle drops of dew *(inaudible)* upon your consciousness as you become still, so still that night and day may pass and naught has been moved. There is the Christ Consciousness. We have been frequently identified as being a ray, a portion of the entity, Jesus. This is incorrect. The vibration Maitreya is that vibration from which the one known as Jesus sprang, but that entity's incarnation was the incarnation of one entity, not of the vibration or group from which those whom you call wanderers have been sent.

We are, rather, that group being of the Confederation of Planets in the Service of the Infinite Creator. It has pleased your peoples to invent worship of many entities. Thus do many such as Jesus feel that they have failed to communicate. For the desire of such teachers is for the seeker to seek the Father. We thank this group for calling this vibration. It may be truly spoken that those comforters which each seeker must needs have are with each seeker as the direct result of the deep prayer or conscious calling of the one known as Jesus. This entity did indeed cause a great distortion, as we find this instrument would call it, within your time/space world. We are borrowing this instrument's vocabulary, and we thank this instrument.

We find the call this day to be for us to speak directly to one point, that is that no matter what you must do to follow the light and the love which you seek, the thing left undone shall be greater. Shall you change your mind in one opinion in order to be a better *(inaudible)*? Shall you love deeply and serve us? Shall you covet nothing, give all, preserve justice and peace? Very well then, my friends, you have only begun.

Not for one moment, then, allow the feeling of a plateau to [comfort] you. If you seek, then you do not seek comfort, for seeking is uncomfortable. Joyful it may be; loving it may be; but comfortable, never, my friends, not if you keep moving. We come to you as those who have offered themselves as martyrs, and thus we may not blush at the thought of discomfort among your peoples, for the martyr's physical demise is seldom comfortable. We do not suggest the life of the martyr, but we answer a call, a calling which has come to us, and our answer is take up your pilgrimage. Take the next step, and do not seek comfort. Because you are spiritual, seek only to seek.

You must know, and we shall repeat it to you, that in your own way you shall be judged not by this seeking of yours. Be thankful for the support of each other, but carry on. For, as you love, so shall you be given the next lesson, and the next, and the next. And, as you seek more and more, so shall more and more of the creation move with you, seek with you, blend with you, feel with you and be transformed with you. The teacher known as Jesus said, "You shall all take up your crosses if you wish to follow me." Remove all that which is surrounding those words. Remove all …

(Side one of tape ends.)

(Unknown channeling)

You have asked yourselves, do you wish to be perfect? Do you wish to be so serious? Consider well, my friends, the potential of each perfect being, and find within yourselves tears and reconciliation upon that most inner plane where you set your face toward the rising sun and never again glance away. Fear you then the failure, the glancing away, the dropping of the glass, the mishap? Do not fear. Someone stands beside your world ready to *(inaudible)* with your own evolution. That someone, whatever its manifestation, is you.

May we thank you, and may we thank this instrument. We do not expect to be called to this group, for this group is not that group which is focused upon Jesus the Christ but upon the grand unity of the Divine Father. So be it and amen. It has been a great blessing to be with you. *(Inaudible)*. May blessings be with you in each of your lifetimes, and may your rest be gentle as you come always, again and again to see the face of the one infinite Creator. Only *(inaudible)*.

Carla: Does anyone sense the presence of entities?

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Questioner: Yes.

Carla: We shall *(inaudible)*.

(Unknown channeling)

I am Latwii. I am now with this instrument only to say a few words to the group, partly to exercise the instrument but also so say that the group has felt such powerful vibrations tonight, and there has been such peace and joy that we do not feel a question and answer period is needed tonight. Therefore, we leave you in the light and in the love of the infinite Creator. May we assure you that we it has been *(inaudible)* to be with you and remind you that a request is all we need, and we shall be with you in your meditations. Again we repeat, we leave you in the love and the light of the infinite Creator. Adonai vasu *(inaudible)*. ♣

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Sunday Meditation
October 24, 1982

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, my friends, as always, in the love and in the light of the one infinite Creator. Tonight we will exercise all those wishing for practice as vocal channels speaking a few words, a thought to each. We are indeed privileged to have so many who wish to serve in this fashion. We of Hatonn wish to … We are having a slight bit of difficulty with our contact. This instrument has not been practiced for a while and we would pause for a moment to strengthen our contact …

I am Hatonn and now feel that our contact has been improved if this instrument would but relax and speak freely. Time upon your planet has begun to come into the time of your seasons known to you as autumn. The warmth of your summer gives way to the coolness and the winding down of your year. Each of the various species on your planet prepare themselves to face the coldness of your winter. A time of testing, for all things that give life become harder to find. Nourishment is hard to find. My friends, the times in which you feel alone, lost, unsure of your path, can be likened unto your winter. You will experience times when it may seem that things, events, are destined to go against you. My friends, if you can but remember that each thing faced is an opportunity, a chance to learn, that in each the love can be found, is there to nourish so that you shall not starve yourself. When one begins to see with love and with the light, they are prepared for the times of difficulty and can weather the storm, the cold, and the seeming darkness. We shall now transfer this contact. I am Hatonn.

(M channeling)

I am Hatonn. I am with this instrument. I greet you with the love and the light of the infinite Creator. I would like to say a few words on the subject of laughter and humor. Next to love, nothing will lighten your burden as much as laughter and humor. It is similar to sunshine. When you are dreary and have grave thoughts, laughter can brighten your outlook. It will help you not to be so tense. If you can laugh about yourself and your situation, you will not become so serious that you could even be depressed. It is a good gauge for judging your balance. People who can laugh never become too depressed. In retrospect people can laugh about their problems, but if they laugh at the time they are happening, they are able to see that the problem is not as serious as they might take it. Laughter changes your whole being. It sets you on an even keel and makes everything about you work well. Laughter is as good as vitamins. It tunes and tones up your whole system. Laughter is next to love. I am Hatonn. I leave this instrument.

(A channeling)

I am Hatonn. We greet you once again in the love and the light of the one infinite Creator. We pause for a second to readjust this instrument to us … I am Hatonn. We shall now continue. We have spoken many times to you of the concepts of sharing and giving and we wish to approach this subject once again in a new light. Many on your planet give of themselves wholeheartedly. They spend their whole life sharing with others but putting themselves last in the line of receivers. This is by their choice, for they feel that it is more important for the others to be first. They forget, however, the need that the self feels, the need for the soul to be given something from the self. But your society is one that does not always promote this idea and therefore one soon believes this to be true, that the self should stand last in the line. It is important that this self is not last, but is one of the many who receives all that is given from the individual. It doesn't take much to please oneself. But it does take initial effort of first giving to the self. We are all one, therefore, do not leave anyone out when you are giving love and light. We shall now transfer to another instrument. I am Hatonn.

Carla: This is Carla. There is a, in my opinion, slight overtone of a Hatonn that is not Hatonn and I would like to address our love and our light to the Hatonn that is not Hatonn. I ask this entity to be nameless and I realize that this entity has only tiny vestiges due to the opening in the group when the instrument, C, was inadvertently hypnotized. Dear friend, we are not of your polarity. We send you love, we send you light, we bless you and we bid you farewell. Be gone forever from our circle and know that we will recognize you and always ask you to go. You shall not make us uncomfortable for we shall simply love you. Goodbye, in the name of Christ.

Let's envision a little light before anybody else channels.

(Carla channeling):

I am Hatonn. We greet you, my friends, in the love and in the light of our infinite Creator. May we apologize to each instrument which we allowed to continue and indeed encouraged to continue channeling. We may foresee the possibility that this group shall function without the instrument which we presently use and we wish to, although it takes great patience from you, give each of you enough experience with our vibration that you may, as this instrument has done, discriminate to a nicety. It is extremely unlikely that any further difficulties shall occur due to the fact that this instrument will not use the relaxation technique which was so disastrous at any future session. But should you sense discomfort that does not remove itself at your request, we always request that you not channel rather than detune your instrument. We may say with gratitude that each was channeling a great portion of our material with only the smallest twist which might be seen to be leading in the direction of the service-to-self polarity. Each opinion is equal. It is for you to choose. We may also say that the one known as M had no trace of this overtone in her communication and, except for some collaboration with herself, was channeling us. We thank you all and we thank the one known as S who sensed enough to be silent. We consider in this particular circumstance that this was a very sound decision. We are aware that each would care to hear some message. And indeed there have been several different avenues whereby this message has been attempted this evening. We shall attempt another one due to this instrument's unique personality and talk to you upon the subject of love.

There was once a young man who wished to know the truth. One sentence stood before this young man. Of this one thing he was sure. That truth is love and love is truth. And he asked a friend, "What is love?" And the friend said, "How much of it do you wish to have?" He said, "I wish to have all of it." And the friend said, "I don't know if you can have all of it, but come with me next Saturday night and I will see that you get some of it." "Oh, no," said the young man, "I don't think that's what I'm seeking." "Do you not like pleasure," replied his friend. "Why, yes I do," answered the young man, "but I seek something else."

And he went to another friend. He said, "What is love?" And his friend said, "Love is relationships. Love is personal communication. From yourself to another and from another to yourself. Love is understanding what the other fellow has in mind and knowing whether or not what you need and what he needs will work out." The young man thought about this for some time, for surely a great deal of life, as he had observed it, was involved in relationships. And it did seem indeed like most personal relationships took on some of the echoes of

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the business view. And indeed he would not like to disappoint one with whom he had a relationship, nor would he wish to be disappointed. So he said to his friend, there is much in what you say, but I believe I shall continue seeking.

And to another friend he went, and he said, "What is love?" And his friend said, well many people think that the only love is sexual love or personal love, but I tell you it is the love of ideas that move nations, the love of great thoughts for which you might die and because of whose truth you might live that is truly important. And again the young man thought long and hard for he had been inspired by many speeches and had seen the failure of love, the failure of ideals and the failure of truth lead to no end of human error. But his heart was not satisfied and he said to his friend, "I believe I shall seek further."

And he found another friend and said, "What is love?" And the friend said, "I have a theory about that. The truth is, love is laying down your life for others, loving with your whole heart, casting all your gifts upon the waters and never looking back. In this way lies the greatest sense of love that you can ever feel." And the young man was thrilled for it seemed that he had finally gotten an answer that might suit him. And so he began casting his love upon the waters. Waters that often seemed muddy. He aided his fellow man even when his fellow man didn't seem to want to be aided. Finally he said to himself, "I think I'm looking for more."

He was running out of friends and he sought a wise stranger, a spiritual man, much revered by seekers. And he said, "Sir, I have been searching with diligence and determination to find the nature of love, for only in love will I discover the truth." And the sage said, "Interesting that you should say that. In fact, anything that you say with feeling is lovely. Love is communication; with yourself, with the Creator, with all those about you." "Aha!" said the young man, who by this time was not so young, "I have been giving love but I have not been speaking." And so he began loving and communicating. And many were his friends and much was he beloved. And yet. And yet. He had not found the truth.

And having no one to turn to, he sat in silence and he asked himself, "What is love? It is not in the body. It is not in my relationships. It is not in society. It is not in loving everyone the same. It is not in communicating. What is the heart? Where have I missed the truth?" And a golden sun burst within the darkness of his inner mind and love rained down upon him, not from above, but from within. And as he opened his eyes, that golden sun gleamed and shone in his heart and he knew the world as himself, light and shadow knew he both. Much he forgave; much he gave. But always, he found the source within.

My friends, each of you is seeking. And each of you is indeed seeking love. But what answer that you receive depends upon what question you ask. If you ask a question in general, you shall be given a general concept in meditation. Therefore, seek ye and seek ye again and again, for with each seeking you refine the question. And with each refinement you learn more and more of the truth. A truth that does not lie in the illusion except when seen with eyes that shine with the light of the inner sun. Without that light, my friends, you seek that which is outward in vain. Without that source, my friends, you have only your own resources upon which to draw. And, my friends, they are not infinite. Yet you are given the pathways to infinity. How are you blind? How are you lame? Seek and seek and seek again. This seeking for the original Thought is that which we have come to offer you as a method of enhancing your evolution. All the actions flowing therefrom may well be again and again washed and refreshed by turning once again to the source. We send you that of love and of light which comes through us from the Creator and leave you bathed in that inner …

(Side one of tape ends.)

(Carla channeling)

I am known to you as Hatonn. Again we apologize for putting each through the experience of an uncomfortable channeling. But in case the group consists of members without this instrument and the one known as Jim, we very much wish that you have confidence in yourselves to discriminate. Adonai, my friends. Adonai vasu.

(M channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. The people of your planet have many rules against touching, taboos. Yet it is one way that you can communicate with your other self. It is a very healing thing. Yet on your planet, people do not

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spontaneously hug one another. It would have more meaning than many words. Many people on your planet commit suicide because they feel no one cares. If your people could form the habit of showing affection even between men and women which is taboo on your planet except under certain circumstances, if they could spontaneously love one another, people would not feel as alone.

When you are extremely close to a person, you tend to see the good in them rather than their faults. When you step back, you view them coldly. There is not a lot of hugging and touching and kissing on your planet. I know you people do feel love for one another, but why don't you show it? You refer to the art of healing, the touch of healing, but the touch of love is very valuable too. Even in your tuning, holding hands when you say the Lord's prayer has more meaning. Hugging one another is a very good form of tuning. Let the people around you know that you are with them. People who hug one another with genuine feeling can usually adjust to their differences. All people sometimes feel very lonely because no one hugs them. Little children feel unwanted because they are not hugged as often as necessary. And men and women should hug each other with sheer affection, but on your planet it is almost taboo.

We realize that a valuable tool, the sense of touch, is not enjoyed by your people. If possible in any situation, try to encourage people to touch one another. But you do have to be careful. There are a few people who feel so isolated they do not want anyone to touch them. And it would be an intrusion to their personality for you to touch them. But there are many people who are starved for affection. And there are many people who feel no one cares. If it is possible, try to hug someone each day. Try to make it a pattern in your life of hugging. The beauty of living will be enhanced by the number of people you hug. I am Hatonn. I leave this instrument.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator and thank you for requesting our presence. As always, we present ourselves only in an attempt to be of service by answering those queries which hold importance in your seeking. May we then ask if there might be a query with which we might begin?

C: I'm concerned because it seems that through me a disturbing influence has found its way into the group and I want to know what I can do to strengthen myself to prevent this happening again.

I am Latwii, and feel the heart of your query, my brother. Firstly may we say that it might be useful to step back from your experience of the evening and see that it was not only through your instrument that this influence was experienced. The nature of the work which is undertaken by those within this group has attracted an unusual presence. The contact with the social memory complex which you have come to know as Ra has the effect of drawing unto this group in its various efforts this presence which seeks to disrupt in whatever way possible the experience of this group. Secondly, the use of the relaxation technique some of your time ago as a tuning device was an accident, shall we say, which was not beneficial to your instrument in particular and others as well. Therefore, my brother, do not take upon yourself the responsibility for permitting this influence within the group. What you might do to insure positive contact in future sessions is precisely the same as what any instrument might do, that is, the challenging of any contact by whatever means has meaning to you, whether it be in the name of Jesus Christ, in the name of the Christ consciousness, in the name of the service-to-others polarity, or by whatever means carries weight within your perception. Therefore, let this means be used so that each instrument at each sensing of contact might then challenge that contact and continue the challenging until a firm response in the positive polarity has been received. This may take some small portion of what you call time, but if you will pursue this general suggestion, you may rest assured that only the positive polarity entities will remain to use your instrument.

May we answer you further, my brother?

C: Yes. Tonight the original contact was comfortable, was smooth, and then it came to an abrupt stop. And then it continued after a period of time comfortably again. Was I at that time, or was I receiving a mixture of contact during the course of the channeling?

I am Latwii, and am aware of your query, my brother. Your contact became what is called mixed upon the cessation of the initial contact. The addition of the negative influence is one which is not

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easily perceived, therefore whenever doubt is encountered within your mind, then challenge the contact for its purely positive polarity.

May we answer you further, my brother?

C: No, thank you. Not at this time.

I am Latwii. We thank you. Is there another question at this time?

Questioner: I have a question and that is, aside from the possibility of channeling this negative entity, are there any other inconveniences that we might be aware of? In relation to the entity?

I am Latwii. My brother, to state this in general terms, we might say that indeed such an entity when it has made its presence felt among a group such as this may attempt in the future to intensify those experiences which the members of this [group] encounter as catalyst in the daily round of activities. Each entity as the path of seeking is traveled encounters those experiences in which discomfort, anger, frustration, depression, jealousy, etc. are felt. This is the normal means by which an entity learns to balance those distortions with their opposite and to see within each opportunity love and the one Creator. The process by which this is done varies with each entity. It may take more or less time; the catalyst may be used with more or less efficiency.

Negative entities of any source, whether this entity or another, always stand at the ready, shall we say, in the wings of your consciousness and your perception. So that when by your own free will [you call] to center stage the negative response to catalyst within your own being, these entities then may don the costume and the mask of negativity and intensify this experience. This is what you might call a gamble; for an entity, such as yourself, which is able to see the love and the light and the one Creator even in such an intensified moment, [may] therefore progress more purely and positively upon its path. And the forces of darkness have then aided the positive pursuit of the seeker. However, there is also the possibility that such an intensification might for the moment become too great and for that moment [and] perhaps additional moments after that, the seeker might be moved from the purely positive path and might seek to serve the self for some portion of what you call time. In this case the forces of darkness have for that moment achieved an increase in their own means of seeking and serving.

May we answer you further, my brother?

Questioner: No, thank you.

I am Latwii. We thank you. Is there another question at this time?

A: Yes, Latwii, why did you refer to the service to self as a force of darkness?

I am Latwii and am aware of your query, my sister. There are many descriptions for the negative polarity. The darkness as a means of describing negative refers to what has been recently described by the one known by the one known as Don as a flux ratio, that is, entities of negative polarity draw within themselves the love and the light of the one Creator, keep it for themselves, and therefore remove from their vicinity the potential for the radiating of that light to others. Therefore, the darkness in the sense of love and light is experienced.

May we answer you further, my sister?

A: Yes, just to clarify something I'm a little confused on. For myself, I feel that it is unfair to the service of self to continually refer to them always in such a not-nice of a fashion and it … and I guess I'm confused because if all are one in the Creator, the splitting seems to be a little, oh, just, it might cause some biases in people too quickly. Is there anything wrong with having different biases toward service to self and service to others?

I am Latwii, and am aware of your query, my sister. Indeed, there is nothing wrong when we speak with your words to describe either path, whether it be positive or negative. We do not mean to judge. We do not mean to say that one is good, the other bad. There is nothing wrong with darkness. For within the great depths of the primeval darkness of the spirit is the love and the light of the one Creator potentiated into being. Thus one cannot exist without the other within your creation. All is indeed one. To describe any portion of that oneness with any term is indeed to distort through the description.

May we answer you further, my sister?

A: No, thank you. You've clarified a lot of terminology.

I am Latwii. We thank you, my sister. Is there another question at this time?

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M: Yes, Latwii. I was wondering if a person was worried about negative influences entering in their channeling, if they channeled for shorter periods of time in the beginning, would there be less chance for the negative influence to invade them?

I am Latwii. My sister, we might suggest that this would not be effective as a means of reducing the possibility of that influence. To reduce that possibility, one might begin by removing the worry. To respond to such a potential with fear or worry is to open the door yet wider. Rejoice in your positive choice. Praise the one Creator. Give thanks for each opportunity to serve. Seek within the heart of your being to serve others with every fiber of your being. And then when the opportunity to serve as vocal instruments approaches, challenge that contact which approaches and persist until the feeling of confidence grows within your being. Then speak to the best of your ability.

May we answer you further, my sister?

M: No, I think that answers it very well.

I am Latwii. We thank you, my sister. Is there another query at this time?

K: Yes. Let me try to clear up something that A has asked. We read in the Bible that Jesus said, "Love others as you love yourself," and I'm assuming that Jesus said that. And that seems to [be] psychologically [sound] because, as I worked in the hospital, it seemed that the people who hated themselves, also hated others, and that it's psychologically sound that one must love oneself before one can love others. And yet we read about denying self, and it does seem a little incongruent. So could you comment on Jesus' statement: "Love others as you love yourself"?

I am Latwii, and am aware of your query, my sister. To serve others and to choose the positive path is to love all the creation and to see all as one. This includes the self, for all is one. To serve the self is to love the self, yet to exclude the love for others and to seek instead to have others serve you and bring their love to you, their treasures to you. One path excludes others. One path includes all.

May we answer you further, my sister?

K: No, I think that's … I see the difference. Thank you.

I am Latwii. We thank you, my sister. May we attempt another query at this time?

Carla: Well, I recently had a mystical experience, I guess you'd call it, in a church service. And for some few minutes, I was no longer consciously in the church, but was consciously seated beside Jesus at the last supper at a wooden table. I could smell and feel and see everything that was going on, although it was very hazy, and I think the thing I remember the most was Jesus' sleeve, big, kind of like a burlap material, reaching across me to offer bread and he was saying, "This is my body," and I was very puzzled, whoever I was at that point, I was very puzzled that he wanted me to think of this bread as his body. It didn't make any sense. But I decided I would do it because he said so. I was his disciple. And then after awhile I was back in myself, and, the thing that I'm asking is, I'm sure that I'm not the only one who's had this sort of mystical experience, because that and many other places in the Bible where fairly careful description is given of what Jesus did, that they create in the imagination of a person who is attempting to follow his teachings the possibility of that kind of mystical experience, given that you're prey to them. Were the people that were actually there that night overlaid and overlaid and overlaid again by all these people from the future who have visited that spot? Should I ask that another way?

I am Latwii. We shall attempt what response we can without infringing upon your free will for such an experience has great potential for unlocking within your being the continued experience of love. Such an experience has within its potential those characteristics which many throughout what you call recorded history have built within the system of belief surrounding the one known as Jesus, the Christ. To one such as yourself who reveres this master there is then available a great reservoir of potential meaning in this experience. This framework, shall we say, has been constructed throughout the many years which have elapsed since this entity walked your planet by those who also have revered this entity. The master known as Jesus chose twelve disciples, each representing a facet of the one Creator expressed in a manner much likened unto the facets of a jewel. You have within your group studied that known as the Logos, the archetypical mind of which has facets. The twelve disciples, therefore, represented facets of a jewel of

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the one Creator. Each entity on your planet has certain tendencies, preferences, biases, means of seeking which may find a harmonic resonance with at least one of these facets. When the seeking has reached a certain intensity along its path, experiences of this nature are available to the beliefs which the entity holds and through which the entity seeks. Your experience was likened unto viewing the one Creator in the distortion called Christianity from yet a finer distortion, one of those disciples. Thus was opened unto you the ability to experience that which was experienced as a means by which you might more fully find love blooming within your life.

May we answer you further, my sister?

Carla: Well, I'm reluctant to say this, because that was a beautiful answer, but what I was wondering was, did the roots of that experience go back to a physical reality? Or was this a thought form reality which I experienced, as shared by others of my faith?

I am Latwii, and am aware of your query, my sister. Either might be the case; for any entity so experiencing this phenomenon, to specifically describe your experience in this regard, would be an infringement, therefore we may suggest your meditation upon this query.

May we answer you further, my sister?

Carla: Yes. I really don't care at all whether it was a flesh and blood experience or whether it was a thought form, it was all one. To me, what interested me was the possibility that these very human people might have from the future, from all the people, the possibility of bearing, sort of, on their shoulders, around them the casting back of so many faithful that there weren't just twelve people in the room; there were many, many, many people in the room. Whether it is I or someone else, makes no difference to me, just whether it was possible or not was really what I wondered.

I am Latwii. My sister, it is so that it is quite possible. Such occurs, not only within this realm of experience, but also within each experience of each entity upon your planet in all times, for each entity being the one Creator and all time being simultaneous, therefore these two requirements, shall we say, for the experiencing of the one Creator make it possible for each entity to create a pattern or a framework or a distillation of learning that might be utilized at any future, past or present time by any other entity. Thus the Creator learns from the Creator.

May we answer you further, my sister?

Carla: No, thanks, Latwii, that's fantastic.

I am Latwii. We thank you, my sister. Is there another query at this time?

K: Yes. I don't know if I can put this into words very well, but Carl Jung talked about the collective unconscious which I am assuming is what Ra talks about in the social memory bank. And recently after my meditation as I'm going about my business, thoughts will come to mind and my query is, when I'm tuned in, so to speak, do I pick up these thoughts from the collective unconscious, or do we … I'm sure all of us have the same thing happen, do we pick up these thoughts from the collective unconscious or the social memory bank, or where do they come from?

I am Latwii, and am aware of your query, my sister. Each entity within your illusion has access to that which you have called the collective unconscious. Each entity by engaging in what might be called the exercise of intuition receives messages from that collective mind. Such messages are also received in meditation, in dreams and other experiences of an inspirational nature, such as visions. Within your illusion the unconscious mind of your race and of your planet awaits the penetration of the veil which separates your conscious from your unconscious mind so that each entity upon our planet has an increasingly large reservoir of information, experience and illumination available to it which seeking might make more available as the seeking serves to penetrate the veil which withholds, shall we say, the full brilliance of being of the one Creator from each entity within your illusion.

May we answer you further, my sister?

K: So then in meditation or tuning, as I think of it sometimes, is really just a calming or a putting aside of the conscious thoughts that go through our minds all the time so that the unconscious can penetrate the veil. Is that what you're saying?

I am Latwii. To clarify our statement, perhaps it would be useful to look at an entity as being similar to a tree. Look at the limbs as your conscious mind. See the att …

(Tape ends.) ♣

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Intensive Meditation
October 28, 1982

(A channeling)

I am Hatonn, and greet you this evening in the love and in the light of the one infinite Creator. We are pleased this instrument did finally initiate our contact, for it is in hopes to rebuild her confidence in channeling. We are aware and appreciate the effort made to keep the contact pure. We wish to work with each instrument present tonight so as to give further practice in channeling our thoughts and so as to become more familiar with our vibration. We would at this time transfer to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet this assemblage once again in the love and light of the infinite Creator. As we observe the vibratory complexes of each of you, it occurs to us that perhaps the most helpful form of aiding each instrument in building its own skills at this chosen service at this particular time would be the technique of the telling of a story through all instruments, each telling only a small portion, knowing neither beginning nor end. This is a technique which is reserved for more experienced channels due to the infinite possibilities of panic upon the part of [the] new instrument which does not yet have the confidence to simply speak without analysis of those thoughts which are brought before it. However, it is through techniques such as this that we may offer to the more practiced instruments a means of observing the way our contact does indeed work. Thus it is a confidence builder. Therefore we shall begin a story through this instrument and cease before the story is well begun to transfer to another, then another, then another, then another, and so forth until the story is well told and each has both given and received the love and the light of the infinite Creator.

There once [was], my friends, a young prince who strode out one day with a quiver full of arrows and a strong bow. It was this mellow youth's wish to practice the marksmanship of the arrow until he could hit the mark. He began his journey in the bright light of morning. The earth seemed young about him although it was early autumn. The dew was still upon the grass and the air seemed full of promise, vague and unspoken, yet very real. We now transfer to another instrument.

(S channeling)

I am Hatonn, and would go on with our story through this instrument. As the youth walked through the forest, examining closely the many beautiful and wondrous details that nature has provided for your eyes to see, the nose to smell, the ears to hear, he stumbled upon a small patch of

openness within the heart of the forest and in this open place there arose before his wondering eyes a beautiful and bright entity that spoke of love to the youth. He was astounded and amazed and at first would not believe he was seeing or hearing what his senses told him was to be. We will now transfer this contact.

(A channeling)

I am Hatonn, and shall continue. The prince's first thoughts after listening were to run, to leave, for this entity indeed must be a mad man for it spoke of words not commonly spoken and indeed he was a prince and therefore he must not be influenced by such a man. But the prince did not run but paused and listened and felt all that was spoken. He stayed, not knowing exactly why, for any sane person would flee from the opening to avoid this confrontation. We shall transfer.

(M channeling)

I am Hatonn, and we will continue the story. The prince and the most fair entity communed in the forest during which time our fair entity shared many truths with the prince, unfolded many a mystery that had puzzled the young man, much as a mentor would. The boy at the end of some time of shared conversation looked to the fair entity and asked, "Who might you be? How is it that you know all of these wondrous things? Who is it that taught you and where might I go to learn more of these things? How is it that you can be?" Our fair entity looked at the prince and explained that surely all these things the prince had learned this day he had inside known all along, nor had he taught the prince anything that the prince was not capable of learning himself. Then the fair entity turned the question upon the prince. "Since you, my young prince, have in truth known these seeming secrets I have shared with you this day, I ask you, who am I? For this too you know." The prince, puzzled by the question from such a seemingly wise and mysterious entity looked back, puzzled, and looked in the eyes of this fair one, and in the locked stare seemed to be able to almost look within this other soul. And what he saw when he looked within was himself. We transfer this contact. I am Hatonn.

(Jim channeling)

I am Hatonn. To continue. The young prince had begun that day hoping to learn a skill with bow and arrow and had found the mark he sought was himself. My friends, so it is with each seeker. You travel the path of your seeking using the implements of your choice to penetrate the mystery of your being. It may seem that the mystery of being would need a special tool and only that tool would do for such a search. But, my friends, we say to you, the outer manifestation is meaningless. For the desire comes from within your being. To seek the truth is all that counts. You may use whatever tools are at your disposal and of your choosing, for each will find that catalyst most appropriate for its personal journey of seeking. To fire the self with the desire to know the truth of what it is you seek, and who indeed you are as you seek is the ingredient that might find any manifestation appropriate within your journey.

We have enjoyed this means of exercising instruments which find a greater challenge helpful at this time in their experience of this means of serving. We thank each present for partaking with us in the bounty of oneness and in the abundance of love. We would now leave this group, as always, in love and light. I am known to you as Hatonn. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the one infinite Creator. We are honored once again to be asked to join your group in our capacity of attempting answers to your queries. It is always an honor and a pleasure to join with this group. May we ask then if there might be a question with which we may begin?

M: Yes, Latwii. It's not a question, but it's a request for comment. A moral question and comment. Let's take an example of a weapon. A gun in a soldier's hand or anyone's hand may be used to kill another person, take their life. And there are certain karmic consequences or balances that have to be made when someone takes another's life. What I'm interested in is not so much the individual that pulls the trigger, for certainly he is responsible for his actions, but take, for example, the individual who created the instrument of death. While he did not pull the trigger, is he not as responsible? Certainly the weapon may never be used unless someone is willing to pick it up and use it for destruction, but the entity that developed the weapon, is he not as much at fault for its destruction and chaos? How does that

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entity that created the weapon figure in from a moral point of view? That's all.

I am Latwii and am aware of your query, my brother. To begin, may we suggest that our comments might be seen more clearly not within the moral framework of good and evil or any type of judging action, but from the realm of oneness where each entity is truly one with each other, so that each entity might be seen to be the Creator gathering the experience of your illusion that evolution might occur. Then whatever the action, we might fruitfully look to the motivation for that action. This is true also with thoughts. Why does the entity think and act as it does? Does it wish in the action or the thought to be of service to another or does it wish to be of service to the self? Or, is it aware of either choice? These are the possibilities which each entity faces as evolution is completed through your illusion. The entity creating that implement called a weapon, whether upon the assembly line or the designing board or whether creating the, shall we say, literature which shall feature the saleable points is an entity which is either motivated by a desire to be of service to the self, to others, or is unaware that either choice exists and only subconsciously vacillates, shall we say, between the two choices. It may be that an entity is firmly committed to the idea of the preservation of what it conceives to be truth, beauty and goodness that exists within the boundaries of what you call a country and is further committed to the defense of these ideas and seeks therefore to serve those others within that boundary by its work upon the weapon. The motivation, then, is of service to others. There are, of course, ramifications in that there is a price, shall we say, that is paid when the weapons are used. The taking of life that does not wish to be taken is an infringement upon that life. And in such a fashion may somewhat reduce the positive choice. This is true with all actions and thoughts. For it is most difficult within your illusion to pursue a very purely polarized path, either positive or negative. For there are many who are affected by each action. Of course, it is also possible that the entity wishes to be of service to self by this activity of making the weapon and may indeed polarize in that direction by its actions and yet find there is some reduction of its polarity when it partakes with others and aids their efforts as a part of it own in the producing of the weapon. Insomuch as others are served is its negative polarity reduced. Those unaware of the need for conscious choice in either direction then are randomly affected according to whatever motivation is present within their mind as they carry out their activities.

May we answer you further, my brother?

M: No, thank you. You answered me better than I expected. Thank you.

I am Latwii. We are grateful to you, my brother. May we ask if there is another question at this time?

Carla: I have a series of questions which may take a very short amount of time, because they are questions that I would normally be asking Ra, but we can't talk to Ra for awhile and I'm very curious about some matters. First of all, I'm taking a chemical called Erythrocin and I seem to have observed in addition to the expected side effects a general debilitation or weakness of all the muscle tissue and energy level which is connected with the continued taking of this medication. Is this a correct observation or can you speak?

I am Latwii, and feel that we may speak upon this query. The chemical of which you speak does have some effect upon your musculature and energy level, but this is also a function of the lack of what you call the exercising. One then accelerating the action of the other so that in general you experience a lower level of energy and a reduced musculature tone. There is also the consideration that other physical distortions have been energized so that your energy levels have from time to time been reduced as the variety of distortions present in your physical vehicle have at times crossed paths, shall we say, so that there is an intensification of the reduced energy.

May we answer you further, my sister?

Carla: Yes, please. Is there a limit to the amount of exercise that I may attempt now that the problem which was the reason for taking this chemical has been seemingly almost entirely removed and is there any other method whereby I might work with my body to combat the unfortunate side effects of this heavy chemical?

I am Latwii, and am aware of your query, my sister. There is the need to use the normal caution in accelerating your program of exercise. This we have observed to be a practice which is well known to you, the increasing gradually so that the muscles which have not received the normal amount of

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exercise might slowly regain their tone. The general level of pain within your physical vehicle might be reduced by the beginning and continued use of the swirling waters. We observe this in your near future. To continue in praise and thanksgiving is most helpful, for the mind is the great motivator of the body. Those about you send you their love as do those which are beyond your senses at this time.

May we answer you further, my sister?

Carla: Yes, but thank you for that response. For saying all this I observed two items which occurred before a rather horrendous allergy attack and an out-of-season menstrual period. One was a good deal of emotional stress and strain …

(Side one of tape ends.)

Carla: … comment on the nature of the allergy especially as to whether it is primarily a function of the mind and the emotions and if that is so, could you comment on methods for those who are dealing with allergic reactions which are already in progress to attempt to be of more service to self and to others by helping the mind. Otherwise, I'd just be interested in finding out if it's a combination of mind and body. If that made any sense?

I am Latwii, and feel that we have a good grasp upon your query, my sister. As you are aware, the body is truly a creature of the mind, for the mind creates it. Yet, while the body is the creation of the mind, it does have its own biases, abilities and distortions which are available. As the body is able to express the will of the mind and gather about it its own experience, it also is able then to feed back to the mind the fruits of its experience. The allergies of which you speak, as you have recently discovered, are within the deep portions of the mind a rejection of the environment or some portion of the environment in which the body moves. The illusion which you inhabit is most intense in providing catalyst. Many there are who experience various forms of alienation or rejection of the catalyst of your illusion and the framework of various portions of your illusion. These express, then, within the complex of the physical vehicle as the allergic reaction, so that when contact with that portion of the illusion which has been rejected or contact with a symbolic representation of that portion is experienced by the entity, then within the deep portion of the mind the entity reacts to that rejected portion of the illusion in such a way that its physical vehicle expresses that rejection. It is not an easily understood or explained phenomenon. For each entity has its own variety of responses and reasons for the rejection or the difficulty with a portion of the illusion. In general, as we are forced therefore to speak, the ability of the entity to find the core of the rejection beyond the symbol, beyond the outer manifestation, and then to accept through the process of balancing that portion which has been rejected, is most helpful in alleviating the reaction which your peoples call the allergy.

May we answer you further, my sister?

Carla: Yes. Just one quick one, cause this is a little difficult to get pounded into my brain. One allergy which was quite obvious was to mashed potatoes. The next morning I could hardly open my eyes at all after eating this innocent substance. What you're saying then, is that this is the outer manifestation which is a symbol of a rejection, that my deeper self has done, has rejected that which the food is the symbol of. So what I would have to do in order to be working with my allergies more and more, and I guess what anybody would have to do, would be to try to discern what something like mashed potatoes symbolizes. Right? I eat food and *(inaudible)* having to eat? Does one go along that track? Is that right?

I am Latwii, and am aware of your query, my sister. This is, in general, once again, correct. To look at the meaning behind the manifestation is most helpful in alleviating that which you have called the allergic reaction. But again, we must repeat that to speak in general is most difficult, for each entity is quite unique and each rejection doubly unique. It may be that the reason for the rejection is most helpful in allowing the entity to proceed with a certain portion of its mission or learning, shall we say. It may be on the other hand that the entity might find it more useful to attempt to alleviate the allergic reaction so that service and learning might proceed more efficiently. Therefore, what might be true for one entity may not be true for another. And further, what might be true for one entity's response to one allergic reaction may not be true for another response to another allergic reaction. It is most difficult, as we have mentioned, to attempt to speak with clarity upon this subject, for the allergic reaction and the rejection of the environment which the reaction implies is a subject which has great depth and breadth. We hope we have been of some small service in attempting clarity.

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May we speak further, my sister?

Carla: No, thank you, you have been a great help and it's very intriguing.

I am Latwii, and we thank you, my sister, and agree that indeed the creation is most intriguing. May we answer yet another query?

(Pause)

I am Latwii. We hope that our responses to your queries have not made you allergic to further queries. We are most honored, my friends, to have been able to speak with your group this evening and to blend our vibrations with yours. It is an honor which we cannot thank you enough for extending to us once again. We shall be with you upon request and remind you that in the silence of your meditations do we linger at the fringes waiting for the opportunity to be of that service. We are known to you as those of Latwii. We leave you now in love and in light. Adonai vasu borragus. ✣

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Sunday Meditation
November 7, 1982

(S channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the one infinite Creator. Again, my friends, we are pleased to be with you, for to share in so large a group is indeed a pleasure for us. We would only speak a few words through this instrument as there are other instruments that are very willing this evening to serve us as we would serve you in sharing our simple message. It is one of love and peace and sharing that we bring to you. It is one of many hearts combining into one, striving to attain the togetherness, the like mind of serving the Creator, of being one with your brothers and sisters, of seeing that in each is the Creator, is the love. The truth, my friends, is seeing that in each is you.

At this time we would transfer to another instrument. I am Hatonn.

(C channeling)

I am Hatonn, and am with this instrument. We greet you again in the love and the light. As you journey, there will be times when you may very well meet obstacles from which you may back up. As you journey and meet such obstacles do not stop at them but take them as a lesson, learn from them and continue, for to grow, to continue your journey, you need be persistent. You need not rush, and always try to do that which you may.

We shall now transfer. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you once again through this instrument. We are pleased to speak through this instrument as there is some calling for channeling which this instrument may do. May we take this opportunity to welcome in voice those who are not always with this group as they sit in this domicile. May we assure each who consider themselves a visitor that you are not any longer visitors, but have indeed become an integral part of this family of souls. It is a great privilege to spend this small amount of your time sharing community with you.

My friends, we are taking our time with this instrument for she is somewhat fatigued and we are aware that there is a calling for some information and some inspiration which this instrument is capable of channeling given the slow method of communication, for what we have to say is not what this instrument expects. Indeed, we are often a "Johnny-One-Note," as this instrument would call us, sounding ever the theme of meditation, for only through meditation or a parallel resource of being

can you find that original Thought which each of you seeks.

This evening, however, we would speak to you of several seemingly disconnected items: of mirrors, of families, and of the definition of home. Each of you is aware that each is a mirror for another. This can sometimes be discomfiting, perplexing and painful. Within your daily framework of activities it is usual for each within a family to be absent for a long enough time, as you would call it, that the mirroring effect is diluted. It is quite unusual to have an extremely strong reaction to one with whom your acquaintance is somewhat shallow. Therefore, the definition of family is one that may be seen in many ways to be etched in pain, for it is in the pain of realization that transformation occurs. And because each of you insulates yourself from most of the mirrors around you, it is only in the family that that which is truly painful may occur. It is also the only place where there is the resource of comfort from those about you, and this occurs, of course, through clear communication.

Therefore, the definition of home is quite simply that place where any family dwells. Blood ties may be quite properly in place, yet the place not be a home. If there is no work done upon the mirroring, the transformations, and the support, each of the other, there is no home. If those resources are there, there is a home, regardless of those ties which may or not be offered as—known among the peoples as—the kinship of the family.

Going beyond this, my friends, we have a mirroring effect which begins to occur when the student applies himself to the point where he becomes the mirror for himself. This is more advanced work and it is more subtle work. You cannot fool your family. They will call you out. It is possible, however, to fool yourself. It is this point which we wish to dwell upon briefly.

Many of you in this group are at the point at which you have no need of a family. You have only the need to give to be of service, unless you are within families. Your true work has become internalized. At this stage the methods of causing yourself to be confused are myriad. You as an observer may distort your observation of yourself in any way that you choose if you choose to avoid any iota of the pain of the further, more subtle, and more defined transformations that you seek at this level of being.

How do you perceive yourselves, my friends? Let us sound a great challenge to you. See yourselves within the perspective of those whom you might call saints, enlightened beings, angels or oversouls, and then do not spare yourself as you analyze those things which you have done which you wish you had not, those things you wish you had done that you have not. We do not ask you to be so hard upon yourself for the sake of some masochistic pleasure. We ask you to do this in order that you may grow, be nourished, and thrive. We ask you to do this that you may be at peace. We ask you to do this because it is time for you to do this.

Each of you begins each day as a newborn and yet each of you brings to that newborn day the baggage of your yesterdays, unless, my friends, you have unpacked those bags, you have removed your luggage, you have shed your skin. Do you wish to miss today? Do you wish to miss tomorrow? Very well, then, you have eternity. Your family will continue to aid you and you will continue to make some progress. But the great fire that refines is within you, and each of you at this point is capable of choosing to turn to that fire, not only for warmth, but for growth and strength. This path, my friends, can be said over and over to be one of love, of warmth, of joy, and of caring. But turn the card, my friends, and demand of yourself as you can that last great honesty that will bring you peace that the world indeed cannot give you, but more, that no other person can give you. In the end, the great mirror is within. We welcome and accept each glance away from that mirror.

We remember and have within our being the memory of not knowing oneness. We remember the feeling of being totally unredeemed. We do not disparage any days, weeks, or years in your incarnation in which you have done less than that which is spiritually strenuous. There is a joy in testing yourself. The athlete strives to do that which he does one instant better or quicker. The scholar strives to seek for one more piece of the great circle of intellectual knowledge that has not been discovered, and those of your orthodox spirituality strive to know to the last echo the feelings and the experience of the mystic.

And what we say to you is: In the cold look you give yourself, in the honest appraisal and in the surrender to that which is most truly you, there is the satisfaction of having been just that much faster, just

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that much more careful, just that much more curious. Never doubt that we are with you, and never doubt that you shall succeed, and that the joy which balances cold introspection shall come upon you most unexpectedly and most frequently. But we know that this group desires more than comfortable inspiration, and so we say to you, take the hard road. It is the quick road and you shall be fleet of foot, for this is what you came here to be.

We would close through another. I am Hatonn.

(Carla channeling)

We apparently shall not close through another, as the one known as M1 desires to listen. We thank this group for calling us. We thank you for all that you have experienced in recent times in learning the discrimination of channeling. We thank each channeler. We thank each present for the privilege of being with you. In greatest humility may we beg you not to take our words as anything but what they are, the conversation of brothers and sisters. Take what you can use and discard the rest. We send you visions of lilies and roses and hyacinths and jonquils. We send you the blue skies, the warm breezes, and the sweet scents that at this time are not with you in your season. We send you the knowledge so often forgotten that all of these things are long in [the] making. The earth must nurture long the seeds of being before springtime blazes forth in its pastel symphony.

As you look in your mirror, my friends, do not forget the lesson of the seasons, and do not look upon an occasional winter as a disaster. It is absolutely necessary for a butterfly to have been in a cocoon. It is mandatory that the flowers be nurtured in the ground. We leave you, my friends, in whatever season of being may be yours. Please know always that the kingdom which you may call summer is all about you and within you, and that the illusion that so powerfully affects you is merely that which teaches you not to inhabit summer, but to be that great season of brightness and blooming. We leave you in the love and in the light of the infinite Creator. I am known to you as one of Hatonn. Adonai, my friends. Adonai vasu.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. It is our privilege once again to be asked to join your group this evening. We are filled with joy at this opportunity to be of service in our attempt to answer your queries. We feel there are many queries present this evening, therefore, without further ado, may we ask for the first query?

Carla: Well, I'll jump in. I've been having several people giving me lectures about these contacts, as a matter of fact, especially the one with Ra, and connecting them with the concept of Satan. I don't really have a lot of trouble with what they are saying because I know it is because they are very concerned and care about me. But I just wonder if you could comment on the use and misuse of judgment, especially as it applies to Christianity?

I am Latwii, and am aware of your query, my sister. Each entity within your illusion attempts to sort through the confusion of its own being, the confusion which surrounds it in its daily life. It is known from within each that there is the ability within the being to find, shall we say, the proper path for the moment. Many are the means of journeying. Each has the dictates, shall we say, as to how the path might best be traveled. In an attempt to aid the seeker, each means of seeking has the rules, shall we say, for it is known through experience that some techniques work better than others. Therefore, it is easy for the eager seeker who has found some means of clarifying the confusion for itself to feel that this is the means by which all might progress.

Within the heart of love, therefore, is born the desire to share this means. But within your illusion, confusion still exists for each in greater or lesser degree, and adds the factor of distortion so that when any seeker attempts to share its means with another by condemning other means, there is the distortion …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. To continue. These within the distortion which you have called Christianity are no more liable to exercise the faculty of judgment than are any others upon your planet, for even within this distortion of Oneness it is plainly stated that to judge not that the entity be not judged itself is proper. Yet, in the fervor of a moment of seeking and attempting to share the love that has been found in whatever degree it has been found is often borne

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the distortion of judgment. Know, my friends, that such entities have at the core of their being love which seeks to be expressed, however distorted it might finally be manifested.

May we answer you further, my sister?

Carla: Yeah. I guess, just one more thing. I accept Jesus as my personal savior, and yet I have never had the slightest desire to inflict this on anyone who thought it was an infliction instead of a joy, because—I don't know, I just didn't expect anybody else to fall in line with me just because of what I thought. Is there something missing in my makeup or what? That's what I haven't been able to figure out is, what is it that I'm missing that causes other people who are also Christians to do this thing and I never have any desire to do it—called judgment?

I am Latwii, and am aware of your query, my sister. Each path attempts to aid the seeker in learning the lessons of your illusion. All lessons have love and acceptance, compassion and understanding as their heart. Whatever the seeker, whatever the path, love and acceptance are those goals which are sought. Some have achieved a greater reward for their efforts than others, and reflect the love and acceptance they have found by truly loving and accepting others no matter what their manifestations of seeking.

Love and acceptance have as their polar opposites judgment and separation. It is a continuum, a path, a journey. Those who express the judgment are at the beginning of this journey, however their means of journeying. Those who refuse to judge and who instead love and accept have traveled further this path.

May we answer you further, my sister?

Carla: One more thing. Everything involved with judgment that can be found in the same book as the words, "Judge not that you be not judges," all the things about, "Accept me or you'll really be gnashing your teeth," and all that, it's all in the same book. There was an inspired reason for this book to be collected and saved over so many thousands of years, and for such mutually exclusive material to be in the same book. What was it?

I am Latwii, and am aware of your query, my sister. The reason, my sister, is that this book, for those on your planet, for a great majority of them, reflects that which is sought. It has been called for in such and such a manner, And it has, therefore, been collected, and contains, as you are aware, a mixture of the positive and negative polarities, as both have been called for, and does therefore present the confusions and the riddles which the pure seeker might find strength of spirit in solving. This is true for each of what you have called religions, for it is true of the peoples of your planet.

May we answer you further, my sister?

Carla: No, Latwii. That bunch of answers really smoothes everything out. Thank you so much.

I am Latwii. We are most grateful to you, my sister, for [without] your sincere queries we would be silent. May we attempt another query?

L: I'd like to ask a question on G's behalf. A couple of weeks ago she heard a television or radio report that several instances had occurred, I believe in Germany, in which a hitchhiker was picked up on the road at night, after traveling with the driver of the auto for a period of time and told the driver that the hitchhiker was the archangel Gabriel, and had appeared for the purpose of issuing a warning that the world was to come to an end, I believe, in the year 1984. And as the story went, the hitchhiker promptly disappeared from there within the car. To reiterate, this supposedly happened on a number of occasions within apparently a few days. Would you like to comment on this?

I am Latwii, and am aware of your query, my brother. We find that there are among your peoples at this time many such occurrences such as this of which you speak. Not only do entities of your planet receive the messages in what might be called the first person presence of another self, but also through instruments using the telepathic and trance channeling. And by other means as well, for as you know, there are those of negative polarity which speak the words of doom in order that the fear which is generated by them might be gathered and used to gain the mastery and power over others which will lend efficiency in the negative polarization.

May we answer you further, my brother?

L: Yes, if you are capable of answering this. The entity which I described, do you have any knowledge as to whether this entity was of a service-to-self or service-to-others polarity, and second, if you're capable of answering, again, either way, was there any significance to the date 1984, as it has certain

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emotional connotations to most of the Western world?

I am Latwii. To answer the latter portion of your query first, the significance is as you mentioned. It has the proper connotative qualities to promote the emotions of fear. The entities upon your planet hearing this type of information may then discern for themselves the polarity, for where there is the speaking of doom, of fear, of doubt, then there is the negative coloration. Where there is the speaking purely of joy, of peace, of love, of brotherhood, then there is the evidence of positive polarity.

May we answer you further, my brother?

L: Yes, one more question on a more philosophical vein. To paraphrase another speaker, "By their words you shall know them," it's fairly obvious by the content of a person's message what their orientation is as far as their polarity. Yet, it puzzles me that although some messages appear to be originating from a service-to-others source that often appears to be Confederation, very often the Confederation seems reluctant to admit being the originator of such communications, and it seems that there must be more than modesty involved in this. Could you speak on that topic please?

I am Latwii, and am aware of your query, my brother. The reason for such modesty, shall we say, is that free will must be maintained. Many entities begin to receive a positive contact of Confederation origin and then attract the temptations of negative entities as a balance. When such entities are unaware of the necessity for maintaining what you have called the tuning in the positive sense, and fall prey to the temptations to glorify the self or the organization in any way, then the inroads might be made by the negative entities in polluting the contact. Even when this occurs, the negative entities find it necessary to utilize a major portion of positively-oriented information, putting the twist of service-to-self polarity here and there, so that little by little the positive message becomes tainted and the organization becomes less and less able to share in the service-to-others sense.

When this occurs, it is usually not recognized by the entities to which it has occurred. Therefore, their confusion must be maintained and no clear speaking by entities of the Confederation may be allowed, for the confusion presents the opportunity to grow and such opportunities are treasures for those experiencing the surrounding confusion, and must be preserved for the growth of such entities.

May we answer you further, my brother?

L: No, thank you, that very greatly clarified it. Thank you very much.

I am Latwii. We thank you, my brother, as well. Is there another query at this time?

Carla: Yeah. I've got a question, now that you mention it, now that L mentioned it. Was our group about 1975—you can just confirm this or tell me that you can't answer it—I have the feeling that all of 1975 or so, our group was getting pretty polluted information. We went through a whole year or so of getting fairly specific information. And then again about, somewhere in 1980, we went through a few months of that. Did we go through those seasons and then just survive by persevering? Is that true?

I am Latwii, and am aware of your query, my sister. We find that there is some limit to what we might say in this regard. It has been the case that in your more distant past there have been instances where there have been momentary lapses, shall we say, in the polarity of service to others. The temptations were offered and the interests turned from philosophy and the evolution of the soul to the specific and glamorous, shall we say, gathering of information concerning dates and catastrophes.

In other cases, there has been the straining to the limits of acceptability of the contact of the Confederation which has been asked query upon query concerning this same general type of information. Confederation contacts are able to respond to a certain degree to this type of query, always adding the notation of its unimportance so that the questioners might reevaluate their desires. When such queries do not contain such notations of unimportance, one may then be aware that the possibility exists that the contact is no longer of Confederation origin.

May we answer you further, my sister?

Carla: No, thank you. I believe I perceive the heart of your reply.

I am Latwii. We thank you, my sister, for your query and your perception. Is there another query at this time?

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M2: Yes, Latwii. Why is it some people are so frightened of death and other people are so accepting?

I am Latwii, and am aware of your query, my sister. For each entity there is the reason. To reply in broad terms for the masses of peoples upon your planet would be a great distortion, for each entity is quite aware of the phenomenon of death, and has either a general type of acceptance or avoidance of that concept. Some fear the death only because it is a great mystery and the unknown often causes entities to find fear within themselves. Some fear the death because they have not yet learned to live, and have not yet learned what they came to live for, and are aware that the death shall come surely and perhaps they shall not be ready. Some gladly accept their own physical departure from your illusion, for its catalyst weighs heavily upon their shoulders and they yearn only for rest. Some welcome the death because they seek another adventure and feel certain that death shall bring it. For each within your illusion there is some response to life and to death. Each is unique.

May we answer you further, my sister?

M2: Yes. Is there correlation between the way a person lives and the way they die? What I mean is, if a person dies, say, accidentally, is there any correlation between the way they lived and the accidental death?

I am Latwii, and am aware of your query, my sister. To begin, may we suggest that there are no accidents. Many deaths appear accidentally, as many experiences appear random. This is because the grand design of your life patterns is greatly hidden from your view. Within your illusion this is necessary so that lessons might be learned with greater efficiency, for in truth all are one and love is the heart of each. Yet to learn these lessons there must be the forgetting and the limiting of the view. The means of the passing from this illusion is chosen by each with variations also chosen should certain circumstances come to pass in such and such a fashion. Therefore, the correlation between the life and the death is most clearly seen when it is seen that both are chosen as means for learning the lessons of love.

May we answer you further, my sister?

M2: No, thank you. That's very helpful.

I am Latwii. We thank you, my sister. Is there another query at this time?

L: I have another question. I have recently read a couple of books that are autobiographical accounts of a Tibetan lama's life. There are parts in it that interest me very much concerning previous history on our planet. I also realized, though, that it may not be possible for you to answer whether those parts are true or not, because it may cast same doubt upon the accuracy of the rest of the individual's statements if I am told that he is not telling the truth. Is it at all possible for you to verify whether certain segments in the text are true or not?

I am Latwii, and am aware of your query, my brother. May we suggest that such recapitulations of the history of your planet are frequently in some degree of what you might call error, for it is most difficult for entities both within your illusion and without your illusion to see clearly the great panorama of events which have pieced the puzzles of your existence together in what seem to be a linear progression of evolution. Many see the basic fabric of the evolution of your peoples, the cultures which have grown and flourished and died, the experiences which have been shared by entities throughout the various countries and times, but then in the specific rendering of this or that instances, especially concerning famous personalities, may find that the clear description is quite difficult to render, for to look into what you call your distant past to discover an event might require the discernment of whether the event finally discovered occurred within the space/time or time/space continuum, or whether the entities involved truly interacted in the manner which is viewed, for there are multiple planes of interaction that are called into activation whenever any activity is undertaken, and when viewed from certain levels of existence, the events became somewhat blurred as to their place or plane of origin.

To speak as to the accuracy of these particular books would not be proper, in our estimation. Therefore, we share with you these general thoughts.

May we answer you further, my brother?

L: There were two specific locations he described, one being a large city for the most part encased in a glacier, the second being a large cave which contained machinery and a device which acted as a mental dome projector, if you will, showing the creation of that cave and the purpose of its creation

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as a storage facility. Would it be possible for you to verify whether those two things exist or not? A "yes" or "no" will be fine.

I am Latwii, and am aware of your query, my brother. That such exists is quite possible; since they have been described, they must therefore exist within some realm of being.

May we answer you further, my brother?

L: No. Simply thank you for allowing me to try your patience.

I am Latwii. We thank you, my brother, and our patience is endless. May we answer yet another query?

J: I have a question concerning something that I've experienced ever since I was a child, and in talking with a friend I have discovered that she has also experienced this: a sort of energy discharge, a sense of electrical impulse almost, traveling sometimes through the back of my head or through my whole body, and it has the sense of a kind of release with it. Sometimes it happens during stress or during fatigue, and I'm wondering if it means something, or what it is. Can you just talk to me about this?

I am Latwii, and am aware of your query, my sister. Again we must speak in general terms, for such an experience as you describe does have its significance in your seeking and your being. Each entity has an unique configuration or pattern of beingness which is expressed in equally unique manners. As you travel through this illusion, you gather an energy or momentum which might be equated to the processing of catalyst into experience so that your seeking becomes more refined. There is in this process the necessity of discharging, shall we say, certain accumulated energies which are a natural by-product of the seeking, the processing, and the manifesting of experience, and this is necessary so that the channels of perceptions might be kept clear and might efficiently function.

Would it then be possible for the entity to continue the seeking were the energies not discharged? This would be difficult. Therefore, each entity has an unique means of clearing the channels of perception so that further learning might occur.

May we answer you further, my sister?

J: Would I be incorrect in guessing that this may have something to do with unblocking energy centers?

I am Latwii. My sister, this is in quite general terms correct, for the unblocking of the energy centers is equal to the process of evolution and the purpose for each incarnation.

May we answer you further, my sister?

J: Yes, on a different topic. Is it possible that there are people living now, entities in separate bodies, living separate experiences, who at one time shared a single life, a single body?

I am Latwii, and am aware of your query, my sister. This is possible, for some entities are the children, shall we say, of the same higher self or oversoul, as others have described this great being to which each is connected. Some entities join portions of what might be seen as their own self in various incarnational patterns so that experience might be gained in yet another manner that is deemed proper by the higher self.

May we answer you further, my sister?

J: No. I can't think of another question I can ask about it, but—so, I'll have to think about that. Thank you.

I am Latwii. We thank you, my sister. This instrument has some depletion of energies at this time. Therefore, might we suggest a final query before we depart this group.

Carla: If two parallel portions of an oversoul were one once, would the events and the death of one affect the events and the death of another incarnation?

I am Latwii, and am aware of your query, my sister. In such an event, it is most usual for the entities of parallel existence to also exist within different planes, or shall we say, universes. Were they to exist within the same universe, as is possible, the events in one's incarnation world have definite correlations to the events in the other's incarnation, yet the correlation would not always be identical but might be complimentary. For example, the experiencing of great personal loss by one entity might generate the catalyst of extreme sorrow in one entity while in the other there might be seen the birth of great hope.

May we answer this query in any further detail?

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(Tape ends.) ♣

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Sunday Meditation
November 14, 1982

(C1 channeling)

We are now with this instrument. I greet you with the love and the light of the infinite Creator. Tonight I would like to say something about the little things that people could do. One of your holy leaders said, "Sell your goods and give it to the poor." But there are so many little things that people could do—a smile, a handshake, a compliment, picking someone [up] in your car and taking them somewhere, giving your *(inaudible)* clothes or material things to someone who needs them. If every person would do the little things, it's amazing how much better the giver and receiver would feel. You really don't have to sell everything and give it to the poor to do a great deal of good. Have you ever thought how many times you saw something nice and didn't say it? Or someone you love and didn't tell them? Many times the big things will take care of themselves. Sometimes the little things have more meaning for the person who receives them. A compliment at the right time could save a life if the person was severely depressed and felt worthless. Try to make a point of giving the little things. In proportion they will do more good than a few big gifts.

I am Hatonn, and I leave this instrument.

(Carla channeling)

I am Hatonn, and I also greet you through this instrument in the love and in the light of our infinite Creator. We shall continue speaking through this instrument and we shall speak to two subjects. Firstly the one which is called by some this evening and secondly quite a different one which is called specifically by the one known as M and the one known as C2 and the one known as A.

In fact, to this subject perhaps we shall speak first in order that we may remove from this evening all traces of that which in itself may color the contact by the pale shade of fear. We are aware that due to an unusual instance within this group in which the one known as C2 inadvertently brought very close to trance a channel of less than purely Confederation association, the concern of the group has been that the message be true. We have spoken upon this subject several times in the past, and not only we, but perhaps more helpfully those of Latwii. We shall be eager to continue speaking upon this subject until all doubts and fears are put to rest. That which is most central to a confidence about positivity of contact is the proper unification and tuning of the group. This group seeks to know the truth, seeks inspiration, and seeks to serve others. There is in each a spirit of what many would call Christ

Consciousness, a desire to know the love and light of the one infinite Creator.

There is at this time very little desire within this present gathering to know specific events of the future, for to request specific information which would interfere with the free will which is yours. Therefore, this group is not an hospitable place for one which is not oriented towards service to others. In fact, it would indeed be very difficult for any entity to be able to contact anyone in this group. We are not saying that such entities might not be attracted to the light which burns as a lighthouse when a group is united in prayer and seeking. It is only to say that those who have sought to be of service as channels having once tuned and then having tuned personally by prayer while awaiting contact simply do not offer an opportunity for negative contact.

We wish that we could comfort you more, but we are aware that we must leave to your own discrimination any doubts between that which is positive and negative as each of you in your own hearts may discriminate. We would not wish to have more authority than we do, for we are your brothers and your sisters—not greater that you, only those who care and thus come to you as comforters, as strengtheners, and hopefully as those who may offer some inspiration that your own life within may be somehow aided by our humble drifts. We know we have little to offer but we are so grateful that you allow us that small *(inaudible)* which is ours, for we are only messengers. The love and the light is the Father's. The kingdom that we all seek is His. And so we say, especially to those three named, fear not but be of good faith and good cheer. All that is yours awaits you. We would at this time return to our original consideration and focus the attention of those present on being of service.

Our friends, each of you is aware of many ways to be of service which the society in which you live also recognizes. There is hunger in the world and it is recognized that you are of service if you attempt to feed those who have no food. There is great poverty, loneliness and solitude unwanted and forced upon some and to those unfortunates, so called, your culture deems it charitable to aid by a helping hand. Some political movements and social issues seem to be full of service and so those who wish to be of service become active and this is service.

There are those, great leaders, whose careers are known and whose lives are great examples of service. Selfless men and women who have given all that they have to a profession, or a belief, and have spent a lifetime in creating a very visible form of service. To such people go public praise and great recognition. But let us focus now upon each here. My friends, do you know how great your opportunities for service are? There are so many things that the culture in which you live requires you to do that sometimes your sense of yourself seems to be lost and you are in effect the one who is doing, the one functioning, the one coping—neither positively nor negatively. But let us take a step back.

What time have you spent this day in meditation? What time in prayer? What time in contemplation? If you have spent no time in these activities your instinctive ability to sense the needs of others will have been greatly impaired. Your instinctive sense of yourself as a being created in love, placed in this environment here and now to offer a channeling, a witness, will be greatly impaired. Therefore *(inaudible)* we encourage each of you to begin with that which is basic: the seeking of the original Thought. For if you do not experience truth then you are not truth, or [rotten] you will have removed yourself from clarity, for the truth is within you just as the Creator is within you. Your source is within you. Your comforter awaits within you. The doors you wish to open to the outside world of service must first be opened from the inside, for your truth awaits the opening of that door. That truth cannot come to you. You must come to it, or at least open the door to it. It takes a mere moment to mentally open the door within. It takes one gentle thought to open a universe of love within you. And with a universe of love within you, my friends, what service can you help but be? Then you will not miss the chance to smile, and oh, my friends, what a lovely dance a smile makes. You will not miss a chance to reach and touch those who may need it. Indeed, my friends, there are many times when you feel that you are being of no service whatever because someone is aiding you and you feel that you are on the receiving end and cannot possibly be of service. My friends, when with a grateful heart you receive, you have greeted the Creator in manifestation.

And what of those times, my friends, that you do not pray, nor meditate, nor contemplate, nor even speak civilly, but rather attempt to survive because

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your world has become turned upside down for some reason? What of those times? May we say to you that even then you are of service, for those about you will learn by those things which you offer. They may not learn great feelings of warmth and smiles and hugs, and may instead learn toughness and integrity and unselfishness. You cannot help but be of service. Is that not a great lesson, my friends? Undoubtedly you wish to be of somewhat more service than we have just described. When those days occur—and in any incarnation those days will occur, if you are pursuing a path of growth—try to learn that toughness, that integrity, and that unselfishness yourself that will accept your self. By accepting yourself as you change, as you fight and struggle to learn, you greatly speed the process of your own learning, and incidentally shorten the period of your own discomfort.

We greet each of you. With you we meditate. With you we praise the infinite Creator. And with you, with many thanks, we have shared a few meager thoughts. We ask *(inaudible)* greet and welcome the one known as [S] who has not been with this group for some time.

We would, if the one known as C1 would accept it, enjoy closing this particular message through her and at this time would transfer the contact. I am Hatonn.

(C1 channeling)

I am Hatonn. Again I greet you, my friends, in the love and the light of the infinite Creator. Again may we express our great joy at being with you tonight. We have observed in some of your meditations experiences of growth and joy. We have been aware of the love that you send to each other. Perhaps you are not aware that in sending this love to each other the entire group benefits and as you send out love and light to others that is strengthened also. What we are trying to say, my friends, is that it's difficult for you to be aware of the strength that each of you gain from a group and from the experiences you share together. The one known as M and C1 will soon be leaving the group and you can make their transition much easier by continuing to send love and light to them. May we repeat again it has been our pleasure to be with the group tonight and we leave you now in the love and the light of the infinite Creator, knowing that you are always safe in that love and light, and you have but to be aware of it and you will know for yourself that it does provide safety. We take our leave now of the group and leave you in the love and the light of the infinite Creator. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the one infinite Creator. We have been eagerly awaiting our opportunity to join your group this evening and to once again attempt to answer those queries which you have brought with you. May we then ask if there is a query with which we might begin?

C1: Yes. We've been talking about doing little things by way of serving our fellow man. Will you comment on what Jesus said when he said, "If a cup of cold water is given in my name it will not go unrewarded." What does it mean by "given in my name"?

I am Latwii, and am aware of your query, my sister. The one known as Jesus was the teacher whose purpose for incarnation was to teach the lesson of love—unconditional love for all of creation. This entity was love, love this entity had attained through its seeking of the one Creator. Therefore, this entity's name could be said to be vibrating in resonance with that known as love and compassion. Therefore, when he said that to give the cup of cold water in his name would be an action rewarded he was in fact saying that to give even the smallest gift in love for the one to whom it is given is not only to share love but also to know and to be love and to be rewarded with the knowledge of that love.

May we answer you further my sister?

C1: Well, yes, just one little bit more about that. I am reminded of … I had charge of a service years ago in the jail speaking to the women and one night after the service I tried to find a woman three stories up in a dark hallway that about scared me to death, but she had great need and I took her twenty dollars and gave it to her and I was trying to live up to that "give a cup of cold water in my name," and I said, "I give you this in the name of Jesus." And I felt like a fool and she looked at me like a fool and so I felt like I was trying to live up to the letter of the law, and yet I was doing it the best I could. That's what I was trying to get at. Are we to say or indicate that we are doing this in the name of Jesus or [do] we just do it? I didn't try that anymore, by the way.

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(Laughter)

I am Latwii, and am aware of your query, my sister. When one attempts to share the love that is within the heart, open the heart without premeditation so that that love which is within may be expressed freely and naturally if such words as you have spoken come easily to your lips, then speak them freely. Do not worry with concerns about how you shall accompany the love with words or actions, simply seek within the heart of your being to give freely and the words and clothing of the action shall naturally be made clear to you, or should we say through you.

May we answer you further, my sister?

C1: No that helps me to understand. I think I must have been trying to live up to the letter of the law. Thank you, I understand better.

I am Latwii. We thank you, my sister. Is there another query at this time?

Carla: I'd just like to pursue it a little further. Of course, having just come off a Christian weekend I am probably really oriented toward this question, but it does seem to me that a lot of people are ready to hear the name of Jesus.

(Side one of tape ends.)

Carla: … equally powerful whereas there's something to that particular vibration—Jesus—that makes a difference. Is it within me, as I in my heart believe, or is it in a name that the bulk of the power would reside?

I am Latwii, and am aware or your query, my sister. We see that the one known as C1 has once again generated within your being the seeking for similar understanding and we greatly appreciate the combination of your efforts. To speak to your query may we suggest that it is the heart of your being which gives the force, shall we say, to any words which emanate from your lips, for the words are the attempts to clothe the great feeling of love from your heart in understandable concepts so that the mind of another may receive the understanding which emanates from heart to heart. Yet it is also true, as you have surmised, that many within your culture especially yearn to hear the name of the master known as Jesus. For within your culture this entity is equated, correctly so, with the vibration of Love. Yet this yearning to hear the name exists not because of any name but because of what the name expresses. Speak yea then your heart, my sister, in the way which has meaning for you, for each entity's ability to be of service to others is unique and to be fully expressed must be so in the way which is natural, shall we say, for that entity.

May we answer you further my sister?

Carla: No. I think that that's really clear. Thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

Carla: I have a query. Something that has occurred to me several times recently because I've been talking to people and just have these things occur to me several times. We've been talking to Ra off and on about polarity for some time. I noticed with the women friends that I have that are really strong friends of mine that it is almost as if we were of one body. It's a different relationship than I have with my man friends, although no less close, simply a different feeling and it seems to me probably, I'm guessing, to be related to our similar polarity so that consequently rather than being attracted to each other in a polarized fashion we are one identity basically in polarity and are able simply to merge. Does this reading of polarity and its effects on human relationships have any merit?

I am Latwii, and am aware of your query, my sister. Those who seek with a like mind and heart shall attract to themselves the experiences which will blend their seeking and their being. This is basically the situation which you find yourself within. As you seek the love and light of the one Creator you attract to yourself those who also seek in a similar fashion so that in the larger sense you become more in unity with those who seek as you seek. To reduce this phenomenon further, those of the female gender who are together with you seeking are, with you, realizing the potential of their gender. This is a portion of your seeking. As you seek together you utilize those faculties of your being on all levels which are available to you. Some are available because you are the gender you are. To be more, shall we say, intuitive and inspirational therefore becomes a factor of unification according to gender and you do indeed become of one beingness or body as you have described it with those of your gender.

May we answer you further my sister?

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Carla: Just the balancing question. I have very close male friends also and consider those relationships as close as relationships with my women friends. It is simply that I have observed that there is the potential for misuse of the polarity between two spiritual seekers who are male and female, regardless of age or attractiveness, simply that the polarity exists and because of the intense seeking on both. Consequently, that being dealt with in a mature manner, that is to say, being accepted for what it is, as polarity, as proper and appropriate, that same intimate relationship can exist between man and woman in their spiritual search. It's simply that the polarity is there instead of the identity and after that point we're all capable, it seems to me, of helping each other, male or female, it doesn't matter. But I do think it seems that polarity is something to be dealt with simply by recognizing it and not being bemused by it or taken away from the track of mutual spiritual seeking. Is this also a fair reading of polarity, as it applies to spiritual seekers?

I am Latwii, and am aware of your query, my sister. We find that you have made a quite acceptable explanation of this phenomenon. May we answer you further?

Carla: No, thanks.

I am Latwii. We thank you, my sister. Is there another query at this time?

Questioner: Yes. For the last couple of weeks—last week or the week before—I was in this general vicinity visited by a thought form of the Confederation. It's kind of a specific question—not terribly important but I ask it for someone who was interested and it was on the night of a meditation.

I am Latwii, and am aware of your query, my brother. We find in scanning the recent memory of your friend that it is necessary to refrain from the direct answer so that free will shall not be abridged. Phenomena of this variety must present a riddle, shall we say, to such participants and observers so that through the strength of their own inner seeking the answers of value might be found.

May we be of further service, my brother?

Questioner: I think your answer was the desired answer. Thanks.

I am Latwii. We thank you, my brother. Is there another query at this time?

C1: I have a puzzle. I normally keep my eyes closed during meditation but I opened them to look at the sofa beside me and no one was sitting there and mentally I felt I was sitting on this sofa alone. Why would I get that weird impression when I know this girl is sitting here with me?

I am Latwii, and am aware of your query, my sister. Again we find that the experiences that one such as yourself observes have meaning according to the unique configuration of seeking and perception which is yours. To express in simple and clear terms those characteristics which cause you to experience one or another sensation is to give you information which we feel is best sought within your own meditative being.

May we be of further service, my sister?

C1: No I guess someday I'll figure it out myself.

I am Latwii. My sister, this illusion which you inhabit is full of mysteries. The one Creator is hidden in each. To find the face of the Creator is the goal which each seeks and so shall ye find as ye seek.

Is there another query at this time?

C1: Yes, one more. I don't want to hog this thing, but one more question. It's certainly not profound, but it has been interesting to me. I've had a *(inaudible)* because of where I was born and raised I guess, the experiences I've had in church and all, I've had … it's been an obsession to me to seek what I call the truth and get rid of as much ignorance as possible. And at the risk of making a nuisance out of myself much of my life, and *(inaudible)* going into bookstore, I have literally found books on bookshelves I did not know existed, had no idea of knowing they were existed, but it just seemed to me that that book was just what I needed at that point in time. Was I guided to that book or did I just stumble onto it or a … would you comment on that?

I am Latwii, and am aware of your query, my sister. As the strength of the seeking increases, for each entity each shall find seeming coincidences crossing the path of the seeking so that a book, a friend, a stranger, an event may lend yet one more piece to the puzzle of the mystery of being and make more sense, shall we say, out of what was confusion. When you seek you are as the magnet attracting the filings of iron. Never forget you are one with all of creation. Therefore, when you seek that which you seek is a

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portion of yourself and as you seek that portion of yourself it, being yourself, is aware of that seeking and shall reveal itself unto you through whatever means is understandable to you at that time, be it a book, a song, a sign in the sky, a conversation, a chance encounter. There are many, many ways by which the mystery of your being is revealed to you each moment in which you seek. Truly it has been said there are no accidents.

May we answer you further, my sister?

C1: Well, let me just summarize what I think I heard. For instance, when I would go to the bookstore and find a book, which I didn't know existed and I would be just tremendously inspired and just mark this book all up, you mean I found a part of me, truth with me … I found something within me … now is that what your saying? Or I discovered a part of me that I did not know was me. Is that what I heard?

I am Latwii, my sister, and this is correct. It might be that at that moment this was the means by which you would most clearly understand that portion of your being which you were seeking to understand. It might also be that at another moment the seeking which you were engaged in would reveal to you through meditation that which was sought. It might be as is generally the case that some experience in your life would reveal to you the general nature of that which you were seeking so that event upon event would present itself to you so that you might see through the power of your seeking the core of truth both in the event and in yourself which you have been seeking and so the path of evolution of the mind, the body, and the spirit continues endlessly within your illusion. The seeking and the finding. The seeking and the finding.

May we answer you further, my sister?

C1: The seeking carries with it a certain amount of frustration and pain but the finding is like the light or the joy that I experience then and I don't want to ask you to talk a long time on that. It seems that the seeking is frustrating, but the finding is very joyous so the joy almost outweighs the seeking. Is that a pretty good evaluation of this seeking and finding and seeking and finding?

I am Latwii, and am aware of your query, my sister. So it is within your illusion that there must be the motivation for the seeking, for the effort to be made. For if you had no need to increase your understanding, how would understanding increase? Must you not then feel the pain, the frustration, of your ignorance so that this might draw you forward, shall we say, and provide the means by which your journey continues and the finding of that which was lost within your being brings the joy of the reunion and the union on the conscious level within yourself with all that is. To not be aware of that unity creates the pain of the ignorance. The pain of the ignorance drives one forward so that the unity might be further revealed.

May we answer you further, my sister?

C1: No, that's fantastic. A lot of things make sense now. Thank you very much.

I am Latwii. We thank you, my sister. Is there another query at this time?

Carla: A quick one, I hope. I'm considering for personal reasons changing the day of the week we hold our weekly meditations. I'm concerned that the level of my own service will be maintained. Could you comment?

I am Latwii, and am aware of your query, my sister. We find some limits surrounding our potential response due to our unwillingness to infringe upon your free will, but might suggest that when the desire of the group is focused upon the meeting and those present desire the meditation for increasing inspiration and understanding then it is possible to conduct such a meeting no matter the day.

May we answer you further, my sister?

Carla: No, thank you *(inaudible)*.

I am Latwii. Is there another query at this time?

(No further queries.)

I am Latwii. As we observe the great peace and joy of the silence within this group we feel that we have exhausted the queries for the evening. It is always our honor to be asked to join your group. We thank each of you. We remind each as well that we would be most happy to join you in your private meditations should you but request our presence. Peace be with each. We leave this group at this time rejoicing in the peace and the power of the one infinite Creator. We are known to you as Latwii. Adonai vasu borragus.

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(Carla channeling)

I am Nona. I come in the love and in the light of the infinite Creator. We are those of healing and offer to you our song.

(Carla channels a song from Nona.) ❦

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The Law of One, Book IV, Session 99

November 18, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Would you please give me the condition of the instrument?

Ra: I am Ra. This instrument's physical deficit continues but has the potential for the lessening due to the removal in your probable future of foodstuffs to which the instrument has significant allergy. The vital energy levels are somewhat lessened than the last asking but remain strong. The change in the mental/emotional energy level is towards the distortion of the weakening of this complex.

Questioner: We now have an additional set of tarot images. Which of these two sets are closer to Ra's original intention?

Ra: I am Ra. The principle which moves in accordance with the dynamics of teach/learning with most efficiency is constancy. We could explore the archetypical mind using that set of images produced by the one known as Fathman or we could use those which have been used.

In point of fact, those which are being used have some subtleties which enrich the questioning. As we have said, this set of images is not that which we gave. This is not material. We could use any of a multitude of devised tarot sets. Although this must be at the discretion of the questioner, we suggest the maintaining of one and only one set of distorted images to be used for the querying and note that the images you now use are good.

Questioner: The wings above Card Five, I am guessing, have to do with a protection over the Significator of the Mind. I am guessing that they are a symbol of protection. Is this in any way correct?

Ra: I am Ra. Let us say that you are not incorrect but rather less than correct. The Significator owns a covenant with the spirit which it shall in some cases manifest through the thought and action of the adept. If there is protection in a promise, then you have chosen the correct sound vibration, for the outstretched wings of spirit, high above manifestation, yet draw the caged mind onward.

Questioner: Thank you. In Card Number Six I see the Transformation of the Mind, the male with crossed arms, representing transformation. The transformation is possible either toward the left or the right-hand path. The path is beckoned or led by the female, the Potentiator. The one on the right has the serpent of wisdom at the brow and is fully clothed, the one on the left having less clothing and indicating that the Potentiator is more concerned or attracted to the physical as the left-hand path is chosen and more concerned and attracted to the mental as the right-hand path is chosen.

The creature above points an arrow at the left-hand path indicating that if this path is chosen the chips, shall we say, will fall where they may, the path being

unprotected as far as the activity of catalyst. The intellectual abilities of the chooser of the left-hand path would be the main guardian rather than the designed or built-in protection of the Logos for the right-hand path. The entity firing the arrow seems to be a second density entity which indicates that this catalyst could be produced by a lesser evolved source, you might say. Would Ra comment on these observations?

Ra: I am Ra. We shall speak upon several aspects seriatim. Firstly, let us examine the crossed arms of the male who is to be transformed. What, O student, do you make of the crossing? What see you in this tangle? There is a creative point to be found in this element which was not discussed overmuch by the questioner.

Let us now observe the evaluation of the two females. The observation that to the left-hand path moves the roughly physical and to the right-hand path the mental has a shallow correctness. There are deeper observations to be made concerning the relationship of the great sea of the unconscious mind to the conscious mind which may fruitfully be pursued. Remember, O student, that these images are not literal. They haunt rather than explicate.

Many use the trunk and roots of mind as if that portion of mind were a badly used, prostituted entity. Then this entity gains from this great storehouse that which is rough, prostituted, and without great virtue. Those who turn to the deep mind, seeing it in the guise of the maiden, go forth to court it. The courtship has nothing of plunder in its semblance and may be protracted, yet the treasure gained by such careful courtship is great. The right-hand and left-hand transformations of the mind may be seen to differ by the attitude of the conscious mind towards its own resources as well as the resources of other-selves.

We now speak of that genie, or elemental, or mythic figure, culturally determined, which sends the arrow to the left-hand transformation. This arrow is not the arrow which kills but rather that which, in its own way, protects. Those who choose separation, that being the quality most indicative of the left-hand path, are protected from other-selves by a strength and sharpness equivalent to the degree of transformation which the mind has experienced in the negative sense. Those upon the right-hand path have no such protection against other-selves for upon that path the doughty seeker shall find many mirrors for reflection in each other-self it encounters.

Questioner: In the previous session you mentioned the use of the forty-five minute interval of the tape recorders as a signal for the end of the session. Is this still the appropriate time?

Ra: I am Ra. This is, of course, at the discretion of the questioner for this instrument has some transferred energy and remains open as it has unfailingly done. However, the fragility of the instrument has been more and more appreciated by us. We, in the initial observations, saw the strength of will and overestimated greatly the recuperative abilities of the physical complex of this entity.

Therefore, we may say that ending a working at approximately this amount of energy expenditure; that is, some point soon following upon the sound vibration of which you speak, would be appropriate and, insofar as we may determine, may well extend the incarnational amount of your space/time which this instrument shall be able to offer to this contact.

Questioner: In that case I will just ask this short question as we terminate this session. I want to know if the Logos of this system planned for the mating process as possibly depicted in Card Six—I don't know if this is related to some type of DNA imprinting. In many second-density creatures there seems to be some sort of imprinting that creates a lifetime mating relationship and I was wondering if this was also carried into third density?

Ra: I am Ra. There are some of your second-density fauna which have instinctually imprinted monogamous mating processes. The third-density physical vehicle which is the basic incarnational tool of manifestation upon your planet arose from entities thusly imprinted, all the aforesaid being designed by the Logos.

The free will of third-density entities is far stronger than the rather mild carryover from second-density DNA encoding and it is not part of the conscious nature of many of your mind/body/spirit complexes to be monogamous due to the exercise of free will. However, as has been noted there are many signposts in the deep mind indicating to the alert adept the more efficient use of catalyst. As we have said, the Logos of your peoples has a bias towards kindness.

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Questioner: Thank you. In closing I will ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. We note the relative discomfort of this group at this space/time and offer those previous statements made by Ra as possible aids to the regaining of the extraordinary harmony which this group has the capability of experiencing in a stable manner.

We find the addition of the swirling waters to be helpful. The appurtenances are conscientiously aligned.

We encourage the conscious strengthening of those invisible ribbands which fly from the wrists of those who go forward to seek what you may call the Grail. All is well, my friends. We leave you in hopes that each may find true colors to fly in that great metaphysical quest and urge each to urge each other in love, praise, and thanksgiving.

I am Ra. We leave you in the love and light of the one infinite Creator. Go forth rejoicing in the power and in the peace of the one glorious infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 99, Fragment 49
November 18, 1982

Jim: Most people would probably not have described the feeling of not quite being whole and in harmony which our group experienced during the fall of 1982 as true disharmony. Yet as one moves further along the path of seeking light and begins to stand closer to it, as we were privileged to do in the Ra contact, even the smallest of lapses of harmony, when left unresolved, can become targets of opportunity for those such as our friend of negative polarity to intensify. These psychic greetings can become great opportunities to heal those lapses of harmony and to move even further and faster upon the evolutionary journey because what such a negative entity is actually doing when it intensifies one's disharmonious choices is pointing out to you weak points which you might have missed in your own conscious seeking. But one must take quick and thorough action in order to unravel these distortions in one's beingness or further confusion and difficulty may ensue, again due to, first, your original free will choice, second, the intensification of that choice by the negative entity, and third, by lack of attention on your part in finally resolving the distortion and balancing it. Fortunately, most people do not have to deal with the magical abilities of a fifth-density entity but with the lesser abilities of the fourth-density minions who are usually quite effective on their own.

Thus as Carla was finally getting rid of the effects of the intensification of her blue-ray blockage concerning renting and then cleaning the house next to the airport in Atlanta, I began to notice an increase in my pre-incarnatively chosen distortion of anger/frustration. Notice the fundamental principle in Ra's first sentence in response to my question. All of our distortions and thus all of our learning are the result of the limitation of the viewpoint. We limit our points of view consciously or unconsciously, pre-incarnatively or during the incarnation, in order to gain a certain bias that may then draw unto it the opposite bias and offer us the opportunity for balance. By being able to see each bias as an opportunity for the Creator to know Itself and for us to know ourselves as the Creator, we more and more become able to accept ourselves. We become able to find love and acceptance not only in ourselves but in others who share our characteristics, and our viewpoint is widened by our efforts to learn and to serve. Such growth is not possible without biases or distortions, and these biases and distortions are not possible without the choice to limit the viewpoint in one way or another. So we determine what lessons and services we shall attempt during any incarnation by the way in which we limit our viewpoint.

Another interesting point to note here is that whatever one's basic nature is, whether it be love, wisdom, power, or some blend of these three, one does well to express that nature in a regularized fashion. So does one become a channel for it, not by holding on to it, but by giving it away.

Again, we see another purpose of anger, or opportunity that it might present to one expressing it. Being the polar opposite of love, it may attract that love and compassion to the person feeling it. Remorse and sorrow often attract love and compassion to a positive seeker who has experienced a great deal of anger. Anger may also be seen as the negative expression of power; that is, destruction and separation, with the positive side being construction and unification. So it is not necessary to repress or overcome qualities in our being which seem negative and hurtful but, rather, to see them as potentials for achieving balance. When these negative qualities are followed to their source, they can enable the seeker to take advantage of the opportunities for knowing the self, the Creator, and the creation as portions of a complete unity. Ra's last sentence underscores this point.

Carla: *I have thought that this particular fragment is perhaps the best example in this present volume of why Ra can be so helpful. We three humans were doing our level best to stay totally harmonized in movement and rhythm, but we often erred, as do all of us, no matter what, if not today then tomorrow. This is the human estate. Working on this catalyst between us with an intensity born of wishing to remain clear enough to contact Ra, we developed questions for Ra, trying to get more of a bead on what our distortions were, and how to approach seating these incoming catalysts. But no question, however cleverly phrased, could expect to garner a piece of advice like: "as in all distortions, the source is the limit of the viewpoint." In terms of the old saw about a choice between giving a man a fish and giving him a pole and teaching him fishing, Ra always went for the fishing pole, plus bait. And all without infringement on free will: an impressive task, and appreciated by us. We pored over these little comments a lot. They really did help us focus.*

I've already talked about the buttermilk/penicillin cure. The principle Ra followed in OK'ing my wearing of a little cross in sessions seems very telling for a lot of questions we have about should we do something or not. They said it wasn't the greatest in terms of what complications it would cause, but it was OK because it was a symbol which strengthened me in a real way. This concept of balance and the strength of being as flowing into a pattern which is read as metaphysical rather than physical is a real help to people who want to be less allergic or depressed or whatever: do what feels right, letting the mystical meaning have as much importance as the physical. Find the balance.

Ra's advice to Jim struck home both to Jim and to Don and me. After we read this, we decided to encourage Jim to take the afternoon for solitude. He really enjoyed, and still enjoys, this routine, going out into the gardens for whatever needs doing after lunch and finishing up at eventide with a bath. I am often out there with him, but I do leave him in solitude unless I have a gardening question. To watch Jim work is to understand the power and purpose of ritual and magic.

My dear Mick (I call him that to distinguish him from my brother and also from my first husband, both named Jim) still has an amazingly bright and fiery temper. I stand in awe, quite literally, and watch it sweep through him like a tornado. He has, through the years, found ways to behave less angrily, but that core imbalance for him runs very deep, rather like my wanting to do too much. Some things about all of us are far from smart, but when you try to eradicate them, they just snicker! Nope—we're part of the package, they seem to say. I have worked my way through the substantial catalyst this has been for me, and give Mick thanks for such excellent catalyst. I have never been hurt physically, mind you. This is a solo act. I now simply observe and accept. I know it only seems that way. I affirm perfection. That is what I have learned to do so far, both to my own humanity and other people's. Meanwhile, he has had to learn to tend me rather like a shepherd, walking along and picking up the things I drip behind me as I go absent-mindedly on. No one gets away free!

I can only say that meditation, and a daily offering each day as a beginning, help for me. They are the basis of my day, and I think Jim would also say that. So I encourage any who might have had trouble doing that to try again. This time, adapt the practice to your life. It is a routine that has served us well. Perhaps that is too much for you, but you see how to build a time for you and the Creator to meet. You can't just remake your life around a newly discovered devotional or mystic aspect of yourself; you have to practice a rule of life that gives you time to do your necessaries. I think that one quick drink is a powerful thing. So please try again, if you have given up. For those who want to read about meditation, I recommend Joel Goldsmith's little book, The Art Of Meditation.

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Session 99, November 18, 1982

Questioner: What are the foodstuffs that are creating this allergic reaction?

Ra: I am Ra. That which you call the buttermilk, though appropriately used in the healing work undertaken for the throat and chest areas, is the substance to which the entity has allergy.

Questioner: The instrument asked if she could keep the small gold cross on while she is in one of these sessions. Will that cause any distortion in these workings?

Ra: I am Ra. We scan the mental distortions of the instrument. Although the presence of the metallic substance is, in general, not recommended, in this instance, as we find those distortions weakening the mental/emotional complex of the instrument due to its empathic distortions, the figure is specifically recommended for use by this instrument. We would request that should any strengthening be done to the chain, as we find intended by this instrument, the strengthening links which symbolize eternity to this instrument be as high in purity or higher than the remainder of the device.

In this nexus that which this device represents to this instrument is a much-needed strengthener of the mental/emotional patterns which have been much disrupted from the usual configuration of distortions.

Questioner: Is there anything further that needs to be done by or for the instrument to remove the magical working, or any of its after-effects, in her throat area by our fifth-density, negative companion?

Ra: I am Ra. No.

Questioner: Finally, I have a question from Jim stating: "For the last two weeks I have often found myself on the edge of anger and frustration, have had a nearly constant dull pain in the area of my indigo-ray center, and have felt quite drained of energy. Would Ra comment on the source of these experiences and any thoughts or actions that might alleviate them?"

Ra: I am Ra. As in all distortions, the source is the limit of the viewpoint. We may, without serious infringement, suggest three courses of behavior which shall operate upon the distortion expressed.

Firstly, it would be well for the scribe to engage, if not daily then as nearly so as possible, in a solitary strenuous activity which brings this entity to the true physical weariness. Further, although any activity may suffice, an activity chosen for its intended service to the harmony of the group would be quite efficacious.

The second activity is some of your space/time and time/space taken by the entity, directly or as nearly so as possible to the strenuous activity, for solitary contemplation.

Thirdly, the enthusiastic pursuit of the balancing and silent meditations cannot be deleted from the list of helpful activities for this entity.

We may note that the great forte of the scribe is summed in the inadequate sound vibration complex, power. The flow of power, just as the flow of love or wisdom, is enabled not by the chary[1] conserver of its use but by the constant user. The physical manifestation of power being either constructive or destructive strenuous activity, the power-filled entity must needs exercise that manifestation. This entity experiences a distortion in the direction of an excess of stored energy. It is well to know the self and to guard and use those attributes which the self has provided for its learning and its service. ♣

[1] chary: cautious, careful, wary; fastidious; particular; sparing, frugal; stingy [< OE *cearig* sorrowful, sad < *cearu* care]

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Sunday Meditation
November 21, 1982

(L channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, it is with great pleasure that we receive your request that our vibration be joined with your own, for, as always, it is our desire to be of service in whatever manner possible. Tonight we would share with you some thoughts concerning your desires for your brothers and sisters, for those who seek to follow the path of service to others by nature attempt to envision that which would benefit their other selves. My friends, regard for a moment the possibilities open to those whose lives involve selection. For example, if one desires an object, it is possible that the possession of that object might be beneficial to the individual. It is also possible that the inability to possess that same object might also be of benefit to that individual in that they may learn the lack of value in possessing that which is finite and thus of a very temporary nature. When one regards this situation, one might be reluctant to select a wish, if you will, for this other self, for it is not readily apparent which would benefit the individual more.

Obviously, my brothers and sisters, this is a very simplistic rendition of the situations you encounter daily as your desires for your brothers and sisters are expressed. How then may one possessing the ability to create, to alter the universe within one—correction—within which one exists, best serve in this manner? My friends, might we suggest that rather than expending your energies confounding yourselves in attempting to decipher the lessons of another, rather we would suggest the expression that the will of the Creator be manifested through the perception by the other self of that selection most effective in continuation of their progress upon their chosen path.

My friends, it is often difficult for those upon your path to desire that opportunities for service to self be manifested for one's other selves who have selected that path. Yet, my friends, are not both paths to finally achieve the same objective? Therefore, our suggestion would be that one avoid the temptation to define for another self that which one regards as best for that other self, and instead exert one's energies in the direction of desiring for any other self that which would best assist that other self in the progression along their chosen path.

At this time, it is our desire to transfer our contact to another instrument. I am known to you as Hatonn.

(M1 channeling)

I am now with this instrument. I greet you with the love and the light of the infinite Creator. What you really possess are not the things around you but the

things to which you give your attention. If every morning you see a beautiful tree in your neighbor's yard and it brightens your breakfast, in a real sense you own it. If the tree in your yard gives you no attention and you pay no attention to it, it really isn't yours. The same is true of friendship. You may meet a person that you only see a few times, and yet the feeling between you is so intense in depth, and the attention which you give to each other is so bright that if that person should leave the Earth, even though you had seen her only a few times, you would feel a real loss. It is important to give attention to things rather than go blindly through life. Somehow a man's first house, which he lovingly put together and saved his money to buy the furniture, remains with him forever and if he becomes a rich man and has many houses and could not describe the rooms in the houses or what is on the table or what is on the shelf, they don't really belong to him.

If you really want to acquire possessions, notice things. You had a poet who talked about daffodils, and when the season was gone he still possessed them. Do not go blindly through life not noticing things. The only things you really own are the things to which you give your attention either lovingly or with hate. If you dislike something intensely, you own it. If you love it intensely you own it. But if you can't remember it, even though in your world you possess it, it does not belong to you. Do not go blindly through life. Be aware of people. Be aware of things. Live intensely. I am Hatonn. I leave this instrument.

(Carla channeling)

I am Hatonn, and again I greet you in the love and in the light of our infinite Creator. We may rename this instrument, "Wait-A-While," for every time we contact her when the newer channels are present she says, "Wait a while." But we say to you, my sister, we must exercise you as well. There are varying degrees of newness, but there is no oldness. We shall continue through this instrument. And so as you strive for excellence in being, my friend, as you strive to serve others, to serve the Creator, you come up against a formidable difficulty and that, my brothers and sisters, is your own sensibility. You know what you would do to be kind and good and helpful. But there are many cases in which, not having expected telepathy between yourselves, you do not know what will truly be kind, good or helpful for one to whom you wish only good. And in many cases that other self will not be able to tell you what he or she may need. For your density is a complex one, and if you are dealing with it in all of its illusory splendor, your feelings grow complex and difficult to discern amidst the grit and grime that gets into the machinery of complexity.

There is, however, one way which cannot fail to aid an other self, and we present it to you in all of its stark simplicity, knowing that it is the simple things that are the hardest to grasp and attain. If you can be who you are clearly and lucidly, with each petal of your own bloom open to the world, you are then by your presence manifesting your totally unique and utterly personal love. Who you are may be cranky, judgmental, difficult or angry, but if that is who you are, and if that is what you show, then you are living; and as you open, those angers, those uncomfortable configurations of mind and emotions are flicked away by the clean waters of experience. Very few people, my friends, feel free to be, and yet only out of that being, that which you see as imperfect and possibly implausible to love, can come the spontaneity in which you catch a moment for love as a dewdrop catches the sun.

Yes, my friends, it is very difficult to do anything for another, and do it in total harmony with the desires of another. But can you give yourself to the world about you? If you can, my friends, the Creator's manifestation shall never be more nearly perfect in your illusion than at that very moment. Much has been written in your holy works about trust. Trust in the Creator. Abide in the Creator. Shelter yourself under His wings. But Who is the Creator, and how far away are those beings? We say to you, my friends, you dwell in the tabernacle. Your feet are upon holy ground. The Creator is with you at this moment without reservation, without holding back. He is not only among you, He is you. This infinite invisible presence of love is you. We dwell with you. The creation dwells with you. And to come to a more everyday ethic, your other selves dwell with you in that tabernacle, and only you can open the gates that let them in.

Why is it that some seem to offer a blessing? Is it not, my friends, because they have opened to you that which is their own self? Thus begin always by loving the Creator that is you. And then go forward proudly, and love what you are manifesting this very day, this very moment. Whatever you consider

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imperfect of God, take time to love it. Good or bad, however you judge, remember to put aside and love, and open and open and again until the universe is beloved within you. And the next time that you attempt to say the right thing, to make the right gesture, to give the right gift, to show the right consideration, and fall completely flat upon your nose, arise from this in the knowledge that you have done something, and what you have done has not had the outcome you thought would be helpful. But how do you know how your being affects those whose lives you touch, touch now and will touch? This, my friends, shall always in your illusion be a mystery.

We would close, if we may, through another instrument. I am known to you as Hatonn.

(M1 channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. Continuing my theme on your attention. Not everyone can be a famous painter as Rembrandt. His attention could concentrate so much that he saw the inner soul of the people, the inner meaning of a tree or the animal. You may not have the hands to put this intensity on paper but you can have the eyes of a Rembrandt. When you see a tree do you feel the struggle that made the growth? Do you feel the sun and the light and the stars through which it weathered? When you meet a human being do you see only the surface or do you look to their soul? When you see a beautiful object, does it have an inner meaning? You may not have the hands of a Rembrandt, but try to cultivate the eyes of a Rembrandt.

I am Hatonn. I leave this instrument.

(M2 channeling)

I am Hatonn. We greet you through this instrument. We were going to close through the one known as K, but find this instrument does not wish to channel at this time. Just a brief word of closing, my friends. It is a great service you offer us by letting us share our humble thoughts with you and share this joyous fellowship with you. For as we share with you the morsels of understanding, we once again have the opportunity to review those concepts and thoughts and learn even as we teach. What a joy to learn and teach and share with other selves such as you. Our blessings are with you. We leave you in the love and the light of the one infinite Creator. We are known to you as Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. Once again it is our honor to be asked to join your group in the capacity of attempting to answer those queries which are upon your minds. May we then begin with the first query?

K: I have a question. It came to mind last week when we were ending the meditation. We always end by sending light to someone who is either sick or going through some problems and I noticed what happens then—and what happens often when I'm, say, reading about someone in a newspaper or hearing about it or on TV—that I think about what they're going through and pray for them to have strength, but I also imagine what they're feeling, and when I do I feel an overwhelming sorrow to the point of tears sometimes, imagining what they are feeling. My question is, am I spending more energy on feeling what they're going through—is that taking away from the energy that I could be sending to them to give them strength?

I am Latwii, and am aware of your query, my sister. Quite the contrary, my sister. The feelings which you feel might be termed the motivating factor which makes the healing vibrations you send such entities most effective, for what you feel is compassion. Compassion which is felt deeply enough, the tear is an outer manifestation of the great desire and ability to love which resides within your and every being. And, my sister, what greater healing power than love?

May we answer you further, my sister?

K: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

S: Yes. Latwii, can you give me any information on—about the unusual physical sensation I experienced this evening?

I am Latwii, and am aware of your query, my sister. We find there is some limit to that which we might describe, for we do not wish to infringe upon your free will, but may suggest that in part the sensation which you are experiencing is the re-contact with those entities gathered about you who for, shall we

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say, a family of seekers—that you have felt the presence of fellow seekers is a manifestation of your own desire to seek, which has blended or harmonized, shall we say, with a kindred vibration of others.

May we answer you further, my sister?

S: No, thank you, Latwii.

I am Latwii. We thank you. Is there another query at this time?

Carla: Is there anything that you can tell me about why …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we are once again with this instrument. Please continue.

Carla: Okay. Is there any comment that you can make about why my singing voice seemed to change quite a bit when I went to sing on my brother's record album in Washington a couple of weeks ago. I've pondered this a bit, and all of the ideas that I first had about getting used to the microphone—it was different than any I'd any used before, and what not—don't really wash, and I wondered if there was some sort of subliminal guidance involved. I certainly prayed for it, and we consciously all prayed each night as we began our recording.

I am Latwii, and am aware of your query, my sister. To begin, may we say that your great desire to be of service in the recording of the music which you and your brother created was the overriding factor which permitted your voice to become a more finely tuned instrument of praise for the one Creator. As you refined this desire each moment by focusing upon each note, powered by the prayer, of those about you, your voice then became transformed, shall we say. The vibrations of sound which emanated then from your vehicle were stepped up so that the love and the light which you desired to share would have clearer access and expression through your voice. We find that this experience was also tinted, shall we say, with an underlying concern which was somewhat deleterious, and times—and at times was responsible for the relapse, shall we say, of the voice into less than desirable patterns. This concern which was at that time felt has been, as we notice, dealt with in your daily pattern of existence. Therefore we may speak as we have spoken.

May we answer you further, my sister?

Carla: No, I guess not, although I haven't a clue as to what it is I solved in my daily existence that allowed you to speak. I'm glad I did something. Thank you very much. I'm still puzzled, I think. I think I liked my old voice better. I was really disturbed by listening to the changes. Perhaps I'm not the one to judge. Is it possible that the softer voice, more transparent voice, gets across the words better for people to listen to? Is that possible?

I am Latwii. My sister, as we have stated many times …

Carla: Anything is possible.

This is correct. May we also suggest that that vibration which emanates from the heart and is felt to the core of the being is the most effective vehicle for transmitting the concepts which you wish to share. It is not just the ear which hears, but also the heart.

May we answer you further, my sister?

Carla: [Not] unless you know how to make me sound more like Carly Simon.

I am Latwii. My sister, our limits are quite evident.

Carla: Right. Me too. Thank you very much.

I am Latwii. We thank you. Is there another query at this time?

K: Well, yes. I guess I know the answer, and yet let me ask anyway. I listened to the—I think it was, "Face The Nation," at twelve o'clock today and there was a man. I forgot his name right now, but he was the one that helped bring New York out of financial mess five years ago, and the statement went something like this, that the whole world is in a mess, and that if the United States and Europe … Western Europe and Japan, if they cannot cooperate for the good of the world, he sees nothing but ruin ahead of us, and he also said that before this can be done there must be a Congress and a Executive Branch that will be absolutely bipartisan in their decisions, so it really sounded very bad. Would you comment on that?

I am Latwii, and am aware of your query, my sister. If we might borrow the message which our brothers and sisters of Hatonn have shared with your group this evening, it is not easy to determine what is of value and what shall be of service to another. As you

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look about you, you see the world in which you live transforming itself in ways quite confusing. That there are problems is agreed. The solutions are many and in doubt. What it—we correct this instrument—what is it that is lacking? Above what level shall entities upon your planet find the love which they seek, yet which is so little found. Can it be legislated? As you look about you and see pain, sorrow, poverty, suffering, confusion, illness, violence, death intensified beyond all imagination, what then can there be to hope for? Can love be found in such surroundings? Have your peoples traveled this path to such an extent that love is unavailable? Can some elected official change the course, my friends?

Consider that what you seek is a portion of [the] one original Thought. That Thought is unity. That Thought of the one Creator has allowed each portion of Itself to travel through free will within the creation of the one original Thought. The journey takes many turns. Yet within each moment, love exists. Within each moment, the Creator resides in full at all times. That this is not recognized does not diminish its truth. Such difficulties provide the stimulus for the inner seeking as the outer world begins to fade, for it becomes apparent to the seeker that love may best be found within the heart of the being. Love then found there might be radiated, as a beacon shines light in the darkest portion of the night. Sorrow and suffering then motivate those feeling the suffering to seek more and more within, more and more in that portion of your illusion which love inhabits purely and always readily available.

May we answer you further, my sister?

K: Well, to summarize just a bit, when the distress of the world—and to use his expression—the mess that it's in really does then cause or bring about greater seeking. In other words, that the mess gets worse, we seek more to find this love, or we seek more as a result. That's what I'm asking.

I am Latwii. This is correct, my sister. To use a simple analogy, the students taking a class know there is that which you call the final exam. If the work is done as the course proceeds, the final exam presents but nominal difficulty. If on the other hand, the work is done imperfectly, perhaps ignored, the final exam becomes a challenge, yet each knows there is the exam and shall then make the greater effort to pass it. Each entity upon your planet within the depths of the being knows that the incarnations now enacted are what might be called the last opportunity of this master cycle to pass the exam upon your planet. Therefore each subconsciously seeks the greatest means of making available those lessons whose learning shall allow the passing. The lessons may be many. The catalyst may be great. Yet the opportunities also are infinite and each seeks the one Creator within the being as the catalyst grows more and more intense.

May we answer you further, my sister?

K: No, I guess not, except I guess then we should rejoice and weep at the same time. Is that about where we are?

I am Latwii. My sister, in truth there is only joy, for the Creator within each always rejoices at the experience each brings to each and to the Creator. Each is a treasure. Rejoice then in your being.

May we answer you further?

K: No, thank you very much.

I am Latwii. We thank you. Is there another query at this time?

S: Yes, Latwii. Along the same lines, can imagery aid our people and our planet in any way?

I am Latwii, and am aware of your query, my sister. For those with the desire to be of service in this manner, the sending of love and light, whether by prayer or imagery or ritual is most effective, for as you are in truth one being, as any portion of that being bids love and light to another portion, it bids it to itself, and as it is bid so it is felt, and so its work is done.

May we answer you further, my sister?

S: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

Carla: There is a person that is not ill in a life-threatening sense, but has a very critical injury which will affect his future, and I asked Nona, and I called for Nona all through the—when I wasn't actually channeling I was asking for her to come, but there is no Nona around. Why?

I am Latwii, and am aware of your query, my sister. Again, may we borrow from the message of the

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brothers and sisters of Hatonn. It is most difficult, my sister to know how to serve another well. What may seem to one to be a great difficulty in need of removal may in truth be to the one suffering such difficulty the appropriate [means] of learning a certain lesson or of experiencing a certain event that will in turn lead to the learning that is desired. Upon the deeper levels of the being, the entity itself may consciously wish that every waking moment to be rid of the difficulty yet be unaware of its deeper significance which serves it far better than the removal would serve it. Therefore, the entities which serve as guardians to such an entity protect in a certain manner the learning for that entity, and this protection may include the healing of the distortion or the continuation of the distortion so that the wishes of the entity upon its deepest level of being might be respected.

May we answer you further, my sister?

Carla: So when Nona comes, it's because the person for whom help is desired also in free will would accept help. Is this correct? In other words, I was coming up against the Law of Free Will.

I am Latwii. This is correct, my sister. May we answer you further?

Carla: Is it beyond the bounds of free will to send light to the person?

I am Latwii. To send the love and the light is that which may always be done without the infringement upon free will, for each entity has the free will as to how or whether to use such love and light.

May we answer you further, my sister?

Carla: That's a very clear answer. Thank you.

I am Latwii. We thank you. Is there another query at this time?

R: Yes. The more exposure I get to the new age, the more it's turning into a kind of a zoo. Levels and dimensions and planets, channels, and I've lost any attempt to come up with a score card for sorting them all out, or trying to reconcile one point or another. At least they don't seem to be fighting each other like in centuries past, but there still seems to be room for a lot of tolerance of contradictions or limited viewpoints, no matter where they come from, what level who's revealing, even some of the so-called highest sources that only a decade or two ago we were hearing [from] about the hierarchy and stuff. Hardly a week passes in my life without some channeler, some source trying to correct some job that some other channel or source seems to have been inadequate on, and I'm just wondering how long we're going to have to put up with this. Are we ever going to find an age when this kind of work, when there's a lot of corroboration, and it's really getting together, or are we going to go through a lot more confusion yet, even in the higher levels?

I am Latwii, and am aware of your query, my brother. Within your illusion it is most important that each entity seek for the truth of its being within the heart of its being. To have information which reveals the truth of the being given from, shall we say, outside of the being's own seeking is what we of the Confederation of Planets in the Service of the Infinite Creator determine as an infringement of free will, for if entities of other dimensions were able to give information which was without doubt the truth then the people of your planet would not have the impetus to seek from within. If, for example, what you call the UFOs were to land, speak openly to your peoples so that all could see the great feats and miracles possible in performance by such entities, then undue weight would be given to their words and inner seeking upon the part of each of your peoples would suffer.

The confusion that exists upon your planet at this time is most important, for it then requires that each seeker attempt to sort through that confusion, to take that which has value within its seeking in meditation, and to enlarge there upon it using it as a signpost and to discard that information which has no value. In this way, the seeker's strength of being is exercised and the seeker grows spiritually. If the seeker did not use the discrimination which confusion necessitates, the seeking would be less effective. The truth exists within each entity no matter what source is information. No channeled information can match the truth which lies within each being. Therefore, when we speak to groups such as this one, we always advise each to take whatever we say as our offering of service, yet our opinion only, to take that which has meaning, to discard that which has none, for we are not infallible, and seek only to serve as what may be called the guide. We cannot give the truth to any. The truth is already within each and awaits the seeking.

May we answer you further, my brother?

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R: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

K: Yes, one brief question. I have in the past had some of my best friends believe in the literal interpretation of the Bible, and our friendship has naturally grown apart even though that's not the way I want it, but does taking the Bible literally prevent one from seeking and finding out who one really is?

I am Latwii, and am aware of your query, my sister. To use an analogy of a simplified nature, might we suggest that each means of seeking and each method utilizing it might be seen as a rung upon a ladder or a step upon a journey. No step prevents the next, yet each step is preceded by another, and shall eventually be followed by another.

May we answer you further, my sister?

K: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

L: Yes, would you briefly discuss the subject of competition? I'm kind of puzzled by the apparent paradox. The concept of competing against one's other selves while at the same time doing it as a form of sharing with one's other selves. Could you speak briefly on that subject?

I am Latwii, and am aware of your query, my brother. As with each activity which is undertaken by the seeker, the motivation for the activity is most important. If one wishes to be of service with another by sharing a game which contains competitive elements of entity against entity, there are then many avenues of expression available. If it is desired in truth that the other self be defeated, then there is the expression of the orange-ray energy center which is, as we have mentioned, but a step upon the path. If others are joined with in the competition so that a unit confronts another unit and the groupings compete for victory, then the yellow ray of the group efforts has been expressed. If any entity within the gaming competition wishes to express its love for any other entity by simply joining in whatever activity is desired by the other entity, then the green-ray energy center is activated. If the experience can be used to inspire love or wisdom within another, then the blue-ray energy center has been utilized. The possibilities of any activity are endless. The desire of those undertaking such activities is most important in determining what expression is experienced.

May we answer you further, my brother?

L: No, thank you.

I am Latwii. We thank you. We find at this time there is enough energy within this instrument for one brief query before we leave this group. May we then ask if there is another query?

Questioner: Will it never stop getting worse before it gets better?

I am Latwii. My brother, it is the viewpoint which determines the degree of worse or better. To one a certain situation may be quite unbearable. To another, the same situation compared to its own may be bliss. Within each situation is love. Within each is the Creator. To find the love and the Creator is your honor and your privilege and is a pearl of great price.

May we answer you further?

Questioner: No, thank you.

I am Latwii. We are most honored to have been able to blend our vibrations with yours this evening, my brothers and sisters. We thank you for this service which is a treasure to us and a joy which sings throughout the creation. We remind each that a simple request for our presence in your meditations is all that is necessary for our joining you there at the throne of the infinite Creator. We leave you now, rejoicing in love and in light. We are known to you as those of Latwii. Adonai vasu borragus. ♣

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Sunday Meditation
November 28, 1982

(Unknown channeling)

I am Hatonn, and I am now with this instrument. We greet you, my friends, in the love and in the light of the one infinite Creator. There's a very *(inaudible)* calm present tonight, an aura of peace is with you. Peace is stemmed from *(inaudible)* of the love and the light that is you and surrounds you. Peace instills your mind as you sit in meditation and open yourself to the love and light. A new world of peace, it comes [in new ways]. This gives many of the people of your planet … Many search and try to find physical signs *(inaudible)* but find it not, for they have not taken the time to go within and look and see that peace is not an external thing; it comes from within. As you look around, and as you become aware, you will see, feel the struggles *(inaudible)*. Learn from them. As you meditate tonight, *(inaudible)*.

I am Hatonn. We will now transfer this contact to another instrument.

(Unknown channeling)

I am Hatonn, and I greet you again, my brothers and sisters, in the love and the light of our infinite Creator. My friends, it is often hard to understand how one might attain that which we call peace, for in many of the situations that you experience it seems *(inaudible).* Indeed, there are times in your lives when that which you know as peace seems even inappropriate for the situation within which one finds oneself. For, as you well know, there are many situations in which your expected behavior patterns do not include a display of peaceful acceptance as an option.

My friends, we understand that in your illusion there are times when such a display of calm, relaxed acceptance might be offensive to those other selves in your presence who have expectations of you. My friends, it is not the display that is significant but rather the inner awareness that one chooses to accept and make a part of oneself. It is not necessary, my friends, in feeling peace to make your acceptance of that state obvious to those around you. For consideration of one's other selves is important. Yet, my friends, do not let this requirement for reticence prevent you from accepting within your soul the calmness, the tranquility for which you strive.

By accepting this vibration, my friends, without displaying its manifestations, you may find yourself availed of the opportunity to be of service to your brothers and sisters, for you will be capable of extending that vibration to the participants in your small drama while not distracting or fighting them with a more obvious denotation by your facial expression or verbal expression. It is sufficient in the situation to consciously elect to accept peace within

yourself, and, in accepting that vibration for yourself, the same vibration is made more available to those nearby you who are able, either consciously or subconsciously, to detect the comfort of that vibration. We will now transfer our contact to another instrument. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am now with this instrument and greet you with the love and the light of the infinite Creator. If only you would see the peace which you can allow to fly and bloom and radiate. There could be a whole room of individuals, each radiating their own peace. But, if one person leaves his own space and tries to control another either by undue praise, by criticism, by judgment, by turning the other person from his designated path, peace is no longer in the room. Respect inner peace in each person. Give them understanding to allow them to *(inaudible).* Love is allowing the other person to be themselves. *(Inaudible)* self in some people. You are [inhuman], but they are [inhuman], and, when you [improve] on their destiny, you're creating chaos. If you want to have peace, let other individuals find their way. If you are in it, *(inaudible).* If you are not in it, they would be more *(inaudible)*, you will find peace, and they will find peace.

I am Hatonn, and I leave this instrument.

(Carla channeling)

I am Hatonn. I greet you once again in the love and the light of the infinite Creator and shall continue *(inaudible).* When one speaks or thinks of peace in connection with what you call relationships, there is a temptation to think about that peace which is the absence of [strife]. This definition of peace, negative though it is, has sufficed for your peoples and what you call your nations for many generations. And yet, when we speak of peace, we do not speak of the absence of anything but the presence of something that is very much alive.

This instrument has had occasion within this past week to contemplate the structure of the ring, the circle that so often is given *(inaudible)* one to another as a symbol of a relationship. The symbol itself is that of endlessness or eternity *(inaudible)* having no end will continue *(inaudible).* But, the two rings are not the same diameter. They are made for different hands, and they will not roll side-by-side at the same speed naturally.

No, this symbol is a symbol of our inner covenant, an inner relationship, something which all that is counter to the relationship is only symptomatic. *(Inaudible)* a living relationship between any of two entities, there are two eternal beings, separated and joined by the Creator. The relationship is the Creator's. Each of you within this circle *(inaudible)* in an environment called the creation. That is all that there is. You will not ever be *(inaudible).* You will have change in perceptions from reincarnation to reincarnation and from density to density, but you will always be in and of the creation.

You are a completely integral part of all that there is. You are the completion of all that there is, and so is each other entity with whom you come in contact. Therefore, the ring, that great symbol which touches your peoples' hearts *(inaudible)* may be seen far more nearly to be a spiral. For those whom you contact in love reflect back to you love a hundredfold, and you learn, in disappointment and in joy, by all reflections as you move every onward in an endless relationship.

It may seem to be a relationship with *(inaudible)*, with a friend, with a stranger, or that strangest of all concepts, *(inaudible).* But we say to you that it is a relationship with the Creator. It was written that the one known as Jesus said, "My peace I give unto you, not as the world gives do I give unto you. My peace is [not understood]." As you gaze about you, you will find a considerable amount of the absence of strife. You will find those who have accepted the cooperative silence of the *(inaudible).* We ask you to look further; we ask you to begin with yourself; we ask you to encounter a storm so great and so powerful that it changes that personality that is capable of indifference. We ask you to encounter your own caring self, that first great ring of eternity, for only in full conscience—we correct this instrument—*(inaudible)* of your self can you become [aware] of the [course] of relationships with others. And when that storm has left you, you will find [effective] peace, a finely-tuned *(inaudible)*, a means of perception which includes both discrimination and sympathy.

Above all, my friends, be aware that that which joins each spiraling life path is the Creator. You may feel separated; you may feel that there is the possibility of union through finding special entities; you may dream of the drama of what this instrument would call star-crossed love *(inaudible)* that each

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relationship is both separated and connected by the Creator. You are all one, and all that you need will come to you. [For in] the spiral of your being is all that there is.

As always, we ask firstly that you *(inaudible)*, secondly, that you choose wisely those words of ours that you find helpful and discard the remainder, for we are your very fallible brothers and sisters and have little more knowledge than you. What we do have is a clearer understanding of love. We would at this time close to *(inaudible).*

(Unknown channeling)

I am Hatonn. I am now with this instrument, and we will say one final word about peace. My friends, the word, peace, or the concept of peace may be compared to the anchor that holds the ship as the waves beat against it, or the concept of peace may be compared to the eye of the storm. In your illusion, there are plenty of storms, but the eye is always, the calm is always at the center of the storm. And, without the anchor, the ship would be utterly helpless as it tries to make the landing. And, my friends, this kind of peace can be shared, and this kind of peace is *(inaudible)* to *(inaudible).* And it is well to remember, again, the words of Jesus, when he said, "My peace I give unto you." Therefore, it is worth seeking this kind of peace, not only for the individual who seeks it, but for every other individual.

Again, may we say it has been a joy to be with this group tonight, and we leave you now rejoicing in the love and the light of the infinite Creator. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am now with this instrument. I greet you in the love and light [of the infinite Creator]. *(Inaudible)* peace is love. *(Inaudible)*, give love to someone. It is the fertilizer of the soul. Love requires nothing in return; it is a free gift; it does not control another person and does not have to be returned with interest. At any time you give this free love to another human being, you have reached the greatest form of peace. Not only is it peace for your soul, but you bring peace to other selves. If you can say *(inaudible)* that you gave free love to another self, you will find *(inaudible).* It might be a good idea before you rest at night to think about how much free love you're getting. And, if you did not see another human being, did you think good thoughts about other people. This too will bring you together. Love, undemanding, is the highest form of peace. I am Hatonn, and I leave this instrument.

(Carla channeling)

I am Hatonn. I speak through this instrument [only]. Too often *(inaudible)* to this group, *(inaudible).* We leave you in the love and the light of the infinite Creator. Adonai. Adonai vasu *(inaudible).*

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. We are most pleased to be able once again to speak to this group. We hope that we shall be able to provide answers to those queries which have meaning to you. We remind each present that our efforts *(inaudible)* of this nature are as fallible as our brothers and sisters of Hatonn, and we offer our words that perhaps another aspect of your concerns might be uncovered so that you yourselves might find the answers which you seek. May we at this time, therefore, ask if there is a query with which we might begin?

Questioner: Yes, Latwii. Why does your presence cause such an uplifting experience?

I am Latwii …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. To continue, you have experienced a contact which corresponds to the energy center which you know as the heart chakra. The vibration of love is the vibration of our brothers and sisters of Hatonn, and therefore, when we follow those of Hatonn, you may experience a resonating harmony between the two energy centers which you may then interpret in any number of ways, the term, uplifting, being such a description.

May we answer you further, my sister?

Questioner: No, I just wanted to let you know it's wonderful. Thank you.

I am Latwii. We are pleased that our presence is pleasing. May we ask if there is another question at this time?

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Questioner: Yes, right along that line. I have one chair that I sit in for my meditation, the same place all the time, and, when I sit in that chair to dress, I feel nothing, but, when I sit in that chair to meditate, there's something happens. Would you comment on that?

I am Latwii, and am aware of your query, my sister. The chair used for meditation builds an energy which surrounds it. The vibration of this energy corresponds to your desire to seek the truth. When you use this chair for meditation, you open a door, shall we say, within your being that allows this energy to be tapped and for you to become aware of its presence. This is energy which you have built yourself which you yourself then call upon and experience.

When you use this chair for another purpose, you may consider the door to that energy closed. For then you seek it not. It is often helpful to reserve such locations or implements used in meditation for meditation alone in order that the energy which you store in that location might not be mixed with vibrations of a lesser nature.

May we answer you further, my sister?

Questioner: No, thank you. That helped. One other question. I have a friend who lives on the same floor of the condo where I do, and she is suicidal. This is about the third bout she's had of depression. She tells me that she does not want [any help], and yet I feel that she's reaching out to me, and I have to confess I have some mixed feelings about whether I should do anything, or … I'm not sure. Would you comment on that?

I am Latwii. My sister, to serve another is most difficult. For to serve most perfectly is to provide the service for which the other seeks without infringing upon that entity's free will. Often among your peoples entities do not know what they wish without great searching within. Many worries may be spoken as to this or that desire. Oftentimes, the desires conflict so that another hearing the speaking may find confusion and not know the heart of the other's desires. This confusion is of the mind. Seek ye then to be of service by knowing your heart. In your meditation, open your being to the desire to serve the one Creator however the opportunity may arise. In this state of openness, then ask within if you may serve another. Await the response. If the response is yes, ask how. Again, await the response. At the depths of your being, you are one with those whom you seek to serve. When you query in this manner, you touch that point of unity and might then find more clearly the path opened before you of service to the other.

May we answer further, my sister?

Questioner: No, thanks. That helped.

I am Latwii. Is there another query at this time?

Carla: *(Inaudible).*

I am Latwii, and am aware of your query, my sister. We find some difficulty in responding in full to this query, for the affliction of the throat region and the chest region of the one known as L is symbolic and has as source a catalyst which seeks efficient use. And the communication of one being is most necessary for entities upon your planet at this time. For to share the heart of being is to share love. At these gatherings, the focus is refined so that the manifestations which accompany this desire of each entity are also intensified for each, each in a unique manner.

May we be of further service, my sister?

Carla: Yes, first I grasp that there is much unsaid which [falls in the "out-of-bounds" realm]. Second, I believe I heard in there that there's a possibility that that was part but not all of the problem, that part of the problem if he's allergic to cats by any chance, should I be doing something like putting the cats in another room [that I'm not doing]?

I am Latwii and am aware of your query, my sister. We find no such difficulty with the one known as *(inaudible).* May we answer further, my sister?

Carla: No, thanks.

I am Latwii. We thank you, my sister, for your concern. Is there another query at this time?

Questioner: Hatonn, can you feel the peace within everyone in this room to the point where it overflows into love?

I am Latwii, and can even feel the love within the ones known as Hatonn. Although we are of one being, we have different sound vibrations. To answer your query, we may say that the love within all creation is available to each entity whose sense of seeking love has been opened wide by the desire to know love. Therefore, it is our joy to know the love

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within this group, upon this planet, and throughout the universe of this octave of beingness.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

Questioner: I have one more question. We have some people leaving this group who are very much a part of this group. Is there any way on Sunday night that we can *(inaudible)* how much we feel for them to the area in which they will be?

I am Latwii, and am aware of your query, my sister. The ways in which this might be done are numerous. You could *(inaudible)* at a certain time, complete a ritual of your own description which would personify and send on its way the love which each feels for those who shall soon be departing this group. You may also at any time in your meditative state [dive deep] to the heart of your being which is the heart of their being as well and reach in love and know that there it is felt for them as well.

May we answer you further, my sister?

Questioner: Yes, could we set a time? I know there is a *(inaudible)* difference in time where they're going to be, but could we set a time for a few minutes so that they know that we're going to send them love at that particular time. Would that be helpful?

I am Latwii. This would be most helpful, indeed. May we answer you further?

Questioner: No, thank you. That was very helpful.

I am Latwii. We are pleased to be of service. Is there another query at this time?

(*No further queries.)*

I am Latwii. We find that we have exhausted the queries for the evening. The pleasure which we take in this endeavor is of great dimension. We thank each present for offering this service to us that we might more fully appreciate the endless love within each and within the one Creator. We find each opportunity to join this group a treasure, and we cherish each opportunity. Remember, my friends, a simple request for our presence is all that is necessary in your meditations, and we shall join you to aid in the deepening that each might find the peace that is the foundation of each being and the peace which binds all into one great being.

We are known to you as Latwii. We leave you now, my friends, rejoicing in love and light and in the great peace of the one glorious infinite Creator. Adonai vasu borragus. ♣

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The Law of One, Book IV, Session 100

November 29, 1982

Ra: I am Ra. I greet you, my friends, in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. It is as previously stated with the exception of the vital energy distortion which leans more towards strength/weakness than the last asking.

Questioner: Thank you. To continue with the tarot, I would like to make the additional observation with respect to Card Number Six that with the male's arms being crossed, if the female to his right pulls on his left hand it would turn his entire body and the same is true for the female on the left pulling on his right hand from the other side. This is my interpretation of what is meant by the tangle of the arms. The transformation, then, occurs by the pull which tends to turn the entity toward the left or the right-hand path. Would Ra comment on that observation?

Ra: I am Ra. We shall. The concept of the pull towards mental polarity may well be examined in the light of what the student has already accreted concerning the nature of the conscious, exemplified by the male, and the unconscious, exemplified by the female. Indeed, both the prostituted and the virginal deep mind invite and await the reaching. In this image of Transformation of Mind, then, each of the females points the way it would go, but is not able to move, nor are the two female entities striving to do so. They are at rest. The conscious entity holds both and will turn itself one way or the other or, potentially, backwards and forwards, rocking first one way then the other and not achieving the transformation. In order for the Transformation of Mind to occur, one principle governing the use of the deep mind must be abandoned.

It is to be noted that the triangular shape formed by the shoulders and crossed elbows of consciousness is a shape to be associated with transformation. Indeed, you may see this shape echoed twice more in the image, each echo having its own riches to add to the impact of this complex of concepts.

Questioner: Thank you. We will probably return to this card in the next session with more observations after we consider Ra's comments. To make efficient use of our time at this time I will make some notes with respect to Card Seven.

First, the veil between the conscious and unconscious mind is removed. The veil, I assume, is the curtain at the top and is lifted. Even though this veil has been removed the perception of intelligent infinity is still distorted by the beliefs and means of seeking of the seeker. Would Ra comment on that?

Ra: I am Ra. As one observes the veil of the image of the Great Way of Mind it may be helpful to ideate

using the framework of environment. The Great Way of Mind, Body, or Spirit is intended to limn the milieu within which the work of mind, body, or spirit shall be placed.

Thusly, the veil is shown both somewhat lifted and still present, since the work of mind and its transformation involves progressive lifting of the great veil betwixt the conscious and deep minds. The complete success of this attempt is not properly a portion of third-density work and, more especially, third-density mental processes.

Questioner: The fact that the veil is raised higher on the right-hand side indicates to me that the adept choosing the positive polarity would have greater success in penetrating the veil. Would Ra comment?

Ra: I am Ra. This is a true statement if it is realized that the questioner speaks of potential success. Indeed, your third-density experience is distorted or skewed so that the positive orientation has more aid than the so-called negative.

Questioner: It would also seem to me that, since Ra stated in the last session that the limit of the viewpoint is the source of all distortions[2], the very nature of the service-to-self distortions that create the left-hand path are a function of the veil. Therefore, they are dependent, you might say, to some degree on at least a partial continued veiling. Does this make any sense?

Ra: I am Ra. There is the thread of logic in what you suppose.

The polarities are both dependent upon a limited viewpoint. However, the negative polarity depends more heavily upon the illusory separation betwixt the self and all other mind/body/spirit complexes. The positive polarity attempts to see through the illusion to the Creator in each mind/body/spirit complex, but for the greater part is concerned with behaviors and thoughts directed towards other-selves in order to be of service. This attitude, in itself, is full of the stuff of your third-density illusion.

Questioner: The crown of three stars, we are guessing, would represent the balancing of the mind, body, and spirit. Is this in any way correct?

Ra: I am Ra. This device is astrological in origin and the interpretation given somewhat confusing. We deal, in this image, with the environment of mind. It is perhaps appropriate to release the starry crown from its stricture.

Questioner: The small black-or russet-and white entities have changed so that they now appear to be sphinxes which we are assuming means that the catalyst has been mastered. I am also assuming that they act as the power that moves the chariot depicted here so this mastery enables the mind in its transformation to become mobile unlike it was prior to this mastery, locked as it was within the illusion. Would Ra comment?

Ra: I am Ra. Firstly, we ask that the student consider the Great Way not as the culmination of a series of seven activities or functions but as a far more clearly delineated image of the environment within which the mind, body, or spirit shall function. Therefore, the culturally determined creatures called sphinxes do not indicate mastery over catalyst.

The second supposition, that of placing the creatures as the movers of the chariot of mind, has far more virtue. You may connote the concept of time to the image of the sphinx. The mental and mental/emotional complex ripens and moves and is transformed in time.

Questioner: There is the forty-five minute signal. Does Ra suggest a termination of this session, taking into consideration the instrument's condition?

Ra: I am Ra. Information pertinent to this query has been previously covered. The choice of termination time, as you call it, is solely that of the questioner until the point at which we perceive the instrument beginning to use its vital resources due to the absence of transferred or native physical energy. The instrument remains open, as always.

Questioner: In that case I will ask only one more question and that will have to do with the sword and the scepter. It seems that the sword would represent the power of the negative adept in controlling other-selves and the scepter would indicate the power of the positive adept operating in the unity of the mind, body, and spirit. However, they seem to be in the opposite hands than I would have guessed. Would Ra comment on these observations?

[2] Ra made this statement in response to a personal question which, along with its answer, was removed from the last session.

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Ra: I am Ra. These symbols are astrological in origin. The shapes, therefore, may be released from their stricture.

We may note that there is an overriding spiritual environment and protection for the environment of the mind. We may further note that the negatively polarized adept will attempt to fashion that covenant for its own use whereas the positively polarized entity may hold forth that which is exemplified by the astrological sword; that is, light and truth.

Questioner: Would there be two more appropriate objects or symbols to have the entity in Card Seven holding other than the ones shown?

Ra: I am Ra. We leave this consideration to you, O student, and shall comment upon any observation which you may make.

Questioner: Is there anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. All is well. The appurtenances are most conscientiously placed. We thank this diligent group. There is much greater distortion towards harmony at this asking and we join you in praise and thanksgiving. This is always the greatest boon to improvement of the contact, for it is the harmony of the group which supports this contact.

I am Ra. I leave you in the love and the light of the One. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai.

(RA, Session #101, December 21, 1982, and RA, Session #102, April 22, 1983, contain only personal material—pertaining to the illnesses of the instrument and the scribe which delayed the Ra contact during the winter—and were, for that reason, removed.) ♣

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The Law of One, Book V, Session 100, Fragment 50
November 29, 1982

Jim: In the material from Session 100 note how the limit of the viewpoint changes the nature of the answer. Carla's tendency towards martyrdom, seen from the time/space or metaphysical point of view, is quite helpful in her own evolutionary process. But that same tendency, seen from the space/time or physical point of view, is seen as a tendency which may present difficulties for the services which one wishes to offer during the incarnation.

Carla: *I had a very hard time with the "swirling waters" from the start. Immersed in that high tub, just big enough to fold myself into, I had to tolerate levels up around my mouth in order for the water to beat on my upper back and neck, which were where the worst of the joints of my spine were. All the claustrophobia I had ever felt was squared by this exercise. It was as much an act of will and faith as a physical practice. I did find it very comforting. At the time, I was so small, wearing pre-teen sizes and weighing around 80-85, that I had to wear a weight to hold myself down on the floor of the specially made tub; otherwise I floated around. I would have no such trouble now, as change of life has rendered me a larger and more mature looking being. Jim says I used to be a little angel, and now I am a cherub. So I could probably endure this better now. But I find that Jim's massages are the best thing. Water is wonderful, but the healing power of touch cannot be overrated.*

Shortly after we acquired this therapy tub, I was struck with a sudden and dramatic frenzy of fear. I bolted out of the tub and found myself cowering on the back of one of the sofas, growling at Jim and Don. At the time I thought it was a psychic greeting, but later Ra confirmed that Don and I had just made a deleterious and complete unity/exchange of our mental and emotional natures, and I was experiencing for the first time the degree of alienation and real fear with which he saw this quarrelsome world. He really, really had trouble living on this earth, although one would never have known it from gazing at him. Don was always infinitely cool. But beneath that calm surface was a really difficult and challenging amount of imbalance. How he managed to live here as long as he did is perhaps beyond me to know.

Session 100, November 29, 1982

Questioner: The instrument asks if there is some problem with the swirling waters since she feels very dizzy after each application. Could Ra comment on that, please?

Ra: I am Ra. Yes.

Questioner: Would Ra please comment?

Ra: I am Ra. As has been previously noted, the instrument has the propensity for attempting to exceed its limits. If one considers the metaphysical or time/space aspect of an incarnation, this is a fortunate and efficient use of catalyst as the will is constantly being strengthened and, further, if the

limitations are exceeded in the service of others the polarization is also most efficient.

However, we perceive the query to speak to the space/time portion of incarnational experience and in that framework would again ask the instrument to consider the value of martyrdom. The instrument may examine its range of reactions to this swirling waters. It will discover a correlation between it and other activity. When the so-called aerobic exercise is pursued no less than three of your hours, and preferably five of your hours, should pass betwixt it and the swirling waters. When the walking has been accomplished a period of no less than, we believe, forty of your minutes must needs transpire before the swirling waters and preferably twice that amount of your space/time.

It is true that some greeting has encouraged the dizziness felt by the instrument. However, its source is largely the determination of the instrument to remain immersed in swirling waters past the period of space/time it may abide therein without exceeding its physical limits. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
December 5, 1982

(Carla channeling)

[I am Hatonn,] and we greet you in the love and in the light of the infinite Creator. Now [is] the time of forgetfulness *(inaudible)* [as you sit in this circle], you struggle against the pressures of the illusion. Now are the dark and dismal days, the *(inaudible)*, [cloud-filled hours]. Now is the time of each pilgrim resting quietly under the skeleton of a once-leafy tree, *(inaudible)* the dusty miles behind and pondering the bend in the road ahead and which turn should be taken when two roads converge. Now is the time when the weary pilgrim may learn the lesson *(inaudible)*, for upon its surface is nothing of comfort. It is a creature forged in fire and left to [weather] the millennia. As the weather moves, so moves the *(inaudible)*. It may be shaped by water *(inaudible)*, but it must be; it has no nimble feet, nor shall it ever, a *(inaudible)* unto itself [more of itself].

(Inaudible) with light and laughter, and yet, my friends, upon the rock [the] pilgrim may gaze to see moss and lichen growing green and vivid [evermore], sharing light and laughter and [growth] so that even the bare rock finds companionship, finds that which draws upon it, finds that which very slowly brings the great elements which [compose it] towards the *(inaudible)* to grow, to turn towards the light and to seek laughter that is the harvest of growth.

It is not within us, as those who offer our humble words to you, to speak easy words about difficult matters. Far more is it like us to speak in many different ways about that which is easy [to us], for when we speak of love, when we speak of light and when we speak of the original Thought, we speak of the most simple [union] of all that there is and the seeking of it in meditation. But there is a great desire in this group, as we perceive, to put forth into manifestation [a] not-so-hazy picture of spirituality, [not] some motto upon a wall, some words easily spoken and more easily forgotten, but rather a desire to learn to be a clear and lucid manifestation of the love and the light of the infinite Creator.

And, when we begin to speak of the manifestation of that inward grace which comes to those who seek, we then must speak as simply as possible, in parable and description, of the great complexity which you face as you face the illusion. It is our thanksgiving and our joy to greet each other within and beyond that illusion, yet we know also that you are the pilgrims of the rock and that there are many, many times, as you would say, when your [cane] shall fail you, when your legs grow weary with working, and when your mind can no longer hear the silence of that truth which you seek. Sit you down *(inaudible)* and know that there is no need for you to carry those difficulties, confusions and burdens which are

yours by using your own resources. It is to be expected that you shall not be able to carry what load it is that you face, for it is only in working with the difficulties that seem to limit your time, your space, and your peace that you learn at last to turn and seek for the infinity of strength, love and light which lies within you.

If you are a rock, if you must nakedly face your burdens, how is it then that you are temporarily unaware of that which is alive, miraculously and impossibly alive: moss upon stone. Does the moss gain its food from the air itself? Does is feed upon the stone? Neither of these is true, my friend, and yet moss does grow.

You are never without comfort, although you may choose to avoid embracing that comfort. You may wish to push on with your cane and your weary legs to handle those relationships which are difficult, to do your duty, to ponder your *(inaudible)* and to forge your way ahead, saying sternly to yourself that you shall be equal to your task. But, my friends, the serenity of the great surrendering of that point of view is one of the great initiations into pilgrimage. As you face that which comes to you, rejoice when it comes to you, but, when it comes to you to be driven to rest upon your stone and gaze from *(inaudible)* difficulty, remember, inasmuch as you can, that your desire to seek the truth may best be manifested in your illusion by a surrendering, a giving up of the [hardness] of your nature. For, when there is that surrender, you become a thing able to manifest growth and light and laughter where there was only stone.

It is not for us to be bold and say to this assemblage that you must do this or do that, but, as we know that you seek, we can only recommend, as we always do, that meditation is the greatest tool which you possess for lifting that stoniness from your countenance and from your inner character. Do you make a fist? Relax your hand. Do you set your face against a wind? Bow to it. Do you attempt to speak? Listen. Do you want to serve? Be silent. For that consciousness which serves will serve through you, not from you, and you cannot be clear while you [yourself] are very, very sure that you know how to serve.

We would like to close through the instrument known as *(inaudible)*. If this instrument would find that acceptable, we shall now transfer this contact. I am Hatonn.

(Unknown channeling)

I am Hatonn. I am now with this instrument. I greet you in the love and the light of the Creator. I could not bring any difficult thoughts to this instrument, she is much too joyful. So, if you will bear with me, we will discuss *(inaudible)*. Do you glory in the fact that you can see, or are you uncomfortable because of the things you see? There are many unpleasant things *(inaudible)*, but, if you do not look *(inaudible)*, you do not glory in the fact that you can see, and every beautiful thing you see makes the world more beautiful. Do you glory in the fact that [you] can hear? Truly, there are harsh *(inaudible)*, but it is remarkable that you can hear them. Do you have any idea of what stillness *(inaudible)*? Even harsh sounds are better than [none]. Do you glory in the fact that you can [taste]? Maybe things are not seasoned, but you can taste them. Are you thankful that you can smell? Some things are unpleasant, but they're better than [nothing]. Do you make a point of smelling the fresh air, smelling the clean baby, smelling the [infinite] smells of the *(inaudible)*? Do you glory in this? Do you glory in the fact that you can feel? Your hands may be rough, they may be calloused, but you can feel. Do you glorify *(inaudible)* by seeing and feeling beautiful things? Do you glory in the fact that you have feelings and people to love? Do you spend your time loving, or do you do the reverse, do you spend it hating?

The choice is yours. You can make the world beautiful and loving, or you can not appreciate these things. The Mona Lisa was just a painting until someone said it was beautiful. And, every time another person says it is beautiful, it becomes more beautiful. Spend your time going around the world seeing beauty, feeling beauty, touching beauty, smelling beauty, loving. These very acts will change the world.

I apologize for the cheerfulness of this instrument, but she has gone through a dark tunnel and she has seen the light, and no other thoughts will come to her. I am Hatonn, and I leave this instrument.

(Carla channeling)

I am Latwii. I greet you in the love and the light of the one infinite Creator. It is a great pleasure to speak briefly through this instrument, since we

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normally cannot use this instrument due to its prohibition against using the question and answer format. We could, of course, give the answers and leave off the questions, but this might not serve the interests of the group as well. Or, we could pose the questions, and leave you to answer later. Again, that might not serve the group.

We do wish to express to you our great joy that we are incorporated with you in the great body of creation. Can any consolation be greater than the knowledge that such an infinity called love lies in the hearts of those friends along the way? We do not think so. We had [entered into] contact [with the one] known as A for the questions and answers; however, we were sadly rejected. We shall adapt once again in our most meek guise to contact this extremely helpful instrument. *(Inaudible)* sharing this instrument *(inaudible)*, there is no need to *(inaudible)* unless it is [freely] desired at this particular time. For all questions shall truly be answered. It is only a matter of time. Each of you knows your own questions, but, more than that, my friends, each of you knows your own answers. We merely facilitate the process from time to time and, in other cases, we fear, sadly confuse you.

What a joy it is to use this instrument. We would now leave it in love and light in hopes of transferring to the instrument known as A, if this instrument would be willing to accept the contact. I am Latwii.

(A channeling)

I am Latwii, and we are now with this instrument. We greet you all once again, and we come in hopes of answering your queries. So, without further ado, are there any questions?

Questioner: I have a question … Is [M] with us in spirit tonight?

I am Latwii, and am aware of your question. My dear, we would just like to say that, indeed, the one known as [M] is with you all always, and the thought is all that is needed to send your love to him also, for indeed his love can be felt here.

May we answer you further?

Questioner: No, thank you, Latwii.

I am Latwii. We thank you. Is there another question we might answer at this time?

Carla: We're practicing a piece called *Magnificat*, which is what Mary, mother of Christ, was supposed to have said when the angel gave her the bad news, or good news, whatever, about being pregnant, and I had pondered to myself without coming to a conclusion whether or not the historical Mary, mother of the historical person Jesus, was called upon when so many people concentrated upon words like this and also the *Ave Maria* in other prayers to that saint or whether those prayers were given over to a, shall we say, an angelic presence that took on the vibration of her function in life.

I am Latwii, and, my sister, we are aware of your query. To answer this we would have to say that, indeed, when the call is made, or when the prayers and the words you have mentioned are spoken, this, indeed, is heard by the original one you know as Mary. For this was the desire and therefore other *(inaudible)* you call angelic souls do not [—we correct this instrument.] The other souls have not been requested to answer the calling.

May we answer you further?

Carla: Yes. When I think about either Mary or Jesus or any of those figures so centrally in that great story, I think about the intensity or the degree of prayer that is offered up. And I wonder whether or not if these incarnated entities are those ones, those single entities to whom these prayers are offered whether or not they might be in some way parts of the kind of the social memory complex that *(inaudible)* are, for instance so that the entire social memory complex could have that vibration of Mary, for instance. This may run really close to the Law of Confusion, so I understand if you can't answer that.

I am Latwii, and, my sister, we would like to say that, in some respects, it might be difficult to comprehend the meaning of one soul listening to the calls and prayers, for it might seem overwhelming, but it is less overwhelming to think that one group which acts as one would have or would be less overwhelmed. Therefore, we shall allow you to decide if the one of Mary is the same or different than the one of a group and the possibilities of … if the one of Mary is a single or a single group.

May we answer you further?

Carla: No, I think I have it sorted out, thank you.

I am Latwii, and we thank you. Is there another question at this …

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(Side one of tape ends.)

(A channeling)

… and the small task that Mary accomplished would seem so simple in some respects; yet, by some very, very difficult … yet, the outcome was one such that there was an inspiration, or there was an individual that could be pondered, and, during the glorification, there was and there still is this pondering which is the seeking.

My sister, may we answer you further on this *(inaudible)*?

Carla: No, thank you.

I am Latwii, and we thank you, once again. Is there another query that we may answer?

(No further queries.)

I am Latwii, and we shall now be leaving this group once again. It indeed has been a pleasure to be with you and to share our thoughts with you. We shall be always near, and a call is all that is needed. Adonai, my friends. W are known to you as Latwii. ♣

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Saturday Meditation
December 11, 1982

(L1 channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, we are grateful for the opportunity to join with you in your meditation and we thank you for requesting our presence, for it is our desire to be of service, yet our service is contingent upon your request, for we have no wish to press upon you our vibration or services if they are not desired. My friends, we of Hatonn are that which is referred to as a social memory complex, which might be interpreted as a unified mind consisting of the total population of our world, directed toward the service of the Creator by following the path of serving others.

At this time brothers and sisters of the entity Laitos desire to pass among you and share their vibrations with those of you who request this service. If you desire that this service be extended to you we ask that you mentally request the presence and vibration of our brothers and sisters of Laitos, for as with ourselves, it is not their desire to infringe upon your free will.

At this time we shall pause that this opportunity might be made available. I am Hatonn.

(Pause)

(S1 channeling)

I am Laitos. I am now with this instrument. We would like, my brothers and sisters, to greet you in the love and light of the one infinite Creator. We are very pleased to be called among your group to share our conditioning vibration with you. This vibration, my friends, will help if you wish to deepen your meditation to possibly tune the group into a more of a oneness. All that is necessary to receive this conditioning love is to request it. Again, we wish to thank you for this opportunity to be of service to you. I am Laitos.

(L1 channeling)

I am Hatonn, and I am once again with this instrument. My friends, you exist within a world of illusion, a school in which there are many lessons to be learned, often requiring the individual entity many lifetimes in which to accomplish this task. This is as it should be, for it is the desire of the Creator that each of His children experience the totality, the fullness of creation. You currently exist within that which [is] described as the third density, and are for the most part occupying the middle ground between two selections of polarization, that of service to self and that of service to others.

Although we of the Confederation are dedicated toward the service to others and have followed that

path, we would emphasize that both paths lead to the Creator, for in serving oneself, one also serves a facet of the totality, and therefore serves the Creator. This is in accordance with the will of the Creator, and is greatly misunderstood upon your planet. We do not wish to infringe upon your right to select your personal path or polarity, as it is commonly termed, for this is your right and yours alone. However, we would strongly encourage those of your planet to endeavor intensely in the direction of either polarity, for the refusal to select a path during this lifetime will result in another lifetime and another and another and yet another until the individual entity has selected his or her own path of service and dedicated themselves sufficiently towards its pursuit.

Because we of Hatonn have elected to follow the path of service to others, we offer our services to those of your planet, assistance in the forms which we are able to provide. We are unable, due to our desire to avoid infringing upon one's free will, to prove physically our existence to any or all comers, for, my friends, would not this bear heavily on your decision of which path to follow? For this same reason, my friends, we are quite reticent in the discussion of specific information due—correction—specific information concerning your planet's future due to the fact that such information, if proven true, would weigh heavily in your willingness to believe or disbelieve in our existence or assistance.

We of Hatonn are able to advise and extend our own vibration to any individual or group that should request this assistance. And, my friends, please believe that we are literally at your beck and call to accomplish service of this nature. Therefore, if at any time you should desire our presence, if at any time you wish to be made aware of our advice, to receive our comfort, you need only ask, my friends, but be aware that it is not ours to make decisions that are yours to make. And we would further caution that one distinction between those of service to others and those of service to themselves can be perceived in the willingness to make specific statements or judgments …

(Side one of tape ends.)

(L1 channeling)

I am Hatonn. I am again with this instrument. At this time, we shall relinquish our use of this instrument so that our brothers and sisters of Latwii might perform their specific service of answering those questions which you may desire to pose. In the love and the light of the infinite Creator we bid you farewell. We are known to you as Hatonn.

(L1 channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator, and we would desire to express to you at this time our great pleasure at being invited to join this group, for as we have watched the events leading to this assembly, we have enjoyed the companionship and love that has been shared among those assembled, and we're quite anxious to be able to throw in our two bits as well. At this time, are there any questions that we might attempt to answer?

S2: Yes, I'd like to leap right in. Welcome. We are glad to have you with us. Could you please speak about the phenomenon that occurs if an entity who is actually seeking to serve the self pretends to be serving others, or an entity who is actually serving others pretends to be serving itself.

I am Latwii, and we thank you for your generous welcome. In reference to your question let us first state that the members of the Confederation who are all in service to others will not attempt to portray themselves as in service to self at any time, for in doing so, they deprive the recipient of their contact, of the opportunity to select between the two polarities by in effect removing one of the polarities. As it is our desire that the opportunity to elect to serve others rather than oneself be made available, one can understand our reluctance to provide a situation in which there is but one selection available, that is, the service to self alone.

In reference to the portrayal of a service-to-others role by those entities who sincerely desire to serve themselves, we would state that in this action they first of all sincerely desire to be of service. When an individual such as yourselves exerts a force upon the creation or universe, in effect a metaphysical shout for greater knowledge or assistance, this desire for aid is always responded to, and will be responded to by those of both polarities to the best of their abilities. As we have stated before, the polarity of service to others will portray themselves as such, for in this manner, they can best be of service. However, those of service to self may, in perceiving the desire of the summoning entity as a desire leaning strongly

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toward service to others may attempt to dilute or diffuse the entity's intensity of summons or dedication by masquerading as an entity dedicated toward the service to others, yet supplying information or advice which is in opposition to that particular path.

An example, briefly, would be the suggestion implanted that the entity or other entities of the group contacted are in some [way] special, unique or different from their brothers or sisters. For, my friends, there are no elite; the people of your planet are one.

May we answer you further?

S2: Yes. Do you have any advice or suggestions for those of us who live in this confusion to understand our own leanings toward either polarity?

I am Latwii. My sister, we would first suggest that one be grateful for the confusion, for its value lies in the fact that your lack of surety enables you to make a choice rather than to follow such obvious signals that your choice would be meaningless. The tendency toward both polarities is quite natural, for both polarities exist within the Creator's universe within your planet, and you find yourself often torn between your simultaneous desire to be of service to others or to yourself. It is not our role to make the decision for you or to advise you to select one polarity over the other. However, we would suggest that those of you who strive to became more closely allied with your Creator would consider strongly the value of selecting a polarity and advancing it to the next stage of your education, for, my friends, to graduate you have to pass the test.

Is there another question?

A1: Yes, I have one, Latwii. I feel you already know that I felt like giggling. It felt like I met you and what kept going through my mind is how cute you felt. I never have felt this when reading and it is a neat feeling. I would like to ask you please, if you could give me—us—your understanding of what basic trust is in the third density.

I am Latwii. First of all, my sister, we have evaluated carefully this statement prior to its utterance, and may without affecting your polarity state that your recognition is quite accurate. And we welcome your vibration again as well, my sister. To undertake to define the subject of trust within your density is a difficult task, for the word trust is symbolic, and is often interpreted in various manners by your people. However, we would in an effort to respond to your question offer the following for consideration. Trust can be regarded as a bridge that gaps the crevasse separating one from one's other selves or brothers and sisters. The power lies within either to destroy the bridge, and, my sister, to rebuild upon an old foundation, as you are aware, is an act that, if we may borrow a phrase, that will try men's souls.

Trust, however, must not be regarded as a contract in which one exchanges a commodity for a like commodity, for the requirement for return does not exist within trust. One cannot control trust on the basis of trade for trade. It must be as a form of love, given freely and without desire for recompense. It is often quite trying to maintain the stability of that bridge in difficult situations or circumstances. But, my sister, is it not but a bridge between one and oneself? And if so, is it truly within the desire of your heart for any reason to destroy the bridge? To disrupt the love that ties you to your brothers and sisters? One might say, "I no longer trust this person for what he or she has done to me." Yet in doing so, my sister, they place a price upon their trust, and in so demeaning it, draw a clear delineation of the limited extent of their willingness to love, for trust as a form of love must be given unconditionally. One does not say, "I will trust you if you will trust me," and seriously expect to be able to trust. The absurdity is obviously apparent.

To trust another, my sister, is to say, "I will love you, and that love will not be discontinued, will not be disrupted, for I trust you to be as myself. I recognize that you are myself. For we are of the Creator whom we mirror."

May we answer you further?

A1: No, thank you, Latwii. Thank you for your loving answer.

S2: I'd like to explore that just a little further. When one trusts someone who has betrayed a trust before, there is a tendency to have some fear along with the new trust. Are you saying that trust without fear that you will be betrayed is understanding how you yourself don't mean to hurt others when you accidentally betray their trust?

I am Latwii. My sister, there is none who may hurt you but yourself. There is none who may cause you joy, who may cause you pain, envy, guilt, but

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yourself. If another's actions are regarded as betraying a trust, is it not a situation resulting from your desire to define the limits of another's behavior, and finding this did not occur, and if so, is it your right to make decisions that infringe upon the freedom of another?

My sister, one of the most difficult and misunderstood benefits of your density, of your particular planetary experience, is the presence and intensity of emotions, for they are tools and as such may be used or abused. There is but one person in your life who can bring love into your life and that is yourself. There is one person who may decide for you to love or not to love another. Is it therefore possible for another person to force you against your will to experience emotional hurt? Or is it more correct to say to oneself, "I expected this behavior of another person, and in failing to perceive the required behavior I elected to feel emotional pain as a response." My sister, to trust is to trust, not to exchange.

May we answer you further?

S2: No, thank you. You not only answered my question but my unspoken question as well.

A1: Latwii, may I continue something on that, please? Is it also true what you say about—is what you have just said about another entity not giving you love, but you accepting the love and I'm not sure—I'm not confused on that—is this also true, say for a newborn infant, of a child up to the age where their mental processes begin working?

I am Latwii. My sister, consider for a moment the existence of the young child. The veil of forgetting has been quite recently drawn across their consciousness, and in a state of mind similar to the amnesiac, who would upon waking discover not only a lack of awareness of identity or purpose in being in a specific location, the young child suddenly realizes the quite uncomfortable sensation of being within an unfamiliar body on an unfamiliar planet. It is quite difficult for the entity in this condition to either receive or express love in your density, for this involves the use of various tools to which the newborn entity is not accustomed. For example, the physical expressions of love on your planet, the kissing, the hug, the handshake, the wave, are all quite obviously gibberish to the newborn infant, and are tools of expression which must be learned. In like manner, the difficulty experienced by the infant with language is quite obvious.

However, the expression of love that is universal is that of extending one's proximity in a beneficial attitude to reach and overlap that of another's. When the parent holds or cuddles the young child, the vibration of the parent is perceived by the young child, and if the vibration is that of love, this love will be received and appreciated. The child, in return, will extend its own vibration, and as you are aware, this is also perceivable. The major difficulty, however, for the young child is the education through which the symbolic expressions are learned, and the many distortions that are acquired during this learning process hobble the young person's ability to extend love during the rest of their life.

May we answer you further?

S2: What about the neglected infant?

I am Latwii. My sister, if we might answer your question by posing a question in return. Consider your reaction to being placed in a hostile environment at a point in your life in which you are physically incapacitated and are simply abandoned. There is no hatred. There is simply nothing. Consider, if you will, a flowering plant which is very carefully uprooted from its pot by a loving gardener who very cautiously washes away the soil with great care not to damage the roots and then places this same flower in all of its beauty upon a mound of hot sand and leaves it to survive on its own. My sister, this is the effect that you describe. The plant, the incapacitated person, may survive. But the survival will result in many opportunities being lost, many nutrients not being provided will not be incorporated into the plant, nutrients that would enable the plant to grow tall, to bloom, to be what the gardener had prepared.

May we answer you further?

S2: I don't think so, thank you.

We thank you. Is there another question?

L2: I have a question. What is the—two questions. What are the visions? And what are they for?

I am Latwii. My sister, the visions are exactly that. The brain with which you accomplish the interpretation of the world which surrounds, attempts to modify or interpret sensory input into preestablished channels. When this same tool is used

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to sort and define information from previously unused or infrequently used sensory apparatus, the result is an attempt by this instrument, the brain, to assemble the sensory input into an understandable form. In your case, the vibrations which you experience are transformed into visual patterns which are more readily organized for perception. The purpose is that of your brain and not ours, for it is your instrument, your brain, which seeks to provide a logical format for that which it receives. This is not an uncommon occurrence and should not be regarded as an effort on our part to do more than simply extend to you our own vibration in a manner which you will find acceptable. If the vibratory intensity is uncomfortable or presenting difficulty, we ask only that you request that it be lessened or cease, and we will respond to your request.

Is there another question?

L2: That takes care of visions here. Are there—is there a purpose in seeing things to come?

I am Latwii. My sister, the universe, as you are aware, is not limited by that which you call time, for that which exists at this moment has always existed, will always exist. The individual who desires may attune themselves to the perception of that which one might describe as prerecorded information, in that time is a facet of your illusion, describes that which already exists which you call your future. The ability to perceive that which does occur is the attunement to these recordings, so to speak. The ability to perceive that which is likely to occur is the ability to attune oneself to another entity's evaluation of that which is most likely to occur, for at this point we simultaneously describe that which will occur, yet that which is only likely to occur on the basis of probability, for as you know, the freedom of choice always exists.

May we answer you further?

L2: Thank you. I sense a great deal of loving in the presence that's very nice. Thank you.

My sister, we of Latwii also sense a great deal of loving. We thank you. Is there another question?

D: Yes, I have a question concerning free will. There have been many discussions by many, many arguments by many different people concerning what free will is and how one goes about preserving it. Some of those arguments would suggest that the mere contact that you have now is an interference in our free will. There are other arguments that suggest just the opposite, that without information, without knowledge, without a full set of information, free will cannot be exercised. It appears as though you have struck a middle ground between those two arguments that is uncommon among those who seriously consider the two sides of the coin. Most of the time individuals, philosophers who deal with this subject, will either go on one side or go on the other, and typically do not find a middle ground. Usually the difference, the reason they go to one side or another, lies in their definition of free will. I was wondering if you could elaborate on your definition of free will.

I am Latwii. My brother, we would precede such an elaboration with an analogy. Consider if you will, the student who undertakes that which is involved—correction—that which is termed homework. The student has the choice of perhaps guessing at the answers. The student has the option of, through diligent work, arriving at the difficult answer by himself or herself without the influence of any outside support. The student also might seek the assistance, however limited, of a tutor. If we were to elect to characterize our own participation in your free will, we would describe ourselves as a loving friend, brother or sister who desires to see those of this planet be successful in attaining that for which they came, yet are cautious that we do not supply the answers, but rather provide information through which the individual's efforts might lead to the individual discovering the answer for themselves.

The subject of free will is generally referred to as the Law of Confusion. To define in your language would be quite difficult because the act of defining immediately requires …

(Side two of tape ends.)

(L1 channeling)

The act of defining requires additional clarification immediately, for the weakness of spoken language is its lack of function in communication. If we might offer a second analogy, consider the statement of a law such as, "Thou shall not steal." Superficially this is a clearly stated, tersely defined rule. Yet, my friends, it is obvious to all present that in certain situations the act of stealing is more than just appropriate. The individual who steals food to survive would be condemned under such a rule yet

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all here recognize the unfairness of that application. Let us therefore state that the Law of Confusion, as we call it, is written within your heart, and your inability to clearly and tersely define it by the use of word symbols does not bear upon your ability to understand it.

May we answer you further?

D: Yes. Given that you can't define free will, and apparently do not feel that the contact that you are making interferes with free will, I would ask if there are others among you that feel that what you are doing is an interference with free will. Certainly this question has been raised among our own societies and our relations with, as an example, with primitive cultures. To what extent do we, when we find these cultures, interfere with their activities, are we interfering with their free will, and the arguments run the full spectrum. The question, therefore is, is this also the case among yourselves?

I am Latwii. My brother, the defining of that which you term free will is accomplished not through word symbols, but through one's actions and intentions. The manipulation of any other self is a violation of that which you term free will. It is the desire of all members of the Confederation to avoid this type of activity. For this reason, specific members are selected for the purpose of contacting those such as yourselves, and we would also emphasize that as you speak you address not an individual, but rather the massed awareness of the population of what one might term a planet. The answers that you receive are those resulting from the deliberation of this communal awareness or social memory complex.

May we answer you further?

D: No, thank you.

We thank you, my brother. Is there another question?

J: I'm curious about the people who took A2's battery. A2 had said the robe of light prayer for her car in which she stated and asked that any persons coming in contact with the car be drawn to God and healed. So I'm thinking about the scenario. Is this in fact taking place?

I am Latwii. My sister, we would suggest the examination of the specific terminology used, for being of God, one can hardly be drawn closer. However, there are, as you are aware, there are two paths of polarity which simultaneously are directed toward identification with the Creator and the pursuit of either path will accomplish that which—correction—that to which you refer. May we answer you further?

J: No, thank you.

Is there another question?

L2: Latwii, I am delighted to hear your wisdom, and I recognize the wisdom that I so love in Emerson and Shakespeare and many others in literature. Surely you were among them. And perhaps, they now among you?

I am Latwii. My sister, we thank you for the compliment you offer. We would, however, suggest that although we are unable to define the specific location of the entities to whom you refer in relation to placement within the universe, we can assure that although not among our own social memory complex, their efforts have been enjoyed by those of our complex.

L2: Thank you.

We thank you as well as them, my sister. Is there another question?

J: In reading *The Prophet*, by Kahlil Gibran, the prophet speaks of himself as, "we who are wanderers." Is he speaking of himself as a wanderer in the sense you speak of in the Confederation of Planets? Is he a wanderer? Was he?

My sister, we sincerely regret our inability to answer your question, for to do so would be to define or—correction—to define a specific status for the poet if we were to respond in the affirmative, and to potentially detract from the efforts by the same entity should we respond to the negative. As you are familiar with our reluctance to inflict judgment or evaluation of one's self or one's other self, you may understand our reluctance to respond to your question.

May we answer you further?

J: No, thank you. I appreciate your respect for my free will. Thank you.

Is there another question?

L2: I have a question that's a poetic question that I thought you might like. Where is the best place to plant the tree for it to flourish?

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I am Latwii. My sister, the tree will always flourish. Is there another question?

L2: Thank you.

S2: I have a question. As we live out our lives in this plane and in this lifetime, each entity has a set of attributes that seem to come along with the entity from birth. Attributes such as a cheery disposition or a certain level of intelligence, or a certain ability for endurance or stamina, that is, I'm thinking specifically of attributes that are not developed within this lifetime but seem to come intact from some previous somewhere or were chosen. And that is my question. Does an entity choose, pick and choose, the attributes of this lifetime or does the entity carry along from previous lifetimes levels of attainment that continue from lifetime to lifetime to lifetime, growing perhaps somewhat each lifetime?

I am Latwii. My sister, consider the individual to whom you refer as a plumber. The individual arrives at your home and proceeds to accomplish a specific task that is required for his own attainment as well as your own, and with his arrival he brings certain tools with which to assist him in the accomplishment of his efforts. The fact that be brings the tools does not imply success, but rather facility to success. One can understand the plumber's failure to bring such items as a calligraphy set or nuclear reactor, for these tools are not particularly well adapted for the accomplishment of his task. Yet, when the plumber completes his daily rounds and returns to his home, he does not bear with him his wrenches, his hammers, to the dinner table and to bed that night, for in completing his task, he sheds his tools. The potential for tools is infinite and they are not borne from lifetime to lifetime in the manner of a set of cosmic Samsonite.

May we answer you further, my sister?

S2: Yes. Are attributes such as wisdom and compassion for others or the capability for compassion for others, are these also in the same category as tools, or are they a central part of the entity itself?

I am Latwii. My sister, the compassion is the individual's willingness to extend love and empathy. This potential exists for all at any time and is more a facet of the Godness within us all than a learned attribute or skill. Wisdom in your illusion may generally be defined as one of two types: the type which is acquired through the manipulation of the specific tool referred to as the brain, which we regard as a rather limited form of wisdom, in the manner of card tricks; the true wisdom lies not in the talent or skill of any entity, but rather in that entity's willingness to open himself or herself to the awareness that pervades the universe. The presence of that knowledge which is real, which is lasting, is everywhere and is available only to those who choose to listen for it.

May we answer you further, my sister?

S2: No, thank you.

Is there another question?

A2: Yes. Latwii, I have a rather trivia question that kind of sparked from the last question and the last answer. From my understanding, there is the mind/body/spirit, okay, and somewhere along the way you have the brain. Is the brain part of the body or is it part of the mind?

I am Latwii. My sister, consider your hand. Is this physical composition part of your body or part of your spirit? Is it not true that the physical shell is but a tool, a physical form which is controlled by the essence of that which is you? We distinguish between the mind and the brain in that the mind is that which is borne with you from lifetime to lifetime, and is a portion of your total composition, while your brain is a physical device designed to perform and accomplish limited tasks. It is not rechargeable and requires no deposit.

May we answer you further?

(Chuckles from the group.)

A2: The first thing I thought of was someone stealing my battery and then stealing my mind. Well, okay, so, how about going into the aspect of the mind/spirit, like it kind of seems to me that the brain is the mind/body link?

I am Latwii. The brain performs two tasks. First it takes care of that which one might regard as the more menial or undemanding tasks concerned with existence, such as reminding the physical carriage to breathe and the heart to continue beating, thereby avoiding the necessity for reacquiring a different vehicle at an inopportune moment. The mind/body/spirit complex, being expressed in verbal symbols, is misleading in terminology, for each blends into the other while it is simultaneously

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discernible from the other. Briefly, the spirit might be referred to as the individualized awareness of the individual unit. This is the basic structure of the social memory complex. The mind is that portion of oneself which learns, records and serves as a link in both directions—to the cosmic awareness in one direction and to the awareness of the physical envelope through the brain in the other direction. However, it, unlike the brain, is not a simple tool, but a major descriptive term or many facets of existence which cannot be expressed in your words. We are aware that the interpretation of this answer is quite difficult, yet we would remind the entity posing the question that it was a trivial question.

May we answer you further?

A2: No, thank you.

We thank you, my sister. Is there another question?

P: I have a question, Latwii. How may one most effectively open oneself and listen for the wisdom and the guidance which you say pervades the universe?

I am Latwii. My brother, your world is created to distract you, for it is created by those who populate it. Its various characteristics are the result of eons of effort on the part of its occupants to avoid that which you describe. Therefore, my brother, the first step that we would suggest is the attempt to remove oneself as much as possible from sources of distraction. When this has been accomplished, the act of that which you call meditation is that which we recommend, highly, for meditation is the tool with which the major and final distracter may be brought under control, that being your own brain. The experience of most on your planet to shut off, so to speak, the brain so as to listen is that this is a quite difficult undertaking, for the brain has been raised in the manner of an unruly dog which clamors constantly for attention and affection and will respond to the act of being ignored by redoubling its efforts to bring itself once again to your attention.

Therefore, my brother, if we were to recommend an effort for those of either polarity to undertake in their desire to progress, we would recommend the setting aside of a specific period of the day at the same time daily for the disciplining of this unruly child through meditation, that in its silence one might listen to that which is available.

May we answer you further?

P: Yes. How does one—how may one develop that confidence or assurance that one is not simply conjuring or hearing chatter from one's own brain, but is in fact receiving wisdom and guidance from beyond oneself?

I am Latwii. My brother, there is no beyond oneself, for all are one. However, we would in response to your question remind you that there is a time in your life in which you have said to yourself, "I am in love. I love this person," and recognized that this was hardly idle chatter. My brother, the voice of your heart will not lie to you. If you desire, if you knock, the door will be opened to you, and that for which you ask, you will receive.

May we answer you further?

P: There is that within me which rejoices as you remind me of what I've heard before and I thank you.

We thank you, too, my brother, for that which you share is that which we all must share to be one in our awareness. There is no distinction between us except that which we ourselves construct, and we are grateful, my brothers and sisters, that at this moment so little distinction exists within this room.

Is there another question?

P: I have a question on another subject. Earlier this afternoon I was engaged in a conversation with a man with whom I've spoken before and whose wisdom I value. In the course of the conversation, as he was engaged in conversation with another, I began to experience a view of the man I had not seen before. I began to hear within myself what I cannot refer to except to call a voice that was saying, "I have seen you before. You have been my father before." What was happening?

I am Latwii. My brother, we regret that there is very little that we can offer in response to your question, for there is a lesson within this subject for you. For this reason, we elect to respond no further to your question.

Is there another question?

A1: Yes, Latwii. I am experiencing something right here not only with the unity of the group and with you that I am aware, when I think of it, it feels like I experienced before I even knew words. A sense of God within me, of unity, a sense of oneness always, and no matter how discordant, it is always as though

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it has always been as though God's not only had His arms tight around me, but I had mine tight around Him in that unity, and I've been aware that it has, that I have felt this with other people, sometimes even when I was angry and feeling great negativity, there was still that sense of, I guess, being in their shoes. I became aware, just a little bit ago, of thinking of the times when I've been tired, when I've been angry, and I wanted to get away from it all, and I'd always experienced this as my stiff-arming God—this is the way I worded it in my head—and I've had a new awareness that it was not God that I was stiff-arming, that it was me. May I just ask you a question after this discourse—I started to say statement, but I realize that it's gone on. Can you just answer me with a yes or no if you of the Confederation have always been with me as I feel you have?

I am Latwii. If it is permissible, we would extend our answer beyond yes or no. My sister, we have always been with you just as each in this room have always been with you. Just as the Creator whom we strive to serve, whom we strive toward oneness with, has always been with you. For in truth, my sister, there is no you, there is no he or she. There is simply a oneness that may be recognized or refused. We find it preferable to recognize that oneness.

May we answer you further?

A1: Latwii, it's been a mad scramble. It's been a mad scramble. I don't know if I can hold more. I thank you for everything. I thank you.

I am Latwii. My sister, quite often one forgets the pleasure and the love that awaits one and when finally reminded, the pleasure is overwhelming, both for the one who returns home and for those who wait at home.

Is there another question?

R: I have a question. How does one recognize and discover the God within and believe in that when the going gets tough?

I am Latwii. My sister, we might rephrase your question as, "How does one successfully accomplish the major task undertaken while in this density?" Our response, my sister, would be quite limited, yet it is our belief that it is more than sufficient. We would suggest that you choose to love one another, for in this is encompassed the entirety of your struggle during your sojourn on this planet.

We are aware that our answer seems overly simple for the complex problems to which you refer. But my sister, the answer is simple, and it is the solution. May we answer you further?

R: No, thank you.

Is there another question?

L2: Latwii, in the laboratory where I work we deal with radiation, and I wondered if I am to be particularly careful …

(Side three of tape ends.)

(L1 channeling)

I am Latwii. My sister, in the laboratory within which you are learning there are many who work with that which you term radiation. The likelihood is high that the laboratory may not survive the conclusion of your education, for there are many on your planet who have small regard for this laboratory we term the Earth. We would recommend that extreme care be undertaken both by yourself within your employment and by those of your planet who seek to conclude their education in its due course without interruption.

May we answer you further?

L2: Yes. Shall I leave and go elsewhere then, and not continue working at that lab?

My sister, that decision must be your own. We would offer in passing the observation that that which exists in your life does so as a result of your own desire for experience, and one must carefully select which experiences one draws to oneself.

May we answer you further?

L2: I strongly wish to find a course that is best for the ethereal plane and the Earth plane. Do you have any special directions? Therein is my question.

My sister, we cannot answer your question, for to do so would be to simply return your question to you. Is there another question?

L2: I think I'll follow that thinking. Thank you.

We thank you for the opportunity to be of service, my sister. Is there another question?

S2: Yes. I'm sorry that I had to leave but glad to return. Could you—this is actually a two-fold question—could you address the difference between altruism and service to others, and secondly, does

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service to others deny in any way, and I'm thinking here of our misunderstanding of self, does service to others deny service to others in any way?

I am Latwii. With your permission, we will address the latter portion of your question initially. We would like to offer again a small analogy in which the mother of a small child has spent a large period of time during a morning involved in various conflicts with various selves, the result of which left the mother of the child quite distraught and short-tempered. The same mother had previously promised to take the child on a recreational outing, yet found herself reluctant to do so because of her emotional state. The mother's strongest desire at the moment in question was to take some time for herself away from the child or any other individual that she might reestablish her emotional balance. We would place before you the question, "Does the mother serve the child in doing so?" The mother is obviously acting in a manner interpreted as serving herself, yet is not her action beneficial also to her offspring who, if taken upon the recreational outing at such a time as described, would likely experience what this instrument would refer to as getting the hell beat out of them?

The act of service superficially is an act of service to the self, yet may be undertaken so as to best serve another. The topic, altruism, is quite synonymous with service to others, yet is somewhat limited in that it is generally interpreted as a description of action performed or a superficial evaluation of action performed as opposed to the awareness of the intent. The large corporation which generously endows a museum or orphanage may be regarded as altruistic even though their intention was to reduce a substantial tax responsibility. The core of service, be it to another, is the intention with which the service was undertaken.

May we answer you further?

S2: You have addressed the phenomenon that serving oneself does not deny service to others. Could you more directly address the phenomenon of whether serving others involves serving yourself?

I am Latwii. The core of that which you seek to distinguish, my sister, again is intention, for although the results of service, be it to others or oneself, may benefit the other party, the intention is the diamond that refracts the light and, if we might humorously offer the suggestion, shows one's true colors.

May we answer you further?

S2: Yes. I hear you saying that the choice to serve oneself in no way restrains the individual from behaving exactly as if that individual had chosen to serve others?

My sister, the desire to serve, be it others or oneself is in no manner a restraint. There is no restraint upon service except the refusal to perform that service. The appearance of serving others while serving oneself occurs quite frequently. If we might offer an example, there are many entities which would quite happily attempt to identify themselves as our brothers and sisters of Hatonn so as to, in the guise of performing service to such as this group, serve themselves in misleading the same. It is not the appearance that is significant, my sister, but intention that brings the reward.

May we answer you further, my sister?

S2: I am aware that I am straying very deeply into specifics here. However, I would like to pursue this if the instrument is capable of it.

I am Latwii. We evaluate the instrument as being capable and willing.

S2: Okay, knowing full well that I am straying far into the area of great specificness, I personally have a strong leaning towards service of self because I feel that since that all others are myself, the only way I can give meaning to serving them is by serving myself. At the same time, it is very important to me to serve the other portions as myself as honestly as I wish to serve myself. It is not my intent to mislead others, as you are suggesting may be occurring with other groups who represent themselves as some of the group Hatonn, but at the same time, I am honestly aware that my intent is to serve myself, or at least, currently, and the service to others being primary only in the sense that they are also myself. Do you have any response to this statement?

I am Latwii. My sister, we are confident at this point that you are aware of our inability to respond to specifics. We would offer, however, the following commentary on the general subject of service, that being the desire to serve oneself has no connotation on a scale or range of good or evil, for the action is simply the action. So also, the action of serving one's

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other selves. If we were to assist one, however, in selecting one path or the other, we would offer the observation that to successfully graduate, one would need a service-to-others score, if you will, in excess of fifty percent or a service-to-self score in excess of ninety percent. This is because service to others is significantly more difficult to undertake with sincerity and without expectation of recompense in some form, while the service of oneself is quite easily and frequently accomplished. We therefore suggest that those who desire to leave this density should examine the percentage of service—correction—the percentage of their life spent in service to others or service to self against these scales so as to successfully accomplish their objective.

Is there another question?

S2: I hate to do this to you, but I want to pursue this just a little further. I don't hate to do this to you, I teeny-eeny-eeny bit regret, but I will do it anyway. It seems to be that in the final analysis after graduation from the highest level, so to speak, that a score of one hundred percent on service to self and a score of one hundred percent on service to others is necessary and at that point an entity has reached exactly the same place, whether using one path or the other. Is that accurate? And that they are the same?

I am Latwii. My sister, we regret our inability to answer your question, due not to reticence but lack of knowledge, having acquired neither a one hundred percent rating in either polarity. However, we are still kicking.

Is there another question?

S2: You've given me a lot to think about. Thank you for your help.

We thank you, my sister. Is there another question?

S2: Yes. Is there any way that we may be of service to you?

I am Latwii. My sister, we have been somewhat at a loss in our efforts to serve those of your planet, due to their overall lack of interest in the service which we desire to extend. My sister, in extending us your patience and attention you have been of service to us, and we thank you.

Is there another question?

J: I know we've gone on for a long time, so I'd like to phrase this briefly and ask for a brief response. I've been aware of a lot of sadness lately in people and a lot of depression, and I'm wondering if there's a correlation. Is there a correlation between depression and the beginning of consciousness or the awareness of one's place in the cosmic plan, as if people who are becoming aware of who they are experience depression in the confusion of this growing knowledge?

I am Latwii. We would precede our comments with the statement that what we offer is a generalized observation and not applicable to specific individuals that may occur to the questioner. The observation you have offered is to some extent correct in that one who elects to climb a ladder might be appalled both by the number of rungs and the angle of incline which faces them. We would also add that the time available to those of your planet to arrive at a conclusion to their studies is quite limited, and for that reason substantial amounts of catalyst are being introduced into your existence which accelerate the frequency of those events occurring which assist one in accomplishing alteration of oneself.

May we answer you further?

J: No, thank you.

Is there another question?

A1: May I ask a very brief question with a very brief answer? Are there entities born in which the veil of forgetting—I guess I'm feeling some resistance to my own asking the question. I can't think of the words I want to use. Are there individuals, are there entities born in which the veil of forgetting is not solid, in other words, it is penetrable by them, and therefore it is as though the catalyst comes from not only external but internal?

I am Latwii. The observation that you have offered is correct in that a number of—correction—in that among the number of tools brought into a specific incarnation by an individual entity, memories or partial memories or the later access to either may be a portion of the tool kit. For example, an entity who intended to accomplish the actions necessary to establish peaceful relationships with neighbors during a feudal existence, yet experienced a cessation of physical life prior to the accomplishment might in a new incarnation recall a strong drive toward that same objective and extend those efforts in an establishment such as that which you call the United Nations. The memories, as you describe them, may

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be quite detailed and accurate, or might be simply a vaguely defined drive or impulse to strive in a specific direction. The clarity is dependent upon the nature and use of the tool.

May we answer you further?

A1: No, thank you.

We thank you. Is there another question?

S2: I would like to compliment you on your growing facility in conveying what you want to say using our words and grammatical structure.

I am Latwii. We thank you, my sister, and must confess no small amount of self-esteem at our efforts to make heads or tails of some of your more difficult idioms. Is there another question?

J: Latwii, if the opportunity presented itself, would you like to participate and come to a group in Dayton?

I am Latwii. My sister, [whatever] the location—Dayton or any other—the request for our presence will always be answered. May we answer you further?

J: No, thank you.

S2: Yeah, I'd like to press that. At this point, the entity known to you as A2 is the only channel available to those of us who reside in Dayton. Is she sufficiently tuned to, as we say, go it on her own?

I am Latwii. My sister, we regard the instrument to whom you refer as being more than merely competent in the area of channeling our communications. The difficulty quite often lies not in the instrument, but in the group within which the instrument attempts to function, for the actual control of the signal, its intensity and clarity as delivered to the channel is maintained or disrupted by the direct efforts of the members of the group. For example, in a large group the effect of an individual falling asleep or daydreaming is noticeable, but not overwhelming upon our signal, for it is your group attunement that enables us to focus. The smaller in size the—correction—the smaller-sized group results in an emphasized accuracy or distortion, depending upon the efforts of the individuals involved.

The tendency of each individual participating to distort that which they believe themselves to be on the verge of hearing is also intensified in the group of smaller numbers, for each individual who has a strong bias toward the subject under discussion contributes to its reception inadvertently when they are in agreement and distorts the reception when a conflict between their own beliefs and that of the—correction—and that information being received from the channel. The purpose of our discussion at length of this subject is not to discourage the effort which you have in mind, but rather to explore the ramifications of what you consider undertaking.

Finally, we would suggest that a major part of your evaluation be the consultation with the instrument known to you as A2, for a reluctance or unwillingness to perform this service would result in a high amount of distortion.

May we answer you further?

S2: Thank you, you've been very helpful.

Thank you, my sister. Is there another question?

A2: Yes, Latwii. Have we tired the instrument?

I am Latwii. We would regard the instrument as capable of fielding a few more pop flies, but would advise transfer of contact to another instrument if any overtime innings are expected.

A2: Well, I was just asking for, if the instrument was tired, as to what would be best for the instrument once the meditation session was over, what would be in order or if he was just going to spring back to his normal, jubilant, punning self.

Our evaluation of the instrument's physical capacity is that the life force is quite strong, although a slight muscular stiffness is beginning to be evident, as well as a quite nearly filled bladder. May we answer you further on this subject?

A2: So I take it a back rub and a bathroom would be all he needs?

I am Latwii. The instrument has expressed to us a substantial amount of gratitude for either, but not necessarily in random succession.

A2: Thank you, Latwii.

Is there another question?

A1: Latwii, I don't have a question, I just want to say again what joy I am feeling. What joy I am feeling! And I thank you for being a part of it.

I am Latwii. My sister, we share your joy as you share ours.

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Is there another question?

(Pause)

I am Latwii. As there are no more questions, we will relinquish our use of this instrument with our sincere gratitude for the patience and willingness to listen without prejudice to those present. In the love and the light of the infinite Creator, we bid you adieu. I am known to you as Latwii. ♣

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Sunday Meditation (Louisville)
December 12, 1982

(Carla channeling)

[I am Hatonn.] I greet you, my friends, in the love and the light of our infinite Creator. "In Memoriam." "In the memory of." How many times have your hearts been touched by the memory of one whose courage, bravery or goodness was so outstanding that your attention is commended and your heart is drawn up in an emotion of love and admiration for the memory of someone, some brave act, some heroic deed. It is written that the one known as Jesus looked past his own physical death and offered to his disciples a proper memorial, for this teacher knew well that those seeds which he had planted during his incarnation, if they were good, would bloom long after that passage which confronted him when he offered bread and wine to his brothers.

As you look about your own memories you may find yourself realizing that due to the exigencies of your third-density illusion, the difficulties and problems of living, you are not able to crystallize and bring into an orderly form your appreciation for those whose lives you touch until they have departed from you. When they have gone, you evaluate an incarnation and say, "There is a great loss. There was a fine person."

Let us turn the eye of the seeker upon this common misconception of the ways of love. It is always helpful to the one who loves to offer that love, even if it is only to a memory. But far more lively does that love become when it is offered to one who lives in his or her imperfect way, within the framework of your observation. How difficult it is to love the living person in motion, in change, in transit. You are fortunate if you can achieve that love for any great percentage of your experience, for to many among your peoples experiencing that love within the illusion while faced with the waking face of another is utterly unknown and will not ever be experienced.

For you see, my friends, entities do not seem to be perfect. One may watch a tree flower and exclaim over the lovely blooms and cherish the fruit in its season and glory, in the radiance of the autumnal leaf, and stand in admiration of the sturdy skeleton the winter tree gives us, unafraid, unbowed and utterly without pretense. In reality, people are just as the tree. They flower, they bear fruit, they have their moments of dazzling radiance, they have their births, they have their deaths and they have those moments when they stand naked to the world, caught in an instant of being precisely who they are.

But how can each of us see each other as perfect without waiting for each other to become memories?

We must always move within when we seek the truth of love, for that which is love begins with each entity in the circle, each of Hatonn who speaks to you. The original Thought is each of you. So it is to yourself you must apply for wisdom upon the matter of how to love the ever-changing people about you. And the first person whom you encounter as you seek the heart of that truth is yourself. How many times today have you experienced yourself as perfect? How many times today have you experienced yourself as utterly without pretense and totally open to view? If your answer is in the negative, or is in the low numbers, do not feel that you are one of few who have missed noticing the perfection of their own beings. No, my friends, few there are indeed who are willing even to consider the possibility of themselves as sparks of that divine fire, that original Thought, that Logos, the Creator.

As you meditate, my friends, look for yourself. You are perfect. The place whereon you stand is holy ground. You cannot separate yourself from the sanctity of the truth which you seek. In all humility, may we suggest that you experience surrendering yourself to that divine Creator within you. The offshoots of this surrender are many, and you will find that you do not need to be touched only by memories, for life will begin to fill itself with the beauty, the joy, and the completion of the one Creator as it is shown to you in the ever-changing faces of all those who surround you and of yourself.

It was written in your holy works, "Lift up your heads, oh ye gates." Imagine that those great portals are the eyes of your inner being and lift up those everlasting doors within, that the King of Glory who waits may fill your being.

We ask that you hear our words, knowing that we are full of mistakes and errors and only wish to share with you those things which have inspired us as we go upon our own pilgrimage. To speak with you is an enormous aid for us and we thank you with all our hearts while reminding you to let no word of ours influence your thinking if it does not seem comfortable and appropriate to your seeking at this time.

We would like to exercise the other instruments and close through others. We will transfer now if the one known as M would accept our contact. I am Hatonn.

(M channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. Your attention at this time is focused on the birth of a child and how he changed the world. But do you realize the beauty of the birth of any child? All are similar and yet every one is different. You are aware of the effect of this miraculous child on the world, but do you realize that each child born changes the world? Some people change many people. Some people change things. But everyone has some effect. If you would see the miraculous things that a life can do and appreciate it, taking your hand, reaching over, picking up something is truly miraculous. If you are aware of all the things that had to go right for you to perform this single simple act, you would see the whole universe and consider it a miracle.

You see many miracles every day, but because they happen often you don't think on these miracles. You don't see the entire creation when you reach your hand to pick up something. Nothing is born that is not a miracle. A little animal, a plant, and the world will never be the same because that animal and that plant and that human are different than every other plant, animal and human. They are truly miracles. You would [find it] difficult to be depressed if you realized all the miracles that are around you. Even a cake baking in the oven if you had never seen a cake baked would be truly miraculous. People who have never seen snow falling are speechless when they see it. To them it is a miracle. Everything, my friends, is a miracle if you see the infinite Creator in all things.

As you go through your life and as you go through your everything else, do you see the Creator in everything? Do you realize that you personally truly are miraculous? How much it took for you to be born, to grow, and even to die and make place for another? All things are miraculous. And yet some people see none of them. The only miracle they see is the first time they see something. But if you see something for the thousandth time and still think of it as a miracle, you have a link with eternity. And if you can see a miracle for ten thousand times and still see it as a miracle, you are close to truth.

I am Hatonn. I leave this instrument.

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(K channeling)

I am Hatonn. I am now with this instrument, and again I greet you with the love and the light of the infinite Creator. We will close with one final thought about creation. Everything that is manifest is just another aspect of the infinite Creator. Nothing is manifest without the power and the presence of the one infinite Creator. These concepts are difficult for those of you of the third density and yet if one ponders for a short time, the truth of it becomes evident.

It has been great pleasure and joy for us to be here with you in meditation and I now leave you in the love and the light of the infinite Creator. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. We are especially pleased to be able to greet this group this evening, for we have an honor and a duty—that is growing greater and greater as time passes—to this group; that is, our attempt to answer your queries in a way which may be of service to each of you. We thank each for requesting our presence. May we now begin with the first query?

Carla: I challenge you. [Speak] you in the name of Christ? Are you truly Latwii and do you come in the name of Christ?

I am Latwii. We do indeed come and greet you in the name of the Christ whom you know as Jesus. We speak more deliberately this evening as a result of the request of this instrument that it be more purely able to communicate our thoughts. Therefore, a portion of this process must include the increase of what your group knows as the conditioning vibration. This is not necessarily true for another instrument, but true for this instrument so that it might be reassured that it is operating more purely without the inclusion of its own thoughts in a conscious manner to the message which we share.

May we answer you further, my sister?

Carla: Not on that point. I'm satisfied. Thank you very much. You're right, it was the difference in the rate of delivery that concerned me. On the same bent, though, I would like to ask another question. Donnie told me that Friday there was very strong conditioning that came to several instruments in the group that they were not able to distinguish the signal and my suspicion, merely from experience with this particular contact, was that it may well have been Oxal, which is a fairly narrowband contact and, while very strong in the conditioning, is difficult to get clearly. I was wondering if you could confirm this and if it were indeed a pure contact, that is, purely positive?

I am Latwii, and am aware of your query, my sister. We find in this instance the opportunity being offered to these two entities to channel an entity which is less than purely positive. You are familiar with the greetings which the work of this group has produced from the entities which enjoy the darker portion of the one infinite Creator. It is not an easy task to purely channel entities which are beyond your ken. It is a task which requires great vigilance, for you may look upon each instrument as likened unto a crystal of your precious stones. Each instrument in the configuration of mind presents a structure or latticework which transmits that similar to light that is the thoughts of another of Confederation origin according to the tuning. Be there thoughts of separation—such as anger, frustration, jealousy—then there is the break in the regularity of the crystalline structure which causes a distortion in that structure and allows an opening for other entities to utilize.

This is not a great problem for this group at this time, for in general each is quite aware of the necessity for the proper tuning as a group. The utilization of the individual tuning has been less than desired in some cases. That is to say, as each potential instrument enters the meditative state after the tuning for the group has been accomplished, there is the further need to purify the desire of the entity to serve as an instrument in the positive sense of service to others. This may take any form, as we have mentioned. Then the challenging of any contact which is received is necessary in order that the final phase of tuning might be accomplished.

This instrument, for example, took longer than was its means or method usually in speaking our words, for it was in the process of accomplishing this challenge. Then if any within the group feels uncomfortable with the contact as it is transmitted, then let that entity challenge the contact as did the one known as Carla this evening.

May we answer you further, my sister?

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Carla: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

K: Yes. I really don't know how to ask this question, but I'm going to make a try. After my meditation this morning, the thoughts occurred to me that, well, these thoughts occurred to me, I guess, as a result of having had backache again because I did too much at Thanksgiving time and I've had to pay the heavy price again, but the thought occurred to me after the meditation that, one, that we can request a healer to help in the healing process in the body and the second thought was that we can visualize healing energies in the body that does the same thing for the body that the oil does for the moving parts of my automobile. And I've been able to get through the day without pain as a result of those thoughts that came to after my meditation.

Now my question is, did my thoughts relieve the pain, or … well, can you comment on that?

I am Latwii. My sister, we can comment by suggesting that whatever the means used by the entity seeking healing, the healing occurs as a result of the efforts of the one Creator which is at the heart of your being. There are various means by which this might be accomplished. Whatever the means, it is only necessary that the entity seeking healing at some portion within itself realize that it is whole and perfect and that healing has been accomplished. Some seek the aid of your orthodox healers who may be of assistance simply by giving their attention to the one seeking healing. Therefore, many symptoms disappear in the waiting room. Some seek the blessing of a sacred place or thought …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. To continue … and allow this blessing to connect the conscious mind with the deep portion of mind that is one with the Creator and thereby allow the healing to occur. Whatever means is used, the more conscious the entity is of the reality of unity of self with all, the more effective the means of healing is.

May we answer you further, my sister?

K: Your comment about tuning in was interesting because the thought had also come two or three days previously that my radio is powerless until I plug it into the wall, connect it to the power. And as I had the pain, I thought, why can't I tune into power like that? So it seems like the thoughts all were sort of connected and had the same meaning. Now is this—and I hadn't really been asking for healing—if this is true for one's own self, then can this be extended to others, this kind of healing extended to others or given to others?

I am Latwii, and am aware of your query, my sister. The process of healing, as we have mentioned, is the process of realizing that the self at the heart of self is one with all, therefore, is whole, perfect and healed of any distortion. You inhabit an illusion that allows great distortions in many directions that you might experience the variety and depth of meaning of the one Creator. As you bring these distortions into balance you create the process of healing for yourself, for in that process of balancing polarities of distortion, you emphasize within your deep mind the unity that binds all of creation.

As this process of balancing continues within your own being, this growth then acts as a healing process to your own complex of mind, body and spirit. The process of growth and the process of healing, therefore, are one process. As you proceed upon this journey you became able to offer a service to others which has been likened unto shining a light in the darkness. The minds and hearts of others are touched, inspiration is delivered and received. You may further refine this process by offering to the physical vehicle of another the catalyst, shall we say, that allows that entity to complete the process of healing within itself in a certain distortion if that entity so requests it to the depths of its being. Then you function as what you may call a healer upon the levels of mind, body and spirit.

May we answer you further, my sister?

K: No, that makes a lot of sense and I understand my own thoughts better. But just let me make one little summary statement. Then the pain that I had served as a catalyst for my own growth and understanding. Is that right?

I am Latwii. This is correct, my sister, when you realize that the pain is one among many catalysts, though a quite efficient one.

May we answer you further?

K: I agree it's pretty efficient! It has been for me. No, thank you.

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M: Well, I have the reverse situation, Latwii. I never have a pain. Am I missing something? Am I missing an opportunity to grow? Or is there some particular reason why I never have a pain? Almost everybody I know have got aches and pains and something's wrong with them. And I never take an aspirin and I never have any pain. Am I missing something?

I am Latwii, and am aware of your query, my sister. The concept of "missing something" is correct, although one might more fruitfully state the situation as the experiencing of that which is necessary for growth of mind, body and spirit. Some entities do not utilize all forms of catalyst, for their lessons do not require all forms of catalyst. Therefore, you may indeed be missing something, but the something may not be necessary for your growth as you have designed it.

May we answer you further, my sister?

M: No. I guess it doesn't matter, then, that I'm missing it. I do have another question, though. How could we have made the birth of Christ which was in a stable and was a very simple thing into a very expensive, complicated, disappointing, annoying holiday?

I am Latwii, and am aware of your query, my sister. The birth of the one known as Jesus has occurred within the previous two millennia of your planet's history. The entity accomplished its mission with great love and profound effect upon the minds and the spirits of the people of your planet. Through these many years the various perceptions of this entity's purpose have grown and flowered in many directions. Each perceives in a certain manner the value of the entity's life stream.

The people of your planet at this time, and especially of your country at this time, have the means of communication which allows many to experience the perceptions of a few concerning this event. Therefore, the perceptions of the few have been combined with the, shall we say, economic realities of your illusion so that there is an effect which may be likened unto looking at a picture buried in a pool of muddy water. Therefore, it is the case that each within your illusion to see most clearly the purpose of the life of the one known as Jesus of Nazareth must look within the heart, for there the illusion of profit and loss falls away so that the message of love radiates throughout the being.

May we answer you further, my sister?

M: I'm still not sure how all this bustle and shopping and shopping and losing their temper and buying gifts to exchange them, how that came into being in connection with a child born in a stable. It seems like we would have a simple meal and maybe sleep on straw pallets to give us some of the feeling of Christmas. Instead we just reversed Jesus' birth. And I can't figure out how we accomplished that.

I am Latwii. Perhaps we may use a simple analogy, well known to some within this group. Imagine a row of people, as you call them, each sitting upon a chair. Many are the numbers. A thought is spoken into the ear of one at the end of the row. This entity then leans to his right and speaks the thought to the next entity who in turn does the same and so forth down the line of entities until at the end there is the speaking of a thought which began at the far end and traveled the course being spoken and distorted at each speaking so that when it arrives at the other end it is very different than when it began.

Imagine also that the surroundings of these entities changes greatly as the thought is spoken towards the far end and there is great noise, confusion and distraction. The thought at its final destination appears greatly distorted from when it began. In this manner the simplicity of the message of love has been distorted by the years, the perceptions of mind, and the surrounding cultures in which the perception has been nurtured, however distorted.

May we answer you further?

M: No. I think you've explained it. Thank you.

We thank you, my sister. Is there another question at this time?

Carla: If the instrument is not too fatigued, I have a question. I have a friend who has experienced a good deal of swelling in the limbs, water weight, apparently, and it seems to have been in connection with some sort of an insect bite to which he was allergic, we're not sure. I was wondering if you could comment, and if you could, if you would comment on any of four points. The physical cause of this, the metaphysical cause or implications, what I can do for this entity, and what this entity can do for himself.

I am Latwii, and am aware of your query, my sister. We find that though this information may be

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spoken of in some general sense, that the relationship of this instrument to the entity to which you speak has a distorting factor which we cannot penetrate at this time, for there are extenuating circumstances, as you may call them, concerning the process of relaying our thoughts.

Carla: In that case I take it back.

I am Latwii. We appreciate your concern and thoughtfulness. Is there another question at this time?

K: Yes, I don't want this to be a long answer and wear out the instrument, so it can be answered briefly. When Jesus, according to the scripture, when Jesus left this planet, or he told the disciples that it was necessary for him to leave and that he could do a greater work by leaving because he was going to send the comforter, or as the holy spirit, is this a vibration that we can tune into sort of like tuning into the radio or TV?

I am Latwii, and am aware of your query, my sister. This is indeed as you have surmised. There is a characteristic vibration with each seeker which attracts to the seeker entities who serve that particular calling, so that when the seeker calls in meditation, in contemplation, in the conscious thinking process during the daily round of activities, then the seeker is answered by the entity or group of entities which serves as comforter to that seeker.

May we answer you further, my sister?

K: Then I assume that those who follow the teaching of Buddha, I'm assuming that Buddha left some kind of vibration that seekers of that faith can tune in to also. Is that true?

I am Latwii. This is correct, my sister, though we add that the comforter for those whose distortions correspond to the teachings of the one known as the Buddha may also correspond to entities seeking according to the teachings of the one known as Jesus or the teachings of the one known as Mohammed or according to the teachings of any teacher, for the vibration is the key, the means of its reflection is unimportant.

May we answer you further?

K: No, that's fine. Thank you very much.

I am Latwii. We thank you. Is there another query at this time?

M: I have a very short one. How important are dreams in helping a person fulfill their destiny?

I am Latwii. That state of being which you know of as the dream state is most efficient for those consciously seeking to accelerate the evolution of mind, body and spirit. The dream is the symbolic representation of the catalyst which the entity is attempting to process. The dream presents this symbolic picture in a means which is oftentimes more easily recognized than the entity may find catalyst to be in its daily round of activities. Therefore, one may see the dream as a reminder and a crystallization of that which is the entity's next opportunity for growth.

May we answer you further, my sister?

M: Just a little bit. If a person doesn't remember their dream, is that at all helpful? Does the dream in itself accomplish anything if it's not remembered?

I am Latwii, and am aware of your query, my sister. Many are the varieties of dreams. Some work their purpose when unrecalled by the entity experiencing them. These, in general, are of a healing nature, and it is not always the case that the entity shall remember dreams of this nature.

May we answer you further?

M: Just one short question. If a person tries to remember their dreams, is this good or bad?

I am Latwii. We refrain from using either term, for there is no judgment of this nature that is helpful, in our humble opinion. We would instead suggest that the attempt to remember and utilize the dream is an efficient means of processing catalyst and accelerating growth.

May we answer you further?

M: No, thank you, that answers it very well. I knew I shouldn't have said good or bad, after I said it.

I am Latwii. Is there another question at this time?

(Pause)

I am Latwii. We thank you, my friends, for allowing us to join you this evening. It has been an honor which we treasure. We remind each, as always, that a simple request for our presence shall bring us rejoicing to you at any time that you call. We shall leave this group now rejoicing in that love and that light of the one infinite Creator. I am Latwii. Adonai vasu borragus. ♣

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Sunday Meditation (Dayton)
December 12, 1982

(S1 channeling)

I am Hatonn, and am now with this instrument. My friends, we greet you in the love and the light of the one infinite Creator. We are greatly pleased to be called once again to be among you, to share with you in this time of love and peace and sharing upon your planet. In this season which you call Christmas there is more than ever a sense of oneness upon your planet. A sense of wishing to share with your brothers and sisters what in a small way you have found, the joy you have felt, helping people open their hearts and their minds to the love of the Creator, of wanting to share this love. My friends, this love is in truth all you are seeking on your paths, whatever path you may choose to walk, you will in the end be at the same place. There are hurdles. There may seem to be times of darkness, times in which it will be and seem to be very distressing, times that may seem so terribly hard in their lessons that you may seem to be lost for a while. But, my friends, at the end of the path there is the light. Along the path there is ever the light, my friends. All you must do is open your hearts, your minds, your souls to that light, ever striving onward [toward] the oneness of the Creator, striving to maintain that openness, to maintain that feeling of joy that so often accompanies the first awareness of the light. Ah, my friends, how beautiful is that awareness. And that awareness will grow, will become ever stronger, the light will grow much brighter, my friends. We have seen the striving of each of you, the lessons that have been undertaken, and can say that the light will became much brighter, and much joy is felt.

At this time we would transfer this contact to another instrument. I am Hatonn.

(S1 channeling)

I am Hatonn, and am again with this instrument. We were attempting to transfer this contact but the door was not opened to us so we will continue through this instrument. Our message will continue. It is a simple message, my friends, as all of our messages, and we would wish to stress again that we are a very fallible source of information for your peoples. We would not at any time, my friends, wish you to think we do not make mistakes, for we are in our way learning ever more also. The simple messages that we bring you through these instruments, we would want you to discern for yourselves what seems right for you, to discard the rest. We have stated many times in the past and will state this fact again. It is very important for us for you to know that if any information you receive from any source, to discern that information that may be of importance to you, to meditate, to

contemplate that information and to receive any benefit you may from it.

Meditation, my friends, is extremely important. To go within yourselves, to see the beauty of the oneness of the creation within yourselves. For within you, my friends, is a part of the wholeness of the universe and within you is the love of the universe, the truth. Within you, my friends, is all you would ever wish to know. Through meditation you may tap into this source, the true source. For in you is the Creator. This is the truth we all seek on our paths, and this may seem very simplistic and yet very difficult.

My friends, the original Thought is quite simple itself. Love, becoming one, truth, these are the things we seek, these are the things, my brothers, my sisters, that you will find if you will but seek within yourselves. There is much peace within this room this evening, much joy at sharing a little of yourselves with your brothers and sisters. We delight in the vibrations we have felt within this room this evening. There is indeed much love among you.

We would take our leave at this time, leaving you surrounded in peace and love. Adonai, my friends. Adonai vasu borragus. I am Hatonn.

(A1 channeling)

I am Latwii, and greet you, my brothers and sisters, in the love and in the light of the one infinite Creator. We too are pleased to be called back among you, and have come to answer what questions we may. At this time are there any questions?

S2: Yes. Would you ask your brothers and sisters of Hatonn who they were attempting to channel through?

I am Latwii, and we are aware of your question, my sister. My sister, we will answer this because the instrument who declined does not mind answering this question for you, and those of Hatonn also do not feel it will go against free will. The instrument known as A1 was indeed approached but due to this instrument's slight fatigue and soreness of the throat chose to decline the opportunity to channel the thoughts of Hatonn.

May we answer you further?

S2: If the instrument, A1, is fatigued, will you let us know as soon as she may wish for you to transfer?

I am Latwii, and, my sister, we thank you for your concern and indeed we shall, my sister.

S2: Thank you.

We thank you, my sister, and the instrument asked us to add her gratitude also.

Is there another question at this time that we might answer?

L: Yes, Latwii. S1 mentioned to me earlier this week that at one point when she was channeling, she was under the impression that an entity whom she could not identify might have been trying to contact her. Can you shed any light on this?

I am Latwii. My brother, the group that the one known as S1 was in was putting out a calling to a group which is very commonly called upon at this time of your season, and this group was attempting to speak through this instrument, and we feel that for the instrument known as S1, we would prefer not to disclose the identity of the group, for they were, as you would say, on the tip of her tongue, and we feel that she herself might receive more enjoyment out of allowing—we correct this instrument—that she would be happier to solve this small riddle for herself, but we leave it to her discretion, for, indeed, frustration can do more harm sometimes than good in learning a lesson.

May we answer you further?

L: Yes, of what polarity was this group?

I am Latwii. My brother, an answer to this is that if a pure contact is one of a polarity of service to others, and at this point would like to remind those instruments of the need to challenge any new contact they might be receiving and trying to challenge, and we feel that great effort was made toward this.

May we answer you further?

L: Yes, one more question. Is the instrument growing fatigued?

I am Latwii, and this instrument is doing quite well, and is, as you know, relishing in the vibration. May we answer you further?

L: No, thank you.

I am Latwii. Is there another question at this time we might answer?

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A2: Latwii, I'm happy to be with you again. I wish to know if the light entity at the end of my hospital bed in 1955 was one of my original teachers.

I am Latwii. And first of all, my sister, we would like to greet you once again. My sister, to answer your question, the light form which you saw could have been many possibilities, and we wish to expand upon this. One possibility is as you have said. It could have been a teacher. The form could have been yourself. The form could have been just a friend. There is the possibility of the guardian which is always watching. But, my sister, we feel indeed that this life form was a part of you; the loving part that is you and is always with you, but at that time was very clear and seen by you.

May we answer you further?

A2: Yes, please. Oh dear, I think you're going to tell me that I have a lesson to understand and I don't think that's really what I want to hear. I still—I partially understand your answer, but I still hear a small voice in me wanting to ask, needing to ask, of what density is this life-form?

I am Latwii, and my sister, this indeed is a difficult question to answer, for there is that of free will, but there is the overall answer to all questions that the image was a part of you, therefore had no true density, for being one, there was no separation, and indeed there is the lesson to be learned, and if we may say in generalities, the points to be considered are what was felt, what was the experience, what do you wish to continue to learn, and there are endless other small queries which could be thought upon. But, my sister, we hope you respect that we wish to decline in giving a specific answer to this query of yours, but if possible wish to expand more if you desire.

A2: You're offering me a choice. Yes, I would like for you to expand, please.

I am Latwii. My sister, we would first ask if there is a certain point which we might expand upon or we might be here for some time.

A2: Yes. The incident, as I'm sure you well know, was one where I was close to death. I was not afraid other than I could not contact help because the buzzer on my hospital bed was broken, and when help finally came, I was aware as the help came that I was in the position of slipping from this life, and I recall clearly seeing the light form, the hand extended, and I recall absolute peace. Later on when I became well again I was aware of recalling this, at first thinking that I had been called to come to the other side, to death, to die, which I wasn't afraid of, but it didn't make sense, and then I realized finally that the outstretched hand really was a choice, but it was more telling me that I was not alone. It's difficult for me still to comprehend that I was there reaching out to myself saying that I wasn't alone.

I am Latwii, and, my sister, indeed it is difficult to consider and to grasp and to think of, but we wish to pose a question to you. Did or do you remember recognizing the light form, or was the light form one of love and unity and light? Or was it both of these? You felt great peace and you remembered the incident and we feel you are aware of the possibilities of the meaning and therefore we ask one more time in a gentle manner if you have still a definite question to ask or if you have many thoughts that you are wanting to meditate on?

A2: I appreciate your answer. I feel some clarity. I feel comfortable with it. Thank you. Thank you very much.

I am Latwii. My sister, we thank you, and hope that if any confusion is caused that you do not hesitate to ask us once again or do not hesitate to seek us out in your meditation.

A2: Thank you, Latwii.

I am Latwii. Is there another question at this time that we might answer?

J: Latwii, an acquaintance of ours died just a week ago. What is it like for a person at the point where they die? What is the experience that happens to them at that point and then onward?

I am Latwii, and we are aware of your question. This is a difficult question to answer because of the free will, and we hesitate in giving concrete answers that diminish your chances and opportunities to make the decisions yourself. But to speak generally, when an individual dies the physical body is left and there is this change from going out of the physical body and into a state of either preparing to enter another physical body of need or to continue on. My sister, we apologize for the small answer to this large question, for there is—we correct this instrument—for there are many experiences that occur when one, as you say, dies. But we ask if more information is wanted, then we would transfer this contact, for the

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instrument is now slowly fatiguing and is having some difficulty in fully grasping the concepts.

So, may we answer you further?

J: No, thank you, Latwii.

I am Latwii. If there are other queries to be asked, we would like a nod from the group and we shall then transfer to another.

L: Are there any more questions?

(Pause)

L: Looks like a clean slate, Latwii.

I am Latwii. Thank you. We shall be leaving you now, in so many words, but shall be around listening for our name and shall come when asked. We leave you in great joy and peace. Adonai, my friends. We are known to you as Latwii. ♣

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Tuesday Meditation (Dayton)
December 21, 1982

(A1 channeling)

I am Hatonn, and I greet you, my friends, in the love and the light of the one infinite Creator. We are so pleased to be called back to your group again, to share in your joy and to listen to your joyous sounds. It is so peaceful here. There is contentment and ease about you. My friends, remember this peace you feel. The ease as it goes through your body. The calmness that is felt. The tension of your daily lives slowly slips away as you seek silence, seek the quietness. The quietness when the thoughts of your illusion have faded. When times are busy, as you make plans and gather friends around, take the time to find the peace in the solitude of being yourself, for when you are at peace with yourself you are able to be at peace with others.

This sounds very simple, and indeed is quite simple, but it takes a small effort. It takes the wanting to have peace. Otherwise, confusion that surrounds you will slowly slip in and will mingle with the peace. At times, my friends, when it is difficult to slow the mind down, stop and think of something simple which has meaning, such as a flower or a sunset or the smile of a child, and focus upon this thought and allow the other thoughts to slowly slide away, and then with this thought, slowly allow it also to slide away. And at this point you shall find great silence, and it shall be calm and peaceful and you shall be one with yourself. Do this, my friends, when you are anxious or worried for there is no need to have fear from the illusion, for you have yourself whom you love. You will always have yourself to be there, to be a friend to give you love. Just take time to listen to your silence and feel the joy of your peace.

My friends, this is just a small reminder of something you know deep inside. We hope they are a few words you may ponder on and [have] to remember during those times when the rushing seems so great and confusion seems to be so engulfing. And please remember that we are always there also, and in your time of meditation we shall hear your calling. We are always listening to those who ask for help. We shall leave your group now, as we found it, with a great love and a great peace that surrounds you. Adonai, my friends. We are known to you as Hatonn.

(A1 channeling)

I am Latwii, and we also greet you in the love and in the light of the one infinite Creator. We so enjoyed listening to your songs. They are so soft and soothing, and we too feel the peace within the group. And without further praise we shall ask if there are any questions which you have to ask?

S: I have a question. It's a little complicated, so bear with me please. I have a friend who seeks very much

to serve others. However, her service is rather difficult to bear. Can you speak to that phenomenon both from the point of view of the entity who forces service on another and to the entity who is the recipient?

I am Latwii. Indeed, we are aware of your question. First of all we shall address the individual who is giving the service, for this is the more difficult of the two to understand. In dealing with certain others it is most difficult to know when it is the proper time to serve someone or to help and to assist. Many, however, have no regard for a proper time, and seem to just serve and to serve and to serve, for they truly believe this is what is wanted. We realize that many times individuals try to explain to the server that there might be more appropriate means of serving, but the server feels that deep down they know the most appropriate way, and therefore continue on with their desires. This phenomenon is one of where the individual in the past might have received service from no one, and therefore to retaliate will seek to serve everyone, or possibly the individual desires attention and sees this as a means of receiving a great deal of attention. For one who is always busy is always moving and not idle. And the moving object such as a ball is more noticeable than the floor it rolls on.

We know that that small comparison is indeed hardly comparative to the situation, but in a small way represents how one object can be more noticeable than another. Also, an individual who is desiring to just serve with no regard to the self may not be at ease with the self, and therefore is covering this up with a great deal of service to others, and will not listen to the requests of others because this might cause reflection upon the self.

This brings us to the point of dealing with such an individual, for those who work with them try many different facets of relating to the person and all seem fruitless. So, my friends, there is the point of learning patience, and seeing beyond the service to the root of the situation, and then dealing with this point. This reflects back to those few points we mentioned earlier as to why one would wish to serve so greatly. So in seeking to solve the original or to deal with the original point of interest, indeed there is a great deal of patience needed because at times it is difficult to be served in a manner which is not desirable. But then again, one might best serve another by being served in a way which is not comfortable, but it is important to remember not to neglect the self, for all things should be in balance. My friend, we wish to leave the analyzing of the different points to you and those in the group, for we feel the most can be learned from this.

May we answer you further?

S: No, thank you.

I am Latwii. We thank you. Is there another question we may answer at this time?

A2: Yes, Latwii. I'm glad to be with you again. Along this same line, I don't understand the phenomenon of being of service to others and being unaware of doing so. I don't know if I'm making myself clear. Do you understand what I'm saying?

I am Latwii, and, my sister, we feel we have the gist of your question. When being of service to others, in many ways it can be very subtle, and when being in service to others in a way which is not desirable, is not always seen by the individual. For when there is great intent of wanting to help, to aid another friend or individual, this intent sometimes overshadows the actual good will which is intended and may impose a barrier so that the individual serving does not realize the service is not needed. Many will never know that their services are desired or not. One of the important points to remember is to listen to yourself and other individuals when trying to be of service, for if this is accomplished, there is no need to worry about being a burden to another.

May we answer you further?

A2: No, I don't believe so, thank you.

I am Latwii. We thank you. Is there another question at this time we may answer?

J: I have difficulty understanding how it can be retaliatory in nature for a person who has experienced a lack of service from others to want to be of service to others. It seems to me that it would rise out of a raised sensitivity to the need of service, and that seems to me to be a more positive response than a retaliatory response. Could you clarify that for me, please?

I am Latwii, and we are aware of your query. My sister, at times people will retaliate by doing good deeds. This may sound a little contradictory, but to the individual it will serve their purpose. It is like saying, "Well, I'll show you; I'll be good."

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May we answer you further?

J: So, then, as a person progresses in the evolution of their understanding, it seems that they would be able to give up serving in a sort of retaliatory way and be able to serve by not serving sometimes. Do I have the general idea?

My sister, indeed, all things are possible, so we may add that what you have said is possible and an option. There is also a possibility that an individual who is desiring to serve completely and wholeheartedly might forget the reason why he is doing this, but will then become so engrossed with the idea, [that he] will continue more and more to have this as the only idea and, [if one were to] use a term or label on this, it would be an obsession.

May we answer you further?

J: Just a little bit. Last week we heard that it is the intention behind the service that is the crux of the matter. Then, are you saying that the intention behind obsessive serving is not positive?

I am Latwii. My sister, there is some confusion in using the words of positive and negative. When seeking the center of the reason of service, there are many points to be considered. One with an obsession might be trying to serve the self by serving others or may wholeheartedly want to just serve other individuals without any bias to anyone except the self, and feels that the self should be left out of those being served. This way of serving with a bias to not serving the self is hardly positive or negative, but just rather confusing, and leaves the individual slightly unbalanced, for there will seem to be something missing, and therefore the individual will try to serve more but will forget to serve the self and feel that that is not necessary, and then the confusion will be increased so they will try to serve even more. Therefore there is an imbalance which causes the person to have the confusion continue until the realization is made to serve the self in the same manner.

May we answer you further?

J: I'm wondering if one of the confusing aspects of that situation you described would be where a person is forgetting the principle of free will and imposing service or imposing lack of concern for the self. Does free will have anything to do with that whole situation?

I am Latwii. And indeed, my sister, free will does. One problem which will arise is the individual wishing to serve feels something is missing and then will disregard other individuals so as to serve them more. They will disregard their free will of choice and practically demand the individual to receive their serving. This causes great problems, for the individual being served does not wish the service, and this causes an ill feeling toward the server, whereas the server does not realize the problem that is being caused by their service, and does not understand why there is an ill feeling towards him. Also it leads back into the vicious circle of wanting to serve as many as possible, and this sometimes overshadows the remembrance of free will.

May we answer you further?

J: That was very helpful. Thank you, Latwii.

I am Latwii. We thank you. Is there another question at this time?

A2: Yes, Latwii. Could you say something about walking the line between giving energy? When to give energy to people who drain your energy and when not to? When is it too much of a drain, and not? And how you can tell.

I am Latwii. And, my sister, first of all, there is always listening to yourself, because if you just go ahead and blunder through and just try to give energy, it is defeating the purpose, for you may not help them at all, and you may use up all your energy trying. Therefore, when giving energy to another, there is the mental thought of sending it out, and there will be either an open door or a closed door. If you find you slam up against a wall, then it is not an appropriate time. There is also just having the open conversation with any individual or any entity which you wish to give energy in asking them if they desire being served in this manner, then if there is the go-ahead, use your own judgment as to how much is helpful to all parties considered. For it is important to remember that if you deplete your own energies then you are of no service at all.

May we answer you further?

A2: No, that was very nice, thank you.

I am Latwii, and we thank you. Are there any other questions that we may answer?

A2: May I go back just a little bit to the serving of others and being served by others. May I ask for a

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yes or a no if this is correct? Are you saying in essence that there is conscious recognition of being served, and a conscious recognition of serving at the time that either receiving service or giving service is valid and useful?

I am Latwii, and, my sister, we regretfully have to say yes, but we regretfully have to say no. Take your pick. If we may expand on this, we would have to say that sometimes there are those who are aware they are serving, and are very conscious indeed of free will, but they realize that other individuals are not conscious of their serving. Therefore, there is the fine line of knowing when to serve and when not to. But if there are individuals who communicate well, there is a very conscious awareness between both the server and the servee. We pardon that word. Then the awareness is very beneficial in dealing with free will. It is difficult for the one being served to be conscious of it and the one serving to not be conscious of it, but this also can be the case where one is just very natural at serving without infringing upon free will because of the sensitivity of the server to those the individual is wishing to serve.

May we answer you further?

A2: No, thank you.

I am Latwii, and we thank you for your patience in listening. Is there another question?

S: Yes, Latwii. Could you speak on the topic, "tradition"?

I am Latwii. My sister, this is a very, very broad subject, for tradition is something that individuals love to cling to and feel great security in it. Traditions are symbolic events or objects used in events which are handed down from generation to generation. Some feel that it is very important to continue exactly with the tradition, whereas some desire to add small changes to their tradition to hand down to the next generation, whereas some would rather forget the whole thing. This is where the subject gets very broad and we wish to speak generally on each.

When an individual desires to keep to the letter of a tradition they are desiring to not change and to keep in the security of the past. Therefore there is no pressure on them to worry about what the next generation has to work with, for it will not be their fault. The tradition has been set. It is very simple and very easy.

The next group wishes to make a small change. It can be either deleting a part or adding a part. Deleting could signify something which is uncomfortable which does not seem to fit with the basic general thought of the present day or adding could be wanting to give of the self to make it better or to add a little spice, so to say.

The last group is one of those desiring to alleviate the whole situation, for they see no use of the tradition but in some instances there might be great benefits from having traditions, for many traditions draw people together and allow new friendships to be made or rekindle the old, and if this is the outcome then the tradition has fulfilled its purpose of continuing through the generations and bringing those in each generation together.

May we answer you further?

S: No, thank you, I enjoyed that.

I am Latwii. We thank you. Is there another question we may answer?

J: Yes, Latwii. We're at the season of the year when we are celebrating the tradition of Christmas, and I know there are quite a few people who are learning new insights and understandings through the meditations, and finding it sometimes difficult to integrate new understandings with the old understandings, the understandings we've grown up with as children, especially some taught by our church about Jesus the Savior, and the only Savior. Could you give us some enlightenment, some blending of the truths?

I am Latwii, and first of all, my sister, it is good to remember that whenever there is a change involved it may always be quite difficult, for, as you say, there is the wingwalker's rule and it is hard to let go of that wire. It is hard to let go of that which is taught to you. Then again sometimes it is not necessary to let go of what is taught, but to add on and to build upon. This indeed is very useful, for in building a foundation it is best to start from the bottom and to work up.

My sister, at this time of your season there are many thoughts centered around the one known as Jesus. There are many beliefs, there are many stories, and there are many things which you are supposed to think. But indeed it is up to your own imagination, your own thought, as to who Jesus was, and what this individual was, and the purpose of the

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individual, for there are many truths to this spoken by many, and they are all right, while they may all be wrong. This may sound like the easy way out, but if some thought is given, it can be realized that to some it is most important that Jesus be the only Savior. This is a starting point. It is something to believe in. While another individual may feel there are many saviors throughout history. This is just as important as the first, but many problems arise when one wishes to force their thought and opinion on another. This goes against the free will of having your own thoughts and your own imagination.

For, my sister, what is important? Is it important to know the exact answer to this, or to think about what the individual accomplished, or what other saviors might have accomplished? Also, who is to say what a savior is? At this time we would prefer not to put words in this definition, for it is a very, very personal word to many which has great significance to the individual, or we should say, to any specific individual.

We realize that we have sort of danced around the bush in answering your question, but the subject you have chosen is one which has been discussed many, many times, and there are many, many beliefs to what is the answer. We wish to just add a few words as thoughts to be pondered as to how to find the only answer that is best fitting to yourself. Also, we would like to address the point of trying to add in new thoughts which might come from this group to those thoughts which are so impressed upon by the church. We just would like to add this to clarify that it is indeed that all things are possible, and that the one known as Jesus indeed was of great service in helping others to seek, and there are those present who help individuals in their seeking. Therefore, it can be known that maybe all individuals are saviors, for there is the thought that all are one.

May we answer you further?

J: No, thank you. That was very nice, Latwii.

I am Latwii. We thank you, my sister. Is there another question we may answer?

A2: May I ask how the instrument is doing?

I am Latwii. The instrument is doing well. We thank you for your concern. Is there another question we may answer?

R: Latwii, I'd like to ask a question. It might be many questions, but the area that I would like to address is very broad, and as a beginning would you address, say something about creation, about why there was a creation, why there is you, why there is me?

I am Latwii, and, my sister, we are aware of your query. My sister, indeed this is a very broad question, and if limited to what you know as time, it might be very difficult to answer your question, but we shall stick to the generals of the question. What you see as creation is an illusion designed to provide different experiences for the purpose of learning. That of learning is to seek and become aware of the one infinite Creator, and become aware of the oneness. There are many different facets to the oneness, and you are a part of it as is the Confederation, and as we are. My sister, as we have said before, we are those desiring to serve by coming to those who call upon our services. We desire to help with those seeking and those wishing to learn.

(Side one of tape ends. Some minutes are not recorded.)

(A1 channeling)

… is very hard to give, for we do not wish to give a concrete answer because, my sister, this is what you are seeking to learn. You are seeking to learn what the creation is, and it might take the fun out of it if we tell you the whole story.

May we answer you further?

R: Well, just on your last comment, may I ask. Do you know the whole story?

My sister, no. We, indeed, are also seeking and learning. That is why it is difficult to answer the question.

R: Will this seeking and learning ever cease to be?

I am Latwii. My sister, we have a great deal of difficulty answering this, but we would wish to give our one belief, and we are sorry to say this. All things are possible. My sister, we would also like to add that at times you know as much as we do, for we all know the answers.

May we answer you further?

R: No, thank you.

I am Latwii, and we thank you for your desire to learn. Is there another question we may answer at this time?

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S: Yes. As part of our tuning we say the Lord's prayer which is a prayer to our God. Do you also have a God?

I am Latwii, and, my sister, there is the technicality of words. We choose to think of the one infinite Creator. May we answer you further?

S: No, thank you.

Is there another question we may answer?

A2: Yes, Latwii, I have one. In private meditation when I call upon you, can you help me learn to distinguish, or is there a way that I can distinguish with some better degree of certainty whether I am in actual contact with you or whether it's my own imagination running wild and having fun?

I am Latwii, and, my sister, first of all, there is just having the trust in your wild imagination, for indeed it is difficult to believe in something you cannot see, for we will not come and knock at your door and walk in your house. My sister, therefore we visit you in meditation, and we first of all would say that in calling us it might be of a good point to challenge the contact. The challenging is one where you would ask for service in the love and in the light of the one infinite Creator or where you ask for our service specifically by name in one of love, and, indeed, we shall come if desired with all barrels, and, as this instrument says, with the two-by-four effect. This is not always needed, but if this is so desired, we shall serve as asked. My sister, all that is needed is time to become familiar with our vibration, for we like to think we have a different vibration than that of Hatonn, while indeed it is rather similar, but we all have our own uniqueness and our own identity, for although you are a human being you have the loveliness of your own individual, and this is what you need to seek when desiring our service. So when we come knocking, become familiar with our vibration.

May we answer you further?

A2: Goodness, no. Thank you, thank you. That was more than I expected. Thank you.

I am Latwii, and we thank you. Is there another question we may answer?

J: Latwii, are you aware of whether or not there are a number or many, or some other social memory complexes such as yourselves and Hatonn and Laitos and Nona—those are the ones I know of—from the Confederation who would be of service to us if we knew of them and asked them?

My sister, when desiring a service, all that is needed is the mental thought of what type of service is desired, and the group which can best serve you in this manner shall answer the calling, and as in the past, to the group, many times Hatonn has done all of what you know of as a session, for their calling was more important, and was stressed more than was the calling for our service, and therefore we, in our gracious manner, allow them to have the full glory. My sister, you need not call us by name, for this is difficult for those unaware of the actual calling being made, for we are at times with groups and individuals when they are not aware of our presence, but they have made the calling.

May we answer you further?

J: No, thank you. I have a whole bunch of questions, but I can't seem to sort out one just right now.

I am Latwii and we have great patience.

S: I would like to restate J's question. Are there other social memory complexes known to you but not known to us?

I am Latwii. My sister, we apologize for not making this answer clearer. Indeed, there are other groups which are present in the Confederation which you do not know by name which indeed are serving individuals such as yourself and this group.

May we answer you further?

S: Yes, but not at this moment. Thank you.

I am Latwii. We thank you. Is there another question we may answer at this time?

J: Yes, I've thought of another question. When I get ready to drop off to sleep, I suggest to myself that I will dream, and that I will remember my dreams, and I also mention your name and Hatonn's. And I do have neat dreams, and I remember many of them. Is it true that I have an experience of being with you at some point of consciousness as I'm sleeping?

I am Latwii, and we shall not say, "All things are possible," for indeed you are already aware of this point. However, my sister, the point of dreams is one where the individual is experiencing other levels of awareness, and indeed more points are possible,

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for the individual is not encompassed in such a strong illusion.

May we answer you further?

J: Then it would be likely and be possible that I can be in touch with my higher self and my own teacher as the source of wisdom coming through my dreams? Is this true?

I am Latwii. My sister, you are very perceptive. May we answer you further?

J: No, thank you. I appreciate that.

I am Latwii, and we thank you once again. Is there another question at this time we may answer?

A2: Yes, Latwii. I have just had some clarification. As a very small child I was told that I was driving people crazy with my questions. You come to answer questions. You also stated that there are other social memory complexes, and they're there when we ask for them. I've been sensing throughout my body overwhelming verification and knowledge of where the integration that I have managed to hold on to is all *(inaudible)* without even any knowledge that you all existed consciously. I sense that I'm simply not just speaking to you, Latwii, but to all those who helped. I want to say, "Thank you very much."

I am Latwii, and, my sister, we realize you have no question to ask, but indeed you have many friends who are watching over you, who are helping you with questions, and there are many who you are not at this time fully aware of, and, my sister, we thank you.

I am Latwii. Is there another question we may answer?

(Pause)

I am Latwii, and with the silence we shall leave this group, for we are aware there are many, many questions left unspoken, but we shall be taking our leaving until called upon once again. We are with you always in the love and in the light of the one infinite Creator. We are known to you as Latwii. Adonai vasu borragus. ♣

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The Law of One, Book V, Session 101, Fragment 51

December 21, 1982

Jim: In Session 101 I got an excellent opportunity to work on my anger/frustration distortion again. This time, however, it was not pointed only at myself. This "negative wisdom" was pointed at Don over a period of two days when it was time to have Books Two and Three reprinted. Don wanted to put all of the books—one, two and three—into one book instead. It didn't matter that that was impossible due to lack of money to do it the way Don wanted to do it—typeset and hardback. What mattered was that I allowed a disharmony to result that went unresolved for two days. This became an excellent opportunity for our friend of negative fifth density to magnify the difficulty, and the means by which this was done proved to be quite interesting, especially to me, when I developed a rare kidney disease. It was called lipoid nephritis or minimal change syndrome, and soon I had gained about thirty pounds of water weight as a result of it. The last sentence in the first paragraph of Ra's response seems to us to be the key concept in this particular incident. The last two sentences in that response are interesting in their general application to all seekers.

You will note toward the middle of this session that another house in Atlanta is mentioned as a possible location for our group. We were still hoping to get closer to Don's work so that there would be less strain on him in getting to his job. Later, we found a third house which will be mentioned in Session 105, and it was this house that we eventually moved to in November of 1983.

The next to the last question concerns another instrument who had reported difficulties with her body swelling much as mine had done. Don asked if there were any way that we could give her information about her condition since we had just talked to her on the phone to compare the swelling in the ranks of our two groups. The first paragraph of Ra's response lays out the general principle which affects all individuals and groups doing work of a more intensive service-to-others nature. The second paragraph of Ra's response refers to the situation in which that particular instrument worked, but the general application of those concepts is obvious.

The combination of healing approaches found my condition in remission within six months.

Carla: *I wish you could have seen the look on Dr. Stewart Graves' face when that worthy reviewed Ra's diagnosis. He carefully looked up the known causes of Jim's variety of kidney disease, and found that insect bites and the allergic reaction to them were a rarely found but duly noted cause of the condition. In the absence of any other possible cause, it was recorded an allergic reaction. Oddly, when I experienced kidney failure as a teenager, allergic reaction was also the doctor's best guess as to cause.*

By this time, it may seem to you that psychic greetings were really occupying our time. You would be right. As Jim and Ra both say, it is easier to be noticed when you're standing in a spotlight. Metaphysically, the contact with those of Ra was a blinding cynosure. Although we continued to be obscure and completely anonymous in any earthly sense, we had become very noticeable to "the loyal opposition."

To my mind, the fatal weakness of our group was its humanity, in dealing with three-ness. Although in fact our consciously known energies were in perfect harmony and agreement, there were human distortions from below the level of conscious control, that allowed a wedge to be driven in between Don and me, so he lost faith in "us." When he began experiencing this profound depression which seemed to overtake him at a crawling, yet inexorable pace, his utter disdain for any opinion but his own did not stand him in good stead. This was the beginning of a pattern that in the end turned fatal and ended my beloved companion's life, and dear Ra's contact with our group.

Does this constitute a suggestion that a group should not work unless the energies are two-by-two, and only couples can join in? Not specifically, I do not think, but it is certainly something to ponder. Could we have done better? After years of the Joyceian "agenbite of inwit," I still do not think we could have. Our behavior was at all times a true manifestation of ourselves. In no wise did either Jim or myself ever even think to change the relationship with each other, or with Donald. And Don had ever kept his own counsel, and there was no hope that he would come to me or Jim and tell us what worries he had in his mind and heart.

Further, when any group works and lives together, regardless of whether the number is paired or singles are mixed in, there will always be human error in the manifested life of each, and to the extent that people's distortions and fears have a dynamic, there will be misunderstandings and confusion, pulling back and apart from total trust. So it behooves all those working with the light, hoping to be a positive influence on the planetary consciousness to communicate at once those fears and doubts that might pile up inside. If we had ever been able to talk with total openness, Don and I, I think I could have set his mind at ease. But Don would not have been himself if he had done so. Nor would I have been myself if I had somehow known Don was doubting my fidelity. Being within my self, I cannot imagine, either then or now, anyone thinking that I would be disloyal or untrue to any agreement. I have never done that in this incarnation.

Ultimately, one looks at such a pickle as we got into, and knows its utter perfection and inevitability. I have and will always think of Don, my B.C., every hour of every day, and his suffering is ever before me. But I no longer feel the keen sorrow that laid me low for the first few years after his death. All is well, nothing is lost. And I can feel the sun on my face this day, without the urge I used to have to stay in the shade and mourn my losses. Time has restored my broken spirit, and let my being flow sweetly and rhythmically again. And Donald is right here, within. Interestingly enough, we often get mail saying that Don has helped them, either with something from his work, or in an actual visitation. Don's great generosity of spirit, freed from the constrictive hold he had on it when alive, has overflowed into timelessness, and I think his service will continue as long as there are those who need his special brand of wisdom and depth of soul.

Ra's statement that the source of catalyst is the self, especially the higher self, is profound, I think. We always relate to the pain of new catalyst by relating to the other person as bringer of catalyst. In doing so we forget that the other is ourselves. Not LIKE ourselves, but our very hearts and souls. In this way of seeing, we can look at the fullness of tragedy in Don's and my illness and his death as the Creator serving the creator with exactly the catalyst needed for the utmost polarization in consciousness and the greatest growth of spirit. In opening his heart, Don fell ill and died, in the tradition of lost love and desperate romance that has moved us since the beginning of history. And that death was an utter giving away of self. It was as though Don finished everything else he wished to do in life, and then took on the personal reason he had come to earth's physical plane: the opening of his heart. He was so very wise—and with the sacrifice of self in the most brutal, literal sense, that wisdom was balanced fully with compassion and open-hearted love.

As for me, I cannot fault the path that stubbornly sent my soul to batter against the walls of self until I at last began struggling to express wisdom as well as love in my life. Such were our gifts to each other; such are the currents between us all.

Since Ra gave us the cleansing ritual referred to in this session, I've seen it used several times by those who have come to L/L Research, and in every case it seems to have

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been quite useful. I think that doing some sort of cleansing of a new place is a good metaphysical habit, for people do leave behind the thought forms' traces imprinted on the aura of the places they have been, especially those they've stayed in for considerable time. And even when the vibrations are basically good, they might not harmonize completely with your own. So it is good to magnetize the place for your own uses, even if all you do is burn sage, or say a prayer of dedication. The world of spirit has much to do with us, though we cannot in most ways know or see such influence. Offering that part of things respect is wise.

Session 101, December 21, 1982

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. All energy levels of the instrument are somewhat diminished due to the distortions of physical pain and recent mental/emotional catalyst. However, the energy levels appear to be very liable to be improved in what you call your immediate future.

Questioner: Thank you. What has caused the swelling in Jim's body, and what can be done to heal it?

Ra: I am Ra. For the answer to this query we must begin with the consideration of the serpent, signifying wisdom. This symbol has the value of the ease of viewing the two faces of the one who is wise. Positive wisdom adorns the brow indicating indigo-ray work. Negative wisdom, by which we intend to signify expressions which effectually separate the self from the other-self, may be symbolized by poison of the fangs. To use that which a mind/body/spirit complex has gained of wisdom for the uses of separation is to invite the fatal bite of that wisdom's darker side.

The entity has a mental/emotional tendency, which has been lessening in distortion for some of your space/time, towards negative wisdom. The entity's being already aware of this causes us not to dwell upon this point but merely to specifically draw the boundaries of the metaphysical background for the energizing of a series of bites from one of your second-density species. In this case the bite was no more than that of one of the arachnids, sometimes called the wood spider. However, it is possible that were enough work done to test the origin of the pathology of the entity, it is within possibility/probability limits that the testing would show the bite of the cottonmouth rather than the bite of the common wood spider.

The energizing took its place within the lymphatic system of the entity's yellow-ray, physical body. Therefore, the working continues. There is increasing strain upon the spleen, the supra-renal glands, the renal complex, and some possibility/probability of difficulty with the liver. Further, the lymphatic difficulties have begun to strain the entity's bronchial system. This is some general information upon what is to be noted as a somewhat efficient working.

The removal of these distortions has several portions. Firstly, it is well to seek the good offices of the one known as Stuart so that harsh chemical means may be taken to reawaken the histaminic reflexes of the entity and to aid in the removal of edema.

Secondly, we suggest that which has already begun; that is, the request of the one known now to this group as Bob that this entity may focus its aid upon the metaphysical connections with the yellow-ray body.

Thirdly, the entity must take note of its physical vehicle's need for potassium. The ingesting of the fruit of the banana palm is recommended.

Fourthly, the link between the swelling of contumely[3] and the apparent present situation is helpful. As always the support of the harmonious group is an aid, as is meditation. It is to be noted that this entity requires some discipline in the meditation which the others of the group do not find necessary in the same manner. Therefore, the entity may continue with its forms of meditation knowing that each in the group supports it entirely although the instinct to share in the discipline is not always present. Each entity has its ways of viewing and learning from the illusion, and each processes catalyst using unique circuitry. Thus all need not be the same to be equal in will and faith.

Questioner: Thank you. I will make a statement about the way I see the action in this instance and would request Ra's comment on it. I see the present

[3] contumely: insulting rudeness in speech or manner; scornful insolence; an insult, or an insulting act [< OF *contumelie* < L *contumelia* reproach]

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situation as the Creator knowing Itself by using the concept of polarization. We seem to accentuate or to produce catalyst to increase the desired polarization whether the desired mechanism be random, through what we call the higher self, or through utilizing the services of an oppositely polarized entity acting upon us. All of these seem to produce the same effect which is more intense polarization in the desired direction once that direction has been definitely chosen. I see the catalyst of the second-density insect bite being a function of either or any of the sources of which I have spoken, from random to the higher self or polarized services of negative entities who monitor our activities, all of which have roughly the same ultimate effect. Would Ra comment on my observation?

Ra: I am Ra. We find your observations unexceptional and, in the large, correct.

Questioner: In this particular case, which avenue was the one that produced the catalyst of the bite?

Ra: I am Ra. The nature of catalyst is such that there is only one source, for the catalyst and experience are further attempts at specificity in dealing with the architecture of the unconscious mind of the self. Therefore, in an incarnational experience the self as Creator, especially the higher self, is the base from which catalyst stands to offer its service to the mind, body, or spirit.

In the sense which we feel you intend, the source was the fifth-density, negative friend which had noted the gradual falling away of the inharmonious patterns of the distortion called anger/frustration in the entity. The insect was easily led to an attack, and the physical vehicle, which had long-standing allergies and sensitivities, was also easily led into the mechanisms of the failure of the lymphatic function and the greatly diminished ability of the immune system to remove from the yellow-ray body that which distorted it.

Questioner: Something occurred to me. I am going to make a guess that my illness over the past week was a function of an action by my higher self to eliminate the possibility of a residence in the proximity of a large number of bees that I observed. Would Ra comment on my statement?

Ra: I am Ra. We can comment, not upon the questioner's physical distortions but upon the indubitable truth of second-density hive creatures; that is, that a hive mentality as a whole can be influenced by one strong metaphysical impulse. Both the instrument and the scribe have the capacity for great distortions toward nonviability, given such an attack by a great number of the stinging insects.

Questioner: Are the thought-form parameters and the general parameters of the 893 Oakdale Road address in Atlanta such that no cleansing would be necessary, if Ra has this information?

Ra: I am Ra. No.

Questioner: Would cleansing of the nature suggested for the other house just south of the airport in Atlanta be advisable for the 893 Oakdale Road address?

Ra: I am Ra. We note that any residence, whether previously benign, as is the one of which you speak, or previously of malignant character, needs the basic cleansing of the salt, water, and broom. The benign nature of the aforementioned domicile is such that the cleansing could be done in two portions; that is, no egress or entrance through any but one opening for one cleansing. Then egress and entrance from all other places while the remaining portal is properly sealed. The placing of salt may be done at the place which is not being sealed during the first of the cleansings, and the salt may be requested to act as seal and yet allow the passage of gentle spirits such as yourselves. We suggest that you speak to this substance and name each entity for which permission is needed in order to pass. Let no person pass without permission being asked of the salt. This is the case in the residence of which you speak.

Questioner: Thank you. Could Ra give information on any way that we could give information to (name) as to how to alleviate her present condition of swelling?

Ra: I am Ra. We may only suggest that the honor of propinquity to light carries with it the Law of Responsibility. The duty to refrain from contumely and discord in all things, which, when unresolved within, makes way for workings, lies before the instrument of which you speak. This entity may, if it is desired by the scribe, share our comments upon the working of the latter entity.

The entity which is given constant and unremitting approval by those surrounding it suffers from the loss of the mirroring effect of those which reflect truthfully rather than unquestioningly. This is not a

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suggestion to reinstate judgment but merely a suggestion for all those supporting instruments; that is, support, be harmonious, share in love, joy, and thanksgiving, but find love within truth, for each instrument benefits from this support more than from the total admiration which overcomes discrimination.

Questioner: Thank you. That was the forty-five minute signal, so I will ask if there is anything that we can do to make the instrument more comfortable or to improve the contact?

Ra: I am Ra. We find that this instrument has used all the transferred energy and has been speaking using its vital energy reserve. We do suggest using the transferred sexual energy to the total exclusion of vital reserves if possible.

The alignments are as they must be for all to continue well. We are grateful for the conscientiousness of the support group.

I am Ra. I leave this group glorying in the love and in the light of the one infinite Creator. Go forth rejoicing, therefore, in the power and in the peace of the Creator. Adonai. ♣

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Saturday Meditation
December 25, 1982

(Unknown channeling)

[I am Hatonn.] I greet this group in the love and in the light of the infinite Creator. We thank you for the privilege of requesting our words and we thank each for the care taken to tune to our vibrations, so that we may speak as clearly as possible *(inaudible)* one original Thought.

We had wished to speak through the one known as Don, as this instrument is fatigued. But [we] find that this instrument is also fatigued and *(inaudible)*.

As this instrument opens its inner ears to our thoughts it discovers the beating of wings and the experience of clouds of *(inaudible)*. When we speak of love, we speak of something exceedingly simplistic. That is, one thing from which all depends. The one original Thought of the infinite Creator has been called logos and love and we say to you that you may find it in diverse places, in all manner of situations *(inaudible)* in the sanctity and peace of your conscience or in the noisy humdrum of the daily routine.

Within that daily routine there are many, many chances for the seeker to feel isolated and alienated in the illusion which surrounds [him]. How many times on this holyday, as you call this day, have you felt in full strength the power and the inevitability of the one original Thought? How many times have you centered yourself within the Creator? It is difficult to imagine turning yourself towards the Creator, as you may find the Creator in any quarter within, without, north and south, east and west, in the faces of strangers and of the most dearly beloved. And yet the Creator's original Thought is most often missed even upon the feast celebrating the growth of the spirit, a spirit new within you, new, indeed, each day as each day you turn towards that Creator, that original Thought of love, and offer that day, that moment, to the service of the Creator, to the service of the Creator in others and in yourself.

Your lips have moved many times this day. How many times when they moved has the intention been to aid in the spiritual evolution of yourself or another?

We ask these questions to strip away a veneer of old and tarnished myth and legend and destructive distortion surrounding that which is needed to nurture your own evolution of mind, body and spirit. What you seek in rock or star or word or sign may far more fruitfully be sought within the confines of the meditation and within the recesses of *(inaudible)* heart that *(inaudible)* the channeling of that one great Thought of love through the self to those about you.

In order to set about the business of seeking and to continue when the way seems steep and *(inaudible)*, you have provided yourselves with a host of angelic presences, with those of light vibration who support each loving thought and each caring action. You may be solitary from men, but you shall never be solitary from the grace and the consolation of those messengers who serve the Creator by caring, in sympathy and in like mind, for all those who desire to become a transparent being full of the light and the love of the Creator. In your meditations, in your actions, you are not alone, unless you choose to shut the door upon many and many who love in the name of the Father.

Due to the fatigue of this instrument we shall allow this contact to be relatively brief. We thank this instrument for making itself available.

You know us as those of Hatonn. We are always available to aid you in the deepening of your meditative state. Please remember that we are but fallible brothers and sisters. Our thoughts are shared freely [but only] with the understanding that we have no claim to infallibility. Therefore, take what you can, take what is of aid and dismiss the rest, for we wish to aid you, not confuse you; to inspire you, not cause you a stumbling block.

We leave this instrument in the love and in the light of the one infinite Creator. Adonai vasu borragus.

(Pause)

(Unknown channeling)

I am Latwii, my friends, and I greet you in the love and in the light of our one infinite Creator. It is once again our great privilege to be asked to join this group. It is our humble hope that we might once again be of some small service by attempting to answer those queries which you have this evening. Therefore, may we ask for the first query?

Questioner: I would like to know if I am doing the right thing by starting this church, and if it will go through as I am hoping?

I am Latwii, and am aware of your query, my brother. We find in a query of this nature that we must be general in responding for were we to give information of a specific nature which affected your future, then we would be removing the doubt which has the valuable service of preparing your will for that task which you propose.

As a general response, therefore, let us say that to look within the heart for the deepest service possible and to meditate upon the carrying out of those heart's desires is that which is the most helpful to the seeker of truth. If you look within your being and ask what can be done, and wait then for that portion of yourself which has all answers, then it shall be revealed unto you the path which is most helpful to tread. Remove from your being fear that you shall fail and go forth in the glorious light and love of the one Creator that exists at the center of your being.

You may not accomplish those things which you set before yourself in precisely the manner which you have arranged them. This is not to say that you shall fail, for there is not such concept to one who seeks the truth. The will of the one Creator moves in ways which are most mysterious to those upon your planet, for you exist within a veil of forgetting. But know ye that ever do you glorify the one Creator when you seek to know the truth and to serve in the purest manner possible.

May we answer you further, my brother?

Questioner: Should I change in what … in my striving, in the direction I am going? Is there any reason why I should change in what I am trying to do?

I am Latwii. My brother, once again we find the necessity for speaking in general terms. For us to advise a change in the path which you tread would be exercise an undue influence upon your free will. We ask only that those such as yourself who seek to be of service be ever aware that service is ever present. Your journey shall be full of change but always shall it contain service, for there is only one being of which you are a part. Therefore, there can only be service to that one being who is the Creator within.

May we answer you further, my brother?

Questioner: Thank you, Latwii.

I am Latwii. We are most grateful to you, my brother. You do us a great honor by asking our humble service. In such a manner do we learn more of the light and the love of the one Creator.

May we ask at this time if there might be another question?

Questioner: *(Inaudible)*.

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I am Latwii. We thank each present for allowing us to join our vibrations with yours this evening. An evening which is most holy among your peoples. An evening which expresses and experiences the love of the one Creator in a way which is most joyful upon your planet. We remind each that a simple request for our presence in your meditative state is all that is necessary for us to join our vibrations with yours and to deepen your meditative state.

We shall now leave this group and this instrument, rejoicing in that love and light and that unity of the one infinite Creator. Blessings and peace. I am Latwii. Adonai vasu borragus. ♣

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Sunday Meditation
December 26, 1982

(S channeling)

I am Hatonn, and am now with this instrument. We greet you, our friends, in the love and light of the one infinite Creator and are greatly pleased to be called to you this evening to be of what small service we may be. We have been enjoying your friendship, the love you have shared. We have been watching at this time of year you call Christmas. The love that has been shown upon your planet is great indeed. For as the time of harvest grows nearer, my friends, more and more of your people will come to know of the love and light of the infinite Creator. It is ones such as yourselves that dare to let the light shine that is within you and to draw others to the light, to what we believe is the path, the shortest path to the final goal of the one original Thought. There is much upon your planet at this time which may cause disturbance among you should you dwell on those things. But, my friends, there is also much, much happening that should cause great joy in your hearts and your souls and your minds. Look about you, my friends, at the love that has been displayed, that has been showered upon you, with a heartfelt hug from a friend, with a glance that is full of love and sharing of two souls. My friend, these are the things that should occupy your minds, for when one loves, that love can do nothing but grow and grow. At this time we would transfer this contact. I am Hatonn.

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you again. The love during this time of your year is at a level rarely reached. Many at this time feel that special need to quietly give of themselves without thought of reward or of the return of love. The shining of your light, the giving of your love does not need an audience or conditions, for as you celebrate the birth of the one that your peoples see as the ideal of love and light, never—correction—the one known as Jesus, that many use as their ideal, refrained from showmanship, came quietly and humbly into your world and reached and touched in silence and gave [up] the thought of reward for himself. Each time that you reached out and gave of yourself the light shone that much brighter. My friends, your light, the light of your fellow beings, glows warmly at this time. Your planet feels the healing love and responds. It would be well if the feelings of love could continue at this level. For at this time in your illusion there is much need for love and light. Much healing needs doing and can be done. So if you would, allow your light to shine and reach out quietly to those around you. A quiet touch, the gentle hug, the loving look, the acceptance, all aids your peoples and your planet. We join with you and

pray. I am Hatonn. I leave you now in the love and the light of the one infinite Creator. Adonai.

(M channeling)

I am Hatonn, and am now with this instrument. I greet you with the love and the light of the infinite Creator. At the time of year on your planet when your people think of the Christ who rose, realize that you too can rise. Second-density entities are earthly. They think mainly of their immediate environment. Think how wonderful it is that you can see the sky and the sun and the moon and realize that in no sense are you bound to the earth. Your soul and your mind can soar. Many people who think they are free are in prison and some people in prison are free because their soul and their mind is not limited. Open the gates and all eternity is within your grasp. Then you will be able to leave this third density. Prepare yourself to expand your soul and your mind and see the beauty of eternity. Think how sad it would be if you always had a roof over you and could never see beyond the earth. When you become too involved in earthly things, go out and look at the sky. Look at the sun come up; watch the sun go down. Look at the moonlit night. If you appreciate these things, you will never be in prison. Your soul will soar forever. I am Hatonn. I leave this instrument.

(Carla channeling)

I am Oxal, and I greet you, my friends, in the love and in the light of our infinite Creator. We thank you for the privilege of sharing with you concepts related to those subjects so familiar to you having to do with the birth of the one you call Jesus. We would like you to consider the passage from your holy book, the Bible, which speaks of the Word which was made flesh and dwelt among you. It then compared that happening to the light that shines in darkness. The darkness does not know the light, but it cannot overcome the light. There is much to consider in these phrases concerning each entity's spiritual birth within incarnational experience. Each at some point within the incarnation consciously chose to be born in spirit or each would not be within this circle. For we are called by a harmonious and unified circle of those who seek. In the same sense that the light came into the darkness does the spiritual self consciously come into being within, that manifestation of being which is each entity within the illusion. And so each of you experienced the conscious acceptance of a portion of the self being born that was not there before and that is to the remainder of the conscious self as a light in the darkness. Further, the incarnational experience within the illusion is designed to challenge that light. Growth of the light does not occur except by intent. It may not be the conscious intent to grow spiritually. It may simply be the dogged intent to survive without harming another. Many are the souls that have been harvested whose concept of the truth was never articulated, yet whose lives became radiant because the light shone in the darkness and the darkness could not overcome it. When each period or portion or phase of the spiritual or metaphysical journey commences, turn again to the experience of the one known as Mary, the mother of Jesus. Each mother physically experiences the nurturing of that in darkness which will be delivered forth into the light. However, when viewed in the spiritual or metaphysical sense, you may see this deliverance as one which is pondered, as it is written in the same holy work, in the heart as you nurture your own infant spirits, and indeed, each new phase of our journey renders you an infant again, it is well to ponder all things in your heart. For yours is the responsibility for your spirit and some care may well be taken, therefore. It has been written, although mythically rather than literally, that the one known as Jesus was forced to flee to the desert as a young child to escape death at the hand of that which may be called a negative influence. Have you given yourselves time and place for constant spiritual birthing and then careful nurturing in the desert or dry place where all things may best be made plain within while remaining secret from the external illusion? The external illusion challenges each entity in its journey constantly. Therefore, a portion of this holiday or holy day which you know as Christmas may well be devoted to the consideration of these movements or dynamics in the life of the growing spirit within. That which comes from you must needs first come to you. The desert is the perfect sequel to the poverty and simplicity of the manger. In all humility console yourself in secret as each new phase of being begins its development. And only when it can stand and walk within you may you then go forth in the manifestation of illusion and speak of those things which you have realized. We are with you as you continuously begin a great story of birth and death and transformation. May your learning be filled with light. We can only give you

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our opinion that darkness shall never overcome that light. But that opinion we do give. Arise and shine in good time and know that you are not in any sense alone. For all who seek, seek one thing. All are one thing. In the beginning was love. What is your incarnation? Love. How may you manifest it? That, my friends, is worth some work. I am Oxal. I leave you in the love and the light of the one infinite Creator. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in love and light. We are privileged once again to be able to join your group. We thank you for extending this invitation to us this evening. May we ask then if there might be a question with which we might begin our humble service?

S: Yes, Latwii, I have a question. What can you tell me, if anything, of the phenomenon known as twin souls?

I am Latwii, and am aware of your query, my sister. We find that this term and others among your peoples has become somewhat overworked, shall we say. There are among those who seek the truth many concepts which fascinate the mind. The very seeking of truth opens new vistas and presents the mind with information and experience of such a revolutionary nature, shall we say, that often it is difficult for the seeker to discern those concepts which have merit from those which merely attract attention. The concept of the twin soul, soul mate, and twin flame or twin ray is a concept which has some basis in what you may call fact, but which offers little of value in the seeker's experience. Though there are entities who have from the great reaches of time and space as you know them come into the earth planes as groups and even as a type of mate, there is, in our humble opinion an overemphasis upon such a phenomenon to the point where the searching for one's, shall we say, other half becomes a replacement for the searching for truth. Therefore may we say that such phenomena do exist, yet are quite insignificant when viewed in relations to the purpose for such incarnation.

May we answer you further, my sister?

S: No, thank you, Latwii.

I am Latwii. We are most grateful to you, my sister. May we attempt another query at this time?

K: Yes. What can you say about an entity or entities in general who are almost incapable of making decisions. Even the decisions that really demand attention. What I'm asking is, is development stunted, or why do some entities have such difficulty in making decisions?

I am Latwii, and am aware of your query, my sister. As with any distortion which any entity may express, the causes are not only many, but often complex in number. For example, an entity may have the difficulty in deciding due to some blockage within the entity's energy centers having to do with clear perception of the self or other selves and the relationship between. Another entity may also experience a difficulty in making the decision because of a great desire never to infringe upon another's free will, yet see the great difficulty in achieving this high ideal and moves not, that it may not infringe. Yet another entity may suffer the difficulty of making decisions because of the ability to analyze having been, shall we say, hampered or hindered in early incarnational experience so that the information necessary to the mind for action is slow in accumulation. Another entity may feel the paralysis of non-movement of difficulty in decision making as a portion of a process of balancing actions at another time which moved with too great a speed, shall we say, and with carelessness. Therefore it is not easy to discern which situation has resulted in the inability to make the decision. We hopefully have not been unable to make a decisive statement.

May we answer you further, my sister?

K: No, thank you. You've covered a lot of territory and I thank you very much.

I am Latwii. We thank you, we think. May we have another query at this time?

Carla: I'm not sure. (That's a joke …)

We are uncertain, as to whether to laugh.

Carla: I have a question. I hardly know how to put it, but I know everybody has these experiences. I just had one where I was utterly unable to like a fellow human being. I was perfectly willing to love him, but the guy was beyond me to love …

(Side one of tape ends.)

Carla: … these characters as I'm looking at myself in the mirror. My problem here is I can't figure out what portion of myself I dislike. Because my whole

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reaction to this person's vibrations, even on the telephone was panic, basically, I wanted to get away. What's occurring in these unfortunate circumstances and what is there to learn?

I am Latwii, and am aware of your query, my sister. Again there are numerous points to consider. One may indeed look at such an entity and see those facets of the self which do not well reflect, shall we say. If an entity is too boisterous, is presumptuous, makes statements of arrogance, one may see that one is unable to accept such facets of the self. But it is also the case that an entity which has developed such characteristics to the extent that mastery, shall we say, of them has been achieved, an entity may develop the type of being which is indeed a vexation to a gentler spirit. As the pond in stillness lies without a ripple on its surface, the stone when thrown into the pond causes the disruption which does distort the beingness of the pond. As you look at an entity such as the one which you have described, you may see the entity as offering a very great amount of what you have termed catalyst. The amount may be in such degree that the very heart of the being which is yourself is much disturbed, as one could well expect from an overstimulation of this nature.

May we answer you further, my sister?

Carla: What is there to learn?

I am Latwii. As always, my sister, the lesson to be learned is some aspect of love and acceptance. It may be, however, that the love to be learned may have an aspect of wisdom connected to it. That is, how best to love such an entity. It may be that to love such an entity in the most helpful way to that entity would be not the simple acceptance of every portion without comment, but the gentle directing of love in a manner which would attempt some form of sharing the self as an instructive technique so that the entity might know that as you accept it, you also have responses that are somewhat disturbing that you wish to share so that the entity might know that it is being perceived in such and such a manner by yourself as you love to the best of your ability.

May we answer you further, my sister?

Carla: M was talking earlier about not throwing pearls before swine and giving back the reflection of what she received. And this is basically what I'm hearing you say. The thing that bothers me about that is that I personally would prefer not to give my opinion of a person regardless of how much the person bothers me unless the person asks me. Is that a distortion that I would be better off leaving in the closet? Is it better to go ahead and be outspoken when another person is outspoken, in other words be a reflection of whatever you're receiving? It seems to me that sometimes to give what you get is the pits because what you're getting is not wonderful, or it's not positive, is not helpful. Is there a question in there?

I am Latwii. We feel we have discerned your query, my sister. We do not mean to suggest by our previous statement that you reflect to such an entity that which you are receiving, for to do so would be to put yourself at the mercy of any entity of any nature which approached you. The great lesson of your density is the lesson of love, acceptance without condition. You spoke as to the lesson which could have been learned with this particular entity. We spoke of a refinement to the lesson of love, that being the inclusion of a portion of wisdom with that love. The way of wisdom is to speak clearly and honestly without a dedication to the outcome, only wishing to speak clearly. Therefore, it is possible to refine the lesson of love with such an entity, and we stress "refine," which suggests that you do indeed accept such an entity fully. And this refinement may take the form of speaking in a manner which is most delicate, that is, speaking to what is perceived as a stumbling block, shall we say, that the entity may not be aware of. This is not judgment. A simple discernment instead, which offers on the, shall we say, on the outstretched hand of love the morsel of wisdom which is given in love and suggests a refinement which may be helpful to the entity. This, of course, is most helpful only when asked, and in this case we note there was no such request. Therefore it may be that such refinement would not be possible. In any case, the refinement is offered only when asked, and is freely offered with no dedication to its acceptance, no, shall we say, argument of its good points; the simple expression given and whether it be received or rejected being considered unimportant.

May we answer you further, my sister?

Carla: No, thank you. Thank you very much.

I am Latwii. We thank you. Is there another query at this time?

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M: Yes. Maybe this is the wrong approach to life, but I've often found people who throw tension at me. When I throw it back at them, as they throw the ball to me and I throw it back, they will comment on my tension and I will say I've just thrown the tension back that you threw at me, and sometimes I think they learn by the reflection of themselves in me. Is this wrong?

I am Latwii, and am aware of your query, my sister. Again we assume you are aware that there are no wrong actions. The action of which you speak, as all actions, will teach a certain lesson to a certain entity in a certain degree of efficiency. You may do whatever you wish and be aware that service is offered, for there is no way that one may not be of service. As you move through your incarnation you will discover various ways of increasing the efficiency of your service as you become more consciously aware of the effects of your thinking upon your experience.

May we answer you further, my sister?

M: No, I think that was very helpful. But I do have a question that's not philosophical. I have weird experiences on occasion, and this is a sample of it. My daughter and I were in the car Thursday and we were stopping someplace and I said to my daughter, "Do you smell gasoline?" She said, "No, I don't smell a thing". I said, "I smell it, it's gasoline." She said, "I don't smell a thing." So that I was positive it was gasoline, I was trying to figure out how I could smell it in the car, and then I said to myself, "Oh, I got gas an hour and a half ago, and I bet I left the gas cap off." And so, she got out of the car and looked and the gas cap was off and I went to the gas station and picked up the gas cap and went on. Now why did I smell that gasoline and she didn't? From where did I get that smell? Because she said there was no smell in the car.

I am Latwii and am aware of your query, my sister. To simply say that your senses are more acute than those of your daughter is not completely accurate. For in such an instance, not only the sense of smell may be involved, but also what might be described as the sense or awareness of things as they should be. It might be that your sense of responsibility for the well-being of your journey, your daughter, and the vehicle had been alerted by the subconscious noting of the gas cap's omission and this therefore became the primary stimulus for the remembering analogy through the olfactory senses.

May we answer you further, my sister?

M: No, I don't completely understand you still, but I think that's a good answer. Thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

K: Yes, right along the line that M has mentioned about the gas cap, I've always facetiously and yet with some sincerity said, "Well, that's just my guardian angel watching after me." And I've always said that and essentially it is, I'm assuming the subconscious mind perceiving what the conscious mind does not perceive. Is that right?

I am Latwii. In some cases, my sister, this is correct. But it must also be noted that indeed those beings which you may describe as guardians or guardian angels do have their effect and do communicate certain thoughts at the appropriate moments. It is not usually possible to discern whether the thought has come from the subconscious or from such a guardian. Both are often utilized by the higher self to relay messages from the higher self to the incarnated self which moves in the illusion.

May we answer you further, my sister?

K: Well, no that explains a lot of riddles in my life because I never worry about what's going to happen to me when I go out because I always think that guardian angel is there, so in truth, that guardian angel is there! Okay, that's fine. Thank you. Let me go back to this other idea and just see if I can clarify this a little bit. In the earlier conversation I said that I had my description of love, at least the way I perceive it at this point. Love is unconditional acceptance of another entity, making no demands on his behavior or what he does. And I find sometimes that this is very much like, well, indifference, at least I don't hurt him and he doesn't hurt me, regardless of what has been said or done. Now, is that concept of unconditional acceptance and indifference, are those concepts opposite to each other or are they about the same? That's a pretty awkward way to say it, but it's the best way I can say it right now.

I am Latwii, and am aware of your query, my sister. The effect of both of these concepts is quite similar in that the entity feeling either the indifference or the unconditional love does not have a response that

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could be considered in a significant distortion. In other words, the actions of the other self do not generate within the one feeling the unconditional love or the indifference an emotion which moves the entity from the center of self. Yet the entity feeling the indifference has some portion of the self which has been held in reserve, shall we say. This holding of the self in reserve is a slight distortion of the inner being which therefore requires the balance, the balance being the releasing of the self which has been held that it might be expressed. The entity expressing the unconditional love has no action within that is held, but allows the free expression of the compassion similar to that which one might feel for the newborn infant in its innocent actions. Such an infant is easily seen as worthy of unconditional love. When one can feel such, shall we call it, emotion, for any entity at any time for any reason, then that balance of unconditional love has been achieved.

May we answer you further, my sister?

K: No, I believe that answers the question. Thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

Carla: Could you say that indifference was quite a bit like unconditional denial or rejection?

I am Latwii, and am aware of your query, my sister. Such terminology suggests the addition within the entity experiencing such a condition of a somewhat negative concept. This is quite possible. To exist—we correct this instrument. It is possible for such to exist within an entity, that is, that the indifference is distorted towards rejection. It is also possible that the indifference would not have such a distortion. It would be necessary to look at each particular case as an individual situation.

May we answer you further, my sister?

Carla: No. I don't want to get into semantics. It's just, I have noticed previously sometimes that when people are really angry with you, it's basically a distorted expression of love. But when you're looking at blank indifference, you're really looking at unconditional denial of your being practically. Not that it's a negative denial, it's just that you don't exist. And it's far harder to deal lovingly with that sort of a person or to make some kind of a communication with that kind of a person than to deal with a person who is honestly upset with something that you've said or done or if there's a problem of communication because of the fact that anger, even though it seems like a negative thing, usually comes out rebounding into a very positive thing, whereas indifference doesn't have much of a snap to it.

I am Latwii. To comment upon your comment. We may suggest that it is most difficult for indifference to be pure, shall we say. It is most often the case that as you have stated, the indifference is the perimeter of rejection and must first be penetrated before the truer feeling of the heart is known. Indifference is an—we correct this instrument—indifference is a state of being which is most difficult to achieve and maintain for it is the natural inertia or character, shall we say, of one's being to respond in some fashion to those experiences and entities which surround one, thereby the use of catalyst is greatly facilitated. Whereas if indifference truly exists, then the use of catalyst is greatly hindered and in the case where true indifference is felt, the use of catalyst is zero.

May we …

Carla: Thank you.

We thank you, my sister. Is there another query at this time?

K: Yeah. I don't want to beat a dead horse, but let me see if I can clarify this maybe for all of us. Particularly for me. I've worked in lots of situations in life that could have torn you apart; you do have to try to protect the self or you get in as bad a state as the people you work with. And when I talk of unconditional acceptance, that's what I mean. They have a right to be as ornery as all get-out from my point of view. Or they have a right to do this or that which is totally opposed to the way I think it should be done. But when I'm talking about indifference, I'm talking about stepping outside of the situation and letting the situation be. If there's nothing I see I can do, then from my point of view, it's just smart to step out of and recognize the fact that you really can't help it very much. Now from that point of view, [that] is what I'm talking about when I say indifferent. I am indifferent because I don't see anything I can do to help the situation. Now in that context, it seems to me that indifference is in a sense a caring thing. Is that right?

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I am Latwii. In this instance we find that the word indifference is not the correct description for the situation, for where caring exists there is not the indifference. If you have removed yourself from the situation which you do not feel you may affect, then you have in some degree built a perimeter, shall we say, around your caring, yet the caring exists. And should the situation change sufficiently, you may once again remove the perimeter and exercise the caring. Whereas if true indifference existed, there would be no caring to generate the future action.

May we answer you further, my sister?

(Inaudible)

I am Latwii. We thank you. Is there another query at this time?

M: Yes, I have one. I want to beat the dead horse a little more. To me, love is where another human being brings out the best in me, positive responses, whether they feel the same way about me or not. If I love them, then they bring out positive response in me. Or, if it's both ways, if two people love each other, they bring positive responses in each other. Is that a definition of love?

I am Latwii, and am aware of your query, my sister. One may define any emotion or term in any way as most entities, of course, do. The bringing out of the best in another may be seen as one portion of love, that being the inspirational quality, yet one may see that the action called loving may also include the ability to accept the worst in another with the same degree of enjoyment, shall we say, that the best qualities are enjoyed.

May we answer you further, my sister?

M: Yes, I'm a little confused. Do you mean that I would love a person that was extremely unpleasant, and consistently extremely unpleasant, that that would be a person that I would especially love?

I am Latwii. We have attempted to suggest that within the boundaries of love, as defined, there are indeed no boundaries. By this paradox we mean to suggest that love is exercised by one who loves toward the object of love no matter what expression the object of love has created. The child eating the bowl of soup may spill the soup and create the mess, yet receive love. The child may simply sleep and yet receive the same love. The child may injure the playmate, yet receive the same love.

May we answer you further, my sister?

M: Well, I'm not sure I exactly … I can understand loving something in a person who could do no better, such as a child. But say a person was very vicious, I would find that difficult to love them in the same sense that I would love a person who was kind and considerate. What is your opinion of that?

I am Latwii. In our humble opinion, my sister, each entity is but a child. For the child on your planet is seen as one small in experience, not aware of the total ramifications of each and every action. Yet the child grows and becomes what you people call an adult but this does not mean that the entity knows whereof it acts. The one you have called Jesus, while upon the cross, prayed to the one Creator that it should forgive those about it, for they knew not what they did. Yet were they not adults? Each upon your planet is but a child in the great search for truth and when one looks at each entity traveling that path, that journey of seeking, one can see the many ways that the ignorance is expressed. And even that entity which you may call vicious does not yet know the full import of its actions, but shall someday know them and shall make a balancing action that all shall be made whole. And it shall itself see the child within, always seeking, yet never fully knowing. Thus the child moves forward that it might know the light and grow more fully into it.

May we answer you further, my sister?

M: Yes. I can understand that you should love all other selves, but what I was meaning was that there are a few people that you come in contact with who do inspire you and who seem to bring out the best in you. And everybody can't do that. So there are a limited few people about who you can say, "I particularly love that person." Now, I don't mean that you don't love everybody, your other selves in the larger sense, but don't most people have a certain number of people that bring out the best in them?

I am Latwii. This, my sister, is correct for most entities, for there are a few, shall we say, easy questions on every test. May we answer you further?

M: No. I think you've answered me very well.

I am Latwii. We hope we have been of some small service. May we ask if there might be another question at this time?

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Carla: Thanks, Latwii. I thought that your answers were especially inspirational.

K: Does the instrument have enough energy to answer another question?

I am Latwii. We believe that there is sufficient reserves for another query at this time.

K: I wanted to ask a question about the harvest. It seems that many, many people just by listening to the TV are aware that something comparable to a harvest is near. Before the harvest, do the people on the planet have to go through great catastrophes of, well, say, floods and famines and all that sort of thing, earthquakes, etc., etc.? Before the harvest do all of these, will all of these things take place?

I am Latwii, and am aware of your query, my sister. Returning to our analogy of the test. When the student has prepared itself over the long period of the course in a sufficient manner, it is not necessary as the final testing approaches to engage in the last minute, shall we say, cramming in order that the exam which approaches might be passed. Upon your planet there has been much procrastination, shall we say. The harmonizing of the vibrations of the entities who have populated your cultures in the history of your planet is a record of a difficult progression and somewhat inefficient learning of the lessons of love. Those incarnate upon your planet at this time have the opportunity of taking this final exam under conditions which most likely shall approach those which you describe due to the difficulty experienced throughout the major cycles of your planet. The difficulties shall add to the opportunity of graduation much like the student remaining awake the night before the exam for long hours going through the grueling process of covering that material which had previously been omitted and under such stress attempting then to present itself in such a manner at the time of examination that the examination is passed. Whereas if the entity had been more attentive to the requirements of the course over the longer run, the final examination would not be so traumatic.

May we answer you further, my sister?

K: No, I believe that answers it.

(Tape ends.) ♣

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Sunday Meditation
January 2, 1983

(M channeling)

[I am Hatonn,] and I am now with this instrument. I greet you with the love and the light of the infinite Creator. As this instrument likes philosophy, I would like to stress the point of one person. No one person goes down alone. The people who dislike him or the people who hate him feel justified in their feeling, and they go down too. The people who love him are diminished, and even casual acquaintances, people who only see him pass and never speak to him, have a less interesting environment. Part of them go down with him. And if a man goes up he does not go up alone. People who dislike him or hate him cannot justify their opinions. His friends are inspired by him, and people who see him pass are enriched. No man is ever alone. Do not say, "Well, it was only one man," because it is never only one man. I am Hatonn. I leave this instrument.

(Carla channeling)

I am Hatonn, and I am now with this instrument, and we have for some time called, "Wait-a-while," for this instrument always says "Wait a while" when we attempt to contact this instrument. However, we find that there is a request from each of the other instruments that this instrument be used for some of your time and so we shall use this instrument [a little while]. We greet you once again in the love and in the light of the infinite Creator. We wish you blessing and glory and peace. It has often been said among your peoples, "Wishes are not worthwhile. Wishing is not substantial." And, my friends, it is this point of love to which we would speak this evening.

What a great invisible web there is that contacts all that there is, but in your density especially what a great connection there is betwixt each entity upon your planet. The one known to you as Jesus suggested that if an entity fed or visited or aided another entity, even one which was looked upon as not important, the entity was feeding or visiting or aiding the Creator. That is your unity, that is your reality. You are one, my friends, because you are all the Creator, each shining in your unique facets like the jewel that you have made of yourself, yet each a portion of the whole that is the creation. How many times have you wished, and had it became so? We suggest to you, my friends, that the faculty of hope, of faith, of wishing, of dreaming, is one of the most powerful resources of your mind, and that it alerts your entire being so that what you call your future is designed again and again by each wish, each desire, in order that you may receive that for which you wish. In your illusion the connection between wishing and having is usually invisible, for in the illusion time walks with you like an unwieldy giant, distorting true relationships and making them appear unreal. However, the faculty of hope operates

in what you may call time/space where there is no time as you know it, and the connection between hope and the desire fulfilled is quite plain.

Therefore, my friends, the first thing we would suggest that you do is be cautious and careful in your wishes, your hopes, and your desires, for you do inevitably set in motion those things which will occur in order that your hopes may be fulfilled. You shall not hope in vain, but if you hope without depth, without heart, then what you receive shall be shallow and unsatisfying. In this season upon your planet that you experience at this time, shall we say, your plant life has completed its hope. For each seed that lies within the deep and dark ground awaiting the biting frost is the hard shell of a living wish for life, for growth, for service.

That is the second thing that we would suggest that you would consider in relation to wishing. When you wish, hope, desire or seek there shall in natural patterns occur a season of incubation. You have planted the seed, you must now release that seeking to the hard frost of meditation and silence. In time, upon your planet, comes the spring and behold, the seed that has fallen in good ground blooms and flourishes and graces many by the richness of its flowering. So shall your desires come to you, bloom upon bloom, ramification upon ramification, until all is hundred-fold more than you could have wished.

This is the third thing we would suggest to you, that in many cases the seed that you have planted by desire, wishing, by hope blooms into a bloom that is not recognizable, for you as an entity will have been changed by that same silence. You will already have became transformed and you will be seeking yet further. And when you find manifestations flowering about you, it may be most difficult to apprehend the personal nature of an impersonal event. And you say to yourself, can this be what I hoped for? Yes, my friends. Each thing that occurs is a flowering of what you hoped for. Each event has been incubated and has grown. Meanwhile, you yourself have grown beyond the person that you were when first you hoped.

We describe to you a difficult road, a sometimes confusing road, but it is the road of transformation and it shall, as you continue to discipline your desires, your wishes and your hopes for your future, begin to offer to you a great multitude of blessings, the flowering of many previous hopes and meditations. We ourselves hope to be of service to you. Our only purpose in speaking through instruments such as this one is that in some way we may aid you as you move through moonlit nights in your inner search, through the brightest noons in your outer search, through all conditions and all surprises. We are aware that each finds inspiration in a different manner. We can only hope that we can be of some small aid to each, for it is our way of learning and growing. As we are of service to you, so our hopes come into full power and our inspiration is a hundred-fold multiplied.

We would at this time wish to transfer to the one known as K. I am Hatonn.

(K channeling)

I am Hatonn. This instrument has been caught by surprise because she was sitting here enjoying what has been spoken already. However, as this instrument looks back on the desires of many years, this instrument is able to see the validity of the statements that have been made, and we would suggest further that as each of us goes into the new year, we might ask ourselves the question: What do we wish the end of the year to be like, or what do we wish the next several years to be, as you think of time. Because, indeed, we are planting as literally for our future, as we call it, as we know it, as literally as we plant the seed in the ground in the springtime. It is obvious as one views the world in which we live that some seeds have not brought the best results. Therefore, we will simply leave you this evening with this thought planted firmly in your mind for consideration. It has been a great pleasure to be with you, as always, and we leave you rejoicing in the love and the light of the infinite Creator. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of our infinite Creator. It is our privilege once again to be asked to join our vibrations with those of this group. We thank you for requesting our presence. We hope that our desire to be of service by attempting answers to your queries will bear the fruit which will be useful in your journey. May we therefore ask at this time for the first query.

C: Yes, Latwii, could you enlighten me as to what is the emotion of anger?

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I am Latwii. To begin, may we suggest, my brother, that if one investigates that emotion called anger carefully, one will discover that it is what you might call the other side of the coin which is love. For if one attempts to love, one attempts to give freely of the self to another. Yet upon your planet this concept finds few pure expressions. The concept of love has become mixed, shall we say, with your concepts of trade and barter. Conditions have been put upon this concept so that when one gives of the self, gives of the feelings and the emotions of the heart of the being, quite often it is expected by such an one that the one receiving the love must also in some like manner return it. Thus, the love is not given freely. When this perception persists within the being of one loving—that return must be made, that return is not being made—there frequently begins the growth of that emotion which becomes the anger. This feeling of anger is a distortion of the love which has not been reciprocated. The anger grows as the entity feels it has been, shall we say, shortchanged or betrayed. Thus, if you will look to the heart of anger you will find some distortion that will lead you to the heart of love.

May we answer you further, my brother?

C: Yes. I'm asking these questions because I'm having an extremely difficult time at the present of dealing with anger, and earlier today I had a release of this emotion, and afterwards, looking backwards, I could not see myself during the release, and those around me, including my young baby, did not seem to even recognize me when I was in that state. Is there something else taking control when one's frustrations are suddenly released?

I am Latwii, and am aware of your query, my brother. Though it is possible that entities of an elemental or even a negative nature might utilize such instances to reinforce the concept of separation which anger demonstrates, it is most usually the case that just as the expression of love in its pure form has been distorted and blocked, thus causing the anger, so also has the expression of anger been blocked for a portion of what you call time. This causes within the entity so blocking the anger a buildup which might be likened unto the iceberg, where only the tip is apparent and the small trigger is all that is necessary for the remainder to come to the fore and for the entity expressing the anger that has been built up and blocked to appear as another entity. If this anger and its blockage, the love and its blockage are examined, the entity will find within this situation the great opportunity for experiencing and expressing love in its pure form. For when the anger finally comes boiling out, then the situation is such that it is most difficult to ignore further and the reconciliation can begin and this path may then lead to the heart of love.

May we answer you further, my brother?

C: Yes. I have an extremely difficult time dealing with frustrations as they occur and keep many things bottled tightly within me. It is very rare that I am able to open myself to others and release the anger before it gets to a point where I simply blow. I don't ask for specifics, but would appreciate it if you would speak to me on how one might release one's anger before it builds to a point where one blows.

I am Latwii. My brother, may we suggest that you observe the garden in the spring. As the seeds have been sown and sprout, so also sprout those seeds not intended, the weeds. And when this garden is ignored day after day, the weeds became strong in growth, and begin to overtake the seeds that were intended to be the garden. As you move through your illusion, take time each day in your meditative state to examine the catalysts which you experienced each day. Where you find anger, it is not necessary that it be expressed towards the entity in your physical illusion for the catalyst to work and teach you the lesson that you desire. You may instead experience that anger within meditation, and allow that anger to build until it does overwhelm your senses as has occurred this day. Then see within your mind the balance to the anger. For but a moment visualize the unconditional love. Then allow your inner senses to move from the overwhelming anger by their own energy towards the love. Allow this to occur until you feel love in the same proportion that you felt anger. Then see yourself as having two means for the Creator to know Itself within your being, and feel then the acceptance of yourself for yourself while expressing both anger and love.

If you would look at your life and your lessons each day in this manner in meditation, you will be accomplishing the same as the gardener who pulls the weeds each day so that the fruit of the garden may have a chance for harvest.

May we answer you further, my brother?

C: No, thank you. You've been of great help to me.

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I am Latwii. We are most grateful to you, my brother, for allowing us this service. May we ask for another query at this time?

M: I have one, and it's about as unimportant as C's was profound. And it's really none of my business, but I would like to know, if you feel it's proper, if you would tell me what kind of bodies you have in the fifth dimension, and what kind you had in the fourth dimension, and do you have two or more sexes? It's really none of my business, so if you feel I shouldn't know, you don't have to answer me.

I am Latwii, and do not blush at such a query. We of Latwii inhabit the density of five. That is the density of light, the seeking of wisdom. In our particular density our progress upon the evolutionary path now allows us to become more closely aligned with that known as light, for we desire and seek the light. Therefore, we do not only know the light, but we become it, which means that in relation to the physical we may shape our vehicle according to our desires.

Therefore, during those few experiences upon your planet where the appearance of a being of light has been requested with the proper purity—and such occurrences have been recorded throughout your history—an entity of the fifth density may appear in whatever form is best understood by those so requesting the appearance. Most usually this form is as your own for obvious reasons. The entities inhabiting the density of love, the fourth dimension, have a physical vehicle which corresponds to the physical vehicle which was the second-density ancestor or parent, shall we say, [of] your own vehicle, for example, having been derived from the higher ape family. The density of six, that is, of singleness, of unity, the balance between love and wisdom, may also form itself as it chooses, and each of these densities includes the concept of polarity so that the sexual union, in forms quite different from your own sexual union, may be experienced.

Beyond the density of unity there is no longer the need to recycle the physical vehicle. Therefore there is no …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. May we ask for another query at this time?

K: Yes, Latwii, and I'm going to have trouble putting my thoughts into words, but I'm going to take a stab at it. As I indicated here a time or two, I've spent my life trying to get some sense out of the meaning of life, and in my early days I couldn't see very much sense to it. And it seems to me that since the early sixties a—literally a barrage of light or information has been given to us. That at least life makes more sense to me, and the purpose for being on this planet has become clearer.

Now, my first question is, am I alone, is this just my assessment of what has happened over fifteen years or has this happened generally to the people, say, in our country?

I am Latwii, and am aware of your query, my sister. As the, as you have called it, graduation or harvest draws nigh, the seeking of the peoples of your planet becomes more and more intense due to there being in motion the activity which this group has became aware of as the seniority of incarnation by progression. This is to say that those now incarnate on your planet are those whose previous incarnations have gleaned the lessons desired efficiently enough that they have the greatest chance to achieve the harvest with one remaining incarnation, or in some cases, two.

Therefore, as those with the greatest opportunity for harvest incarnate, the calling for the lessons of love and assistance in learning them increases. These callings are answered in many ways. One manner of answer is the incarnation of those known to this group as wanderers in waves or in groups. This began in earnest with the birthing of the concept of freedom which was born at approximately the same time in its intenser form as was this country some two hundred of your years ago. There have been various events which have been prominent in allowing further waves or groups of wanderers to incarnate. The second of what you call world wars was most important in this regard, for the release of that energy known as nuclear was of such a profound nature that a great wave of wanderers incarnated at the cessation of that conflict. These wanderers then begin to reach what your peoples call their maturity during the period you have referred to as the 1960s and this flash of light, shall we say, took many forms, yet was felt around your planet.

May we respond further?

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K: Yes. Has this flash of light, so to speak, that I certainly am aware of—I'm sure that many others are also—has this occurred, say, in the third world and in Asia, or has it become more evident just in the western world, or say, in our country?

I am Latwii. My sister, we find that though your nation is quite unique in many respects, it being what has been referred to as the melting pot of your global populations, that it is not alone in experiencing the effects of this flash of light, as we have called it. The entire planet has become aware of the more intense seeking for love and light and more aware of the response to this calling, this seeking. The response and awareness has not manifested in the same manner in each region of your planet. Many of the nations which you have described as the third world nations have experienced much greater trauma. The traumas have taken the forms of wars, starvation, disease and displacement of populations. Upon your planet these are seen as great tragedies. Yet, my friends, if you shall put yourself in the place of such an entity experiencing any of these phenomena you will find great opportunity for learning the lessons of love in a very short period of what you call time.

May we answer you further, my sister?

K: No. I believe I understand what you're saying. Right now that's the only question I have.

I am Latwii. Is there another query at this time?

M: Yes, I would like to know, when a person is an alcoholic, do they choose to be that before they are born, or is it something that happens after they're born?

I am Latwii. Before the incarnation the entity, often with the help of what you may call guides or angelic presences, sets out the lessons which it desires to learn in the incarnation which approaches. In some cases it might be that a certain means of learning the lesson is set in motion. In many cases the entity will allow a variety of means to be held in reserve, shall we say. These various means of learning the lessons, which always relate to love in your density, are then activated as necessary by the deeper portions of the unconscious mind, most usually the higher self, so that the entity might learn those lessons which it desired. The means of learning which you have referred to as alcoholism may be one of many set aside or put in reserve, shall we say, and activated only when other means have not proven efficient. In our previous response we noted the great efficiency of trauma in teaching the lessons of love. For some entities the lessons must be more intense according to their own choices. For others the lessons may be learned in some areas with less of what you may call trauma.

May we answer you further, my sister?

M: Well, if they recover and give up alcoholism, is that necessarily an asset in their journey?

I am Latwii, and am aware of your query, my sister. It cannot be said with certainty that the response to, in this case, the alcoholism can be seen as efficient or less efficient. For one entity to continue in the state of the alcoholic might be the most efficient of continuing to learn the lessons of love. For another entity, to refrain from that state of the drinking and drunken being might be the most efficient way to learn the lesson of love. It cannot be said with certainty how one particular entity best learns the lessons which it has set before it. Only after the incarnation when the review has been completed may the entity see the efficiency of the learning of the lessons.

May we answer you further, my sister?

M: Well, do some people then feel that their incarnation after they have reviewed it was not successful, and some people feel it was very successful if the degree is there of success?

I am Latwii. This, in general, my sister, is correct, for each of you moves within an illusion, within a forgetting. You move within a darkness. Though your days be brightly lit, still, as you seek within your being for the truth, you seek in moonlight, for it is not clear to those who have forgotten that each is the Creator that such is the case. And as you move through your illusion you carry the small candle of your consciousness with you to dimly light your way. Only after your incarnation has been completed does the love and light of the one Creator which exists at the heart of your being shine clearly over the pages of your life so that you may then see the efficiency with which the lessons were learned, and might then see the lessons which need the learning in the next incarnation.

May we answer you further, my sister?

M: No. I think that's all I can take at this time.

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I am Latwii. We hope we have not given you indigestion.

M: Thank you, Latwii.

We are most grateful to you, my sister. Is there another query at this time?

C: Yes. It concerns lessons, and goes directly back to my questions earlier. There are times when usually by basis of us going through them beforehand we can see where a lesson is being presented to another, and there are times when we tend to learn the lessons for the other instead of stepping back and letting them experience, learn for themselves. How does one know—what can one do to keep from interfering with another's lesson even though one may really want to jump in there and do it for them?

I am Latwii, and am aware of your query, my brother. May we first begin by saying that there are no mistakes within your learning. It is also to be noted that it is not possible to directly learn another's lesson for that entity. What occurs in your daily round of activities is a natural progression of interaction which allows the opportunities to be presented to each entity to learn those lessons that are desired. You may feel that you interfere with another. Yet, if you will observe the so-called interference you will see the opportunity to learn a lesson being presented.

Do you wish in this instance, may we hypothetically query, therefore to impose yourself upon another? If this is not your desire, how then do you balance the actual or supposed imposition? By removing the self. So, you see, what you might see in one instance as the interference with another's learning is simply your own learning seen from another perspective. Whatever your experiences within your illusion, the opportunity to learn the lessons you desire is always available. You cannot make mistakes. You may learn more quickly or more slowly, more efficiently or less. Yet, always do you learn the lessons you desire and always are those about you offered the identical opportunity.

May we answer you further, my brother?

C: That's a big help. It's also a load off. This is a situation that seems to occur regularly, and I know that somewhere along the line a particular guide has a hand in it which I thank you for. But there are times when you refuse to give something, whether of yourself or material, and you immediately turn around and it's taken from you in one form or another. And I've always found it's a very awakening type of occurrence. A guy I will refer to as George, I've known him for a long time, seems to not let me get too astray with him. But is that a reciprocal action, is that a common occurrence when one really sort of blocks out a lesson?

I am Latwii, and am aware of your query, my brother. In general, this is correct. As one refuses to give in certain areas, then one is, in truth, refusing to give to the self, for are not all one? To bring this point more clearly home, the entity often asks on the subconscious level to know more clearly the truth of this unity. In such cases there are those presences which you have described which aid the entity by seeing to it that a certain thing which has not been given suddenly disappears within the life of the one refusing its gift to another. This allows the entity to discover that the action of refusing to give to another is the self refusing to give to the self. For whatever action you experience in relation to another is most clearly seen as your relationship to yourself.

Therefore, as you love others, the love for the self grows. As you feel anger towards others, the anger for the self grows. This is the way of the creation, for the Creator must learn from Itself. And you are the Creator which learns from yourself, whether it be that self encased by your physical vehicle or any other self with which you come in contact.

May we answer you further, my brother?

C: No, thank you very much.

We thank you. Is there another query at this time?

K: Yes. I have one more that seems appropriate just at this point. I don't want to tire the instrument so it need not be a complicated answer if the instrument is tiring. As I indicated, in the last two or three days I've been reading the book *Eagle's Nest*, and one of the goals of the warrior, which I perceive as a disciple, is the detachment. And Buddha talked about detachment as being a goal to be desired. Would you say something about the meaning of detachment and how it applies to us?

I am Latwii, and am aware of your query, my sister. Each of you, as we have said, moves within an illusion. The veil of forgetting is drawn so that it is not possible for a clear perception of the nature of your unity with all things to be known to you. Therefore, you learn through being attached, shall

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we say. You learn by desiring, by sowing the seeds of wishes. Do you then draw unto yourself those events to fulfill the wishes? By observing your response to such events, your emotions may be discovered to be positive or negative, and by achieving the balance within the self of each emotional response, the entity becomes what is called balanced or regularized according to the expression of each energy center or chakra. This then allows the entity to experience what various of your religious cultures have called the non-attached state of being. We might refer to this more clearly as a finely tuned type of compassion so that whatever catalyst the entity encounters, the entity is aware that it is seeing the Creator experiencing Itself. And the entity's response is love, compassion and understanding. This is the balance which has been spoken of by the description of detachment.

May we answer you further, my sister?

K: No. I believe that's okay for the moment. I'll have to think about that. Thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

L: Yes, on this planet prior to the birth of Christ a religion on philosophy was founded by an entity named Zoroaster in Persia. This religious philosophy was fairly rapidly assimilated into Islam and no longer exists. What was the mission of the entity we call Zoroaster and what was his polarity?

I am Latwii, and am aware of your query, my brother. As each entity on your planet attempts to do, this entity attempted to serve the one Creator by expressing its perception of how the path of evolution might most efficiently be traveled. The precepts and tenets which it put forth during its incarnation were basically of the positive nature, yet as with all such religions or mystic traditions the polarity was not pure. For it is, as we have said many times, an illusion within which you move, and you seek for the truth in moonlight. And in moonlight that which is true can be dimly revealed, yet that same moonlight can also deceive. The one you refer to had some distortions towards the negative which are apparent to those aware of the concept of polarity who take the time to study these teachings.

May we answer you further, my brother?

L: Yes, I'm interested in where this entity is now. Is he incarnate on this planet or working with anyone incarnate on this planet or some world altogether different?

I am Latwii. We find that this entity has continued its path of evolution upon this sphere and resides as a third-density entity continuing to learn the ways of love.

May we answer you further, my brother?

L: So, I understand that as the entity is physically incarnate on this planet?

I am Latwii. This is correct. May we answer you further?

L: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

K: Well, yes. Is his influence positive, or is it polarized now in the positive or is he still mixed?

I am Latwii. Though this entity, as most upon your planet, continues the efforts towards positive polarization, there is, of course, the mixture, for within your density the lessons are seldom learned with complete efficiency.

May we answer you further, my sister?

K: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

A: Yes, Latwii. Is there any underlying reason that certain third-density entities choose prior to incarnation to experience ongoing severe trauma for lessons rather than milder degrees or a specific length of time that might be traumatic? Do you understand what I'm asking?

I am Latwii, and we believe that we perceive the heart of your query. The amount of what is called trauma can be and is in most cases chosen by each entity previous to the incarnation according to the, shall we say, number or intensity of lessons the entity desires to learn. This may be likened unto the student taking many classes or many hours of credit which weigh heavily then upon the allotted span of time. The entity could take fewer lessons and experience less trauma, yet not learn the lessons which would allow the graduation. Since what you call time grows short upon your sphere for the learning of the lessons within this great cycle, many entities therefore attempt great quantities of learning

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in a short period of what you call time. This brings the trauma, and the trauma offers the opportunity to learn love.

May we answer you further, my sister?

A: No, thank you. You answered very well. Thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

J: Yes. In the same way that hope and desire fulfill themselves in actuality, does fear outline the nature of the developing future? I mean, does what we fear come to pass also?

I am Latwii, and am aware of your query, my sister. We may describe fear as a negative hope, which is to say that it too shall come to pass. For the balance [of] the desire of not experiencing is the desire to experience. Where you have fear on the conscious level it is often the case that the opposite, or the desire, is experienced upon the subconscious level. In such a situation the entity with the fear shall draw unto itself that which it fears in some form so that it might balance that fear with the acceptance of what was feared. Since all is one, there is, in truth, no need to fear any thing, for all things are the Creator and all things are the self as the Creator, thus fear also is a seed which allows this fruit to be born.

May we answer you further, my sister?

J: Yes, I have another question. Could you talk about right and left brain function and activity and how—and whether it is possible to consciously balance right and left brain activity?

I am Latwii, and am aware of your query, my sister. Within most of your peoples' physical brains, there is the division between what might be seen as the active and receptive modes of perception. The right portion of most entities' brains is that portion which is logical, rational, verbal and moving in spatial fashions, able to analyze and utilize the words in a logical fashion. Within most entities' left portion of the brain is the portion which may be seen as the receptive.

We correct this instrument. Our previous description should be associated with the left brain function, the rational. To continue. The right brain, therefore, may be seen as the intuitive, somewhat illogical, that which is musical or artistic, and for an entity to attempt the balancing or equal activation of these brain functions is the process of what we have previously called the use of catalyst or the balancing. To achieve this end, it is necessary only to observe the daily activities, the various distortions, biases, preferences and tendencies which are already in motion within the life stream. Then, in meditation the entity might magnify such distortions or biases until they are overwhelming to the senses. Then by imaging for the moment the opposite, and allowing the natural progression of conscious movement to overwhelm the senses in the polar opposite, the entity experiences within the being the balancing of both tendencies and therefore brain functions as well.

We would suggest to each entity so visualizing this process that the great unconscious which is the storehouse of each entity's beingness might be seen as the analog to the left—we correct this instrument—to the right brain function of the intuitive senses. The conscious mind therefore is the analog to the left brain function.

May we answer you further, my sister?

J: I'm kind of mixed up on left and right, but I'll straighten that out later. Could you talk just a little bit about the nature of ego?

I am Latwii …

(Side two of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To answer the last query, the instrument is suffering some fatigue, and if more queries are desired after another query or two, we would suggest the transfer of this contact.

To continue our response to the concept of the ego. We find that the great use and misuse of this term renders it quite ineffectual as a useful designation of any portion of the entity's being. It is frequently seen as a portion of the self which must be removed, this perception associated with those of the Eastern religious philosophy. The ego is also seen by others, those described as the Scientologists and those who study the psyche of your peoples, as the self which acts, that is to say, the conscious being. Others see the ego as the, shall we say, show-off or arrogant portion of the self. This is a description which is common to the lay person of your culture. Therefore, the term itself has suffered such distortion

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that we cannot use it with efficiency in describing the activities or perceptions of your peoples.

May we answer you further, my sister?

J: Thank you, no. That is fine.

I am Latwii. We thank you. Through this instrument we may attempt one further query before transferring the contact.

Carla: Well, what would you call it, if there is an it? Ego, I mean. You just wiped it out, but there's something there. Is there an undistorted way of putting it? Could you comment on that?

I am Latwii. We thank you, my sister, for clarifying your query. We shall attempt a response by suggesting that the clearest perception of that known as the ego may be seen by observing portions of the system of energy centers which each possesses. The orange ray typifies the expression of the self in relation to the self and to another. The relationship of power of self over another is most significant here. In the yellow-ray energy center the expression of the self as a portion of a group which may express power over another group is significant in relationship to the nebulous term of "ego." In the blue-ray energy center the concept of communication with other selves by the self is significant in describing a portion of the ego's supposed function. This is not satisfactory as a means of describing that commonly referred to as the ego, yet is as close as we can come. But we feel we have fallen short by at least a country mile.

May we attempt a further response, my sister?

Carla: Only by my guessing that what you're trying to say is, there is nothing intrinsically right or wrong with the conscious portion of the self in its relationships to others, but only in the misuse of power. Would you say that that's sort of what you're aiming at?

I am Latwii. We thank you, my sister, for your query and continued clarification. We would go one step further in suggesting not only is there nothing right or wrong, as you have called it, with the conscious self or ego, but there is nothing right or wrong in any aspect of your illusion, for all is one.

May we ask if this is sufficient response to your query?

Carla: You may. Thank you very much, Latwii. That's just fine.

I am Latwii. We thank you, my sister.

Carla: Why don't you let this poor boy rest?

I am Latwii, and shall attempt that feat. If the one known as L would be agreeable, we would at this time attempt to transfer our contact. I am Latwii.

(L channeling)

I am Latwii. I am now with this instrument. We ask a moment's grace to make ourselves at home, so to speak. I am Latwii, and I greet you in the love and the light of the infinite Creator, and now that we have things a bit more shipshape, we are prepared to continue our efforts to respond to your queries. Are there any queries?

Carla: I'd like to ask first if this would be a good time to retune the group. It's been over an hour and a half since we began, and I'm wondering if we should get up and sit down and retune?

I am Latwii. In examining the fluctuating state of attunement in the group, we are inclined to agree with the recommendation as presented, although would be willing to continue in the present capacity if the reattunement process would overtax the patience of those who have developed itchy feet. We would suggest, therefore, that a brief recess of several minutes be allowed at this moment that the necessary flight to plumbing facilities be allowed as well as the opportunity to reinvigorate those areas of your physical vehicles which have had the bodily fluids compressed from their tissues for an extended period. If this is acceptable to those present, we would suggest that those not desiring to flee the room remain within its confines in the relative darkness now present.

K: I have a suggestion, Latwii. We might save time, if anybody wants. I have exhausted my poor little …

M: I have, too.

K: … poor little brain tonight. I have no more questions. And maybe we might save everybody—if there are no more questions we might verbalize that.

I am Latwii. Are there any further questions?

(No further queries.)

I am Latwii. If there is a statement to be made, we shall pause.

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Carla: I think you're done.

[I am Latwii.] We think so, too.

K: We want to thank Latwii tonight. We've asked him a lot of questions. We've all got a lot to think about.

I am Latwii. My sister, as always, we are grateful for the opportunity to extend our meager efforts and learning to those brothers and sisters who desire to share what little we have to offer. And for these opportunities we are sincerely grateful. As there are no more questions and in that your queries and one instrument have been simultaneously exhausted, we shall take our leave as well. In the love and the light of the infinite Creator, my brothers and sisters …

(Tape ends.) ♣

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Thursday Meditation
January 13, 1983

(S channeling)

I am Hatonn, and am now with this instrument. We greet you, my brother and sisters, in the love and the light of the one infinite Creator. We are pleased to be called to this meeting this evening, my friends. Those within your circle have experienced our contact for quite a period of time, and have advanced well along the path of being a telepathic channel. We congratulate them heartily for the desire and the love that they have given to this service for others. The desire which is shown is indeed pleasurable for us to see. We appreciate the effort, but we feel that there may be only a little confidence lacking. Therefore, my brother and sisters, we at this time would like to share this small story with you, and as has been done in the past, go from instrument to instrument, as we feel this is the best way of upping the confidence of each instrument.

There was a time in your past, my friends, that for many, many of your years the people upon your planet were seeking, looking, striving. But my friends, they knew not of what they were looking. There seemed to be an ever-moving mirage in front of them. They would go one step, and that for which they were seeking, my friends, would seem to move three or four more in front of them. So, at one point, many of these people decided consciously to forget the mirage that never seemed to be within the grasp of actually holding in the hand. They saw more and more only what was a step in front of them, that they could pick up and hold to themselves and possess. This seemed like reality. This seemed to have some consequence within themselves, something with meaning, something they could physically see and have.

So, as time progressed, and as more and more of the peoples saw that there was an immediate pleasure in possessing things of their illusion, the mirage seemed to be forgotten.

We would like at this time to transfer this contact. I am Hatonn.

(A channeling)

I am Hatonn. And over the years as generations passed, the mirage was forgotten by many. A few spoke of it to their children, but there was uncertainty in their words, for the mirage was not something easily described with the words that could describe the food that was eaten, or the ground that was walked on. The children as they were told of the mirage would wonder of what it was, and once again footsteps started towards the mirage, and once again the mirage would take its three steps back. As the children grew older, many of them also started taking what was in reach, what could be seen and touched, and called this what was real, while a handful continued to seek for what they were not

sure of, for the mirage which was in front of them, which they did not understand but wished to know.

There was no sure path ahead of them, no line which to follow, and the path was always laden with the temptations of something that could be held, touched and seen, smelled. But their desire was so strong to learn, to seek out more, that they were able to overcome the temptations, and not feel satisfied by them. Along the pathway these few individuals found that there were other similar people seeking the same mirage. A few of their elders also continued on, and they saw that a few children were also starting out on the path. There was some comfort in seeing others along the pathway, and this too almost caused them to stop seeking, to stop in the pathway with others, and to find the comfort from that as those before found comfort in the tangible objects that they owned.

And we would like to now transfer this contact. I am Hatonn.

(Jim channeling)

The journey which these people had long undertaken was one which had gained somewhat of a mysterious air among the few who still continued its path. Through there was some consolation to those pilgrims seeking the ever-changing mirage, this consolation was felt only by those few who undertook the arduous and seemingly profitless journey. By now most of the peoples had long forgotten that the possibility of such a journey existed. The illusion which had from time to time entranced the peoples had by now become quite heavy upon the shoulders of their consciousness, and their attention was weighted down with the necessity of day-to-day survival, and the accomplishing of those tasks which though as mundane and repetitive as could be imagined, yet were the focus for most in this culture.

There was from time to time the speaking that was heard from solitary voices within these peoples, which reminded the people that there was something beyond the illusion which was not mundane, nor was it boring, nor did it weigh heavily upon the existence and the attention and determination to live. The speaking often mentioned the illusive quality of the search, and did nothing to encourage the perception that the journey towards this mirage was easy. Therefore, few among the peoples listened, for already it was felt and generally accepted that life as it was was difficult enough. Why undertake yet more difficulty for that which could not be touched, could not be exhibited for others to see once it had been gained?

We shall now transfer this contact.

(Carla channeling)

I am Hatonn. And though all that is clay rebelled against considering that which was invisible, there came a time when clay mixed with the mirage, as that which is followed so long must most certainly take. And there was that being which was both clay and unearthly. The entity began to teach, and those things that he said seemed to move in and out of the world of clay. And as he said those things, he would extend a hand and a healing would occur, for part of the mirage was hope. And as he taught again, the heavens would open, and those about him would see the glory of the creation. This glory was part of the mirage. And yet again he would speak, and all that seemed broken in the beliefs of the past seemed to be made whole once again. For reconciliation is a part of the mirage. And again as he would speak, someone would spitefully scorn him and he would show love. For love above all is part and parcel of the mirage. And ultimately, when all the signs and wonders had been seen and news ran from mouth to mouth, this entity of clay and mirage was killed by those who feared him. And darkness, the darkness of clay, came to this people. And yet as they felt forsaken, so did a great light shine upon them and they saw the manifestation of the mirage personified and gone. Once again the people were left with a choice between that which could be seen to value and that which cannot be seen, but can be felt to value. However, the manifestation of the dream, having once been seen, was enough to instill within the hearts of those who sought the mirage, generation upon generation, hope, reconciliation, love and light.

We shall transfer.

(S channeling)

I am Hatonn. The mirage which you seek, my friends, is ever there. And if you would but look within the self you would find the mirage. You will find the love of one and all that is one throughout the creation.

I am Hatonn. We leave you now in love and in light. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
January 16, 1983

(M channeling)

I am Hatonn. I am now with this instrument. It may seem this instrument is talking about something that happened this evening, but she isn't. What happened this evening she thinks is funny, but the topic she is going to talk about is anger. One of your members asked about anger at your meeting, and I would like to discuss it. There are many types of angers. Sometimes it is very good. In an emergency, if you need to protect yourself, anger is very helpful. Even in an emergency when you have to do something. If you expect company and you have to get ready, then knowing the company coming at the last minute sometimes gives you the energy to accomplish what you need to accomplish. But I would like to talk a little about another type of anger. Some people build tension within them, but yet the anger is not productive. Sometimes it is the release of tension. If one is angry about insignificant things oftentimes it is really a form of letting off steam and this can be very dangerous. If you can filter this tension through another entity, you can distill some of this tension. There are other people that can be helpful—your so-called religious priests and preachers, rabbis. You even have people, counselors who help release tension. You even have marriage counselors that release tension. Some very wonderful people are not able to accomplish their desires because of this inner tension and they should make some effort to get relief.

There are many types of anger. Sometimes it is caused by sickness. Sometimes it is caused because you're tired. Sometimes it is caused because you are trying to control your other selves. There are many forms of anger and I hope some of these may be applicable to your discussion of anger.

I am Hatonn. I leave this instrument.

(C channeling)

I am Hatonn, and am now with this instrument. We greet you again in the love and light. Friends, in your day-to-day lives you each face many varying situations from moment to moment. Each is in itself a lesson, one that is designed to aid you in your journey through this illusion. Each lesson will be taken and learned from or put aside, ignored. But you cannot ignore them for long. In each entity's incarnation, those lessons ignored shall make the cycle and return, strengthened anew, tougher than before. Your peoples as they grow stronger may be able to handle the tougher lessons, but there are those who find that the tougher lessons begin to bury them.

These times, my friends, many are the individuals who swing on the pendulum of emotion. Some may withdraw deep within themselves. They may

experience what you call depressions, the uselessness in their inabilities that they perceive. Some may choose to vent their frustrations and inabilities in an angry rage, taking out their perceived inabilities on others and themselves.

My friends, your emotions are indeed an extremely useful tool you have in your growth, but as they are useful, so may they harm. When either extreme of emotion is reached, that entity suffers. The entities around him or her may also suffer. They can mislead and block growth. Each in their illusion will experience the swing of the pendulum, but the pendulum need not stick on either. Acceptance of each of life's situations as lessons will aid each in finding a more useful path through the lessons of this experience. We of Hatonn wish to say again that at any time you feel the need, we will be with you when you ask [us] to aid you in your meditations in times that are good for you and those that seem too much. My friends, take each moment for what it is worth. Learn from it.

I am Hatonn, and would at this time transfer this contact.

(L channeling)

I am Hatonn. I am now with this instrument. My friends, the illusion within which you exist is a complex one. The tools which you must master to attain the development you seek are tools of unique intricacy and require an apprenticeship far beyond that of the various trade—correction—trades which many within your illusion seek to learn as a method of employment. For the tools of the physical realm, being instruments for the manipulation of that which is already created, have both form and function that remains relatively constant within your illusion. The tools with which your real lessons are experienced, however, are of a more ethereal nature in that each situation, each lesson that you encounter requires that the scholar perceive the lesson and, as a master craftsman, carefully forge and hone those tools with which one seeks to acquire attainment.

The emotions that you experience within your illusion are a small portion of the vast supply of such tools available to those who seek. They may indeed be likened to a set of chisels or punches that are uniquely appropriate each in its own manner for a specific opportunity. The emotion—anger, for example—may be likened to [a] broad cold chisel which may be used in conjunction with the hammering of one's personal will or intention to produce a seam or opening within the illusion of an other self in perceiving beyond the particular illusion which they have established at a given time. Obviously the appropriate tool for a specific task is the—correction—is determined only through meditation and careful selection. For the self who desires to employ such a tool must first acquire the mastery of the tools lest in its usage damage be the result. The mastery of one's emotions, therefore, is recommended for those who would seek the path of service to others. For the carpenter cannot accomplish his constructive tasks if he is at the beck and call of the various tools which he supposedly employs.

My friends, the analogies we use are often difficult to apply when one seeks to extend their meaning beyond that which is verbally expressed by the instruments who serve us so well because of the difficulty in translating our concepts into the symbols you refer to as speech. Yet, my friends, the translation and the illumination which may be sought as one meditates upon our feeble efforts at analogy may be found within the purity of one's own heart. For it is through love of one's other selves your selfless acts are motivated and it is through this motivation, this desire to serve, that the Creator extends His touch to His own tools, His children who desire to serve.

My friends, the nail which binds the boards together is a tool which serves. So, also is the hammer which drives the nail and the hand which swings the hammer. The chain of service extends in an unbroken line to the original creative Force. Therefore, my friends, be aware that when one acts in accordance with this creative force, one may be assured of the correctness of one's efforts toward service through the peace one experiences as a tool properly in service.

At this time we will relinquish our use of this instrument that our brothers and sisters of Laitos may perform their service of extending their vibration to those who would deepen their meditative state. I am known to you as Hatonn.

(L channeling)

I am Hatonn. I am again with this instrument. At this time, my brothers and sisters, we will be of most service by bidding you farewell that our brothers and

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sisters of Latwii might perform their own special act of service for those present. Adonai, my brothers and sisters. I am known to you as Hatonn.

(L channeling)

I am Latwii, and I greet you all in the love and light of the infinite Creator, and would like to express our appreciation at being invited to be of service to those present in our small way. At this time are there any questions that we might attempt to answer?

Carla: Latwii, when Nona comes through and begins a healing by the vibrations that are given, does that continue then until the situation is finished in accordance with the will of the Creator?

I am Latwii. My sister, first it is necessary to understand that the will of the Creator within a specific instance of healing versus non-healing resides largely in the will of the individual who is subjected to the healing force. If the individual desires healing and is receptive to a continuation, the vibration is encouraged and one might say that the entity, whether consciously or not, makes the Nona vibration a part of the individual entity's own vibration, in effect attempting to adopt that vibration so as to maintain the healing force. However, if the entity is resistant to changing the condition which created the physical imbalance, we are without doubt that our brothers and sisters of Nona would be reluctant to force the issue, so to speak.

May we answer you further?

Carla: No, I knew that. I was just testing you, Latwii.

I am Latwii, and, my sister, we are grateful for the opportunity to pass the test. However, we might suggest that a more rigid test be applied in that we are to some extent possessed of the answer book to the test which you apply.

May we answer you further?

Carla: No, thank you, Latwii.

Is there another question?

M: Latwii, if we have no more questions could we get Hatonn back?

I am Latwii. My sister, we would hazard the assumption that our brothers and sisters of Hatonn rarely leave the presence of those here. We are aware that our brothers and sisters of Hatonn have no pressing desire to communicate another of their ponderous lectures. However, they are always within earshot, so to speak, of those who seek their vibrations or guidance.

May we answer you further?

M: Does that mean Hatonn will come back?

Carla: Yes or no, L?

I am Latwii. My sister, we ask that you bear with us in that it is our desire to communicate accurately specific information. Our brothers and sisters of Hatonn are present at this moment. Our brothers and sisters of Hatonn, further, have nothing which they desire to communicate to this group at this particular moment. However, our brothers and sisters of Hatonn are always listening should one desire to communicate to them. If it is your desire to communicate a message to our brothers and sisters of Hatonn at this moment, we most earnestly assure you they are indeed listening.

May we answer you further?

M: I felt they wanted to speak through some of these instruments that were cut off. K, for instance. I have a feeling that Hatonn wanted to speak through K, S—different ones of them. Nobody has any questions for Latwii.

I am Latwii. We are increasingly aware there are no further questions, and will bid our friends adieu momentarily and vacate the stage, so to speak, that our brothers and sisters of Hatonn may return to offer whatever extemporaneous comments they might elect to verbalize through whichever instruments indicate a strong desire to act in service in this manner for our brothers and sisters of Hatonn. Therefore, at this time, we shall [return] whence we came.

K: I really have nothing else to add.

(Carla channeling)

I am Oxal. I greet you, my friends, in the love and in the light of the one infinite Creator, a glorious central sun of the creation and all that therefrom has sprung, an endless and infinite beauty and love. As light we are drawn to light, and we come to this group. We thank you for requesting our presence. Before we would begin, we would address two minor subjects which may be of aid to two of those now physically present. Firstly to the one known as M.

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The intention of any meeting of like-minded seekers is guided and formed by the desires of those present. That you felt a presence was certain. However, my sister, as you become more proficient in your tuning and your awareness of the varying presences, it is well to question each spirit and challenge each, and after assuring yourself of the Christ consciousness within each, discover then the called name of each spirit. We use this term advisedly, for there are great differences between those spirits of inner planes and those of what may be called outer plane, the difference being the difference between an individual often of great wisdom, love, light and knowledge, and a group, often vast, of individuals so like-minded that the group speaks with one name. We would suggest that in the context of challenging and determining each entity's identity, the concept of challenging the spirit be retained in full as it is as useful when dealing with societal complexes as it is when dealing with the denizens and masters of the inner planes.

Therefore, you were indeed sensitive enough to abstract from the noise of the metaphysical universe a signal. However, it was not that of Hatonn. Also, we would suggest that not all instruments must needs speak at each meeting. The needs of the group are served by the extremely fortunate circumstance of this group wherein the ability to serve as vocal instrument is widely cultivated among its members. Each piece of information, each emotional shading of wisdom or love has its own best instrument or instruments. Therefore, the picking and the choosing of the instruments is a great …

(Side one of tape ends.)

(Carla channeling)

… as well as the one known as A. We are not an easy channel, shall we say, to successively interpret. The narrowness of the band causes the fading away of the signal if the instrument is somewhat shy of the tuning necessary.

The second note is to the one known as R, who we greet and welcome to this group this evening. Due to this particular instrument's previous training, there is some slight possibility that a trance state might be that which overtakes the instrument without the desire being present [for] *(inaudible)*. This is at all cost to be discouraged, and it is suggested that the entity consciously close some of the receptive nature gained in the training in order that all may be clean, clear and simple within so that the vibrations which are within this dwelling have only positive and life-enhancing effects upon those sensitive to the vibrations and used to disciplines which sometimes, shall we say, branch off from the discipline of this endeavor which all of the circle seeks to continue this evening.

We would speak but briefly now through this instrument as the meeting grows somewhat long. However, there is a call for information which we are extremely grateful to have the opportunity for sharing. As we heed those words which have been spoken by our brothers and sisters of Hatonn and Latwii and Laitos, and as we observe the patterns of energy within this dwelling, we are aware that when speaking of the removal of the emotional distortion so that one may be of service to another, one may not expect of oneself the direct removal of anger by placing the angry self in meditation. This may seem, as this instrument would say, as the Catch-22. An angry self needs meditation, but cannot find it. A meditative self is not angry.

Therefore, we suggest the angry self step back from the entire observation of self, not in meditation, but prior to any attempt at alteration of the situation at meeting the catalyst at hand. This instrument, in her human opinion, would concentrate upon the role of other selves in aiding one who is angry and has experienced the joy of being of seeming aid when offering the peaceful self to the angered other self. However, may we suggest to you that our opinion differs. The only alterations that will remain part of the garment of the self are those alterations made within the self for the self. And in this context, we would remind you of a phrase from your holy work known as the Bible. The phrase is, "O pray for the peace of Jerusalem. They shall prosper that love thee."

My friends, when an angry person looks at the self, what does he see? Almost inevitably because of the strength of your illusion, he sees an imperfect and mistaken self. But where in this consideration of self is the primal perception of the one original Thought? Where, my friends, is the Creator which is perfect and full of light and love? If you look at the interior of your heart as a great land full of mysterious places, cities, countrysides, caves and grottos and fantastic creatures, then you may see one portion which is completely unchangeable. All else may come and go and be permutated as you

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transform yourself. But your holy city, that portion of yourself that is of the Creator and has never left the Creator, resides within that great land of beingness which is yourself. Swim the sea of consciousness until you come to your own Jerusalem, my angry ones, my discouraged ones, my despairing ones, my overjoyful ones, and find in sorrow and utter joy the peace of what is called in that phrase we have quoted, "Jerusalem." This is your true and happy home. Anger cannot touch it nor sadness or despair nor mania. This is yours. This is you. And your awareness of this portion of yourself will lead you, guide you, succor you, and heal you until you can bring yourself to bear upon yourself, until you can go into meditation knowing that the one resource without which you cannot endure is yours. O pray for the peace of Jerusalem, your Jerusalem, each of you.

We would condition those instruments of whom we have spoken in order that we may briefly speak through each before leaving this most kind and gracious light source. It is a great blessing to bathe ourselves in the circle of your love. We would now transfer. I am Oxal.

(A channeling)

I am Oxal, and we greet this light of your circle once again to speak a few words through this instrument so that she might become accustomed to our vibration. Indeed, it shall be brief, and you shall hear on *(inaudible)* message, and we shall now transfer and condition the other instruments. I am Oxal.

(Carla channeling)

I am Oxal. We thank each instrument which we have conditioned. We are attempting to make the one known as S more comfortable, and also the one known as A. We are most privileged to have been able to work with each instrument, and we shall be with you at any time which you may need our particular service. We cannot leave you, for we are part of the oneness. We cannot leave this density, for we wish to be of service. Each light that shines in darkness is a great service. We encourage each to perceive the light within and without each day. We shall leave this instrument, glorying in the love and the light of the one infinite Creator. Adonai, my friends. Adonai, adonai.

(C channeling)

I am Nona, and come once again to this group for there is indeed a great calling to aid those present and those here in spirit who wish to aid others with their physical and spiritual needs. We join with you in the sending of love and light.

(C channels beautiful chanting from Nona to the end of the meditation.)

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Sunday Meditation
January 23, 1983

(S channeling)

[I am Hatonn.] We greet you, my brothers and sisters, in the love and light of the one infinite Creator. We would like to express our appreciation and joy in being called among you. Our small and at times seemingly meaningless messages, however, we hope may be at some point in your lives in your illusion of some help. This evening we would like to tell of a small entity who in his life would at times jump from here to there with no direction in mind. He continuously sought for whatever materialistic things his life might offer in the way of joy and happiness. In this small entity's life he acquired many items, items that for a short while might bring happiness as they would intrigue the imagination for a short period of space and time and then would be laid aside to acquire another object.

This pattern was repeated for many, many years until the small entity became larger, and then once again in the much later years became bent with age. This entity sought many, many years for things of the illusion which he could hold, but, my friends, he did not contemplate the one small fact that this illusory thing that was called happiness was at all times within his reach and would not have been a passing matter if he had but looked within, if he had but taken but a few moments of each day to look within himself to contemplate the actions of that day, to see within himself the balance of the negative and the positive. This balance, my friends, this balancing of your mind, of the emotions which riddle your life, of the catalyst with which you have chosen to dealt, of the lessons you have chosen to learn, with this balancing, with acceptance of all things within, this, my friends, is where peace is to be found, not without, but from within. From the portion that is one with the Creator and if allowed to manifest itself within your life can bring about the desired balancing.

We feel at this time the desire to transfer this contact to another instrument. I am Hatonn.

(M channeling)

I am now with this instrument. I greet you with the love and the light of the infinite Creator. In your illusion there is much teaching. Some people have so much within them they find *(inaudible)*. If they can step out of themself for a short time each day and maybe see the humor in their lives, if they can laugh at themselves either alone or with a friend, some of their tension can be relieved. Laughter is a wonderful safety valve. If you can see the humor in what you say or do or what happens to your environment, you can relieve a lot of your tension. Try to find something humorous instead. If you cannot find anything humorous, at least step out of yourself and give the tension time to dissipate. See yourself from a distance, and your problems won't be as great.

Remember, you do not have to solve all your problems; you only have to live through them. You will make it to the end, one way or another. In the end you will find that a lot of the things that caused you so much worry really were insignificant. Step out of yourself and appreciate the things about you. If you cannot laugh, at least see beauty. Appreciate the sunrise. Appreciate the sunset. Appreciate your loved ones. If you cannot laugh, if you have not advanced to the stage of laughter, start with gratitude. And if you cannot be grateful, at least step out of yourself. Put some distance between you and your problems. Life is not as serious as some people make it. Get some pleasure out of living.

I am Hatonn. I leave this instrument.

(K channeling)

I am Hatonn, and again I greet you, my friends, in the love and the light of the infinite Creator. We would like to say a few words through this instrument about how to step out of yourselves. As you are aware, there is unity in the universe, and nothing is left to chance. Even though it may appear to you that everything is in chaos, this is not true, because there is a pattern and unity in the universe. At the cellular level all is one and all is known. Try to imagine yourself under a tree, and then imagine yourself part of the tree and the tree a part of you. And then imagine that as you enjoy the beauty and the shade of the tree, the tree also enjoys your presence. This kind of imagination can run rampant as we imagine ourselves merging with everything about us. We can furthermore imagine that everything about us rejoices in the infinite Creator, because indeed all are one. In the final analysis, all is love. We only see things as separate and at cross-purposes. It might even be helpful to imagine that you love your enemy, if you have one. This might take some doing sometimes, but to pretend as a small child pretends is indeed helpful. Before you go to sleep tonight try some exercise that would help you to feel that you were part of everything about you and that all is at peace, and that all are joyful because indeed the inner self does know.

It has been a pleasure to be with the group tonight. It has been a pleasure to serve you, as always. I leave you now in the love and light of the infinite Creator. I am Hatonn.

(Carla channeling)

I am Oxal, and I greet you, my friends, in the love and in the light of the infinite Creator. May the splendor of that light be known to you each day, for surely you are of the race of light and it is your birthright to know that light and that love. We thank this group for calling us this evening. We have not spoken overmuch with your group for some time and it is a privilege which we enjoy.

Stars look down upon you as you rest in sleep, and a deep and gentle rain falls, and in the middle of that slumber, one of your telephones awakens you with its insistent sound. One asks you to remove yourself from comfort, place yourself in the rain, and drive one of your vehicles some miles to where this one is stranded. This one is your sweetheart, your beloved, the sun of your waking hours, the dream on your sleep, and you do not feel the rain and the miles cannot go by quickly enough.

This one is an acquaintance, an annoyance, and it is all that you can do to refrain from saying "No."

You stand by the well in a hot and arid land and you hold a dipper of water, precious in a dry land. The well is deep and it costs great effort to get each drop of water from deep beneath the sandy ground. One comes to you travel-stained and weary and asks for water. This one is the Messiah and you gladly give what you have earned with such hardship.

This one is a stranger, whose looks are alien and whose ways are not your own, and you hand him an empty dipper and go away.

You get into a boat to cross a river. The water flows. The other side will calm your thoughts, rest upon the affairs of your world. The one who guides your boat is Gautama Buddha. And you gaze in wonder upon the water itself, the farther shore forgotten in the miracle of the present moment.

The one who guides your boat is a man with a stubbled beard, jersey clothes, and your gaze once again turns to the far shore.

It is an interesting illusion you live in, my friends. Whom do you see? To whom do you react? What is the nature of your brother, your sister, yourself? If you look upon each surface, you shall always find the mundane. If you find love, then you rush to acknowledge it. If you find the perfection of him at the well who can give you greater water than that of

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this illusion, you will give all that you have in order to associate with the giver of such great wealth. This incident was written in that book which you call the Bible, the one known as Jesus saying, "I have water. I am not thirsty. I can give you water that will allow you never to thirst again."

There are those who help you in your life, those who steer your boat, and you gaze at the shore, not at the one who plies the oars. But is that one not perfection? You know the name called Buddha. But what does this name represent? A man who has found the moment. It is so. Each of you can feel the greatest amount of desire for a sweetheart, for a teacher, for one who is enlightened, and yet all, beginning with yourself, have these aspects at the core of beingness that creates each entity. Whom do you wish to delete from those who are perfect? You cannot delete even one. Not even one who freezes this night, drunken and penniless. Not even one who fattens himself upon power in its dishonest use, not even one who has stolen all that he has, not even one who cannot recognize reality—not even yourself.

The night is full of stars, and we speak as if from a great distance from beyond those stars. We weave a web of inspiration, but we are fools and we speak to the foolish. For if we were truly wise, we would not be speaking. We would be existing in unity with all. This we are not doing. We are attempting to learn wisdom. And so we are aware. Are you? It is the attempt of a fool to see perfection in the illusion. Yet it is the responsibility of the seeker to be a fool. For those who are wise in your world will their wisdom and it shall be buried with their bones. There is no one, no entity at all that is not absolutely necessary for the wholeness of the universe. Each portion of the creation is utterly desirable. The next entity who seeks money from you upon the sidewalk is Buddha, Christ, your sweetheart. How fast will you run to aid him? What drink will you gain from him that will let you never thirst again? What priceless present moment can you find with a derelict?

I am Oxal. I leave you within the illusion, knowing that you are at least looking through the bars of this prison you have chosen. You have chosen this prison, this illusion just so that you yourself may find perfection, reality, the ideal that is so obviously not there. We are with you and leave this instrument, blessing each, for to be foolish in the seeking of an ideal is divine folly. Seek carefully, and with love. In that love we leave you and in that light we cannot help but leave you. We are Oxal. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the infinite Creator. We are pleased that this group has chosen once again to ask for our humble service. We bring it, as always, rejoicing as we come, thankful for the opportunity of being with you and of searching with you for the truth of our existence. May we then ask if there is a query with which we might begin?

M: Are all the fourth dimension groups acquainted with one another, or are they isolated the way the third dimension is?

I am Latwii. To answer your query, we may begin by suggesting that although those of fourth density are more fully aware of the unity of their being, there is for many still some inability to perceive the, shall we say, individualized existence of others like unto themselves. Those of the density of understanding do indeed perceive …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. To continue. Universe. The existence of those who dwell within and learn understanding and compassion is an existence which is far more broad than your own, for the veil which separates your conscious from your unconscious mind is being removed more and more fully within this density. Therefore, to summarize. Though it is more possible for such entities to know the fullness of the existence of their own kind, shall we say, many yet seek to complete this understanding.

May we answer you further, my sister?

M: No, thank you, Latwii.

I am Latwii. We are thankful to you, my sister. Is there another query at this time?

Carla: Is there ever a point at which knowledge of the infinite is part of an individual entity or social memory complex?

I am Latwii. As the progression through the densities of this octave continues, the knowledge of unity with all portions of the creation increases. This has been likened unto the gaining of what might be called spiritual mass. As this awareness of unity

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progresses into that density of seven, there is the movement into timelessness which necessarily precedes the full rejoining of each portion of an entity's awareness with the unity from which it sprang.

May we answer you further, my sister?

Carla: Yeah, there's a joke about a guy that knows everybody in the whole world. And yet that's a finite number of people, entities compared to the infinite of all of the galaxies and all of the populations. It just, you know, intellectually boggles the mind to think about knowing everybody, every entity. Maybe you can't approach it intellectually, huh?

I am Latwii. To respond to your query, may we suggest that the faculties of the mind are indeed quite boggled by such an experience. Therefore, it is of necessity that the infinity of mind give over in function to the infinity of spirit, that through this foundation source of beingness all that exists might be known as a portion of the great Self which is the one Creator. Your creation exists that this one Creator might know Itself, and as the process of evolution occurs for each entity then the Creator gains in knowledge of Itself as each portion becomes aware of more of its identity as the one Creator. The reciprocal knowing of the small self as the great Self and great Self as the small selves reaches this stage of what we have called spiritual mass increasingly so that the fullness of all creation is seen to be contained within the fullness of the self.

May we answer you further, my sister?

Carla: No, I really liked that answer. Thank you very much.

I am Latwii. We are pleased to have packed an answer in our briefcase which has pleased you. May we attempt another query at this time?

K: Yes, Latwii. As we attempt to know the higher self or the inner self, and as hunches and intuitions come, it's been my experience that if I follow them, I make the right choices. Is it true that the inner self or the higher self is capable of directing our lives in every respect if we are aware of the, well, let's just say hunches or whatever we want to call it?

I am Latwii, and am aware of your query, my sister. This is one means whereby what you have called the higher self may indeed aid in guiding the individual that is your waking self through the illusion of the lessons you have chosen. It is also possible that other portions of the self take part in this activity. Also to be included as a source of those intuitive hunches and flashes which occasionally illumine the mind is the concept of the guides or guardians which watch the progress of each within your illusion.

When you feel an intuitive feeling, you are being spoken to by a greater or deeper portion of your own being. Whether this portion be that known as your higher self, your own unconscious programming, guides or guardians, or friends of light is of little concern for the moment. What is to be noted is the impulse towards action or thought. To listen to such is indeed quite efficacious in traveling that path you have chosen, but it must be remembered that you cannot make mistakes. And to not listen to such an impulse will simply mean that you shall reach your destination eventually by another means.

You may see the balancing of the intellectual and analytical abilities of your mind with the intuitive information from your subconscious mind as that which is most helpful in accelerating your evolution of mind, body and spirit, for with the analytical abilities of your conscious mind, you are able to chart the path which you shall travel. By listening to those intuitive impulses which spring from some portion of your subconscious mind, then is your conscious mind informed as to larger parameters within which it might have its sway. Thus, the two portions of your mind operating in balance provide you with the means by which you are able to move upon your path of evolution within your illusion.

May we answer you further, my sister?

K: No, thank you. That answered it quite well. Thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

A: Yes, Latwii. I was wondering what the significance was or what the reason was for when people—when they are praying—put their hands together, as in the statues of the praying hands. Why do people do that?

I am Latwii. We find that the answer to this query for most entities is simply to do that which has been taught them, but the answer which we see you seek runs deeper than this. The foundation for each ritual which the cultures of your planet has created—we correct this instrument—have created, rests within

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some symbolic representation of unity, for it is unity which underlies each religion and philosophy, and unity which each religion and philosophy, to some extent, distorts. To join the hands is to join the seemingly separate portions of the self together in a symbolic action which exemplifies the unification of the being—the right and the left, the positive and the negative, that which knows with that which does not know, that which seeks with that which gives. The descriptions we have given are various means of looking at the individualized entity which seeks in prayer to know some portion of unity. To join the portions of the self known as the hands, which in your illusion seek many things, is the symbolic function which shows the entity seeks unity, seeks to make whole that which seems broken, seeks for the healing of that which seems diseased, seeks for the knowledge to fill the void of unknowing within the self.

May we answer you further, my sister?

A: No, that was most helpful. Thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii. We find this evening an early end to those queries which may be answered in our humble attempts to be of service. We thank each present for asking for our humble service once again. In your meditations, my friends, please feel always free to ask our presence there as well. We shall leave this group at this time, as always, rejoicing in the love and in the light of the one Creator. We are known to you as those of Latwii. Peace and blessings be with each. Adonai vasu borragus. ♣

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Sunday Meditation
January 30, 1983

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, my friends, in the love and in the light of the one infinite Creator. We wish to speak a few words on what for you is indeed of great difficulty in your illusion, that being what you know as choice. You, as all entities, are free-willed in each thing. Each of your life situations is to you many different options of which you weigh and choose. Each entity's choice becomes that entity's responsibility. When your choice is made and the moment accepted, neither hate nor love the choice, but accept it for the moment. With each choice you are … with each choice take a step. Use your …

We are experiencing some difficulty in maintaining a good contact with this instrument. We would, as he requests, now transfer this contact to another. I am Hatonn.

(Jim channeling)

I am Hatonn, and greet you once again through this instrument in love and light. To continue. As you make your choices in this illusion, you will find that each choice brings yet more possibilities for choice. You operate within this illusion in a manner which might be called trial and error, though we would de-emphasize the error aspect, for we do not feel that any choice can be error. Yet from your experience you may discern those choices which are less efficacious than other choices, but this discernment is only possible as you continue to make choice after choice. You will find that the experiences which you gather through the making of choices will offer you hints, shall we say, that will aid you in further decision making, so that the entity which is able to analyze through the use of the mind those experiences which it has encountered is then able to take the gleanings of this analysis with it in meditation, and is able to allow new thought forms and possibilities in thinking to occur within the being.

Then this entity is able to continue a process of evolution which you may simply call growth, as you continue to expand and grow in your ability to utilize your mind, your body and your spirit complexes in an ever-expanding understanding, if we may use this term, of the nature of your illusion. Then you will find a pathway which lies before you that becomes more and more distinct. For as you choose, you become more polarized, shall we say, by the choices you have made, and this polarization then becomes likened unto a momentum within your very being. The momentum of your choices to be of service, however you have chosen, then shows to the attentive entity the path which is most efficacious within each situation that it shall face in what you shall call your future.

Do not be afraid to choose, my friends. Do not fear that which is called the failure by many of your peoples, for there is in truth no such thing as failure. There may be instances wherein your choices shall not yield the results which you had hoped they would yield when you made the choices. Yet this is only a function of your imperfect understanding of what it is that will truly benefit your evolution in mind, body and spirit. Rest within the assurance that you cannot fail as you choose and choose and continue to choose the path which you travel. You do not understand the complete overview, shall we say, of your journey, for this is not the density of understanding. You operate within a forgetting that increases the value, shall we say, of the choices that you make and the path that you travel in your total beingness.

Therefore, forget you the fear of failure. Choose and continue to choose fearlessly then, knowing that each choice has the opportunity to teach. And if you will listen with your inner being, discern with your mind, and join the two in meditation, you shall lead yourself through your own choices along that path which is the most efficacious for the growth that you so earnestly seek at this time.

We would now attempt to close through another instrument, if possible. We shall now transfer this contact. I am Hatonn.

(A channeling)

I am Hatonn, and greet you through this instrument. We would speak but briefly in closing to give the reminder that if ever our presence is desired, all you need to do is ask and we shall be with you. Seek us out in your meditation. We are with you always. We shall leave you tonight in the love and the light of the one infinite Creator. Adonai. We are known to you as Hatonn.

(Jim channeling)

I am Latwii, and greet you, my friends, in the love and the light of our one infinite Creator. What a privilege it is once again to be with you. We sincerely appreciate the opportunity which you extend by your invitation. We are always excited to speak to this group. This group has been our longtime friend, shall we say, and to join with friends is indeed an honor and a great joy. May we then ask if we might be of assistance by attempting to answer queries this evening. May we ask for the first query?

C: I'll try to get a question out of this, and try not to ramble too much, and try not to ask for anything specific. But of late I've been extremely nervous and confused and unable to make decisions. I can't seem to distinguish what is the proper avenue to take to serve others around me. When I meditate on it, it seems that a feeling that no matter what the choice, I would be serving myself more than others. Could you talk to me about such a state of confusion?

I am Latwii, and shall attempt to penetrate to the heart of your query, my brother. Within your illusion are many opportunities for learning. The greatest opportunities present themselves as what your peoples call the problem, the crisis, the trauma, for when things are going smoothly, my friend, what is being learned? Quite often, little of value. But look you then to the situation which presents the crisis. Within the self one seeks in such a situation to resolve the crisis. Yet if the crisis be of such proportions that the entity cannot put, shall we say, all the pieces together to complete the puzzle in one fell swoop, then the entity finds itself mired, shall we say, within the crisis.

To put it more properly, may we suggest that the crisis is within the entity, and the depths of the crisis begin to appear great. If you will look at any situation which might be called a crisis, any such situation has the ability to awaken the deeper portions of an entity's being so that awareness is increased. The awareness is increased usually through what may be called the pain, the suffering, the tears. The trauma of the situation which is not resolved or balanced within the thinking of the entity experiencing it begins to carve out within the entity new boundaries of perception, new potentials for experience. As the entity consciously works with the catalyst of the crisis, the opportunities for learning expand, yet are often unrecognized as the entity continues the process of working with the catalyst. Confusions often occur as the entity attempts to make decisions that shall, it hopes, end the crisis.

There are various resources and forces within the deeper mind, as well as aid from those presences which you may call angelic or guides, which provide the entity with the impulse to resolve the situation in the most efficacious manner possible according to

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the entity's chosen polarity. Therefore, the entity may find the, shall we say, easier solutions quite difficult to make, for the easier solutions are not always the most efficacious. The entity is provided with aid from the inner resources that allow it to make the most helpful choice according to the polarity which it has chosen. The situation of crisis, then, allows an intensive experience of choosing to continue along a certain path of polarity to the entity. The crisis is, shall we say, the cutting edge of consciousness. The entity may go in either direction, the service to self or the service to others. The more intensive the lesson, the greater the crisis, the more opportunity for learning.

Do not fear that you shall make the wrong choice, for no choice is final and each choice builds upon previous choices and will lead to yet further choices, so that the entire process may be looked upon as one which continues to provide the opportunity for increasing the polarity of the individual. As you move through this situation, attempt to view it as often as possible from what might be called a neutral situation or position. Perhaps within your meditation you may be able to remove yourself from the emotional colorations which lend to your confusion, and place your attention in a position which allows you to look down upon the situation, shall we say, and see yourself and all others within it as actors upon a stage. Look then to the dynamics of the movement and interaction. See that part which you play. Become the author of the script. Attempt to discover what potentials await your learning. What is the lesson that is being taught? How has it been learned? How might the learning be increased? Attempt to remove yourself periodically in such a manner so that you might gain an overview and a more full appreciation of the process which presents you with great opportunities for learning.

In such a discipline, then, your deeper mind and those entities which aid through it may be able to give you clearer guidance so that your choices might be more informed and effective. Attempt to remove yourself from fear and to remove fear from yourself, for this, like any emotion, only distorts that which is seen and experienced. Go forth in joy and confidence knowing that you have great opportunity to learn and to share the love and light of the one infinite Creator which seeks to be known in each moment that you experience.

May we answer you further, my brother?

C: No, thank you very much, Latwii. That gives me quite a lot to work with. Thank you.

I am Latwii. We thank you, my brother, for this opportunity to serve. May we attempt another query at this time?

A: Yes, Latwii, I have a question and it has to do with my channeling. I was wondering if you could aid me at all in why I might be having difficulties in picking up a channel. At meditations now I seem to draw a blank even though the tuning seems to be well and I've been mediating daily, but I'm a little confused on why I'm drawing a blank.

(Page 7 is missing from the original transcript.)

personal origin. The concept itself is more clearly transmitted from Confederation entity to the instrument. Each process and transformation which the instrument opens the self to will require of the instrument that it increase its desire to be of such service and increase its willingness to be the fool, shall we say. Yet as these continual exercisings—or mental pushups as we may call them—continue to be offered to the instrument, the entity will find the ability to transmit Confederation philosophy is quite enhanced and the service which it wishes to offer is likewise enhanced.

May we answer in more depth, my sister?

A: No, that will give me something to work with.

I am Latwii. We would simply comment at this time in response to both queries that it is often the plight and pleasure of the seeker to find the opportunities for increasing service and oneness to be presented in situations which provide the trauma, the doubt, the confusion, and the difficulty in perceiving clearly. This is the nature of any exploration into that which may be called the unknown. Rejoice, my friends, in your doubt, in your confusion, in your frustrations, and in your angers. For they are signposts which alert you to the fact that your seeking is increasing, and the opportunities for knowing the love and light of the one Creator are also increased.

May we attempt another query at this time?

A: I have none, but thank you for that last bit, Latwii.

C: Yes, thank you.

I am Latwii. It has been a great privilege, my friends, to be with you this evening, even for what you might

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call a brief moment. All such gatherings are treasured by we who are known to you as Latwii. We cannot express to you our gratitude in the appropriate terms which would be understood clearly. We feel the appreciation within those who have had queries this evening for that which we have humbly offered in service. May we express, then, to each present the same gratitude increased manyfold, for you provide us with a great service by asking for our humble service. For each, we seek to know and to serve the one Creator who resides within each portion of the one creation, and by such offerings of service have you allowed us to increase our knowledge of the One Who is present in all. We shall leave you at this time in the love and in the light of the one infinite Creator. Be at peace, my friends. Go forth in joy, for yours is the great journey into unity. I am Latwii. Adonai vasu borragus. ♣

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Sunday Meditation
February 13, 1983

(S channeling)

I am Hatonn, and am now with this instrument, and greet you, my brothers and sisters, in the love and light of the one infinite Creator. As always, with great joy we greet you. We are so pleased to be among those that are truly joyous to share time, as you perceive it, with others of like mind, of the same desire in striving. For in so doing, does it strengthen your own desires in striving. For in sharing with other selves, you are able to see within your own selves, and as this happens, my friends, we encourage you to continue.

This evening there are a few points we would like to consider, one of these being the looking within, the taking time to consider the well of strength and knowledge that comes from looking within your own self, to see the Creator that is within each and every one of you. We speak often on the subject of meditation, my friends. We realize this may at times be most boring to you, but this, as with other simple messages, can never be stressed enough. For it is through your daily meditation and through your daily prayers that you are able to accomplish that which you have set out to do in this lifetime. If there are a few moments of the day which are routinely set aside to turn the eyes inward, so to speak, then this would serve to help in a way that would perhaps better serve you than possibly reaching out to your other selves, expecting an answer from them that might possibly be an infringement upon your own free will, should they answer.

My friends, we would not at any time expect you are asking to do that which is not comfortable and can only hope to serve you, and ask that within our words you accept what is comfortable with you and discard the rest. We share our simple messages with much love for you, and even though at times it may seem as though we seem to be in the position of the parent scolding the errant child, this is not the way of our messages at all. But the thought that we send through these instruments we send with much love for your continued striving and growth.

We would at this time like to transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you through this instrument in love. We shall continue through this instrument.

What do you consider enough meditation? Indeed, what is the ultimate result desired? Firstly, let us examine the creation to discover that each entity experiences the Creator and the creation and therefore cannot help acting in a correct manner regardless of the action. Secondly, let us consider the possibility that the Creator is most efficiently experienced if the experiencer is experiencing the

Creator in such a way that he is at all times aware of the presence of the original Thought of the Creator, and further, is capable of manifesting the original Thought in each moment.

Is this possible, my friends? It is our limited understanding that indeed this is the intent of consciousness—to know itself in such a way that is finally and completely unmasked so that there are no divisions and all things become infinite in diversity, yet truly and obviously one. We would ask you to consider a story that is within the holy work which you call your Bible. The one whom you call Jesus spoke of giving, and indicated that it was difficult to give properly from abundance, but that rather the proper giving was that of the widow whose sole treasure was two coins which she gave. This, said the one known as Jesus, was the far greater giving.

My friends, do not be falsely led into consideration of monetary generosity of any sort by this parable. The parable has to do not with the giving of coins, but of the giving of a life. If your whole life equals two coins, and you give it all, it is acceptable. If your existence equals a million coins, and you give five hundred thousand, it is not acceptable. The charge that you give yourself by desiring to know the truth is that charge to give yourself to the truth when you find it—not a portion of yourself, not a tithe of yourself, but all that you have been, are or will be, and in the giving, release the self from bondage.

Imagine yourself as the coins dropping into the box. Now they have not fallen nor are they clasped in the hand. Now they are free to be infinite. And how can you do this for one second without the constant discipline of meditation or some activity which affects you personally in a centering, clearing and joyful manner? Can you possibly give yourself completely to the experience of the Creator as the Creator truly is without discipline? Can you expect to express love for one second in its original form without discipline?

You see, my friends, the search for truth is like the addiction which is in this instrument's mind as the topic of conversation before the meetings. You become addicted to the joy of being whole. This enables you to do a great deal of work, for there are no sales on truth. You will not find it cheaply. There are not bargain days and any who promises will be promising speedy happiness and speedy despair. There are no gimmicks, there are no shortcuts. There are simply glimpses of the utmost joy, feelings of going into another world where all is as beautiful as a thought that you have just had.

To keep your faith in yourself enough alive to continue an arduous and long journey, now let us turn to meditation. If meditation is the fuel that will enable each entity to experience the truth, then seeking is the fuel that will enable you to meditate. We ask you, what is meditation? Do you think of sitting upon a mountain? Do you think of old men in white robes with long beards? That is not a full representation of the wisdom one gains in meditation and the time it takes to get it. But we ask you instead, my friends, to think of meditation as a process, as the trip up that mountain. You are in your street-soiled clothing, and it is warm day and the valley below you has the stench of too much civilization. As you climb, the smog recedes, and the warm, clean air begins to glow about you. A white butterfly dances before you. And you laugh at the sweet smelling air and the butterfly and the fine day that you have found in the high place.

After much climbing, when you are weary, you come to a perfectly smooth lake. It is so pellucid that you can see to the very, very bottom. You remove your clothing, and swim across this lovely, quietly melting lake. And as you walk up the other shore of this tarn, you find that there are new garments waiting for you to pick—garments fresh, sweet smelling as the day, comfortable and pleasant in every way. All that is without you is now cleansed and ready and you walk to the mossy, natural seat that overlooks vast distances. And you settle yourself and you allow all things to flow away, for you have been washed clean and that which is before you is new.

You do not need to ever come out of that meditation. The more you practice the experience of meditation, the more the process will be a portion of you. Then that process itself begins to give you the will to call upon the state of mind in which the kingdom of heaven and the Creator are near, or indeed are all about you. Those things which are full of the stench of complication, semantics and civilization may be seen as from that viewpoint. You may choose that viewpoint any moment. You may behave in the light of your relationship with the Creator, rather than your relationship within an illusion to the Creator, as that portion of the Creator is experiencing itself. Choose. And each time that you do, know that it is your choice and that when

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we speak to you of meditation, boring though that subject may seem, we wish only to give you the basic tool for renewal of the sense of the original Thought that each of you seeks with such determination.

I would transfer at this time. I am known to you as Hatonn.

(K channeling)

I am Hatonn, and would say a few words through this instrument in closing. We want to continue with the thought of addiction as one seeks truth. Or in reality the seeking of truths is the seeking of the self, the understanding of the self, and as you discover more of the beauty of the self that each of us is, it indeed is like an addiction. The more one discovers, the more one is capable of discovering. And indeed, it becomes like finding a brilliant jewel, and the more one finds, the greater the addiction. And, one might even say, the greater the addiction, the more one finds. And you will spend all of eternity discovering more of the self, because the infinite Creator resides within each self. Life takes on a totally different meaning as one truly discovers the beauty and the depth and the color that resides in each of you. One stands in awe indeed, as one begins to understand the Creator really does reside in each of us. Your life need not be powerless. As you live day by day and continue in your meditations, and as these thoughts grow within you, you will indeed be like the light set on the hill. It is indeed worth the time you have spent in seeking.

We repeat that it has been a joy to be with you. And we leave each of you now in the love and the light of the infinite Creator. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in love and light. It is our privilege once again to join your group in response to your request for our presence. We join you with great love for each of you and with an eagerness to serve which is, shall we say, our constant companion. May we then attempt our service at this time by fielding your first query?

M: Latwii, I have a query. What is the best way to help a person who has some form of addiction?

I am Latwii. My sister, we feel that in such a situation, the support one gives such an entity is most important. To support one who has a strong attachment to any thing, idea, person or pattern of existence is to give of the self without reserve for the purpose of letting the one to be served know that whatever its condition, with or without the addiction, the entity is acceptable to you. To give this support is to build within the entity's understanding a firm foundation upon which it might stand and move as it attempts to balance the distortions which seem out of balance. It is often the case that such entities who attempt to help one who has what you have called an addiction will attempt to help the entity free itself of that addiction through various means. This is the beginning of treading on very shaky ground, shall we say. To attempt without being specifically asked to enter into such a delicate situation is not usually recommended, but to support the entity as it makes it own efforts in that direction is most helpful in almost every situation.

May we answer further, my sister?

M: Yes. If a person is, as we were discussing before, non-functioning, what is the best approach?

I am Latwii. When an entity has suffered the bearing of such addictions to the point that it is unable to function within the normal definition of your culture, then it is often necessary to aid such an entity by providing, shall we say, the common sense support of attempting to secure the shelter, the food, the clothing, the medicine, and the companionship for such an entity that it might be nurtured to the point where once again it is able to make those decisions for itself. It is important that the door to these decisions always be left open for such an entity, yet it may be necessary in some cases that the entity be assisted through that door.

May we answer you further, my sister?

M: No, thank you. I think you've explained it very well.

I am Latwii. We are grateful to you, my sister. May we attempt another query at this time?

Carla: Well, following up on that, the alcoholic—the experience that I have had with my relative was such that when she was sober, and in that state very intelligent, she suggested that she was suicidal, and that if she drank, she was attempting to die, and that any encouragement from any member of the family would only hasten her death. Consequently …

(Side one of tape ends.)

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Carla: … sturdy in their own right, and by her own suggestion, in this case, simply refusing to see her if she drank. This she felt was her only chance at becoming sober again. However, if I follow you correctly, even though it worked, spiritually it was very shaky ground. Is this correct?

(Jim channeling)

I am Latwii, and shall attempt clarification. The general suggestion which we have given, as all general suggestions, must bear the light of the specific situation. To give support to an entity who is suffering these difficulties may take many forms. Our suggestion is that one love without conditions. How this love is expressed is not set firmly or strictured rigidly. One may love and support another in specifically the manner in which the entity of which you speak desired. When an entity speaks in such a manner and asks for that type of assistance, then to love most purely, it might be the case that these desires are met. It may be many—we correct this instrument. It may be that many such entities would desire this type of assistance, and that it would be successful in aiding their recovery. Others may need some variation. If one can know what another needs by hearing those needs from the other, then one may best serve as one has been asked. If one knows not how to serve, one then must follow the heart. The love then that is given may take another form. Begin in love, refine with the wisdom which you discover either through your own discernment or through the lips of the one needing service.

May we answer you further, my sister?

Carla: No, thank you, Latwii.

I am Latwii. We thank you, my sister. Is there another query at this time?

K: Yes, Latwii. Let me just see if I understand a little bit better. The support and the love that you talk about I'm assuming would carry with it the notion that there is no judgment at all about the problem that the person is experiencing. For instance, for the most part our conversation with alcoholics oftentimes is judgmental. And so this support and this love would have to come across in such a way that the one who is addicted would know that we do not hold any judgment at all against the alcoholic. Is that true?

I am Latwii, and am aware of your query, my sister. It is our recommendation which we humbly offer that in any situation of this nature that it is most helpful to act from a position which has no judgment within it. For to judge another is to build a barrier between you and the other and then all succeeding actions must be filtered through that barrier. This tends to distort the love and the wisdom which you have to offer so that it appears to the other less than what it is. To remove the judgment is to attempt to see clearly and is that action which allows the clearer giving of assistance.

May we answer you further, my sister?

K: No, thank you, I think that clears it up.

I am Latwii. We are thankful to you. Is there another query at this time?

Carla: Just one final one on the same subject, only backwards. Can you generalize about the purpose for experiencing the addiction? There seems to be an addictive type of personality. There seems to be an addictive type of body, chemically. There seem to be some very distressing things that go on during addiction to some substance like alcohol or hard drugs or tranquilizers, yet people repeatedly seek that addiction out. Can you generalize on why?

I am Latwii. We are not fond of generalizations though they are most frequently our lot. In addressing queries such as have been asked this evening, it is necessary to speak in general terms in order that an overview can be given, yet to speak in general terms is to limit oneself greatly. For each entity is quite unique, and though each entity does fall within certain groupings and may be, therefore, in some cases, spoken of in general terms, yet one cannot look at each entity within any group and speak accurately in all instances. Therefore, we shall attempt a generalization with those qualifications understood.

Entities who experience what you call addictions to various substances such as the alcoholic beverages and the, as they are called, harder drugs, are oftentimes entities of great sensitivity and creativity. Entities within the culture in which you now exist who contain within themselves delicate sensitivities, budding creativities, and who yearn to express that which they feel they are, yet who also find such expression blunted by the general, shall we say, milieu, become sometimes frustrated, and find that

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their only solace is to turn inward and to ponder how to exist as a finely tuned being in what seems to be a gross and greatly overpowering world. Such an entity will often turn inward to such an extent that it becomes reclusive. Such an entity will find there are various aids to intensify this reclusive nature. The aids of the drugs and alcohol tend to turn the entity further and further in upon the self so that those sensitivities which began the entity's yearning and seeking for expression, become themselves blunted so that they no longer motivate the entity in the manner which found no expression. It is often that the turning inward and the use of the substances which alter the mind is specifically chosen that the mind might be altered, for it is the sensitive mind and the sensitive heart and the sensitive being that it seems to the entity began the pain. And yet these can be, shall we say, stilled in some degree, but then the entity assumes there will be no pain. Yet, can the spark of life which glows within any be extinguished? It is often a long journey until the entity discovers that the spark must live. And how that spark shall live is the decision which each must make.

May we answer you further, my sister?

Carla: No, thank you, that was very inspiring.

I am Latwii. We are most grateful to you, my sister. May we attempt another query at this time?

K: Yes, Latwii. I really think I know the answer to this, but I'd like to have your opinion. Do people—do some entities—well, in fact, lots of entities—before they incarnate again decide to live their lives in ignorance? Some people just seem, from my point of view, some people seem to hold on to ignorance as if it were something to be praised or enjoyed—they literally seem to hold on to their ignorance. Now do some entities choose this kind of a life before being born into this planet?

I am Latwii, and am aware of your query, my sister. Each entity before incarnating sets before itself a basic scheme or blueprint for the life which will follow as the incarnation. The lessons to be learned all stem from love within your illusion. How these lessons shall be learned is quite varied and unique to each entity. The veil which falls between the conscious and unconscious mind serves the purpose of allowing the entity to follow its path without a clear understanding of what that path is in order that the path, when followed, might carry weight within the total beingness of the entity. For an entity, then, to attempt to learn the lessons of love, it is necessary that the limitations of this knowledge of oneness with all be firmly in place. This is the challenge, to discover love within all of the experience without having more than a basic clue as to the nature of the love and the lessons awaiting the entity.

The distortion which you have described as ignorance, may also be chosen in order that the lessons of love might be learned on a very basic level. For an entity to exercise the ignoring of most of what is about it is to increase the effect of the veil and to increase the difficulty of the lesson. Yet if the lesson be learned under these circumstances, it carries great weight in the total beingness of the entity.

In short, yes, my sister, the quality of ignorance is quite a valuable tool to many who seek the lessons of love, and is freely chosen as a tool to aid that learning.

May we answer you further, my sister?

K: So, in a case like that, one does the entity a disservice by trying to enlighten, so to speak, is that right?

I am Latwii. This is not necessarily so, for each entity acts within an illusion which is populated with others such as itself, and the others serve as what might be called mirrors. It might be most helpful to such an entity to aid in its elimination, for no entity acts alone in truth. And each entity aids each other entity by interacting with that entity. To mirror the essence of another is to illumine the essence of another. And when you attempt, however you attempt, to aid another, you do indeed serve that other, for there is no way that one cannot be of service. To think in terms of service and disservice or right and wrong is to limit the perception, for in truth all actions and all inaction is service. All is service. The service may vary, yet the service exists and has its impact. There are no mistakes. Rest assured that you serve.

May we answer you further, my sister?

K: No, thank you very much.

I am Latwii. We thank you, my sister. Is there another query at this time?

(Pause)

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I am Latwii. We are aware that we have exhausted the queries within this circle, yet we are aware that there is one who we perceive wishes to enter the circle, yet is hesitant. We shall therefore, take our leave of this group at this time. We rejoice in your beingness, our friends. Call upon us to join you in your meditations whenever you wish our presence. We leave you in love and light and blessings of the One. We are known to you as Latwii. Adonai vasu borragus. ♣

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Sunday Meditation
February 20, 1983

(M channeling)

[I am Hatonn.] I am now with this instrument. I greet you with the love and the light of the infinite Creator. Many times people feel alone but in reality you are never alone. There are people who have gone away, and there are people who are coming who are involved in your life. They give you support of which you are not aware. You do not just have your friends in the third dimension, but you have friends in the third dimension that you do not even know because of the illusion of forgetfulness. Sometime you feel that your problems are more than you can bear, but in the total line of your soul there will be happiness and contentment to lessen your sorrows. Never feel alone. There are always many souls concerned with your welfare. If you will just remember this one sentence a lot of the loneliness of your third dimension will disappear.

I am Hatonn. I leave this instrument.

(S channeling)

I am Hatonn, and greet you, my brothers and sisters, in the love and in the light of the one infinite Creator. We thank you, as always, our friends, for allowing us to share in the very beautiful vibrations that encircle you together as one on one thought of seeking the Creator in this way. We would like this evening to share with you a few thoughts on the subject of being one with your brothers and sisters. This, our friends, is not at all times easy to accomplish. You may look on one who is not so agreeable, and perhaps tend to think that this person is not a part of you. But yet, my friends, is each and every one you come in contact with each day of your lives a part of you and you a part of them. For within the creation there is only the separation that is brought about within the illusion. Within the Creator, my friends, there is no separation. All is one.

Each day as you are involved in your daily routine and as you meet your brothers and sisters, would you, if you knew that the one that you consider a stranger, if you knew, my friends, that he was the one known as Jesus, would you treat him perhaps as lightly as you do that stranger? For he, my friends, is as the one known as Jesus, as are you. We put out these thoughts to you, my friends, that you may stop for a moment and consider again the beauty within each and seek to see the inner beauty of each of your brothers and sisters. Do not stop at the outer covering, for with a little effort you may indeed find the beauty that you have been seeking.

We would like to transfer this contact. I am Hatonn.

(C channeling)

I am Hatonn, and am now with this instrument. As you continue to seek, you will find that you will become ever more sensitive to those around you. As

you begin to go within, to see the beauty and the love that is you, you will find that you will also reach out and look at that same beauty in others. Others may not be able to see as you do, and you may well find there are times that your reaching out may tend to shut others in. Your path and your knowledge as it begins may seem lonely at times, for it does seem paradoxical, that reaching out can shut you away from others. But do not be disheartened. Continue and you will find that with your growth you can begin to reach others, be more a part of them, share with them, experience together as one. The beauty, the peace of touching others is indeed a wondrous thing. So continue to reach out and do not be disheartened if first attempts are rejected. The rewards are great. The love to be shared is great.

I am Hatonn, and would, if we may, close out this message through another instrument. I am Hatonn.

*(**K channeling**)/*

I am Hatonn. I am now with this instrument, and in closing we would like to remind you of the admonition in the book known as the Bible. In numerous places in the Bible we are told to rejoice always, even in tribulation. My friends, rejoicing diminishes what you see as problems. This may be difficult to comprehend, but if you will give it a little thought you will recognize the truth of the statement, that rejoicing does indeed diminish our problems, or what we perceive as problems. And it is always well to remember that the power within us is greater than any problem we may face. So, my friends, you can take heart under all circumstances. And remember that rejoicing is the panacea for all ills.

It has been a pleasure to be with you this evening, and, as always, we leave you in the love and the light of the infinite Creator. I am Hatonn.

(Jim channeling)

I am Latwii. I greet you, my friends, in love and light. We are most honored to be called to your group again this evening to offer our humble service, that is, the attempt to answer your queries. We remind each entity that though we enter into this service with great joy and eagerness, we are fallible messengers, and our advice, though it may seem studied and somewhat perceptive, is only meant to serve as a guide, and is but a trinket when compared to that which resides within your very being. Therefore, may we attempt now the first query?

M: I have a question. I've been reading the psychic Ruth Montgomery's new book, *Threshold to Tomorrow*, and she says that Einstein has come back and is in the body of a Swedish engineer [Bjorn] *(inaudible)*. Do you feel that this is probably true?

I am Latwii. This is, of course, a possibility which upon careful investigation upon our parts could be determined. Yet, we find that information of this nature is not our specialty, shall we say. Our specialty is the transmission of those thoughts and concepts which those present might find of use in accelerating the evolution of the mind, the body, and the spirit. Usually entities who seek in that manner shall find that information of the sort which this question contains is only of peripheral use in the evolutionary process. Entities such as the one of which you have spoken are most usually of great distortion towards service to others, and therefore it would not be at all unusual to expect such an entity, even if harvestable, to return to this plane and illusion in order that the fruits of its own efforts might be shared with others and nourishment might be given.

May we answer you further, my sister?

M: No, thank you, that's very good.

I am Latwii. We thank you, my sister. Is there another query?

K: Well, yes. Along the same line, I've heard only recently that a group of people who have been hypnotized indicate under hypnosis that lots of children are being born now for the express purpose of trying to save the planet, and there was some indication that the children were from other densities, such as perhaps the fourth or fifth density. Could you comment on that?

I am Latwii, and am aware of your query, my sister. Indeed, at this time on your planet there is the birthing of a great number of entities of various origins who have come to aid the planetary consciousness in its evolution, for indeed, your planet evolves with your peoples. Many have come as what you have called wanderers for many thousands of your years. These have been in small numbers until what you call recent times, that is, the last two centuries. During this period the number of these entities has increased greatly in order that the

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vibrations of your planet, which have through the three great major cycles tended to be somewhat of the heavy or gross nature [may be assisted.].

There have been also within recent times, that is, the last half century, the beginning incarnations of those which shall form a portion of the fourth-density positive population of your planet. These entities have been harvested from third-density planets from other what you call solar systems and have been given the honor of early incarnation upon your planet as harvest is begun. Their incarnations are hoped to aid this harvest as the lightness, or shall we say, the distortion towards love of their vibrations is added to the cumulative planetary vibration. These entities also enter into a forgetting, yet they bring with them skills which are not so easily forgotten, and there are many of small experience—what you call children—upon your planet at this time who demonstrate skills which are normally called by your peoples extraordinary or paranormal. These skills are the subconscious remembering of lighter vibrations which have been brought with the entity for the purpose of aiding the evolution of this planet.

The majority of incarnations at this time upon your planet, however, are of two types. The largest by far of the portions are those entities who have spent many, many incarnations upon your planet as third-density entities attempting to learn the lessons of love. Their attempts have been successful enough that they have the possibility of attaining harvest in the positive sense in the short period of time which remains before the harvest is complete upon your planet. The smaller portion of entities incarnating is that portion which also has attempted to achieve graduation, shall we say, in the negative sense, or the service-to-self sense. Thus, you will find upon your planet at this time a great polarization in consciousness occurring. That is, you will find great examples of love of others and service to others, and great examples of love of self and power over others.

May we answer you further, my sister?

K: No, that answered the question very well, thank you.

I am Latwii. We thank you, my sister. Is there another question?

K: Yes. One follow up on that question has occurred to me. You indicated that the lesser portion was the negative, and some of them are very powerful. I'm assuming some of these powerful people are in politics. Is that right?

I am Latwii. It is possible for each entity to view the culture in which it exists and to see those structures of organization which are based upon a few with what you have called power exercising that power over a great many which do the bidding of a few. You will see about you many structures in your society, not only within the arena called political, but those of your armed forces, your economic institutions, your business concerns, and so forth. The principle of negativity is that principle which intensifies the illusion of separation which is implicit within all creation. The illusion of separation is then used by those who have gained a knowledge of the negative polarity to dominate those who are not what is called elite, shall we say. Whatever characteristics are determined and determine the elite, then, are those characteristics which are used to separate the elite from the non-elite. Therefore, you may see the distortion towards negativity within many, many portions of your environment, and, indeed, within the self, for are not all entities one, and do you not contain all things?

May we answer you further, my sister?

K: No, that's very good. Thank you.

I am Latwii. We thank you once again. Is there another query at this time?

M: I have one. Within a lifetime, is there ever a person who is decidedly negative or positive who changes, and what would cause that great change within a lifetime?

I am Latwii, and am aware of your query, my sister. It is most unusual for an entity to completely change the polarity during an incarnation within the third density, for within your density the great forgetting which occurs makes progress, shall we say, difficult enough that when one polarity is discovered to be successful or helpful to the entity in its evolution, it is most usually intensified so that the efficacy is continually enhanced. There are many, many cases, however, where entities, shall we say, mix their polarities, not having the knowledge of the principle of polarization. The great majority of entities upon your planet, for example, swing in might be called the potential well of indifference, moving at times in service to others with great sincerity, moving also as the pendulum at times in service to self with great

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dedication. This is normal upon this particular planet at this time. For an entity to change completely the seeking from one polarity to the other and be efficient in that seeking is most unusual.

May we answer you further, my sister?

M: Well, I was thinking, say, of an alcoholic who was very destructive to himself and other people who changed—say, belonged to AA, and became quite helpful to other people. Would that be a change of polarity or not?

I am Latwii, and am aware of your query, my sister. We come to the problem here of semantics, for such an entity most usually will be one whose background is more distorted towards the previously mentioned potential well of indifference, being neither intensely positive nor intensely negative. The transformation which occurs due to the, as you mentioned, alcoholic nature being transformed to one of abstinence and service to others is a transformation which is then more purely positive and has not then usually moved from the negative sense, but has moved from the unpolarized state wherein the seeking was not of pure enough nature, either positive or negative, for the entity to move from its confusion. The entity may at the transformation of what you have spoken then choose a more purely positive seeking, and become more and more efficient in that seeking, and move itself from its confusion.

May we answer you further, my sister?

M: No, I think that explains it very well.

I am Latwii. We hope we have been of service. May we attempt another query at this time?

(Pause)

I am Latwii. We find that we have exhausted the queries, and perhaps one of your members. We hope that we have not been too ponderous this evening. We thank each present for inviting our presence. We are always honored to join this group, and we remind each present that a simple request for our presence in your meditations shall find us joined as one, more consciously than we are always joined. We shall now leave this group, rejoicing in love and light and leaving each in that same love and light. Peace to each and blessings. We are known to you as Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
February 27, 1983

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and the light of the infinite Creator. It gives us great joy to share our thoughts with you this evening, and as we touch each of you in thought we send all our blessings that your journey may be filled with light and love. We especially greet those new to this gathering and one who has not been with us for some great time as you reckon. And so you all go out seeking the adventure of learning, and so have men gone out seeking that great adventure since consciousness began. The track is irresistible and yet there are many ways by which the seeker may slow himself down. Very often the wide paths, the most traveled and the most popular are those which accommodate those entities who desire to move at a slower pace. We are aware that each in this group desires to quicken the pace and so we would talk to you this evening about courage.

It has perhaps been suggested to you that the end of your seeking will be knowledge and understanding, that you will find the answers that you seek. Indeed, we have suggested that you will find the answers that you seek. We have never intentionally suggested that you will find a key to the understanding of those answers, only that you are heard and that answers are forthcoming. The path which is narrow is a path the end of which is the realization that you do not know anything. The reason this path is narrow is that not knowing is uncomfortable, and continuing on for any length of time upon a path which promises further unknowing as the fruit of your current unknowing is simply not a very delectable path, and therefore it is not much traveled by your peoples.

But we ask you to look around you, my friends. What do you understand? Having considered what you may understand, we ask that you evaluate its importance in your spiritual quest. Are you seeking to know who you are? Very well, a noble and great quest is this, as it contains all of creation in its depth and breadth, for you and creation are one. Seek, my friends, to know who you are. But if you seek with integrity you will find that your answers do not leave you smug. You do not ever know. It takes a great deal of courage to go far along on the path that you discover the feelings and the character and the fruits of who you are and still be able to face the ultimate mystery of your identity. Those without courage will settle upon an answer, and that answer will keep them from changing, or at least changing as quickly.

Let us observe the master known as Jesus. This teacher talked about himself only in the context of his relationship to the Father, to the Creator, to the One Who is all things. He was, as you are, aware of that relationship. He was aware that he was both created and Creator. He did not know anything beyond that, and each step that he took was taken after meditation, and under the guidance of that

which he did not previously know, which many have called the Holy Spirit and others have called the higher self. How much courage can you bring to your quest? Love is ever and always nearly manifested to those who quest, and that love is blinding in its power, and you know it is there, and you seek more of it. Do you have the courage to accept your conscious unknown, for surely you have spent enough hours in despair because your actions were but a shadow of what you know, as you might say. You think, "My will is strong and my heart shall be light and I shall meet all obstacles with love, that love that I know, that love that I feel, that love that I seek." And yet, these things you do not always do. You do not know. It is the seeking, continuous, balanced between seriousness and joy, fresh each day, that accelerates your rate, speed, and leads you upon an ever narrower path.

And this, my friends, is good, for it is the narrow path, the path of courage, the path of fearlessness in the face of not knowing that will grant you more and more a sense of being able to reach into the resources of your higher self, of your deeper self, of your inner self, of Christ consciousness, and manifest the true joy of faith and will. It has often been noted that justice is blind among your peoples. We would further note, so is love, so is seeking. Do not let the dimness of your mirror images ever discourage you for long. Do not let your own lack of manifestation ever discourage you for long. Do not let any error, as you may consider it, discourage you for long, for this creation is the Creator's. You live in a creation of love and in an illusion of mystery. See far enough to find the love and have the courage to release yourself from the responsibility of certain knowledge. Those who are certain about philosophy and those things of the spiritual evolution have simply placed themselves on a slower path where they will be borne upon the shoulders of their comrades, given more encouragement, offered frequent rests, and sustained by many comforts. Courage, my friends. You who have it shall inherit a great mystery of being as can no one who seeks certain knowledge. You seek the wind. It is invisible, it is infinite, and it will come and go when it will. Do you suggest that you shall know it, that you shall measure it, and put it between the pages of a book? Or do you instead seek to be it? Lift your wings, my friends, and soar in the love and the light that is yours for the seeking, yours for the taking, and yours to manifest in glory.

We leave this instrument bathed in the sweetness of meeting with comrades and again thank you that we may share our thoughts with you, humble and poor though they may be. We ask that you grasp firmly the concept that we are fallible beings such as yourselves. Therefore, take what you will of what we say. Use that which seems good to you and discard the rest without a moment's hesitation. We are here to inspire and to encourage, not to confuse. We thank you for the great service you do us by allowing us to be of some small aid. I am Hatonn and I leave you in the love and in the light of our infinite Creator. Adonai, my friends. Adonai vasu borragus.

(L channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. We are speaking slowly while we are establishing a good contact with this instrument. We ask your patience that this might be accomplished, for the instrument is somewhat fatigued and out of practice.

At this time we would present ourselves in hopes of being allowed to perform whatever service we are capable of in answering the questions you may elect to offer. At this time are there any questions?

Carla: I've been wondering about the reason so many school children have been given such harsh diseases to cope with these last two or three years. The latest epidemic was very uncomfortable, and much worse than the usual measles and strep. Stomach cramps and what not. Is there some other reason other than chance catalyst that this was presented to this particular generation of kids?

I am Latwii. I am aware of your question. My sister, we would recall for you the awareness that you possess concerning the qualifications that entitle the more recent incarnations upon your planet to be allowed to incarnate. As you remember, the schedule, if you will, is based upon the likelihood of accomplishing a sufficient polarization to continue the journey, so to speak. In the case of a number of the most recent incarnates, the quantity of catalyst experienced within a relatively short period of that which you term time is necessary to allow the newly incarnate the opportunity to successfully receive the equivalent of a cram course in human experience.

May we answer you further?

Carla: You're talking about seniority by vibration?

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I am Latwii. Your assumption is correct. We would emphasize, however, that the term seniority is somewhat misleading, for there are those who are of a lesser developed state whose particular circumstances or required lessons are of a nature that would lend themselves well to being accomplished in the particular milieu experienced on your planet at this time. The odds, if you will, for these entities are greatly enhanced by the particular characteristic of that which they are likely to experience, and in so doing have the opportunity to complete the stage of work which they have undertaken.

May we answer you further?

Carla: Then you're inferring that the supply of those who may be expected to make harvest is less than the supply of physical vehicles that are being born so that those who have no excellent chance of making harvest, or some, are still able to incarnate. Is that right?

To a degree that is correct, my sister. It might be examined under the light of the willingness of those non-incarnate to be of service in patiently awaiting to allow one who is less likely to be harvested an opportunity to excel, and thus achieve harvest due to the particular circumstances available within the experience range presented by the physical vehicle. For example, one whose particular requirements for growth would include an opportunity to experience great physical and emotional stress might have to wait for several eons to find such ideal circumstances as those which are currently present on your planet. And, we might add, the potential future holds a high degree of likelihood that the circumstances for intense catalyst in these areas are greatly enhanced if an entity who seeks harvest, and is approximately, yet not actually at the harvest potential, perceives an other self who would be tremendously benefited by the opportunity to incarnate at this particular moment in time, the service-oriented near-harvestable entity might be moved to delay his or her incarnation so as to extend the service of such a delay to allow the incarnation and potential harvest for the entity of lesser accomplishment who also seeks incarnation under the particular circumstances available at this time.

May we answer you further?

Carla: No, thank you. I'm impressed by the courtesy of the ones who are willing to wait another seventy-five thousand years so that somebody else can have a turn. That's a whole new light on the word courtesy.

I am Latwii. My sister, we would not be hesitant to point out that this also is taken into consideration.

Is there another question?

(Pause)

I am Latwii. As there are no further questions vocalized, we shall assume that those present have exhausted their supply of queries and we shall ourselves be of service at this point in releasing our use of this instrument to allow those present to continue in their usual fashions. In the love and the light of the infinite Creator, my brothers and sisters, we are known to you as Latwii.

Carla: In case any of the other channels are wondering whether to speak, I do feel a presence here, and I am not getting any signals, so it must be for somebody else.

C: I felt this feeling before the meditation tonight, but I'm totally unsure what it is. That's why I'm staying quiet.

Carla: Okey-doeky.

C: It's that I feel strange.

Carla: Spirit, if you are new to this group, we challenge you in the name of Christ. If you come in the name of Christ, the Christ consciousness, and the one white light you are welcome. If not, we bid you be gone now and forever. Hum. He must not have been a nice one. He went away. We are now open for prayers.

C: A quick one.

Carla: Yeah, it was a fast one, a weak little fella. You all right, C?

C: Yeah, I'm all right.

(Tape ends.) ♣

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Sunday Meditation
March 6, 1983

(S channeling)

I am Hatonn,) and I greet you, my friends, in the love and the light of the one infinite Creator. We are pleased to be with you this evening, and we are honored that you have called upon us to join you and we are, as always, overjoyed at the oneness we find when this group is joined together as we all share in our seeking. We are often concerned about your people, but we are also filled with happiness when we know that there are those upon your planet who are endeavoring to seek the Creator, each in his own way. We all seek the same light, though we follow different paths. Each of us goes his own way, though we all go toward the same place. We are individuals, yet we are one. We are alone, yet we are together. Our togetherness is often not seen as completeness togetherness. There is an illusion that we are separate, but it is only an illusion. For we are all a part of the creation; we are all the creation.

We constantly seek the same light, and we seek it whether we see ourselves as one or as individuals, for there are many upon your planet who are unaware of their oneness with the Creator. Still they seek. It may often seem that we are in the dark. We often feel alone. We often feel frightened. But if we will look for the light, it will always be available to us. If when we are in what might be called the depths of our despair, we may only seek out a point of light, that light will be shown to us. It will lead us out of the darkness, and we will know the way. But first we must seek that light. If we choose to remain in the darkness, we will remain in the darkness. It is up to each individual to strive toward the light. It is our nature to strive toward the light as the flowers upon your planet strive for the sun. It is something within their being that makes them grow toward the sun.

And so it is with you, my friends. It is within you that same striving. You will seek the light whether you are aware of your seeking or not, for it is inborn within your very soul. As you seek the light, you find that it becomes brighter, easier to find, and easier to follow. You are never alone, my friends. You always have the light. Seek this light when you are in those depths, my friends, for seeking the light is finding the light.

We will leave this instrument now and would transfer to another. I am Hatonn.

(Jim channeling)

I am Hatonn, and greet you once again, my friends, in love and light. We have been attempting to contact the ones known as M and C but find some weariness within these instruments, and therefore shall continue through this instrument. We find this evening a great concern among this group for that concept which your peoples call health. You have spoken this evening of many ways of viewing the healing process which is necessitated when that

condition called health deteriorates in some fashion. We would hope to offer you yet another perspective. No more sure, shall we say, than any other, yet our own.

You and your peoples exist within an illusion within which you find a portion of yourself seemingly divided from another portion, that is to say, your conscious mind does not seem to have a ready access to that which you may call your unconscious mind. This, shall we say, darkness of knowing or veiling which separates one portion of yourself from another, in effect makes it possible for your conscious choice to be free of the great overview which the unconscious mind can provide, for the unconscious mind is your direct link to all of the creation, and were its resources fully available to you, you would have no doubt as to the nature of your being, that is, the one Creator.

The advantage of not being able to tap this resource easily is that the choices you make with your conscious mind as you travel through your illusion are choices which then carry much more weight in your total beingness. The portion of the Creator that resides within you then is given greater experience with much more intensity, variety and purity than would be possible were you to rest in the blissful state of knowing your unity with all which the unconscious mind can provide.

Therefore, as you move through your illusion, you will find your ability to accomplish the movement, the experience, the growth, the learning of the lessons of love enhanced by the choices you make. Yet, my friends, you are well aware that not all choices are as efficacious as others. There are many factors which may lead to what you call ill health, some of which are choices which eventually are discovered to be less efficient than others. It may be that the path which one has set out before an incarnation includes the necessity of making such choices, for it is well known among your peoples that the, shall we say, trial and error method teaches well.

If you will look upon each choice, not with the concept of right or wrong, good or bad, but as an experience which teaches, you will then see that even a choice which leads to what you call ill health due to a certain disharmony or imbalance in the choice can teach as much if not more in many instances than choices which do not include the need for the ill health. It is often felt by the people of your planet, especially your culture, that the, shall we say, good life includes perfect health and income which supports one's self and family in comfort, friends which gather to share in merriments, and so forth, the general being a smooth flow of experience, one after another.

Yet, my friends, does anyone live such a life? If not, why? Could it be that there is more to what you call your life than the smooth and easy flow of events? Could it be that the strength of your will to seek the light is increased when you encounter the difficulties. Could it be that each of you before your present incarnation programmed these difficulties so that when certain lessons had been learned, there would be the challenge to continue learning, for it often appears among your peoples in their current condition that when there is no reason to learn, learning occurs not. When there is the need to learn in order to resolve the difficulty, then learning occurs of necessity. You may see the condition of your health in some instances as a type of barometer which can indicate many things according to the individual. For one it may be a reflection of the lessons that are being well learned or attempted, for another it may be reflection of the harmony which is being experienced and radiated from that being. For another it may that the state of health reflects certain lessons which need the recognition in order to be attempted.

In all cases, we may suggest that healing occurs in what you may call the metaphysical realms or inner nature portions of the entity, and then are manifested in the physical vehicle as the last portion of the health recovery, and are triggered solely by the inner choice made by each entity. Many are the ways which your peoples utilize to achieve healing. Whether the way includes the visitation to your orthodox medical physicians or the visitation to what are called psychic healers or the change in diet, exercise, sleep and rest patterns, or whether the trigger is the simple choice of an entity to do or not do a certain act, the healing occurs first within the entity at the metaphysical level of what might be called the higher self. It is at this point and this level that the Creator within moves to restore balance when the lesson that necessitated imbalance has been learned, for you do not have random or accidental experience upon your plane, though much appears so. Each experience carries the potential for learning,

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and each experience has been designed and programmed for that purpose by each of you before and during your incarnation. The veil of which we spoke keeps this knowledge from you that the process might be completed successfully, for if you were aware of how, shall we say, the game was played, it would be but child's play to complete it.

The challenge you have before you is to seek within and through that veil, that you might glean greater and greater portions of the great plan for your evolution which you have created by your choice before this incarnation. Therefore, it is always our suggestion when asked concerning how to accomplish healing that the first step be to seek in meditation the nature of the lesson which stands before you when you experience what you call disease, whether it be of mind, body or spirit. To seek within is to look in the only direction which you shall find a clear reflection, for you have chosen the experience which you face, and it is that inner being which has chosen it. To look elsewhere is to invite a less than clear perception of what the nature of your experience is.

As you continue your inward looking, you will find that the puzzling pieces of your experiences begin to fit, one upon the other, and a continuous stream of images and inspirations then become available to you so that you might continue the process of learning [that] which the disease symbolizes, and which the disease has brought before your attention in a manner which you cannot ignore. Meditation is one means by which you can begin to choose a more balanced path of seeking, and therefore continue to make the choices which will heal the imbalances which other choices have set in motion.

We at this time would make one final attempt at closing our contact through another instrument if there is the desire upon that instrument's part to aid in this manner. We shall transfer this contact at this time. I am Hatonn.

(K channeling)

I am Hatonn. Again we greet you in the love and the light of the infinite Creator. We would close this session with you by saying a few further words about health, since the one known as Carla is absent from the group tonight, and since it is evident that all of you are concerned. My friends, on your planet and in your culture there is a belief system about health that tends toward the illness or disease that you find all about you. You have the notion that it is widespread among your peoples, that you are supposed to be sick. My friends, the body is very capable of healing itself. The cells of your body are in tune with the infinite source of creativity of the universe, but you feed into your subconscious mind concepts about illness that fill you with fear and anxiety, both of which are enemies of good health. You look to others for healing rather than looking within. There are those on your planet who have been healed during the dreaming state. This is quite possible, but if your belief system says otherwise, you will not seek the dreaming, the healing from the dreaming state.

We have given you food for thought. Each of you will have to resolve the question of health and illness for yourself, even as you have to resolve each decision that comes before you. However, we would leave you with the cheerful thought that your body is completely capable of healing itself. Therefore we suggest that you continue to seek and find the answer individually. And, as always, we leave you rejoicing in the light and the love of the infinite Creator. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the one infinite Creator. We are most honored once again to be asked to join your group. It is always our pleasure to blend our vibrations with yours. This group has been for a great portion of what you call time now our special adventure, shall we say, for we do not speak to many upon your planet, and these opportunities to speak in this manner are precious to us. Our service this evening, as always, shall be an attempt to answer your queries. We hope you realize that our humble responses are indeed nowhere near infallible, yet we offer them with some insight and with great joy. Therefore, may we ask if we might attempt the first query at this time?

M: I have a question. I don't know whether you can help me with it but it seems like throughout my entire life, every so often I get divine spark of truth that satisfies my brain for awhile. And for about a month or so I've been looking for another spark, and I can't find one. Would you mind giving me a divine spark of truth that will keep my brain going? It feels as if it's starved. I've heard elaborations of good ideas, but I haven't gotten a really new one in

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about a month and this leaves me rather uncomfortable. I need something, some divine spark of truth that will feed my brain for about a month.

I am Latwii. We are unsure as to our ability to provide such a spark to one who is used to the flame of truth in many forms. It is most difficult to say what is a profound revelation to one entity as compared to another, yet we are aware of certain general truths which seem to hold sway, no matter to whom they are applied. We may humbly suggested that for the truth which you seek you might look at that feeling of being uncomfortable, for is not such a feeling as full of truth as the feeling of comfort which comes from inspiration?

May we answer you further, my sister?

M: Well, I'm not exactly sure, but I'll think about it. Thank you.

I am Latwii. We thank you, my sister. We hope that we have not made the spark too opaque. May we attempt another query?

R: Yes, Latwii, I wonder if you could tell me if the condition in one of my ears is related to my seeking in any way, or if that would be an infringement?

I am Latwii. We do not mean to be facetious, my brother, but there is no condition which you can experience which is not related to your seeking. The condition which you have spoken of is indeed most appropriately associated with your seeking, and may be evaluated by continuing your practice of meditation upon the nature of the condition, for each such condition manifests in a way which symbolizes the lessons which are being attempted, and those especially—we pause that this instrument might be comfortable. To continue. Each such symbol then, points to the lesson which most needs attention at the moment, as you would call it. If you will look at the portion of the body which has been affected and note its function, you will begin to see the connections which are being pointed at, shall we say, and from this point you may proceed further along the path which lies before you.

May we answer you further, my brother?

R: Yes. What purpose are the tones in the ears, and what are the differences between right and left?

I am Latwii. When an entity has for some time been considering a certain concept, a certain path, and has been attempting to determine how to proceed with the inner seeking, and how to reflect it in the outer expression, there will often be a communication from what you might call inner planes, guides, the higher self, and various other angelic presences that will attempt to signal the conscious mind of the entity, and provide a clue as to the path which would be most efficacious. These signals take many, many forms. Most often noticed among your peoples is the coincidence of events where within the experience of the entity in the material world there will be manifested a, as you would call it, coincidence, that points the way. Others may term this a synchronistic event, and this is but one means of such communication. The means of which you have spoken is not as usually utilized, but is …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. To continue. For the entity to experience the tone in the right ear, is for the entity to recognize the appropriateness of the thought or action which preceded the tone. The left ear tone, then, signals the inappropriateness of the thought or action which preceded the tone. There is a third tone which an entity may experience, occurring at the crown chakra just above the top of the head, as you call it, which signifies neither appropriateness or inappropriateness, but signifies the balanced nature of thought or action which preceded the tone.

May we answer you further, my brother?

R: No, thank you.

I am Latwii. We thank you, my brother. Is there another query at this time?

K: Well, yes, since we're on health tonight, and I don't want to tire the instrument too much here, but in one of my meditations about three or four months ago, I was having so much pain in my lower back, and particularly when I sat down, that I requested healing in my meditation, and I seemed to get the response, "Well, heal yourself." And it seemed to be pretty dogmatic and emphatic, sort of the way I would say things sometimes. Now I have been healed. Now my question is, did I heal myself? I guess I'm wanting some reassurance, but did I heal myself or can you give me any notion of what happened?

I am Latwii, and am aware of your query, my sister. In this instance, as in all such healings, the healing

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indeed was of self by self. But as you know, there are various portions of yourself and the portion of yourself which has partaken in this particular healing is a portion which is much closer in unity to the one Creator than is the portion which is manifested as your conscious self. When healing is desired with enough strength, and has been accompanied by the appropriate amount of learning, then the conscious self may petition the higher self, as you call it, that that source of providing catalyst, shall we say, may also provide the balance which will be reflected in healing for the conscious self. As you meditate and as you meditated, your petition was noted. Advice was given. Advice was taken, and healing occurred. May we hasten to add that in all cases of such healing it is the Creator which moves within and which restores the balance. Yet are you not the Creator?

May we answer you further, my sister?

K: No, I believe not. It did seem like it took me a long time to learn the lesson because I sure had pain a long time, but thanks a lot, Latwii.

I am Latwii. We thank you, sister. Is there another query?

S: Yes. Latwii, can you give me any information about my friend, *(sounds like)* Morzack, if that's the correct pronunciation?

I am Latwii. We may speak only in general terms in this matter, for as each seeker travels the inner journey, there will be those friends which are drawn to the seeker according to the nature of the seeking which is manifested. As you experience your incarnation, you will find the lessons that you have laid before yourself learned in such and such a manner, and you will find that there are friends which appear from time to time to aid in this process. No entity is alone. Each entity is surrounded by many presences. Which presence will manifest at which time is determined by the needs of the seeker and the nature of the seeking. To be at peace with the communications which the seeker will experience from time to time, we would suggest that each seeker determine a certain ritual that will allow the challenge of any entity making communication so that the entity making communication may be felt at all levels of being to be of a positive nature, to be of a service-to-others nature, and all such entities greatly appreciate this challenge, for it is an indication that the one whom they wish to serve is more aware of the nature of such service and more able to benefit by it.

Therefore, as you continue your journey of seeking, know that you are not alone, that there shall be those who will make themselves known to you in one way or another according to your needs.

May we answer you further, my sister?

S: No, thank you, Latwii.

I am Latwii. We thank you. Is there another query at this time?

M: Well, I would like a little information, Latwii. I'm not particularly sensitive to any form of pain, and I don't believe in sickness. Now is that just … Does that affect the fact, the reason I don't have any pain, that I don't believe in sickness? And if I have a slight pain, I tell my mind not to feel it, and it doesn't feel it. Is that done by me or is it done by, say, a previous incarnation that I decided to be this way? Why is it, everybody else seems to have so many pains and … I know I'm not particularly sensitive to pain because when the dentist drills my teeth he never puts any Novocain or anything on it because I don't feel it. Is that something I've done or something that was planned?

I am Latwii, and am aware of your query, my sister. All choices [are those] you have made, many before this incarnation, and [many] indeed as a result of previous incarnations, for each incarnation may be looked upon as a class or course in which certain lessons are desired according to their efficiency, shall we say, in learning. The next course or incarnation is determined to be of such and such a nature so that new lessons may be learned or previous lessons may be refined. It may be that, as in your case, there is a certain need for the, as your peoples call it, maintenance of health upon a rather constant level so that lessons may be focused upon which do not require the use of the ill health, as your peoples have called it. Many upon your planet feel that people are quite similar in their experience and each may be likened to another in its experience of the various stimuli which your illusion offers, for example, pain. Yet, if careful study were made of each entity, there would be a great diversity discovered. Your case may sound quite unusual to many, yet it is but another example of the great diversity of the one Creator throughout all creation.

May we answer further, my sister?

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M: Well, maybe. In other words, did I choose before I was born not to feel pain and have bad health, or did I … is my attitude here in this life causing me not to have bad health? Was it before this life or during this life? Is it my attitude now? I don't believe in sickness. Is that a factor or not?

I am Latwii. Your attitude, may we say, was quite carefully chosen before your incarnation.

May we answer you further?

M: No, thank you. I believe that does answer it.

I am Latwii. We thank you, my sister. Is there another query at this time?

S: Latwii, I have a quick one. I assume that my challenging ritual is effective. Can you confirm this for me?

I am Latwii. We may suggest that your ritual has been effective, for it is born of your heart and the desire to seek the truth.

May we answer you further, my sister?

S: No, thank you very much.

I am Latwii and we thank you, my sister. Is there another question at this time?

(Pause)

I am Latwii. We see that we have passed from the silver-tongued speech to the golden silence. We thank each in this group for allowing us to speak this evening. We remind you that our words are but guideposts, hopefully pointing the way to an inner seeking which will provide you with the true treasures of your being. Take what words we speak as lightly as the wind that blows in your spring season, and move gently along the path in peace. We leave this group at this time, rejoicing with you in light and love, in peace and in power. We thank you, my friends. We are known to you as Latwii. Adonai vasu borragus. ♣

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Sunday Meditation
March 13, 1983

(Unknown channeling)

[I am Hatonn.] It is a great pleasure to speak to you this evening through this instrument, and we would, at this time, speak to you in parable.

When a child, young in years, wearies of walking, he has in your culture the opportunity of asking for a tricycle. Originally, this tricycle was a very tall wheeled machine known as a velocipede. Upon it, the adventurous young person would dare life and limb, for the front wheel was very, very tall, and the two rear wheels very small, and the element of skill and concentration and art was great. But now, those who desire that no risk be taken have offered to your culture not only the tricycle made of metal, off of which a child could conceivably fall and bruise himself, but also the soft plastic safety of the big wheeled tricycle that cannot fall over. Upon it the child cannot come to harm. Of course, the child cannot then risk himself or dare an adventure, except in imagination, but this satisfies those who keep watch over him and are concerned for his safety.

When a child reaches a certain age, if it is of an adventurous spirit, [it has the opportunity] to request a bicycle. The element of risk returns. The child can dare the many tricks and performances common to those who cry out, "Look, Ma, no hands!" and swerve around corners at breakneck speed. They are not going anywhere, these older adventurers, they are risking themselves. Eventually, the child becomes man or woman and uses whatever means of transport is available, towards some end. He clambers into a car or upon the bicycle or motorcycle because it is necessary to move from one point to another, and perhaps the adult no longer dares the risks for the simple adventure of it. For perhaps now the adult sees purposes that unfold as the life unfolds before each one.

Now, my friends, as adults, the risks, the journeys, and the daring are interior. And yet, still there are those who could condemn you to the spiritual equivalent of the big, soft, plastic, three-wheeled environment. All your risk in your journey would be in your imagination. It has not been the choice of this creation and of the Creator to offer to each co-creator with safety. Not the three-wheeled, low-slung vehicle, spiritually or otherwise. You are free to risk, to dream and to dare. You are also free to go nowhere, to go only to those places which have meaning within an illusion which is bounded by geography, physics and the demands of your physical body. Those who find little joy in their experience are often those who have, of their own free will, chosen to limit the degree of risk in their seeking.

Let us turn in our thinking to a parable given by another. In this parable there were two sons. One son took his inheritance and spent it foolishly and sinfully, according to the notions of that day. The

other son remained safely with the family, taking no risks and making no obvious mistakes. Yet, when the prodigal son had been reduced to the lowliest job possible within that culture he fell upon his knees, and he realized that he had left a loving father and sinned against him, and he determined to ask of that father for the lowliest job in the household. He had risked and he had lost everything, and yet when he came to his father's house, the father instead said, "My son who was dead is now alive. Rejoice! Prepare a feast and bring all of our friends to celebrate the return of one who has been gone, one who has been lost."

The other son, peddaling carefully through life upon three low-slung wheels, adhering to his father's orders, felt not love but jealousy, for he had missed his journey, he had taken no risks and he did not know his identity nor appreciate his son-ship to the father, and said, "My father, you never gave me a party. I've always done everything you told me to." What could the father say? He looked at one son, who was foolish but brave, who'd come back loving and penitent, and he looked at the other son who measured every bit of service, and he could only say, "All that I have is yours. It has always been so, but cannot I give a party when your brother, who was dead, has come alive again?"

Each of you look into your heart and search out that which you measure, that which is low to the ground because you do not wish to risk a fall. Examine it carefully, my friends, because it may be an opportunity for you to enhance your journey. You seek to know the Creator, and you know that the nature of this seeking will be of a kind of return for you. Know that you have come from the Creator, and it is to that consciousness that you return. Therefore, must you not journey away in order to come back? Can you ever return if you do not set out? Whether it is a small thing, or a large, do that which is true to you, even if it is a mistake in actions. When it is due to fear that you will lose control over others or yourself, if often the intemperate and unwise choice, action brings about a catalyst that provides you with many mistakes, much learning, new understanding, and an ever abundant return to feast with the Creator in the kingdom where bread is of the spirit.

I would, at this time, transfer this contact. I am Hatonn.

(Unknown channeling)

I am Hatonn, and I am with this instrument. We would like once again to greet you in love and in light and would only say a few words in closing. We would like to express our joy in being allowed to share our message with you, the message of the Creator, the simple one of acceptance and love. We would like at this time to transfer, if the one known as A would allow us to do so, for we feel that the contact is beneficial for her at this time. I am Hatonn.

(A channeling)

I am Hatonn, and I greet you through this instrument, once again, in the love and in the light of the one infinite Creator. We are pleased with the chance to have our thoughts spoken through this instrument, and we are glad to see her climb back upon the horse. We have enjoyed sharing our thoughts with you and hope that, in some ways, it can shed a new light for you, for in learning in this illusion, there are many ways to see a lesson, and the brighter the light, the easier it is to see the lesson.

We shall leave you now, as we came, in the love and in the light of the one infinite Creator. Adonai. We are known to you as Hatonn.

(Jim channeling)

I am Latwii, and greet you, my friends, in the love and in the light of our infinite Creator. We are pleased, once again, to be called to your group. We rejoice with each of you at the honor of joining vibrations. Without further adieu, let us offer our service of attempting to answer your queries. May we begin with the first query?

A: Latwii, I am hoping you can help us with our Friday night meetings, and first of all ask how we are doing on achieving purity in our contact, for it is something we strive for as channelers.

I am Latwii, and am aware of your query, my sister. We feel that the discussion which preceded this meeting is quite sufficient to allow the realigning, shall we say, of the policy to admit those who have some knowledge of the nature of the meeting gained by reading those books which have been prepared for such a purpose. We feel that those who are what you may call the core of this group, are well aware of the necessity for tuning carefully, and do indeed tune as carefully as possible when the tuning time

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draws near. Yet, when entities have lesser desire and knowledge for this type of experience enter your circle, then the circle suffers some de-tuning. We feel that to expose these entities to the material available as a prerequisite to joining the circle shows respect to the tuning of the circle. The old and new entities, and, indeed, in the new entities, is a portion of the initial building of that respect which shall aid the tuning and the purity of the messages received.

May we answer you further, my sister?

A: Um, I know this will really touch a lot on our free will decisions, but where was there a great deal of distortion in your message and in Hatonn's messages in the past meetings, or is that too much on the free will?

I am Latwii. To give a complete answer to this query would indeed take from you the ability to discern that which is discernible to you. You have within your inner awareness and your intellectual capacities as well the ability to, shall we say, gain a feel for what transpires and for the nature of the messages as they are delivered. Look then to your own resources for the tools to make this discernment more readily available, my sister, and may we answer you further?

A: No, thank you.

I am Latwii. We are grateful to you, my sister, and thank you for your care and desire. May we attempt another query at this time?

Carla: I'm a little puzzled. When we have an intensive meditation and a new channel asks about the quality of channeling, the answer is usually fairly specific. What is the difference between that question and the one that I raised?

I am Latwii. In the case of the new instrument, there is genuine doubt as to the purity of the contact. In the case just queried upon, there is not such a pure doubt and the service to be most helpful is to reinforce that which is known, not by verification in a yes or no manner, but [by] coaxing that which is known forward [within the instrument's mind.]

May we answer you further, my sister?

Carla: So, if A truly was in the dark, and really had no clue, then she would have been able to find out about the channeled source, is that correct?

I am Latwii. This is largely correct, my sister.

May we answer you further?

Carla: No, no, I am just reminded of something Ra said once about how interesting it is that people ask so many questions that they already know the answers to. I guess we want confirmation. Thank you.

I am Latwii. We are very appreciative, my sister, to you, as well. May we attempt another query at this time.

Carla: I guess you want me to save the questions about things that have happened to me and the channel and Don for Ra, right?

I am Latwii. Our desires, my sister, are to serve in whatever manner is possible. We therefore ask if there is a way in which we might be of service?

Carla: Yes, there is, if it isn't an infringement on free will, because I really don't think I know the answer, and I would like to—all three of us—would like to have a Ra session soon. Two of the three of us are under the weather but feel that we can do it. Is that estimate of the situation accurate or would we be too low on energy, and therefore be taking too much of a risk?

I am Latwii, and shall attempt response to this query, though the instrument has some doubts as to our ability to clearly transmit that which is available. We shall begin, with the instrument's kind permission as he attempts to stand aside. We feel that your group has the requisite energy and harmony necessary for the conducting of a session with those of Ra. Though your group does have the deficit in certain areas at this time, well known to each of you, there is the ability to function in the metaphysical sense, which is the overriding factor in such sessions.

May we answer you further, my sister?

Carla: Since Jim is the power part of the triangle, is there some danger that the kidney problem might go on longer because he is expending physical energy and visualizing white light?

I am Latwii, and I am aware of your query, my sister. We find that this entity shall be able to function as necessary without the further damage to those organs of the renal structure for it is not a portion of the healing process that will be called upon in the activity of which you have spoken.

May we answer you further, my sister?

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Carla: Just one thing, it's the only other thing that I could think of that wouldn't infringe, for sure, for sure. Is there anything that can be done to aid either Jim or me in building ourselves back up, each in our own way, and becoming healed of the things that have been wrong with us so that we might be able to be more, regular in our sessions than just having maintenance sessions and having trouble again?

I am Latwii, and to answer this query in the most helpful manner, we feel that we shall move from that which you may call the mechanical to that which we hope is the heart of your query, for there are those who are far more able than we to speak upon the mechanics and though there are also those who are far more able than we to speak upon the heart, we shall attempt this speaking. As you prepare yourselves to travel through your illusion, whatever the destination or purpose at the moment, to be most prepared to partake fully and to be of the greatest service at each moment one may look to the heart of love, and to see that love reflected in each moment is to know that one is prepared for all things.

As you look about you, and as you move with those about you, and as you dance with your creation, find the harmony of the moment. Find the means by which the love within may be shared with those about you. The dance of your illusion is most important, for it is an illusion that seems to lack love. The magic of the moment is to find that love, for it is in each moment. It is within your being. To dance with those in love and harmony is to be prepared to know the one Creator, and to serve each of its portions to your greatest ability.

May we answer you further, my sister?

Carla: No.

I am Latwii. We thank you, my sister, and may we attempt another query at this time?

Carla: If no one else has one, I'd like to ask one more unrelated. I can't remember whether I saw it in the news or heard it in the paper or whether it was just—but there was a woman with muscular dystrophy or multiple sclerosis who felt that she had the right to die because the nature of her life was not such that she could be of service to anyone else, basically. There has been a movie made on the same subject. A man being a sculptor who could no longer sculpt. He wanted to have the right to be taken off the machines that were keeping him alive. What are the metaphysical implications of determining, while still conscious, to end an incarnation, no matter how benign the circumstances sound? One does have the tendency to wonder whether or not it is a suicidal thought, and if it is a suicidal thought, whether that might not simply be prolonging the lesson rather than the other way around. What are your thoughts on that, Hobson?

I am Latwii, and am most happy to respond, dear. We shall begin by removing the concept of the suicide, as your peoples call it, for we find it overlaid with emotional content that distorts. We shall, indeed, re-correct this instrument, we shall de- …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we shall continue with the concept of desire or perhaps dedication. When an entity finds itself in an incarnation lacking in that desire and dedication to learn those lessons which it has chosen to learn, and lacking in such an extent that it in some way contributes to the ending of its incarnation in what might be called a premature manner, then it shall find as it reviews the incarnation so ended that there was indeed the lack of desire, and it shall then find within itself the desire to complete that which was left incomplete. Therefore, such an entity may find that the lack of desire in one incarnation shall be balanced by a rededication to those lessons not learned and that situation not well used, and shall, once again, enter an incarnation in which the situation and the lessons and the desire dance together to find that there is the learning of love.

And may we answer you further, my sister?

Carla: Yes, just to finish up. The only variation on that theme, of course, is when there is a flat brain wave but the body is still being kept alive by allopathic means, you know, a heart machine, a lung machine, and all that stuff. At that point, pulling the plug seems to me to have no karmic, no anything—force—it's just simply the acceptance of what has already happened. Would you like to confirm that, or could you comment on it?

I am Latwii and am aware of your query, my sister. Indeed, in most cases, this may seem to be so, yet, it cannot be stated unequivicably—we correct this instrument—unequivocally, that such is always so,

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for, as you know, there are no mistakes, and a random catalyst is less and less apparent to those entities now incarnated upon your planet. This is to say that the advent of those machines which you call the life-support systems may have use to some entities. It may be that some final, last portion of a lesson can be learned while utilizing such a machinery.

Carla: No kidding!

It may also be the case that there are no further lessons, therefore, the machinery is unnecessary. We cannot state which case applies without knowing these specifics. Each entity can look to the inner knowing for that information.

May we answer you further, my sister?

Carla: Well, can one really? I mean, there's a poor dumb relative with a "living will" in her hand saying this is the "living will" stating her husband's desire is to be unplugged, if he ever gets in this situation. How does that person know how to perform the best service?

I am Latwii. We repeat that there are no mistakes. You may do as you will in each case. There are always ramifications and results from action. That is the nature of action. When you review your incarnation you will undoubtedly find those situations which you had hoped might produce results other than were produced. This will give you the means by which you may refine the learning which you intended. It is not necessary, shall we say, that you measure up to a certain grade in each situation. Do not be overconcerned with the details of each situation that you encounter. Look instead to the overall basics that are developed and balanced, especially those concerning love, forgiveness, acceptance, understanding and compassion. If you begin with such considerations, you begin at the heart of your lesson, and it is the heart of that lesson that you seek in each tiny experience.

May we answer you further, my sister?

Carla: I would hardly consider the decision that would bring about the death of someone—clinical death—a tiny experience. I think I get the drift. Thank you very much.

I am Latwii. We thank you, my sister, and, indeed, we do not mean to call that which you call death a tiny experience, but we are speaking to the general tendency to look upon each experience as large.

May we attempt another query at this time?

(Pages 14 and 15 are missing from the original transcript)

tion that we are of the Creator, we, therefore, are of yourselves.

May we answer you further?

Carla: No, thank you.

We thank you, my sister. Is there another question?

Carla: Yes, just one other question, Latwii. These people who are living in these illusions different from ours from our point of view, who worked with them many years, they are irresponsible and someone has to care for them. They have to be literally taken care of as though they were helpless, and oftentimes they are very disruptive to everybody around them, in fact. And my question is, do these entities, when they are crazy, to use our word—it's as good as any that I know—do they serve as a catalyst for those around them or do they give them an opportunity to serve the Creator?

I am Latwii. My sister, we would, if allowed, extend your question and respond by observing that those around oneself always have the potential of being both catalyst and the opportunity to be of service. There is no self who is not capable of being of service at any opportunity to another self.

May we answer you further?

Carla: No, thank you.

We thank you, my sister. Is there another question?

(Pause)

I am Latwii. As there are no further questions, we will take our leave with the observation that this has been a ducedly good time. In the love and the light of the infinite Creator, my friends, we are known to you as Latwii.

(Carla channeling)

I am Nona. We greet you in the love and the light of our infinite Creator. We come at the request of one who is not present and one who is present. We are most grateful to offer our healing of vibrations through this instrument, in love and light and light.

(Singing)

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(Transcript ends.) ♣

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Sunday Meditation
March 20, 1983

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. It is our privilege to blend our thinking that together we may sing in harmony and rejoice in creation. We greet you in the love and in the light of our infinite Creator. We show this instrument a picture of a door, a steel door with a steel handle. The walls about the door are blank and there is no designation for this place. This is a gateway. Yet impressed upon the heart of those who face this door is a phrase taken from one of your holy works: "The first shall be last and the last shall be first." You who stand before this door are not only capable but are also actively and continuously monitoring your supposed spiritual readiness to move through this door. And as you see those things in your existence which may seem to you to be of a simple nature, of a trouble-free nature, you may think to yourself, "I shall not spend my time thinking and analyzing upon these portions of my life experience, for then, perchance, I should miss the thinking and the contemplation that must be done for these other portions of my life which are not simple and easy."

There is no one barometer which says that an experience is spiritually neutral, has been handled well, or in need of examination. However, we shall surely tell you this. Each of you has many, many portions of life which are greatly, in your own estimation, in need of work. And in your own estimation, perhaps you feel the time that you have for meditation and contemplation should be spent in these areas. It is as though your life, or as this instrument's lateness to church, you are ten minutes late to an ever-running appointment with your life. You are forever behind; you are forever attempting to catch up. That which is of the spirit is not neat nor is it tidy, and unless you are a prophet, you will not find order as you seek the love and light of the Creator. In prophecy is order. In love there is divine confusion, and we come to you as messengers of love.

We ask you, my friends, to look most carefully at the halcyon, tranquil and peaceful moments that make up your daily lives. There is as much work to be fruitfully done in this examination as in the constant repetition of your penitence at being ten minutes late for your appointment with life. Do you think love wears a wrist watch, my friends? Do you think that you could miss a portion of a service, a part of a ritual designed to offer you your birthright? No, my friends, that is not possible. You made a journey to a far distant land and took upon yourself a heavy chemical body. And as if this body were a ship, you embarked upon a marvelous odyssey, and you sailed and you sang and you observed the stars, took your bearings and headed your course as you wished it to go. And so you do now.

You cannot be late, nor can you miss that which is within you. It is an illusion that you are experiencing, that of missing, that of needing to be penitent. To recognize an error in calculation is sensible, and this will come from balancing your various emotional feelings in meditation. But to find what is behind the curtains of those good times that are not seasoned with the salt of love is also a fine thing to balance in meditation. Have you loved as the Creator loves you? Have you cherished the joy of those about you? Have you nurtured those who do not yet know their own divine identity? Take your ship and let the wheel hum beneath your hand. Let the rigging sing with the sounds of the crystalline winds of creation. There is no need to accept those things which are unhappy without balance. There is surely the same need to examine good fortune. Until your experience sings with joy, there is more to do.

Now, my friends, we speak in most general terms and have not attempted to speak to the subjects of each entity with himself or of entities within families. These are separate subjects, and the questions that come to mind as one examines these far more personal questions of the great ship, the illusion, have to do with the intensity and the rapidity of reaction of the experiences that occur. It is far easier to work spiritually with an acquaintance than with a mate, and yet the deepest work is done with mates and friends who are held in an oath of perfect honesty and perfect love, so that there are no lies, good or unfortunate, no flattery, and no dodging. This is much more difficult, my friends.

At this point we would like to transfer this contact. I am known to you as Hatonn.

(Carla channeling)

I am Hatonn. I am again with this instrument. We find that each channel requests that we finish as we have begun through this instrument, and we shall most happily do so. We greet you once again in love and light. When you arrive at yourself, my friends, you find the most personal work of all and the one requiring the most perfect honesty. It is difficult to be responsible for your thoughts and yet, if they are unhappy, within your being shall you be balancing them. And if they be contented, within your being shall you gaze beyond those curtains of contentment to find life and joy and sometimes that which is discontentment which has been ignored, as if some leftover guest at a party had forgotten to go home.

You are in some ways, my friends, many people, and you stand before a door. We have described this door to you as being of steel, for though in some messages the door betwixt conscious and unconscious in the roots of mind has been called "veil," we call it "steel." Let us not deceive you as to the difficulty of what you attempt to do. On your side of this blank and featureless door you work with yourself consciously and prayerfully. If you have the will and the faith to reach in your dreams and open the door, you may see that those things about yourself, your families and your entire life that seemed so full of contentment, had many hidden guests. You will see that your difficulties produced much gold. One glimpse beyond the lintels of that doorway is an enormous aid.

May we ever more strongly suggest a continuing effort in meditation. And as you balance, balance all, judge nothing and view without rancor, bitterness or bias all that occurs. Remember that you are a creature of love. A great power created sun and galaxy and universe and consciousness and you. Center yourself upon that point and go forth with your mind filled with love and your heart full of light that you may do those things which are truly prepared for you and may rejoice in doing them that you may be whom it is you wish to be, that you may smile and dream and laugh. For is it not your birthright to encompass all creation? And is not that creation unspeakably beautiful?

We leave you now, my friends, in the love and the light of the infinite Creator. We are known to you as Hatonn. Sail forth, O sailors of life and know that the winds are with you, and there are those who shall always answer your call. Adonai, my friends. Adonai vasu.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the infinite Creator. We are pleased to be asked to join your group, and, as always, we come in joy. Your numbers this evening are few, but we are most appreciative of the great feeling of harmony which you offer in the blending of our vibrations. We thank you, my friends. May we ask if we may serve you at this time by attempting to answer any queries?

Questioner: Yes, Latwii, could you tell me the nature of sexual energy? I'm interested in knowing

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more about what it is and how it's used, etc., etc.—anything you can tell me about it.

I am Latwii, and we shall attempt a response to this query which does some justice to your great desire, though we feel we shall be somewhat limited by the breadth of this topic. Each entity has an energy of mind, of body, and of spirit which is that known as a vital energy. The combination of these energies enlivens the entity that it might continue learning in the vehicle which you call the body. In your illusion this is the yellow-ray chemical body. The energy of the physical vehicle is an energy which is usually described as a sexual energy. This energy is available to each entity in one of two natures or modes: that of the female, which awaits the reaching of the male, which reaches.

These two expressions of the one infinite Creator are a portion of each entity, be they male or female, yet each entity, as a male or female, will express one in predominance over the other, and has this energy to give in an exchange with a sexually polarized other self. The amount of energy which is available to each to transfer in what you call sexual intercourse is a function of a number of factors, one being the entity's ability to express and manifest its sexually polarized nature in thought and beingness, another being the amount or nature of the balance of the entity's mind, body and spirit complexes which is reflected in the unblocking and activation of the successive energy centers.

When two entities of sexually polarized nature join in what you call sexual intercourse, these two major factors then determine the amount of energy which is transferred. As you have discussed before your meditation began, the male offers the physical refreshment of the female and the female offers the inspiration of mental and mental/emotional energy to the male. By this dynamic interchange of energy, there is the potentiating, each of the other, in a mutually enlivening fashion so that the experience which each shares with the other is enriched and enhanced in the ability to further utilize the catalyst of the illusion and learn those lessons programmed before the incarnation. Such an energy exchange may be seen as a sort of a celestrial—we correct this instrument—celestial lubrication. We are happy that our pun was enjoyed.

May we answer you further, my sister—we correct this instrument—my brother?

Questioner: I understand you can't see the beard in the dark. No, thank you.

I am Latwii. We thank you, and shall keep our eyes peeled for that beard. May we attempt another query?

Carla: Well, just keeping abreast of the situation, I noticed that you said in the energy transfer—and I don't believe we've ever gotten any information from Ra either on this—there is physical going to the female and mental and mental/emotional to the male. At some point, when one wants to begin studying the sacramental nature of sexual energy transfer, spiritual energy transfer has to begin. Do both male and female have that to share in transfer of sexual/spiritual energy?

I am Latwii. Indeed, my sister, each entity, whether male or female, has the energy of the spirit which may be shared. This is the work of the adept working within the indigo or gateway center. As this center is activated, the experience of joy and the sacramental nature of each moment then becomes available to each sharing this experience. Many among your people have given this experience many names. That which is known as the cosmic consciousness experience will suffice for the moment. As each enters those conscious realms which are cosmic, the deepest portion of the mind is touched. This in turn, contacts the shuttle known as the spirit complex. Then as the spirit shuttle travels the great circle of One there is the contact with intelligent infinity which each then feels as an experience of the one infinite Creator.

May we answer you further, my sister?

Carla: So the keys to working at or—I hate to say work when we are talking about something that enjoyable—working at making that experience more available and working at making it more wholly sacramental would have to do with the work you did with yourself before you came to the sexual intercourse? Or would it have more to do with—in other words, I didn't quite understand whether you were talking about, when you contacted the shuttle, whether you had prepared yourself before the experience or as part of the experience? By yourself or with your mate?

I am Latwii, and am aware of your query, my sister. Each must prepare the self. The preparation of the self may be looked upon as the removing of

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blockages or distortions from those energy centers which precede the indigo-ray energy center. This preparation of the self, however, is aided and accelerated when done with a mate of a sexually polarized and oppositely polarized nature. This is a portion of the great experiment which our Logos has harvested a learning, shall we say, and has found to be most efficient in the evolution of the mind, body and spirit. When this work has been accomplished to the sufficient level, then each entity may join together and seek the experience which we have described. The process of sexual intercourse, then, becomes as what you may describe as the fruits of the labor, and each may then drink of the nectar.

May we answer you further, my sister?

Carla: Yes. Two questions. First, the way you use the terms having to do with mates. It seems to me that you're intimating without ever actually saying it, because you haven't been asked, that the mating is an all-important process, in other words, without the very strong polarity in love and trust, a true mated relationship, this level of work is simply impossible. Is that correct?

I am Latwii. We would not use the term "impossible," but would suggest the term, "difficult." We elaborate by suggesting that for two entities to reach the green-ray energy center …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. We continue. There must be a considerable investment of what you call time made by each entity, that true caring and knowledge of the other self may be gained and even greater investment of what you call time is necessary to reach the level of honest and clear communication exemplified by the blue-ray energy center. It is most difficult for entities to activate these energy centers without having spent the time that is available to those you call mates or companions. Therefore, there is the bias towards the mated relationship on the part of our Logos, yet only a bias, for the free will of each entity is paramount, and each will discover by his own experience that method of evolution which is most efficient.

May we answer you further, my sister?

Carla: Well, I catch your meaning on that one, but the only other question I had is something that I'm a bit puzzled by. I know a fellow, one of the people I pray for every week. He's right now calling himself S1, lives in Atlanta. One of the many odd things that he's done in his life is embark on a magical system of opening up what he considered the sacramental nature of sex, and he did it by choosing at random a prostitute—the man's married—and paying her for beginning sexual intercourse, stopping it just at the point before climax, leaving it at that point for some time, and then, I suppose, putting on his rain hat and going home. And doing this for some period of time, after which he would allow himself full experience once. The experience, according to S1, was quite sacramental in nature. I have been puzzled by the nature of this experience, and haven't known what that particular experience was. Could you comment on it?

I am Latwii, and am aware of your query, my sister. We may only suggest that each entity has an unique path which it shall travel. Though the journey will eventually end at a point which is unity, each shall find that point by traveling a seemingly separate path. When we speak of such topics as sexual energy transfer, we speak in an area which is large and diverse. We are limited by the necessity of speaking in general terms in order that a general understanding might be achieved. The methods used by the entity of which you speak are most unique and specific to this particular entity. That such divergent methods may be efficacious does not argue against the general nature of the mated relationship being most efficacious for the seeking of the adept.

May we answer you further, my sister?

Carla: No, I think that's probably a pretty good evaluation of Tantric Yoga. That was some variation on Tantric Yoga that S1 was practicing. No, I have no more questions, thank you.

I am Latwii. We thank you, my sister. Is there another question at this time?

S2: Yes, Latwii. Along the same lines, when this experience happens at a rather early age, could you give me any information about that when two people haven't really had that much time invested in the relationship, is it more or less an accident or an awakening, or what can you tell me about that?

I am Latwii, and am aware of your query, my sister. Again, to speak in general terms is most difficult when a specific situation is thought of. It is often the

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case that entities remember in subconscious fashion incarnations shared before the present incarnation and express this remembering in certain areas of the current incarnation. That area which you call the sexual sharing is an area which [is] greatly subject to such remembering. The efficacy of such sharing remembered from previous incarnations then can be experienced in the present incarnation by, shall we say, beginning where the previous incarnation left off. That this is possible is due greatly to the fact that your sexual nature is not so much a function of your intellectual or thinking process as it is a function of your greater being, that being which exists before, during and after this incarnation.

May we answer you further, my sister?

S2: No, thank you, Latwii.

I am Latwii. We thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii. We are most pleased to have been able to share yet another type of energy transfer with you this evening. It is always our privilege to join your group. We remind each present that we are with you at your request at all times. We leave this group at this time, as you call it, rejoicing in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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The Law of One, Book V, Session 102, Fragment 52
March 22, 1983

Jim: And now, in Session 102, it was once again Carla's turn to experience another psychic greeting which intensified a momentary lapse from harmony on her part. She was unable to accept a portion of my perception of our shared relationship for the period of about an hour or two, but that was long enough, due to her intense emotions during that time, for a potent working to be accomplished by our friend of negative polarity. Fortunately, most people will not have to worry about such instant and dramatic intensifications of disharmonious moments since few people or groups attract the attention of fifth-density, negative entities. But the general principle is that one who is standing close to light experiences an honor which must be balanced by the responsibility of reflecting that light as harmoniously as possible, and this principle holds for all seekers. Failure to live up to that responsibility simply brings one another more intensive opportunity to do so until it is done, or until one steps away from the light.

In the third paragraph of Ra's second response we find the key concept or attitude for dealing with any such psychic greetings, or any difficulties in general, that one may face in the life patterns. Further into the session Ra gives the basic criteria for the unblocking of the yellow-ray energy center, the one with which Carla was working in this situation. Surgery was avoided, and the spasming condition of Carla's abdominal region was brought under control over a period of about two years. A potent working, that one!

Carla: *Ah, humanity! Jim's and my discord was about that age-old dynamic between men and women: monogamy. Who was it that wrote the little ditty: "Hogamus, higgimus, men are polygamous; Higgimus, hogamus, dames are monogamous"? Ogden Nash? Dorothy Parker? At any rate, this is true, or tends to be. Jim asked for an open relationship several times in our early days together. Being most honestly more a friend than a BOY-friend, being linked to me primarily by our work together rather than any romantic interest, he naturally responded to the many lovely women who came his way. In this same circumstance, it never occurred to me to seek a further relationship. I was totally satisfied to have Don as my companion and mate, and had long since left off blaming him for wanting to be celibate, and also was perfectly happy with Jim's and my friendship and intimate life together. How we do stir up confusion with our desires! Yet to desire is most proper. I think much of learning in life is involved with the right use of will and desire.*

One of the major healings of my life occurred with the removal of about half my descending colon in 1992. This cleared out much old and dead matter, and enabled me to do corresponding work within myself at the metaphysical level. There was much to release, and I felt wonderful to be able to do that. The psyche and the soma, soul and body, are inextricably intertwined and pain to one will be reflected in the other. However,

when the body alone is harmed, the mind is much freer to re-vision the trauma than when it is the mind and emotions which are injured. If such damage is not addressed and respected, it can move ever deeper into the body's health, unbalancing and undermining it.

After that surgery, with its attendant metaphysical work, I had released all I could of the whole tragedy of Don's death and my life, so diminished without his company. And so I became finally able to move on into new life. I was sent home with a new diet, following closely Ra's suggestions. Every look into my GI system showed ulcers, and given my 30-year use of cortisone, this is not remarkable. The diet was called "low sediment," and on it were the well-cooked meats, veggies and fruits, sugars and fats that Ra had recommended, but not on it were the usual health foods—whole grains, nuts, berries, uncooked fruits and vegetables. I think one could almost characterize it as the UN-health diet! Yet it has worked, thank the Lord, for five years so far, and I am most grateful. I think I share with many people who have chronic disease that feeling of living on the razor's edge. I have to be careful, as mistakes are costly. I do miss salads especially, but have no argument with the destiny that has allowed me these years of life I almost did not have.

One note about "Bob": he was an amazing help in one area: my feelings of suicidal nature. After Don's death, and especially after I found out what Don had been thinking, I felt totally guilty for not being able to see his fears and allay them. I felt as though it was all my fault. The penalty, I felt strongly, should be death. I was quite unwilling to take my own life. Knowing how it had affected me when Don died, I knew I could never do that to those I love. Which left me hanging between life and death. Through the years from 1984 to 1992, the forces of death circled ever closer until finally I could look death in the eye, and find the faith to affirm life and love and healing. The part prayer had in this was substantial to say the least. And Bob's prayers were especially powerful to save. He told me of these suicidal vibrations long before I could do much besides drown in sorrow, and helped me through those pangs of self-knowledge and self-judgment which were so unbalanced. And he was joined by so many others. I had the sensation of being upheld in love, safe and sound, during the whole of the 1991-92 experience which involved four trips to the hospital, critically ill and quite foundered, my GI tract closed tight.

We have lost touch with Bob, in case you would wish us to give his name and direction. He let us know he had retired from active healing, and wished to spend his time now in deep prayer on the planetary level. Our thanks and blessings, wherever you are, dear Bob.

It was not easy to find Arthur Schoen. Ra had pronounced his last name "Shane," but there was not an M.D. of any type by that name. Finally we hit upon the German spelling—although if the name had been pronounced correctly, it would be "shourn," more or less. But this IS America, so of course the name was Americanized. We actually did go see this man, but left before he could treat me, as he and Donald did not see eye to eye. This is no surprise, for Don wanted him to read Ra's diagnosis, and the doctor did not really feel comfortable consulting with a discarnate entity.

Ra's suggestion to "link hands and walk towards the sun" is good counsel indeed. Had we been able to dwell in praise and thanksgiving, much would have been altered. But things were as they were. From this remove of time, I see and give praise and thanks for every moment we had together. Whatever it has cost, it was and is worth it all.

Session 102, March 22, 1983

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Would you first please give me the condition of the instrument?

Ra: I am Ra. The physical energy deficit of this entity is the most substantial across which we have come. The mental and mental/emotional distortions are near to balance and the vital energy of the instrument, as a whole, is distorted towards health or strength/weakness due to the will of the instrument.

Questioner: Will Ra please tell us what caused the pain and cramping in the instrument's stomach, and what could be done to heal it?

Ra: In order to observe the cause of physical distortions towards illness one must look to the energy center which is blocked. In this situation, the blockage being yellow-ray, the experience has had the characteristics of that region of the chemical body. The so-called lacuna in the wind-written armor of light and love was closed and not only repaired but much improved. However, the distortions energized during this momentary lapse from free energy flow are serious and shall be

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continuing for, in all possibility/probability vortices, some of your space/time, for a predisposition to spasticity in the transverse colon has been energized. There is also pre-existing weakness in pancreatic functions, especially that link with the hypothalamus. There is also the pre-existing damage to portions of the liver. These lacks or distortions manifest in that portion of the system directly proceeding from the jejunum. Further, there is some irritation closer to the duodenum which causes the instrument to fail in assimilating foodstuffs. This is an allopathically-caused irritation.

The diet is of central import. We can go no further in observing the system of the entity as a full discussion of those distortions towards various weakness/strengths which contribute to the present difficulty begin with the lips and end with the anus. We may note that the instrument has remained centered upon the Creator at a percentage exceeding ninety. This is the key. Continue in thanksgiving and gratitude for all things.

There are stronger anti-spasmodic drugs which the one not known to this instrument, but known as Arthur, may aid by the offering. The recommendation to do this, being as it is that which does not retain or remove life and does further remove from the instrument its opportunities for study in this situation, needs must be withheld. We are not in a position to recommend treatment at this space/time beyond the watching of the types of foodstuffs ingested.

Questioner: Thank you. I'm not sure that I understood everything that you said. The last name of this Arthur, and where he is located? Can you give me that information?

Ra: I am Ra. We can.

Questioner: Will you please do that?

Ra: I am Ra. The entity, sound vibration Arthur, has a surname Schoen, and is of your locality.

Questioner: What foods should the instrument eliminate in her diet in order to alleviate these painful attacks?

Ra: The information gained from the one known as Bob is that which is to be recommended. Further, all foodstuffs are to be cooked so that those things which are ingested be soft and easily macerated. There is a complex addiction, due to long-standing eating habits, to your sugars. It is to be recommended that, therefore, this sugar be given in its more concentrated form in your time of late afternoon, as you term it, with the ingestion of the sugared libation approximately one to two of your hours after the evening meal. It is further suggested that since this instrument has been using sugars for carbohydrates that a small amount of carbohydrates, low in sugar, be ingested approximately one to two of your hours before the sleeping period.

Questioner: As I understand what you say, the instrument is to have no sugar until late in the afternoon. Is that correct?

Ra: I am Ra. No.

Questioner: I didn't fully understand what you meant about when she should have the sugar. Could you clear that up, please?

Ra: I am Ra. The concentrated sugar; that is, the dessert, the ice cream, the cookie, should be ingested at that time. Small amounts of the fructose, maple, or raw honey may be ingested periodically for, as we have said, the chemistry of this yellow-ray body is such that the sugar is being used by blood enzymes as would carbohydrates in a less distorted yellow-ray, physical vehicle.

Questioner: I'm sorry that I am so slow at picking up precisely what we are getting at here. I want to be sure that we get this right, so I'll probably ask a few more stupid questions. Was the spasm that caused the extreme pain a spasm of the ileum?

Ra: I am Ra. Partially. The transverse colon also spasmed, as did the ducts to the liver in its lower portion. There were also muscle spasms from the bronchial coverings down through the pelvis and from shoulder blades to hips. These sympathetic spasms are a symptom of the exhaustion of the entity's physical vehicle.

Questioner: Then the opening for these spasms was originally made by the yellow-ray blockage but are triggered by the foodstuff which has to do with the ingestion of sugar. Am I correct?

Ra: I am Ra. You are partially correct.

Questioner: Then what else causes the spasms?

Ra: I am Ra. We speak of two types of cause. The first or proximate cause was a meal with too much oil and too large a burden of undercooked vegetable

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material. The sugar of the dessert and the few sips of your coffee mixture also were not helpful. The second cause—and this shall be stated clearly—is the energizing of any pre-existing condition in order to keep this group from functioning by means of removing the instrument from the ranks of those able to work with those of Ra.

Questioner: Now, there are two areas that the instrument can look to for curing this problem. I understand that the yellow-ray blockage problem has been completely repaired, shall I say. If this is not correct, could you make suggestions on that, please?

Ra: I am Ra. Each entity must, in order to completely unblock yellow ray, love all which are in relationship to it, with hope only of the other selves' joy, peace, and comfort.

Questioner: The second thing that the instrument must do to affect this cure is to be careful of diet which includes all that Ra has just stated and that which Bob recommends from his readings. There seem to be so many different things that can cause this spasm. I was wondering if there were a general approach to food. Could Ra recommend those foods that the instrument could eat that would have no chance of causing a spasm. Could Ra do that?

Ra: I am Ra. No.

Questioner: Is that because of the first distortion?

Ra: I am Ra. No.

Questioner: Why cannot Ra do that?

Ra: I am Ra. There are no foods which this instrument can take with total confidence that no spasm shall occur. The spasming portions of the vehicle have become sensitized through great distortions towards that which you call pain.

Questioner: Is there a group of foods that is most likely to not cause the spasming or any foods that Ra could name that would be highly likely not to cause spasms?

Ra: I am Ra. Yes.

Questioner: Could Ra please state which foods are highly probable to not cause the spasming?

Ra: I am Ra. The liquids not containing carbonation, the well-cooked vegetable which is most light and soft, the well-cooked grains, the non-fatted meat such as the fish. You may note that some recommended foodstuffs overlap allergies and sensitivities due to the juvenile rheumatoid arthritic distortions. Further, although sugar such as is in your sweetened desserts represents a potential, we may suggest that it be included at this period for aforementioned reasons.

Questioner: Would Ra please estimate the length of time in our time periods for the probability of this problem, if we follow these curative measures, for this problem to continue with extreme severity?

Ra: I am Ra. One of your moon's revolutions has a good possibility/probability vortex of seeing either the worsening of the spastic condition so that surgery becomes indicated or the bettering of the situation so that the diet continues be watched but the spasms be removed. The housing of the working is within the infection within the duodenum, the stomach, the jejunum, the ileum, the transverse colon, and portions of the liver. This shall be somewhat difficult to remove and constitutes perhaps the most efficient working to date. We may suggest, again, that the one known as Bob may be of aid. The one known as Stuart could, if it wished, discover the infection which is only marginally detectable but may prefer not to do so. In this case it would be well to request physical aid from an allopathic specialist such as that which has been mentioned.

Questioner: Do you mean by that Arthur Schoen?

Ra: I am Ra. That is correct.

Questioner: You mentioned the possibility of surgery. What would be the surgery to be done, specifically?

Ra: I am Ra. The body cannot long bear the extreme acidity which is the environment of such spasms and will develop the holes or ulcerations which then do appear upon the allopathic testings and suggest to the chirurgeon that which is to be excised.

Questioner: In other words, would this be the removal of a duodenic ulcer that would be performed?

Ra: I am Ra. If the ulceration occurs, it shall be past the jejunum, and most likely include the ileum and upper portions of the transverse colon.

May we ask for one more query of normal length as this entity, though filled with enough transferred

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energy, has the most fragile framework through which we may channel this and our energies.

Questioner: Obviously we would like not to get to the point of surgery. The only other alternative that comes to mind other than the diet and the instrument's mental work is healing through a healer, and I would like Ra's recommendation with respect to a non-allopathic type healer and any recommendations that Ra could make for either Jim or myself to act in that capacity or anyone else that Ra could recommend so that we wouldn't have to go through a surgical operation if it seems to become necessary. If we could begin working on one of these other approaches right away, I think it would be highly recommended. Would Ra comment on that, please?

Ra: I am Ra. We salute the opening of compassion circuitry in the questioner but note that that which is being experienced by this group is being experienced within an healing atmosphere. The healing hands of each have limited use when the distortion has so many metaphysical layers and mixtures. Therefore, look not to a healing but to the joy of companionship, for each is strong and has its feet set upon the way. The moon casts its shadows. What shall you see? Link hands and walk towards the sun. In this instance this is the greatest healing. For the physical vehicle we can suggest far less than you had hoped.

Questioner: Is there anything that we can do to improve the contact or make the instrument more comfortable?

Ra: I am Ra. All is well. Find love and thanksgiving together, and each shall support each. The alignments are conscientious.

We are known to you as Ra. We leave you in the love and in the light of the one infinite Creator. Go forth, then, merry and glad in His power and peace. Adonai. ♣

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Sunday Meditation
March 27, 1983

(Carla channeling)

I am Oxal, and I greet you in the love and in the light of the one infinite Creator. We graciously thank you for your gracious invitation and cannot express to you the enjoyment …

(Sound of a telephone ringing and then a recorded message.)

(Carla channeling)

I am Oxal. We apologize for the delay. We were to wait and speak to you after our brothers and sisters of Hatonn and had sought the one known as C and the one known as L, but had found each wishing to wait before offering the service. Therefore, we shall speak in some brief manner, and then allow those of Hatonn to speak to your group through other instruments than this one.

The teacher known to you as Jesus said to his disciple, "You shall deny me." And Simon, known as Peter, said, "I shall never deny you." And yet, under certain circumstances this disciple did deny his teacher. Look you now into the recesses of your own minds and find the teacher within you and find the teaching within you. Shall you deny that teaching today? Let us examine this concept further. How does one deny what one has learned? Is it by a word, a gesture, some portion of your life that is less than you would wish it? These things may be examined to good accountability and yet the fruit of deeper teaching is a person, and when you deny your teaching, you are other than your teaching would have you be. When you strip your daily living of the outer masks, that which shall affirm or deny lies in what you are. And when you deny what you have become, then you are as the one known as Peter, saying, "No, I do not know the one known as Jesus. You must be thinking of someone else."

This entity—son—was of such a quality, such a fine and good nature and kind that his leadership was known to the teacher, and his subsequent leadership has birthed both the good and the ill of that which you now know as Christianity. This was not a weak or cowardly man, and yet he denied that he knew. My friends, how easy it is not to know. How easy it is not to be. How very difficult from time to time it becomes to be who your teachings have lead you to become. There was no rancor in the teacher's voice when he told his disciple, "You shall deny me." There was only knowledge of the difficulty of responsibility, and this is what we speak to you of this evening, my friends.

Each of you is responsible for what you have learned, for what you believe you may have learned, and for what you are considering. We do not suggest to you that there is a sure knowledge, nor one that is even available to those wiser than ourselves, for our teachers do not claim to know all that may be

known in what you would call any intellectual manner. It is the heart of things to which we wish to strike when we suggest that you are responsible to be yourself. We suggest further that you will find that difficult, and we suggest further that there is no unfortunate part in this apparent dichotomy, for that which you find difficult is that from which you learn.

Therefore, your very difficulty in expressing what you have learned teaches you. There is a purpose to your mistakes, as you would call them; there is a reason for your confusion. You did not arrive upon this sphere intending to withdraw from this plane in the same condition and estate in which you came. You intended to know the Creator in more and more glory, and in more and more accountability. You intended a great safari, and your game is the nature of love. That is your prey. The caliber of your weapon is the measure of how carefully you examine the difficulties that you are having in being yourself. Never judge yourself on seeming outer behavior. Continually attempt to learn.

"Peter, Peter," we say to you, "You shall deny love a million times and in each denial you will come to know me better." And all the strangers that say to you, "Are you not the one who knows love?" that cause you to deny are aiding you. Do not forget to thank them in memory, for such are the ways of the learning of love, that the paths of the creatures who learn it are twisted, and many who appear to be fair, prove difficult. And those who are most difficult are most mightily fair, for they have given you another denial and another step.

Shall you find love, then? My friends, you have no choice. You cannot reckon with your own nature. Shall you find it quickly? In that, my friends, you have a great choice.

I bow humbly before you and thank you. If any word of mine has offended you, remove it from your mind. It gives us great, great pleasure to be of any service to this group. And we thank those who have called us. We have come in the beatific love and the infinite light of the one Creator. Adonai vasu.

Carla: Would you all each continue to meditate and tune while I ask if all is all right. Are you all right, C?

C: I'm okay.

Carla: Do you need to hold on to somebody?

C: It's just that I've had some trouble lately and I'm just not ready to channel.

Carla: I just wanted to make sure that you weren't going into trance.

C: I'm feeling [warmth,] but I'm okay.

Carla: S, are you all right?

S: Uh-huh.

Carla: Do you want to tune a little again?

C: That would be helpful.

(The group sings quietly, "Row, Row, Row Your Boat.")

(Someone is heard entering.)

Carla: Come on in.

H: Go right ahead.

Carla: No, there's a chair right here, right by the TV. Hatonn is waiting on you, I guess.

Questioner: Hi, H.

Carla: Well, I guess we better tune again.

H: Sorry to interrupt.

Carla: Hatonn's been waiting on you. I'm glad you came. How do you want to tune, H?

(Inaudible)

Carla: Well, let's try …

(All sing, "Row, Row, Row Your Boat," through again.)

(H channeling)

I am Hatonn. Greetings to each of you in the love and in the light of our infinite Creator. As is always, we are glad to visit with you and to once again speak through this instrument. As you are aware, we of the Confederation are here about your planet desiring to serve man in whatever small way that we can, and it is groups such as this one that enable us to carry on our work most efficiently at this time. And we of the Confederation thank you for the opportunity to meet with you and to speak with you and to share our knowledge, our experience, and most of all our love with you and all of your brothers upon this planet.

Each of you within this room is what you might call a channel of our energy and our love, for all of you

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are instruments of the Creator. There has not been born one upon your planet that in truth is not a servant and a channel of the Creator's love. Every man has a role, as does every woman, to fulfill within their given lifespan. Most do not become aware of the role that they play until they have completed it. Few are given the knowledge and the directives that give them knowledge of what to do and whom to serve.

If you seek within your life the fulfillment that can only come through service to your Creator and your fellow man, then open yourself to the guidance that can be provided to you directly from the Creator in your silent meditations. We have always stressed to your group that meetings such as this one are beneficial, for the group energy, the group spirit and the group love is well for you to experience. It is enlightening and it is fulfilling, but it is not complete. It is for you as an individual to give time to the Creator in your meditations, for He has given this life and this time to you. Most of the people upon your planet at this time wander about, living their daily lives with no awareness of what they see or where they go. Those of you within this room have begun a journey that we wish all of your people would begin, for the time of awakening, the time of tribulation is at hand. We have always spoken of it to be approaching, but the time has come that it is now at hand.

Look about your world. Witness the turmoil. Witness the separatism, faith against faith, country against country. You can see that your planet is growing apart from one another and it is only through the efforts of groups such as yours and the individual efforts of each and every person involved that can enable this planet to grow together as one and take its proper place within the universe and in service to the Creator and hand in hand with we, your brothers of the Confederation. We wish not to alarm your peoples; we wish to enlighten them. We do not desire to see discouraging words spread amongst your people. By this we mean that it is not your duty to tell of the dangers or of the difficult times that lie ahead to your friends or your acquaintances. You need but love them with your spirit, share with them your light. The unspoken word is most often the most effective when it is given with your love.

With this, I shall pass to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you once again through this instrument. We had intended to speak, if permission were given, through the one known as L. However, this instrument is somewhat uncomfortable, and we find that it is not, shall we say, a good opportunity to speak through this instrument. We would, therefore, close through the instrument known as K. I am Hatonn.

(K channeling)

I greet you, my friends, again in the love and the light of the infinite Creator. We have just indicated through the previous instrument about the tribulation and the difficult times that lie ahead. But, my friends, levity and joy are most infectious and you can do more for your loved ones, your friends, and even for the planet in its difficult times by remembering that all, indeed, is one, and that what appears to be catastrophe is a way of cleansing, is a manner of cleansing your planet. So we would greet each one of you again with levity and joy and harmony and peace and all those qualities that lift the spirit of your peoples.

And, indeed, you do have reason to rejoice. We observed in the beginning of your session a certain dourness, shall we say, that need not exist among you. So we close this session, encouraging each of you to let the light shine with joy and peace and power that is available to each of you. Listen to the inner self as the hints come from time to time of who you are and what you are. You will find that indeed those about you will receive a blessing. And now we leave you in the light and in the love of the infinite Creator with rejoicing and thanksgiving for having been with you. I am Hatonn.

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and greet you, my friends, in the love and in the light of our infinite Creator. We are honored to be called to your group, and to once again to be able to offer our simple service of attempting to answer your queries. We feel there are many present this evening with such queries. May we begin with the first.

C: Latwii, of late I've been experiencing great difficulty. I'm unable to meditate. I've been experiencing some physical difficulties, emotional

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and mental as well. I've gotten to the point where, as tonight, I'm so unsure of the contacts, I seem to be … it's just not comfortable anymore. I was wondering if the problems I'm experiencing are due to the denial of blessings, and if so, any creative suggestions you might have.

I am Latwii, and am aware of your query, my brother. We may speak only in general terms, for when a student such as yourself faces the difficult lesson, it is most helpful for that student to find the path by means of its own efforts, that the path may be known in each portion, and walked with sure feet. But we may make a general observation. That is, as you find yourself confronting the confusions, the frustrations, the angers, the doubts, the dissension with those whom you feel love at the base of your being, know that in each opportunity lies love. Know that the difficulty of the testing to find the love develops the strength to find it.

As you are in the midst of those lessons you have programmed to learn, you will often feel quite helpless and despairing. At these moments it is helpful to remember that your life is whole and perfect as it is, that you experience at that moment the illusion of difficulty for the very purpose of finding the wholeness, the balance, and the love within your being, and the being of each entity around your. Be not discouraged when the lesson is difficult, but find the heart of love at the heart of your being through the faith and the will to continue. The Creator has given you each experience as a treasure, and through each experience do you then grow closer in oneness to that Creator.

May we answer you further, my brother?

C: I am aware of that helpless feeling of which you speak. What disturbs me is that at this time, not the feeling of being helpless, but the feeling that I'm harming those around me. It's because I felt that I was doing harm that I've been away from these meditations these few weeks. Is—well … What does more harm at this time, my staying away from all participation?

I am Latwii. My brother, the source of the difficulty for any entity is the limitation of the viewpoint. If you will look upon your experience and the experience of each entity about you as the experience of the one Creator, with no separation between you, you will see that there is nothing but service, and in truth there is no harm, there is no polarity, no right or wrong, for you are one.

May we answer you further, my brother?

C: Not at this time, thank you.

I am Latwii. We are most grateful to you, my brother. Is there another query at this time?

L: Yes, Latwii. I came down with an illness about a week ago, and I'm still suffering some of the effects from it. Can you give me any indication of why these conditions are still hanging on?

I am Latwii, and again, my brother, we may speak in general terms. When the physical vehicle experiences the illness, as you call it, one may look to the symbolic function of that illness to determine the configuration of mind which has not well used the catalyst programmed for learning certain lessons. You are a crystal being. You have the centers of energy described by the rainbow. As you look to each, and to the difficulties which your physical vehicle expresses, you may make the correlations which shall show you in symbolic form the catalyst which provides further opportunity for learning certain lessons.

May we answer you further, my brother?

L: Yes. Also, earlier this week I was involved in what seemed to be a pretty pointless auto accident. Is there anything you can tell me about any significance for its having occurred? Any information you can give me? I assume that it occurred for a reason, but as yet I haven't been able to uncover any significant reason for it having happened at all.

I am Latwii, and am aware of your query, my brother. We may suggest that there are some instances in which random catalyst strikes. Yet, even random catalyst has the value in teaching love in some fashion. Therefore, one may look to each experience and attempt to find the lesson therein. For us to accomplish this for you is not our proper role, for this is your learning, which we would not take from you.

May we answer you further, my brother?

L: No, thank you.

I am Latwii. We thank you, my brother. Is there another query at this time?

K: Yes, Latwii. I was reading, just this week, in the book, *Unknown Reality*, and I'm going to paraphrase

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the statement, I think I can get it pretty close, that sickness and suffering are simply the misguided use of creative energies. These energies are neutral. They can be sickness and suffering or they can be health. So sickness and health are simply opposite sides of the coin. And it has been said that suffering is good for the soul, but this statement says that suffering is not good for the soul unless the soul learns not to suffer. So, would you comment on that pretty powerful statement? Or at least to me it's pretty powerful!

I am Latwii, and am aware of your query, my sister. We may suggest that the viewpoint spoken is helpful and is, in our humble opinion, in large correct. Yet we would also add another side or two to the coin. To describe sickness or ill health as the use of energy in a misguided manner may also be stated as the use of catalyst to learn lessons programmed by what you call the higher self. One may use the catalyst of the everyday life well or poorly. One may use such a catalyst so poorly that the physical vehicle becomes encumbered with the symbolic energy center blockage in a painful and crippling manner. This is, shall we say, to apply the board to the center of the forehead of attention. Is this misguided? Or is this simply the means by which the entity shall learn. We choose not to judge with terms of "misguidance" or "incorrect" or "wrong," but simply observe the action of catalyst upon an entity.

May we answer you further, my sister?

K: Well, from what I read, and from what I gather you say, I sense a discrepancy. What I'm assuming, the purpose of the catalyst is to learn to be well or whole. Is that a fair assumption? To learn some kind of a lesson, shall we say?

I am Latwii, and am aware of your query, my sister. We do not feel a discrepancy exists but that the differing means of viewing and describing growth exists. We would agree again with your statement that to discover your wholeness and perfection is a great portion of your learning, for indeed you are whole and perfect, for you are one with all. Yet it is also the choice of each entity before incarnation in learning that lesson of wholeness to program certain lessons that will teach love of all as one, and these lessons may require the application of the board, shall we say, from time to time when the attention seems to falter and the catalyst is not well used.

May we answer you further, my sister?

K: No, I believe that answers it. Thank you.

Carla: I'd like to pursue it a little further. May I assume that no matter what the person is like, whether the person is sick or well, whatever, the person's purpose remains constant, and that is to learn in this lifetime. I assume that's correct?

I am Latwii. My sister, again we find agreement with the greater portion of your statement. Yet, from time to time catalyst is so well used that additional lessons become possible so that the basic purpose, to gain experience and to polarize in the sense that you have come to know as service to others or self, may be seen to remain as underlying themes of the incarnational patterns.

May we answer you further, my sister?

Carla: Well, I think you just skipped about two questions and got to the end. Where I was headed, for those who didn't hear those other two questions, was—my reasoning was that perhaps when people were well they were using catalyst with the same amount of sensitivity, and feeling the slings and arrows of outrageous fortune and all that, with as much sensitivity as a person who was getting these slings and arrows in the form of an illness or suffering.

However, in a person who had gotten to this point, it simply did not produce suffering, it produced an observation of the problems, and a learning without the addition of suffering. In other words, suffering isn't necessary; suffering occurs because of, just as K said in the beginning, when the catalyst comes in you choose to find that it hurts instead of finding that it does not hurt. We basically have the choice, and some people have found that they do and therefore they learn—this was what I was assuming—without having the suffering involved. And these people are well, but they are still learning, that was where I was headed, and that's just what you said. So, that's not a question. I just wanted to confirm that was the direction that your answer took.

I am Latwii, and we find that we were indeed on similar paths. We may comment in short by suggesting that we deal with two concepts when we speak of using catalyst well or poorly. These are the concepts of the development of will and faith. As an entity constantly chooses to be of service to others or to be of service to self, to radiate light and love or to

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absorb light and love, the entity will develop the strength of will and faith that will make the traveling of its path ever [more] sure and ever more filled with the nature of that path. For the entity who chooses service to others, the constant choosing or polarizing in this direction begins to shine as a light above such an one, that the path be lighted and grow protected. The strength of will to make that choice, and the faith to know the choice as power are the factors which guide such an entity.

May we answer further, my sister?

Carla: No, Latwii. I thank you.

I am Latwii. We are most grateful to you, my sister. Is there another query at this time?

M: Yes, I have one on the same subject. I grew up in a family where it wasn't fashionable to be sick, and the irony of the whole thing was, nobody was ever sick, nobody took an aspirin. And is it possible to have an attitude of good health that really is a factor in not getting sick?

I am Latwii, and am aware of your query, my sister. It is indeed possible such a choice has been made before the incarnation, and has become a portion or part of the great puzzle that shall be assembled by the entity during the incarnation.

May we answer you further, my sister?

M: No, thank you, that was fine.

I am Latwii. We thank you. Is there another query at this time?

C: Latwii, I would like to ask a question about the colors and chakras. I'm aware of the color scheme that Ra has given forth, but there are other sources of information that have given other color schemes, not so different, but some of the chakra colors are different, and also that there are other sub-chakras in the ankles, knees, wrists, elbows, shoulders, and could you comment on this please?

I am Latwii, and am aware of you query, my brother. To begin with the last portion first. There are indeed a great many sub—as you call them—chakras within the physical vehicles, and within the other lighter bodies of the mind/body/spirit complex. These are for the advanced student who has mastered the basic function and purpose of each of the seven major energy centers within the physical body and has begun some work upon the penetration of the eighth, which is located above the crown chakra.

The colors of each chakra or energy center are far less important than the function of each center. Those colors given by the social memory complex known to this group as Ra proceed from lower, or groin, to higher, or crown, in the rainbow fashion of red through violet. The functions, as we mentioned, are of most import. That is, for the red to serve as the foundation for all that proceeds in the experience of an entity, that being in a primary function the sexual reproduction, and is a center which is not usually worked upon in a conscious fashion, for it is the beginning, and it is as it is. The orange being then the further refinement of the prana, as you may call it, that enters through the red into the personal expression of being, whether it be the expression of power over others in what you have come to know as the service-to-self sense or in the beginning expression of love and acceptance of others and self. The yellow continues the refinement of the in-streaming prana of the one Creator so that the entity begins to expand this expression of love into groups with which it identifies. The green being that great opening into compassion, understanding, forgiveness and acceptance. The blue further refining this energy into the clear and free communication of self with each other self. The indigo refining further the prana of the one Creator in a way which combines that of which we spoke earlier, the development of will and faith.

This is the birth of the adept, the entity who is consciously aware that it seeks unity with the one Creator. At this center activities of what might be called a paranormal nature are possible. The working of what is loosely known as magic is here first begun, that is, the conscious use of the unconscious mind. With the violet ray we again complete the circuit, and find a center which is not consciously altered by incarnational experience, in that it is the register or the mark of the entity, revealing the balance of mind, body and spirit. When the entity has sufficiently cleared each of the energy centers within the physical vehicle, then it is possible for the entity to reach from indigo ray through violet to the eighth energy level, and contact those portions of the one infinite Creator known as intelligent energy and intelligent infinity, the latter producing the experience of unspeakable joy as the entity knows the full presence of the one infinite Creator.

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May we answer you further, my brother?

C: Thank you. I would like to ask another question concerning fourth density that we're all moving into. I would like to know more about body functions in the fourth density. Could you comment on that?

I am Latwii, and am aware of your query, my brother. The body which shall be inhabited by those of the fourth-density positive remaining upon this sphere is a body which is much more densely filled with light and the force of life which we have spoken of as the prana or love/light of the one infinite Creator. Many among your planet, in studying those things of mystery and of an occult nature, describe this body as the astral body. It is the green-ray energy center equivalent to the body you now inhabit as the yellow-ray energy center body. It is a body which responds much more fluidly and instantaneously to the will and faith developed in the indigo-ray energy center so that those actions or artifacts which are desired are much more easily constructed through the indigo-ray energy center's contact with intelligent energy. This allows for the further development of the, what might be called, discipline of the personality which allows an entity much greater freedom in travel, in contacting telepathically all those about it, whose thoughts are seen to be quite transparent, and to do all things which serve as catalyst and as means for processing catalyst. The body is therefore much more malleable and subject to that which has created it, that is, the mind of the mind/body/spirit complex.

May we answer you further, my brother?

C: When you say "travel," does that mean teleportation?

I am Latwii. My brother, in some cases, most usually in the later progression through this particular density of love numbering four, this is true. The ability to travel by what you have called teleportation, or what we would call the discipline of the personality, is an ability which is developed more and more by the entity which seeks to accelerate the process of its own evolution. There are many, many entities within the fourth density who are unable to travel in this manner, and must use those types of mechanical devices for travel that you now use, though such devices are also quite far advanced, yet they are mechanical and not yet of mind.

May we answer you further, my brother?

C: Thank you. I'm most grateful.

M: I'd like to extend that a little further. If I saw a fourth-density being, would I feel that they are similar to us or would I feel that they are quite different?

I am Latwii, and am aware of your query, my sister. Most fourth-density beings would seem quite different in appearance if you should see them, and we mention that seeing such an entity is possible only by such an entity's desire to be seen, for each entity has evolved from a second-density physical vehicle, and has evolved through the third density utilizing that vehicle, and continues the utilization of the basic form of that second-density vehicle through the fourth density, and only with the fifth density graduation is able to change the form by the power of the mind.

May we answer you further, my sister?

M: No, thank you. That answers my question.

I am Latwii. We thank you. Is there another query at this time?

Carla: Ask the condition of the instrument. Is the instrument fatigued or is he okay for continuing?

I am Latwii. We find a sufficient reserve of energy available for another few queries. Yet we would suggest the drinking of the water.

(Pause)

Carla: You want me to drink it? Sorry, Latwii, didn't see the hand coming.

L: Good thing he didn't have to go to the john.

(Giggles from group.)

(Jim channeling)

I am Latwii, and am once again with this instrument. We appreciate your levity, my friends, and we thank the one known as Carla for the drink and the laugh. May we ask now if there might be another query?

A: Yes, Latwii. I had two, but Carla took care of one of them. The other was pretty short. As you were giving your answer about fourth density, a story came to mind. I was just wondering if it was a rather simple analogy, and that was of Jonathan Livingston Seagull and his life of change, and is there a similarity?

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I am Latwii, and am aware of your query, my sister. Indeed, we find there is great similarity between the story of which you speak and the concept of which we were speaking. The concept is that of transformation. At each juncture in an entity's life there comes the opportunity to be that which the entity was unaware that it was before the juncture, that …

(Side two of tape ends.)

(Jim channeling)

I am Latwii, and once again speak through this instrument. That the entity is more able to fully express the nature of the one infinite Creator within its own being, that this is done in steps, is most important. For within your illusion, you experience a great seeming illusion, that of inhabiting a physical vehicle with certain characteristics and abilities and seemingly without others. And to express the full nature of the one Creator in a moment is the work of many incarnations and many stages that prepare the entity's various vehicles and energy centers for the increased flow of prana or love/light of the one Creator through its being.

May we answer you further, my sister?

A: No, thank you, Latwii.

I am Latwii, and we thank you. Is there another query at this time?

K: Yes, one other question along that line. Were some of our forefathers wanderers from the fourth density. Well, let's say—let's take Emerson, for instance. Was he from the fourth density?

I am Latwii, and am aware of your query, my sister. Though we find that this entity, the one known as Emerson, was of a nature which you have come to know as a wanderer, that the density was not that of love, but was that of wisdom.

May we answer you further, my sister?

K: Are you saying then that Emerson was from the fifth density?

I am Latwii. This is correct.

K: Then I am assuming Franklin and Jefferson and several of the men who wrote the Constitution were from the fifth density also. Is that right?

I am Latwii, and am aware of your query, my sister. Many of those which you now know as the so-called founding fathers of this culture were indeed wanderers who had incarnated in what you may call a great wave of incarnations that they might offer together the concept of freedom and the freedom of choice to entities upon your planet. Most wanderers who return to planets such as your own come from those densities of five, that of wisdom, and six, that of unity. Few come from the density of love, the fourth density, for there is required for any such wandering entity a great deal of the strength of will and what you might call foolhardiness. That takes much experience and use of catalyst to develop. Usually the entities of the density numbering four are not so well prepared for such a rigorous experience, for each such entity partakes of the process of forgetting which all upon your plane partake, in that the lessons learned in this, the choice-making density, might carry more weight within the total beingness of the entity.

May we answer you further, my sister?

K: No, that helps a lot, Latwii. For having been a student of American history, that helps me to understand where these fellows got all their smarts. Thanks a lot. I always wondered where they got all their smarts.

I am Latwii. We thank you, my sister. Is there another query at this time?

M: Yes, I have one. This may sound presumptuous, but several weeks ago I was talking to this dog, and the dog told me that some humans could come back as a pet animal if all they needed was love and a lack of responsibility for, say, seven or twelve years. Was this dog correct?

(Chuckling from group.)

I am Latwii, and am aware of your query, my sister. We recognize the great humor in speaking to one such as that of which you have spoken, yet we remind each that you speak at all times to the one Creator, and there is wisdom all about you. It is, to the best of our knowledge, not a usual practice, shall we say, for an entity to choose to place the mind/body/spirit complex in a less advanced physical vehicle, and to further limit the potential for the expansion of the viewpoint, but it is possible for a portion of a mind/body/spirit complex to inhabit by magical means second density and first density creatures and artifacts.

May we answer you further, my sister?

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M: No, thank you, but I guess then there was some merit to what the dog said?

I am Latwii. There is some merit, my sister, in all words and concepts, wherever they originate, and there is some misdirection in each as well, for the nature of the word is to limit that which is limitless.

May we answer you further, my sister?

M: No, thank you.

I am Latwii. Is there another query at this time?

Carla: I have known rogues who were much loved, and who did not have any responsibility, and who were quite human. Could this be what the dog meant?

I am Latwii. To a rogue, another rogue is easy to spot. May we answer you further, my sister?

Carla: Yes. That's what I thought that was probably what the dog meant, but I was also thinking about the seeming heartbreak of kids that are born with fewer marbles than the package normally contained and are indeed much loved and indeed do not have responsibility. And many times the parents will express an enormous amount of joy at continuing care of a little one, even though that child will always be no more than a two-year-old. Is this another instance perhaps, of what the dog is speaking of on a more serious line?

I am Latwii, and am aware of your query, my sister. It is indeed possible that an entity may choose to learn the lessons of love by limiting the mental or physical energy complexes, and that it will enter into agreements with those about it during the incarnation to not only aid its own learning of love, but to aid their own as well as they provide that service which is necessary for the, shall we say, making up for the limitations.

May we answer you further, my sister?

Carla: Just one more question and I'll quit. Nona just left. Did she leave because the group is getting too tired to listen to the healing sounds? Is the healing that she left still with us? Or was there some other reason?

I am Latwii. The Nona influence has departed for the moment but shall return upon request.

May we answer you further, my sister?

Carla: No, thank you, Latwii. Thank you, you've done yeoman's service tonight.

I am Latwii, and we find there is sufficient energy for a final query at this time.

C: Latwii, could you comment about the information that's coming through in a set of books called *A Course in Miracles*?

I am Latwii, and am aware of your query, my brother. We find in this instance that we must speak again in terms that are general. For us to determine for another the path to take is not, in our humble estimation, proper. We may suggest then that the student of its own evolution look to any source of information with the broadest possible viewpoint, taking information that seems of value, leaving that which seems of less, and using that which is gleaned as feels appropriate.

For one student at one time there is a need. For that student at another time, the need is different. For each student at all times the needs are unique. One source may be helpful to some at one time, and not at another. Each processes catalyst using unique circuitry, thus all need not be the same to be equal in will and faith.

May we answer you further, my brother?

C: Thank you, no. That was fine.

I am Latwii. It has been a very great honor to speak to this group, and to greet new friends and old alike. We thank each present for inviting our presence. It is a privilege which we treasure. We remind each that we are but your humble and fallible brothers and sisters of those of Latwii. Take what we have offered that has value to you. Leave that which has none. We send you each our love and our light and our joy. In that love and light and joy, we leave you now. In the name of the one infinite Creator, we bid you adonai.

(Carla channeling)

I am Nona. I am with this instrument. We greet you in the love and in the light of the infinite Creator. We were sorry to distress this instrument, but we wished to bide with the instrument known as C. For as many in this group are in need of healing and have requested for each other that the energies be with you, we wished to offer that which we have not done before, that is that to sing in harmony. We would start with the one known as C and continue

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with this instrument. We thank you in love and light. I am Nona.

(Carla channels chanting from Nona in lovely two-part harmony.) ♣

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Sunday Meditation
April 3, 1983

(S1 channeling)

I am Hatonn, and I am with this instrument. I greet you this evening, my friends, in the love and in the light of the one infinite Creator. We are, as always, pleased to be with you this evening. We hope you are all experiencing the great togetherness that comes with this day of blessing. We feel an overabundance of love emanating from your planet on this holy day. We are overjoyed to see such love and such togetherness when many people among your planet are joined together in love and brotherhood, and though this happens most often on what you call a holiday, it is nonetheless important. We seek to find the love and the light as it grows in brightness and we see that on days such as this the love and the light coming from your planet increases on days when many of you are joined together in your seeking and in your thanksgiving.

The creation is of love and of light and is increased by the love and light which joins us to you, for the love and the light is one, as we are all love and light. We often speak to you of love and light, and we hope that you are aware of the significance of these words, for love and light is all. Love and light is without; it is within; it is everlasting; it is eternal; it surrounds you; it is within you. You each have the ability to take the light that is within you and send it outwards to others, for if each entity sent its love and light to others, what a brilliant light it would be. It would be all-encompassing. It would be as if you were all aware in one moment that you were all a part of this love and this light. And while many are aware, many stumble and many do not feel or see the light that shines within them and upon them.

So we would hope that you would always send your love and your light to those with whom you come in contact, for each entity is energized by this light, whether they are aware of it or not. Each entity is touched when they are touched by another, for to send your light to another is to share your love with them. They may not see this as anything more than kindness, cheerfulness or good will, but they indeed see it. It is an honor and a privilege to be able to aid an entity with the love and the light within your heart. Each entity has within them a light. The light is ever expanding, ever growing, ever reaching outward. It has the ability to help others, it has the ability to heal others, it has the ability to comfort others, and though you may think your love, your compassion, or any kindness you may expend on another entity often goes without reward, let me assure that it never goes unnoticed. There is always a result when you send your love and your light to others, for you are sending your love/light to creation. The Creator sends love and light to each of you, and in return [you] send love and light to the Creator. It is always and totally encompassing. It is unity, it is all.

It is indeed with a great deal of honor that we are able to speak to you through this instrument, for we have wanted to spend some time with this instrument this evening. We thank you all for your invitation and we would wish to transfer this contact to another instrument at this time. I am Hatonn.

(Carla channeling)

I am Hatonn, and having consulted with the one known as S2, we find that it is better for us to speak through this instrument in order that the one known as S2 may be comforted and rested as she has been of great service already in your recent past. We greet you once again in the love and the light of our infinite Creator and we shall continue speaking of light—light, limitless, ever abundant, ever echoing and reechoing in its vibrations. We speak to you of one known as Jesus whose presence is called to this planet more in your diurnal period than at any time, as you call it, except for that season which you call Christmas. We speak to you of the light, for you are all light. We speak to you of a man who did not allow his light to be placed beneath a basket. We speak to you of a dark world, for such is the nature of illusion. Each of you comes into the world as a light, but the world is in darkness, and knows you not and receives you not, and yet you shine in the darkness and though the world does not know you, you set upon your journey, your eyes twin lamps of love, beaming as watch towers, as light houses, as warning signs to those who see or wish to see.

That teacher known to you as Jesus was on a journey. Scarred and broken, he died. But that did not stop him for long. He went in his new body upon the road again into Galilee as it is written in your holy works. He did not leave the road for long, for he wished his light to shine, no matter how dark the world which seems to be about us all. And he met those upon the road and he broke bread with them and spoke to them and shone and glistened and then was, as each of you shall one day be, gone into other illusions, into other partial darknesses, for you shall attempt to refine and refine and refine once again your understanding of your own nature, for that is your nature, my friends—light.

When love created material, the material it created was light. Light is creation, and all that is within creation is light. That is why light has the power to comfort, to bind, to unbind, to heal, to do all things. Light is the very stuff of which the universe, the galaxies, the constellations, the creation itself is formed, and the energy of love which free will causes to move, moves within that light and through that light into all those which are of the light. And my friends, there are none which are not of the light.

We would say to you two things. Be aware of light. The illusion will cause you to be aware of darkness, and darkness does not know light, it cannot see light, and shall not discover light. But you are light. Choose, my friends, to enter into meditation, to come close to your nature, to find your own light and to allow it to shine forth as you stand upon the watch tower of a dark world. The light will see many things. Let no darkness come between you and love.

We suggest to you one more thing before we leave this instrument and that is that you are on a journey. You are on a great gamble, and you must risk yourself or you shall not proceed upon your journey. The light that you seek and that you are will aid you in your risk, but a risk it is, my friends, to choose. We risk and you risk. But, my friends, the game is divine. And losses are far more temporary than the inevitable lightsome outcome. Therefore, be of good cheer and encourage each other, lending praise and joy to your common endeavors, letting your light flow endlessly, purely and powerfully. All the world sings of light at this time of your year. The springtime blossoms turn to the light and rejoice. The very grasses of the meadows turn and move and rustle at the glad wind of the Creator that brings the sun ever nearer and keeps it in the sky ever longer. So are the seasons of your life. So are the resurrections of your journey. And so is the nature of your journey.

Know always, my friends, in the deepest night, on the shortest day, there is that light within you. Doubt it not, but find it and risk all to find it again more clearly, more lucidly, more plentifully, more abundantly, and then open yourselves and shine.

We leave your radiant group, rejoicing and making merry at the lengthening days and the beautiful light within this group and within your planet. We leave you in the love and the light of the Creator that is in all and is all. I am known to you as one of Hatonn. Adonai, my friends. Adonai vasu.

(S1 channeling)

I am Latwii. I am Latwii. I am pleased to greet you, my friends, in the love and in the light of the infinite

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Creator. We hope we did not surprise you by speaking so soon, but this instrument requires a great deal of conditioning before she will allow us to speak so we have been preparing her for quite some time. We are honored that you have called us here this evening, and we are also honored that this instrument has wished to speak our words. She is always hoping that we will contact her. She seems to be rather fond of us. We also are fond of her. We hope to be able to be of some service to you this evening, and humbly ask that you would consider those words which have been spoken tonight by our brothers and sisters of Hatonn, for we also feel the warmth and the love and the light emanating from your planet today. It gives us great joy, and we are always happy when we are able to experience such a loving vibration from all of you.

We are hoping to be able to speak through this instrument more often, for it is indeed an honor to be able to speak our words through any instrument that calls upon us. We are often seen—we correct this instrument—we often seem to be a source of joy among this group, if we may be so bold as to brag a little bit. We hope to be of service to you in the answering of questions that you might have, so we would leave this instrument and allow another [to complete] this portion of our transmissions. We leave you temporarily in the love and in the light of the one infinite Creator. We are known to you as Latwii.

(Jim channeling)

I am Latwii, and greet you once again in love and light. We now begin our task of attempting to answer your queries. May we ask then, for the first query?

R: Yes, Latwii. My question concerns the work environment, and the feeling I've had recently of it being a very, not necessarily depolarizing, but just not conducive to any kind of growth, in fact it seems to be the opposite, and I don't really know what my question is, but it's become a problem. My meditations have become erratic, and I'm going through some kind of a strange period of time. I wonder if you could offer any words of wisdom or advice, maybe? I need the job.

I am Latwii, and am aware of your query, my brother. We look at the situation which you describe. We see one who seeks truth. We see the lessons which lie before you. We see the opportunities to learn that which you wish to learn. We see also that from time to time, as in the life of any, shall we say, serious seeker, there will be those times when the training aids which you call your reality will be less efficiently used. For the entity upon the journey there are times when rest is of aid, and there are times when the journey is speeded, and less rest is needed. Be aware that each situation in which you find yourself has the potential of teaching of you just that which you wish to learn.

What do you wish then, my friend? The environment in which you find yourself will be that which meets your wishes and your desires, though you may not know that this occurs as it occurs. For much is hidden from the conscious mind. Be not over-discouraged when the mysteries seem to far outnumber that which is gleaned with any clarity. That you inhabit an illusion is obvious to your conscious mind as you continue your seeking. That the illusion shall remove itself and make clear that which guides your incarnation is not so obvious. Yet, this is the process in which you partake at the present. You look about you and you see the difficulty. With yet another eye you may see the opportunity. With yet another eye you may see the lesson learned.

If for a moment or two each day you might exercise, shall we say, an objective indifference, you may develop other eyes to see. By this we mean to say, look upon yourself and your environment as though you were seeing another being. Describe that which you see in objective terms so that instead of saying, "I feel a difficulty because …" you may say, "I see an entity experiencing such and such …" This may aid the perception of the general run of the pattern of energy which tends to confuse and overload your circuits, shall we say, from time to time.

May we answer you further, my brother?

R: No, thank you.

I am Latwii. We thank you, my brother. Is there another query at this time?

S1: Yes, Latwii. I have a question that's somewhat of a personal nature so I realize you may have to answer in general. I believe this last week I have discovered a main lesson that I am here to learn, and I was wondering, since this hit me in the head like a board, and I'm quite curtain of it, if you would be able to confirm it for me?

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I am Latwii, and am aware of your query, my sister. We find that you have indeed gotten your attention, and have noticed that which you have placed before your incarnation. The journey which each travels is long and has many turns. At some turn there will finally come a realization of yet another factor or characteristic of the journey, so that increasingly so the pilgrim comes to know the self, the journey, and the lessons.

May we answer you further, my sister?

S1: Not on that subject, but I do have another question. I'm trying to think how to phrase this. Give me a moment, and I'll try to put it into words and get back to you in a little bit, okay?

I am Latwii. We are honored to await your query or attempt the next at this time.

Carla: Well, just to fill in the gap, I guess my question's like R's, just a matter of perspective, but ever since I got this tummy ache which won't go away, I've wondered if there's anything more that I can do than I'm doing. As far as I know I don't have any energy blockages. An examination of conscience doesn't reveal anything. I've attempted to follow the things within the illusion like what to eat, and things like that. What more can I do at this point to not just end my stomachache, but end the concern for me that people around me feel?

I am Latwii, and am aware of your query, my sister. We find that you have various portions to this particular distortion, as has been mentioned by those calling themselves Ra. The nature of your difficulty has many levels of the metaphysical nature. We find that the close adherence to diet is that which in the short run shall provide the greatest measure of relief, in that no further irritation of the sensitive intestine tissues will be initiated. We find the work done upon the energy center blockage most helpful with few, shall we say, corners to soften. Yet the container is solid. We can only suggest the continued rejoicing and giving of …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. To continue, my friends. My sister, as we were saying, to walk with the one Creator, to rejoice at the opportunity to be and to serve, is most helpful and central in this instance. For there are so many levels of the metaphysical nature to this distortion that one must return immediately to the heart and to the Law, the only Law, and that is the Law of One. As you are one, so you see the Creator. As the Creator sees, It sees Itself in many forms and in many situations, each of which allow It to know yet more of Itself. The experience which you now face is that of the Creator. As you find yourself in the center of yourself you will find yourself able to use this experience as the Creator uses it. Rejoice in your beingness. Praise the Creator. Know that though you inhabit an illusion within an illusion, you are one with all. You are the Creator, and all is well.

May we answer you further, my sister?

Carla: Yes, thank you. But I would ask for another. If I were to ask you for a mantra, for one phrase to focus on in order to work with as many levels as possible in the metaphysical, what phrase would you think of?

I am Latwii, and we might suggest the simple repeating of simple phrases which touch the heart of being, such as "I am love," "I am light," "I am one," "I am whole," "I am perfect," "I am the one Creator." You may decide to focus upon one or more at any time, whether in meditation or singing as you go about your daily activities. You may find another phrase from that distortion which you find helpful in the worship which might be more meaningful. Any phrase which focuses upon the central nature of your being, that is as a being of love, light and unity, as a being which is the one Creator, is most helpful.

May we answer you further, my sister?

Carla: Gee, Latwii, you mean there's no tummy ache mantra in your dogma? I guess I can make do. I'm just teasing you. Thank you.

I am Latwii. We thank you, my sister. We hope our mantras do not give you indigestion. May we attempt another query at this time?

Carla: One little follow-up, and this is simply confirmation. Is this fainting bit just energizing, sort of wholesale, as long as I'm this weak we might as well go for broke, that kind of thing? And not seeing and all that?

I am Latwii. My sister, we find that you have discovered the basic nature of the recent greetings

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which have given you yet further opportunities to serve the one Creator in the positive polarity.

May we answer you further?

Carla: No, thank you. Thank you very much.

I am Latwii. We are most grateful to you, my sister. Is there another query at this time?

S1: Yes, Latwii. I believe I have formulated my question into words. This entity that I have called upon and has contacted me during my meditations, I have been receiving telepathic communication from this entity. I wanted to know if you can give me any advice as to the advisability of this. Is there any potential danger in accepting this communication? It's become a great comfort to me.

I am Latwii, and am aware of your query, my sister. We find that the entity which has been in close contact with you is one which has been called by the nature of your inner search, and which attempts to aid you at this time in the way which is most efficacious and understandable to your current perception. That telepathic contact has been made is a function of, shall we say, your training and ability developed within this circle of seekers, and has been utilized, for it is a language, shall we say, that you understand. When such contact is allowed, it is advisable that it be preceded by the tuning which you have utilized and faithfully utilize on a continuous basis. The desire which you express in your seeking for the highest and best, shall we say, information available to you is central, for it is your desire which determines that which you receive. Strive then to maintain if possible a purity in your seeking that the information which you receive will be of equal purity.

May we answer you further, my sister?

S1: Yes. Can you tell me if this entity is mainly here to aid me or would it be, if this entity were to come to me in groups such as this, would you advise channeling the entity or is the entity more or less of my own calling for basically my own information?

I am Latwii, and am aware of your query, my sister. We find in attempting to answer this query that the, shall we say, boundaries of being, of both your being and the entity's being, are not so clearly drawn that they may be described with complete accuracy. By this we mean to say this entity has responded to your call. You are not consciously aware of the total nature of that call. The call also may with time evolve and become transformed so that it also changes. The nature of the service to be provided by this entity therefore, would correspondingly change. Therefore, it is partially beyond our ability to perceive what you call your future, partially our desire not to infringe upon your free will, and partially due to the changing nature of the situation or its potential for change that causes us to be unable to give a clear and specific response to this query. We may suggest that at the present moment the situation appears to be one which is for your benefit in the majority.

May we attempt to answer further, my sister?

S1: Is what you're saying, that this entity may be available for channeling at another time but for the time being I should more or less keep this entity to myself?

I am Latwii, and might respond most efficaciously by suggesting that this was a significant portion of our response. Yet, might we suggest further work with this entity so that perhaps with the passage of what you call time, and the gaining of experience, the answer to this query might be made known to you by this entity and by your own choice.

May we answer you further, my sister?

S1: No, Latwii, that's exactly what I was after. Thank you.

I am Latwii. We apologize for taking so long to complete our beat around the bush. May we attempt another query at this time?

Carla: Well, Latwii, if everybody's finished, I would like to know something before you leave. At the very beginning of this meeting I had a contact, and challenged it because it was new, and it went away. Immediately, instantly, poof. Well, that's unusual for a negative entity. I mean, that is, I've never experienced that with a negative entity. There is usually a moment of resistance, and then the leaving. And when I analyzed the name that I'd been given, it's a name that means "No one" in Latin. That was as close as I could come was, "Ne Mo," "Nemo," which I believe is strictly Latin, meaning "no one." Latwii, was that you checking to make sure that I was—was that your idea of a joke by any chance, Latwii?

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I am Latwii. And we find in this situation that your instrument was greeted by one which is of what you might call the inner planes, and somewhat of a lesser vibration. This entity was simply hoping that it might have an opportunity to speak through an instrument which was experienced and able to convey its simple thoughts. The entity may be seen to be of an unpolarized nature at present, looking for opportunities to polarize.

May we answer you further, my sister?

Carla: Would this be somebody's Uncle George that doesn't know he's dead yet or something? That kind of unpolarized being?

I am Latwii, and may respond by suggesting that this entity is more familiar with its current state of being, and has chosen to wander about the inner realms with occasional attempts made at contact with entities such as are gathered this evening, that it might speak and partake in some manner with the process of polarization which it is aware it also partakes in. This entity would be more served than would the group, in our humble opinion, yet each may choose its own path.

May we answer you further, my sister?

Carla: Yes. I surely would never channel an unpolarized entity. However, we always as a group wish to aid the planet as a whole. Would we then be aiding this entity by sending it love and light as a kind of healing to its nonpolarized state?

I am Latwii. My sister, it is always a service to send the love and light of the one Creator to any portion of that one Creator.

May we answer you further?

Carla: Nope. We'll do it. Thank you.

I am Latwii. May we attempt another query at this time?

S1: Yes, Latwii, just out of curiosity, are you aware of this entity known to me as Morzack?

I am Latwii. As we investigate the entity of which you speak we are familiar with your perception of its blending of vibrations with your own, and familiar with the manner in which the contact has been made. We must, in order to acquire this information, look into those portions of your being which you have given permission to look. Though you give conscious permission for the general perception of this entity and your experience with it, we find there is a trust or a boundary beyond which we may not move. Therefore, this is our limit of what we might share with you at this time.

May we answer you further, my sister?

S1: I don't quite understand what you mean by the boundary. Is the boundary within me in my subconscious?

I am Latwii. This is correct, my sister, for it is the unconscious mind of each entity which allows the experiences that will teach those lessons desired to reach each entity. Though your conscious mind perceives some portion of each experience, much is yet veiled to it. The entity of which you speak has been called to you not only by what seems to be your conscious choice, and indeed is such in port, but also by that which is your unconscious mind responding to those programs, shall we say, placed before the incarnation. There are portions of these programs which remain within the unconscious mind, and are not perceived consciously, and which yet hold the ability to affect your future. Thus, we may not peer into them closely enough to describe them to you without infringement. Thus, we do not.

May we answer you further, my sister?

S1: No, thank you, Latwii.

I am Latwii. We thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and as we find that we have exhausted the queries and the instrument at approximately the same time we find this happy coincidence an opportunity to thank each present for the continued invitation to those of Latwii to join you, to rejoice with you, to seek with you, and to speak with you. We are humble messengers of the vibration of light. We remind each that our words or any words are but guideposts pointing directions which may or may not be traveled. Take then those words which have meaning. Think upon them, meditate upon them, use them as you will. Leave those which have no meaning, and we rejoice with you in your choice. We shall now take our leave of this group, again thanking each for the honor you bestow upon [us] with your invitation to blend our vibrations with yours. In love and in light, in unity and in the power and the peace of the one Creator, we leave you. We

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are known to you as Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Nona, and I greet you in love and light. We come but briefly among you, and for a most happy request. There are several in this group who request thanksgiving. That in itself is a healing and we are most happy to oblige. The thanksgiving of *(inaudible)*, the thanksgiving of truth perceived, the thanksgiving of sorrow known to be of the most helpful nature. We cannot tell you our gratitude, and hope that we do not pierce your eardrums, for your request to us for joy is great. We are of Nona, and leave you after the vibrations in love and in light.

(Carla channels chanting from Nona.) ♣

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Sunday Meditation
April 10, 1983

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, as always, in the love and the light of the one infinite Creator. It has been some time since we have been able to speak through this channel, and we will speak but briefly through this channel, for he wishes to break back into the channeling process slowly as he has been some time in doubt. To doubt, to ask questions is but one way to learn.

We are having difficulty at present and would pause for a moment to better attune ourself to this instrument. I am Hatonn. We would at this instrument's request transfer this contact, for he feels he needs more time before he can fully operate again as a vocal channel. We will now transfer.

(L channeling)

I am Hatonn. I am now with this instrument. We are grateful for the willingness of the instrument known as C to re-offer himself for service in acting as our instrument that we might communicate with our otherselves. We are aware of the difficulties that he is experiencing, both in the facility of channeling, and the awareness of the moral significance of the action. We again are grateful for his service.

At this time, my friends, we would like to share with you a small story concerning a creature which lives beneath the watery surface of that which you call the sea. The creature is that which you term a mollusk or a clam-like shelled entity. Its awareness of itself and its universe is quite limited, for primarily its interests are limited to the acts of eating, excreting, and occasionally reproducing. The consciousness resultant from this situation, as you may well imagine, is quite limited as the entity we described is not only uninformed of the world upon which you exist, for example, but also quite uninterested. However, we shall cease describing and return to our story.

The entity was created in physical form and sought to continue its life in what must appear to those present as a very bland, eventless existence, for in truth, the lack of event was that which was sought. However, this entity had the apparent misfortune to choose to incarnate near the site of that which you term a generating facility on land which resulted in sudden releases of very hot water into the clam's environment. As this resulted in great discomfort, the entity was faced not only with the choice between remaining and possibly stewing or using its rudimentary equipment to gradually, over a period of years, remove itself from the environment. However, the entity was first forced, for such are the ways of lessons, into perceiving that an environment or universe existed beyond the limitations to which it had become accustomed, and firmly, yet dimly, regarded as the limits of the universe, for the

increasingly warm temperatures could hardly be ignored.

The entity of which we speak, reflexively, slowly, began to move, to attempt to push itself slowly away from the uncomfortable environment. Many of its brothers and sisters also undertook identical journeys at the same time while others elected to remain behind, clam-like in their unwillingness to perceive or even acknowledge that other forces existed besides themselves. Years passed, the journey undertaken was at last completed, and in the manner of such creatures, the clam of whom we spoke eventually relinquished its hold on its incarnation in this fashion.

My friends, this may seem to be an uneventful tale, yet we ask you to examine your own progress on your journey. For is it not true that too often one must find the temperature of one's environment exceedingly uncomfortable before one seeks change of one sort or another, and in seeking that change find that the change must entail a change of oneself. So a journey is begun. One stretches muscles, so to speak, that one was only dimly aware of and more often than not strives only to leave behind that uncomfortable state which one once occupied in search of that which is unidentified, totally unfamiliar, yet toward which one is drawn as if following an instinctive beacon within the soul. And alongside each who follows the path, quite often unrecognized in the day-to-day struggle to climb one more rung, to circumvent one more difficulty, are brothers and sisters, quite similar, each struggling to surmount its own problem, each on a very similar path, journeys that though quite separate are yet quite common.

My friends, the creature of whom we spoke was fashioned in a manner which protects through a lack of awareness of that which surrounds. Yet, my friends, at this point the comparison fails, for each of you has been blessed with the ability to perceive the commonness, the sharing of the journey which you have undertaken jointly with those who surround you. My friends, strive to recognize within one another, within the stranger who at a corner crosses a street in time with yourself, that your journeys and yourselves are one, that his or her beacon rings forth within the soul with the same note as that within your own. It is often possible in your world to ignore the fact that your journeys are common. But, my friends, you differ from the other creatures we have described in your ability to communicate with one another. You are able to choose not only to seek or ignore your seeking, but also to aid or ignore the need for aid.

We realize the complexity of the puzzle before you, for we are aware that you consciously seek to avoid inflicting your will or your ways upon others. Yet, my friends, there is no failure, no offense in bringing forth your light in presenting yourself openly that those who seek your help may find it. We know that each of you further has felt the doubt within the soul, the suspicion of unworthiness, the self-doubt of the value of one's assistance. We are aware that at times those of you who seek to be of assistance by serving in the capacity of an instrument are quite rightly consumed with doubt both of your worthiness to perform the task you have undertaken and your ability to accurately represent that which is placed within your mind. My friends, we can only comfort you in these situations of doubt with a reminder of that which was said on your planet so many years ago, that if you wish to learn, that the door will open if you will but knock, that if you wish sincerely for an opportunity to serve your brothers and sisters, you have but to ask and that opportunity will be provided.

The one who spoke these words, my friends, went on to add that he who asks his father for sustenance will not be given a snake to hold in his outstretched hands. My friends, we ask you to be aware that the Creator has provided for His own, for all of His children. We ourselves are simply your loving other selves. Yet the tool that is provided by the Creator for our communication with you is a gift from that source. We offer, therefore, for your evaluation the question: When one asks for sustenance, what will be provided? My friends, be confident in your acts of love. Accept the blessing of the opportunity to be of service and go strongly forward with your desire to do so. Be not afraid and do not feel the necessity to provide yourself with assurances and safeguards, with necessities to validate your service to yourself, but rather, in the words of the source we described, go forth with but your staff and your scrip[4] and serve.

At this time we will relinquish our use of this instrument that our brothers and sisters of Latwii might perform their service of answering questions.

[4] scrip: pilgrim's knapsack.

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In the love and light of the infinite Creator, I am known to you as Hatonn.

(L channeling)

I am Latwii, and we greet you in the love and light of the infinite Creator. We are aware that this instrument has been used somewhat extensively by our brothers and sisters of Hatonn quite recently. However, we are most anxious to refamiliarize the instrument with our vibration, and to exercise the instrument as we are less frequently able to accomplish this task lately and desire to give the old whiz-bang a tune-up. At this time, are there any questions?

K: Yeah, I have one, Latwii. You always say at the end of the session that if we just make a request that you will be with us or you'll hear it. Okay, I made a request this week, not for me, but for my daughter. And I don't know whether you answered the request or … I said, if you weren't in the business of healing or getting her through this three days, because she had a terrible cold, that would you stand around and see if you could find another entity to help. Well, anyway, it worked out beautifully, and I was just interested to know if you really did work out the circumstances or what happened.

I am Latwii. My sister, we were quite grateful to receive your contact and request. However, we must confess that we, to a large extent, passed the buck, so to speak, to our brothers and sisters that you know of as Nona, and that the entity to whom your service was directed was experiencing an amount of discomfort and stress. In reference to the details of the situation, however, we must explain that it is not our line of work to alter the circumstances that one has selected for their personal growth, but rather to encourage them in attaining that growth, which service we did attempt to provide.

Is there another question?

K: No, that's very good. I figured that's the way you would do it, but anyway I was just curious to know if you heard the request. Thank you.

We thank you, my sister, and we are quite pleased that [you] recognized our touch, so to speak.

Is there another question?

M: Yes, Latwii. When a person has an imbalance in their physical being or in their life, how can they tell if it's karma or if it's an incorrect attitude on their part?

I am Latwii. My sister, the most truthful and obvious answer is to seek within one's own soul for the answer. We are quite aware that the simplicity of such an action seems to make it difficult to perform, yet in all honesty, that is the most accurate and effective manner.

May we answer you further?

M: No, thank you.

We thank you, my sister. Is there another question?

K: Yes, one other question, Latwii, and we've touched on this before, but I've had some unusual dreams recently, and my question is, do we make our dreams or are we given dreams sometimes in order to help us when we ask for help?

I am Latwii and, my sister, without frivolity we must acknowledge that the answers to your questions are yes and yes. We would take the liberty of adding further detail in this manner. The mind of which you are aware is quite capable of generating dreams for entertainment or for one's education. Using this particular instrument, one can therefore acquire dreams which provide situations for growth, for in truth is not the world within which you exist merely an additional dream? The desire for learning, for attainment, is the incentive that allows you to bring into your life that which provides catalyst, be it in the somnolent or waking state. We would further remind you, my sister, that each entity is a portion of a larger entity and that—and that which is needed will be provided.

May we answer you further?

K: That last statement, let me see if I understood that correctly. That each entity is a part of a larger entity, is that what you said?

I am Latwii. My sister, consider the smallest finger upon your hand. It is a finger in its own right. It is a portion of you yourself, which in turn is a portion of the consciousness of your planet, which in turn is a portion of the Logos within which you function, which in turn is a portion of the Creator Itself. Just as your physical vehicle provides the sustenance, the needs for the growth of each cell within your finger, so also does that of which you are a portion provide the spiritual nourishment required for your growth …

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(Side one of tape ends.)

(L channeling)

Is there another question?

(Pause)

As there are no more questions, we shall relinquish our use of this instrument and gratefully thank each of you for giving us the opportunity to perform our small service. In the love and the light of the infinite Creator, we are known to you as Latwii.

(Carla channeling)

I am Oxal, and I greet you, my friends, in the love and the light of our infinite Creator. It is a great privilege for us to blend our life streams with yours, and we thank this instrument for catching the signal which we offered to it, for it is an unexpected contact. However, there has been a call and we would speak briefly. We would speak to you, my friends, of binding and unbinding, for there are those questions upon your minds which may perhaps be perceived more clearly after some meditation upon the nature of your being. Firstly, let us establish the subjectivity of being. Consider two women. One marries, and one day the honeymoon is over and she says, "Oh, it is my fault, I have somehow destroyed the perfection of my life as I planned it." The second woman in the identical circumstance, nodding her head in recognition of circumstance, will still say, "Thank you for the good times, for they are a gift and they teach me what it is to live fully. And thank you too for the challenge, for it teaches me to pay attention."

The first woman then becomes ill, and she says, "I have failed to take care of myself. I have had a hard life; I am afraid that my body is not what it used to be." The second woman in the identical circumstance, smiling ruefully at the circumstance, says, "Thank you for the health that I have had, and the health that is to come, for they have been gifts, and shall be so again. And teach us how to live more fully. But thank you, too, for this challenge, for through it I shall learn better how to pay attention."

Thus, my friends, we intend to demonstrate that the circumstances of your life, though they be as they are, are subjective in meaning. That meaning is only decided by you. Therefore, all is decided by you. We reach this point in our reasoning in order that we may gently but strongly urge you to consider meditation upon the responsibility for your own thinking. It has been written in one of your holy works that that which you bind shall be bound, and that which you unbind shall be let loose. Are you then a ruler of a universe? Yes, you are, for you are co-Creator, one with all that there is, a dazzling and perfect portion of the one light. And as you see things, so they are. And what you see is final until you change what you see.

In some cases, my children, you see not only yourself but others, and you bind others to you and you unbind them from you. And yet, they too are shafts of the same sunlight, perfect and one. Shall you then judge to bind and to unbind for another? Do not all entities do this? And is it not always to some degree an error in thinking? For are you not all one being with no judgment between parts, but only a desire to serve? No matter what you have done to another, you have done far worse in judgment of yourself, at one time or another, if you shall pardon the misuse of this term. Therefore, use your meditation to release the coils of subjectivity from about yourself and your other selves, for you in your meditation have room for only one thing and that is love. That is what you came here to this orb in space to spend your portion of consciousness at this opportunity learning. Shall you not then grasp the opportunity? As you become more distorted and more subjective, you move further from the love you seek so wisely to know. Seek, then, and leave subjectivity behind on a regular basis that you may be one with all eternity, that you may shine with the stars and glow as does your sun with the good and fertile brightness of life.

We leave you in joy, and we lift each of you in our arms to bless you and send you upon your way. May you be merry and full of that life of which love is the very essence. I am Oxal. I thank you for calling us to your group this evening and for listening to our impoverished thoughts. Please accept them as imperfect and discard any concept that causes any difficulty. For truth, as you seek it, must be seen by you, not for you. Therefore, discard anything that you perceive as less than truth and use what remains. I leave you in the love and in the light of the One. Adonai vasu borragus. ♣

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Sunday Meditation
April 17, 1983

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. We thank you for the great blessing that you give to us by allowing us to speak with you through this instrument. We thank you for your attention, and the gift of open ears and open hearts. We thank you for wishing to know the truth. Knowing the truth is an inestimably ruthless process of continually altering the viewpoint and widening your faculties of love—we correct this instrument—of observation. What is your source? That is a question central to your quest for truth, for that from which you come binds that which you are. If you can imagine a moment incredibly far distant in time, as you call it, when you took all of creation into your hand and flung it from you, then you can imagine the impulse which guides your destiny. You are as a whole person abiding still in the Creator, but a splinter of your consciousness was flung for each, and that splinter of consciousness has become you as you now sit in meditation. The journey has been a long one. You have seen creations and planes and densities and lives and through all of them you have been under the influence of that force of yourself which flings you outward, and at the same time calls you home.

As you sit in meditation, parts of that journey flash before you, colors and visions and the sensation of speed, and any experiences you have had to come to this moment of peace. This is the precious moment of all creation. This instant is the excellent instant, far excelling past or future, for here your heart lies and your consciousness rests and you can receive and give forth the breath of creation, love and light. In and out you are filled with nothing but light, nothing but love. How interesting that you arranged this illusion so that it would be impossible for you to go through your incarnation in this state without renouncing nature, the nature of your body, your mind, and your emotions. Do you trust yourself? If you do, then you must know that you had good reason to hide from yourself the perfection of this moment. There were some points that you wanted to learn better than you knew them before. There were some parts of the spectrum of your light and your love that you wished to emphasize and explore.

As you move forth from meditation, attempt to keep in mind that you did not make a mistake of any kind in choosing the circumstances and the seeming accidents of your life. You chose well, each of you. You gave yourself food and you gave yourself an appetite. You gave yourself mental food, the food of the intellect and the mind, the food of analyzing, synthesizing, attempting to know and understand. You gave yourself emotional food, desires for love, experiences of love, experiences of apparent lack of those emotions you need. You wanted to catch your own attention and fix it. You wanted to make a

point or perhaps several points for yourself and to yourself.

It is not just the physical body that needs food. Spiritually speaking, you consume far greater amounts of experience and digest far more experience than ever you do earthly food. For it is the food of the mind, the heart, and the spirit that you have indeed stopped here, a splinter of light, a split second in a long journey on this orb you call Earth to experience. And what of your future? You are an eternal and everlasting part of the One. And although in the One there is properly no past, present or future, in the subjective terms of this illusion which you now experience and which we share with you, time is passing, and there is a future before you. It is a future in which you call that splinter of yourself back to yourself as the lessons are understood, as the points are made, and as you experience yourself in yourself and with others, more and more you shall be drawn closer once again to the source whence you were flung with such a greedy and extravagant hand before the beginning of time.

Breathe in, then, the joy of this moment, and sense the relaxation, the resting and the peace that you share with those who dwell in meditation as do you. There are some not with you. And yet, because they are in the same condition of experience, you are together in joy, together in peace. Your time will pass, and some may read these words and will then sit in meditation and still you shall be able to join that blessed company of all those who seek and sit in the listening silence of your joyful quest.

We share your joy, and thank each of you for the great privilege of blending our joy with your own. Let your hearts be light as a fluttering gauze curtain at a window in the sunny breeze. For the wind is rich with blessings and there is music amongst the trees. I am known to you as Hatonn. I leave you in the love, in the light, in the joy of the infinite One. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the infinite Creator. It is our privilege once again to be asked to join our vibrations with yours. We thank you for the opportunity to serve you by attempting to answer your queries. We remind each that our humble responses are merely opinion, perhaps somewhat different than yours, perhaps with a somewhat wider perspective, yet it is but our opinion. Please accept that which has value and leave that which has none. May we then begin with the first query?

Carla: I have a question. I got a telephone call this week from a friend who asked me how to remain faithful to all the ideals of love and light and service to others that we work on in this group when the situation looks hopeless, and there doesn't seem to be any point in carrying on. I felt that my answer was inadequate, and so I would ask if you could perhaps comment on this question?

I am Latwii, and am aware of your query, my sister. Indeed, when the situations which we have termed "catalyst" present themselves to the seeker, the seeker may look upon such catalyst with a polarity viewpoint, that is to say, one may look upon the situation and see people and events not in keeping with the desires of the seeker, and the seeker may wish to change those people and events and maintain faithfulness to the ideals of service to others. This is a great dilemma, for in truth, if one wishes to be pure in what you have called the positive polarity, there can be no wish to change another person or event, for each must be accepted as each is, for each is whole and perfect. Each is the one Creator. This is a great lesson, which takes much of what you call time to learn. Therefore, as a portion of remaining faithful to those positive ideals which each in this group upholds, then it might be recommended that the viewpoint include the possibility that no person or situation be asked to be other than it is, that each indeed be accepted, loved, forgiven, that the same be done with the self, and that then the self is taken by the seeker as the primary tool for upholding the ideals of service to others, and the self is transformed by acceptance of self and others so that love is given no matter what. In such a way does the positive polarity become purified and refined, that the beacon of love and light within the heart of self might shine more brightly.

May we answer you further, my sister?

Carla: No, it was a beautiful answer. I think it's probably the hardest single lesson that we foolish humans have to learn. But it's a useful answer. Thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

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M: I have one, Latwii. What causes people to have periods in their life when they have absolutely no desire to go forward or backward? In other words, just basically, is it a lack of energy or is there a reason why they go through this stage?

I am Latwii, and am aware of your query, my sister. Look for the answer to this query to the seasons and cycles that you observe upon your planet. After the fall, the harvest, there is a time of rest, then followed by a regeneration of that which was harvested. So it is within each entity. As the lessons of your incarnation are learned, you will find within your being various cycles of seeking. There will be times as luxuriant in the seeking of lessons as your summer is in the spawning of life forms. There will be times when the difficulties rage as does the thunderstorm, the wind, the hail, the rain. And yet each portion of the cycle of seeking adds a part that becomes that which you seek.

As you observe those times within yourself of peace and rest, enjoy that portion of the cycle, for, indeed, all things change, and you shall find new lessons presenting themselves within the fertile and peaceful ground of your being.

May we answer you further, my sister?

M: No, I think that was very helpful. Thank you.

I am Latwii. We thank you. Is there another query at this time?

M: I have another if no one else has one. What causes some people to have a nervous breakdown or become disoriented in the same set of circumstances where another person may not be affected at all?

I am Latwii, and am aware of your query, my sister. For the answer to this query, may we suggest the concept of the limitation of the viewpoint. For an entity to exist within your illusion there is the seeming inborn necessity to gather about the center of the being a grouping of beliefs, those concepts which are relied upon to provide support as the entity journeys through the incarnation. As each entity journeys, each gathers about the self a variant set of these beliefs. We may suggest your restaurant, for example, a few from column A, a few from column B, and so forth. Some viewpoints contain a wider perspective, shall we say, and when added to others, yet further increase the perspective of the seeker. This is another way of suggesting that that which is seen and accepted as a belief then is an ally which aids in perception and in utilizing the catalyst which comes before the attention. The fewer and more narrow the concept, the less efficient is it in this process. Some entities, therefore, are more limited by their own belief system in what they are able to accept and use efficiently as catalyst. Therefore, catalyst of a given nature, of, shall we say, intensity which require the ability to accept a wider viewpoint would cause greater stress upon one with less ability to accept the wider viewpoint.

May we answer you further, my sister?

M: Yes, I'm still not quite sure—take people who are unfortunate enough to hear voices and to be paranoid and to really have miserable lives. What's the basis of this problem?

I am Latwii, and am aware of your query, my sister. Such an entity may have a variety of reasons for its behavior and response to those inner voices which from time to time become available to each entity upon your planet. An entity, to take one example, may have the belief system imbedded from youth that any such voice heard within is of the devil or is what may be termed evil or satanic, and when such a voice is heard, the entity may respond as though this belief were true, whether or not such a voice was of a negative source. Repeated experience with such a voice might cause the entity to feel itself possessed, to feel unworthy, to feel as though it was going what you have termed insane. This need not be true, yet can be so if believed. This is but one small specific example. There are a myriad of potential examples with each having different ramifications.

May we answer you further, my sister?

M: No, thank you, that was very helpful.

We are pleased to have been of some small aid. Is there another query at this time?

K: I have a question. When you're trying to understand another person's point of view, and trying not to change them, and in the process you try to see their point of view so much that you don't believe in your point of view, and you almost become crippled in your ability to act on what you think is right, are there some helpful suggestions to have more belief in what you're thinking and feeling?

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I am Latwii, and am aware of your query, my sister. To begin, may we suggest that if you look upon each point of view that you could possibly imagine within your illusion, you shall see an infinity of possibility. You are each. That you do not yet recognize that is a portion of your learning. If you feel a discomfort as you pass through various beliefs, as you change your mind from time to time, as you evolve in your own understanding, consider the possibility that each individual point of view has its balance. That is to say, each lesson is paired with its opposite, for example, patience and impatience, anger and love, acceptance and rejection. This list may be continued infinitely. As you see a certain bias developing in your belief, attempt to learn also its opposite so that your learning be balanced, and develop also the ability to accept yourself, for including each point of view within your being, that the one Creator might know Itself further …

(Side one of tape ends.)

I am Latwii. To continue. In such a fashion, then, you shall move in a balanced manner and construct the architecture of your being with a stable foundation without bias in any direction which would risk the stability of your being.

May we answer you further, my sister?

K: Thank you, Latwii.

I am Latwii. We thank you, my sister. Is there another query at this time?

M: If I have a pain anywhere, I can tell that part of my body not to feel pain, and it won't feel it. And I wish there was some way I could help other people to have that same talent because so many people are in pain in various parts of their body, and I don't know whether there is something innate within me, but I don't know why I can tell a part of my body—like a tooth for instance, if it's acting up a little—I can tell it not to, and it won't. Is there anything that I could do to help other people so they wouldn't be in so much suffering, or why can I do it and I can't explain it to anyone else?

I am Latwii, and am aware of your query, my sister. It is always the case that the entity entering the incarnation brings certain abilities, as would the carpenter its tools to the job it wishes to complete. Some are not well understood. Many remain latent throughout most of the incarnation, their use discovered at what you would call a later date. The tool or talent of which you speak is one which you shall find an increasing understanding attached to as you explore your own use of it. It is often most difficult to impart the use of such a slightly understood talent to another. Therefore, may we suggest the meditation upon this ability, not just its mechanical use, but the value which you obtain from it.

May we answer you further, my sister?

M: Well, just quickly. Is it a form of self-hypnosis?

I am Latwii, and am aware of your query, my sister. To describe this talent in these terms is somewhat accurate, yet somewhat misleading as well, for the focusing of the attention is necessary for both hypnosis and the use of this tool, and each requires the increasing use of the unconscious mind. Yet, you are not quite, shall we say, hypnotized or in a trance as you accomplish this talent. The ability to concentrate, which is one of the benefits of meditation, is central to this particular talent, and there must be, shall we say, a certain opening made within the veil which separates your conscious and unconscious mind. This opening is a portion of this talent brought with you and may be enhanced by the application of concentration.

May we answer you further, my sister?

M: Is there any chance that I could explain this talent to people that are in great pain or is it just a personal talent?

I am Latwii, and am aware of your query, my sister. You could indeed attempt such explanation, yet would find a variety of responses from those to whom such explanation was given, for each entity varies in the ability to use that which you could explain. You would be, as we mentioned before, further hampered by the lack of your own understanding of the deeper significance of this phenomenon. Therefore, we continue to recommend the meditation upon this significance.

May we answer you further?

M: No, thank you. That's very helpful.

I am Latwii. Thank you, as well. Is there another query at this time?

(Pause)

I am Latwii. We feel that we have exhausted the queries for the evening, and again extend our deepest

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appreciation to each entity present for allowing us to blend our vibrations with yours this evening. To join you in your seeking for truth is a joy which we eagerly anticipate at each moment in the timeless span of our existence. We remind each present that a simple request for our presence in your private meditation is all that is necessary for us to join you there and once again blend our vibrations with yours. We shall at this time leave this group, yet in truth, always are we one. We are known to you as those of Latwii. Adonai vasu borragus. ♣

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Sunday Meditation
April 25, 1983

(M channeling)

I am Hatonn, and I am now with this instrument. I greet you with the love and the light of the infinite Creator. I would like to say why this instrument is not channeling. Her soul is hibernating. It is going through a period of healing, and cannot give information at this time. I am Hatonn. I leave this contact.

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to speak with you and we thank the one known as M for allowing us to exercise her newly acquired skill to a small extent. It is helpful when one is in a period where one is not offering oneself as instrument to allow the practice in order that the tuning and the recognition may remain fresh in the mind.

We find among those upon your planet a constantly amazing degree of slumber which is the equivalent of completely blocking the channeling of any inward view. This is unfortunate, for the outer gifts among your peoples are largely those of difficulty and strife. The nature of your illusion is such that the apparently logical reaction to a majority of the events in any existence is a negative emotion or a negative action. Few among your peoples actually desire to be negative or gain any true satisfaction from negativity. But there is a great majority of those who slumber [and] know not how to wake. The unblocking, the [awakening] of the vessel which you experience as your physical vehicle in most cases must be a conscious thing. Without a desire to become an instrument for that which is invisible and inner, the entity most usually remains clogged with the reactions which the illusion draws from the entity.

We do not advise the taking of the metaphysical temperature, for judgment is impossible from your point of view, which is limited. No matter what you think about yourself, it is very likely somewhat incorrect or at very best biased. However, there are signs that you have begun to unclog your own vessel, that you have begun to function as an instrument. These signs are simple ones and include cheerfulness, calm, kindness, love, generosity and compassion. Most of all, above all, a joy which is the natural reaction of the self to its surroundings, which communicates to others in a radiant manner as a the signpost of the instrument which is functioning properly.

We do not use the word “instrument” in a narrow sense, meaning a local channel such as this one, for in this context each entity upon the planetary sphere may be seen to be an instrument capable of the most magnificent contributions towards the metaphysical light which your planet needs so very much at this time, as you would call it. There is no one, probably,

among your peoples who can honestly vow that he or she is cheerful, kind or loving one hundred percent of the time. Your illusion was not intended to allow you to build up that kind of record. Your illusion was intended to make it a definite challenge to spend even half the time that you are awake giving instead of taking, loving instead of withholding, reaching out instead of removing.

Therefore, my friends, concentrate upon simple goals, upon attaining some fair portion closer and closer to fifty percent of your thoughts and actions which are kind or intended to be loving or intended to [be] joyful. You do this in the face of a world in which the illusion exposes you to many unfortunate and irreconcilable disappointments. If all things are well with you, then it is a friend of a loved one who is struggling. You gaze at one with who has come face to face with the traumas of broken marriage or advanced and debilitating old age or the loss of a mate or a child or some other heartbreak, and there is nothing that you can say that will make the one who grieves comforted because the illusion causes many conditions to appear utterly disconsolate. But if you go back to meditation, if you return to that portion of yourself which is silent and holy, you find gifts there heaped upon one another which answer the illusion but which you cannot explain.

Now, this is unfortunate, seemingly. You find gifts within you, and yet you cannot explain them. How, then, can you help others? You find your joy, you find love, you find the source of unity within you that binds all things as one. You find that comfort which faces death, disappointment and heartbreak, and says that every tear shall be dry. "This I know," and you cannot communicate it. What then shall you do? My friends, you shall be instruments. You shall desire first in meditation for yourself to know the free-flowing beauty of love, the infinite and merciful kindness of creative compassion, the utterly simple faith that beneath all appearances lies a consciousness that is one with you and with the universe which precludes judgment. These things shall you find, and you shall not cease in your seeking until you have found these gifts, for they are your birthright. Do not be satisfied with less. Open that door of silence and ask, for the asking is irresistible, and then in the fullness of the answer let the flow begin and become you as much and as often as you are capable of functioning in this manner.

It is who you are that is the true instrumentality of your being. Your actions may seem wise or misapplied. Your intentions may be scrutinized many different ways. But your being is unmistakable. It is your metaphysical signature. Your consciousness does your work in the world for you, and those words and actions which you undertake merely underscore others' perceptions of who you are. There is no action or word that you can do or utter that will mean an iota if you have not consciousness. And if you have consciousness, the most clumsy word or action will suffice to allow others to experience the love and the light that flows radiantly through you.

We would at this time emphasize that in your analyzing of your own behavior and your balancing of the various distortions, you pay special attention to your function as a listener. Many are the well-meaning instruments who feel moved to serve and who then err on the side of doing and talking. If you are talking, you cannot listen. If you are doing, often you cannot hear. And in serving others, the function of listening is central. Entities are seldom what you expect. Things that appear simple at first glance may be found to be coming from a bias in that person whom you wish to help which you must listen carefully to [to] comprehend. And only with this level of knowledge achieved can the word or the action be appropriate.

Nevertheless, it is by far your central activity to be who you are. We ask that you seek diligently to find this, to articulate this, and to experience yourself as this consciousness that is you. Each of you is unique and utterly perfect. Each of you is a crystal in the sun ray. And there is a rhythm to the turning of that crystal in order that the shafts of beautiful light may flow through you in the clearest and most lovely manner, that you may indeed radiate to those about you, and indeed to yourself, for you are the great feeder of your own self. There is a great portion of your physical life which is almost starved unless that inner self that seeks turns to the self, accepts it, forgives it, loves it and grants it the power to be truly whole. As you come out of meditation, acknowledge who you are and grant yourself that power, for it is only as a portion of the one infinite Creator that you could possibly have that thought, and that is just what you are.

We leave you, my friends, riding upon the waves of light that arise in this group. We are always with you

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if you should desire us to aid you in achieving a deeper state of meditation. Merely mentally request our presence and we shall be with you. I am Hatonn. I leave you in the love and in the light, the joy and the power of the one infinite Creator. Adonai. Adonai vasu.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are pleased that you have asked us to join your group again this evening. It is our privilege to do so. We always look forward to blending our vibrations with those of this group that we may attempt our simple service of attempting to answer your queries. We then shall ask for the first query.

M: I have a question, Latwii. K is going through a difficult divorce right now, and there's material things to be divided, and the children's time. Could you give her a few helpful hints that would help her sail through this time?

I am Latwii, and am aware of this query, and the need for the aid. We shall attempt a response in this manner: by first suggesting that the situations such as this one in which the seeker will find itself from time to time, that is, the typical situation, the potential problem where disharmony is apparent, is a situation in which the exceptions one has are of primary importance in the perception and the resolution of the seeming difficulty. This is to say that as you encounter such difficulties, it is recommended for the greatest harmony possible that a great attempt be made—through force of will, if necessary—to see each entity as the Creator and [to] accept each as each expresses some facet of the Creator, for you have not gathered together for the time which you have shared by chance. You have come together for that time as Creator speaking to Creator that certain lessons might be shared, that certain experiences might be enhanced, that the Creator might know Itself more fully, that you might know the Creator more fully, that you might know yourself as the Creator.

Therefore, if you can take what we might call the larger view, and see each entity as the Creator and love and accept each entity as such, the self included, then you build a strong harmony where perhaps seeming disharmony once existed. You will then build the remainder of the situation and its resolution upon a firm foundation, that is, love and acceptance, blessings and joy. It is most often the case that the strength of the seeming difficult catalyst will act upon the mind of those involved, and most usually produce lesser feelings, shall we say, those of resentment, of anger, of disappointment, of confusion, of jealousy, and so forth. Each of these emotions may be worked with by the seeker and may be transformed into love. The process is aided by the conscious ability of the seeker to take the larger viewpoint of which we spoke. Such a viewpoint is as the alchemical process in which the pseudo-scientists of old attempted to change the lead to gold. The viewpoint which sees the Creator indwelling all about and within the self is the viewpoint which changes each difficult emotion and situation into an opportunity to know, to love, and to express the one Creator.

May we answer you further, my sister?

M: Well, I thought that was a good answer. I'm not in the situation so I don't know if K would like to elaborate on any phase of it. You would have to ask her.

K: No. I knew I needed to come tonight. Thank you.

I am Latwii. We are most grateful to each of you, our sisters. May we attempt another query at this time?

M: Well, I have a rather insignificant one. I found out in many situations when logic doesn't work, I try illogic, and it works beautifully. And I would like you to explain that to me. I'll give you a simple example. I have a lawnmower, and this friend of mine put it out facing the garage and we tried and tried until we wore ourselves out, and it wouldn't start and I said, "I can't understand it, it always starts for me on the second time, but I turn it the other direction." So I turned the lawnmower around with the house, which of course was illogical, which direction it was [facing], turned it around towards the house, and it started the second time. Now the position of the lawnmower surely shouldn't have made any difference, but it did. Now, how do you account for that illogic? It's happened in a number of situations lately.

I am Latwii, and am aware of your query, my sister. The general concept is that the intuition shall feed the intellect. For the intuition is connected to that portion of the mind that is unconscious, and is quite

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infinite in the resources which it contains. It contains the food for thought, shall we say. The intellect then takes this food and arranges this food and arranges it in what you may call a logical fashion, logical perhaps only for a certain entity, yet uses it as a food and expresses certain directions, tendencies and actions according to the arrangement. If the intellect is not fed, then it must operate on, shall we say, an empty stomach. As you are aware, this often hinders the efficiency of any entity's operation.

Therefore it is most helpful to blend the use of that known as intuition or more distortedly, illogic, with the use of that which is intellectual, or more distortedly, logical. To speak specifically to the situation which you have described, there may have been in this situation certain needs, shall we say, of the entity known as the lawnmower to be spoken to or addressed …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. We greet you again, and shall continue. This entity may have needed to have been addressed in a fashion which included a certain attention or compassion for its being. By the process of reversing its direction it was being shown such affection and attention, and may have responded more to such affection than to the direction of its pointing.

May we answer you further, my sister?

M: No, I think you've answered it very well. I like that lawnmower and it likes me and I think that might have been a factor. I think you've answered it perfectly.

I am Latwii. We are grateful to have been of service. May we attempt another query at this time?

K: I have a question. I feel so fortunate to be here, and I feel like I'm taking from the group. I'm getting things that are really helping me, and I'm wondering what I can do besides learning to meditate better, what I can do to contribute to the group. I feel like I'm taking.

I am Latwii, and am aware of your query, my sister. My sister, we are most familiar with the feeling which you express, for we ourselves have felt that feeling often in connection with this group, for we are humble messengers and feel the greatest privilege at being asked to provide our simple service. We can only suggest to you that which we suggest to ourselves, that is that your part is merely to be whoever you are, for you are the Creator experiencing Itself and your experience, though different from each other entity within the group is just as valuable. To be, without concern as to how you are to be, is most helpful, for that which you are and which you shall express will then have a clear path into expression without having to traverse the various concerns and fears that one must be or do in a certain fashion in order to be helpful. Your very being is of infinite worth.

May we answer you further, my sister?

K: Thank you.

I am Latwii. We thank you, my sister. May we attempt another query at this time?

Carla: I'm curious about something. Last summer when I sang to the vegetables, some of them overgrew. Can you send too much love and light to second density so that they grow faster than is good for them?

(The telephone rings and the answering machine message is heard.)

I am Latwii, and am aware of your query, my sister. We paused while your recording device performed its duty of love and service.

To answer your query, we are unaware of the possibility of sending too much love or light to any entity of any density. That such entities of your second-density vegetable life form may utilize such love and light for abundant and extravagant growth is quite understandable and possible. Such entities in receiving this abundance of nourishing love will then produce in a manner which may or may not equal the expectations normally held for such forms of life. Yet, whatever the yield, it will be one infused with love, and that which you have given shall return to you multiplied, and shall dwell then with you and shall rejoice in the service which you have enabled it to provide.

May we answer you further, my sister?

Carla: Well, would it help the plants if I told them what I was hoping for before I sang? Would that help them know how to grow?

I am Latwii, and am aware of your query, my sister. Such speaking to these entities will be of aid in

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opening their receptivity, shall we say, both to the general infusion of love, and to the manner in which you request that love be used. Such entities when so spoken to are most often greatly delighted to be so spoken to, and will comply with your wishes to the fullest of their extent to do so.

May we answer you further, my sister?

Carla: No, thank you. I've got that one okay, but that phone machine reminds me of a question that I've been wanting to ask. What in the world do I do to these electromagnetic machines that screws them up so badly? And should I just never touch them? Or is it I? That's what I'd really like to know? Can you tell me that? I feel that it has to be me because it happens so often, but I guess I ought to establish that first.

I am Latwii, and am aware of your query, my sister. Your record is unblemished, my sister, in the dealing with such machines. It includes a long list of electromagnetic malfunctions which have been produced by the unusual electromagnetic configuration which is a portion of your, what might generally be described as, aura field. This unusual configuration has been programmed and utilized by your choice before this incarnation and during, in order that you might partake in the work which you now undertake. The, shall we say, discombobulating of various mechanical devices of the electromagnetic nature by this unusual configuration in your electromagnetic field is an effect which takes various forms in various types of your equipment.

The machine of which you now speak has various portions within its inner working which have been affected, and are not able to fully complete their assigned tasks because of the, shall we say, shorting to some degree of the circuitry which is programmed to function in a certain manner, but which must satisfy itself with an alternative functioning due to the infringement of your ever-so-gentle touch. We would suggest, as have our brothers and sisters of the social memory complex known to you as Ra, that if the normal functioning of such machinery is desired, that such machinery not know your touch.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii. We thank you, my sister.

Carla: I do have one more question coming, though. Is there any positive use to this "ever-so-gentle touch" that screws up machines?

I am Latwii, and am aware of your query, my sister. The touch of which we have spoken has many valuable uses upon other types of entities, those which are of need in the, what you have called, spiritual balancing. For this touch has the capacity, shall we say, used in the metaphysical sense to balance those spiritual energies which have for one reason or another found imbalance, and this you have accomplished in what you call your past.

May we answer you further, my sister?

Carla: No, thank you, Latwii.

M: I have a question on the same subject. If she has to touch a machine, could she have a conversation with the machine, and tell it that she has to touch it, and would it block the sensations that she has? Would it be helpful or would the machine care?

Carla: Yeah. Would that work?

I am Latwii, and am aware of this query, my sisters. The intention would be appreciated by the machine entity, and would be some consolation to the machine as it then proceeded with the inevitable malfunction.

(Laughter)

May we answer you further?

Carla: No, thank you.

I am Latwii, and we join in the humor. May we attempt another query at this time?

(Pause)

I am Latwii, and we perceive that we have exhausted the queries for the evening. Again, may we express our great gratitude at being asked to perform this simple service. We remind each of our fallibility, and that what we have expressed, though the best and highest of our opinion, is yet but our opinion. Take that of value. Leave that of none, and go forth both within your illusion and within yourself full of the knowledge that within your being, within the hearts of your being lies the answer to all your queries. Use our words as signposts to go further and deeper within the heart of your own being. We are with you there, and travel always at your side. We are known to you as those of Latwii, and we leave you now in

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the love and in the light of our one infinite Creator.
Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
May 1, 1983

(C channeling)

I am Hatonn, and am now with this instrument. We greet you in the love and the light of the one infinite Creator. My friends, the peoples use three small words, the words, "I love you." These words are bandied about. They have been spoken many times without thought, but the meaning they hold. The words mean nothing without the knowledge of what they can mean. As the populations of this planet increase, and as you find there is less and less room for each individual, the knowledge of the meaning of the words will help you communicate with your fellow …

We would pause for a minute. I am Hatonn. We are still experiencing some difficulty in our contact with this instrument. We will attempt to adjust.

I am Hatonn. Our contact is strengthened, though tentative, as this instrument is still seeking to renew his channeling abilities that he had come to doubt. We would, if we may, begin again.

We wish to speak on communication between the entities on your planet. You and all those on your planet often find it hard to transmit feelings to one another. People become bogged down by language and by being unable to touch their inner selves to convey those things they feel. Many words, including the word love, have been subject to distortion, for it is often used superficially and empty of meaning. Love, as you are becoming aware of, need not be spoken to be conveyed. The light [that] is in you, once you have become aware, reaches out and touches those around you. You give of yourself to the other without words. A simple touch, when done as freely as you can offer it, conveys much more than the words of your language.

As you continue your journey attune yourselves to the love within you, within others. Become not bogged down by the rhetoric, but communicate yourself by using yourself. The light within you shines if you let it. A touch may convey it.

I am Hatonn. We would now transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you once again through this instrument in the love and the light of our infinite Creator. We shall continue upon this subject through this instrument.

Shall we examine the assumptions which each seeker makes concerning the quality of his or her communication with other beings. Perhaps the primary assumption, my friends, is that you must have ambition to seek and to grasp that which it is you wish to know, and therefore that which you wish to communicate. You wish to take upon

yourself the essence and the meaning of love. Although it is written in your holy work the Bible, "Seek and ye shall find, ask and you shall be answered, knock and it shall he opened," there is a point at which the seeking with the conscious self as ambitious seeker ceases to make metaphysical sense, and indeed becomes counterproductive to the serious student.

Therefore, you seem to be upon the horns of a dilemma. You must seek in order to be a seeker. You must have ambition, you must grasp and reach ever further than you *(inaudible)*. And yet in order to fully be a seeker there is that point at which such grasping and seeking is a negative or unhelpful method of being, and of transmitting your being through communication to others. The cause of this is the very nature of taking. Examine the nature of those who take. It may all be done in the most noble spirit. But do you wish for yourself that you may become somehow glorious as the Creator is glorious? Do you seek in your relationship to be someone to whom that other person may look with respect? Do you seek somehow the glory of that great wisdom which is love?

In all that you do in your occupations, in your preoccupations and your hobbies, do you seek somehow to make an impression, to take and build, to grasp a reputation or an opinion from yourself or from others? Do you even have a fantasy that you might one day experience the glory that is your birthright? We would be surprised, my friends, if there were any who could answer, "Nay." For it is the nature of those who labor diligently to attach importance to the tasks and to wish for results. But the first rule of communication is that there is no taking but only giving.

Therefore, in the process of communication, you must give all that you have away. Is your difficulty that of a relationship? Then you must give that relationship completely away. You must lose everything so that you have no stakes in the outcome of the relationship. There are no impressions to be made. There is no grasping for meaning. You are simply there to listen and to give, with no possible loss. You may apply this to any of the areas of your illusion. Any reputation that you have, any pride, any thoughts that you wish to be of more service but the structure of your environment first must change, need to be left behind. For you who have anything at stake have too much to lose to communicate love. Is there any thing, any possession of mind or body that you fear to lose? In your mind let it go. Release it and bid it farewell. You will be bidding farewell constantly, for this process of amalgamating to the self those things which seem useful is continuous to the student, and in the process of communication, each thing must be given up, for only in the full light of compassion which has no stake and nothing to lose can you truly hear the voice of another being who speaks.

You may do many things, my friends, in your attempt to experience the oneness of all creation, and each thing that you do is fine and wonderful and worthy. But the glory is not within the attempts, but within the realization which comes to those who have given up all things. That all is the Creator. You may give away everything, and for the first time experience true plenty. In fact, until you give away all things, you will not experience plenty. You will not communicate love without significant distortion. Each entity has a unique way of expressing itself. For you to communicate with one other entity, you must come into a vibratory agreement with that entity's deeper self. Not with that entity's words, but with the entity's self. If you have anything at all at stake, you will not be free to communicate with even one entity.

If you are able through meditation to keep the realization fresh that your beingness does not depend upon any thing, but is and has been and will be as it is, then you can begin to experience those gifts given to what that same holy book has called the poor in heart. We realize that this may be confusing to those who are attempting with a full heart and sincere purpose to seek the one infinite Creator, for there is a great deal of intention and purpose needed to set one's feet upon the path and to keep one's feet moving, to pick oneself up when one falls, to open oneself to the comfort of meditation when one does not even feel worthy of such a state of being. But each of you is already full of purpose, full of desire and seriously seeking. Therefore, the balance is necessary. You seek for yourself, and then you give what you have sought back to the infinite Creator. You can lose nothing. You can gain nothing. You are always on this journey. You are always on the brink of an utterly indescribable joy.

Therefore, my friends, let your hearts be light, and your voices merry and never feel that you have reached the last resort as you communicate. Simply

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remember that whatever it is that you are holding in your hands or in your heart or in your mind can be safely given away. That is how one loves by action. You are blessed with infinity. Whatever you give away is yours again in infinite supply. We ask that you come out of meditation with a thought for the joy of giving. Imagine how surprised a burglar would be if he came to your house and you said, "My friend, my brother, take all that I have. Take my shoes. I have more." Such an attitude can convey more to one who needs to speak with you than all the fine speeches in the world. Whoever is performing has a mask beneath which lies the eyes of the Creator. Communicate with that Creator and cease not to meditate in order that your contact with infinite love may always be free-flowing so that you may touch it and it may touch others.

We would like to take this opportunity to thank the one known as S1 and the one known as S2 for serving as vocal channels. We appreciate the desire to listen, and therefore will take our leave through this instrument, allowing them a rest. We would leave you with this thought. It has sometimes been said by those who come to this group and find their questions answered helpfully that perhaps this person or that [person] is or is not worthy. Just such a case occurred the previous meeting at this domicile. We therefore wish to say to the one known as K what we say to each of you so that you will see that it is truly intended by us. We are extremely grateful for the opportunity to share our thoughts with those among your peoples who are seeking the truth. If you all were not within this domicile, and if you were not in possession of questions that needed the answers, we could not serve. And if we did not serve, then we would have ceased being useful to the group. Therefore, there is no one who desires to hear our thoughts who is not paramount in our blessings, our affection, and our thanks, for only in serving you are we served. This is our method of learning about the Creator. We learn from you and we are infinitely grateful for the opportunity you provide. As always, we caution you to toss away those things which do not make sense, and to keep that which is helpful, for we speak with the same inadequate tongue as any being. However, we have the great fortune of speaking to the Creator, and we salute each of you. We too are the same Creator.

We leave you upon the winds of time and change. We leave you in your illusion, that marvelous prison which you have selected in order that you may learn how to escape. We leave you in the love and the light of the infinite Creator. I am Hatonn. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are pleased once again to be asked to join your group, and to provide our humble service of attempting to answer your queries, those treasures of sharing which you have brought with you this evening. May we ask then for the first query?

R: Latwii, I'm confused somewhat on the mechanism of the sexual energy transfer. I'm wondering, I know that the male and female both must experience orgasm, and my question is, I hope I don't embarrass anyone, but my question is, does the male orgasm have to take place within the female for the energy transfer to take place? I'm not sure I understand the complete workings of the mechanism of that …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am with this instrument once again. To continue that which we had barely begun. It is not necessary, my brother, that the orgasm be achieved for the sexual energy transfer to be accomplished, especially among the entities who are well polarized and mated, shall we say. The energy transfer in such situations is a constantly ongoing phenomenon which is greatly enhanced by the conscious sexual sharing of love, compassion, understanding and forgiveness. There are those disciplines among various cultures and orders of the peoples of your planet that have pursued the sexual energy transfer without using the culmination known as orgasm. The practitioners of that known as Tantric Yoga, for example, utilize such methodology. For those who wish to utilize that culmination, shall we say, known as the orgasm, it is indeed most helpful if the orgasm of the male occur within the female sexual organ region, as we note is the normal methodology of most of your peoples. This is mostly a, shall we say, symbolic region, though not just symbolic, yet that the orgasm occur here is most helpful for this is the base chakra or energy center and is activated by the physical sensations which have been shared by the two

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entities engaging in the transfer of energy. From this point then, the energy centers are activated in order, and when there are no significant blockages at the next energy center, then the energy which has been transferred proceeds through that center until it meets the point of resistance at which point the transfer is culminated. At each energy center there is a certain vibrational nature to the transfer which enhances the vital energies of both entities.

May we answer you further, my brother?

R: No, Latwii, thank you.

I am Latwii, and we are most grateful to you, my brother. Is there another query at this time?

Carla: I m not sure because I'm not a very good student, but it seems to me that the Ra material suggested that energy transfer could take place—if only one of the two partners had an orgasm, that it would be shared. Is that true?

I am Latwii, and am aware of your query, my sister. This is correct, and is a further ramification of this type of energy transfer which we had not yet covered.

May we answer you further?

Carla: I'd just like a confirmation of something that I was talking about with a friend earlier this week. Each of us had had experiences where in sexual orgasm it seemed that there was a linkage not just with a mate but with the universe. But it didn't happen but maybe two or three times in a lifetime so far. Could you confirm that you can't tell me how you do that?

I am Latwii, and am aware of your query, my sister. We find ourselves in this particular response limited greatly by that which we may share as our form of energy transfer at this time, for the type of experience which you have described is that of the indigo-ray energy transfer which is most rare upon your planet. This is the work of the adept. To describe that methodology for any entity seeking adepthood is to travel that for the entity, and this we view as an infringement. An entity in sharing with another in the sexual energy transfer may from time to time strike the heart of its seeking, shall we say, just as the novice who aims the arrow at the target shall from time to time strike the center or the bull's-eye. The methodology for repeating this procedure in a manner which is sure is a methodology which must be discovered by the practitioner in order for it to be effective, for each shall find his or her unique methodology, though each shall travel a similar path.

May we answer you further, my sister?

Carla: Okay, so it was your basic beginner's luck? All right. Just one more question. Is the path traceable, the same, by each mated pair that is vibrating all the way up through indigo or is it unique to each mated pair?

I am Latwii, and am aware of your query, my mister. Without meaning to confuse, may we suggest that both possibilities are correct. To explicate, may we suggest that the lessons to be learned are represented by each energy center, the green being the sharing of unconditional love with the other self, the blue being the acceptance in a free and open manner of the other self, and the giving to and receiving from the other self of clear communication, and the indigo being the work of the adept that seeks to change conscious perception by utilizing the unconscious mind. Each energy center and type of lesson must be mastered by all who seek adepthood, yet the method of mastery is unique to each entity, and to each pair of entities it is doubly unique. This is because each entity has preincarnative programming which allows the pursuing of these lessons in a manner which is a culmination of many previous incarnations. Each [is] also traveling the path of the seeker, yet traveling the path in quite an individual fashion so that various lessons are learned in various manners of learning in various climes with a multitude of those joining in the seeking throughout the many incarnations.

May we answer you further, my sister?

Carla: Just let me boil down what you said and see if I got it. What you're saying is the requirements are constant but the methods of meeting the requirements are as various as the people. Is that what you said?

I am Latwii, and, my sister, we appreciate your ability to distill that which we spend many words upon.

May we answer you further?

Carla: No. I'll let somebody else have a go.

(Pause)

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Carla: Well, as long as nobody else has a question, I have another question. I was confused a little bit by the message tonight, I didn't understand it. I guess I'll have to read it. As we've studied, it seems that the function of will is very important. And it seemed that what Hatonn was trying to express was almost a negation of will. I guess it's only natural that there should be a lot of paradoxes, but that one about turning your back, sort of, on your seeking in order to communicate confused me and I wondered, especially since we keep being reminded about the function of the will, what is the function of the will in communication? Do you will to lose that which you have gained? What … I'll just stop there and you can say anything that comes to mind. I was confused.

I am Latwii, and am aware of your confusion, my sister. We hope that we may aid in this matter, for as the seeker continues the journey there is the need for the constant refinement of the means of seeking. Our brothers and sisters of Hatonn attempted to provide this means of refining for your consideration. You are each aware that the effort of the seeker is great when the seeking becomes conscious. The seeker looks all about the self for answers to the basic questions of who it is, of what is life and how shall this life be lived. There are many groups upon your planet who provide various answers to these queries. Many seekers travel to many groups, and as the shopper at a sale, tries on many clothes and many possible means of looking at the universe about the self, and at the self within the universe. Many techniques are used to still the mind, to center the attention, to provide healthy thoughts and food for mind and body, to repeat various phrases, to sing various songs, to dance various dances. Each seeker then gains a repertoire of means by which the evolution of mind, body and spirit might be pursued, and each seeker then uses these means in such pursuits. The road is traveled, the turns are found, the sun and the moon alternate in shining upon the journey, the winds of change blow across the face which continues to push forward. Eventually the seeker must look within the self for the final inspiration that motivates the seeker to take one more step, and yet one more step.

The message which our brothers and sisters of Hatonn attempted to deliver concerned this point at which the seeker begins to refine the seeking so that the dedication to an outcome in any situation is released. For though the will is built at first by such dedication it is as the crutch that eventually must be laid down in order that the seeker may walk with its own strength. To give up the stake in any outcome of an event is not for the beginner. One must take the first step first. To give up the stake and the dedication is another way of suggesting that the seeker be that which it seeks, that the seeker be that which it has been for all time and before time unrolled its scroll of beingness. The seeker then is exhorted to be that which it seeks—the one infinite Creator. For, in truth, the seeker is the one infinite Creator and though it may use many crutches to come to that point of realization, eventually to be the Creator the seeker no longer seeks with any crutch but is that which it is. And this is a refinement of the will which is directed then in another fashion with a much lighter touch, shall we say, yet in paradoxical fashion a touch which has great power.

May we answer you further, my sister?

Carla: You knock me out, Latwii. I'll have to read that, but thank you.

I am Latwii. We thank you, my sister, and hope that we have not bruised you with our punch. Is there another query at this time?

S: Yes, Latwii. Can you offer any advice or make a comment on our informal meditation meetings at home?

I am Latwii, and am aware of your query, my sister. We find great joy and purpose within these gatherings which of late have graced your domicile. We can only suggest the continuing adherence to those principles which you have set before you, most importantly being the tuning. We find a great dedication in this respect, and commend each of you for your efforts, and thank you for your great service.

May we answer you further, my sister?

S: No, Latwii. But we thank you also for showing up.

I am Latwii, and it is our privilege and pleasure to join you, always. Is there another query at this time?

(Pause)

I am Latwii. We find that we have exhausted the queries for this evening, and would therefore take our leave of this group at this time. We leave you, as

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always, with the joy which is known by those who feel the love and the light of the one Creator emanating from a group such as this one, and from each portion of the creation that sings in harmony with those who seek the truth. We thank each of you for your devotion to this seeking, and remind you that we are with you at your request always in joy, in peace, in love and in light. We are known to you as those of Latwii. We leave you now in that love and light, in the power, and in the peace of the one Creator. I am Latwii. Adonai vasu borragus. ♣

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Sunday Meditation
May 8, 1983

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, as always, in the love and the light of the one infinite Creator. We come tonight in this time of rebirth of your planet when nature renews itself as another life cycle begins. As we have spoken to you before, each of you goes through a process of growth. At times the growth will be slightened or set back, as all the plants on your planet, when after a period of warmth and rain are faced with renewed cold, but the desire to continue growth is something that is within all of us and all may continue. As each setback occurs it may be learned from and overcome, for once the foot has been set upon the path, the need to continue increases. Each lesson and experience leads to an enlightening and a continuation.

My friends, remember always that as you travel, there are those who will help and give what aid be needed. Travel forward with the senses open, with the heart open, to encompass that which you may meet. Be not afraid to give of yourself. Be not afraid to ask for help. You have many kindred spirits journeying with you. We of Hatonn are always willing to do what we may to aid. You need but ask and we shall join with you.

We would now like to transfer this contact to another. I am Hatonn.

(S1 channeling)

I am Hatonn, and greet you once again through this instrument, my friends. We would only stay shortly with this instrument so that the one known as S2 could also have the opportunity to practice this area of his service, if he would just relax.

My friends, this day upon your planet has been indeed a most beautiful one. There are those who see only what they wish to see, and in the clouds and the coolness they see a grayness. And with the sun their spirits revive, and they once again rejoice. Are you like this, my friends? There are times when it is difficult to see the sun behind the clouds but it is there. The beauty always remains no matter how dark the sky overhead may seem. If you look closely enough, you may be able to see more beauty than you firstly expected. The book may have a plain cover, but the inside carries much, much more. We urge that you be not content with seeing only the outer actions of your brothers and sisters, seeing what you may at first perceive as gray skies. Look within, my friends, within your brothers and your sisters, within yourselves. See the light, the love, the beauty of the creation that is within. Be not content with only the vestiges of a fine veneer. The inner core is so beautiful when perceived and accepted.

I am Hatonn, and would now transfer this contact.

(S2 channeling)

I am Hatonn, and I am now with this instrument. We would continue thus by saying that looking for the core, and finding the inner goodness, and not seeing only the outer, which can be plain. A lot can be missed, a learning experience that could not be learned. But by perceiving what is hidden, what can be implied and learning what's there, a most wondrous beauty can be found. For all are the Creator, and all has their part, and being a part of the Creator, thus can all be perceived.

We would at this time like to transfer this contact. I am Hatonn.

(Carla channeling)

I am Hatonn, and again I greet you in the love and the light of our infinite Creator. We shall conclude through this instrument with thanks to each who has been of service at this gathering. There is a premise which each within this group shares which calls us to you and calls you together. That premise is that you as an entity are unfinished. If you were finished, the metaphors we use of journeys, seeking and learning, would be inapplicable because a finished thing does not need to journey. It is static and rests as in a museum, a completed project, a piece of art. This is not your concept of yourself. Rather, you resist the teaching of your culture which says that that at some point you are finished, you are grown. You say, "No, I am not. There is more than I am perceiving to the world about me, and I wish to have the tools of a more accurate perception in order that I may work upon myself."

This is why you are here. One may phrase this in many ways, but this is why you are here. You are not satisfied to gaze at the veneer, at the surface, at the appearance, at the constant coincidences, surprises and events of daily life. You do truly wish to penetrate more and more the eggshell, the cocoon, to reach out, young though you may be, burst out of the shell, out of the cocoon and gaze upon a new world.

We would ask you a question this evening. If you do so truly and earnestly wish to learn more, and do so truthfully feel that you are not finished, why is it, my friends, that so often you form judgments that seem to be carved in stone and resist change? Do you think that everything is worthy of your attention in the illusion except for those things which you have already decided are so? It is an interesting question, and one we urge you to ponder whenever you find yourself prey to a sudden attack of surety. When you are absolutely and positively certain that things are as they must be in an area of your life, it is then time to ponder the unfinished nature of your great infinite and eternal personality.

What do you want to keep when you shed this cocoon, when you crack this shell? The emotions you accept and allow to become biases will be those things which you keep. Therefore, examine your biases or judgments, your reactions, your opinions and seek in them the seeds of new growth. We do not say this is a simple matter, although it is. We are aware of the effort which it takes for one who is within an illusion to bring light to bear upon a cherished misconception. Nevertheless, my friends, if you do not find love within each and every bias, pull that bias apart and find out how the wood shall be grained beneath the veneer, how the butterfly shall travel when it is free of that particular cocoon.

Before we leave this instrument, we and our brothers of Laitos would wish to spend some few moments with the one known as K, familiarizing this entity with the feeling of our contact. We also wish to spend those same moments with the one known as R. If you would be so kind as to allow us to pause at this time. I am Hatonn.

(Pause)

(Carla channeling)

I am Hatonn. We thank each. Our blessing is with you, and as the last rays of your planet's sun light the room in which you sit, so we travel from you. Our thoughts are always with you and you may request our presence at any time. Look always for the light, and when you see it now, remember the light within you, and then you shall be free of darkness and you shall bloom as do your flowers. I am of Hatonn. I leave you in that great inner light which is only faintly mocked and fondly remembered by your sun. I leave you in the infinite love of the infinite One. Adonai. Adonai.

(Jim channeling)

I am Latwii, and greet you, my friends, in love and light. We are privileged, as always, to be asked to join your group this evening. We thank you once again for your joyful invitation which we gladly accept. We of Latwii are here to attempt to answer

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those queries which have meaning for you for which you have concern. May we then begin our humble service by asking for the first query?

S2: I was wondering. Is there a reason for having a rash and what do you recommend would be a good cure for such of the kind that I have right now?

I am Latwii, and am aware of your query, my brother. The first portion of your query is the more easily answered, for, indeed, my brother, there is a reason for each situation or condition in which your physical vehicle finds itself in a distortion of what you may call disease. The basic reason for any such distortion towards disease is that an opportunity to learn which has been less than efficiently used by the mind and by the thinking processes of the entity has then been given to the physical vehicle in a symbolic form that the entity might more easily notice the opportunity which was first missed.

Therefore, for the cure, shall we say, to any such malfunction of the physical vehicle, it is most helpful to look to the symbolic form which the malfunction represents. This may require that the entity suffering such malfunction engage in a substantial portion of contemplation and analysis of what the symbolic meaning might be. This action then might be helpfully followed by meditation upon the fruits of such contemplation, allowing the crystal thoughts to sink to the heart of the being accompanied by the desire to know the truth and the desire to evolve in mind, body and spirit. This desire shall fertilize and water the crystal seeds of your thoughts, so that there might be what you would call an intuitional inspiration rising from the deep portions of the self into the conscious mind, and allow the opportunity which was first missed to be utilized, and therefore allow a healing to occur within the being.

May we answer you further, my brother?

S2: Do you have any suggestions—well, first off, I'm probably asking a question you can't answer, but I'm going to ask it anyway. Do you have any suggestions as to what it is that I'm not—I assume there's a lesson or catalyst I'm not utilizing correctly. Do you have a suggestion as to what areas I should concentrate on?

I am Latwii, and am aware of your query, my brother. We may speak in general terms only in this matter, for as you are aware, the process of struggling with the so-called problem allows a spiritual strength to be nourished within the seeker. This density which you inhabit has one primary lesson. That is the lesson of loving, forgiving and acceptance or that which may be called compassion. When there is less than love, less than acceptance, less than forgiveness in any area of an entity's life, then there is the opportunity to grow, shall we say, that very lack which is experienced. For the lack of such provides a vacuum which attracts to that lack in the entity experiencing the lack that which is missing. Love, acceptance, forgiveness, tolerance and the ability for what you might call the light touch are those aspects of unconditional love to which one may look in general in order to see where there might be the lack in the life as it is experienced by the entity.

May we answer you further, my brother?

S2: No, that's fine. That really is a lot of help to me. Thank you.

I am Latwii, and we are most grateful to you, my brother, for allowing us to serve. Is there another query at this time?

K: I have a question, Latwii. I'm haying a terrible time with procrastination. I know that often in the past when I'm putting off something, when I first jump in then things come easily, and I'm spending a lot of time sleeping so I won't have to do things. And I really wish to get out of that rut, and I don't seem to be able to do it. Do you have any suggestions?

I am Latwii, and am aware of your query, my sister. We again may speak in general terms and suggest that the meditation upon the difficult situation, and the growing desire to rectify it is most efficacious, for within the heart and the deepest portions of the self of each entity lies the knowledge of what lessons are being sought, and what lessons have been programmed before the time of this life began …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and shall continue through this instrument. As you meditate, and again fertilize your meditation with your desire to know the truth, you shall open deeper portions of yourself, those portions which serve as resources to the conscious mind. The intuitional inspirations then shall travel through the same openings, and become apparent to your conscious mind. You may find then in this manner

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that there are a number of possible solutions or possibilities that shall be presented to you as a result of such mediation. The intuitional inspirations may offer the more specific type of suggestions as to what lessons are being made available to you through the situations which you see and describe as the procrastination in a more general manner. You may also discover that the desire which you take with you in meditation to seek the truth also returns to you enhanced, and becomes, shall we say, a motivational force or factor which allows you then to utilize the specific inspirational hunches which rise from the deeper portions of your being.

May we answer you further, my sister?

K: *(Inaudible)*.

I am Latwii. We thank you, my sister. Is there another query at this time?

R: Latwii, I'd like your advice on surviving in what I consider to be a very negative atmosphere with very negative requirements for survival, and how to maintain … It's hard to put into words. How to maintain an unguarded, I guess, attitude or an unguarded—reject an unguarded attitude in this environment. It's hard to … For quite some time now I've been able to maintain what I consider to be a positive attitude in a negative surrounding, and just recently, very recently, I, in a way of speaking, picked up the knife and cut a throat to guarantee my own security, and it's bothering me. And I want to know, is it possible to survive in negative places without being negative, and if so, how?

I am Latwii, and am aware of your query, my brother. Though the survival of the positive polarity becomes more difficult when surrounded by the increasing negative influences, we may reaffirm that indeed it is possible and even probable that such survival may be enjoyed by those who seek the light and love of the one Creator in the positive sense. Remember first, my brother, that you inhabit an illusion. What seems to be one thing may be another. What seems to be the negative polarity surrounding an entity may also be the opportunity for finding the positive aspect of the same catalyst.

To remember that you inhabit an illusion is most helpful, for if from time to time you forget and believe with you thinking that what surrounds you is real, then you are more likely to respond in an illusory manner, shall we say, playing by the rules of the game which is not real. This of course intensifies the catalyst for the entity so entrapped until the entity, by the trauma of its own experience, is brought to the realization that there is much more to what is true, good and beautiful than what it had previously imagined.

May we now move to another aspect of the catalyst which seems negative. All of your creation, all of any creation, is based upon an illusion, the illusion of separation. It would seem to one observing creation that certain things, in fact all things exist apart from each other. Yet, are not all one? Therefore, as you face the catalyst of your daily round of experience, remember that each portion of the creation, though an illusion, also contains the love of the one Creator. Your mission, shall we say, if you should choose to accept it, is to find that love. This is the work of the adept, for it requires that which has the magical or metaphysical power of transformation. As you look at what seems to be negative, look for the Creator. The Creator is there. Look for love. Love is there. If then you can find that love, that light, the one Creator within the situation and within yourself, then you, as Creator, may speak to that situation which also is the Creator. And it may be transformed by your recognition of it as the Creator.

My friend, this is not an easy path, nor was it meant to be. The burden of your journey weighs heavy, yet the strength that you gain grows daily. You shall seem the fool to many. And so shall you be. For the fool knows that it inhabits an illusion and seeks to become one with that which many would run from. This is the way of the fool, running in the opposite direction towards the difficulty, for no difficulty is seen.

[May we answer you further, my brother?]

R: No, Latwii, thank you. I only wish I could take you to work with me sometime. Thank you.

I am Latwii, and, my brother, we are with you there as well. May we answer another query at this time?

S2: Latwii, I was wondering. You said that my—what my primary lesson in this existence is, and the reason why I had a disease, was because I had not responded to some catalyst as effectively as I should have. Could it be that, or is it possible that I could be receiving catalyst for, let's say, an extension of the sort of basic requirement, if you understand what I mean?

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I am Latwii, and am aware of your query, my brother. We spoke in general terms in our previous response to your query, and indicated that love was the primary lesson to be learned. It is quite true that each entity shall refine the means by which this lesson is learned, and shall refine these means in many, many ways so that unto each entity falls unique configurations of catalyst programmed, may we add, by the entity itself that it might learn certain lessons.

You see, you are the professor which constructs the tests and the queries. Then you forget who you are and join this illusion, and begin the class of love and become the student taking the test which it seems it has never seen before. Yet, as you continue upon your journey, you shall discover that you become more and more familiar with the questions and the testing, and you shall discover more and more the unique nature of each catalyst, each question, each test.

May we answer you further, my brother?

S2: No. Thank you very much, though.

I am Latwii, and we thank you, my brother. Is there another query at this time?

Carla: If I could suggest, perhaps we should close because of C's discomfort.

I am Latwii, and we are most happy to serve in this manner as well. We wish for the one known as C the comfort of the cessation of the coughing difficulty. We thank each present for inviting our presence. We are with you always. In the present situation you are simply more aware of our presence than at other times. Ask for our presence in your meditations if that would serve you, and we shall be most honored to respond and join you there. At this time we shall take our leave of this group. Yet, as we seem to leave, we are with you in love and in light and in unity. Peace and blessings be with each. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
May 15, 1983

(Unknown channeling)

[I am Hatonn.] I greet you, my brothers and sisters, in the love and light of our one infinite Creator. It is a great joy to us to join you this evening for so large the gathering of your peoples in the seeking for which you have come together, is a wonderful sight for us, to blend our vibrations with yours, to become one and to share in your oneness.

My friends, this evening we would share a few thoughts on the subject of becoming one with your brothers and sisters, with your other selves. There comes a time in each life when one will experience doubts in their seeking. One might wonder at the path that has been chosen, when one struggles with the concept of seeing a brother or a sister who is not quite as one would expect and still within the self would realize that though there are conflicts, there is still the oneness, the sameness, the reflection of the self in the entity that is causing the conflict.

My friends, this opportunity which has been made available at a certain point in many lives is indeed a great step, one which with love, with the sharing of the heart, the mind, and the spirit will perhaps cause some of the doubts to be allayed. The path you have chosen, my friends, as you well know, may have many bends, many [bows], but the blessings which are bestowed are so beautiful. The lessons you have chosen in the pre-incarnative state to undergo are those that have the capability of becoming one within yourself, bringing the lesson home, so to speak. As the harvest becomes closer, my friends, these lessons of love and of sharing yourselves by learning the experience of becoming one with those that you perceive as being troublesome to your spirit, are great lessons and are wise to be thankful for.

At this time we would like to transfer this contact. I am Hatonn.

(Unknown channeling)

I thank you for the light.

[**Carla:**] Let's all picture a bright light completely encircling and holding this group.

(Unknown channeling)

I am Hatonn. I greet you now through this instrument once more in the love and in the light of our infinite Creator. We shall continue now through this instrument.

Let us compare perception of other selves by consciousness as a type of mirror. The type of mirror which the illusion surrounding you provides for your use is the type which is used in your carnivals. Far from receiving an adequate reflection each mirror is purposefully warped in order that an imperfect and distorted image is seen by the one who goes to the

carnival. Some mirrors seem to reflect a jolly and harmonious image and cause one to laugh, other mirrors seem to reflect to us a looming and menacing shape. And so you go through the illusion day by day, perceiving and categorizing the images from the mirrors as good, as evil, as friend and stranger, as harmonious and inharmonious, and you do not realize that you are in a carnival, and that, my friends is the only reason that the carnival mirrors are in place. The more emphasis that is placed upon the distortions, by the carnival goer, the more distorted the images will become, the more complex, the more interesting. Each carnival goer chooses the nature of his entertainment, by choosing to see the image he prefers to see while watching for it, by finding it, by naming it, and calling it his own.

At some point in the carnival, either by good fortune, by inspiration, or by the cold use of intellectual gifts it may become apparent to the carnival goer that there is an exit from the house of mirrors. And so the carnival goer which has decided to seek the exit leaves the hall of mirrors. Behold, he has entered another hall of mirrors! Those you discard are discarded, those you do not recognize remain the portion of the reflecting surface of your consciousness, and so begins a new carnival, and at the new level of awareness that the seeker has found and cherishes and nurtures by meditation, the carnival goes on, the flags wave, the merry-go-round plays its merry tune and still you see a distorted image of each other self, less distorted than before in many cases, until one day by good luck or inspiration, or the cold use of intellect, the carnival goer again finds the exit.

There are many, many mirrors, many rooms full of them and many exits, for your seeking and your learning is a process we cannot offer to you, the instantaneous realization that will last. We can promise to you that such moments will come to you, the mirrors will be blown away in the wind, and you see clearly, as if through glass with no lead to keep an image reflected, but you look at yourself in everyone you see, and you are indeed one with all that there is, and you say again and again, there too am I, and this realization is wonderful and joyous, but we cannot promise to you that you may keep [it], for you are within the illusion which you inhabit, in order to work with mirrors.

For a great portion of your incarnation you will be dealing with a carnival. It may be possible in a life-long friendship of mate or bosom friend that all the mirrors be vanquished and that you may see yourself face-to-face and rejoice that you have known the Creator. It is more likely that you shall only be able to do this intermittently, but to know what you are after is the key to seeking. As long as you seek you shall find. This promise written in you holy works is no part of any lie, we can only ask that you take care in what you seek, for you shall find it.

We ask that if at any time you become discouraged, you stop at the first available moment and look into the one mirror that you carry with you, that will give you a true image. We ask that you look into the silence, for there is a center and a hope, a joy and a love in the midst of that silence that can create a new kingdom for you and for your planet. Let your desire be turned to that which you have a proper need to attend to, your own consciousness.

My friends when you lift up your consciousness into the great mirror of light you offer a gift to yourself, to all those around you, and to your planet, the nature of which is indescribable. You can leave the carnival, there is a way out, and while you are gone and have raised yourself up into a focus to find in this illusion, you may descend once again and join the carnival and ride the horses on the merry-go-round and eat the cotton-candy and laugh, and choose to find in the hall of mirrors good and kindly images. How do you choose to see yourself? It is your illusion, it is your choice. We do not deny any of those things which are negative, seen against the positive standard of a happy, smiling, vibrant illusion; we do not deny hate or death or jealousy, pain or anguish or loss, we only say to you that they are a part of that which is an illusion and that at the heart of each of these things is a transformation which is so positive that joy leaps from every tear that you may shed in the learning of these lessons.

Therefore, whatever face you see, it is your choice, put your name to it and do not let world opinion of any type or degree sway you, for you can be a messenger of light. You may give that message to anyone whose path intersects yours simply by seeing that other self as the Creator. We ask that you begin always by attempting to gain a true reflection of yourself, for it is only when the carnival goer is lifted from the hall of mirrors that the mirrors become part of a manageable, reasonable and loving consciousness. This day, has the carnival become a bit hectic? Do you wish more for yourself? Very well

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then, my friends, begin that process by utterly forgiving yourself. By loving yourself most dearly and by lifting yourself through meditation to the light, what consolation there is in that light, what healing there is in that love.

We are aware that there are questions in this group, and therefore we would pause only to offer our vibration to those who find that it deepens their meditative state. If you would be patient we shall pause briefly to share our blessing on each of you. I am Hatonn.

(Pause)

I am Hatonn. I leave you, my friends, through this instrument, but never in the unspoken sense. We are always pleased to be with you, if you so desire. We ask that you be most discriminating as you listen to us, as we are imperfect and fallible, much like yourselves. Use what thoughts we have that are of help to you, discard the rest. Our own selves, our greater selves, we greet you and bid you farewell. We are those of Hatonn. We leave you in the ineffable love and the infinite light of the one Creator. Adonai. Adonai.

(Pause)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. It is with great joy that we join your group this evening. Again it is our privilege to be asked to provide our humble service of attempting to answer those queries which may be of value to you in your seeking. May we then ask for the first query.

Questioner: Latwii, in another meditation, I channeled the one Onoma, and as I channeled vocally I began to feel my hands leading to move in gesture, and I had not experienced anything like this before. Could you make any comment about what was happening?

I am Latwii, and I'm aware of your query, my brother. As various instruments partake in the process of vocalized channeling there is frequently an abundance of the energies being transmitted that requires some outlet so that there is not an overloading of the normal means of transmission. In your particular case this outlet was the use of the manual appendages to serve as a diversion for the excess of energy that the ones known as Onoma were providing that evening. Your particular sensitivity on that evening allowed what might be viewed as a mismatch in the energy to be transmitted compared to the receptivity or normal level of receptivity of your particular instrument, therefore the one known as Onoma found the use of your, as you call them, hands, to be most efficacious in relieving your instrument of the excess of energy.

May we answer you further, my brother?

Questioner: No, thank you very much.

We thank you, my brother. Is there another query at this time?

Questioner: Yes, Latwii, are there more clairvoyants and psychics and healers now or at this point in time than there were, say, oh, twenty years ago?

I am Latwii, and I'm aware of your query, my sister. You may notice an increase in not only the absolute number of such entities, but also in the percentage as a proportion of your planet's total population.

May we answer you further, my sister?

Questioner: So the answer is yes. The answer is yes to my question? Is that right?

I am Latwii. This is correct.

Questioner: Thank you.

We thank you, my sister. Is there another query at this time?

Questioner: Is this due to third-density, fourth-density kids being born to wanderers or both?

I am Latwii. There are, my sister, not only these factors to be considered, but more as well. Not only have those known as wanderers incarnated with latent abilities awaiting activation in service to this planet and not only have the children of the harvest of other third-density planets begun early incarnations on this planet which shall be, as you know, a positive fourth-density planet …

(Side one of tape ends.)

(Unknown channeling)

I am Latwii, we shall continue. There are also those native to this third-density planet who have by what you may call seniority of vibration incarnated with hopes of achieving what you may call the harvest, or the graduation into the next density of being. These entities have through many incarnations upon this planet developed certain abilities that now are able to be used in greater ease and facility than at any

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previous time, as you call it. You may also consider the increase in the vibratory level of the catalyst which each entity faces in the daily round of activities. This increased level or intensity of opportunities for growth allows many entities to be able to utilize the catalyst in a fashion which develops those abilities which may be called psychic or of a paranormal nature.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii, we thank you. Is there another query at this time?

Questioner: Yes, just one more question along the same line. I was talking with a clairvoyant yesterday and she said that I had a healing aura about me, and I had not really heard of such a thing before and, well, would you comment on that, about a healing aura about anybody?

I am Latwii, and I'm aware your query, my sister. To one who is sensitive to the energies which surround each entity the perception of those energies may vary according to the, shall we see—we correct this instrument—shall we say, to the depth of sensitivity of the clairvoyant, as you call it, entity. One may see the ease of the melding of the mind, the body, and the spirit reflected in the aura and interpret this balance of the being as a healing aura, for indeed such an entity, having balanced the self to a certain degree is able to generate the feelings of peace, serenity and joy, which are most soothing and quite healing in their manifestations.

Another entity of the clairvoyant nature may look at the same auric energies and note that indeed within the field of energies lie the specific abilities of this entity to serve as what your peoples call the healer, having incarnated with these abilities either in potentiation awaiting the activation or in partial activation.

Therefore, it is both necessary to look at the one who is perceiving the auric energies and its ability to so perceive, and to look at the one being perceived to determine if there are those specific abilities defined as the healing abilities contained within the auric field or if there is a more general configuration of mind, body and spirit which in some also provide the faculty of healing.

May we answer you further, my sister?

Questioner: No, that's fine. Thank you.

I am Latwii, and I thank you, my sister, and greet you after your absence.

Questioner: Thank you also. We missed you.

Is there another query at this time?

Questioner: I have one. This morning my message was to forget what I feel are earthly moral responsibilities or obligations and to let myself go on my path freely, not to tie myself down to one area. Can you expand on that?

I am Latwii, and I'm aware of your query, my sister. We may speak in a general sense about the nature of such a message, but cannot be specific for when the self at its deeper levels begins the communication with what you might call the conscious waking self, there is the direction from the inner being which is being reflected as clearly as the conscious self can perceive such reflection and the necessity in such cases is that the conscious self seek more and more to perceive more and more clearly those messages which arise from within.

The concept of allowing the self to move along the path of evolution in a free and open manner is a concept which has meaning to an entity which works with the blue-ray energy center of the throat. Such a configuration of energy is then experienced by the seeker in a manner which promotes the clear communication of the self with the self and with other selves, accepting the self and other selves and freely expressing the self to all which surround the self. In this manner the giving of freedom and acceptance to others springs from the giving of freedom and acceptance to the self for you are also a mirror and reflect that which is your being to those about you.

Therefore, as you seek to move freely along your path of evolution, you shall also give that freedom to others and shall inspire such freedom to those who come in contact with you. It is therefore helpful to consider the deeper ramifications and implications of such a message as you meditate upon it, that you might continually refine that journey which lies before you, and which you have long traveled, making refinement upon refinement. And as you continue upon this journey you shall find those messages arising from within your deeper self to be more and more frequent, more and more clearly perceived.

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May we answer you further, my sister?

Questioner: No, thank you, Latwii.

We thank you, my sister. Is there another query at this time?

Questioner: This is a hard question to get into words, but I'll try. A friend and I this last week, or week and a half, have been experiencing a sense of pressure and tension, almost a sense of reverberation from the planet, as if the planet itself is in some kind of special pressure or tension. Just a number of symptoms and we wonder if there is a particular reason or cause? Can you comment on that?

I am Latwii, and I'm aware of your query, my sister. The planet, the entity upon which you walk is also partaking in the process of evolution, for all portions of the creation are one and move with the Creator as It becomes aware of Itself. As you know, the cycle which is now ending upon this planet is very close at hand and its transformation has not been what you might call smooth for many upon this planet have had difficulty in realizing the love that exists in each moment, each situation and each entity. Therefore, the seeming inharmonious expression or perception in the mirror has been experienced by many upon this planet's surface for a great portion of what you call time so that these vibrations of disharmony have entered into the planet itself and as the planet begins its transit into that density of love, there is the momentary mismatch of vibratory frequencies. This mismatch becomes apparent to those who are sensitive in many ways, but we can assure each that the mismatch or stress suffered is but momentary and in its way, also offers greater opportunity for each entity upon the planet and for the planet itself to find that love in the moment which has not been found previously, for love is at the heart of all creation and no moment is without it's own infinite share of that love. Therefore, when such distressing feelings are felt, rejoice that the planet is giving birth to itself and each entity upon it, and that the birth is attended by love.

May we answer you further, my sister?

Questioner: No, thank you. That's what I expected.

We thank you, my sister. Is there another query at this time?

Questioner: Yes, let me go just a little bit further. These vibrations that are more intense now, that you mentioned a moment ago, are they beginning now to sift down to, well, say, the average person who has been going about life totally unaware of what's happening?

I am Latwii, and I'm aware of your query, my sister. This is correct with the qualification that for many upon your planet who do not yet feel with the sensitive inner being, that the vibrations' intensities are reflected in a more gross or general manner. That is, many will be found to speak of what is called "the good old days," when times were more peaceful and there was time to reflect and a feeling of ease was more apparent. You will see the return to such days in mind, in entertainment, in clothing, and in the various ways that your peoples express their inner being and feeling. Therefore, such intensity of vibrations are—we correct this instrument—such intensity of vibrations is noticed by each entity upon your planet, yet noticed in a infinite variety of ways.

May we answer you further, my sister?

Questioner: No, that makes sense. Thank you very much.

We thank you once again. Is there another query at this time?

Questioner: Just a little follow-up question on that one. [When] I first was asking the question, I was thinking that this was like a labor pain, but I didn't want to say that, but then you said those words. When human beings give birth the labor pains usually increase in frequency and intensity. Is that going to be the pattern for the planet?

I am Latwii, and I'm aware of your query, my sister. Though the future is not known, we can look upon the direction in which your planet and its various populations are moving and can suggest that such shall be most likely the case, for the planet has for a great portion of what you call time known its populations by their hostile expressions of power over others and these vibrations have created an inertial residue which seeks to be balanced in the short period of time which remains in order for the balance to be achieved. It is most likely that it shall be allowed its full run, shall we say, and the intensity of catalyst shall continue to increase so that the use of catalyst in the remaining time might be most efficient. You might consider the great learning which comes with the situation which you call traumatic. In but a brief span of time, great

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transformations can occur when the entities involved in the situation are, shall we say, made aware of the need to call upon the great and deeply held inner reserves with which each entity enters each incarnation, but which each entity is but faintly aware exists within.

May we answer you further, my sister?

Questioner: Thank you, no, that's fine.

Questioner: Latwii, to what extent can one person send positive vibrations to another person?

I am Latwii, and I'm aware of your query, my sister. Depending upon the entity's clearing and balancing of the energy centers, the degree of ability is variable and ranges from most ineffective to infinitely effective.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Questioner: How's the instrument holding up?

We find the instrument somewhat weary, but able to continue for another short span of your time. May we ask if there is another query?

Questioner: Well, as long as you've got a query left. I ran across a very unusual situation recently. I met a friend's wife who had a most unusual thing happen to her twice. She became pregnant, in a heartbeat it was discovered, and she went quite a ways with the pregnancy, four or five months, so that she was big, and then the pregnancy disappeared. You would think it were a hysterical pregnancy except for the fact that the husband's a doctor and he heard the heartbeat of the child. What type of entity needs this form of nurture and where are these children going? Let me add that I do not doubt this woman's word or the ability of her husband to use a stethoscope.

I am Latwii, and I'm aware of your query, my sister. In the situation of which you speak, you may see evidence of the entity which needs but a short span of time within your third-density illusion in order to accomplish the task which it has set before it. It is most common among your people's perception of the way of the incarnation that the incarnation shall begin with a, as is called, normal pregnancy, birth, childhood, adolescence and some portion of the adult years experienced before the passing from the illusion is accomplished. Yet, if one could look with unfettered eye at the experiences which are truly occurring within your illusion, one would see a great array and variety of means of being and learning those lessons which this density has to offer.

The experience of which you have spoken is not as uncommon as one might believe, many are the entities at this time in your planet's evolution which seek but specific and short-term experiences within your illusion. The lessons which are then learned are of great value for most usually such lessons are of the nature of completion, that is, the graduation is at hand and but one course credit remains.

May we answer you further, my sister?

Questioner: Just one thing. These children were not stillborn; there is no physical evidence they were ever there. Where did they go?

I am Latwii, and I'm aware of your query, my sister. These entities move into this illusion as each has moved into this illusion, and leave this illusion in the same manner, though the entities living, as you call it, within this illusion have not become totally aware of their presence.

May we answer you further, my sister?

Questioner: Do you think there's any chance at all I could understand what you're saying? Or do you think that it's probably beyond me?

I am Latwii, and we shall attempt clarity. The concept is so simple that we apologize for assuming that the questioner was familiar with it …

Questioner: Never assume!

We suggest that all exits, shall we say, from this illusion are exits in which the third-density yellow-ray physical vehicle, whatever its degree of manifestation, is left, so that the etheric or indigo-ray body may be entered, the incarnation reviewed, the lessons discerned, and the further needs for incarnation determined. Therefore, the exit is from the yellow-ray body to the indigo-ray body in each case, whether the incarnation has been, what you call, long in years or hardly apparent at all.

May we answer you further, my sister?

Questioner: So what you're saying then is that in the case of this unusual woman, she is capable of absorbing the physical material used to house the child which had such a short incarnation, so that it

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did not have to be spontaneously aborted and gotten rid of all at once, but simply absorbed into the body of the mother. Is that what you're saying?

I am Latwii, and I'm aware of your query, my sister. This is partially correct. The entity exiting the physical vehicle also provides some degree of assistance in the absorption of that vehicle which it exits. There are in other cases entities which may be seen as what you may call the guides or angelic presences which also provide such aid as does the entity's higher self or oversoul, as you may call it. Each situation is unique and each situation will be provided the aid which is appropriate, that aid having been pre-incarnatively chosen by each entity involved.

May we answer you further, my sister?

Questioner: Well, is this great service that R is performing the key to her inexplicable weight gain?

I am Latwii, and I'm aware of your query, my sister. We find in this instance some bar upon the distance we may travel attempting to reveal the nature of this situation.

Questioner: That's OK, I had a hunch about it anyway. Just checking, thank you.

I am Latwii. May we ask if there is another query at this time?

Questioner: This feels like a personal question, but I'd like to try it anyway. Latwii, are you presently embodied in a space/time location?

I am Latwii, and I'm aware of your query, my sister. The nature of our existence at this, what you would call, time is such that we inhabit the analog of a space/time physical vehicle within the density of light. Therefore, the vehicle which we inhabit, though it is an analogue of the vehicle which you inhabit, would not be able to be perceived by the great majority of your peoples in any way because of the, shall we say, density of light contained within it, which to your physical senses is quite without substance or perceptibility. When we communicate through instruments such as this instrument, we transmit in a time/space or thought form, so that our space/time physical vehicle generates a form of thought that may penetrate the interlocking densities and planes within each density to reach the instrument which opens itself to our thought form. Therefore, to answer your query, our normal, shall we say, existence is within a space/time physical vehicle of light, but when we communicate with groups such as this one, we partake in the analog to your meditative state and transmit our thoughts in a thought form vehicle.

May we answer you further, my sister?

Questioner: No. No, thank you.

I am Latwii, we thank you, my sister. May we ask for one final query at this time?

Questioner: Thank you, Latwii. Where is it best to bring a new way of medicine to this society?

I am Latwii, and I'm aware of your query, my sister. We find that there is no place which does not call for the type of healing of which you speak, for the sorrow and suffering and ignorance of the truth of unity within each is great upon your planet at this time. There are many who seek wholeness and do not know that already they are whole; there are many who seek love and acceptance and do not know they are love, they are loved; there are many who exist within the illusion and believe that the illusion as they perceive it is all that there is and they call in their subconscious mind for an exit to the illusion. However, it can be found and yet they are unaware that to look within the self is the exit into unity.

Therefore, as one seeks to be that known as the healer, in whatever form that healing may take, we may suggest that you cannot miss the mark, for all about you are those who call for that healing that you have to give and may we humbly suggest to each that the greatest healing is that love which is at the heart of your being and may be shared at each moment of your existence with each entity you meet. There is no greater magic nor healing than the love, the forgiveness, and the compassion for those who walk along the path of evolution with you.

Therefore, give as you can, be as you are, and those gifts which are yours shall shine as beacons in the night and shall be noticed by all who call and the healing shall occur, for such is the way of the one infinite Creator, that all cycles shall be completed, all the pieces of the creation shall be reassembled into one, and all who seek love shall find it all about them.

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At this time, we feel it appropriate to take our leave of this instrument, for we find that this instrument is somewhat weary. We thank each present for calling for our humble service and we remind each that we are but your brothers and sisters in light, fallible and imperfect. Take that we have offered which is of value to you, leave that which is not. It is our privilege to be with you whenever you call, in your private meditations or in your group meditations such as this evening. We leave you now in love and light, in the power and in the peace of the one infinite Creator. We are known to you as those of Latwii. ✤

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Sunday Meditation
May 22, 1983

(S channeling)

I am Hatonn, and we greet you this evening, my friends, in the love and in the light of the one infinite Creator. We are pleased that you have invited us to your group this evening. As always, we are happy to be able to share in the love and in the light that emanates from this group. We are, as always, pleased to know that there are groups such as yours that join together and together help each other to find the way to the light, and are able to help each other as each seeks to find the truth that is all, that is one. For though you look at each other as a—we correct this instrument—though you look at each other as separate entities, from where we are as we look down upon your planet, we see not this individualism. We see a group of entities that are blended together as one, for thy light shines continuous. It does not look to us as an evening sky filled with separate twinkling stars; it appears to us as a soft warm glow that reaches from one end of your planet to the other. It is whole, it is continuous, and we are happy to be able to share that warm glow with you as we come to help you in our small way. We are always happy to spend time with you and look forward to your invitations.

We would transfer this contact at this time. I am Hatonn.

(K channeling)

I am Hatonn. We would like to exercise this instrument for a few moments tonight. Again, it is a joy to be with you. In her imagination during the tuning tonight this instrument saw herself floating joyfully and almost carelessly among the stars. She found it a very delightful experience, and, my friends, you can visit the stars any time you wish. It will be very helpful to the frayed nerves, healing to the mind and the body. It even provides growth for the soul. As one takes a long look at life, it is unnecessary to be so totally involved in the day-to-day happenings, and yet it is the nature of the peoples who walk your planet. Again we repeat, it need not be so.

We appreciate the opportunity of exercising this instrument, and will now leave this instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you now through this instrument once again in the love and the light of our infinite Creator. We are aware that as you are interested in how we see you, in order that you may see yourselves more clearly, so you wish to know how we see ourselves because you think that an understanding of that which is to come in your future development as portions of the one consciousness will aid you in your present

development. There are reasons why information about what you call the fourth density which we inhabit is of limited use and the most cogent reason is the stricture of language itself.

Your language was designed to express your illusion. The language of our illusion is conceptual and has no grammar. There are few of your planet's languages where this is remotely applicable. For the most part, we do not speak but use the mechanism of thought transfer which we use to convey images to this instrument. In this case, we are sending a very strong signal and the instrument has an adequate receiver. In the case of two fourth-density entities, the harmonics of tuning are such that a subtlety which we cannot express in any terms but those of capacitance and inductance is achieved. There is a oneness in our communication which belies the separateness of our physical vehicles to the extent that it is our subjective reality to be one. There is no possibility of disguising, distorting or hiding our concepts, one from another or one from himself.

Although in your illusion it seems almost impossible to comprehend, when this situation prevails, true anger, misunderstanding or resentment is quite impossible. It does not take imagination to wear another man's shoes, as this entity would say; we do wear each other's shoes all of our experiential time together. Nor is there a parting when the physical bodies move along divergent courses. There is still a great deal of variety amongst a fourth-density population such as those of Hatonn. Therefore, we choose those with whom we live our lives, as you would put it. As the entire population learns through incarnational experience to refine energy transfers of green and blue ray, as this instrument would express it, we finally become one. We no longer have sharply differentiated groups. We have begun to learn the lessons of wisdom, that is, to be single-minded and glad of heart. At that point we may be said to be a functioning social memory complex, though one in its comparative infancy according to our own teachers.

You will notice that although we are aware that you are curious as to how we live, we have not discussed mating, families, politics, business or other facets of what you now experience as necessary portions of the illusion. These portions of your illusion pertain to the unblocking of those energy centers which keep you from learning the lessons of love. On a personal or individual level you block your learning when you become overly possessive, concerned, anxious, jealous of another. Among your peoples, that which you call love often has the expectation of this very blockage called possession. We suggest to you that in your exploration of the true meaning of this terribly overused word, you attempt to discover how to love completely. By this, we mean how to set a beloved one free; free to fall down, free to make errors, free to choose another, free to come or to go, free in trust, in sacredness, and in honor.

Should you do this with your mate and your friend, those whom you love shall be blessed, and you shall find what it is to love. There is much of a blocked nature amongst your peoples in the areas of the individual interacting way of the group. The position for which one is paid, the team for which one fights, whether it be game or war, the ceaseless blockage of the other self as one who may be taken advantage of, manipulated or used. These blockages are those which are yours who work upon the lessons connected with removing the obstacles to seeking love. In the personal relationship you learn to love one other self. Through that learning it becomes clear that you are loving yourself.

In the interaction with groups you gain an even larger prospect. Your vantage point has grown, you have identified yourself with one group, and you must now see the other groups as yourself. The entity who gazes upon a seeming enemy and sees the Creator has granted freedom to the part of creation upon which he gazes. Indeed, love and freedom walk hand in hand. You may ask yourself many times how you can possibly, for even a brief period of time, love to the extent that the illusion is penetrated, and all other selves become one with you and one with the Creator. But we assure you that it is within the grasp of each seeker acting imperfectly, foolishly, haphazardly, and oftentimes at odds with himself to still manifest that which he seeks, for to the seeker is given a great gift. To the seeker is given the power that is the power of the seeking itself. And though you be weary or foolish or hopeless or confused or alone, yet you have the seeking within you and it becomes your birthright. It becomes your inheritance and it will manifest within your experience one way or another to the extent that you continue to seek.

We do most heartily encourage you in that great process of evolution. We are on the same path. We have worked with the blockages which now concern

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you. We work now with the refining of love into wisdom. We have a great deal to learn. We have an infinite amount of time, space and illusion in which to learn. We wish you the joy of your journey and reach our hands out to you as fellow travelers. We are known to you as Hatonn. We leave you in the love and the light of the infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in love and light. We are privileged once again to be asked to join your group. We feel a great honor each time that we are able to blend our vibrations with yours, the mutual seeking of truth. Our humble service is one which we offer in great joy, for as we are able to be of service to you we are serving the one Creator. May we then begin by asking for the first query?

S: Yes, Latwii. Last night at our meeting we had some problems where you had to leave us somewhat unexpectedly. You stated that I was having some problem with my physical vehicle, and all that I noticed was that my eye was watering, and I had become confused over forgetting part of a question that had been asked, and I tried to not worry about it and just relax and try to pick up what you were sending me, but I was somewhat distracted. And also R was concerned that maybe he had inadvertently asked a question that was maybe too specific in nature, and therefore we were a little confused as to the reason for you closing the meeting, so to speak. Can you make any comment on this?

I am Latwii, and am aware of your query, my sister. To begin, as we were using your instrument during the meeting which you have spoken of, we were aware that the portion of your own being which we utilize in each transmission had become somewhat unsteady due to your concern over the portion of the query which had not penetrated through to our perception. This produced within your conscious experience but a slight amount of distortion, for you were attempting to retain the contact in a steady and stable manner using the relaxation that you have spoken of. The deeper ramifications of this difficulty which you experienced were of a profound enough nature at that time that we felt it appropriate to end the contact so that there would not be the unbalancing of your deeper mind complex which had been attempting, as you call it, even more precisely by calling upon deeper levels of not only relaxation but meditation, and meditation approaching the trance state.

Your great desire to channel even more precisely was in this case not as helpful as it might be in most other cases. The intensity of interest which your new group has generated has been matched by your own desire to precisely reflect those concepts given to you by those of the Confederation, and in this instance where you were not able to, shall we say, live up to your own standards, then your response on the conscious level to relax was intensified upon the subconscious level so that the imminence of trance caused us to seek the end to the meeting since the proper protection for that type of contact was not available.

May we answer you further, my sister?

S: Yes. If this should occur again, can you give me any advice as to what to do? Did I try to relax too much or should I … What can you tell me about how to protect myself and what to do if it should occur again?

I am Latwii, and am aware of your query, my sister. In the event that such a situation should repeat itself, we can only suggest that your attempt at relaxation carry with it the boundary beyond which you do not seek to pass, that is, consciously seek, then, the relaxation that will allow the concepts to flow smoothly through your instrument, but also consciously see, if you will, in your mind the boundary betwixt the deeper states of relaxation and meditation and trance. Then you will have imaged within your being the field within which you may safely roam.

May we answer you further, my sister?

S: No, thank you, Latwii. You've been very helpful.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: Well, I'm curious about the whole subject of trance because I don't understand how it works myself. But before I ask that question which you can just tell me that you can't answer if you want to, I was just wondering if it would help S if there were another channel in the group or if part of the strain is in basically working without a net, that there is no one else who channels in the group?

I am Latwii, and am aware of your query, my sister. It is the decision of the one known as S to proceed as

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she has proceeded, that is, to be of service to those who have interest in this type of experience. This is a more, shall we say, daring type of service when there is not present another instrument which can serve as the, shall we say, backup or as you have described it, the net. This type of service allows a quicker type of progression in the service of vocal channeling, for …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and shall continue through this instrument. It is well known to the one proceeding in the singular fashion that it shall bear the entire weight of the service of vocal channeling. Thus the progress and opportunity for progress is greater. Also of a greater nature is the opportunity for the difficulty which will remain the mystery until queries can be asked of another instrument. This is not usually a great difficulty, but can provide the frustration and puzzlement as has been witnessed by the group which met upon the evening past.

May we answer you further, my sister?

Carla: Yes, if you think that it's in my interest. I'm curious about what you said about trance because I've always wondered from the very first Ra contact just exactly what happens to me. Because as far as—when I go into trance—because as far as my own recollection is concerned, I am only going to sleep. But if it is a protection for me not to know, then I would prefer the protection.

I am Latwii, and am aware of your query, my sister, and can respond in a general fashion since there is some necessity for the complete understanding to remain the mystery for the present. The seeking which you have pursued throughout this incarnation has been of an intense nature, and has not included the preparations for what is called the trance state by any form of working or ritual or any training of a specific nature. The purity of your seeking and the intensity of your seeking has, shall we say, filtered to the deeper portions of your mind and allowed those portions to respond in a manner which has as its product the service which you offer in the trance state. This, of course, has been determined in a general fashion by your own decision and the agreements with others before this incarnation began.

May we answer you further, my sister?

Carla: Apparently not, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

K: Yes, Latwii, I've got a whole bunch of stuff in my mind that I'd like to have an answer to, but let me see if I could ask a simple question. Since I went to Chicago, and was in that symposium for two days with some very, shall we say, unusual people—at least I thought they were—my mind seems to have been bombarded almost with—this is where I'm at a loss for words—things of the mystical nature as we think of mystical, I guess is the best way to say it. Is this the result of my going to the symposium or is there just—is almost everyone who has any ability to perceive bombarded with these unusual experiences?

I am Latwii, and am aware of your query, my sister. Among your peoples there is the saying, "When it rains, it pours." You may look upon the experience which has recently passed and those which have followed it as the products of the, shall we say, opening of a door within your mind which has allowed certain opportunities to be noticed. Such opportunities are always available to any seeker. It is necessary to make way for the opportunities to be noticed. You may see your recent experiences as the result of your own choice at a deeper level of your being to make way for new experiences, that you may discover more and more the mystery of your own being, the nature of the illusion which you inhabit, and the means by which you may progress through this illusion. Therefore, you have created the opening for opportunities to be noticed and you have noticed them.

May we answer you further, my sister?

K: No, that answers it very well. Now, right along the same line let me ask another question. When I reviewed this book, this little autobiography of Dean Kraft, *The Portrait of a Psychic Healer*, I did it with trepidation because of the, well, I don't know whether it's proper to use a closed mind, but I really questioned whether I should review this book for these women. But I got a response that really surprised me. Now, my question is this. Were those women seeking or—I'm assuming they were seeking that information, and I was the one who had the fear. They were really seeking, themselves. Is that right?

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I am Latwii, and am aware of your query, my sister. You are correct when you assume that these entities were seeking that which you had to offer, else there would not have been the opportunity or the offering to join with the seeking. Your own hesitancy, and, shall we say, fear of presenting this particular information may be looked at as likened to the whetstone which sharpens the knife so that it may serve as an useful tool. The fear served to hone your ability to present this material in a manner which cut away that sharing which would be less than optimal, and left that which would be helpful to these entities.

May we answer you further, my sister?

K: Well. How about that! Then that explains—maybe that's the explanation for this. We ordinarily have about an hour for the book review, and three of the women were delayed about thirty minutes, which left me thirty minutes, and I had planned for an hour's review, and so I sat there and wondered what in the world I would do—how I would refine it to thirty minutes. Was that all planned? Or at least did it serve a purpose for me to have to refine that to thirty minutes?

I am Latwii, and we may respond in the affirmative, my sister. That indeed there are such plans which make themselves known only after they have been carried out.

May we answer you further, my sister?

K: Well, no, that answers that bit because I sure did get squirmy when I wondered what I was going to do. No—thank you very much.

I am Latwii, and we are most grateful to you as well, my sister. Is there another query at this time?

M: Well, I would like a little help, Latwii. I'm going to have to give a talk on Paul, and I was wondering if you could give me some insight?

I am Latwii, and am aware of your query, my sister. We find in this instance that the information which we may share is again of the general nature, for to speak specifically of that which you would use in a future, as you would call it, time is to guide your actions to a point which we view as an infringement, for even the smallest type of information which is then used in a, shall we say, verbatim nature is not that which we wish to offer.

We can, though, speak upon this manner of sharing your being with other selves by suggesting that when you speak to those who seek from you any type of guidance, inspiration or simple information, that you share in a manner which reflects your true self and inner being, and, that is to say, when speaking upon any subject, it is most helpful to share that which you truly feel about the subject, to share, if possible, in a way which reflects the nature of your being. For in any type of speaking or sharing with others, this is in effect what you do. To attempt to do this upon the conscious level of your being is to refine that sharing as much as is possible for you to do. It is not only the information which you share which is sought from those with whom you share, but it is also upon the deeper levels of their own being and seeking that the call is given forth to know that being who shares with them. Therefore, to give of yourself in a manner which clearly reflects your nature is most helpful and will serve to illustrate and make a more richly enjoyed experience for all those with whom you share.

May we answer you further, my sister?

M: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

S: Yes, Latwii. I was talking earlier about a dream I had this week that didn't seem to fit the mold of being one to awaken me to blockages. It seemed important to me at the time. I wondered if you can comment on this. Are there dreams that really don't mean anything, that just come into your mind for some reason? Or is this something I need to ponder further?

I am Latwii, and am aware of your query, my sister. In the field of the dreams we find that there is a great range and variety available to the seeker according to the calling of the seeker at the moment. The dream of which you speak is not a dream of what you may call a random nature, though such dreams do exist, and though random are useful in themselves, but this dream was, as you have surmised, unusual in nature. Though we cannot give the specific nature of this dream, due again to our concern for your own free will, we can suggest that meditation upon the deeper ramifications might be useful. That you have remembered this particular dream is significant, for it is not, as you have noted, your nature to remember the dreams of the night.

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May we answer you further, my sister?

S: Would you correct me if I'm wrong? What I'm assuming then is that I have possibly incorrectly discerned the meaning of this dream, and need to look at the dream more symbolically, and kind of look deeper into it. Is that what you're saying?

I am Latwii, and this is in general our suggestion, though we would emphasize the aspect of looking deeper for those portions of the symbolism which have yet to be noticed.

May we answer you further, my sister?

S: No, you've been very helpful. Thank you, Latwii.

I am Latwii, and we thank you, my sister. Is there another query at this time?

K: Yes, Latwii, let me ask another question along this line of dreams. I have just recently read the book, *Memoirs and*—oh, I forgot the exact title—*of Carl Jung*. It's almost like an autobiography in the sense it is an autobiography of his life and his dreams were so vivid, and they guided his life and his therapy. Were these dreams given to him for the benefit of mankind or were they just a revelation of himself. Was it self-discovery?

I am Latwii, and am aware of your query, my sister. We find in this instance that both assumptions which you have made are correct. It is possible for any entity which seeks to utilize the dreaming faculty to utilize this faculty with the same vividness of experience which the one known as Jung was able to utilize. As the seeker becomes aware that work in the evolution of mind, body and spirit may be accomplished while sleeping, shall we say, and is made aware that the messages obtained from this dreaming activity are useful in the activating and balancing of energy centers, then the process becomes, shall we say, self-generating, and more information becomes available to the conscious mind from the unconscious mind as the two begin to function with a sympathetic resonance, shall we say. The continued seeking by the conscious self creates an opening in what you have called the veil which separates the conscious from the unconscious mind, and through this opening, then, the symbols and images and messages from the unconscious are made available to the seeker in the form of dreams, and also in the form of what you may call the intuition or flashes of intuition and inspiration which occasionally lighten and brighten the conscious experience.

This entity also had determined before its incarnation to be of service in the general manner in which it finally was of service, that is, to provide its other selves with an avenue to the unconscious mind that those great resources which are a portion of each entity might be made more available to each seeker, and therefore the path to the one Creator might be widened just a bit more through this entity's efforts.

May we answer you further, my sister?

K: Yes, that was very good. I have thought for a long time that Carl Jung was a sort of forerunner, shall we say, of the raising of the consciousness that we're even experiencing now. Is that a fair assumption?

I am Latwii, and am aware of your query, my sister. As the planetary and racial consciousness factors continue to, shall we say, proceed in evolution, the needs and requirements of humanity in general also are transformed so that with each age there is a certain vibrational seeking which is expressed by humanity as a whole. Thus, during the incarnation of the one known as Jung, there were the needs which not only he but each who incarnated attempted to meet as the other self portion of the incarnation was pursued. Thus, as each entity incarnates, the time, shall we say, or the milieu in which the incarnation shall occur is considered with two major components in the forefront, that is, how the entity may progress in its own evolution, and how it may be of service to others if that be its path during the incarnation.

So, to summarize our somewhat lengthy response, may we suggest that you are correct in your assumption, and it is the great seeking at this time which has resulted in the greater awareness being expressed by humanity, and the greater need for continuing this progression of awareness.

May we answer you further, my sister?

K: No, that's very good. Just one final question about Jung. I read that after he read the *Tibetan Book of the Dead*, that he always kept it on his desk. And that seemed, being a Westerner or an Occidental, that always seems strange to me. Could you comment on that? Why would Jung, if he did keep the *Tibetan Book of the Dead* on his desk, why? What good did it do him?

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I am Latwii, and am aware of your query, my sister. The one known as Jung was concerned that those who passed through the gates of what is called the death of the physical vehicle might be aided in ways which his culture was not able to provide aid. Therefore, when those of his immediate circle were gathered about to discuss the concerns of their own seeking, often the conversation would turn toward the great mystery which followed the process of death. This entity sought to aid such other selves in a manner which he felt was of service, and of the greatest service possible. Therefore, he kept many references to that transition called death at close hand so that he might share the best of the research which he had found with those who had gathered to do likewise. This book, then, was one of many which had been placed close at hand for his ready reference.

May we answer you further; my sister?

K: No, that was very good, Latwii, and I thank you very much.

I am Latwii, and we are most grateful to you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we find that we have exhausted the queries for the evening, and we are most grateful for the opportunity of sharing our humble perceptions with you, and we remind each that we are but humble seekers of truth and are quite fallible. Therefore, take that which has meaning to you, and leave that which has none. We are always with you, my friends, and again remind each that it would be our great honor to join you in your meditations should you but request our presence. At this time, then, we shall take our leave of this group, but in truth we shall always be with you. We are those of Latwii, and we leave you now in love and light. Rejoice in the power, the peace and the joy and the mystery of the one infinite Creator. Adonai vasu borragus. ♣

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Sunday Meditation
May 29, 1983

(S channeling)

I am Hatonn, and we greet you, my dear friends, in the love and in the light of the one infinite Creator. We are happy, as always, to join your group this evening in the unity which abides in this dwelling, for when people upon your planet are joined together in unity in the love and in the light of the Creator, there is a warm glow that emits from such a dwelling and it is pleasing to us, for this lets us know that we are indeed sharing the path with many of your peoples. We all seek to know the truth, to know the answers, for we all are sometimes confused, and we often wander aimlessly, but when we join together in unity we are more [able] to see the light that is ahead of each, for the love and the light surrounds all and we are all joined by this love and this light.

We wished only to exercise this instrument for a few moments, and she has, as always, been most cooperative and receptive to our contact. We thank her for this. We would allow this instrument to spend some portion of your time listening as this is what she wishes to do this evening. We would therefore transfer this contact at this time. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you, friends, once again in the love and the light of our infinite Creator. This instrument has no idea of what we wish to say through her this evening, and one of the things which we would like to say is that this willingness to speak without concern for the product of the speech is necessary for those who wish to serve by being vocal channels. There are many, many ways to serve, and this is but one of them. However, in each way that you serve, one of the keys is the same sort of relaxation into a faith in the process of a kindly universe at work within your life. Just as this instrument speaks without knowing the next sentence, yet because she has tuned and prayed, she opens herself with the intent to do this service. So, in your chosen service to another, the greatest efficacy may be found in relaxing into the flowing of a kind of communication from your heart and the deeper portions of your mind to your actions. In such a way you become inspired, and, indeed, you become inspiring. That is, you may inspire others by your lack of fear and concern, and by your wholehearted desire to serve, as well as by the radiance which is peculiar to those who have learned the value of faith governed by a carefully tuned desire.

Faith is much like the traveler who is weary. The traveler may move ahead in a blind faith that the end of the daylight shall bring shelter and the traveler will indeed find somewhere upon which he may rest his head. There is another traveler who is equally weary who governs his faith in the kindness of the

universe by as clear a perception as possible of the nature of the country in which he roams. It is far easier for the faithful weary traveler to exercise faith in the midst of one of your townships than in the midst of a wilderness. However, blind faith has its lessons also and sometimes when there is no way to judge the future so as to be a more intelligent user of faith, we recommend the attitude which allows our traveler upon his journey weary doing that which it is he must do whether or not he is in a wilderness. If a traveler departs from faith, he departs from that which is the governor of his journey.

In your idiom, let us say the traveler is a man who sells items during the week and arrives at his home upon your so-called weekend. Where does faith enter this very mundane situation? The traveler is not merely selling items. He is presenting himself to each entity whom he meets. He is faithfully assuming the basic nature of goodness that lies in sympathetic resonance between himself and those to whom he sells, those to whom he comes at the end of the day and asks for shelter. Thus, you may see in the most mundane of situations that faith; that faith which is basically a simple bias towards the opinion that all within the universe is one thing, that we are all part of that one thing, and that we all may understand each other at some level as part of one thing.

Sometimes the weary traveler will lay his head upon a pillow of sod and sleep beneath the stars because sometimes faith does not produce that which one hopes or expects. It is then that faith is truly blind and truly necessary. It is in the face of apparent unkindness from the universe, from those about you, from those close to you that you may rely most heavily upon the blindness of love.

Let us look at the foundations of faith. All that we speak of has to do with one original Thought, that Thought which created all that there is. Your basic material for seeking is yourself. If you see the surface of yourself, if you concentrate upon your imperfections and your impurities, you may find much about which you might be unhappy in yourself. You might lose faith in the basic strength and unity of your character. So you must meditate and look within until you find that great fulcrum upon which your universe will turn that is your own identity. Who are you? You are one who seeks, and you are what you seek. We ask that you seek within yourself continuously, daily, during many moments of each day if possible until you are as often as possible with contact with the one original Thought within yourself. And you shall have faith, faith of that which is invisible, faith in that which is infinite, but faith in that which you have examined yourself.

From this resource springs the faith with which [you] greet the world, the love which you show to the world, and the joy which you dare to manifest in a world that is all too dark with sorrow and despair. The lesson of faith is written in life-forms all about you. But it is difficult for those who casually move through an unthinking existence to be aware of this truth. Within your yearly cycle, all that seems to hold promise in tree and flower and bush withers and dies. The sun wanders far from you. The grass is gone, brown and dry, and ice cold strikes the very earth. Yet trees and shrubs and perennial flowers are not cursed with intellect nor do they have its advantages. They never doubt that the seeds they hoard will bloom again, that the life that is within will be perfected and manifested in due time. And, yes, it happens. The trees come into leaf, the flowers give their lovely scent to the air, and you stand once again upon luxuriantly green and vibrant grasses drinking in the confirmed faith and hope and joy of tree and flower.

My friends, you will be knocked completely away from joy, from faith, and from hope not once but many times. It is through this process of apparent loss, disharmony and difficulty that you learn how to love, to seek, and to be. Rejoice, then, at your own folly, at your difficulty with others, with everything that seems to be a stumbling block. Thank it, be grateful to it, and then turn to the sweet smelling meadow of meditation. Feel the gentle breezes of an infinite creation waft across your inner self, hearing the sound of bird, the kindliness of love, the overpowering joy of the One infinite One. You are not alone. You are one with all that is. Spend your tears as if they were precious coins, and save the greater energy for faith, hope, compassion, love and joy. It is these coins that will repay you again and again no matter how many times your faith must turn blind, no matter how many wildernesses pillow your weary head.

If the instrument known as K is willing at this time, we should like to close through her as we would like to exercise her. We leave this instrument. I am Hatonn.

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(K channeling)

I am Hatonn. Again we express the joy of being with you, and it is a joy to find you on your journey afraid. This instrument has been forced many times to fall back on nothing but faith. And once you learn, my friends, that there is an inner self and an inner faith that will support you in your difficulties and confusion, then life does take on a new meaning and you do indeed become a light to those about you. You may recall that the one known as Jesus talked about a very tiny bit of faith being important, and the more one exercises faith, the more one has. And in fact the more one exercises love and faith and hope, the more one has.

The beauty and the quietness of the evening together is always a blessing to us as well as you. Therefore, we leave you this evening in the love and the light of the infinite Creator, and rejoice with you as you go about your journey of faith. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. It is our privilege once again to be asked and to be able to join your group in your quest for truth. We are aware that there are many queries awaiting the asking, and it is our joyful honor and humble privilege to attempt answers to these queries which may be of some aid in your spiritual journey. We remind each present that our words are intended not as final answers, but as those signposts which point possible directions for your consideration. We would then ask each to weigh our words with the proper amount of concern and discernment so that your journey might indeed be decided by your own decisions.

May we at this time ask for the first query?

S: Yes, Latwii. I'm so happy to be able to talk to you. After last Sunday night's meeting, Carla and I were debating, trying to figure out where I had missed the target with my dream analysis, and with her help it seemed that I was taking night classes, so to speak. I wanted to know first of all if you can tell me if I now have the correct analysis of the dream, and if this is correct, in reading through Book IV I came across an answer where Ra stated that a great amount of polarity [work] could be done doing this work at night, and I was wondering if that is what's going on—if there's anything I can do to improve my ability to continue in this manner?

I am Latwii, and am aware of your query, my sister. As we scan that analysis which you have determined, we discover that there is a great portion which is correct, yet we would add that each entity has many teachers which appear within what you call the dreaming state and according to the call of the one who dreams the response shall be according to the teacher which is most suited to respond.

To address the second portion of your query. The efficient use of catalyst, which is another means of describing the polarization process, may be increased when the dream is recalled in the conscious state and is scrutinized for the message which lies just beyond the symbolism which adorns most dreams. To train the self to remember such dreams and messages is a task which few attempt upon your planet, yet is one which is mastered with experience.

To use, then, in the conscious state the message of the dream in the same manner one would use from any consciously experienced situation is that process which shall aid in the polarization of the entity.

May we speak further upon this subject, my sister?

S: Yes. I'm bit confused, then. I seem to have interpreted it incorrectly. What I assumed it meant was that the work done during sleep was effective in polarizing. Is that incorrect?

I am Latwii and am aware of your query, my sister. The work which is done during the dream has little effect upon the conscious self, the self which moves through your illusion. Unless the message of the dream is recalled by that conscious self and is worked with by that conscious self, though there is work done during the dream, the work may be viewed as the potential for polarization which resides within a deeper portion of the mind complex. To bring this potential for work to the conscious mind is that process which shall aid the conscious mind in its polarization. Most entities forget the message of the dream, and indeed the dreaming process itself. Therefore, for most upon your planet the potential for polarization lies untapped within the deeper portions of the unconscious mind. There are other processes which may be completed during dreams, such as the healing of various imbalances within an entity's deeper mind, but the polarization process

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must be tapped and made available to the conscious mind for the process to be efficient.

May we answer you further, my sister?

S: No, thank you, Latwii. I think I finally understand.

I am Latwii, and we thank you, my sister. Is there another query at this time?

K: Yes, let me ask one more question about the dream. In order for my spiritual self to benefit from the dream or in order for me to become more balanced from the dream, I not only have to remember it, but I have to be able to have some understanding of it and make a decision regarding the dream? I didn't say that quite the way I want to. In remembering the dream, as I try to understand it, and if I think I have some understanding of this dream, then I must make a decision about it and my life now will reflect that decision that I made about the dream. Is that correct?

I am Latwii, and am aware of your query, my sister. To clarify this point is our intent. We shall refer to a law of your physics which states that for each action there is an equal and opposite reaction. In your daily life you experience the …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and greet you again in love and light. We shall continue.

The message of your dream refers to the same experiences which you face in your daily life. The message of the dream points to certain expenditures of energy, certain actions, certain behaviors, certain distortions or imbalances which you are manifesting as a means of learning their equal and opposite, that your total journey shall be balanced in your thinking and in your actions. Therefore, to benefit most efficiently from the message of the dream, it is most helpful for the entity not only to see what the message is, but to realize that that message describes but half the learning. For if you see impatience, then also must you view patience for the learning to be seen as a whole. If you view anger, then also must you view love. If you view rejection, then also must you view acceptance, and in your meditative state be able to see both as means for the Creator to further know Itself through your being and the various distortions which you hold within your being.

When you are able to examine your life and see those expenditures of energy in a balanced fashion, and are able to accept yourself for each distortion, and able to see each as a means of the Creator knowing Itself, and of knowing yourself, and of you knowing the Creator, then you shall find that balance within your being that allows the pure white love/light of the one Creator which is your source of being, and which enters your being as a crystal. Then you shall allow that white light to remain white as it passes through the jewel of your being.

As you notice distortions in your daily life, and have them pointed out to you through your dreams, you see in effect how the white light is refracted and broken into colors as it passes through your being. That it should remain white is the goal, in one way of speaking, as you learn the lessons of love and acceptance of all.

May we answer you further, my sister?

K: No, thank you very much. One other question. I was in a meeting. I saw a meeting advertised in the paper about one, about someone speaking on healing energies, and since I had read this book and been to the conference, I was interested, so I just went, since it was announced publicly. And the woman who spoke made a comment that I didn't understand because it was a meeting of my first time, and I didn't know anybody there, I wasn't about to ask anybody a question. But she made the comment during the course of the evening that several in the group were surrounded by a white light, so nothing could hurt them, and so they could feel nothing. And that really stumped me. I didn't understand it at all. Would you comment on that? In the first place, I don't know how she saw the white light, if she did, and I did not understand the meaning. Could you comment on it? If not, I'll certainly understand.

I am Latwii, and am aware of your query, my sister. We may comment and shall attempt to clarify if possible this entity's statement. We remind you, my sister, that each entity such as the one which you describe will view such occurrences with the distortions which are native to that entity's being. We may suggest that the viewing of such white light surrounding other selves may be the result of many and various causes. For example, this group at the end of its meeting sends the healing love and light to those known in need of such. If one able to view

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what may be called the auric energies were to look at the entities receiving such healing energies, this entity would see a white light surrounding the recipient. For a certain period of time, then, the recipient would be surrounded by what would be perceived as a protective shield of love and light.

Another possible cause of such white light surrounding an entity might be that the entity itself has in some fashion invoked such protective white light from perhaps those you may call guides or guardians or other angelic presences. Perhaps prayer has been used to seek the aid of such presences, and the prayers have been answered. It is also possible that an entity might before the incarnation, due to previous incarnational experiences, surround the self with a certain degree of this love/light that a certain degree of protection might be afforded the entity so that other lessons may be learned, previous lessons having been learned without protection. There are other possible causes of such surrounding of light for an entity, but we hope that these few will give you an idea of the variety of causes which may be responsible for an entity being surrounded for a portion of what you call time by love/light.

May we answer you further, my sister?

K: So this light really can serve as a protective barrier against harm of any kind. Is that right?

I am Latwii, and am aware of your query, my sister. This is basically correct, though the concept would be more precisely stated if it were named in the positive sense. For example, the white light allows the presence of the positive or service-to-others nature of beings and experiences to coexist with it. The harmful or negative are not precisely shunned or shielded, for they do not seek coexistence in such a situation.

May we answer you, my sister?

K: No, that's very good. Now, she also said one other thing. She said because of the very rapid pace at which we are moving into the Age of Aquarius that mental telepathy is increasing rapidly. For instance, she said if we pick up thoughts at the rate of, say, three at this point in time, perhaps in a year it would be increased to eight or ten, just by comparison, and she gave examples of having picked up other's thoughts, and analyzed it, and found out they were not hers. She had picked them up. Would you comment on that?

I am Latwii, and am aware of your query, my sister. It is our perception that the vibration of change of the atomic structure of your illusion has indeed made the transition to what is called variously the New Age, the Age of Aquarius, or the density of love. Due to this transfiguration of the nature of your illusion, the what are normally called paranormal experiences are much more common upon your planet at this time, for it is the density of love and understanding in which you now reside, and it is the nature of this density to express itself through entities such as those upon your planet in a manner which utilizes the power of the mind to create, to communicate, and to become one with its environment.

May we answer you further, my sister?

K: No, that's fine, thank you.

I am Latwii, and we thank you, my sister. Is there another [query] at this time?

S: Yes, Latwii. Along these same lines of protection. I was sitting on the couch a couple of weeks back, and C came in to me and said, "The fire scared me," and she seemed like she was a little bit frightened, but she has a real vivid imagination and I didn't pay that much attention to her. She wasn't crying or anything. And I was walking through the dining room and I looked down and saw that she had taken a pair of tweezers and plugged them into the light socket, one half of each tweezer in the two light sockets so that there was a full connection. The light socket was black and there evidently had been a fire there. And when I saw it, it horrified me, you know, I couldn't imagine her not being dead, or at least, you know, burnt or very stunned. And I said, "C, is this what you were talking about?" And she said, "Yeah." She said, "The fire came right out of there." And I said, "Well, did you put that in there?" And she said, "Yes," and I said, "Well, didn't you even get a shock or didn't you get burnt?" and she said, "No," that she hadn't felt anything, but she had left it alone because the fire came out, and the fire had frightened her. And I was wondering if maybe she had some sort of protection at that particular moment?

I am Latwii, and am aware of your query, my sister. This entity of which you speak, as well as many upon your planet, has the access to those guides and guardians which ceaselessly watch the entity entrusted to their care that they might be of service

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where possible, might guide where appropriate, and might speak in various ways in those instances in which the ear of the entity has opened. The child of which you speak at the moment in which the, as you call them, tweezers were placed in the electrical outlet was protected by its own desire to be of service, calling to its guides, as you call it, and there was the minute yet effective barrier placed between the implements called the tweezers and the entity's fingers that the circuit was not able to be completed.

Many upon your planet and, indeed, most within this dwelling at this time can remember instances in which the experience was most frightening, and, as you would call it, dangerous and life threatening, yet the entity somehow survived. The miss by the inch, the moment's delay, the unexplainable incident—there are many ways that the guides and guardians may choose to implement the protection when the entity in their care has foolishly strayed for the moment and has asked in the subconscious mind that aid be given. In this way each of you may recall such protection.

May we answer you further, my sister?

S: No, thank you, Latwii.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: I've always wondered whether the protection which I think of in terms of scripture a lot, "For He shall give His angel's charge over thee to keep thee in all thy ways," might apply especially to children. And I wonder why that is if that is so. Is there some special quality about children that invites angelic protection or is it simply the innocence and helplessness of the young soul that seems to protect the child? Or is it an illusion?

I am Latwii, and am aware of your query, my sister. The passage to which you refer is indeed true for all those children upon your planet. The children, though, may be seen in a wider perspective as any entity which lacks the conscious sophistication necessary to provide its own protection. Thus, many, many are the children upon your planet under this protective shield. There are many ways in which an entity may pass from your illusion, and the premature passing is an event which reduces the ability of the entity to learn those lessons necessary for the graduation, shall we say. Therefore, those entities who are at the heart pure in desire to learn and to serve are those which constantly call for the protection of those in whose care they have been given that they might learn those lessons which they have agreed to undertake before this incarnation. That the lessons shall proceed is the point of importance. That such entities are protected as they travel this journey is, shall we say, an aside and may be noted for its function.

May we answer further, my sister?

Carla: Noted, but not striven for? In other words, not a part of. I have heard people say, "Every morning when I get up I surround myself with white light so that I will be protected during the day." That isn't nearly so desirable, you're saying, as the attempt to seek purely because that attempt carries with it its own protection, is that what you're saying?

I am Latwii, and am aware of your query, my sister. You are quite correct in your analysis of our statement. To consciously attempt to protect the self in a daily ritual which focuses only upon that protection without knowing what precisely the events shall be is to focus on an aspect of the creation which is that of assuming separation and seeming difficulties instead of focusing upon the unity of all and seeking purely to know that unity as the experiences are gathered and the entity finds itself learning more and more of that unity through these experiences. The protection which is with those who seek in the positive sense is there and in special, shall we say, instances may be called upon that it might be more apparent. To call upon such protection constantly without the specific intent is, shall we say, to turn the focus slightly from the pure desire to seek the truth.

May we answer you further, my sister?

Carla: I hope we're not wearing you out. That intrigues [me] by the thought that when we say the Lord's prayer, we say, "Lead us not into temptation, but deliver us from evil," which does seem to be focusing upon a protection without regard to precisely what it is we're expecting. Of course, at that point we are petitioning Christ consciousness or our higher self or whatever we perceive as the Creator to aid us. Comments?

(Pause)

I am Latwii, and am aware of your query, my sister. Please forgive our pause. We were unsure whether your query was complete. We can comment by

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noting that the intent as this group begins its meditation for the using of the Lord's prayer is the tuning which we have strongly suggested. Therefore, we see the appropriate use in this instance.

May we answer you further, my sister?

Carla: I'll leave it for now. Thank you.

I am Latwii, and we thank you, my sister, though we feel you have further queries residing within your mind.

Carla: You're right, but I'm concerned about the weariness of the instrument, who I know has had a long day.

I am Latwii, and we thank you, my sister, for your concern. We find the energy available for another query or perhaps two.

May we then ask at this time if there would be another query?

K: Yes. Right along the same line, I read someplace in the last year or so that we should in our meditation or our prayer, because of the perilous times through which we will be going, and are going in lots of places, that we should surround our loved ones in our meditations when we do our meditating or when we're doing our praying, we should surround our loved ones with love and light for protection, and even the automobiles they drive and everything they own, that we could protect our loved ones and their possession by surrounding them with love and light. Now I have to confess that sounds a little far-fetched to me, but I thought if it had validity I might try it. Would you comment on that?

I am Latwii, and am aware of your query, my sister. To surround those near and dear with the protective love/light of the one Creator is indeed a means of providing protection and healing energies to such entities. We have attempted this evening to make a slight distinction in the use of this protective energy, that is, that it be used with a specific intent in mind, that some service might be rendered because of its use. We have attempted to discern a slight difference in attitude that accompanies the, shall we say, overuse of this protective process from the specific use which attempts to verify and reaffirm the unity of all creation. To use such a protective device, shall we say, without regard to any specific purpose is to make a slight distinction in the attitude or in the configuration of mind which then perceives danger and division within the one creation. That there are difficulties for each entity cannot be doubted. Yet are these difficulties [not] also a portion of the one Creator and of the self, and are they not experienced so that lessons might be learned from their experience having to do with love, light and unity, the acceptance of all, the forgiveness of all, and the understanding of all as love, as the one Creator?

Therefore, all protection is within the realm of unity. To use it in a specific situation in order that the learning or the experience or the service of the one Creator might be accelerated because of that specific experience is less a distortion of that unity than is the constant and unspecific use of protection which begins to see the universe as a dangerous and divided place in some respects.

May we answer you further, my sister?

K: No, I think I understand that. Thank you very much.

I am Latwii, and we thank you, my sister. Is there a final query for the evening?

S: Well, Latwii, just briefly. I have a lot of people that I'm concerned about so I send a lot of love and light out to these people, some of which I don't even know, but I just send it because I know there are people that are hungry or are in pain or are unhappy. I don't necessarily send it as a protective device, but just so they'll have some love and light there. In this instance would the same thing be accomplished if I were just to send the planet in general this love and light or would that be too general? Do I need to be more specific?

I am Latwii, and am aware of your query, my sister. Now we move into yet another area in which service may be rendered from what you may call the distance. In this respect, the sending of love and light to be used by the entity in need is an action which is most helpful to the entity which faces the difficulty. In this regard the distortion from unity is much, much less than the previous cases which we have attempted to clarify, for as you send the love and light to another, it is the recipient's decision, shall we say, as to how this love and light shall be used. The deeper portions of the mind are those portions most closely aligned with all that you know as the creation, and these portions of the mind may call upon any portion of the one creation for assistance.

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When the recipient of your love and light decides deep within its being to call for some type of assistance, then there is that which you have sent that is most easily called upon, for it is sent within the recipient's apparent illusion, and those deeper resources and portions of the deep mind then can use your gift as well as other gifts, shall we say, of the one Creator that await the calling and await the desire for unity to be expressed within the recipient's being in a more refined manner which may be seen as the healing.

May we answer you further, my sister?

S: No, thank you, Latwii.

I am Latwii, and we are most grateful to you, my sister. We find at this time, as you would call it, that we have used this instrument up to the point which we feel is appropriate. The weariness begins to overtake this instrument, and the focus is not quite precise with the attention. Therefore, we would thank this group for allowing us to speak our humble words and for allowing us to attempt to answer those queries which have meaning to each. We remind each that we are but your humble brothers and sisters, quite fallible, and most hopeful of serving even in our fallibility. We remind each also that a simple request for our presence in your meditations is all that is necessary for us to join you there. We are always with you. We would leave this group at this time, rejoicing with each in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
June 5, 1983

(S channeling)

[I am Hatonn,] and I greet you, my brothers and sisters, in the love and the light of our one infinite Creator. How joyfully we join you this evening, my friends. We have experienced also the joy of your coming together in your time in this place to perhaps find comfort, joy in the being one with other selves who are also aware of the struggles along the path of love and light. We thank you, my friends, for allowing us this opportunity to be with you. We of the Confederation of Planets in Service to the One Infinite Creator have always enjoyed the opportunity of serving, and in this manner of telepathic communication through the free will use of an instrument would like to think that our small messages may indeed be of some service.

My friends, have you looked about you today? Have you reveled in the beauty of your planet, in the voices of the birds, the greenness of the trees and the grasses, in the beauty of the sky, the dark rich soil which allows the second-density entities to prosper? My friends, it is indeed easy to get caught up in the trappings of your illusion, to overlook the small wondrous ways of the creation, to look about and see the abounding love that is so apparent from the Creator. My friends, take a moment. Enjoy the love, the oneness, the beauty of the creation. Indeed, all is one. And, my friends, even though it may be difficult to realize, you also can be no other than beautiful because you too are a portion of that creation. You too are one with your other selves. Do you see beauty in another self? How can you deny that beauty in yourselves, my friends, for you and he are one. Do not be so harsh upon yourselves, my friends. If you but take a moment to see the love in another and the beauty of another, take also that moment, my friends, to see the beauty of the Creator within.

I am Hatonn. At this time we would transfer this contact.

(Carla channeling)

I am Hatonn, and I greet you once again through this instrument in the love and the light of the infinite Creator. We shall continue through this instrument but thank you once again for the ineffable pleasure that your request for this rambling of ours gives to us as we attempt to serve you, the thoughts which you may hold or toss away as you find value in them.

You are aware, my friends, that you live in an illusion. You see the illusion made foolish and blurred many times in an incarnation. You see the string that holds up the conjurer's hat. You see the hidden dove in the pocket. From time to time you are given glimpses of a finer and more carefully tuned reality, or as we prefer to call it, illusion, for there is nothing but illusion out of which to make

your consciousness that of the Creator. It is simply a choice of which illusion you wish to choose.

One choice which affects subsequent choices quite centrally is the choice of what to desire. When people become aware that they live in an illusion it is often a logical response to desire to experience that which is not illusion. It is an illogical response, and one which you will not learn listening to our words, to assume that in the receiving of this desire you will find a constant and unremitting happiness, peace of mind, or tranquility. We promise you no such foolishness. If you wish peace of mind, we urge you to go back to sleep. However, we are aware that each of you has already irrevocably chosen to wake up, to know the illusion for what it is, and to choose the experiences that you will have. Of course you wish to experience tranquility, peace of mind, and happiness. And so you shall. But when these things are goals in themselves, you reduce the speed with which you will be able to further untangle your illusion to a near standstill.

The one who is on the way will experience some discomfort, for there is always the discomfort of travel. You do not have everything that you had in your domicile. You have not packed for every possibility. You are caught short and stranded and made uncomfortable because you put yourself at risk against the unknown. In seeking the truth, the truth is always beyond the next bend. The truth escapes at precisely the speed you travel so that it is always in front, and you have always learned more than you knew before if you take responsibility for what you have already learned.

Now let us return to our comments about the moment. The decision that you may make which will profoundly affect the many choices that you make is the decision to seek love—not any kind of love, not any description of love—to seek love. To seek love is to seek one of the primal distortions from the infinite Creator. To seek love is to seek the great intelligence that fills the energetic consciousness of the universe with purpose. To seek love is to seek that which is omnipotent, omnipresent and closer to you than anything that you will ever experience or seek to experience. The experience of finding that love is rare. Even so, that love is so close and so near and so transparent and so powerful that it will pick up your life and move it at an ever-increasing acceleration towards truth. The reason for this is that people expect love to mean something, a physical thing, a mental experience, an emotional onslaught, a sweet peace, the great "Aha!" of philosophy. Whatever people expect, it is not what love is, because love is in this moment, and has been in every moment that you have experienced this day.

As we speak to you, the moments tumble by, numberless, limitless, thousands and thousands of moments. Can you reach out and grasp even the tiniest moment filled with love? Ah, you can feel that about which we speak because you are becoming tuned to love, you are resonating with love, you are being filled with love at this moment, and you become thereby a powerful person. But it is now another moment. And when you are not sitting in meditation, you are often in the situation of manifesting the love that is in the moment. Now you know why we urge meditation. Now you can feel the love of the moment, be taken by the rush of the wind of love, be stormed and overcome and be in the moment. And there are those who are in that moment for a short period of your time, and there are those who find that moment and do not leave it for hours or weeks or years as you measure time. But you choose to come out of meditation and go about your daily life. Now you see how the choice of what you decide affects so many other choices in your life's experience.

If you desire happiness or peace or tranquility there are many moments that must be discarded. If you desire to know love which is the Thought, the one Word or first Thought, the Logos of the infinite Creator, then you will be uncomfortable and accountable at the same time. You will be attempting to find the love in a moment that does not intrinsically appeal to you. And this will occur time and again because you will be learning. We do not say to you that it gets easier; we say to you that it becomes more exciting, that the possibilities for service to others grow greater, that there are certain advantages to declaring yourself clearly in a universe which is crowded with intelligence, for there are many kindly and loving intelligences which will tabernacle with you as you glory in the unity of the love of the one Creation in its infinity.

We would close through the one known as K. I am Hatonn.

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(K channeling)

I am Hatonn. We would close this evening by saying that the joy we feel and the joy you feel by coming together in meditation is in itself enough. The peace that all of us experience together, we as well as you, is healing, and we are all uplifted through the experience. As each of us go our separate ways you may feel separate, and yet we are not separate. We are always with you. We leave you now in the light and the love of the infinite Creator and give thanks again for having had the opportunity to be with you. I am Hatonn.

(Jim channeling)

I am Latwii, and am with this instrument, and we greet you, my friends, in the love and in the light of the one infinite Creator. We are most privileged to be with this group once again, and we rejoice in the opportunity to serve in our humble way those present this evening. May we begin our service then by asking for the first query?

K: Yes, Latwii, I seem always to be the first one to start, but if that's the way it is, then here goes. I have a friend who—we've been talking about dreams today, and she says that she has a recurring dream. And she's had it for years. And she's always lost in this dream. Sometimes she can't find her way home, she doesn't know what street her home's on, in fact, she's just lost. And could you make any comment on a recurring dream like that?

I am Latwii, and am aware of your query, my sister. The recurring type dream is most usually that message from the unconscious portion of the mind or deeper self which attempts to give to the conscious mind a basic message or theme for the incarnation. This is a recurring phenomena for it is a foundation stone of the seeking process for the entity experiencing the recurring dream. It is similar to the child which has attempted to learn a simple childhood game, shall we say, and finds some portion of the game beyond its ability to master, and therefore in later experiences, as the years pass, discovers that this portion reappears, and again provides the opportunity for the mastering. The entity continues the experiences and finds that until there is the mastery of the lesson, the lesson continues to appear.

May we answer you further, my sister?

K: No, I thought that was probably about what the dream meant. Now then, would you comment on the dream I had last which was very much like a vision within a dream concerning my mother-in-law?

I am Latwii, and am aware of your query, my sister. We find in this instance that the experience of which you speak has indeed a most profound and vivid nature when seen in harmony with your own learning. We cannot, as you are aware, make the mystery plain, for to do so would be to take from you that opportunity which strengthens your own being as you participate in the untangling of the symbols. We can suggest the viewing of each portion of the dream as being found upon a scale, with one end being symbolic and the other being what you might call actual or real, though these terms are not satisfactory. As you look at a dream and its contents, ask what each portion stands for within your own being and experience. That you have lost something in the dream and it later appears in the possession of another who offers it to you is most important. What is it that has been lost? Why does it appear in another's possession and why that other? And why would that other offer it to you? Questions such as these are helpful in untangling the meaning behind any dream, and even may be extended to the awake state, as you would call it, and the experiences which this state of consciousness contains. For each experience in your life stands not only upon its own but has ties or offers pathways to deeper understandings for the seeker of truth.

May we answer you further, my sister?

K: No, that's fine, thank you. One other question. What was the meaning of the golden light that surrounded us?

I am Latwii, and am aware of your query, my sister. The light which you have perceived within this dreaming experience is a light which you view as the all-sustaining beingness of the one Creator which surrounds, informs and enables, and, indeed, ennobles each entity and experience.

May we answer you further, my sister?

K: No, that's fine, thank you.

I am Latwii, and we thank you, my sister. Is there another question at this time?

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M: Well, this is a little bit personal, but do you have—have you ever had a reincarnation on Earth, or have you ever been acquainted with any people in our Earth history, either the Bible or our own history?

I am Latwii, and am aware of your question, my sister. We of Latwii, as is the case with each Confederation member, have had those among our, what you have learned to call, social memory complex, who have offered themselves and their services in the capacity of what you have come to call the wanderer. That such entities have gone from our beingness to your beingness from times of old is a truth which we rejoice in the experience of, for by the offering of such service, thus do we glorify and praise the one Creator. Thus also do we grow in understanding of our own beingness and the beingness of your peoples which when we are able to fully comprehend these natures we shall find that they are indeed one. We have not experienced incarnations in what you would call the third density in any other fashion, for our own third-density planet of origin lies in another, what you would call, solar system.

May we answer you further, my sister?

M: That was very helpful, but do you have any—even though you may not have had a third density experience here, do you know anything more about the people in our history—the knowledge we have on them is so limited—Ghandi or Jesus, any of the people? Would you have an expanded knowledge that would be helpful to us about them?

I am Latwii, and am aware of your query, my sister. Though such knowledge is accessible to our seeking, and is available because of certain experiences that we have shared with the peoples of your planet in the capacities of which we have just spoken, we find that such information lies outside of our chosen field of service, that is, we are more of the philosopher's bent than the historian's recordings of the peoples and places of the drama which your planet now completes. That we wish to offer information which is helpful to those who seek the truth is a fact which also mitigates against the over-concentration upon information of an historical nature, for it is not usually helpful in the evolution in the mind/body/spirit complex for that entity to devote attention in great degree to the lives of others when the life of the entity itself begs for close examination.

May we answer you further, my sister?

M: No, thank you, that was very helpful.

I am Latwii, and we are most grateful to you, my sister. May we ask if there is another query at this time?

Carla: As long as we're on dreams, I would like to ask about a couple. Firstly, I dreamt that Jim's parents were looking back over a life in which they had won a house in a raffle when they were in high school. And they used to go over and sit in the empty rooms when they fifteen and sixteen and gaze at them while finding a toy in their crackerjack box. They were explaining to me at the age which they are in this lifetime, which is about sixty, that they had in fact fulfilled all the dreams they had had as children for this house that they had won. They had finished the garage, and they had finished the family room, and so forth. I'm wondering if you could confirm that I was attempting to tell myself something about the relative value of the prize in the crackerjack box and this particular dwelling in which this meeting is taking place and its possible purchase, to me?

I am Latwii, and am aware of your query, my sister. Again we find that the general comment is the extent of our ability to serve in this instance, for as you have surmised there is the connection between the symbol of the crackerjack prize and the dwellings which have become important, shall we say, to those entities …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am with this instrument once again. We shall continue. The entities which joined you in this dreaming experience, as you are aware, have placed great value in that dwelling which they, indeed, had long sought and finally found. There is the symbolic relationship which needs the examination from your own perspective between the dwelling which was found by these entities, the dwelling which you now attempt to purchase, and the relationship to the prize, shall we say.

This is not an unusual situation, for each entity as it seeks in whatever way it seeks will find that there are various goals set before it. Each goal exists not only for itself, as we have mentioned, but stands as a symbol for yet a deeper seeking. The attitude of the

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seeker in the attempt to attain the goal is most important. The entities within this dreaming experience were portrayed as the high school aged lovers who long sought the house. The trinket within the box of candied corns was the corresponding symbol for this particular seeking. Yet there lie beyond the symbol deeper meanings, as we have mentioned, for each goal which is sought. The attitude of the seeker determines the depth of the penetration and the access to these deeper meanings, for the one who seeks more and more purely to be of service to others, to find the love and joy in each moment, and who sees the unity of all creation sees a different world, a different goal, and a different message from those entities who are not as aware of the nature, shall we say, of the reality which they inhabit.

May we answer you further, my sister?

Carla: Not on that particular subject, no. That was great. Thank you. I have another question just out of curiosity. I hope I'm not wasting your time. Also last night I dreamed something interesting to me, and that was it was like a history novel—I dream a lot of adventures that I'm always protagonist in—and in this particular adventure, I had a farm in space/time and periodically I had to scan it in time/space because there was such a thing as—in the dream it was called "time squatters." And what these were were outlaws of one kind or another who were able in this particular universe to pay for the technology to be moved to that same piece of land but at a time at which it was not inhabited, back in the past or in the future, and there were some dangers because these outlaws did dangerous things to the land, and anything that was past could affect the future, so the time squatters were a danger. Is there a universe in which there are time squatters?

I am Latwii, and am aware of your query, my sister. We do not mean to be facetious, but shall state that each in this dwelling is such an entity, for if you will look at the continuum which you call time, you will note in the overview which may be gained from moving the attention to time/space that, indeed, times past, present, and what you call future are one time, as you call it. You perceive this one time as a linear type of experience in which there is a time which has been completed, a time which is occurring and a time which shall occur at a later, as you call it, time. Yet the river of time is one river. The space which you now occupy has itself been occupied by others at other times, shall be occupied by yet others at future, as you call them, times, and yet all these times are one, and in the great scheme of things, as you call it, all the entities and all the times, and all the places are one thing, one process, one experience, one evolution.

Yes, my sister, you have in your dreaming experience individualized and made more real, in a specific experience of your own, this simple fact of all existence. That it might be used in such a specific fashion as was the case in your dream is also a possibility within certain realms of being.

May we answer you further, my sister?

Carla: No, thank you.

We thank you, my sister. Is there another question at this time?

Questioner: I have a question, Latwii. You are of a philosophical bent, and you have a sense of humor, and you experience joy, and our calling. Do you experience sorrow, and if so, about what kinds of things?

I am Latwii, and am aware of your query, my sister. We of Latwii experience sorrow as an experience of other selves which do not yet know the nature of their own being, and experience that which they experience much as the entity who has the blindfold upon the eyes and wanders in the seemingly dark and dangerous jungle, and finds that there are areas of difficult passage. We of Latwii attempt to be service to such entities first by hearing the call, then by blending our being in time/space with the entities who call that we might become one with such entities and feel that which they feel in order that our service might be, shall we say, tailor-made to be of the most aid without infringement upon the free will of such entities. We of Latwii, therefore, do not feel that which you call the sorrowful feeling as a portion of our own being or experience, for we have moved from the blindfold stage, shall we say, and have removed that obstacle to sight and have been blessed with the sight of the one infinite Creator and the one infinite Creation which is our own being, and is our experience on what you might call a perpetual basis. We, however, do feel a type of yearning for further completion of our evolution, and this yearning or feeling of incompletion then urges our progress or evolution.

May we answer you further, my sister?

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Questioner: No, thank you.

I am Latwii, and we are grateful to you, my sister, for this service. Is there another query at this time?

K: Yes, just one more question, Latwii, from me. My daughter has had a superior class this year and she had a great deal of apprehension about it. She thought the parents of these superior children would give her a hard time, and, the typical mother that I am, I began to visualize light around P and each of the children. I would visualize the classroom filled with light and these smaller lights moving around in the classroom. And then I would visualize these smaller lights, which were the children, going home and being a blessing to their families. Now I did that in my meditations much of the year, and P has gotten along just great this year, and so have the children. But this is why I'm asking the question. Friday was the last day for the children, and several of the parents came to school and brought gifts, and P came home from school and said, "Mother, we had a hug fest today," she said, "you never saw so much hugging in all your life." She said, "Parents hugged me, and I hugged them, and the children hugged me, and I hugged them, and we spent a whole lot of the day hugging." And, you know, it was such a good feeling after she had started off with so much apprehension. And my question is this after that long explanation, did my visualization have anything to do with what happened?

I am Latwii, and am aware of your query, my sister. We find in this instance that it is quite evident that your efforts were partially responsible for the fruits of your daughter's efforts. There is the relationship which is the parental relationship shared in this instance that enables the sending of light to be more efficient than were the sending completed by another outside of this particular relationship, for the situation of the teacher and students and parents is, shall we say, one of an harmonic resonance with that which you share with your daughter. Therefore, your abilities were enhanced, shall we say, and the sendings of light were therefore configured in such a specific manner as to be more useful.

We are pleased to say that any entity which is in a relationship of a close nature with another is therefore able to be of a more specific aid to that entity. We say that we are pleased to make that observation for we know that each in this circle this evening stands in relationship to another entity that is in need of such aid, and we are aware that those present wish to be of service in this manner, and might take some solace or comfort in knowing that the service which is intended shall be enabled by the ties which already exist, for knowledge aids the service as the light is configured in such and such a fashion.

May we answer you further, my sister?

K: No, that's very good, Latwii. Thank you very much.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we find that we have exhausted the queries once again. We are pleased that we have been able to utilize this instrument this evening for the performance of this humble service. The feeling of the group in the conservation of this instrument's energies has been helpful in making those responses which we have made of the, shall we say, highest quality. We thank each entity present for seeking our service, and for allowing our service. We shall be with each whenever requested, and rejoice at the blending of our vibrations with yours. We shall now leave this group, rejoicing with each in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. We leave you now, my friends, in joy and in peace. Adonai vasu borragus. ♣

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The Law of One, Book IV, Session 103

June 10, 1983

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The physical distortions of the instrument remain serious. Further, the vital energies of this mind/body/spirit complex are much diminished, although acceptable for the needs of this working. This is to be noted as the lowest or most distorted vital reading of this all-important energy. The mental and mental/emotional distortions are as last seen.

We find the will of the instrument, having been unwisely used, to have encouraged the distortions of vital energy. It is well that the instrument ponder this.

Questioner: What is the situation with respect to the physical problems with the digestive portions of the body that the instrument had previously?

Ra: The yellow-ray—We must correct ourselves. I am Ra. Please expel breath across this instrument's chest area.

(This was done as directed.)

Ra: I am Ra. The channel is now satisfactory. We find the yellow-ray, chemical body of the instrument to be exhausted, but to be attempting the improvement by action such as exercise and diet. We may state that the infection has not completely left the body complex, although it is far less virulent.

Questioner: What is the present situation with respect to our fifth-density, service-to-self oriented companion?

Ra: I am Ra. This entity has, for some period of your space/time, been at rest. However, it has been alerted to the workings taking place and is soon to be your companion once again.

Questioner: Can Ra recommend anything that the instrument can do, or that we can do, to improve any of the energies of the instrument?

Ra: I am Ra. This is previously covered material. We have outlined the path the instrument may take in thought.

Questioner: I didn't mean to cover previously covered material. I was hoping-to add to this anything that we could do to specifically focus on at this time, the best possible thing that we or the instrument could do to improve these energies, the salient activity.

Ra: I am Ra. Before responding we ask your vigilance during pain flares as the channel is acceptable but is being distorted periodically by the severe physical distortions of the yellow-ray, chemical body of the instrument.

Those salient items for the support group are praise and thanksgiving in harmony. These the group has

accomplished with such a degree of acceptability that we cavil not at the harmony of the group.

As to the instrument, the journey from worth in action to worth in *esse* is arduous. The entity has denied itself in order to be free of that which it calls addiction[5]. This sort of martyrdom, and here we speak of the small but symbolically great sacrifice of the clothing, causes the entity to frame a selfhood in poorness which feeds unworthiness unless the poverty is seen to be true richness. In other words, good works for the wrong reasons cause confusion and distortion. We encourage the instrument to value itself and to see that its true requirements are valued by the self. We suggest contemplation of true richness of being.

Questioner: Is there anything else that either we or the instrument could do that would specifically work on the vital energy of the instrument to increase it?

Ra: I am Ra. We have come up against the full stop of free will.

Questioner: In that case I have a few questions on Card Number Seven in order to finish off our first run-through of the archetypes of the mind. There is a T with two right angles above it on the chest of the entity on Card Seven. We have guessed that the lower T has to do with the possibility of choosing either path in the transformation and the upper two angles represent the great way of the left and the right-hand paths in the mental transformation that makes the change from space/time into time/space, you might say. This is difficult to express. Is anything correct in this?

Ra: I am Ra. Yes.

Questioner: Would Ra comment on that?

Ra: I am Ra. The use of the tau[6] and the architect's square is indeed intended to suggest the proximity of the space/time of the Great Way's environment to time/space. We find this observation most perceptive.

The entire mood, shall we say, of the Great Way is indeed dependent upon its notable difference from the Significator. The Significator is the significant self, to a great extent but not entirely influenced by the lowering of the veil.

The Great Way of the Mind, the Body, or the Spirit draws the environment which has been the new architecture caused by the veiling process and, thusly, dipped in the great, limitless current of time/space.

Questioner: I am guessing that the wheels of this chariot indicate the ability of the mind to be able to move in time/space. Is this correct?

Ra: I am Ra. We cannot say that the observation is totally incorrect, for there is as much work in time/space as the individual who evokes this complex of concepts has assimilated.

However, it would be more appropriate to draw the attention to the fact that although the chariot is wheeled, it is not harnessed to that which draws it by a physical or visible harness. What then, O Student, links and harnesses the chariot's power of movement to the chariot?

Questioner: I'll have to think about that. I'll come back to that.

We were thinking of replacing the sword in the right hand with the magical sphere and putting a downward-pointing scepter in the left hand, similar to Card Five, the Significator, as symbols more appropriate for this card. Would Ra comment on that, please?

Ra: I am Ra. This is quite acceptable, especially if the sphere may be imaged as spherical and effulgent.

Questioner: The bent left leg of the sphinxes indicates a transformation that occurs on the left that doesn't occur on the right, possibly an inability in that position to move. Does this have any merit?

Ra: I am Ra. The observation has merit in that it may serve as the obverse of the connotation intended. The position is intended to show two items, one of which is the dual possibilities of the time-full characters there drawn.

The resting is possible in time, as is the progress. If a mixture is attempted, the upright, moving leg will be greatly hampered by the leg that is bent. The other meaning has to do with the same right angle, with its architectural squareness, as the device upon the breast of the actor.

Time/space is close in this concept complex, brought close due to the veiling process and its

[5] Carla made a New Year's resolution to give up buying clothes for herself for one year.

[6] tau: in heraldry, a type of cross called a "tau cross."

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efficaciousness in producing actors who wish to use the resources of the mind in order to evolve.

Questioner: I am assuming that the skirt is skewed to the left for the same reason that it is in Card Number Four, indicating the distance service-to-self polarized entities keep from others, and I am also assuming that the face is turned to the left for the same reason that it is in Card Number Five, because of the nature of catalyst. Is this roughly correct?

Ra: I am Ra. Please expel breath over the breast of the instrument from right to left.

(This was done as directed.)

I am Ra. That is well.

Your previous supposition is indeed roughly correct. We might also note that we, in forming the original images for your peoples, were using the cultural commonplaces of artistic expression of those in Egypt. The face is drawn to the side most often, as are the feet turned. We made use of this and, thus, wish to soften the significance of the side-long look. In no case thus far in these deliberations, however, has any misinterpretation or unsuitable interpretation been drawn.

Questioner: Our appropriate time limit for this working, I believe, is rapidly approaching, so I would like to ask what was the problem in this session when twice in this session we had to expel breath over the instrument's chest?

Ra: I am Ra. This instrument is unaware of the method used to contact Ra. However, its desire was particularly strong, at the outset of this working, for this working to transpire. Thus it inadvertently was somewhat premature in its leaving of the yellow-ray, physical body.

In this state the object was dropped upon the instrument which you call the tie-pin microphone. The unexpected contact caused injury of the chest muscles and we would advise some care depending from this working to avoid stress so that this injury may heal. There is a metaphysical component to this injury and, therefore, we wished to be quite sure that all portions of the environment were cleansed. Since this place of working has not its usual level of protection we used your breath to so cleanse the environment, which was at risk.

Questioner: Is the reason for this lack of protection the fact that it has been a considerable time since we have worked in here?

Ra: I am Ra. No.

Questioner: What is the reason?

Ra: I am Ra. The lack of regular repetition of the so-called Banishing Ritual is the lack of which we spoke.

Questioner: From this I assume that it would be most appropriate to perform the Banishing Ritual daily in this room. Is this correct?

Ra: I am Ra. That is acceptable.

Questioner: I don't want to overtire the instrument. We're running close to time here. I will just ask if there is anything that we can do to improve the contact or to make the instrument more comfortable, and anything else that Ra could state at this time that would aid us?

Ra: I am Ra. We find the alignments quite fastidiously observed. You are conscientious. Continue in support, one for the other, and find the praise and thanksgiving that harmony produces. Rest your cares and be merry.

I am Ra. I leave you, glorying in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. Adonai. ♣

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The Law of One, Book V, Session 103, Fragment 53
June 10, 1983

Jim: The information in Session 103 concerns the continued spasming condition of Carla's abdominal region. Large amounts of pain accompanied the spasming and caused her to be less and less able to function in any manner of service at all. Thus she felt useless, and her natural joy became reduced and was the focus for this series of questions. Further, Carla had decided to stop buying clothes for a year because she felt that she had devoted too much time and attention to a transient part of her life, and wished to break that habit, and this decision added to her loss of joy.

Carla: *By June of 1983, Don and Luther, our lessor and the owner of the house in which we had lived for all of the Ra sessions, were locked in a Mexican stand-off. Because Luther raised the asking price an arbitrary $5,000.00 in the middle of negotiations, and because Don was absolute in his refusal to buy the house without Luther's adhering to his original price, all bets were off. At this point, I was just trying to get Don's deposit out of escrow. Luther would not release it after we agreed not to buy the house. He felt it should be his, regardless. Luther was not a great help. Eventually, I was to agree, long after Don's death, to give him over half the escrow amount. It really didn't seem to matter what was fair. There was more confusion because our lawyer for the purchase of the house did not do his paperwork. I did not want to go to court, feeling that Don would not have done so. Nothing would resolve; everything felt like we were moving in molasses. This was the sort of baffling energy that seemed to have overtaken us. Nothing seemed to work well, me included. Don was feeling poorly, too, though in a vague and generalized way rather than anything acute. Jim alone was regaining health every day.*

I was concerned about Don without knowing why, really. At this stage of his mental illness, it was very subtle. He simply felt very low, and was very prone to think and plan for the worst case scenario. While he, all his life, was always rigorously careful and cautious in his dealings, a change of address was in order, and his normal response was not this slow. We had to move. But month by month, looking constantly both here and in Atlanta, we could find nothing that Don was pleased with. I would target this point as the time period within which I was becoming aware that something was really wrong. As was always our pattern, I responded to the feelings of concern by asking for help and communicating. Don responded to the same with an increase of reserve. He could be firm about only one thing: that nothing we were looking at was the right place.

In this atmosphere, we were all uneasy, unsettled. I tend to get busy when I get worried. I was busy. All the records were in order. I went on my walks and did my time in the whirlpool and tried to remain hopeful. I felt constantly a bit irritated with Don, because I could never figure out why he rejected every single house we found in the listings or saw from the street. He seemed to be dragging his feet for no reason. Don was never one to share in his motives for doing things. He just said no,

much as Nancy Reagan suggested later. It wasn't a solution for either environment. This is the first place I can think back and say, HERE I was feeling both of us losing ground, Don and myself.

I was heavily dependent upon him. I had been raised a most independent person, and I had to learn to let go of everything except what Don needed from me. And Don had needed all my choices to be made around him. He wanted me to be at home and right there, a person he could count on to be loving and willing to do whatever he decided. He never really consulted me, and it sounds very chauvinistic, but he did not mean this personally. He simply consulted no one. He never had. And his view on women was so bad that I could only look better! I quickly formed the opinion that when I stopped getting interference for an idea, that idea was the right one. It took me at least the first six years of our relationship to figure out that no matter what, I should never take a job that took me away from him, even as far as my desk. He even stopped me from working on our projects, many times, when he was at home. "When I am off, you are off," he would say. So I had pretty much given over my decisions to him. It is to be noted that I was aware of the unhealthy tinge of this relationship. However it was and remains my opinion that this was the absolute best Don could do in the way of having a relationship. And that was good enough for me. Where Don was concerned, I was ready to do whatever he needed. Period.

And at this point, with my health compromised and aiming for more sessions, I was not "allowed" to do much except follow my regimen and try to keep my weight above 80. I was whole-heartedly into this model for living, for what mattered most to me from the first was to see Donald really happy, as only the contact with Ra made him. So our every effort was towards that goal: just to have one more session.

However, what had always before gone hand in hand with my dependency was his willingness to steer our course, indeed, his insistence upon that. I was glad to give this leadership over to him, and to do what he said. He was far wiser than I was or ever could be. When he stopped giving orders, and indeed seemed not to know what to do, I was quite lost. My mode was to find out what he wanted and do it. But with the question of moving, we entered an arena where I could not succeed. No house, no apartment, was acceptable. I do not find it at all odd that I had "lost my joy." I was totally bewildered. My sense of reality had been compromised.

The comments about clothing address a facet of my personality of which I am not proud, but do own: I absolutely love to wear a new dress or pair of socks or whatever else might catch my fancy. My childhood had been very low on pretty clothing, as our family finances were tight. My mother and I, when I was grown and her career as a psychologist had begun, had a standing date on Saturday for lunch and shopping which we kept faithfully until her death in 1991. I would find wonderful things with her, as she was a champion shopper, looking through great masses of sales racks with the patience of an archeologist, sifting for good labels and just the right bargain. To this day, when I can, I love to go bargain-hunting, and just thrill to be able to wear something new.

I kept my promise to myself, and did not buy clothes for myself for a whole year. However, I cheated, in that I bought things for Momma, and she bought things for me. I kept the letter of the promise anyway!

Session 103, June 10, 1983

Questioner: The instrument asks the question why she lost her joy in the recent past? Could Ra comment on that ?

Ra: I am Ra. The instrument made a free will decision not to address the physical catalyst causing great pain by means of the allopathically prescribed chemical compound which the instrument was sure would be efficacious due to its reliance upon the suggestions of Ra. Thus the catalyst was given in a more complete form. The outer service to others became nearly impossible, causing the entity to experience once again the choice of the martyr; that is, to put value in a fatal action and die or to put value on consciousness of the creation of the one Creator and, thereby, live. The instrument, through will, chose the latter path. However, the mind and mental/emotional distortions did not give the support to this decision necessary to maintain the state of unity which this entity nominally experiences and has experienced since its incarnation's beginnings.

Since this catalyst has been accepted, the work begun to remove distortions blocking indigo ray might well be continued apace.

Questioner: Could Ra recommend work appropriate for removing indigo-ray blockage?

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Ra: I am Ra. We cannot recommend for the general situation for in each case the distortional vortex is unique. In this particular nexus, the more appropriate working is in the mental and mental/emotional powers of analysis and observation. When the strongest and least distorted complex is set in support, then the less strong portions of the complex shall be strengthened. This entity has long worked with this catalyst. However, this is the first occasion wherein the drugs to dull the pain that sharpens the catalyst have been refused.

Questioner: Can Ra recommend anything that the instrument can do or that we can do to improve any of the energies of the instrument?

Ra: I am Ra. This is previously covered material. We have outlined the path the instrument may take in thought.

Questioner: I didn't mean to cover previously covered material. I was hoping to add to this anything that we could do to specifically focus on at this time, the best possible thing that we or the instrument could do to improve these energies, the salient activity.

Ra: I am Ra. Before responding we ask your vigilance during pain flares as the channel is acceptable but is being distorted periodically by the severe physical distortions of the yellow-ray chemical body of the instrument.

Those salient items for the support group are praise and thanksgiving in harmony. These the group has accomplished with such a degree of acceptability that we cavil not at the harmony of the group. As to the instrument, the journey from worth in action to worth in esse is arduous. The entity has denied itself in order to be free of that which it calls addiction. This sort of martyrdom, and here we speak of the small but symbolically great sacrifice of the clothing, causes the entity to frame a selfhood in poorness which feeds unworthiness unless the poverty is seen to be true richness. In other words, good works for the wrong reasons cause confusion and distortion. We encourage the instrument to value itself and to see that its true requirements are valued by the self. We suggest contemplation of true richness of being. ♣

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Sunday Meditation
June 12, 1983

(K channeling)

[I am Hatonn, and I] greet you, my friends, in the love and light of the infinite Creator. We would like to exercise this instrument briefly by saying that your coming together in meditation serves much the same purpose to each one of you as the fertilizer does for the plants, or in this case, as the one known as M uses fertilizer on her roses. And as you have been discussing and as you already know, they're beautiful, and without the fertilizer and the care they would not have the beauty they do. Sometimes you may feel that your meditations are not so important, and yet I can assure you, my friends, they are. Your week is different when you come together and feel the sense of unity and quietness that goes with meditation. As we have said many times, it is our joy and pleasure to be with you. We are delighted to have friends with us who have not been here before. We greet them in the love and the light of the infinite Creator. We wish to thank this instrument for permitting us to use her, and now we transfer contact. I am Hatonn.

(Carla channeling)

I am Hatonn, and again I greet you in the love and the light of the infinite Creator. We shall continue through this instrument. It is written in one of your holy works that a small amount of leaven leavens the whole, and that without that small amount of leaven, all is without virtue. You may think of your meditation time as yeast time, for without the inspiration which you may garner from silence the activities of the day may seem quite profitless and uninteresting to you. How many times in this past week have you wished only to arrive at the end of your diurnal period and lose yourself in sleep? Each time that you have thought that thought you have indeed lost yourself, for you and all that you are are a creature of this moment. It is meditation that impregnates your life with immediacy. It is contemplation that livens your feelings with joy. If you are lucky enough to have a point of view which includes inspiration and joy, we applaud you and urge you ever onward in your quest to refine those virtues, to become ever more a creature of the moment, a creature who knows that this moment is full of love.

If you are having difficulty experiencing joy and peacefulness, if moments are lost to you, we ask that you try the leaven of meditation. When we ask those among your peoples to meditate, we know that there is a great deal with which each seeker must contend before meditation is even possible. We know of the seeming mountain of chores, of the illusion that you do not have time. However, meditation stretches your time, gives you more than you had, delivers more than it takes. In your terms, it is a cost productive enterprise. It is far better to find yourself

a location and a time for daily meditation and to move to that time and place even if it is only for a few moments each day. However, if this cannot be arranged, any time and any place will do. The primary element of meditation is your desire to seek truth and your decision to seek that truth in silence. Those who seek and do not believe there is an end to the seeking may nevertheless experience those things which meditation will bring about. However, it is admittedly easier if those who seek have some faith in the efficiency of the technique and in the content of silence.

We speak of a Creator, but we do not ask that you believe in a Creator. We ask that you be seeking a Creator because what you shall seek you shall find. We ask that you give as much care to the purity of your seeking as possible because the principle of reflection is ever present in those who seek. If you can consider yourself divesting yourself of your world-stained garments and dressing yourself in metaphysical cleanliness, settling down in a most fragrant and beautiful meadow, and simply listening, you will discover that you have indeed heard the silence. You will discover, perhaps not at once, perhaps cumulatively. But that which you give to this effort you shall reap many times back again.

As you sit in meditation, little by little those things of this world may fall away, all the inharmonious portions of your experience are put aside, and out of the silence comes that portion of yourself which is your greatest self, that portion which is almighty, infinite and everlasting. That portion of yourself is the Creator. Some have called this Creator, and we find this a good name, although among your peoples that word is often misused. Most of all that Creator can pour its infinite supply of strength, love, compassion and patience into those portions of your life which constitute your daily round of activities to the precise extent that you desire and allow this to occur. It is a not a great commitment in time to meditate, but it is a great commitment in a timeless sense, for once you have begun you shall change, and your life will be leavened and become different than you ever expected that it would be.

I am Hatonn, and would now transfer to another instrument.

(M channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. I would like to continue on the subject of meditation. It is a very beautiful and positive thing. Some people have seen waves in motion when they meditate. Some people see floating clouds in the skies. Some people see green trees. It is a positive thing. It is very difficult for trouble to intrude if one is truly meditating. It affects each person differently. To a Christian his soul can soar to the very gates of heaven and all eternity is within its grasp. There is a beautiful quiet silence in meditation. It does not leave the person when you are finished. There is a serenity that you carry through the rest of the day, and people around them can absorb some of this serenity. Another expression in your holy book is, "Be still, and know that I am God." Too many people are so busy and so involved that they find it difficult to quiet down and have a personal contact with the Creator. Meditation is very helpful to give you an understanding of yourself in your infinity.

I am Hatonn. I leave this instrument.

(Carla channeling)

I am Hatonn. We had intended to close through S, and found that this instrument was desirous of listening. We find that the one known as C is also desirous of receiving the meager amounts of poor information that we have to give. We thank both of these instruments for many times of service, and would be most happy to close through this instrument.

We know that it is often said among your peoples, so often that it sounds useless to say, "Who are you?" But this, my friends, is the central question of your incarnation. We are members of the Confederation of Planets in the Service of the Creator. It is our imperfect but considered opinion that you are the Creator. It is our opinion that you are dealing with an illusion which tells you in many, many ways that you are not the Creator, and that those around you are not the Creator, and that if the Creator exists, the Creator must be a fool or a madman. We say to this, "Amen." This is indeed the intention of the illusion. It was not formed carelessly. It was designed to be somewhat discouraging because each discouragement, given reflection, is an enhanced opportunity to learn.

Who are you? How much do you want to know about yourself? What ethic do you wish to carve out of that knowledge as you deal with others? How strong do you wish to become? How powerful, how

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loving? What kind of environment do you wish to feel about you? How would you desire your world to be? We suggest meditation. Contemplate, reflect and then, my friends, listen. For there is within you a voice that is totally silent and that will be the greatest influence your life will ever have if you wish it. You may learn of love very quickly by meditation or you may learn of it very slowly. You cannot help but learn about love, for that is the true nature that lies behind your dreams, your illusions, and your disappointments. Love is your companion and it is closer than your voice or your breath. Feel within you at this instant that love that enlivens you and lifts that life you live into merriness and joy. Feel that all about you have the same identity and the same potential experience. Then wander into the illusion once again armed with a little yeast. You'll need it. Life is sometimes very unloving.

As always, we caution each of you to take what we have to offer, use what seems good, and discard the rest without backwards glance. We are quite capable of error, and are only your brothers and sisters, a step or two ahead, an eternity on the same journey. Thank you for the music of your hearts. We are known to you as Hatonn. We leave you in the love and the light of the infinite Creator. Adonai vasu borragus.

(S channeling)

I am Latwii, and we are happy to greet you this evening, my dear friends, in the love and in the light of the one infinite Creator. We hope that we have not startled you, but we have been with this instrument for some time, and she was anxious to speak our words so that she might alleviate the pain in her neck which we have caused. We are, as always, pleased that you have invited us here this evening, and we are honored that you find some use in our appearance at these gatherings. We hope that we shall be able to be of some assistance to you this evening, and we would transfer this contact so that we might set about the business of answering those queries which are present this evening. We leave you for a brief moment in the love and in the light of the one infinite Creator. We are known to you as Latwii.

(Jim channeling)

I am Latwii, and greet you once again in love and light. May we then begin by asking if there is a query which we might attempt to respond to?

M: Latwii, I have something that's been bothering me. That little girl that disappeared. Is it just that she was in the wrong place at the wrong time, or was it predestined, that horrible thing that must have happened to her?

I am Latwii, and am aware of your query, my sister. As we look at this entity and its experience, indeed, as we look at your planet and peoples as a whole, we see the Creator in many portions striving to learn those lessons which each portion has determined is most helpful in the evolution of the mind, body and spirit at a certain time. That you inhabit an illusion that does not show a clear reflection of the unity of all creation is important, for the actions taken within this seeming darkness and forgetting therefore carry much more weight within the total beingness of each entity within the illusion. Each of you suffer those difficulties of varying degree throughout your incarnation, and these are opportunities, perhaps more severe tests in many cases, for each of you to learn the unity, the love and the light, and the joy in each moment of your illusion.

Thus, the entity of which you speak has partaken in the same process of evolution, and within the illusion it may appear that, indeed, a tragedy has occurred. Yet from our humble point of view, we see the Creator knowing Itself more and more fully with the aid of other portions of that same Creator. There are no mistakes. The illusion which you inhabit may seem difficult to understand. But there is an order and purpose to each event, and each event is an opportunity for the Creator to be known more fully.

May we answer you further, my sister.

M: No, that was very helpful. Because although I didn't know the little girl, I felt a personal sense of loss since I heard about it, but now I feel there is a method in the madness. Thank you.

I am Latwii, and we thank you, my sister.

C: Yes, Latwii. First I want to say thanks to you and our brothers and sisters of the Confederation for the aid you've been in the upheavals of the last month, not only in my household but at Pooh Corner. And I would like to ask that during all the things that have been going on I've experienced many different emotions. I've felt like I've found myself, and I've also felt like I've totally lost myself. But I find that decisions at this time are extremely difficult to make. I can't seem to find what is right for me because I

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feel so many different things which I feel responsibility to. I feel a need for more of a sense of security. Is this idea of security both physical and emotional? I'm having an extremely hard time understanding what this is, and why I can't seem to let go with D at this time, having decided that for the children it would be best for us to relocate and start again. The security question is really doing a number on my head. And I wish if you would speak to me briefly on what this thing that I refer to as security is, and how one can grow, not necessarily beyond it, but to be able to deal with it more readily?

I am Latwii, and am aware of your query, my brother. We do not mean to discourage you by suggesting that the concept which you call security is an illusion. To seek that which does not exist is to chase the dream which evaporates upon the waking. Your illusion is constructed in such a way that that which you call security is often seen as a desirable goal, and for those who seek such, there are most important lessons to be learned, for as we have previously stated, there are no mistakes, there is only learning.

Within your illusion it would seem that if one could only pull together certain ingredients, the financial stability, the family and friends with secure and rewarding relationships, the recognition of peers, the path of traveling into the future which seems steady, then one could be secure. Yet, as the child upon the beach building the castle of sand, as one element is gathered for but a moment, another seems to slip away, as the waters of the illusion and the catalyst erodes what seemed to be secure. And, my friend, this is not an accident. As your attention becomes focused on those difficult situations, it becomes honed as the blade of a knife and becomes able to focus upon deeper and deeper aspects of the illusion and of the self and of the journey through the illusion by the self. The catalyst works as a file upon the blade, sharpening that attention that it might see deeper and deeper and cut further and further through the illusion to the center of the being of the self. That the true nature …

(Side one of tape ends.)

(Jim channeling)

I am Hatonn—we correct this instrument. I am Latwii, and am pleased to speak through this instrument once again. This instrument forgot to complete the process of the challenge of the contact as is its procedure, and was momentarily, shall we say, in improper tuning.

To continue with our response, and we ask forgiveness for its length but hope that its importance might justify its length, the blade of the attention then reveals layer upon layer of the truer nature of the being. And each lesson, then, is seen to contain two portions in polar reflection, that is, to know love, one may experience much anger; to know clarity there may be much confusion; to know patience, there may be much impatience. Therefore, when you are experiencing any of the polar emotions, look then in your meditations to the opposite which seeks to be known.

We cannot give you direct advice, as you know. Therefore we feel it is most helpful to suggest meditation for those times which are difficult. The limitation of the viewpoint is that which causes the distortion of the viewpoint to be experienced. If you can expand that point of viewing so that the unity of all creation is more available to your seeing, then you shall see with new eyes and those answers which have eluded you in your past shall appear to the new sight.

May we answer you further, my brother?

C: Just here in the last month the lessons have been to me, they've seemed really, really intense. I remember in a regression that I'm following attempting to learn lessons my father and his father before had attempted within this illusion. Over the years I've seen what has happened to my parents because of these particular lessons, and I don't want this to reoccur with me. The lesson this time has been about all I believe I can stand, and several times it's gotten down to the point where I've felt like just getting away by myself for awhile to try to get myself collected. I find myself really torn because I feel there's a blockage within me, and that due to this blockage I'm unable to fully open myself to D, to fully accept her love. I do feel that there have been other times when I was able to get beyond this blockage, but I found the blockage redeveloping the other day. I know you can't deal with problems of the specific person, but anything you tell me about blockages that people may feel would be of great help at this time.

I am Latwii, and am aware of your query, my brother. The experience of which you speak is that

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experience of what may be called the yellow-ray energy center located at the solar plexus region. It is the nature of this center to allow the expression of the entity of its beingness to those with whom it is in close relationship. The nature of the fully unblocked yellow-ray energy center allows the entity to express complete acceptance of all those within its reach of relationship so that the wishes of the entity for these others is that they be happy, and do that which has meaning for them.

The fully unblocked yellow-ray energy center, then, expresses the love of the entity in an unconditional fashion for each of those with whom the entity experiences a close relationship. When there is any kind of condition set upon the giving or receiving of love to or from another entity, then there is the blockage of that center which the entity experiences as the catalyst or the difficult situation which may express itself in confusion, frustration, anger, fear, and if it is not worked with in the minimal manner by the mind complex, then is given to the body complex as a form of what you may call disease formed in a symbolic fashion so that it might be noticed in its new configuration, whereas its previous mental configuration passed without the proper notice.

When you feel any type of difficulty in loving another such as the one which you have mentioned, look at the experience which you discovered the difficulty within. By using the powers of analysis and contemplating the nature of the difficulty, you may form the seeds of what you may call a solution that you may take with you into meditation attempting to experience once again in meditation the difficulty until it is overwhelming to your senses. In this process of balancing, then when the overwhelming experience is felt, for but a moment see in the eye of your mind its opposite, in this case, the acceptance. Then let that image go. Allow a process of natural discovery to occur so that your senses and seeing in the mind's eye moves from the overwhelming difficulty, and the entity and the difficulty begin to take on new characteristics so that as this process continues, its end result is the equal experience of an overwhelming nature, but of the polar opposite experience, that is, the complete acceptance in this specific situation.

If you can accept yourself as the Creator for having both of these means for the Creator to know Itself contained within your being, then you will have begun, and we stress begun, the process of balancing the blockages or distortions to the yellow-ray energy center. This process may be continued for each situation in which you find the difficulty in completely accepting another within your relationship range of experience. This is not an easy process. The lessons of your illusion at this time contain intense catalyst. These are great opportunities for learning that love and unity and joy and forgiveness and understanding exist infinitely in each moment, in each experience, in each entity. To learn that, you begin with the opposite experience. As the pendulum of your being moves to the extreme of both ends of its arc and as you become aware of its movement you shall be able to center that pendulum until it rests quiet and still as the one Creator rests within your being.

May we answer you further, my brother?

C: You've been very helpful. I would like to ask about something that occurred two weeks ago.

Carla: Hold off, C, let me ask the group something. I'm picking up a real fluctuation in the energy, and we either need to retune or we need to draw to a close. Want to vote on that? Would you mind retuning briefly or is everybody tired?

C: Since it's *(inaudible)* it might be better to go ahead and draw to a close.

Carla: Anybody else?

S: I'm willing to go on.

Questioner: I am too.

Carla: Okay, let's retune.

(Group sings, "Row, Row, Row Your Boat," three times in a round.)

Carla: Okay, that's good. Carry on, old chap.

(Jim channeling)

I am Latwii, and am once again with this instrument and this group. We thank the diligence of the one known as Carla and each member of this group remembering that the tuning is most important for the quality of the content and the information which is transmitted. We thank each for the patience which each is able to offer to our sometimes lengthy responses. May we then ask if there is another query to which we may respond?

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C: I'd like to ask one more, then I'll be done. As I was saying before, on one particularly stressful evening, I started receiving conditioning that I recognized as Nona, and as I was receiving it, I also began feeling that someone had been hurt, and I expressed this to D that I was picking this up but I couldn't hit on anybody specific. As I was telling D, an ambulance came across the hill with siren going, and as it passed us I felt an energy release and was quite drained for a period of time after that. Here of late I've developed, it seems, an ability or have been sensitized empathically. I want to know, is this the case and in the situation of which I spoke, was I of any assistance to whoever it may have been in the ambulance at the time? If you can?

I am Latwii, and am aware of your query, my brother. As you seek upon your journey, you shall find various experiences and abilities within your grasp. You supposition is correct that your ability now is expanding into the area of the healing realms, and indeed your aid was greatly appreciated by the entity to which it was sent.

May we answer you further, my brother?

C: No, you've been very helpful tonight. Thank you.

I am Latwii. We are most grateful to you, my brother, for allowing us to perform our humble service. Is there another question at this time?

M: Latwii, I just wonder if so much of the younger generation is afraid of failure and as a result, even if they're succeeding, the specter of failure just is there and—in C's case if he failed as a—if he lost his job, if he failed as a husband, if he failed as a father, life would go on, and he would find a new meaning. Is it that people cannot accept failure? We all fail and if you can't be comfortable with failure, I don't understand how you can be comfortable with success. Because that is the other side of the coin. And is C [being] afraid of failure in some field the reason he's uncomfortable? The world's not going to fall apart if he fails at everything. He still is a delightful human being. And is the younger generation afraid of failure or why are they so tense?

I am Latwii, and am aware of your query, my sister. We shall not attempt to describe the one known as C in any terms such as being afraid of failure, but shall simply state that for those within your illusion at this time the catalyst is most intense, and is quite likely to cause many entities to retreat for the moment until the grasp of the situation can be gained, for it is felt by most upon your planet now that the times are most difficult in ways which are seeming to threaten that which has been secure in what you know of as the past. Therefore, the mass consciousness, shall we say, of your peoples is that which does find some fear at that which seems to be failure.

As you have correctly surmised, there is a greater viewpoint or larger viewpoint which might be taken, that, indeed, the experience and the life shall continue, and it shall be enriched but there must for many be the fear of failing before the entity is able to continue the life experience, for there are many experiences upon the journey of the seeker, and the so-called failure is but one. Many of these experiences have the, shall we say, designation as "bad" or "to be avoided" pinned upon them, and therefore take more time to assimilate, yet each shall eventually learn each lesson, and love shall be found, and the purpose of each incarnation shall be realized.

May we answer you further, my sister?

M: No, thank you.

I am Latwii, and we thank you. Is there another query at this time?

S: Yes, Latwii. Before I ask my question, I'd like to ask if the energy level of the instrument is okay?

I am Latwii, and we thank you for this concern. We find that this instrument is growing somewhat, shall we say, fatigued, but there is the energy available for two or three more queries of the usual length, shall we say.

S: I had an experience this week that I would like you to comment on. I assume that you know what I'm talking about, so I will just briefly state that I suddenly found myself in a state similar to sleep and also similar to unconsciousness. My body was shaking quite a bit, and I was aware of this shaking. When I came to or woke up, whatever the case may be, my sunburn and my pain were for several minutes totally gone. I was wondering if there was anything beyond a physical nature—if you could tell me what had occurred?

I am Latwii, and am aware of your query, my sister. We may speak in general terms with some specificity, yet may not penetrate the total gist, shall we say, of this experience, for some yet remains for

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your own discovery. The process of the seeker in seeking the truth sets in motion many opportunities for the seeker to experience that which is sought. That portion of yourself which you have come to call the higher self often sends a symbolic message to the conscious seeking self so that by the process of contemplation and meditation the conscious seeking self might penetrate further into its own being, and find more of that which it seeks within itself. As you seek to know in order to serve, that seeking shall manifest in many and various ways. To desire the healing of ignorance or of any diseased portion of mind, body or spirit is a desire which shall be realized in various steps. Your experience was of this nature and you may in your meditations ponder the possibility that there is more to this experience which is available to you at this time.

May we answer you further, my sister?

S: I'm afraid you always leave me with a puzzle. I would like to ask you briefly another question about dreaming. If one has a dream that one wants to figure out and use, is it necessary to look behind all the symbolism that goes on, and all the people that you come in contact with, or is it sufficient to, say, realize one particular feeling such as unworthiness that carried throughout the dream, and if that was the main message that you got out of this dream, is it correct that this is probably what you have set for yourself to balance?

I am Latwii, and am aware of your query, my sister. We would suggest utilizing both methods which you have mentioned. For the general, shall we say, understanding of the dream it is helpful to be aware of those underlying currents or major themes that one feels. To hone the understanding, if we may use this misnomer, of that theme, it is most helpful to attempt to assign some sort of grasp of meaning to each portion of the dream which you are able to remember, for each portion reflects some aspect of the major theme.

May we answer you further, my sister?

S: No, thank you, Latwii. You've been very helpful.

I am Latwii, and we are grateful to you, my sister. Is there another query at this time?

M: Yes. K is going to England, and do you have any words of wisdom that would make her trip more enjoyable and more knowledgeable?

I am Latwii, and am aware of your query, my sister. Yes. *Bon voyage!*

K: *(Laughing)* Well, thank you, Latwii.

I am Latwii and we thank you, my sisters. Is there a final query at this time?

R: Latwii, how can I improve my health, and the health of others around me?

I am Latwii, and am aware of your query, my brother. This is a most central and large subject for each entity which seeks the truer nature of its own being and the illusion in which it moves. In general we may suggest that this desire might be enhanced by continuing to seek the love and the light of the one Creator within each moment that you experience, within the face of each entity which you encounter, within each portion of your own being. Look about you and consciously, moment by moment, attempt to find, to see, and to radiate the love and the light that exists in each moment. If you can, within your own being, continue to fan that flame of seeking and to share it without reservation with each entity whom you meet. You shall be at once doing two things: enhancing your own seeking and lighting the way ever more clearly on your own journey and with that same flame of seeking you shall be lighting the way for others. For as one finds more of the love and light of the one Creator within its own being and shares that love and light with others, the entities about one will find an inspiration which shall be most beneficial.

To seek this unity, this love, and this light is a process which enhances what your peoples call the health of the being. We would use the term balance but shall not quibble with terms at this point. To be in health or in balance is to walk the journey in will and faith, to have the will to seek and share and to have the faith to know there is that which might be found and shared. To develop these characteristics, the will to seek and the faith to know that there is that which can be found, is most helpful to any entity who wishes to be in a state of balance or health and to share that with others.

May we answer you further, my brother?

R: No, thank you.

I am Latwii, and we thank you, my brother. We would at this time suggest the ending of the queries, for this instrument is somewhat fatigued, and we are

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not able to transmit the clear message when there is the overriding feeling of fatigue. We thank each entity present for allowing our humble service. We are filled with joy at your seeking and your harmony and we rejoice with you in the love and in the light of the one Creator. We are with each upon your request in meditation to offer our conditioning vibration. We again thank this group for seeking our humble and poor advice as responses to your queries. Whatever words we offer are but the merest of trinkets when compared with the great treasure of your own being which each of you seeks, and which each of you must surely find. We shall leave you now in the love and the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Vasu borragus.

(Carla channeling)

(Carla channels a lovely song without words from Nona.)

I am Nona. We have shared with you in the healing love and light of the infinite Creator. You are with those who desire the healing vibration. We will be with each who mentally calls upon us. We thank you for the privilege of being able to serve *(inaudible)* this instrument in love and light. I am Nona. Adonai. ❦

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Sunday Meditation
June 19, 1983

(Carla channeling)

[I am Hatonn,] and I greet you in the love and the light of our infinite Creator. May we welcome those who have joined this group this evening. Our hearts *(inaudible)* and we rejoice that we may once again speak with you through this instrument to share the blessing of communication and comradeship. You are aware, of course, that we are with you if you so desire, that we are aware that on the other hand it [is] very helpful to hear our thoughts and to feel the force of them as you would a conversation with a friend, rather than an inner voice.

We gaze now at the topic which we would choose to speak with you about this evening, and we find ourselves discarding many. We would speak to you of the one original Thought of the infinite Creator, that great and powerful Thought of love which is the foundation of the creation, and indeed is the creation. But we find that you have been working with this concept for some time. Our thoughts move then to the topic of light, the manifestation of love, and we would give you information upon how to become a more radiant being, how to manifest love in your life in the service of others. But we find that you have taken this up, each one of you, and have embraced it and have pursued service to others. We then bethink ourselves of meditation, for it is most important that all outer work [be] founded, strengthened, undergirded and covered with the armor of the contact within in silence which meditation offers. And we could abjure you to be more faithful in your meditations. And yet we find that indeed each is pursuing a path in which meditation plays some part, and in which the individual is already attempting to make use of meditation.

We have not run out our chain of conversation with you. We gaze at the possibility of speaking with you about the unity of all creation, and we find once again that each of you works with this concept. Indeed, we find that we must speak with you about the nature of creation as you find it at this particular point in your experience.

Many times the metaphor of the way, the path or the road has been used to describe the journey of a metaphysical seeker. It is far too often assumed that this path, in addition to being narrow, stony, difficult and winding, is the same path as that of your neighbor. Therefore, we would examine the idea of your journey. Indeed, the central metaphor that links your illusion with reality is the journey. You have launched yourself into a journey. And in common with all of your peoples you are journeying. You do not journey down a common path except insofar as all of creation is fundamentally one, for you are unique. The lessons that you have before you are unique. The gifts that you are given to take with you are unique. And companions who

you chose are uniquely your own. The name of every road is love but there are no markers.

We ask you to move in imagination from the metaphor of a journey upon land where in the dust you may see at least the footprints of those who have gone before you, to the journey upon the sea. Sit in your wooden boat and listen to the timbers creak and guard well your weather, for this is your boat, this is your path, this is your journey. The ocean is trackless, merciless, and secretive. What you have to guide you are things that seem very far away, as far away as the stars. You have your ideals, your desires, your seeking. From those you must estimate what sea lane you shall travel. Your journey is a moonlit one, a perpetual shadow land which only by the greatest of purity of effort can you brighten into a brighter light. When you strike land, you do not know what the treasure is. You must explore. You do not know if this is the island of your treasure. You do not even know precisely what the treasure may appear to be.

And so you sit and listen to the timbers creak and hope for a good wind and you hone your desire as sharp as a new-minted knife that you might sniff the freshening breezes of seeking and cast yourself once again into your journey. This is the inner work. This will continue. Your refinements done in moonlight have virtue because you are acting within such heavy illusion. When you have prepared yourself, and listened, and smelled, and seen through meditation and the sharpening of the desire to seek the truth, you will find yourself at the end of this incarnation gazing back over your sea voyage with joy indeed. For great progress is made in difficulty, and little in times of ease and repletion. So get used to the feel of the hawser ropes as you cast off. Adjust yourselves to the smell and the sound of devotion. There it is that you wish to go. Far from comfort, far from safety, entirely at risk, seeking the one Treasure.

We would not let this image pass without speaking of that which balances all of the hardships of the sailor's travels. For when good souls meet together, do they not always throw a party? Suddenly, many times in your incarnation, you shall come across festivities and you shall feel free and make merry and rejoice, and this is a gift given only to those who seek. You might simply glance in another's eye and know that you are seeking in deep water together. It does not take much to make a party when two souls recognize one another. Much of what you experience in positivity and joy at a meeting such as this one has to do with the seemingly unlikely possibility that those in deep water and completely alone could suddenly happen onto a party. And yet, where you are gathered, the great light shines, joy is felt, love is shared. Each is strengthened, and does indeed make merry and so grace the one infinite Creator with the lightsome laughter and the lifted *(inaudible)*.

My friends, no matter what the situation in the illusion, we urge you to do two things. Seek the Creator with a whole heart and a desire to know in order to serve and wait for a party; wait for joy. It has been written in your holy work called the Bible, "Weeping may spend the night, but joy will come in the morning." The metaphysical sea is awash with salt tears but there is no lack of joy. Therefore, comfort yourself, and above all continue your voyage with as much dedication as you may find within you. Precisely this much, no more and no less. Daily meditation has as one of its most important aspects the regulating of your seeking. For you, as all entities who are conscious, go through seasons, and you are not always the same in your strength, in your faith and in your will. In your meditation, therefore, fill yourself with that love which is unlimited. But allow that same intelligence to inform the voyage. If your will lacks, allow the sails to go slack, and do the work that is required to restore them to will, hope and faith. Do not abandon your boat. We strongly suggest you remain on board that great platform of yourself.

(Tape ends.) ♣

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Sunday Meditation
June 26, 1983

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, my friends, in the love and in the light of the one infinite Creator. My friends, as you strive to serve, as you journey on, the journey may well be trying for you. You may find yourself becoming weary. In these times it is sometimes helpful for you to take a time and reflect upon those things that you have done as part of your journey. It is often easy to lose sight of the whole as you aim yourself down your chosen path, for as one singles out a specific means to serve, other opportunities may well be passed by. When you become aware that you take your chosen goal so seriously that it is all that you may see, take time, meditate, and reflect upon it, for in your illusion—and that is what you exist within—your opportunities are many, the lessons are indeed varied. My friends, be patient as you travel but be not afraid to attempt to see the whole. Your life has many facets. Each is important.

I am Hatonn. We would, if we may, now transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you through this instrument in the love and the light of the infinite Creator. We shall continue through this instrument. It has been given you to discriminate in your free will among those experiences, thoughts and interpretations which come your way in the course of your daily lives. Your power of discrimination is at the heart of your being, and not to use it is to reject a tool the use of which accelerates your progress as a seeker of that which is true. The culture in which you dwell would have you believe that there is one ethic or mode of conduct, one way of interpreting situations which satisfies all circumstances. This is most emphatically not so, in our meager understanding.

At one time you may have a decision to make, an idea may be calling you, and as you look behind you see many loose ends, many things that you have left undone, a family that you wish to greet and assure comfort, of friends whom you wish to bid good-bye. And it is of no purpose to go ahead with your new idea until you have made a lasting and bountiful peace with all that you leave behind. At another time an idea may call you, and you look back and see precisely the same situation. And yet in that instance, to turn back for a moment is to lose the idea, and you must rush forward, leaving that which is behind behind, and devoting yourself to the present moment.

This example is simplistic and most decisions are far less dramatic, but there is that much difference between one situation in your seeking and another. The two situations may be outwardly identical, but you as a seeker, as a person, and as a human servant

of your own higher self are two completely different responders to circumstance. How can one know when to act and when to wait? As we have said, there are so many things to capture your attention, and all are deserving. What, then, shall you accomplish today? How shall you serve the Creator today?

You are aware, my friends, that unless you are in touch with that portion of yourself which is silent and which waits for your inward seeking, you will forever be in darkness. It is seldom that a true decision dealing with spiritual matters can be made logically. You must have recourse to the contemplation of that silence which speaks within you. One who works without this meditation is like a carpenter who builds a house armed only with the roughest tools. No surface can ever be finished nor corner can be squared. The pitch of the roof can never be even when there is no level. Such is the poverty of the intellect when it works without the aid of the meditative self. It is understandable that you become discouraged at times, weary and ready to release all of your burdens. But you who know that this is an illusion may take it under advisement that it is not comprehensible to us that you would leave so many of your tools behind as you go about making your decisions.

You have been given many gifts; as many as the beauties of your wildlife, your trees, your shrubs, your sun, and your breezes. And just so are the virtues of your inward self. If you were for just a few seconds in total contact with that self, your limitations, the confusions, and your weariness would cease to exist. You would see light, and you would see unity, for you are all that is, and all that is you. Moreover, the husks that we gaze upon and deal with as we meet each other in the illusion of the incarnational experience are not those bodies that we see when we grasp the nature of our inner selves. If you could imagine a light so bright that it completely fills and overflows the habitation in which you dwell, and if you could imagine every being upon all of your planet and in all of creation dwelling in such a light, then you would begin to become aware of the original nature of the creation.

What an illusion you experience, and to a certain extent how much of an illusion do we experience, my friends! How much is the light dimmed, how greatly all the outlines disappear. And yet it may not be so. Move into the light and feel yourself cleansed, refreshed and awakened to that light which is whole and without blemish. It may seem that that light and the light that is in you cannot be brought into this illusion, cannot be brought to bear upon your decisions. But meditation is the tool whereby you open a corridor between that husk and shell you experience that grows weary and discouraged, and the original creation that you are. It is possible to experience and retain the characteristics of the original Thought of the Creator. It is possible to deal with other selves in the light of that oneness which they share in the original Thought of the one infinite Creator. It is not probable that you shall each day be able to find and to retain that light and that love. It is recommended that the attempt be made ever new each day.

I am Hatonn. I see that we have lulled one of our members to a peaceful doze. It is time for us to take our leave. We bless each, and say to each of you again, you shall be discouraged, of course, but take each day as a chance to find and retain the original Thought of the Creator. Know that the illusion is an illusion, and that you must be foolish enough to cease from acting only from logic, for illusions are not logical, and the lessons that you came here to learn will be learned very slowly if you are burdened with intellect to the point that it rules out the seeking of the truth, which is often very illogical. No two days, no two situations are the same, nor are you the same. Do not be fooled by the illusion. Do not be fooled by the seeming constancy of your own personality. You progress; you must keep up with yourself.

And so we say to you, seek the original Thought, that, though never changing, informs you of your progress, and shines a level light on your world. We leave you in that light and in the love of the infinite Creator. We are known to you as the brothers and sisters of Hatonn. Adonai. Adonai.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and in the light of our infinite Creator. It is our privilege once again to speak to your group. We thank you for blending your vibrations in the seeking of our humble words, and we remind each that our words are indeed humble, and are as but as potential signposts upon your journey. May we then ask for the first query this evening?

Carla: I have a question for R concerning his wife, C. For quite some time she has experienced black

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dots in front of her eyes, rather like black ash falling and lately it's gotten quite a bit worse, always black. R and C have thought that it may have something to do with some heavy drugs that she took when she had a very bad injury to her leg, and they wondered if you could make some comment about the black dot situation?

I am Latwii, and am aware of your query, my sister. In this instance, we find that it is possible to speak in somewhat more than general terms, though we may not and cannot penetrate the heart of this situation, for such penetration is of necessity the honor and duty of the seeker. But we may suggest that though this appearance has its origin in what you may term an accidental situation, in another sense one may be assured that there are no accidents. The trauma of the accident, as it is called, and the treatment which followed had origins within this entity's higher self, as you have come to know it. Therefore, though it might be seen that the medication which was administered had its effect, the medication itself was as the catalyst, and presented this entity with the experience and opportunity for growth which the higher self deemed proper.

It is, as in all such physical manifestation of catalyst, recommended that the entity look upon the nature of the phenomenon and its physical expression as symbolic of a deeper lesson, that those spots which float past in the ephemeral vision be analyzed for their deeper meaning and then meditated upon so that the deeper portions of the mind which contain additional clues may release these insights into the inner vision of the entity in meditation.

We cannot prescribe treatment beyond this suggestion, for it is not our place nor is it the proper use of such an instrument as we now use to attempt to give such specific advice. We remind that entity that it travels its journey in perfection and wholeness, and each such event which it shall encounter is also perfect, and the perception of this perfection of journey, of self, and events by the entity is the most important beginning that can be made, for it is within the basic attitude of an entity that any healing may occur, and the attitude shall then attract the further opportunity for the learning and the healing.

May we answer you further, my sister?

Carla: Yes. When I read the question in the letter, I thought immediately of something that I've noticed in myself, and I don't know how many other people have, but I assume many have, and that is that any time I look at a fairly blank space where you can actually see some space, like looking out of a car window or something, I always see what seems to be a dancing pattern of little dots. They're very small. I never knew what they were, and thought they were some mechanical function of the eye or possibly the beginning of vision through the mechanical eye of what prana looks like. And I'm wondering whether something like what has happened to C could just be a distortion of this normal perception? Let me ask this question in two parts. First of all, is what I'm describing that I'm seeing a normal perception?

I am Latwii, and am aware of your query, my sister. That which you have described to those who are of a certain nature of being is what you may call normal. All entities upon the close examination of their physical vision will discover some small alterations in that vision in that movement of a certain kind and patterns of that movement will be noticed. It is our humble opinion that the entity for which you query has experienced another type of phenomenon which has some relationship to that of which you now query, but which is also of a nature unique to this type of lesson and this particular entity.

May we answer you further, my sister?

Carla: No, I think you've successfully pulled the wool over all our eyes. Thank you very much.

I am Latwii, and though we do not wish to be sheepish in our responses, we find that there are certain areas of our responses that we must touch upon with a certain amount of gentleness, that our words may then be used as means for further seeking rather than as the ending point for such seeking.

May we attempt another query at this time?

S: Yes, Latwii. I have a question which I will state in personal terms, and hope that you may comment in general. I'm wondering why I'm so personally tired all the time. I get a good night's sleep, I take lots of vitamins, and I'm good for about three and a half hours in the morning and whatever doesn't get done by then, doesn't get done. I've seen a doctor who has prescribed antidepressants for me, which on looking them up a little bit, I've found out they're anti-anxiety. Although I do often feel anxious, I don't often feel consciously depressed. And I was wondering if maybe there is more to this lack of

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energy than perhaps my doctor is aware of. I do have an idea, but I would just like any light that you can shed on this.

I am Latwii, and am aware of your query, my sister. As in our previous response, we again may state that each physical experience …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. To continue our response, my sister. The nature of your physical vehicle has the purpose of reflecting to you the contents of your mind, for it is the evolution of your mind which is most important within this illusion. Therefore, one may look upon the phenomena which passed through the physical vehicle as messages in need of more attention that have first begun as configurations of the mind. You may look upon the experience of weariness, then, not necessarily as that which shall be cured, but perhaps as that which shall be utilized. You may wish to ask yourself what purpose may weariness serve? What opportunities are opened in the experience of physical weariness that would not be available should the weariness be absent, and the energetic movement be its replacement?

There are, as we have stated before, no accidents or mistakes. Whether you utilize the current physical catalyst well or poorly, quickly or slowly, is your choice. You have come to learn and to serve. When it is appropriate, your higher self offers catalyst to aid in this process. You may look at all which occurs within you and within your grasp as a speaking to you that has the purpose of aiding your evolution.

May we answer you further, my sister?

S: Yes. If, then, my weariness has been programmed by my higher self for me to utilize, it seems to me that it's telling me that I need to physically slow down a bit. If I use prescriptions to overcome this weariness, am I defeating what I have programmed for me, and will it then come out in some other way, or could the overcoming of this weariness allow me to better serve?

I am Latwii, and am aware of your query, my sister. You cannot, in our humble opinion, defeat the catalyst which you have joined in the programming for your current incarnation. You can deny it for the moment, and delay it for a period of time, and perhaps treat to the point of removal of some of its physical symptoms, yet you shall at some point experience another message perhaps more symbolic, perhaps more difficult to penetrate, yet always are the opportunities forthcoming that you might utilize this illusion in your evolution. It is, shall we say, likened unto a training aid for you and for each within the boundaries and definitions of your culture and this illusion. Certain acceptable means of acting and being are given, yet no situation has any definition other than aiding and being able to accelerate your evolution. How this is accomplished, and the speed with which it is accomplished, and the efficiency with which it is accomplished is your choice.

May we answer you further, my sister?

S: No, Latwii, thank you. As always, you've been most helpful.

I am Latwii, and we are most grateful for your service as well, my sister. May we attempt another query at this time?

Carla: Well, her query triggers something that's been troubling me. When I had a good deal of intestinal trouble I got a reading from Ra on it which was very detailed. And one of the things that Ra recommended was that if I wished I could go to a certain person, a doctor, whom I did not know at the time but found in the phone book, and get a prescription for an anti-spasmodic drug. Ra then said something about either using the drug or dealing with the catalyst without the use of the drug, and since I wasn't absolutely flat on my back as I would be with arthritis if I didn't use drugs, I decided to try using the catalyst without the use of the drug, and I've continued doing it to this time.

The thing that I've noticed about this catalyst is that it goes on for a long, long time. It doesn't simply end. It doesn't resolve itself quickly. It seems to have all kinds of ramifications in manifestation, and also in my understanding of the causes of it. I haven't really gotten a handle on it yet. What really bothers me is that since it's taking me a long time, and since I'm uncomfortable a good deal of the time because I've accepted the catalyst instead of taking the drugs that would remove the discomfort, those around me and especially the two people closest to me are constantly having to deal with my catalyst because I'm unable to do this or I'm feeling a little poorly to do that or something. There's a spillover into other

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people's lives, and it almost seems, like, unfair to others to work out your catalyst because it turns out being everybody's catalyst that lives in the household.

It seems to me that I'm almost being a stumbling block because of my decision to go ahead and work through this catalyst without the use of drugs. Could you shed any light on the confusion?

I am Latwii, and am aware of your query, my sister. It is only within the illusion that the experience of time holds sway. That which appears to you, my sister, as taking an inordinate amount of that which you call time may from another point of viewing be a glorious opportunity to advance not only your own evolutionary process but to provide the opportunity for those close to you to do as well. Each of your peoples dwells within this illusion in order to learn and to serve. The purpose for the incarnation is not to experience little in the way of learning, for most upon your planet are capable of great service and great learning.

As you experience what seems to be your very own catalyst, you must remember that all beings are one, and those who are near need also from you to experience those portions of yourself which aid their evolution and allow them to learn and to serve. It may seem that some catalyst detracts from the comfort of another, and this may be so, but are you here to experience comfort? We realize that that commodity is in somewhat short supply when spoken of in reference to your physical vehicle. Yet one may look upon the most, as you would call it, heavy of physical burdens, replete with great discomfort, and see a great opportunity presented for finding the love which exists in infinite quantity in each moment.

You are aware that you have not chosen an easy path. You are aware as well, my sister, that the opportunity to serve is great with this group. With the honor and duty of such great service, there is also the necessity of working with great catalyst, for it is the work with such catalyst that refines and hones an entity's ability to serve and to learn. You and each within this group and upon this planet have not been given more than you can bear. This is the law: to those who can bear much, then shall much be given. To those whose shoulders are not quite as strong, then shall the appropriate burdens be given, for it is only in the bearing of the burden that the spiritual legs are strengthened and the journey quickened.

May we answer you further, my sister?

Carla: No, thank you. It does sound like it would be fun to be skip around without a rucksack, but I accept it as it is a part of the journey.

I am Latwii, and we appreciate your seeking and your acceptance, and we hope that our words, humble though they be may, in some way assist in this endeavor. May we attempt another query at this time?

S: Yes, Latwii. Are you saying that if I listen to my higher self, and slow down a little bit, that those members of my family will actually be able to find their own socks?

I am Latwii, and am aware of your query, my sister. We would not make such a *(inaudible)* …

(Group laughter.)

… assumption. There are some situations which do not seem probable. Yet, my sister, in good humor, may we also suggest that such may not be the point of the incarnation.

May we attempt to answer you further, my sister?

S: *(Inaudible)*.

I am Latwii, and we thank you, my sister. Is there another query at this time?

K: I have a question, Latwii. When I go home to New York every summer there's a woman who reads my tea leaves, and she's been so on the money about things that are going on. I'm drawn to her like a moth to a flame, and she's not really given me any advice, but if she were to do that, I'm curious, is there any way you can tell what orientation a person is, whether it's service to self or to other, or do you go with your gut feeling or do you have anything to say on that?

I am Latwii, and am aware of your query, my sister. We can only suggest for this entity and your evaluation of its service that which we suggest to each in the evaluation of our service, or any source of information which you may find interesting and perhaps helpful in your journey of seeking. That is to look with your conscious mind at all such services, all such information, and match it with that which you have found helpful in what you call your past. Determine if there is some kernel of truth

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available. Meditate upon that which you have contemplated. Ask within your own being for inspiration. You are not without inner resources, my sister. These may be utilized in the evaluation of each experience within your illusion. Indeed, it is most necessary, as our brothers and sisters of Hatonn have stated this evening, that the proper amount of meditation be used to refine and seat that which has been consciously contemplated and experienced. You have the tools available, and do know how they may be used.

May we answer you further, my sister?

K: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and it appears that we have exhausted the queries for the evening. We hope that our words will be of some aid to those whose seeking has drawn them this evening from our being. We remind each that should any word offend or displease, it may immediately be discarded. We look upon those within this group this evening and see many portions of the one Creator existing within an heavy chemical illusion moving from one experience and lesson to another with desire that is of great proportion. Yet, my friends, we would remind each that your illusion shall not give way to desire. It is not so constructed. It is constructed that you will continually find what you have called the difficult situation, the confusions, despair, frustration, loneliness, anger and so forth. Your great desire shall allow you to utilize these opportunities to find the love which you came to find and which, indeed, is available in each situation.

This is the purpose of the illusion, to provide the darkness in which to find light, to provide the burdens, the carrying of which develops strength, to provide the difficulties in seeing the Creator in all things, that you may indeed see that Creator in all things. Take heart, my friends. Have courage and know that your desire shall see you through. It is as it must be for the great process of evolution to occur. You work now within an illusion which provides the greatest of opportunities for learning each lesson that you desire. Rejoice with those who seek and walk with you. Be at peace at the center of your being, though all around you there seems to be only chaos and confusion. We are with you, my friends, as are the legions of light which seek to aid you in ways quite difficult to understand, but ever present and available. We are those of Latwii, and we leave you now in the great and glorious light of the one Creator, bathed in His love. Adonai, my friends. Adonai vasu. ♣

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Sunday Meditation
July 3, 1983

(Carla channeling)

[I am] Latwii, and I greet you in the love and in the light of the infinite Creator. We thank you for calling us this evening. It is a great privilege to be able to speak through this instrument. We are not often able to do so. We would like to offer a brief message to you and then we shall bow out so that our brothers and sisters may also speak.

Once upon a time there was a planet full of people much like yourselves, and all of these people brushed their teeth every day without fail. One day a toothpaste company came around and revolutionized the world. It invented a new compound which made your teeth sparkle called dioxyethexene, and all the people flocked to buy this wonderful toothpaste with dioxyethexene. What the toothpaste company did not realize, and what the people did not realize either, was that if, when you were brushing your teeth with this toothpaste, you would speak one unfortunate word, if there were more than two oxygen molecules standing around, your jaws would become stiff, and you could no longer speak.

The first to go were the truck drivers right in the middle of the first sentence they spoke after brushing their teeth. Suddenly, there were many, many silent trucks driving down the road and the CB channels became empty. The next to go were all the housewives who said "I hate these …" They had been intending to speak of washing dishes; they never got the words out. Soon their husbands joined them in speechlessness, as they uttered many unfortunate words on their way to their work.

Before the first day was over, well over ninety-five percent of the world had become silent. Human speech was seldom heard. Even great judges had become speechless when they said, "I hereby judge you …" That, my friends, was the last word they would say. Preachers as a whole lasted into the second day, but they too unfortunately had developed the habit of saying rude things about other churches, and sooner or later on the second day they too became speechless, and could no longer preach from their pulpits of love and glory. All the war machines ground to a halt, for there was no one to give the orders.

And finally, for just a few moments, there was on this very small planet only one person left who could speak. The best, the kindest, the dearest person of all, he kept looking around him and could find no one to speak with. And finally he said, "I'm the only one who can still speak. If that isn't the da …"

We ask you, my friends, how long would you speak if dioxyethexene were in your toothpaste? How careful are you? Do you know that all vibration is real and that each word is a vibration? We ask you to

consider your vibrations that they may flow from you in love and touch those about you in radiance. Where there is a smile, a laugh, an understanding, or even in some circumstance that knowledge that truth has been spoken but fairly, there you may see communication used aright. Where there is frustration, sadness, anger or judgment, there you may see the negative power that you have. It is yours to use if you wish. But do you truly wish it?

I am Latwii. We shall leave this instrument, and return through another channel. It has been a great privilege to use this instrument. We had just figured out how to use this instrument without blowing out all her circuits, and she stopped being able to answer questions. And we are so pleased to be able to use her knowledge, and to be able to use her sense of humor. May your evening bless you. We leave you in the love and the light of the one infinite Creator. I am Latwii.

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you in the love and the light of the one infinite Creator. We join you tonight not to be our usual morose selves, for it would not be appropriate after the delightful tale of our brothers and sisters of Latwii. My friends, we rejoice in the love and the light that emanates through the small but united group which though small at this time reaches far. It is joined by those close to and a part of this group. The unity you have found, love and fellowship, is not broken by the distance, is not broken by your time. Love shines and reaches far. We of Hatonn have indeed been privileged to be of what small service we have been and may be with this group. Your times together physically may be short but the spirits remain connected. The love that each gives unto the other is helped in ways you may never know. Rejoice in your love, rejoice in your fellowship. We are known to you as Hatonn. Adonai, my friends.

(Jim channeling)

I am Latwii, and we greet you again, my friends, in the love and the light of the infinite Creator. We must make some small adjustments in order to speak through this instrument, for our speaking through the one known as Carla is much more, shall we say, finely tuned, and this instrument has somewhat the consistency of lead, and must therefore require an additional jolt, shall we say. We feel that we have good contact at this time, and it is once again our privilege to attempt to answer those queries which those present have to offer to the group. May we therefore ask for the first query?

C: When I first began attending these meditations, there was a period when I was experiencing physical difficulties, and I don't believe you were doing the questions and answers then, but the one doing it scanned my physical and spiritual being and was able to make some helpful comments. I was wondering if you could do that—make some general comments about some blockages that I'm experiencing?

I am Latwii, and am aware of your query, my brother. We may, without infringement, make only the general comment. These general comments may then be meditated upon and utilized for the specific actions of your own choosing. The thinking of identity may be seen as the most important ingredient in the maintaining of what you call physical health, for in most cases your physical vehicle is functioning as a system of feeding back to your attention those areas which in your thinking have been neglected or blocked in some way. Therefore, when you see in your thinking or in your behavior—and here we stress the thinking over the behavior—certain patterns, you may correlate these patterns with energy centers, and if there be difficulty in the pattern of thought which has not been noticed sufficiently enough by the mind then you may see it reproduced within the body complex.

The red-ray energy center, as it has come to be called in this group, is a center which is not often worked directly upon, for it is the beginning, the foundation, the, shall we say, given for your physical vehicle.

The orange-ray energy center concerns the expression of the self in relationship to the self. It is the physical expression of what you might call power, if it be of the positive or negative variety. Difficulties in this center will be noted in the physical vehicle as the inability of certain means of expression, usually of the lower gross motor muscles of the legs, feet and in some cases the hands and arms, for these appendages are those portions of your physical vehicle which allow the power-filled nature of your being in relationship to yourself to be expressed in your immediate surroundings.

Difficulty in the yellow-ray energy center may be seen as a reflection of the entity's inability to fully

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accept those within its immediate range of relationship, and an inability to let these entities be that which they are. Conditions which are set upon these entities in order that they might receive the affection of the entity are those blockages of this energy center which express themselves in the region of the abdominal cavity, for the solar plexus energy center is most prominent in its effects in this region.

The blockage of the green-ray energy center is somewhat common upon your planet, for it is the lesson of this vibration which most have attempted for a great period of what you call time to learn, that is, the unconditional love and acceptance of all beings, whether in relationship with the entity or not. The difficulty in this energy center has little specific correlation to the physical vehicle at this time, for, as we mentioned, it is that lesson which is set before the peoples of your planet, and is in general not yet grasped.

The blue ray of clear and free communication and inspiration is seldom activated in your populations, and is therefore infrequent in its effect upon the physical vehicle of most of your entities. But in those who have made some progress in its activation there may be seen the difficulty in some area of the speaking when this speaking is blocked.

To speak of the indigo-ray energy center is to speak of that which is most rare in your peoples at this time, and its effect upon the physical vehicle therefore is even less noted.

When an entity sees any physical difficulty in its physical complex, it might most helpfully and efficiently look at the effect of the difficulty upon the entity's life. For it is this symbolic blockage which has been transferred from the mind complex to the body and noting the difficulty and its means of inhibiting the entity's expression is most helpful then in determining its source and in pointing the energy center which has been blocked.

May we answer you further, my brother?

C: You say the green-ray energy center has been or has begun to be activated. Once that has occurred, is it possible for it to be deactivated?

I am Latwii, and I am aware of your query, my brother. This is not only possible, but is quite frequent in occurrence. Any energy center which has been activated may from time to time be blocked in part as the lessons of that center are continually refined.

May we answer you further, my brother?

C: Maybe in a minute I'll think of a few.

I am Latwii. We are happy to allow your consideration of our humble words. May we answer another query at this time?

R: Yes, Latwii. S asked me to ask you if there any information you could [give] her on Morzack, and also what their specialty is with the Confederation?

I am Latwii, and am aware of your query, my brother. We find in this instance that it would be most helpful for the one known as S to inquire from this entity itself that information. We can, again due to certain limitations, speak in general terms. Each entity such as the one of whom you speak, that known as S, has a variety of entities on which to call for inner assistance in the evolutionary process. As we spoke earlier this evening, each thought and word and action which emanates from your being is a vibration which *in toto* reflects the frequency or strength of your calling. As each entity refines the calling, this through the learning of certain lessons, and the drawing towards the self of other lessons, then other, shall we say, teachers about us or presences are attracted to this entity, and make their services available in whatever form the entity is able to understand. Since most in this group are most familiar with what is called the telepathic contact, members of this group may then expect some type of telepathic contact from time to time from those entities which are answering the call for service, for all of creation listens and serves.

The entity which the one known as S has come to know is such an entity, that is, one wishing to be of service to the one known as S, and may be worked with in the meditative state in whatever manner the one known as S desires. We cannot make the choice for the one known as S as to the best means of working with the one known as Morzack but can suggest that she use her own intuitive abilities to seek also this information. It may be found through the, shall we say, trial and error method or it may be found immediately if the receptivity is of the proper nature. In either case there is the assistance available, and it shall find its own course with the aid of the desire of the one known as S.

May we answer you further, my brother?

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R: No, Latwii, thanks.

I am Latwii, and we thank you and the one known as S as well. May we attempt another query at this time?

C: This is not a question, this is just to thank you for your answers, for your story tonight. It had great meaning for me.

I am Latwii, and we are very happy, my brother, that our little story and humble words have found meaning for you. Each will find a different meaning and each will determine its use. Is there another query at this time?

(Pause)

I am Latwii, and we are somewhat surprised that we have exhausted the queries so early in the evening, yet we are pleased if we have been able to provide some semblance of response to those queries which were asked. We thank you, my friends, for your patience with us, for your continued seeking of our poor and foolish words. It is our privilege and great joy to speak with your group. We hope that we have been of some small aid. We are with you in your meditations at your request. We leave you now, my friends, [in the glory,] the love and light of the one Creator. Blessings on your journey in unity with the One. I am Latwii. Adonai vasu borragus.

(Carla channeling)

I am Oxal. We greet you in the love and the light of the infinite Creator, and are most privileged to be with your group. This instrument was searching for Morzack, however, this instrument is tuned more to our frequency by nature than to that of Morzack, which is a social memory complex quite close to our own vibratory frequency. Therefore, we were called as stand-ins and are most happy to serve as second best, as it were.

We speak to you of something which this instrument has within her mind at this time; that is, the patriotic holiday. We ask you to consider what a patriot is. A patriot is one who willingly arms extremely large numbers of killers and sets them upon other patriots in order to acquire portions of the creation. There are no patriots in second density. It takes the advanced consciousness of third density to organize slaughter. Examine your relationship with the group which is the nation to which you are patriot. The phrase that we find running through this instrument's mind is, "We do not wish to be anything but peaceful, but if they fight us, what are we to do?" You see, my friends, your energy centers are not crystallized. You have not been refined. You are barely able to activate that which you have learned to call the yellow ray of solar plexus. You have barely begun to master the complexities of group action. To invest group action with that which you have learned to call green ray, all-compassionate love, is to remove the "they" from the equation of "us and they." Then there is no one to fight, no one to lose, and no reason to be patriotic.

We find to our amusement that this entity attempted but did not succeed in learning the national boundaries of the planetary land masses of your planet. We find that she attempted to learn the pink ones, the yellow ones, the green ones and the blue ones. If you will carefully examine that portion of the creation upon which you may stand after removing …

(Side one of tape ends.)

(Jim channeling)

There are no colors to differentiate one nation from another, no boundaries, no true reasons for defense. We ask you to consider how much of your birthright you wish to claim in this incarnation. You will have to lose the sentimental overtones, the heart-swell of national song and sentiment if you are to claim the lesson of love. The kingdom of love lies beyond you. It is within you that you have not yet mastered it, and like a horse that cannot be ridden, that gallops wild and free while you are a slave and oh, would you like to get upon its back and ride free as the wind, full of love, full of light, with the wind of creation upon your eyes and all the cares of little minds and petty lives calmed away. If love is wild, then you must tame it and claim it and make it yours by loving life above all those things that block you from it. Hear that gypsy that is compassion gallop within you. What shall you do to ride away upon that marvelous love? Ride away and change all with which you come in contact. What is freedom? Freedom is service in love. Perfect love is not patriotism, in our humble opinion.

I am Oxal. We again thank you for allowing us to come and speak with you. We leave you in search of our birthright. We leave you in sunlight and in perfect love. We leave you in the Creation, for where else is there? We leave you [in] unity, and so we do

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not leave you at all. Adonai, my friends. Adonai.
Adonai. ✤

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The Law of One, Book V, Session 104, Fragment 54
July 27, 1983

Jim: Ra made a point in Session 104 that seems to us to be one of the central principles which govern our evolution through the third density. It was in reference to the amount of exercise which would be most appropriate for Carla when her body was near normal and when it was weakened by one distortion or another. Ra suggested that it should be exercised more when weakened by distortion because "It is the way of distortion that in order to balance a distortion one must accentuate it."

In the next response Ra refers to the use of gifts with which one has entered the incarnation as a kind of "Use it, or lose it" proposition.

When Book One of *The Law Of One* was being published by The Donning Company under the title of *The Ra Material*, we were asked to write an introduction. In one portion of that introduction Carla was writing about the concept of reincarnation. When we got the galley proofs back from The Donning Company we noticed that a sentence which we had not written had somehow appeared in what we had written. It was truly "subjectively interesting."

Ra's eloquent closing was in response to a series of queries concerning our oldest cat, Gandalf, who then was going blind and losing weight, apparently in preparation for death. We have considered leaving this material out, once again, because it has little general application, but we have left it in because Ra's desire not to infringe upon our free will is notable and well illustrated here.

Carla: *When people try to improve their living habits, they always go for diet and exercise as being the first things to change. I think these changes have a mental and emotional benefit as well as a physical one, in that it feels as good for the mind as the body to be doing something when there is a concern. The concern for me, by all three of us, seemed never-ending. I don't watch soap operas; they move too slowly for me to keep an interest. But certainly at this point we were living in one. I was steadily losing weight, even eating more than I ever had. So the focus was on diet and exercise. I think we all felt better because we were trying to work on the problems actively. It did, however, seem to take up so much time! Much of the days seemed spent on maintenance. We all were stressed by the situation.*

I always have loved my childhood summers spent dancing at the Noyes Rhythm Foundation's camp in Portland, Connecticut. It exists still today, and is a wonderful place altogether, one I cannot recommend highly enough, for you can live in a tent, dance on a sprung wood floor to classical piano music in an open pavilion with greenswards and forest about in an absolutely unspoiled environment. The teachers still follow Florence Fleming Noyes' original method of instruction, which posits that all things have their own rhythm, so one may dance a starfish or a star, a bear or a horse or a blade of grass. It teaches that all things are alive, and that they are all one consciousness. It is very

like the Isadora Duncan style of dancing, but with a much elevated philosophy driving the technique. You can be a beginner and still have a wonderful time. I certainly did, and I measured the exercises I was doing at that time with the yardstick of the dance. The walking came up short! But I was faithful and kept up with the routine. Jim usually was kind enough to walk with me, which motivated me greatly.

I see here, for the first time, really, that Ra was echoing Don's request of me, which always was to take more time just to sit. I am an avid reader, and have always loved to toss myself headlong into a romance or science fiction or fantasy novel. To this day it is not unusual for me to read a book a day. Ah, if only the books were "good literature"! but NO! I love to read just for fun, and winkle away to adventure-land. As time has passed, I have more and more found the time to rest in silence, but still tend to read too much.

The stomach problems were to plague me for some years; indeed, still. But things were greatly aided in 1988, when my doctor finally figured out that my gall bladder was infected. Ever since 1982, they had been reading the picture of my gall bladder as showing some sludge—not an operable problem. However, in actuality it was simply infected, and not working at all. Until the sick organ was removed, I was to suffer greatly. And four years later, in 1992, I had the second cleansing operation, when half my colon was removed. These days, I still deal with discomfort throughout the GI tract, but it is not beyond management, and most days I can do well and just put such aches and pains out of my mind. When the sessions were going on in 1983, however, I was in sorry shape. The stress of knowing things weren't right with Don was undoubtedly a factor here.

One can note the way Ra moved fluidly between the psyche and the soma in working with illness. They linked the severity of the pain to work in consciousness, which I was pursuing as intensively as I could, but to slow avail. When one has felt unworthy for a long time, one is slow to learn self-respect of the deep and lasting kind. I was embarking on a life-lesson which was all about learning to be wise and live. Don was also embarking upon a journey, a much darker one. He was learning how to love completely and die.

Meanwhile our beloved cat, Gandalf, was getting old and creaky. How he loved us! He wanted only to be on us, or beside us, always. His devotion never let up, even when, in Georgia some months later, we had to lift him to the food and sand-box, as he could no longer walk. He would move heaven and earth just to be with us, and I got in the habit of carrying him with me so he would not have to walk on his sore paws.

It may seem like Donald spent a lot of time on this kitty, but you have to remember how much like a child such a special pet is. We had no children; being celibate, he wasn't likely to sire a family. But we did have Gandalf and Fairchild. They meant a great deal to us, as our cats still do to Jim and me.

Notice how the tuning started drifting as Don persisted in trying to get specific information from Ra. It is abuse of a well-tuned channel to ask for specific information, I think. And notice how Ra's suggestions for bettering a situation always begin with rejoicing in, giving thanks for and praising the situation, whatever it is. To Ra's way of thinking, when the attitude with which you met the moment was praise and thanksgiving, you'd be best prepared to meet it well. Simple advice, hard to follow, but worth it.

Session 104, July 27, 1983

Ra: I am Ra. We greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The readings are somewhat less distorted towards physical bankruptcy and vital energy loss than at the previous asking. There is still considerable bias in these readings.

Questioner: The instrument would like to know what is the optimum amount of aerobics, walking, and whirlpool exercises for the best condition at this time?

Ra: I am Ra. We shall answer in two ways. Firstly, to speak to the general case which pertains to this instrument in varying degree. Each form of exercise is well accomplished approximately three to four times per your week. The amount of exercise, all quantified as one sum, is approximately one hour per diurnal period.

We now answer in a second way, distorted in this response to the duple conditions of yellow-ray, physical difficulty and mind complex distortion. The swirling waters then must needs be viewed as being

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appropriate four to five of your times per week. The walking and the exercising as much as is desired by the entity. The total of all these should in no case exceed ninety minutes per diurnal period.

The yellow-ray, physical body has been experiencing that which is called lupoid changes in much tissue of muscle and some of the organs as well. The exercise regains the wasting physical muscular strength. In some ways the walking is the more appropriate exercise due to the proximity of the entity to second-density creatures, particularly your trees. However, the habitation you enjoy does not offer such opportunity and instead offers the proximity to creations of mind/body/spirit complexes. This does not feed the mental/emotional needs of this entity although it produces the same physical result. The exercise fulfills more of the mental/emotional need due to the entity's fondness for rhythmic expressions of the body such as those found in athletic endeavors derivative of the artifact system which is known among your peoples as the dance.

We suggest the support group encourage any exercise except that which exceeds the time limit which is already far beyond the physical limitations of this body complex. It is the way of distortion that in order to balance a distortion one must accentuate it. Thusly, the over-wearing of the body may, if correctly motivated, produce a lack of deficit at which juncture the lesser exercise limitations should be put into practice.

Questioner: The instrument has determined that the unwise use of her will is its use without the joy and faith components and constitutes martyrdom. Would Ra comment on that, please?

Ra: I am Ra. We are pleased that the entity has pondered that which has been given. We would comment as follows. It is salubrious for the instrument to have knowledge which is less distorted towards martyrdom and which is rich in promise. The entity which is strong to think shall either be strong to act or that which it has shall be removed. Thus manifestation of knowledge is an area to be examined by the instrument.

We would further note that balancing which, in this entity's case, is best accomplished in analysis and manifestation seated with the contemplation of silence may be strengthened by manifested silence and lack of routine activity. We may go no further than this recommendation of regularized leisure, and desire that the entity discover the fundamental truths of these distortions as it will.

Questioner: Is there anything further that we can do to help the instrument's stomach and back spasming problem?

Ra: I am Ra. The greatest aid is already being given to the fullest. The encouragement of the instrument to refrain from the oil-fried nature of foodstuffs in its intake is helpful. Cheerful harmony is helpful. The spasms must subside as a function of the entity's indigo-ray work and, to some extent, the recommendations made in response to a previous query. The definitive refraining from over-stepping the already swollen boundaries of physical limitation is recommended. The infection remains and the symptoms are now far less medicable, the entity having chosen the catalyst.

Questioner: Can you tell us what is wrong with our cat's, Gandalf's, eyes?

Ra: I am Ra. The one known as Gandalf nears the end of its incarnation. Its eyesight dims and the aqueous membrane becomes tough. This is not a comfortable circumstance, but is one which causes the entity no true discomfort.

Questioner: Is there anything that we can do to alleviate this situation?

Ra: I am Ra. There is a course of therapy which would aid the situation. However, we do not recommend it as the condition is more benign than the treatment.

Questioner: I don't understand. Could you explain what you meant?

Ra: I am Ra. A doctor of the allopathic tradition would give you the drops for the eyes. The cat would find the experience of being confined while the drops were given more distorted than the discomfort it now feels but is able to largely ignore.

Questioner: Can the cat see at all?

Ra: I am Ra. Yes.

Questioner: Does it seem that the cat will lose all of its vision in the very near future, or is the cat very near death?

Ra: I am Ra. The one known as Gandalf will not lose eyesight or life on most possibility/probability vortices for three of your seasons, approximately.

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Questioner: I feel very bad about the condition of the cat and really would like to help it. Can Ra suggest anything that we can do to help out Gandalf?

Ra: I am Ra. Yes.

Questioner: What would that be?

Ra: I am Ra. Firstly, we would suggest that possibility/probability vortices include those in which the entity known as Gandalf has a lengthier incarnation. Secondly, we would suggest that this entity goes to a graduation if it desires. Otherwise, it may choose to reincarnate to be with those companions it has loved. Thirdly, the entity known to you as Betty has the means of making the entity more distorted towards comfort/discomfort.

Questioner: Could you tell me who you mean by Betty? I'm not sure that I know who you mean by Betty. And what Betty would do?

Ra: I am Ra. The one known as Carla has this information.

Questioner: I'm concerned about the possibility of moving. If we did move it would make it very difficult for Gandalf to find his way around a new place if he can't see. Does he see enough to be able to find his way around a new environment?

Ra: I am Ra. The vision is less than adequate but is nearly accommodated by a keen sense of smell and of hearing. The companions and the furnishings being familiar, a new milieu would be reasonably expected to be satisfactorily acceptable within a short period of your space/time.

Questioner: Could we administer the drops that you spoke of that would help his eyesight so that he wouldn't be confined? Is there any way that we could do that?

Ra: I am Ra. It is unlikely.

Questioner: There's nothing that we can do? Is there any other possibility of using any techniques to help his eyesight?

Ra: I am Ra. No.

Questioner: Is this loss of eyesight … What is the metaphysical reason for the loss of eyesight? What brought it about?

Ra: I am Ra. In this case the metaphysical component is tiny. This is the condign catalyst of old age.

Questioner: Would the drops that you spoke of that would aid the eyesight … How much would they aid the eyesight if they were administered?

Ra: I am Ra. Over a period of applications the eyesight would improve somewhat, perhaps 20, perhaps 30%. The eye region would feel less tight. Balanced against this is rapidly increasing stiffness of motion so that the holding in a still position is necessarily quite uncomfortable.

Questioner: Then Ra thinks that the benefit derived from these drops would not be worth the cat's discomfort. This would probably … Is there any way that the cat could be given anesthetic and the drops put into the eyes so that the cat was not aware of them?

Ra: I am Ra. The harm done by putting the allopathic anesthetic into the body complex of this harvestable entity far overshadows the stillness accruing therefrom which would allow administration of medicaments.

Questioner: I'm sorry to belabor this subject so much, but I was really hoping to come up with something to help Gandalf. I assume then that Ra has suggested that we leave things as they are. How many applications of drops would be necessary to get some help for the eyes, roughly?

Ra: Approximately 40 to 60.

Questioner: Each day, or something like that?

Ra: I am Ra. Please expel breath over this instrument's breast.

(This was done as directed.)

Questioner: Is that satisfactory?

Ra: I am Ra. Yes.

Questioner: I had asked if the drops should be administered once per diurnal period. Is that correct?

Ra: I am Ra. This depends upon the allopathic physician from whom you receive them.

Questioner: What is the name of the drops?

Ra: I am Ra. We have a difficulty. Therefore, we shall refrain from answering this query.

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Questioner: I am sorry to belabor this point. I am very concerned about the cat, and I understand that Ra recommends that we do not use the drops and we won't. I just wanted to know what it was that we weren't doing that would help the eyesight and I apologize for belaboring this point. I'll close just by asking Ra if there is any further recommendation that he could make with respect to this cat?

Ra: I am Ra. Rejoice in its companionship.

Questioner: When we got our introduction back from our publisher on the book which originally was called *The Law Of One*, in the introduction Carla had been speaking on reincarnation and there was this sentence added, "For although originally part of Jesus' teachings they were censored from all subsequent editions by the Empress." Would Ra please comment on the source of that being placed in our introduction?

Ra: I am Ra. This follows the way of subjectively interesting happenings, conditions, circumstances, or coincidences.

We would suggest one more full query at this time.

Questioner: Prior to the veiling process there was, I am assuming, no archetypical plan for the evolutionary process. It was totally left up to the free will of the mind/body/spirits to evolve in any way that they desired. Is this correct?

Ra: I am Ra. No.

I am Ra. We leave you in appreciation of the circumstances of the great illusion in which you now choose to play the pipe and timbrel and move in rhythm. We are also players upon a stage. The stage changes. The acts ring down. The lights come up once again. And throughout the grand illusion and the following and the following there is the undergirding majesty of the one infinite Creator. All is well. Nothing is lost. Go forth rejoicing in the love and the light, the peace and the power of the one infinite Creator. I am Ra. Adonai. ♣

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Sunday Meditation
July 31, 1983

(S channeling)

I am Hatonn, and greet you, my brothers and sisters, in the love and the light of the one infinite Creator. We thank you, my friends, for letting us be part of your gathering, to share your vibrations of love which so strongly fill this place this evening. My friends, it has indeed been a beautiful day. It has been a time of rejoicing, for there are indeed multitudes of your people who now seek peace, and desire to see that peace surround[ing] your planet bring more and more into a oneness with the Creator. This expression of the love of the Creator has grown, and we sincerely hope will continue to grow, for as your planet continually nears the harvest, this expression verbally and by thought will more and more increase your planet's vibratory level. My friends, we are so pleased and so happy to see this. It fills us with joy to see the oneness of your people expanding, for throughout the world there are groups such as yours who sit in meditation attempting to share this love further and further. There can be no greater service than this. As each strives to serve the Creator, each will indeed grow in that love.

We would like to transfer this contact at this time. I am Hatonn.

(Carla channeling)

I am Hatonn. I am now with this instrument and greet you once again in the love and the light of the infinite Creator. We shall continue.

We are aware that all may not seem to be full of peace and joy and love among your peoples. Indeed, the quality most desired from third density is its opacity. It is not intended that you be able to see through the illusion readily. We find in this instrument's mind the image of young men who play "King of the Mountain," and a game which this instrument calls "Chicken," and who run after anything in a skirt. We ask that you look at your countries, your national culture units. Those especially which concern you as you dwell within the reaches of your United States are that country and that which you call Russia. And as you look, you find these countries behaving as young men, each one daring the other, and playing chicken, and chasing any country in a skirt, so to speak. This is immature behavior developed by societal units which have not reached the age of wisdom and which wield power.

We are aware that this part of the illusion seems to declare a grave and malign influence that would deny not only love in its surface and shallow sense and all the good expressions that from it flow, such as peace and joy, but that which is at the root of

love, that being the original Thought of the Creator. Yet that original Thought feeds the illusion with its acceptance of biased consciousness while remaining without that illusion. That which love is possesses the qualities which formulate your language's improbable attempt to describe singularity—that is light, power and compassion.

That which will occur among your peoples, and which is known among many as the harvest is not a function of an incarnational experience wherein certain factors seem to be ineuphonius. That harvest is a function of many unique portions of the Creator who [have] been conscious and who have been learning for many thousands of your years. The free will of each of those portions of consciousness shall draw a picture that is to come, and it shall draw it in a state of being that is outside your immediate, your illusion. It is as if we were to say that all that you see, measure, feel and touch has no value. This is not so, but it surely must seem as if this is what we are saying.

Can governments rise and fall? Can peoples think and err and sleep, and yet the harvest occur? Seemingly, this cannot be. And yet that which you and that which many are who shall be harvested in time/space in your, what you call, future shall be due to the rhythm and pulse of a portion of love which is intelligent and which has specifically and carefully detailed the circumstances which will surround this opportunity. Thus we say to you, there is far more peace, there are many more groups such as this one. We are overjoyed at the progress being made. There will be a harvest. That there will be any harvested at all is our joy.

We ask you to consider all the works of your hands, minds and your hearts, all the things which you may have built up for yourselves, all your appetites and your means of satisfying them, and we ask you to consider which of those things feeds that portion of yourself which is aligned most closely with the one original Thought, with love. The world about may do what it will. It cannot touch the work that you do mining, as it were, for a gold within yourselves. In meditation, in silence within lies information for those who wish information, inspiration for those who wish that, hope, *(inaudible)*, faith. All these are derivative of love, and feed back into love, and the key to your own progress towards your own harvest is first in your dedication to learning what the truth may be within you, and secondly to your decision to allow that love to radiate to those about you, not by what you do but by what you are.

We would very much like to use other channels within this group as we have not had a chance to exercise any of them for a period of your time. Therefore, we shall offer one thought and then move on to another channel. That one thought is all-important. We ask that you consider our words as you would consider the words of a friend or a neighbor. We have existed in consciousness coherently for some of what you would call time longer than you, and perhaps there are some viewpoints worth sharing. We hope so. That is why we are here. We hope that one or two may find our words useful. We have an equally strong hope that no one accepts our words or any words as infallible. The truth lies within you, and all must be brought before that great and mighty court. We would at this time transfer this contact. We thank this instrument. I am Hatonn.

(C channeling)

I am Hatonn, and am now with this instrument. There was some initial difficulty establishing contact with this instrument and [as] we have not been together for some time, we wish to speak but briefly through this instrument. We wish to ask you to remember that while you meditate within this group that [there are] those who, though not physically present, are with you at this time adding their energies to yours, for this group stretches far and has touched many. We have indeed been privileged to have been allowed the chance to speak to and through so many through your years. It has indeed been an opportunity for us to continue our growth as we attempt to serve as we may.

I am Hatonn, and would at this time like to transfer this contact to another instrument. I am Hatonn.

(K channeling)

I am Hatonn. We would close this evening by saying a very few words through this instrument. My friends, as you wish for peace, you can extend peace by being peaceful, and you bring joy by being joyful. And you extend love by loving. And one learns to be peaceful and joyful and loving by exercising the will, by choosing to be peaceful. We also have the ability to increase hate upon the planet by exercising hate. It's this simple, my friends. So when you pray for peace on your planet, we would ask that you

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remember there is one way for you to bring about that peace. So we leave this challenge with you, and may we repeat it has been a joy to be with you. We have missed your presence in meditation. And we leave you in the love and the light of the one infinite Creator. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. It is our privilege once again to be called to your group in order that we might attempt to answer those queries which are with you. May we repeat the words of our brothers and sisters of Hatonn, and suggest that our words be viewed as those of a friend, for we are in no way infallible but wish only to serve as we are asked. May we then ask if we might begin with the first query?

M: I have a question I'd like for you to give me a little information [on]. We've had two epidemics, one of herpes and the other of AIDS, and I was wondering if it could be brought on—not that I would have anything against homosexuality, because I guess they're born that way—if they had a contact or two, but one man in the paper that had AIDS said that that he had had thirty-five contacts during a week. And that does almost seem ridiculous. And have these diseases been brought on as a warning?

I am Latwii, and am aware of your query, my sister. Though we may look at any such disease in general terms and give a description which may be satisfactory concerning its nature and purpose, we must preface this general description with the suggestion that each entity which experiences such a, as you call it, disease, has an unique configuration or lesson to learn within the general pattern. With that disclaimer we may suggest that the widespread profusion, shall we say, of these types of diseases of the sexual nature and function have, for those entities experiencing them, the general purpose of creating a bias towards the mated relationship, for it is the time of what you have called the harvest, yet few there are capable of being so harvested.

The catalyst, therefore, which aids in this evolution is by the choice of all on the subconscious level increased. One most efficient way for evolution to occur is through the mirroring process which the mated relationship provides the entity seeking adepthood as the purifying communication and honest observation describes in ever clearer terms the nature of the lessons to be learned. Each entity then is offered a greater and greater opportunity to accelerate the evolutionary process in the short time that remains upon your planet. When this opportunity is not fully utilized, there then comes the reminder. When certain entities have not utilized the opportunities which they chose before the incarnation to utilize, then they, in their subconscious beings, provide themselves with the symbolic reminder of that opportunity's need to be noticed.

Therefore, you will find upon your planet today, and especially this country within which you reside, the increasing experience of physical dysfunction related to the sexual energy transfers when made indiscriminately.

May we answer you further, my sister?

M: I wasn't exactly sure whether you felt that these diseases were brought on by not using good judgment or whether they were supposed to be helpful to the people.

I am Latwii, and shall attempt clarification. These diseases are reminders of an helpful nature potentially which serve to, shall we say, focus the attention of the entity who has not used catalyst for experience well in the thinking processes. Therefore, the catalyst is then given to the body where it might be noticed where it was ignored by the mind. This is to aid the evolutionary process.

May we answer you further?

M: No, I think that was very helpful.

I am Latwii, and we thank you, my sister, for your query. Is there another query at this time?

Carla: I just have a small one. Ra said that the foundation ray, the red-ray energy center, is almost never blocked because it's the foundation. Are these diseases largely due to orange-ray blockage, in terms of energy centers?

I am Latwii, and am aware of your query, my sister. The blockage is again unique for each entity, yet there are certain general characteristics which may be described. Some experience the combination of orange and blue-ray blockage, these centers focusing respectively upon the relationship of self with an other self and the clear communication with that other self. Others will include the green-ray energy

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center, and the need to unblock the compassion for acceptance circuitry. …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue. The orange-ray energy center is that which is often combined in such diseases with the green-ray energy center as the entity needs to open the circuitry which leads to compassion, and is utilizing, or wishes to utilize, one other self in that effort. There may also be instances in which the yellow-ray energy center is blocked in conjunction with any of the aforementioned centers as it deals with the acceptance of all other selves with which the entity has common exchange, shall we say.

May we answer you further, my sister?

Carla: Just to clarify. So you're saying that the orange-ray blockage which is basically fear of possession, fear of being possessed, or desire to be possessed, or desire to possess, is usually overlaid by also a lack of clear communication or also a lack of compassion, that it shows up in the genital area which seems like if it were orange and blue it would show up in a different part of the body. I was confused by that. Is that correct, what I'm saying? Is that a clarification of what you said, fear of possession, etc., overlaid by lack of compassion, or inability to speak clearly, or no desire to speak clearly?

I am Latwii, and am aware of your query, my sister. Your restatement of our observation is reasonably accurate. There is for each entity a simple series of attitudes in relation to love which need the learning within this illusion. Each energy center has its part to play in the refinement of this learning. The diseases spoken of this evening offer themselves as catalyst when certain avenues of opportunity have been ignored. Therefore, one may look at each energy center and the balance of each with each and find an unique configuration for each entity, though your description is in broad terms reasonably accurate.

May we answer you further, my sister?

Carla: I'm just curious about one thing. The description which you've given of the things that are blocked and the disease that occurs seems to be a disease that occurs to positively-oriented people. The negative polarity would be using sexuality in a completely different way? Is that correct?

I am Latwii, and am aware of your query, my sister. This statement would be correct for those of the negative path who are consciously following that path with a great degree of purity. Many upon that path are unaware of the required purity, and therefore experience similar manifestations of this disease as do those upon the positive path.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

K: Yes, Latwii, a totally different thought. I want to make a statement about a dream I had, and then get an opinion. Recently I was dreaming, it was sort of haphazard dreaming and didn't have very much content after I woke up it seemed, but in the midst of this dreaming, I was aware of the plant in my living room having lost a leaf or two. When I went to bed the leaves had not fallen, but in the midst of this dreaming I become aware that the leaves have fallen off of the plant, but it isn't clear in the dream that they are my plants, I'm just aware that some leaves have fallen off of somebody's plants. And then I go on with this sort of haphazard dreaming. When I woke up it was as if I walked directly to one of my potted plants in my bedroom, and lo and behold, there were two leaves that had fallen from that plant, and it looked just like the leaves I had seen while I was asleep. Now this is my question. Was my subconscious mind aware of what happened or is this sort of an indication of the unity of all things? Would you make a comment about that?

I am Latwii, and am aware of your query, my sister. We may comment by agreeing with both suppositions; that, indeed, the sub- or unconscious mind has knowledge of all that which it is one with, which of course is all things. We may further suggest that there are occasionally instances of such a communication from the subconscious mind to the conscious mind for the purpose of reminding the entity that it has great resources at its disposal.

May we answer you further, my sister?

K: Yes, I'd like to push that just one little bit further. Then, that being the case, then it's possible that my subconscious mind or the unconscious mind could

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pick up something, well, say, something that happened across the other side of the world as far as that goes. It would be possible, I think this is what I'm trying to say, then it would be possible for the subconscious mind to pick up something anywhere? Is that right?

I am Latwii, and am aware of your query, my sister. It is indeed possible for such to occur, and indeed this is not as unusual a situation as one may think, for often such insights, shall we say, occur to an entity yet in a form which is not easily recognizable. So the conscious mind then is constantly privy to a multitude of signals, most of which are filtered out by the focus of the attention. Therefore, to most precisely become aware of another portion of the self seemingly hidden from the conscious mind requires a fastidiousness in the focus of attention which you may liken to your tuning process that is used before each of these meditations.

May we answer you further, my sister?

K: No, thank you very much, but I have another question. It's on a different subject. I read a book recently about the Masters of Shasta supposedly who have met people from time to time in the astral body. And supposedly this mountain has been a very important place to those who are capable, shall we say, or desirous of spiritual experience. Would you comment on that, the Masters of Mount Shasta?

I am Latwii, and am aware of your query, my sister. It is often the case that certain areas or portions of a planetary are so situated that the web of, shall we say, love/light or prana which surrounds your planet may find an easy entrance point. The location of which you speak, and many others as well, is such a point. To be considered as well in this particular situation is the additional fact that many of your peoples who seek the one Creator, having become aware of this point, then also invest this point with the power and purity of their cumulative seeking, thereby enhancing the possibility of such contacts you have described briefly.

Therefore, we have two equally important factors which permit the, shall we say, experience that is not ordinary upon your planet, that is, the physical location at an energy nexus or vortex and the investment of that place by the seeking of, shall we say, the pilgrims.

May we answer you further, my sister?

K: So, you're saying that even the seeker increased the power or the, yes, that even the seeker increased the power on Mt. Shasta, it was not only a point where the contact could be made, but the seekers themselves enhanced the power. Is that what you're saying?

I am Latwii, and am aware of your query, my sister. This is correct. May we answer you further?

K: No, thank you. That's very good, thank you.

I am Latwii. We thank you. Is there another query at this time?

K: Yes. On that very thing. We've read so much about the gurus of the Himalayan mountains, and especially in Tibet. And I'm assuming that the mountains were—because of their height and all—were a good place to make spiritual contact, but I'm assuming the seekers have increased the power in the Himalayan mountains so that it is a very spiritual place. Is that true, also?

I am Latwii, and am aware of your query, my sister. This is correct. The thought that a place is of a certain nature need not be initially correct in order for the place to become of that nature when such thoughts continue to manifest in such and such a manner. To summarize, remember that each thought is a thing which exists in what you may call time/space, and may be brought into your coordinate system, shall we say, by the continued thinking of that thought.

May we answer you further, my sister?

K: Then some of these gurus really have lived to be more than four or five hundred years old because of the power that has been generated in these mountains? Is that true?

I am Latwii, and am aware of your query, my sister. Only indirectly, my sister, is this statement true. The power of such an area aids the evolutionary progress of the seeker, yet it is the faith and will of the seeker that is the most important ingredient in, shall we say, achieving the goal. When the love and the light of the one Creator has been contacted, shall we say, by the adept, and when the adept consciously becomes aware of its unity with all creation, then such phenomena as the living for what seems to be an extraordinary length of years becomes a side effect of that contact with unity by the adept in such a place.

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May we answer you further, my sister?

K: No, that's very good. That makes sense. Thank you very much.

I am Latwii. We thank you, my sister. Is there another query at this time?

K: Does the instrument have enough energy to answer one more question?

I am Latwii, and am aware of this query, my sister. We find this instrument is able to be utilized for another query or two. Is there another query at this time?

K: I'd like for somebody else to ask a question if they like. If not, I have one more question. I was in the bookstore the other day and I read a part of a book by Ruth Montgomery. The title of the book is *The Threshold of Tomorrow*. And she's talking about the numerous walk-ins on the planet today, and she's even bold enough to mention the names. In her first book, *Strangers Among Us*, she withheld the information, but in this book she's very bold to mention the names of people we know who are walk-ins, and they are here for the express purpose of helping the planet through the crises. Would you comment on that?

I am Latwii, and am aware of your query, my sister. We can only make general response for it is not our desire to speak to the specific validity, shall we say, of any living entity's efforts, for we do not wish to be the judge, that is, for those who read such information. The phenomena of what has been described as the walk-in entity is a phenomenon which is occurring upon your planet but is, shall we say, much rarer in its manifestations than is imagined by many who write upon and consider such possibilities. It is a situation which is most rare, for the third-density being which agrees to leave this illusion and allow its physical vehicle to be inhabited by another density's entity is one which willingly forgoes the opportunities of continuing its incarnation and does progress in some manner, yet will find its progression for the, shall we say, short run, greatly ended. There are a few who would push to partake in such an exchange for that reason unless there was a greater service which could be provided by so partaking.

May we answer you further, my sister?

K: No, thank you.

I am Latwii, and we find that the energies are dwindling within this instrument, and therefore we shall take our leave of this instrument and this group. We leave you, my friends, rejoicing in the unity which we share. Remember that we are with you in your meditations at your request and rejoice in being able to blend our vibrations with yours. We are known to you as those of Latwii, and we leave you now in the love and the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Nona. We greet you in love and light. We are having difficulty maintaining contact with this instrument. We have been called to send healing vibrations to the one known as M. We request of those who call that the call be repeated that ye may establish contact with this instrument. We shall pause.

(Pause)

We thank you and after we finish with our sounds, we shall leave you in love and light.

(Carla channels a vocal melody from Nona.) ♣

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Sunday Meditation
August 8, 1983

(Unknown channeling)

I greet you, my friends, in the love and in the light of our infinite Creator. To be with you is an exquisite pleasure and we thank you for requesting our presence. The opportunity to share our thoughts with you is the greatest opportunity for which we could ask.

We should like to offer philosophical thoughts and *(inaudible)* and we shall move from one channel to another with some frequency and therefore we suggest that if you have *(inaudible)* and challenged us mentally that you may dispense with the beginning and ending greetings until the end of this session.

Once upon a time there was a wooded *(inaudible)*, a beautiful leafy glade and within that small forest lived many creatures that you would call spirits of nature; others have called them fairies and elves. To them *(inaudible)* smallest *(inaudible)* was as a towering tree and the red clover was enough to make *(inaudible)*. We shall transfer.

(Unknown channeling)

(Rest of tape is inaudible.) ♣

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Sunday Meditation
August 14, 1983

(Carla channeling)

[I am Hatonn,] and I greet you in the love and light of our infinite Creator. We have been blending with your group for some time, and we thank you for the great privilege of being able to speak through this instrument, and to share our humble thoughts with you. We would speak with you this lovely evening about that which you may call discipline. Many and many are the sources and the messages which you may read or hear which are of an inspirational nature which express to you the perfection, the unity of the present moment. And many are the blissful moments that you may gain from taking in such beautiful and consoling thoughts. So far from being sarcastic are we that we would suggest that you make a practice of availing yourself of this idealism, this beauty, this vision of perfection, and unity on a daily basis, not only through meditation but insofar as you find it helpful through inspirational works.

However, if you do seek truly, you will find that inspiration carries with it a mandate for action, and it is that action which takes a discipline of the inner self. Such disciplines are not much understood in your culture. The discipline of the mind, the character, the personality, is hardly recognized unless it bears substantial and obvious fruit in the social life, and is therefore not much valued by that cultural web in which you find yourself experiencing the illusion at this time. However, without the discipline to take responsibility for what knowledge you have gained, you will find yourself on a treadmill, and you will in the end be disillusioned, if you will excuse the pun, and you will consider that all the inspirational writings and speeches that you have heard are foolish and that there is no use in them.

When we speak to you of love and light and peace, we do not expect to do anything more than to inspire you to begin or to intensify your own efforts at seeking, that probing the unknown which holds within it the treasure which you call the truth. And as you seek you will find on your own a subjectively interwoven series of apparent truths. If you do not claim them as you discover them, they will escape you, and you will have to discover them again and again and again. If you claim that which you know and begin the unending attempt to manifest within your being that which you have learned, then you shall proceed, and the penetration of the illusion which hides from you the true nature of love will be accelerated accordingly.

My friends, it is so easy to think that the feast, the love, and the unity that you experience in moments of inspiration will be a natural fruit of your attempting to manifest these qualities through your being. However, this is far from the truth. When you choose to seek the truth, you embark upon a very personal journey, and one which will differ

from person to person because of the unique nature of each being. Therefore, the first fruit of seeking may well be dissension, and the peace that you find will only be found at the end of a process of communication that may be very painful. When you seek the truth, you are acting as a creation inspired by an ideal. You move according to the winds of your own particular needs and energies, and those closest to you, if they are also seeking, shall also be in motion.

Perhaps you may look with dismay upon this first fruit of seeking, and yet we say to you it is entirely necessary within third density to use the illusion in order to open communication to the level of spiritual verbalizations. If you have a disagreement, count yourself blessed, for you may then use your manifested seeking to turn towards another self openly and fearlessly. Without seeking and grasping the principles of the discipline of the self, it is almost impossible to communicate clearly and with a minimum of bias. The chance to do so is precious indeed, and because success is so hard won it is worth a great deal. We come among you only as brothers and sisters and do not wish to add to your burdens, but we do challenge you to retain that fine sense of the ideal, that great seeking for the one original Thought, while gazing with a clear and careful eye upon each situation that seems to be quite out of keeping with all the effort and all the love you have given to that situation.

Do not let your heart falter because there are great difficulties, minor disagreements, or poor feelings. Know that your third density is doing what you planned for it to do, and now is your chance to use it wisely. When you were a child, did your parent see fit to discipline you? How much more wise is your higher self which offers you disciplines. You are not weak to be patient or poor in heart to strive for cheerfulness. You are not failing your brother or your sister when you step back from a confrontation that would leave a brother on one side and a sister upon another, and strive to reestablish by clear communication through dissension the final understanding that you are one being. If you have compassion, then you must seek discipline.

We shall at this time show some discipline by refraining from exercising the other instruments within this domicile, for they have come to listen and to be refreshed. Take refreshment from all that you can. Drink deep in the glory and the beauty that is around you, but do not feel betrayed by apparent disharmony. Isn't it just like you, each of you, seekers all, to plan for yourself some hard times, some rough knocks, so that you might more clearly express your grasp of the truth and your penetration of all apparent separation.

We give this instrument a vision it does not understand. This instrument sees the hammer descending upon the anvil and the rock breaking. We attempt to say to this instrument that that which is not tempered will break. Go through the fire of experience willingly, my friends, and be tempered a bit at a time, that with experience you may bend and learn and become stronger, and serve more and more that great ideal that you so cherish. On the surface the spiritual path seems poetic and dramatic and will attract many who will become weak-hearted. Know, my friends, the spiritual path is for those who are tough and wish to become tougher. Perfect compassion involves an unbelievable personal discipline, for how in this great illusion can you naturally believe that all others are one with you?

We of Hatonn are one with you. This we know. We offer our vibration to you during meditation. You need but mentally request it. We thank each of you for the opportunity of joining a circle of light that expands until the universe rings, for in joining as a group, you join light with light and the resulting energy is monumental, and that which you would not believe. But we say to you, you aid the planet and you aid us as we learn in our service to the One. We commend, as always, meditation on a daily basis, and so leave. We are those of Hatonn. Adonai vasu. We leave you in the love and the light of the One Who is All.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. It is our special pleasure and privilege to greet each of you this evening. We thank you, as always, for requesting our presence. We come as humble messengers of love and light, and of the unity of the creation of the one Creator. We hope that our service of attempting to answer your queries will provide you with some small amount of aid and food for thought. We remind each that our words are but our opinions, most fallible, yet offered with a great desire to be of service. May we then ask for the first query?

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Carla: Dr. B has an electrical machine, and she's unwilling to use it on me until she gets a reading. Can I ask you about it or do I need to ask Ra?

I am Latwii, and am aware of your query and desire, my sister. The machine of which you speak is of potential aid if used with the proper mental attitude. This attitude is most necessary for it is the, shall we say, force or enabler which you will use to form the channel through which the healing energies will be able to move. More than this we cannot say without infringement. The attitude is of your construction of necessity in order for it be most efficacious.

May we answer you further, my sister?

Carla: Is there any setting on the machine which would be harmful or should I ask Ra? This is information she specifically asked for.

I am Latwii, and am aware of your query, my sister. There are certain settings, as you call them, which may prove less than helpful. There is a certain intuitive grasp which is necessary for the one known as B that can be used to determined these settings. We cannot speak as to the specific setting, for it is not within the nature of this type of contact to be able to transmit information of such specificity.

Carla: Okay, then all I have to ask Ra is just a very specific question about settings. Good. One more little question. After the one thing she did on me, I experienced a good deal of pain in the general area of my kidneys which was outside the general area of back spasms which I've had an unrelated problem with. I suspected quite strongly that what had happened was I had released into my body too many toxins and I had failed to drink enough water. Could you confirm that?

I am Latwii, and am aware of your query, my sister. We may say that this assumption has a large degree of correctness. There is also the shaping, shall we say, of the proper mental attitude of which we spoke previously which would aid in the use of this instrument. This again we recommend as a topic for your pondering and meditation.

May we answer you further, my sister?

Carla: No, thank you. I appreciate your going right up against the Law of Free Will with the information [I wanted].

I am Latwii. We thank you, my sister, for your seeking and your understanding. Is there another query at this time?

A1: Yes, Latwii. I've got a situation which has been occurring for the past three or four weeks. And, well, I'll be explaining it to you, but I'd like to have some reasons of why it might be happening, if you can help. What it is, is during the Friday night meditations after the tuning, I can hear the first words of, "I am Hatonn," and then a few seconds later I hear, "I am Hatonn, and we now leave you," then I hear, "I am Latwii, and we greet you," and then I hear, "I am Latwii and we leave you." And the whole meditation appears to take about five minutes. And once we have sent love and light, I have this problem of using—from the elbow down—my arms. It takes about ten minutes to regenerate the hands. The first week I kind of let it go by, and the second week I thought I might just be exhausted and sleeping through it, but with this many occurrences I'm beginning to question whether or not something else might be going on. And I've it given it thought, and I can't come up with anything, so I'm asking now. Can you help?

I am Latwii, and am aware of your query, my sister. We may be of some small aid in this area by suggesting that each who joins a circle of seeking such as this circle will take from the information given that which has meaning to the entity. Each will hear in some fashion that is most helpful to that entity's journey of seeking the truth, no matter what is spoken and generally available. In your particular case, the turn of your mind and seeking of recent time, as you call it, desires that nourishment which is of a most unique and personal nature. Therefore, it is the case that you seem not to hear the words, yet upon a deeper level receive the sustenance, and are not consciously aware of the information verbally transmitted. This is your pattern of seeking at this time. The process entails a somewhat deeper level of meditation which may have as an aftereffect the numbing or the making inoperable of certain portions of the physical vehicle.

May we answer you further, my sister?

A1: One more thing. I don't think I am, but I just want to make sure that I'm not causing any negative action within the group, or also, you know, a reverse effect of hindering anyone else's growth by not being fully conscious during the meditation.

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I am Latwii, and am aware of your query, my sister. To aid a group such as this one in the shared seeking, it is most fundamentally necessary for each entity to seek as purely as possible. The method of seeking is of lesser importance. Therefore, if each comes to the circle of seeking with a desire which is as pure as possible, and comes [with] a mind that is as open as possible, and a heart which accepts each other self, then the fundamental requirements for aiding in the shared seeking are met. It is, of course, helpful to remain in a non-trance state in such a circle, for the proper protection for that special type of seeking is not provided in such a circle.

May we answer you further, my sister?

A1: Latwii, thank you, you've helped a lot. Now I don't have any more questions.

I am Latwii. We thank you, my sister, for your service. Is there another question at this time?

Carla: I'd like to check up on A1. I was wondering if the problem with the lower arms could be mechanical. I've got some of the same problems that she does with the arthritis, and I've found that propping up my elbows has helped my comfort after the sessions quite a bit. Do you think that it is this same syndrome of arthritis in the joints and lessened circulation and nerve function that may be the aftereffects of being in one position for too long?

I am Latwii, and am aware of your query, my sister. These are helpful suggestions, and we may concur in our estimation of their correctness. The joints which have the poor circulation and which must withstand motionless periods for some time are more susceptible to the numbing effect and difficulty in use after the motionless period is ended. The one known as A1 may experiment with different …

(Side one of tape ends.)

Carla: *(Inaudible)*.

(Jim channeling)

I am Latwii, and am with this instrument once again. Our puns are often unnoticed, and we appreciate the notice. We will now resume with the asking for the next query.

Questioner: What can we do to help A2 during this crisis that she's in now?

I am Latwii, and am aware of your query, my sister. As those entities about you move through their incarnations, there will be those times in which it seems as though great difficulties threaten their being and the continuance of the incarnation in a stable fashion. To be of the greatest aid to any entity which is undergoing that which is seen as difficult or traumatic, it is first most helpful to look in what might be described as the overview, that is, to see the entity being presented with an opportunity for greatly accelerated growth. It may not be understood in the smallest degree just how the growth will occur, yet in a universe of unity, there is nothing but opportunity for the realization and expression of that unity by each entity.

Therefore, if you can, begin your efforts with this view and you will note a greater ease in the attempt to aid an other self which seeks assistance. Then if you can, radiate or communicate to this other self your vision of the perfection of the opportunity, and the assurance that all not only will be well, but all is at this moment well. Then you and the other self stand upon the bedrock of truth as well as it can be understood in this illusion which seems so difficult and threatening from time to time.

If then you can refine further your efforts of service by seeking in your own meditative state that which might be most helpful to the entity, and share this assistance with love and acceptance of the entity, the situation, and without a dedication to any particular outcome, then you will have given a gift which is most helpful in that it is given freely, with love and with concern.

May we answer you further, my sister?

Questioner: No, you've been very helpful.

I am Latwii. We thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and though we feel there are still several queries forming themselves, we feel that it is the appropriate time to take our leave of this group, and perhaps have the honor of attempting these queries when they are more firmly formed. We thank each in this group for seeking our humble service. We are with each in meditation upon request and are most honored to be able to blend our vibrations at any time our presence is requested. We leave you now, my friends, in the all-encompassing love, and the clear shining light of the one infinite Creator which resides in each portion of your being and within all

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creation. We rejoice with you in the truth of our unity. Our blessings and peace be with you. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Nona. We greet you in love and in light, and for several requests we offer the sounds through this instrument of a healing nature.

(Carla channels a beautiful vocal melody without words from Nona.) ♣

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Sunday Meditation
August 21, 1983

(Carla channeling)

[I am Latwii,] and I greet you in the love and in the light of the one infinite Creator. We are most pleased to have been called to speak through this instrument without the answering of questions for the moment and hope that we may serve you. We greet and bless each and surround each with love, for surely this circle is beautiful in its clarity of seeking and the light that emanates from that seeking, and that identity which you have forged as a group which gives you a life beyond yourself which is that of the light source which is of great planetary aid.

We cannot ever express too much the importance of the dedication of each to the mutual seeking of truth, the discriminating gaze upon all materials which may aid the seeker and the sincere desire to be kindly affectioned one to another. For as you love one another, so shall you be illuminated, so shall your group be illuminated, and so shall your sphere be illuminated. The nature of seeking develops within the seeker that which is far beyond the individual and the personal in its nature. You may indeed find portions of your being becoming impersonal in that you gaze at the particular and personal circumstances which engage your attention within the illusion you enjoy, and draw from that illusory experience impersonal and general conclusions which may seem to the casual observer to have little to do with the circumstances.

We find the great majority of your people still waiting for an awakening. We are not concerned with those who do not wish to awaken. We have not come here to serve by persuasion but only by request. We do not wish to persuade the sleeper to awaken, the sluggish to become adroit, the negative to become positive. We wish only to lay before you a vision, a view, an ideal, if you would, which is our experience of the creation and the Creator at this time which makes for us the life that we choose to lead, and the illusion that we choose to experience. This we share with you in the awareness that as others have done for us when we were as you, so now may we serve as those who speak of those concepts which you may wish to consider which form the construction of the philosophy and practical ethic by which we have our being choose our actions. And so we continue, my friends.

We give you a view of joyful and merry universe resounding with the hearty and never ending laughter of the Creator that loves to experience Itself and to learn about Itself from Itself, a Creator that is doing just that through us and through each of you. Therefore, we bring to you a framework in which you may see your illusion as a unified experience in which those things you term good, those things you term bad, and those things which you term neutral are all blessed by one light. That light is the light of the Creator creating, experiencing and learning

about Itself. When you open your eyes, you are opening the eyes of the Creator. No less judgment can you make about yourself, for consciousness is one and you are conscious. You are also unique due to your experiences which by the role of the free will many times over has made you the being that is of the Creator, of the version which is you.

As you look out of your eyes, the eyes that you meet are those of the Creator. It is sometimes difficult to penetrate the illusion that the eyes into which you look are those of the malcontent, the murderer, the rapist, the evil man, the anyone who does not meet with the standards you have set up for yourselves in order to make an order of the illusion. However, all of these people are the Creator, and not a splinter of the Creator, for that is the manifestation, but the Creator in wholeness, for that is the root of the conscious mind. Therefore, you cannot say, "This is a splinter, this is a portion, this is a spark of the Creator, and the light has been greatly distorted in this part of the creation," without causing a distortion in your understanding. You must see that each is the Creator, totally and wholly and without hindrance of any kind. The remainder is a manifested illusion.

We began by speaking with you of the light which you generate as a group. This is an appropriate concept to consider in each relationship which you enjoy. If you have the faith in another being that each of you manifests in each other at this moment, you will then be able to vibrate in harmony with each entity, even as the entity seems to be straying from the light which you prize and which you jealously guard.

We ask that you perform two processes when you engage in relationship with another being. Firstly, you must realize that you are the Creator. The center of your being is whole, and you do not need any thing, neither emotion nor material nor any other manifestation from another, for you are perfect as you are. The release which this will give to you in your somewhat less than ideal condition will be substantial, for if you do not need anything, then you are free to listen, and to discover what you may do to be of service to another, and to work in harmony with another as you are now working in harmony in order that this instrument may be used as a channel, and have the energy to transmit this message.

To continue this first process through to the logical conclusion will cost you a bit of time, perhaps no more than a second or two, and preferably, in order to cause the momentary centering process to be minimal, a daily period of meditation in order that the center is always on view.

The second process is the free and willing giving of the attention to the Creator which is manifested to you. This is where your reactions will sometimes seem to be unresponsive to a situation. You may seem detached or happy when sadness was expected, as you listen and gather the harvest of harmony with another and celebrate that unity by seeing in a greater perspective the ebb and flow of an entity's life as it moves in perfect freedom. Regardless of whether you are understood or misunderstood, the valuable light generated by seeing the Creator and coming into harmony with the Creator in your dealings with others is still the same. The only way in which that light can be multiplied is if the one whom you listened to gives the same honor to you in return. Ah, then the light is tremendous.

In no case can your light be taken from you, for you have within you all of creation, all the light, all the world. You are unity. To say you are a part of the Creator is confused. To say you are the Creator is confused. You see, my friends, language is a poor thing, and we are poor at using it as you well know, but the joy that is a portion of the release felt by the vision of the Creator lovingly at work in dealing with self is immeasurable.

We offer these thoughts to you that you may consider and take that which is good, leaving, of course, those things which we have said badly or wrongly in your estimation. You must know we have only opinion to offer. We could speak in grand terms and pretty language and perhaps even through this instrument using this method tend to set up a method of convincing you that we were sure and invincible in our truth and our prophecy. But why would we wish to do that, my friends? We have not worked through the densities that we have accomplished in order to influence people. We have come to our present experience because, in part, others gave us things to consider, visions to see, ideals to dream when we were in situations that did not seem ideal or seemed unbalanced, tame, boring and quiet.

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You see, my friends, those who have a settled existence wish to be gypsies, and those who are troubled wish to be peaceful. That is the balancing self, and each shall experience the other extreme again and again until the desires are seen for what they are, that is, a portion of the great balance of experience that is available for those upon the positive path, as it has often been called. We wish you the joy of that positive path, and assure [you with] our thought that as you wish to be light beings, so you are. It is not a *(inaudible)* for most to keep the vision the self as Creator, and other self as Creator dancing forever within the mind, but you may grow closer and closer to that ideal and of the seeking, for the truth of our statements will inevitably bring you closer and closer to this very realization, for in the end, this realization is all that there is: we are one; we are the Creator; we are love manifested as light.

This instrument was not expecting this contact, and we have had a good time using this instrument, and staying very serious, and giving you all kinds of good advice, and hopefully [you will] remember not to care anything about our opinion but only your own opinion. We thank you for allowing us to share our thoughts with you outside of the question and answer format, but there was a calling for this information such as it is.

We would like to exercise those channels which may wish to avail themselves of this opportunity before we attempt to answer any queries. Therefore, we would at this time with a sweeping bow, as this instrument would say, leave this instrument in order that we may exercise others. I am Latwii.

(S channeling)

I am Latwii, and we greet you, my dear friends, once again in the love and the light of the one infinite Creator. As usual, we have had to nearly knock over this instrument, and we apologize for the delay but this [was] her request, and we are happy to oblige. We are, as we have stated, so happy to join you and share in the love and love and light that is present here this evening. It is our sincere hope that we have brought a small amount of light and love into the love and light that is in much abundance here this evening. We are honored that you have invited us here this evening, and, as always, we are grateful for the opportunity to share those moments that we find so enjoyable in this group. We shall leave this instrument and attempt to make ourselves known to another. We leave you momentarily. I am Latwii.

(Carla channeling)

I am Latwii, and am again with this instrument. We find that the three creators we have not spoken through this evening are requesting that a little more experience be given them before the grand Latwii debut occur and we concur. We are grateful that we have had the chance to work with each and are pleased with the contact that we were able to initiate. We must admit we are not the easiest contact for some to tune into as we are a narrow band compared to, for instance, Hatonn or Laitos, those which each is familiar with in the usual course of meditation.

We therefore wish to assure that the next time that you see your friend lying beneath the felled tree, even though the friend thinks that you are lazy when you say how lucky you are to get all that catalyst, you must bear up and retain your own opinions of the nature of the creation. However, we suggest that you not be quite that extreme or you may not be able to share your perceptions with anyone except trained psychological personnel.

In merriness and joy we leave you in order that we may answer a question or two through the instrument known as Jim. You know that we leave you in love and in light, for what choice do we have, my friends? If we left you in apples and sausages, it would still be love and light. All else is an illusion, a beautiful rhythmic tapestry of color and rhythm to which you put the pattern. May your patterns be beautiful. We are those of Latwii. We give you adonai as lecturers, and yield to the question and answer format. I am Latwii.

(Jim channeling)

I am Latwii, and I greet you, my friends, once again in love and light or apples and sausages. We are pleased to once again find ourselves in our customary role of attempting to answer those queries which are important to you this evening. May we then begin with the first query?

K: Well, as usual, it seems my role to start the questions, and by the way, apples and sausages fit together. I was very interested in what Latwii said about seeing everyone as a part of the Creator, and intellectually I think I can buy that. I certainly can see the Creator in the rose and the tree, etc., etc. But I'm going through a real hard time right now. My

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husband has always been lazy in mind and in body, and I had not been aware of how lazy until his retirement. And I'm just having a hard time with time in seeing the Creator in him right this minute. And if you've got any pointers for me—now I know you're not going to solve my problem for me, but if you've got any hints as how I can see the Creator in what I perceive as laziness, would you comment on that?

I am Latwii, and am aware of your query, my sister, and shall indeed attempt a comment. As we look upon your planet and the peoples that inhabit it, we see many variations of perception and behavior. We see the illusion which bars clear-seeing from each eye, and we see somewhat the purpose for the bar. For each entity to look deeply at each other entity is necessary in order that a truer nature of being be discovered. The experience which results from the true seeking, the arduous seeking, is experience of great value, for it is hard won, and much difficulty has been overcome. As you look at this entity of which you speak, and see that which you describe as the laziness, you see that which is not a prominent portion of your own being as you now manifest your beingness. You see that which has little, shall we say, good press amongst your peoples and certainly that which is seldom attributed …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue, my sister. That aspect which you call laziness is indeed a manifestation of the one Creator, for there is a great portion of the one infinite Creator which is not manifest, which has not moved into the creation, which seeks not action, accomplishes no work, and simply exists [in] the fullness of its being. In your illusion, when such beingness is exhibited it is seldom understood even by those which exhibit its nature. In truth, my sister, there is little understanding for any manifestation of beingness or of action within your illusion. Understanding, indeed, is quite seldom found in your illusion, for as we previously spoke, there is a great bar upon the clear seeing. This is necessary that the experiences which you learn within this illusion might be hard-won, and being hard-won might then carry more weight within the total beingness which is your birthright and which is the one Creator.

Therefore, as you look at the entity of which you spoke, you see not a portion of the Creator. You see the one Creator manifesting a portion of Itself which plays a part in the great lessons of balance which are so important within your illusion. You do not see so you may see. You do not understand so you may understand.

May we answer you further, my sister?

K: No. I understand it academically or intellectually, and will work on it emotionally. Thanks a lot, Latwii.

M: Latwii. I would like to discuss this a little further because I would be a person who if you wanted to be judgmental would be called lazy. But really you should say they lack energy. And the truth of the matter, anybody would rather move than sit, if they had energy. So, instead of having sympathy for a lack of energy in a person, isn't lazy a judgmental term?

I am Latwii, and am aware of your query, my sister. It may not only be said to be a, as you said, term of judgment, but might also be somewhat inaccurate. It might be the case that the entity does not suffer from a lack of energy, but has chosen for some reason not to express the energy and has chosen not to move into activity for the nature of its lessons require that type of inactivity that might be viewed by some as laziness, and the lessons available in such an environment might include the entity accepting the judgment of others as being lazy and learning to love and accept those who seem not to love and accept the entity.

May we answer you further, my sister?

M: No, I think you've clarified it for me.

Carla: I'd like to ask a question. I'm still pondering a little bit because in the Ra material we've learned over and over again that when you see something in another person, it is the person acting as a mirror for you, and the longer you've been with that person, the clearer the mirror. Now, I see no way in which I can possibly view K as lazy or lacking energy or any other way you want to describe. My guess is that hers is a perfectly accurate term, meaning that there is energy available, but the guy who chooses not to use it, he's still asleep, right? I understand that this is a lesson, but how is this acting as a mirror for her? How is her nature mirrored by such a diametric opposite?

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I am Latwii, and am aware of your query, my sister. The great Law of Free Will prohibits a specific explication upon this point, for, indeed, it is true that each entity is a mirror for each other, and points the way to the lessons which need the learning and the balance. For an entity to look upon another and see that which does not seem acceptable is a part of the process of learning to accept either in the self or in an other self that which seems unacceptable. It may be that the entity unable to accept certain behavior has that behavior within the self and needs therefore to accept it both in the self and in an other self. To others who know both entities, it may seem that only one exhibits the behavior which is not acceptable. Many are the distortions in perception, especially within those entities which seek the balance. It may also be that the entity which cannot accept a certain behavior is merely refining the acceptance of another entity, and is using a certain behavior to trigger full acceptance.

May we answer you further, my sister?

Carla: No, thank you. That was fine—good.

I am Latwii. We thank you, my sister. We are always pleased to be of some service, however small. Is there another query at this time?

S: Yes, Latwii. I realize it's getting late so feel free to make your answer brief. I have a very complex question which I have been sitting here all night trying to formulate into words. So I will just ask you to please sift through them, and do what you can do. What I'm looking for is insight. I'm experiencing difficulty with discipline. I have trouble meditating on a daily basis. I meditate easily and enjoyably when I'm with a group, but it's very difficult for me to discipline myself to go in the bedroom by myself, you know, at a given time on a daily basis and meditate. That's half of the question or problem. The other deals along the same lines, discipline or will power. In this instance I'm talking about things like smoking, overeating, lack of exercise, drinking too much. I know these are catalysts, and I need to meditate to work these things out. But if you can give me any information or insight into any, well, like I said, sift through the words, and is there anything you can tell me at all?

I am Latwii, and am aware of your query, my sister. We have completed our sifting, and view that which we may. Now we believe we may begin. The topic of discipline is one which deserves a great deal of attention, and we feel we shall not do it justice in our response but shall make an attempt, for the discipline of the personality is the great work of all densities. It begins within that illusion which you now inhabit. To focus the attention of the mind is to control, to use a poor term, a great power, a creative force of infinite potential. That this force begins in what seems as chaos in undifferentiated focus is fitting, for its eventual goal is to be single-pointed, and to lead the seeker on that path which has been called straight and narrow.

But before such can occur, much exploration must precede that fine focusing. It is necessary for each seeker to shine the light of consciousness in all directions in order that the one Creator which each seeker is might know what resources surround it, what potentials wait, what choices can be made. This is a time within your illusion of the gathering of motivation, shall we say, of the development of the will and the faith to exercise that will as choices in the seeking continue to be made, and as these choices become more and more finely focused and tuned to that straight and narrow path. You will do what you do and choose as you choose for as long as is necessary for your will to finally move in a certain direction. You shall not move until the time is right, until you have gathered about your being the desire to move in a certain direction. To move before that time is to move unwisely, for you have not yet gathered the desire to propel the movement and to maintain the motion.

When you feel the need to move and when the need is true, you shall move, you shall choose. For you direct your movement from portions of your being not totally conscious. You shall do that which is appropriate, for there is nothing else you can do. In an universe of unity, you see, there is no mistake and each action or inaction seeks the true balance, and each has a purpose. To know that purpose is not always possible, but to seek that purpose within your illusion is always possible. Therefore, my sister, do not be overly concerned for what you call your lack of discipline, for it is not truly a lack, but a skill which is constantly being gained, and when it is finally manifest in a way which seems to your discrimination to truly be discipline, then the skill will have been refined to such a point through long effort that it will be the fruit of your labor. Yet the fruit is not the only measure of that labor or that skill.

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May we answer you further, my sister?

S: No. I knew there was a method to my madness, I was just having trouble grasping onto it. Thank you, you've been exquisitely helpful.

I am Latwii, and we are pleased, my sister, to have been of service. Is there another query at this time?

M: If no one has one, I would like you to tell me whether this is old age or some pattern I have. When I was young I could focus ninety-five percent of my brain on anything in a large or small circle that I chose to focus on so that I would have photographic memory recorded in my brain. And now I'm doing good to focus fifty percent on anything, probably twenty-five percent, and I really don't care. Now what is that change? Is it old age or is it a different attitude?

I am Latwii, and am aware of your query, my sister. The pendulum, shall we say, has begun its movement in yet another direction within your conscious being, and that which was now seeks its balance, for there is value in what is called the perfect or photographic memory, and there is value in a diffusion of attention which allows the mind to be fed from another source, that is, the unconscious mind. Therefore the process which you now experience is a balancing process which attempts to feed your conscious mind in a way which it previously was not fed, therefore enlarging your perception in a way which is not consciously known.

May we answer you further, my sister?

M: No, I understand then that my attitude is different, not necessarily old age. Is that right?

I am Latwii, and would in general agree with your summary, but would add that that portion of the incarnation called old age is also an attitude in many respects.

May we answer you further?

M: No, thank you. That was very helpful.

I am Latwii, and we thank you, my sister. Is there another query at this time?

K: Yes, right along that same line, Latwii, and I'm not sure whether I can put this into words, well, I'm sort of like S now, pondering for words. My daughter made a statement to me today. Well, we got into a big philosophical conversation, and I made a statement that we as westerners, and particularly as Americans until the Vietnam war, did not stop long enough to say, "Who am I, and what am I here for, and where am I going," that we were just so busy. And she said, "Well, mother, you were busy all the time." And I said, "Yes, that's true, but now my busyness has very little importance, it seems. I'm just using up energy that's there, and needs to be used, and what I do has no great importance. There is something inside me that's much deeper that's going on. And that's what I'm really aware of and working on."

Now I know that's said badly, and probably makes absolutely no sense to anybody else. But is that the evolutionary process that goes on in all of us?

I am Latwii, and am aware of your query, my sister. The process of which you speak is a process which is in some form or another a generalized process of your peoples. The process is to begin with that which seems significant, and to enlarge the point of view so that greater significances are seen, and that which once was important is placed within a larger framework. The process may be described as the process of acceptance. Each entity is as the one who plays the game you call cards, poker for example. The hands are dealt. Each card seems significant. The hands are played. Each hand seems significant. The game then seems significant, and each card formerly played loses some significance. Another hand is dealt, another hand and another. Game after game after game is played. Some victories and some losses are recorded. The entity becomes, shall we say, an old hand at playing this game. The significance of each game grows less. Wisdom accrues and the entity looks with wizened eye at each card, each hand, each game, and the significance grows less. The entity becomes aware that more exists than one card, one hand, one game, and the entity's view enlarges until eventually and hopefully the entity is able to accept all cards dealt, all cards played by self and other self, and is able to look beyond the game and see a greater significance.

May we answer you further, my sister?

K: No, that's very good, Latwii. Thank you very much.

Carla: Well, let me follow up on that because it seems to me that what you inferred, well, that what K inferred was that when she worked as a psychologist, her work was important, and that now that she's not working as a psychologist, and is not

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of obvious service to other people, that her work is not important, and what you inferred in answer was that her work with patients and her work now is all the same, it's a hand of cards. The outer work … you're minimizing the actual importance, in other words, it's difficult to lead an important life, is what you're saying. The real importance is in getting the overall picture. Is that correct? Is that a correct inference from what you said?

I am Latwii, and am aware of your query, my sister. This is basically correct. It will seem to the beginning poker player that an ace is more important than a deuce. It will seem that two or three of either are more important than one of either. Yet it is not the specific card or specific work that an entity does which is importance. It is the acceptance of that card and that work, and the learning of that lesson which is important. The nature of the process is the important thing, shall we say, and not the means by which the nature is accomplished.

May we answer you further, my sister?

Carla: No.

M: Well, if you're not exhausted, I have one more question about cards, now that you brought it up. Over a period of fifty years of playing cards, I have noticed that the good cards in playing bridge run either north-south or east-west, and they'll run that way for a long time. Now, what is the phenomenon that makes the cards run good and north-south or east-west for a long period of time? They eventually may change, but if I have a choice of sitting, I'll sit where the cards are running good, and I tend to win that way. Now what is that phenomenon?

I am Latwii, and am aware of your query, my sister. Within all games, shall we say, within all patterns of your illusion there are movements of the energies which are not often understood by the players within the games. This is so because each of us within any illusion exists within an ordered universe, a universe of unity. The energies which express in any pattern or illusion, therefore, are a function of the nature of the game, shall we say. To give an analogy, one may look at a body which you call an ocean. The game which is played by the wind, the sun, and the earth with the water has a pattern. The waves crest, the currents flow, because those elements which play the game of ocean form thus and so. In a smaller scale, a game which you may describe as a form of cards has no less the force of such energies within its plane. Those entities which partake in the game are much like the sun, the wind, the earth, and the water. There are certain attractions, certain expelling or repulsions. There are added unto these energies the conscious and unconscious desires and force of will which affect the flow, shall we say, as they are shuffled, dealt, played, shuffled, dealt and played. The energies in motion are not visible to most eyes, yet act as surely as do sun, wind, water and earth.

May we answer you further, my sister?

M: No, that's very helpful, thank you.

I am Latwii, and thank you, my sister. We find energy available for one more query of average length, shall we say, for this instrument has nearly played its hand.

Carla: Okay, I'm curious about something that happened to me, has happened to me before, happened to me today. I was in church, and shortly after the beginning of the service I lost track of time and consciousness, and when I became aware of my surroundings again, several minutes had passed, two or three, I'm not sure. I had this time almost no memory of the content of what had occurred while I was gone. I awoke with a tremendous feeling of praise, praise, joy, joy, almost just a rhythmic, it was almost indescribable, but that was the basic feeling, "Praise the Lord." And I felt closer to Christ than I—I knew that was my closest moment to Christ in some few days or weeks. My pardon to all those in the group who are not Christian. Don't let me give you a hard time, but I am so. I'm very curious whether it's safe, metaphysically safe, physically safe for me to wink out like that and come back, and if it's not safe, what I can do to protect myself from losing consciousness, and if it is safe, what I can do to remember the content long enough to be able to write about it, because I know people that read my Christian writing would be very interested in the experience, provided I could remember it.

I am Latwii and am aware of your query, my sister. We feel that we shall only be able to scratch the surface of this subject, but shall attempt response. May we first suggest that to bring back the fruits or pearls of the experience may not be the goal or even a portion of the experience. When this is appropriate it will occur of its own course or movement. The experience has as its general nature a movement

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from the conscious to the unconscious mind for the purpose of experiencing a deeper portion of your own being in relation to the one which is called by your peoples Jesus, and which serves as a model for your own being. This movement is triggered by the rituals which are a portion of what you call your church worship, and by a conscious and unconscious desire upon your part to be fed in the magical sense by these rituals. That you are unaware of the nature of this happening coincides with your lack of knowledge concerning the means by which you function as instrument in the contact with those of Ra.

We may suggest some form of protection be used in such a situation, which would mean that in your future worship in group church environment that you give some form of praise and thanksgiving as you build the shield of light about your being. We cannot speak in more specific terms in this particular response, for we are aware that there are some portions of this experience which are most valuable for discovery upon your own effort and cannot make those discoveries for you.

May we answer you further, my sister?

Carla: No. I'm just grateful you didn't tell me that I had to hold the hand of the person next to me because she's a soprano and she wouldn't understand. You know, you're really very helpful to everybody. Thank you very much for your services.

I am Latwii, and am most grateful to be able to be of whatever service is possible, and thank each in this group for the service which each provides us by allowing us to speak and by weighing our words with careful discrimination.

K: I thank you also, Latwii, and I'm going to work on that business of laziness and I think I'll unravel some of it. Thank you very much.

I am Latwii, and am filled with the joy of the thanksgiving which this group generates at present. We must at this time take our leave of this group, for we have somewhat fatigued this instrument, and shall be with each upon the request in your meditations. We leave you, my friends, in the love and in the light of the one infinite Creator. We leave you in your own love and light, for it is in great abundance, and in truth we do not leave you, for we are one. We are known to you as Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
August 28, 1983

(C channeling)

I am Hatonn, and am now with this instrument. We greet you, as always, in the love and light of the one infinite Creator. My friends, for you and your people it seems that you spend a great deal of your time with [your] back turned, pretending to separate yourselves from the others around you, listening but with deaf ear to needs of others. So many stay tuned out to the very planet on which they live. Like a huge television, channels are changed. If you can slow down for moments at a time and look around and see your brother and your sister, reach out with yourself for even the briefest moment, feel love within them and within yourself, you may take another step, you would see those others as part of the one which each seeks. My friends, as beings seeking to grow and be one, [the] love in you that is you grows only when you allow it to be shared. Take time. Be part of your world, turn towards your fellows, share.

I am Hatonn, and would, if we may, transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you now through this instrument. Again we are grateful and bow to the winds of desire which have called us to speak with you this evening. That which we say can only act as catalyst for you, my friends, and we diligently warn you against assuming that we know the truth. We are fallible beings. We are, however, beings with a point of view which you are calling for at this time, a point of view that goes beyond the limitations which seem to be so densely set about each of you, limitations of the many demands and requirements of your physical bodies, the maintenance of them in this particular culture which you enjoy, and the great mazes and hedges which have grown in your own minds which, in addition to enabling you to function in this illusion, cause you to be unable to penetrate in many cases that very illusion that causes you to suffer.

And so we would ask you to follow us in mind as we bring you to another place. For when we speak of time, we must first bring you away from time, so we would bring you through all imaginable densities and experiences, planets, suns and galaxies until you have found the wide open, vast and limitless zero that is at the core of timelessness and of your own being, and see within that timelessness all, an unmoving, timeless, infinite, black all. You are the Creator and you are all. There is no time, there is no experience, and you reach within yourself in infinity to make the shattering decision to create, to watch, and to learn. And gathering yourself, you fling that infinite allness into infinite directions, and you create the one Thought, the one Energy which molds the darkness. Suns appear, brilliant, lucid,

infinitely caring and full of the Creator, full of the one original Thought. And they in turn gather themselves and fling those energies and recklessly hurl the round reaches of their magnetism. And suns spawn planets and spin in families, and the families spin to become galactic families.

There is now light and darkness and each of the suns decides and chooses more and more what shall be the nature of this creation. How shall love be expressed and experienced? Oh, what infinite amounts of thought and care have gone into what so many have called random chance. And you, small portion of a sun which is a small portion of the Logos, how many experiences have you passed through to choose this one, how many colors, how many wonders, how many miracles, how many joys and sorrows and infinities have you passed to choose this experience? You are not here by error or chance. You chose this as being of great beauty and tremendous correctness. This confusing, dismaying, unsettling illusion is of your particular choice. How you cherished it before you came! How careful you were, and how satisfied you were before you began this expression of the Creator within the illusion of your Earth [walk].

And now you are in time. Now the die is cast and you have appeared. You have taken your choice. It is yours to enjoy. Many and many are the ways it is possible not to enjoy that experience that you now have, for the illusion is harsh and relentless and is designed to fool you completely. It is the great confidence game designed to convince you that you are a creature measured by birth and death, that those things that the culture defines at this time to be desirable are your desires, that those values that are held in fashion at this time shall be yours, and that all that you experience as difficult must be quickly blocked out and erased so that you may [be] distracted from such unhappiness, and find that happiness that is your birthright.

So often, to find happiness without leaving the illusion is to choose either solitude or the imprinting of your desires over the incarnations of those about you. You have forgotten much. You have forgotten the joy that you felt at being able to work with those with whom you have chosen to work. Why have you forgotten this, my friends? We will tell you, it is simple. You are caught in time. It is well to back away and realize that you have designed an often uncomfortable and frequently unhappy existence in order that you may rejoice, and we mean, my friends, rejoice with all your heart at discomfort and pain. It is the same discomfort and pain that you feel when you put your muscles to a new task, a task that has never before been completed or even tried. The pain is good, and when you achieve that which you could not beforehand do, how pleased you are at the progress you have consciously decided to make.

This is the nature of your incarnation. You are in your own way an athlete, each of you. The most helpful training is meditation, but the painful exercises are usually those involving those about you because that is when you finish practicing and you begin the race. That is when you offer yourself as manifestation. You might say, "Look, I have new spiritual muscles I have exercised, now I shall pit myself against my own record and shall attempt to use those muscles even better or for the first time," and you manifest that which was not before within you, that which is not of time. For can love be of time, my friends? Time erodes beauty, and love is so often of beauty. But have you noticed that love so often endures? That is the riddle, my friends. That which is true love is not of beauty but of essence. And in so many ways you begin to cherish the essence of each other, and you watch yourself be uncomfortable and in pain because you simply are not like any other creator. You are co-Creator, and you are unique, and there is not another like you, and you will not be comfortable because you will not find a twin. You will not find one who agrees with all, who does all, who is all, amenable forever. And had you the fortune to find such a twin you would become dissatisfied because perfection is boring. You were not placed by your own wisdom in this density to be bored.

Yes, my friends, spend time. Spend it as if it were the most precious kind of legal tender. Spend it as if it were money on which there were at least three zeroes. Every minute of your time that you consciously spend and give because you are manifesting the Creator is worth far more than that which man has made out of man's mind can ever be worth. And when you are dry, and you are confused as this instrument is this evening, and you are uncomfortable and in pain, when you are bared, go back and exercise in meditation by opening the door that leads outside of time, outside of races, streets, avenues, towns, names, places, situations, leads out of all particulars into the great source of love.

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We wish each athlete a good season, and a personal best that you may ever strive to improve. We wish that you may love one another, and know one another as the Creator. More and other than that we cannot wish, for there is, to our knowledge, no other thing that is true. We leave this instrument in the love and the light of the infinite Creator. We are most grateful that you have called us and so very hopeful that we have been able to find the words that may aid you in your thinking at this time. We are always available by mental request. We are those of Hatonn. Adonai, my friends.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the infinite Creator. It is our special privilege to join you this evening. We are always filled with joy at the opportunity to blend our vibrations with yours, and to attempt to be of some small service by answering those queries which you have brought with you. May we begin then with the first query?

C: Yes. During this last week I've been getting up extremely early. And one morning I was up early enough, I had a few minutes, and I sort of laid back down to close my eyes to rest for a few extra seconds, and when I did, it seems that I left my body, for I was suddenly looking upon a scene that was very brilliantly colored, and was not like the fuzziness that's sometimes in dreams, but was exact in shapes, and it didn't seem to be any place on this planet. And I wasn't at this time trying at all to get out of my body. I believe I was out of body because when it occurred, shortly after it occurred, B woke up, and when he did it just suddenly ended, and I was left feeling very weak and dizzy. I would, if you can tell me, like to know if, indeed, I did leave my body, and if so why did it occur when I was making no attempt to do so?

I am Latwii, and am aware of your query, my brother. The event of which you speak is a vivid example of those occurrences which occur from time to time within the life experience of the one who seeks the truth of the nature of its being, much like the dream which also is not consciously sought, as you would describe. So such experience will occasionally become available to an entity at a time which may seem somewhat unusual in the perception of that entity. Yet, my brother, if you will examine the nature of such occurrences even within your own experience, you will discover that it takes but an instant for great portions of, shall we say, a truer reality to be made known to the entity who seeks such.

The experience of which you speak is one which contains elements of what you have described as an out-of-body experience, yet there are many such experiences that fall under this general heading. The salient feature of such an experience is not necessarily whether it occurred, either in or out of this or that body, yet is the vividness of the experience, and its impact upon your perception. Such experiences have many purposes, as many as there are entities who have such experiences. In general we may suggest that this experience occurred at a time which you were ripe for it to occur in that you were seeking the nature in a deeper sense of your own being and of the illusion which you inhabit. When an entity experiences certain difficulties within an illusion, it is often helpful for that entity to touch home base, shall we say, and be re-energized by the truer nature of that reality, and that that energizing might strengthen those channels from the conscious to the unconscious mind and allow further experience.

May we answer you further, my brother?

C: Any experience that I've had of this nature seems to occur in the same place within the house in which I live. Even the same positioning in the spot. Is there some energy built up in the spot which aids these occurrences?

I am Latwii, and am aware of your query, my brother. This is indeed so, my brother, and is so for each experience and each place in which it occurs for each entity at all times. To clarify, let us suggest that your mind, your body, and less perceptibly but even more profoundly, your spirit are palettes with colors which you paint according to your perception of any experience. This then allows, through the repeated nature of experiences for each entity, to design, shall we say, certain rituals of experience and perception that allow further such experiences and perceptions. For example, in the place in which this meditation is now occurring many such meditations have occurred, and each entity present as well as others not now present have colored this place with those vibratory colors from the palette of mind, body and spirit that allow for this experience to be repeated with greater and greater ease. If you experience an

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emotion, thought or enabling force in any place in a repeated manner, then that place is, shall we say, tuned by the repetitions of previous experiences, and allows further experiences along similar lines.

May we answer you further, my brother?

C: Yes, you may. As it occurs, it happened at the meditation last week. I've gotten into the habit of coming in and taking a certain spot for the meditation. Last week I know I was tired but I could not achieve a comfortable state in that spot. Something other than weariness seemed to be with me and kept me in extreme discomfort …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am aware of your query, my brother. And now we speak of those anomalies which accompany the general description which we gave in our previous response. There are often those instances in which an entity will add a new ingredient to the ritualized situation which will allow yet another result, shall we say, to occur. When, for example, an entity has concerns of a certain nature rambling about in the mind, shall we say, which may also find expression in the resonance of the body to the concerns of the mind, then the entity, as in your case, brings a new ingredient into the ritual or recipe and the cake, shall we say, to continue our analogy, therefore has a different texture, flavor and configuration. The concerns which were with you on the evening of which you speak are those which would have been with you whatever seat you would have taken, yet were somewhat ameliorated by the familiar surrounding and completing of the larger portion of the ritual of joining the group in a certain position with a certain desire and frame of mind. Yet the new ingredient was enough different that your comfort was reduced noticeably.

May we answer you further, my brother?

C: It seems that now I have lost all desire to resume occupancy of that position, and am currently feeling extremely strong energy at this moment in this spot. Can you comment on what is occurring at this time?

I am Latwii, and am aware of your query, my brother. We may suggest that when the rider is thrown from the horse, the rider may blame the horse or may consider another grip upon the rein or the saddle or the frame of mind. And when another grip has been found, the rider may enjoy success upon the horse from which it was thrown, and may also enjoy a similar success upon yet another horse, for it is the rider which determines the success and not the horse.

May we answer you further, my brother?

C: No, thank you very much.

I am Latwii, and we thank you, my brother. Is there another query at this time?

Carla: I promise I'll only ask one, and it's probably a stupid one, but it has been rattling round in my mind for a couple of days. Jim and I were talking about the mated relationship, and all the red-ray activity, and I said that I thought I was probably too rigid in my thinking of other mated relationships. When I really thought about how active my own libido is, and how often I am sexually aroused by total strangers, and I never think about it, because I've found through dating and through mated relationships that I am more comfortable with one man than several, so it never really occurred to me to question. But Jim's response was, "Well, whatever all that red-ray stuff is about, I want to have catalyst, and to progress in my evolution, and I'm greedy, and so I choose the mated relationship consciously because I know that that is the most efficient way available to progress."

And I guess I really want more of a comment than an answer to a question. I just wonder what the possibility might be that we may have the wrong slant on it. For instance, I have been praying for an acquaintance who had a mate have an affair with another woman, and she grieved terribly, and was ready to leave the couple because of it. I don't know anything about this person except that it is a friend of a friend of mine, so I just had been praying, sort of, in the dark but I know her pain was very keen. There isn't a reason for the pain, if you analyze it, and there certainly isn't a reason to quit the relationship, and yet this kind of thing goes on all the time, and people seem to want to force each other sometimes into mated relationships, and I feel definitely that that's wrong. I don't know. Could you comment on the whole thing, the red ray thing? Surely everyone has the same constant bombardment that I do. I surely can't be more highly sexed than the rest of the world.

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I am Latwii, and am aware of your query, my sister. We love your stupid questions, my sister, and take great joy in attempting some form of response which may be of service. To begin, the red-ray, as this group has come to call it, energy center is that which serves an entity by providing a very simple service. The service is similar to the service which the magnet is provided with the iron filing. It is necessary for entities within your illusion to feel an attraction for one another within certain groupings, shall we say. The male and female grouping is most helpful for the reproduction of the species, and for beginning of that relationship which shall potentially for the length of the incarnation, and through the excellence of honesty, and in the mirroring effect of honesty provide both entities with continuous opportunities for polarizing [in] the sense of service to others, in most cases, and shall allow the opportunities for love to be learned.

It has been found through many, many experiments within various third-density illusions that the journey to adepthood is best accomplished by those entities of the mated relationship, for in such a relationship the universe in wholeness is made available to each as each refines the red-ray energy which began the relationship. The key ingredient in this journey is the honesty of the sharing of self with other self, for it is necessary in your illusion that perception be as clear as possible in order for catalyst to be utilized as efficiently as possible. You live within an illusion in which perception is most difficult upon a level of clarity which speeds your evolution. It is therefore necessary that the highest degree of clarity be sought and be utilized by each entity. If the relationships were, for example, of a serial nature it would be much more difficult for the trust to build the foundation of honesty, for it takes what you call time for that trust to develop.

The experiences that each entity shares with each other in this relationship develop that trust foundation with the tool of clear perception and honesty. Then each experience which the couple shares may be refined and utilized by higher and higher, shall we say, energy centers, culminating in the birth of the adept, the one who is able through conscious effort to penetrate the illusion, and to see and be the unity of all things. This is a difficult journey, a journey which requires great dedication, and a single-pointedness of mind and purpose. It is that type of discipline which the mated relationship strengthens as the difficulties are seen as catalyst and are refined and worked with until they become the gems of experience, and further add to the stable foundation upon which the two journey together.

May we answer you further, my sister?

Carla: Only to pursue the last part of the question, and that just had to with jealousy and my realization that it's almost impossible to avoid it. For instance, I am sexually mated to the instrument that you're using. If I wished to give him a present by finding him a red ray sexual partner that was younger and prettier and different, and if he wished to give me a present and found me a younger and prettier man, whatever would appeal to me, I'm not trying to be specific, in neither case I think would either one of us, as clear and honest as we always have been with each other, get off without experiencing jealously, nor probably would the other person even take the other person up on the offer because of the feeling of, what would you say to that new person in your life afterwards; what would be the point? And yet, it's really a candy store out there. It's really just fun and pleasant. For some reason it isn't actually that way. I guess that's really what I'm after is—it really looks, at least in this culture, to be just like a little candy store with all kinds of pretty girls for the men, and pretty men for the girls, but take any candy out of the jar, and it gets sticky, it gets difficult, and the only non-difficult relationship really does seem to be the one with trust as you've been describing. And that seems to be full of joy as well as difficult. Is the reason for the candy store thing, is that strictly cultural or is it intended so that we'll have a choice?

I am Latwii, and am aware of your query, my sister. All experience is available for the entity's choosing, that in each choice some progress might be made in the evolution of mind, body or spirit. There are, in the case which you have mentioned, many possibilities for basic choices to be, shall we say, to be distorted towards certain biases. For example, in a culture in which the red-ray sexual activity is both repressed and displayed, shall we say, for sale, there may be a confusion within the minds of many entities who have not consciously recognized the purpose which the red-ray sexual activity plays within the life experience. Therefore, many entities within your culture seek to enjoy a certain flavor, shall we say, of the experience, yet avoid certain [other] flavors of the experience. Many may focus upon the basic attraction nature, and seek no

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further. Others may progress some distance further upon that path, and find the difficulty which offers catalyst yet not desire to utilize that catalyst, [choosing] instead the sweeter experience of finding another candy to taste.

In a culture which has not promoted, shall we say, a unified view of the red-ray sexual experience, one may expect to see a great variation in the culture's population as the population enters the candy store and attempts to choose what candy it might taste, and what then it shall do with the other candies. Shall the candy be refined, and be transmuted into a nourishment for mind, body and spirit or shall it, shall we say, provide the cavity for the teeth, which then is a catalyst of quite another nature, yet with lessons quite profound to the entity who has not yet discovered the purpose of the red-ray sexual activity or the mated relationship or the nature of its own being.

May we answer you further, my sister?

Carla: No. I never did [get] it straight about whether one could ever completely rid oneself of jealousy. But I think I'll save it for another day, for I think that everyone is getting tired. Thank you very much.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we observe a lull in the query process which promises some length. Therefore, we would take our leave of this group and this instrument, rejoicing in the opportunity to be with each in this group, and thanking each for seeking our vibration. We are with you upon your request at any time which you request our presence. We are known to you as those of Latwii, and leave you now in the love and light of our infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
September 3, 1983

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. We thank you and bless you that you have called us to be with you this evening. The honor is great and our words are poor but we hope that we may be of some small service to you as you are of great service to us in allowing us to share your meditation and the stream of your living, for in this sharing we learn a great deal from you, and the service you render us thereby cannot be described.

This evening we would like to tell you a story. There was once a young man. He was faced with the burden of adulthood. All things lay before him, and he did not know what he should choose. But of one thing he was sure, and that is that he wished to get that out of his life which he would feel was enough, for all his life he had heard his parents say, "We would like to do this or to have that but we do not have enough time or we do not have enough money." The young man was quite determined that he would accomplish the possession of enough.

We shall transfer this contact. I am Hatonn.

(R channeling?)

I am Hatonn. I am now with this instrument. We shall continue. The young man of which we speak desired things which were greatly different than those which his parents failed to achieve, for as he looked and searched for fulfillment in his life, he found that it would be enough to do that which he truly felt was his purpose in incarnating into this present life. For the young man spent many years viewing his parents and their difficulties, viewing his own hardships and realizing that the world was but an illusion, and that there is only one thing to be achieved and that is the spiritual growth of each and every individual in whatever way that they feel is comfortable and adequate and for their purpose.

Each of us walk a different path, yet all paths eventually shall lead to the same point, the point of union with the creation and its Creator, and if you do nothing in your life other than fulfill your own spiritual hunger, then you have done enough. For in doing so, you shall be assured that that which is to manifest around you in your world will be in harmony with the direction that you seek. Though many times you will experience difficult situations, within each test there is a lesson to be learned, and with each learning you pass farther and farther, and through this passing you gain the knowledge and fulfillment for which you have incarnated.

Man upon Earth now faces a dilemma which shall indeed test his spirit, and those that are weak shall have difficulties but those that are strong shall have the greatest, for they are prepared to burden the hardships of their fellow man as well as their own in

reaching out their hands to assist those whom they are able to help. We urge that you seek within yourself the fulfillment of life and of spirit. It is imperative that you take time to yourself to offer prayer to your Creator, to meditate, and to attempt to reunite your consciousness with that of the Creator, and to attune yourself to the energies that are beginning to flow more and more freely within your environment, for if you are sensitive you will gain great strength from the influx of positive energies from what you would call the next dimension or area within your universe.

Earth passes quickly into this space. Those who harmonize with the greater energies shall in one way or another graduate with this Earth sphere, and those who do not shall experience a form of death through which they may incarnate once again into their present dilemma to attempt to seek the answers which they have not found within their experience. Many of your peoples still seek material life, still place all the importance upon the gain of material objects. This is not necessarily wrong, but it indeed should be a secondary goal. Life is short as you know it, but it continues forever, for beyond this experience shall be another and another, and in each life there is only one, one thing that you need, and that is to continue your spiritual direction, for it is enough. It shall provide you with all that is needed.

I shall now transfer this communication to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn. Having found that the remaining instruments wish to listen, we shall return to this instrument and complete. In the prayer which you prayed prior to this meditation you made a request of an invisible presence or force, "Give us today enough to eat." This prayer was taught to a small band of students by a good teacher, and it encompasses an accurate view of the relative importance of having enough. The seeking within the illusion for enough, if it goes beyond that which is easily measured, will go awry and will cause great frustration. There will not be enough sooner or later, one way or another.

Within your illusion, depending upon how you have chosen to learn the lessons of love, you will find what you consider to be shortages of power, money, influence or love. In fact, all of these shortages are some distortion of love and may be viewed as opportunities to discover the true nature of love. If you do not have enough money, you may find that your discomfort distracts you from seeking. But if you exercise another point of view, you may find that your lack of abundance has produced a simplicity that frees you to love. If you lack power you may feel victimized, but you may also take this opportunity to practice the realization that that entity or group of entities which victimizes you is in fact part of you, and together with you is the Creator, and is therefore infinitely lovable.

Any distressing situation, any shortage, can be the opportunity you intended for yourself in order that you might balance within yourself some aspect of the nature of a unifying and powerful love. If you have the faith to examine situations, especially recurring situations or conditions which seem to say to you, "I do not have enough," you may well find therein the key to your reason for personal study during this incarnational experience. You will not have discovered what it is you may do for those about you, but before you serve others, it is well to feel that you have a plentiful and bountiful selfhood, that you are standing upon solid ground within your own being, and that you are not faced with internal weaknesses which will make it impossible or improbable for you to be of service to others.

The inner work, the work upon the self, is not selfish. For it [is] only the whole self that can serve the Creator it sees in others. What you see is a reflection of what you are. If you have not found enough, then you will continually view outer shortages. If within yourself you have discovered the wholeness of your being and the adequacy, indeed, the perfection of your consciousness, you will then find that same consciousness buried however deeply in the illusions about you. You may think to yourself that you cannot possibly find a whole and complete being within yourself. It is certain that your culture does not encourage you to feel whole. However, through meditation and the discipline of analysis of your thoughts and your actions you can find the keys that open the door to wholeness.

This wholeness is another word for love, for love is that which is not broken or battered or in any way imperfect. Love indeed is creative and multiplies that wherein it dwells. Sometimes you may feel as if your situation were that of a certain crowd spoken of in your holy work called the Bible, gathered upon many hills, many thousands of people, and you have

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a few loaves of bread and a couple of fish. And you feel completely inadequate to nourish that which is about you, those who need you. You feel that you do not have the food, the nourishment, the love that is necessary. But this is the point. Such is the power of love as it flows through you from the infinite source which has created all that there is that that which you have will be enough. You are enough and you have enough.

And so our young man could grow old and die and never find enough unless the attention had been turned to the inner silence that beckons all who seek, an inner silence so filled with joy that those who have felt it recognize others by that one smile that says to the world, "Yes, I have felt it too, I have known infinite bounty, I have felt the sunshine of a universe scattered carelessly, abundantly and wastefully upon my upturned spirit. I have asked; I have received." Those who have received radiate that which they have received, and give it again a hundredfold.

And so my friends, please do not think ill of your poverty, whether it be of power or of money or of the right words or of enough love or of the ability to deal with a situation correctly today. For a little while you have left eternity, and you are living in time. You brought infinity with you; you brought the infinite love that created you and is you with you. Claim it. It is your birthright. Whatever has gone wrong this day, whatever will go wrong tomorrow, be serene still in the confidence that that small effort that you can make, that tiny bit of love that you can bring through, that widow's mite of what is needed, will multiply for you, and you will live abundantly.

You know that there is much help if you wish to claim and call upon that help. You are not and never have been alone in your experience. There are those who you would call angels who are with you at all times but especially upon request. There is your own self, of which you are only a part in this incarnation, sometimes called your higher self, which comes as you call it. There is the fullness, infinite and invisible power of love if you but call within yourself. There is the light of truth if you but ask.

We hope to inspire you to seek the truth. Any thought which we may share with you could be spoken incorrectly or could be misunderstood by us, for we are not perfect, but are merely your brothers and sisters. We wish mainly to encourage you to continue seeking love, to continue then seeking to manifest that love in your very dark world, for such love burns like a light and lightens the fragile earth which binds you to this illusion. We rejoice with you that you have this opportunity to seek and to strive and to choose what you will do. We can see all the choices and much of truth. Our choices are made for us. We have been through our choice. We now serve and attempt to refine that choice. You are moving more quickly in your spiritual evolution than you ever have or ever will again, for yours is that glorious moment a mere lifetime long when you have the opportunity to choose forever to love.

We are those of Hatonn, and as you love, so do we. We greet you and bid you farewell in the love and in the light of our infinite Creator. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are especially privileged to be able to join your group once again this evening. We thank you, as always, for it is a great honor to offer our humble service to you, that is to attempt to answer your queries. We remind each that we too are fallible beings, having as resources somewhat more experience, shall we say, than do you, but having our own catalyst to work with as well in order that our experience might be refined. May we begin this evening with the first query?

Carla: Well, if people are shy of starting out, I'd like to ask a dumb question. Is it a sexually determined characteristic to enjoy wearing pretty clothing or is it just culturally determined in this culture that women are vainer than men?

I am Latwii, and am aware of your query, my sister. Within your culture, and indeed within most cultures upon your planet, it is a portion of the biological female's characteristics to await the reaching of the biological male, for that which reaches is a male principle. That which awaits the reaching is a female principle. The female entity, in order to attract the reaching of the male, dons some sort of apparel that serves as a symbol of its attractiveness, shall we say. This apparel varies from culture to culture but serves a similar purpose in that it focuses the attention of the male upon the female

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in order that the species might be joined and reproduced.

May we answer you further, my sister?

Carla: There have been some times in history when the men were at least as interested in fashion. I'm thinking especially of the reign of Queen Elizabeth II, and the restoration years in English history, and the Greeks and the Romans which had sort of "exquisites," I guess you'd call them. Was that just waves of biological males with a lot of female memories going through incarnation at that time?

I am Latwii, and am aware of your query, my sister. This may contribute to such a phenomenon but it is also the case that [the] similar form may serve another purpose. For the male to reach and demonstrate the male principle it is often helpful for the male to establish its stamp or mark or identity, shall we say, for all to see, then that male entity or grouping of such is firmly established in its beingness of the eyes of those about it, and may reach with surety of self towards the female as a group and in individual expression.

We remind you that it is also the case that each biological male contains female principles, and each biological female contains male principles, so that the expression of each is often of a mixed nature, yet the characteristics of each remain most firmly established male principle to male entity and female principle to female entity.

May we answer you further, my sister?

Carla: This must be very boring to everyone else. Just one more question. I'm trying to understand something about myself. I have absolutely no desire to attract a new male and I feel fairly solid about my situation as it is, and I still enjoy dressing up just because I enjoy dressing up, not for anybody except for myself. Is that a female principle? it does not seem to be sexually oriented, perhaps it's just derivative …

(Side one of tape ends.)

Carla: … as a matter of fact, I think that women these days are more attractive in jeans, you know, than skirts.

(Jim channeling)

I am Latwii, and am once again with this instrument, and am aware of your query, my sister. We may speak in general upon this topic, for it is an area in which you now work in your spiritual evolution. The donning of certain apparel of what you may describe of an attractive nature may also serve any individual, be it male or female, as a means of verifying the nature and value of the self. The environment which surrounds an entity will mirror to that entity in its perception what it feels about itself. The entity will construct an environment which reflects its opinion or its desired opinion of its nature and its worth.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

S: Yes, Latwii. I had an experience a few months back or a few weeks, I'm not sure how long ago it was, and I explained it to R, and he told me that he had had this same experience as a child. And I was wondering if you could make any comment on it. I was drying my hair and looking in the mirror and all of a sudden it struck me that that wasn't me, and it was really strange. It was like the image was looking back at me, and it looked so peculiar that I actually moved my head back and forth to see if it would move. And I was wondering if you could comment on this occurrence?

I am Latwii, and am aware of your query, my sister. The, shall we say, veil which shrouds the conscious—we correct this instrument—which shrouds the unconscious mind from the conscious mind is from time to time penetrated or pierced by an entity. In the instance of which you speak, this type of penetration occurred, and there was, shall we say, the bubbling up through the veil the memory of and picture of a previous incarnation. This is not as [an] unusual event as one may think, for from time to time the configuration of seeking and of belief system of an entity will be of such a nature that such remembrances occur in just the fashion you have described, though many more occur within what you call the dreaming state or within the daydreaming state, as it is called.

May we answer you further, my sister?

S: Well, I'm a little confused. As far as remembering a previous life, the face that I saw in the mirror was the face that I have now. Was what I was

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experiencing that that was not really me now? That's how it seemed to me.

I am Latwii, and believe we have the gist of your query. Please ask further if we have misperceived. The unfamiliar portion of that face which you saw in the mirror is the portion which had been drawn to your conscious mind, and came through the veil from your unconscious mind as a memory of what you would call a previous incarnation.

May we answer you further, my sister?

S: No, I understand. I would like to ask—an occurrence like this or an occurrence where I blacked out and had the thing with my sunburn—these and a lot of strange dreams. Are these happening more frequently now—is this a result of my continuous seeking, and can I expect to experience these things more frequently as I learn more?

I am Latwii, and am aware of your query, my sister. We feel that your observation is correct.

May we answer you further?

S: No, thank you, Latwii.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: Well, if everybody's through, I just have one last one that I was kind of curious about, an aspect of S's experience having to do with blanks. It seems as though a lot of psychics use glass or crystal, and things happen with reflection, that there's a power somehow that is focused for the individual using it either consciously or unconsciously. Could you comment on that?

I am Latwii, and am aware of your query, my sister. The use of such crystal is a use which intensifies the entity using it, specifically the entity's energy of what you would call seeking. The entity which desires to know more of the nature of its being and of the creation through which it moves attracts in some fashion the answers which it seeks, for those answers are a portion of that being since all beings are the one creation. The crystal, the mirror, the surface of the still pond, may all serve to intensify this seeking and to allow the entity so seeking to experience, shall we say, a clearer perception of that which it seeks.

May we answer you further, my sister?

Carla: Well, let me put that another way. It seems that you have a space/time illusory manifestation, a crystal, glass, a reflective surface, and it is having a time/space or completely different part of the what we would call closer to reality—it is having a time/space effect. It's a space/time thing having a time/space effect, or it is an illusory thing having a real effect? Is it that reflective things are some sort of a bridge between the two worlds, the two universes?

I am Latwii, and am aware of your query, my sister. Your supposition is, in general, correct. There are certain substances, most notably the crystals—of which the great pyramid is one well known example—which focus the instreaming love and light or prana of the one Creator in a fashion which allows an entity who seeks purely to experience an answer to seeking, shall we say. This is indeed a joining of that which is not visible with that which is visible or that which is metaphysical with that which is physical. Your illusion is filled with both and both may be joined in the perception of the seeker in order that that which it seeks may be made known to it in such and such a fashion by the combination of the two principles.

The, shall we say, two-dimensional surfaces such as the glass or surface of the pond in its effect have a somewhat different focusing ability, and act more to reflect to the seeker those images which reside within its own conscious and unconscious mind. This again joins that which is not visible with that which is visible and forms an image which conveys to the seeker a portion of that which it seeks.

May we answer you further, my sister?

Carla: No, I think that's very interesting. The next time I find myself upset about something, I think I'll go look in the mirror. Thank you.

I am Latwii. We thank you, my sister, and would remind you that each entity and experience is a mirror.

Is there another query at this time?

(Pause)

I am Latwii, and we have discovered that the queries seem at an end for the evening, and we would once again thank each present for inviting our presence. We rejoice at each opportunity to share our humble thoughts with you. We are with you in your meditations at a simple request. We are known to you as those of Latwii. We leave you now, my

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friends, in the love and in the light of the one infinite Creator. Adonai vasu borragus. ♣

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Sunday Meditation
September 18, 1983

(S channeling)

[I am Hatonn,] and greet you, my brothers and sisters, in the love and in the light of the infinite Creator. We would ask your patience this evening, my friends, for it has been a long while since we have had the privilege of speaking through this instrument, and need a few moments to tune in to her vibrations, so to speak, and to make her more comfortable with ours once again.

We are, as always, my friends, extremely pleased to be called among your gathering. There are those groups among your peoples who are more and more seeking the humble message we have to share, and in any gathering, whether large or small, the opportunity to share our most humble words is appreciated. We have been long seeking those who in their willingness to serve others would allow us to impart what amount of wisdom we have, and the service you impart is great, for in sharing with one, my friends, do you not share with all your brothers and sisters? In some infinitesimal way there will always be a link between you and each of your brothers and sisters. This link, my friends, is not always consciously felt but is still there. One act of service does not only touch one, it touches all; it touches your planet. In each wholehearted loving service you impart, you indeed further your planet onward into the fourth density. There are times when this realization is forgotten or misplaced but the service still goes onward, goes forward, is projected into an ever-enlarging sphere as does a pebble thrown into a pond creates ever larger circles.

We would at this time transfer this contact. I am Hatonn.

(Carla channeling)

I am Hatonn, and am now with this instrument. I greet you once again in the love and the light of our infinite Creator. A great linkage exists between you and all that exists, and you are taking part in what you may call the drama of each existence that has ever been, is now occurring, or will ever be. This is a difficult truth to evaluate, and we would guess it is even more difficult to evaluate its importance. There is a longing in each of you for a dramatic happenstance, a change within the consciousness which will say to you, "I am still making progress; I have made progress at all."

However, this drama which we discuss with you is divided into two great acts. One portion of it is a drama of those asleep. The sleepwalkers randomly bump into each other, and into the furniture of the stage, they fall into the spotlights, crash into the orchestra pit, and cause the audience some amusement. There is a moment in each actor's life some time after he has determined that he is within a drama when the actor decides to write the play. He

will choose his character and he will write his own lines.

This is the division, the great before and after which yawns away into eternity back to the beginning of your creation, and towards its end, once you have the opportunity to make what may be a dramatic choice. For many of you it may well not even be dramatic then, for you will have already made the choice in a previous incarnation, and this entire incarnation will be that action which rediscovers the choice and then sets about refining that choice. Therefore, you will not see the drama that others about you luxuriate in.

Let us look within your holy work. This instrument has thought much about the parable of the sheep that was lost. There were one hundred sheep. Ninety-nine sheep know where they were. They had chose to come home. In an undramatic way they munched and thought and moved around within a restricted space. But one sheep had wandered off. The entire attention of the shepherd went out to the sheep that was lost. Tossing the fate of the ninety-nine to the winds, he went after the single lost sheep. And so it is that when one which has never before chosen decides to choose, the creation resounds with joy. Another has made the choice. Back at the sheepfold where most of you are, the rejoicing is done. You are now one of those who will rejoice when the lost sheep are found. But the changes in your own thinking will occur, little by little by little. You will learn how to use the tools of mind, body and spirit by a process of refining that is agelessly slow and painstakingly careful, and many times will see your gains as losses and your losses as gains, and will spend much time involved in incorrect biases about yourself.

Much of this can be averted by reminding yourself constantly that you must not expect drama in your spiritual existence. The joy of experiencing love will come to you if you seek it, but it will also leave you. You will manifest great understanding and radiate the love and light that you have spent so many hours seeking in silence, and then other times you will not. Were you able to penetrate the illusion from one end to the other, it would be doubtful that you would have chosen this illusion, for it would not be doing the service it is intended to do. It would not be causing you to learn to refine upon your choice. You may look back and think about that sheep, that foolish, seemingly unimportant sheep that got all the attention, and you may wish that you might even get lost so that you may rejoice to be found. But we say to you, you have better things to do. Try to think of yourself as royalty. What would occur had you been born a prince or a princess destined one day to rule and lead a people? Your life would be much restricted compared to others. You would behave in a more regular fashion. You would bow to many responsibilities. You would sometimes question the honor of royalty, and even though in some ways your position might seem to others to be admirable, you yourself might wish for freedom, freedom to do what you will.

And so you are, my friends, each of you. You have accepted a crown. The crown sits upon your head and it weighs you down. You are already rescued. You have already chosen to love. There is no chasm to bridge, there is no great drama. Honor and responsibility are yours and your advances, though they seem small, are greater, though they are more hard-won. Never kid yourself that the choice was the hard part, for in most cases the choice is made in a burst of the joy that the first understanding of love and light gives off. The refining of that love and that light, the manifestation of service to the one infinite Creator, is a task that is full of joy but could not be more demanding or more continuously puzzling.

And here you are, my friends, with your part in the drama. You are still upon the stage, you have stopped falling into the orchestra. You are many times writing your own lines and perhaps part of you has even made it into the audience where you observe yourself and give yourself reviews. You would be hard upon yourself, harder than others, but you find comradeship along the way, and always and ever that stage, so firm beneath your feet, so solid beneath the illusion. That stage, my friends, is a kingdom that you have never left and that you will never leave. You dwell within the kingdom of love, you dwell with the Creator always. Lift up your heads and feel your crown grow lighter as the great sunlight of the Creator strengthens your will and undergirds your faith.

We would like to close through the instrument known as C, and would now transfer this contact. I am Hatonn.

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(C channeling)

I am Hatonn, and am now with this instrument. The steps that each take in this illusion may seem for you to apply [too heavy] but with the continuation along your chosen path comes patience. The one path found as patience finds a peace and a knowledge, but things move slowly, but they move, they grow. Not that we may see, but they do. You may at times have pause to look over your shoulder and realize that without your conscious knowledge you have moved. You have passed a point which you will never pass again. My friends, find your patience, open your eyes and continue. Each will know his own pace. Each one's pace is his, and you will find that you will move.

I am Hatonn. It is indeed a privilege to be allowed to speak our humble words to you. Each of you will take them as each needs. We hope that we may be of service to you. We are always at your call. I am Hatonn. We leave you now in the peace and the love of the one infinite Creator. Adonai, my friends.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are again privileged to be able to join your group in the seeking of truth. We thank you for the service of asking for our presence and for your patience in assessing our humble service at this time. We would then ask if we may begin with the first query?

S: I have a question, Latwii. A few weeks ago Hatonn talked on reaching a point in the seeking when you no longer seek. This has been coming back in the past couple of weeks and is in my thoughts constantly. Could you just expound on the subject a little bit?

I am Latwii, and we shall be most happy to attempt clarification of this point, which may at first seem quite contradictory and confusing to those who have long sought the nature of truth, shall we say. The seeker is one who is conscious of the process of evolution. Though each person learns as the one Creator, many do so in a manner which you may consider unconscious. To use our brothers and sisters of Hatonn's analogy, there is the stumbling into the spotlight, the falling into the orchestra pit, and eventually the entity begins to write the script, which is another way of saying begins to seek in a conscious manner the keys which shall unlock door after door within the inner self, and reveal those treasures of being that await such seeking.

At some point in this process there is another transformation which occurs. This is the transformation in which the seeker not only knows intellectually with the conscious mind that it and all it observes are the one Creator, but experiences more and more the being of the one Creator within its own being. The one Creator is found within and the entity is found everywhere within the one Creator. As this process becomes more apparent and becomes that which is experienced more and more within the incarnation, the seeker discovers that it is that which it seeks.

This is more than semantics, my friends. To seek is to suggest that the one who seeks spends the efforts looking for that which it is not, yet wishes to become. To know that the self is that which is sought, is the one Creator, is to de-emphasize the seeking and to be that which was previously sought. In this transformation the entity looks upon a new creation. The entity looks upon itself as it surveys that which it is and which formerly would have been seen as that in which it existed. In this transformation there is a greater responsibility assumed by the one which formerly focused its efforts upon seeking. Now this entity, our former sturdy seeker, is that which it sought, and shoulders the responsibility of being all that is. This is not an event which is lightly undertaken, and is most properly placed within that realm of what you may consider the advanced nature of being.

May we answer you further, my sister?

S: No, thank you, Latwii.

I am Latwii, and we are most grateful to you, my sister. May we attempt another query?

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we rejoice with those sounds which surround your evening, and we rejoice that we have been able to join with you this evening. Though we have not expended great effort, each effort is treasured, and we thank you for your service which you provide by requesting our humble presence. As you seek and as you are, we are one with you. We travel that same path. We are your brothers and sisters, and together we are the one Creator. We are

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with you at your request in your meditations, in your thoughts, and in those moments when companionship is desired. We take our leave now of this group, though in truth we remain with you. We are those of Latwii, and leave you now in love and light. Adonai vasu borragus. ♣

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Sunday Meditation
October 2, 1983

(K channeling)

I am Hatonn, and I am now with this instrument. I greet you, my friends, in the love and the light of the one infinite Creator. We wish to take this opportunity to exercise this instrument briefly because it has been a long time since we have had the opportunity. Many changes have occurred in the group since we had the opportunity of exercising this instrument, and we would like to say the changes have been toward growth. We rejoice greatly in the opportunity that we have of being with you tonight, and since this instrument is a bit rusty, we shall wait or transfer to someone else. I leave you in the love and light of the infinite Creator and transfer the contact.

(T channeling)

I am Hatonn. I am now with this instrument. It is a pleasure to speak to your group and to be invited to join with you. We of the Confederation have sat with your group numerous times throughout the past. We have had the opportunity to speak to [you] through numerous channels such as these present tonight, yet it is always a very welcome experience for us, for this is our main source of communication with the peoples upon your planet at the present time. We are in your skies and we have been seen often, yet this is an irrelevant factor, for what we offer is not our presence but our knowledge and our experience. We are not an infinite source of information. We, too, journey through our life experience for the purpose of learning and we have found through our experiences we have come to a point in time, as you would call it, where we must share with others that which we have learned in order to continue our own progression, for service of a spiritual nature shall always be—correction—service of a spiritual nature shall always take shape in this manner. That which you receive you shall share in order to receive more. It is as in a circle, all things must go around and around, or shall we say, even a spiral, increasing in its magnitude yet flowing in a pattern which continually swirls from one to the other and unites all.

We of the Confederation share with you our love and our experience and this is all. There may be a time in the future of your planet where we shall be able to work with you hand in hand. But for now, our service to you is these simple words, and your service to us is inviting us to share with you that which we have to speak. We of the Confederation love deeply this opportunity to work with you, and we thank you for your presence, we thank you for your patience. It gives us great pleasure to have people upon your planet who are willing to accept our words and speak them without fear, for as those present who have had the opportunity to channel can attest to, there is a great deal of ridicule that

accompanies such as this. In the days past this group was exposed to a greater number of people, and in that time it was very difficult, for the energy was so great for the channels and the people attending the meetings to keep from sharing what they had learned with all those that they met. It is wise to keep to yourself that which you receive until you understand how to properly utilize the gift of knowledge that we share with you. The greatest way to serve your fellow man is through your actions, not your words.

I shall transfer this communication. I am Hatonn.

(Carla channeling)

I am Hatonn, and speak now through this instrument. I greet you once more in the love and the light of the one infinite Creator. May we take this opportunity to express our appreciation for this group's willingness to hear our greeting, for it is not of ourselves that we speak. We speak of love and light. We are messengers of a Creator that is infinite, and expresses Itself through that which cannot be imagined but which is known to all in one distortion or another as love, this love that is so tremendous and so vivifying that it has enlivened the universe and created it from light.

Why are you all one, my friends? Why do we insist upon proclaiming your unity? You are all one thing; you are light, a manifestation of one original Thought. That Thought is love. This cannot be understood, but we are so grateful to be able to proclaim the love and the light, the infinite Creator. There cannot be too many times or too many ways to speak of that which is when all that is illusion is subtracted and all that is distorted has become light.

We shall continue now with that which we were discussing. It is impossible, perhaps, for you to know the magnitude of the work that you create by your offering of your being seated in this circle with like-minded people. You make an offering that would indeed stagger you by its magnitude. For you, as you multiply your wills together and send your desire towards the stars asking for truth and seeking a light, you are such a source of planetary healing that we are aware as you might be aware of lights as you came into an airport and gazed at the city about you. Perhaps it would be a small airport and the sources of light would be few. Perhaps it would be large city and you would see many, many lights.

As we gaze upon your planetary energy web, what we see are the lights that have been lit at this time. This particular time, being the Sabbath for many of the people which inhabit this portion of your sphere, has many lights. Many of those lights are strongly colored, tending towards the less pure seeking, being very brilliant but therefore being murky in coloration due to the lack of seeking for the truth and the certainty that the truth has been found and can be contained, that the Creator has been caged and explained. Fewer, but brighter, are groups such as yours who meet to offer in silence consciousness and dedication to seeking in the faith that truth is a possibility, a marvelous, reached for possibility. This quality of seeking lights up your sky and radiates, for you wish to know how you may serve that truth.

We say to you, know that you are, as you seek, the precious ones of the Creator. You choose yourselves much as in your holy works you read of the chosen people. This chosen nature is quite valid, however, you choose yourselves. You choose to become responsible for seeking, for manifesting, for giving, and for seeking again. You choose a voyage. In your culture that which is rare and precious is placed, as treasure always is, in a secret trove where no one may steal or corrupt that which is precious. So we ask you to consider the hushed, silent portion of your consciousness that is involved more or less in seeking. It is not the function of the seeker to show the treasure of that seeking to all, but rather to allow any fruits that may have come from the seeking to manifest in a natural way.

Therefore, we never suggest that you proselytize or attempt to sway opinion, for, indeed, you are only exposing that within you which is most precious, and which you need to nurture, protect and value. But as you value and nurture these desires to seek, as you meditate and seek the silence within, as the power of the original Thought brings love into your life, you will find that you are manifesting to others qualities which will aid those about you. You may allow this to occur and indeed encourage it, for this is a natural fruit of seeking. However, the seeking itself, that inner journey, we encourage you to protect as if it were a baby, for it is a baby that you carry within yourself. Nurture it with meditation and you encourage it to grow in wisdom, and you discipline it by the regularity with which you examine it with thoughts and your being.

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And in the end, in secret, you find a fierce joy, a delight that you share with an invisible and infinite source. This joy is the heart of the presence of the original Thought that will through a long and varied journey express to you many opportunities through which you may see the face of the Creator in yourself, in circumstances, and in your co-creators, those about you. The more of that joy that you experience inwardly, the more resilient shall be the radiance of your being.

Now, we gaze upon you, thank and bless you; a place of light made of people, one of hundreds which seek the Confederation for inspiration this evening. How light your planet seems as you gather together and join in an infinite proclamation of consciousness, for what is consciousness? That which you are before you think is the Creator. The original Thought is not a thought as you understand thought, for your mentations are pale indeed. It is a power; you call it love. Treasure yourselves aright, value that which you are doing, and know that as you go forth you shall stumble and fall many times by your own estimation, and many other times you shall consider that you have done well. We suggest that you not keep score. Many is the time that you shall score incorrectly. Only continue to seek and above all to nurture that inward thrust towards truth. We can only encourage, not truly teach. You are your own teachers, for all that you wish is within you.

We bathe in the light of this group, and thank you that you have been so gracious as to have allowed us to speak our humble words. How little we have to offer you compared to what you have to offer us. You hearten us, for it is not difficult for us to seek; our illusion is far less dense. For you, my friends, the challenges are so many. How we encourage you. We shall be with you at any time that you may wish us. We leave you now in that love and light of the infinite Creator of which we have spoken. We leave you in joy, and in truth we do not leave you at all for we are singularly one with you. We are those of Hatonn. Adonai, my friends, adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are most privileged to be able to join with your group this evening, and we thank each present for seeking our vibration. As always, it is an honor to attempt to answer those queries which each brings for the inspiration of the seeking. May we then begin and ask for the first query?

Carla: I have a question. I had a brief vision late last night or early this morning, just as I was drifting off to sleep. And I thought that the person that I envisioned, that I saw, was the archangel Michael. He put his sword away, and he was rubbing his hands together, and he said, "I love it when a plan comes together." That's all I saw. I found out today that it's the feast of the archangel Michael and all the angels, and I wondered if people who were sensitive like I am to various influences have experiences like that due to the amount of prayer from churches like the Catholic church that concentrate on saints a lot more than the Protestant ones do, or if it was just an odd experience?

I am Latwii, and am aware of your query, my sister. We might say that each supposition which you have made is in some degree a portion of the explanation for this particular vision. We may comment by suggesting that your particular bias in the direction of the observation of certain days for certain saints, as you call them, plays a large role in this situation. Also your nature of being sensitive to impression is greatly responsible for the general nature of the vision's appearance. Also to be considered is the information registered in your subconscious mind from a previous conversation of a similar nature which was incorporated in a somewhat humorous manner in this vision. Thus, from many sources within your own being are drawn the resources which composed this particular vision. For the vision's meaning we may suggest contemplation and meditation.

May we answer you further, my sister?

Carla: Yes. The bias which I follow is that each of us has a Comforter, another word for the Holy Spirit, and the action of this force, whatever it is called, I don't think you have to be Christian to have an awareness of the force itself, it sustains you one way or another. Could you comment on my guess that whereas I tend to get very articulate messages from this force, nevertheless the mechanism basically works for everybody, it's just that in some people's lives the working of this force, or this source of information, this comfort, might be dreams, might be coincidence, or many other ways in which the Comforter or the Holy Spirit or whatever you could

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call it, the higher self, might work. But it's one, no matter what your bias, the force itself that occurs is one very substantial force which is the true one. Would you comment on that or is that clear enough?

I am Latwii, and am aware of your query, my sister. We believe that we have the gist clear enough to be able to respond in this matter. Indeed, there is a force which protects and guides each entity as it seeks its source, for all entities are part of this one force. You are additionally correct in your supposition that there is what many on your planet have called a Comforter which lends assistance in a more specific manner than the all-encompassing force of the one Creator.

An entity serving as a comforter responds to the seeker's special call at those instances within the incarnation which may be described as sacred, shall we say. In such moments the seeker's intense desire for the revelation of truth in the incarnation is such that the comforter is that which is called and that which responds by the feeding of a certain kind of spiritual food, a certain manna, as you would call it, which enters first the unconscious realms of the mind complex, and then, shall we say, rises so that in some way the entity perceives this assistance. The entity perceives in whatever manner the entity is able to perceive according to the system of beliefs which it has constructed during its incarnation. Thus, each entity perceives in a slightly variant and unique fashion.

There are also other presences which lend assistance to the seeker. These are frequently referred to as guides of one nature or another. Each seeker has at least three such guides: one of a positive or radiant or male nature; one of the magnetic, receptive or female nature; and one which you would describe as androgynous, being of a more balanced nature. Each seeker may also from time to time be assisted by other angelic, shall we say, presences and beings according to the needs, the desires and the seeking of the seeker. Each such assistance is perceived in whatever manner has meaning to the seeker.

May we answer you further, my sister?

Carla: Well, it's fascinating, but I think I should let other people have a chance to ask questions. So for now I'll let it rest. Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. We must apologize, my sister, for we must ask for the repetition of the query, for this instrument was not fully functioning during this reversing of this tape recorder device.

Questioner: What is Matira's relationship to me, and what can you tell me about her?

I am Latwii, and am aware of your query, my sister. In this instance we may speak in general terms only, for to give the specific information requested would be to infringe upon the free will of the seeker. The entity of which you speak is one which has a relationship to you similar to those beings of which we have just spoken, though it is not one of the specifically mentioned types of relationship. This entity seeks to be of service by providing the type of assistance which it feels most appropriate to your particular needs as they arise in your own process of seeking. We look upon this relationship as one which is most beneficial for the continued growth of the point of viewing, for the entity's service in general is that which expands the point of view.

May we answer you further, my sister?

Questioner: Well, when and if this little group should disband, can we contact Hatonn or someone else through Matira?

I am Latwii, and am aware of your query, my sister. The Confederation of Planets is available in the vocalized channeling format to any group which seeks in a pure manner, which is to say, the philosophy of the Confederation concerns the evolution of entities upon your planet, and we are what you would call philosophers who have a desire to share our opinions and learning with the understanding that they are opinions and quite fallible. We cannot prove our existence, our message, your past, your present, or your future journey in any way. Our service is most ephemeral, and is meant as an inspiration along the way. Any group which uses the tuning devices that have been shared within this group, and has the desire to seek as purely as possible, and which is familiar with the vocal channeling contact may seek and receive

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information from the Confederation of Planets in the Service of the Infinite Creator, for that is our purpose at this time, to share that which we have come to know as our truth with those upon your planet which seek that sharing.

May we answer you further, my sister?

Questioner: No, thank you very much.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: No, could you run that by me one more time, real fast, because I don't quite … Her question was could she contact Hatonn through Matira, and you just said Hatonn enjoyed speaking vocally. Would that mean that Hatonn wished to speak only through vocal channels? In other words, straight to a person and not through a guide on the inner plane. Is that what you intended to say, and just didn't come right out and say? I didn't hear it, if you said it.

I am Latwii, and am aware of your query, my sister. Our response was intended in the general sense. That is, that communications of a inspirational or philosophical nature could be received by any group through any type of instrument if that group sought with the requisite purity and desire and tuning mechanisms that have been utilized within this particular group.

May we answer you further, my sister?

Carla: I'm still trying to figure out if you said that Hatonn could be contacted through Matira or whether you said … I guess what you're really trying to do is take the emphasis off what the name of contact is and put the emphasis on the nature of the message. Am I right? Take the emphasis off the messenger, and put the emphasis on the content of the message?

I am Latwii, and am aware of your query, my sister. This is in part correct, for we wish always to emphasize the nature of the message, for the nature of the message is very simple. We are all one and we all seek that unity. Whether that seeking finds manifestation in a contact such as this contact, a contact through a guide or through personal inspiration through those books and resources which the seeker peruses or through any other means is not important The message of unity, the seeking of love and light in that unity, is the important—we correct this instrument—is the type of contact and experience which is that which we wish to emphasize. The means of the messages being transmitted is less important.

May we answer you further, my sister?

Carla: No, that's very helpful. Thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

K: Yes, sort of along this same line. This has happened to me for a long time, I guess it happens to everybody, but some thought will come to me seemingly out of nowhere, I don't know where it comes from. I haven't read it or I haven't heard it to my knowledge, but very shortly, maybe within a week or two, I will hear this on the radio or I'll pick up a book and find the same thought in it. Now my question is, is there an atmosphere of these thoughts, and are all of us picking up these thoughts at about the same time? Where do these thoughts come from?

I am Latwii, and am aware of your query, my sister. It is most difficult to describe in your words the source, shall we say, in specific terms, of such thoughts. One means of such description might include the concept of pools of thought which surround or are available to each entity at all times. From time to time, as you would call it, the entity dips into one pool, and then another, and may dip into many simultaneously. These pools are available throughout all of what you call time, and are indeed timeless so that what might appear at one of your times to be separate from another of your times might in the nature of your being be one time or experience.

Thus, when you first thought the original concept, and then seemingly later experienced its further ramifications, you were dipping into one particular pool of thought in one experience during two of what you call time periods. These pools of thought are drawn to you by your desires, by your seeking, just as the iron filings are drawn to the magnet. That which is called for is received. This is, shall we say, a law: that which you desire will be drawn unto you. As you continue your journey of seeking, you will discover that there are streams or pools of thought which serve as resources for your further contemplation. These are what you have frequently called sources of food for thought. These pools rise within your subconscious mind and become

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available to you through many types of experiences. The intuitive insight, the dream, whether in sleeping or daydreaming, the mental contemplation, the meditation, all are means of perceiving such pools of thought.

May we answer you further, my sister?

K: No, that's what I thought, but it helps to have you expound on it. That was very good, thank you. Now, I'd like to ask a question about some dreams I've had, and wondered if they were sort of archetypes. This past summer I've been trying to discipline myself to remember my dreams, whereas before I'd been a little careless, shall we say. I've been off and on—now I'm on. But I've dreamed numerous times about a bird or a baby that's about to be born. One dream, I was holding an egg in my hand, and whatever it was, a chicken or duck or whatever it was, literally broke open the egg, and I could see the yellow wing, holding it in hand and it was a very exciting thing, to have that egg hatch right in my hand. And of course I wake up before the thing comes out. I just get to see that yellow wing, but it's about birth and all about me. It seems I'm trying to get ready for this new birth that's about to come about, and things are not quite ready, and I'm just working myself to death to try to get everything just right for this baby that's about to be born. It's not my baby, it's just a baby that's about to be born. Now what can you say? Is that an archetypical dream or is this just my silly dreams?

I am Latwii, and am aware of your query, my sister. We look upon this experience as one which, indeed, reaches those roots of mind which you have come to know as archetypical. Each entity which seeks the truth of its being and of the creation in a conscious manner will frequently experience such dreaming as you have described. Those experiences of a new birth may be looked upon as representative of the archetypes of transformation, for each moment provides infinite opportunity for the seeker to transform some portion of its being by finding the love, the light, the unity within the moment, no matter how that moment might camouflage such truth with seeming discord and distress.

As the seeker continues these minor transformations there are, shall we say, various octaves or levels of transformation which then become available, much as a threshold which requires a certain degree of strength to surpass, and when that strength is gathered then a great change in perception and being is apparent. The viewing of the birth of the egg, that which is encased, and which is freeing itself from the encasement, is quite frequently of a personal nature so that the seeker experiencing the dream is seeing a symbol of its own birth or the birth of some portion of its being and thinking. In other cases, the entity is perceiving the tides of being of its race or kind and is, shall we say, tuning into a greater process of transformation of which it is a smaller part. In most instances both such situations pertain, for as one entity is transformed, all in some degree are transformed, and as all are transformed, each is transformed, for in truth, all are one.

May we answer you further, my sister?

K: No, that was very good. Another dream that has—I've become a great believer in dreams even though I used to make fun of my grandmother for believing in dreams. I've been converted. Another dream I'm assuming is along the same nature, I'm assuming is an archetype. This has occurred again and again throughout my lifetime, periodically. Somebody is about to be buried, and here we're all about to bury this person and this person just begins to move around in the casket, and, you know, here we are with a live corpse on our hands. I used to wake up literally scared to death with that dream. That dream doesn't frighten me anymore, but I dreamed that just recently. Now, I'm assuming that's an archetype also. Is that true?

I am Latwii, and am aware of your query, my sister. We may preface our response by suggesting that the conscious seeker would have great difficulty in finding any dream which did not tap some archetypical portion of its deeper mind. To respond now more specifically to your query, we might suggest that this particular type of dream is most useful to that conscious seeker which many upon your planet have called the adept, for in times most ancient upon your planet, there were those initiates who sought to increase their seeking by going through that experience which may be likened to the burying of the self while alive, and the experience of the death of perception to the physical world and the resurrection of the perception to [a] greater or divine plan for [an] entity within its incarnation.

Many upon your planet at this time seek such experiences within what you have called sensory deprivation chambers. The experience of self with

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self at such a time is most profound, and at some point each seeker must make what you would call the peace or sense of grasp or wholeness with the concept you call death, for the seeker to know that the death is a great transformation but not the end of its beingness, at some point within each seeker's journey. The dreaming experience which you have described is a portion of that learning and may be considered most valuable when it is carried to its completion within the dreaming state, for this experience will allow the seeker to expand its point of view concerning that experience called death.

May we answer you further, my sister?

K: No, that's very good. Thank you very much, Latwii.

I am Latwii, and we thank you, my sister. Is there another query at this time?

T: Yes, I'd like to go back to the thoughts on the thought pools that you mentioned earlier, and are these thought pools entity, non-entity or liaison entity or none of the above?

I am Latwii, and am aware of your query, my brother. We hope that we do not confuse by suggesting that all of the above are correct, and in addition there are as many forms to such pools of thought as can be imagined by entities, for each entity, as we have noted, will draw unto it those thoughts which it desires, and will form them in such and such a manner. If a great number of entities form certain thoughts in a similar manner such as with what you have called the service of worship within various of your churches, then certain thoughts may take the form of angels, of archangels, of rituals, of processions, and so forth. These forms of thought, then, may be called upon by such entities, and there may be a sustenance or a nourishment gained from the calling.

May we answer you further, my brother?

T: No, thank you. That is excellent.

I am Latwii, and we thank you for your service, my brother. Is there another query at this time?

Carla: Just while we're talking about pools of thought, I was thinking about tidepools. You divorced these pools of thought from the notion of time, and suggested that we really are living a simultaneous existence, we are living in an eternal present. We simply don't see it that way because of the illusion. But I was wondering if there were tides that pulled at those pools of thought so that as K first asked, many people might feel the surge of the tide and therefore feel the—have a tendency to seek for that thought or to reach into that thought at the same apparent time, the tides being impersonal events. Could you comment?

I am Latwii, and am aware of your query, my sister. This is, as you have surmised, a very large subject, and there is little likelihood that any supposition would be totally incorrect cor—we correct this instrument—concerning its nature. There are, as you have supposed, certain tides of energy or vibrations of light and love which surge in rhythm and become available to the planet as a whole, so that each upon the surface of your planet, if seeking that type of vibration, may become aware of it in a conscious fashion while unaware of it if not seeking it, yet and nevertheless [be] moved by it in some degree.

There are those vibratory levels of energy influx which are constantly being made available to your planet and its peoples and are being made available in a fashion which slowly increases in the strength or frequency. Thus, tides of thought or energy do periodically surround your planet. These great oceans, shall we say, of thought energy are of a general nature as in comparison with those we were previously speaking of which were more of the individual group or racial origin.

May we answer you further, my sister?

Carla: No, that was fascinating. Thank you. I would like to know if you would please check the instrument to find out if he is too fatigued to go on.

I am Latwii, and we appreciate your conscientiousness in this regard. We find the instrument is available for two or three more queries and would welcome them at this time.

Carla: Would a quick retuning be in order?

I am Latwii, and we suggest the continuing as has occurred, with no present need for retuning. Is there another query at this time?

Questioner: Yes. We seek to do more than we are able to accomplish at this time. We like to know how we gain more energy to do more.

I am Latwii, and am aware of your query, my sister. You may observe that experience of fatigue and

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consider that as you are seeking to do more, as you call it, you are continually expanding your capacity to do more in the service of the one Creator. As you continually expand this capacity, you will notice that there is the residual effect of fatigue. As you continually expand your capacity, you may experience what you call continual fatigue, for this is a constant process and this process is not always consciously apparent to your perception. Thus you may feel you have not moved in your ability to do more service, yet if you could take the larger view, that view, looking upon the incarnation from beyond the incarnation, you would see great progress.

Indeed, it is not a portion of this illusion to give a clear perception of one's progress. The seeking within this illusion is done within what one might call a great darkness and forgetting, even to the clearest seeking eye. As you desire to seek and serve and to enlarge your capacity to do both, thus shall you do both, for as the filing is drawn to the magnet, thus is that which you desire drawn to your desires and your being.

May we answer you further, my sister?

Questioner: No, thank you very much.

I am Latwii, and we thank you, my sister. Is there another query at this time?

K: Just one more, Latwii, right along this same line. I guess all of us would like to go out and feel that we are really serving, but that doesn't seem to be the way things work out all the time. But during my meditation or as things work out during the day, I feel the urge as I send caring, healing, peaceful thoughts to family and friends, or just around the planet. Is this serving the Creator or [is] this a type of service, even though this person does not know that I am sending healing thought? Is this a type of service?

I am Latwii, and am aware of your query, my sister. Indeed, my sister, there is no action which is not service. Most actions by your peoples are of a service nature that is unconscious. Most present this evening seek to serve in a conscious manner, and to serve as efficiently as possible. Many do so in just the manner you have spoken, for, indeed, all creation is one being, and as you send a thought of healing, of love, of light, of support, of comfort, of caring to any other being upon your planet, all receive such and are able to partake of it if so desired. For in those realms which are the foundation of your illusion, in the metaphysical realms, a thought is indeed a thing which is seen, which is felt, which is used. It is such a foundation which supports your present material illusion, and not your material illusion which supports the metaphysical realms.

May we answer you further, my sister?

K: No, that makes sense. Thanks a lot.

I am Latwii, and we thank you, my sister.

(Pause)

I am Latwii, and we find that we have exhausted the queries and this instrument at approximately the same time. We are grateful to each for seeking our humble service. We remind each present that our words are but fallible opinion. Take those which have meaning and use them as you will. Leave those which have no meaning. We are most honored and overjoyed at each opportunity to speak to this group. We are with each upon request in your meditations, and would be honored to join our vibrations with yours then. We shall leave you now in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus. ❦

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Sunday Meditation
October 16, 1983

(S channeling)

I am Hatonn, and greet you, my brothers and sisters, in the love and the light of the one infinite Creator. As always, my friends, it is indeed a great joy for us to share with you, and we are greatly pleased to be with you this evening, for in this time of change we are honored that you would still wish us to be with you, and the service each of you would perform is dear to our hearts. We are overjoyed that you would still allow us the service of attempting to help in what small way we may in your search for the original Thought, in your seeking of the many paths to the Creator. The path of that search may be an arduous one, and yet, my friends, do not forget the moments such as this that make of that path a joyous one. In your oneness with your brothers and sisters you see the Creator.

There are many times each of you may feel set apart from many of your brothers and sisters upon your planet's surface. But this is not so. Each must follow his heart to the Creator and each must learn to allow his brother or his sister that choice, that freedom to follow his own way, for each path does indeed eventually lead to one point, and no matter how one gets there, the end will be the same. Just as each of you have chosen, maybe for a short while, to be a part of this group in its seeking, there are many other groups who seek in their own way. These are no less right than your way. Each must find in his heart the place that will touch him as each of you have been touched. Remember, my friends, there is no right and no wrong, only experience in the creation.

We would at this time transfer this contact. I am Hatonn.

(C channeling)

I am Hatonn, and am now with this instrument. My friends, you are embarking on a journey, a quest for continuance of the path you have chosen these past years. You face what to some seems the loss of the heart, the force that brought and held you together. My friends, each and every one is vital, each is part of the whole, and that which has been learned is yours no matter if those things you have become accustomed to change, each has the knowledge each has gained. Each, if they so choose, may continue to share in these intimate groups their love. We and our other brothers and sisters of the Confederation will always be at your call if so desired by you, to be with you at times like these when vocal channeling is desired, are with you at any time you call us. We have been honored for so long to be able to speak to this group through your years. Though many have come and gone from it, it is still very much our honor to continue.

My friends, each of you here has made great strides, and each here has much further to go. Often it will

seem that you struggle to reach the top of the mountain only to find a higher mountain beyond. My friends, as one mountain is climbed, so may another. Each of you has become aware of the love and the light that surrounds you, that is you. Each has been able to find the warmth within that allows you to be one with your fellows, to share their joys, their sorrows.

We must pause for a moment. I am Hatonn. The instrument is experiencing some difficulty due to the beverage he had previously consumed, but we feel now that we may continue.

My friends, call us when you need, call when you want to share. We wish to be of service in what way we can. I am Hatonn. We would now take our leave. We leave you in the love and the light of the one infinite Creator. Adonai, my friends.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. It is a great honor to join you this evening. We blend with you now our love and our light in the mutual seeking of truth. It is again our privilege to provide our humble service of attempting to answer your queries. We rejoice in that service, and ask now if there might be a query with which we might begin?

S: Yes, Latwii, I have a couple of questions, one being the subject that was being discussed before the meeting started concerning the aspect of Jesus Christ as the Savior, according to the Bible, the only way to get to God. Would you comment on this?

I am Latwii, and am aware of your query, my sister, and it would be our joy and privilege to comment on this concept which has been much discussed and misunderstood by many peoples since the one known as Jehoshua walked on your planet. This entity was born a man as each upon your planet is born, and through many years of pure and sincere seeking was able to blend his vibrations with those of the one Creator which are available to each entity, but which are [in] some fashion distorted so that experience may be gained.

The one known as Jehoshua or Jesus was able in his life pattern to remove the distortions to such an extent that he was able to experience that type of consciousness which may be called Christed, christened, pure. This enabled him to speak with authority when he said, "I and my Father am one. No one comes unto the Father unless he comes by me." These are the words which are often misunderstood, for many upon your planet feel their meaning is simply that one must just believe in the one known as Jesus the Christ and that known as salvation will be his.

This is what might be likened unto the child's perception of truth. It cannot be said to be untrue, but it cannot be said to be the complete truth, for within those words lie much which is still covered to the simpler perception. The simple believing in an entity, no matter what the entity's purity, is not sufficient to gain for the one so believing that known as salvation, salvation itself being much misunderstood. Our humble definition of such a term might be that grade necessary for what you call the harvest, a polarity of service which is sufficient to enable the entity to be graduated, for this entity now understands in a conscious manner, or perhaps yet still in an unconscious manner, the need to serve and to evolve in mind, body and spirit. And it is this evolution, this process of seeking and the fruit yielded therefrom, that is, the service to others, which enables an entity to gain that broadly described as salvation.

If one shall come unto the Father, the one infinite Creator, by the path followed by the one known as Jesus of Nazareth, then such an entity shall in the life pattern demonstrate the desire to seek the truth and the service to others that is of such a nature that the so-called salvation is imminent, the graduation draws nigh and the harvest shall be completed. It is not by mere belief in another entity—though faith, indeed, in the seeking of the truth is necessary—that an entity shall come unto the Father. The one Creator, the Father, resides within each entity. Each must go within the self in the life pattern and find the deepest truth available therein; and when that truth is found, manifest that truth in the experience of each day. Then the salvation shall be available by the efforts of the seeker following the same path the [one] known as Jesus of Nazareth followed.

May we answer you further, my sister?

S: No, thank you, Latwii, not on that subject. I do have another question that I hope you might be able to put a little insight into. It seems that during the week I have all different kinds of questions, and then on Sunday nights they all disappear. Either that, or

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the questions cannot be put into words. Why is that? Can you comment on that?

I am Latwii, and am aware of your query, my sister. We may comment by suggesting that for the sincere seeker it is often the case that the well-framed question will provide the answer in a process of conscious and unconscious contemplation and meditation which occurs within the seeker's being. That is to say, that when you perceive a query arising within your mind, it is a natural process for the self to continue with the query in many forms so that the same basic question is re-formed many times within the mind of the seeker. As the question is thus re-formed, or mulled over, as you would say, there arises within the seeker potential answers, shall we say. The purity with which the question is asked, with which the truth is sought, is a force which reaches down into what you would call the subconscious mind and attracts those pieces of information which have what you might call an electromagnetic configuration that is similar to the query, and thus is drawn to that query.

Often such answers are recognized in the conscious mind, and it is known that the query has for the moment been answered. Often such answers will remain in the unconscious mind, yet radiate a certain sort of surety so that the entity no longer seeks with such determination an answer which it somehow feels has been achieved.

May we attempt further response, my sister?

S: No, thank you, Latwii, that's very sufficient. Thank you.

I am Latwii, and we thank you, my sister. May we attempt another query at this time?

(Pause)

I am Latwii, and we feel that the queries for the evening, though small in number, have covered those areas of concern. It is always our joy to speak with your group, whether for a long or for a short period as you would measure time. My friends, that which you call time is an illusion and when we join in the seeking of truth that seeking is timeless and is brilliant and vivid on the walls of creation as the rainbow across the sky after the rains have fallen. We are with you at your request, and are most happy to be able to join with you at any time in your private meditations or in your group meditations such as this evening.

We join with our brothers and sisters of Hatonn in wishing you well as you undertake a new portion of your seeking as a group. We assure you that we shall be with you and shall lend our assistance whenever possible whenever requested. We join in your great seeking and we rejoice in your great seeking. We leave you now in the love and the light of our infinite Creator. We are those of Latwii. Adonai, my friends. Adonai vasu borragus.

(C channeling)

I am Nona, and I am now with this instrument. We would, if we may, join with you as you send healing to those in need.

(C channels a vocalized melody, very quietly and with gentle intensity, from Nona.) ♣

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The Law of One, Book V, Session 105, Fragment 55
October 19, 1983

Jim: After a good deal of searching we finally did find a house north of Atlanta to which we were about to move in November of 1983. We decided to query Ra about the metaphysical cleansing needs of this new dwelling before moving there, and that was the purpose of this session. As Jim was giving Carla her pre-session massage he noted reddened welts, symmetrical in nature, on both sides of her back. They were similar to the welting which had covered her body when her kidneys failed at age thirteen from glomerulo nephritis. Apparently, if Carla had chosen to meet difficulties in completing our lease agreement with our landlord by allowing a feeling of separation from him to occur or had allowed this same feeling of separation to grow for Don as he hemmed and hawed about what house to choose in Atlanta, that allowing of separation of self from other-self could have been energized by our negative friend until her self was separated from her physical vehicle, and her incarnation would have been at its end. She had to deal with our landlord, who had numerous requirements for our leaving that he felt justified in making, and with Don's mental condition, which was beginning to show further signs of the long-term stress to mind and body that commuting and worrying about his job had brought about. Strikes and bankruptcy were continually threatening Eastern Airlines and, though he knew it would be easier to get to work from his base in Atlanta, he had great difficulty in even looking at houses in Atlanta, much less choosing one, because of his life-long love of Louisville and the comfort and beauty of our home as we had known it together. But our home was up for sale, and we had to move somewhere.

My first trip with the twenty-four foot U-haul truck saw me lost in the mountains of northern Georgia. Many curves and turns later I found our new home in the countryside around Lake Lanier. It was midnight when I saw the house for the first time—Don and Carla had picked it out—and I immediately began searching in the darkness for each window and doorway to perform the ritual of cleansing with salt and blessed water. It was an inauspicious beginning to an unusual experience there.

A small beginning is made near the end of this session to query again on the archetypical mind, and Ra's comment at the end of this session is a key part of the mystery of Don's illness and his death.

Carla: *By the time Don accepted the house we moved into, he was in a settled state of disorientation, something unknown before this time. I, too, was quite at low ebb. Dimly grasping that I needed to be exquisitely correct in all ethical dealings, and willing to go to almost any lengths to remain in the light, I did manage to keep the anger and vast irritation I felt with our landlord out of my actual dealings with him. We packed up the kitties and Don flew us down to Atlanta. Friends drove our cars down, another friend drove the second rental van, and we piled into a huge and*

glamorous—and decidedly non-winterized—lakefront house in Cumming, Georgia. As if warning us that this trip was going to be dicey, Jim's first attempt to take the van to Georgia found him fetched up, barely sixty miles from Louisville, with a broken truck. We disregarded this event, and pressed on.

The whole five months that we were there was like a sit-com, overlaid with bizarre situations. Cumming was the county seat of Forsythe County, a place notorious for its prejudice against any race but Caucasian. On a Saturday, one could drive through the little town and see Ku Klux Clan members in regalia, except for their head-masks and hats, handing out brochures at the stop lights. Grandmothers, children, all ages and both sexes wore these sad little costumes and waved racial hatred around as though it were cotton candy. I had planned to join the Robert Shaw Chorale, but when I sang my piece, there was a misunderstanding, and the judges thought I had sung a wrong note. So I did not get accepted, something I had not even thought of. I had been singing all my life, and I was a competent chorus member. But I was out. Instead, needing to sing, I found a little group in the Cumming area, and plodded along while I was there with Irish folk songs and the like, fun to sing but not the marvelous prayer experience I had always found classical sacred choral singing to offer. I planned to sing, on Sundays, at the cathedral there, St. Philip's, and had made every arrangement to do so. But they would not let me start singing until after Christmas, a practice the church had been forced to adopt after people tried to drop in for Christmas and not sing the rest of the year. Meanwhile, I found a mission church five minutes from our house which had no choir whatever. So I stayed in tiny All Saints' mission, and sang the old Anglican hymns during Eucharist. Every expectation was baffled. Nothing worked out as envisioned.

The worst of it was that Don had more, not less, to do in order to arrive at work. He had to run the whole gamut of paralyzing traffic from far north of Atlanta to south of it, where the airport was. And the weather seemed fated to make things harder. It was extremely cold in Georgia that winter, and when icing conditions were there, as was the case several times, there was absolutely no way to drive anywhere. I can remember Don having to stay in a motel he managed to slide into the parking lot of, unable to reach either home or work. Christmas Eve found me singing two services at All Saints' while Jim and Don bailed water from burst pipes. By the time the New Year came, the wet carpets had begun to become moldy, and both Don and I were allergic to mold and mildew. As luxurious as the house was for fun on the lake in summer, it was nothing short of a disaster as far as winter living went. I got ulcers on my toes because they were so cold—the floor was never warmer than fifty degrees, ever.

Since all this was wrong with the house, we immediately began looking again for another house, both in Atlanta and back in Louisville. We never had one settled day in Georgia and, pretty as the state was, I cannot say I would wish to be there again. Until Don found the house we now live in, in March, we were in a constant restless perch, having no real order to things. Our belongings remained boxed, our feelings fragile. I was the one who dealt with the new landlord, which was not a picnic. Don was very insistent that we move immediately for the whole time there, so even though we did stay in that one place for five months, the landlord and I had to talk at least weekly so that he could be apprised of our latest plans—none of which worked out. Finally, in March, he asked us to leave, so that his family could use the house themselves that summer. It was at that juncture that Don flew to Louisville by himself over a weekend, found this lovely and venerable old bungalow in which we still live, and agreed to buy it.

Buying a house was something Don had always felt was unwise for himself to do. And as soon as he had done it, he began to regret it. For Jim and me, this was most difficult to bear, as we had unwisely let ourselves hope that we would come to this little exurb and really settle in and just live as we had before. But Don remained convinced that we must move, again, while always turning down any possible place we found to look at. When I found a house twenty thousand dollars cheaper, with a duplex design which would give Don and me a full home plus an apartment for Jim, and Don turned that down too, I realized that something was really wrong. Things were in a fine pickle.

In this atmosphere, it was faintly off-balance even to try to pursue the work and questioning about the archetypical mind which we had begun, but persist we did, cleansing the new working room daily and hoping for the day when we could have another session with those of Ra. I remember feelings of great hope and faith welling up within me as this period spent itself, and wonderings about what in the world was happening with Don. None of us knew anything to do except

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persevere, and follow Ra's suggestion to meet all with praise and thanks. Or try!

Session 105, October 19, 1983

Ra: I am Ra. I greet you, my friends, in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The vital energies of this instrument are in a much more biased state than the previous asking, with the faculties of will and faith having regained their prominent place in this entity's existence and balance. The physical deficit continues.

Questioner: I am sorry that we have to ask so many maintenance questions. We seem to be in a confused condition now with respect to our abilities to continue in the direction that we wish to with respect to the archetypical mind.

I would like to ask what caused the symmetrical welts on the instrument's back, and is there anything further that we can do to heal the instrument and her condition, including these welts?

Ra: I am Ra. The welting is a symptom of that which has been a prolonged psychic greeting. The opportunity for this entity to experience massive allergic reaction from streptococcal and staphylococcal viruses has been offered in hopes that this entity would wish to leave the incarnation. The previous occurrence of this state of the mind complex which occurred upon, in your time-numbering system, the ninth month, the twelfth day, of your present planetary solar revolution caught your fifth-density companion unprepared. The entity is now prepared.

There have been two instances wherein this entity could have started the reaction since the first opportunity was missed. Firstly, the opportunity to separate self from other-self in connection with the choosing of an house. Secondly, the possible vision of self separated from other-self in regard to the dissolving of mundane bonds concerning the leaving of this dwelling. Both opportunities were met by this entity with a refusal to separate self from other-self with further work also upon the indigo-ray level concerning the avoidance of martyrdom while maintaining unity in love.

Thusly, this instrument has had its immunal defenses breached and its lymphatic system involved in the invasion of these viri. You may see some merit in a purging of the instrument's yellow-ray, chemical body in order to more quickly aid the weakened body complex in its attempt to remove these substances. Techniques include therapeutic enemas or colonics, the sauna once or twice in a day, and the use of vigorous rubbing of the integument for the period of approximately seven of your diurnal periods.

We speak not of diet, not because it might not aid, but because this entity ingests small quantities of any substance and is already avoiding certain substances, notably fresh milk and oil.

Questioner: Is there any particular place that the integument should be vigorously rubbed?

Ra: I am Ra. No.

Questioner: Could you please tell me what caused Jim's kidney problem to return, and what can be done to heal it?

Ra: I am Ra. The entity, Jim, determined that it would cleanse itself and thus would spend time/space and space/time in pursuit and contemplation of perfection. The dedication to this working was intensified until the mind/body/spirit complex rang in harmony with this intention. The entity did not grasp the literal way in which metaphysical intentions are translated by the body complex of one working in utter unity of purpose. The entity began the period of prayer, fasting, penitence, and rejoicing. The body complex, which was not yet fully recovered from the nephrotic syndrome, began to systematically cleanse each organ, sending all the detritus that was not perfect through kidneys which were not given enough liquid to dilute the toxins being released. The toxins stayed with the body complex and reactivated a purely physical illness. There is no metaphysical portion in this relapse.

The healing is taking place in manifestation of an affirmation of body complex health which, barring untoward circumstance, shall be completely efficacious.

Questioner: Is any consideration of the appropriateness of the house at Lake Lanier which we intend to move to or special preparation other than that planned advisable?

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Ra: I am Ra. We believe you have queried obliquely. Please requery.

Questioner: We plan to cleanse the property at the Lake Lanier location using the techniques prescribed by Ra having to do with using the salt for 36 hours, etc. I would like to know if this is sufficient or if there is any salient problem with respect to moving to that house that Ra could advise upon at this time please.

Ra: I am Ra. The cleansing of the dwelling of which you speak need be only three nights and two days. This dwelling is benign. The techniques are acceptable. We find three areas in which use of garlic as previously described would be beneficial. Firstly, the bunk bed room, below the top sleeping pallet. Secondly, the exterior of the dwelling facing the road and centering about the small rocks approximately two-thirds of the length of the dwelling from the driveway side.

Thirdly, there is the matter of the boathouse. We suggest weekly cleansings of that area with garlic, the cut onions and the walking of a light-filled perimeter. The garlic and onion, renewed weekly, should remain permanently hung, suspended from string or wire between workings.

Questioner: Just so that I don't make a mistake in interpreting your directions with respect to the second area outside the house, could you give me a distance and magnetic compass heading from the exact center of the dwelling to that position?

Ra: I am Ra. We may only be approximate but would suggest a distance of 37 feet, a magnetic heading of 84 to 92 degrees.

Questioner: I know that it is unimportant for our purposes and from the philosophical point of view I don't want to do anything to upset the Law of Confusion, so don't feel that it is necessary to answer this, but I was wondering what condition created the necessity for such continual cleansing of the boathouse?

Ra: I am Ra. The intent is to create a perimeter within which the apiary denizens will not find it necessary to sting and indeed will not find it promising to inhabit.

Questioner: Are you speaking of bees or wasps or creatures of that type?

Ra: I am Ra. That is so.

Questioner: Are Jim's plans and ritual for the deconsecrating of this dwelling sufficient, or should something be added or changed?

Ra: I am Ra. No change is necessary. The points necessary to be included in consecration or deconsecration of the place are covered. We may suggest that each second-density, woody plant which you have invested during your tenancy within this dwelling be thanked and blessed.

Questioner: Is there any other suggestion that Ra could make with respect to any part of this move that is planned, and will it—will we have any problems at all in contacting Ra in the new dwelling, and if so, will Ra tell us about those and what we could do to alleviate any problems in contacting Ra in the new dwelling?

Ra: I am Ra. We weigh this answer carefully, for it comes close to abrogation of free will, but find the proximity acceptable due to this instrument's determination to be of service to the one infinite Creator regardless of personal circumstances.

Any physical aid upon the part of the instrument in the packing and unpacking will activate those allergic reactions lying dormant for the most part at this time. This entity is allergic to those items which are unavoidable in transitions within your third-density illusion that is, dust, mildew, etc. The one known as Bob will be of aid in this regard. The scribe should take care also to imbibe a doubled quantity of liquids in order that any allergically caused toxins may be flushed from the body complex.

There is no difficulty in resuming contact through this tuned instrument with the social memory complex, Ra, in the chosen dwelling, or, indeed, in any place whatsoever once physical and metaphysical cleansing has been accomplished.

Questioner: I have come to the conclusion that the meaning of the hawk that we had about a year ago when we started to move the first time had to do with the non-benign nature of the house, in the metaphysical sense, which I had picked. If it would not interfere with the Law of Confusion I think that it would be philosophically interesting to know if I am correct with respect to that.

Ra: I am Ra. What bird comes to affirm for Ra? What bird would be chosen to warn? We ask the questioner to ponder these queries.

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Questioner: We have been, you might say, experimentally determining a lot of things about the body, the next portion of the tarot, and have been experiencing some of the feedback effects, you might say, between the mind and the body. From everything that we have done so far with respect to these effects the great value of the third-density, yellow-ray body at this time is as a device that feeds back catalyst to create the polarization, I would say. I would ask Ra, if initially when they were designed for third-density experience the mind/body/spirits—not the mind/body/spirit complexes—had as the major use of the yellow-ray body, the feeding back of catalyst and if not, what was the purpose of the yellow-ray body?

Ra: I am Ra. The description which began your query is suitable for the function of the mind/body/spirit or the mind/body/spirit complex. The position in creation of physical manifestation changed not one whit when the veil of forgetting was dropped.

Questioner: Then the yellow-ray body, from the very beginning, was designed as what Ra has called an athanor for the mind, a device to accelerate the evolution of the mind. Is this correct?

Ra: I am Ra. It is perhaps more accurate to note that the yellow-ray, physical vehicle is a necessity without which the mind/body/spirit complex cannot pursue evolution at any pace.

Questioner: Then you are saying that the evolution of that portion of the individual that is not yellow-ray is not possible without the clothing at intervals in the yellow-ray body. Is this correct?

Ra: I am Ra. No.

Questioner: Would you clear up my thinking on that? I didn't quite understand your statement.

Ra: I am Ra. Each mind/body/spirit or mind/body/spirit complex has an existence simultaneous with that of creation. It is not dependent upon any physical vehicle. However, in order to evolve, change, learn, and manifest the Creator the physical vehicles appropriate to each density are necessary. Your query implied that physical vehicles accelerated growth. The more accurate description is that they permit growth.

Questioner: As an example I would like to take the distortion of a disease or bodily malfunction prior to the veil and compare it to that after the veil. Let us assume that the conditions that Jim experienced with respect to his kidney malfunction had been an experience that occurred prior to the veil. Would this experience have occurred prior to the veil? Would it have been different? And if so, how?

Ra: I am Ra. The anger of separation is impossible without the veil. The lack of awareness of the body's need for liquid is unlikely without the veil. The decision to contemplate perfection in discipline is quite improbable without the veil.

Questioner: I would like to examine a sample, shall we say, bodily distortion prior to the veil and how it would affect the mind. Could Ra give an example of that, please?

Ra: I am Ra. This general area has been covered. We shall recapitulate here.

The patterns of illness, diseases, and death are a benignant demesne[7] within the plan of incarnational experience. As such, some healing would occur by decision of mind/body/spirits, and incarnations were experienced with the normal ending of illness to death, accepted as such since without the veil it is clear that the mind/body/spirit continues. Thusly, the experiences, both good and bad, or joyful and sad, of the mind/body/spirit before veiling would be pale, without vibrancy or the keen edge of interest that such brings in the post-veiling mind/body/spirit complex.

Questioner: At the end of an incarnation, before veiling, did the entity appear physically to have aged like entities at the end of their incarnation in our present illusion? Did the Significator look like that?

Ra: I am Ra. The Significator of Mind, Body, or Spirit is a portion of the archetypical mind and looks as each envisions such to appear. The body of mind/body/spirits before veiling showed all the signs of aging which acquaint you now with the process leading to the removal from third-density incarnation of the mind/body/spirit complex. It is well to recall that the difference betwixt mind/body/spirits and mind/body/spirit complexes

[7] demesne: In feudal law, lands held in one's own power; A manor house and the adjoining lands in the immediate use and occupation of the owner of the estate; The grounds belonging to any residence, or any landed estate; Any region over which sovereignty is exercised; domain. [< AF *demeyne*, OF *demeine*, *demaine*. Doublet of DOMAIN.]

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is a forgetting within the deeper mind. Physical appearances and surface and instinctual activities are much the same.

Questioner: Then I was wondering what was the root reason for the change in appearance that we see as the aging process? I am trying to uncover the basic philosophical premise here, but I may be shooting in the dark and not questioning on it correctly. I am trying to get at the reason behind the design in this change in appearance when it seems to me that it would be just as possible for the mind/body/spirit or mind/body/spirit complex to look the same throughout an incarnation. Could Ra explain the reason for this change?

Ra: I am Ra. When the discipline of the personality has led the mind/body/spirit complex into the fifth and especially the sixth level of study it is no longer necessary to build destruction of the physical vehicle into its design, for the spirit complex is so experienced as a shuttle that it is aware when the appropriate degree of intensity of learning and increment of lesson have been achieved. Within third-density, not to build into the physical vehicle its ending would be counterproductive to the mind/body/spirit complexes therein residing, for within the illusion it seems more lovely to be within the illusion than to drop the garment which has carried the mind/body/ spirit complex and move on.

Questioner: I see, then, that it is, shall we say, when an individual reaches a very old age it becomes apparent to him in third density that he is worn out. Therefore, be is not attached to this vehicle as firmly as he would be with a good-looking, well-functioning one.

After the veil, the body is definitely an athanor for the mind. Prior to the veiling did the body serve as an athanor for the mind at all?

Ra: I am Ra. Yes.

You may ask one more full query.

Questioner: I believe that I should ask if there is anything that we can do to make the instrument more comfortable or to improve the contact since in the last session I was not able to get that question in?

Ra: I am Ra. We find the weariness of the group well-balanced by its harmony. That weariness shall continue in any future circumstance during your incarnations. Therefore look you to your love and thanksgiving for each other and join always in fellowship, correcting each broken strand of that affection with patience, comfort, and quietness. We find all meticulously observed in the alignments and give you these words only as reminder. All that can be done for the instrument seems done with an whole heart, and the instrument itself is working in the indigo ray with perseverance.

We have previously mentioned some temporary measures for the instrument. If these are adopted, additional liquids shall be imbibed by the instrument and by the questioner, whose bond with the instrument is such that each difficulty for one is the same in sympathy for the other.

I am Ra. I leave you rejoicing merrily in the love and the light, the power and the peace of the one infinite Creator. Adonai. ♣

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Sunday Meditation
October 23, 1983

(S channeling)

I am Hatonn, and greet you, my brothers and sisters, in the love and light of the one infinite Creator. We, as always, thank you for allowing us to join with you in your camaraderie, your singing and your sharing of the love amongst one another. It pleases us greatly, my friends, to become one with you in your seeking of the Creator. We have often in the past spoken of your seeking. My brothers, my sisters, we, at the risk of becoming extremely boring on this subject, would like once again to stress the wideness of your paths. There are those who in their seeking reach out for an object to hold to, relinquishing all else that they may come in contact, hoping to bring into perspective an illusion, my friends, that is extremely difficult to be brought into a perspective. The spiritual path that is sought is one of many turnings and should not, my friends, be limited.

This instrument is experiencing some difficulty, and we would at this time like to transfer the contact, perhaps later returning to this instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and greet you once again through this instrument in the light. We continue, once again thanking each for the privilege of being allowed to share our thoughts with you. The one thing from which all else has been removed in spiritual writings has often been referred to or compared with a precious gem, a pearl of great price, or a jewel. The crystalline quality of that which you seek is, indeed, one with the gem, but the nature of that crystalline goal which you have set for yourselves and for which you have given all is mutable, moveable and infinitely changeable, far more [than] the qualities of water, which may be steam or rain or ice or sewage.

The one certainty in your variable path is that it will change, because what you have chosen as the pearl of great price is something called the truth or love, or as we would perhaps most accurately describe it, the one original Thought or Logos that is the manifested Creator. It does you little good to seek the unmanifested Creator because you are the unmanifested Creator and if you realize that, you have manifested that which is unmanifest. Therefore, what you are seeking is the first manifestation, and you are using this great tool in order to progress.

However, the quality of truth is such that as you approach its boundary, it will recede from you, constantly giving you more to look for, to understand, to use, to experience, and to finally again use up, so that you once again reach the boundary point where you feel you have discovered at least some part of the nature of love. Each discovery of love should be celebrated as the wonderful event which it truly is. We are not

discouraging you from shouting with gladness when you make a breakthrough, when the difficult place becomes easier, when the nature of life becomes clearer—by all means, raise your hands, your hearts, and your voices, and give praise because the Creator has just learned more about Itself.

But then, as if you had climbed some mist-covered peak and finally emerged from the cloud line to see a wonderful vista, you finish clapping your hands, you gather your gear and you lower yourself once again into the low ground of common third-density human experience, for that which you seek does not exist simply as a moment in which you have seen truth. It exists eternally upon the next mountain that you wish to climb and within you in the lowest of places.

We are not saying that you deserve to be of a certain nature, that you are worthy, that you have earned the nature of manifested love. You have done nothing to earn this—it is your birthright. It is within you; most have forgotten it. Therefore, a great portion of your seeking and the touchstone of your ascent upon every mountain of truth is recognition, for each truth will be recognized rather than learned. You know already all of truth, for you are truth; you embody the Creator; you manifest the very nature of love, and you change constantly.

We would at this time transfer this contact to another instrument. I am Hatonn.

(S channeling)

I am Hatonn, and greet you once again in love and light. These changes, my friends, are always with you, will always be with you. There will be times in your existence in the third density when the changes will seem to be happening so quickly. You stutter, you blink, and it seems as though you cannot take them all [in] at once. When an entity does to refine his seeking, the recognition of these phases, the growth of the Creator [within], will be more readily accepted. Be joyful, my friends. Each of you are bright with the light and love of the Creator. It shows more brightly, and warms us as we join with you. Those brothers and sisters you meet each day are also warmed, even those who may not as yet recognize that in their physical existence, still my friends, recognize in their hearts. Each has much to share. Do not be afraid, my brothers and sisters, that your light will not seem to make any difference—for it does. Be happy, my friends. Rejoice as each path widens and grows, as each of you reach out to more experiencing of the creation and more growth. We rejoice with you, my friends, it is a great blessing, one which will reach many. The path grows broader as each of days progresses. Think, my friends, how very joyful.

We would leave you now rejoicing in that love and light of the Creator. Adonai, my friends, vasu borragus. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are overjoyed once again to be able to be with your group and to offer our service in an attempt to answer those queries which are upon your minds and which point the way in your seeking at this point. May we begin with the first query?

Carla: *(Inaudible)* I may as well take a shot while thinking about him. I have a personal situation in which there is a person who very much desires to cause separation between him and me. It is the first time in my life that I have had an active and long-standing relationship with someone who wants to be an enemy. I have never made an enemy of this man. At this point this man wishes to take a sum of money from my associate for no reason except his own greed. I would prefer to calmly, rationally and without anger continue going about retrieving the money involved until that job is done.

It has occurred to me partly by suggestion, but partly by my own thinking, that it is in many ways a dangerous situation for a person attempting work such as we do to have a physical negative pull on one, and might well be worth the entire five thousand "samolians" simply to remove the negative pull. It is difficult for me to weight this set of circumstances. I have my grief; I think I have conquered my desire to be right and my desire of revenge. Could you comment?

I am Latwii, and am aware of your query, my sister. We feel confident that should your thinking continue as it has that you will indeed discover a larger and larger portion of the picture in which you find yourself a painted portion. But it is our joy to make comment as well. In this case as in all cases, we see the one Creator in various portion or distortion. This entity of which you speak is the one Creator with a unique point of view in order that it might

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learn certain lessons, well or poorly. The same might be said of you. The situation which binds you together is that catalyst which offers both of you an opportunity to learn the basic lesson of love in some way, well or perfect, consciously or unconsciously.

It is necessary within your third-density illusion that such lessons be learned with a forgetting, for if either of you remembered completely and wholeheartedly with total clarity your true nature as the one Creator, then you would not have the same opportunity to learn love. The intensity would not be present, the variety would be reduced, the purity would not be present. Thus, it is necessary to find oneself embroiled in difficulties. To truly learn love it is necessary to find oneself embroiled in difficulties, and then to untangle the difficulties so that when each is followed to its source, the source is seen as the one Creator residing in all things.

(The telephone rings.)

We shall pause.

(Pause)

(Jim channeling)

I am Latwii, and we shall continue, my friends. Indeed, both of you in this situation have received a call, each from the other, and each hears what each is prepared to hear. The message may not be clear, some parts may not be delivered. Yet each will have a point of view and may hold that point of view quite firmly, and shall act upon it and shall have the opportunity to expand upon it and to that entity which is able to expand the point of view to the greatest degree falls the greatest degree of responsibility for sharing the treasures of the expanded point of view.

Those treasures, my sister, as you know, are always a greater acceptance and love of the one Creator. You may consider such a situation as a great opportunity and a great responsibility, for each act of service to the one Creator bears a price. If there are great fruits to be reaped, a great harvest, shall we say, available to the expanded point of view, then there is also the responsibility to manifest that love in the greatest possible degree. We do not say there is danger in such a situation, but there is great responsibility.

May we attempt further response, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister, as always. Is there another query at this time?

Carla: I don't think there are any more questions. Would you like to give a dissertation on any subject whatsoever? Except money market certificates.

I am Latwii, and we are honored to participate in whatever manner we may with this group. Each within this group is most dear to our hearts and our memory. We could speak at length upon any particular subject. As you know, we are often fond of doing just that. The concept of a money market certificate is quite intriguing to us at this particular moment, for upon your planet it is an interesting phenomena that wealth is measured in such a way. We find it an appropriate means in some ways of representing the third-density illusion which seems most practical and externalized. Most will not consider that a thing is real unless it can be seen, felt and made to work. That wealth and that which is of value would be similarly treated is, indeed, a product of your illusion, for what is wealth and how often is that question asked? Each in this group measures wealth in a unique fashion, yet, those with this group might measure it somewhat more similarly than might many others upon your planet, for the very question of wealth and its nature leads to the deeper questions concerning the meaning of life and how it shall be lived, what preceded it and what shall follow it.

When these questions are asked, wealth often takes on another appearance, and for those who seek the, as it has been called, the pearl of great price, the nature of the one original Thought which resides within each being, wealth indeed appears quite limitless, incapable of being confined within [any] kind of certificate, yet available to all for the seeking, a seeking without greed.

To seek without greed that which is of value so that one might be wealthy is a quite paradoxical seeking for one upon your planet to make. Usually, to seek wealth is to seek it for the self, to amass it that it might work for the one seeking it. Yet, to seek the pearl of great price if it is to be sought most efficiently is a seeking which requires that one continually give away the wealth to others who ask for whatever one may give, for these others are none other but the one Creator, are none other but the self. And the one who seeks the one Creator begins to know the desire to serve the one Creator with

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every fiber of its being, every thought of the mind, every drop of devotional love of the heart, and will give whatever it has to that one Creator, and this shall return to the seeker, for who is the seeker but the one who asks as well and the one Creator who dwells in all.

Yes, my friends, your money market certificates rise and fall in their value as the supply and demand continually shifts as the waves upon the sea, and that of true wealth lies deep and still at the bottom of the ocean of your being and at the bottom of the ocean within each, and though on the surface of your illusion you move with the winds of change, deep within your being you are unchanging, you are the One.

Thus, when E. F. Hutton speaks, take note as you will, but remember where the balance of wisdom lies and where the key of love is placed.

We thank you, my friends, for the great honor and opportunity of speaking with you upon this most interesting of teachings. And we shall leave you now, only in a manner of speaking, for we are with you always. We are those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
October 30, 1983

(This was the last meeting of the regular Sunday night meditation group before Don, Jim and Carla moved away from Louisville.)

(C channeling)

I am Hatonn, and I am now with this instrument, and we greet you with the love and the light of the infinite Creator. We would like to take this opportunity to exercise this instrument for a few minutes. Many of you have mixed emotions about the departure of the ones known as Carla and Jim. You have learned to depend upon them, but, my friends, you need [not] fear change. It is all about you all the time and you face it daily, and change offers the opportunity for growth always. One can take advantages of the opportunities or one can carelessly let them go by. It has always been a joy to join this group, and as you know, we are always ready to join your group at any time.

Many of you have been enjoying the beauty of the trees and the weather. My friends, nature always offers you the opportunity for growth. Its stillness, its silence, its grandeur, its beauty, offers magnificent opportunities for praise, and praise, my friends, is growth. Gratitude is growth, and it is difficult to watch the change of the seasons without recognizing the infinite Creator, and as the one known as Carla has indicated, change and growth has taken place in this group in the last year or so. You are more tolerant people and more understanding as a result of your meditations. The setbacks that occur from time to time, or what you call setbacks, are not really setbacks but they are opportunities for reevaluating and learning from the so-called setbacks. Never be discouraged, my friends, because the power and the peace and the joy of the universe always surround you. Indeed, one is never alone.

We are grateful to this instrument, for having had the opportunity to speak through her, and we leave you in the love and the light of the infinite Creator and offer the opportunity for someone else to channel.

(M channeling)

I am Hatonn. I am now with this instrument. On your planet all life is accompanied by change. The cells in your body are replaced. You change from day to day, from the day you are born til the day you die. Each day you are different. Nature changes. Never wish for things to stay the same. The only way they can stay the same is if you let in, you embrace change, find it exciting, grow with it, enjoy it. See the various phases of nature. Do not wish for things to stay the same, for you are asking for yesterday. Today and tomorrow belongs *(inaudible)*. Think of change as life.

I am Hatonn. I leave this instrument.

(Carla channeling)

I am Hatonn, and I greet you once again through this instrument in love and light. We ask you to picture the stark and barren beauty of a ravine in the winter. Even the snow cannot cling to its steep sides now. There are striations of brown and white with the gallant stark skeletons of trees clinging to the hillsides. We ask you to picture a meadow. It is the first soft breath of June, the lazy drone of bumblebees, the silent flicker of butterflies, the sweet smell of the meadow and a gentle wind driving soft clouds through a blue sky. We ask you to consider the pitted craters of moons which you have never seen, of asteroids that have only come to you in imagination and pictures, naked against the zero of absolute space.

We ask you to see, to pull back until you can see, to enlarge your perspective until it becomes clear to you that all three vistas are the one infinite Creator. They are different expressions, but they are created out of precisely the same building blocks, that is, they are made of light, and they have been created because of a great force and principle, one great original Thought. That thought is love.

Do you find yourself grasping in a difficult situation, listening to useless advice and wondering where inspiration and true affection have fled? Gaze upon the ravine, gaze beneath the gnarled tree trunks to the roots which stretch quietly, quietly, gathering in winter the force which will propel new growth, new love, new beauty, new service to the infinite Creator. In the summer every being shall breathe; it shall remove from your atmosphere that which you do not need and give to you oxygen; it shall be of service in the most practical way, and further, it shall be of service by its very beauty.

Do you find yourself in a pleasant time standing with the wind drifting past your cheek, listening to the lazy drum of insects? We speak to you of an illusion. Insects sting, flowers have thorns, and you shall die. Things are never remotely contracted and compacted into the shape that they seem to hold before your eyes. That which is pleasant gapes with the prevision of ashes and earth. That which seems to be already dead holds within it the transformation of birth. And in the absolute zero of what you call outer space, in the mercilessly pitted craters of foreign moons, lies the beating heart of that which has never been separated from the original Thought of the one infinite Creator. Each particle of the universe is part of the Creator. Some portions of the universe have become individualized; a great deal of it has remained love. The resounding echo of the creation is love … love … love …

We have spoken this evening through this instrument among other things in an effort to offer to you our thanks for this instrument's availing herself to us. We say farewell through this voice, for you know that each instrument has its own tone, its own melody, and each melody is sweet. Each speaking of ours is basically the same. The changes are due to the needs of those in the circle and the personality, the experiences and the vocabulary of the channel. Thus, each of you has something you need to offer if you wish to pursue the path of being a vocal channel. Whether this be your desire or whether you wish to learn the truth, the one basic tool for education is meditation. In meditation, you move beyond constancy and beyond change, beyond sea and land and planet, beyond stars and galaxies and any idea of limitation. You move within yourself. In meditation you become a listener and you listen within for a cosmos that is completely within yourself. We encourage each to follow the dictates of that seeking for truth. But before you move, meditate. You know your own path. But in most cases, you must spend some of your time in remembering it.

We would close through another instrument. I am Hatonn.

(M channeling)

I am Hatonn. I am now with this instrument. I greet you with the love and the light of the infinite Creator. Extending some of the ideas which I have discussed, but showing them in a different way, I would like to tell you how to appreciate the scene. Most people start with the total scene. But if it is the beach, start with a grain of sand; see the beauty in that grain. And all of eternity is in the grain and all of eternity is outside of the grain. Then extend your eyes to the footprints in the sand going somewhere, going nowhere. Then watch the lapping of the water obliterate the footprints. Then see the people coming from the beach houses.

The variation of the people makes the scenery beautiful. The beach houses themselves are interesting. If you start with a grain of sand, the whole scene will be seen through eyes that can see

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little or much. If you had started with the total scene you would not realize it but you would really be confused because there was too much. The same is true of love. It starts with the gentle gaze, a mother looking at her child, two people liking what they see. Extend love to the touching of hands, to a true dedication that is unsaid but nevertheless meaningful. Carry this love out to the very end, and you will see the true meaning of love. But if you just try to start at the end you will never get all the variations of the theme. Start out simple and then take in things that are complicated, but you will never lose your way because everything is in a grain of sand and a gentle gaze.

I am Hatonn. I leave this instrument.

(S channeling)

I am Hatonn, and greet you once more in love and light. We would stay only a few more minutes with your group at this time and would speak a few more words. Our friends, we wish to thank you for allowing us this opportunity to share your love, to be with you. We wish to thank you also, my friends, for allowing us the opportunity to serve the one infinite Creator, to grow in the creation, to experience yet one more facet of the Creator. How much more love can be given than this, my friends, to allow one to serve and to serve at the same time? We thank each instrument for their service, their willingness to serve the infinite Creator. We ask each to look within, to see the love in each, to share that love is so beautiful, my friends, and we thank you, for the love within this group is beautiful, and has gained strength over the years. The service has been great and has touched many. The light grows ever stronger and fills us with much joy and happiness. Our brothers and sisters, we would leave you now in the love and light of the one infinite Creator. I am known to you as Hatonn. Adonai, my friends. Peace be with you.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. As always, it is a great joy to be able to speak with your group. We rejoice at the opportunity to attempt to answer those queries which you have brought with you this evening. May we begin, then, with the first query?

Carla: What's the nature of the energy stored in meditation?

I am Latwii, and am aware of your query, my sister. We find here a most interesting query, for this energy of which you speak is an energy which has not yet yielded to the measure of any instrument upon your planet, yet many, many of your peoples are quite aware of its presence.

The nature of this energy is similar to that force which you call gravity, if one would look at that force as the inward seeking of each portion of creation for that which resides within each portion. The seeking which each entity brings to the meditative state is likened unto an energy, is likened unto that which we have called gravity. When an entity in meditation seeks in some fashion to know truth, to know the one Creator, to know the self, to seek a solution to a difficult situation, seeks illumination, this seeking, then, creates the force or the energy which becomes apparent to the entity in some fashion which is understandable to that entity. Some may feel this energy as a lightening of the head, as a tingling of the body, as flashing colors before the inner eye, as a floating within free space, or as any other sensation that finds a path from the unconscious into the conscious being. The energy, then, is released from the deeper portions of the unconscious mind by means of the entity's conscious seeking. This seeking opens a passage way or a channel through which that energy passes.

May we answer you further, my sister?

Carla: No, I'll have to read that. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

K: Then, I am assuming that this energy is multiplied many times in a group such as ours. Is that right?

I am Latwii, and am aware of your query, my sister. This it quite correct, for in a group such as this one which has been most careful to tune each entity so that the group may seek in a unified fashion, then the energy becomes greatly multiplied so that each portion of energy which each entity contributes is felt in a cumulative fashion by each entity within the group.

May we answer you further, my sister?

K: No, thank you.

I am Latwii. We thank you, my sister. Is there another query at this time?

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K: Yes, it's certainly not a very important question as I see it, but I'm curious. A couple of weeks ago I read Ruth Montgomery's book, *Threshold to Tomorrow*, and I'm just curious to know if that book is being read widely?

I am Latwii, and am aware of your query, my sister. We are not usually asked to give book reviews, and this is somewhat outside of our boundaries, shall we say, of ability. But we may make a comment upon such collections of work, and that is to say that each entity which is, shall we say, in a resonant type of harmony due to the seeking of that entity will be able to read those sources of information which are available to it. That is to say, such books will receive the recognition that they attract and each entity shall attract those books and sources which are most helpful to it at each point in its seeking.

May we attempt further response, my sister?

K: So it's sort of like the adage, "When the student is ready, the master appears." Is that sort of what you're saying?

I am Latwii, and am aware of your query, my sister. This is correct, my sister. The student is constantly readying itself for an endless procession of lessons and teachers and, indeed, students of its own.

May we reply further, my sister?

K: Well, no. The thing that caused me to ask that question is Jason Winters—whose story is told in the book—says he healed himself by drinking this herbal tea which was made up of three herbs. And I read in the paper yesterday or the day before that some of the cancer clinics now are experimenting with herbs from China to heal cancer, and I was just curious about whether the story of Jason Winters caused this to come about. You needn't bother to answer that question, Latwii. It's just one of my ramblings. It just seemed maybe it was just too much to be coincidental. Could you comment on that?

I am Latwii …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. We shall comment by suggesting that many entities suffering from that disease which you may describe as the cancer are healed in various manners. Each may then claim that the particular means of healing is the secret to the disease and its cure. And yet, many may discover that one particular method does not work and another does. In truth, it may be the case that all such discoveries for this cure have in common an unknown factor, and it is this unknown factor that has produced the cure.

If you will examine many of these techniques of curing that called cancer you will discover a general tendency or attitude that is contained within most of these techniques. That attitude has many of the attributes of that which you may call forgiveness or acceptance. When an entity is able to express the love of the Creator which it receives daily to each entity whom it meets, and is able to feel that same love within its own being for itself as well, then it is often the case that the entity sees the creation about it, and, indeed, itself through new eyes. The eyes of love, acceptance and forgiveness are the eyes which heal. That known as cancer as has been discussed by those known as Ra, which is a disease which is the result of an inability to forgive, is a disease which grows from the angers which have not found their balance in love.

May we attempt further response, my sister?

K: No, thank you. That's fine, Latwii.

I am Latwii, and we thank you, my sister. Is there another query at this time?

M: Latwii, I had an interesting experience that started about two months ago. One morning these syllables which I did not know were even a word kept going through my mind all morning, and no matter what I was doing this particular set of syllables would go through my mind. And I could not understand. As far as I was concerned I didn't even know whether it was an English word. And so I tried to look it up in the dictionary, but I'm not a very good speller and I couldn't find it. So then I called a friend of mine, who is good, and she tried to look it up and she couldn't find it either. The word was "reciprocity." And to my knowledge I'd never heard this word in my life.

And she said, "I think it's a legal term, call the reference room at the library." So I called them, and they said it meant "reciprocate." Well, I couldn't understand why that word would go through my mind all morning, because, I understood the meaning of reciprocate. And lo and behold, last week I went to the library and found—I was going

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to give a talk for my Sunday school class—about a forty-five minute talk—and I found this amazing book called *The Invisible World*, by Pat Robertson, and one whole chapter was called "The Law of Reciprocity." And I really felt I was drawn, and that gave so much meaning to my Sunday school lesson, this chapter on the Law of Reciprocity. Could you explain why that happened?

I am Latwii, and am aware of your query, my sister. We are happy to attempt such explanation, but are unsure if we shall be able to completely elaborate upon this experience, for it is an experience which continues within your being, and we tread carefully when the potential for infringing upon free will is present.

To begin. It is only within your illusion that time seems sequential. In fact, all those lessons you seek, and all your experiences that you shall gather within your incarnation, exist simultaneously. As you continue your process of seeking you will from time to time draw from those portions of your experience which you may call the future. These portions will enrich that which you call the present. In most instances the seeker is not consciously aware of the process of, shall we say borrowing, from the future to enhance the present. In some cases the seeker will become aware of some unusual phenomenon which has seemingly intruded into the present moment.

In your case, this particular intrusion took the form of the repetitive hearing of the word and syllables of this word within your mind. That you should later in your reference then be drawn to a book and then a lesson which would utilize this word is a natural outgrowth of this particular phenomenon. That you should become aware of its initiation, shall we say, into your consciousness in such a fashion as that which was your case is the portion which is somewhat unusual in your normal frame of reference.

You will from time to time, when your seeking is particularly intense, open those passageways into what may be called your deeper or unconscious mind which has access to that which you call the future. In such instances phenomena of this nature are more likely to occur than when your seeking has not been amplified by a greater desire.

May we respond further, my sister?

K: No, thank you. That was very helpful.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and as it appears that we have exhausted the queries for this evening, we shall take our leave of this group. We once again wish to thank each within this circle of seeking for requesting our presence. It is the greatest of honors to join with you in the seeking of the one Creator which resides within each portion of the creation. We of Latwii feel it a great privilege to be able to speak with those who seek the truth, yet we would remind each that we are but your brothers and sisters, also pilgrims upon that same path of seeking. We are delighted to share our opinions with you, but would remind each that they are mere opinions, quite fallible, and are intended only as sign posts and suggestions. The truth which you seek is already with you. Your seeking within your own being will produce those true treasures. Our words are but inspiration to encourage your own seeking. We are those of Latwii and we leave you now in the love and in the light of the infinite Creator. Adonai vasu borragus. ♣

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The Law of One, Book V, Session 106, Fragment 56

March 15, 1984

Jim: We lived in the house on Lake Lanier for five months—from November of 1983 until April of 1984—before deciding that that experiment had been a failure. We were only able to have one session with Ra during that time because Don's physical condition was worsening, and his worry was increasing his mental distortions as well. Most of the time Carla's physical condition was also below the level necessary to safely attempt contact with Ra. In January of 1984, Don's condition became so bad that he was forced to call in sick for the first time in his nineteen years with Eastern Airlines. He would only fly a few more trips before his death that November.

However, as we were about to move back to Louisville, Don was able to gin himself up to be in good enough condition for a Ra session so we could ask about the metaphysical cleansing needs of our new home as well as ask about Don's and Carla's difficulties. Ra's reference to Carla's "inappropriate use of compassion" concerns her response to Don's continued worrying about his job, his health, and the continuance of our work. One afternoon while, Don was sharing his worries, Carla simply told him that she would take over those worries for him, and he could do what she usually did: relax, have a good time, and be carefree. Don innocently agreed. The bond of unity between Don and Carla was apparently of such a nature that this simple agreement resulted in a deleterious transfer of energy between them. This occurred at a time when both were apparently undergoing an internal process of transformation that is usually called initiation.

We can assume that our friend of negative fifth density found targets of opportunities within these combined experiences of initiation and the negative energy transfer and was able to increase their intensity. The mystery-filled nature of the cumulative situation becomes more evident here as we do not know why Carla survived and Don didn't. We can only remind ourselves of Ra's parting words after this last session when Ra suggested "the nature of all manifestation to be illusory and functional only in so far as the entity turns from shape and shadow to the One."

Carla: *At the time of this session, I had gone through every kind of alarm and concern you could possibly imagine. Don had stopped eating, more or less. He was acting extremely unlike himself, and while I had not yet realized he was psychotic and not entirely in our usual reality, I was disturbed and scared by these changes. Don's entire pattern of previous behavior with him had trained me to respond to his wishes. Don picked our meal times, our movie dates, he liked and received total control over my life. Call me dependent and you'd be right. However, it was the only way Don could bear the intimacy of a live-in relationship. I could object and be heard; I could suggest and sometimes get lucky, but on the whole, Don was an old-fashioned man who liked me to be at home, period. I awaited his fancy. Meanwhile, I read, or did quiet desk work.*

Suddenly, he was always asking me what I had to do next, and then driving me, a chore which hurt his piles and which he usually left to Jim (I was at that point no longer driving, it hurt too much.) He simply sat while I went to church, to exercise class, to the folk song rehearsals. Even though Jim was swamped with things to do for L/L business, for the landlord, who had him dig a root cellar out of red-orange clay, and for the house, Don began to try hard to stay in and eat at home every night, also a radical departure from his usual wont. Jim was off-balance—I think that's as far as his humor was affected. He was puzzled. But I was in full nervous collapse.

I feel that B.C. and I really did merge into one mind, one person, in that "inappropriate" transfer between us triggered by my suggestion to switch roles, and his agreement. Between us, we had a simple dynamic: he was wise and I was loving. Actually, we shared much ground, but our deeper natures were quite polarized between wisdom and love. In that transfer, Don received the extreme sensitivity with which I receive all sense impression, and the fully expressing and open nature of my heart. And I received in full strength the stark terror that lived behind Don's calm and oh-so-blue eyes, tempered by his firm and very solid grasp on the big picture.

I have come to feel that in the time from this session, which was done two weeks before we left Atlanta thankfully to return to the blessed hills of Kentucky, until B.C.'s death in November of that year, Don was able to complete an entire incarnational course of how to open his heart. I cannot express how much agony and suffering he sustained in this time. The concrete walls that were so very strong, and had protected him always, fell away as if they were never there, and he felt everything. And how he loved! He could not watch television, even the sitcoms, because there was too much suffering. He, the lifelong observer by actual oath, cried at the Mary Tyler Moore Show. And when he was in the same room with me, he tried, over and over, to explain to me just how bad the situation was. This one thought was uppermost in his mind, always. The sheer horror of what he was feeling wiped him fairly clean of most other emotion, and he was unable to remain collected for long around me.

Meanwhile, I was utterly and damnably unaware of Don's fears that I preferred Jim. When Don began snatching me to him and kissing me, not knowing his strength, he hurt me, cracked a rib, split the skin of my lips against my teeth, left bruises, even, when he was in hospital in May, put me into the hospital with him, with sciatic nerve pain which I'd gotten having to stay in an uncomfortable chair for several hours. (To Don, this was the only chair that was not bugged.) I became frightened of Don. I began waking up in the morning to find Don sitting beside me, waiting patiently for me to awaken. When he had said "Good morning," he simply began telling me how bad everything was. No matter how I attempted to get him to relax, take it easy, do what the professionals had said about exercise and medication, and trust in time to heal—all of which I tried to retail to him, with absolutely no success, he was utterly sure nothing could get better, ever. For him, reality really began to slip away, to the point where I was afraid to ride with him. My nerves broke under this most difficult strain. I was completely downcast, for I could not find Don, and all I could think was that I didn't have him to go to—I had to keep together by myself on behalf of me AND L/L Research, because Don was no longer with us. He seemed a different person altogether. The color of his eyes even changed from deep, brilliant sky-blue to navy. I'd been doing his paperwork for a long time. I knew that Don had slightly more than two years of built-up sick time with the airlines, and had interacted with everyone who had to be notified of his illness. Everyone, to a man, wanted nothing more than that Don take all that time, if that's what it took, to get it together again. The crises in his head were not real to me, or to Jim. Only he had the awful sense of impending economic doom. Don made a comfortable salary. His expenses for all three of us and the kitties cost him about half his check, usually, each month. But Don lost all hope, and truly that being that he became was living in hell.

And how can I look at that and say that it is all part of a perfect pattern? Only by having been given the grace to see it, finally, after many years of gazing at the riveting scenes in memory, probing them and working with them over the days, months and years since Don died. Fifteen years have passed, and that gives a much clearer perspective. In accepting at last the importance of the open and giving heart to balance wisdom, Don completed the personal lesson he intended to learn. Opening his heart killed his body, but truly he was rejoicing not a day after he was gone from the physical illusion, for he appeared to me several times joyful and laughing and telling me all was well. And I, my nerves permanently less than they were before the Ra contact and Don's death, have embarked upon that balancing

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of the compassion I have been given and earned in this next lesson, which began the day Don died.

When I woke the morning after Don's suicide, I expected my hair to be completely white. There was no outer change. But I began a completely new life at this point. Until November of 1990, I spent my time in self-judgment almost entirely. I had found out about Don's suspicions of me, and felt that he had enlarged these fears until he'd killed himself over them. It was my fault, not because I was guilty of any sort of infidelity, but because I should have guessed what he was thinking and reassured him. But this never occurred to me, in my foolish pride. I just assumed that he would KNOW that I, that paragon of virtue, would never break an agreement. I really have a continuing problem with pride, because I do try to be exact in my ethics. I got completely blindsided with Don's illness.

It was further confusing that every doctor, social worker, and friend suggested the same thing—that Jim and I needed to let him alone, not to try to bribe him to do things, because he was going to have to make the decision to get well himself, and we would only lengthen the process if we fussed. Looking back, how I wish I had had the vision to say "NUTS" to that and just stay with him no matter what. And yet, as I tried my best to do just that, vowing to stay if it killed me, my body simply went dumb on me, and I woke up one morning pretty out of touch with reality. From March onward, my beloved Don was in full and fast decline, and I was walking through a complete nervous breakdown.

The allergies which had Don so worried about the Hobbs Park house were on his mind because of the lake house's unhappy brush with being flooded by burst pipes that frigid Christmas Eve. The damp had penetrated deep into the thick wall-to-wall carpeting in the hallway, and rendered about half the house unlivable for me and Don. When we arrived here, we found a dry basement, or rather a basement with a sump pump and no unusual drainage problems. The humidity was fine, and the place was, indeed, a very angelic-feeling place, one which Jim and I have come to love deeply. It was Don's last work in the world, to pick out this place. As always, he did a fantastic job. It has been a privilege to be able to abide here, where my Donald was alive, where he suffered and died, and where he loved me so well. Jim and I have turned to this lovely little bungalow and its modest yard, and have made more and more of it into gardens. We are still working for Don! That gives us both great comfort. Whatever we do, it is only the continuation of that which he so wonderfully began with his sharp mind and wide and thoughtful nature.

It has been a dark-hued experience for me, complete with literally years of suicidal feelings and self-condemnation. Yet through this catalyst, I have learned to love myself, really to love and care for my self without trying to justify or defend. And this is not so much an advance in loving as it is an advance in wisdom—for one learns to love the mistakes only through wisdom. While I shall definitely never come vaguely close to being as wise as Don, I can feel the gifts he left with me. My intelligence has a persistence and clarity I feel are his gifts to me. And I see it as my remaining personal lesson to follow the pattern of devotion and love through every day and hour of the rest of this earthly life. I live now for both of us, as he died for both of us. And I feel the peace that comes with cooperation with one's destiny.

Session 106, March 15, 1984

Ra: I am Ra. I greet you in the love and in the light of the one infinite Creator. We communicate now.

Questioner: Could you first please give me the condition of the instrument?

Ra: I am Ra. The parameters of this instrument are marginal, both physically and mental/emotionally. The vital energy of this entity is biased towards strength/weakness.

Questioner: What would the instrument do to make the marginal condition much better?

Ra: I am Ra. The instrument is proceeding through a portion of the incarnational experience during which the potential for mortal distortion of the left renal system is great. Less important, but adding to the marginality of distortion towards viability, are severe allergic reactions and the energizing of this and other distortions towards weakness/strength. The mental/emotional complex is engaged in what may best be termed inappropriate compassion.

Questioner: Would Ra recommend the steps which we might take to alleviate or reverse the conditions of which you just spoke?

Ra: I am Ra. We can do this. The renal distortions are subject to affirmations. The entity, at present, beginning what may be called initiation, is releasing toxins and, therefore, larger amounts of liquids to

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aid in the dilution of these toxins is helpful. The allergies are already being largely controlled by affirmation and the near-constant aid of the healer known as Bob. Further aid may be achieved by the relocation of dwelling and future vigilance against humidity exceeding the healthful amount in the atmosphere breathed.

The mental/emotional distortions are somewhat less easily lessened. However, the questioner and instrument together shall find it possible to do such a working.

Questioner: How serious or critical is this renal problem? Is drinking liquids the only thing she can do for that, or is there something else?

Ra: I am Ra. Note the interrelationship of mind and body complexes. This is one example of such interweaving of the design of catalyst and experience. The period of renal delicacy is serious, but only potentially. Should the instrument desire to leave this incarnational experience the natural and non-energized opportunity to do so has been in-built just as the period during which the same entity did, in fact, leave the incarnational experience and then return by choice was inlaid.

However, the desire to leave and be no more a portion of this particular experiential nexus can and has been energized. This is a point for the instrument to ponder and an appropriate point for the support group to be watchful in regards to care for the instrument. So are mind and body plaited up as the tresses of hair of a maiden.

The nature of this entity is gay and sociable so that it is fed by those things we have mentioned previously: the varieties of experience with other-selves and other locations and events being helpful, as well as the experience of worship and the singing, especially of sacred music. This entity chose to enter a worshipful situation with a martyr's role when first in this geographical location. Therefore, the feeding by worship has taken place only partially. Similarly the musical activities, though enjoyable and, therefore of a feeding nature, have not included the aspect of praise to the Creator.

The instrument is in a state of relative hunger for those spiritual homes which it gave up when it felt a call to martyrdom and turned from the planned worship at the location you call the Cathedral of St. Philip. This too shall be healed gradually due to the proposed alteration in location of this group.

Questioner: Then as I understand it, the best thing for us to do is to advise the instrument to drink more liquid. I think water would be best. We will, of course, move. We could move her out of here immediately—tomorrow say—if necessary. Would this be considerably better than waiting two to three weeks for the allergies and everything else?

Ra: I am Ra. Such decisions are a matter for free-will choice. Be aware of the strength of the group harmony.

Questioner: Is there anything, with respect to the present spiritual or metaphysical condition or physical condition of this Hobbs Park Road house that Ra could tell us about that would be deleterious to the instrument's health?

Ra: I am Ra. We may speak to this subject only to note that there are mechanical electrical devices which control humidity. The basement level is one location, the nature of which is much like that which you have experienced at the basement level of your previous domicile. Less humid conditions would remove the opportunity for the growth of those spores to which the instrument has sensitivity. The upper portions of the domicile are almost, in every case, at acceptable levels of humidity.

Questioner: How about the metaphysical quality of the house? Could Ra appraise that please?

Ra: I am Ra. This location is greatly distorted. We find an acceptable description of this location's quality to elude us without recourse to hackneyed words. Forgive our limitations of expression. The domicile and its rear aspect, especially, is blessed and angelic presences have been invoked for some of your time past.

Questioner: I'm not sure that I understand what Ra means by that. I'm not sure if the place is metaphysically extremely good or extremely negative. Could Ra clear that up, please?

Ra: I am Ra. We intended to stress the metaphysical excellence of the proposed location. The emblements of such preparation may well be appreciated by this group.

Questioner: Would the cleansing by salt and water be necessary for this location then? Or would it be recommended?

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Ra: I am Ra. There is the recommended metaphysical cleansing as in any relocation. No matter how fine the instrument, the tuning still is recommended between each concert or working.

Questioner: If the instrument stays out of the basement, do you think that the humidity and the physical conditions will be good for the instrument then? Is that correct?

Ra: I am Ra. No.

Questioner: We must do something about the humidity in the whole house then to make it good for the instrument. Is that correct?

Ra: I am Ra. Yes.

Questioner: I want to come back to a couple of points here, but I want to get in a question about myself. It seems to be critical at this point. Could Ra tell me what is physically wrong with me, what's causing it, and what I could do to alleviate it?

Ra: I am Ra. The questioner is one also in the midst of further initiation. During this space/time the possibility for mental/emotional distortion approaching that which causes the entity to become dysfunctional is marked. Further, the yellow-ray, chemical vehicle of the questioner is aging and has more difficulty in the absorption of needed minerals such as iron and other substances such as papain, potassium, and calcium.

At the same time the body of yellow-ray begins to have more difficulty eliminating trace elements such as aluminum. The energizing effect has occurred in the colon of the questioner and the distortions in that area are increasingly substantial. Lastly, there is a small area of infection in the mouth of the questioner which needs attention.

Questioner: Could Ra recommend what I should do to improve my state of health?

Ra: I am Ra. We tread most close to the Law of Confusion in this instance but feel the appropriateness of speaking due to potentially fatal results for the instrument. We pause to give the questioner and the scribe a few moments of space/time to aid us by stepping away from those distortions which cause us to invoke the Law of Confusion. This would be helpful.

(A few moments pause.)

I am Ra. We appreciate your attempts. Even confusion on your behalves is helpful The questioner has, in the recent past, allowed a complete transfer of mental/emotional pain from the questioner to the instrument. The key to this deleterious working was when the instrument said words to the effect of the meaning that it would be the questioner and be the strong one. The questioner could be as the instrument, small and foolish. The questioner, in full ignorance of the firm intent of the instrument and not grasping the possibility of any such energy transfer, agreed.

These two entities have been as one for a timeless period and have manifested this in your space/time. Thusly, the deleterious working occurred. By agreement in care and caution it may be undone. We urge the attention to thanksgiving and harmony on the part of the questioner. We may affirm the previous recommendation in general of the skills and the purity of intention of the one known as Bob, and may note the sympathetic illness which has occurred due to the instrument's sensitivities.

Lastly, we may note that to the one known as Peter several aspects of the distortions experienced by the questioner, the instrument, and the scribe may be quite apparent and rather simply traduced to lesser distortions.

Questioner: What is Peter's last name? I am not familiar with who he is.

Ra: I am Ra. The name by which this entity chooses to be known is Inman.

Questioner: Does Ra think that surgery in my case would be of any help?

Ra: I am Ra. We assume you speak of the colonic indisposition and its potential aid by your chirurgeons. Is this correct?

Questioner: Yes.

Ra: Again, I am Ra. Please blow across the face and heart of the instrument.

(This was done as directed.)

Ra: I am Ra. We shall continue. The atmosphere has been meticulously prepared. However, there are those elements which cause difficulty to the instrument, the neurasthenia of the right side of the face being added to other arthritically energized pain flares.

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Such an operation would be of aid in the event that the entity chose this physical cleansing as an event which collaborated with changes in the mental, mental/emotional, and physical orientations of the entity. Without the latter choice, the distortion would recur.

Questioner: Now, going back to summarizing what we can do for the instrument is through praise and thanksgiving. Is that all that we can do other than advising her to drink a considerable amount of liquid and moving her into a better atmosphere. Am I correct on that?

Ra: I am Ra. We examine the statement and find two items missing, one important relative to the other. The chief addition is the grasping of the entity's nature. The less important is, for little it may seem to be, perhaps helpful; that is, the entity absorbs much medication and finds it useful to feed itself when these substances are ingested. The substitution of substances such as fruit juice for the cookie is recommended, and, further, the ingestion of substances containing sucrose which are not liquid is not recommended within four of your hours before the sleeping period.

Questioner: With my experience with the dehumidifiers I think that it will probably be impossible to lower the humidity in that house much. We can try that, and probably if we do move in there, we will have to move out very shortly.

Is there anything else that needs to be done to complete the healing of Jim's kidney problem?

Ra: I am Ra. If it be realized that the condition shall linger in potential for some months after the surcease of all medication, then care will be taken and all will continue well.

We may note that, for the purposes you intend, the location, Hobbs Park Road, whether humid or arid, is uncharacteristically well-suited. The aggravated present distortions of the instrument having abated due to lack of acute catalyst, the condition of the location about which the assumption was made is extremely beneficial.

Questioner: Then you are saying that the effect of the humidity—we will try to get it as low as possible—is a relatively minor consideration when all of the other factors of the Hobbs Park Road address are taken into consideration? Is this correct?

Ra: I am Ra. Yes.

Questioner: I am quite concerned about the instrument's health at this point. I must ask if there is anything I have failed to consider with respect to the health of the instrument? Is there anything at all that we can do for her to improve her condition other than that which has already been recommended?

Ra: I am Ra. All is most whole-heartedly oriented for support here. Perceive the group as here, a location in time/space. Within this true home, keep the light touch. Laugh together, and find joy in and with each other. All else is most fully accomplished or planned for accomplishment.

Questioner: Is it as efficacious to cleanse the house with salt and water after we move in as it is before we move in?

Ra: I am Ra. In this case it is not an urgent metaphysical concern as timing would be in a less benign and happy atmosphere. One notes the relative simplicity of accomplishing such prior to occupancy. This is unimportant except as regards the catalyst with which you wish to deal.

Questioner: Can you tell me what the instrument's difficulty was with her last whirlpool?

Ra: I am Ra. The instrument took on the mental/emotional nature and distortion complex of the questioner as we have previously noted. The instrument has been taking whirling waters at temperatures which are too hot and at rates of vibration which, when compounded by the heat of the swirling waters, bring about the state of light shock as you would call the distortion. The mind complex has inadequate oxygen in this distorted state and is weakened.

In this state the instrument, having the questioner's distortion without the questioner's strength of the distortion one might liken to the wearing of armor, began to enter into an acute psychotic episode. When the state of shock was past the symptoms disappeared. The potential remains as the empathic identity has not been relinquished, and both the questioner and the instrument live as entities in a portion of the mental/emotional complex of the instrument.

May we ask for one more full query at this working and remind the instrument that it is appropriate to

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reserve some small portion of energy before a working?

Questioner: I would just ask if there is anything that we can do to make the instrument more comfortable or to help her and to improve the contact, and what would be the soonest that Ra would recommend the next contact? I would certainly appreciate the return of the golden hawk. It gave me great comfort.

Ra: I am Ra. You have complete freedom to schedule workings.

We suggest the nature of all manifestation to be illusory and functional only in so far as the entity turns from shape and shadow to the One.

I am Ra. We leave you, my friends, in the love and in the glorious light of the one infinite Creator. Go forth, then, rejoicing in the power and in the peace of the one infinite Creator. Adonai.

Epilogue

Jim: After we moved back to Louisville the mental/emotional dysfunction which Ra spoke of concerning Don occurred. Don was noted all his life for being very cool and extremely wise, emotionally unmoved by events which caused others to fall apart. His observations and advice always proved to be correct. Now, as this dysfunction worsened, Don saw himself intensely affected by even the smallest stimuli. His worrying deepened to depression and he sought healing counsel from every available source, yet nothing worked, and he resigned himself to a death which he saw quickly approaching.

After seven months of this mental, emotional, and physical deterioration he became unable to sleep or to eat solid foods. By November he had lost one-third of his body weight and was experiencing intense pain. He refused further hospitalization which we saw as the last hope for his survival. The thought of having him put into the hospital against his will was abhorrent to us, but we decided to do it and to hope for a miracle, knowing of no other possible way to save Don's life at that point.

When the police came to serve the warrant a five and one-half hour standoff resulted. Don was convinced his death was imminent, and he did not want to die in a mental hospital. When tear gas was used to bring Don out of the house, he walked out of the back door and shot himself once through the brain. He died instantly.

After his death Carla saw him three times in waking visions, and he assured us that all was well and that all had occurred appropriately—even if it made no sense at all to us.

So we give praise and thanksgiving for Don's life, for his death, and for our work together.

Though this book is a more personal portion of that work, we hope that you can see that the principles underlying our experiences are the same ones which underlie yours. Though expressions may vary widely, the purpose is the same: that the many portions of the One may know themselves and the One as One. Or, as Ra put it:

"We leave you in appreciation of the circumstance of the great illusion in which you now choose to play the pipe and timbrel and move in rhythm. We are also players upon a stage. The stage changes. The acts ring down. The lights come up once again. And throughout the grand illusion and the following and the following there is the undergirding majesty of the one infinite Creator. All is well. Nothing is lost. Go forth rejoicing in the love and the light, the peace and the power of the one infinite Creator. I am Ra. Adonai." (From Session 104.)

Carla: *Jim and I have wished to open this personal material for those who feel they might find it useful, because we see in our experiences a good example of the kind of stress that working in the light will produce. The more full of enlightenment the channeling received, the more enlightened the patterns of living and talking need to be. In the case of Don, Jim and me, all of our outer behavior was correct, and it was not to be held against Don that he didn't become a talker when he got sick. He had never taken another's advice, and he did not want mine or Jim's then any more than usual. And so the tendency Don had of being paranoid bloomed until he was sure I was no longer his love. For him the world without me was unacceptable.*

Looking deeper at the timing here, it is crucial that it be seen that I was at this point weighing in at around 84 pounds, at 5'4". Each session was extremely hard, and yet I never flagged in my desire to continue. I was perfectly willing to die in the process of gaining these sessions' contents. Don was very worried that I would indeed die, and fussed over me continually. There was some mechanism within him which persisted in trying to figure out how to substitute himself for me in taking the brunt of the contact. He spoke about it from time to

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time, and I always discouraged that line of thinking. But he did just that, in the end. His death ended the contact with those of Ra, and we have never been tempted to take it up again, as we are following Ra's own advice not to do that except with the three of us.

I want to express to each reader the profound feeling of peace that has come to me in the healing of my present incarnation. There will always be that part of me that wishes I could have either been able to save Don or to die with him. I think that is one valid way I could have gone. Then he and I would be a vastly romantic, and quite dead, part of L/L history. But this is not the lesson that was mine. Mine was the lesson concerning wisdom. Ra put it to me quite bluntly when he asked what my time was for going to Jerusalem. He was asking me whether I wanted to martyr myself. This was in the context of questions Don asked concerning the possibility of more frequent sessions. My response to that was to go on my first vacation in eleven years. Don and I had adventures, NOT vacations!

Don's lesson when our energies and mental distortions were exchanged and merged by our talk in Georgia was concerning the complete opening of his heart. By remaining an observer, he had not yet succeeded in unblocking that great heart of his. In his illness, he truly thought that he was dying that I might be well and live peacefully. There is no more utter devotion and sacrifice than the giving of one's life. It does not matter, in this context, that he was dead wrong. He never lost me, far from it. He lost himself. In his moment of death he was completely open of heart, and uncaring of the pain of living or of leaving. Of course I have many and conflicting emotions about this. But always I am absolute in my faith that Don's ending was as noble as his life as a whole. To me, he is beyond words. I just adore that soul.

My lesson was the opposite: that of adding wisdom to completely open love. My heart chakra is usually quite unblocked, but my sense of limits has long been shaky. The mind-meld we shared at that time left me with a choice of dying for Don's sake or living for his work, for L/L Research, and all we had done and been together. I did exactly what I had to do to stay in this world. It was touch and go for me for a long time, long after Don's death I was working the energy of death through my own mind, body and spirit. Through the years I plumbed the depths of despair, anger (how dare he doubt me!) grief and sorrow. I faced my own physical death and knew that the crux had come, and the joy of living was still strong within me. This was during the difficult days around Christmas of 1991. I have never been in that much extremity before, not even when my kidneys failed. But my love felt never stronger. I felt as though all was being burned away, and I welcomed that. In the heat of that pain I felt cleansing and completion. From that time, it was as if a whole new strength had poured into my frail body. As I have achieved a rise from wheelchair and hospital bed, I have felt more and more joy-filled and at the same time transparent. This is a new life I am experiencing, in a new and much replenished body. Indeed, at the age of 54, I feel a grounding and balance that are solid and healthy. I am glad to be here, and feel that have entered into the working out of the second pattern that my divided life offers. I bless Don's and my sad tale. And I bless all that has occurred. We loved; we were human. It seems as though we often erred. We did not, for we truly loved. And though I shall always feel orphaned by his absence from my side, I embrace the wonderful things that are now mine to treasure. Jim and I are fueled constantly by the blessing of being able to carry on Don's work.

Any group that stays together and works harmoniously while being of service to the light will begin to attract psychic greeting of the sorts we experienced. In this crucible, every fault and vanity, however small, is a weapon against the self. Ethical perception needs to remain very alert and cogent of issues and values being tossed around. This is a matter of life and death. L/L Research is a special and wonderful place, and not unlike many other light-houses other wanderers and seekers have lit. Many, many others are awakening now and wishing to become ever more able to be channels for light. And it is a wondrous ministry, to be there as a metaphysical or spiritual home for wanderers and outsiders everywhere. We hope this helps you and your group to stay in full communication, to refuse to offer each other less than joy and faith no matter what! And never, NEVER to make a deal with the loyal opposition!

We at L/L Research continue to keep our doors open for regular meetings, and many visitors come through our doors, through the snail mail and e-mail, and as our books continue to be spread around, those who are aware of Ra's ideas are all over the globe. Our web site is www.llresearch.org, and our snail-mail address is L/L Research, P. O. Box 5195, Louisville, Kentucky 40255-5195. We answer each piece of mail, and are

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always glad to hear from readers old and new. Our hearts are eternally grateful for each other, for Don, for those of Ra and the contact they shared with us. Blessings to all who read this book.

L/L Research
Carla L. Rueckert
Jim McCarty

Louisville, Kentucky
December 20, 1997 ♣

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Sunday Meditation
April 15, 1984

(Carla channeling)

[I am Hatonn.] I greet you in the love and the light of the infinite Creator. It is a great pleasure to speak through this instrument once again and to be with each of you. This instrument was reluctant to begin, however each other instrument was more reluctant than she, desiring in common to hear our words through this instrument. Therefore, although this instrument is somewhat fatigued, we find the instrument most receptive and we are grateful for the opportunity to share our thoughts with you for you are our beloved friends, and there is no greater pleasure than in your companionship. From you we have learned so much. We thank you and bless you and offer, as always, to be with each of you, for the Confederation wishes to be of service even as we find ourselves served in the doing of this humble service.

We find in the instrument's mind a phrase which passed her ears this day. It is from your holy works and concerns the teacher you know as Jesus. It was said of him in this writing, "He can save others; himself he cannot save." This is a greatly misunderstood portion of the writing which surrounds a greatly distorted telling of this teacher's life and work. We shall explore it with you with your permission.

When you consider what this particular teacher did for others, whether you wish to consider the story as myth or as history, you will find that he indeed saved; the dead man became alive, the blind man saw, the troubled woman was healed of heartsickness and learned to love. The essence of a life of service is that there is about the person who lives such a life that which heals. It may be physical healing, emotional healing, it may be healing upon levels which are difficult for most of your peoples to recognize. But nevertheless, on a planetary level, healing. Healing of inner or auric spheres, healing of earth energy—there are as many kinds of healing as there are those who offer their lives in service to others.

When the most rigorously unselfish person begins to heal, that person comes up against one of the great paradoxes of life of service to others, and that is this, my friends: beyond a certain point, giving to others robs the self. Therefore a life of perfect service to others removes the self. That is what occurred to the teacher known to you as Jesus. This teacher literally could not save himself, for perfect compassion had expressed itself in his incarnation. And in perfect compassion lies the decision to lay down the life for others. Each of you is at this time living a life of imperfect compassion by the standards set by the one known as Jesus. No matter how beatific and angelic your thoughts, how pure your motives, there is an instinctual sense of the preservation of the self. We wish you to accept this as a balanced and

unquestionably necessary frame of mind as you pursue your path of service. If you give all, if you lay down your life continuously, you become literally too fine to withstand this illusion, and therefore you offer yourself as sacrifice for many …

(Sound of cats snarling.)

(Carla channeling)

Pardon our delay, but the instrument was laughing. We wish to assure you that in no way do we suggest the kind of enlightened self-interest, as this instrument would call it, that causes one to become separate and apart from others, judgmental, or in any way a stumbling block. Indeed, one can come very close to complete service to others and still remain within this illusion. But if all others are the Creator, are not you the Creator also, and is not the heart of your work your own worth? Therefore, we ask each of you not to lose that center of joy, happiness, peace, the gifts of the spirit of light which are given to you in meditation and are your birthright.

Let us dwell now upon this joy, for we would wish that you would feel more fully that which you wish to give. We wish to take you with us into etherean heights in which colors dazzle and light sings with joy. Your spirits are as beautiful as gems, and they are all worthy to be lifted up into the light, the all-pervading, limitless light that makes all one. Where can you go that light is not when you are in meditation and you have asked to see that which is? Nowhere, my friends, is there a lack of any kind. Nowhere is there darkness or shadow. Let your hearts rest upon the gentle current of the ocean of love. Let your weariness fade away as you bask in the one original Thought. Yes, you must come back, and yes, your memory will be imperfect, and your expression will not accurately reflect the totality of your understanding. The illusion is too often too heavy for you to be able to remember. And so you must go back and yet again back, and if you cannot remember, again. Persist and the word is a knowledge that has no words, a joy that has no bounds, and an expression that is limitless.

We know that each of you recognizes this state of mind and has been in it. We know that each of you wishes to serve to the utmost. And so we wish this evening to ask that you balance the grasping of the worth of the self and its life in love as against the giving of that life in love to others. An unbalanced giving is martyrdom, an unbalanced worth of the self severely limits your potential for progress upon the positive path that each of you seeks to travel. Grasp you then the balancing pole. Fix firmly in your mind the sense of the illusion through which you may laugh and cry and still know the illusion. Then, looking neither forward or backward, step out and lift your own heart.

That which is your service will be known to you day by day. What is your service this day? What has been your manifestation? It is worthwhile to spend some time in the asking of these two questions at the ending of each of your days. But whatever the answer, however far you may have been unbalanced between self worth and giving, the morning will bring more light, more love, and a new opportunity to find that perfect balance that you may give and give and give again, dancing, balanced on your center of love so that all comes through you, and a bit remains with you, just enough for today. There is no hoarding of the self possible, indeed, if you hoard your worth and your giving you shall diminish yourself. If you give all and keep no yeast to leaven new dough, tomorrow shall be difficult.

We celebrate the return to this group of two members and cannot express our happiness. We celebrate also the reuniting in meditation at this time of the one known as M as he is now sitting in meditation. Though geographically apart, there is unity and strength in your bonds. Let us ride together, my friends, in the ship we have fashioned of speech and dreams and love. Let us comfort each other in love, let us rejoice in the unity of our identity. We are the one infinite Creator. All that you see about you—shape, delineation of all kinds, all that meets your eye is the Creator. What is your service today? There is a whole creation, the possibilities have no end, and your beauty is perfection. We leave you with the promise of our return whenever you would wish it. We leave you in the love and in the light of the infinite Creator. I am Hatonn. Adonai. Adonai.

(Jim channeling)

I am Latwii, and greet you, my friends, in the love and in the light of our infinite Creator. We are filled with great joy to once again be able to address this group. This instrument is becoming familiarized with the process of conditioning once again and finds it somewhat amusing, that his jaws should be

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moving without conscious intent of digesting food. The food we present is of another nature, and we join this group in the seeking for that food, the seeking of the One in laughter and in joy. As always, it is our joy to attempt to answer those queries which you have brought with you. If each would search the pockets and see if the list has been remembered, we shall begin with the first query.

Carla: I forgot my list. Could you address the subject of harvestable second-density animals, and the possibility of their living to third density, and how many of them do, and how many of them come back to be with their owners?

I am Latwii, and am aware of your query, my sister. May we say it is good to hear your voice once again in the spoken form, though may we also say we have heard you from the inner speaking as well. To address your query, we shall suggest that the creatures upon your planet who enjoy existence with you and are called by you the second density, have progressed through a cycle of what you would call time that is in comparison to your own cycle most immense. Your cycle is but an inch compared to the miles these creatures have traveled. To gain the consciousness of self is an arduous process, for all we come from the One, yet in the beginning stages of that coming and becoming, the gaining of individualization is a very slow process.

Therefore, when such an entity becomes what you would call harvestable, the prospect of one that you would call a pet returning to those you call masters is a prospect which seems but a small effort to make in the repayment of the gaining of harvestability. Such an entity may feel that the doors which have been opened by the master shall await, and it shall remain and through added devotion serve the master once again in a manner which increases the harvestability, and shall as an incidental effect increase its placement within the next density when it chooses to go through that door. Many such second-density creatures travel through that door as soon as it is open, for one of the great characteristics of the second-density creature is that of curiosity, and open doors are seldom ignored.

May we answer you further, my sister?

Carla: If a second-density entity that was harvestable had been a cat, and if it chose to return to the master once more before going through that door, would it necessarily choose to be a cat?

I am Latwii, and am aware of your query, my sister. The form which is chosen is usually the form which is desired by the master. This desire is formed by habit. It is not usual for a master who loves birds, shall we say, to suddenly switch that allegiance and desire a crocodile.

May we answer you further, my sister?

Carla: No, that's a great relief. I'll check the cats out and leave the crocodiles and kangaroos and whatnot to others. Thank you very much.

I am Latwii, and we thank you, my sister. Is there another query at this time?

S: Yes, Latwii. I have a several month backlog. Unfortunately, I didn't bring my list either. I guess as it should be, a lot of these questions were eventually answered by myself. What I was wanting to ask you about this evening is perceiving an eye looking back at one during meditation or sometimes casually and quickly just as one closes one's eyes to relax for a moment, or, you know, have a cup of tea before the kids get home. And I've experienced this twice, seeing two separate eyes, one looking similar to mine, and one looking totally different, and not having a totally human characteristic that we have here. Can you make any comment on this at all?

I am Latwii, and am aware of your query, my sister. There are, of course, many possible explanations. We do not rule out astral beeping tones …

(Laughter)

… but shall suggest that is not the case. The subconscious mind of each entity which seeks the truth contains many forms and symbols which have meaning to the entity which the entity may not be familiar with consciously. Yet, when the form or symbol presents itself in a moment which is unexpected, there arise within the entity many connotations, inspirations and suggestions in holographic form, shall we say, that present yet one more piece to the puzzle, the puzzle of what is truth and who, in truth, am I, the seeker. As you seek these forms and others, and experience various phenomena, you will most often be puzzled. The message will not be clear at once, and, indeed, may never be clear to your incarnation, yet each time the conscious mind shall be enticed by that which is mysterious.

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This is the nature of the seeking. Always there are guides, signposts, surprises and that which is in general mysterious, in order that the seeker might travel further and in some sense gain an insight into the nature of its own being and the creation through which it moves.

May we answer you further, my sister?

S: No, I think I'll need to digest that a little bit, thank you. And I'd also like to thank you for your patience, and it's very nice to hear you.

I am Latwii, and we thank you as well, my sister. It is a joy to hear your voice and to feel your presence and join with your being. Is there another query at this time?

Carla: Would you care to comment on the association either between the eye within the pyramid on the dollar bill and what S experienced or the eyes on the chair when the thing that the figure is sitting on in the Tarot card—I can't remember whether it's the Priestess … no, I can't remember which one it is. It's either number three or number four I think …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once more with this instrument. What a motley crew we have this evening. Forgetting lists, turning the tape recorder around, and forgetting the number of the card. We shall attempt response to your query amidst such difficulties …

(Laughter)

… These symbols of which we spoke in the previous response may have a personal or general connotations. As a race of beings, your people have had and shared common experiences. The eye which peers upon the pyramid, and is found upon your dollar bill, as you call it, is symbolic of that which is also called by many the third eye, that eye which resides at the brow chakra and represents the seeing of another reality. You exist within an illusion, an illusion which seems separate, one portion from another; the night and the day, the male and the female, the right and the left, the good and the bad, and so forth. With two eyes of polarity do you see but dimly within your illusion. With the so-called third eye, which is single in its sight, does one seek to see the unity of all creation. This eye is found and has been recorded within many disciplines, from those cards called Tarot, and various lodges such as Masonic, and even appears in distorted form upon your currency. This same eye has a general meaning to your peoples and may also have specific meanings to each entity.

May we answer you further, my sister?

Carla: That's what I call a general answer. Thank you.

I am Latwii, and we thank you once again, my sister. Is there another query at this time?

Carla: Well, I don't want to hog, but I did have another question. A friend of mine asked me recently about the possibility that the desire of one person in a mated couple was enough to make appropriate the actions of both. In this case it was having to do with the decision to possibly have a child. My feeling at the time was that mutual agreement in all things, whether having a child or any other portion of the relationship needed to be the basis of the action. That was my opinion. Since then I've thought about it, and wondered about the placement of intuition. In a mated couple it's always true that one is more intuitive than the other, and in a service-to-others couple, it's very possible that the most intuitive person would feel that something is correct, and it would serve both well to agree to it even if both did not fully understand. So I wanted to ask whether one person's heartfelt belief that something was so was enough for two to agree and make it so?

I am Latwii, and am aware of your query, my sister. This is a most interesting query, for it appears quite complex, and indeed may be such unless one is able to distill the heart of love from each complexity and therein find the simplicity of love which is to serve. We may suggest that as foundation to our reply it be stated that there are no mistakes, a phrase which has found frequent utterance in this dwelling, yet let us reaffirm its truth. As you move through this illusion, you cannot err, for each movement serves and each movement teaches. The question then which the seeker must ask is, "How do I wish to serve, and what do I wish to learn?"

Of course, the answers to these queries have, in part, been programmed before the incarnation. Yet throughout the incarnation free will may alter any answer. It may be that the great desire of one for a

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particular action is reason enough for the action to be taken, especially if the other wishes to serve in its own way by granting that request. It may also be that difficulties shall arise when the one which lacked the great desire to begin with, but found a desire to serve later, finds some regret in the future. Yet, is this not also an opportunity to once again find love and to serve and to learn?

You see we cannot give you an answer which is clear-cut, for each has lessons and services that are unique, and when joined with another are doubly unique, and there are no mistakes. The questions we suggest the seeker then ask are as we have stated. What lessons are desired? And what services are desired? Let the decisions emanate from those answers resting upon the foundation of knowledge that there are no mistakes possible, and that love is always available.

May we answer you further, my sister?

Carla: No, darn it. I understand that you can't have a clear-cut answer, that each situation is unique. I gather that's why there is no clear-cut answer. Is that correct?

I am Latwii. My sister, not only is that correct, but each situation is also always changing. May we answer you further?

Carla: No, thank you.

I am Latwii, and we thank you, my sister, for being allowed to confuse you further and for getting away with it and appearing wise in the doing. May we attempt another query?

S: Yes, Latwii, since I'm the friend, I was wondering if the decision were made not to attempt to have a child, because I feel that there is one out there, I feel that, you know, there's just one hanging around me all the time, and if I decide to not have a child, what will happen to that individual? I mean, I'm kinda worried about him just hanging around me the rest of my life. You know, will he go on and see if he can find another mother—you know, what will happen to him?

I am Latwii, and am aware of your query, my sister.

Carla: She didn't let you get away with it.

Ah, but we have another chance. The unemployment lines for the unborn are quite long. Ah, but we assure you, my sister, that should you decide not to provide entry within this illusion for that entity which you feel awaits, that this entity shall find a suitable entry within another loving couple. For this is the way of entry within your illusion. Most prospective parents, as you would call them, are not aware of the young being seeking entry before entry has been made. As you approach the end of your cycle of being within this third density, and as entities such as yourself become more aware of how the illusion operates, more and more shall find the awareness of such beings surrounding them, and shall be able to establish a communication in the way of sensing emotions and transferring emotion, and shall ease the entry process in so doing. This feeling that you have is the beginning of that process, which may or may not continue according to mutual decision.

May we answer you further, my sister?

S: I wonder why it doesn't hang around R, or is he just ignoring it? Or does the kid feel it has better luck with me?

I am Latwii, and am aware of your query, my sister. The feeling that you have concerning the entity that is, as you say, hanging around, is a feeling which is most perceivable by the, shall we say, female of your species, for it is the receptivity of that polarity which draws unto it such beings. It would take a greater effort on the part of the male polarity to perceive such an entity. The male would indeed have to reach for that perception, and desire it as well.

May we answer you further, my sister?

S: No, Latwii, I think you summed that up pretty much, and really want to thank you because I really needed this information to help me with my decision. Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: Well, just to finish up that train of thought. What you're saying suggests to me that unlike lots of previous centuries and lots of old information, the children that are attempting to incarnate now have balanced karma, in other words, they can go to another mother or father because they do not have any more karma. They only wish to either do planetary work or to start fourth-density work, in other words, we're dealing with a much different kind of child these days, and the balanced karma—at least it would seem in your answer—would almost have to be balanced karma in order for the child to

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simply go and seek another opportunity instead of, say, hanging around and waiting for C1 or C2 to be old enough to be married so that they could still get into the same family. Is that enough of a question or should I start over?

I am Latwii, and am aware of that which you have called a question, and assure you that it is enough. We deal here with terms which have nebulous meanings, those terms being "balanced karma." This term suggests a lack of certain distortion or perhaps even a lack of karma which would then free the choices. We feel we tread on shaky definitive ground when using these terms, and would suggest that the concept which you wish to convey might more lucidly be conveyed by stating that such entities as now wish to enter your illusion do not have a balanced karma, but have a shared karma with a great number of your peoples so that many choices present themselves. Should one not be appropriate, then others, perhaps, can be utilized instead. For you see, at the end of your cycle of being within this third density, there is the possibility of experience presented to those who have polarized to a sufficient degree to become harvestable within what is a very short period of what you call time. The polarization necessary to be harvestable carries with it many, many shared experiences so that many now upon your planet have many shared or similar experiences, [and] therefore may provide more of the same, each to the other.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you for your query and apologize for the seeming complexity of the response.

Carla: I'll read it.

Is there another query at this time?

(Pause)

I am Latwii, and we find that we have exhausted the queries for the evening, and though it is not usual for an early ending, perhaps it is the long space of time between our speaking to this group that makes this evening seem so short. We thank each of you for asking that we join you, and present our humble service to you. We rejoice with you in your seeking. We humbly praise the one Creator with you, and we remind you that we are with you upon request, and would delight in joining your meditations at any time, as you call it. As always, we now shall take our leave of this group in word only, for we are always one with you. We are those of Latwii, and we leave you in love and light as we join you in love and light. Adonai, my friends. Adonai vasu borragus. ✤

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Sunday Meditation
April 22, 1984, Easter

(H channeling)

[I am Hatonn.] I greet you, my friends, in the love and in the light of our one infinite Creator. It is a very great privilege to be with this group this evening. It is a very great privilege to speak through this instrument who has for so long not allowed our contact through him. It is not that he did not wish to speak our words, it is simply that he felt it inappropriate.

(Pause)

I am Hatonn. I shall now continue. As I was saying, each of you decides at each movement through free will what you will do, what you will think, how you will act. Each of you may decide at any instant to become channels, for us to remain silent. We approve wholeheartedly of either action. This instrument has for several of your years remained silent. At this time we are using him in specific way. It is not exactly the same way that the other instruments in this room are used, but it is appropriate for him at this time. So please bear with us while we speak through this instrument and recondition him to receive our thoughts.

We of Hatonn are of the density of love, and this is our message. Our message to your people is a message of love. It is a very simple message. It is a message we have repeated millions and millions of times, uncounted millions of times, my friends, to the peoples of your planet. It is a message of love for other beings. Actually, my friends, this is all that is necessary to be communicated to your peoples at this time. There are many other things that we have told you, and many other things that we will tell you. However, if this single message could be fully understood and fully applied during each instant of your experience in your present illusion, all else would be unnecessary, for you would then realize personally everything else that we have had to give you, every other concept, for we come to you to help you understand the nature of the creation in which you dwell, the creation of which you are an integral, single, unified part.

If you look about you during your daily activities, and see any part of the creation, experience any part of the creation, embrace any part of the creation, and feel for that seemingly separate part the feeling of love, you have, shall we say, made the grade. What, my friends, is this feeling of love? What is it that you experience when you feel this? It may seem a bit different for each of you, and yet it is one thing, and ultimately is only one feeling, one experience, one knowledge. It is a feeling of total unity, total compassion, total oneness with the seeming other self, the seeming other entity, whether that entity be an insect, a rodent, an owl or an individual; whether it be the most ugly, unacceptable entity that you have ever experienced or the most beautiful and

attractive. If that same total feeling of unity and love fills your being on contacting either end of the spectrum of what you might call desirable, then, my friends, you have found the Creator's love.

This is the message that we bring to you. It is not complex, it is not intellectual; it is a feeling, a knowing, an all-embracing experience. It is a total unity with everything that there is. It expands your consciousness from the seeming isolation of your being to total acceptance and merging with all other consciousness and all other beings. We hope we have been of some small service in once more bringing you the single basic concept. It is the foundation of the universe. It is the Creation and it is the Creator and it is you.

We have been privileged to speak to you this evening through this instrument, and at this time we leave this instrument. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. It is with great joy that we join your group this evening. We thank each of you for inviting our presence.

It is our privilege and pleasure to attempt to offer our service by means of attempting answers to your queries. We would then, without further delay, ask if there is a query with which we might begin?

Carla: Could you give some general information about the transfer of personalities, and its metaphysical nature and purpose?

I am Latwii, and, my sister, we feel that we have the basic gist of your query but would ask if you are referring to that phenomena which you have shared with another in this group?

Carla: Yes.

I am Latwii, and we shall attempt a response as best we can. This instrument is somewhat doubtful that adequate response is possible through its channel but with its kind permission we shall attempt such.

The transfer of which you speak is one which is quite unusual among your peoples. For it to occur there must be a certain unity between the transferees, shall we say. There must be a harmony of being which permits an exchange to occur without loss, shall we say. Many of your people experience that which is called possession, and in this experience there is a certain loss to the personality which is being possessed and such would be the case if entities of the, shall we say, normal configuration were to attempt such a transfer as that which you have experienced. Yet with the unity which you have in common with the one known as Don, the transfer was easily effected, for it was offered with firm intention.

It is not often understood among your peoples that the primary ingredient to all your evolution is intention. That which you will occurs because you will it. If you are unsure of what have willed, observe that which has occurred. The transfer of characteristics of your personality and the reception of the characteristics of another personality, then, in this instance resulted in dual personalities residing within both entities. This was not a complete transfer, however. For such to occur, there would be much more preparation, and the skills of the adept would be consciously applied. The transfer occurred not due to such skills of the adept, but because of firm intent and of the harmony which existed and does exist between the two entities. The partial transfer was a transfer of those characteristics which were most immediately available, those, shall we say, on the surface of the personality, those which were pronounced and therefore most easily transferred, and not requiring in your case the skills of the adept.

For the one known as Don the portions transferred were of the nature of concern, anxiety, fear, worry. These, shall we say, characteristics had been surfacing for some time within this entity and had been finding avenues of expression in various directions. The portions which you yourself transferred were those of great sensitivity, great compassion, without bounds or control, so that much now seems out of control and most sensitive to the one known as Don.

May we answer you further, my sister?

Carla: Yes. After the incident took place … I have two questions, this is one. After the incident took place I had an acute episode wherein I experienced all the characteristics you mentioned, and a few more. However, the effects did not last, or if they lasted they were integrated into myself, and I have not felt less than whole since very shortly after that time. It is my perception of the one known as Don that his primary nature is that of a wise person. I do not feel perceptively wiser. However, I do feel

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integrated. On the other hand, some of the deeper characteristics of mine seem to be transferred to Don, and rather than an acute episode and then integration, seems to have the nature of a chronic or cycling character, and it does not become integrated or become comfortable.

And I guess my first question is why should he have to suffer and I am not, and secondly why should he not receive the extremely tough nature with extremely strong will which I offered to him when I to said him, "I'll be the strong one and you can just take a rest for awhile." Why was he not able to receive the toughness that is at my heart? That's sort of an A and B. Why is he suffering so much more than I, and why didn't he get the rest of me, the part that he needs or even the part that he needs of himself which is equally tough?

I am Latwii, and am aware of your query, my sister. We feel that the two portions of your query may be combined, for they are indeed one. The cause of what you have called the suffering is due to, shall we say, lack of transfer of that portion which you have spoken of as the toughness. The one known as Don has indeed that great quality of wisdom which is itself composed of what you would call a tough fiber, and in your actions you have without becoming aware of it expressed this quality, and have it to some degree yet. It is not an easy query to respond to, that is, why there is suffering in this case, for there are many portions to this situation, some of which we may not touch upon, for they lie within the rim of what you may call free will infringement.

We would remind each entity that this experience is a great opportunity, yet with the opportunity comes the risk; such is so at all times. The one known as Don has many portions to his personality, as does each entity, and there are many portions which are in motion in regard to his being at this time. Some of those are known and some are suspected; others remain mysterious. As that quality known as fear attempts to be expressed in any personality, the attempt is usually for the purpose of achieving a finer balance. This is the purpose of all distortion, that greater experience and balance might be offered and achieved. Each distortion has a purpose that may be expanded to many levels of perception in the life experience. The great wisdom of the one known as Don has been a valuable ally throughout the incarnation. To search carefully so that each step taken is placed with care is a wise thing to do. When one begins to doubt the results of the search, to doubt in some degree the ability of the self to step forward, then the wisdom becomes somewhat distorted, and there is the tendency towards that which you may call fear. This tendency then presents the opportunity to renew the faith in the stepping forward. When this quality of wisdom being distorted and presenting further opportunity for strengthening is affected by other forces, shall we say, then the situation becomes somewhat complex.

At each point in an entity's growth there is the opportunity to express the fullness of being that is each entity's birthright. At certain points there shall be tests. There shall be that which is called the initiation. Each initiation proceeds in a totally unique fashion in ways which are quite beyond the ability of most entities to comprehend, and are beyond our ability to express at the present time due to the desire we feel not to infringe upon free will. The actions of those entities of negative polarity which monitor this group also add their particular distortion to the situation. The toughness which you have to offer is not in this case transferred, for it was not, shall we say, upon the surface of your being, and was needed for you to be the strong one, shall we say. *(A telephone rings.)* We shall pause.

(Pause)

(Jim channeling)

I am Latwii, and am once again with this instrument. We appreciate the notes of joy, and shall complete our response at this time. To summarize that which we have taken so long to speak, and apologize for, we may say that the transfer was not of a total personality, and not of the characteristics which might be desired to be transferred should the process be understood consciously. Therefore, each received that which was available and upon the surface of the personality. The complexity of the transfer is to be appreciated when viewed from the perspective of the one known as Don, for this entity is experiencing other phenomena as well as the transfer which is playing a large role in distorting his current perceptions.

May we answer you further, my sister?

Carla: Yes. I would like to say that that was not a long answer considering what you told me. It was very concise and I thank you. It strikes me that this has been a kind of a key incident in my life. You

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meet people, and you've seen them before, and you realize that you have made preincarnative agreements with them to be companions or friends or whatever, and I suspect that this was a preincarnative possibility, a planned possibility, simply because I had no conscious idea that there was anything like this possible. It *(inaudible)* question is, if you can tell me that, is this correct? And the other part of the question is, is there a way to finish the job so that the compassion without the toughness can be changed to the balance that I have achieved to this point, which I would be glad to transfer?

I am Latwii, and am aware of your query, my sister. We find that such preincarnative choices have indeed been made, yet with each preincarnative choice there is the great variety of means of expression. Some abilities and faculties are left to the, shall we say, unconscious mind to serve as rudders or general guides so that the personality is powered by forces unseen or so it seems. Other characteristics and abilities are presented with conscious expression possibilities so that during the incarnation entities may, shall we say, realize the fruits of the preincarnative choices upon a conscious level. During your lives together you have expressed in an unconscious fashion and on numerous occasions this ability to transfer portions of yourself. You have with each other been able to lend portions of yourself to the other, yet this lending ability has not been as conscious a choice as the recent transfer of which we have been speaking. The reintegration of personalities is that which you have been attempting now for some time to achieve.

We find that there is a limit here to our ability to speak upon this subject, yet find the suggestions of the one known as B to be most helpful in this instance. Again we remind each entity that it is the intention which is most important in this case as in all others in which there is the conscious attempt to progress in mind, body and spirit. The sitting in silence together with the focus upon the true nature of being, the true nature of each entity's being, and the true characteristics of each entity's personality is that which is most helpful.

May we answer you further my sister?

Carla: No, I think that's been an extremely helpful answer. I have only one more question to tax your patience with, and that is, when we decided to do this, it just seems to me that a lot of friends or mates would have decided to attempt to balance by transfer in order to be of more service to other people, in order to be more balanced entities, and you say this is very unusual. Why is it very unusual, because it obviously has a lot of good qualities if you can tough it out? For service to others, I mean, it has a lot of potential for service to others.

I am Latwii, and am aware of your query, my sister. That which we find unusual in this instance is the degree of transfer. As you have mentioned, there are many upon your planet who seek to serve a mate, a family member, or a friend by transferring some portion of the self to that entity that that entity might in some way benefit, yet it is quite unusual to find two entities who have the qualities, shall we say, necessary to effect a transfer in the manner which has occurred between you and the one known as Don. There must be, as we mentioned, a firm intention, powered, shall we say, by a strong will. There must be a harmony of being between the two which is of a high degree. There must be a sensitivity upon each entity's part which allows the feel, shall we say, between those portions of the self being transferred and those portions of the other self being received. And there must be a certain conscious quality of understanding which, even though small, is necessary in order for the transfer to occur.

We speak of these characteristics which are necessary for such transfer in terms which we feel are most able to be comprehended, yet we remind you, my sister, that we speak of a phenomenon which is quite beyond the description of words, and in truth we feel we do not do justice to its qualities by our words.

May we therefore attempt further response?

Carla: No, thank you.

I am Latwii, and we are most grateful to you, my sister.

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am with this instrument once again. Is there another query that we might attempt at this time?

(Pause)

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I am Latwii. Well, my friends, we had our operators standing by but we have not received another query. We hope that we have not been too laborious in our previous responses and caused each with a query to fear that that would be the fate. We shall ask one final time if there might be another query to which we might attempt a brief response?

Carla: Okay. Make a brief response to this. When I was in church this morning, it being Easter Sunday, I was relatively unmoved by the service although I was praying with my normal zeal and enthusiasm, it being my distortion to worship in that way, and suddenly I was not in the church. This has happened to me before. The portion of the service that was occurring at that time was the reading of what is called the Gospel which is part of a holy work called the Bible. And the reading was that Mary Magdalene went to the tomb on Easter morning where her teacher was and she found the stone rolled away from the mouth of it, and her teacher was gone, and she felt that his body had been stolen by somebody, and she cried. And that's where I was, and I was wearing the clothes that she was wearing, and I was crying. And I wasn't gone for very long. I came back and they were finishing up that reading. And I discovered tears on my cheeks. I don't cry, don't have any tears of my own. And I wondered if you could say something in general about the nature of that kind of experience? Briefly, of course. Concisely. And at no great length.

I am Latwii. Yes.

(Laughter)

Carla: Would you please?

I am Latwii, and now to our more characteristic response. The quality of which you speak is one which is uniquely expressed in your being and that is your empathic ability. The one known as Jesus has great appeal to your distortions, and on occasions which honor this teacher such as this particular day, your devotion to his teachings and the praise of his work and life is that quality which is the motivator, shall we say, of the focus of your empathic ability. You experience that which is read and become the entity spoken of. In some degree this quality is available to each who worships, yet the intensity of the experience is dependent upon the devotion to the one known as Jesus, and the sensitivity of the one who worships. Since you have both qualities in great degree, it is possible for you from time to time to experience that of which you have spoken.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Now that we have proven that we can speak briefly, is there another query at this time?

(Pause)

I am Latwii. We are aware of several potential queries that have not yet found their time of ripeness. Perhaps at a later meeting we shall have the honor of attempting answer to them. We would remind each entity that our words are but words, and are but our opinions. Take them for what they might be worth to you. Leave those which have no value. All words are but guides and all guides can take an entity but so far. The journey you travel is truly your own and the strength to continue it will come from your own efforts. We are greatly honored to be a part of that journey, and, in truth, we travel as One to the One through the One. We thank each in this group for inviting our presence, and we remind each that we are but a request away. We shall take our leave of this group at this time, and leave you, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
April 29, 1984

(Unknown channeling)

I am Hatonn and I am now with this instrument. We greet you my friends, in the love and the light of the one Creator. My friends, were you touched today by the rain? Did you feel gladness? Did you feel elation? Did you sit back and feel the life, the love? Did [you have] the thought of new life coming forth? Were you hurried? Did your thoughts lead you to a darkness? Each of those conditions exists. Which you see depends each you may …

We pause. It has been some time since this instrument has channeled, and we must readjust for contact, for he was beginning to slip away somewhat. We would pause briefly at this time to readjust.

(Pause)

I am Hatonn, and we are once again with this instrument. We will again try to speak through him, but will cease if he feels uncomfortable again and start through another.

My friends, each thing you perceive in the world around you are symbols which may be seen from many different sides, as with the rain which fell. It brings to some sorrow, for they see it is something to convince them, to perceive it as a barrier. It seems they cannot climb. It shuts them in with their thoughts with which they must deal. Others see the rains as a great joy. They feel the life-giving waters upon themselves and are refreshed. They open themselves to thoughts and experience both feelings that are very real. Both are lessons with which we must deal. When the rains come into lives, feel them. Let the rain touch you as you would the sun.

I am Hatonn, and we would now, at this instrument's request, transfer this contact. I am Hatonn.

(Carla channeling)

I am Hatonn, and I am now with this instrument We greet you once again in the love and the light of the infinite Creator. And again may we thank each of you for wishing to share meditation and contemplation with us. It is our great joy to be able to be of any service we may be of to you.

The transparency of your experience is dependent upon your willingness to use the tools which are yours as a birthright but which take discipline and energy to use. To one who is completely unaware of any need to pierce the illusion, the world is an opaque thing. The sky is sunny or stormy. Friends are good or false, and circumstances vary. It is the work of those who seek truth, upon arriving at each portion of what you may call truth, to apply it towards the lightening of the opacity of your experience. Each of you has often had a significant and memorable dream, and has upon awakening

repeated it and told of it to others, and searched within the dream for the meaning that may be applied to better grasping what the subconscious self was attempting to communicate through this medium to the conscious mind.

Once you have planted your feet upon the path which a seeker walks, in a very specific sense you are not of this world. There is no need for you to be of this world, and the degree to which you take this world to be opaque is your choice, for you know that this world is an illusion. It is possible and indeed profitable to view portions of your experience in a waking state precisely as you do an interesting dream and attempt to determine what it was that your subconscious mind was attempting to tell your conscious mind, for, indeed, just as much as any dream, that experience which you have during your day is a quite accurate representation of what your deeper self wishes for you to engage your attention upon.

Further, it is likely that you as your great Self, hope that in this incarnational experience you not only find transparency in the illusion and begin to read the daily experience, but also you begin to act in accordance with your understanding. Please understand, the fruits of the work of the seeker are secondary to the original intention of grasping the truth, however, one who seeks and begins to find the truth then finds that unless that which is learned is now manifested, further learning will be slow, and the lessons will seem to repeat themselves. The process is from opacity of experience to transparency of experience, and with your feet planted firmly in the Kingdom of Heaven, moving back into the world of illusion with eyes which see, ears that hear, hearts that understand, hands that can reach without reserve in service to others.

Your own training is designed so that you may first be your own stumbling block, then remove yourself as a stumbling block and replace that self with a greater self that is filled from a source which is beyond this illusion which you call third density. To fix your feet firmly so that you may do these things so that you may be of help, so that you may truly listen, truly see, truly hear, it is necessary not only to meditate but also to do any other exercises that you find necessary in order to keep a sense of your center, your source, and your peace.

If you find that in meditation you are peaceful but after meditation you are not, you must seek then to discover what it is within you which cries out to be helped. You must work within your own self. Treat yourself as the precious Creator which you are. If there is difficulty, work on it, accept it within yourself. Deal with it to the best of your ability and release it into that great light which is the form of all that has substance.

There are times, of course, when there are breakthroughs, and you find that you have jumped several levels of perceptions very quickly. When this is the case, it is most usual that the lesson will not be a permanent incarnational experience but will fade to be replaced once again by the difficulties. Creation was designed [in] what this instrument would call true Murphy's Law fashion. It is designed to go wrong, to break down, to seem inadequate and to cause you to be uncomfortable. This density is designed to cause you to become aware of that about which you previously were unaware. It is not designed for the complacent or the smug or the full of spiritual belly.

Whenever you get too comfortable, be aware that your deep self is undoubtedly fattening you in order that your next experience will be one that you can find the challenge in, discover the heart of, and take with joy into all of your being. Indeed, my friends, of sun and rain, whether it be the weather or your emotional climate or any other circumstance of this polarized world, are illusions to be greeted, each with thanksgiving, indeed, with joy.

We do not mean at all to suggest that there is no such thing as a overriding sense of peace, that those who have peace have fixed their mind upon that which lasts beyond the seasons, that which does not die, that which does not become corrupt. Those who have peace have what some would call faith. Faith is not a tool which one brings to bear upon difficulties when the going becomes treacherous. Faith is a necessity. It is in faith that you move into a transparent light-filled illusion which you may at your leisure ponder and study, dream upon dream and day upon day, creating your life instead of reacting to it.

We would like to close through another instrument. We are aware that the one known as K has some reservations, and will return to the one known as

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Carla if the one known as K feels the contact is not yet at an acceptable level. I am Hatonn.

(K channeling)

I am Hatonn. Again we greet you in the love and the light of the infinite One. Many changes have taken place in your lives since your last encounter. Let me assure you that you have grown in wisdom and in spirit during this period since you were last together, and may we also assure you that even in the midst of difficulties, there is always joy. Even though at times it appears to be well hidden of the clouds, even with the rain brings beautiful spring flowers. The rain and the sorrow in your own lives brings the same beautiful flowers. We look forward to being each time we have the opportunity, so we bid you adieu tonight and leave you in the love and the light of the one infinite Creator. I am Hatonn.

(Jim channeling?)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. It is our great joy to once again greet this group and to attempt to offer our service by answering those queries which you have brought with you. We are most pleased to welcome those who have long been absent, in your measure of time, from this group, for they are those which have given us great joy in the many queries which they have presented us. May we begin with the first query?

Questioner: Yes, Latwii. I am the President-Elect of the Women's Club of St. Matthews, and I would not have accepted this position under any circumstances had I not thought that I had some kind of a mission, and I don't like to use that word mission, but nevertheless, in the lack of a better one. There is so much illness, and so much stress among the members, and I really would like to be of help but I have a sense of fear and intrepidation that I may go too fast and offend rather than help. Would you comment on my frustration?

I am Latwii, and am aware of your query, my sister. We do not mean to sound simplistic when we say that you will be as you will be, and those within whom you find yourself in comradeship shall be as they shall be, and together you shall find those deeper levels of meaning which you have come to find. It may not be that you shall find these levels of meaning and fulfill such purposes in ways which you plan, for your plans are of your conscious mind more or less, and it is through such indirect avenues that the deeper mind and greater Self moves with what you might call the current of your being.

That you fear or feel anxiety for your ability to be of assistance as it is needed is a hopeful sign, for again it is through such an avenue that you may well find yourself, shall we say, that your efforts shall be the best that you have to offer. Know that you cannot make a mistake, that each offering which you share shall be of service, though the service may not be known in full by all at once. Yet, the service will exist, and shall be found. The quality of service, as the quality of any artistic endeavor, will be available on many levels. Those levels which are deeper shall take greater time, shall we say, for the seeds sown there take a special caring, yet they do sprout.

May we answer you further, my sister?

Questioner: No, I guess not right now.

I am Latwii. May we attempt another query?

Questioner: Latwii, I too have myself with a group who I would not have thought myself getting involved in, yet we have come together with a common goal, but I feel an uncomfortableness around some of the others within the group, I think partly due to my not being able to fully accept them and their ways of operating. I feel that although we have set a goal, that the differences—things that are different between us—are making us see that as two different things.

I want to stay with this project, and at the same time, I need to be able to … I am rambling on and not forming a question. It is just an uncomfortable feeling right now. I think that our group has gotten into two separate bunches, seeing the goal two different ways, and I am afraid maybe it is going to kill the whole thing. And I wonder if you might speak on how I can better open myself to the others so that I can better understand them, and maybe them better understand where I come from. If you can [put] enough of that together to make any comment back to me.

I am Latwii, and am aware of your query, my brother, and we shall certainly do our best to make a response which will hopefully be of some service. May we begin by suggesting that the experience which you now share with this group of entities is much like any experience which any entities might share together. Those of many persuasions and sets

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of mind come together for a stated purpose, and as you mentioned, goals are set. Yet, my friends, how many of you would be surprised to discover that perhaps the greater purpose of joining together is not to accomplish the goals that are set?

Yes, of course, it would be helpful, occasionally, if certain goals could be met for service to others, for that is, of course, the purpose. Yet, look at the mechanism by which that purpose is achieved in your daily lives. You find various attitudes concerning how to meet the goals. You find that the self has a certain point of view and can accept that which falls within certain boundaries, yet are you not here to remove boundaries? Are you not here to accept all that exists as the one Creator?

So, as you go about your work with these other selves, you will constantly find the opportunity to expand those boundaries which hold your perception and ability to accept within certain limits. If no goals commonly set were ever achieved, there would yet be the constant opportunity to accept, to love, to forgive, and to communicate clearly with those other selves with whom you find yourself journeying to the one Creator.

It is as though you are each a pilgrim and together you are a band of pilgrims, and long have you journeyed on this road, the road to the one Creator. Yet, you are the Creator, and each moment you experience the experience of the Creator. But you have forgotten this in this life, and in order to intensify your experience as the one Creator, you are as children, make up certain games, join certain groups, to, shall we say, pass the time as you journey. You are so successful in passing the time that often you forget that you journey.

Remember, my brother, you are a pilgrim. Seek your deepest goal. See the Creator within those with whom you journey. Your viewpoints will widen. Each experience of difficulty will widen that viewpoint.

(Pause)

I am Latwii, and am with this instrument once again. And you shall love that which was not previously lovable.

May we attempt further response, my friend?

Questioner: Yes, one of the problems I have been having is evidenced by the previous attempt to form a question. It is that my mind and my mouth no longer function together. I seem to have lost sight of my deepest goals. I seem to miss the here, there, wherever. I cannot, many times, make a simple comment to someone because in between the time it is thought and the time it comes out, I forget words, mutter them, stutter with them. It is just as though, wherever I am, I am not there. I am not able to fully put my energy into things, although I have been involved in many things. I have been trying. There is some empty spots. And sometimes it feels weird that I can hardly say hello to someone without either muttering it or saying half the words and forgetting the rest. It's just—I don't know if you would call it confusion or just *(inaudible)*. Could you comment?

I am Latwii, and am aware of your query, my brother. As the pilgrim journeys, there are many conditions which the pilgrim must adjust the self to. The road is not always smooth. Storms arise, and there are agreements and disagreements with fellow pilgrims. There is the consulting of the map and the occasional doubt as to the landmarks. There is the rain, the sun, and the dust, the insects. There is much which makes the journey a great challenge. There are those times in each pilgrim's life during which there will be confusion and a concentration upon the essence of one's being which seems less than clear. Less than it was, shall we say.

Such occasions arise as opportunities, shall we say, for the finer tuning of the quickest of the pilgrim. There is an analogy which we may make. From time to time, that instrument which you may call the radio will find its wave of reception wavering due to influences in your atmosphere. Perhaps a bit of attention to the tuning is all that is necessary to restore a clearer reception. This is the same process which any pilgrim undertakes upon the journey at any point during which the experience of the journey seems less than what is perceived as possible. This attuning may take a long or short period of what you may call time, for time is irrelevant. It is the essence of the tuning that is of import.

Know that whatever experience we encounter, be it confusion, lack of attentiveness, forgetting of words, difficulty in communication or distorted perceptions, that there are no mistakes which are possible for you to make, for each experience contains the heart of the Creation and of the Creator. And each experience, therefore, has all you seek available for your seeking.

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May we answer you further, my brother?

Questioner: Not at this time. I feel there will be one later.

I am Latwii. Is there another query at this time?

Questioner: Just a passing query which you may not be able to answer. What was the purpose of the vigorous, clockwise, involuntary rotation of my head that took place during a fairly long part of the meeting?

I am Latwii, and am aware of the phenomenon of which you speak. We can speak without infringement by suggesting that such a movement is usually accomplished by a deeper portion of the self which is aware that there is momentary imbalance in the spinal structure which may be corrected by such a movement. This movement is for the purpose of allowing a more free flow of those energies which traverse the energy centers of the spinal column.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii, and we thank you and thank you again for patience for the previous method of response. This instrument was not certain whether a response of any sense could be made to that query, and therefore requested greater conditioning. May we attempt another query at this time?

Questioner: Oh yes, Latwii. So many people seem to get so disturbed so very easily, and I have great sympathy for them but I don't exactly understand why. Because I have lived my entire life on an edge of a cliff, never really caring whether I went over or not. And I don't seem to go over, and I seem to have good health which I don't care whether I live. Why is there that difference between people?

I am Latwii, and am aware of your query, my sister. We do not need to be simplistic in our response but may suggest that the difference that exists between entities exists that the one Creator may know variety. Each entity has a specific vibration or frequency, shall we say, various abilities in-built before the incarnation in order that certain services might be performed and certain lessons might be learned. Each learns in an unique fashion, and if all entities were as impervious as you to that catalyst which finds them there would be a homogeneity of learning which each might be, shall we say, boring to each entity, and not provide the one Creator with variety and intensity of experience which is possible with the unique configuration of seekers.

May we answer you further, my sister?

Questioner: Well, maybe a little bit. Some of these people I know that have died have had a great desire to live, and they have died. And other people who couldn't care if they lived or not, seem to continue. It doesn't exactly make sense to me.

I am Latwii, and we will assume that you ask why, and shall respond by suggesting that the incarnation is the point at which free will and what you might [call] predetermination meet. Each entity has the complete free will to follow whatever path it chooses to follow. Yet, each entity is also programmed by its own choice by preincarnational predispositions, shall we say, so that there are those currents of energy which the entity moves upon, but anytime the entity may change the course, change the means of travel, and, indeed, change the travel completely.

May we answer you further, my sister?

Questioner: No. That's very helpful. Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Questioner: Yes, you answered my question partly to my satisfaction—understanding, I think is a better way to put it, Latwii, but as I was listening to C it seems to me that he is taking himself too seriously, and I concluded that is what I have been doing also. I know I have a tendency to take myself too serious. Would you comment on the fact of what I just said, that maybe C and I are both taking ourselves too seriously?

I am Latwii, and am aware of your query, my sister. We shall not make any judgment as to whether or not one or another may take the self seriously, but shall suggest that there is a balance in attitude which may be struck between the taking of the self and the experiences of the self in a manner which you may call serious, and in viewing the self and the experience of the self in a lighter and more jovial manner: the serious attitude which ensures the entity that it shall continue focusing upon those lessons and services which it feels are its mission or purpose for the incarnation; the lighter or jovial touch [which] is most helpful for the entity to not only to endure those times which are filled with what you might call difficulty, but [which is] most helpful as

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the entity attempts to widen the viewpoint and see that experience and self it is familiar with on a larger scale, that which you may describe loosely as the cosmic or grand scale.

To look at any situation and see that situation in a manner which limits the situation to describable characteristics allows the entity to work with those characteristics as specific catalyst for the self. To see any situation in a manner which allows the entity to see the one Creator and to see the self as the Creator provides the entity with, shall we say, spiritual charge or energizing effect that enables the entity to continue on its journey of seeking, balanced between the intense focus and desire to know and to serve and the knowledge that the entity is the Creator and need only be without worry as to what it shall be, for it is all that there is.

May we attempt further response, my sister?

Questioner: No, that's fine, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Questioner: Latwii, do you think people worry too much? *(Inaudible)* guilty?

I am Latwii, and feel that we may respond most helpfully by suggesting that people worry just enough, and are just guilty enough, so that worry is seen as unnecessary and guilt is no more felt than necessary.

May we attempt a further response, my sister?

Questioner: No, but I always wondered why I never felt guilty, and I guess I am letting other people do it. Even when I guess I ought to I don't. Feeling that I am not self-made, I just don't take responsibility for my life. And if I do everything wrong, it really doesn't bother me. Is that my destiny?

I am Latwii, and am aware of your query, my sister. We would describe it as perhaps your point of view which you have chosen for specific purposes, purposes which are unique to you yet in common with all who seek the one Creator, each in its own way.

May we attempt further response, my sister?

Questioner: No, you made me realize I don't have to feel guilty because I don't feel guilty.

I am Latwii, and am grateful to have been of some small service, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we find that we have apparently exhausted the queries for the evening. We are most grateful to each of you for inviting our presence, and we hope that you will remember that words are but opinions. We offer them as our service to you, and we thank you for each opportunity in which we may do so. We shall be with you in your meditations upon request. We shall leave this group at this time, rejoicing with each in the love and in the light of the one infinite Creator. We are those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
May 13, 1984

(Carla channeling)

[I am Hatonn,] and I greet you in the love and the light of the infinite Creator. We thank each for inviting us to join in your meditation. We are aware that there was some ambivalence at the beginning of this meditation as to the preferred tuning being possible for a good contact, and we would like to take that opportunity to say that all that is necessary for a good contact is an open mind and an inquiring heart, that we are comfortable speaking to any level of understanding, and that we do not feel the need to give advanced information, but rather we feel the need to give service.

We do not deny that some information may be considered advanced and some concepts refined compared to the basic message which we of the Confederation of Planets in the Service of the Infinite Creator offer. Yet, the heart of each message is the same, and that is that the one original Thought, when sought with a full heart, yields the spiritual path which will be most helpful to the sincere seeker.

We begin by stating this in order to assuage fears that exist in this circle that one is more advanced than another or one's state of meditation may not be acceptable. All seeking modes are acceptable, and, indeed, closed minds are also very acceptable to us. However, we cannot by the Law of Free Will communicate through channels effectively when such an entity is present in the circle. In this instance we find that it is well to go over some very basic material. We will begin by speaking of lettuce.

There was once a farmer who planted a bountiful harvest of lettuce. When spring rains came and nourished the ground he rejoiced, and each weed was carefully removed. When the beautiful sun warmed and encouraged his young lettuce, he gloried in every leaf. Each new day brought new joy to the grower of this beautiful crop, for there were new furls and petals to this beautiful plant each and every day. This farmer had only [one] problem and that was that he was reluctant to take the lettuce from the earth and claim it as his bounty. Oh, every once in a while he would pluck a precious head of lettuce from its bed and would have a wonderful salad for his family. But for the most part the lettuce remained in the ground. And one day the farmer discovered that the frost had come and destroyed that which had grown, leaving him with nothing of lettuce except the brown remains of his beloved crop.

All things about you, my friends, live and have essence just as any crop. They respond to love. Whether we speak of crops, animals, children, people or stones, this is true. The thanksgiving and prayer and praise of our hearts moving into the surrounding vibrational vortex affects that all that

therein is and incubates all that will be, and then that which we have incubated and that which we have nurtured comes to maturity. It is with an equally full heart that we plant and that we harvest. If you enjoy planting but not harvesting, then half of the learning available to you in this illusion is not being used. Indeed, were this another group with other personalities, the analogy might be the opposite, for in many cases there are those souls who would seek to harvest that which they have not nurtured, that for which they have not cried, laughed, planned and longed.

But in this circle, my friends, are planters. You have planted much that is full of joy. You are aware of the love of that original Thought, and you are able to avail yourselves of it in meditation and you are attempting to do this daily. It follows, then, that there will be a harvest each and every day, that there will be love that has been nurtured, cared for, cried for and that you may harvest that love this day, this moment.

You may ask, "What sort of crop is love? I would never let lettuce lie in the ground, but I do not understand what you mean." If that is the case, my friends, turn your eyes towards yesterday and see if you find that which was not harvested and which has become as something which is dead and available no more. Turn back then to today, this present moment, and open your senses to the possibilities. You have given them to yourself; you have nurtured each and every possibility, each day is harvest day. There is no lack or limitation of the original Thought. Therefore, reach out your hands, whether mentally or physically, and accept with praise and thanksgiving and joy the harvest that is yours this day, and let your hearts be happy, for there is a principle which we have found is as steady a rudder for your density as is possibility, and that principle is love.

There is no farthest and remotest point, no depth or height, no distance whatsoever that you may go by foot or in your mind that is not governed by the laws of love, and that law is that you are free in love. You are lovely, you are beloved, and you are loving, all in perfect freedom. This is your rudder, by this you steer. And where shall you steer, my friends, what shall you plant today that you may have a crop tomorrow or, to move backwards to our previous metaphor, what course shall you plot, what vector shall you take from this present moment? Love is not limited, but rather expansive. You may choose freely of those things that are of service and then you may plant by word, by deed, but most of all by intention. Each day spend some time touching with the center of your being in meditation and sometimes surrounding that planting, and sometimes surrounding that attempting to become aware of the harvest of light.

We would at this time transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and am again with this instrument. We thank each of those who attempted to avail themselves to our contact but there is what this instrument would call a great amount of intemperance, therefore we shall end through this instrument, which is a strong one. My friends, you know who we are, for we are the Creator. Have you identified yourselves? Oh, harvesters, go forth into your fields, for the crops are high, the bountiful plenty awaits and there are so few who are aware. Therefore, harvesters, go forth with open eyes and sensitive hearts and see the bounty of the Creator. Feel the love and find in each moment the great architecture of the one original Thought that sings throughout all that is light and all that is love and all that is. We leave you in the All that is in love and in light. We are in the service of the one infinite Creator, and for your benefit we call ourselves Hatonn. Adonai. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are most honored to once again join this group by your gracious invitation. We would at this time ask if there might be a query that we might attempt an answer to, as is our usual way of serving this group?

Carla: A friend of mine is very depressed and having a lot of trouble functioning right now. Would you comment on the condition and help me to understand better what it is he's going through?

I am Latwii, and am aware of your query, my sister. The entity of which you speak is one which has long moved along that path known to the seeker. That path seldom remains the same in all characteristics. The offerings of that path are of one basic nature, that is, to provide the food for the evolution of the being. This food is, however, provided in many

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ways. Among your peoples it is sometimes recognized that each situation has the opportunity for a transformation of some kind, a transformation of thinking, for as you think, so are you for that portion of time in which you inhabit what you call an Earthly incarnation.

The entity of which you speak now sits at what might be called a feasting table, yet few call it such, for there are few seekers in your illusion who have penetrated the heart of being and who have eyes to see, ears to hear, and hearts to understand. The illusion you inhabit is quite heavy. The sight is difficult. *(There is a loud whistling sound.)* We shall pause.

(Pause)

I am Latwii, and am once again with this instrument. The table at which this entity sits is one which is heavy laden with exotic foods, exotic to most seekers, for they are not usually tasted. The difficulties which seem present are the difficulties of assimilating this food. When the seeker is unsure of that into which it has placed its teeth, then perhaps the chewing shall be somewhat slow. And if some foods do not taste quite right, it must be decided whether it is the food or the tasting ability which for the moment seems lacking.

We may suggest that there is one great food which shall aid each seeker upon the path, no matter what table has been set. That food, as you know, is love—that state of being and accepting which love generates is that state which shall aid each seeker to digest whatever food is placed before it, for are not all foods portions of the one Creator?

May we answer you further, my sister?

Carla: No. I think that helps me understand what Hatonn was saying.

I am Latwii, and we thank you, my sister. Is there another query at this time?

S: Yes, Latwii. I would like you to comment on something. I've been wondering lately about what most people call prayer, and using this prayer for someone who is in need, and that part makes sense to me. What I'm wondering about is people who are either praying for something for themselves or something that they see is a need or a want, maybe not entirely selfishly, for themselves or their families. And the part I'm wondering about is, while we are here we are supposed to receive everything that we need, and if we are praying for something that we have previously decided that we don't need before we got here, then it makes sense to me that that prayer will not be answered. But, since we get everything that we need, if it is decided that this is a need, won't we get it without praying? So, my real question is, what is—how does that work? It doesn't make sense to me.

I am Latwii, and am aware of your query, my sister. We shall attempt a response by suggesting that, indeed, each entity has, shall we say, programmed the basic journey that shall be traveled, has examined the general terrain over which the journey shall take place, has indeed agreed with companions to journey together, and has set before itself a certain series of lessons and services which it wishes to learn and to offer. These are general guidelines, my friend, and if it be realized that the free will of each entity during the incarnation is equal to the programming before the incarnation, then it may be discovered that there is what one might call a dynamic tension or balance that exists between that which has been determined before the incarnation and the free will that is exercised during the incarnation.

The free will, of course, also is covered by the programming, yet the programming may also be altered by the free will. Thus, an entity at any time within the incarnation may be moved by two seemingly separate forces, the programming and the free will. The actions of the entity will be the product of the, shall we say, mating of the free will and preincarnative programming. To attempt to discover how much a part each plays in forming the actions, the thoughts, and the disposition of the entity is difficult, for both forces, shall we say, are plaited up together as one might see a rope to be, yet each plays its part.

An entity may at any time use certain ritualized techniques to express both the programming and the free will. The techniques may include that which you have described as the prayer or may include what have been called positive affirmations, and may include, for those who are seekers of the rituals to a finer degree, that called the ritualized magical performance, shall we say. In each instance the seeker is calling upon the one Creator in some form to aid the service or the lesson. As this call is made, those preincarnatedly programmed abilities and propensities lend their portion as do the

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incarnational free will choices. Thus, the product of the ritual is that which includes both forces. The free will may, shall we say, finely tune the general parameters of the preincarnatedly programmed path or attitude.

May we answer you further, my sister?

S: Well, yes. I've had someone tell me, said they were sending out thought-forms of wanting to acquire something, and they acquired this thing but somewhat at a cost because they either had not been specific enough or maybe didn't realize what else was going to have to occur for this to come about. Now, at this point this seems kind of hard for me to believe. So what I was wondering, in this instance, do your intentions or your polarity protect you at all against something maybe you haven't thought or hadn't realized as a repercussion of that which you're trying to attain?

I am Latwii, and am aware of your query, my sister. In this particular instance it may be generally agreed that one's polarity is a great protection when the surprises, shall we say, that accompany seeking within your illusion occur to the seeker. To be more specific, we might suggest that when the polarity of that entity is specifically expressed in the form of what you would call praise and thanksgiving, the finding of joy in the moment and the radiating of the one infinite Creator's love and light to all are means of this protection and are refinements, or shall we say, products of the polarity, and the seeker then may be seen to have an armor of light surrounding its being as it proceeds with its choices to learn and to serve.

May we answer you further, my sister?

S: No, you've been very helpful, and now I can understand praying. That makes sense. Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we discover that we have once again exhausted the queries which have been brought this evening. We thank each for the service provided to us by asking for our presence with your group this evening, for in attempting to be of service to you do we learn more of our own journey of seeking. We shall continue with this service if it be your pleasure in what you call your future …

(Tape ends.) ♣

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Sunday Meditation
May 20, 1984

(Carla channeling)

[I am Hatonn, and] I greet you in the love and in the light of our infinite Creator. We come in the name of love, and we come with its blessing which has been bestowed upon us—not by merit, for we are but foolish travelers—[but] by the happenstance of birthright, a happenstance that we share with all of creation. We are having to speak somewhat slowly through this instrument as this instrument is fatigued. However, this instrument is glad to be used and so we gratefully make use of her.

There was once a young man, an ambitious young man of great attractiveness and many desires. Very early in the young man's adult life he fell in love with the enchanting smile of the woman who became his wife. He pursued her relentlessly, for she was indeed an elfin and enchanting creature, and once having enchained her, [he] tucked her into appropriate accommodations and largely forgot about her nature, for his desires were for power and money and success, and he used every portion of his mind and will to work towards those goals.

He disliked college because it took so long to get the paper that he needed for what he wished to do. Furiously, he would rage at his wife, "It is such a waste of time!" His wife would smile her enchanting smile and go about her domestic duties.

There then came a time when this young man, having achieved his education, went to work for the most calculatedly prestigious law firm in the great city which he called his home. He did not spare any effort. He worked early and he worked late. But the cases that he was given for several years were unimportant and he would rage at his wife, "This is a waste of time!" and she would smile that totally enchanting smile and shrug her shoulders and be gone about her work, tending her garden, visiting the sick.

And while he worked in the law, he planted his roots politically, for he wished to be a mover and a shaker, a statesman; he knew he could be the best. He worked at many odd jobs and began to hold small offices as a politician, and with his first election came the constant campaigning that was to consume much of the rest of this entity's life. And as he was saying the same speech for the forty-third time, repeating the words that were only mumbled nonsense, his mind dulled from repetition, all ideals gone, something inside him would rage internally, "This is a waste of time." And sometimes he would turn just to look at his wife, and the elfin grin that he was waiting for would come, the lines a bit more deep-set, the hair beginning to turn gray, her charming smile intact.

The man did indeed become a great statesman, or so people said, for this entity late in life turned and

looked at all he had done and was appalled to discover that in his own estimation that which he had accomplished was nothing at all. And he said to his wife, "My darling, you have been with me for so many years. Why did you never tell me that the goals I sought were a waste of time?" Age had not dulled her impish smile. "My dear," she said, "In my opinion you have done many wonderful things. You have been telling yourself all your life that your activities were a waste of time. Look at me," she said, "I have never earned a penny. I have not served my country. I have not made great laws or understood international positions, made and broken treaties. You have done things. I've just been along for the ride and I've enjoyed it." And she smiled.

The statesman, so old in years now and so young in wisdom, gazed at his wife and saw her for the first time. "You have never wasted your time," he said, "because every time you smile, all that is about you is lit with love." She smiled at him. "And so it is with you," she said. "So it is with you."

Occasionally, as those who are seeking look carefully into their worldly day by day existences, they may find within themselves not the smile, but the folly. We urge you to balance your perceptions of yourselves. The characters, that which we have told you, are not real. They are easy, simple, archetypical figures, understood within your culture because of the marked difference between that which nurtures and that which is aggressive. Perhaps you are too full of your own folly, and make of it a terrible shame. But remember that when you smile, you illuminate creation through the boundless power and love of the infinite Creator.

Regardless of who you are, regardless of your circumstances and regardless of what folly you may indeed have accomplished, it is sometimes helpful to focus and concentrate upon a present moment, especially in times when folly seems to be uppermost in your mind, either the folly itself or your judgment of yourself. This illusion was not created so that you would act without folly, without error, without bias. You are expected to be biased, you are expected to err with regard to balance. These are the tools with which you learn. Sometimes it takes a great deal more than a short meditation for a seeker to rediscover his own smile, his own joy, his own inner light. Nevertheless, look in your closets, search the upper shelves. You stored it somewhere. Get it out, dust it off, put it on.

It is perhaps the greatest gift of consciousness that those who are conscious of themselves may choose not only to experience catalyst but to create attitudes. If your heart is breaking, if you have completely exhausted yourself, if you are unsatisfied, if you fall short of your own measure and have not found what you seek, if the world before you seems to be so dark an illusion that you cannot see, yet you may choose to smile and to laugh and to find your joy precisely in that which breaks your heart, that which saps your strength, that which you seek but do not yet find.

Human frailty, as this instrument would put it, is an often hilarious condition. Find your joy. In the midst of acknowledging the time you have wasted and the things you have left undone and the things you have done incorrectly, an exercise of utmost importance, my friends, is the finding of your smile, for as you smile, you are healed, and as you heal you become able with more and more vigor, more and more joy to go forth in life committing whatever folly or error brings each closer to the learning of the lessons of love.

The tidiness of your universe is on paper. In actuality, it is a very untidy metaphysical world. All is in complete balance but all is illusory. The only balance is within you. There it no circumstance that will be without folly, that will be without error, that you will face without misgivings, unless you home in on your own enchanting smile, a symbol of the one original Thought. Within joy and laughter all that is untidy becomes unimportant. All things become simple because they are unified with acceptance and peace. Find and keep your smile, my friends, as we endeavor to do. Find and keep the thanksgiving that is within you, that you are here in these fine moments of the present to act, to learn, to love, and to laugh.

We have one other thing to say, but are having difficulty using this instrument. If you will be patient, we will condition this instrument. We shall be using one word at a time, for this instrument is not prepared to channel this part of the message. However, this instrument has challenged us and is aware that we are of Hatonn and accepts the communication. It is not earth-shaking.

We wish to say that we feel that it is good to say at this time, because we have a very small group, that those who are present may consider well those things

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with which they may be through, those things which they wish to begin. In a larger group we would need to be far more general. The birth and the death have much in common, that is, transformation. These transformations are painful, and a mother will tell you of the pain of birth and we have no need to tell you of the pain preceding dying. However, the moment of birth and death is always, when it is healthy, joyous; when it is hindered, it is not joyous. Therefore, if you sense a transformation, hinder it not and allow the joy of transformation to be experienced as is natural. First the pain that precedes, then the joy of the moment, and then much rejoicing at that which is near.

We thank this instrument for allowing itself to be put in a somewhat deeper state. It is not often that we find that we may speak generally and yet somewhat specifically. We ask you to understand that our opinion is only opinion and that you must not take us literally but allegorically, for we cannot be responsible for your actions; we only give you food for thought.

There are stages of maturity, spiritually speaking. Each stage involves transformation and initiation. The unhindered will still have pain. When change is resisted or muddied by worry, the process can become quite unnecessarily painful. We urge each of you to minister to each other and to love each other and to let love abound and grow and take root wherever it may. We encourage each relationship, encourage each new-found realization, and we encourage careful attention to and analysis of emotional and spiritual pain, for the powers of transformation are great and the rewards are enormous. Nevertheless, transformations occur well to those with courage and a great sense of love.

We thank each of you for asking us to be with you. Our comments are poor and we are most grateful that we are allowed to share them with you. We are with you at any time that you wish to meditate with our company. I am of Hatonn, and I leave you in the love and the light and the laughter of the infinite Creator. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in love and light. We are pleased to be called to your group once again. We hope that we may be of some small service this evening by attempting to answer those queries which may be of interest to those present. May we begin, then, with the first query?

C: Latwii, several nights a week I play and sing to my son B prior to his going to sleep at night, and I have found that he has a definite favorite as far as music I play goes. And I was wondering if his particular favorite song—what it is about it that draws someone this young to it? Is it the particular arrangement of the various sounds and vibrations? Why would someone that young be totally engrossed in one particular piece of music?

I am Latwii, and am aware of your query, my brother. The young entity of which you speak is one like many who has brought certain sensitivities and abilities and experiences, shall we say, into this incarnation in order that they might become the means by which it learns, experiences, grows and serves the one Creator. The songs, and especially the one of which you speak, serve as a means for this young entity to recognize some of those abilities that lie before it, knowing that it wishes to travel in a certain manner and to utilize these abilities. The young entity is especially appreciative of the reminder, the means by which it becomes consciously aware of that which it made unconsciously available to its current self before the incarnation began. Certain phrases within this song and certain vibrational sequences of sound serve to remind this young entity of the great path which it has chosen to travel.

It may seem unusual that a certain song could have this effect upon any entity, but we remind each present that the illusion you inhabit is quite dense and filled with veils, yet each veil is permeable and will be penetrated by the action of the unconscious and conscious awarenesses attracting each other according to similarity. These words and vibrations have, shall we say, struck a chord within this young entity and the remembrance, though faint, is awakened.

May we answer you further, my brother?

C: No, thank you. There is another question that hit me today. In our foodstuffs we use a new sweetening agent, aspartame, or what is called Nutrasweet, and I know on me, personally, it has a physical effect. I was just wondering if that particular chemical combination has any kind of effect on your spiritual self as far as doing damage to it?

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I am Latwii, and am aware of your query, my brother. We might suggest that the great Self which is your spirit, as you have called it, is quite indestructible. It is this center which has sent you out into this world of experience which you now inhabit. This world of experience has many factors and agents which will work upon the mind and the body of an entity. You may see your world as one which is full of, what might be called, experiential friction. This friction is the rubbing together of the entity and its surroundings, experiences and situation in general.

This rubbing effect is for the purpose of creating a smoothness of being where there was once roughness. It is for perfecting the shining surface of the jeweled facets which are potentially within each. Yet there are in each entity's experience those grains of sand, shall we say, which tend to scratch and mar the smooth surface. This surface, yet, is a portion of the mind and body and is subject to the greater Self, that which you have called the spirit. There are many agents within your illusion which may be taken within the body or mind complex and which will have what seems to have a deleterious effect. Yet each experience, however deleterious or efficacious, can be worked with by the entity and serve to glorify the one Creator which …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. The response which we had hoped to be of service by sharing was at an end with the tape, and [we] shall now ask if there is a further way in which we may respond, my brother?

C: No. I have one more question that's been on my mind. It seems that here the last several years I've found that, well, it used to be I used to like be able to, say, go to different fairs and things and ride the rides, and enjoy everything in town, and be able to not have certain emotions bother me. But in the last few years just the act of spinning at all … I seem to be very susceptible to get sick or feel extremely drained almost to the point of passing out if I have anything to do with them. And I was just wondering if some particular imbalance within myself is causing this?

I am Latwii, and am aware of your query, my brother. We examine this phenomenon within your experiential being and can find no difficulty which it is a symptom of. We apologize for the preposition at the end of the sentence, but this instrument is somewhat fatigued and is not quite sure where to place such prepositions. To continue our response. Each entity upon this planet [is] quite unique, as you are aware, and may express certain symptoms as you have mentioned and yet be quite and whole and balanced within its mental and physical and spiritual being. We use the term balance in the sense that the entity has prescribed before the incarnation so that the phenomenon of which you speak can be said to be one which is not terribly unusual or of any deleterious nature. It is simply that which you experience as a portion of your being as many would experience other seemingly distracting phenomena.

May we answer you further, my brother?

C: No, thank you.

I am Latwii, and we are most grateful to you. We hope that our responses are somewhat helpful. Is there another query at this time?

Carla: Well, I didn't understand the last answer, and so I wondered if I could go into it more or just ask you to restate it. Reprise it for me, why dizziness would be acceptable and the guy is real healthy but he is dizzy as he gets older, but it's okay. That there's nothing wrong with him. So why is he dizzy? Could it be tension, stress, something like that? Bad eyesight? Should he get his eyes checked? I mean, when you're saying he isn't balanced, are you leaving out bad eyesight and stress, or are you just saying that that's programmed into the incarnation at this point?

I am Latwii, and am aware of your query, my sister. We shall attempt a more succinct answer, yet we do not wish to give too much emphasis to the small details of your daily existence, for the concentration upon detail is not that which you have come to expend energy upon.

Carla: No. The point that interested me was the suggestion that a seeming imbalance like being dizzy, if fixed before incarnation, would be part of what the spiritual being would consider being a balanced being. That was the suggestion that I think I heard, like a preincarnative choice.

I am Latwii, and am aware of your query, my sister. Let us put it this way. The entity before incarnation decides to provide itself with certain opportunities to

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learn and to serve. Certain capabilities are then programmed. It may be that in this programming there shall be certain side effects which shall be considered, shall we say, inconsequential. This, shall we say, dizziness is such a side effect. For the entity to have, perhaps, certain physical abilities it will be necessary for the musculature and the skeletal system and internal organs to function in such and such a way, coordinated by the central nervous system and the brain. And for these capabilities to be expressed, then there will be certain side effects which shall be basically inevitable within your third-density illusion, given the way that the illusion functions.

May we answer you further, my sister?

Carla: No, I give. I still don't understand exactly what you're trying to say.

C: And we've also now become confused.

I am Latwii, and we do apologize for the confusion which our response has generated.

Carla: I apologize for being stupid.

We shall attempt one small analogy. An engine is built of certain parts within your illusion. The purpose of the engine is such and such. It shall do certain work. As the work is accomplished there is friction here and there within the moving parts of the engine. Yet the engine accomplishes its task. The friction here and there may be attended to by one who is aware of it by the application of that which you call oil or perhaps the repositioning of a certain part. The friction is not of a major concern, yet is there. Just so is the effect of which was spoken. The dizzying effect is there, is within the engine of the entity's being, and may be attended to, not because it is of great concern and shall cause harm to the entity. It may be attended to by the avoidance of circular motion or by the ability to withstand the discomfort.

May we attempt further response?

Carla: Then, you're basically saying that people get older, their parts wear out and that's the way it goes. Is that what you're basically saying?

I am Latwii. Ah, my sister. We believe you are more succinct than we. Yes, indeed. As one grows older within your illusion you will find the furnace which fires the physical vehicle develops certain, shall we say, idiosyncrasies.

May we attempt further response or another query?

Carla: No, thank you. Of course, I've got Don on the brain but I don't know what to ask. If you would like to comment, you're welcome. Such questions as how can we help, how can he help himself, do people really get better on that medication, am I worrying too much, and other questions like that. You can pick any of those. What is the nature of depression? What causes one person to be hurt terribly by exactly the same circumstances that two other people go through bitching and moaning the whole time but retaining sanity?

I am Latwii, and believe we have queries enough to attempt a choice of one. We shall then choose the latter, which seems to have the greater degree of interest. The depression which is experienced by the one known as Don has the purpose, as all catalyst does, of allowing balance to be achieved. One may look at that called depression and see that the potential for its opposite is being created. For one to be in despair, to be pressed down by the weight of one's own fears, is an action which has as its balance the transformation of the fear and the self so that there shall be a rising up in joy and faith. The greater the pressing down, the greater the potential for the rising up.

This is a great transformative experience for any to attempt. Yet remember, my sister and my friends, that within your illusion truth is still the truth. The one Creator exists within each moment and being in full at all times. And this entity which now moves through the moment of the illusion of depression shall present to itself the opportunity to move into a moment in which it is fully realized that the one Creator has always been present, is present now, and shall always be present, and the rising up in joyful thanksgiving for this knowing is that which awaits the one which has pressed itself down with its own fears that it is alone and is not enough to meet the occasion which it feels must be met.

May we attempt further response, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we are grateful to have been asked to join your group this evening. We hope that we

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have not been overly wordy and have not confused those present overly much. A little confusion, perhaps, is helpful in the seeking, yet we do not mean to be too helpful.

We look forward to each gathering of this group, for we are greatly honored to be invited to each gathering. We remind you that we shall join you in your meditations at your request. We shall leave this group, or so it shall seem, but in truth are always one with you. We are of Latwii, and we leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
June 3, 1984

(C channeling)

I am Laitos, and greet you, my friends, in the love and light of the one infinite Creator. It is indeed a privilege to be again with you. We have received a request for our conditioning and would at this time pass among you and be with each who requests. I am Laitos.

(Pause)

I am Laitos, and am once again with this instrument. We would at this time speak but briefly to you to remind you that this is indeed an illusion and that you now exist and you many times forget this and allow yourselves to feel stress pressures that need not necessarily be there. My friends, take your time. Allow yourself those few, quiet, precious moments. We will be with you at any time. You need but request ours or any of our brothers' and sisters' presence. I am Laitos.

(Carla channeling)

I am Laitos. We have not spoken through this instrument for a considerable amount of your time. We are attempting to gear to this instrument's requirements. We greet you in the love and in the light of the one infinite Creator and we are exceedingly happy to greet each of you and to be using this instrument, which is a rare pleasure for us since we normally listen to the confused perplexities of this instrument rather than speaking through the instrument using its unperplexed vocabulary.

We would speak to you this evening upon the subject of love. This is an old favorite, and we enjoy coming back to it again and again. In this particular application, my friends, we want you to consider love as work and work as movement and movement as initiation and initiation as transformation. It is quite common for those who are seeking upon the spiritual path to feel that they are going through transformations of one kind or another. Quite often these so-called transformations are surface ripples upon a very shallow pond, and the seeker, rather than being transformed, is entertaining himself, playing a sort of game which passes the time without motion being accomplished. This often can only be seen by the seeker in retrospect and sometimes cannot be seen at all.

Conversely, it is true that sometimes the deepest transformations are not immediately recognizable. However, the motion of a true transformation has certain characteristics. Among these characteristics are direction and speed, in other words, my friends, the components of motion. It is not well to judge yourself or another spiritually, but when you wish to understand as well as you can the nature of what some call initiation, and what we would prefer to call transformation, you may first look for the indications of movement. Do you see direction? Do

you see a rate of speed in which motion in that direction is being accomplished? These practical considerations may well inform you as to whether your own transformation or another's about whom you are curious is apparent or real.

We encourage this rather practical consideration because it is well that all transformation be, shall we say, down to earth, with roots as well as wings. Otherwise, the transformation, as we have mentioned, is only apparent, only a ripple upon the face of the personality, and will not bring either the burial or the resurrection for which one hopes in any transformational experience.

Perhaps the greatest question is why should there be initiatory periods or experiences in one's incarnational measure of space/time? Is there not a steady state of progress, the process by which one learns the laws of love? This is often seen as the case, however, it is not. There are levels or portions of experience, kinds of understanding or knowledge of love which, once having been learned, open a plateau and mesa experience, and for some of your space/time there will seem to be a steady stream of learning, assimilating and manifesting that which you have learned.

However, the seeker who is hungry—and, my friends, all seekers if they are alive are hungry and thirsty for the truth—reach the end of that particular mesa or plane or level or portion of love. It is not a question of going onward. It is a question, rather, of breaking through into another portion, another understanding of knowledge, of love. It is [a] question of ever so subtly changing the illusion itself. The illusion in which you live is semi-permeable. In initiation you bring forth that which is new from that great well of wisdom which is within you, and as a beginner, young and green and inexperienced, you start to explore the territory that you have with so much difficulty spread out for yourself. Your geography is not simply onward or further than you have been before; your geography is that of a different plane of experience.

If you could learn a new language it would help you to understand the nature of initiation, because even if you go through transformation in one place, the next time you say "cloud," you will perceive cloud differently, as though you said cloud in a foreign tongue and perceived it as that culture perceives cloud, and not as you have in the past perceived.

Each portion of the laws of love has its own needs, its own difficulties and its own offerings to add to a bounty of experience which is in the end one. And it is infinitely more possible to choose initiation while incarnate as you are at this time in third time, in third density, than at any later, or as you would say, higher density, due to the fact that the illusion, as our brothers and sisters of Laitos have said, is so very excellently devised to be difficult to penetrate. You must in some way pierce the veil that separates you from your birthright as you move into initiation.

This would seem to suggest that you should hurry right out and get an initiation right away. But, my friends, you have planned this important an experience before this incarnation. If you are working on what this instrument would call indigo ray you have already reached the point where you are capable consciously of choosing your incarnational experience in a large sense, not, of course, in a day-to-day sense. Your initiation will visit you; you do not call it. You prepare by using the experience that you have in order to find the one transformation that all transformations are about. That, my friends, is the original Thought. That, my friends, is love.

If you are seeking in this moment to find love, you are ready for your initiation, whatever it may be. We cannot tell you and would not if we could. If you are not seeking love in this moment, you will not proceed with your initiation. We may comfort you with the knowledge that your initiation will break through and will appear when you are ready. We may assure each that that extremely difficult but rewarding state is available to each in this group, and, indeed, each in this group has at one time or another been offered and to one extent or another accepted the responsibility of transformation.

Your experience of time as a river is greatly muted by the illusion. Time is set up within your illusion as discrete moments; certain numbers of these moments are also discrete and form a kind of clock within which time/space is linked to your daily existence. The more that you are in touch with love, the more closely that you are able to tune to the moments of true time, and thereby move into time/space to do that work which, done while incarnate, will be the richest and the most rewarding.

We are aware that there have been many questions about initiation, mostly from this instrument. We

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surprised this instrument by speaking through it when it thought it was very perplexed. We assure this instrument that it is, indeed, very perplexed, however, it is a good channel and we thank this instrument. We encourage each of you to move ever closer to the tuning of love, the reaching, the finding, and the sharing of the one original Thought with yourself and with each other. To love one another is to be the Creator. On the other hand, my friends, you are stuck with the job anyway.

We again express our delight in speaking to you, and would at this time transfer the contact to the entity known as Jim. We transfer in love and in light. I am Latwii.

(Jim channeling)

I am Laitos. The one known as Carla was, indeed, somewhat perplexed at our speaking through it. We thank that entity for its graciousness in transmitting our thoughts to this group.

Carla: What was your name again?

We are those, as you know, of Laitos, and greet this group once again in love and light. It is our privilege to assume a service which we are seldom able to assume for this group. This evening it is appropriate that we do so, and that is that we attempt to answer those queries which may be upon the minds of those present. May we then begin with the first query?

Questioner: Yes, I have a question. It refers—something you said a moment ago prompted me to think of this. I read a long time ago or heard somewhere that any work done on this side of the veil, of physical existence, as versus work done on the other side, that anything done on this side is basically multiplied in its effect on our spiritual self simply because we have such adversity in the physical to overcome in order to accomplish anything. Could you comment on that?

I am Laitos, and would be happy to attempt this query. It is true, my brother, that each of you within your illusion labors under quite, as you would say, adverse conditions, for each of you is the Creator, yet that truth can only be felt to most of your peoples through faith, for that great veil of which you speak does indeed exist. That veil shields your knowing of your true identity from your conscious mind with great efficiency so that you are as the one who plays the game of cards. You do not know the rules, yet you hold the hand and on the other side of that veil could see clearly each card, each rule, each play, and would do what was most loving with each action and thought. Yet, in your present position, you struggle through a darkness of forgetting, searching for the card and perplexed at the game and learning the rules, shall we say, by trial and by error.

Yet, we say there are no errors, for each experience is a grand effort of the Creator to know Itself, and as you move through your illusion little by little the light of truth which you see illuminates more and more of your path. The great obstacles which stand before you due to your own ignorance of your identity allow you to achieve a spiritual strength which would not be possible should there be no veil and should you know that you are the Creator and should you know that without doubt.

May we answer you further, my brother?

Questioner: No, that's fine. Thank you.

We thank you, my brother, for allowing us this humble service. Is there another query?

Questioner: I have a question that's similar to his, that's related to his, and that is, are you saying that it's not a matter of learning to love so much as getting back in touch with love, that we already basically know it but that the veil hides us from our knowledge? Is that essentially what you're saying?

I am Laitos. That is correct, my sister. There are many ways in which this simple truth might be stated, and you have chosen two which are most clear.

May we attempt further response?

Questioner: Thank you very much, that's sufficient.

I am Laitos, and we thank you, my sister. May we attempt another query?

Carla: Are you sure you're Laitos?

I am Laitos, and am reasonably sure that we have used the same vibration for some period of time and timelessness. We speak to this group this evening concerning the basic vibration of love, for this particular group is vibrating in that mode, shall we say, with a great and deep frequency.

May we attempt another query?

Carla: No, I'm just getting the vibration of Latwii. Perhaps both of you are here.

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I am Laitos, and we would affirm that those of Latwii have joined this group and have assisted us in conditioning this instrument, for Latwii is the usual contact for this instrument and is therefore most familiar with the requirements for blending vibrations, and it has been quite some time, as you call it, since we have used this instrument.

May we attempt another query?

Questioner: Yes, Laitos. I just received conditioning which is very similar to the conditioning I receive from Latwii, and wonder if that was Latwii or if that was you, and if so … well, I'll let you answer.

I am Laitos, and would suggest that the conditioning which you have just received was a gift from those of Latwii, for you as others within this group are quite well tuned to that particular vibration and are comforted by it.

May we attempt another query, my brother?

Questioner: I have another question. Several of us in this group have a good friend named Don and he appears to be very confused in his thinking, and we are having a great struggle supporting him to grow in a good way, and I was wondering if you had any comments or statements to make about our dilemma to help us?

I am Laitos, and would make a simple analogy concerning this entity's current condition. If you will look at any entity which is being born into the world from your own human species to those of your animal, as you call it, kingdom, the young of each species is a most pitiful and bedraggled creature as it enters your illusion, quite helpless, and in need of great succor and support from its parents, shall we say, and in need of nurturing from its environment. Yet, as it gains its strength, it becomes able to move with its own power, to walk on strengthening legs and limbs, and to find its own food. Yet, did not this entity at one time exist within another illusion, in a form quite whole and mature, and did it not then choose to wrap itself in what one might call the cocoon of the womb that it might be born into another illusion in order that it might continue its great evolutionary journey of unity with the one Creator?

So does the one known as Don now seek to break from its cocoon of confusion as that which is old begins to fall away. Yet, still being aware of the old portion of the self as a portion of the self, it is difficult for the new entity being born to let go of that which is no longer needed. Yet, as that process occurs in what you call time, the new is born within the confusion of the old and the love of those which surround is that which nurtures it, even though it may not understand the form of that love, and may not know that it hungers for the food which is placed before it.

May we attempt further response, my sister?

Questioner: I think that is very sufficient, and thank you very much. It really clears up a lot of questions.

We are most pleased to be of some small service. May we attempt another query?

Carla: If two people are going through initiation at the same time and they are in the same family, are those two initiations …

(Side one of tape ends.)

(Jim channeling)

I am Laitos, and am with this instrument once again. The condition of which you speak, my sister, is a condition which does, indeed, reflect a unity which is always present, yet is present to a much finer and fuller degree in the current situation. The process of initiation is one which is periodically made available to the conscious self by the preincarnative programming, shall we say, and the incarnative placement through time and space by the unconscious entity or mind, and it is this placement of opportunity which has now occurred within the entity known as Don and within your own being.

These initiations, as they have been called, have been placed simultaneously in order that there might be a greater opportunity for each to aid the other since each is, indeed, a great unified portion of the other in ways which are most difficult for us to enunciate using your words.

May we answer you further, my sister?

Carla: No, thank you.

I am Laitos, and we thank you, my sister. May we attempt another query?

S: Yes, Laitos. I think I'd like to jump on this conditioning bandwagon this evening. Were you attempting to get ahold of me? I felt my heart jump up to ninety miles a minute and I thought, "Well, who the heck is that?" And of course after you came,

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I thought, "Well that's probably what it was," but would you confirm that for me?

I am Laitos, and would be happy to confirm that we have indeed attempted to blend our vibrations with yours, but found that there was some reservation upon your part concerning the speaking of our words, and therefore we retired to another instrument.

May we answer you further, my sister?

S: No, thank you. I'll keep a closer eye out for you. It's just been so long since you were with me, I didn't recognize you.

I am Laitos, and am most pleased to once again be able to speak to this group and to blend our vibrations with each present, and we hope that our great desire to share the concept of love and our perception of it might be a mark which is noted as ours and our service to you.

May we attempt another query?

(Pause)

I am Laitos. Those of Latwii and those of our group wish to express great appreciation to each for inviting our presence this evening. We are honored to share our humble service with you as each seeks the love and the light of the one Creator. We join you in the praise and in the thanksgiving which we find in each heart even through the difficulties which face many. Seek that love and light always, my friends, for it is the heart of your being and the heart of each moment through which you pass, and if you can but keep a glimmer within your consciousness, you will have a guidepost which shall not fail you, even though the world about you may seem to crumble into tears, into dust, and into confusion. All that shall pass away for it is but illusion, yet the love and light of the one Creator shall never leave you, for you are It.

We leave you in that love and light. Adonai my friends. Adonai vasu borragus. ♣

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The L/L Research Channeling Archives

Transcripts of the Meditation Sessions

Volume 7

June 17, 1984 to October 13, 1985

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1984

June 17, 1984 to December 30, 1984

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Sunday Meditation
June 17, 1984

(C channeling)

I am Hatonn, and I am now with this instrument. We greet you, my friends, in the love and the light of the one Creator. It is indeed a privilege to speak to you tonight and welcome a new friend to this circle. It is always a privilege to blend our humble words to be spoken to one who seeks. On your journey you will not be alone. Always you will find that as you travel that you will contact kindred spirits. They may not come from where you expect them. If you follow a certain path prescribed by one of your religions, those who may share the journey may not necessarily come to you from those who follow your specific faith To know those with whom you may share, one must open himself, offer meditation of love, for as a small light in a darkened room, you will find that others were drawn as you may be drawn to another life. I am Hatonn.

At this time, if we may, we would transfer this contact to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you once again, my friends, in the love and the light of our infinite Creator. We shall once again attempt to speak through the one known as S when we have used this instrument for awhile yet. We are giving this instrument word by word communication rather than using the concepts because at times this form of communication is helpful to the group, and this instrument is the only one at present which has experience at using this form of communication. It is somewhat difficult, and therefore there is the need to remain, shall we say, in practice, much as the baseball player must pick up his mitt from time to time or he begins catching too far off the palm and the ball begins to fall on the ground. So it is with word-to-word, or for that matter, concept communication. The catching must be renewed so that the practice will be fresh and the communication therefore clear.

We take you as in a story to a castle. You look at the ruins of a castle. It is gray. No smoke rises now from the once bright turrets. No rushes now adorn great halls. Battle has passed by; centuries have passed also. There is no life within the castle any longer, no nobility, no slave, no joy and sorrow. And yet the life that was is read by one who studies the ruins, by one who sees laid out upon the plain the stone delineation of each wall, the stark skeleton of the battlements, the suggestion of the once great flying buttresses and castellated points of defense, the now heaped moat, dry and full of earth.

Many wonder why there are those who are drawn to ruins, and, yet, my friends, you will be drawn magnetically to your life when once you have lived it. You shall not see each stone of your own castle, each battle, each year, each joy, each sorrow. What

you shall see is what you have built. You shall see the floor plan, as it were, of a life that has been lived, that has been created by you within your incarnational experience. You are at this time a'building, You may find yourself tearing out walls, adding sections, adjusting, reshaping, accepting. Above all, we hope that you find yourself loving, for that is what makes your floor plan, your life, that which you may gaze upon in retrospect without feeling that you have wasted the materials and the tools of your illusion.

Some build small lives and some great, just as some prefer the cabin and some the castle. Each fights his own battles, some are fiercely inward, some are quite visible to those about the entity. But the sum total is not supposed to be any shape, any size, any number of rooms, any degree of complexity. The supposition with which you came into this incarnation was simple. You supposed yourself to be a part of the one infinite Creator and as such you supposed yourself to be capable of coming into a new relationship towards yourself. That is, you supposed yourself to be capable of learning. Learning, my friends, begins with the supposition that there is a hope of knowledge. If one believes there is a certainty of knowledge, it may be said that one perhaps is too smug, for this is not an illusion of certainty. But those who hope and seek for knowledge are building well.

Each day there are times, whether those times be infinitesimally small—the ticking of a clock or the wail of a siren—or quite long—an evening period late at night when you may turn in true and pure seeking, regardless of how busy you may be because of those things which you must do to live within the illusion—to that which is sought. What do you seek? And how purely and carefully and lucidly do you pursue it?

We ask you these questions as we ask them of ourselves. We know that we seek service; you may not. We have an advantage; we are not of your density. You have the chance to choose service to others, not in the knowledge but in the hope that it is possible to serve others. You will spend the rest of your incarnation, if so you choose, attempting to untie the Gordian knot of service to others. It is very difficult; it may often seem impossible. It is the way you build your life.

Thus, you see, my friends, there is no time that you must consider lost, for in the beat of your heart, in the striking of the noon whistle, in any moment you may turn fully for that moment to affirm your seeking, and that moment will fill you for hours or for days. If you awaken in the reaches of the night and have no one with whom to speak and yet you seek, you are immediately not alone, for there are countless millions who seek. There is no second of time when one of those upon your sphere seeks alone. Always, as you seek you seek with a mighty company of those within your incarnational experience, those upon your sphere at this time and those in your so-called inner planes, angelic presences and teachers who rush to assist those who seek so that there is no solitude in the negative sense, but a solitary peace which comes from joining your own river to the sea of seeking consciousness, that which waves and waves upon itself, always in motion, never still, always seeking, but always full.

You see, my friends, you were born and you shall die and, therefore, it seems to you that you are much like a building, the castle of which we spoke, that your life has a framework and that you work upon it and look back upon it, and all this is so, and yet, at the same time you are one with that which was before time began. You have never left the great ocean of the one original Thought, the one great Logos, that which we call love.

At this time we would transfer to the instrument known as S. We have been conditioning the one known as R, and would spend some time as we transfer with each of those in the circle, if each desires. You have but to ask mentally and we shall be with you as always. We transfer now. I am Hatonn.

(S channeling)

I am Hatonn, and we greet you, dear friends, once again. We are most pleased to be with this instrument, for it has been some time since she has felt comfortable with our presence. She is most accepting of us this evening and we are grateful to her.

Dear friends, we hope that we are able in some small way to aid you as you travel what may often seem a long and difficult path. The path at times may seem nearly unpassable but we also realize that each is aware that at any moment one may diligently clear those obstacles which may be ahead of you at any particular moment, and often you find that the path

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is cleared with much less effort than perhaps you had anticipated. And often a boulder that may look very large and very heavy is not what it seems in that the boulder that may look very large and very heavy often is moved aside with a very light touch.

We wished only to exercise this instrument for a short time this evening. She is somewhat distracted by what she feels is an oncoming sneezing attack and is somewhat anxious that she does not disrupt us with this. We would therefore leave, and as we depart we thank each present for the gracious invitation and we also are aware of the unity which your group has shared with us, and we feel especially at one with you this evening. We leave you, dear friends, as always, in the love and in the light of the one infinite Creator. We are known to you as Hatonn. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are most honored to be asked to join your group once again in the attempt to answer those queries which you may have upon your minds. We would preface our service with the reminder that our words are but opinions. We suggest weighing them accordingly, reserving those which have meaning and discarding those which do not. May we then begin with the first query, my friends?

R: Yes, Latwii. First, I'd like to say just "Hello." It's been so long, I feel like a stranger with you. I have to thank you inadvertently for something that happened this week, reading the transcripts from a few Sunday meetings ago and it's had a very interesting effect on just things that have been happening for the last five days or so last week.

I really have a question, but, since, you know, since you were involved basically with what was going on, I wonder if there is any general comment or statement you could make to just confirm or deny the positive/negative/positive/negative/positive/negative problem that I guess not only I have but everyone in this room has from time to time?

I am Latwii, and am aware of your general concern, my brother. We are most honored to greet you once again and attempt some small service. We can affirm that each entity shall encounter those experiences which are most promising, shall we say, in the developing of those biases which each wishes to develop. The experiences will seem to be of a positive or negative nature according to the current attitude of the entity's mind or perceptions, for, indeed, and in truth, each experience is of no, shall we say, particular charge but is of a neutral nature containing the Creator in full. How the experience is perceived is a function of the mind and perception of the one who is within the experience.

One may take the most cruel and harsh experience and find within it the infinite love and light of the one Creator, for, indeed, it resides there as that love and light resides within all experience. We can suggest that the perception of an experience as being of a negative nature is not necessarily less efficient or does not demonstrate less understanding than does the perception of the experience as being positive, for it may be most helpful for an entity to experience what seems quite negative and to use that experience to carve out a great potential, shall we say, within the inner being so that experiences of a wider variety and range may be available then to that entity. This would then increase the eventual positive perceptive ability of that entity.

May we answer you further, my brother?

R: Briefly, Latwii. I wonder if you could comment on an observation that negative being more … I don't know what the … maybe easy or more glittery or something, but that we all have that capability of negative or positive or that energy. Is that perhaps why your initial response to catalyst sometimes, or maybe most times, will be negative, but then, if your second response is allowed to come through, it would be a very balanced level-headed positive type attitude so that you'd go for the quick one for the thrill, but the real basic truth, I guess, is that second response.

I don't know—these are weird questions I'm asking you. I understand and appreciate your putting up with it. Could that be true or false though, that first response/second response to catalyst being negative/positive?

I am Latwii, and feel some grasp of your query, my brother, and shall attempt a response. We may suggest that, indeed, the negative response may seem quite easy at first. By this, we mean it is easy to think of the self before thinking of another. It is easy to make the sharp response to an imagined insult. Yet, upon reflection one might make what is called the

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magical transformation of the moment and refrain from such sharp response and turn towards the serving of the other self by seeing that other self as the Creator and observing the situation that is shared as an opportunity to share the love of the Creator with the other self which seems a threat.

It is easy to begin the travel upon the negative path and to begin to serve the self, but that path is a most difficult path to continue to the point of harvest. Though it is more difficult to make the response and seek to serve the other self, that path, in truth, is the most easily traveled of the two paths, though its initiatory stages are most difficult.

Might we answer you further, my brother?

R: No, you've answered very clearly, as always. Thanks again, and thanks again for making me laugh this week, reading your words.

I am Latwii, and we thank you, my brother. We are most happy to hear that our words have also provided joy and happiness, for we are of that vibration, and feel great joy with each experience of the Creator, and seek to share that in some small way through our humble words.

May we attempt another query at this time?

Carla: Could I just run down what R said, because I was really interested in how you answered it. I just had a couple of thoughts and wanted to check them. First of all, you answered about the negative/positive by saying that a lot of times your first vision of another person is negative and then you see the other person as the Creator the second time around. When I analyze responses that I've made to people that are what I think are less than great, the person that I've found not recognizable as the Creator actually is myself. I have some lack of self-confidence, some dislike of myself, or some feelings that I'm not worthy or something screws my thinking up enough so that I perceive the other person as not the Creator, whereas, if I were being the way I often am, then I would just see the person as a nice person, and you'd have to work real hard to convince me otherwise, which I suppose can happen.

First of all, is that a distinction worth making, that a lot of times it begins within the self-confidence of the worthy/unworthy portion of the work that's being done spiritually by the person that's having these negative/positive experiences that causes them? It's the attitude of the self before it even gets out towards the other?

I am Latwii, and am aware of your query, my sister. We feel we might be of the most service by affirming that, indeed, the purpose of each experience is to find the Creator. The finding of the Creator may occur in various ways. The beginning for some people is to see that Creator and to find the Creator's love within another being. Yet each being and each experience that one encounters is a mirror. One will finally see the self within that mirror. If one has been able to see the Creator in that mirror, one may then see the Creator in the self. Others, on the other hand, may begin by finding the Creator within the self and then radiating that image onto the entities and experiences that it encounters. The finding of the Creator …

(Side one of tape ends.)

Carla: … Well, that's really neat. That means that they are just two different tools, but the same thing, and depending on your personality you can either start from yourself and work out or start with people and work in.

The other question that I had, sometimes I have heard my friends, well, this hasn't happened lately but I've heard it often enough, complain about the attention that they get from men, women friends complain about the attentions that they get from men, and I've often wondered why that is perceived as an insult when actually it's a normal *(inaudible)* response and that's why they're using the eye makeup and that's why they're brushing their hair and wearing pretty clothes. And I have this feeling that a lot of times probably guys feel guilty about the same thing, you know, "Gee, I shouldn't be thinking that girl's pretty and I'm in a married situation here," when actually its just a normal response, and if you just accept it, it would just fall into place as a part of love and not a part that has to be acted out, just a part that's understood. But it seems like it gets in people's way, and I wonder if that is a real sub-negative/positive class of its own, just sort of a blockage of recognition that those feelings aren't threats, you don't have to do anything about those feelings but accept them? Did I make that too complex?

I am Latwii, and feel that we may pluck from the words the gist of the query. We would suggest that when one is both punished and rewarded for the

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same action there may be the confusion in the participation in that action. That is so in many realms of your people's experience and is a portion of the confusion which each has the opportunity to wend its way through, for within such confusion one must exercise the inner strength and become strong. If there were no confusion there would then be less opportunity to gain that spiritual strength by which one may evolve in mind, body and spirit.

May we attempt further response, my sister?

Carla: I'll have to read that. I'm not sure what relationship that had to my query. Thank you so much, it's very good hearing you again. Bye.

I am Latwii, and we greet you also, my sister, in great joy and thank you for allowing us to attempt to serve in our small way. May we attempt another query at this time?

S: Yes, just briefly, Latwii. I was wondering if you could comment or give me some advice about fasting. What I mainly want to know is, do you know of any way, first of all, to make this less painful? I thought that any words you gave me I could think over in moments of stress to help get me through it, and also how to get the most out of the experience in a spiritual way?

I am Latwii, and am aware of your query, my sister. To take the last portion of your query first, we might suggest that the greatest harvest can be achieved by making the fast a symbol for some spiritual pursuit. By attempting the gross cleansing of the physical vehicle it is possible for the entity to also cleanse the mind and spirit portions of the complex by which it moves through evolution. If one then can set this purpose in symbolic form for the fast firmly within the mind, then the pains of the fast which accompany the practice may have a purpose which can be understood and used as a strength to propel the entity through the experience. When one undertakes such an experience it is well to use the same type of tuning that is used for these meditations in a periodic fashion in order to reinforce that purpose for which the fast has been undertaken.

May we answer you further, my sister?

S: No, as always, you've been perfect. Thank you.

I am Latwii, and we thank you, my sister. May we attempt another query at this time?

Carla: When one is speaking verbally to a person who for some reason has a diminished mental capacity, is one on any level able to leave a message of any kind, and if so, what's the best way to leave that message?

I am Latwii, and am aware of your query, my sister. Yes, it is quite possible to leave a message to one who is somewhat impaired in the understanding of verbal communication and this method is what we might call the intention. The desire within your being to communicate is that which shall be communicated upon a level which one might call the unconscious, yet it shall reach into those levels of the conscious mind, and take whatever form is understood by the entity with whom you wish to communicate.

Therefore, if you feel that words fail, do not give up the words, but place them upon the firm foundation of a strong and pure desire which you shall communicate by your very being, your presence, your feelings, the movement and motion of your hands and eyes and the love which flows from your heart.

May we answer you further, my sister?

Carla: Yes. When such a person is so devoted to a healthy person that that entity would be perfectly happy to live the entire life through the healthy person, this being part of his mental impairment, is love expressed to that entity by the healthy person on any level by the severe withdrawal from constant company with that person, the intention, of course, being to enable that person's own health to come back?

I am Latwii, and am aware of your query, my sister. Yes, this experience which you describe does contain love, but it is that love which has attempted a balance with wisdom, for to give purely in love might mean the martyring, shall we say, of the self. This would allow certain lessons to be learned and services to be offered yet would end the ability to do such at some point which might be called premature. To balance this great love with that known as wisdom would then offer another type of service and lesson, neither type being what we might call good or bad or better or worse, yet their natures differ. To seek to aid another in such a manner might result in, as you have described it, the regaining of the health of the other self and the continuing of the life pattern in a means which is more balanced, shall we say. To withdraw

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completely might also provide certain lessons and services again not of a good or bad, better or worse character, yet of a certain nature.

The path which one will follow and needs to follow according to its own choices for serving is a path which is found after great desire has been expended and prayer and contemplation and meditation. We affirm the great underlying nobility of the intention of the desire to serve. The manner of service is a person's choice.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. May we attempt another query at this time?

(Pause)

I am Latwii, and as it appears that we have exhausted the queries for this session we shall take our leave of this instrument and this group. As always, we leave each in the love and light of the one infinite Creator, and remind each that we are available for your meditations upon request, and would be most honored to blend our vibrations with yours at any time you should so request. Again we remind each that we are but humble messengers of the one Creator and our words are as the shifting sands, and support those who travel as we travel. We recommend once again to leave those words which do not travel as you wish and to take those on your journey which are fair companions. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Nona, and I come to you in the love and the light of the infinite Creator. We are so happy that we are able to speak through this instrument. It has been some time. Many times we have been called by this group and have not been able to use this instrument, for it did not have the proper tuning, it was not strong within, and we wished to speak only long enough to point that in the healing work the worry, the fretting, is not the praying. The worrying causes a weakening of the truth stirring within so that energies such as that of Nona devoted wholly to healing cannot possibly come through. Therefore, this instrument had then to release the worrying to some extent in order that healing might come through this instrument. This is true of all healing and all prayer to the extent that we are aware. We now respond [to] many weeks of requests for our hearings vibrations and know that we think in love and in light.

(Carla channels a healing vocal melody from Nona.)

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Sunday Meditation
June 24, 1984

(K channeling)

I am Hatonn. This instrument was exceedingly reluctant to begin this evening but we are glad she finally consented. We rejoiced while you were laughing. As we have said before, laughter is good medicine, and as we have indicated also in the past, the peoples of this planet are far too serious. You work at everything too hard instead of living and working freely in the creative mind and spirit of the universe. You will remember that the one you call Christ said, "My yoke is easy and my burden is light." He also said, "I came to give you abundant life, a joyful life." You could benefit, my friends, by being joyful, and we adjure you to think of yourself as walking in the light.

And you were just speaking of magic. And what is magic but the tuning in to the light, the beauty, and the caring of the universe. The universe is indeed rich to all those who trust in its beauty, and even its magic. As some of your seers have demonstrated, one can [lay up] in peace even under dire circumstances because one can tune in to the harmony and the balance and the peace of the universe just as one can tune in to the hate and all the other negative emotions. It is a matter, my friends, of choice, a matter, if you please, of willing, because the power of the universe does indeed work with you.

We wish to thank this instrument for permitting us to speak through her, and we leave you now and transfer to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you once again in the love and the light of the one infinite Creator. We have passed among each of the other instruments, and have found the request, "Not this time, not this time," and so we come to this instrument. We find this instrument much involved in the challenging of a new entity. Therefore, we are giving this instrument time to tune to us that we may speak of that power which is that in the universe which is always sought in one way or another by those who dwell upon your surface.

Some say they seek money, my friends, and some say they seek truth. Some seek position, and some seek justice, and some search rubble for history, but all are in search of that which is powerful, that which works within your minds, your bodies and your spirits to feed, to clothe, and to inspire. The value of seeing all kinds of power as roughly equal is that it enables [you] to choose more clearly and lucidly the kind of power you wish to pursue. Money is power, and you may pursue the making of it with great vigor. Those without money are certainly powerless in the most fundamental way. Position is power. There are things which position may gain one which

money cannot. And you will frequently find that those who have money may yet desire power, the power that they cannot have. The wisdom of knowing what has been is power, for that which has been and that which will be are linear. And except for flashes of lightning, shall we say, which herald the dawning of each new age, human behavior can be predicted and extrapolated and needs can be met humanely.

Truth is the ultimate power, and yet, my friends, it has the least effect upon your illusion. When you seek truth, you must face the fact that you are seeking something that is not eminently practical. We search this instrument's mind to discover the most appropriate analogy and we find that all other kinds of power are polyester but truth is cotton. It will not bend itself to you; it takes care, and it is costly. That which is truth lies beyond space and time. Therefore, that which you know shall always be less than that which there is to know. And yet, with the power of truth, with the mere seeking of this truth, you uncover for yourself a connection beyond space and beyond time with that which was before the world began its stately movement through space and time. In other words, my friends, you gain the advantage of the very wide viewpoint of infinity. Those who seek money, power, prestige or knowledge seek puny things which shall be killed off and which shall rot with the bodies which have sought them. And the world of your third density shall repeat, and repeat again, and repeat once again, the great cycles that teach.

And what do they teach, my friends? They teach finally, for those who pay close attention, that the truly powerful thought, knowledge, power and birthright is the one original Thought, which connects that which is incarnate with that which is infinite. Many and many are the lessons of love which involve the ultimately frustrating fact that all wisdom, money and power are equal to folly, foolishness and ignorance in the handling of a certain situation. To be wise and to be foolish are as one, for some situations are unacceptable and shall remain so, and it is against the hard wall of this fact of the illusion that you must press the mind and your spirit until ultimately all gives way to the understanding that in love, in the original Thought, all things are acceptable. All things have an acceptable time and an acceptable space, for all things that are endured are also outlasted; all teach love.

If you are not learning love against the wall of your illusion, seek within, for we say to you, my friends, that it is there and its power is great enough to remove [you] from your distress. That which you can do with money, with wisdom, or with power you shall do. Those who seek to serve others shall day by day use each tool to do so. But the race is not to the swift nor victory to the wise, for all things are equal: the lesson is love.

We ask you to move in meditation with us now as we ask you to do each day, and yet at this time we shall be with you. We ask that you move far, far away from the domicile, the birdsong, and the pleasant evening air into the deepest reaches of starlit space, until you are beyond the stars, and find yourself clad only in the thick darkness of that which is your mother and your father—the one original Creator, the one Creation, the beating heart of which you are a part. You are no longer isolated, but wrapped in soft darkness, and you feel the rhythm and the movement of timelessness.

Ah, my friends. To say we are one is to repeat ourselves. To spend some time each day within the vastness of infinity, within your own inner quiet, is most highly recommended for those who wish to pursue the least powerful and the most powerful of all powers, the truth. We remind you that that which we give you is our experience and our opinion. In your life and your thoughts, use those things which we have said which may inspire, but quickly discard those things which do not seem proper, for we would not be a stumbling block to you but only an aid as we gain in service by being able to serve you. We thank you for the opportunity to polarize in service to others. It is our great delight. We thank each who did not wish to be instruments and acknowledge the great service each provides. And we thank each who call to those of Hatonn, for it is a great pleasure to share our thoughts with you. We shall be with you if you request our presence mentally. And now, my friends, we must leave this instrument to her challenging. We leave you in the love and the light of the infinite Creator. We are those of Hatonn. Adonai, my friends. Adonai vasu.

(Carla channeling)

I am Yadda. I am requested by this instrument to greet you in the name of love and light of Creator.

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We do. We have had some time here challenging. This instrument challenging us in the name of Christ. We say, "Challenge us any way you like. All Creator. How about Buddha?" She say, "No. Christ." We say, "Okay." We greet you [in] love and light of Creator. We Yadda. We come because call. Not usually speak to groups of this kind. Very honored to be called, and only called because request of "Who are you?" That is question: "Who are you?" We say to you, you are not anything like you think you are. You are not what you do. You are not nine o'clock, ten o'clock, eleven o'clock, twelve o'clock. You must remove from yourself ideas this kind. Not help you. There is intense seeking in this group to know who you are. Remove from yourself all your clothing, your name, your nationality, your society, your neighborhood, your wife, your kiddies and your golf cart—all gone. Now who are you? We are not taking away from you, we wait for you to add to yourself the Creator.

You have heard of the masters. Do you think people become masters because they do not know who they are? Do you think you can take course to find out who you are or any kind of teaching? Not so. Not so, my children. Move along to a clearer perception of who you are. This is fundamental question which you must answer in order to do work. If you have machinery, you got to plug it in; you got to know amperage and voltage; you got to have right plug—male/female. You got gasoline engine, you got to know it's gasoline; you got kerosene, you got to know the fuel.

Now, you are a spiritual engine. You were made to do work. What is your fuel? Who are you? We thank you for calling us, and we thank this instrument, and thank the instrument also for the challenging, although we find the insistence upon Christ somewhat naive. We also feel it to be essential, and recommend the practice in some form that is workable to each who does work in channeling. Never receive without the tuning and the challenging. Otherwise you get pretty strange programs. No need to confuse you. I am Yadda. We suggest to this instrument that it do research. There has been this contact before. Not to this group. We leave you in the love and in the light of the One that Is. Adonai. Adonai.

(Jim channeling)

I am Latwii, and greet you, my friends, in love and light. We also are most appreciative of being asked to join your group this evening. As usual, we come in great joy and anticipation at being able to blend our vibrations with yours and attempt answers to your queries. Without further delay then, may we ask for the first query?

C: Latwii. In the last few weeks I'm getting a very depressing type of feeling in the house we now dwell in. Would you comment on whether or not anything—what's going on?

I am Latwii, and am aware of your query, my brother. We scan your recent memory and find that there is the parting of the dwelling and your own selves which produces a type of pain that might be described, as one of your poets has done, as a sweet type of sorrow, for that dwelling in which you have spent a great portion of your being and time is an entity as are you, and there has been much experience shared which shall not again be shared.

May we answer you further my brother?

C: This feeling's anything but sweet.

I am Latwii, and can only make the additional comment in response to your comment that there are other energies of a parting nature apparent and seeking expression.

May we answer you further, my brother?

C: Maybe later.

I am Latwii. We thank you for your patience and great desire. Is there another query?

K: Yes, Latwii. I am, I think, on a mailing list that is referred to as networking. I first read about that concept in Marilyn Ferguson's book, *The Aquarian Conspiracy*, and then I heard it in Chicago a year ago this past April when I was at a seminar. Would you comment on the concept of networking?

I am Latwii, and cannot refuse the pun that that would be the query of the fisherman, but shall, in a more serious vein, attempt response by suggesting that as those entities such as yourselves, which populate your country and your planet, begin to seek the light and love of the one Creator, and begin to radiate that light and love, there then is formed a great series of centers or sources of light. As these continue to seek in service to others, bonds or lines

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of communication are established, often by the exchange of letters, lectures, books, and in-person contact. As the energies are exchanged from center to center, there is then formed the network formed by light, and the desire to share that light with others.

May we answer you further, my sister?

K: Okay, then, is this light or band of light that we're talking about, is it all over the planet or is it just localized in this country?

I am Latwii, and am aware of your query, my sister. We joyfully …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. You may see each entity, to use an analogy, as a light bulb. Some have not been connected to their energy source in a conscious fashion and some have. The conscious connecting is analogous to screwing in the light bulb so that contact is made and this contact is being made throughout each country, as you call it, of your planet.

May we answer further, my sister?

K: So, then, this is really a raising of consciousness, or these entities are becoming more aware of their mission or more aware of who they are. Is that what we're talking about?

I am Latwii, and am aware of your query, my sister. These are indeed ways or means of describing the process which is occurring and has been occurring upon your planet for a great measure of time, for as each planetary sphere is inhabited with those of the third density form, there is the progress along the evolutionary path at each moment, but there are some points along that path which are of primary interest. These points are then able, because of their potential, to provide a greater radiance to the seeker which has passed the point. One of those points is that of seeking in a conscious fashion the answers to the great questions of your illusion, those questions, "Who am I?" "What is this life that I live?" "Where do I go from here?" and so forth. As the seeking becomes a conscious process, then the bulb is securely connected to its source and begins a radiance which was not previously possible.

May we answer you further, my sister?

K: Yes. Just pursuing the same line of questioning. It seems to me that psychology has tuned in, or at least some psychologists have tuned in to, I guess I could say, a mysticism. And psychology itself seems to me, has made fairly rapid strides or improvement in the last, oh, shall I say, five to ten years. Would you comment on that? Or at least it certainly seems to be—a lot of it seems to be different than what it was when I studied.

I am Latwii, and am aware of your query, my sister. It is correct that the field which you describe as psychology, as well as many other fields, has made great strides within the recent of your time called past. Many upon your planet in each walk of life, as it is called, has done a similar thing, that is to take what has been known in the field of study in which the entity finds itself and add the great desire to know the truth. Then that information which has gone before may either be seen in a new light or may be altered so that it provides a clearer picture, though still perhaps quite distorted, of the entity and its nature, the universe in which it finds itself, and the means by which the entity may move through that universe in an evolutionary manner.

May we answer you further, my sister?

K: No, Latwii. It's all very exciting. Thank you very much.

I am Latwii, and we thank you, my sister. Is there another query at this time?

S: Yes, Latwii. Could you comment on the advisability of channeling what would seem to be local entities or spiritual guides of some sort, whether it be working with the tarot or in working with the Oriental couple that apparently worked with me and R, providing that one's intentions are to seek knowledge and truth and that one is especially careful of tuning?

I am Latwii, and, my sister, we believe that you have answered your own query, for if, indeed, one is desirous in the utmost sense of seeking and serving the one infinite Creator, and wishes to more specifically to seek and to serve in the means of the channeling experience, then it is of little concern whether the entities that are channeled are of distant galaxies or your own neighborhood, shall we say. The primary point of concern is, as you have noted, the tuning of your own reception through your desire, and the refined tuning of whatever means you

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utilize so that the entities which are then able to channel through you are of the greatest positive polarity possible.

May we answer you further, my sister?

S: No, I just wanted confirmation. Thank you.

I am Latwii, and we thank you, as always. May we answer another query at this time?

Carla: Yeah. I'd sort of like to follow up on C's second answer. Because he kind of suggested that when there have been positive and negative energies put into a house or experienced within the house during the stay there, when you leave, the positive and negative energies are both there. I was wondering if it would be a responsible act on C and D's part to cleanse the house of the negative portion of the energies as they leave, and maybe to dedicate the new house for positive energies as well?

I am Latwii and am aware of your query, my sister. We may suggest looking upon the dwelling place which you call a house the same as one would look upon an entity, a companion, a friend, a loved one, with which one has spent a great deal of time, and with whom one has shared a great many experiences. What would one do if one should part with such an entity? This is the query which we believe the answer must come from those who part. And we provide this query and this perspective in order that that those who leave any entity might express whatever feelings of gratitude and honor, thanksgiving and respect, are truly felt.

May we attempt further response, my sister?

Carla: Yes. Because what C said was, the way he felt in the house was anything but grateful, sweet or any positive word, that he had felt negativity in the house, the energy seemed to be negative in the house. And so what I was wondering was, is this little entity called the house kind of schizoid or is it just a perception or is there another force besides the house itself that is entering into it …

(Sound of cat meowing)

Carla: … not A.

I am Latwii, and are very grateful that we are more easily found than the one known as A.

(Laughter)

Yet the call goes out as well for us, and we hear your call. We would respond to the query which you have asked with great sincerity by suggesting that there are those portions to this query which we have alluded to and may only allude to. We feel that additional comments have been offered in the light of the viewing the house as an entity which indeed it is. There have been experiences within this dwelling which have shaped those who have had the experience and the dwelling which has housed the experience. As the parting of these entities occurs, there is the drawing out of those experiences which have been left, shall we say, undone. We do not mean to make a large point of this particular issue, for there are indeed other factors to consider, but wish to state that it is a natural progress or process of relationship for the unfinished work to be drawn, shall we say, to the surface when the parting is nigh.

This is not always the case, but for those who have developed certain sensitivities there will be noted the experiences which are somewhat unusual in the normal frame of reference. In this particular case, there is the opportunity to resolve certain difficulties which have been experienced, though the opportunity presently seems to be of a negative nature, the digging below the appearance or surface shall uncover the potential for great positivity.

May we respond further, my sister?

Carla: That was really clear. I thank you for that. I would like to ask a couple of other questions, and I hope they're not too frivolous but I've always been curious. Are all houses and cars and things like that that are made by men alive in their own way? I have always felt that they were, and as a matter of fact have gone through life naming and talking to them. But that's just been my own way. Are they?

I am Latwii, and am aware of your query, my sister. As a beginning to this query we may suggest that, indeed, each portion of the one Creation is quite alive and intelligent, for the one Creator is all that there is. With this easily understood, then we may move to the portion of your query which we feel that you deal with here, and that is the individualizing process which occurs most notably within your third density illusion. This process begins as soon as there is a created portion of the universe. Therefore, rocks, dirt, trees, flowers, plants and, indeed, places may become what you call enspirited or invested with an identity as they are able to give and receive that which you call love. This love we would describe as the sharing of experience in an open and

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harmonious manner. Therefore, any place or thing or even idea may be so enspirited so that it exists as an entity and assumes an identity and continues on the evolutionary path as an individualized portion of the one Creator.

May we answer you further, my sister?

Carla: So what you're saying is that cars and houses aren't necessarily alive, it's just that if they've been invested then they have become entities, and a car or some other piece of machinery—a typewriter which is often talked to—could actually be something that has aliveness to it and can respond. Is that what you're saying?

I am Latwii, and am aware of your query, my sister. We feel that you have a great portion of the gist of our response. We may add that some of these entities which you have named will have what we have loosely termed an identity only for the, shall we say, length of their incarnative type existence. Here we find words are most difficult to use in the description of this process, but we wish to present the concept that, indeed, an entity such as one of your automobiles may exist as an entity for the length of its use as an automobile, and will perhaps, shall we say, dissolve its identity when no longer of an integrated nature, and shall find a new identity in another form.

May we answer you further, my sister?

Carla: Yeah. I've just always wanted to know this. Do houses appreciate being cleaned?

I am Latwii, and can answer in the emphatic affirmative, for, indeed, how does one feel when one is bathed and refreshed after a hard day's work?

May we answer further, my sister?

Carla: Yeah, I have another question, but that closes out that one. I got a tape from a friend who owns some very expensive taping equipment. He bought the taping equipment because he's a hi-fi nut, and he bought an expensive microphone to plug into this expensive equipment so he could tape letters to me some time ago. It seems I have blown not just one but two of his machines, or at least they won't work when I send my tapes and he tries to play my tapes. One of them won't work at all any more, and has to be sent back to the factory. The other one will work as long as my tapes aren't playing through. But if one of my letters which are on tape is inserted into the machine, it will not run. What's going on?

I am Latwii, and am aware of your query, my sister, and feel that you are aware also of the answer to your query, for your effect upon those mechanical devices that are of a electromagnetic nature is well known.

Carla: But Latwii, long distance? He's in Michigan. I don't understand.

I am Latwii, and am aware of your query, my sister. He is, indeed, some distance from you but your tape itself is with his machine and carries the charge in the form which you have given it, and therefore the effect upon his machinery is quite the same as your effect upon your own.

May we answer you further, my sister?

Carla: Is there any way to stop this effect from occurring? I mean while using the machinery?

I am Latwii, and am aware of your query, my sister. We know of no particular means which might provide relief from this bothersome situation other than attempting to send the messages in another form.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

K: Yeah, there sure is. I don't want to wear you out but I'm really quite confused. I've read Seth from A to Z, and Seth says that we make our own environment, whatever my environment, I have made it myself. And that like attracts like. Like attracts like. So, I take this seriously, and my husband and I don't agree on very many things. And when I am having discord with my husband, I don't blame him any more. I say, well, I've got myself in this jam so I can't blame anybody else. I really have decided that whatever environment I'm in I've made it for myself, and I'm the one to learn from it.

Now, from what—I guess I haven't understood this quite because it sounds contradictory to me about the house affecting me, it seems, anyway. I accept the fact that I'm responsible for whatever environment I'm in. If it's misery, I put myself in misery to learn from it. Now, am I the one who's confused? Oh, yes, and by the way, Seth also says that even a nail in the house has some kind

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consciousness. I remember the first time I read that I about flipped. But I certainly think my car has some kind of consciousness, and I tell it all the time, you know, how grateful I am that it serves me so well. But let's get back to this environment. Do I create my own environment?

I am Latwii, and am aware of your query, my sister. The one Creator is all that there is. Therefore, each portion creates itself and its environment in cooperation with each other portion. You are a portion and are the one Creator who creates in cooperation with all other portions all that is created.

May we answer you further, my sister?

K: Yes, I understand that, I think.

Carla: I think she meant, if a house is an entity, is she not creating it? Is that right?

K: I guess I've read too many different things. So I guess maybe I've got to live with this a little while and think about it. But I am what I think I am. If I think I'm evil, I'm evil, if I think I'm good, I think—you know, I am what I think. I really can't be anything else, I believe. I think that's what I'm trying to say. If I think I'm in an evil environment, then I'm in an evil environment. Or if I think I'm living in a beautiful environment, then I'm in a beautiful environment. That's what I'm trying to say, I think. Could you comment on that?

I am Latwii, and am aware of your query, my sister. You are not only what you think you are, you are all things. There are no boundaries other than the ones that you choose for the purposes of learning and serving in specific ways.

May we answer you further, my sister?

K: No, I believe I'm going to accept that. Thank you.

I am Latwii, and we thank you. Is there another query at this time?

C: What I have in mind, I'd like to bounce a name off of you, and if you could, could you tell me if it's just a meaningless, made-up word or whether this is some type of entity and if so, what kind? It is called "Cre[t]e" *(The consonant is unclear)*.

I am Latwii, and although we have examined this sound vibration for pertinence in your particular incarnative existence, we can find no collection of meaning which can be transmitted, and are not aware of such.

May we attempt further response, my brother?

C: No, thank you.

I am Latwii, and thank you. Is there another query at this time?

(Pause)

I am Latwii, and would now once again wish to express great appreciation for being able to join with this group this evening. We of Latwii are of a nature which experiences great joy at being asked to speak those concepts which have some aid in another's evolutionary progress. We have, through our humble experience, traveled a significant portion of that path which we share with you. On this journey we have found many things to be of aid in the traveling, but none aids as does the sharing of the love and the light of the one Creator with another seeker. We could tell you of great adventures, astounding experiences, and the most incredible of sights, but we could not compare any of these experiences with the joy and meaning that we find as we attempt to share our humble understanding with this group and those of like minds. We cannot thank you enough, my friends, yet thank you always we will, for we travel with you on this great journey, the journey of the One to the One. On that journey, for the moment, we leave you in the love and the light of the one infinite Creator. We are those of Latwii. Adonai vasu borragus. ♣

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Sunday Meditation
July 1, 1984

(Jim channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. We are privileged to be asked to join your group this evening. Though your group is small, we observe a great desire to know more of that which you call the truth. My friends, we share that desire with you, and cannot claim to know all that there is to know of the truth, but our experience has been such that we have gained some knowledge of this truth. And what we have gained thus far indicates in every degree that the greater portion of truth is what you call love. The foundation of all knowing is that quality of being known to your peoples so imperfectly as love. This quality of being is hidden within each portion of your creation and within each entity in order that each might have the opportunity to find it, for it has been our experience that there is nothing but the love of the one Creator with which the Creator has made all that is made, and that each portion of the one Creation seeks at its heart to purely manifest the love of which it is made and by which power it moves and has its being.

Many do not know that they are love and that they seek love. This is to say, many do not know that they seek themselves. Yet at some point, my friends, this great yearning to know love and to seek the self becomes apparent to each person so that a person becomes a seeker, a conscious pilgrim upon the great path of evolution, as you might call it. And when the seeker who consciously seeks that called truth, and that we have described as love, continues for some of what you call time upon this path of seeking, there come the testing, the obstacles, and the seeming difficulties upon the journey.

It is at such times that the seeker is provided an opportunity to demonstrate the degree of its own understanding of love and to assess in some measure for itself the further studies, shall we say, that are necessary in order to continue to more and more purely manifest the love which is its source and destination. The difficulties appear to be of a threatening nature, just as your illusion appears to be many parts, each separate from the other. The illusion in these facets is necessary in order that each seeker be able to gain the spiritual strength from meeting the difficulty that would not be possible were the illusion clearly perceived as an illusion. It must seem very real—that difficulty and those tests—in order that the seeker will participate. For when it is clearly known and experienced by the seeker that all is love, then the testing is no longer necessary, and likewise the illusion is no longer necessary, for the lessons available in that illusion have been taken advantage of, have been learned, and then the seeker passes on to another class, we may say.

And what shall power the seeker through the testings and the difficulties when it seems that there is not love anywhere, not within the self, not with the other, not within the life experience, within any portion. The testings are of what you may call a gradual nature so that no seeker is given more than the seeker can bear, and as the experience is gained, there develops those qualities that we might call the faith and the will that serve to power the seeker when all seems lost and love seems no more.

The faith, my friends, is that which cannot be adequately defined, yet it is a kind of knowing, for the roots of the being of each entity are one root in truth and feed each entity as the entity travels the path of the seeker. This knowing takes the form of what we might call faith, the knowing that somehow, in some way and in some degree all is well and shall be well. This we may call the faith. And as the experience continues for each seeker, growing with the faith is another concept which we may call the power of the will. As the experience is gathered, then the will is given the opportunity to be strengthened in order that the journey might continue. The desire of the seeker is most important to guide the will as it is exercised; then the faith holds that seeker's focus firmly upon the path of love.

Therefore, my friends, as you journey upon your own individual path, know that you do not journey alone, though you are unique. There is a great company of seekers, both seen and unseen, who travel with you, so that your faith and your will are shared by many and each encourages each as you continue those experiences which so adeptly hide the love implicit in each, yet make it available to those whose desire is on nothing else.

My friends, these are humble words which we share with you, and words which may at a glance seem but common sense, and, indeed, we feel that is so. We feel that the most common of senses is that sense of being which seeks love, seeks to give and to receive that known as love. Therefore, we give this simple message as a reminder that your journeys and your experiences, though seemingly of a very complex nature, are at their heart quite, quite simple. You stand upon the foundation of love. You are that love. You seek that love. And all about you is some form of that love made manifest and hidden within that illusion in order that you might have the opportunity of finding it.

We thank you, my friends, for calling for our humble assistance, and we remind each that we are available in your meditations at your request, and would be most happy to join you should you so request. We leave you now in the love and in the light of our infinite Creator. I am Hatonn. Adonai, my friends.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of our infinite Creator. We are also very privileged to be able to join this group this evening. We see that our brothers and sisters of Hatonn have already put one of your group to sleep by their didactic method, and we hope that we are not fated to put the other members to sleep, and shall ask if there might be a query with which we might attempt a response, and hope that we might keep this one awake.

J: May I ask a question about my dogs, Latwii?

I am Latwii, and we would be happy to attempt a query, my friend.

J: I am having problems with my female wanting to breed. Can you tell me what is wrong?

I am Latwii, and am aware of your query, my friend. We hope that we can transmit some information which might be helpful through this instrument, though information of a specific nature of this type is somewhat difficult to transmit with the telepathic contact, for we utilize a portion of this instrument's knowledge and blend it with our own in order to transmit concepts with which [he] or any instrument might be familiar. There might be those concepts which we are unable to transmit, but we shall attempt to do at this time what we can.

The entity of which you speak, that entity being your dog as you call it, is an entity which has an identity which is quite unique, as you well know. It is often the case with such an entity that it will desire certain, shall we say, non-instinctual qualities or preparations before it will accomplish that which you call the mating process. This is not so with many of this creature's type, for they operate primarily from that level which you may call instinctual and do not have these requirements. But this particular entity has been endowed, or shall we say, inspirited by your loving kindness, and has picked up, shall we say, certain desires of its own in relation to the mating process. This entity requires a

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certain kind of sensitivity on the part of the male, as you call it, a sensitivity which is somewhat like that of its own, and is, as you might say, finicky, if we might use that term when it comes to the mate with which it is presented. We cannot give you direct information as to precisely what to do, but we might suggest providing another mate of a more sensitive nature for this entity to mate.

May we answer you further my brother?

J: Thank you. That was very interesting. I would like to ask you a question about my male dog. We've been having lots of trouble with ear infections and we just can't seem to cure it. Can you give me any information about that?

I am Latwii, and am aware of your query, my brother. Here we find that our ability to give information is even more reduced, but we shall make our meager attempt.

In most entities of your own kind, that being the human type of being, the disease serves as a reminder that certain lessons have not been well learned. However, there is less of this quality in those of what you might call the second-density plant and animal kingdom. However, this particular male entity is experiencing a difficulty in the otic portions or the ear as you call it, which are a result of the infestation of [an] even more minute form of animal of what you might call the microscopic nature. It is often the case that such creatures as this male dog entity will serve as a host for the microscopic creatures of second density which seek to perform their service in a manner which is somewhat irritating to the dog entity, and is somewhat difficult to eradicate, if we might use that pun. We feel that it might be helpful for this creature to be included in your meditative circle of healing energy, for we feel that it is responsive to such energies due also to the enspiriting of this entity with those vibrations of love. Other than these suggestions we are afraid that we are of little aid in this area.

May we attempt another response my brother?

J: Thank you. I would like to do automatic writing. Do you have any suggestions as to how I may go about this?

I am Latwii, and am aware of your query, my brother. This area of seeking is one which requires a great deal of the, shall we say, purity of seeking, and that which this group has come to call the tuning. The area of seeking information from levels of being which are not your ordinary conscious levels of experience is a type of seeking which can be most helpful to the sincere seeker. Yet to one whose desires are tainted with less than the highest desire to serve others, this type of experience can be difficult and, shall we say, misleading.

We suggest when the desire is for this type of experience that the one with such desire find some form of what we have described as tuning mechanism to begin the session. We suggest that any song, prayer, chant or visualization which has a personally inspiring connotation to the seeker be utilized in order to focus as finely as possible that desire to seek truth in order to be of service to others. Then, that some form of meditation be entered into in order to open the channels between the conscious and unconscious minds, that any impression which is felt be allowed to find expression. Then, with the, in this particular case, automatic writing, that all judgment be set aside for the moment, the moment during which this experience occurs. Do not analyze that which comes through these channels while it is attempting to come through. Allow it to flow freely, and when the experience is over, then utilize the powers of conscious analysis in order to discern as to the nature of that which was received.

Again, we shall summarize by suggesting the tuning is the most important ingredient in this type of seeking. To utilize it before it begins, and then as the contact is made, to make the challenge to whatever entity attempts to transmit information in order that you are assured that the most positive type of entity and information possible is, shall we say, on the line. And then to open the self completely to all impressions which are received, reserving analysis until the experience has ended.

May we answer you further, my brother?

J: Thank you. I'd like to ask you about my fifteen-year-old son. We're having a lot of problems with him. I can't figure out what's going on with him. Can you tell me anything about him?

I am Latwii, and am aware of your query, my brother. We in this particular case can only speak in general terms, for if we laid this particular case out plain, then there would not be that challenge which exists at present and provides the opportunity for

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growth by its very existence. We can speak in general terms, however.

This entity is at that particular stage which those among your species, and most especially the male of your species, finds most challenging for the entity is no longer the child but is not yet the man. In your particular culture there is no opportunity that is culturally presented in order that this entity might prove itself to be worthy of the state of manhood which it is about to enter. This entity, as others of its kind, finds a great deal of what we may loosely term its energy of being available to it at this time, seeking expression in some fashion, seeking the great challenge that will provide the identity for the entity which it seeks. It is seeking the nature of its human being, and it would be helpful if it had some, as you might call it, trial or test in order that it might be able to exercise this great reservoir of energy in a useful fashion, for without such test, the entity is, shall we say, on its own, and must fashion its own type of testing which is not always approved by the culture or by the family unit.

May we answer you further, my brother?

J: Thank you.

We thank you. Is there another query at this time?

C: Latwii, it seems I'm not used to being around … It seems that all of a sudden there's a rash of people that I know that are either hurting at home or in the hospital *(inaudible)* different sicknesses during the last several months. I … Tell me, is there anything in particular going on at this time?

I am Latwii, and am aware of your query, my brother. We can speak of that which is occurring by describing in brief the great cycle of evolution which is now ending upon your planet. During this great span of what you call time each entity upon your planet has had many of what you call incarnations in order to learn those lessons of love which it seeks to learn. As the cycle begins to draw to its close, the remaining few years which you have before you are those which are filled with what becomes the last chance to learn those lessons, and to provide those services which each has come to do. The opportunities, though limited, are greatly intensified in order that the time which remains might be utilized most efficiently and the graduation, as you might call it, might occur.

To offer such an opportunity to be graduated, it is, shall we say, a great honor to accept, but the brow weighs heavy, for such opportunities are usually not recognized as opportunities, for they come as the difficulty in some form. The opportunity to find love may come when one becomes what you call divorced and seemingly without that called love. Yet such an experience may cause one to seek even more fervently that known as love. When the health becomes less than functional or normal, then it may be that certain experiences are symbolized by the illness and provide the entity which is ill the opportunity to see how to focus its own desire more finely towards that seeking of love.

Most opportunities of this nature are not well-observed or taken advantage of, shall we say. Only in some portion is the opportunity accepted. Therefore, the opportunity continues to allow the full acceptance by the entity however the entity is able to do so. Yet, as we mentioned before, the opportunity may be the difficulty which is in truth the disguise of love.

May we answer you further, my brother?

C: Something popped into my mind, something that I heard … some information years ago when I first started coming on psychotronic weaponry being used on the planet. Could you comment about what is occurring with these devices these days?

I am Latwii, and am aware of your query, my brother. We may comment by suggesting that the use of these and other devices is of small concern, not because they do not have great effect upon your physical illusion, but because they are merely one of many, many sources of catalyst, sources of experience which provide opportunities for those of your peoples to learn that which we have called love. The difficulties that might come from such devices' use provide the opportunities—again the disguise—of love.

May we answer you further, my brother?

C: The current weather patterns we've been experiencing over the last three or four years, is there a correlation [of] this particular cycle and the use of those devices?

I am Latwii, and am aware of your query, my brother. We can suggest that these devices are altering that which the peoples of your planet have sown as seed, and is now producing the harvest. This

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is to say that throughout the great cycle of your planet's evolution there has been enough of that which we might call disharmony that this disharmony has permeated the crust of your planet, and is now having its effect upon your planet and its weather systems as the heat of anger and disharmony is released in a fashion which is more intense than has been known for many, many of your planet's years and evolutionary cycles around your sun. This release of heat is having its effect on its own, shall we say, and it is this effect that is being somewhat manipulated by those who have access to the technology with which to do such.

May we answer you further, my brother?

C: Is anyone deriving anything positive from such devices at this time?

I am Latwii, and am aware of your query, my brother. We might state in short that such is quite so. All experience, or as you might call it, catalyst, provides the opportunity for the seeker to find the infinite love and light of the one Creator. An entity may also ignore such catalyst. An entity may also use such catalyst to become more separated from others, and more distrustful, and, as you might call it, self-centered and seeking.

It might be, for instance, that in a certain location there is that known as the drought. The crops do not grow, food is short. One entity may use this situation in order to share what it has with all who ask and are around it, and in such a manner share the love and light which initiates such action. Another however, may utilize the same …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. To continue. The same situation then, my brother, has provided catalyst of the same nature to two different entities, and these entities have expressed the polar opposite responses. So it is with all the seeming difficulties that the seeker encounters. The heart of the seeking, then, is the most important ingredient which determines how the seeker shall utilize the catalyst, the situation, the difficulty. If the heart has chosen to serve others, and to share always that love and light which is found in each moment, then each moment, no matter what its disguise, will be yet another opportunity to share the love and light that exists in infinite amount in each moment that it encounters. If, on the other hand, the choice has been made to serve only the self, then the catalyst may be used to do just that. It may also be the case that a choice has not been made, and an entity may swing from serving others to serving self back and forth and remain confused upon its path. Yet all respond to the same catalyst, the same opportunities are presented to each. It is the desire of each which determines that benefit which shall be derived.

May we answer you further, my brother?

C: No, thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

J: Yes, Latwii. I would like to ask you about incarnation, some of mine?

I am Latwii, and am aware of your query, my brother, and though we readily acknowledge the great desire to know in order to serve others, we are unable to provide information which deals with what you call the previous incarnations, for it is our humble understanding that to do so may be to infringe upon your own free will, for it is the case with each upon your planet that the greater portion of your being which is loosely called the higher self or oversoul has, with your assistance, placed you where you are in each incarnation in order that certain lessons and services might be learned and provided, and to be most purely learned and provided it is most helpful if they remain untainted by knowledge of previous experience which could guide one on a slightly deviant path. Yet we know there are many who give information of this kind and it is, as we know, quite possible to use it to benefit the evolutionary process. We do not feel it appropriate for our service to include such information, and we humbly beg your forgiveness for not being able to give this kind of information.

May we attempt another query, my brother?

J: Thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Latwii, and we find that we have exhausted the queries, though we have happily brought one from sleep perhaps less exhausted than before. We thank each of you, my brothers, for asking our humble

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presence and service. Our attempts to answer your queries bring us great joy, and we hope some small aid to you. We shall now leave this instrument and this group, as always, in the love and in the light of the one infinite Creator which indwells in all. We are those of Latwii. Adonai, my friends. Adonai vasu borragus. ✤

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Sunday Meditation
July 8, 1984

(S channeling)

[I am Hatonn,] and we are pleased, as always, to greet you in the love and in the light of the one infinite Creator. We are most honored to be able to join your group this evening, and we are pleased to be able to speak through this instrument. We are filled with joy as we join you this evening, and are filled with the love that is so overflowing this evening. We wish to spend a few moments of your time as we attempt to share a few thoughts with you. We are aware of the abundance of confusion that those upon your planet experience. It seems that when one finds itself in a so-called ball of confusion, the escaping this ball is often difficult, for often the confusion has a tendency to feed itself, and we might suggest that at those times when you find yourselves somewhat enclosed by this bubble, you take a moment of your time to sit down and relax and close your eyes and see yourself rising to the top of the bubble and turning into a form of gaseous light and entirely escaping, and in so escaping, you might see the confusion for what it is. It is not real, it is a—we correct this instrument—it is an illusion, and you may at any moment escape to your meditative state and find yourself in the palm of the Creator where the confusion is no longer apparent.

The ability to look down upon the confusion rather than sitting in the middle of it might aid you in collecting your thoughts and seeking the simple truth, and in seeking the oneness of the Creator, you might find that all that is confusion simply falls away, for the one Thought may not be confused, it is a simple Thought. There is no confusion to this Thought. To put yourself in the palm of the Creator is to seek that which is One, that which is unity, and dwell, my dear friends, in the love of that oneness.

We wish to express our appreciation to this instrument for bearing with us and allowing us to spend a larger amount of time than usual with her. We would transfer this contact at this time. I am Hatonn.

(Carla channeling)

l am Hatonn, and greet you once again through this instrument in love and in light. It is a great privilege to use each instrument, and we do thank each and thank you for calling us and allowing us to share our thoughts with you. Those of you who call us are confused, troubled and disturbed. My friends, it is quite often those who do not call us, and are not yet ready to listen to what we have to say, that are not at all disturbed, confused, or troubled by the mysteries of those things which are evident to anyone with the eyes open. For this reason let us tell you a bit about our own feelings about our mission at this time among your people.

We attempted earlier in what you would call your century to contact individuals, governments,

societies, and people of influence because we were quite aware that this particular third-density planet was not only ready for harvest, but was also capable of a great deal of destruction, and by this we refer to the atomic bomb as you have called it. We found our attempts to be far less than satisfactory. We found that those in power among your peoples were not those people whom we indeed needed to contact. We found that our concepts, our very being, had a different meaning for them than for those who are seeking. We found that you have developed within your planetary societal web a system of unfriendly companions, each of which chose to put the heart of the sphere with which he identified above the care of the whole of the sphere with which we identify.

We are those of Hatonn. That is not our home town, or our county as this instrument would call it, nor our state or province or parish or country or nation. We are those of a planetary consciousness. We speak to those who realize that there is one consciousness and that this consciousness is equally available and useful to all those upon your planet. We have chosen to serve in the Confederation of Planets in the Service of the Infinite Creator by sharing our thoughts with groups such as your own who call out to us. This is our service and our pleasure, and our beings thrill with the joy of being able to serve you, for you are ourselves. Just so, my friends, you are we, and we all are the Creator. To put it in quite another way, the unimaginable vastness and complexity of the universe is honed on the sharpness of the one Thought and that is love. That word, love, has been greatly harmed by overuse among your peoples, so that when we say that all is love, it may not mean what we wish it to mean. Therefore, we try to find infinitely various ways of saying that all is light, that all is one, that all is the Creator, that all that you have to do within your illusion is serve each other, for in serving each other you serve the Creator.

We wish to move back now to the confusion of which we spoke earlier. This confusion is a tool much like a saw or a hammer. It is the thing which you may grasp about yourself and about your life at any given moment; normally it is confusion. You use a saw to saw wood; you use a hammer to nail things together. You use your confusion to work upon yourself, for you in the midst of that confusion are waiting to learn from that confusion. You are waiting for that trouble to bubble up until you escape, look back, and learn from your experience. The rapidity with which you learn from this experience, from this confusion, will depend upon your willingness to work with yourself. But at least, my friends, you have the sense to be confused. You are not asleep, you are not dreaming, you are not distracted in the half world in which nothing is very important and no question is truly worth answering. To these people we cannot offer any help whatsoever. These people shall again and again experience this illusion until they become aware of the process that is shaping their destinies.

We do not suggest to you that a, shall we say, "trouble bubble" is an easy thing to completely and utterly solve, to rise above, to understand. We say only to you that the love and the light of the infinite Creator is with you in your attempts to balance your confusions, to gain objectivity and to learn. What a fine tool confusion is, my friends. What a wonderful illusion you have. We are aware that you would prefer the security of simple rules, and there is one simple rule, and that is to love wholly and freely and without reserve. But, my friends, it takes a lifetime for each entity to choose the manner by which it shall show love and to whom it shall be given. Needs are all about you. If you wish to start with the most simple needs, there are the hungry and thirsty and cold upon your planet. Your sphere is full of such confusion, my friends—such a hubbub, such a babble.

What shall you do, where shall you go, what is your discipline to be? We ask you to return to the one original Thought on a daily basis. It does not matter if this returning or meditation be for five minutes or for fifty. What matters is that you have the discipline to turn again and again, day by day, to the Creator. That which will precipitate from your daily meditations shall be unique, for each particle of consciousness is unique. No two people can face the same problem ethically, morally, economically, socially, or in whatever way, and find within himself precisely the same answer.

The universe is indeed confused and the lessons are subjective. When you have found enough truth to tell from the rooftops, you shall not be able to do so by any proof, for proof is the farthest thing from your needs as individuals. Each of you needs to find his own way. Each of you needs to find his own truth. There are some constants, such as confusion,

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love, charity, compassion, sorrow and weariness. These things each person can understand, and yet how that will be weighed in a person's life, how they will be used to shape a consciousness is a question that must be answered by each. We would not dream of informing you of one overriding absolute truth, which if believed will carry you to some heavenly kingdom. No, my friends. We are in a heavenly kingdom, as we are in the fourth density, that density of love, and from this density we can see the Creator in each of you and in each of us. But we cannot give this vision to you nor would we wish to. We wish only to enspirit you so that you may go forth and seek your own answers. We may promise you that at any time that you wish to meditate we are with you.

As we close, let us bring you in meditation closer to ourselves until we truly feel oneness. Through this instrument's ears we hear the lonely sound of the train going from somewhere to somewhere else, much like you, my friends, on a lonely journey. And yet you are together, held on a straight and narrow track, for your vision is of love and your desire is for mercy. We are one with you. Where is the Creator? Ah, my friends, there is the great question. Shall we say the Creator is you? You shall not be satisfied, for you are not satisfied with yourself. Shall we say that the Creator is in the seeking? You will not be satisfied. Shall we tell you that your journey has no end, and that that endless journey is the Creator? Perhaps, my friends, we come closer to that which you desire to hear this evening. We leave you upon the wind of chance and change. And yet, how solid is your caring for each other and for love and for seeking.

We are known to you as those of Hatonn. We leave you in the love and the light along the endless track of an endless journey of the infinite Creator. We leave you in that which is perfect in all ways. We leave you. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
July 15, 1984

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, in the love and the light of our infinite Creator. We are strengthening our hold upon this instrument in order that we may speak more loudly, for this instrument is used to speaking quietly, and we find that not all were able to hear the previous sentences. We trust this level is appropriate for this portion of your dwelling. We thank you for asking us to share some of our thoughts with you on this very beautiful twilight of your third-density world. How lovely is your habitation, and how gracious are your second-density creatures, your birds singing to the evening in the trees, the trees themselves lifting their fingers to the last rays of the sun as it bids farewell for one more day. How quietly your dwelling place rests and cradles you so that you may have comfort and protection and shelter. And in a way we can see how these things could almost be taken as evidence that the universe is rigid, for the house does not move, it does not get up and dance, nor do the trees seem to clap their hands for joy, nor are the bird's songs construed by your peoples as chantries of happiness. Rather, it is the expected, it is the unnoticed, and in many cases it may seem to be the prison within which you must live, which does not seem to have enough choices nor give you enough freedom.

There was once a young boy who searched for freedom. He felt the restrictions of his parents as they asked him to do many chores and to live up to many expectations, many of which he was unable to fulfill, some of which he was. Yet he did not wish to differentiate between what he could and could not do. He simply wished to be free from all the expectations and from all the responsibility. And so this young man left his home and went out into the world to seek freedom. He quickly discovered that it was wise to furnish oneself with enough of your people's money that he could buy those things which made him happy, and so he began to accumulate the accoutrements of freedom. He had libations that would make him feel very happy. He tried various chemicals that altered his consciousness and made him feel ecstasy. He chose among the pretty young girls and found sexual fulfillment to add to him happiness also. He bought the clothes that he liked, he lived the way that he liked, and for a while he was very happy because he had found his freedom.

There came a time when no libation made him truly happy, when no repetition of mind-altering drugs was enough to fulfill his needs for understanding, and even when no pretty girl could charm him completely, as he gazed only upon the outward portions, knowing nothing of the individual inside. And yet, he had formed his life around the premise that these things constituted freedom, and so he realized that he must reevaluate what freedom is, for

one thing he was sure of, and that was that freedom carried with it a side effect, and that was happiness.

Upon reflection he realized that he had bonded himself in slavery to his own desires. Because those desires were not interesting for the maturing soul within, he had begun to get restless, yet still he must work even to eat and to have a place to sleep. He was in bondage, therefore, to a job he did not particularly like, and had even walked into that bondage gladly, finding it preferable to meeting the demands of other human beings. He had given himself all that he wanted and he had lost his freedom.

This man was truly puzzled, and so he began to search within himself for the desires that he might have that would be more interesting, that would make his bondage easier, for, indeed, he was in bondage to his appetite for food and for daily rest, these things he could not do without unless he was willing to risk the life of a person upon the street. This he was not willing to do; this freedom was too chaotic for him, and yet he wanted freedom. He knew that it existed and he was positive of its virtue.

Restless, often angry, this man grew in years, and took long to find his own answers. He began trying to see beneath the surface of things. He began putting down his personal roots out of instinct more than any knowledge. He found and eventually married a woman whose thoughts he preferred, and in time a family grew, the son now becoming the father, the child the husband, and once again he was asked to be responsible for much, far much more than he had been asked to be responsible for as a child. And again there were expectations he could fulfill and there were expectations he could not fulfill.

As the years passed, it became very evident to this man that he had found his freedom, for he had found things to love. He found that it was possible with communication to express the difference between those things he could do and those things he could not, and that he had chosen a woman who was able to release him from those things he could not do and to praise him in gratitude for those things he could do. He found himself asking a great many things of his wife and his children, and in wonderment began to find himself a culprit in expecting too much from others, in failing to differentiate between what they could do and what they could not do.

My friends, each human who incarnates upon your planet will experience a bewildering array of stimuli. To each of you many things are given and from each of you other things are hidden. Each of you is unique, a mystery one to the other, and misunderstandings are inevitable and each person feels the prison walls close in, begins to feel as rooted as a tree, his song as aimless as that of a bird, and in many cases this song becomes still and the person bitter as an oak leaf upon the ground.

We ask you, my friends, to look upon freedom. You have one freedom, and that is that you may choose the manner of your being. The more that your being has to do with love, the more your manifestation will be service, service to those whom you love. This is a reflection of your loving, not the loving itself. Each service that you perform for others is a stride along the road of freedom. Each time that you choose the manner of your beingness you offer yourself a great boon. It is inevitable that there are times when the happenstances of your existence will seem anything but potentially free, when that which you seem to be asked to offer is beyond you.

You each have two capacities; one is human. When you deal from the human capacity—and this is, my friends, often in even the life of a saint—then there are many times when you must say in honesty, "I cannot do what you wish me to. Forgive me, I am not able." There is another capacity within you, and when you call upon it and are able to become a channel for it so that love flows through you, you may become an infinitely efficient instrument that may manifest that which is desired under any circumstances whatsoever. To do this you must put yourself at risk. Before you gain a clear channel you may lose much, for true freedom is a great risk. True freedom, my friends, involves deep choices, and when the choices are made, a clear and lucid accountability to yourself. You often must put your foot upon ground you cannot see because you have been asked to do so either by a spirit within you of love and fellowship, or by a specific request by one who is in relationship to you. You are asked to see love in moments where there seems to be none, and you step out, seeing nothing, and somehow, my friends, the air begins to be solid and you have ground beneath your feet that you could not see before. The risk is in the choice. Each choice must

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be true, and you must have the patience to wait for the truth of your seeking to manifest.

As we said, during that time you may feel that you have lost much. You change, you grow, you bear fruit, and often, my friends, the fruit that you are asked to bear does not even make sense in one way or another. Those who will harvest what you sow are unknown to you in some way. The virtue of planting a crop of love and thanksgiving is completely hidden, and yet you choose. Freedom, my friends, is a risky business.

We suggest that you aid your own evolution of spirit by daily meditation, by daily contemplation, by daily analysis of your thoughts to the extent that you are able in your environment. What you seek when you seek happiness is an illusion. What you seek when you seek freedom may or may not be an illusion. If you seek freedom from responsibility you have created a dream within a dream, and you shall be a slave and no free man. When the freedom that you seek is the freedom to love and to serve, you stand on firm ground—not safe ground, my friends, for to love is not easy, to serve is most difficult, to communicate is treacherous, to share deeply of yourself is painful, and yet, love abides and draws you to it, for you are that which loves and that which is love. You are both sides of the magnet which is the creation. The great attractive force is the same force that created you, and that force is love.

Do you wish to be free? Then prepare yourself for a bumpy ride through life but a joyous one, for when you give and count not the cost, you purchase that which has no price. It is written in your holy works: "You who sow in tears shall reap in joy." May your tears be blessed, may your joy be great and may your seeking be filled with the love and the light which are the manifestations of the one infinite Creator which speaks through us to you and from you to us, echoing and re-echoing over and over the great rhythms of thanksgiving.

My friends, the trees do clap their hands, and the birds do sing for joy, and this dwelling place is not static but rather a nurturing and living environment, and you within it are also love. You have two things not given to houses and trees and birds. You have movement, and you have self-consciousness. May you find freedom in your movements, may you go in peace to serve and to love in whatever way the day has called forth for you. You do not know what tomorrow will call forth for you, you only know what is asked today. Therefore, we ask you to attempt to serve in the present tense, to bend your motions, your thoughts, intellectual and emotional, to the present moment and the present movement, the present dynamic, the present people, the present situation.

You have self-consciousness. What shall you do with your awareness? We trust that you may find in your adventures much about which to laugh and comrades with whom to share the laughter, and in the darkest moment we ask you to use your self awareness to seek the kingdom of the Father that is within you and that will inform you in a loving and gracious way so that you may indeed manifest that which you wish, so that you may indeed have understanding and knowledge or, in the absence of that, hope and faith. You may depend upon each other and yet always remember, each is limited, each may have trouble communicating his limitations. Depend first upon the Creator, and seek that Creator constantly within yourself in quiet and in confidence, for you seek only to remember, you seek only to return, and just as you give to another's harvest, so others will sow for you that you may reap joy from them. How surprised man is to find joy in the narrow span of life, and how unsurprised he is to find sorrow. May you be surprised constantly, my friends.

We leave you in the love and in the light, in the joy and the laughter and the unity of our infinite creation. Again we thank you for allowing us to share our foolish thoughts with you, and ask you in all humility to never take anyone's word for anything spiritual, least of all ours. Do not depend upon Hatonn or any other spiritual source, but only yourself. You are the evaluator of all that you hear. Much may be nothing to you. There is no promise of sureness to the spiritual path, only the promise of great and continuing risk of an enormous vulnerability, of a sensitivity that will be with you always as you seek to learn. We are with you on that path, vulnerable, foolish and at the same time, perfect, perfected in love and one with the Creator. We are those of Hatonn. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and in the light of our infinite Creator. We are

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pleased to be asked to join your group once again and rejoice at the opportunity of providing our humble service. We thank you, as always. Now, to that service. May we attempt a query at this time?

(Side one of tape ends.)

Carla: I have a question generated by the preceding message. On what level does a bird sing for joy or do trees clap their hands? I thought birds just chirped because they were giving signals about being hungry or looking for a mate or something like that?

I am Latwii, and am aware of your query, my sister. We may suggest that those creatures of which you speak sing for joy and clap their hands for joy at the very basic level of their being, at the same level at which each portion of creation sings and claps and dances and rejoices in its beingness. At this level, which you may see as the very nature of the being, the substance of the molecular structure, there is the clear recognition of the One by the One and as this level of being is brought into a more and more conscious being, it becomes more and more, shall we say, comprehensible by your third-density means of comprehension. When the bird sings, it may indeed be acting out that ritualized process of seeking the mate or defending the territory, yet the energy which powers that song and that ritual is the very essence of the entity's being, and in that essence and upon that level the song of life rejoices in life.

May we answer you further, my sister?

Carla: So, for a human being at the nuclear level, the self and the body are in a state of rejoicing? Is that right?

I am Latwii, and you are quite correct, my sister. May we answer you further?

Carla: Illness is so prevalent among human beings. If a human being could contact that level of joy, it seems to me that healing would be self-generated instantly. Is that correct?

I am Latwii, and am aware of your query, my sister. We find again that you have struck at the heart of the matter, for it is the nature of the one Creator to heal when asked by the entity needing healing, and all remedies which we take and seek from outside the being have their effect only insofar as the entity seeking the healing has been able in some degree to contact this level of rejoicing, this level of the one Creator that is contained within the entity's own being.

May we answer you further?

Carla: How does a person contact that portion of his consciousness?

I am Latwii, and am aware of your query, my sister. We see that you are approaching the age-old question of the seeker from yet another angle, for the answer that we give is one which you have heard many times. The journey which each seeker is upon is one which has been described as straight and narrow, yet it is one which is traveled over many a rocky path, a journey which has many twists and turns, a journey across which blow harsh winds and down upon which shines a searing sun. There is the need of each seeker to accomplish that which may be called the crystallization of the being, the balancing of all distortion, the purifying of the desire to serve others and to seek love.

This is an easy statement to make, yet it is a difficult journey and task to undertake. Yet, as love is found in each portion of the being the path is made straighter, another rock is removed, and another step is taken, yet at each moment each seeker has some access to this portion of its being, yet upon what might be called the unconscious level. It is this unconscious connection with the one Creator that rejoices in each cell of being that supports the seeker as it consciously moves in what it sees as darkness. Yet, as love and light are found, the darkness is illumined and the connection becomes more and more conscious, so the seeker is able to heal the self more and more effectively with the love and light that it has found by its own efforts.

May we answer you further, my sister?

Carla: When we stopped the Ra work, we had been concentrating on the archetypes, and I wondered if the archetypical mind was as deep in the mind as this cellular, nuclear, joyous consciousness. In other words, could one use the hints and clues of the archetypes to reach that which was at the same level, or are you using tools when you use the archetypes that are of a level not as deep in the roots of mind as nuclear consciousness?

I am Latwii, and am aware of your query, my sister. This is not an easy query to answer, yet we shall attempt such. That which you have described as the nuclear awareness of the oneness and joy of all

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creation is ever present within each cell of your being and within each moment of your existence. It permeates all that is and all that is not created. It is the sum and substance of the one Creator. There are various tools which seem separated from this nature of awareness which might be used to reveal and uncover this nature of awareness to the seeker, yet within each tool is also found that same joy and unity of being. You may indeed proceed upon this path by utilizing those concept complexes called archetypes to gain a greater understanding, if we might use this misnomer, of the joy and unity which is within all things and situations, yet do not be confused or misled by mechanics. Seek the heart of all creation and the heart of your own being first and foremost within your thoughts and actions, and utilize any mechanical means of so seeking by focusing always upon the heart of the desire.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we are most grateful to you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we find that for the nonce we have exhausted the queries, and would be well advised for the comfort of the instrument to take this opportunity to bid this group farewell for the evening. We thank each of you, as always, for asking our humble service, and remind you that our words are but our opinions and are the result of our journey, a journey which we share with each of you, a journey in joy and a journey in light and love. We thank you, my friends, and shall leave you at this time. We are with you always upon request. We are those of Latwii. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
July 22, 1984

(Carla channeling)

[I am Hatonn,] and I greet you in the love and the light of the infinite Creator. We apologize for the delay but there is one among you who must first make up the mind as to whether the channeling was appropriate at this time. We cannot go where we do not feel that we are called freely, as you know. Therefore, we would gladly wait any amount of your time, and thank you greatly for the pleasure and privilege of speaking with you. Although our thoughts are poor, our hearts are full of gratitude. This instrument is being given a fairly complex concept. However, we wish to make a point this evening which seems to be driven at better this way than any other.

There is a relationship between you and the infinite Creator. This is one of the most general affirmations upon your sphere, spiritually speaking. The only entities who would disagree with this statement are those who believe that there is no Creator, and therefore there is no possible relationship. Your philosophers and theologians have said many things about the relationship of humans to the Creator. We would suggest that you examine what occurs when two bluebirds mate. Is not that tiny entity which breaks through the egg a bluebird? Just so, when an acorn falls from an oak tree and germinates, in good time does not the oak tree duplicate itself so that yet another beautiful oak will wave its leafy fingers through the winds. And so, when among your peoples those who are mated have children, is it not common to say, "Oh, this child takes after the mother and this after the father"? The relationship in all cases is an identity within which uniqueness of each entity is preserved.

And now we have settled your humanity, we shall go on to your relationship with the Creator. There is much to learn from these examples. You may well think of yourselves as children of the Creator, and yet, how are you children of the Creator? Where is your son-ship and what birth have you to show? This is an area which bristles with trouble, my friends, because it is so simple and so straightforward that mankind finds it almost impossible to accept. When we look at the bluebird, we see both the bluebird and the ideal of the bluebird. When we see one acorn, we know that we have seen all acorns in miniature. We trust the identity to continue throughout the species. And we know somehow that the idea and the ideal existed in order to form the first oak tree, the first bluebird, and, for that matter, the first human entity. The source of these ideas and ideals is the Creator of them, and there is a portion of all things that does not come into manifestation in flesh or feather or leaf but, rather, stays with the Creator, so that that which the Creator has made is in the Creator and the Creator in that which He has made. Therefore, you carry with you an identity

with the Creator which is most usually not carried into manifestation. Nevertheless, it is within you, and the relationship is identity. You are the Creator and the Creator is you. You are also children of the Creator in that you were enabled to begin your journey of consciousness by the Creator and the one original Thought, which is love.

If then you are children of love, and, indeed, love itself, since this is an acceptable alternative term for the Creator, why cannot your gestures and your beings manifest love? Why is this not the natural? You are identical with the Creator. Why does this nature not prevail? My friends, that which is dear and rare is treasured because it is seldom seen and difficult to find. For most among your peoples it is ever difficult to find the Creator within. The day distracts the eye and the mind, the fingers become busy with petty details. Moment upon moment is lost, and the life wears away, the incarnation coming to a close without the person taking hold of the stream of time and making a conscious effort to manifest love and to express that identity with the Creator. It is for this reason that meditation is so greatly recommended, more especially meditation upon a daily basis, for if you have the habit of silence within, you will the better listen to what one of your holy works has called the still, small voice. The thunder of daily business can drown that still, small voice out very easily if the will of the seeker is not constantly returning to the search for the identity with love which is the true identity of each and which is all that shall outlast the grave.

To meditate often seems rather difficult. We are aware that this so. However, the intention to meditate, the setting aside of time for that purpose, the action of attempting to meditate, all of these things add up to an increasing awareness of the sanctity that you carry within you, even if you consider that you do not meditate well. It is not important to meditate well. It is important to desire to meditate well and to continually seek the truth in your meditations so that you are tuned and carefully aimed at assuming your true personality—that is, love.

Each of you seeks and each of the seekings are in some way flawed at times. We ask you, as you go into meditation, to examine that which you seek, for that which you seek you shall find. If you beckon something it shall come to you. You will get what you want. Therefore, be sure you are asking for what you truly want. Perhaps the greatest disappointment in many incarnations is the realization that one has gotten what one wished, and the harvest is an unhappy one. Wish well and find yourself worthy to continually seek in the direction of that which you desire. Moving into meditation and moving back out can feel like moving in and out of a cleansing waterfall, that which causes health and healing, compassion, forgiveness and understanding. Let these vibrations stream down upon you as a waterfall would. Open yourself after carefully tuning to the benevolent love and light of a universe that is one with you. Yes, my friends, each of you is a fallible, foolish human being, as you call yourselves, and in the light of your own judgment, how cruel you are in your judgment of yourselves, my friends. Love does not so cruelly judge. Therefore, surrender yourselves to the influence of love. Seek your identity. Begin to recognize who you really are.

We have greatly enjoyed speaking with you but would wish at this time to leave this instrument. We hail and bless all in the joy of oneness, and leave you in the love and the light of our infinite Creator. I am known to you as Hatonn. Adonai. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are most happy to be asked to join your group once again and offer our humble service of attempting to answer your queries. May we remind each that our words are but our opinions and our findings which have resulted from our own journey, which we share with you. Take that of value; leave that which has none. May we begin then with the first query?

Carla: Well, I have a question. I've often wondered if the Confederation of Planets and angels were two different ways of saying the same thing. Are they?

I am Latwii, and am aware of your query, my sister. We blush at so being described but may suggest that, indeed, it is a method of describing those of the Confederation of Planets in the Service of the One Infinite Creator to call them angels as well. The term "angel" or "angelic presence" is a term which is usually reserved for those entities who are of your own planetary influence. This would mean that such an entity would have evolved upon your own planet first and would have achieved those levels of, shall we say, harvestability, and would have chosen to remain with this planetary influence and become

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that known as an angelic presence, guide, or inner plane teacher which would respond to the call, much as we respond to your call though we are not of your planetary influence. The Confederation of Planets is made up of many entities from many planetary influences including your own, my sister.

May we answer you further?

Carla: Yeah. There aren't enough people that have been harvested from this density this time around to fill up heaven, as one tends to think of it being, ranks on ranks, and all that. Are some of these holdovers who have decided to go through a whole other octave on the inner plane?

I am Latwii, and believe that we grasp the gist of your query. Please query further if we have not. These entities of which we have been speaking, those termed the angel or angelic presence, are those entities which have obtained that level of polarity in service to others which would allow them to proceed forward, shall we say, in their own evolutionary progress if they so chose. It is most usually the case with a positively-polarized entity achieving harvest that the entity will choose to remain with those of its own planetary influence until the cycle of third density has been completed and those of its kind have been offered the greatest possible opportunity for achieving harvest as well. In some cases these entities will continue to remain with some portions of the third density of its planet if these entities have not achieved harvest and then remove themselves to another third-density planetary influence for a repetition of those lessons.

May we answer you further, my sister?

Carla: Well, that's what I was driving at, among other things. So, are angels mostly come from places like Mars and all [different places] like that if they were already graduated before they came to this planetary influence?

I am Latwii, and am aware of your query, my sister. And we can asseverate that this is indeed the case with a great portion of those as angelic presences. There are entities which have many planetary influences which have given their populations to your own at the end of their third-density cycle, for their populations were in need of a repetition of that density or grade of experience, and your planetary influence offered that very lesson. Those few who were able to be harvested upon such planets needing a repetition of the cycle have in many cases joined those needing the repetition in order to provide whatever assistance is possible in response to a call for such assistance.

May we answer you further, my sister?

Carla: What's the basic difference between inner planes and outer planes?

I am Latwii, and am aware of your query, my sister. As an entity moves from the, as they have been called, inner plane experiences toward that which is called the outer plane experience, an entity moves from that which might be termed the metaphysical in purity to the physical in purity. This is to say that an entity will be moving from the inner plane of the nonphysical to the outer plane of the physical. The differentiation between these terms and states of being is that of the denseness of light contained within the inner plane and the denseness of matter and illusion contained in the outer plane.

May we answer you further, my sister?

Carla: Then you and angels are both inner plane beings or entities, right?

I am Latwii, and am aware of your query, my sister. For your purposes and according to your perceptions, this is so, yet this is so in a relative manner, for in our own illusion we inhabit a portion of what you may call a higher density, which also has its own so-called outer plane or space/time portion of experience. In your way of perceiving this experience, it would appear that we would be the same as an entity inhabiting the inner planes of your own planetary influence, for both experiences are much more filled with light than is your own, and are much less filled with the manifestation of illusion than is your own.

May we answer you further, my sister?

Carla: Yeah. Angels, then, are third density, able to graduate to fourth density, therefore virtually fourth density. Is there any possibility that angels or angelic presences—I suspect that you must want to say something different because you keep saying "so-called"—can go further than the beginning of fourth density? Is there further learning possible without leaving the inner planes and reincarnating?

I am Latwii, and am aware of your query, my sister. We have prefaced the term, angel and angelic presence, with "so-called" as a modifier for it is quite

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a large universe that we inhabit and which your planet finds itself in as well. There are many learning opportunities available to those so-called angelic presences within your planetary influence, and there are many types of angelic presences as well. We have spoken to the majority, and have not spoken of the greater variety of entities which may be perceived as angelic presences. Some are of what you would call a higher density, shall we say, having come to this planetary influence in response to a specific call. Some are of your own planetary influence and remain in the, shall we say, role of angelic presence for the greater portion of their beingness. Some chose to reincarnate and apply their beingness to a physical incarnation in order to be of more service in that manner. There are, as you see, more types of angelic presence than can be adequately described by your language system and your sense of comprehension and our ability to so describe.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: Just one question, which you probably can't answer. I've been having a lot of trouble [this week.] Do you have any tips? [Do you have] a manifest [ready]?

I am Latwii, and am aware of your query, my sister, though you have not spoken it in detail. We can speak in general. To any seeker which feels the difficulty in manifesting those ideals which each seeker holds dear, and by which each seeker attempts to move the self in service to others and along the path of evolution, it is the intention of your being which is of greatest importance as you attempt to be of any service and as you attempt to match the life with the ideal. Each seeker will find the moments of falling short of the ideal, for it is not within the capability of any seeker to match that which is infinite in a finite illusion. It is instead the honor and the duty of each conscious seeker of truth to make whatever effort is possible, to make it with a whole heart, and to accept that which comes from the effort in joy and in thanksgiving for the opportunity which has been met.

Your illusion is one which works quite well, my sister. The purpose of your illusion is to both hide that which is true and reveal enough of that which is true to cause the seeker to move toward that which is true. As you find those times of difficulty in finding and manifesting that which is true in your own life, retire to those places within your being that are silent, gentle, healing and loving. Whether this be in prayer, meditation or contemplation, find that place where the One resides. Find that place where you have been before, that place of love that has no condition, that place of joy at the very opportunity to be where you are and to do what you do, for, indeed, each situation is full of such love and such joy, for the one Creator resides in full in all at all times, and there is much service to perform, and many lessons to learn in those times of difficulty, these times of testing, that the seeker might then find the greater reserve of strength within its being which it was unaware existed before the seeking and the needing such strength.

What we have taken so long to say, my sister, is that there is great virtue in perseverance, great virtue in the attempt, and great …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. We thank you, my sister, as always. Is there another query at this time?

(Pause)

I am Latwii, and we are aware that there are yet two or three queries which have not found their final form, and which, therefore, we may have the opportunity of attempting a response to at what you would call a later date. We thank each present for allowing us to join your group this evening. It is always a great honor to join the company of those who so ardently seek the truth of their being and journey. Your journeys are at times quite, quite difficult, for the illusion which you inhabit is a most heavy and dense illusion, where that which is fine and light and true and beautiful is often quite unapparent to those who move within a gross physical existence. Yet we would remind each that the real work and fruit of your labors and journey is stored up within what might be called the metaphysical portion of your existence, and you shall not be directly aware of these fruits for most of your conscious incarnation, yet when the journey in this life is finished, it is with great joy that you will look upon those fruits, and with great amazement

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recognize the real purpose of the incarnation which has been completed. Rejoice, my friends, and know that each labor, each tear, each agonizing moment produces a fruit that is whole and perfect, sweet and loving, and is a great portion of the one Creator. We thank each of you for every effort which you make as seekers of truth. We are those of Latwii, and we leave you now in the love and in the light of the one infinite Creator. Adonai. Adonai vasu borragus. ✣

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Sunday Meditation
July 29, 1984

(Carla channeling)

[I am Hatonn.] It is my privilege and my blessing to share your consciousness with ours. Truly, although we come to serve, we find ourselves served ten times over by the beauty of the vibrations, the vitality and sharp peaks and valleys of your existences. We who refine our choice have a great deal of intensity to our existence and have much to tell of our journey, but those [who] make the choice at this time, as you would call it, have a much more heightened experience, a much sharper illusion. Perhaps it is our way of saying we enjoy memories of the good old days, when the good old days were perhaps not quite as easy as we remember. Perhaps each of you would asseverate that this is true. The illusion that you experience is not easy, though we remember it with great affection. We have made our choice, and you are making yours.

This evening we would speak of a portion of information about the one original Thought, which is love, and your relationship to it that is called gratitude. It has much been studied within the distortions you may call Christian, and we find within this instrument's mind a great familiarity with the story called the prodigal son.

In this parable the teacher known as Jesus described a situation where an unruly and wild young heir to a great fortune demanded his fortune before the death of his father, while his patient and kindly brother demanded nothing but remained in his father's house. The prodigal son took all that he now possessed and squandered it foolishly and quickly, and one day found him eating the same food that he brought to the swine. He thought to himself, "How much better I would have it if I were even a slave in my father's house. I shall be go back and ask to be taken on as a slave." And he walked through several countries until he came again unto his father's house. His father, seeing him afar off, rejoiced and made ready a grand celebration. The patient, kindly brother who had never left home was upset, for he had never had such a party given to him and he had served his father throughout many years.

(The telephone rings.)

We shall pause.

(Pause)

(Carla channeling)

I am again with this instrument. I am Hatonn. We thank you for pausing with us. We shall continue in love and in light. The good son said to his father, "Why, you have never given me such a wonderful party, why is that?" And the father said, "Why son, you have always been here with me, and everything I have is yours. But your brother was lost and now he is found; he was dead and now he is alive."

Let us examine this parable, my friends, for gratitude is not what many find it easy to define. Spiritual gratitude is difficult. However, it is one of the linchpins on which spiritual development rests. The prodigal son was not grateful to his father, either when he left or when he returned. He was in the first instance arrogant, and in the second unknowing of what was about to occur. He had, however, given all hopes up of ever being a member of a family to which he had once belonged. The son who had always been with the father and who shared all that was the father's knew no gratitude either at his father's attitude or at the return of his brother, for he was jealous and wanted more than was his share, more than his father could give. The father alone was filled with gratitude because of a son that had betrayed him and squandered his inheritance. This same father could just as easily have been outraged to see such a foolish son returning. The words could have been hard and bitter. "Go away," he could have said, "Go away, you are no longer my son, and what I owe you I have given you." Yet, to the father the idea of just portions was foreign. The father gave all that he had and then found more to give, grateful simply for the sight of that which he had nurtured, that which was in his keeping.

Within this illusion it is difficult to know how one may see praise in many, many situations. Being grateful for the experience which may just as well hurt as heal is inestimably difficult, and yet if there is gratitude in sufficient amount, gratitude for the challenge, gratitude for the prodigal son offering you that challenge, gratitude for the infinity of love which is your birthright and which manifested through you may be all in all. This gratitude homes the shepherd, the father, the nurturer, in so that all moments eventually ring with praise, and the illusion finally begins to lift. You will notice that the father in this parable saw that for which he was grateful, that for which he could have been distressed, a far way away. His gratitude stepped into a void that would only be filled when the son showed his gratitude for being again acceptable by his family. There are seldom moments within third-density experience when that gratitude which is spiritually based may come easily and after something is accomplished. Spiritually or metaphysically speaking, gratitude calls to itself, that is, the gratitude comes within the void of unknowing. The fatted calf is killed before the prodigal son reaches home, before the nature of this unexpected return is known.

How many experiences, my friends, partake in some way of this vulnerability. Something occurs to you. It, given the nature of your illusion, has a tendency to be more painful than pleasurable, for that is the nature of your experiences. Good experiences and bad experiences there are, all seen through the subjective eye, and yet because of the desolation and confusion of many, far more negative thoughts invite their reflection than positive, and thus the illusion often seems to be full of discord and strife. There is then the chance to be grateful—to be grateful, to give thanks, to shout aloud with praise at nothing, for what seems to be real is disease, disharmony, discomfort or despair. As you express thanks, so the seed will be sown. To whom it manifests is always unknown. Your seed may be sown for another or for yourself. Planting has little to do with harvest. However, if you can be thankful for the simple gift of consciousness, if no more than that, if you can be quiet and peaceful in the face of difficulty, if your heart may shout with joy and ecstasy in the face of discomfort, then that which you manifest to the universe shall be that light, that manifestation of the one original Thought in your own unique expression that brings not just to you, but to those who surround you a reflecting manifestation of thankfulness and gratitude.

One thought as we leave this instrument. We do not intend in any way to describe the nature of the Creator by speaking of this parable. We are not attempting to describe metaphysical geometry in which the Creator has certain characteristics. We would not be so bold nor would we tamper with your own study. We use words for the Creator and in close association with the Creator. Those words are: love, the original Thought, light, oneness, you, I. These are not characteristics, as the Creator is far more deeply personal than to have a personality. The technique of gratitude, rather, is much like that archetype which shows a fool or a wise man stepping off into space.

Give thanks, my friends, not for what you see, not for the kindliness of the Creator, not for the excellence of your circumstance, but, rather, give thanks because you are able to give thanks, because you live and breathe and think. You define the nature of your being; no circumstance ever may as long as this is understood.

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We are with you, my friends, and of course at any time you may ask us to be with you mentally during meditation we shall be glad to be there as silent partner to aid your contemplative and quiet moment. I am Hatonn. I leave you in all that there is, the love and the light of the original infinite Creator. Adonai. Adonai, my friends.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. It is our privilege and our pleasure to once again be asked to join your group. We thank you, as always, for inviting our humble service which we attempt to provide by means of answering those concerns that you bring with you. May we then ask for the first query at this time?

Carla: I'm really glad to hear your voice, Latwii, but I don't have any questions.

I am Latwii, and, my sister, we are filled with joy to hear your voice as well, and to feel the vibrations of this group. We feel that there are those concerns that are present, and if they can be formed into words at this time, we would be happy to attempt to reply. Is there a query at this time?

Carla: I will ask for a friend of mine. It's a question in general, for I'm sure there are many people that share his difficulties. How may he work to remove his difficulties, and achieve a proper spiritual, emotional, mental and physical balance?

I am Latwii, and am aware of your query, my sister. We find that this query is of a general nature, and has not those specific qualities which would infringe upon the free will, thus we may attempt an answer and shall do our best.

Each seeker within your illusion moves within that which might be called the darkness. Nothing is known except perhaps that the seeker does exist and move within certain boundaries and these boundaries seem quite real. They are that which the seeker has made familiar through the thinking and the experience which are attempts to reflect the true heart of being, and to make the journey known in a conscious fashion.

These boundaries serve to focus the seeker for a portion of the journey, and when they have served their purpose there is the opportunity to release the boundaries, to bid farewell to that which has been familiar to the seeker. Many of your peoples call this transformation, and some such changing of the guard, shall we say, may be called initiation as well, for the old is given away and the new is born. These are new boundaries, my sister, but boundaries which are somewhat widened and offer more freedom. Yet, with the new-found freedom comes the first fear of taking new steps, for that which is new is not known nor is it familiar, yet the seeker, full of the desire to move onward, will take that first step as the fool into space, and with faith and will exercised to the fullest ability will find firm ground on which to step, for that ground shall be a new portion of the seeker, and shall be that which awaits the formation first in, shall we say, desire or mind. The step is thought, and then it is taken, and it is taken because it is thought.

Thus, the journey continues within new boundaries, and the seeker once again moves forward for a portion of what you call time until those difficulties that are a result of the new bias mount to the point where a threshold of resistance, shall we say, is constructed, thereby providing the opportunity for yet another transformation, as what once was a new field of experience becomes too restrictive and must be replaced and transformed by a larger field of experience. The faith and the will are those tools which propel the seeker through such transformations. The rejoicing at such an opportunity is also a concomitant portion of the seeker's own creation that is most helpful in this journey, and most especially during such transformations.

May we attempt further response, my sister?

Carla: That was very complete. Thank you. I had a secondary query, and that was, if a person carries confusion of some kind to the point that most people would call delusional to the close of the incarnation, will that person be, shall I say, caught in that confusion as the next incarnation opens?

I am Latwii, and am aware of your query, my sister. Inasmuch as each entity which inhabits your illusion contains a certain amount of confusion, it is necessary upon the cessation of any incarnation for any such confusion or imbalance to go through the process of healing. Therefore, according to the nature and degree of the difficulty or confusion, the entity shall find within itself the need to heal that which was broken, to make clear that which was confused, and to make whole that which was

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broken. There are many, many individual situations to consider in the general nature of your query when making reference to the needs of the next incarnation. The entity may be ready for that which is called the harvest, and may find that, though confused during the incarnation, was sufficiently polarized to continue to the next level of lesson, and may find a need to include the first portion of studies as that confusion which was carried forth from the previous incarnation. For an entity not able to harvest itself within your third-density illusion, such confusion then might be a portion of its next third-density incarnation lesson.

There are, as you know, a great variety of entities upon your sphere at this time. Many have come from other densities and planetary influences to be of service, and may find that there are certain difficulties and confusions which would necessitate a particular plan of study to be carried forth, perhaps within any number of situations which would perhaps include another third-density incarnational experience or could take forms which are most difficult to describe to you at this time, for to those of other densities there are various means of relieving and healing the distortions accumulated within a third-density incarnation.

We apologize for not being able to give a specific answer at this time, but are aware that you recognize the difficulty with the infringement upon free will which is potentially within our response.

May we respond in more detail, my sister?

Carla: No, thank you, Latwii.

I am Latwii, and thank you, as always, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we find that we have exhausted the queries. Though few in number, we find that the focus of each query was sufficiently well tuned to provide information which we hope may be of some aid in your quest for truth. We share with you that same quest, and thank you for allowing us to share what humble opinions we have gathered on our journey with you. We shall be with each of you upon your request in your meditations, and shall be honored to join your group at your next gathering, should we be so requested. We are those of Latwii, and we leave you now, my friends, rejoicing in the love and in the light of the one infinite Creator. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
August 5, 1984

(Carla channeling)

I am Hatonn. I greet you in the love and the light of the infinite Creator. We are most grateful to be able to speak with this group this evening and greet with great joy the one known as S. How beautiful is the desire of each heart that seeks a dwelling place in the metaphysical sense. And what beauty within beauty shall that seeking unfold. We greet you in love. At times we feel perhaps we should make more effort to point out the reason for our greeting you and our leaving you in love and in light. We do this because of our opinion that this greeting expresses as well as words can all that there is either knowable or numenal within our experience.

"The love of the one infinite Creator" is indeed a practice in redundancy of phrase for love is the one infinite Creator having been called from the deeps of the universe's infinite rhythm that this creation and all others may be born, coalesce, experience, be flung outward and ultimately recoalesce within the great heart that beats beyond all telling.

That which you know of and think of as the Creator is already one step from the Creator. And yet this is all that we shall be able to tell you of the Creator, that the Creator is one Thought, one powerful, fiery and creative Thought which we call love. This love then acts in infinite variety upon that material which is called light in order to make all the vibrations and rotations which cause the illusion in which you now exist and all other illusions including the one in which we now enjoy experience. What else could we find as words of greeting? The Maker and the material, these are the elements of our greeting, for these are all that there is besides the free will that has caused each of your consciousnesses to be as they are. Whatever you consciousness, whatever your state of mind, whatever your emotions or your spiritual path, your Creator is love and the material of which you are made is light. The vibrations are yours to choose through the act of free will.

We wish to speak through this instrument this evening in such a way that this instrument has no idea of what is coming next. We are continuing to develop this instrument in order that it may be more sensitive to the content of our thoughts once it is assured that we are able to pass the challenge of the tuning which this instrument calls Christ and which others may call Christ consciousness or white light. As always, we encourage each in all cases when the vibration is felt to challenge the entity and to bid goodbye with blessing and love to any about which it feels even doubtful. For those who are of the positive path are those of Christ consciousness as you know it. For Christ consciousness is love and the teacher you know as Jesus was a perfect example of that love. And the incarnation and teachings of this teacher constitute a body which when studied

will yield some awareness of the nature of the penetration of the illusion and the understanding of freedom.

We would speak to you now about one who went about hungry for many things. Let us call this entity a woman and let us place this entity in a city. This young woman is hungry for those things which life may teach her, for those foods which life may give to her. And over and over again she pursues one path and then another, physically, mentally, emotionally and spiritually. She looks to the sea, to the sky, to all the pleasures that can be bought with money and the sensations that can be experienced because of the great generosity of your creation. This woman becomes older and chooses to herself a true love. She experiences the pain and the joy of loving another and in time the even more painful and joyful experience of children.

In each pleasure, she reflects to herself in her old age, she has seen pain. If the sky was lovely, soon it would rain, if the earth bore her footprints lightly, soon she would get a blister. All that she loved caused more pain and joy and at the end of her life she was still hungry for experiences, experiences which she felt instinctively were hers. Many people there are that come to illness, older years, and even the deathbed knowing nothing but dissatisfaction and hunger. And yet they do not know that for which they hunger nor can they. For they have been separated by a belief in outer pleasure.

What we wish to share with you this evening, my friends, in part is that there is no separation between this woman and love nor is there separation between anyone and that same love. It is not easy to find unity with mankind when mankind is so dissatisfactory. And yet it is this mankind, person by person, which wears your face and which thinks your thoughts and seeks with your hunger. The teacher known to you as Jesus offered peace. But immediately following this offering he said very clearly, "This peace is not what the world thinks of as peace." He spoke of a journey and one of those whom he taught said," We do not understand what journey upon which you go." To which the teacher replied, "Each of us is the journey. The journey is not outside yourself. You do not seek for something as if you were grabbing at the ring at a carnival ride. You are seeking within yourself and this then will bring you peace."

We would say to you, my friends, that it is a kind of peace that the world often finds suspect and sometimes even dangerous. The smile of joy in the face of apparent trouble seems not a victory, but an inappropriate reaction. The heart and the courage to lift oneself up in the face of a daunting situation seems to a dark world the action of a fool or at least one who is not paying sufficient attention.

My friends, have you ever wondered why in various holy works high places are considered holy? You must know that all things are holographs for all other structures. The structure of yourselves, the structure of the earth, the structure of the universe—study one, you begin to understand the others. Yes, the high, the mountainous, the peak is holy and not because your thinking causes it to be so but because of the nature of height. As one looks down from a height, one sees many more than things than one may see when one is in the valley, on the surface, unable to see over the next ridge or knoll, past the next tree or rock. Within yourself, each of you has the opportunity to experience the deep surfaces, the crevices, the rocks, the valleys, the vales, and the forests of existence. Each has ample opportunity to choose to be misled, to be unhappy, to feel darkness. Each of you also has within you the birthright and the opportunity at all times to seek the high places. Walk then in meditation up your own mountain. Picture yourself cleansing yourself at a clear, cool and refreshing mountain stream. And then clad in cleanly garments, visit the most high place of your being in meditation and in peace. Metaphysical peace does not deny the apparent chaos of a boisterous illusion but rather reaffirms and restates for you once again the perfection of the Creator, the Creator that is in you and the you that is in the Creator. You are old, older than rocks and sky and earth and sea. You are consciousness. You have seen and experienced and chosen many things. Today you may choose again. It is only through meditation that your choices will be consistently positive. And by that we mean that your choices will be consistently those of service to others.

When one is upon the rock, how easy it is to feel that there is no one to serve and if there were others to serve, still yet there is no chance of true service. It is easy upon a rock to wonder where you will be fed, when you will be served, and yet you have food in plenty. As you gain in compassion, so you gain in your nearness to time spent and to infinite supply.

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Only you know what shall fill your appetite for peace, for love, and for giving of that which you have gained to those about you. We hope you have hearty appetites.

Our hearts are full with gratitude and thanksgiving that you have allowed us to share our thoughts with you. We are quite prone to error and are anything but authoritarian. Never take our word to be absolute, but rather, test it against this illusion on a daily basis over a period of time. If what we say is so, your life shall be considerably simplified and most certainly changed. If the change is towards an inner joy and peace, then we have spoken well. If what we say is not appropriate, toss it aside without a backward glance for there is inspiration everywhere. We are only one of countless sources. Listen, my friends, with inward and with outward ears to the joyous voices of the infinite Creator. Listen always, even when you talk. For you, too, are full of inspiration. Find inspiration in silent sayings as well, for the voice of the Creator is often silent.

We must leave you at this time as we are having difficulty with this contact. I am Hatonn, and I bless and thank and greet each of you and assure you that we are with you at any time you may request us mentally in meditation. We have come to you, for we are love, for you are love, for the creation is love. And we speak to you because all things manifest in light. We leave you in the love and in the light of the infinite Creator. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in that same love and light that our brothers and sisters of Hatonn have left you in. What a blessing it is to speak to this group this evening. May we also welcome the one known as S, who has in your measure of time been long absent from this group, though not absent from our blessings and our presence. Our service, as always, is that of attempting to answer those queries which each brings as a means of continued seeking. May we then begin with the first query?

J: It's always good to hear your voice, Latwii. I have a query. I have an idea for a product which requires a patent, but I'm just sitting on it, not doing anything about it. Can you tell me anything about it?

I am Latwii, and, my brother, we are most happy to hear your voice as well and to attempt to the best of our ability to respond to your query. In this instance we find that there is a means by which you may pursue certain lessons through this activity that you have devised. We cannot give advice as to whether or not you should or should not proceed in any particular manner with a lesson which has implications for your evolution for it would not be proper for us to point you in any particular direction. Yet, we would suggest that when you find an inspiration which has come to you as a result of your seeking and when this inspiration takes a form which you feel is well, that it is helpful to follow inspirations. For whatever the outward form of any inspiration, it is fulfilling a deeper need and offers the opportunity for the growth of the being, shall we say. In short, we suggest following those inspirations which come from within the being.

May we answer you further, my brother?

J: Thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

Carla: Just to follow that up. Is there anything legitimately wrong with making bucks, with money?

I am Latwii, and am aware of your query, my sister. We do not find the wrongness, shall we say, in any action which any of your peoples might contemplate, for all actions are productive of the opportunity to learn and offer each entity an avenue to do so. That which you have called money is one particular item within your illusion which has much controversy gathered about it for there are many of the spiritual path who find the concern with the monetary matters to be quite inappropriate. We suggest that any action or thought may be used efficiently by the seeker of truth.

May we answer you further, my sister?

Carla: Do you want to repeat that last sentence?

I am Latwii, and it was our suggestion that any action or thought could be well used by the seeker of truth. It is the intention that is the factor of most importance.

May we answer you further, my sister?

Carla: I'd always had a kind of a hunch that the only reason that money had such a bad name in spiritual

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circles was that it tended to become an end in itself, like idolatry of some sort. Is that somewhere close to the way that it really is?

I am Latwii, and am aware of your query, my sister. We might suggest the general principle in this case could be generally stated as that which is of most importance in the life of the seeker is that which continues to provide an avenue for further seeking. That which becomes an end in itself ends the seeking and indeed becomes that which you have called an idol is that which is of less importance for it has limited value and indeed limits the seeking.

May we answer you further, my sister?

Carla: No, that was fine, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we are somewhat surprised that we have exhausted queries so early in the evening with a group which is so full of the inquiring nature of the seeker. We perceive that there are some queries which have yet to reach their final form and would ask once again if there might be any kind of query to which we might attempt reply?

S: Okay, I have one. Why is there always that stumbling block that all of us seem to go through? Where you want to tell people all about what's going on, there always seems to be that large hurdle one has to make. And some people stop there and some people can go ahead, go through and one's progress and search is so much easier when we do. I'm speaking of the *(inaudible)* where everyone wants to wear their spirituality on their sleeve and I speak from experience because I went through it to. But it seems to me that it would be so much easier and so much more enlightened if we didn't have to have that road block in the way.

I am Latwii, and we feel that we have the gist of your query, my sister, and we thank you for asking a query which is of great interest to our own seeking. For we are speaking to this group as a result of a desire to be of service to the one Creator in our way. You speak first of that desire one feels to speak what one has found to be true of a spiritual nature to those with whom one has relationship. The seeker, when first embarking upon the path in a conscious manner, will undergo that experience which is likened unto the fire being set within the heart. The seeker has perceived that which is of great value, yet is somewhat overwhelmed by the nature, the depth, and the potential of that which has been encountered. Whatever the means the seeker has used, whatever the group the seeker has joined, whatever thought the seeker …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue. Whatever means the seeker has used to begin the conscious search for truth, shall we say, the seeker then finds to be that which it wishes to share with others and to influence the others as the seeker has been influenced. It is a fire which burns most brightly for those beginning the journey. Yet it is a fire which is in need of, shall we say, the gentle touch. For such a fire can burn and singe and sear as well as illumine the darkness. It is not for the seeker to be, shall we say, adeptly able to shine the light in the manner it is needed in each instance. It is more likely that the seeker shall run about with the torch burning brightly, sparks flying, little fires smoldering here and there, quickly extinguished, unless, of course, there is the chance for the lighting of another fire which is possible upon occasion, for there are those who need but a gentle nudge to have their own flames ignited. Yet it is most likely that the seeker shall find great difficulty in using this flame in a manner which is both loving and wise.

Now we move on to that subject of the stumbling block in general. Every so-called stumbling block is most important for any seeker, whatever nature the stumbling block may take. For it is not the purpose of your illusion nor of your incarnation to move smoothly without the jolts and jangles and stumbling from time to time. It is in such upsetting of the journey that all is shifted about so that there needs from time to time to be a reassessment of that which has been gained and that which is sought and the means for doing so by the seeker of truth. It is at such times that whatever spiritual strength that has been gained by the seeker is put into play and is allowed its full reach that the seeker, as the young kitten, may test itself and roll and tumble with life and its catalyst, if we may so pun, and find that new synthesis of being. The continuation of the journey of seeking is that which is most important for it is an

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infinite journey and each stumbling block does not in truth hinder the journey but truly speeds it by providing the opportunity for that which is old and worn and no longer useful to be discarded and for that which is a new possibility for the seeker's consideration to be placed before the seeker's mind.

May we answer you further, my sister?

S: No. I have another question, though. How much spiritual progress can be done on a subconscious level, as opposed to a combination of consciousness and subconsciousness working together? Can you give me a number level or a … that can be reached on subconscious completely or through a dream state or something like that?

I am Latwii, and am aware of your query, my sister. Here we find that the response to this query may be that which surprises, much as this illusion is that which hides the truth and which surprises the seeker when it finds the truth. Indeed, my sister, we would suggest that the spiritual treasures which may be gained in your illusion are very infrequently gained in a conscious manner. The conscious assessment of spiritual progress is an attempt which is most futile. For within your illusion, the treasures of the one Creator are hidden beneath what may be called the veil of forgetting. And as you move through the illusion and encounter those situations which are yours to encounter, you shall deal with them in one manner or another and shall consciously register the effects within your mind and shall count the gain and note the loss and shall feel satisfaction or dismay. But in truth, that which has been gained of a spiritual nature has eluded the notice of the conscious mind.

It is as though the merchant who buys and sells the goods stores in his vault the gold of trade and measures his success by the gold, its purity and weight, and when the day finally comes that this entity passes from this incarnation and reads his own book of life, he will find that it was not the gold that was stored, not its purity, not its weight that is of importance in his life. Yet it was the manner in which the transactions were conducted with the other selves, the love that was given, the love that was received.

It is so with the life of each. Each counts the spiritual gold by the definition which each provides for the self. Yet, as you move within an illusion, so is the description of spiritual gold most illusory. That which is true value in the metaphysical sense is indeed stored up within your being but is of a nature which is quite beyond description and beyond your comprehension for it is not an illusion of comprehension in which you move. There is nothing which is understood completely or even in a small degree. You move within an illusion which requires faith and the will to move. You move in what might be called a darkness of being, seeking the small slivers of light. And it is within the heart of your being that such seeking is motivated and recorded in its true sense.

May we answer you further, my sister?

S: Yeah. I'm not sure if you answered it or not, but I don't think you did. What I was trying perhaps to get at is, can, by consciousness which is on one path that I am aware of and the troubles in the life that I am going through now and the joys and sorrows that I am consciously aware and I'm consciously aware of the lessons to be learned and the karma to undo and all of that on one level … I also feel that there is another, at least one other part of me that is also on a different spiritual path, moving together or simultaneously with this other outer spiritual path that I'm doing here. And if that is going on at least on two different levels and that they're learning two different lessons or levels of lessons, could there be more, or am I confusing that, and I shouldn't even be thinking about the two different levels? Now I only get very brief glimpses of this other level which is the thing that is the only reason that I'm bring it up.

I am Latwii, and hopefully we are more aware of your query at this time and shall attempt responses. We may affirm that for each seeker there are truly two levels of seeking. One is that which you have described as the conscious seeking during the incarnation. The other level is the level which more nearly approaches that which may be called the metaphysical truth. That level of being and seeking is what might be called the preincarnative choice. The entity before incarnating, having made contact with the higher self and with the aid of those guides and presences which have been called to the entity in service sets out a plan for the incarnation, a blueprint, shall we say. We, for want of a better term, shall call this plan the pursuit of truth and it is set forth in clear terms yet with general guidelines for accomplishment. Then during the incarnation as the entity begins to awaken to its preincarnatively

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chosen plan, glimpses of this plan will become apparent as the entity indeed pursues that plan, both upon an unconscious and upon a conscious level. Whether the pursuit of the plan is unconscious or conscious, it is imperfectly perceived. Of course, as the journey of the seeker becomes more and more a conscious portion of the incarnation, the perception becomes clearer, yet in our previous response we intended to state that no matter how clearly the conscious mind is able to perceive the plan for the incarnation, it is the nature of your illusion that such [a] plan is never purely perceived. It is not clearly delineated for the conscious mind, but through the unconscious sets a tone and, shall we say, haunts rather than explicates itself.

May we answer further, my sister?

S: No, that's fine.

We thank you, my sister, for your most thoughtful query. Is there another query at this time?

Carla: Yes. Perhaps I'm just being dense, but I'd like to follow up S's first question. She was asking what the purpose was of the constant stumbling blocks you run into when you … people even want perhaps to know about what you're studying or how you feel and yet stumbling blocks do arise and misunderstandings arise and sometimes they seem overwhelming. What I was wondering was, I understand the virtue of this is to the person that's trying to be of service, but to the person who is listening and discovering the stumbling block, what is the gift which is given by this stumbling block?

I am Latwii, and am aware of your query, my sister. We might suggest that the gift of such a stumbling block to the one listening to the seeker of fire is to awaken the ability to question that which is given from any source and to awaken the ability to seek for the self all answers and to, shall we say, develop the ability to filter from any resource any information which is given.

May we answer you further, my sister?

Carla: Just for the heck of it, how would you like to respond to accusations that we get about every once, six months, twice a year, maybe, that we are messengers of Satan and that you are a demonic being? All of you, of course.

I am Latwii, and am aware of your query, my sister. Our response to such a statement would be to recognize the one Creator which speaks and to suggest that such an entity has discovered that which we wish to share is not appropriate for that entity's path of seeking and has so responded as a means of describing not only to others but to the self that another path would be more appropriate than to give any value to information which we might share or to give any value to the possibility of information being shared by such entities in such a manner. It is the right and privilege of each seeker to choose its own path and is indeed the duty of each to do so whether it is done with grace or clumsily, it is yet the one Creator which finds its own expression in its own way and time.

May we answer you further, my sister?

Carla: Why are you such a threat to people such as the Christian fundamentalists that are generally the ones who would say that?

I am Latwii, and am aware of your query, my sister. First we may state that we are truly no threat to any. But there are those whose minds are configured in such and such a manner to whom we may seem a threat by their own thinking. As the viewpoint is widened and as love is seen in those places and beings in which it was not previously seen, there is less and less seen to be a threat, until finally, all is seen as one Being, full of love, and that Being is not only the self and not only a Creator which exists outside the self, but is all things, all thoughts, all experience. Thus, each seeker begins with a narrow point of view and travels the path of truth which then allows the experiences that will aid the seeker in widening the point of view and the point of love.

May we answer you further, my sister?

Carla: Yet, you, yourselves have cautioned us frequently to tune so that we might get a carefully tuned positive love-oriented, service-to-others-oriented message. Is there a point in the development towards the final density and reunion with the Creator at which negative channeling and positive channeling or service-to-self and service-to-others channeling are heard with equal joy?

I am Latwii, and am aware of your query, my sister. This is indeed correct, my sister. At some level of each entity's being this is possible. Yet within your illusion, you move in a darkness and in a manner which requires the careful choosing of polarity, shall we say. For in order to do work of a spiritual nature,

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the battery of the seeker must be polarized as purely as possible. This polarization process proceeds for much of what you call time through many experiences. And as the seeking becomes more and more refined, the seeker in the positive polarity is able to appreciate more and more the essence of the one Creator which resides in all things, including those entities who have chosen to express the negative polarity of the one infinite Creator. Such a positive entity with this ability to appreciate the one Creator in all is an entity which has refined the process of seeking to a degree where all is seen as one; all is seen as the one infinite Creator and there is no polarity at this point.

May we answer you further, my sister?

Carla: I take it that's quite a ways down the road?

I am Latwii, and we would agree, my sister, that for the seeker of truth in the positive sense this is quite a lengthy journey and reaches its culmination, shall we say, at the mid-sixth density level, at which time for any entity wishing to continue the process of evolution, it is necessary to see all as the one Creator. Yet it is possible from time to time on this journey for any entity to so purify its own thinking that it is able to experience the unity of all the creation for briefer moments.

May we answer you further, my sister?

Carla: No, just an observation that that sounds in some ways like risky business.

I am Latwii, and in one sense, my sister, we would agree. Each seeker of truth finds the path laid before it in a manner which leads inevitably to the one Creator. For in each moment the one Creator is all that is. Yet as the one Creator seeks to know Itself and has portioned Itself throughout the one creation in the positive and negative senses, those entities who travel this path of evolution will find that path, though inevitably leading to the one Creator, can be a path which has many surprises for those whose step is not sure and whose attention has been diverted for the moment. And it may be necessary from time to time for the seeker to learn lessons which may be described as difficult. Yet each lesson teaches love, wisdom and unity for those who are alert to the possibilities within difficulty.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

S: I have one. And I should know the answer but I don't. If one incarnated on this planet from a different dimension, let's say a higher one, and if that entity didn't do any large boo-boos that would keep him in this density and leave him with this social memory complex, upon completion of this service, does an entity go back to his own social memory complex and kind of jump in where he left off or if he has made great progress in the third density, can he shoot ahead out of his social memory complex into another one, say on a different dimension, if he came from the fourth dimension, did good work, could he shoot ahead to the fifth, or does he jump back into the evolution of the, or the fourth density he came from?

I am Latwii, and am aware of your query, my sister. We must attempt general response to a query which has a great many possible responses. If an entity from a density which is in advance of this third density illusion incarnates for a certain purpose, the incarnations within this illusion may be expected to continue until that purpose has been fulfilled, whether it takes one or many incarnations. There is also the possibility of revaluation of such purposes between the incarnations within this illusion and at this time, shall we say, it is possible for new services to be added or for modifications to be made upon the service which was originally chosen. If an entity is successful in providing the service and learning the lessons which were set before the incarnation or incarnations, it is most usually the case for such a positively polarized entity to remain with the social memory complex, as you have called that it originally began with. For it is not the nature of a positively polarized entity wishing to be of service to leave that group with which it has provided services for great portions of what you call time and experience. It is more likely that such an entity would use those increased abilities gained in the, shall we say, successful incarnation to advance the social memory complex as a whole rather than to take the fruits of his labor and go its, shall we say, merry way.

May we answer further, my sister?

S: No, that was fine. Thank you.

I am Latwii, and we thank you once again, my sister. Is there another query at this time?

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(Pause)

I am Latwii, and we thank each within this group for providing those queries and energies which allow us to provide our humble service to each and to the one Creator. We shall follow our brothers and sisters of Hatonn with the same injunction, that whatever message and words that we have provided which you find to be of service, we offer in joy and thanksgiving. Whatever words may not be helpful at this time, we suggest that you leave behind with no thought or regret. That which we have to offer, we offer as our opinions and as our gift with no expectations that what we say shall carry any weight. We speak to the one Creator in each which knows all that can be known and is all that can be. And it is our great honor and privilege to speak with the one Creator gathered this evening in this place. We thank each for allowing us this great privilege. We shall leave you now it would seem, though in truth we are with you always and at your request shall be most happy to join your meditations. We are those of Latwii. We leave you now, my friends, in love and light. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
August 12, 1984

(Carla channeling)

I am Oxal. I greet you in the love and in the light of our infinite Creator. We gratefully acknowledge our opportunity to work with the one known as S. Ours is not an easy contact and we were attempting to practice with this instrument. We thank the one known as S for her cooperation, and will now speak for a few of your moments through this instrument. We thank each of you for calling us this evening. We are those who are more involved in the questions of the mind than the heart. We may suggest to each that our being called does not mean that each here has learned the lessons of the heart. It means only that there is a great call for wisdom, for clarity, and freedom from illusion.

It is perceived among your peoples that the heart cannot give freedom from pain, that the heart cannot see clearly and that the heart is useful only as a means of generating experience, much of which is painful. This perception of your illusion may well be true. That is for each of you to say. For what is the heart? We with our wisdom gaze at compassion and realize that that balance between compassion and wisdom shall be our next lesson. But let us for a moment assume that there is in many of your peoples an excess of compassion which causes pain and then a desire to seek. Very well, my friends, the pain has its first meaning, for seeking is the activity of the deity. It is in some ways the definition of the Creator, the sign of the creation. A tree may appear to be rooted and still, yet, does not each leaf seek the light? So you feel that love is so weak a tool that you must instead seek wisdom.

We shall share that which we feel to be correct with you, admonishing you that our opinions are fallible; therefore take from our statements those things which are helpful and toss away the rest, for are we not all one, and is this knowledge not inside you that you seek now? Is this peace that you seek not also within you? Do you think perhaps that you are like a mountain—at the bottom there are verdant fields of love, at the top, the peak places of wisdom. We say to you, your perceptions of wisdom will be greatly skewed until you learn the lessons of love, and therefore we of Oxal wish to speak to you of love from the standpoint of wisdom.

Let us look at perfect compassion. Let us look at a perfectly smoothly running, perfectly timed universe. Perfect compassion, which we call love, for want of a better word, is power. It is power that has been so disciplined, guided and considered that all things work together in harmony. That which powers the universe is not understood. That which powers the universe is love. Wisdom is the vibration which love uses. It is the material the artist uses to create experience for those who are conscious. Therefore, as you wish to learn the one original Thought, so you wish to learn all that there is.

Wisdom is the refining of love into its shapes, designs, its nuances and its shadows.

There is, shall we say, a ship with its sails furled upon a great sea. It may seem that you who are on the ship are victims of the wind and the waves and you lack of knowledge of navigation and astrogation. However, there is within each of you an innate guide, a rudder, shall we say, that steers you if you will let it. That which steers you is not a wisdom but an association with love, that love which is the original Thought of the one Creator. Your voyage may seem endless, perilous, difficult, pointless and confusing. This, my friends, is the voyage of one who has not yet picked up that association which forms the rudder of experience.

(Pause)

We apologize for the delay. We are feeding this instrument concepts that it is having difficulty enunciating. This in itself is an example of how the wisdom baffles the working of the deeper part. This instrument's intellect does not see any association between the next concept and the previous one. Therefore, the instrument questions the concept and we must pause in order to tune this instrument as we are talking and regain the line of our poor speech.

There is a call in this group this evening that stems from a very deep place, that place before time was or space. It is the call of the soul or spirit to the conscious self. We may take the voyager through space and through time but it is that which is beyond space and time which will yield the simplicity, the peace and the power which is sought. The fruit is single. We are all love and we all distort that love. We are each unique, and yet we are each perfect, both as we are and perfect in the literal sense of being, in part, beyond space and beyond time, a part of the Creator. That is why you already know each answer you seek. If we inspire you, it is but a remembering. And yet, that which you need to remember is buried, and therefore, in meditation, you sit and wait.

Those who seek learn the meaning of the word patience. You seek the same thing over and over again. You seek to find the truth, the love, power within your daily experience which may well seem false, disturbing and powerful only in its ability to cause pain. So many of your peoples, my friends, live in a narrow world, bounded by that which is seen and heard and felt. This group seeks that which is beyond the boundaries of the prison which is called your lifetime. Yet, my friends, we say prison, for you are indeed behind the bars of an illusion, the illusion that you were born and you will die and you will be no more. Within that illusion there are few good reasons for having faith, for behaving ideally, or for holding ideals. Yet, the instinct of those who seek has put them in touch with the awareness that the true self, and, indeed, the majority of the self is outside the prison already.

You have put yourself in this situation and you have within you that which may remove you from the prison. We do not speak of death, although that certainly will remove the bars. We speak of your own ability to seek. What shall you seek? Observe yourself in any situation and let that observer within you ask, "What do you seek?" Do you seek love? Do you seek to become a messenger of love? Or do you perhaps seek that which may be well within the bounds of those who are still asleep and do not even know they are in prison? There are many apparent powers—money, position, relationships, the feeling of being in an appropriate place, and yet what is the true power? Look at each of those subjects and you shall see those things that change are not true but temporal. You seek peace and within this world those same things that give you power are reputed to offer peace, and yet, do they? Ask yourself if any peace of a lasting and infinite nature occurs within the bounds of the temporal world.

We shall say to you once again, there is peace, there is power. Those things are to be sought carefully. You are those who love. You do not love in perfection as your conversation noted previously, and yet you attempt. In each attempt is power and peace. The power of love is unmistakable, healing and radiant. Those who live in light, manifest it. People are attracted to them and enjoy their company. It is not they but the love channeled through them which is attractive. There is a peace in loving that cannot be found by buying and selling, giving and taking. In bargaining there is no peace. In loving, alone, is there peace. If you love yourself completely you are at peace. If you wish to serve others in love completely, you are at peace. Between these two points, in one degree or another, you shall not be at peace.

Therefore, we urge you at least once in your day to say to yourself, "Ah, the bars of my cage shall [not] hold me well, for I shall sit beyond space and time

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and I shall seek love, I shall seek the truth and I shall do it in silence." For there is, indeed, as one your holy works as said, a still, small voice that enables seeking to continue and flourish within you.

We are those who learn the lessons of wisdom, and we see you as those tossed by the Creator which is yourself into the depths of your prisons, or to move back to our other analogy, those lost upon an endless sea. The point is that you are kept, somehow, apparently, from your freedom. In our seeking towards wisdom we see your peoples as those who now have the opportunity to face once again towards the same Creator that has flung you upon the water and cast you into prison. In meditation you may break forth from prison in contemplation and inspiration, in dreams, in converse with others who are seeking; you will find those things, those coincidences, those sentences which strike you, which tell you where to move your rudder, in which direction to go.

That is the rhythm of each density. You are flung out and you learn to return. It is you, yourself, who has placed you, each of you, as you are now, experiencing what you are now, dealing with what you are dealing at this point. Turn then, to meditation and find out why. Climb the mountain slowly, slowly, my friends and see each step clearly. What you are doing at this point, what you are thinking, how you are seeking, how you are feeling; these are your tools. These are tools that can give you beauty beyond measure, that can make you rejoice, even, perhaps, as you weep. Before your footsteps lies the mountain but you must climb it one step at a time, one day at a time, one moment at a time.

We rejoice now with you as we experience the vibration of this group and share our love with you. We are very blessed to be able to speak this evening, to listen through the ears of this instrument to the cicadas and the murmur of your *(inaudible)*. Such beauty, my friends, in a single moment; it is almost too much to believe for us, for we do not experience your illusion. We seek a different kind of beauty and must learn to become aware differently. The beauty about you now, the beauty within you now, the power, the peace and the love within you now is very striking to us, and we give thanks that we are able to join you.

We would leave you now, having spoken far too long, we fear. We leave you in all that there is, love and light, the love and the light of the One Who is All. I am known to you as Oxal. I leave this instrument. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are most privileged to once again join your group for the purpose of attempting to answer those queries which may be of aid in your seeking. We thank each for so inviting our presence. And we remind each that our humble words are but fallible opinions which we offer in hopes that they might be of some small service to you. May we then begin with the first query?

S: Yes, Latwii, I have a question from R, who will read your answer. He wanted to know if you could make any comment or give information about the faces he's been seeing in his meditations. They're all different and they change, it's not like he's seeing the same faces over and over again. But he wanted your comment.

I am Latwii, and am aware of your query, my sister. We find in this instance that we are once again relegated to the role of speaking in general terms in order that the free will of the one known as R might be preserved as he continues his journey of seeking. Each entity shall find within the meditative state certain experiences that are of significance upon the journey of seeking the truth, as you call it. These particular visions or faces which the one known as R has been experiencing are those portions of a larger process which is underway, shall we say, within this entity. One may look at each experience within your illusion as a symbol of that which is a deeper truth. This is also true within that state which you call meditation, though this state is capable of producing experiences of a greater clarity, shall we say, than your normal waking state. These images might be fruitfully used, we suggest, by the one known as R if they be looked at for a symbolic value, for a certain resonance which each contains. This resonance then may be placed by the entity with certain life experiences or lessons which are seeking expression at this time within this entity.

May we answer you further, my sister?

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S: Well, since I'm not really sure, I guess I'll just go with what you've given me because it sounds like it'll be very helpful to him. I did have another question, though, on a different subject. About a month ago, R and I were almost on a daily basis having minor aches and pains back and forth and back and forth to the point where it became comical. We were making jokes about it and I would say, "Is your knee getting better now, because mine's beginning to hurt?" I would like to know if you could give me any information about the possibilities of us maybe subconsciously attempting to heal each other or if there's another explanation?

I am Latwii, and am aware of your query, my sister. Again, to speak in general terms, we may suggest that it has been well said that those who together seek shall far more surely find. It has been your experience which you have shared with the one known as R to intensively seek …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue our response. You may look at these experiences, as we have suggested before, for their symbolic value. As you proceed in your seeking together you shall find that the catalyst which you use is catalyst which you share. Those aches and pains, as you have called them, are indeed offering opportunities for the healing, as you have suggested. This is the purpose of all catalyst and experience, to speak generally. All distortions, all that is not whole, may be made whole and clear by the successful use of catalyst. Those experiences which you have shared of the physical discomfort are symbolic, and reach deeper into your shared experience and are representative of certain lessons which you share together upon levels other than the physical.

May we answer you further, my sister?

S: Well, if the aches and pains go away, does that mean that we have been successful in using the catalyst?

I am Latwii, and am aware of your query, my sister. In general, we would suggest that this assumption is correct. The catalyst which has not been well used in the mind is then given to the body, that it might be noticed more fully and more fully utilized. This is not to say that should such physical representation of the catalyst disappear that the catalyst has been completely used, but is to say that it has been used to the point of clarity so that further symbolic manifestation in the physical body is not necessary.

May we answer you further, my sister?

S: Well, yes. You could clarify one more thing for me. Are you saying then that because we as a couple have spent a lot of time together there are some lessons that we chose to learn together, and that if both of us are not successful at any particular time … wait, that's not what I mean. Okay, first of all, is what I've just said correct, and second of all, do we then have to work on the catalyst as a unit rather than as individuals?

I am Latwii, and am aware of your query, my sister. To speak to the first portion of your query, it is basically correct that you have chosen to learn certain lessons together and that you have, as you progressed through your learning process, come not only to see each as a mirror for the other but have come to see the self in the other.

To speak to the second portion of your query, it is a most efficient means of learning for an entity to learn with another in order that this mirroring effect might be utilized to accelerate the learning process. It is quite possible to learn as a solitary being, but without the mirrors of other selves to show the self the intricacies of the self, the self then is more likely to miss the refining ability that mirrors provide.

May we answer you further, my sister?

S: No, that's been very illuminating. Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: I'd like to follow up on S's *(inaudible)*. It seemed to me that you were intimating, but not saying, that this couple, like many couples, have been not just through this incarnation together but through others and that that way … my question is, then, is the previous experience with each other necessary before you get to the point to where you are really working together and what's catalyst for one becomes catalyst for the other, and they're sympathetic and so forth?

I am Latwii, and am aware of your query, my sister. We can suggest that your assumption is in a great portion correct, for those entities which have had experience as the mated pair before this incarnation

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shall find that there is a great reservoir or resource which may be called upon by the deeper portions of the entity as the incarnation proceeds and as the mated relationship attempts to refine the process of evolution.

May we answer you further, my sister?

Carla: Yes, just one final thing. In observing certain couples, I cannot see any karmic bonds. These are the couples that seem to be doing the best work together. Certainly R and S strike me as one such. Is the karma free … I guess what I'm really trying to ask is, is there a portion of the third density where mated pairs that have worked through the karma and have become free from karma as we understand it, then come back in order to become what some people have called masters or to find true balance, in other words, is a karma-less state a prerequisite for this particular lesson, that is, working as a couple?

I am Latwii, and am aware of your query, my sister. We may suggest that that state which you have described as karma-free might be more clearly described as balanced karma. That is to say that entities of the mated relationship nature which have chosen to once again incarnate as mated pair are much more able to provide the services and learn the lessons chosen before the incarnation when the karma is what we would call balanced, rather than being out of balance so that one entity would need to assume a role that is more distorted from, shall we say, equality than the other in order that certain lessons left incomplete from previous incarnations might be balanced in the current incarnation.

May we answer you further, my sister?

Carla: Was that an affirmative answer? I get lost in your answers sometimes. Did you basically say, "Yeah"?

I am Latwii, and we beg your forgiveness for being somewhat abstruse from time to time. Yet, as we use this instrument's mind, we find that there are certain concepts that, though helpful, do have certain tendrils of abstractness about them. We have attempted to suggest that your basic assumption was correct, yet we wished to make hopefully more clear the situation of entities that are utilizing the mated relationship efficiently, that is, their karma has been balanced rather than removed. To remove the karma is to remove experience, and is to remove a great reservoir or resource that is a great aid in the incarnation.

We might further suggest that as entities have gained experience as mated pairs in previous incarnations and have balanced their karma, then the portion of the next incarnation devoted to the personal lessons grows smaller and the portion devoted to providing services for others grows larger.

May we answer you further, my sister?

Carla: No, thanks.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we find that we have for the moment exhausted the queries, and we are most appreciative for the opportunity to be of whatever service is possible by our humble words. We apologize for seeming to be without our normal humor and for seeming so formal in our replies. We are hopeful that as we continue to utilize this instrument that it shall be able to widen its own perceptive abilities and allow that which is of a lighter nature in our own being to shine through in our responses, for it is a great joy and a pleasure for our group to be able to make contact with your own, and we wish to give this joyful feeling expression whenever possible. We are those of Latwii, and we shall now leave this group and instrument, rejoicing in the love and in the light of the One within all. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
August 19, 1984

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. What a blessing it is to blend our energies and lives with yours as we blow, flow along the never-ending river of love and light. This evening we would speak with you about that which one might call a kind of reality that is hard to discover within the heavy chemical illusion within which you live, think and act. It has been sometimes called the Kingdom of Heaven. The most apparent condition of this reality which each seeks—as it is more closely aligned with what you would call truth than is your experience—day by day is its harmony.

As we speak to you now, there are millions of life forms about you that are vibrating in harmony with you that have changed slightly in their pitch and tone and *entendre* in order to be in harmony with your vibrations. The very particles of air, furnished as they are with light which is their chief characteristic, and the energy of love which moves that light scintillate in a dazzling display of harmony which ascends and ascends until all is white and light and there is no more for the eye to see. This is occurring about you at this moment. We are aware that you would like to become familiar with this experience and to leave behind experiences of disharmony and banality and folly with which the incarnation you now experience has provided you. The experiences of these energies have been had, and are being had, and will be had by many in these, shall we use the phrase, latter days, due to ingestion of chemicals which alter the rhythms of the mind so that the mind may become aware of that which is more real by one step than your illusion.

These harmonious vibrations are also an illusion, my friends, it is simply that it is a denser illusion, far more filled with light and therefore more pleasing. How wondrous it would be if within your physical bodies, awake and alert, you could still perceive the flowers and the trees nodding and rejoicing in rhythm to your footsteps and your thoughts, feelings, the musical interactions of air and earth and water and sunshine, as these elements adjust themselves to all that is about them and to the one underlying vibration which is the original Logos and from which all harmony stems.

The Kingdom of Heaven is one of harmony. It is fourth density. It is remembered by many. Many yearn for it as they would a home. Beyond harmony is unity, the white light of which we spoke, being far more naturally the experience of one whose true home is within fifth density, and many there are who yearn to abide in that comforting presence always and who lack the awareness in the waking state.

We have spoken to you many times of meditation, and therefore you know that we shall say that these

experiences are within you to remember, not to gain, and that meditation is like the key that opens the door. It is a reaching out and turning of the latch. Regardless of how well one meditates, one is still reaching, and therefore these experiences may begin to come. Very often they begin to come in a distorted manner and not in the waking state as much as in the hypnogogic or sleeping state, either in dreams or in half-waking visions. They may be personified by a teacher who is attempting to help you gain what you seek or by a certain symbol which haunts you. Pursue these distortions with the knowledge that they are the road within your own self which will guide you past the blocks that you have set up against yourself to keep you from remembering.

The sleeping experience is not understood among your peoples. We find in this instrument's memory a recently read article on the subject of sleep. In the sense in which we are discussing sleep, the greater percentage of those upon your sphere sleep twenty-four hours a day, as this instrument would say, for they do not use the time within sleep to learn, to seek, and to experience harmony, unity and love. This process may begin within sleep and one may begin seeking because the subconscious and sleeping self has pushed through in dreams those things which cause an entity to begin to question the apparent reality within which there are so many shadows and so many unexplained and unresolved discrepancies.

It may happen the opposite way. There are those whose minds are stronger than their intuition and for these the intellect first becomes curious. For these entities the journey towards total commitment to seeking may be longer, as the intellect is devious by nature and tends to hold a percentage of what you call judgment back. Within the dreaming state, and within the intuitional state while awake, there is no holding back of the judgment, but only the experience. Judgment is done after the fact, not during, thus the experience is undiluted.

We say to you, my friends, you dwell in a universe so beautiful, so harmonious, so unified, so totally full of love, that words are never enough to begin to acquaint you with the character of that which you may call reality. You experience one reality which by its very nature has the potential of transcending space and time. That is the sexual orgasm. If you could imagine this experience as a steady state you would begin to understand the character and the nature of reality. There is a great hunger to experience this in each seeker, and we encourage this hunger, we urge you onward. Once you have experienced one moment of this reality, you will not subjectively doubt the validity of your seeking.

We take you, therefore, to the vast meadows of fragrant existence that lie before you in time and space. We ask you drop those things which you have in your hands, all the worries, the concerns, the qualifications, the distinctions, and the limitations which you think you have and by which you think you should abide. The strength of the universe is one. Its fragrance, its beauty, its joy are one. The experience of this one original Thought will continue to be available, and we urge you to pursue it in meditation, in vision, and by dedication of the self in whatever state and in whatever experience within your illusion, to the seeking of reality, if we may use that term, for truly we speak relatively. We know a bit more than you as we have experienced more, but for us to talk of reality would be foolish, for we have not seen the end and the beginning nor have our teachers. The mystery of the universe remains hidden in the Creator and therefore, hidden in all of us.

Rejoice, then, that you have within you that which you seek. Know that the answers are simple, too simple for the mind. Know, too, that you will often be hard put within your illusion to manifest any awareness of those things which you seek, of those ideals to which you have dedicated yourself. It is the nature of your illusion to block and block and block again every pathway so that you may express love in the removal of blockage. It is the intention of your higher self that the pride within you be humbled, that the humility within you be made proud, that the plain may be made complex and the complex plain. In other words, my friends, your higher self wishes you learn the lessons of love and these lessons are not simple. They are as complex and, if you will excuse the misuse of words, three dimensional as a chair or you yourself, and all of these things you shall not learn by the mind. You may put all that you wish into your mind, you may think and contemplate and guess and worry and fret, and yet you shall not feel harmony unless it is by coincidence alone, for the mind is a servant that is too often the master by default.

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What do you have, my friends, that may seek, that you may trust more than your mind? What shall be the master of your mind? As you seek reality, we ask you to ponder this question, for in the seeker the mind is grossly misused very often and the far-seeing vision within is cut off, downplayed and mistrusted.

When we are with you, my friends, we experience a great deal of joy, and we wish to thank each, for we too cast our burdens down as we speak with you. We too are able to inspire more than we are inspired by ourselves. We too find the saying easier than the doing. We find these experiences in different ways than you, for our experiential continuum is different. We see the harmony but we are having our own difficulties in seeing the white light of fusion, and that we seek, refining upon our grasp of the truth in our own incarnational experience. It is greatly helpful to us to share experience with you and to offer service to you. It is very inspiring to us to see those who are making their choice to serve and to love the one Creator and the Creator in each of us, and we offer you courage and encouragement, for truly that which you seek is awaiting you. You have shut the door upon a glowing and vibrant harmony, upon the infinity of light, upon the mysteries that lie beyond all knowing. You have hands, you have a will; reach out, grasp and open. This is not often a quick process, unless, as we said before, experienced by means of the so-called mind-altering substances, and when experienced in such a way, the results are unpredictable, and it is sometimes too much of a vision for the spirit of that particular entity at that particular time to experience, and the equivalent of a spiritual injury is done so that the aura, as you would call it, is not then able to bear the full light without much regrouping, rededication and re-searching.

Therefore, seek ye what may be called the Kingdom of Heaven. Whether it be for moments at a time or for hours, let it be daily, and then seek to share whatever you can of your journey with whomever there may be who comes before you and asks, "What is there, my friends, that shall master the mind? And how shall you go about strengthening that faculty?" Ponder this well and with joy. We shall be with you, as you know, at any time that you may wish to ask for our presence mentally. Indeed, if you are alone and do not create a stumbling block by calling out for unseen presences, it sometimes helps entities who are seeking to invoke names aloud that are able to undergird and strengthen the meditative carrier wave, shall we say.

We have been anxious to use the instrument known as C. However, we find within this instrument's mind a request to be able to listen this evening which we respect. We would, however, like to take a few moments to exercise this channel by means of conditioning and also to make our presence likewise known to each. We shall pause.

(Pause)

I am Hatonn, and am once again with this instrument. This instrument is somewhat overcome by the conditioning which was made stronger for others. We are adjusting the contact. My friends, many are the times that we speak to you of the dragons and the [chimeras] of your illusion, of all the difficulties that you face. There are times when it is best to turn one's back on consideration of the entire spectrum of your incarnational experience and focus instead upon one single thing. You do not exist because you think. You do not exist because of what you have done. You are not a child of the Creator because of who you know, what power you have, what moneys may be yours, what influence you may peddle. You do not belong to the One because of how nice you are, how intelligent, how pleasant, or any other quality or character that you may propose. There is no justification for your existence, nor has there ever been, nor will there ever be. You are a portion of joy which has no reason for being but itself. You experience this joy in a vastly distorted way in your day-to-day experience but never mistake the quality of your life. You are love. You are joy. You are One. Past all the stumbling blocks that [a] human mind can conceive there lies a kingdom whose music is haunting you and whose beauty is just beyond your fingertips. There is mercy within you, mercy that forgives all that is within the human portion of yourself, mercy that is like a pointer saying, "You need no justification. Come and follow joy." We urge you to consider your priorities and seek first …

(Side one of tape ends.)

(Carla channeling)

Then turn back into your world, into space and time as you experience it and be the conditional limited entity that you can be, careful of yourself and loving, insofar as you are able, to others. Be yourself, my

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friends. Be yourself with that which shall not pass away from you.

In this we leave you, for that which does not pass is that which you are and that which you wish to experience, the love and the light of the One Who Is All and in all. I am Hatonn. I leave this instrument regretfully, realizing that we have been verbose, and yet it has been such a pleasure to speak with you. Our hearts leap with you as you experience the yearning for truth, for joy, comfort and for peace. We can now only say to you, you do not seek that which does not exist; that which you seek is within you and is awaiting the reaching. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are overjoyed to be asked to join your group this evening. Once again it is our privilege and our pleasure to respond to your call. We, as always, hope to impart some bit of assistance in attempting to answer those queries which you have brought with you. May we then, without further delay, ask if we might attempt the first query?

Carla: What was that question we were going to ask?

(Group discussion.)

Carla: We had a question before this meditation that we didn't have any idea about the answer to and at one point we were wondering if you could answer the question, but I'm so absentminded I forgot what we were asking. Could it have been about the coincidence of the 1947 beginning of the modern UFO era, and also of the possible peak of the harvesters or the wanderers? Can you comment on that in any way?

I am Latwii, and am aware of your query, my sister. And though this query is not that which you had at first intended to query upon, we can indeed comment upon this subject. We find that in the observation of your people and your planet that the Confederation of Planets in the Service of the One Infinite Creator has from time to time attempted to provide service in answer to the call of your peoples and this service has taken various forms. In order to provide a service which has, shall we say, endurance and hope of raising those vibrations which are somewhat of a fluctuating nature between the negative and positive, a great portion of the plan of service to your peoples has been for various individualized portions of our Confederation to enter into those manifested planes of your third-density experience as third-density beings, those you know of as wanderers. These entities, with the memory of their heritage forgotten for the length of the incarnation in order that their service might be, shall we say, earned and purely given, have come that they might bring in some form those abilities to seek and serve which are their birthright, and this wave, as you speak of the occurrence which followed your so-called second great war, was undertaken at that time because it was at that time that the call of your peoples was of the proper, shall we say, frequency and strength to enable the great influx of wanderers to incarnate and provide those services which each his sought since to provide.

The calling was affected by that second great war, and was affected in the manner of a great desire sweeping your planet for peace, the second great war having unleashed the destructive powers of separation and control to a great extent upon much of the surface of your planet. Therefore, it was the desire of many of your peoples in a conscious fashion as well as in an unconscious fashion to do whatever could be done to achieve peace and harmony. Therefore, the time and calling, shall we say, were ripe for the response to come in the form of what you have called wanderers.

May we answer you further, my sister?

Carla: Only if it's possible for you to tell me what the question was that we were going to ask and then answer it.

I am Latwii, and am aware of that which you are not, for we have the advantage of this instrument's mind which has the quality of that game which you have recently undertaken, the Trivial Pursuit, and we find in this instrument's mind the remembrance of that query having to do with another instrument which has the incarnational vibration of Jane Roberts. It was given as a portion of information that this entity had been visited and, shall we say, overtaken to some degree by an entity of the negative vibration, and it was upon your mind, shall we remind you, as to whether this information might be correct.

We feel that this is a fair statement of the query. We shall now ask if there is some further elaboration upon the query which you wish to make. Thus we

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may attempt response to a query which has been asked us, and not respond to that which we have asked for you.

Carla: What you said, could you make a comment, either to verify it or to comment upon it?

(Sound of firecrackers going off nearby.)

Carla: I didn't mean that kind of comment.

(Firecrackers continue for a while longer.)

I am Latwii, and we were waiting for the drum roll but had to settle for a firecracker barrage. We are aware of your query, my sister, and are aware that your concern for such an occurrence is great and sincere. We, however, are not those who specialize in verifying the validity or non-validity of those rumors which may circulate among seekers from time to time. We can state in general that any entity who seeks to be of service to others by means of the vocalized channeling, whether of a telepathic or trance nature is an entity which is undertaking a great responsibility and is somewhat at risk. There is the honor of standing close to light, there is also the responsibility of reflecting and radiating that light as purely as is possible. No negative entity may do anything to another being, but any being may provide an entry into its own being by creating its own negative thoughts which may then be intensified by one of negative polarity.

This is a, shall we say, risk which any instrument assumes either consciously or unconsciously when such a service is begun. It is well for each instrument so choosing to serve to develop those means of protecting the self as the service is given. Such means of protection are available upon your planet, and are found within many, shall we say, esoteric teachings that are available to those who seek to be of service. It is well to so investigate, remembering at all times that the praise and thanksgiving and seeing each entity as the one Creator are the greatest protections.

May we answer you further, my sister?

Carla: Yeah. I just had one more question. I never can predict whether you can answer these or not, but I've been feeling very dizzy lately, and I actually fainted once, and wondered if there was some other than physical cause, or all a part of the dizziness, or whether it was a simple physical complaint?

I am Latwii, and am aware of your query, my sister. We find in this instance that we may speak in general, and note that the dizziness factor which has been a portion of your experience from the new times of your incarnation through your work in trance channeling has reappeared in yet another form or intensity of experience for you. We can suggest that your current situation within this group of working might be examined for those general trends or emotive feelings which then might be symbolized by the dizzying of the perceptive abilities and the momentary loss of control of the physical vehicle.

May we answer you further, my sister?

Carla: I suppose I'll have to read that. I've been looking at it from the standpoint of where I'm blocking in order to create a request for intensification of an already existing dizziness. I haven't been able to determine whether it's blue ray, indigo ray, or even green. Could you give some guidelines on that? I certainly have been blocking some communication because I don't want to discourage Don. I've been blocking indigo because I just feel cruddy sometimes when things get strange, and I've been blocking green simply because I find myself pulled really quickly towards martyrdom if I reach out to Don too much without protecting myself. So it could be any of the three. The guidelines, not just on this particular instance but on how you analyze blockages of this nature.

I am Latwii, and am aware of your query, my sister. We appreciate the multiple-choice selection of colors. We shall do our best to lend the proper hue to our response. We may speak again in general, and suggest that for each entity within your illusion the great lesson from which all lessons spring is the lesson of love. This lesson has as one of its primary features the ability to accept that which is apparently not acceptable, for is not all the Creator? Is there any portion of the one Creator that is not acceptable? As you move through your illusion and see that which is apparently not acceptable, it is then your great opportunity to take that situation or thought and examine it that you might become it and feel it also to be the one Creator, whole and perfect. Thereby do you learn that which you have come to learn, not only to accept but to be that which seems unacceptable and quite alien to the self.

May we answer you further, my sister?

Carla: No, Latwii, you just took all the fun out of dumping on people. That's very helpful. Thank you.

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I am Latwii, and we thank you, my sister. We would at some date perhaps share a bit of gossip that we have about various entities, but since you do not know them, we must, for the nonce, refrain. Is there another query which we might attempt to answer?

C: Latwii, would you give comment on the … you see, we've been feeling other presences in the house in which we now live. Do you suppose you could comment on what these are—about their nature?

I am Latwii, and am aware of your query, my brother. We find in this instance that the presences which have become apparent to you within your new dwelling are those which been with this dwelling for a significant portion of what you call time. The entities previously inhabiting your new dwelling, by virtue of their nature of expression, had drawn to them entities of a varied spectrum, shall we say. These entities are basically of a harmless nature, yet are not the kind of entity which one would look to for inspiration of the spirit kind, shall we say. These entities are those which move through their existence in a somewhat random form, not having yet regularized those means of seeking which are available to them. We could suggest that if there is the desire to purify the new dwelling and call to your experience there entities of a more inspirational and positive nature, that you could undertake that type of cleansing which has been used within this particular dwelling, and which is available in written form in material which you may find here.

May we answer you further, my brother?

C: No, thank you.

I am Latwii, and we thank you, as always, my brother. Is there another query at this time?

Carla: I guess I have a question. I've got a newly dead child, and a grandmother who is probably going to die very soon. I was wondering what work I can best do for them spiritually and mentally?

I am Latwii, and am aware of your query, my sister. We can suggest general principles in this kind of situation where the desire to serve is a desire to serve one who is leaving your illusion and is making that transition which you have called the death. First, we would suggest that you work through your own grief for such an entity in a conscious or perhaps a prayerful manner before attempting to provide service to such an entity, for such service is best presented without those heavy feelings of grief which are the first natural response of your peoples to one's leaving of the illusion.

Then we can suggest that within the prayerful state, the contemplative state, or within the meditative state you might, in joy and praise and thanksgiving for the passing, send these feelings of joy and praise and love to the one who passes from your illusion. This will provide a food, shall we say, a milieu or environment in which the entity may be strengthened in its continuing journey of seeking the One.

We might also suggest that as you have sent joy, praise, thanksgiving and love to such an entity, you may also visualize this entity surrounded in the white light of the one Creator and you might send the mental suggestion to this entity that it remain in this white light for as long as is possible, that it might rejoice in this light, that it might find peace in this light, that it might be directed by this light to its next experience as the one Creator.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we find that we have for the moment completed those queries which were upon the minds of those present, and we are most grateful for such an opportunity to provide a simple service to each of you. We thank you, as always, for inviting our presence. We rejoice with you as you seek what is called truth. We remind each that our words are approximations of that truth. The whole and undistorted truth rests in your being. We hope to have pointed the way for you to find it more clearly there. We shall now take our leave of this instrument and of this group, leaving you always in love, in light, in peace, and in power. We are those of Latwii. Adonai. Adonai vasu borragus. ✣

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Sunday Meditation
August 26, 1984

(S channeling)

[I am Hatonn, and I am pleased] to greet you this evening in the love and in the light of the one infinite Creator. We have spent some moments of your time with this instrument as she requested so that we might be prompt in speaking through her this evening. We hope we have not caused alarm to any who were planning on a longer wait this evening. We are grateful for the opportunity to be with this instrument, as she is sometimes hesitant to allow our vibrations to come through her but we feel we have a splendid mixing this evening.

We are often surprised by the amount of confusion that overwhelms some of your peoples at this time, for we sometimes think that it would be so simple if your peoples were able to escape this confusion by simply allowing themselves to enter their own being where the confusion is less apparent. But this is not always the case. We look upon your planet with love and hope in our hearts, and we are so honored when the love from groups such as this is returned to us and we are grateful for the love and light that is shared between us. We are always hopeful and ever looking forward to the next meeting, and we look upon those past meetings with a good feeling in our hearts, and we are humbled by the love expressed at these times.

The anger upon your planet is often very easy to see, the love sometimes more difficult. But for us the feeling of love is very powerful and runs deeply through many of your people. The love is not always expressed openly in an aggressive manner, but be assured, dear friends, that love expands and is felt throughout the universe. The continuous pumping of love, as if from a heart, to the ends of creation is a pulse that is felt by all and there are times when your planet beats strongly.

We realize that that which is printed in your newspapers is not usually of this nature and one must realize that the newspaper is not the place to find this feeling. In your quiet states allow yourself to relax and feel the love as it beats and pulses around and through your very being, for it continues from each entity and it reaches to the ends of creation and it does not become a smaller quantity as it reaches out further. As the love pulses, so does it multiply and so does it become greater, ever moving onward, ever more powerful, and ever making a louder pulse. Become aware of the love that you send and allow it to flow freely for we and all of creation [are grateful] for that which you are generous enough to send.

We would transfer to another instrument at this time. I am Hatonn.

(Carla channeling)

I am Hatonn. We must adjust to this instrument's vibrations, if you will allow us to pause briefly.

(Pause)

We greet you once again in the love and in the light of the infinite Creator. As this heart of love pulses, my friends, so does the entire creation pulse, each Logos, as you would call it, pulsing in its own depth of love and sending forth the slightest variation on the universal signal which is the beat of the universe as it contracts and flows forward. Much has been made of your astrology, but we say to you that the most vital portion of this art is the specific note of the music of the heartbeat which pulses from each of your stars and, in a larger sense, of your galaxy.

Indeed, there are influences upon you from the heavens in that you have rhythms, the beating of your heart, the intake of your breath and all your diurnal and monthly cycles. As you go through these cycles, it is as if there were light beamed upon you, shone through different colored lenses, each color affecting you slightly differently, so that your rhythm sings with a slightly different mellowness or harshness. There is great creativity in the unending variety and equally never-ending predictability of the cycles of these hearts of love, which shine and send their radiations of love and light to the universe, and, as you stand where you may be affected, to you personally.

In your turn, you yourself may affect the universe. Not upon any level that you may understand in a dramatic and mundane way, but you may think of the experience of gazing down at countryside as you fly through the darkness. There is a light here and one there and you know that you are passing through a very uninhabited place. And suddenly, as you cross the crest of a mountain or a hill, you see before you the lights of a great city. So are your light groups. Such is the nature of love that those even two or three, as it says in your holy works, who gather together in order to seek light and to offer light and love to the creation may form a light that is as exciting and visible as one of your great cities.

This is due to the fact that truly a group is not the sum of its parts but is far greater. Each has a vibratory dynamic with each other in a group. Each further has invoked or evoked a principle or a truth. You have evoked that which is truth, that which is love. Yours is what may be called a universal or cosmic invocation. Other groups may invoke persons which have inspired them or forces of nature. When any group meets together in love and invokes or evokes that which is positive, the light is born and it pulsates, throbs, enjoins with other lights, other groups, other centers, other great beings which are not of your space and time but are on other planes of existence and which vibrate in harmony with you as you seek love.

Indeed, my friends, as you seek you present a beautiful and glorious feast for our eyes and for our hearts and we wish to take this opportunity to encourage you, knowing how many times you feel that you have fallen and failed but yet knowing the determination to seek once more, always and ever, that which is love.

The nature of love has been approached in so many ways within your philosophers' works, your so-called religions, your poems, and your books. It has been dismembered and analyzed by those who call themselves psychologists and scientists, and yet we say to you that love is not at all understood. We say this to you, knowing that this, to your sorrow perhaps, you know all too well, for you seek to learn the lessons of love, and the lessons are elusive. We would offer to you this evening only a short tale that may illustrate one way of looking at the manifestation of the original Thought of the Creator, a manifestation that is available to all who seek with no exceptions, for it is within you. It is, shall we say, an over-the-counter commodity, its simplicity so staggering that the mind can hardly deal with the true nature of the manifestation of love. And so we shall begin by saying, "Once upon a time," as you begin your stories.

Once upon a time there was a king. He was not a great king, he was not a cruel king; he was a mediocre king. There were many about him. There was the queen who gave great feasts and parties and entertainments so that her king could make a toast proud of his house and his wealth and his generosity. There were those who counseled him, giving the best advice another could, spending many, many hours and days at a time pondering questions of state and enabling the king to prosper in his kingdom. There were those who went out to collect taxes so that the king's coffers might be full. Sometimes they might take a bit too much, but after all, it was for the king, whom they loved and whom they wished to serve.

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And so it went, the many servants of the king excelling and loving the king or begrudging every minute of hard labor because to be a king seems so much better than to be a servant. The least of all in the kingdom was one who had a deformity and was unable to walk without great difficulty. Her back was hunched, and one eye looked east while the other looked west. All reviled her, including the king. She waited at the gates of the great city, which housed the palace, and begged. And she blessed all who went by, those who gave money and those who did not.

This situation is a description of different ways you look at love. It is assumed that there is an object of love, in our story, the king. Some take the object of love and give the best of their hearts, some the best of their minds, some the gifts of their greed, some as little as they can. But the one who truly loves gives love with no object.

We are aware that your minds ask you, "How can I acquire this high-sounding principle? I seek to love and to serve many entities but truly a few special ones. They are the object of love, and I wish to know how to seek to serve with heart, with mind, with gifts, with what I can."

Love is more simple than that, my friends. To love, to serve, involves moving with the heartbeat and being careless of the object. The heart does not always know how to serve, nor does the mind, nor can any gift be predictably correct to reinforce love and to manifest its brightness and its joy. The heartbeat that pulses within each for each, from each and to each, is one original Thought. This Thought lives and has its being in you and each of you and in all that is.

As the quiet of evening settles about you and you feel the love within this group, within this domicile, within the mighty trees and all the many insects that make the night ring within you, we seemingly leave you, although you know, my friends, that we never can be apart from you, for if we are all one and if the universe is the Creator, how could we ever truly be apart? How could any peoples of any relationship ever be apart? Love that which is, whether blessed or cursed by those images of yourself who pass you. We encourage you to love, for the activity of loving is in fact the sharing of the Creator with the Creator.

We leave you in this love and the light which is its manifestation. I am known to you as Hatonn. We ask, as always, that you be aware of our foolishness and seek not either to convince yourself or to convince others of anything which we may say. Allow those things which seem inspirational or helpful to you to sink deep within for there are underground rivers within you which are fed by inspiration. Allow those things which are not helpful to fall away quickly with no second thoughts. Know that we love you and that we thank you for your love for each other and for us and for the truth which is the Creator. Adonai, my friends. Adonai

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are privileged once again to be asked to join your group in our attempt to serve you by attempting to answer those queries which are upon your minds as you seek truth. We are honored to follow those of Hatonn and feel that if we can achieve half the inspiration that our brothers and sisters of Hatonn have achieved that we shall, indeed, have added some measure of inspiration to your journeys. May we begin with the first query at this time?

S: Yes, Latwii, I have a question for you which you may feel free to answer in a general manner. I was wondering about the origin of the children who are being born to [those] who are wanderers at this time. Could you tell me anything about that?

I am Latwii, and am aware of your query, my sister. This query is one which is not easily answered, for there are a great number of sources of these children, for it is the nature of the entity that you call a wanderer to attempt to be of service to others. This attempt may take any form. When children are a portion of this attempt, again there are many ways in which a so-called wanderer may serve. It may be that the child has a special need which the wanderer shall by nature be more able to provide, and therefore an agreement shall be made and the child shall find shelter and nurture within the love and being of the wanderer. One may suppose that such an entity as you have mentioned would have the child which would be of a special vibrational nature, perhaps one readying itself for graduation or perhaps one having been graduated and preparing itself to become the new population of your planet or perhaps even another of what you have called wanderer.

And this is, of course, possible that any or all of these sources may be drawn to such an entity as you have

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described. But we may also suggest that services are required by a great variety of entities at this time, entities which may need to feel and experience in the incarnation great difficulties in order that difficulties may find balance, and love may become the manifestation of difficulty. It may be that an entity would wish such a parent if the entity were one which had frequently lost track of its incarnational course in that which you have called its past, and would wish to join one or two who may be able to provide a more firm compass bearings, shall we say, through which the incarnation might find its full expression.

As you see, there are, indeed, a number of sources from which those called wanderers may find entities coming into its sphere of influence from. There are, of course, others as well. We have spoken to the general run or way of things, shall we say.

May we answer you further, my sister?

S: Well, I was wondering if I could pin you down enough to say which group that you have previously spoken of would comprise the larger percentage?

I am Latwii, and am aware of your query, my sister. Let us see, as we survey the so-called demographic statistics. We find that the greatest source of the new entities which you call children who are incarnating in those households in which there is an entity which you have called the wanderer is that entity which is nearing the graduation and has a certain kind of lesson or balance that is needed in order that the graduation might be achieved.

May we answer you further, my sister?

S: That research was wonderful. Still along the same lines somewhat, a thought occurred to me that parents are generally loving and very giving towards their children, while children, at a young age especially, tend to be somewhat selfish and self-centered and really do a lot of absorbing because they really need that at that particular time, but I was wondering if it ever happens that a negative entity would choose to be born into a household where there would be positive parents, because it would have such a great potential of absorbing so much love or would … is that the kind of situation where it's kind of an agreement that's made beforehand, so it would be likely to be agreed upon beforehand, I would think? Does that make any sense at all?

I am Latwii, and am aware of your query, my sister. We find the thread of logic in what you say, and can suggest that such a situation is most unlikely, for the entity which you have described as being of a negative polarity is of a nature which would not find the nurturing within such a household as you have described as being that which was helpful to …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am with this instrument once again. It would seem that the opportunity to absorb love which is freely given would be the ideal situation for a negative entity. Yet, the negatively-oriented entity would find the harmony and freely given love to be somewhat repugnant to its nature, wishing instead to test its desire for separation and control upon those whose desire was of a similar nature, thereby being a test of, shall we say, so-called equals in which the strength of separation could be gained.

Therefore, the situation in which a negatively-oriented entity would find most desirable for its incarnation would be one in which the polarity of the parents would be either negative or neutral, and disharmony would be possible.

May we answer you further, my sister?

S: No, I think you've worked on my logic very well. Thank you, Latwii.

I am Latwii, and we thank you, my sister, as always. May we attempt another query?

Carla: Well, just following that up. If you had extraordinarily positive parents, wouldn't the entity that wanted to learn one more lesson and therefore—and also you mentioned, had lost track of its incarnational course many times—and was therefore trying for one last shot before graduation, wouldn't such an entity that had a bunch of rough edges seem to such positive entities to be negative, even though it was just kinda blah compared to really rotten kids, just because of the sensitivity of the parents?

I am Latwii, and am aware of your query, my sister. It may be that such an entity would be perceived by its parents, as you call them, to be of such a nature as you have mentioned. It may be that such an entity would be perceived in a variety of ways depending

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upon the sensitivities of those called parents. We believe this is the gist of your query.

May we answer further, my sister?

Carla: Just a point that I'm curious about. What would you call parents?

I am Latwii, and am aware of your query, my sister. We would call those which you call parents, more according to the sound vibration, teacher.

May we answer you further?

Carla: No. No, thank you.

I am Latwii, and we thank you, my sister, as always. It is a pleasure to hear your voice. May we attempt another query at this time?

S: Well, yes, along the same lines. If these children have come here because there is something that they need to do in order to graduate, are the parents, maybe by preincarnative choice or otherwise, partially responsible for the children becoming aware of this or would you see the parents' main job is to love these children and to … I'm sorry, I'm not making a lot of sense. What I'm trying to say, is are these children mainly on their own, I mean, are they pretty much responsible for their own ability or inability to graduate?

I am Latwii, and am aware of your query, my sister. We may suggest that the answer to this query is both yes and no. We shall attempt to explain. It is true that each entity is, indeed, in charge of its own lessons and pace of learning them. But it is also true that an entity wishing to learn ballet is unlikely to engage in a course in which football is taught. Thus it is that entities will before the incarnation determine the general guidelines, shall we say, or parameters within which the lessons and services shall be learned and provided. When an entity has found, shall we say, a match between its needs and the needs of another, then an agreement can be made and free will can be observed in full sway, for each entity shall find the greater opportunity for its needed catalyst to be provided during the incarnation with entities of a like mind, shall we say, rather than if agreements were to be attempted between entities whose general guidelines were quite dissimilar.

May we answer you further, my sister?

S: Well, yes. Then it's possible that one reason that my children chose me to be a mother was so that they would be exposed to my type of religion rather than being born into a Catholic house. Is that kind of what you're saying?

I am Latwii, and am aware of your query, my sister. This is the gist of our response. It would be perhaps the choice of entities such as your children to enter into a household such as your own which is able to provide a somewhat broader perspective upon that which you have called religion or philosophy than to have joined a household where the perspective was of a more restricted nature and the truth was seen to be of a narrower nature.

May we attempt further response, my sister?

S: No, thank you, Latwii. Somehow you've made it a little easier to be a parent this evening. Thank you.

I am Latwii, and thank you, my sister. We look forward to the next PTA meeting. May we attempt another refreshing answer?

Carla: I just have one follow-up to that whole thing, and that is that when coincidence control has heavily managed the planning of one's family instead of one's own logic, can that same coincidence control be trusted when one thing changes, and that is that the person becomes aware that there is the potential for one more soul out there, or do things change so that the mother and father need to then make a conscious decision instead of letting coincidence control and preincarnative agreements rule the day?

I am Latwii, and am aware of your query, my sister. We might suggest that that quality that you have called coincidence control is a much more personal quality than you might have imagined, for it is the case before incarnation that a most general guideline is laid out for the incarnation by the entity, its, shall we say, guides and its higher self. And during the incarnation there are, shall we say, alternate possibilities that present themselves when another possibility has been chosen or perhaps has not been chosen, so that there is during the incarnation a constant interplay of possibilities which swing into action and appear as the coincidence when the time is right. It may be that a certain lesson can be learned in many ways and that many ways are chosen as possibilities so that should the first, shall we say, bus be missed, there shall be another soon with the same destination.

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May we answer you further, my sister?

Carla: In other words, *(inaudible)*? No, that's fine. Thank you.

I am Latwii, and we again thank you, my sister. Is there another query at this time?

Carla: Well, if nobody's going to jump right in there, I had a fascinating thing happen to me. In the middle of what seems like a sad thing—my grandmother is very ill with a stroke which just happened this week, and I was sitting with her and she saw things. She saw many, many angels that were flying about the room. She saw something around, just above my head and around it as she described as snowflakes and rectangles that were lit up like neon or something like a movie marquee flashing. She saw something that was of an indigo-blue-green mixed color right around my forehead. She saw lace that was whirling around my neck, and I asked what color it was and she said red. And she saw a twelve or thirteen-year-old boy, dark hair, dark eyes that was standing right beside me.

I was very interested in this and wondered if she was the victim of extremely poor eyesight, hallucinating or seeing those things on other planes that we call chakras and the blocking of chakras which I would interpret the red around the throat to be and perhaps entities that are with me for some reason and with her for obvious reasons, the angels I mean.

I am Latwii, and am aware of your query, my sister, and am aware that it is a query that moves into the concept of the infinity of the universe. Therefore, we find our ability to speak coherently upon the various points of your query somewhat limited by both words and sensibility. We shall attempt general commentary upon those qualities of your query which we feel competent to investigate.

It is the case with entities such as your grandmother who are preparing to leave your plane of existence that they shall find, as the old body and senses are beginning to be shed, that they do not lose as much as they gain. The eyes which once looked upon a world of three dimensions now see that world not only in a different light but see that which you might call another world as well as they begin their transition from one to the other. Those colors and shapes which were noted about your being may be seen as, shall we say—we give this instrument the picture of a Baskin Robbins and quite confuse him. But you are, indeed, like such an establishment which has many flavors or qualities of being, and during one portion of time or month you may have a variety of them on sale, shall we say. There may be various qualities within your being or nature which at one time are evident to those with eyes to see, and which sparkle in brilliance as their nature is expressed by you. At another time you may find other qualities taking precedence over the ones which had sway at a previous time.

The beings which have been noted by this entity may be likened unto the travelers which join the pilgrim for a portion of its journey. Just as you move through your third-dimensional illusion and gather about you certain friends and acquaintances and spend time with them on occasions, just so, there are those entities of other realms, shall we say, who travel with you in much the same fashion. Though unseen and to most unapparent in any regard, yet do they journey with the seeker and add their portion of being to the seeker's journey. These entities may range from that which is commonly known as the guide or angelic presence to astral souls who have recently been within your third density in a manifested incarnation and who may now find a helpful experience in their own journey to be that of joining you for a portion of yours, and who add their own nature of helpfulness to your journey in a manner which is unseen and quite likely not apparent in any way except to those with certain sensitivities such as your grandmother is now developing as a result of the transition which she is accomplishing.

May we answer you further, my sister?

Carla: Just one question, and I thank you for that answer. Fascinating. When I was thirty-two I almost decided to conceive a child. I came very close to deciding to do that, it would have involved a great deal of personal upheaval, leaving, and so forth. However, I really wanted to have a child, impractical as it was. I decided against it because I really couldn't leave Don, and I couldn't stick him with a kid that wasn't his, so I didn't do it. And I was wondering, because the age was right, if that spirit is the child that was waiting to be born to me and has now decided to stay with me on an astral plane?

I am Latwii, and am aware of your query, my sister. We find in this case that our ability to speak is

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somewhat limited due to our desire to maintain the free will of your current incarnation.

Carla: Let me put it another way. Does it ever happen?

I am Latwii, and we may respond in the affirmative that such a situation is possible and does occur from time to time, the entity not having been born into the incarnation choosing to remain with the incarnated potential parent in a, as you have mentioned, astral form so that experience may yet be shared with this entity, yet shared in a manner quite unlike the third-dimensional experience which each of you now find yourselves within.

It may be that such an entity could do what you call a double time or experience by not only remaining in an astral form with the first, shall we say, choice of parents but also incarnating with another set of parents and having a dual experience, though the astral experience would not be immediately available to the incarnated portion of the entity's self.

May we answer you further, my sister?

Carla: If one were to have an astral child like that how would one serve the child?

I am Latwii, and am aware of your query, my sister. Well, we might suggest that the food bill would not be increased but there would indeed be that which is called the spiritual food which would be made available to this entity in the form of the world of experience available in thought. The fruit of the mind, then, would be the food upon which such an astral entity would find nourishment, and, indeed, the nourishment there could be of a quite substantial nature, for not all thought finds its way into manifestation and therefore does not become available to those third-dimensional children, whereas it would be much more available to an astral child, shall we say.

May we answer further, my sister?

Carla: Does the astral incarnation end when the parent's physical incarnation ends?

I am Latwii, and am aware of your query, my sister. This is variable according to the choices and agreements which have been made between the entities involved. It is not, shall we say, set such as your third-dimensional incarnation [which] may have more, shall we say, concrete boundaries to the agreement.

May we answer you further, my sister?

Carla: That's really a bad pun. No, thank you.

I am Latwii, and we thank you, my sister, and apologize for bad puns, but at this point in this instrument's development we are happy with any pun that we can get through.

May we attempt another query at this time?

J: I'd like to ask a question, Latwii, and it's good to hear your puns. About my dog's ear. I think it's improving, but I'm not sure. I think it's what I want to see. Can you give me any new information on it?

I am Latwii, and am aware of your query, my brother, and we are quite pleased to hear your voice once again. We can suggest in this particular situation that the healing which is desired for the ear of your dog is a healing which will take a good deal more time, for in the experience of providing the healing for this entity, this entity is gaining more than healing. There is the love and the affection which is naturally shown to one which has this kind of, shall we say, disease or disablement. Therefore, this entity gains a great deal of the investment of your love and caring as you attempt to complete its healing.

May we answer you further, my brother?

J: Thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Latwii, and we find that once again we have exhausted those queries which each of you have so generously brought with you this evening. We thank you, as always, for the honor of sharing our humble opinions with you. These opinions are our foolish attempt at service, and we remind each to take that which has value and leave that which has none. We hope that we have provided you with some aid in your seeking, and we shall be most happy to join you at any time during your meditations that you might wish our presence. We also now seem to leave you, yet shall remain with you in that love and light of the one infinite Creator. We are those of Latwii. We are your own selves journeying with you through the One to the One in joy, in peace, and in power. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
September 30, 1984

(The tape is inaudible until about one-eighth of the way through the first side. Then the group is heard retuning with the song, "Come to God … ye shall return … like a ray of light turning to the sun.")

(C channeling)

I am Hatonn …

(The channeling is inaudible and continues for several minutes. Then Carla's voice, "(Name) will you call C?" Then Carla's voice continues inaudibly. Then Carla sings an Alleluia chant.)

(Carla channeling)

I am Hatonn. We greet you through this instrument once more. We wish the one known as C to know …

(Most of the following is not sufficiently audible to transcribe. Ellipses indicate inaudible portions.)

… in order that we may remain with this group, for as you know, we come as we are called. The one known as Carla … as we do with this instrument … Nevertheless it is well … that you remain … to those to whom … And truly there is healing for those who seek it … We shall tell you a story about a … who seeks, about … that perhaps we make our statements more … We ask that you … that we are but those who … yet … vulnerable to error … the very best that we can … share joy.

There was once a beautiful young … Before he was even … he had inherited a crown … His progenitors … The prince wore only … He enjoyed … and so did others. He invited his courtiers … He did not stray beyond the gates … Why would he wish … From his window he could see … His days … One day this prince … he found he could leave the castle … winds … Seemingly … And so he set out … for the people were … hard work had … coarse food was scarce and the wood seemed very dark. All knew of the great king and the beautiful castle … He walked … Never did he find wisdom, beauty or leisure. He found only the grinding poverty, the near starvation and the various meanessess with which he had never …

Another beggar … approached … and asked what was … You cannot go in said the prince. You do not belong … the beggar, however, desiring that which he had never before seen walked through the barrier which the prince … One by one people began to … lower the gates … and all … And yet the prince could not … and he raged at the … And yet things remained as they were and the castle was full of all manners of … Finally the prince began to remove his attention from … He began to enjoy the beauty. He took his place by the … and welcomed each happy soul … One day he began to say, "Welcome to you … one day he began to say, "Come all … and so … and on that day … Inside the walls the castle

… both in mind and in spirit full of ... and laughing … So, where the great gift … And so when the prince …

(Several more minutes of inaudible channeling of the same story.)

We will pause.

(S channeling)

I am Hatonn, and we are pleased to greet you in the love and in the light of the infinite Creator. We are pleased … that we … delighted to take us up on our offer, so to speak … concerns are many this evening. She is attempting to push them aside momentarily. We are grateful that we have been able to spend some of your time with you this evening and we are honored that you have … We wish to remind each that you are never alone. For we await for your call at any time so that we might allow our vibrations to blend with those … It is indeed a privilege …

(Side one of tape ends.)

(S channeling)

… and we will once again express our gratitude. We shall leave you but our leaving is for the moment only and we shall return at any time we are called. We leave you, dear friends, in the love and in the light that shines ever brightly and gives a warm touch to us all. Adonai. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. It is our great privilege once again to speak through this instrument to this … We thank you for calling for our humble service and we are eager to share that which we may. As always, we shall attempt to answer those queries with our opinions and we remind you that such is the case.

May we begin then with the first query?

J: Yes, Latwii, I'd like to know … *(Rest of question not transcribed)*.

I am Latwii, and am aware of your query, my brother. Now do you think that we have such friends? Well it is not within our providence at this time that part which you have riddled but we shall be happy to inform you of what we may for we are aware of your great desire to know that which has recently occurred in your experience and you know of its nature. We of Latwii are not at this time, as you call it, of the inclination which takes its form in the craft of which you speak. It is our nature to join seekers who call our services to their presence in their meditative states. Many there are that we join unbeknownst to the conscious mind in meditation and in dreams. For this is the kind of contact which we feel most comfortable with even though we treasure the opportunity to speak through instruments such as this one. The entities inhabiting the path of which you speak also seek to join you in love, yet are of another higher density, though we are all one being.

May we answer you further?

J: *(Inaudible)*.

I am Latwii, and am aware of your query my brother. We could give a name, but such would be an approximation of these entities' vibratory *(inaudible)* for they have not chosen that which you call the name in their attempt to represent and glorify the one Creator. Therefore a name would not be appropriate.

May we answer you further, my brother?

J: *(Inaudible)*.

I am Latwii, and am aware of your query, my brother. It would be possible for us to identify the *(inaudible)* were such an identity not in our humble opinion an infringement on free will. For if the identity of such a vehicle were known, it might persuade your thinking in a certain way which we feel would not be appropriate. It is, as we are aware you know, more appropriate to approach the mystery of this appearance in the meditative state so that those resonances of your deep mind which were touched by this spirit's might be brought by your own seeking to the more conscious portions of your mind and used there as resources that might enrich or *(inaudible)*.

May we answer you further, my brother?

J: *(Inaudible)*.

I am Latwii and we thank you, my brother, for allowing us to perform this service. May we attempt another query at this time?

C: *(Inaudible)*.

I am Latwii, and am aware of your query, my brother. We find in this experience of this

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(inaudible) that a number of factors lend their color to what has affected your being and we shall attempt clarity if possible. There is within this dwelling the experience of illness which has occurred for a period of time and has become an energy of its own. Your recent experiences are a function of your increased sensitivity and when this increasing sensitivity is toward the vocal channeling without the requisite skill of inner tuning, then you find that whatever energies are present are easily sensed by your increasing ability to enter that which is called sleep trance. We might suggest for this particular type of service as a vocal channel that you determine a means of the tuning and challenging of an energy or entity which you sense in any manner and that you utilize this means of tuning and challenging so that you might express to the channel only those energies and entities that are of a positive and beneficial nature to those about you and to your own being as well. This type of tuning and challenging is also useful in the daily life, shall we say, where one has a time set aside, preferably before the day begins, to set the course, shall we say, that the entity shall attempt to follow for the day. A course that is built upon service and seeking and is illuminated by the light and love of the One dwelling in One. This means a ritualizing of the tuning may enhance your ability to use your increasing sensitivites in ways which shall assure a balance for the mind and the body and the spirit.

May we answer you further my brother?

C: *(Inaudible)*.

I am Latwii, and this is *(inaudible)*, my brother.

May we answer you further?

C: *(Inaudible)*.

I am Latwii. We are honored by what you bring, to listen to your experience and shall always be available to the ball or to the string. May we attempt another query?

Carla: *(Inaudible)*.

I am Latwii, and am aware of your query, my sister. We find that your latter assumption is more nearly correct though there are also those energies which are attempting the healing.

Carla: *(Inaudible)*.

I am Latwii, and am aware of *(inaudible)* and would respond by suggesting that in part it is correct, yet there are also other energies drawn to this light that are also within the healing. For there is both the call and the resistance to the call and only so much may be done when there is resistance.

Carla: On this particular subject, is there a way … *(inaudible)*.

I am Latwii, and am aware of your query, my sister. We find that the suggestions which we have made to one known as C, if they are utilized, will permit that entity to enjoy the meditative experience within this group and within this dwelling without the discomfort which it has experienced this evening due to the lack of the challenge and tuning which would exclude the more unpleasant of the vibrations. We find within your illusion there is a great mixture of that which might be called the positive and negative, pleasant and unpleasant, light and dark within all portions of your illusion. For the creation which you inhabit is one which contains all these and to move that *(inaudible)* which you enjoy during this *(inaudible)* would be to move it from the One to the One. It is within the ability of each entity to cleanse its own being and the place in which it works and the place to seek and share *(inaudible)*.

May we answer you further, my sister?

Carla: Yes. *(Inaudible)*.

I am Latwii, and am aware of your query, my sister. We find that this group has utilized these things to be channeled, the visualization, for a great period of what you call time in the meditative meanings and we can only recommend an intensification of this *(inaudible)* so that there is a greater effort made to construct what might be called a wall of light. There could be the selection of inspirational music to be listened to, followed by a short period of singing or chanting, also to be followed by a period of prayer which is now utilized and then the recommendation made that each individual in the group utilize some personal form of tuning to be continued silently as the group tuning has been completed.

May we answer you further, my sister?

Carla: I'm sorry to *(inaudible)* but I was thinking more of the *(inaudible)*.

I am Latwii, and am aware of your query, my sister. We find that this dwelling shall be inhabited by the

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entity of which you speak and shall therefore have a certain coloration of the difficulty that will remain with it as long as the difficulty remains with the entity. We can therefore suggest that this particular room might be cleansed with the cut clove of garlic at each entrance point and this shall remain throughout the week and shall be changed and refreshed with a new clove at each entrance point each week just before the meditation is to begin. This procedure taken in consideration with our previous suggestion should provide a place of working which has the optimum ability to enhance those vibrations of seeking and sharing which characterize this group and serve as its great potential.

May we answer you further, my sister?

Carla: *(Inaudible)*.

I am Latwii, and am aware of your query, my sister. This is correct. May we answer you further?

Carla: Only *(inaudible)* question that I *(inaudible).*

I am Latwii, and am aware of your query, my sister. We find that your supposition has the beginning of truth, yet there is more involved. We can suggest that the bond which you share with the one known as Don has ramifications which are most difficult to elucidate but which can in the neophyte attempting magical ritual cause the opposite of that which is desired, that is, in your particular case there can be the removal of vital energy rather than the enhancing of such when the magical ritual is attempted in a situation which has the many layers of, shall we say, discordant characteristics which we find in this particular situation. We cannot speak to each particular characteristic but can suggest that the lack of physical energy on your part and the assault upon the mental/emotional energy of *(inaudible)* is of enough significance that the performing of the banishing ritual of the lesser pentagram is not recommended until those energy complexes have been replenished and the recovery of balance and energy has also occurred within the one known as Don with whom you share a bond that permits the transfer of pain to your *(inaudible)*.

May we answer you further, my sister?

Carla: *(Inaudible)*.

I am Latwii, and we appreciate the opportunity to be a ghost instrument. May we attempt another query at this time?

(Pause)

I am Latwii, and as it appears that we have exhausted the queries for the evening, we shall leave this group, as always, in joy and shall before leaving remind each that the illusion in which you dance and have your being at this time is an illusion which contains the one Creator in each portion of your experience though it may seem from time to time that you inhabit a portion of the creation which has been unfortunately depleted of any love and light. We know that your experience is one which weighs heavily upon your minds and your hearts from time to time and is an experience which brings the tear and the pain. Know that your work in this illusion is that work which produces a fruit from such pain and from so many, many tears.

You exist within an illusion which has great benefit to such growth and production of fruit of allowing you to move in a darkness, in a forgetting in which it is not easily apparent that you are the one infinite Creator and that you gather the fruit of love with every movement of your mind, your life, and your experience. Yet that great virtue of moving within the darkness allows this fruit of love to be harvested.

It is also the great deterrent to your current enjoyment of the illusion. For it is difficult to feel and [be inspired] by a fruit which you cannot see, which you cannot taste. Yet, my friends, know that such fruit is gathered in each moment of your experience and is enhanced by your continuing desire to give that which you have for that which you cannot see.

We are those of Latwii, and we leave you in the love and in the light that ever lights your path and beams within your heart. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
October 7, 1984

(S channeling)

I am Hatonn, and we are pleased to greet you this evening in the love and in the light of the one infinite Creator. We have been with this instrument for some time as requested and we are grateful for the opportunity to speak a few words through her this evening. We are grateful also for your gracious invitation and we are pleased to be able to offer to your group our service.

We find that we often have difficulty in finding new and more exquisite ways of praising that message which is invariably simple and always the same. We are not always able to speak in a manner that is precise, for the same simple message may seem to some to be tedious or repetitive. However, we assure you, dear friends, that the message is the message of love and no amount of words can ever express that which is so simple than to use the word love. The meaning of the word often gets lost upon your planet and few seldom stop and think about this word when it is heard or spoken.

The immensity in this single simple word is truly overwhelming. The thought or the energy that goes into this word is indeed more powerful than we are able to express. The energy that is received when this word is truly felt is a powerful influence. To picture love as a very small and insignificant four-letter word is to deprive that word of its true and deeper meaning. Take not this word lightly. Take this word to heart and within your own consciousness expand that simple word to its ever-reaching potential. Let not those four small letters get lost in a haze of many letters. Let them stand out and shine with the power that is truly within the thought behind the word. Its immensity is truly beyond comprehension. We shall leave this instrument at this time and once again we thank her for this opportunity. I am Hatonn.

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of our infinite Creator. We shall continue through this instrument. We speak of the one original Thought. The simplicity of our message is deceptive. It deceives in that it is far more difficult to do those things which are simple yet deep than to accomplish those things which may take many steps but which are laid out before you as it were so that each step was well known. We can give you no recipe for grasping, experiencing or manifesting love. We can only offer the tools of inspiration through messages such as this one and the inward silent listening which is called medition(al?) prayer. Sometimes when we speak to a small group we are able to speak more to the heart of individual's needs and that is so this evening.

We would begin the, shall we say, variation upon a theme of the incredible relief of *(inaudible)* by

moving backwards in your way of thinking until you reach that you feel is before all other things real. Shall you call this island in space which is to your heart real? It would seem to be real. Shall we call the steady progression of seasons and your time real? The progression would seem to be quite real and dependable. Yet you are not seeking because you wish to find the real things that you can hold. You are seeking as do all because of the firm suspicion if not downright believed that behind that which is touchable there lies that which is more real which created that which you see and experience. It is the fervent hope of most who ponder such things that this force, principle or other reality have some structure and *(inaudible)* so that each of you is not living in anarchy and chaos, and indeed we believe that that is the case. And we have termed that which is behind all things, that which has created all things, that which is the one original Thought. Of course it beggars the imagination. It is too simple. We shall through this instrument explore one portion of the nature of the Creator [for awhile] for that particular variation has been on the mind of the instrument and has a margin of interest [for the rest].

We would speak to the virtue of a characteristic that is often thought among your peoples to be a hindrance. That characteristic is what you may call weakness. Within your third-density experience, again and again compliments and the regard of others are given to those who are seen to be strong: strong-willed, strong in ambition, strong to endure, strong to wait, strong in the face of adversity, powerful with people, with events, and with the forces of unplanned adversity which often appear to be emergencies. Far too little credit is given to the characteristic known among your peoples as weakness. There is a saying within this instrument's memory, "If you can keep your head when all around you are losing theirs, you may lack awareness of the situation." Weakness is frequently the appearance which an entity gives who has such a firm grasp upon the situation that the entity is aware there is nothing that can be done and that therefore there is nothing to do [about something]. It often may appear that such a person is weak, but in actuality the person is far stronger than the one who thinks, struggles and attempts to control others and forces which are beyond any reasonable control. Let us use as an example that weakest [of all] the elements. For earth is heavy, fire light, and the air whispering. Water, as it rains on the cedars, [bespeaks] of that which does not have strength.

(The remaining channeling becomes increasingly inaudible. Ellipses indicate inaudible portions.)

We do not mean to confuse you by looking at the waters and the wind as peoples. No, my friends, we speak now of water as it goes about the business of gentle rain which soaks into the earth, runs into the ocean, and is evaporated. This has a tremendous … for personal growth. If the ground is … with … or paved with concrete, water attempts no … but is instead attracted without … to one of two things. The living … for … or the force of … to gravity which calls it be lower … Already we have described the incredible Creator-healer … force for he goes …

But let us look … In your imagination … imagine the feeling that … The earth begins … Water … The infinite … Water is without … It is not … it will not … And as it … As you gaze at each … imagine the … the water which moves in streams … There are many changes, shall we say within your illusion … Those who choose to … This entity has for several of … Then slowly … weeks of … to leave … And yet … Whereas the seeming strength of … would have … There is a progression within each … Within this progression there are … The desire to give service to others …

(Inaudible to the end of the tape.) ♣

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Sunday Meditation
October 14, 1984

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. It is a great privilege to be with you, to share in your life experience at this time, and to be able to tread your path with you for this brief time as we, in speaking words through this instrument, attempt to do that which is beyond words, that is, to evoke a sense of mystery, of consciousness, so that we may aid you in your curiosity and encourage you in your seeking. Poor indeed is the man who has never asked a question, for riches do not lie in the answers but in the questions themselves. Therefore, we ask you this evening to examine what questions you have concerned yourselves about during this diurnal period. We do not care what conclusions you may have drawn, but wish to focus only upon that which has been in the forefront of the mind this day.

This day are you rich or are you poor? Are your questions those of a petty and mundane nature or have you instead asked this day for that which draws you outside of the world that you know? How rich you are if you have dressed yourself in seeking as if it were a festive garment and gone forth into your environment clad with the desire to know more, with a wonder as to how to serve better and with the rejoicing question: "How can I perceive such loveliness as this day has offered to me?"

We apologize for the pause. The instrument had become distracted by our message and had begun to analyze it—its own experience. This may make for a wiser instrument but not for a longer contact.

My friends, there is a great interest in your culture in what this instrument would call the bottom line, the final answer, the solution. Those who would be powerful within the illusion are those with a talent for creating situations within which their bottom line works, for you see, my friends, each of you has an inborn series of bottom lines. Each of you has ways of dealing with situations, typical solutions, and normal habits of mind. Without meditation, what occurs is that time and again the entity bounces around from situation to situation until it finds a situation where it fits, where its bottom line is the answer for the question implicit in the situation. This is unconscious and not to be scorned, for it is a way of learning. There is a quicker way of learning and that is to focus upon the questions and not upon the answers. My friends, you know the answers. That which we say to you is so utterly simplistic and so repetitious that you can have no doubt that you know what our opinion of the bottom line is. The bottom line is love.

But what is the question? What will you ask? What avenues will you seek? How much of the truth do you want to know within this fragile cage of your physical bodies? What great heart do you wish to

realize? What great spirit do you wish to encompass? Will that fragile being that you are, full of earth and breath, be able to contain your deepest and highest hopes? How far can you reach? Meditation is a form of reaching within the vast infinity of your own being with the mute question, the question that has no words, and because it has no words and is not in any way articulated, it is the pure question and you will receive the purest answer with it, for you listen in silence just as you ask in silence, and you shall be answered also in silence but with a power that transcends our ability to express that which is creative, peaceful and energetic.

You here seek for nothing less than the key which shall open to you your universe, your creation, your Creator, and in asking for the light, you ask that which transforms each of you into a source of that light. The principle is simple, and difficult to grasp because of its simplicity. You are what you seek, therefore the choice of what you seek is all-important.

We ask that you remove yourself from the question of what subjects you have sought answers regarding during this day. Take a longer view, each of you, and ask yourself, "With what attitude or point of view did I seek and ask regarding each subject, each situation, each relationship, each seeming difficulty or moment of joy?" That which is within you has an intimate and ultimate power. So seek you well, for you shall be aware of what you now ask. You shall receive that which you seek. Be oh so very careful in your seeking, for we would not guide you upon a tour of many planes and dimensions, many masters and teachers and wise ones, many wanderers and circuses and shows full of spectacular fireworks. It goes without saying that there are techniques by which you can use your seeking in order to experience that which is novel, exciting and seemingly significant. We wish to home you back to the one beacon that lies within yourself that is a pure light and a pure love, that which lies behind all the displays of the journey upon which you have set your foot. We, in fact, offer a sort of surface service ourselves. Our speaking through instruments such as this one is novel. However, it is much less novel and far more open to doubt than our appearing among your peoples and speaking as if we were infallible. Therefore, since we wish to aid you and must needs use communication of some kind, we choose the least showy display, the least gaudy method of sharing a philosophy which is not an end in itself but is only meant to point you to your own senses of discrimination, of determination, of faith and hope.

We share with you one thing—the original Thought of the one Creator. We share with you ways to put yourself more in line with the shadow of that great Thought. We set your feet upon the path that leads from shadow into light. We can direct you no further than yourself. The meditative and gently analytical methods of touching that tangent which you have with the one original Thought and with processing in a useful way your own experiences is our gift to you. It is an answer of sorts. What was your question? Never trust answers, for the only generalizations that work are those so simple and so controlled as to have little metaphysical use. Over and over you may say to yourself as if it were an answer that is infallible, "I am learning a lesson of love. I am learning a lesson of love." This has value. But to the seeker there is far more value in saying, "What am I perceiving, what am I learning, where is love now, right now in this moment?" You cannot tell yourself what you are learning—you must ask. And the answers may well be different than those you would create for yourself. Free yourself from the limitation of your own expectations and ask—with care, with sincerity, and with constancy. All else shall follow.

We leave this instrument, grateful that this instrument has been able to clear its mind that we may use it. This is an ongoing process for each of you and we recommend it, for each of you is a channel, a pipeline, if you will, and that which flows from you is that which has come through you. You share your consciousness with all the energies which you have developed. You develop your energies and attract the principles of those energies by the process of asking—of asking, of reaching, of hope, of beginning again each and every moment that you stumble.

We thank you, my friends, for being yourselves. It is a great and honorable thing to be in company with you. It is now appropriate that we leave, for this instrument is fatigued. We leave you only in the sense that we shall refrain from speaking through an instrument. Ours is one energy, the principle of which you have attracted by your asking. We are with you as comforters, as strengtheners, as comrades, as those who love each of you at any time that you may wish that companionship. We are

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those of Hatonn, and we leave you now in the love and the light of the one great original Thought that is the Creator, the creation, and the created. Adonai, O Creation. Adonai, O Creator. Adonai, Questioners. So we you greet. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are privileged once again to be asked to join your group, and we thank each of you for so asking. Our service, as you know, is a simple one which we sometimes seem to make complex, and that is the attempt to answer those queries on your minds which you as seekers have interest in. May we begin, then, with the first query for this evening?

J: Latwii, I have a query. I thought my dog's ears were getting better, but I find that they are not. Can you tell me what's going on?

I am Latwii, and am aware of your query, my brother. As we look upon this entity which is described as the dog, we see the ears which have the continuing difficulty of the parasitical infection. For the second-density creature, there is little symbolism in such a difficulty. It is, shall we say, for such a creature, a world in which there are many diseases and physical challenges to overcome by one means or another. This particular difficulty with the ears serves the purpose of allowing this entity to receive the attention from you and other third-density beings which then causes an investment for individualization of this entity, thus increasing its chances of harvest, shall we say. It is often the case that the means by which such a second-density creature chooses to receive the opportunity of investment are means which the third-density entity will find to be discomforting. To the one known as the dog, upon its basic level of awareness, the infection of the ear, then, is a means by which it expands its beingness. To you, the owner of this entity, shall we say, such a means is not apparent and is indeed perplexing. The interaction between the two of you is the dog's purpose fulfilled, that is, to be invested, and also is a portion of your purpose fulfilled, that is, to learn to give love.

May we answer you further, my brother?

J: Does that mean that the ear is never going to be healed?

I am Latwii, and am aware of your query, my brother. We cannot say whether this infectious situation shall be healed, for the future is quite full of possibility. We may say that this second-density creature shall continue in its efforts to gain investment and individualization, whether they be along this line or another.

May we answer you further, my brother?

J: Well, I have done everything possible. I have taken it to veterinarian's schools, I have taken it to veterinarians to have cultures taken, I have bought medicines, and I really want to show this dog, and nothing's happening. Is it the dog himself that doesn't want to get well or cured?

I am Latwii, and am aware of this query, my brother. We may say that this creature has a desire for growth which utilizes that called a disease, and that this desire for its own evolution is the greatest force within its being.

May we answer you further, my brother?

J: Well, I don't understand, but—listen, let me go on to the second query that I have. I had a dream the other night and I dreamed that I was here in meditation. But while I was here in meditation, I was all nude, I didn't have any clothes. Everybody was very gracious and made believe that they didn't see anything, and I cannot understand the dream. I would like to know what it meant.

I am Latwii, and am aware of your query, my brother. We find that our response must be bated under the Law of Confusion, that is, we do not wish to work so much of this riddle for you that your own efforts then will not produce the fruit which is available. We may suggest, however, that one look upon the newborn infant. This entity is not swaddled upon the birthing. It enters the world of its experience without the clothing. It enters pure and fresh without the feeling of shame or guilt and is therefore ready to embark upon a new adventure. As it embarks upon this adventure, it shall learn to wear various kinds of clothing for various purposes. As you look at your experience in this group, look you then to the new portion of your being which seeks to be born.

May we answer you further, my brother?

J: Very good. I have a better perspective now. May I ask you a question about the Christ? I have read four

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different versions of people who have contacted Christ and each one was different. What can you tell me about this?

I am Latwii, and am aware of your query, my brother. We may say that the one known as Jesus the Christ is an entity which has great bearing and influence upon the peoples of this planet, for its incarnation was completed in a fashion which set a model, shall we say. This entity prepared a way which each may utilize in some fashion, as each is the seeker of that of which the one known as Jesus Christ was also a seeker and he did find that which he sought. As those entities of your planet who have interest in this entity and its particular means of seeking travel their own path of seeking, many are of such strong desire to know the one known as Jesus the Christ and to know this entity's path that they are, indeed, in contact with this entity in some form or manner, for all entities of the nature of the Christed one who are called by the seekers are then responsible for answering in some manner the call. It is an honor to be called, and a duty to respond.

But the difficulty for many of your peoples in understanding such response are the many distortions which each entity holds in regards to the one known as Jesus and the path that a Christed one may follow. Therefore, the response to such a call is filtered through the various beliefs, habits and rituals of the one who calls. In few instances is the response received in its pure form. It is as though one of your sociological experiments is completed upon the metaphysical level, that is, a circle of entities partake in an experiment in which one entity begins to whisper into the ear of another a story, and when the story is completed, then the entity first hearing the story whispers into another ear, until at the end of many translations of this story, the final story has some resemblance and some distortion in respect to the original story.

May we answer you further, my brother?

J: How is one to know the original story, then?

I am Latwii, and am aware of your query, my brother. One may find the closest approximation to the original story by seeking in such a manner that one goes within the self and seeks and calls and waits with patience, for all calls are answered. No seeker is abandoned to seek alone. In this manner may you find your own desire, your own call, and your own answer. Do not be discouraged if your answers seem to differ from those about you. Within your illusion each has distortion. That is not to cause discouragement, but is able …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue our response. Do not be discouraged by distortion. It is the nature of your illusion, and allows your experiences to occur. If there were no darkness and no distortion, there would be no experience.

May we answer you further, my brother?

J: No, that's very good. I have some other questions, but I think I'll hold them off for awhile because this is too much for me to digest. May I come back some other time with a few more questions, sir?

I am Latwii, and am most honored to attempt response to any query at any time. It is our honor, my brother.

J: Thank you.

Is there another query at this time?

Carla: I have two questions. One is minor, one is I also had an odd bit of a dream stick with me. I dreamt that I had been writing a letter, and translated it at the same time into another language. The translation was in italics. When I got to the end, instead of signing my name, I drew a heart in the original language, and underneath it I drew the same heart in italics. And I wondered what it is that I am attempting to translate.

I am Latwii, and am aware of your query, my sister. Again we give that which does not infringe. You may look at that which is the translation, see the words upon the page, grasp the feeling from the words. It is not the individual word or words which carries the point, but the feeling of the entire message, for you have italicized the complete message, and therefore have placed emphasis or weight upon its total being. Look then to your own being, and see what feelings arise as you scan the message. Look there to your heart, and see what is the feeling that grows as you continue to look upon the message. Then take that which you have found by this investigation and see where in your own waking life there is a feeling of this nature, and see then how it might be translated

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into the action which is the fabric of your experience.

May we answer you further, my sister?

Carla: Not on that point, thank you. The question that was not trivial but which you probably can't answer any more than you already have, is how can I be of any more service than I already am to Don?

I am Latwii, and am aware of your query, my sister. We see in such a situation the great desire to serve. We see the difficulty in knowing what is the best service. This is the difficulty for each entity inhabiting your illusion, for nothing is plain and the darkness of knowing that all is the Creator is that which promotes the Creator's experience. As you find one who has long sought the one Creator now seems to sit upon a rock along the trail and seeks no further, one would then ask the self if there might be some way in which this entity was falling short of its seeking and could then be aided by another to rejoin the path of the seeker. This assumes that one can err and that one can fall short, and in one sense we can assure that such is true at all times for all seekers, for your illusion is so well constructed that all shall fall short of their goals. Yet each in some fashion continues to seek, for each is still the one Creator, and in this regard can commit no error, for even sitting upon a stone, the one Creator experiences sitting upon a stone. Yet another may still wish to aid an entity who not only sits upon a stone, but may seem to another to be wounded. How to aid the one who is wounded and sitting upon a stone, not seeming to tend its own wound? We may suggest that the offers be made, that service as best as one can describe it be offered, that all offers be made without dedication to any particular result, for who can say what path another should travel? One can only be and offer being to another, and then trust that all is well if it is truly so that all is one.

The greatest difficulty that an entity who wishes to aid another will face is the difficulty of accepting whatever depends from the situation, for many are the desires for another's well-being, and many are the attempts to fashion that well-being for another, yet it is not possible to learn for another. One may only present the self in service without dedication, for this is love. There are no conditions and no guarantees in your illusion, my sister.

May we answer you further?

Carla: No.

I am Latwii, and we thank you, my sister. Is there another query at this time?

J: Latwii, may I please ask you one more question about my dog's ears? Is there anything that I can put into the ear that would help to eliminate the parasite?

I am Latwii, and am aware of your query, my brother. We are quite without degree when it comes to the field of veterinary medicine. We feel that those efforts which have been made by those of this profession are, within our limited scope of knowledge, the most that can be done. In many cases you will find the disease which lingers past all treatment; then it is that one must look to the deeper nature of the disease, its symbol and potential. To this particular topic we have previously spoken. We ask your forgiveness for not being able to prescribe any effective treatment.

May we answer you further, my brother?

J: No, thank you. It's just that I'm obsessed with this, and I want to get all of it. Thank you very much, sir.

I am Latwii, and we thank you, my brother, sir. May we attempt another query?

(Pause)

I am Latwii, and we find that for the nonce we have exhausted those queries at the precise moment that the feline creatures are gathering their own energies for action. We thank each for allowing our humble service to be rendered within this group once again. It is our great joy and privilege to join you upon these occasions, and we treasure each. We shall leave this group as is our custom, in the love and in the light of the One Which Is All. We are those of Latwii, and we leave you at this time in that love and light. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
November 11, 1984

(Carla channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator, Whom we serve with all of our being. It is an immense privilege to be called to this group this evening. We ourselves have never had anything to tell you, for we in our turn are channels for that which is beyond our own frail understanding. That which we offer to you is offered through us, and only then through this channel. We can speak from no certainty nor do we wish you to bear our words as a weighty burden, listening to each word and pondering the meanings that may not seem accessible or acceptable to you at this time.

With our thanks and our disclaimer aside, we would speak to you about a fair, a grand and glorious carnival, a bazaar in which all of the merchants display their wares and thousands come to try their luck and to view the excellence that people have made with their hands, and above all to rejoice in the feeling of being part of a happy crowd. In a deep sense, this is part of the motivation for those who incarnate consciously and purposively upon the earth plane of your third density. You may have many lifetimes, but when you are not within a physical vehicle, it is impossible to remember that the carnival flags can flutter dismally, slowly and sadly, that pennants may be marred and broken, and that the machinery that governs the merry-go-rounds, the Ferris wheel and all the rides may not always work. As in many, many things, it looks easier in the mind to live an incarnation and to learn the lessons you set for yourself than it is to accomplish the plan you have made. Many of you are ambitious, and your life's plans have already caused you to experience a great deal of what you would call pain, anguish, suffering, disappointment and confusion.

Let us stroll together out from the fair onto the street. It is a dark night. The fair is held in a poor section of the city. The chill in the air causes those who have no homes to bundle up against the cold in whatever they may have. You may find someone lying upon the sidewalk, lost in his drink or other intoxication. Shall you sit down and talk to the Creator now, or shall you pass him by? Shall you go back into the carnival and ride and wave your pennants and your flags and your prizes? It is a choice you make, my friends, each day in one way or another, for if you are open to hear the cries of those about you, you will rapidly become aware that there is no day in which the poor, the hungry, the homeless, and the spiritually wasted are not crying out to you personally. And so you have a brightly lit carnival, and as you stroll through the gates you find a dark carnival. Instead of *(inaudible)* [fine clothes], you have the hand-fashioned rags of the hobo. Instead of the many rides, you have that liquor which intoxicates, or that medicine which is used for

oblivion rather than amusement. And what shall you do to be of service?

There was one among you whom you know as a teacher, Jesus, the Christ. This teacher chose the darker circus. Those to whom he reached for discipleship were poor folk indeed—a prostitute, a tax collector, a persecutor and reviler. And yet he walked into the circus with the bright and shining lights, the gaudy displays, the metaphysical rides. He got upon the merry-go-round and rode the Ferris wheel with those whose lives were bound up in that experience. Nor did he condemn any who so chose to live a life of gratitude and experiential gladness. He spoke in temples. His instructions were based upon a hard rule called the Law and all he did that was different from other teachers within this comfortable world in which the flags flew and waved so prettily was that he pointed out that the heart is more important than the Law. Then he would walk forth into the streets and lift those from the gutter and pavement. Of the many, many stories that are narrated within your holy works, the one to which we would draw your attention is that one wherein the marriage couple awaits the guests for a great feast. When all do not show up, when seats remain empty, this teacher's instructions are simple: Go out into the streets and gather all that you can find, and yet, if they have not wedding garments, they may not come.

We are aware, my friends, that you have been pulled from your carnival, your gaiety, and your joy to witness one who suffered, and to wonder, "Why? What can I do?" We must leave that question with you, for this entity experienced both fairs, the light and the dark. Like most of you, he contributed all that he knew how to contribute. Like most of you, he became faced with a difficulty. Shall we then condemn those who lie in the gutter because they have not legs upon which to stand? Shall we sneer at the hungry because we have not given them bread? Shall we remove courage and dignity from the infinite and eternal spirit of one who joined the darker carnival? It is your choice, my friends, and your polarity will surely be affected because of this choice. Far too much has been said about the virtue of caring for the underprivileged who find themselves in darkness. Far too little has been done. When is a spirit not worthy to be fed? When is nobility cut off from the lovingkindness of the Creator?

You are on a long voyage, my friends. The carnival shall end for you, as it has for others, in your physical death, and yet you as spirit shall be free to move ahead to your next experience. One thing only shall be required of you and that is that you shall review this experience. We ask you both to be easy upon yourselves, and to be honest with yourselves. What has lain before you this day which you have not done to help another? What discipline of learning have you not sought because of pressing considerations that shall not survive your death? How can you be of service? This instrument once composed a short article in which this instrument envisioned the teacher known as Jesus coming back into the inner cities. "He would sit down in the gutter," wrote this instrument, "and take his peanut butter sandwich, and break it, and it would be food enough for all who came to touch his consciousness with their own." Your daily bread is but a symbol, my friends, and we ask you to consider again and again the value of the allegorical and symbolical nature of what seems to be reality. Draw back and take the viewpoint of the eternal present. How can you love each other? How can you listen? How can you accept? How can you offer freedom to those who are you wearing another piece of clothing, another physical vehicle?

We are aware that we tread close to reaching the limits of this instrument's fatigue. We are also aware that the energy in this group this evening is such that we shall only exercise the feelings of contact, for this energy is extremely strong. Therefore, we shall pause at this time and move among you. If you request our conditioning, mentally request such, and as this instrument pauses, this shall be done.

(Pause)

(Carla channeling)

I am Hatonn, and greet you again in love and light. We would close through this instrument at this time. We wish to encourage you to live in the realization that you shall leave this caravan of booths and prizes, rides and thrills, and you shall once again have a larger viewpoint. My friends, this is your chance. You have given it to yourself and you undoubtedly feel at this time that you have perhaps bitten off more than you can chew in terms of processing the catalyst of your life so that you may be a true channel of love and of light and of service. Of course you have, my friends. This is the essence

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of the learning of the lessons of love: to take more than you can chew, and then to pray your way, to meditate your way, to contemplate, analyze and cling to your way until strength is given you, not from yourself, but through yourself.

There are many kinds of courage. May we say that you have witnessed one kind. In this instance, which is extreme and extraordinary, the one known as Don exhibited a courage most difficult to express. This entity had a wish to protect those about him, and so he did. Many things that you do will also be misunderstood, though less drastic. We urge you to do that which you feel to do, asking only that you center yourself daily in meditation and ground yourself in service to others. Let the flags fly; cheer the band on; ride your rides. Be exhilarated and share the joy of consciousness, and when you walk out into the darkness of a cold and rainy street, know that this too is a carnival full of joy and mystery, and find yourself behind the carnival masks that you may see in the gutter, just as you please yourself by seeing yourself as the graceful participants of a circus.

If all things can become one to you, then you can become one with all things, and you shall have learned the greatest lesson, and you may turn to all those whom you meet and say, "I shall meet you in paradise," for the realization of that oneness is the most powerful realization in third density.

Rejoice, therefore, and love one another. Celebrate with one another. Share that which you have and that which you feel, and look when you walk out into the sleet, the cold, the frost, and the stench of a hobo's fire on a bad weather night. Offer your jacket, your hat, your food, your substance insofar as you are able, with gladness at heart and a singleness of mind. See the Creator, and so shall the Creator see you.

We drench you in our love as if it were a waterfall. It is our great, great joy to have spoken with you, and we now leave this instrument, thanking each who responded to our conditioning and assuring each that each may or may not choose to channel as does this instrument, that each is equally able and equally valued. This instrument merely has more time, as you call it, to have learned the tuning mechanisms, the challenging mechanisms, and the trick of emptying the mind so that we may fill it when this instrument does not know what we are to say. No sentence this instrument has said this evening has been known to her beforehand. There are many, many, many other services just as important. We are here only to inspire, never to instruct. Your instructions shall come from within you. We ask you to join us in the kingdom which you call heaven daily, to listen to that universal self which is you and to experience and come to know that which is yours, that which has been given to you to do—for one man, and for one man, then for all men.

I am known to you as Hatonn. We thank Latwii and Laitos for aiding us in the conditioning. We thank a great teacher known to us as Amira for lending an energy that feeds into this particularly powerful group this evening. We give thanksgiving, and we praise each of you. May your hearts rejoice and be merry, for you are yet able to love and be loved, to care and to accept nurturing, to reach out and to enfold, to experience, in short, the carnival of third-density illusion—that grand illusion with many, many mirrors, all of which give you a distorted picture of the one original Thought. Meditate, my, friends, and allow the distortions to fall away.

I am Hatonn. I leave you in the love and the light of our infinite Creator. Remember always that your peanut butter sandwiches, like fishes and loaves, are in infinite supply for those who wish never to hunger again. Break them and give them, for it is an infinite universe. Adonai, my friends. Adonai. Adonai. I am Hatonn.

(Jim channeling)

I am Latwii …

(Side one of tape ends.)

(Jim channeling)

… by giving our humble responses to your queries. Without further ado, may we then begin with the first query.

R: Yes, Latwii. Hatonn mentioned courage in relation to what happened, and Don's wanting to protect those around him. Can you perhaps elaborate on that?

I am Latwii, and am aware of your query, my brother. We are working with this instrument and attempting to channel the concepts in a narrower band than is our usual wont, for this entity feels that it may not be able to serve well in giving information

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without distortion. Therefore, please bear with us as we bear with this instrument.

The courage which our brothers and sisters of Hatonn spoke of is a courage which may not be apparent to many, but we can assure you that when one is faced with what appears to be a precipice, and when one leads a group on this path—we must pause momentarily.

(The tape was turned over and the recorder restarted.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue. When one leads a group and faces what appears to be the precipice, the choice must be made as to whether the group might tumble over the edge and all be lost, it would seem, or whether the one leading shall go first, and by going first, indicate to the rest that the precipice is there and can be stepped back from, for one has gone.

We shall attempt further clarification. The one known as Don saw what has been described this evening as the dark carnival, and saw the difficulties that awaited should this experience be continued which had begun in the recent of your times as you measure experience. There were those images of destruction which filled the mind of the one known as Don, and this entity wished in his deeper self to reserve as much of that difficulty for himself as possible so that those of his comrades might be spared the added difficulties. The conscious mind made use of this decision in its own distorted fashion, and leapt first from the precipice in order that the others might avoid it.

May we answer you further, my brother?

R: I want to understand correctly. Don's polarity was in the process of being tampered with, is that what you're saying, or was he just being inundated with negative images? I'm not sure I understand.

I am Latwii, and shall attempt, my brother, to shine some light upon this most complex of concepts. Let us begin by reminding each that the honor of standing close to light, shall we say, bears also the responsibility to radiate that light as purely as possible. The honor of the contact which this group experienced with those known as Ra brought with it great responsibility. Each stumbled on this path on numerous occasions, and each then suffered the difficulties. The contact is of a nature which is, shall we say, metaphysically potent. To continue in such a fashion of attempting purity over a long period of what you call time, has the effect of increasing the potential for further stumbling. When stumbling becomes more and more, shall we say, treacherous, it can be then determined that to allow that which has been done to continue in its flowering, there needs be some cessation of the potential for great difficulty. The one known as Don felt the work which had been done would suffice to light the way for many, but could be jeopardized if the entire group fell over the precipice. Therefore, the choice was made to take that step in a distorted fashion.

May we answer you further, my brother?

R: No, Latwii, thank you very much.

I am Latwii, and we are most grateful to you, my brother, for allowing us to perform our humble service. Is there another query at this time?

N: Yeah. Latwii, I would like to ask a question. Don taught me how …

Jim: Hold it, N. Wait a minute.

N: Is something wrong, Jim?

Jim: Yes, hold it a minute.

(Carla faints. Pause.)

Carla: Sorry. Let's retune a bit. Don liked *"Row, Row, Row Your Boat", "Mammy's Little Baby."* Sorry, gang, I fainted.

(The group retunes by singing "Shortnin' Bread.")

(Jim channeling)

I am Latwii, and am once again with this instrument. We appreciate your concern, my friends, for the one known as Carla, and we shall attempt to utilize this instrument in a manner which is not quite so conducive to the trance state by the more rapid repetition of the sound vibration complexes.

Please continue the query, my sister.

N: Latwii, I was wondering about Don and which density he's in now. He was a very smart man who taught me a lot, and I'm wondering since we're third density, if perhaps because of his death was in a negative way, if that would contribute to his going to a higher level or entity form?

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I am Latwii, and am aware of your query, my sister. We shall attempt to respond to the query which has many portions. Each in this room attempts the lessons of third-density love. Each learns according to a unique pattern of ability. The one known as Don learned much and taught much in his span of time upon your planet. As his transition from this illusion to the next was of a traumatic and sudden nature, the transition then has been somewhat more difficult. But we may assure each that the transition shall be completed well and there shall be the clear experience of the one known as Don of his being the one Creator. This point of view shall so illumine the beingness of the one known as Don that the experiences of the previous life now ended shall be seen in a way that shall expose those signposts missed and shall offer the one known as Don the opportunity and the privilege of setting those signposts right by renewing the experience at another of what you call time.

Remember always, my sister, that the view from your illusion is most limited in order that experience of a dramatic nature might be gained that is not possible when the view is wide and the self is seen as the one Creator. When, then, that self is known to be the one Creator, then those treasures of experience gained in the illusion you now inhabit become a true nourishing harvest to the being of the one Creator. Nothing, in truth, is lost. All shall be made whole and the one known as Don shall move in time and space to experience again those lessons which shall glorify the one Creator. There is, in truth, no positive or negative act. There is the one Creator which knows Itself, and the one known as Don shall indeed experience that in each of his life patterns which he shall set for himself. All shall be pursued in joy. Those experiences seen now in this tiny illusion as failures shall be seen as great honors and privileges to be filled with the fullness of the joy of the one Creator at another of what you call time.

May we answer you further, my sister?

N: No, thank you, Latwii, very much.

I am Latwii, and am grateful to you, my sister. Is there another query at this time?

T: Yes, I have a question. It's very similar to hers. Then Don's experience with leaving this illusion in a traumatic way, if I understand you correctly, may be easier or different than a person of a lesser consciousness who would do the same sort of thing? In other words, it would be easier for Don to make this transition and to learn from it than it would be for someone who is not nearly as conscious as he was, is that correct? Or could you just speak on that?

I am Latwii, and am aware of your query, my brother. It may be correct that one who has a greater, shall we say, grasp of the nature of evolution may find it easier to proceed from what has been called a traumatic experience in leaving the incarnation. What we have intended by our previous response is to suggest that for each entity leaving this illusion, the greater view which is then available is that which puts all into perspective. Within your illusion a death is seen as a great event. A death which is traumatic and brought to the self by the self is seen as most disastrous. Yet from another point of view, it can be seen as a great opportunity to find love where there was no love, to find light where there was no light, to illuminate the darkness with the presence of the one Creator. This, then, is the opportunity which faces the one known as Don. It may be seen as that which you could call karma, yet it can be seen as that which is a great opportunity and a great honor as well as duty.

May we answer you further, my brother?

T: No, thank you very much.

I am Latwii, and we, as always, thank you, my brother. Is there another query at this time?

S: Latwii, I have a question. Is there anything that we can do to help Don, to aid Don without sending a vibration that would cause him to become earthbound or concerned about us?

I am Latwii, and am aware of your query, my sister. We can suggest that each feel the pain of the loss, for as a brother leaves the journey, there is the inevitable feeling of emptiness. Feel that grief and allow that grief to be fulfilled and finished. See then the one known as Don continuing upon his journey, and send this entity the love and light which springs from your heart and your very being, that he might have a comfort upon his journey. Wish him well, send him joy and allow him to depart without the lingering grief. This shall smooth the journey of the one known as Don, and this entity then may continue with that plan he has set before him, as the one Creator moves through him that It might know Itself through his experience.

May we answer you further, my sister?

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S: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: Well, along those same lines, I was thinking, since he did commit suicide—of course, he'd been slowly doing it for a long time, but still the ending was sudden—and I wondered if even though the *American Book of the Dead* had Gnostic qualities about it which certainly isn't to be recommended, that it might serve as a grounding so that Don would know for sure where he was and where he was going. Do you think it might be helpful in this case, or is that treading too close to the Law of Confusion?

I am Latwii, and am aware of your query, my sister. We can suggest that whatever be done for the one known as Don, that aid might be most helpfully given by simply sending a generalized form of love and light in order that there shall be no distraction and no tie to the one known as Don. It is helpful to allow the grieving to find its cessation, then to send the love and the light, the peace and the joy, and to wish the departing entity well and when thinking of this entity, to raise this entity into the light, no matter what experience is remembered, that there shall be no ties which hold this entity to this illusion longer than is necessary.

May we answer you further, my sister?

Carla: Just two things. Alternately I have thought of doing what I would normally do under the circumstances, which would be to go to my own particular Christian denomination's Eucharist daily for a couple of weeks to make a dedication to his passage. The other thing I had considered doing was to send postcards to the people that are in the meditation group or that had been and knew him, letting them know when we were going to plant the juniper tree that will be Don's only memorial. Would either of these things hold him back in any way or would either of them help? Because I would like him to be able to go home if there's anything I can do to help.

I am Latwii, and am aware of your query, my sister. In this case we find that we must bate our response somewhat in order that we do not infringe upon your own choices. As we mentioned previously, it is most helpful to make any gesture that which raises the entity into the love and light of the one Creator which is ever available to each. The rituals which attempt to instruct from, shall we say, a distance are those which have the effect of delaying the passage, for the one so communicated with must process the specific information and must make some response. The love and light sendings in a generalized form do not require any backward looking, and ease the forward journey. The intent to raise the entity into the light of the one Creator is that which is most beneficial, whatever the form of the offering.

May we answer you further, my sister?

Carla: No, I think I get the gist of it. The first of my three suggestions would hold him back while he went through the thing, the Gnostic thing. The other two are general and I'll keep it in mind and I sure do thank you.

I am Latwii, and we are most grateful to you, my sister. Is there another query at this time?

J: Latwii, could you say anything more about the nature of the precipice which Don perceived and into which he committed himself so that we would stay back from it?

I am Latwii, and am aware of your query, my sister. This is a concept which is not easy to enunciate but we shall give it our best shot, shall we say, you will excuse the pun. We do not wish to keep our responses in the somber vibration, and shall attempt to lighten them if possible. The precipice which faced the one known as Don is that responsibility which may be too great to fulfill. The work which had been ongoing for some time was that which required in this entity's mind more than could be offered and have in this entity's mind, and perhaps, in truth, have resulted in a greater burden than could be borne, so that the fruits which had been harvested would not then be available to those which sought the harvest. This entity then assured that the fruits thus harvested would be available for a greater portion of what you call time.

May we answer you further, my sister?

J: No, I guess not, although I don't quite understand it all yet.

Carla: Then what you're saying is, he saw a way that perhaps all of us here in the room who were solidly behind the Ra material might be sucked into a situation that would discredit us in some way or make us unable to function to disseminate the

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material, and he chose not to do that, not to put it that far along. Is that what you're saying? More or less?

I am Latwii, and am aware of your query, my sister. We shall once again attempt to utilize this instrument in a way which this instrument finds difficult to accept. We are attempting to move within the bounds of the Law of Free Will and give information which is sought to those which are of great concern and to those who wish to understand that which is beyond the understanding …

Carla: Well, may I interrupt you long enough to say that I think it's general knowledge in this room that in the last session we had with Ra, Ra said that unless there was a great deal of praise and thanksgiving, I myself might take this opportunity to have a kidney problem and leave the incarnation. So that's what I meant by saying that it would be impossible to disseminate the information, because I wouldn't be here. Go ahead. That's what I meant. Maybe that gets you away from the Law of Confusion a little bit.

I am Latwii, and am grateful for your added comments, my sister. We find that the one known as Don was aware that great difficulties awaited his traveling and the potential for difficulty for each of this group—that is, those involved in what had come to be known as the Ra contact—and foresaw not only his own what you call death, but the death of each of the others within the group when his condition lingered overly long, and therefore wished to avoid that outcome.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. May we attempt another query at this time?

Carla: I've got just a little nitty-gritty. I didn't think I could go in trance as long as I was holding onto somebody's hand; I thought I could just faint, sort of. It's not the same thing, is it?

I am Latwii, and am aware of your query, my sister. It is quite correct that the trance is not possible when the physical vehicle is touched, for the mind/body/spirit complex is called to remain with the vehicle, for there is infringement upon the aura which does not allow the exit. The vertigo effect which you have just experienced is that which renders unconsciousness for a short period of time.

May we answer you further, my sister?

Carla: Why the hands? I know other parts of the body won't work. Or do any other parts of the body work? The feet, the face—I mean, is it something about the hands?

I am Latwii, and am aware of your query, my sister, and we are most pleased that you have asked this query. Consider the difficulties in holding knees or shoulders. Though these perhaps will suffice, they are most difficult to continue.

Carla: So, it's not just because you have nerve endings in your hands, it's just that hands grasp and shoulders don't. Is that what you're saying?

I am Latwii, and again am aware of your query, my sister. This is basically correct, although the hands do have more of an ability to receive and send the vibrations which might intercept the aura and therefore impede the exit of the mind/body/spirit complex.

May we answer you further, my sister?

Carla: No. As I used to say, "Groovy."

I am Latwii. We thank you, my sister. Is there another query at this time?

N: Yes, Latwii, I have another question. It's concerning the—it appears to me that the people who are close to me who kill themselves are very, very intelligent, and I was worried and wondering. It seems like a lot of people lately who are very intelligent have killed themselves that have been troubled before, and I'm wondering if they maybe see things that we don't or know things we don't. Is [it] that the Earth [is] in trouble or are things going downhill quick or is that just circumstance that happens to be around me a lot?

I am Latwii, and am aware of your query, my sister. Those who have the aptitude for mental analysis are those who seek with a fine-pointed pen, shall we say. Each experience is written with the most minute of detail. Each portion, whether of the positive or the negative experience, is recorded and observed and felt with great depth. This is the potential of those with what you have called the mental acuity and intelligence. It is easy with such an ability to focus upon the difficulties, for it is difficulty which seems

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so apparent in your illusion. Though each difficulty has its solution, solutions do not seem so easily apparent and must be striven for with great dedication.

The propensity to remain with the view of difficulty, then, can be increased for one who has the ability to see the details which may escape another. If one cannot match the great ability to see the difficulty with an equal ability to see the faith and the praise and the thanksgiving and the solution to such difficulty, then the difficulties may grow for such an entity, and if allowed to continue without the praise and the thanksgiving, without the finding of the love and the light of the one Creator within that situation, then it is possible for the effect to build an energy of itself which would not be as possible for one who did not observe so carefully and so minutely with the mental acuity.

May we answer you further, my sister?

N: It seems to me that there seems to be so much more killing and suicide, that it seems so hopeless, that, you know, people are just giving up easier and being angrier easier. Is that—are things getting worse or am I just around it more often?

I am Latwii, and am aware of your query, my sister. It is a correct observation that as your planet nears that called the harvest, the experiences of many shall be intensified, for as time for harvest grows short, the work in order to achieve harvest must be accomplished in a shorter time. When time is short, then intensity must replace the time that is no longer available. Great work in consciousness can be done in this short time that remains before the harvest of souls from your planet. There is, of course, the risk that the work shall be more difficult, yet there is the great opportunity to move forward in the process of evolution as has never been possible before upon this planet.

May we answer you further, my sister?

N: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: I'd like to ask you to—as to the instrument's fatigue, and discover whether or not the instrument should continue channeling.

I am Latwii, and am aware of your query, my sister. As we scan this instrument, we find that there is increasing fatigue and concern upon the instrument's part that it is not functioning in a clear fashion or it …

(Side two of tape ends.)

(Jim channeling)

… has found the necessity to divide its attention in order that the hand pressure may be increased at the same time that concepts are received and transmitted. We do however, find that this instrument may continue for another query.

Questioner: I have a query that I would really like to ask. The one known as Jim has been the one that has been pretty much taken for granted in all of this. Everyone has been concerned about Carla. I would like to know if there is anything that we as a support group can do for Jim, and if there is a way that we can do it that would be acceptable to Jim. *(Inaudible)* Can you give me any suggestion? Prayer is understood, of course.

I am Latwii, and am aware of your query, my sister. We shall ask the one known as Jim to step aside so that the opportunity for Christmas presents at this time do not overcome him. Now to continue. This entity appreciates …

(Laughter.)

I am Latwii, and we shall continue in appreciation of your appreciation. This entity appreciates as well all offerings of service, and can be aided by the one—we struggle for a word that is acceptable to this instrument—heartfelt and sincere sympathy for the one known as Don, and for this entity known as Jim, there is available by simply sending a light and reminding this entity that all does not have to be done overnight.

May we answer you further?

Questioner: No, thank you, Latwii. Thank you.

I am Latwii, and we thank you and each in this group. We find that it is the appropriate time to take our leave of this instrument and of this group. We thank this instrument for allowing us to speak to subjects which it had great difficulty in allowing the concepts concerning which to be a portion of its experience this evening. This instrument will yet learn humor and we commend his continued attempt at it. Hard heads are often good heads in the end, with a simple whack or two.

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We leave each in the appreciation of the difficulties each feels for the one that has departed. When brothers and sisters travel upon a difficult path, there is great support in the unity each provides, and the joy and laughter which each provides each. When one has departed, there is often the overwhelming grief that fills the vacuum. We hope that we have been able to inspire joy that can follow grief, for within your illusion it is necessary to forget that each and all is the one Creator in order that the one Creator might gain the greatest experiences with the greatest intensity, variety and depth of possibilities. Thus is the one Creator known to Itself, and glorified by each portion of Itself. No matter what experience is gained, each is a treasure in this great journey of the One through the One to the One, and remember, my friends, that in truth, all is well. The journeys may turn and become seemingly difficult at each turn. Yet, the difficulties themselves are glories to the one Creator, for without them the Creator would be poorer in knowledge of Itself. What, then, can one offer to the one Creator but experience? Be of great joy and cheer in your journeys. Gather your experiences with the confidence that there can be no error too great to balance, no experience too traumatic to give joy for, and no life too short to be an infinite remembrance and glorification to the one Creator.

We are those known to you as Latwii. We leave you now in the everlasting love and infinite light of the one Creator which dwells in each entity and each portion of all experience. Adonai. Adonai vasu borragus.

(Carla channeling)

I am Nona, and spend only a few moments. We have been called to offer healing in love and in light for the sake of our infinite Creator, and in His service we serve, and therefore we pray that you with us vibrate and heal the entity for whom this healing has been requested over and over again. We thank you and we thank this instrument and we thank the universe that is such a place as *(inaudible)* the beauty and *(inaudible)* of love. I am Nona. ♣

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Sunday Meditation
November 18, 1984

(Carla channeling)

[I am Hatonn, and I] greet you in the love and in the light of our infinite Creator. We thank you and give you many hopes of blessing for the opportunity to speak with you this evening, for the opportunity to share our lives with yours through these few precious vibratory inconstants which you call moments of time.

We would like to tell you a story, my friends, of a princess. The heroine could just as easily have been a prince upon some levels of storytelling, but for our parable it is quite necessary that this entity be female. As is the custom in fairy tales about princesses, she was awaiting one man who could stir her heart, a heart that was hard-bitten by many, many years of power and lonely beyond words because of that power. Courtier after courtier, peasant after peasant filed by with their best gifts, hoping to win her favor. She had offers of everything from livestock to pearls to kingdoms, new realms to govern. In none of these things was she at all interested and sadly at the end of each feast day she would close audience, still powerful and still lonely.

One day an ill-garbed man came to her court. He was not a courtier or a peasant. He was a stranger. His home was the road. He did not understand why his journey had brought him to this place but when he saw what lay before him, there grew within his heart a great desire to speak his mind and his heart, as all were allowed to do on this great feast day. Having no cap for his head, he tugged at his hair in order to make respect and bowed his knees and in rough words made his plea. "Milady," he said, "I can give you nothing but my days, my nights, my love, and my road. My feeling for you is such that I am blinded. I cannot see any other and so you shall have to help me if we are to be together, for the blind need guides, and I offer you my need as well as my love, for I shall be confused. To share my road is a strange thing indeed. Milady," he continued, "I do not know where I shall be tomorrow, next week, or next year. I have nothing but my flesh and my heart, my mind and my honor, and I give these into your hands. Whether you accept them or not, you are and will always have been my love."

The princess, who for years had turned down treasure upon treasure, came slowly from her high throne and reached her hand to the stranger who stood below her. "You must help me, too," she said, "For I do not know that I have a road; I only know that I wish to find one. I do not that I love; I only wish to find love." He took her and placed her upon the earth and looked down upon her, as he was taller than she. "Milady," he said, "that is the way of all love. Each gives, each takes. I have not loved but I know this to be so." "I have not loved either," she said, "but I know that I am no longer lonely."

The ill-paired couple did not stop for retainers or for chairs to carry them or for any of the panoply or pomp of her circumstance, for that was not his road. They began to walk, and within the hour they were out of sight even to the keenest eye of those in the kingdom at the great fair. Strangely enough, this princess and this stranger were never seen again. Though many told of her years of coldness and haughtiness, there were none to sing the praises of her love, for as she became open to love, just so she became invisible to a great deal of that which mortals may see and mortal ears may hear.

My friends, it is a great folly, or so it seems to be, encased in such flesh as you experience in your density. You feel clumsy and awkward, and so you are, compared to higher density bodies. You feel numb and unable to see the larger picture, and this is so compared to the awareness available at other levels of vibration. Yet yours is the splendor of giving the true generosity that only comes when you truly cannot see and cannot hear the divine but only have faith that there is such a thing as divine love.

In your illusion, may we say that you tend to undervalue your contributions to others. The least of those among you contributes in a vital way. It is not a conscious contribution in many cases, but the contribution of flesh within which a consciousness has been placed, so precious that to think it could be broken as the human body is broken is almost not to be thought, not to be accepted, not to be tolerated. This precious consciousness, you say to yourself, cannot possibly be part or parcel of this flesh. Yes, my friends, you are inextricably bound about the cells of your third-density chemical body. All your acts will be those of men incarnate, men who pour out the blood of heart or mind or will or body without knowing the truth. The chances for courage, for polarizing, for serving, for allowing your flesh to become bread for others, are enormous. How little you value yourselves or your circumstances compared to the reality as we see it. If someone gave you a perfect stone—this instrument's mind does not know precious stones well; we see in her mind diamonds, rubies, emeralds—someone gave you a perfect emerald, and then told you to swallow it and wear it within your body, you would think that man to be mad. And yet that is your consciousness—perfect jewel, a jewel of perfect shape. Not tossed thoughtlessly into a body, but placed with care, with love, with wisdom, into flesh that you may pour out your life beautifully if you wish, having nothing more to go on than deep-felt feeling that this is your road.

You see, my friends, we must many times use females for those who receive and males for those who offer, for that is the archetypical nature of your sexuality. In actuality, each of you is both receptor and giver, taker and nurturer. Never doubt your worth to those about you. Never doubt that your nurturing is questionable any more than you doubt that there is a land in which princes and princesses have grand fairs.

Where did these thoughts come from if there is not a level of knowledge which tells you about yourself? We offer this teaching to you in humility and are so grateful for the opportunity to speak with you. That is all. We can only repeat again and again: O what treasure lies within your bones, what beauty of spirit shines from loin far up into the heavens. There is no distinction, there is no being cut off. The illusion seems to cut you off, but you are a treasure indeed, each of you, just as you are. And in the flesh you shall learn twenty, nay one hundred times better to serve, to love, to give and to accept, to take, to receive. Love is completing circuits; it is not necessarily giving.

We close this circuit and relinquish this instrument at this time. Please be aware that our use of the word love especially is inaccurate, and our sayings, as always, are only as important to you as they are helpful. We are those of mortal opinion who know nothing for sure. We have only walked the road a bit ahead of you. What road is that, my friends? Keep walking, my friends. You shall see and it shall be a joyful thing. I am Hatonn. I leave you in the love and in the light of our infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the name of the one infinite Creator. We greet you in love and light. We are privileged to speak to you once again, and offer our humble service. Our attempts to answer your queries are but meager efforts but the one Creator resides in each and makes itself known in such a manner. May we attempt the first query, my friends?

L: Latwii, the intensity of the spirit of power tonight seems to be unusually high. Is there a reason for this?

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I am Latwii, and am aware of your query, my brother. This evening this small group has purified its desire to seek what you call the truth in a way which is galvanized, shall we say, by the passing of a brother. It is often the case in such a traumatic situation that those left behind will seek with ever more dedication the riddles and mysteries of the life which seems to have ended for one close. Yet each knows that the life continues and therefore redoubles the effort to make, shall we say, sense of it all.

May we answer you further, my brother?

L: Yes. One further question. When Christ was crucified, he made the statement, "My God, my God, why hast Thou forsaken me?" To whom did he speak and what did he mean by this?

I am Latwii, and am aware of your query, my brother. The one known as Jesus the Christ was a mortal, as are all who walk your planet, yet this mortal was the one Creator which had uncovered levels of its being that few upon your planet have approached. As its life pattern reflected more and more that indwelling power and beingness of the one Creator, the path laid out for this entity became clear to it, and this entity then followed that path with great dedication. The path ended in this incarnation for this entity upon that cross, and it spoke as a mortal those words asking the one Creator why it needed to fulfill that destiny, shall we say. For even unto this entity who had realized much of its beingness there remained a mystery as to why the story needed an ending of such a nature that would require it to be nailed to a piece of wood to hang upon and be mocked by many as it gasped its last breaths in physical pain. Yet this entity was lifted up by its own faith in that one Creator which it had found within its being and had attempted to reveal to those who had eyes to see and ears to hear.

May we answer you further, my brother?

L: No, you have given me food for thought, I thank you.

I am Latwii. We thank you, my brother, as always. Is there another query at this time?

Carla: I have a question, but first I would like to challenge you in the name of Christ, not because l think you aren't great, but because I have an important question to ask you. I challenge you in the name of Christ. Do you come in the name of Christ, Jesus Christ, my Savior?

I am Latwii, and, my sister, we come in the name of Jesus the Christ, the entity of whom we have just spoken. We come in the name of the Christ consciousness, and all those great masters who have sought the one Creator in the positive sense. We appreciate your challenge and applaud your devotion to the one known as Jehoshua.

May we attempt your query, my sister?

Carla: Yes. It's been on my mind that the Ra work may not be finished. I have in mind two people which after what I would consider a rather long period of training together would be able to function with questioning. My questions, therefore, will be split up. First of all, is it possible for you to give any information of this kind?

I am Latwii, and am aware, my sister, of the nature of your queries. We may say that we can speak in general terms, for in this instance the query about that which most definitely affects your future.

Carla: All right, one thing at a time. Is it possible that the two entities that I have in mind, the one known as Jim and I, could reach, sustain and thrive, all except for me, with the level of harmony, health, tranquility and unity that Don, Jim and I experienced that was the basis for the Ra contact? I realize that the instrument knows absolutely nothing about this. This was on purpose, and I would like to say to the instrument, I'm sorry, but I didn't think it would be wise to tell you what I was thinking. I wanted to go into it on a more general point of view.

I am Latwii, and am aware of your query, my sister, and it is fortunate that this instrument was not notified beforehand of these queries, for we are sure that it would have been most difficult for it to stand aside should it [have] had previous warning. We can suggest that the level of harmony that is possible for you and this instrument to achieve is a level which can easily approach that experienced by you and the one known as Don, for it is easier to harmonize fewer energies than many energies. Yet there is a certain level or number of entities necessary to do the kind of work of which you speak.

May we answer you further, my sister?

Carla: Yes. The question was, could these four people sustain that level of harmony and thrive both physically, mentally and emotionally? And the reason I said forget me was that I come in with so

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many physical handicaps that it would skew the answer. Everybody else is healthy.

I am Latwii, and we fear that we are not aware of salient portions of your query. We are unaware of entities other than the one known as Jim and yourself. May we ask for clarification, my sister?

Carla: I do not wish to say these names out loud. Is it acceptable if I think them?

I am Latwii. This is quite acceptable, my sister.

Carla: I shall do so now.

I am Latwii, and we are grateful that you mentioned that you were going to think of these entities. We appreciate hints. Now to your query, my sister. We see that these entities which you have spoken of before are entities which indeed generate and sustain great amounts of harmonic resonance, and are entities which could with great effort and dedication achieve the level of harmony which would approach that previously experienced in the contact with those of Ra. Whether this harmony would be of the proper pitch is not that which we can either affirm or predict, for the future is most unknown even to those who can see its possibilities.

May we attempt further response, my sister?

Carla: Can you say whether the higher selves of these four beings made agreements to do Ra work before incarnation if necessary?

I am Latwii, and am aware of your query, my sister. We find that there have been agreements made by each of these entities to work in this particular type of contact. The agreements provided for various, shall we say, alternatives or backup probabilities. Whether these can be instituted and manifested is the mystery which lies before you.

Carla: Okay. So, let me see. I've gotten so far that I have identified the proper people as far as agreements made before birth, and that part of our agreements were that we would be free to attempt to reach a level of harmony necessary to sustain the Ra workings. Am I correct up to this point?

I am Latwii, and am aware of your query, my sister. We can correct it only by inserting the modifier "some" of these people, rather than "the" people.

Carla: Okay. Now that brings me to my next deep hunch in a series of deep hunches I've been working with all this weekend. I have a deep hunch that one of these people is absolutely necessary to the group as a battery for the questioner, for the questioner could not do the work without the battery, without the life energy of this person being involved, I guess, in terms of what Hatonn just said, without the circuit being closed between those two people, so that in essence you would have three people and a battery for that third person.

I am Latwii, and am aware of your query, my sister. We can suggest that though there may be a specific entity that is capable of serving in the capacity of what you have called a battery, there may be others who, in a joined fashion, may be able to serve in the same capacity.

May we answer you further?

Carla: Well, that surprises me. I would think there would only be one battery for this particular person. Okay. I would think that the training period would probably be …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we shall attempt the answer to your query at this time, my sister. We can suggest that the period known to you as a year is a relatively sufficient amount of time during which the energies of each entity may find the ability to harmonize in a manner which then readies the path and the work. We can suggest that this period of time is not fixed but needs to be prolonged enough that the honest and clear communication is effected. There is great politeness and concern among even the gentlest and most eccentric of entities. This veneer needs to be penetrated in order that even at the lowest ebb of compassion and wisdom the entities are able to maintain a stable harmony.

May we answer further, my sister?

Carla: Yes, sorry you guys, I hope I'm not going … I would assume that although at the beginning it would actually aid us to use mild mind-altering drugs—I'm speaking of marijuana—that a month before we began work we would have to swear off and stay off. Is that correct?

I am Latwii, and am aware of your query, my sister. In this instance we cannot serve as the doctor making a prescription, even in the negative sense. We find that the information which can provide answer to this query is known to this group.

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Carla: Okay.

May we attempt another query, my sister?

Carla: Okay. Well, this is the biggie, all right? Is it, in your opinion, at all important that there be more Ra work done? Or is it instead better for us to realize that there are other things to do that we have not yet done. I'm thinking specifically of the fact that we got a new contact from Yadda recently that alerted me to the knowledge that, of course, it is a crowded universe, which I say a lot, but sometimes I don't pay attention to what I say, and it's possible that the Ra work is finished. If it is possible for you to give me your human opinion, I would be interested in anything you had to say on that point.

I am Latwii, and am aware of your query, my sister. Well, now. In our best human opinion may we suggest that the future has within it a great panoply of possibilities. May we suggest that the most important ingredient for realizing any possibility is the simple desire to be of service without a dedication to what that service shall be and how that service shall result.

We can see a future in which you begin again that which has become known as the Ra contact.

We can see a future in which there is no such contact, yet there is great work possible in furthering the information which has been gathered and continuing the meetings which have been ongoing for a great portion of your time.

We see possibilities in which new contacts are achieved and information therefrom disseminated.

We see a future in which each touches many individuals and speaks with compassion and inspiration of the One which indwells in all.

We see a future in which the being of each shines brightly as a beacon and illumines the darkness by its very being with no movement required at all.

We see a future in which each walks a path which is most appropriate, which is to say, that as one places a foot upon the ground and does so in a thoughtful manner centered upon the one Creator, it will therefore be as natural as breathing to place the foot upon the path, one foot after another, until the journey is traveled one step at a time.

We see a future in which all these things are possible, made possible by the firm desire to serve and the free desire for no particular outcome, for as the one Creator moves through each, the will of the one Creator shall be made known, and if each can remove its small self's will, then the will of the great One shall move through each as a channel, and shall carve its own pattern and write upon your third-density creation the words of illumination that inspire and provoke the seeking of those who dwell in darkness.

May we answer you further, my sister?

Carla: Yes. One last question. Can you weight without emotion the value of each of these paths as one being the most valuable or do you see them as equal?

I am Latwii, and am aware of your query, my sister. We see the equality of each path, yet we see the uniqueness and the power associated with each path as well. It cannot be said with certainty that to serve a few in a powerful manner is greater or lesser in service than to serve many in a lesser powerful manner. We see the one Creator in each entity awaiting that entity's seeking of it. We see many ways in which many entities may be inspired to begin that seeking. We see that a great variety of ways is available to each in this group to serve as shepherd, to radiate the love and light to those who hunger for this nourishment. We can only ask each to seek in meditation the answers which have been provided for each of you by your greater self, by your very own self as you planned this incarnation and as you hid various signposts along your various possible journeys. Know that each path contains in whole all that you hope to accomplish. If one tool is removed then another will take its place. Know that all is well. No turn will cause the seeker to be lost from that which is sought, for the one Creator waits not only at the end of each path but along each portion of each path, for it is the One who seeks Itself within Itself. There is none else.

May we answer you further, my sister?

Carla: No, Latwii. Thank you very much, and thank the instrument.

I am Latwii, and we thank you, my sister, for allowing us to provide our humble service. May we attempt another query at this time?

L: Latwii, excluding yourself, how many entities are in this room?

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I am Latwii, and am aware of your query, my brother, and we shall not take offense at being excluded, but shall suggest that there is a great choir of entities which has joined this group this evening. Though all may not be, shall we say, contained by this room, there are endless entities listening and speaking and lending vibration to the great symphony of seeking that has arisen from this group this evening.

May we attempt further response, my brother?

L: No, that answers my question. Thank you very much.

I am Latwii, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Latwii. We see that we have exhausted the queries for the evening. We are most appreciative to each present for allowing us a beingness within your group, and for allowing us to put into the poor and inadequate vessels—words—those feelings and concepts which are without bound and can only be understood at the heart of the being. We speak to you in words which we hope will also penetrate the essence of the love which binds each to each. We cannot speak without distortion, but we hope that the heart of our speaking may be known in your hearts. We thank you in a way which we cannot speak at all for allowing our humble service, and we travel with you on the journey. We ask with you the questions of how to travel that journey. We teach and we learn. We are with you always in your meditations, in your contemplations and in your machinations we join you in joy and in praise for the One Which Is All. We are those of Latwii. Adonai, my brothers. Adonai vasu borragus. ♣

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Sunday Meditation
November 25, 1984

(Carla channeling)

[I am Hatonn.] I greet you, my friends, in the love and in the light of our infinite Creator. We are so thankful to have this group together this evening. Because of the nature of the atmosphere this evening, in that there are many channels and but one message, the message of love and gratitude and service, the message of the one original Thought, we are using this meeting, if we may, to tell a story using each instrument who would be willing to speak. We shall move about the room and tell our story, giving each of those instruments the exercise of the gift which each offers to the Creator, and through each allowing us to give our poor gift to each of you. We shall begin our small story.

There was once a young boy that was not like the other boys. This young boy sought like other boys. He had the instincts of other boys, he laughed as other boys do and in every respect was like all his classmates. But this little boy had been born with a terrible birth defect. It changed his appearance greatly and therefore he was an outcast.

We shall transfer. We shall not say "I am Hatonn," except when the channeler is challenging the contact. If it becomes necessary, we shall be happy to give our identification, but we would wish the story to flow as smoothly as is possible given each channel's desires. We now transfer.

(S channeling)

This small boy was often looked upon by many to be different, to be other than themselves. Many were unable to penetrate the illusion that was in some people's eyes not beautiful. Few made a real effort to look beyond the illusion, to look deep within the eyes that sparkled brightly with the love and light of the Creator. Many perceived this child as though his eyes were closed, as though the light did not shine so brilliantly from his inner being. We shall transfer.

(Jim channeling)

The boy knew that most of those about him were not able to see beyond his physical deformation. This had its effect upon the young boy, for he could see also that there was a difference in appearance between those who he observed and himself. He thought upon this difference. He thought upon reactions of others to him. And he began to look about him in the world of trees and flowers, of small animals and the creatures that inhabited his neighborhood and beyond. He saw that there was in such a creation great beauty and much variation of form, yet within this, shall we say, second density creation there was no shunning of one creature by another. He pondered long this phenomenon that the people about him would treat him in a manner other than they treated each other. We shall transfer.

(Carla channeling)

One day he came upon his mother sobbing bitterly in the privacy of her room. "Mother, mother," he cried, "what is the matter?" His mother sobbed that she was angry with the Creator, for the Creator had been cruel to her. "How, Mommy, how?" said the little boy, looking at his mother with adoring eyes. "He gave us your disease to bear before the world," said the mother. "Oh, no, Mommy," said the little boy, "that's not right. This is only a birthmark, but I think that many people have a disease in their hearts because they can't see me."

I shall transfer.

(C channeling)

The mother raised her head and looked into the eyes of her son, looked in a way she had not before. She gazed. She began to realize that there was beauty beyond the physical. She took her son into her arms, and felt his form.

We transfer.

(Jim channeling)

As she embraced her young, small son she felt the love of his arms, and she looked into his eyes and saw love there as well. Remembering the bitter words that she had been speaking as he entered the room a short time before, she felt great remorse within her own heart and realized at that instant that the deformation that she had felt such a burden was of no consequence when compared with the love that her son was able to give as freely as rain falling from the sky. It was her own heart and her own eyes that had not been able to perceive, that within this young child was more beauty than she had known in her life before now.

We shall transfer.

(Carla channeling)

The mother smiled into her son's eyes. "What a beautiful thing to say," she said. "Oh mother, thank you," said the little boy, "I thought about it in the woods because I noticed that none of the leaves blames another leaf for being different, and all the squirrels playing together, even if one is browner than the others, all sorts of cats play together. It's only humans, Mommy, that see in a funny way, and they just can't see me."

The mother nodded firmly. "Well, son, you'll have to help the world out a little bit. More and more people will see you because you are beautiful to me and you are beautiful to yourself." "Oh, yes," said the little boy. "Isn't everyone?"

My friends, how many defects have you seen today? How many masks have you been unable to penetrate in your relationships? How many bright and adoring eyes have you missed because of your judgment, because of the disease of your eyes, because of your lack of the loving and open heart? We might suggest to you that since you are here to learn the lessons of love, it would be surprising if anyone were able to say that each person throughout a crowded day had been met with the eyes of love, and with this we begin with you yourself.

Do you see yourself with love's kind vision? Are you aware that the Creator shines within you, a candle you cannot quench and a light which you need not hide? Yet how often do your own defects keep you from appreciating yourself and thereby letting others appreciate you. We do not intend to encourage you to be egotistical, but only to suggest that that greater self which is most truly you is very beautiful, and the touches, the details, the experiences, the uniqueness that you have brought to this particular aspect of the creation that is you are most lovable and most beautiful.

With whom have you had a difficult conversation today? Who, even briefly, caused you to gaze upon an imagined defect? That instance was a mirror which read out clearly and rightly the measure of your disease, or your dis-ease of heart. It has been [said] in your holy works, "To the pure, all things are pure." My friends, to the Creator, all things are the Creator.

We shall leave this group at this time, pausing only to thank each and to acknowledge the work which we most rightfully have done with the one known as A and the one known as H. We appreciate the opportunity to touch consciousnesses, and are aware that there are times when it is better to listen than to channel. In fact, there are times when it is most important. We appreciate the sensitive natures involved and are full of joy to be with each. We also wish to thank the one known as J1, as we have been attempting to make this entity also aware of our presence and have succeeded perhaps in a small degree.

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You may ask us if we who speak think that we are so perfect and wonderful. Why is it then that you still help us as if we were quite in need of thoughts to inspire? Well, my friends, there are paradoxes, are there not? We shall leave this instrument at this time, which apparently is somewhat of a relief to her, for we have been giving her word-by-word instead of concept-by-concept practice for most of the evening, a type of channeling that is excellent for our uses but somewhat demanding of the channel in the areas of the faith to speak without knowing the end of the sentence and in the faith that the task is important enough to keep the level of concentration such that a sentence will indeed be ended appropriately. We thank this instrument for this practice period and we thank each instrument. We take this opportunity to thank the angelic presences that dwell and have dwelt within this precinct for many of your years. It is truly a light dwelling, and we very much enjoy being part of your group's consciousness at this time. I am known to you as Hatonn and I leave you in the utmost light and love of our infinite Creator. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of our one infinite Creator. We are most privileged, as always, to be asked to join your group during your meditation. We thank you for this honor. We hope that our humble service of attempting to answer your queries may have some small use in that journey which you as pilgrims travel together with us. May we then attempt the first query for this evening?

Carla: Well, since nobody's jumping right out, just out of curiosity, is Oxal in the room because H's here? Specific group?

I am Latwii, and am aware of your query, my sister. We find that our brothers and sisters of those known to you as Oxal have indeed joined this group this evening in part due to the presence of the one you have called H and in part due to the remaining configuration of this group which seeks that kind of love which has been blended somewhat with wisdom.

May we answer you further, my sister?

Carla: No. I just wanted to check my person-finding equipment to make sure that I was feeling Oxal, and H has always gotten Oxal the easiest and I figured that might be it. And if I called him J2, he probably would deck me, so I'll be *(inaudible)* and let him be known as H. Thank you very much.

I am Latwii, and we thank you, my sister. May we attempt another query at this time?

A: Latwii, how does the ego serve the person?

I am Latwii, and am aware of your query, my sister. We find that this term, that is, the ego, is one which we have difficulty in utilizing, for it does not describe a portion of one's being which is easy to encompass with a definition. We can utilize the "conscious acting self" in a manner similar to the use of the word "ego." As you in your conscious awareness move through your illusion, you develop various biases and what you may call distortions of perception. These, taken together, are the result of preincarnative programming, if you will, in many cases and are somewhat altered by your experience and constant use of free will. These distortions may be likened unto the white light which passes through the prism and then is broken into the colors of your spectrum.

The distortions of perception are each colored in a certain way so that yet another means is presented to you by which you may learn the lesson of love, for as you examine each distortion each in its turn will yield the opposite response: for patience, you will find impatience; for anger, you will find acceptance; for the various kinds of distortions you will discover that when the balance is achieved, the yield of this process will be an increase in the ability to love.

Therefore, that which you have called the ego and which we have called the conscious acting self will have provided you with a lens or a prism which breaks the unity of all creation into various portions so that you may in each portion reap the harvest of love that would not be possible should the perception not be broken into particles.

May we answer you further, my sister?

A: Not right now, thank you.

We thank you, my sister. Is there another query at this time?

Carla: Well, you said a lot of things about how the ego works, but you didn't say anything that would suggest that it were better to be strong or better that it would be less puffed up or proud or full of itself. I mean, the term "egotistical" is probably what got A

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started on it, and that just means a person who's just too full of himself and not aware of other people. Could you comment on that, the fact that you didn't judge whether its better to have a strong ego or a weak one?

I am Latwii, and am aware of your query, my sister. We, as we mentioned in attempting to answer the previous query, have difficulty utilizing the term, ego, for it has many, many meanings which many different individuals might utilize. We have no desire to judge whether one's ego might better be strong or weak, or strong at one time and weak at another, or have any particular characteristic, for all characteristics are distortions or biases which allow the entity to discover love in yet another mode of behavior or portion of the self. That is the lesson of your density, my sister, and that faculty which has been called the ego is but one means by which this lesson might be learned.

May we answer you further, my sister?

Carla: I'm going to have to go back and read the Ra material before I ask anything more. I think there's some mention about the ego equaling parts of each chakra. I don't really remember but I believe there may be, so I'll look. The only other question that I had was, I've noticed lately when I get into a really deep meditation, my head vibrates. Noticeably. Why?

I am Latwii, and am aware of your query, my sister. In the meditative state, one is reaching the deeper levels of the self. To be more specific, the deeper mind then is able to yield its resources more freely to the entity which meditates. As you enter the deeper and deeper states of meditation, there is a certain vibration that accompanies this experience. It may be likened unto the harmonic resonance of the various portions of your deeper mind through which you have passed. It is necessary to experience such resonances in a harmonized fashion as one reaches the deeper levels of meditation in order that the resources of these deeper levels of mind might then find a means by which to reach the conscious mind. These vibrations might be likened unto a river and the resources might be likened unto a boat which floats upon that river.

The vibrations, therefore, provide an entry into the conscious mind for those resources traveling from the deeper mind. The shaking of the head portion of your body is simply a harmonic resonance that is set in motion as this energy travels from your lower to your higher chakras and then sets the antenna-like portion of your body into a harmonic motion.

May we answer you further, my sister?

Carla: Just one more question. It's kind of exciting …

(Side one of tape ends.)

Carla: It seems to be that if somebody could measure the vibrations which alter continuously, you could get an actual musical tune that would be the tune of opening up into a deeper level of light. If this is true, would it be universal or is it just for me, my tuning?

I am Latwii, and am aware or your query, my sister. We find that each entity would have a unique vibrational pattern, just as each's voice is unique and each fingerprint is unique. It would be necessary, therefore, for an entity to know the vibrational pattern before being able to set it to, shall we say, music. To clarify, let us say that if one knew one's vibrational pattern, this knowledge would have come from experience, and if the experience is present, there would be no need for the musical reproduction to induce what already exists.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, as always, my sister. Is there another query at this time?

S: Yes, Latwii, I have a question that's of a somewhat personal nature, so I know you'll have to be general, but I was wondering if you could kind of give me a multiple choice answer. It seems in the recent past that any major or semi-major steps that I've tried to take have either been thwarted or just have really not gotten off of the ground. And because it's happened so many times in such a short period of time, I'm confused about it. I feel right now like I'm just kind of hanging around. Can you give me any input about this situation?

I am Latwii, and am aware of your query, my sister. Well, here we find that we must either be general or private, and we shall attempt an answer to your query which does not infringe upon your free will, for we do not wish to be a hindrance to that process which you have described which is a portion of your evolutionary pattern.

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When you as a conscious, acting being decide upon a certain course of action, each course of action is evaluated by what you may call your higher self and is in many cases planted as a seed by that same portion of your beingness in order that you might travel a path which is rich in potential for your evolution and its progress to the One. When you find that known as the difficulty or the obstacle which blocks this path, you may look at it in many ways.

For instance, one may see simply that the obstacle exists and determine that no further progress can be made upon this path, and there is then the choosing of another path. One may also see the obstacle, and, yet, seeing the obstacle, determine that there is still the desire to travel this path. With such desire doubled and redoubled, then the obstacle may be confronted, may be utilized for learning, and progress upon the path may then continue. Having used the obstacle in such a manner, the entity then may find that there is a lesson which has been profitably learned. However, if you have chosen to travel another path or perhaps have chosen to rest for the moment, there may be the lesson in the resting or the lesson in another path.

One cannot determine with certainty whether an obstacle is meant to test the desire or to stop the movement. We, as always, can only suggest that within your own being you may find these hints and clues. The meditative state is one which is most fruitfully used in the seeking of such clues. There shall not likely be the plain stating of the situation in any event, for it is most necessary that each entity moves or rests according to its own use of faith and that faculty known as the will or the power to move.

May we answer you further, my sister?

S: Well, yeah. Could you explain a little bit what you mean by that? If the instance were the resting and what part faith would play in that resting?

I am Latwii, and am aware of your query, my sister. When one has desire to travel a path and finds the obstacle blocking that path and has further determined that there shall be a rest instead of a movement through or around the obstacle, there then must be the faith that for this moment resting provides the greater lesson in comparison to that provided by attempting to remove or circumnavigate the obstacle.

May we answer you further, my sister?

S: Well, then, the resting could provide a lesson in patience. Is that what you mean?

I am Latwii, and this is our meaning, my sister. May we answer you further?

S: No, thank you, Latwii.

I am Latwii, and we thank you, my sister. Is there another query at this time?

A: I've got a medical question for you. I have a basic understanding that in some illnesses there are viruses and there are bacteria. And with bacteria they can be cured by antibiotics, but usually a virus is allowed to go its own way and either will recess forever, but usually it will stick around and kind of show up whenever it feels like it, or at certain periods of time. I'm seeking an understanding of the purpose and the service that viruses are giving to the body. Can you help a little?

I am Latwii, and am aware of your query, my sister. These second-density creatures, the bacteria and virae, are those entities which provide a service to the host third-density entity by, shall we say, taking that catalyst which has not been well used by the mind or spirit complexes and allowing it to take its symbolic form when needed within the physical vehicle in what you call the form of a disease of one nature or another which may then be noticed by the entity in a manner which it had not noticed before when the catalyst was available only to the mind and spirit complexes. When there is what you call a healing, whether by the use of that [which] you have called medicine and the antibiotics, or by any other means, this healing occurs when the entity has been able to process the catalyst to such an extent that the disease is no longer necessary to point out that which was not observed and well used before.

May we answer you further, my sister?

A: Hopefully. I'm going to ask one from a personal side of helping me understand a little better so that I might be able to deal with the catalyst that I'm receiving of why a virus has taken up house in my right arm so that it … I've been meditating on it but I'm still kind of at a loss of why it will always reoccur and is not one that will be going away. One I can understand, that is, something that is causing great interruptions when I try to use my right arm. Can you help me to understand this a little better?

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I am Latwii, and am aware of your query, my sister. We can, as always, speak only in general terms in this instance. When one is experiencing the physical difficulty or disease of any nature, one may begin to trace the roots of such a disease or disjunction by observing the effects that such disjunction has upon one's being and one's movement. Then one may take this analyzed discovery and meditate upon the further ramifications of such. This is to say, that as you are able to discover the effect of the disease or disjunction upon your physical vehicle and are then able to further discover your mental reaction or response to such effects, then you might from these observations gather the clues necessary to provide the balance to a distortion which has found an imbalance within your being and thereby heal that distortion.

May we answer you further, my sister?

A: Well, I gave it my best shot, and I knew you had to stay general, so I'll let it go at that. Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we find that we have for the nonce exhausted the queries which have been so graciously presented to us this evening. We thank each for those queries. Each has been most helpful in allowing us to perform our humble service. As we speak to you concerning those questions upon your mind, we are speaking to the one Creator which has chosen a great variety of means of expressing Itself, and from this one Creator we learn to serve the one Creator.

We thank you with words that are most inadequate for the great feeling of gratitude which we have for each of you this evening. We are those known to you as Latwii. We shall leave this group at this time reminding each that a simple request is all that is necessary in order for our presence to be felt in your meditations. We humbly and joyfully join you there. We are those of Latwii, and we leave you now in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I Yadda. I greet you in love and light of infinite Creator. I give this instrument no peace so she give me no peace either, so I speak what I have to say. I come in the name of Christ. At least I do not have to believe in Santa Claus. For this I am grateful. We come because question, "Who am I?" We always come to that call. What is "you"? Are "you" the here and now? Why are you here and now? Why have you decided to become a bird only to clip your wings and never fly? Why do you make of yourself the great mountain, only to bulldoze yourself to a small hill? Why do you make of yourself the sky and by act of meditation become the earth? Why are things so? There is a wedding of earth and sky. When you have chosen your here and now, your earth, then it is that you must decide how much of heaven you will allow yourself. Meditate, and you are in the kingdom of heaven. You fly like the bird. You stand tall as a mountain. You are not limited. Why do you wish to be so completely here and now when you can be free to be everywhere and everything? Who are you? Meditate, my friends, and give yourself to yourself.

I am Yadda. I leave you as I come. In dark and light. In the unity of all that there is, all that there will be and all that there has been. In the silent unity of forever that is your present moment. Adonai. ♣

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Intensive Meditation
November 30, 1984

(Carla channeling)

[I am Latwii, and] I greet you in the love and the light of the one infinite Creator. It is a privilege to speak to this group and to be able to use this instrument, as we seldom are able to channel through this instrument. We wish to work with the one known as L first, as we are aware of the pressing concerns, which though transient in the larger view, loom large within your daily routine. So we say over to you, L, we will exercise you if you will relax. We are aware you are rusty about the edges, but it is like falling off of the bicycle—one never forgets. We now transfer. I am Latwii.

(L channeling)

I am Latwii, and I greet you once again in the love and the light of the infinite Creator. We are pleased to have the opportunity to speak once again through this instrument, and ask that those present be patient as we polish the rougher edges on the equipment. It has been some time since this instrument has been exercised, and the neural paths are responding well. We do not anticipate any long delay until the instrument is once again functional to the level achieved previously during its period of service as instrument. We desire to maintain use of this instrument for as long a period as possible within the realms of comfort for the instrument so as to reacquaint the instrument with our vibration and the subtleties of our signal. We find that the instrument is progressing nicely and look forward to offers of service by this instrument in the field of channeling in the near future.

At this time we will rest the instrument and transfer our contact to another. Again we thank those presence—correction—present for their patience during this period of maintenance, so to speak. I am Latwii.

(Carla channeling)

I am Latwii, and am once again with this instrument. We greet you once again in love and light. We wish to work now with the one known as R, and we would have a few prefacing comments. Firstly, we work with this instrument due to this instrument's native tuning. It is more closely aligned with our tuning than any others, and we make use of this happy coincidence and greet a comrade with love and with *(inaudible)*.

The questions upon the mind of all new channels are the same. It is difficult to know illusion from reality, falsity from truth. It is possible to convince oneself to a certain extent of an untruth. The one known as R has this duty and honor each day as he does his work of unknotting the painful charley horses of life, causing laughter by satire and untruth. It is a good service and it is provided with a heart of hope, and in these things we commend the one known as R.

The length of, shall we say, time during which this has been done has engendered within this particular instrument lack of respect for illusion which borders upon the unbalanced.

We shall explain in order that we may aid the channeling process' beginning. When one is so aware of the gullibility of others, one's own gullibility comes into question. If others are easy to fool, is not the self? Therefore, the channeling process is aborted, for it is impossible to progress while feeling that one has basically been had, as this instrument would put it. We may not break through the mysteries of time, space and silence. That which you receive, you shall receive subjectively. Each gives of himself in order that those things might come through which will feel like nothing more than one's own thoughts. This is a part of the process of learning to channel.

Therefore, we ask this instrument as he attempts to begin this service this instrument not expect proof but only an urge, indistinguishable from any other urge to speak. We ask the instrument to relax, to empty the mind as far as possible, and above all to retain memory and reality and presence of the all-important tuning as evidenced in this particular instrument by white light of which it is aware. Never stray from that white light. Challenge all urges to speak [by] the white light and all will be well. Above all, please do not attempt to analyze. After the challenging has been done, move as you feel; speak as you are moved.

We shall begin in silence by allowing the instrument to experience our conditioning and also allowing us to do some checking out of the tuning which we must do to fit more comfortably into the channeling mode with this particular instrument. We shall condition the one known as R at this time. If you will please be patient, we shall pause at this time. I am Latwii.

(Pause)

(Carla channeling)

I am Latwii. We are once again with this instrument, and we are happy to say that [we have been having] good contact. We shall now simply repeat, "I am Latwii." We shall say nothing but that phrase, and we shall wait for the instrument to inwardly hear this phrase not with the ears but with a deep feeling in order that it may without analyzing speak this one phrase. We shall then come back to this instrument. I am Latwii.

(Pause)

(Carla channeling)

I am Latwii. We must ask the one known as R to avoid going too deeply into meditation. This is a very light state of meditation in which the concentration is completely upon the voice within. To go too deep causes the adjustments to be difficult. We bid farewell to the one known as L.

(Leonard leaves the room.)

We thank you, my friends. We also apologize to this instrument, for in the process of conditioning the one known as R we have been attempting to re-take out her tonsils which she does not appreciate. However, that is the way it has to be for us to be able to make good contact the first time with this particular instrument. We shall work with the tuning process and adjust ourselves more while we exercise the instrument known as S. We shall transfer to the one known as S, thanking this instrument very much for its service. I am Latwii.

(S channeling)

I am Latwii, and we are pleased to greet you in the love and in the light of our infinite Creator. We are grateful for the opportunity to work with this instrument who is quite fond of our vibrations. We wish to attempt to make our words perceivable to the one known as R. We shall attempt to send the phrase, "I am Latwii," to him, and we would hope that as this phrase is perceived he attempt to verbalize that which comes to mind. We shall repeat the phrase, "I am Latwii," to the one known as R several times so that he might choose when he is ready to speak. We shall transfer at this time. I am Latwii.

(Pause)

(Carla channeling)

I am once again with this instrument. I am Latwii. We are so pleased to be making the progress which we are making with the one known as R, and without meaning to put this instrument on the spot, as it were, we would attempt one more time to make a breakthrough. There is sometimes a breakthrough to be made, sometimes not. It is those who speak the most easily when, shall we say, living the illusion

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that often are the most difficult to train as channels of what we all hope to be truth. There is tremendous care and honor given this and therefore it becomes too important to screw up. We must encourage that side by side with this all-important respect for the service that it is truly *(inaudible)* to perform there be a sense of foolishness, a sense of throwing oneself over the cliff into thin air, a sense of being a clown. You do not know what the next word will be, you do not know what the next thought will be when you channel. That is the way channeling works. When more than one concept is known, it is usually due to the fact that we are mining the sometimes very rich experiences and reading that the instrument has done so that we may give our single message in yet one more variety so as to meet the needs of a particular group at a particular time.

Since the first word is the most difficult, we shall do as we have done many times before in training the new channel and begin with one word only. That word is "I." Who is "I," and can you tell a lie when you say "I"? Shall you channel "I" not in truth? Shall you channel "I" alone? Is there more than one "I"? [Most beloved] portion of the creation to whom we speak, "I" is all that there is. There is no untruth. There is no possibility of miscalculation in this channeling. Therefore, we offer it to you, and once again transfer to you for the purpose of your repetition of that simple word until you become more comfortable in the feeling that goes with speaking as a channel of the one great "I." We transfer now. We are Latwii.

(Pause)

(Carla channeling)

I am Latwii. We give many thanks for the opportunity to work with the one known as R this day. It is exhausting work, and we apologize to the one known as R. There are stiffnesses in the muscles we have been attempting to use in the conditioning, most especially those in the neck. This will not be necessary once the initial exercising of the channel has been achieved. Although we have not been able to speak through the instrument, we have made good contact with the instrument. We give great thanks for each of you.

We are most fond of the one known as S, may we say, far more fond of her than she is of us. We would challenge in a pleasant way, not in a competitive way. But truly, each is most blessed to us, and we have the utmost of joy in sharing in the stream of patterns of your moments of living as we cross them with our own. I am a voice. I am light. I am love. I do not need a name for I am older than *(inaudible)*, and yet I rejoice in each unique and beautiful being that aids who I am, to experience myself. How lovely is each who dwells in the creation. We shall leave this instrument and transfer to another. I am Latwii.

(Jim channeling)

I am Latwii, and am with this instrument. We greet you again in love and light and apologize for the delay in making this contact but we were having some difficulty reaching this instrument, for it was receding into those lower levels of meditation in unconscious anticipation of sleep. May we attempt to answer the queries which may be upon the minds of those present?

R: Yes, Latwii. I'd like to understand if possible the difference in conditioning you would use for a channel and just conditioning, the conditioning that you and I have talked of before that I receive sometimes from you during group meditations, because I was expecting that. I guess I was waiting for that and didn't feel it.

I am Latwii, and am aware of your query, my brother. The conditioning which we have utilized with you in the past has been a generalized form of making our presence known by means of activating certain areas within the head and neck complex. The type of conditioning which we utilize for the vocal channel is a refinement of this conditioning in that the conditioning is somewhat less physically perceivable. That allows, shall we say, a smoother carrier wave and the appearance of our thoughts upon it then is your signal to repeat those thoughts. Of course it is quite difficult to discern whether or not it is our thought or yours which is appearing within your mind at the moment at which you expect the thought to appear. May we assure you that our thoughts are quite like your own, and by simply speaking those thoughts, you will develop your ability to discern our thoughts and to speak them.

May we answer you further, my brother?

R: No, Latwii, thank you.

We thank you, my brother. Is there another query at this time?

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Carla: Why was I getting so much heavy-duty channeling? I couldn't understand that.

I am Latwii, and am aware of your query, my sister. Well, my sister, we would think that we after all these years would be aware of the delicacy of your particular instrument and would tone down our conditioning, but, alas, we seem to have once again forgotten that your instrument is one which does not need the heavy hand. We may take some solace in knowing also that your instrument is of an increasing sensitivity as the time as you call it has passed from the last opportunity we had to speak through your instrument.

May we answer you further, my sister?

Carla: No, thank you.

We thank you as well. Is there another query at this time?

Carla: Could you in general speak to the ways of doing what Jim and are trying to do in the intensive meditation, sharing this technique of channeling?

I am Latwii, and we can suggest that the desire to do that which you do is the greatest portion of that which you do. We cannot make any further refinements upon what is being done, not because we do not wish to infringe upon your free will, but because we see what is being done as being well done. To offer the opportunity to learn this particular service at a time separate from the regular meetings of your group is an effort which we applaud with all our being. We shall be with you and shall set, shall we say, the format for such opportunities to share this service as we have done today. The offering of this service is much like performing the service, that is, to have the desire, to be open to the opportunity, and then to move with the energy as it is presented to you.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and again we thank you, my sister. Is there another query at this time?

S: Yes, Latwii. The other night when we were meditating with M and I was channeling you, I seemed to lose thoughts, like I got a few sentences out and then it seemed like it was blank and there was nothing else coming and I sensed myself sort of groping. And then with a little bit of difficulty you signed off. I was wondering if the reason that you had to do that was because …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am aware of your query, my sister. Please forgive our delay. This instrument had its duty to perform. We, on the occasion of which you speak, were aware that there was the potential for the entering of the upper levels of that which you have called the trance and were attempting to generate thoughts which might aid in the recovery of an, shall we say, alert state of consciousness. We were somewhat hindered in our ability to accomplish this feat, for there was some confusion upon your part as to whether or not we were indeed maintaining a contact and whether the thoughts which were then barely perceivable to you were ours or yours as you became somewhat concerned and confused. But we were then able to grasp the channel, shall we say, and give our normal ending while attempting to aid your recovery of the conscious state. This condition which you have on a couple of other occasions experienced is one which is an ability that is growing at its own pace, shall we say. The ability to relax the mind to the degree necessary to enter the trance levels of consciousness is an ability which can be useful to an entity in retrieving certain information which lies beneath the normal levels of consciousness, whether this be in the sleeping or preconscious state or within the meditative state, and this ability is also helpful in certain kinds of transmission of thought.

Yet at this time it appears to be developing within your own being at a pace which is, shall we say, somewhat unpredictable because of the lack of conscious attempts in a formalized manner to aid its development. We can suggest that as you determine the use which you wish to make of this ability, and further then exercise this ability under, shall we say, supervised conditions, that it would be well in the meditative state when you are attempting to serve as vocal channel to monitor your own level of awareness, and perhaps periodically open the eyes and turn the head in order to awaken those portions of the body which are first affected by this state.

May we answer you further, my sister?

S: Well, I don't like to stop the meditation because of this happening, because then I, well, because then

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it comes to an end, and nobody gets to ask any more questions. So I was wondering if when that happens or if I should feel like I've lost you, should I just relax and kind of start all over again and see if I can get you back?

I am Latwii, and am aware of your query, my sister. We can suggest that this which you have suggested is, shall we be redundant, a good suggestion. We can also suggest that the holding of the hand by another might prevent those levels of consciousness which approach the trance state so that perhaps it would not be as possible to lose our contact, shall we say.

May we answer you further, my sister?

S: No, thank you, Latwii.

We thank you, as always. Is there another query at this time?

Carla: Well, it just seems to me that I've known so few people that can do trance and I've known so many people that lose contact for awhile and then get it back, and usually it's just a lack of the holding of the concentration. It's hard to do something that's that fine tuned. Couldn't an improving of the one point of attention be prt of that [which] helps, as well as the avoiding [of the] trance state?

I am Latwii, and am aware of your query, my sister. This is indeed a portion, both of maintaining the contact and in avoiding those levels of meditation which approach the trance, for it is a portion of achieving the trance level of meditation to …

We shall pause.

(Pause)

I am Latwii. Please forgive our pause. This instrument was distracted. It is a necessary portion of entering the trance levels of meditation for the entity to release the fine, one-pointed focus upon the, shall we say, sensory input. In the case of the vocal channel this would be the contact as that focused [on] is lost, there is the drifting down into those levels of consciousness which then enter the entity into trance.

May we answer you further, my sister?

Carla: No.

I am Latwii, and may we ask if we have interrupted, my sister?

Carla: No.

I am Latwii, and we would ask if there might be another query which we could attempt at this time?

S: Well, yes, Latwii. If I decided to work on achieving a trance state in a conscious manner, would that speed up the progress?

I am Latwii, and am aware of your query, my sister. We find that this would indeed speed the process of achieving the trance state—to work upon that ability would indeed speed it in its manifestation within your being. We would suggest that as a preliminary portion of this exercise that it be determined by yourself as to the use this ability shall find within your experience and then to use that as your foundation for further practicing of the skill.

May we answer you further, my sister?

S: Well, only if there are any safeguards that are necessary or that you would recommend.

I am Latwii, and shall attempt this query which is of necessity to those who would practice the ability of entering the trance level of consciousness. It is necessary first as one begins the practice of entering trance to also tune as the tuning is accomplished for the meditations in order that the effort might be of the highest quality in its purpose and direction. Then it is also advisable to surround your own place of working with a wall of light which may be visualized or constructed through the use of established ritual. We then can suggest that the actual attempt at trance be undertaken with great joy and desire for the purpose which has been laid out by your own design. It is advisable to have another entity with whom you share the harmony in your presence in order that any aid which should become necessary upon reviving, shall we say, or returning from the trance then be able to be given, whether this simply be the massaging of stiff body parts or the talking that then provides a point of focus that you may use as a crutch or handle in returning to your normal conscious state.

May we answer you further, my sister?

S: No. Thank you, Latwii.

We thank you, as always, my sister. Is there another query?

(Pause)

I am Latwii, and we thank each for allowing and calling for our presence during this meditative time.

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We are most happy to join you and are thrilled at the opportunity to exercise new instruments, and applaud your efforts. We can suggest to the one known as R that there has been great progress made during this initial attempt. Even though that progress has not yet taken a recognizable form within your being, the initial connections are well set and we look forward to any future opportunity which we may be given to further exercise your instrument. We shall leave this group at this time, as you call it, as always, in the love and in the light of our one infinite Creator. We are those of Latwii. Adonai. Adonai. Adonai, my friends. ♣

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Sunday Meditation
December 2, 1984

(L channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, it is a great pleasure to be with you this night for we sense within your vibration a dedication to the service of your brothers and sisters that is an object of beauty, so to speak, to behold. My friends, we of Hatonn seek to encourage those who choose the path of service to others, for it is our desire to be of service in the manner of sharing our own experiences in hope that they might benefit those whose path is similar to our own. To this end, my friends, we strive not to lecture or to teach but rather, as loving friends accompanying you upon your path, to simply share the nourishment of our blended harmonies of spirit and experience.

We of Hatonn desire to share with you this night a simple tale concerning a young child who chose to travel among others of his nation. The child of whom we speak was young, yet not afraid, for the child in truth had yet to learn to fear his other selves, as we know this is an acquired trait. The child then was able to wander fearlessly through forest, through city, to experience many new sensations, for in being young and without fear, the child perceived no distinction between himself and the other occupants of his world, both of second and third dimension. To the child, with untrained mind, the blessings of this world were shared equally by both second and third density creatures, although to the child, those of the second density seemed much less resistant to accepting that bounty which was their own. The child then was peacefully able to extend and receive that love which is available to and from all things and was able to travel peacefully and unendangered through the expanses referred to as wilderness.

Eventually, the child sought in loneliness the company of his own kind, for it is of the nature of entities to interact with those of common inheritance so as to develop the social memory complex. The child in seeking such interaction found instead bafflement, for those to whom the child extended love eyed the child with suspicion and returned only that which you call distrust or hatred. The child persisted, for being familiar with the fact that patience was enough to overwhelm and gain the trust of other creatures, felt confident that in time the rapport would be established and the sharing would occur. The child unfortunately had a patience of the soul that exceeded the patience of the physical vehicle, and eventually the child's physical body died.

At this point, my brothers and sisters, one might look upon the experiences of this child as a wasted incarnation, for the child was unable to establish any apparent communication or receive any apparent acceptance from others of his social memory complex, and in the passing of the physical vehicle

one might be tempted to observe that the potential value passed also. But, my brothers and my sisters, consider if you will the blessings imparted upon a confused whole by the small part of the whole which had, however briefly, obtained a sense of inner balance. Consider, if you will, the effect of one such individual, however young, upon those about him. Is it not true, my brothers and my sisters, that the plant, however unaware of the source of its light will nonetheless thrive and grow in its presence? My brothers and sisters, if your awareness extends truthfully beyond that of your green accomplices on your planet, how then can your lives be unaffected by the presence of one of such beauty within your world or your lives however fleetingly?

We would suggest, my friends, that those who have ears may perceive those among you who serve in the role of guides or pathfinders for the rest, but we would remind you also that those who fail to hear or have not the eyes to see are nonetheless served quite magnificently by those who break the trail, marking the signposts for those who would eventually choose to follow. My friends, remember with pleasure and with love those who may have gone before seemingly unheard, for in truth the echoes of their efforts still resound throughout your spheres of existence.

At this time we shall cease to speak so that our brothers and sisters of Latwii might be able to perform their service, if such is your desire and request. We are known to you as Hatonn. Adonai, my friends.

(L channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the infinite Creator. And we extend our thanks to the instrument for being willing to be nudged somewhat faster than usual and to be of service again as an instrument, for we are aware that our usual mouthpieces are overdue for some rest, and would like the opportunity to be the providers of questions rather than answers. So, without further ado, h-e-r-e'-s Latwii. Are there any questions we may be of service in answering tonight?

A: Well, Latwii, do you want to share any good stories with us?

I am Latwii, and am aware of your question, my sister. We are grateful for the opportunity which you provide us, yet fear we must decline, for our brothers and sisters of Hatonn work quite diligently to provide the parables that they generously share, and in this respect we have done no homework. However, we thank you for the opportunity and will consider developing some backups.

Is there another question?

(Pause)

I am Latwii. As it is apparent that no questions are forthcoming, we shall relinquish our use of this instrument, and look forward to opportunities in the future to be of service to those present. Adonai, my friends. Vasu borragus. We are known to you as Latwii. ♣

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Sunday Meditation
December 9, 1984

(Carla channeling)

I am Oxal. I greet you in the love and in the light of the one infinite Creator, that light whose glory you celebrate in story and song in the darkness of your winter on your planet, that love to which you bear witness by word and thought as you light your candle and sing your song for the good, for the true, and for the beautiful. That is the glory, the destiny and the employment of your density, to learn this song, to learn it well and to sing it with all your heart. We are most grateful to be with each of you, and thank you for asking for us to be here with you this evening. It has been some time since we worked with this instrument. However, we find the contact to be efficient.

We would speak to you this evening about that which has been upon the minds of several, that is, the manner in which one uses one's memory. We see how easy it is to gaze back into the misty and distorted realms of memory in order to chastise oneself for what one has done or for what one has not done. We find this to be a significant preoccupation of third-density entities who have reached the level of attempting to account each for his own actions so that each is responsible for himself. In many cases there is a further distortion which is laid as inappropriately as a stone upon a rabbit. That distortion is judgment, the judgment of whatever deity you may profess as yours.

The first suggestion that we would make is that you realize, consider, and find, if you deem it proper, that you shall judge yourself just as you are now judging yourself. The deity implied in judgment, that is, the higher authority, is and will be nothing more than light. There are some thoughts which set up a vibratory pattern which causes an entity to be unable to withstand more than a certain amount of the light in which we greet you. There are other thoughts and actions which set up a vibratory pattern about the individual who is thinking and acting in this way so that a far greater portion of light can be enjoyed. That, my friends, is judgment. It is completely and utterly objective. The question that you may ask yourself is as simple as the question you may ask of your light bulb. Can the electricity generate thirty watts, forty watts, fifty or a hundred? You are an instrument, and you are to some extent tuned.

As you gaze back upon your memory, you burden yourself unnecessarily when you consider what you could have done, what you should have done, and what you might have done. We are aware that this is an easy exercise. However, we must inform you that it does not generate light. Well, my friends, you are aware that you have a memory, and that the Creator has formed you with a memory both shallow and deep for a reason. If it is not to judge yourself by hindsight, what then might it be? Have you

considered that it is the present to which your memory may best speak?

There are too many things in most entities' experience of daily life. These things clutter the mind and cause it to work extremely inefficiently. Each decision that must be made in the course of such a busy day can best be made in the light of all the experience held in your memory and judged to a certain distorted extent within your incarnational patterns. Here is the use of judgment at its best. In order to use it you must slow down the tempo of your living. It may not be necessary to remove things, experiences, tasks, chores, relationships or commitments. It, however, is of extreme centrality that you remove the distractedness which you have allowed to come over you. You have the power of analysis, you have a great deal of experience. You know that you are now a seeker and that you wish to offer service, love and light. You can feel the light go on within you many times when you are allowing whatever wattage of which you are capable to flow freely through you to other entities, and yet you allow yourself to be distracted. This is not wise. It is for this reason that we must suggest again and again meditation on a daily basis in order that you may pace the tempo of your mind so that you create your day rather than reacting to its events.

Let us be stronger in our language. When you meditate, you are seeking the truth, each in his own way. That which you seek is like fire. It is powerful beyond your imagination. He who realizes light will heal. He who realizes love will bless. The gifts of meditation are far more powerful than the equivalent terms within your language. Many times in your holy works you have seen fire used as that which is holy. Those inspired to write those words felt the power of the gift of your self, your greater self that will come to you in meditation. The power which is potentially yours is such that you could indeed move mountains. You could indeed change your own life. The phrase "moving mountains" seems to be a cliché, and is used within your culture to describe just how powerful the energy which the Creator is, is. Bring it into life, bring it into your experience. Bring it into the circle between your heart and your mind, the circle your spirit makes for you, the circle which encompasses the universe. You can change your life. You can do it in a twinkling of an eye by changing the use of memory from hindsight to sightfulness of the present moment. There is no need to repeat one single thing which you have felt to be an error. You are not a victim of your own behavior. You are not nailed to the cross of your own previous thinking. The original Thought of the one infinite Creator has the power to give you the peace of the present moment, the fullness of the present joy, and the discipline of one who creates.

In a tempestuous, bewildered and often appalling environment it is especially important that you know who you are, what you seek, and how you shall use your assets. If you believe that you are a spiritual being, if you believe that you are seeking the truth, then your assets are spiritual also and connected to the truth. How close to the fire of truth do you wish your life to come? In the ebb and flow of existence let that question goad you if necessary into the right use of your considerable powers of analysis, memory and will.

Oh, to have the faith that you to whom we speak now have. What a blessing you have, for to you all that is essential is shrouded in mystery. Only through faith do you understand that you are a spiritual being. Only through faith do you seek the truth and only through faith can you come alive and burn with an unquenchable flame. It is within your will and your power. It is not within ours. We refine. But you, my friends, you are mining. You are mining for your own precious heart. We wish you the right use of intellect, will, and faith as you search and dig and search again for the heart that lies beautiful and secret within you in the midst of this disheveled world which is third density.

I leave this instrument now, offering you our gladness and our blessing and our love. I am known to you as Oxal. Again we thank you and we leave you within the flame of truth, of light, of love, within the Creation that is One, within the Creator that Is All that there is. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We thank you once again for allowing us to join you this evening during your meditation. We would hope that our humble service might be of some aid if there are queries which we might attempt this evening. May we begin with the first query?

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L: Well, since no one's rushing for first place. Latwii, with the understanding that you do not want to prejudice our actions in any direction, could you give an estimate of what the likely future courses are for this group, particularly in areas of shared work, living arrangements, something along that nature, including the meditations and the Ra material?

I am Latwii, and am aware of your query, my brother. We find that this group has before it a great variety of possibilities. We see that within the heart of this particular group there is the great desire to continue with these meditations which have been ongoing for a large portion of what you call time. We can see a great weaving of entities in and out, delivering and taking many blessings. The tapestry which is the potential completed masterpiece is one of great beauty. The attempt to seek truth and to share that truth, that journey, is the binding force of this group. How precisely this force shall manifest within your experiential illusion is a function of many variables, shall we say. Each entity has within its being the desire to serve. Each entity has those lessons and abilities which are the resources upon which it shall draw. Each entity also has those, shall we say, limitations which shall line the environment in which it is able to provide its services and is able to share its abilities.

As you have correctly surmised, we cannot describe in too precise a detail the possibilities which this group may follow or investigate as a group, for this group has such a desire to serve that it might take our words and add too heavy a burden of weight to them. We can see that whether this group functions in a shared living arrangement or in the arrangement which now is in existence, the possibilities for enhancing individual and group awareness and union with all are quite, quite pronounced.

May we answer you further, my brother?

L: No, thank you. You've given me quite a bit to ponder. I appreciate that.

I am Latwii, and we thank you, my brother, for the attempt to shine a light into a future which seems somewhat murky and undefined.

May we attempt another query at this time?

Carla: I've noticed that spiritual communities are almost always in community, that is, when people gather for spiritual reason, often they also come into community. Is there an intrinsic reason for that other than the practical reason for living closely enough together to share goods?

I am Latwii, and am aware of your query, my sister. We find that to generalize as to the reasons why various groups become groups is an exercise which has limitations as to accuracy. We can see that many groups join in order that the resources which are available might be enhanced for the use of each within the group. It is much easier, for example, to utilize one vehicle for transportation among many entities than it is for each entity to find the means whereby it shall have its own vehicle. There are entities which thrive within the environment shared by many. Such entities are of a nature which is outgoing and of a, shall we say, gregarious bent. These entities find it quite natural and a quite happy means of sharing whereby many come together for a purpose. This purpose, when of a spiritual nature, then, is enhanced in its dissemination, shall we say. There are entities which are less able to function within such an environment and are more likely to find means of shining a light by, shall we say, offering as individual entities. The sharing within a larger group then becomes that which is more periodic than continual.

There are many, many groups upon your sphere at this time which have gathered in order that the, shall we say, lessons and missions of the incarnation might be accomplished in a fashion which is in accordance with preincarnative agreements, as we see you have come to call such arrangements. These entities, therefore, follow a path which has been somewhat laid out before them and follow this path as individuals, and find themselves within an environment in which others have also come, though by individual paths now find themselves within a shared community of ideas. It would seem to many such entities that the concept of joining within a group has suddenly sprung upon them, whereas in actuality, each portion of the journey has been carefully planned, and each portion then unfolds as planned.

We, as we began this query, feel that our description of the means whereby groups become groups is a description which cannot include the great varieties of intentions and designs which the individuals comprising such groups bring as the motivation for such formations. Therefore, we beg your forgiveness for our inability to complete a survey of such a great

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gathering of souls as now is in progress upon your particular sphere.

May we attempt further response, my sister?

Carla: Yes, because you didn't get at what I really intended, although it was interesting. Are you familiar with groups like that of Gethsemane or a cloistered religious community? I'll take it that you are because the instrument is. What I'm interested in, what's interested me before this, is the laying aside of the life entirely for the purpose of prayer, meditation, worship, adoration of the Creator, which is basically what cloistered people do, and what the people down at Gethsemane do, the difference between them being that they have various means of making a livelihood for themselves, and I think Gethsemane supports itself by making cheeses and other agricultural products. I think the cloistered nuns here in Louisville make their living by doing needlework and things for churches. That has always interested me, and since L asked the question, I just thought that I'd ask it, you know, what is it? Is there something in that situation that is more efficient a way to worship or to seek than the individual path? Do you see what I'm asking now? More a general principle than a survey of possibilities for us. I was off into abstractions there, still am.

I am Latwii, and feel that we have a better grasp of your query now, my sister. Within the field of the abstract, we do not believe that we can improve upon two sayings which are somewhat familiar to this group, the first being that "Birds of a feather do indeed flock together," that when the desire is present to glorify the one Creator with each portion of one's existence, then there is a power within the entity which brings it together with those of a similar vibration of seeking. The second quotation, shall we say, is of those known to this group as Ra and is a, shall we say, somewhat more noble statement of the first query, that being, "When those of like mind together seek they shall far more surely find."

There is a great motivating force within each portion of the Creator to know that self as the Creator and the Creator as the self. When the conscious seeking entity has brought itself in touch with this force in a sufficient degree, then it is as though the entity were moved by the power of its own seeking, and moved within the realm which shall be the most, shall we say, nurturing for the nature of the entity. When an entity desires to give its entire being to the glorification of the one Creator, it is difficult to continue those daily practices which …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we shall continue. It is, therefore, easier for many entities of such a great desire to seek and glorify the one Creator to come together and provide each with the ability to physically survive within your illusion by making a portion of the day available to the, shall we say, mundane pursuits, thereby freeing the greater portion of the day of each for that purpose which each has joined to realize.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

L: Yes, of a very vague sort of nature. Generally speaking, each situation has either a good side or bad side, strong side or weak side, depending on your personal viewpoint. We tend, I believe, to regard living together in a group as being an advantageous situation due to our own bias in believing that our greatest advancement could possibly occur in living and serving in a group, and we all, being scattered around this area, find some disadvantage in that situation, be it extra travel time, the inconvenience, whatever, but it would seem to me that there is probably a good side to that too, a strong point that I'm overlooking somehow. Could you speak of this area please?

I am Latwii, and am aware of your query, my brother. We, in examining this area of discussion, feel that there are those points which are quite obvious to those seeking a group experience, that being that each entity within such a group brings a unique set of perceptions, abilities, desires and outlook for the future, shall we say. Within such a richness of resources, the possibilities for group and individual experience and enhancement of awareness are quite propitious. However, each situation, as you have noted, is colored with the light and the dark. Whether one portion will be seen by any entity as light or dark is a function of that entity's own unique perception. For example, the great variety of resources that many entities would bring to a group

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experience might be seen by one particular entity as being the most happy of circumstances, in which a great force of creativity was in motion and merely needed to be focused in order that great work might be done. Upon the other side of the coin, another entity may see that such a great variety of resources might be the greatest stumbling block standing in the way of such a great work, for how could focus be achieved with so many wishing to go in so many directions?

The experience which results from such an interaction is the great virtue of your illusion, for it is the mingling and acceptance of many diverse points of view which allows the perception of the one Creator to expand that is more important than the supposed products or great works achieved. In the attempt at reconciling those differences which seem to separate one from another the greatest work of all is accomplished. The portions of the Creator come to see that the One exists in each and in all, and thereby there is the movement of the mind from the lesser to the greater point of view where acceptance now reaches with a wider span of awareness than previously it was able to reach.

May we attempt another query or respond in greater detail, my brother?

L: No, let me sit on that one for awhile and look at it. Thank you for your help.

I am Latwii, and we thank you, my brother. Is there another query at this time?

Carla: Just a confirmation. Just listening to everything that's gone on it seems to me that what you're saying is we have our choice of how to serve others and how to proceed in our own spiritual evolution, and the times when a community instead of a family, a smaller unit, are better, are those times when there is an overriding common goal like the worship of Jesus or study under a guru or something of that type, where everyone who comes into the community is coming into the community for very many of the same reasons, at least consciously. Isn't that what you're saying?

I am Latwii, and we believe that you have found the heart of our response, our sister. It is most important that the entities joining a community have a shared purpose. There must be some force which binds. There must be agreement upon how, when, where, and so forth, the nuts and bolts of the everyday existence as well as the underlying purpose must be agreed upon. There are many ways for entities to be of service and to learn those lessons which they have incarnated to learn. However the course is pursued, it is most helpful that it be pursued within a certain degree of harmony, each with the other, therefore the shared purpose and means of attaining such is most necessary.

May we answer you further, my sister?

Carla: No. I think I understand now. Basically what you're saying is people who bond well into a community are doing it basically as a career, as a life focus, and not as part of a lifestyle but as the focus of the lifestyle, and the reason for it is never anything less than overriding, usually having to do with the faculties of faith, belief and seeking in a very mutually agreed upon way.

I am Latwii, and we feel that your comment is quite sufficient unto itself, my sister. May we attempt another response?

Carla: No.

I am Latwii, and we thank you, my sister. Is there another query at this time?

L: Latwii, it would seem to me that the greatest weaknesses in the idea of communal living for this group or any group would fall into two areas. The first, facing inwardly, would be the inability to maintain harmony as a result of the fact that the nuts and bolts, as you put it, of everyday living tend to be a stimulus toward the direction of failing to appreciate one another, the idea that the constant abrasion of people of similar intent with people that you never really chose to live shoulder to shoulder with as you would in a marriage or a family, and that there's a certain grating there [which] would tend to produce a lot of internal pressures and friction. And, facing outward, it would seem to be that there would be a tendency to fall into the trap of the we/they type of perception, a situation where we are the enlightened, the elite, whatever you would have it, and they are the sheep to be saved, the lesser group, perceptions of that nature. Is there a third area that you would suggest that would bear examination? Or a fourth or fifth, for that matter, in evaluating each for ourselves the possibility of communal living at some point?

I am Latwii, and am aware of your query, my brother. We can make a generalization which

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hopefully has an application, no matter which direction is looked upon. As the ideals of a group are put into action, shall we say, then the test comes for each entity and for the group as a whole as to whether or not these ideals will truly be the governing force of such a group or whether individual preferences will from time to time make the entity blind to ideal, and then allow a movement from the ideal to a personal satisfaction. Each entity which has a lofty ideal also contains feet of clay. If such clay feet can also remember the ideals which formed the nucleus of the group, then there is greater harmony, whether one is dealing with the self, another self or many other selves. The ideals begin a group, the feet of clay continue a group. The feet of clay will then experience the mirroring effect from each entity, and when clay feet can continually become transformed by the ideals which are reborn moment to moment and experience to experience, then you shall see the continuation of such a group.

May we answer you further, my brother?

L: My final area, and then I'll let you rest for the night. An area I'd like to broach is in reference to the Ra material and the potential future for the Ra communications. The communications that have arrived up 'til now have been the result of the communal living situation. The implications that I believe I have perceived, some of the communications in this group since the death of Don have led me to believe that there is a possibility that more Ra material might be available at some future point. My interest lies in exploring the potential for furthering those communications and trying to understand what would be required, how far any or all of us would have to go to get to the point where we could be of some assistance in that area.

I realize this is a very general type of question with a lot of range to cover, but could you just give us some insight into what would be necessary or advantageous with that as an end product that we desire?

I am Latwii, and am aware of your query, my brother. We find some difficulty in successfully transmitting a response to this query, for not only are there great and complex matters to be considered, but there is as well a great desire that we have not to be of undue influence in any particular direction, whether to seek the reestablishment of communications with those known as Ra or whether to cease such efforts. We in our response must be most general though we have upon a previous occasion spoken to some length concerning the efforts which would be necessary should the decision be made to attempt to reestablish such contact.

We find that the nature of that particular contact is one which is most delicate and most powerful. It is not a type of experience or sharing which one can enter into lightly. It is one which requires the most dedicated of efforts, a dedication yet with a lightness of dedication which does not require certain outcomes. We find that this particular group, though great in desire to be of service, would have a most delicate and lengthy journey to travel should such efforts be made in this attempt, and each entity then must look within its own being in order to find that purity of dedication which would be necessary. The most rigorous honesty is recommended, and we can see that each entity begins with such.

We beg the forgiveness of each present for seeming to speak in riddles, but at this time that is our lot, for this is not a simple matter and we would not wish to guide overly much in any particular direction.

May we attempt further response, my brother?

L: Yes. I can understand your reluctance to speak in a manner which may be construed as instruction or influencing. At the same time, each of us who would be interested in stepping upon the path you have discussed is going to have to make a decision every day with every step on that path as to whether or not to continue to follow it. Is it possible for you without undue influence to anyone to simply suggest a first step along that path so that in knowing where we're going and knowing where the path leads, those who would choose to set a first step on it might at least know where to step so as to determine whether they want to continue to follow the path or not get on it at all at this point?

I am Latwii, and am aware of your query, my brother. We may suggest that the first step of any such path is the consideration of that step. Look ye to your own being that ye might see what motivations are within, what possibilities lie before. We cannot be more specific. This is a journey which is of necessity chosen step-by-step and fashioned by the free will of the traveler.

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May we answer you further, my brother?

L: No, you've given me enough to work with there. I'd like to speak to more of this in the future but for now that'll suffice for me. Thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Latwii, and we find that for the moment we have exhausted those queries which each has so generously offered for our humble attempt at service this evening. We cannot thank each enough for allowing us to share our beingness with your group this evening. It is an honor which we of Latwii value more than words can speak. We shall leave you at this time upon the winds of change but as well on the sureness of the stepping of the foot within those realms of love and light which create all that is and undergird each step upon each path.

We are known to you as Latwii, and we leave you, my friends, in that love and light. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
December 16, 1984

(Carla channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. My heart is glad that my brothers and sisters and I are able to spend this time with you once again; to be called to your presence is something for which we can only thank you again and again, for it is our nature to come only when called and to serve only when asked. In your turn you do us enormous service, for it is in working with groups such as yours that we ourselves at this particular point in our own development continue our evolution by refining the compassion we feel for you and insofar as we have wisdom, the wisdom that we share with you. We are those who attempt to learn the lessons of wisdom. You are those who are attempting to learn the lessons of love, of compassion, of mercy, and so we would retell an old story. This instrument does not know the story, however it is written among your older works.

It is a story we would very much like for you to hear at this particular evening with this particular group. We ask you, before we even begin, to discount all those things which you may hear that do not ring true to your experience and your own inner knowing, but to use those things which do ring true, take them within and use them, as we offer them in love.

Once upon a time there was a young man. He was determined to learn the truth. He had spent his childhood and his young manhood studying both the natural world and the world within books, and nowhere could he find the metaphysical base for existence that took into account all of his experience and all of his thinking. Nevertheless, this young man was positive that such a work existed, for in his reading he had found traces of others upon the same journey as he, footsteps before him, footprints wearing down the stones of time, so many were those of the number of those who sought the truth of existence. He sold all that he had, and he was a wealthy man. He took his fortune and bought a large ocean-going ship and hired a crew, and he began an odyssey attempting to find the one teacher with the one body of teaching that would contain all that he needed to know about who he was and where he was going.

He sailed all the seven seas and many an ocean. He left his ship and walked toilsomely up many mountains on many continents, and one lined face after another told him a story. It was always and ever the same story, and that was that although he had a ship and they did not, that they were on a journey together and that they had not found what he was seeking. He had not discovered the final solution, he had not plucked the perfect flower.

Ultimately, he put his ship to anchor and started up what was considered to be a holy mountain in South America. He walked and walked and walked. After weeks of walking and many near escapes with dangerous animals and those who lived in the area and were not pleased with white men, he came to a simple, beautiful mountain tarn, a lake so placid that one could not see that it was not glass. How he had thirsted for such clean and pure water during his dusty trek. He took off his clothing and bathed, thanking the Creator for such a gift, for the water, indeed, seemed somehow blessed and blessing to him.

When he came out of the water, his clothing had disappeared. All the colors had changed before his eyes. There were gems in everything—the grass was now emeralds, the sky, the blue of an amethyst, the very far mountains, opals and the lavender and the purple amethyst, and brilliant and deep with color he had never before seen. Instead of his clothing, there was a simple white garment. He put it on and began to walk up a trail which he had not previously noticed. The trail led ever upward. It was dangerous and there were many times that the young man did not know if he was going to be able to continue upwards. But there was the trail. Someone had made that trail; someone had gone before him, and he continued, inching along bare edges, hanging to the sheer cliff, and finally he had reached the mesa, atop the beautiful mountain.

Upon the top of the mountain was a castle made of stone hewed from the mountain itself. Large portions of it were open to the sky. It was of intricate and beautiful design, arched and groined. The man he met there was so ancient that he almost seemed to be held up by his robes as he sat in the lotus position. He held what seemed to be a large leather book in his hand. The young man knelt and assumed the lotus position before the old man. "Sire, I am a seeker of that which I do not know," he said. "I have come to find the one teaching that will inform me on every matter, give me surety and understanding in all particulars of the truth, for I wish to know the complete truth of who I am and where I am going."

The young man gazed hopefully at the ancient who sat before him. The elderly man laughed. "You are not the first who has come looking for such a book," he said, "and you shall not be the last. I have it," he said. "Here it is, and take it away with you if you wish." And he laughed and laughed. The young man's heart was in his throat. Finally he was to be able to have authority, to speak with authority, to know and to understand all the mysteries that had confounded him for his whole life long. He scrabbled hastily with the fastenings of the old leather binder. It seemed to take forever to get them free. The binder opened. The young man looked in it. It was an intricately set mirror that he beheld, bound within the leather. For a few seconds he just gazed dumbly at his own image. The he became angry and threw the binder back to the old teacher. "You told me that you had all that I wanted to know, and then you give me a mirror." The old man was still laughing. He slipped the leather thongs that held the mirror in its binding most securely, and he looked up at the young man as they were seated. "Young man," he said, "I have never known a single seeker who did not throw that one total and complete authority back in my face. However," he said, with a laugh, "I believe you can get those books almost anywhere."

My friends, it is not always easy to accept your own nature. Most of those who wish to be all that they can be and to seek all that they can seek are disappointed in themselves and find things past and present weighing heavily upon their hearts. Never does it occur that perfection lies within the very eyes that meet each of yours each time that you gaze in the mirror. It is a great study—the self. The eyes are windows to a most complex entity. And yet it is as simple as we have said, to the best of our own understanding. The final authority is yourself. You may find things which illumine, which enspirit, which enliven, which heal, which bind up that which hurts. But you will not find the unalloyed truth except in the wordless depth of your inner silence.

We ask for this reason that you meditate, and enter into that silence as much as possible daily. This is not a hobby, an avocation, or a means of relaxation, although it can be all of those things too. First and foremost it is settling down in front of your mirror. To gaze within the self is to behold the universe. The galaxies go on forever within the mind, the heart, and the spirit. We acknowledge the heart and the spirit that brings you together and wish you good hunting with that one original Thought which, although it may be hard to believe, is indeed most clearly and undistortedly scriven within yourselves.

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This evening we have not talked about those things which are outer. We have not talked about relationships, we have not talked about service, for there is a foundation which we wish to emphasize and that is meditation. You will note that in the story there was a cleansing, a purification, the bathing in the mountain lake, the donning of white and unblemished garments. My friends, you must be able to accept the portion of yourself which has been cleansed, or to put it another way, which is perpetually cleansed, and allow that self the higher seat within yourself in meditation, for surely there are many small and unimportant details which will flit through your minds, many irrelevant matters. All of these things are acceptable. See them and let them go. There is a portion of you, however, that must abide in what we would call the kingdom of heaven, for such this instrument calls it.

Within this kingdom all things are true, all things are cleansed and part of you has never left that reality, or should we say, that far less murky illusion. Do not satisfy yourself with the casual surface self as you go into meditation. Call upon the self which abides with the most high. Call upon the self which is cleansed, which dwells forever in a place of utmost beauty and peace.

I am with those of Hatonn and I find the energy within the group somewhat low. Therefore, we shall terminate this contact but not without thanking you once again for the opportunity to speak with you and to share our thoughts with you. We are always available. Request us mentally and we shall be with you in meditation. We leave you in the love and in the light of our infinite Creator. Adonai. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of our infinite Creator. We are once again most privileged and honored to be asked to join your group this evening. We thank you with a full heart of joy for requesting our presence that we might humbly offer that simple service that is ours to offer. We shall attempt to answer those queries which have importance for your seeking this evening. We, as our brothers and sisters of Hatonn, remind each of you that our words are but our opinions. Please take that which has value and use it as you will and leave that which has no value to you. We wish only to serve where asked and can only give that which is within our grasp to give. With that disclaimer aside, may we then begin with the first query of the evening?

J: Latwii, it's good to hear your voice. But the story that Hatonn told about a ship and traveling and seeking. This takes a great deal of money. Where would one acquire this kind of money and time to seek the truth?

I am Latwii, and am aware of your query, my brother. May we say we are also most happy to hear your voice as well. My brother, as one looks upon the journey of the seeker, one may see that there are limitless ways to seek the one Creator and to seek that which is called truth. One may, as the hero of the story of which you speak, spend a great deal of time and money, learn many rituals, speak with many sages, climb to the top of many remote mountains, and in general make a great deal of commotion in the process of seeking, and yet until an entity looks within the mirror of the self, the seeking has not begun. There is no amount of money that can purchase the sincere desire to look within the self for that which resides therein. There is no ship, plane or means of conveyance that can take one where one does not wish to go as a result of one's own efforts. You may speak with many wise and loving beings, and hear many words of inspiration. Yet, if within your own heart of hearts there is not the desire to look within your own being for that which you seek, all else is as nothing.

So, my brother, you need not worry about the expense or the time required to seek the truth. If you have the desire to seek the truth, you may do so each moment of your existence as you see yourself in each entity that you meet, as you see yourself as the Creator in each situation in which you find yourself. There is no end to the opportunities for seeking the truth, the Creator, and your self, for all are one thing. You live in that one thing as that one thing.

May we answer you further, my brother?

J: Thank you, sir. From what you said then, the self comes first, it is that you seek what you need for your self first, and then and only then can you give to another human being. You have to first seek self-esteem, and then you can only relate that to another human being, and that is what takes up so much time. Am I being clear?

I am Latwii, and we feel you have been clear, my brother, and we feel we have a grasp of your query.

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You must begin with what you have in order to seek. That is, you will begin with yourself, and you will begin with that which is of concern to you. This usually entails, just as you have spoken, the fulfilling of the needs of the entity. Your young beings, those you have called children, are good examples of this process. There are stages of development which they pass through which require that they be given a great deal from those about them in order that they might be nurtured in their continued growth. As they mature in their years, they do not need as much from others, but are in fact able to give, perhaps to their own children.

You, in your spiritual seeking, begin as the child. You need much in the way of finding out who you are in this illusion, what are your abilities, what are your desires, what opportunities await you. As these, shall we say, more mundane concerns are met by your own seeking, then your seeking becomes refined through your own efforts so that you begin to concern yourself with what might be called the deeper concerns, the nature of life, the meaning of life, and how you shall serve and how you shall learn. Thus, you proceed as does the child which you have been in each portion of your life, continuing as an upward spiraling line of light to return to that source from which you sprang.

May we answer you further, my brother?

J: Thank you, sir. Are you saying that we should have rational values such as being an objectivist rather than being an altruist?

I am Latwii, and am aware of your query, my brother. We have not specifically said that one "should" do such and such, such as have rational values. We have suggested that in the process of your growth as an entity within this illusion, you will begin with such values, beliefs and standards. From these you shall refine your seeking.

May we answer you further, my brother?

J: But I'm trying to get rid of all my old habits and all my old beliefs, and you're saying that I have to begin again, start all over?

I am Latwii, and am aware of your query, my brother. We have suggested that you have undergone this process, and now as you continue your seeking, you shall perhaps get rid of certain values and standards or perhaps you shall transmute them so that what once [was] a value that had certain discrete limitations is now a higher standard that has widened its perspective to include that which was not included before.

May we answer you further, my brother?

J: No, that's very good sir. Thank you very much.

I am Latwii, and we thank you, my brother, as always. Is there another query at this time?

Carla: Well, I just had the … I fastened on the same thing that J did, only differently. I heard—I think I heard it—that he sold all that he had, and I was thinking to myself that maybe it's a sliding scale, what people pay for seeking is a sliding scale, depending on what you have. Because what you do is, you give it all, I mean, you surrender all of it, whatever it is, so if it's everything, then it doesn't matter whether it's a widow's mite, like it said in the Bible, or whether it's millions and millions of bucks. It's everything, so it's really the same amount for all of us that seek. That's the price of seeking, is that we, not necessarily, you know, give up our homes or our creature comforts or anything, but we give up putting them first. Is that right? Did I get that inference from the story?

I am Latwii, and am aware of your query, my sister. This is quite correct, for whatever an entity has in this illusion is but a pittance in comparison to that which the seeker seeks. The pearl of great price is indeed priceless. There is no treasure upon your planet that can match that truth which resides in the heart of each seeker and which is the goal of each seeker.

May we answer you further, my sister?

Carla: Well, now in the Bible when the pearl of great price was mentioned, the man buried it in a field and went and sold all that he had and bought the field, and that was a parable for the kingdom of heaven …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. We apologize for the delay. We shall attempt comment upon the query which you have so graciously asked, my sister. The pearl which is symbolized in this story recorded in your holy work and that treasure which was buried within the field is that truth which is buried within the heart of each

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entity, for each is a portion of the one Creator and each seeks that source, that Creator from which each has sprung. In the seeking within your illusion there is much which is placed before the seeker to test and challenge the seeker's desire to seek the truth before all else. What treasures can lure the seeker from this journey? What promises of wealth can lure the seeker away from pursuing that pearl of great price which lies buried within its own being? The field is the entity. The price is the continued seeking for that pearl. All which is sold in order that the field of the self might be redeemed is the great variety of temptations that each seeker will encounter upon the journey. It is a journey which seems quite endless and arduous, yet to the devout that makes the journey, a straight and narrow path. It ends in a moment when that pearl is found and the entity finds that it is one with all things, that it has traveled a great distance and has found itself within itself and within all beings and things.

May we answer you further, my sister?

Carla: Just one question. Are you talking about things like despair and the feelings that we get that aren't helpful at all? Is that the kind of temptation you're talking about?

I am Latwii, and am aware of your query, my sister. These of which you speak indeed can be great temptations to lure an entity away from the faith that its journey will have an end. Temptations may be any lure away from that journey. Perhaps great wealth shall for a while, as you measure time, cause an entity to forget that which it seeks. Perhaps a talent that an entity has will become the focus of that entity's efforts, and it shall forget that it seeks the truth.

Carla: Now you're talking about regular old temptations like power and money, and I never have really related too much to those.

I am Latwii, and we believe that you now grasp the thrust and the breadth and the field of temptations, my sister.

Carla: Thank you.

Is there another query at this time?

J: Latwii, what's wrong with power and money, if used in the right way—as long as you don't control another human being?

I am Latwii, and am aware of your query, my brother. There is nothing wrong with any thing, whether the thing be power, money, friends, position, opportunity and so forth. The seeker shall find its path to be most efficiently traveled when there is one focus upon the traveling. That is what we have metaphorically called the pearl of great price. Although the aforementioned temptations or things are helpful insofar as they are means towards achieving that goal, if, however, they or any one of them should become the focus or the goal so that the goal is forgotten, there is nothing wrong with this situation, however, the seeker shall be, shall we say, somewhat delayed in its journey of seeking until it once again find its focus. We hasten to add, however, that even in the delay there is the great opportunity to learn, so that each experience an entity encounters might be utilized by that entity to enhance the process of seeking.

May we answer you further, my brother?

J: Well, can't one seek power and money and still be on the right journey?

I am Latwii, and am aware of your query, my brother. We do indeed suggest that such is possible. It is possible that one might forget what purpose one intends to use such for. We mentioned this possibility, for within your illusion such *accoutrement*s are usually sought as means and goals in themselves so that the deeper truths are ignored. This is the nature of your illusion. However, this need not be so. An entity which seeks to be of service to others in the positive sense and who seeks [first] and foremost that which we have called the pearl of great price may use any of these items which we have mentioned to further that seeking and that service.

May we answer you further, my brother?

J: Oh, you just blew my thunder, but I … I don't want to. Thank you. I don't want to go on with this any more 'cause you're, uh, having difficulty with this. Thank you, sir.

I am Latwii, and we are most grateful to you, my brother. Is there another query at this time?

Carla: Let me see if I can restate what you said so that J will hear it differently, cause I think I know where the hang-up is, because it says in the Bible, "The love of money is the root of all evil." And it doesn't say that "Money is the root of all evil," at all. It doesn't say that. It's the "love" of it. And what

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you're trying to say is that when you have a love of position or a love of possessions or a love of money or power or influence, those things, that means that you basically, you've stopped seeking spiritually and you've started seeking a god that is temporal, that is going to die with you; you're not going to be able to take it with you. And that's the delay that you're talking about, is that you're—because of your love of this money or position, you're just putting off seeking spiritually. Whereas a spiritual seeker might well have money, but if there isn't an emotional load on it, if it's considered as a tool, like a carpenter would use a saw or something, if it's considered simply a means to the end of paying the bills and getting on with things, that's not a problem, spiritually. It's the love of it that causes the problem. Is that what you're trying to say?

I am Latwii, and am aware of your query, my sister. This is the gist of our attempt to speak to this subject. May we hasten to add that we do not judge or condemn any entity which loves the money, the power, or the position, for each entity in each action is the one Creator seeking to know Itself. However long this process may take is quite appropriate to each entity, and we would not suggest that if one seeks these items that one is not a spiritual being. One is at all times the one Creator, perfect and whole in each portion of Its being.

May we answer you further, my sister?

Carla: No, thank you.

J: Latwii, sir, thank you for that answer, because I disagree with Carla. I do love money and do love power, but I'm also seeking the Creator; I'm also seeking knowledge, and I agree with your last statement. Thank you. No offense, Carla.

I am Latwii, and we thank you, my brother and my sister. May we attempt another query at this time?

Carla: I'm out.

I am Latwii, and we find that for the time being we have exhausted those queries which are available this evening for the asking. We thank each present for allowing us to speak and to join our vibrations with yours. It is a great honor to serve in our humble way, and we thank you with a heart full of joy at this opportunity. We are with each of you whenever requested in your meditations, and we look forward to each opportunity to speak as we have this evening. We shall leave this group at this time. We are those of Latwii, and we leave you in the love and in the light of the one infinite Creator. Go forth, my friends, rejoicing in this love and light. I am Latwii. Adonai. Adonai vasu borragus.

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Sunday Meditation
December 23, 1984

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of our infinite Creator. What a privilege it is to be with you, to catch the source of light which your group is. This evening we would speak to you about light.

From the beginning there has been darkness; from the beginning there has been light. Side-by-side were these two created. Darkness does not comprehend light. So it is written in your holy works. Neither does light comprehend darkness. You live upon the hairline shadow which lies between light and darkness. Your illusion is that of twilight. It is especially noticeable when you spend more of your time with outside darkness that you are indeed an inhabitant of a shadowland. Yet on the brightest summer day, as the butterflies dance and the flowers move in the trees, yet still you are in shadow. This is your density, that density which chooses between the efforts to comprehend the light and the efforts to comprehend the darkness. From this point of view, many discussions which you have may be seen to become simple. In each situation there is darkness and there is light. Your choice is your own. In the darkest and most difficult of situations there is light. You yourself are a brightly burning fire, created and creating consciousness. You may create darkness; you may create light, and each thought and action will reflect your choice.

We would transfer this contact. I am Hatonn.

(L channeling)

I am Hatonn, and I great you once again, my brothers and sisters, in the love and the light of the infinite Creator. My friends, have you wondered at our greeting when we are privileged to speak to those who desire our words? It is through the light which you celebrate on these nights to come that such efforts are made possible, for it is the piercing beam of illumination that drives forth through all obstacles. But, my friends, just as that light must have its source, so also it must have its object. It is your calling that draws the light unto you, that bridges the void which you call darkness. The love, the light of our infinite Creator is quite literally, my friends, at your beck and call, for it is your calling that causes the light to spring forth, and it is the intensity and the faithfulness of your calling that sustains that bridge between your Creator and yourself. It is quite literally that sustenance toward which we strive, the sustaining of the connection between the Creator and His infinite parts on their journey toward reunification with one another within the totality of the Creator.

My friends, in your world you are taught to fear many things. It is not the most fearful of all, the inability to attain this contact with your Creator. Is it not for this reason that your legends which deal

with fears and depressions deal solely with those facets of yourself which lead one simply to fail to call? My friends, the one whose birth you celebrate once said, "I am with you always." Therefore, my friends, recognize that your fears are groundless, for the light is indeed with you always. Your birthright is the right of choice, and your road homeward, my friends, is simply to choose to follow the light home.

At this time, we shall relinquish our use of the instrument, that our brothers and sisters of Latwii might have the opportunity to perform their services. But we ask also, my friends, that you remember that in our small way we also are with you always in the love and the light of the infinite Creator. We are known to you as Hatonn.

(L channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the infinite Creator, and am quite happy to be here to share your Christmas cheer as we find that the intensity of light and good will on your sphere increase substantially at this time of year, and are always pleased to be asked to join you. At this time, are there any questions we might attempt to muddle our way through?

S: Well, okay, Latwii, just out of curiosity. I'm a little confused about where you speak to us from. Can you tell your location?

I am Latwii, and am aware of your question. My sister, the temptation is to respond in a flippant fashion, both due to the nature of the instrument and our own joy at being present. However, we will refrain from such and will attempt to answer more clearly. The location of Latwii might be described as a state of mind, in that our consciousness is our true location. At this time, as you are quite aware, our consciousness is very much with you, my sister.

May we answer you further?

S: No, thank you, Latwii.

Is there another question?

N: Is there an approximate age level in our years of your social memory complex?

I am Latwii. My brother, the passage of thousands of your years could be cited, but we do not feel this to be an accurate method of measurement simply because the scale against which one measures oneself, be it as an individual or as a social memory complex, consists primarily of a scale of experiences and growth rather than the passage of time, which is in many ways quite fluid and misleading. For example, the child in your world scarcely perceives the passage of time from one day to the next during the blissfully warm days of your late spring and summer, yet finds time forcibly brought to his attention when the prospect of formal education looms near on the horizon. As the child ages chronologically, he is more frequently confronted with time-significant or time-accurate data. In short, the young child learns to equate growth and experience with time rather than perceiving the fact that such an association is coincidental.

We would therefore answer your question in two ways. Chronologically our age could be described as thousands of your years, however, on our own scale, our experiences as a social memory complex lead us to believe our age as such to be approximate to that of a young adulthood or recently attained maturity as a social memory complex.

May we answer you further, my brother?

N: Thank you very much. Have you contacted other groups such as this in the last hundred of our years?

I am Latwii. The people of your planet often extend a calling that is of an erratic nature in that the understanding rarely coincides with the calling. However, the awareness of the nature or the identity of the respondent is in truth incidental, so we might answer with the statement that we frequently have contact but quite rarely are able to carry on a decent conversation.

May we answer you further, my brother?

N: Thank you.

We thank you. Is there another question?

(Pause)

I am Latwii. As there seem to be no further questions, we shall take our leave at this time, wishing each of you a lasting and conscious contact with your Creator. Adonai, my friends. We are known to you as Latwii.

(Carla channeling)

(Chanted, each repetition one tone higher on the scale, the last two times on the same tone.)

A-mi-ra, A-mi-ra, A-mi-ra, A-mi-ra, A-mi-ra.

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I am Amira. I am with you in the love and the light of the Father. O, precious the moment, all glorious the hour, when first you are born. All that is old, my children, may now be put away. The manger of your light is ready for the babe. Now you are new. My children, my children, this is always true. Do not forget, but turn and rejoice. Peace.

(Chanted all on the same tone.)

A-mi-ra, A-mi-ra, A-mi-ra. ♣

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Sunday Meditation
December 30, 1984

(Carla channeling)

I am Hatonn. I greet you all, my friends, in the love and in the light of our infinite Creator. It is a great blessing to be with you this evening and to blend our thoughts with yours. We especially greet those who have not sat within this domicile before seeking the truth, yet know you that no one is new within a circle of light. Just as a chain is as strong as its weakest link, so the entire whole is new and untried each time of the attempting to seek, as you seek this evening. This shall be the new attempt, and the untried attempt, not that which is stale or old, for you are not who you were yesterday, and so each who comes to this meeting is new. Nevertheless, we greet those who travel to sit and seek truth.

We are most apologetic that we are so fallible, for we know that each values our opinions. We ask you to remember that all that is said is opinion and not fact. We have traveled a bit longer on a long path, but the path still wends its way into the far distance for us and we do not say what we say because we know that we are infallible; we say what we have come to say to be of service, much as you would be of service to a neighbor who asked you for a measure of flour or salt. We offer you the gifts we have in humility, and we thank you for the gifts you heap upon us, for in serving you, we serve ourselves, and through serving you, we learn and progress far more than we could otherwise within the structure of our own experiences.

We would like to tell you a story. If there are pauses, please forgive us. We are working with this instrument word by word and therefore this instrument does not have any inkling as to how we shall proceed. It is somewhat more difficult than receiving concepts but each who attempts this type of service in vocal channeling must needs continue to press towards the goal of becoming a better channel for love and light or that which has been given will be lost. There is no point in a vocal channel's development, or indeed anyone's development, when one can say, "Now I may rest; now I may have peace." When you chose to seek the truth, you forsook peace, each of you. But you gained. What have you gained, my friends? This is for you to answer and to know, for each of you has gained something somewhat different.

And to the story …

The clouds had been gathering for a day, and the electric tension of the storm was in the air. A man and a woman stood and watched and questioned, "Shall I stay upon this outcropping of land that is so exposed to the weather? Shall I go safely inland where storm and hurricane can never touch me?"

We shall now transfer this contact. As is our custom when shifting rapidly among channels, we shall not

salute you, however, we ask, as always, that the channels challenge us in whatever manner is best for each.

(Jim channeling)

Much thought was given as to whether the journey inland should be made, for it was known that storms of this nature carried great destructive winds and there could be great risk to life for those who remained in the path of the storm. Yet, within the heart there was the desire to face that fury which was fast approaching, for there was adventure and the zest of life within every fiber of the being, and, indeed, within the very air itself.

When the time for choice, then, came it was decided that it would be best for the nonce to retire a short distance inland in order that perhaps the best of both worlds could be enjoyed. Perhaps the storm would pass close enough to allow the feeling of excitement and the thrill of participating in such an event to be enjoyed without a threat to life and limb.

We shall transfer.

(Carla channeling)

And so came the storm, waves thrashing the beaches and winds whipping and flattening those frightful objects of nature or man which rear themselves from the plane of the earth. All that the couple owned was destroyed. Much else was also destroyed. The damage was everywhere and the storm laughed, for it was a wind that carried the cruel and merciless order to extinguish, to cleanse, and to remove. The laughter finally died down to become a reedy, slender whine, as winds fell and rains began to fill the swollen ocean.

We will transfer.

(Jim channeling)

As the rains fell, the couple in the chosen place of safety pondered the fate of that which had been left behind. There was much which could not be carried, for it was too bulky for transport and many of these items were cherished by this couple, having served long and well in the making of a home. As the storm began to lift and the rains also subsided, this couple made plans to return and to gather that which could be gathered, and survey the scene in order to make the home once again. In the pondering by the couple of what they might find, there was time taken to consider that which was truly valued, each by each, and throughout the experience of the storm it was brought to the attention of each that the love which bound them together was the most cherished thing in their lives, yet they also knew or supposed that they knew that even a life filled with love would need some material support.

We now transfer.

(Carla channeling)

Both became very excited as the planning began. There seemed to be so many choices. When their marriage was very young, that which purchases, that which you call money, had been dear and difficult to obtain, and they had felt fortunate to find anything. Now, times had rolled on as the wagon wheel moves in perfect circles along its rutted way, and they could do what they pleased, or so they thought. At each turning there was a discovery that the knitted fabric of their lives was not such that it held unlimited possibility. All building materials, all amounts of space, all whims and fancies could not be afforded. Choices again had to be made.

And so another storm grew, this time within. The energy of the storm revolved around how to disburse that of which each who earns their money is a steward. The couple had been tranquil, and yet now it was argumentative, for in the light of the spurious freedom, a freedom from all lack and all limitation, it seemed to each that all that was desired should be able to be obtained, that there should be no hindrance, yet this was not so, for even with only two of the Creator's entities, only two children of the one Father, there were numerous irreconcilable differences of opinion. And the storm laughed.

We now transfer.

(Jim channeling)

As this couple's life pattern had progressed through these many cycles of change, there came these times of difficulty, decision and disagreement which then required the balance of reconciliation in order that the love which bound each to each might be strengthened and ennobled. Once again, as the couple surveyed the damage of the most recent and most devastating storm yet experienced, it became apparent that another beginning would be necessary, starting from scratch, shall we say, and requiring that all which had been the portion of the couple's relationship be examined in order that the relationship be built step-by-step out of the strongest

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of materials in much the same fashion required to replace the dwelling and possessions which had been erased by the hurricane.

We shall transfer.

(Carla channeling)

What did I ever see in him?" thought the woman. "What can we possibly have in common if we disagree so much?" thought the man. And they looked upon each other and did not behold love.

We could finish this story, my friends, in the way of fairy tales, by explaining that all was made whole and all was healed as each reached out to the other with the open hand of peace and sympathy. But it is more important to ask you, "What was the greater loss, the loss of every possession or the loss of one human relationship?" My friends, things are never what they seem. We realize this is an old and worn out statement. The reason is it is so worn is that it is, insofar as we know, the absolute truth. Your third-density experience is made of whole cloth an illusion. No part of it is real. Only that which comes from beyond it and manifests through it has a more lasting reality. All that you can touch and see and taste and hear and catch with the nose's keen scent is an illusion.

What has delighted you this day? What has discouraged you? What do you think you need that you do not have? Examine the questions pertaining to loss and transformation. You are about to lose that which you call your year. And yet you know, as moon follows upon moon, or you seem to know, that this year will be replaced with yet another cycle. You know, or believe you know, that your island home will rotate in the move upon its axis as it roams the heavens one more time, flying outward and held tightly from and by the great sun body which is the center of your celestial neighborhood. Yet when there are losses, when there is difficulty, do you see the difficulty with the automatic reaction of "auld lang syne"? Do you celebrate knowing the dawning of another chapter? We would be surprised if you were able to accomplish this state of mind on a steady state basis. It is highly unlikely that you could penetrate the illusion to that extent, and so we suggest to you time spent in meditation on a daily basis, for those things which you may count as lost are only those things which are yet again to be found.

The one original Thought of the Creator is expressed perfectly in your being. Not in an idealistic sense, but in the sense of here and now. Bitterness, wrangling, disputes, argument, debate and disharmony are all a part of the rough and ready perfection which the Creator praises with all of Its being in you and you and you. Each of you is perfect, yet each seeks the one original Thought. Each seeks the harmony, the peace, the joy that it has not or seems to have not.

We sit high and dry on a spiritual plane, for all has been made straight for us. All is harmonized in our experience. We seek the Creator in each entity. That is part of the dimension in which we live. Yet we are not uplifted thereby any more than you are uplifted by your inhalations and your exhalations. To you falls the drama of wresting the one original Thought from each storm. Yours is the privilege of becoming. The one original Thought presumes a choice, and each of you makes that choice in each moment. Does the storm toss you away or shall you find the center of that storm? When difficulty laughs raucously, shall you cower? Do you think your circumstances are more than you are? We praise the storm and we praise the calm, but we assure you that those who seek shall not be calm, shall not be unchanged.

We leave you in that one original Thought. That Thought is your birthright, and is your very being. You are love and light. There is nothing else. The love is expressed in your consciousness. The light is the material which your consciousness uses to create a body, a continuing set of circumstances and a created power that may use circumstances instead of circumstances using you. You cannot stop the laughter of the storm. Its cruel and mocking tongues will follow all who seek the truth, and, indeed, those who are deep asleep. But your nature, your birthright, your power is in that which cannot be denied, that which is from everlasting to everlasting. Choose, my friends, choose with joy, and learn to laugh ever more deeply, resting in arms polished smooth by trust.

I am known to you as Hatonn. I leave you in the love and the light of our infinite Creator. Adonai vasu borragus.

(Side one of tape ends.)

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(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We are most privileged to be able to join you this evening in your meditation, and, as always, we humbly offer to you our service of attempting to answer those queries which each has upon the mind. We also echo the words of our brothers and sisters of Hatonn in saying that we have no infallible opinions to offer, for what we have to offer is indeed our opinions. We have also traveled somewhat further upon this road which we share with you as seekers of truth, and we offer that which it has been our joy to gather as our experience and expression of the one Creator. May we begin, then, with the first query?

J: Latwii, can you give me your definition of relationship?

I am Latwii, and am aware of your query, my brother. We see that which you call relationship as the interaction of portions of the one Creator toward a purpose, that purpose being that each should aid the other in realizing the one Creator dwells in both.

May we answer you further, my brother?

J: Does one—in a relationship does one person have to be stronger than the other or weaker? How do relationships balance out in that situation?

I am Latwii, and am aware of your query, my brother. We can suggest that there are, shall we say, no hard and fast rules in a relationship regarding whether one shall be stronger in some sense than another, for within any relationship of two or more entities one must realize that there are many, many factors and characteristics to be considered. Strength and weakness within any factor may be had by either or any party. Those within the relationship shall bring that which they have and that which they are, and share that with each other in the relationship. If one has more of what is called strength in one area or another, then there is the opportunity for the balance to be achieved by another or the other entity in another area.

May we attempt further response, my brother?

J: Thank you, sir.

I am Latwii, and we thank you, my brother. Is there another query?

N: Latwii, other than meditation and *(inaudible)* time, is there any, in your opinion, method of removing our own individual blocks?

I am Latwii, and am aware of your query, my brother. We can suggest that any means which one may devise for such removal of, as you have called them, blockages, is quite acceptable and useful to the entity, for the greatest, shall we say, magic that an entity may use in creating changes in its own consciousness is that which the entity creates as its own tool.

Let us attempt clarification. That which you feel within your being needs removal as a blockage may best be balanced or removed in the means which feels right to you. Meditation is a means which is most helpful, for it seats or registers the learning within the deeper portions of the mind of the entity. You may also utilize analysis in a conscious manner; you may also utilize moment-by-moment observation of your experience; you may utilize dreams and hypnosis; you may utilize the criticism of friends and peers; you may utilize the movement within the nature, as you call it, in order that the peace of your second-density creation may cause the more balanced alignment of your energy centers to become apparent to you. Each method and many others may prove useful in the removal or balancing of blockages, yet that means which you have mentioned yourself, that being meditation, is the means by which the learning which you gather as a fruit of any effort becomes ingrained and truly takes hold as a seed planted in fertile soil within your being.

May we answer you further, my brother?

N: The second density you refer to, is this the balancing of the chakras?

I am Latwii, and am aware of your query, my brother. We ask your forgiveness for the use of terms which may not be familiar to you. In our reference to the second density, we spoke of that portion of your creation which you might notice as plants and animals and the surroundings which are part of your natural environment as yet untouched by the human hand.

May we answer you further, my brother?

N: Can crystals be utilized to increase the power of healing?

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I am Latwii, and am aware of your query, my brother, and we find the answer to this is in the affirmative. May we answer you further, my brother?

N: Can you explain what would be the best method, in your opinion, to utilize these crystals?

I am Latwii, and am aware of your query, my brother. You have asked a question which enters this discussion into a large field of study. There is much practice required in the part of utilizing the crystal for healing purposes. We shall give a very simple synopsis. An entity must develop some ability to sense the configuration of the various energy centers of another who wishes some form of healing. This may be attempted by the use of any type of swinging weight or pendulum, not necessarily a crystal, in order to determine the configuration of an energy center, whether it be blocked in normal configuration or be under or over-activated. The blockage then being discerned, there are means by which the blockage may be attended to. The crystal, when it is chosen by the one who would serve as healer, needs be that which is free enough of flaws that the light which the one serving as healer shall focus through the crystal will reach the one to be healed in as pure a reflection or refraction of the spectrum as possible. The crystal may be swung upon a chain held in the hand by those who are more adept at the art; the crystal may also be worn around the neck upon a chain so that it rests upon the healer at a point which corresponds to the heart chakra, so that as the healer does its own inner work of balancing its own energy centers, it itself becomes as the crystal and radiates that light within its being through the crystal to the one to be healed in a manner which manipulates or adjusts the auric field of the one to be healed.

We ask your forgiveness for moving into this particular area in some degree that is complex and does not do justice to the topic.

May we answer you further, my brother?

N: Are there any current written references that you could recommend for further delineation?

I am Latwii, and am aware of your query, my brother. We find that such a request lies beyond what we are able to do, for we do not wish to infringe upon your own free will and ability to seek and choose such references. For us to suggest such a source would perhaps be seen as giving this source a special kind of weight, and we do not wish to bias your choice in this area.

May we answer you further, my brother?

N: Is there any direction you can suggest for increased learning?

I am Latwii, and am aware of your query, my brother. We can suggest that you follow that idea or inspiration which comes to you as a result of your own analysis, contemplation and meditation, for you have those knowledges within your own being awaiting your own seeking.

May we answer you further, my brother?

N: Thank you.

I am Latwii, and we thank you, my brother. May we attempt another query?

N: Latwii, can you tell us something about the chakras? Do they play an important part in our spiritual growth?

I am Latwii, and am aware of your query, my brother. We may speak briefly upon this topic in hopes that we may clarify rather than confuse. You may look at your being, including your physical vehicle, as a crystal. Each of your energy centers, or chakras, as they are called by your peoples, are as a facet of a crystal which contains more or less blockage at each center. These blockages are your lessons, shall we say, in coded form. As you work upon your own thinking and perceiving and widen the viewpoint, you remove blockages so that which has been called the prana or the cosmic influx of love and light which enters your being at the lower chakra may pass through your various energy centers in a more and more pure manner. That is to say, as you remove blockages or balance distortion, you allow the light, the prana, the cosmic energy of the one Creator to enter and move through your being in a manner which promotes or allows the white light to remain white and allows your beingness to be infused with the fullness of the one Creator. When this process has occurred through each chakra or energy center, beginning at the base and moving through the crown of the head, that experience which many in your mystical traditions of seeking have called by various names—enlightenment, nirvana, samadhi—then occurs as the entity comes to know itself as that which it has been from before time began, the one Creator.

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May we answer you further, my brother?

N: No, thank you.

I am Latwii, and we thank you. Is there another query at this time?

B: Latwii, if a vehicle realizes that they are possibly working on a fifth chakra, such as the throat, can it also be possible that they have missed the second or third chakra in the process of evolvement?

I am Latwii, and am aware of your query, my sister. This is indeed quite possible, my sister. Many of those who are consciously seekers upon the path of enlightenment desire with such great strength to proceed along this path that often that which seems lesser or more mundane in the work of balancing chakras is ignored for the moment in order to, shall we say, quickly pass to the more interesting and seemingly enlightening pursuit of balancing the higher chakra or energy centers. When this occurs in a manner which is unbalanced, shall we say, it is much as though an entity would attempt to build a roof upon a house which had only two walls. The foundation of each entity's process of evolution must be built firmly. This means that each entity must take care that each energy center or chakra is given the appropriate attention so that the structure is firmly placed upon solid ground and is constructed in a balanced fashion, each energy center or chakra being attended to as the daily experience dictates, shall we say.

May we answer you further, my sister?

B: Then your suggestion, Latwii, would be that this vehicle should return to first chakra and start again?

I am Latwii, and am aware of your query, my sister. We cannot say that any entity, having omitted any lower chakra, should then return to the first, the second, the third, and so forth. We can suggest that each entity may observe the daily experience, can analyze those moments wherein catalyst has not been well used, may note the difficulties, may note the disharmonies, may note any moment in which there was not love, may then take that observation and analyze the chakra to which it belongs, and focus work then according to this analysis.

May we answer you further, my sister?

B: Thank you very much, Latwii.

I am Latwii, and we thank you, my sister. Is there another query at this time?

P: Latwii, I've been recently studying a little bit about angels, and came upon the theory that we are, those of us who are humans now, are fallen angels working our way back to, I suppose we could say, the original Thought, and that angels or guardians, perhaps, such as you are helping us get there. With so many things for us to work on, I'm always looking for the ultimate goal. Well, I guess the main question, is there any truth to that about us being fallen angels working towards an angel realm and then another one beyond that?

I am Latwii, and am aware of your query, my sister. May we say that there is some truth in each theory, for no thing or theory exists without some support of truth. In this instance, we may suggest that what is true depends upon one's point of view. To many upon your plane and planet it would seem that the world you inhabit is indeed full of those who have fallen from the grace of the one Creator, for sorrow and suffering abound and ignorance as well, ignorance of what the source of all experience is. From our point of view, humble and limited as it is, we do not see fallen angels when we look upon your peoples. We see the one Creator in each. Specifically, we see the greatest of opportunities existing in each incarnation [for] the one Creator which each of you is to gather those experiences that would not be possible should you not exist as you do. You have forgotten that you are the one Creator in order that you can gain these experiences and thereby glorify the one Creator by experiences which are richer, deeper, more intense, and of greater variety should you not have forgotten that you are the one Creator.

We ourselves have, shall we say, a certain sort of envy for you that we share with all of those beings which you would call angelic, for in our experience of the one Creator, we do not forget that we are the one Creator, that each entity we encounter is thusly the same. Therefore, our experiences are somewhat more pallid, somewhat more etiolated and, shall we say, watered down. Progress of a spiritual nature, shall we say, in our realms of experience is much slower than it is in yours, for you exist and create love in a darkness, in a forgetting. This allows much greater evolutionary progress, for it is done without the benefit of the sure knowledge of your connection with all that is.

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Therefore, we look upon you as those who have not fallen, but who have moved in realms not before possible because you have that forgetting which seems in your illusion to be such a great hindrance, but from our point of view is seen as such a great treasure.

May we answer you further, my sister?

P: Yes, please. Is it possible for you, Latwii, to enter our realm, since it seems that you think it is such a great adventure?

I am Latwii, and am aware of your query, my sister. We had portions of our social memory complex within your illusion in the capacity of that which has come to be called wanderer, those beings of other densities who seek to enter yours in order to aid your own evolution by their presence and to aid their own evolution by experiencing the great illusion in which you now move. They also must go through the forgetting process which is the great characteristic of your third-density illusion.

May we answer you further, my sister?

P: Just one more, please. Would it be infringing on our development for you to tell one of us or any of us if we were in fact wanderers, or are we supposed to struggle to find this out on our own?

I am Latwii, and am aware of your query, my sister, and we see that you have answered your own query. May we attempt further response, my sister?

P: No, thank you. I guess I'll carry on.

I am Latwii, and we shall carry on as well. Is there another query?

B: Latwii, we come from another state. We have traveled, as you are aware, I am sure. Is there—how shall I say this? Can you direct us to some place closer that has another entity from your density that we might speak with again closer to home?

I am Latwii, and am aware of your query, my sister. We must apologize for seeming so short of information of this nature, but to direct one's choosing in such a manner we see as an infringement upon your own free will. You as a seeker will seek and find that which is of the most helpful nature for your current needs. This seeking shall carry the power of your own desire, and, as the magnet, shall attract to you that which is helpful. Have the faith, my sister, that as you have found that which was necessary for your own growth in that which you call your past, so your future shall be populated with the same.

May we answer you further, my sister?

B: No. Thank you very much, Latwii.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: Well, if everyone else is taking a rest, I'd just like to sort of follow up on what J was—It was a neat bit of stepping that you did there, talking about how we find each other and accept each other for what each of us is. However, I was wandering if there was an ideal towards which any couple might strive together if each, I should say, both of the couple were intent upon spiritual evolution?

I am Latwii, and am aware of your query, my sister. The ideal which each entity upon your planet strives for, whether in relationship or in solitude, is the ideal of love. This is the lesson of your particular illusion, a state of being which words cannot describe, yet which includes an unconditional acceptance and forgiveness of all. This could be called an approximation of love. As you move within your illusion and within your relationships, you will encounter that which seems unlovable, unforgivable, unacceptable. When you can love and forgive and accept each portion of each entity which you encounter, then you shall be approaching the ideal of unconditional love.

May we answer you further, my sister?

Carla: Yes, just in my attempt to understand that what you're saying, is there is no ideal relationship? There is only an ideal attitude of each person towards himself or anyone else, is that correct?

Is that correct. I am Latwii, and we applaud your eloquent statement of that which we have attempted to share.

Carla: Very cute.

I am Latwii, and we are happy that you have appreciated our sense of humor which we have some difficulty in transmitting through this somewhat somber instrument.

May we attempt further response?

Carla: No, that takes care of that one. Another question sparked up out of my mind about healing, and I was reviewing in my mind all the healers that

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I've heard of. There are female healers but the largest majority of the ones that I know of are men. Is there some archetypical reason for that? Is there a type of energy which healing demands which women are prone to be low in biologically?

I am Latwii, and am aware of your query, my sister. We may answer in two parts, the first of which may be a simple suggestion that your particular observation of healers has been somewhat biased towards those of the male nature, yet there is some substance to the assumption which you have made. This substance would then be seen as an archetypical reflection, shall we say, for it is to the biological male given the ability to store and transfer energy of …

(Tape ends.) ♣

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Sunday Meditation
January 6, 1985

(Carla channeling)

I am Oxal. I greet you in the love and in the light of the one infinite Creator. It is our pleasure to speak with you this evening. We ask your patience as we work with this instrument, as this instrument is receiving one word at a time, a method of channeling that is new to her, and thus she must learn to trust more and more completely to her own tuning and to our goodwill. Indeed, we ask each of you to become more and more reliant upon your own tuning, your own sense of how things are and how you wish them to be, for as you seek, so you shall, of course, find. The more finesse used in the seeking, the more pleased you will be with what you find, and the more fruit you may distill from the experiences which make up your life's patterns and tapestries.

Within your minds there is always the question, "Is there a Creator?" It might surprise you to experience the reversal of that question, "Is there anything which is created?" We say to you that there is that which is created. The next question is, "Why should the Creator of all that there is create that which is thrown apart from the Creator, divided by illusion upon illusion upon illusion, separated by dreams and fantasies and phantasmagoria of all kinds?" The answer to that question may be important for you to consider, for within it lies the reason for your being. The ethics of your being lie within other questions.

The reason for your being is very simple. You are experiencing, as we are experiencing, as if we were separate from the Creator. If you look out upon a vast bleak landscape, the skeletons of trees without their leaves standing proudly against the winter sky, the dead leaves scurrying along, blown by a bitter wind, you may have some idea of the creation without the created. All is potential; nothing experiences.

The Creator could have simply created beauty according to a pattern of Its own choice. This the Creator did not do. It is our understanding that our Creator is hungry for that which It cannot Itself will, and that is the fruit that you bear in your experiences. Each day as you go through your life within this density and this experience, you bloom a little, you send out petals of anger, forgiveness, love, kindness, jealousy, and a hunger and thirst for that which is physical and that which is metaphysical. And all these things are to the Creator as flowers, delicate and beautiful, too insubstantial to pluck, but to be watched with great joy. You feel joy and the Creator feels joy; you feel hope and the Creator hopes again. All things that you feel are gifts, are your gifts to the one infinite Creator. Do you wish to give good gifts? Then decide in your mind that which is good, but never doubt that to the Creator you are beautiful, for all experience is beautiful for it

is done in freedom, experienced in freedom and given freely back to the creation.

Do you feel that you have made many errors today, that you have somehow gone astray, that your energies were scattered or low? Now you shall not judge, not in this moment, for in this moment we ask you to realize that that too is a gift which the Creator treasures, for all the colors of emotion and feeling, all the distortions of the one original Thought which can be developed by an independent consciousness are as blooming flowers against the bleak winter landscape of the uncreated. Gaze into the face of the deep, gaze at that which you might call darkness and that which is uncreated and chaotic, inchoate and about to be, and you shall see nothing. And then see yourselves—vivid, beautiful and lovely, as the vibrant colors of your personal feelings, your highest hopes and your deepest sorrows all brighten the deep. O, waters of the deep, we salute you, for you tread upon the rim of that which is a void, a void which is full of the uncreated perfection of the one original Thought of love. Yet, love cannot speak to itself, react to itself or even feel. That is reserved for those like you, my friends, and like me who are as yet partially unaware that we are the Creator. Therefore, we feel and we sense; we do, we think, we act, and those gifts are priceless.

Again we thank you that we may speak with you, and we now leave you in the love and in the light of the One Who Is All in All. We are known to you as Oxal. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of our infinite Creator. We are most privileged to be asked to join your group this evening, and we thank you for this honor. As always, we hope that our humble service may provide you with some small aid in your journey of seeking the truth. Please remember that out opinions are but that, our fallible opinions. With that disclaimer aside, may we begin with the first query of the evening?

M: Sherlock, we have missed your good, sound advice. We'd be interested in any words of wisdom about, oh, some pending decisions—not on what to do, but how to prepare for those decisions.

I am Latwii, and we thank you, my brother, for your query, and we greet you and those others who have been, shall we say, absent from this group for some time.

As you prepare yourself for those decisions which shall determine the outer parameters of your illusion, we may suggest that as you seek to follow the path which is most appropriate for you at this time that you seek with a joyful heart and an open mind. This is to say if you attempt to analyze past the point of being able to assimilate that which has been analyzed, you may further confuse your ability—not to make a decision, but to listen to your own inner voice. We can suggest that you do that which can be done, however much or little that may [be] in the way of attempting to consciously discern how best to be of service to those whom you wish to serve, and how to provide this service most efficiently. Then we suggest that you give over your own will to the greater will of the one Creator which moves through you and seeks through your experience to know Itself. Realize that you cannot make what you call a mistake, but that each path which lies before you offers the opportunity to learn and to serve. To find that path which offers the greatest abundance of these treasures, you must, in the final, shall we say, analysis, give over any dedication to any particular outcome, for as you have sown your seeds as conscientious gardeners, there is a time during which other forces must have the opportunity to work with those seeds which you have sown. As this process occurs, you will notice in your life patterns those signs of the first sprouts. Begin then your watering with your attention and follow those sprouts and they shall lead you to that table which has been prepared for you.

May we answer you further, my brother?

M: Not at all. Very eloquently said. Thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

Carla: I have one if no one else does. I wondered if you could give me any words of wisdom about teaching how to channel better because I know—tonight for instance, Hatonn was here and Oxal was here, and I was hoping that Hatonn would speak but the other channels in the group didn't pick it up. I mean, I think they picked it up, they just didn't channel. And I wondered what I could do in terms of encouraging the people that were in this group? Do you know what I'm asking exactly?

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I am Latwii, and we feel we have a grasp of your query, my sister. We may suggest that you have done that which can be done. One cannot cause another entity to manufacture a desire which is not present, for whatever reason it may not be present. You, as one who wishes to serve in a certain way, may note certain dedications to how a situation may progress. It may, for example, be your desire at certain times to see the new instruments be exercised, and this of course is most helpful to those learning the vocal channeling technique, but it must first have a desire to motivate. The new instrument must work its way through the process of hesitation and even the process of fatigue. This, my sister, shall, as it has in the past, happen in its own time. As we have previously spoken to the one known as M, when the seeds of effort have been sown there comes a time during which the gardener must simply exercise patience. One cannot shove the water into the seed, cause the seed to absorb it, then cause the seed to push the sprout through the ground. There are others who have their tasks to perform. May we suggest yours has been well done.

May we answer further, my sister?

Carla: No, I feel silly enough already. Thank you very much.

I am Latwii. We thank you, my sister, and join you in a wonder-filled silliness. May we attempt another query at this time?

L: Yes, Latwii. Would you give me a numerical evaluation of the accuracy of my channeling lately?

I am Latwii, and we are aware of your query, my brother. We shall pause for a moment while we consult our panel of judges. We see the cards are held high. On the scale of 10, we see a 6.2, a 7.1 and a 7.5. My brother, fractiousness aside, this a very good rating, for we of the Confederation of Planets in Service to the One Infinite Creator wish to utilize instruments such as yourself to the degree which allows your own experience and means of expressing it to have a, shall we say, balanced sway in the message we provide and the means by which it is expressed, whether an instrument approaches this goal of, shall we say, roughly sixty to seventy percent of our, shall we say, input and thirty to forty percent of the instrument's own input. Whether an instrument approaches this from one angle or another, may we suggest the progress is ever onward to that fine point of balance. Your journey is one of retracing steps which have previously been taken and have been well-learned. Your current experience and expression of the vocal channeling is one which continues to approach this, shall we say, ideal balance.

May we answer you further, my brother?

L: Yes. I have in the past and still today experience some qualms about the idea of channeling, partly because of my suspicion that I was not channeling one hundred percent accurately, which I realize you don't strive to produce, but nonetheless would be an ideal to reach toward for a person attempting to channel accurately. The other is that since a mixture is desirable, there is an amount of responsibility inherent in adding my own salt to the pot. The fact that your own—I should say, my own personal dilution of your message or another entity's message to me has an amount of responsibility involved, in that things that I inject could potentially have a bearing on another individual's—their life, their perception of reality. Could you speak on this subject because I find that I'm uneasy with channeling because of it.

I am Latwii, and am aware of your query, my brother. We are most happy to be able to speak upon this topic, for it is one which is of major concern to all who seek to serve in the means of being vocal channels. We again repeat the theme which we have discovered this evening, that is that to give service the most effectively, one must eventually give up the dedication as to how it shall be given, and simply be that which may be called the fool, the one who becomes so open in the attempt to serve that one takes no thought as to how the service shall occur.

To attempt clarification, may we suggest that as you provide the service of vocal channeling, you cannot make an error which another entity shall use to that entity's detriment, for, in truth, there are no errors, and any word which you speak will have to, shall we say, meet a rigorous standard of excellence which is unique for each who hears the words. No entity will listen with total acceptance; no entity will listen with total rejection. Each entity present in such a circle brings with it a desire to seek the truth and an openness to listen, else we could not speak. Yet each also brings the filter, the biases, and the preferences for one or another means of providing information, and, indeed, a preference for the kind of information

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provided. You will speak those words which are most appropriate for those gathered about you.

You are a part of a larger pattern of beingness. Many have called it a synchronistic function. It would seem that by chance you have gathered this evening those about you. This is not so, my brother. You are here with each other entity because of a certain desire to serve and a certain desire to learn. As the magnet attracts the iron filing, each of you have attracted the other for this evening, and have attracted these very words which are now being vibrated within your presence.

As you proceed through your own attempt to be of service as a vocal channel, release when possible the fears and doubts which beset you and simply serve as best you can, realizing that your words will simply be seen and taken as guideposts, and will have an effect which is appropriate for each entity. You shall not be able to do irreparable damage, nor shall you be able to lead another along the path faster than that entity is willing and able to journey.

May we answer you further, my brother?

L: No, thank you. The answer's been very good for me. I appreciate it.

I am Latwii, and we thank you, as always, my brother. Is there another query at this time?

K: I have a question, and it sort of goes along with L's question. I have been involved in a group situation such as we are in now for probably six months to a year and have not been a vocal channel in this situation, and I was concerned earlier about also not having practiced meditation as I should, if I would have an effect on the group tonight. How would you rank my abilities at this for channeling and my meditative level?

I am Latwii, and am aware of your query, my brother. We may suggest that the desire to serve as an instrument or vocal channel is that which is most crucial in an entity's ability to perform that service. Likewise, it is true that one who has the desire to seek the truth has the heart of the purpose of meditation. Whether meditation has been regularly engaged in or not, it is true that meditation is a most helpful and recommended means of preparing oneself for seeking in the manner which each in this group this evening seeks. We might suggest that the very fact we are able to speak to this group this evening suggests that each entity within this circle of meeting has prepared itself to a degree sufficient to allow this meeting to occur.

May we answer you further, my brother?

K: Yes. You answered part of my question, for which I thank you, and I probably should have realized that because, as you put it, everything's working. If I were to channel tonight, let's say, what do you think my accuracy would be as compared to in the past?

I am Latwii, and am aware of your query, my brother. We see little virtue in attempting to give a precise equivalent of your accuracy, but may suggest that when one has not performed a certain task or discipline for a period of time, one may expect a diminishing of the ability to perform that task or disciplining. Yet, if one has in the past performed such a discipline, it will be easier for this entity to learn again that skill, for the pathways of recognition are in place even though not frequently used.

May we answer you further, my brother?

K: One last thing that I've been wanting to verify for some time—I hope you can—is that quite often I feel myself talking to a representative of the Confederation, normally Hatonn, and we can carry on a conversation such as, for example, driving over tonight, I expressed my concern to Hatonn as to my meditative ability for tonight, and Hatonn said that he was making certain adjustments so that I would be more in tune with the group. I hope you can—can you verify that this really—that I am communicating with a representative of the Confederation when I do this?

I am Latwii, and am aware of your query, my brother. We do, indeed, wish to be of the greatest service possible at all times, and during this particular time we may suggest that for us to give you a positive or negative answer in this case would not be helpful, for the kind of experience which you describe we note has emotional impact upon you—it is that which you value as a means of seeking. Therefore, we cannot say what the nature or source of your communication is but can leave this determination to your own good nature of seeking, that is to say, the answers which you seek in this regard are within your own grasp and await your own seeking.

May we answer you further, my brother?

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K: No. I understand what you're saying, that I need to challenge the source as I have always done in the past, and if the information gained goes along with my current learning and assists that in a positive manner, then I should accept it to be the genuine article. Thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

Carla: Yeah. I'd like to ask about my meditations recently. I've been grieving, and it seems that I'm more vulnerable to feeling badly suddenly when I'm meditating or when I'm sleeping. And I wondered if there was a tool that I could use, a metaphysical tool instead of the medicine …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am aware of your query, my sister. We can suggest that which you have already begun, that is that some form of not only tuning but protection be utilized during these periods of more sensitive experience of your illusion. This would be useful as you meditate and before the sleeping.

May we answer you further, my sister?

Carla: Are you referring to Psalm 91?

I am Latwii, and am aware of your query, my sister. This, in general, is correct. There are many such readings and rituals which you might utilize in this process. That which has been chosen is a quite effective one.

May we answer you further, my sister?

Carla: I just want to button that down. What you're saying is that that and other inspirational passages, those being read just before meditation and just before sleep, that that would be a beneficial tool?

I am Latwii, and am aware of your query, my sister. This is correct. Such inspirational passages and rituals focus the inner being upon the light which exists in every experience and moment. When one is undergoing a process of the nature which you describe as the grieving process, it is far too easy to focus upon the darker side of the illusion which also exists in every experience and every moment. This focus then serves as a doorway or opening to the more negative portions of the creation which then allows your experience to be of a darker and a heavier nature. The inspirational readings and rituals, therefore, do not allow such openings and focus one's attention upon the light which is ever present.

May we answer you further, my sister?

Carla: Yes. Just on the meaning of one word: ritual. The ritual that we have been doing, the calling of the archangels and the drawing of the star, that was a ritual. And the only other ritual that I know of personally is the ritual involved with my church, morning prayer, evening prayer, some sort of service like that. To which were you referring? The former? That would be my guess.

I am Latwii, and am aware of your query, my sister. Our use of the word "ritual" was more general than you suppose. Our use of the word was intended to convey the concept of repeating certain words and actions for the purpose of inspiration. The ritual could simply be the reading of the words, could also include any of the activities or patterns of behavior which you have mentioned and could include those which you create yourself which are of a personally inspiring [nature] or nature which is light or jovial.

May we answer you further, my sister?

Carla: *(Inaudible)*.

I am Latwii, and we thank you, my sister. Is there another query at this time?

S: Yes, Latwii. I have a question. I was wondering if the magical nature of rituals—like that are done at church—do they get their power from the intensity of so many people putting that power into the ritual or is it more or less done by the individual?

I am Latwii, and am aware of your query, my sister. Any ritual performed by an entity or group of entities derives its power, as you call it, from the purity of intention or desire on the part or parts of those performing the ritual. This purity of desire is built over the span of a life as an entity pursues either consciously or unconsciously the search for truth. As the desire to pursue this search for truth intensifies within an entity, this entity then builds what you have called the magical personality, the manifestation of inner seeking. When this magical personality expresses itself in ritualized form, then there is the metaphysical creation of that desire in accordance with the purity of desire.

May we answer you further, my sister?

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S: Well, you could just clarify something for me. In other words, if, say, a person had no real religious ties according to a recognized religion, and this person had a high degree of purity, and were to sit down and make up their own ritual for whatever reasons, using whatever they wanted to use, and it wouldn't make sense to anyone else, is it the purity and intention that would give this validity? Does this make any sense?

I am Latwii, and am aware of your query, my sister. This, in general, is correct. We may also suggest that the rituals which have been long-established, whether by those institutions you have called the churches of various denomination or whether established by more mystical orders of seeking, have described or created in the metaphysical realms a certain substance or reservoir, a resource which may be called upon when the ritual is utilized. This is useful to those who are new to the magical pursuits. The adept shall over a period of time use not only those long-established and recognized rituals, but shall develop its own ritual which shall eventually be the most powerful for that adept, for it shall be most purely infused with that adept's own magical personality.

May we answer you further, my sister?

S: No, I think you answered me pretty well. Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we see that we have gathered the harvest of queries for the evening. It has been a bountiful harvest, my friends, and we thank you for producing such luscious fruit. We shall at this time leave this instrument and this group for the nonce. We are with you at your request in your meditations and our joyful thanks goes to each for allowing our presence this evening. It is a pleasure which we cannot thank you enough for. We are those of Latwii and we leave you, my brothers and sisters, in the love and in the light of our infinite Creator. Adonai vasu borragus. ♣

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Sunday Meditation
January 13, 1985

(Carla channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. We paused for some few moments as there are two energies wishing to speak and called by this group this evening. The ones known to you as Oxal have bowed to us, so we shall speak with you for a while. We thank you for the great honor of being called, and, as always, feel very blessed in that we are sharing with your life patterns at this time. We find this group very beautiful, and we are most thankful to be able to share our humble thoughts. We shall tell you a small story this evening. We must thank the instrument known as Carla for the opportunity to continue to work with one word at a time in the way of transmission. It is a more difficult kind of channeling, but we feel it will aid in this instrument's service to the one infinite Creator and be a way of clarifying that which is to be said.

Once upon a time there was a tavern by the side of an old muddied road. Those who frequented this tavern came to it by horseback or walked, never rode in a carriage, for it was not a wealthy tavern but the tavern of those who work hard and long for the little pittance that enables all for whom they are responsible to live. Through the years, the farmers, the herdsmen, and those who ran the toll upon the toll road came to be in such a habit of coming to this tavern that it became something other than a tavern, it became a haven. We now transfer.

(Jim channeling)

Many would come to this tavern, not just for the drink and food which were available, but for the certain kind of comradeship which those who labor long and hard for their living enjoy after a day's laboring has been finished. The means of joining in this companionship were such that those who came enjoyed the journey there, whether on foot or on horseback, with a certain kind of childlike anticipation, for this time and place of gathering was as a reward for the labors of the day. To meet with friends at such a time and place became a cherished portion of many in this area. There was a certain vibration which grew about this tavern as a result of those who came often and found a relief within the walls of this humble structure. We shall transfer.

(C channeling)

The vibration was such that soon the tavern became known to others who, though not a part of the local peoples, needed a time, a place to relieve the hardships in which they lived. These people sought to be one with those who were gathered. They made the tavern such a place of good feeling that the peoples of the tavern always welcomed those who felt the need to be a part of the tavern. We would transfer.

(Carla channeling)

One steady customer had a wife who was legendary for her scolding and her nagging, but at the tavern the man was never scolded nor nagged. He became someone other than the person that worked so hard in the fields only to be scolded upon his return. One person who came to the tavern had no knack for keeping his money, as he gambled and lost over and over again, spending what would be food for his wife and his children at the gaming tables. But at the tavern his friends bought him rounds, and he was no longer without money. Another one who came was ugly in countenance and yet to his friends he looked hearty, healthy and fine. Every trouble that one can imagine was spread among the common people, and as they worked all the day long they did not have the leisure to work out any grand plan for reform, any grand way to fix what was broken, to heal that which needed healing. Their only answer was to go to the tavern. We shall transfer.

(Jim channeling)

As the progression of entities continued to pour in and out of the tavern hall, there was much of good cheer which was shared within the walls so that those who joined there could drink not only of the drinks at the bar, but of the accumulated good cheer which was found within those walls. Each person there was aware that there was amongst them a power or force which each was a part of. It was not directly spoken of, yet within the heart of each there was the recognition that this place and these people were of special nature. Each there cherished this experience and looked forward to its transformative effect, whether consciously or without thought, for the magnetic effect that was born of this gathering in this place was such that it did indeed take on a form, an energy of its own. We shall transfer.

(C channeling)

My friends, those who gathered in the tavern were able to leave the masks that they wore outside of it within the flowing of energies as each saw the other without the appearance that each had manufactured to cope with the hardships that were outside. Within the tavern, each saw the other's essence, the love that was each and flowed between each.

My friends, as they gathered in the tavern, so do you gather together for … We are experiencing some difficulty in our contact with this instrument as he has not done this for some time. We ask the instrument to relax and let the channeling flow, and not to reach out for it. My friends, as you gather together and focus your energies together …

We would transfer as this instrument is feeling anxious and asks that we would relinquish the contact. We transfer.

(Carla channeling)

We are Hatonn, and greet you again in love and light. We ask your patience as we continue to adjust our contact with the one known as C. This instrument may experience more comfort as we slowly relinquish the vocal portion of the contact, offering of course, as always, the basic carrier wave of our vibration that it may aid in the deepening of the meditative state and in the alertness and focus of the meditation. We shall continue.

My friends, as those who glean and reap and labor long came to the tavern, just so do you come to such a group as this. You know that it has been written in your holy works that when two or three are gathered that which is asked will be given. The whole is always greater than the sum of its parts, and each of you being a portion of the group are healers of yourselves and of each other, for the light which can be offered from a group gathered in search of the one original Thought is that of very great intensity compared to the strength of one who seeks in solitude. The polarization is very much greater, which causes the light to develop a color, a bloom, even a song, a melody that enhances the wisdom for which each seeks.

Each of you, my friends, is that which is purely magical. Each of you has to some extent because of your work, your labors, your occupations, and your preoccupations hidden from yourself the magic of your own being. However, in a group such as this that magic is seen, each by the other, so that each may be healer for each, each may care for each, each may love each. And so a spiral of energy begins, glowing golden and white, and by the ending of such a group, whether it be a tavern, a meditation meeting, or any other place where those of good cheer gather with those for whom they care, it matters not the nature of the group, it is the fruit of such a group that is so healing. It is from such experiences that you may begin to consider your own magical nature. How could you without your masks be the people that you are at this moment,

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loving and loved, deeply one with each other? How could this be except that it is a deeper portion of your nature than your masks.

My friends, as we watch your people use the daylight hours in endless work and then use the evening hours in distraction, we become aware that most of your peoples do not know and do not care that they are magical and that they are capable of seeking truth. Yet it is so deep a part of the nature of each entity that consciously or unconsciously each entity will seek for groups which are magical to which each may lend his own energy, his own brilliance and fire and power and peace. Never be self-conscious or analyze too much the magic of such groups. It is only important that you know that you are at this very moment each a healing force to each other, each supporting each other, and at the same time as you sit in the darkness, there is a radiation which is a source of light for those whom you will never know, never see, of whom you will never be aware, but who are being healed in some way by the change in vibration that resonates in some way with these strangers. You are larger than you think. You are better than you think. Seek and know the truth. Look at yourself through the eyes of your friends and discover your purity, your beauty, your delightfulness. Never trust yourself until you are secure and comfortable with the sense of your own magical, pure, lovable and beautiful nature. Whatever else you are, you are these things too and these things most profoundly. In your meditations rejoin this group. The energy will still be there, the feeling, support, and the love will still be there. The truth will be yours alone, for each shall find his own truth with help from friends.

We leave you in the magic of eternity. We are a breath upon the winds and we sigh onward now. How blessed we have been to spend time with you. We leave you in the love and in the light, in the magic of the awareness of the one infinite Creator in you that each of your friends has. We leave you in infinity. We leave you in all that there is and yet we leave you within the small, small circle of your body as you sit in meditation. You are the universe. It is magic because you perceive it. We are known to you as those of Hatonn. Adonai. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the our infinite Creator. We are honored to be with you again and have been looking forward to this evening for some of your time. We are privileged to be able to offer the service of attempting to answer your queries, and we now offer that service with a glad and joyful heart. May we attempt your first query?

Carla: I have a question that someone who was reading Light/Lines sent in and which I couldn't answer, and so I thought it might be interesting to ask it. I understand that most of the contacts that we receive are from the Confederation of Planets in the Service of the Infinite Creator. Is Yadda, who we've heard from a couple of times recently, a member of the Confederation, and why does he speak with an accent? Did he have a—did someone from that social memory complex, if it is a social memory complex, choose to incarnate as an Oriental?

I am Latwii, and am aware of your query, my sister. We find that those known to this group as Yadda are a somewhat unusual gathering of souls. This entity is a group of beings which has achieved the nature of what you have called the social memory complex, the mind of each having become one with each other and the seeking, therefore, for truth also having become one-pointed. Therefore, these entities are of the Confederation as you have described it, and are desirous to be of service wherever possible. The nature of these entities, few in number, is that they have within your planetary influence enjoyed their incarnational experiences in those regions which are of the Oriental affiliation, and therefore when speaking to the very few groups that they speak to, utilize that most recent portion of their incarnation experience since it is most fresh within their beingness.

May we answer you further, my sister?

Carla: Yeah. Would these be those who came from Lemuria?

I am Latwii, and am aware of your query, my sister. These known as Yadda are entities old in your planet's measure of time, and their experience stretches back into your history before yet including that time which you have described as Lemuria. Their origins are other than this particular planetary sphere but due to the necessity for repeating the third-density cycle of evolution, they found themselves able to do this …

(Side one of tape ends.)

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Carla: Okay. I'm trying to remember the history as Ra gave it. We're talking either Mars or Maldek then, right? I assume Mars, since the Maldek people are just now coming into third density proper. Is that correct?

I am Latwii, and am aware of your query, my sister. This is incorrect.

Carla: Incorrect. Okay. Well, the only other connection that I know of is the Sirius influence. Would this be they?

I am Latwii, and am aware of your query, my sister. We are afraid that once again you are incorrect.

Carla: Aha. Well, let me try Maldek.

I am Latwii, and we may aid you, we feel, by suggesting that the influence which you attempt to discover is that of Deneb.

Carla: Deneb. I don't know my Ra well enough. Thank you. What I'm interested in actually though is, then these fledglings have perhaps put in for membership, I mean, they're Earth's just beginning social memory complex, right? Or part of that?

I am Latwii, and am aware of your query, my sister. There are those individuals and small groupings of entities within your own planetary influence who have achieved the level of, shall we use the misnomer, understanding necessary for inclusion within the Confederation of Planets in the Service of the One Infinite Creator over the great span of what you call time and history of your planet. Few there have been who have achieved this level of vibrational understanding. Those of which you speak who have called themselves Yadda are a small group of such entities.

May we answer you further, my sister?

Carla: Yes. Do they have a seat on the Council of Saturn?

I am Latwii, and am aware of your query, my sister. These entities are as you have described but newly admitted to the Confederation and are not those who are of the Council. Those of this Council are beings of what you may call the eighth density or octave completion level, and are quite old in the, shall we say, membership within the Confederation.

May we answer you further, my sister?

Carla: No, thank you. That's very interesting. There are various sources that have channeled Yadda and various speculations about its nature and that is very clear. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

N: Although I have not experienced Yadda, I would wonder if they had not been reincarnated on Earth during the last 50,000 years if they retained, or have they just retained this Oriental accent?

I am Latwii, and am aware of your query, my brother. These entities when speaking to those such as this group tend to utilize the incarnational experience most recent within their shared experience, for it allows them a, shall we say, firmer grasp of the nature of your illusion and enhances their ability to utilize instruments who yet reside within this illusion. Their true nature is one which cannot be expressed in the language, yet when speaking they attempt to approximate this nature.

May we answer you further, my brother?

N: Is Latwii made up of millions of souls or hundreds or thousands or is there some sort of approximation in the total computation of the social memory complex?

I am Latwii, and am aware of your query, my brother. We of Latwii are composed of a great number of beings which have been able to blend the conscious seeking so that it is as one. We number in what you would call the millions of entities, this number approaching twenty-three million entities.

May we answer you further, my brother?

N: Are all the twenty-three approximate millions of the same density, and what density is that, and are they able to focus a single thought pattern?

I am Latwii, and am aware of your query, my brother. We of Latwii are of the density of light, the density numbering five, being two octave, shall we say, jumps or evolutionary cycles beyond your own third-density illusion. We are one in our seeking and are, shall we say, focused as to our desire to be of service to others, though each entity within our social memory complex is able to function as an individualized portion of this complex as well.

May we answer you further, my brother?

N: Are there any specific recommendations that you can make as to further our progress or remove our

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blocks or whatever seems to keep some of us from progressing at a rate that we might like to achieve?

I am Latwii, and am aware of your query, my brother. We look upon your peoples, each of which moves in a darkness, unaware that it is the Creator, unaware that each whom it meets is also the Creator. The lessons which have been set before your population are lessons which are rooted in the concept of love. There have been many what you call masters who have given you various disciplines, exercises and rituals, each designed to enhance this learning of love. The greatest tool which we are aware of is the tool of meditation which might be utilized by each seeker to look within in order that the source of all Creation might become known as residing there, full of love and light, unity and joy.

Therefore, we can simply say as many have said, that if you love without condition, you shall progress as a natural process of evolution.

May we answer you further, my brother?

N: For those of us who are trying and have tried meditation but haven't seemed to achieve that particular goal, is there any specific or generalized suggestion?

I am Latwii, and am aware of your query, my brother. We can only suggest that as you attempt this lesson of love and utilize the various means of learning it, that your success cannot be known to you, for as we mentioned, you move within a darkness of knowing. The true nature of your illusion, of your very being, and of the fiber of creation is almost totally unknown to even the most, shall we say, enlightened of your beings. Therefore, all that can be done is to seek with a full and whole heart and to accept that effort as the best one can give, and to look about the self whenever possible and to see not this and that but the one Creator. You must have what you have called faith to continue within an illusion which offers so little that is obviously the one Creator and so much that is, it would seem as obvious, not the one Creator.

May we answer you further, my brother?

N: Is there any way to hasten the removal of the so-called illusion other than meditation?

I am Latwii, and am aware of your query, my brother. The removal of the illusion from one's perception is a function of one's ability to utilize the daily round of activities as a catalyst for this removal. If one can look upon these activities as opportunities to remove yet one more veil, then the entity is most efficiently utilizing the illusion in which it moves, for your illusion exists in order to provide you with the opportunity to penetrate the illusion. In order for spiritual strength to be gained, there must be a force or illusion to push against, shall we say.

May we answer you further, my brother?

N: We spoke about crystals and their use in healing. I think that crystals have many other uses. How can we focus the power of the crystal for better healing?

I am Latwii, and am aware of your query, my brother. The crystal, as is true for any tool of the healer, is useful only to the extent that the one who serves as healer has healed the self. As you progress in your own evolutionary pattern, you in your energy centers become as the crystal, regularized and able to traduce light in order that it might provide the opportunity for one who seeks healing to be healed.

May we answer you further, my brother?

N: There have been many so-called healers who really haven't evolved as far as their illusions but in whom the power to heal seems to occur on a natural basis. Are these people more aware or is it just some particular power that they've been able to focus through an unknown source?

I am Latwii, and am aware of your query, my brother. This is a query which must be understood not to have but one or two simple answers. There are many reasons to explain why this or that entity may have what is called the ability to heal. For example, many entities have through previous incarnative work become able to do that called healing and have carried over this ability into the present incarnation, yet are consciously unaware of how the ability works and how it might be refined, yet if they studied this art, they would quickly gain in efficacy.

There are others who from time to time are able to clear, shall we say, their energy centers and provide the healing catalyst as a result of a great desire to be of service to a friend or loved one. There are others who are able to provide the healing catalyst as a result of work done in the, what you would call, sleep and dreaming states where it is possible to heal those injuries of previous experience upon a level which is not consciously remembered.

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May we answer you further, my brother?

N: Is it possible for your social memory complex to channel healing to members of the group such as C and Carla at this time?

I am Latwii, and am aware of your query, my brother. We of the Latwii are, shall we say, not as able to do this as others of the Confederation. There is the entity known to this group as Nona who is quite capable of doing this, and is awaiting the call should this be desired.

May we answer you further, my brother?

N: How do we call Nona for this channeling, healing, whatever?

I am Latwii, and your call has been heard. May we answer you further, my brother?

N: Thank you very much.

I am Latwii, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Latwii, and we see that we have exhausted the queries, and would now, shall we say, step aside in order that our brothers and sisters of those known as Nona might perform that which they have been asked to perform. We thank each for allowing our group to join you this evening. It has been our great honor and privilege to blend our vibrations with yours. We are with you at your request, and leave you now in the love and in the light of our one infinite Creator. We are those of Latwii. Adonai vasu borragus.

(Carla channeling)

I am Nona. We thank those of Latwii for giving us the opportunity to advertise. We have been waiting in the wings, and indeed are here as called. We greet you in the love and in the light of our infinite Creator whom we serve with our whole heart. There is no wound that shall not be made whole. There is no broken thing that shall not be mended, for we are one.

(Carla channels a vigorous vocal melody of healing from Nona.) ✣

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Intensive Meditation
January 22, 1985

(Carla channeling)

[I am Laitos.] I greet you in the love and in the light of the infinite Creator. We thank you that you have called us that we may be with you and are most eager to work you at this time. We would at this time begin working with the one known as N. While we speak through this instrument we shall be attempting adjustments in order that we may bring our carrier wave into synchronicity with this instrument's own so that the instrument, N, may become aware of our presence in some way which will be unique to him as always.

Meanwhile, we would like to speak a bit about channeling and about being an instrument. There is a saying among your peoples, "Nothing ventured, nothing gained." This is extraordinarily true of metaphysical work of all kinds. The one who takes no risk is the one who will not advance. The more carefully one guards one's gifts, the less that gift will come to mean and the less good that gift will come to offer. It is as though as there were inflation in spiritual gifts so that it is necessary always to attempt more and more regardless of what has gone before. Therefore, one which has little must attempt enough that that little may become a bit more. One which has already had much must attempt a great deal. The responsibility for spiritual seeking is that eternal upward spiral. Seeking does not end. The road does not end. The journey goes on and on, as far we know, forever.

During that journey you shall meet those who are your companions along the way, those who wish as you do to serve, and with them you seek not only the truths that undergird and strengthen your life but also the application of those truths in an ethical manner so that the life experience may be productive, not in the physical sense, but in the spiritual sense, for when we speak of giving of the spiritual gifts, the greatest gift which you give may well be your personality, your character, the way that you are without any effort except that of continually repeating the search for a refinement of the truth. However, there are those who seek to serve in the manner which you call vocal channeling, and for this we are grateful for without such voices ours would be still except to the very few who are able to hear words that are not spoken.

And that is why you are here this evening, and therefore we shall attempt to continue with the one known as N. May we say to our brother, we thank you and we bless you in your efforts on behalf of your brothers and sisters of third density. Whatever the results of these efforts, your own intention will be bright and will shine so that those who see you may see through you to the source of that light that is your greater self, perhaps a self that you wish that you were but feel that you are not. This is always

incorrect. All are perfect and all is perfect at this moment. That which seems uncontrolled, biased and quarrelsome among nations is indeed only that which gives balance to the angelic, lovely, kind, compassionate and saintly actions of other nations and other men. Things are not in need of fixing. Each entity is in need of finding and sharing the love of the infinite Creator. It is for this reason that all have incarnated. It is for a more specialized type of service that we now gather, and yet the goals are always and ever the same, to be one with the Creator and to be one with your fellow man. Underpinning all of this is the goal of being one with yourself, of affirming yourself, loving yourself, and preparing yourself for the discipline of service to others.

We shall now transfer to the one known as N, cautioning the instrument not to analyze. When a thought comes into the mind, the thought is felt precisely as if it were your thought. It is a matter of subjective concern for all new instruments that your thought and our thought feel the same. You must, therefore, challenge the contact, and if it stays, go ahead with it, meanwhile remaining in a tuned and disciplined focus of concentration, very much conscious, not at all in trance. Let your body relax and let your mind rest, but let the consciousness be one-pointed, as if you were attempting to catch a long thrown baseball. You catch the baseball and you pitch it again as accurately as possible. Only when you have pitched it and your glove is empty can you catch another baseball.

So it is with the channeling. When you receive a concept, say the concept that you receive. At that point you will be available for another concept to be let forth within your mind. It is this technique which we use with almost all channels, this entity being somewhat of an anomaly, as it wishes to have a more advanced type of contact after much experience. The type of contact which the new instrument wishes to experience is completely adequate to the delivery, explanation and exploration of the one message that we have come to bring, a message that can be said in countless ways, and each new spirit which dedicates itself to offering these messages thus gives the one message of love and light a new voice that is very precious. Again we ask you to stop analyzing, my brother, and simply speak those words which you hear. We shall now transfer. I am Laitos.

(Pause)

(Carla channeling)

I am once again with this instrument. I am Laitos. We greet you once again in love and light. May we ask the one known as N to relax and cease analyzing. This instrument has come a good way since our last time of working. The defenses, however, which a characteristically analytical mind has against the speaking of things not already known is most naturally a stumbling block. We ask that the one known as N continue to attempt to remove that stumbling block by relaxing, and studiously refrain from analyzing again. We now transfer to the one known as N. I am Laitos.

(Pause)

(Carla channeling)

I am Laitos. I am again with this instrument. We feel we are making progress with the one known as N, and would try once more to say one phrase. We wish to say our identification through this instrument. We shall attempt to do so now. I am Laitos.

N: I think I hear, "I am Laitos," but I don't know.

Carla: Okay.

(Carla channeling)

I am Laitos. May we say to the one known as N that one who channels is a fool stepping off the cliff into thin air. It is necessary for the preservation of free will that our contact not be unmistakable but be subtle. Once the first step is taken, subjective proof may begin to come forth. At first, however, it is usually the case that there is a great deal of faith involved in speaking the first few words and messages. We shall attempt once again to speak through the new instrument, emphasizing we wish only to speak the one phrase, and that there is no absolute proof that this is coming to the instrument. Once the experiment has been made, there may be much more upon which the instrument may wish to ponder. Again, we shall transfer to the one known as N. I am Laitos.

(N channeling)

I am Laitos. I greet you in the love and light of the one infinite Creator.

(Carla channeling)

I am Laitos, and am once again with this instrument. We are having to share this instrument's

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consciousness with the playful second-density creatures which you call cats that frolic about your feet. Theirs is a happy vibration and we are grateful for it. We are grateful also to the one known as N, who has made great progress this evening. Our humble thanks and our promise to continue working at any time that may be possible. We shall pause at this time before the question and answer period so that this instrument's mind may be put to rest concerning the rustling of various papers of unknown origin. I am Laitos.

(Pause)

(Carla channeling)

I am Laitos. We apologize for the inconveniences. However, my friends, those who speak in love and light must needs do so in a dark world where there are many distractions. Such distractions as those of the playful kittens, therefore, are welcome in that they are good teaching tools for circumstances are not always the very best. Indeed, they are usually far from the best. And yet, somehow, there are heroes and saints, healers and those who love with purity everywhere one turns, even in this dark world.

We shall transfer now to the one known as Jim. I am Laitos.

(Jim channeling)

I am Laitos, and greet you once again in love and light. We would now open this session to any questions which those present might wish to ask. May we attempt any queries at this time?

N: Are there others that take many sessions before they can adequately channel?

I am Laitos, and am aware of your query, my brother. We might say that your progress is quite good. We have worked with many instruments over a long period of what you call time and have noted that your experience is quite normal, and we are most pleased that you have been able to receive our vibration and speak our identification. Many there are who take a good deal longer to accomplish these feats.

May we answer you further, my brother?

N: The message just seems to be there, but I'm not really sure that it's there or whether I'm repeating the introduction that I'm expected to be repeating. It's sort of an unusual consideration for me.

I am Laitos, and we feel that within your comment there is a query which we might also comment upon. Your perception of our introduction and our vibration is quite accurate, for though we are indeed quite real, the reality of the metaphysical realm is a reality which is not tangible or provable within your own manifested material reality. Your senses, your perceptions, and your thoughts are all focused upon a world which might be held and touched and seen and tasted and smelled. Our reality, on the other hand, is that which requires a sense quite beyond any of your five common senses, but we must operate as best we can through those means of perception which are at your disposal.

The most effective manner in which we might contact those of your peoples is in this manner now being utilized, that is the mind-to-mind thought transfer. In this manner of communication we speak our thoughts, we send our concepts, and they are received in your mind in much the same manner as your own thoughts become apparent to you. If you will take but a moment to consider the phenomenon of your own thinking and speaking, you will discover that at each moment in which you partake of speech you are channeling from some portion of your being thoughts of a nebulous nature which you attempt to translate into words in order to communicate with another entity. You are not consciously aware of the source of these thoughts. You do not know the next complete sentence which you will speak. In much the same manner, we contact your mind and transfer our thoughts. You will not be able to discern a great difference between our thoughts and yours, thus the concept of the fool who steps into space, unknowing of whether there shall be a place to put the foot, unknowing as to whether the next word shall make sense when viewed with those words previously spoken, thus the necessity for faith that such can occur. This faith balances the will, the desire which you have expressed to learn this service.

May we answer you further, my brother?

N: Thank you very much. Then, as I take it, I am more or less focused on the five physical senses to such a fairly great extent that I have trouble with other considerations such as clairaudience, or at least this seems to be one of the big thoughts, is eliminating the five physical senses in my particular case. Is that sort of what the situation is or is it all thought?

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I am Laitos, and we appreciate your query, my brother, and comment by suggesting that you are not alone in this particular way of experiencing your illusion, for if your peoples were aware of all the life-forms about them and the constant communication between these forms, there would be a great difficulty in functioning in a practical manner within your illusion, and a great difficulty in learning those lessons which are your opportunity to learn. The, as you call it, human being upon your planet must be able to screen out this great symphony of communication that is ever-present about it, and be very finely focused through its five senses in order to utilize your illusion.

The development of senses beyond the five is a practice which allows an entity to carefully open its field of perception in order that the one Creation in its joyful singing and experiencing might then be revealed to the entity in ways which enhance the evolutionary progress of each entity. Your particular means of perception and utilization of the five senses is not unique only unto you, therefore, my brother. You share it with your kind for a particular purpose, and as you now attempt to expand your ability to perceive and serve, you shall find there is a great deal of perception that awaits your adventurous seeking.

May we answer you further, my brother?

N: Thank you very much. Yes. Are there ways to expand my ability to perceive in terms other than channeling? I ask this for several reasons. I have meditated for quite some time but still I have not seemed to realize anything more than what might be considered nebulous results. The other thing is that when I go to sleep at night, I hear nothing. I do not dream as other people do. It seems I go into oblivion. Would you care to comment at all as to an analysis of this consideration?

I am Laitos, and we shall attempt this, my brother. You may utilize any means which you desire to utilize in expanding your own sensory perceptions, and, as they are called, extrasensory perceptions. The means of such utilization is not the important factor in what you would call a success. The most important factor is the desire and discipline in using whatever means is chosen. For, indeed, the initial results shall be quite nebulous, and in order to make the results more formed and apparent, one must constantly seek in a disciplined manner to do this. Many fall short of the desire and discipline necessary and move quickly from one technique to another shortly to convince themselves that either the techniques do not work or their own mind is too dense. Yet both assumptions are false, for any entity with the proper desire and discipline may utilize any means of awakening those senses which wait within each portion of the one Creator.

As to your concern that your sleep is without dreams and carries you to that portion of existence you have described as oblivion, we might suggest that your experience during sleep is not necessarily without the dreaming, for many such as yourself experience the dream yet do not remember it. The failure or lack of remembering may have many, shall we say, causes or reasons. In this area we may speak only in general, for your own particular reasons for not remembering the dreams are a portion of your means of evolving in mind, body and spirit. If again your desire to remember your dreams and your discipline in attempting such remembering were focused enough, you would indeed remember that work which is accomplished in your sleep and which does take the form of dream.

May we answer you further, my brother?

N: Thank you very much. I take it that perhaps I am trying to do too much, I am not focusing, I am, as you say, going helter-skelter rather than pursuing one particular single line. The other thing is about the dream. I have told myself to remember the dreams, and have tried to concentrate on this, and occasionally I will, but it's very seldom. Do you have any comment in that respect?

I am Laitos, and we may comment by suggesting that your summation and estimation of your abilities to remember your own dreams is fairly accurate.

May we answer further, my brother?

N: The only other query was the fact that am I perhaps going too much helter-skelter and trying to read too many different articles at one time or listen to too many different tapes, and what might be the best course without influencing free will?

I am Laitos, and we shall attempt this most difficult balance between making a suggestion and avoiding the influencing of your own free will. As the seeker which you are moves through its life experience there shall be many sources of illumination and inspiration brought before its attention by the power of its seeking. You are as the magnet, and your

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seeking draws close to you those sources of information which may be of value to you. As the seeker views the resources which are about it, the book, as you have called them, and tapes, the entities, the concepts, from whatever sources available, let then the seeker use these catalysts as beginning points from which its own uniquely fashioned journey shall move.

We view, then, a tapestry of your own making according to your own understanding, shall we say, and unto that understanding be faithful and true in your pursuit of that which you seek, the one Creator, full and balanced within your life experience. You are able not only to gather information but to weave it into an unified whole, a pattern which is of your own making and which to you makes, shall we say, sense.

May we answer you further, my brother?

N: Thank you very much. I don't wish to tire the instrument. Perhaps we can discuss this further at a later date. Thank you very much.

(Side one of tape ends.)

(Jim channeling)

I am Laitos, and we greet you once again in love and light. As we see that we have exhausted the queries for this evening, we shall at this time take our leave of this instrument and this group, thanking each for the great honor which you bestow upon us by allowing us to blend our vibrations with yours. It is with great joy that we exercise the new instrument known as N, and we look forward to future exercising of this instrument, and can once again remind this entity that its desire to perform this service is as a great light within the metaphysical realms. Though it cannot be seen with any of your sensory apparatus, we can assure that it does shine quite, quite brightly. We leave you now in the love and in the light of the one infinite Creator. I am Laitos. Adonai, my friends. Adonai. ♣

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Intensive Meditation
January 27, 1985

(Carla channeling)

[I am] Hatonn. I greet you in the love and the light of our infinite Creator. We are having some difficulty due to the noise of the dishwasher; there may be pauses on that account. However, it is a good contact and so in love and light do we come. We thank you for calling us. Our brothers and sisters of Laitos are working with the one known as J and the one known as S to make adjustments so that our vibrations might more comfortably enter into the vibratory pattern of each instrument. We come to you as an experiment. The one known as S is a new channel, yet this instrument is not a new channel—it is merely that this instrument has not used these vibrations previously. Therefore, there is a great deal that we can, shall we say, pick up as we go, rather than having to go step by step by careful step mechanically. We do of course need to go step by step with the tuning and the general relationship which the entity has to its own instrument. We are very glad to do this. However, we who are of Hatonn wish to perform an experiment, as we wish to indicate to the one known as S how the actual channeling of concepts occurs, and we wish to do this in a quicker fashion that we would with others because this instrument is capable of it and comfortable with it, mechanically speaking. By this, we mean that this instrument is able to pick up our thoughts, and is able to do so with an acceptable degree of accuracy.

Therefore, we shall tell a story. This instrument has no idea what the story shall be. Needless to say, neither do any of you here. Therefore, all will be a surprise; all will be new, and there will be no right or wrong. You are simply telling a story and you shall discover for yourselves what spiritual or metaphysical meaning we may have intended. We shall now begin with your thanks for this long discussion of our techniques. We did, however, feel that it was not only a good idea, because by explaining first, we eliminated discomfort with the notion of telling a story but also because this instrument had some difficulty at first with the noise, and by using the instrument we were able to ground ourselves within this instrument's energy much more capably.

Once there was a horse. It was a young horse with a wild mane and a flying tail that roamed free across a plain where no people lived. Untrammeled and bridleless, the horse went its way and it thought many things. It would sip water and eat its grass and roll in the Sweet Timothy fields. Trees nodded serenely and the sun shone in summer and in winter. However, the horse, though free, and though unknowing, was unwittingly very lonely.

We shall transfer.

(S channeling)

I am Hatonn, and am with this instrument. The horse wandered through the pasture seeking it knew not what.

The instrument is nervous and trying to think and analyze the thought before she speaks instead of letting the words flow as if they were her own thoughts.

The horse wandered and traveled seeking oneness, for although alone, it had inner feeling and it had inner knowing that it was not alone.

The instrument feels a blockage and is uncomfortable. We are going to transfer and allow our friends of Laitos to aid us in tuning down our vibrations. I am Hatonn.

(Jim channeling)

In its wanderings, the horse was able to experience many things. It roamed the high mountain pastures, found itself descending lush green valleys, and was frequently within the forest regions between. It ate what it could find here and there and was satisfied by the food of the grasses, the waters of the streams, and the sights of its surroundings. Yet within this creature existed this yearning for a greater kind of experience. This simple creature was in its own way aware that it did not exist only of itself but that it was a portion of something else. This creature as it traveled wondered in its own way whether this new environment was what it sought. Each new adventure then became a possible answer to the simple seeking which manifested in this horse.

We shall transfer.

(Carla channeling)

One day it came upon a new being, one which it had not seen before. This being was a man, a young man, a pioneer. The man wished to capture the horse, for that was truly a prize. He laid a trap for the horse and was able to rope it. The horse was furious. It reared and kicked. Its high whinnies echoed to the heavens. It wanted nothing more than to be released and to be alone once again. The young man persevered. He grew to love the horse. He named the horse Daedalus, and told the horse that his name was Luke. Slowly the horse stopped thinking, when called Daedalus, "I am not Daedalus," and began answering to the name. He discovered that this man asked him to do work but in return he was always given good food for which he did not have to hunt. The horse understood that relationship and was grateful. Even more than that, the horse began to feel that which he had never felt before.

We shall transfer.

(S channeling)

The horse began to feel affection for Luke and looked forward to the opportunity to serve in his work and looked forward to the times that they would ride in the mountains and in the forest surrounding their place of dwelling. He looked forward to those moments that Luke would talk with him, for he understood in his way that these moments were special between them. He did not mind the work.

The instrument is trying to see where the story is taking her and is finding it difficult at this moment to allow the flow of our thoughts, for she found herself expressing our thoughts before she realized it and as she realized what was happening, planted her feet like a horse. We will transfer this instrument and allow the one known as S to again regain her composure.

(Carla channeling)

It was not long as horses measure time before the horse had discovered the true secret answer to its loneliness and to its seeking, for the horse was no longer alone. The horse was one in love and service with another entity, each giving of itself to the other, each caring and each being the nature that each was intended to be. Horses are strong, and Daedalus enjoyed his work more than he had enjoyed playing. Luke needed to farm and he enjoyed the outdoors and the beauty that lay all around him, and each was company to the other. Most of all Daedalus could now look at the trees and the mountains and the beautiful water and the rustling grasses and for the first time feel truly at one with them.

My friends, it is impossible to be friends with all that there is unless there is another one to be one with. Many of your sages have sought their own counsel. Their wisdom has been great; their polarity has suffered. When people's paths include others it may often seem that all is scattered and amiss, awry and out of tune. However, in this way does the Creator know Itself and in no other. Consciousness is, but

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consciousness only becomes with the other to mirror, watch, speak.

We apologize to the one known as S in a way for this is truly a crash course in channeling. Where others fear to speak two sentences this instrument has channeled a substantial portion of a story that it did not know. The discomfort is inevitable at the beginning, for there are the symptoms of nervousness and concern. These are healthy. However the symptoms shall become less and less as the subjective confidence of the entity as an instrument grows. This confidence is made by subjective happenings such as those about you saying after a certain channeling that the channeling had already answered a question with which it had come in.

We shall leave this instrument now and allow for the one known as Laitos to do its most in *(inaudible)* work. We thank each for being patient with us and allowing us to work with the new instrument. We thank the one known as J. We hope we were able to make our presence felt, as do those of Laitos. We do not truly leave you for there is nowhere to go, for it is one universe and we are with you always. We shall, however, remove our manifestation from the lips of this channel. We bid you blessed farewell in love and in the light of the Creator Which knows Itself. We are those of Hatonn. Adonai. Adonai.

(S channeling)

I am Laitos, and we greet you, my friends, in the love and in the light of the one infinite Creator. We were attempting to open through this instrument, which gave her some surprise, and she continuously challenged us in every way she could think. We thank that challenge, and we want the instrument to note that any time she is being greeted or anyone is being greeted, to take the time and to challenge in whatever way is important to them. It need not be speedy. This new instrument feels that she must have a quick sentence in which to accomplish this. It need not be a one or two word phrase for we, too, like welcome, like the warm, loving greetings.

As you note, our greeting to you is not, "Hello." We welcome this opportunity to exercise the nervous one known as S, and we do appreciate her desire to be a channel as a way of serving. We do realize that she puts both a lot of expectations upon herself as well is a lot of feelings of, "I can't do it." Both are true. The important thing for this instrument to remember is that she is but the telephone. We have given her a picture of a very old telephone. She is not sure if she appreciates that, but the old telephone is still useable although it may not have been used or spoken through for a very long time. The wires may be a little tattered and the connection somewhat weak, but the operator is on duty.

We thank you for this opportunity to aid not only the new instrument, S, but also to open some new opportunities for meditation and thought for the one known as J. We realize that the one known as S has felt this most difficult and has had many fears. We hope that this experience today will lend her some confidence. We transfer, but we also thank you. I am Laitos.

(Jim channeling)

I am Laitos, and greet you again in love and light through this instrument. We at this time would like to open this meeting to any queries which those present might find value in the asking. May we attempt any queries at this time?

S: Laitos, can you give me any help or suggestions as to how I can remain more calm and stop jumping in, waving red flags?

I am Laitos. My sister, we are in the position of observing a student who has run the good race and is, shall we say, out of breath. We may suggest that the service you are learning is one which includes as a natural portion of it the characteristics which you find somewhat disquieting. Your desire to be of service in this manner is of great proportion and purity and shall be your primary concern. That you express a portion of this desire in the form of anxiety and intellectual analysis of the process as it occurs is natural to new instruments. Yet, you can utilize this anxiety and let it fuel your desire without the need for the intellectual analysis. Allow the analysis to remain dormant until the process has been completed and you look back upon it in your own discrimination to see how it has worked and how it might continue its working through you. Do not be overly concerned with your nervousness, but as with all learning, observe those anxious moments within your being and allow them to move at their own pace without holding onto them, shall we say. You are undergoing a process which is not common among your peoples and your nervousness is quite natural. Allow this process its natural movement

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within your being. You are progressing quite well, my sister.

May we answer you further?

S: Laitos, last week Latwii said that those of Latwii and those of Laitos were available to me and to the others in our times of meditation, and I think I need to have some of that clarified a little bit more. I also realize that not to call upon your services in the way of channeling without the aid and the support and the tuning of others. How can I call you in meditation and still have that tuning? I don't know if you understand. I felt a mental conversation in my meditation and later wondered how was that different from channeling, other than it wasn't spoken out loud. Can you speak on this?

I am Laitos and we shall do our best, our sister, to speak on this concern. When we join you in your meditation, it is for the purpose of blending our vibrations of seeking the truth with your own vibrations of seeking the truth. This …

(Side one of tape ends.)

(Jim channeling)

I am Laitos, and we greet you again, my friends, in love and light. This deepening of your meditation, then, has the hoped for result of allowing your inner seeking to find more and more of that which it seeks, in whatever forms or feelings have meaning to you and are therefore perceptible to you. We seldom partake in any type of verbalized contact in these blendings of our vibrations with yours and those of this group on an individual basis, yet there are some such as yourself who are so dedicated to the service of vocal channeling that our offering of our vibrations is then filtered through the desire to feel a contact and frequently takes the form of the mental thought.

We can suggest that this is not necessary, for it may be confusing to the new instrument. Our vibration in its basic carrier wave form is intended in these cases to simply enhance your own seeking, much as the joining of a seeker with another seeker upon a long, mountainous journey provides a comfort to both. Though words are never spoken, the hearts know each other.

May we answer you further, my sister?

S: No, thank you. That was very clear. Thank you.

I am Laitos, and we thank you, my sister. Is there another query which we may attempt?

S: Not from me at this time, thank you.

Carla: I'll wait until tonight, too. Thank you, Laitos.

J: I'm tongue-tied.

I am Laitos, and though our tongue is somewhat looser and roams the worded worlds, we also stand speechless before the One in All. We thank you, my friends, for allowing our presence to be known among you in this meeting. We are with you always and are honored at your request that we use words to reflect that which is quite beyond words. We shall leave you at this time in the love and the light of our infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
January 27, 1985

Evening

(Carla channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. We are most blessed to be asked to share our thoughts with you and we most especially greet those who have come from afar to sit in love and light as we all seek for that which is the one original Thought that we may define ourselves and the Creator and the creation by our growing grasp of infinity and unity. We shall be working with this instrument word by word this evening for awhile as this instrument wishes further refining of its abilities, so we ask your forgiveness if there are pauses.

This evening we would speak to you about that which is called love among your peoples. We would speak to you of what that may mean and what you may hope from its pursuit. More especially we wish to speak about being channels for the one original Thought which created all that there is and is known among your peoples as love. My friends, the meanings associated with that word are multitudinous and yet not one of the many meanings of love can begin to describe that which is truly beyond words, the powerful creative energy which has formed consciousness and through whose eyes we do see and in whose memory all our thoughts and actions are. If we establish that all of us are not only seeking love but are to some extent manifesting love, then we must begin to ask ourselves what we may hope to achieve from the sometimes seemingly fruitless task of seeking the Creator. That which you may hope for is no apparent award or pleasure at all, for the single most clear manifestation in an entity's life is the surrender of a small self in order that a larger self may overshadow and guide in a way which ideally shall touch the heart of each moment, find the love in …

(Page two of the original transcript is missing.)

… questions which our brothers and sisters of Latwii would be delighted to attempt to answer. Yet we wish to leave you with the strong and stern and cautionary love of the words that encourage yet warn. Those who do not think that they are seeking are only seeking very slowly. They will eventually have to make their choice between loving others above the self and loving the self above all others. You who sit in this circle are making the choice at each moment in a conscious manner, therefore your evolution in spirit may be more healthy, more rapid, and much more difficult. Because as you ask, so it shall be given you and when you ask to learn lessons about love, you get lessons about love, and in those lessons you are required to find love in moments of anger, distress, frustration, pain—even agony.

Yet we say to you, there is joy, there is love, there is peace in each moment. You may not be able to express it in words but if you can find it, if you can but intend to find it, your light shall be so bright that kings would bow before you and all nations turn to such a great light. And yet it is precisely because you have put yourself out of the way that this would be so. Kings shall never turn to other men but only to the one original Thought. That is what we seek to express; that is what you seek to learn and to manifest.

How we love each of you, for you are beautiful to us. Yet that is easy for us, for in our density we see all those things which are more difficult within the confines of your third-density illusion. We have the key. You too have the key, my friends. For us the key is that we have already passed your grade, shall we say. For you the key is meditation, for in your meditations you will touch base with the infinite. You shall abide with that which is eternal. You shall find joy and peace and those about you shall find it through you, never in you, my friends, but through you. You are all channels. What shall you channel?

We would wish to say two things before leaving this instrument. The first, as always, is the request that our words be taken as opinion and not doctrine. We do not know the truth; we are seekers of the truth. We have been your way and gone on. Take that which is helpful, leave behind that which is not. We hope only to inspire your own thoughts, your own meditations, your own seeking.

This instrument is fatigued and we are going to leave this instrument early. We leave you insofar as speaking through this instrument in the love and the light of the one infinite Creator. Know that you may call us in meditation mentally and we shall be with you, not as words but only but as an aid to a more powerful meditation. We will tabernacle with you, abide with you in the desert or in the oasis wherever you may happen to be. We are those of Hatonn. We leave you in the great created love and the manifested light of the One Who Is All. Adonai. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. It is our great honor and privilege to be asked to join your group this evening. We thank you, my friends, for asking us. Our service is a humble one, which we offer in joy. We shall attempt to answer those queries which those present may find the value in asking. As our brothers and sisters of Hatonn, we also suggest that our answers and words are but opinion. We seek as you seek to know the one Creator, to radiate that love and light to all as the one Creator. Yet, though we have sought diligently, what we have to share with you is our opinion and is no hard and fast doctrine. May we then, with that understood, begin our service by asking if there might be a query with which we might begin?

L: Yes, I have a question. Sometime back I had a relationship with another person which was disrupted in a very painful and vicious manner on the part of both concerned. I perceive a healing process going on at this point, what seems to me a chance to what you might refer to as clean up mistakes of the soul. Could you in general discuss that subject—not my relationship—but just the possibilities of repairing mistakes made previously?

I am Latwii, and am aware of your query, my brother. As we look on this situation of which you speak, we do not see mistakes, as you have described them. We see that there has been two portions of the one Creator that have been in a relationship with each other and have through that relationship sought to know the one Creator. Each has had an opportunity to serve the Creator through the other self. Each has had lessons that were hoped would be learned and utilized as means by which love could be multiplied.

When difficulties occur in such a relationship it is not so much a mistake that has occurred, but tests and opportunities of a more intensive nature which have for the moment exceeded the limits of those within the relationship so that love has been more difficult to discover. In such a situation where love has remained hidden, shall we say, and those difficulties and opportunities to show love have not borne fruit, then it is that the entities so involved may, shall we say, drift apart. Yet the thought remains within the mind and the hope remains within the heart of each that love may yet be found, for each is a whole and perfect portion of the one Creator and it is the Creator's wish in all portions that It might know love even in those dark and hidden places which seem so secret and so barren of love, yet there it is as well, my brother.

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As you begin that which you have called the healing, you begin to find that love which always was there, which needed more attention in order to be discovered. Often the gift of time and the fond remembrance of the better times between a couple which has parted will bring about the opportunity to rediscover love where it was not found before. The intention to heal and find that love is of primary importance. To attempt that which is difficult is more important than to accomplish that which is easy.

May we answer you further, my brother?

L: Yes, a request for some information I'm not sure you'll be able to give me without interfering. I have had some perceptions recently as to—I could best describe it as the intentions of this other person. Could you give me an idea of how accurately I am perceiving this other person's intentions?

I am Latwii, and am aware of your query, my brother. We may comment by suggesting that it is the nature of perception that what you see is what you are. You have the creative ability to form the experiences in which you partake. As you focus upon one portion or another of another entity's behavior, you shall be as the gardener watering that seed. Choose then carefully, my brother, how you perceive and what seeds you water.

May we answer you further, my brother?

L: No. That was excellent advice. I'll take it to heart. Thank you very much.

I am Latwii, and we thank you, my brother. Is there another query at this time?

Questioner: Yes. There is an entity, the Sixteenth Street Baptist Church, which seems at this time to be disintegrating. I am watching the two sides as they struggle, one against the other. It is my firm belief that each of these sides is truly in love with this entity, the church, the Sixteenth Street Baptist Church. Can you give me some help in the advice that I should give, or that I am called upon at different times to give, to these sides that might bring them together?

I am Latwii, and am aware of your query, my sister. We shall do our best to be of service in this instance, and can suggest that as you view that which is the conflict between those who truly serve and seek to serve the one Creator in differing ways, that as you perceive them, you see them indeed as the one Creator, each and every one. Though there may be differences that seem great at times and though there may be disputes that seem sharp and divided at times, that what is occurring within this situation is also the seeking of love by many portions of the one Creator, and those who would seek to serve as the peacemakers will find a most difficult challenge before them, yet one which has great rewards, for it has been written in your holy works that blessed are the peacemakers, that indeed the meek shall inherit the Earth.

As you move within this experience that these portions of the one Creator have between them, find within yourself first the strong and sure power of the love of the one Creator. Open yourself to that love that you might be a vessel through which it moves. When possible, remove your own will that the greater will of the one Creator might move through you and seek to share the heart of the teachings that these entities revere, that of the master known as Jesus, that we each should love one another. If entities suffering what you may call discord and strife may remember that the heart of each being is love and the face of each being is the one Creator, then there is the calling by each to the underlying unity and harmony which binds each to each even through the illusion of strife and discord.

May we answer you further, my sister?

Questioner: Thank you. I shall do what you have suggested. I agree with all that you have said.

I am Latwii, and we thank you, my sister and remind you that our words are but our expressions of love. We offer them freely and suggest to each that the value that might be there be used where possible and where value is not seen, that those words be forgotten. Is there another query at this time?

Carla: I have one, just right on the heels of that one because I was thinking, and I went through the same thing, and I listened really carefully to what you said but I still didn't find my way out of the maze within my own mind. The church that I grew up in and therefore I was so close to, 'cause I had friends that were in the congregation, were fighting over an organ. Some of them wanted a new organ and some of them did not want a new organ, and about twenty-five people left the church over that organ—that was the choir, the whole choir. Now the weird

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thing was that within the year they got a new organ, but in the meantime there had been this terrible breakage of people that had been going to that church all their lives. And we all tried to act as peacemakers and give good advice and we failed. And that's just the truth, and I wonder what … Can you speak to the apparent failures of our good intentions, the sometimes heartbreaking reality that occurs?

I am Latwii, and am aware of your query, my sister. As each seeker and, indeed, each group of seekers moves through the pattern of life set before the incarnation began, these seekers shall find the times of seeming difficulty where the belief, the faith, the love, and the wisdom of each is tested. For how can one know what is the heart of one's being unless there is the test? When one has moved upon the path of the seeker for a great portion of time, then the tests become somewhat more severe, shall we say, and the seeker is faced on many occasions with what you have called the failure, and yet this is a matter of perspective, my sister, for as one has attempted to love and to give of the self without thought for the self but only with thought for others, then one has expressed the heart of love. And if love has been expressed, how can there be failure in truth?

Though your illusion may not bear fruits as you feel it should, yet is any within your illusion wise enough to know how the fruits of the one Creator shall be formed and shall be born? All you can do, my sister, is love and continue to love through all seeming failures, through all difficulties, and let that love bind you with others and all others and let that love be the shining star which lights your way, however difficult the journey, however winding the road.

Within your illusion you shall not see the world about you respond as you think it should for it exists as an illusion that when love is born it might be tested. The times that are tranquil and full of peace are indeed restful, yet they do not test love. Love is strengthened in those times of turbulence.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Questioner: I have a daughter, twelve years old. The father of my daughter, A, I'm very concerned as to why he never wanted to see her. I had to force the issue for him to see her when she was two, and before she was born we had a very good relationship. But after the birth of my daughter, the relationship turned into bitterness. I have tried communicating with him to see if there is anything that I have done that we could talk about to iron out whatever bad feelings there might be so my daughter can have a communication with him. But he refuses to talk with her, to see her. What can I do about that?

I am Latwii, and am aware of your query, my sister. We can comment in a general fashion upon this subject but cannot give specific advice, for the pattern of service which is presented to each of the three of you is most sacred and holds treasures that are for your discovery. We may comment by suggesting that if one is able to …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue. If one can see within such a situation that there is love, even though it might be difficult to find, and if one can see that the one Creator in full moves in each, then one can begin with this faith in the perfection of that which seems imperfect. For each there is the opportunity to share love. The test may be difficult, yet is there and love is with it. Perhaps for one there is the great opportunity to forgive and express the compassionate aspect of love. Perhaps for another there is the opportunity to accept responsibility and to love through that aspect. Perhaps for another there is the opportunity to find love where there seems to be rejection. In each life pattern there is what seems to be a lack of love. Yet, my sister, this is but an illusion which each has helped to create in order that love might eventually be found, to accept each within this situation. To forgive each and to see each as the Creator is to lay the groundwork, shall we say, for the nurturing of love so that when possible it might make itself known as each seeks within the self for the solution to solve what seems a most difficult problem.

May we answer you further, my sister?

Questioner: Is there anything that I can do or say to him to create this feeling of love to come forth for *(inaudible)*?

I am Latwii, and am aware of your query, my sister. To simply love and accept another as he is is the

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most that can be done when another does not wish to communicate with yourself. To keep the door open and the heart open is all that can be done until that entity walks through that door and finds the love within your heart.

May we answer you further, my sister?

Questioner: Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

K: Yeah, I have a question about the people who are starving to death in Africa. Where is the love of the Creator in that? It seems to me it would be an overly harsh and severe test to put these people through.

I am Latwii, and am aware of your query, my brother. Indeed, my brother, upon your planet at this time there are multitudes of entities who suffer daily the greatest of difficulties and degradations, the sicknesses, diseases, hunger, oppression, separation from those that are loved. This is the lot of many within your illusion, and each in some way partakes of what seems a most unloving life and pattern of living. Yet, within your illusion there is the restriction of the viewpoint. Within your illusion you cannot see with the wide-ranging eye that sees the patterns not only of this life but of those lives and lessons which stretch far back into what you call time. It is not possible for your entities and peoples to see in such a manner or else the love of the Creator would be much more easily discovered and expressed. Yet even within the situation within which you have described, there is not only the love of the one Creator, but the one Creator moving in portions of Itself, finding the balance within this illusion for other lessons not well learned in another illusion.

As you see one portion of the Creator suffering the great difficulty, you with your limited perspective are not able to see that from which this situation sprang. As we look upon those entities who inhabit your planet, we see that there has been a great migration of souls from many portions of your universe. This planet upon which you dwell is one which houses those who have had difficulties within the third-density experience which attempts to learn the lessons of love. These entities have migrated to your planet in order to once again attempt the great lesson of choosing to love the self or to love other selves. Many are the lives, cycles and sagas that each entity upon your planet has undertaken. The journeys have not been easy; many have been the difficulties.

Those difficulties now apparent are those which are hoped by the entity suffering that will balance the previous difficulties in order that the harvest and graduation into what you have called the density of love might be accomplished, for each upon your planet at this time is old in experience and each has the opportunity to learn these lessons of love and to move from this density of forgetting into the experience of remembering once again that the one Creator dwells in all. These great difficulties are the tests which provide the opportunities for graduation.

May we answer you further, my brother?

K: Yeah, I'm still a little bit confused in that I can accept a percentage that has probably been with any segment of society since the dawn of creation on this planet, but why so many souls together numerically in one place at one time are going through this? I have a tough time rationalizing the overwhelming massive numbers of people that are dying right now.

I am Latwii, and am aware of your query, my brother. As we spoke previously, many are the sources of planetary influences which have contributed their populations to your own planet in order that these entities might once again be exposed to the illusion of forgetting. Great numbers in your estimation have come from these planetary influences and have together as seekers of truth experienced those conditions which created the distortions and imbalances within their life patterns that they now find the necessity and opportunity of balancing once again. Once again together they journey, once again together they provide themselves the opportunity to learn, once again they find that love supports their every moment of existence even though it seems that there is no love.

May we answer you further, my brother?

K: Are you saying that they're knocking a time line against the harvest and that's why they're doing what they're doing now? The time grows short in this particular cycle?

I am Latwii, and am aware of your query, my brother. Indeed, as what you call time grows shorter and the harvest grows near, the opportunities for covering a certain distance must be intensified in order to do more work in consciousness. Were there

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more time, as you call it, the lessons might be attempted in a less intensive manner. Yet these entities, as each upon your planet, are greatly desirous of completing this illusion and learning indeed how to love, and have therefore determined that the remaining period of time might best be utilized in this intensive manner.

May we answer you further, my brother?

K: No, thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

S: Latwii, it would appear to me that this would be an opportunity to serve those in those portions of the world that are suffering, be it money or would it be more effective to send love and light to help them on their way? Can you speak to that?

I am Latwii, and am aware of your query, my sister. There are many ways to be of service to such entities. To those who are starving, indeed, it is quite fit that food be given, that medicine be given, that the physical needs be tended to in order that the mind might find the rest in which to contemplate the mystery of life and that consciousness then might move more freely through a vehicle which is supported in its barest needs. These entities then provide those other populations of your planet with the opportunity to be of service. Thus you see various portions of the one Creator offering opportunities to other portions of the one Creator to know Itself through love.

May we answer you further, my sister?

S: Thank you.

[I am Latwii.] Is there another query at this time?

Carla: Well, I'd like to follow up on that one because it seems to me that the news is kind of managed. There are people starving to death here in this town tonight, for one reason or another, people that live on the streets. Any big city has them. One can give food, one can send light. I guess my question basically is, is there more starving and misery now because of the nearness of the end of the cycle or has it always been like this in the world? History would have us believe that there has been a lot of this sort of thing through the generations.

I am Latwii, and am aware of your query, my sister. That which you have called history as it has been recorded by your peoples is but a very short span of the entire length of your planet's third-density cycle. Indeed, within the last five thousand years, a period of time which seems great in length within this circle, you are speaking of a period that is but a small fraction of your planet's entire cycle of seventy-five thousand years. Thus, within this small fraction of time, the intensification of catalyst and experience has continued so that those entities of what you may call seniority of vibration who have the possibility of being graduated from your illusion may accomplish these tasks and lessons within the shortening period of what you call time. Thus, you are correct in your assumptions, my sister.

May we answer you further?

Carla: No … So you're saying that all of recorded history is basically that of the end times? As we know it.

I am Latwii, and this is correct, my sister. We find that this instrument is rapidly growing fatigued and would suggest that if it were possible for another to assume the channeling of our attempts to answer your queries that this would be appropriate at this time. If this is not possible, then we shall take our leave of this group. We shall attempt to transfer this contact at this time. I am Latwii.

(L channeling)

I am Latwii. I am now with this instrument, and I greet you in the love and the light of the infinite Creator. At this time we shall be happy to continue our efforts to be of service to those present in offering our opinions and what meager wisdom we possess to those who desire to pose questions. Are there any questions?

Carla: Well, I'm kind of curious as to what starving to death is the balance for. What behavior or what error, what bias had to be balanced by starving to death?

I am Latwii, and I am aware of your question. My sister, in your world at this time there are many who find themselves to be possessed of that which potentially could be shared with other selves. This, in essence, is an opportunity for service. There are many who, upon experiencing that which you call death, are given an opportunity to reflect upon their lessons in the previous life and perceive overlooked opportunities to be of service and sharing that which they felt they possessed. As you are aware, the rapid

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approach of harvest allows little time in which to provide oneself repeated opportunities for sharing through the experiencing of multiple lifetimes. Therefore, certain entities choose to incarnate under conditions which have a high probability of …

We shall pause.

(Side two of tape ends.)

(L channeling)

Certain entities choose to incarnate under conditions with a high probability of deprivation. This has a two-fold potential for learning. The first is quite obvious—an increased perception of the effects resultant from an entity's failure to be of service through sharing with other selves. Second, an opportunity to be of service to other selves by sharing what meager resources are available to the entity with his or her other selves, a prospect which is quite difficult, yet reaps much reward in the development of the entity. The entity in essence thus provides himself with what might be termed a crash course in brotherhood in hopes to maximize his or her growth on the path of service to others in a minimal amount of time, that is, the time remaining prior to harvest.

May we answer you further, my sister?

Carla: No, thank you.

We thank you. Is there another question.

K: Yeah, I have question, probably the same question but from a different perspective. What is it within the nature of man that makes him make war on his fellow man on a repetitive basis?

I am Latwii. My brother, what is it in man that enables him to perceive both himself and his other selves as separate entities, both from one another and from their Creator? It is that lack of perception, my brother, which is both a lesson in your density and an opportunity to progress along either the line of service to others or service to self. If one chooses the path of service to self, then one is not deterred by the awareness that the pain is inflicted upon oneself. However, if one chooses the path of service to others, one is greatly benefited in that the awareness must be perceived by intention, an intention in analogy to the knight who in seeking the holy grail never allows his glance to waver for a moment from the miraculous image. My brother, this failing is intentional, this lack of automatic perception enables you as an entity to seek either grail: the grail of self-service or the grail of service to others.

May we answer you further?

K: Yeah. The Christian community has a concept of original sin, and I've often thought that it's possible that if in fact that exists, that what it is is the inability of man to get along with his fellow man. Could you speak to that, please?

I am Latwii. I am aware of your question. My brother, the concept of sin is the result of a contamination of information by those who would seek the path of service to self. There is no sin, my brother. There simply is a set of conditions within which the entity exists and is provided with the opportunities to make choices—ideally, choices leading to further polarization in one direction or the other.

May we answer you further, my brother?

K: No, thank you.

We thank you, my brother. Is there another question?

J: Greetings, Latwii. May I ask if the death camps in Germany during World War II, as well as the current famine, is this not consideration to increase the total awareness of all entities?

I am Latwii, and I am aware of your question. My brother, the situations which you describe are the result of choices made by entities incarnate at the times in which these situations exist or did exist. It would not be accurate to describe them as conditions established for the enhancement of awareness of other entities, for in truth, they are the ongoing lessons of both the recipients of the unpleasant influences and those performing those acts. It is not common, to our knowledge, for such intensive experiences to be established for the enhancement of others present in a manner similar to that of a football team performing for the crowd. This, to our knowledge, is not an effective path toward self-development of the audience.

May we answer you further, my brother?

J: Thank you very much. Then you're saying that the increased awareness is only involving those who are involved per se individually, and not a general heightening awareness such as was mentioned concerning the UFO's.

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My brother, the enhanced awareness is the increase of opportunity to be of service for those who are not direct participants. The opportunity to be of service which is provided by these situations is a benefit for those made aware and given an opportunity to serve. However, the situations you describe were not established solely for that purpose. Rather, the opportunity for service among those such as are present is more aptly described as a ramification of the situation rather than the focal point of its existence. The focal point, my brother, is for those who in your words are on the scene.

May we answer you further?

J: Yes. Then eliminating the consideration for physical conflict in the area of the famine, from what we're told, it's almost impossible to get food in and get it to the people that need it. That is, just donating food would not be an adequate consideration or money for food, whatever, other than the resultant possible physical conflict. Is that true or not?

My brother, all things are possible. Therefore, it would not be accurate to state that the situation as you describe it is fixed. We would suggest that you examine the possibility that those who seek to be of service to themselves by withholding or preventing the distribution of physical sustenance might waver in their dedication to service to self and distribute these items. This possibility, although low in probability, still exists. Other possibilities would include the determination by those in the seats of power to distribute the food to those in need despite the artificial boundaries of nations. This possibility, although fraught with danger, also exists.

May we answer you further, my brother?

J: May I diverge just a bit to ask you if there was some major catastrophe, oh, prior to five, six thousand years ago, such as the rotation of the poles of the Earth, that caused all prior information to be eliminated?

I am Latwii, and would ask that your question be phrased more clearly in that we are not certain as to the time locus of your question.

J: Approximately five to six thousand years ago our first recorded, present recorded written knowledge became somewhat available. There seems to be some lack of information that preceded approximately five to six thousand years ago. And I was just wondering if there was a major catastrophe that might have occurred—or perhaps it was not a catastrophe, perhaps it was a harvest—but some major physical condition involving the Earth that eliminated most of the prerecorded material that may have existed prior to five …

(Tape ends.)

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Sunday Meditation
February 10, 1985

(Carla channeling)

I am Hatonn. I greet you in the love and the light of our infinite Creator. It is a great pleasure to be with you this evening, to share in your lives for this period of what you call time, to embrace with you seeking for the truth.

This evening we would speak to you about that portion of seeking which is involved in manifestation. To put it another way, we would speak with you about service to others. When each individual embarks upon the spiritual journey, there is a time when the seeds of seeking are tender and young and need to be guarded carefully and in private. This is usually known instinctively by seekers. They feel fragile and indeed they are fragile as very small children are fragile, unable to defend themselves within the new life and environment of seeking. As the seeker pursues the journey, however, there is another stage which might be called that of adolescence, spiritually speaking. The seeker has become excited by the power and mystery of the excellence of the path and is often on fire with the desire to share with others the awakening which he may have had.

To put this in a more general context, regardless of the desire and its nature, any desire to serve another is prone to the folly of spiritual adolescence. There is a great disillusionment involved furthermore and an ensuing bitterness which we would at all costs urge each to remove from the being if possible by nipping the adolescent spiritual self in the bud and studying and then living those portions of what we have to say that seem worthwhile to you this evening. Each individual is a mystery, for the Creator is a mystery. Could the co-creator then be less? Further, each individual is unique, and thus each mystery is unique. Within the well-intentioned there is such a desire to be of service, such a desire to polarize and to learn a better way of being that it is easy to find oneself deciding what is needed for another. The excitement of the spiritual path is relayed and there is often puzzlement and sad feeling when the attempt to serve is not accepted but is, rather, rebuffed.

Again, in the more general sense, how often does each individual feel that he knows what is best for another and with a willing and glad heart would do anything to serve another person by making the desired outcome possible? Service to others is one of the great paradoxes, for one is of service to another to the extent that one ceases to attempt to give to another. One is, after all, dealing with a co-creator, an infinite and mystery-filled being. Thus, service to another begins often with the conscious or unconscious decision to attempt to see the creation through the eyes of the one who is to be aided. This is not the end of service but the means. The end is to

see the Creator in another, for by seeing the Creator you reflect that which may be the mirror to that person whom you wish to help. That person is then able to discover himself. The gift that you can give is the vision of the Creator.

How many times have you considered that another entity was less than perfect, was troublesome, difficult, or in some way in need of help? When thoughts of this nature come to you and you do wish to serve, begin by the centering of your own disciplined attention upon that part of yourself which is the Creator. Then, with eyes which behold that which is not apparent but only seen through grace, you may aid another, for you may see the Creator.

You will notice that in all that we have said, we have said nothing about doing but only about your manner of being. It is an enormously selfless thing to listen and see with eyes and ears that are centered upon the Creator, for there are so many opinions, judgments and feelings which one has due to the lack of freedom from the illusion that each is separated from each. Once the technique has been learned, it is fairly common for one to be able to be of service. If this technique is not learned, no matter how great your enthusiasm, how beautiful your message, how inspiring your words, that which you give another is part of your own energy and it will not last past your leaving. When you give another self himself in a new vision, consequences are far more lasting and there is no infringement of free will, for all you are doing is acting as a channel.

We are sorry for the delay but there is less energy than there sometimes is in the circle. We shall continue.

The beginning, for yourself and for others, is your decision to serve. If service is not free then you are not free, for your actions reflect your state of mind and your being. Remember always that even though you may aim as high as your imagination can take you and then fail, it is far better to have aimed so high, for it is your intention that draws you upon the spiritual path ever onward. The concept of failure is foreign to the seeker and is best left behind along with other of your cherished possessions such as a feeling of unworthiness, a feeling of being less than one appears to be, a feeling of being too much with the world. You see, my friends, you begin by judging yourself, so stop judging yourself; be of service to yourself. You are, after all, a self; there is that within you which is infinite and it may be of service to you. We do not mean to sound as if we are splitting your personality, but there is within you a greater self that you may call upon and use in order that your mind and your emotions may serve you instead of your being a slave to them. Service to others is the next step for those who seek to love. Spend yourself freely in order to be, not in order to convince. Do not even attempt to convince yourself but merely allow [the] flow of your incarnational experience to teach you and to draw you toward your next challenge.

We find within this instrument's mind a portion of a conversation earlier. We feel that we are not those who should speak to this and therefore we shall leave this instrument, for there is another called by this question. We are those of Hatonn, and we are most grateful to you for calling us to your presence and to the joy of your company. We leave you in the love and the light of our infinite Creator. Adonai vasu borragus.

(Carla channeling)

I am Oxal. We greet you in the love and in the light of the one infinite Creator and thank you that you called us to you at this time. We are adjusting the energy which we use with this instrument. It has been some time since we used this instrument and we are adjusting to this instrument's comfort.

We would speak to you upon [a] subject which, as our brothers and sisters of Hatonn observed, has been raised in discussion. The practice of meditation is central and, indeed, for most an absolute necessity for spiritual evolution. Yet it is inevitably painful in that it is a tool whereby realizations occur. One learns about oneself; one then turns to the self and begins picking at the self, at the past experiences which have been, shall we say, less than perfectly resolved. One becomes tangled within one's own incarnational experiences and judgments about experiences which do not square with those things which meditation is bringing you.

Therefore, you may find bitter fruit cropping up among those fruits of meditation. This is an excellent sign and we encourage each to rejoice when a past misalliance of some kind comes to mind as an unbalanced and unfinished piece of business. It is now time to finish the business. Those who live the life of one who is asleep become increasingly bowed

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down by the weight of experience. That which is childlike begins to leave and the being becomes heavier and heavier, for in truth nothing is ever resolved to the complete and total satisfaction of a judging entity.

The appropriate action when one is faced with one's own past is to take the past from the shoulders, to refuse to carry it further but rather put it down and gaze at it until all is well, until there is no emotional pull or push to this experience. You are then lighter, more childlike, more spontaneous, more open, more joyful and more ready to be yourself. The great treasure of being that you are must wait for you to unload the package of burdens of your past from you. In the seeker there will be again and again those confrontations with the self in which one judges the self to have fallen short. We may say that when one adds two plus two and writes down the number five, one has made an error. Later one may erase the error because of new and life-giving knowledge. The problem is then solved correctly, two plus two being four. That is all that your past is.

My friends, you are carrying around a collection of unsolved but simple arithmetic problems. The answers usually have to do with forgiveness of the self, and a willingness to use the eraser. You do not have to live your past. You are responsible for the new life of the present moment. If you have not made amends to another, by all means do so. Usually, however, it is the self that is the great scapegoat. Remove this identity from yourself. You will have to be patient, for you cannot find all that you have done badly by meditating once, twice or a hundred times. The fully realized self is a long time, shall we say, in arriving; especially within your illusion. We ask you simply to remain unflustered and use your eraser, loving your mistakes, loving your perfection and being willing to be accountable for that which you are now, not in the past and not in the future.

To be light of heart, to be joyful and gullible and free is the sign of the child and it is that small one within you that is the best learner, the best student. You will gain the best perceptions with your child-self, for your child-self is open and trusting and the universe gives back that which it feels. We encourage you in your meditations. We encourage you in their deliberate discipline. Daily meditation is most central. We hope that we have been able to speak to the concern of the meditation which brings seeming difficulty. It is giving you good fruit, not bitter. It is only the conscious self which may choose to be bitter rather than to pluck the fruit and cast it aside so that new fruit may be born in its time.

I am Oxal. I leave you secure in the infinite unity of all that there is. Therefore, my friends, we cannot leave you for there is only one creation. We shall, however, cease speaking through this instrument, asking you, as always, to cast aside any thought which does not have merit in your own opinion. We leave you basking in the love and in the light of the One Who Is All. Adonai, my friends. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the one Creator. We are most privileged to be asked to join your group this evening. We follow our brothers and sisters of Hatonn and Oxal in giving praise for the ability to share our thoughts with you. Our service, as you know, is that of attempting to [give] answers from our philosophical point of view. Therefore, may we begin with the first query for this evening.

J: Latwii, I'd like to ask you an historical question, please. I was reading an article about the Cro-Magnon man in the caves at La Tuc d'Audoubert. I'd like to know how did they learn how to draw, where did they get their colors from, and how did they draw on the ceilings of the cave?

I am Latwii, and am aware of your query, my brother. We are not very good at giving answers to queries that are beyond the bounds of our philosophical reach. To attempt to look upon the historical past of your planet is somewhat of a difficult task for us. We shall, in our humble way, make a small attempt in this instance, focusing as we can upon those portions of the query which are within our grasp.

We find that entities who have partaken in the evolutionary chain of your species' development have from time to time developed those means of self-expression which have been recorded in various ways. The entities of which you speak were of a level of development which enabled them to utilize various substances of the plant and mineral world that surrounded them in the making of those dye and paint pigments that allowed for the recording of their way of being upon the walls of those cave structures in which they found shelter, an

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environment which was relatively safe in which to dwell. These entities were able to make drawings upon the walls and what you have referred to as the ceilings as a result of utilizing structures which no longer exist within those cave areas. There has been much, shall we say, erosion of the structures and geographical placement of, shall we say, earthen mounds which were then available for such paintings.

May we answer you further, my brother?

J: You did very well, Latwii. Can I still keep on the same subject?

I am Latwii, and we shall do our best, my brother, to accommodate you although we are not skilled in this area.

J: Thank you. Can you tell me, when did the Neanderthal man change into the Cro-Magnon man? And why?

I am Latwii, and am aware of your query, my brother. As we attempt to trace the evolutionary pattern of your particular species, we find that there have been a variety of transitions from one form to another. Many of these transitions did not continue but found an ending in their evolutionary pattern. Your particular lineage is one which does include this entity of which you speak, the so-called Neanderthal man. The transition which this entity partook in with others of a similar configuration was not a transition which can easily be delineated to a specific portion of what you call time, for the transition was the kind in which the, shall we say, donor race or original race of entities died out, giving birth to the successors but a transition in which there was mutual cohabitation for a portion …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am with this instrument once again. To complete our attempt to answer your query, my brother, we may suggest that it is most difficult for us to be more precise in giving a date for this transition, for the transition was one that occurred over a great portion of what you call time, and was one in which there were, shall we say, parallel transitions being undertaken at the same time.

May we answer you further, my brother?

J: Thank you, yes. In this cave of La Tuc d'Audoubert there is an ibex which is indigenous of Asia Minor, and also they drew a sorcerer. Can you tell me how did they acquired that knowledge?

I am Latwii, and am aware of your query, my brother. We find that there has been in many cases of entities such as these of whom you speak a greater level of civilization and cultural abilities than has been supposed by those of your scientific community. There have been in your distant past those entities who were able to venture out and observe various phenomena and who then were able to communicate this observation upon the return by the recording of these phenomena in the manner of the drawings of which you speak.

May we answer you further, my brother?

J: You mean they traveled from France to Asia Minor and back?

I am Latwii, and am aware of your query, my brother. We did not mean to intend that these entities were quite this skilled in the traveling, but that in their travels they encountered the phenomena which were at that time more widely spread than is supposed at your current time.

May we answer you further, my brother?

J: No, but I'm perplexed about that. Where did the knowledge come from? This is what I don't understand. They drew perfect bison, perfect horses. There had to be some kind of intelligence. Did they communicate in a language?

I am Latwii, and am aware of your query, my brother. Again, my brother, we must ask your forgiveness for our inability to be more precise and thereby reduce the perplexity which we feel that we have been responsible for. We are attempting to retrieve this information but must apologize once again, for these queries are quite beyond a scope which is a rather limited one when you consider the great amount of information that one may find an interest in. We focus our abilities upon the philosophical aspects of the nature of one's being and the progress of one's own evolutionary trail, shall we say.

As we attempt to trace the physical evolution, we find that our abilities are at a very low level according to what one might expect from entities who are specialized in a type of communication

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which seems quite advanced to many upon your planet. Though we can do some things well that may surprise various of your peoples, we can do other things quite poorly that will equally surprise many of your peoples. Therefore, we must beg your forgiveness in this, my brother, and ask if there might be a query that you could locate within the very narrow parameters of our abilities to be of service?

J: Please don't ask my forgiveness, and I'm sorry if my questions sounded or were asked in the imperative tense. I'll get off that. I'd like to ask you a question about Jesus. During the trial, he was sent to the Pharisees, and then he was sent to Pilate, and then Pilate sent him to Caesar. Does that mean that Jesus went to Rome?

I am Latwii, and am aware of your query, my brother. Again we are faced with the situation in which we must attempt to look within your planet's historical records and attempt to retrieve this information which is by its very nature quite confused, for there are varieties of thought forms created by various groups and individuals over the centuries which have passed since this entity's, as you call it, death. Many have revered this entity, and have looked at this entity in a great variety of ways, and have therefore created forms of thought which are of themselves energy pools and sources that tend to confuse and hide that occurrence which was indeed the pattern of this entity's incarnational experience.

That this entity was required to appear before those which you have mentioned supposes that this entity was indeed in their native homeland, shall we say, yet it is to our humblest and barest ability of retrieving information not clear as to whether this is completely true or as to whether perhaps there might have been the visiting of these entities in another location to which the one known as Jesus was also required to visit.

We again must apologize for our lack of specific information in this case. We are quite without our usual ability to give information.

May we attempt a further query, my brother?

J: No, thank you. We're not getting along tonight. I think I'll just be quiet. But you did do very well.

I am Latwii, and we appreciate your patience with us, my brother. We, of course, are in great need of such patience when we are beyond our abilities to serve. We attempt in these contacts to offer a philosophical point of view which works with the mental evolution of one's being. We are not historians by nature but philosophers, and in some instances that which you might call a scientist, in that we are greatly interested in the formation of light and its expression by entities such as yourselves.

May we attempt another query at this time?

J: Thank you, sir, but I was not impatient at all. I'm very appreciative of your answers and I hope I didn't give you that impression.

I am Latwii, and our attempt was to thank you for your patience. May we attempt another query at this time?

N: Yes, Latwii. Has the philosophical or evolutional aspects of our thought form patterns been changed by rotation of the north and south pole or rearrangement of our poles very many times in our past?

I am Latwii, and am aware of your query, my brother. We find that the pattern of thought of an entity is responsive only to that entity's influence. It is, however, true that any entity may use any outside stimulus in order to change its own pattern of thinking. Those experiences which one encounters—and this may include those of which you speak—may therefore be utilized in the changing of the pattern of thought. Upon your own particular planet there have been many, shall we say, geothermal changes over your cycle of evolution in the third density. There, to our knowledge, however, have not been any of the changes of which you speak during this 75,000 year cycle.

May we answer you further, my brother?

N: Well, of course the dinosaurs existed many, many eons years ago and they have found fresh flowers in frozen mammoths in Siberia which would indicate probably a polar shift which may have exceeded the time span of the last 75,000 years. However, it just seems that there was much intelligent life before, particularly with the Atlanteans, which seem to have been eliminated some ten thousand, one hundred and some odd years ago. Why is it that our method of counting days and months and years is only five to six thousand years old?

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I am Latwii, and am aware of your query, my brother. We find that there are two portions which we may address. Firstly, the great changes in your Earth's structure which were responsible for the down-sinking of the continent known to you as Atlantis were changes not of the polar shift variety, but of the results of what you may call nuclear and crystal warfare, which so affected the tectonic plates underlying the continent of Atlantis that there were generated what might be called artificial earthquakes that were therefore responsible for this great change.

In response to the second portion of your query, the numbering of days, months and years which you now use is a system which has survived for the portion of time which you have mentioned but is not the necessary, shall we say, system of time which has been in effect over the entire cycle of your planet. However, it is a system of measuring time which has its basis upon the revolution of your planet about your sun and the revolution of your moon about your planet. There have been many other means of reckoning time but all have been distortions of these rhythms of revolution which are a natural portion of the creation within which you exist.

May we answer you further, my brother?

N: In our illusion, did not other individuals, perhaps even the Neanderthal man, utilize the distortion of the earth's rotation for accumulating time sequences?

I am Latwii, and am aware of your query, my brother. We find that throughout the historical past of your planet there has been the varying abilities of races and groups of entities to reckon time. There have been many attempts to count the passage of seasons as a means of reckoning time. These attempts were not always based upon the knowledge of your Earth's revolution about your sun body but were attempts to reckon time as a means of utilizing the, shall we say, outgrowth of this revolution of your planet about its sun body, that is to say, the seasons in their passing were recognized as that which seemed to repeat upon a regular and measurable scale.

May we answer you further, my brother?

N: Thank you very much. Back to the Atlanteans. Was that an internal strife of civil war or was that a war between other factions? And in the area that the Atlanteans were located, could it be possible to recover some of the fifteen-foot crystals that existed at the time of the holocaust?

I am Latwii, and am aware of your query, my brother. Again we move somewhat outside of our boundaries of ability and shall ask that you appreciate our lack of ability in this area. We can suggest that at some point there will be those who shall discover the remnants of this culture and perhaps there shall be the discovery of the kinds of crystals of which you speak. The entities known to you as the Atlanteans were in their own culture quite divided, and there were those struggles for power at the latter portion of this culture's existence, for the ability to use the technology at that time had grown quite rapidly toward this culture's end time and there were those within the culture who wished for themselves the use of this technology and found the need to vie with others within this great culture for the utilization of the technology which had a great variety of uses.

May we answer you further, my brother?

N: The Koran—the Indian—several of the Indian reports—the country we know as India report what appears to have been nuclear wars at other times. Have there been other civilizations advanced to the point that they devastated themselves with nuclear devices?

I am Latwii, and am aware of your query, my brother. We, in our knowledge of your planet's third-density cycle, are unaware of any cultures besides those known to you as the Atlanteans who were of the technological advancement necessary to utilize the power of the atom. Therefore, we may suggest that the recording of any such nuclear holocaust might be a recording of this very culture's own destruction.

May we answer you further, my brother?

N: No, I think we're probably tiring the instrument and I want to thank you very much. I have some other questions I want to ask later. I thank you.

I am Latwii, and we thank you, my brother, for your patience as well in bearing with us as we must give information which is not that in our usual grasp or reach.

May we attempt another query at this time?

J: Yes, Latwii. Well, then did the Neanderthal man come after the Atlanteans? Before?

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I am Latwii, and am aware of your query, my brother, and we dance with joy to be able to answer this particular query. We are aware that those that [are] called the Neanderthal entities were preceding those called the Atlanteans by a great portion of what you call time.

May we answer you further, my brother?

J: Well, were there any Atlanteans left over after the wars?

I am Latwii, and am aware of your query, my brother. The strife and variety of conflicts which wracked this culture were known to many within the culture for a great portion of what you call time. Over a period of two to three centuries there were those entities within this great culture who traveled out from the doomed culture and created bases of survival in various portions of your planet that were located far enough away from the continent of Atlantis that survival was possible.

May we answer you further, my brother?

J: You mean like Spain and France?

I am Latwii, and am aware of your query, my brother. Due to this instrument's familiarity with the information transmitted from our brothers and sisters of Ra we are able to suggest that these locations are in what you now call Tibet, what you now call Turkey, and what you now call Peru.

May we answer you further, my brother?

J: How could they miss the continent, the European continent. I don't understand, was the European continent existing at that time?

I am Latwii, and am aware of your query, my brother. We can answer in the affirmative that the continent that you now call Europe was indeed in existence at that time. As to whether these entities considered such a journey to be desirable or as to whether these entities did indeed undertake a journey in that direction we are unable to say. Who can account for tastes?

May we answer you further, my brother?

J: No, thank you.

I am Latwii, and we feel that we [have] enough energy available in this instrument for one final query. May we then ask for that query?

J: Latwii, when you answer, you say "your planet." What exactly do you mean by that? Where are you in regards to this planet?

I am Latwii, and am aware of your query, my brother. We are within your planetary influence at this time, though it is not our native planet. We are what you might call visitors observing the opportunity that your planet now accepts for the harvest.

May we answer you further, my brother?

J: I don't understand that.

N: Are you on a space ship?

I am Latwii, and am aware of your query, my brother. We, ourselves do not utilize the craft which you might call a space ship for our current observation and transmission of information. We are, however, existing within what you might call your planet's inner planes, those metaphysical realms which are the, as you might call it, spiritual foundation of your planet.

May we answer you further, my brother?

J: I still don't understand. Do you fly over Anchorage very much?

I am Latwii, and am aware of your query, my brother. We are not of the nature to take excursions over your particular area or any particular area upon your planetary surface but choose instead to allow our thoughts to do the traveling.

May we answer you further, my brother?

J: Oh, this is confusing. No. Maybe another time I can …

N: May I ask if the inner planes are those of the astral or ethereal planes or the subcrust areas?

I am Latwii, and am aware of your query, my brother. It is the former portion of your query, that is, as you have called them, the astral and devachanic planes that we choose to inhabit. We choose more specifically to inhabit those planes that are, shall we say, somewhat removed from the astral planes and are of the devachanic or etheric description, depending upon the terms which you might choose.

May we answer you further, my brother?

N: Thank you. No.

J: Is astral travel like out-of-the-body journeys?

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I am Latwii, and am aware of your query, my brother. This is a rough analogy, and is somewhat similar to the type of travel which we are suggesting. However, it is for us not an out-of-the-body experience but is a, shall we say—we must correct this instrument and suggest that it is an experience which is in our body, a body which is more filled with light than the third-density body which you inhabit, is indeed a body of fifth density, that being the density of light.

May we answer you further, my brother?

J: Oh, this is confusing, Latwii, very confusing.

Carla: I want to break in here. How's the instrument doing?

I am Latwii, and we thank you, my sister, for asking as to the energy level of this instrument. We feel that we are able to complete our channeling, shall we say, at this particular time, for the instrument is somewhat fatigued, and is concerned as to the level of questioning for the evening. This concern is further fatiguing the instrument. Therefore, we thank you for your concern and shall at this time take our leave of this group and this instrument.

We thank each present for allowing our presence and for asking for humble service this evening. Indeed, this evening our service has been quite humble, for we feel that our inability to respond to the kinds of queries which were offered us has lent a certain amount of confusion to this group which we feel responsible for. We do not mean in any respect to confuse. It is indeed our hope that our service might remove some confusion. We therefore are most able to provide this service in the philosophical type of discussion which focuses upon areas of the evolution of mind, of body, of spirit. We leave the historical and other areas that lie outside the philosophical to those of your peoples, for these areas are those which are well used for catalyst and as one moves through these areas in one's existence, then arises the philosophical questions as to the meaning of the life, the purpose of its movement, and the process of its evolution in one's own experience.

We at this time thank each again and shall take our leave, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
February 17, 1985

(C channeling)

I am Hatonn. I am now with this instrument. We greet you in the love and the light of the one infinite Creator. Tonight we would like to relate a tale, a story concerning a small elfin creature. It has found itself alone and in doubt as it leaves its home searching for what it is not sure it is searching. For it came to pass as the elfin creature what for it was the age when the urge to leave the security and warmth of the family is felt. The elfin creature knew that for it there was something it must find, something that lay beyond its home and so, though it loved its family, it proceeded into a world unknown.

We would now transfer this contact.

(L channeling)

I am Hatonn, and I am now with this instrument. To continue our story. The small creature arrived at a point in its life where it realized the necessity for leaving the comfort and security of its home. As with many who face such a realization, this entity had no clear awareness of the reason or reasons behind this realization but was simply aware that the time had come and it must go. The creature, like many of us faced with departure, first sought the security of a destination, for in your world, does not one who dives from the springboard immediately seek the reassurance of an arrival in the pool rather than the interim where one is suspended in midair?

The entity to whom we refer selected a distant point of which it had some secondhand knowledge and proceeded to travel to that objective, unaware like many of us that the travel was the objective rather than the arrival. The trip was a long one, especially for one so young and away from the nest for the first time. Indeed, the distractions of the trip, the dangers, the need to seek for food, the uncomfortable climate, often drove from the creature's mind the destination entirely. The creature at night, in its loneliness and discomfort, would envision ways in which that travel could be accomplished without the stress and discomforts associated with travel.

My friends, many of us are like that creature. We have all at some point set our feet upon a path, a road that leads us through immense valleys of distraction, of hardship, of disquiet and often, my friends, we sit and wonder what led us to this choice. We envision paths of learning for ourselves which are devoid of hardship, which allow us machine-like to simply record the knowledge we seek, and then we simply envision alighting from our vehicle with our hair unmussed, our clothing unwrinkled, and our growth complete.

My friends, we will not attempt to tell you that the hardships of the path determine the value of the education, for that must be decided within the heart of each, and those answers, with complete honesty,

may differ. What we can offer, my friends, is but the observation that each of us, like the creature in our tale, made certain choices, often from reasons dimly understood or perhaps not understood, but choices which lead each of us to a path of perfection which impeccably suits but one individual. My friends, accept with serenity the knowledge that the choices you have made lead you upon a path of your own making, a path leading to your own perfection, a path which within your soul you know is the only path you may follow.

At this time we will relinquish our use of this instrument that our brothers and sisters of Latwii might perform their service. Adonai, my friends. We are known to you as Hatonn.

(L channeling)

I am Latwii, and I greet you in the love and the light of the infinite Creator. At this time are there any questions that we may attempt to answer?

C: Latwii, we found out several years ago that in cases where blood or an organ from one individual is introduced into another one, there is a need of rebalancing because the part of that original person has gone into another. What happens in the case where something artificial is put in? The plastic heart that they're using now?

I am Latwii, and I am aware of your question. My brother, if we might answer your question with a question, what value or sensation do you experience upon receiving an object which was valued by another entity for which you possess a great affection? Is it not true that the object itself becomes imbued with what might be termed the essence of that individual? Is it not often a pleasant experience to enter a space occupied by one for whom you feel respect or affection? An individual imbues those objects around himself with his own atmosphere. Therefore, my brother, we would suggest you consider the quality of the energies directed toward the creation and assembly of the object you describe and consider the effects upon its recipient to receive an object born of benevolence, one might say.

May we answer you further?

C: No, I'll think on that for awhile.

I am Latwii. Is there another question?

Jim: Latwii, last week there were some questions asked that were hard for you to give answers to because they were of a historical nature rather than a philosophical nature. Could you give us an idea of the importance of the kinds of questions we ask as it affects our tuning and the kinds of answers then you are able to give?

I am Latwii. I am aware of your question. My brothers, in respect to the maintenance of attunement within the group, we would observe that a fine line must be tread for maximum efficiency in maintaining group attunement, yet that broad deviation from that line is requisite for the purpose of our service. To elucidate, the ideal question for the maximized maintenance of attunement would be a question which has similar emotional and intellectual impact among all participants within the group, thereby achieving a uniform state of arousal within the interest level of the group when the question is verbalized. Obviously, the terrain that can be covered in this manner is substantially limited. One might therefore observe that the maximum efficiency in maintenance of attunement for the group minimizes the efficiency of that service we attempt to perform. Therefore, a wide range of questions which correspond to the sincere interests of the individuals within the group would be much more valuable in satisfying those interests.

A consideration should be given when one desires to keep the attention of other entities from flagging to limiting the number of questions in areas of limited interest so as to avoid the effect of minds wandering from disinterest over an extended span of questions for which most participants have little interest. However, questions on any subject matter, however limited our ability to answer, are always appropriate and we would emphasize that limiting the subject matter entirely would not be of maximum benefit to any concerned.

May we answer you further?

Jim: Not at this time, thank you, Latwii.

We thank you. Is there another question?

Jim: On another topic, Latwii, I'm interested in why the telepathic level of communication differs so markedly from the trance level, where it seems in trance the type of information can be much more specific as compared to the information that is usually delivered in meetings such as this in the telepathic sense. Could you give me some insight into why telepathic contacts are less able, it seems, to

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deliver precise information as compared to trance contacts?

I am Latwii. My brother, we ask you to consider the natures of the two contacts in relation to the instruments involved. In the trance contact the instrument has relinquished control to hopefully a benevolent entity to the extent that the physical instrument itself might be considered newly occupied, its original occupant having temporarily abandoned the facility. Within this framework, the new, temporary occupant is capable of unfettered expression, the ability to communicate without the restraints imposed by the non-trance instrument. The information, therefore, is allowed to be communicated without distortion of any significance.

In the non-trance communication by instrument, however, the instrument remains under the control of its rightful occupant and is used in a two-stage manner, that is, the information is transmitted to the occupant of the instrument who assimilates the information, and by necessity must interpret that information to translate it into a useable form which is that uttered verbally. As you are aware, my brother, the communications in this manner often arrive in the form of non-verbalized concepts which must be first comprehended by the instrument, then dismantled into the appropriate verbal symbols which are then communicated by the instrument's voice and hopefully reassembled into some semblance of what was intended by those listening.

The difficulty in the transmission of factual information in this manner resides partially in the emotional status of the instrument and partially in the instrument's capacity to clearly comprehend such data. For example, the conceptualization of numbers beyond the number five is quite difficult, which one might discover if one attempts to picture within one's mind five of the same object simultaneously, each completely distinct from the other four. For this reason, the communication of a picture, so to speak, of any but the smallest numbers would be beyond the capacity of the receiver.

In addition, my brother, the instrument entity performs a necessary screening, or if you will, tainting of information to bring the desired percentage of involvement to the right level. One facet of this performance is that the instrument's emotions frequently allow the instrument to be sufficiently unsure of the accuracy of data transmitted …

(Side one of tape ends.)

(L channeling)

… as to request repeated retransmission of that same data without gaining confidence in its accuracy. The resultant lack of confidence and increasing emotional distress resultant tend to further weaken the link between the transmitter and the instrument receiving, thereby garbling the attempt even further.

Have we expressed this concept with sufficient clarity, my brother?

Jim: I believe you have, Latwii. Thank you very much.

We thank you, my brother. Is there another question?

(Pause)

I am Latwii. We have been asked to communicate an expression of love from the area known as Colorado to this group. Having done so, and with the awareness that there are no further questions, we shall take our leave. In the love and the light of the infinite Creator, we are known to you as Latwii. ♣

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Intensive Meditation
February 23, 1985

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a great pleasure to speak with you this evening. We especially welcome the opportunity to continue the training of the new instrument known as S. You may notice that we almost always refer to entities respecting the fact that the name of the entity is not the entity but merely an artificial label by which your peoples categorize each other. One of the greatest differences betwixt third density and that kingdom which many are about to inherit which we call fourth density is that the labeling on an artificial level becomes unnecessary, thereby freeing entities from the many false vibrations which are thrown out about each entity which is misnamed.

We wish to tell you a parable, a little story. Once upon a time there was an old man who with his trusty walking stick was making his way through the cobblestones of the village in which he had lived and his father before him and his father before him. This man had married and yet his wife had died, and in dying had lost their only unborn child. More than years bent the old man's back as he picked his way along the cobblestones.

We shall transfer.

(S channeling)

The instrument is feeling our vibration but is extremely nervous this evening due to a thought process that she has been going through, one in which she does not feel that she is able to actually serve as an instrument, is afraid to be wrong. Let us assure her that these doubts are a normal process that each new instrument goes through, not to analyze or try to sense ahead in the story or be afraid that it is her imagination and not our words.

The old man felt very lonely and desolate. He wandered through the town and saw many familiar faces, for as he grew up in that town, it was a small town, a small village in which he knew each and every person, their children by name. In the past he had always attained great comfort in this village but today he felt alone. He felt he had lost his only life in the loss of his great love, his wife and the baby he had yet to meet but yet loved with all his heart.

We transfer to allow this instrument the opportunity to relax.

(Jim channeling)

On this day as the old man wandered through the village, his burden of grief and concern brought into his mind a new idea. And upon this idea, this inspiration, he decided to act. With but a few possessions and his trusted walking stick, he set out

of the village and began to make a journey over a nearby pass of mountains and wandered for as far as his legs would carry him for the first day. As he journeyed, he felt a certain peace within, and though he knew not his final destination, there was a small measure of comfort that he took as he journeyed.

We shall now transfer.

(Carla channeling)

Soon the sun grew low in the west and he made camp and rested. And is *(inaudible)* a procession of days and nights the old man journeyed far until he was so many miles from his village that no one ever had heard of him. No one knew the man with the walking stick, and at first the old man was lonelier than ever and wished that he had not forsaken his home. Here he felt no one would love him. Here he felt no one would pick him up should he fall, tend him if he grew ill, wipe away his tears, and though love whispered in the trees, murmured along the grasses, his ear did not hear nor did his eyes see until the day when he indeed did become very ill as his heart failed him, and he went to his knees upon the dusty trail just outside another small and unknown village.

(S channeling)

He lay on the ground feeling very much alone, though surrounded by trees and the sky and the flowers nearby. He felt that he was alone in the universe. As the old man lay there with his walking stick nearby, some children passing came upon him. One knelt down to wipe the hair from his brow while another ran home for help. The man lay there wondering, "How can these children help me?" and yet received tremendous love and comfort in the light, cool touch of this little child's caring hand. Before long, he awoke to find himself in a bed in a room full of people who, though [they] had strange faces, had very familiar eyes. The eyes of these people in this small town were the same eyes that he had loved in the town behind. Women served him broth, a man built a fire, children laughed in the other room. Although he knew not their names, nor where he was, he recognized the same sounds, the sameness of people and the caring in these people in this new village.

We transfer.

(Jim channeling)

As he lay upon the bed, many thoughts passed through the old man's mind. He began to think on the times that he had spent in his home village with his wife and how they had hoped for such a long time to have a family of their own. He treasured these memories and thought much about the feelings that he and his wife had shared. Now as he looked about him, he saw many new faces, yet the eyes and the caring were old and familiar as friends, and he thought to himself that there must be some meaning here, for he had just undertaken a long journey through unfamiliar terrain and had nearly seen his life pass before his eyes. And now there was about him a great expression of love and compassion. The old man knew that there was here a caring which was like unto that that he had known with his wife and friends, that could not be changed by location or time and somehow this gave him hope. He looked then into other portions of his life and those things that he desired and had felt would never be his to see if there was perhaps a wider opportunity for these to also be a portion of his new discoveries.

We shall transfer.

(Carla channeling)

As he pondered and as he recovered, he found himself quite often in the company of one particular young man. This young man was drawn to the traveler, and together they spoke of many things and shared many thoughts. The old man discovered that his young friend was only six months younger than his own child would have been had his wife borne him and the young man became more and more enamored of the traveler. They spoke of his falling and the miracle the old man felt had happened when small children were able to mobilize a village in aid of a stranger.

We shall transfer.

(S channeling)

The young man had been dissatisfied with his life in a small town, had been dreaming of traveling to a new and exciting larger village in which to find the happiness that he was seeking. By sharing and talking with this traveler he began to realize the experiences of this old traveler were ones where he could learn from, that the larger town that he had been dreaming of did not have the answer, was no different, would hold the same eyes as the town in

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which he was presently living. And through the eyes of his friend, the old traveler, he began to see his own village, though tiny, with a new sense, a new awareness. He felt the kindness and the love that had banded together to help the old man. He heard the laughter of the children through new ears. He saw the young girls through a new heart and realized the happiness that he was seeking could be found in the small village in which he lived. He need not venture on a long journey as the traveler had done, for he took that long journey through his sharing in the awarenesses gained through his friend.

This story is one that applies everywhere. Though you may travel from city to city, from mountains to sea looking and searching as the old traveler did for the answers to your loneliness, you may wish before venturing out to choose to listen to the children outside your window, to see the eyes of your neighbors and feel the hearts of your friends. The answers, my brothers and sisters, may be in your own back yard.

We transfer.

(Jim channeling)

Your journeys, whether you ever move in the geographical sense or not, shall be long, and shall have included the great heights that one attains from time to time and the ability to see in the distant past as from the top of the mountain and to discern those portions of your learning which have been well done. You may look into what you call your future and see many possibilities for continuing this journey. And as you continue it, you will find from time to time that there are valleys and vales and turns in your trail which take you in places that are not so easily discerned. You will have your doubts as to which fork in the road to take. You will feel the gains and the losses and a burden with memory, yet still you shall push on, for within the heart of each of you, my friends, is the strong and thirsty seeker which yearns for that which it does not have, or so it seems.

And though you shall move within your mind to many points of viewing, when you sum your journey at any point, you will find that within it is contained the whole of that which you have sought. You are that which you seek; you are the trail that you travel; you are the seeker that yearns; and you hide from yourself the mysteries of your being that you may unfold them when the time of your journey is right. Like the old man, you have your trusted walking stick, those cherished beliefs that carry you onward and steady you from time to time as the trail becomes treacherous. And yet as the walking stick serves well for a time, it frequently must be replaced for the wear and tear of the journey beats hard upon the seeker and its beliefs. Yet that heart of the seeker remains strong in seeking and is that which sustains the seeker's journey.

We shall transfer.

(Carla channeling)

And whenever that heart fails because of overwhelming circumstances, and you, like the old man, find yourself upon the ground, never fear, for the wind shall tell the sky; the sky shall whisper it to the trees; the trees shall murmur to the birds, the raven, the hawk, the sparrow. And one special bird shall bespeak a small child, a child who prattles as he plays, yet the child shall run to see that of which the bird speaks, and shall then go and receive the aid abundant, running over that [which] is needed. Therefore, be ye of light heart amidst the complexities of the dark world. There is no moment which does not contain all that is needed, all that is good, all that is beautiful, and all that is true. Even if you cry, let your tears be a benediction as you acknowledge the frailty of this illusion and the enormous power of love that shall lift up all that is broken. And if you so desire, make all whole.

Should we ask then for names? Or shall we use one name for all the eyes in all the entities which we see …

(Side one of tape ends.)

(Carla channeling)

We shall leave this instrument at this time, with many thanks to each instrument for the privilege of working with each. We leave you in love and in the light of One Who Is beyond name, beyond identification, in the love and in the light of One Who Is all that there is. We leave you in the infinite love and the omnipresent light of the one Creator. We are known to you by the name Hatonn. Adonai. Adonai.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and the light of that same Creator. We wear our name quite proudly in your little group, and are

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happy to offer our humble service if we may attempt to answer your queries at this time. May we then begin?

S: Latwii, do you have any suggestions as to how I could be a better servant in this process as an instrument?

I am Latwii, and am aware of your query, my sister. Well, now, the subject is one which we could speak at length on but we feel that there is a short [answer] which is most appropriate. That is to persevere, my sister. It is not that difficult to become an instrument, as you are well aware. What is most difficult is to become a foolish instrument, that is, one which is willing to step out upon the limb not knowing whether there shall be another portion to support the stepping again. If you can in your own mind and heart, then, learn to step fearlessly out with no assurance that there shall be support, you shall be developing that ability of surrender which is most helpful in this type of service.

May we answer you further, my sister?

S: Latwii, I live very far from here, and it is very difficult to come here in which to train. I have support and love where I come from but I do want to do the right way and the right tuning to receive your messages of love and light. Is there anything that I can do to speed this process? I have very little patience.

I am Latwii, and am aware of your query, my sister. Well, this is the usual case for the seeker. Seekers begin with a great desire and very little patience, and when the seeker is the adept it has then great patience and very little desire. Upon this journey and this balancing we can continually recommend a healthy dose of patience but can also suggest that as your abilities in this area proceed, you may be able to find those very close and trusted friends in your own geographical location with which you may practice this particular skill after a certain amount of its refinement has occurred to your own satisfaction.

May we answer you further, my sister?

S: Thank you, Latwii. I have a question on another subject, and that is the level or density of what is referred to as personal guides, our spirit guides, those inner plane teachers. Can you speak to that?

I am Latwii, and am aware of your query, my sister. Ah yes, indeed, we may speak to this subject, for again it is one which has a great range of possibilities. One's seeking in one's incarnation is that which attracts to the self those friends and, as you have called them, guides and angelic presences which attempt to serve as a result of the call or seeking of the entity involved. This call or seeking, therefore, can be of an infinite variety of possibility. There are many entities who can and do respond to such seeking. They may be of your own planetary influence, and may be those who have as yourself incarnated a number times upon a certain planetary influence and who between the, shall we say, incarnations, serve as the guide now with a wider perspective. There are guides and friends also attracted from influences and density levels, thus you have at your disposal, according to your seeking, entities of a great variety of sources, yet all are the one Creator in certain distortions or frequencies, seeking to be of service to the One.

May we answer you further, my sister?

S: I think you covered it. I was specifically asking for those guides that are with us from birth until death, knowing that we have the ability also to access higher teachers. It is a question that has come up many times in my work as sharing information under a course of Free Soul. Thank you.

I am Latwii, and we thank you, my sister. Is there another question?

S: How am I doing as a beginner? Is there anything that you can—a fine point that you can give me, a help to better this process?

I am Latwii, and am aware of your query, my sister. At this point we feel that your progress is that which is to be commended. We cannot suggest fine points at this time, for at this time the basic process of becoming the fool, the one who opens the self to another with the tuning completed is that process which you have undertaken and undertaken well.

May we answer you further, my sister?

S: I guess it's the old story of practice, practice, practice. Thank you.

I am Latwii, and we thank you, my sister. May we attempt another query?

S: When Hatonn first came in I felt that Hatonn, those of Hatonn, were trying to open through me. And yet I was struggling with calling it my imagination. Can you speak to that?

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I am Latwii and am aware of your query, my sister. And we note that you are correct upon both assumptions.

May we answer you further?

S: No. Thanks.

I am Latwii, and we again thank you. May we attempt another query at this time?

S: There was a dizziness that both Carla and I experienced upon landing in Atlanta, a lightheartedness, a nausea, and a dizziness. Can you give us information on that?

I am Latwii, and am aware of your query, my sister. Upon this particular topic we feel there is no need to discuss in great detail those transient phenomena which can frequently assail the traveler who has moved a great distance in a confined space, and which has felt the accompanying discomfort.

May we attempt further response, my sister?

Carla: Then you're ruling out all possibility of negative entities' energizing the problem?

I am Latwii, and am aware of your query, my sister. We have not ruled out such a possibility, for indeed it always exists but at this point we feel that each of you, my sisters, have enough experience with such that there need not be any over-concentration upon these phenomena.

May we attempt further response, my sister?

Carla: My hand got very bad very fast some short time after that, and S virtually burned her own skin trying to help me get through that pain. Is it important to judge whether there is a negative entity energizing in such an occurrence?

I am Latwii, and am aware of your query, my sister. We feel that the importance in such a case after the recognition of the possibility of what is occurring lies more in the loving of the entity and the finding of the perfection in the moment, no matter what the moment.

May we attempt further response, my sister?

Carla: Yes, just one more. S and I both felt that what we needed to do was to interpret the pain, and when I thought back over the day, the only thing that I'd done during the day was to move a rolling cart that only took the pressure of one finger to move. Nevertheless, had anyone been with me I would not have been willing to do it. I therefore took it as a sign and a warning that I needed to continue to limit myself and accept my limitations, and, indeed, limit myself more than I had been. Can you verify this process of thinking?

I am Latwii, and am aware of your query, my sister. We feel that your ability to analyze such a situation is quite well refined and is of the utmost importance in this particular situation. Therefore, we cannot speak specifically, for your own choices are of paramount importance as you consider the ramifications of your limitations and what is the most appropriate response to them.

May we attempt further response, my sister?

Carla: *(Inaudible)*.

I am Latwii, and we thank you, my sister. Is there another query at this time?

S: In attempting to help dissipate the pain, I had an intense burning of my palm. Was I holding too long or too close?

I am Latwii, and am aware of your query, my sister. We may suggest in general when one attempts to serve as that known as the healer that the most efficient kind of, shall we say, healing catalyst is that which moves through the healer and does not use the healer's own energies, for each entity within your illusion is of a finite nature and that which available to each entity is of an infinite nature, and is therefore more able to serve as the healing catalyst.

May we answer you further, my sister?

S: I attempted to visualize a healing energy passing from the spiritual universe through me and actively trying to not give of my energy but just to be an instrument in which to focus energy through. I guess I failed if I'm interpreting what you said correctly. I was giving my energy rather than passing the energy through which was my intent. Although I did not feel drained.

I am Latwii, and we feel that within your comment there is the query. If we have mistaken the query, please re-question. We may suggest that your great caring for the one known as Carla created a concern that your were responsible for this entity, and the desire to aid the entity in the healing of the hand then did carry a portion of this personal desire.

May we answer you further, my sister?

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S: No, thank you.

I am Latwii, and we thank you, my sister, and may make final comment in the respect of those who would serve as healers, and that is that the healer asks that the will of the one Creator be done. The healer then has no will.

May we attempt another query at this time?

S: Thank you, Latwii. A question came up the other night of sending healing love or healing energy to another person. I have been sending to those what you call guides of that person, who I feel are far better at—able to discern how much should be passed through to the person. Others have said they send it directly to the person in need. Can you speak on the two?

I am Latwii, and am aware of your query, my sister, and we can speak by asking if you write a letter to a friend, you may give it to the friend or give it to a friend of the friend who will give it to the friend, and when the letter is read by the friend, the friend will take from the letter what it will. Therefore, the message delivered is the same message—that which the friend receives is what the friend chooses. Therefore, we may suggest that it matters not.

May we answer you further, my sister?

S: I guess I was concerned with infringing, sending energy not requested even though I was aware of someone being ill. But I think the previous statement of the will of the Creator being the utmost and just offering light is the true bottom line. Thank you.

I am Latwii, and we thank you again, my sister. Is there another query at this time?

Carla: Just a check, a little reality check. Basically, then, the metaphysics of the situation are that the incarnational personality is the boss of the higher self. The higher self does not protect the self, it is rather a resource of the self, and is used by intention. Is that what you're intimating?

I am Latwii, and am aware of your query, my sister. We have a somewhat new facet to this query, now we have introduced the higher self. Now this portion of the small self, shall we say, does indeed guide and protect when possible, yet at most times is that which is the resource for the entity within the incarnation. The entity's free will is that which is of paramount importance at all times, and is that which will determine whether the entity accepts guidance and protection from any other source, be it the higher self, inner plane guides, or earthly friends who may attempt assistance in any of an infinite number of forms.

This free will is frequently exercised upon a subconscious basis, we may add, therefore the entity may seek healing for a situation which has still some lesson to teach which has not been consciously learned. Therefore, the entity will consciously see the healing yet its subconscious mind shall continue the configuration of the disease until the lesson has been learned. Therefore, the free will is exercised subconsciously in part and in part consciously. The free will in its total exercise will be that factor which determines how much the entity shall accept from whatever source.

May we answer you further, my sister?

S: No, thank you, I'm through. It's nice to talk to you.

I am Latwii, and we thank you, my sister. It is a joy to hear your voice as well. May we attempt another query at this time?

(Pause)

I am Latwii, and we are very privileged to have been able to join this group this evening. It has been a great thrill for us to speak, and we thank each of you. We at this time shall leave this group and shall be happy to join each in meditations upon request. We are those of Latwii and we leave you now in the love and in the light of our infinite Creator. Adonai. Adonai, my friends. ♣

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Sunday Meditation
February 24, 1985

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. We thank you for allowing us to speak with you this evening and we use this time to tell a story and to test a point or two that may aid you in your thinking at this time.

Once there was a man who wished to build a fence of bricks. This man was a proud man and he wished his wall to be perfect. It was with exquisite care that he laid the plumb line and found the perfect horizontal level. The man was happy as he took fastidious care to begin his task rightly. The sun shone down upon him until he was very warm, yet he welcomed the sun. Indeed, the entity welcomed the chance to do the work that was necessary in order to begin to build his wall.

We shall transfer.

(L channeling)

I am Hatonn. I am now with this instrument. We shall continue. The entity of whom we spoke welcomed the labors necessary for the construction of his wall for he welcomed the opportunity to place his efforts in attunement with the pace of the universe he was able to sense in operation surrounding him, for just as the plumb line was true and the level a perfect one, so also did the universe about him operate with perfection. And as the subject of our tale perceived this state and moved in harmony within it, he felt the joy one feels when one becomes aware of the Godness within one's own efforts. The act of creation in progress constantly about the entity was reflected in his own efforts to create this wall. And as his efforts were directed truly and accurately toward the completion of this perfect wall, so also did his contentment grow and his sense of fulfillment in this manifestation of that force he could feel about himself.

Upon its completion, another entity spoke to him in regards to his efforts, questioning the value of a wall, an object often used to shut other selves out. His contentment remained undisturbed. His reply was that the perfection lay within the object he had created and that it would remain perfect regardless of the efforts another might make to corrupt that perfection through misuse.

My friends, we often perceive about us our brothers and sisters engaged in actions which we may not understand or may preconceive a value for, and it is difficult to avoid attributing our predeveloped prejudices to individuals or the works they originate which remind us of what has occurred or what we have perceived within our own past experiences.

My brothers and my sister, a wall is but a wall. An act of creation is simply an act of creation which may be used as a tool towards selflessness or

selfishness, and it is not always easy to perceive the intention which was in the mind of its creator. Be cautious, my friends, that you might avoid misunderstanding the efforts of another through your perceptions of similar efforts on the parts of those who have gone before, for it is within the heart of the builder, not the hands, that the potential value may grow.

At this time we will transfer to another instrument. I am Hatonn.

(Carla channeling)

I am Hatonn. We shall continue. Relationships with others might be likened to walls but even more we draw the simile of the wall to speak about yourselves. An attempt to come into right relationship with another is an attempt to cross walls on many levels of this meaning. The first wall which must be true is the structure of your own being. Perhaps your basic character is excellent, the lines true and straight, yet they have become dilapidated, bricks or stones missing, mortar failing. Therefore, when one is contemplating the experiences which arise within a relationship, it is well to begin the contemplation with an objective gaze inwardly directed at the structure of the self. If the base is not perfectly horizontal, if it is not quite plumb, then all will seem out of tune, out of order, shaky and fraught with difficulty.

Therefore, we suggest that you use meditation and contemplation to build yourself as inspiration gives you one piece of knowledge and then another and another as you move along the pathway of discovery.

When you gaze beyond your own wall of being, beyond your own structure at another, it is well to remember that there is only one builder for each being that exists; that builder is the being itself. Each entity is created uniquely, first male or female, then an incredible variety of other polarities. All these pieces of structure are placed together to build the skeletal being through which consciousness is manifested.

How shall two walls which are fixed relate to each other? My friends, it is time to release the allegory and gaze at an illusion which may illuminate the denser illusion in which you now enjoy existence. The walls that you build within yourself are energy fields. Therefore, they are moveable and must move with you wherever you go. The stance which you take, the wall which you choose to use, behind which you choose to hide within a relationship with another, is that which must be observed, analyzed and balanced in such a way that the wall again becomes an energy field which is permeable so that two walls may …

(Page 4 of the original transcript is missing.)

… this group once again and we do so in joy. We thank you and we ask if we might attempt to answer a query or two this evening?

Carla: Okay. I have a student who has begun to channel very well. She has no experience and yet it is very difficult for her to come here and gain the experience, technically speaking. When she is properly tuned she is perfectly able to channel. She is very concerned about her ability to channel away from the protection of more experienced channels. I wonder if you could speak concerning her concern and where wisdom lies in my helping her in her work.

I am Latwii, and am aware of your query, my sister. The new instrument of which you speak is one which has indeed begun to assimilate the process of becoming a vocal channel to a degree which is gratifying, and yet is at that point which must be tenderly cared for, for as the new instrument begins to utilize his desire to be of service and finds that service broadening, there is the constant tendency to wonder if that which is received is that which is transmitted. This is where the experience is most helpful to one which is in constant need of building the confidence. We feel that the entity of which you speak is one which is well aware of the tuning necessity and the joint necessity of challenging those contacts which it first feels after the tuning has been completed. This entity is one which has a surrounding of friends which can provide the few who would aid in completing the protection and tuning needs of new instruments, yet it might be well for this new instrument to experience further exercising of its expanding abilities before attempting to, shall we say, set out upon its own in this endeavor. Yet this potential is one which grows with this new instrument's continued exercise.

May we answer you further, my sister?

Carla: Specifically, the entity known as S is unsure whether or not to practice with the support group

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before she comes here again. I'd like any advice you can give me on what to tell her.

I am Latwii, and am aware of your query, my sister. As we have attempted to iterate in our previous response, this is a point in this new instrument's development which is as the tender shoot which has just begun to move from the seed and is now seeking the light of day for the first time. There are potential difficulties for such a tender shoot as it moves into the light of day. We can suggest that this instrument is near the point in its development at which it would indeed be able to practice its abilities as a vocal instrument with those chosen about it in its, as you call it, distant location. We would not wish to rush this instrument's progress, for though there is a great possibility that at this time it could practice upon its own with support, there is also a significant possibility that it could find difficulties which would, shall we say, set it back in its progress. Therefore, we cannot be specific in our suggestion, for the growth of the instrument is at a point that is difficult to accurately estimate.

May we answer you further, my sister?

Carla: Yes. I agree with you completely. That was my feeling, too.

My feeling further was that as S and I had talked of before, perhaps you could spend not just two days but plan ahead, come as on vacation, possibly even with family, and work for a period of five to seven days, and this week—say of two meditations a day—would put her over the edge safely as far as being able to pick up vibrations and so forth. Could you confirm that?

I am Latwii, and am aware of your query, my sister, and we can suggest that this potential plan is one which would be far more liable to present this new instrument with a firm foundation upon which it shall offer its services as a vocal instrument.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister, as always. May we attempt another query at this time?

L: Latwii, would you speak some on the nature of competition? I recognize it in some ways as being a very beneficial way of sharing in the nature of the camaraderie involved between those who participate as opposed to those who are destined to be winner or loser. At the same time, there seems to be such an abuse of competition within our world that I'd be interested in hearing whatever you have to say on the subject.

I am Latwii, and am aware of your query, my brother. We may take this topic and look upon it as a means whereby an individual or group of individuals may seek to develop those skills which lie within in order to express a certain potential, shall we say, much as your young kittens roll and tumble about upon the rug as they seek to express that which is within their physical energy systems. The entities who partake in your competitive games and sport activities are those of the, shall we say, childlike nature who seek to discover the limits to which the self can be put and the fruits of putting themselves to those limits. As these discoveries and fruits are harvested, then there is the choice that the individual and the group of individuals can make. This choice is of the basic nature which is, shall we say, the nature of your illusion itself. That is, shall the abilities of an entity be used to aid and enjoy others or shall these abilities be used to aid and bring pleasure to the self?

When entities utilize the abilities in the manner which lends to the enjoyment of many, then it is as if the gift of the one Creator in its unique form for each entity has been radiated out from this entity to those about it, and the general mirth and pleasure and enhanced experience of the group then is the final result of this testing of self. When the entity or group, however, then decides that the abilities of the group shall be pitted against another group or an entity decides this for itself and shall then pit its abilities against another in order to best or defeat that group or other self, then we have the attempt to gather for the self or group those gifts not only given to the self but those abilities and attentions and recognitions of others as well.

This is the beginning of the service-to-self polarity but is seldom, shall we say, pursued in perfect purity, for there is much within your competitive sports which swings to and fro, back and forth between the poles of radiance and magnetism or positivity and negativity. Therefore, my brother, you have the tool of what you have called competition which may be used as may any tool to serve self or serve others.

May we answer you further, my brother?

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L: No, that's been a great help. I compliment you on your analogy …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. May we attempt another query at this time?

Carla: One more and then we'll quit. I understand that anger often produces cancer in people. I was contemplating what brings about the heart trouble? If it can be associated with certain emotions? Is it as simple as heartbreak or sorrow?

I am Latwii, and am aware of your query, my sister. Though generalities are frequently our lot in attempting to answer your queries, they are quite often not specifically accurate in all instances, for there are anomalies in all general rules. As you look to the disease that any entity may be experiencing, one may look to the nature of the disease, the effect of the disease upon the entity. Frequently it is also possible to look to the location of the difficulty within an entity and be able to place this difficulty with its corresponding energy center, then discovering the nature of the energy blockage according to the energy center involved.

In the case of the difficulties with the heart, one of the two primary organs within the human being as you know it, one deals with a portion of the physical vehicle which has analogous and extensive relationships with each of the various energy centers, for this organ does by its functioning provide the entire physical vehicle with the nutrients that are carried by the bloodstream, as it is called. This organ, then, is that which in the physical sense enlivens the entire physical vehicle and circulates the essence of that vehicle throughout its system of transport, shall we say. An entity who feels the difficulty or disease which is located within the heart is an entity who in many cases has blocked the ability of the finer body or energy center's heart in its action of providing a life-sustaining and life-enhancing energy or essence not only to the self but perhaps to other selves as well.

As you look upon the energy center which has the closest correlation to the physical organ of the heart, the green ray energy center then is brought into focus in it's function of providing the unconditional love and support that is the building block, shall we say, or life-sustaining force throughout all of creation. When a portion of this force has been activated within an entity and then upon a subsequent occasion been blocked in some degree, there may be an expression of this blockage within the physical organ of the heart. The variety of kinds of blockages is so great as to be quite beyond our ability to enumerate with any hope of completion. We can suggest that as we have mentioned, the function of the physical heart in providing the entire vehicle sustenance is analogous to the green energy center and its providing of the unconditional love and creative force which underlies all of creation.

May we attempt a further response, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. We must apologize for our response which was quite lengthy and yet was not able to be as specific as perhaps you had hoped. May we attempt another query at this time?

Carla: Well, since you've said that, I'll tell you the reason I hesitated. It was not because I didn't think that you were very clear; I did. I realized that you have to take all generalizations with a good deal of grains of salt. I was going to go into the somewhat baroque question of the mechanical things that people will tell you will hurt the heart, the cholesterol, the plaque and smoking, various things like that, and decided not to because—I realized when I thought about it that actually those behaviors, the ways of eating, the way one feels about one's body, is probably tied in, just as you said, with a grain of salt, with the feeling one has about oneself as a person who offers love. So I didn't ask the question, but I thought that you were very specific, as specific as I would expect you could be. Thank you.

I am Latwii, and we thank you, my sister. We can make the additional general comment that when an entity is engaging in those patterns of thought which tend to block any of the various energy centers, whatever means is available to that entity that will allow the expression of this blockage when it has not been noticed by the mental process of analysis will then be utilized. Those which are of the scientist's career have noted the similarity of certain of your cultural habits and customs which are closely related to certain dysfunctions, yet in many cases these are not available to an individual, and yet other means

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must be found to produce the symbolic disease of the physical vehicle in order that the mental complex might then take note and more efficiently use that catalyst which was not well used when first presented to the entity.

May we answer further of this query or another query?

Carla: Thank you.

I am Latwii, and we find that we have for the moment exhausted those queries which have so graciously been placed before us this evening. We thank you each, my friends, for your graciousness in once again extending to us the invitation to join your seeking of the truth this evening. We, as humble messengers and pilgrims upon that one and the same path, are gratified to be able to join you, and remind each of you that it is only because we have traveled a bit further upon that path that we attempt to aid you upon your journey. We have no hard, shall we say, and fast rules which must obeyed or even listened to. Take that then which has the value to you for your own consideration. Leave that then which has no value in your considerations. We shall leave this group at this time and return upon your request. In the love and the light then, we leave you and thank you and bless you. We are those of Latwii. Adonai. Adonai, my friends. ♣

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Intensive Meditation
February 26, 1985

(Carla channeling)

I am Laitos. I greet, you my friends, in the love and in the light of the infinite Creator. It is a great pleasure to be here and to be able to use this instrument, and we thank you profoundly for offering us the opportunity to serve you. We ourselves get so much from the sharing of our humble thoughts and gifts that we can never thank you enough for allowing us to walk with you, to be with you and to aid you as you travel along the path of those who venture into unknown territory in search of invisible yet palpable truth. The process of channeling is in some ways simple enough that it confuses those who are attempting to learn the techniques involved. We do not ask you to refrain from discrimination. Indeed, we ask each entity who wishes to learn to become a vocal instrument to tune carefully, to remain surrounded in white light, and to challenge each and every entity each and every time that entity appears.

There are those who become overconfident believing that they recognize the vibratory pattern of a certain contact. This is not the case. There are those who would wish to eliminate yet one more light giver by the simple expedient of mimicking the vibratory patterns of those such as we who wish nothing except to serve you. Paradoxically, we ourselves are greatly served. However, once that is understood, the simplicity of the channeling process is almost stunning. If one has the catcher's mitt and the baseball is thrown, the catcher will catch that ball. However, he will immediately have to throw it again, hopefully with careful direction, in order that his glove is empty once again as the next ball hits the glove. It is difficult to catch ball after ball in the same glove. The contact is lost just as the concepts or the balls are lost [if] they fall upon the ground and the catcher who pitches is no longer able to function either as a catcher or a pitcher.

This is the way of channeling. We work, as this instrument has mentioned, within the levels of the mind which throw off to your conscious minds the concepts which you then clothe consciously with a vocabulary. We do this for two reasons. Firstly, the state of mind in meditation is such that this is the level which is most properly used. The second is that the one who channels must experience the thoughts and then have the responsibility of using his power of visualization, his vocabulary, his experience, and his being to produce a unique communication. We by no means wish to be one hundred percent responsible for the content of the message. We wish approximately twenty-five to thirty percent of the message to be shaped by the instrument who calls upon his vocabulary, his imagination, and his special gifts as a person.

Thus, our very simple message gains a multitude of various conveyances by means of which the person

which cannot grasp the poetic will yet have the opportunity to grasp the practical and down-to-earth, and the person who cannot grasp either of those approaches easily still has an opportunity to listen to a scientific or technical mind analyzing and giving forth the same message. This is why vocal channeling is a partnership. Unlike a trance channel, the vocal channel is alert, and though relaxed, quite awake and able to discriminate. This is our chosen method of speaking to those who would wish to hear.

We are most grateful for the opportunity to work with the one known as J. We shall begin with several times of making the conditioning vibration known to the one known as J in order that the entity may feel the presence of us and may then feel when we are gone. We shall pause, speak again through this instrument, then pause again several times. We shall now work with the instrument known as J, and so we do pause. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos. We have made a contact. We are pleased with the initial strength and shall once again move to the one known as J while he rests and experiences our vibrations. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. We are adjusting our vibrations at this time to match the vibratory frequencies of the one known as J. This is normal. We shall attempt to refrain from causing discomfort. We shall one more time silently greet the one known as J. I am Laitos.

(Pause)

(Carla channeling)

I am Laitos. We do apologize to this instrument for the strength of the conditioning. We understand that this instrument is sensitive and do not mean to cause discomfort to this instrument either. However, it is necessary to use other frequencies when dealing with other vibratory patterns. We are aware that this instrument has given us permission to make her a bit uncomfortable, and we now continue by working with the one known as J in the following manner.

After we have transferred the contact from this instrument, we shall continue sending one phrase and one phrase only. That phrase, of course, is "I am Laitos." It will feel as if the new channel has thought that himself. This is the first barrier which must be breached in order to begin the process of becoming an instrument. It will be months before you are convinced that we indeed are not simply a portion of your inner mind. We ask that the new instrument relax, remove any preconceptions, and wait for the concept to come into the mind, the impulse to come into the mind to say, "I am Laitos." The instrument may repeat this phrase as many times as desired in order to calculate the movements of energy when speaking and when pausing. Please do not analyze what is going on at this point, for there is no intellectual substance to that which we are attempting to teach but only heartfelt desire to serve and to learn in order to serve the better.

We shall now transfer to the one known as J. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos. We find the one known as J to have indulged in the analyzing of that simple phrase. We have also made a good deal of progress in adjusting our vibrations towards this entity's needs. We would ask the one known as J to suspend the judgment and play the fool by stepping off the safe ground into the thin air. This is not an exercise in so-called psychic phenomena. This is an exercise in sharing information about metaphysical subjects. There is no phenomenon except the material itself which is being recorded. There are no bent spoons, there is no healing; we are here only to inspire. Therefore, we use always the light touch. However, in order to be a channel, in order to join those who wish to offer light on a non-judgmental or [non-]dogmatic basis, it is necessary to refrain from analyzing and to feel trust in the process itself. This instrument took a good deal of time to develop to the extent which she has and she is still working upon becoming a more finely tuned channel.

However, the process itself will not begin until tuning and challenging having been done satisfactorily, the instrument clears the channel through which thoughts will come, and then speaks the things which come into the mind freely and

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without thought, using the faith that such information is worthwhile and that our techniques are designed to infringe as little as possible upon the free will of the instrument.

We shall attempt to do something a little different this time as we find that the new instrument is caught upon the one phrase, "I am Laitos." Therefore, we shall send that phrase and we shall be ready to send any other phrases which this instrument succeeds in clearing through the mechanism of speaking so that we may send the next concept to the instrument. Again we transfer to the one known as J. I am Laitos.

(Pause)

(Carla channeling)

I am Laitos. We again ask the instrument to repeat without hesitation that which comes into the mind. The analyzing causes a stoppage in the channeling. Repeat immediately that which comes to the mind. We shall again transfer. I am Laitos.

(Pause)

(Carla channeling)

I am Laitos, and we feel that there has been enough conditioning for one session. We do not wish to weary the instrument before it even begins its work. However, we assure you that work has been done. We are beginning to be able to blend far better with the vibratory pattern of the one known as J and we hope that the back and the neck pain are not as severe as earlier. We have been attempting to adjust. We thank the one known as J for offering us the opportunity to work with this entity. We are most grateful. We find this group to be a most blessed and happy source of light.

We have greatly enjoyed experiencing some time, as you call it, with you and of course are always available when mentally requested, although we do not speak voluntarily except within a group such as this one, for the new instrument may easily be led astray by those who are clever and have messages which are different from ours, and which cause the elitism that has fueled so many of your peoples' wars and other catastrophes made by man.

We leave you, [being within] the same creation as you; therefore we cannot be apart. We leave you in universal love and light, we leave you in the care of the One Who Is All. We are Laitos. Adonai.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and the light of the infinite Creator. We are overjoyed to be called again to this group, and we would offer ourselves in the attempt to answer queries which might be in order at this time. May we ask if there is a query with which we might attempt to be of service?

Carla: How could I help new channels more than I am helping them?

I am Latwii, and, my sister, we find that even with one such as yourself who is experienced as an instrument, the process of aiding another is always and ever the same, for you as an instrument wishing to be of service can only do that which is available to you through your own opening of desire. As you attempt to be of service to others there will be the opportunities that you will note. You will, without hesitation, seek these opportunities and offer that which is in you and with you and which can come through you, offering that as the bread cast upon the water without the dedication to any particular outcome, for that which is freely given is the true gift. To worry overmuch about forming the fruit of such a gift then tends to distort that gift in some manner.

May we answer you further, my sister?

Carla: Well, what you said is very true, but what I wondered was if there was something that I could do that I wasn't doing just to do my job better.

I am Latwii, and we find that your efforts are quite sufficient, my sister. May we answer further or perhaps another query?

Carla: Not from me, thank you.

I am Latwii, and we see that our duty this evening is a short one, yet we are overjoyed to be able to serve even for a brief period of what you call time, for as we walk with you upon your journey of seeking the truth, we walk with the one Creator. We thank you, we bless you, and we shall at this time leave this group, rejoicing always in the power and the peace, the love and the light of the one Creator. We are those of Latwii. Adonai, my friends. Adonai vasu. ♣

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Sunday Meditation
March 3, 1985

(Carla channeling)

… and we who are of Hatonn greet you in the love and the light of our infinite Creator. We wish to use this instrument for a brief period before working and exercising with all those in the group for this instrument has been under the impression that it is less than adequate. It is always to be remembered that adequacy cannot be discovered within the human condition, as you would call it. If you allow the illusion to become real enough to mask the metaphysical boundaries under which you actually have allegiance you shall therefore become unable to be of service to yourself or to others. Therefore, we urge each as we urge this instrument most of all to dwell as your holy work says, "under the shadow of the most high," to allow the most high, that is infinitely about you, to move within your vibratory field in order that you may then be a true channel.

Without this simple realization that what you see is not what you get, that the invisible is more important to your survival than the visible, metaphysically speaking, each entity's lot for their third-density lot will be increasing bitterness and sourness and the hardening of the mind in order that new thoughts do not find pathways by which to enter. Living in the human condition, my friends, is the easiest way to fall asleep, and with vibrant life all about you, to remain outside the strength of living waters. It is an effort of will to look for hope where there seems to be no end to difficulty, and yet we do not ask you to dedicate more than a single moment. That moment, my friends, is always the present moment. It is the most difficult state of mind within which to remain. It is also the most important in terms of spiritual evolution.

We would this evening, if it is acceptable to all instruments, spin a tale for you through each instrument, that is, each instrument speaking a small portion of a story in what this instrument would call a round-robin fashion. When we do this practice work with each instrument, we refrain from our name in order that the flow of the story may be more simplified. We do, however, encourage each instrument to challenge inwardly before beginning to speak. It is not ever to be taken lightly that you are a contact for those of Hatonn or any other entity whom you wish to hear. It is always well to challenge. And so we shall tell our simple tale.

It was a hot, hot summer day in Mexico. The land was arid and insects filled the air with their buzzing as they ate what little foliage and grass there was. Although the small and humble house was only a mile or so from the gathering place where all the people celebrated on the days of feast days and market days, there were no buildings around it. This was a hard land upon which to live, a land in which water was priceless, land that thinned the blood with its heat and killed the brain with the numbness of

hard, repetitious activity which must be done to earn the daily bread. The young boy sitting by the roadside gazed at it and turned to his mother. "Where does the road go?" he asked. "How should I know?" she answered.

We shall transfer.

(L channeling)

"The road leads to places I have not traveled, for as a child I had some interest in the road but soon lost my interest as the details of the adult world became more pressing, more insistent. I can only say, my son, that the road leads from here to another place or places, and the choices are yours to make, for one chooses when traveling the road first whether to travel at all, again in which direction to travel, and finally whether to be satisfied where one has stopped or to continue further."

The child wondered about the road in the ensuing days, for the road existed, yet he could not understand what maintained its existence, for rarely if ever did one see a traveler upon the road proceeding in either direction. It seemed apparent that most of those who inhabited this place on the road chose to remain where they were. And in wondering at this, the child realized that those remaining were much like the lizard which in early morning pauses to sun himself atop a rock, glorying in the pleasure of the light and warmth, yet, in remaining immobile, gradually becomes stupefied by the increasing heat and light, not realizing that he was slowly dying simply from his reluctance to move away further on his own path.

We shall transfer our contact.

(Carla channeling)

The young boy thought about what his mother had said sitting by the side of the road. It was a sparse place but it was pleasant where he sat. The water which was all-important was to be had in a deep well which had been dug at much labor. There were people to play with at the church, there were young women to please the young men. And yet to the little boy who was so quickly growing, he could hear no song within this whole town, no lullaby at night, no anthem in the morning, no psaltery at night. But even above the loud throng of insects as they buzzed about he could hear a song coming from the road. He gazed into the shimmering distance, the heat waves making all things strange, wavy and surrealistic, and could see no one and nothing that would account for the song. When he put his hands over his ears, the song became louder and one day he knew that he must go.

We shall transfer.

(Jim channeling)

As he packed those few things that he wished to take with him upon the journey, his mother looked at him imploringly and asked if this was truly his heart's desire, for she had not herself been upon this road and knew very little about it and would worry over his welfare. He replied that there was nothing else that held any interest for him, and though he did not know what he would find or precisely why he must go, yet he must go. So he set out upon the journey with his small bundle of possessions, and as he journeyed, his uneasiness at the traveling into unknown areas was somewhat abated by the song that he continued to hear within his own inner ears and this did give him comfort.

His first day's travel was uneventful. The heat of the day beginning to grow, he decided that he would nap for awhile and under a lonely tree he found a small patch of shade and rested there.

We shall transfer.

(L channeling)

His rest was brief. It seemed that he had slept but a moment when he gradually realized that the song seemed louder, somehow more insistent. He moved uncomfortably this way and that, trying to drown out the song, but each time that sleep approached it seemed to tug at his sleep, urging him back to awareness.

In despair, he arose, again shouldered his bundle and moved again onto the road, plodding on, tired yet feeling a sense of correctness in again undertaking his journey, for as he progressed, the road seemed to rise to his feet, his bundle seemed lightened and though still tired he felt that the rhythm of his paces in some manner supported him, soothed his aching, and the song seemed to pull him onward.

By nightfall he had traveled a great distance and again sought the comfort of rest. He lay upon the ground seeking sleep. Yet as he dreamed, the road was before him, and as his body rested, he still traveled in his mind further and further, following the endless road.

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When morning came, he arose, shouldered his pack and again strode forward. The way seemed easier now, as though somehow he had traveled this road before, and, indeed, many things seemed different. The sun seemed to shine as a friend now rather than beating down fiercely. The air seemed in some manner richer and full of life, so different from the brittle, arid air of his childhood home, and along with the constant companionship of the song within his ears, he was able to hear a gentle murmuring from somewhere before him.

By mid-afternoon the murmuring had become a rhythmic pulse, the voice of eons of tides breaking against a shoreline, and for the first time the boy beheld an enormous quantity of water, so great that he had never dreamed that it could exist. He approached it cautiously and with reverence. From the land of his childhood water was the wealth through which survival was purchased, and before him lay a sea so vast that its shores curved away gently into the distant horizon.

We shall now transfer.

(Carla channeling)

The boy moved towards the vast body of water which lay before him, tentatively touched it with his bare and dusty feet, and with a shout, waded into the breakers upon the shore. His joy, however, was short-lived as he found he could not swallow this water. He looked again for the road but the road ended at the ocean, and he was no longer in the land which he understood. He did not know how to find water. It came to him that he had not seen a single soul in all his journeying. Yet still he heard the song.

And so he knelt upon the sand and held out his arms with their palms upward. He spoke to no one in particular, yet he had to speak and he did so beseechingly, saying, "I know not why I began this journey, and I know not whether it might lead from here as the road disappears. Oh, singer of the song, speak to me and tell me what I must do." All day he prayed thusly and there was no answer, only the continuation of the song. In the deep blue gloaming that lives briefly before the dusk deepens to night, the young man decided to go backwards, to retrace his steps, to live in the home of his mother. But the road had disappeared, and so he knelt once again lost, lonely, confused. "Oh, singer of the song," he said, " I have changed my life because of the beauty of the music. Are you only a siren to lead me astray that I may never again see home or kindred? To what terrible purpose is this song sung that leads to the thirst of death?"

With dawn came the first sight of another being which the young boy had experienced upon the journey. A small ship lay at anchor and a boat had been dispatched to the shore. The man who rowed shipped his oars, beached the small boat and came to where the young man lay, deep in prayer. The young man looked up, astonished. "Are you the singer of the song," he said? The other man only smiled and shook his head, "No. I am a fellow traveler," and that was all he said as he offered the young man a seat in the small boat which he began to row out towards the ship. The young boy said, "If you are a fellow traveler upon my journey, how do you know the path?" The other man shook his head. "I do not know the path. I seek the path." This did not make sense to the young man. He said, "I too seek the path and the singer of the song but when I wished to go back to the home of my mother, I could not even find the path which I had traveled."

The other man smiled as he helped the young boy aboard the ship. "You will learn many things, you will experience great joys and sorrows. And there will be those who are companions along the way when you need them. Water, fresh water …"

(Side one of tape ends.)

(Carla channeling)

"… fresh water when you need it, all things as you need them. Yet," he said, "you will find that your journey has changed you. I cannot give you comfort in offering a road that goes backwards. You will never again be who you were when you first heard the song. You will never visit the home of your mother, for even were you to go there now, you would be a stranger to her. Your ways would be strange and your thinking outlandish, for you hear the song; she hears the insects as they sing their summer's anthem."

I am Hatonn. To all of you who journey upon the path and who hear a song, know that you have comrades, that that which is needed will be provided, but that you cannot go back. You can only refine your ears that they may listen better to the song of faith, hope, love and peace. Each person wishes for personal power—power to control, the power to shape the destiny, and this is your right,

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my friends, this is your obligation. Yet know that the first and greatest power is given to you in the act of surrender, for the heart that has surrendered can hear the song which will lead you. Those who close and stop their ears and demand that things be thus and so, thus and so, will indeed hear a siren's song. And the manifestation of sorrow in the life of one who controls shall be less and less. These are the ones who are wayward and lost, for they cannot go home yet they are not able to go forward. Surrender, then, and purify your ears to the song of life, that life which is beyond life and death.

We of Hatonn leave you in that omnipresent love, that omniscient light, that infinite life that is the creation of the Father. Wend your way in joy and hope. Farewell, pilgrims. Take what you can use from our poor story, toss the rest away, and join us in the infinite quest for the Infinite. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you, my friends, in that same love and light which our brothers and sisters have so joyfully left you in. We are again privileged to be with you. As each knows, we attempt to serve by answering those queries which have been placed before us. Without further ado, then let us begin, if there might be a query at this time.

Carla: I have one. For the last several months I've been trying to work my way through the feeling that I should be dead. It seems very irrational, but my feeling for my friend, Don, is such that I feel that I failed him in an attempt to save him. I have sought professional help with the doctors that work with the mind and the body and although my grief or guilt or both are somewhat softened by the medicine that I'm given, I never know when I'll get an attack of such a depth of sadness that it does seem in all honesty quite logical that I should have been dead, and I feel quite guilty at remaining. Now this does not fit with the true facts, so I know that I'm a little bit crazy right now. And I wonder what suggestions you might have that I might link up the crazy self with the one that knows that she did absolutely everything only after a lot of prayer, a lot of thought, and a hundred and ten percent trying. The two simply don't seem want to become one.

I am Latwii, and we feel that we have the grasp of your query, my sister, though the query is one that covers a great deal of ground, shall we say, both within the illusion which you have your present incarnation, and in the metaphysical sense of the greater portion of your being and your relationship to the one known as Don. There are for each pilgrim upon the path, as the story just completed by our brothers and sisters of Hatonn just illustrated, a number of challenges which will be faced. The situation in which you now find yourself is one that indeed could have been ended, shall we say, as an incarnational pattern at an earlier time, for your existence for a significant portion of your life has been that afforded by the exercise of will and faith. These qualities are those which each pilgrim attempts to develop and refine, for within your illusion there is not the possibility of achieving perfect action, that is, providing service that is undeniably service and is not mixed with any lesser quality.

Therefore, the exercise of will and faith is most salient, for as you enter your incarnation and proceed through it, you attempt to serve the one Creator, to know the one Creator, to be the one Creator in some fashion. In your attempt to be of service to others, you move within a darkness of knowing in which true knowing does not exist. Therefore, you must in some degree fashion a framework of faith in a larger, broader, deeper, richer, purer reality or else the life in which you move has no meaning. As you fashion this greater reality within your own mind, and attempt in some means or manner to reflect it in your life, this attempt then generates or is generated by, we should say, the exercise of will. You take that which is unknown and you fashion that which is not apparent. You take the illusion, the manifestations in which you move, and in some way attempt to transmute it by your own will and faith into a greater reality.

These are together woven into the fabric of any seeker's journey. They are as the rod and the staff that comfort the seeker in what has been called the valley of the shadow of death. As you find yourself passing through this valley with shadows of death, know that your own shadow is upon that wall as well as are the shadows of all seekers, for to this life, truly one day each shall die. Yet it is not this life that is the great treasure to be clung to with all the effort and fiber of being. Yet it is that which this life can provide, the learning of the Creator, the serving the Creator, the welcoming of those opportunities to do

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both, the accepting of the outcome of any opportunity, the praise and thanksgiving to the one Creator for being provided such opportunities, and the moving forward with the will and the faith intact to continue the journey.

For as long as you draw breath within this illusion, you have the treasures that this illusion can offer, these being the opportunity to transmute what is mundane to that which is sacred, to take that which has darkness and to shine upon it a light, to look where there might be sorrow and to offer a gladdened heart and hand. Dwell not overlong within those opportunities which you feel were less than adequately met, for you shall fall short in each opportunity. You are limited beings attempting to reflect the limitless. Yet, each opportunity comes as a gift from the one Creator to a portion of Itself that that portion might be nourished and continue upon its path of gathering experience that will glorify the one Creator thereby.

In short, my sister, we say to you, look not just at a portion of your journey; look to its overall length and breadth and attempt to move as the Creator would move through you, that your will might be given over. Even in your despair give it over to the one Creator. Let it be worked upon, and let it return to you as renewed faith and a renewed will to learn and to serve within this illusion that at times seems tedious and endless but when viewed from without is but a short, brilliant burst of opportunity and light.

May we answer you further, my sister?

Carla: No, thank you very much.

I am Latwii, and we thank you, my sister. Is there another query at this time?

L: Yes, Latwii. I have a friend who has recently become enthralled with Christianity and is troubled at the fact that I attend these sessions, viewing my lifestyle as somehow one which endangers my soul in that it doesn't conform to a strict path of adherence of Christianity, his concept being that that is the only path through which people on Earth can hope to achieve whatever it is he believes we're trying to achieve. I'd like to ask for whatever help you can offer, not in helping me dissuade him, because it's his choice, but simply to assist me in explaining to him that—first of all, that the two beliefs are complimentary rather than in opposition, and second, that it's not necessarily the end of the world for a person not to conceive of Christianity as the only route of development. I realize that's a broad order, but anything you'd have to offer for assistance would be appreciated.

I am Latwii, and am aware of your query, my brother. As we look upon the points of view of each of you, we see that each has the opportunity to express the heart of each point of view, and that is to love and to accept that which seems unlovable and unacceptable, for it is seemingly in opposition in some degree, each to the other. Those who seek the, shall we say, holy grail, the ultimate truth of existence, do so upon a certain path. It has been said that this path is straight and that it is narrow. Many take this to mean that there is only one path, and no matter what the belief or what the entity, the entity is likely to believe that it is upon that path that others are not.

Yet we may suggest to you that this statement is a statement of the necessary focus or discipline, if you will, that any seeker must exercise as it travels whatever path it travels to the one Creator. One cannot travel two paths or three or four or more and hope for the efficiency, shall we say, and the degree of utilization of the will that is necessary in order for any seeker with any viewpoint to reach its goal. Therefore, each of you have the opportunity to demonstrate the heart of any path that seeks the one Creator that is at its heart, love.

We find that within the holy work known as the Bible, in a portion of this work authored by the entity known as Paul, in his description of various gifts that would come unto those seekers in the, shall we say, latter days, there is listed a gift that it described as the ability to discern spirits. This suggests that even within this belief known as Christianity, it was known in earlier days that communication with other entities was possible and that there were communications that were of a positive and acceptable nature to those known in those days as Christians.

Indeed, as those entities known to you as Christians move within these latter days, there shall be, and have been already, the expressions of these gifts becoming more widely experienced and this phenomenon shall continue and the points of view shall continue to widen as the heart of love and acceptance within this philosophy is uncovered.

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May we answer you further, my brother?

L: No, that's given me much to go on. I thank you.

I am Latwii, and we thank you, my brother. May we attempt another query at this time?

(Pause)

I am Latwii, and we find that though the queries have been few, there has been a good deal of thought given to each query, and we are honored to be able to focus our humble attention and experience upon these queries. We thank each for presenting these gifts to us and we hope that in some manner our poor responses have been able to point a direction for your own thought.

We at this time shall take our leave of this group and this instrument with the reminder to this instrument that though it is hopeful in a way to be, shall we say, absent and vacant of mind, it might be more helpful to focus more closely upon this contact. We leave you, my friends, in the love and in the light of the one infinite Creator. We are those of Latwii. Adonai. Adonai vasu. ♣

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Sunday Meditation
March 10, 1985

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening. We come to serve and we do our humble best but, as always, we ask you to discard and leave all that may be found unworthy.

Each of you has seen the picture of a drop of water which is then placed under ten times magnification and then fifty times magnification and so on until we are looking at the very nucleus of [it] and [the] surrounding electrons. You know, my friends, that each time you looked something had changed to that drop of water, something that was outside of that drop of water's control. Scientists surrender to their technical informational equipment. It is left to those of the path to surrender in another way and that is to welcome, accept and encourage spiritual growth and change in themselves and others. What one may see as a drop of water, another may see ten times magnified and so forth. Each is looking at the same universe, caught whole and perfect in a microscope's eye.

This is true, also, my friends, of you in your relationship with yourself, with the Creator, and with others. You must first be able to accept and like yourself in order to serve the one Creator with the most efficacious effect. One entity then may need one thing, another another, but it is all the same experience, seen from different points of view. We are all studying, working, learning and teaching. Yes, my friends, even you who are within third density have sometimes volunteered, as apples often do, to be of service in the subconscious of another entity. Getting to know yourself begins with meditation, is challenged by your creative responses to situations, and your future is melded from the manifestations of your inner seeking. Let us say for now that each instrument has found a balance that then he may then go forward to gaze upon the Creator, to experience love for that great Logos which made us, the intimate and personal love of a true father in a true family. In this part of your attempt at self-examination, we urge that time be taken at the end of the day, if possible, to jot down those things which you found profitable and those things which you found difficult or harmful. Soon you will begin to detect a pattern. The pattern is the pattern of your manifestation which comes through your being from the great levels and touches the people about you.

We see that the harsh winds of summer have blown your streets clear of snow and we are aware that each has a somewhat more buoyant attitude towards this incarnation than *(inaudible)* its surprises during a period of this sort of weather than when the weather is dark and gloomy by its very nature …

We should at this point transfer from this contact. I am Hatonn.

(Jim channeling)

I am Hatonn, and greet you through this instrument in love and light. We appreciate the service of the one known as Carla, though her condition is somewhat marginal. We thank her for offering all she has in this service. To continue with our thought.

As your season moves from that which was the cold, windswept, barren and introspected into that season which begins the warming and nourishing of that which was the focus of the introspection, winter, there is a lightening the hearts, a gladdening and a sparkle, shall we say, to the mind's eye. This we see among your people at this time and it is in your experience likened unto a magnification of the life pattern which surrounds you and through which you move at this time. The tendency of the winter season is to turn the eye inward that those portions of the self which have exercised their luxuriant summer's growth, shall we say, might then be observed and considered for their harvest of that season that this harvest then might then be the foundation of yet another season's cycle of growth.

It is always a joy to reap the harvest and then to consider the sowing for the new year, the new year for the growth of the spirit in your manifestation. You will move through this new season of growth, each in your own fashion, watering those planted ideas, thoughts and tendencies that you feel have value in your continued journey. You shall also, according to your own discrimination pluck those growths that seem as weeds and seem to hinder that spiritual journey which now finds a new level of realization within your life. As you use your discrimination to evaluate the experiences which are placed before you and which you find yourself moving within, you must ever keep before your mind's eye the purposes as you understand them for your movement and your growth, for many are the plants and forms of life within your garden of experience.

From one particular point of view, or shall we say power of magnification, a certain experience may seem very difficult and quite undesirable. It may indeed seem as the weed that needs the plucking and the removal from the garden of your experience. And yet, if you look deeper, my friends, and magnify your own perceptions inwardly and outwardly, you discover within that situation which seemed most difficult and undesirable the possibility of a great acceleration in your spiritual journey. For as you move through your illusion, the strength of spirit which is possible for you to gain is most often that which is gained not with the ease of a feast table, plainly and easily set, but oftentimes is that experience which provides the most difficulty in surviving and evaluating for its value. The experiences which of necessity cause you to reach deeper within your own being in order to find means of achieving harmony with self and other self are those experiences which, as the sandpaper to the roughened board, smooth the spiritual journey in a very real and basic sense.

For as you move through your illusion, you shall discover that those times in which there was an ease of being and expression and perhaps a happy contentment to go with them, there was less of that harvested of the spiritual nature, shall we say. Those experiences, on the other hand, which were very difficult at the time they appeared within one's life may have provided one with the spiritual challenge that then yielded the harvest that was unrecognized at the time, yet at a later time, as you call it, became apparent to the inward-seeking eye.

We cannot with any surety describe to you any particular set of circumstances which might be productive of this type of spiritual growth, for within each life pattern there is a unique potential for realizing such growth. Yet we can say to you that things are not always as they seem within one's life. This is especially true for the seeker of what you call truth, for in the metaphysical sense, it is very difficult for one to determine one's own progress and one's own means of achieving this progress. You move within an illusion which …

(Page 5 is missing from the transcript.)

… moving in perfect harmony with the cycles and seasons and the rhythms of being. We shall leave you now, in an illusory sense only, for in truth we are always with you and always one. We are those of Hatonn. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you also, my friends, in the love and the light of our infinite Creator. We are happy to tread where those of Hatonn have left their

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footprints as well, and we offer our humble service in the same manner, asking that you take that which we give with, shall we say, your proverbial grain of salt. We are happy to offer ourselves in the attempt of answering your queries and we would ask at this time if there might be a query with which we might begin?

S: Latwii, is there anything that I can do to help R that I have not already attempted?

I am Latwii, and, my sister, we find that your efforts in this matter have been most exemplary. The most important portion of these efforts, as we have mentioned before, is that intention with which you begin and continue your workings. The desire which you manifest in these workings is that motivating force which many have called love and we can find no better word for this facet and function of experience that you now seek to express in order that another might find a greater balance within its own being. We suggest that you continue upon that path which you have firmly planted your feet upon.

May we answer you further, my sister?

S: No, thank you Latwii.

I am Latwii, and we thank you, my sister. Is there another query?

(Pause)

(Carla channeling)

I am Latwii, and we find that each person has taken one step backwards and left this volunteer to end. We do indeed end our stay with you with much reluctance but we glory in each of your beautiful colors, the vibrations of your being and the energy fields that they have created. How beautiful you are, my friends. We are those of Latwii. We bid farewell in the love and the light of the one infinite Creator. We realize that there are some who would wish that we could walk among you, but that is not a safe thing to do, and so we speak to you, and so we are always available to you. We bid you farewell. Adonai. Adonai. ♣

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Sunday Meditation
March 17, 1985

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. With those of Laitos, we shall, as we use the instrument, be working with each who will desire, especially the one known as J, in order that contact might be adjusted more carefully and our service of the strengthening of the meditative state might be therefore more available. It is a great privilege and you are most gracious to allow us to do this work, for as we share in your life patterns, we experience a great deal of vivid and what we would call raw catalyst for our own growth, catalyst which in our density is no longer present. In our density we have no boundaries as you know it betwixt mind. The boundaries between one's mind and another is the most powerful catalyst that you will ever experience. Are we misunderstanding? Every conversation of any kind, no matter how well realized, is in essence an experience of one soul battering with wings against the semipermeable membrane that lies between two energy fields or, as you would call it, two people.

We would, to exercise each instrument and to offer our humble words in the most clear manner, wish to move about the room so that that which we have to say may be said in a variety of ways as each within the room has the distinct and unique characteristics which make each channel a potentially excellent channel. We, of course, are up against the semi-permeable membrane betwixt even a discarnate entity and another entity. We therefore experience of which we speak, for we are having to use concepts and words to give our meaning clearly just as you would for your conversation. This is a tremendous catalyst for us, and we give praise and thanksgiving that we are able to serve you as you so graciously serve us.

This evening, we would speak of meditation and of love. Let us approach the subject from the standpoint of love being offered as a goal, as some proper name like a town or a city. Within this instrument's mind we find many popular songs which use this term. "All you need is love," is the one we find most firmly etched in this instrument's memory. This is indeed so, my friends, for there is nothing but love, therefore all you need, regardless of what it is, is love. The tremendous danger in looking in love as a goal is that it becomes a kind of deity unto itself, one which is drawn within the imagination of man's mind, not that of the Creator.

We shall transfer. I am Hatonn.

(L channeling)

I am Hatonn and am with this instrument. The difficult of which we spoke is in the conceptualization of that which you call love as a sort of god in and of itself rather than a facet or characteristic of the Creator. In pursuing oneness

with this characteristic, the difficulty lies in the willingness to stop short before achieving the final attainment, for one in this situation strives not toward a reunification with the Creator but rather toward the objective of limitless loving, and in such attainment finds difficulty in reconciling the Creator's universe with that which the seeker believes should be apparent to himself as a result of his attainment. His confusion at this point, characterized by his attainment of limitless loving but lack of awareness of that [which] surrounds him is often a failing point for those who strive in this direction, for in seeking not far enough, yet obtaining the objective of their search, they are suddenly stricken with doubt concerning the validity of that which they have attained, and in doubting, find that their attainment begins to tarnish in their own eyes. This in turn frequently results in a turning away, for in truth, when one attains that which is sought, but initially chose to seek the wrong objective, one is likely to be eventually dissatisfied.

My friends, loving frequently is described as a gift of the Creator. Yet, my friends, is not all equally a gift of the same source? We seek not to devalue that which you call loving, but rather to introduce a perspective through which one might see this gift as a tool through which attainment may be attempted rather than an end product which one may settle for and fall short of the Creator's intention.

At this time we shall transfer our contact. We are known to you as Hatonn.

(Carla channeling)

I am Hatonn. We have consulted with the feelings of each other channel and find a desire to listen this evening. We commend this and encourage it. The vocal channeling must never, never be done as a duty but only as an honor. Serving in general must never be a "should" but always a rejoicing in the ability to do what you have to do. Take all of those things which you should do but do not wish to do and discard them. For only in joy will your service be felt, regardless of its effect, as an honest service. We would conclude through this instrument, therefore.

The master whom you know as Jesus broke his body like a loaf of bread and poured out his blood upon the earth, and yet in no way did he wish to be worshipped for himself. He asked his followers to take bread and wine as a remembrance, not as a worship of himself and spoke always of his oneness with the Father. Likewise, the one known as Mohammed spoke not of himself as the one God, as the phrase is, describing the thought complex, Allah. This entity called himself a prophet. When we examine the role of Arjuna in the Bhagavad-Gita, we do not find this entity to be fighting for love, but rather to be fighting for his life, his honor, and those mundane principles which an honorable man has. If there is one message that comes clear as a bell from this sacred work, it is that man is within a temporal clime, a time of living during which many temporal and completely seemingly nonspiritual decisions and actions must be made.

There is so an even more exquisite articulation of this concept as one follows the life of the one known as Gautama Siddhartha who went on the spiritual journey and after many adventures found himself plying the pole of a boat as he took travelers across the water. He gazed always at the water, not at the men, not at their problems. There was in him no idolatry. This entity has lessons for those who practice any form of idolatry. Most of your idols are unwitting. There is no attempt made upon a seeker's behalf for that seeker to become an idolater. And yet, one becomes enamored of an experience or a point of view and clings to it until it becomes hard, dogmatic and rigid.

If your love is not flexible, endless and sweet as fresh water, then the love which you are seeking is a graven image, a dead figurehead which mimics love. Love is not a thing, it is a force, it is a beingness, a consciousness which you share, it is your birthright. You may love but in the beginning and in the end you *are* love and you are a channel for limitless love. You cannot seek limitless love; you can only open the door through which that love may pour.

Hence, we turn again to daily meditation. Regardless of how much the discipline of daily meditation may cost you in worldly terms, may we suggest its central importance in your seeking. Do you wish to be in the fast lane, as this entity would call it, working hard at becoming a more polarized servant? Then meditation must be your meat and your drink. It need not be long, in fact except for one meditation during the day to center you, preferably in the morning or when first you awaken, it is possible to regain the perspective of meditation in a near-instant by suggesting to yourself that you should meditate when you hear the clock or the doorbell or the

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telephone make its ringing noise. Lift off of your shoulders this great responsibility for finding a limitless love in a world which does not have what you seek, and open yourself to that love through meditation and through watching experiences as if they were water, flowing past you making interesting configurations. Your life is a pattern. May you make it beautiful by surrendering to love itself.

We leave this instrument in that limitless love and infinite light that is the one Creator, and yet we can hardly leave you, for you are the Creator also and so are we. Therefore, we share with you limitless love. As always, take what we have to say, discard all that is not helpful and use what may be. We are known to you as those of Hatonn, and those of Laitos also send you greetings and love. Adonai, my friends. Adonai vasu.

(The group retunes by singing "Row, Row, Row Your Boat" several times.)

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the infinite Creator. We thank you for your efforts in upgrading this tuning of this circle. We appreciate the fastidiousness with which you approach the honor of seeking the truth in this particular manner. We also are greatly honored to be asked to join your circle, and we enter it with the anticipation of providing our humble service in whatever way might be available to us. We therefore would ask if there might be a question with which we might begin our service?

S: Yes, Latwii. I read recently that it might be good to in the morning, say after your meditation, to either use a deck of tarot cards or the Bible or runes, and to pick something at random and to meditate—well, not necessarily meditate—but to think about the symbology of that for the rest of the day. And it said that when you do this, your higher self is working with you and helping you to select that which you possibly need to think about. And I wanted to know if you could confirm this for me, and if you can't, can you give me any other ideas?

I am Latwii, and, my sister, we feel that there [are] an infinite number of procedures and concepts and rituals which one may pursue in the attempt to proceed, shall we say, upon the evolutionary path. Indeed, any conscious focusing upon this endeavor will enhance its effects within one's being. The particular procedure to which you have referred is one which is efficacious in allowing the conscious mind to receive a message from the unconscious and perhaps even that source referred to as the higher self. The procedure is one which tends, in general, to focus the attention upon a concept. This is a good, shall we say, effort that can be made, for throughout one's normal round of daily activities, the attention is most frequently dissipated in a variety of directions, then needing the meditation to once again focus the attention and to reap the harvest of the day at the day's end. To begin the day as you have suggested, is a means by which the attention may be focused and reinforced in its focus periodically as the day proceeds. We cannot give more specific instructions in this particular area, for each entity will of necessity be drawn to a special type of focus for the day, since each entity is quite unique in its configuration of potential lessons and services for any particular period of time.

May we answer you further, my sister?

S: Well, just … I'm pretty sure of the answer, but I want to ask anyway. Would you suggest that one uses whatever they find to be the most comfortable to them?

I am Latwii, and we might agree with this supposition, unless, of course, one wishes to work with those techniques that make one uncomfortable, for there are, of course, lessons to be learned in the uncomfortable as well. We do not mean to be facetious, my sister, but we are simply suggesting that any particular technique is of whatever value one feels and desires it to be.

May we answer you further?

S: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Just another quick one on that. Would you delete from the list of things to use after meditation the ouija board? I've heard many stories that put your hair on end about how the ouija board is misused inadvertently.

I am Latwii and we feel that this particular means of contacting the deeper portions of one's own mind and perhaps portions of other entities' minds as well is a means which is more easily misused than most tools, for there is a great amount of thought form

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energy that has collected around this particular tool. Its use has been, shall we say, somewhat sloppy in the past of your peoples. The need for the tuning and the challenging of spirits has seldom been recognized within any particular means of seeking, shall we say, discarnate advice, and within this particular tool these means of assuring the positive use have frequently been omitted. If these means are omitted this particular tool, however, provides the same kind of, shall we say, crutch for the seeker as would any other means of contacting the deeper levels of one's own unconscious mind and perhaps those portions of minds that would be drawn to one's seeking.

Shall we attempt further response, my sister?

Carla: I just wanted to make sure. You said, "if these means are omitted," and you meant "if these are not omitted," right? In other words, if you use the challenging of spirits …

I am Latwii, and you are quite correct and we hope that we have not confused you overmuch by our omission of that which we meant. We shall correct this instrument by our omission of that which we wished to include.

May we answer further, my sister?

Carla: *(Inaudible)*.

May we attempt another query?

L: Latwii, in the Ra material there are some rather terse sentences [that] might be regarded as a caution or a warning concerning the attainment of certain areas of knowledge without the practice thereof. Could you elaborate on that please? In whatever direction seems most appropriate to you.

I am Latwii, and with such a broad field to take shots in, we feel that we might hit a mark here or there. We are aware of the portions of this material to which you have referred, my brother, and this in general [is] a statement of the balance between the responsibility and the duty that one shoulders and accepts as one attempts to be of service to others in the specific means of providing the healing catalyst. One may see the self as a crystal that is in the process of becoming regularized. There are within each entity various distortions or flaws, shall we say, that cause the instreaming love/light or prana of the one Creator to be detracted in one means or another as the entity utilizes its daily round of activities to express and eventually balance these distortions. If one assumes the responsibility of that known among your peoples as an healer and gathers the knowledge necessary to exercise this responsibility and then fails to complete the practice of this art and simply stores the knowledge without allowing it free flow through the crystallized beingness, one is, shall we say, storing an energy which will eventually in some fashion burn the circuits within the entity so storing this energy. The burn or feedback of this energy is usually along the lines of fracture or distortion within the crystallized entity, therefore the difficulties which would beset one who had failed to, shall we say, put to use that which had been learned would be difficulties that would enhance those distortions previously existing, therefore forcing, shall we say, the entity to practice upon itself that which it had failed to practice with others in service to others.

May we answer you further, my brother?

L: No, that was very clarifying, thank you.

I am Latwii, and we thank you, my brother. May we attempt another query at this time?

S: Yes, Latwii. I'd like you to clarify something along those lines. What if the person makes every effort and every attempt but is unsuccessful?

I am Latwii, and might we ask if the question could be made more specific as to what exactly the attempt would be focused upon? Is this considering the personal balancing or the utilization of the skills in service to another?

S: I knew I was going to clarify that as soon as it was out of my mouth because it didn't make sense. Okay. What I mean is, I realize that the healer does not heal the person. What I'm trying to get at is what if the person is not able to provide the service, the person attempts to act as a catalyst for the one to be healed, but the person acting as the catalyst either, well, I guess the best way to put it would be, does not have the ability to do that. Does that help?

I am Latwii, and we feel that we have now a better grasp of your query, my sister. Well, since there is no AMA upon the metaphysical level, we can suggest that the efforts which you put forth are not able to be measured by your own senses. You will not know in most cases, especially at the first of your practice, how successful you have been. The important point in this regard, therefore, is the intention with which

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you make your efforts. As each seeker seeks the one Creator and continually falls short of that seeking, so also the healer attempts to provide the catalyst in whatever manner is possible for it to provide. Yet in most cases, it shall also fall short. That the effort is made with the intention to serve is the important point. The variance between the attempt and the achievement is never measured and may be considered unimportant.

May we answer you further, my sister?

S: Well, okay. It seems as though the attempt is the important thing, and I understand that. What if a person attempts this and attempts it every day for fifty years on different people and never has any results? Does that … Okay … Once the person gets the knowledge, do they have to continually attempt, you know, for the rest of their life?

I am Latwii, and we feel that we have a grasp of your query. The attempt is the most important aspect of this endeavor, as we have mentioned. The situation which you have described is one which is most difficult to imagine, for as one attempts to serve others, there is the fruit of this attempt upon some level of one's being and upon the beingness, shall we say, of those …

(Side one of tape ends.)

(Pause)

(Jim channeling)

I am Latwii, and am once again with this instrument, and very happy to be here for this instrument very nearly lost it. To continue our response to your query—the fruits of your labors are not always, and in fact, are seldom noticeable within your third density illusion. That which you see when there is something to see, shall we say, in the way of an healing is the result of work which has been done first upon the metaphysical levels. This work may take a considerable amount of what you call time or it may not. There are many, many factors to consider in the healing process. That you attempt or even desire to attempt when another may not be present is the factor which is of most importance.

May we answer further, my sister?

S: No, Latwii. After many questions I finally was able to pluck the gem. Thank you.

I am Latwii, and we thank you, and are very happy that [somewhere] within all of that there was indeed a gem. May we attempt another query and perhaps another gem?

L: One more shot, Latwii. We talked about the efforts of the would-be healer. I'd be interested in what you'd have to offer on the subject of seeking to help one who either had not requested that help or would be opposed to receiving that type of help if they were aware it existed, for quite frequently there are those who might be in need of assistance, yet do not request or find the source too unusual to request it.

I am Latwii, and we are happy that you have asked this query, my brother, for it is most important that one who would offer itself as the healer not attempt such efforts unless first approached by the one to be healed, for entities shoulder those burdens which are theirs for as long as the burdens are theirs, and to attempt to remove a burden before it is, shall we say, ready to be removed is much like attempting to peel the skin from the snake before it is ready to be shed.

May we answer you further, my brother?

L: That's an excellent response. Thank you.

I am Latwii, and we thank you, my brother. Is there another at this time?

A: Latwii, I have one on the same line, kind of. For the healer, sometimes with one person he can read them like a book for what is ailing and how to possibly aid this person, where with another person the book is not transparent, and there's almost like a lead case around it. What are some of the possible reasons for the healer not being able to read anything? Would it be … well, just expand on that and we'll proceed from there.

I am Latwii, and we feel that we have good deal to expand upon here. There are, of course, as you would imagine and perhaps fear, a great many reasons for such difficulty for reading the one to be healed. First and perhaps foremost upon this list is what might be termed the concept of preincarnative choices. There are many entities upon your planet at this time who have for one reason or another chosen various limitations and, shall we say, diseases in order that a focus of mind might be achieved because of the limitation or disease. In this instance, the healer would find an impenetrable barrier

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betwixt its perception and the one to be healed in its configuration of disease.

There may also be various metaphysical reasons that do not have a relation to preincarnative choices—directly, at least—that would cause this same kind of barrier. However, it would not be so much a barrier as it would be an incomplete reading of what was within the entity's auric field. Entities frequently have, shall we say, layers of resource information contained within what are called diseases. The one serving as healer is one who attempts to read these various layers of information. These layers of information contain the services and lessons, the patterns of being of an entity. There are for some entities and for some diseases or configurations of the auric body various levels to grasp in order to complete the healing. The one serving as healer, then, must become adept at penetrating these various levels of information in order to perceive the heart of the disease configuration.

May we attempt further response, my sister?

A: Well, in other words, the healer may be very adept at healing, and it's not that person's fault they're goofing up, it's just something that was already set up ahead of time, that the other person chose not to be healed quite yet, you know as you said to the earlier question of it's not time to peel the snake yet? Is that right?

I am Latwii, and, in general, your assumptions are correct. We may make one clarification, that being that the one serving as healer, when it offers itself wholeheartedly with no personal will as to the outcome, but serves as a channel for the Creator's will to move through, cannot, shall we say, "goof up." It is not upon the shoulders of the healer that the healing is carried, but upon the shoulders of the one to be healed in its ability to allow the Creator to move within its being.

May we answer you further, my sister?

A: No, you summed it up nicely. Thank you.

S: Yes, Latwii, just briefly. I'd like to ask you something about R's condition. In looking up in the dictionary, it seemed to me that the lymph nodes are responsible for filtering and I assume collecting different viruses and microorganisms, so I assume that that's basically what R has collected along with, I don't know, chemical pollutants. My question is if it's microorganisms and viruses, one would think that antibiotics or something of that nature would work. I don't know much about antibiotics; I know they work on some things and don't work on other things. But the problem is, R can't go to his doctor and say, well, you know, our friend Latwii says that, you know, that I have a whole bunch of viruses and microorganisms stored here and could you give me some medicine. Would you agree that what has mostly been collected is virus and microorganisms, and if so, shouldn't antibiotics take care of that?

I am Latwii, and we are aware of your query, my sister. As we mentioned in our previous time of sharing with you and the one known as R, these virae are the manifestations of metaphysical or, shall we say, mental origin. The work, therefore, that would be most efficacious in this regard is that which might be approached from the meditational and contemplational standpoint. The work within these realms is that which is the foundation of what is eventually manifested within the third density yellow ray body. The use of the various antibiotic drugs within in this particular case could be that which is as, shall we say, the training aid or audio/visual aid upon which the mind could focus and use as an analog, a symbol of the cleansing that is being undertaken upon the mental and metaphysical levels of the entity.

May we answer you further, my sister?

S: Well, he's taking antibiotics, and I know he's working very hard meditating and trying to sort this out and basically know what's behind it, but these virae seem to be still collecting, and, I … well, you probably can't tell me anything. I'm just …*(laughing)* Thanks, anyway.

I am Latwii, and we enjoy your laughter and your correct assumption, my sister. May we attempt another query at this time?

L: I don't have a question, but I'd just like to thank you for the word, "virae." I like that.

I am Latwii, and we rather liked it, too. May we attempt another query, and perhaps add another word to one's vocabulary?

Carla: I'm through.

L: *(Inaudible)*.

I am Latwii, as if you didn't know that. We are most honored to …

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(Last page of transcript is missing.) ☘

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Sunday Meditation
March 24, 1985

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. It is a joy to be with you and to regale you with our few poor thoughts. As always, we ask that as we speak to you, you take what you can use and discard that which is not useful to you at this time. We bear no authority greater than yourself and we ask for you to use your powers of discrimination, for we, like you, are travelers upon a journey, a journey that shall not end as far as our understanding goes, a journey that moves forever through time and space and beyond time and space, through dimensions and beyond dimensions, through creation and beyond this creation into the next. We speak with old souls, and we are old souls, for we were all at the beginning of this creation. And it is all of us and all of you and all those upon your planetary sphere who shall fashion for themselves a way of being, a way of living, a way of adoring and caring and chiding and feeling affection and being afraid, of being sad, a way of living and dying.

All of these things you fashion and shall continue to fashion, each in our own way, for you are co-creators of your mutual destinies, you who walk together upon this road. This road is as a seamless garment, a skin, shall we say. There is no hole or broken place within the fabric of your spirit or your spirit's experiences within this illusion. Many things may seem to be broken and need to be made whole, but in fact, this is illusion, not the reality. It is for this reason that occasionally miracles, so-called, do occur.

We would speak with you this evening about those things that do occur within each of your minds that cause judgment to occur. We would tell you of the small boy who asks to go into the road and play. "Absolutely not," his mother tells him. The boy is too young to understand that her meanness is the means of his survival. "I have just lost my job," wails the young woman. But this causes the young woman to think about what she wishes to do with her life, and in years to come, she has forgotten the pain of being without a future and has begun to enjoy having a past. We would point out to you that the master known to you as Jesus could have judged himself to be in a sorry state indeed, for he was scourged and beaten and nailed upon a cross until he was as inanimate as the wood which bore him. And yet, the great triumph of resurrection could never have taken place had all that passed not occurred.

We see the circle of each of your lives, the circle of judgment, of poor things which turn out to be so helpful and of seemingly excellent things which turn out to be worthless, and we would point out to you that judgment is a good thing to practice upon but is almost never correct, for the balancing between the good and the bad in each thing that occurs will go

on within the widening ripples of your life patterns until the pond ripples no more for each.

Let us turn now and see that which is beyond judgment, that which you may do to more carefully polarize yourself and align yourself with that which is the great and limitless light of the one infinite Creator. That, my friends, has to do not with action but with intention. What you intend in a polarized manner when you begin to act or when you think of acting or when you hold someone in your thoughts is that lever by which you polarize your own being in the service-to-others or the service-to-self way. It is your choice. The choice which most of your peoples make—that is, not to choose—is acceptable. It is not, however, a particularly rapid way to work one's way through the lessons of love which are the lessons of your density until you can graduate and go on to another school, another dimension, another set of lessons, those having to do with wisdom. You shall not be wise in third density. This is a given. This is a part of the density which you inhabit. If you work and give of yourself to the effort of being loving, no matter how poorly or how well your actions are realized, you shall have polarized. When one does all that one can do, that is the end of the ripple.

Now, you must understand, shall we say, that this action will inevitably produce in each seeker a veritable melee of judgments. You judge yourself; you judge others; you judge ideas. Most of all you judge whether or not you are polarized. We urge you to look upon these exercises as a type of spiritual inertia which pulls at you, drags you back and is basically counterproductive. Nevertheless, that you have offered—being loving—cannot be taken from you, for it becomes a part of the vibration and the patterns of vibration which form the field of energy which form that which is called you in this density.

Because judgment is never particularly useful and is often a painfully strong deterrent to one's own progress, we urge each to rest the judgmental faculties. Mind you, we are not urging you to cease from discriminating betwixt one thought and another. We simply ask you to ride the mare, not for the mare to ride you.

Let us be more specific. Your intellect and all that goes with your intellect, as opposed to all that goes with your character, is a tool. It was crafted by you through many experiences and is part of that which is manifest and realized in this incarnational experience. It is a tool for you to use and it is a good tool. However, many there are among those who seek spiritually who allow the intellect to ride them. This is not an infrequent thing at all and, indeed, in those who have had some experience in attempting to govern the mind, is certainly not surprising. But we urge you to temper that intellect, to ask yourself, "Am I thinking or am I feeling?" To ask of yourself, "Is my thinking bent upon aiding either myself or another in spiritual growth?" These answers are most important, not just to you but to those lives you touch, for indeed, you can give nothing but yourself.

There are many who would wish to give you gifts; there are many whom you would wish to give gifts. The effective gift is that of yourself. Therefore, the first person to practice your lack of judgment and your acceptance upon is you yourself. Have you allowed yourself to shine forth today? Have you allowed laughter to bubble in your voice, joy to fill your eyes? Have you listened and looked and heard and seen the music and the joyful alleluias of the creation, the nodding flowers that bend toward the uncertain sun of spring, the first willows that wave their greening branches over the road you travel? The dramatic skies that give you rain and offer nurturing to your new crops? Have you allowed yourselves to be ministered unto by the creation? For only in doing this can you then turn and offer yourself in ministry to others. Whatever it is that feeds you, turn to it, allow it to fill you with the love of the Creator and then allow that love to shine through you. We do not need to tell you that of yourself you cannot do this, for human love is short-lived and human expectation tremendously long-lived. Love can never meet expectation.

We would, as we gaze upon your peoples, almost wish that the planet upon which you live could see itself as bitten by a snake so that the people could begin to take restorative action to contain that poison which is judgment and to release into the body the antitoxin, love. Ah, my friends, the flowers shall bloom, the crops shall mature, and you who are the greatest crop, you shall bloom and mature also. How effective do you wish to be today? How would you like to greet tomorrow's sun? The willow has already made up its mind; it will turn towards the light. Shall you?

Before we go further, we would wish at this time to spend a few moments acquainting each in the room with our particular vibration. If there are any

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untoward effects, mentally request that we adjust the rate at which we are contacting you and we shall do so immediately. We shall pause at this time that we may greet each of you and allow you to feel our presence. I am Hatonn.

(Pause)

I am again with this instrument. I am Hatonn. We have, in contacting others in the group, caused the fine tuning with this instrument to become somewhat more than she can handle. If we may pause again, we shall adjust.

(Pause)

I am again with this instrument. I am Hatonn, and again greet you in love and light. It has been such a privilege to speak with each of you. If we may leave one thought with you, it would be to request that in your priorities for each day, the first priority be meditation. The world about you—that is, the world that seems to be about you—is always astir with the small and large issues of the day. Even the insects, the birds, make their noises and do not go away. Within yourself is the only solitary place where one may go and shut the door and open to that beauty, that power which is the Creator, and that one great original Thought of the Creator, which is love. You shall not find yourself able to escape judgment; you shall not find yourself able to escape folly, and your life and death are but a tiny parenthesis in infinity. And yet within yourself lies the access to that infinite portion of you which is the Creator, which dwells in the Creator, and which indwells within you. Meditate, open inwardly and then, my friends, turn towards the friendly sun or smile at the raindrops that nurture those crops that are working to break the soil.

Nothing is what it seems; all things are what they seem. We offer this as the one paradox that is repeated over and over. Judge all you can, there will always be another side; love all you can and your lives shall be transformed. We leave you, my friends, in the love and the light of our infinite Creator. In the power of that one great original Thought we leave you. We are known to you as those of Hatonn. Adonai. Adonai, my friends.

(Jim channeling)

I am Latwii, and we greet you, my friends, in that same love and light of our one infinite Creator. We are grateful once again to have been asked to join your group and to offer our simple service of attempting to answer those queries which you may have value in the asking. We echo our brothers and sisters of Hatonn in suggesting that you use discrimination as you listen to our words, for we are but fallible pilgrims upon the same journey with you in the seeking of truth. May we begin then with the first query?

Carla: Since nobody's asking anything, I'll ask a throw-away. What vitamin deficiency causes cracked lips, sores at the corners of your mouth? Do you have any idea?

I am Latwii, and, my sister, we must admit to being somewhat unfamiliar with the chemical vehicles which you inhabit and through which you in your minds move. We can look upon that area of your physical vehicle which you have described and make most general recommendations that your intake of certain vitamins may be increased in the area of citrus fruits and the vitamin C. We cannot be more precise, for many entities are unique in their physical makeup and may suffer anomalistic deficiencies which would require a separate diagnosis for each case.

May we attempt another query or further response, my sister?

Carla: Merely my apology for asking such a silly question, but thank you very much.

I am Latwii, and we thank you, my sister, even for your silly questions. May we attempt another query at this time?

N: Latwii, I greet you in the path of love and light and light and love of the one infinite Creator. And I was wondering if you might explain the White Brotherhood?

I am Latwii, and am aware of your query, my brother. There are various distorted perceptions of this group which is loosely called the White Brotherhood or Great White Brotherhood among the peoples of your planet, for it has existed for a great portion of what you call time and through various means has had its expression in the service of the one Creator. There have been many efforts in this expression through the various channels and means presented to those who are of this grouping. There has been upon your planet for a great portion of its third-density experience those of its population who have through their own seeking been able to,

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shall we say, harvest themselves, and enter that dimension which awaits your population as a whole at this time. Within what you might call the inner planes of your planetary influence these entities then have gathered themselves and have chosen to focus their attempt at serving others in whatever means has been available.

Many of your peoples have been contacted in what you call the dreaming state, others in the meditative state, and others in intuitional attunements or moments of inspiration. The purpose of each contact has been to answer a call. Those who call of your population seek the love of the one Creator. Those of the so-called White Brotherhood then, receiving this call, move to answer in whatever fashion can be understood by the one who calls. Thus, within the inner realms of your planetary influence, this grouping of light beings seeks to share that which has been their privilege to obtain as the understanding of compassion and love, those lessons of your particular illusion.

May we answer you further, my brother?

N: Is the bulk or the majority of the White Brotherhood located on Earth or on other planets or in another dimension?

I am Latwii, and am aware of your query, my brother. Again, in this response we find the possibility of distortion, for, as we have said in our previous response, many are the perceptions of this grouping of entities, and indeed this grouping of entities is joined from time to time by others who also seek to share the light which has been found in the personal evolutionary process. These who join from time to time that grouping called the White Brotherhood may be from a variety of locations and points of experience. To be generally correct, we may suggest that the heart of this White Brotherhood, in its numbers of member entities, is of your planetary influence, and exists within the inner realms or time/space portion of your planetary experience.

May we answer you further, my brother?

N: Is the White Brotherhood primarily … do they utilize themselves as spirit guides? Or are they of a different type of influence?

I am Latwii, and we can in general suggest that those of this group, the White Brotherhood, do not in general serve as what we understand you term the "spirit guide," that is the, shall we say, angelic presence or collection of such which moves with each entity upon your planet for the purpose of providing guidance where possible and protection where possible. These of the White Brotherhood, on the other hand, may be considered as, shall we say, resources which may be called upon by a specific and purified seeking or working of what you may call the adept. These of the White Brotherhood, then, are more general in their effect in that their service moves to, shall we say, blanket your planet but is the result of a more specific and purified calling than an entity would normally make in its daily round of activities, that round which is more properly the sphere of the spirit guides as you have called them.

May we answer you further, my brother?

N: Then, all the White Brotherhood are of at least fourth density or higher?

I am Latwii, and this is basically correct, for these entities have in their own experience been able to utilize the catalyst which is available within your third-density illusion to the extent that now their understanding, shall we say, has reached a critical mass, and has enabled them to welcome a greater portion of the love and light of the one Creator which is available to all.

May we answer you further, my brother?

N: Thank you very much.

I am Latwii, and we thank you, my brother. Is there another query at this time?

(Side one of tape ends.)

Carla: Yeah. I'd like to know that too because I just saw today that Jesus was of the order of Melchizedek; that's what it said in the Bible.

I am Latwii, and am once again with this instrument as it has completed its mechanical duties *(of turning the tape over)*. We are aware of the query and shall do our best to provide a satisfactory response. Those of the Melchizedek thought, shall we say, are those entities who have found a particular philosophy to be of service to them in their own evolutionary process. Many have been the masters, as you call them, who have walked the surface of your planet in third-density vehicles. These entities are of various origins, many without your planetary influence. The one known as Melchizedek was a, as you call it, master who had consciously followed a certain

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philosophical path which served to discipline the mind and the personality which expressed the mind so that third-density entities could in a conscious fashion accelerate the evolutionary process that each either consciously or unconsciously upon your planet takes part in.

These entities are a grouping which is usually placed within the ancient mystery schools, those places of learning which existed from great and times within various cultures' histories upon your planet, for always there have been the seekers of truth, and from time to time and in various places these seekers have organized themselves in societies and schools which have sought to preserve and pass on those truths, shall we say, that they have honored to gather.

The one known as Jesus was as one who sought from many schools the knowledge and the expression of the one Creator that is called love. Many were the places and schools which this entity visited and at which this entity learned as a portion of its evolutionary process.

May we answer you further, my sister?

Carla: No. Thank you very much.

I am Latwii, and we thank you, my sister. Is there another query at this time?

J: Yes, Latwii. May I ask if there is any sort of differential in awareness or possible harvest into fourth density among the various religions, whether it be Hindu, Buddha, Christianity, Judaism or whatever, or Moslem, whatever, as far as that sort of level of awareness necessary for harvest, et cetera?

I am Latwii, and am aware of your query, my brother. Each vine has its fruits. Each vine has those branches which are pruned or which die from lack of light, shall we say. Each religion, as you have called it, upon your planet offers to the pure seeker of truth a path to the infinite. Upon any path, whether it is organized as a religion or formed as a personal expression, will have the side roads, shall we say, which can in some degree lead one astray. Yet to the persevering and constant seeker who utilizes the will to know and the faith that knowing is possible, the rejoining of the path which is straight and narrow then occurs.

May we answer you further, my brother?

J: No, thank you.

I am Latwii, and we again thank you, my brother. Is there another query at this time?

Carla: Well, before you go, I'd just like to ask a follow-up on the question about the Brotherhood. I've noticed that whether it's in Peru or Tibet or Mount Shasta, that the teachings of the White Brotherhood or the Brotherhood of the Seven Rays or the Ascended Masters always seem to take place in mountains or on mountains. I wonder if that's a third-density fact, in other words, the high altitudes are more spiritual, or if its a concept of the highest and most high that is just personified by mountains?

I am Latwii, and am aware of your query, my sister. We find that in some degree each of your assumptions is correct. There is within the mountains' terrain the symbolic path of the seeker of truth. The seeker who travels the conscious path of attempting to express and experience that known as love is one which shall find itself twisting with a sinuous path, discovering boulders that seem impassable, and shall occasionally find itself tired and worn beyond its belief that it can continue. Yet the upward trail lies before it, and after a rest the seeker then continues this journey, leaving behind it the great expanse of that which is the manifested illusion, moving towards that which is more, shall we say, substantial in the spiritual or metaphysical sense until it finds itself within the rarefied atmosphere which provides the widened point of view.

The perspective possible from the mountaintop is like unto that ability to love with a wider perspective, to accept that which seemed unacceptable, to forgive that which seems unforgivable, to have compassion for that which seems deserving of none.

There is another reason which has brought many seekers to the mountainous region, and that is the solitude which such regions provide, that the entity may, in a sense, withdraw from the world and focus its being and expressions upon the seeking of the one Creator which is more difficult within the more densely populated portions of your planet, for there the distractions are multiplied. This seeming separation of the seeker from those about it is only illusory separation, however, a separation from the husks of the illusion and a true joining with the heart of all those about it, a joining in love.

May we answer you further, my sister?

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Carla: No, thank you.

I am Latwii, and we thank you. May we attempt another query?

J: Yes. Earlier at some time I believe we discussed the fact that the Atlanteans sent expeditions to Tibet and Turkey and the mainland to the mountainous areas. Was there some other reason why they chose these mountainous areas or did they actually expect a catastrophic flood that may have occurred when the land mass sunk?

I am Latwii, and we find that the latter portion of your assumptions is more correct, for if you will remember, these entities were those whose homeland, shall we say, was in the process of being inundated by the waters which surrounded it as a result of the warfare, as you call it. Therefore, these entities sought the safest places possible in order that the knowledge which had been their privilege to accumulate might be preserved for the future populations of your planet.

May we answer you further, my brother?

J: No, thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Latwii, and we are aware that there are some queries which have not reached their final form at this time and would benefit by a period of time, shall we say, in their gestation. We shall therefore take our leave of this group, leaving, as always, in the illusory manner only, for in truth we are one. In [love] and light then, we leave you as we find you. We are those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Nona, and we shall not keep you long, but we have been called for the healing vibrations especially for the one known as N. Therefore we shall make our vibratory sounds and leave you in the love and in the light of the One Who Is All. I am Nona.

(Carla channels a beautiful healing melody from Nona.)

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Intensive Meditation
March 26, 1985

(Carla channeling)

I am Hatonn. We would speak with you briefly before moving on to the, as this instrument calls it, intensive portion of the meeting, wishing only to greet you in the love and in the light of our infinite Creator and to explain that we aided the instrument somewhat in its choice of tuning. Each entity had a good deal of busyness to the day and there was much relaxation that would be fruitful for the adventure of attempting the vocal channeling. Indeed, the relaxation of the body is most important. It is often the case that one does not know how caught up in one's very physical vehicle they have been in the daily round until one first sits down to relax. It is as if the physical vehicle does not communicate perfectly with the mind of the individual. This is unfortunate, my friends. There is much illness or disease among your peoples that could well be solved if entities were aware of their bodies all the time and responded appropriately when the need arose. We shall leave you at this time in the love and the light of our infinite Creator. We are known to you as those of Hatonn.

(Carla channeling)

I am Laitos, and I greet you, my friends, also in the love and in the light of the Creator Who Is All. We are aware that you seek us, yet we also are aware that in each mind there is the questioning. Therefore, we shall attempt to give a good balance between the working with each new instrument and the desire for answered questions. We would, as always when transferring to another instrument, wish to provide the basic information concerning who we are and in what guise we come. We shall pause.

(Pause)

Carla: Let's visualize all of this inside, the beautiful limitless white light, so that we can retune.

(Carla channeling)

We are those of Hatonn and Laitos. That portion speaking through this instrument is now Laitos but both energies are with this group at this time. Again we greet you in love and in light. We thank the one known as R for the attention to the quieting of the distracting noises. As this instrument would put it, we need all the help we can get. It is a joy to be with you and a joy to be working with each new instrument. We shall transfer now to the one known as J in order to exercise this instrument and say only a few simple thoughts. We ask the instrument not to analyze and to speak freely without attempting to analyze in any way that which is spoken, realizing that our concepts seem a good deal like one's own thoughts. The difference is subtle and as one becomes more and more capable and vocal channeling becomes easier to spot, one is aware that

one has not thought something, and yet it is there. That is the channeling as you know it.

We now attempt this process through the one known as J, and we leave this instrument. I am Laitos.

(Carla channeling)

May we comment that it is almost as difficult to get this instrument's attention sometimes as it is to gain the attention of the one known as J, and this instrument has a habit of being a million miles away which is sometimes counterproductive. It is our joy to be working with the one known as J. We feel that we have good contact. However, we have not been able to fasten upon any single way of expressing subjectively to the one known as J that we are with this instrument. We shall be working on that detail. Meanwhile, we thank very much the one known as J and would move on to the one known as R. If this instrument would appreciate or desire the experience of the vocal contact, this is the time, my friends. Now is always the time. Later is almost never the time for what one wishes to do. Therefore, we would at this time transfer to the one known as R.

(Carla channeling)

I am again with this instrument. I am Laitos. We were able to get the feeling of conditioning with this instrument but the conditioning that is desired has not yet, shall we say, peaked. We shall continue working to substantially aid the instrument in feeling our presence and meanwhile we would go on to the one known as N and say to this instrument, you are not expected to do anything, or, if you wish, to say anything. These vocal contacts are services that may be performed for the benefit of others. It is one of an infinite array of ways to help another. There is no extreme rightness or cachet to the ability to channel nor is there any lack of service if one wishes to serve in other areas. To channel is not to be spiritual. There are times when to be spiritual is to desire to channel. We ask all of those who may see or hear these words to keep this in mind. Meanwhile, we shall rush upon our way to the unsuspecting next channel which is latent within the one known as N's bosom and attempt to make some verbal communication such as "I am Laitos" clear to this new instrument. We now transfer. I am Laitos.

N: Laitos promised to turn up the volume but he didn't turn it up.

(N channeling)

I greet you in the love and light and light love of the one infinite Creator. You are … I think I lost it.

(Carla channeling)

I am Laitos. I am again with this instrument, and again greet you in love and light. May we say to the one known as N that we are most exuberant to have made contact and appreciate that success and the dedication which it springs from. When a new instrument begins to speak, may we say to the one known as N, it is very frequently the case that the contact becomes lost because of analysis of the message or because of the distracting "rush," as this instrument would call it, of feelings that accompany the contact.

In order to maintain contact under these conditions, there is a simple trick which one uses and that is to refrain from speaking in the first person. The one losing that fine tuned contact will be instructed as part of the package deal we are offering these days in communications. However, the instructions will be in the third person, as you are channeling about yourself in the third person and not as yourself. This has aided many a new instrument until the confidence is there to stride forward in a more authoritative way.

We would, before we close through this instrument, once again contact the one known as R. We transfer to this instrument at this time. I am Laitos.

(R channeling)

I am Laitos.

(Carla channeling)

I am Laitos, and once again elated to find that our signal is being picked up. We have a way to go in order to make this contact crystal clear. However, the simple knowing of our presence is very elating. We thank the one known as R, and again we would transfer to the one known as J. I am Laitos.

(Carla channeling)

I am Laitos. We had been so close to contact with the one known as J that we were reluctant to cease attempting it. But we feel that our time is about up. We have had a glorious time working with you and sharing incarnational vibrations with you. We thank each of you and as this instrument would say, all our rowdy friends are coming out tonight. *(Sound of a*

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cat meowing.) There are many of us, but we are as one, and within that love and that oneness you are always included, my friends, never more so than at this moment. It is time for the questioning and so we shall close this instrument. I am Laitos.

(Carla channeling)

We rejoin this communication. We are those of Laitos. We would correct the instrument. We are leaving, not to transfer, but in order that the one known as Latwii may speak. We leave you, therefore, in the love and in the light of the infinite Creator. We thank you and we shall be with you. Adonai, my friends. Adonai.

(Jim channeling)

I am Latwii, and we are most happy to greet you, my friends, as well, in the love and in the light of our infinite Creator. We have joined this merry group this evening, those seen and those unseen to your physical apparatus, and together we make quite a, as the previous instrument said, "rowdy group." We shall at this time, as is our usual custom, open this session to the asking of questions in hopes that we might be of service in this manner. May we begin then with the first query?

R: Yes, Latwii. First off, hello. I wonder if you could comment to me on the conditioning. The conditioning I received from Laitos is very similar to the conditioning I've received from you. A very unique difference, though—I mean it was very obvious that it wasn't you, but yet the sensations were the same. And I remember once long ago you told me that you'd made an agreement with me that that would be the form of my conditioning, and I was wondering if that was the same agreement that Laitos had made and also if maybe times and circumstances had changed since then and can you tell me more about the actual technique that you used to do that [open to higher energies]. It was wonderful; it felt great. I'd like to thank Laitos for that too.

I am Latwii, and am aware of your query, my brother. With each new instrument which we work with in the providing of the conditioning we are able by an unspoken, in most cases, agreement to utilize some portion of the instrument's sensory system in order to become noticed, shall we say. In each instrument this manner or means of making our vibration available is somewhat different, though each new instrument will share much with others in how a conditioning is experienced. In your particular case we have been able to utilize certain anomalistic patterns within your, shall we say, electromagnetic energy field or aura in order to make our presence known to you.

As you or any new instrument proceeds along the path of balancing distortions, there become available finer and clearer means of making our presence known. This is a process which is congruent yet has a separate identity to the instrument's own ability to increasingly perceive with greater clarity those contacts available to it. Therefore, as your own progress upon the evolutionary path proceeds, and as you make additional attempts to perceive our contact, there grow from these two closely intertwined processes an increased ability upon your part to perceive our contact.

May we answer you further, my brother?

R: I feel, I guess, kind of proud because I hadn't been able to receive Laitos conditioning up until now. I guess you are able to reach the blockheads earlier than the rest of the Confederation. I have no question, just thank you for your services again, and Laitos and Hatonn also.

I am Latwii, and we thank you as well, my brother. In many cases it is not so much that we have a greater ability to transmit our thoughts to those who would receive them as it may occasionally be the case of simply using a bigger hammer, hopefully with some skill.

May we attempt another query at this time?

N: Yes, Latwii. I wish to thank Laitos also. I wonder if there's any way that individually we can increase our perception or, as Laitos once said, this group can increase the volume, so to speak. It seems that I know the words are there but I just can't quite pull them out. I don't know … even though I'm not trying to analyze, it just seems as if I'm reaching for the words but can't quite pull it in. Do you have any suggestions in that respect?

I am Latwii, and am aware of your query, my brother, and may suggest that as the newness of the vocalized channeling begins to wear off, then you will discover through your own patient persistence the ability to perceive that which seems at this point just beyond your ability. You are as one who has come in from a brightly lit day and has retreated to

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the darkness of the meditation room and yet looks with the eyes in a darkened room, attempting to make out the furniture in order that you may recline upon a comfortable piece for your meditation. It takes some, as you would say, of that called time for your eyes to become accustomed to the darker environment, and after a period of time and adjustment, then you perceive the furniture around you, dimly lit as it is. This is the process which you now experience in an analogous form as you attempt to become the vocal channel.

May we answer you further, my brother?

N: Yes, please. This may be somewhat divergent, but would one of my crystals help R?

I am Latwii, and we cannot give a specific answer to this query, for it is most general in its statement, and is therefore not well enough defined in order for us to answer with any hope of clarity. May we ask for a rephrasing of the query?

N: I really don't know how to rephrase. One of the crystals that I carry that I have charged, would it help R's condition? I don't know how to phrase than any way else.

I am Latwii, and we feel we have a better grasp of your query, though by asking if a crystal can help an entity, it is still somewhat of a general query which needs the focus. We feel you are, however, desirous of providing this charged crystal in the capacity of aiding that called disease and in this regard we may suggest that a crystal such as the one which you possess might be of aid to the one known as R if it were used by an entity which itself had become as the crystal, regular in its ability to perceive and transmit the infinite intelligence of the one Creator in a pure and undistorted fashion, that is, in the relative sense.

May we answer you further, my brother?

N: If I understand correctly then, I'm not that pure so the crystal wouldn't really help. Is that the essence of the answer?

I am Latwii, and this is a portion of our response, though we were not being ourselves specific as to any particular entity which might attempt to utilize the crystal. The utilization of the crystal would be helpful if utilized by any entity which had itself become regularized as is the crystal.

May we answer you further, my brother?

N: Without thwarting free will, is there any way that we can become regularized as a crystal, any method, any direction that we can take in that respect?

I am Latwii, and am aware of your query, my brother. Indeed, there are as many ways as there are entities seeking such ways, my brother. There are throughout your history recorded a great many ways of the, as they are called, mystery schools which have been used throughout time and culture to remove those distortions within the entity seeking to become that known as the healer. Indeed, each entity upon your planet, whether it follows a path that has been studied throughout the ages, as you would say, or does not follow any conscious path at all, is pursuing the evolutionary path of mind, body and spirit which will eventually result in the entity becoming that which we have called crystallized, balanced or regularized in its ability to perceive and transmit those finer energies which are available to all. The choice of path is the choice of each seeker.

May we answer you further, my brother?

N: No, thank you very much. I guess I'm confused enough.

I am Latwii, and we do apologize for any confusion which we might have been responsible for. The queries which you have asked are queries which many, many books have been written about and which therefore are most difficult to summarize in a short and understandable manner.

May we attempt another query at this time?

Carla: I guess I have a question. When Don Elkins was alive, he had a fellow once that had a very bad stomach condition. He could only [eat] baby food; he had bleeding ulcers. Don put the person into a more relaxed state, a light hypnotic state, and then talked to this person about perspective and not taking things so seriously. Whether as a coincidence or whether as cause and effect, the ulcer went away. Would this technique be helpful in working with the one known as R?

I am Latwii, and am aware of your query, my sister. We find that there are many techniques that might be of aid to the one known as R or to any entity suffering that imbalance which is called disease among your peoples. Indeed, in many cases, it is not so much the technique that is used, but the intention with which the technique is used. The intention of the one to be healed is paramount in

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such an experience, for it is the desire and ability of the one to be healed which is the salient feature which then allows the healing to occur.

We find that there are some techniques which can enhance the effect of the intention to be healed and to provide healing catalyst. The technique which you have mentioned is one such technique, for it speaks more directly to the deeper portions of an entity's mind in order that communication might be [enhanced], shall we say, and with less interference of the conscious mind.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we thank each of you, my friends, for allowing us to join you in your meditation this evening. We hope that we have not confused too many too much, for there is much time for that and there is apparently so little for the removal of confusion. We do not wish to add to your burdens, my friends. We shall at this time take our leave of this group and this instrument. As always, we leave you in that light and in that love which is our joy and privilege to share with you at all times. We are those of Latwii. Adonai, my friends. Adonai vasu borragus. ✤

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Intensive Meditation
April 3, 1985

(Carla channeling)

I am Laitos, and great you in the love and in the light of our infinite Creator. We would wish before we begin to energize this group to the best of our poor ability, for each within this circle is weary and the weariness is only partially physical. Thus, we would ask your permission which you may give mentally to receive the energy of the spiritual and the emotional in order that we may have better contact through each instrument. We shall pause and attempt to energize as we have described. We shall pause for just a moment or two. I am Laitos.

(Pause)

I am Laitos and am again with this instrument. We are having to adjust as we often do with this instrument which is very sensitive, more sensitive than the norm, shall we say. We have a fairly good spiral of energy from this group now, and we thank it that it may become available to us that we may do our humble work with you. At this time we would speak through the one known as J. We ask the instrument to relax and to speak what pops into his head without analysis. We shall transfer. I am Laitos.

(Pause)

(Carla channeling)

I am again with this instrument. I am Laitos. We paused for a fairly long period of what you call time due to that fact that we are in good contact with the one known as J and would wish to give this instrument every opportunity to become used to that contact. We shall visit the one known as J again within this session if the instrument gives mental permission.

At this time now we would wish to communicate to the one known as N. We transfer now. I am Laitos.

(N channeling)

I am Laitos. I greet you in the love and light of our one infinite Creator. There is a time element for conditioning which all must observe. This varies with the sensitivity of the individual. Much practice with meditation is needed and many an *(inaudible)* because of this variation. Your time will come. If it's difficult to judge the relative consideration for any entity although the variability is enormous …

I think I started to analyze. I messed it up.

(Carla channeling)

I am Laitos, and greet you once again through this instrument. We are most pleased to be able to begin to speak through the one known as N, and can only urge this instrument to refrain from judging itself. The concepts which we are able to offer through an instrument such as the one known as N are quite unique to this particular entity. This is the great strength of the free will communication. When one

is in trance, one is an instrument with only the tuning of the instrument as a measure of the excellence of the message. When one is working with the conscious channeling, one may use far more discrimination, and be able to put into expression those half-formed thoughts which are part of the basic nature of that unique individual. We use the thoughts, the experiences, and the nature of each instrument.

We also encourage the one known as N to remain within the circle of subjective reality, which is broken when the instrument changes from the instrument speaking spiritually to the entity judging itself. It is not advisable nor are any excuses necessary nor is there any apology, for before the channeling began, there was no concept. Regardless of how far the entity which is channeling is able to get, the concept which has been offered is then part of the, shall we say, etheric atmosphere which is ambient within the dwelling and the immediate vicinity of the dwelling. In a larger sense, these thoughts thus become part of what this instrument would call the "zeitgeist" or "the way things are" planet-wide.

We would again transfer the contact to the one known as J. I am Laitos.

(Pause)

(Carla channeling)

I am Laitos, and am again with this instrument. We thank each for waiting while we worked with the new instrument known as J. There is a good deal of internal defense mechanism which has unconsciously been brought into play with this particular instrument. Each instrument has a different personality. Each instrument has therefore a greater or lesser amount of defensiveness and privacy. The one known as J is a most private person, and the ability to remain a private person in such a public world is, as we have mentioned, quite variable. Therefore the amount of effort and time needed to free an instrument from its own defense mechanisms is widely various. The instrument known as J shall certainly be able to channel. There may be more of a time factor, as you would call it, which means only in our point of view that that which is precious is worth the effort.

We thank each of you, and before the questions begin, we would give ourselves over to the one known as Nona as this has been requested this particular evening for the ones known as R, S1, S2 and G. Thus, we take our leave of you, but never take we our leave of our love for you. We are always there if you wish to call upon us for the aid in the meditation. Merely request silently that we be with you and we in our own silence shall be as you ask. We are those of Laitos and would sign off for both Nona and ourselves, leaving each in the love and the light of our infinite Creator. Adonai.

(Carla channels a healing melody from Nona.)

(Jim channeling)

I am Latwii, and greet you, my friends, in love and light, in the love and light of our infinite One. We are honored to join you this evening, and give ourselves over to your potentials in the asking of queries. This is our service which we provide with joy. May we ask for our first query this evening?

Carla: I'd like to ask the question that N wrote out before the meeting, and that was, as the planet Earth, as we call it, spirals into fourth density in space/time and in time/space, does it carry it with it the solar system and the galaxy or is it a local phenomenon?

I am Latwii, and, my sister, we may suggest that the galaxy and the solar system more properly carry with it—we correct this instrument—carry with them your particular planet. There is a great movement in time and space throughout all of creation, for all creation is in motion; there is no portion of creation that is truly at rest, for the light which is the, shall we say, building block of all creation always vibrates at some frequency. Those portions of the creation which you call planets are also in vibration. Each level of vibration is determined by the planet's success, shall we say, in seeking the one Creator. Throughout all creation this seeking continues. It is the force which motivates all action and reaction, for the one Creation seeks the one Creator from which it was made and by Whose hand it was fashioned.

Thus your planet in its seeking of the one Creator moves according to its vibration, and as it moves through one portion of its experience which is your third-density experience, it then …

We must apologize, this instrument was distracted. This movement, then, of your planet is reflected in the increase in vibration of its core atomic particles, as you may call them.

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May we attempt further response, my sister?

Carla: No, thank you, my brother.

I am Latwii, and we thank you, as always. Is there another query at this time?

N: Greetings, Latwii. As this core atomic structure starts vibrating at an increased rate, will there by tremendous terrain changes on Earth or shift in poles or any combination?

I am Latwii, and am aware of your query, my brother. We find that though your assumptions are in general correct, that is, that there shall be some geothermal activity during this period of shifting of frequencies of vibration, that these geothermal activities are not necessarily related to the change in vibration from your third to the fourth-density vibrations. These geothermal changes are, however, a result of the relative disharmony that has been experienced by the great majority of the populations of your planet for a large portion of what you call time, for as the bellicose nature of various cultures has been expressed in what might be seen as a basically disharmonious fashion, these vibrations of anger and disharmony then move into the surface of the planet and are stored as what you know as heat. As your planet moves then into a higher frequency of vibration, this heat must find release in some fashion, and this will be seen as various geothermal events which will cause some disturbance upon the surface of your planet's garment.

May we answer you further, my brother?

N: Nostradamus predicted that the area of the San Andreas fault would be involved in 1988. Is this geothermal or just plate rearrangement?

I am Latwii, and am aware of your query, my brother. We find that in all such potential geothermal and realignment of the tectonic plate structure events of your planet that there are a number of factors which may be seen as the cause, shall we say. There are, as we have mentioned, upon the surface of your planet, many areas which have the heat of the bellicose nature stored within the upper regions of your planet's surface. There are as well deeper layers of this heat storage which then can effect the planet's tectonic plates in their alignment and realignment, seeking the balance which has been upset, shall we say. There are also various implements of your technological invention which have accelerated this process, these being of the nature of the nuclear testing and the advanced weaponry systems which have had some effect upon the planet's outer garment and upon its tectonic plates as well.

May we answer you further, my brother?

N: Is it correct then that the higher the terrain, the taller the terrain, the more storage of this warlike energy as well as the effect of nuclear testing and other weaponry? And will this eventually within the next thirty years as predicted cause a rotation of the planet's poles or rearrangement of some sort?

I am Latwii, and am aware of your query, my brother. We find that it is not so much the elevation of a location, but the location of cultures which have engaged in the warlike behavior which is the determining factor in whether a portion of your planet has stored within it the heat of the anger and the disharmony which has accumulated for a portion of your time.

We, as we look upon the possibilities that await your planet in what you call your future, can see a great variety, and it is not possible to sort from these possibilities the one possibility which your planet as a whole shall choose. We can see that there are many possibilities which suggest that there shall be some shifting in your planet's alignment as it moves through space in its orbit about your sun body, and we therefore cannot be specific in describing what changes shall indeed occur, for these changes are a function of your planet's population. This choice can change from moment to moment and indeed has many times changed, and may be expected to continue in its changing course as the population of your planet refines its desire and its ability to seek and express the one infinite Creator.

May we answer you further, my brother?

N: Thank you very much. We were discussing the pyramids also. Are there a number of pyramids in the Atlantic Ocean that we don't … or in the Atlantic area, in the Pacific area that we do not know about, as well as this pyramid in the Bermuda triangle? And is it possible to locate them?

I am Latwii, and am aware of your query, my brother. We look upon your planet and see that the work done by various social memory complexes in portions of what you call your past has frequently taken the form of constructing those structures which you have called the pyramid. These structures

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have, for the most part, been useful in aligning and balancing the instreaming love and light of the one Creator, that this new configuration of energy presented by the pyramids might then balance the disharmonious effects of your planet's population's tendencies towards the disharmony and warlike behavior.

There are throughout various portions of your planet, then, those structures called pyramids, and many of these have become well known to the population of your planet. There are those which yet remain undiscovered, and which at some future time may be revealed, for there are means of detecting such structures. Their exact locations we cannot reveal, for this would be an infringement, for such structures do exist and have some potential in effecting—we correct this instrument—have some potential in affecting the future of your planet in its seeking of the one Creator.

May we answer you further, my brother?

N: Would it be an infringement to ask how deep the pyramid in the Bermuda triangle is in terms of yards or feet or meters?

I am Latwii, and we would not at this time care to either affirm the existence of such a structure in this location or to be more specific in describing its possible location, for such a structure may indeed affect the future of your population.

May we answer you further, my brother?

N: Would it be possible to build a new ring of pyramids around Earth such as was contemplated previously—contemplated and completed previously—that would more nearly balance our bellicose nature?

I am Latwii, and we find that such is possible yet might be superseded by the continued movement of the various entities towards the resolution of conflicts between nations, between entities. This action would have much more chance of balancing the disharmony that has been present upon your planet for a large portion of your time.

May we answer you further, my brother?

N: I'm afraid I didn't quite understand. Are we saying that we're more close to a nuclear war, or some warlike action, that even with an accumulation of funds from various groups and so forth, that new pyramids could not be completed in time?

I am Latwii, and though your assumption does have some merit, we attempted to describe a more effective means of balancing the bellicose nature of your planet's populations, that is, to intensify those efforts which have been ongoing for a great portion of time and which have generated a momentum and an awareness, shall we say, of the destructive nature of any kind of warlike activity. This movement towards peace is one which has a greater likelihood in the balancing of your planet's bellicose nature than would any construction of mechanical devices which would then take a larger portion of what you call time to, shall we say, render an effect.

May we answer you further, my brother?

N: The pyramid is considered a mechanical device? In your thoughts?

I am Latwii, and we may affirm this supposition, my brother. It has been truly said that the pyramid is as the metaphysical training wheels.

May we answer you further, my brother?

N: Although there may be a significant peace movement in the western hemispheres, how would we stimulate a peaceful movement in the eastern or what might be considered the communistic block?

I am Latwii, and we may suggest that within each nation upon your planet there are those whose love of peace far supersedes the love of war, and within each nation then there are those entities who move towards the resolution of conflicts in the peaceful manner. To these entities one may send the love and light of the one Creator that in the metaphysical sense they might receive the support that then they could, shall we say, channel or manifest within your third-density illusion. Remember, my brother, that all is truly one, and when you send the love and light and thoughts of peace to any entity, that entity is as yourself and receives your message as clearly as if you had sent it to yourself.

May we answer you further, my brother?

N: Thank you very much, my brother.

I am Latwii, and again we thank you, my brother. May we attempt another query at this time?

(Pause)

I am Latwii, and we thank you, my friends, for inviting us this evening to your meditation and for presenting us with the gifts of your queries. We are

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most honored and shall join you again at your request. We shall leave you now in the love and light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 7, 1985

(Carla channeling)

I am Hatonn. I and my people greet you in the love in and the light of our infinite Creator. We most heartily and humbly thank you that you have called to us this night and we bless each within this room in the name of light. May all that you manifest be as true as that which you manifest at this moment. This would be a part of our thoughts to aid you. It is one often missed by your peoples who are always striving for more—more food, more recreation, more freedom, more of everything, and yet more and less are irrelevant for you are who you are and what you are now at this moment, at this crux. You may choose freely and you may do well, for as far as we know, the Creator is kindly and affectionate to those of us who are upon the path and to those who are lost.

We apologize if there are pauses in this transmission. We are attempting to use single word contact which is somewhat more difficult to receive. However, this instrument requests that it may progress in this skill and this is the next step. This day, my friends, that is yours, that you have made, that the Creator and you have co-created, this day I say unto you is that which you are. If you have feasted, you have feasted upon yourself. If you have started, you have made your metaphysical being bones and rubble. This instrument has returned from the church, as you would call it, which is pleasing to her distortions with the wondrous feeling of the near end of the passion of the teacher known to you as Jesus. What this instrument has not realized is that before the one known as Jesus could be transformed, he had to die.

I would at this time transfer to another entity who channels. I am Hatonn.

(L channeling)

I am Hatonn. I am with this instrument. My friends, this day you celebrate a reawakening of a spirit. The one whom you call Jesus, the bearer of the Christ force, is recognized as a teacher among many of your people and rightfully so. But, my friends, you are all teachers, and each of you is but a vessel which may allow itself to accept the triviality which surrounds and permeates it. This reawakening is the object of the path of those who seek opportunities for service to others. In serving your brothers and perceiving the oneness of your self and your other selves, you allow the reality which exists about you to be made manifest through your own creative act. It is your act of creating, of placing your will, your self on this path that reawakens the sleeping world about you, that shatters the stone of confused perceptions which would hold you back, and that leads you forth to perceive the light of that day which dawns.

My friends, when the one known as Jesus stated, "All these things and more you shall do," he foresaw the dawn to which each of you would awaken. My friends, the darkness of confusion can exist in your lives only for those moments you are willing to accept that condition. Therefore, my friends, simply go forward; follow your path and see within its light that which truly exists.

At this time, we shall relinquish our use of this instrument so that our brothers and sisters of Latwii might perform their service in answering questions. In the love and the light of the infinite Creator, we are known to you as Hatonn.

(L channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator, and would extend to those present our gratitude at being able to perform our service at this time. So without further ado, are their any questions?

R: Yes, Latwii. The last time we spoke you recommended sweating to me and I've been doing that, and now I'm wondering if there's maybe some kind of pacing that should be done. Is it well to sweat every day or should it be a once a week thing or once every couple of days?

I am Latwii. I am aware of your question. My brother, if you would but reflect for a moment, you would probably conclude that the process which you describe is a tool for the individual to attain growth upon their specific path, be it a path of service to self or service to others. At any rate, one who follows a path does not walk by the hour but by the growth. Therefore, we would suggest that rather than being attentive to a physical time schedule, one might be effectively benefited by a meditative process through which one determines whether it's time yet.

May we answer you further?

R: No, Latwii, thanks.

We thank you, my brother. Is there another question?

Carla: Well, just along those same lines, is there a way that you could abuse your body instead of helping it if you took sweats every day, for instance?

I am Latwii. I am aware of your question. My sister, the physical vehicle is quite adaptable and within a wide range [of] extremes is capable of accepting the stresses described with great frequency. This is not to suggest that such a course would be beneficial, as it is somewhat wearing upon that same physical vehicle. However, when accorded sufficient amounts of rest and nutrient, a high frequency of such experiences would not be damaging to a healthy physical vehicle. In greater specificity, however, we would suggest that one who like yourself [who] has a weakened physical condition should exercise greater caution.

May we answer further?

Carla: Rats. And no thank you.

Is there another question?

D: Yes, Latwii. I'm an astrologer and I've been working on a project and I wonder if you could answer a question about a project I'm working on?

I am Latwii. My brother, as you are aware, there are limitations to the ability to answer specific questions without infringing upon the free will of the recipient of the answer. To do so would be no service and as our path is that of service to others, we would simply observe to you that we would be happy to be of whatever true assistance can be offered with respect to your free will fully observed. Is there a question you would like to present?

D: Yes, this is a technical question more than one specific. I'm working on a way to correlate between the Mayan calendar which I've been studying for a number of years and the Julian calendar concerning a date that will indicate the close of the past 21,060 year cycle and the opening of the next 21,060 year cycle. There have been two dates that have been put forward: one is in 1989 and the other one is 2011, and I've been doing research on the later date, December 24, 2011, and I would wonder if you could comment on that and give me any information that you might have concerning that particular date.

I am Latwii. I am aware of your question. My brother, the moment in time of which you speak is one which could be regarded by many of your planet as quite significant to the physical plane. Beyond that statement, we regret that we must decline to proceed for two reasons, the first being the previously described reluctance to interfere, the second that we recognize a potential for development within the grasp of yourself if you would extend yourself to reliance upon that which you intuit to be correct, for the development of the

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sense of intuition within yourself is strong while the confidence upon that intuition within the area specific data is somewhat weak.

May we answer you further?

D: Yes. Years ago I made a contact with an alien presence on this planet from the constellation Lyra from the specific star group near the star Vega which is a double star, and I wondered what the significance of that contact was since it hasn't occurred again other than the fact that I've had two UFO experiences which may have been from the same source. I just wondered if you knew anything about the purpose of these particular beings on the Earth plane?

I am Latwii. My brother, you are quite familiar with the statement, "Ask and you shall receive." There is within you a calling for that which is beyond the readily apparent illusion and your desire to receive assistance in determination of a path to follow was responded to in this fashion. This is not the result of an overall directorate, but more correctly a result of a natural law within that which exists. Your calling was made; your calling was answered.

Is there another question?

D: No, thank you.

We thank you for the opportunity to be of service, my brother. Is there another question?

S: Latwii, I have a question about a contact that I made recently that claimed to have been a Confederation source by the name of Shirrah, and I was wondering if you could maybe verify the authenticity of it as being a Confederation source, and maybe give me some assistance on the work that it wishes to sort of cooperate in me doing?

I am Latwii, and I am aware of your question. My brother, the contact which you describe was a contact which grafted the message of a service-to-self entity within the message initiated by an entity seeking to serve others such as yourself. This is not an uncommon effort made on the part of the service-to-self entity to attain greater polarity. For this reason, we would not attempt to describe a specific type of work which this combined entity, if you will, would seek for you to perform, for the divergent philosophies would hardly qualify as a single path or thread of thought or contact.

May we answer you further?

S: No, thank you.

We thank you, my brother. Is there another question?

A: How is the instrument doing?

I am Latwii. The instrument is in good condition, and is grateful for your care. Is there another question?

N: Latwii, I wonder if you'd explain the difference between the Confederation and the Federation of Thirty-Three of Galactic Intent?

I am Latwii. I am aware of your question. My brother, the Confederation is an organization, if you will, of entities seeking to serve others within parameters understood by them as beneficial both toward their own seeking and the seeking of those whom they attempt to serve. The group to which you refer is a somewhat misunderstood group of similar effort whose communications have been confused, or if you will, contaminated by the injection of service-to-self communications within their overall effort.

May we answer you further?

N: Then the members of the Federation of Thirty-Three of Galactic Intent are not necessarily service to others, is that correct?

I am Latwii. That is not correct. The intention of service to others is correct. The messages or communications from this source have been polluted by additional communications claiming falsely to be of that same origin.

May we answer you further?

N: Yes. Is Lavendar a member of service to others or service to self?

I am Latwii. My brother, the information you desire is information that you must seek from within.

May we answer you further?

N: Thank you.

We thank you, my brother. Is there another question?

S: Yes, Latwii. I read a book called *The Treasure of El Dorado* in which it was stated that members of the White Brotherhood worked through spaceships circling our planet. Could you comment on that, please?

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I am Latwii. My sister, the organization to which you refer is one which is in essence not an organization but rather a number of entities of similar purity and purpose. Their efforts … We shall pause.

(Sounds of a cat knocking over and spilling a jar of pencils and then the contents being gathered up.)

Their efforts have been highly successful in the direction of service to others and have worked in the manner which you have described.

(A sentence is inaudible due to the continuing sound of the pencils being gathered up and replaced on the table.)

Is there another question?

N: Latwii, may I ask if the White Brotherhood is supposedly on a UFO or a space ship called the Star of Bethlehem which is encircling the Earth?

I am Latwii. My brother, the White Brotherhood, as you call it, is more correctly described as a group of highly developed entities or wanderers who have chosen at specific times to return either singly or in numbers to assist in specific fashions. They are not relegated, therefore, solely to specific physical vehicles or locations, for it is a calling that produces an effect rather than the tools of the trade, so to speak. The necessity does not exist for a specific physical location to contain the entirety of this group.

May we answer you further?

N: Well, may I rephrase that question, and state that a number of the White Brotherhood may be present on such a vehicle as the Star of Bethlehem or TX-11 as well as the Brotherhood of Crystal or the Crystal Brotherhood. Just a number of them, not the entire group.

I am Latwii. My brother, we regret that we are unable to answer as we are not clear as to the content of your question, and respectfully request that it be posed again in simpler form.

N: Are specific members of the White Brotherhood or the Crystal Brotherhood or other of the Thirty-Three Entities of the Federation of Galactic Intent in a space vehicle called the Star of Bethlehem or TX-11 which frequently is in the area and communicating with entities on Earth?

I am Latwii. Yes. Is there another question?

N: No. Thank you.

We thank you. Is there another question?

J: Latwii, I've been aware lately of a number of people who are experiencing back pain. The possibility has occurred to me that the catalyst for this back pain might be a common source rather than individual catalyst. Could you comment generally on that possibility?

I am Latwii. My sister, the perception that you have is accurate to a large extent in that the physical reality, if one might use that term loosely, is the result of the creative efforts of those on the job site. Therefore, it is not at all uncommon for a building, for example, with very low ceilings to produce backaches in those who choose to build it and occupy it.

May we answer you further?

J: Umm. I'll have to sort that answer out later. Could you give me any suggestions as to how people who are experiencing this back pain could use the catalyst more efficiently and not have to suffer the back pain so much?

I am Latwii. My sister, the pains which you describe are the alarm bell tolling, the entities individually informing themselves that their constructions are not up to their own standards. The catalyst is, in that sense …

(Side one of tape ends.)

(L channeling)

The catalyst is self-explanatory. It exists for the purpose of informing the individual that it is time to draw back from the illusion and analyze what mistakes are being made, just as one who attempts to occupy an habitation with four-foot ceilings will find discomfort to the extent that one in such a situation would eventually be driven to leave this habitation and regain the clarity of a perspective more in attunement with the individual's desires. When the irritant ceases, so also will the pains you describe. The similarity within those you describe are the result of similar conditions of which those entities are recognizing a discomfort with.

May we answer you further?

J: Yes, just one more thing. A book I read had an Indian medicine woman saying that when we turn our back on our own power, we experience back

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pains. I think I'm seeing some congruency between what you're saying and what she said. Can you comment on that?

I am Latwii. My sister, when we turn our back on our own power, our power will eventually turn us back upon that which we should see. The function of the self is frequently that of gaining the attention of the conscious mind, either by stick or carrot, and the stick quite often is applied in the manner you describe.

May we answer you further?

J: Yes, just one more question. If I finally pay attention to the stick, then do I get to have the catalyst some more or does it go away so I know that I'm getting the idea?

I am Latwii. My sister, we regret that we have managed to misplace the device that assigns catalyst for individuals. Therefore, we would suggest that a reduction in catalyst in this case can only be accomplished through the individual's inner self communicating sufficiently to the individual the reason for the pain or attention-getter, and the steps which would be adequate to reduce the cause.

May we answer you further?

J: Thank you, no. You've given me lots to think about. That was really good. Thank you.

We thank you, my sister. Is there another question?

N: Yes, Latwii. There's been a great deal discussed on healing of self by self. There seems to be numerous blocks in many individuals, or some individuals at least. Is part of this block due to a lack of silicon in the diet or is that irrelevant?

I am Latwii. My brother, the major lack would be described as consistency in pursuit of one's path, for the spirit contains the ability to transmute that which is available into that which is needed. However, a lack of attention to the path has no panacea.

May we answer you further, my brother?

N: Well, considering a life of adequate attention to the path itself, is it true that we can communicate with various cells within our body as well with other areas outside of our body if the amount of silicon is at a proper level?

I am Latwii. My brother, we would suggest that one consider for a moment those cells which compose the hand, how with majestic telepathic ability the individual can cause those cells and their members to work in cohesive coordinated effort to raise the hand, extend the finger, and gracefully scratch the nose. Is this not communication, my brother? The difference is in the perception of what is accomplishable and what is unable to be accomplished. The individual who says to himself or herself, "My healing must come not from within but from outside," is the individual who handicaps their own ability to be healed, for the statement, "Ask and you shall receive," is again very evidently in application. He or she who insists that the healing must come from a doctor or healer handicaps their own ability to communicate and extend comfort and healing to the cells in the manner which you describe, and it is this handicap more than any other which retards the healing process.

May we answer you further, my brother?

N: Well, I think I understand, but I was referring to the self within self, not relying on outside sources primarily, and the fact that sometimes with a low silicon level we are unable to communicate with certain non-responsive areas inside our body, and that's what I had primary reference to, not to consideration of an outside healer.

I am Latwii. My brother, we assure you that the extension of your will and your ability to create is not limited by the presence of specific elements.

May we answer you further?

N: Thank you very much.

We thank you, my brother. Is there another question?

S: Yes, Latwii. There is a specific technique for healing of self and others called Reiki. Do you know of this, and could you comment on how the technique works?

I am Latwii. My sister, the techniques of healing are the tools within the tool bag of the builder. One builder might choose to drive a nail where another would choose to insert a screw, both for the purpose of creating a bond. Within the example given, each is sufficient, each is perfect, and each builder has performed admirably to accomplish that which was needed.

The various schools of healing all have the potential for substantial accomplishment and each is a set of

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tools which specifically serve some healers better than others. The tools themselves have no life, no healing ability, but rather are channels through which the healing occurs, and in truth this is the role of those referred to as the healer. They are the channels of energy through which two things primarily may be accomplished. The first, assisting the patient, if you will, in identifying and healing for themselves the injured areas, and second, extending a controlled vibration to the patient or a specific area of the patient's physical vehicle to produce the desired effect.

The latter is generally of a very temporal nature, for that which occurs may be described as follows. The patient of his or her free will accepts the entry of the healer's vibration within specific parameters. The healer projects his or her vibration and that vibration is accepted and retained by the injured area or the individual. It may be likened to a person within a bed sheet who opens a small hole, allowing the healer to reach through and touch. Once the healing process or extension of energy from the healer has ceased, the patient's original vibration will reassume or reassert its dominance of the area. The rate at which this occurs is dependent upon the patient's willingness to retain the vibration and the intensity of that cause which has resulted in the injury or disease.

May we answer you further, my sister?

S: No. Thank you very much.

We thank you, my sister. Is there another question?

Carla: Yes. I'd like to know how the instrument is.

[I am Latwii.] The instrument is becoming somewhat fatigued and it would be wise to transfer the contact to a more rested instrument if further questions are forthcoming.

Carla: I think you ended up at about the same time they did.

I am Latwii. We thank you for your consideration, my sister, for the instrument's well-being. Are there any more questions?

(Pause)

I am Latwii. As an air of compassion has filled the room, we will take our leave. Adonai, my friends. Vasu borragus. We are known to you as Latwii.

(Carla channeling)

I am Yadda, and I greet you in love and light. "Love and light, love and light," this instrument causes me to go over and over. "Love and light." However, we appreciate the need for the challenging. We come because we are called, and we have little to say. May we say, you are blessed and loved for yourselves. Many, many questions in this meeting about other people, about wise men and teachers, about constellations and galaxies. What do you wish to learn, my friends? What do you wish to know? Do you know yourself? There is that in the desire for knowledge which is a kind of contamination. For only learning is when one does not have. Once one has learned to wish for something, then one occupies one's mind and abilities to getting this new gadget, if it may be a thought, a word, a game, a career, or a challenge. All your little toys, all the blocks that you may build, but you still do not know yourself.

We cannot say enough when we say, "Meditate, meditate, and mediate more." What part of you do wish to have? If you are concentrating on yourself is it then a type of what this instrument calls spiritual pride? We hope not, my friends, for that is a real danger, and it will slow you up, it will cause you to move less fast. Once you have turned your attention to self, learn through self and not from self, for the universe within is such that the physically beheld creation in your density is as nothing. That, you are and more. We ask you not to be so concerned with the thoughts and the ideas and the playthings which are the toys of one who wishes to seek but in easy stages which shall not be too painful. We encourage you to meditate and find the joy and the peace which issues from a true knowledge of the self.

Who are you? Where are you going? And what do you believe the truth to be? Seek these things. Care not for the folly of the squabbles of relationships, the difficulties with making the money, but only view your living as one who has discovered dirt. Then one must automatically make up the soap in order that one may be clean. We are not not saying that before you noticed the dirt you were not dirty. We are only saying that the dirty man that is not aware does not need to discover soap. You have chosen to see the dirt. We encourage you to try to get your ring around the collar very clean. But please, do not puff yourself up as consequential, and do not puff up others. You must use your discrimination as

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always—on us, on any teacher, or on yourself. But remember: yourself first.

We thank you for allowing us to speak through this instrument. We make good contact. This good group. We blessed to be here and leave you in the love and the light of the One Who Is All. We are Yadda. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Intensive Meditation
April 9, 1985

(Jim channeling)

I am Laitos, and I greet you, my friends, in the love and the light of our one infinite Creator. We thank each of you for inviting us to join you, and for giving us the opportunity of being of what service we may. It is a joy to be asked, and our privilege is to join you in answering your call. We appreciate the discussion that you have given to this topic previous to the beginning of your meditation, for it is helpful in such discussion to focus one's intention more clearly and purely upon that which is the goal. As each shares each understanding and experience of this service of vocal channeling, each then learn from the other, and together you progress more quickly than if experiences were not shared and examined for their content. This is true, of course, my brothers, in all portions of your life, and is especially true as you set your feet upon this path of serving others by means of providing vocal channeling. We will repeat that which you have come to know in some degree as instructions, those being to simply relax the mind and the body shall follow, and then to speak thoughts that appear within your mind without analysis, become indeed the fool, step out without knowing if thin air or earth awaits.

We shall at this time attempt to speak a few words through the one known as N. We shall now transfer this contact. I am Laitos.

(N channeling)

I am Laitos. I greet you in the love light, light and love of our one infinite Creator. It is sad that we cannot all partake in channeling. It is a light for each individual who seeks it. I thank you for your attention to detail. I think I kinda analyzed now. Transfer back to you, Jim.

(Jim channeling)

I am Laitos, and we again greet you through this instrument. We thank the one known as N for his willingness and his desire to serve as a vocal instrument. We are most pleased that we have been able to speak a few sentences through this new instrument. It is always a joy to be able to express the love and light of the one Creator through a new instrument, no matter how many instruments have previously been utilized, for the unique point of view that each entity has to offer as instrument is as yet another beautiful vessel which holds the nourishing waters and offers them to those who thirst.

As the instrument observed, it was its tendency towards analysis which then caused the contact to be lost for the moment. As each new instrument practices this skill, that tendency will be reduced, for as you build the confidence in this type of service, it becomes more of an automatic or natural skill, shall we say.

At this time we would attempt to speak a word or two through the one known as J. Again we remind the instrument to relax and simply speak those thoughts that appear within the mind. We shall now transfer this contact. I am Laitos.

(J channeling)

I am Laitos. I welcome you to journey with me. I've lost it, I think.

(Jim channeling)

I am Laitos, and am again with this instrument. We are happy to have been able not only to make contact with the one known as J but to have been able to speak a few words through this instrument. It was most well done, shall we say, by the new instrument to be able to reestablish contact after speaking our identification and then momentarily losing the contact. This is the type of skill, shall we say, which usually takes somewhat longer for a new instrument to develop, for the new instrument is more likely to not be able to reestablish contact when losing it for the first time. Therefore, we commend and encourage the one known as J in its endeavors and can continue to recommend that the speaking of the thought without regard as to its source is the point upon which this instrument may focus its attentions at this time.

We shall once more attempt to speak a few words through this new instrument. We shall now transfer this contact. I am Laitos.

(J channeling)

I am Laitos. I greet you in the light and love of the infinite Creator.

(Jim channeling)

I am Laitos, and am again with this instrument. We again appreciate greatly being able to speak through the one known as J, and again commend this new instrument for its progress in this new skill. The speaking of our identification and our greeting is the first major step in becoming the new instrument. The next, of course, is yet another step in this process, that being speaking a thought which is not previously known to be identified with beginning the contact. And if the one known as J will continue in its process of speaking those thoughts which appear within the mind, this next step shall also be taken.

We, at this time, would open this meeting to the queries with which each has joined this group this evening. May we attempt a query at this time?

N: Yes. Is there any way through meditation or focusing that we can amplify the thoughts? They seem so distant, like pulling them out of the ether.

I am Laitos, and, my brother, we can only suggest attention in those areas which have been previously mentioned. You are, of course, correct in assuming that the focus of the attention is of paramount importance in being able to perceive the thoughts which we transmit. We would not suggest any particular technique for attempting to amplify our thoughts, for that is, shall we say, our task, for we are those who send and you are the, as you might say, receiving station. To become the more successful, or shall we say powerful receiver, it is merely necessary to be able to clear the mind to such a degree that its entire field or scope is open to reception. If any portion of this scope or field is concerned with a thought or a sensation or a response to either, then that portion of the field provides, shall we say, a static which makes the perception of our thoughts somewhat more difficult. You become able to increase your ability to perceive or receive our thoughts as you are able to widen the availability, shall we say, of your scope or field of perception. As you clear your mind and relax your thinking, then you are as a still and deep pool which can then become aware of any ripple upon its surface and focus its attention upon describing speaking that ripple.

May we answer you further, my brother?

N: When we meditate, can we contact you, Laitos or Latwii, and if we do contact, do we know that we contact or we just state our purpose? I don't seem to be able to ever get what I would consider an acknowledgeable response that I am in contact in any way whatsoever.

I am Laitos, and concerning your query and its parts, my brother, we may begin by saying to you that you shall not know anything within your incarnation for sure, for yours is not the illusion of knowing with certainty, thus the factors and faculties of will and faith are the sure and steady rod and staff of the seeker of truth, in your vocal channeling, as in all portions of your seeking, as you attempt to discern what is before you and the nature of your reality.

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If you in your meditations ask for our presence, we are most happy to join you and will make ourselves known by our conditioning vibration. Yet your perception of that vibration is unique and is also open to any doubts which you may have as you attempt to serve as vocal instruments. Again, if you simply request our presence, it is suggested that no verbal channeling be attempted, but simply the request for our conditioning vibration, for in a group of this size or larger, there is protection that is necessary but is omitted or not possible, shall we say, when you are alone in your meditations. Therefore, it is best simply to ask that we join you in your seeking, and then attempt to feel our presence as the conditioning wave.

May we answer you further, my brother?

N: No, thank you very much, Laitos. I knew that I wasn't even supposed to try and channel, but I thought that perhaps there should be some vibration of recognition, but I guess I'm too thick-headed to interpret it. But thank you very much.

I am Laitos, and we thank you as well, my brother, and did not at all mean to suggest that yours or any head was thick, but that your illusion does not permit sure and, shall we say, undisputed proof of any phenomenon. Yet, you can recognize our vibrations, for in these meditations you have come to know them.

May we attempt another query at this time?

N: Could I ask, Laitos, if there are no other queries, to tell us about the White Brotherhood of Antares—where it's located. Is it a social memory complex or planet?

I am Laitos, and we are aware of your query, my brother. We shall attempt to speak as best we can to this topic with the understanding that many of the so-called brotherhoods, as you have heard of them and spoken of them, are perceived and described not only by others but by various portions of the brotherhood in different ways, for though each brotherhood is a gathering—we correct this instrument—for though it is true that each brotherhood is a grouping of numerous entities, all dedicated to serving in a similar fashion, each is yet unique and sees that service in perhaps a different light, so that as entities of your population become aware of these various brotherhoods through numerous sources, each source is most likely to add yet another facet or dimension or description of the various brotherhoods so that [while] it may, in many cases, seem as though the information describes different brotherhoods, it may indeed be various perspectives of fewer brotherhoods.

Now to the topic which you have phrased. The brotherhood which is generally described in the terms, "The White Brotherhood of Antares," is a grouping of entities or what this group has come to know as social memory complexes. These races of beings are desirous of and committed to serving others within not only your illusion, but other third-density illusions who seek information concerning the love of the one infinite Creator, and, more specifically, how to become aware of this love and experience the reality of loving, shall we say. This grouping of entities, then, has sought to communicate to various instruments upon your planet these general concepts which no matter the source, are always and ever the same, for the love and the light of the one Creator are as they are throughout all creation, yet each entity may become aware of that love and light through any of an infinite number of means. Those of this brotherhood, then, bend their efforts in expressing and sharing their experience and expression of this love and light to those upon your planet who call for this information.

May we answer you further, my brother?

N: What is meant by the word "species" in the Federation of Thirty-three Species of Galactic Intent?

I am Laitos, and to the best of our understanding, my brother, limited though it is, the term "species," in this phrasing refers to that which may be described as this group has done, as social memory complex. The phrase "race of beings" could also be used. In many cases these are planetary populations which have achieved at least the fourth-density level of cooperative or shared consciousness experience.

May we answer you further?

N: Then the word "species" does not refer in any way to the physical, but implies a social memory complex?

I am Laitos, and again, my brother, to the best of our understanding, the physical vehicle utilized by each of these groups or races or species is incidental to their seeking and sharing of love and light, and,

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indeed, the physical vehicles may be greatly various, yet simply be as the clothing or cloak that is worn, and serve the same purpose of providing a vehicle through which the mind and the spirit may be expressed.

May we answer you further, my brother?

N: Well, these thirty-three species on the starship or UFO or spaceship, are they present in body as well as spirit, or are they a group of spirit complexes floating around within this shell? When we talked the other day, we referred to the Star of Bethlehem or the TX-11 in which the Thirty-three Species of Galactic Intent were, shall we say, sheltered and I was just wondering if it was all a spirit, then would they not commingle to a point that it would be difficult to identity each individual species?

I am Laitos, and we find that you have asked a query which is most difficult to clearly and concisely answer, for there are many points to consider. To begin with, in an effort such as the effort aboard this craft, shall we say, it is frequently the case that representatives of each species or race will be partaking in the effort, whereas other portions of that race or species may be in other locations and serving in other capacities, and perhaps with other missions, shall we say.

In some instances, there is the exchange of entities from the, shall we say, ship or position in what you call time and space with the, shall we say, home density or planetary vibration. Therefore, there may be more entities lending assistance to the ship or specific mission than are actually, shall we say, aboard that craft or in that location. The location is also a point to be considered, for the location can be in various frequencies or densities or realities as you would call them. Your own planetary vibration has its space/time location which you now inhabit, and has its time/space location which may generally be described as the astral through devachanic levels of your so-called inner planes. Your planet has inner planes of each density level.

Therefore, there are numerous potential locations that are not visible to your physical eye and numerous locations in what you call time and various entities in this effort lending assistance from a diversity of sources so that it is not easily described in your language and according to your understanding what, precisely, the nature of this effort is. We have, to our humble abilities attempted to describe a portion of the scope, that you might see the width and the depth that remains to be plumbed.

May we answer you further, my brother?

N: I understood that all the entities of each species were not aboard the ship but that some of them were. May I ask why the craft was named "Star of Bethlehem," and what does the TX-11 mean, and is this craft very often in third density that we might communicate or is it a completely an ethereal consideration?

I am Laitos, and am aware of your query, my brother, and its portions. This ship is seldom within your third-density illusion, and has been given various names by those of your own population at various times, as this grouping of entities has contacted numerous groups and individuals over the span of what you would call time or the history of your planet. The various names have been chosen, most frequently that is, by entities upon your planet according to the information received from this group of entities in regards to previous services. This particular craft was involved, shall we say, in what you would call the birth of the one known as Jesus and has therefore been given the name of that particular teacher's physical birth location. The other naming has come more recently, shall we say, and has been somewhat of a codified distortion of a service which this ship also provides, and this code may be seen as what you would call an acronym, with the [letters] and numerals standing for concepts which are related to the vibratory level of this grouping's service in sharing love and light and making these manifest upon your planet.

May we answer you further, my brother?

N: Thank you very much. I had wondered if the Star of Bethlehem had anything to do with the birth of the Christ child and its naming there. And as far as the TX-11, I wondered if that had to do with whether the craft was a thought formation or whether it was built on one particular planet, and if so, how was the craft constructed?

I am Laitos, and we again reach some difficulties in providing this information, for it, shall we say, lies somewhat outside of our scope of abilities. Each entity or grouping of entities which seeks contact in service to others with those of your planet has certain foci or points of focus that become the channels

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through which the sharing is made available. By focusing upon these various points of reference, then, we are able to maintain your somewhat difficult vibration in a clear enough manner to be able to send thoughts. When we attempt to stray too far from our purpose or ability to share with your peoples by attempting to retrieve information which lies outside of that ability, then we, shall we say, somewhat lose our focus and are less able to transmit in a clear fashion that which lies outside of our scope. That is true as far as we know with any group that seeks to contact those of your population, that is, any group which is not a portion of your third-density physical experience.

The entities upon the craft which you have described have the purpose of sharing a certain vibratory level of love and light which is theirs to share. When you look at the sources from which this group has been drawn and schematically place this list in what you would call your astronomical charts, then there are terms which have been used throughout the ages, shall we say, to locate various points, and when groupings of points have become known as brotherhoods, shall we say, then frequently these groupings are also labeled in a manner which can be categorized and recalled. That is the nature of the letters and numbers which have been used to identify this group.

May we answer you further, my brother?

N: Well, thank you very much. I did not mean to ask or question outside your scope, it was just that I had wondered about several considerations. May I ask if, when we are reincarnated, if the spirit enters the body at the time prior to birth, at the time of conception, or just at birth?

I am Laitos, and we find that each of your assumptions is potentially correct, for there is no set point at which the spirit, as you call it, enters the physical vehicle which shall carry it through its incarnational experience. Some are present before the moment of conception, and indeed serve as what might be called as somewhat of a guide to those who will soon become its parents. Some spirits enter the soon-to-be-born vehicle at any point thereafter from the conception to the birth. And in some cases, those of a, shall we say, reluctant nature, there is the entrance after the birth, not usually a time exceeding what you would call one revolution of your moon body.

May we answer you further, my brother?

N: Thank you very much. I had wondered if there was a specific time. The Star of Bethlehem was instrumental, the craft or the species of the Federation of Galactic Intent, in, shall we say, guiding the incarnation of the reincarnation of Jesus from another density … lost my train of thought … as a star seed?

I am Laitos, and we feel that we might best describe the relationship of the so-called Star of Bethlehem and others with the one that has come to be known as Jesus of Nazareth as he entered your third-density physical illusion. The occasion can be seen much as the send-off that a great and varied grouping of friends may give one of its own as it goes off upon a long and lonely journey to a distant land that is in, shall we say, great distress and calls with great intensity for the services that all within this family of entities have to offer, and these services then shall be individualized and manifested by one of the group, and in this case, the one was known and is known among your peoples as Jesus of Nazareth, the Christed One.

May we answer you further?

N: Is the instrument getting tired?

J: Exhausted?

I am Laitos, and we find that this instrument has a good reserve of energy, and is happy to lend its services, as are we, if there might be a further query.

N: Thank you very much. I assume then that the Star of Bethlehem was just there, as you say, to send off something that had already been preordained. May I ask just one last question then, and that is the meaning of Antares.

I am Laitos, and am aware of your query, my brother, and feel that we can best respond to this query by suggesting that Antares is a location within your known celestial charts that has been utilized by this grouping of species or races of being as a sort of way station, shall we say, a point chosen in time and space for its particular vibration that serves to nourish those of this co …

(Side one of tape ends.)

(Jim channeling)

I am Laitos, and am once again with this instrument. We had completed the query which was asked, and

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simply wished to allow this instrument to reposition the recording devices that there might be a recording of any further queries if there might be one at this time.

N: Yes, Laitos, thank you very much for your last answer. This way station, is it like our planet Earth, or is it like an asteroid, and if so, what sort of name do we give to it by our astronomers?

I am Laitos, and am aware of your query, my brother. We find that though this instrument's knowledge of such terms is quite sparse and spare, that the terms Antares and Arcturus might be used most frequently by those who study and describe the heavens. This actual location is a grouping of bodies or entities which you would call stars, planets and asteroid-like orbiting entities, that together provide a field or network of vibrational frequencies that serve as what you might call the battery or nourishment of those entities which are of this same general vibratory level.

May we answer you further, my brother?

N: Thank you very much. I don't want to tire everyone. I appreciate all your answers. Thank you.

I am Laitos, and we are most grateful to you and to each within the group this evening. We also must apologize if we have tired any this evening with our responses. We have found that this instrument was most open this evening, though in some cases was somewhat vacant as well and could be more, shall we say, helpful in the contact if more focus was provided, and the field was somewhat reduced in scope for this endeavor. We are with each upon the quest, as we have mentioned, in your meditations, and would be happy to lend our conditioning vibration there that your meditation might be somewhat deepened and clarified. We shall leave this group at this time. As always, we leave in the love and in the light of the one Creator, for there is nothing else, my friends, in which to leave or be. We are Laitos. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
April 14, 1985

(Jim channeling)

I am Hatonn, and greet you, my friends, in the love and the light of our infinite Creator. We are pleased to be able to speak to this group this evening. As always, we come to share that which as a group you call for this evening. We had some difficulty initiating contact, for each potential instrument was desirous of allowing the other to speak. We are grateful that each instrument makes itself available whenever it is within its ability to do so. Each instrument and each present in seeking our presence allows us to be of service in a manner which would not be possible if such a group did not call in such a fashion.

This evening we would speak a few words upon a subject which is ever and always the focus of our being: that, of course, is love. There is much upon your planet that is written concerning this concept that is described so inadequately by the word "love." Many upon your planet over all portions of time within your past have sought to express the experience of love. These in some fashion or other have been what you would call seekers of truth, those who seek the nature of the reality in which they move and have their being, for the human creature upon your planet is one to which has been given great self awareness, and with such a great gift then it is a natural function of that gift being exercised to seek the nature of the environment in which the entity finds itself.

When you move past the ordinary descriptions of love, you find a concept which becomes difficult to describe in words and most attractive to seek in experience. Beyond that which you know as romantic love or the love of brothers and sisters, parents and children, teacher and student, there is a greater love, or shall we say, greater and greater perceptions and experiences of that called love. Indeed, my friends, as you pursue the path of seeking what you call truth, or the nature of your reality, you will find that within each portion of it is embedded a creative force which is described in many ways by many ways by those who discover it within your physics.

There are those seekers called scientists that attempt to describe the first principle, shall we say, upon which your universe is built. The matter and the energy being two paths presented to such entities soon dissolve into one as all is seen in the clearest sense as a universe of motion in which nothing is static but all changes. Then this energy is seen as a primal force by others who attempt to describe the nature of their reality in the more mystical sense, that which seems to be closer to the heart of that which is the experience of all, and in this means of describing love, love is seen as a focus through which

the will of the Creator moves and makes that which is made.

Love, then, in this description, is seen as a force which creates and creates and creates, that the one Creator in many portions might seek Itself, might then experience Itself. Seen in this fashion, love as the energy becomes the container or the vessel in which the Creator places Itself and moves through Its own being in form as well as essence, for before there was anything created, there was that which had no form and was merely what you would call essence. This essence of the one Creator, then, has found its form and seeks its expression through that called love.

Now, my friends, we understand that when seen in such a fashion and described by our poor and meager words, even this description of love can seem to be most mechanical, for it seems to have parts and relationships and it is not as easy to see where this force moves in one's life as it is to see a great landscape and scheme through which this energy called love moves. But we can assure you, my friends, that as you continue your journeys, those journeys of seeking the nature of your reality and the possibility of experiencing this called love, you will find that there is slowly and surely an experience of this energy waiting to move and increasingly so moving through your life pattern, for as you seek so shall you find, as it has been written in your holy works.

That is a statement of what you may call a principle, not only of physics, but of that called metaphysics, for you are as the magnet attracting the iron filing. That which you desire, being a portion of yourself, then is made available to you by a greater portion of yourself. As you are able and as you are willing to open your being, your mind, your heart, and your experience to the unknown of love, then is it brought into your awareness from deeper portions of your own being, those portions which are, shall we say, less distorted and more aware of the connection between all things and your own being. This love, then, that is such a mystery to your peoples and to each of you as seekers reveals itself in your experience as you continue to seek it and as you continue to accept the fact that you know not the fullness or even a brief description of that which you seek, but seek with blind abandon, shall we say, that which is beyond your grasp, it would seem.

At this time we would pause for but a moment that we might pass amongst this group and make our presence known to those who would mentally request it. We shall attempt to adjust our conditioning vibration to each in order that it not only be aware of our presence, but not be made uncomfortable. We shall pause at this time. I am Hatonn.

(Pause)

(Jim channeling)

I am Hatonn, and we are with this instrument once again. We thank you for requesting our presence. We hope that our vibration was of a comfortable level for each. At this time, we would attempt to close this contact through another instrument if this is acceptable. We shall now transfer this contact at this time. I am Hatonn.

(S channeling)

I am Hatonn, and I am with this instrument. We are making necessary adjustments so that this instrument may better vocalize our transmission. We would like to conclude our contact with a thought about the love, the love that we have spoken of. It is within each and is to be strived for in the sharing and of the learning that we will all attempt to do when we are on the path for the truth.

We will at this time take our leave so that our brothers and sisters of Latwii can be with you so that they can perform their service. I am known to you as Hatonn. Adonai.

(Jim channeling)

I am Latwii. We are with this group and we rejoice in our [having] been asked to join you, my friends, and greet you in the love and light of our infinite Creator. We also are humble messengers who have but a single theme, that which we share with all creation, that of love. We present ourselves in the capacity of attempting to answer queries that might fall somewhere within this topic, my friends, for indeed it is that which underlies all that is. Might we begin, then, with the first query?

L: Latwii, I have a couple of questions I'd like to put to you. The prayer that we call the "Our Father," am I correct in my assumption that the wording has been altered somewhat due to translation, transcription, the number of people who verbally

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relayed the message prior to it being written, other sources? Is that correct?

I am Latwii and, my brother, you have done such a fine job in answering your own query, that we might consider you for a position on our team, shall we say. We may add that indeed, as is the case with this particular prayer, so is the case with almost all teachings, rituals, prayers and procedures which those seekers of truth have codified and attempted to record in verbal written form throughout all of your history, for there are in some languages words which are more expressive of various concepts than are available in other languages. There are those groups, councils and committees that organize themselves from time to time and change those written translations and so forth, as you have mentioned, my brother.

Is there another query?

L: Yes. In meditating upon this particular prayer and its meaning, I have decided to attempt to reword the prayer to reflect my own personal distortion of its true meaning as an effort to more fully understand it, which progressed well until I began, because in trying to correctly interpret and more accurately word what I understood to be meant with them, the opening phrase, "Our Father," I failed to come up with anything less than approximately a dozen words. Would you have any suggestions to offer in a more accurate wording that would more fully capsulate the meaning?

I am Latwii, and am aware of your query, my brother. In your attempt to re-word this prayer, you perhaps can appreciate the difficulty any entity or group would have in attempting to verbalize that concept which lies beyond the boundary of the word. Yet in your attempt, you can find that when you are able to put a phrase or a word in another manner that has meaning to you, you increase, shall we say, the power of the prayer or ritual for yourself, for the words within any prayer or ritual may be seen as the clothing that one would wear to protect the self, shall we say, from the storms and inclement weathers that journeyer would experience. If the cape that covers the shoulders is too small or too large, then, and does not fit in just the precise manner, the journeyer will find that either it has too great a load to carry or is not covered in all areas which are necessary for this particular entity.

As you attempt to fit any particular prayer or ritual to your own needs, you must of necessity look carefully at your own distortions in order that you may not only describe them with preciseness and purity, but perhaps balance where there are those imbalances that have perhaps gone unnoticed. The unique nature of this process makes it most difficult for us or for any to comment concisely as to what word or phrase would best fit any entity. Therefore we must leave this task to you, my brother.

May we answer further, my brother?

L: No, that was very helpful in itself. Thank you.

I am Latwii, and we thank you, as always, my brother. Is there another query?

S: Yes, Latwii, I have a question. Last time I was here, something happened during the meditation, and I was wondering if you could tell me what happened so that I know more or can learn more from that experience? And in particular the experience that I assumed was some type of attack.

I am Latwii, and am aware of your query, my brother. We find that in this area in which you have query there is a perception of that which occurred that has been, shall we say, colored by your own distortions or preferences. As each seeker attempts to be of service in its own fashion, it will develop those ways of looking at its experience which are useful to it, that is, ways in which the experience might be understood and might be perceived and perhaps might then be shared with others. You are aware, my brother, that as one attempts to be of service to others in a purer and purer fashion, there is also the effect that one may notice within one's life pattern those experiences which may be described in various ways, but which you have described as the psychic attack or greeting, for as light shines within darkness, it is noted by those who appreciate light. Those who appreciate light may also be of the negative, as it is called, polarity and an entity in attempting to serve another may from time to time find that it is greeted or "attacked" in the area of its, shall we say, weaker or more pronounced distortions. This is the nature of all such greetings by those of negative polarity, for it is not within their ability nor would it be proper to place within a seeker's path the obstacle which that seeker had not of its own free will chosen. Therefore, those distortions that are less balanced and more distorted within an entity will be those which shall be intensified, shall we say, and will be

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noted by the seeker in a certain manner that alerts the seeker to the potential difficulty.

We may not comment specifically as to the, shall we say, nuts and bolts description of this particular occurrence for that is within the realm of your own seeking, and is an honor which we would not take from you, for all such attacks, as you my call them, are great opportunities to polarize even more profoundly in the positive sense, for any added catalyst, as you may see it, provides the seeker with a spiritual food that the seeker might utilize, and by processing, shall we say, increase its own spiritual strength. In this type of experience, the welcoming of a negative entity and its sending into one's own heart and seeing this entity as the one Creator and as the other self and bathing this entity in love is that magical, shall we say, expression which transforms what seems negative to that which within your experience is positive.

May we answer you further, my brother?

S: No. As I phrased the question, I wanted to learn from it and you've helped me to learn a great deal. It was a greeting and I do grow from it and gain in confidence in myself, and I responded to it, I believe to be in the proper way of acknowledging that it was there and I returned love and light and thanked it for its service, which I believe is what you just described basically as the appropriate response. Thank you.

I am Latwii, and we thank you, my brother. Is there another query?

L: Latwii, that stimulates a question in itself. If I understood you correctly, there is a value derived from receiving such a greeting and responding to it in a manner that might be regarded as successful for one following a path of service to others. However there seems to be almost a situation where there are points scored, in effect, for doing such a thing, therefore the implication seems to be that one should seek out such contacts so as to gain more points, as it were. This seems somewhat skewed to me. Could you go into that a bit?

I am Latwii, and we would be happy, my brother, to comment to the best of our limited ability. In general you are quite correct. The honor and the opportunity that accrues to one experiencing such an attack or greeting is great. But you need not, my brother, fear that you shall ever fall short in gaining the ability or the opportunity to score the points, for within each seeker's incarnation there are those times of traumatic catalyst, shall we say, during which the entity will have the opportunity to make that same magical response, to see the one Creator before and within the self, no matter what disguise the Creator might be wearing, whether that Creator wears the disguise of anger or hunger, of love, of joy, of jealousy, of war, of poverty, of illness, of dissension. No matter what the disguise, if the seeker can see and experience the one Creator, and love that which has been placed before it as spiritual food for its nourishment, then that entity shall have rung up another few points, my brother.

Within this particular kind of service, that is, the vocal channeling, there is the honor of standing, shall we say, somewhat closer to that which you would call light, and there is the balancing responsibility of reflecting that light as purely as possible. There is the added, shall we say, benefit of that light's attraction of those entities that are called negative so that the seeker in this particular type of serving increases not only its service but the opportunity to continue that service or to detune its service as it finds itself greeted in the manner that each is greeted from time to time as one serves as a vocal instrument.

Therefore, you need not, my brother, seek out more of these types of greetings, for they shall in their own time seek you out, for in your choice to enter this incarnation, you placed before your table, shall we say, a great plenty of catalyst, the spiritual food that you have prepared for yourself in hopes that your service and your learning might be propelled by these catalytic experiences, may we say, "catalytic converters" of another type.

May we attempt further response, my brother?

L: No, that was interesting. Thank you very much.

I am Latwii, and we thank you once again, my brother. Is there another query?

S: Yes, I have another—which is always typical of me. Several weeks ago, I had an experience that I would call a vision. I felt that I had been taken to a place in front of three, as the native Americans would call them, grandfathers, which could be that they were masters of a kind, basically. And they gave me a certain message, and they also called me by a certain name, "Meechi." They said that that was my

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name before coming into this life that I'm in now. Could you comment on the name and maybe upon the message and whatever else you could add to it, please?

I am Latwii, and am aware of your query, my brother. We may affirm that such experiences do occur for those upon the path of seeking the truth of the experience that one finds oneself in. We may not, however, comment upon this experience which you have described in any specific fashion, for it is, once again, the great honor and the great responsibility of each seeker to interpret those experiences which it finds have been left as gifts upon its doorstep. If we were, for example, to comment as requested in this particular instance, we would be doing that which has great value and holds great treasures for you in your seeking. You may, as you continue your seeking, move from entity to entity or group to group and discover that there are those who will comment and perhaps tell you precisely what each portion of your experience means. But as you review such comments, you must remember that each is expressing an individual and unique and oftimes fallible point of view. In the final analysis, it is still upon your shoulders that this seeking rests, for it is not likely that a conscious seeker of truth shall long accept that which another says without thinking it over and accepting or rejecting for the self that which was said.

This being true, to the best of our knowledge we would rather leave you, in the final analysis, than confuse you by distorting your perceptions and your seeking of the heart of that which has been given as a gift upon your path.

May we answer you further, my brother?

S: No. That helps me a great deal. Basically I had a feeling you were going to say that. I thank you.

I am Latwii, and once again we thank you, my brother. Is there another query?

N: Yes. I have some information about the plains of Nazca. Evidently, somewhere between 1500 and 3000 years ago, the Incas used a balloon to send their dead into the Pacific. They thought they were sending them to the sun, evidently. Can you tell me how they made the fabric that was so well woven at that time that we can't duplicate it today?

I am Latwii, and am aware of your query, my brother. We find however, that in scanning the possibility, shall we say, of this query, that we are unable to answer in any specific fashion, for in queries of this nature we find that we move too far afield from that which is, shall we say, our chosen specialty. We hope that when we are unable to answer to queries that do not lie within our scope that we have not offended any, but have perhaps reminded each that we gather with you to pursue a greater understanding of the process of seeking and sharing the one infinite Creator and its various distortions of love, wisdom and unity. If we answer in a specific fashion questions of this nature on a too frequent basis, we then partake in a moving of the focus or the dial, shall we say, of this group from that which is at its heart's desire and moves, shall we say, too quickly and abruptly into those areas which are of but momentary interest.

May we answer in any further way, my brother?

N: Well, it is said that the Incas thought they were sending the physical remains back to the one infinite Creator or the sun. Can you elaborate on that particular thing?

I am Latwii, and am aware of your query, my brother. The philosophy of those that have been called Incas was, as are all upon your planet, a distortion of a concept of unity. Many have been the entities and cultures upon your planet who have sought the one Creator in a fashion which included the worship of that body which you call the sun. The entity that is in this sun body has from time to time throughout many cultures in your past been seen as the creative force behind all creation, and has therefore been, as you would say, worshipped as such. Those called Incas attempted to join those who had passed the gates of death with the one Creator which they saw as the sun in a symbolic fashion …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this response. Though various physical devices were utilized by those called Incas in this process of attempting to unite those passing the gates of death with the one Creator seen as the sun, this process was in truth symbolic. The devices of a material nature which were used were utilized as are all material devices in what you may call the magic ritual in order that the ritual might be grounded, shall we say, within the third-density reality. In the minds of those called

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Incas, then, this ritual and its material accouterment, shall we say, were used in order that a path might be fashioned from this illusion to the next. The entity being so sent off, and having passed those gates of death, then was seen to be carried into the infinity of experience and beingness and to be joined in its higher self sense once again with that entity seen as the sun and as the one Creator.

May we answer you further, my brother?

N: Yes, thank you very much. Then did the Incas formulate this bit of knowledge as to the physical accouterments or was this introduced extraterrestrially, the ability, that is, to fashion a balloon for a flight?

I am Latwii, and am aware of your query, my brother. We feel that though this is a somewhat difficult query to answer that there is value in the attempt, for the process of inspiration and invention, no matter the time period in which it occurs, is one which invites and often includes those resources that may be called extraterrestrial, though this is a gross distortion as a term. To be more specific, let us say that as one seeks in a certain fashion with a great intensity, there is, as our brothers and sisters of Hatonn mentioned, a process that is much like the magnet attracting the filing of iron. As one seeks in the capacity you would call of an inventor, there are inspirations that may come while one sleeps, while one contemplates, while one meditates, while one thinks upon the problem, shall we say. Inspirations are often answers to seeking that are provided by, shall we say, deeper portions of one's own unconscious mind, by entities that may be called guides, by another portion of the self called the higher self, and by various friends and teachers that are attracted to an entity according to the type of seeking or, shall we say, frequency or vibrational displacement of the entity. Therefore, many inventions have been aided, shall we say, by sources unseen and such a process is not relegated to any particular period of your planet's historical experience but has been a constant portion of its process of evolution.

May we answer you further, my brother?

N: Thank you very much. Then what you're actually saying is that the ability to fly may have preceded the Inca's burial rite or flight to the sun?

I am Latwii, and am aware of your query, my brother. We were not specifically aware of having said this particular statement, but of itself, there is some specific correctness in it, for the ability to, as you call it, fly, has been known to various cultures and groups within cultures and entities within groups for a great portion of what you call time. The further one moves backward, as you would say, in your planetary history, the more likely one is to find the knowledge of this ability to have been saved or put aside, shall we say, for the uses of a few. In many cases this few was a portion of what would be called today mystery schools that were able by various individuals within such schools being able to discipline the personality to such a degree that the, shall we say, ability to accomplish that called flight within not only the astral body but within the physical body was recorded and from time to time taught. It is not usually the case that mechanical devices were made as analogs to this discipline of the personality, but from time to time this has also occurred upon your planet.

May we answer you further, my brother?

N: Well, thank you very much. We don't seem to have very much recorded before, say, 1709 or 1783. Is it possible to find any information relative to these mechanical devices as well as their utilization or whether they were only, in other words, used by individuals in our dimension, not extraterrestrials as we think of them or other dimensions?

I am Latwii, and am aware of your query, my brother. Again, as you move further and further back into that called time and the history of your planet, the fewer are the available recorded leavings of your peoples, for much has been lost and misplaced, shall we say, by the various planetary changes that have occurred.

May we answer you further, my brother?

N: Well … No. Thank you very much.

I am Latwii, and we thank you, my brother. Is there another query at this time?

L: I have one more, Latwii, and I promise not to run it very far. There is in our history stories of a great library at Alexandria in Egypt, in very early times of our civilization, that was burned for some reason. What was the reason?

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I am Latwii, and am aware of your query, my brother. We may speak in general in the philosophical sense, and suggest that the destruction of this great storehouse of knowledge of your peoples was accomplished by those forces which felt that if such knowledge were generally available to the great masses of the population that such entities then would be more difficult to govern in a coherent, or shall we say, unified manner. Therefore, the forces which wrought this destruction were those who were bent upon conquest and who felt that this conquest would be best aided in the long run, shall we say, if this great storehouse of knowledge were not available to the population which was seen as future subjects.

May we answer you further?

L: No, thank you very much.

I am Latwii, and we thank you, my brother. Is there another query at this time?

S: Hopefully a very short query, talking about libraries that exist with ancient knowledge. I've read of one that is full of gold tablets that is in, I believe, the northern part of South America. Does this exist?

I am Latwii, and am aware of your query, my brother. We find that in the past, as you would call it, of your various planetary cultures that there have been many libraries of the mystical variety that have been constructed in many portions upon your planet's surface. These storehouses or libraries have been constructed for the purpose of saving and secreting those teachings felt to be of a sacred nature, those teachings which would aid the seeker of truth in its process of finding that truth within itself. There are many such libraries with various kinds of materials utilized in the storage of the information deemed sacred. Gold, as you have mentioned, is one of these materials, silver being another, granite another, crystals another. There have also been those less substantial forms of material such as parchment and wood utilized, but for the most part, such insubstantial materials have not been utilized to save those greater secrets, as they are called.

May we answer you further, my brother?

S: I think that's enough. Thank you.

I am Latwii, and we thank you, my brother. Is there another query?

L: What is the condition of the instrument?

I am Latwii, and we find that this instrument is only slightly fatigued at this time and is willing to continue if there are any further queries.

A: Latwii, this is a quicky. How is the tuning of the group by this time of the session?

I am Latwii, and we may suggest, my sister, that as the concert violinist proceeds through the concert from piece to piece, it may be noted that the instrument upon which it plays will by its very exercise suffer that called the detuning, and need the attention for the reaching of the proper notes. Just so is the case within a group such as this one. As the evening grows in length and the meditation and the questions continue, there may be noted the movement of the attention of the group in an unified fashion from its one-pointed focus with which it began the seeking. This is a natural process that each seeker may note within its own meditation, for holding the attention upon a point or a purpose for a prolonged period of time is [more] difficult the longer the period grows. It is a very good exercise, though, my friends, for in such a focus one finds oneself more and more able to discipline the wild and rambunctious mind which is the, shall we say, channel through which the creative energies present themselves.

May we answer you further, my sister?

A: No, thank you.

I am Latwii, and we thank you. Is there another query at this time?

(Pause)

I am Latwii, and we find that we have for the evening exhausted those queries and partaken of that gift which each has presented to us. We thank you, my friends for your gifts of queries, for they are also of the nature of spiritual food for our own being. As you query, you present that which is ours to share, and by this sharing, we ourselves discover more and more the subtle nature of that known as service and that known as love. We continue our journey much enriched by these gifts of queries which you have given us this evening. Upon our journeys and within our seeking, these queries are as treasures, for we would not have thought of them without you. We shall leave you at this time, as always, in the love and in the light of the one Creator Who Is All in All. We are those of Latwii. Adonai, my friends. Adonai vasu borragus. ✣

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Sunday Meditation
April 21, 1985

(Jim channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. We are very pleased to be with you this evening. We have enjoyed listening to your conversation and we have enjoyed those questions and comments that each has offered the other.

My friends, when we speak to you through instruments such as this one, we are also offered the opportunity of joining in such a conversation and in your seeking for truth as you call it. We cannot tell you how privileged we feel to be able to speak with you in this manner, for though words are most inadequate to describe those deeper feelings and motivations that the seeker shares with all other seekers, yet words are most direct in the communication of thoughts between two entities. We, through words, may speak those concepts which may have some meaning in your daily experience, whereas if we were not able to utilize words, we would need to wait until you called in a fashion which would allow us to perhaps provide inspirational thought, the vivid dream, or the moment's hunch that affirmed a thought, for in these manners we are frequently able to answer the call of an entity and provide the feeling of inspiration or protection that the entity sought. With words we may attempt in our humble fashion to clothe those concepts in such a way that the message is brought into a somewhat sharper focus.

Again, my friends, we thank you for allowing this phenomenon to occur. Yet we ask, as always, that each take only those words we speak which have value in the personal journey of seeking and that each leave any word or concept that we may speak which does not seem to have that value.

As you spoke this evening, you were manifesting the means by which seekers of truth have from ages long past been able to accelerate their own journey of seeking; that is, you have shared yourselves, your thoughts, your experiences, your opinions in a way which has offered to others the harvest, shall we say, of your lives to this point. When one offers such a gift to another, it is an enhancement of the seeking of each for that gift to be offered, for each of you, being the one Creator and having chosen in this particular incarnation to express some facet or facets of the one Creator in your own way, have therefore a great deal which to offer another.

Often it is felt among seekers that a great deal of time and effort has been spent in a wasted fashion, for the attempt to measure the progress is made again and again and again and seems to come up short. Seekers often become disheartened when they do not see clear and unmistakable markings or milestones upon their paths. It is at some point in

each seeker's journey, then, a common phenomenon that the seeker will feel the efforts have failed and have been wasted. At this point it is often easy for the seeker to decide that such a seeking is foolish, for there is no way of knowing what progress has been made.

Yet, when you gather in a group such as this one and others, you can in your own sharing of experience discover that you are much like all others. You seek to know the nature of your reality, the nature of your own being, the purpose for your being in this reality, and your means by which you move and learn in this illusion. You see that no seeker who is honest about his own journey has any surer knowledge than do you, for each moves in the same illusion, the one in which there seems to be great separation and disharmony, and each seeker attempts to learn from that experience which is placed before it. Each seeker also feels that there has been more failure than success, for no seeker has the clear vision to see through the illusion and beyond the illusion for but a short moment, though glimpses of such are offered to many. All who remain within this illusion are subject to its power.

The power of your illusion, my friends, is to provide you with the one Creator in a form which seems to be other than the one Creator, a form which seems to be other than love, other than wisdom, and other than unity, joy, peace and compassion. The power of your illusion is to, shall we say, persuade you that there may be that which is not love, that which is not the Creator, that which is not whole, perfect and balanced. Yet the seeker, as you have discovered in your sharing of experience, can find within any experience the wholeness and love of the one Creator if the effort is made in a sufficient degree and with the purity of will that each is developing.

As you talk amongst yourselves, you discover the one Creator residing in a greater portion of your existence, for you discover that each has had the experiences that might be described as difficult, even traumatic, and yet you will find the inspiration of those who have through their own efforts learned great lessons from such experiences. You then can look within your own experience and discover the same opportunities have been placed there for you and that you have in greater or lesser degree also discovered them in some fashion.

As we observe conversations such as the one you shared before this meditation began, we are pleased to find that each has shared the heart of its own being in a fashion unique to itself. For, my friends, love is always and ever the same; it is one thing. Yet there are many, many ways of perceiving and expressing that love. Each of you in your experiences in your daily round of activities express and experience that same love in a unique fashion. You add another hue to the infinite colors of the experience of the one Creator. You thereby glorify the one Creator in all as you in your own individual fashion move through your daily experience, and as you share those experiences with your fellow seekers you enhance their own journeys as their experiences enhance yours as well.

You are as the many portions or cells of the mind of the one Creator that begin the communication which make many cells one. You gain the knowledge of others and they gain yours. The One comes to know the One in a myriad of fashions. We applaud your incarnations and your experiences, no matter how mundane they may seem at the moment; they are yours, they are unique to you. They hold the wholeness and the perfection of the one Creator, thus through each experience at each opportunity you have before you the wholeness of the one Creator awaiting your discovery. There are layers and levels to each experience: the seeming negative rests upon the outer; the mundane, slightly below; as you continue to move to the deeper levels, you find the nature of the experience approaches that that we have described love. The one Creator awaits at the heart of each experience. How deeply shall you delve, my friends? How carefully shall you search each day's experience? The choice is yours. You may search and dig as deeply as you choose from one moment to the next. There are no requirements that any make upon you for how deeply you shall dig, other than those that you make upon yourself. You do indeed have the complete free will to choose what you shall learn and how well you shall learn it. We salute you in your choices, for they are the choices of the one Creator.

At this time, as we observe those who have gathered this evening, we find that it would be appropriate to attempt to speak through each instrument present, for those present desire to serve by means of providing vocal channels for thoughts such as ours. We would, therefore, remind each new instrument

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that the analysis of our thoughts is neither necessary nor helpful at this process, and we would suggest the forgetting of the analysis that it might be better saved for later, and that each might then speak whatever thought appears within the mind and speak freely after having provided the challenge to assure the self that the surrender to another source is the surrender to a positive source. We are happy to answer your challenges and we are honored to be invited to speak through each instrument.

We would at this time transfer this contact to the one known as N, if this instrument would relax and speak our thoughts. We now transfer this contact. I am Hatonn.

(N channeling)

I am Hatonn. I greet you in the love and light of the one infinite Creator. It is said that he who travels on a distant journey sometimes must forfeit considerations for a peaceful, nontraumatic existence. It is not for the entity to judge what is correct or incorrect. The entity must decide on its own what is free choice. Free choice is reserved for those entities that are seeking on your plane. It is inconceivable that one on your plane would know all the answers. It appears to be enough that even minute answers are obtained … I thank you Hatonn, but I think I've become too analytical. Please transfer to either Jim or J.

(Jim channeling)

I am Hatonn, and am with this instrument once again. We are overjoyed that we have been able to speak those words through the new instrument known as N. Those concepts which we attempted to express through this new instrument were not particularly easy concepts to perceive, and we congratulate the one known as N in his progress in the vocal channeling. We are greatly honored to be able to utilize a new instrument such as the one known as N. At this time we would attempt to speak a few words through the one known as J. If this instrument would also relax and refrain from the analysis and speak those words and thoughts that it perceives within its mind, we might also then be able to speak through this instrument. We now transfer this contact. I am Hatonn.

(J channeling)

Welcome. I am Hatonn. I greet you in the light and in the love. It … Thank you.

(Jim channeling)

I am Hatonn, and we are with this instrument once again. Welcome indeed to the new instrument known as J. We are most happy to have been able to speak a few words through this new instrument, and we encourage the one known as J in its efforts to refrain from analysis. It is most difficult, we know, to refrain from analyzing that which seems to be originating within one's own mind, yet from another source "without," shall we say. Yet each new instrument will find that as it is able to step aside, shall we say, and to remove the analyzing portion of the mind, that the process of receiving and speaking our thoughts is greatly enhanced. This is a skill which each shall develop with practice. We are honored to be asked to aid you in your practice, and shall be with you again in this capacity.

At this time, we shall take our leave of this group and this instrument that our brothers and sisters of Latwii might provide their service of attempting to answer those queries which each may provide. We, as always, leave you in the love and in the light of the one infinite Creator. We are those of Hatonn. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you also in the love and in the light of the one infinite Creator. We are honored as well to be asked to join your group this evening. We are always overjoyed to be able to provide voice to thoughts that may communicate with another portion of the Creator in yet another fashion. May we then begin with the first query of the evening?

N: Yes, I have a number of questions, but I've often been wondering, what language "Adonai vasu borragus," or the terminating words that Hatonn and you, Latwii use, what language it is, and what is the interpretation of it, besides "God." I'm sure Adonai is God or the Creator.

I am Latwii, and am aware of your query, my brother. The words of which you speak are words which are taken from what has been called by some upon your planet a solar language, that known as the Solex Mal. These words are those which fellow seekers might leave other seekers, expressing those concepts which each seeks within its life, that is, the one Creator, the love and the light of that one Creator, and the unity which binds all as One. The words may be taken to mean in general, "In the

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name of the One, Its love and Its light, we leave you, we salute and we are with you."

May we answer you further, my brother?

N: Yes. Thank you very much for that definition. Was the word, "Adonoi" or "Adonai" channeled to the Hebrews as that of the Lord God the Creator?

I am aware of your query, my brother. There have been various cultures upon your planet in your past, as you call it, who have received various, shall we say, words of power in response to their call, shall we say. These vibrations which compose the Hebrew language and the vibrations which compose the Sanskrit language are those vibrations which are quite close in many instances to a more pure and less distorted expression of the concepts of unity of love and of light and these languages, as do others in a lesser degree, contain what may be seen as mathematical relationships that embody certain key concepts within the evolutionary process.

May we answer you further, my brother?

N: Well, then, thank you very much. But, the word "Adonai," then, is many, many eons or multiple centuries older than we have any interpretation or I have any interpretation of, is that correct?

I am Latwii, and this is quite correct, my brother, for this particular language was, shall we say, given upon your planet within the Hebrew race by those which answered the call of this race, therefore the language is from a source other than your own planetary influence.

May we answer you further, my brother?

N: Well, thank you very much again. I had many questions to ask but I have sort of a personal consideration, since Hatonn was so familiar with our discussions earlier in the evening, I had really asked—I hadn't asked anything personal, but in the past life regression that I had, I was on a planet that had several suns, a larger one and a smaller one and four or five moons, as well as no people or plants other than grass. Could you say what kind of catastrophe happened that eliminated them or is this a valid consideration?

I am Latwii, and am aware of your query, my brother. We find that the experience of which you speak was one which was drawn through the roots of your own personal unconsciousness or subconscious mind in a fashion which was meant to be symbolic to your conscious mind. Much, therefore, needs to be seen in another light, shall we say. There might be more to be gained by looking at the symbolic nature of the experience rather than looking too specifically at those images which were presented to the conscious mind.

In this particular experience you have, shall we say, a solitary view of that incarnation, and in that particular view the experience was presented in a fashion to lack fellow beings. We feel that we have extended our response to the limits offered by your own free will.

May we answer you further, my brother?

N: No. I was just a bit disturbed why I was so sad and I was crying during the hypnotic regression, because all the other entities seemed to have been gone and that I was all alone and that there was no one else there and that's primarily the reason why I asked that. I didn't know whether—is there another planet, or is that our choice of free will, the name of the planet?

I am Latwii, and am aware of your query, my brother. There are many within the creation who within the third-density illusion do not utilize the naming concept, for their means of communication has not moved from that which you call telepathic. When one is able to communicate in the so-called telepathic manner, the naming of portions of the experience is not as necessary as when telepathy has been greatly removed from the means available for communication. As words are utilized in the spoken fashion common to your planet at this time, there is the natural tendency, then, towards the naming. Therefore, the experience which you have recalled is one which is difficult to tag, shall we say, with names, for it was not of that nature.

May we answer you further, my brother?

N: Thank you very much. I don't know whether I understood all of the considerations for the telepathic communication, but I assume that you're referring to the fact that I was communicating with a prior life and that I was a third-density individual. Is that so? Or entity?

I am Latwii, and we find that your assumption is correct in its foundation, yet to carry it further within that experience which was recalled, the means of communication was more towards the telepathic

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and less towards the naming, therefore your planetary influence was not known by name.

May we answer you further, my brother?

N: Only the fact that—are you referring to the fact that I was a third-density individual at that time, and was that the last life? Last incarnation, excuse me.

I am Latwii, and we feel that we are aware of your query. Please requestion if we have not responded in a fashion which is satisfactory. We may suggest that your assumption of the third density as the density of this remembrance is correct. We feel it inappropriate to answer as to whether this remembrance was that immediately preceding your current incarnation, for this would be removing an opportunity which is available presently to you to, shall we say, solve this riddle for yourself, for it contains a greater possibility of providing food for your spiritual journey.

May we answer you further, my brother?

N: Thank you very much. I have many questions about other areas but I think I should allow J an opportunity to ask first.

J: Thank you, N. Is Latwii tired or is he all right to answer more questions?

I am Latwii, and we always are energetically available for answering queries. The instruments through which we speak, though, from time to time do become fatigued, for we tend to use a number of words to express concepts. We find, however, that this instrument is also energetically available for queries. May we attempt your query?

J: Yes. I'd like to know more about you, Latwii. Were you ever in human form?

I am Latwii, and am aware of your query, my brother. We of Latwii, in our evolutionary progress, have experienced the third density which you now inhabit. Our experience of that particular density was one which utilized a vehicle which was in many ways similar to your own as it was also bipedal and erect. We were, however, enough dissimilar in our general bodily configuration, and especially in the area of the, shall we say, cranium, that we would appear quite different from any of your races currently inhabiting your planet.

May we answer you further?

J: Yeah. What did you look like?

I am Latwii, and though we find this information is not, shall we say, very helpful upon your own spiritual path, it is somewhat harmless. We of Latwii were somewhat larger in shape in the area of the frontal lobes, extending to the occipital lobes. This, shall we say, protrusion of the skull area was for the purpose of containing a brain which was of a slightly larger portion than your own. Our eyes were also somewhat larger and darker. We had smaller appendages in the location of your ears, for our ability to …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. We were lacking most of the appendage that you call the ear, for our utilization of the spoken word was far less than your peoples utilize. Our communication, therefore, was of the telepathic nature. Our arms and legs were, shall we say, somewhat less developed than your own, and were of a thinner and more delicate nature, for we were able to utilize the powers of our mind to a greater proportion than are most of your own populations. Our physical vehicle, therefore, was more frail and delicate.

May we answer you further, my brother?

J: Well, this isn't for my spiritual growth, but I'm fascinated. Can I continue on or would you rather I stopped?

I am Latwii, and we are happy to attempt to answer queries of this nature, but may respond in more general terms than perhaps you would desire, for we do not wish to focus undue attention upon our own selves. We are messengers.

May we answer you further, my brother?

J: Well, okay, I'm fascinated. I'd like to know more, but I'll get off it. Tell me about the aura colors. I've noticed that Hatonn mentioned colors. Would you like to comment something on that?

I am Latwii, and am aware of your query, my brother. We find two concepts within this query. Those of Hatonn spoke of colors in relation to the experiences which each seekers offers that are unique in their nature. This uniqueness was approached in description by those of Hatonn by the expression of colors, unique experiences being then additional colors. The aura of which you speak is, however,

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another subject and has colors of another nature, yet there is a relation between the experiences of an entity and the colors of the auric energy field which surrounds each entity. As you are aware, each energy center may be correlated to a color of your known spectrum, red through violet, and when an entity is utilizing any particular experience which comes before its notice, it may utilize one or more of these energy centers, thereby causing a more brilliant expression of color to be manifested at those centers being utilized. This expression of color, then, moves within the auric field and may be read by those who can partake in the discerning of these finer energies.

May we answer you further, my brother?

J: Yes. Yes, he also spoke about incarnations. How do we find about our past lives unless we are regressed?

I am Latwii and am aware of your query, my brother. For the most part, it is not the purpose of an entity according to its own choice to remember previous, as you call them, incarnations or patterns of experience during the current incarnation, in order that the current incarnation might be kept pure, shall we say. When an entity attempts to remember a previous incarnation, this then becomes a possibility and may be pursued in a number of fashions.

The regressive hypnosis, as it has been called amongst your peoples, is the most popular means of partially penetrating the veil of forgetting which separates the conscious from the unconscious mind. An entity may also utilize the dreaming state for such remembering, utilizing the brain and the mind which moves through it to program a remembering of previous experiences. Meditation is also a means by which an entity may move itself or its conscious focus to a time previous to its current incarnation. This technique, however, is one which requires a great deal more skill than the two previously mentioned techniques.

Even greater skill is required for the conscious remembering or putting together the memories of previous incarnation, yet there are some few upon your planet who have been able to do this. This faculty is usually one which is aided by the entity's remembering such experiences from an early time within the current incarnation and having them as, shall we say, friends, which have always been with the entity and which move through the veil of forgetting with the entity.

May we answer you further, my brother?

J: No. I think I'll … How's the instrument doing?

I am Latwii, and we find that the instrument still is able to provide the necessary energy for queries. May we answer further?

J: Well, I do have a few more questions, but I'll turn it over to N.

N: Well, now I've got some questions to follow J's. Thank you very much, Latwii. About the aura. The chakras, then, help determine the auric range, and does the aura extend as we have been told, twenty-five feet around a person so that others may see it that have that capability, and did I understand you to say that if certain chakras aren't balanced, then one chakra may add a significant red or yellow or orange glow, when otherwise it … Well, I don't really understand how I'm asking the question. But the chakras do influence the aura?

I am Latwii, and am aware of your queries, my brother. To begin, the thickness, shall we say, of the auric energy field about any entity is variant and unique to each entity. There are various portions of the aura which are discernible to those with the finer sight that extend for even greater distances than the twenty-five feet which you have mentioned. The activity within any chakra or energy center lends a hue or coloration to a certain portion of the auric field. There is a portion of each entity's aura which records and illustrates the entity's unique balance between mind, body and spirit. This portion of an entity's aura, therefore, is that portion which those known as healers may read in order to ascertain the relative health, as you would call it, of any particular entity.

May we answer you further?

N: Do these healers read by sight or by intuition, the chakras?

I am Latwii, and am aware of your query, my brother. A healer who is able to see the auric energy patterns then reads the aura by the sight so that various colors and configurations of colors are translated as representing the balances between the energy centers and these balances being expressed in mind, body and spirit. There are healers who are

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able to ascertain this same information by the intuitional means which you also have mentioned.

To be able to read an aura in any fashion is a great aid to any who would serve as the healer, for not only may those imbalances which may be in need of the balancing or healing be read, but also the healer may become more aware of the process of balancing and healing as it is occurring, and may be able then to allow the healing process to continue for the appropriate length of what you call time, and may also be able to alter or adjust the energies as they form their new and more balanced configuration.

May we answer you further, my brother?

N: Yes, thank you very much. Can we as individuals balance our chakras within a relatively given limit with simple considerations, or must we have others do it?

I am Latwii, and am aware of your query, my brother. Indeed, each seeker must balance its own energy patterns and chakra configuration. When one known as a healer aids in this process, it is much as though the magnifying glass has been provided to a situation which is always and ever being completed or undertaken, shall we say, by the seeker. In all cases the balancing or the healing is a product of the will and the faith of the one to be healed. The healer lends its abilities to intensify this process to the one to be healed.

May we answer you further, my brother?

N: Well, just one more question that refers to the previous incarnation in which Latwii was in third density form. I seemed to get a mental picture before it was described, and I just wondered if the form of movement that Latwii referred to was psychokinesis rather than muscular energy, and would also like to know if those of third density from which Latwii originated at that particular point are still in existence, and how many years ago it was, in our time sequence.

I am Latwii, and am aware of your query, my brother. We of Latwii have moved from that experience, and though there are others who inhabit vehicles similar to those which we inhabited, they are of their own identity as we are of ours. The portion of time which has removed itself since our experience in that third density is a portion which is great in your measure, and yet is mostly meaningless, for a great portion of our experience since third density has been in realms which are, as you would call them, timeless. Therefore, the interpretation and translation of time is most misleading but can be roughly put at a great many million of your years.

May we answer you further, my brother?

N: Well, only the other question about a method of movement. Was it a form of psychokinesis or the ability to move by brain power?

I am Latwii, and am aware of that portion of the previous query which we had neglected to respond to. We were able to move both by manual appendage motion as you are familiar with, and by a means of levitation which those of the contact known as Sirius were also able to manifest in the contact with those of your planet in the location of Pascagoula, Mississippi, in 1973.

May we answer you further, my brother?

N: Is levitation, or what you might convert to brain power, the same as what we would consider as psychokinesis—were able to move—I understood that you could move manually but that your appendages were very frail and could not do great things. I assume that you're referring to the incident in 1973 where the entities did visit the people on the river or shore by levitation, but is not levitation similar to psychokinesis, or is—I perhaps am referring to the method of our ability to move, but perhaps levitation is an accentuation of psychokinesis, but still by brain power pushing against or holding you up?

I am Latwii, and am aware of your query, my brother. We may define levitation as perhaps being psychokinesis applied to the self. This is a rough definition and lacks the necessary refinement that one would need in order to utilize such a faculty. We may also add that the mind is that portion of the entity which is utilized rather than the brain. The brain is much as the pipe which allows the water to flow through it in such and such a fashion.

May we answer you further, my brother?

N: I'm sorry, I meant the mind—I'm confused. Only one other question, and then I'm sure J has some more. And that is, the entities that visited in Pascagoula, Mississippi, in 1973, were they of the Orion group, and what was their purpose in being here?

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I am Latwii, and am aware of your query, my brother. We shall attempt a short response to this query, though there is more information available in the source that has come to be known as the Ra material. These entities of the Sirius influence were third-density entities who had evolved from second-density forms of life that might be likened unto your own trees. These entities, therefore, of this derivation of physical vehicle experienced their lives in a fashion which you would liken to meditation. Therefore, in order to balance this experience that was greatly peaceful and centered, they found the need to explore movement and action of all kinds and chose those known as Charley Hixson and Calvin Parker for their experiences in what you would call bellicose action or war, and viewed their memory banks, shall we say, for such experiences that would serve as a balance to their own more, shall we say, meditational experience.

May we answer you further, my brother?

N: Thank you very much. There are many questions, but I'm sure J has others if the instrument—is the instrument tired or fatigued?

I am Latwii, and we find that this instrument is available for two or three more queries, depending upon their length. May we attempt these queries at this time?

J: Why did you want to know about these two guys in Pascagoula or wherever it was? I thought you had knowledge about us on this Earth? And why did you pick those two guys?

I am Latwii, and if we understand your query correctly, my brother, we feel there has been a misconception. We did not contact the entity; these entities were contacted by those of the Sirius influence, and were contacted in order that these third-density entities might balance their own third-density incarnational experiences.

May we answer you further, my brother?

J: The third density—I really don't understand all that. But listen, can I ask you some questions about Jesus and Christianity?

I am Latwii, and we are quite happy to attempt responses to these queries, my brother.

J: Okay. N gave me a tape by a man name Yadda, and Yadda said that Jesus was crucified for himself, not for the sins of the world, and it was for his own experience. Would you like to comment on that?

I am Latwii, and am aware of your query, my brother, and we would be happy to give you our interpretation of this particular entity's purpose for incarnation. This entity was one of what you might call a group of wanderers, that is, entities from other vibrational frequencies seeking to be of service to your own planetary population by incarnating and moving through the same illusion in the same general fashion, yet in such movement providing a lightening effect, that the light of the one Creator might be made more available in some fashion to all who viewed and interpreted that incarnation for themselves. Yet each entity of a wandering nature which incarnates in such a fashion also has a portion of its own incarnation by which it intends to progress in a, shall we say, more personal manner.

The entity known as Jesus to your peoples was one which attempted to express the lessons of your illusion in as pure a fashion as was possible. The lesson of your illusion, then, being love and compassion, this entity sought to express this love in the total giving of itself including its physical life, that a way might be made more clear or illumined by light. The way was to symbolize the means by which the lesson of love might be learned.

The entity spoke and taught many times during its incarnation. Always its teachings focused about the heart of love. This entity then, after a significant portion of its incarnation had been spent in the teaching fashion, felt that, as you would say, a picture is worth a thousand words. There came to this entity the realization that a certain act or giving of itself would be necessary in order to more vividly create the image in mind and heart, shall we say, within those who would look upon its incarnation, that the giving of the life was then the embodiment of the teachings that the entity spent its life in sharing. The crucification, as you call it, of this entity, then, provided the, shall we say, keystone in the building of the structure of the eternal life of which this entity spoke.

The victory over that called death, then, was to illustrate to those who would study this entity's teachings that the teachings allowed an entity not only to move within this incarnation in a pattern which afforded the spiritual evolution but would allow the entity through and beyond this

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incarnation, and to continue its evolutionary progress in a greater reality, shall we say.

May we answer you further, my brother?

J: Do you mean he's still around?

I am Latwii, and am aware of your query, my brother. This entity in the incarnation of which you are familiar was able in the personal sense by its service to others to expand and promote its own evolutionary progress in such a fashion that it now exists in what you would call a higher vibrational frequency, for as it gave of itself in a pure and undistorted fashion, the bread, as it is called, which was cast upon the waters returned manyfold to the one who gave it freely. Thus is the nature of the service-to-others polarity. As one gives to others, one accelerates one's own progress, thus the self is eventually served, as we might call it, a byproduct of the serving of others. And this entity therefore does indeed yet exist, but upon a vibrational frequency that is not apparent to your own.

May we answer you further, my brother?

J: If one were to ask this entity for help, would he come? Or can he be reached, or what?

I am Latwii, and am aware of your query, my brother. This entity, in its incarnation those two thousand or so years in your past, began a service which did not end with that incarnation, for as it assumed a role as a way-shower, shall we say, it then also assumed the responsibility of answering the calls of those who chose to follow the way which it showed to them. Thus, this entity in some fashion answers all calls. The fashion utilized is unique for each individual so calling. Each individual is able to perceive an answer in some way that is discernible or available, shall we say, according to an entity's unique nature, shall we say.

May we answer you further, my brother?

J: Yeah. But I think N has a question. Is the instrument doing all right? Can we go a little further?

I am Latwii, and we find that this instrument is growing somewhat fatigued but is yet available for another query or two. May we attempt such at this time?

N: The last response to J's question, Latwii, focused upon something I think most interesting. Number one, I imagine, is the entity previously known as Jesus able to answer all the queries, and even if he can answer, can he grant favors or so forth, other than guidance, and something that J mentioned earlier, the result of the—or what happened to the physical body with which Jesus inhabited previously, the entity known as Jesus?

I am Latwii, and am aware of your queries, my brother. To take the last first, this entity's third-density physical chemical vehicle went the way of all such vehicles, and that is ashes to ashes and dust to dust, for as an entity takes off the garment that has served it well and moves on without the garment, the garment then goes the way of all garments. This entity in its attempts to answer those calls which are made to it by those who follow its way may be of service in the same fashion as one's own higher self, shall we say. Each seeker, whether calling upon the entity known as Jesus, upon its own guides, upon its teachers, or upon its higher self may be aided in whatever manner is appropriate to that entity at any specific time. This aid then is variably dependent upon an entity's grasp on the metaphysical level of the lessons and its own desires which are symbolized or contained within the situation for which it prays or for which it calls for assistance.

Therefore, though all calls and prayers are answered, the answers must fit the need of the entity, for often an entity asks for that which would not be truly beneficial in its overall spiritual growth. Yet in the asking, at the heart of the asking, is the desire to be of service or to receive service in a way which is truly service. Thus, the answer to such a call must speak to the heart of the call and entities are not always aware of the heart of their own call, yet each may rest assured that each call and prayer is answered.

May we answer you further?

N: I don't want to over-fatigue the instrument, but I guess I didn't understand part of it in that I think I interpret the fact that the entity known as Jesus' physical vehicle was buried and became dust; it did not rise as stated in the Bible, or did it, or—and the fact that the entity known as Jesus can grant hearings or, well, for whatever, if the entity requests a path or … Could you clarify that just a little bit more, please?

I am Latwii, and am aware of your query, my brother. The physical vehicle of the one known as Jesus was eventually laid down by the one known as

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Jesus yet this was done in a private setting after the, shall we say, demonstration of victory over death was made to those who were its followers. The, shall we say, granting of desires is possible only when those desires do not violate one's free will. The free will of an entity is always the focus about the opportunity to learn and to serve. Many entities are not consciously aware of the most appropriate learning and service which is moving through their life pattern. These entities may ask in prayer for that which would not truly serve this process of evolution occurring within them. An entity such as the one known as Jesus would not desire to be of anything but the greatest service to any such entity calling for its aid. Thus, as it answers that called prayer, whatever the nature of the prayer, the answer shall be fashioned in such a way that the one calling or praying is, shall we say, truly served or served in the heart of its call, though its conscious call may be for another manifestation than the one which finally occurs.

May we answer you further, my brother?

N: Thank you. I'm sure the instrument is fatigued. I'd like just a yes or no answer. There have been other entities, I'm sure over the span of many, many, many centuries and cycles and so forth. Can those other entities also answer …

(Tape ends.) ☘

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Sunday Meditation
April 28, 1985

(Carla channeling)

I am L/leema *(pronounced "Lahleema")*. I am of the Confederation, and I greet you in the love and light of the infinite Creator in Whose Oneness we dwell. What a circumstance! I know you have not called me. I have never spoken to humans. We are having a good time with this instrument, for we find that as we pick and choose that which we wish to say among the various oddments that she stores in her brain, there are many non-linear connections which cause communication using this instrument to be enjoyable for us.

We shall speak to you but first we wish to give a history of ourselves, for we would not come to speak with those who did not wish us. We are only humble, and if we do not serve we should not come. We are going to use this instrument's vocabulary because it helps us. We are unused to many instruments; we are unused to using any instruments—we can even play four bars of boogie woogie! This instrument's is most enjoyable!

We are in the same line of work as those who call themselves to you Latwii. We are of the density of light, and, therefore, as we have volunteered for this task, we have been in the [color] spectrum or should we say the various densities spectra of your planet. Our concern is somewhat different. We are not quite so much the generalist as was Latwii before this word entity's channel was heard in this group. We work mostly in the area of clarification of belief. We scan …

Clarification of the fastidiousness with which each nexus of each individual which has come through the subterranean days and nights and centuries which separate it from full third density. We note each bias for change in intensity of each mind/body/spirit complex.

We are surprised at this instrument—however, wait, we are not surprised at this instrument. This instrument has been used by one who would use that gift. We must push on for we wish to not just enjoy this instrument but to share our thoughts with you.

We were working in the same vicinity with ones of Latwii who mentioned that this instrument was enjoyable to use and suggested that we launch ourselves into service, for in Latwii's estimation there was service, and as each of us as each of you is unique, each service is unique, though we say the same thing, each of us; we all ask that you turn to the Creator, the one original Thought. However, let us regress amidst the digression.

We asked a selected group of the Confederation for permission to use this instrument as it is necessary to gain special permission to use an instrument which has been in agreement with those which have gone

before the Council of Saturn. We were given permission to do what we could with this instrument at this time, and we hope that as we ramble we may move you and fill you with joy and with the intensity of desire that we feel for you.

It is an interesting thing, your language. In this instrument's mind we see roots going deep into the past of your planet's written history. We select two words: vacation/vocation. We ask you to consider one small difference in your rendition of this sound complex. "Vaca," to be open; "voca," to call or be called. "Vacation," to have time, to be free, to be empty; "vocation," to be called, to be selected, to be initiated. We find it unfortunate that those of you in this group come to the group as full of vacation as vocation, not because this is incorrect for third density, but because each of you has vocation and the joy of vocation is such that we would risk annoying you by suggesting that the enjoyment of vacation is on a completely different level of living quality than the soul that seeks vocation.

You all tune with the same tuning, and yet you are not fully a circle, for there is too much of the individual queries which do not have universal meaning. This also is acceptable but it reduces the ability of a positively polarized entity such as ourselves or anyone of the Confederation entities from speaking clearly because of the great desire to not in any [way] tear down but always to build up. Yet there are those things which need examination.

In terms of the workaday world, the need for the empty time, the vacation, is a balance and not a luxury. It is not this vacation of which we speak. At a much deeper level of self, there is the choice between the self that will take itself seriously no matter what the consequences and the self who wishes time off and time out. What you wish you will receive. If you wish vocation you will have life with the moments of joy completely indescribable in any terms except those known to those who have experienced full life in service, full polarization, full use of catalyst, full joy in all that there is. We would urge you to think upon this.

There are things one does to collect the *denaro*. These jobs may be fun or not. This is not vocation. A vocation is that which is so loved that you are called to it, not because you understand or have reason that you should call and go but because you are called and you must go. Each of you is infinite and beautiful Creator stuff. Do you acknowledge the potential seriousness of that statement? You must always remember, it is not the answers you will find most illuminating, for as you learn, you will learn that it is the questions themselves that live, and it is the company of those who seek that may aid you in becoming seekers, serious with laughter, of course, for seriousness should be full of joy. It should be full of all that you are and all that you have. If you wish to be a serious seeker, it is not tomorrow or yesterday that you will be a serious seeker. Take yourself now and acknowledge that you are God stuff. Then ask yourself if you wish to seek the truth. That question alone will fill lives.

We enjoy rambling with you, and yet, though the ones of Hatonn have been most generous, we feel we should stop our talking. We would prefer to answer queries, but we cannot use this instrument and do so. Therefore, if there is any desire for my return, it shall be as is desired. There will, however, be no questions unless there is the question of the group which may be spoken or unspoken but gains great power by its being unified.

We leave you with a merry ditty, and hope that the rest of your experience this evening may enspirit and enliven and fill and that you hear only that which you need, discarding the rest of our foolish talk. We have been beside ourselves to have this experience of working with this instrument and talking with those upon the sphere. We have been working within the sphere, and the mentalities are not as they are in this group and in this group's collective memory in the room.

We wish to leave you on the very pinnacle of all that is true. We are yourselves. This instrument's mind looks as though it thinks of how to spell my name. I thought for at least a week … we cannot know your time. We thought about the name for we had not previously had one which would mean "name" to me. We chose L/leema for subjective reasons known to ourselves. We offer you the spelling: L-slash-L-e-e-m-a. We L-slash leave you in the L-slash love and L-slash light of the infinite Creator. We are one. Do you know what that slash means, my friends: we are one. Think upon the Creator. We leave you in His love. We are L/leema. Adonai. Adonai.

(Jim channeling)

I am L/leema, and we greet you again through this instrument in love and in light. We had some time

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penetrating this instrument's resistance, shall we say, to initiating a new contact. We have heard about this instrument's resistance. We find it very interesting. We are, as we mentioned, unused to speaking to or through human beings. It is a fascinating experience to look within your minds and discover the means by which you have furnished them. We are also desirous of serving by means of attempting to answer queries. Our brothers and sisters of Latwii have also recommended that this group is a good one with which to begin in this endeavor for it without fail can provide many queries and offer opportunities to serve which are precious indeed. We would then ask if we might attempt a query to begin?

L: L/leema, am I correct in assuming you're willing to answer questions of a general nature in a manner similar to Latwii?

I am L/leema, and you are correct, my brother. Do you have such a query?

L: Yes. I recently completed a book by Shirley McLaine, *Out on a Limb*, in which in part she mentions an extraterrestrial group originating from the area we call the Pleiades who, in her description, are spending some time in an effort to benefit the Earth. Can you give me any information about these individuals or entities as far their polarity and the association they may have with the Confederation, any general information?

I am L/leema. We scan your memory of this information and find that as most efforts of Confederation members, this effort has been initiated in hopes that there could be an inspirational exchange of information that might be used to quicken the evolutionary progress of those upon your planetary surface whose needs are for such information. In each Confederation effort it is hoped that where there is a call, an answer in some form might be provided which then could accelerate the activity of seeking what you call the truth which then quickens the progress of the seeker. As in most such efforts, the effort has had the, shall we say, balancing opportunity of being mixed with some more, shall we say, questionable information, for it is not always known by those who receive such information that care must be taken in the reception lest the reception become garbled in the metaphysical sense, that is, joined with the services of those who seek the darker path.

May we attempt further response, my brother?

L: I'd like to ask a question on another subject. A friend in Cincinnati has—I suppose channeling would be the best description—channeled quite a bit of information which seemed to me it had the feel of great accuracy. I'm curious as to the teachers who provide him information, assist him in his progress. Are they associated with the Confederation or are they operating in some manner independently of the Confederation?

I am L/leema, and in cases such as the one of which you speak, there are often entities who dwell within your inner plane realms who are of your planetary influence and who are, shall we say, in between incarnations and therefore available through agreement with entities who are incarnate upon your planet. They serve, then, as resources and advisors or teachers as you might call them to incarnate entities, and answer calls as do those of the Confederation. Though not in the strict sense members of this Confederation, such entities work conjointly, shall we say, with Confederation entities and principles as they attempt service of another nature than do those who are incarnate.

May we answer further, my brother?

L: No, thank you. You've been of very much assistance. Thank you.

I am L/leema and we are grateful to you, my brother. Is there another query that we might give an attempt to?

A: L/leema, I'm curious. Did you make your presence known and condition individuals in the group before they arrived here in this circle?

I am L/leema, and it was our intent not so much to condition those who would join this circle this evening, as to scan the desires and determine the calling as you have described it of this circle of meditation in order to discover whether or not we might be able to provide a service by initiating a contact.

May we answer you further, my sister?

A: With the contact we're receiving, previously you asked for unified group questions. Could you expand on that?

I am L/leema, and we would be most happy, my sister, to expand upon this most salient of points.

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Before joining your group this evening, we made our availability for such service known, and those of Latwii gave us information concerning this group and the potential that we might realize in serving through attempting queries with this group. A portion of the information transferred by those of Latwii concerns the nature of queries which might be expected within any group of beings upon your planetary surface: one can expect queries of any nature. In many cases the queries have but momentary interest and satisfy the curiosity but briefly and add little to an entity's evolutionary opportunities. There are those queries, however, that speak to the point of the incarnation within your illusion. These queries concern the nature of this process, its personal and general application, and the answers to such queries, when well spoken and clearly given, are valuable through all time and hold the interest of the seeker firmly in place, for they are principles describing the nature of one's being, the nature of one's environment, and the nature of one's evolution through the environment of the creation of the one Creator.

Those of Latwii spoke to us in regards to this subject by suggesting that though this group was well focused in general concerning information that does not fade, that there were from time to time those queries which were of little import and had the effect of moving the focus from that which endures to that which dissolves quickly. Thus, we made our suggestion which could be made even to the good and serious student, that queries are most helpful to group understanding, shall we say, and evolutionary progress if they seek to strike to the heart of the mysteries of one's being and the evolutionary progress.

May we answer you further, my sister?

A: No. Thank you for your service.

I am L/leema, and we thank you, my sister, for yours as well. Is there another query, my friends?

C: L/leema, over the past few months I've almost been avoiding any type of meditation because afterwards I've been feeling a weariness, just a physical hurting. I experienced it again the other evening. I was just sitting quietly in another person's house and I started picking up a conditioning, and then shortly thereafter I began picking up a feeling of something or someone hurting. I'm not sure what this is that I'm picking up, but it is causing weariness. It was suggested that maybe I was picking up feelings from the planet. I don't know exactly what's going on but if you can shed any light on it, I'd appreciate it.

I am L/leema, and as we scan your experiential beingness, we find that there are some comments which we may make without infringing upon your own process of discovery. As the seeker encounters the difficult experience, that which stretches the ability to accept, the seeker then finds itself as the drumhead, we find you call it, which has been stretched most tightly across the framework of which it is a part. This stretching within a seeker's being will cause the seeker to become more sensitive to vibrations both within and without its own being. This is a natural portion of the evolution …

(Side one of tape ends.)

(Jim channeling)

I am L/leema, and we again have this instrument's attention. We shall continue. This is a natural portion of the evolutionary process, for it enables the seeker to become sensitive to that which has been placed before it as an opportunity for furthering its own evolution. However, the seeker is also then more sensitive to any experience in which it finds itself. While the more intense portions of one's experience are proceeding, it is often helpful to take more of the time in meditation. This provides the opportunity for utilizing the experience more completely rather than dissipating one's efforts in many directions. This may seem paradoxical that one should increase an experience which seems to be wearying. Yet you will find, my brother, that increased meditative periods will provide you with the ability to utilize that opportunity which has been placed before you and which has caused you for the moment to become a more sensitive instrument.

May we attempt further response, my brother?

C: Just one other thing. Along with something else, a feeling of no longer belonging or no longer a part of things—I feel I've just gotten to a point where wherever I am it's just an act to get along, because I no longer seem to fit anywhere. Can you comment?

I am L/leema. We may comment by again directing your attention to our previous response and that characteristic of the difficulty or traumatic opportunity for learning which renders the seeker more sensitive for its duration. Often another effect

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which spins off from the primary effort is the seeming distance that the seeker seeks to shield or provide a buffer between it and an environment which is increasingly painful, shall we say. We utilize the word painful in an attempt to describe the sensitivity which the seeker will frequently discover as the difficult experience becomes apparent to it.

May we answer further, my brother?

C: I may have a query later. Thank you.

I am L/leema, and we thank you, my brother. Is there another query that we might attempt?

Carla: L/leema, I would publicly and with the utmost care challenge you as a spirit in the name of my Lord and Savior Jesus Christ. Do you come in his name and for his glory?

I am L/leema, as we have chosen to call ourselves to this group, and at the core of our being we join each of you in that love and light of the one master that is known to you as Jesus. We appreciate your concern and your challenge, my sister. We have spoken to this subject but briefly this evening in mentioning that there are far too few of your peoples aware of the need for such a challenge upon a regular basis for entities unseen who speak through instruments, for as you know, my sister, it is indeed a crowded universe, and many would speak; yet the challenge winnows those with whom you might benefit from the speaking.

May we answer further challenge or speak in any other capacity, my sister?

Carla: Only the latter. I thank you for the appropriate response. It helps to hear it. I thank you. I'd like to ask you two things, and the first one is, how is it, when you came into my mind and the whole time I had the words came easily enough but they didn't always come in sentences because you were bouncing around like a trampoline, and my mind bounces around like a trampoline, and so it was kind of crazy, and you're just talking like the most sober judge in the world there in Mickey [Jim], and I wondered what happened? I mean, he's got a sense of humor that's really good.

I am L/leema, and putting aside the minor amount of improvement or acquiring of skill that we have gained this evening, we are able to utilize this instrument's rather notoriously rigid mental configuration in speaking in a manner which seems more fluid, but if you were in this mind, my sister, you would discover many hard places.

Carla: *(Giggling)* Don't make me laugh. Okay.

We apologize for the discomfort and would complete our query by suggesting that we are yet tumbling about in our abilities to utilize an human instrument, and are somewhat relieved to be able to speak in a seemingly coherent and smooth sense, yet hope that even within this instrument's rigidity that we might enjoy the fluidity which was the characteristic of your own mind, my sister. There is hope.

May we attempt further response?

Carla: Yeah. I really wanted to know. I've heard this before from Latwii and I really would like to know why it is that the fifth density, or at least you two, both seem full of laughter and love and all kinds of good information to share with other people. I get the feeling that it is not appropriate—you said it, you said it never occurred to you to try to communicate with other people, you were … whatever you were doing; I'll have to read it. But then you talked to Latwii or somebody in Latwii, and they're talking about this group and this instrument and so you decided to give it a whirl. But, number one, why is it that that response has come for us, and number two, why did you give us a whirl? And number three, was it worth it?

I am L/leema, and indeed, my sister, it has quite been worth it thus far, and we see great hope for what you call the future of this contact with this group. We sought to serve in the initiation of our contact, and we have sought to serve in a dual capacity, that is, speaking a message of general inspiration and then attempting to lend our point of view and beingness to the capacity of attempting to answer queries. Just as each human instrument is unique and offers an individualized flavor, shall we say, when utilized by any Confederation entity, just so, your group might, we hope, benefit from another flavor of Confederation entity. We have come to this group in hopes that the message which is always and ever the same might find new home within each seeker in a manner which perhaps lends another aspect to that simple message of love.

May we answer you further, my sister?

Carla: No. Thank you.

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I am L/leema, and we thank you, my sister. We are gaining somewhat better contact with this instrument and use of its vocabulary and experience and hope that it will bear with us as we move within its mind and search for those concepts which might not only enlighten those who ask the query, but enlighten and enable our own being as well, for we learn much as we share with you that which is ours to share.

May we attempt another query, my friends?

L: I have another one, L/leema. In reference to the sources of information available to those who would be seekers, it appears to me that there are three sources initially available that I'm aware of—the first coming through one's own contact with what might be termed intelligent infinity, one's direct connection with the awareness of the universe; a second one, one's ability on a selective basis to communicate with preincarnate souls, entities who act as teachers; a third source of information, entities such as yourselves. Are there other sources of information as well, that we're not aware of … that I'm not aware of?

I am L/leema, and, my brother, we may say that there is but one source, the One which moves in all, and yet, my brother, we may say there are infinite sources, for this One expressed Itself in infinite variation and your own creation contains infinite resources which any seeker might partake in furthering its own evolution. To look within one's own being is to see all that there is. To look within the eyes of another is to see all that there is through another's eyes. To look at your creation of flowers and trees, of birds and insects, the wind and weather, is to see the Creator moving with a simple elegance yet containing all answers to all queries for those who seek with discerning eyes and ears and yearning hearts. You may look about you at any source, and if you look beyond that which meets the physical eye, you will see the one Creator there in full, whole and perfect, willing to teach all that you seek.

May we answer further, my brother?

L: Yes. I'd like to ask you to clarify whether a statement is correct or not, that among the different, if you will, schools of thought, branches of seeking, the basic information is essentially the same, that which is true and correct. The distinctions between the individual groups lie primarily within either distorted communication of information or a selective bias on the part of the recipient of the information, this being over some minor aspects. For example, the idea some believe that reincarnation exists but that the individual continues as a sentient individual, continually being reborn; other believe that for the individual who does not strive, a regressive type of reincarnation occurs until that individual can regress so far that they can no longer be sentient.

So if I could reclarify my statement for you—I'm thinking out loud, please bear with me. Would I be correct in assuming that among the schools of thought and seeking on our planet, the essential information is correct? The minor information that separates them from one another is the result of distortion through communication or personal bias on the part of the recipients? On that?

I am L/leema …

L: … and patient.

… and we thank you, my brother, for taking the time to phrase a query which has importance to those who seek the many sources of the One. The One is in all. All in some fashion speak of the One. The many voices heard are all the voice of the One. You may liken their method of speaking of the One to accents or colloquial means of description sported in various locations of your own country. All speak your English language, yet the coloration is found in many places. This is the uniqueness which the Creator has sought by making Itself many. To those who dwell within the worlds of the many, these unique colorations may seem confusing in some cases, mutually exclusive, yet if you will look to the heart of all speaking, you will find the One speaking. Therefore, the seeker must take the responsibility of discerning that which is close to the heart and that with—we shall correct this instrument—and that which orbits the far fringes of the heart. All is part of the One. Look for the heart of the One, my brother.

May we attempt further response?

Carla: I get this feeling that you're putting that answer in such a way that L has to think about it and so I want to have a go at it, okay? We're taught generally, at least all three of us, anyway, who have studied all this kind of stuff, that there are a lot of inner plane teachers, that's what L was talking about, people that we listen to … A tape this morning of someone channeling Annie Bresant … Annie

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Bresant just wrote about Madame Blavatsky and Madame Blavatsky was just a channel. So you're getting pretty far away there from the source, and Annie didn't have anything really enlightening to say, although it was very lovely and made you feel warm and gooey and soft. And one enjoys listening to warm and soft and cuddly things like that, so I enjoyed that tape very much.

Okay. I think of that—that kind of warmey, gooey, marshmallowey—but love and light, you know, but not real intellectually filling, you know. And then you get the outer densities, densities that don't happen to be involved in the Earth density, and they do really seem to be qualitatively different in the amount of brain power that they can put to the scope, I suppose, with which they answer questions. There's less emphasis on some date, an Earth date, and more emphasis on God's time. So it seems to me that the way things fall, there really do appear to be inner and outer planes of this wisdom relative to, mind you, where we are right now. Is this true?

I am L/leema, and you are quite correct, my sister. There are many travelers on this journey. Some have gone further and seen more sights, shall we say. Each describes what each has seen. All has seen some portion of the one Creator; all seek in some fashion to share that vision. Those who seek also are responsible for what is found. When you seek with a pure heart and a one-pointed mind, you shall find that which is more precisely of value to you. When you seek that of general interest, when you seek to know of some phenomenological occurrence that has little value to your seeking, you shall find that which you seek, and there are those who shall tell you of it. What shall you seek? And what shall you find?

May we answer further, my sister?

Carla: That was a beautiful answer. Helps a lot. Thank you very much.

I am L/leema, and we thank you, my sister. May we share our journey with another query?

N: Yes. L/leema, are you considered a social memory complex?

I am L/leema, and am one of many who are within what you have come to know as a social memory complex, for as the process of evolution occurs within the various densities of this creation, there are those travelers who find comradeship and companionship in the seeking and who join with those who share their experience and their desires. We are those who have joined and to this group have called ourselves L/leema.

May we answer further, my brother?

N: Yes please. Well, are the majority of entities in L/leema of an area grouping or is it quite diverse, and from what area was the origin, as well, a sort of a conversion of time for the group as far as the origin?

I am L/leema. We find within your query some difficulty for us in discerning the gist, shall we say, but we can suggest that our origins are much like your own, for within the creation of the One, it has been found that there is a progress possible from the foundation elements, shall we say, that are those portions of the one Creator with which each octave begin, as earth, wind, fire and water join to form that which shall become matter, as you call it. And as this formation is quickened with the awareness of the One, then the life as you know it proceeds as fruit of that forming and joining. And as this life becomes aware of itself, then it seeks to join in a fashion that is social and is, as you would call, analogous to the human condition. Thus, we have evolved, as have you, through this process of the one becoming many, yet simple; of the many simple portions becoming more complex and having the awareness expanded through a series of exponential jumps or leaps, shall we say.

May we answer you further, my brother?

N: Well, thank you very much. I was sort of interested in an age factor, but that's really kind of irrelevant, I imagine. You said you had spoken only to humans on this Earth occasionally. Are there other entities that you have communicated with who are living on other planets or even within this planet?

I am L/leema. In our introductory remarks we described in a general fashion those entities to which we have offered our service, many within your own planetary influence, and these entities have been more of what you would call the prehuman nature, those entities who seek to move from the group or herd to the individualized conscious natures which is—we correct this instrument—individualized conscious natures which are in general given to the species known as human. We seek to, shall we say, ennoble and enspirit these entities, for they call as a group for such investment, as you may also call it. We have attempted to perform this service upon

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those within your own planetary influence, and others as well.

May we answer further, my brother?

N: You mentioned just now that—you said that the prehuman groups call as a group, using the present tense rather than the past tense. Could you tell us about these prehuman groups that are calling as a group at this particular moment?

I am L/leema. There are upon your planet and within your planet those entities of what you have come to call the second-density nature who through many cycles of incarnation have gained nearly enough individualization to enter that density that you now are ending. These entities are of many natures and species. There are many who swim your oceans, many who dwell within your tropical regions, some who move within your atmosphere, and others who dwell in deep forests and underground caverns. The variety of species is great.

May we answer further, my brother?

N: Well, thank you. Is … Are you also communicating with third-density individuals on other planets that are not considered human?

I am L/leema. No, my brother, we are not. Yours is the first effort we have made of this nature.

May we attempt further response, my brother?

N: Thank you very much.

Carla: I'd like to know how the instrument's doing, energywise and stuff like that. You really have to take care of them, you know. They'll just conk out on you completely if you run them *(inaudible)*.

I am L/leema, and as we look about this instrument's energy field, we find that it grows thin in some places. We shall have to become more skilled at the utilization of the human brain/mind complex, for our contact is somewhat wearing. This we have discovered upon the scanning of this instrument. We would suggest a final query or two, if they are short.

L: One quick one. In our density we have individuals who have become leaders for the rest of us—forerunners. What about on the second density? Is there such a creature? A porpoise among porpoises?

I am L/leema, and though this phenomenon is not unheard of, it is quite rare, for it is the characteristic of those second-density creatures that they shall express their conscious being in a group form. Each individual entity, then, is closely connected to the group mind, and there is a species type of telepathy which reinforces this natural inclination. Therefore, it is less likely that an individual entity within the second-density illusion will become what you would call the leader. Yet, in some cases, this does occur. Most are found within the relationship that third-density entities have with what you call pets.

May we answer further, my brother?

L: That was sufficient. Thank you very much.

Carla: I'd like to ask you one final quick one, just a confirmation if it's true. When I got the idea that—when you first began speaking, it seemed like these entities were big and shaggy, and I flashed on the Bigfoot type that took on those bodies when Maldek blew up to try to make some sort of entry into third density. And I was just wondering, is this type of being among those that you serve? If you can confirm that?

I am L/leema, and we are happy, my sister, that you have discerned this particular portion of our service, for it is indeed the heart of what our service has been for a great portion of what you call time concerning your own planetary influence. Those of the Maldekian origin, as you have come to know this race, have in great numbers incarnated upon your own planetary sphere from the beginning of its third-density cycle in order that they might make alleviation of their actions upon the planet you have called Maldek. It has been our added opportunity to serve other more truly second-density creatures as an offshoot service of working with those of whom you speak.

My friends, we find that we have reached the safe limits of the use of this particular instrument. We do not wish to overtire any who provide us the opportunity to speak to those who call for our service. We thank you each and every one. We have enjoyed this opportunity. It has been quite a challenge and quite fun, for the mind of the human is concerned with many, many things which we would never think of on our own. We give praise for the variety which we find within your minds and your experience, for each portion speaks of the one Creator which moves Its hand through all our being. We applaud you in your seeking. Go forth, my friends, in that seeking, in the love and the light of

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the One. We are known to you this evening, and for our time with you, however long or short it shall be …

(Tape ends.) ☘

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Sunday Meditation
May 5, 1985

(L channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. We are pleased that we were able to make contact so readily through this instrument, for we realize that those whose service includes the initiation of these communications are somewhat fatigued and are less attuned than is their normal state. Therefore, it is pleasant to have the opportunity to use a different instrument, particularly in initiation of this session.

Tonight we desire to share with you a tale of two cities, so to speak. The first was a city of no great size, possessed of no great abilities, neither powerful in war nor in learning, yet a place of calm and of repose for the soul. For it was the nature of these people to seek that which cannot be acquired upon the physical plane. The other city, in contrast, was composed of individuals, of people who sought and fought, who pursued their ambitions, people who attempted much and accomplished less, for in truth, their conflicts interrupted the efforts of each to acquire that which he sought or to gain that which he pursued.

At the time in which these cities existed, for this was within the realm of the physical plane and time was faithfully observed, a struggle arose between those who occupied the city of seekers of the physical realm. For in finding themselves unable to subdue one another, they turned their vision outward and began to plan, to make alliances and truces and treaties so as to turn their energies to the conquest of the city of those who sought within the spiritual realm.

The day came; the banners were unfurled; the marchers went forward; the troops were formed for the assault, and in great excitement they stormed that city, only to find that this city was unoccupied. The treasures they sought were present but seemed somehow tarnished in that no struggle occurred, no fear was sparked, no cowardice displayed, only the treasures of the physical world remained behind in this strangely abandoned city. In their dismay, they scouted throughout the area, attempting to find any of the former occupants of the city that they might question them or perhaps abuse them in some manner so as to make this conquest somehow more appropriate or enjoyable. Yet they found no one.

Finally, they began to argue among themselves. The arguing became more bitter, more angry, and the anger sparked the violence which had been delayed too long. And so they fought and, for the most part, slew one another with pleasure, with satisfaction, and those who remained after the battle, loaded what treasure they could remove from their fallen enemies, their former allies, and returned to their homes.

And, my brothers, each in the story was able to achieve that which he had sought. For those who followed this path of taking and of violence managed to attain the violence which they had sought and to take, each from another in satisfaction. Those of the abandoned city also found fulfillment, for they were able, as was their wont, to peacefully offer what gifts, what possessions they possessed, to their brothers of the more violent city by simply leaving behind that which they themselves no longer could value but knew would be of value to the invaders. And each, my friends, followed their path successfully.

The difference, then, would lie simply in the direction of their paths, for those of that city which might be termed service to self chose a circuitous path which would circle repeatedly back in upon itself, rebounding from its contact with others as they would progress outward, find their pain, acquire their minor treasures and return whence they came, while those of the city which might be termed service to others acquired those gifts which had been provided, made use of those gifts to the extent which they were useful, then left them behind for their brothers and proceeded outward on a path which had no return, only progression.

My brothers, we are of the path of service to others. It is of our choice. It is apparent to those who seek to follow this path that others more readily accept a different path, that of service to self. It is appropriate to be of what assistance one may to our brothers of the service-to-self polarity, for as you know, such service can only be of assistance to both you and they. Yet, it is not necessary for all to lay down their lives for the whims of those who seek pleasure in the taking of life and the destruction of that which we call good.

My brothers, in times ahead, travails will come to each of you and difficult choices will need to be made. In your illusion, there are many examples of what may be termed nobility, common sense, or even "the right thing to do." But, my brothers, remember that confusion might be termed the dominant theme within your illusion and that nobility which stems from confusion may not always be the most beneficial choice for those concerned. Therefore, my friends, look to your heart for guidance and not to conventional wisdom, for it is within your heart and not your mind that the course of your desire will be revealed.

At this time, we will relinquish our use of this instrument that our brothers and sisters of Latwii might perform their service of answering questions. Adonai, my friends. Adonai vasu borragus. I am known to you as Hatonn.

(Carla channeling)

I am L/leema. Glory alleluia, it is good to be with my group. It is good [to be] with each of you and we greet each of you in the love and in the light of the one infinite Creator. Many are the times we have thought that we might be able to contact this group once again, slipping in between other entities. We speak now through this instrument by permission of those of Latwii and we promise not to stay long or to bend your ears overmuch. We are also attempting to learn to speak more roundly and in a dignified manner. We find this instrument is capable of this but the relaxed instrument thinks internally in far less of a stylish manner.

We have been so glad to be with you as we listened to those of Hatonn speak, for there is deep wisdom in this lesson of love. As we are in the density of wisdom, we find it unlikely that we might [repartee] so eloquent upon the subject of compassion as we now learn, tempering and refining by means of what you call wisdom. We find upon this instrument's mind the record which this instrument and each of you in the circle of this blessed group heard as you began your session. We would speak to some small extent upon the concern for the starving.

We might suggest that this has a general implication but we would speak specifically. Since our task as volunteers at this time in your planet's transition is so appropriate to the concern of starvation, we must speak to it and we thank you for the opportunity.

There are—we scan—billions of your peoples whose energy nexi have progressed from the group to the individual. They are very, very confused, still fearful, and yet aware that they are unique. At the same time, their only hope of achieving full third density in their own minds and in the minds of those who comfort them, is to achieve an incarnation of third density which is one dealing totally with privation. This is due to the feeling of tremendous guilt which comes to those who, as Hatonn's story demonstrated, cause the killing, more especially the killing of an entire planet. The balance is long, as you would say, in time, in coming. However, in time many things are healed, and yet always there

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must be the will of the entity to be healed, and often a great part of being healed is expiation for that for which one feels the guilt.

In this case, the answer is to offer up a third-density existence in full third density, and to die of starvation. There are not enough starving children for our needs.[1] As you might say, the point of view is everything. We, however, appreciate the feeling of this instrument. It is a work of compassion to care for those who are hungry, ill or in any way have lost the harmony of being which is the birthright of those who are fully conscious of the self. Each incarnation is, as this instrument would say, compounded daily so that experiences mount up, one upon another, and a more or less integrated incarnational experience is the result of the incarnational effort.

During the incarnation, which may be short or long, depending upon that which needs to be accomplished within the incarnation, things pleasant and things unpleasant shall occur. Those things which seem terrible and horrible and grotesque will occur to some, most of whom have no reason anyone could say to have deserved these things. Then there are the pleasant times and perhaps again the unpleasant encircling. The end of this experience is, as we have said, a whole in which there is to some extent a pattern or crystallization or regularization of experience.

Each of you has the job not of judging catalyst, but of using it, and in the compounding of use of it as you begin to find your choices of polarity and the speed with which you wish your evolution to proceed. You are looking for something that can be called clarity. Some entities achieve clarity in a soft and lucid manner, the regularization being so subtle and complex that the crystal being is more like water than stone. Others achieve a brilliant clarity which glistens like the gem. Those times when each of you feels muddied in thought are times in which it is well to [repeat] to the self these things which I have told you, in order to achieve the perspective and a balance.

We do not challenge your perceptions of pleasantness and unpleasantness, and we have compassion for the unpleasantness that each of you must experience and that is experienced in such an extreme fashion by those who die in war or starve or freeze. However, remember the goal is to process and balance catalyst.

We are very grateful to this group that we have been allowed to speak, and will now leave with many, many *tekel upharsin*[2]. Actually, that is somewhat appropriate, although there is no ["wall"] directly in the room, there are many thoughts of latter days. It is with many thanks that we leave this beloved group. We thank you for teaching us by your third-density humanity, by all of those things which in each of your hearts we see to be unselfish and positive, those things which others may not know you must struggle to give. Those are the most precious of your treasures. We bow and scrape and thank you, and with enormous joy leave you in the love and the light of the one infinite Creator. Adonai. Adonai. We are known to this group by the name of L/leema.

(Jim channeling)

I am Latwii, and am with this group in joy at the opportunity to present our humble service. We are third on the card tonight, my friends, and so happy to be here. We are pleased that you have been able to meet our brothers and sisters known to you as L/leema. We shall this evening, as always, attempt to answer those queries which you have brought with you and shall ask without further ado if we might begin with a query.

L: I've got one that's not certainly too significant on the surface, but I'd like to hear your thoughts about it. I enjoy fishing, which involves pulling some

[1] Carla: This fourth-density contact expresses here an opinion that seems most harsh and unloving in the extreme. However, from the standpoint of unrelieved compassion, which is the heart of fourth-density vibrations, the opportunity to help alleviate the tangle of fear and old error by giving up the self's soul stream to an incarnation in which this imbalance was taken head-on seems a wonderful one. As these souls come into incarnation aimed at the short life and difficult death of one who dies young by starvation, it surely looks completely different and not wonderful at all.

[2] Carla: "Mene, Mene Tekel, Upharsin," is the handwriting on the wall told of in the *Holy Bible*, Daniel 5: 25. He was speaking to the haughty King Balthazar, who had, among other things, lived lasciviously and worshipped clay gods. Its meaning in the Biblical context is "God hath numbered thy kingdom and finished it. Thou art weighed in the balance and found wanting." In the context of the channeling, it simply means the channeling is finished, and that those in the circle had been thinking about ascension.

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creatures of this planet out of their natural environment both for sport and for food …

(Side one of tape ends.)

L: … Would you be willing to discuss the morality of fishing for me?

I am Latwii, and am aware of your query, my brother. Well, now, let's see. As we look upon the activities of the peoples of your planet, we see many, many experiences which are undertaken which seem to be of a very difficult and traumatic nature. For a large number of these entities within your illusion, we find that it is not possible to move with the experiences that present themselves to you without the seeming infringement upon the free will of another. As you continue to gather the experiences which are yours to gather, you will find that there comes to your mind, as has been the case in this instance, the considerations of whether one act or another is in the appropriate harmony, that is to say, considering the understanding which you have gathered and the experiences which you have encountered, is one act or another more or less preferable? Within this question, then, falls all potential activities including the one about which you have queried.

My brother, as you know, we cannot make such decisions for you. We look upon all actions of your peoples as the one Creator in search of Itself. We see this search as one of beauty and propriety, yet it is fueled by that which seems most difficult and traumatic, for within your illusion, there is not the clear knowledge of the one Creator existing in all things. Therefore, as you harvest your experiential crop, shall we say, and take within your mind and spirit the nourishment of that harvest, you shall determine for yourself the appropriateness of one action over another or perhaps the appropriateness of one action alone.

With this preface, shall we say, we may simply suggest that that activity of which you speak is one which has the potential of any activity upon your planet, that is, with the proper intention, and to you we leave the definition of "proper," the activity may be most beneficial to all concerned, including those who are the target of your hook and line. Yet with the thoughtless endeavor and motivation, the activity may be as any, that is, somewhat difficult, disturbing and traumatic to all concerned. Within these boundaries, then, you may place yourself according to your own motivations, my brother.

May we answer in any other way?

L: No, that's given me quite a bit to reflect upon. Thank you.

I am Latwii, and we thank you, as always, my brother. May we attempt another query?

Carla: Well, I'd like to follow up on that by asking if consciousness ascends during second density? In other words, I would say that fish had far less consciousness, in other words they are early second density, far less seeking for the light and far less seeking to grow and what not, and those food animals that we eat for the most part seem to be of that kind of dimwitted consciousness which doesn't seem to have much consciousness to it, or at least not much turning to the light or much response when interacting with humans. And in sharp distinction, the animals that are hunted for sport sometimes and not for being eaten, seem to have a beauty which seems to make it far more wrong, in other words, that you're killing much more actual life when you kill, say, a zebra or a magnificent lion—one of the nobler beasts, let's put it that way. Is there … Could you tell me if there is any truth in the idea that there is a gradation in the amount of searching towards the light in second density between animals?

I am Latwii, and am aware of your query, my sister. Though there is the thread of logic in your suppositions, yet we find you have supposed much which would take a great deal of untangling to clarify. We may suggest that in many cases there are those second-density creatures which are quite ennobled by the enspiriting, shall we say, which takes place from third density to second. This enspiriting is a process which can go beyond those boundaries which the domesticated animals and those serving as pets enjoy. There are many noble creatures, as you have called them, within the second density realm which are hunted and killed which then, through that opportunity, return again and continue their progress as third-density aspirants, that is, those of the second density with enhanced opportunity to achieve their own graduation, as we may call it.

We cannot from our point of view describe any particular action or relation of your peoples to these

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creatures as being right or wrong, for there is much, if not most, of your experience which is more and different than it seems at first glance. If you look at the killing of various animals as being wrong, perhaps it is from a certain point of view that does not see the larger picture. And yet, if one looks at this activity as being only right, then perhaps that is also the result of a limited point of view, for in truth, all of your activities have both the positive and negative potential existing within them. There is no activity that can be described as purely one polarity or another, for it is your intention that is of paramount importance.

We therefore cannot look upon an activity that includes the third-density entity and decide by simply observing the activity whether or not that activity is right or wrong, appropriate or inappropriate. We apologize for being unable to give a clear and concise answer in this area. We do hope, however, that you realize the difficulty of our position in commenting, for your third-density consciousness provides you with the motive for action and we cannot judge that motive in a general sense.

May we answer in any further way, my sister?

Carla: Yes. I appreciate your point of view, although I think our proclivities about fishing are all set and everybody in this room either fishes or doesn't fish already. Anyway. It seemed to me that what went by there was a second-density creature that was being killed was also being enspirited. Could you explain how this takes place?

I am Latwii, and am aware of your query, my sister. The very proximity of one creature to another creates a certain, as you have called it, action at a distance. This is true from the sub-atomic level to the macrocosmic level of galaxies and universes. As the creatures of your planet, both second and third density, co-inhabit your planet and engage in the activities of the hunter and the hunted, there is some small enspiriting that occurs as the second-density creature absorbs the attention that is focused in its direction and becomes in some degree made more aware of its own individuality, for it as an individual creature has attracted your attention, and if your attention reaches its mark then there is the closer interaction, for even a short period, that not only enspirits the creature to a small degree but in most cases gives the creature a chance either to be harvested or more likely to receive another physical vehicle through which it shall continue its journey of evolution. It is no accident, as you call it, that two life patterns cross and one pattern is given a chance to become transformed.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. May we attempt another query?

N: Yes, Latwii. May I ask if the plains of Nazca, with all their diagrams and so forth, in Lima in Peru, were originally devised for religious significance, ceremonial significance, or sports?

I am Latwii, and am aware of your query, my brother. These constructions of a geographical nature were made for the purpose of expressing the spiritual aspirations of the people of their time. They were representations of various aspects of the one Creator which these people worshipped in their individualized form, seeing many gods about them and worshipping them by constructing these lines and hills which to a great degree have become eroded over the passage of time.

May we answer you further, my brother?

N: While they have become eroded in some instances, the majority of them seem to still be intact but can only be observed from the air. They really can't be interpreted at all from the ground. Can I ask what particular significance this was for the people of a spiritual nature?

I am Latwii, and am aware of your query, my brother. It is correct that from the air at this present time, one may make a, shall we say, coherent estimate of the outline of these constructions, and from the ground there is no possibility of ascertaining these coherent relationships. Yet may we suggest that you consider the passage of many thousands of years and the eroding effects that this time and weather have caused. At the time of these lines' construction there were mounds and hills where there are none now and these mounds and hills as a portion of this construction were perceivable from the ground level and were a portion of a coherent pattern from that ground level.

May we answer you further, my brother?

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N: Yes, thank you. They also had what seemed to be fire pits at the end of some of the long runways. Were these to light the way or were they to perhaps inflate a balloon or were they for extraterrestrial guidance in any way?

I am Latwii, and am aware of your query, my brother. We find that these entities in their worship of various portions of the one Creator created rituals that were offered as, shall we say, sacrifices to these many god-like portions of the one Creator. In these rituals, various portions of the remaining lines and, as you have called them, pits and runways, then, each played a part. There were various rituals with the season and with the portion of the one Creator being worshipped.

May we answer you further, my brother?

N: No, thank you very much.

I am Latwii, and we thank you, my brother. Is there another query?

L: Yes, Latwii. To return to the subject of the animals for a few moments. If I understood you correctly, the proximity of people to the animals can have an effect upon them. It occurred to me that there some animals such as the wolverine that are regarded as being malevolent in nature, and have a tendency to destroy apparently for the pleasure of destruction. Is it possible for animals to have already developed polarity within their density, and is that polarity a result of contact with humans or is it something they've developed on their own?

I am Latwii, and am aware of your query, my brother. For the most part we must suggest that the second-density creatures are basically unable to develop that you know as the polarized consciousness, for their own consciousness is in the beginning stages of becoming individualized from those of its species—the herd, the school, the flock, and so forth are those types of mental and shared group mind experiences which such second-density creatures are native to. The ability to develop the polarized consciousness in any degree rests upon the foundation of an individualized consciousness to make this choice. Whether this choice is made consciously or unconsciously matters not. What matters is that there is an individualized choice.

The entities of which you speak, those seeming to act in more of an individualized fashion than many of its second-density brothers and sisters, does, however, partake of that same instinctual behavior that is the product of a group consciousness of a, shall we say, less developed nature rather than the kind of group consciousness towards which your own third-density population moves.

May we answer you further, my brother?

L: No, let me work on that one for a while. Thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

N: Is the instrument still in good condition?

I am Latwii, and we find that this instrument has been doing his pushups and is in reasonably good shape, and may continue for some queries yet. May we attempt one of those queries?

N: I was just wondering if the Incas who formulated the plains in Nazca and used them for spiritual programs of one sort or another ever committed any of this to some form of writing, and is this form of writing or the program of the spiritual processions available if located?

I am Latwii, and am aware of your query, my brother. We find that these entities attempted in their own fashion to record those portions of their own spiritual seeking which they felt were most important, yet this writing was more of the form of characters or pictures and carvings which do indeed exist until this day. As you inhabit this planet, these drawings are not able to be interpreted by very many upon your planet, and for the most part there would be much lost in the translation by the few who would have any inkling of their meaning.

May we answer you further, my brother?

N: I assume that you mean those who would have the inkling of the meaning as those few remaining Incas or, shall we say, descendants of the Incas, who are presently making some various reed boats and things in the mountains of Peru and adjacent area?

I am Latwii, and this is in part correct, my brother. To this grouping of entities you may add those who have made it their work and purpose to study the cultures of those races of, as you have called them, Incas, that once inhabited that portion of the South American continent.

May we answer you further, my brother?

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N: Where would one find the drawings or the carvings, and what kind of substance would they have used?

I am Latwii, and we may suggest that the substances used were primarily those of stone, occasionally those of wood and the by-product, a very crude form of paper. We cannot locate these artifacts, for this would be an infringement which we would not choose to inflict, shall we say.

May we answer you further?

N: *(Inaudible)*.

I am Latwii, and we thank you, my brother. Is there another query?

Carla: I had the previous learned opinion that there was a very strong oral tradition among Indians of South America, and *(inaudible)*. Is this true?

I am Latwii, and at aware of your query, my sister. You are correct, and this is one of the difficulties that anyone attempting to study this culture encounters. We were attempting to answer the query concerning what might have been left of the written records, and these indeed are quite few, and, as a ratio, quite small when compared to the tradition of mouth-to-ear teaching, that is, of the oral nature.

May we answer you further, my sister?

Carla: Yes, just very briefly. The geometrical and other designs on the stones which are all over the place, they are just decorative, they're not intended to be code, is that correct?

I am Latwii, and we find that this is both correct and incorrect, for there is some attempt in all such artwork to reveal certain spiritual, as you may call them, principles according to the understanding of those of that culture. There is added to such encoding the design which is of itself merely aesthetic. It is for the, shall we say, researcher into this field to determine the identity of each kind of drawing and this also lends a degree of confusion in this regard.

May we answer you further, my sister?

Carla: But these pottery shards and all of the pottery is not a part of the written artifact left by that civilization, is that correct?

I am Latwii, and am aware of your query, my sister. This, again, is both correct and incorrect, for the culture of this group of people was a culture which was homogeneous, shall we say. Those principles which were considered of great importance, those of the spiritual, as you would call them, nature, permeated the entire culture so that all artifacts in some way or fashion reflected this understanding, yet within each artifact in its construction and design were added those aesthetic portions which did not have a direct, shall we say, coded meaning. Thus the culture was similar to your holograph—one portion could be examined and lend an understanding to the entire culture.

May we answer you further, my sister?

Carla: No. It's an interesting thought that a dress, say, could be part of the written language, any artifact made by man, and I certainly see the point. Thank you very much.

I am Latwii, and am aware that we have in some cases added a bit of confusion to our responses, and we do apologize. It is difficult to give a clear perception of another culture. It is much like speaking another language for the moment, yet in attempting to speak that other language, we must use a language which is not that language but which is understood by yet another culture at another time. We do beg your indulgence for our difficulty.

May we attempt another query at this time?

(Pause)

I am Latwii, and since to the best of our understanding the answer to silence is silence, we shall take our leave of this group, rejoicing in the opportunity to offer our humble service to each present. We thank you, my brothers and sisters, for offering your queries. They are the treasures and the joy of our sharing with you. We are those of Latwii, and we leave you now in the love and in the light which is always and ever the same, of the one Creator. Adonai vasu borragus. ♣

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Sunday Meditation
May 12, 1985

(S channeling)

[I am Hatonn,] and we are pleased to greet you this evening in the love and in the light of the one infinite Creator. We are pleased to be with this instrument once again, for it has been some time since we have spoken through her. We are grateful for the opportunity. We come, as always, dear friends, when we hear your call, and we are always grateful for the opportunity to share our simple message.

The thought we send may seem at times complex, but the message all may be brought down to one simple phrase: that you shall love one another is one of the greatest services that you are able to provide to your fellow beings as you inhabit those physical vehicles that have become your temporary home; to look beyond that which is apparent but not always concrete, as this instrument would put it, and to see that essence which lies behind and beyond the physical; to look into each other's eyes and see the love and the light of the Creator reflected and to ignore that which is often a very convincing illusion. Strive to seek that which lies beneath and beyond the illusion, for the essence of the Creator may be seen in all and may be grasped and held and felt, reflected and returned. The wholeness is there, dear friends. Strive for that wholeness in what appears to be a world divided into portions.

We shall transfer at this time. I am Hatonn.

(Carla channeling)

I am Hatonn, and am now with this instrument. We attempted to contact the one known as A and the one known as N and were with the one known as R before we came to this instrument, and hope that you will bear with patience our method of taking an opportunity to attempt to offer our service to you.

We find that this instrument is having some reception trouble, however, we would greet you once again in the love and light of the infinite Creator and request that each in the circle continue to tune that we may have a good level of contact and that we may speak to you.

Have you ever observed, my friends, the younger of your species? The span of attention seems short and yet, for the few moments that something has absorbed a child's interest, it is completely absorbed. When one loves another, it is well to tune that spiritual love with the same intensity and purity with which the child watches the ant crawl over the stick and therefore almost becomes that experience. Each entity that you meet is a portion of the Creator, and yet, of course, many times this is anything but obvious. There is another purity within many children and that is the openness to ask direct questions. There seem to be no limits as to what may be asked, for the young child is completely interested

in everything about you or whichever person the child questions.

This is an enormous secret, my friends. When there are difficulties between two entities, the difficulties are normally due to the lack of effort upon the part of the entities to imagine the creativity and accuracy, the actual situation and emotional and mental biases of the young.

To love one another, my friends—how much easier it is to talk about meditation and the discovery of what you may conceive to be creative; how much easier it is to speak of the one original Thought that lies within you within that deep, vast and dark silence. And yet you go through a variety of experiences within your lifetime which puts you in close proximity to a number of other entities. You still look at the Creator. The Creator wears a face as biased and full of self-contradictions as your own. How much more difficult it is to penetrate not only your own confusion but that of another and achieve communication. Yet this is an expression of love.

As the evening rays begin to fall upon your dwelling, you can feel before you the swelling maturity of the earth about you, the weighty roll of the waters onto the earth, and the majesty of the eternal sky. It is a wondrous creation and the silence of the Creator pervades it, deeper, more quiet, more peaceful than can be imagined outside of meditation. And yet, just as much a part of the Creator are all the sounds made by children, colleagues, wives, husbands, children and friends. Each is the voice of the Creator, filtered through many biases. There are times when two recognize each other and for a magical period of the incarnation there seem to be no biases, communication seems clear and life seems ebullient. It is rare that these periods extend throughout the incarnational experience. Nevertheless, we may suggest to each of you that memories of times when closeness had been achieved are very helpful in orienting the self towards the discovery of the biases that separate you from that same harmony at a more difficult time.

To love another is a challenge, and cannot be done without the inner underlying silence, the peace and poise of the powerful forces that unites you not only with each friend and mate and acquaintance, but with all of the creation.

As the light slowly fades from the skies and your sphere turns upon its rotating center into the zone of darkness and the kingdom of the moon and stars, we offer you meditation and love. We are known to you as Hatonn. We leave you, as always, in the love and the magnificent love of the one infinite Creator whom we serve with all of our beings. We find your heart bent toward the same original Thought, your hopes turned to the same star. Adonai, my friends. Adonai.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and the light of our infinite Creator. We are once again overjoyed and honored to be asked to join your group. We shall, as is our custom, ask if we may serve by attempting to answer those queries which you have brought with you this evening. May we begin with the first query?

R: Yes, Latwii, I'd like to go back to something Hatonn spoke of earlier, and ask—it seems that our daughters, nine and six-year-olds, are much more—well, they're not really violent, but more aggressive, and it just seems hateful towards each other, and I remember being with my sisters, and the same for S with her brother and sister. I was wondering if you could comment on that?

I am Latwii, and am aware of your query, my brother. To some extent we may comment. We can suggest that as the time moves forward and approaches that which you have come to know as the harvest, there is to those who are sensitive to it an increased opportunity for expressing the energy, shall we say, of the one Creator. In each entity this energy will express in an unique fashion. This will be determined by the entity's, shall we say, distortions or tendencies, those characteristics which make each entity unique and those characteristics which each entity seeks to balance in some fashion in order that it might learn and serve as it has incarnated to do.

The entities of which you speak are most sensitive to any presence or energy, and in their perception of this greater available resource of energy, each has channeled it in a fashion which meets the design of the personality. The design of any personality is that which is the preincarnative choice and pattern. These choices in many cases are made as a result of previous experiences together. These previous incarnational experiences then have a harvest which becomes the seed for the next incarnation. When one observes certain behaviors within an entity, or in this particular case, between two entities, it is

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possible, though not always the case, that the expression of energy and relationship between these entities is due in some degree to previous incarnational experience and current incarnational balancing.

May we attempt further clarification, my brother?

R: That was most helpful. I wonder, how do we respond when they're at each other's throats? Just keep them from hurting each other, and pull them apart, or is there more going on there that we should know about?

I am Latwii, and am aware of your query, my brother. You speak now of what we may metaphorically call the firing line, the heat of the battle, those portions of the incarnation in which the ideals are tested and in some cases formed. As you look upon your own incarnational pattern of lessons and services, you will see that you have before you a pattern of experience which has the desired result in its foundation to express love, to express and experience acceptance, to express and experience forgiveness, and so forth with the various characteristics of that energy known as love. In any such experience, whether it be with the children of whom you speak, with your friends, with acquaintances, or with strangers, you have the ideal constructed within your inner mind in a fashion which is to the best of your ability whole and perfect. To translate this construction of the ideal into the daily experience and those testings of the ideal we have called the firing line or the heat of the battle, is the challenge before you.

In your particular case, not only do you have this challenge before you, in your response in answering such a challenge [you] set a pattern for those of whom you speak. This pattern is your model or role of excellence. These young entities will learn from you according to what you do. Therefore, it is upon your shoulders, shall we say, to creatively fashion that response which most purely reflects your ideals, those guide posts and high metaphysical standards which you have as your own staff to support you on your journey. You, then, must in your own way construct the response which will in a disciplined fashion teach by repetition that concept of love as you can perceive it and translate it in this case.

May we attempt further response, my brother?

R: No, Latwii, that was most helpful. Thank you very much.

I am Latwii, and we thank you, my brother, for the opportunity to serve. May we attempt another query?

Carla: When a childhood experience is full of harmonious relationships between sister and brother, and the harmony continues throughout the life experience, sometimes bearing fruit, such as my brother's and my singing, could it also be considered to be preincarnative choice of being together?

I am Latwii, and am aware of your query, my sister. This is quite correct. Each entity as it incarnates has those souls with whom it has traveled many journeys through many of what you call incarnational lifetimes. Each entity then will make agreements with a variety of others and these agreements will allow certain relationships to develop certain characteristics to be expressed, certain lessons to be learned and certain services to be offered. Therefore, the relationships between entities upon your planet at this time are many and varied, infinite in variety and full of the opportunity for sharing the love and light of the one Creator.

May we attempt further response, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, as always, my sister. Is there another query?

Carla: Can a plan go wrong?

I am Latwii, and we may respond to this query by saying yes and no. We do not mean to confuse—let us clarify. To begin with, yes, a plan may unfold its outline and its specific experience in a manner other than that which was planned, yet it cannot be said to be wrong, for each entity in each experience may observe the infinite opportunity to learn the lesson of love. In some degree all plans will incorporate this lesson and will reflect this lesson in an unique fashion. When a plan has deviated from the course laid before the incarnation, there are, shall we say, certain fail-safe devices, as we may use this term, which also have been incorporated that have the hoped-for effect of bringing the plan once again back into congruency with that which was determined before the incarnation. There are an infinite number of these devices which are preprogrammed, and there are an infinite number of

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opportunities for the incarnational entity to utilize these devices or to ignore them, for, indeed, within the incarnation, free will needs that which you may call determinism, and the incarnation then becomes a balance between these two forces.

May we answer you further?

Carla: Is the will of the individual superior to any preincarnatively determined path?

I am Latwii, and am aware of your query, my sister. We may suggest the will can be superior to any preprogrammed plan, yet it must be remembered that the will as it is manifested in each incarnation is colored, shall we say, or influenced by the preplanned pattern of experience, and is unlikely to vary from it in an absolute manner for a very long portion of what you would call time.

May we answer you further, my sister?

Carla: I don't think so, I'll just tell you what was on my mind, and that was I've been pondering whether Don Elkins' death, his leaving this plane of existence, was his plan or his deviation from a plan. There isn't anything in my experience by which I can judge the answer to this. And by what you're saying, I would say the bias would go towards there being at least a portion of Don's dying and going on that was part of the plan. This is the kind of bias you're talking about, is this not correct?

I am Latwii, and am aware of your query, my sister. It is correct that the one known as Don had incorporated within his incarnational experience before it began the opportunity to cease viability within your illusion in a number of ways. It may be that this entity had not precisely planned to exit the incarnation in the manner in which it did indeed find its exit, yet one may rest assured that there are no mistakes, though the surprise may be most disturbing at the time. It is most usual for one to leave a dwelling through a door rather than through a window.

May we answer you further, my sister?

Carla: No. No, thank you very much.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: I have a question that is on a totally different subject, but I've been pondering it off and on. Some people can see auras around people's heads, especially, but [also] around their whole bodies. And I've wondered for a long time whether people were seeing inner dimensional but real in the other dimension colors and the natural force of the body or whether the gift of clairvoyance had its focus in such people in seeing color around a person instead of, say, seeing a reading from a Tarot card throw or from a look into a glass ball or from tea leaves or from whatever other focus that people use? In other words is it an objective or subjective phenomenon?

I am Latwii, and am aware of your query, my sister. This phenomenon of the seeing that which you have called the aura may be a combination of that which you have called a subjective experience and objective observation. We may suggest that to each entity within your illusion is given the opportunity to use the infinite intelligence, the energy of the one Creator. Many will manifest it in a great variety of ways, some in a few ways, and others will attempt perhaps in an unconscious fashion to use this energy in an unmanifested and more metaphysical sense, showing little manifestation of that all-encompassing love and light of the one Creator. When an entity experiences one of the manifested means of channeling this energy, one may see this manifestation as an aside, shall we say, to the primary seeking for truth behind all manifestation.

Within your illusion it has become, shall we say, somewhat the fashion to manifest this channeled energy in some fashion which may be observable. The seeing of the auric force field about your other selves is one such means of manifesting this energy. What is seen is most usually the combination or balance of energy centers which have cooperatively provided coloration or vibratory energy in their channeling of this energy, and the result is that which, in general, is called the auric field. The entity so seeing this auric field sees through eyes which are both inner and outer in their manifested sense. That is to say, the entity sees with a mind which has been conditioned in such and such a fashion, and sees with an inner eye which explores for the first time that which is seen as the aura. Therefore, that which is objectively observed is subjectively interpreted, and those having the aura read then receive this combined objective and subjective interpretation.

May we answer you further, my sister?

Carla: Well, it seems that if perceiving auras is a matter of perceiving various rates of vibration, there

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would be color surrounding a lot things, notably music. Sometimes I think I can feel the color of music as it varies from piece to piece, from artist to artist, but there are people that go around talking about that sort of aura. Is it because of the fact that there is no personal consciousness in that art form, in that artifact?

I am Latwii, and, my sister, we may suggest that it is indeed a greatly crowded and varied universe including the small portion of it which is your third-dimensional experience. There are, indeed, entities who experience your third-density illusion in just the fashion which you have described. Yet this description is not ordinarily accepted as a representation of that which is. Therefore, one does not hear so much of this kind of description …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument, and we shall continue. There are many, many ways in which the experience of your illusion may be expressed, and if the hearts of all those who experience in an unusual manner were known, one would indeed be surprised at the great variety which is available to your peoples.

May we answer you further, my sister?

Carla: No, thank you Latwii.

I am Latwii, and we thank you once again, my sister. Is there another query?

(Pause)

I am Latwii, and we find that for the evening we have exhausted the queries and perhaps one or two of the listeners. We apologize if any of our words have seemed too long and our sentences too rambling. We do not mean to overburden the listener with a great quantity of verbiage, but we are most privileged and overjoyed to speak to this group, and we thank you each and every one for inviting us this evening. We shall, therefore, take our leave at this time of this instrument and this group, leaving you, as always, in the love and light of our one infinite Creator. We are those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I Yadda. I greet you in love and light of infinite Creator. Once again we passed the challenge. Once again we speak to you, for we are called to this meeting. And yet, we tell you something. We are nothing. We are fools. We are full of error and mistake, folly and fun. We are mostly full of a fun which amounts to enlightenment. We pass from folly to joy. Not because we have learned wisdom, steps to take, rituals to practice. No, we find ourselves.

We come to you to make you happy. To show you through our speaking that there is a wonder and a magic and a lightheartedness that causes us to be full of joy. We are aware that we have spoken in groups which were so tuned that we made not so much of the sense, but, oh, we enjoyed the laughter. For you see, you come for inspiration. You come to be lifted up. You come to experience something that you feel that those who speak through instruments such as one may have. You wish to partake in that. And yet, we go away; the meeting ends and you go to your own domicile, to your own joy, to your own fun, or to the denial of this life force that is so great in each. Your joy is hidden in your very nature. Your inspiration is within you. You call us, but we are nothing. Your outside life, it is but nothing. But if your heart can be happy, if you can laugh, if you can find joy, you have flown on the wings of the eagle, and there are no more prison bars in your life and in your experience. All we ask you, do not take the husk so seriously. Find the kernel of infinity which lies within you.

We are sorry that we must sometimes speak to one group, for one group, in a way which does not please another. We assure you this information would not please some, when there are so many spiritual seekers who sure, positive, and without any doubt know that if they can find the right teacher, if they can find the right ritual, the right outward behavior, enlightenment will come. We tell you what come: day come and night and day and night and soon your life is over. You live in love and light. It is your natural habitat. Your darkness is as noon, and above the rain shines the everlasting sun.

We leave you in joy, in light, in love, in possession of your birthright. We Yadda. Farewell. ♣

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Sunday Meditation
May 19, 1985

(Carla channeling)

I am Yadda. I greet you in the love and in light of infinite Creator. We have difficulty deciding how to arrange meeting. Each want another person to speak. We all must speak briefly. I shall not therefore take up much of the time, that priceless commodity. Yet time is what you came here to take up.

Statement made earlier this evening, "Are feelings hurt because of comments about us?" First, no feelings to hurt. We do our best to share with those who have a legitimate metaphysical interest. When one does the best, then one is not apologetic. Moreover, is to be noted in the way the channeling works that the nature of the group vibration and the desires and level of the group together maintain the approach that we use to speak. You come here to spend time, yet each moment you spend time you come here, you spend time seeking the truth. Yet, each moment you can seek the truth. If we are a focus for the truth, that is all that can be hoped. However, never forget that you are the guardians of your own truth. That is why the question, "Who are you?" is so central. Seek well, my friends. We glad to speak with you. We come in the love and the light, in the indwelling nature of all that is the Creator. Adonai.

(Carla channeling)

I am L/Leema. We greet you in the love and in the light of our infinite Creator. We would like to confirm to the one known as A that we were attempting to adjust our vibrations to that instrument's vocal mechanism. However, we are clumsy and new to this and we apologize for the discomfort we may have caused the instrument. We also feel the need for briefness, not because we wish to be the soul of wit, but because there may be substantial questions and we wish to make room for them.

However, there is one point which seems to be worth making at this juncture for those in this group. That, my friends, is that you are all chosen. We work with third-density individuals which are not aware to full extent of their selfhood, of their specialness, of their being chosen, yet they, too, are chosen and have been since before you can imagine, before there was time, before there was any created thing. Older than all the galaxies are the souls that move through levels of consciousness within those galaxies. More experience do you have in yourself than does this planet or the star which warms it. Many, shall we say, consciousness groups inadvertently foster an elitism based upon a truth which is seen but not comprehended logically, and that is that each person who believes in the ideals of love and service is chosen, is special, is anointed or

passed by special vows, and that this specialness is a metaphysical and enduring specialness enduring far beyond what you think of on the surface as life. You may see those who have almost no consciousness at all apparently, and those whose consciousnesses, though competent, do not admit metaphysics. Yet these are not those who are lost forever; these are those who are learning a different lesson, taking a different road, going more slowly. There is time enough for all of consciousness which has been created to fully tap the birthright of that consciousness.

There is no elite, my friends. There is in truth only in relative time, as you know it, the so-called remnant. There are no permanent wailers and gnashers of teeth, as this instrument would put it. All shall be made one. For some it will take more cycles of experience than others. Those who speed up their experience speed up both the pain and the joy of that experience, for in using catalyst completely those side effects will occur. We wish you the fullness and richness of that joy and the understanding of pain which it contains.

And we leave you now through this instrument, secure in the knowledge that you shall not judge our words to be perfect or our thoughts to be riveting. We are merely those in converse with you, not those who truly teach. We are comrades of the same road; we are in fact, your own selves. There is no boundary. Take what you wish for inspiration and leave the rest. We shall transfer.

(Jim channeling)

I am L/Leema, and we are pleased to have successfully transferred our contact to this instrument, and we greet you once again in love and light, my friends. We are hopeful that we may be able to answer a few of your queries this evening and with that hope in our hearts, may we ask if we may begin with the first query?

A: L/Leema, I have two questions. The first one, in going through life people deal with fear, and with fear comes in hand worry and also doubt. And I was wondering what some of the opposites of doubt would be. Could you comment on this?

I am L/Leema, and we are happy to give our efforts in the comment, my sister. The doubt which springs from the fear of which you have spoken has as its balancing factor elements which are not contained within your third-density experience when we speak of metaphysical surety and the understanding which erases all doubt. Within your illusion, it is necessary that the seeker move within a darkness of knowing, that is, that the seeker shall move by the motivations of the power of will and faith and shall not have, shall we say, even one small shred of irrefutable proof, for in your illusion the choice of paths must be made as a function of your free will.

To offer proof—for proof to be available to any seeker, then, is to bias that free will and to reduce the potential power of the will and the faith that shall continue to motivate the seeker after it has been, shall we say, graduated from your illusion.

May we attempt a more clarified response, my sister?

A: No, that was fine, that's kind of what I've been thinking; its been a topic of conversation. Another thing that we'd been discussing was the similarities and the contrast between the words transmit and translate. We were kind of interested in your point of view on what the differences were.

I am L/Leema, and we hope that our ability to define these terms may be adequate to your needs. To transmit is, in our perception, to relay a message in the exact form in which it has been given. To translate, then, is an effort which seeks to, shall we say, share a perception which is not understandable in one form by means of placing it in another form and thereby altering or distorting to some degree the message. The former term contains no potential for distortion; the latter, however, contains great potential for such distortion, depending upon the entity's ability at the sharing of perceptions.

May we answer further, my sister?

A: Hmmm. I can't think of the way to word the question I have, so it's going to have to do for right now.

I am L/Leema, and we thank you, my sister, for your queries and your patience with our responses. May we attempt another query?

J1: What kind of a name is L/Leema?

I am for the moment that name, L/Leema, and this is a name which we have chosen for its personalized connotation to this particular group, for within this group there are those who have for a large portion of their incarnation pursued a path of seeking and sharing the love and light of the one Creator, and

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who have therefore chosen their own name to reflect this service. We, in our choosing of a name to use with this group, sought to harmonize our service to this group with the service that this group has chosen to offer.

May we answer further, my brother?

J1: Thank you.

I am L/Leema, and we shall add one small point, and that is that we are not normally known by name, for the naming concept is not one which many entities utilize. It is quite popular, we find, within your own illusion, thus we use it as well, and have tailored our use of it to this group, the first through which we speak.

May we attempt another query at this time?

N: May I ask if L/Leema will transmit to other groups, will he also use the same name and why was it just particularly adapted for our group?

I am L/Leema. We have chosen this name for this group for the reasons given in our previous response, and should we have the honor of speaking with another group of seekers upon your planet, we shall utilize a name which suits that particular group while offering the information that we have spoken through another group while utilizing another name. Thus we shall hopefully remove confusion amongst those entities through which we speak.

May we answer further, my brother?

N: Well, as stated earlier that we were all chosen for this group, is that because we're a rather homogeneous group or because there is a certain amount of variance within each individual entity?

I am L/Leema. My brother, look at that statement: "You have been chosen." Now—who has done the choosing? That you were chosen is obvious, but we did not state who had done the choosing. We made this statement in hopes that not only would it be asked to us, "Who had been chosen and why?" but that each should ask this of itself. As you have moved into the incarnation, you have set for yourself certain possibilities, certain services and lessons that are the purpose of your incarnation. Much you have chosen, much you have laid in store for yourself. That you shall find yourself within various groups is no accident. This is the primary fact which we wished to illustrate by suggesting that you had been chosen.

May we answer further, my brother?

N: No, thank you very much. Do you mean we all knew each other in another lifetime?

I am L/Leema, and, my brother, may we strike to the heart of this concept and suggest that not only do you know each other on the surface level of incarnational experience, but each is the other.

May we answer further, my brother?

N: Thank you.

I am L/Leema, and we thank you, my brother.

J2: I have a question that was given to me by some friends. They've been experiencing some pain and confusion and asked for some help in dealing with a sense of loss in things like changing life situations—death of a pet, death of a parent, and so on.

I am L/Leema, and we are happy to attempt to respond to this most central experience which each upon your planet experiences at some point within the incarnation. As you gather about you those friends, positions, opportunities, ideas, locations and possessions with which you identify and feel a connection of love and purpose, you gather about you those factors, shall we say, which give you support upon your journey. As you become the conscious seeker of truth, the journey most frequently becomes a lonely process. Friends, family, locations, ideas and so forth are the friendly confines or furnishings of one's mind and experience that give the seeker reassurance when times are difficult and give the seeker joy when times are happy. Yet, at various moments, the seeker will lose, through perhaps a seeming random accident or chance occurrence, a friend, a loved one, a valued possession, a position, a home. These are the tests, shall we say, that all shall face and which shall present the seeker with the inner question of what truly supports and sustains the seeker's life and what is the life that passes so quickly in but a moment when it seemed so solid and sure.

These losses are central motivations, shall we say, provocations indeed, for the seeker to look deeper within its own being for the answers to these questions that become undeniably apparent when loss occurs. Then the seeker must seek with such an intensity and such a desire that the commensurate truth is drawn unto it. Thus, the seeker presents itself through such trauma with the opportunity to

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see the unity of all things that does not allow true loss in any degree. The seeker also sees the motion of experience that includes the seeming losses and gains of small and great magnitude, that these losses and gains are but the illusion of the One moving in and out of one's life, that indeed, One, as the Creator, is the One as the seeker and this One teaches each of Its portions to yearn for It, to treasure It, to experience It, and through all such experiences of loss and of gain does the seeker then piece together the puzzle of its own existence.

May we answer further, my sister?

J2: Yes, thank you. I want to really thank you for that answer, that will help a lot. I have another question and that is about the feeling and the experience of separation that comes from both separation between people and within a person, feeling a sense of loss of self. Can you speak to dealing with feelings of separation?

I am L/Leema, and we are happy, my sister, to speak to this point. Your illusion in its very basic nature is a fine example of separation or that which seems to be separated, for within your illusion, do not each entity and grouping of entities seem to be quite separate, one from the other? Do you not have the trees and the sky and the ground and the seas and mountains and the valleys and the cities and the cars and the trains and the planes which move, separate, one from the other? Is there any true unity within your illusion? Is there any possibility for finding a unifying purpose within your illusion?

It would seem to many of your peoples that there is only separation, one entity from another, one group from another, one continent from another, one type of this or that from another, and indeed, within an entity, one desire separate from another, one way of thinking at one time separate from another. Throughout your illusion, separation seems the only verifiable fact. Indeed, so powerful is this illusion that many pass an entire incarnation without finding even a small degree of the unity of thought which binds all things within each portion of your illusion. Yet, my sister, the concept of separation is a great opportunity to learn the balancing concept of unity. That portion of your experience which seems separate, quite unaligned with any other portion, is that portion which offers the greatest of opportunities to find the unity which binds together all portions of your experience.

Thus it is so with the concept of separation, where 'ere it may be found. As you see any such concept placed before your notice, you may note within your mind that there is a polar opposite concept awaiting your discovery just, shall we say, behind the one which seems apparent.

May we answer further, my sister?

J2: No, thank you, that was really helpful.

I am L/Leema, and we thank you, my sister. Is there another query?

N: Yes. It has been said that we can keep open all the switches but unless we're plugged into the generator, we're not going to turn on, so to speak. And in that respect, how do we, shall we say, turn on to the fact that there is a complete unity when we are at least separate at this particular moment or how do we become more progressed in the Law of One?

I am L/Leema, and, my brother, may we suggest that each of you is indeed, "plugged in" to the generator. There is no true separation; there is no true removal of your plug from the power source. Each of you has, however, chosen a path of conscious realization of the one Power which generates all creation. You have placed before yourselves a unique means by which you shall, shall we say, "throw your own switch," and illumine your own being. Each is unique, for each of you has had a great many incarnational experiences through which you have gained certain biases, tendencies, characteristics. You have learned a great variety of lessons in a unique manner and in this present incarnation, you seek then to complete lessons which you have left undone and to balance those biases which you have developed previously.

Thus, each has a unique journey that leads to the same point, the same source of power that is found in all portions of creation. Each day you partake in a sacred experience, the experience of your own life. Though mundane it may seem at the time, this is not truly the case. There is great joy imminent in every moment if you will but look deeply enough; there is the unification of all portions of your experience possible if you but search within your own being for the point of viewing which allows this unity to be seen. …

(Side one of tape ends.)

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(Jim channeling)

I am L/Leema, and as we have finished our response, may we ask if there is a further response which we may attempt?

N: Well, may I ask if it is the lot, shall we say, of those of us in third density on this particular physical plane to experience difficulty even though we more or less understand the path of love and light and light and love and the Law of One, yet it is more difficult for some of us to follow that path and, not in our thinking or understanding, but in our everyday life—such as when someone who does something deliberately, like, pulls in front of you in a car—you lose this tendency to love, and sometimes, in other instances—it occurs when someone deliberately steps on your toes, figuratively speaking, of course—we can with only great difficulty, and sometimes not even then, follow the path of love and light and light and love of the one infinite Creator. Would you address this particular point or speak to this fact?

I am L/Leema, and we are happy to, my brother. It is true that it is the lot, as you have said, of entities upon your planet and within this illusion to experience that which seems most difficult, for how else shall you test your own ability to express the love and light of the one Creator. The journey that you are upon is one that has no end, thus you must continue in some way to provide yourselves with further opportunities to develop this potential to love all entities and to see light within all experience. If you have no such difficulties, then these abilities would remain at a given level with no further opportunity for enhancement.

Within your illusion that which seems difficult, that which seems unforgivable, that which seems unacceptable, are those experiences which test your strength to love those who seem unlovable and to forgive that which seems unforgivable. Thus, you are as the one who lifts the weight: as the strength is gained, further weight must be added if further strength is desired. When you have passed from this illusion and you look back upon it and thumb through your own book of life, you will have quite a different point of view. You will see those times which seemed most difficult as being of the greatest opportunity to love, and those times then will seem as great treasures, whereas now they seem as they seem as great burdens. It is all a matter of the point of view, my brother. You have the narrower point of view now in order that you may test and strengthen your ability to widen this point of view.

May we answer you further, my brother?

N: Thank you. I understand this particular concept, but even though I understand it, I can't seem to overcome it when it occurs, particularly in driving and so forth when there is some thoughtless gesture, or some deliberate gesture, I should say. Yet I understand what you've expressed. Is some of this a result of some karma from past life or is it, when you understand it, why can you not follow it more easily after repeated experiences?

I am L/Leema, and, my brother, we do not wish to annoy you by suggesting that none upon your planet understands love. We may suggest that there is a great difference between intellectually knowing and being able to explain a concept and actually becoming that concept. Each of you attempts to become that which you believe or feel that you know with your rational minds. Yet, until love has found its roots within the heart of your being, you cannot truly know love. Each of you seeks to know love and you have consciously sought such for a great portion of time and may feel that you understand, yet understanding is not of your illusion; it is that which you seek.

May we answer further, my brother?

N: Well, thank you very much. I can understand what you've said. May I ask a question about—it is said that the Maldekians had a great deal of difficulty in interrelating with our particular third-density physical plane. May I ask what the Maldekians—what their appearance was like, their physical appearance?

I am L/Leema, and, my brother, these entities were much like your own third density in their physical appearance. The choice of this particular sub-logos under whose care you reside for the third-density physical vehicle has been without exception the bipedal erect ape-like form, and those who inhabited the planetary influence of what you have called Maldek had much the same culture and experience as you find now upon your own planet. Indeed, many of these entities now work as third-density entities upon your own planet to alleviate or balance those actions which they set in motion upon their own home planet before its destruction.

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May we answer you further, my brother?

N: No, thank you. I'm sure someone else has some questions.

I am L/Leema, and we thank you, my brother. Is there another query?

A: How is the instrument doing?

I am L/Leema, and we find that this instrument is available for another few queries. It has some difficulty in its posture, shall we say, but shall be able to respond through the next few queries. May we attempt such at this time?

A: Well, I had a question that popped in earlier, I don't know where it came from but, but it's just—how is the harvest coming?

I am L/Leema, and we cannot give any definitive response to this query, for upon your planet at this time there are many who are, shall we say, varying in their polarization around the level which is necessary for graduation. There are upon your planet many moves, many directions of energy and choices inherent in these energy movements that can influence great numbers of people. Therefore, we cannot give any definitive response to this query and apologize for our inability.

May we answer in any further capacity?

A: Well, actually you gave a pretty definitive answer to what I was asking. Thanks.

I am L/Leema, and we are grateful to have been able to serve. Is there another query at this time?

N: In relationship to Amy's question. There was a consideration for a thought about the harvest in that before the fifth ecumenical council in Nicaea, called Nicaean, Constantinople, in, I think it was 553 AD, there was much talk about reincarnation and even in Christ's teaching—at the Fifth Ecumenical Council it was deleted from the bible. Has this affected the harvest and how great has been the effect on those who would have considered reincarnation in the Western world?

I am L/Leema, and am aware of your query, my brother. We find that the concept of reincarnation is a concept which allows an entity to view with a greater scope the forces which form one's present experience. Yet, when this concept is absent within an entity's thinking, those forces yet remain in motion and the opportunities that these forces provide an entity are yet viable. Thus, as a concept in itself, it is of small value in the actual process of evolution. Those entities who were of the authority or upper echelon levels of the church at that time felt that entities would work more diligently within a lifetime if it were not known that future lifetimes were available to complete work left undone in the present lifetime. Though this is a choice which is a basic infringement upon the free will of others, it has had some effect in the causing of entities to work with that desired diligence.

May we answer you further, my brother?

N: Well, thank you. I assume at that time … is the instrument still in good shape?

I am L/Leema, and we find that this instrument is more comfortable at this time. May we attempt further queries?

N: At the time that the Council of Nicaea deleted this from the bible, I assume that all bibles were handwritten, and, as such, is there any interpretation in any bible that does have all of Christ's teaching of reincarnation or other teachings of reincarnation?

I am L/Leema. You are correct, my brother, in your assumption that at that time those few bibles which were available were written by hand. It is also to be stated that these bibles were most usually possessed by those elders and priests of the church who were able to read and were, shall we say, in charge of the members of the church and their spiritual teaching which was done orally. Thus, there are very, very few remaining copies of such bibles, and none to be found or available to the current researcher, for it is difficult to preserve those pages upon which such scriptures were recorded over great periods of your time which have passed since that council.

May we answer further, my brother?

N: It has been said that once we have been introduced in whatever way to our spirit guides that we become more and more aware. Is this true, and in what way can we accelerate this introduction?

I am L/Leema, and, my brother, we can state that as you continue to seek the one Creator and unity of all things, you shall become more and more aware, as you have stated. It is not necessary to speak with those unseen or to have communications of this variety in order to become more aware of your process of seeking. To desire such knowledge and

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experience is all that is necessary, for it has been written in that holy work previously mentioned that as you seek, you shall find; as you ask, it shall be answered; and as you knock, the doors shall be opened, for this is a law of the universe which functions without exception, for that which you seek is within your own being. You are all things.

May we answer further, my brother?

N: Thank you very much.

I am L/Leema, and we thank you, my brother.

J2: Can you say anything about the history of the moon? Did it used to be a planet?

I am L/Leema, and we may say, my sister, that according to one's definition, the moon at this time is a planet. It is not usually described as such within any of your cultures, for there is no known life as you know it upon this sphere and it itself revolves about your own planet, and by so doing, according to most views, then relegates itself to the stature of a lesser body. This body, however, is inhabited from time to time by entities of other dimensions and serves as an entity in its own right that proceeds through its own process of evolution in its close connection with your own Earth influence.

May we answer you further, my sister?

J2: No, thank you.

I am L/Leema, and we thank you, my sister. We find that we have in this instrument the energy left for another query before closing. Is there such a query at this time?

Carla: I'd like to just ask a question about meditation. I noticed that in all of the discussion this evening there wasn't any discussion of meditation—no one was talking about how to speed up the process of manifesting what one intellectually is. I wondered if that was because this particular group was already doing it or because some people are ill-suited to meditation but well-suited to contemplation or what?

I am L/Leema, and, my sister, we are most grateful to you for reminding not only this group but our own humble selves of the great necessity and benefit of meditation, for as you move within your illusion and as we move within ours and as any entity would move within any illusion, the fruit of such movement can only nourish the heart of one's being when one has drunk of it deeply to the core of one's being through the process of meditation. That which the conscious mind has placed within its own boundaries of understanding has value to an entity in the metaphysical or spiritual sense only insofar as the meditative state has incorporated this small understanding into the heart of one's being. Otherwise, one is as the—we find you call it—duck that sheds the water from its back.

Without the meditation, the various concepts and ideas with which one comes in association in the conscious seeking, there are no roots formed and no lasting connections to such concepts, and the entity then must reacquaint itself with that which is consciously sought in order to provide the opportunity once again for meditation to do its work. Meditation is as the watering of the plant which has been set in fertile ground. The plant must be good, it must be strong, it must be consciously formed and analyzed, it must be placed within the fertile ground, the intuition must then serve as the analog to the fertile ground and connect through meditation the concept with the inner being or heart of one's being. This is the watering and the nourishing of the plant that was consciously formed. Thus, in meditation one is as the gardener, plucking those weeds and leaving the flowers and the fruit that shall form the harvest.

May we answer further, my sister?

Carla: No, thank you.

I am L/Leema, and we thank you, my sister. We find that we have, for this particular instrument, reached the limits of our ability to speak without undue fatigue. We are grateful to each for once again requesting our presence. We hope that you will continue to have patience with us as we learn to utilize these instruments without undue fatigue resulting. We are with each of you at your request in your meditations and shall be honored to join you at any time in your futures that you may request our presence. We leave you now in the love and light of our infinite Creator. We are L/Leema. Adonai vasu borragus. ♣

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Sunday Meditation
May 26, 1985

(Carla channeling)

I am Hatonn, and I greet you in the love and the light of the one infinite Creator. We thank you most heartily for allowing us to share this meditation with you, and are overwhelmed by the pleasant peacefulness that seems to surround your domicile. We are working with this instrument one word at a time and, therefore, there may be pauses. We apologize for the pauses, but there is some gain in accuracy in working in this manner, although it leaves the instrument without any idea of what is to follow, not even one concept ahead, and therefore it is not often attempted until the instrument has had some experience.

Jupiter or Jove is no longer worshipped. The great interrelationships that held so much meanings in cultures and mythologies other than your own are no more, except in the lasting bounds of literature, poetry and so on. Yet, it is often a good and worthwhile thing to gaze back upon other cultures' seeking for the truth, others' seeking for definition of who they are and what the nature of the world in which they live is. Indeed, it is helpful to gaze at your own culture in this way. You might move ten thousand of your years into the future in your mind and then gaze back at the passion and the majesty of the Jewish and the Christian saga. Much would be put in perspective, both about the nature that the saga teaches that man truly is and about the nature of the world in which man lives.

This is similarly so of any of the other current belief systems. There are those in any culture who have the capacity financially to do precisely what they wish. What many wish to do is to skim the surface of their lives as if the conscious mind were a frozen pond and the waters beneath too dangerous to examine. There are those who do not wish to cook and so they go to restaurants and eat other people's cooking. It is possible that the same food cooked carefully and in small portions, might taste better made at home, but it is not the quality of the food that interests those who go to restaurants as much as the convenience and the lack of personal labor involved in the ingesting of someone else's food. Such is the nature of any dogmatic religion.

The believer chooses to accept a spiritual food which has been prepackaged for convenience. In a dogmatic religion, the questions are ever-fresh, but the answers are often unsatisfying if one wishes to prowl to the extent of looking beneath the surface for the answer. We disclaim any criticism of your religions for it is in the cradle of systematized religious knowledge that those young souls who come into third density thirsting for spiritual truth are given the greatest chance of making contact with themselves in a spiritual sense at a young enough age that the self may eventually use all the knowledge of

organized religion to gain courage to take the plunge beneath the surface thought.

Do you long, then, for the Greek mythology? Do you still gaze hopefully at the enchanted glades of yesteryear, awaiting the dryads to peek out from the trees and the nymphs to smile from the waters? It is doubtful. Do you, to some extent, regret loss of Buddhism, Christianity, Confucianism or any so-called organized religion? It is not necessary. It is possible for you to both know of the surface nature of dogma and to know that is also a valuable key which, used by a seeker, may open the door to the self.

During your meditations you can come very close to a door. Even if you do not meditate daily or not at all, it is possible to attain fairly quickly a certain level of awareness of exactly what sort of thing it is that you are seeking, what kind of journey you wish to make, and what equipment you wish to take with you emotionally, mentally and spiritually. The kind of equipment that you look for, the kind of tools, the kind of thoughts that you wish to pack in your bag, are those things which produce fertility or leaven for change, giving good fruit, giving heavenly bread, causing transformation in your journey. It is written in the Christian holy-work that the Kingdom of Heaven is like leaven, and that in time a little leavens the whole loaf. Again, it is like a grain of mustard seed that grows until the birds of the air may nest in its branches.

These similes are not meant to be taken literally, but the feeling of growth, of a more vivid life or a more clarified existence becomes familiar to the seeker, and its lack is a lack that causes an emptiness that cannot be filled by worldly pursuits no matter how enjoyable or how productive they may be, for what each is engaged in is the seeking of the deeper self. If you are choosing the tools to climb a mountain, you would choose carefully, for your life depends upon your equipment. If you chose to go diving, again you would be very careful. Not only would you take care that you had the right equipment, you would work on your skill.

The skill that you need is something which is often called meditation. Meditation has no dogma; it is a form of what this instrument calls prayer. It is a different experience for each person, but in each person it furnishes the skill necessary to use the tools which are given you by your experience and the growing harvest that you have reaped from your experience. If there is not a smile within your heart as you awaken to a new day it may be possible that you have lived upon the surface a day, an hour, a moment too long. It is time to dive within, into yourself, to find that pearl of great price, the self, or, to put it another way, again as it is written in your holy works, the Kingdom of Heaven.

We offer you the caveat, the one that you have already, by your very natures, committed yourselves to change. It may be reluctant change, you may fight against it tooth and nail, for you may not be able to back off for ten thousand years in your mind and view the circumstances which are causing change with a calm mind and cheerful heart. Nevertheless, the change will come.

We encourage you in your growing transformations. Know that all of nature rejoices with you when you have touched upon that central joy that is the Creator within you. Know that it cannot get so deep that you cannot resurface if your seeking be always with the light touch, always with the grain of salt. Your innate seriousness, that is, the innate seriousness of your journey, of your natures, and of your being guarantee that you who have once become aware of terms such as consciousness and love and brotherhood shall not be able to lay those things down but shall carry them in your heart. That heart need not be heavy. The sunshine is within you; the bubbles that sparkle in your mineral waters are within you. The metaphysical humor of consciousness within your clumsy physical vehicles is within you. Circumstance may seem to assail you, but that which can heal and save [with room to spare] is within you.

So let us never bid farewell to Jupiter, nymphs and dryads and satyrs. Let us leave Gautama with his boat and the joys of Christ risen in the kingdom. Let us praise the way with Buddhists and rejoice at truth with the calm stoicism of Confucius. But most of all, let us trust in our own discrimination, in our information.

Each of you, my friends, has a critically unique path. What is extremely valuable for one entity may not inspire another. Therefore, again stepping back, release the rest of the population on your sphere from all judgment, for its spiritual search, for its dogmas, for its conceptions of the divine, and the nature of the self. What matters to you and what

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shall matter to you long after the physical vehicle which you wear is dust, is the deep self. And how shall you find the deep self? How shall you know yourself, and therefore the universe? One step at a time, my friends.

Be prepared for anything, from years to sudden brilliant revelation. What meditation does in one vibratory system of energy fields may take years, it may take days, it may take instants. Each entity is totally unique. Each entity has its own tools, and it should and it must claim biases, things that seem to the intellect to be crutches, things that you bring to meditation, not things that you keep in meditation.

We leave you to your search. Others wish to speak if they can, and so we would shorten the message tonight to accommodate our brothers and sisters. But we must take this moment to thank you with all of our hearts for sharing the mortal evening with its intimate and personal sounds, the sounds that make a life on the surface, and for sharing the depths of your seeking and your love of the truth with each other with us and with the creation.

We are sorry to counsel patience so often, for we know that it seems from your vantage point to be a real drawback to the spiritual search. Patience is difficult; patience is necessary; and a compassionate acceptance of yourself and your worth while you exercise the patience and wait in faith for that revelation which has not yet come, for that presence of the Creator which you do not yet feel, is a very great and important part of your learning of the lessons of love. We are your brothers and sisters of love and would spend just one moment energizing the heart area of each before we leave this group. We shall pause.

(Pause)

We salute each of your open hearts and trust they may be filled with cheer and the joy of life, both life as you know it now and life in its infinite form which you carry within you as a seed, and for which this mortal life is good rich earth for the flowers that shall bloom an eternity upon your selfhood and your consciousness of the one Creator. We are those of Hatonn. Adonai, my friends. Adonai vasu.

(Jim channeling)

I am Latwii, and we greet you in that same love and light, my friends, as our brothers and sisters of Hatonn have so graciously left you within. It is our privilege again this evening to be asked to join your group. We thank you and we join you with joyful hearts and with the hope that we may in some small way aid your search by answering your queries. May we begin now with the first query of this evening?

Carla: Well, I was going to wait until last because mine isn't very important, but since nobody asked first, I'll begin. Our L/L Research company has never asked for any money and somehow we've always been able to reprint books. Whenever we've done a new project, however, someone has always had to make a sizable contribution, which we've never had to ask for. There's a novel that Don and I wrote in 1968 and 1969 which many people who have read it in the group feel has a lot of spiritual aid in it for people who might read the book. It would cost several thousand dollars to publish for the first time. Would it be metaphysically appropriate to state the above in our newsletter? As I said, we have never asked for money, but would it be appropriate to explain a situation wherein we were attempting to make material available and we're asking for help?

I am Latwii, and am aware of your query, my sister. We may suggest that in the metaphysical sense, one deals with a range of appropriateness which provides you with the opportunity for purity. You may do as you wish in whatever case. Each choice bears a fruit. There is in any situation the opportunity to provide a service and the opportunity to ask others to join in that service. Depending [on] the point of view which is chosen, the correctness, shall we say, will be more or less enhanced. This, of course, you already know and are in this case seeking a more precise declaration or clarification of that which shall be the most efficacious choice.

We cannot make this choice for you. We can suggest, however that you look within the heart of your own being to see what is the basic desire that motivates your actions and your efforts. If you desire to serve with all your heart, then in this choice you cannot be incorrect, for the intention to serve is that which is seen and that which carries weight. We do not mean to seem obscure. We, in this instance, deal with a most delicate matter, for how to serve is the crucial question which each of your peoples who seeks in conscious sense must deal with and in some way reconcile, for to serve is not a case of the black and white easily made choice.

May we answer you further, my sister?

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Carla: No, thank you.

I am Latwii, and we thank you, my sister, though we fear that our response was somewhat over-complex, yet we were attempting to transmit, shall we say, the most clear and detailed description which would fit through this instrument's mind.

Carla: Well, I thought it was full and clear—that is, pithy. I was caught up in the realization that it did boil down to how does one serve. Because I had assumed that we serve by making as much information available as possible. Perhaps that needs reexamining. I thank you for the answer, it was not overly complex for me. This time.

I am Latwii, and we thank you, my sister, and are pleased that there was a gist for you to grab within our response. May we attempt another query?

L: Yes. A number of people have experienced what might be referred to as temporary death in the sense that all their body functions stop, their brain stops entirely. Clinical death is a state of being, yet after a period of time they return to their body, having meanwhile experienced a number of, I guess you would call it "other side" experiences. In regard to this and ignoring the difference in time, what is the essential difference between this type of experience and the experience of Jesus Christ in coming back after three days?

I am Latwii, and am aware of your query, my brother. In the basic sense, the difference may be seen as one of purpose, for each entity incarnates with a purpose for the incarnation. There are lessons, there are services. Each decides before the incarnation how the mix between the two shall be made. The one known as Jesus had a purpose which was heavily weighted, shall we say, in the services offered to others, for in its incarnation, it attempted to provide a model by which each entity might provide itself with the means to learn and then to serve others. As the cycle of experience was drawing to a close, this entity, knowing that only a few incarnations for each were left, was providing, shall we say, hints and clues for those still remaining within the testing room, shall we say. Though …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument, and we shall continue, my friends. Those who experience what has come to be called the near-death experience are those who have, in a conscious and unconscious manner, felt that the testing for the incarnation was complete, yet as the papers were handed in, the higher self, which may be seen as the teacher in this instance, asked the entity if perhaps it would care to consider an answer or two which had not quite been completed. Seeing then through the experience that there was more left that could be done in the sense of learning and serving, such entities then return. Having experienced firsthand the realization that, as Jesus taught, death is only a doorway and may be passed through and passed through again, these entities then are experiencing that which was a portion of the master known as Jesus' message to mankind that the lessons may continue apace until they are learned, through however many testings or incarnations are necessary, and for however many so-called deaths may be experienced.

May we answer further, my brother?

L: No, that's given me quite a bit to think about. Thank you very much.

I am Latwii, and we thank you, my brother. Is there another query?

(Pause)

I am Latwii, and, my friends, though the queries were few, we feel a great honor at having been asked these few treasures, and we shall at this time, with the same joy in our hearts that we began this session, leave you, as always, in the love and in the light of our infinite Creator. We are those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am L/Leema, and greet you through this instrument in the love, the light, and the joy and the truth of the one infinite Creator. We have, we confess, been working diligently throughout this session upon the noggin of the one known as L. We hope we have not caused any inconvenience through this. However, we would like to make contact with this instrument as we have not built up familiarity with this instrument yet and would greatly find honor in that possibility. We shall, therefore, attempt to contact the one known as L. We will now transfer. We are those of L/Leema.

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(L channeling)

I am L/Leema. I greet you in the love and the light of the infinite Creator, and am overjoyed at the prospect of being able to speak so clearly through this instrument, for we have heard our brothers and sisters of Hatonn and Laitos and Latwii through this instrument but until now have not been able to make contact ourselves; so we of L/Leema have been stymied in our efforts to achieve communication through this instrument. We are making adjustments in our signal to facilitate this instrument's ability to identify and process our communications, which of necessity requires a continuous broadcast, so we beg your patience with this seemingly endless run on of communication, for we are refining our signal as rapidly as possible, and would like to do so without overloading the instrument's capacity to receive by accelerating too quickly to keep up with our broadcast. This is achieving the desired objective but we must tune our broadcast to the instrument's speed so we can beg your indulgence as we refine. There. We have it.

We are of L/Leema. We are of the Confederation, and seek to communicate with your group so that we may offer our services in the love and light of the infinite Creator. We of L/Leema have recently begun to communicate with your group, and the desire to offer our services such as they are and in interacting with your group also create the blessings of your service in extending your learning and communicative opportunities to ourselves that we may further progress along our own path of service to others. We of L/Leema are pleased to have been able to communicate through this instrument, and will now relinquish our use of that instrument that it may recover from our efforts to shove it all in one box at one time. In the love and the light of the infinite Creator, we are known to you as L/Leema. Adonai, my friends. Adonai. ♣

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Sunday Meditation
June 2, 1985

(Carla channeling)

I am L/Leema. We greet you in the love and in the light of the one infinite Creator. It is a pure delight to us that you have in your discussion this evening asked for information on a certain subject, that being the only way we may channel answers through this instrument for this instrument is not allowed, nor should she be, to use the question and answer format, lest this instrument move into that which you call the trance state.

We would then speak to you this evening of service. There is a road that always seems to lead upward. To the seeker, perhaps the most burning question of daily living is the question of how to serve those about you. For those who do not seek, the question remains, yet is phrased differently, depending upon the polarity of the entity. To those who are neutral, the question is how to get along with those about you, how to impress those about you, how to live among other people. For those negatively oriented, the question is how to manipulate other people, how to use other people, and how to enslave other people.

In this way we bring you to the questions that one asks if one is of positive polarity. Those of the positive polarity are of service when by action or thought or even intention, another entity or the self is freer to seek his or her own path than before the intended service was performed. The seeker who loves others wishes them to be free. When that seeker is intimately associated with others, that desire can become so far misted and confused by the glassy illusion of societal demands, of shoulds and oughts, that it is often beyond any conscious understanding to reason out how to be of service. Often, in order to grant another freedom, the greatest service is to remain anonymously and impersonally compassionate and supportive. In other words, to pull the point of view backwards, to remove oneself from the microcosm of the relationship to the macrocosm of the perfection of all that is conscious and of the infinity of time that each conscious being has to choose freely, first this path, then this one, and then another.

Let us begin at the beginning of service to others. The beginning is meditation. Many have called this meditation prayer. The overwhelming concept that we wish to instill in you when we speak of meditation and the reason that we use the alternate word, prayer, is that there is a surrender in what this instrument knows as Christian prayer, a surrender that says, "Thy will, not mine, be done." The separation of the self from the Creator is a distortion, for you are co-creators—you and the Creator. Nevertheless, within you, there is a self that is like a clay vessel that deals with mundane things, and that shall not last. Within that clay vessel there

is a great treasure. That is your other self—that is, your consciousness. You feed your physical vessel in order that it may supply you with the movement which you need; the surrender in meditation and prayer is the opening of the door to a great dining room, a dining room in which there is a food and a drink that your clay vessel will never know nor need, but without which your consciousness gradually becomes embittered, bowed down, and weary beyond words.

Thus, service to others begins with cleansing the self and sitting down to the feast of silence. In that silence there is a perfection. That perfection is reached first by faith. There is no reasonable or logical way to find or accept perfection within the self, for it is unseen yet never unknown. We listen in silence and are fed and answered in silence. Let us pause for a moment and give an example of one who could not surrender.

It is within this instrument's mind and we take it from her. We find this instrument to be strongly Christian in the contents of the mind, and so we shall use this imagery, asking forgiveness for the limitations of its viewpoint. Remember, there are great truths within any philosophical and spiritual system, and we shall use this example from the holy work which is called the Holy Bible.

The one known as Moses was going about its daily work, and suddenly it looked up and saw the bush that burned but was not consumed. This entity was afraid. A voice called from the bush, identifying Itself as the Creator and calling Moses by name. The one known as Moses in this day and age responded by affirming that he was indeed there, yet he was afraid. The voice informed him that he was on holy ground. The very ground upon which he stood was holy, and yet Moses was afraid. There was not the surrender.

Because of the fact that there is nothing that is not holy, because of the fact that there is nothing that is not of the Creator and that is not the Creator in all of Its perfection and infinity, the seeker will constantly be exposed to stimuli which may be seen to be sanctified. Sorrow, terror and ill negative emotions, feelings and thoughts are sanctified just as much as those positive thoughts that take you very high very quickly. There is nothing that is not holy, that is not the Creator. It is always your choice, each of you, whether or not you shall be afraid, whether or not you shall see, whether or not you shall hear, whether or not you shall understand. This is the work of the self, of the discipline of the self, of the growing love of the self, not on the mundane level, not because of anything that could be considered within the confines of the clay vessel, but because you are upon holy ground, you are sanctified. You are perfect.

This step is so central as the beginning step of service to others and is so difficult compared to action that we emphasize it. You will find that action is far easier than the discipline of the turning of the mind to the Creator, to those things which a child of the Creator may feel as his or her birthright, those things being joy, lightness, power, courage, perseverance, patience and the compassionate forgiveness that is endless. It is as though with the meditation we are focusing upon reality that is far deeper than the clay vessel. That which is your ability to be of service begins to shine as if the clay became more and more transparent and the treasure within became more and more visible to others as well as to the self. Indeed, among those who are of service to others, it is rare that the one who serves is even one-tenth aware of the beauty of the self and could multiply by ten times the amount of service, the quality and the depth of that service in action by expanding knowledge of the nature of the being of self.

We next offer you the image of the shepherd. A shepherd is of service to sheep in very simple ways. A shepherd is not necessarily wise. A shepherd is a simple person, doing a simple job, keeping the sheep safe because the shepherd sees that which the sheep does not. If the sheep is caught, the shepherd can see how to disentangle it; if the sheep has gone astray, the shepherd can find it and bring it back so that it may eat and drink and be comfortable. The sheep, you see, have already been provided for.

The universe in which they live is complete without the shepherd. However, without the shepherd, the quality of the life of the sheep may well be much less, for to be eaten by wolves is not considered to be a good thing, and the shepherd comes to stand on guard. Furthermore, the shepherd helps the sheep to be useful and give its service to others in ways the sheep itself would never imagine. Can you imagine a sheep walking under its own power and will to be sheared so that it might offer its wool to warm a wintry world? How the sheep love being shorn, for in the warm, soft breezes of summer it is well to be

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without the heavy overcoat. Nothing is lost to the sheep, and the sheep have gained by giving, and this would not have happened without the shepherd.

What we are saying to you is that each of you is shepherd to each other, to each other that you meet, but more especially with whom your lives are more closely entwined. You tell those about you when they have gone astray. You reach a hand to disentangle that which is tangled; you nurse that which is sick. You provide the best of what the natural second density creation has to offer. And because you are dealing with entities such as yourselves and not sheep, the dimension of the shepherd as a cheerful giver arises. Animals such as sheep respond, of course, to a peaceful, cheerful and serene shepherd. So do those about you.

A great deal of what is considered to be a highly complex subject is actually very simple, for those things which are complex are also those things which entities must for themselves do. You may hold the mirror to an experience for one to whom to you wish to be of service. You explain your point of view and offer all of yourself in the situation which you see before you that confronts another. But how and when can you walk for another, can you see for another, can you feel for another?

You cannot be effective if you consider that change is the result of service to others. Surrender—always surrender will give it. Release it and let it go. The shepherd is one who watches, one whose life is dedicated to the care of those entities that have come into its care. And you as shepherds shall more and more vibrate with that compassion. But as you wish to be of service, look always to the freedom of each individual whom you serve. After you have used all of your resources, after you have lifted from the snare that sheep which is caught, after you have fed your friend, your mate, your acquaintance, the stranger who comes to you and says, "Help me," you then remain at peace within your own being, for the choices that shall be made shall be the result and the free will of each individual.

If you have spoken clearly, if you have done the commonplace things and if you have taken difficult situations and given them your best discernment, shown how another can be more peaceful, more harmonious, less antagonistic, or have done whatever you see to do for another, you then step back and realize that you have had the intention to serve, you have formulated the thought as to how to serve and perhaps, if you have been fortunate, you have had the opportunity to put the intention and the thought into action, for that is not only the easiest part but the most naturally joyful part of being of service. Then all is released, all is let go, and you remain aware of the perfection that was and is and shall be.

There is much to be said for the serenity of the one known as Siddhartha, the one who is central to another great philosophical and spiritual system upon your sphere. That serenity is possible because of the surrender of the self to the vicissitudes of the still and the not-still waters of existence and consciousness. You are most of service in and of yourself, and if you can cast your mind towards those who are of service to you, you shall perceive the truth of this statement. Those who are of service to you are as touchstones as much for what they are, who they are, how they are, and why they are as for their actions toward you.

To conclude. In being of service to others, begin with the largest picture, that of infinite, everlasting consciousness, the one original Thought, the Logos. In meditation, in focused silence, fall into the deep ocean of that infinite space, that infinite light, that everlasting love, and lose yourself, lose your small clay vessel. When you come back to this reality as you may call it of the planetary sphere and its day-to-day occurrences, you shall have brought back a treasure—yourself—in the larger sense. Each moment shall seem so much more precious to you, for there are so few of them while you are within this clay vessel, while you are able to interact as you do within the illusion which you enjoy.

Then take upon yourself the cloak of the shepherd. Take up your crook, and do not count the cost of giving nor begrudge any outcome. But within yourself, refine your intentions until they are true, refine and hone your perception until they do not fail you. And when you offer them, give them away. Support, love and set those about you free. With that surrender, you have again entered the Logos, the one original Thought. We wish you well upon your journey. Each of you is of service when you know it and when you do not know it. It does not bear analysis after the fact. Work upon your own powers of discrimination and perception, empathy and sympathy and compassion and most of all, surrender, so that that which is the most positive

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may shine through regardless of how it is seen by the one whom you wish to serve.

We smile in our hearts as we imagine each of you attempting to picture the perfection of those about you or of yourself. How foreign these thoughts are to you. That is why it is difficult to be of service. Your minds are full of opinions, my friends, your hearts are full of hidden corners, walled-off rooms, and fear. There is nothing to fear. You are free and in the third-density illusion. You can be of the greatest assistance to each other that you shall ever be to anyone. We cannot possibly emphasize enough the height, the breadth and the depth of the possibilities for service in your earthen vessel overbody, for yours is the density of choice. You shall choose your priority or have already chosen, and as you serve, you are aiding the one whom you serve to choose his or her polarity or to increase it. The opportunity will not come again. After the density which you now enjoy, the process of refining begins in earnest and the steps you take become smaller and smaller as they become more and more refined. We share with you our excitement at the very thought at being where you are. We share with you our enormous sympathy and compassion for the pain, disappointment and confusion which you must endure to be where you are now. And we share with you our understanding, such as it is, that you have chosen these moments, these few precious moments of eternity to make your choice and to aid others as they go forth to choose between the light and the dark use of love.

We are those of L/Leema, and again we cannot tell you how grateful we are that you have settled upon this format, for it enables us to use this instrument as we had hoped to. We hope that we have been of some small service to you and wish to …

(Side one of tape ends.)

(Carla channeling)

I am L/Leema, and am again with this instrument. We leave you as we bask together in the glow of your eventide, in the small sounds that we may hear through your ears, sounds of contentment, birdsong, the humming of the domicile about you, the pets that live about you and speak now to each other. There is blessing in the wind, my friends. When it calls your name, do not be afraid. You shall not be consumed by the fire of life. We of L/Leema bid you farewell in the love and in the light of the One Who Is All. Adonai. Adonai. Adonai.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and the light of that same Creator. We have been privileged to listen with you as those of L/Leema have spoken of that most difficult service, that is, the experience of your lives, and we join you in seeking to purify our service. Our service is a humble one. We shall attempt to answer any queries which may remain. May we begin, my friends, then with your first query?

Carla: In general is it possible for a service-to-self person living on this planet at this time to appear to be service-to-others oriented, even to close scrutiny?

I am Latwii. My sister, this query is one which requires an understanding which your peoples are frequently without, for to pierce to the heart of service to self, it is as difficult a task as understanding that concept of service to others. For indeed, to serve in a polarized sense, one must be able to perceive the intentions with which an entity enters into its actions and with which it conducts its thoughts. One who is adept at pursuing the path of serving the self first and foremost is one who has for a great portion of its incarnation been what you would call a conscious seeker, and has sought consciously to gather about itself those powers and items which it has determined will best suit its purposes. A portion of the ability to accomplish these tasks is the ability to conceal from others the intentions and the purposes for the actions and the experiences, for few would consciously choose to give over the will to another if they knew that they then in any sense whatsoever would become enslaved by such a choice of action.

Thus, it is indeed possible for an entity to seem quite of the service to others but to be at the heart of its intention of quite the polar opposite polarity. The ability of entities to determine the actions and intentions of another is that factor which makes the recognition of such negatively-oriented *(inaudible)* difficult. Yet if one gives with a whole heart, with a desire to serve and love all about it, one need not fear the meeting of such an entity.

May we answer you further, my sister?

Carla: Well, my motive for asking that question was personal. I had run into a fairly powerful entity over

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the weekend, a fellow named P, and subsequent experiences that I've had have seemed to me—have had to do with the openness with which I met this entity, due to the fact that I had just had a healing and my taking on of some of the vibrations which he offered which I would not normally have done. I guess there's a lot of fear in the motivation for asking the question, so I suppose the corollary to that is, in what way does one cease to fear that which is hurting one?

I am Latwii. My sister, begin first with the foundation of all creation, that is, unity. From this unity the one Creator, the one original Thought of love, springs all the infinite variety of forms of life and directions for each. Look then to any which seem of a fearful or doubtful nature. See there the Creator that rests as well within your own being. Love that Creator as if It were yourself, for in truth It is. See that which is feared; bathe it in love, see it as self, bless it, bid it travel its journey, and then bathe your own being in the love and the light of the One. In so doing, you have affirmed the unity of all creation, for in truth that is all that there is. To move from that truth and to see any separation is to step upon the grounds which the entities of the negative polarity rule when fear and separation are with the entities there.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you as well. May we attempt another query at this time?

N: Yes, Latwii, along this same line. I too encountered a number of entities, many of which were very loving and positive and some which were negative. Yet those which seemed to be negative seemed to have a very great psychic awareness, of the ability to interpret past lives of an individual just by sight, perhaps future lives and … Is this psychic awareness the same as service—I meant gleaned through service to others as well as service to self?

I am Latwii, and, my brother, may we suggest that the tools which the one Creator has placed before each of Its portions may be utilized in either the positive or negative sense. An entity may choose to use any ability in either manner.

May we refine our answer in any degree, my brother?

N: Well, perhaps I'm seeking direction for increased psychic awareness, perhaps for myself. I don't know whether that's service to self or service to others. I previously was much more oriented in service to others and would like to redirect myself in that respect again but I'm having trouble.

I am Latwii, and, my friends, we have from that comment perhaps found a point, a comment upon which we may also comment. As one seeks to serve others in the manner which our brothers and sisters of L/Leema have expressed, that is, to allow the entity to be freer, to do that which he chooses, we may make this attempt in one of two basic ways. One which is the most common among your peoples is to attempt to decide with the intellectual mind what one may do to serve, how one may develop one's abilities, and just how these abilities shall be utilized. This is an attempt, shall we say, to fashion and structure the manner and mode in which one serves. It is a noble attempt, one borne of the best of intentions, yet the one most often to fail, for the one Creator moves unseen and quite often unfelt within each entity and each entity has in the deeper portions of its being decided to serve as a channel for the One. How this service shall be manifest is that which is unknown.

To surrender the self, to surrender the decision-making ability in a large degree and to give over the self to the use of the one Creator is the second manner which is most successful and least often chosen among your peoples. To await that which is within is difficult, for you see others seeming to serve very effectively in a manner which is apparent and seems to bear fruit. That you are not first on your block to do so is discouraging, but that you shall eventually do so gives you comfort, and that you shall choose to do so in such and such a manner seems to give more comfort. But, my friends, may we suggest that you give over your desire to do this or to do that in this or that manner and pray that the one Creator moves through you in the way most salubrious, shall we say, for true service to be manifested through being. For each has at least one ability which shall be developed. It may not be showy; it may not be flashy; it may not draw oohs and ahhs from a great crowd. Yet, my friends, the One shall move through you. Know that in your hearts and calm your minds.

May we attempt another query?

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N: Then, it is a suggestion that we continue to try to develop this oneness through meditation. And even though the first on the block as you suggest, I would like to be one of those on the block sooner or later, but seemingly with great difficulty at this particular time and place.

I am Latwii, and, my brother, we have perceived an incomplete query upon your part. Yet we do feel that therein lies another point which we might be of service in uncovering. That is that each of you in the heart of your being as you move through your daily experiences is truly of service, for you can do none else but serve. You seek to refine that service in a manner which you may amplify and thereby increase the service. To begin by knowing that you serve is a good beginning. To await that amplification that will point a way that seems more clear is our suggestion. Rather than attempting to, as it has been said, push against the river, move with that river, and in the appropriate moment you shall set sail and call upon many ports and be of service in yet another manner. Do not forget that you serve at all times though, my brother.

May we answer further, my brother?

N: Thank you very much. It's nice to know that we serve at all times. It just seems that sometimes we seem to have more or less direction of service to self. May I ask why the general knowledge of the Council of Nicaea, with reference to the elimination of Christ's teachings and all other teachings concerning reincarnation, is not generally known and, if known, isn't very well accepted?

I am Latwii, and, my brother, many within your organized religious circles are unaware of such information, for who wants to hear bad news? And if such were brought to the attention of these entities, there could be no proof that would be powerful enough to convince them, for one will see what one will see and one will believe what one wishes. Is that not true for each? Let each travel that path that each has chosen, for all paths, as it is said, lead to home, if we may paraphrase.

May we answer further, my brother?

N:Well, yes. In a way it would seem that a deliberate deletion from what was previously the handwritten bibles is an infringement of free will to a certain extent. Why should it be considered "bad news" to such an extent that the news should be shielded or the views should be shielded from the masses? Not that everything is shielded in many of the metaphysical writings, but many of the metaphysical writings are not accepted by the—particularly by the fundamentalists?

I am Latwii, and, my brother, it is not true that those who are willing and able to hear this message of which you speak do indeed hear it. Thus the shield is not complete; it works for those who wish it to work.

May we answer you further?

N: No, thank you very much.

I am Latwii, and we thank you very much. May we attempt another query?

Carla: Just to follow up on that. I have a human opinion, and that was that those at the Council of Nicaea were afraid that the punch would go out of the story of Christ's death on the cross and his resurrection if it were known that you didn't just have this chance to become "saved" but have an infinite number of chances. Could you confirm that?

I am Latwii, and this is in part correct, my sister. To continue, it is also a point which makes what may be called the priestcraft important to the general population, for the one known as Jesus had shown what all could do, and [if] it were generally known that all would live again, then each would have a closer relationship, shall we say, a direct access, not only to the one known as Jesus but to the model and the kind of life and experience and possibilities which that one exemplified, and there would be less need for an intermediary to speak to the great for the lowly, for the lowly and the great would be seen as one.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you. Is there another query at this time?

A: Is the instrument weary?

I am Latwii, and this instrument has a good deal of energy, for it is fresh in the channeling this evening for those of the brothers and sisters had a good deal of the stage for this evening and we are fresh upon it. May we attempt another query?

N: May I ask if there is a method of meditation which will more truly focus our ability to become,

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shall we say, in macro contact, or shall I say, in contact with the universal mind?

I am Latwii, and, my brother, there are many, many means of meditation which can allow one to experience the unity of all creation. It is, however, not so important the means by which one meditates as it is the desire which fuels the meditation. Whatever path is chosen must needs be chosen with a desire that burns incessantly, for that which you desire is that which you shall gain and that which you shall realize. You shall realize it in a direct proportion to that desire. Choose whatever means you wish, whatever feels right to you, my brother, whatever means you seem to have a natural ability to exemplify in your meditations, whether it be to watch the breath, to focus upon one point, to focus upon a concept, be it love or wisdom, to focus upon a mantra, to do this or to do that. Whichever you do, do with a desire to be one with all.

May we answer you further, my brother?

N: Thank you very much. Would you address, please, a consideration for the fact that whether there is or is not going to be an Armageddon?

I am Latwii, and this is a very humorous question, my brother. We hope that you do not think that we have an unusual sense of humor. But it is as if one at a dance had asked us, "Where was the dance?" My brother, you live within the Armageddon. The times, as it has been said, are indeed a'changing. You live within times that are most uncertain, in which all portions of the life experience change and change with great rapidity. Look about you, my brother. You see the battle of light and dark in all places, in all hearts. You see the doubts and the fears, you see the prophets, the sages; you see all that has been foretold and, yes, you are at the dance.

May we answer you further?

N: Thank you very much. You seem to confirm what I thought, whereas many people feel that it is a future battle rather than a current elevation. Thank you.

I am Latwii, and we thank you, as always, my brother. Is there another query?

(Pause)

I am Latwii. Ahh, my friends, we see that we have quickly exhausted the queries. Yet, we have enjoyed ourselves immensely. This instrument seems to be loosening up somewhat. Perhaps we should subject him to long conversations with discarnate entities more regularly, and tire his overactive mind out. Ah, perhaps this is the formula—we shall remember.

We leave you now. We are those of Latwii. We are with you always upon your requests for the meditation and the deepening of your meditation. We leave you in love and light, for there is nothing else around. I am Latwii. Adonai vasu. ✣

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Sunday Meditation
June 9, 1985

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. We feel most privileged to be with you this evening, especially because each instrument is somewhat fatigued and therefore we are most grateful to each instrument who enables us to use the words and the thoughts that go into each life, each experience, and each personality.

We would speak to you this evening concerning that item on the agenda of each seeker which often takes up a great deal of the seeker's time when the problem is first presented. It has been a little while since we dealt with this subject, and periodically it seems necessary to work with our understanding on the subject of earth changes and the progression of your world's sphere into fourth density.

Like most natural happenings, my friends, that are not blessed in people's minds with the love and the light of the infinite Creator, but only with the subconscious hunches of the universal mind speaking in human counterpart, one finds this group of concepts surrounded by mythology and misunderstanding. The heart of the matter is that there is a transition taking place from third to fourth density upon your planet. However, it would be incorrect to think in terms of the time scale which is so often used by your peoples. It is not well to think in terms of days or months or even years. For this, shall we say, transitional period where the Earth is literally in travail on many planes has been occurring for approximately 2300 of your years, if we read this instrument's mind correctly as to time. We apologize for being less than perfectly accurate about time, but it is a difficult concept for us to grasp.

The nature of third density is that of the choice. Consequently, on the subtler planes, the inner planes of your third density, those whom you call angels began the noble quest that still partakes of polarity, the armor of light in battle with the forces of darkness. This has been occurring upon the inner planes for many years, and upon the planes closest to you for approximately 250 years. Again we apologize for any inaccuracies in our time.

The Earth's travail will increase as it has been increasing for the last approximately 40 of your years. The people's travail will increase also as polarity offers its final manifestation within this particular group of conscious entities, this particular group which strives now to make the choice in time for the great harvest. We were sent out to harvest if we possibly could those who wished to make the transition from third to fourth density at this particular opportunity. It is our service, hopefully, to inspire those who wish to be made aware of the situation to seek to graduate from third density, to be able to use the light and the love of the one infinite Creator to an extent which will not impede

each of your progresses into the fourth-density quality of light and experience. We have propelled ourselves because you have called. You are now in the valley of the shadow of death, as this instrument would say, steeped as she is within the so-called Christian religion.

Very well, then, my friends. These are the preliminary outlines, the sketches of what shall occur, far more gradually than most expect, far more naturally than most expect, but certainly not without inconvenience, discomfort and what will seem to be enormous tragedy as masses of entities leave their physical bodies during natural catastrophes when they are killed by the forces within the planet, the forces of anger and hostility that have been stored within the Earth itself and which shall come forth.

Many things shall occur. Much has been written about that which shall occur. We ask that you step back from the drama of the illusion and find that within yourself which has two realizations, the first being that you who are infinite shall leave no part of consciousness when you leave this physical body. The second awareness, hopefully, that of a desire to be of service to others. In no event do we wish to encourage you to set up areas of safety, for there is no such thing as safety from the self, and it is within the self that the transition shall truly occur. That which occurs at harvest is within the self; that which occurs within the planet, although interesting, is a separate subject from the one which might well be considered far more interesting to the self. And that is that it is likely that this lifetime or at the very most, for those who die soon from the physical body, one more lifetime, shall be the last opportunity before graduation to refine the polarity of self to the point at which you the seeker might accept the quality of light which is the native light in fourth density.

This is your judgment. It is as simple and straightforward as that. If you can walk into that light within your indigo-ray body, as this entity would call it, you are graduated to fourth density. If you cannot step into that light because of its overbrightness, then you shall have another cycle of third-density illusion during which you may hone even further the choice which you have begun to make. We encourage you on the quest and we encourage [you] to avoid distraction whenever possible. There is much distraction possible when one deals with the unseen and the invisible, and that is that with which we deal exclusively. Attempt in your meditations to remain aware of the simplicity of the original Thought and the corresponding simplicity of the path. When there is great complexity surrounding a subject such as the movement into the so-called Golden Age, that may be a sign to you that there is less to it than meets the eye. When shall this and that happen? We hope that it is not as interesting to you to know that as it is for you to continue to seek the truth. It is that seeking that shall enable you to graduate, not knowledge of when earthquakes shall occur.

We leave this instrument at this time, thanking her most heartily for the opportunity to speak. We are those of Hatonn, who leave you glorying in the love and in the light of the one infinite Creator. We leave you in the thunder and the storm and the serene calm *(inaudible)*. Adonai, my friends. Adonai vasu.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the infinite Creator. We are honored to be here again, and we hope that we can utilize this instrument effectively this evening in the mode in which we left this group at its last meeting. The joviality was delight and we would hope that we can share again in that fashion. May we begin with a query, my friends?

L: Latwii, I spent some time today with a person that resulted in me feeling psychically drained. Can you give me any information as to what went on, the mechanics of how this occurred, why it occurred, anything along that line?

I am Latwii. We may speak generally, my brother, for when entities group themselves in the pairs in order that the life to which your peoples have been accustomed may be carried on and there may be the order, the livelihood, the rearing of young and the continuation of society, there is presented to each the opportunity to learn much and to teach much, for within such a closely knit relationship, the bonds between two entities grow in many and varied fashions. When the relationship has its difficulty, or we should say, when the entities within the relationship have difficulty maintaining the relationship due to one factor or another, and this difficulty grows to such an extent that the entities find it more beneficial to continue apart than to continue together, there is within each the feeling and perhaps the realization that an opportunity has,

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shall we say, left, and perhaps each entity feels as though there has been a loss and feels a vacuum or a hole where once there was opportunity, and as you have called it, [a] mirroring effect.

When there is at a future time, as you would call it, any portion of a reconciliation or attempt to complete circuits that were left open and incomplete, one entity may feel this in a greater degree than does the other. This is usually the entity with the, shall we say, larger pull, the greater feeling within that there has been a loss and the renewed desire to complete a previous circuit then is a request from this entity to the other that there be an exchange of energy, a giving, if you will, in order that this hole may be filled somewhat. Thus have you given and thus has what you have given been received. For the moment the feeling is that of being drained, but we can assure you, my brother, that you have given freely to the one Creator.

May we answer further, my brother?

L: No, you've given me quite a bit to look at. Thank you.

I am Latwii, and we thank you, my brother. May we attempt another query?

N: Yes, Latwii. When do we enter the Aquarian Age?

I am Latwii. My brother, if you will look upon the spectrum which you call the rainbow, you shall see each color loses some of its brilliance towards the boundary with the next color and gains some of that coloration as the progression is made from one color to the next. So it is with the ages which pass upon your planet. The age which now leaves and the age which now joins, each have blended with the other so that there is a period of what you may call transition. At the heart of each entity and each atomic cell structure, the beginning of fourth density vibration is apparent. Yet there are many, many third-density vibrational patterns which yet hold sway.

May we answer further, my brother?

N: In other words, we have already begun the Aquarian Age but we're not into it very far?

I am Latwii. This is correct, my brother. May we answer further?

N: No, thank you.

I am Latwii, and again we thank you. May we attempt another query?

Carla: Yeah. I've got a question but I don't know if you can answer it. Is the social memory complex, L/Leema, hoping just to get some experience with a group by working with us or it is hoping to come through regularly?

I am Latwii, and we are aware of your query, my sister. Those of L/Leema wish as do we to be of service in whatever manner possible, yet within the general desire to serve there exists a more specific desire that the service may be more specific, that is, that if this group is able to focus from time to time upon a topic which has great interest in awakening the desire to know the truth, then this group may form the query with the words and the thoughts and hopefully with the meditation [aspect], and those of L/Leema may in turn respond through your instrument, my sister, or perhaps in time through others as well, for all are instruments with the capabilities necessary. The responses that those of L/Leema can make are those which add another flavor, shall we say, to the experience of channeling which each in this group enjoys.

May we answer further, my sister?

Carla: Yes. It has to do with the probable length of such contact. The contact itself is different than any contact that I've experienced before in that I was, as far as I knew, quite conscious and yet I was not at all conscious of the passage of time, and forty-five minutes went by and I was the most surprised person in the world when the tape recorder clicked off. I'd been the one that was channeling; I didn't feel tired, and I had no idea that the channeling had been going on for so long. Is this typical?

I am Latwii, and am aware of your query, my sister. Well, as yet, there is no "typical." We can suggest, however, that those of L/Leema, as each with the Confederation, have some difficulty in reckoning time as you call it. Each attempts to be conscientious in making the responses to queries or the delivery of messages fit within what your peoples would discern as a comfortable period of time, for we do not wish to wear you out with words. Yet those of L/Leema are the least familiar with your means of reckoning time, and [you] may from time to time discover that you have spent a good deal of this time listening. Yet these entities are also desirous of serving in each way

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possible, and will attempt to make their deliverance more concise.

Your instrument has been utilized for the training that you have been undergoing of late has been that of word-by-word transmission. This type of transmission is more helpful in delivering the more specific type of information. Thus it is likely that your instrument would be the most frequently utilized as the other instruments hone their abilities to partake in the vocal channeling and perhaps also in the word-by-word transmission of this type of channeling.

May we answer you further, my sister?

Carla: Yes. It seemed to me when I thought back over the session—haven't read it yet—that there weren't any excess words, that it was just a matter of systematically going through the subject. Is this a correct perception?

I am Latwii, and this is quite correct, my sister. For when the subject is large, to do such a subject justice one must attempt to cover, shall we say, all the bases, and you may expect variation in the length of deliveries according to the depth and breadth of the subjects you choose.

May we answer further, my sister?

Carla: Okay, so I understand. We need to be specific on our questions to get specific answers. Okay. The only other question was just subjectively interesting to me, what state of mind was I in that erased my awareness of time without erasing my awareness of consciousness?

I am Latwii, and, my sister, the state of which you were is that which is much the child. For the word-by-word transmission mode is that which focuses quite concentratedly upon the present moment and each word which enters that moment. Thus the type of contact which we were utilizing and the message that you were transmitting served to cause your reckoning of time to be put aside in order that you operated in what is your analog of a timeless portion of experience.

May we answer you further, my sister?

Carla: Did others experience the same thing? I mean, is this simply concentration or is it a deeper state of trance than is normal in conscious channeling?

I am Latwii, and we find that your last supposition is more nearly correct. The word-by-word transmission mode of channeling is one which requires both a greater concentration and a deeper state or level of mind to be utilized. It would be more correct, we find, to suggest that the more focused the concentration, the deeper the level of mind that is being utilized.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister.

A: Out of curiosity, what density is L/Leema?

I am Latwii, and those of L/Leema are of the density of light, which as you number the density is that of five.

May we answer further, my sister?

A: Thanks.

I am Latwii. We appreciate your fill-in-the-blank queries. Is there a fill-in-the-blank, a multiple choice, or perhaps an essay question we may answer further?

(Pause)

I am Latwii. Ahh, my friends, we can't compete with the thunder and the rain. We were considering answering the query of the thunder, but we found that this instrument was unwilling to vocalize our response. Perhaps in time. We thank each of you for requesting our presence, for sharing the love of your hearts, queries of your minds, the pleasure of your company. We are those of Latwii. We shall leave now in the channeling thought sense only. Always are we with you. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Yom. I greet you in the love and in the light of the infinite Creator Whose number is One. We are called to you by the one known as A, and because there are so few queries which make sense to a group which is not made completely of your scientists which we may answer, we shall be brief. However, the entity known as A wished to experience our presence. Therefore, we shall speak briefly and then dwell with the one known as A, as it is possible our vibration may be comforting.

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We would speak briefly of electricity and gravity. The energies involved are spiritual and spiritual integrated with the ratio of space and time. Because this is not understood by your peoples, electricity is not understood by your peoples. It is merely used by your peoples. Because the spiritual nature of gravity is not understood by your peoples, the universe loses the unique cosmology which it deserves, that is, the cosmology of spirit and consciousness. We use a very poor instrument to transfer thoughts of this nature, for this instrument does not have vocabulary or even concept for what we would speak of. However, we give you these few thoughts to provoke further thought within yourself as to the spiritual nature of the physical as well as the metaphysical universe.

You have pondered light, we assume—what light is, how light works, and so forth. You have not come up with any answers yet, we also assume. Remember, we greet you in light. Ask yourself what the attractive power of that which is sent away shall be if all things are indeed one. Ask yourself if children grow up and return to complete a cycle of growth.

We leave this instrument, rejoicing, as do all in the Confederations of Planets in the Service of the Infinite Creator, in the love and in the light of that one Source of all that there is. We are known to this instrument and now to this group as Yom. It has been enjoyable to speak with an engineer once again. We bless you all, even those who are not scientists, and leave you. Adonai, my friends. ♣

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Sunday Meditation
June 16, 1985

(Carla channeling)

I am L/Leema, and I greet you in the love and in the light of the one infinite Creator whom we all serve with our gifts in one way or another. It is a great privilege to be with you this evening and we both thank you for your call that we may attempt to be of service to you and assure you that we shall attempt further to be somewhat less prolix than in our discourse previous. We are in the process of adjusting to this instrument. It will be necessary for this instrument to move, so we shall pause.

(Pause)

I am L/Leema, and am again with this instrument. This is a much better position. So that we may refrain from straining this instrument's neck region, it was necessary to encourage the instrument to become more erect in its posture.

When we speak to you of gifts, know that we speak not as your holy book known as the Bible speaks, for the gifts therein mentioned are far too categorized and narrow. Spiritual gifts abound, and there are a variety of spiritual gifts for each entity who seeks to know the truth. The entry into the very gateway of love opens to the seeker a veritable Christmas, shall we say, of gifts. And as the seeker walks a sometimes weary road, the gifts multiply if they are recognized and used, and gradually disappear if the opportunity is not accepted.

Before we speak of gifts themselves, let us speak of the nature of phenomena. We ask you to consider that you are not your body, nor are you those things which your body does. Who you are is barely tangential to the body, the life of the body, and the labor and acts of one who is within your third-density illusion. The actual nature of each entity is one with the one great original Thought, which many have called love, some have called Logos, and others have called any number of names intending to refer to the Godhead or Creator. In this state of consciousness, gifts are available in infinity of supply, yet are unavailable due the fact that there is not an individual with free will which has separated its consciousness from the Creator enough to become a co-creator. So when we address you, we are not addressing entities who shall be known as spiritual due to their works and the apparent display of gifts. We address you as portions of the Creator. Your natures are unchangeable and have been unchanged for an eternity. As you find these words, you are already ancient, ancient in thought, in understanding, and in wisdom.

The concern of the group this evening is not only the nature of gifts, but what methods may be used in order to gain or regain knowledge and use of these gifts. We feel that it is important that we have prefaced this question with the information that the phenomenons about which you ask are not

conducive or detrimental to spiritual growth. They are neutral ground against which the biases of your personality will form attitudes towards those gifts. Those attitudes are the most interesting, thought-provoking, informative and important portion of your seeking after phenomenons. All things can be holy and all things can be mundane. Those who approach gifts which are considered spiritual—whether they are in fact spiritual or not—with the desire to serve others are polarizing in a positive direction. This is important and the knowledge that this is important is informative.

It has often been wondered why some are given gifts, seemingly at random, why the large majority who enjoy experience upon third density seem to be either without spiritual gifts or only vaguely aware of the various hypersensitivities that constitute the general concept of the spiritual gift. By this we mean that a hypersensitivity of the ear would produce clairaudience or clear hearing, hypersensitivity of vision producing clear vision or clairvoyance and so forth. Why are some given the gift of seeing that which others cannot, yet that which has substance in the sub-vibration of your inner planes? To understand the answer to this, one may simply gaze at the round upon round of incarnational experiences, the end product of which is each of you. In previous incarnational experiences, some have studied with great earnestness and sincerity and in a future lifetime then have continued that study, either consciously or subconsciously choosing the same area until eventually the entity arrives within the illusion at the beginning of an incarnational experience with a gift. It is a gift that has been earned, my friends, not in one incarnation, but in many. It is the equivalent of one who studies the piano, not in one incarnation but in three. By the third incarnation the human hand guides itself to the keyboard and euphonious harmony ensues therefrom. The singer is a singer, a dancer a dancer of eternity. To each, gifts are given.

We can think of no simpler way to state this simple answer. When a gifted person says to one who is not gifted in the same way, "Why do you not study harder, for this gift is your birthright?" the questioning entity is neglecting to realize that there was no study involved for him or her. It was a gift. The gift may have been refined, indeed, not have been refined by the experiences of the present incarnation; that is the nature of the illusion and it is seldom wasted. Catalyst is used. That which is not needed is burned, that which is deemed appropriate is harvested and the process goes on. To expect to learn a gift within one lifetime is as unreasonable as to expect one who has not danced in previous lifetimes to go through childhood, partaking the lessons of the dance, and then to blossom into a ballerina of the first caliber. It is possible to learn the steps; it is possible to work upon balance, grace, poise and discipline—all of these things a dancer needs. What is not possible to learn in one lifetime is the heart and the soul of the dancer, for the heart and soul of the dancer dances to the one Creator, rejoices and grieves with the one Creator by the movement of arms, torso and legs. The one with the gift of music, be it singing or playing, may feel that the gift has been simply training and a little talent. But the one with the true gift found love in the song, creativity, light and fire in the generation of song. Can these things be taught, my friends? We think not.

We move on to our final thought, and we hope one which one may be helpful in realigning each entity's perception of that which is truly gift. The true gifts are often unremarkable. Seldom does the dramatic incarnational experience involve spiritual gifts, for this is not a third-density world upon which spiritual gifts are greatly appreciated. These gifts are manifestations of love. They seem humble. They are the gifts of unselfishness, of willingness, of enthusiasm, of patience, of courage under distress, of the reached-out hand. These are the gifts which are spiritual and they are the birthright of all of you. Each entity has this birthright. Yes, it is true; you have all knowledge, you have all the answers—these too are your birthright. But how many incarnations shall you go through in order to refine each and every phenomenological gift? And as *(inaudible)* when the treasure, the true gift is a cheerful and willing heart and the mind which is single in its devotion to seeking the truth, to aiding others, and to finding the one infinite Creator in each and every glance, each and every moment, each and every situation.

As you pursue these true gifts we ask you to refrain from judgment whenever possible. And when it is necessary to judge yourself because of your biases, we ask that you forgive yourself each and every time. One attitude and one attitude only shall open to you the gates of the spiritual kingdom and that is the

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attitude of openness and vulnerability to the Creator. A deck of cards, a set of numbers, designs in the sky, specters and visions in the orb of glass, are interesting for the moment, but as you face the larger perspective, you must at some point choose to turn your face to the Creator, knowing not, but hoping, understanding not, but believing in things unseen. Be clever among men, my friends, but be innocent before the Creator, for as children, you shall learn much from the Father.

I am L/Leema. We are again most humbly grateful to be allowed to be of service in whatever small way we can. We ask you to discard any word or phrase or sentence or thought which we have said amiss or which does not fill a need for you, for we are fallible and humble and what we say to you is our opinion. We too search, and we too find. We leave you, glorying in the love and in the light of the one infinite Creator. May the gifts you seek and the gifts you receive lighten the road upon which you live, and glorify the Creator you seek so diligently. Above all, may you have lightness of heart in your endeavor, and find laughter and joy amongst the cobblestones, the hills and the valleys, the darkness and the noontimes of your search. Adonai. Adonai vasu.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and the light of our infinite Creator. We are most happy to be with you again, and we with you have enjoyed the dissertation by our brothers and sisters of L/Leema. We would attempt to offer a similar service, perhaps with more queries. May we begin then with the first query for the evening?

L: I'll jump in. First of all, Latwii, was I being contacted by L/Leema at the beginning of this session?

I am Latwii. My brother, as we scan the time period of which you speak, we find that there was an attempt to condition your instrument by the brothers and sisters of L/Leema, for you have had your initial experience with these entities, and it was their desire that you should also experience the conditioning which you were made aware of in order that your instrument might be able at some point to serve in the transmission of their thoughts.

May we answer you further?

L: Yes. In L/Leema's introductory comments, unless I misunderstood, they referred to themselves as "we both." Is this correct, and if so, could you explain it?

I am Latwii, and we feel that we may explain this comment by suggesting that there are more than two entities within the social memory complex known to you as L/Leema. In that opening comment, these entities meant to both thank you and assure you. If you will look at this transcript when it is complete, you may find the grammatical sense in that reply.

May we answer you further, my brother?

L: No, thank you. I was somewhat … It piqued my interest without … obviously looking deeper than there was depth. Thank you very much.

I am Latwii, and we thank you, my brother. May we have another query?

T: Yes. I have a question. L/Leema said that one of the most important things we can do is to have an open heart and be open to the Creator. Well, if indeed everyone is the Creator and if love of the Creator and an open heart are the most important things, then isn't one of the … I guess I'm looking for an everyday concrete way to work on myself. And it seems to me that if indeed every one is the Creator and love is the most important thing, then the place to start is with love of the self, because when you love yourself, you are indeed loving the Creator which encompasses everything. Could you please comment on that for me?

I am Latwii, and we shall attempt, my brother, to comment upon this most central query in the life of the seeker. Indeed, if it be true that all is One and that one is the one Creator, then you have truly spoken when you have suggested that one may begin with love of the self. In truth, my brother, one may begin at any point, for all points are one. The choice of perspective is that choice which each seeker must arrive at by whatever means has value to the seeker. You may begin at any chosen point, but when you begin at an individualized portion of that one Creator, you first begin with you, for that is all the limited consciousness within your illusion encompasses.

As you first begin your life upon this plane you form the idea of the self first. You then take that self upon many journeys. That self thinks many thoughts about everything that is placed before it, and if that self can feel the security and wholeness of its own

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being, indeed, if it can love itself, then this love may expand as do the rings of a pond when a stone is thrown within it, and these rings of love then may encompass all that the self touches and all that the self becomes aware of. It would seem that this would be the most efficacious means of knowing love and seeking the one Creator that is in all, yet for many the path is more circuitous, for one or another many selves are given the added opportunity, shall we say—burden, perhaps you will say—of finding difficulties within the self which do not seem lovable. These difficulties or opportunities are for the purpose of enhancing some aspect of love which the entity before the incarnation felt it lacked capability in expressing.

Thus, many entities begin their search and seeking for love and unity partially within and partially without the self. The journey of seeking this love may for some be more efficacious when the love is expressed for another being, perhaps for a place, perhaps for an art, perhaps a thought, perhaps a project and so forth. Then when an entity sees itself reflected in that other self, thought, art or thing, it becomes more able to appreciate and to love self. Thus, it matters not so much where one begins as it matters that one begin to seek love and to find unity with all things. For these basic, what you would call, truths that permeate your entire illusion and all previous and future illusions are similarly built upon the unity of all things and the love which motivates the experience of things, places, universes and entities within them.

May we answer further, my brother?

T: Well, I find many things in what was just said that I can apply to myself personally. I'm just wondering, do you have anything—I don't know if maybe this is not even within the realm of possibility. Do you have anything of a more personal nature, any suggestions for me, I guess I'm saying?

I am Latwii, and, my brother, we may make many suggestions for many entities and yet each shall choose that which has meaning. If we may be most general, we may suggest that each entity you meet and each situation that comes before you be seen as the Creator. Frame the entity or the situation and label it the Creator, and if you fall short in your perception and appreciation of any entity or situation and are unable to feel it as the Creator, unable to love it as the Creator, then use that falling short as your daily meditation, as your meditation for that day, so that whatever keeps you from loving and seeing the Creator in all might then be smoothed, and your journey made more efficient, shall we say.

May we answer further, my brother?

T: No, that's wonderful. Thank you very much.

I am Latwii, and we thank you, my brother. Is there another query?

Carla: I'd kind of like to follow up on that because I'm also seeking intensely at this point. But the conclusion that I'd come to was that what I needed to seek was the Creator Itself, and to stop seeking love of myself or love of others. And I wondered if you could comment on the efficacy of that path?

I am Latwii, and we shall, my sister, attempt to comment upon your observation which is most perceptive in its heart. As the seeker continues upon its journey seeking one portion of truth, and then another portion, and then seeking these various portions in one place or another and then in one way or another, the entity finds a harvest in each place and in each manner of seeking. The entity in its seeking, then, gathers an awareness of love in an expanding and dynamic nature and begins to feel its connection with all that surrounds it. This connection begins to grow and to expand and eventually the entity begins to replace the seeking of love and the seeking of the Creator with that which we may describe as being love and being the Creator. The conscious effort to do gives over to, shall we say, more automatic effort to be that which was previously sought.

May we answer further, my sister.

Carla: I thank you for that general answer, and I don't know if you can answer this specific query or not, but I'm going to be juice-fasting soon, and the doctor that was overseeing this fast was concerned that I would not get enough nutrients, and it came to me as I was contemplating this that what I should do is see if I could arrange for daily holy communion …

(Side one of tape ends.)

Carla: Anyway, my thought was as I started on this path in order to provide a plentiful supply of nutrients, which is hard to do on a juice fast so I understand, that it would be very efficacious for me

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to take holy communion every day if I could arrange it because that metaphysical food is high in value. Could you comment in general on this thinking, given that the person in general happens to be a Christian?

I am Latwii, and am aware in general of your query, my sister. We find that the preparations which you anticipate for this fast have been carefully considered, and should because of this careful consideration and forceful application of the will, shall we say, be nutritious and supportive to the not only physical but mental and emotional bodies which derive their nourishment from the food which goes into the mouth, and more especially in your case the food which proceeds from the mouth.

May we answer further, my sister?

Carla: I'll have to read that. Thank you.

I am Latwii. We thank you, my sister. Is there another query?

N: Yes, I have a query in that those answers previously derived—I would wonder if we can focus our considerations for all being the Creator in some direct method when it is difficult to accept, shall we say, the transgressions of others. Can we just think it and it's there? Or how can we convince ourselves?

I am Latwii, and am aware of your query, my brother. We find that this is a general query which is specific in application, therefore most difficult to answer specifically, for each entity will find that there are a variety of ways that are useful in, as you have put it, convincing oneself that the Creator is all about one. You must, my brother, make your own choice in this regard. We could give this or that technique, yet no technique would be efficacious without the will and the faith that such technique would be efficacious. You may apply any particular technique. That of importance is the intention of the technique, not so much the technique. If you will also include in this technique the meditation upon your discoveries, you shall then take that which is learned by technique and mechanical application of the technique and seek it within your being, that it might become a functioning part of your perception. Look you first, my brother, to the intention. The technique is basically unimportant.

May we answer further, my brother?

N: Well, in reference to the meditation, when we meditate, many seem to have answers apparent, to those entities that do meditate, although some of us don't seem to have, shall we say, directness of the meditation or answers or however you wish to phrase it. Is there any method of meditation that is better than others or do we just have to wait until we are totally oriented?

I am Latwii, and am aware of your query, my brother. Again, it is not possible to know the true fruits of any entity's meditative efforts. Many speak that which they wish to have occur. Yet, what has occurred? None know, perhaps even the entity itself does not know. Again we revert, shall we say, to our previous response and may suggest that any means of meditation which has value to you will work for you if your desire is pure and strong. If you seek with all your being one facet or another of the Creator, if you seek with all your being the meaning of some experience within your life, you shall find that, for as it has been written it is truly stated that "As you seek you shall find," for if all is one, when one portion seeks, it can only seek another portion of yourself. And you, my brother, shall find you, for you have nothing else to find.

May we answer further, my brother?

N: There is a course called the Silva mind control which teaches that we are all healers if we desire to heal. Can this readily occur as stated?

I am Latwii, and am aware of your query, my brother. We find that it is possible for anything to occur, yes indeed, but we find that it is sometimes not probable. We shall attempt clarification. All entities, being the one Creator, contain at some level of being the ability to do and to be all that may be done and all that can be experienced. Yet within each incarnation there is, shall we say, a plan or a program which each entity wishes to complete in order to balance, shall we say, certain deficiencies or develop certain areas that are seen to need attention within the overall being.

Let us say, for example, that an entity has in a number of previous incarnations been a quite good healer, has had the need to provide this service, and has done so, and before its current incarnation decided that there were other lessons to learn and services to offer and there was no need to, shall we say, pack the provisions for healing, for upon this journey there were other provisions more of

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importance. Let us say that this entity within its current incarnation decides through one means or another, of reading information, listening to others, that it shall pursue the path of the healer. It may with great difficulty be able to call upon those energies which are within its abilities and develop some potential for the healing. Yet this development would be difficult and in some cases, perhaps, take the center stage away from those areas which the entity decided before the incarnation that it wished to focus upon. Thus it is necessary for the seeker to seek the heart of its purpose or plan for its incarnation and not shop about overlong for one skill and another and another. It is most helpful, therefore, for each seeker to truly know the self, to become aware of those attributes which the self has provided for its learning and its service, to guard and use these attributes well. Each will have a slightly variant selection of such attributes.

May we answer further, my brother?

N: Yes, please. Well, in that respect, we each have a certain amount of karma and we accumulate this, evidently, through prior incarnations. Then as you have just stated, we should seek the purpose or directness…how best can we seek this if we can have the veil of forgetfulness, or how can this veil of forgetfulness be, shall we say, severed to a certain extent so that we can peer into our prior incarnations to sort of direct this present one?

I am Latwii, and am aware of your query, my brother. It is not necessary, my brother, to see the incarnations that have preceded your current one in order to know what the plan, shall we say, for the current incarnation is. If you seek that, shall we say, karmic balancing process that is underway within your own incarnation, there are many quite simple ways in which you may do so. You may simply observe the patterns which continue repeating within your own experience. Where you find difficulties of one nature, strengths of another nature, weaknesses of yet another nature, you may begin then to piece these parts of your incarnational puzzle together and find that as you continue adding, there is indeed a pattern that emerges. Your life is contained in each thought, in each moment; just as the holographic negative contains the entire picture, so does each thought and each experience. Therefore, meditation is the most valuable tool of which we know that can be used to examine the life, the experience, and its purpose and meaning.

May we answer further, my brother?

N: There are other questions, but thank you very much. I'm sure someone else has need for a query.

Carla: I have a follow up on that one because I've wondered this before. It seems almost as though if you know a relationship and the nature of it before, it becomes a mechanical thing to, you know, like homework or something, to just sort of fill in the blanks, you know, and do the right thing to balance the karma. In other words, you're working from the end back to the beginning, and it seems like it might be even more effective if you didn't know, and of your own free you balanced that which was unbalanced simply because it was unbalanced, and you wanted to be of more service than you were in that unbalanced condition. Is that a correct thought?

I am Latwii. Yes, my sister, in general we may agree with your comment, for with the forgetting that each experiences before the incarnation, there is provided a greater opportunity for the finding to carry greater weight within one's total beingness than if one operated without this veil of forgetting. There would be little challenge in solving what you have correctly described as a fill-in-the-blank test. The veil, then, provides the challenge, the weight against which each seeker pushes in order to gain the spiritual strength that is its goal.

May we answer further, my sister?

Carla: Not on that subject, thank you.

I am Latwii, and we find that this instrument is becoming somewhat fatigued, and we would therefore suggest one or two more queries before the ending of this contact.

Carla: Well, I have one I'd really like to ask because I'm like T, I've never had a high opinion of myself; I've always had a pretty low opinion of myself, a real low self image. And I've noticed that in my life I've gotten a whole lot of love; a lot of people really love me. And I've also noticed that it makes absolutely no difference to my self-image. Why is that?

I am Latwii, and am aware of your query, my sister. For one whose lesson is to learn the value of the self and to learn that the one Creator dwells within this self, the acceptance of love from others has little impact when this self does not feel worthy of receiving the love which is so freely offered. Yet this entity can use the fact that others give this love so

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freely in its attempt to find the value and the worth of the self, for if the question be asked, "What is love when others love me?" and "Why is this loved?" then one can begin to trace that path that leads from the self to the one Creator and back again to the self.

May we answer further, my sister?

Carla: So one can be transparent enough to be a channel for the Creator and give Its love and light while as a human being, being very muddled. Is this correct? I mean, it's got to be correct, because it describes me.

I am Latwii, and this is quite correct, my sister. Indeed, in some cases where an entity has low opinion of the self, there is then seemingly little to get out of the way in order to serve as an effective vessel or channel through which the One may communicate to the One. In the case where an entity has a great opinion of the self, this opinion may be a hindrance in opening such a channel, for there is too great a weight to move from the mouth of the cave.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we shall keep this stand open for one more order. May we attempt one final query?

T: If no one else has a question that they'd really like to ask, I'd like to just follow up a little bit. I don't quite understand how a person—cause I've known Carla long enough to know that very few people that I've known put out more love to other people and at least more empathy and more understanding of other people's situations. And I've not seen too many people indeed who do receive more good feeling from other people, that anyone I've every known, almost, that comes in contact with Carla gives back this to her. How can this interaction be going on, which—I mean I'm fairly certain it is—how can this be going on, and how can Carla or anyone else's, in that situation, own-self image just not automatically improve? You may have answered this and I missed it, but I don't see how it can help but improve when there's such an interaction of love between Carla and people that she meets.

I am Latwii, and am aware of your query, my brother. Ah, perhaps you are addressing the wrong entity, and should address the one known as Carla, yet we shall attempt this query. The opinion that the self has of itself is an opinion that is developed within the confines of the self. Each entity throughout each portion of the incarnation resides within the heart of its being and makes contact with the world about it from the center of the being; the center of the being, then, is that self which is formed moment by moment according to preincarnative design.

An entity such as the one of whom you speak may decide before the incarnation that in order to develop a greater opinion of the self and the corresponding energy which this self-worth corresponds to, that all catalyst which it shall come in contact with shall be seen in a certain light; no matter what the catalyst may appear to another, it shall appear to this self as something other than adds to the self-worth. This then allows a great imbalance to develop. The self-worth is greatly reduced. It has been well stated that it is the nature of such distortion or imbalance that in order to balance this distortion it must first be accentuated. Seeing the catalyst in this manner thus accentuates the distortion so that at some point there is a choice to be made. The entity becomes so aware of its own low opinion of itself that it turns its efforts in seeking the one Creator directly inward that the one Creator might be found more fully even in that lowly center of the self, for indeed therein it does reside.

The patterns and programs of each entity's incarnational patterns are most difficult to easily discern. Your illusion is one which allows the great amount of variety, and an infinite choice of points of attack, shall we say, for any particular lesson or service. Thus, each entity wends its way through each incarnational experience with the coloration of its mind determining how it sees and experiences its illusion, this coloration having been determined before the incarnation in order to add to one facet or another of the overall being of the entity.

May we attempt a short clarification, my brother?

T: Well, I could ask questions all night, but no, thank you. That's fine. Thank you very much.

I am Latwii, and we find that this instrument is somewhat fatigued and is not completely comfortable with the clarity of its abilities at this point. If there are further queries, and if the one known as L is willing and able, we would therefore transfer this contact to the one known as L.

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L: I'm willing. Are there more questions?

(Pause)

L: Got out of that one, didn't I?

(No further questions.)

(Jim channeling)

I am Latwii, and we are most grateful to each of you, my friends, for without your heartfelt queries we would have no voice, no service, and no purpose within your illusion at this time. We leave you now in the respect of speaking only, for always we are with you in thought and in service. We are those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation
June 18, 1985

(Carla channeling)

[I am Hatonn.] I greet you, my brothers, in the love and in the light of our infinite Creator. As the calm of the evening settles like fine golden dust about your domicile, we blend our beings with you, and our thoughts, and above all, our blessing of love. We are most grateful that we have been called upon at this time. Our brothers and sisters of Laitos will be working with the one known as N by conditioning the instrument. However, we felt that it was time that we initiated contact with this instrument. Also, as our vibrations are not unlike those of Laitos, the transition should not be difficult to make.

As distant thunder signals the onset of storm and lightning, so those seekers present have heard the harbingers of growth and seeking. Who knows what the lightning holds, my friends? That it shall strike is certain. That it shall strike in the correct place is also extremely probable, for each of you has a plan, my friends, just as each soul of sufficient advancement to choose incarnations does. And according to that plan, a kind of magnetic field is set up which will attract those gifts which you desire, those experiences which are needed and the disciplines which are necessary to achieve your course.

At this time we would like to attempt contact with the one known as N, for this entity has heard the thunder, and its only doubt is as to where the lightning shall strike and what gift shall be opened to this instrument. We ask that this instrument put all such thoughts aside and trust in the plan that this instrument himself has created in concert with the infinite Creator and with those ministering angels which have been attracted by this instrument's needs. Without further ado, we now transfer contact to the one [known as] N.

(N channeling)

I am Hatonn. I greet you in the path of love and light, light and love of the one infinite Creator. There are many considerations for those on the path. If one is to follow, one must leave. There are ways of proceeding which are rather tortuous. One can only do as he feels he should do. It is difficult to outline any specific path as that might impose restrictions on free will. There is a light at the end of the tunnel, for all must proceed eventually toward that light. If one should desire, direction may be obtained. It is a gift, but one should learn to relax and enjoy it. *(Sound of birds are heard.)* It is like the birds singing—it can be beautiful, but you do not focus your attention at this time.

(Long pause.)

N: I don't think I can bring back the focus.

(Carla channeling)

I am Hatonn, and I am again with this instrument. We are most pleased and happy that we have made such good contact with so little difficulty with the one known as N. We hope that this entity will allow us to speak through him in the future.

To continue. The sound of the bird may be but very beautiful, the night sky full of dramatic clouds, the trees may sleep in majestic splendor, and the sounds of wind and rain may [be] before the thunder. All these things are available to the one whose ears are open and whose eyes seek. The situation you face, my friends, is that you are in not a straight tunnel, but a maze, a *(inaudible)*, one tunnel leading to another and then to another, some passages small, some passages large and no rhyme or reason, no man-made logic to the largeness and the smallness that would indicate that either the larger or the small path should be the one for you. Yet the light at the end is always and ever the same.

The path is different for each entity. Each of you is at a different point walking within the cave, and most of you cannot see the light. Therefore, you are motivated only by the blind and fervent desire to seek the truth, to find the light, to know the love of the one infinite Creator and to share, therefore, in that one great original Thought. Even within the tunnel, each entity is free; free to listen or not listen, free to be moved by signs and wonders or to be unmoved by what seem to be irrelevant details. To become sensitized to the seeming coincidences that occur within your daily lives is most helpful, for to the seeker whose ears and eyes are opened, many, many small details of the day speak. Connections are made within which cannot be explained except by saying, "This feels correct."

Many there are who wish to help you, and yet the greatest help is within yourself. As you meditate each day, you cannot help but begin to feel and fathom the extraordinary depth of consciousness that lies within you. You may come back from meditation like a traveler from a long voyage who has lost his luggage, or you may come back burdened with gifts, and yet in both cases you have been in the light. Whatever your consciousness of that light, your seeking of that light has brought you there. Many are the people upon your sphere who do not choose to observe their environments. We speak to those who wish to observe their environments, themselves and thought itself. Trust, therefore, in your intention and in your seeking, in the bone-deep wisdom that knows not in any intellectual way whence its ideas come.

Trust as well your powers of discrimination, for as there are many who wish to aid you, so are there many entities who would wish to desensitize the sensitive soul by furnishing that soul with information which is not correct. This is why we have so often requested that tuning be done, the tuning of entities that join into unity. As we work in this teaching class, we work with a very small group, a group which is rich in friendship and companionship and the tuning is harmonious and unified. You do not play the same note, but you play the euphonious chord. Therefore, we speak with relative ease. The service of those who channel vocally as these instruments have done is simply the extension of personal harmony into what you may call community with others.

The intensity of the group of three is far, far greater than the intensity of one, for you are unified, and each of you has his will turned unblinkingly towards the face of the Creator who moves across the deep. You are co-creator with the One who has been called the Ancient of Days and you shall create your days and nights, your incarnation. We wish you the joy of this adventure and urge you both to take very seriously the choices you must make in order to become more positively polarized, and to take with utmost lightness and delicacy the carrying forth of these experiences. The use of discrimination, the use of humor, the use of the larger point of view, shall all aid the seeker and act as a kind of self-encouragement as you do seek in your part of the tunnel, in your walk towards the light at the end, towards the love that surrounds all, towards the life that is all creation.

Again we thank the one known as N, and assure this entity that at any time this entity wishes [we will] be available to aid in deepening meditations. Meanwhile, our love to each of you. We leave you in love and in the light of the infinite Creator. We are known to you as Hatonn. Adonai. We fly with the evening wind. Adonai.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and light of our infinite Creator. We are happy to have been called once again to this group. We fly

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in on the same wind that our brothers and sisters of Hatonn flew out on, and we hope that we may be of service by attempting to answer a query or two. May we ask if there may be such a query by which we may begin?

Carla: Well, I have a question, but it's transient, but maybe it'll help N be brave. The last two times that L/Leema has come through me, I have had an absolute undeniable desire to sit upright. And I wondered why this was, since with my neck injury, it would normally be most logical for me to be more nearly prone.

I am Latwii. My sister, those of L/Leema have the ability and the desire to focus their service and their energies in the attempt to answer queries in a fashion which is more specific and at the same time more broad than our own efforts are usually. This intensification of the conditioning and overall effect of the contact upon your physical vehicle is more easily absorbed as you are more vertical in your posture of the spine. If you were to engage in this service with those of L/Leema in the reclining position, there would be somewhat more of a chance, shall we say, that you might enter the trance levels or those levels preceding the trance, thus those of L/Leema have encouraged you in subtle ways, shall we say, to assume the more erect posture.

May we answer further, my sister?

Carla: I thought I couldn't go into trance as long as I was holding hands with someone. Is that not so?

I am Latwii. This is correct, my sister. But those of L/Leema are quite conscientious in their efforts to take every precaution that there shall be no misuse of any instrument which they have the honor and the opportunity of utilizing. Thus, they are aware of your tendency toward trance and are further aware of the holding of hands to avoid this state, yet seek the added reassurance of the more vertical posture to avoid that trance state.

May we answer you further, my sister?

Carla: Yes. Would it be to my interest or edification to try to find out more about my trance state or is it better just to let it be?

I am Latwii, and we are not sure, my sister, if we have grasped the gist of your query. We are aware that the occurrence of the trance state within your experience has been shrouded in great mystery, and we assume that you would at this time query concerning lifting that shroud so that there might be a recognition of the steps or procedures that have been internalized in your case and those steps retraced in order that you might consciously understand the phenomenon that you have experienced. Are we correct, my sister?

Carla: Yes, I wish to know only if it would be helpful to pursue that knowledge. And, if so, how?

I am Latwii. We feel that we have the gist of your query at this time, and are examining it for the situation in respect to the Law of Confusion, for we do not wish to speak where words are not appropriate.

Carla: Well, let me help me/you out, then. It's my hunch that I'm a lot better off not asking any questions about it. Can you confirm that?

I am Latwii, and, my sister, we feel that your supposition is one which is appropriate at this time, for the condition of trance is a condition which was carefully guarded and used at a previous time, as you call it, and is a condition which is not so recommended at this time.

May we attempt further response, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister, as always. Is there another query?

N: Yes, Latwii. We were discussing earlier the fact that many children have been deluded by other people, and against their free will, and I was particularly wondering if this sort of query situation could be utilized to locate any specific entities that have their free will deluded, so to speak, such as this A that disappeared in this area a couple of years ago?

I am Latwii, and am aware of your query, my brother. In most instances we would suggest that this type of a query and direction for group energies is a service to those who have been led away and astray. There are some groups that are well-prepared, shall we say, to undertake this endeavor. This group, however, utilizing the instruments at its disposal, and with the contact being of the non-trance variety, would find it most difficult to provide this service, for there must be a great effort put forth in a specific manner and these instruments as they are currently being used would not be able to transmit the information which we could with some effort

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provide. Ours is a service which is basically philosophical in character, hoping as we do that we may provide some information for each entity's journey of seeking and development of the point of view.

May we answer you further, my brother?

N: Well, yes. You said that was a service that you could provide but not for these instruments, and that you prefer a trance state. Would it not also be a service to others, or should we say, what direction would you suggest so that we might utilize this as a service to others?

I am Latwii, and, my brother, as each entity and each group has the certain talents and skills, we find that in general the service of which you speak is not one which would be possible through this type of contact or utilizing these instruments.

May we answer further?

N: Well, I was just wondering if you could suggest what type of contact or what direction one might take in order to perhaps try to fulfill this service to others?

I am Latwii, and, my brother, we would suggest that one would need to find an entity that were quite gifted in the ability to achieve the level of trance necessary for such specific service and one would have to find this entity also willing to undertake such service and to be knowledgeable enough concerning this service to utilize the proper tuning and challenging techniques with which you are familiar.

May we answer you further, my brother?

N: Well, thank you very much. I was wondering in my particular case, is there any way to amplify the seeming induction of thought phases or thoughts or words in an incident such as myself? I seem to have such difficulty in pulling each word through the purple maze.

My brother, we find that you have proceeded quite rapidly in this endeavor. The vocal channeling is a service which is not always so quickly learned, and we commend your rapid progress and could suggest that you rest your concerns and continue as you are. We can further suggest that the continual refining of this skill is a blend of two characteristics which seem to be mutually exclusive, that is, the increasing of the desire to serve in this manner and the achieving of greater and greater levels of relaxation and opening of the mind in order that concepts may be transmitted without the interference of analysis. To seek strongly such a service and to relax into the level of the, shall we say, out on the limb fool is that recommendation which blends the seeming opposite tendencies or characteristics which allow refinement of your vocal channeling skill.

May we answer further, my brother?

N: I was just wondering if the "out on a limb" came from Shirley MacLaine?

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we are once again with this instrument. Is there another query?

N: I have for a while wondered, but never really wanted to ask, but now I think that many considerations refer to the light of Christ, and I'm sure that this exists, but what was the phrase used in those who were aware, say with Tutankhamen or the groups that Ra visited, was there such a phrase as—was it the light of the Creator rather than the light of Christ or just what type of, shall we say, phraseology was considered appropriate prior to 2000 years ago?

I am Latwii, and am aware of your query, my brother. We find that throughout the history of the many cultures of your planet there have been many words and phrases used to described this state of awareness. There have been many entities such as the one known as Jesus of Nazareth who attained the awareness that is known [to] your peoples—some portion of them, that is—as the Christ or Christed or Christened consciousness. This term or others like it has been in use for a great portion of time preceding the one known as Jesus as Nazareth. There have been so many ways of describing this state of awareness that we could not list them all nor begin to list them accurately, for in the many languages which describe this state there have been many, many attempts to phrase words which would be succinct and illuminating.

May we answer further, my brother?

N: There was a man in Homestead, Florida, who built a sort of house or castle out of coral, and as we discussed earlier, he would have huge blocks of stones, weighing five tons or so put on a truck overnight. This was before mobile cranes were

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available for this sort of thing. The only thing that he would say to anyone if they asked him is that he learned the secrets of the pyramids. This man was a Lithuanian who could not speak very good English, so there was a communication barrier. He could not drive, and so forth, and yet he built a very unique edifice using this supposed secret of the pyramids. Was a portion of this secret the ability to lift huge weights or to transmute their location? And if so, could others take such a direction?

I am Latwii, and am aware of your query, my brother. We find in this instance that the information regarding this particular entity has been, shall we say, somewhat distorted in the telling and retelling, and the entity himself was not completely, shall we say, clear and open in his communication of the means by which he did that which he did. We cannot discern the complete story, for there has been a good deal of distortion, and apologize for being unable to provide the answer for which you seek.

May we attempt another query, my brother?

N: Thank you very much. Perhaps Carla has something.

Carla: Yeah, I have a question that kind of disturbs me. The instant that N asked where A was, the following words flashed into my mind, that she was north of the Ohio in Indiana and she was dead. I immediately asked who the person was that gave me this thought, didn't get anything, challenged the entity. The entity successfully answered the challenge. I again asked the entity's name and it simply went away. I don't know whether that was Confederation or whether it only seemed to answer the challenge or what. I also wonder if I'm dangerously near trance just because we've been talking about it.

I am Latwii, and am aware of your query, my sister. We find that the entity of which you speak was one which has no Confederation affiliation and [was] desirous of giving information which would pique the curiosity and perhaps cause your instrument to be utilized in a manner which would be deleterious to your safety and health.

May we answer further, my sister?

Carla: Are you saying that any time I went into trance for any reason it would cost me the same as it cost to do a Ra session?

I am Latwii, and am aware of your query, my sister. We do not mean to be facetious, my sister, but the cost would be far greater. The cost is that of which you are aware.

May we answer further?

Carla: Is there an intensification of the amount of vital energy it takes out of me, trance after trance?

I am Latwii. My sister, we find that you are still seeking that of which we speak. The use of the trance state would have those deleterious effects of which you have been aware for some time. We speak not of the normal wear and tear of any individual trance session but of the more dire results.

May we answer further, my sister?

Carla: Yeah. Let me refine that down a little bit. Would you confirm that any inner plane teacher for whom I went into trance would take a much severer toll on me? And I'm not just speaking of the removal of my mind by a spirit complex if I got hooked up with a negative entity—I know that part. What I'm interested in is just still mechanics, but I noticed during the Ra contact that as much as it took out of me, it did not take as much out of me to do a Ra session as it did when I went into trance for T and let E come through, those two times. That was extreme physical fatigue and pain, and they were very short sessions compared to the Ra sessions. It was a much worse toll on me and I'm wondering if that would be true of any non-Confederation, or really just any contact besides that of Ra which I undoubtedly made agreements with before this incarnation?

I am Latwii, and am aware of your query, my sister. You are in large part correct. The greater toll which a contact in the trance state for the purposes stated would take could somewhat be offset by the more appropriate use of your instrument compared to its use in the two time periods of which you speak. The greater problem, however, is not the greater toll which such trance work would take but is the proper protection being provided, for your work has drawn the attention of those negative entities who are quite willing and able to cause difficulties at any opportunity. Thus the protection must be most exquisitely prepared and is at this time not available.

May we answer further, my sister.

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Carla: When you refer to my work, are you referring to my being or to my fruits?

I am Latwii, and, my sister, we refer to whatever fruit might come from the work in trance. May we answer further?

Carla: Then my being by itself does not attract the negative entities. Is this correct?

I am Latwii, and, my sister, any entity who seeks along the path of positivity and service to others will find that its efforts attract the negative attention the purer the efforts become, for such efforts are as a light and such light is as a power, for it may transform others by its being and presence. Thus, those of negative polarity seek to control such power. And if such control cannot be gained, in some instances, then the light is put out, if possible.

May we answer further, my sister?

Carla: If I had never made contact with Ra and I was simply trying to be the best person I know how to be, to attain sainthood in this incarnation, would I have attracted the same negative entity or is it the works themselves that attract the big guns?

I am Latwii, and am aware of your query, my sister. If the case which you hypothesize had been your experience, you would have attracted the minions of such negative entities who would provide as they provide to all such seekers the tests and the temptations that each seeker must discern and put behind.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we find that this instrument has quickly grown fatigued due to its concern that it is somewhat over its head in this particular session. Thus, we shall relinquish our use of this instrument for this evening and we thank each for inviting our presence. We remind each that our words are but our humble opinions and we have no absolute truth to share. Use your salt shaker quite liberally, my friends. We are those of Latwii, and we leave you in the love and the light of our infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
June 23, 1985

(Carla channeling)

I am Hatonn, and I greet you and bless you in the love and the light of our infinite Creator. We come this evening with great joy to welcome those who are new to this group as well as those who are old in membership, to thank you most humbly for allowing us to be of what small service we can by sharing our thoughts with you. We ask you to remember at all times that we are as you, seekers along a path, seekers who have not found the ending of that path. We are fallible and foolish and know little more than you. That which we know that you do not we are most happy to share. But we ask you to remember at all times that beyond any knowledge that we can share with words, you have within you a discernment, and to that discernment certain things will speak and certain things will not.

We ask you to take those things which are helpful and, without a backward glance, forget anything we have said that is not helpful to you at this particular moment, for we wish to be of service, not to be a stumbling block like so many other spiritual stumbling blocks that ask you to believe this or think that. We offer to you ideals and opinions and we hope that we may be of aid. We are eternally grateful for the opportunity. We are attempting to use this instrument's voice in order to make each word audible to the room, therefore this instrument will be speaking more loudly than usual, and we apologize to those closest to the instrument.

This evening we would tell you a short story about a young man who was seeking and had been seeking for many years to find out what the truth was about himself and about the Creator. Who was he? Where did he fit into the plan, into the scheme that kept the planets and galaxies in place?

This he sought, and at this time he was on a ship which was temporarily harbored off a rocky coast. A terrible storm came up and the young man threw himself into the sea, for it appeared that his ship was breaking up around him. Portions of wood lay all about him in the white and frothy water, and although the water was not deep, as the young man clambered toward the rocky shore, yet it was perhaps the most physically difficult thing he had ever done to climb out of the stormy waters and onto the rocks of land. As he gazed at the land, he found that there was something mysteriously entrancing and magical about it. There were few trees, but there were dark rocky hills which seemed to climb ever upward and which ended in a magnificent castle. Somehow the young man knew that within that castle was the answer to the questions that he had been seeking. The young man studied the mountain very carefully. It seemed almost impossible to achieve the climb and indeed it took him three days and two nights. He was able to find good water but was not knowing

enough of plants to find food, and when he finally clambered to the top of what was almost a sheer cliff, he was starving and exhausted.

Now he was faced with more water, water over which a bridge could be put down but there was no bridge; he was not expected. He called out and called out again and no one heard him. And so he plunged into the moat, swam to the other side and again carved his way up the steep bank until he stood at the gate of the castle itself. The front door opened easily. There was no one to welcome him. There were, however, many, many closed doors. Each had a different lock, and so he began to try the doors, knowing somehow that behind one of them lay the answers to the questions that he had been asking for so many years.

He could not get any doors open, not with a battering ram which he made of his shoulder, not with his amateur lock-picking, but he found that a simple knocking at the door would open each one. And so he began knocking upon the doors. The doors opened, one after the other. Some rooms held great gold and silver, some rooms were veritable treasure houses of precious stones, and many rooms held one person or a small group who turned and looked into the eyes of the young man who sought entrance.

The young man attempted to speak with these beings. He had for years worked on the most clever and intellectually precise set of questions that he could formulate about the nature of his being and the nature of his Creator. Each entity or group of entities in each room gazed in love and said nothing in return. The young man mounted the stairs, trying doors, finding no thing that answered his questions, becoming more and more agitated.

Finally, in what appeared to be a kind of dungeon, he came across a double door of beaten copper. He requested entrance from it, and the doors swung outward to greet him. He began to explain to this room which was empty exactly what it was he wished to know. He was interrupted by a voice belonging to someone he could not see.

"Have you been in each room of this dwelling place of the spirit?"

"Yes I have; this is the last," he said desperately.

"Do you still wish to seek the answers to the questions that you have, regardless of the cost?"

The young man looked about him. He did not see implements of torture, he could not imagine the implied threat of what it might mean, but he was quite sincere in his seeking. "Yes," he said, "I wish these answers more than anything in this life which I live."

"Very well, then," came the unseen presence, speaking to him in [a] voice of gold.

Suddenly the room was filled with the same storm-tossed water which he had left at sea. He was caught up in the maelstrom. Somehow, he did not have trouble breathing, but he was moving very quickly and in directions of which he was not at all sure. Darkness had descended upon the face of the ocean and there was no moon, so it came to him after several minutes had passed that he was out at sea being tossed to and fro in the stormy ocean. A sense of despair came over him. He could not see land and he said to no one in particular, as far as he knew, "I surrender. I give my life. I welcome the deep. If there are no answers, that is well. I surrender."

Suddenly, the storm ceased to rage about him, and he was basked in a peculiarly effulgent golden glow. It seemed to take the place of a boat, for he was now dry and he could now rest. So he lay back his head and began to try to come to grips with what had happened to him. He could not. After what seemed to be an infinity of time thinking to himself, he spoke to the light about him.

"Who are you or what power do you represent?" he asked the light. Into his mind came a concept: "I am love," it said.

"Who is 'I'?" asked the young man. Suddenly, the young man was again in the stormy waters.

"Love, come back," he called. And again he was safe.

The young man was dumbfounded. He did not know what to ask; he could not formulate any questions any longer. And so he simply spoke to the light that was around him.

"I have sought long to know the truth about myself and about the Creator. I do not understand what has happened to me, what the meaning was of my shipwreck and of this craft of light that keeps me from the storm." He was back in the water immediately, the storm raging about him.

"Love, come back," he called, and again he was in the craft, safe and dry.

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Love then spoke to him, briefly. "My child," spoke the glowing light, "I am love. You are love and all is love. This is the truth about who you are, this is the truth about who the Creator is, and this is the truth about your connection with the Creator. If you wish the storm, so you may learn of the Creator; if you wish peace, so better you may learn of the Creator. But love speaks only to love and tempest to tempest."

Each of you may make that choice at any time—the tempest or the peace. Both are equally full of love; one is intellectually distorted, the other distorted by the biases of compassion and unity. If you accept tempest into your mind or your heart, then you shall learn by the tempest, and it shall be a good learning, though hectic. If you accept the calm within the storm, then love shall speak to you plain and clear. We urge you, my friends, to seek the calm within through the quiet of meditation and contemplation. What inspires you may not inspire another, what aids you in meditation may not aid another. Each is unique, and it does not matter how you attain those few moments each day of quiet. What matters is that you intend to rest in the love and in the light of the one infinite Creator.

All of you move across the face of the deep. All of you are ocean voyagers, and a long, long way from home. We bid you a fair voyage and a craft built with love. And when you are in the midst of tempest, we bid you rejoice that you learn from the storm.

We shall leave this instrument, again thanking you for allowing us to blend our vibrations with you and to share these few moments. We are those known to you as Hatonn. We leave you in deep waters and golden light. We leave you in the creation—where else is there to go, my friends? How far can you search to find one thing? We leave you in the love and the light of the one infinite Creator. And if you should wish us to be with you to aid you in deepening your meditation at any time, please mentally request our presence and we shall be glad to be with you. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and light of the one infinite Creator. It is also our great joy and privilege to be asked to join you this evening. We come, as always, in hopes that our simple service of attempting to answer your queries might have value in your seeking. We are as those of Hatonn, and like yourselves seekers of truth, quite fallible and wishing each to know that we give our opinions but have no final words as to the truth. Take those words that are of value to you. May we begin with the first query?

L: I'd like to ask a question, Latwii. In the Ra material, mention is made of the fact that there is a sort of seniority system established for entities who wish to incarnate on this planet at this time. Being that the lines are long and the time is short, would it not be an act of service to those entities desiring to incarnate for one who had already incarnated to simply kill themselves, thus making room for another incarnation? I was reflecting on this and it seemed to me to be about as far as a person could go towards service to others. Could you comment on that, please?

I am Latwii, and am aware of your query, my brother. This is a query which has many ramifications which would be quite lengthy in giving of the complete insights. We shall attempt to make comment which shall be brief and hopefully clear. The intentions of any entity are the most salient or important feature of any thought or action. The intentions determine then one's polarity, one's service, and one's, as it has come to be called, harvestability. Each entity in proceeding through an incarnation then will color or charge or empower each thought and action by its intention. If one should then decide that to be of the greatest service possible to another, that it should take its own life that another might live, this then would be well. This is the path of what has been come to be called the martyr. Yet it is not a path which is easily chosen. Nor is it one that is suggested, for as one attempts to be of service to others, one cannot know the final or total outcome of any thought or action. One must move then through the incarnation in accordance with an inner voice for assurance which is the product of long and dedicated service, for the intellect cannot know these things.

Thus, an entity in the position of which you have described would be well advised to seek clearly, calmly and with great intention for that inner voice, that its own will might be given over, that the will of the Creator might move through it. When such has been accomplished, then no matter what action it is that is being contemplated, one may move in the

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greatest assurance that one moves appropriately according to the plan of the one Creator and the plan that each entity in its higher self forms, constructs before the incarnation, having at that time the greater view of purpose, service and lessons to be offered.

May we answer you further, my brother?

L: No, that was a good response. Thank you.

I am Latwii, and we thank you, my brother. Is there another query?

Questioner: I have a question of sorts—really, I'm just asking for a comment. I've had some thoughts recently about patience sort of being the basis for forming our attitudes and our ability to like and accept other people and ourselves, and I would just like some comment on that. Just on patience in general in our spiritual development.

I am Latwii, and we are aware of your query, my brother. The patience of which you speak may be likened unto the peace or the love which our brothers and sisters of Hatonn began with this evening as their topic. As each seeker moves through the illusion that is your reality, there are many storms of seeming difficulty which beset each seeker along the path. There is much to sway one's attention, much to seemingly detain the progress. Yet, if one can maintain an attitude of patience, of tolerance, and of developing what we might call the light touch, then one might rest where others flail madly about, and in this resting a greater view might become apparent to the patient eye, for it looks keenly and evenly at that which is about it and that which is within it, and reserves judgment, motion and action until a later time, as you would call it.

During this time, a greater view is made available to the patient eye. More, shall we say, pieces of the puzzle come before the attention, that the thoughts and actions which shall be this entity's response to the storm shall carry the consideration that has been carefully determined. Thus, patience is a great virtue, my friends, but one which is most usually preceded by a great deal of flailing about, and making the rash and quick judgments which in their own way teach quite well, yet may leave some bruises here and there.

May we answer further, my brother?

Questioner: No, that's fine. Thank you.

I am Latwii, and we thank you, my brother. Is there another query?

N: I have one query. Is it better to leave the veil of forgetfulness in place, or can some entities benefit by lifting the veil, by whatever means?

I am Latwii, and am aware of your query, my brother. Each of you, my brother, every instant of your incarnation removes yet another small portion of that veil of forgetting, as you have called it, which seems to separate you from the one Creator and all creation. The conscious attempt to penetrate this veil is the path of the adept. Each who seeks in a conscious manner, therefore, is an adept of one degree or another. To penetrate this veil through whatever means is available to you is what we might call an enhancement upon your journey, for within the illusion created by the veil, there is much which seems confused, much which seems broken, much which seems evil, much which seems other than one's own self if you remain within this illusion with no effort to shine the light upon the confusion and to make whole that which is broken. To see the Creator in that which seems evil, and to see the self in all things is the purpose of your incarnation.

May we answer further, my brother?

N: Thank you.

I am Latwii, and we thank you, my brother. Is there another query?

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we are again with this instrument. We thank you each for inviting our presence this evening. We hope that our humble words have had some small value in your own journey in seeking the truth. Know that your queries and your presence and your invitation for our presence have been of great service to us in our own seeking of the truth, for in each of you we see the Creator in yet another expression, and we rejoice in your uniqueness and in the unity of all. We thank you again. We are with you at your request in your meditations, and we shall leave you at this time in the love and in the light of our infinite Creator. Adonai, my friends. Adonai vasu borragus.

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(Carla channeling)

I am Yadda. I greet you in the love and in the light of our infinite Creator. We have, as you see, we come when we call and are called, then, that makes sense, so we are here with you. Is that not so? Hello. And good evening. We talk a little bit, and then we go, for we know it is a long meeting when we hear the tape flip over.

We talk to you of light, for we speak to you in love and we speak to you in light, and yet how often do we concentrate on the light? The light—what is the light that we welcome you in and leave you in? Perhaps you may think that you know what love is. It is doubtful that you know; you may know. But it is difficult or more difficult to think of what light is. But we say to you that light is all that you can see, and all that you cannot that is manifest to any consciousness on any level so that all that is builded that is not with the original Thought of love is builded with light.

Let us take examples: the air is light, both physical light and metaphysical light, that is, light that feeds the eye and glows between; metaphysical light that nourishes your being, that being which is far beyond any physical manifestation at all, for you have been, and you will be, and you are now, but your body is only now—it will go away, and you will probably be glad to get rid of it! What you will have left is another kind of light.

(Background sound of chuckling, presumably at Yadda's accent.)

We are doing better with our "L's." We are proud.

Therefore, what you see is always the same thing. It is not even lightness, brightness or heat only; it is chairs and swimming pools and air conditioners and popsicles and people and thoughts and ideas. You name it—it's light. That's all, it isn't anything else. Light is a vibration and this vibration is infinite in variety. Through the process of free will moving in love, those things which are created are created, some by the infinite Creator of which you are all a part, some by co-creators such as yourself.

Therefore, make your light shine, for you are beautiful. And you can become more beautiful as you stop worrying about how beautiful your light is. The less you worry and the more you rejoice, the more light with metaphysical light your global sphere shall be and the more watchtowers you will find lighting up a dark planet.

So you see, we speak to you of light, and we speak to you of our accent. We would leave you by answering a totally ridiculous question, and that is, why do we speak with this accent? We will tell you why we speak with this accent through this instrument who is bending its wittle tongue in many funny directions. We were on the planet in several capacities with those in what you would now call China. This was a few years ago—many, many years ago, many of your centuries ago. We were very fond, fond in the extreme, of the possibilities, the adequacy and the excellence of the Chinese language, and of its written precision. Now we speak English, because to speak Chinese to this group would be a little silly. So we won't do that, but we have just begun learning the English about—wait a minute, we must work with this instrument a moment, for time is difficult for us to tell.

Twenty-seven years we speak English. That is not very long for us, and we hope that you can understand us. But we also hope that you know that though we love and though we are with you because you are part of us, because you are part of the one Creator, because you are all light and all love, we still cannot be for you the teacher that will give you all the answers; we have no reputation, we are fools. And as serious fools who step blindly forward, we step with you.

We thank you. And we greet you as we leave, in the love and in the omnipresent light of the One. We leave you in that unity. Adonai. We are those of Yadda. ♣

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Sunday Meditation
June 30, 1985

(Carla channeling)

I am Yadda. I greet you in love and light of our infinite Creator. We are so grateful to be with you this evening and we have no words of wisdom for you, but only wish to say, "Hi"—is that how you say? Or "Hello" or "Howdy." To the one known as J especially we wish also to make very clear … that was good; did you hear that? We said "*cl*ear" … that we at any time can be called upon with the internal mechanisms of your mind and we shall be with you. We are always happy to be with you in meditation or at any time you may call us that we may deepen your meditation or just hang out, as this instrument would say. We leave you now in the love and in the light of the One. We wish to leave quickly. Adonai, my friends. We are those of Yadda and it is in joy that we have been able to come to speak briefly with you. Adonai. Adonai.

(Carla channeling)

I am L/Leema, and I greet you in the love and in the light of our infinite Creator. It is indeed a privilege for us to blend our life energies with your own as we both walk, one thought, one foot, one idea ahead of the other through a long path, a long life, and one long question that has many ramifications. At this minute, this instrument does not know which of the two group questions we have been privileged to choose as we are using the word-by-word method of communication with this instrument, and so the instrument is concentrating too much on the next word to be aware of the next concept.

It is because of the makeup of the group this evening that we choose the question concerning communication within the so-called spirit worlds. Many of the concepts which work into the answer we would like to give to the question concerning your "day of wrath" or the "beginning of the golden age"—depending upon your state of mind towards this grand event—are simply not available to some of those present, and without these concepts the answer would be basically an exercise in futility, not a kind of exercise which we wish to let you appreciate at this time since it is rather tedious to be bored. Therefore, we would like to take the question and look at it very carefully because there are many, many entities in a very crowded universe that wish to talk to entities upon your sphere and indeed do talk to entities upon and within your sphere.

The most prevalent channeling which you shall experience in your incarnation is the channeling of the self. Although you are consciousness and simplicity itself, your own simplicity is hidden from you in a geometrically precise and somewhat penetrable manner. Therefore, in order to understand and manifest those portions of yourself which lie beneath the surface of the personality, in order to perceive [how] that change of the outer self

might be made to conform to the inner self and so forth, avenues are set up within your mind, body and spirit so that information can be passed from your deep self to your surface self. It is seldom that you speak your own words; it is usual that you channel a portion of your complete self.

Almost all human communication is both made possible, and greatly hindered, by the fact that entities do not communicate with their entire selves but communicate with the portion of the self which is available to the self at that particular moment. The amount of the self which is available for self-knowledge is dependent upon the amount of the self that was available to the entity at birth, the amount of aid that the entity may have had by those teachers which aided the entity through childhood, and by the entity's own will to learn and to know.

As always, we recommend daily meditation, for though you may think you are listening to the silence, that silence is a link just as one of your long distance numbers. This one is very long distance, my friends; this is your link with something called infinity. It is also your link with an infinite thing called yourself. It is a most helpful type of learning and will most decidedly aid the most important channeling you will ever do, that is, yourself, communicating with a whole heart and a single mind with another entity so as to offer the most loving responses, create the most loving atmosphere, and manifest to the other self that part of the other self which is also infinite.

We shall not bore you with the details of inner and outer dimensions. That is a question in and of itself, and we need say only that there are some entities connected with the planet itself, some connected with your star system, which are called angels by many in this particular cultural subgroup of your sphere, and in the outer planes, one finds that that particular dimension is also gravid and full of those who have come to this planetary influence from elsewhere as a choice in order that they may be of service.

Let us look at the way there are no differences between them. They all have the basic message. They all seem with the same degree of authority, that is, the same as ours, that is to say, we are all fallible; we make mistakes, we are foolish, and we are not to be depended upon for the ultimate truth. We do not have a corner on that market, not the outer planes and not the inner planes. That which is infinite is also unknowable. The universe begins in mystery; it also, as far we know, resolves into mystery. In between is where you are and where we are and we observe and watch and make our observations known to you in hopes that we may be of service in inspiring you or nagging you or urging you to accelerate the rate of your own growth spiritually, emotionally, mentally and mentally/emotionally, perhaps most importantly by seeking and ever more seriously seeking something called the one original Thought.

Some have called it the Truth. In this instrument's mind, there is a pedestal: TRVTH is written upon it. That is what we attempt to bring you, the ersatz truth with a bit of sawdust in it, so that you may go within to seek the one source that is without fallibility and that is within yourself. So please use your discrimination when listening to any psychic, paranormal or whatever you wish to call it, channeling of any kind. There is something within you that will resonate with what you need to hear and what you need to know and what you need to do. Throw the rest away.

The main question remains: "Why cannot Kuthumi talk to Djwhal Khul who can then talk to Yogananda who can then talk with Ra who could then talk with L/Leema who could then talk with this instrument?" so that you could find out what Kuthumi *et al* were attempting to say.

One of your group members came in tonight explaining that the cassette tape recorder which this particular entity uses cannot be made compatible with any other tape recorder which this person owns. Therefore, this soul is somewhat distressed because it cannot dub off, as this instrument would say, a particular recording which is of value to the entity. This is the greatest reason for the lack of communication between middle-man, in the outer dimension especially. We say that due to the fact that ego plays a far lesser role in the outer dimension since we are all here for one specific general job. Therefore we have fewer loyalties to any one entity. We simply do not have a patch cord that will connect an energy which demands the trance state equivalent in an instrument to that which does not demand a trance state to be given to the same instrument. They simply do not make the fittings, shall we say. It is a mechanical difficulty based upon the tuning that is necessary to receive the entity.

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This evening you tuned until a very disparate group of entities became, in general, cautiously and tentatively fond enough of each other to relax into a metaphysical actuality called a circle. That is, a circle of light in which each gives the other the spiritual love, the impersonal love that it would give all mankind if it could. It is a trusting and resting into universal light and love, and you have done so and it is good. It is exceptionally good for this type of channeling, and we are enjoying this energy very much and appreciate the continuation of your tuning, for the group energy remains fairly high. In the inner planes the difficulties are not precisely the same, for the differences between teachers is less, vibrationally speaking. Therefore, in one fairly broad tuning a receptive channel could get a variety of entities.

First of all, inner plane entities usually wish to teach one particular people, group, culture or even entity. Therefore, the messages which they have are highly individualized compared to those of the outer dimensions, although, vibrationally speaking, we are talking about the same octave or sub-octave, shall we say, of coloration or speed of vibration, to use a more precise term.

There is also the individuality of many of those upon the inner planes, meaning that they wish to be teachers and do not wish to teach through another discarnate entity. Normally, one discarnate entity will form a so-called control, thereby allowing other discarnate entities to speak through the same instrument. It is to be noted that those who use inner plane teachers almost always must work in trance which is a type of channeling that is both easy to do as fakery and is very difficult upon the instrument's physical health if done in earnest and with sincerity. That is why we do not choose to use trance channeling. Our message does not need the trance, for the degree of specificity which we feel comfortable with is one of which this instrument is capable without a deep trance.

This is the rapid run-through, shall we say, of the inner and outer plane teachers. There is no teacher that does not have a lesson that will be good for you to hear. There are none to be scorned. Each will prefer one teacher or one type of information that is totally acceptable. It is not for you as those who come and hear this meditation to go forth and then say, "You must come and think of the spiritual in this way which has helped me so much." Indeed, it is then your job as a manifesting conscious spiritual entity to listen ever more sharply and see ever more keenly and understand with ever more compassion that each person's trail is highly individualistic and may well not parallel, become congruent, or even stay in sight of your own.

Listen to what those about you need and do not press your ideas upon them. You may drop your seeds; after that, let them germinate. They may well not germinate; that is also good because this universe is absolutely shouting the one single message that is channeled by trance, light trance, yourself, and every single type of channeling that we could mention. That one single message is: joy. If you look at the trees you can almost see them clap their hands when the sun streams down upon them and lifts up the dew and they turn their fingers to catch all the light they can. The grasses wave and the breeze blows and those of you with your allergies are most aware of this. The song of birds permeates the air, and there is great joy available to you. It is the unconditional joy of an infinity of supply, an infinity of knowledge, an infinity of peace, an infinity of growth.

An infinity, my friends—no limits. You don't have until tomorrow, you don't have until next week. You have all the time you need to decide what you wish to do concerning the Creator's love for you. Do you love yourself, for you know you are the Creator? Can you love the Creator in other people? It is probably easier for you to see it in others than in yourself. The one patch cord you all have, the one channeling that is available to all of you is the channeling between your deep self and your thinking self. Don't think first; meditate first. There are inspirations and intuitions that no logic, no rhetoric, and no persuasion can give you. Let those inspirations come to you. It may take a good deal of what you call time. You have time. If you are waiting—wait. Continue waiting and continue. Just because something is unseen does not mean it is not there. You shall learn. And whatever comes before you, whether it be inner plane, outer plane, higher, lower, upper, downer, all of the supermarket words that you may have heard—drink it in! But if it does not taste for you as you would wish it, do not swallow it, have nothing more to do with it, discreetly spit it out.

Parenthetically, we offer sympathy that we cannot use an intermediary to offer you information from the social memory complex, Ra. Without saying any

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more to prejudice opinion within the group as to the future of this contact, let us say that a second-hand contact would not be possible. The energy of the three that collected those sessions with Ra was of a certain type and the entity which now channels in light trance was then channeling in deep trance.

A second parenthesis, and that is simply to note that what information has been given is excellent but that it is never wise to depend upon any source but yourself. The wisest among us has the same birthright as do you and that is that shuttle of spirit with all that is infinite and invisible and unknowable, in a word, noumenal. Never despair because you have not got the right contact. And as you go looking for other contacts, if indeed you do so, do so with a merry laugh on your lips for you shall have great adventures and feel a great deal of warm air, just as you are now perceiving especially from the location of this instrument's mouth. Rely upon the self, knowing that there are those in the inner planes assigned to you personally and as a group and on the outer planes who have come because you called and are sensitive to you personally so that we may be with you at any time that you wish.

We thank you for the ability to speak through this instrument. It is always a joy to use an instrument such as this one and to speak with entities who are seeking the truth, whether spelled with a U or a V. We urge you to come off the pedestal, remove the V, and begin opening your ears, your eyes, and your heart to the little, the simple, and the unexpected that occur all about you all the time and which you may miss if you are looking for the big sign that will tell you whither you are to go, what path you shall take. Most of the subjective proof which you will gather in your search for your own self is made up of small, seemingly synchronistic events. Watch for them. The universe itself, in the persona of your higher self, can use all of nature to speak to you, all of mankind's artifacts to trigger memories that will speak to you and to trigger feelings that will inspire.

Our channeling is done, my friends, but the blessing of your presence endures. We bid you adieu. We are those of L/Leema. Adonai, my friends. We leave you in love and in light.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and light of our infinite Creator, and we are privileged to be with you as well. We thank you for asking for our presence. We also suggest that you remember that we too are fallible and speak opinion, though it has been our pleasure and our joy and our privilege to gather this experience which is our shared opinion. We would, as always, hope to be of service by attempting to answer those queries which have value to you. May we begin then with the first query?

C: Yes. This is my first experience tonight with the concept of using a group question. It seemed that before, if I understood correctly, that the various entities channeled for the message picked up on whatever the corporal thought was within the group at the time. What's the difference between that and the setting down of the formulation of the question? Or group question?

I am Latwii, and am aware of your query, my brother. The difference between the two techniques discussed is that in the technique which you have used this evening, you are consciously focusing your attention and your desire upon one point. The technique which has been used by this group almost to a majority of experience previous to the last few meetings is one which recognizes an unconscious blending of desire and matching of this desire. When you consciously focus your attention upon a point, you amplify your ability to receive information within the scope of that point. You in effect increase the power of your group receiver.

May we answer further, my brother?

C: So, it's just a matter of by using the group question, we simply amplify our energies to achieve a clearer answer?

I am Latwii, and this is, in general, correct, my brother.

May we answer further?

C: No, thank you.

I am Latwii, and we thank you, my brother. Is there another query?

Carla: Are you suggesting by that that L/Leema and Latwii, being fifth density, that there is an amount of energy that will draw fourth-density and early fifth-density entities to give cosmic sermonettes and tell little stories, and then there's this big sort of quantum leap into the amount of energy needed to answer specific questions? Is that what you're saying?

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I thought the reason was because I couldn't answer questions, and so the question had to be asked beforehand. So—but what you're saying is that there needs to be the group energy [that] pushes the energy of the channel, so it's just like it pushes it over a line. Could you confirm that? I'll stop now.

I am Latwii, and we thank you for your query, my sister. To respond, let us suggest that there are two portions to your query. Firstly, the response which we gave to the one known as C was in consideration of a technique, that is, the conscious blending of group energy to form a query or focus for response. The second portion of your query concerns through which instrument this technique can be used most efficiently. Because of your experience with the contact with those of Ra, it is not only possible but recommended that queries be answered through your instrument in the manner which we have seen used this evening. This technique could also be used with other instruments. However, queries through your instrument are best achieved through that technique and that technique alone.

May we answer further, my sister?

Carla: No, thank you.

We are Latwii, and we thank you, my sister.

(Side one of tape ends.)

(Jim channeling)

I am Latwii …

Carla: Hang on. Hang on, Latwii.

… and we are with this instrument once again. We apologize for the delay; this instrument was in the process of rechallenging our contact. May we then reopen this session to queries?

Carla: Latwii, could I have your permission to ask a question from someone who is not in this group?

I am Latwii, and we are most happy to attempt response to any query placed before us.

Carla: Okay. I'll pick one at random. Question number four: "The law of karma is said to be transcended only by reunion between the 'deviltry' and God, yet gestures of grace appear to surface in profusion within every era and in every region. Can further light be shed upon this interplay between karmic law and transcendent grace?"

I am Latwii, and am aware of your query, my sister. The karmic law, as it has been called, is a very simply stated law. It may be seen as inertia. When an action, a thought, or an energy has been set into motion in order to gather experience, this energy will continue in motion until an equal energy in the opposite direction has been generated. At this point there is the balancing of energies. Each entity within any incarnation is subject to this so-called law. This is how experience is gained and variety is achieved in the experience. The grace which has been described is the environment in which this law operates. This so-called grace is that support within all of creation which each entity stands upon and breathes within its being as it sets into motion the various distortions or experiential patterns that are set before the incarnation for such and such a purpose. The grace that supports each entity then is available as the very fabric of the creation through which an entity moves. It assures each entity that no matter what experience it may entertain, it shall not truly move from love, shall not truly move [from] light, from joy or from unity. No entity can travel a distance so far that there is the lack of love. This grace, so-called, therefore, assures this infinite and eternal support.

May we answer further, my sister?

Carla: Yes, a personal question. First, let me just ask you, is this an example of the law of karma which happened to be mitigated by grace? Someone in my church—I'm the head of a prayer group in my church—somebody in my church had this big old cancer and asked us to pray for him when he went in for tests. I wrote him a letter telling him that we were praying for him every day. He had already had one ultrasound and he had a bad lump. He took the letter in his hand and read it, and something jumped from the letter to his hand and he felt something go through him. He's a big man, and so I can't imagine this happening to him, because he's not one of these imaginative people; he has sort of a football player mentality. They took another picture and it was gone. The cancer was gone completely. Somehow in the letter that I sent him, did something—was it, did it turn out to be an instrument of grace? And if so, is there any way to help other people besides just randomly, seemingly? Does there have to be an instrument for grace or can grace hit you, person to person?

I am Latwii, and am aware of your query, my sister. The event of which you speak may be described as

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one manifestation of grace. There can be any variety or number of ways through which grace can move into one's life in a form which one may understand according to the beliefs that one has built one's philosophy, shall we say, or point of viewing upon. Therefore, it is not always necessary that a physical thing or manifestation be used as an intermediary between an entity and this nebulous state of what has been called grace. Each entity will avail itself of this essence of grace according to its own unique configuration of thought.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

N: I have a question. I would like to know if it is possible to understand what is known as the Tourette syndrome in which there seems to be either a form of possession or is this merely a short-circuiting of the synaptic junctions that create the behavioral pattern, in an otherwise normal individual, that is totally irrational for a momentary time span?

I am Latwii, and am aware of your query, my brother. This particular syndrome, you may be surprised to hear, is also a manifestation of grace, for all about each entity are the infinite opportunities for learning and for service that may be termed grace. And each opportunity is, shall we say, taken advantage of or perceived in a unique fashion by each entity. At some point in an entity's incarnational progress, in this kind of case, there is the turning of the mind in such a fashion that the grace or infinite energy in such and such a pattern is perceived in a slightly different fashion so that the entity begins seeing, in general, a somewhat darker image than is available to the entity. All entities see a combination of light and dark, for that is the nature of your illusion. Yet by choice, each sees a greater portion of one than of the other.

Therefore, any mental configuration, whether described as sane or insane, balanced or unbalanced, or any description which you may choose, is a point of view that has been chosen through a series of choices. The regaining of balance is most generally accomplished by any technique which takes the entity back through the series of steps in order that the choices may be made again in another fashion or distortion.

May we answer further, my brother?

N: Yes, please. Is this extreme form of negativistic, irrational, many times socially unacceptable oral behavior a form of karmic balancing? Since it does occur in young children as well as adults?

I am Latwii, and am aware of your query, my brother. Any point of view, including the one of which you have spoken, is a distortion of preincarnative choices made in response to experience gained in previous incarnations, and forms what you have loosely called a karmic debt or burden. It is not so much a debt, however, as an opportunity. Any point of view, therefore, is some form or intensity or distortion of a preincarnative choice which is hoped will either be a lesson or a service or a combination of the two during an entity's incarnational experience.

May we answer further, my brother?

N: Yes. Is there any way we can accelerate this preincarnative consideration or is it something that must be an individual's situation and worked out only by that individual without external service to other type of assistance?

I am Latwii, and am aware of your query, my brother. Let us use an analogy. Picture yourself and all other selves within what you may call a locomotive. Each entity rides his or her own locomotive. It moves without any seeming energy or effort upon your part. Your life moves on, time moves on, events have their own momentum. Yet, if you look about you within this locomotive, if you consciously seek to know the nature of your being and your surroundings, you see there are switches, letters and dials, each according to your own description and formation of belief. When you know yourself more and more clearly, it is as though you discover another switch that opens yet more circuits and allows more energy to move the locomotive of your being. As you become more and more aware of the switches and the nature of your own being you, shall we say, shed light upon the switches and dials, that you may then cause to function in such a way that your path of progress moves according to your will as it is harmonized with your, as you have called it, sub[conscious] or unconscious mind which

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contains your preincarnative program or karmic burden as it has been called.

May we answer further, my brother?

N: Well, since this is a preincarnative consideration, it may be in many instances difficult to assist. Is that correct? Because many of us or probably all of us have tried to talk to some of our friends about reincarnation or other considerations, and have of course been more or less slapped in the face with a blank stare and, "where are you coming from" sort of situation. Then I take it that we would have difficulty in directing many individuals in any sort of consideration of service to others? Is that generally incorrect or correct?

I am Latwii, and am aware of your query, my brother. As has been stated previously this evening, you may sow your seeds where you will and as you will. That is according to your life pattern and nature. Whether these seeds grow or are received in any fashion whatsoever is a result of the life pattern of the one in whose mind you have sown the seeds. The response of any entity to your efforts is that entity's pattern. Each will perceive according to a unique configuration of thought.

May we answer further, my brother?

N: Thank you very much. I just wonder how the instrument is doing?

I am Latwii, and we are happy to report that this instrument is available for a number of further queries if there are such.

Carla: I'd sort of like to retune right now if you'll all just hang out with "Row Your Boat." I'd like to get more energy going.

(The group sings together, three times through.)

Carla: Thank you. I'd just like to finish up on his question by saying, is the switch for the tracks inside the train or is that part of the preincarnative choice or is it a mixture? I mean, you have power over the comfort of the ride and the velocity, the getting from here to there, maybe the niceness with which you finish up whatever it is that you're doing on the track, but do you choose the track within this incarnation or is the track pretty well set as to where you're going, preincarnationally?

I am Latwii, and am once again with this instrument, and am aware of your query, my sister. The density in which you dance your own illusion provides the countryside, shall we say, through which your track and train move. The countryside through which you move in your illusion is one of love, is one of the self which has become individualized, making a choice in its use of the energy which gives its life as a gift to it. The choice is to share this energy with others in service to others or to keep and hoard the energy for the self in service to self. The subconscious mind, which allows an entity contact with the higher self, most predominantly before the incarnation, allows the entity and the entire self and guides and friends to describe the general framework or series of tracks available to an entity during its incarnation. During the incarnation, therefore, it is usually the case that an entity, having become consciously aware of some portion of this process, will be able to gain, shall we say, a control, to use a poor term, of the rate of progress of the locomotive over the tracks. However, it is possible for an entity to consciously alter the tracks to be traveled. This, however, continues always and ever within an illusion of love and the opportunity to learn any lesson of love chosen before or during the incarnation.

May we answer you further, my sister?

Carla: Only one question: If we switch tracks, do we end up at the same place we would have if we hadn't? I mean, do we get the same lessons?

I am Latwii, and am aware of your query, my sister. In one sense this is so, for all points are within love and are within some distance or distortion of the choice made before the incarnation. However, as all choices change outcomes when compared to alternate choices, the end point, though quite similar, will be somewhat different yet will remain within the context of love and of preincarnational design to a greater or lesser degree.

May we answer further, my sister?

Carla: No, thank you.

We thank you, my sister. Is there another query?

N: Yes, I have one. Earlier Latwii confirmed or stated that if we lift the veil of forgetfulness, we generally will accelerate our learning, if I interpret it correctly. Is there any suggested method of lifting this veil if you've perhaps had it for a long time, or must we each find our own way?

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I am Latwii, and am aware of your query, my brother. We believe that we have heard a variant of this query in previous sessions, and shall say that each entity will provide itself with a variety of means of penetrating this veil of forgetting. During your incarnation, you will be drawn by an inner resonance to one or more techniques for so penetrating this veil. The technique, as we have mentioned before, is not as important as the desire to use the technique. The development of the will to persevere and the faith that there is reason to persevere are those qualities that are most important in the actual penetration of this veil.

May we answer further, my brother?

N: But you do confirm that it is best to try to remove the veil if possible?

I am Latwii, and am aware of your query, my brother. We cannot say what is best, for all experience teaches and each entity learns by a unique set of experiences. However, in general it may be assumed that the lifting of this veil in some portion will aid an entity's evolutionary progress. However, it must be remembered that the veil exists because it has a service to offer. And it may be that for certain entities, and in some degree for all entities, the veil's remaining for such and such a period of your time is the most helpful portion or characteristic of the evolutionary progress. To say this another way, the snake shall shed its skin in its own time.

May we answer further, my brother?

N: Is the religion known as the Sufi religion which in many instances has caused the veil, or in some instances, has caused the veil to be placed for reincarnation after reincarnation when the—one of the disciples did not conform to perhaps the utilization of his or her clairvoyance or whatever, in defiance of the Sufi master? Is this a general consideration or does this occur sporadically or is it only possible for the veil to be continued for one incarnation?

I am Latwii, and believe that we have the gist of your query. Please query further if our response is not indicative of that hope. There is no belief or group of entities that can decide for another that the veil of forgetting shall remain in any degree that may be described for any particular number of incarnations. It is the entity itself, between the incarnational experiences, which decides the lessons to be learned, the services to be offered and the means and manner of penetrating this veil in any incarnation.

May we answer further, my brother?

N: Thank you very much. I'm sure someone else has a question, if the instrument is not tired.

I am Latwii, and we thank you, my brother, for your queries and your concerns. This instrument is available for a few more queries. May we ask if there might be another query?

Questioner: Yes, I have a question. I've noticed lots of times that these meditation sessions will have some people who will fall asleep or whatever, due to whatever reason. My question is though, do your responses to questions talk to a particular entity's subconscious as well as their conscious mind? I guess I want to extend that to a lot of different meditations or even different types of cassette tapes, learnings that are recorded on cassette tapes and you listen to in one or another state of awareness. Do things go through to your subconscious as well as your conscious mind? Can you fall asleep and still get it, is what I'm asking, I suppose?

I am Latwii, and am aware of your query, my brother. Though there is some benefit to one who is in the sleeping state to spend that time within a circle of seeking such as this one, the benefit is decidedly less than if that entity were in the conscious mode of experience, for though there are portions of any message that can penetrate the corked bottle, it is easier to pour into a bottle without the cork. The conscious mind is as the cork which opens the entity to reception of information. However, we must remind each that all information and all sources of information are the one Creator speaking to the one Creator. That which is heard by any portion of the Creator is a function of that portion's point of view and openness to expanding that point of view. Other teachers have described this state as the readiness of the student, for all messages contain the one Creator in whole, perfect and balanced within some portion of the message. The discerning ear can hear the One speaking to it and through it.

May we answer further, my brother?

Questioner: No, that's fine. Thank you.

I am Latwii, and we thank you, my brother. Is there another query?

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(Pause)

I am Latwii, and we perceive the silence as the One speaking an unspoken word and each heart knows that word. It is love. In that love and in the light which is its manifestation of creation, we leave you. We are those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

(Carla channels a lovely vocal melody—a song without words.)

I am Nona. Love and light to you and to the one known as R, to the one as known as D, to the one known as Jim, to the one known as Carla. ✣

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Intensive Meditation

July 2, 1985

(Carla channeling)

I am Hatonn, and I great you in the love and in the light of our infinite Creator. We wish to confirm to the instrument known as N that we were attempting to contact that instrument prior to contacting this one, for in the practice of vocal channeling the time comes when the vocal channel is ready to initiate contact, having become sufficiently proficient at the challenging process once the discernment is secure and fixed within the heart chakra. Then the instrument becomes, as it is written in your holy work, the Holy Bible, "wily as a serpent, yet innocent as a dove." The wiliness has most of all to do with discernment and the challenging of spirits as well as the thoughts and everyday actions of yourself in particular and those around you in lesser degree.

What we would like to do this evening is tell a story, using all three instruments. We believe that the one known as N is at this point advanced enough to enjoy this storytelling, for with three entities telling the story, none of the three knows how it shall end or what its meaning or moral shall be, thus illustrating the spontaneity and richness of the vocal channeling process when one is able to use the biases, experiences and thoughts of various entities while telling a story or parable.

The mist rose from the lake. It was almost red in color and looked very eerie through the few lights that were still on. The dim glow of distant kerosene lanterns and the dimmer glow of glow worms and fireflies were the only intrusions into the mist. There came a rider dressed all in black. The horse, too, was as black as the midnight, and his bridle flashed, even in the dim light, of jewels and gold. The horseman slowed; he was looking for tracks in the sand. He was travel-stained and weary and had come a long way.

We shall transfer to the one known as N and continue the story. I am Hatonn.

(N channeling)

I am Hatonn, and greet you in the love and light of the one infinite Creator. The man on the dark horse rode for many hours, or so it seemed, to deliver a message that concerned many individuals in the area. The people did not always receive the message with open arms but nevertheless, the message was delivered. …

N: Can't seem to get anymore.

Carla: When you get to a sticking point like that, N, don't pull yourself out by saying, "I can't get any more," just say, "Transfer," and then you'll have another shot at it next time around.

N: Transfer.

(Jim channeling)

I am Hatonn. The man came with messages, delivered them where they were accepted and then left as quickly as he had come. Because he was such an unusual figure, many looked only at him and paid little attention to the message which was there from him. They became concerned that he was a dark figure upon a dark horse, and many spread rumors about him that their concerns might take precedence in their own minds over the message, which they ignored. Each wished in some way to penetrate the mystery which was with this dark figure, most assuredly with each message he delivered, but many stopped short of the penetration of the mystery and many concerned themselves with promoting the rumors to discredit the figure and his messages and to relieve themselves of their responsibilities in discerning the meaning of the messages.

We shall now transfer.

(Carla channeling)

I am Hatonn. The message was slightly different for each person to whom the saturnine figure spoke. There was about his face and his very air a brilliance of personality that pierced, a coldness of reasoning that frightened, and an accuracy in each message that was often unwelcome. This entity had chosen to pass through the valley of death which each of his countrymen shared because of their actions. This entity knew that the red mist meant more than an unusual light or an unnatural phenomenon. The dark entity knew more than he could and more than he desired to say. His messages, indeed, were distillations of an urging to meditation, couched in the language each person could understand, and undergirded by the certainty that each entity was to have a very shortened life span and therefore needed to become aware of the necessity of gazing at death while there was still the time to do that which was the most compassionate, the most loving, the most life-giving thing in each spiritual circumstance.

He puzzled people because he was dressed so well, because his horse was so fine, because the trappings of saddle and bridle were so splendid. Each looked to his own resources and felt both the pangs of envy and the fear that that which the messenger had come to share was true.

We shall now transfer.

(N channeling)

I am Hatonn. And while the man was exquisitely and splendidly attired, as was his horse, he seemed to present to each a simple message. This was a source of bewilderment for the individuals. And yet few did heed them, the urgency of the situation, although the majority did not. The way of men is at times a puzzlement.

Transfer.

(Jim channeling)

I am Hatonn. Though men often seek the truth in a conscious fashion and speak to others of their seeking, yet it is often difficult for any to discern the heart of truth in any message. When a message is delivered from a mysterious part of one's own being or from an unknown part of one's outer environment or through any means available to one who listens and seeks for truth, the discernment is a unique function for each, and each will take from any message that meaning which matches the seeking for that entity.

So it was for those whom the dark figure visited. For some, there was almost no increase in knowledge or gain from this visit, for the message was ignored. For others there was a small amount of understanding that was the fruit of their seeking within this mystery, for their efforts were soon dissipated and their attention wandered until it found easier ground to dig within. But for a few there was a realization that the message from the dark figure contained a wealth of information and could be studied time and again with added meaning discovered in each study.

We shall transfer.

(Carla channeling)

I am Hatonn. The few who believed and heeded the message began also to travel, though they found the journey rigorous and almost unbearably difficult from time to time and they asked the man many questions. Since he spoke of death and the valley of death, it was often the case that one who believed would ask if the rumors were true, if the man was indeed a messenger from the creature of death.

We shall transfer.

(N channeling)

I am Hatonn. And the wilder man stated that he was not a messenger of death, but rather that of life, for

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those who heeded when the tumultuous turmoil occurred would certainly enter reality, or—correction—to reality while the others would be allowed to reexperience the lessons they heeded not. The difficulty of the journey was merely a proving point for the evaluation of the true seeker of the truth and light. Confusion abounds within the entity on the physical plane when reality, of which light is a type, or is the type, seems so remote or non-discernible. Transfer.

(Jim channeling)

I am Hatonn. Thus, each seeker must rely upon the inner knowing, or as it has been called, the still, small voice within in order to determine what is of truth for that seeker. All is a portion of the one Creator, thus all things and all ideas are a portion of truth. Yet upon each seeker's path, there will come a time or a season for various portions of truth to have their turn in the focus of seeking and attention. Thus, what might be helpful to one at one time may not be as helpful at another. And what might be helpful to one seeker at this time may not be as helpful to another seeker at the same time.

Thus, each seeks according to the unique nature of one's own being. Any message, any experience from any source is then a message of truth in some degree for any who witness it. It matters not what one's so-called advancement might be, for within any experience there is an infinity of message, yet all unites as a portion of one Creator and the truth of its creation.

We shall attempt to close this contact through the one known as N. We shall transfer.

(N channeling)

I am Hatonn. It is hoped that the gist of the message can be evaluated by each seeker for All Is One and One Is All. And we leave you in the path of light and love, of love and light of the one infinite Creator. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you in that same love and light, my friends. It is our honor and pleasure to join you again in this evening's meditation. We would ask if we may be of service to any present by attempting to answer a query?

N: I didn't really understand Latwii's total definition or total consideration for the Tourette syndrome. If Latwii would care to enlarge upon it, or I can wait until I have a chance to read it.

I am Latwii, and we would be happy to attempt to expand upon our, shall we say, description of that syndrome which we shared with this group and others previously. It was our hope that we could build a foundation of understanding, shall we say, for any bias of mind by suggesting that any condition one might find a mind to exist within is a condition that that mind or that entity has chosen through, in many cases, a long series of choices. At some point within an entity's life pattern—perhaps it is better stated, at every point within an entity's life pattern, there is the choice to view any experience in the light or in the dark or in some mixture of both. According to each entity's unique blending and innate biases, combined with the moment by moment exercise of free will, there develops such and such a bias of mind.

In the syndrome of which you speak, it is at some point observable to those who see what is unseen and who demonstrate those abilities you may call of the psychic nature, [it is] apparent that an entity has taken a certain road. After some distance traveling upon that road of choice, the entity may find itself in a situation which is described as the Tourette syndrome or any other syndrome or currently definable mental state of health or disease. Because many entities share many roads, there have arisen amongst those of your culture who study the psyche, as it is called, or the function of the mind, many descriptions or diseases which in general describe a certain configuration of mind which has been systematically chosen by the entity.

May we answer further, my brother?

N: Let's see, then, the multiple tics and barking, and uttering of obscenities is so that the entity through this incarnation will learn, perhaps, humility? Or what is the ultimate lesson?

I am Latwii, and am aware of your query, my brother. The ultimate lesson within your illusion is that called love, the unconditional compassion that one feels for another simply because another exists, not because of any feature or characteristic or achievement of an entity but simply because an entity exists and is seen as a portion of the one Creator. An entity experiencing the condition of which you speak may have arrived at that condition in a somewhat distorted fashion, yet in that

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condition is able to learn the lesson of love in its specific nature as set by this entity before the incarnation, and for each it may be somewhat different. Yet for one who finds the self or perhaps more specifically, the mind, operating in a seemingly diminished capacity, the learning of love is undertaken on a more basic, and, shall we say, simpler level of experience, for the mind is not operating in what you call the normal or smoothly running fashion. It examines those grosser qualities of life and attempts in that examination to discover even in such dark and dingy corners the quality of love that may be given and received from one portion of the Creator to another portion of the Creator no matter what the outer manifestation of either portion of the Creation.

May we answer you further, my brother?

N: I can understand this consideration, your consideration, or our consideration in some aspects but not in a totality because while many of us would try to project love and understanding and an entity would, of course, be receptive to this sort of situation, there would be many individuals on this physical plane who would return the obscenities, would fail to return the understanding in love and would thus seem to confuse and confound the individual to a greater degree so that … Is it only those who will return the love, or the learning of love and humility by the individual or is it a totality? Because I can't—as our physical plane now exists, I do not think that even a majority would return love and understanding. Am I incorrect?

I am Latwii, and am aware of your query, my brother. In this situation, those with whom this entity would come in contact would be given the opportunity to express love under somewhat more difficult situations, shall we say. Thus, the challenge increases the opportunity and further seats the love for those who can experience and express it. For the entity uttering the seeming obscenities and acting in a manner which is seemingly quite unlovable, it may be that in its, shall we say, karmic past, it has neglected easier opportunities for experiencing and expressing love and thus has chosen at a deeper portion of its being, to, shall we say, "up the ante" or provide for itself a more difficult challenge, thus increasing also the opportunity for itself if it [is] able under such extreme conditions to experience and express love. Thus, one may see the situation both for the entity experiencing the seeming mental dysfunction and those with whom it may come in contact that a greater opportunity for experiencing and expressing love is presented to all. Not all, however, shall take advantage of the opportunity in equal degree. …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. May we ask if there might be further queries?

N: I'd just like to say that I understand what you have said but in instances like this, not only would many situations be of variant degree, as you have stated, but there … Would some instances be a totally negative approach? And I was just wondering if this would not, even though while the situation is presented to all, wonder if it would not have a sometime deleterious effect on the entity so involved?

I am Latwii, and am aware of your query, my brother. It cannot be stated or ascertained with certainty how any entity shall respond in any situation, whether difficult or seemingly ease-filled. Yet, when an entity in this particular situation experiences the catalyst which seems heavy-laden with the negative aspect, the entity yet has the opportunity to find the light within the darkness, for within all portions of all experience, there is light. It is there for each. It is the fabric of your experience and your creation.

In one particular portion of an incarnation, it may be that an entity becomes quite confused because of its inability to process the catalyst which it finds in its daily round of activities. Yet, at some point within the incarnation or perhaps incarnations, the experiences gained will prove valuable and will allow the entity to tip the scales, shall we say, and to move further along the path of its evolution. The road may be difficult, there may be distractions, there may be times when progress seems, oh, so slow. There may be times when one seems to be moving backwards. Yet, all experience provides the opportunity to learn and the opportunity to serve, whether the opportunity is taken advantage of within the incarnation during which the experience is gained or is taken advantage of within the next incarnational experience.

May we answer further, my brother?

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N: Well, I think I understand, at least a portion. Perhaps the reason I have so much trouble with all the people who I deal with who are—well, most all of the people—with service is that I must learn to love them. That is very difficult to do, even though I'm trying to forgive them … or I have forgiven—in most instances—well, I'm trying to forgive them all the way. But I must learn to love them more as being a portion of the one Creator, and this must be a lesson in that respect? Is that correct?

I am Latwii, and, my brother, this is quite correct for each upon your planet and within your illusion. The experiences of the daily activities are merely the laboratory within which the concept of love is planted. Those activities which allow it to manifest in some form are most difficult to clearly penetrate by even the most astute students of their own evolution. The mysteries and the paradoxes within your illusion are most important, for they draw the seeker forward into unknown territory, and thus require the strengthening of the will and the faith that progress of a lasting quality, of a metaphysical quality, is actually possible within a material world which seems so out of tune so often.

May we answer further, my brother?

N: Carla may have a question, but thank you very much.

I am Latwii, and we thank you, my brother. Is there another query?

Carla: I am feeling the vibrations of Hatonn who have … The vibrations haven't left and I'm wondering if I should pick that channeling up?

I am Latwii, and am aware of your query, my sister. We find that those of Hatonn have remained with your instrument for this length of what you call time in order that you may, shall we say, absorb the healing nature of the conditioning vibration and may, if you wish, also channel that vibration. It is your choice, my sister.

May we answer further?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

N: If the instrument is not too tired, I have another question.

I am Latwii, and we are happy to entertain another query, my brother.

N: In the method of mind control which is a form of alpha meditation, it is stated that through meditation that we can visit other planetary systems, galaxies, that we can go inside our animals and metals and so forth. Although I've practiced the meditations, I've been unable to experience any of these considerations, although we were told over and over that this is possible. May I ask how it is possible for me?

I am Latwii, and am aware of your query, my brother. Any technique offers the possibility to the seeker of truth that the seeker may take a certain road and manifest in a certain way. Each technique has been devised by the one who has found it of use, and for this one it has worked quite well, shall we say. The success of such an entity, then, often compels it, it would seem, to multiply the technique and its beneficial aspects for other seekers of truth. Thus, you find many such techniques offered to seekers who may try this and that and yet another technique with variant results. The results are of a range from no result to most splendid results for seekers, because each, as you know, is quite unique.

Thus, some will find more attraction to one technique than another. In your own case, my brother, we find that you are given to exploring a variety of techniques, and find within them much of value that you utilize in your own fashion. For you to expect your experience to match that which others have had may not be, shall we say, the wisest possible choice, for as you are quite unique, your experience is also quite unique and much of it is not apparent to your mind. The desire which you enter each experience with is that portion of the experience which shall produce its fruit in a certain fashion. Yet, the fruit may not be the same as the expectation. Yet the fruit exists. The work is done. The benefits are at some level of your being appreciated.

May we answer you further, my brother?

N: Well, I guess the answer is to just keep watering the garden and hoping for the lightning to strike. Thank you.

I am Latwii, and we thank you, my brother, and would remind each that lightning strikes in a certain fashion that is unique to each, and often is not

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apparent, yet each in great degree fulfills the purpose of the incarnation though it might seem mundane.

May we ask if there might be another query at this time?

(Pause)

I am Latwii, and we are most pleased to have been able to join you this evening and we thank you for your queries and for your invitation. We are with you at your request in your meditations. It is our honor to join you at any time. We shall leave this group at this time, as always, in the love and in the light of our infinite Creator. We are those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Pause)

(Carla channeling)

I am Hatonn, and we greet you through this instrument once again in the love and the light of our infinite Creator. We apologize for the short pause, but this instrument was taking even more care than usual to challenge our vibration, doubting its own sensitivities. We appreciate these opportunities to place ourselves with all the children of the Creator in Christ consciousness, or as this instrument would call it, in the peace and the love of the one known as Jesus, the perfect pattern and therefore the perfect savior for this density.

We have two subjects to cover and we will attempt not to speak too lengthily upon either, but feel that the first is of especial importance as this is meditation intended to concentrate the attention of all present upon the development of new channels.

Each within this domicile was to a certain extent less than completely aware of our intentions during part of our exercise. To be specific, the one known as N accepted the final communication while in an internal state of, shall we may, spiritual exhaustion, and was thus unable to achieve a recommended balance between our thoughts and his own. For the great majority of the channeling this instrument was doing excellent work and we ask that the instrument not become at all discouraged because after some length of your time it grows weary with the concentration required for vocal channeling. Actually, the progress of this instrument has been rapid and this form of channeling is challenging for the most advanced instrument. We choose to push this instrument, knowing that this instrument has a great deal of ability and knowing also that due to this instrument's personality, the instrument would not be satisfied with less in the way of a teaching/learning experience, if we may borrow succinct phraseology from this instrument's mind.

The instrument known as Jim made no errors in transmission except for the one desire for an outcome which so biased the instrument that it transferred to the one known as N. This was not our intent. It is, however, understandable that this should be desired. And again we ask the instrument who is quite advanced not to be discouraged because it personally wishes to offer to the new instrument the experience of closing as well as opening a meeting.

This instrument made no substantial errors in transmission, yet it too had a desire for an outcome, and that was to complete the story. Since this instrument was channeling in concept form, it was able to see a bit more ahead. This is very common for a more advanced instrument, and is very helpful when working with a new instrument due to the fact that the more experienced instrument is able to confirm the accuracy of transmission, not word by word, but concept by concept. We bow to the less than perfectly balanced desire of this instrument to make an ending to our little story which we attempted to transmit but were unable to complete. If you will bear with us, we shall finish the story of the dark horse and its dark rider.

Because that which is said to one may penetrate outer misunderstanding at one time and not at another and because one can say the same message to two entities, one of whom will seize upon it and use it, the other of which will not understand it, those who follow or work with whatever teacher or messenger or message have variable chances of sustaining the interest in pursuing the message. This is why the band that followed this unusual man was so very small.

One of the most faithful, upon noticing that the entity did not eat and did not seem to require sleep asked him what kind of teacher he was. The dark man replied that he was not a teacher, but a messenger, that that which was spoken was spoken through him, not from him, and that indeed he did not, in the understanding of the questioner, exist, but rather had produced himself in a certain form and had produced the magical steed upon which he

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rode and all that he carried for specific reasons so that he could be a silent messenger as well as a messenger with words.

"Why then, Messenger," asked the faithful one, "have you appeared in black only and why is your face so dark if you are a messenger of life?"

"Life begins and ends in the deepest darkness of earth," replied the messenger, "and because it was necessary for me to be one of you, I wished to proclaim my humanity."

"Well, why then, does your face shine like the sun?" asked the student.

"I leave that to your discretion," replied the messenger.

"I have one final question, Messenger. Of all that you have, although all of it is fine and well-made, only your horse's bridle and saddle are encrusted with precious gems. Why is that?"

The messenger smiled. "My son," he said, "it is not the speed of a horse which marks its value to the rider, but rather two very important aspects which a horse must learn. The first aspect is the taking up of burden. Some call it service to others; some call it responsibility; others call it duty. But a horse that cannot be ridden is not a useful riding animal, thus the value of the saddle. And as for the bridle, it is so magnificent I had hoped that someone would notice the heart and the courage of my steed and the fact that above all, it obeyed my rein and followed my commands. Not just one day or for two days, but for as long as I ask. And so you too, my son, may find your service, find your way and then take the reins of your own impatience in both hands and learn the freedom of discipline."

I am Hatonn. We cannot thank you enough for having allowed us to do our job, for we would not be doing our job in teaching new instruments if we did not help each instrument keep tabs, as this instrument would say, upon its own progress. Learn from each mistake and never become discouraged, for there is no mistake that cannot be adjusted and balanced. There is no error from which one does not learn, for all of these things are alternate biases, distortions of the one love and the light of the infinite Creator in which we leave you. We rejoice with you that you are together, and we are so very grateful that we are able to be with your group at this time. Please call upon us at any time. If you mentally request our presence, we shall be there. We are those of Hatonn. Adonai. Adonai. ♣

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Sunday Meditation
July 7, 1985

(Carla channeling)

[I am Yadda.] I greet you in love and light [and] send you blessings in the name of infinite Creator. We thank you for calling us to your meeting and to the pleasant environment of your joined consciousness. We speak while our brothers and sisters of Hatonn work with each instrument.

We ask you a question: Why do you think that the interest is so great in the physical changes of your culture or your planet? We are puzzled by this, my friends. We do not know why you spend so much time out of your precious moments in this density puzzling your mind over the inevitable. You know on the cosmic scale that worlds are born and worlds die, that they go through changes, and that some of the changes may make it difficult for those of you who wish to breathe the air and to be able to stand the temperature to continue to exist.

In the larger picture, this is true. However, you have so few moments while you are in your body, while you are dealing with each other, and you have so much work to do, for within you there is that which is far more than your "Armageddon"; you have your egos to deal with. You have all the structures that are not helping you to live as you wish to live, to think as you wish to think. You are working toward a spontaneity of love that will allow you to become more and more aware of the universal presence of the one original Thought. And what is your work here, but inner work? What does it matter when the ice age comes or when the trees must die or when the rains come and there is a flood or when the poles shift? These are things that will happen to your outer self, and it will go away. You probably knew that before you came here—Hah! Is that not so? You knew that before you came here: you are going to die. But there is a you that is not going to die; that is the one you must life with, if we may use the term, my friends. Put your mind on that which lasts, on the questions that matter.

What questions do you think matter at this moment? We speak to imperishable beings on a perishable sphere in space that is moving and changing. There is that that will not move and that will not change except by your will. It has nothing to do with the planet and its changes. It has to do with your will to do, to seek, to find. What shall you seek?

We leave you with this question. I am Yadda. I leave you in the love and in the light of our infinite Creator. Adonai. Adonai.

(Group retunes by singing.)

(Carla channeling)

I am Hatonn. We have been attempting to use the one known as L, but we find that this instrument is

quite fatigued, and therefore we start through this instrument with many thanks. We greet you in the love and the light of our infinite Creator.

We apologize for the pause, but the image which we gave this instrument in order to start the channeling was muddied by the instrument's attempt to analyze. Therefore we shall attempt again.

The stone lies in the forest, unearthed eons ago when mountains were being made, moved closer and closer to sea level through the centuries. Finally it has found a temporary home beneath ferns in the deep forest. The stone rests, travel weary, worn; moss grows upon it. Friendly insects sit upon it. The stone watches heat and cold, wetness and dryness, change of the cycles of the seasons. The heavens gaze upon the stone and upon the planet upon which it lies. In the swirling of the effortless dance of the galaxies, the ethereal heavens are provided with infinite amounts of life and light. And vast as the heavens are, yet the stone touches the heavens and the heavens, the stone.

We shall transfer.

(L channeling)

I am Hatonn. I am now with this instrument. The stone may be seen as that which lies beyond a veil, for, in truth, because of its covering, the life of ferns which lie atop it, one might liken the stone to that which is present, yet unseen, just as in yourselves there is a very substantial portion as real as that stone which is present, yet lies unseen behind the veil. And just as the stone continues to exist and to fulfill its function unnoticed by those who travel through the forest, unmindful of that beneath the veil of foliage, so also does a larger reality exist which most of those who travel your world do not perceive. The stone moves, ever so slowly, but then, what is time? The stone is aware; it experiences, it grows, it changes. Like yourselves, it is acted upon by that which is about it, the weather, the earth, the occasional by-passer. All interact with the stone, and by the interaction, the stone experiences itself, its awareness ever so gently increases, becomes enlarged, more aware of the complexities available for perception, for the world within which the stone lies is a school or a training ground for those who would be aware, and the stone is no exception.

At this point we will transfer our contact.

(N channeling)

I am Hatonn. We will try to be with this instrument one time. Transfer.

(L channeling)

I am Hatonn. I am now with this instrument. The stone is aware of that which occurs beyond the moss, beyond the ferns, and continues to learn while it lies unseen. In like manner, that part of yourselves which exists unseen to those present and to your brothers and sisters of your planet continues to learn and grow, assimilating their experiences, producing order from the confusion, storing it carefully within its stone-like memory, so that upon your return, that which is presently your consciousness on your planet might be allowed to see through the same glass, clearly. But that which exists on the other side of your veil is itself in many ways unaware of that of which it is simply a small facet. For that portion of yourself is also the learner, the perceiver within a larger universe, and is not aware of but a fraction of that Creator which encompasses us all.

We will now transfer.

(Carla channeling)

So you see, my friends, that the external and surface personality that is quick moving and quick to assimilate new experiences is missing the deeper undertones and resonances of learning if the seeker does not adventure into the forest of his own deep mind. That deep mind is the ancient part of the self, the storehouse of that which has occurred since before this sphere existed. It may sometimes be less than easy to deal with the type of learning that the deep self has to offer, for like the stone, the deep self thinks and moves very, very slowly and often accretes to it that which it needs rather than intellectualizing or analyzing; it merely makes itself that which it touches. But it is that part of yourself, my friends, which touches the heavens at all times, and not simply when the will and the faith are turned towards that kingdom which you seek.

We urge you to be explorers. We ask that you prepare yourself for your journey with some care, each and every day, preparing in meditation the fineness, single pointedness, and keenness of your desire to know the universe and to know yourself. These two are one and the same thing. Your journey may take you in many strange directions, speaking metaphysically, for your journey exists within your

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mind and your consciousness. But this deep and almost completely unknown territory which lies within you is that which touches the kingdom.

You, consciously, live within an illusion. The deep mind stores knowledge that is not of this illusion, as well as many prior biases which you have collected from other portions of the illusion, and hopes, aspirations and ambitions which have not yet been made a part of the manifestation of your experience within this density. If there is that which nags at you and you do not know what it is, if there is an ambition that you do not know what it is, that information will lie within the slow and stone-like portions of your deep mind, geometrically regular, built slowly, moving slowly, thinking slowly.

The deep mind is steady and firm and stable and remembers. Ask and your ambition shall be told you—perhaps not once for the rest of your incarnation, perhaps you must ask once each day. But do not waste this resource, my friends—the heavens touch the stone and the stone the heavens. All the moss and the fern must deal with the cycles of nature, life and death, and all the illusion that goes with those concepts.

We would close at this time, my friends, leaving you only with our hope that you may hope to discover that kingdom within you and without you, for the kingdom is all about you as well as within you. And as you begin to feel this truth within yourself about yourself, you can then see more and more constant and unremitting manifestation of the kingdom of what this instrument would call heaven all about you. May the Creator whisper to you, inspire you and be with you. We leave you in the love and the light of that which you are and that which all are, the one infinite Creator. We are known to you as those of Hatonn. Adonai, my friends. Adonai vasu borragus.

(L1 channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator, and am quite pleasured at the opportunity to be here and to perform our service of attempting to respond to your queries in some orderly, informative fashion, perhaps with a grain of truth, as well. To this end, are there any questions?

Carla: Since nobody's asked one, I'll ask one that L2 sent in. He entitles the question: "Some ad hoc questions addressed toward the ether." I'll read you the whole thing; tell me which part you want to concentrate on and I'll read it again.

The question goes: "In one sense, all those realms of creation are as an illusion contrasted with the one reality. Yet, to the conditioned mind, it all appears so real, so myriad, a daunting maze, this maze which can neither add nor take anything away from the one reality. A) What really were its reasons for seeming to come into being, that is, made, aside from the obvious one, that it doesn't really exist, and B) How is it best to explicate this relation between that perspective wherein all creations don't really exist and those myriad perspectives wherein this assertion seems defeated by the "real-"ness of transiencies?"

N: That's a question?

Carla: You want me to move on to another one?

(L channeling)

I am Latwii, and we will attempt to respond to these questions in an orderly fashion.

A) That creation which is described as, in part, transiency, unreal, *et cetera*, is actually quite real, my friend, for should one examine the chair within which one sits, one will find it to be quite substantial and capable of resisting the impact of one's appendage to the extent of producing that artifact known as pain. Within one's reality, the conditions are quite real, for those who are a portion of the Creator are made in both the image and likeness of that Creator, that is, possess the same creative abilities as the original Creator, no matter how befuddled those awarenesses and abilities have become through the confused environment. Therefore, my friend, we would suggest that you regard that about you as quite real, for as the saying goes, "Thou sayest it." What one creates one does so for the purpose of experiencing within his own individual reality.

B) The purpose of this environment is that of an area—arena, if you would prefer—within which the interactions may occur which allow the individual entity to accomplish sufficient awareness of dual polarity to develop a preference for one of the two poles therein. As your created reality in this density is one in which dual polarity, that is, positive and negative or service to others and service to self exist,

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the purpose of the illusion, as you might term it, is to provide sufficient incentive … We shall pause.

(One of the tapes ends.)

(L channeling)

We continue … is to provide sufficient incentive for the entity to choose one of the two polarities as a chosen path, and successfully adhere to that path.

May we answer you further?

Carla: In my judgment, that was a remarkably …

(Side one of tape ends.)

(L channeling)

We thank you for reading the question slowly. Is there another question?

Carla: Since everyone seems to be pretty passive tonight, perhaps we'll make this L2 night. This one's even worse, Latwii, so you can deal with it by again asking me to repeat. Question number two: "Could you afford some connective commentary regarding how the perspectives of the following great explicators mesh into the same central truths? Swedenborg; Michael, in Yarbro's *Messages from Michael*; Seth; Franklin Merrell-Wolff; the Cayce trance testator; Orobindo; Meister Eckhart; anonymous authors; the Bhagavad-Gita; Gautama Buddha; Jesus of Nazareth; Mohammet; Krishna; Babaji; Socrates"—well, that's a starter.

I am Latwii. I am aware of your question. My brother, consider your own situation. You exist within a reality in which many claim to have a perception of that which is real, that which is factual, that which is existent, yet many seem to be in contradiction with one another in their description. Would it be true to say that each is wrong or each is right? We would offer then the following commentary for your examination.

Each of those which you have described, including, we might add, the anonymous writers, has been able to perceive with a varying degree of clarity that which exists beyond your realm of confusion, and in their perception have attempted to relay that image to their other selves in such a manner as to reproduce that perception. However, as you are aware, the reproduction of concept into words is quite difficult and often of poor result. We would therefore observe initially that the translation on each of the source's part has been severely hampered by the inability to translate perception into words. As a further example, we would suggest that one consider the possibility of translating into words a robin's song so that the reader, upon reading the words, could successfully reproduce the musical notes.

The further difficulty arrives at the determination of subsequent readers or translators to correct that which they do not understand or alter that with which they do not agree. This has happened quite frequently in the history of your people, both through accident and intention, for much of your historic religious and philosophical texts have been reproduced a number of times in writing after being handed down on the basis of word of mouth for numbers of years, resulting in quite radical deviations from the original source.

Finally, we would observe that those who perceived the original awareness of that which exists beyond the realm of confusion have themselves often been the recipients of much communication, some of which was distorted intentionally by those who would seek to sincerely follow a path of service to self, therefore, quite literally negating much of that which may have been intended.

May we answer you further?

Carla: I think so. I think the question is, "What connective commentary could you give regarding the central truths if any, which all of these people are trying to explicate?"

My sister, the central truths are of themselves the connective tissue which unite the perceptions of each listed, for it was their perception of that reality, that awareness of both the Creator and the orderly universe which was created, that sparked the imagination of those listed and inspired each to attempt to communicate their awareness to their other selves.

May we answer you further?

Carla: No. I feel that there is some reason that you are angling your answer the way you are, and having met L2, we'll just say, that's fine. And thank you.

We thank you, my sister.

A: How is the instrument doing?

The instrument is tiring but capable of answering to a further extent if there are more questions.

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N: I have a query. The Sufis used in former times a nine foot high pole of lapis lazuli which was two feet in diameter. The ritual, I think, has been discontinued for initiates. Why did they use this nine foot object which was two feet in diameter for initiation and why did they stop using it?

I am Latwii. My brother, the object of which you speak was actually not composed in its entirety of the substance which you describe but rather was an object of those dimensions decorated with that same substance. The purpose of this device was to act as a focal point during ceremonies much as the apex of a pyramid would have the effect of a focal point for down-funneling energies. Consider if you will the effect of a conical arrangement of individuals with a single individual at the apex of the cone atop the device which you have described. It was an effort to produce in a simplistic form a pyramidal-type device for the purpose of initiation which was not particularly successful due to the lack of understanding of those performing this attempt.

May we answer you further?

N: If the instrument is not too tired, is this cone of energy an attempt to communicate with what the Sufis consider their home planet?

I am Latwii. My brother, this may be in some way correct, as those individuals whom you describe believe themselves to have come from a single source other than the planet and were attempting to reunite themselves with that source. They, as you may have guessed, were attempting to reunite themselves with the Creator rather than return to or communicate with a physical object such as another planetary object.

May we answer you further?

N: If the instrument is still not too tired, is this form of being united what they called the *barraca* or the spiritual force?

I am Latwii. Would you please repeat the question?

N: Is this form of becoming united used by the Sufis what they consider the *barraca* or the spiritual force?

I am Latwii. The spiritual force which you describe was viewed as a connective energy which would allow the individual in conjunction with his other selves to unite with one another and the Creator.

May we answer you further?

N: Thank you very much.

We thank you. Is there another question?

Carla: Yeah, just a … The Sufis also have the old rope trick, and it strikes me, the similarity of the two strikes me, and it's almost … I'm wondering if that lapis lazuli and what not is not just a further embellishment on the basic lesson of that which does not seem to be and yet is, which is an illusion-piercing thing which the Sufis do practice by supposedly climbing a rope which actually isn't there, which they actually don't climb. However they are able to make it seem so. Can you find a question in there?

I am Latwii. My sister, we view your brief commentary as seeking the correctness of the statement or an observation of the incorrectness of the statement, and in answering we would reply that we are in agreement with that somewhat wordy statement.

May we answer you further?

Carla: A succinct, "No." Thank you.

N: May I ask, if the instrument's not too tired, what did they replace the initiation with when they discontinued the lapis lazuli because the others couldn't understand it?

My brother, the device which you describe was not widely used and eventually fell into a state of disuse and disrepair, having been overturned and shattered by itinerant tribesmen intent upon a path of service to self. The device, however, was rarely in use by this time, as the individuals which you describe had arrived at the realization that the device itself was not essential to their strivings.

May we answer you further?

N: Was it replaced with another device or how was the initiation ceremony changed because of disuse?

My brother, the device was not replaced because it was found to be an unnecessary artifact for the seeker, and was therefore abandoned. The desire to seek the Creator through unity with one's other selves was found to be equally accomplishable through that which you call meditation, though their meditation was in a more active form. The device which you describe was the result of information which may be traced back to that point in time when the pyramids which surrounded your

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planet were once functional. The device was a very primitive effort to replace one of those devices, and was not particularly useful for that purpose.

May we answer you further?

N: What kind of active meditation did they use?

I am Latwii. The form of meditation was one in which regularized motions were undertaken by the individual in an effort to isolate the mind from the body by, in effect, training the body to perform a particular function which required little or no mental supervision, thus allowing the body to, in effect, be put on what one might call autopilot, freeing the mind for meditation while supplying a high degree of oxygen flow to the brain to produce an exhilarative state. This in some instances may be likened to a dance.

May we answer you further?

N: Would you consider this form of meditation better than our going into the silence or stillness?

My brother, there is no better or worse form for that which you call meditation. Rather, we would suggest that the individual finds one state of conditions more conducive or less conducive to that end.

May we answer you further?

N: Well, if the instrument's not tired, I just wondered, well, that if we're told that one type of meditation is better than another then we think that such an active meditation might be good, but you did state that there was an increased flow of oxygen to the brain.

I am Latwii. I perceive your question as one in which the awareness of that statement prompts curiosity as to the benefits in comparison to the stationary meditation which is currently in use by this group. We would simply observe that the increase in oxygen described earlier produced an effect not unlike that of a drunkenness which was construed to be a proof of attaining an ethereal contact or unity, and is not particularly suitable for this type of work.

May we answer you further, my brother?

N: I think the instrument is getting very tired, but I was not referring to this type of work, I was just referring to our own individual meditation at home. We can discuss it later, and thank you very much.

We thank you, my brother. Is there another question?

(Pause)

I am Latwii. As there are no further questions, we shall, "A," bid those present adieu, and, "B," take our leave in the love and light of the infinite Creator. Adonai, my friends. ♣

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Sunday Meditation
July 14, 1985

(Carla channeling)

I am Yadda. I great you in love and light of infinite Creator. We argue with this instrument. We say, "We want to come and say 'Hi' to our friend, J," and we could not do it at first because this instrument say, "Oh, but the big one is yet to come, don't do this now," and we say, "No, no; we just want to say 'Hello.'" So the instrument say, "Okay," and here we are.

The expression of joy that takes place when souls band together in love, not of earthly things but of metaphysical, is tremendous and this expression of joy is with us now. Our gratitude knows no bounds, and we thank you for allowing us to be a part of session today. We shall be silent now, silent but joyful, and so very, very much blessed to share this time with you. We are not blessed because you are such wonderful characters, because of your amazing personalities or your reputations; we are not interested in that part of you. This is not the local train here; we are talking about long-distance traveling. We are joyful because of the long-distance traveler that is your consciousness. How beautiful it is; how beautiful and perfect you are and how much joy there is to share in an infinitely joyful creation.

We leave this instrument now, full of the love and the light of infinite Creator. I Yadda. Farewell. Farewell.

(Carla channeling)

I am L/Leema, and I greet you, my friends, in the love and in the infinite light of the one Creator. We apologize for the delay in our speaking with you. However, we ran into what we consider to be a noteworthy problem which we wish to share with you, for it bears upon each of your spiritual endeavors at this time to a certain extent.

When this instrument challenged us, we responded by saying, "Yes, my child, we do come in the name of Christ." This is the same answer that this instrument is used to receiving from the one known to you as Hatonn. Therefore, the instrument repeated the challenge, and hearing the answer once again, asked who we were. We projected the vibration that is our signature for name. You would think of it more as a musical tone, with overtones and undertones, than a word. As you may have noticed from our need to scan the instrument from time to time to select an appropriate word, we do not use words. Therefore, there was some delay while we established that we were indeed known to this group as L/Leema. These and other spiritual metaphysical and religious names are for the most part intended to convey some small idea of the vibration that is who we are. However, those of the Confederation of Planets in the Service of the Infinite Creator do not actually have names as you know them, as they are not necessary unless one is

unable to speak mind to mind and to recognize musical tones.

We shall now address the question at hand which has to do with values and virtues, what they are, what effect they have upon you, what effect you have practicing that which you come to, shall we say, understand. Perhaps the strongest desire within the mundane world is the desire to live and be loved, to appreciate and to be appreciated. You will find two things to be true about this characteristic of your peoples. Firstly, those who use their lives pleasing others to the exclusion of knowing the self have gained in the eyes of your world, but have lost the power to make the choice. The second thing that is true about the need to love and the need to be appreciated is that the societal values change, and therefore the actual polarity of your intended action is various. Sometimes you polarize well and sometimes there is a negative polarization as you move away from the seeking of truth.

Now, we know what values are not, that is, values are not imposed from without. It is your birthright and as a conscious seeker your responsibility to seek in every way possible to know yourself. To put it another way, it is your responsibility to seek the Creator in yourself and in all things. Values, then, come from within. However, as a mundane personality, the seeking student is precisely as fallible as the person who previously told the seeker what to do in order to be loved. Therefore, we eliminate also from value the mundane considerations of the self for the self.

The question is, what is left to form value? That is a question worth asking. If you have been impressed with feelings, energies and disciplines that seem to you to be of aid in a metaphysical manner, then you have been given the gift of learning. In the process of being given this gift, you have given something up. In fact, the only way that we know of—and remember we are fallible also—to have access to a more clear knowledge of what has value is to lose the self. The more of yourself that you lose, the more of the selfhood that may be overtaken and imbued with that greater self that some call the higher self and others call the Creator within.

Thusly, that which has value is that which comes from within, that which has been paid for by the surrender of the smaller self, and that which is let loose from you in a manner completely free to the world about you, whether it be one person, many people, or simply the environment in which you have your being. Your state of mind when you are in the impersonal self has innate value which is the highest value of which we are aware, of which you are capable of achieving in your third density at this particular stage of your development. Indeed, in a more and more refined way, this is all any particle of consciousness has to offer—its birthright. That birthright is nothing less than a single and original Thought before which there was no thought. That Thought, that Creator of all that there is, is love, guided only by free will. Examine yourself at this moment. What in you is of value? In your heart, you know. There is that within you that is utterly priceless. It is surrounded by a great deal of illusion, and you are seeking to pierce the veil of that illusion.

As to virtues, we find that the list is long and well-known. Much can be quoted from holy books about virtue. The virtues always include patience, hope, charity, spiritual seeking, politeness to others, a cheerful attitude, and so forth and so on. The list of seeming virtues is endless. But, like a skin disease, which also seems endless when one is a—we scan—teenager, so these virtues come and go. They are only skin deep. It is not that the list is wrong, it is that the culture which you now enjoy and experience believes in inculcating virtue from the outside inward, working from a list of rules: do this, but don't do that, and while you're at it, don't do that either, and there is a third and a fourth and fifth thing and so forth. This is not true of virtue, although there is the potential always for significant polarization in one who desires so utterly to bring pleasure to those around it that it is willing to assume the various postures which are designed to be most appropriate and acceptable.

True virtue is a natural overflowing and outpouring of that contact with love which you keep fresh by meditation, prayer, contemplation and the analysis of your thoughts, each in degree to which each aids you personally. Virtue is, in essence, a state of being rather than a process of doing. As with value, the one who is virtuous is first the sufferer, for it is painful to relinquish the amount of control over one's incarnational experience necessary to allow the principle of seeking to work.

The principle of seeking is, to the best of our knowledge, infallible. There are no occasions when it does not work. The time frames may change from

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experience to experience, but if you seek, you will find. And if you seek the truth, you find yourself surrendering more and more of that which you may have considered very special about yourself in order to get on with the seeking of something called love, something that is impersonal, and yet something that, once touched, seems worth more than all the precious booty one can imagine, whether that treasure be fame, fortune, power, success or knowledge.

In the light of the tabernacle which you once established, near the fire of your own holy ground, much is burned away that you would cherish. That which must be relinquished is different for each unique seeker. It is not for us to describe stumbling blocks; we who describe them may put one before you. It is enough to say that the stumbling blocks are in the self, and when it is recognized that there is something that is keeping you from the opportunity for contact with intelligent infinity, there is value and virtue in the decision to surrendering whatever it may, whatever part of your personality it may be.

Each of you has seen transcendent beings, beings that were radiant, that glowed from within, and each has thought, "What a wonderful thing it must be to be so virtuous." The wonderful thing is, subjectively, that there is contact with love. That contact is so powerful that it creates value and manifests it in a clear channel. And what is that value, my friends? That value may be seen in the smile that lightens someone's day, a soft answer to a hard question, an insightful question to one who is muddled. What is value, my friends? Value is that which adds to someone or to someone's experience. What is the nature of addition? The nature of spiritual addition is that it is infinite. You do not have infinite powers as a mundane personality.

Thus, true value is the spiritual. You are a channel for it and it comes through you. Try to do the valuable thing on your own recognizance and you will find yourself in deep trouble, for each entity has designed situations, both of a general and a specific nature, which are for the sole purpose of learning a lesson you feel as your higher self before birth that you need to learn in a more fastidious or complete way. Any attempt to seek healing, the giving of love, the giving of any value at all, without first immersing the self within the greater self of the creation, is going to run into one of the situations which you have planned each of you for yourself, situations that will say, sometimes rather clearly, you are a limited being as long as you do not seek love.

What has virtue? The seeking of truth. What is the nature of truth? To use a sadly overused word, love. What has virtue? That which has virtue is that which is intended to manifest and to praise and bear witness to the Creator and the infinite love, the infinite joy and the infinite peace in which we are created and have our being.

We realize that there are those with children. To be of value to one's children is an especially challenging task. And yet, the rules hold true. When you, each of you, interact with the child, attempt to make even more room than usual for that great channel of love, for while you are channeling that love, you will know what to say, you will feel strongly about what will aid and what will discipline helpfully. Perhaps most fundamentally the aid of children that is of value to the greatest extent is that aid which involves familiarizing your child with your own understanding of your own nature. Let there be a place for meditation in your dwelling, and let meditation be an accepted part of the day, for this is the grounding for you and for all. The child learns first by example.

We do not suggest that your learning be made public, for indeed, each of us learns within. We only suggest that the process of going to your private place and meditating or contemplating or praying be made a normal and, from the parent's point of view, necessary portion of the daily activity. This will aid children greatly in grasping the process in their turn of becoming an impersonal channel for the infinitely personal compassion and wisdom of the one Creator.

We fear we have exceeded our time limit but hope we have given you enough to think about. It is indeed a tremendous pleasure to be able to speak to you and to be able to use this instrument, and we so appreciate your taking our suggestion and forming the group question, that this instrument may be in no danger whatsoever because of the question and answer format, which is not helpful for this instrument at this time. Rather than …

(Side one of tape ends.)

(Carla channeling)

Rather than closing, we are going to attempt to transfer this contact to the one known as Jim. It is

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an experiment and may not work. This instrument may prefer to work with those of Latwii to the exclusion of working with us. Therefore we offer this instrument the choice and would at this time offer the transfer to the one known as Jim. We leave this instrument. I am L/Leema.

(Jim channeling)

I am L/Leema, and we are happy to greet you through this instrument. Again we greet you in love and light. We have offered the opportunity of the transfer of our contact in order that we might attempt any further queries which any within this group might have left for the evening. May we serve in that capacity with another query?

Carla: If nobody else has one, while I'm pulling my cramp out of my big toe, I would ask one written by L. It's his number three, and I will read it to you whole and let you chop it up later or have it read in any way that you would like it reread.

The question reads: "Love is the paramount truth. This becomes clear in time and under various lights to all diligent students and seekers after truth. Consciousness is the essence of all things. This also comes to be literally felt as truth under various lights by all such also. Love expresses into a myriad hierarchy of consciousness which by sufficient analysis/devotion resolves into a single non-hierarchical consciousness. Are these statements correct?"

I am L/Leema, and L/Leema. We scan again the statements for their correctness. We find that with these particular statements, we view that which is the perception of a diligent seeker. The perception of any diligent seeker is correct in respect to that seeker. Each who seeks what may be called truth and finds any manifestation of that truth which may be called love will discover these portions of truth in a manner which is consummate with that seeker's nature. Each entity and portion of the Creator is an unique portion. Though all seek the same central truths, each approaches this truth from a somewhat different angle than does any other seeker. Therefore, though there will be many similarities in truths found by diligent seekers, there will always be those unique qualities that permit each seeker its identity. As this identity is developed to such an extent that it may become fully one with that which it seeks, it then may be given up in larger and larger portion in order that that unity may be fully realized, thus the great cycle of evolution completes itself within each portion of the one Creator. At the heart of all creation is that quality called love. It enables and ennobles each portion of the creation. All are moved by its power, yet each perceives it differently until there is no perception and only identity. Then all perceive as one.

May we answer in any further fashion, my sister?

Carla: No, thank you. There is more to the question which I will finish reading. I just couldn't stand to read the whole thing. The rest of the question reads: "Yogananda speaks of human consciousness/subconscious/superconscious/Christ consciousness/cosmic consciousness. Might this typology be useful in further explicating the above observations?"

I am L/Leema, and we find that this query opens a great field in which the seeker may quest for truth, for indeed each incarnation is experience spent in a tiny portion of an entity's beingness. That portion is what you call the conscious mind. This conscious mind moves about in what you may call an illusion, though most within your illusion feel the illusion to be quite, quite real. The conscious mind is but the tip of the mind of an entity viewed in its entirety. There is that which has been called a veil which separates the conscious mind from the greater portion of an entity's total beingness. A large portion of that being exists as a portion of an entity's mind complex and within this mind complex, then, will fall some of those descriptive terms given in the query.

The unconscious mind is as the roots of a tree. The branches are as the conscious mind traveling down the trunk into the roots. One may see the unconscious mind moving further and deeper into those portions of mind which are shared with other beings so that there is seen a group mind of an unconscious nature that you may term racial, and in some cases, planetary. These realms of mind are often given names such as superconscious experience, for within such realms are many beings, levels of creation or perception and experiences that one may have in connection with the evolutionary process ongoing in all that form this portion of mind.

As the complex of mind is followed to the limits of its creation—for all creation is a function of mind, consciously applied—there is then the opportunity

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for the entity or group of entities to make contact with the complex of spirit which then serves as a communicator or shuttle, as it has been called, with that which goes beyond all manifested form, beyond creation and the so-called conscious experience of creation, there is the infinity of that which is not made in any form, but which permeates all form and is, shall we say, the substance from which all which is made is made. This is the unity of infinite intelligence, the being of the one Creator without distortion of any kind.

Thus, those terms which were given in the query are terms which are generally applied to the ever-expanding process of the seeker's seeking wider and wider points from which to view the universe, its own being, and its being's movement through this universe.

May we answer further, my sister?

Carla: No, I thank you for L.

I am L/Leema, and we thank both the one known as L and you, my sister. Is there another query?

Carla: Well, I'll ask one last one. This one is just from Carla. I was really interested in the question tonight because I have been, ever since my friend, Don, died, feeling about as low as you can get, not only because of grieving, which is substantial and I expect will go on for some years, because we adored each other, but also because I feel so full of iniquity and sin. I can think of so many things, had I known that the man was so close to suicide, that I might have been able to get up the energy to do a little differently, even though I was under a lot of stress, if I had known how critical everything was. I keep going back and seeing one omission or commission after another that if I could take it back, I would give my life to do so. And so, I have never in my life felt so empty of virtue. And I wonder if you could comment on the subjective feeling of a person who attempts with all his heart to find value and to be virtuous as opposed to the objective or inner, shall we say, beyond the veiled reality of virtue and value.

I am L/Leema, and we feel that we have sufficient grasp of your query that we may comment within the boundaries of the Law of Confusion. As the small self which you are, seemingly, at this time moves in various patterns through the illusion, it is planned aforetimes that there will be the difficulties that will test certain, shall we say, characteristics, or as others may call them, virtues of the entity. These characteristics have been formed through great effort in many incarnational experiences. They may not be easily recognized by your peoples as obviously virtuous, for many are beyond the description of words commonly associated with virtuosity.

In the difficult experience, and by this we suggest that a challenge has been presented and the limitations of the small self have been stretched near to breaking, the entity has the opportunity to examine not only its performance or ability to meet the challenge which is a portion of the learning, but has the opportunity to view its own response to what it calls a failure, or what you have called the iniquity, the sin, that which has missed the mark. This is a greater portion of the learning, for within your illusion and within those small selves who populate your illusion, you find the challenges are infinite, yet the ability to meet such challenges is finite. It has limitations designed to form the very personality or small self which you seem to be. Limitations are merely the extent of manifestation of a certain character trait, thus they are not strictly or correctly defined as only a limitation.

Taken in sum, these various character traits, then, are the significant portion that is experiencing the incarnation in order to further develop or finely balance these energy patterns. For any such development or balancing process, the self must have a certain feeling of value or worth in order that there be the motivation or reason to continue learning. As your small self looks upon your so-called failures and makes its judgment, then it further biases the small self's view of itself in whatever direction, whether it be acceptance or lack of acceptance. Thus, a basic bias is offered an opportunity for further bias or further balance according to the needs of the entity in the total scope of its being.

May we answer further, my sister?

Carla: That in itself is a complete answer, but I would like to press forward with just one point which I just neglected to put into the first part. It was in my mind but I didn't got it out. During the period that I'm speaking of, which lasted about a year, I guess, before Don died, I had to make decisions many times. And I don't think I've ever prayed as hard in my life—ever. And each time I had to make the decision to do this or to do that, to sympathize or try to indicate, "No, this is not

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normal, this is abnormal; how can I help you get well?" that kind of thing, it seemed at the time that I had prayed it through, and that I had meditated, and that I was not running on my own steam but that I did have access to the higher self. And yet, all of those wise decisions all added up to an outcome which was, to my little self, vastly not to be desired. So is part of what you're saying, or what you were saying through me earlier about virtue, that it is liable to be unpopular and misunderstood, and seeming to miss the mark completely?

I am L/Leema, and we agree with this summary, shall we say, of our previous comments in response to your specific query, for that which has value to the total being may be that which is quite misunderstood by the small self which is, shall we say, bearing the weight of that which it does not and in some ways cannot understand. Such a burden increases the difficulty of any lesson. Yet at the same [time] such a burden increases the value or weight of the lesson when it is learned.

May we answer further, my sister?

Carla: No, thank you. Thank you very much.

I am L/Leema, and we are grateful to you, my sister. Is there another query?

(Pause)

I am L/Leema, and we thank you, each of you, for allowing our presence and humble words to be shared this evening. We are grateful beyond all words to be able to join a group such as this one which seeks the truth without pretense or presupposition that such truth is already possessed. We are with you at your request and shall at this time leave this instrument and this group, rejoicing in the love and the light of the one infinite Creator. We are L/Leema. Adonai vasu borragus. ✤

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Sunday Meditation
July 21, 1985

(Carla channeling)

I am Oxal. I greet you, my friends, in the love and in the light of the one infinite Creator in whose name we come this evening. We thank you for calling us to you and hope that our humble words may hold something that may be of value to you this evening, reminding you, as always, that we are, as you, full of mistakes, full of errors and without any pretension to infallibility. Therefore, we ask you to consult your own inner wisdom. There is that within you which recognizes truth and which knows the truths that you need at this particular moment. Take what you will and discard the rest without a backward glance, for our wish is only to aid you, not to teach you any dogma. We know the path and we know the journey. But the steps you take are your own. You cannot walk as others walk nor can you meet the difficulties that others meet or experience the joys that others experience. What is in common is the journey itself and the joy and peace that lies from the commitment of oneself to seeking the truth.

As the shadows lengthen and the evening comes into the windows of your domicile, so each of you sits, in some way broken. None of you is any longer whole; none of you is any longer confident that everything is perfect. And many of you count this to be a discomfort, perhaps even a weakness or a lack of faith. We ask you to consider the nature of transformation. We would use the example, simplistic though it is, of a cup which must be empty, emptied of all dregs and all substance before it may contain new drink. We ask you to consider a fresh-baked loaf of bread. It is useless until it is broken. In your young wholeness, my friends, you were full of something very valuable, the unexamined and totally trusted light and love of the Creator that blows about children and makes them so special to the adults about them. But there is no learning in this untouched condition. Does bread count it as cruelty to be broken that it may be eaten? We think not. Do you count it as cruel that life has fragmented your understanding and caused you to raise questions about yourself and others and the nature of the universe? Sometimes it is impossible for those within an illusion as dense as yours not to feel that it is cruel to be so broken by experience. And yet, brokenness is an utterly necessary prelude to transformation. Whole, untouched, you are finite. Broken, you become infinite, infinitely full of possibility, of newness, and of the potential for life, life that is new and vital.

It is as though the illusion which you now enjoy is a kind of threshing machine. It is inevitable that you shall come between the grinding wheels, and that you shall feel burst apart, sometimes slowly, sometimes all at once. These moments and times of your incarnational experience are the most pregnant with possibility for the acceleration of your spiritual

evolution, for you have moved into an infinity when you are no longer closed.

What we say rings of the impractical and we realize that you seek not only that which is theoretical but that which may serve as an ethic that may inspire behavior which manifests that which you hold dear: service to others, love; there are many good qualities we could name for which you may be seeking inspiration. Your best quality is the willingness to be broken because that willingness is the willingness to learn, and, my friends, all things in your illusion teach the lessons of love. Each time you are broken, you are being offered a new way to come to a new understanding, if we may use that misnomer, of love. And by this we do not mean that which you call love, but rather that which you call Logos, that love which is creative and original, that love which is the Creator, for that love which is all of us, for we and you and all that there is are the Creator. Closed, you are the citizen of an illusion. It is as though your fullness were a prison. Each time you face adversity, you escape that prison and you are open to the transfiguration of another learning of love.

We do not say this simply because it is inevitable that experience shall cause discomfort and grief, although that is surely the nature of your illusion. We say this to attempt to inspire you to examine whatever faces you at this particular time, to find within it the seeds of love where there was none before within your heart. As always, the best adjunct to experience for the seeker is daily meditation. It does not have to be a full-time job, as this instrument would say. A very few minutes of seeking in silence that still, small voice, if we may quote from one of the holy works, is sufficient to put you in contact with the infinity that you can otherwise receive only from the harsh trials of experience. For there is that within you, as we have said, that will aid you in coming to a new knowledge, an expanded knowledge of your own nature and of the nature of love. Often there is great healing in such understanding, as that which no longer needed can fall away; as those bitter feelings disappear, for they are no longer needed; as dislike and prejudice disappears, for they are no longer needed. And then, once again, you become whole and you manifest to those about you that which has begun to come through you, that which is infinite, that which is love.

In the inevitable cycle of experience, you shall again be broken and the cycle turns again, offering you again and again the opportunity for new knowledge—or if you have refrained from learning the lesson given you previously, you may find yourself repeating one lesson again and again. Try as you may, you will not escape this lesson until it is learned. This is not a grim threat, my friends; this is the nature of your experience. It is our intent to give you encouragement so that you may welcome experience, so that you may, even in pain or grief or despair or loneliness welcome being broken, and look immediately for the love that you have not allowed into this moment.

We shall pause for a moment that you may do this exercise at this moment. Open yourself at this moment that love may sweep through you, sweep you clean and make you one with your experience. We pause. I am Oxal.

(Pause)

I am Oxal, and am again with this instrument. We would like to close through the one known as L1 if this instrument is not too fatigued. We shall offer the conditioning with the understanding that we do not wish to tax this instrument, and therefore the choice is certainly and always the instrument's. We shall leave this instrument. I am Oxal.

(L1 channeling)

I am Oxal. I am now with this instrument. My friends, it is our desire not to tax your patience with wordy sermons or dry discourses, but rather to share with those present that which we recognize to be an essential part of the process through which enlightenment is attained. Therefore, we thank those present for their patience and commend your dedication and perseverance and seeking. We are known to those present as Oxal. Adonai, my friends. Adonai vasu borragus.

(L1 channeling)

I am Latwii, and I greet you, my friends, in the love and light of the infinite Creator, and wish to offer our service at this point in attempting to answer any questions that those present might deem fit to pose. Are there any questions at this time?

Carla: Well, since nobody's jumped in, I'll go back to the venerable L2's list of ad hoc questions, if it's all right with you, Latwii. This is a short one for a

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change. Number five: "Is it true that the essence of love is compassion? How can there be explication of the ways whereby compassion steers between the twin distortions of being patronizingly maudlin, so to speak, on the one hand, and being too sternly judgmental on the other?"

I am Latwii. We are aware of your question. My brother, compassion is what may be described as the distortion of that which we term love. We would further observe that compassion is characterized by the distortion of judgment where compassion is quite often love given upon the establishment of certain prior conditions. If we might offer an example, the individual who passes an other self upon a thoroughfare might observe that the other self seems somewhat poorly attired or perhaps the physical vehicle of the other self does not appear to be well-nourished. This has the characteristic of an observation, however, rather than an outpouring of that which you term love. The viewer, however, when made aware that certain circumstances such as the loss of numerous loved ones, and the entirety of one's physical possessions resulted in the other self's dire appearance, might be overwhelmed with sudden feelings of that distortion of love which you term compassion.

As one might observe, the compassion or distorted love was only offered upon the basis of evaluation of appropriateness by the one extending that which you call compassion. The distortion of love that you refer to as compassion, then, may be characterized by that individual who offers such distorted love as falling within certain realms of appropriateness. And, indeed, it is the limitations which you, my brother, have suggested that are examples of the range within which such distorted love may be offered.

We would, in closing, observe that the offering of love to any other self for reasons resultant of judgment is still an extension of love and is therefore commendable. However, one who would be an adept must recognize that the extension of love is a form of service to one's other selves, and therefore does not require precondition.

May we answer you further?

Carla: Just for my own benefit, let me try to sum up what you said in a sentence or two. What you said was that compassion, since it's run through a person who feels it personally for another person, involves judgment, of necessity, since that's the way people's minds work. But compassion as an ideal has no precondition, but is given in total freedom. Therefore, we as human beings never quite reach the perfection of that distortion of love known as compassion. Is that what you're saying?

I am Latwii. My sister, we agree with your explanation with one variation. We would emphasize that the use of the word "love" rather than "compassion" in the latter portion of your statements would be more appropriate, for it is love, itself, which ideally should be given freely rather than the distortion of love known as compassion.

May we answer you further?

Carla: Yeah. The Live Aid concert brought a wave of what I would call compassion rather than love, that is, pity, and a desire to help a lot of people that were hungry that nobody knew. How does one make the step from compassion based on need to unconditional love, personal love, of strangers, billions of them, whom one does not know and can never know? Or is this even recommended?

I am Latwii. My sister, we would attempt to answer your question simply by extending the observation that the numerous strangers cited in your question are actually numerous other selves and for that reason one might observe that there is a reluctance on the part of the individual to love himself or herself through the extension of love to all other selves, in essence a reluctance to love oneself in totality. For this reason, we would offer the suggestion that to learn to accept and love oneself in its facets which are both attractive and unattractive is a step toward the loving of those same characteristics, both attractive and unattractive, in one's other selves. For to accept oneself is to learn to accept one's other self sufficiently that the extension of love to the degree which you described becomes possible. The recognition must occur that each other self is in essence identical to one's own self and the accomplishment of loving these numerous other selves is an extension of that recognition.

It is becoming difficult for this instrument to continue to maintain contact, and we would suggest that should further questions be desired, that another instrument offer to serve on this instrument's behalf. We are known to you as Latwii.

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(Jim channeling)

I am Latwii, and we are with this instrument whom we thank for offering a voice for us to utilize once again. Is there further query?

L1: Yes, Latwii. I'm disturbed as to the potential accuracy of what I was channeling. Would you make any corrections that are necessary through correction or repetition of the questions that were offered while I was channeling?

I am Latwii, and am aware of your query and your concern, my brother. We would not attempt to add or subtract from any concept which you utilized, and which we were able to utilize using your mind and its contents. We are most appreciative of each instrument's desire to be of service, for though our message is always and ever the same, there is much to be gained in variety of expression when we are able to utilize numerous instruments in speaking this one message. Therefore, we should not feel any concern to alter our message which was transmitted through your instrument but would simply thank you for your service and remind you that as you open yourself in service and give up your own small will that you may serve a greater will, that you then must needs accept that which proceeds through your instrument and allow its movement through your instrument in as free a manner as possible without the overconcern as to whether the task has been accomplished in one fashion or another. To put it more simply, my brother, do not be so judgmental upon your own abilities. We thank you for your service.

May we answer further, my brother?

L1: No. Thank you for your comfort.

I am Latwii, and we thank you, as always. Is there another query?

N: May I ask for some further explanation? Are you in essence saying, Latwii, that we have many problems within ourselves which we can't accept, and which is true, of course, but when we have problems with others which we seem to want to accept, yet can't rationalize love as an extension of the one infinite Creator, then this is again failings within our feelings for ourselves?

I am Latwii, and am aware of your query, my brother. We shall attempt clarification. When one sees any other being and has any of the range of emotions that are possible within your human condition, one may assume that the emotion is felt for the other self because that emotion has some impact or reference to the self. You are in essence a conglomeration or unit of learning, this is to say, you have your unique character, you have distortions of one sort or another that give you your strengths, your variety, and your uniqueness. You will feel in one manner or another about yourself or some portion of yourself according to the desire you have to learn in that area and your own conscious or subconscious assessment of your success in so learning. This process of learning and judging the self is one which is always ongoing, yet is usually not as conscious in the earlier portions of one's incarnation as it is in the latter portions. Therefore, as you become more and more aware of your own self and come to know that self, a portion of this awareness is gained by seeing your feelings for yourself reflected by others to you as your feelings for others. Thus, the mirroring effect of other selves shows you your attitude towards a portion of your own being. As you become more and more aware that this is the case, the process then is accelerated.

May we answer you further, my brother?

N: No, thank you. I think that was good.

I am Latwii, and we thank you, my brother. Is there another query? …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we are with this instrument once again, now that the mechanical duties have been completed. May we again ask if there might be another query?

Carla: I am interested in the message tonight because it was sort of paradoxical, and I wondered if you could make your own comment on the subject. Having experienced what was to me definitely the biggest disaster of my life recently, I have felt more imprisoned by the situation than freed by the situation. And when I have been in the past much more unbroken and whole I have felt freer, whereas the message stated that when you are whole you are in prison. Could you offer comment on this basic theme to clarify Oxal's thoughts for me?

I am Latwii, and am aware of your query, my sister. We shall be honored to attempt clarification of this

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message which our brothers and sisters of Oxal were so inspiring in the presentation of this evening.

As you feel the feeling which you have described as wholeness, you are as the harvester who has plucked the fruit from the tree and enjoys the sweetness of the fruit which has taken long to produce. It is a milestone, shall we say, upon which you stand and which signifies a portion of a journey which has been completed. Yet, as all journeys of which we are aware in the seeking of truth are of an infinite nature, at some point there will be the setting out upon another portion of this journey of seeking. For as you have plucked the fruit of the previous journey and are nourished by it, there comes a time when the pilgrim, which each is, desires to move yet further upon the journey of seeking the truth. There is a price for each step. There is what often seems difficulties both small and large, both trivial and tragic, which will confront the doughty seeker.

If there were no such difficulties, if there were no price for the steps taken upon this journey, the lessons could not be learned, for there would be no weight against which to test and strengthen the spiritual muscle. For those who have gained much of the strength through many of the trials, further testing will require added weight and difficulty, shall we say. Within your illusion, such difficulties are not often seen for the great opportunity for growth which they offer. This is not surprising, my sister, for little within your illusion is seen for what it truly is. Much of sight rests upon the surface of things, the heart seldom seen. Yet it is our suggestion to you that within all such difficulties, the opportunity for learning and experiencing the love of the one Creator are infinite.

May we answer further, my sister?

Carla: No, thank you. That was very helpful.

I am Latwii, and we thank you, my sister. Is there another query?

(Pause)

I am Latwii, and we are honored to have been able to speak a few words this evening to this assembled group. We have enjoyed your vibrations and your queries. We thank you with a whole and joyful heart for requesting our humble presence. We also wish to remind each that we are but fallible seekers upon the same path of seeking which you now find your feet. Take that which we have given that has value in your own journey and leave behind that which has none. We are with you upon your request in your meditations to aid in their deepening and we are eager to join you again in your "Sunday night meetings," as they have come to be called. We thank you and we bless all and leave all in the love and in the light of the one infinite Creator. We are those of Latwii. Adonai. Adonai vasu borragus.

(Carla channeling)

I Yadda. I greet you in love and light of infinite Creator. We say to one known as J, "Howdy." We come as you call, but you must understand, we have to be very brief, for the seats become hard when the second side of the tape has been turned over, and we do not wish to make the seats of your couches and chairs any more hard for you.

We only wish to bring you a single thought, and to do that we ask you to come with us in your mind, to leave this room and move into the night sky, far and far away, farther than you can see, farther than your telescopes can see, until you are no more in space and time, until you are truly within the Creator. We ask you to feel the light that is so bright, that shines not from a single source, but everywhere, from everywhere and to everywhere at once. There is no night; there is no sky, there is no separation—"sepa-r-ation"—we are learning to say our R's, are we not, aha?! We ask you now to rook—to look back at yourself and ask what lies before you.

What's your problem? We ask you! Detach yourself. Do you have a problem with your reputation? Forget it. Reputations are not important! Do you think ill of yourself? Forget it—what do you know? Do others think ill of you? Forget it—what do they know? Do you think that you are not as good as others think you are? Forget it—what do you know? Try to live in the light, my friends. Do not reach for it—allow it to fill you, for with every breath you are infused with that light, that love and that energy, and you are a powerful being.

So get on with it. With no fear, but with a will to serve, to love, and to be in the light. And that light is that which we leave you in, having no other possibility, for that is all that there is. The rest is confusion and dreaming. We wish you happy dreams and we wish you moments of wucidity—lucidity in which you see beyond your dream and beyond your darkness, beyond those few moments when you wear your funny costume of physical flesh

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and see the essential you which not only dwells in light, but is light.

We known to you as Yadda. That is not important, either. We, however, love you. Adonai. Adonai. We leave you in the love and in the light of the One Who Is All. ♣

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Sunday Meditation
July 28, 1985

(L1 channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and in the light of the infinite Creator. My friends, we are greatly pleased that you should take the time from your busy day to join your vibration with our own and to share with us that we may both benefit. It is our desire to come to you, not as a teacher, but rather as a brother or sister, who upon returning home, shares that which has recently been learned, those awarenesses which come upon one during one's day that he or she would offer to another self for examination and understanding. My friends, please understand that in this service, we necessarily learn from the sharing and therefore are quite grateful that you offer us the service of your time and attention.

It is our desire tonight to share with you some thoughts on the subject of eternity, for as your tuning has smoothed the path toward such a discussion, we desire to follow the flow of the river of consciousness and continue in the same channel.

My friends, eternity quite often is regarded in one of two fashions. It is either the vague and murky period somewhere in the distant future which we are often told we should somehow prepare for, yet recognize that it is sufficiently distant as to make such preparation lacking in immediacy.

The other perception of eternity is in itself almost a contradiction of itself, for we often regard it as a vague period of time, beginning in the quite immediate future, for which there is not sufficient time to make preparation, so we simply avoid thinking about it. In each of the two conceptions we manage to safely distance ourselves from any responsibility or effort. But, my friends, those here are seekers, and the seeker is aware that that which surrounds himself or herself is eternity, that that point within which one identified his location in time is perched quite deeply within that which we call eternity, rather than a safe distance before it.

So, my friends, we ask, is it not wiser to examine that with which we now occupy ourselves for eternity? Is it truly the wisest choice to spend our eternity in the pursuit of finite objectives, of petty quarrels, of insignificant pursuits? Are we wise to spend our eternity debating which vacation to take or how to invest our money? My friends, we offer these questions not to belittle those pursuits which are facets of your daily lives and those of your brothers, but rather to emphasize that it is quite tempting within the illusion to spend one's time and effort holding eternity at bay, to tell that quiet voice within that we will begin our efforts toward the development of ourselves just as soon as one more pursuit has been accomplished or perhaps later in the week when one is not so busy.

My friends, eternity does not begin now—eternity has been with you always. And we ask you to examine in your heart the wisdom of spending your eternity delaying your efforts to prepare yourselves for that eternity. We speak not in terms of eternal reward or eternal punishment, for, my friends, each of you is aware that those will be the result of your desire to reward or punish yourselves. We speak, rather, of your inner desire to return to that source, to once again reunite yourself with all of your other selves, to become again conscious of that which in the entirety of your brothers and sisters throughout your universe you will one day become.

My friends, if we may be forgiven for attempting to urge you to one decision over another, then we ask you to prepare yourselves for that journey. I am known to you as Hatonn. Adonai, my friends. Vasu borragus.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and the light of our infinite Creator. We also are most privileged to be asked to join your group this evening. We hope, as always, that we might be of some small service by offering ourselves in an attempt to answer whatever queries may be of value to you. We would, however, preface this service by reminding each that we are but your fallible brothers and sisters. If any word we speak should confuse or annoy you in any way, please cast it aside. Take those that have value and use them as you will. With that disclaimer aside, we would ask if we might begin with the first query.

R: I wonder if you could answer without infringement who it was I saw last night?

I am Latwii. We are aware of your query, my brother. We find that you have had an experience of what would be called an unusual nature, one which is often desired in order that, shall we say, a certain form of reassurance might be had and might quiet the disturbed mind upon a certain point. Because this experience has the capability of answering this desire upon your part, and because this desire is a central portion of your own learning process, we must satisfy ourselves with this general response without giving more specific details that would do for you that which you seek to do for yourself.

May we answer further, my brother?

R: Not on that, Latwii, no. But I wonder if you could comment on the, I guess, the pros and cons of chemotherapy?

I am Latwii, and am aware of your query, my brother. This is a somewhat difficult query, for this technique of healing within your allopathic community is one which is usually utilized when the condition of the entity is quite, quite deteriorated. The disease, as you call it, among your peoples at this time known as the cancer is becoming more prevalent in various portions of the physical vehicle. Because of certain attitudes and ways of perceiving in a somewhat limited fashion, shall we say, diseases such as cancer proliferate among your peoples in order to provide learning devices or focuses for the attention. When the attention has been diverted for a long enough portion of what you call time, the teaching device, the disease, progresses in becoming more obvious that the one suffering the disease might notice and work with this catalyst for learning. When the condition has been allowed to progress to the point where it is feared that the physical vehicle shall fail and become unviable, it is often necessary if the incarnation is to be prolonged and further learning be available that what you would call drastic means be utilized.

Thus, in many cases, such a course of treatment would be seen as quite appropriate if the entity at the core of its being desired additional time to process the catalyst which had been placed before it. However, as you are aware, this particular course of treatment is one which has its own set of somewhat drastic, shall we say, side effects. In all types of healing treatment which do not take into account the lesson which has been symbolized in physical disorder there will be some side effect which is not desired. This must be weighed by any entity conscious of the evolutionary process which it is experiencing within its incarnation.

May we answer further, my brother?

R: I don't want to take up any more time. I really appreciate it, Latwii. It was most helpful. Thank you.

I am Latwii, and we thank you, my brother. Is there another query?

Carla: *(inaudible)* the last one of L2's. It's only four lines this time. "God," he defines God here as "the one Creator's power is so incomprehensibly infinite

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that in one text it is said, 'He tempts the true devotee with awesome powers experientially before admitting same back into mahapahanirvana.' Can this be further explicated?" Want it again?

I am Latwii, and we are unsure as to whether we have a complete grasp of this query but we shall make our best effort at focusing a response which lies within the boundaries drawn by this query.

The various philosophies that have been developed by the many cultures and groups within cultures of people upon your planet all speak in some manner of a God force, a Creator, a Logos, a primal force of some nature. All are aware, it would seem, that there is more to the daily life than what is usually experienced. It is felt by each on a subconscious level at least that there is some vitalizing force that moves through the life and which can be known in some fashion. The various religions and philosophies which have attempted to codify and explain this God force to individuals within the culture or religion have by the attempt to describe that which is indescribable often created distortions of understanding amongst these people who have adopted one or another philosophy as a path to that God force. Thus, each will describe this force and each entity's relationship to it in a slightly variant fashion. There will be numerous activities in many religions and philosophies that are seen as good and which promote this search and seeking for the truth or the God force. There will be, as well, many actions and thoughts which will be described as "bad" or "evil" and will be seen to prohibit this process.

Thus does each philosophy and religion seek to describe the path to the Creator for the seeker. Various enticements are offered, various prohibitions are put in place. Yet within each philosophy and religion, there exists enough of what you may call the truth that the seeker who is pure in heart and desire may travel a path within that religion or philosophy and find the goal which it seeks. This is true, my friends, for to the best of our understanding, there is no portion of any entity or of any part of creation which does not contain that which is sought. This is to say that all things, all entities, are the Creator and are that which each seeks.

That this is not obvious and clear to those within your illusion of reality is both a blessing and, while in the incarnation, would seem a curse. It is a blessing, my friends, that you operate in what has been called a veil or darkness, a forgetting of who you are, because in this state of thinking, the attempts that you make to seek the truth carry much more weight within your total beingness than would such attempts carry should it be obvious that all things are the one Creator. It would not be difficult to love without condition; it would not be difficult to give without stint; it would not be difficult to see the one Creator in all entities and experiences if there were no other thing to see.

Yet within your illusion it seems a curse to move in such darkness with such dimly lit pathways, for the errors seem to greatly outnumber the successes in finding any portion of truth and purpose in life. Yet, my friends, we say that because the one Creator exists in all entities, each experience of every entity is an experience of the Creator knowing Itself. Thus do each of you glorify the one Creator by presenting the gifts of your experiences, however small or large, to the one Creator. These experiences would not be available without your efforts.

May we answer further, my sister?

Carla: I'd like to pick on one phrase that L2 used because I think it's the heart of this question. And it is said that, "God tempts the seeker with awesome powers experientially before admitting same," which I assume to be, "before admitting the seeker," back into the state of bliss." Are, in your opinion, the powers of the one Creator a temptation? They certainly are awesome …

I …

Carla: … It strikes me that this is the heart of the question and there's something just … it's hard to put my finger on, but it seems wrong-headed somehow.

I am Latwii, and we ask your forgiveness for interrupting your query. We find we have caught this instrument's disease. We shall attempt to speak to this point. In our previous response, we attempted to cover this point in a general fashion by suggesting that the philosophies of those who move in darkness may be quite distorted, yet each is a portion of the one Creator. We may attempt clarification by suggesting that the query as stated suggests a Creator which exists apart from those who seek the one Creator. This is a premise which we do not accept,

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thus we did not speak in a direct fashion to it, for there is no external Creator that tempts any to seek it. There is one Creator which exists in all portions of creation which nurtures each of Its creations, and grants to each the free will to seek It in any fashion which it chooses.

May we answer further, my sister?

Carla: Could you say then that perhaps the temptations of which L2 speaks have more to do with blockages in the lower chakras which may cause a person to wish for power or success in the spiritual sense, possibly recognition, as opposed to desiring to find always the will of the higher self and the Creator?

I am Latwii, and we hope that we may be of service in this response by suggesting that the temptations spoken of in the query are more properly assigned to various philosophies and entities holding such points of view. The seeker has the will, the desire to seek. How this is used is a function of the seeker's point of view which in turn may be further affected by the philosophy or religion which it has adopted.

May we answer further, my sister?

Carla: No. I believe I see that what you're saying is that the question is so heavily biased that there's no real way to get at it. And I accept that. I thank you for L2.

I am Latwii, and we thank you and the one known as L2 for offering the service of this query. May we attempt another query?

N: Yes. I wonder if there's any authenticity to the newspaper report concerning *(inaudible)* extraterrestrial craft dogfight over *(inaudible)*?

I am Latwii, and am aware of your query, my brother. In matters of this nature, we find it more appropriate to leave the conclusions to those interested in such phenomena. We do not feel it appropriate to verify or nullify items of this nature, for they bear little fruit on the seeker's journey.

May we attempt another query, my brother?

Questioner: Latwii, is monogamy the ultimate form of relationship between a heterosexual mating couple?

I am Latwii, and am aware of your query, my brother. We find that the use of the adjective, "ultimate," befuddles somewhat the clarity of the query. We would perhaps be more comfortable and be of more service it we were allowed to substitute the phrase, "more efficient," for that particular adjective, for we believe that the heart of your query concerns the type of relationship which is most helpful to those within it as each pursues the evolutionary process of seeking the truth and discovering the nature of the self.

The pairing of the male and female entities within your illusion and beyond your illusion is seen as being the most efficient in that the nature of creation as we understand it is reproduced within such a couple. Yet, it must be remembered that these male and female forces, these positive and negatively charged forces, are found both in each biological entity, be that entity male or female. Yet, the male and female entities then, as they interact one with the other …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we are once again with this instrument. To continue. These male and female qualities, then, being expressed within this mated relationship allow the mirroring effect to occur with greater intensity and frequency. This mirroring effect is the effect that occurs when one sees within another self those characteristics that are loved and accepted and those that are not loved and not accepted. In truth, these are the characteristics of the self which are loved or not loved, and are those characteristics which outline the lessons and services that the entity has designed into the life pattern from the preincarnational state.

The intensity and frequency of this mirroring effect, then, is due to the natural attractions and interactions that are set in motion by the basic positive and negative forces of creation moving within the mated couple. That the relationship is one which is seen as a life-long relationship insures that the mirroring effect will be produced on a frequent basis. The frequency aids in the intensification of the opportunity to see the self within another and to work upon the self as one works upon the relationship with the other self.

Thus, the male qualities of radiance and reaching for that experience not yet held and the female qualities of magnetism, of awaiting the reaching and potentiating the experience, are those qualities which

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continue to—we scan for the correct term—redound and rebound within the experience of each entity, echoing and reechoing the attraction of lessons, the catalyst of these lessons, and the opportunity to continue the lessons throughout the incarnation.

May we answer further, my brother?

Questioner: That was fine.

I am Latwii, and we thank you, my brother, for your query. Is there another query at this time?

L1: How is the instrument doing?

I am Latwii, and we find that the instrument t is available for a number of queries yet, having sufficient energy present.

May we ask if there might be a further query?

L1: Was I getting some communication from Yadda a little while ago?

I am Latwii, and am aware of your query, my brother. That you have discovered this fact is therefore that which allows our response. The one known as J was hopeful that he might once again hear from his favorite friends. The one known as Carla has been the sole instrument used by those of Yadda to date, and was itself hopeful that perhaps another might be able to "chew upon that rye bread." Thus, those of Yadda offered to your instrument the opportunity of tasting the rye.

May we answer further, my brother?

L1: No, I'll simply respond that I'd be willing to serve in that fashion when the time comes.

I am Latwii. We appreciate your offer of service, my brother, and those of Yadda are most appreciative as well.

Is there another query?

Carla: I don't know if you can remember this—speaking to the instrument—there was a question that I was supposed to ask and I have forgotten. If the instrument remembers it, would the instrument vocalize it and allow the channel to answer it?

I am Latwii, and if you do not mind our paraphrasing of the query which this instrument has fed into our awareness, we shall be happy to attempt this query.

The query concerned the proper density for holding that state of consciousness which has come to be known as the Christ consciousness. There is some difficulty with this query, for the term "Christ" within many of the cultures of your peoples is a term which is closely associated with an entity known as Jesus of Nazareth. This entity, the one known as Jesus, is one who through its own efforts at seeking the one Creator was one able to attain a state of consciousness that may be described as the Christ or Christed consciousness. This is a level of awareness and experience of being which is available to all portions of the one Creator in a more or less distorted fashion. The distortion is most usually a function of the density or vibratory frequency within which it has been attained. Thus, within your third-density illusion, though much is available to any attaining this crystal pure consciousness, there is by the very density itself some distortion that might be expected.

As the vibratory frequency becomes more filled with light, shall we say, or the energy of creation, to put it another way, the ability of an entity within such a vibratory frequency to experience the Christ consciousness is enhanced and therefore suffers less distortion. In some fashion, any entity achieving this Christ consciousness will have experienced unity with the one Creator and will be thus enspirited and inspired to be of further service to those about it, for each is seen as a portion of the one Creator to know that it is indeed loved and love itself. One who has known this facet of the one Creator, that is, love, then seeks to share that experience and power with those who call for it. Within your illusion, the lessons which all pursue in a unique fashion focus about the concept of love.

Therefore, the achievement of the Christ consciousness will have a strong coloration of this love portion or facet of the one Creator. Those within the next, shall we say, class or vibratory frequency learn lessons that focus upon wisdom, and thus will their experience of Christ consciousness be colored by the characteristic of wisdom. Those pursuing the balance of love and wisdom within the following vibratory frequency will, perforce, experience the Christ consciousness in that balanced fashion. And thus, each experiences the same level of consciousness, but from a different angle or facet, shall we say.

May we answer further, my sister?

Carla: No, thank you.

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I am Latwii, and we thank you, my sister. Is there another query?

J: Yes, Latwii. I don't think Yadda is rye bread. I think he's crêpes with orange marmalade.

I am Latwii, and we enjoy your description of our brothers and sisters of Yadda, and we find that they are curling their tongues and smacking their lips at your menu.

May we be of service by answering a query?

Questioner: Latwii, the question came up this afternoon, I guess it was yesterday afternoon, about the sexual nature of the one known as Christ Jesus—the entity and the balancing of that sexual energy that he had, which I believe was recorded in Jane Roberts' *The Seth Material*. Can you speak a little bit about this balancing that the entity known as Christ experienced?

I am Latwii, and am aware of your query, my brother. Again, the entity known as Jesus was one who sought the love of the Father, as this entity put it, for this entity's experience was in the end one which equated love with the Creator and with all creation. The love of the sexual nature is an experience which when used in a conscious fashion may greatly accelerate the evolutionary progress within the conscious seeker, for that which enters the base energy center or chakra is what may be called prana or intelligent energy, also to be known as love, the creative force responsible for the creation itself. Thus, each individual receives this creative force through the base chakra, and by its own free will and its system of beliefs, will use that energy in any of an infinite number of ways.

Most who are not conscious of the seeking process utilize this energy in the sexual manner only, thereby insuring the reproduction of the species and the satisfying of the body's sexual urges. The one known as Jesus, as is necessary for any conscious seeker, was able to consciously move this energy received at the base chakra through each successive chakra or energy center, and with each move was able to step up the vibratory frequency of this energy and balance each chakra in turn, thereby regularizing and crystallizing its own being. Therefore, the intelligent energy or love of the Creator was free to move through this entity without diffraction or distortion in any way.

Thus, the white light of the Creator, this intelligent energy, moved through the crystallized being of the one known as Jesus in such a fashion that there was no color other than white, shall we say, which emanated from this entity's being or any chakra, as it was able to channel this intelligent energy in a pure fashion because of its conscious understanding and mastery of the evolutionary process at work in its own incarnation.

There was some experience of the physical sexual nature that served to trigger this entity's ability to achieve this channeling of intelligent energy in a pure fashion, but it was found by this entity that its own desires were such that it sought to refine this process of enhancing or stepping up the basal frequency in a conscious manner without the recourse to sexual intercourse, shall we say.

May we answer further, my brother?

Questioner: Am I to understand that this refractive process is what creates or is the process of desire, and that we have this balancing available to us also in order to achieve, let's say, a more balanced energizing. I don't know if I stated that correctly or not. Could Latwii speak on that?

I am Latwii, and am aware of your query, my brother. In general, we would agree with your summation. To hopefully clarify, we would also suggest that each distortion or imbalance that each entity contains in each chakra are the symbols of the lessons that each has encoded within the life experience. Thus, when the light of the Creator is diffracted into a certain color by a certain distortion, this is a process which points out to the entity within the incarnation that there is, shall we say, food for thought available, that there is a portion of the self awaiting discovery, there is experience to be had and balancing of this experience then to also be enjoyed.

May we answer further, my brother?

Questioner: I could probably keep you going all night, but I think that'll probably suffice for my questions at the moment.

I am Latwii. Is there another query?

(Pause)

I am Latwii. We find that we have, for the nonce, exhausted the queries. We thank each who has offered the gift of the query. We hope that our humble response has been of some service. Again, we remind each to take that which has value and to leave that which has none in the personal seeking of

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truth. We leave each of you at this time in the love and in the light of the one Creator Who Is All in All. We are those of Latwii. Adonai. Adonai vasu borragus.

(Carla channeling)

I Yadda. I greet in love and in light of infinite Creator. We so happy to be with Joe and his friends. And we bless each and are most grateful that we may speak with you ever so briefly, for we do not wish to make you sit too long. We are also confirm we were giving conditioning as best we could to one known as L1, and we find much luck with this instrument due to the lack, the lack of experience with the trance. We find we can use this instrument at a very right science level because of the instrument's ability to say, "Oh, what the heck, I go ahead and say whatever comes out because I have challenged."

You know, we have made fun many times of this instrument's challenging in the name of Christ. We say, "How about somebody else? There are many good people to challenge with. How about Mohammet; how about Buddha?" But this instrument is not Buddhist; this instrument is not Muslim. Therefore she challenge in name of Christ. We have come to understand this. Therefore, we no longer make fuss with this instrument when this instrument gives the challenge, for we are very happy that there is challenging, for it make this instrument free for us to use.

We leave you only a question, one we ask often. We shall phrase it not like question, but like situation. Here is your situation: Take away your job. Who are you? We gonna keep going here—aha! Take away your clothes; you are wearing sheets now—everybody look alike—aha?! Take away the haircuts, and any artificial means of decoration of the self. How much of you is left? All of you, of course. But who are you in there? We goin' find you. We take off shoes. We not goin' to leave anything but your inner self.

Now what are you going to do? Take away your body. You are only disembodied spirit. But you can turn on TV; you can do anything you wish. Now, there is no one to impress but yourself. Now. Where lie your interests? How would you spend your day? We suggest that most of you are still enough with this world that you would spend a lot of time with the television, the movie, the book, the record, and all the diversions that you so love. We of course are not mentioning things like the tennis because that is often a way of saying who you are, and it is false. We want you to go now through that period where you are tired now of watching that which is outside. Sooner or later, you gonna turn inside and you goin' to look around.

Now who are you? You got a lot of work to do. That work, my friends, can only be done with that which you do not have unless you meditate, for all that you attempt to do to be of service, all that you attempt to do by "rearning," by *learning*—we are sorry, that one hard for us—aha!—must go before you get the clear look at the limitation of the self that will go away unlamented when you do, indeed, lose this particular chemical body. But you are spiritual person; each is spirit, is soul, that which is ancient. Therefore, within meditation there is that which may put you in touch with who you are. And more than that, may give you tools to use, resources to use in the manifestation of the discovery of why you are. Can you love and serve without recourse to meditation and the contact with that which is infinite? You try—you get tired fast.

We thank you for asking us. We are through now, and so leave you in love and in light of infinite One. Listen, my friends, to the silence behind sound, for therein lies your consciousness in its whole reality. How many illusions shall you pierce within the next day or group of days this instrument call week or month? Attire yourself, my friends, not to your clothing first, not to your job first, never to the outer things first. But first to the silence and to the discipline of listening to that silence. For it will drum in your ears louder than all the birdsong, thunder, lightning, rain, hail, all the crickets and other insects, all the trains and planes, anything you can think of. There is nothing so deafening as the sudden tabernacling, shall we say, with the Creator that is you. And nothing is more beautiful than the soul that carries himself away from meditation and into the world. O, rejoice my friends, for you seek and you shall find.

We leave you. We are Yadda. Adonai. Adonai. Farewell. ♣

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Sunday Meditation
August 4, 1985

(Carla channeling)

I am L/Leema, and greet you in the love and in the light of the one infinite Creator. We are most gratified this evening to be requested to join in meditation, and we are grateful for the work that one known as L1 has done. We feel that we are making progress in this conditioning and will continue when there is an opportunity such as this one by using this instrument to work with this channel and any other channel who may wish to experience the contact in the future, as you would say. We greet each of you and bless each of you and find great beauty in each of you and, again, we thank you that you allow us to share our limited suppositions and opinions with you.

The question before us is the point which occurs well into the spiritual journey. Therefore, we wish to state the question and then attempt to put [it] in context. It is our understanding that the query involves the balancing technique described by those known to you as Ra which involves accentuating of the distortion as the opening move towards the balance in the personality of that distortion.

To put this in context, we must look at your situation. You are shipwrecked on an island that spins in space. You cannot escape from this island during your incarnational experience and you are separated from other consciousness of the same or higher density by limitless light or space. You share this with each of those who are your companions upon your island home, the vast majority of which are not at all interested in balancing their distortions in the fullest sense, but rather are usually interested in accentuating pleasant distortions and eliminating or numbing uninteresting sensations and emotions.

Therefore, it must be assumed that this technique is of no use to most of those upon your planet. This does not mean that they who have no access to this technique will not learn, for the incarnational experience is very efficient and enough catalyst is given to each that the basic plan of the higher self is at least presented, if not realized. However, those within this domicile at this time have made a decision, the dimensions of which are immense. That decision is to seek the truth. Although there is no distance to this journey of seeking, the effort and the time which you spend in seeking actively and passively, that is, through action and through meditation is an accelerating force which causes your mental/emotional complex to experience in a more rapid and intense manner not only events, but the emotional overtones and undertones of the event.

Let us look at an analog that is very simple, an analog to a concept which does not seem simple, but complex. The analog is this: When a young boy or girl rides his bike, if he takes it very slowly, he will not have to lean as he goes around a corner and it is

unlikely that any harm will come to him through miscalculation. This is the case of most upon your planet who have not chosen to accelerate their seeking. Now if this same boy or girl chooses to speed up his journey, he will run into several different problems, all related to his rate of speed. A bicycle going above a certain velocity cannot change its course without first leaning, not in the direction it wishes to go, but in the opposite direction; when one has achieved a certain velocity, one may not see a traffic problem, a bump in the road, and so forth and one may fall off one's bike and hurt oneself.

Now let us turn that simple analogy and look at what seems to be a complex question. When the seeker discovers catalyst affecting him, regardless of the conscious spiritual attitude of the seeker, the lower or deeper portions of the mind will cause certain reactions to bubble up as they had been programmed to do by this incarnational pattern of childhood or because of racial memory, planetary memory or cosmic memory. You will react to catalyst, my friends. The concept of indifference is not one we recommend as one which is helpful when one is faced with catalyst. Rather, we suggest a great deal of interest be given to what is occurring. Is the catalyst due to the attempt to go around the corner? Is the catalyst due, in other words, to a change, a transformation that one is attempting to achieve? Is the catalyst such that some change or transformation might be suggested? If this is the case, and it often is when catalyst is involved, the leaning as you go around the corner is the accentuation in a brief manner preparatory to making the change towards that which you do not want within yourself or within your mind.

For you must have a good grasp of what it is you are leaving as well as what it is you are seeking before you can plainly and efficiently make the transformation. It has been noted that the accentuation can get out of hand—a body can become sick, a mind can become diseased, an anger can become magnified, and all these things seem to blow up, to explode in such a way as to destroy the possibility of transformation.

Let us go back to the boy on the bike. When someone falls off of a bike, that entity picks up the bike, checks himself and the bike for damage, patches up what is necessary and renegotiates the turn. When the seeker in attempting to process catalyst falls off of the firm intention to "do good," shall we say, or to use a more accurate term, to follow a positive path, the seeker may well feel bruised, battered, injured and without any proper vehicle for making that transformation previously so eagerly sought. However, there is no moment within or without of the incarnational framework of your ongoing consciousness within which there does not lie the possibility for transformation, the possibility for polarization, the possibility to see love.

We do not mean to be simplistic. We realize that there are deep concerns within this group having to do with life and death. We realize that two within this group have died, and we realize that in both cases, the entities were in the process of making rapid spiritual progress. My friends, these entities are still making rapid spiritual progress due to the effort which knocked them off of their bicycles, spiritually speaking. You must remember that this is an illusion. You are looking at a shadow world. You feel as though you are full and the sky is empty, but in truth you are very empty compared to the fullness of the living ethers.

We shall leave this group, hoping that we may have been of some help and rejoicing with all our hearts that you have asked such a question. For we always hope to offer inspiration and we find that the concept of the infinite amount of hope which, as far as we know is the nature of spiritual reality, [is] a very inspiring message to offer you. We ask you to remember as you fall off, get back on, turn corners, accentuate the turning of the corner in order to make a more efficient turning, and so forth that you are the love in this island home; you are the light in this fragile Earth.

We thank you for your service; we thank you for allowing us to be of service. We are known to you as L/Leema. We leave you at an accentuated point at which it is darkest. And we wait with you for the dawning, rejoicing in the coming of the light and rejoicing with you that your love and your light, that which comes through you from the source of love and light, can and will renew the Earth. We leave you in the light. Adonai. Adonai.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and light of our infinite Creator. We too thank you for inviting our presence this evening. We are overjoyed to be able to join your group and we look

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forward to any queries which might be presented for our mutual benefit. May we ask for the first query?

T: Yes, I have a question. I've been for the last month or so looking for a particular person, and one day at work I was meditating and I had actually spoken to Latwii and I laid my head back to meditate for awhile, and it seemed like two names that were actually younger brother and sister of the person I was trying to get ahold of, they just popped into my mind, I hadn't thought of those two names for a long time, and so I went inside and looked 'em up, and there was one of 'em. I called and got the phone number for the lady I was trying to get ahold of. Did you, you-all, have anything to do with that? That's my question.

I am Latwii, and we, my brother, are happy to say that we were merely witnesses to the coincidence of your seeking and finding that which you sought. The mind in its various portions and capacities contains a great deal more information than any here would easily believe, for indeed, you are one with all that occurs. Within your personal memory there were names which were retrieved and presented for the aid that they might give in your seeking. We observed this phenomenon, and our only part was, shall we say, was to deepen your meditation as requested in order that this information might become more easily accessible.

May we answer further, my brother?

T: No, thank you.

I am Latwii, and we thank you. Is there another query?

Carla: Well, that brings up an interesting query, at least it's interesting to me. My grandmother has a theory that we have little file clerks in our heads and when we can't think of something, we tell the clerk to go find it and then we forget about it because it doesn't do any good to worry about it. And in fifteen minutes or in two days or in two weeks, however long the file clerk takes, it will trot up to the front brain and tell it that it's found the information. Does something like that actually happen when we make a request to our brain for information that we can't immediately remember?

I am Latwii, and am aware of your query, my sister. Those who utilize the power of mind in a conscious fashion may describe and create their "fashion" and it shall be as effective as the image which was used to create it. Thus, if one imagines that there are clerks of one nature or another within the mind who may move to another portion of the mind and retrieve information needed from that portion and present it to the conscious mind in this fashion, then in this fashion will such a mind operate. There are many, many ways of utilizing the mind and its ability to recall that in which it was co-creator.

May we answer further, my sister?

Carla: Yes. I don't know computer language at all, but people have often spoken of the brain as a computer, and I see this request as kind of requesting the computer for data, and I guess what I should have said was that my question had to do with not whether there was a file clerk in there, but if there was a purposive searching that went on independent of the original intention to do the search, which was roughly equivalent to giving the computer a program that it would take an unknown amount of time to process but that it was going to process it.

I am Latwii, and believe that we now have a better grasp of the nature of your query. Please query further if we are mistaken. There are a number of ways to describe the process of which you speak, that is, the seeking of information by the conscious mind and the process by which the information is found and perhaps where it is found. The charging of a desire is the most important portion of the finding of the object of the desire. The experience of the entity provides it a framework within which it might move and continue to move as the framework accumulates what you would call experience through time.

All experience is recorded within the moment of its occurrence. Those partaking in the event will be the primary recorders, shall we say. They shall have the initial experience and shall be able to provide that experience to whatever mind seeks the experience for its own use. When the charge is put upon the desire to know a certain distortion of the truth, then this desire in a conscious fashion moves through the being or metaphysical portions of the entity so seeking. The charge matches that which is sought. Thus, if there are no resistances, shall we say, along the line of travel, the retrieval of the information is immediate, for the seeking is undertaken within one environment, that is, the fabric of your creation, the one Creator.

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If there are, however, any forms, thought forms of interference or resistance along the line of travel—and this is usually the case in one degree or another—then the impulse must find its way through or around this resistance. There must be what you would call a gestation period during which the impulse is able to move through the resistance by a progress of what you might call osmosis or bleeding through. The resistances are usually a function of the program of catalyst, an emotional charge of one form or another which inhibits a free flow of information and necessitates a circuitous flow of information. Thus, the imperfect memory because of small emotional charges given to portions of learning as they are initially processed, usually within the younger years of an entity. Thus, dreams and intuitional hunches are often utilized by the deeper portions of the mind as means of circumnavigating these blockages or resistances to the free flow of information.

May we answer further, my sister?

Carla: Yeah. Just one question. One of the fringe religions, Scientology, has as its goal the clearing of such blockages, and it is considered the highest good for a person to achieve the state of clarity. On the other hand, I've noticed that naturally, without my attempting to do anything about it, that imperfect memory works all the time. I've found that I've blocked out almost every unfortunate thing that has happened to me that hasn't happened to me lately. And I go through a progressive way of kind of making my memories golden and just not remembering the rough parts and remembering the good parts. And I wonder, is it important to break through each and every blockage from childhood programming or whatever or is it healthy to accept the protective blocking of traumatic memory?

I am Latwii, and am aware of your query, my sister. We can suggest that as an entity becomes more consciously aware of the process of seeking that is underway in its own being that this choice then becomes more and more a conscious choice and is up to the entity to weigh the alternatives, shall we say. Each entity within your illusion seeks to learn certain lessons. Another way of stating this might be that each seeks to balance distortions or to develop a certain distortion or bias in attitude. It is not so much a case of breaking through a blockage as it is noting the nature of the blockage or resistance and determining the nature of the lesson that is held in this symbolic form. Thus, the process of seeking becomes more consciously undertaken and an entity may then determine that a certain action or attitude is more appropriate at this time than the one which it had been utilizing and the choice may be made to seek a transformation. The entity always has the opportunity for transformation, for such milestones are placed periodically throughout each incarnation. Yet one who seeks in a more conscious fashion may not only utilize those milestones so placed and utilize them more effectively, but may choose additional milestones or challenges, shall we say.

May we answer further, my sister?

Carla: Well, just one thing because I think this is probably only of interest to me. It is to be noted that due to the nature of imperfect memory, the only time that you find out about it is when somebody reminds you of something which you've forgotten, so usually you don't know that you don't remember stuff. So, I'm not sure exactly how you would know the nature of blockage or be able to work on it because you wouldn't even know what it is that you don't know—because you don't know it. If you see what I mean.

I am Latwii, and we believe we grasp the dilemma, and it is a dilemma which is most prevalent within your illusion, for each seeker is as one carrying a tiny light in the darkest of night, attempting to discover a path which will take it from where it is to where it wishes to be. The light illumines but the smallest portion of what lies about the entity. Thus there is much groping and bruising of the being, it would seem, as the path is sought. Yet the conscious desire to continue this journey tends to rekindle and enable the flame to burn somewhat brighter, that somewhat more of the surroundings might be known. Yet it is the desire to seek the truth that is consciously enhanced that most facilitates this seeking, for within such a darkly and dimly lit illusion there is a good deal of what you might call grace or support which …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. As we were about to conclude, the seeker is most enabled by the conscious increase of the desire to seek the truth, for within such an illusion as that which you now inhabit, the grace of

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the one Creator which exists in all portions of the illusion is that which carries you beyond all true harm. Your desire to seek that one Creator is that which shall find its goal, for indeed, it contains that which it seeks.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii and we thank you, my sister. Is there another query?

(Pause)

I am Latwii. We thank you each and every one for allowing our presence this evening. Our humble words are but poor attempts to describe that which is quite beyond description. The most carefully phrased query has the same response as the hum of your locusts for the One answers all in love. Our attempt at using words and concepts to in some fashion describe this love and its availability to you are but poor attempts. We thank you for seeking such with us. Upon such a journey it is of great comfort to travel with friends who seek as we seek. We are those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I Yadda. I greet you in love and light of infinite One. We come say "Hi" to J. We not stay very long and wish only to encourage each, for there is a song which is beyond the ears, there is the poem which is beyond the language, and there is the life which is beyond death. Welcome to eternity; welcome to what this instrument call Kingdom of Heaven is here. Is now. And is the most powerful creative force in the universe. You think you can use it to fix up world? No, my friends, although a gentle spirit goes a long way. It is of you only in your heart as you gravitate more and more to the One whence you came. We leave you in that unity with much love in our hearts for you. We are with you if mentally requested, and we thank you for allowing to take your time. We known to you as those of Yadda. We say farewell in the One. In love and in light, farewell.
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Sunday Meditation
August 11, 1985

(Carla channeling)

I am L/Leema, and I greet you in the love and in the light of the one infinite Creator. It is a privilege and a blessing to be called to this meeting this evening and we share your path with you for a few short moments with utmost gratitude and in hopes that we may be of service to you as we discuss the question which you have put before us, that question being, "What is the nature of prejudice?"

The one whom you have often called the Ancient of Days, whom we prefer to call the Creator or the one original Thought, designed a universe with interest in the variety of consciousness which might precipitate from the giving of free will to various portions of the Logos or love. This variety was seen to be positive in nature and was intended further, in this particular Logos which your planet is influenced by, to offer endless opportunities for polarity, that is, the polarization in consciousness betwixt two conscious entities, thereby giving more variety of experience to the Creator. Therefore, from the same point of the one original Thought there is no possibility of prejudice.

Now let us comb through many densities, many eons of developmental time and space to that illusion which you now experience which is the fruit of all experience that has gone before. As your third-density experience nears its end, the polarity which it is possible for this population to develop has been more or less developed, and some of those polarities involve biases which among your peoples are called prejudicial.

We would like to make two points about prejudice. Firstly, there is an understanding of the word itself which separates the negative portion of prejudice from the positive portions of prejudice. The root of this particular word in your language—and we take this from this instrument's mind—is the Latin *judicare*, meaning to judge or discriminate. However, there is a prefix that is "pre-fixed," in other words, there is that which goes before the judgment or discrimination. Literally, the word means "to prejudge," to judge before you know the facts, to go into relationship with a stranger whom you have not previously known and whose heart and essence you cannot possibly begin to touch with a pre-formed and hardened opinion which takes on some of the negative qualities of that which you call among your peoples, will. The negative portion of prejudice, therefore, is simply that those who make judgments before they know the heart of any subject or consciousness are robbing themselves of an even greater variety of biases which might develop were one to attempt to walk in, as this instrument would say, the other man's shoes, to feel as he feels, to think as he thinks, to be in the situation in which this entity exists.

Since this is a limiting factor, and not a freeing factor, since prejudice imprisons the mind of the one who is prejudiced, it is a metaphysically unsound and counterproductive facet of one's character and it is not suggested that it be encouraged.

We would like to point out, however, that although in no ultimate terms can you judge or discriminate within the illusion in matters having to do with ultimate reality, nevertheless, it is clear that one who lives in an illusion such as yours will find his power of discrimination to be most helpful, for there are those who speak well and whose intentions are other than they speak. There are those who speak ill or who do not speak at all and whose intentions are pure and good. This has little or nothing to do with any prejudicial component such as race, creed, color, sex or age.

There is a further point which may be very helpful to those who wish to work with prejudice within themselves in order to become free of prejudice and become free to discriminate more freely and that is this. Prejudice is, to some extent, an instinct based upon the ultimate origin of the various races of your planetary sphere. Because more than one planetary sphere produced third-density candidates which have experienced third density upon this sphere, those of different planetary influences have fundamentally various archetypical minds, that is, part of their archetypical minds, that part connected with the racial consciousness, is in some cases subtly, in other cases widely different from race to race. The instinctive bias is that of the recognition of a difference. This is the fundamental instinctual and root reason for prejudice or prejudgment. It is not, however, valid in the sense that mind/body/spirit complexes are each the Creator, regardless of their planetary origins. Each, furthermore, has put in the span of third density's space/time attempting to learn the same lessons of love which each has attempted to learn. Therefore, the racial component becomes less and less as the entity becomes more and more consciously a child of the one infinite Creator.

To be prejudiced against any spirit which walks among you is possibly to be discriminating against one whom you would call a saint or angel if you but knew the heart of that person. We ask you therefore to forgive yourself for the inevitable prejudices that are involved in racial discrimination. We ask you further to clear your mind by progressive attempts during meditation of the prejudgment aspect having to do with discrimination. It is not appropriate when one is dealing with an infinite and eternal being that one should prejudge such a marvelous and miraculous piece and necessary portion of the one infinite Creator.

We would say one more thing about prejudice before we leave this instrument in order that we might answer a query. There are other prejudices or biases which have the same sort of limiting effect upon the self as racial prejudice. By this, we mean prejudice against certain types of music, certain types of written word, certain types of food, certain degrees of intelligence, certain accents, and so forth. These are the small change of prejudice. The damage done by this sort of prejudice is not as great as the damage done by racial prejudice due to the fact that you only hurting yourself and not other people. Since one seldom says to another human, "I cannot speak with you because you are too stupid," nor can music become insulted because one person will not listen to it, you are therefore limiting and damaging only yourself for the most part. However, it is well to think well enough of oneself to wish not to damage the self by these prejudices, but rather, again to listen once, taste once, see once, hear once, or feel once any new experience before one judges or discriminates.

Prejudice, my friends, is that which limits; it is therefore that which kills, for freedom is that which causes light. Without condemning yourself or any prejudice, therefore we ask you again to consider well the possible virtue of meditating upon any prejudice which you may entertain in order that the prejudgment may give way to true and valid discrimination.

We would leave this instrument at this time, being conscious of our tendency to give too long an answer when a short one has more pith and may be easier to digest. We are those of L/Leema and would now transfer, leaving you in love and light.

(Jim channeling)

I am L/Leema, and we are pleased to greet you through this instrument. We are happy that it has been able to discriminate our signal and to speak our thoughts. At this time we would offer ourselves in any further attempts to answer queries which those present may have value in the asking. May we be of such service, my friends?

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Carla: I would like to ask for some help. I can't remember whether it was N or J that asked a question earlier—I guess it was N—about channeling the other Ra to find out what connection it might have with our Ra. It's not a valid metaphysical practice, but I was at a loss as to how to approach explaining that, even though I've come to know it through years of meditating. I wonder if you could be short and clear and pithy where I was totally lost?

I am L/Leema, and we shall attempt this, my sister. Without judging the efforts of any to serve the one Creator and those about it, we may suggest that some attempts at the vocal channeling are not quite what they appear at first to be. It may be that an entity who has a gift of being able to speak the thoughts of another is made aware of information which it feels is valuable. This information may also be of the channeled variety. This entity in some degree may feel that its service would be enhanced were it able to also offer the channeling of the information which it has come across and feels to be valuable. The desire to serve is at the heart of this effort. Yet, if it is not that entity's gift to channel this or that particular entity, it may be that within its own subconscious mind. The process then takes life and information seeming to come from the entity which it values is then produced. This, though not seeming to be as it is, that is, a product of one's subconscious mind, may however be of great value to that entity and perhaps others as well. Yet, for you, my sister, to attempt to channel that which was subconsciously fabricated would not be a service to this group anymore than another vocal channel's attempt to channel those of the Ra would be to others about it.

May we answer further, my sister?

Carla: No. It's basically N's question. N, *(inaudible)*?

N: No. I think I understood L/Leema's reply that it was a fabricated thought form from the individual's subconscious. Is that correct?

Carla: Yeah, that's what he said.

I am L/Leema. Is there a further response that we might give to either entity?

Carla: I'm satisfied.

N: Well, then who is it that's coming from the subconscious that's not Ra?

I am L/Leema, and am aware of your query, my brother. As you know from your own experience, in attempting to become what has been called the vocal channel or instrument, there is a great leeway or possibility of doubt for one serving as an instrument in that it is not provable to any entity that one is actually channeling another entity when the vocal channeling is attempted. This is in order that one's free will shall always remain intact and that no seemingly superior entities will be unquestionably listened to, shall we say. The channel of whom you speak is one desiring to serve and we do not wish in any way to denigrate that service. Yet it is a common error, shall we say, that entities with a great desire to serve others as vocal channels will when made aware of information of a channeled variety which they value then attempt to reproduce this in their own experience and thereby be of further service. But it is usually the case that instruments have abilities that match or vibrations of seeking that match those discarnate entities who then transmit information through them. When an instrument seeks to choose who it shall channel, then the surrender of the will which is necessary in this channeling process is not completely given. In such an instance there are two possibilities which explain the source of the entity then channeled.

Firstly, there are those of the negative polarization who are happy to mimic positive contacts and slowly lead astray those listening to their words, for the mimicking is continued only so long as is necessary to maintain the contact. Inevitably, there is information given which tends to detune the instrument and the group that may have gathered about it to support it in its service. In such a manner then, negative entities are able to remove the positive light of groups who become so detuned.

The second possible source of such information is more benign, and that is the subconscious fabrication which the instrument may undertake on a somewhat conscious, yet very likely more unconscious level of determination. In such an instance the information given remains within the realm of knowledge of the instrument who serves as channel.

May we answer further, my brother?

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N: If a question is not educated, the channels on that level, when you mentioned knowledge, are limited?

I am L/Leema. We believe we grasp your query. Please question further if we are mistaken. We spoke in the second instance of the possibility of information being subconsciously fabricated by an instrument whose desire is to serve others by channeling information from an entity belonging to another group. When this occurs, that is, the subconscious fabrication of information, this information then will remain within the realm of whatever level of metaphysical understanding the channel has achieved.

May we answer further, my brother?

J: Okay. I'm new at this game, so who will I channel?

I am L/Leema, and this query is upon another topic, for within this group there are a number of entities who have become regulars, shall we say, to this group. As you or any new instrument would then undertake to serve as a channel for this group's contacts, you then would be available for the channeling of whatever entity was at that time working with this group. The newer instruments in this group are usually introduced to the vocal channeling phenomenon by those of Laitos and Hatonn, for they are of the love vibration which is much broader in its broadcast beam than are those of Latwii, those of Oxal, or our own social memory complex. For we inhabit the density of light and must therefore transmit a narrower and more difficult beam to receive.

If you are desirous of pursuing the path of the vocal channel within this group and if you give over your will that a contact can be made through your instrument, you will channel whatever entity is working this group at the time you are channeling. It is not likely that you will choose what entity you desire to channel because you admire or appreciate one entity's information over another's. The vocal channel desires to serve in whatever capacity is available to it; when it has tuned this desire and has challenged any contact, then it may speak freely, without fear of fabrication of any kind.

May we answer further, my brother?

J: No. But I'm glad you told me that I won't channel some weirdo out there—and that's not a question. Thank you.

I am L/Leema. Is there another query that we might attempt?

N: Yes, as an addendum to J's question, the Yadda that Carla channels, is that Yadda Dishihity, the same as Mark Prover's? Yadda, and do all, shall we say, does Yadda transmit to other channels at this time, and does L/Leema and Latwii also transmit to other channels? At the same time?

I am L/Leema, and am aware of your query, my brother. The ones known as Yadda to this group are the ones which you have become familiar with in your studies and in your listening to the tapes which contain this entity's words as they were transcribed and delivered through the one known as Mark. It is occasionally the case that a group of entities such as Yadda or even ourselves or any within the Confederation will be able to make contact and maintain contact with a number of groups such as this one. The number is not important. The groups so contacted are contacted because their call or desire to serve and to learn matches a certain group's vibratory identification, shall we say.

It is seldom the case that such contacts are able to be maintained by those of the Confederation over a very long period of time as you measure time, for each group and each instrument will undergo the testing and the temptations by those of a negative orientation who desire to remove the light that is metaphysically created by such a contact between the Confederation and any group of your planet. This is a balancing phenomenon that must accompany any such contact, for where there is the opportunity for light to radiate to those of your planet, there must also be the opportunity for the darkness to have its sway as well. In this way, the free will of each instrument is maintained and enhanced as the continuous choice is made to tune and challenge all such contacts and further serve the one Creator by purifying the desire of the self and the group.

Thus, it is often the case that groups or instruments will be unaware of the necessity of tuning and challenging, and will then receive a temptation from the negative entity or entities to focus on information that is of a more transient nature, such as the date and nature of various disasters and information of a specific nature regarding

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inventions, discoveries, means of making great wealth available that the group might be glorified above the message that it has previously been privileged to offer to others. Thus, contact is often lost and continuous channeling of one entity by a number of groups is therefore not a frequent phenomenon.

May we answer you further, my brother?

N: Thank you very much. I have a problem that's been bothering me, not for great wealth or truth or anything else, other than the fact that it's for my own particular awareness, and I'd ask Latwii about it …

(Side one of tape ends.)

N: … but there was a question asked of Latwii about an intergalactic battle that occurred over in Africa, and I'm not really interested in the date, other than the fact than just some sort of confirmation that the two hundred people saw it, that it did occur. And if it did occur, why would the Confederation allow this sort of scene to occur to sort of put a, shall we say, negative light on the UFOs, or was it a negative implant? You see, it didn't occur in our regular newspapers. And, the reason that it was allowed to occur was the germane point.

I am L/Leema, and we feel we have a grasp of your query, my brother. As we investigate this issue, we see there has been a great deal of misunderstanding generated by those who were witness to this event, and this misunderstanding was further amplified by those who chose to report it in the manner in which it was finally received and read by those of this group. The occurrence itself must remain somewhat within the realms of mystery, for it was a display that was meant to have a limited impact, shall we say.

Those witness to this display interpreted it in a manner which matched their expectations, or—to return to our topic for the evening—in a manner which matched their prejudicial points of view, for when craft of a seeming extraterrestrial origin are observed within the skies, and there are a number of such craft maneuvering in a manner which is quite eccentric, it is easy to assume that there is a battle being fought. It is as the child observing an incident which is beyond its scope and of necessity needing to describe this incident in terms which it understands, yet in such a description great distortions enter in. We may suggest that this is the case with the incident of which you speak. Therefore, the ones reporting this incident, shall we say, jumped upon the bandwagon, and were only too happy to amplify the description, and we are somewhat surprised that there was not a body count given.

May we answer further, my brother?

N: Thank you very much. I did feel that there should not have been an intergalactic battle, so to speak, between the three ships that they mentioned, and that was my premise for repeating the question that wasn't answered earlier. But thank you very much.

I am L/Leema, and am honored to be able to serve in even a small capacity. Is there another query?

C: Yes. Earlier I was picking up your conditioning, and after a period of time of experiencing it I was starting to drift off, and after it occurred, one of our second-density creatures came over and more or less grounded me down. How was this creature able, if it was the case, that it felt that I needed it to come over and help keep me in place?

I am L/Leema, and we apologize, my brother, for giving our conditioning vibration in such a large dose, for we are yet new to contact with those of your peoples and tend to step up our voltage somewhat overmuch with initial contacts. This was the case this evening and we were happy to find a small creature who could easily be influenced to infringe upon your aura and thus call you back to, shall we say, the land of the conscious.

May we answer further, my brother?

C: Whenever I get a conditioning, and I know it's warm tonight, but the experience was done, it was, well, say heavy-handedly, the energy is felt as heat. Is that the case always? Is it always experienced as heat when it's, say, overdone?

I am L/Leema, and this is usually the case, my brother, for the one such as yourself who chooses to serve as the vocal instrument does so in manner much like a wire which carries one of your electrical impulses. When the impulse is of too great a voltage for the capacity of the wire to conduct, there is usually the overheating. This is quite literally the case with you this evening and is usually to be associated with any instrument who has been given too great a dose of the conditioning vibration.

May we answer further, my brother?

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C: Well, the conditioning initially was to me an extremely pleasant sort of state. I guess I got too much into the experience of feeling it as opposed to really—I guess I was—analyzing's the main [thrust]. But yet I want to again get back into being a vocal channel. I'm very interested in doing—in actually channeling yourself, but there is a hesitancy because I do tend to go further into a trance than need be for channeling. What do I need to do to keep this from occurring?

I am L/Leema. With practice, this tendency towards trance may be alleviated by the suggestion to yourself with each experience that you shall remain conscious and able to cease the process at any point. We shall, as always, be most happy to work with you, and to offer our conditioning in doses which are determined to be of the proper quantity. We will attempt, if this is your desire, to offer that conditioning which is well short of any amount that would aid in trance and then work our way toward the optimum level of conditioning that would facilitate the clearest possible transmission of our thoughts through your instrument.

May we answer further, my brother?

C: No, thank you for working with me tonight.

I am L/Leema, and we are honored to do so, my brother. And we thank you for your open-hearted sharing of your own self with us. Is there another query?

(Pause)

I am L/Leema. We thank you, my friends, for inviting our presence this evening. We are honored to share our words with you. We are honored to take those thoughts which have some value in your seeking and to fashion them as best we can into those concepts known as words. Yet we realize how far short any word falls in its ability to describe that which is beyond description. We hope that each of you will look and listen with not only the mind but the heart and your very soul as well and see beyond the word to the great field of love which lies behind all manifestation. It is this love that we attempt to share, the great variety of ways that equals the many words we speak through these instruments.

Please look at the words as messengers. They cannot contain that which sends them forth and which gives them life; yet they can point a direction. The direction is toward the heart of love within each of you and within all creation. Look there within your own being and about you as [you] move through your daily lives for the inspirations that will carry you onward. We move with you in this great journey of seeking the truth and the one Creator that is all truth. We leave you now and look forward to joining again in such a gathering. We are L/Leema. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I Yadda. I greet you in love and light of infinite Creator. We thank the entity known as J for asking for our presence, and we thank each for the patience at the end of long session to allow us come among you at this time. We identify ourselves to you formally. We are Yadda Di-shi-hi-ty. We been trying to lose the last of that name, but it keep catching up with us. Aheh heh! So, we go ahead and use the whole thing.

Now, we got to say a few good words or we don't have any reason to be here. So, we going to give you a few cosmic words here—and practice our "R's" too.

Now, we want to talk to you about food and anything else that you love. This instrument loves food; other people love money; other people love power, but we always ask you the same question: Who are you? Love.

Let's look at food. There is a banquet before you, and you eat and eat and you are just so happy because your stomach is so full, and you have eaten until you can eat no more, but you know you gonna get hungry again. Now those who want money, they usually get money because that's what they want. But you know what? They never get enough. The more money, the more they want money more. It is the same with power; it is the same with those things that you love that are part of the mundane world.

What are you going to do to get yourself a meal that sticks with you or money that does not spend? We suggest that there is food which shall cause you to hunger no more, that there are riches so great that the wise man sells all that he has to get the riches of wisdom. There are those who love power but finally discover power that does not corrupt or go away within themselves. That is the power to surrender to the inner self. You got a whole kingdom there that will give you food and money and power. It will not stand on this Earth, as you call it; however, you are

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not here for very long at a time, are you? And you need to store up that which will not become corrupt nor will it go away. Therefore, we ask you to look within in the meditation for that sustenance that does not fail you.

We would say in closing that we begin to understand this instrument's love of the one she call Jesus because he fed all the people with bread and fish. But you know, the one known as Buddha would say, "Go hungry if you want to; it does not matter—you can eat in your next lifetime." This instrument likes food too much to like that kind of thinking. Aha?!

So. We shall leave you in joy that we are able to share with you. How fortunate we are and we thank you for asking as to our origin. It is good to know to whom you are speaking. We are one of the good guys, as far as we know. We ask that if anything which we may have said is not that which would have been said by good guys, you ignore us completely and get on with your life. On that note, we shall leave you in the utmost wimitwess—we gonna have to do that again—*limitless* love and light of the one infinite Creator. We are those of Yadda. Adonai. Adonai. ♣

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Sunday Meditation
August 18, 1985

(Carla channeling)

I am Hatonn, and we greet you, my friends, in the love and the light of our infinite Creator. We ask your patience as we found the necessity of once again answering the challenge due to the instrument's movement which then caused the need for his own reestablishment of his ritual. We are most honored to be able to join each of you this evening. The request has been made that the topic concern the accentuation of the positive path in the seeker's life as the result of the recognition of the bi-polarities, the positive and the negative.

Each within your illusion is undertaking this very process. The nature and efficiency of the process is a function of the conscious recognition of this process. One can move upon this positive path in an unconscious sense. Yet, the movement is only possible up to a certain point. This point, however, may we reassure you, is quite sufficient for one to be, shall we say, graduated to the fourth density of understanding. Yet, one may enhance this journey and enhance the harvestability, shall we say, therefore, by becoming more consciously aware of the working of this process of accentuating positive perceptions and attitudes and the falling away of the more dark and dimly lit or negative choices.

Within your illusion are provided an infinite number of means by which you may continue this process. Indeed, your entire illusion is, may we use the term, training ground, an opportunity in each instance for you to make positive or negative choices and thereby enhance your evolutionary progress. Whether the choices are conscious or unconscious, there will be progress in direct proportion to the purity of the choices, that is to say, progress is made by choosing a polarization, be it positive or negative, and following that choice in as frequent and pure a manner as possible.

Each entity moves through the daily round of activities. Each entity has basic attitudes or points of viewing these experiences which color each experience in a repeating fashion as each experience symbolizes the perceptions and the emotional colorization that follow each perception, so that each experience is colored in an unique fashion by each seeker.

The point of viewing the experience determines whether it is seen in this or that fashion, whether it is basically positive or basically negative in the entity's perception. Each experience, in truth, contains the one Creator in full, balanced and perfect. This Creator may be seen in a positive or negative fashion. These positive and negative perceptions may then be further distorted into any number and variety of forms. Whether the form is one that works upon the mental level, the emotional level, the physical level, or the spiritual level or any

combination of these levels is a function of how the seeker perceives the experience.

To give an example. An entity may wish to further the support of the family by enhancing the amount of money, as you call it, that is available for use. This desire to provide sustenance to the loved ones is a basic lesson of love, for the entity who has taken the responsibility of supporting in a material sense those that are close and loved is one who then is sharing a form of love. The desire, then, to be of service to others forms the foundation for action for this entity. This entity, then, as it attempts to improve its market position with, as you call it, the job or the occupation, fuels the desire by a desire that is at its base that of serving others. The entity then may engage in any number of activities upon the job that are designed to increase its income of money. This then may be realized in the entity's life pattern or experience in any number of ways, for at the base of the action is the desire to serve others by providing material sustenance, further then translated or distorted by the entity's perception to mean money or income that is then seen possible of obtaining from the job or through the occupation.

Now, what shall actually occur to this entity in this focus of its experience may or may not take the form that the entity images. For if it does not image with a consciously honed and precise mind or mental frame of reference, that which answers the desire may take a variety of forms. It may be that support or sustenance is challenged through the emotional complex in order that it then be, as you would say, of good cheer or greater cheer, and in such a fashion provide a form of nourishment that does indeed nourish those about it at a central portion of the being but does so in a form which is a great variance from that which was consciously sought because the conscious seeking was of an unfocused nature.

This is a general and quite simplistic example of the process whereby one consciously seeks and obtains some distortion of that seeking as a function of the purity and clarity and intensity of the seeking which motivates the action. In each life experience, one takes whatever focus of understanding one has concerning the process of seeking the truth—or accentuating the positive in this case—and sees through that focus any experience that may come before the entity in its daily round of activity. Whatever degree of understanding one has achieved through searching resources, meditating and seeking within for the truth of any resource's information and then forming this focus of understanding will determine the clarity with which any experience is seen through this focus.

Thus, as one fuels the desire to know the truth and accentuate the positive, as it has been termed this evening, one has done the fundamental requirement or step; one has laid the basic foundation for realizing whatever finer focus may be necessary in order to achieve the desire. One may then take this desire and further refine or tune the focus in order that that which is desired might be realized in a closer and closer approximation of image so that what is received more closely resembles that which [is] desired and sought.

This is a self-propelling or motivating process. Once one has become consciously aware that such a process is being undergone and is a portion of one's experience and being, the seeking to understand more clearly how this process functions is that fuel which will allow one to refine the process according to the intensity and the efficiency, shall we say, of one's seeking. Whatever resources are sought and utilized is then taken in a distilled form by the conscious seeker into the meditation in order that the truer portions of the information may, shall we say, percolate or resonate through the mind down into the roots of mind where the truth of all being resides and attract to it some portion of truth that resonates in a frequency with the information so sought and rises then through the unconscious mind through the intuition and in various symbolic forms becomes available to the conscious mind in order that the conscious mind might be informed of that which it has requested.

As the conscious mind seeks in a more and more efficient manner, fueled by the continuing great desire to know the truth, the information gotten by this search, then, through meditation is passed through deeper levels of the unconscious mind and attracts that which resonates in frequency with it, further accelerating the conscious recognition of the process of evolution that is being experienced in the day-to-day activities of the more and more conscious seeker of truth. Thereby is the focus through which the seeker views each experience expanded and expanded upon each level of understanding through the emotional colorization, the mental analysis, the physical symbolic experience, and the spiritual basis for each other perception.

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The focus, then, is seen to include more of each experience as being seen as a distortion of the Creator by the seeker, whether the distortion be towards love, wisdom or unity, those three portions that are available to all seekers in each experience.

To sum this lengthy discourse, and one which we hope has not been overly complex, we may use an analogy further utilizing the concept of the school with the grades that represent the levels of understanding or densities of experience. In your third-density illusion, each experience is a question—each experience is the same question. There is only one question on this test which you call life. It is reflected in each experience. The question is, "Do you see love in this experience?" In some degree the seeker will see love in each experience; in some degree the seeker will not. As the seeker is able to answer each experience question with an answer that approaches one hundred percent "Yes," the seeker is polarizing in the positive sense. We may report that the good news of the test is that fifty-one percent is passing. When the seeker is able to answer each answer to a level of fifty-one percent of experiencing and seeing love, the seeker is then of a polarized enough nature to move into the fourth-density grade in the octave of creation that you now experience. The seeker, then, has achieved the minimum polarization that will allow it to withstand the greater intensity of energy available within the fourth-density class.

Without at least the ability to see love in fifty-one percent of one's perceptions and experiences, the energy available in the fourth-density class would be too much for the circuit of the seeker who had not yet sufficiently regularized or polarized its being in order that its circuits not be blown, shall we say, as the greater intensity of light became the reality for the seeker.

We remind each that our words are but humble attempts to describe and share that which is quite beyond description, yet may be shared in some form where there is desire to know and desire to share. We, therefore, thank each of you for providing the desire to know, and we remind each that our words are but our fallible attempts to be of the service which you desire. We shall leave this instrument at this time in order that our brothers and sisters of Latwii may offer their service of attempting queries which those present may find the value in requesting. We are those of Hatonn and we leave you now in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we are honored as well to join your group in the name of the one infinite Creator whose love and light illumine all experience. May we begin with the first query, since our brothers and sisters of Hatonn have given our preface?

(Pause)

I am Latwii, and we are most surprised, my friends. It is not often that we join this group without queries having been placed before us. We are aware that the beginning message this evening was one which might somewhat boggle the mind and we hope that our brothers and sisters of Hatonn have not overtaxed the understanding and patience of this group. We are happy to pass on to the one known as J the greetings of his friends of Yadda. We are aware that these of Yadda would have been happy to greet the one known as J in person if there had been the presence of an instrument capable of channeling these vibrations which are of a somewhat unusual nature. Nevertheless, Yadda says, "Hi." We also greet each of you and thank you for even this small portion of your time.

J: Wait—I have a question.

Ah—we are pleased. May we hear the query, my brother?

J: If one thinks in the negative, does it distort the aura?

I am Latwii, and would be happy to attempt this query, my brother. In short, yes, but we must qualify that response, for whatever manner one uses to perceive, there is a corresponding distortion to the aura, for the aura may be seen as a reflection of one's mental, emotional, physical and spiritual being. Therefore, any thought within one's being is reflected in a corresponding fashion in one's aura.

May we answer further, my brother?

J: So. A person is physically, mentally and spiritually, and if he thinks negatively, all three are distorted?

I am Latwii, and am aware of your query, my brother. This again is true, but must be qualified. The effect moves through all of the energy

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complexes, the physical, the intellectual, the emotional for its duration, and the spiritual, for the entity is one being undergoing experience upon each level. Each experience, each perception of experience will then be reflected in all portions of one's being. The mental and the physical, when the mental becomes unbalanced, are the energy centers most affected by one's thinking. If one perceives in a negative or unharmonious or unbalanced manner in a certain area of experience for a long enough portion of time, the mental negative frame or focus will be translated or transferred to the physical body in the form of what you would call a disease, for it reflects the disharmony of the mind and serves therefore as a teaching tool that the mind might see a reflection of its thinking and serve then to balance that thinking and remove the disharmony and the corresponding disease.

May we answer further, my brother?

J: If someone were to think negatively and then two hours later found out that he was thinking negatively, can he correct it?

I am Latwii, and am aware of your query …

J: Wait a minute—could I go a little further, please?

We would be happy to have you do so, my brother.

J: Okay. Can he correct the disease and disharmony also or is the damage done?

I am Latwii, and am aware of your query, my brother. The ability to correct a disharmony which has taken the form of a physical disease is in direct proportion to the intensity of the thought and the length of time of the thinking of this thought, for time often intensifies the form which thought takes. The ability to correct the disharmonious thought and its corresponding diseased physical form is then a function of the intensity of the balancing action which the entity has been able to successfully undertake. Where love was not seen and was not shared, there must be the ability to see and share love in a form or intensity which balances the movement away from love which then became the distortion of the mental and then the physical nature.

May we answer further, my brother?

J: Well, I get very angry at myself sometimes. And I enjoy the anger, but then I know that I've done something wrong. Does that still mean that I can correct that anger?

I am Latwii, and may respond by saying most emphatically yes, that there is no thought or action that cannot be balanced, for all experience is undertaken within the realm of the one Creator which contains as much love in the positive form as there is the seeming lack of love in the negative form. Because you experience your life within the form of creation, there is as much potential for you to utilize the positive expression of that form as there is the opportunity and potential to experience the negative of that love.

May we answer further, my brother?

J: Thank you. So, to simplify, you accentuate the positive and eliminate the negative. Thank you.

I am Latwii, and we could not have put it better. And we thank you. Is there another query?

D: I've been reading a book lately—I'm reading it through a second time on and in that book, they point out that a lot of times the way that we deal with others and treat others depends on the way that we speak to ourselves and treat ourselves and that there are mental voices in our heads. We learn from our parents a way of dealing with ourselves—am I making any sense? Anyway, the question that I have is when we catch ourselves talking to ourselves in a less than kind or loving manner, do you have any advice on how we can turn that around and become kinder to ourselves and thus to …

(Side one of tape ends.)

I am Latwii, and am once again with this instrument. We may begin by suggesting that to the seeker all about it is a symbol of its seeking. Within your culture it is logical that the parental experience, that is, being the child with the mother and father, would be utilized as a basic means of talking to the self, shall we say, and of dealing with the world about the self, for the mother and father are the two greatest formative forces within the entity in its early life and thereby form the foundation stones upon which the entity shall form its point of viewing itself and the world about it. When the entity finds itself talking to itself or behaving in a manner which is less than loving, the entity may use this experience as catalyst for growth, food for thought, the focus for meditation, for each viewing of the self in a less than loving manner is a symbolic representation of a basic

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attitude or experience which the entity has programmed into its life pattern in cooperation with, most especially, the parents and others about it in order that there might be the balancing or biasing of the being in a certain fashion that lends to an overall balance of the total being or soul or spirit of an entity. This lesson or program emerges in symbolic form throughout the entity's life experience.

Each time an entity in any single experience views itself or another in a manner which is less than loving, that experience can be used to achieve the balancing of love. In the meditation there may be the focus upon what is mentally known. However much the entity analyzed the seeing of the self in a negative fashion and has thought upon this subject, these distillations of thought may then be taken to the meditation and further focused upon in order that the unconscious mind may respond in a fashion which our brothers and sisters of Hatonn spoke upon earlier, and give the conscious mind some form or symbol of that which it seeks. These symbols from the unconscious mind may become apparent to the conscious mind by intuitional inspirations, a hunch, what is frequently called the "aha" experience, as an answer to a long-asked query finally surfaces, or through dreams as the symbols are given again and again, thus accounting for what you would call the repeating dream.

As the conscious mind becomes more aware of why it sees a portion of the self in a negative fashion, this understanding then releases the necessity for seeing in this fashion, for the entity has achieved some degree of the lesson that it programmed in the form of the understanding which it has now achieved, the product of experience, analysis and meditation allowing the intuition to bring a portion of that which is sought.

We apologize for the length of this query's response, for the query was one of depth and we felt the necessity of responding in depth in as well. May we respond in any further or simpler fashion, my sister?

D: No. *(Inaudible)* Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

(Pause)

I am Latwii, and we had thought that perhaps if we waited for a long enough time once again we would have another opportunity to answer a query but we find that we have well and truly exhausted the queries for the evening. We thank you, each of you, my friends, for your request for our presence and the special gifts of your queries. We shall be with you in your meditations and any request. We leave you now in the love and the light of the one infinite Creator. We are those of Latwii. Adonai. Adonai, my friends. ♣

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Sunday Meditation
September 15, 1985

(Carla channeling)

I Yadda. I greet you in love and in the light of infinite Creator. We so privileged to be here with you and we thank you for asking for us. We have just a few words to say for there is much *(inaudible)* one of our comrades, J. We only come to bless you and to be blessed, for in serving we are served. We do not leave you; we are with you if summon us mentally, we shall come. However, we shall relinquish this instrument without further ado. Farewell. I am Yadda. We leave you in the love and in the light of the One.

(Carla channeling)

I am L/Leema. I greet you, as do my brothers and sisters of Yadda, in the love and in the light of the one infinite Creator in whose good fellowship we all *(inaudible)* learn and progress.

We shall begin our discourse upon what you call stress by using information which this instrument has in her mind already. It comes from what you call Zen Buddhism. The story is this.

Once upon a time there was an old man. He sat in his room and prayed. When he was hungry, he went into the market and begged with his bowl. He went back to his room and prayed. In the course of time a young woman who knew the habits of this hermit was with child. She did not want the baby and so she stated that the young one had been begotten upon her by the hermit. She then left the baby with the hermit. The hermit then got up, took care of the child, nursed it, fed it, and worked very hard as a coolie for two years. The child prospered.

One day the woman who had lied about her child saw the child in the market place with the old man. The child pleased her sight and so she went back and claimed her child. The old man gave her the child and then returned to his prayers.

Stress is due to an emotional tension regarding the outcome of events which are seen within the framework of your space and time and as experienced within this incarnation. There are those who have nothing about which to worry who can worry, fret and distress themselves into an early decline. There are others who one would think would be extremely stressed but who exhibit a marvelous lack of tension from within. The trick is, my friends, to be aware that all things are as they are for a reason and that you are where you should be at this moment. The spiritual tense is the present tense. The unspiritual tense is tension. We do not suggest that you forget your history or cease having hopes for the future. We suggest rather a detachment born during meditation from the crying little needs or large needs which fill your days and nights.

You will notice that the old hermit in the story had no money [and left] each day to its own hunger. He was quite aware that bread cannot be kept longer than a day. And in a spiritual sense this is quite so. If you have been inspired yesterday, by today the world will have moved in upon that inspiration. That is what the world is for, my friends. It is intended to encroach in any way or form that it can upon your peace of mind in order to test your peace of mind, for those who seek the truth are constantly at risk, constantly dying and being reborn. This is not a comfortable state. Entities normally resist change, and yet change occurs continually.

In the garden of your life we suggest most emphatically that you make yourself a comfortable [spot] upon this [crannied seat] when you have come to your meditation. This seat is within your mind. It does not have to be physically present. In the quiet of this arbor, you can plant all that you want to, the glory of flowers and trees, the sweet singing of the birds, the gentle lifting of the breeze and the energy and power of love here in your garden. It is to this garden that you return for your solitude. You can have this garden if you are in prison or in chains, or as is more likely, bound by your desire for outcomes, to living a life that is less full to living a life that is most principled.

Let us introduce a concept here. This is important. You will fail, not just once but frequently, to avoid stress. The habit among your peoples is great, especially within your own country, as you call the arbitrary division of the creation. Do not feel cast down when you fail, for each moment is here. Each moment is a moment in which you have not failed. Hanging on to those things which trouble you about yourself or about others causes you to forget the electric present moment. This moment is infinite. If you can become one with the present just for a little while in your garden in meditation, you shall awake cleansed, refreshed and more ready than before to recognize the trains of thought that shall bring you stress.

Meditation is an excellent means of gaining knowledge of the self. One of the great things that it begins to show you is the thought patterns, complex but predictable, which will result in the stressing of mental nervousness and physical nervousness. Much illness which is unnecessary is caused by this same stress. We say it is unnecessary; nevertheless, it is not mistaken, for when you are uncomfortable, you begin to pay attention. Once you begin to pay attention to your thought patterns, it shall be ever and ever more easy to refrain from hanging like a terrier onto the hem of the garment of your worry. In the present moment, there is naught about which to worry.

We would pause while we use some of your space/time for offering our vibration to those within this room. If you wish to [be] made aware of our presence, please mentally request it and we shall be with you. The purpose of our being with you and the purpose of any Confederation entity's being with you is to strengthen your ability to meditate and to soften the blow of the utter and complete solitude of each person's life within the illusion which you now live. It is an illusion, my friends, but this does not make the solitude of the spiritual search any the less. We shall pause. I am L/Leema.

(Pause)

(Carla channeling)

I am L/Leema, and am again with this instrument. We thank you for the opportunity to share your life experience at this time. We feel that it would be appropriate at this time to transfer this contact to the one known as Jim. Therefore, we leave this instrument in love and in light. I am L/Leema.

(Jim channeling)

I am L/Leema, and we greet you again through this instrument. We are hopeful that we might be able to continue our development of our use [of] this instrument, and would do so by attempting to answer any queries which those present this evening might have value in the requesting. May we then ask if we may attempt a query?

J: I'd like to ask a question. You mentioned detachment. That's very easy to say and harder to do.

I am L/Leema, and we thank you for this opportunity to clarify our statement, my brother. The detachment that we spoke of is a goal which each may envision for any area within the life experience where one finds great emotion, for the emotions and the desire that accompanies each for thus and such an outcome in whatever area is to propel an entity that it might gain experience. You have heard it said that experience is a great teacher. As you move through your incarnation, you will find

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that you have great attachment and emotional coloration in various areas. These are then your areas in which learning and service to others are most probable, for you have biased before the incarnation your thinking in order to allow learning and service to occur during the incarnation.

The emotions, therefore, signal the areas and the intensity in each area where you may focus your attention and profitably seek a balance to each emotion so that in your experience you will gradually develop a range of responses in these areas that will hopefully provide you with a broader perspective in each area. Where there has been intense emotion, then the pendulum, shall we say, is brought to swing in the opposite direction by slow degrees in order that what was previously unacceptable might become acceptable; that which was seemingly unforgivable, might become forgivable; that which is not seen as the Creator might then be seen as the Creator; where love did not seem apparent, then it will be seen to be ever-present.

When this has been accomplished—and we agree it is a great task, my brother—then one will find that instead of the emotional charge in these areas, there will be, rather, a detached point of view which simply sees through the illusion to the Creator.

May we answer further, my brother?

J: Lord have mercy! Reincarnation emotional coloring? I don't know what-all that is about. How would I know what my incarnation is? How do I find out about my emotional coloring?

I am L/Leema, and we are grateful to be allowed further clarification, my brother. There are many techniques. The ancient dictum, shall we say, is that one should know oneself. As you move through your daily round of activity and you pause at the end of each day, you may assess the events which you have experienced. You will find what you call the positives and the negatives, those things which you liked and those things which you did not. You will find after repeating this assessment of each day over a period of your time that patterns emerge. Soon you will be able to predict what shall please you and what shall not. It is in these areas, where you find an emotion of any kind, that you may assume lie the lessons that shall allow you to progress upon your own spiritual journey. Your life, then, shall become your laboratory in which you experience the catalysts of various emotions. Then you shall retire, if it is your desire, at the end of each day to a quiet place in your meditation and assess the day's laboratory work by proceeding in this manner. In a growingly dedicated fashion, if we might use poor terms, you shall continue to build your progression as you become more and more aware of those lessons which you have programmed within your life pattern.

May we answer further, my brother?

J: You mean I should come home at night and assess what I did during the day, and what about being with my wife and kids and all their problems? How does one concentrate on oneself?

I am L/Leema. We are aware of your query, my brother. You may do as you will, my brother, for there are no mistakes in any incarnational pattern. You have asked how one may become aware of the incarnational programming, the lessons, the services. To be constantly aware and to learn in a conscious fashion does indeed require a great deal of desire, a great deal of your time, and a great deal of your effort. Most upon your planetary surface progress in their evolutionary patterns in an unconscious fashion, shall we say, for either they have not the awareness that such can be accomplished or they have not the desire to follow it. It will take effort to make room in the daily round of activities, to assess these activities and to use them as the food for your spiritual journey. Whether you do this in a conscious fashion or not, you shall still proceed upon that same path, perhaps at a reduced speed, shall we say. Yet you shall proceed.

May we answer further, my brother?

J: No, thank you. I disagree with you and I agree with you but I do like the idea about detachment. Thank you, sir.

I am L/Leema, and we thank you, my brother. Is there another query?

N: I have a query. I would like for you to differentiate with reference to the spirit as concerned with the difference between trance and meditative channeling.

I am L/Leema, and we feel that we may best respond to this query by suggesting that the meditative type of channeling, which is the conscious channel and which is utilized in the meditation, is of a dual consciousness variety. The ones serving as

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instruments are aware of both their own experience and consciousness and aware that there is a stream of thoughts moving through their minds. As the thoughts are spoken, the channeling occurs. It is a product of our thoughts combined with the thoughts and concepts of the instrument that we are able to blend into our messages, shall we say, all tailored to meet, hopefully, the queries and needs of the ones requesting the information. Thus, we speak within boundaries determined by the questions, the use of words, and the experience of each instrument.

In the trance type of contact, the one serving as instrument plays a much more neutral, shall we say, role, for though words are used, words and concepts quite beyond the instrument's experience and vocabulary might be transmitted, for the instrument in the trance type of channeling is much more the machine, shall we say, much as your telephone allows two entities to speak in a relatively clear fashion by its use. Thus, the information which one might derive from the trance type of channeling is potentially more precise in its ability to convey concepts.

May we answer further, my brother?

N: Thank you very much. But I was wondering if in trance if the instrument's spirit was sort of displaced?

I am L/Leema. Upon this point we may suggest that in the trance type of channeling there is a greater need for the entity's, as you have called it, spirit, or mind/body/spirit complex as it has been called by those of Ra, to step aside for the duration of the contact. This is what allows the more neutral participation, shall we say, in that the one serving as instrument does not lend its own personal coloration to the contact or the information, for that coloration is not present.

May we answer further, my brother?

N: Many of those have gone through the brotherhood and have come to feel that they channel their spirit guides, of which there are seven. I wonder if you would address the consideration for [seven.] Number one, as it occurs throughout our exposure as well as the consideration for their feeling that they have to be in a trance in order to channel their spirit guides and yet they have no memory?

I am L/Leema, and we find there are various areas in which your query moves. The number seven is not one which we find is universal among your peoples, for each entity being of a unique nature will draw unto it various guides and friends and teachers, both seen and unseen, throughout the incarnational experience as needed. In order to make a contact with or be influenced by the guides, friends and teachers, one may utilize a great variety of techniques as well. It is more, shall we say, the "in" thing to do among your peoples at this time to make the more mundane type of two person contact in which words are utilized, this possible through trance or meditation or contemplation, also through automatic writing.

However, though these techniques may be somewhat more showy and more popular for that reason, one may make contact with these, shall we say, angelic presences by other means as well. To simply speak one's thoughts to such beings while in a meditative or contemplative state, or even within the daily round of activities during such activities, one may communicate effectively and one then may observe one's own immediate feelings in order to become aware of the concept or feeling tone which may then be communicated back from such presences so that the, as it has been called, still, small voice within might further be strengthened. For indeed, as one seeks upon the evolutionary path from any source, friend or guide, seen or unseen, one seeks with the Creator and the Creator within is that source which offers the guidance which is most helpful to any upon the path of seeking.

May we answer further, my brother?

N: May I ask one other question? There is an ancient science of vibration *(inaudible)*. Is there any possibility of your explaining that or at least addressing some area where it might be interpreted?

I am L/Leema, and your query again is one which covers an area that has been long studied by the peoples of various cultures of your planet, for all of creation, all of the patterns of illusion is held together by the vibration of light. As the seeker becomes more and more consciously aware of the nature and purpose of its own life and the greater life in which it moves, it comes to see this pattern of illusion in a less and less distorted fashion. The study of vibrations, of sound, of color and of the very heart of creation itself is a study of the, shall we say, mechanics of the illusion that can be quite helpful when one attempts to make analogies between the nature of vibration in any particular area and the

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qualities of one's own thinking, for the type of thoughts which an entity entertains is that which reflects the entity's current vibratory …

(Side one of tape ends.)

(Jim channeling)

I am L/Leema, and am once again with this instrument. To continue. These thought patterns then reflect the entity's current position within its own preincarnatively chosen evolutionary path.

The science of vibration, then, may be seen by such a conscious seeker to be directly analogous to the various energy centers or chakras within the entity's physical vehicle, for each center vibrates at a given frequency utilizing the catalyst of the daily round of activity in an increasingly sanctified manner. Thus, any catalyst may move from lower to higher chakras or may be held or blocked at any chakra according to the pattern of thought common to the entity.

May we answer further, my brother?

N: If we could measure these vibrations, could we not increase or raise our own individual vibrations if we try it?

I am L/Leema, and am aware of your query, my brother. One need not measure by any machine these vibrations in order to raise them. The conscious attention in contemplation, prayer and meditation given to these vibratory patterns of thought is that which is most effective in unblocking those centers at which such patterns may be held or blocked, and thereby allowing the raising of that serpent within, which has been called the kundalini, in order that it might find its full height at the crown of the skull and at that energy center location.

May we answer further, my brother?

N: Where does the consideration for this ancient science lie? Interpretation of *(inaudible)*. Is it available to us in America?

I am L/Leema, and if we have understood your query correctly, my brother, there are writings and teachers representing this study available to all who seek it.

May we answer further, my brother?

N: Thank you very much. I haven't been able to locate any. *(Inaudible)*.

I am L/Leema, and we thank you, my brother. Is there another query?

Carla: I'd like to follow up on J's question. It tells in the Bible and I've learned that in every situation to be content and I recognize that as a conscious way of avoiding stress—just to accept what is. However, I've been experiencing for some time an unconscious, totally unconscious, stress that sort of bubbles up in the unconscious mind, and losing some sleep and so forth, it has to do with breathing and so forth. But, the question is, when the source of the stress is in the unconscious, what tool can be used from the conscious mind's data, I suppose you could say, to more effectively keep the unconscious stresses from becoming real emergencies on the conscious level?

I am L/Leema, and am aware of your query. We wish to state that the unconscious or subconscious mind is the source of all emotional colorations which one may interpret as stress throughout each portion of the incarnation. It is the subconscious mind that contains the preincarnational programming that will determine how one will see any event and how one will color that event with the mind and the emotions. Therefore, whatever intensity of emotion comes into the conscious mind from the subconscious mind, the tools are the same for working upon such catalyst. The meditation, prayer, fasting, contemplation, working with dreams and writing their meaning and relating such to the conscious life are tools which you have utilized as many have utilized in working with such catalyst.

When it occurs in a seeker's life that the catalyst grows in intensity to the point at which the seeker feels his mental and physical well-being might be in jeopardy, there is the increased need to fuel these tried and proven techniques by increased desire, which may be called will, and by increasing also the faith that the further exercise of will will bear fruit, for within your illusion nothing within the life pattern is clear and easy to discern in the metaphysical sense. You live within and move within an illusion. Things are not as they seem. You progress in ways unseen.

The will and the faith to continue to attempt to move in a loving fashion and in a fashion which is of service to others is that which is most important. The strengthening of the will and the faith is done in darkness, thus work can be done, for if it were

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clearly seen that you yourself are the Creator, that all that comes before your sight and experience is the Creator, and that all emotional responses are the Creator, then it would be easily seen that all is well, for all is One, and little experience could be gained in such clear seeing. Thus, you enter incarnation after incarnation in order to gain experience that becomes your harvest as you journey homeward to the Creator.

May we answer further, my sister?

Carla: No, thank you.

I am L/Leema, and we thank you, my sister. Is there another query?

J: May I ask if the answer to the last question implies that the only limitations we really have are those we have put on ourselves?

I am L/Leema, and this is most emphatically correct, my brother. It is the placement of limitations in each incarnation by your own free choice which allows you to experience and to gain a greater knowledge of yourself and the creation and the Creator through such experience. The limitation of the viewpoint is the source of all distortion, and distortion is a means by which experience is gained.

May we answer further, my brother?

J: Then you would imply from that if we eliminate our own limitations, then we have virtually [complete] command of almost any area that we desire through the thought process? Including the elimination of karma?

I am L/Leema, and this is also correct, my brother. Yet within each entity's incarnational pattern there are set certain limitations or distortions or lessons or services, for all are opportunities to experience the same thing, that is, the one Creator.

May we answer further, my brother?

J: But if we eliminate the consideration for boundaries, can we not review our lessons and learn them much more rapidly?

I am L/Leema, and though the statement is largely correct upon its surface, we feel there is the possibility of misperception in that it sounds quite easy to say that one is attempting to remove the boundaries of limitation. To approach from this angle is somewhat misleading, for this very process and activity is that which you undertake constantly in your daily round of activities by whatever technique you use or by no technique at all, this being the unconscious progression.

May we answer further, my brother?

J: No, thank you.

I am L/Leema, and we thank you, my brother. Is there another query?

N: How is the instrument doing?

I am L/Leema, and we scan this instrument and find that it is available for two or three more queries of the normal length. May we ask if you might have such a query, my brother?

N: I'd like to ask a question that Yadda D. said in the book, *(inaudible)* and also on some of his tapes, that before you enter a psychic *(inaudible)* you should know a lot about mathematics. How do you explain that?

I am L/Leema, and without being fully aware of the context in which this statement was made, we find that we are somewhat limited in our ability to respond. It is useful for some entities, depending upon the type of studies within the psychic or paranormal field, to be aware of the language of mathematics, for the illusion which you inhabit and your progression through it may have what may be called geographical, geometrical and mathematical relationships. Each portion of the illusion is purposeful, in short. Therefore one may gain an insight into the workings of the illusion, the creation, and paths through it by studying the language of mathematics. Yet at the heart of any such study, one must move beyond the mechanical and the outer teachings in order to find that source within that speaks all languages.

May we answer further, my brother?

N: No, thank you.

I am L/Leema, and once again we thank you, my brother. Is there another query?

(Pause)

I am L/Leema, and we thank each of you for requesting our presence this evening, and for allowing us the great honor of speaking our humble thoughts to you. We remind each that we are but fallible seekers of the same truth which is within each of you. Do not take our words too seriously, my friends. Use those which have value in your own

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seeking. Leave all else behind. We shall be with you at your requests and leave you in the love and in the light of the one infinite Creator. We are known to you as those of L/Leema. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
September 22, 1985

(Carla channeling)

I am L/Leema. I greet you in the love and in the light of the one infinite Creator, one terrible in majesty and full of the power of the Creator, Creator of Creator, love of love, light of light. Before we begin, we would say to this group that we approve and encourage the time of silent meditation before the beginning of words, for how can one tune one's instrument to seek for the truth or to perceive it except by going within into the silence and finally into the silence that speaks that ears that hear and hearts that understand? We have been asked to speak this evening upon the subject of despair, its form, its function, and its use. We would divide our speaking into three categories—the despair of the mind, the despair of the body and the despair of the spirit.

The despair of the mind is an empty thing, full of no virtue except that of self-destruction. Within the mind there are limitations which have been given to the self by the self. Some of these limitations are those called limitations of intelligence. One of the burdens of increased intelligence is an increased capacity for despair.

And what, my friends, is that of which the mind despairs? The mind despairs of its very limitations. In truth there are no limitations—there are only challenges, lessons and glory. Yes, my friends, we say glory, for the stronger the despair, the more glorious the battle which may be waged to outlast the feelings of helplessness, doom and foreboding, uselessness, boredom and disinterest that altogether add up to the definition of despair. The despair of the mind is that which is not, standing in the face of that which is. Therefore the state of mental despair is folly and almost always unproductive. However, the dynamic of despair—that is, midnight as opposed to noon—is available to everyone, every spirit that lives in mind and body in your illusion at some time within the incarnation. Therefore, although it is useless, it is a common experience. In the grand scheme, the very uselessness of despair is that which limits man's ability to feel it. It is, rather, a dynamic against which one plays out one's incarnation, the other dynamic being pure joy. It is between those two poles that one may analyze one's true position with regard to the learning of the one great original Thought of love.

Therefore, that which is useless is rather a constant, an undertone within the life experience, always available, in which the mind knows nothing. Mental joy is the opposing dynamic in which the mind knows all. These are the limits within your illusion of that which we call love.

The despair of the body is a reflection of the despair of the mind. When an entity is in possession of mental despair and has not moved from that dynamic into a productive mode of thinking,

analyzing, feeling and acting, that despair becomes incorporated within the body complex. Thence comes disease and ultimately death. Therefore, the wages of continued despair are the death of the body and therefore the death of the intelligence which informs the body. There you have form and function, form, as always, following function.

Spiritual despair, on the other hand, is an absolute necessity. It is, rather than being a zero, a moving dynamic within that which informs the growth and evolution of spirit. It is only metaphysical despair, that is, the recognition that one knows nothing, that one has lost control of everything, and that one is faced with complete darkness of soul which forces that great sliver or portion of the one Creator which is your consciousness to turn, transform, and begin the new; not having left behind that which is old in the soul, but adding unto it, accreting more wisdom, more compassion, and more and more of a feeling of unity which one can receive only when one has become desperate enough to release oneself from the expectation of any knowledge whatsoever.

There is a way in which one may use mental despair and its reflection in the physical body complex to best effect. That is to transmute mental despair into what this instrument would call the dark night of the soul or spiritual despair. One cannot analyze despair and rise transformed. One cannot act out despair by illness and rise transformed. One can, however, seek the grace and comfort that is your birthright in transmuting that which is lower into that which is higher. For as you know, my friends, one portion of the creation is a holograph for all else in the creation, thus mental despair may, as alchemists [would] change lead to gold, be changed into the dark night of the soul, burnished and shining. This spiritual despair then may transform itself into great revolutions and positive and forward changes within the spirit.

The spirit is always the same. It is not a portion of your illusion. However, your perception of the spirit can only grow. All that you have learned before is still yours and all that is ahead of you shall be learned because of turning from despair. It is rare that one enters into or graduates from any initiation without the impetus, the pain, and the challenge of spiritual despair. Therefore, if your soul is in agony, rejoice, for it is from this point that all good comes. Despair is the great opportunity to endure, to show strength, to indicate faith, and to exercise the will, not just the will to think but the will to do.

We thank you for asking this question in order that we may share what humble thoughts we may have with you. We realize that our style of speaking, reflecting as it does our density, may be less warming than others of your contacts. We are as we are, and we thank you for calling us from the very depths of our beings. We thank you also for being who you are, for you are all joys to us. We would leave this instrument and speak through the one known as Jim. I am L/Leema.

(Jim channeling)

I am L/Leema, and we greet you again through this instrument. At this time it would be a further privilege to attempt to answer further queries which any may have value in the asking. May we begin with a query?

Carla: Is there anything which you would like to say through the instrument known as Jim which the instrument known as Carla was of a frame of mind not to pick up on the subject of despair?

I am L/Leema, and, my sister, we appreciate your concern and care that your message has been delivered with accuracy and the proper scope. It is your particular hallmark as an instrument, however, to open your channel without qualification. Therefore, we are most satisfied with the information which it was our privilege to provide on the subject of despair.

Is there another query?

Carla: When people do something like find something negative within something which does not seem to others to be negative, what is occurring within that person?

I am L/Leema. My sister, each who pursues the path of the seeker, whether this path is pursued consciously or unconsciously, will construct a point from which to view the life as it is lived. This is the viewpoint, the conglomeration of beliefs and knowledge which one has gained by whatever means and which forms a lens, as you may call it. Through this lens, all that the entity comes in contact with must move in order for the entity to perceive it and to know that it exists and to know one or another characteristic about anything.

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Thus, the point of viewing may be seen to be constructed of the experience of the mind, and the lens which is this construction has the various distortions of personal opinion or experience or expectation which in some way allows and refuses to allow the light or essence of the experience to pass through. Any experience will be seen according to the personal point of view. Each entity being an unique portion of the one Creator contains the ability to view all experience in an unique fashion. Not only is it unique but it is changing as the entity gains in experience.

Therefore, according to the individual point of view, a thing or idea or offering or person or any thing will be seen in a more or less distorted yet always unique manner. If one then encounters a new experience, the experience will for the moment seem beyond the grasp, the perception, until the mind of the entity attempts to grasp that which is new with that which is old, that which is the perception, and will attempt to hold the concept with the perception in order that its nature may be assayed. Each seeks and sees uniquely. One can never know how another will see the self or the offering of the self. One is not responsible for other's points of view but only for shaping the point of view of the self. Thus does each seek and find some portion of the one infinite Creator.

May we answer further, my sister?

Carla: No, thank you.

I am L/Leema, and we thank you, my sister. Is there another query?

Carla: I'd like to know your views on the transformations from the sexual on a simple red-ray basis to sacramental sex, with any comments you may have on that subject.

I am L/Leema, and, my sister, we must apologize for our hesitancy and seeming lack of words, but the field of study which you have queried about is one which is large. Many volumes could not contain its scope. The manner of seeking the one Creator by the use of the transformational potentials within the sexual energy exchange is a study which requires the discipline and intent and purity that any study concerning one's evolutionary path would require. The basic concept is that through the sexual energy exchange, a levering factor may be utilized to propel the consciousness of an entity or entities through the routes of mind that the shuttle of the spirit may be activated and allow the fully experienced presence of the one infinite Creator.

The means by which this transformation of red-ray sexual energy into the indigo-ray energy center and out the crown chakra is quite beyond simple description and must remain hidden except by the careful experience and analysis of the seeker who travels this path. Then there are avenues of information that are available.

May we answer further, my sister?

Carla: Well, yes, just on one specific thing. The reason that I thought of it was that you said earlier that the despair of the body was a reflection of the despair of the mind, and I have read before in the Ra material that the body in general is a reflection of the mind. In the seeking of sacramental sex, it seems that the body is informing the mind, rather than vice versa, and I thought that was kind of interesting. If you can comment at all on that, I'd appreciate it.

I am L/Leema, and we will attempt comment that does not overly confuse. The body, in its function of providing the physical orgasm, serves as a trigger for the levering effect which we mentioned previously. The trigger, then being pulled, will allow further work according to the degree of success of the seeker in previous use of mental catalyst and physical catalyst in the process of its own inner balancing or accepting of lessons presented in the daily round of activities. Thus, prepared by such disciplined meditative balancing, the mind and body may rest in their accepted distortions and the greater work of wind and fire may then proceed through the purified intentions of the entities so utilizing the sexual energy transfer.

May we answer further, my sister?

Carla: Well, just to clarify whether that would mean that sex itself then partakes, without transformation, that is, in red ray of earth and water—those being the other two elements?

I am L/Leema. This is basically correct, my sister, for within the illusion that is yours, experience is drawn, magnetically speaking, through the female nature of earth and water, that desires and lessons through desires may be manifested into your physical reality, be then mentally perceived and processed as catalyst. This work having been accomplished to a sufficient degree, the mind and body in their female functions

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draw the processed catalyst through the lower energy centers and out through the crown chakra in a reaching or yearning for the light of the wind and fire qualities of the spirit.

May we answer further, my sister?

Carla: Are wind and fire, then, male? And earth and water, female? Or does each element have both aspects?

I am L/Leema, and we find your former assumption to be more nearly correct.

May we answer further, my sister?

Carla: No, thank you.

We thank you for the privilege of responding to these queries and ask if there is a further query?

(Pause)

I am L/Leema. We thank each of you for inviting our presence. We hope that our humble words have provided the information which might become your food for further thought. We encourage the discarding of any portion of our information which does not have this value. The great treasures that you seek are available within your own being, our words merely signposts along the way. We leave you now, rejoicing for the opportunity to speak with each. We are L/Leema. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I Yadda. I greet you in love and light of the one infinite Creator. We have a time tonight to get a word in edgewise. We keep saying to this instrument at beginning, "I Yadda." She keeps saying, "Go away—wait until the end." So we waited, and this is the end, my friends. Heh?! So we only stay for a moment.

We would share a thought with you concerning that which had been discussed earlier than this point in your space/time, and that is why mathematics useful in the learning of the path to the One. Is simple and obvious but not so obvious, I suppose, because we are having to explain. But we are glad to do so and wish to especially say hehro—hello to the one known as J. We are so happy to be with him, even during the time he not in this domicile and not speaking through an instrument but only as a presence.

If one says "What is mathematics?" perhaps the first [thoughtless] answer is, "Two plus two is four." Ah, yes, my friends, but two times two is four also. Now let us look at "twos." Interesting. If you double the size of a vibrating string, it will emit the same note one octave lower. If you take in half this same vibrating string, it [is] one octave higher, yet still the same note. Each of you can sing many notes, each of your beings can vibrate in many ways. Do you choose to be lower or higher? [It] is that simple.

We thank the one known as J for the calling of us. We are always …

(Side one of tape ends.)

(Carla channeling)

… therefore we do not leave you, we only stop the words from coming through the mouth of this girl. We are full of joy and we hope you may find joy, for it is your friend and your companion whether it walk unseen and unknown beside you or whether you reach out and take it by the hand. Therefore, reach out, my friends. Reach in also for that dynamic which will raise your octave instead of wohwering—lowering it—we sorry for our pronunciation, we having a difficult time this night. We leave you however in utmost joy and hope that we have been intelligible. We leave you, as always, in love and in light of One, the One Is All. Adonai. Adonai. I Yadda. ♣

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Sunday Meditation
September 29, 1985

(Carla channeling)

I Yadda. I greet you in love and light of infinite Creator, and am pleased that you have called us to you this evening. It is most pleasant for us to be present. Hah! Therefore we greet you in much devotion. We are going slowly with this instrument, for this instrument is low in its vital energies and therefore we wish to be careful.

We speak only briefly, and that is to ask, "What prosperity is?" We are aware that it is something that all peoples upon your sphere wish. They wish to be prosperous, to have that which will buy that which you want to buy. There is a rumor going around that prosperity is unhappy or anti-spiritual. That is a misperception. There is another rumor going around that prosperity is all that one needs for the life experience. That is a misconception also. Look for yourself at the riches of your world. They come in different forms and they are equal one thing and that is energy. We ask each of you to practice releasing the fear of prosperity or the hunger for prosperity and rest in the knowledge that prosperity is infinite and that you shall be infinitely prospered regardless of outer circumstance.

There are so many walls built up one brick at a time between people and nations and continents and forces due to greed. The hunger for prosperity is inappropriate because it will take your attention away from the Creator. The Creator will prosper you—you shall not be left alone. Furthermore, the earthly vessel of your body is but that a pot made of clay. It is that which is within that is important. Therefore, we ask you to think what is true prosperity. When do you feel that you have enough? We say to you, consider that you may feel that you have enough when you look within, not outside the self, for your prosperity is infinite and all that you need shall be attracted to you. In fact, we give you fair warning, my friends, be careful what you seek—for you shall receive it.

We go now. We leave you in love and light of infinite One. We are known to you as Yadda. Adonai. Adonai. Adonai.

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. It is blessing for us to be able to share your life experiences at this moment and we most humbly thank you that you have allowed us to share some few thoughts with you. We find that this instrument is excited about our contact, and we are pleased that this is so for we had been working with this instrument word by word in an attempt to further improve this instrument's ability as an instrument. The concept cluster approach is the one we often use due to the fact that it is more comforting to an

instrument to know a little of what is ahead so that the instrument does not feel like a perfect fool. However, we can use an instrument more accurately if we are able to feed the instrument one word at a time. And this we shall do this evening.

We would like to tell you a story, and we should appreciate the opportunity to move backwards and forwards between the two channels within the group.

Once upon a time, as all stories begin, there was a little girl who had a beautiful doll. The doll had beautiful blue eyes that opened and closed and lovely yellow hair that felt like silk and looked like true hair. The hair could even grow and be styled and many clothes came with the doll and this child spent many happy hours dressing and undressing the doll, speaking to it, making up stories with it and so forth until the doll became the child's companion.

As mothers often will, the child's mother thought very little about the movement of the child's mind from that which was tangible to that which was intangible in her child's playing with the doll. But one day she realized that the child spoke to the doll and listened to it with equal sense of reality for both.

We shall transfer.

(Jim channeling)

(Inaudible) … concerned the mother for she wished to know that her young daughter was maturing at the normal pace and in a normal manner, for she wished the best for her daughter. She wished to see her daughter develop into one who could move through the world in a successful manner. These thoughts and attitudes flooded her mind all at once and she became concerned that her daughter, in carrying on with the doll as if it were human, might be developing an abnormal behavior which could be deleterious to her further development. Yet, in her concern, she was quite unsure as to how to deal with the situation, for her young daughter seemed quite absorbed in the roles and playing of them with the doll and was quite content and happy while doing so. This seemed of benefit both to mother and child in her mind, yet it was the unusualness that concerned the mother.

The mother approached the young daughter. She asked what it was that she talked to her doll about and how it was that the young daughter seemed to be able to hear what the doll replied.

We shall transfer.

(Carla channeling)

"Whatever am I do?" she said to her cat.

"Meow," said the cat.

"l know," said the mother, "that's what I'm really worried about, my daughter's not being like other children."

"Meow," said the cat.

"I love you, too," said the mother, "and I thank you but I really am worried about my child. What shall I do?"

The cat followed, interested in the conversation. She stood looking at the beautiful trees in her yard and looked about and finally settled down to the sidewalk, for it was Fall and it was time for the leaves to fall and for [someone] to remove them from their natural resting place. "Could it be that I do not need to talk to my child?" The trees whispered, the leaves rattled …*(inaudible)* … "No," she said …

(Several minutes inaudible.)

… and in the giving up of the daily rush of thoughts, ideas and actions. This does not have to be a long, drawn-out procedure which will put you to sleep and which will certainly impart to those about you the knowledge that religiousness is boring. It needs only be done in joy and moment by moment. Yes, you may sit down to meditate and that will help those about you to see that that is a normal and important part of the daily round. But it is that which you gain in the silence that will teach and be shared with those about you without your conscious knowledge.

My friends, you do not know what you do, and yet that which you do is perfect. You are, however, as seekers asking to become more and more responsible on deeper levels of knowing what you do, knowing where the roots of your consciousness are, and in what soil they grow. You are finally responsible as conscious and seeking beings for watering the roots of the tree of your consciousness that it may take in more and more and bring up more and more to consciousness from the unconscious roots so that it may blossom within your life and share its beauty with those about you.

This is a story about a child talking to a doll because the mother talked to the cat. This is also a story

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about each and every one of you and the little things that limn and etch your indelible character and quality upon the consciousnesses of others. Be graceful, then, in your ways, my friends, and let your smile be sweet and your words soft. For all wish to be peaceful and to be poor in heart and humble. All wish to be kindly affectioned one to another. Yet it is not possible for you as humans to do these things consistently. It is beyond human telling. It is not, however, beyond that which may be called grace but which we choose to call contact with the source of your being and all beings, that one great original Thought of love. Love is what you seek; love is what you will find, for all things are love. No matter how distorted and seemingly ugly, there is love there; there is love everywhere. Seek and know love, my friends. It is your gift to those about you and most of all your gift to yourself and to the Creator within and without you.

We would attempt to contact the one known as N at this time that we may bid you goodbye. We would now transfer to the one known as N. I am Hatonn.

(N channeling)

I am Hatonn. I greet you in the love and light, light and love of the one infinite Creator. Sometimes light appears in the darkness for all to see. It is difficult … Transfer please.

(Carla channeling)

I am Hatonn. We thank the one known as N for the openness to contact and we assure this instrument that it will become easier and easier to sustain the concentration necessary to reproduce our concepts.

My friends, we leave you in one creation. It is an infinite creation. The finite eye shall never see its end, for there is no limit to the creation. Therefore, it being infinite, it is also One. You are an unique and perfect portion of that great consciousness. How we thank you that we have been privileged to share our thoughts with you. We ask you please to recognize our fallibility and to discard anything which we may have said which does not appear to be helpful, accurate or true. As always, we ask that you use your discrimination in those things which we tell you, for we ourselves are only a few steps ahead in our evolutionary progress, and we share with you that which we feel we have come to know. There is far more for us to learn also.

My friends, the trees outside your dwelling rustle, the leaves turn, awaiting the chill of fall, and squirrels go chattering along the branches of the trees, storing away their food for the winter. How peaceful and beautiful are the sounds of this evening as we hear through this instrument's ears and how full of love is this room and those who dwell within it [at] this time. We are known to you as those of Hatonn. We leave you in the love and in the light of our infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. We thank you once again for inviting our presence to your joining in the seeking for truth. We, as always, are overjoyed to be with you. We hope that our few humble words may provide a service to you in the answering of those queries which you may have the value in the asking. May we then begin with the first query?

Carla: Well, I'll jump in if nobody wants to. We sell books through the mail and we have some wholesale book sellers that order our books. We've never put a price on the books, but several of the booksellers are giving us less for the book than it costs us to print it and mail it and the situation will worsen as our costs go up in the next month or so, our prices having gone up from the printer. We have decided, at least tentatively, that we will continue to offer the book for whatever donation seems appropriate to the person, sending it through personal mail, but we've decided to tell the book shops what it costs us to make the book. We are concerned that we may have somehow broken the magic of total freedom from thinking about money, and I wonder if you can comment on that?

I am Latwii, and am aware of your query, my sister. We may speak in general terms in this instance only, for it is a process of the exercise of your own free will which is being experienced and we would not influence that in one direction or another by suggesting that a decision in process is affecting what you have called your magical natures in one way or another.

You are aware of the principles which are in motion and in your efforts to be of service it will be necessary for the further application of these principles. We speak in general of those concepts

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which were touched upon by those of Yadda at the beginning of this meeting. There is the need to balance various desires and fears, the desire to serve with the fear of not being of service, the desire to be financially successful enough to serve with the fear of having too few finances to continue. As you move through your incarnational patterns, you will find the constant need to balance these types of concerns in various ways, for the question posed by those of Yadda is most pertinent to each who seeks the truth, that is, what is prosperity? How does one define …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we are once again with this instrument. What truly nourishes one's being? The answers to these queries are, as you know, of a philosophical nature, one which does not lend itself to proof. Thus, in your own seeking, you will continue to discover those clarifications in your own understanding that will allow you to make decisions in any area that concerns the giving and the receiving of the one energy which binds all in this creation.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, as always, my sister. Is there another query?

Carla: The only question I can think of, I can't think of. The instrument and I were talking about sometime during this week, and a question came up, and we said we ought to ask about that. If the instrument can remember the question, would the instrument state the question and then answer it?

I am Latwii, and am aware of your query in its form of desire but we are afraid that you have called upon a well which has run dry when asking this particular instrument to remember upon this occasion the query of which you speak. We search this instrument's mind and are bumping into this instrument doing the same. We excuse ourselves and must also apologize to you, my sister, for we are unable to retrieve this query.

May we ask if there might be another?

Carla: What is the probability that within our lifetime, say before 2020, physics will have been rethought and refurbished and a new paradigm found which includes the physics of consciousness?

I am Latwii, and am aware of your query, my sister. We suggest that in your current culture and period of time there are those who have done a great portion of this work and who are in the process of sharing the blending of the current level of discovery of physics, as you call it, with the newer metaphysics, as many call it. The widely accepted ideas within the field of scientific thought as regards the nature of creation and its functioning is also in the process of slow change, as all thought and concepts change with new minds to hold them and old minds with new room develop.

The level of thinking of a culture is a reflection of the mass mind in its movement both consciously and subconsciously. Thus, as each individual within your culture and all cultures of this planet continues the process of learning the self, the life, and the environment about the self, these increased perceptions will feed the unconscious mind with a, shall we say, impulse that may be described as a desire. This desire serves to open pathways to the greater portion of each entity and each culture's being. These pathways then allow an interchange of information so that one feeds the other, the conscious mind feeding desire, the subconscious mind feeding that which is desired. When this process reaches a certain point or critical mass, there is an acceleration which becomes quite rapid. That point is the point of which we feel you speak and it is difficult to determine precisely when that point might be reached by a societal complex, but it is a point which we can note is being more rapidly approached from the various avenues of individual and small group process.

May we answer further, my sister?

Carla: No. I'll have to read that over, but thank you.

I am Latwii, and we again thank you, my sister. Is there another query?

(Pause)

I am Latwii, and as it seems that we have exhausted the queries for this evening, we shall thank each for inviting our presence and offering us the gifts of seeking our humble words and allowing us to serve in our small way. We also wish each to remember that we are but your brothers and sisters, quite fallible in our own seeking, yet quite desirous of

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sharing that which we feel we have found. We are those of Latwii. We leave you now in the love and in the light of our one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
October 6, 1985

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is with a great deal of pleasure that we welcome to the circle the ones known as B and G which have never been far from us, as all is One. Yet we are so pleased that we are able to blend our vibrations with those life-streams at this time. We will be overshadowed by those of Laitos who does not desire to speak but who wishes to greet each and to aid in the deepening of the meditative state. We encourage each to picture the room in the domicile in which you are sitting as a circle of light of which you are all part and to feel the energy spinning in a clockwise fashion, spiraling ever upward, ever gaining in strength as each of you melts into oneness in the circle of light and the glory of light.

We are using word by word communication with this instrument, therefore there may be pauses at times. We apologize for any inconvenience but are attempting to train this instrument for more precise communication.

Picture if you will … We must pause. We are sorry for the delay, however the instrument was distracted by the "putty tat."

Picture if you will a mountain stream gushing forth from a living spring, ever fresh, ever beautiful, moving and singing along its bed and refreshing all that lives therein. Such is the living wellspring of your spirits, my friends. Where can one go to find such a wellspring, such a fountainhead? Can one go into the city and find it there amidst the crowds and the cries of those who barter and sell, and the angers and disappointments of those who have come in second in a trade, and [the] vainglory and folly of those who believe they have won in the trade? It would take a special person to find sanctuary and nourishment in a city.

Shall you then go to the country, and live through the ancient cycles of time and space, watching the trees and the foliage, the flowers and shrubs change their colors in the fall and become bleak and austere statues of dignity in your winter, only to bloom again with blossom in springtime and open their faces to the sun in the spate of full summer? My friends, it may seem to be a far more desirable haunt, and yet the wellspring of spiritual life is not easily found from without, even under such beautiful circumstances.

Can you go then into the ocean, away from all land into the simplicity of waves and sky and stars? My friends, the difficulty with picturing a better and better and better environment is that into such an environment you bring yourself. The self that is you is always with you and the wellspring and fountainhead of your spirit is within you. Therefore, into each environment you project those opinions

and biases, those pains and pleasures of your own experience that make you what you are. That which is outer cannot do the job of bringing to birth that within you which is to come in your search for the truth.

The small entity known as a cat which plays about your feet at this time is a living example of the perfect environment into which is projected a self incapable of using large portions of *(inaudible)*. To this cat, the room is warm, the food bowl and the water bowl are full, and all would seem to be perfect, and the cat plays and is happy. But where shall it go that its spirit may progress? If you are seeking to survive, my friends, find the correct environment. If you are seeking to grow, know that the only environment that matters is within you. You are the wellspring of your evolution in spirit; you are the fountainhead of your birth into that new portion of yourself which you wish to be lifted up in love to the light that shines from the one great original Thought.

You do not carry this within you as if you were a basket and it the precious cargo. No, my friends, you are far more like the pipe through which is funneled the clear precious water of the fountainhead, the wellspring of that clear mountain lake, full of living water. Things do not come from you as much as through you, for in whatever you may do, you are a channel. There is no situation in which you are not channeling and being used as an instrument either by yourself, by other entities, or by circumstances themselves. The great choice to make, then, in the desire to speed up the spiritual evolution is the choice to allow that through you which you desire to be spent through you. And never, if possible, to accept circumstance or environment as a reason for ignoring the opportunity for finding love that may flow through you that you may become a light to lighten the darkness of those about you who are seeking just such light.

Personalities have often been confused with pure channels. The pure channel is an impersonality, clear and exquisitely pure. If you would be a channel for love, open yourself inside to that spring of living water in which your soul may bathe and become clean and shining pure and from which and through which a great light may shine in a dark world.

Before we leave this instrument, we would like to pause in order that you may feel the considerable spiraling energy that the combination of all of you and us create at this time. Allow it to whirl you ever upward as your seeking flies toward the Creator as toward a giant sun. I am Hatonn.

(Pause)

I am Hatonn, and am again with this instrument. It is with great reluctance that we leave you, but we feel we have said what is called upon, and we know how you relish the silence. Therefore, those of Laitos greet and send love to each as do we. We are known to you as Hatonn. Please know that in all your meditations we are most happy to be with you that we may aid you in deepening your meditation and that you may aid us in providing another opportunity for service to the one Creator that is expressed in each of you infinitely. We leave you in the love and in the light of the One Who Is All. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of our infinite Creator. We are overjoyed to be able to join you this evening. As always, we hope that our humble words will be of some small service to you. We would attempt to be of this service by answering those queries which you may have brought with you this evening. May we then begin with the first query?

T: I have a question regarding what I have read about what has been referred to as a soul mate, a person's—I'm not sure, I don't understand what's involved in that. Could you comment at all on if this indeed exists, and is it fair for a person to expect to meet a soul mate in a particular life?

I am Latwii, and we feel we have the grasp of your query, my brother. The concept of that called the "soul mate" is one which is not well understood among your peoples, for it is commonly associated with a kind of cosmic romance, shall we say. There are, however, many friends, shall we call them, that have for great portions of what you call time and incarnational experiences traveled through these experiences together. There has been a bonding of desire to be of service in a certain fashion amongst these kinds of entities and, indeed, those who so join are not unusual, for there will be such groupings found widely scattered upon your planetary surface at this time.

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Those who have shared of the soul stuff, shall we say, the essence of being, seek then together to express this beingness in the incarnational experiences and serve thus as teachers, each to the other. The experiences within the incarnation then that can be had are of a somewhat more rich and pure and intense nature, for it is not just the power or momentum of one incarnation that affects any individual within the present incarnation, but is rather the momentum generated by many, many such experiences and lessons that have been shared over great periods of time. We would add, however, that there are also those entities who have found that what you might call the mated kind of relationship is a further refinement of this general grouping that allows further intensification of the learning process and the sharing of service to others as well.

Thus, the soul mates who have chosen to experience an incarnation from time to time as the biological mates does have its place, and is that which is experienced from time to time and in various incarnations, yet is not that which is as frequently experienced as is the general grouping of entities who have chosen once again to locate themselves in time and space as one group.

May we answer further, my brother?

T: No, that was sufficient. Thank you.

I am Latwii, and we thank you, my brother. Is there another query?

Carla: Just to follow up on that. I've often thought that the group of people who got together when Eftspan was formed had some special closeness to each other that was impossible to express except that we were all really tight with each other without trying. Is that what you meant by the group incarnating together by choice?

I am Latwii, and, my sister, since this supposition is known by those present, we can confirm that this is an example of that grouping of which we spoke.

May we answer further, my sister?

Carla: Yes. Then would such a group be more properly considered soul mates than the concept of soul mate of cosmic romance?

I am Latwii, and this again is correct, my sister, for it is the most prevalent type of incarnational pattern for those who have long sought the ways of the One.

May we answer further, my sister?

Carla: Yes. What, then, would you term the couple that decides to return in several incarnations as a biological male and biological female to seek for truth together?

I am Latwii, and am aware of your query, my sister. The terms are also numerous which have been used to describe this kind of relationship or phenomenon. Again, the terms soul mate are the most widely used. You are also aware of the terms, star-crossed lovers. There are many ways and terms to describe the relationship that exists between two who have found their beingness and their desires to seek the Creator so much as one that they have indeed grown in many ways to become one being by pursuing the dual nature of the one Creator, that is, the male and the female, the light and the dark, the radiant and the magnetic. The terminology is at heart quite unimportant, for in the hearts of these beings there are no words to describe the yearning which draws each to the other.

May we answer further, my sister?

Carla: I don't think so. I just wondered what a more apt term would be. I'm aware of the phenomenon, having experienced it myself with Don, but I never had felt that any of the terms used really had it down and I wondered if there was a more precise description that could be invented, maybe. If not, you don't have to answer anymore.

I am Latwii, and we apologize for our lack of ability to find words within your language which would properly express this phenomenon. May we direct our humble attempts towards another query?

Carla: Earlier, Jim and I were considering talking to a discarnate entity; it's something that I'm aware is possible. And my concern was that by such continued conversation the discarnate entity might be tied in some way to the Earth plane. Could you comment?

I am Latwii, and feel that we may comment thusly. The purpose of such a communication is the guiding force which will determine that which results from such communication. The desire to express the love for such an entity and to, shall we say, complete that which may yet be incomplete would be acceptable for those involved. The intention to utilize the communication for any kind of personal gain, shall we say, then would distort the effort in such a

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fashion as to perhaps add weight where once there had been lightness.

May we answer further, my sister?

Carla: No. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Yeah. I'm kinda interested in what T asked in the first place. Is there for every man a woman, the way people sometimes say, or are some those who chose to incarnate to be solitary? Or to flit from flower to flower?

I am Latwii, and am aware of your query, my sister. The assumptions that you have made are somewhat limiting, and we would hope that we may answer your query without confusion. The experience of one biological sexual orientation or the other during an incarnation is chosen for certain reasons by each of you and all upon your planet with the understanding that one so choosing includes both natures in the total beingness and wishes to express one of these natures during an incarnation in order that certain lessons and services might be more available according to the desires of this entity. Thus, for each man there may be many women, as you call them, and many men, as you call them, that have had the mated relationship at one time or incarnation or another. Yet there may also be, as we mentioned previously, those paired entities who have more often than others chosen to incarnate as polar opposite biological entities for the intensification of learning and serving that is made possible by such continued shared incarnational patterns.

May we answer further, my sister?

Carla: No. I think I heard a definite maybe in there. I'll be satisfied with that. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: I guess I just have one more question, and this is just a teeny one. But that is, are the cats excited because of the energy in the room? They often play like this during meditations, I've noticed.

I am Latwii, and we have noticed that from time to time, according to the harmony of the group gathered, the energies thus produced have this exciting effect upon those creatures which you have called the cats. We are aware that there is little that can be done in this regard other than removing these small entities from the room in which you work. However, we appreciate their response and playfulness.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and again we thank you, my sister. Is there another query?

(Pause)

I am Latwii. As it appears that we have exhausted the queries for this evening, we shall thank each for allowing us the honor and opportunity to join your meditation and your seeking for that which we and you call the truth. We are but your humble brothers and sisters who wish only to serve. Please take that which we have offered that may be of value and leave that which is not. We are those of Latwii. Adonai, my friends. Adonai vasu borragus.

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Sunday Meditation
October 13, 1985

(Carla channeling)

I am L/Leema. I greet you in the love and in the light of the one infinite Creator. We give thanks that we may join with you at this time and share our vibrational complexes with yours as we flow together through time and space for this present moment.

You question us concerning houses. We shall answer you in two parts, the first a brief one. The placement of spiritual dwellings matters little except in specialized instances. Those specialized instances are those in which the dwelling place is attempting to attune itself to the incoming energy patterns that meet and greet the shell of your planetary sphere. As research in this area has been competently done, we shall mention only that in your particular geographical area, the ley line which is closest to your location lies approximately 35 to 60 miles south of you and moves roughly along your waterway towards the location you call Cincinnati. Please note the very specialized nature wherein this information would be applicable and informational.

The second part of your query is not so easily answered, yet we shall attempt to be brief insofar as accuracy and brevity concur. There is one architect. This architect has been called the Creator, and from the Creator flow many ideas, many shapes, many possibilities, many inspirations concerning houses. When it is given to a group of individuals who wish to act in love, to draw from that one architect a certain type of dwelling, the dwelling may be built. Some shapes are more easily attuned vibrationally for magical work than others. However, all shapes in general have equal potential, for it is not the builder of the house but the architect to whom praise may be given, and that architect—that is, the one original Thought—works not through board and clay and stone but in the heart and spirit of those who build. We encourage entities of loving heart and will to put forth effort in that which may seem to be advantageous.

However, we must send out a stern caveat. It is the love for the architect that invests the house with excellence of vibration. With this love, any shaped and placed dwelling shall be magical; without this same love, the most carefully designed and placed house shall be one which is dead in a spiritual sense. Love for the architect, my friends, brings with it a sense of unity, of love, one for another, and of praise. When there are quarrelsome and divisive entities building an house, that house shall be a house of shame. When the humblest dwelling is put up with loving hands and adoring hearts, so that dwelling shall be full of love.

We can give no encouragement or discouragement to any plan for becoming those who dwell within a house, for you already dwell within a house, my friends, and that house is your physical vehicle. Have

you caused it to dwell in holy places by the purity of your thoughts and the love within your heart? Or have you made your body dead by pursuing with it endless divisiveness? Your civilization encourages the latter path, and thus you see more and more the diseases that come from the hard heart and a divisive will. So it shall be upon the metaphysical plane for any structure that is builded by man. We can say no more than this—build in love, in unity, and praise to the architect who is no man, but the very Creator.

We thank you for allowing us to share our imperfect thoughts with you and ask you always to remember that we are finite entities capable of erroneous statement. Therefore, take unto yourselves that which is good to you. That which is bad to you, leave. We are those of L/Leema. It is our enormous pleasure to serve you this evening. We leave you as we greeted you in the hands of the great architect, the great principle of love and builded light and that which is inaccessible, that of which we are merely the echo. We leave you in the mystery of the one infinite Creator. Adonai. We are L/Leema.

(Pause)

We are those of L/Leema, and greet you once again in love and light. This instrument has made an error. This instrument lost the next concept which was that we were leaving this instrument but would continue the contact. We now leave this instrument. We are those of L/Leema.

(Jim channeling)

I am L/Leema, and greet you again in the love and the light of the One. We are pleased that we have been able to make a contact so easily with this instrument who is in the process of learning our vibration and manner of contact. We would at this time be pleased to attempt any other queries which those present may find value in the asking. May we attempt such a query?

N: Yes. Thank you very much for the philosophical answer. Of course, I did realize that any house would be satisfactory, but we were wondering primarily about the location in the knobs of southern Indiana since it would be accessible to the Louisville area and was primarily wondering about the energy sources for that particular area, which would not be forty to sixty miles south, but rather, almost due west or perhaps a little west-northwest.

I am L/Leema. We feel the query which you have asked about may best be answered by again suggesting that it is only for the most fine of the magical, as you would call it, workings that an exact location that would harmonize with your planet's lines of force would be necessary. These workings are usually accomplished by those who make but small contact with the peoples and cultures of your planet. The desire to be of service to a larger group of people, as you may put it, and to interact with these people is that force which is most important in the establishing and constructing of any structure to so further that service, be that structure physical, mental or spiritual.

May we answer further, my brother?

N: No, thank you very much. It was primarily to be of service to more mind/body/spirit complexes so that the harvest might be increased that we thought that there might be one area that might be a little better than others. But if it's primarily the individual, then, thank you very much.

I am L/Leema, and we thank you, my brother. Is there another query?

L: May I ask one of a more personal nature? I'm having a little trouble staying in contact with the group tonight. Am I experiencing something unusual?

I am L/Leema. As we observe your vibrations, my brother, we can only note that there has been some slight difficulty in your readjusting to this atmosphere, having been absent for a portion of your time. The other factor which has sway at this moment and which accentuates the rustiness, shall we say, is that which we feel would best be pondered by your own efforts for a period of time, perhaps at a later time, in order that you at this time may set aside the concern and become as much as possible a functioning portion of this particular group.

May we answer further, my brother?

L: No, thank you very much.

I am L/Leema, and we thank you, my brother. Is there another query?

Carla: Well, I'd like to follow up on L's, because I can feel a difference in the vibration this evening, and I always do when L/Leema comes through. It is a quieter and deeper state of meditation, and I was wondering whether, in sensitive people, this degree

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of meditative state might not encourage the leaving of the body by the spirit? If that's so, what can be done to keep us in the body besides holding hands?

I am L/Leema. Your query presupposes a situation which we find is correct in general, that is, that this group this evening has the opportunity to delve into those deeper levels of meditations because of the vibration which we use to steady our contact with this group. The more sensitive, as you call it, entities within the group will notice this factor first and most profoundly, and it is also possible for such a sensitive entity having any predisposed concern of a mental origin [to] be somewhat distracted by the combination of the concern and the deeper potential for deeper meditation.

May we answer further, my sister?

Carla: Yes. Given that it is desirable to remain within the body, is there a tool which one may use to remain in the meditative state and enjoy the deeper state and yet be assured of remaining in the body and not rolling out?

I am L/Leema. There are many such tools, my sister, for those who are practiced at the "rolling out" of the body, as you have put it. However, for those present who have not such practice, we suggest the simple holding of the hands, for such auric infringement will of necessity cause the enlivener of the entity, the mind/body/spirit complex, to remain with its physical vehicle.

May we answer further, my sister?

Carla: No. Thank you.

I am L/Leema, and we thank you, my sister, and greet the next query.

A: Can a cat serve the same purpose as a hand?

I am L/Leema, and we find this is in large part correct, for the auric infringement of the second-density creature works also upon the third-density physical vehicle by the very nature of the enlivened touch, shall we say.

May we answer further, my sister?

A: No, thank you.

I am L/Leema, and we thank you. Is there another query?

N: Yes. I wonder if you would perhaps define and explain the various stages between light meditation, deep meditation, through deep meditation, trance, as far as the spirit or shall we say the individual's remaining with the vehicle or the displacement of that spirit through astral projection or whatever, as well as the instrument's ability to remember through the various stages through trance?

I am L/Leema, and am aware of your query, my brother, which covers much ground. We shall attempt to respond by asking that you picture the mind as a tree. In the conscious mind one is existing as upon the outer limbs and branches of [the] tree of mind. The winds of conversation, the thought and action, blow and gust and the limbs move about in response. As one quiets the mind by removing the attention from the outer world of winds, one moves down the branches to the trunk of the tree of mind.

The trunk may represent the deeper levels of meditation, which may be likened unto the waves of the brain which have been described as the alpha waves, which correspond also to the lighter levels of dozing or sleep but with the attention focused and alert. The mind may further be quieted and focused upon fewer and fewer points until the point of unity of focus is achieved.

This moves further down the trunk of the tree and as the tree then moves into the ground with its system of roots, so may the conscious mind be passed from, and the attention of the mind/body/spirit complex be able to perceive below the conscious mind into the roots of mind in a fashion which uncovers awareness of experience not consciously known to the entity.

This movement is that which roughly corresponds to the movement from the conscious meditation to the more trance-like state of awareness in which portions of the subconscious mind become available to the focused attention of the mind/body/spirit complex. As various of the roots of the tree of mind are explored by the focused attention, there is a deepening and enrichment of the trance state. The ability of an entity to remember consciously that which occurs while in the deeper levels of the trance state is a function of that entity's ability to achieve this trance state consciously as a function of the exercise of will and the practice of this ability. Many entities in the dream state enter the roots of the tree of mind and yet remember little of the experiences gathered there upon awakening, for there has been little conscious effort made to train the self to retain

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that which is experienced. The practice, whether in trance or in dreams, of remembering those experiences which occurred within the roots of the tree of mind is gained by the repetition of such experience.

May we answer further, my brother?

N: Yes. Then you're equating trance with sleep. During trance and with sleep, is the spirit complex displaced from the vehicle or is it only connected by the cord, or exactly what? I'm asking for several reasons. One is that when Mark Provost channeled Yadda, he seemed to be in a deep trance, or at least they keep referring to the fact that he's in a deep trance. But yet when someone in the room holds their hand up, Yadda seemed to be able to recognize them. And of course, I always thought deep trance mediums or instruments or whatever were totally oblivious to outside influences of a physical nature.

I am L/Leema, and your query is based upon some slight misunderstanding of the nature of the deeper levels of trance. There is the possibility that some entities who serve as the trance medium may wish to remain with the physical vehicle as it is given over in its use on some occasions to those who would speak through it, those entities not having physical vehicles of their own of that nature. The medium who chooses to remain with the vehicle is one who is usually learning another facet of the service that it performs as a trance medium and is not present because of any need to perform a function at that moment other than the learning of a certain lesson.

This level of trance of which we now speak is a level that is of the deeper nature and is of the nature utilized by the one who was known as Mark. This entity, however, did not choose to remain with its vehicle and gave over its use completely to others or individualized portions of others. This then allowed those known as Yadda to enter the vehicle and use it in a fashion which resembled its use by the one known as Mark. This enabled those of Yadda to utilize the optical apparatus as well as other portions of the physical vehicle, and thus enabled vision, sight and recognition to occur. It is much as you would use another entity's coat.

Most who serve as trance mediums do not work in these deeper levels of trance, for much can be accomplished in levels which do not require the complete giving over of the physical vehicle and its exit in so doing. These types of trance may allow, therefore, the one serving as …

(Side one of tape ends.)

(Jim channeling)

I am L/Leema, and am once again with this instrument, and we shall continue. These entities, therefore, remain with the physical vehicle and serve as what may be called an interpreter in order that the patterns of energy in the form of various visions may be translated and transmitted into the third-density illusion. This is the more normal level of trance, yet it still resides in the roots of the tree of mind and beneath the veil, shall we say, which separates the conscious and subconscious minds and the conscious meditation from the trance level of awareness.

May we answer further, my brother?

N: Yes, thank you very much. Then there is a differential in memory, as well as understanding, in the deeper trance as compared to the meditative or some level in between?

I am L/Leema, and am unsure as to whether we have a firm grasp upon your query, but shall attempt response. Please requestion if we have not properly grasped your query. The deeper levels of meditation and the deeper levels of trance provide a greater challenge for any entity to remember to bring back and to put together that which was experienced at those levels. Again, the practice and repetition is that which allows a greater remembering.

May we answer further, my brother?

N: Yes, thank you, if the instrument's not too tired, I have another query.

Please continue.

N: In those trance mediums who channel their spirit guides and so forth, there are some that can produce ectoplasm, or it is said that they can produce ectoplasm. How does this occur? And what level is usually necessary for channeling spirit guides?

I am L/Leema, and to take the latter query first, the entities known as spirit guides may be contacted in a variety of manners and levels of awareness, from the conscious waking state to the light meditation to trance and sleep.

Those who are able to produce the substance known as ectoplasm are those who have over a long portion of your time and in many cases in previous

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incarnations have been able to produce this substance by the application of the desire to be of service and the practice of the trance state. The substance itself is a materialization of that which would seem in your reality to be immaterial. It is the stepping down of the vibratory frequency of a certain form of light which is awakened in the heart chakra of the entity serving as trance medium. The connection then having been made between this third-density illusion and the finer levels or inner planes of this illusion and the lower levels of the fourth-density illusion then allow a contact to be made in what frequently is experienced as a shape or form which assumes a recognizable shape, most usually that of an entity resembling your third-density physical vehicle.

May we answer further, my brother?

N: Then these materializations are actual ectoplasm and are not thought-form considerations, I would assume? And I also understand from what you've said that it is—you have to have been doing this during prior incarnations in order to rechannel the material? It's not easily learned, in other words? Or developed?

I am L/Leema, and may affirm that much practice is necessary in order for this service to be performed. It is not impossible that it can be learned within one incarnational period of time, yet it is more likely to have been experienced in a series of incarnations. The form of the ectoplasmic material is a function of the thought of the one contacted, thus it is a thought form in that respect. The one so materializing is able to take the ectoplasm and form it according to its desire which is in turn a function of the desire and experience of those present in the third-density illusion who call for this service.

May we answer further, my brother?

N: And as you said, this does emanate from the heart chakra?

I am L/Leema, and this was indeed our statement, though this instrument is somewhat doubtful.

May we answer further, my brother?

N: Only one more query. I know the instrument must be getting tired. I have found it very difficult to completely clear the mind in meditation, in other words to go into the silence. Is there any sort of way that we can—any sort of gimmicks or so forth, that we can either hook up with universal mind or in some way quiet our own mind?

I am L/Leema, and many are the ways that have been devised by those such as yourself seeking to quiet the ever-rambunctious mind in its constant meanderings. The most frequently used technique is to use a mediator, shall we say, that is, a phrase or word or note or a single thought that will put the attention of the mind, through repetition, upon one thought or focus with the eventual goal of the removing even of that one focus in order that a more complete unity of self with all might be experienced.

This general type of technique attempts to strike a bargain or compromise, shall we say, for a time with the conscious mind, as the conscious mind is most normally functioning and therefore most usually comfortable with the activities of action and reaction and will in some cases be more easily quieted if it is given one simple activity to repeat time and again, like a child in the corner, shall we say, in order that after a variable length of time it may even be persuaded to become completely quiet and enjoy its new environment of silence and those experiences which emanate from the infinite inner silence.

May we answer further, my brother?

N: Well, just one clarification. The redundancy of one simple object will then focus on total quietness? Is that the basic conception?

I am L/Leema, and this is the hoped for result. As you are aware, there are varying degrees of success with various entities and upon various occasions for any entity.

May we answer further, my brother?

N: Thank you very much for all your answers.

I am L/Leema, and we thank you, my brother. Is there another query?

(Pause)

I am L/Leema, and we thank each for those queries offered this evening. Our words are but halting and humble attempts to reflect the greater portion of what we have found to be true in our own seeking. We realize that we may have spoken much which was not of value to one but we offer any that is of value to any so seeking, and we thank each for the invitation to join your group in whatever capacity. We shall leave this group at this time, rejoicing, as

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always, in that same love and light which shines upon all. We are L/Leema. Adonai, my friends. Adonai. ♣

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The L/L Research

Channeling Archives

Transcripts of the Meditation Sessions

Volume 8

October 20, 1985 to February 22, 1987

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1985

October 20, 1985 to December 29, 1985

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Sunday Meditation
October 20, 1985

(Carla channeling)

I am Hatonn, and I greet you through this instrument in the love and the light of our infinite Creator. We are most grateful to be able to speak through this instrument, as we conditioned each instrument in the room and found that each felt somewhat fatigued and each wished to listen. We shall continue to make our presence felt for the practical aspect of continuing the good contact which we have with each instrument. However, we shall use this instrument at present.

There is not one within this domicile, and, indeed, we may say there is probably a paucity of those within what you call humankind who does not question the reason for all the difficulties of the incarnational experience. We would like to address this subject in yet another way this evening.

Each has a certain amount of compassion. Each has a certain measure of wisdom. That measure for most of those upon your planetary sphere is a very small percentage of the biases which collect about the mind and body complexes of each entity. And yet, the key to grasping the assessment of difficulties lies in gaining enough wisdom and addressing that wisdom with enough love. We shall come back to this point. We hope you will bear with us, for we are attempting to train this instrument to deliver unexpected information without fear. Therefore, there will be pauses.

Each of you has what seems to be a self, that self containing two hands, two feet, a face with mobile features, a torso that moves with more or less skill and gracefulness. This seems to be the self, my friends, and yet wisdom will tell you that it is not the self, for where in your arms or your legs, your face or your torso can you locate your self? It has been written within your holy work which is called the Bible that the Creator shall not allow any danger to befall His chosen people, not even a foot stubbed against a stone, so the one known as David writes. This is true, absolutely and completely. Therefore, you may ask, "Why am I continually stubbing my toe against rocks?" speaking often in terms of emotional discomfort rather than physical.

You are in this incarnational experience as one who views a movie. To consider that you are a portion of the movie is accurate, for each motivation and attitude that you are able to carve into positivity, joy and gladness raises the amount of light that you are able to receive and accept. However, the body which you inhabit is evanescent in the extreme, comparatively speaking, for you as a spirit are older than some stars and will outlive some stars. Consequently, that part of you which is infinite shall never have the foot dashed against a stone. It would be impossible, for your very nature is like that of the

Creator. However, you have chosen to dress yourself in flesh and dwell within this illusion so that you may experience a large number of seeming difficulties.

This brings us back to compassion, or love and wisdom. If the beginning of love is the acceptance of the self, the beginning of wisdom is freedom from fear, for what can happen to you? Should you be killed? That would not be astonishing, for each body shall die. Should you be hungry or cold? These things occur. What is your reaction to them? Should you fall into disharmony with a relationship with another? This frequently occurs. What is the reason for the discomfort this causes?

Difficulties, my friends, are what they seem in the illusion, and it is your challenge within the illusion to deal with as much love as possible with each difficulty. So you learn the lessons of love. So you see, in part, through an illusion. So, finally, you have no need any longer for this illusion.

We would pause at this time and work with each instrument, if each instrument wishes to receive conditioning. I am Hatonn.

(Pause)

I am again with this instrument, and we thank each for the privilege of sharing the vibration and love while we work with the conditioning. We do not mean to seem coldhearted or unhelpful about the difficulties which you face. We find in this instrument's mind fear due to upcoming surgery. We find in each mind some fear, the fear of pain, of dying, of losing a beloved relationship, of growing older. Many fears other than these are held, and yet to enumerate all those fears would not be any more helpful than to mention just a few. However, there is a measure of wisdom in each. We ask you to reach for it, and as difficulties, fears, doubts, worries overcome you, find that measure of wisdom that says, "The beginning of wisdom is freedom from fear."

Where can you go? You are in the creation. What if you are suddenly in a negative creation? No matter, my friends, for all does become One, so our teachers tell us. And then once again you are free to serve the Creator and turn again homeward to the heart of the creation, to become One, indeed, with the one great original Thought. Where is fear in a creation that has an absolute certainty of turning homeward in every seeming second that ticks by? Indeed, it would be most helpful in your incarnational experience if you can give praise to the Creator of your difficulties, and thereby remove your center of attention onto higher ground, shall we say, for you are able to see that each fear, each difficulty, and each doubt is a challenge, is a force, shall we say, against which each entity now has the opportunity to push in order to carve ever deeper the attitudes of thanksgiving, joy and love.

This does not mean that you become blind to what is occurring about you. It means only that you see what seems to be and you deal appropriately with that which seems to be within the context of the illusion, while maintaining your center, your focus of attention upon the love, the beauty, and the truth inherent in each moment. Rejoice in your difficulties, just as a servant may rejoice that he may serve his master, for your higher self designed and planned carefully that you might not waste a moment of time. Rest is given to the weary. There are calm stretches in incarnational experiences and these are healing times. And then once again will come the challenge. Use that challenge to polarize more and more effectively towards the love that is inherent in all of creation

We would now leave this instrument, for we find that this instrument, too, is fatigued, and shall yield the floor to our brothers and sisters of Latwii. We thank you for calling us to speak. We realize that some of what we say must of necessity repeat itself. But it is important to grasp the basics of living a growing spiritual evolution rather than living a static existence, spiritually speaking.

It is important that you remember and use the very first things we teach first, that is, meditation to center the mind upon love, to gentle the spirit, to put in order that which is disordered, to heal that which is wounded. And it is equally important that you move from meditation into your daily illusion, retaining the sense of no fear and the sense of your own worth. These are the beginnings, my friends. You may build from them, but without them you shall find your spiritual evolution to be comparatively slow. We are those of Hatonn. We leave you in the love, the light, and the balance of the infinite Creator. Adonai, my friends. Farewell. Farewell.

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(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and the light of our infinite Creator. We thank you also for asking our presence this evening. We are eager to begin with any question which might be available. May we ask for the first query?

Carla: I have one. There is a disease which is called AIDS. I wonder if you could comment on what the disease is caused by in the emotional sphere, why it hits certain segments of the population, or any other comment that you wish to make about this disease or disease in general.

I am Latwii, and am aware of your query, my sister. There are many facets to the query; we shall attempt to speak to the heart. There are various diseases, as you call them, at this time which are becoming more prevalent within various segments of your population. The disease that you have called AIDS is one which aids the, shall we say, entities so suffering or within the potential population of sufferers, in focusing their attentions and their affections upon a smaller and smaller circle of intimate friends, so that the ultimate goal is the paired relationship in which the evolutionary process may have its most full and efficient sway, shall we say.

It is, as you know, but a short time as you measure these things before the end of this great cycle of evolution upon your planet. The time, then, is short for those incarnate upon your planet to polarize in a fashion sufficient for the graduation. Therefore, there are many more, shall we say, training aids available for the acceleration of this process, the time being short. Diseases are one such method of focusing the attention upon a symbol of a generally shared difficulty.

Within the majority of your population at this time there is the continued exercise of the mated relationship and the mirroring effect that this relationship provides to each. There are, however, various minorities or subcultures within your larger culture which have not so focused the mated relationship, and have therefore not been able to bring to bear those lessons and services that lie latent within. Therefore, the disease called AIDS has reminded many within this community that there is not only greater safety of the incarnation within the mated relationship but there is also to the far-seeing eye a greater ability to complete the preincarnational plans for the lessons and services that will allow for the graduation.

May we answer further, my sister?

Carla: Yes, indeed. It seems like a gross infringement on free will, for one thing. The other thing is, how in the world can an AIDS sufferer learn about a mated relationship? It's over half the time a killer. The victim is not around long enough to retrain the mind and accomplish the mirroring effect of the mated relationship.

I am Latwii, and am aware of your query, my sister. To the first part. It is not correct that such diseases [are] foisted upon a certain segment of the culture, shall we say. These entities themselves have planned, with the aid of the higher self—if you will continue to excuse our continuous puns—that there shall be certain, shall we say, optional plans brought into existence when the need arises.

Now to the second portion of the query. One who has a definite, it would seem, length of life remaining, knowing that it shall die, as you call it, after this portion of time, knows that all succeeding actions shall carry more weight, for it does not usually wish to waste the opportunities that are remaining. Therefore, such an entity will view each relationship in which it partakes as that which is most treasured, and can in a very short portion of time learn that which was avoided or ignored in the previous portion of the incarnation.

May we answer further, my sister?

Carla: Well, just in one thing, and this has me puzzled, too. Heterosexual people have recently started getting herpes, which really encourages a mated relationship or the nunnery, one or the other, yet it's not a killer. Is the Creator somehow biased against homosexuals?

I am Latwii, and, my sister, we remind you that the Creator dwells within all portions of Its one creation. Therefore, those actions and energies set forth within any portion of the creation are those actions and energies that are considered by that portion of the creation to be appropriate for the goal of the eventual learning of love, to the sufficient degree that the graduation may be achieved. The severity of various diseases, therefore, is dependent upon the choices made upon the subconscious level with the subcultures thusly affected. It is to such entities that

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the honor and the duty of making such choices must remain.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Do you expect, then, that the new diseases will begin to show up more and more often as we grow closer to the end of the cycle?

I am Latwii, and this is quite correct, my sister. If you will review the medical literature of the previous decade, you will note the discovery of a variety of new diseases which have not appeared previously within the past centuries and have made their appearance only at the end of this great cycle.

May we answer further, my sister?

Carla: No.

I am Latwii, and again we thank you, my sister. Is there another query?

(Pause)

I am Latwii. We find that we have quickly exhausted the queries for this evening. We thank this group once again for inviting our presence, and we hope that our humble words have been of some small aid in this endeavor. We again ask for your forgiveness, but we could not resist one final pun …

Carla: May I ask one final question?

Ah! We have another query. My sister, please proceed.

Carla: Would you care to talk about anything?

I am Latwii, and we find that for this evening our service is that of the response to your queries. We have no axes to grind—they're all quite sharp.

L: I'd simply like to make the observation that if this is indeed your last statement, we would all affectionately bid you, "Adieu."

(Laughter)

I am Latwii, and we know when we have been bested. All our congratulations to the one known as L, and upon that note we shall finally bid each a farewell, and thank each for inviting our presence this evening. Adonai, my friends. Adonai. We are those of Latwii. ♣

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Sunday Meditation
October 27, 1985

Group question: What opportunities are presented to an individual when an individual is in a disharmonious relationship with any other and what part do psychic greetings or attacks play in such a disharmonious relationship?

(Carla channeling)

I am L/Leema, and I greet you in the love and the light of the One Who Is All in All. We shall attempt to use this instrument as this instrument is suited to the deliverance of the question. However, we find that although this instrument is willing, it is quite fatigued. Therefore, we shall begin.

It seems to be a vast universe peopled with unimaginable numbers of suns and whirling galaxies that paint the sky with diamond drops. There seem to be enormous numbers of individuals even on one small planet that makes its way about an obscure star near the edge of the galaxy it inhabits. There appear in one person's mind to be many, many thoughts and ideas which range in great complexity from one subject to another. There appears in each idea that there are ramifications and considerations of various levels of thinking so that one who is more mature in years shall think differently upon the same subject than one who is young. All of these appearances are appearances of separation. In truth, there is one creation, there is one consciousness, and for each density there is one Thought. In your density you are seeking to know the thought of love, not intellectually or by any guidebook but rather from the inside out, from the heart outwards, through the mouth, through the ears, through the eyes. One who has the heart of love also has ears that hear with love; one who has a heart of love sees that which it passes before its gaze with eyes of love.

When it seems apparent that there is a lack of communication between two entities, that there are hurt feelings and insults, one must look to the love in the insult and the love in the hurt feelings, for both of these pains belong to the emotional self and are a distortion of love. We shall dwell primarily upon the self that is hurt, for the questioner is the party which has been injured.

One who is hurt is experiencing a distortion of love in that it is not being appreciated for the gifts that it gives. And yet, is the gift any less because it is not appreciated? Is the giving less pleasurable because compliments are not given? One with a heart full enough of love can give without need for compliment or thank-you or payment of any kind, emotional or financial, physical or spiritual. Therefore, the one who is hurt is working with an illusion which is that of separation, for why is there need for the creation to thank itself? Why is there need for consciousness to thank itself? And why is there the need for the subject of love to thank itself.

We urge those who are in pain because of being hurt by the speech or actions of another to take into meditation the unity of all that there is and so strengthen the will and deepen the faith in that unity of love that gifts can be freely given with no expectation of any kind that there may be a return or a reward. Imagine each gift that one gives as the arrow which is sent from the bow. It will find its target more and more purely as the giver gives with less and less expectation of any reward, but rather gives for the upwelling joy of the gift given.

As to the case of the one who insults another, again, one cannot insult oneself except by insulting another unless one consciously wishes to insult the self. Normally the illusion calls up for those who insult others a need to find and choose and pick out those things which it finds are lacking in the self. Therefore, in any insult, look to the reflection of that insult upon the giver of revilement and have compassion on a soul that is hurting itself unknowingly and is falling into a vortex from which it is sometimes difficult to emerge unscathed. Feel compassion and blessing and an upwelling of joy in aiding such an insulting and difficult entity, for this entity is in great need of stable, sturdy, calm and constant joy that ever radiates and can never be extinguished.

We realize that this is difficult to accomplish. If there were no challenges, why would one decide to enter into incarnation? Take your challenge up with joy when it comes to you and attempt to the best of your ability to offer the same constant love to those who wrong you and those who praise you. Cast a cold eye on the difference between the two, for all things are one and the love in all things must needs be found. This is the heart of the lesson of insult and emotional pain.

We would transfer the contact at this time in order that any questions that you may have can be answered. I leave this instrument, thanking it for its service. I am L/Leema.

(Jim channeling)

I am L/Leema, and we greet you again through this instrument. It is our privilege at this time to attempt any further queries which those present may have in ready for the asking. May we attempt another query?

Carla: Is there any more on the subject that I was unable to pick up because I was tired?

I am L/Leema. We feel gratified that we were able to utilize your somewhat fatigued instrument and provide the detail which we felt would be helpful for that particular query. We are not aware of any portion of our intention that was not transmitted through your instrument, and again we thank you for your service.

May we attempt any other query?

Carla: When you started channeling through this group, the channelings were longer. Have you been attempting to abbreviate your answers so that the group would not get restless?

I am L/Leema. This is in part correct, my sister, for we in the beginning of our contact with this group were not as familiar with the desires and practices which this group has for some portion of your time taken a nourishment and an enjoyment in. We were more prone to the detail within our speaking, that is, we sought to explicate as plainly as possible and utilize more of your descriptive phrases with the hope that we might achieve a greater clarity. We find that a portion of this group's time together is that which includes a greater variety than the long discourses upon our part would allow, that is, the speaking with a number of entities and the inclusion of this question and answer portion of the meditation. We feel that we are achieving a better balance, shall we say, between the main address of the evening and this variety which each has found helpful in its own seeking. The shorter discourses are perhaps also of value, for there is in this group the appreciation of the brevity and clarity rather than the extended discourse with numerous allusions.

May we answer further, my sister?

Carla: Not on that, but I do have a personal question. When we were having sessions with Ra, Ra mentioned in one session of the personal material that about two years ago there was an opportunity which my higher self had built into my being for leaving the incarnation at that time. There is some doubt as to the length of that period. It is my feeling that it has ended and if you could simply confirm that, I think that perhaps it would lay fears to rest on the part of the one known as Jim.

I am L/Leema, and we shall do our best to shed some light upon this topic without infringing upon the free will of any present. The phenomenon which was mentioned in the contact with those of Ra at the

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time which you describe was a feature which had been preincarnatively chosen and which had found at that point in your experience the possibility of once again becoming activated should your desire be for the leaving of the incarnation, as indeed this factor was utilized at a much earlier time within your incarnational experience. This is a factor which is ever ready to play its part, for it is the need of each third-density entity at some point in its gathering of experience to assess that experience with the overview that is only possible from the, shall we say, after-death and preincarnative state of awareness.

Thus, each third-density incarnation shall find its end by whatever means is appropriate. The times or time which is designated by each entity is not firmly set but is the product of a number of factors. The choice of an entity concerning its departure from this illusion is due in large part to that entity's subconscious feeling that it has accomplished that which it has come to do, shall we say. There are instances in which entities find a great deal of distress in the evaluation that the incarnation is falling far short of such lessons and occasionally an entity will decide to depart due to such a feeling that there must be a new beginning. There is, however, in your particular case the desire to continue with the service as well as the desire to continue with the lessons, for there is the determination that the former is more important than the latter, and, indeed, the latter has been in large part accomplished. Therefore we find that your own will is that factor which is most important in this situation, for your will is, shall we say, free to move without the burden of further agreements to be fulfilled.

May we answer further, my sister?

Carla: Just to clarify. Am I to understand then that when the Ra contact was through that that portion of work which I had laid out for my incarnation as a minimum had been accomplished? And therefore I was free to go?

I am L/Leema, and we tread somewhat close to the Law of Confusion but would suggest that this is not entirely correct. There were additional services and lessons. These continue in some respect.

May we answer further, my sister?

Carla: No, no, I didn't mean that that was it, I just meant that that was the minimum. I'm sure there's plenty more before I get to the maximum of what I can do to serve. Thank you.

I am L/Leema, and we thank you, my sister. We at this point shall apologize for the delay between the transmission of various words and concepts. We are attempting to work with this instrument in a somewhat different fashion than is our normal technique. We are working at a somewhat deeper level of meditation to transmit more closely the word-by-word technique. This instrument is willing and is more and more able to function in this manner but is somewhat apprehensive, thus our transmission may be somewhat broken, shall we say, this evening.

May we attempt another query?

N: It is said that the capstone of the great pyramid of Cheops was removed from Giza and the crystals were used for the lighthouse of the Alexander. How many feet were removed of what is now the top of the great pyramid at Giza?

I am L/Leema. We shall attempt response, though we find it somewhat difficult to measure that which was removed. The original capstone was composed of that substance known to your peoples as granite. The entities of the priesthood in the culture known to you as Egyptian after a portion of time desired to remove that crystallized rock structure, the granite, and desired to replace this substance with a more precious substance, shall we say, of the golden nature. We must pause momentarily.

(Pause)

I am L/Leema. We are once again with this instrument. There was the need in this instrument's mind to recover the recording machine which had been covered by the second-density creature. To continue with the capstone. The amount of the substance which was removed is relatively small in proportion to the entire structure's volume. Approximately one thousandth of the structure was in the form of the capstone and was thusly removed.

May we answer further, my brother?

N: I had more interest in the height than in the volume. Some say that it was approximately thirty-five feet and others say it was approximately thirty feet. But I was under the impression not only was it made of granite but it also had not just a crystalline

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structure but had actually refractive amorphous crystals for diffusing the light.

I am L/Leema. We find that the measurements given are more or less accurate according to the proportion. However, we find that the information concerning the, as you have termed them, the amorphous crystals, to be less than accurate according to our estimation, for the proper functioning of the pyramid at that point of the apex was permitted by a solid granite capstone that was not inclusive of other types of crystal which would interfere with its function.

May we answer further, my brother?

N: Well, then this capstone was pure granite as I understand it, and it was removed, and was the height of it approximately thirty feet? The pyramid is said to be at about 454 feet now and it was estimated it was 480 or 485 feet at its inception. And why was the capstone removed?

I am L/Leema. The height of the pyramid after the granite capstone was removed was again approximated by the replacement of the capstone of golden quality. The entire pyramid at this time within your continuum is lesser in all its measurements, for there has been over great passage of time the removal of a covering that was originally included with the pyramid's construction. There has therefore been the overall reduction in size of this structure since its original construction. The granite capstone was removed by those of the priest nature or calling at a much later date, shall we say, than the first construction of the pyramid. The reason for its changing in the capstone was that those called priests had at that time moved more towards the reserving of the use of the pyramid for those of royal blood or those of more powerful position in regards to the entire population of those known as Egyptians. Thus, as the pyramid itself and the teachings associated with it became reserved for the elite, this small group of entities felt that it would be more fitting for their station if the capstone of the pyramid were of a more precious metallic construction.

May we answer further, my brother?

N: Thank you. Can you tell me the approximate measurement of the original pyramid at Giza in our measurements?

I am L/Leema. We find some difficulty in giving the precise measure in your feet and inches manner. We are somewhat more able to approximate the type of measurement that would be based upon the volume or upon percentage. However, we shall attempt, if this instrument is willing, to transmit a more precise measurement. The entire structure was at its inception larger in each measure by approximately two feet. Thus, if one added a mantle, shall we say, two feet thick that would cover each exposed portion of the existing structure, one would closely approximate the original measurements of this structure.

May we answer further, my brother?

N: Well, I was primarily interested in the height but I knew that the limestone covering had been removed, and that approximately two feet, but I also knew that the capstone had a flat surface at the top and that there is about thirty feet missing from the original, but I didn't know exactly how much. But if you can't answer, thank you anyway.

I am L/Leema, and we appreciate your query, my brother, and find that the information which you have previously accumulated in regards to this structure is basically correct except as we noted for the purity of the granite existing without other crystals within it.

May we attempt any other query at this time?

Carla: Is there ever a time when it's better to hold your tongue than to be honest?

I am L/Leema. We find an interesting concept within this query. This query assumes that an entity within your third-density illusion can ascertain the, shall we say, sum total ramifications of its each and every act. Though many live the well-examined life and have learned well the lessons that may be presented in the day-to-day round of activities, there are few who can project the possibilities of what you call the future and how that future might be affected by a choice made in your present moment. It is rather the salient lesson and ambiance, if we may, of your illusion that entities work upon the lessons of love. Those lessons include the seemingly foolish giving of self without expectation of return, the movement within darkness with the faith that the love of the one Creator exists in each portion of that darkness without knowing any fact for sure and yet giving wholly of the self regardless of the not being

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able to know. Yet do entities learn the lessons of love.

It is, in our humble opinion, not possible for those within your illusion …

(Side one of tape ends.)

(Jim channeling)

I am L/Leema, and am once again with this instrument. It is not likely that any within your illusion will move much past the lesson of love. Thus the recommendation to each is that one give wholeheartedly the truest and best of one's treasures, that is, to give without consideration of return, and to give with the greatest intention to serve that one can find. If the intention is to serve and to see the one Creator within each portion of one's illusion, then that which you call honesty is highly recommended. It, however, is also true that if one does not wish to serve and moves in thought and action with self-serving motives or motives that are less than loving, yet and still shall there be the service, without perhaps the potential to polarize in the positive sense that desiring honesty with the hope of serving another would provide.

May we answer further, my sister?

Carla: Well, yes. What was at the heart of that question was my observation which I have pondered a lot lately that when a truth is withheld so that the other person can figure things out for himself, sometimes it's of more use to that person that you're trying to serve than the whole truth and nothing but the truth which can be very abrasive. And I am honestly puzzled as to sometimes which way to turn, whether to just allow things to go by and run their course or to step in with honesty and communication and somewhat abrasively work towards a solution, a difficulty for someone else.

I am L/Leema and within your comment, which is thoughtful, we perceive the possibility of service. To conceive of what shall be the course of action with too much emphasis upon thought, shall we say, is to proceed in a manner which does not include the spontaneity which is the great enabler of lessons and services within your illusion. To examine the actions so closely as to rob them of the natural spontaneity which wells up from your own deeper self, shall we say, is to put limitations upon the possibilities of the moment. Thus, when one is puzzled as to what to do or how to do it, it is best for the moment to do nothing and to once again move into the current of your existence and be somewhat taken by it and to allow the channeling of this current to move through your thoughts and your actions and to later examine the results in order that the fruits of these labors might be harvested. To attempt to visualize the fruits before the harvest frequently affects the harvest in a deleterious manner.

May we answer further, my sister?

Carla: No, she said spontaneously. Thank you.

I am L/Leema, and we thank you, my sister. Is there another query?

(Pause)

I am L/Leema. We find that the queries have come to their end, and we are extremely grateful to each for providing us with this opportunity to speak. Without your desire to query and your desire for our presence, we would have no beingness within your experience. It is a great joy and honor to share that beingness with you this evening. We move with you on that great journey. As each, we seek our source, and as each, we find it quite, quite close to home. We are those of L/Leema, and we leave you in love and light and blessing. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 3, 1985

(Carla channeling)

[I am Hatonn,] and I greet you, my friends, in the love and the light of our infinite Creator. We greet and bless you, welcoming those who are new to this particular group and greeting old friends as well. It is a great privilege for us to be called to speak to you and we are extremely appreciative of your allowing us to share our humble thoughts with you that we may attempt to be of service.

Picture with me if you will the Earth upon which you now are situated rolling and spinning in the darkness. It is the night side of Earth upon which you look and there seems to be darkness within darkness as the eye seeks to fathom the dark sphere in the midst of the dark sky. Such, my friends, is the nature of your Earth sphere, not in the physical sense, as you would call it, but in those portions of your density which may be called spiritual or metaphysical.

Suddenly one small flare of light is seen. You know what that is, my friends. That is one entity whose will has been turned to offering the one love and the one light inherent in the one original Thought of our infinite Creator. What a glorious light in such a darkness may we see when one entity alone orients itself to the One.

When groups of entities meet together, the light blazes far, far brighter than by merely addition, for each gives each strength, clarity and purity of being, each giving unto each the gift of light. That is why your so-called light groups are crucial, always have been, and always shall be. They are centers, if you will, of focus for that which is lightest in all men to have a safe place to be vulnerable and to shine forth in the darkness.

We who have served with the Confederation of Planets in the Service of the Infinite Creator within your sphere of influence for some time as you call it have seen more and more and more lights glowing in the darkness. Their radiance is growing brighter and there are beginning to be networks formed, networks of light, traceries like lace encircling the darkened spiritual metaphysical planes of your Earth world. However, we do not want to emphasize overly much the function of the group, for each entity goes forth from the group and yet is still an entity holding as in the holograph all of the light of consciousness, all of the fresh and living radiance of the one original Thought.

We ask each of you to value yourselves, not because of anything you have done or will do, any grand thought that you have thought or will think, but because of your innate and inherent nature. It is your birthright to be the Creator, and it is your challenge to find that same Creator in all that you meet, whatever the outward circumstances, whatever the challenges of personality. It is a fine thing to sit

in meditation and glow with the inner and living light of the one Creator. And yet we say to you, my friends, it is incumbent upon you insofar as you are able to turn from daily meditation outwards into your planetary sphere, wandering wherever you go, trailing the pristine and untouched light that you have received during meditation. Then you shall truly be radiant and those about you shall be blessed. It does not take a group in order to do this, although, as we said, when more than one person gathers in meditation, the strength of the meditation is increased far more than by simple addition.

We ask for your patience as we work with this instrument. We are giving word by word communication and therefore this instrument must wait at the most unlikely places. As far as we can tell this instrument's thoughts, this instrument is impatient and wants to know the story. Yet this instrument is the story and so are each of you.

Pretend for a moment that you are a small child. You walk along the path kicking pebbles and gazing at the leaves on the trees, catching acorns in your hand and feeding them to the squirrels. The sun of childhood's fall is warm and golden. The path grows circuitous as one gains in incarnational experience. It winds and turns and the golden sun of childhood seems to become sickly and wan under the bruising influence of experience. And yet this is in no way necessary. One may retain that golden childhood, one merely needs to surrender the bruises, the anger, the hurt and pain which have grown up around various circumstances and experiences which seemed quite negative. These experiences are a great deal like old and heavy clothing. They have become tattered; they have done their service and it is time to shed these garments and put on fresh linen and go forth into that golden sunlight once again.

We ask you to remember the lesson of the pearl. The oyster does not turn its back upon the gritty sand of experience; when sand irritates the inside of the shell a pearl begins to be formed. The irritation may continue, but the pearl grows more and more beautiful, more and more lustrous and full of light. Look ye therefore also to the gritty sand of your experiences, whatever they may be, for within that experience is love. And the fruit of that experience is crystallization and radiance if you but choose it.

We ask that you seek to know the truth, and if anything that we say to you rings false upon your ears, we ask that you forget it immediately and move on, for we are very fallible entities and would never ask you to believe that things that we say are implicitly true, for still we learn also, still we are corrected by experience, still we are refined by the refining fire of catalyst. Oh, radiant voyagers, shine for yourselves and for each other so that those about you may wonder at the love within the group and within each individual. I am known to you as Hatonn. I leave you glorying in the love and in the light of our infinite Creator. Adonai, my friends. Adonai vasu.

(Jim channeling)

I am Latwii, and we are also grateful to be asked to join your group, and greet each of you in the love and in the light of our infinite Creator. It is once again our privilege to attempt to respond to those queries which those present may offer in the service of all. May we then begin with the first query?

N: Yes. I was wondering, is there any way the vehicle of the mind/body/spirit complexes of the star seeds, light workers, and so forth in California, since there is supposed to be a catastrophe in the next two or three years—is there any way to channel their energies and themselves out of that area prior to this occurrence or will they have to go ahead with the harvest?

I am Latwii, and am aware of your query, my brother. You must look upon the occurrences of the daily round of activities, be they traumatic or trivial, as that which has been chosen by each for lessons and services that such occurrences offer. As each entity moves through the incarnational pattern there will be various events that will mark the entity's progress and offer opportunity that no other events could offer. Many of your people are concerned that various geophysical events shall end this or that incarnation prematurely and shall do so on a grand scale as has been spoken of in many teachings. This causes in many a fearful response and a desire to avoid one or another event. Yet we say to you, my brother, that for as long as an entity's lessons and services remain there is no power upon your planet that can remove this entity. And when an entity has completed those lessons and services chosen by that entity there is no power that can keep this entity. For the progression of evolution is that stream of beingness that moves ever onward and the ending of one pattern is the beginning of another.

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May we answer further, my brother?

N: Well, I understood that particular point, and I wasn't referring to any specific or particular entity. It was just that I was thinking that there are so many extremely advanced light workers in California, and that the fact that during the decade they would be needed in other areas of the United States so significantly that it would be nice to have their expertise to help with the next decade, and as I said, I was not referring to any specific entity but I'm sure that they could be of help in other areas to those of us, many of us, who are not so far advanced to help with the harvest and enlightenment.

I am Latwii, and from your comments, my brother, we draw the heart of what we hope is your query. Please requestion if we have mistaken the query. There is the need upon the part of each seeker of truth to develop the concept that you may call faith, the faith that indeed those truths which bind us all as one indeed exist. And there is the need to develop the will to power the faith and to seek continually, and to know at the heart of one's being that all needs shall be met. Where there is the call for light, light shall respond in one form or another. If lights are removed in one location, they shall spring again in another.

May we answer further, my brother?

N: Thank you very much. I believe that *(inaudible)* channels master Kuthumi, and he mentions a term, "tensor" organization or "tensor" enlightenment. I wonder if you would elaborate on that particular terminology? Tensor orientation, I believe it is, t-e-n-s-o-r.

I am Latwii, and we must confess our own fallibility and ignorance, my brother. We have no knowledge of this concept. May we be of service in any other way?

N: Well, I have one other item. That is in reference to the Reiki healing. Reiki healing enumerates seven keys, and of course this is supposed to be a healing method that is approximately ten thousand or more years old and is a vibratory science. I wonder if you would elaborate on the seven keys of the Reiki healing?

I am Latwii, and though we have a basic grasp of your query and shall attempt response according to that grasp, we do not hope to cover this topic fully, for as with many forms of healing, there is much of the philosophy, shall we say, that accompanies the teachings. We shall attempt our understanding, small though it is.

With each of those centers of energy which have long been called chakras by those metaphysical students upon your sphere, there is a nature or essence or tone, if you will, which allows the entity so possessing these energy centers to utilize the love and light of the one Creator in increasingly intensified fashions. This love/light of the one Creator then enters the energy center system of an entity and allows this entity to pursue its preincarnatively chosen series of lessons and services in such and such a fashion according to the choices freely made. Within each energy center then there will be the distortion or bias or tendency to utilize this love/light in one fashion or another corresponding to the chosen lesson or service. Thus the white light of the Creator becomes reflected in various colors and biases that may be also seen by those attempting to serve as healers as a blockage of energy, for as the white light is reflected and diffracted it is in some degree blocked in order that a pattern of experience may develop.

If these blockages or biases go, shall we say, unnoticed and unworked upon for a prolonged portion of your time, there may develop within the entity that situation called disease. Thus there are within each entity the potentials for various lessons and services which can provide the opportunity to find balance and wholeness when attention is focused upon the bias or blockage. Without the proper attention and work in a conscious fashion upon these blockages, then the disease may call for the healer.

Those of the philosophy of which you describe seek in a certain fashion to discover the tone of each energy center as it would be heard and felt if the center were freed of all blockages. The tone of one in a diseased, as you would call it, configuration is then matched to that which may be seen as the ideal, the differences noted and various efforts are then made to bring the two into harmony, or more correctly stated, to remove the difference between the diseased tone and the ideal tone.

May we answer further, my brother?

N: Yes, thank you. I'm sure others have questions—that I don't tie up the floor, so to speak, and I do appreciate the answers—but it seems that an

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individual who is presented as a healer does so by just merely initiation, and this healing can be transferred to the patient irrespective of the healer or the "healee"? And it just seemed to be, I just wondered, they talk about seven keys of which are sort of mystical and I don't really understand it. I thought perhaps you could elucidate on the seven keys or the way to increase the speed of healing and so forth that we who are trained as the healers can accentuate the treatment of the "healees" or the patient?

I am Latwii, and am aware of your query, my brother. To begin, may we suggest that the healer, the one who has healed itself by the inner work that each seeker attempts, has no will in relation to one seeking the healing, for the healer is one who offers itself as a vessel or a channel through which the healing power of the one Creator may move. The healer then surrenders its will and stands aside. This type of healing requires upon the part of the one to be healed a desire to be healed and upon some level of its being an understanding of those lessons symbolized by that condition called disease. It is, however, possible for some who serve as healers and who yet retain a will that they may serve efficiently to achieve a temporary state of healing within the one to be healed. However, if the one to be healed has not requested the healing and has not upon some level of its being understood the lesson, the healing shall not long last for it does not have the foundation built for it.

May we answer further, my brother?

N: Well, thank you. That's the way I had always understood it. But they explain that the "healee" doesn't have to request it; it can be sent to other areas, and of course more advanced training will allow us to send it in increased speed, something like fourfold, and I thought perhaps you might elucidate on that particular method of increasing the rapidity of healing for those of us that have been so initiated along with the understanding that it is a down-spiraling as contrasted with Kundalini which is an up-spiraling of energy?

I am Latwii, and in our humble opinion, those seeking healing and its increased or speeded up effects may achieve such by increasing the meditative attention upon those areas needing the healing, and upon unraveling the riddle posed by the disease. The process of evolution for each portion of the one Creator is a function of the efficient application of free will and the choice to seek and to learn. There may be many techniques that one may perform that will serve as models in this process, be it healing or simply seeking the meaning to each portion of one's life, and such models may indeed be helpful. But that which powers the progress is the will and the faith of each seeker of truth.

May we answer further, my brother?

N: Thank you very much. I would like to relinquish the floor at this time. They explain that by further training you can accentuate the initiation that you already have of fourfold and that the healer does this, not the patient. If you have anything to add I'd appreciate it, but otherwise, thank you very much.

I am Latwii, and we appreciate also your comments, my brother, and feel that we have spoken as well as our small understanding will allow.

May we attempt another query at this time?

Questioner: Latwii, it has been said that the ascended masters and other light entities will converge or convene in Peru in January at Machu Picchu. Are you aware of such a meeting of light energies there at that time, and if so, can you speak if it would be beneficial to try to be there?

I am Latwii, and am aware of your query, my brother. We are aware that from time to time, as you call it, there is the convergence of those servants of the One upon certain levels of your experience within this planetary sphere. This convergence is not necessarily that which finds a place upon which to converge but is more usually a convergence which finds a vibratory frequency upon which to send those answers of love and light that respond to the calls and questions posed by the various portions of your peoples' population, be they conscious or unconscious calls for aid.

Thus, as the mass mind, as you may call it, of this planet's population turns its attention to one area or another within the great evolutionary journey, there is the need to provide …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To continue. There is then periodically the need to provide a sustenance or nourishment

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that is in response to the call of the peoples of your planet. This response then becomes available to all who seek and to each so seeking there is the unique opportunity presented that will allow the seeker to utilize this nourishment. The vibrational frequency of the seeking will determine that which is received. It is not, in our knowledge, usually necessary for those unseen servants of the One to meet at a place and to focus from that place the service that is called for. We, however, are not aware of all that occurs upon your planetary entity. We in our humble way seek to serve in a relatively small fashion and our point of viewing therefore is not one which seeks in the large scope of things to fathom each and every movement of light upon and within this planet's influence.

May we answer further, my brother?

Questioner: No, thank you.

I am Latwii, and we thank you, my brother. Is there another query at this time?

Carla: I have one just out of curiosity following up the Machu Picchu question. It isn't just there but in other places on the planetary surface that ley lines of energy and cosmic force converge. And I wondered if the ley lines are as they are because pyramids or other buildings have been built at those places or if the reason that those buildings were built was because of the high energy that could be felt in those places. Which came first?

I am Latwii, and am aware of your query, my sister. The ley lines, as they have been called, or grid lines of energy are set for the planet much as one's aura surrounds and informs one's physical vehicle. Thus, many from days of old have constructed various structures in concordance with these lines of energy in order that they might take advantage of the increased influx of the love/light of the one Creator at these points. It is at such points that the nourishment of which we spoke previously may enter into this planetary influence and then move whence called and find the mark of the seeker.

May we answer further, my sister?

Carla: No, that's very clear. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

N: May I ask about … there's a house that was built outside of Kenosha, Wisconsin in the shape of a pyramid. Is there any harmful effects to the individuals within this house, then, having the down-streamings of energy occurring even though this house may not be on a ley line, or what does occur?

I am Latwii, and am aware of your query, my brother. Within the structure known as the pyramid, that [is] a pyramid of the 76 degree apex angle, may be found a position known to your peoples as the King's chamber position. This is the position which from days of old has been utilized for healing. However, those who were responsible for the giving of this form to this planetary influence were of a naive enough nature to be unable to see the danger of this position within this structure to those who entered into this position seeking not healing and the desire to serve others as a result, but who entered this position desiring power, as you may call it, over others, and seeking to coerce others to serve the self. Thus, the danger to any entity residing within this King's chamber position is that the more disharmonious elements within one's being may become intensified and the entity may leave such a structure more rather than less distorted.

May we answer further, my brother?

N: Yes, thank you. The healing chamber which was then transformed into the King's chamber was about 33 to 40 percent elevated above the base of the pyramid. What about those, say, that were down close to the ground level, would it injure them? Would that energy be in focus? And I thought it was around a 51 degree angle rather than a 76.

I am Latwii, and am aware of your query, my brother. The angle of the apex of the so-called great pyramid at Giza is of the 76 degree measurement, and is the angle that creates the King's chamber position which can be deleterious to those residing therein. The location of an entity at any point other than the King's chamber position is not deleterious in this fashion.

May we answer further, my brother?

N: Thank you very much. Did the old pyramids, the great pyramid at Giza, didn't they enter that primarily from an underground … I know they have above-ground entrances, but didn't they enter it primarily from an underground tunnel?

I am Latwii, and this is correct, my brother. May we answer further?

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N: Well, there are no external entrances I assume, on the pyramid itself. There are some pyramids in—some Mayan pyramids like Chitzenitza or Tatoum down south of Cancun, and they say that these are over a thousand years old. Would it be erroneous to suspect that they were in the vicinity of four to six thousand years of the great pyramid or are they truly much newer?

I am Latwii, and am aware of your query, my brother. The actual dating of a great number of these pyramid structures is much younger, shall we say, than those found within the land known as Egypt. However, the structures within the south and central American locations are the offspring, shall we say, of older structures found in the more remote locations of your South American continent, and these structures, then, are of roughly the same time origin.

May we answer further, my brother?

N: Do the pyramids such as Chitzenitza or Tatoum have healing chambers in them, and are they sealed to outside entrance except through an underground entrance, and do they have the same 76 degree lead in to the healing chamber?

I am Latwii. We find that there were various construction methods and various purposes utilized in the structures of which you speak, therefore some are of the 76 degree apex angle and others are not. Some were utilized for healing and initiation and others were utilized for what might be called the balancing of the energy grid system of this planetary sphere.

May we answer further, my brother?

N: No, thank you very much. I appreciate.

Questioner: I'd like to ask something. Am I to understand from what you said about the older pyramids in the Americas, in South and Central America, that there are older pyramids that are still yet—older and larger pyramids that haven't been found yet that are covered by the jungles? Is that correct?

I am Latwii, and am aware of your query, my brother. This is basically correct, for there have been civilizations within this portion of your planetary sphere for a great portion of what you call time. There were some of these civilizations which achieved the necessary harmony in the seeking as a civilization to be aided in that seeking by those from elsewhere, shall we say, who had the privilege of serving and answering the call, and did so in part by giving information as was given in the land known as Egypt, this information having to do with the time/space ratio complexes known to you as pyramids.

May we answer further, my brother?

Questioner: No, that satisfies that question. I want to ask, it has been imparted to me at some point that the mammals that we know as whales, that they think spherically, and that are able to transcend into the various densities through this spherical type of thought, and I'm wondering if their collective consciousness of the whale species now is trying to impart a message to us, and if the whale that has been named Humphrey outside of San Francisco, it is hoping to act as a catalyst for this message?

I am Latwii, and am aware of many portions of your query, my brother, and shall attempt in our poor fashion to respond. We are aware that there are species of beings upon your sphere other than the human that have achieved a state of consciousness which is somewhat more unified, shall we say, than is that state exhibited by the great majority of the human population. Some of these entities are known to your peoples as the whale and the porpoise. These creatures have proceeded upon their own path of evolution, and have achieved certain awareness of the unity of all things and have sought to demonstrate to those with the opened ear and eye the greater truths that are sought by all.

May we answer further, my brother?

Questioner: I guess my query is, by this display of unified conscious thought are they, by the whale known as Humphrey in California, is this mammal trying to open up more receptive humans towards this unity of consciousness?

I am Latwii, and am aware of your query, my brother. As the mystery is presented, it is hoped that the seeking will be intensified, thus within the bounds of mystery the lessons of love are eventually found.

We at this time note that this instrument begins to grow fatigued, and would suggest that one or two more queries find the end then to this session. May we ask for such a query?

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Questioner: Yes. I'd like to ask you a question about as we're going through our lives and our interactions with people on the planet, how might we ourselves make ourselves more clear and able to be perceptive of the needs of those around us as we're living and seeing and being with each other?

I am Latwii, and am aware of your query, my sister. May we suggest that when one looks upon the daily round of activities, what immediately presents itself to the eye is not what remains to be found. The seeming disharmonies and distresses that one may find within one's experience are but the shadow of that which awaits. Then it becomes necessary, for one who seeks to be of service by sharing the love of the One with all about one, for such a seeker to penetrate the surface, the illusion, the outer shell of appearance. For within all experience, be it the most difficult or the most confusing or complex, there exists the love of the one Creator, whole, perfect and balanced. The more difficult it is to see such love, the greater the opportunity for growth.

Be then not so concerned with appearance and the first effects and impressions of interactions with those about you, but in your meditation look to the heart of the interaction. Find where love lives. Find then where love has sought to be known, and has perhaps for the moment gone unrecognized. Look to the heart of those who share with you in any degree a portion of their lives, for that which they share is love seen in many disguises. Do not let disguise fool you. It is there to teach and there is one lesson. That is love.

May we answer further, my sister?

Questioner: Yes. I'd like to know when we are in our lives amid some other brother who was doing rebirthing, and thus cleansing the nervous systems of the body/mind/spirit complex, and I wonder how we might maintain or through our thought further cleanse our nervous system, and thereby cleanse our being in the world?

I am Latwii, and am aware of your query, my sister. We shall speak to this query as our final response.

The entity that each is has encoded within not only the nervous system but within the entire system of energy centers those preincarnatively chosen lessons and services. When one discovers a certain distortion or imbalance within one's thinking and behavior, one may take this discovery into meditation and observe it carefully. The distortion may be allowed in the meditative state to expand and increase in intensity until it is beyond all reasonable proportions. Thus it finds its full sway within one's being, and all potentials to gather experience thereby are observed. One then may see the polar opposite quality planted as a seed within the being also within this meditative state. This opposite quality then may also be allowed to intensify beyond all reasonable proportions. The entity thus meditating may see then both qualities contained within its being, and may see these qualities as means by which the one Creator may know Itself through this entity's experience.

This entity may also see these qualities as means by which it may know the one Creator through its experiences. Without any quality of judgment then, the entity observes the wholeness of its being and fully accepts the self for containing these qualities. Thus, as acceptance within the being is increased, the ability of this being to learn the lessons associated with these qualities is enhanced. As the lessons become learned, the qualities are smoothed, shall we say, in such a fashion that the white light of the one Creator no longer needs be diffracted, and may in this regard at least remain until diffracted by another pattern of distortion which symbolizes lessons and services to be learned and offered. Thus is the life pattern pursued and the preincarnative choices completed.

We at this time find that we have approached the limit of this instrument's ability to continue to serve as an instrument in a relatively clear fashion. Therefore we must take our leave at this time of this instrument and we thank each present for allowing our presence and for requesting our humble service. We remind each that we are also quite humble and fallible seekers of truth. We do not claim any infallibility whatsoever. Take that which we have given and use it as you will; leave that which has no value. We leave this group at this time rejoicing also in the love and in the light of the one infinite Creator which resides in all. Adonai, my friends, we are Latwii. Adonai vasu.

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Sunday Meditation
November 10, 1985

(Carla had surgery on her wrist and hand this week.)

(Jim channeling)

I am Hatonn, and we greet you, my friends, in the love and in the light of our infinite Creator. Again it is with joy that we greet each of you and join your circle of seeking this evening. We shall attempt to work with this instrument in a manner which is novel for this instrument. We hope to be able to transmit our thoughts on more of a word by word basis, perhaps relying from time to time upon the phrase in order to aid this instrument in his development as an instrument. Therefore, we apologize in advance for any delays in the transmission.

This evening we should attempt to speak to a concern which each seeker of truth may discover upon the path of seeking. It is often a concern to such a seeker that there is no clearly discernible pattern of thought or constructed philosophy which serves all needs of any seeker. Each seeker wishes to proceed upon the evolutionary path as efficiently as possible, and as this journey is undertaken, there is the discovery that many philosophies exist concerning how best to travel. No matter how many sources the seeker may consult, there continue to be more and more aspects of this seeking and even divergent philosophies as to how best to proceed.

The concern, then, of many who consciously pursue their own evolution is, "What is truly of value at this moment in this process?" Adding to the concerns of such a seeker is the observable fact that for any such seeker there is the ever-changing experience and pattern of thinking that develops within the seeker over a period of time. Thus, at one point within the seeker's experience, the mind may be configured at quite a different fashion than it may later be found to be configured. Thus, there is placed before the seeker's attention the ever-changing nature of the resources which may inform the choices that a seeker makes. Yet within each is the nebulous though persistent feeling that there is an absolute essence, shall we say, which is at the heart of all philosophies. And it is quite often the heart's desire of the seeker to know this ultimate, shall we say, truth. Thusly desirous and propelled upon the journey, a seeker will find a multitude of reflections of that one image which as the holy grail, as it has been called, leads on and draws unto each seeker.

As you move within your own individual illusion, you are aware that there are patterns within your seeking. There are methods which seem to be more related, shall we say, or of a kin to you than any others. When you discover this feeling you may determine then that there has been a recognition upon some level of your own being for that which you seek in that which has come before your

attention. This harmonious feeling or intuitive inspiration then becomes the great ally of the seeker of truth, for the mind of man can construct many magnificent structures of thought and philosophical expertise, shall we say, and if a seeker is left only with its intellectual evaluation of potential aids in its journey, then it is quite easy for a seeker thus limited to become confused when one philosophy sounds as good as another.

And, indeed, my friends, this may well be true, for each philosophy is a construction of a portion of the one Creator and thusly offers the essence in some degree of the one Creator to any who hold this philosophy. Yet, to be able to discern not with the intellect but with that feeling from within which wells up in spontaneous recognition of that which is most helpful at the present moment for the seeker is to rely upon a more trustworthy friend, shall we say, for these intuitive inspirations which well up from the deeper portions of one's being are in some fashion that which is sought or point the direction towards that which is sought. For at its heart, my friends, the process of seeking the truth is a process whereby one calls for a greater portion of the self and calls for this portion from the self.

It is the nature of a single creation that each portion or facet of the creation is contained within each individualized expression of that creation. You as such an individualized expression, then, when you seek, seek more of that which you are from your own self. Therefore, it is most helpful not only to analyze with the conscious mind that which is placed before one's conscious attention but then to also give over that thinking and analyzing at some point in order that the greater portion of one's own being may be allowed to move through the channel which you have created with your desire and make itself known in whatever fashion is recognizable and discernible to your conscious mind which propels your seeking.

Our message this evening is of necessity somewhat briefer than most, for the collective energies of this group this evening are somewhat lessened, and it is our discernment that it would be best that the briefer message be delivered. We shall therefore at this time take our leave of this group, thanking each wholeheartedly for inviting our presence, and we would ask that the proper discernment be applied by each to those words which we have given that you may further exercise that intuitive knowing which allows you to weave your way through the illusion which you inhabit on your journey of seeking. We are grateful to have been able to speak this evening. We are known to you as Hatonn, and we leave you in the love and in the light of the one infinite Creator. Adonai, my friends.

(Jim channeling)

I am Latwii, and we too greet each of you in the love and light of our infinite Creator. We too are aware that the energies of this group are somewhat diminished. We shall therefore spare this instrument of the necessity for the word by word communication, hoping that we might be able to spend more, shall we say, information with you as the time might be shortened. May we attempt our usual service of attempting those queries which those present may have use in the requesting? May we begin with a query?

L: I'd like to ask a question or perhaps ask for whatever you would care to offer to help me understand a facet of my life which seems that there are people who go away and then return, people whose influence seems to be potentially beneficial in some aspects, other people whose potential influence seems destructive. And it's almost as if each one is acting as a comet in its trajectory, and they disappear and they're out of my life and then come winging back in again and then they're gone again and then they come back again. What could you be able to offer to assist me in understanding this?

I am Latwii, and am aware of your query, my brother. We ask that you picture a tapestry which has many colors and is designed in such a fashion that the colors move in and out, each with the other, in somewhat of a rhythmic and yet somewhat of an irregular pattern. If one looks at any one point within the tapestry, one will note that there is a, shall we say, given set of colors, each in a certain relation with the others. If one follows two or more of these colors as they thread their way through the tapestry, one will note that there is a mingling from time to time and a departure of colors again from time to time.

So it is in the life of any seeker, for each of you, my friends, before the incarnation made general and specific agreements with many other seekers of truth. During the incarnational pattern, then, there will be the attempt to fulfill those agreements, to provide those lessons and services that were deemed a

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necessary part of the incarnation prior to its beginning. It may be that for a certain portion of what you call time there will unfold a relationship in some way or another with a variety of entities. Thus will your incarnational pattern unfold as the interaction between this grouping of entities creates the catalyst that offers the opportunity for the learning of certain lessons and the providing of certain services as a balancing function to the learning of lessons.

Thus does the pattern of one's life find a movement in and out of other selves who join in the rhythm of the learning and the serving. The specific nature of any one entity's relationship in your own pattern is of an unknown nature to any within the illusion. Thus, as one sees the appearance and disappearance of any entity or group of entities, one may assume in the general nature that there are those lessons and services which yet remain, for though there has been time and distance which has come between shared experience, yet there remains a certain affinity between these seekers of truth who have before the incarnation agreed to travel this incarnation in such and such a fashion.

As a small addendum to this response that we fear may have grown somewhat lengthy, we would also remind each seeker that what appears to the naked eye, shall we say, may not be in its essence in agreement with the appearance. Which is to say, it is difficult to discern the nature of any experience completely within your illusion, for what seems most helpful, happy and harmonious in one instance may not in truth yield the harvest of lessons that another situation which seems most traumatic, disharmonious and frustrating might yield, for it is within the bounds, shall we say, of the difficulty that the spiritual strength is put to the test.

This is a general description, but we hope can provide somewhat of an insight into the illusion which you inhabit, for truly it is an illusion, that which is not at its heart what it appears upon the surface to be.

May we answer you further, my brother?

L: No, that's given me quite a bit for thought. I appreciate it. Thank you.

I am Latwii, and we thank you, my brother. Is there another query?

N: Last week you said that the angle of a pyramid was 76 degrees for the healing chamber. But is the angle—I checked it, or at least the great pyramidal Giza, Cheops, was 51 degrees, 51 minutes and 14.3 seconds. How do you measure this 76 degrees for the healing chamber?

I am Latwii, and am aware of your query, my brother. The angle of 76 degrees and 18 minutes, approximately, is the angle of the apex of the so-called great pyramid at Giza, and is the angle which allows the formation of the King's Chamber, as it has been called by your peoples, and this location was the location used in days of old for the healing. Yet it is the position which has been suggested to be of a potentially dangerous nature for those entering it who are in any degree distorted towards the distortion of power of others, shall we say. The lack of purity in the desire to utilize this position can be further distorted by the apex angle that is greater than 76 degrees.

May we answer further, my brother?

N: There was an approximate thirty feet of top cap for the great pyramid. Was it ever put on? And if it was, what happened to it?

I am Latwii, and am aware of your query, my brother. This capstone, as it has usually been called among your peoples, was in place at the initial period of construction of this structure and was at a later time replaced with a capstone made of your granite material. This was itself removed at yet a later date by those many entities who sought to remove the outer portions of this structure for the purpose of constructing yet another structure.

May we answer further, my brother?

N: Well, thank you very much. Carla and I were talking about the Christ-like consciousness, that there was a book written that shows that there were fifteen or sixteen over the eons. Have there been that many? Or more? And was Jesus Christ the man reincarnated from other Earth entities previously, and if so which ones?

I am Latwii, and shall attempt response to this query by suggesting that there have been a larger number of entities upon your planet in its past who have achieved that state of awareness which has come to be called the Christ consciousness. The number of entities described in the book of which you speak is a number which has been given to a specific portion of

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your planetary surface, most notably that area of the desert known [as] Sinai. There has been, however, throughout other portions of your planetary surface, the gaining of the perspective, shall we say, which is known as the Christ consciousness. Various traditions, cultures and practices have been utilized over a great portion of your planet's third-density experience by various individuals who have sought the heart of the lessons of this illusion and have found in great part that heart of love within their own experience.

The entity known to your peoples as Jesus of Nazareth was an entity of this nature who had in previous incarnations achieved various levels of consciousness as a portion of its mission as what you would call a wanderer, and in this progression of incarnations sought to be of service in a manner which then was culminated in the incarnation of which you are aware. We are not able to utilize this instrument in giving names of the entity known as Jesus of Nazareth in its previous incarnations for there is a good deal of energy required to focus upon names not familiar to this instrument, and it is within the levels of what you would call trance that such energy is available for the retrieval of these names.

May we answer further, my brother?

N: No. Thank you very much.

I am Latwii, and we thank you, my brother. Is there another query?

(Pause)

I am Latwii. We are aware that we have been somewhat brief in our stay with this group this evening, but are most appreciative for each moment that we have been allowed to share. We thank each for allowing our presence and our words. We also remind each that our words are but our fallible attempts to be of service. Take those which have meaning. Leave those which have none. We shall leave you at this time rejoicing in that love and light which propels and guides us all in our seeking of the one infinite Creator. Adonai, my friends. We are those of Latwii. ♣

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Sunday Meditation
November 17, 1985

Group question: What about guilt?

(Carla channeling)

I am L/Leema, and I greet you, my friends, in the love and in the light of the infinite Creator Whom we all serve in joy. And indeed it is a great joy to be here with you, to share these moments with you, to be in communion with that which makes each of you who you are, for that is the question that has come before us this evening.

There may seem to be many, many forces which operate upon the personality from without, those things the society would wish you to do, those things those about you would wish you to do. And yet when one asks for comment upon this subject, the comment must turn upon the subject of identity, for whom you listen to and what stress you feel is in the end a function of who you are, not what you mean to yourself.

Each of us is unique. This is not a uniqueness that is attempted, that is worked at, or that is in any way manipulative. Nor is it anything that can be manipulated, for your identity is one harmonious chord of being, unique in the whole creation, infinite in its beauty, and irreplaceable. And so you sit in circle within a dwelling place in meditation, each chord blending with each chord as the whole group becomes one identity, seeking the One which is not unique but which is limitless. That from which you are derived, shall we say, had no identity until It decided in the vastness of timelessness to experience Itself. And so you sit in meditation, far-flung bits of the Creator who have become unique. You experience each other—and the Creator experiences Itself.

We move now back into the area of illusion from which the question was asked concerning the pressures of "should" and "must" that are given one by those souls around one and by the society itself in its many forms. Perhaps it is easier now to see the illusion for what it is—many things impinging upon that which is unique. You who are unique cannot pluck this or that from you, for you have chosen the pressures, the musts, the shoulds, and all of the confusion that follows therefrom in order to further develop your uniqueness and thereby the infinite Creator's experience of Itself.

We realize that there is a need within the illusion to find a way of thinking about or dealing with these pressures. There are as many ways as there are individuals. One way which we might recommend to you is gentleness with yourself. If you can see yourself as that unique being that is not threatened by extinction by any force from without or from within, then perhaps you can see the possibility of offering to yourself the gift of gentleness, patience and kindness to the self by the self. Examine, if you wish, a pressure that is causing you anguish, pain

and confusion. Turn it about in your mind, test it, allow the uniqueness that is you to impinge upon that illusion, and then with kindness and thanking the source of the pressure, the seeming pain, the seeming confusion, allow the self to sound its chord.

Perhaps it has been a difficult thing to hear your own beingness. This is understandable, my friends, for you do dwell within a heavy illusion. The heaviness of the illusion is not an error. There is a design which involves your becoming fuller, developing your uniqueness, accentuating certain qualities of being upon which you may have worked for many, many lifetimes. How could you develop without stimulus, even if that stimulus is painful? Look at the world with a kind eye, a gentle eye, a forgiving eye.

The world does not mean to hurt. The illusion is doing what it was intended to do, and you may move very quickly and confusedly so that you muddy that beautiful chord which is yourself, or you may stop and become gentled and thank the illusion for its pressures and its anguish and its pain. You shall not be victorious over it; you shall learn from it, and it shall learn from you. It is well to remember that the undifferentiated terms such as "society" and "family" and "church" are in fact parts of yourself which you have called to yourself in order that you may polish up that beautiful, harmonious, infinitely lovely identity, that you may develop and thrive without regard for life or death as you know it.

We know that this may be somewhat difficult to assimilate, for you are entities who dwell within bodies and who are impinged upon by what seem to be marvelously strong outer forces. Know, my friends, that all of those outer forces are portions of the creation which you have called to yourself for purposes of development. Know that you do not have to work at this development, you do not have to be a student of development. Indeed, the more active you are, the slower will be your going. Gentleness, patience and quiet are the balms of the identity as it waits and watches and loves and chooses.

Whenever the tangle of experience becomes heavy, take your fingers from the knot and rest. Rest within the infinite invisible world which is the creation. Rest, knowing that you do not have to be you by expressing or changing or doing anything. In meditation seek quiet, seek silence, seek that which is yourself—the one infinite Creator. And that which is you shall then have time to interact fully with the experiences you have had. You cannot be puzzled and be active and find change to be helpful. You can be puzzled and be silent and find that change, development and love bubble forth in good time and with messages for you that you would never have developed without the seeming pressures that are seeming to be so difficult.

We ask you to consider that you live within a house, a spiritual house, which has been constructed of illusion within illusion within illusion. There are many intellectual paths one may take at any time. There are many emotional paths one may take at the same time. There is one silence. There is one decision—to turn to meditation in patience, in kindness, and in gentleness and with no stress, for you have nothing to prove, you have nothing to gain or lose. You are as you are. And you will be as you will be because of your patience within the silence as you digest those things which you may have experienced. Never fear that you are cut off from yourself. It is in no way necessary that you fear this, for the louder the pressures from without may cry, the quieter you may get—and within silence all becomes love. And that which your higher self has planned for you to experience is experienced in love and without confusion. Can you do this of your own self within the illusion? The answer is no. If you need a quick answer, you may have to deal with the illusion. If you can find the infinite moment of silence, the work will be done infinitely better.

We celebrate you, my friends, each perfection, and the perfection of the group. And we thank you for requesting our presence, and for allowing us to be a part of those things which you may take into your silence, which you may patiently, gently and lovingly turn over and gaze at, and find further perfection in the gazing. May each of you have a grand adventure within yourself as you meet the illusion moment by moment.

We are known to you as those of L/Leema and we leave you now, resting, lingering within the beauty of each of you. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. Adonai.

(Jim channeling)

I am Latwii, and we greet you in the love and light of our one Creator. We too are privileged to be

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asked to join your group this evening. We thank each of you for this honor. As always, we hope that we may be of some service by attempting to answer those queries which you present to us. Therefore, let us begin, if we may, with the first query.

J: Would you please speak about the idea of sacrifice?

I am Latwii, and we would ask if there might be a specific application of this concept that you would prefer us to focus upon, for it is a large concept?

J: Okay. It seems that the idea of sacrifice has been a response to the feeling or the experience of guilt in the way of expiation. It's just become pervasive in the human experience and in the individual, generally and specifically. So, just some thoughts about it.

I am Latwii, and we thank you for the further clarification. The concept of sacrifice as you have used it in its connection with the concept of guilt is as much of the illusion about you—that is, upon the outer appearance there are certain opportunities that present themselves in order that you might transform the outer into a much different concept or quality by your attention to it and your desire to learn from it.

When one feels the concepts of guilt and the concept of sacrifice that may be perceived as an effect, shall we say, or result of the guilt, [there] are the opportunities to transform the self, for when one has observed the situation within which guilt and sacrifice are felt and has penetrated more to the heart of the situation and has discovered that there is a purpose for these concepts within one's learning, one may then set about to discover that purpose.

As this process of discovery continues, and the layers of the illusion and the situation are peeled one after the other, one may discover that what seemed to be a sacrifice to another out of guilt may become a gift of love to a beloved portion of one's own being. This portion may have cried out in many ways that seemed harmful and hurtful to the self. Yet each cry was for love that would enable each to find that love not only within the illusion of the situation but within the heart of each entity's response to the other, for when there is a great seeming lack of love, there is being built a great potential for the fulfillment of love. The vacuum draws into it that which is sought.

May we answer further, my sister?

J: Thank you, no. Not right now.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: I've been feeling lately as if I'm almost empty, kind of drifting. I imagine it's part of the experience I'm going through of not taking any medication for pain and so forth. What is the best thing for me to do in this situation? Continue with the affirmation that I went into the surgical experience with or attempt to think along certain inspiring thoughts or what would you suggest?

I am Latwii, and am aware of your query, my sister. We would not specifically guide you but would suggest that the words of those of L/Leema might be helpful in your situation. The gentleness with which one treats the self is a great aid in any situation in which one might find the self moving and experiencing. If the situation is difficult or mysterious and confusing, it is with the gentleness that one may view the self in refusing to demand that the self master the new situation quickly or at any set pace. If you give yourself the freedom to experience without expectations of structuring the experience so that a certain outcome results, then you provide yourself with the support that will allow you to move through a greater portion of your own being and it, in its own time, as you call for it, will reveal itself to you. All portions of one's experience teach and contain the treasures of the One. Confusion, mystery and even an emptiness call for certain fruits, and of these fruits you shall taste at the time that is appropriate.

May we answer further, my sister?

Carla: No, that was really helpful, thank you. I do have a question about sacrifice though, and this more following up on Judy's question. I've often thought of the concept of sacrifice as being a good thing, as being what we're learning in this illusion. In other words, we sacrifice every time we breathe; we sacrifice that part of our life. And whatever we do is a sacrifice of what effort it took to do it. And so when I think of sacrifice I think more in terms of Jesus' sacrifice of his entire being for the love of his fellow man. How can one free the concept of sacrifice from the concept of guilt?

I am Latwii, and am aware of your query, my sister. The concepts of which you speak are those which are

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well suited for the learning of love, which is the primary purpose for which you have gathered in this illusion. The guilt that one may feel is usually concerned with the concept of not having given enough of one thing or another to another being. Within your illusion, the things of the self, be they material or ideas of oneself, are carefully hoarded in order that one may have enough things and feelings of security. But when one …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. His appreciation of the one known as Carla's predicament is heightened, for the left hand has learned a new lesson. To continue.

As one penetrates the outer shell of the illusion, one discovers that there is more than meets the eye, shall we say. The things are found to be of small value in the larger sense, for the seeker of truth discovers that all things change and move away, yet that which truly sustains the seeker and its journey is a force which is not captured but is freely given. That force is love and is available to all who call for it.

Thus, when one can give away all things, one then makes way for this force to move through the being, and it is then natural to give all one has at each moment to any who would call for the aid of one's being. Thus, the sacrifice becomes the honor, for there is no thing as important to one as loving another.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

J: Would you please comment on the way I understood what you said about sacrifice? It seems to me that I heard you say that love and the willingness to give openly and freely in love then transforms sacrifice into just pure response, pure willingness to give, which is entirely different from the Old Testament attitude toward sacrifice, which was a sort of penalty that was required in order to pay a debt. Could you comment on that?

I am Latwii, and we shall do our best, my sister. The concepts of sacrifice and guilt with which we have been dealing this evening are primary concepts for any who seeks the nature of the process of evolution and how one may best move along this path. The finite nature of your illusion presents one with the situation which reproduces the illusion of limitation. Sacrifice is a limited concept, for one who feels that it is sacrificing moves within a limited perception of what is available to the self at all times.

The limitless love of the one Creator enables each entity at all times to experience and to be. By limiting one's awareness of this concept, many experiences become available that would not be available with the wider perspective. This is the nature of your illusion, and the reason that progress is possible in a rapid fashion within your illusion. For when one has worked long enough upon the concept of sacrifice and limitation and has through many, many experiences discovered that what is necessary is always provided, one discovers then that what was previously seen as sacrifice is a distorted perception which has allowed one to see the infinite nature of another, of a situation of the self.

This is not a quick process, my sister, yet it is one which teaches well, for that which is limited is seen to give way to that which is infinite, and that which is seen as the sacrifice gives way to that which is seen as another opportunity to give freely of the infinite love which is available to all at each moment.

May we answer further, my sister?

J: That was really helpful. Thank you. I have a question on another subject. When there is a person who is experiencing pain and fatigue and general depletion or really using up of vital energies, and others or another would like to somehow share strength and resource, is there any way that this can be done?

I am Latwii, and am aware of your query, my sister. We are somewhat unsure as how best to pursue the response, for there are many, many ways of transferring energy from one entity to another. The energy that enlivens each entity has been called the vital energy. This is a sum of the physical, mental and spiritual energy complexes of an entity. These complexes each then lend a portion of that energy which enables an entity to feel vital, alive and vibrant. The enhancing of the vital energies for one who is somewhat depleted may be approached from any of these three basic areas.

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The spiritual energy system may be enhanced by any number of means which have as their common denominator, shall we say, the inspiration of the entity, as the narrower channel of influx is widened by song, reading, chanting, the visualizing of healing love being sent and surrounding the entity, and so forth.

The mental energy system may also benefit from the same procedures as well as the dialogue, shall we say, in which the one who has become depleted participates and exchanges the, shall we say, food for thought, and is nourished by those who provide the dialogue which also moves into the channel that feeds the vital energies.

The physical energy system is much aided by other techniques including the exercise, the nutrition, as of your foodstuffs, and the sexual energy transfers done with the intent of aiding the one depleted.

May we answer further, my sister?

J: No, thank you. That was very helpful.

I am Latwii, and thank you as well, my sister. Is there another query?

N: I have a sort of extension of the last question. There is a vibratory science of sound which was used in ancient China which has been rumored not only to heal but revitalize and reenergize individuals on not just the physical but the spiritual. The name of this ancient science is Shat Chai Mernis. Is there any way that you can channel information concerning Shat Chai Mernis or refer to material that can be read upon it or to an individual who may channel that information?

I am Latwii, and am aware of your query, my brother. We are somewhat limited in our ability to transmit specific information through this type of contact but can suggest that the use of sounds and colors is a specific means of utilizing the very, very general suggestions that we made concerning the revitalizing of the mind, body and spirit energy systems of one who has become depleted in the vital energies. The use of such sounds or tones is, in general, based upon the supposition that each energy system or center, when in a balanced or healthy, as you would call it, configuration vibrates at a certain frequency. The frequency then being reproduced in a somewhat artificial fashion is then used to aid the one depleted in a process of revitalization that first provides the model, shall we say, of the balanced center that the one depleted may then, shall we say, see the goal and be more able to harmonize one's own center with that goal.

The process is more complex in its application than this very simple description, for each seeker has a somewhat unique configuration associated with each energy center and therefore vary somewhat from the norm, shall we say, for each center.

May we answer you further, my brother?

N: Well, thank you. Does this in some way refer to Michael Helius' interpretation of an astrological variation for each entity as far as the sound vibration?

I believe that your statement is correct, my brother. For each branch of science, shall we say, that seeks to provide a means or blueprint by which the seeker may approach evolution there is the necessity for each branch or study to recognize the more subtle aspects of each entity that are not generally given in the more broad interpretations and applications of any philosophy or school of thought.

May we answer further, my brother?

N: I don't know about the sound vibrations but in Atlantis they did use the light vibration through various crystals to energize as well as to heal. Did they also use sound?

I am Latwii, and am aware of your query, my brother. We are aware of many uses of the sound vibrations by the entities who comprised the culture known to your peoples as Atlantis. This is correct, my brother.

May we answer further?

N: Is there anywhere that we can find a channel or seek a channel or an entity that might be able to enlighten us on the healing effects of sound vibration as well as the ability to energize the individual, through the mind, body and spirit complex—all three?

I am Latwii. We are unable to give the specific place or entity which might be so consulted, but we can assure you, my brother, that there are those within your culture who are quite adept at this practice. It is not that difficult to find such an entity if one perseveres.

May we answer further, my brother?

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N: Thank you, no. I have looked, but I have not been able to find anyone who can enlighten me on Shat Chai Mernis. Thank you.

I am Latwii, and we thank you, my brother. We find that this instrument grows somewhat fatigued. We would therefore ask for another query or two, if they be somewhat short, as the final queries of the evening. May we attempt such a query at this time?

Carla: Well, I have a little one. I still feel L/Leema's presence, and that's the first time that L/Leema has lingered. I wondered if it was just her favorite group or if I wasn't complete in my channeling.

I am Latwii, and we find, my sister, that those of L/Leema have chosen to remain for a period of time in order that their vibrations might provide some aid to your own depleted energies which call for a certain nature or essence that is possessed by those of L/Leema.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we again thank you, my sister. Is there a final query for this evening?

A: I have an off-the-wall question. Please make your answer as short as you can. Out of curiosity, do entities mostly tend to reincarnate within their original racial complexes to work out karma, you know, racial karma, or are they free to hop in and out to whatever group would look like it would provide good balancing or good different experience?

I am Latwii, and am aware of your query, my sister. Though it is possible for any entity to incarnate within any group, be it race or sex or philosophical persuasion, it is most usually the case that each entity will gather about it those companions upon the journey. It is with these companions that one has traveled previously, shall we say, and has as a result been able to develop a certain ease or fluidity in the incarnational experiences that eases the evolutionary process, shall we say, once again. These groups also gather about them other groupings loosely held together, that serve the same function, yet upon the wider scale, therefore, the entities and groups find it helpful to continue as groupings throughout the incarnations that are found to be necessary in order that all might eventually learn the lessons set before each.

Thus, the groupings tend in the racial sense to remain as originally constructed. This, however, may result throughout the great span of time in one group inhabiting a certain racial configuration at one period of time and another racial configuration at another period of time. Thus, all avenues of learning become available to each seeker.

May we answer further, my sister?

A: No, thank you. That was very enlightening, and it's a pleasure to be with you all in person tonight.

I am Latwii, and we are also honored to be in your presence, my sister. We thank each for those queries offered, for by our humble attempts to respond, we learn more of the Creator in Its seeking and experiencing of Itself, and thus do we learn of ourselves. We thank each for inviting our presence and we shall leave this group at this time, rejoicing always in the peace and power and in the love and light of the one Creator. We are those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
November 24, 1985

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. It is a great blessing to be with you this evening. We apologize for the delay but there were three entities all willing to speak to this group and beloved by this instrument, and the instrument had to wait while we elected whom was to speak. It was decided that I would have that honor and in all of our consciousness we thank you for requested information marginally better prepared by our social memory complex, as you would call it.

Before we speak upon the subject which hopefully would serve as some inspiration, we wish to answer an unasked question that is heavy on the minds of both who meditate this evening. We are aware that we have repeated many times that the group of three is the minimum group for a good contact. Were this an introductory meeting or at the other end of the scale, were this a contact which needed more protection than is consciously possible, the number two would not be satisfactory. Due to the introductory nature of the two who make up this contact and the considerable drive in both for purity in contact, the number two is satisfactory, although we encourage the continuing tuning throughout the meditation. For one times one is two—the multiplication of strength has begun but only begins to become noticeable with the third present. To substitute for the third presence, we suggest that you consider the words of the master who was known to your people as Jesus the Christ. He said that "Whenever two or three are gathered together in my name, I will grant what they request." Two such are gathered together in the name of the One, and we find the strength of the contact moderate but acceptable.

We would speak with you this evening about your portion as part of the one great original Thought. We would speak of the situation within the illusion and the situation when the illusion is dropped. In many of your people's equations, what is lost in the transition from the one original Thought to serving others within the illusion is the consciousness that all are one.

Where does it flee, this consciousness that we bring from sleep and manifest in our best moments? Where is it buried, this consciousness of the one original Thought, so that the lives are lived with the sensation of separateness and the lack of plenty? One great source of the entities of your planet's feeling apart from each other is the institution of trading various types of your money for those things which your body needs to survive.

There is that about money which is finite, in the heaviest illusory sense of that word. And indeed it does come through into the illusion as each entity pays its bills and ponders how to save, how to spend,

and how to conduct one's business, that there is nothing left over, that the riches that one has coming to one are not aplenty but are a subsistence which one may work with with the budget and the planning. Indeed, this institution of the spending of money is one of very many ways that lead to separation.

And yet let us look at other ways as well. Yes, it is true that there are those within our city close to your dwelling place who are hungry this day, who do not have appropriate clothing for the chilliness of your present climate, who have found themselves unable to enter themselves into the society with enough success to produce money.

And, my friends, this is something that is likely to be somewhat of a growing experience as times become more confused and the society less stable. One does not have to look far to find ways to share one's money, for we shall tell you that there is a great liberation in the sharing of what in your illusion seems to be that which you need. It liberates an entity which is plunged into the illusion from the illusion, precisely insofar as the entity is giving great gifts with the desire to serve the one great Self that knows no separation. Yet there are many ways in which we plunge into the illusion, my friends, are there not? When is a smile stopped upon the face because an entity is plunged too far into an attitude of separation to be able to share joy with another? When is the young in experience shut off from the giver of that experience but when the giver of that experience is self-involved and feels that it would be too expensive to spend time in merely speaking?

You see in actuality, my friends, all those about you are cells of your body, living portions of your reality. To open one's heart, whatever the need, when done consciously, is a polarizing action, whether it is by the giving of money, the giving of time, the giving of attention or the giving of sympathy, you have much to share with those about you. You have many appropriate greetings for yourself. You have much room for love. And yet, can you do this for yourself? We assure you that unless the will is engaged, your experience of true sharing shall inevitably be blunted! For it is not something that is done mechanically, but from the heart.

Therefore, as always, we assure you that the process of service to others begins within as you groom and season your own personal reality with a thirst and a desire to serve. It helps within your illusion if some process of analysis is added to the thirst for service, for each has prepared a way in which to walk to be of service and clues are all about you, yet without the continuing process of prayerful meditation and of a daily focusing on the search for the one great original Thought and the consciousness it provides, your ambition to be a pure part of the body and vehicle for the Creator will be emaciated. How we encourage you to continue in your meditations and prayers, and then we encourage you to open the eyes and see within each day, each experience, not only the good that can come from that but the clues towards your own centering and your own greatest depth of being.

We realize that we speak to those who already meditate, but if anything, this makes our emphasis upon meditation the stronger, for there is the possibility of constant transformation. Guide your will, my friends, and witness the growing consciousness of the oneness of all entities, for, indeed, this consciousness is growing among your peoples and it will have its harvest of love, light and planetary transformation.

With all the vibrant energy that lies within your soul, my friends, love one another within the illusion and through the illusion by turning your will to the Creator and that great original Thought of love. We leave you now in that love and in that light. We reach out to you, cells of our own body, those of our own being. We are known to you as those of Hatonn. It has been a blessing to speak through this instrument and to share consciousness with you at this time. May we leave you in our love and laughter and joy and may we encourage your will to walk in the ways of seeking that your moments of joy may become more numerous and finally become connected that you may dwell in a river of joy and that you may bless those parts of yourself about you. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you in the love and the light of our infinite Creator. We too thank both present for requesting our presence. We are happy to be the third in this joyful company. We are aware that there might be a query or two that we could attempt and thereby provide our simple service. May we then entertain whatever queries might be upon the minds of those present?

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Carla: Yes. I've been going through a time of drifting badly in spiritual terms. It isn't that I have found myself in the universe without a God or that I feel it necessary to take back anything that I believe, it is just that it all seems to impinge on my consciousness without causing me to become enthusiastic or to have a drive for more that I usually have. And I wondered if you could comment on this state and on its function in the transformation into a new Carla that I'm going through?

I am Latwii, and we are most happy to attempt the response which may be of some service in this regard. The condition of which you speak is one which is not common nor is it long lasting in manifestations, for the transformations which offer themselves to most seekers are transformations from one state of mind, shall we say, to another, with both states being of a relatively definite and well-defined nature. The experience that is now yours is that experience which might be likened unto the beginning movement as the mythical phoenix rises from the ashes, shall we say. As this beginning movement commences, the being which is to be is without definition. There is the seeming void or vacuum which shall eventually draw into it that essence which shall comprise the new being. However, your current experience is one which does not so much offer a definable quality needing only your acceptance, as it offers instead a quality or potential for quality or essence which you yourself shall determine.

This type of transformation is that related to the indigo-ray energy center, as it has been called by this group, in which the seeker is offered the knowledge of self as Creator, the knowledge of self as being of infinite worth. The self then as Creator has then as its first opportunity the creation of the self. That which you have been and that which you have desired provide some of the resources upon which you may draw for the creation of the new self. Within that which now exists are avenues and pathways of connection between that which you are and have been and the greater self, the one Creator which surrounds and supports you always. This resource, as you know well, is infinite in nature and waits only your request to give unto you those portions which you desire.

Now, as the Creator it is up to you, my sister, to desire. The function of the will is paramount in importance. What shall you desire? Who shall you be? How shall you be? For what reasons shall you be? No longer are these given as gifts or that with which you have been provided seemingly of another's choice, and with which you have journeyed for the years of your current incarnation. Now you shall be what you desire. What do you desire? That is your question, your challenge, and your opportunity. Thus the void, for the filling of this void is no longer a given, but is a response to your own efforts and to your knowledge of self as Creator.

May we answer further, my sister?

Carla: Is it still true that my higher self has work cut out for me to do and it's up to me to find that? Or have I done the things that I came to do, and now I'm free to do whatever else I wish? Which is it, if you can tell me that?

I am Latwii, and we find that the answer to this query is not an easy one, for it is not well-defined either. The higher self always provides the potential road map, shall we say. This map leads to the One. Many are the experiences upon the journey. One may before the incarnation map out a certain segment of this journey which it is hoped will be traveled during the incarnation. It may occur that the seeker covers this ground in good fashion and has, shall we say, new opportunities presented to it during the incarnation as the predetermined route has been traveled. In your particular case, my sister, we find that you have accomplished a great deal of what was your preincarnative desire. It is then in large part correct that you may now proceed in a fashion more congruent with your current conscious desires. Yet there is always the guidance and preparation for the journey made by the higher self in any event. Thus, both suppositions are in some part correct.

May we answer further, my sister?

Carla: Not on that topic. That's helpful. When one is in a situation where the will seems to be somewhat either extremely quiet or paralyzed, is this an organic part of this particular transformation? Should it be discouraged or accepted? By discouraged, I mean, should I be striving actively to come out of this state of mind or should I experience it until it's done with me?

I am Latwii, and we find that there are many factors, my sister, which influence this condition of the

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quieted will. The transformation and its opportunity of which we have previously spoken is one factor …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we are once again with this instrument. The process of grieving for the lost, it would seem, loved one is another factor which has a great influence at this particular time upon your own being and exercise of will. These medications which are utilized with the hope of aid in this situation play a part as well. The surest path through this maze of influences, in our humblest opinions, is that which indeed seems to increase the lack of will. That, my sister, is to surrender the will but to surrender it to the desire to serve the one Creator in whatever fashion might be most appropriate for you at this moment.

To take the opportunity for each day's existence that is a gift and to give it over as a gift to the One and as a service to the One is to, at the heart, strengthen that faculty known as the will. And is this not a paradox? For one surrenders the will, and by doing so daily strengthens that which is surrendered. One receives the gift and gives it away and receives it yet again to be given away, and yet gifts of days continue.

May we answer further, my sister?

Carla: No, thank you. That's fine.

I am Latwii, and we thank you, my sister. May we attempt any further queries?

Carla: I have some, but I'll save 'em. Thank you very much.

I am Latwii, and, my sister, we thank you very, very much as well, for it is an honor to speak to even a small group. For it is not the numbers which count, but the desire to know. We don't really know very much, but we share all we have found and find that in return there is a great deal more presented to us in the same fashion of the giving of the gifts which are given to the self. Thus do we thank you and each present for giving us the gift of your questions and your desires to know the truth. We seek also that same truth, and find it in your seeking and in your questions. We hope that in some small degree you have found a portion of it in our replies. We speak as the One to the One. There are no errors in such a speaking, for each portion of the One draws to it that which it seeks. We are those of Latwii, and in joy we leave this small, happy group. We rejoice with you in your delight, in your joys, and in every happiness. Adonai, my friends. Adonai vasu borragus. ✤

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Sunday Meditation
December 1, 1985

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. We paused with you, my friends, to enjoy the plangent silence of the harmony of this group and the haunting sound of your wind chime. As you remain warm and protected within your domicile, the harsh winds of winter begin to cause the environment about you to become less hospitable to your form of chemical life which you enjoy within this illusion.

There are times, my friends, when there are severe patterns of internal weather as well, for the illusion is as dense within the mind as it is without the mind unless steps which we have recommended time and again are taken. Let us begin with simple principles.

There is that which is unchangeable. This is not within your presence but this is what you seek. Yet upon the sphere which you call Earth, all that you see is changeable, and all that you see within yourself from time to time may seem to be all too changeable and undependable. If that which you seek is that which is unchangeable, then there must be tools which can be used within the illusion to find that kingdom of unchangeability which is findable within the illusion. These tools are the will to know and the faith to believe that grace, or kindness, cosmologically speaking, will offer you that which there is to know.

This instrument has experienced an ongoing series of lessons in the art of facing an illusion and accepting an illusion. Most of those upon your planet who seek will find periods wherein their will is not equal to the task of processing the catalyst which it has to process. When the force of will breaks down the illusion is complete, and many things may be distorted. Moreover, this process does not continue and then stop. It is steadily degenerative and is a bleeder of polarity in that that which consists of the worry, the fear, the apprehension, has the nature which subtracts positivity from an entity which harbors and continues to harbor the more serious of fears and apprehensions. This message is not for those who are still asleep, for those who sleep learn precisely from the catalyst which we are urging the seeker to consider facing with a renewed vigor of will. Those who sleep, having no consciousness of a need for will, react in a random manner, learning at a somewhat slow rate the lessons of love.

However, we speak to those who have already seized that path and named that path for their own, that path which leads towards truth. When one is overcome by the illusion it may well seem as if one is doing some violence to one's inner self by imposing upon it affirmations and meditations. This is to a certain extent worth some consideration. An entity which is experiencing catalyst may well wish to declare a period of examination of thoughts and

behavior. During this time it is best to allow the self to be without influence from within or from without. We recommend this sort of analytical overview as taking no more than a period within one of your days. We do not recommend retaining the lack of affirmation, the lack of seeking, for the nature of the illusion can be seen and the poignancy of experience grasped within a relatively short time.

When the entity is convinced then that all that is observable has been observed, it is time for the entity to recall that which invigorated and enlivened the entity and sent it upon the journey in the first place, for it is easy to begin a journey but it is difficult to retain the energy of the journey until one has made a complete and irreversible choice of polarity. The fidelity of will is most important. Thus, we suggest to those whose head is bowed with some anguish, difficulty or pain, that the faculty of mind and observation be applied, but then the mind be cast back to the memory of joy and peace and love which is the frequent fruit of the seeker. This is the fuel which is internal and organic and not applied from without, which enables a suffering entity to make its own affirmations, to seek again its own silences, and to bring into being an entity built about the center of seeking.

We ask those who suffer to free themselves if it takes a day, a season, one of your years, or longer, for the self which is buried in the illusion which suffers without thought is opaque, and the love and the light of the infinite Creator shine not through opacity but through transparency. Turn and turn again and once again and always again to the seeking that has occupied your ideals, your desire for knowledge, and your seeking of love, for although you continue experiencing when sunk within the illusion, the processing of that experience is greatly slowed without the retaining and developing of desire. The need for desire, fresh each day, does not fall away when the student is not an introductory student. Indeed, the need for purer and purer seeking grows as the student begins to partake somewhat of that for which it seeks.

My friends, we speak for the most part for those who are beginning upon the path of seeking. We attempt within the clumsy confines of your language to identify terms to express inspiration that words cannot compass. And yet, there are few indeed among your peoples in third density which are able to sustain the keen point of seeking in a steady state over the period of an incarnation. Therefore, we speak to the most experienced and the most learned of seekers. The key to upsetting experiences is that they separate the experiencer from the seeker within. The experiencer is a small portion of the personality unless it is linked within the seeker within.

And so, my friends, when the air seems to grow dark and the winter of the soul sets in, know once again that all seekers are ever beginners and that the simplest of rules, if we may use that word, apply. Seek and seek and seek yet again. And do not feel that you have let yourself down when you have fallen away from the seeking wrapped up in overwhelming experience, but without judgment and without impatience, turn again to seeking. And from that seeking, from that meditation, from that inner silence, draw once again from the inexhaustible supply of love and joy. The kingdom which is all of love and joy awaits within you—but you must seek it.

We give you encouragement and sympathy, oh you who dwell within that which seems to be and yet is not. How very dim the light is and how very much there is to be seen as one seeks along a trail seemingly plunged in darkness—and yet this too is an illusion. Determine therefore to voice that within yourself which is your best, and persevere. Remember one difference between the beginning seeker and the seeker who has chosen his path. The beginning seeker may go from knowledge to knowledge, from system to system because this is the first step in seeking, to find the correct path for the entity who seeks.

But once the path has attracted the seeker, and the path has been taken by the seeker, that special and unique path which each seeker chooses alone, it is well to retain that path to the end of the incarnation. Developing, learning more, adding always to the depth of experience, but letting the intellectual mind and its limitations give way to the constant stream of acute perception which is available to one who seeks in fidelity along its unique path.

Cry your tears, my children, when tears are to be shed. But in the morning turn again and begin again. And know yourself as the eternal beginner. As we said, we are always with you if you request our presence, as are other principles and intelligences which wish to aid you. Ask and you shall receive help. Ask too of those about you who seek along the

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path. In communication with your fellow travelers, much of love and light may be generated. Communication then heals the will and enables faith. Therefore, seekers, love one another and witness the light to each other, for you are part of the Creator, experiencing Itself. And as you share yourself with others, others see that part of the Creator which you manifest. Let your being manifest that which is of the unchangeable. We are those of Hatonn and we leave this instrument in the love and in the light of our infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet each of you in the love and in the light of our one infinite Creator. We thank this small group for calling for our presence. We are honored to be with you. As always, our task is a simple and humble one. We hope that we may offer a response to your queries that will point a direction that is helpful in your seeking. Thus, we will dispense with any further formalities and ask if we may begin with a query?

Carla: I ran across some information lately that suggested that AIDS is the latest of the diseases which have been thrown up by people's inability to make a decision for life. And I've heard other information which suggested that AIDS was the product of the kind of state of mind that goes along with promiscuity. I wonder if you could comment on both of those theories?

I am Latwii, and we find that there is good deal of correctness within the suppositions you have queried upon. The diseases that now begin to make their presence known among your peoples are, shall we say, last minute—we must use the word—"aids" that have the hoped for purpose of allowing those of your population who have the potential to polarize sufficiently for harvesting to do this and do it in a relatively short period of your time as you measure experience, for the great cycle of evolution which is now closing upon your planet, when completed, will then offer no more to your population, and many are those who now seek the graduation.

Thus, the various diseases which are cropping up in new form, and the intensification of many of your old diseases, has the purpose of aiding the harvest. Those diseases of the sexually transmitted variety, being in the realm of the mating relationship, are specifically designed to aid the evolutionary progress by suggesting to those thusly suffering their impact that the bond that is made between two that results in a traveling together and sharing of experience over a prolonged portion of your time is that kind of bond which will most efficiently aid in the evolutionary progress. Thus, those most frequently inflicted or struck with these diseases—and we speak of the AIDS and the genital herpes specifically—are those which have had some difficulty in making a choice, which at a deeper level of their own being they desire to make, but have found conscious difficulty in completing. Thus the training aid, shall we say.

May we answer further, my sister?

Carla: Not on that point. I'd like to ask about the harvest. We were on radio today, and talk of Earth changes and metaphysical changes came up. And it occurred to me, although I couldn't do anything about it within the scope of the broadcast, that we talk about the New Age as if it were all one thing, in other words, the planet changes and the people change. And I wondered if there were really going to be a finite day of judgment or if the entities leaving the planet at this time by death would be harvested one by one in simultaneous time rather than in our kind of time.

I am Latwii, and find that this query is one which touches upon information which has been previously transmitted in another form. We are having some difficulty with this instrument, for it is not in the proper depth of singleness in order to transmit our thoughts, therefore, we are having somewhat to round up the herd of thoughts and point it [in] one direction. We shall begin again.

The harvest, my sister, is underway and shall continue for a relatively significant portion of your time. There are those at this time who make the transition through the door of death and who enter no longer the third-density illusion, for their work within this illusion is complete. As your cycle continues to find its completion, there will be more and more of these entities who will by their own abilities be harvested and shall, with others from this planetary influence, be present for each succeeding harvest as the hosts of heaven rejoice [and] sing the praises of each soul so harvested, each soul then blending its voice and being in the heavenly choirs.

May we answer further, my sister?

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Carla: Could you comment on suicide?

I am Latwii, and am aware not only of your query but of your concern. This subject is one which has many ramifications, as you would expect, for the taking of one's own life in a conscious fashion is but a most distorted means of making a transition from your current illusion to the next, for each entity within your illusion shall at some point leave it. The choice to leave shall be made in most cases on the subconscious level, there having been the completion of the tasks set out or sufficient completion to warrant such transition. In some cases there is the need to regroup, shall we say, for the lessons have become somewhat a heavy burden and there was perhaps the biting off of more than could be chewn—we correct this instrument—than could be successfully chewed. The word still sounds funny—we shall continue, nevertheless.

In the case of the suicide, the choice to leave the incarnation and the illusion is made upon the conscious level, yet is made with a consciousness which has become distorted by the difficulties which are presented to it. In most cases the taking of one's own life in such a conscious fashion cuts short that which remained full of potential, and therefore the entity so leaving finds the need within its own being to recommit itself to the illusion which was so abruptly left.

There are, however, again as you may imagine anomalistic circumstances under which the leaving of the incarnation even through this kind of means is undertaken as a, shall we say, lesson in itself, for any action may be appropriate with the proper motivation, and within your illusion it is most difficult to see any motivation clearly. Yours are the lessons learned in darkness, for as a small candle of light is lit, there is the ability to see small things with some difficulty but large things with little resolution. Thus, you carefully travel a dimly lit path and the forces that move about you move in darkness, and thus are you yourself moved by much which is unseen.

We cannot in this particular instance give you exact details concerning the one known as Don, the subject of your query and concern, for within this particular entity's own death there was implanted the hope for a continued growth, and this was carried out. The repercussions are understandably immense, yet within these repercussions lie a promise, the nature of which we may not describe but may affirm only its existence.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, as always, my sister. May we attempt another query?

Carla: Let me think back over the radio program this morning. …

(Side one of tape ends.)

Carla: … I had a kind of frustrating experience this morning talking on the radio because so many tendrils of thought were begun but could not possibly be finished successfully. And I guess the thing that stuck in my mind the most was a conversation I had with a born-again Christian who brought up the by-now familiar limitation, self-imposed, of Christianity to what was in the Bible and nothing else, and a prejudice against learning anything that is from a source other than the Bible. And I wondered if there is any better answer to someone with those limitations than the answer that his path is okay and yet there are others who cannot use that path and need another one. Is there a clearer or more compassionate answer that can be given either to the Christian or to the one who is listening who is not a Christian?

I am Latwii, and am aware of your query, my sister. We find that of itself the answers and the ramifications of these answers which you gave are more than adequate. It is helpful to remove one's desire to calm the mind of one who is concerned and agitated concerning your own point of view. One can only give what one has and our suggestion in this regard would only be to speak as you feel, to speak as you are, to speak as you live. All you have to give is what you are, how you feel, and what you seek. To speak as clearly and with as much compassion as you can in this manner is to do all that can be done. The means by which you are heard and the responses which are generated are not your responsibility. Allow those whose responsibility these are to exercise that responsibility as they will. To be concerned about how one is perceived presents a distortion in how one presents the heart of one's being.

May we answer further, my sister?

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Carla: No. I think that's an excellent point, and I'm through, and I thank you very much. Nice to talk to you, Latwii.

I am Latwii, and we are most happy to talk to you, my sister. This evening, as has occurred recently, we have a small group with which to talk yet we are overjoyed that our words have a meaning here and that there is a desire to hear them. We hope that we have not overly taxed this instrument's ability to concentrate. When there is much on the mind, anything in addition tends to slide around within the confusion. We apologize for whatever distortions may have crept into our contact this evening, as does this instrument. However, with the best effort that can be given having been given, we shall take our leave of this instrument, blessing all who seek the One, those seen and unseen. Adonai, my friends. We are Latwii. Adonai vasu borragus. ♣

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Sunday Meditation
December 8, 1985

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator, and it is a great blessing for us to be able to make contact with you and to speak some humble words to you that may or may not have some significance to you at this time. We hope we may be of service to you and it is in that spirit that we speak, as always.

Outside your domicile at this time the trees stand dignified, stately, and without reserve in their winter's clothes of bark and root. The roadside shines pale in the dim light of your short day and your moon creates its special magic, shining luminously at this time of your year. All those things in your world of nature have gone home for their season of gestation and inner growth. Within the earth the slow process of transformation has begun. And that which is home to the seed and tree nurtures, heals and protects the delicate life within its mantle of soil.

And what of you? Each of you seeks a home. Let us go on a journey to find that most precious of all things.

Each of you came into the incarnation in a geographical place, and some call this place home, and yet the new consciousness of the babe does not hold the concept of home and geography. The place where one of you may grow up may seem to be home, a home to which you return from time to time, a home which still feeds you in some way. And yet most of you find that one cannot find home once one has left it. As one grows, one finds work to do and many find a home in work. Many find themselves relaxed and comfortable in the work situation as they are not when they enter the domicile in which they dwell. Many others as they are grown make homes for themselves and again attach themselves to geography. Your peoples may call this putting down the roots or settling down.

And then, finally, there are many who find homes with other souls along the path of seeking. And so it matters not where one is, for one has always the joy of the presence of the loved mate or friend about which to spin the home. We would like to take you further than this, my friends, in your search for home. We would like to take you into the smallest atom, to stand within that nexus of energy and to be given the eyes to see the path of creative power of articulated light. This is your home, my friends, this is part of your home.

We would take you with us away and further away, coming away from the planetary surface, moving towards that which you see as blackness. And as you move into what you call outer space and gaze back upon your beautiful planet, yours is now the larger view. You are a citizen of all that there is. And lest you think that geography has any lingering contact

with home, let us bring you with us and fling ourselves all into unimaginable reaches of space and time, further than the largest of your telescopes can see, beyond the range of any human experience. You may fall into a planet of fire—and yet that is home. You may come upon a planet of ice as cold as absolute zero—and that is your home, your hospitable and welcoming home.

Now let us come back, slowly, so that you may see first your solar system and then the beauty of your planet. Let us walk among the streets of your cities and look into the faces of your people. Look into the eyes of the man who is poor and you see the light of home. Gaze into the eyes of a couple in love. You are still home. Exchange glances with one who rapes and murders and lives a dark life. You are still home, for you are a citizen of the creation. You are part and parcel of everything that there is. What must needs be stripped away from the concept of home is all concept of physicality, for home is that which is invisible to the physical eye and unknowable to the physical apparatus. Your metaphysical home is a thing of mystery and omnipresence. You cannot leave home—there is no home to find. All places are familiar and all souls a part of you. How then can you shape your mind to ignore all of those rational and sensible signals of experience which inform you of a chauvinistic love for geography, political ideology, or any of the other reasons you may choose a physical home?

We cannot see for you, and yet the silent ear and the closed eye hears and sees impeccably. Have you allowed your eye to see and your ear to hear this day, this day that is filled with all the joy that the word home suggests? We ask you to realize that that which is native to you, that which is part of you, that which is part of your life plan as devised by your higher self and offered as a feast for you, will come to you and will be your physical home. You may be fortunate in your geography, in your choice of mates, in your choice of professions, or in any of those ways which may make you find an identity or home.

And yet, until you look for a home, for that in you which is eternal, that in you which is most precious, and that in which partakes of the mystery of the one infinite Creator, you have not begun seeking your true home nor have you earned your citizenship in the creation.

And why should you look for a home that is so abstruse? May we say to you that it is, in our humble opinion, of utmost importance to place your consciousness where you feel you may find value in progressing and evolving spiritually.

We do not suggest that you cease seeking harmony in your geographical location, in your work, or in relationships. Rather, we suggest that overshadowing any of these considerations is the home of your soul or spirit. Many there are who would have no idea of what I say, and to those people, we say, "Enjoy your sleep. Wake up when you wish to wake up, and let no word of ours interfere with the pleasure of your dreaming." For seeking one's spiritual home means the discipline of transformation, a transformation in thinking which eliminates limitations and makes all things in creation one great gigantic being full of love, creative energy and thought whose consciousness is evolving and whose great heart is beating and will continue to beat infinitely. This is the eternal home of the spirit, and you shall see one end of the creation to the other, one refinement of understanding after another, and always desire shall power you. Desire to seek beyond the bounds of your physical illusion for your identity and for your sense of security and home.

As always, we suggest that the quickest and most efficient way to empower this desire to seek is meditation, and we encourage you to do that regularly, for there is much about which you may get excited within the illusion, but if your consciousness of yourself is that of a citizen of the creation, a co-creator with the One Who Is All, how can you then be so far removed by emotion from your home? The illusion may seem to take many homes away from you, but in reality you have never left home, you have merely veiled part of it from yourself so that you may come to an illusion and refine some lessons concerning how to love one another. And how shall you love one another, my friends? Freely and gladly, with a clear conscience and a pure heart. How wonderful that would be. The bare trees lean towards the whole creation in that love and the seeds beneath the sod sleep contentedly in that same love.

We have so much more consciousness than a tree or a seed. It is a question to ask oneself—why cannot we have the consciousness of purity which encompasses your natural life upon your planet? Lords of creation, you have been called, and like the lords, the gods, and other beings in your midst, you

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squabble and fight and do not see the Creator in each other and do not find a home in each other's hearts many times. Seek harder, my friends. Seek your home, for your identity and your home are one.

We would leave at this time, that our brothers and sisters may speak. We leave you in the creation, produced by extravagant free will, born of love, fashioned of light. We thank you and we leave you in peace, love and light, at home wherever you are and whoever you are. We are known to you as those of Hatonn. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we also greet you in the love and the light of the one infinite Creator. It is again our privilege to join this group and we are eager to begin with any queries which those present may have value in the asking. We hope that we may serve in some small way this evening, my friends. May we accept the first query?

Carla: Okay, I've been thinking lately and especially today about making 1986 a special year in that I would make more special efforts during the year to do more transformational work and get a better idea of who I am and where I want to go. Could you comment on that and give any suggestions in general that you might find appropriate?

I am Latwii, and we are aware of your query, my sister. In the great search, each seeker shall find many ways to accelerate that journey. It is helpful from time to time to take a specific action that will have as its only goal the revealing of self to self, or as you have called it, the transformation of the small self into that which it truly is, the one Creator. The taking of time and the making of effort to construct a channel through which greater realizations might pour forth is most helpful to those who have consciously sought for a great portion of the life the truths that underlie all that which is known in your illusion as life.

The power behind such thoughts and actions is the power of your desire and your intentions, for by such desires are you moved in any direction according to the desire. As you have moved over a portion of time in a conscious fashion, it becomes more and more necessary for succeeding movements to be the product of further conscious choices. Thus, one who has consciously evolved over a period of time will find it difficult to maintain the progress without further conscious choice and the setting aside of such portions of time in order that such desire might be further defined and might further enhance the evolutionary process. That you choose is of primary importance. What you choose and how you choose to make this progress manifest is of secondary importance, yet is important in its own way according to your unique needs.

Thus, we can reaffirm the heart of your intentions or the desire to know the One and to serve the One in all is that portion of the seeking that is crucial and is that which is received that will be made manifest according to the strength of the desire, and as conscious attention continually focuses upon this desire, the seed shall be nurtured and shall produce the fruit. The fruit then shall further empower the journey as it nourishes the desire to know.

May we answer further, my sister?

Carla: Yes. The second part of the question had to do with the tools that one might use for making the seeking more manifest. To be more specific, although I don't know whether that helps or not, I was thinking about trying to write some things down on a regular basis, keep records of any important dreams, and any important thoughts, and maybe let a few automatic handwritings come through, and of course study the Sunday meditations and see how they're going. Could you suggest other tools or suggest tools that are especially efficacious?

I am Latwii, and my sister, we would suggest that for any who has such a desire as you have described, the utilization of the phenomenon of dreams is most helpful, for if it is known that during the time you call sleep that one may do work in consciousness, and if it is consciously sought, the dreams that one experiences can be utilized in order to enhance the waking process of learning and serving, for within the state of dreams one is able to receive information in a fashion which is unlike most forms of communication in that the communication may proceed through the subconscious mind and by certain configurations produced there reveal to the seeker those areas within the self which remain dark and mysterious and await the discovery and then shall become portions of a transformed being.

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Within the dream state it is also possible to receive the aid of those which serve as guides and guardians for the incarnational self. These entities, as well as the subconscious mind, stand ready at all time, as you would call it, to lend assistance to the conscious seeker in direct proportion to the strength of the desire of the seeker to know. The assistance is usually given in a manner which the seeker is most familiar with, thus inspirations and ideas and hunches from time to time are experienced by one who seeks in a manner that does not consciously utilize the dreams. If these dreaming experiences are made available to the seeker through its own desire, communication can proceed from these sources in a much more, shall we say, rich and fulfilling manner.

May we answer further, my sister?

Carla: Yes. I had asked a friend of mine to go on this transformational journey with me and I wondered if there was more chance for polarization working with a companion than there is working alone or if it is all the same?

I am Latwii, and we find that it has been well said, my sister, that those who of like mind together seek shall far more surely find. That which one misses is more likely to be noticed by the other and vice versa. Thus, the old saying that two heads are better than one is surely true in any such endeavor, and we heartily encourage the joining of companions upon such a journey.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, as always, my sister. Is there another question?

(Pause)

I am Latwii. We find that the queries this evening are few. Yet we are not discouraged, my friends, for we know that the work that is done in any metaphysical sense is not measured in any ordinary terms. We thank each for inviting our presence this evening and we hope that we have provided some small measure of service. We, as always, suggest that one take the portion that has meaning and leave all that which has none from our words. We thank you again for your gracious and ever-present invitation to join you in your meditations. We shall be with you again. We are … [those of Latwii. Adonai vasu borragus.]

(Tape ends.) ♣

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Sunday Meditation
December 15, 1985

(Carla channeling)

[I am Latwii, and] we greet you in the love and in the light of the one infinite Creator, and thank you for calling us this evening to your group. It is a privilege to share this meditation with you and to be able to attempt to be of service in our small way. We would share with you some thoughts upon the nature of that which you call judgment.

Once there was a boy with a wise father. This young man was eager to be of service and to show through his life the love and the light of the one infinite Creator. He questioned his father concerning all of the choices which presented themselves to him as he looked for the best way to be of service.

"Shall I go to be a soldier to protect my country and to stand for the ideals upon which our nation is founded?"

"That is a way to serve," answered the wise father. The young man thought. This was not a "yes" nor was it a "no," but as intensely as he questioned his father, his father would say no more.

"Shall I then be an athlete who can win the ears and the hearts of many because of my skill?"

"That would certainly be a way to be of service," said the wise father. And he would say no more.

"Shall I learn to play and sing music and share that gift, and as I gain in fame, serve the many who listen to the words of my songs?" asked the young man of his father. The answer was the same.

The well-intentioned son suggested as many ways to be of service as he could think of. The father was no more in favor of one way than another.

Finally, exasperated, the son said, "Well, then, shall I become a hobo, to walk along the streets and the roads of the country and the city and get my living by asking for money from strangers?"

"That would be a way to be of service," said the unruffled father.

By this time the son had become thoroughly upset. "I shall choose a life of crime," he said to his father. "I shall take what I wish, go whither I wish, and experience the freedom of being above the law."

"That is a way to be of service," came the answer from the wise father.

For many days the young man pondered what he knew to be a secret which he had not discovered and that was how best to be of service. He was capable of doing many things, but could not choose among them.

As the young man's life progressed onward, it shaped itself. The young man met and wed a young woman

for whom he felt passion. Soon there were children and he found what job he could and worked very hard to support his family. The young man became a man in his middle years, still as dedicated as ever to serving, but unable to puzzle out what he should have done. It was a source of anguish to him, for he knew he was not a wise man, only a good man. He was unable to give his sons the dispassionate advice that his father had given him, for he did not understand his father's cryptic comment. But he questioned and continued questioning.

And as he grew in years, as his physical vehicle began to show the effects of the planet's turning around the sun time after time, he felt that he had begun to penetrate that which his father was attempting to tell him so many years ago. So he went to his father, who was by then an aged man, and he said to him, "My father, it has been the goal of my life to be of service, and yet of all the things that I thought of, all of which you said would be helpful to others, I did none. Instead, I did that which I did not comprehend or anticipate. And many things have occurred. And I believe now that I begin to understand that which you say."

"Very good, my son," his father said, "Please tell me so that I may bask in the reflection of my wisdom."

The son, never able to feel quite adult around his father, was suddenly bashful, for he was not sure, after all, that he had begun to understand.

"Well, father," he faltered, "I think I have found that service is something I cannot see."

"Very good, my son," said his father. "What else?"

"Well," continued the son, "I believe I have begun to see that I do not see very well."

"Very good, my son," said the father. "What else?"

The son mustered up his courage. "Father, I believe that I am of service, and that I cannot help being of service."

"Sit down, my son," said the delighted father, "for now we can talk together.

The son sat quickly, eager to listen to his beloved father unravel the riddle at last. The father pointed to the springtime flowers nodding in the breeze. "Which one of those flowers, my son, is not beautiful?"

"Oh, they are all beautiful," answered the son.

"And upon what do you base this opinion?" asked the father.

"The evidence of my eyes and my nose and my touch," said the son.

The father pointed to several flowers which had withered early.

"Do you find these beautiful?" the father asked.

"No," replied the son, "they are dead. They should be removed from the bed. I did not see them before."

"It is time for you to consider," said his father, "whether you are alive or dead. For if you are alive, you are as beautiful and fragrant and lovely to the touch as any other human that dwells upon the planet. You may be a great president and run a country well, you may inspire by writing or by the singing of songs and poetry you may inspire many. You may heal or you may feed your family. Or, indeed, you may do nothing. But if you are alive within yourself, if you question rather than accepting blindly, then you are precisely as beautiful as those who share your condition, your illusion, and your density."

My friends, it is most easy to judge yourself and others upon the basis of those things which you have accumulated within you which pass for knowledge among your people. And it seems, indeed, as if there is a striking variance among the great variety of peoples upon your planet, and so the illusion is intended to work. And yet because that which is metaphysical is by its very nature that which is unseen, there is no way to judge oneself or another upon the basis of opinion, for there is no knowledge from seeing the fruits of one's labor of what the intentions and the desires of the laborer are.

That which is action on the physical plane is illusory. That which is intended within the heart is of the spirit and is eternal. When you leave this particular incarnation, each of you shall gain a far wider viewpoint. You shall become what is now called your higher self, and shall dwell far more consciously within the Creator, and you shall judge yourself. You shall not look at the effects which you have produced within your environment, but rather at your state of mind and heart during the incarnational experience.

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That, my friends, is why there is no judgment possible among peoples, and why there is acceptance of any road whatsoever that the seeker wishes to travel in order to enlarge its experience, for many are the experiences, yet one is the quest. Insofar as the quest is for light, for truth, for the one original Thought, just so shall one's steps spiral ever upward as service is given. And insofar as the seeker looks for the effect, just so shall he be pulled into the illusion and away from service.

We come not to give you answers as much as to encourage seeking. We have no dogma, although we do suggest meditation. We offer no structure except that structure which is builded by the student as a result of seeking. We do not want you to accept this or any material, and we take steps to remind groups such as yours that the last thing that we wish is to have our advice followed blindly. We want you to fight with this information, to question it, to doubt it, to work with it, and to make it your own.

Spiritual seeking is not a hobby, although many take it up as a hobby and go on to something else when enough time has passed that the hobby becomes tiring and progress slows. We hope instead that you will see the illusion as a hobby that you have taken on for a few of your years. There are many things to play with in this illusion, many variations upon the game of being a human being, as you call yourselves. And if you can look at your experiences as points in a game, each of which offers opportunities for questioning, fighting, tearing apart and working with the experience, this attitude is an helpful one.

We do not wish to denigrate the nature of incarnational experience, we merely wish to point out the nature of the illusion. Learn from your own questions. We attempt to tell you enough of the rules of the game called incarnation that you may have many clues and may form your own tools with which to deal with your experience within this illusion. And yet the instantaneous product that you are, that instantaneous vibration which shall be judged, is a product not of how you have bent and molded the illusion, but of how you have worked within yourself to produce a being that lives a life that is full of light.

The most apparently criminal of entities can choose under the press of experience to turn towards the light and seek and be far more zealous for the good than those who have never experienced living the darker life. Indeed, there is no situation which is not also an opportunity, not just on one level, but several. We do not wish for you to become indifferent to your illusion. That would spoil the effect of the illusion. We wish, rather, that you continue to question that which lies beyond the illusion, to ask and ask and ask again, for as you ask, it shall be given you. And only as you ask shall it be given you; that which is not asked for is seldom used.

We wish for each of you to find the deeper and deeper satisfaction within your internal existence. We wish for you to refine more and more your own ideals of love and beauty and service. But we do not wish to shape for you the life of mind and heart any more than the wise father would tell his son what path to take to be of service.

Picture if you will the stars and planets and comets and all the heavenly bodies racing with what seems to you incredible speed through incredible distances, hurtling through space. All is in motion, and yet all is in balance. This is a concept we would ask you to consider. We have suggested that it is a good thing to become a balanced entity, a clear channel through which love and light may flow, and yet we do not in any way wish to suggest stasis. Balance is not still, for you are never still, for the infinite consciousness of your mind and deep mind [breathes in] an infinite amount of time and space with movement.

It is not a wrong thing to seek the cave and become still and learn silence, and that is one path of service. Yet the son who loved a woman and had affection for his children and kept them as he would himself is of precisely as much service as the so-called holy man, if both hearts are equally full of the desire to serve and the continued questioning and discipline and refining of the way to serve.

We wish that your movements through this incarnation may be graceful, and that your hearts may be increasingly full of peace as that which you find in the illusion reflects to you that which is within each part of any illusion in the creation. And that is love.

Can you suspend your judgment? We believe you can. Do you wish to? What level of seeking do you wish to pursue? What have you pursued this day? What dreams lie within your heart and what attempts have you made to become clear within yourself? We speak to you but not for you. All the

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choices are your own. We offer you support and our love and encourage you to see that same love and support in all situations.

Any experience which masters the seeking entity to the exclusion of questions and further seeking is not helpful, or shall we say, is of a far more limited kind of helpfulness. We offer you not a structure, not a dogma, but what limited knowledge we have of what consciousness is and how you may seek to evolve that consciousness within yourself within this illusory incarnation. Use what you will and know that that which serves may bear fruit upon the physical plane. Or that same impulse may seem …

(Side one of tape ends.)

(Carla channeling)

… or that same impulse may seem to flounder and be useless.

There is that within you which is imperishable and which carries the traces of those energies of love and service to others. These shall not be judged within this illusion, although many attempt that judgment. Therefore, take courage and find each your own truth and then use the truth that you have found to seek and seek and seek again, and to forge for yourself a life that is its own teaching, that is an expression, inwardly speaking, of all that has been learned.

We hope you are a little uncomfortable with this message, for that which is physical dislikes change. And what we urge upon you is continual reexamination which encourages change, perhaps not change in the outside world of experience, but certainly change that is equally uncomfortable within the heart and the mind and the understanding that you may have of how things work, of who you are and of what service really is. May you seek in joy and may joy be added unto you, for the Creator laughs with great joy at every question, for so the Creator questions Itself and learns about the Creator.

The portion known as Latwii bids farewell to this group in order that our brothers and sisters of L/Leema may speak through the one known as Jim. We leave you in the creation of love and light. Adonai. Adonai, my friends.

(Jim channeling)

I am L/Leema, and we are grateful to greet each of you in the love and the light of our one Creator. We are pleased to be able to utilize this instrument in our attempt to be of service. We hope that we may serve by answering those queries which those present may find value in the asking. May we now attempt any such query?

Carla: Well, since no one is asking an important question, I'll ask a real dumb one. At the beginning of the meditation, I heard from Hatonn, Oxal and Latwii, and waited a considerable amount of time after I'd opened myself for channeling before I was able to tell which one was going to speak. Towards the end of the channeling, I again was feeling both Hatonn and Latwii. Who was talking? Was Latwii talking? And why was Hatonn there if Latwii was talking?

I am L/Leema, and we find that in this instance your ability to perceive the entities of Confederation known as Latwii and Hatonn was correct, in that those of Latwii were utilizing your instrument for the vocalizing of thoughts while those of Hatonn were providing a service by stabilizing, shall we say, the carrier wave or depth of your meditation in order that those of Latwii might utilize your instrument without undue fatigue, for their message was of some length and their normal effect upon your instrument is somewhat wearing.

Therefore, it was decided that those of Hatonn could aid best this evening by anchoring the contact in your instrument by somewhat stepping down the voltage, as you may call it.

May we speak further, my sister, upon this query?

Carla: No, that fits with what was happening inside my head. Thank you.

I am L/Leema. We are grateful to you, my sister. Might we attempt another query?

Questioner: Yes, I have a question. I spoke earlier of an experience I had during meditation, either a dream, a consciousness projection, or something in which I seemed to see what I perceived as a very large space craft. Could you comment on this? If this was a dream was this, indeed, basically the same as a projection? Your thoughts.

I am L/Leema. We find that with this experience you are entering into a realm of your own

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subconscious mind in which were present those elements necessary for the interpretation and initiation of a somewhat expanded mode of perception that you are currently in the process of utilizing for another type of resource upon which to call in your seeking of what is known as the truth.

As an entity proceeds along this journey of seeking in a sincere and diligent fashion, there are opened to such a one a variety of avenues which can provide the information in the precise fashion which the entity will understand and through which the entity may continue in its mode of seeking. Thus, this particular experience was but one of many which have the purpose of offering new opportunities for gathering experience and information that might prove helpful in answering those inner queries both asked and unasked.

May we answer further, my brother?

Questioner: I'm not sure if I completely understand. In other words, I believe you're saying that the experience that I had was the work of my subconscious or my higher self of commenting on the validity of the direction that my seeking has been taking? Because I definitely had some doubt about some of the material I was reading, even though at the same time I fully believed it was possible. So, are you saying that this was the way I had of telling myself, telling my everyday self that this was, indeed, one of many valid ways of proceeding along my path? I believe that was what you said. Is that correct?

I am L/Leema, and we find that you are in part correct. However, the experience of which you speak was not so much a verification of the information which you had recently read as the experience was itself an outgrowth triggered by that information, and an outgrowth which is in itself an outgrowth that is in itself a portion of your journey which is now opening before you in response to your continued desire to seek what is called the truth.

May we answer further, my brother?

Questioner: No, I think I understand. Thank you.

I am L/Leema, and we thank you, my brother. Is there another query?

Carla: I'd sort of like to follow up on that a little bit. Carl Jung suggested that UFO's were archetypical, and by that he meant subjective but projected. He felt that each archetype had some function. You speak as a UFO entity. If you are part of an archetype, what function does the visual UFO play? What function does it have?

I am L/Leema, and we find that you have asked a query which has many ramifications, for there is the experience of a phenomenon by many which is known generally as the UFO phenomenon. There are those who experience this phenomenon, or portions of it, in many unique ways and thus utilize this experience in fashions unique to the needs and perceptions of each who experiences it.

Those who move in service in the crafts which are perceived as UFO's are of many sources and natures. Many take the form or shape that is most easily perceived by the subconscious and conscious minds of those to whom they reach in service, and thus they are perceived in an outer fashion in a manner which shall cause the least distortion and trauma to those witnessing their presence. The message or service which is imparted is the portion of the experience of greatest import.

Again, this message may be perceived in many ways. As each entity is a portion of a greater mind that is archetypical in nature, each individual entity may utilize a portion of that mind or seek from a portion of that mind a message of the nature that matches their needs. Thus, various areas of one's mind or being, shall we say, may be seeking, and various deeper portions of that mind or being may respond in a fashion which seems to be external to the self, and, indeed, many responses to such seeking may be aided by entities external to the seeker.

Thus, there is a blending of response to a seeker's call that blends both the seeker and its perceptions with a greater portion of that same seeker and those who guide this seeker and who are drawn to it according to the nature of the seeker, what is sought, and those who respond.

May we answer further, my sister?

Carla: I'll have to read that one. Thank you.

I am L/Leema, we thank you, my sister. Might we attempt another query?

Carla: Not from me.

Questioner: Well, I have a couple of things I'd like to ask, but at this time I don't think I know clearly

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just what I want to ask, so I believe I'll put it off until another time.

I am L/Leema. We are happy and humbly so to have been able to speak with this small but vibrant group. We are hopeful that our meager attempts to serve have had some small success, and we again remind each that we do not have final answers. Our opinions and experiences are most fallible. Use those which feel the most helpful—leave the rest. We shall join you again. In joy we leave you. In love and in light we leave you. We are those of L/Leema. Adonai, my friends. Adonai.

(Carla chants a vocal melody.)

I am Nona. We send vibrations to the one known as R. We are with you in love and light. Adonai. ♣

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Sunday Meditation
December 22, 1985

(L channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, we have received your calling and have attempted to communicate with the one known as Carla but have found that her physical vehicle's condition makes such a communication a poor effort toward service on our part, for we do not wish to further debilitate her vehicle through the stress of using her instrument for communication. We therefore are using this instrument, and we extend to the one known as Carla our gratitude for offering unselfishly the use of her instrument.

We of Hatonn realize that this time on your planet is one of both celebration and inspiration and that the collective subconscious of many of your race focus[es] upon the timelessness of giving and sharing. The simultaneous attentiveness toward the giving of that one you refer to as Christ in the past is recognized by your people. The giving of the present is celebrated in your customs for what you call the season and the contemplation of giving in the future all resound harmonically and attune your planet to a greater receptiveness than normal to those influences which characterize the polarity of service to others.

It is therefore not only a time of celebration upon your planet but among those who attempt to serve your planet as well. In giving, my friends, there is always a receiving, for such is the nature of your universe. We of Hatonn and the Confederation have attempted to share with those present and others for some time what little we had to offer in hope that our efforts might bear fruit for those of your group and for your planet. Our efforts in this direction were an attempt to be of service to yourselves and your brothers, yet my friends, we must acknowledge that an unexpected bounty has been reaped by those of us involved in this service through that love and light which yourselves and others have given in return to ourselves. For this, my friends, we are sincerely grateful. For the lessons which you have extended to us we are also quite grateful.

We of Hatonn would desire to speak more. Correction. We of Hatonn would desire to discuss this subject more fully, yet we do not wish to tire this instrument, as he is somewhat out of practice and we wish to avoid depleting his ability before allowing our brothers and sisters of Latwii the opportunity to communicate as well. For this reason, we shall now relinquish our use of this instrument that they also may be allowed with your permission to speak. In the love and the light of the infinite Creator, we are known to you as Hatonn.

(L channeling)

I am Latwii, and I greet you in the love and the light of the infinite Creator, and, my friends, we wish you

all the joy and happiness that we ourselves feel this evening as we observe the changes which are occurring among the peoples of your planet as your date of celebration draws near. At this time we would like to perform our service of attempting to answer whatever questions you may offer. Is there a question?

(Pause)

I am Latwii. As there seem to be no questions forthcoming, we shall also bid you adieu, my brothers and sisters, in the love and the light of the infinite Creator. We are known to you as Latwii. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 29, 1985

(Carla channeling)

I am Oxal, and I greet you in the love and in the light of the one infinite Creator. It is our privilege and our blessing to be called to you this evening, and we thank you for the opportunity to share a few thoughts with you.

This evening we would speak to you about that which you call time and space. It is difficult to approximate in your language the resonances of what these two words approximate, for we are speaking of that which is the material out of which your creation is made and that creative intelligence which creates that which is made. It is not unusual, we have found, that among your peoples time seems to pass more and more rapidly as one's incarnational experience builds up and that which is known as time passes. It must occur to many logical minds that the speeding of time is a kind of illusion within your illusion, for one cannot make mechanical objects such as your clocks that speed up the passage of time in concert with each person's subjective perception of time.

Time and space have a reciprocal relationship and are allegories or analogs of love and light. As these forces impinge upon each seeker's consciousness, they present to that seeker the possibility of experience. Indeed, another word for time is experience. It seems to be untrue that some moments contain more experience than others and, indeed, herein lies the crux of what we wish to impart to you this evening. When there is no distortion in space, each finite moment becomes a unified or cosmic moment and is a thing with the properties of timelessness. It is during timeless moments that experience is seated within the seeker.

Now, catalyst is given to each seeker moment by moment, and one need only look to your young souls to see what can be made of the catalyst of the moment. Children, being less used to the wasting of moments instinctually approach and perceive each piece of catalyst as that which will become experience. There is an overwhelming amount of catalyst in each moment. The fullness of catalyst available in each moment begins, as the child grows into what you call adulthood, to become more of a burden than a pleasure, and as one is overwhelmed by one's catalyst, one ceases to process it into experience. In other words, the space required to use one unit of time becomes distorted in a subjective sense so that the experience time offers buckles and bends and shrinks because that space with which time is inextricably paired has not room enough for the transformation of that which comes to the ear and eye and heart.

(Pause)

We apologize for the delay but this instrument was distracted for a moment and we wished to allow a deeper state of meditation [to] reoccur that our expressions might be clearer or, we should say, as full of clarity as language can form meaning.

When the seeker chooses consciously to use catalyst, space, that internal space which allows time to pass, is then of sufficient length to accept fully the catalyst and its possibility of being transformed into actual experience. When the seeker becomes bemused or distracted and partakes of the mundane, that seeker eliminates from conscious use much of the catalyst which the process of day-to-day living generates. When the seeker is read y to be conscious of the moment, that present moment being one with itself, that is, full of time and equally full of space, then the seeker has the opportunity to experience a timeless moment in which all time is one. Within this moment an infinite amount of work may be done in consciousness for the gradual transformation of the self into that being which each has the capability of claiming. Yea, it is part of your birthright. What is a birthright, my friends, but something with which you were born? A birthright is not something one is given partially or unevenly. Yet a birthright need not be used, just as an inheritance may not be claimed by an heir who does not wish to experience the having of money.

Let us again look at the small child who is greedy of his birthright, and who spends a significant amount of your time in the timeless present moment. In more and more of your young beings at this time, one is able to observe a heightened intensity of seeking and a more rapid translation of catalyst into experience which is seated within the heart. How does one become, then, as a little child? It is written in your holy work known as the Bible that unless one is as a little child, one cannot enter the kingdom of heaven. This statement is simplistic as regards that which is called the kingdom of heaven, but again, language fails to be adequate to meaning and so we must attempt to use words as well as we can.

This is a present moment. What is your catalyst, my friends? Time may be wasted. We listen through this instrument's ears and we hear this instrument's voice relaying concepts, some of which this instrument is unfamiliar with. We are aware of each vibratory complex which makes up each entity within this circle this evening. We hear the blessed sound of the furnace at work warming an otherwise frigid atmosphere. We find in each entity's mind much unprocessed catalyst. That is what each brings to time. When one seeks distraction from heavy catalyst, one puckers and ruffles the ratio between time and space and time is literally shortened in a subjective sense, for there is less space with which to match it.

We use the term space not only in a physical sense but in a metaphysical sense in which space is analogous to the spaciousness of one's point of view, or to put it another way, the room or area which is acceptable for using in the transformation of catalyst into seated experience. It is no wonder that so many of your peoples find time to move faster and faster. Nor is it a wonder that most entities are completely unaware of why this occurs. This is very understandable due to the fact that if one does not process catalyst in this present moment it will be carried over into the next discrete unit of time/space. If then the catalyst of the second discrete unit of time/space is also unused, the next unit of time/space is increasingly burdened with unprocessed catalyst and by the time one is counting one's years with dismay rather than pride most of your peoples have such a load of old unprocessed catalyst that to open oneself to the catalyst in the present moment is almost unthinkable, and it certainly takes a great deal of courage to begin to open to all the catalyst, old and new, which forms the catalyst of this discrete time/space unit of your incarnation.

There are very few—but it is notable enough that we mention this—who are so efficient in processing catalyst in the present moment that space begins to buckle inward under the burden of successfully approached and used catalyst. In that case, the entity who seeks will find itself in the creation in a true sense for the first time, for when time begins its full operation there is the possibility of spacelessness or the unity of all space. In this distortion lies a compassion which cannot be approached except by those few among your peoples who have used catalyst with a fervor and enthusiasm and a conscious knowledge of the probity of such an exercise.

We offer these thoughts to you this evening in hopes that as your time passes upon the face of your clocks, it may be used, appreciated and harvested by your heart. The activity of meditation is a great help in the reconciling of catalyst with the self and the

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claiming of that catalyst as part of the experiential self which enjoys incarnation at this time.

We hope that we have been of some small service to you this evening. We encourage you to discriminate for yourself. If our words have a sense which may aid you, then let that catalyst be used. It is for that purpose we attempt to serve. If that which we have to say does not appeal, we humbly ask that you drop all portions which disappoint or do not ring true.

In this instrument's mind is the first line of one of your popular songs, "Time is on my side." This is very true, my friends. May you use your time and find timelessness. And with that timeless understanding, may you then turn to that light which is space and manifest within that enlarged space that which is the harvest of your experience.

We are those of Oxal, and we leave now that our brothers and sisters may speak through another instrument. We leave you in the time and the space, in the love and in the light of the One that Is All. We leave you, knowing that it is impossible to leave you any more than we could leave ourselves, for you are our very selves and we yours. Thus, we cease speaking, yet are always as close to you as your desire would have it be. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I Yadda. I greet you in the love and the light of our infinite Creator. We thank your group for calling us to you. We have missed the invitations and are happy to be with you. We not speak long but only a short bit of repartee. We look at conversation which each has had in recent past and we talk to you about the law. We are doing better with our accent, don't you think? Heh!

You are all lawyers, you people! Why are you so in love with laws? Do you think that if you obey all the laws of the land, all the laws of a … we must say another word—church. Do you think that if you obey the laws of your church, you will be a good person or one that is capable of advancing into some knowledge of the truth? My friends, there is no truth in that which is finite, for every law is made to be broken, and indeed laws are usually after the fact so that you have already broken the laws, and that is why the laws were made.

There is something called faith which defeats all laws. It is not in law but in faith that you are able to concentrate upon the business at hand. The business at hand is your spiritual development. The business at hand is seeking. The business at hand is learning. There is not motivation to learn in the law—you simply follow directions. This is a cookbook life, the law; take a little of Law Number One, take two tablespoons of Law Number Two, mix carefully with a batch of Laws Six, Seven and Eight and you will learn?! No, my friends—you will conform. There is a law for you and for you only. But this law is personal, intimate and can only be found as a product of the faith that there is a truth beyond all that you see and hear. Your path is your law. That which you deem correct is correct for you. Please do not think we are encouraging you to go out and manhandle some small child. This would be breaking the law of man but requires no faith whatsoever. So what requires faith, my friends? You do.

You close the cookbook. You shut up the mind and you wait in faith for that meaning and central beingness which will develop within you. Do you think to yourself that you do not have the equipment to have faith? Not so, my friends. You have all that is necessary.

We suggest that in your contemplations you look more and more to that within you which says against all visible and audible experience, "This is truth." We suggest that you continue and continue and again continue, for there is something which we might call grace which aids the heart more and more as seeking continues. With each step taken in faith the next step does not become easier in the sense that your pa …

(Side one of the tape ends.)

(Carla channeling)

I Yadda. We again with this instrument. She keep saying to us, "Do you come in the name of Christ?" We continue through this instrument. Taking one step in faith does not mean that the next step will be easier. However, it does mean that the experience of moving in faith will become something upon which one may count. The process is foreign to the everyday life, thus confidence must be built up little by little.

We thank you for inviting us, and we especially greet the one known as J, and leave you in the love and the light of the infinite Creator. Believe upon

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yourselves as you believe in the rightness of creation. Believe it will withstand all the deprivations which your peoples perpetrate. I Yadda. I, an imperishable being, leave each of you who are also imperishable beings. We do not leave you in law—we leave you in the process of faith. Adonai. Adonai.

(Jim channeling)

I am L/Leema, and am happy to greet each of you in the love and the light of the one infinite Creator. We have been having difficulty making contact with this instrument for it has been in somewhat of a deeper state of meditation than is its normal practice, and has had some difficulty in picking up our contact and making the necessary adjustment. We are happy to utilize this instrument to attempt to answer those queries which may be present.

May we now begin?

Carla: I have a question. In the Ra material the question was asked by the questioner having to do with what percentage of planets or people who are in the first density, second density and so forth through seventh. And Ra gave the answer that so many people were in first, second, third, fourth and fifth and stopped there and stated that the last part could not be given. Simple addition indicated that that last portion which could not be given was twenty-four percent of the total mind/body/spirit complexes in creation, and Don never followed up on why the information about this remaining number might have been withheld. Could you shed some light on that stricture? My supposition has always had something to do with spiritual gravity and the turning back towards the Creator so it would be difficult to count, but that's only a supposition. Any thoughts?

I am L/Leema. We observe the query and find that there are concepts involved which are difficult to describe. The nature of the journey is one of polarity. The positive and negative portions of the journey have expressions which are … we are having difficulty finding the correct terms. The manifestations of these choices are portions of your current experience. Some are available through the penetration of the outer portion of your illusion as a result of the seeker's own efforts. There is a blending of efforts in a fashion which is almost impossible to describe which occurs at the density of unity, so that the description, for all intents and purposes, is meaningless.

We apologize for the delays and difficulties in utilizing this instrument but find that its level of meditation is somewhat close to the trance level, and it is having some difficulty in maintaining a clear contact not only with our contact but with its own consciousness, shall we say. Therefore we suggest that this instrument be brought from its state and the meditation assume its completion. We are those of L/Leema, and we thank you for your patience. Adonai, my friends. Adonai vasu. ♣

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Sunday Meditation
January 5, 1986

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. It is a great privilege to be with you, and we thank you for that you have called us. We hope that our poor words have some use for you and encourage you to discriminate carefully so that that which is not of use to you may be dropped away, for though we have more experience than you, our experience is limited and finite. Therefore, we ask that our opinions be considered as fallible, for we are wrong sometimes. We do not know with the authority of the infinite Creator. Indeed, none of us who dwell in the creation and who still have individuality may know all of the infinite Creator, for we are but splinters of the one infinite Creator. Within each of us is all the knowledge which is contained in the one original Thought which is the infinite Creator. And to the extent that we are able to release our small identities with all their biases and opinions, just so to that extent are we holographs for the one original Thought. There are many questions my friends; there is but one answer.

As the seeker gazes down at the dusty road, at the dust that lies upon his feet and covers his sandals, he may well doubt that road and doubt the security and the promise of the journey of seeking. The staff which is intended to aid may become heavy and even those few belongings which the seeker has to carry with him begin to seem a great burden. And so the seeker sometimes removes himself from the dusty path which seems to go on forever. The seeker moves into a beautiful valley, well-watered and forested with pastures where spring the small animals and where the sweet flowers bloom. It is good for the seeker to rest in such a beautiful meadow and smell the beautiful scent of flower and bush and to rest beneath the nurturing and sturdy trunk of one of your trees. Because, you see, my friends, to go upon the journey is to become terribly vulnerable, it is to risk all for no obvious reward, for as you seek, so you shall be sought. As you polarize more and more towards the light, so your dedication to that light shall be challenged. The toll the journey takes upon the seeker is never the same from one seeker to another. And when the burden becomes too heavy, it is good that the individual seeker choose his own pasture and measure his own time of recovery.

It is acceptable and laudable for a seeker who has been overborne by experience not only to rest beneath the tree and smell the sweet smell of the wild flowers but also to fell great trees and dry the wood and build the cabin for shelter, for there is no shame in resting until the burden again becomes as nothing, and seeking fills the soul and mind and the will. It is not, shall we say, recommended that the seeker goad himself as if he were an ox or a mule, for the spiritual path is narrow and straight and the

difficulty of walking that path is various for each entity. It is not a path to be walked when the will is not strong.

Let us then go to the cabin and gaze about its simple four walls. How restful and peaceful is the cabin that you build within your spirits, my friends, the household of your discontent and your pain. How healing it is that you have furnished for yourself the possibility of respite and redemption, for this search shall exhaust you not just one time, but many. Experience shall come upon you as a thief breaks into a house at an unexpected time. Yet no matter what the time, the seeker who has walked the path until his feet are dusty shall also have found his very own meadow, his very own place of healing.

There is a danger to the seeker within the resting and the healing, and that is that there is a temptation for a seeker to feel that the cabin and the meadow and pleasantness and rest are the end of the path of seeking. Indeed, we say to you that that which you know as the Kingdom of Heaven is often harsh and abrasive and may seem decisive, for as you continue urging yourself forward and experiencing the great joy of seeking the one original Thought …

We must pause.

(Pause)

I am Hatonn. I am again with this instrument. We apologize for the pause. The instrument is experiencing some pain and the state necessary for the transmission of these thoughts was not sturdy enough for our contact to continue in a clear manner. We shall continue.

As one seeks the one original Thought, there is the danger that one may decide that one has found what he has been seeking, and we say to you that in an infinite journey there are pauses between learning experiences, but never the full stop where one may lie back, rest upon one's laurels and say, "Now—now I understand. Now redemption is complete and all that I seek I have," for there is the next learning always.

We encourage you to comfort yourself when your journey is arduous and you need a place to rest. You have that within you and need only construct it in your mind. You may also with your mind and your will construct within your dwelling the tools for healing and for rebuilding the intensity of your faith that there is a path, that truth does exist, and that there is such a thing as love and the will to seek that which your faith tells you is there.

Although we speak in metaphor, we encourage you who seek to enjoy and praise the comrades that you shall meet along the way, for though each search is different and each soul has its own truth, beyond words and concepts there is the one original Thought which is love, which cannot be defined but which can be praised and shared, not by the words, but by the quality of silence between two seekers, for companionship lies between the words, the sentences, the talking, and the doing. Spiritual companionship lies in the resting that one silence may give to another, for all that there is is caught up in that silence and when another may share it, it is a wonderful thing.

Therefore, my friends, you are always alone and never alone. Always alone in that you are unique and so is your perception of the path of seeking and the truth that you seek. Never alone in that entities both incarnate and discarnate share the intensity of your seeking in their own seeking and are therefore closer to you than many of your thoughts, for silence is more intimate than any word.

We would encourage you to meditate and praise the silence within, for you truly are a holograph of all that is to be known. As you begin to trust the inward silence, as your mind becomes able to release and praise all the thoughts which race through it without holding on to them, you shall become more and more invested with that silence and with the truths which silence unfolds. This is not a short-term proposition, for one of your incarnations is a brief period during which one might do such intensive work. Judge yourself not then if you must pause by the way or even build a hut against the winter of your flagging faith and will. But live through those times, blaming not yourself and not the path, but realizing that this is part of the experience in an outward and manifested state, which, internalized as catalyst, will more and more inform your being. Rest as long as is necessary but do not allow your spirit surcease from silence, for as you wish to serve the Creator, so you must allow that silence which seats experience within the heart.

That is your one responsibility—to continue the seeking even as you are weak and weary and distraught, even as you lie upon your pallet within your hut and feel some blackness within you. Yet

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always we ask that you consider the possibility of completing each of your days with focused and articulate silence.

My friends, each of you came to this group seeking. The group has become one, and in the silence between the words of this instrument the fruits of that seeking are already available to you and physically felt by you in that the energy or what you may call prana of creative life flows now more quickly within your energy web. As you seek together, so are you the Creator which experiences Itself.

Shall we ask you to praise yourselves? To magnify your own glory? Indeed, that is what we would seem to be suggesting, for we say that you are the Creator. And yet, can the Creator praise the Creator? Yes, indeed, my friends. Such can be done and should be done, for you are all that is and all that is is within you and is to be praised and cherished. We would give thanks to you for that we have shared in your vibrational patterns. It gives us great joy to experience the beauty of each of you. It is especially joyful to us to visit groups such as yours, for we who serve the Creator cannot but rejoice at those sources of light which generate themselves within the planetary mist of indifference. You see, my friends, it is not that your planet is negative—it is that so many still sleep and are indifferent.

We are those of Hatonn, and we would leave this instrument at this time. May joy be yours as you travel your path. May dust cover your feet many times as you walk it, and you may always allow yourself the resting place when experience overwhelms you. You are always safe. But it is good to give yourself permission not only to seek forever forward, but to take your rest when you needs must heal some pain within. We leave you in the creation of love and light, for there is nowhere else but the silence of space and time, which is always and everywhere the present moment. Adonai, my friends. Adonai.

(Carla channeling)

I Yadda. I greet you in the love and in the light of infinite Creator. We have so much trouble with instrument who want us to say we come in the name of Christ. We always end up having to say, "Okay." But we always wonder, why not Buddha? Why not Mohammed? Why not some postman that we know of in Washington DC who is good to his children and gives away many Christmas presents to little children he does not know? All are Christ. All are perfect in consciousness. Yes—we come in the name of Christ, for we are the vibration which cannot be reached without going along the path of the Christ.

We not speak long but we come because we are called and we thank you. We speak to you of "why families?" There is that question in the group this evening.

You know, families sometimes difficult to be in, so why do you have them? Do you have them so you can have people that you like about you? No, my friends—many times people in family not like each other at all. So what is lesson? Why so important that you have those people that are true kin to you?

We say to you, it is to offer you a chance to learn duty and honor, for with family, you cannot say, "You are not family—go away!" No, my friends, you have to take care of each other. It may seem like a ridiculous thing but it is a great learning. If you can feel responsible for each other, then you learn service to each other, not because service is always fun, but because service is freedom. Service is your only freedom, for if you choose not to serve, then you have stopped your progress and are no longer "poh-werizing," *polarizing*—hah! We getting better—heh?!

Think it over, friends. Families are a pain in the neck. So why do you want a sore neck? Maybe to get your attention—heh? We leave you. We are joyful and leave you in "glate" joy for the night is full of light and the shadows are full of light. We Yadda. Adonai.

(Jim channeling)

I am Latwii, and we greet you in that love and light that our brothers and sisters of Yadda have left you in. We are also honored to be here and to be able to share our humble words of praise and thanksgiving with you. As always, it is our honor to attempt to serve by also answering your queries. We also remind you that our words are most fallible. We hope that you will take those which have value and leave those which do not. May we begin by asking for the first query?

C: Yes, Latwii. It still amazes me how something can be on your mind and be mentioned during the course of meditation. But family has been on my mind quite a bit here lately. Something has occurred

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with my family. Each year I experience a form of depression during the holiday season and usually afterwards I'm not that easy to get along with. But this year the feelings of the holidays were especially deep. It's almost as if I was just sort of numbed out to everything. And now for the first time in a long time my nerves seem like they're smoothing out and things are flowing smooth at this point. Can you enlighten me on what happened this time that's different from the times before?

I am Latwii, and am aware of your query, my brother. It has been noted within your culture that the season which is called your holiday season is one during which many find not the joy which the holidays are noted for but find instead a lack of joy and a sense of depression and despair. This is in general due to the fact that as our brothers and sisters of Yadda have mentioned, the relationships that you know with your family are relationships that exist for the purpose of growth, and growth most often occurs as a result of utilizing catalyst that may be of a difficult nature. Yet, if families can withstand the difficult times there is a strengthening that occurs of the individuals and the bonds between them. However, in your holiday season that is noted for its joy, it is likely that those suffering the difficulties within the family structures are more fully reminded that the joy of the season exists not in their experience, and [as] the joy of the season is advertised widely, the entity so disillusioned becomes constantly reminded that it has fallen short of that which is possible

In your particular situation, we may speak briefly and in general and may suggest that the difficulties that all face have been noted carefully by those within your close family, have been acknowledged openly and have been met with the full responsibility of each, thus there has been little taking for granted that which has been before. To clarify. As the difficulties have been acknowledged, there has been less opportunity to be disillusioned, for the light of truth has shined somewhat more clearly and the ability to respond to what is seen has been activated and each has thus taken strength from …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. May we ask if we have answered your query sufficiently my brother?

C: Yes, it helps. It's … several years ago I became aware that I'm following along in a line of entities who have been trying to work out the same problem for years and years. I know my father has the same problems I've had and his father also. And just by feelings that I'm able to pick up, I know that A is also part of this line. I know that you can't assume a lesson for someone else, but I sure would like to get this line broken, and I appreciate yours and the help I receive from the other members of the Confederation. I have no question at this time—I just want to say thank you.

I am Latwii, and we thank you, my brother, for the opportunity to share our humble words with you, and would only comment that the difficulties one may encounter in the relationships in one's incarnation are more than one might imagine them to be in that there is contained within such seeming difficulties great opportunities to learn service and to give love, for it is not easy to love within the circumstances where one finds the misunderstandings passed on from person to person. Yet when one can break the chain of misunderstanding and bind all in love and compassion, one has used the opportunity provided by difficulty and has transformed that which lacked love into that which is full of love.

May we attempt any other query at this time?

Carla: Okay, just a little follow up on C's because nobody's jumping in. Is it because that we, our physical bodies, used to be second density and turned to the light for growth, that the dark days, the short days of winter are the most difficult for so many people or is this something that's cultural?

I am Latwii, and am aware of your query, my sister. We find that though there is some degree of correctness within your assumption, it is perhaps more accurate to look at the effect of the season upon your mental and emotional complexes as the root of the difficulties which many of your peoples suffer during the shortened and darkened season of winter. If one will observe the plant world in the time of your winter, the leaves from most trees have fallen, the sap has moved down into roots and there is a dormancy that approximates death in appearance.

There is a similar occurrence within the mind and emotion complexes of most of your population during this winter season in that the elements of

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nature, the wind, the clouds, the cold, and the snows tend to drive one's focus of consciousness deeper down within one's being in order that the introspective faculties might be awakened more fully to review the harvest of the season of learning just passed. As the harvest is frequently not understood and the seeming difficulties are easily discovered, one then on a most basic level becomes aware that there are those lessons not yet well learned remaining within one's being.

In many instances this awareness of lessons yet to be learned is upon the subconscious level if the entity has in some fashion in some time during its experience consciously ignored or removed the awareness of these lessons yet to be learned because it did not yet wish to face this responsibility. Thus, during the winter season of one's incarnation, the cycles of learning and seeking are enhanced by the driving of one's focus inward. When there is difficulty in meeting the lessons yet to be learned, the state of the mind tends to remain in the depressed condition not having fully processed the catalyst of the previous season, shall we say.

May we answer further, my sister?

Carla: Yes, just something that I thought of while you were talking about how this season mimics death. I was thinking about the fact that we celebrate the holy day or holiday of Christ mass or Christmas in the very darkest, almost precisely the darkest, within four or five days, day of the year. It's almost like the birth of Christ or Christ consciousness is the hope that comes after the little death of winter. And I was wondering whether the historical Jesus just happened on that date or whether it is placed at this point because it is more needed at this point of the year than any other point of the year. If that's the case, then it seems to me that one big problem that people have at this time of the year is that they're not paying any attention to the "holy" part of the holiday, and therefore they don't get the hope of the baby being born within them—there's a question in there somewhere, I think.

I am Latwii, and from the statements and the comments that you have made, we draw that which we feel is the query desired. Please ask again if we are mistaken. The birth of the one known as Jesus the Christ was planned for this season in order to present the symbol of birth and re-birth to those for whom this entity lived and died. The season of your winter is indeed as the small death, and may be again repeated in the meditative state where one looks within for the harvest of one's experience and seeks to find love where love was not. Thus, the experiences within one's incarnation which have seemed devoid of love may be transformed and born again when seen in the crystal-pure light of the Christed or Christened moment, the moment christened with love.

Thus, the one known as Jesus made entry into this illusion at the time of your year when the darkness of the season would represent the darkness of knowing, that is, the fabric of your illusion, and was born as a light unto your world as each may look within to that same light and see all experience within that light so that the love that gives birth to that light may be found in each experience thus christened.

May we answer you further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

M: Latwii, my name is M. Is the Confederation aware of a planetary sphere named Kreeton, K-r-e-e-t-o-n?

I am Latwii, and am aware of your query, my brother. We find that although the query is simple in construction there is some difficulty in giving clear response, for within your people's culture there are various names given to various planetary bodies and we find that this name, Kreeton, is one name that has been used to describe a certain planetary influence of which we have some knowledge.

May we answer further, my brother?

M: Yes, Latwii. Of what density is the planetary sphere Kreeton?

I am Latwii, and feel that we may best answer your query by suggesting that this sphere is one with the activated densities of one through five, with the remaining densities in potential form, shall we say. May we answer further?

M: Yes, Latwii. Can you approximate a time frame in age of this planetary sphere Kreeton?

I am Latwii and am aware of your query, my brother. We find that giving this information in understandable terms is not within the limits of your

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language. For a planetary entity which has progressed to the point which this one has achieved, it is necessary to move through a great portion of timeless being before entering a great portion of what you would call time. Thus, our answer would be quite meaningless.

May we attempt another query, my brother?

M: No, thank you, Latwii.

I am Latwii, and we thank you, my brother. Is there another query?

M: Latwii, is the planetary Kreeton of a thought-form nature?

I am Latwii, and am aware of your query, my brother. We must respond by suggesting that it is of the same form of manifestation as are the planets within your own solar system. However, one must realize that all forms, be they planets or atoms, are a form of thought, the thought of the one infinite Creator. The use of the phrase, "thought-form" as we believe you intend it is more of the briefer duration, that created by a mass consciousness or the consciousness of individuals such as yourselves, and in this instance we would suggest that this planet is not of the briefer duration but of the more substantial manifestation.

May we answer further, my brother?

M: Latwii, approximately how far is the planetary sphere Kreeton in distance from the planetary sphere Earth?

I am Latwii, and am aware of your query, my brother. We find a difficulty in giving this information, for once again the means of measurement are most difficult to translate. The general means of describing distance among your scientific community would be the light-year or the distance that light would travel in one of your years. This distance is somewhat difficult to approximate and transmit through this instrument, for our contact is not of the precise nature that would allow an easy translation. The distance is roughly two hundred and forty thousand light years. We believe this is correct, however we are not adept at using your numerical system.

May we answer further, my brother?

M: No. Thank you so very, very much.

I am Latwii, and we thank you once again, my brother. Is there another query?

(Pause)

I am Latwii, and as it seems that we have exhausted the queries for this evening, we shall thank each profusely for offering not only the call for our presence, but the queries for our service. We hope that we have been of some small aid in the seeking for truth that each has brought this evening as the great gift. We shall be with each upon request in meditation in order to aid the deepening of that state. We leave this group at this time in the love and in the light of the one infinite Creator. We are those of Latwii. Adonai my friends. Adonai vasu borragus.

(Carla channeling)

I am Nona, and we come to offer our healing love and light. We would offer it for the entity known as R, and also for the far less serious but still significant discomfort of the one known as M. We also would be offering our presence to the one known as C and the one known as M because these entities have vibrational patterns which are very compatible with our contact. We bid you adieu in love and light.

(Vocal healing melody channeled through Carla.) ♣

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Sunday Meditation
January 12, 1986

(Carla channeling)

I am *(sounds like)* Ku-ohl[1]. We greet you in the love and in the light of the one infinite Creator. We are most gratified that we were able to make contact with this group through this instrument. We are those of the Confederation of Planets in the Service of the Infinite Creator and attempt to serve at this present, coming from the density this instrument calls wisdom or five. We wish to assert that we are eager to use this instrument and speak to this assemblage but that our thoughts are not to be taken as dogma but only as possible material for thought, as we intend to be accurate in our perceptions yet still we are in the process of learning and acquiring further densities that bring us ever closer to unity with the One Who Is All.

As we scan the energy webs about each of you, we find we are moved to speak this—we scan this instrument for an appropriate word—evening of service. You will have to be patient with us, as we have seldom worked in this manner with entities upon your planet. We shall begin.

Service to others is not an end product of meditation itself. Therefore, let us work with the concepts of what the darkness of meditation is. You may see yourselves as a mixture of earth—that is the vehicle and all of its elements—and water, not only that water which is the largest portion of your physical vehicle but also with the metaphysical waters of the deeper mind. When the seeker first decides to set his foot upon the path of finding out what is true, the seeker invites the great seed of consciousnesses, or should we say, levels of consciousness, and this water in turn vivifies and recreates the entity which is seeking. Therefore you are, metaphysically speaking, in darkness, and it is within this darkness that you seek knowledge of love, of light, and of unity.

Consider the earth that lies outside of your dwelling. There is water vapor always in the air about the earth. Deep rivers flow underneath the mantle of earth and spring forth often in unexpected places. When rains come upon the earth, the earth drinks thirstily, and so it is with the seeker. Much of understanding, if we may use this term, comes from the process of seeking within the darkness of inner vision and within the environment of water. This is seeking unmanifested. The only light which is visible metaphysically speaking to the seeker is paralleled by the light of the night sky, the stars, and the reflected light of the your planetary satellite. Metaphysically speaking, that star is called hope or faith. It is not a light which ameliorates the darkness but it is a

[1] The sound, "Ku-ohl," that was channeled resolved in subsequent sessions into the name of "Q'uo," which will be used throughout this transcript.

signal, a sign if you will, that light there is and light abundant.

This seeking is a matter of marshaling one's own will and focusing in a disciplined matter upon the seeking for truth, upon the finding of light. However, within this complex of seeking, there is no outward manifestation promised, no fruits must be born from such seeking. This is seeking unmanifested. There is a bridge between the darkness of hope, faith and will and the noonday sun of manifested service. That bridge is the surrender of the very will which the seeker has been marshaling and focusing, for in the attempt to be of service to others lies the implicit seeds of failure to be of service to others. The harder the seeker attempts to be of service, the less chance that seeker has of being led by inspiration to right service, that is, service that leads toward harmony and the feeling of kinship and unity with the one served.

It may seem a paradox that in order to manifest the glory and the joy which one has found in the darkness of inner silence, one must then give up all human opinion concerning situations, behaviors, activities and personalities to whom you wish to be serving. Yet it is surely true, and the full light of day dawns as the seeker sincerely and completely yields itself to grace, if we may use that term. Some call it quested consciousness, others call it right karma or destiny, but all of these words have connotations that suggest the lack of freedom of will and this we do not wish to suggest. You are perfectly free, each of you seekers, at all times to make each choice in each moment in each way that you wish. Yet to polarize involves manifested service.

We wish to convey also that we are not suggesting that there is a force completely outside of the seeker to whom one must yield control. The Creator is far closer than this—indeed the daylight is within the heart of the darkness. The difficulty is that words cause paradox and the deeper the understanding, the more plentiful the paradoxes.

Therefore, to sum. The seeker must begin seeking in darkness, and yet when the seeker comes from his sanctified ground and wishes to give glory back to the Creator which appears to the seeker in the guise of other entities, then it is that the seeker yields his conscious will, yields it utterly and completely to a higher knowledge, a higher wisdom, a higher compassion, and a higher intuition. One who has yielded and is moving in rhythm with the deep winds that play about the innermost self becomes touched with radiance, a radiance that is completely positive, a radiance that is the analog of your sun body, and in the radiance lies manifested service.

Therefore, worry not about how to serve. Instead, be disciplined as the earth and water within you become more and more articulated and the star of hope becomes ever more central in your inner sky. And when the moment comes for you to move from meditation to action, yield yourself again and again as thoughts come to you of service to that great fiery strength and surety that is the property of higher will.

Understand that this is a portion of yourself and that you are a portion of it but that it can be made available to your conscious self only by surrendering all hope of understanding and equally all fear of understanding, yielding further all hope of being of service and all fear lest you act wrongly.

My friends, we hope that we have been of some service to you this evening. We must leave this instrument, for we find that we have not sufficiently adjusted our vibrations to this instrument's somewhat delicate body complex. We thank you and praise the present moment that we share in the love and in the light of the One.

We are called Q'uo. This instrument does have but a portion of the name we are attempting to transmit, however the naming is never important. We come to you as one who accepts the challenge of Christ as this instrument has challenged us, so we gratefully say, "Yea." Dwell therefore in love and know that you are loved. Dwell in light and know that you shall be a light, and in that knowing, surrender. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we are overjoyed to be able to greet you, my friends, in that love and light of our one Creator. We thank you, as always, for inviting our presence. We are so happy to join you and hope that our humble service will provide some additional food for thought. We also have no dogma but only our gathered opinions to share with you. These we do so freely. May we then begin our service by asking if we may attempt to answer a query?

N: Latwii, can you tell me about the illness, schizophrenia?

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I am Latwii, and am aware of your query, my brother. As with most cases of the mental imbalance, the condition of which you speak is one which, though having generally shared characteristics among those suffering its difficulties, is also one which contains the latitude for individual expression, shall we say.

To speak to the generalities, the entity suffering the schism or the division of the personality is frequently one which has faced a difficulty in a conscious fashion for a portion of time and has found that difficulty to be seemingly overwhelming. Therefore, as the entity continues to attempt to rectify the difficulty and finds less and less success but also more and more difficulty, it may be that this entity then will attempt to remove the difficulty by removing the portion of the memory which has dealt or attempted to deal with this difficulty whether it be with self or other selves.

After a portion of time, this sublimation or repression of memory concerning the difficulty surfaces again, for the entity in its deeper awareness is aware that this situation is yet unresolved. Therefore, there is gathered about the difficulty and the portion of the mind which has become responsible for it an energy field which attracts to this portion of the mind various traits or characteristics which then seem to become yet another personality. As many of these characteristics are, shall we say, borrowed or drawn from the primary personality of the waking consciousness, this personality also becomes somewhat disfigured or dysfunctional, for it no longer has a unified or coherent view through which the world and self are seen.

Thus, in such a breaking up of the personality there is the attempt to rectify a deeply felt difficulty which then is most usually noted by those about this entity in a—we scan for the correct word—clear and unmistakable fashion. Then the necessary counseling is usually necessary in order to aid such an entity in the rebuilding of the conscious personality.

May we answer further, my brother?

N: So it can be helped by counseling? And also you said a portion of the mind?

I am Latwii. Our reference to a portion of the mind was our attempt to indicate that when a difficulty for such a person has become overwhelming, one means of dealing with the difficulty is to move the difficulty and memory of it to another deeper portion of the mind—what may be called the upper reaches of the subconscious mind—in order that the conscious mind then be free of the constant stress and worry that has most likely developed in the one experiencing the difficulty without solution. The type of counseling or therapy which may aid this situation is again somewhat unique and various to each entity. However, it is usually most necessary that another entity who is familiar with this condition be utilized in the reintegration of the mind of the one suffering the, as it is called, schizophrenic condition.

May we answer further, my brother?

N: You said the upper conscious. Does this have anything to do with past lives?

I am Latwii. The cause is not easily determined, for it is again quite unique among the population of those experiencing this disorder. In some cases it is possible that the difficulty has its roots in previous incarnations and these roots then have by preincarnative choice been placed within the current incarnation with the hope that the lesson might be learned. The lesson may also be one which is of the current incarnation only, shall we say, realizing that all experience that all gathers about one is the result of previous lessons and desires.

May we answer further, my brother?

N: No. Thank you. That sure is scary.

I am Latwii, and we thank you for the opportunity to serve and can only add a note of comfort to suggest that all such difficulties may find their resolution at any time within an entity's experience when there is the desire to give and receive love by the entity in some portion of its being. At some point this balance of giving and receiving love shall be achieved in order that the balance of the mind might also be achieved.

Is there another query?

Carla: In my Christian belief system, there is the biblical statement that one is never given more than one can bear. That seems to be contraindicated by problems such as schizophrenia and suicide. Is this just another spiritual paradox or is the biblical statement untrue?

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I am Latwii, and am aware of your query, my sister. Indeed there is the paradox, for each entity has the ability to carry those weights, shall we say, which are intended to produce a greater strength and therefore the ability to carry yet greater weights, if we may use this rude analogy.

The weights or lessons may take may forms. An entity may determine that within the upcoming, shall we say, incarnation there shall be a concerted effort to learn a lesson long past due, shall we say. Under these circumstances the lesson may be presented in an intense manner with the hope that the intensity of presentation will grasp the attention of the conscious mind and move it finally to the focus upon the lesson which will produce the desired fruits.

However, it may be that an entity, for one reason or another, refuses to utilize the talents and abilities that are indeed at its command. When one refuses for any reason to use those abilities that are within one's scope of being, then it is that such an intensity of learning may seem a weight too heavy to bear and the entity may be, shall we say, forced by its own reluctance to resort to what seems to be extreme measures of coping with the problem that it has devised for itself.

In the extreme case the entity may choose to stop its efforts during the incarnation by what you call the suicide. It may be that the entity stops short of this extreme response and takes, shall we say, somewhat of a breather and enters into the realms of the mental disjunction in order that the test that it has devised for itself may be put off, shall we say. There are lessons also in this area which await the entity so choosing. There are lessons in each area, for lessons cannot be escaped—they may be ignored for a time and may be dealt with in any …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. To complete our query. The lessons shall eventually be faced in way or another, in one incarnation or another. The means and time are of the choosing of the entity that has also chosen the lessons.

May we answer further, my sister?

Carla: I have heard it said—this is another question, not along the same lines. I have heard it said that schizophrenics have a tremendous creative power. This has been observed by various sober scientists. What's the source of this creative power?

I am Latwii, and am aware of your query, my sister. As we mentioned in our previous response to this topic, there is the relegation of a portion of the memory and the difficulty being faced to a portion of the subconscious mind with the hope that the problem, if moved deeply enough into the subconscious, will no longer trouble the conscious mind. However, with the schizophrenic individual this is not what occurs. The deeper awareness of the entity returns to the conscious mind that which was sent to the subconscious mind with somewhat of an aid, shall we say, presented to the conscious mind. That aid may be seen in general terms as some form of a channel or contact with the deeper portions of the mind reaching into the subconscious mind. This allows the conscious portion of the mind access to the more creative or imaginative portions of the deeper mind with the hope that this channel will allow the entity to find a, shall we say, creative solution to the problem which has overwhelmed the conscious mind.

Before this solution is achieved it is often the case that the creative nature of the subconscious mind is expressed in many other fashions. To those who are aware both of the physical, physiological and metaphysical nature of such a situation, these creative expressions are indications of the resources that have been made available to the conscious mind by the entity's deeper mind.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, as always, my sister. Is there another query?

Carla: I don't know how to put this so you could answer it … Let me try. The idea of community, a community that shares a common goal and common ideals, has been part of this group in its thoughts for some time. And in the last few months the coincidences of people writing us, calling us, or speaking to us about the feeling that now is the time to get on with community have just really piled up. And when the instrument and I were talking about the idea of community today, we got, if you count all of them through the day, three hawks and two silver flecks, which is the most array of spiritual

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coincidence I guess you'd say that we've seen in a long time. These are normally taken by us to indicate that we're talking about something that we should be paying attention to, that what we're talking about has some value. Could you comment in general on community as a way of service to others?

I am Latwii, and am aware of your query, my sister. We find that we may not speak in any specific fashion to this group, for there are confusions yet aplenty and must remain in the formative state, shall we say. It is well known by each present that the communion of seekers is the process in which each partakes. As this process of seeking and joining the wills of many in the seeking continues, it is of a self-generating nature, that is to say, that the seeking of each then is enhanced as is the ability of each to be of service to the other and to other selves that lie beyond the grouping of the community. Thus is the nature of any joining of minds and beings for any purpose. The being which is produced by the unified joining of efforts is one which is much greater than the sum of all those so joining. Thus is the seeking of the One and the serving of the One enhanced.

May we answer further, my sister?

Carla: What is the single greatest difficulty—spiritually speaking, not monetarily, we're aware of that—facing those who would wish to pursue the idea of community?

I am Latwii, and am aware of your query, my sister. We are not sure that we can pinpoint the, as you have called it, single greatest difficulty facing entities with the desire for community but can suggest that the inability to receive communication is a difficulty which is necessary for each in such a community to balance. Otherwise the communication is overbalanced in the giving as compared to the receiving. This is the result of the hardened position which is quite happy to spread its structures, and is not as happy to reform its structures.

May we answer further, my sister.

Carla: No. I'm familiar with resistance to change—it seems to be a part of everyone's life, in community or out. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Are you familiar with the entity that I could get as "Q'uo," and if you are could you share with this instrument what the actual name might be or is it a transmission problem, regardless?

I am Latwii, and we are familiar with our brothers and sisters who have made contact this evening for the first time with this group. We are not able to utilize this instrument's mind for the transmission of the complete name as you would call it due to the limitations not only of this instrument's mind but of the type of contact which we are utilizing. The telepathic contact is one which is greatly limited to the mental familiarity, shall we say, of the one serving as instrument with the concepts in general and the language to be used specifically. Thus, if there is too great a quality of foreignness in either concept or word used to convey the concept to the mind of the instrument, then there is a kind of wall which cannot be penetrated by this type of contact. We apologize for being unable to move beyond this limitation.

May we attempt any other query, my sister?

Carla: No, thank you.

I am Latwii. May we attempt another query of any kind?

(Pause)

I am Latwii, and we find that we have exhausted the queries for this evening from this group, and we are overjoyed to have been able to speak a few words with each of you this evening. We thank you, as always, for the honor of blending our vibrations with your own, and we hope that you will take that which has value and leave that which has none. We leave you upon the winds of your winter season as they blow about the seeming barrenness of your environment, promising that there shall be warmer winds to follow as the seasons of experience move one after the other in the progression towards the one Creator. Adonai, my friends. Adonai. We are those of Latwii.

(Carla channeling)

I, Yadda, greet you in love and light of infinite Creator. We almost not get in this time because we have continuing difficulty with the challenging in name of name, that is, in name Jesus rather than in vibration of Christ or Christ consciousness. This instrument hard-headed on this point. However, we

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wished to give thanks to this instrument, as always, for the challenging and appreciate it even though it is pain in neck.

We wish to say greetings to the one known as J who call us at this time, and we only leave the thought with you that the naming is important and is not important. Is important to name those things which are precious because a name can be equal to the essential vibration of that which is dear. Naming unimportant because all names become trickier. Consider that you start out on your past meeting and say names to each other. Ah, but if man and woman like each other, soon they stop the name and make up the pet name and the nickname and the affectionate name. There go the so-called real name never to be seen again in the relationship possibly.

The essence of a thing is that which is its vibration. So, name important if it vibrates truly as you name yourself, feel your own vibrational system and know that that essence is your name and will be until the creation has coalesced and all become One.

We use name now to say farewell. We Yadda—but you can call us sweetheart. We leave you in love and light of the unnamed infinite Creator. May you vibrate with this allness and find joy therein. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 19, 1986

(Jim channeling)

I am Hatonn, and am privileged to greet each of you this evening in the love and in the light of our infinite Creator. We are most happy to be with you this evening, and offer our services in a joint effort in seeking the One who resides behind all mysteries of being. We thank you for inviting our presence this evening, and thank you doubly so for inviting the opportunity to exercise both instruments in the telling of a story. We delight in the sharing of our humble opinion by means of the story, for in such a manner may we point a direction with less chance of seeming dogmatic upon any point, for with the story comes the opportunity for each individual to interpret the story in an unique fashion, a fashion which shall have the most meaning and impact to that entity and to each so listening.

We would begin by suggesting to this instrument that as it attempts to regain the ability to speak without a beginning focus or query, it release from its mind all preconceptions as to what should be said, and thus emptied, speak those concepts which move through its awareness. It is as though in one sense this instrument were beginning for the first time to learn to talk. This is not so, but the rustiness, shall we say, needs the oil. We shall begin.

There was once a young man who was … we pause.

(Pause)

I am Hatonn, and we apologize for the delay which was requested by this instrument as it heard the sound which suggested to it that perhaps this small group would be joined by another. We shall continue. There was a young man who with some small experience in its life pattern, determined that while it was young in years and strong of body, it would make a journey out to the world about it and seek its fortune, for it observed in the small community in which it had been raised that life was ever the same, moving at the slow and steady pace, the cycles of days and seasons repeating one after the other with predictable movement. And this, though providing for a secure upbringing and grounding in certain ethics of work and devotion, was not sufficient to cause this young man to desire to remain within the repetitious cycles from which it was spawned.

Thus, the world that was unknown and the tales of this outer world that had come to this young man seemed a great attraction and promised to the yearning spirit within the adventures and the opportunity that would allow the young man to find its freedom and its purpose within the life. Thus, it left its community of friends and family, bade each a heartfelt farewell and with but few possessions for the road struck out upon that road with hopes of adventure and promise.

We shall transfer.

(Carla channeling)

The sun rose; the sun set; the sun rose again. The young man drove down roads large and small. He refrained from using the map, for his concept of freedom suggested no reliance on any plan, but rather the desire to be lead by the spirit of freedom. Days without number followed. Towns flashed by, forests, hills and plains. Finally, the lad fetched up at the shore of a great port. A great ship was hiring and the young man signed on board and they steamed off, he and a large crew and the cargo, bound for places with exotic names, faraway places that tasted and smelled of adventure.

We shall transfer.

(Jim channeling)

After but a short period of time, the young man had experienced the pleasures and the pains of the daily existence on the steamer and had accumulated experience within a handful of ports of call and had tasted of the unique flavor of each. As the days upon the ship continued to multiply and one port after another had been reached and investigated, the young man felt yet another yearning, for it was apparent to his adventurous nature that life upon the ship, though offering far greater excitement than the village within which he had been raised, was itself beginning to become somewhat repetitious. And the young man yearned to explore in depth one of the more exotic of the ports and to see what the citizenry and surrounding countryside of such a place might have to offer a young man such as he.

Thus, after deciding to make yet another journey, the young man did so and set out at the next port of call upon a journey which seemed most thrilling, for the land in which he found himself was one far different from any he had seen before. With the ocean at their feet, the mountains of this land rose majestically and their tops were circled with clouds that drifted down into valleys rich and lush with life and peopled with inhabitants that were most interesting and curious to this young man.

We shall transfer.

(Carla channeling)

The nut brown people of this land welcomed him, not as one would welcome a stranger, for in this land there was no concept of that word. He moved freely between settlements and sat at the feet of many men he considered wise and women whom he considered full of vision. He felt that he had never before been challenged, never before been sounded to the depths, for in this land there was no concept of philosophy except all of life. There was the concept that all things were holy and there was the most unexpected respect and manifestation of this ideal in the lives of those who dwelt in this lush land.

No longer in any vehicle, unbuffered from the winds of change, he weathered the elements and walked through valleys thick with fog, the fog curling and rising about him in wisps so that the sun shone golden and brilliant, refracted in a million tiny sparks. Within the gloom in the mist there revealed shadow trees—then, as he approached them, he could see the sturdy dignity of each tree. He felt enveloped by the nacreous glowing mist and each turn in his path showed him another glory. He puzzled over this, for had he not seen trees and fog and light in his own birthplace?

We shall transfer.

(Jim channeling)

He thought to himself that these experiences were not new, yet their effect upon him indeed was new, for now, for the first time in his young life, he began to ponder the meaning of the cycles and seasons that produced such simple miracles as trees, mountains and weather. Here in this far distant land, people moved according to a rhythm not unlike that which he had left in his home. They shared a dignity of being and purpose of life that was also not new to him. Yet whereas those friends and family which he had left seemed somewhat boring to such a young and energetic man in their regularity and predictability, the people of this land exhibited much the same qualities, it seemed, as the trees, to spark within this young man's heart and mind a response that was new to the young man. The response spoke of a center to seasons and cycles that went beyond the outer repetition of the daily round of activities and beyond even the seasonal reappearance of harvests, festivals and community affairs.

The young man wondered why he should travel so far and see things that in many ways were far removed and much more exotic than that which he had left in his home yet which upon close examination seemed so like his home, friends and family. And why here in this distant land did he now

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for the first time begin to notice the center of things, people, thoughts?

We shall transfer.

(Carla channeling)

It appeared to him that he must learn the language of this place more carefully and examine more carefully why this place had resonance for him, resonances that were missed and [he] could not find in places familiar and exotic.

At the next village he stopped the first person he saw. It was a young woman with glossy black hair and beautiful, glowing brown skin. Of a sudden he spoke to her, saying, "Can you tell me what it is that you know?" She smiled at him, her sloe eyes dancing, her lips quivering with suppressed mirth. "I do not know what you mean, my beloved brother," she said. "Wait a minute—wait a minute," said the man. "Why am I your beloved brother? I have not seen you—I have not spoken to you before in all my life." This was greeted with open laughter. "Are you not holy?" she asked. "Do you not need the water of life, of conversation, of communion?" "Yes, I do—I do," stammered the young man, "and I receive that here. But why?"

The young girl put down what she was carrying and went to the well close at hand. She carefully pumped him a cupful of water. "What do you see?" she said. He gazed at her. "Water," he said. She said quickly, "What sort of water?" He replied, "Water—mere water. Only water—in a cup. What would you have me say?"

We shall transfer.

(Jim channeling)

The young girl simply replied, "I would have you speak of that which you see, for to one the water in this cup may be mere water, good for quenching the thirst of the moment, and to another the water may be symbol of that which is greater than any moment and of that which gives birth to each moment, for within the water of life do we all not move and have our being? And does not the water that nourishes our physical bodies represent in a symbolical form the breath of life, the refreshing waters of spirit if you will, which are at the heart of all being?"

The young man thought upon these words and replied to the young woman that he had never looked at things like that before, that to him life was quite simple. "Water is water. A cup is a cup. A road is a road. And what I learn is what I experience."

The young woman replied, "If that is so, why have you come so far to do this simple thing which could have been done at any place that you found yourself? Indeed, one would never have to leave one's home for such experiences as those of which you speak."

Again, the young man thought. And he replied to the young woman, "But it seemed to me that there must be more than such a simple existence somewhere in this world. And if it did not exist in my home, then I would go and find it. And I thought perhaps I had found it here. Mayhaps I have. Yet now it seems to me that I have come a long distance in order to do a simple thing. Can you tell me why it is that seeing beyond the surface of things is easier for me here than it was for me at home? I do not understand."

The young girl replied, "The journey of seeking upon which you have set yourself is one which may take a good deal of time during which you may move from one place to another many times. Yet at some point, no matter where you find yourself, you will begin to look more deeply into your surroundings and eventually into your own desires for accumulating surroundings. In this way is your gaze sent outward to the world about you and then reflected back to you to the world within you.

"For you see, you seek not that which is other than yourself or far distant from yourself, but that which is within yourself. The world about you will help you in this journey by showing you that beyond the surface of appearance which beats at the heart of all creation. When you learn, as you have begun, to look beyond seasons and cycles and sameness and see what lies within these "things" of the world, you will find your quest lies not in things or places or people, no matter how far distant, exotic or interesting, but lies instead within your heart of hearts, for there, my brother, will you find the answers to your questions of why you live and how you do it.

"The world about you will show you what you are ready to see. The world within you will show you what is at the heart of all that which exists about you. And this, my brother, goes by many names, for each who seeks the answers to such riddles travels a journey much as you have traveled, yet accumulates a peculiar way of viewing the journey and the fruits thereof, and calls these fruits by familiar names.

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Having made a portion of this journey myself and having recognized in you the qualities of the pilgrim, I share with you my name for that quality, and it is love that beats with a rhythm known to any heart and with a purpose of being known to every heart, yet veiled enough to require from each heart a desire to know more than the surface of things reveals."

The young man stood somewhat dumbfounded, yet aware also in his confusion that he had been touched by words and feelings from this young maid that made a kind of sense to him that quite exceeded description. And he determined at that point that he would return to the land of his youth and continue there the seeking which there had begun. And upon his return it was his pleasant discovery that the feeling of newness which he had obtained in distant lands remained with him, for now his eyes looked upon a new world, one no longer bounded by the surface of things and one which opened in promise in any direction that he gazed of providing a deeper taste of the rhythm and life inherent in all creation.

I am Hatonn. We are pleased to have been able to utilize both instruments this evening and most especially to have been able to use this instrument in a fashion to which it has grown unaccustomed. It has been helpful for this instrument to, shall we say, penetrate beyond the surface of its own abilities and find more treasures within. We feel that this instrument has grasped the greater portion of that which we wished to convoy, yet has in some degree omitted portions here and there that might have increased the richness and depth of illustration. We can only suggest that it would be helpful for this instrument to continue such, shall we say, undirected experiments in channeling.

We shall close this contact through the one known as Carla. We transfer.

(Carla channeling)

We share at this time some nuances of the tale so that the one known as Jim may grasp possibilities which may be experienced and shared with perseverance in this practice which we encourage and are most grateful for.

There is a land which is blessed as are its people with a sense of that which is holy. It is a land of mists and rivers, ocean and mystery-shrouded mountains. It is a land where feet touch earth, sole to soul. It is a bare-foot land, a touched land, a land loving and loved. It is a land which may be dreamed and from that dreaming a man may rise, awake for the first time to look beyond the dream of sameness. For is not every moment new? Is not every breath a new beginning and every out-breath the ending of what was?

Cycles there are, yet they are not the same, one upon another, any more than it is possible for one leaf to be like another or one snowflake to be identical to another. Once a dream has been given by grace, there is new vision of the spirals of infinite possibility. To be in touch with this vast infinity of possibility is to be in touch with the creative power of love. The young man may become an old man and die—die to his body and die to his personality, and yet remain awake in infinity, experiencing the water of forever and the joy of newness.

Thus, the story ends in foreverness, the story which is new, the message which is always the same yet ever spoken afresh. Love and love and love. We spoke three moments the same word and yet each ear heard three separate moments, each moment not a repetition but a new beginning. Breathe in the new, then, breathe out the old, and find joy in the newness of that which seems the same to those who sleep. See, taste, touch, hear and love that which is holy and know you then that you are in love with the universe and all that lies within it.

This we offer humbly through this instrument in order to encourage the one known as Jim to feel free to meander patiently and with perseverance while listening to the inner voice, for there is that within that instrument which is most eloquent. We encourage, as we have said, these workings and we thank the one known as Jim for opening himself to us in this manner. With a heart full of love for each, love made new each moment, and in the light of foreverness, we leave you. We are those of Hatonn. Are we ancient or are we new? We are—as are you. May you be blessed. Adonai vasu borragus. ♣

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Sunday Meditation
January 26, 1986

(Jim channeling)

I am Hatonn, and greet this group in love and light. We are honored to be asked to join this group once again. It is through efforts such as this that our contact with the older instruments, shall we say, is strengthened and given new opportunities to develop in those areas which yet await the development.

We thank each present this evening for calling for our presence and humble words to aid in the seeking of those who have awakened to the need for seeking. This evening we are quite happy to agree upon the format and will speak a small story through each instrument. As always, we remind this instrument that it may speak as it feels the concepts moving into the mind without the fear of the break in contact, for the type of channeling which is now being experienced is somewhat at variance with what this instrument has become accustomed to. The answering of questions, or more precisely, the channeling of the answers to queries, when undertaken over a long portion of time to the near exclusion of this type of contact, tends to give somewhat of a false security to one such as this instrument, for it can be imagined by such an instrument that the channeling of answers to queries is a kind of channeling which can more easily be created by the subconscious, for it is frequently the case that this instrument feels a source of information within it exists for whatever query is presented. However, in this type of contact, this instrument has no idea of the concepts which shall be transmitted through its instrument, and must once again, as in the beginning of its experience with vocal channeling, open the mind and relax the analysis in order that the contact may proceed in a smooth fashion.

We have taken some extra time this evening to describe the process which this instrument has undergone in its channeling experience in order to enable it to gain somewhat in the confidence that this kind of contact can indeed succeed. We shall now begin this story.

Once, as most stories begin, there was a young woman who was quite sure of herself and of her abilities, for many had praised both her and her abilities throughout her young and developing years. She was able to converse easily with not only peers but with her elders upon subjects of a wide-ranging variety. She was one easily able to solve the new and unique problems of her immediate surroundings, the management of her personal affairs, her business affairs, and was one who found an easy comfort in the friends and social intercourse of friends and strangers.

This young woman, in the terms of her day, had success at her feet. Her efforts were easily rewarded.

The efforts were of the kind which one would expect the young and successful woman to take part in. The development of this young woman's mind was rapid and moved quickly from those areas of social acceptance and career successes to the more abstract in which the young woman began to question herself in her quiet moments as to why her life had seemed to unfold with such ease and comfort, for she observed many around her who struggled for but a fraction of what this young woman was able to reap in each area of her existence.

We shall transfer.

(Pause)

(Carla channeling)

I am Hatonn. We apologize for the delay. This instrument was attempting to be fastidious concerning the tuning and the challenging of spirits. This was especially difficult for this instrument at this time as there was a target of opportunity offered when the instrument received the message, "I am Ra." The instrument was pleased at the contact and at the same time requested that this entity leave, for it was forbidden that this instrument would channel that particular social memory complex without adequate protection. The contact was a negative contact pretending to be that which it was not. However, it took some of your time for this instrument to remove the unwanted entity and to open itself once again for our contact.

We would take this opportunity to offer our opinion that no matter how long it takes to be satisfied within one's mind as to the tuning and the nature of the contact, it is the most important part of the contact for the instrument, for those who have these words then made available to them may have words which can be trusted. If the initial work is not done, there is no trustworthiness in the contact and the integrity of the light source which [the] group represents is undermined increasingly with each failure to be patient with the tuning and the challenging of spirits as this entity and its cultures calls those of us who, though persons, are not human but dwell in other bodies and other time/spaces and with, shall we say, alternate modes of thinking and expression.

We shall continue with the story.

"It is not acceptable to me," said the young woman, "that there should be such disparity betwixt my good fortune and others' ill luck. Who am I to have been born under such a fortunate star? And how can I dispense justice where no justice is possible, for were I to change places with a poorer, less advantaged person, yet still I would learn and I would once again be fortunate, for it is within me to work and to learn. And yet these traits will not talk to me, thus it is not a virtue but a mere trick of nature that I am who I am."

These thoughts made the woman feel lonely and full of sadness. Lonely, for she had no teacher, for those who attempted to teach her did not move as quickly as she, thus she became the teacher and the teacher the pupil. "What a tragedy," thought she, "and how unfair that one is given opportunity upon opportunity, and yet to another that little which has been given seems to vanish."

We shall transfer.

(Jim channeling)

The young woman pondered for some time this unwelcome state of affairs. She wished within her own heart that there was some way that she could aid those she saw about her who were seeming to struggle for what came so easily to her, and in her experience it was soon apparent that what had been given to her seemed in a relative fashion to be greater than that which those about her enjoyed. Yet as she continued her own personal inquiry into the nature of her life and the lives of others, there were from time to time new thoughts and resources that came within her reach, bringing with them the possibility of the further refinement of those gifts which were hers. Soon she came to …

I am Hatonn. We apologize for the delay. This instrument is somewhat concerned that it has lost the thread of thought—and indeed it has.

Jim: I'm going to quit, Carla—it isn't working well.

Carla: Shall I just take it then? Are you in a good enough state to continue meditating?

Jim: Yes.

Carla: Okay.

(Carla channeling)

I am Hatonn. We are with this instrument, and although we may seem to dally, commenting overly as we tell this story, it is of necessity in our opinion that we thank the instrument known as Jim, for this

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contact has been threatened by those entities which would if they could desire to reduce this group's productivity or to pollute the messages promulgated. The instrument known as Jim has the integrity to recognize and state clearly the limits of his ability, and we may say that under difficult circumstances this entity was able to make some strides in improving confidence and clarity, two necessary prerequisites to helpful channeling.

We shall continue through this instrument with a story which may seem to have wandered a bit. However, the story is as an arrow, seeming to arc a bit, but coming to its target nevertheless.

Soon the young woman was granted the wish she did not know she had. Another young woman of a different creed and color was brought in to the company for which she worked. They both held the same office, and as high-ranking executives were called upon to function at a very high rate of competency. The black woman had qualities which the young woman recognized as being those qualities which she did lack. It was the first experience that she had had in being able to depend upon another upon an equal basis for the exchange of information. And so she carried to her friend and co-worker her ponderings about the unfairness of life, about her great good fortune and all the power she had and about others' lack of good fortune and lack of power within this illusion.

Her friend gazed at her long, smiling very slightly. "Girl," she said, "you are working so hard to pat yourself upon the back within the illusion that you have forgotten what power really is." "What do you mean?" asked the young woman. "Do you think power is equal to money? To position? To great intelligence?"

"Why, yes," replied the young woman. "That is the way the world measures power and that is why the world is so unfair."

"Now sit down," said her friend, "for I want to talk to you about power. What do you think of me?"

The young woman looked puzzled. "You are my friend and I trust you."

"Last week," said her friend, "I cut in front of another car when I was driving to work. I did not damage my car, but I did not stop to see if there was any damage to the other person's car. What do you think of that?"

The young woman pondered briefly and said, "That sort of thing happens all the time. I suppose I would have been tempted as you to move on since the damage was so slight."

"Then do you forgive me?" said the black woman.

"Do I forgive you?" said the young woman. "If you need to be forgiven, then, yes, I forgive you."

"Aha," said her friend. "Now you are exercising power. Do you forgive those who kill and are put in prison? Would you set them free today?"

"No, I wouldn't," said the young woman. "The streets would not be safe."

"Ah," said her friend, "You have not forgiven. And so, no matter what the fate and destiny of those who dwell within prisons not of their own making, they are bound in chains by your power, for if you do not forgive, then there shall be no forgiveness."

"I don't buy that," said the young woman. "What can my opinion be worth?"

Her friend smiled *(inaudible)*. "The hardness of your heart or its softness or compassion are all in all. There is no power for justice that is greater than your opinion which you hold within the silence of your own mind or heart. As you open your heart, so you exhibit power for that which is beautiful and good. As you harden your heart to beauty and sanctity of all that is alive, so your denial becomes law, binding those whom you would bind. Yours is the ultimate power—yours and mine and all peoples.

Dwelling upon your great good fortune will get you nowhere, literally, my friend, for you see that when you accept the illusion and look upon your life experience as a game in which one may win or lose, you then become imprisoned by that which is not. You are not fortunate because you have worked in many lifetimes before this one—you are distinctly unfortunate in that you have not yet grasped that which you planned that in this incarnation you would accomplish to increase the light upon this planet and to share compassion with all those radiant ones about you who, like you, shut themselves up in the darkness of intelligence and stupidity, winning and losing, and all the dualities by which men judge things fair when they have not gone within to find that which is."

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For the first time in this young woman's life, she had fetched up against an idea that was almost impossible to fathom. "I am going to need some time to understand what you are saying," she said. "But you know, it rings clear to me that what you are saying has merit. There is fairness—the fairness must come from me within the privacy of my heart—is that what you are saying?"

Her friend smiled again, eyes twinkling merrily. "Do not forget," she said, "that within the illusion there are things which you have accumulated far beyond your need. Even within the illusion, radiancy of compassion may manifest itself by physical giving. I ask you only," she continued, "that it is within the heart that compassion resides and not within any action. It is only within the illusion that like actions are accepted as similar."

My friends, each of you is a being waiting and watching for a time when you may be acceptable so that grace may come to you and you may be the radiant and compassionate being that you seek to be. We encourage you to find inspiration before your attempt to manifest, for manifestations which come from one's sense of duty or from outrage at the injustice and unfairness which are apparent in that experience will be unable to share that which makes others joyful, the reason being that without the compassion and the joy within the heart, there is only a mechanical transfer of illusory objects from person to person.

It is easy to feel that some among your peoples have all the advantages and others almost none. It is well to remember that the fortune of each individual is illusory. Some who seem most fortunate had what you would call karmic situations in which they must face the seeming responsibilities and duties of this good fortune and face them not mechanically but from the heart. There are similarly many, many of your peoples seemingly born and living and with expectations of dying with almost no advantages who are working upon lessons of love which demand apparent adversity, for the shining of light in the darkness that is the building up of faith is a lesson of love in which the will is strengthened and the advantage which is so priceless spiritually and which is then chosen by the individual is that there is no false pride to overcome. Many are those seemingly poor who are untroubled by pride and therefore are untroubled by the illusion and whose faith and will move and move and move again ever closer to the goal of seeking the source of love and light which is the one unmanifest Creator whose mystery is shared by all.

We ask you to reconsider, if you need to, your good fortune. Use the intelligence which seeming good fortune may have given you to list that which is of the illusion and then find for the self that which is not of this illusion. And as your heart warms and becomes soft, radiant and giving, as you forgive, as you give up yourself, so shall your seeking produce great fruit.

(Side one of tape ends.)

(Carla channeling)

For love which is unmanifest does not have to be guarded or governed. The channels through which love may wind are everywhere. The only governance needed is the choice of the direction your eyes of compassion shall turn. And as all beings are one being, and as all beings are the Creator, unmanifest love made manifest through any means is love offered to the Creator.

May the reality of your good fortune shine upon you, and may you seek it with all that is within you. And if you are disheartened, we ask you to remember that you too are the Creator and you too must be the object of your forgiveness. You too are slave to yourself until you free yourself. You too are poor until you give yourself the coin of unbridled compassion. Rejoice and shout in the joy that is freedom, the true freedom of unmanifest love and of manifest service. You are in the Kingdom of Heaven within your heart, and yet you stride a planet and have the opportunity to manifest the giving, the forgiving, the freeing, and the spending of ineffable and infinite love.

We are most grateful to have been able to work intensively with the one known as Jim and to be able to speak through each instrument. We thank you that your desire to serve continues and we wish to affirm the spoken thought by the one known as Jim that fidelity of a perceived service, when lit by the compassion of the heart, is the cornerstone upon which all services and polarizations depend.

We leave you as we arrived, in the love and in the light of our infinite Creator. Go your way in peace. We are known to you as Hatonn. Our hearts touch yours in joy. Adonai, my friends. Adonai vasu borragus.

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(Carla channels a healing melody.)

I am Nona. We greet and leave you in the love and light of the One Who Is All. Adonai. Adonai. ♣

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Sunday Meditation
February 2, 1986

(Carla channeling)

I am Monka. We greet you in the love and in the light of the one infinite Creator. It is long since we have been called to your group, and we are full of gratitude that we are able to speak and share our being and our thoughts with you as brother to brother and sister to sister. We are one being and therefore words are clumsy, yet we shall use them as best we can. May we say that we appreciate this instrument's challenging of us. This instrument doubted that we were indeed Monka, for this instrument has heard tapes in which the contact was quite garbled. However, after three challengings, the circle of trust was completed between we who speak and she through whom we speak. The fastidiousness of this challenging tunes the contact more finely and clarity of channeling is far more possible.

It is our specialty within the Confederation to share our humble opinions upon the subject of those issues concerned with community and social responsibilities. Our planetary population had in your density and in the fourth density a very strong desire for harmony and thusly we became what has been called a social memory complex in late third density, which is the density and the period within that density which you now share.

There are many questions upon your mind at this time about not just the correct way to live, for this in itself has almost no meaning, as correctness is different for each individual, but rather the most spiritually propitious way to join in community and to relate to each others within a society. We can give you some guidelines, however we ask, as do all members of the Confederation, that you remember that we are fallible, that this contact is fallible, and that it is your responsibility to use the intellect and the power of discrimination, the gifts of an infinitely kind Creator, to distinguish that which you need from that which you do not need. Anything which you hear from any source whatsoever which is not helpful to you should be laid aside; perhaps you shall come back to it in the future and it shall make sense. Perhaps it is simply erroneous. In any event, there is a rhythm within each life, and within those tides of being information will come in a regularized manner. Trust the rhythms of information and of your own discernment.

The question of community is an extension of this suggestion. It is of primary importance that the deeper rhythms be acknowledged within those who have found companionship with each other. It is not chance or accident when two people meet and recognize each other. When this occurs it is not to be doubted—it is also not to be abused. Thus, the first hallmark of successful sharing of experience in community is that each, while acknowledging the deep currents which brought each together with

each, shall also be aware of—even militantly aware of—the individual currents and rhythms which may express themselves as crosscurrents within a community or even as contrary tides at times. Freedom is the hallmark of successful community—freedom to be yourself, freedom of each to be himself and freedom to experiment, to make mistakes, to be at risk and to grow.

Upon other occasions through other channels we have spoken of that life which we enjoyed in fourth density. There was a need at the time at which we spoke for people to consider specific topics such as education, the use of money, and so forth. We do not find such concerns within this group's seeking for a sense of true community, and for this we are grateful, for topics such as we have just mentioned are the outward and visible signs of an inward and spiritual gift. It is the inward and spiritual gift that concerns each: how does one give of oneself freely and in joy, without diminishing the self and without diminishing those other selves over whom we may have undue influence?

That is a great concern and it is for this reason that we counsel the exaggerated respect for each freedom in spiritual seeking. May we say that which is obvious so that it shall not be left out when one is working with a group of people. It goes almost without saying that each shall attempt to be honest, forthright and of service to others. Since we understand that each of you has accepted this, we do no more than mention it.

We would ask you to consider, then, the deeper reasons for community. Events cause a message to be given both metaphysically and physically. The coming together of entities in order to form spiritual community is an event, and the manifestation that it shall have is caught up in the event itself. The event causes a message; the message is heard by those whom you do not know and can never know, and this message in turn allows transformation among others. Thus, we suggest to you that before joining together in community the overriding goals be grasped in a unified manner so that each, while unique, shares the goal with each other in the community.

Our second observation is this. Great ideas without the addition of perseverance, the sense of humor, the light touch, shall cause each self to draw upon the human, if we may use that term, resources. Even the use of words causes variation betwixt people so that understanding cannot be shared fully. If each brings a light and forms a community of lights, those lights together form a great light, a city of light, if you will, in the metaphysical sense. And yet if you expect to sustain that light by intellectual practice or by dependence upon logic alone, the light will lose its luster, it will dim and the darkness will overcome it. Thus, we suggest that the common goal never be taken for granted, but that some form or ritual for the remembrance of that goal and the surrender to that goal be at the very heart of community.

Community begins with one entity. This may be difficult to perceive at first. But each entity to whom we speak has had many and diverse incarnational experiences and each who grasps these ideas is therefore a digest or an amalgamation of many and sometimes conflicting experiential preferences, ideas, opinions and goals. Therefore, the first spiritually oriented community is you yourself. It is easiest in this context to see how easily the spiritual integrity may be shattered, the light may be dimmed and then put out because of dependence upon intellectual analysis alone without the contact with that infinite source of intelligence which is love and which is available from within in the silence of the heart. Community then springs forth in full flower with two, and many are the words that are spent in accomplishing clarity of understanding and the harmonizing of two unique entities into one community with common goals and with the desire to surrender the self to the higher self so that those goals which have been prepared for you to seek may be sought in peace and with efficacy.

Each of you has considered what it would be to surrender to a group larger than what this instrument would call the nuclear family. It is no different than the harmonizing of the self with the self, the harmonizing of one self with another self. However, it is, as entities are added to the community, both more and more important and more and more frustrating to communicate as clearly as possible and to come into harmony rather than agreement forced upon one by a majority while pursuing the common goal.

We would like to emphasize that while there is great potential for happiness as you call it, or joy, and for companionship in community, these states of the emotion and mind are transient and the pursuit of them in or out of community shall result in

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disappointment as the moments of joy depart. We suggest to you, therefore, the possible wisdom of surprising yourself by appreciating the joys that occur without attempting to retain that state of mind and emotion, for these swings in emotion are of the surface, for in happiness one is still oneself and even in human joy, if we may use that term again, the importance of this state of mind is that of the stone which causes ripples to pass in their circular, outward gyration. Happiness is with you and then gone. To expect community to supply one with happiness is unrealistic due to the nature of that emotion. We are not saying that happiness is to be scorned—it is to be savored. But to cling to one happiness is to lose another, as if laughing too long at one jest, one may fail to hear the next cause for laughter.

Rather, we suggest the discipline in community of whatever size of the regular sharing of two things most of all. The food and drink which is symbolic of so many other necessary foods—for the soul, for the mind and for the heart and of the coming together in meditation, in thankfulness and in praise for that which is, which has been and which will be always the same. In that is joy and the heavens are full of this joy. A large portion of your creation has never left that primal joy and dwells in infinite joy. May you be one. May you be one, my children—and may you love each other, serve each other and cause your events to serve as a message that will aid others who are seeking their own ways.

We are aware that there is much that we have left unsaid and are willing to take questions. However, we cannot use this instrument for this purpose. We therefore would attempt to make contact with another instrument in order that questions may be taken, not simply on community, of course, for there may be other concerns which you may wish to share at this time. We leave this instrument and are grateful for this instrument's willingness to challenge us, to accept us, and to serve as channel for us. We transfer now. We are Monka.

(Jim channeling)

I am Monka, and greet you again through this instrument in love and light. We thank this instrument for accepting our contact and would continue our efforts to be of service by asking if we might answer any queries which those present may have upon the mind at this time?

Carla: Just for purposes of identification, are you fifth density and did you work many years ago with a channel named Richard Miller?

I am Monka, and our level of seeking is that which is of light and is numbered five, as you noted. We have for a significant portion of your time attempted to contact various groups and channels within groups in order to provide our service. We were those who spoke through the one known as Richard in an attempt to provide information which was congruent with the call by that group and our ability to serve.

May we respond further, my sister?

Carla: Yes. In those channelings which I have listened to that were made in the fifties, you went rather systematically through how to bring up children, the use of barter instead of money, the nature of rapid transit in a more fully articulated technology, and so forth. In other words, you were describing not just a spiritual community within a planetary sphere, but an entire society. We do not wish to remold our society … I'll just speak for myself. I do not wish to remold our entire society, but rather to mold my life according to the highest spiritual plan which was intended. Is this difference or distinction an important point?

I am Monka. That which is sought is indeed that of importance, for as one seeks one shall find. To those who seek in a certain manner is brought the closest approximation possible from those that offer themselves in service. Thus, our experience in previous contacts with your peoples was one which sought to provide what we could within our range of abilities and to integrate this with what was sought by those whom we hoped to serve. Thus, we now find that our ability to be of service to this group is determined by the nature of seeking that we find within this group. Our services therefore will be of a different nature, relatively speaking, than previously were our services, and we appreciate the opportunity to offer what we have found in our experience in the fashion which the seeking of this group allows.

May we speak further, my sister?

Carla: Yes. I've wanted to ask this question for years. I know from the Richard Miller tapes that Monka is a social memory complex of Mars in the fifth density, although I don't think the Miller tapes said that—they did say that you were of Mars. And so

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you must have been in fifth density when the third density of Mars destroyed its own environment. What part could you play in that drama of your planetary sphere of third density, which you probably had some feelings about? What were you able to do, or was it simply something that you watched without emotional feeling of any kind, waiting to be of help, but not asked? I guess what I'm really asking, I want to clarify, is are you still sentimental about being of Mars, even though you've gone on?

I am Monka, and we find this query is one which is based upon somewhat of a misperception. This misperception dates back to the original contact that we made with the group previously mentioned in that when our identity was sought we attempted to give an approximation of the nature of our being. This nature is one which is closely associated with the, shall we say, guardianship of the influence of the planet known to your peoples as Mars. In your rituals of the …

(Side one of tape ends.)

(Jim channeling)

I am Monka, and we greet each again in love and light. In those traditions of your white magical rituals there is the influence of the planet Mars, as you call it, that is seen to have a part to play, shall we say. That part has been, for a great span of time, our part, for each portion of the creation is guided by many influences which serve much as do the parents within your own people's cultures. Thus, when speaking to the group in your previous times with which we first made contact, we attempted to identify ourselves in the manner of our role as guardians of the planetary influence known to you as Mars.

We attempted in that role to be of what service was possible as the population of that planet moved into its third-density experience, and through that third-density experience began to express the bellicose nature that was eventually to render that sphere uninhabitable by a third-density population, as you are aware. It was not our proper role to save that population from the tribulations that it chose for its experience but was instead to offer ourselves in whatever manner was congruent with the call for service of that planetary population. Thus, we guided where possible and sent light where possible and healed those wounds that we were asked to heal. We are with this planet that is your home at this time because there are many from the planetary influence of Mars who now reside within this planet's influence and who now seek the ways of love with you upon your sphere.

May we speak further, my sister?

Carla: I hate to keep dogging the questions and answers, but what's your relationship, if any, to the entities of the vibration Yod-he-va-heh or Jehovah or Yahweh?

I am Monka, and our relationship is that of brothers and sisters within the Confederation of Planets in the Service of the One Infinite Creator. We have worked closely with these entities for a great span of what you call time, most especially in the transfer of souls from the influence you call Mars to the influence that is this planet's.

May we answer further?

Carla: One last thing and then I'll shut up. A very capable woman who has been in community for twelve years wrote a letter to Jim and me that we got this week, and she said from her experience that the three biggest problems in community were money, sex and children. Would you care to comment on that in any way …

L: *(Sotto voce)* Life.

Carla: … or just leave it—it doesn't matter.

I am Monka, and we would agree with the one known as L that these areas are those most frequently utilized by your peoples to generate opportunities for what you would call the spiritual advancement, for within these three areas, the identification of the individual self is given the opportunity to either learn the love and acceptance of those about it or to gather for the self as much protection from and control over other selves as possible. Thus, it is natural that when entities would seek to join each with the other in a closer relationship that those areas would be primary for growth potential.

May we answer further, my sister?

Carla: No, thank you.

I am Monka. May we ask for further queries?

L: How is the instrument doing?

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I am Monka, and we find that this instrument is doing well with the type of contact that we have established, that being somewhat deliberate, and we find that this instrument can accommodate several more of your queries if that is acceptable to you.

L: You took the opportunity a moment ago to correct a misconception. Are there any other misconceptions you'd like the opportunity to correct, and, if so, would you trot 'em out now so we can get it straight for a change?

I am Monka, and though the invitation is most gracious and we warmly accept it and appreciate such an opportunity, we find that our service is most appropriately rendered by attempting to answer those queries which each may present to us, thus signifying that which is of importance in your own process of seeking. Our identity, for example, being that which was associated with the planetary influence of Mars, was not, in our humble opinion, a significant misperception, for it approached that which was in our view appropriate. All information which we shall share will approach that which is true. We remind each that we do not view ourselves as being infallible, thus we shall leave to each of you the determination of that which is important to you to query upon.

L: It's my understanding from the subject matter you covered earlier, that your—I was going to say "appearance" for lack of a better term—here tonight is partly the result of a desire within this group to develop themselves into a community. Would you give us—whatever you possibly can—your perspective on what our communal desires in that direction consist of?

I am Monka. If we perceive correctly the query that you have asked, we have been asked to describe the call which we have perceived from this group. We have observed within this group what might be termed a seed. It is one which has within its husk the desire to join with those of like mind, as you would say, and similar means of seeking the truth in order that these qualities might be enhanced, for each within the group is aware that the combined efforts of many can produce far more opportunities for individual growth and service to others than can the efforts of one or two. Thus, the desire has arisen and with those expressing such desire has created the call which we observed and are attempting to answer.

May we speak further, my brother?

L: I have no further questions. I thank you for your time and patience.

I am Monka. We thank you as well, my brother. May we attempt further queries?

S: Yes, Monka. I am studying a religious philosophy called Nichiren Vedaism [Buddhism] founded in Japan seven hundred years ago by a man named Nichiren Daishonin. His philosophy was a chant that we use called "Nam-myoho-renge-kyo," simply meaning "Everyone without exception has the potential to be a Buddha and life is eternal[2]." What I would like to know, my question is simply, can "Nam-myoho-renge-kyo," the chanting of "Nam-myoho-renge-kyo," open the gateway to intelligent infinity in the third-density experience?

I am Monka, and will attempt response to your query, my brother. There are more factors present than would at first glance seem apparent in the repetition of the chant of which you speak. Its specific wording is perhaps of least importance, though significant. The wording itself is that which the will of the seeker focuses the attention upon. When this focus of attention is one-pointed, as it is called, for longer and longer periods of time, the inner meaning or direction of the words becomes seated within the seeker's being, becoming then a resource upon which the seeker may call in any life experience.

It is the experience of the daily round of activities in an unified and balanced fashion that provides the seeker the increasing opportunity of unity with all creation or the contact with intelligent infinity, as you have called it. Thus, the chant itself is that which serves as catalyst or that which points the

[2] After sixteen years of studying the sutras, Nichiren Daishonin declared that the Lotus Sutra contains the ultimate Buddhist teaching: namely, that everyone without exception has the potential to be a Buddha and that life is eternal. Further, the essence of these teachings is contained within the sutra's title. As he says in one of his letters:

> "Included within the word Japan is all that is within the country's sixty-six provinces: all of the people and animals, the rice paddies and other fields, those of high and low status, the nobles and the commoners, the seven kinds of gems and all the other treasures. Similarly, included within the title, Nam-myoho-renge-kyo, is the entire sutra consisting of all eight volumes, twenty-eight chapters and 69,384 characters without exception … Everything has its essential point and the heart of the Lotus Sutra is its title, Nam-myoho-renge-kyo." (*The Major Writings of Nichiren Daishonin*, Vol. 1, p.222.)

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direction for the seeker. The mere repetition of such a chant is much like the push-up. It focuses the attention for the moment, yet the true value of such an exercise is the seating within the seeker's being of the concept to which the chant points and the providing of the seeker thereby with the means of manifesting this concept in each facet of its life experience.

May we speak further, my brother?

S: No, thank you very, very much.

I am Monka, and we thank you, my brother. May we attempt further queries?

Carla: Just a quick follow up. I've always been curious about whether certain words or sounds have a vibration which is unrelated to the person speaking the sound or whether the vibration of the sound is only energized by love?

I am Monka, and would respond by suggesting that both are true, for there are indeed certain vibrations of sound that are powerful of themselves. There are also entities who may speak any sound and imbue that sound with love and thereby give that sound power. There are also entities who may misuse, shall we say, any vibration of sound and degrade it to the point that it is robbed to a large degree of whatever power it may have contained.

May we speak further, my sister?

Carla: No, thank you.

I am Monka, and we thank you once again, my sister. We find that we may attempt another query or two through this instrument before it is too fatigued for the clear transmission of our thoughts.

(Pause)

I am Monka. We appreciate the concern that each has for the comfort of this instrument and would take this opportunity to thank each also for being of that nature that has allowed us to speak with you. We are happy to be able to give voice to our thoughts as a service to those with whom we walk the path of seeking. We shall join you again upon your request. Until that time, we shall join you in silence in the Allness of the One. We are known to you as Monka, and we leave you now in love and in light. Adonai, my friends. Peace and blessings.

(Carla channeling)

I am Nona, and greet you in the love and in the light of the Creator. We ask your patience as we vibrate for the healing of the one known as B. This entity is soon to dwell within the form-maker body and the angelic hosts are awaiting this entity with great joy. We are also called for the one known as J and the one known as G. We thank you for your patience as we know this has been a somewhat long meeting. We cease speaking through this instrument and leave you in love and in light. We are Nona.

(Carla channels a healing melody from Nona.) ♣

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Sunday Meditation
February 9, 1986

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of our infinite Creator. It is a privilege to be allowed to share our thoughts with you at this time and we thank you and bless you with all our hearts. We wish to reassure especially the one known as C that our brothers and sisters of Hatonn are overshadowing this contact in order to aid this instrument especially in deepening the state of meditation to the appropriate level for our contact which is somewhat more narrow band, as you might call it than some. Because of this there will be the energy of Hatonn present in the room, and we trust each may use that vibration to aid in the clarity of meditation achieved by each.

We would speak with you this evening upon love. It will not seem at first as if we are talking about love, for what we wish to do is gaze with a clear eye at what many among your peoples call phenomena. The more obvious of these phenomena are those so-called occult arts of astrology, Tarot, and those who work within the trance state in inner level work as opposed to the work with those influences which are external to your planetary sphere.

We would not wish to discredit either the art itself or its reality, if we may use that term within an illusion. The energies or vibrations, much like waves upon a pond, which emanate from your whirling spheres, especially those relatively close to you, as you whirl about upon your island home, enter the planetary energy web at certain points which may be calculated by those with the bent and the time for such calculation. Further, these instreaming energies affect each entity upon the planet in an unique fashion. Therefore, there is validity in prophecy by astrology, nor would we wish to deny any other form of prophecy of a personal nature which an entity may find helpful.

However, we would like to examine the situation where one gives information and another receives it. The one giving information is doing so in one of several ways. By this we mean that it is not necessarily a sign of spiritual advancement, as this instrument would say, that one is able to use some means such as astrology or cards to tune in to the planetary energy web's emanations as they impinge upon an entity. It is rather an indication that such an entity as you may call psychic has in its past incarnations worked in these areas. One would not consider, for instance, a world-class pianist to be spiritually advanced, although the depth of emotions which such an artist may offer his audience may be a spiritual experience far too deep for words. Such transcendent talents are the result of more than one incarnation spent in the development of that particular characteristic.

"Phenomena" is another way of saying "things." It would be a poor argument indeed to debate the possibility that spiritual advancement is aided by things. We speak to you thusly because we are concerned to notice that there is within the community of those who seek the emphasis on knowledge of the near future, knowledge of one's past before birth—in other words, knowledge of things. The spiritual stance cannot depend upon any thing. It is, we feel, natural and comfortable that one with the talent for some sort of phenomenon to share it with those who request it. In this way such an entity is being of service to the best of his ability. But to live one's life as a seeker, dependence upon any thing outside the self is to have denied the self the greatest opportunity for learning that there is, and that is the untutored and unbiased circumstance. In other words, we suggest that it is one's instantaneous reaction or action to or in the face of circumstances wherein the great opportunity for spiritual evolution lies.

Let us look then not from the standpoint of the one who receives prophecy but one who generates it. Each within this room has generated spiritual material for the use of other seekers. Each therefore has accomplished a phenomenon known as channeling. We do not need to tell each of you that this in no way distinguishes any channel as one spiritually advanced because of its skill at being a channel.

Let us go further, now that we have considered both the one who receives prophecy and the one who generates it, and consider the things, the phenomena of the illusion in which you dwell. This instrument has spent a significant portion of its intellectual concern during the past twenty-four hours, your day, considering how much it desires to do a thing that will brand it as one who cares. This instrument has considered that it would be a valuable thing to do. That which this instrument wishes to do is to walk for the cause of peace for many of your months, and we say to this instrument and to all who feel that the great quest is best taken as a literal journey that neither this nor any other thing will necessarily make an entity progress spiritually or be in any way more polarized towards service to others or service to self.

To be more extreme, one may consider those who give all that they have to the poor, thus becoming poor. One may consider an entity who makes a great sacrifice in order that it may advance spiritually. The phenomena of your experience revolve about such insubstantial words as power, glory, money and so forth and because seekers dwell within a physical illusion of this certain type in which outer things are seen, a fruit is seen, but the originator or planter or cultivator are not. It is not surprising that entities wish to do things to both express and encourage spirituality.

We say to you that you must turn from the outside manifestations that meet your senses, turn from your own opinion of yourself, your own judgment of the fruits of your spiritual labors, and from any and all prophecy having to do with your probable future, and instead join the great darkness of the sea of mystery which surrounds and expresses the gateway to the spiritual progress. You cannot see or hear or feel or taste or smell anything in this darkness. You are, shall we say, without feedback as you progress upon a path that is narrow because it is only the span of footsteps—there are no things to carry. Why do you think the spiritual path is so narrow? If it needed to be wider it would be. It is your metaphysical feet touching the very stuff of spiritual reality that walk the path of the seeker. There is no luggage, there is no rest and there is no turning back. And so you walk on in darkness, each of you berating yourselves many times for your lack of spirituality.

How you people love phenomena. But within the darkness that is complete lies your heart, beating without sound, gleaning that light as you intensify and intensify your seeking to the point at which your inner beating heart is manifested as the star of hope, the beacon of faith. Can you then see? You can see the star. At that point that is all that you can see. It does not shed light upon your path but by your own seeking you have planted that which is no thing, but which is a symbol of light, the light that shall shine until there is no darkness, the light that is without time and without space. Footstep after footstep you walk on, lighted by a dim but very real star, a star kindled within your heart and within no other. Walk on in majesty, walk on in humility, walk on in trust, for you are not alone in this darkness, you are not alone upon this path and you are not beguiled or mistaken in seeking light. When you reach past the phenomena to touch your own heart, it is then that you have placed your feet upon the path.

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Without this heart, all actions are without spiritual reality, all fruits are withered in the merciless glare of the spiritual sun. You see, the fruit does not become the plant which becomes the seed which is then sown. That is not the way of growth. And yet your peoples so often consider their spiritual path in just such a reverse manner, first looking at the fruits, wondering how to arrange them by asking for phenomena and working backwards to the heart that sows the seed.

What a treasure your hearts are when they love. I beg you to love. It does not matter that you do not love perfectly according to your own judgment, it does not matter that you do not love all the time. It matters that you see your inner state of love as the cornerstone of your existence, your seeking and your destiny, for this universe is one thing and one thing only—it is love, the creative love—the one original Thought is love. It is within your heart that this love is reproduced so that you become creative also.

And when you are creator, what shall you create? Do not be concerned, for you have planned, each of you, what your service shall be. And you have been given grace sufficient to enable you to do what you have planned. What thing is it that you shall do? Many are those who feel that they are of no spiritual worth because all that they do is work, love their children, and die. And yet we say to you that you may well have prepared this as your mission, as your lesson, as your offering of love. There are those who have come with larger missions, larger in the sense that more entities will hear of the fruits of their particular labors. This in no way distinguishes one love from another, one fruit from another. Insofar as each fruit or manifestation takes part in love, just so each fruit is equal, for unbounded love and limitless light are all that there is. And whether you extend love and light upon your little ones or upon some more dramatic object, you have loved—and love is all that there is.

We appeal to you to meditate without judgment of yourself or others, to accept phenomena as they enter your life, to use them, to be alert for them, for it is well to receive the many hints that you will give yourself concerning that which you are to be doing, that which you have planned for yourself to do. We earnestly implore you to grasp that this channeling is also a phenomenon, that our words are things. We cannot prove our love to you nor can we say it, and you must realize that our words are nothing but shadows flitting across the inside of your mind. They may be without worth for you and if so we ask you to discard them, to shrug them away and to move on. Our love for you is part of our spiritual path. Your love shall be yours.

May all that is true and beautiful in your mind and in your heart be of blessing to you. May you dream, may you seek, may you love and may you know that you are not alone. The sensation of the air touching the ears of this instrument is remarkable to us. The heartbeat, the dilation of the veins—this is all new to us. We are enjoying the experience of sharing this instrument's body.

Because we have had to move rather deeply into meditation with this instrument to use it, we shall continue speaking of what we sense through this instrument until we are certain that this instrument is at a good state of conscious awareness of the illusion. We find this instrument's mouth to be dry. We are experiencing a very noisy environment within the body and we find variations of surface temperature across the lower portions of this entity's physical vehicle. The energy is not apparent to this instrument as it breathes. It does not breathe deeply enough. It is capable of a great deal more of the deep breathing and it would be helpful for clearing out many impurities for this entity to practice such.

We believe we are now able to leave this instrument. It is reluctantly that we do so, for we speak rarely with your peoples. We thank this group for being of a nature which calls to us. We send our love to you and we leave you in that love and light which is the infinite Creator. We are those of Q'uo. Adonai.

(Jim channeling)

I am Latwii, and am very glad to be able to greet this group in love and light and to speak our few humble words of inspiration and the joy of being. We, as always, offer ourselves in an attempt to join with you in your seeking by attempting to answer queries which may have arisen as you seek. May we now begin that service with the first query?

Carla: I have a question that I've been pondering; I haven't figured anything out about it yet. It seems that some changes hit you over the head with a hammer and there's no getting away from the changes, there's no thinking about it—it's just something that has changed. It seems that other changes are completely within our conscious control.

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How can one determine when one has thought about a change to the point where it's best to leave it alone?

I am Latwii, and if we have understood your query, we shall attempt response. For those who seek in a conscious fashion the steps to be taken upon the path, there are …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and we are once again with this instrument. To continue. For the entity who has consciously begun the journey of seeking there are points upon this journey at which time the placement of the foot is indicated by a sign, shall we say. This sign is that which is of the unconscious, shall we say. The greater being that each is and which has put the particle of itself which you call a person into the illusion which is your daily life then at various points may direct and indicate the most appropriate journey or step within a journey for the conscious seeker. This is in response to the seeker's desire to know. For as it has been written in your holy works, as one seeks, so shall one find, for the universe in which we each move and have our being is made of one thing—that is love, and by one entity—that is the Creator.

As the small self which is seeks, then, that which is sought is a greater portion of that which seeks. There is for each, then, guidance which may be sought with benefit in the seeking. The seeker at some point in its journey will find that the aids or indications thusly received may take on a more and more subtle nature in some cases. This is in order that the entity's own discriminating faculty of free will might be further enhanced. Thus, if one has for a great portion of its incarnation been used to receiving the, shall we say, two-by-four between the eyes as obvious markers along the path, it may be that less and less force is required to guide the entity, and the entity may well be better advised to look within its own being for that still small voice which when consulted gives the answers that are most appropriate for that entity at that time.

We apologize for a somewhat deliberate and involved response to your query, my sister, but we are attempting to work with this instrument in a somewhat variant fashion from the more conceptual techniques which we have employed in the past, as you call it.

May we answer further, my sister?

Carla: Well, I will give you specific information and see if you can add anything to what you've already said, realizing that it is often true that one can't get anything from us, specific questions, but I'll risk it because I'm really puzzling this one out. What you have said is very clear and it isn't convoluted at all as far as I'm concerned, in talking about making spiritual choices and hearing the hints and everything for yourself. In this situation there are two of us, myself and Jim, who have been talking about the possibility of forming a community for some years. For some reason, we have been talking about it far more intensely lately. The decision is a weighty one, is a heavy one in that it's sort of like buying a car or buying a home or having a child—you can only do it once or twice in a lifetime—you can't start something and then run away, at least not if you're Jim or me.

So what I see in Jim is that he is desirous of change but at the same time is of such a nature that the loss of solitude which even the most carefully run community would involve, could be a real life-threatening thing for him. In other words, we both feel the impulse towards change, and I am deeply questioning whether this is the right change because I am concerned for Jim. Neither of us knows whether to drop the thing for now or to go on thinking and talking about it. Sometimes we feel one way, sometimes we feel another. It's this situation that I'm trying to address. Can you be of any more assistance than you were to the general question?

I am Latwii, and am aware of your query, my sister, as we were aware of it with the more general form previously asked. We find that we may speak in general only and this is well for each must retain the full use of the free will in such matters. As one wishes to do that which is most appropriate within the incarnation in regards to being of service and to learning those lessons that are one's pattern, it is well to balance the great desire to accomplish these two goals with a lightness and lack of concern in order that one remain open to the influence of the creation about one, for it is sometimes the case with the over-serious seeker that it will try so hard to be diligent and correct in its movements and thoughts that it will develop a type of tunnel vision that is overly

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focused upon a matter to such a degree that the spontaneity and wide-ranging viewpoint suffer. These lighter and—we search for a word—more carefree characteristics are those which play an important role in aiding an entity's movement of intuition, for when one becomes overly dedicated to any particular thought or action, one then closes off certain helpful avenues of assistance that are open to those of the more balanced nature.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. We would ask if there might be another query.

Carla: Well, since you're about to close, I'll just throw this one in as an oddball question. The word "Belgium" has been rolling around in my head for the last few hours, and I wondered if you could tell me why, or in general, why words roll around in people's heads, if you can't tell me specifics. I have no emotional ties, any ties of any kind to Belgium.

I am Latwii, and am aware of your query, my sister. Consider, my sister, who has pulled the rug out from under the feet and the condition of the rug and its origin.

May we answer further, my sister?

Carla: The rug. I'll have to think about it. Thank you.

I am Latwii. We thank you, my sister, and would be happy to attempt any further queries that either present may have.

(Long pause.)

Carla: I get it! Thank you. Okay.

I am Latwii, and we shall at this time relinquish our use of this instrument. We are happy to have been able to speak to this group. This instrument is in the process of attempting to expand its ability to serve as an instrument and we are happy to work with it in this capacity. We hope that its desire and practice of this skill will allow us to speak in a fashion which is more nearly characteristic of our own nature, which is much more lighter and free-flowing than the somewhat rigid framework that this instrument provides us in the form of its mind. We leave each of you in the love and in the light of the one infinite Creator. We rejoice with you in that peace and in that power of Oneness. Adonai, my friends. Adonai vasu. ♣

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Sunday Meditation
February 16, 1986

(S channeling)

I am Hatonn. I greet you, my friends, in the love and light of the one infinite Creator. We ask your indulgence, our brothers and sisters, for it has been some time that this instrument has channeled our words and we are grateful that she has been so cautious, for as each of you know, there are those times when the duplicity of vibrations has been mistaken. We are very grateful, and it is with much joy we join you this evening, for the love and the light which glows around you is as great a thing for us to behold as it is for each of you to feel.

Many things, my friends, have been happening upon your planet's surface, much growth of the light and its balance, for in all things, my friends, as each of you perhaps have heard many times in the past, there is a balance and must be that balance. And it is in this that many of your questions may be answered, for the times when doubts arise remember that for all of the darkness that seems to be happening within your illusion, there is that much light as well and it is within that light that each, if it be his choice, will dwell. For we have found, my friends, by our choice that in that light will each find much joy and peace, for in the path of service to others there is joy.

We would now transfer this contact, as this instrument is experiencing some difficulty in maintaining our contact. I am Hatonn.

(Jim channeling)

I am Hatonn, and we greet you again in love and light. We would like to thank the one known as S for offering herself as an instrument for our words. We are overjoyed that we have been able to make contact with an old friend. We rejoice at each opportunity to utilize one who wishes to serve as an instrument in the vocal channeling.

We would remind you, my friends, that each of you is an instrument, each of you serves the one Creator in a manner which is very like unto the phenomenon of vocal channeling as you call it, for each of you with your own unique abilities, interests and desires takes that gift of love which is yours each day and makes of it an offering that seems upon its surface to be merely another daily round of activities. Yet from the deeps of your own being and from reaches and resources far beyond that which you call your own identity, do you draw the inspiration and motivation to take that enabling force that you call love and form it into each thought that you think, each action that you complete and each word that you speak.

Thus do you, each of you, all of you, articulate that great unspoken thought that dwells ever present and

ready to serve as the base upon which you stand, the palette from which you draw your colors, the canvas upon which you place them and the appreciation within each heart and eye that looks upon your creation. And thus do you provide glorification of the [One] Which dwells in all.

The particular type of channeling that you experience this evening as you gather together in your seeking is but one small form of articulation of the one original Thought that is love. We are privileged to partake in this offering with you, for in this participation do we also discover more about the one Creator and the means by which it may be manifested within your illusion. We spoke of doubt at the beginning of this contact and we would choose at this time to expand somewhat upon this concept, for if what we have just spoken has truth within it, then it must be asked by any seeker of that truth what part doubt plays and why it seems many times that doubt plays such a large part within the process of seeking and experiencing that each of you and your fellow beings experiences in your daily life.

Within the cultures of your peoples at the current level of development of technology, it would seem that much of doubt would have been erased from the daily life and experience of your peoples. For do you not have shelters to protect you from the elements? Are not the great majority of your peoples clothed and fed at least to a minimal degree? Do you not have relationships and means of communication with each other? Do you not have pursuits of work and leisure with which to focus your attention? Are there not within your culture areas in which each may find the potential of reward and satisfaction? Are there not many who speak of the one Creator and who provide paths by which a seeker may find that one Creator?

Yes, my friends, you and your peoples have all these things and more in great abundance and yet we would suggest that perhaps it is this very abundance of things, of ideas, of entities, of groups, of possibilities and opportunities that itself seems to provide the basis for much confusion and doubt. For with such great variety available in these areas of seeking of the mind, of the body, and of the spirit, how then does one decide in each particular instance what shall be the choice that is most appropriate for one at any time?

In your daily round of activities, from time to time you find the difficulty perhaps due to misunderstanding with one of your fellow beings. There is perhaps the intention of each entity to give of the self in a manner which is unique to the self. The gift perhaps finds little acceptance though the intention be relatively pure. Yet there is the disharmony, the accusation, the harsh and disharmonious words. Then, perhaps, there is silence, the heart being wounded, the mind being confused, the tongue then holds its peace. And the entity goes its way wondering to itself where was the missed step? How was it that one with the intentions one knows one had could give so freely and yet seemingly be so mistaken and misunderstood?

Yes, my friends, this is not an unusual occurrence; each of you has had similar experiences far more times than perhaps one cares to remember. And it returns again and again to the mind and to the heart, the wondering how can intentions be purely translated and communication made clear with those with whom one has contact on a daily basis? How can the relationships be smoothed and harmony be found and maintained? How can doubts be overcome and how can the next step be placed with surety on the path of seeking and sharing relationships each with the other?

We suggest to you, my friends, that it might be helpful if one can perhaps, only briefly at first, adopt a somewhat different attitude as one looks at the, shall we call it, metaphysical import or nature of one's daily life. When you experience the disharmonious relationship, the angry word, the cold and shriveled silence, that what you have is not so much the missed opportunity as a renewed opportunity for that which seems lost. Within your illusion it is not apparent in even the least degree that each is the Creator and that love binds all as one. Yet if you can within the heart of your being draw upon that realization and look upon each situation in which you find yourself with that point of view or attitude, you will see unfolding before you the limitless opportunities to discover love, harmony, peace and joy where there seems to be none or very little of these ideals which each shares.

For when you have experienced the smoothly functioning relationship and the either spoken or unspoken joy of sharing time, words and experience, you are living upon the fruit of a harvest that has been completed, and you now, as you view that

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which is disharmonious, may take what has been completed and move into a new experience, another opportunity to plant a seed of love, to nurture it with will and faith, with perseverance, with the kind gesture, the loving word, the respectful attitude, and watch that seed take root. It may be a great portion of what you call time before the seed sends a shoot into the light of your daily experience, and an even greater portion of what you call time before that plant of love bears fruit. Yet, is this not what each of you have come to do in some fashion within the incarnation that you now know?

That you have love and harmony a portion of the time with those about you can become an inspiration that motivates you, shall we say, to plant those seeds in areas that seem to have the most barren of ground, for it is [within] such seemingly barren soil that the greatest of opportunities may be found.

If you look upon the purpose of your incarnational patterns as not so much [for] experiencing love as for you to discover and nurture love where it has not been, then we suggest that you may find that the daily round of activities becomes far more acceptable within your sight, for if one becomes involved enough in the mundane nature of the world about one, it is far too easy to forget that the world about one is more the training ground than the, shall we say, finishing school, for there is the need and the opportunity to work the mind and the heart in the barren fields of your environment that these fields might become as the oasis and produce the life-nourishing waters of love that may then be offered freely to all about one.

Where you find yourself in your daily round of activities is where you have planted yourself, shall we say, in order that you might tend the field in the most loving fashion that you may. It is not so much the ability you may have to change those about you that is important as it is the ability that you have to look upon those about you in a new way, in a way which gives acceptance and love as freely as each of you is given the air you breathe, the ground that you walk upon and the experience that comes before you each day that you draw the free air into your lungs and each day that you find yourself once more moving in a world of seeming confusion, of endless choices and of seemingly multiple confusions and opportunities for misunderstanding. To be able to move one's own point of viewing from the mundane to the sacred, shall we say, is but a small step within one's own mental viewpoint, but one which can produce great changes in one's experience.

These changes, my friends, are those which grow from within your being and are nurtured by that quality that we have called love, the topic, the only topic, of all our humble words to you over the many years that we have been privileged to speak with you and through you. It may seem far too simplistic an attitude with which to move through your daily round of activities, yet we would remind you, my friends, that the one Creator is simplicity itself. Within your illusion much seems complex. It is as though the one Creator has played hide and seek with Itself and with love. And yet as each of you are a portion of that one Creator and as all creation is that same Creator, there is no place beyond your reach where love may be hidden that you may not find it. Persevere, my friends—and yet persevere with a light heart, knowing that all is truly well, that all things move in love, that you are an infinitely valuable portion of that love and of that one Creator and that you cannot err in your seeking of love. You may discover many and variant ways to seek, to find, and to experience and yet you shall make no mistakes, for all efforts are born of love, move within love, and in some fashion produce love.

We thank each of you for allowing us to speak our simple and humble words, and we shall be with each upon request in your meditations in order that you might experience a deeper vibration of that love of which we have spoken. We shall pause for a moment before leaving this group and move among each that you might experience our vibration. If that be your desire, mentally request that this be so and we shall be honored to be with each. We pause for a moment.

(Pause)

I am Hatonn. It has been our privilege to be with each of you. We leave you now in the love and in the light of the One Who Is All. We are those of Hatonn. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we are also most happy to join you this evening, my friends. We have not had the opportunity to greet this group in love and light for some time and we take great joy in doing so at this time. We hope that you will be somewhat patient

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with us as we have been attempting for a portion of your time to work with this instrument in a slightly variant fashion. We are attempting to utilize the word-by-word type of channeling with this instrument in hopes that we might allow it to be somewhat more flexible in its perceiving of our contact. We shall attempt those queries which those present may have brought this evening and we would now ask if we might begin with the first query?

S: I have a question, Latwii. I'm sure that some of those present in this room this evening have dealt with this question before but I would like, if you don't mind, some information on the subject of what, if any, in your opinion, is the value and/or effects of using what could be termed as a crystal generator to heighten the transmission, perhaps, of this type of contact?

I am Latwii, and am aware of your query, my sister. We feel that we may be of the greatest aid by suggesting that the intention that motivates the use of any gadget of this variety is that which is the foundation principle that will determine the value of such use. There have been many gadgets, shall we say, which have been utilized throughout the history of your cultures upon this planetary influence that have had the purpose of enhancing the abilities of the initiate or the one who wishes to serve as an instrument in the service of others. The desire to serve in as pure a fashion as possible is that factor which determines whether a device such as the one of which you speak will be of any true assistance or not to any individual or group. There is with the use of such a device a potential temptation to see such devices as necessary for such a service to take place. There is also the temptation to utilize such devices for purposes of one's own gratification, shall we say, for it is true that such devices can be helpful and are indeed powerful when utilized with a strong enough intention. The polarization of the intention, therefore, is that which must be carefully achieved.

May we answer further, my sister?

S: Yes, please Latwii. Would you suggest a diagram of an apparatus such as this to be used? And you don't have to do it right now, it's basically a yes or no question.

I am Latwii, and we find that even if we were willing to produce such a drawing, we would be greatly hampered in doing so by the limitations of this instrument's mental configuration, for not only is this instrument quite untutored in this area, but this particular instrument has some degree of resistance, shall we say, to the use of such devices, and we would be hampered by this mental configuration. We remind you, my sister, that the use of such devices is much as the use of a crutch in some instances for those who have abilities that would remain untapped if there were such a device handy to rely upon.

May we answer further, my sister?

S: If I might ask one more question. I attended a meditation Thursday night. Latwii, I'm going to ask this because I need some outside affirmation, so to speak. Were the members of the Confederation actually present and in attunement with those that were present at that meditation Thursday night?

I am Latwii, and, my sister, it is our desire to be of the greatest service possible in this regard, but we find that the query moves within an area which is sacred unto your own seeking. It is therefore with some regret that we must refrain from giving any definitive response, for the decision as to the nature of the experience of …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. To complete our response, my sister. This decision must be one which is achieved by your own efforts, for it is just this kind of decision that allows one to exercise one's own spiritual muscle, shall we say, and grow stronger in discrimination. If we were to give a definitive response, we would be removing from you the opportunity to accomplish that which you have set before yourself, and we would, in our humble opinion, not be serving as well as we can serve by refraining from a definite response.

May we answer in any other fashion, my sister?

S: No, Latwii. By your answer you have answered, and I thank you very much.

I am Latwii, and we thank you very much as well, my sister, for allowing us to speak. May we attempt another query?

J: Yeah. What was the cause of the disappearance of the colony of Roanoke?

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I am Latwii. We shall attempt a response, though we are not certain that this instrument is capable of transmitting that which we shall give. We shall pause for a moment to deepen this instrument's state.

(Pause)

I am Latwii. We find that the entities of which you speak were those who had for many incarnations moved as a group in the service of the one Creator as those who partook in a, what you may call, tradition or mystery school which had the purpose of serving in the capacity of generating certain potentials in the consciousness of what you may call the racial mind of those about them. This was not completely a conscious function and moved within the subconscious realms of these entities in order that the work to which each was apprenticed might be accomplished in what you may call more of the mundane fashion than is normally ascribed to those operating within such a mystery school or tradition.

Thus, the approximate cause of the disappearance of these entities was their seeming capture by groups of other entities known to your peoples as various tribes of the American or Native American Indians who were themselves agents of this same tradition and who, by the seeming capture and removal to other locations of this colony were playing their roles in the mutually agreed-upon purpose that was the motivating factor for the incarnations of all those involved.

May we answer further, my sister?

J: Are you saying that they willingly disappeared? That they willingly moved to another location?

I am Latwii, and this is basically correct, my sister, although the willing choice was more preincarnative and subconscious than conscious. Yet as these entities adjusted to their new surroundings, the memory of this choice became more clearly defined within the conscious minds of each.

May we answer further, my sister?

J: May I ask where they went?

I am Latwii. We present to this instrument the picture of the area of your continent known as the southern portion of the Canadian provinces bordering the Great Lakes area as the final destination of these entities as they were moved by various tribes to a succession of locations, eventually ending in the southern province of the Great Lakes region in your Canadian area. This instrument is unable to transmit the precise location.

May we answer further, my sister?

J: No, thank you very much.

I am Latwii, and we thank you very much. Is there another query?

(Pause)

I am Latwii. We find that we have exhausted the queries for the evening, and we have been most grateful to be able to speak those words which were ours to speak. We hope that you will remember that we are but your brothers and sisters upon the same journey which you find yourselves and are most fallible as well. Take that which has value in your own seeking and leave that which we have spoken which does not ring true. We thank you for allowing us to join you this evening. We shall look forward with great glee and joy to our future experiences with this group. We are always happy to be called to your midst and rejoice with you in your songs, in your words, and in the love which each brings to the other. We are those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
February 23, 1986

(Carla channeling)

I am Nona, and we come to this group due to the great cry of one of this group who is not here. We come to you in the love and in the light of the infinite Creator and are most grateful to this instrument for allowing us to, shall we say, speak or intone through her. Also, we are grateful to those of L/Leema who have allowed us to be first, for there is some urgency in this calling which, as we have said, is not of the group in this room but for another.

(Carla channels a healing melody from Nona.)

(Carla channeling)

I am L/Leema, and I greet you, my friends, in the love and in the light of the one infinite Creator. It is a great privilege to be called to your group and we thank you for the opportunity of being of service to you, for it is your service to us to allow us this great privilege. We shall speak tonight of the positive, the negative, and the neutral; of the proton, the electron, and the neutron; of serving, of receiving, and of being.

Of the positive and the negative and the neutral we feel that we need only say that each will have his own idea and an approximately accurate one it is of the meaning of these words. In metaphysical terms, positive equals that which radiates or gives, emits or shares. In metaphysical terms, that which is negative is that which attracts or takes or enslaves.

When we come to speak of what this instrument thinks of as fundamental building blocks—that is, atoms of your physical illusion—we find this instrument ill-equipped with the vocabulary sufficient for an elegant exposition of the subject. Metaphysically speaking, however, we ask you to consider the great starry sea of space and star which you view now if your eyes are open and gazing skyward, for it is the nighttime upon this portion of your planet at this time.

We do not wish to compare stars to that which is negative and positive, and yet we say to you that the one who looks into the heavens is gazing at a multiplicity of atoms in the larger sense. The model holds steady for the so-called atom and the difference between positive and negative will one day be found to be a part of your physics and is linked with what is now an incomplete and incorrect field, that being gravitation.

Let us look closer at some systems within galaxies. There in a sun system you may see several planets in an energy shell that binds them tightly to the star to whom they are attracted.

We say to you that that which is termed the neutron, which seems to take up a great and vast majority of the actual matter or energy of an atom, is

that which is lost in love, or to put it more scientifically, it is that Thought or Logos which is uncreated, and thus is neither positive [nor negative] but remains at rest within the unmanifested mystery and personage, if you will, of the one infinite Creator.

Now let us carry this analogy more firmly into metaphysics, for we may assure you that far more of your own life within this illusion and far more of your seeking within that life is likewise lost in the Creator, safe within the Kingdom of Heaven, if you will, than any can realize while bound within the illusion, which makes it seem as though there is an endless series of things which are good and things which are bad. There may be things that do not matter, but it is seldom, my friends, that the value of the great majority of the self is ever seen, appreciated or used.

Now let us look at the energies about which we are speaking. Each of you is a spiritual atom. Life energy which is universal and nondirectional is drawn into the force field or energy field of the physical body, together with its mental, emotional and spiritual complexes, through the soles of the feet and rises upward. That which is positive and radiant is that which is sought, that inspiration, that truth, that knowledge or awareness that the seeker's heart yearns for and thirsts for and must have. The meeting place of that which some call prana, the life energy drawn up from the feet into the body and that light which radiates and which is brought into the body complex through the higher chakras, is that point at which you as an entity will function and from which you as an entity will learn your lessons, each being a lesson of love, yet each being completely unique as are you.

However, let it be known upon a dark Earth that the vast majority of the essential you has not left the creation of the Father, but dwells unmanifest and unpotentiated, full of energy, full of life, but without any need for outer expression, that need being a part of what it is to be in the illusion of positive and negative and lessons to be learned and journeys to be walked.

How wonderful each of you is, my friends, how full you are of the Creator, how at one with the Creator you truly are, how joyful is the greater part of you. Yet it is a part that cannot speak to your conscious self, it is a part that cannot be taught, it is a part that is not of time and not of space. Within it lies your future, for from its infinite regions, you yourself will require some small portion for each lesson which you accept the responsibility of undertaking and if possible, completing.

In other words, my friends, that which is neutral, that which is your neutron, that which is of the Logos within you, waits and waits without time. My friends, each of you has one or more things which are desired at this particular juncture, yet the time has not yet come for this lesson to be undertaken. We ask you therefore to take the lesson of the atom to heart. Sometimes it is time to wait, for that which is unmanifest cannot be pushed or pulled or bullied. The rhythm of the Father is such that only in the Creator's time, which is your inner time, shall your lesson emerge from timelessness and act out its drama upon your world's stage, and then you shall learn and know and you shall go on and again you will wait. But for each of you now, there is waiting to be done.

We suggest, therefore, that you wait happily, knowing that that which is necessary for you to do is single—that which you must do is ask, for is it not written in one of your holy works, "Ask and it shall be answered." Therefore, we always and ever caution seekers to be careful of that which they ask, for in good time that which is asked will be received. Be sure that you are asking for that which you truly desire.

We would say this in closing. Many are the notions that seekers have of the appropriate fruits of seeking. The products of seeking in many persons' opinions are quite visible, often dramatic and most astonishing. Each seeker naturally wishes to be of service, to advance in seeking, to develop as a spiritual personality, and so forth. And yet we ask you to look at some of those whose lives have produced a content of speaking and action which people have followed for many of your years.

Let us look at Gautama Siddhartha. This entity was a king among men. It sought the truth, and it gave its fruits most productively when, after many adventures, it ferried people from one side of a river to another. We ask you to look at the entity known to you as Jesus of Nazareth. This entity did not even start incarnation as a king, but was without pretension from [birth], living as a carpenter and a carpenter's son, walking about in the dust and heat

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of desert land, and dying along with two petty criminals.

Where are the fruits of these lives which were so dramatic? Put yourself in either of their places and attempt to define just when it would be that you would know that your life had become spiritually productive. The secret that these two extremely compassionate and wise entities shared was the secret of waiting, of metaphysical neutrality, so that one met each circumstance with spiritual freshness, with a vivacious love that pierced the seeming tension and dissolved positive and negative so that all was light and love.

Those lives which are dramatic are neither more nor less capable of being spiritually productive as those lives which seem to be prosaic and full of that which is daily and mundane. The eyes to see, the ears to hear and the hearts to understand lie in that part of yourself that has never left the Logos and that is waiting to be potentiated by your free will as co-Creator, for you are in God and the Creator is in you. We shall wait with you, my friends, in joy and without anticipation so that we may, as you, be surprised by the even greater joy of action within the love and the light of the One Who Is All.

Never attempt to spin your electrons or to gather your protons so that you may gain more electrons—no, no, my friends—this is not the way to spiritual productivity, for that is not a shell, it is a situation which you shall inherit when the waiting is over for now. It is something you shall experience in the moment, and then you shall wait again in joy, in peace. Know yourselves as powerful beings. There is no circumstance which was not given you by your own self for a reason. Wait. And the time shall be ripe and the lesson learned.

We would transfer to another channel within this group at this time. We leave this instrument as a galaxy within a galaxy within a galaxy, and so on to infinity, for that which is true in the microscope is equal to that which is true in the telescope. That which is true in your smallest experience is that which is true in the deepest sense. Life has much of illusion to offer and you wait in that blessed reality that is the Creator. We wait with you. We leave this instrument. We are those of L/Leema.

(L channeling)

I am known to you as L/Leema, and I greet you again, my friends, in the love and the light of the infinite Creator. We ask your indulgence at this time, for this is our first opportunity to speak to you through this instrument and desire a few moments that we might attune ourselves more efficiently to this instrument's capacity to communicate our thoughts.

We desire, my friends, not to lecture nor to teach, but simply to share with those present those thoughts which your questions generate, that together your seeking and our own might lead us both to greater perception. My friends, it is the way of the wanderer to arrive without acclamation, for in silence is much work done. Therefore, my friends, those who would act in the role of catalyst both for their own growth and that of their brothers should consider that their own efforts may serve only to influence unduly those about them, should those efforts be directed toward the turning of a brother or sister to a specific path. To be truly of service, the seeker, the wanderer, does not seek to teach, to lead, or to guide, for to do so would be to exert an influence upon a brother or sister much as those forces described earlier as positive and negative in the physical realm would exert a force upon other minute particles of matter …

(Side one of tape ends.)

(L channeling)

To truly serve, my friends, is not to pull or to tug but simply to exist, to be that which is immune to the pulling and tugging, which of itself seeks not to influence but rather to simply show. It is only in this manner, my friends, that one might purely help a brother, for one may only demonstrate attainment and the values of that attainment by example. We leave you now, my friends, in the love and in the light of that which you term the infinite Creator. We are known to you as L/Leema.

(L channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and in the light of the infinite Creator. My friends, it is a great pleasure to be here as we have been waiting quite impatiently for our opportunity to be with you again. It is always our pleasure to eavesdrop upon such erudite lectures as those provided by our brothers and sisters of

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L/Leema, yet we also have the desire to be of service and are quite pleased that it is now our opportunity to do so. At this time are there any questions we may in our humble efforts attempt to answer?

M: Yes, Latwii. We have spoken before. I'm the one from the planetary [system] Kreeton, approximately 246,000 light years away. My question is, does Kreeton have more than one moon, and does it have a sun like ours, and does it support a third experience like unto what we share on the earth plane?

I am Latwii. I am aware of your questions. My brother, it is our desire to answer your questions, yet we feel that we would be somewhat remiss if we did not include within our answer the observation that few entities are capable of claiming only one previous address. However, we shall continue in our efforts to answer your question. My brother, there are two moons in the system which you describe and the solar disk to which you refer is quite similar in that most logi seem to originate from the same source.

May we answer you further?

M: Yes. Does the planetary sphere, Kreeton, support a third-density experience that is like unto the one here on the earth plane?

I am Latwii. My brother, the planetary system to which you refer has at a different point in time, as you would describe it, experienced a third-density collective existence. However, this particular entity, as you might describe it, is not currently at the previously mentioned address.

May we answer you further?

M: Yes. In comparison to Earth, how large is this planetary system Kreeton?

I am Latwii. My brother, we assume that you refer to a specific body as opposed to a solar system. The terminology "planetary system" we find somewhat confusing and would request that you clarify this as we are uncertain as to the correct answer to your question.

M: Yes. Assuming that Kreeton is a planet like Earth, would Kreeton be much, much larger than our planet Earth?

My brother, the planet to which you refer is of approximately the same dimension. However, as you are aware, one might equally well say that the planets Earth and Jupiter are also of approximately the same dimension. We would, however, further interject that such conjecture, while stimulating to the mind, might be of lesser importance than that existence within which one is currently occupied.

Is there another question?

M: No, thank you.

Carla: Is Kreeton a member of the Confederation of Planets in the Service of the Infinite Creator?

The former occupants of that planet are not yet of that status. It is currently supporting that which might be referred to as early second density in this point in time.

May we answer you further?

Carla: Is it possible that the term "Kreeton" refers not only to a planet but to an entire planetary system?

I am Latwii. That is correct, my sister.

Carla: Are there wanderers from one of the planets of Kreeton to this planet at this time?

I am Latwii. My sister, we feel it inappropriate to divulge such information for the reason that there are those known to individuals present who feel themselves of this particular status. Should this indeed be true, there are more appropriate manners in which this information might be attained for the individuals concerned.

May we answer you further?

Carla: No, I just suspected that in M's eagerness to get at his home he was remembering a planet which he had helped at a previous time rather than the planet from which he came. I don't need you to answer that—I was just figuring that since I knew another person who was a wanderer from Kreeton that there was probably another planet that was other than the one that was remembered by M. Thanks for your help.

I am Latwii. We thank you my sister. Is there another question?

M: Yes. In this planetary system, Kreeton, collectively, Latwii, can you tell me how many planets might be in total in the planetary system Kreeton?

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I am Latwii. My brother, we would offer to you the number five.

Is there another question?

M: I felt Latwii, always, that I am a wanderer from the planetary system Kreeton. Is it possible to divulge the name of the planet that I may have visited at one time or helped?

I am Latwii. My brother, it is our desire to be of assistance at all times. However, we are sure that you understand that the information you seek is that which should be sought from within, for it is our desire to avoid interfering with an entity's path.

May we answer you further?

M: Yes. Do the five planets in the planetary system Kreeton, do they support densities one through six? Or maybe just one planet out of the whole group? Or all of them?

I am Latwii. My brother, the potential exists for all planets to support all densities, for as you [are] no doubt aware, the abilities of the Creator to adapt to specific situations are quite admirable and the potential always exists for any location to be successfully utilized by any of the logi. However, to attempt to answer more accurately your question, we would suggest that at this time there are two of the planets of this system currently occupied, and one of the two has recently been vacated, so to speak, by a third-density memory complex. As the conditions were suitable, the newly vacated planet was used for the continuation of the development of a second-density level of evolvement which had been initiated at an earlier point.

May we answer you further?

M: No, you have been most kind, Latwii. Thank you very, very much.

We thank you, my brother. Is there another question?

Carla: Yes. In your pattern of answers to the questions from the member of Kreeton, I detect a gentle nudging of the mind of the questioner away from that line of questioning and onto another. And I would like to ask the kind of question which might be another kind of question which you might be able to work with better. And that is, what are the central things for a wanderer to seek, to work on, to hope for, to aim for, within this illusion on planet Earth at this time?

I am Latwii, and my sister, we are quite grateful for the opportunity to attempt to challenge our brothers and sisters of L/Leema for the award of erudition. We shall, however, attempt to show our stuff, so to speak, in a less wordy manner. We would offer for your evaluation, therefore, the suggestion first that the role of the wanderer within any existence be examined, for as [in] the catalyst to which our brothers and sisters of L/Leema referred, the wanderer is that which is injected into a previously developed level of existence so as to increase the intensity of energy without by doing so necessarily being affected by their own introduction into the situation.

One must be aware that the wanderer is in a sense both protected and numbed in a sense, for the wanderer must not be initially aware of the wanderer's own origin and role. To do so would be to invalidate in advance the efforts to be made by that individual, much as introducing in one of your auto races a competitor who has three times circumscribed the racing field before those present have left the starting mark. In this manner, the wanderer is allowed to begin with the same level of confusion as those among whom he or she arrives, yet because of their previous attainment, finds it more in personal attunement to go within and to seek answers to questions not readily apparent to the society at large within which the wanderer has been injected.

We should point out at this time further that the role of the wanderer who desires to perform effectively is not that of a leader or of a savior but rather as one who single-mindedly follows a path of attainment, for to lead is to attempt to influence other selves. This from the superior vantage point of the wanderer is unacceptable and would cost in polarity, for it is what you would describe as a manipulative effort.

It is further observed that the adage often quoted referring to hiding one's light within a basket is also applicable, for to be effective as a catalyst, the wanderer must further make themselves readily available that their brothers and sisters might see their light and seek to attain it themselves. In this manner all become followers of that which truly leads rather than most becoming followers of one

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who is slightly in advance yet has to attain perfection, himself or herself.

May we answer you further, my sister?

Carla: No, thank you.

Is there another question?

A: Can you just reiterate something on … So you've got this wanderer. What kind of seeking do they do and questions do they ask?

I am Latwii. I am aware of your question. My sister, the wanderer, if we correctly construe your question, might be described as "at a loss for worlds[3]," and spends an early portion or perhaps of the entirely of their life in a state of confusion or puzzlement, the role of that which on your world is referred to as the "stranger in a strange land." The attainment of the wanderer's bearings, so to speak, is arrived at with the realization that one has landed oneself within an unfamiliar situation, and that there is no Scotty to beam one back up. At this point, should the wanderer decide to advance along the path of positive polarity, then the wanderer would tend to seek personal development.

We are aware that this seems puzzling in that the similarity between personal development and service to self will be readily available to the questioning mind. However, personal development is a path which might be characterized as the desire to develop positive polarity in a cautious manner that one might avoid unduly influencing their brothers and sisters to the extent of becoming themselves acclaimed as a messiah and becoming the object of veneration rather than one who seeks to venerate. As you may have guessed, this is quite a row to hoe.

May we answer you further, my sister?

A: So are you saying, in other words, that first of all, they tend to develop themselves cautiously, and in order to do that go within themselves to develop themselves in order to serve others more effectively?

I am Latwii. We would offer one correction, my sister, in that we would suggest that should the wanderer successfully arrive at that point described as "getting one's bearings," a successful wanderer *might* choose the path which you described.

May we answer you further?

A: No, that's fine. Yeah, I was assuming that they would go with service to others. Yeah, they could go with service to self.

I am Latwii. Is there another question?

Carla: Thanks for coming by.

We thank you, my sister. As there are apparently no further questions, we shall offer again our gratitude for the opportunity to join with you and to learn from you. And in the love and the light of the infinite Creator we shall bid you adieu. We are known to you as Latwii. ♣

[3] Carla: In this case, Latwii is perfectly capable of having made a pun. The stranger in a strange land is definitely at a loss for the right world!

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Sunday Meditation
March 2, 1986

(Carla channeling)

I am Hatonn, and I greet you, my friends, in the love and the light of our infinite Creator. It is a great blessing for us to be invited to share our humble opinions with you. We thank you for requesting the sharing of these thoughts, and before we speak upon any subject, we wish to express our desire that each realize that we of the Confederation of Planets in the Service of the Infinite Creator are not infallible, but are, like yourselves, entities who are seeking the refinement of that which is loosely called the truth and which we often call the one original Thought or love. As you listen, keep what seems inspirational to you and leave the rest behind, for we do not wish to become a stumbling block upon your own path of seeking. With that said, we shall begin.

We are giving information to this instrument word by word, consequently, this instrument has no idea of what is to come next, and there will inevitably be pauses while the instrument has a fit of analysis and loses the contact. This instrument has yet to be fully confident of channeling in this manner and so it is a good learning technique.

As you look up at the stars, my friends, that which you see is inconceivable. Indeed, before your so-called science developed instruments capable of measuring and classifying that which the eye sees when gazing at the night sky, the majority of the inhabitants of your planet felt that they lived inside a dome through which there were tiny holes and therefore through which at night the great light beyond the sun could be seen. You are dwelling at this point in your experience within a physical vehicle which is inconceivable. Yes, my friends, you are very used to your bodies and therefore do not find them astonishing. Yet could you, without seeing a form, develop the intricate system of, shall we say, the most primitive internal combustion which is your body? The universe of man is a universe in which those things which are the true mysteries are often those things which are most taken for granted and unexplored while man turns his excellent mind to the creation of artifacts of his own making.

Although the instrumentation of science has long since altered humankind's view of the universe, yet still it is taken for granted. And although healers have plumbed the depths and examined through microscopes the tiniest cells and explored the many systems within the body which you wear as your garment within this illusion, yet still it is taken for granted. And although each entity within your illusion will age and the physical body die, life is for the most part taken for granted while the mind of your peoples turns to the distractions, the recreations, the amusements, and the creation of the artifacts of man.

We have said to you many times, please meditate, and in our saying this, we hope, without learning for you or guiding that which you may find within yourself, to offer to you the most efficient path towards the removing of the numbness of daily life, that numbness which keeps one from perpetual astonishment and transformational joy from moment to moment. There is a kingdom within you which those whom you call religious leaders have located far away from you. This instrument would call this kingdom the Kingdom of the Father. It is difficult to find names for the Creator which express the concept appropriately, for within you is the Kingdom of the Father and yet within you is the Father, Father and Kingdom being one.

This concept is too simple to easily grasp. It is just as difficult to grasp the concept of dwelling within the present moment. Any substance which is formed of the stuff of your illusion has a process of existence. This is a mechanical and measurable process. We speak not only of the progress within your physical bodies, but also the progress of aging, of gems, of planets in their courses, of great sun bodies, and of the physical universe as you know it.

In none of these processes does there indwell, to the casual observer, the concept of the present moment, for there is always the process that is going on and the feeling of time passing. We shall not overtax your rational minds this evening, for we wish instead to offer that which this particular group at this particular time requests and that is affirmation, confirmation and companionship as you attempt to enter into joy. It is possible within the processes of the body of rock, of star, to feel what could be termed joy, and yet because joy is so short-lived, there is great disappointment to each who dwells within the process. Instead of plucking yourself from the process, we suggest to you that that which is most real within you was in existence before any process began. That which is within you which is real is so full of joy that it is as though there were an unlimited, infinite and eternal orgasm which can be retrieved and experienced from within by meditation, by vision or by circumstance.

How we would like for you to be able to allow all those things which are illusory to fall away just now in this moment as we speak so that you may feel the heartbeat of the Kingdom within you. Why else, my friends, would you meditate except to find your true self? Why would you ever stop talking and studying and listening and looking and learning? Why would you seek silence that the world does not give unless you suspected that there was a Kingdom within and that Kingdom within dwelt more in that which was real than all of your experiences in manifestation upon the outer exoteric planes of human existence?

What is this Kingdom like? There are many hints, many clues, many messengers that come and offer to you the great abundance of joy, of peace, of wholeness. There is the grass that greens, the trees in their stately dignity that offer shade and beauty, blossoms that nod in the gentle winds of summer and sweet songbirds full of mirth that offer their tuneful anthems to the listening ear. There is the smile upon the stranger's face, the laugh of a child, the dignity of one grown old, the wisdom that one may find in certain places and with certain companions, inherent, unspoken. And there are those things which are offered to the self alone, meaningful to the self alone, subjective only and yet promising a reality full of love, full of joy, full of peace. Step-by-step you walk and you move from place to place within your body, within the illusion, and step-by-step in a metaphysical sense, you walk upon your spiritual path and seek to accelerate the rate at which you are able to develop that spiritual self.

We say to you that a coming into focus of the creation of the Father is that which will accelerate the rate of your spiritual development most efficiently. As you do this, you move from the dimension of physicality into the dimension of the present moment. The present moment does not go away, it does not turn into the future, nor does it leave the past behind. The metaphysical present moment is not at all the same as a physical present as indicated by your clocks.

It is often the approach of those who seek most earnestly to attempt to replicate the symptoms of one who is progressing, to attempt to feel joy, to attempt to feel love, to attempt to manifest the one original Thought, and yet those symptoms of spiritual growth are that—only symptoms. One may manifest them for a time, however the energy available to one seeking phenomena is limited. So we ask you to attempt this evening to step momentarily out of time, to allow yourself to enter the Kingdom within.

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Let us speak with you as you enter that Kingdom. How beautiful and how fair, how full of glory is the face of creation. How shall we praise that which is love? How shall we come into true association with infinity? How limitless is the light. How full of thanks are we. Why are we not traveling, why are we not moving, for there is a great sensation of moving and traveling as we dwell in the present moment? We move, we dwell, we are. Motion and motionless, these things are one. All things are One. Oh, greet each other, my friends, and know each other as One. Know each other as the Creator, and now look and see how gracious, how gentle, and how profound the one original Thought is.

We are full of thanks to ourselves—for we thank ourselves—as we are the Creator and we are the Creation. Where can we go and be not in the creation? What can we see that is not the Creator? Let us move back into time. Let bliss drift like the waves of the sea moving back and forth and let us find ourselves seated within the illusion, within physical bodies, within all of those things which may seem to separate us from each other and from the Creator and from the consciousness of the Creator.

This, my friends, is travel without time. This is a kind of talking that attempts to describe that which is meditation and which is found in meditation. Felt you then the glory, the wonder, the beauty of the timeless present wherein the one original Thought expresses itself as reality? Then you shall be able to radiate that light and that love not by doing but first by being, for your worth is as infinite as the Creator. And that which you do shall always be an imperfect trace of the energy pathway of limitlessness.

We are so very pleased to have been able to share a few thoughts with you, and we rejoice with you that the creation of love is nearer to you than your breathing, closer to you than your thinking, more dear to you than your body. We would, if you wish, be with you in meditation in order to be able to aid you in the strengthening of that state. We are capable of offering a kind of carrier wave which can blend with your own energies to strengthen the process of meditation. There is no one who is unworthy, there is no one who is exempt by folly of any kind from the possibility of dwelling in love. May we join you in that unity of being which we have shared since that time before time and which we shall share beyond the end of creation as you know [it]. May we rejoice with you. Yes, my friends, the nature of reality is joy. Seek the Kingdom and allow yourself to rest in the present, in the infinity, in the light of the one original Thought.

We are those of Hatonn, and again we thank each of you and leave you enmeshed together by the nature of creation that you share. O beauteous love, o wondrous light, how can we leave you, for we are as you are, all that there is. Go within yourself and you shall find forever. We leave you now that our brothers and sisters may speak through another instrument. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you in the love and in the light of our infinite Creator. We are overjoyed to be asked to join this group this evening. We thank you for requesting our presence. We, as always, are eager to share our humble words in whatever manner may be of aid in your seeking. We would also remind each present that we are but your fallible brothers and sisters who have moved somewhat further, shall we say, upon the same journey which you find yourselves traveling on. We are available at this time to attempt to answer queries which those present may have value in the asking, and we will do our best to respond in a manner which is helpful without infringing upon your own free will and seeking. May we then begin with the first query?

Carla: I'll break the ice since everyone's being polite and waiting for the other guy. Last week we had a message about an …

(Side one of tape ends.)

Carla: We had this message last week that dealt with the function of the nucleus of the atom, and there were some connections made metaphysically with the unpotentiated Logos and the fact that most of the creation, most of the sun systems and stars that you see and so forth, and most of each cell within our body all dwell in unpotentiated, undifferentiated Logos or love, and that what we were experiencing we were experiencing with a very small part of our total capacity to experience.

I was thinking about that earlier today and I began wondering about how illness works because if each cell of the body is full of the love of the Creator and is dipped into only very slightly, then when the cells of the body become damaged or ill or attacked by some bug or whatever, it seems that the Logos is

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being used in a way that is not of service but is destructive of love. I couldn't get much further than that with it and I wondered if you could discuss the relationship between the cells and the nature of the cells, in other words, if each one is a living, conscious entity which mostly dwells within love, and illness.

I am Latwii, and am aware of your query, my sister. This is a large topic and one which is somewhat difficult to translate into your word system. However, as you look upon the cells of your physical vehicle, and, indeed, the nature of the illusion which you inhabit in general, you will see at the heart of this manifestation of love various patterns or frequencies of vibrations of the photon as you have called it. These patterns or fields of vibration are constructed in such and such a manner by the Logos under whose care we find ourselves in this portion of the creation. Within the frequency of the third density illusion that you inhibit there may be within your physical vehicle variations in the field of vibration chosen by each entity, either upon the conscious or upon the subconscious level of mind, for the purpose of experiencing a certain set of circumstances that will have as the end result, shall we say, the opportunity to learn certain lessons and to utilize these learnings in the serving of others. The diseased pattern of vibrational distortion, shall we say, is much like building various structures within one of your streams or rivers that serve to divert the movement of the water in its normal flow, thus creating swirls, pools, depths, eddies and so forth.

When an entity in its incarnational pattern experiences that condition that you know as disease, it has done the equivalent of blocking or causing an alteration in the normal pattern of vibratory frequency in order to provide itself with what may be called a teaching device. The seeming damage done to the pattern of vibration or manifestation of love is as illusory as the manifestation is in its original state of creation, shall we say, and will last for as long as is necessary for the opportunity to be grasped and the lessons learned and the services offered.

May we answer further, my sister?

Carla: Are you implying then that the state of health is as illusory as the state of ill health?

I am Latwii, and am aware of your query, my sister. In general this is correct, though the free and even flow of the life pattern is substantially more stable in its illusory manifestation than is the unbalanced or diseased or blocked configuration.

May we answer further, my sister?

Carla: Is there any way that we can use this knowledge to inform the cells of our desire that they become distorted towards health rather than ill health? Besides meditation?

I am Latwii, and we may suggest, my sister, that there are as many ways to look upon and utilize these configurations of health and disease as there are entities to perceive them. The configuration of the pattern of manifestation may be studied as the riddle in the attempt to discern the opportunity contained within the configuration, for each configuration that has become distorted has a symbolic value, shall we say, that serves to focus the attention of the individual upon the distortion in order that the purpose of the distortion might be understood and balance once again achieved.

May we answer further, my sister?

Carla: Thank you, no.

I am Latwii, and we thank you, my sister. Is there another query?

Questioner: Of what density is Latwii?

I am Latwii, and we are privileged to pursue our seeking of the one Creator within the illusion of the density numbering five, [which is,] as you are aware, the density of light.

May we answer further, my brother?

Questioner: Does the blockage which you mentioned concerning illness, can this blockage be eliminated through the use of kundalini meditation?

I am Latwii, and this is one technique of removal of the blockages when pursued with diligence and discipline, my brother.

May we answer further?

Questioner: No, thank you.

I am Latwii, and we thank you, my brother. Is there another query?

Carla: Why is it that some of us do have music in our heads all the time?

I am Latwii, and am aware of your query, my sister. We find that there is no simple or single explanation

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for this phenomenon, for the ears to hear the sounds of music that is not heard by all may reopened for any number of reasons. There are many whose inner seeking has taken the form that provides an avenue that is analogous to the mathematical relationships between sounds, and the desire to know what you have called the truth then is translated by the subconscious mind of the seeker into a constant refrain, as it were. This, then, is always present in such an entity and serves as a constant reminder to such an entity that it does seek that known as the truth and does also constantly receive answers to the seeking.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you once again, my sister. Is there another query?

Carla: Okay, I'll hog the time just one more time and then I'll shut up. For some time I've been working with depression because of the death of a dear friend, and just recently I've felt that I was getting much better and began easing off the medication that was designed to keep me from becoming suicidal. As I ease off of the medication, I find that some of the really bad patterns of thought which are very destructive and not at all helpful and not true come back more than they did when I was on this medicine, and I've started having nightmares again. It seems that there should be a metaphysical way to work with these energies and to transform them, but although I meditate every day, that hasn't happened. Could you give me any kind of suggestion as to how to work with destructive thought processes and the expression of that destruction in nightmares?

I am Latwii, and am aware of your query, my sister. Though we may not speak with over specificity in guiding your own thinking and thus infringing upon your own free will, we may speak in a general fashion to suggest that those desires to utilize the lessons now placed before your notice may take the form of, shall we say, programming your own subconscious mind to release in the dream state the symbols of transformation that might be then in the conscious state interpreted by your own efforts in a fashion which attempts to achieve a wholeness of understanding. The difficulties which you experience in your waking state and in your sleeping state may be looked at for the deeper meaning and this meaning then used as the programming for further revelation, whether in dreams or in meditation, that will further enhance the piecing of the puzzle shall we say, thus to grasp the bull by the horns, to use a phrase, may enable your attempt to relieve the distortions in a fashion that utilizes both the conscious and subconscious experiences of sleep and waking.

May we answer further, my sister?

Carla: I don't think so. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

(Pause)

I am Latwii, and as we feel we have completed those queries which have been so graciously placed before us this evening, we shall thank each present for requesting our presence in this group of seeking this evening. We are always with you upon your request and rejoice in joining you during your seeking upon these evenings. We shall be with you again. We are known to you as those of Latwii. Adonai, my friends.

Carla: C, I feel Nona's energy. Do you want to try to channel Nona?

C: I'll try.

(C channeling)

I am Nona. We come to answer calls for healing from those present who have concerns for those here and those who are close.

(C channels a vocalized healing melody from Nona.) ♣

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Sunday Meditation
March 9, 1986

(Carla channeling)

I am Hatonn. I greet each of you in the love and in the light of our infinite Creator. We thank you for the great privilege of being allowed to share our thoughts with you, for you are of great service to us by requesting our presence, for as you listen, so we learn and so the Creator continues to know Itself. Because this instrument is being overshadowed by another member of the Confederation, we shall first transmit the information which our brothers and sisters of Q'uo wish to transmit. There has been a request for the spelling of this entity's name, and we say to the one known as J that although naming is unimportant and therefore the spelling likewise unimportant, our brothers and sisters wish to share the spelling: "Q'uo." Those of Q'uo thank each of you that you were patient enough to allow remarkably uninteresting information to be received.

As the night sky opens, and as you come together in circle this evening, we find that there are questions upon some of your minds concerning a certain aspect of love which has to do with the interaction of entities who wish to express love for the Creator and to each other.

There are many, many ways in which separation betwixt one entity and another or one group and another can be apparently seen. There are differences in appearances between what you call your races. There is the difference between male and female, there is the difference between young and old, and there are many, many finer or shall we say, less obvious differences having to do with personalities, as you call them.

One of these differences especially has been the subject of much pondering by some within this group and by many others of your peoples as they contemplate the most appropriate way to share their lives with others. We speak of the various dimensions from which wanderers, as you call them, come. We shall elucidate.

Those of fourth, fifth and sixth densities, those being the densities of love and compassion, light and wisdom, and unification, all have some representation amongst your peoples at this time as there is a great call, my friends, a call which cannot be ignored, which comes from this planet in travail which you call Earth. Because wanderers are most often far different in their internal modes of thinking and their external modes of expression from those native to the third-density experience, wanderers feel and express a kind of loneliness which is born of being the stranger in a strange land. At times this difference seems almost nothing and the daily life flows quietly and with a nearly imperceptible difference from that of the native to this third density planet. However, it is the nature of the wanderer to find itself homesick. And out of this

homesickness is born the desire for companions who more closely approach the native ways and modes of thinking and action of the density whence each wanderer has come.

The fourth density, being one full of love and compassion, has as its native way of living the banding together in groups within which are often many more than one mated couple. Many fourth-density wanderers moved within the Earth planes during those years which this instrument calls the baby boom years, thus many of the young of your peoples who were known within your culture as hippies who dwelt not in couples but in communities and who through memory yearned to reproduce the love and compassion that is a larger reality than the reality whose illusion you now experience within third-density incarnation.

Likewise, there have been wanderers from the sixth density which have been among your peoples for a more extended period of time but in far fewer numbers. Within the dimension of unity the common practice again is to dwell in large families whose members are related not by blood but by a commonality of thought.

At the same time, my friends, you have begun being visited by those of fifth density, the density of wisdom. The native of fifth density seeks solitude, for being wise, it is also without need for the company of others, for the essence of wisdom, my friends, is the knowledge that that which is to be sought is a grasp of the unity of all things. This part of the journey of the seeker must needs, then, be a solitary one. The most clearly understood and easily accepted forms of companionship within fifth density are those of teacher and pupil and those of respected equals.

We are aware that as each of you has thought of community, there has been the puzzle which did not seem to be able to be put together, some wishing one kind of community, some another, with no guidelines offered that seem universally acceptable. My friends, this is due to the mixture of fifth-density entities with those of fourth and those few of sixth, each of whom find a mated relationship somewhat confining, not because each wishes greater experience in mated relationships, but because each half-remembers the depth of friendship, companionship and caring possible, and indeed right, among groups larger than the mated pair. And yet those of fifth density must needs seek solitude within community; those of fourth density—loving, joyful and generous—have hospitality to offer as do children who play and welcome all to their games. Those of sixth density, though somewhat more reserved, nevertheless carry the half-forgotten and half-remembered memory of the larger family and the comfort found therein.

In addition, of course, my friends, there are many very close to graduation within third density who have come to grasp the possibilities of deep friendships and true companionship not limited to the husband and the wife as it is known among your peoples but instead offered to those of like mind. The chief reason for failure of larger communities among your peoples is the inability to bring the disparate memories of fourth and fifth and sixth-density wanderers into alignment, and further, the inability of all those who dwell in the present incarnational experience in third-density bodies in confusing love offered by the Creator from the Creator to the Creator and that love which among your peoples is termed romantic love.

My friends, we cannot offer you solutions, we can only offer a sort of diagram of the causes for miscommunication that contribute to that which is considered the failure of community when it occurs among your peoples. However, we feel that it is important at this juncture to speak to you about that concept of failure. My friends, each of you seeks the far country, if you will, the grass which is the greener. Each of you has gone to at least one far country and has been disillusioned. There is a kind of feeling of death, a death of spirit, of heart, of emotion, when the journey of community and of companionship seems to fail and there is the turning toward what seems to be a journey backwards, a journey to one's home, a journey to safe ground. And yet we say to you that there are no failures, for it is the attempt about which you shall be concerned. The attempt to share love is far greater than any manifestation which may seem to fall short of the ideal. And the journey home is not a journey backwards, for you cannot go backwards, and the home to which you come is eternal. And each time that you visit that home, you have been transformed. You have been dead but again you live and your spirit begins to soar once again and have hope for the morrow.

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Those of you who feel that you are wanderers, take heed, for you came not only to share yourself with each other, you came primarily to share yourself with those of third density who may be helped by the sharing of experience with those whose consciousness includes a belief, a faith, and a hope in the ideals of love, compassion, wisdom, service to others, and the seeking of the truth. If you are indeed a wanderer, let it be incumbent upon you to remember why you offered yourself in service to the infinite Creator, and if some are sociable and others solitary, know you that each has the nature of its experience, of its memory, and of its birthright.

We close by speaking to those who approach graduation from third density. Look you, my beloved friends, not to the seeming failure of any ideal of love or community, any expression of family, tribe or clan, but look you instead to the ideal which has been shared. Manifestations shall die; the ideal which spurs man's spirits on, ever onward shall be, as they have been and as they are.

My beloved, have you any conception of the word "forever"? Beyond any dimension there is that which binds all in One. And we ask you to cease pondering your differences. Have you white skin and another black? Are you male and another female? Are you old and another young? Are you solitary and another sociable? Are you compassionate and another wise? My friends, this is all illusion. It is reality to you so that you may learn. And those within your midst who are wanderers among you are dealing with not one but two illusions: the illusion of their native densities and the illusion of the present incarnational experience. How easy it is to be the accountant and separate the lists of entities who are all the one Creator by this or that difference. We ask you instead to rest and be quiet within yourself and find that within you which is one with all that there is. We ask you to have eyes of trust that you may see the oneness of each other, of yourself. We ask that you may attempt the impossible, for we ourselves are still those unique, still those aware of our differences, although our differences are more easily made harmonious because of the vision given us by the density of love.

Yet, how can you exist as spiritual entities if you seek only that which is possible with this illusion, recognizing not the great mystery of the creation? We say to you only that mystery is a unity, though it is far beyond your comprehension. Just as the star is far beyond your reach, that reaching, that seeking for comprehension, that love of what seems to be impossible—the unity of all things—shall give you joy and power and bring you peace, not the peace of one who is dying, but the peace of one who is full of the Creator and fearless in the face of change, for as you interact with each other, whether it be between mated couples, between companions, or between friends, much shall occur which shall seem to be disharmonious. The peace of that which we speak is retained in the face of all disharmony, and indeed grows stronger and more powerful as experience seems to go awry.

Those who seek, my friends, place themselves upon a road which seems strewn with boulders and yet is very, very narrow. And as you clamber over the boulders and attempt to stay upon the path, many, many differences seems to present themselves. Count you then the coins of this plenty of difference and toss those coins away, for such riches shall only cause you unhappiness, and seek you instead that coin within yourself, that unity of self which is in little, the example of that which is in the macrocosm. You are all one, my friends. Please dare to love each other. We assure you that though you shall fall, you shall always be helped up again, if only you keep your heart and your mind in the belief, in the faith, and in the hope of unity with the one great original Thought of love.

We shall leave you now, greeting especially the one known as B. We confirm that we have been with this instrument at times, and it has been our joy to be one with this faithful instrument as it is our joy to be with each of you at your mental request. We leave you as an inspiration …

(Side one of tape ends.)

(Carla channeling)

I am Hatonn. We shall continue. We leave you as an inspiration that has no value except the value that comes from the resonance within you with the thoughts that we share. If there are any thoughts which are not pleasing to you, we most earnestly request that you ignore them and erase them from thought, for our only hope is to be of service to you and we do not wish to be in any way a stumbling block in the path of your seeking. We leave you, although we cannot leave you, for we are all One, in the love and in the light of our infinite Creator. We

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are known to you as those of Hatonn. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and in the light of our infinite Creator. We are honored again to be asked to join your group, and we thank you for this privilege of blending our vibrations with yours. It is our hope that we might be of some service this evening by attempting to answer queries which those present may have value in the asking. Without further delay, then, may we attempt the first query, my friends?

Carla: M asked me to ask a question. He wants to know if there is any light you could shed on the phenomenon that he shares with some other people, of affecting metal and other materials so that they bend, and of affecting electromagnetic fields. Basically he wants to know why this happens and what he can do about it, as he has inadvertently managed to bend a portion of his brand new car, which he did not intend to do.

I am Latwii, and am aware of your query, my sister. We find in this instance that there is a general rule, shall we say, that applies to those who are able to demonstrate this type of phenomenon. The entity who seeks the nature of truth will in some fashion pursue this seeking in a disciplined manner. The discipline often is that not as much consciously constructed in some cases, especially [with] those known as what you have called wanderers, but that which is subconsciously remembered, shall we say.

Thus, there is in the electromagnetic force field or aura of such entities a certain configuration that is the result of latent talents having been tapped in some degree and having manifested by the contact of what this group has come to call intelligent energy or that energy which forms the matter or manifestations of the illusion which you inhabit. Thus, when this talent, shall we say, has not been consciously pursued but has become the outgrowth of a more general conscious pursuit and expression of a subconscious ability, the talent is often, shall we say, channeled in an uneven fashion, thus the occasional interference with the electromagnetic equipment that your society has developed within the last few decades and the occasional bending of the metallic substances that are in, shall we say, the range of an entity's unevenly surging abilities at the right moment.

The means of controlling or affecting these talents upon the conscious level involve conscious discipline of this unevenly surging energy through whatever means of discipline the entity may find value therein. The meditation upon the sensations that precede such surges is that which is helpful in all cases. The direct control or manner of control of this phenomenon is that which must be left to the free will of each entity.

May we answer further, my sister?

Carla: Does this also apply to the inadvertent disrupting of electromagnetic equipment which I experience frequently?

I am Latwii, and this is quite correct, my sister. We would add that the ability to discern the approaching surge of such manifestation is that which requires the subtlest of perceptions and sensitivities and may in many cases be more of a distraction than the pursuing of the heart of seeking the truth, and may be considered simply a nuisance, shall we say.

May we answer further, my sister?

Carla: No thank you.

I am Latwii, and we thank you, as always, my sister. May we attempt another query?

Carla: I'm curious. I went to a fiftieth wedding anniversary party last Sunday afternoon and thought about a couple that was still as romantically in love as it had had been when they were first married. This is not the norm among our people. Why is that?

I am Latwii. My sister, why is it that any excel in any field of study? There are those who seem to have talents in one area or another. Is it then not natural to expect that within the area of relationships there would be those who would excel in utilizing the relationship as a vehicle for sharing love, experience and growth more efficiently than do others?

May we answer further, my sister?

Carla: In other areas, some have to work very hard to get even a competence, say something like piano playing. Others have a natural or God-given or native talent that makes it possible for them to become concert pianists. Does this analogy carry over into the ability to love not only well but over a long period of time?

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I am Latwii, and am aware of your query, my sister. This is in general correct, and to be more specific, it is often the case that such studies as the piano and even relationships may be undertaken through a series of incarnations. Thus one or two, in the case of a relationship, may find the fruit of the endeavor at a time within an incarnation that is the culmination of many, whereas others may be beginning the lessons at a relatively newer, shall we say, time within their overall experience of the lessons which your illusion offers.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

(Pause)

I am Latwii. We find that the minds are quiet of queries as the hearts are full of peace and the enjoyment each of the other's company. In this enjoyment we are happy to join this group and shall only in name leave this group in that love and light in the hearts of each and of the One Who Is All. We are those of Latwii. Adonai, my friends. Adonai vasu. ♣

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Sunday Meditation
March 16, 1986

(Carla channeling)

I am Oxal. I greet you in the love and in the light of our infinite Creator. We thank you for allowing us to come and share our thoughts with you. We would like to say to the one known as L that we are very grateful for his openness to our contact but found some difficulty in establishing our identity. We shall be most happy to use this instrument as he desires and will begin through this instrument.

We would speak with you this evening of joy, that quality which is beyond its name, that energy which creates in fire and yet in peace, that explosion which is yet a steady state, that translation of that which proceeds into that which is.

We would speak to you of history. Those among your peoples are fascinated with history, that which is past history and that which shall be future history, and we would point out to you that if you wish a specific remedy against joy it would be history that would take the first place among the active distractions of those who seek.

We speak to you of these things at this time because there are those among you who have spent a good deal of time as you call it in prayer and in meditation supporting what this instrument calls the great peace march. We would like to point out to you that the ideal involved is a part of joy and that the history of that effort is not. It is difficult to perceive the possibility of feeling joy when watching what could have been disintegrate, and we understand that among your peoples that which does not eventuate as a finished process is counted as failure.

Success and failure belong to that outward portion of yourselves which belong to history. The discipline of joy is the discipline of remaining outside of time, or to speak more precisely, within that womb from which time issues and towards which it shall once again be drawn in the great rhythm of the cosmos. To remove oneself from processes is to remove oneself from all of those things which seem real, beginning with the processes of one's own physical vehicle, continuing on with the processes of the daily living—the telephone that rings, the doorbell that rings, the visitor that knocks at your gate, the information that comes through the post and all those things which remind one again and again of the processes of dailyness.

Shall you then reject all of these things in order to remain joyful? We suggest to you that there is a portion of you which should do just that in order to achieve something which you may wish to nurture and that is the sense of humor, the light touch, the feeling of being seated within love and its expression—joy and laughter—regardless of outward circumstances. Processes, as all things which partake of time, begin and end, are successful or fail, and yet consciousness is variably affected by these processes.

May we suggest to you that by reserving a portion of yourself to be centered within that great womb of time where joy holds sway, one can experience differently the processes of living within the illusion which you now enjoy and from which you shall learn as you choose to learn, slowly or more rapidly, ineffectually or more effectively.

The more one throws the whole self into that which may be called petty, the more one allows oneself to worry and be concerned over seeming failures, the more one robs oneself of the opportunities for transformation, and yet transformation is what you have come to choose to do. It seems that that which is new becomes old, but we say to you to consider whether it is not one's interest that becomes old. When one perceives things from the standpoint of joy, nothing can escape the illumination which love brings.

We would at this time again attempt to communicate through the one known as L. I am Oxal.

(L channeling)

I am Oxal, and I greet you again, my friends, in the love and in the light of the infinite Creator. We are encountering slight difficulty in working through this instrument but will continue so that the instrument may become familiarized with our vibration and become more fluent in its ability to communicate our transmission. We of Oxal appreciate the effort displayed and request your patience as we work with the instrument.

It is our desire, my friends, to be able to be one with you in your pursuit—correction—in your efforts to seek awareness.

We shall relinquish our use of this instrument at this point as the instrument is fatigued and having difficulty with our communications. We are grateful for the opportunity to exercise this instrument and thank those present for their patience. We are known to you as Oxal. Adonai, my friends.

(Carla channeling)

I am Q'uo, and we greet you in the love and the light of the One Who Is All. It is a great blessing to blend our vibrations with yours and to drink in the beauty of your beings. We would speak only briefly through this instrument, however there is a calling at this time for our particular bias in vibration and we gladly share it with you, knowing that the fellowship which we feel with you is only the surface of the service that you do us by allowing us to be with you.

We would give to you our encouragement and speak upon meditation for it is the key which unlocks the door to that which is within you—and that which is within you is nothing less than the one original Thought which is the Creator. You may call this Creator "Universal Mind," yet that is not precise, for the mind proceeded and precipitated from the Thought which was thought without mind, but only with consciousness. You are the Creator, and as you experience each other, the Creator gains experience.

We speak from the point of view that the Creator has made a great sacrifice in causing a portion of Its being to have mind and to become independent, for there is much effort in accepting the free will of portions of Itself which seem disharmonious with other portions of Itself. And yet the Creator has repeatedly made this sacrifice of wholeness without effort in order to bring Itself an expanded Self. The Creator, shall we say, takes the very, very long view and looks upon all that occurs through all the densities and dimensions, of which there are an infinite number, in order that It may key into Its own Self all of the selves that have become unique and learn all those things which each unique portion has learned. And you yourself are a sacrifice to your own mind, for without mind you would constantly be in a state of meditation and all things would be whole and entire unto themselves and one with you and acceptable in every respect. Yet you have sacrificed that awareness to come into incarnation and to be limited by your separation from those things about you—the material of the seat upon which you now bear your weight, of each other because you can touch but you cannot become in one in physical sense.

Separation seems to run very deep and one forgets that the stones sing, that the earth shouts with rejoicing, and that the trees skip in the springtime. How easy it is to feel oneself separate from life that indwells all things. How easy it is to feel separate from oneself, to feel that there are factions within the self which must be reconciled, to find oneself analyzing and reanalyzing to no avail. The only road from separation into unity is keyed with meditation. Some there are who benefit from meditating at great length. Some there are who benefit from meditating a brief few minutes in each day, and some there are

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whose meditations are in action and through action they are centered and one with all that there is.

Therefore, do not assume that you know what meditation is and what your goals should be towards it, but rather, as you meditate, listen to that voice which speaks within and meditate as that voice instructs you. There is no set time nor is there a set method. There is one thing however which we must emphasize and that is the fidelity to the practice.

We thank you. We are most privileged to have been able to speak through this instrument to this group. We ask only in that you treat our words as those of your brothers and sisters and not as those from, shall we say, on high. We are imperfect and most fallible, yet we have that to share which we have experienced, and so we shall with many thanks for the invitation. We would leave you now upon the many, many sounds that drift past your inner ear as the domicile rests in the chilly wind of springtime and the night sky sings with the songs of galaxies and stars. We shall drift away so that our voice is no longer heard, and yet we are always with you if you request our presence mentally. We leave you in the love and the light of the one infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai, my children. Adonai.

(Carla channeling)

I am Nona. I greet you in love [and] in light and am so happy to share [this] evening with you. We shall say no more.

(Carla channels a lovely healing melody from Nona.) ♣

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Sunday Meditation
March 23, 1986

(L channeling)

I am Laitos, and I greet you, my friends, in the love and the light of the infinite Creator. My friends, we are pleased to speak to you tonight, for this is an occasion which we of the Confederation find beneficent for your planet. For we approach that time in which many of your planet celebrate the memory of the events of the life of one whom you call Jesus the Christ. We celebrate with you the efforts on the part of many to turn inward, to use this occasion as an opportunity, a stimulus to turn within and examine oneself, to reunite oneself with one's Creator, for in truth, my friends, is this not the significance of that which you call the resurrection? Consider if you will the similarities. The one whom you call Jesus led a life of quiet contemplation, of study, and of experience, and reached the point where he found the core of his existence lay not within the physical shell, but rather within his own source, and, in reuniting himself with his Creator, was sustained and nurtured through his period of hardship to the extent that he was capable quite literally of rising above that which is called death.

My friends, in his words, "I am the way," he left a clue for those [who] would hear to follow, that those who desire may follow a similar journey, may turn within in the face of any difficulty and find that which truly sustains. To rise again is simply to return to the illusion with this awareness and to again, so to speak, take up the cross that others may be reached, that others may see, and in seeing find the opportunity to wonder and to seek for answers.

My friends, why did the one called Christ choose to remain after this point in time? Has it crossed your minds to wonder? Upon reading the accounts following that event called the resurrection, and the nature of this man's physical existence afterwards, is it not true that his life thenceforth in the eyes of the narrators took on what may be referred to as a mystic hue, [as] that being who suddenly arrives from nowhere when the need is present and is no longer visible when the need has been filled? Consider the lesson he would share with you, my friends. Those to whom he spoke and those with whom he met were men and women such as yourselves, who faced with doubt the dangers and perplexities of their lives, who faced with a teacher those lessons they could but dimly grasp, found themselves [out] of their depth, or so they thought. Yet, my friends, they, like yourselves, were to discover that when the need was truly present, when the asking occurred, it was given to them, as it is given to you.

My friends, rejoice and celebrate not only the resurrection of one who has gone before, but also, my friends, celebrate your own, for you have truly learned to go within and to bring back that which you found. My friends, like the one known as Jesus,

you shall find yourselves called at times, perhaps without your knowledge, to be in a situation where others have need of that light you bear. My friends, give freely and give without fear, for there is no way in which one who does so can fail to find their way safely home once again. In the love and in the light of the infinite Creator, I am known to you as Laitos. Adonai, my friends.

(Carla channeling)

I am Hatonn, and like our brothers and sisters of Laitos, we greet you in the love and in the light of our infinite Creator and we thank you for requesting our presence this evening. We too would speak upon that which is alive and beleaguered which faces the death and which through faith recognizes the greater reality of larger life.

It is clear that we know nothing, and we suggest to you that in all humility you examine that which you know and find its value. Intellectually speaking, you may well find in vigorous honesty that nothing is known. The framework upon which concepts which govern your life patterns are laid consist of theses, compositions, suppositions, adages, empirical observations, and unsupported opinions. And yet in this forest of unknowing which most of those among your peoples consider "knowing," the spiritual student must make his way.

Subjectively, a great deal is known by each of you. In the deeper portions of your being lie the faculties which empower your being—faith, compassion, love, hope, a seeking for the light, a thirst for truth. One of the basic subjective assumptions is that there is a Creator. Another is that the Creator is in relationship to you. A further subjective supposition is that the relationship betwixt the Creator and you is right relationship, one which abounds in fruit, in harvest, in bounty.

And yet the Creator subjectively seems to offer a great deal that is bitter. It is as if the Creator were handing you a cup full of bitter wine, and yet because the hand holding the cup is the Creator's, in faith we drink it and it is bitter. The faith in which you take the most bitter drink within this illusion is in essence the faith that the Creator, being in right relationship with you, shall give you that which shall seem bitter, but which is in the end sweet and rich.

You shall spend a very large portion of this creation's time/space and space/time dwelling upon the fruits of the bitter cup you take in faith now, for although there are heavier illusions than this one, this is the heaviest illusion for those beings which have become conscious of the self. This is the illusion in which we choose whom to serve. Therefore, we draw your gaze not only to the Kingdom of Heaven, as you would call it, where all the good is known and the subjective has become the objective, and that which is solitary within your soul has become common and shared among all souls. We ask you to turn to the illusion, for it is important that you spend these few moments of your infinite experience in compassionate scrutiny and the most honest reaction and interaction to and with the bitter cup which you may be asked to drink. We ask you not to flinch from this experience, but insofar as it is possible at any given moment we ask you to gaze without regret at all which seems bitter and difficult, for this has been given you with the greatest love and wisdom.

We did not choose this particular time to explore the paradox of a seeming other who gives you what you give yourself. Let us for the moment accept the intellectual necessity of dichotomy and assume that there is an other which has given you the opportunity to learn how that which is bitter may be sweetened by your reaction to it, by your working through it, and by your gradual acceptance and joy in it. To transcend that which grinds the soul into numbness is to shake off all suppositions of the unfairness and unjustness of the creation in its relationship to you. You may picture the greatest and most terrible torture. The limits of your imagination are all that limit the possibilities of difficulty within this most intense illusion. And yet it is the Creator's hand which has dealt you these bitter things and has asked you to taste them and accept them and to see through them into the graves of pain and agony and towards the transformation and purification of the self so that the relationship between you and your Creator grows ever more intimate and trusting, until finally the paradox of separation betwixt Creator and created is at an end and the hand that serves the cup is your own.

My friends, how happy we are to share this cruel and beautiful pageant with you and to rejoice with you not only in the vision of angelic rejoicing, at transformation and resurrection, but to rejoice with you also at the process by which transformation is chosen. We are those of Hatonn. We leave you in

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the love and in the light of the One Who Is All. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in love and in light. We are very happy to be with you this evening. It has been a measure of your time since we were able to speak with this group. It is our honor and our privilege to join you in our humble capacity of entertaining your queries. We hope that we may be of some small service this evening in that capacity. May we then begin with the first query?

Carla: I have a question from S. She had a great difficulty when she was a child in speaking and the words "tongue-tied" didn't even come close to describing the agony of her difficulty. Sometimes she couldn't even talk at all. And although she overcame this in later years and can now say what she wants when she wants, she retains not only the painful memory of that but continues to be rather painfully shy underneath her acquired social abilities. Insofar as you can talk upon the subject, she would like to know what this childhood difficulty might indicate or what function this kind of difficulty might have in her learning.

I am Latwii, and am aware of your query, my sister. We shall speak as we are able upon this topic, and shall attempt to give that which is permissible without the infringement upon the free will of this entity. In the young portions of this entity's current incarnation there were the recognitions upon the conscious level of this entity that the world about it was most unusual in relation to this entity, that is, this entity saw the world or environment about it in somewhat of a threatening fashion. The desire of this entity, being most positively oriented, was to make itself available in the service of those about it in whatever way was possible. Yet, because of the seeming alien nature of the world about this entity, this entity felt great difficulty in moving itself and communicating itself in easy patterns, shall we say. There was the seeming natural resistance that presented itself immediately to this entity's perceptions. This resistance became somewhat internalized, causing a kind of blockage of what you would call communication from this entity to those about it.

Therefore, in the desire to be of service, and with the recognition that that which the entity wished to serve was seemingly hostile and alien, this entity then internalized to a degree that disharmonious nature of the world about it, and found that internalization to block the free flow of communication. Thus, the efforts were put forth upon the part of this entity from the early portions of its incarnation to the present time that would allow a free flow of communication to occur, and this the entity has accomplished to a large degree in its efforts to provide those services and to learn those lessons which this incarnation was designed to accomplish.

May we answer further, my sister?

Carla: I'll let S read this transcript and let her ask further. Thank you very much.

I am Latwii, and we thank you, my sister. Is there another query?

L: Yes, Latwii. I have difficulty trusting the one known as M. I've gone over it in my mind a number of times trying to understand it—apparently I'm missing something. Could you offer any suggestion of things I might examine within myself or in my past to help me understand this feeling?

I am Latwii, and am aware of your query, my brother. We shall attempt to respond to this query in an helpful manner though there is some difficulty with this instrument's own coloration of feelings concerning the entity of whom you speak, and we must needs work with these distortions in order that our concepts be as clearly communicated as is possible. We can suggest, in general, that at any time that you might find a difficulty with another of your other selves that you might look upon that difficulty as being symbolic in some degree or fashion of a portion of your own being which has yet to receive the full approval of your own …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am with this instrument once again. For the world about you, my brother, and all those other selves which populate it, is in one respect a mirror for the opportunity to see the self in as many aspects as one is aware of. Each aspect then comes before the mind of the self to be discerned or judged, to use a more distorted term, to be accepted or to be rejected. To those who are conscious of the process of evolution then, this acceptance or rejection becomes the indicator of aspects of the self

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which yet remain to be balanced and accepted, for if you look to the heart of each entity and each experience and the illusion which you inhabit, you will find the underlying unity of all creation. You will find the Creator in all things, whole, perfect and balanced. That there might be perceptions other than unity, perfection and balance within the mind of any entity is the play of the illusion, the game in which each partakes in order that experience might be gained and the Creator might come to know Itself in ways that are richer, more intense, with greater purity and with far greater variety than if those individual portions of the Creator had not been flung from it at the beginning of your octave of experience.

May we answer further, my brother?

L: No, that gave quite a bit to look at. Thank you very much.

I am Latwii, and we thank you as always, my brother. Is there another query?

Carla: Well, this is a stupid question, I know that—but isn't it possible that one might not trust someone because of the simple fact that such a person is in some ways untrustworthy?

I am Latwii, and am aware of your query, my sister. That there is a degree of truth to what you say is not reason, shall we say, to trust or not trust another, for in truth all are the one Creator and are expressing aspects of that one Creator in distorted fashions which when followed to their source express patterns of learning and service that are whole and perfect. To focus upon that which is upon the periphery of an entity's being and to judge the entity itself from that distorted aspect is to miss the heart of the entity and the heart of the opportunity that the interaction between you and that entity presents to you.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Well, before we close up shop, I do have one more question which will try the instrument's abilities to be a channel. Is there any way open to us as we are now to receive the rest of the information having to do with the archetypes of body and spirit which Ra was giving in the trance state when Don was alive? And if so, how should we prepare for or approach that way?

I am Latwii, and am aware of your query, my sister. We find that there is one area in which we may speak, and that is to refocus the attention upon the use of your own instrument by those of the entities known to this group as L/Leema. In the pursuit of this information it is possible that after a sufficient amount of study has been accomplished of that information which is already available within these areas, that sessions could be had that would focus upon one archetypical image at a time, as you would say, and information could then be received of a somewhat more precise nature. We cannot speak as to the advisability of pursuing this information through the contact with those of Ra, for this is an area that lies most completely within the free will of your own making.

May we answer further, my sister?

Carla: Could you give a subjective opinion as to the degree of distortion from the information Ra might give which would be present in information from L/Leema? In other words, how watered-down or distorted would this information be?

I am Latwii, and we find that this query is one with variable possibilities of response due to the factors which would comprise each session. These factors would be variable according to the entities present, their interest in this kind of information, the general level of vital energy, of all present for the session and the preparations in the way of study, shall we say, that had gone into the, shall we say, mental and emotional computations prior to the sessions. In general, we may suggest that the degree of accuracy that could be hoped for would be seventy-five to eighty percent in relation to the accuracy that was achieved in the contact with those known as Ra.

May we answer further, my sister?

Carla: No—that's fairly high. Let me make sure I understand. This would have to be a special series, then, not the open invitations. You can just confirm that. And would you suggest any opening or ritual preceding the asking of the group question?

I am Latwii, and we find that you have discovered areas of importance that would indeed be of assistance if accomplished in a dedicated fashion. Yet this again must be respected as lying within the domain of your own choosing. We may suggest that

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it would be well to ascertain that each entity attending such a session was indeed interested in the information which was being sought, and that there might be an enhancement of the tuning process by the formation of rituals used for these sessions alone. The construction of such rituals and the dedication procedure must be left to your own discrimination.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Yes. Is the instrument in the Ra session of a deep enough stability of mind to resume the exercise of the [Middle Pillar] as a magical personality? This entity is unable to judge this for itself.

I am Latwii, and we find that we once again must not cross the line or Law of Confusion, for in these areas there is a great metaphysical charge or power, shall we say, that one is working with, and the work in such areas must be carefully guarded that it is a function totally of the free will of the entity seeking this power. Thus, we must refrain from specific response, my sister, and must once again apologize for a lack of information.

May we answer in another fashion or another query?

Carla: No, thank you.

I am Latwii, and again we thank you, my sister. Is there another query at this time?

Carla: Could you give me an idea of how much advantage in percentage it would be for the people involved in such special sessions to be dwelling under the same roof and living in harmony as opposed to dwelling apart and living in harmony?

I am Latwii, and am aware of your query, my sister. We can suggest that there would be a significant advantage to the type of companionship that produces harmony on a regular basis, for the constant interaction of entities provides for the constant refinement, empowering and enhancement of the harmony that is necessary in any undertaking of this nature.

May we answer further, my sister?

Carla: No, that is all. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

(Pause)

I am Latwii, and we thank you, each of you, for inviting our presence this evening. We have had a wonderful time and we hope that we have been of some small service to you who have been so gracious as to invite and accept our presence this evening. We shall be with you again upon your requests, whether in your private meditations or in group meeting. We rejoice at the ability and opportunity to praise the one Creator with you in the seeking of that one Creator. We shall leave you now in love and in light. We are those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

(Carla channels a vocal melody from Nona.)

I am Nona. In love and light I greet you. Adonai.

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Sunday Meditation
March 30, 1986

(Carla channeling)

(Chanting intonation, rising in pitch, then in volume.)

A-mi-ra, A-mi-ra, A-mi-ra.

I am Amira, and I greet you in the love and the light of the Father. My brothers and sisters, how I yearn to touch your hearts, how I have always yearned to move the hearts of people. Why are your heads turned to the burnt offerings which you insist upon offering to the Most High, for have I not said that the sacrifice of blood is to be offered no longer? And yet within your nations, instead of spreading the unity of the children of God and taking comfort in each other, you offer your first born again and again and so often do you do it in my name. I came to you as a servant and you have called me a king. And yet the words I humbly offer you as messenger of the Father, you have disregarded. When shall your burnt offerings cease and when shall you turn towards each other, nation to nation, people to people, in love?

My peace I leave with you. I am Amira. Farewell in the love and the light of the Father. Adonai.

(Carla channeling)

I am Hatonn, and I greet you also in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening and to share our humble thoughts with you. As you know, no matter what our subject may be, we are speaking of some aspect of a life lived in love, and we would choose this evening to speak to you of the art of hope.

It is easy to confuse hope with faith. Yet faith is blind; faith does not have eyes that see, nor does it need them. Faith is an inner sureness and is an invaluable ally to the spiritual seeker. In no way would we discourage any from the cultivation of the faculty of faith, for it is one of the great tools of learning available to you upon the spiritual path. Yet there are situations in which a focused vision has its place and is far more effective than blind faith. That faculty is hope. Hope is the development of faith upon a specific area of intent or interest so that there is a vision which is developed which affirms all that is best in a situation, all that is requisite in an outcome.

Hope is that which, while the eagle soars, gazes towards its prey. Faith is that which causes the eagle to leap into the air. The eagle has wings, yet it does not cogitate upon its flying. It hopes for its prey and in its inner eye sees it long before the outer vision finds that which it seeks.

It is well to refine your inner vision, for that faculty of hope is a means whereby one may use one's deeper intuitions to envision that which is sought. This does not say that one attempts to predetermine an outcome. It is rather to say that through hope one may perceive a situation in such a way that the good

can be seen and the rest can be seen to fall away, just as in the eagle's eye all that which is not the prey is seen, but is not registered as important. Hope has a way of clearing the mind, of strengthening inner vision, of pulling the cobwebs out of situations, of focusing that incredible strength within each of you which is will.

Do you think that you know what you desire? Is that desire intangible? Then sharpen that faculty of hope until within you you can almost taste and feel and see that which is hoped for. Then allow faith to set you winging upon the air and open your inner eyes wide as you fly. Focus *(inaudible)* is that which you seek, is that for which you truly hope. Your faith shall carry you—but where shall it carry you?

Sharpen that within you that hopes, for hope is a valuable tool and never more valuable than when it seems unlikely that that for which you hope shall appear. Sad indeed is the soul which is hopeless, for faith alone cannot turn the mind to the goal of love. Faith has no direction, but is a faculty which strengthens the spirit so that it may go forth and seek. Hope is the result of having found a direction in which to point the faithful self. We hope for you that which you hope for yourselves. And for ourselves, we hope we have been of service, and further we hope that we may continue to be of service to you, for, my children, you have become very dear to us. All entities in the Creation are dear to us, and yet those to whom we speak become especially dear as we appreciate the beauty of each vibration, the charm of each complex personality, the tune of each singer's song.

We do not ask you to hope for a wonderful, trouble-free, careless existence, although for some this is part of the environment in which lessons of love are learned. In your density it is to be expected, by the very nature of the lessons that you have set yourself to learn, that there will be confusions and difficulties. To put an end to these confusions is to limit your ability to learn the lessons you came to absorb into your very being, and yet we hope with you that you may penetrate the outer shell of experience and aim unerringly for the transformations which lie just the other side of understanding.

How we appreciate being able to speak with you. We ask as always that you remember that we, like you, are hopeful seekers, our feet dusty upon the path, and our knowledge incomplete. Yet we serve the same Creator, and we hope with the same beauty of seeking and purity of desire that lies within each of you. We leave you upon the path, your feet dusty, your bodies perhaps tired, and yet your goal always in your mind's eye. We are known to you as those of Hatonn and we leave you upon that path, yet we are with you and shall be with you in hope, in love, and in joy. In the love and in the light of our infinite Creator, we say to you, adonai. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and greet you in the love and the light of our infinite Creator. We are happy to be with you again, my friends. It is our hope as well that we might be of some service to you this evening by attempting to answer those queries which you feel may point a clearer way in your seeking of the one Creator. May we then begin with the first query?

Carla: I have a question from S. Actually it's a question from me too due to the fact that her questioning has to do with something that happens to me also. She and I both have problems with short-term memory. We both can remember things that happened some time ago, but we have difficulty remembering what happened last week. We are not old enough to be senile and this has been going on with us as long as we can remember—which obviously isn't very long … no. As long as we can remember, we've had trouble with short-term memory. Things just pass us completely by. Could you comment on this in any way? Give us some idea of what it is we're dealing with? Are we freaks? Is there something wrong with us that we should go to a doctor? What is this a symptom of?

I am Latwii, and am aware of your query, my sister. We shall speak as concisely and clearly as possible given our desire to refrain from infringing upon any entity's free will. When one looks at the concept and functioning of the memory, one may observe that portion of the conscious self in this instance which is utilized for the storing of experiences which have value to the entity in its deeper sense, that is, the sense with which the entity incarnated. And this sense is that then which recognizes the, shall we say, purpose of the incarnation. This sense of self which collects about it those memories or experiences that are deemed of use in fulfilling the purpose of the incarnation may not be congruent with the

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consciously active self, that self which is formed around the central or deeper self and is much influenced by the society in which the self exists.

Within your culture or society at this time the ability to remember events, the nature of which you have described as recent or within the short term of experience, is deemed normal and valuable, for one may recount with another self mutual experiences of the recent past that may serve as the lubricator of conversation and social intercourse, shall we say. Yet to some entities the daily round of activities, especially those of the more trivial and mundane nature, do not hold the attraction to the central self which they do to others, for it is the case with many entities who have begun or have continued for some time the path of the conscious seeking, the daily activities are looked through or perhaps beyond for the meaning that may be contained therein, and frequently when little is found, the activity is discarded, perhaps without even a second thought:

Therefore, when there has been little attraction to [an] event and little thought given to its potential significance, the event may then be lost, for the deeper and more central sense of self recognizes that which is of use and drops that which is not deemed of such use in the seeking of the entity.

Also we must realize that some people are collectors of experiences and thoughts more than are others. For some it is helpful to remember much if not most of the recent experiences, perhaps not so much for the experience itself, but for the ability to comprehend the activities in which one finds oneself engaged. Others are not so much the collectors of the activities and experiences but instead glean the essence of a thing or event, dropping then the event while retaining the heart.

May we answer further, my sister?

Carla: No. I will await S's reading of this material and her own questioning further. Thank you.

I am Latwii, and we are most grateful to you and to the one known as S as well. And to the one known as S we send our heartfelt greetings, welcoming this entity in spirit with our joy. Is there another query?

Carla: Yes. It's from me. I feel like a "Johnny One Note" because I ask questions like this a lot, but I seem to keep experiencing *(inaudible)* most recently the problem is that *(inaudible)* when attempting to help Don the year before he died. I feel so very badly about this that eventually I have to seek time alone and talk out loud to Don, and sometimes I try but sometimes not. But I always feel quite awful about the various things that I wish I had done better or wish I hadn't done at all in that very confused time. No matter how many justifications are offered to me by my friends for all of the things that I did, it has no bearing whatsoever on the situation which is that I feel very, very sinful and guilty and I have a great deal of trouble forgiving myself.

When I talk to Don, I always receive his blessing and I feel better until the next morning when I wake up all over again with this same problem. How can I work to strengthen my ability to forgive myself and my ability to believe that it's possible for me to be redeemed from the kind of terrible sin that I feel I have fallen into?

I am Latwii, and am aware of your query, my sister. We feel that this subject is one which is of great value to you, for it is one in which you have found great difficulty. It is uncomfortably true, my sister, that value and difficulty frequently are companions within your illusion, for within your illusion, the perspective that one must assume in order to accomplish the tasks of the incarnation is necessarily limited in order that focus upon those tasks might be concise and pure. It is this very finely focused attention that allows for the possibility of learning in any area of one's choosing. If the focus were expanded to include all that could be included within the vision of the far-seeing entity, there would be little of worth within your illusion, little of learning that would be possible, for all would be seen as one, and would therefore be seen as well with no need to intervene or interfere in any direction for any reason.

Thus, each of you bravely and courageously and consciously limit yourselves as you enter this illusion in order that you might pursue the learning of love, acceptance, forgiveness, compassion, mercy, all of those facets of understanding in areas of your own choosing. Each learns it in a slightly different fashion, and in your case, my sister, we find that you have chosen, as it is well known to you, to learn a compassion and acceptance for the value of your own self as it moves through this illusion and experiences the Creator in many disguises. You have chosen to express love in whatever situation you may find your experience has led you.

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Many situations have proven quite difficult. Yet, in each instance, your determination to love without stint and with a whole heart and to give totally of yourself in love has carried you through each challenge. And so you have moved through your incarnation with the knowledge that it is possible to love and indeed is really the only choice. Thus, there has come the opportunity for you to experience not only the ability to love but the opportunity to refine that love so that it may do its work in a realm beyond your conscious comprehension.

Thus, in the experience of which you speak, the challenge, or opportunity, shall we say, was presented to each within this group of three to experience …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. We shall continue. To experience some facet of the learning and refining of the concept of love, for each had in some degree experienced the more fundamental lessons of love, and there was then seen the need to refine this expression with [the] quality which may be termed wisdom, and each attempted to do that which the moment required, yet each found …

(Inaudible)

This instrument is somewhat concerned that the device used to record our words is not functioning correctly and therefore has attempted to rectify the situation. We shall continue.

Thus, in the experience of which we have been speaking, the attempt to refine the love was placed upon the wings of faith and sent forth with the hope that the attempt would be successful. Yet it was made clear to each that the designs of the desires were beyond the control of any conscious mind and that the results of efforts must then also be accepted in love and in joy and the self which sent forth the efforts on faith propelled with hope would also must needs be accepted in love and in joy, for one could not, it was obvious in this situation, judge the self or the results in any manner that was understandable. All was quite beyond effort or desire, therefore the opportunity to accept that which was. And the self was accentuated.

In this situation, my sister, you have found yourself within the dilemma of your own being, for within the heart of your being beats the one desire—to serve and to love the one Creator in all, most especially in those to whom one has given love. However, also within your own being was the need and the desire to expand the ability to accept not only the situations in which you might find yourself tested severely, but also to accept the self and to give to it the same love that you have given to all those entities and situations that you have touched with your life.

May we answer further, my sister?

Carla: Thank you.

I am Latwii, and we are grateful to you, my sister, as always, for allowing us to attempt our humble service.

Might there be another query at this time?

Carla: No, thank you.

I am Latwii, and we thank each for allowing us to join this group upon this most special of occasions. Our hearts are full of joy at each opportunity to blend our vibrations with yours. We thank you, we bless you, and we rejoice with you that each day and each moment provides the opportunity for the One to be born again within each heart and each breath. We are those of Latwii. Adonai, my friends. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
April 6, 1986

(Jim channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. We greet each of you this evening with a special joy for we are aware that there is a special kind of good feelings and camaraderie which this group has generated this evening, speaking upon those topics which are of special interest to the group. It is in such a manner that the vibrations of each are blended and then combined with others, and thereby provides us with the harmony of all with which we may blend our own vibrations.

This evening we would speak upon the topic of harmony, using the experience of this group this evening as a starting point, for though the topics of which you spoke upon were little concerned with matters spiritual, it was the desire behind the topic, shall we say, that allowed the work of blending vibrations together in a harmonious manner to occur. Each desired to share with the other what could be helpful in increasing the enjoyment of the group as a whole. Thus it is in your daily round of activities you will find yourselves, as you have countless times, engaged in conversations and activities with those about you in such a manner as might often seem tedious, confusing, inane and pointless, for the topics of daily interaction are frequently most trivial and mundane, having to do with the carrying on of endless rituals, regulations and so forth. Yet these tedious interactions, shall we say, bring together people such as yourselves, people who have hopes, dreams, fears, feelings, family, friends and so forth, just as you do.

When you are able through these activities to find the heart of the situation, shall we say, and share in an honest and loving fashion your point of view with those who share the situation with you, then the tedium of the moment may in many cases be forgotten and left behind as even the most minute and mundane of activities takes on the communication of heart-to-heart. It is in such instances that each entity has the opportunity to find more than is apparent on the surface of the moment, and is this not the case in each area of your lives, my friends? For if you will look upon those activities which have filled your previous measure of time which you call a week, how many of these activities would you guess were of more than a routine nature? Yes, my friends, the routine, the mundane, the seemingly trivial, is the fabric of the illusion in which each of your peoples move.

The illusion about you is well constructed to hide the unity of all people and events. In such a well formed illusion it is then the norm that entities shall move about in a seemingly endless array of irrelevant matters and have countless opportunities to interact with others in any fashion which those involved may choose to fathom. You may in your daily round of

activities concentrate only upon the surface of appearances and pass each moment off as one more item completed upon the list that shall comprise your day. In this way entities, activities, days, years, and eventually one's life, may be measured by an unending string [of] check marks with activities being dutifully completed but without a harvest which gives meaning to the life.

One may, with a certain desire, persistence and attitude, however, look beneath the surface of the events which present themselves in a day, in a year, or in a life and see below that surface that which was hidden previously from sight due to lack of desire to find what was hidden or lack of knowledge in knowing that more is available in each moment for each entity, for each entity brings to each moment the entirety of its being. When you consider that each entity is a facet of the same Creator, moving within this illusion with you with the purpose of finding that which was hidden with you, you may see those about you in somewhat of a different fashion, for these entities, then, with such an attitude become more than functionaries or bureaucrats of the day, shall we say. They are those who with you travel this illusion in search of that which many are unaware exist. They search with you for the one Creator that exists in each moment, disguised as difficulty, as confusion, as jealousy, as ignorance, and so forth. And yet, when one can bring one's heart of seeking and desire to be of service to others to each moment that is shared with others, then one may see unfolding before one's eyes level upon level of richness of being, of desire and of potential for uncovering yet further treasures hidden within each moment.

Those about you may not exhibit the degree of desire to seek the heart of the moment as do you, and yet this need not be a hindrance in your own experience of the perfection, balance and joy that is available in each moment, for as you take that which is given, whatever has brought you together for any moment, and propel the activities necessitated by such a moment with your own desire to imbue that moment with love, with compassion, with wisdom, with a kind word, perhaps simply a smile—there are infinite ways to express these qualities—then you will discover that the other entities within your shared moment will feel that love which you have projected touching their own hearts and will perhaps without even thinking respond in kind in order that that love may not go unrecognized, for love knows its own kind and leaps to rejoice when it finds another of like heart.

You will see moments, and entities within moments, transformed when you are able to imbue your portion of the moment with the honest sharing of yourself and your beingness which you bring to each moment, for always the truth of your nature is with you; though it may be seem to be lost within the mundane, yet it is within each portion of your being awaiting the call to be of service to another. And notice as you share the heartfelt feelings and the honest communication with a true concern for those about you, that the response is so overwhelmingly accepting and loving that the joy which you have cast upon the waters of the moment returns to you manifold, though it was your intention to give it away.

We realize that each within this gathering this evening is quite well aware of these simple principles, for each has experienced them in action, shall we say, yet we find from time to time that it is often helpful to remind each within these groups of that which is already known, for it is oh, so easy, my friends, to forget and to become again a seeming slave to the triviality of repeated routines in days that seem to be the same, one upon the other.

When we speak to your group and to others, we cannot speak upon topics which are unknown, for each of you, my friends, is a portion of the same Creator with an endless storehouse of knowledge that needs only from time to time to be repeated and shown again to the mind of the seeker.

We thank you for allowing us to speak this evening in this simple manner and hope that our words may have been of some small service. We shall relinquish this contact for the nonce. Before taking our leave, however, we would pause for a moment and move about each within this group that our vibrations might be felt and aid in the deepening of the meditative state, if this is mentally requested. We shall pause. I am Hatonn.

(Pause)

I am Hatonn, and am again with this instrument. Again we thank you, my friends for allowing us to speak with you this evening and to blend our vibrations with yours. We are most grateful. We shall be with you again. We are known to you as

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those of Hatonn. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we are also most happy to join you, my friends, and we also come in the love and light of the one Creator. We have been patiently waiting for our turn this evening and are happy to be able to offer our services as well. We would, as always, attempt to answer those queries which those present may have value in the asking. We remind each present that we are not infallible, and will give that which we have found to be helpful in our own seeking with the knowledge that we are but your brothers and sisters who speak of our own experience in our opinions. May we attempt a query at this time?

Questioner: Can you tell me of the concept of soul mates?

I am Latwii, and am aware of your query, my brother. We find that this is a term which is most popular among many of those who seek the nature of truth among your peoples at this time, yet it is a term which has been somewhat misused, shall we say, in its most common usage. We find that the term of soul mates is reserved for those entities within your third-density illusion who have from incarnation to incarnation journeyed together and found the seeking of truth to be enhanced by joining in repeated incarnations in order that lessons begun and carried on at one time may be completed, as you might say, at yet another time. Those of the nature of soul mates may be many in number, not just two, and may be of many sexual natures in order that there might be the variety of the interaction between various entities in various incarnations.

May we elaborate in any further way, my brother?

Questioner: There's also the term "twin flames." Is that also soul mates or is this a different form of incarnation?

I am Latwii, and we believe that we might best answer this query by suggesting that the term twin flames is a term which is somewhat more specific in its use. Entities who are of this nature are, shall we say, somewhat more closely connected in the nature of their being and in the nature of their seeking. The entities will have found their individualization of consciousness as having sprung from the same root, shall we say. This is a concept which is somewhat difficult to explain in terms of your language, however, we shall attempt such.

The origin of the individualized nature of these entities is an origin which in many cases brings forth only one individualized portion of consciousness and sends it forth that it might gain further experience and continue through the process of evolution thusly. The twin flame concept springs from the dual aspect of the consciousness foci which then have the same origin within what you might call the upper levels of the second-density pool of consciousness. Thus, the entities who might fall within the designation of twin flame are somewhat like the Siamese twins that are the rare occurrence within your own illusion.

May we answer in any further way, my brother?

Questioner: Is there any way that one can tell if he has met his twin flame?

I am Latwii, and am aware of your query, my brother. We find that there are many ways one may know about the nature of another. In the case of which you speak, the recognition of such an entity could perhaps be first noticed in a certain unspoken feeling that is shared between the entities. The somewhat unconscious knowing of another might then expand in its expression to include what you may call the precognitive experience of another, that is to say, one may begin to anticipate the thoughts, words and actions of the other before they occur. Within the meditative or perhaps the dreaming state, one may discover certain experiences shared in other illusions making themselves known in symbolic fashion. The entities may then through continued interaction become aware that there is more to their current experience than meets the eye, and this may then be pursued in what you may call the hypnotic regression where the intent is to move into previous experiences in order to discover more of the shared experience which is, shall we say, magnetically drawn to this current experience.

May we answer further, my brother?

Questioner: No, thank you.

I am Latwii, and we thank you, my brother. Is there another query?

(Pause)

I am Latwii, and we thank each of you for allowing our presence this evening. We are happy to have

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been able to join this group, and we shall join you in what you would call your future upon your request. We shall leave this group at this time, as always in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
April 13, 1986

(Carla channeling)

I am Latwii, and greet you in the love and in the light of the one infinite Creator. We apologize for the pause between our contacting this instrument and her responding to our contact, but this instrument was concerned that we did not feel like ourselves, and, indeed, our vibration is a bit subdued for we recall the many times that we have caused this instrument to bounce up and down in the seat because we had not adjusted. We finally convinced this instrument when we began to sing "When the Saints Go Marching In." That did it. Therefore we thank you for asking our presence this evening.

My friends, we would speak to you about something somewhat seemingly different than the usual topic of love and meditation. We would speak to you of expenditures. The questions that bring you to a metaphysical group which is seeking the truth are basic. You wish to know who you are, you wish to know why you are here, you wish to determine where you are going. And somehow, philosophy often neglects that which may be called daily or ordinary life, expecting and hoping that the seeker will experience that more and more of the consciousness will be taken up with these deep and impenetrable matters so that as the life experience grows longer, the seeker will become closer and closer to the infinite mystery of the source of all that there is.

And yet each of you does live a daily life. That ordinary life is "grist for your mill[4]." It is the material from which you extract the answers to the most basic metaphysical questions. The fabric of this everyday life may seem banal, or at the very least, tame. And yet, if you have a listening ear and a watchful eye, that which is daily will also yield to you the most extravagant fruit in your seeking.

One of the things with which each entity in his or her daily life must consider is the expenditure of money and time. We cannot and would not attempt to be over-general on this subject, for each entity incarnates with a slightly different intention. Love is not a simple lesson, but is indeed a unified and single creative principle which has a million faces, and it is this unified yet infinite principle for which each of you sacrificed knowledge, memory and comfort in order that you might work more carefully and closely in your own seeking after that one great original Thought.

You do not each have the same time to spend; you do not each have the same money to spend. What you have in common is the ability to look inward and to discover consciously within yourself that about which you feel the most strongly. Some of you have incarnated with a special love for the second density of your planet. We suggest to you that this is

[4] Carla: A phrase made famous by Ram Dass' book of that title.

not only a chance for you to rejoice in the beauties of the outdoors but may well also be a suggestion made to your conscious self through roots of mind to aid the environment in which you find yourselves and in which you enjoy your days and nights. Some may have a special feeling for the plights of those who are hungry. One may then give thanksgiving that one has fed one's family, but more than that, one may discover the suggestion that stewardship regarding the feeding of strangers in need might be appropriated.

One may have incarnated with no strong interest in the world's problems but with a strong interest in seeking the presence of the Creator. For that entity, stewardship may be not the expenditure of money, but rather the expenditure of time. Usually both time and money are involved in spiritual expenditure or what this instrument would call stewardship. It is easy for us to feel very strongly that what you need to hear is the central information, that is, central to the metaphysical life. The centrality of meditation as a source for that flow of the love which each of you seeks is something about which we feel so strongly that we usually find within each entity present a particular way of speaking about the central subject so that we may hope to inspire the listener to turn inward, and yet tonight we would suggest that you turn outward and face the world about you.

It is important, in our opinion, that the awareness of unity with all things and co-responsibility for all that there is be sharpened. Your talents and gifts are for you to discover, but that environment which you enjoy hungers for your touch, for your caring, for your presence and for your expenditure of yourself. We could speak for hours suggesting the different kinds of involvement in your environment which serve to heighten your societal consciousness and awareness of love. And yet, it is far more accurate and far shorter to admit once again that each of you is a unique being, but that each of you has an appointment with your daily life with the turning outward, and it is well that that appointment be kept, for your incarnation is not your own—your incarnation is the Creator's gift to Itself and the Creator is in all things.

What portion of the creation disturbs you? Draws you? Concerns you? We ask you to ask yourself if you are spending enough of your riches on impersonal giving, and we do not mean only money, for we cannot emphasize enough that time is often far more of a sacrifice than your money. For those who do not feel the call to any particular part of the daily life, we urge that that being consider how active it is in its beingness. If what it has to offer is a determination to become closer and ever more close to the Creator, how often and how freely is that companionship given to the world? And not an exclusive world of people who already think as you do, but to a world of people whose faces are blank and whose names are unknown.

Now, of course, you understand that in order to be a good student, it is necessary first to determine that you seek the lessons of love, that you seek to serve, and that you seek to intensify your learning and your service through meditation, so you see, we have come back to our main subject after all. However, may we suggest once more that your daily life, your everyday life, is a veil beyond which lies fantasy, imaginary beings, wondrous dreams, terrible dragons, and the most amazing of stories.

When one [who is] dull of sight looks, one layer is seen; one layer of the illusion. But you are dreaming your own dream and you can look at as many dimensions and layers and parts of your dailyness as you wish. Miracles are exploding about you every second. Perhaps it is merciful that so much is veiled to you. Perhaps the overload to your senses would cause you to become unstable and unable to seek further. But we suggest that you can look a bit further, you can find hope in dark corners, and you can share that in whatever way is your way. We do ask that you consider carefully what [response] you are offering back towards your environment. Think carefully and if you are not satisfied with your answer, do not blame your community for the boring quality of your existence but ponder stewardship and value, both the fastidious attention which you pay to your own inner preferences and the faculty of imagination which allows you to see what it is you may do that is just precisely what you can do, want to do, and feel good about doing.

Much is written in your holy works, especially those best known to this instrument, that is, the books of the Bible, about the fruit of good works. We would like to distinguish between the traditional concept of good works and that which we are suggesting for you. Bow first to your inner nature, for there is a good work waiting for you. But it is the determined seeker who picks that good work up, imagines a way

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to further it, and finds the persistence and determination to accomplish it.

We are so happy to be speaking through this instrument and we would like to greet each of you. We are aware of the fatigue of each in the group, and yet we rejoice in the love for each other and for inspiration that brought you together. We hope that some inspiration which we may have in our poor words may return to your dwelling with you as you leave this domicile. May you be in love with life while you are in it. May you be in love with each part of your life, for there is nothing that is without beauty to the Creator. Yes, you may privately think to yourself that there are things about yourself or especially about your bodies that are less than lovely. You may think that there are many things about the world that are less than lovely and about which you can do nothing. But just as you cleanse your body and make it a holy place, regardless of how many times it becomes unholy and you must cleanse it again, so may you see the world in which you live. There is no spot too small and no problem too large for your attention and for your stewardship. Listen carefully to yourself and you will find that which you may do to give back to the world which is part of the Creator that love which the world has for you.

We leave you considering how we could ever think that the world is beautiful in the same week in which your government takes the tax money from your peoples, so that we may transfer to another instrument in order that we may catch any questions that may be flying our way. We leave this instrument. We are those of Latwii.

(Jim channeling)

I am Latwii, and I am with this instrument, and we greet you again in love and in light. We are hopeful that if there are any queries, we may increase our service in some small degree by giving our measured response. We remind each of you of that which you are undoubtedly aware—we are most fallible, but eager to attempt your queries. May we begin then, my friends, with the first query?

Carla: Are you aware from any third-density environment, any planet's third density that you've been familiar with, in which money was available as needed instead of extreme variations in richness and poorness and in fatness and in hunger that we have in this world?

I am Latwii, and, my sister, we are aware of a great variety of third-density illusions in which the means of sustenance is provided in many and various ways. The means by which your people have devised to provide the basic necessities of your daily existence are not unheard of in far reaches of this galactic system, and as portions of our social memory complex have traveled beyond this galaxy, we have through their experience discovered that the abstract means of measuring wealth which you call money has also found its roots in other systems as well, for the monetary system that may be controlled by a few yet utilized by almost all of a population is one seed of the service-to-self polarity which is sown wherever there is the opportunity to plant such a crop and gain an inroad into the conscious complexes of a planetary system.

It is, however, most usual that such attempts are made upon planetary systems such as the one which your peoples now inhabit, that is, those planetary influences which are housing many races of beings who have found the need to repeat the third-density illusion and who therefore call for assistance from those of the positive polarity in most cases. When such aid is given by those of the positive polarity, as you are aware, it is necessary that the opportunity for the negative polarity to be experienced is also realized. Thus, the implanting of the concepts of abstract wealth and the more basic concept that undergirds this concept, that is, of the separation of peoples and the exercise of rights over peoples by groups of others, are those concepts which give rise to the experience of the monetary system which you as a planetary population now experience.

In those planetary influences which have had less outside aid, shall we say, or need to call for such aid, it is more unusual that such a system of money exchange would develop. The ambiance, shall we say, of such a native and homogeneous and seemingly isolated planetary influence is that this influence shall remain somewhat naive in the area of wealth and shall instead look each to the other for the means of support and sustenance.

May we answer further, my sister?

Carla: Yes, let me just tell you the reason for my asking that and then perhaps you can comment. I was reading a book called *Genesis*, not in the Bible. It's a proposal for community by a British chap who wanted to start a community in New Zealand, and

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he felt that any money that anyone had should be invested in shares with the community. And even if one had an inheritance, that the income from that inheritance should be invested in that community and that everyone should be dependent upon the community, with perhaps a very small allowance for minor things a person might need, but that all clothing would be made by the community or won by the community, and so forth. And it struck me that this was a Utopian ideal which could probably not be mastered by humans brought up in the Western hemisphere in the twentieth century. And I was trying to ponder to myself, because we're thinking about community, where correctness lay—what people should agree upon, what people should expect from each other in community in the way of monetary support. It had me completely baffled. If you have any comments on it, I'd be glad to hear them.

I am Latwii, and we are aware of your query, my sister. We find that we are talking here of old dogs and new tricks. Well, this is not an easy subject, and we would not move too far within its reaches for we would not wish to influence the course that you might wish to take.

The course that is taken is one which must be both the product of those who take it, their thinking, their ideals, their capabilities, their limitations, and so forth, and must also be that which can be flexible and be able to change as new situations arise. The means by which a group of entities arranges, supports and governs itself is the binding influence for that group, and becomes the beginning of the shared consciousness of that group, and is that which shall be as the young child, newly born into a world of seasons. How this child is nurtured and fed will determine how it shall evolve in its own being and thinking. When you join in groups and share common purposes, you become more than you are as individuals. There is that which must be given in order that the group might be sustained. There is that which the group provides each other in order that the individual not be forgotten. The balance is the trick, my sister, and is that honor and that duty which the group of individuals must collectively assume.

May we answer in any other fashion, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. We thank you especially for putting up with our somewhat oblique response, for we know that each seeks most earnestly for the guidelines and hints that might provide a means by which ideals can be realized. We must remain somewhat mysterious for there are great potentials for learning within this area and we must not take them from you. Is there another query at this time?

(Pause)

I am Latwii, and we are happy that we have been able to speak with this group this evening. It has been an unusual honor to be able to address the group with an opening message and …

(Tape ends.) ♣

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Sunday Meditation
April 20, 1986

(Carla channeling)

I am Hatonn. I greet you, my friends, in the love and in the light of the infinite Creator. It is, as ever, a great privilege and pleasure to be called to your group this evening, and we are most grateful for this opportunity to share our vibratory patterns with your own. We would greet especially those who have not sat in person, shall we say, with this group previously, greeting them most heartily and offering blessing and love from those of us who are unseen and yet ever near. And indeed we greet all and are with all and are one with all, for are we not all One?

We would like to take this opportunity before we speak to make a suggestion to this instrument, for it is necessary that we do some fancy footwork, shall we say, to maintain the correct bias in this channeling. Because of this instrument's sensitivity to direction, one instrument would do better to be facing to the north, and we would suggest this in the future.

There is within the heart of each of you, my friends, a pathway. There is within the heart of each of you, my friends, a home. These are one and the same. Very often because of your illusion the seeker believes that the journey he is on is of a certain nature which among other things leaves him homeless. This has been the description of the seeker's quest in many a spiritual metaphor—the road that stretches ever onward, the straight and narrow path, the craggy mountain trail, the dangerous, rock-strewn road, the endless desert. As these are all aspects of your own selves, these are aspects of the journey upon which you have set out by choice and from which you shall not return, therefore some feel homeless and others who know that they are in an oasis, comfortable, surrounded by support and love, almost feel as if they have left the path.

The first steps upon a journey are difficult, for to prepare the mind for a journey is most wrenching. One must decide what baggage to carry, what shall be left behind, and what shall be taken. Within the mind of the traveler too, there are furnishings that are chosen, attitudes that may be left behind, biases that are picked up and treasured. Much preparation is involved in the first step. This degree of concentration is necessary because any decision moves one through a barrier. It may be an invisible one, yet nevertheless it is the barrier between this path and that, this choice and that. Once having made the decision, once having gotten out of sight of the starting point, the journey changes its character. How upsetting this is to many seekers.

It seems too easy sometimes. One step, then another, and then another, all so logical, all so necessary. The journey becomes better understood, problems become challenges, and challenges become things to

enjoy. Hardship becomes that which is not so bad and then becomes that to which one is used. And the seeker begins to wonder if he is still on the path.

For you see, my friends, it is impossible to go back to the you that you were before you began your conscious journey. Were you to go back, you would find yourself to be doing the equivalent of the things people do who have been on hard treks. They cannot sleep on hard beds, but seek the floor. They forsake their comfortable couches and stoop or squat or sit cross-legged as they have upon the trail. Yet when one is on the trail, such behavior is normal, has become comfortable, and one begins to think, "How can I be comfortable and be a pure and sincere seeker?"

It is easy to forget that your birthright was not to sleep but to seek, and that you as seekers will find the only comfort available to your deeper spirits on the seeker's path. And then, what is even [more] confounding—you reach an oasis. There are no stones; there is no desert; the path is not straight and narrow, but you seat yourself upon the greensward under trees and drink of the cool spring, and you say, "How can I be a serious seeker and be so very, very happy? Am I not supposed to suffer?"

My friends, you are supposed to seek. Not only is that your responsibility, it is your inevitability, for the choice, once made, is irrevocable. And there is as much patience involved in waiting to move from the oasis back to the desert to the relative discomfort and to the hardship of the punishing path ahead as there is upon the trail itself. Yet, you cannot hurry your journey, whether you are in the desert or high among the rocks or gently seated upon the grass, comfortable in your oasis.

In your illusion, suffering is almost inevitable. But so is joy. You must learn to accept the gifts that are given you. You may look at them, you may question their meaning, but do not put them from you. Whether they seem too hard or too easy, they are yours—no one else's. No one else can quite grasp your dilemmas or your joys. No one else can lift your next foot or tell you when to leave the waving palms of the oasis.

It is a good thing in your mind to allow the various myths and legends about the seeker's journey to evaporate from your minds, and to cease expecting and anticipating your journey's next day, your experience's next hour, for you are creatures of the moment and the journey lies within. And so, my friends, we suggest that you toss concern about your own sincerity to the wind and sing the songs of joy that are in your heart at this moment, or turn your face to the wind and moan and cry if that be your lot. Accept joy and sorrow as if they were the same thing. Accept the rocky place and the oasis as if they were equal gifts, for these are your home. You shall learn comfort in suffering, and you shall find the undertones of sadness in the most joyful moments, for that which is within you is whole and entire. You are not an experiencer of isolated events or a chronicle of segmented stories, but rather eyewitness to a present moment which this illusion shall suggest to you often to be more than one thing, longer than one moment, fragmented and broken. Yet if the road goes on forever, how can it be fragmented?

That which is forever is also One, and you are that One. All that happens of joy and sorrow, ease and unease, is happening to you simultaneously and offered to you for one reason only—that you may from it learn ever more clearly the lessons of love.

You who are in this circle, reach out within your minds and touch in love those next to you. Feel the joy of sharing love. Now reach out further, my friends, for you are in meditation and time is no longer important. Reach out to the many who are troubled, who are torn with strife and war. They are your brothers and sisters, and more—they are you, and you are all the Creator. Touch your planet with that love and let its being sink deep, deep into the Earth that lies beneath your feet, for the Earth is troubled and in need of healing just as each of you feel in need of healing. And now, move back within your own physical vehicles and allow that feeling of love united with the one next to you, with those who need you whom you do not know, and with the planet itself, to remain united in your heart, in your life, in your thinking, for my friends, you are each so very powerful in service of something. Shall you choose to be in the service of light? Shall you seek ever more quickly and ever more patiently?

We leave you in meditation, and, as always, encourage you to return to meditation daily, that it may cleanse you of the illusion and refresh you with life. We leave you on your journey and your home in the present moment of forever. We are known to you as those of Hatonn, and we leave you in the love and the light of our infinite Creator. Adonai, my friends. Adonai vasu borragus.

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(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and light of our infinite Creator. We also are most grateful to be able to join your group this evening, and we thank you for allowing us to do so. As always, we hope that we may be of some small service in attempting to answer those queries which you may have value in the asking. We remind each that we are but your humble and fallible brothers and sisters. Please take that which we offer that may have value and use it as you will and leave that which may have no value without a second thought. May we begin with the first query?

Questioner: Yes, I have a question. It follows closely with what Hatonn said, and it's really strange because I thought of this question before the session began. It has to do with coping and conquering. And by that I'm talking about, you know, a particular individual's life if they have a problem. In our culture we normally think of, if you have a problem, you're going to lick the problem. You're going to lick the problem; you're going to conquer it. You're going to work on it until you conquer it. But sometimes it seems that you work on something and work on it and work on it and basically all you do is cope with it. And when you don't conquer it, in other words, completely overcome the problem, you tend to lose sight of the fact that you are *coping* with the problem, and therefore maybe you don't learn what you should be learning as you cope every day with it. In other words, you learn from coping as well as conquering. And that doesn't sound like a question, I know—it sounds like I'm making a statement, and I guess I'm asking for some comment or corroboration on this. I have ideas about it—I'm looking for another opinion.

I am Latwii, and am aware of your query, my brother. We can suggest that you have stated a situation which is most common among those seekers of truth. However, it is also true that much of what one experiences is somewhat or [in] some cases greatly hidden from the eye. Therefore, when one looks upon a situation that seems to be in need of attention and provides the opportunity for mastering a new lesson and the mastering takes somewhat longer than the seeker's estimation of what it should take, there is, as you have surmised, within this process much of value which is hidden from the seeker's eye and which continues to draw the seeker onward as layers and levels of understanding evolve from the interaction between you and the situation which is seen as the problem or difficulty.

Within your cultures, the product of an effort is given much value and the process by which the product was achieved is relegated to lesser value and is oftentimes overlooked completely. However, we assure you, my brother, that the situation which you have described as the coping has much more to it than merely, shall we say, keeping one's head above the water. There is much work upon the metaphysical or inner levels which is accomplished at that time that may be likened unto the tempering of an instrument that it may probe yet further without bending or breaking.

May we answer further, my brother?

Questioner: When a person allows themselves to become very discouraged by seeming non-results, in other words, not conquering a problem, doesn't that tend to even more so cover up what you might get out of the coping process? In other words, to keep a positive attitude. I mean, these are things that I know—I know it sounds like—but I'm just looking for another comment on it.

I am Latwii, and am aware of your query, my brother. We might liken your statement to the situation of the entity who is attempting one lesson and who adds yet another lesson before the first has been completed. This, of course, is quite possible to accomplish, yet in some cases may make the situation somewhat more complicated or prolonged as the new set of lessons is added to the previous, that is as the seeming difficulty and the coping are joined by the dissatisfaction and what can be learned by one who becomes dissatisfied with one's own progress.

Within each situation is an opportunity to expand the limits of one's perceptions and understanding. To add unto the lesson by becoming that called dissatisfied then increases the opportunity, and according to the point of view of the seeker, may add more difficulty, more challenge or more opportunity.

May we answer further, my brother?

Questioner: No, thank you very much.

I am Latwii, and we thank you, my brother. Is there another query?

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Questioner: Yes, I have a question please, Latwii. In self-analysis of my problem in my adult life, the greatest one seems to be communication with those that are most meaningful to me. And I was wondering if you could give me any sense of direction in improving this problem?

I am Latwii, and am aware of your query, my sister. In this instance, we may speak in general in a manner which we hope may be of value. To look upon the situation in which you engage in communication with another, with a perception that the other is one to be loved as are you, and to find within yourself the pure and undistorted love and acceptance of self and other self without expectation of any result for the communication is to give the heart of love, is to give the best which you are and which you seek. To love, my sister, with all of your heart both yourself and the other self is then to place the situation within the clearest light available. All else falls away. What remains is love giving love to love.

May we answer further, my sister?

Questioner: Yes, please. I feel that I am trying to do what you're describing but it isn't received that way. So, therefore, something's not operating well. I do feel that I'm trying to do what you described and perhaps you can give me a little more feedback—is not received as I mean to give it.

I am Latwii, and am aware of your query, my sister. To give the specific reasons would be to seem to judge another and would require that we look within the mind of another and would require that we describe the patterns in which another entity finds use in moving. May we say that all patterns are appropriate; all patterns are love. The perception that one may hold determines what one experiences. You may look upon the response of another to your gift of love as being completely unimportant. All that is of importance is that you love with no expectation as to how that love shall be received. That is beyond your responsibility. If you can love—you have fulfilled your own ability to respond to all that comes before your notice.

May we answer you further, my sister?

Questioner: No, thank you, because I was feeling that I should withdraw from giving love, but I see that I should still keep on, no matter what the results are—is that what you're saying? Keep on giving my love even if it isn't well received?

I am Latwii, and this is so, my sister.

Questioner: Thank you.

We thank you, my sister. Is there another query?

Questioner: Yes, I have a question. First, I would like to thank you very much for your love and your guidance and the sharing which is ongoing with you, Latwii. My question regards cellular memory, *(inaudible)* and its significance to entry into fourth density. Could you comment on that, please?

I am Latwii, and am aware of your query, my sister, and we thank you for it as well. The illusion in which each moves within the third density is one which …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. To continue our response. Your illusion is one made of love. The structure of the physical material of your illusion is one which vibrates at a certain frequency of what might be called motion or even understanding, for that which is moving moves in realms of grasping a certain portion of the nature of unity. The words are imperfect, yet we beg your forgiveness and shall continue. As each entity which is composed of the material of your illusion becomes aware of the nature of love, the awareness then interacts with the material of the illusion and the very physical vehicle itself. This interaction creates pathways or access one to the other between the entity and the material of which its vehicle is constructed. Thus, each teaches and learns from each, for each is a pattern of vibration and understanding, each seeking that which it is at its heart. Thus, the remembering or reconstructing of understanding accelerates the vibratory frequency or ability to further understand and love.

At this time we would ask if there might be another query that we could further refine this general concept by our response to it.

Questioner: I thank you very much for your information. There is so much given there that I would ponder and meditate upon it before further query. Thank you.

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I am Latwii, and thank you, my sister. Is there another query?

Questioner: When you're speaking *(inaudible)* of the vibrations in reference to this previous question of love within the person, are you stating that it interweaves within the makeup of that person, that feeling of love, or am I misunderstanding what you were implying there? You're talking about love and vibrations and the vehicle.

I am Latwii, and am aware of your query, my sister. We were in our previous response attempting to describe in a general fashion the nature of evolution in the third density illusion which seeks to learn the lessons of love, and to describe how the seeker's ability to love is felt and responded to by the creation about it. More specifically, the physical vehicle by which the entity moves through this illusion, all of the illusion, the vehicle and the entity being composed of love at the heart of each cell of material, and of desire and of concepts, so that when the seeker loves, the entire creation sings in harmony, shall we say, and the eyes of the seeker look upon a new world.

May we answer further, my sister?

Questioner: No, thank you. That was very beautifully expressed. I shall treasure it.

I am Latwii. We thank you and we treasure our blending of vibrations with you. Is there another query at this time?

Questioner: How can we help Ra in his work?

I am Latwii, and am aware of your query, my sister. Again, without meaning to sound simplistic, we can suggest that to love and to give love freely is that which aids any entity or effort in service. That love then can be used by the entity in whatever way has meaning to that entity.

May we answer further, my sister?

Questioner: No, but love to you Latwii. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Questioner: Latwii, could you please expand upon this statement for us: "To think with the heart and feel with the mind."

I am Latwii, and am aware of your query, my sister. We might suggest without infringement that the statement which you have made is one which provides the opportunity to blend love with wisdom and wisdom with love in order that one might serve with greater, shall we say, effectiveness, in that love be guided by wisdom and wisdom be ennobled and enabled by love.

May we answer further, my sister?

Questioner: Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Questioner: There is one more query, Latwii. It concerns the instrument. The suggestion of the facing to the north, should that be adjusted to the twenty degrees north?

I am Latwii, and am aware of your query, my sister. Our brothers and sisters of Hatonn took the opportunity this evening to suggest to the instrument known as Carla that it would be more helpful in her service as an instrument for her to face in the northward direction due to her increasing sensitivity or ability to receive the signal, shall we say, that those of Hatonn are privileged to send. The fine adjustment to the twenty degrees east of north direction may at a future date be appropriate. At this time, however, it would suffice to face in the direction of magnetic north.

May we answer further, my sister?

Questioner: I thank you. We are very concerned for the continued and improving wellness of the instrument. Is there any other information which you could offer that would be assistance in our helping her?

I am Latwii, and am aware of your query, my sister. We find that this instrument, the one known as Carla, is the beneficiary of great love, light and healing opportunities of which she is aware upon one level or another, and indeed has called upon these offerings on many occasions, and is most grateful for the giving. We find that the one known as Carla is improving in her state of what you would call health to the degree that we join each in rejoicing that her heart again sings a happy song, and we thank each who gives love, light and concern to this entity.

May we answer further, my sister?

Questioner: Thank you.

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I am Latwii, and we again thank you, my sister. Is there another query?

Questioner: Could you tell us about your planet—where you come from, please, if you're not too tired?

I am Latwii, and am aware of your query, my sister. We do not tire of the joy of speaking and sharing our humble service with this group. However, this instrument is somewhat less sturdy. We shall speak briefly upon this topic, for it is not one which we find great opportunity in being of that which we would call service. We are a race which dwells within the density that you would call five, that of light, that of wisdom. Our experience upon our, what you would call, planetary influence is one which is of an unified nature of seeking. The vibratory nature of our planetary influence is one with which we move now in harmony and which we join in its progression to the One, for all creation is constructed of the one Creator, and in the unique fashion given to each, moves in a way which attempts to glorify the One in all.

May we speak in any other fashion, my sister?

Questioner: I thank you, and I too seek in this incarnation to aid in the unity of our soul growth here in this *(inaudible)*. I appreciate that you have given us this love and light and wisdom tonight from those whose goal is the same.

I am Latwii, and we join you in praise and thanksgiving, my sister. We find that there is enough energy within this instrument remaining for a short query, if there might be one with which we could close this gathering.

Questioner: One final question, Latwii. This instrument, Jim, is there anything that we can be doing to make him more comfortable. Should he also observe the facing to the north?

I am Latwii, and am aware of your query, my sister, and as regards this particular instrument, though its sensitivities are also making a steady progress, we find that there is less need for a heading of the northward direction, though due to its connection to the instrument known as Carla, we find that it shall also share this new direction if that be their choice, and shall at some point in its progress as an instrument also find benefit in that heading.

May we answer further, my sister?

Questioner: Thank you very much.

I am Latwii, and we thank each present for inviting our presence, and we are filled with joy at the opportunity to join this group in its seeking of love and light and the unity from which both spring. We shall at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I Yadda. I greet you in the love and in light of infinite Creator. We say "okay" to this instrument about challenging in the name of Christ. We so lonely for someone to say, "Do you come in name of Zoroaster?"—he was a good guy, you know. Why always the Christ, Christ, Christ? My goodness! Christ! You know there are many teachers, but one Source. Why you not challenge in name of Source?

But that okay. We go on to what we have to say. One, two, three four, five, A, B, C, D, E, you, me, you, me, you, ye, yah, yah, yah. Okay? You get the point. This instrument making nonsense, no sense whatsoever—but she doesn't care.

Why you so serious? Why, we ask you? If this instrument can be trained, seriously trained—yes she's very serious, you know, but she is a careful instrument so we can use her for example—and we did. This instrument willing to make a fool of herself because that's what we gave her to say. It not important to her to make sense.

Why you so serious? You are the people who have too many clothes on. You wear four coats, three sweaters, sixteen pair of pants. What you protecting yourself against in this seeking of yours? It is good to be naked against love. That all we have to say to you. Be a fool for love. Do what comes in your heart to do. And don't look back.

We Yadda. We leave you in joy and we hope that you may enjoy your seeking. We leave you in the love and light of infinite One. Adonai. Adonai. ♣

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Sunday Meditation
May 4, 1986

(Carla channeling)

I am L/Leema. I greet you in the love and in the light of the one infinite Creator. It is a privilege to have been called to your group this evening, for although none in the circle but the instrument had a question, this instrument has a pressing question and to this we shall address ourselves. The question this instrument believes it is asking is, "Am I a Christian?" However we shall approach the answer in a way unexpected to this instrument.

To be what you call alive, and what more precisely could be called within a certain type of chemical body that dwells in a third-density illusion, is to be concerned with death, for insofar as you have been born into an illusion, to that illusion you shall inevitably die, for that which begins shall also end. The question of what lies beyond the incarnation you now experience is a question central to an understanding of your own nature. We of the Confederation of Planets in the Service of the Infinite Creator have offered you in many different ways the message of eternal existence and infinite consciousness which is offered you not only by that which you call Christianity, but many other religions.

We would speak first of the love of death which distorts many among your peoples. This yearning for death may have many causes. Many have been uncomfortable within their incarnate bodies, dwelling in what seems to be an inhospitable atmosphere as long as they can remember, and consequently yearn for that which puts a period to this existence, an existence which is seen as inadequate, foolish. Others have had experiences devastating enough to have caused distortions toward the contemplation of removing the self from this illusion. Others, being of a warlike nature, find it deeply ingrained in their nature to seek risk, knowing well that death may ensue and welcoming that possibility in order to live what seems to be a more finely tuned moment by moment existence during the time of risk.

It is not coincidence but intention upon the part of the author who created the motion picture known as *Rambo* that that seemingly blood-thirsty and death-filled person has a name which is the Americanized spelling of a French poet, fascinated with the romance of death and capable of writing about it with ravishing beauty. However one comes at a fascination of death, it is as though one were making war upon oneself, for each of you came into this incarnation not to die, but to live. And to live, thinking greatly of death, is to live less well, and to live absorbed in, rejoicing in, and giving thanksgiving for each moment of beauty, love, and glory—for glory there is, all about you and within you.

It is the glory within that causes your peoples to seek some way of finding, exploring and expressing that articulated glory which, though gushing like a geyser from the deepest portions of being, comes into consciousness with a demand to be articulated. It is a rare being who can consciously love and serve the Creator without some structure. This is, however, by no means impossible, and, indeed, there is a minimum of distortion involved in the patient returning again and again to the daily practice of meditation and to the persistent analysis of one's own being, for it is within you and within each of you that the consciousness you seek lies, that the foreverness for which you hunger and thirst is seated.

To many there has been given a gift—that is, the gift of congruency and personality and character with an already established religion, as you call it. We call this a gift because it puts within the reach of the aspirant who finds himself congruent with an established religion many helpful tools for discovering the consciousness which constitutes the presence of the Creator. Now, there are semantics involved in the discussion of religion, and many who would wish to be Christians have found themselves unable to accept some of the wordings, phraseology and seemingly limited viewpoints of others who also call themselves Christians. In many cases, Christians are more vitriolic and judgmental of other Christians than they are of those whom they consider to be heathen. These things cause one who has been given the gift of congruency with a certain distortion of structure of approach to the one original Thought the feeling that one does not fit in, that one cannot possibly be Christian. And yet we say that if it is pleasurable and instructive and nourishing to study the teachings and to live the life of the Christ, then one shall not listen to those whose Christianity bears a different mark. However, in return, one Christian so judged as "not being Christian" is cautioned to refrain from making the same mistake about the challenging, for this word is a word and no more. The point in any approach to divinity is to discover and dwell in the presence of love, the one original and creative Thought.

You people have many idols. They include those things which your peoples think of as idols and recognize as dangerous, spiritually speaking. We may name money, power, and worldly addictions such as lust, gross eating, and other excesses as being those idols which the world recognizes very well. There are other less recognizable idols. One of these idols is the man known as Jesus. Another is the man known as Gautama Buddha, another, Lao Tsu, another Confucius, another Mohammed, and so forth. None of these men hollowed themselves out to be worshipped, but rather to become the messengers, channels and wayfarers sharing a consciousness, the consciousness of the Creator.

It is well to honor and respect the ruthless determination of such men as we have mentioned, the determination to listen and to follow the spirit within, that which may be called the higher self, the Holy Spirit, the comforter, the Paraclete, the counselor or inner guidance. We are not interested in semantics—we are interested in providing each of you with the freedom, the feeling of free inspiration, shall we say, to pursue the presence of Christ Consciousness, that is, that which was channeled through Christ the man [known as Jesus], Christ the Buddha, the Christ of Lao Tsu, the Christ of Confucius, the Christ of Mohammed, and so forth.

There is nothing that lies between a judging Christian and a judged Christian but semantics. To allow any outer influence to remove one's attention from the inner voice which speaks in silence and in thunder is folly, and we may strongly suggest to you that you be not dissuaded from what you feel to be so for you because of the judgment of others, although we urge each of you to consider patiently and in love each word spoken, whether in condemnation or praise, for each word that you hear from another is a mirror into which you may look and find yourself. One can only thank a mirror. It is but glass with a backing to show you to yourself. That backing may not think itself to be neutral, may not consider itself a catalyst, but rather an apostle of what is right. This is not important to one who listens, for the Creator is speaking to you in condemnation as well as in praise, and if there is a lack of patience when looking in the mirror, then perhaps the gaze may be, through the discipline of meditation, be found to become more and more easy as one comes into loving and compassionate unity with the one who judges.

It is not for any entity to follow another's path, for you have your own path. It is, rather, incumbent upon each seeker to be firm, stubborn, and inexorably persistent about listening to the guidance which comes from within. Your discrimination will tell you what feeds you and what does not. You

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cannot be competitive about spiritual unfoldment or enlightenment. You can be only your personal best. We ask you to follow each of you your own path, but to give it your personal best, for though it is not well to be fascinated with death, it is indeed well to recognize its inevitability, and to seek for what lies beyond, for until one dwells in mystery, one cannot have the energy and the motivation to seek the truth, to find a way to live that reflects the glory within.

Are you a Christian? Are you a Buddhist? Are you a Confucian? Does your path lie with the Sufis? Have you found the Confederation of Planets to be closest to your own path? Very well. Whatever your choice, acknowledge it and do not look back, for the choice of one path and the following of it faithfully are most important. We suggest that you follow it not only with energy, but with discrimination, gazing with joy upon the example of the entity or entities whom you have found to be fullest of Christ consciousness.

But we ask you to look always not only at the frail, brave suffering and hollowed out human which became a channel to be of service to many, but to spend time gazing upon the face of Deity, however you may find it and by whatever names you preserve it. It is a good thing to be what you are, and what you are will grow and change and transform, yet it is likely that one pattern or another is most likely congruent with your vibratory energy pattern. Thusly, not all of you will be Christians, not all of you will be Sufis, and so forth. Yet all these structures yield the same living water. All are channels through which this water may flow, and it is the discipline and devotion and firm intention to follow the example set before you that will open to you the consciousness which all have come to give—that one Consciousness of the one Creator. You have within you that one Creator, and, in fact, in the end you shall be that one Creator.

May your path be pleasant and light and may your voice be merry as you walk along it, for though you may be often cast down, yet the example set before you by whatever path you have chosen is always that of one who presses on, asking only to be more and more hollowed out, to become a more and more pure channel for the love and the light of the one infinite Creator. To take oneself too seriously is to stumble on a rock of your own making. So, reach toward the light as do your trees and flowers and clap your hands with joy, for you are here in the presence of Christ Consciousness. At this very moment it flows about you, within you, and between you, linking you with your deepest self and with each other. That moment is now, and all the nows that you shall ever experience. Encourage the faculty of laughter, for the face of the infinite invisible One is a face of ultimate joy.

We rest within your vibrations, lost in the joy of your presence within us, and we offer back to you our blessing and assure you that we are with you at any time you should wish to invite our presence. We shall leave this instrument now, hoping that the answer to this question is not obscure or confusing. It is difficult to cut through the semantics of emotionally laden words which signify different things to different people. We hope that we have been helpful. We are those of L/Leema and we leave this instrument at this time.

(Jim channeling)

I am L/Leema, and greet you once again through this instrument in love and in light. We would at this time offer ourselves for the answering of other queries that may be of importance to those gathered this evening. May we attempt any such query at this time?

Carla: Yes, L/Leema. I'd like to ask a question for S. This is the last of her questions. She would like to know if her off and on inability to remember to take in things that she sees and that she fears has anything to do with a condition which she calls Broca's aphasia. If you cannot answer that directly, I'm sure she would be most appreciative of any comments that you could have on that.

I am L/Leema. We look upon the entity and condition of which you speak and see that there is some latitude within which we may speak.

The condition that this entity has described and experienced may be labeled in any of a number of manners, including the use of those labels which you have mentioned. However, the true nature of the condition is one which is not definitely described by such labels and would not respond by the application of treatments which are usually utilized for such labeled conditions. The condition is unique to this entity in that its ability to remember that which it has noticed is a function of its changing desire to learn in a specific fashion. Thus, the entity within its subconscious mind and …

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(Side one of tape ends.)

(Jim channeling)

I am L/Leema, and am again with this instrument. To continue our response. Within portions of both the subconscious and conscious minds of this entity, the direction of the learning is determined. That which is of value receives a focus of attention that does not forget. That which is forgotten is forgotten for a reason. The reason has to do with that which is desired. We may not speak more specifically in describing this reason or its function in the process of learning lest we take from this entity the opportunity that it has presented to itself.

May we answer in any further way, my sister?

Carla: Yes, it occurred to me to wonder whether this blockage was preincarnatively chosen?

I am L/Leema, and as we gaze upon the entity and the condition, we see that there are ramifications of this condition which trail backward, as you would say, through the incarnation to the early formative years at which time the more preincarnative choices were set in motion in certain fashions according to the young experience of the one known as S. Thus, the preincarnative choices were given first expression in a manner congruent with the abilities and opportunities that were developing in and about this entity.

May we answer further, my sister?

Carla: Just one question—after all, she's my mother, and I'm concerned, and I know, knowing her, that she will want to think about this at length. Would it be more instructive for her to dismiss it or to plumb the possible reasons for this preincarnative choice?

I am L/Leema, and without infringing upon this entity's free will, we may only suggest that the discernment of what is its heart's true desire be attempted. All else then shall fall into place, shall we say.

May we answer further, my sister?

Carla: It brings me to another question that I had, which was more general. I'll ask it on her behalf, and also on mine—on her behalf, because she has a growing family and, whatever her heart's desire may be, she wishes with all her heart to be a good mother and a good wife, and this will take at least the next fifteen years of her life—having to do with children, I mean. In our case, Jim and I have been questioning whether it is possible to be contented, harmonious and settled and still be learning. So the question is: Can one's circumstances, being settled and somewhat domesticated, offer enlightenment in the same way that suffering and traumatic change offer enlightenment in transformation?

I am L/Leema, and the query opens interesting possibilities. It is not one which can be definitively answered, for one must look to the entity about which the situation applies, shall we say. Each seeker brings with it a certain conglomeration of experiences, abilities and areas which are in need of refinement. The means by which an entity may increase and refine its understanding in any incarnation are determined by taking into consideration a great wealth and a variety of factors. The list is quite various and would include the family and friends with whom one would experience the incarnation, the culture within which the incarnation would be experienced, the point within the cycle at which the planet had progressed, the lessons and abilities thus far gathered, the desire to serve in such and such a fashion, and so forth. Thus, for some, one means of experiencing the illusion would be most helpful, whereas the same means would be far less useful to another entity.

To be more brief, each moment and experience offers the potential for enlightenment for any seeker with the desire that is sufficiently strong to penetrate the illusion and surface appearance of any moment. It is the unique quality of each seeker that determines what moments may be taken advantage of, shall we say.

May we answer further, my sister?

Carla: No, thank you, L/Leema.

And we thank you, my sister. May we attempt another query?

T: Yes, I'm not exactly sure how to put it, but I have a question. Recently I had a very serious argument, disagreement with my brother, my biological brother. It seems that part of the roots of this argument are in the way we treated one another when we were children, especially the way I treated him. And there seems to be the opinion on my brother's part that I really don't love him and this is something that during my life I have thought about a lot. Sometimes I don't feel as though I really do

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have the capacity or the capability to really and truly love. I guess my question is—to start with—is, how does one go about recog—I mean, in different people, is the—well, the capability to love, to show love and to feel love for others, seen different? I'm not sure what I want to ask. Could you just comment on that—or have I thrown such a hodgepodge at you?

I am L/Leema, and we believe that we may make comment from the information you have given. Within your illusion, the lesson is love. This lesson is begun when the conscious seeker becomes aware that it is the lesson. To begin the lesson, one may look at carefully the relationships and feelings that have developed within them that one has formed throughout the incarnation. Within each relationship, there will be a mixture of feelings and experiences that will sum into what you may call the core or foundation of feeling. Each entity seeking to love and to understand the concept of love will then compare what is felt with what is imagined to be love. And here we must state that few within your illusion are capable of truly loving and of knowing what love is, for there is only the ability within your illusion to begin this lesson. Yet, within most entities' experience, there is the remembrance of some, of a few, who have demonstrated what seems to be unquestionably that called love, for it easier to feel love from another at first than to give love.

Thus, the seeker throughout its experience of relationships with those about it begins to determine certain features or characteristics that seem to be a part of that called love, and then each seeker in some fashion takes that seed or facet of love and plants it as a desire within its own heart and mind, and waters it with attention, with care and with further desire that it might flourish and become a nourishment for those about it. At this point, those about the seeker begin to notice the quality that is developing towards love and begin to reflect back to the seeker other qualities more closely aligned with the developing concept and experience of love. This process then continues betwixt all those who are aware of the process.

Thusly is love born and does love become more and more seated or rooted, if you will, within each seeker's being. Yet, in most cases, such feelings of love are most nebulous and transitory, with moments of inspiration and brilliance to inspire the seeker onward. Yet, once again and once again and yet again, the seeker returns to the daily round of activities where it seems that love resides not. Undaunted in some cases, the seeker redoubles the desire and again the process is repeated. That which is felt is given and returns and is given and returns and love continues to take root. However quickly or slowly matters not—the process has been begun—and will continue as a direct function of the seeker's desire to penetrate the mystery of love, of loving, and of being loved.

May we answer further, my brother?

T: I have several things I'd like to say, but I think I'll hold them for another time. Thank you very much.

I am L/Leema, and we thank you, my brother.

Carla: I'll just follow up on T's, and let that be all because I know this has been a long session for you. What I heard him asking was, "Can I fall in love?" It seems that not everybody does. I think falling in love is different, is a different perception from universal love or compassion, and I think everybody yearns for it and you know a lot of people don't get the chance to fall in love. They don't meet the right person, the chemistry doesn't happen. Some people do fall in love—I've fallen in love. I count myself lucky, even though it's always turned out to be a painful experience too. Could you comment on the extreme chanciness of having the opportunity to fall in love in this illusion?

I am L/Leema, and shall attempt to speak to this subject. We find that there are many approximations of that which we would call love, the more universal compassion that one may eventually feel for all of creation. The concept of romantic love is what we would call an approximation of the more universal kind of love of which we have been speaking, and it is indeed true that few within your illusion are able to experience this type of love, though more, far more indeed, experience this type of love than experience universal compassion. The degree to which pain of the experience accompanies the experience is the degree to which, we would suggest, that the mind has formed the boundaries within which love is allowed to express, for if there are no conditions or boundaries to the expression of love, there can be no pain accompanying the loss of such love, for there will be no loss.

The love of which we speak is that which exists in all events, and, indeed, is the creative force that moves

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all entities and events. Thus, the condition of the romantic form or approximation of love is one which, shall we say, has tapped a certain path or channel to love and which forms certain boundaries within which the love may express. The boundaries are of mental construction and are not necessary except for the learning of certain lessons having to do with what may be seen both as a limitation of love from the universal point of view, or perhaps the expansion of love from the personal point of view.

May we answer further, my sister?

Carla: Thank you.

I am L/Leema, and we thank you, my sister. May we attempt a final query before we close?

T: Yes. It seems to be—and this is obviously not an original idea, but I've read it and I've heard it and it makes sense. In order to love another or to love everything, general compassion is love, you have to be able to love yourself. And since you are everything and everything is you, if you're successful in loving yourself, it seems to me that you have it whipped, or you at least have a real leg up on learning to love everyone. Could you comment briefly on that?

I am L/Leema, and we find that in general, this is correct, for as the entity which each is moves into this illusion, the first awareness is the awareness of self, and this awareness becomes the foundation upon which all experience is built. To learn to accept and love the self is to begin to build the foundation for loving others upon firm ground, for the self, in truth, is, in little[5], all that one will experience within the illusion, for through the eyes of the self, all experience must pass, and thus one will see and love the world in the same fashion that one sees and loves the self. Since for the self, all begins within the self, there first must love be found.

May we answer further, my brother?

T: No, thank you.

I am L/Leema, and we thank you, my brother. We would at this time thank each for offering us the opportunity to join this group this evening, and to offer that which is a portion of our humble experience in seeking and becoming that same love which draws each onward in the great quest for truth. We shall leave this group at this time, rejoicing with you in the experience of being and becoming. We are known to you as those of L/Leema. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

(Carla channels a vocal melody from Nona.)

I am Nona. We greet you in the healing love and light of the infinite Creator. Adonai. Adonai. Adonai.

[5] An archaic usage that means "in miniature" or "in the microcosm."

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Sunday Meditation
May 11, 1986

(Carla channeling)

I am L/Leema. We greet you in the love and in the light of the one infinite Creator and thank you for calling us to you this evening to consider the question, "What is the meaning of life?" This is not an inconsiderable question.

We will begin by pointing out the difference between "meaning" and "purpose." Meaning has to do with the nature of something; purpose has to do with its function. We shall address ourselves to the nature of life.

It is a glorious and mysterious thing that there is nothing in the infinite creation which is not full of life. The air itself is full of life, the earth beneath your feet, the stones, the rivers, the fires that heat you in the winter and the breezes that cool you in the summer. All the animals that delight your senses and provide you with birdsong, purrs and happy barking, the chattering squirrels, all of these things, all of these entities are full of life. Those of you who dwell within third density and are self-conscious are not only full of life, but know that you are alive. You are then self-conscious, and so, unlike rocks and fire and air and water and trees and small animals and the beasts of the jungle and desert, it is within you to ask, "What is the meaning of my being alive?"

In essence, that which has meaning in life is consciousness. That is the essence of life. All consciousness comes from the Father, the Creator of all things. Through those portions of Himself, thrown out into the vastness of the starry heavens, this infinite and invisible Creator offered the incredible opportunity for the Creator to be conscious of the Creator. In a limited way the stones are conscious of water, the fire is conscious of air. Small animals are far more conscious of each other but do not think abstractly, and therefore learn in a limited fashion about the Creator from those other beings which are around them.

However, those of you in third density have wisdom and questions upon your mind, those things that you would ask, and this makes you very meaningful to yourself and to the Creator within yourself. It is impossible not to be a meaningful person, for as you experience, record and change through catalyst, you are becoming aware in a unique way, in a brand new way, in a way valuable to the Creation, of some part of the creation. When you think a thought, you think it not only for yourself, but for all that lives. When you meditate and wish someone well, that wish has meaning and power. When you think a thought and wish someone ill, that wish also has meaning and power. When you decide to seek to find love, all that you do has meaning, for as you experience and as you record what you experience within yourself, you are adding to the store of knowledge of That Which Is. And so you shall do

and cannot help but do, as long as you are in incarnation in this density. More than that, between incarnations, and as you go forward from density to density, you shall not for one instant cease to be [part of] the meaning of creation, for the meaning of life is an essence and that essence is the one original Thought of the Creator, that creative love which through light has created us all.

It may be difficult to accept that you need do nothing, you need accomplish nothing, you need have no worldly ambition in order to have meaning. Yet you as consciousness are meaning, and each entity that you see is the essence of creation. Creation is cut of one whole cloth—there is no division in meaning or in unity. As all are One, so each of you is a holograph of all that there is, containing within yourself the great circle and heart of the universe. In the interest …

(No more audio was recorded on side one of the tape. The recording resumes on side two of the tape.)

(Jim channeling)

I am L/Leema, and am again with this instrument. May we answer in any further way, my sister?

Carla: Well, yeah—it brought me to the other thing I did want to ask about tonight. I addressed a question to the Holy Spirit day before yesterday and got an answer and I was writing it down but it felt just like channeling. And I wondered if, is it exactly the same as the Confederation—is it different in any way? Could you enlighten me? I guess in a way I'm saying, is the Holy Spirit, angels, all the things that people pray to or principles that people pray to and the Confederation of Planets in one way, is that all one channeling and just different stations, different channels on that band of vibrations, communications?

I am L/Leema. The source of which you speak may be called the Comforter, for within the service of the Confederation of Planets in the Service of the One Infinite Creator are vibrational complexes which offer themselves according to the quality and nature of the call to those such as yourself who seek what may loosely be called an inner guidance. These sources of comfort move as they are called and speak as they are allowed in a fashion most likely to be understood by the entity who calls. In your particular case at this particular time, the form which this communication takes is the one of the expressing of a heartfelt concern and the awaiting of an answer that takes the form of writing upon the paper. Thus, it is correct to see this communication as a type of channeling, yet do not all entities channel the one Creator in one form or another, thus the form you have chosen is unique to the purpose that you have chosen.

May we answer further, my sister?

Carla: Yes. I guess I'm just curious as to the relationship between the Confederation channeling and channeling from the Holy Spirit, channelings from the Holy Spirit that have come down to us through the writings of the church fathers and the writings of the saints and people that have felt that they have gotten their words from angelic presences. And as a tag end to that question, do you feel that you yourself, and channeling such as I had from the Holy Spirit, are sources or are themselves channels for Deity—in whatever form you want to use that word—Creator or whatever?

I am L/Leema, and we find that direct answer to this query is both simple and difficult. All sources of information within or without the Confederation of Planets are the Creator and yet speak for the Creator as instruments. Yet as an instrument, each may utilize its own experience to give a richer, deeper and perhaps purer view to a specific entity which is of like vibration, shall we say. Thus, many, many upon your planetary surface throughout its recorded history have been touched in what may be called a sacred way, and have through such inspiration shared with others the words of wisdom and of nourishment which they themselves have found useful.

May we answer further, my sister?

Carla: No, thank you.

I am L/Leema, and we thank you, my sister. Is there another query?

(Pause)

I am L/Leema, and we perceive the gathering in its direction moving towards its completion for this evening. We thank each for inviting our presence in your seeking of truth. We remind each that we are quite fallible and desire no undue emphasis upon our words, but rather suggest that those which have meaning be utilized in whatever way has meaning to each. We shall be honored to join this group in your

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future, as you would call it. We are those of L/Leema. Blessings, my friends, to each. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
May 18, 1986

(Carla channeling)

I am L/Leema, and I greet you in the love and in the light of the one infinite Creator. We greet each of you with great affection and thank you for calling us to your group this evening for it is your service to us to allow us to share our humble thoughts with you. And yet, you must know that in some degree we too are channels, and we pray, as does this instrument, that our words may have not only the meager understanding of our experience, but the inspiration of those who are our teachers as well, for are we not all channels of the one infinite Creator? And as we speak, do we not listen? And as you listen, does your heart not speak? We ask you these questions because the question has been asked of us, "What is the place of analytical thought upon the spiritual path of seeking the truth?"

The intellectual mind and the intuitive mind are two sides of one coin. Analysis is a form of speaking, intuition a form of listening. And yet, when one is speaking, does one not also have ears? And when one listens intuitively, does one not hear the voice of silence?

We shall not over-generalize and say to you that it is impossible to reach a significant degree of, shall we say, enlightenment, for want of a better word, through the singular pursuit of either course. However, it is safe to say that a total dependence upon either the intellect or the intuition leaves one open to the imbalance that might come to one in the physical body standing upon one foot. Each entity who seeks has an unique character and therefore an unique way of approaching knowledge.

Now we caution you that knowledge is a word which is constantly misused by us and by anyone who speaks of spiritual knowledge, just as it is only with regret that we use the term enlightenment. However, we use these terms because in your intellectually based society, progress is measured by units of knowledge or degrees of enlightenment. It is our opinion that this method of measuring the walk upon the path of spiritual unfoldment is vastly incorrect and without virtue.

This is perhaps the greatest single difficulty with an overdependence upon the intellect, for the presence of the Creator is an experience, not a knowledge. It cannot be gainsaid that there is such a thing as the consciousness of the Creator; nor yet would we deny in any way that you may attain it. We would not even deny that practicing this precedence, in other words, awaiting the experience, is repetitive and may indeed seem to improve with repetition. However, the Creator is always the same, is the singular, is the simple, and is not to be learned by degree, by method, or by rote.

Let us then swim into the sea of intuition. My friends, you will find that total dependence upon intuition is a total dependence upon a portion of your deep self which is unreliable. Much comes through the intuition which is of extreme merit. Much occurs by seeming intuition which is in fact a product of deep fears, experiences from previous incarnations which have not yet been worked out, and the phantasmagoria of static, shall we say, as if you were between radio stations, as this instrument would call them, and were picking up no clear signal, but a babble of varying messages. So you see that the mind is to be taken as a whole thing and not split, for the intellect and the intuition are both portions of the mind.

You are not your mind. Your mind is a kind of information processor which works for you as a tool. It is well to understand that the mind has great value in your seeking. It is well to balance your seeking, not shutting out the loud voice of intellect when it offers you new ideas, new questions, new waves of skepticism. It is wise to listen to your intuition, to quiet yourself, so that you may feel and be in a more whole and entire sense, for the heart of yourself is being—not thinking, not feeling—but being.

You are consciousness, and that consciousness creates. It has created this moment for you by the work it has done in the past. It will create what you call your future as the work that you are doing at this moment comes into manifestation. The tool of intuition is one which may be applied by the remembering and recording of your dreams and visions, by the listening to what this instrument would call the still small voice, the voice that says, "This is good; this is not so good. This feels right; this does not feel right." An intuitive person often has no verbalized reason for these feelings. It is always well to recognize them and give them respect. It is also well to use the tool of the intellect insofar as that skill is a portion of your native character, for the intellect can analyze dreams and visions, can examine thoughts and find from them the harvest of love therein, can temper the feelings of "should" and "could" and "yes" and "no" with sometimes an encouraging and sometimes a cautionary analysis of those intuitions. Many a baseless fear has been removed because of the work of the analytical portion of the mind.

However, neither analysis nor intuition can offer the heart of seeking, for the heart of your seeking is found in that fathomless portion of yourself which seeks and wills to know and has the faith that there is something to know. These things are gifts. The mind has been earned. It is a product of many, many incarnations, and it reflects your biases. Neither intellect nor intuition often reach deep enough to uncover faith and will.

So turn, then, from the consideration of clear minds and clear intuition long enough to gaze at the mystery of the [new moon]. You have the will to seek. And what do you seek? Many would say truth; many would say love; many would say the Creator. We say to you, there are no words, for the Creator is mystery infinite and invisible. It cannot be reached by analysis. It cannot be sounded through intuition. It is closer to you than that, for you are that which the Creator is, the one original Thought. That one great original and creative Thought is something that we can find no word for but love in your language. You are the consciousness that is love. The consciousness that you seek in knowing the Creator is love. You are what you seek and you seek what you are.

What you are doing in seeking is remembering and recapturing that which you knew before anything that is visible was created. For you are old. You are as old as this creation and you shall continue until its end, when at last you have achieved not only the presence of the consciousness of love, but that consciousness Itself in such totality that you know longer feel the need for individuality.

My friends, we have learned more, experienced more, and been exposed to more than you, and our yearning is just as strong. We seek our source. The tools of analysis and intuition, the tools of mind, are helpful, but the driving force that leads step-by-step, day by day in incarnation by incarnation and density by density back to the one infinite Creator are faith and the will, driven by faith, to walk that path.

We encourage each of you to find, ask for, and seek the grace to acknowledge within yourself the divinity of the consciousness of love within you, to seat that consciousness through meditation and so become a channel for that love which is the one great original Thought. There is no portion of your mind nor any portion of your experience that will enable you to continue seeking or to continue manifesting love. The seeking is too wearing and without the strengthening of love itself, found in the silence of

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meditation, the feet drag upon the path and one finds a stone which looks to the eye of the dusty traveler more comfortable than the road. One sits down and one pauses and the will fails.

And so it is with manifestation. If one works from one's human resources, in this illusion of yours, my friends, you are limited and you can only love so much, you can only give so much, you can only bear so much fruit. Therefore, seek to enrich faith and will that you may become instruments through which the infinite supply of love can come to you and through you that you may realize at last that you stand already upon holy ground and dwell in the consciousness and presence of the Creator.

We again thank each, especially welcoming one new to this group and greeting her with love. We would now transfer this contact that there may be an opportunity for queries to be asked. We are sorry to relinquish this instrument, however we are eager to greet the one known as Jim, and so we shall leave the one known as Carla. I am L/Leema.

(Jim channeling)

I am L/Leema, and we greet you each once again in love and light. We are pleased to be able to speak our thoughts through this instrument and hope that we may be of some small service in attempting to answer those queries which remain within this group. May we then begin with the first query?

C: In the field of Dianetics is the term "engram." As I understand it, it is those things that have been impressed upon the mind. Could you briefly speak about what exactly an engram is?

I am L/Leema, and we shall attempt to speak upon this subject. As we are aware of the use of this term, it is analogous to what one may call a blockage of energy centers or chakras which serves to distort one's perceptions and experiences in a fashion which is somewhat imbalanced. The desire of those who describe such blockage is to remove the blockage that the life-giving energy of the one Creator may move freely through the being, allowing it to manifest its fullest potential. We see these blockages or engrams as that which each entity has chosen before the incarnation in order that during the incarnation certain lessons may have the opportunity of being learned, certain imbalances may have the opportunity of being balanced, and certain services may have the opportunity of being offered.

May we answer further, my brother?

C: No, you gave me plenty to think on. Thank you.

Carla: I'd like to follow up on that because I listened to someone talk about Dianetics for about two hours one time, and the whole idea of Dianetics was for a person to become "clear." It all sounded very humanistic and unattached to any ethical perception. Could you comment on the goal of being "clear," that is, having no blockages? Without any ethic?

I am L/Leema. We see the use of the term "clear" in this context as indeed that which seeks the free movement of energy and potential through an entity without there being a choice of direction or polarity. The entity which attempts this process in this fashion is one which must utilize the analytical mind to a large degree. It is much as a ship attempting to move upon the sea from one part to another without the firm operation of the rudder. It is difficult, but not impossible to remove and balance the blockages programmed for learning and serving without a motivating force, or as it may be called, an ethical stance. We prefer to describe it simply as the making of the primary choice to be of service to others or to self. To have such a choice firmly in mind is most helpful to an entity which seeks to fully utilize the potential which it carries with it. Such a choice serves as the fuel, the primary motivation for accomplishing the work.

However, if an entity is indeed successful in achieving the clearing process, as it is called, then it will at some point become apparent to such an entity through its cleared perceptions that such a choice is necessary in order for its fullest potential to be realized, for though at a great and distant point removed from this third-density illusion, there will be the joining of polarities in a more neutral configuration, shall we say, within the illusion your peoples now inhabit, the making of the choice is quite necessary for progress upon the path of seeking the truth to continue.

May we answer further, my sister?

Carla: No, thank you.

I am L/Leema, and we thank you, my sister. Is there another query?

C: Then to be clear is to be in a static kind of state?

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I am L/Leema, and we would describe in inadequate terms the state of being clear, as we understand its usage in this philosophy, as being likened unto what we could describe as an entity sitting within one of your automobiles after having perfectly cleaned and readjusted each portion of the engine and transmission so that the automobile would move perfectly upon your roadway if it had a direction in which to move. The choice of direction and the motivation for the choice then become necessary for the driving entity to make. Thus, the point is not so much static—in that movement is not possible—but is a point awaiting choice, that movement may then result.

May we answer further, my brother?

C: No, thank you.

I am L/Leema, and we thank you again, my brother. Is there another query?

C: With second-density creatures, with those far shorter life spans, when one lifespan is over, is there a very long period of time until they reincarnate if they reincarnate back into second density?

I am L/Leema. We look upon the great variety of creatures which inhabit your second-density illusion, from the tiniest single-celled creature to the greatest mammals, reptiles and beings which you call trees, and see that there is within these creatures a great variety of time span, as you would call it, which would separate one incarnation from another. For some there is a great portion of time, as you would mark it, that passes between one incarnation and another. For others the time is quite short.

Is there a more specific way that we may speak to this topic, my brother?

C: I feel that I'm getting a repeat as far as the second-density creatures that we have close to us in the family. More specifically, I feel the same entity is showing up in feline form …

(Side one of tape ends.)

(Jim channeling)

I am L/Leema, and am again with this instrument. The phenomenon of which you speak, my brother, is one which is found at the highest level of the second density, that is the phenomenon of what your peoples call the pet. It is indeed true that due to the process of investment of identity upon these second-density creatures by their companions which you call owners that they oftentimes will choose after one incarnation is complete to move again into the life pattern of those they have grown to love and who have invested them with their love. Thus, your perception that there is a returning to your family of an identity in second density is correct, and is often accomplished within your illusion in precisely the manner you have described in order that the second-density creature may be further invested and may eventually achieve its own graduation, shall we say, and begin an incarnation at some point within the third-density illusion, having received enough love and given enough love to have marked its own identity or self-conscious awareness, which is the beginning hallmark of the third-density creature that is known as the human being.

May we answer further, my brother?

C: No, thank you.

I am L/Leema, and we thank you, my brother. Is there another query?

Carla: Well, L/Leema, if I can read this, there will be another query.

L of Long Island, New York … I can't read it, so I can only ask one of the two questions, which is just as well. I'll ask the next one next week when I memorize it. The one I remember is this question—and I hope that I get it right. L has been experiencing people commenting to her about conversations that she had with those people, things that she said when she was with them and so forth, when in fact she has been someplace else. She always has the sensation of being in her body doing what she's doing where her body is and so forth, but having a "funny feeling"—she doesn't describe it any more than that, I think, and she knows that it's occurring. But she doesn't know whom she's seeing or what's she's talking about. She only finds that out later. Apparently, the advice that she gives is considered helpful. Her question is: Would it be helpful to her own spiritual development at this point for her to go more seriously and deeply into this phenomenon, and if so, how would it be spiritually helpful for her, and in what direction should she investigate?

I am L/Leema, and we are aware of this query. The phenomenon described is one which is common to those who have sought to be of service to others in

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the time/space or metaphysical portion of your illusion. Many there are who accomplish this service while in the sleeping and dreaming state, moving at that time to be of aid to others in a similar state. This is the means by which many healings are accomplished and the means by which many teachings may be presented that will nurture the being when the subconscious mind which has absorbed these teachings releases them in a careful fashion to the conscious mind at various times during the entity's waking experience.

There are also entities among your peoples who perform this service while conscious themselves, but are usually not conscious of accomplishing this service. Much interaction there is between entities while conscious that entities are not aware of. The communication network, shall we say, is always in place, and is utilized when the need is felt without the necessity of conscious awareness. The unconscious mind may call, may hear, may move, and may receive without conscious participation on the part of either the one who calls or the one who hears.

The one known as L has partaken of this service for a large portion of its incarnation and is now becoming conscious of the phenomenon in a small degree and seeks to enhance its service at this time. We appreciate greatly the desire to enhance this service, but can speak in no specific way as to how this may be accomplished, for it is necessary that such choices be made by this entity as a function of its free will. We may perhaps provide some comfort to this entity by suggesting that it serves well without conscious participation and that the unfoldment of its ability to serve moves in a sure and steady line of evolution.

May we answer further, my sister?

Carla: I wouldn't speak for L. I feel sure that when she reads this, she will ask further if she does have a question. On my own, I would like to follow up on when L was here. When I took a look at her hand, I discovered that although she had a strong line of protection in her birth hand, the hand that experience had lined had removed that line of protection and had confused what palmists call the line of destiny. And because of this mechanical way of looking at someone's path, it occurs to me to ask just on my own, in general, if one person is setting out to be of service and does not have native protection in a strong degree, what would be most helpful to do to ensure that as one polarizes, one is also protected?

I am L/Leema, and we would remind you, my sister, that the polarity of service to others is one which contains a great deal of protection. The fruit of service to others is that which is guarded by the light of those who observe the movements within your illusion from outside of your illusion. Within this general arena of protection, shall we say, the one who seeks to be of service to others may invoke this light at any time the need is felt. At all times it is recommended that for the greatest protection, the one who seeks to serve others may attempt with a full and joyous heart to see the Creator in all beings and events which come before its notice, to seek the light, to praise it and to rejoice in the opportunity to be of service. In this frame of being and attitude of seeking to serve, one bathes oneself in the armor of light, that which is, and that which is not, the darkness, then becomes illumined and becomes as that which is light. Thus, the light speaks to itself and knows no fear or foe for all is seen as one. The truth is known as the light is called.

May we answer further, my sister?

Carla: I think you're tremendously eloquent tonight, L/Leema. Thank you, no. I do have one for the road if the instrument still has enough energy to answer one question.

I am L/Leema, and we are happy to be able to utilize this instrument for another query or two.

Carla: I only have one, I think. And that is—okay, we've asked before about palmistry and things like that and the answer is phenomena are phenomena and that's cool and it's sort of a guideline thing, it doesn't mean that your fate is fixed, it's just sort of a general lay-of-the-land kind of way of looking at things. But I've been looking at peoples' palms for a long time. L had a very clear one—very few lines, very well marked. But I've seen this before in looking at peoples' hands, people that are seeking. Often the birth hand is very clearly marked with a line of destiny and a line of protection running right along side it happily, and then somehow, somewhere in life, the protection goes, and the destiny becomes a little bit cluttered or perhaps even broken. In L's case it was actually vanished. And she said it just vanished within the last six months.

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That isn't the point. The question is: If one's protection is native from birth, it's in the birth hand, what in the world happens in the person's being or consciousness that blocks that innate, inherent, inborn angelic protection from showing up in the actual experience? Is it a choice made consciously that is athwart the intended lesson to be learned? And if it's not, could you comment at all on this phenomenon? If it's a stupid question, just say so and don't answer.

I am L/Leema, and we are happy to respond to this query which is not in the least lacking in sense. There are instances in which the incarnation and its purpose will be realized to a sufficient degree at a point within the incarnation that arrives sooner than expected, shall we say. When this occurs, a conscious choice may be utilized or a preincarnative parallel program may be invoked to, shall we say, up the ante, to make more opportunity for learning and serving available by presenting a greater degree of difficulty, shall we say, within the life pattern. The juggler may do quite well with both hands operating freely. However, by adding more objects for two hands, or by removing one hand, the difficulty is increased. The difficulty, however, is also that which offers greater opportunity.

Thus, the entity with great native protection surrounding its incarnational pattern, having achieved a large measure of its goals with such protection in place, may then seek to strengthen its will and faith by removing a significant portion of that native protection, as you have called it, in order that the will to continue to serve and the faith that means to serve shall be provided, are both strengthened, in a manner which would not be possible if the incarnation moved with the ease provided by the native protection.

May we answer further, my sister?

Carla: No, thank you. That's very helpful. Thank you.

I am L/Leema, and we thank you, my sister. Is there another query at this time?

(Pause)

I am L/Leema, and as it seems that we have exhausted the queries for this evening, we shall with great joy and thanksgiving take our leave of this instrument and this group. We thank each for inviting our presence and allowing us to serve in our humble way. We remind each that we are but your fallible brothers and sisters in the seeking of truth. Take those words that we have spoken that have value in your own journey and use them as pleases you, and if we have spoken any word which does not ring true, please disregard it without a second thought. We wish to place no stumbling blocks upon the path of another's seeking.

We shall be with this group in your future, as you call it, and look happily forward to that time. At this time we shall leave each of you in the love and in the light of the one infinite Creator. We are known to you as L/Leema. Adonai, my friends. Adonai vasu borragus. ✣

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Sunday Meditation
May 25, 1986

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of our infinite Creator. It is a great privilege to be with you this evening. We are using word by word channeling with this instrument, which requires more fine tuning on the part of the instrument, and therefore there may be pauses as this instrument is still at the stage where it is noticeably more comfortable with concepts as then it feels it has more control over the channeling process. However, the more flexible instruments we have found in working with those among your peoples who offer their services as vocal channels are those who are willing to speak complete nonsense, once the tuning and the challenging of instrument and source has been done. Therefore, we persist, as do others in the Confederation, in using this technique with those instruments which allow us to work in this manner.

That this instrument finds it more difficult to work word by word is a good example of the impatience that plagues those whose sight is as limited as is yours in the third-density illusion which you inhabit. It is often impossible to see the richly textured pattern which links events, situations and emotional states in coherent manner. In fact, it is far more logical to assume a stance of extreme skepticism when faced with the question of the "why" of existence and consciousness, for even the most patient among you must be patient to the point of silence, usually for many of your years, before the inner connections between all things, events, people, emotional states become evident or even partially so. Since much is obscured from your vision, it is logical to assume that there is nothing to be seen. Yet, there is that irrational, shall we say, impulse among all conscious beings to seek beyond that which can be seen, heard, felt and touched in any way, measured by any instrument, evaluated by any means whatsoever.

Of things for which there is no measurement, the mind can have little use, for the mind is developed as a specific tool for specific applications. Therefore, what your biological—and may we say somewhat atavistic—self presents you with is a vision of creation in which consciousness is not explained. Further, although a good case can and often has been made for ethical behavior in the face of an uncertain future, it is difficult rationally to assume any sort of continuance beyond the disintegration of the physical vehicle, even within the incarnation which you now enjoy. It is quite difficult for the rational mind to accept the probability that gifts may be freely given to conscious beings which are mysterious in their origin and palpable in their effect. Thus, when we speak to you, again and again we suggest meditation, that which takes one out of one's mind and into the realm of mystery.

It is well to know one's biological handicaps, my friends, for there is no deep instinctual yearning in your biological makeup towards truth, the betterment of others as opposed to the self, the cooperation between peoples or nations, or any kind of redemptive saving grace to life. That body which you inhabit will say to you time and time again that mysteries will come to nothing, that meditation and seeking are games which one plays to distract oneself from the certainty of one's own death, and that ethics are the luxury of men who have no needs which are not already met in the physical and material world. This is the material which will be thrown up before your vision time and again as long as you inhabit the dwelling place of your fragile physical vehicle. It is a wondrous machine, full of delights and folly, and it is well to know it and its limitations, and even to acknowledge before the magnificent rationality of that portion of the physical shell you call the brain that intense skepticism concerning the spiritual seeking is the logical stance.

Let us plunge then, into darkness. Let us become blind and deaf. Let us become aware of the something within us that is other. Other than what, you may ask. Perhaps a good adjective would be "other-worldly." And yet we do not mean other-worldly in the sense of absentminded—we mean something more basic.

And the body with which you are so familiar seeks and loves light. It basks in the summer; it delights in the fire, and the darkness is alleviated always by man's mastery of light, be that light a flickering candle or the most magnificent display of electricity. That within you which is other, that which is spirit, delights in the darkness which frightens the biological shell. It is the darkness of the seeker, for we do not seek in light, or we should most surely have a short journey to the end of our seeking. We seek in the shadowland where the only light is that of hope, the only star that of faith, the only flickering candle that of blessed will, the only electricity that of inspiration.

Your logical, rational, measurable shell is itself mutable, and, indeed, your environmentalists will be pleased that it is also biodegradable! That within you which seeks is immutable and unchangeable in its essence. It is eternal and is co-eternal with the Father. It is your source and it is your goal. You are the full circle of that which you seek. And yet, seek it you must and in some length, for an entire creation shall be spent with the seeking of one self for the Self.

If you attempt to seek, using the physical shell, you will truly be whistling in the dark. There will be fear, there will be much blockage, and information will not come easily. It is a very compassionate move on your part to allow yourself to free yourself from your perceptions of yourself within the physical shell so that you may go into the darkness of the unknown—intrepid, unafraid, fearless and eager.

We have said in a little while what the program of discovery may be [for] you for an infinitely long journey. It is far easier said than done. And yet you do not need to make the journey at once, for your journey is this step, this moment, this situation, the entities about you at this time, the emotions you feel at this juncture. The rational mind can stretch back into the past and into your future and oh, how it loves to do that. The heart of your seeking lies with that portion of yourself that is other, and that otherness dwells in an eternal present moment. As you would pick up a pencil from the blotting pad and scratch upon the paper, so you shall live the shell of your life. As you gaze into a blackness that opens and flowers, reveals and beckons, so you shall live the mysterious [zero] of the spirit. May your dance in the darkness be all that you hope and all that you seek.

We speak to you as representatives of the Confederation of Planets in the Service of the One Infinite Creator. We are your brothers and sisters and we extend ourselves to you in compassion and pity, for we know how you struggle against the bonds of measurability. Have compassion upon yourselves and turn inward, for there is no struggle, but only the dance in the darkness within.

We leave you in the blinding light of that darkness and in the creative love of that infinite [zero], that opening, that keyhole, unlocked and opened in silence. We are known to you as those of Q'uo. We would at this time attempt to make contact with the one known as Jim. We shall at this time transfer.

(Jim channeling)

I am Q'uo, and am pleased to greet each of you once again through this instrument. We are happy that this instrument has been willing and able to perceive our contact and we thank it for the opportunity to

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utilize it in continuing to offer our service which is both humble and, to this instrument, unique. Our contact, as we have stated before, is one which is most fruitfully expressed in the word by word mode of transmission. Thus, we shall attempt with this instrument to continue that method of transmitting information, resorting to the concept method only when the word by word technique becomes too difficult.

At this time, we would attempt to respond to specific queries which those in this group may have prepared for this portion of your gathering. May we at this time entertain the first query?

Carla: I'll go ahead and ask the other question that L asked. She wanted to know how the service-to-self path can use the light, and what role this path plays in the drama of creation. That's not word-for-word, but I did read the question, so it's in the instrument's mind more specifically.

I am Q'uo, and we feel that we have a grasp of this query and shall begin. The path of service to self is one which intensifies the illusion of separation which is inherent in all of creation, for when the one Creator divided Itself in order that It might further know Itself, the division which took place became likened unto an illusion, for the result was the creation and is moment by moment the creation as you know it and far beyond what you know.

As the Creator, which is simplicity itself, became that which seemed complex, the possibility of two means of traveling through the creation or each portion of the creation became apparent. That which moved in resonance with unity became that which you know as the service-to-others path, that which is radiant and expresses the light of the one Creator to all about it, for all is seen the same as self, that is, the one Creator.

The service-to-self path became possible when the first division in third-density consciousness occurred due to the placement of what you have called the veil of forgetting between the conscious and the unconscious minds. This intensification of the illusion of separation provided to the Creator a more intense and purified means for that portion of Itself which may be seen as magnetic to function. Thus, the service-to-self path is one which draws unto itself the light of the Creator in all portions of the creation about the entity which has chosen this means of knowing itself and of evolving towards the same Creator.

Thus, it is the same light which powers both paths in opposite fashion, or so it would seem within the saga of polarity, for as those of the service-to-others path give forth the light to all about them, it would seem that this action is in opposition to the service-to-self path which absorbs the light and uses it for its own purposes. Yet, in truth, it is the Creator which provides the light for both paths, and the same Creator which receives the light as a result of the action that is potentiating upon each path.

May we answer in further detail, my sister?

Carla: I'm sure that L will let us know if she wishes further answer. Thank you very much.

I am Q'uo and we are filled with gratitude at the opportunity to speak in response to this query. May we attempt another query?

Carla: I was wondering, what is the purpose of incarnating as a man and as a woman repeatedly? Is it necessary to know both male and female energies or to become balanced between those energies?

I am Q'uo, and we find that in essence you have begun to answer your own query. This is the nature of learning in general. The excellent query will draw forth from the questioner that which is sought, for indeed all entities are that unity which contains all things.

The incarnational patterns of experience within the third, the fourth, the fifth, and the sixth-density illusions offer an entity the opportunity of experiencing the dual nature of the one Creator which is found in all creation, that nature of which we have just spoken in the query preceding this one. The male and female principles of radiance and magnetism, of light and dark, of wisdom and of love, are those qualities which in dynamic tension provide all catalyst for experience to each seeker of truth, as you would call it. Thus, the giving and the receiving are means by which the Creator, shall we say, dances with Itself. Each seeker, then, reproduces this movement, and when done in an intelligent fashion this movement becomes an evolutionary journey which continues to gather together portions of the one Creator in accelerating frequencies for each seeker to glean those parts for which it has need in its own pattern of growth. Thus, within …

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(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and we shall continue with our response.

Within each evolutionary journey, within each density of illusion, within each incarnational pattern, each moment and each thought, there is the interaction and interplay of the positive and the negative polarity that is the fabric of all creation. Thus does each seeker recapitulate the essence of the one Creator, and when accomplished in a directed fashion, this process presents to each seeker the ever-expanding opportunity to grasp more and more of its nature as the one Creator.

May we respond further, my sister?

Carla: Yes, I'm going to take it a step further because the source of my concern is this. I've examined my own self and have found strong elements of assertiveness, aggressiveness—male characteristics—which suggest to me that I've been a male plenty of times as well as being a female. It has not caused me any suffering in this life. I have known several women who were considerably more yang, I suppose would be the term I would use, and it has not caused them any suffering. I don't know any female homosexuals, but I do have a friend who is a male homosexual and he is suffering a great deal because he has the same needs for love and nurturing that any other person has, but every instinct that he has puts him in a situation which is basically untenable in a sense of receiving a stable domestic environment which is full of support and genuine and continuing love from another human being.

This seems to be the fate of the homosexual, the male homosexual, very difficult to maintain companionship and affection over a long period of time. I don't understand why the higher self would choose to so unbalance the incarnational pattern that two-thirds or more of the incarnations would be as women and then the soul would move back into the male body and be terminally confused. If you could shed any light on this suffering and its purpose, I'd be appreciative.

I am Q'uo, and we may suggest that within your third-density illusion the limitations which are experienced, on every front, shall we say, are designed to allow the entity to learn how to free the self. There are experiences that are most needful of balancing that require what seems within the incarnation to be greatly distorted circumstances. The cumulative effects of previous, shall we say, incarnations often decree that the upcoming incarnation provide the arena in which these various distortions may find the opportunity for balance. The choice of one biological gender or another will be made according to these distortions in need of balance. It may be that throughout the full third-density pattern of incarnations an entity would find it necessary to choose one gender over the other more often than not in order to fulfill a larger pattern of learning. The difficulties, as you call them, associated with this choice, in this case, as it has been called, homosexual orientation, are then incorporated into the larger pattern and utilized in the overall growth of the entity. Within the third-density illusion, the great array and degree of limitation is utilized as, shall we say, a force against which to test the spiritual strength, for within your illusion one must rediscover the foundation or fabric of one's being time and time again.

May we answer further, my sister?

Carla: No, thank you.

I am Q'uo, and we are grateful to you, my sister. May we speak upon another subject?

T: Yes, I have a question. The reason I took so long, I was trying to figure out exactly what I wanted to ask. I read a book recently on channeling and utilizing and internalizing sexual energy. It seems that basically, from what I read, that it's a matter of developing this energy from a purely physical level, learning to control it, and then learning to internalize that energy, thereby increasing the inner power or chi, as they call it—this comes from a Chinese tradition, obviously. And this also ties in with physical exercise that is meant to do basically the same thing, which is Tai Chi, which does the same thing. Could you comment? Could you just—do you have any comment on this—I don't have a specific question, I guess, that's why I took so long before.

I am Q'uo, and we would suggest that the means of reinvesting one's own beingness with the essence of the energy produced by the physical vehicle in conjunction with the mental process which you have described is one which focuses the, as it has been called, chi, or prana, in a specific fashion which is then utilized in what may be called a sacred manner. The physical vehicle provides the foundation upon

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which all experience is built for an entity. The preservation of the vehicle and its ability to reproduce and its ability to serve as a triggering mechanism give to the entity the basic energy and environment of energy which it then may utilize in higher and higher, if you will, means. Thus, the creation and storing of physical sexual energies may be focused upon any of the succeeding centers of energy or chakras as we find them called of an entity. Thus, in this way any balancing of distortion or removal of blockages or accomplishing of magical workings, shall we say, may be carried out. The function then of the mental complex is to design the framework or channel through which these physical energies may be moved. When this framework has been firmly constructed within the entity, the power of the internalized physical sexual energy is then more and more available for use in the proscribed fashion.

May we answer further, my brother?

T: No, thank you very much. That's very good. Thank you.

I am Q'uo, and thank you, my brother. May we attempt another query?

Carla: I need to follow up T's question. The only thing I've ever read about … gosh, what kind of Yoga is it … Tantric, suggested—and this was in the magikal, with the "k," tradition, that one—and I think this was also written by a man, okay—that one move close to orgasm and then stop and do this repeatedly, was called magical chastity, but it also recommended that the partner be a stranger. This struck me as being potentially very negative in that you did build your own personal power, but you were not exchanging the opportunity with the partner. And I wondered if the same energy could be stored using the same magical chastity with two people working together with equally efficacious results and hopefully a more positive slant to that storage of personal power?

I am Q'uo, and we find your statement to be correct in general and specifically.

We would suggest a final query at this time for this instrument is somewhat fatigued as a result of the word by word contact method and is less and less able to maintain the depth of meditation necessary for this type of contact.

Carla: I'm torn between two questions. I'll ask … gee—I hate decisions. I'll ask you about yourself—no, I won't do that. That would detune the contact. When I was channeling earlier, I wasn't with it entirely, but I did catch the repeated distinction between the physical self and the spiritual self. A dichotomy seemed to be reigning in the kingdom of this particular discussion tonight, and yet, this body is what we use to manifest our spiritual selves in this incarnation. I wondered what special need there might have been to emphasize that dichotomy this evening. What purpose underlay the concentration on that concept this evening?

I am Q'uo. We have spoken this evening of the apparent and of that which is not apparent in order to share our understanding, simple though it is, that within your illusion you draw upon resources constantly that are far, far greater than you can imagine. And when you move within your daily round of activities, you are utilizing but the tiniest fraction of that which is at your disposal. Yet that very movement itself draws unto your limited self more and more of that which knows no limits in order to enhance your ability to experience within your illusion. Thus, we speak as we have spoken, of limitation and infinity being recapitulated within your own being and of this process being fueled by your will to seek and your faith that the seeking will bear fruit.

May we answer further, my sister?

Carla: No, thank you. I enjoyed you.

I am Q'uo. We have greatly enjoyed this evening with each of you, and we are happy to join this group at future times, as you would call them. And we look forward to the opportunity to blend our vibrations with yours. We shall take our leave of this group and this instrument at this time. Again, with gratitude and in joy, we leave you. We are known as Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
June 1, 1986

(Carla channeling)

I am L/Leema. I greet you, my friends, in the love and in the light of the one infinite Creator in Whose name we come to serve this evening. We thank you for calling us to your group for we are most grateful to have this opportunity to serve you and in serving you finding the most blessed service given to ourselves, for it is in service that we are able to move forward in our own refinement on the understanding of the ways of the one infinite Creator.

The request that has been made this evening is a layman's discussion of the concept of three-dimensional time.

We shall do a bit of talking through this instrument while we are settling our contact with the instrument and deepening the meditation to the point where the instrument ceases to have any concern whatsoever for the channeling that it will be doing. This instrument knows little or nothing of this subject, far less even than your scientists who have, shall we say, only fragments of the conceptualization of the universe as we are aware of it.

We would like to express our desire that as we speak, those concepts which do not seem helpful to you be put aside immediately, for we are your brothers and sisters and our opinion is as fallible as our natures. We are those with somewhat more experience than those of third density, yet there is much we have to learn before we come to the position of bidding farewell to the incompleteness of our own sense of searching. And indeed, when that completeness comes, we shall be once again a portion of time/space and therefore be uninterested in communicating, as we shall be being drawn back to the source of All that there Is, and at that stage of evolution, will have a strong enough gravitational pull, metaphysically speaking, towards that great central source that we would be unable to communicate.

You dwell, in your meeting this evening, in a domicile that is rich in time. Although it has stood still in space, it has endured through many of your seasons and is full of years. It has not gained in size, yet it has gained in time. Each of you sitting within this circle has ceased to grow in the physical sense. The space which you occupy is that which you shall occupy insofar as your bony structure and your organs are concerned. It is within this instrument's mind that poundage may be gained or lost, however, the point we are making is that as you dwell within your physical bodies in space/time, you dwell also in time/space, and as you grow more full in years, so you grow rich in time. This fullness of time is a characteristic of those who are seeking, and the sense of it and its wonder are most beneficial for the consideration of one who seeks the truth.

In a simplistic manner, we would use a description which we have found within this instrument's mind in speaking of the difference between the world of space/time and the world of time/space. You would, in your physical vehicles and in this illusion of space/time, think little of setting out for another city. When that trip had been accomplished, you would again think little of your next journey, and so you would travel geographically to and fro in space. Within this house there is a long portion of time/space and were the seeker sensitive enough, it could within this house become aware of this house's reality, shall we say.

In another year, a sensitive enough student would not think a great deal of moving back in time and experiencing in the stream of space the movement in time. Indeed, without reverting to the heart of the meaning of time/space, the mechanics of time/space are relatively simple. You call one of your planet's journeys about the sun a year, and you number them after that which is thought to be the birth of a master teacher. Your year 1929 would be as Cincinnati to Louisville, the year 600 BC perhaps equaling Australia or Madagascar. Just as we do not notice when moving in space that time is anything but simply a flowing river, so in moving through time, space is seen as a simply flowing river. One place is as easily arrived at as another, as all places are in the stream of space. This is an illusion which is useful for travel outside of the chemical vehicle which is your physical manifestation within the illusion of space/time. Each of you has also a physical vehicle of another kind which is inextricably intertwined with the space/time physical vehicle which can and does move in time/space.

Thus, it is quite possible for each of you to visit your past or your future, for this is the illusion represented by the mechanical time/space. There are physical characteristics to what we may term geometric or mechanical time/space which are polarized to space/time in such a way that space/time and time/space, perfectly matched, equal among other things, the speed of light and the energy of that which is eternal. Perfectly matched space/time and time/space are not available within illusion, for the perfect matching thereof is the removal of illusion.

It is the mismatching of spaced time which gives to your space/time physical bodies the experience of moving through an incarnation. You will notice that in space/time, it is time upon which one focuses, although it is space within which one moves. In mismatching of time and space so that time is predominant, it is space which is noticeable and important, and time which is moved about in carelessly and taken for granted. Thus the physical space/time trip to Cincinnati would be as miraculous to a time/space entity as time travel is to you who have asked this question. It is the simplicity of the concept that tends to confuse the mind, rather than its complexity.

We would now move to the heart of the nature of three-dimensional time, bearing in mind, of course, as this group has asked us to do, that your concept of time involves a request to us, who are known to be somewhat wordy, to limit our answers in time so that the listeners may eventually move about in space, once again being free from our lecturing. We will therefore attempt to be reasonably brief.

Often and often members of the Confederation of Planets in the Service of the Infinite Creator have encouraged each who seeks the one original Thought to move inward into silence and the listening. We ask this because it is, as far as we know, the single most efficient controllable method of achieving conscious experience of time/space, for within time/space dwells much of that which you call the mind. Much of what you experience goes unnoticed by the conscious mind which is dwelling in space/time, and which is a tool designed for use in space/time. All of your instrumentation of a scientific nature at this time, if you will pardon the misnomer, is given to the measurement of space/time phenomena. Time/space, when viewed from the standpoint of space/time, is completely subjective. Nothing which you experience in time/space can be definitively proven or reliably repeated, for the instrumentation for measurement of time/space phenomena is not in your present available.

Time/space is unknown territory. The word which perhaps more closely than any other in your language represents [it] is the numinal; another word would be the mysterious. To the space/time consciousness, time/space is shifting, illusive and unpredictable. And yet, the majority of your true mind dwells in time rather than in space, and is used for more efficiently processing that catalyst which is gathered during your incarnational experience in space/time. When you dream clearly, the portion of

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your mind which is dwelling in time—we will abbreviate time/space to time and space/time to space—speaks to you of that which you have not yet become aware in space.

Teachers, which are called by some, "angels," and others, "inner plane masters," speak within time and most often within sleep and often without memory. Yet still biases are formed and refined because of the interaction of the deeper mind with that world of three-dimensional time which serves, shall we say, as the backboard, if you wish to think of experience as a means of putting the ball in the basket. One's conscious experiences in space are such that one may learn lessons without recourse to the deeper mind which dwells in time only by extremely accurate observation, which in this analogy, would equal the action of the ball so thrown through the air that it moved through the hoop without touching the rim or the backboard. It is seldom that one of your sports players develops the skill of a basketball game without recourse to the use of the rim and the backboard. It would be an inefficient use of the tools which such an athlete would be given for this game. It is equally unlikely that an entity will move through an incarnational experience without the use, conscious or unconscious, of the backboard of the deeper mind.

It would be an intellectual game to speak of parallel universes, of space/time and time/space. We ask that you perceive that in our opinion, this mode of thinking, while accurate, has to do with the mechanical space/time and time/space which are polarities to each other. For the metaphysical seeker, it is far more interesting to work with the concepts of what the time/space portion of each being can offer to the spiritual development of humankind.

We move back now to the concept of the river, if you consider time to be the river, as one in your illusion is almost forced to do when they see that the river never ceases flowing, nor is it patently conceivable that the flow of time will cease. In the illusion called time/space, it is equally incongruous to suppose that the river of space, or may we say, physical manifestation of energy fields which are polarized electrically, will cease. The river is a foreverness, whether it be the river in space or the river of time. The work of the spirit, however, is most efficiently done through the river of space which takes its nature from the illusion of time/space. You were in time/space before you came into incarnation in this space/time incarnation, and to that river you shall return, and time then, as before, shall become static. It is the stasis of time which enables the spirit to do so much with that tool in seeking, for within the body which is your chemical vehicle, you are subject to and bound by the river of time.

In time/space that river ceases to flow and you may remain in an eternal present moment so long as you are seeking to use the tools of time and flowing in the river of space. In this river of space lies each experience, and without the prison of time one may, unbarred and free, search out the nuances of even the most complex and difficult situation so that one may find the Creator and love, which is the Creator, in each and every experience and situation. Throwing off the trammels of time, it is possible to use the tools of many portions of a deeper self. It is possible to dwell what may seem to be long upon the most brief moment, for that moment may hold a key for you and it may be important to dwell within that moment, using the deeper tools and doing the work of the spirit, that is, the seeking of the truth.

We wish you the joys of that search. Truly, your incarnation, were it lost to the freedom of metaphysical time/space, would be far too short, regardless of the years in it, to accommodate learning to any significant degree. This is why the majority of your minds are each of the nature that dwells in time/space. When you go into meditation, you can experience this stretching of time until the time slows and ceases to turn in its inevitable cycles. Remember, we are speaking here of illusions, for the reality is a timelessness and a spacelessness which precludes experience. The goal of your consciousnesses is to seek out experience and to process it in such a way that you add to the Creator's knowledge of Itself. Thus, it is necessary that space and time be mismatched.

In your illusion of space, time unbuckles and is undependable. All that is dependable about it is that it shall pass all too quickly and as more and more experiences come and are incompletely processed, time will seem to move more and more quickly, the river flowing faster and faster as more of time is needed to balance the space in which you dwell. In time/space it is space which is unpredictable and buckled. While you are dwelling as space/time beings, the movement into time is a movement into a freedom from time in the illusory sense. We

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encourage that movement, as it will with continued use facilitate the efficiency with which the seeker may process experience and transform itself, and through the transformation of the self effect the transformation of the greater consciousness which is that of family, society, nation, continent, planet and creation itself.

We realize that though we have used no words which are not familiar, we have undoubtedly given a less than adequate explanation of this simple concept, and for the deficiencies of language itself, and of illusions in general, we apologize.

(Side one of tape ends.)

(Carla channeling)

We feel that we can do no more than encourage and inspire the kind of indwelling [thought] process within each seeker which will lead each to a subjective grasp of this concept.

It is to be noted in this regard that the lack of time/space instrumentation is the cause of the inability of your intellectual minds, and more especially the minds of the scientific community, to encompass events which may be called paranormal. The events occur due to the spontaneous or conscious use of the combination of time/space energy in a space/time environment. The so-called subatomic particles which are so often discovered, disputed and researched by your scientists are the results of scientists poring so deeply into the nature of energy patterns that they become able to perceive time/space energy patterns in physical manifestation in space. These at least, being energy patterns, are reproducible, but inexplicable, and the discovery of them shall continue to be both inarguable and mysterious as long as discipline of the deeper consciousness is neglected by those among your peoples who wish to call themselves men of science.

This instrument is telling us that we have spoken overlong. We are sorry and beg your pardon. We are moved by the honesty and depth of seeking within the group to which we speak and would willingly speak further, yet for a general expression, this is undoubtedly more than adequate. Therefore we would at this time transfer the contact to the one known as Jim so that we may field whatever questions you may wish to ask at this particular time—if you will pardon the, shall we say, cosmic joke. We are those of L/Leema and in gratitude we now leave this instrument.

(Jim channeling)

I am L/Leema, and greet each of you again in love and light through this instrument. At this time it is our honor to attempt to answer questions which remain with those of this group, if we are able. May we begin, then, with the first query?

J: Did I understand correctly that we have a physical body in space/time and yet also a physical body in time/space?

I am L/Leema. In the time/space or metaphysical portion of creation, you have a metaphysical vehicle which is more, shall we say, filled with the substance of creation itself, that is, with light. The remainder of your statement is correct.

May we answer further, my brother?

J: When we experience physical death in space/time, do we then occupy this metaphysical body in time/space?

I am L/Leema, and this is correct, my brother. This vehicle has been called the etheric body by many of those adepts of your illusion which study the metaphysical nature of reality.

May we answer further, my brother?

J: Were the pyramids used in any manner to help those in experiencing space/time to experience time/space?

I am L/Leema. This is again correct, my brother. The nature of seeking the heart of evolution is of itself best described as a metaphysical process. That which is metaphysical is that which is of a primary or foundation nature. That which is physical springs from this foundation and is a manifestation of it, and through the physical illusion of incarnation upon incarnation, an entity distills certain attitudes and lessons that bias it toward further seeking of what you would call truth and the nature and purpose of life. The geometrical shape of the pyramid was designed to aid this process, and indeed did so by funneling the light of the Creator, which has been imbued with love and called by many prana, in such a way that the distortions and disturbances likened unto mental static fell away from the seeker and the pure desire to seek the truth was then intensified in such a fashion that a finely

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wrought pathway between the seeker and the greater truth or reality which it sought was then constructed which allowed the seeker to experience more and more of that which it sought.

May we answer further, my brother?

J: I don't want to hog all the time. Maybe someone else has a question.

Questioner: I have many questions. I really don't know where to begin. I primarily want to know what my next step might be. I don't know if that's too personal for right now. Is it?

I am L/Leema. My brother, we seek to be of service in whatever way is possible for us without infringing upon any entity's own free will choices. We view this query as one which offers the possibility of such infringement, for we do not feel it proper to look upon an entity's life pattern and to describe to it that which is most likely to become its next experience from among the many potentials that await each. We can, however, suggest to any seeker who is desirous of placing the foot upon the path most securely as its next step that within the meditative state one may take this desire and open the heart of one's being to the inspiration which the greater portion of yourself may move and speak to you who inhabits this illusion, and in such a manner may you then find for yourself the next appropriate step.

We would hasten to add, however, that to focus overly much upon what is next upon one's spiritual agenda, shall we say, is in some degree to deny the appropriateness and efficiency of the present moment experience which is in itself whole, complete and most appropriately suited for your journey at this time.

May we answer further, my brother?

Questioner: I'm afraid it would take up too much time for this group, but I've got lots and lots of questions. I appreciate your response to my question. Thank you.

I am L/Leema, and we thank you, my brother. Is there another query?

J: I was just wondering—the kundalini energy that we experience in space/time as individuals, is this a function primarily of energy in space/time or does it also have a component in time/space?

I am L/Leema. We may suggest, my brother, that all events which you experience within your space/time illusion are manifestations of, shall we say, greater or richer events within the time/space or metaphysical reality which undergirds all that you experience in your present illusion. The phenomenon of the rising of the kundalini, as it has been called, is most centrally related to the time/space nature of your experience, and is indeed a manifestation or fruit of work which has been accomplished upon the metaphysical level by your experiences within the physical reality.

May we answer, my brother?

J: If we could develop a tool of measurement of time/space in this illusion, what would it be like?

I am L/Leema. We may suggest that the most efficient tool for measuring the time/space nature of creation is conscious experience. As the point of viewing of the conscious seeker expands and penetrates the surface appearance of all things that surround it, then the seeker becomes more and more aware of the truer nature of all creation, and as its awareness becomes richer and deeper and broader, it then begins to encompass or measure more and more of the time/space nature of all that surrounds it. This measurement, as you may hypothesize, is unique to each entity and would be difficult to translate in literal, practical terminology. To another being, the communication of such measurement would be best accomplished by the communication of concepts, shall we say, and is that which is of the nature of the mind to mind or telepathic contact.

May we answer further, my brother?

J: At what density is L/Leema, and do you dwell in space/time or in time/space?

I am L/Leema, and it is our honor to inhabit that density that is of light, which in your system of numbering numbers five. Within each density of the creation, there is the phenomenon of dual existence, that is, of space/time and time/space, for each density within the creation recapitulates the dual nature of all creation, that is, the manifest and the abstract, the male and the female, the light and the dark, in general terms. These principles, then, are reflected within each density of creation.

May we answer further, my brother?

J: No, thank you.

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I am L/Leema, and we thank you, my brother. Is there another query?

Carla: Yeah, I'd like to clear up something that J asked. Is time/space that which awaits, i.e., the female, and space/time that which reaches? Is that the polarity?

I am L/Leema, and in an attempt to clarify the use of terms in a very general manner, the time/space or metaphysical portion of any density may be likened unto the female polarity which, awaiting the reaching, provides when reached for much of that which shall become the experience that is shared betwixt the polarities. The space/time portion of each density, then, is analogous to that male principle which reaches, and in the reaching seeks the experience that will enrich it by enabling it to know itself more and more as a unique portion of the one Creator, and which enable it also to see that about it more and more purely as the same Creator experiencing Itself in infinite variety.

May we answer further, my sister?

Carla: That being the case, is that the reason for the fabled woman's intuition or the apparent relative thinness of the veil between the conscious and the unconscious mind of the female due to the fact that time/space has female characteristics?

I am L/Leema, and we find that this is a reasonably accurate analysis, yet is a function also of the manner in which your particular culture has nurtured the female quality or principle within the biological female entity, for it is unto this biological female entity that the access and use of such pathways to the deeper mind has been viewed as most appropriate, for these are indeed pathways which provide to the conscious mind much which is of a nurturing nature, that is, the insights which enrich the experience and perceptions of the conscious mind.

May we answer further, my sister?

Carla: No. I think I grasp the qualification that I realized that biological males have just as much capacity for intuition as women, it's just that the culture doesn't encourage it in men as it does in women. I believe that was your qualification, wasn't it?

I am L/Leema, and this is correct, my sister.

Carla: Thank you.

And we thank you, my sister. Is there another query at this time?

J: I have one more. Is the Urantia book familiar to you, and if so, is it of a valid nature, in your opinion?

I am L/Leema, and we are indeed familiar with this writing of which you speak, but we again do not desire to influence one's free will in an undue manner by seeming to judge the value of any work, for there are many who would find great value in this work and many who would find less value. The value is a function of not only the work but the one to whom the work is made available and the needs of that particular entity at that point in its evolution.

May we answer further, my brother?

J: That seems like it would hold true for many other written things that we have, such as the Bible and general written material. Is that true?

I am L/Leema, and this is correct, my brother. May we answer further?

J: One thing in specific. About the Urantia portrayal of the universe, the physical universe. Does that seem to be something that you could put your, "Yes, this seems like a reasonable approach," or, "It seems like an interesting approach to me, anyway"?

I am L/Leema, and without risking infringement, my brother, we may suggest that there are many, many points of viewing the infinite creation which each contribute a portion of truth and a portion of distortion, for those entities such as yourself and all which exist within this infinite creation are unique in their ability to experience, to formulate concepts and to move forward in thinking from those concepts, and thus there is a great variety of points or places from which to view the one creation of the one Creator. Each is true and each is false, for that which is the one creation is beyond all definitive description. And yet, each description reveals a portion of That Which Is.

May we answer further, my brother?

J: No, thank you.

I am L/Leema, and we again thank you, my brother. Is there another query?

Carla: L/Leema, how's the energy of the instrument?

I am L/Leema, and as we scan this instrument, we find that there is the necessary energy for another

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two or three of your queries. May we attempt another query at this time?

Carla: I've been reading a book which has a good deal of mythology in it and one of the realities it posits is the reality of a fairy world. It's a retelling of the King Arthur cycle of legends. I have always suspected that these worlds are real in another illusion. It's hard to say "real" when you know that it's all an illusion, okay, but it's another kind of illusion. Is that illusion co-equal with ours, just as male and female are co-equal energies, and space/time and time/space are co-equal and complimentary to each other? Is there a symbiosis is what I'm asking, a way in which that world helps us and we help that world, or are they simply two parallel illusions which happen to occupy the same space?

I am L/Leema, and we might suggest the term "available" to replace the term "co-equal," for as the story of which you speak has been recorded by its author and shared with those such as yourself, the possibility of its influence upon your perceptions becomes available, that is within your own experience, perhaps that of the sleep and dreams, then it is possible for you to enter this particular illusion and to partake within it in a manner that enriches your total beingness, for indeed this is much of what the nature of what the sleep and dream cycle provides in the healing and enriching of an entity's life pattern.

May we answer further, my sister?

Carla: Well, let me just try to put it together real quick here. So, just as you said we use time/space in processing space/time experience, so would time/space wherein the fairy philosophy is that the Earth is alive and to be worshipped in its entirety. It's as easy in a fairy world to rape the Earth by plowing it as it is to rape a woman who is a virgin. And this kind of reality then is basically a time/space conceptualization which would enrich our space/time understanding of the Earth as a living being. Is that what is connoted by your previous answer?

I am L/Leema, and we find that you have indeed grasped the heart of our previous response and have enhanced it by your own description.

May we answer further, my sister?

Carla: Do you have any suggestions as to how we can dwell more honorably with this Earth of ours which is alive?

I am L/Leema, and we might suggest, my sister, that each thought and action an entity entertains is an expression of love in some manner, whether it be love of others or love of self. To attempt in each thought and action to give freely that known as love is to place the life pattern upon what you have called an honorable stance, for to honor another portion of creation, or entity, is to give that which each by the nature of its being requires to continue in its being. And that force which enables and ennobles all beingness is that which is called love. Thus is all of creation moved by its power. And to consciously seek to give this love to that which surrounds one's incarnation is to …

(Tape ends.) ♣

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Sunday Meditation
June 8, 1986

(Carla channeling)

I am Yom. I greet you in the love and in the light of our infinite Creator. It is a great privilege to speak with this group and we thank you for calling us to you. It has been some time since I and my brothers and sisters spoke to this group, and we find that this instrument is apprehensive in its ability to be a useful instrument for us. However, we find no serious bar against using this instrument, for the vocabulary, if not the knowledge, of the instrument suffices for our purposes.

We would speak with you this evening about some applications of that which you call light. We shall begin with what may be seen to be a mechanistic description of the influences which light may have using various catalysts upon each entity. It is not known to your peoples the nature of light, for the necessary paradigm for grasping its nature is not available to your scientists. It is because of this lack of understanding that the nature of the crystalline structures have never been satisfactorily researched or understood by those you call men of science.

We find this instrument requesting that we amend this to men and women of science. We acknowledge the correction, realizing that within your biological illusion it is not obvious to you that all of you are men, that is, not sexually, but in the sense of being perfectly unified in essence so that there need be no dissension betwixt biological gender. We return to our subject.

Light itself, being alive and being the first creature created of love, forms all that there is. It furthermore in its creative freedom surrounds and interpenetrates in original form the structures which have been created by the influence of free will upon light. Thus, all that there is is not only made, mechanically speaking, of articulated light, but is also interpenetrated by limitless light, which some among your students of metaphysics call prana. We have, then, a vast array of crystalline structures, for you may term each atom an inchoate crystalline structure, that is, the active elements are inchoate, some being without the need to bond with other elements, are themselves articulated. Each element has the capacity to bond with other elements and form either non-crystalline or crystalline structures.

The nature of the crystalline structure—that is, the window or opening wherein limitless light may form an influence … We must wait while this instrument retunes. If you will be patient. We are Yom.

I am Yom. We have instructed this instrument to refrain from analysis, and we feel we have a better contact now, if the instrument can refrain from examining the words it uses. Unlike our fifth-density brothers and sisters, we do not have the ability to tune to a sufficiently narrow band of contact to

enable this instrument to go deeply enough into meditation to lose the fear of speaking about that which it does not know. Therefore, the instrument must take conscious responsibility for being patient with us, as we give word by word that which we would that you could hear this evening, as many in the group have an interest in the applications of that which is called light. We continue.

The crystalline structures within your creation are many. Some crystals have properties in time/space, others in space/time, others in both. For example, galaxies, stars and planets have a time/space crystalline structure. Your own planet has such a structure. You yourselves are time/space crystalline structures. Those among you who learn to heal are manifesting in space/time that crystalline structure which is the essence of regularized light.

Therefore, light has many influences upon each entity, for the nearer stars and the planets of your sun system have regularized time/space properties which result in instreaming from planet to planet which in turn affect the crystalline entities of third density which inhabit the planet. It has often been questioned whether the art you call astrology has a basis. The basis, in fact, is most dry and scientific. It does not, however, yield to present measurement techniques, due to time/space properties inherent in the nature of crystalline structures. Thus, the orientation of your being at the time of conception shall affect the physical parameters of the illusory physical vehicle which you now enjoy. The orientation of this particular sphere towards the cosmos at the time of entry into incarnation has an effect over the mental, emotional, and to some small extent, the spiritual nature of the entity within incarnation, it being remembered at all times that each entity, though influenced within an incarnation, is as it is, was, and will be, changeless, unified with the Creator and completely whole.

However, in your illusion, you deal with the illusion of the state of the body and the state or nature of the personality. It is, therefore, interesting to observe that astrology is in fact the science of the crystalline properties of light in time/space, the influence of this upon the planet and the residual influence of entities in a particular place upon the planet of these crystalline structures.

The planet itself will influence entities to a varying extent, depending upon the development of time/space awareness in the entity as it moves through the incarnation, for not all Earth energies are the same as one would expect in a crystalline structure. Picture, if you will, the gem which is cut. If it is not properly struck by the tool which cuts it, it will shatter. If it is touched in a place which does not fracture, there will be no breakage, clean or splintered. So it is with your Earth. There are points of energy instreaming upon your planet, not only in your—we find this entity calls your illusion third density—but also first density, second density, third and fourth, all now activated to a large extent. In potential are also far more complex crystalline structures which will resonate when the planet achieves fifth, sixth and seventh densities. This particular planet has not yet done so, however, theoretical work may be done by those with the technical skill to pursue this field of study.

Thusly, there are instances where entities may desire to remove themselves from a given geographical location. In a sensitive entity, this well may be the result of an awareness in the deep mind that the particular location is not harmonious with the entity's nature, or is not a place which is live enough, shall we say, for the entity to achieve the maximum energy or power from the crystalline structure beneath the entity's feet.

Lest you find yourself believing in a mechanistic universe, we hasten to suggest that each cell within the physical vehicle has a great portion of its nature hidden in time/space and is in that portion in a crystalline structure which is open to influences from other crystalline structures. The greatest of these influences is that influence of the third-density entity which has achieved to some degree the manifestation in space/time of its crystalline nature in time/space. Such entities are often teachers, healers and leaders, those which serve as the watershed over which many entities will move and thereby be transformed, or in many cases, specifically healed.

The mechanical structure of space/time crystals is a good tool also, though not as efficacious as the crystalline being, for healing both physical and subtle or etheric. The use of crystals is an art rather than a science, because each entity using the same crystal will mesh its points of crystalline energy with the points of energy of the crystal itself in an unique fashion. Thus, one healer's crystal may work well for it, while being inefficacious for another. However,

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the more highly evolved crystals such as the ruby and the diamond are powerful enough that very nearly any somewhat crystallized being may efficaciously use the ruby and diamond for the healing techniques.

It is to be noted in this regard, that it is well to work, if one desires this service of healing by crystals, with the lesser crystals first in order that one's technique is able to keep pace with one's power, for there is a great deal of power in the more articulated crystals, and it is well not to experiment with the more powerful ones before having become sensitized to energy instreaming by using lesser structures.

The most powerful crystalline structure may be perceived to be the self. As we have noted, the nature of each self is consciousness or being which is co-eternal, shall we say, with love itself. Each of you was created before your planet was created and shall be a being after the planet has become uninhabitable for third density. Thus, the great tool of light, the one we recommend to you, is the conscious use of the unconscious and almost always sleeping powers of the crystalline self.

This instrument, and perhaps some of you, have made light of writers who advocate the use of affirmations. We would suggest to you that if one is not satisfied with any portion of the being, it is well to write or use another's affirmation repeatedly as a way of moving from conscious thought to concept to light to the sending of that light to the cells of the body or the brain or the subtle bodies in order that healing at the cellular level may take place. The light cannot infringe upon free will, therefore, if the—we find this instrument calls the etheric body the form-maker body, or the higher self—has prescribed an incarnational experience for the body in which one of the parameters is some physical dysfunction or mental dysfunction, the crystalline sendings will not cause the change the conscious mind may request. This is the only stop against the use of light by the self for the self for healing.

Consider yourselves stewards of the love that created you and the light that manifests you. In meditation, call upon the silence that you may hear the silence which speaks of love, and both in meditation and in contemplations such as the use of affirmations, offer yourself as instrument for the manifestation and realization of the limitless possibilities of creative light. We may note that while most affirmations find their benefit to people in the mental and emotional areas, physical healing is also quite available through the use of affirmations which, indistinct or poetic, prosaic or wondrously beautiful, nevertheless have the intent of focusing the light of the infinite Creator in such a way that it interpenetrates and enlivens each cell of each of your bodies.

Light is used in another way in your language and that is as the opposite of heavy. We would end by suggesting to you that to be full [of] light is to be light, that is, cheerful, joyful and resilient. This is not, shall we say, a characteristic encouraged by the catalyst of your illusion, and we are sure that time and time again each finds itself growing heavy. It is well, then, to recall the nature of illusion and the nature of time/space and its limitless love and light. While illusory, it is a far merrier illusion, and is as available to you as is the experience of difficulty after difficulty that the illusion of third density will offer you.

(Side one of tape ends.)

(Carla channeling)

I am Yom. We shall conclude. Therefore, my friends, when you discover heaviness within the heart, you have a choice. It is acceptable to the Creator if you wish to experience the heaviness or darkness of the illusion. This informs the Creator just as efficiently as any other experience, and you are being of service to the infinite Creator whom we all wish to serve, by feeling terrible, sorrowful, or in any way upset. You may, however, choose to turn to some affirmation, one of what you call your jokes, or any inspiration which yields realization of light. It is without you and within you, interpenetrating each cell of your body and your brain and it is a tool for your use in learning the truth in seeking the love and the light of the one infinite Creator and in becoming more and more a polarized instrument, designed to manifest the Creator's love and light to other beings.

We thank you for your interest, and as we have not said for so long, this is a good group and we thank you for requesting information that lies within our realm of inquiry. We have not previously contacted others in this group with the exception of making satisfactory, though limited, contact with the one known as A. We shall therefore attempt to make our vibrations known to the one known as L and the one known as Jim. We would now transfer this contact to the one known as L, asking this entity to feel free

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to express inner reluctance if it does not desire to be used at this time. We would then make this vibration available to the one known as L. We are those of Yom.

(L channeling)

I am Yom. I come to you in the love and the light of the infinite Creator and wish to express to you our appreciation for your attentiveness as well as for your consistent striving in your efforts to perceive beyond your illusion. It is our desire to be of assistance to those present whenever possible and we place ourselves at your disposal that you may call us as one would another self in moments of disquietment or confusion. We desire to be of assistance whenever possible and will respond if you simply open your self to our vibration and mentally request our presence.

We shall now transfer our contact to the one known as Jim. We are of Yom, in the love and the light of the infinite Creator.

(Jim channeling)

I am Yom, and am pleased to greet you again through this instrument in love and in light. We have quite a bonanza this evening in the utilization of three instruments, and for this we are most grateful. We realize that we have used a good deal of your time as you reckon it and your patience and [comfort] in speaking as we have spoken. We at this time would attempt to answer those remaining queries that you may find the value in asking. May we attempt such a query at this time?

L: I'd like to ask a question concerning affirmation. Frequently things or conditions which we desire to occur may be associated with our illusion and place us in a position of advantage in relation to our other selves. For example, one might be considered for a promotion in one's area of employment and using an affirmation to attain that goal is an act which places one in a position of advantage over others who are being considered for that position. Could you discuss the morality of using affirmation, because I have some qualms in that area.

I am Yom. We may note two points of possible interest. Firstly, within your illusion you are never certain as to whether one position or another is more or less advantageous in the metaphysical sense. This is determined by those lessons which you have chosen to undertake and the services which shall be the fruits of those lessons. As to the morality of such affirmations and desires, within your illusion it cannot be said that one act is more or less good than another, for indeed these judgments are reserved for the point of view that is far wider than that which is possible within your illusion.

Secondly, the general nature of the affirmation is to specifically focus the attention, the expenditure of personal energy which is always at your disposal. Indeed, the life pattern itself without such affirmations of a specific nature is an affirmation of a general nature, for whatever you seek and in whatever degree you seek it, you shall eventually discover within your life pattern, for it is indeed true that as ye seek, ye shall find. To bend the will and exercise the faith by forming them around a spoken or visualized affirmation is to make the specific use of those powers that are always yours. This is likened unto utilizing the scalpel of the surgeon as opposed to a more crude technique of achieving the same results.

May we speak in any further fashion, my brother?

L: No, that's given me a lot to ponder. Thank you very much.

I am Yom. Our gratitude to you, my brother. May we attempt another query?

Carla: I'd like to understand something, because I share L's concern about ethics. It seems to me that affirmations having to do with working on the self are what you were talking about, and affirmations resulting in power over others or something of that nature, although possible, would be along the negative path. Is this correct?

I am Yom. This is basically correct, my sister, for any tool may be utilized in the positive or negative sense. The tool, however, remains neutral. The choice of its use then lends the, shall we say, coloration of your ethical system.

May we answer further, my sister?

Carla: Yes, because I have known people that you could just say were lucky, but like L says, these are often people who say, "Well, I'm going to get that job—no problem—I'll get a job; it'll be a good job." Or they'll say, "Everything's going to be fine," or they'll say, "Oh, this cold will be gone in a couple of days." And they won't say, "Gee, I hope I get the job," and they won't say, "Well, I probably won't get

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the job." They'll just from within themselves have the buoyancy of spirit to say, "Oh—no problem—I'll get a good job, I just know it." And yet they're not attempting to be negative in any sense of the word. How do you draw the line ethically between that and the negative use of power?

I am Yom, and again we would suggest that we would not draw any line for any entity, but would rather suggest that each entity will determine for itself the motivation for its actions and thoughts. Much within your illusion is shrouded in mystery, including one's own awareness of one's own motivations. It is most difficult to untangle the life pattern of any being. One may observe such entities and make judgments for oneself, and yet the value of such judgment is personal unto yourself, for you cannot know the forces that are moving within another, their purpose and their means of manifestation. Each entity undertakes the journey of seeking these inner truths for itself and does well to begin to glean the nature of one's own experience. Therefore, it is well not to attempt to draw any line for any other being.

May we answer further, my sister?

Carla: Only in noting that in my own experience, the hardest entity to unshroud the mystery of is myself because I don't have the objective point of view that other people do. I wonder if that's a common experience?

I am Yom, and, indeed, this experience is shared by all within your third-density illusion, for the catalyst of thoughts, words and deeds that move through your being is colored in a unique fashion by your own preincarnative programming. Thus, what has charge in the emotional sense for you may carry little or none for another. Thus, the bias you have placed within your own being in order to learn and to serve in such and such a fashion is that coloration which you will use as your food and nourishment for your journey of seeking, learning to discover these biases, seeking their roots and then balancing each with its opposite so that your journey may be complete and your lessons and services fully expressed.

May we answer further, my sister?

Carla: No, thank you.

I am Yom, and we thank you, my sister. Is there another query?

G: I have one if no one else wants to speak up. The affirmation and the decree that I've heard, the understanding that I have, is that a decree is basically affirmation which is in multiples of three. Is there some reason or some explanation on why the multiples or repetitions of the affirmation being used is empowering? I don't know if that is clear or not, but that is my question.

I am Yom. We may respond in a general fashion by suggesting that the repetition of any affirmation is likened unto driving the nail deeper into the inner conscious awareness in order that the focus of attention be firmly affixed to that which is desired.

May we answer further, my brother?

G: Yes. Then you're saying the significance of the decreeing as opposed—with the thought in mind of three repetitions, this is not particularly significant itself, it's just that repetitions as such will help to deepen that state of [openness]. Is that what you're saying?

I am Yom and this is correct, my brother.

G: Thank you.

We thank you. Is there another query?

L: I have one more quick one for the sake of curiosity. In your discussion, you selected specifically diamonds and rubies as crystals that were specifically more effective. Is there a specific area of use that you would attribute to each of these two crystals? And if so, what are they?

I am Yom. These crystals were selected because of their purity of structure and what is seen in your illusion as the analog to this purity which is the hardness, shall we say, the sureness with which the structure is made, thus they lend themselves well to the general uses which one who is beginning in the study of crystals might begin with. The diamond and the ruby, then, would offer to the beginning student the greater ability to realize effects within the preliminary diagnosis of dysfunction and the basic treatment of such.

May we answer further, my brother?

L: Yes. Is there a capacity to perform in this manner due to their inherent qualities or due to our perception and value placed upon those qualities?

I am Yom. It is more nearly correct to say that their efficacy in diagnosis and treatment stems from the

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inherent qualities of the crystal. Yet, these qualities are combined with other qualities such as rarity of number and size which tend to make the crystals quite dear within your economic system of valuing.

May we answer further, my brother?

L: No, thank you very much.

I am Yom, and again we thank you, my brother. Is there another query?

J: I have read that the entities of Atlantis have used crystals in healing. If this is true, does that mean that they used space/time crystals such as the ruby and diamond? Or does it mean that they somehow tapped the crystals of time/space which were earlier discussed?

I am Yom. The use of the crystal by these entities or any who would seek to utilize crystals for healing is accomplished by using a third-density space/time crystal in such a manner that the aura, as you would call it, of the one to be healed would be interrupted long enough that the diseased configuration of mind, body or spirit could be worked upon by the time/space or metaphysical analog of the one to be healed. If the one to be healed was able to utilize the interruption of its auric fields, and accept the more balanced configuration of mind, body or spirit, it is at this time that such a healing would be accomplished within the metaphysical or time/space realms, then to be translated to the manifest space/time illusion.

At this time the one serving as healer would then allow the auric field to be closed once again in order that the new configuration of a more balanced mind, body and spirit would become a part of the one to be healed's experiential nexus.

May we answer further, my brother?

J: Is it true that the Atlanteans did use crystals for such purpose of healing? I'll leave the question at that.

I am Yom. This is correct. May we answer further, my brother?

J: Were pyramids also used in healing in Atlantis?

I am Yom. This is also correct, my brother. May we answer further?

J: Could we today in modern times learn how to use such crystals for healing?

I am Yom. This is correct, and, indeed, many of your peoples are presently rediscovering these abilities which have always been within the ability of the population of your sphere.

May we answer further, my brother?

J: Would the ruby be considered a solidification of the red-ray light?

I am Yom, and we find that this is much too narrow an interpretation of this crystal's full nature, for within each crystal, and, indeed, within the ruby lies the full expression of the spectrum of light, though in many cases there is the outer manifestation of one portion of this spectrum.

May we answer further, my brother?

J: No, thank you.

I am Yom, and we thank you, my brother. Is there another query?

Carla: Two real quick ones. First, would a spectroscopic analysis of a mineral, the colors of it, in any way correspond with the colors of the energy centers—question number one. Question number two, does the healing by the crystallized being, without the stone, work just as the healing through the stone?

I am Yom. We find that the analysis of the spectrographic qualities is relatively unimportant and not related to the crystal's ability to aid in providing healing catalyst. Indeed, to move to the second query, the most important portion of the healing process is the one to be healed's faith in the possibility of such, combined with this entity's realization of the fruits of the so-called diseased configuration.

Also to be considered of primary importance—beyond that of the crystal and short of that of the faith of the one to be healed—is the crystallized nature of the one serving as healer, for it is indeed the case that each energy center within any entity is likened unto a crystal itself, and when each center is properly balanced, then the one serving as healer may channel the instreaming prana or limitless light of the one Creator through its green-ray energy center and therefrom through the crystal being utilized, and therefrom to the one to be healed in order that its auric field might be momentarily interrupted.

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May we answer further, my sister?

Carla: No, thank you.

I am Yom, and we thank you once again, my sister. Is there another query?

L: I have one more question, and this may be off the wall or completely off the mark, and if it is, a brief statement to that effect would be sufficient. Would it be correct to state that the individual who is acting in the role as healer attempts to maintain within himself as a crystal a balance of the various spectra of light and that the crystal itself acts in the manner of a capacitor, that the healer attempts to project a balanced spectra of light to the individual to be healed through crystal, the crystal in the manner of a capacitor delays that projection until a balance of the spectra has been attained and then allows it to project, thereby giving what is intended instead of the variations and fluctuations which would be existent in the human crystal at a specific instant?

I am Yom, and we may comment as follows. It is basically correct …

(Tape ends.) ♣

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Sunday Meditation
June 15, 1986

(Carla channeling)

I am L/Leema. I greet you in the love and in the light of the one infinite Creator. We are most privileged to and grateful for your call to us this evening, and are most pleased to blend our life energies with the stream of your own vibrations. We rejoice too in the unity of the circle, for it is larger than you may think, as there are many who join with those within this domicile in order to lend desire to the seeking and therefore more clarity to the material. It is, of course, to be noted, and we wish you to take special note of this in light of tonight's subject, that it is far more important, my friends, that you are together in the light, seeking the light, persistently, steadily, over and over again making of this sphere which you call your home a place where there does beam light even in darkness, than that any word of inspiration or information be transmitted. Were never another word to be transmitted through this light center, it is well to know as individuals and as a group that the love collected and given to the Creator in such group meetings and each by yourselves is what will make or break your society, shall we say, as a group.

The critical mass for achieving fourth density as a group is nearly reached. Therefore, each effort to add light to the planetary consciousness is by far the greatest service you can be at any time.

We now speak upon the subject of healing energy. The question put before us, if we may paraphrase, is this: if, as Dr. Andrija (Puharich) says, healing energy is eight hertz or cycles per second, how can one achieve that rate of vibration naturally and how can it be used?

It is to be noted that this group for the most part has much previous information about energy centers, therefore we shall speak of one heart energy center, or the green-ray energy center. Each ray and each combination of rays has at least one vibration, depending upon the combination of rays used for an activity within the undertones to a vibration. However, in the use of healing energy, one is not using healing energy as such. This must be emphasized, for it tells much about healing. The wave of what you would call the alpha state includes the eight cycles per second rate. In this state, the self is laid aside and the greater self is that which potentially the seeker can realize within the self. Therefore, there is an impersonal self which is far more pure, as you would say, than the waking conscious as it manifests itself. We say "clear" in the sense of vibratory tone.

This energy which is oblique and electrical in nature is brain wave activity, no more and no less. It is, however, that which occurs within the meditative state when an entity turns purely to the heart chakra and moves the brain wave energy in concentration to

that locus. From that locus, then, enters a very pure love vibratory emanation, crystallized by the crystallized being which acts as a catalyst in the connection between the two green rays and in the interruption of the outer shell of the one to be healed in its auric sense. Once the auric shell has been pierced and the green ray opened in the one to be healed, the energy is sent forth and the one to be healed may choose healing at that time.

Love, my friends, is a creative, fiery, intelligent, and ever present source that is concentrated at the heart chakra of your beings and sent forth to nurture, to help, to encourage, to grow, and to transform. Such are the uses of protection. Many healings there are wrought by one who listens with a wide open heart. The listener may never speak, but the talker will feel the healing of green ray, which is love. The babe at the breast seeks green-ray nurturance. Milk is the second-density reason for the suckling. The green-ray exchange betwixt mother and child is the metaphysical reason for such nurturing as does take place in the suckling of an infant. Indeed, there is so much healing associated with the green-ray energy center that when something as far different, physically, from a person as your very planet is, is looked at in a nurturing sense, it is always described in terms of a breast, that is, putting one's head upon the breast of Mother Nature as one lays one's head upon the [mother's] breast. We retrieve this reference, which we discover to be somewhat obscure, from the instrument's reading of the letters of John Keats[6]. However, there are far more accessible instances of this as in other of your poetry.

As to how one may enhance the eight hertz center, we may say that it is not currently within the abilities of—we give this instrument the figure of 99.5 percent—cannot shield themselves from the effects of the transmissions spoken of, which vary. The human brain, you see, is able to manufacture only weak electrical charges and is therefore sensitive to similar vibrations. However, the use of this weapon is, may we say, less prevalent than was supposed and has only been used experimentally, and is not … we are sorry for these pauses, but we tread close to the Law of Free Will and we look for ways to avoid specificity.

This device is not what would be considered to be a life-threatening or quality-of-life-threatening problem for most probability/possibility vortices. That is, only in the event of a declared war would these devices be freely used.

As to how to enhance one's own brain wave energy, we may note, as always, the efficacy of persistent meditation and opening to the silence. Perhaps the attempt is never perfect or even near to perfect. Perhaps one's thoughts are led astray. This matters only insofar as the seeker allows this to discourage it from pursuing calmly and patiently the clearing mind. This is the work of a lifetime. However, the discipline of silence, not easily begun and not easily maintained, is all-important to the eventual and continued contact with intelligent infinity. This is the simplest and most important method of enhancing green-ray intensification and crystallization.

[6] From John Keats, "Epistle to my Brother George," 1884:

"These are the living pleasures of the bard:
But richer far posterity's reward.
What does he murmur with his latest breath,
While his proud eye looks though the film of death?
"What though I leave this dull and earthly mould,
Yet shall my spirit lofty converse hold
With after times. The patriot shall feel
My stern alarum, and unsheath his steel;
Or, in the senate thunder out my numbers
To startle princes from their easy slumbers.
The sage will mingle with each moral theme
My happy thoughts sententious; he will teem
With lofty periods when my verses fire him,
And then I'll stoop from heaven to inspire him.
Lays have I left of such a dear delight
That maids will sing them on their bridal night.
Gay villagers, upon a morn of May,
When they have tired their gentle limbs with play
And formed a snowy circle on the grass,
And placed in midst of all that lovely lass
Who chosen is their queen, with her fine head
Crowned with flowers purple, white, and red:
For there the lily, and the musk-rose, sighing,
Are emblems true of hapless lovers dying:
Between her breasts, that never yet felt trouble,
A bunch of violets full blown, and double,
Serenely sleep: she from a casket takes
A little book, and then a joy awakes
About each youthful heart, with stifled cries,
And rubbing of white hands, and sparkling eyes:
For she's to read a tale of hopes, and fears;
One that I fostered in my youthful years:
The pearls, that on each glist'ning circlet sleep,
Must ever and anon with silent creep,
Lured by the innocent dimples. To sweet rest
Shall the dear babe, upon its mother's breast,
Be lulled with songs of mine. Fair world, adieu!"

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We need hardly offer the information that each attempt one makes to serve another is, when given freely and with no design other than to serve, a polarizing and crystallizing green-ray activity.

Thus, there is no time that is too insignificant of enhancing green ray and therefore becoming a nurturing and healing person. Each word that is spoken to mate or colleague, friend, stranger or seeming foe vibrates with intention. If the intentions are persistently compassionate, so you shall enhance development of green-ray crystallization and power as well as working oftimes upon higher energy centers.

We shall cease this discussion at this point, as we have noted in the past that we have spoken far too lengthily and we are attempting to clean up our act. We do enjoy your language and are very glad we are able to speak in your language, as it is very humorous with many idioms. We enjoy the American language very much. We are so grateful for having been able to speak to you on this subject, and would now leave this instrument with thanks, in order that we may transfer to the one known as Jim. We are those of L/Leema.

(Jim channeling)

I am L/Leema, and we are happy to greet you again in love and light through this instrument. We hope that we might continue our humble service by attempting to answer those queries which may remain within this group this evening. We remind each of you that our opinions are indeed opinions, though we may have experienced more of the journey than those present this evening, we wish no extra weight, shall we say, be given our words. Use them as they fit your needs. May we attempt a query at this time?

J1: Last week we had a session on the use of light and crystals in healing. Would the use of the crystal be then to magnify or intensify the green-ray healing frequency from healer to the one to be healed in some manner?

I am L/Leema, and your statement is basically correct in that the use of crystals by those offering the healing energies which they are able to channel is a use which may enhance these energies and their availability, shall we say, to the one to be healed. The one serving as healer through its own balance of centers of energy is likened unto a crystal itself and when it is able to channel energies of the green-ray nature, then it charges or potentiates the crystal in order that it might vibrate in harmony with the one known as the healer and amplify the energies which this entity channels.

May we answer further, my brother?

J1: If the heart chakra is the source of the green-ray healing energy from the healer, would the crystal then be placed in the proximity of the heart chakra for the most benefit to the one to be healed?

I am L/Leema, and this positioning is one fundamental position which any entity serving as healer may begin with, for its efficacy is most easily achieved for those who have worked for some time upon this path of service, but which have as yet not utilized the more finely tuned placements of crystal and techniques of use such as the use of the swung crystal which utilizes the transfer of the green-ray energy in a somewhat refined nature by allowing its movement through the right arm and hand and thereunto the crystal.

May we answer further, my brother?

J1: Could you repeat that, and describe further that technique and first of all, what is the "swan" crystal and how is it used once more?

I am L/Leema, and the crystal which is swung from the right hand of the healer is a technique which is somewhat advanced in that it utilizes the spiraling field of green-ray energy that emanates from the heart chakra or energy center in a precise fashion which allows the one serving as healer to transfer or transmit the healing energy in a more precise fashion than is accomplished with the use of the crystal from the chain about the neck which places the crystal at the heart chakra location.

May we answer further, my brother?

J1: Thank you. I understand now. Does the green ray—is that the only ray that vibrates at eight hertz? Does each ray, does each color of the spectrum vibrate with a different frequency?

I am L/Leema. The spectrum of colors which has its origin within the white light, shall we say, or prana, that is instreaming to each portion of creation may find a slight refinement as each color is filtered through the various centers of energy in the mind/body/spirit complex. Thus, the white light is instreaming in this basic fashion and may be utilized

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in a specific fashion by the one serving as healer. The use of this light by, shall we say, the usual configuration of energy centers of any mind/body/spirit complex then is according to a more widely diffused range of frequencies that center about the eight cycles per second, using this frequency as a foundation or background frequency which is then added unto by swings on each side of the eight cycles per second by each ray or energy center. The variation is not large, however, and is that harmonic vibration which enhances certain aspects of this basic frequency.

May we answer further, my brother?

J1: No, thank you.

I am L/Leema, and we thank you, my brother. Is there another query?

J2: Is it possible to use a charged crystal to transfer the healing energy from the crystal to water, so that water may be used for healing? And if so, could you give me an explanation of that?

I am L/Leema, and, though this is indeed possible, it is not necessary to utilize any crystal for such a transfer, for the water may be seen as a crystal itself and may be directly charged or affected by the conscious intent of any entity seeking to use the water crystal for the purpose of healing. The charging may take many forms. It is possible to charge this crystal water by the placing of the hands above its surface and imaging by the mind and intention healing energies being passed through the hands and into the water crystal.

May we answer further, my sister?

J2: Yes, please. Does it enhance the healing capability or is it necessary for this charged water to have healing effect for the person who receives it to understand and recognize the intent?

I am L/Leema, and though it is not strictly necessary that the one to be healed be aware of and consciously utilize such charged water, it is most helpful for the degree of utilization or efficiency for this entity to be aware of the opportunity and to consciously avail itself of this opportunity. For indeed, each entity is constantly bathed in such healing energies and according to the efficacy of any one to be healed in its desire to be healed and its opening of its own being to such healing, healing may take place, for the process of healing is one which occurs upon the metaphysical level as a direct function …

(Side one of tape ends.)

(Jim channeling)

I am L/Leema, and am again with this instrument. May we answer in any further way, my sister?

J2: Yes, please. If there were a group and they wished to send healing energies within the group and from the group to those outside, or were to use energy charged water and share the water, does one have more efficacy than the other?

I am L/Leema, and as we consider the many possibilities in utilizing these techniques of offering the healing energies, we note that though the sharing of the water may in many cases be more helpful, such is often the case because of the one to be healed holding the viewpoint that physical manifestations or vehicles of healing are more helpful than that which it cannot see. Thus, it is often helpful to ground the healing offering in whatever fashion has significance to the one to be healed. If, however, the one to be healed is not present, the sending of the healing energies by thought may be the means by which the most efficacy is achieved.

May we answer further, my sister?

J2: Thank you. I have just one more question on that subject. If the water which is used in this situation is placed in direct sunlight and receives the rays of the sun, preliminarily to receiving energies from the group, does this enhance its healing capabilities?

I am L/Leema. Again, upon the purely mechanistic level, the enhancement of the ability of the water to transmit the healing vibrations by such placement is small. Yet, if the intention of those seeking to serve as healers is to increase the water's ability to serve as such a transmitting medium, this intention itself will carry far more weight, shall we say, in determining the water's ability to serve as a medium of transmitting the healing energies. As you can see, we return again and again to desire, the focus of the will, and the intention of those seeking to serve as healers and the ones serving as the ones in need of healing.

May we answer further, my sister?

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J2: Well, my observation is going to be, then, that essentially it is the intention. It seems to me from what you said that the intention and the strength of intention of the ones who want to heal is essentially the only thing, that the crystal or the water is really not necessary if the intention of the crystallized healer is there. Would you comment on that?

I am L/Leema, and one may see the use of the crystal as a step upon the path of service of that called healing. The intention of the one serving as healer is that which is paramount. It may be that at some point within this entity's progress that the use of the crystal shall be helpful in amplifying the fruit of the intention, that is, the ability to channel the intelligent energy through the green-ray energy center. It may be that the one serving as healer spends a great portion of its incarnation utilizing the abilities of the crystal in its service of healing. It is also possible that such an entity in its continued evolution of being shall be able to function without the need to utilize the crystal and shall in a more direct fashion channel those healing energies which it becomes more and more able to contact and transmit.

May we answer further, my sister?

J2: No, that's been very helpful. Thank you very much.

I am L/Leema, and we thank you, my sister.

Carla: I just wanted to check a couple of things. First of all, is the reason that we feel so instinctively more nurtured in the country than the city is because of all the second-density plant life which can't help but do anything but vibrate in total love at all times—it doesn't have free will yet?

I am L/Leema, and this supposition is basically correct, for within the natural environment, shall we say, the rhythm and pulse of the expressions of the one Creator move at a pace that is, as you have surmised, of an automatic nature, shall we say. The one Creator moves in a more clear and simplified manner, becoming more available to the third density entity within your urban environment. One may find that there have been various overlaid distortions which affect the natural rhythm available within your rural areas.

May we answer further, my sister?

Carla: Well, the other question was just another logical extension. It was that I've always noticed that salt water helps my arthritis a great deal or helps any wound to heal very quickly. And I imagine that there are perfectly good chemical reasons for that. But I also wonder if the water isn't magnetized? Is it magnetized by the sun that shines as a symbol of love, or is it magnetized, for instance, *(inaudible)* that run around the ocean sending love vibrations, or is it naturally magnetized? Or what? Or is there another explanation, and if so, what is it?

I am L/Leema, and you may see the waters of your oceans, lakes and seas as large crystalline structures which absorb much of the instreaming light or prana of the one Creator in what you have called a more natural fashion. Thus, when one immerses the physical vehicle in any body of water, one is utilizing the natural ability of the water to absorb and transmit that vibration of love which is light and to feel the healing energies then is more easily accomplished by any entity who is in need of or seeking such transfers of energy.

May we answer further, my sister?

Carla: No, thank you.

I am L/Leema, and we thank you, my sister. Is there another query?

J2: When one is in one's backyard and is being aware and conscious of and directing thought and attention toward the local inhabitants, the chipmunks, the birds, the squirrels and so on, and directing thought toward them in terms of communication, is there communication from us to them, and also is there communication between those backyard inhabitants?

I am L/Leema, and this is quite correct, my sister, though the communication that you transmit may be received in a much simpler form, the second-density creatures are quite aware of this communication and of communication not only from others of the second density within their vicinity, but of forms and sources of communication that originate from areas and entities not visible to your own physical eye. And these second-density creatures, then, respond to a great variety of communication, your own directed communication being one of many, many sources.

May we answer further, my sister?

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J2: No, thank you. That was very interesting.

I am L/Leema, and we thank you, my sister. Is there another query?

J1: Well, on one seeking to be healed without benefit of the crystallized entity healer, is there a technique by which the one to be healed could use crystals to his benefit?

I am L/Leema, and though the response to this query is in the affirmative, we find that it is more probable that an entity seeking to be healed would utilize techniques other than the crystal, including that which may be seen as the attempting to achieve the crystallization of one's own being by utilizing the catalyst available daily in a fashion which penetrates to the heart of the entity's pattern of lessons which in some fashion become distorted in those experiencing the diseased condition. The use of the crystal or the crystallized healer or any external source of healing is but a step, shall we say, or crutch, as it were, for the one seeking healing.

In all cases of healing, the process is accomplished when the faith of the one to be healed has been activated to such an extent that it is able to accept a new configuration of mind, body and spirit that more closely resembles the balanced condition for this entity. The use of sources outside of the one to be healed is a kind of triggering device that is useful to many because of the shared belief of many that in order to be healed, one must seek an healer or healing device.

May we answer further, my brother?

J1: No, thank you.

I am L/Leema, and we thank you, my brother.

T: Yes, I have a question. It concerns healing somewhat, but more so, at least to me, it concerns the inner energy flow in a person's body, and meditative techniques for acquiring an even energy flow or removing energy blockages in the nervous system and the circulatory system. I'm specifically referring to … In order to heal or to achieve a balanced inner strength, this flow is necessary, I think—now I'm asking for a comment on that. And I'm also asking for comment on a meditative technique to achieve this specifically, the practice of Tai Chi Ch'wan. Could you speak on that please?

I am L/Leema, and we would comment by suggesting that indeed the one seeking to serve as the healer must first heal the self in order that the ability to channel the instreaming intelligent energy or light may be enhanced to the degree that it may then be offered to another. The technique of achieving this balanced flow of energy is as we have previously stated, that is, the continuing awareness of the entity of those portions of its experience which are less than harmonious and the placement of these disharmonious experiences or blockages at the proper energy center, and then the utilization of the meditative state in discovering the balanced configuration that the dysfunction or blockage points toward. This in many cases will necessitate the untangling of many physical and symbolic symptoms as well as mental configurations that have held the diseased or disharmonious state in place for the entity.

When the balanced view of any particular distortion is achieved and seated within the entity through meditation, contemplation or the prayerful attitude, then the blockage or dysfunction is removed in that it [is] enlarged in its scope, shall we say, making available a larger point of view and a lighter channel therefore through which the healing energies may eventually be channeled.

May we answer further, my brother?

T: Just one thing. Could you comment on the use of physical movement, specifically Tai Chi, as a meditative technique? It seems to me that for a person with nervous energy blockages that—it seems to me that it's easier to get into a meditative state if you can be in a concentrated movement type of meditation. It seems to work for me, maybe that's all I need to say. Maybe I don't need a comment, but if you have anything to say on that, I'd appreciate it.

I am L/Leema, and we would agree that such a technique is useful to some entities who are of a nature which can appreciate this type of meditation. Many, however, would find another technique more helpful in that the stilling of the mind would be more available as a result as a stilling of the body. However, this is quite variable among your peoples and we recommend that whatever technique feels appropriate be utilized and that the seeker remain alert to those refinements which shall naturally be drawn unto it as it achieves its purpose within the meditative state.

May we answer further, my brother?

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T: No, thank you, that's fine.

I am L/Leema, and we would ask if there might be a final query before we take our leave of this group as this instrument is growing somewhat low on the energy necessary to continue its service.

(Pause)

I am L/Leema, and we are most happy to have had the opportunity to join our vibrations with yours this evening. We look forward to each opportunity with great joy. We leave each of you in that love and light which is ever present and available to all. We are known as L/Leema. Adonai, my friends. Adonai vasu.

(Carla channeling)

I Yadda. I greet you in love and light of infinite Creator. We not give instrument any trouble this time about coming in name of Christ because so many others have been giving her trouble about whether we do or not. We better tell her, "Of course we come in name of Christ—why would we send someone, we of the Confederation which cares so much for consciousness and its development, why would we send someone to live in Christ consciousness if we did not come in that name?" Our only gripe is that this instrument pick the one Jesus, who carried perfect Christ consciousness—so did some other good teachers—but we do not to argue that.

Of course we come in name of Christ. How else would we come? There is only one love and that love's consciousness is Christ. That what we show, pure compassion, you know.

Okay. We come to talk about shadows. You know, you all think you so vivid there in this room as you sit and watch the sky far into the beautiful evening. You think maybe you should even paint the face a little even, eh, you women? Heh? Make yourself more vivid? Well, we tell you, you are nothing but shadow. You know what you do in this incarnation? Heh! You build. You are architect. You know what you build? Something you cannot see. That why you don't know about it and you go about painting face and putting on funny clothes, eh heh!?

Now. What you build? First thing you build, you build something called you. What you gonna look like when you enter larger life? This instrument say "larger life," she means death. Okay. We not know if we larger, but we have more fun—eh heh! Anyway, we want you to know that you are building something called you. You build day by day by weary, weary day. It is weary—we know—we not argue that. What we encourage is that you know that the face you see in the mirror is not what you are doing here. What you are doing here is you are building behind the shadow world that whole person that you can, are and shall be.

Furthermore, second thing. You build other things. You have mate—yes? Then you build a person—not you, not me. It called "relationship." Okay. You not see that, but that what you building. What you putting into that building. You cannot control what your mate builds—you control what you build. Forget the shadows of your mirror. Forget what you can see and move to what you are building. You architects of the spirit.

We come to you in love and leave you in love. We come to you in light and so we leave you. We thank you for calling us. We getting our words better—heh?! We so glad to see you and we say good-bye. We Yadda of Confederation of Planets in Service to One Infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
June 29, 1986

(Carla channeling)

I am Hatonn, and I greet you, my friends in the love and in the light of our infinite Creator. It is a great privilege and pleasure to mingle our energies with yours at this time, and we would greet especially the one known as L, as this entity has not sat in physical proximity with this group for some time. We send love and blessings to each of you and are most grateful to be able to share our humble thoughts with you.

The evening that spreads about you at this gentle, quiet moment glistens with beauty and throbs with the heartbeat of many lives as we experience it through the ears of this channel. We find it to be most wonderful, and we thank you also for this experience.

We would share some thoughts with you this evening upon the subject of freedom. Freedom is very much in each entity's consciousness at this particular moment in your solar year. Amongst you who call yourself Americans, you celebrate your independence and your freedom, the freedom that has been defined as "the pursuit of happiness." Indeed, my friends, the nature of freedom in third density is in large part social. We would emphasize that this is true in more and more full a measure as your cycle draws near to harvest.

How is this so? It would seem upon the surface of it that the nature of freedom is intensely personal and individual. One's inner freedom is to make one's own choices of thoughts and ideas, to choose the manner of one's agenda of living, and in all ways to pursue what shall enlarge happiness. And yet we would suggest to you that the deeper nature of freedom is no such thing.

You have heard countless times that the Creator manifested Itself as love—but what is love? You know that you are in pursuit of something called truth—but what is truth? The nature of love is such that it has created consciousness that is self-conscious. Each of you is love, thus each of you is the Creator. As the Creator is love, so therefore are you love. How then, we ask, does love seek truth?

Love chooses betwixt love of self and love of other self. We speak to those who are upon the path in which love is manifested as love of self and other self as self. If that were a mathematical equation, all the selves would be struck out and what you would have left with is the equation: service to others' self is love manifested towards other selves. We ask that you ponder this not once, but many times, for the truth in this statement is not immediately apparent. In no way do we suggest a lack of love for self; we suggest only that other selves are loved as the self.

And what does this have to do with freedom? You are given freedom in totality. There is no holding back upon the part of the Creator; there are no hidden loopholes or clauses. You are free. You are free to do nothing. You are free to work diligently upon a personal agenda which has no contact with other selves. You are free to create a rigid agenda in which things for the self and things for the other self are compartmented. You are free to throw yourself into service of other selves at every available opportunity, whether service is requested or not. And finally, you are free to leave yourself open to the potential for the opportunity of being of service to others whenever that opportunity is offered. We have found the more virtue in the latter course, and this brings us to freedom.

For what we are suggesting may seem upon the surface many times to smack not of freedom, but of slavery. Let us observe slavery among your peoples. There is no time, as you call it, in the history that you know in which humans have not been slaves. There is a reason for that and that is this. To some, happiness—that happiness which is the manifestation of freedom—lies in seeing a loved one happy, in tending a loved one's hurts, in tending and encouraging a loved one in distress. Many are those even now who are in actuality slaves against their will—this is not that of which we speak. We speak of those who love their masters and who are loved in return, and who therefore find happiness in service. Were slavery uniformly disagreeable to all, it would be attempted unceasingly, but it would be found to be counterproductive. It is those happy combinations which insure that slavery, whether traditional or untraditional, as in some marriage relationships, endures.

Now we are not suggesting that you choose a master and become a slave. Indeed, the scope is somewhat small in that suggestion, although it is not that learning and growth in the metaphysical sense would not be possible in this configuration of personalities. Rather, we are suggesting that freedom lies in the concept of oneself as a manifester of servanthood to any and all who cross the path.

Circumstances cannot be predicted by most among your peoples, and there are many surprises that await you, many unbidden and hitherto unheard of possibilities for service, and we would encourage you in this context to think of service in terms of slavery, for one of the great paradoxes of the spiritual search is that freedom and that service which approaches what you call slavery are both paradoxical and synonymous, for the totally dedicated entity, having heard the call to seek the truth, moves forth upon the path without looking back, and whatever the circumstances, looks for the opportunity to hear a call for help. When such an opportunity is perceived, it is then that the seeker offers itself in service, not condescendingly or patronizingly but as servant to all.

And if all are servants to all, then where shall be contention? And if all serve all—where is slavery?

The concept of service carries with it a semantic burden, a connotation of unhappiness or degradation of self. We ask you to consider the possibility that slavery, surrounded and infused with joy, is perfect freedom.

Service by itself shall always be a duty and shall not feel like freedom at all. Yes, you may learn many, many lessons without joy. It is the willing openness to the finding of peace and joy in the concept of the self as a servant which opens one to a freedom beyond that of human freedom. For in human freedom, you attempt to please yourself and gain happiness, and yet the happiness is caught up entirely in the pursuit and the goal is never truly attained. Not for those upon the path of service to others—and we again emphasize we are speaking to that group and not to those who follow the service-to-self path, against which we say nothing except that we are not those upon that path and do not presume to teach upon that path.

We ask you to glance back over your life experiences within this incarnation and look at the fruits of the seeking of personal happiness as "master of your fate and captain of your ship." We suggest that some of these fruits may include anger, frustration, jealousy, licentiousness, quarrelsomeness and dejection.

We ask you now to consider the many times each of you has indeed sacrificed the self seemingly as servant of another when that other was in need. Remember doing all that you could and more, and feel again the peace that comes from knowing that you have done all that you can and that you shall continue and the joy that comes when in any small thing another self turns to you and says, "Truly I have asked you and truly you have served." And so the fruits of service to others, though challenging to accomplish, are joy and peace that no man can take

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from you lest you take them from yourself, for you only can undo the work that you have done within yourself. And on that head, we would admonish you not to judge yourself when you have served to the best of your ability. If you feel you could have done better, remember then, you have done all that you can and be again at peace and allow joy to enter your being.

Spiritual peace is a terrible thing in the parlance of what you might call your culture, the ethos into which you were born, for it is a peace that comes from having exhausted oneself in an effort to serve others and setting again one's foot on the path, looking again for the next opportunity to serve, wherever it may be. Thus, one is at peace without having a spiritual contentment, shall we say, for you do not have a spiritual resting place in the sense that your body has a domicile. You are on a path. That path will continue and you will be where you were not and you will never be where you are now again. This is not so of those who do not attempt to become servants of others. The inner life for those who sleep is as stable as the outer, and a peace bound up in quiet dreaming is most glamorous and may take up an entire incarnation with no problem whatsoever for those who have not yet found the spark that sets them upon the path.

Spiritual joy can be a frightening thing, for it is a joy which has its roots in a love that is mysterious, for it is the manifestation of a sense of the Creator which is mysterious. You may experience joy, but it is an unknown joy, an unspeakable joy, a happiness which is both silent and creative. In this regard we encourage you to remember that anything at which you look is not only the Creator but is also less than the Creator.

We are fond of paradoxes, are we not? Let us clarify. The Creator is not only each tree, each stone, each bird, and each conscious entity. It is also the mystery that created these things. It is the invisible, the infinite. Why does it say in your holy works that the trees clap their hands and the mountains dance like rams? Does the Creator play so? You may look at it that way, but it is also possible to recognize the signs of worship and praise of a Creator that infuses all with love and joy.

My friends, you are far more complex than trees and hills, and within yourselves you have many, many beings interpenetrating each other, communicating with each other, and forming one whole and conscious hologram of the Creator. And yet there is also that mystery which you seek that is beyond and within your consciousness. As you approach what you call your Independence Day, we ask you to gaze many times at the concept of freedom, for there are many metaphysical systems which indulge in a hedonism that suggests that the Creator shall be used as a panacea to achieve happiness, prosperity, health and all manner of positive and comfortable things. We suggest to you that true happiness is often quite uncomfortable and yet so exhilarating that once having been experienced, it shall be the way you seek to manifest love.

Love one another, my friends. Serve one another. And find your freedom, your joy, and your peace.

We ask your pardon for causing what we so enjoy, the sensations of third-density incarnation. You are so rich, my friends. Feel it. Such a wealth of things to hear and see and taste and smell and feel and all things servants to you, there for your learning, your contemplation and your discretion. Open, then, the doors of your heart and love each other, and you will find yourself loving all manner of things and finding the life that you serve in the veriest blade of grass.

We are known to you as Hatonn of the Confederation of Planets in the Service of the Infinite Creator. We are, if you will, your slaves for the moment, and we are filled with great joy at the thought that we could have been of some service to you at this time. We do not know what you may be able to use from what we have said, and we ask you to discard anything that is not helpful to your development at this time. We do indeed hope that we have been of service, but we know only this we have offered, this channel has offered, and you have offered by listening. And all have been of service, one to another. We leave you in the love and the light of perfect freedom. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you in the love and in the light of our infinite Creator. We, too, are filled with joy at being able to join your group this evening, and we hope with our brothers and sisters of Hatonn that we may serve in some small way by attempting to answer those queries which each may find value in the asking. May we then without further delay begin with the first query this evening?

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L: If I may be the person to read that, it would be a rather small inquiry from someone who isn't here this evening, but is concerned about carrying on some positive work. The sale of a violin—although I know this may sound a little enigmatic, the exact wording of the question merely says, "Concerning the expediting of the sale of my violin, any suggestions?" I just would offer that in behalf of that person not here. *(Inaudible)* The name of the person is J.

I am Latwii, and am aware of your query, my brother. We find in this instance an entity who has for a great period of your time attempted to be of service through those avenues which have been opened unto this entity and the construction of the instrument which has been described as the violin has been of an inspirational nature which this entity has become aware of in an increasing fashion as a result of certain discoveries or revelations, shall we say, which have made this entity likened unto an instrument itself.

Thus, as those inspirations become available to the conscious mind of this entity through its increased desire to seek the truth and to serve others, this entity shall find its own directions continuing to be placed before its inner awareness. Therefore, we find it most helpful, we feel on our part, that we speak only in these general terms and urge the entity to redouble its own desires to seek and to serve, for these motivations are the key factors that will release into this entity's awareness those actions, thoughts and attitudes that are most appropriate in providing the service through its own instrument and those which it manifests within the …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. May we answer in any further fashion, my brother?

L: I thank you for that reply. I think that certainly covers that question. If I may, I should perhaps, if I'm able, read the one other question from this same party that is perhaps more profound, difficult and complex to reply to. I will again read it as he wrote it so as to pass it along, and it reads as follows: "Is the technique of endocrine chakra stabilization and detoxification a suitable modality as I've developed it in the treatment of AIDS; if not a cure, possibly a palliative?"

I am Latwii, and am aware of your query, my brother. We scan the information and trace the implications and may without infringing upon the free will of this entity suggest that the technique which it has devised to treat the condition that is known among your peoples as AIDS as being that which is at the basic level of understanding, if you will, sound. This initial beginning is that which with further study may be refined so that the basic process of balancing the entity's centers of energy in the fashion described may be enhanced as the patterns of behavior are themselves traced into what you would call previous incarnational patterns.

Thus, the scope of treatment would include not only the current incarnation, but would stretch back, as you would say, to include patterns developed in previous experiences which are of a significant enough nature to be carried over into the current incarnation in a symbolic fashion which then, when unattended by conscious work, provides the opportunity for increased conscious effort by taking a form of a disease or disjunction which requires immediate attention.

Thus, one area which may be fruitfully investigated is the heart chakra or energy center as the entity sees itself in relation to the creation about it and more specifically as it sees itself giving and receiving love with the mate in the relationship which endures, shall we say. The relationship of mates, as you call them, is one which provides an entity with increased and intensified opportunities to learn and to teach, to give and to receive love. And when accomplished over a significant portion of what you would call time and experience with the dedication of each to the other to be of this service, the lessons and patterns of programs within each entity may be attempted in a manner which is far more efficient than the kind of relationships which are constantly in change and motion with little stability or dedication to service.

May we answer further, my brother?

L: Thank you. I think that is a very positive beginning on that question. I don't know what further to ask about it, it really is for another person and I'm glad for the reply that is provided as we have.

I am Latwii, and we thank you and your friend. Is there another query?

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Carla: I have a question that may seem to be whimsical, but it's not, because I don't, spiritually speaking or metaphysically speaking, believe in coincidence. I've noticed for a long time that the word AIDS means "helps" in English, not as an acronym but as a word. Could you speak to the subject of how AIDS is an aid to spiritual growth?

I am Latwii, and am aware of your query, my sister. We may suggest that as with any disease, as you call these conditions, the condition of AIDS is that which focuses one's attention upon the most salient feature, shall we say, within one's being that is in need of the attention of the entity. When catalyst or the opportunity for growing and fulfilling those patterns designed before the incarnation by the entity has not been well used or appreciated sufficiently by the conscious mind, then that catalyst is given to the physical body in a symbolic form which then may be more successful in attracting the attention of the entity in order that its own desires to learn and to serve in such and such a fashion may be fulfilled. The physical disease, thus, is that which offers again the opportunity to accomplish certain lessons.

We may in general continue with the previous response by suggesting that one facet of the condition known as AIDS which many share, each in a unique way, is that of the fidelity, of giving and receiving love. That is to say, it is most helpful and efficient for most upon your planet to find the mate with which to journey upon the path of seeking the truth, as you have called it. For some, this efficiency in seeking is not only appropriate, but is by their own choice and design most necessary in order to complete patterns begun in previous incarnational experiences. Thus, there are, shall we say, training devices or aids, in this particular case provided by the entities themselves, that enable a more finely focused attention upon the symbol of the lessons and services that they have programmed before the incarnation.

May we answer in any further way, my sister?

Carla: Yes, in two ways. First, I would just like to clarify what I suppose to be correct from previous questions that we have had answered in this group. Can you confirm that in many cases the mate of a male biologically will be a biological male; the mate of a biological female will be a biological female? In other words, would you confirm that you are not suggesting that only the biological males and biological females can achieve a mated relationship?

I am Latwii, and this is correct, my sister.

Carla: Okay. The other question is typical of my rather pessimistic nature, but it seemed to me when contemplating AIDS that one of the things that it might help to do is offer a very unhappy person a rather rapid way of dying. This is one of the functions of disease, not to be sentimental about it. And further, not to be sentimental, but it is absolutely appalling how many ways homosexuals are beleaguered in this culture, not just in obvious ways, but in very subtle ways having to do with upbringing and self-image. Therefore, there is many a wretched homosexual just totally caught in the toils of human opinion, and I thought perhaps that that might be one of the reasons for AIDS would be a fairly speedy delivery from such an unhappy condition that could no longer be borne, but it would be an honorable way to die. Could you either confirm or correct this possibility, this supposition?

I am Latwii, and am aware of your query, my sister. We may suggest that the condition of AIDS is that which offers the choice. The entity may use the opportunity of the disease to discover those means by which it may find its own bearing, shall we say, with another and with that other seek in a fashion which unfolds life more abundantly as the condition is used and the catalyst is successfully processed.

There is, however, the choice of which you have spoken, and with the same opportunity the entity at some level of its being may decide to retire from this particular incarnation in order that that which has been learned may be seated within the totality of the beingness of the entity and that which has been left unlearned may be formulated in such and such a fashion so that at another time, as you would call it, another incarnation may be provided for the learning of those lessons.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

L: Well, I'm tempted to ask one that's a sort of a difficult question, and I would be grateful for whatever reply could be given. In the fullness of my question, I think the core of it is I'd like to

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understand a little better what the difference is between different so-called levels of teachers. In the studies I've pursued, frequently a particular entity or source is referred as causal teacher or from the high Buddhic plane or providing perspective from the astral plane, and if you could, Latwii, comment upon this issue of discarnate teachers coming from different planes, perhaps giving an example of one from one or the other plane or what is meant by these planes and distinguishing the teaching thereby?

I could try to make the question clearer, but that's the general phrasing I can come up with.

I am Latwii, and am aware of your query, my brother. Within your planetary influence in those portions which are of the metaphysical realms, shall we say, those which are unseen, frequently referred to as your inner planes, there are various levels of understanding, shall we say, much likened unto what you could call a spiritual distillery. Light and love as realized in a pattern of beingness which you can call an entity or a mind/body/spirit complex, then, is radiated, for the positive path, in a more and more efficient fashion according to an entity's success, shall we say, at moving itself along the path of evolution and into greater and greater realization and unity with the creation about it.

Within your planetary influence there are then various levels of light beings which gather themselves in a fashion which is appropriate to their understanding or their ability to transmit the light through their crystallized beings. These levels of existence have been termed by many of your population in various and sundry ways and described differently by different groups.

That which is generally referred to as the astral level is that which itself contains seven basic frequencies of vibration, shall we say, with the lower levels comprising those entities which are of the grosser form of thought and which in many cases are creations of the darker thoughts of the population of your planet. As one proceeds through these lower levels which are of a darker nature, one may find that the efficiency of the light transmission by the inhabitants of each succeeding level grows greater and brighter until at the upper levels of the astral planes one finds beings of greater light which may move in service to others by serving as what you may call guides or angelic presences, and may or may not make themselves known through your spoken words, whether verbal or mental, but nonetheless, move in service in whatever fashion the entity they have chosen to serve can understand or perceive.

As one moves beyond the astral planes or levels of vibration one enters what has most frequently been called the devachanic planes of experience. These are also frequently called the heaven worlds of your planetary influence. Within these realms of vibration, also numbering seven at the basic level or in the basic manner of description, one may find that the population is somewhat reduced in number but is more efficient in transmitting the love and light of the one Creator to those whose seeking attracts or calls for their service. Again, service in this general level is that which is more of the specific call being answered rather than the constant guiding or watching over the incarnate entities of your third density as is the nature of the upper astral levels.

These beings which inhabit the devachanic planes in the lower levels of these planes, then, move to answer specific calls. Within the upper frequencies of the devachanic planes, there is less and less desire to serve in the manner of communication with the third-density incarnate population of your planet. The service at this level of vibration takes more the form of the sending and in some cases the providing of light, love and healing to the planetary entity itself and to larger portions of the population of your planet than one or two or a few of your entities which may call for service and receive it from other levels of either the astral or devachanic planes.

We would prefer not to name certain entities that may be placed in one level or another, for to do so would be to seem to judge, for many upon your planet view one level or another as being higher and therefore better than another, when in fact, each speaks with the voice of the Creator to the Creator which calls for that which is of the appropriate vibration of service.

May we answer further, my brother?

L: I think that's a very good reply, and I appreciate it. I don't think I could qualify the question further except that the Ra material makes a reference to the gateway to intelligent infinity and I wonder if that corresponds with other systems referring to what are called the Buddhic planes, and that would be the only final part, I guess, to ask you.

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I am Latwii, and am aware of your query, my brother. We would suggest that the contact with what has been called intelligent infinity may be seen not just as that which contacts higher and higher levels of vibration within a planetary influence, but that which reveals unto the entity experiencing this contact the nature and unity of all creation and all that which lies beyond creation, all that from which creation springs. Thus the contact with intelligent infinity is the fully experienced presence of the one infinite Creator.

May we answer further, my brother?

L: No, thank you very much. That covers it.

I am Latwii, and we thank you again, my brother. Is there another query?

(Pause)

I am Latwii. It has been our great honor and privilege to blend our vibrations with yours this evening. We hope that each is aware that we share our own experiences and our opinions which are most fallible. Please take that which has value and leave that which has none in your own journey of seeking. We are your brothers and sisters who have traveled perhaps a bit further upon that same path which we share with you. We travel with you always, as does the great company of seekers both seen and unseen which moves in service, each to the other and all to the one Creator. We are known to you as those of Latwii. We bid you adieu for this evening. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
July 6, 1986

(Unknown channeling)

I am Q'uo, and I greet you in the love and in the light of our infinite Creator. May we thank and bless each of you for inviting us to share in your combined life-streams at this time. To be so invited to share our thoughts is a very great privilege, for it is by attempting to be of service to you that we gain in polarity and so advance along our own path. We ask that you remember, as always, when hearing any opinion whatever, that the truth is already seated in your own spirit and if you do not recognize it in our words, it is well for you to release it from your consciousness, for we would not be a stumbling block before you, to retard you in your spiritual growth. Indeed, that is far from our purpose.

We find the consciousness of those present this evening to be much aware of the day you celebrate in what you call your nation, as the birth date of your nation's independence and each is our personal freedom. We find the phrase, "All men are created equal," to be written large upon your hearts and your pride at this time. Thus, we would speak to you about how love and wisdom, to a lesser extent, function through illusion to facilitate and offer tools for the facilitation of individual spiritual growth.

Each knows that the phrase, "All men are created equal"—men, of course, meaning humankind, men and women alike—to be not only an ideal, but truth, for all have the same birthright, own the same godhead in potentiation, and possess all that there is within themselves. We would in no way argue with this truism and, indeed, wish to underscore its accuracy, in the sense that each of you is the Creator and thus do you each function as each other's catalysts. For each of you is a mirror in likeness, not similar but the same, so that your other selves may gaze within your glass and see what they need to see about themselves. Indeed, it is often among your peoples that you see things in other people not realizing that you are seeing the reflection of yourself.

However, this evening we would stress that in the illusion which is your so-called third-density reality all men are manifestly created unequal. In the illusion of personality each entity is unique. This illusion is a deep illusion which will continue to hold sway through several densities of existence and many millions of your years and far, far into your spiritual development and your journey back to the one original Thought. It is an important illusion. Why, indeed, does it seem so clear that in this illusion of personality each is unique and obviously different and therefore unequal to and from each other?

Let us consider one individual spirit. There are two basic influences which shall govern what occurs within the life experience of this individual. The first is, shall we say, the law of finished beginnings. This

is not a law, but an influence. We use the term, "law," advisedly and ask that you understand it as a pervasive influence rather than an unshakable law. Your vocabulary does not have such a nice word, so we must use the closest in name. This pervasive influence is that which indicates that that which has been previously unfinished in an entity's experience in other lifetimes shall be once again brought before the attention of the entity in order that the entity may work, consider, meditate and do whatever seems to be valuable with these pervasive influences which are familiar.

Many difficult relationships are the result of previous unfinished beginnings and the difficulty of the relationship is much like the difficulty of a person that receives that which seems to be fresh from the grocery but which when taken home, though sweet and fresh to every physical sense, yet seems still somehow aging and putrefying. There is something ancient, something one cannot put one's finger upon, something which smacks sometimes of déjà vu. This is that with which you shall deal as lovingly, compassionately and may we say dispassionately with in this life experience in order to finish that which has been begun, that all may be balanced with that particular relationship or in regard to that particular point, that the entity has been attempting to learn and has as yet not completely gotten, shall we say, under the belt.

As each is familiar with the so-called karmic influence, we need not dwell upon this influence, but would note only that it is well to take such influences seriously, in that each entity gives such challenges careful and persistent consideration, but also that the entity employ the light touch, the laughter, the seeking of joy, the discovery of love within each difficulty and each challenge.

The other influence, although equally pervasive, is not an influence that is much noticed. However, it is equally important to your development and to your understanding of the process of development. You understand already that that which you seek will come to you. This follows the basic law of finishing the beginning. However, there is a balancing influence, and that is the influence of finding that which has least been sought. Each of you will repeatedly during your incarnation have a new experience, [an] experience to which you come as a virgin comes to her first love. You will have no previous experience to guide you within the incarnation or within your memory, for what is occurring is a balancing process.

If you have sought and sought and sought again that which is good and perfect it is a just balance and one with which the Creator is generous that that which is painful shall occur to you, not because you deserve it, but because the way to transformation is the way of balancing and for every familiar line of thought which you work upon in order to progress spiritually, there will be a brand new circumstance which has been not called for which shall occur to you also and for which you have no previously molded personal tools. This offers you the chance of assimilating new catalyst without incurring what you would call karmic responsibility or debt. If there are very difficult lessons in your life and one thing after another has been a half-remembered nightmare through which you wearily but determinately move in order to stop forever the wheel, as you would say, of karma or as we would put it, to finish that which has been begun, then it is that something utterly unexpectedly marvelous and wonderful shall occur, not because you deserve it but because a balance needs to be brought.

And so the Creator has gifts for you to aid in transformation, to surprise you and to offer you the opportunity to teach yourself that which you have begun to learn but have not yet finished; and that incalculable something which the balancing law offers as a teaching but which has been rarely spoken of and even less rarely grasped: that is, that there is such a thing as growth. There is that which rains when there is drought and which shines to brighten an interior dim landscape. There is an inborn keel which shall manifest itself within your life experience, not when you expect it but always as a gift, and whether these occurrences are happy or unhappy, you may find within yourself the blessing of lessons which are more simply learnt because you have been learning their opposite.

When you do not recognize in a situation or relationship any half memory of any past association, when you have no personal feeling of attachment to a challenge, then it is perhaps well to consider whether or not this may be a gift from the Creator that which you already have the tools to understand, if we may use a term that is incorrect in your density. Each of you has this balancing influence on hand at this time and we encourage each of you to look to such lessons with gratitude for grace which

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offers the easy lessons once in a while and with determination, for even though these lessons are easy because they come as gifts it is easy to waste them.

Therefore, be meticulous in acknowledging each gift in seeing the balance which is internal to your own development and no one else's. Thus shall you use the illusion which makes you seem unequal, one to another. We encourage you to rejoice in this seeming inequality, for the Creator so rejoices. You are the glory which the Creator could only realize by reflection, you are the manifest of that which is and always shall be unmanifest, and while you are manifest you are not only Creator and co-creator but also creation and the Creator finds you lovely.

We ask you, my friends, to allow all those concepts which you may be learning to become seated in your consciousness by the process and discipline of regular meditation. We encourage the daily meditation, for seeking within without words is analogous to returning once again to the truth that all men are created equal, for you move into that portion of your being which is co-equal not only with your brothers and sisters but with the Creator, and it is in this portion of your being that learning shall be seated or it shall be lost. That which skips along the top of the water does not influence the deep. Let that which you are learning sink as the stone shall do when it ceases its headlong flight across the top of the waves.

I am Q'uo. We would like to experiment with moving this channel in order that we may answer some questions, if there be any this evening. Therefore, we shall transfer this contact at this time, thanking each of you again for requesting this particular vibration and thanking this instrument for its service. We shall transfer. I am Q'uo.

(Unknown channeling)

I am Q'uo, and greet you once again in love and in light. We are pleased to have been able to make contact with this instrument and would at this time ask if we may be of further service to this group this evening by attempting to answer queries which those present may find value in the asking. May we begin with a query?

Questioner: Q'uo, you feel like a fifth-density contact. Are you?

I am Q'uo, and this is correct, my sister. May we answer further?

Questioner: Not unless you have anything that you wish to say about yourself or yourselves …

I am Q'uo, and we have little to offer as biographical information, as you would term it, for we are as you are, that which is and that which seeks the one Creator.

May we answer another query?

Questioner: What can you tell me about an event in our history known as the French Revolution?

I am Q'uo, and we would need to move with this instrument to deeper levels of its consciousness in order to speak in any detailed fashion concerning the event that you have called the French Revolution, for we are not historians and do not study this facet of your planet's history, as you call it. And in order to move beyond our abilities and desires to be of service in those ways which are ours to offer, we would need to be able to transmit information which was totally unfamiliar to this instrument.

That which is of the philosophical distortion, shall we say, is that which we are most able to offer, for the philosophy of one's existence and the attitude concerning the meaning in one's life pattern and life in general is that common factor which binds all who seek what you have called the truth. Therefore, we may speak upon this topic with far less difficulty than we would encounter should we move beyond these limits.

Is there some particular aspect of this event which you have called the French Revolution that we may speak upon, for, as you are aware, it is an event with many, many facets and to speak in even the most general of terms would be a great distortion of any one facet …

Questioner: Nothing at this time, I would prefer to withdraw the question. Thank you very much.

I am Q'uo, and we thank you, my brother, for your understanding and acceptance of our obvious limitations. May we attempt any other query?

Questioner: I would like to take up L's question and work with it a little bit because I think that there mat be something of substance which you could answer, so what I'll do is guess at the direction that he was going, supply you with some background and then ask a question that is philosophical if that is acceptable to you …

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I am Q'uo, we are quite pleased to attempt our service in this manner …

Questioner: About the middle of the eighteenth centaury Europe rather exploded with revolutions having to do with freedom. Little European nations and, I suppose, England actually started it all in 1660 to 1680 with a civil revolution. It didn't work out but it started things off, and in the later 1700's America declared its independence and its freedom and the idea of liberty and freedom really took hold in people's hearts. And when this came to France it was in the 1790's and it was rather a bloody rendition of revolt, as I suppose revolutions tend to be, but there was a particularly nasty cast to this one. People got beheaded instead of merely having to go back to the old home countries. Nevertheless, the results were liberty, equality, paternity and it has often been surmised and has been stated by some Confederation members that some within the American revolutionary movement were very, very wise souls who had no home contact with Earth. This was not their home planet, they came here as wanderers. Jefferson, for instance, was one who was a wanderer and who came here in order to aid the entities of this particular part of the planet in effecting a transformation of thought. The same could be said, the same could be surmised of some entities within the French revolutionary movement, and certainly the goals were laudable.

The philosophical question is: there seems to be an interweaving of souls not of this planet who come to share an increased radiance of spirit with those who may still be sleeping and who will waken to a brighter beacon. I feel that wanderers have a far more organic tie with their adopted planet than is usually thought. In other words, that wanderers to this planet take from it as well as give to it and I wondered if you would like to comment upon the intertwining of energies of wanderers and those who are native or at least have spent many, many incarnations on this particular planet which we call Earth?

I am Q'uo, and we thank you for the opportunity to speak upon this topic, for it is one which is central to the lessons and purposes which each entity upon your planet's surface has incarnated to learn and to offer. The population of this planetary influence, being a third-density population, is one which attempts to learn the lessons of what may in general be called love; there is no better word in your language yet it falls short. This lesson as it makes itself apparent to those attempting to learn it manifests in differing degrees and through various stages that one may liken to the growth of the tree which produces a fruit and may also be likened within each human entity to the movement of light to higher and higher centers of energy within the mind/body/spirit complex. Thus, there is a season when the gardener, shall we say, may do its work and a season when the natural evolution of the tree may take its course. Those you have called wanderers, then, have incarnated in various periods of your planet's historical past in order to aid the overall growth of the tree of mind, or of your planet's population, as it has proceeded through those stages of growth which precede that aspect of love which may be seen as manifesting in the form of the ideals of liberty and freedom and equality.

We must pause … we …

(Side one of tape ends.)

(Unknown channeling)

I am Q'uo, and we shall continue. As [it has been that] been your planetary population has moved through the identification with groups and the giving and taking of energies between groups and has evolved in the individual sense as well to the appreciation of the ability to express one's own thoughts and actions without restriction, then this becomes the signal to those you have called wanderers that there is the need and the call for assistance in aiding those who have begun to appreciate the individual expression and who now are in need of finding within their being the ability to allow that expression within others as well, as the energies of the light move through the lower three energy centers and begin to approach the heart energy center or chakra, and that which is known as love or compassion begins to be activated within the individual and group consciousness.

The ideals of liberty and equality then become paramount in a form which begins in a distorted fashion for those who have long labored under the bonds of some form of slavery or have found themselves in a service to others which was not chosen but which was, shall we say, dictated to them. The desire for freedom and equality bursts forth in a fashion which first is quite gross and unrefined in its nature. Thus, the various tendencies towards retribution in the form of revolution begin

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to develop and within this framework of transformational change that is somewhat of a chaotic nature then those gardeners or shepherds, shall we say, that you have called the wanderers move in order to lend their assistance in a fashion which does not infringe upon the free will of those whom they have come to serve. Thus the incarnational entrance into your illusion is chosen in order that only the bias to serve be remembered and thus the service is offered as an equal to those who call for it. Thus, the concepts of liberty and equality are born in a season that is the result of a great span of experience of both the individual and collected consciousnesses of the peoples of your planet.

May we answer in any further way my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: I'll ask one more and then shut up. What is the nature of infatuation, compared especially with love, and what is its function?

I am Q'uo. We find that this concept, which you have called infatuation, is the mental and emotional analogue to the natural attraction of oppositely polarized biological sexes. This may be likened unto the magnet and the iron filing. There is no thinking required to bring the two together. Thus, when an entity notices an attraction to one of the opposite biological sexual nature, the entity may seek further contact in order that the attraction may be explored. When further contact reinforces the initial attraction then the mind and the emotions begin the processing of this catalyst and the beginning of what may later develop into that which you recognize as love is at hand.

The so-called infatuation period, then, serves the purpose of drawing entities of similar vibratory complexes together in order that they may proceed upon the evolutionary path in a manner which is efficient and appropriate to each, that is, in the utilizing of the daily round of activities as catalyst, that when pondered to a sufficient degree allows experience to be born and recorded within the significant portions of the self. Thus does the infatuation propel, or more correctly, provide the potential for the entities to propel themselves further along the path which each has chosen before the incarnation.

May we answer further, my sister?

Questioner: The portion of the question left unanswered, perhaps deliberately, was what is this relationship emotionally, to the emotions, the human emotions that we call love, although I understand that the creative principle love is not what we mean by the kind of love that people have in their eyes on their fiftieth anniversary. That's the emotion that I'm talking about.

I am Q'uo, and we see here a paradox, my sister, for in one way of looking upon infatuation it is a pure form of love, for it accepts totally another without condition. The other at this point in the relationship is so desirable that the one feeling the infatuation will, shall we say, go to any length to please the one with whom the infatuation is felt. All of the self and the attention of the self is given without reservation in order that the feeling of infatuation may continue. Thus, in this sense the period of infatuation is a pure form of love.

Pure, however, in the sense that it has not been tested; it as yet lacks the depth of experience. When the two who have become infatuated continue the relationship and begin the processing of the catalyst which is inevitable within any life pattern, the opportunities then arise for the love to gain in strength and depth and richness and purity, for there will be many, many times in the processing of catalyst that one or the other or both entities will feel less than acceptance of the other and will need to find within the self the ability to accept that which was previously not acceptable, to forgive that within self and other self that which was unforgivable, to have compassion for that which held little interest, or perhaps even dislike.

Thus, the lessons of love and acceptance make themselves known within the relationship born of infatuation and with the faith that the relationship will endure and that meaning may be found for both within it and the will to persevere in finding that meaning and growth. Thus does each entity grow in acceptance and in love and thus does the relationship do likewise and thus is love strengthened by testing true catalyst that each brings to the relationship. Thus, the love which results is a love which has greater strength and depth and variety of experience, shall we say.

May we answer further, my sister?

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Questioner: No, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: Yes. You basically covered this so please answer briefly, but you seemingly place more importance upon the broader definition of love which is compassion and I understand that as acceptance of people, situations and self as they are and allowing them room to grow in their own way. So for an entity who is attempting to develop love as we know it then probably the most expeditious way for them to do this would be to work on acceptance of others and themselves and this is something that I believe I know, but could you just give a simple yes or no, if that would suffice?

I am Q'uo. This is basically correct, my brother, for within your illusion of seeming separateness and limitation there is much which offers the challenge to be accepted, much which seems traumatic, tragic and filled with sorrow, distaste, horror, anger, jealousy and so forth. Yet, each entity and event is the Creator knowing Itself in a way mysterious to most. Yet, each in any portion of the experience may increase its evolutionary progress by finding the joy, the love, and the light of the Creator within that person, that moment, that event, that thought. When this can be done in a relationship then the relationship has served as a means by which the continuing ability to expand the point of view and the acceptance, the love, and the compassion for that which falls within the point of view then is also increased and the entity has moved itself further along its chosen path of evolution.

May we answer further, my brother?

Questioner: No, thank you. You answered quite sufficiently, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

(No further queries.)

I am Q'uo, and we find that we have exhausted those queries which have been offered to us this evening and for each query we are most grateful, for in our attempt to answer your heartfelt questions we find further ways to know and to serve the Creator in all. We are humbly grateful for this opportunity and we would remind each present that we are those who seek as you seek, fallible in many ways. Take those words and thoughts which have meaning to you and leave those which do not. Thus would we offer that which we have found helpful in our seeking to you in your seeking.

We shall take our leave of this group at this time, thanking each again for allowing our presence. We leave you in the love and in the light of the one Creator. We are known to you as Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
July 13, 1986

(Carla channeling)

I Yadda. I greet you in love and in light of infinite Creator. It our privilege to be with you this evening. We receive call with some puzzlement because we have to evaluate our audience. Here in this domicile we speak with unified group, unified in thinking and in tuning to this specific sparkle of light—heh!—I say that well, did I not? Yet also there is the somewhat larger audience of the metaphysics magazine which has requested our words. This audience not unified this particular moment in space/time. What we gonna do to speak to all the bozos instead of a few?

Well, you can't please everybody, so we decided not to worry about it, but to touch this group and through the concerns therein, touch all. So, we greet in thought all who may read these words, for we know that in the face of those in this room are all of your faces; within a few thoughts, all thoughts. For is there more than one path? Even though each has a unique way of taking it, in the end your feet move the same dust as spirits before you, and you leave the dust behind you as blessing for those after you.

So! We would speak this evening, and would thank you again for this great pleasure of the function of desire and of the tools that you may use to further your desire. Now you have desire [of] many things, but we speak of the strong desire for the truth that motivates the seeker. You do not want an answer as much as you want a clear understanding of the question.

The question, in our opinion, that each of you faces in your present incarnation in third density is, "How do I love? What is love? What has love to do with me?" This constellation of questions is the spearhead of your desire as a seeker.

Now we have gotten the question straight. That was easy—heh?! It is more difficult to clear away the stumbling blocks that have been placed before you by yourself than it will ever be to recognize truth. What are these stumbling blocks? There are two main stumbling blocks to the seeker. The first is the determination of seekers to think within the head without the slightest concept of how to go about the process of thinking. It is understandable that you should have this problem because your culture is fast and shallow, like a stream that has no depth, but moves very quickly.

So, your thoughts dart hither and yon but do not achieve the depth that you wish. Do you know why? Ah?! You know it is because you do not observe, you do not give yourself time. You cannot think until you have observed and gotten something to think about, you know. It is putting the cart before the horse, heh? To think right off the bat, you know—you cannot do that.

Now, what should you observe before you begin thinking upon the truth of love? What should you not observe, for everything speaks to you of love.

The second great stumbling block—that was a good one too; you hear those L's coming right out—to seeking the truth of love is your opinion of yourself. Now, you know you were born into "ihwusion." Wait—we gonna say that right, we gonna say it—il-*lu*-sion. You were born into an illusion. Your scientists tell you about this illusion, but you have known it was an illusion forever. Philosophers have told you this; masters and teachers have shared this with humanity always. This that you experience is to be observed, but it is not the answer—it is the way to the answer.

You are, as you look at yourself in the mirror, a system of electromagnetic vibration that is held together as a field so that the various elements within the cells of your body can work symbiotically to sustain a physical vehicle for experiencing of self-consciousness. Now we get closer. We begin to move around the stumbling block of self. If you see somebody in that mirror that is a certain age, weight, sex, makes a certain amount of money, has a certain number of degrees from learned institutions and a certain number of children, you are falling flat on your face, you are stumbling so much. You must lose all those provincial ideas about yourself if you wish to seek the truth of love.

For how can you love without any reservation? This entity that is so-many years old, and so-many feet high, has so-many names and letters after the name, and just and so-many children. If there was the ultimate love for this series of specified quantities, then you could not love others the same way. No, my friends—you must look in the mirror and see perfection. Now, how you gonna do that unless you remember that you are a collection of well-arranged atoms housing self-aware consciousness?

If you can remove prejudice from your gaze into the mirror and begin loving yourself not for what you do, not for what you succeed in, but for what you are, then you have opened the gate to learning the truth about love. For if you do not judge yourself because you have done this deed or thought this thought, or been this quality or that, but instead love yourself because you are the truth about love, you are the treasure to love which you seek to find, then you may begin to make "qweer"—we must try again. This instrument have trouble with our accent. We try to say—clear perception of other entities who may have more or fewer children, may have more or less money, may be older or younger, but have no consciousness, but unique experience. So you look into another perfect posit of the Creator each moment that you look upon any entity whomsoever.

When you can learn how to evaluate experience, and when you have gotten over the shock of having such an illusory identity, then you take off your mask, you put the intellect where it belongs, that is, as tool subservient to the widest observation of heart and spirit, then your path shall be more plain to you.

There is one last stumbling block that you now have because of a deeper reason than your culture. You are impatient because you have a physical vehicle which will not be with you long. So, you want to know everything now. You know you must let go of that desire and seek only to know this moment. Everything is in this moment, but this is most difficult for the mind to comprehend. And it is most unusual for an entity to become aware of it without spending much time seeking while standing right in the heart of the truth and not seeing it.

There is a process of waiting in faith and patience and hope. It may only last a moment for someone very close to the moment, very close to love, and in peace and harmony with those about it, but for most of us bozos we will have to wait on holy ground until that moment—and it may be years in coming when we see it for the first time.

Your best ally in this endeavor is meditation. We get each in this room saying, "I cannot meditate well, so how is meditation going to help me?" Well, my dear bozos, no one meditates very well, for the perfect meditation will remove all separation and restore all to unity. It is the force of the will that seeks meditation. It is the faith that moves a visible physical entity to seek the invisible and metaphysical. It is the discipline of doing so on a daily basis that will yield to you a continuing opening into your birthright, for as children of consciousness, are you not heirs to all of the truth? Are you not indeed embodiment of the truth?

Therefore, we ask three things from those who seek. We ask that you discount all conclusions, and instead begin to gather data. In other words, be a witness and remember what you see and hear, knowing that you are seeing and hearing illusion,

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but that this illusion was given to you by yourself as the experience that will yield to you the truth about love.

Secondly. We ask that you love not your mask, but yourself, and not the tasks about you, but the selves about you. If you must hate instead of love, at least hate that which is consciousness. But, my friends, you will have a hard time hating consciousness.

And lastly, we ask that you meditate and open yourself up to silence, never judging yourself because of the stray thoughts, but always seeking, seeking to be cleansed of all the dust of this path, that you may sit upon the stone, the hard rock of consciousness and be self-aware for the first and most holy time.

We wish you the joy of your journey and good courage in it. We have enjoyed ours and we hope that you do too—you might as well, for you are all on it. For our natures are bound up in our consciousness, and whether or not you try to seek the lessons of love, they will come to you. You might as well study, offer yourselves to each other as you would tasty food—for you are beautiful to each other and you can share love with each other. Hold your hands out to each other and hold all of your heart out to truth.

Before we leave this instrument, we wish to say in answer to this instrument's question when she challenged us, we did not give her hard time this evening. She was surprised. She said, "This really Yadda?" Well, you see this instrument challenge us in name of Christ, and then she say, "I find Christ in the master known as Jesus, and so I must ask you in name of Jesus the Christ. Do you come in name of Jesus the Christ whom I serve with all my heart," and so forth. She go through this long thing. Well, we so glad to hear that, because, you know, we do come in name of Christ and this instrument now ask the right way, becoming aware that any man can be love and any Christ can be worshipped, but that the Christ is so sacred that it is up to individual to say, "This is my Christ; this is how I see the face of the Creator, this is how I will follow to the death in order that I may learn the lesson of love." That why we so eagerly come. We wait long for this instrument to understand this, and we very happy that now we not have to give this instrument all that trouble.

It is a hard thing being a teacher, let me tell you. But we are so happy to be here and to be attempting with these poor words to say that which you all already know, but to say it in a way which you can recognize. He who has ears, let him hear. We Yadda. You know, we may be talking junk, you bozos, so if we talking junk, you throw it out—okay. If we talking in a way that seem good to you, that is a great blessing to us and we could ask for nothing more. As we abide upon our given task with regard to your planetary influence, we say to you—we beg you, "Love each other."

We known to you as Yadda, and we leave you in love and light—aheh!—of One Who Is All. May your cheeks be rosy with laughter upon the path, may your feet be strong, may your hearts be happy. And may your will to know the truth of love be your walking stick so that you may move gently, at varying speeds, responsive to wind and weather, inner and outer. And always, learn better to love. Adonai. Adonai. Adonai.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and the light of our infinite Creator. It is our pleasure as well to join this group this evening and to follow those of Yadda. We enjoy their humor and light. We hope that we may be of some service this evening in attempting to answer queries if those present may find any value in so asking. May we then, without further delay, ask if we may begin with a query?

Carla: I have a question from R. She would like to know how she can tune in to people's vibrations when she is asked to do healing work or other psychic work, without picking up and empathizing with their pain, whether it be physical or emotional. She very much wants to continue healing and being of service as a psychic, but she finds it extremely draining to be in such pain for so much of the time.

I am Latwii, and am aware of your query, my sister. For an entity such as the one of which you speak who is beginning to become aware of the finer vibrations which always surround it …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. To continue. For such an entity, which is beginning to feel the inner sensations quicken within its own being in the developing of its ability to be of further

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service, the separating of the pain and disharmony of another from that which is less painful is a very difficult and delicate task, requiring usually a great deal of experience, for it is not the ability, shall we say, of the beginner to perform the more advanced task. The beginner is opening itself to all which comes before its notice and is such like the tuning fork, in that those vibrations which surround it begin to move it in a like or harmonic manner. If an entity should hastily begin to attempt the separation of that which is painful from that which is not, it is possible that it would become less able to perceive those vibrations about it and less able to serve in a manner which it has chosen.

We suggest as an initial step that this entity see itself in a certain fashion when it offers itself in the service of the healer. Rather than absorbing all those vibrations of various natures which impinge upon its notice, we suggest that this entity see itself as a portion of a river, that the feelings of all natures which are brought to it by the one seeking healing be allowed to move through its being in a manner likened unto the water moving through the bed of a river. The entity then may see itself as the bed and banks and the air surrounding the moving water, becoming aware of where there is the blockage, of where there are deeps, of where there are eddies, and the whirling of the waters. And when these characteristics of the moving water have been noted and worked with in order to aid in the process of healing, that they then be allowed to continue their movement through the being without needing to be absorbed in any way whatsoever.

May we answer further, my sister?

Carla: Yes. One of R's teachers suggested that there are different modes of perception and that she need not experience this empathic pain in order—to be able to diagnose, I suppose, and treat would be the medical way of saying it, but of course that would not be a good thing to say, so I guess one would say—in order to tune in to the vibrational pattern of an individual. That rang true to me, yet I have the same problem R does and I didn't understand what he meant—it just sounded right. I wonder if you could enlarge upon this concept?

I am Latwii, and in our previous response we were attempting to construct the framework by which an entity may move its conscious perception from the state in which it absorbs in an empathic sense the vibrations which are brought before it by the one seeking the healing so that the one serving as healer may then be able to be aware of these vibrations in order to serve as a healer without becoming affected in a manner which reduces its own ability to function in any sense. This framework which we suggested, that of seeing the self as the container of the moving vibrations that allows them to continue their movement, is a structured means whereby one may become aware of this means of perceiving which has been described to the one known as R.

However, we must add that this process of becoming able to utilize another level of sensing and perceiving is not available to each seeker in the same degree of quickening or awakening, shall we say. Many there are who will pass the entire incarnation without becoming aware of either manner of sensing. Others will find use in being that known as empathic, for within their own incarnational patterns, there is perhaps the need to be more aware of the feelings of others for whatever reason the entity has chosen before the incarnation. In still others, there is the pattern set out which draws unto the entity further levels or means of perception in order that its own pattern of lessons and services may be fulfilled. Thus, we must give our advice with some caution, for we cannot give general advice which is always applicable to a specific entity.

May we answer further, my sister?

Carla: Well, yes. I'm still working to try to get to the heart of what R and I really should be thinking about, and it seems to me that with your second response, you've shifted my mind around. Let me explain. When you described the idea of the riverbank and the riverbed and the air, I visualized that as being the same kind of technique that an instrument uses, visualizing itself as the pipe who is not responsible for the water, and all you have to do is be the best pipe you can be, in other words, doing something that I imagine R was already doing, which was giving her will over to the holy spirit, as R and I probably would both say, and saying, "Not my will, but thine be done." But this isn't what you were getting at.

It seems to me that the heart of what you were getting at more was, that there is a state of mind that sounds to me very much like the state of mind achieved during a hypnotic regression when a person has come up against something that makes that

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person fearful. And the hypnotist says to the person, "You are now an observer; you are watching it happen," and everything continues as before, but the person does not have any emotional reaction to it. I believe this was the heart of what you're suggesting as the state of mind to be cultivated, that of the entity, the mind/body/spirit complex staying in the physical body, but achieving a great degree of concentration, and then becoming the observer rather than the experiencer of what is happening to that person that is being seen. Is this by and large correct? And would you correct what I'm wrong on?

I am Latwii, and as we assess that which you have spoken, we find that you have discovered another means by which to describe the technique we have given. The heart, shall we say, of this technique lies in the pattern of lessons and services which an entity may have chosen. There is, indeed, the state of consciousness that is available in precisely the fashion you have described, that of the observer which is not affected by that which it observes. This is a state which comes to an entity not because it has done one exercise or another, but because it is the appropriate outgrowth of the efforts of the entity in seeking to be of service and in allowing those lessons it has chosen to bear fruit within its own being in a manner which then, as a natural process, produces the ability to serve in a continuing fashion of growth and refinement, shall we say.

Thus, the one seeking to be of service, the one in this case known as R, may undertake any technique in order to further amplify its ability to serve in such and such a fashion as described by its own inclinations, yet what will develop within its own being as an ability to serve will be a function not just of the conscious desire, but of those patterns set in motion before the incarnation began. Thus, [there is that] within the incarnational experience [which causes] what you may call predestination and free will [to meet]. Thus we cannot speak with specificity in this or any particular case, but may offer general guidelines which we hope are of some assistance.

May we answer further, my sister?

Carla: I will send a copy of this to R, and if she has further questions, I'm sure she'll write and ask. Thank you very much. And thanks for R.

I am Latwii, and we thank you, my sister. Is there another query?

J: I almost feel instead of asking the question, I almost feel I should ask you if there's something particular tonight I need to be told by you, particularly. Does anything come to mind?

I am Latwii. We appreciate the offer to speak without boundary, shall we say, but would choose to respond to those queries which are felt within your own heart to be of greatest need. We would not wish to inflict our opinions upon your free will without first finding the heartfelt query upon your part placed before us. We seek in each of these meditations in which vocal channeling occurs to guard as carefully as possible the free will of each entity. We, in our seeking to be of service, desire to serve in a manner which is congruent with the needs of the entity that we wish to serve. We cannot know those needs as purely or precisely as can you. Though we see with eyes that move somewhat further than do your own, we cannot feel what is of importance to you in the way which you can feel. Thus do we offer ourselves in service that you yourself determine.

May we answer further, my sister?

J: Okay. Tonight as the session started, I suddenly became terribly, terribly depressed, and it's so overwhelming that it's … almost the ability to think beyond that depression just doesn't seem to be possible. And I move back and forth between the feelings of possibly it's a cleansing of something, it's good for me to go through it, I'm releasing something I wasn't aware of, or it's just some stupid temporary weakness or fear of the unknown, of an all new sense of my immediate future, my move out west and the changing of my life, everything philogistically to whole new groups of people. And it was just so overwhelming that that's all I could think of was my depression, and I'm not quite sure what to ask about it. I'm just never quite sure how to deal with it. I don't want it to get the most of me, but possibly it's a cleansing, I don't know. Does that make any sense? I just can't get rid of it.

I am Latwii, and am aware of your query, my sister. We may suggest that the state of mind and emotions which you have described as the depression is that which offers an opportunity for that which you have called a cleansing, yet it is but the opportunity. If you, in your contemplation or meditation, can follow that feeling of depression and allow it to lead you to those areas within your own thinking and

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experience which are the source of anxiety, worry, fear, and which sum in that feeling you have called depression, then you will allow that feeling to show you the areas which may be consciously worked upon in order that a transformation or cleansing in these areas of your being may occur.

To remain with that state of feeling that you have called depression without moving with it in this case and allowing it to point the arrow, shall we say, is to remain in a somewhat dysfunctional state of being, You may in following this feeling discover that there are various beliefs which you hold in certain areas which are not necessarily so, certain fears which in time may dissipate, certain anxieties and certain guilts that may yield to transformation by the simple changing of what is believed to be true. Thus, you may find that widening the point of viewing in certain areas may allow the belief or viewpoint to include new concepts which, when seated within your being and manifested in your thinking and experience, will then remove the clouds of depression so that once again the rays of light may illumine the darker portions of your thinking and experience.

May we answer further, my sister?

J: Yes, please, Latwii, one more. Last month our dear friend M, whom you had contact with on our Thursday night meetings—I seem to be going through some changes, I think it's a combination of guilt—you see, as you're aware, she's blind and has other disabilities, and we've been very close, and I'm having a real sense of guilt and anger because I know I'll be going out west and I'll be leaving her and yet she relies so heavily on me. And I almost feel like there's something I'm supposed to teach her or make aware to her or bring forth in her that she's not aware of before I leave because, there's just not that much time left, and as I said, I get nervous about it, of the guilt and anger, and once I move out west, it won't be the same again and I'm just wondering why we were supposed to be together in the first place, and like I said, what it is that I'm supposed to teach her or maybe she's supposed to teach me something in the short time I have left physically at her side.

Like I said, with her being handicapped in so many ways, when she relies on you, she really, really relies on you, so I do have the guilt about leaving, but I feel there's something I should do in the short time I have left, and I just don't know what it is, and I just get this panic sense of—that it'd be very, very difficult for her once I've left, she's been able to rely on me so much in every way, and I wonder if you could help me on that. I just keep asking myself that or asking my guides that, and I'm just not getting the answer. And that was my question about myself and M.

I am Latwii, and you have now moved into a more specific portion of the area of inquiry that you covered in your previous query. Again, we would suggest that in your meditations or contemplations, you continue seeking the answer to this query. It is well to ask others, those you have called guides and presences for aid in such a matter, yet it is not to be wondered at overly much when the aid is of a nature other than one anticipates, for this dilemma which you now face is one which holds great opportunity for discovery upon your part, and if any guide or presence should give you the specific answer to this query, then your opportunity to gain in the spiritual strength required to solve this dilemma would be removed.

Thus, we can suggest that as you seek with growing intensity the answer to this dilemma, that at some point you will reach the, shall we say, critical condition within your own being that will call unto you the appropriate response. To seek and to seek and to seek is to amplify that pattern which is now in motion and to offer it fertile ground, shall we say, in which its seeds may be sown, its harvest made known. Thus, we can only suggest that you continue in your seeking, and at some point you may find it helpful within your meditation for the moment to give up the seeking and the questioning long enough to listen, for at some point, you will be ready to hear.

May we answer further, my sister?

J: No, thank you Latwii, I think I understand now. I'll see you soon. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: I have a very teeny query, and all you have to do is say yes, no, or I can't answer that. Something happened to me that's never happened before when I was channeling Yadda, and that was, in the middle of the channeling, everything stopped. I hadn't caused it to stop by analyzing. I was still focused, and I stayed focused, and there was nothing. I mean,

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it was an imposed nothingness. It's better than I ever meditate—nothing, total blankness, and then, bang, it popped in again, the channel began again, and it went on as if nothing had ever happened. Was this attack? [Or] was Yadda just making sure that I was staying in the position of channel?

I am Latwii, and we find in this instance that there was the need on the part of those of Yadda to determine your own state of readiness, shall we say, to continue with that particular work. The period of the silence was necessary to set your instrument, shall we say, in a fashion which is somewhat similar to a testing which, when passed, then readies the instrument for further service. Yet it is also more than that in that it included not just a readying of your own instrument, but a further blending of those of Yadda in their transmitting capacity with your own instrument. Thus, the period of silence was an opportunity for each to blend in a more harmonious fashion with the other in order that the concepts which those of Yadda wished to transmit might be more easily and appropriately transmitted.

May we answer further, my sister?

Carla: No, thank you. I'm always fascinated to learn more about the art of channeling.

I am Latwii. Again we thank you, my sister. Is there another query?

(Pause)

I am Latwii. We find that we have exhausted the queries for this evening, and we are most grateful for each opportunity to offer our humble words and opinions. We hope that each will remember to take only those which ring of truth and to leave the rest behind. We rejoice in each opportunity to join this group, and we thank each for inviting our presence. We shall be with you at any future request for our presence and will be happy to join each in meditation at any time. We are known to you as Latwii. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
July 20, 1986

(S channeling)

I am Hatonn, and we wish to greet you, our brothers and sisters, in the love and in the light of the one infinite Creator. We again are most happy to be with you and we are glad that this instrument decided to let us work with him, for he has been a part of this group for some time. We wish to share on something that is most important [to many of you at this time] the ideas of *(inaudible)* and lessons …

(The rest of the channeling is inaudible.)

(Carla channeling)

I am Q'uo, and I greet you, my friends, in the love and in the light of the one infinite Creator. We too greet each in the name of infinite intelligence, and offer our thanksgiving that we may embrace your vibrations with our own. When we speak to you, we must ask you to take our words lightly, as if we were members of your family, close to you and loving you, yet full of errors. In no way do we wish to represent the Confederation of Planets in the Service of the Infinite Creator as an unimpeachable source of information. We offer what we know or think we understand, but we offer also that which we are, for we are as you—the Creator, made of love, and yet dwelling in illusion. The stuff of our illusion is fuller of light than your own and we enjoy more experience as souls, shall we say. We have made our choice and that is to serve others, and yet we find that there is much that we do not know and that which we do know we are continually refining.

Therefore, all that seems second-rate, unusable or incorrect to you, we ask that you discard. All that seems inspiring, we ask you to retain and use as you would, just as you would the loving words of a sister or brother.

We would speak to you about the manifestation within your incarnational patterns of the one original Thought which is the Creator. The one original Thought upon which all creation was founded and with which all creation redounds is love. Yes, my friends, love is a thought, a principle, a logos. You, by your very consciousnesses, are the Logos in a holographic representation, yet you are completely unlike any other holographic representation of the Creator, for your experiences are unique to your particular consciousness. Your field of energy is completely unique and precious to the one infinite Creator, and your greatest gift is your being, for by your mirroring of your perceptions, the Creator learns of Itself.

As each of you has to some degree or another already considered this present incarnation, like all in third density, yet none more so than this, is an incarnation of choice, the choice having to do with the one original Thought of love and your manifestation of it. There are two basic manifestations: one, service to

others or love for others, and, two, service to or love for self.

You will note that in the service-to-others path, it is necessary first to love the self, that one may then love each other self as the self. Therefore, the service-to-others choice is one offering a more vast range of experiences than the service-to-self path in which others are loved only insofar as they serve a particular self, that being one's own self. Polarization then, takes place upon a more intense but smaller scale. It is therefore, a difficult path to follow.

We have chosen service to others, and would speak to you of it and would encourage you to consider not only making the choice, which as we have said, each of you to a greater or lesser extent have already done, but also to press forward, then, in investigating the ramifications of the one original Thought of the Creator, for how does that one original Thought think and manifest in the life of one who wishes to serve others?

Our brothers and sisters of Hatonn have spoken to you of peace. Love, of course, is the principle upon which the concept of peace rests. However, like many expressions of love, the achieving and maintaining of peace among brothers and sisters within third density is not made easy by the illusion which you now enjoy. Peace is perhaps best achieved by dwelling upon the nature and filling oneself with the presence of the one original Thought, and out of the love you bear for love itself, you then open yourself in love and as a channel for the Creator's love, for, my friends, your own love will fail you to those who are striving.

Now, to open yourself in love to those who are disharmonious seems to be an act of folly, and yet let us look at flowers. They open their faces in love to the sun which offers them the light of its countenance and the love of its radiation, and yet they do not withhold their perfume from any being. There is no judgment upon the part of [a] flower as to who shall receive its gifts of beauty.

You yourself are crystalline and many-petaled and capable of a great radiance. Yet, if you only open to those whom you already love, you are not a flower who has centered upon the one original Thought. Open, then, in love as a channel, for we do not recommend that you depend upon that limited supply of love which your illusory personality can offer you, and love those who seem to wish you, if not harm, then at least quarrelsomeness.

The nature of service to others is such that you will find again and again that you have nothing to offer except your very being. And yet, my friends, if you will investigate the nature of the one original Thought, you will discover that your consciousness, your attention, your sympathy, your compassion, your attempt to understand, is the most precious service you can offer.

It is not given you to act on instinct. That is where the analogy to the flower breaks down completely, for you are not preordained to do or be anything. All choices are yours, and you may make and remake them again and again, softening, firming, rearranging, adjusting. My friends, in this incarnation you shall go through many phases. You shall change your mind many times about the finer points of your spiritual search for truth, and yet we feel that it may well be that you will find that the heart of that journey shall remain as you first discovered it with the excitement and the joy of an explorer discovering a new continent or ocean.

The core of choice is love. There is nothing lukewarm about love itself, and as you refine your choice, remember the power of that with which you are dealing, for you deal with something that has created all that you can see and all that you cannot see. It has created all—from stars to relationships, stones to the concepts of beauty and truth. You would not wish to take such power and toss it casually here and there, a fire hose sprinkled hither and yon upon a town that is not burning. No, my friends, you wish to take something that you sense is at the center of light, that you wish to make the center of your own life. You wish to hone it, to sharpen it, to discover and rediscover the joy of it and to be channels for it, learning more and more about the original Thought as you manifest it to yourself by manifesting it to others.

You see, my friends, service to others is actually service to self, for as you serve others, you learn. If you serve yourself first, the learning is so much harder and comes so much more slowly. As you give, so you receive. As you put yourself into difficulty, so you discover peace. As you remain serene within yourself, so you maintain all of [the] peace that you can. Note, we did not say, "may." There is only so much that you can do in service to entities others

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than the self. This is due to the free will of each individual.

It may seem within the illusion that there are individuals who may have an inflated idea of the gravity and expense necessary in the demanding of free will choices. It may seem to you that another's fist has moved into your nose before it has said, "I stop—this is where your free will takes over." It may seem to you that you are injured. We say to you that it is impossible to be injured unless you allow that concept to enter your consciousness.

What is the worst that can happen in this illusion, my friends? You may lose your life. What is that to you who have your eyes set upon eternity? Fear not, therefore, a lack of freedom, for you give yourself freedom as you offer yourself in service to others, and this is your peace, that you may love others, that you can love others, and that all that you need to do to be effective beyond your hopes is to love.

Each of those within your illusion wishes and hopes for perfect harmony betwixt all, one way or another. It is a universal concept, for it is the birthright of each person of the consciousness of infinite intelligence. The nature of the one original Thought is unity. Therefore, how can any portion of that unity be disharmonious?

(Side one of tape ends.)

(Carla channeling)

It is a good thing to desire peace and to wish to serve in love, yet we encourage you to consider the possibility of remaining detached from solutions. When one wants a solution or outcome, when one thinks one has a right answer, one is often pulled away from the one original Thought of love and finds it difficult to allow other solutions, outcomes or answers to be in the end chosen by others.

Yet it does not matter what the result of your service is, in terms of your own growth and learning; spiritually speaking, it is important only that your pure desire was to serve. It is, of course, helpful if one uses the tools available to one in order to refine techniques of service so that they are as effective as possible. However, free will is so important a concept that if a service is abrogated, refused or denied, it should be as acceptable to the one who serves as the alternate outcome, that is, that one's service is accepted, enjoyed and in terms of the illusion, successfully manifested.

May you love each other, my friends, in joy and without demand insofar as it is possible on your end. To paraphrase one of your holy works, "Live at peace with all other selves." You are not responsible for them, but for yourself. When it is not possible to influence others to say they are at peace with you, it is always possible to become peaceful within yourself with others.

Do you demand to change the world, or do you ask of yourself that you become more and more one with the original Thought of creation? We suggest to you that the latter course is profitable. As you love each other, and as you love the one infinite Creator, so we love you, and so we love the one infinite Creator. We speak with Its voice, we think with Its mind, and you listen now with Its ears, and all of us dance one dance together in love, in seeking of peace.

Oh, my friends, may you have the joy of knowing love, of being in love with love and of serving as a channel, as a lighthouse, as a beacon for the love and the light of the one infinite Creator which bathes each of you, which shines through each of you, which is the essence of each of you and in which we leave each of you, with the promise that we shall come to you at any time you may request our presence mentally. We have nothing to offer you except our love. Perhaps we may help to deepen a meditation, perhaps we may be of comfort simply because there is an indefinable something about not being alone in one's perceptions, whether they be of happiness or sadness. Whatever your reason for calling upon us, know that we will hear you and will respond, for you are not alone, nor have you ever been nor shall you ever be.

We leave this voice, yet the Creator speaks in every breath of air that breathes through any entity or sighs through any tree or disturbs any blade of grass. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and the light of the infinite Creator. It is our pleasure as well to join this group this evening, and we thank you most humbly for allowing us to do so. It is once again our honor and our joyful duty to attempt in some way to be of service by considering those queries which may be offered us, and sharing our opinions with you as each of you move yet

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another step forward upon the journey of seeking the one Creator. Please do remember that we are as you, seekers of truth, and fallible in our perceptions. Take that which we offer that is of value and leave that which is not. May we begin, then, with the first query?

Carla: What's the impact in terms of raising the consciousness of planet Earth of people attempting and seemingly failing in many ways to achieve a peaceful great peace march? What's underneath that illusion?

I am Latwii. My sister, so many times those of your peoples begin an effort, whether alone or with others, that is hoped will be of service to others, that will light a path that perhaps has not known light sufficient for its realization in previous times. Thus, an effort is begun, difficulties ensue, and perhaps the result is not as intended, and those who have attempted feel disheartened and wonder within where can be found this which was sought.

We look upon such efforts, my sister, and see the great light of intention that shines within all and this is what is the heart of all such efforts, for none within your illusion is wise enough to know how an effort can yield fruit. Within your illusion, you move within a darkness of knowing. It is a difficult illusion in which to find solid footing. Thus, each seeks in a unique fashion to find the one original Thought, and in a unique fashion manifests some portion of that Thought within the illusion life pattern which is apparent.

What is seen and what is registered and what has its effect is the intention, the intention that survives the struggles and the turmoils, the intention that does not die with seeming defeat or difficulty. This intention, then, my sister, is that which works in a way that affects each other person within the illusion in a way that adds a certain lightness and potential for finding greater light within the illusion as a whole.

Do not ever confuse results which seem magnificent with the intention that produced them, for your wisdom is small and little of it do you experience, yet what you can do is to desire, is to seek, is to intend and in this way do you set your compass upon that which is unknowable yet desirable. In this way does your own beingness radiate that which you have made available through your intentions and through your struggles to others who see in ways not always known or shown to the outward eye. Thus does that which truly inspires come from mystery and move through mystery to lighten the hearts of those within the mystery of this illusion.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii and we thank you, my sister. Is there another query?

K1: I'm not sure this is an appropriate question at this time, and if it's not, please let me know. I'm wondering if it's possible to know if K2's son, D, is still alive, and if he is, if it's possible for us to find him?

I am Latwii, and we pause to scan. It is possible for us to speak in a limited fashion in order that there might be some small service offered that does not infringe upon the Way of Confusion. This entity of which you speak is one which has in its own pattern of movement through its incarnation embarked upon what within your illusion is seen as separation and trauma in order that it might, with the aid of others, provide for itself and the one known as K2 a balancing opportunity that has its roots in previous incarnational existence. To speak further in attempting to locate or predict the future location of this entity we find to be beyond the line of confusion or free will. However, we can suggest that this is not an accident, and that all is truly well.

May we answer further, my sister?

K1: Can you tell me if he is alive at this time?

I am Latwii, and we find as we look upon this entity that its current condition is one which we may not fully describe, but may suggest that there shall be a contact that will reveal the presence of this entity. We may not speak in greater detail and we must apologize for our lack of words for a situation which is of obvious concern to the one known as K2 and to your own self.

May we answer further, my sister?

K1: No. Thank you very much.

I am Latwii, and we thank you, my sister.

S: Can you tell me, if it's possible, of my last incarnation?

I am Latwii, and we greet you, my brother, in joy. We look upon the query and we must smile, for we

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see somewhat beyond this query and note that the experience which preceded your current incarnation is one which, if it were described even in general terms, would provide you with information which may be of such a staggering potential to your current way of thinking that it may in some fashion tend to bias that thinking unduly. We can, however, say that the experience which preceded this experience is one of light, and is one which moves through this experience because of your decision to allow it, in a time some small distance in your past of this incarnation, as you would call it. We encourage you, my brother, to find means within your own being which we see that you have developed to move your own consciousness to a place, shall we say, within, from which you will be able to view that which is of meaning to you from that experience. Though it may not be entirely possible to view it as the motion picture, you shall however find an ability to glean from it the emotions, the motives, and the attitude which was its fruit and which served as the seed for this incarnation.

May we answer further, my brother?

S: No, thank you.

I am Latwii, and we thank you, my brother. Is there another query?

C: If it is appropriate, could you elaborate and possibly help me understand the experience and the entity that is encountered by my friend W and I at the end of my road, which appeared to be living in my car at the time?

I am Latwii. My brother, we have been waiting for this query. We have scanned this instrument's mind, knowing that it does not mind, and have wondered if we would have this opportunity. We find this information both interesting, harmless and somewhat unusual within your illusion, therefore we shall attempt to speak, if this instrument is able to relay those concepts which we offer it, for as we have said this is a quite fascinating and unusual situation.

The entities of which you speak are indeed within your reality somewhat more than a thought form, as you would call them. They are a type of pattern of livingness which is neither a creature of your second nor of your third-density illusion. They are a possibility which becomes probable when a certain set of circumstances is achieved. This set of circumstances is that which we may have some difficulty in describing.

Within your illusion, time, as you know it, and that which you call space, move at a certain rhythm set in order that the third-density illusion may take on the character which you know as real. When there is a certain mismatching of that which you call time within an area that you know of as space that has been brought about, in this case by the condition not only of your automotive vehicle, but of your own frames of minds as well, and by certain points of instreaming energy within the location of your domicile, there may be transferred to your physical illusion entities of a playful and somewhat obnoxious nature in your way of thinking, from what you would call the lower astral planes, and these entities take up their residence in a form which they are able to construct from all of the patterns of energy of the foregoing parameters which we mentioned.

Thus, they find a residence within an environment which is most closely associated with their own patterns of expression upon the lower astral planes, and are on what you might call a vacation, skipping about your illusion in a way which is most perplexing and somewhat frightening to you, but most joyful and carefree to them. It is not likely that they shall be able to maintain their existence within your illusion for a very significant portion of what you call time, for the conditions which allow their presence are most tenuous. Therefore, you may not expect further interference with the performance of those automotive vehicles in care in what you would call your future.

(The telephone rings.)

I am Latwii, and we were at the completion of our query and waited with amusement as this instrument remembered what it had forgotten *(i.e. to unplug the telephone)*.

May we answer further, my brother?

C: No, thank you.

I am Latwii, and we thank you, my brother. Is there another query?

J: Yes, Latwii, this is J. I fell asleep there for a minute. Sorry about that, but my question is, tonight at the beginning of our meeting here with you, were you with me for a moment? Did you try

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to speak through me? I felt like you were, and at the end I wasn't quite sure what to do.

I am Latwii, and we greet you, my sister, in joy—ah.

(Laughter from those present.)

And we may suggest that we have been with each within this circle for the purpose of the aiding in the deepening of the meditative state. We do not intrude upon any potential instrument's consciousness by forcing an instrument to speak before it has clearly chosen that service and has been trained, shall we say, in some degree. We do not feel it is appropriate to do this for any new instrument, for we cherish each instrument and each opportunity to speak through yet another instrument and wish this opportunity to be given its fullest range of freedom of choice in order that the one serving as instrument may with as much confidence and assurance as possible begin that service with such as its foundation. To do otherwise would be asking overmuch of one which in its part desires to serve, yet in its mind knows nothing of how to do so.

May we answer further, my sister?

J: No, I understand. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Well, before you go, old chap, do you have any suggestions, since we're on the subject, of how I might improve the training techniques for new channels?

I am Latwii, and am aware of your query, my sister. Ahh, now let us see. Reviewing all those venerable techniques of the masters of the past … three raps to the skull—no, that will not do. Silence—too, too perplexing. Written instructions—too boring. My sister, we are at a loss—it seems you do an adequate job. Seriously, now …

Carla: Is that Sirius the star or … oh, never mind!

… we do believe that we have been able to make somewhat of a breakthrough with this instrument this evening, and we ask your pardon for somewhat blowing its circuits.

(Laughter)

We find that your techniques are most appropriate, my sister, and will find their own additions as the opportunity to exercise them makes itself available to you.

May we answer in any further detail, my sister?

Carla: Oh, no—that'll be fine. If you think of anything, just drop me a paper napkin with the instructions on it.

I am Latwii, and we shall do so, my sister, and then you may guess who is coming to dinner.

Carla: *(Laughing)* Thank you.

Is there another query?

(Pause)

I am Latwii. We join with you in the appreciation of the sounds of your evening, and we thank each of you for inviting our presence to join you on such an evening and with such a seeking that we are aware of within this group is a joy that we cannot describe. We appreciate with you the silence between sounds, the difficulty in seeking the darkness and the light, and the joy in coming together with those of like minds to rejoice in the presence of the One that makes Itself known in each. We are those of Latwii, and we leave each of you in that joy, in that love, in that light, and in the peace of unity. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
July 27, 1986

Group question: From J. It is: "There is a quote from the session of 15 June, 1986 from L/Leema as follows: 'The critical mass for achieving fourth density as a group is nearly reached.'

A) Expand, i.e. quantify, 'nearly,' time frame, etc.

B) How large is the group? Total population, harvestable entities, non-harvestable entities?

C) How does this affect planetary geological shifts?

D) Specifically, what should we do to maximize the harvest? What is the most important work that light workers can do at this time to maximize the harvest?"

(Carla channeling)

I am L/Leema, and I greet you, my friends, in the love and in the light of the one infinite Creator. It is our great privilege and blessing to be with you this evening and we thank you for calling us to your group.

You would wish to know more about a statement that we have made to the effect that the critical mass for harvest has been nearly reached. We are pleased to share with you what we can. Needless to say, there are those things which we are not able to share with you due to the Law of Free Will. What we have to offer, we offer with hope that you will, as always, assume our opinion to be just that, and in no way given the cachet of divine or irristible knowledge.

We would first extricate the question of the harvest of souls from an inevitable link with massive topographical changes which shall occur in what your geologists call the tectonic plate structure of your planet. It is understandable that you should link the many disasters which have been predicted by so many sources and the phenomenon of harvest which likewise has been predicted by so many sources. There is a relationship, and yet it is not a compelling one, and the relationship is one of interest more for its synchronicity than for its inevitability.

The relationship is one of cause and effect in that the thinking of the consciousness of this planetary sphere has been over a period of your time much confused. There has been hostility and anger amongst your people on a nearly steady-state basis for all of your modern, shall we say, time, and by that we mean that period of your time which is covered by written record. This has caused within your Earth a disease, a pressure, and what you may think of as a heat or fever which must be cooled. The venting of this energy must take place in some manner, and there are those, both in your inner planes and in your outer planes, which have for some time been attempting to withhold the time of greatest trauma to the planet until an area of space

can be cleared in which the negative emissions following such a venting of negative energy may be consumed by those who prefer negative energy so that the free will of others in your celestial neighborhood shall not be abridged.

It is, it seems, among your people a matter of great interest to know precisely when this occurrence shall transpire. We note that it is as much a process as an occurrence, and has already begun to some extent. We are not at this time aware of a state of readiness for this event amongst those who are attempting to aid in the name of those whose free will would be abridged. Therefore, we would project the positive hope and faith that the greater magnitude of this event shall be between two and three decades of your time in coming.

It is to be noted in this regard that this does not signal the arrival of the so-called new age or fourth density. It is important, we feel, to note this, for many have linked the two as cause and effect whereas to the best of our understanding there is no direct cause and effect relationship—they are concomitant events or processes.

We feel that this perhaps frees us to speak about the true question, which is the coming of the fourth density. As we have said, your planet vibrates already in fourth density and the time does indeed draw near for entities with fourth-density physical vehicles to begin incarnating upon the level of physical manifestation. Indeed, many among your small children have incarnated with what you may call the double body of third density and fourth density, and by and large this hybrid doubly activated physical manifestation shall continue for some time in your probable future, the time extending somewhere between one and eight centuries.

You will note that we cannot pin down time. Firstly, we find it difficult to quantize that which occurs in time/space, for quantization is a space/time concept. Secondly, we cannot predict what entities in free will will accomplish or fail to accomplish during any very lengthy time period. It is not wise to make assumptions unless one has been given clear vision, and although we have opinions, they range more towards the probabilities involved than any specific knowledge. We would be less than acceptable teachers were we to offer to you that which even we know to be unsubstantiated opinion. All that we say is opinion, but we trust, substantiated opinion.

Therefore, my friends, the time frame for those in third-density physical vehicles attempting to graduate is perhaps as short as three decades, perhaps as long as fifteen. It depends upon how many entities are able to use increasing quantities of fourth-density light vibration, for as we said, this movement into the new fourth-density area of space/time which vibrates in a new fashion shall be one which is gradual and which takes much of your time to occur fully.

However, we feel that it is safe to recommend that each entity which has decided to attempt to increase the rate of spiritual, mental and emotional evolvement behave as if this were the last chance to achieve a harvestable vibration, for in that way you shall give to your effort all that it deserves.

Indeed, my friends, this is the only reason that the concept of reincarnation was removed from what you term the Christian church and its teachings. It was recognized that there was a human characteristic known as procrastination. It was recognized that a harvestable amount of love would take an utmost effort over several or perhaps many incarnations, therefore, if each entity who was within this structure believed that there was only one chance to achieve love, each entity would attempt with every fiber of his being to do so. Now, each of you has many incarnations already finished, and yet you know that you are here either to graduate or to help with graduation.

And if you are a wanderer, helping with graduation, yet also you must graduate, for you have put yourself within the physical vehicle in an incarnational experience and it is as much your duty as a naturalized citizen of your Earth to achieve harvest as it is any other person. Never think that wanderers are necessarily missionaries who may go home. My friends, you are now natives of Earth until you have graduated again to your native density. Therefore, under no circumstance assume that the lessons of love are not those which must be learned by you.

The question of the numbers of entities to be harvested and the number not harvested comes before those of the Confederation frequently and we hasten to remind each that because of free will, the numbers can only be approximate. Approximately eight to nine percent of your population at this time, that is, somewhere in the area of 360 million people—this instrument is telling us we may have

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slipped a digit. We do not scan that phrase, however, we understand percentage and that is percentage—may already be harvested, given that between this reading and the event of each entity's leaving incarnational experience and entering into the light, each entity remains at harvestable levels of service to others or service to self.

In addition, there are many, many entities who although they are aware that their lives in incarnation may not be very long, are willing and eager to make one more attempt to graduate. Thus, you have being born at this time many strong and sometimes disruptive entities who are old souls desperately in search of the lifting of a veil which is felt but not understood. As children, they will sometimes seem older, sometimes incredibly young, but always strong, willful and very much each his own person. These entities will polarize with the determination of steam rollers, and it should be an interesting generation upon your planet, interesting alike for those who bear them and for them themselves.

It is completely unknown, and, shall we say, even odds, that all of these entities shall or shall not graduate, therefore we give no percentage, but only advise each who considers the bearing of children that it is a service to many an old soul, and, in addition, a service to those pioneers of fourth-density vibration that shall be the nucleus of the beginning of fourth density on this planet, that being a positive fourth density as already determined by the fact that you are very near critical mass for a harvest.

Now we reach the heart of the question. When something achieves a critical mass, a given reaction begins. In this case, the mass necessary to be reached has as its desired result the formation of a social memory complex. An approximate ten percent of a population able to entrain vibrations to fourth-density levels within the self, and, moreover, able and willing to form a larger self and offering the self to the group identity are necessary.

We do not mean to suggest that the other entities hitherto unharvestable shall then be positively harvestable, for each entity chooses its own time of harvest and neither darkness or light shall be thrust upon any third-density entity any more than the darkness and the light shall be released from any entity in sixth density. However, what makes this planet remain populated by its natives of third density in the next density is this critical mass of natives which are able to form the nucleus of that group which then shall become the Earth, as you call it, social memory complex.

We do not mean to suggest that Earth has a name you do not know, although we call it Sorrows and others have called it many other things. It is a semantical thing to name a vibration or cluster of vibrations, and there is a vibration Earth which should be offered irrevocably should a native population from another system choose this planetary sphere for its fourth-density experience in the absence of a critical mass of native fourth-density entities.

Having said the above, it seems only logical to assume that each wishes to know what is best to do to create a harvestable condition within oneself and to manifest on behalf of others and for other's choice if they wish it, a way of suggesting the search for harvestability in each.

Now you know, my friends, that we have again and again suggested that you meditate. Meditation is not blank and lifeless in nature, but rather is a medium for transformation, enlivening struggle for clarity, centering, balancing, searching out from within the self those things which lie behind the veil of consciousness and yet are within the deep mind. We cannot speak to any excess about the importance of meditation. In this regard, it is interesting to gaze upon what you call the Lord's Prayer, with which this instrument opens each meditation meeting of this light group. As each of you says this, what this instrument would call ancient prayer, there are energies moving within which may or may not be felt be each. That is because it is true prayer and we would offer to you our understanding of the basic pattern of meditation or prayer.

The first action is a turning in praise, a statement that the Creator is hallowed, honored, set aside and venerated. As each is the Creator, this is the highest self-acceptance possible.

The second request is for authority to be given to those things of the Creator which are desired by, shall we say, the more polarized of outlook. When one says, "Thy kingdom come, Thy will be done on earth as it is in heaven," one requests that the little self listen to the greater self. It is an acknowledgment that humankind is not immune to mistakes or folly

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and a further acknowledgment of faith in a higher and more informed way of being, and further an affirmation that this way of being is knowable and may be revealed within each seeker's life.

There is a request for the so-called daily bread. Notice that the request is minimal. Within this request is an unspoken emphasis on demand. Note that there is no shame in asking for what you wish, for anything that you wish, as long as it is the will of the Creator, or to put it in more personal terms, the higher self.

Indeed, if one examines the portion of the holy book you call the Bible in which this passage occurs, you will find the parable of the man who knocks upon his neighbor's door in the middle of the sleeping period, in your nighttime, demanding food for a guest which has unexpectedly come. The neighbor does not wish to get up and answer the door, and yet because of the shameless continuing of the knocking upon the door, eventually the neighbor gets up and gives the host anything and everything that he needs.

This is the nature of that portion of yourself which you bring to meditation. There are things troubling you. Accept yourself in your troubled mode, and ask as you go into meditation that every load be dropped from you. Do not phrase it in pretty words, but speak clearly. And as you go into silence, expect, for you have demanded, that you shall be given that which you need wherewith to cause those burdens to be acceptable. It is not that the Creator does things for one who is honest about needs; it is that the Creator does things with the one who is in honest need and asks. Seek and you shall find is a true and succinct statement of this principle.

The fourth request is that each entity may be forgiven for being imperfect, just as each entity shall forgive any errors or debts made against him by others. This is simple bargaining. It is a simplistic way of saying, "Has it ever occurred to you seekers that you are all one, and that you have the power of forgiveness for all those about you, just as you feel the Creator has the power to forgive you?" You see, my friends, you are the judge of everyone you meet, and insofar as you hold people guilty, there is difficulty for that person as well as for you, and before you may remove this difficulty …

(Side one of tape ends.)

(Carla channeling)

I am L/Leema, and again we shall attempt to conclude this somewhat long-winded peroration. We thank you for your patience.

As it is written in the same holy work from which we discussed the Lord's prayer, the teacher known to you as Jesus instructed entities to be innocent as doves and wily as serpents. It is most important to be both of these things: innocent, loving, joyous, courageous and foolhardy; and at the same time, ruthless inspectors of the self to discriminate between those means which are acceptable to achieve an end and those ends which are unacceptable to achieve an end. For, my friends, it is our fixed opinion that no end justifies improper means. This is the area of temptation. Most of the temptation among your peoples has to do with what you call ego and what is in fact a complex of attitudes concerning the self with regard to other entities, to groups of other entities, and to large divisions such as nation states which have been useful and in the future shall be less than useful tools for learning.

Each of these five points are part of a pattern of attitudes which make up a framework for meditation. There is 1) a basic attitude of faith, 2) of praise, 3) of unashamed statements of needs, of conversation, in fact, 4) a request to be forgiven as one forgives and 5) a recognizing of the presence of temptation and of the strong probability that even though an entity may not know of any error, yet nevertheless, there may well have been in each entity's recent past an accumulation of unknown errors which are deliberately affirmed as forgiven.

So, there is 1) declaration of self and 2) its needs, 3) a recognition of the inevitable answer to each need, 4) a praise for existence and 5) for the source of consciousness which in some becomes a kind of cleansing that prepares an entity for the silence, for in the silence, you do not pose questions, but listen for inspiration. Indeed, sometimes the greatest result of meditation is a refining of the proper questions.

The greatest work that any can do at this time to maximize the potential for critical mass being achieved by harvest is, then, the personal dedication to the life of a contemplative who is also connected vitally with the environment with which he lives. That is, once gifts have been given to the seeker, it is then its responsibility to manifest those gifts in actions, in thoughts, and in intentions, not

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necessarily by dramatic efforts such as becoming a pilgrim upon a dusty path, for there are many, many entities whose lives have touched hundreds or thousands of people by the simple beauty of their presence. There are those who have chosen to be the mothers and fathers of very needful souls, and who have generated more positivity and light for the planetary consciousness by this activity, humble though it may seem, as the mother and father are doing the dishes, than the entrepreneur who goes upon the road feeling that it has found *the* answer.

Yes—those who speak to many, many people may well give their message to many, but that message, if impure, will slide off the back of those who are seeking a pure enough truth to be harvestable. Therefore, never judge yourself as not manifesting that which you have learned in meditation because you are not doing something dramatic. Remember that each person is the Creator and that you will do that which is give you by your higher self either well or poorly. If you do something poorly, you will do it again and again until you get it correct. This is the nature of the higher self's method of providing the catalyst which has been decided upon prior to incarnation.

However, take yourselves seriously, my friends, seriously enough to be serious about joy, to be serious about peace, to be serious about love. We hope that you may discover the joy that lies within tears and sorrow when one has the knowledge of greater horizons and greater cycles, that each one may experience the peace within difficult times as one discovers that one is not alone, but may share each burden, the love which is not cloying or sentimental, but creative and transformative, in other words, the state of divine unrest which is the ceaseless changing reality, shall we say, of one who is on the path and striving to realize Oneness with the infinite Creator. Never let the knowledge of your own seeming imperfections cause you to be cynical about your divinity or the importance of your self-realization of it. Look for it in yourself, not just in other people.

In conclusion, we shall say to those who are already light workers upon the path that in a more intensive learning situation it is most helpful first to achieve the ability to be solitary happily and then to work towards the sharing of your path with at least one other person. In the majority of cases, this one other person is the mate, and it was for this reason that so many entities have attributed in all honesty their achievements to the love of the mate, for, indeed, two who seek together shall always be more balanced than one who seeks alone.

And to go further, perhaps you have wondered why there is an almost unignorable call to live in community with others at this time, and, indeed, for two of your millennia? My friends, this is due to the nascent art to create the social memory complex, and it is again a very helpful mode to achieve harmoniously. It is very difficult for entities who have finally learned to be self-reliant, shall we say, to then make what seems to be a backward turn towards reliance upon others, and yet it is a celebration of the unity of oneself with others which impels sensitive entities towards a communal life. More hands mean more potential. More hearts and minds working in unison towards the same desire mean that each prayer, each praise, each thanksgiving is more powerful and holds more promise to those who are prayed for, who are loved, and for whom each community wishes to do its work.

We recommend contemplation of that which we have said before further questions are asked, as this is a large subject and we have compressed much material due to the limitations upon this instrument's speaking and your hearing and—this instrument just flashed to us in mind—her bottom. Therefore, we shall at this time wish you largely a more and more successful attempt to discipline the self to meditation, a recommendation that you observe the pattern with which you enter meditation, and a recommendation further, that you cultivate within yourselves a faith in the power of meditation and a hope, a knowledge, shall we say, of the promise which we suggest meditation and prayer and contemplation hold for you.

We are your brothers and sisters of L/Leema, and consider it a great honor to be asked to join you. Our blessings upon each of you, our love and the Creator's go with you. We leave you in all that there is, the love and the manifestation of love of the one infinite Love, which is the Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
August 10, 1986

(Jim channeling)

I am Hatonn, and I greet you, my friends, in the love and in the light of our infinite Creator. We are most honored to be asked to join your group this evening. Your seeking and desire to know the nature of your movement into unity with the one Creator is that which has drawn us to you this evening. We are privileged to be able to join you, for in sharing our humble experiences with you, do we also progress upon the same path which you tread. As we speak to you this evening, please be aware that we offer opinions and our experiences which are those of brothers and sisters who are like you, fallible and yet [who] desire to serve. Take that which has meaning for you and leave that which does not ring true without the backward glance. We do not wish to place any stumbling block upon your path.

This evening we have observed the questions and comments concerning the path of the seeker which attempts to serve others and to radiate the light of the one Creator to those about it. We have observed that in your discussion and in your concerns, there is the noting of those instances in the experience of any seeker which seem of a negative nature and which seem to provide obstacles, difficulties and deterrents to the continuation of the positive seeking.

We might add our comments to those which we have listened [to] this evening, for each seeker that sets out upon the journey of consciously determining that which is useful and that which is not for the pursuing of this journey is one which shall experience a wondrous adventure. The desire to know the nature of the creation in which you find yourselves and the desire to know the nature of the life force which makes you what you are and which propels you through this creation is that desire which you shall draw upon constantly as you make your journey day by day and moment by moment. This desire, then, is the central force through which you find your movement made possible.

As you observe the events within your life pattern unfolding, you will discover that some seem more helpful than others. This is due to that nature which is unique to you. You have the previous incarnational experiences brought with you into this experience, a collection of abilities, attitudes and interests which you have carefully gathered as those of significance through previous experience. These, then, are that with which you begin this incarnation and that which is the garden, shall we say, into which the seeds of your desire are sown and are grown according to the purity of the intentions that you focus this desire through.

Thus, you draw unto yourselves those experiences which shall provide you with the opportunities that you seek. These opportunities provide you the laboratory, shall we say, in which the lessons that

you have designed for yourself may be attempted. The opportunities that form the fabric of your daily existence are of a variety of kinds, each colored by your desire to know more and more of the nature of yourself, the creation about you, and your movement through it. Each experience, then, provides what we might call a holographic miniature in which, if the intention and attention is focused finely enough, one can see the entire pattern of the incarnation unfolding within one's response to any situation.

As you note your own spontaneous and unrehearsed responses to those events in your daily round of activities, you will begin to note the various biases and attitudes with which you are currently armed, shall we say, for want of a better term. These attitudes and biases then form the beginning of your understanding of yourself. If you are able in the quiet moments of your daily round of activities to contemplate and meditate upon the manner in which you respond to those events placed before you, you begin to see a picture not only of your current being, as you manifest it in this incarnation, but also the potential which your attitudes and biases call to you.

Thus, if one can look at the honest and unreserved responses that become the pattern or nature of one's current being, one may without judgment, then, work with each in order that each might find its natural balance, and the experience then becomes broadening so that the point of viewing expands. What was once of a narrow focus, with contemplative and meditative attention begins to expand its boundaries as various attitudes and perceptions find a wider frame of reference within one's being.

For example, if one discovers within the being an anger or frustration, shall we say, that surfaces when one is unable to make its mark upon the world and the events in it in a fashion that is of one's own design, then one may see that there is a bias of frustration and disharmony that emanates frequently as a portion of the being when the events of the world do not fall in such and such a fashion. One might note other facets of being, such as impatience and the desire to control people and events, as being corollaries to the basic anger and frustration. If one is able to look without emotion and judgment upon this basic bias or distortion of anger and its corollary attributes, one may begin to discover the potential that is shut up within one's being by the presence of that known as anger.

It may be, for example, that an entity wishes to learn more of compassion, more of acceptance, and more of forgiveness, and wishes to place these concepts more firmly within the true self, that which you may call the soul. This may be done by programming the seeming opposite attribute within the incarnation in order to provide opportunity after opportunity after opportunity, one upon the other for the self to experience the lack of love, the lack of forgiveness, the lack of acceptance, and these are terms which describe that which you call anger, frustration, control and so forth.

Thus, by finding these attributes within the incarnational pattern, one may through conscious and non-judgmental study of the self become aware that in each release of anger there is the potential to accept, to love, to show mercy, and to have patience. As this becomes apparent, one then notes with more and more frequency and accuracy those moments in which this lesson is being offered. And as one is able to be more aware of the root or primary cause and potential set up by the expression of anger, then one is able to take advantage, shall we say, of that opportunity, and in a fashion to transmute or transform the situation in which anger might normally be generated, and instead generate the loving acceptance which was the original intention and which was achieved by constructing the basic personality to respond in the manner called angry or frustrated.

This is one common and simple example of how the lessons of an incarnation may be set up or provided for before the incarnation by utilizing the full range of what you would call human emotions so that these emotions then become a connecting link, connecting the level of understanding which has been achieved in previous incarnations to the potential which now awaits each entity.

Thus, within the incarnational pattern, one may discover that within even the darkest and most dimly lit moments of one's experience, great treasures potentially await. It is often easy for the conscious seeker of truth to look upon those times that are full of joy, peace and new learning as those times in which the greatest growth within the soul occurs. However, we would suggest that the moments of seeming difficulty and trauma not be overlooked, for

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it is within such moments that one's fiber of being is truly tested and given the greatest of opportunities to expand in its scope and strength.

The moments of difficulty and disharmony, then, are those moments in which the spiritual strength, to use a general term, of an entity may receive the opportunity for further strengthening. This is also true of those moments in which one feels that there might be negative, as you would call them, influences moving in one's life patterns and providing obstacles that make further progress difficult. If one can see such situations as analogous to simply placing more weights upon the bar, which then can be lifted with that strength which each has to lift, then there is greater chance or opportunity for one's spiritual strength to be enhanced as one looks at difficulties not as that to be denied, but as that to be welcomed in joy as a more intensive opportunity to progress at even a quicker pace.

(Telephone rings.)

We shall pause.

(Pause)

I am Hatonn, and we wish to transmit this instrument's apologies for failing to unplug the device which records your conversations.

At this time, we would desire to complete our portion of this contact in order that our brothers and sisters of Latwii may provide their service of attempting to answer queries of those present. We have found the need to somewhat shorten the normal length of the contact for this instrument is functioning in a solitary fashion this evening and would benefit by a reservation of some energy for the service of those of Latwii. Again, we thank each present for requesting our humble service, and we look forward to future, as you would call them, gatherings of this group in which we may be honored once again to offer our thoughts upon the journey which we share with you. We are known to you as those of Hatonn. We shall leave you at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

(Jim channeling)

I am Latwii, and we greet you, my friends, in love and light. We have been waiting in the wings, so to speak, looking forward to this opportunity to offer our service to this group. We of Latwii are those who are presumptuous enough to attempt to answer queries. We, however, remind you as did our brothers and sisters of Hatonn that we are also most fallible, and do not wish to have our thoughts and opinions weighted overmuch in your estimation. Please do not hesitate to disregard any word or thought that does not feel right to you. With that disclaimer aside, may we ask if we might begin with a query?

A: Yes, Latwii, I have a question. I was wondering—I do not understand the mechanism that happens when you talk through the instrument. Why does the instrument become of less energy as time goes on? When you come through the instrument, do you not energize the instrument? Or do you take from the energy that is in the instrument? How does this work?

I am Latwii, and am aware of your query, my sister. In many cases an instrument such as this one may indeed feel energized and much replenished of energy when the session is complete. This particular instrument is somewhat hard-headed, however, and in order to provide the service of the vocal channel, needs to concentrate to a degree which exceeds that of other instruments that may be observed. The focus necessary for this instrument to transmit our thoughts without analyzing them as to their content is a focus that is somewhat difficult for this instrument, for it wishes no distortion of its transmissions that it can avoid and therefore attempts to focus in a precise manner to receive our thoughts which appear just as its own thoughts, yet, when spoken in a continuous fashion, do tend to become apparently discernible as other than this instrument's.

Thus, this particular instrument finds it somewhat wearing to serve both as an instrument for the opening message, shall we say, and for the question and answer portion of the meditation as well. As an instrument becomes more able to allow the channeling process to flow freely through it, there is less of the wearing effect, although it is somewhat wearing upon any entity to maintain one position for a length of time, seated an hour or so, as we have discovered amongst your peoples.

May we answer further, my sister?

A: No, that was very good. Thank you.

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I am Latwii, and we thank you, my sister. Is there another query?

L: Yes, I have a question, Latwii. Concerning the subject matter of Maldek, the planet which is no longer present, did this have any effect upon our planet when its disappearance was brought about and did this effect—is it recorded within our own history?

I am Latwii, and we see a variety of possible responses to your query. We assume that the first level of interest concerns possible physical effects that may have been noted upon this planetary sphere when the planet known to you as Maldek was, shall we say, destroyed by the use of the nuclear and crystal-powered weapons of this population. The physical influence upon this particular sphere may be noted by geologists or perhaps archeologists who are able to correlate various levels of strata of the Earth composition in its surface.

There was at the time of the destruction of the planet known as Maldek a spewing of its, shall we say, particles throughout the local vicinity. Your planetary influence being within that vicinity, there was then the coating of some portions of your planet with a, shall we say, fine dust-like substance that may be noted by those who seek such explorations of the composition of your planet's surface. There was also within the local vicinity of the planet known as Maldek a vibration of waves which traveled great distances and did effect some harmonic resonance, shall we say, with neighboring planets, causing momentary shifts in magnetic fields so that the core structure of the neighboring planets was somewhat altered, though not to a degree that may be noticed by any measurements which your current technology of instruments could record.

The most notable influence of the destruction of the planet known as Maldek upon your own planet was that after the population of the planet known as Maldek had recovered consciousness of their very being, there having been the melding of consciousness into a, what has been called, "knot of fear" following the destruction of their planetary sphere, these entities then found the need to take up residence upon your third-density planet in forms which were not normally used or available to third-density intelligence.

Throughout succeeding eons of your time and planetary experience these entities formerly of Maldek have been able to move into your more normal third-density physical vehicle in order to continue their third-density experience and to more specifically achieve a balancing action within their own consciousness that they have found necessary as a result of their actions upon their home planet which resulted in its destruction.

Thus, you may discover many of these entities in …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. To continue our response. Thus, these entities have found the need to reproduce the circumstances which upon their home planet resulted in its destruction in order that the balancing action may be achieved and the harmonious resolution of those energies set in motion long ages ago might find a more harmonious result.

May we answer further, my brother?

L: *(Inaudible)*.

I am Latwii, and we thank you, my brother. Is there another query?

A: Yes, I have a question which *(inaudible)* but there's been so much said that I need to review a lot of things to get straight in my mind. When we get up against an opposition in our life—and is the opposition there to tell us that we are going the wrong road, or is the opposition there to tell us to work harder at what we are doing to gain strength, to, perhaps—I'm not sure of, but sometimes when I seem to hit a brick wall, so to speak, in a certain area, I feel that perhaps I'm going down the wrong road, and it's saying, "Let's reevaluate this, is this what you really want?" Am I seeing this correctly or not?

I am Latwii, and am aware of your query, my sister. Our brothers and sisters of Hatonn were, in their way of speaking, speaking to the general run of events, the general outline which one may observe within the life pattern. When one looks at any specific instance, however, one may need to apply other concepts. This is to say that those assumptions which you have made may each be correct, each in its own time.

There is a great variety of lessons and messages that are available in any one situation. What will be most

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perceivable by you at any particular moment is determined by your needs at that moment. In general, it is quite helpful to look at any difficulty or opposition as an opportunity to learn a more intensive lesson. However, this lesson may be one which says to you, "Proceed with greater intention and vigor," or it may be that the message is to take another path which is more appropriate. The message may also say that you may take this path if you choose and learn what it has to teach you.

The means by which you decide what any situation has to offer you and the message which is most appropriate is a means which we might suggest achieving through the meditative or contemplative state of being in which you take that confusion that you feel with you into the meditation or the contemplation, study with the mind as well as can be studied that which stands before you, understand what is possible with the mind, then release that which is described in intellectual terms and allow only the desire to know what is most appropriate for you to remain. And allow that desire, then, to draw to you the inspiration, the hunch, the intuition, that still, small voice which speaks when spoken to and listened to.

In this way you will find, as you know, the path opens more fully and freely in whatever direction may be most appropriate for your feet to tread. Oftentimes it will be as you have suspected; other times it may be a great surprise. Listen always to that voice within.

May we answer you further, my sister?

A: No, you do a very good job. Thank you.

I am Latwii, and we thank you once again, my sister. Is there another query?

L: Yes, I have another question. Do we, speaking as an individual, when one gives thought to something that they desire to have manifested, is the individual in charge of, completely, the manifestation of that thought, or are there other entities or guardians or divine intervention that permits or does not permit the eventual manifestation of this or that particular thought?

I am Latwii. Again we find that simple response is not possible to this query, for there are many, many possibilities. The entity who attempts to form through thought an event or experience or situation that shall be a portion of its future experience, as you would call it, may be joined by others of its own groupings, that is, the family, the friends, the seekers of like mind, and this grouping then may focus its attention upon the same pattern of thought and aid in bringing this pattern into manifestation.

There are, as you have described, entities of an unseen nature which also observe the patterns of one's incarnation and attempt to guide and to protect where possible. You know many of these entities as angelic presences, as those called guides, as the quality known as the higher self or oversoul, as well. Each of these may in conjunction with your thought-forming process work to aid this thought in its formation in the physical reality.

There may, however, be a wider point of view available to these guardian entities so that possibilities for your reconsideration of this choice of pattern may be presented which will give you then the opportunity to decide whether to pursue with greater or lesser vigor that pattern of thought which you have begun to formulate. There may be events within your own subconscious mind programmed preincarnatively which move in patterns which seem to negate efforts to form thoughts of such and such a pattern in order that lessons of, shall we say, another nature may occur.

We hesitate to give further examples of the various possibilities and probabilities that affect whether or not a thought may eventually be formed within your life pattern, for the range of possibilities is so great as to lend more confusion than clarity to this very, very wide field of study. For, indeed, all that you experience within your incarnational pattern is a product of your own thinking, whether that thinking be conscious or unconscious, whether that thinking be done during the incarnation or previous to the incarnation, for it is the power of the mind to generate thoughts that, when focused upon for a long enough period of what you call time or experience, that these thoughts then become manifest within your life pattern to provide glorious opportunities for learning or for serving. Thus, all you experience is a product of thought.

May we answer further, my brother?

L: Thank you. Your response has been most helpful. I have no other question.

I am Latwii, and we thank you once again, my brother. Is there another query?

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(Pause)

I am Latwii. It seems that we have exhausted the queries somewhat before we have exhausted this instrument. We wish to extend our heartfelt gratitude to each for allowing our presence and for inviting our humble opinions on those matters which are of interest to you in your journey of seeking. We shall also look forward to future sessions with this group as we enjoy very much the vibrations generated by those present this evening. We are known to you as those of Latwii. We shall leave you, my friends, at this time in the one glorious light and the ever-present love of the one infinite Creator. We are those of Latwii. Adonai vasu borragus. ✣

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Sunday Meditation
August 31, 1986

(Carla channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of the one infinite Creator. We are very happy to be here tonight. We are very happy to be speaking through this channel. We have not been able to use this channel for some time, as we usually work with questions and answers, but we decided to work with this channel this evening, for the call of your group lies within our vibratory range of ability to respond and we are most privileged to be able to be with you.

We send our blessings among you and hope that you may find a few words worth your while in what we have to say, mixed in with the many foolish ones. We urge each of you to use all discrimination and take nothing as if it were given to you by an authority. For though we have experienced more, there is no guarantee that we have made our deductions properly. We merely share our experiences as brothers and sisters of you all.

My friends, let us review what little we know, and find if we feel that it is enough. Perhaps we would all agree that we know that that which is seen is transient. We would perhaps agree that there is more than chance to the universe, its creation, administration, and creative embroidery. Perhaps we would all agree that the most important force in each personal life experience has been love, the love that creates and the love that destroys, the love that gives and the love that takes.

Perhaps we would agree that all of us are bound by the bond of being fellow travelers, for unlike many, we have not been satisfied with that which we can see and experience with our senses in the physical sense, but wish always to push our knowledge of a deeper reality a little further, just as your scientists have continued looking deeper into your cosmic space, though all they find is more galaxies. Just as your aeronautical engineers have pressed further and further against the envelope of the planetary atmosphere until man now can escape it, so there is a certain kind of seeker who is stubbornly convinced that there is something more.

Now, my friends, the rest is speculation. Indeed, all that we have assumed is speculation, but it is perhaps a speculation that all can agree upon. We wish you to understand that we understand—if we may use such a term—that none of us is dealing with a comfortable thing when we deal with that for which we seek. We know there are no definitive answers. We know that all of your experience will be processed subjectively, and that such events in your life as joy, peace, exuberance and radiance will be gifts.

You see, my friends, there is a mechanical science by which one may replicate mental and physical

conditions so that states of mind are achieved which are the vibration in what you call your alpha range, giving you the feelings of peace and joy and freedom. We, however, are not interested in teaching you how to achieve an empty state of mind. We are interested in those who wish to make a conscious decision concerning the speed with which each wishes to progress in a spiritual fashion.

The spiritual transformation of humankind upon your planet is our area of interest and service, and if we can encourage any by what we have said, then are we most pleased, for in helping you, we ourselves find that we are helped a great deal as we become more and more knowledgeable of how to help, of what helps, and of how to avoid infringing upon your free will, my friends. For you see, all of this choice, including the choosing of making the choice, is yours, not ours. You are here in freedom, and you are no man's slave and we are but as you—if you would call us who are souls, men, that is acceptable.

We wish to verify for you to the best of our experience, which is considerably larger than your own, that that which you suspect is there, that which lies beyond the envelope of known things is indeed a finer illusion, more filled with light, and far more desirable than the state of non-choice which many of your brothers and sisters have chosen, "Yes," they seem to say, "I know I must wake up someday and think about life and death and who I am and what the truth is, but not today, because you only go around once in life and you have to grab some gusto."

My friends, we have looked throughout your culture for this gusto, but we have not been able to find an objective reference, and can only assume that your peoples, even in going for the gusto, are indeed searching for that which is called love. Nevertheless, we applaud you for attempting to make a conscious choice and to continue making choices regarding not only what you think, but what you do about what you think.

We would encourage you to step back from the feeling of any urgency regarding choice, and know that in choosing to meditate, in choosing to seek, in choosing to find the polarity of service to others, you have sown seeds that will take some time to grow. We do not use time in the planetary sense, but in the cosmic sense. It will take you millions of years to be harvestable to the Creator. It is a joyful journey and you have been on it for some time.

Thus, do not allow yourself to be full of a feeling of inner pressure regarding what you should or should not be doing in order to seek more efficiently or more quickly. Rely upon your own purity of intention and pray, indeed, for a continuation of that intention, for as you desire, so you shall have.

(Pause)

Forgive us for pausing for so long, but we became interested in the energy in this group. It is quite fascinating to us. As you know, we are most interested in the various colors of the subplanes of your density, and the halo about each person in your circle makes a beautiful necklace of many colors. We hope that you may, during this communication, realize that you are indeed one as you sit and seek and listen to our sometimes foolish words, for we hear many requests which we cannot answer all of. Yet in your diversity of needs, you are all one, one harmony, one chord of being, one consciousness to love and to serve. And as you love and serve, you shall be loved and you shall be served.

We would throw in for the entity which may need this at this time that the working place is as much an area under one's control as any other, in that the consciousness of love, sought most earnestly and persistently, can transform and has and will transform any situation. Again, that which you seek, you will create for yourself.

Now, we will not ask you to have a ten minute quiz, but we will review what we have said. Pardon us for a bad sense of humor, but it has been a long time since we were able to talk through this instrument, and this instrument is much more fun than the one known as Jim, due to the fact that the one known as Jim always wants to get things exactly right. This instrument is a little more loose—we use the word advisedly.

But, indeed, we do wish, my friends, to go back and view a few home truths. There is one original Thought, the thought of love. We know that that thought creates and destroys, and that destruction is another name for transformation. We each feel that we know that we are a continuing consciousness that was before the world began and shall be after this planet is no more. Indeed, much of our planetary vibration is no more already. And yet, we persist,

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being longer lived than rock, for we are consciousness.

We know that we bring this consciousness to bear upon a very heavy illusion, and yet, through this illusion of experience, we slowly learn and begin to realize that we have control over our incarnations, that we may choose not only what we wish to learn, but how quickly we wish to learn it.

The key to this learning is the seating of experience in meditation. We urge an attempt to meditate daily. Above all, we urge you to laugh and love generously. Ah, my friends, if you only could see that you love but yourself, no matter where that love is turned, it would be easy for you.

At this time we would request a group retuning, and then we shall transfer in order that we may answer whatever questions you may have the need to ask. We leave this instrument in love and light. We are known to you as those of Latwii.

(The group retunes by singing together several times, "Row, Row, Row Your Boat.")

(Jim channeling)

I am Latwii, and greet you again, my friends, in love and light. We are very happy to be able to continue our service this evening with an attempt to answer those queries which you may have upon your minds. Without further delay, then, may we attempt such a query at this time?

A: Yes, I have a question. As we grow more spiritual, is it advisable to desire the things that we want, or is it best to just wake up each day and say, "Thy will be done," and not mind. Do we have to desire in order for situations to come to us that we need to learn?

I am Latwii, and am aware of your query, my sister. There is, in the deeper sense, that which you have preincarnatively programmed, shall we say, for your incarnational experience. There are times during your incarnation during which you will be more aware of those patterns and opportunities that you have provided for yourself. It is helpful if one can balance the individual desire to learn and to serve others with the fruits of that learning with a total surrender to the knowledge that that which is appropriate for you will be brought to you.

Thus, in your desires of a personal nature, if you can build upon the simplest level of desire, that is, to be made aware of what is appropriate for you at that time, that which is appropriate may find an easier entry into your conscious perceptions.

It is a natural function of the conscious mind which seeks the keys to its own evolution to think that this or that knowledge, function, lesson or service might be helpful in the overall growth of the entity, and, indeed, in many cases through such desires one becomes aware of the larger pattern of one's existence. Yet, if one is dedicated to a certain path or outcome for any action, that dedication and desire of a strong nature for such an outcome may hinder the more appropriate pattern of experience.

Thus, to desire is helpful, if the desire can be general, and the surrender of the self as complete as possible, and if there can be the lack of dedication to a certain outcome.

May we answer in any further way, my sister?

A: No, you answered very beautifully. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Well, if everyone's going to be quiet, I'll put one in from J. I believe he wanted to know about the historical Israel and whether it had a part to play, and if so, what part in what it prophesied for itself as Armageddon or the last days or the change of the cycle or the planetary change or whatever it's supposed to be a part of.

I am Latwii, and am aware of the query, my sister. We look upon this query with some concern that a full response would have the possibility of infringing upon the free will of many entities, the one known as J, especially. But we find that we may in a general sense make a response to this query.

The grouping of energies which has come to be known in your cultures as the nation of Israel is a grouping which has a certain flavor, shall we say, a certain purpose, and a certain means by which that purpose might be carried out. This is not to say that it is a purpose that is special only unto those known as the inhabitants of the nation of Israel, for each entity and grouping of entities upon your planetary surface offers its own character, purpose and methods to the total evolution of your planet and its population.

Those of the nation known to you as Israel—and may we say that not all that are a part of this nation are within its boundaries—are entities which have in

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a general sense found the need to incarnate in a situation which offers experience of a most intensive nature within this experience, that of forming what seems to be new out of that which is timeless and of great experience upon your planet, take this new formation and through it begin to express the possibility, the reconciliation of difficulties between entities, between religions, between nations, between beliefs.

This is not an easy task, my friends, for those within this general region have accepted the honor and duty of reenacting and continuing to enact patterns of energy that have had an ageless and difficult expression upon this planetary surface. This general region has been the focus of much, as you would call it, catalyst, for the humankind. It is within this region that many great teachers have walked and have found the need to express, each in his or her own way, the attempt to reconcile what may be best described as the lack of love within entities and states, beliefs and religions. For within the third-density experience as you know it, my friends, the basic lesson is that which is described by the word you know as love, that which is quite difficult to define, but which includes the ability to accept more of the creation without condition and to see it as the self and to see it as one thing, even though many portions of it present the illusion of separation, difference and disharmony.

Those of the nation and way of thinking of Israel have then taken upon themselves the opportunity and the duty of first experiencing these difficulties of reconciling seemingly opposite points of view. When the difficulties have been appreciated by a growing number of individuals, then this widened point of view that has found its place of birth within these individuals may begin to expand so that there is the general perception of the possibilities of reconciliation, of forgiving that which seems unforgivable, of accepting that which seems unacceptable, of loving that which seems unlovable.

When this opportunity, then, has been presented in a wider and more profound manner, not only within the boundaries of the nation known as Israel, but has continued its progress throughout the various populations, nations, religions [and] beliefs of the various portions of your planet, the opportunity for each person to experience the reconciliation of difficulties and disharmonies is increased, and the opportunity to learn those lessons of love are enhanced.

May we answer further, my sister?

Carla: Only in clearing up one point. You mentioned that not everybody that was of historical Israel was in Israel, and may I take it that you mean those souls from the planetary influence of Mars that Jehovah tinkered with genetically when they took third-density physical form here on the planet Earth are the ones that, regardless of whether they are geographically in Israel or elsewhere, that those are the people that you are talking about as Israel, in other words, the Jewish race rather than the Jewish nation Israel. Is that right?

I am Latwii, and, in general, my sister, this is correct, although we might also add that there are other entities that have through their experiences within this planet's influence joined themselves with these entities in the learning of lessons that were congruent enough to allow such a joining.

May we answer further, my sister?

Carla: Is there balanced karma between the entity that called itself Jehovah, then, and the third-density entities of Israel? Is that worked out now so that they can go on?

I am Latwii, and we must invoke the Law of Confusion, my sister, for to give an answer to this query would be to seem to judge a process which continues in its movements.

Carla: I see. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

T: Yes, I have a question. I'm reading a book now which *(inaudible)* and there are several things I'd like to ask you about. One of the basic things in the book that they talk about is "true knowledge," the only way to *know* things, to know anything, is through our feelings, through our emotions, and not really through the intellect. And, I guess everybody's had the experience with thinking they know something intellectually in reading it, and then have someone come along and push their button, and, zap, in that one instant they find out what they really believe as being how they react through their emotions. Could you comment on that, as far as knowing true knowledge through your feelings?

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I am Latwii, and am aware of your query, my brother. We shall attempt a comment, although it is somewhat difficult to do so without the definition of certain terms, for various authors and authorities will choose terms which seem different in describing processes which are the same. We shall in our description take that which is called by this source "true knowledge" and define it as that which is true for a certain entity during a certain incarnation and not necessarily that which is ageless and timeless and that which any entity may refer to as a fundamental principle of the evolutionary process.

That which is true for an entity is that which reflects the preincarnative choices for learning and serving in as pure a manner as possible.

It is, in our humble opinion, generally correct that an entity may more clearly know what is true for it in its pattern of learning through that complex of the emotions, for this biasing or coloration of experience that is called emotions is that which is a direct line, shall we say, to the preincarnative choices, for the unconscious mind, preincarnatively programmed, will color a situation in such and such a fashion according to the preincarnative choice, and this coloration then becomes perceivable to the entity through that faculty of the emotions. It is in this way that the entity becomes aware of what is true for it at a certain moment, of what it truly believes or feels aside from that which it consciously or intellectually may wish to believe or may ascribe to.

Thus, the emotions are the barometer, or shall we say the temperature gauge for an entity, in that the emotions show to the entity the degree of feeling or bias that the entity has toward any thought, word or action, and by becoming aware of this biasing within the emotional self, shall we say, the entity then may take this biasing, this emotional coloration, and work with it in a fashion that attempts to balance the emotional charge so that the final product is that quality known as love or acceptance. Thus, the emotions point to that which is in need of balance and which when worked with in an efficient manner may then yield a lack of emotion, a lack of coloration, and may finally yield that quality known as love.

May we answer further, my brother?

T: No, thank you. You commented very extensively on one of the other major questions I would have asked. Thank you.

I am Latwii, and we thank you, my brother. Is there another query?

S: I have a question. What is it—you said *(inaudible)*. Is there something about this group, or for what reason were we able to greet you tonight?

I am Latwii, and am aware of your query, my sister. When a group such as this one gathers for the purpose of seeking what you may loosely call the truth, the desire with which that seeking is propelled blends the …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. That desire, then, we perceive as a call. It is a call that has a certain vibration. The vibration then requires that a certain response be brought unto it, much as the magnet draws the filing of iron. Thus, this evening, the call that was put forth by the unique configuration of this particular group was most appropriately answered by those of our vibration. We find it a great honor and a great joy to be able to blend our vibrations with this group and we thank each for offering that call which has allowed us to respond.

May we answer further, my sister?

S: I don't know whether this is the right way to put it or whatever, but do certain entities have some specialty, like, are you a specialty group, or maybe that's putting it too much on today's doctor-type things, you know, but it would seem to me that maybe each, since you sound like a group, you may have some sort of a special mission, and what is it? With us, interacting?

I am Latwii, and I am one of those of our group consciousness which seeks within the vibration that you would see as light or wisdom. We of Latwii, then, having experienced the vibrations and the lessons of love, have attempted to refine those lessons in a manner which hopefully will aid our ability not only to speak more of what you may call the truth, but to be of service to those who seek it from the aspect of light or wisdom. There are times when the gathering within your group seeks more of the lessons of love, and at that time there are others of the Confederation of Planets in the Service of the One Infinite Creator who then answer that call. There are many of both vibrations, that of love and

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that of light, who are available for such opportunities to be of service.

We of Latwii have as an addition to our general vibration, biased toward wisdom, a certain bias or tendency to expand in a manner that you might see as the humorous aspects of the process of seeking the truth. We also consider the aspect of the sense of proportion or sense of humor that a group brings in its calling for the giving of information. Thus, when the sum of this group is seen by those which are available to it, then the entities most appropriate and able to answer the calling answer that calling.

May we answer further, my sister?

S: No, thank you.

I am Latwii, and we thank you, my sister. Is there another question?

J: Yes, I've got one. It's just out of curiosity mainly. Approximately three weeks ago, people all over the east coast and myself and my family saw what was termed as a luminescent cloud. And I was just wondering what this might have been? What significance it had, that so many people saw it? Nobody was able to identify it.

I am Latwii, and am aware of your query, my sister. We find that the mysterious nature of this object is that quality which has the greatest potential of being of service to your peoples at this time. Therefore, we cannot give a precise definition of the object, its source or purpose, other than to spark the interest in that which is beyond human knowledge.

May we answer further, my sister?

J: No, thanks.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: I was greeted by someone, and I don't wish to say anything about that except, if you would like to comment on such a contact in any way, I would be happy to hear it.

I am Latwii, and again, my sister, we find that we are within an area which must remain mysterious, but we may confirm your own suspicions without adding to them.

May we answer further, my sister?

Carla: *(Humorously)* I'll just keep my suspicions to myself, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

J: Yes. I was going to ask if the entity or source known as Ramtha is a member of the Confederation, and then it occurred to me, I don't even know if individual entities are members of the Confederation, or only social memory complexes. So, could you answer both those questions, please?

I am Latwii, and am aware of your query, my sister. To take the last first. It is indeed quite possible and is the case that many, as you would call them, individualized portions of a social memory complex which has yet to reach the social memory level are members of the Confederation of Planets in the Service of the Infinite Creator. These entities are, shall we say, somewhat early in their joining if you look upon them as portions of that which will be, that is, the social memory complex of this particular planetary influence. Yet, within the realms of time/space, those of the metaphysical nature, there is a looser view of what you call time and its movement and expression as experience. Thus, many individuals, as you would see them, are able at a certain point within their evolutionary process to offer themselves as candidates, shall we say, for membership within this Confederation. They shall at what you would see at a future time be joined by others of this planetary influence and form what is more properly seen as the social memory complex.

Concerning the entity known as Ramtha, we find that we are unable to give a specific response, for to do so would be to infringe upon the free will of many who seek the information of this entity and may accept or reject that information according to whether or not this entity would be described as a member of this Confederation. Thus, we wish to preserve the free will of those who seek it and utilize it without our seeming to have judged in one [way] or another the affiliation of this particular entity.

May we answer further, my sister?

J: No, thank you. That was helpful. I have another question from R. He made the observation that the month of August has been a profound month of things coming together, of situations and people and events, and asked me to ask what is the significance, at least for him, of the month of August? And my addendum to that question would be, is there a general aspect to the time of the year which August

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represents—full and late summer—does that have any significance?

I am Latwii, and am aware of your query, my sister. As a general principle, one may see the cycle of the seasons reflected in each portion of the incarnational experience, whether that experience is of the individual or of larger groupings of individuals. Thus, within your latter portions of the time known as the summertime, you may see certain directions of energy, certain patterns of beginnings, find a kind of completion, a fullness of effort is realized, and during the fullness or ripeness of efforts, energies, entities and thoughts, there is the possibility of producing the fruit of these efforts.

Such fruits may be perceived in a great variety of manners by various individuals and groups of individuals. In some cases there will be the difficulty of the harvest. In others there will be the abundance of the harvest. In others there may be the continuation of the process which has yet to reach its full harvest within the normal time of such a process. Thus, though there are many times of completion and thus the harvesting for individuals and groups, the cycle of the seasons has its effects upon these energies and may be seen to offer more [of an] opportunity for such and such an aspect, whether it be the seeding, the growth, the harvest, or the consideration of that which has been and that which will be. Thus do the seasons have their influence upon the events within each incarnation.

May we answer further, my sister?

J: Thank you, that was helpful. But I really didn't pick out of that a specific answer to R and his particular life situation. Or can you answer that specifically?

I am Latwii, and am aware of your query, my sister. We cannot speak in a specific sense for any entity, for to speak in such a fashion would be to seem to judge, and if our words were weighted overly much by such an entity, then this weighting could infringe upon the entity's free will by affecting its perception of its own pattern of growth and thus its actions in what you would see as its future. Thus, we spoke in a general sense with the hope that this entity and others could take from the general principles those portions of our speaking which may have application in the personal pattern of experience.

May we answer further, my sister?

J: Thank you for that clarification. Yes. R has one other question and that is this: Did Halley's comet have any effect upon the population of planet Earth, possibly in performing a service? And, if so, could you describe what that might have been?

I am Latwii, and am aware of your query, my sister. And we find that the interruption of the second-density creatures *(playful cats)* is quite humorous, and we join with you in the laughter.

We find that the effect of that known as Halley's comet is not one which is easy to describe, for there have been many speakings concerning this phenomenon. In general, we may suggest that one may see as an analogy the face of the clock and when there have been many descriptions of the meaning of certain positionings of the hands of the clock and the time arrives when the hands are congruent to a certain positioning that has been previously spoken of, then many will note the position and will in some fashion experience the effect which was predicted.

The positioning of the hands, however, may have a meaning which is quite different than was described in the speakings. The hands may describe a time during which certain opportunities are made available to a population, in this case, the population of this planet, and it is not so much the hands of the clock which affect the population of the planet as it is the time that the hands signify. Thus, the passage of the comet known as Halley's comet may be seen more as the striking of a certain hour, the hour having the meaning rather than the comet or the hands having the meaning.

May we answer further, my sister?

J: No, thank you very much.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: Is the instrument becoming fatigued?

I am Latwii, and we find that though this instrument is becoming somewhat fatigued, there is sufficient energy for another two or three queries of normal length.

A: Yes, I have question about the second density we were watching, the cats. Do animals come to people by accident? Or do the animals that come, like those—I have three cats—do they come on purpose, pre-set up ahead of time before we come in this

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incarnation, to teach you certain lessons and for you to help them. I mean, is it an accident or do these animals happen to come to us, the particular ones that come to us?

I am Latwii, and we find that we may answer most effectively, we hope, by suggesting that though there are no accidents within your patterned incarnations, that there are certain general possibilities or opportunities that each may make available previous to the incarnation without making the opportunity of such a specific nature that one and only one fulfilling of it is possible. Thus, though it is possible for an entity to decide upon a certain second-density companion that will join it during its third-density experience, it is more likely that an entity will decide upon that general kind of experience in order to learn certain lessons and provide certain services, and leave the specific fulfilling of that decision to what may be seen as larger forces, that is, the providing of catalyst by the source that you would see as the Logos, that primal energy that is generally described as love or the Godhead, which provides the precise patterns of energy within all creation. However, there are many cases of the second-density creatures joining those third-density companions that have shared experience in previous times, as you would say. Thus, it is not possible to give one simple answer to this query.

May we answer further, my sister?

A: Is it possible for an animal that gets killed in this lifetime to reincarnate again in a year or so again to that same family to learn other lessons?

I am Latwii, and this is quite so. May we answer further, my sister?

A: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

G: Yes, Latwii. As entities, individually, would you comment on an endowment or something that we may have been granted by the Creator that is indestructible, that which is eternal and everlasting and unchanging—is there that endowment in all living manifestations?

I am Latwii, and indeed this is so, my brother, for each seeker of truth has discovered in one way or another that that which may be seen as the stream of consciousness is without beginning and without end, and moves in many ways throughout all of the one infinite creation, for the one creation is held in its place by that one Thought of love, given birth ageless eons ago by the one Creator, that the one Creator might through the movement of various portions of Its own love come to know Itself in ways not available to It without such division of Itself into the infinite portions and expressions of love that move throughout this same creation in order that each portion may come to know itself by gaining the experience of evolution in a unique fashion that will, at its culmination, bring the harvest of experience to the one Creator, that all may again know the heart of being as love, and may continue the process of movement and growth and seeking and gaining the experience that will reveal each portion of the Creator to each portion of the Creator as the one Creator.

May we answer further, my brother?

G: On more small question that relates to that. Speaking of this earth plane, or this level of density, is there or has there ever been or will there ever be an entity that will have an expression or a manifestation of a divine endowment that is not of the same intensity or the same quality as all other life manifesting upon this density?

I am Latwii, and am aware of your query, my brother. Though to the eyes of those of third density there may seem to be endowments, as you may call them, that are of greater or lesser radiance and purpose, in the larger sense there is one endowment, the endowment of love that has free will to know itself as it will. Thus, each learns in a unique fashion, and all need not be the same to be equal in will and faith.

May we answer further, my brother?

G: No, that's fine. Thank you very much.

I am Latwii, and we thank you, my brother. Is there a final query for this evening?

Carla: Well, just to top that one off, I'd like to go for the jugular and look at those who declare themselves to be the one prophet, or "the" son of God, which I don't think Jesus precisely claimed to be—he said the "son of man," but it's certainly been claimed enough for him. This is the kind of thing where you are supposed to realize that because this person did all stuff which you then take on authority, the rest of us poor mortals can sort of

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muddle our way through to a secondhand redemption.

I'm a Christian, and a believing and worshipping Christian, but I have never been a fundamental Christian, and I have trouble buying that, and I pretty much go along with your answer. But the way that I have thought of it to myself is that the fellow known as Jesus, who was the Christ, was actually—had he actually had his Christ consciousness activated rather than in potential? That was the difference. It's very difficult for us to activate that consciousness fully in this third-density illusion—for all the cat fights *(an observation prompted by the cats scuffling in the room)*.

But one thing Jesus did was to show that it is possible. And I wondered if that sounded like it could come under your canopy of "generally right"?

I am Latwii, an am aware of your query, my sister. And we would agree that you have struck upon the basic principle that was expressed by the one known as Jesus the Christ, and that as with the teachings of all teachers who have found a path to the One, was to describe in whatever way possible the nature of that path and what the requirements might be if one wished to set upon that journey. The one known as Jesus the Christ was one who had successfully traveled this path as many had before him and many have since his incarnation known to this population.

This entity was of great desire to be a most humble servant and wished to provide a means by which those who felt the need for love within the life pattern might be able to express that love in a fashion which could be utilized in the daily round of activities. Thus this entity claimed no Earthly kingdom and claimed nothing that was not available to all. This entity spoke of that which was the birthright of each and spoke in a manner which could be interpreted in a variety of ways, and indeed, such has been the case.

It is the honor and the duty of each who seeks such a path to discriminate between what one or another teacher or philosophy has said about that path, for though there is such a path, there are as many ways to travel this path as there are travelers upon it, and each teacher who has found his or her own way to that one Source which moves through us all knows full well the difficulty in attempting to describe in any definite fashion the nature of such a journey, for the journey will be unique to each.

But any who have traveled such a path and completed that journey at this level of being will find such an overwhelming desire to share the truth of that journey with others that it will not be able to stop itself from sharing its own perceptions in some way with those about it, for the fruits of such a journey are compelling enough that to share with others such fruit is the only possibility, even though one may know that there will be great distortion and confusion given to any such description.

May we answer in any further way, my sister?

Carla: No, thank you. May I put in a request that we end the meditation *(inaudible)*?

I am Latwii, and, my sister, you must have read our minds, for we have observed that this instrument's fatigue has increased to the point that it would be well that we took our leave of this instrument and of this group. We thank each present for offering that call which has allowed us to join you this evening. It has been our honor and our privilege to do so. We shall be with you in your future times, as you would call them, and we look forward to such opportunities with glee and joyful anticipation. We are known to you as those of Latwii. We leave you in the love and the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
September 7, 1986

Group question: What's the point of bad moods for human beings?

(Carla channeling)

I am *(sounds like)* t'Michael'h. I greet you in the love and in the light of the one infinite Creator. It is indeed an honor and a privilege to be with you this evening. We shall speak for a time before addressing the question, as we are adjusting to this channel.

This is our first appearance with your group, and yet we have been observing this group for some time for we are most appreciative of those who persevere in service to the light. Our energy we find to be very powerful for this instrument and we are attempting to step it down so that we are able to use the instrument with less distortion of the instrument's physical complex.

We find that due to the aural nature of our particular contact and this instrument's difficulties in the right ear, we must tilt the instrument's head, and we apologize to the instrument for this inconvenience. We trust that we shall gradually discover how to lessen this inconvenience. It does not seem to interfere with the process of communication to each of you through this instrument, and so with this instrument's permission we shall speak a few more words of little import while we are continuing to fit in with this instrument's comfort parameters.

We are not of the Confederation of Planets in the Service of the Infinite Creator. We are of the inner planes. We wish to be clear on this, for this instrument has a prejudice against inner plane teachers. Yet we have been drawn to this group because we are interested in questions which have to do with the power of polarity. This is our area, what you would call the disciplines of the indigo-ray work.

We are third density, harvestable for fourth, and we believe, and it has been agreed by the Confederation entities that are about you now, that we perhaps can give some information from a point of view helpful concerning the question of the function of the nature and the correction in time and space of the seemingly petty negative mood, the transient melancholy, the sudden irritation, the quick anger, that which does not last in the perception, yet lingers along in the perceptions of those about one and in the actual effect in a cumulative sense on the spiritual journey itself.

As do our brothers and sisters of the Confederation, we who make up the principle of power and polarity request that anything that we say be taken very lightly until it has been filtered carefully through your discerning processes, for we are indeed as you, and not even of another dimension, but of your own. And yet, my children, we are old in your years

and we are most happy to share with you what we can.

The seemingly inconsequential mood is as the shutting of a door, indeed, a shutting of two doors, the door to positive polarity and the door to negative polarity, for polarity consists in the acceptance of a certain job description, shall we say. That which is in between may be considered self-employment. The spiritual path is something that can be talked about endlessly. Great systems of theoretical discussion can be constructed, and yet if one does not become involved in a personal sense, the path remains outside of oneself.

When one contemplates putting one's feet upon the path or getting back upon the path when one has stopped to rest, it is well to view that which is ahead and count the cost. One would not go on a physical journey without checking the availability of that with which a traveler must be endowed before beginning the journey. One must have the supplies one needs, a coin for a bit of food, good shoes for the walking, and a warm blanket for the sleeping.

The spiritual journey is a very expensive journey, one which in metaphysical terms none of you can afford. In metaphysical terms, each entity is too poor to afford the undertaking of the spiritual journey from one's own resources. It is a popular misconception in your culture that you can do anything. In a metaphysical sense, it is well to realize quickly that you are unequal to the task of transforming yourself, for that would be asking the purchase price of tools, the name of which you do not even know and the function of which you can only guess.

You see, my friends, you are stewards of consciousness, you do not own consciousness. The nature of consciousness is unknown to you, and will continue to be unknown to each of us. And yet that is the nature of your journey and your exploration. You will never have a map for this journey. You cannot buy it. And so how do people begin and maintain themselves upon this journey? For of course you know that you are on the journey, perhaps reluctantly, perhaps enthusiastically, perhaps intermittently, but on it, and basically committed to it.

In essence, when one accepts stewardship of consciousness, one accepts that one is working for another. Your salary is heightened consciousness, increased perception, and the pain, travail, peace and freedom of the road you wish to be on. In order to move along that road, it is well to acknowledge that you are working for that which is not within your conscious mind and not within your control. Polarity has as one of the secrets of its effectiveness the surrender to your employer—consciousness itself. Many have defined consciousness in another way and called it love or the Logos or the one original Thought.

To this you shall surrender if you wish to polarize, and in that surrender you shall find the ability to become a receiver of the knowledge that you need—not for tomorrow and not for yesterday—but for the present moment. Both those who polarize towards the positive of love for others and those who polarize towards the negative of love for self, surrender themselves to the consciousness that they not only are, but know not, and thus they become what they know not. And in becoming, know for the first time.

Now, my friends, when you are working for yourself, you may use your consciousness in many ways, and yet the more you exercise your will without asking for help, the less effective you will be until you lose contact with love and become only that which seems not good, not bad, not positive, not negative, but swayed by the cross currents of a shifting and uneasy sea of phantasmagorical appearances, and you become prey to all the minor ills of your illusion, and at the same time become less and less able to create a polarized alternative to what you feel and are in the illusion.

It is not a wrong thing or an evil thing to be as this instrument said—cranky, unhappy, irritable or angry. It is rather a waste of potential. Each of you has a certain amount of incarnational time. When you tire of carrying consciousness, you may choose to become distracted and indifferent. Yet, when you are healed, we suggest that you seek once again to know that which overshadows you, that which is the greater part of you, that which created you and that which empowers you.

There are two aspects to the sense of other. One may be termed the higher self. Some have called it the Creator. It is the aspect of the Creator which is personal and yet which is far richer in experience than are you and it is far more representative of you than your seemingly complete mentality and personality within the illusion. It is benign and

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helpful and full of information insofar as your consciousness empties itself of judgment and self-importance and asks to know and to serve.

The other portion of the other is that which this instrument would call grace, that is, the kindness of the Creator, of love itself, which offers to the one who surrenders its will the ability to manifest the greater will that is made known to it through the overshadowing influence of the higher self.

Thus, you have available to you, if you accept the surrender of self-determination, a more conscious and wise point of view which is filled with compassion and wisdom and a practical, imminent agent which in its ineffable way marks well your needs and sees that you have what you need in order to manifest what you receive in your life and in the fruits of your travel.

Thus, if you find yourself at the mercy of what is often termed "moods," realize that you are doing nothing wrongly; it is that you are not polarizing either towards radiance or towards magnetism but are instead allowing an impotence of consciousness to hold sway over the incredible potential of the present moment. We ask you never to be impatient when you find yourself in a bad mood, but to realize that the soul grows weary when it is out of tune, just as the stringed instrument makes a poor sound indeed when it has become unstrung. Never attempt to tighten the strings of perception with your own energy. Distract yourself while you are tired; allow yourself to sleep, and by sleep we mean not the physical sleep, but the sleep of one who does not carry the burden of consciousness, and when you are rested and ready to work, seek your employer, consciousness itself.

For you do not own your consciousness—it owns you. You are a fragment of a great consciousness and the struggle towards unity shall be long. And you who must be on your way will do well to turn to the source that has the provender, the outfitting, and the map for your journey. And when once again you open to the infinite consciousness that is available to you always and you are overshadowed by love, you will wonder why you stopped, why you shut away that awareness, why you put down your consciousness. Do not look back, but count yourself most fortunate to have turned again to the road ahead, to have emptied yourself of indifference and to be filled with the consciousness of life.

You are a people used to stimulation, and we suggest as a practical matter that when you become aware that you are impatient to take up consciousness once again and be on your journey, that you allow stimulus of a loving kind to replace casually received and uncontrolled stimulus. For it is difficult when one is stopped and caught in the illusion to listen to silence and be saved, though it happens quite frequently that consciousness comes in where there is any seeking at all, under the most adverse conditions.

But if you wish to accelerate the process of getting back on the road, use the principle of stimulation. Read that which is inspiring, listen to those musical sounds which appeal to the highest and best within you and give you the proper environment for the opening up to love. If silent meditations are not helpful, use music, reading and inspirational discussion with others to stimulate yourself as is your culture's custom. Realize that when you are stopped and indifferent, it is not all entities who have experienced incarnation in your culture who can be started easily on a diet of silent meditation.

We encourage you to persevere. For although it may seem that you are being insincere by striving for that consciousness of love when you feel anything but loving, yet as you seek, so shall you find. And if you are too tired today to remove the glamour of your illusion from your mind and the fog seems very thick between your eyes and what you wish to perceive, take heart and realize that it is well for you to rest and then strive again by seeking, by meditating, and by asking to start once again to polarize and become more and more that which you seek.

All that you wish is ahead of you. All that you wish is available in the consciousness of the present moment. Love is a perception away. May joy fill you, may peace flow from you. May these things happen to you because you have surrendered to the one master, the Creator, love, consciousness, that which you are and that which you will more and more perceive.

We are the principle, t'Michael'h. We have greatly appreciated your patience while we worked with this instrument and your great unity …

(Side one of tape ends.)

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(Carla channeling)

… which allowed us not only to be called to you, but to remain with you. We relinquish this instrument at this time, thanking you and blessing you, my children. May you feel the power, the peace, and the love that are your true consciousness and may you shine that others may see the Creator in a natural, refreshing and clear way, a way that transcends all dogma, all belief systems, and all objections. We leave you as we found you, in the consciousness of love and in the divine puzzle of seeking and resting. Rejoice in that rhythm and persevere. Peace be with you.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and the light of the one Creator. It is also our great privilege to be with you this evening, and we thank you for this opportunity. We would, as always, hope to offer our humble words and insights in response to those queries which those present may have value in the asking.

May we then begin with a query?

S: I have a question. What is the difference in the inner plane teachers? I guess I'm asking what is an inner plane teacher as opposed to the entity that you are?

I am Latwii, and, my sister, we may suggest that those that are of the so-called inner planes are those who are of this planetary influence, having evolved from its beginnings of life and moved into that consciousness which you know as the third density, but who have for the time that you know of as the present not chosen a physical body in which to incarnate, but remain within the inner or metaphysical realms serving as those known as teachers and guides.

We of Latwii, and others of the Confederation of Planets in the Service of the One Creator, are from planetary influences other than this that you know of as the Earth, and also offer our services as teachers and companions upon the journey.

May we answer further, my sister?

S: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Could someone from our own planet's future be in the Confederation?

I am Latwii, and we find that this is the case in a few instances where there has been a relatively significant graduation, shall we say, within a certain population or source of beginningness, shall we say, for as you are aware, those who comprise the population of your planet are from numerous sources that are, shall we say, exterior to your planet. Many other third-density planets have given their populations to your own in order that they might again experience the opportunity to choose between the radiance and the magnetism that has been spoken of previously this evening. Thus, when a significant enough portion of any such population has reached that level of purity of choice that allows for the harvest, then these may be held in, shall we say, a potential harvest which also includes the potential of joining that which is known as the Confederation of Planets in the Service of the One Creator.

May we answer further, my sister?

Carla: So, Confederation members, in terms of time travel back to the present from the future of planet Earth's population, is not a possibility or a probability?

I am Latwii, and this is indeed a possibility and in some cases a probability, my sister. May we answer further?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

S: I have another question. When you say you are Latwii, is that an entity, and are you a person or a personality or an entity or are you a group? I mean, are you someone out of that group, or are you answering as a sort of a conglomeration of consciousnesses?

I am Latwii, and am aware of your query, my sister. It is a portion, an individualized portion of what you may call a social memory complex that speaks to you as those of Latwii. We are one in our seeking with those that comprise our social memory complex. We exist in a manner which is difficult to describe in your terms, but we are a, as you have described, conglomeration of entities which have joined their seeking in such a manner that that which has been gleaned in learning by any is available to all, just as

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each memory from each year and experience which you have had in your incarnation is available within your mind complex, so does our complex of mind, body and spirit comprise all experiences and learnings which each portion of our complex has gleaned.

May we answer further, my sister?

S: No, thank you.

I am Latwii, and we thank you once again, my sister. Is there another query?

Carla: I have recently heard a good deal about an apparent miracle in which a young child, an infant who was sure to die, has begun normalizing. And this interested me in what the dynamics of the miracle of unexpected healing are. Could you comment in general about that?

I am Latwii, and am aware of your query, my sister. In many cases such as the one of which you speak, there is the disease which seems to defy description in that its uniqueness or rarity is such that little is known within your orthodox medical community concerning the dysfunction. In the metaphysical portion of such dysfunction, there may be the need for an opportunity of a certain nature to be presented to those who will share experience with the entity experiencing the dysfunction or disease.

Thus, a disease that seems in some ways recognizable to those of the medical community, as you call it, will appear and according to the opportunity provided and taken advantage of, will then begin to recede in a manner which may not be fully understood or understood at all. Perhaps it has been decided in a preincarnative sense that the entity with the disease shall galvanize those with whom it shares experience in such a manner that that quality which you know as love shall be generated in a fashion which not only serves to heal the disease, but to bring a greater sense of unity to those within the grouping of the entity with the disease. It may also be the case that such a generation of that quality of love will provide for each individual expressing this quality opportunities for enhancing the personal expression of this quality of love in a fashion that is congruent with the potential brought into the incarnation which has heretofore remained dormant.

May we answer further, my sister?

Carla: No, thanks.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: What relationship, if any, does—I'm not sure I have the name right, it's hard to get names—but it sounds like "Tah-Mi-*Kel*-Uh" have with Michael?

I am Latwii, and we view your query with some hesitation, for we do not wish to predispose your thinking in a fashion that removes the mystery that motivates further seeking upon your part. As you are aware, there are many entities that have the identification of *(sounds like)* Mih-*chel*. Many are those upon your planet at this time who feel an identification of that nature and express it in a manner known as the vocal channel. Many seek such contact out of admiration for its content, yet their service is of another kind, and such contact is, shall we say, beyond their grasp. Yet the contact seems to occur within the mind and is expressed as a valid contact.

We are having some difficulty with this instrument, for it also has its own biases concerning this information. We ask your patience.

We feel that we may best respond to your query by suggesting that the entity with whom you have contact this evening is what it says it is and may have some tangential relationship to those who share its name.

May we answer further, my sister?

Carla: No, I think I'll let that lie. Thank you. I appreciate it.

I am Latwii, and we thank you, my sister, and apologize once again for difficulty in expressing a response which might both be illuminating and free of distortion concerning your free will.

May we answer another query?

S: You said—well something you said made me think that we are drawn to our names or called. Is there any great insight in what we're called? Like my name is S—is there some great insight in that or is that just an accident—my parents named me S?

I am Latwii, and am aware of your query, my sister. We find that there are, in truth, no accidents within your or any illusion of the one Creation. The influence of the vibratory sound complex that you call "name" may be either that of a preincarnative choice that allows one to express its identity in a

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manner which may be summarized by the vibration of sound known as "name," or the name may be given in a more general sense which allows, rather than a summary, a broader scope of possibility to be presented to the entity assuming the name. The name of any entity becomes to that entity the trigger which opens to it and to others certain recognitions of abilities and potentials and avenues for expression.

The name in itself may be seen as relatively neutral in the beginning. As an entity continues with the incarnation and gathers experience within it and associates this experience to the self and that self to the name, then the name becomes that which symbolizes the experiences, the abilities, and the range or reach which the entity continues to provide for itself as it expresses and experiences those lessons and services that were its preincarnative choices.

May we answer further, my sister?

S: Well, was mine a preincarnative choice or something to give me wider range?

I am Latwii, and am aware of your query, my sister. We are not of the opinion that it is an easily answered query for any entity, for the choices that are made previous to incarnation are always enhanced in some manner by free will during an incarnation. Thus, it is a matter of degree for any preincarnative choices including that of the name, and we see that this is so in your case.

May we answer further, my sister?

S: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

J1: I have one. Is there any link between *(inaudible)*?

I am Latwii, and we assume that you refer to the first name as you call it, rather than the family name …

J1: Yes.

… and we see that again, though in general there can be seen in many cases a connection to one's ancestry, not necessarily of the Earth plane, but of the metaphysical realms, there is in some cases the choosing of the naming which will allow [new] possibilities. Thus, there is no general response which can be definitive in this instance.

May we answer further, my sister?

J1: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: I take it, then, that names of power would be those names which one found would sum up the actual *(inaudible)* personality itself?

I am Latwii, and again, though this is also a possibility, it is also equally as possible that a name for any particular incarnation or portion of an incarnation may be chosen for, shall we say, a narrower focus or an aspect of the greater self which now finds it appropriate to be expressed in what you would call the current incarnation.

May we answer further, my sister?

Carla: No, that's enough, Latwii.

I am Latwii, and we again thank you, my sister. Is there another query?

S: Can you tell me if there was any significance in that last week after I left here and I saw just momentarily a small kitten in the road that disappeared?

I am Latwii, and we see in this experience that there was the demonstration of the ability of a thought to become a thing and to express to the one creating the thought the ephemeral nature of all things. There is, of course, more to this particular experience, but those portions must remain within the realm of that which you seek.

May we answer further, my sister?

S: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

J2: Latwii, this is J2. For some time now, about two months, I've been having a strong pull towards the part of Kentucky known as Lancaster, of which I have no past history and knowledge of. I [think] of it quite often in my dreams, and in my dreams I see myself there. I think something there is to unlock my—I won't say mysterious—but my higher consciousness that I'm striving to obtain. And I only get bits and pieces of the messages. I feel very strongly about having to go there, and I feel certain I will be told the exact date in which I should go.

Again, I don't really know exactly where I am to go in Lancaster, but I feel I will be told once I get on the road. And my question is, is such a thing possible, to be told a general idea of where to go, and

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upon arriving there you acquire some sort of stage or to get some sort of knowledge? Why Lancaster, I haven't the faintest idea. But it just keeps staying with me that I have to go there, and I'm to learn something very important.

That's my question—about are we given specific cities or places to go to without being given the rest of the answer as to what we will find when we get there?

I am Latwii, and it is indeed possible and quite often the case, my sister, that when one has opened the desire within one's heart of being to know more of that which is appropriate for one's own seeking, that gradually more and more of that pattern of being and experience will become known to the entity. The process is one in which the deeper or subconscious mind begins to release portions of information that respond or correspond to that which the conscious mind has turned itself in seeking. The strength and purity of the conscious mind's desire to know that which is loosely called the truth or the self, draws unto the conscious mind more and more of these pieces, shall we say, of the puzzle, if we may use this term.

The process by which an entity follows these intuitive flashes or pieces of information is one which may be termed the Way of the Fool, for one may seem quite foolish at times as these pieces are interpreted and action then taken in response to the interpretation. The foolishness is that which is an openness and willingness to be the fool, that is, to rely upon that which seems quite unreliable for it cannot be proven, it cannot be seen, it cannot be touched. But one may follow this lightly-left trail, and by continuing upon the journey with the faith and will exercised to the utmost, continue in a manner which will eventually find that which feels to the self, the inner self, to be of substance and of undoubted value. There may be misturns or mistakes upon this journey, at least that which seems to be such. Yet the seeker who continues in the face of such detours and difficulties will discover that each provides further resources that fuel the journey.

May we answer further, my sister?

J2: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

J1: Just out of curiosity, if we were to see a view of you with our physical eye, what would you be like? Would it be different for different people?

I am Latwii, and am aware of your query, my sister. Since we have achieved the discipline necessary to form our physical vehicle in any manner that is appropriate, we would form it in a manner which would seem most comfortable to you, and thus would appear quite similar to any other entity upon your planet, since we would not wish to shock you in any way or cause any fearful response.

May we answer further, my sister?

J1: No, that's okay—you can shock me any day you want.

J2: This is J2. May I make a comment, Latwii?

I am Latwii, and we are happy with this, my sister.

J2: Okay. To give J1, if I may, an example of what I saw when you were speaking in another group I was attending. I said, "I see you as different color sound waves, almost as different frequencies one would see on a radio dial, AM/FM, some much higher, some much lower, and the sound waves themselves, the different beats, different pulsations or different colors." And at that time when I said is that what you look like, at least that's what J3 saw, I was told, "Yes." I just thought I would say that to J1 because that is what I personally experienced one day with you, Latwii.

I am Latwii, and we are happy that you have been able to perceive an aspect of our being.

Is there another query at this time?

Questioner: Can you take human form, for instance, would you take a human form and wear that a lifetime, you know, would you marry someone here, would you have children or would you just be a … like a, you know, an interlude, you would just come for awhile and then leave?

I am Latwii, and am aware of your query, my sister. The interlude of which you speak would not be seen by our group to be an appropriate means of experiencing the third-density illusion, for we would be without the native third-density qualities that are necessary in order to live and move upon your planetary surface. It is not appropriate for entities of the higher dimensions, shall we say, to be generally observably in any form that may be seen by third-

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density entities without becoming third-density entities. This is to say, if we wished to move upon your planet in service and be seen as third-density beings, we would need to incarnate in the same manner in which each of your population incarnates, that is, with the process of forgetting.

This process of incarnation, then, removes the knowledge of one's past, shall we say, in order that one may begin the incarnation anew and make choices during that incarnation that are not influenced by previous experience that is consciously known. Thus each experience, each service and each lesson is gained and offered in a pure sense without bias, shall we say. Thus do many of the Confederation of Planets in the Service of the One Creator chose to be of service upon your third-density planet by incarnating and going through that process of forgetting so that the incarnation is totally that of a third-density being that has chosen to be of service.

May we answer further, my sister?

Questioner: Well, would you ever know? If I were one of those people, would I ever know that until this incarnation was through?

I am Latwii, and this is, shall we say, variably possible Many there are upon your planetary surface of this nature who have an indication that they are not of this planetary influence, but are of another. Many there are who, being of another planetary influence, yet have no indication whatsoever as yet within the incarnation that they are anything other than a being whose source or point of origin is this particular planetary influence. There is within each such entity a, shall we say, preincarnative bias that serves as a kind of beacon …

(Tape ends.) ♣

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Sunday Meditation
September 14, 1986

(Carla channeling)

[I am Q'uo.] I greet you, my friends, in the love and the light of the one infinite Creator. It is a privilege to join in your group meditation and we thank you for this honor.

It is an interesting unity that all your energies make together, and we shall pause from time to time in our message in order to align ourselves with the shifting nuances of the group unity as it is more subtle than most within the harmony of those who seek. And perhaps it is to that diversity in unity that we would speak this evening, for although love is always the same and the one original Thought remains the mystery that it always has been and always shall be to the conscious rational mind, yet the codes of perception of this one original Thought of love are many and varied, not only from person to person, but in each person from moment to moment.

Each of you seeks the truth and yet the truth comes in different clothing at different times. This is not due to the nature of the truth, but to the complex rational mind's perceptions which have a rhythm of rate of permeability, shall we say, so that each entity is constantly shifting in its ability to perceive, not only because of physical, mental and emotional rhythms, and indeed not only because of the regular spiritual rhythm, but also and perhaps most importantly because of the irregular and unpredictable nature of transformative energy.

The irregularity of your own spiritual cycle can be maddening to the seeker, for the seeker knows the intensity with which he has sought for the truth, and when he knows that the intensity has been even, steady and strong for a significant period of time, there is a tendency for the seeker to take his own spiritual temperature and be disgusted at the result. This is inevitable, for it is only rarely and unpredictably that the mists of illusion can clear that extra amount and perception can be heightened.

It is one of the many paradoxes of spiritual seeking that although one can choose to seek and thus quicken the tempo of spiritual evolution to a great degree, one can never rule the moments of transformative realization. Therefore, one is much like the watchman who patrols night after night and year after year. But only once—and at the burglar's convenience—does he find the object of his ceaseless searching.

It is perhaps well to remember this when one has the tendency to feel different from those who do not seek consciously, for you and one who does not seek, though different in a great many conscious and rational ways, have precisely the same number of opportunities for transformation. The transformations are small and fewer in one who is

not consciously seeking, firstly because one who is not consciously seeking may miss the potential of a transformative period by interpreting it as a completely negative circumstance and denying it any reality. Also and perhaps more importantly, the same opportunity for transformation not accentuated by the determination to progress spiritually produces a far more pale version of transformation, a small step rather than a large one.

We shall pause, as this entity is somewhat distracted.

(Pause)

I am Q'uo, and I am again with this instrument. We greet you once again in the love and the light of the one infinite Creator, and are sorry for this pause, but the instrument was losing depth of concentration necessary for this contact and we did not wish to give you faulty information due to mechanical problems. If we have faults—and I am sure we do, my friends—let it be because of true mistakes that we make and not because of faulty transmission. We would request that those in the circle, remain. If any in the circle wish to leave, we request that it be done now. It is far better for any instrument when the energies in the circle are unified and stable. We thank you for your patience.

There is much that we would say to you of courage and cheer and yet we know that those are empty words, and so we offer a feeling to you, and would ask you to feel with us the love that we have for you. We ask you to relax and to allow the truest self that you know to be vulnerable to the love of the Creator which we hope we reflect, for beyond all transformation is the creative power of love.

It is so easy, my friends, to take the spiritual temperature, to be critical of the self and judgmental, and yet, we ask you to consider whether it is most helpful to rely on the one strong point, the great forte of conscious seekers, and that is the love that they have felt and found and wish to know more about, whether that love is defined as the beauty of truth or that which created all that there is, or is personified in a religious sense according to the needs and distortions of any particular seeker. That love, my friends, whatever it be called, however it is perceived, is truer than other perceptions, for it is a distortion of that which is original, whereas all other things are distortions of that which was created by love. All other things, therefore, are the shadows of a shadow.

Focus, then, on love, a feeling, a non-thing. It cannot be grasped and yet all have felt it, have basked in its glow, and we come to you because you called to us and said, "Tell us of love, speak to us of light." My friends, would that we could inspire you with words as we can inspire you with feelings. Yet feelings lie beyond words, as their source is a deeper river of consciousness, closer to the source of love.

There is a breakthrough, shall we say, that lies ahead for you, and we encourage you to keep your eye fastened upon the goal as you move through transformation after transformation and may find yourself weary wondering if all that there are are changes. There is a point at which you may find it possible to perceive in a steady state. There is a point at which the rhythms of transformation are no longer relevant. It is far in your—may we use the word future, for want of a better one—for most of you, and the way may seem long. Yet there are always those who share your journey to keep you company along the way.

The more you allow naive emotions like enthusiasm, joy and laughter to pervade your experience, the more you encourage the innocent things in yourself, the quicker will be your progress in polarizing to a positive enough state where that which is love may be touched, not just when the fogs of perception lift, but between those times, because you have contacted enough of what this instrument would call intelligent infinity, what we call the one original Thought, that you are able to reproduce the vibration which opens perception to love.

May your meditations be regular and fruitful, and if you do not think they are fruitful, may they be regular, for my friends, you cannot accurately predict your spirituality. We have yet to find a third-density entity of sufficient objectivity within your illusion to assess the self accurately. Turn from criticism of the self to encouragement. Turn from negative and neutral to positive in your assessment and your directions to the self. If you are disappointed, be disappointed in one who has made an error, but let your positive affirmation be that you shall avoid error, that particular error, in your next experience. And with ill negative emotion washed from your self assessment, feel your load lighten and your step become more brisk, for all of you, as do all of us, rest in love, that love which has created you and all that there is, that love which

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makes all one, for all are holographs of the same Thought.

It is with reluctance that we listen to the mental request of this instrument that we "wrap it up," as she put it, so that questions may be asked. This is an interesting group, as we have said, and there is much we could share, and perhaps we shall at another time, but for the present, we wish to transfer to another instrument in order to offer the opportunity for questions. Therefore, we will leave.

(Jim channeling)

I am Q'uo, and greet you once again in love and light through this instrument. At this time it is our privilege to attempt to respond to those queries which those present may find value in the asking.

May we begin with the first query?

A: Yes, I have a question. It's about trees. When we go to trees and we recognize in our consciousness that they are a first density—I think they're first density—and that they were created by the one Creator, do the trees understand when we talk to them? In their own way? Do they give out love? If you hug a tree, do they feel the love that you give to them in a certain way? This I would be very interested in knowing the answer to.

I am Q'uo, and we find that your assumptions are correct except for the level of consciousness expressed by those that you know of as trees. The second density is the proper designation for this particular form of conscious expression, for it has taken that basic awareness of being that has developed within earth, wind, fire and water and has added unto it the form that expresses a simple movement and growth that is not available to the first-density expressions of the one Creator.

May we answer further, my sister?

A: Yes, I'd like to know how the trees know when to lose their leaves. Is this an inward intelligence? If the weather remained warm through December and January would they still change in fall, the leaves, or is it triggered, through the sun's rays? What triggers the trees to tell them when it is winter and when it is summer and when it is spring. Is it strictly the sun?

I am Q'uo. The entities that you know as trees are integral portions of the one creation, as are all individualizations of the one Creator who has set all that there [is] into motion. All of the creation moves in a rhythm with variations upon a theme, shall we say. All portions of the one creation partake in cycles of growth and [death], as you would call it, cycling again from one to the other, from the receiving to the giving, in order that each portion of the one creation might gain in what you may loosely term as experience, and through that experience come to know the self as an individualized portion of the one Creator and the one Creator as the source of all that there is.

Thus, those entities that you know as trees, moving with their own rhythms, are affected by a number of forces, as you would say, that cumulatively cause these entities to move in their own cycles and to produce a number of outward effects that are visible to your eye, including the dropping of the leaf forms, and when the new season begins in the spring, the development amongst those who have dropped their leaf forms, of yet another crop, shall we say, of these leafy structures. The sun, the rotation of your planet, the location upon the surface of the planet, whether to the north or the south of that line known as the equator that divides your planet in two, the internal programming of these entities known as trees which responds to these outward forces and other more subtle rhythms that are not as easily apparent as those we have mentioned, together work to cause the cycle of seasons to have its effect upon these entities that you know as trees.

Thus does each portion of the creation move in its own rhythm and affect each other portion of the one creation in a fashion which may be subtle or overt, inner or outer, small or large.

May we answer further, my sister?

A: No, thank you very much. You've helped me.

I am Q'uo, and we are grateful for this opportunity, my sister, and we thank you. Is there another query?

Carla: Can I follow from that? Talking about transformation, could I make an analogy to the trees by saying that maybe the reason in sometimes when you want to improve and you can't, is sort of like asking the trees to put out new leaves before they shed the old ones, and that the rhythm isn't right? Of course the weather, being internal, wouldn't be regular like it is on a rotating planet. Is that one reason why it's irregular, that you can't predict when

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a transformation's going to occur or cause it to come about consciously?

I am Q'uo. And we find that in the basic sense your query is correct in its assumptions, for as the third-density entity which each in this domicile sitting in this circle in meditation represents, expresses its beingness and responds to those inner cycles or rhythms of being, the conscious mind tends to assess and direct the thoughts and actions of the entity. This direction, when done in a spiritual sense and an attempt to move the self along the path of the evolution of mind, body and of spirit, often attempts to move more quickly than, shall we say, the feet are capable. To ask that one move in such a manner is, as you have correctly surmised, to ask the portion of the self that is much likened unto the tree to find another season to replace the one which is now *en route*. And though the conscious mind and the thinking being may move itself in many ways and find fruitful experience in any direction, there is great value in the lack of judgment for the self or others, and the surrender of the will in a basic sense to the greater will which moves through one's being and which becomes apparent to one who has done this and experienced the fruits of such surrenders, for there is a delicate balance between the exercise of the will and the surrender of the will that the seeker of its own evolution must achieve. There is, shall we say, a cycle or season for each and a purpose for each that may be determined by each entity, and a unique balance for each thus achieved.

May we answer further, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

J: Yes, I would like to ask. I've heard it being expressed that each entity on this Earth plane set up for themselves before incarnation with other entities to work with them while they're on this physical plane, and I was wondering if you could speak a little bit about the workers that work with us and if that is so? *(Inaudible)*.

I am Q'uo, and we can speak upon this topic by suggesting that indeed each entity within what you have called the third-density illusion has entered this illusion or experience with a purpose that has been agreed upon, and in fact constructed before the incarnation has begun, and this construction has had many loving hands and hearts to add to its strength, to its purpose and to its potential means of implementation, for before each incarnation begins, an entity will assess those lessons that have been well learned in previous incarnations and will look at those which remain for the, shall we say, graduation from this particular level of experience.

Those lessons that remain then will be seen as that which is of most importance in the upcoming incarnation. Many will join the entity in the incarnation as incarnate beings and these before incarnation will also join the entity, and others who shall remain without physical vehicles and upon the inner planes and serve as those that you know as guides and teachers. Thus, there are many, many beings which partake in the process of planning that which shall be the pattern of experience for an entity within an incarnation.

Those who remain behind, shall we say, within the inner planes and who serve as unseen presences remain with the larger view, that which is not limited by the process of forgetting which each incarnate third-density entity must experience before the incarnation as the incarnation begins in order that …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am once again with this instrument. Those upon the inner planes who serve as guides and teachers, then, with the greater view and purpose for the incarnation may be of service to the incarnate entity by placing certain reminders, shall we say, within the notice of the incarnate entity. These reminders or guideposts may take many forms, the form being dependent upon the entity's ability to recognize one hint or another.

For example, within the state of consciousness that you know of as dreaming, many experiences are possible for the incarnate entity to share with those who have remained upon the inner planes. And during such times, an entity may find nourishment and sustenance in the reminders that are placed within the subconscious mind and which then during the waking state may filter into that conscious mind as one kind of hunch, as you call it, or inspiration or another. These are most often perceptible during the times of contemplation, prayerfulness or meditation, for at these times the

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conscious mind is stilled to the point where there may be the recognition of other information, shall we say.

When an entity has, to use another example, discovered the appropriate book, person or piece of information at the time which seems most appropriate to it, the entity may well assume that those who guide it have once again accomplished that which was agreed upon before the incarnation began. With these times of reminders, then, the incarnate entity receives a communication from those who have chosen to serve as the guides and teachers within the inner planes.

Those incarnate entities with whom the entity finds normal daily activities shared also play out those choices made previous to incarnation in an infinite number of ways, as the interactions between familiar entities multiply one upon another until rhythms and patterns of experience are established and set up the potential for lessons to be learned that were chosen together before the incarnation began.

May we answer in any further way, my brother?

J: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: Is there any value to knowing consciously who your guides are, or is it just as valuable to deduce their existence from their effects?

I am Q'uo. In responding in a general sense to this query, we might suggest that if there is value in being able to name or identify any guide, teacher or angelic presence that has been drawn to one for the purpose of service, then that naming or identification will find a natural means of becoming known to the incarnate entity. To attempt to discover this information for oneself past a certain reasonable point may cause for the incarnate entity a certain wasting of energy as the attention is placed upon that which may not have significant value in the entity's process of evolution, shall we say.

May we answer further, my sister?

Carla: May I gather that the reason that it may not be helpful is that angels, guides, whatever, consider themselves messengers rather than the source of the message?

I am Q'uo, and may again may agree with the basic assumption which you have stated. Entities who are at the heart desirous of serving others, first and foremost are frequently those who work in the unseen manner, and who desire the service to be that which receives attention rather than the servant. It is also frequently the case that such entities have not chosen a vibratory complex of sound that you would call name. Frequently these names are chosen for the incarnate entity's benefit when desired.

May we answer further, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo, and we thank you, my sister. Is there another query?

J: *(The question is almost inaudible.)* Yes. I recently learned about a system in which the teacher, he called himself a *(inaudible)* process wherein one gets in a meditative state and calls for animals to appear at each of the chakra centers. After one receives, or is in touch with seven animals, and, I might state, the animals seem to be very focal to the level of the chakra centers, and a dialogue may be entered into with these animals and they give information about questions that are asked, mostly of the nature about the individual *(inaudible)* consciousness that needs to be learned. I'm wanting to know where this information comes from. It seems like the animals are able to give very accurate information about the person. And I'd just like to know where this information comes from, what level is it being received from.

I am Q'uo, and this is a large field of study which this question has entered upon. An entity may engage in whatever method of self-discovery is comfortable to it, whether that method might be associating, as you have stated, animals with the various chakras or energy centers, musical notes, colors, archetypes, archangels, guides or whatever. The source of information which is transmitted by making any such association again may vary according to the nature of information sought by the entity who is incarnate.

The source may vary from the entity's own conscious mind to various levels of the unconscious mind, to guides, teachers and other angelic presences that are drawn to the entity according to the nature of the information sought and the overall tone, shall we say, of the incarnation. Thus, the source may

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vary with the information sought. However, the information given will be in direct response to the information sought.

The usefulness of the information, in our humble opinion, is that which [is] of most importance, and the source, then, is of secondary consideration, for any entity consciously seeking the keys to its own evolution may find those keys and the doors which they open in any of many, many possible locations, both within the mind and outside of the complex of mind. The entity will draw unto itself those means of receiving information which have the greatest compatibility with the current frequency or level of seeking of that entity. Thus, the means change as the entity proceeds upon its own personal path of growth.

May we answer further, my brother?

J: No, thank you. That was very interesting.

I am Q'uo, and we thank you. Is there another query?

A: Yes, I would like to know at what time during an entity's being incarnated within the womb of the mother is the entity actually attached to the physical body. I've heard many, many different answers to this. And I want to know if the entity to be incarnated follows the mother around some time before the mother gets pregnant. Would you give me an answer to this?

I am Q'uo, and we might suggest that the possible reason for a great range of response to such a query is that there is a great range of possibilities that is uniquely realized in each entity's particular case. Indeed, the one about to enter the incarnative process who has in previous incarnations become aware consciously during the incarnation of the purpose of the incarnation may then in the succeeding incarnations choose those that will serve as what you call the parents.

In this case there may be the joining of these parental entities by the one about to incarnate before the incarnation begins, for in many cases these entities previous to any incarnation have joined their thoughts and desires in a manner which, as you might say, plans or programs the incarnation of each. And those which wait as what you would call the potential child and enter the incarnation at a later time, as you would call it, may often serve as a kind of guide for a period of your experience or time.

It is possible for such an entity or any entity that is about to join the incarnated process to enter that which will become its physical vehicle at any point within the portion of time that the vehicle is within the womb. Some entities choose to enter at an earlier time than others in order to gain more experience within that environment. Others wait, shall we say, for a later entry in order that work of another nature might take place in other dimensions, shall we say, that will enable the incarnation to proceed with the hoped for efficiency, shall we say. Thus, there is no one time at which an entity seeking incarnation enters the physical vehicle as it is prepared within the womb of the entity serving as the mother.

May we answer further, my sister?

A: Yes. When a woman receives an abortion, what happens to the entity that had been attached to that baby, whether physically attached or not? What happens, does the entity have to wait for another incarnation or was that meant to have come about? Is it also prearranged before the incarnation that the abortion would come about?

I am Q'uo, and am aware of your query, my sister. Again we find that there is no simple or general response that may be given to such a query, for as the universe is infinite in possibility, each moment and experience reflects that infinity possibility.

In some cases, for example, when that activity that you have called the abortion is to occur, this potential is seen upon what you would call the inner planes far before it is manifested within your third-density illusion, and in these cases it is possible that there has been no entry into the physical vehicle of a mind/body/spirit complex, and thus the aborted fetus, as you would call it, was never inhabited by a mind/body/spirit complex.

In other cases it is quite possible that such inhabitation did occur and was indeed chosen before the incarnation for that short period in order to complete a process of balancing that you might liken unto the karmic restitution, for again a great variety of possible reasons.

In yet another case, it might be that the aborted physical vehicle known as the fetus must be abandoned by a mind/body/spirit complex which had hoped that there would indeed be the possibility

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for a lengthier stay, shall we say, within the incarnative experience. In such a case the entity may seek other parents, as you call them, and find a successful entry into the incarnative process in that manner.

There are some few cases in which an entity which has found the opportunity for physical incarnation ended by the process of the aborted fetus, that such an entity will attempt to work upon those lessons that were desired for the third-density incarnation in another manner, that which does not partake of a third-density incarnation. However, these instances are quite rare, for within your third-density illusion the opportunity to learn and to progress in the evolution of mind, body and spirit is quite intense, and is not easily reproduced without the actual experience of the third-density illusion.

May we answer further, my sister?

A: One more question. I'm sorry I'm taking more of your time, but these are real important to me. Has it happened very often that an entity would agree with a certain other entity before incarnation that they would come to him as a child, and then, during the incarnation, the agreement is broken by the parents not wanting to have children even though there was an agreement beforehand?

I am Q'uo, and we look upon this possibility as one which, though an infrequent occurrence, is indeed possible within your illusion as the free will of all entities within your third-density illusion is that which is of paramount importance, for within your illusion occurs the meeting of free will and that which you may see as predestination, or the choosing previous to the incarnation of patterns that free will shall embellish upon during the incarnation. As the process of evolution, then, is always a function of this joining of free will that has its origin both before and during the incarnation, there may be that which you call the change of plans. However, in no case is there the loss of opportunity to learn and to serve. The opportunities may change, yet always they exist.

May we answer further, my sister?

A: You did a wonderful job. Thank you for all of your answers.

I am Q'uo, and we thank you, my sister, for the opportunity to respond. Is there another query?

(Pause)

I am Q'uo, and we rejoice with you and with the sounds and the silence and the creatures of the evening do we all blend our hearts with the seeking of the One within all that is. We thank each present for the opportunity to share our humble words and thoughts with you.

We remind each that we are but your fallible brothers and sisters who travel the same journey of seeking as do you. Though we may have moved some distance further upon that path, we would not wish that any word that we have spoken serve as a stumbling block to any on that path. If we have spoken a word that does not ring true, please disregard it without a second thought.

We look forward, as you might say, to future opportunities of joining with you in your circle of seeking. At this time we shall leave this instrument and this group in the love and in the light of the one Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu. ♣

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Sunday Meditation
September 21, 1986

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. It is a great privilege to speak with you this evening and we thank you for calling us to your group this evening that we may share our thoughts with you for whatever value they may have to you. We urge you to remember that we are your brothers and sisters and can only give our opinions. We do not have ultimate knowledge, but only more experiences than you to call upon. This we gladly share with you, for it is our way of being of service to the Creator and thereby progressing in our own spiritual evolution.

Our native home is the density towards which you now strive, the density of love, compassion or understanding. It is a density when lies are no longer necessary and masks may be tossed away, for our thoughts are all shared, and we accept and harmonize each other's characteristics and seek together to be of service. Each of you has many impulses to live in just such a way, and we assure you that it will be your native land too when you have finished learning the lessons that you have set for yourself in this density of yours, the density of conscious awareness. Your density, my friends, must learn that consciousness has a certain characteristic which is its original characteristic. Consciousness is not a neutral thing, but rather sprang from a creative force, that creative force we call love.

When the seeker decides that it is time to take the spiritual journey in hand and attempt to accelerate the rapidity with which it is pursued, the seeker gazes at his own awareness, his own consciousness. After he has asked the question of identity and said, "Who am I?" and answered himself, "I am Consciousness," the seeker must then turn [and] ask, "What is consciousness?"

It is easy for us in hindsight to tell you that the original Thought from which has sprung all consciousness and which is the nature of consciousness in whatever distortion you may find it, is love. All that you see about you manifested in whatever form, is made of a direct emanation of love which is called by your peoples the photon or light. Light in various rotations forms itself into all that you see, feel, use and call by name, all elements and combinations of elements.

And yet, my friends, your lessons involve something beyond this simplicity, for you are not simple, but complex, and you have made for yourself an illusion that is not simple, but complex. You have made this for yourself because you have found it helpful in learning the lessons of awareness and consciousness, to pose for yourself the seemingly impossible and insoluble problems in order that you may through meditation and contemplation and analysis discover the love that lies in all its simplicity at the heart of every tangle of illusion.

The seeker must gaze at all that passes before his eyes with a determination to see—that is, perceive—what he is looking at in the light of creative love, and so move from complexity back to simplicity, breaking the illusion and entering the density that is to come.

My friends, this all sounds as if we were recommending that you do very grand things, perhaps meditate a great deal or do something dramatic to bring mankind together. There are those who have planned to do something dramatic within an incarnation, but most entities within any density are working for the most part upon themselves. And so, what you are working with is the little things. Therefore, forget your impressions of spirituality, for you will work best upon your spirituality by paying close attention to the very small things of daily life.

We ask each of you to look at what you have done this day, at each word that you have said to another, at each gesture and smile and frown that you have shared with another consciousness. What intentions had you for service this day: service to others, service to self, and service to the Creator? How much of today was spent in fulfilling neutral needs without inspecting them for the joy that lies within the humblest task?

You see, my friends, the one who irons a shirt, praising it as part of the creation of the Father, dwells in the kingdom of the original Thought of love. And that kingdom is within him at that very moment that he wields the humble iron. The cook who praises the broth and smiles at the soapy dishes has garnered far more riches than good food and a clean kitchen, for the consciousness of joy and peace has come into the domicile and softened the neutrality of everyday things.

What little angers have you had today that pulled you away from consciousness into unconscious negativity? How much of this day did you lose? How much of this day did you fail to function because of confusion, anxiety, worry, irritation or distraction?

My friends, we realize that the questions that we ask cannot well be answered by any entity, for concentration fails, the best of intentions do not endure, and one must periodically start again. Yet, we assure you that there is no penalty, metaphysically speaking, for the wasted moments. Indeed, each mistake teaches, each misstep strengthens future steps. And when you must rest, then at the end of the rest, you simply put your foot on the path again.

That path to the consciousness of love does not go anywhere—it is always with you. Your perception of it may shift and change, but it is as near to you as your breath. You have only to calm the mind and feel the key turn within the door that opens your heart to that path. For you see, my friends, the path of spirituality is a path which is taken by the heart as well as by the mind, and, for the most part, it is a difficulty in feeling universal love that distracts the attention from the path.

We do suggest that you attempt to spend some minutes of your time each day in meditation. No matter what else you may do during the day, the silent meditation is the most efficient tool for seating within you the awareness of the love of the Creator. When you dwell within that consciousness, you are no longer working under your power, a power which fails much like batteries fail and which must be replaced by your sleeping periods. No, meditation is much like finding the electrical cord for constant power. It may flow through you, then, and not from you, and you will be far more radiant and able to dwell in the consciousness of the love and the light of the one infinite Creator.

When you have focused for enough days and weeks and months on the little things, you will look back and you will observe that the large things, even the great things, have taken care of themselves, for when you develop the discipline of faithfulness, the scale of that to which you are faithful does not matter and you will find the large things as easy as the small and as free from worry. We encourage each of you in your several journeys and would be very happy to spend meditative time with you at your mental request if you so desire.

We find this instrument is unusually fatigued this evening, and so we shall cut this message short, reluctantly but with thanks that we were able to use this instrument. We are those of Hatonn. We leave you in all that there is, the love and the light of the infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of the one Creator. We are also most honored to be asked to join your group this evening.

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It is our privilege to attempt to answer those queries which you may find value in asking. As our brothers and sisters of Hatonn, we would remind each of you that what we have to share is our experience and our opinions and we would not wish to put ourselves forth as any source of infallible information. Therefore, take that which we give which has value to you and leave that which has none. With that caveat, may we begin with the first query?

M: Are Latwii and Hatonn located in the same place, same planet? And if so, what is the relationship of the position of such planet in relationship to our solar system?

I am Latwii, and am aware of your query, my brother. Those of the vibration known to you as Hatonn are of a planetary consciousness, much as your own planet would appear if each being upon it shared the mind of each other and thus had a great resource upon which to draw in seeking the light and sharing the light with others. Their vibration, shall we say, is that known to you as the vibration of love, the universal love and compassion that sees the creation as one thing, the one Creator in many parts.

We, of the vibration known to you as Latwii are also of a planetary mind quality, yet we have in our journeying moved into the next vibratory density of light, that known as wisdom, thus we seek at another level of vibration from either those of Hatonn or those of your own planetary influence.

We as well as those of Hatonn are not located within your own solar system, as you call it, but find ourselves some distance and experience removed, and seeking the one Creator in a system which is difficult to describe, yet which moves with its own rhythms of being.

May we answer further, my brother?

M: How long has Latwii observed the events of our Earth that we call our history or antiquity?

I am Latwii, and we have been consciously and carefully observing the conditions upon your planetary sphere for a period of what you would call time that you would measure as approximately twenty-five thousand of your years. We have information that is somewhat older, shall we say, concerning your planetary influence and its progression in evolution, that has been left to us in thought patterns or records which we have also perused in order to further intensify our understanding of your particular position as a population and as a planet within the evolutionary process.

May we answer further, my brother?

M: Can you tell me when the third-density experience first began on planet Earth and where?

I am Latwii, and we find that the third-density experience, that experience which is now reaching its culmination upon your planetary influence, found its origination some seventy-five thousand of your years in your past. However, there are many of your population now inhabiting your planetary influence which experienced previous third-density experiences upon other planetary influences in other solar systems, as you call them, and thus have within their memory banks or resources recall of third-density experience that far exceeds that of the seventy-five thousand year period that is the normal length of time necessary in order for the self-consciousness awareness to develop to the point that the possibility of experiencing universal love and compassion is available.

The point or place of the origination of the third-density experience upon this planetary sphere is not one point or place. We are attempting to show this instrument the mental image of your planetary influence and to describe those places which were among the first to be inhabited by the third-density population that was first upon your planetary influence. We show this instrument locations which are no longer in original configuration, for there have been land masses upon your planetary surface that have, as you would say, been swallowed beneath the seas in previous times.

One of these is known to you as that of Lemuria or the land mass of Mu. Within this area many of the first of your planet's population found their beginnings. We further attempt to give this instrument the picture of an area within your African continent, that area in the northeastern portion of that continent and further surrounding the body of water that you now call the Mediterranean Sea. Within this area many of the first of the population of your planet found their beginnings. Also we show this instrument a location in south central Asia, as it is now known, which was also a place of the origination of another of the first of your third-density population.

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There were other beginnings that were at a somewhat later point in your planet's cycle that are located within the South American continent and within the continent known to you as Australia.

May we answer further, my brother?

M: Did those of the population of the Earth of the third density plan and construct the great pyramid at Giza? Or was there some influence from other entities?

I am Latwii, and we find that both of your suppositions are correct, for circling your entire planetary sphere is a pattern of the pyramidal structures that had as their origin sources exterior to your planetary influence, for at various portions of your planet's cycle of evolution, there have been times when the planet itself was in need of balancing or alignment and the cultures of your planet at that time in some few locations were of a level of advancement, shall we say, and openness to information from sources outside of their culture that it was possible for entities of other planetary influences to communicate certain information and to take part in the construction of certain of the pyramidal structures that would allow not only a balancing of your planet itself, but of individualized entities who would enter these structures for the purpose of healing and initiation.

In many cases the pyramidal structure at a later date, then, was copied and constructed by portions of your planet's population. Thus, the source of the pyramid form is twofold: that of your planet and that exterior to your planet.

May we answer further, my brother?

M: What did the process involve, the balancing that you mentioned—the pyramidal shapes performed some balancing for the Earth or within the Earth? Can you describe that further, please?

I am Latwii, and we shall attempt to give a general description of that which is somewhat complex in its nature. Each portion of the creation, and each planet in particular, is formed of and by that force which you may call love. Each entity of the third-density level of vibration which walks your planet and the planet itself receives a constant infusion of this intelligent energy which we have called love, and this infusion of love moves into the entity, whether it be one such as yourself or the planetary entity, through vortices of entrance, shall we say.

These lines of force that surround an entity or a planet, and which may be seen as analogous to an aura, move and cross in various patterns. Certain intersections of these lines of force permit an influx of the energy of intelligent infinity which we have called love. This love then invigorates, ennobles and enables the entity, be it an individual or a planet, to continue upon the evolutionary process.

When there has been a period of what you call disharmony amongst various portions of a planet's population and this period of disharmony, even unto the bellicose actions of war, has lasted a significant length of what you call time, then this heat of anger radiates into the planetary surface itself and seeks release in various ways.

As the release is sought, the spin, shall we say, of the planet itself as it moves in its orbit about that body that you call the sun becomes somewhat unstable. This instability makes the influx of intelligent energy or love somewhat more erratic than is optimal for the steady progression along the evolutionary path of the planet itself and of its population.

Thus, the pyramid structures are an aid in rebalancing this imbalance because they have the ability to influence the planet's spin, shall we say, or use of the intelligent energy of love. Thus, this type of balancing pyramid may serve not only the planet, but may serve individualized portions of a planetary population which have also found certain imbalances within the mind/body/spirit complex.

May we answer further, my brother?

M: It sounds like we're during another period in which the Earth is heating up. Would the construction of more pyramids help balance the Earth once again? Or is that possible?

I am Latwii, and am aware of your query, my brother. At this time, as you would call it, the population of your planet has by the phenomenon of the continued process of evolution found itself in a collective position where each entity with the conscious awareness of the evolutionary process may serve as what you may see as a portable pyramid. That is to say, the conscious intentions of those who would seek to heal the ruptures in this planet's electromagnetic field due to constant disharmony for a great portion of your planet's experience may take part in this balancing or healing of the planetary entity as a result of conscious choice and practice.

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Thus, such an entity, and there are many, many now upon your planetary surface, may within the meditative state, see those …

(Tape ends.) ♣

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Sunday Meditation
September 28, 1986

(Carla channeling)

I am Q'uo. I greet you in love and in the light of the one infinite Creator. It is a great privilege to be called to your group this evening and we thank this blended energy for offering us the invitation to attempt to be of service to you. We can only hope that we may in some way endeavor to further or inspire you upon the path of your spiritual seeking. If we say aught amiss, we ask you that you discriminate rapidly, forgetting any thought of ours that is not helpful to you, for we are fallible and bearers of opinion, not gospel.

There are times in each seeker's experience when the waters of life seem somewhat dammed up, and there seems to be the need for the guardianship of precious things. There is a sense that those things necessary to life must be conserved and guarded. This is the very purpose of the illusion which you have fashioned for yourself. Without the illusion, there would be no temptation to feel that one must guard what one has, there would be no experience of lack, thus there would be no fear of that lack.

Each of you finds it all too easy to experience the illusion and accept its apparent reality to the point where you are spending your time in counting and preserving your possessions. The dearest possessions of most entities are relationships, and so each of you may find yourself worshipping spouses and children, parents and friends, feeling that it is important to preserve and further these relationships. Surely there can be no harm in this, nor can there be harm in attempting to conserve physical possessions which it has cost one dearly to possess. The good will of others, one's reputation, [each] is a possession which many spend much time in guarding. None of these things in themselves are in the least bit inappropriate.

However, there is a function of your spiritual evolution which it is impossible to fulfill unless you are to a significant extent empty instead of full, and doing nothing instead of keeping all the balls in the air. Have you ever wondered why there are so many of your people who have turned to solitude, fasting and silence as means of spiritual growth? They are attempting to empty themselves, that there may be room in their lives for the fulfillment of the spiritual function of polarizing by turning the attention to the search for the perception of the infinite Creator.

How much of yourselves are you willing to empty in order that you may behold the perception that is possible for all of the infinite Creator? We assure you that it is not necessary to give up all the responsibility except the responsibility to engage in any specific spiritual activity, for many entities, having made contact with a consciousness of love, are then capable of keeping that relationship with direct perception of the Creator as a part of the

point of view which is used to evaluate all those things within the illusion. May we suggest that this is indeed a worthwhile process. It will intensify experience from the point of view of generating more catalyst for your heart to digest than meditation in a cave would.

Yet the emphasis on something outside the illusion rescues one from unawareness of the process, therefore the process is accelerated, for you are able to manipulate it for greatest and most efficient learning. All entities that you meet are a portion of the Creator. Indeed, as the Creator created all that there is of Itself, each of you is an holographic representation of the Creator, and herein lies your great and fundamental equality, for each of you is in all ways perfect. That is your reality. You are channeling a distortion of your actual original self. You are dimly perceiving your true nature, and you are gaining in experience in this illusion so that you may refine your perceptions and more and more define yourself in terms of love and all others in terms of love until your perception becomes clear.

We ask that you think about some of these things and take all of your thoughts, offering them up in meditation daily, if possible, always seeking the truth with all that is within you. We are known to you as those of Q'uo. For the purposes of answering questions we shall transfer to another instrument. We wish to thank you again for calling us. It is a great pleasure and privilege to be in contact with each of your life paths. We thank you for the perfume of your thoughts. We now leave this instrument. We are Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and light. We are happy to be able to offer the service of attempting to answer those queries which each may have brought this evening and to aid in some small degree in shining a light where perhaps there is darkness. May we begin with the first query?

J: I'm a little bit confused from the session tonight as to exactly how we should go about preparing ourselves to receive more catalyst into our lives and to basically make space for the true reality. Could you elaborate a little bit more on that for me, please, to clarify that?

I am Q'uo, and it is our privilege to do so, my brother. Each person will find that much is shared, yet much is unique in the pattern of life as one may see it compared with others and as one looks upon it in one's own experience. Thus, as one proceeds through this pattern and sees the daily round of activities repeating in a certain fashion, one may note how the learning of love which each attempts is proceeding in the life pattern.

As one becomes consciously aware that there are certain areas in which this lesson has found firmer root and other areas in which this lesson remains to be learned, one will become aware of how this particular lesson is being utilized in the overall sense in one's life. As one notices the areas of difficulty and gives to these areas added attention and attempts to discern that which is unknown and to resolve that which remains a puzzle, one will find various attitudes and procedures helpful.

Among these, a general suggestion may be made that a certain portion of the day be set aside as a quiet moment of reflection, whether it be meditation, prayer or contemplation. During this quiet portion of one's day, one may review the process of learning this general concept of love and acceptance that is ongoing in the life pattern. During this time, one may note those areas where added attention would be helpful. One may note those areas of success, shall we say, and attempt then to build upon these strengths and to utilize in some fashion what has been well learned there in the areas which yet lack the proficiency of loving without stint and accepting without condition those offerings of others about one.

May we answer further, my brother?

J: As was mentioned in the session tonight, there are those who have essentially dropped out of society and become reclusive for the purpose of accelerating themselves along the spiritual path. Is this a technique by which one can accelerate himself along the path, and is this recommended?

I am Q'uo, and am aware of your query, my brother. It is the ancient path of the seeker of truth to seek those high mountain caves where the isolation from the mundane nature of the illusion may be achieved and closer communion with the one Creator Who resides in all may be sought. Whether this journey is reproduced in actuality or in thought within the seeker of truth is a decision which each seeker shall make for himself.

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In one sense, such isolation is a part of each conscious seeker's journey, for in truth, though one find oneself surrounded by many other beings and portions of the man-made culture, shall we say, the use of these experiences that are shared with others is quite a personal matter, though others may inform and inspire by their own opinions, gathered through their own experiences. Yet each seeker must choose for himself how any such information is to be utilized within that seeker's life experience.

Thus, this basic fact may be enlarged upon by any who seeks not merely to separate the self from that which is busy and mundane and random within the life experience, but through such potential outer separation seeks rather to move closer to the heart of each entity and all being through the careful and individual consideration in moments of solitude of each experience that may be examined for the potential of growth that it offers.

Thus, the heart of all is that which one moves closer to in such a movement and if such be the motivation for seeking the high mountain cave, then, indeed, such isolation may be an effective means of learning those lessons that one has set forth in the life pattern, all reflecting in some degree the general understanding of love. Yet such isolation is not in the physical sense necessary if one can find those quiet moments in the high mountain caves of one's own daily meditation.

May we answer further, my brother?

J: Did the entity known as Jesus Christ meditate, or did he seek the high mountain cave, as you have said?

I am Q'uo, and in our response to your previous query, we could also have stated that it is seldom the case that an entity will choose one path or the other, but that it is more frequently the case that one will, for a portion of what you call time, seek those moments of isolation and perhaps even seek to extend them into days or weeks or months, and having garnered the frame of mind and fruit of seeking, shall we say, from this experience, then move again down the mountain side in order that that which has been found helpful and fruitful within the seeker's own experience might then be shared with others.

The one known as Jesus the Christ was one who in the middle years of its incarnation sought those high mountain caves, shall we say, and learned from various teachers those techniques and understandings which it later shared as the bounty of its own harvest of seeking with those that had ears to hear, shall we say.

May we answer further, my brother?

J: There's very little known to us from the scriptures of the middle years, let's say, of the life of Jesus Christ. Would it be possible to essentially highlight some of the events that took place in those middle years for us tonight?

I am Q'uo, and it is possible only in a general sense, for to delve in depth into this entity's incarnation and to report those experiences which were of particular and singular importance in that entity's life pattern would require a great deal of focused attention of a nature on this instrument's part which would be quite fatiguing and lengthy. However, we may suggest that the one known as Jesus of Nazareth who became the Christed being dwelling in the consciousness of love, that this entity was from the beginnings of its life pattern one filled with the desire to penetrate the illusion of appearance and to seek the heart of all being, which it perceived as what you would call the power of love. This entity was greatly desirous of being of service to those about it by aiding their own journeys of seeking this same source of power, that called love.

From an early age, then, this entity examined the religion of its people, and at an early age became quite advanced in its own understandings of what had been written and what had been passed from mouth to ear in the tradition of teaching of the elders of its race and religion. Having found certain sustenance of a spiritual nature in this fashion then, and having questioned many others of its own religion in the structured church of that time, it found that there was, shall we say, a boundary to that which could be learned within that structure of thought.

Feeling in an intuitive way that there was more available to one who could seek with a purity of desire in other manner of thought and philosophical understanding, this entity then set out upon a journey to distant locations where teachers in various philosophical fields, shall we say, became available to this entity as a result of its intense seeking. Many were located in those high mountain caves that we have spoken of previously. The disciplines of study

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and philosophy which this entity engaged in were of greater variety than it had experienced in its early years, and each added further insight, breadth and depth to the understanding that was developing, not only within this entity's complex of mind, but, we should say, within certain channels of connected feeling that this entity had brought with it in a latent form into the incarnation, thus, using that which it had been taught as a discipline to reach that which it contained in a latent form, this entity was able to open certain doorways or passages that one may liken unto rivers of nourishment.

The entity thus having penetrated, as it desired, to the heart of the power which sustains that known as the creation, thus it was able to realize that that power which it sought and called love and the one Creator was available to each person as a result of this same process of seeking which the one known as Jesus the Christ had itself undertaken. Thus, having realized that which was its great desire, it then moved again to that area which was its place of birth and began the activities that are recorded in the holy work that you call the Bible.

May we answer further, my brother?

J: In the middle years, in the many travels made by Jesus, did he visit what is known now as Mexico?

I am Q'uo, and we look upon this query with some concern, for there is the possibility of the infringement upon the free will of those who feel there is value in the possibility of this occurrence having truly occurred. We would, however, suggest that this entity remained in the vicinity of the near and far east, and was also one who journeyed into various portions of the continent now known as Asia, but did not partake in any journeys which crossed the barrier known as the Pacific Ocean.

May we answer further, my brother?

J: One more question—well, one more statement, I guess, then you can please comment on it as to its correctness. In the session that we had last week, we basically established that the pyramids were for balancing the planet at that particular point in time. And then the question was raised, at this particular point in time, would it be advantageous to again construct pyramids for this balancing technique, and the answer was basically that there are those among us now who have evolved along the spiritual path to such a degree that basically in and of themselves they are portable pyramids. Could it be that these individuals have evolved such that they can use the chakra centers of the body much like the chambers within the great pyramid for this balancing procedure. Is there any validity in that statement at all?

I am Q'uo, and we find that your statement is in general quite correct, for as time and experience has passed since the times of the pyramids, as you call them, entities upon your planet have had more opportunities to process the catalyst of each incarnation, and by such processed catalyst gain the experience of a spiritual nature which allows the movement of consciousness to proceed …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. To continue our response. Thus, the accumulated experience that has accrued to the population of your planet has provided each entity now incarnate with the opportunity to utilize the heart chakra in a fashion which is congruent with the King's chamber position and provides to each entity who seeks consciously the keys to its own evolution the possibility of utilizing the energy of what you would call love in a fashion which may balance and heal not only the self in further processing of catalyst and others about the self, but in visualized meditations may affect the balance of your planetary sphere itself. This potential becomes available to an entity when that entity becomes consciously aware that it is proceeding upon a path of evolution and undertakes to accelerate that journey in a studied and continual fashion, thus becoming what we have called a seeker, a pupil.

May we answer further, my brother?

J: No, thank you. I think I've dominated enough of the time.

I am Q'uo, and we thank you, my brother. Is there another query?

H: Yes. Is there any stimulant or whatever that I could use, as the word goes, or suggest to my wife Eileen that might get her started some way in realizing her spirituality, which seemingly is lacking?

I am Q'uo, and, my brother, we sympathize greatly with the desire of all such as yourself who seek with a full heart to inspire another to consciously set foot

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upon that path of seeking the nature of the life experience, and we would only suggest that though many inspiring words may be spoken and offered to such an entity with the hope that it will indeed open the eyes to new possibilities of spiritual sense, that each entity has its own pattern or rhythm of unfolding which, given sustenance, nourishment and support from those about it shall take place in its own time. Who can say what is appropriate for another's journey of seeking, when so such within your illusion is filled with mystery and when that which is truly important upon the spiritual level moves in ways often unseen and does its work beyond any man's understanding?

Thus, for one to truly be of aid to another, one can only desire to be of such aid and to reflect the love that one has found in as pure a fashion as possible, giving always with an open and cheerful heart without expectation of return so that the greater will of the one Creator which has been planted as seed within all entities might in its own time be nourished and grow in a fashion which, [while] perhaps not understood by those about an entity, yet is appropriate to that entity.

May we answer further, my brother?

H: Yes. One more thing, on meditation. It seems that when I try to meditate, I try to take every little thought as they come up and gently put them out of my mind, and the next little thought the same way and just push it aside, and then all of a sudden I am just in a blank, as you might say, not really thinking about anything. But yet I find myself, more often than not, falling asleep. Is that meditation?

I am Q'uo, and, my brother, we may suggest that your experience of meditation is indeed an experience of meditation which has opened unto you a level of perception and being which has been of such a soothing nature that you have followed a natural tendency and moved with it into the state that you call sleep, and though not always consciously aware of how the process continues in the sleep state, nevertheless you have in that state continued the meditation and the associations and possibilities that it has opened for you. As you become more able to grasp these perceptions and associations consciously, you will find less and less need to work with them in the state that you call sleep.

May we answer further, my brother?

H: Yes. There's many questions on my mind, but one more question this session. In any lives past was I of any religious order, possibly?

I am Q'uo, and though we do not specialize in reading those experiences that you call previous incarnations, we may in a general sense confirm the suspicion which is strong in your own mind that in various experiences you have pursued a ritualized and disciplined seeking of the nature of your life and the creation and have done so in a manner that allowed you to share it in a formal fashion with others.

May we answer further, my brother?

H: I think that's all tonight.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Q'uo, and as we feel that we have exhausted the queries for the evening, we shall thank each present for offering us the great privilege and honor of blending our vibrations with your own. We remind each that we are but your brothers and sisters in seeking the light and love of the one Creator. We do not wish that any word that we have spoken should be a stumbling block upon your journey. If any word has not rung of truth to your inner feelings, please disregard each such word immediately. We rejoice with each in the presence of the one Creator that moves within all creation, and in that rejoicing and in the love and in the light of the one Creator, we leave this group at this time. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation

October 1, 1986

(Jim channeling)

I am Laitos, and I greet you, my friends, in the love and the light of the one infinite Creator. We are very pleased to be asked to join your group this evening. It is not often, as you would reckon time and experience, that we have the privilege of working with new instruments. We are honored that another has chosen to learn the service of vocal channeling in order that it might serve as an instrument for our humble thoughts, for as each new instrument begins this process, we find ourselves in the joyous situation of having before us yet another opportunity not only to serve the Creator, and another who wishes our services, but to aid a new instrument in being of further service in its own life patterns.

There are many ways that such an entity as those gathered here this evening may seek to serve those about it. There are many, many ways that an entity may seek to enrich its own process of growth. We encourage a wide-ranging spectrum of choices for any who would seek to be of service in whatever manner, and most especially the vocal channeling, for in this process of transmitting our thoughts to you, we feel that it is most necessarily a part of the process to use those experiences and avenues of seeking that you have found of value in your own journey of seeking the truth. Thus do we ratify and call upon the validity of your own patterns of seeking and being and use them in these messages that have as their purpose the inspiration of others to walk yet further upon their own paths of seeking.

Thus, do not be surprised if during the process of receiving our thoughts, if we should use your own experiences, whether recent or distant, in our messages. We feel that a blend of our thoughts with yours in a ratio of approximately seventy percent ours and thirty percent your own is that ratio which maximizes both our and your abilities to be of service to those about you. It is well for any instrument to be able to share its own beingness in as clear, concise and open manner as possible with those about it.

For in truth, all are instruments. Each person channels from deeper and deeper portions of its own being at various times in the life experience and when the desire is found within entities to be of service in the vocal channeling manner, this basic nature of each entity being an instrument then becomes more finely tuned so that there is possible the infusion of words and thoughts such as our own upon that frequency or desire to serve instruments that the new instrument manifests in this effort.

At this time, we would attempt to make our presence felt to the one known as K, and would attempt to simply identify ourselves through her instrument. If she will relax and speak those thoughts that become apparent to her, we shall

attempt to simply identify ourselves as being those of Laitos. We shall transfer this contact at this time. I am Laitos.

(K channeling)

I am Laitos.

(Jim channeling)

I am Laitos, and am again with this instrument. We are very happy that we have been able to make contact with the one known as K. We are pleased that this new instrument not only was able to perceive our contact, but was, shall we say, brave enough to speak that which was received, for it is almost always the case with a new instrument that this new instrument will feel that the thoughts perceived in the mind are simply its own, for we transmit in a manner which almost precisely matches the generation of your own thoughts. Thus do we speak to your mind as you yourself speak through your mind.

We at this time feel that this is a good beginning, and before we would attempt a final contact with the one known as K, we would open this session to queries so that the one known as K may be able to ask any point that might be of concern upon her mind. Is there a query at this time?

K: Not at this time, thank you.

I am Laitos, and we thank you, my sister. May we ask if there be a query from the one known as Carla?

Carla: The question that's on my mind, I believe I will ask K in person. Thank you.

I am Laitos, and we thank you, my sister. At this time, we would again attempt to transmit our identification to one known as K, and if the one known as K feels adventurous, we shall transmit another phrase or two. We shall transfer this contact at this time. I am Laitos.

(K channeling)

I am Laitos … and I greet you, my friends … in the love and in the light of the one infinite Creator.

(Jim channeling)

I am Laitos, and am again with this instrument. We are exceedingly overjoyed at having made our presence known to the one known as K, and we thank this new instrument for allowing us to speak a few phrases through her this evening. We feel that her progress is exciting and quite well motivated, shall we say. We look forward to working with this new instrument in what you would call your future. We thank each for inviting our presence this evening, and we shall be with you upon your request. We are those of Laitos. We leave this group at this time in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Intensive Meditation

October 2, 1986

(Jim channeling)

I am Laitos, and I greet you, my friends, in the love and the light of the infinite Creator. We are again most honored to be asked to join your group this evening in order that we might, as is our way, work with a new instrument who seeks in her own way to be of service through the vocal channeling. As always, we remind the new instrument that while the contact is being sought, and while it is experienced, it is well to reserve analysis and judgment of process and content in order that both may move in their own way through the instrument and thus exercise it that it comes to know that vibration which signals the contact and that feeling of surrender that allows the contact to move through the instrument.

We are always hopeful that simple instructions such as these will suffice to allow an instrument to serve as an instrument, for it is not a difficult task and further complexity in explaining the nature of such contact is, in truth, unnecessary unless the questioning mind of a new instrument might be put to rest by further words. This is also acceptable, yet is not necessary when looking at the experience of vocal channeling itself, for the world in which you move and the incarnations which are your vehicles for movement through this world of illusion is one which by its very nature is formed of complexities. Yet if any portion of the complexity of your daily round of activities be followed, the source will be found to be that which is quite simple. The love of the Creator enables all portions of the creation to move in their various dances and to play the parts that allow experience to ensue and allow contemplation of that experience to distill from it the crystal seeds of thought that are love in a simple form.

At this time we would attempt to make our presence felt to the one known at K. She will begin to feel a certain sensation which will signal to her our presence. At this time we shall attempt to transfer this contact and speak not only our identification through the one known as K, but also include a few simple phrases that might allow this new instrument to gain somewhat in confidence as she is able to perceive that which we transmit. Again we suggest the reservation of all analysis and the simple speaking of those thoughts and concepts as they become apparent with the mind complex. We shall now transfer this contact. I am Laitos.

(K channeling)

I am Laitos … and I greet you, my friends, in the love and in the light of the infinite Creator. We are happy to be able to be here at this time.

(Jim channeling)

I am Laitos, and am again with this instrument. We are indeed overjoyed to be able to speak those words through the one known as K that we were indeed able to speak. We are very happy with the progress of this new instrument and can only encourage her to continue in that attitude that might best be described as a combination of bravery and foolhardiness, for to speak words which seem to exist in a vacuum, shall we say, unconnected to others of their kind, puts a new instrument in the position of moving further, it would seem, out upon a limb with no assurance that the limb will support one's weight or that the words spoken will be followed by others which together shall make what you would call sense.

This is the heart of the nature of the vocal channeling process, for it is not possible for most of the population of your planet to receive a complete message which then would be dictated line by line, for the receiving mechanism of the peoples of your planet has not been developed to that degree at this point in the evolution process. Thus, in order to utilize the capabilities of the receiving instruments, we must provide small portions of a larger message and follow each portion with another portion of roughly equivalent length in order that the entire message may eventually be transmitted.

This makes the process somewhat more, shall we say, challenging for any instrument, and most especially for the new instrument. Yet it is well that such a challenge be presented, for the opportunity to serve as such an instrument and to be of service to others in this manner is one which requires to be the fool, shall we say, in many, many instances where one shares that of greatest value with others who may or may not share similar views. Thus does any entity who seeks to serve others by sharing what is within the heart without reservation call upon that quality of foolishness that does not ask any return for what is given, nor does it ask that what is given be accepted or acted upon. All that is asked is that the opportunity to serve be available.

Thus, we encourage the one known as K to persist in this foolishness, if we may call it that, for within the illusion which you find yourselves now placed, nothing may be known with certainty, for that which is the foundation of all creation and inspiration is shrouded in mystery and hidden from all but the most persistent inward-seeking eye.

At this time we would make a final attempt to contact the new instrument, and perhaps say a few additional words through this new instrument. We shall contact the one known as K at this time. I am Laitos.

(K channeling)

I am Laitos. We are with this instrument again. *(Inaudible).* We wish to say that we are pleased [to be talking through] this instrument. [At this time we wish to] say …

(The rest of the channeling is inaudible.)

(Jim channeling)

I am Laitos, and am again with this instrument. We are very happy that we have been able not only to contact the one known as K and to speak a few words through this new instrument, but that we have been able with each contact to expand the abilities of this instrument, and we look forward to each opportunity to work with this new instrument and this group. Before taking our leave of this group, we would ask if there might be any queries that we might respond to in order to facilitate the process which is ongoing?

K: *(Inaudible).*

Carla: *(Inaudible)* … trying to frame a question?

K: *(Inaudible).*

Carla: I'd like to know if my perceptions are accurate. However, I don't want to make you infringe on our free will. Would it be possible to ask you if my perceptions throughout this period were accurate, and again answer, yes or no.

I am Laitos, and am aware of your query, my sister. Though we find there is some possibility of infringing upon your own free will, we find that due to the manner in which the query was fashioned that we may answer in the affirmative, and in general confirm the feelings that you have left in an unexpressed form.

May we answer further, my sister?

Carla: I dealt with the situation a certain way. I want to frame this so you can say yes or no. Was that the optimal way I could have dealt with the situation in terms of the welfare of all those in the group?

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I am Laitos, and we find that this query is somewhat more difficult to answer than was the previous query. We may suggest that given the certain set of circumstances at the moment of which you speak, that the action taken was helpful, but to suggest that such action was more or less helpful than another would constitute infringement, in our opinion.

May we answer further, my sister?

Carla: No, but let me ask another question. When a person or a group—a person in a group or outside of a group—experiences a psychic greeting, say this person challenges the entity perceived and discovers that the entity cannot meet the challenge but is reluctant to leave, and mentally, verbally, begins snapping at the heels by discussing how much the meditator loves the Christ and the meditator begins singing a hymn in her mind, and this would presuppose certain assumptions that the meditator is making concerning the nature of attack or greeting and the nature of the kindest and cleanest and most loving way to illuminate it. Are those assumptions adequate, or are there other assumptions that would be helpful to consider?

I am Laitos …

(Side one of tape ends.)

(Jim channeling)

I am Laitos, and am again with this instrument. To continue our response. We find within this query greater possibility of infringement upon your own powers of discrimination and use of free will were we to give specific response. We may speak in general, and suggest that at any point in one's experience that one feels influences of a negative nature, that is, of a nature which seems to oppose the movement of one's free will, that the response which is most helpful is that response which moves with greatest freedom without distortion and with the widest possible view of the experience which has been encountered. That is to say, as one is able to see all entities, thoughts and experiences as portions of the one Creator and is able to bless and love these experiences, one then moves to their heart and at that point joins in love with them. If any outer expression by another entity, then, is not congruent to that heartfelt expression, such an entity will find it necessary to remove its presence from the mirror which reflects to it the heart of love which it itself has denied in order that it might progress upon that path which may be characterized by the phrase, "the path of that which is not"—separation.

May we answer further, my sister?

Carla: No, thank you.

I am Laitos, and we thank you, my sister. Is there any further query at this time?

Carla: I'm curious, Laitos. I miss one of your trademarks, and want to know why this group hasn't called it forth. And I keep waiting for you to say, "Be sure and meditate every day, even if it is only for five minutes." We haven't heard it once in two nights—what happened?

I am Laitos, and we might suggest, my sister, that we have attempted to speak to this topic in a more general fashion, weaving it into our overall message, with the feeling that this group is well aware of the necessity of meditation and the lighter touch, shall we say, would be more appreciated by those entities which comprise this group. However we do take requests. *Be sure to meditate each day.* Five minutes will suffice. Even five seconds.

Carla: *(Laughing)* That was great—thank you very much.

I am Laitos, and would be happy to respond to any further queries.

Carla: That's all, thank you—for me.

I am Laitos, and we thank each within this group for inviting our presence and for reminding us to remind you to do that which is most salient within the seeking of any entity who wishes to unravel the mysteries of being. Join yourselves at your hearts at any moment that is available, that you might remove that busyness of your daily lives and join the ever-present silence in appreciation of the might, the majesty, and the mystery of the one Creator. We are with you there, and upon your request we shall even join you in your busyness, for to taste of your experience is a delight to us. We relish the opportunity to find the Creator in yet another place of hiding. We shall at this time leave this group in the manner of speaking only, for always we are one with you. We are known to you as those of Laitos. Adonai, my friends. Adonai, in the love and the light of the One. ♣

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Intensive Meditation
October 3, 1986

(Jim channeling)

I am Laitos, and I greet you, my friends, in the love and the light of the one infinite Creator. We are once again privileged to be able to join your group this evening. We greatly enjoy the opportunity to work with the one known as K in order that she might continue the process of becoming a vocal instrument.

We have listened with appreciation and affection to the conversation which you have shared prior to this meditation and we wish to express our gratitude at the careful consideration of this kind of service by each present. It is quite true that it is not a difficult service to perform, but that there is indeed a certain kind of caring that is difficult to find in many who would seek to perform this service. It is the desire to be of service to others and to do so in a manner which serves to the best of one's abilities, that is the most appropriate motivator, shall we say, in our opinions for this service.

For many of your people it is a service which seems somewhat glamorous, for it partakes of that which is unseen and yet felt by many of your peoples to be a portion of the underlying truth of the illusion that they see as the daily life. To many it speaks subtly yet convincingly of a greater reality, shall we say, that towards which all move in heart and mind, and to give voice to such a power seems to many to be that which must be reserved for the few. And yet in truth we say to you that each in some way contacts this same source of energy and power each day of the incarnation and chooses in one fashion or another to channel that power in a manner which may or may not be conscious, may or may not be understood, and yet surely is a reflection of the One through a portion of the One.

You who have gathered here this evening have chosen a more specific means by which this transmission of the power of what we have called love may be accomplished. It is no more or less better or worse than any other choice. It is simply a choice which will be useful to some and less useful to others. That it is offered in the desire to be of service to others is that which truly matters, shall we say. Thus, this desire is that in which we rejoice this evening and we share it with you.

At this time we would attempt to make our vibrations known to the one known as K, and after a few moments in which any needed adjustment may be made by mental request by the one known as K in order that our vibrations not be uncomfortable, we should then speak a few words through the one known as K. We shall now transfer this contact. I am Laitos.

(K channeling)

I am Laitos. I greet you, my friends, in the love and in the light of the one infinite Creator. I am with you now in order that you may understand what it is that we are doing.

We are adjusting our vibrations to this instrument.

We are here *(inaudible)* continue this contact.

(Jim channeling)

I am Laitos, and I am again with this instrument. We are very pleased that we have been able not only to make contact with the one known as K, but to reestablish that contact on the two occasions that she felt she had lost this contact. We feel that there has been great expansions of this new instrument's abilities, and would continue to encourage this new instrument to persevere with moving further and further out on the limb so that the contact might continue and further concepts be generated and it be truly found that the limb has no end.

At this time we would pause in this working in order for any queries that might be upon the minds of those present might be asked. May we respond to any queries at this time?

Carla: I'll give K time to think, and ask a question of my own. I'm writing a book on channeling. Not on the mechanics of channeling, but on every aspect of it that I can think of that might be helpful to people who want to channel and people who are channeling. Any comments or suggestions that you have would be appreciated.

I am Laitos, and, my sister, we are aware of the work upon this subject that you have undertaken, and in our way would choose to show our appreciation of this effort by observing that the process which you are utilizing in writing this book upon the topic of channeling is a process of channeling itself, and is one in which you are, again in our opinion, utilizing the most valuable tool of the instrument, and that is the personal experience of the instrument itself, for to speak upon any topic it is quite helpful not only to be familiar with the topic in an intellectual fashion, but to have made such a close identification with the topic that one truly draws it from the depths of one's own experience and responses to that experience.

Thus, the work takes on a life that is obviously of its own and is represented in a fashion which then is dynamic and in motion within the author so that the words might then convey this life force that is shared without reservation. That, in our experience and opinion, is the heart of any channeling process and we rejoice at the work which you have chosen to share in your own way.

May we answer further, my sister?

Carla: No, but I'd appreciate your help if you would please tell whoever is channeling this to me to use better English. I will too.

I am Laitos, and we can assure you, my sister, that the message has been received. Is there another query?

K: I have a question. The contact feels to me very tenuous and faint. I don't know if it gets stronger, but I was getting the feeling that I was supposed to be listening for it, somehow. Do you have any comments on that or suggestions as to how I might do that better?

I am Laitos, and we might comment by suggesting that, again in our opinion, you are perceiving our contact with unusual clarity for a new instrument, for, indeed, in the beginning of this practice it is usual that a tenuous feeling be associated with the perception of our thoughts. As you are able to quiet the inner conversations, the over-nervousness and any doubts that you may carry with you into the meditative state, you will discover that the signal, shall we say, seems amplified, and will eventually be as easily perceivable as any of your own thoughts. In the beginning of this practice we can suggest none too frequently that the new instrument simply be patient and continue with the process as if it were practicing its scales upon the piano. There is a certain amount of exercise that is necessary in order to develop the concentrative muscle, shall we say.

May we answer further, my sister?

K: When I start to feel like I'm losing the contact, is there anything that I can do at that point, other than to just continue to quiet my mind?

I am Laitos, and am aware of your query, my sister. We again would suggest that the quieting of concerns, thoughts and analysis is the most helpful thing that one might do in order to again begin to perceive the thread of the contact, and to, once having perceived it, await the next concept or phrase. Again, we might characterize this state of mind as a

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simple and quiet confidence, realizing that one is partaking in an event which is, as it has been observed, actually occurring.

May we answer further, my sister?

K: As you were contacting me during these practice sessions, is there a way that I would know when you have finished transmitting to me?

I am Laitos, and this query, my sister, we find quite easy to answer, and do not need to be facetious, but we will tell you when we are finished by suggesting that we are finished.

May we answer further, my sister?

K: No, thank you, that is very helpful.

Carla: You're such a wag.

I am Laitos, and we thank you, my sister.

K: I appreciate your sense of humor.

Carla: None from me—thank you, Laitos.

I am Laitos, and we are happy that we have been able to share a bit of the humorous nature of these beginning sessions, for the ability to laugh at oneself and the process of learning any new experience is an attitude which greatly enhances the learning of that new skill or experience.

We at this time would attempt not only to transfer our contact once again to the one known as K, but would attempt to close this contact through the one known as K, and in this manner she will know that she has finished the contact. I am Laitos.

(K channeling)

I am Laitos, and I am with this instrument again. We find your humor to be refreshing as well. We thank you for this as it is enjoyable to us. We wish now to say that this instrument is progressing satisfactorily. And we will now close this contact. I am Laitos.

(Carla channeling)

I am Laitos, and I greet you once again through this instrument in love and light. We were attempting to recontact the one known as K, and then the one known as Jim. However, we found each to be somewhat puzzled.

We wished not to give any further message except to note to the one known as K that it is well to observe carefully when the naming is done, to discern the sentiment of love, peace, joy, light and blessedness in some close conjunction with greetings and farewells, for we do not wish to leave any with a name alone, but rather with the name of that principle, as this instrument would say, in whose service we come to you, for we are but messengers, bearing news, news of complex things and news of the very simple things that underlie the complexities. We greet and bid farewell of that which is simple, that which is unified, that which we worship and are—love and light.

If those concepts do not rise in your consciousness, challenge immediately, my sister, for the source is questionable in that event. That is, it is certainly not necessary to question that it is not the Confederation which speaks. Thus settling into the night and enjoying this added few moments to hear the sounds of your katydids, we do bid you farewell in the love and in the light of our infinite Creator. We are known to you as those of Laitos. Adonai. ♣

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Sunday Meditation
October 5, 1986

(Carla channeling)

I am Q'uo, and I greet you in the love and the light of the infinite One, the Creator of all that there is. We trust that all can hear this instrument's voice. We find this instrument to have a low supply of energy this evening, and so are attempting to conserve by speaking in a quiet voice. It is most pleasurable to be able to speak with you, and we thank you for calling us to you this evening.

It is but a moment for us to move through the densities to you, yet in terms of novelty of experience the moment is momentous for us, for us experiencing third density through third-density senses as you share them with us is a marvelously beautiful thing. We thank you for offering us this service and we hope we can inspire you in some way with what we say. All topics are a challenge in one way or another. A query from the group concerning the validity of [an] inspired set of writings certainly has a challenge for us, as we do not wish to seem to judge any source.

You must understand that we are offering information to you through an instrument. There was a source offering the one you know as Nostradamus information. It came through him and this entity recorded it. It may aid in your evaluative process to regard this very devout person as the same kind of instrument as the entity who is channeling our words.

The information is for you to use in order to effect the most spiritual progress. Each individual finds its own aids towards that task. Those things that you find helpful may mean nothing to another. Prophecy may inspire one and leave another with a cold heart and an indifferent curiosity. We hope that these comments aid you in the subjective evaluation of data concerning some aspects of the mystery which surrounds those things which you seem to know within the illusion. It is of course to the mystery that you will turn—that is why you have gathered this evening in light—to seek the truth. Would you have done so had you thought that all that you perceived was so and formed the sum total of all that needs to be known of ultimate causes?

We move now to a discussion of prophecy from another point of view, from the point of view of subjectivity versus objectivity.

Begin with the original Thought, the unified, ceaselessly eternal, all-encompassing Thought that created all that there is, creates all that is to become, and yet remains uncreated. The Logos—love—has no mate but the divine spirit of free will, and its creations are of itself. Thus, each portion of the creation is a hologram of love. Each portion of each illusion contains within it all that there is, all truth,

all wisdom, and all understanding. Is it any wonder, then, that there is a marvelous amount of redundancy within the objects which make up your illusion? Is it any wonder that the energies of the atom mimic in miniature the very visible heavenly arrangements of planets, solar systems and galaxies?

And is it any wonder that there should always be occult or hidden knowledge of future disaster [or] a global war in days which are in your past—worldwide proportions. For you see, my friends, each of you has an illusion within your consciousness, the illusion to which you are tied by the chemicals and liquids of your heavy physical body. It is designed that one day you shall drop this body and your consciousness shall once again take wing and move into a more light-filled body.

This is known as the physical death. Subjectively, it is inevitable that the illusion which repeats and repeats patterns within the subjective self should repeat the death experience.

We are attempting to say some rather subtle things. Let us briefly recapitulate. We are attempting to say that your discriminative powers are being underrated by questioners who believe another's work over their own.

We have no bias, and therefore we do not speak. Were we biased, we might speak. The more we were biased, the more surely we would share our opinions with you, and yet, would you wish to take on faith the biased opinion? We ask you to take responsibility for the information which you assimilate. Digest it well, excreting those things which you do not find spiritually inspiring, and pursuing with a lively curiosity and interest those things which speak to you of mystery. Attempt to be swayed only on interesting technical points, shall we say, by anyone. Allow yourself to be swayed by anyone who can help you frame your questions better, but reserve your own right to perceive the information which comes when questions are asked. Reserve for yourself the right to choose that which feels inspiring to you, for the search for truth is not a cold building up of facts, but a journey to the heart.

As you live in your head, so you die to the passion that can burn within you, to the joy that can leap from your heart at simple things. If prophecy is to be inspiring, let its vision make you rejoice at that which is to come, or pray and offer yourself in dedication for any event you feel may come which may be sad.

Remember also to take yourself seriously enough to realize that this creation is more and more created by you as co-Creator, for during the third density man becomes more and more the true captain of the craft which is his consciousness, becoming more and more self-conscious, self-aware, self-sensitive and aggressive towards the environment which previously has been molded by love alone. More and more the third-density illusion becomes a metaphor for the self as you subjectively see yourselves to be. Thus, at this point in your third density, as it moves into fourth, you find yourselves at bitter odds, torn between compassion and comfort, between patriotism and peace, between love and anger. And your creation is reflecting this.

Nothing shall be so crushing to your physical being as your own death; nothing shall be more liberating. And so you have the subjective model for the new age. My friends, it is no more, no less than the larger life which awaits as you move through the gates of the death of your physical body and are able to release it and transform your consciousness into that of a more light-filled being.

In conclusion, we would say that your planet is indeed in travail and has been—is in—the middle of an ice age, has the potential for moderate destruction over a fairly lengthy period of approximately one of your centuries, or a much shorter period of extreme trauma. We will not give you the odds, as they change constantly. However, we will say that it appears that many who dream struggle now to awaken.

There is more movement in consciousness upon your planet at this time than any time since we have been working with your people. We do not despair, but hope, for there is a substantial reward for practicing the faculty of hope and faith. Remember that all is subjective. Your consciousness is greater than that of the planet in its delineation and fastidiousness of character. And that which man wishes the environment, the creation about man will reflect. The faculty of hope, of faith and positive outcomes will create enough light to vitalize a great deal that is now broken and without life within your planet.

Each time you send light to that entity who loves you whom you call Earth, the Earth changes. The

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question was a simple one, and we have commented on Nostradamus. However, my friends, we hope that we have turned your minds to a new consideration [of] prophecy, one that offers you room for praise and rejoicing, for excitement at new things and for hope in the future. As you mold your consciousnesses, so in echo will your growth mold itself.

We greet and send love to each present, and would prepare to leave this instrument, thanking her and you once again. We would now transfer. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet you through this instrument in love and light. We are aware that there are some queries which those present might wish to ask, and we would be happy to attempt to respond to those queries through this instrument. We again remind each that we do not wish our words over-weighted, and suggest that each take those which ring personally of truth and use them as they will, leaving behind all those which lack this ring. May we begin now with the first query?

J: Our scientists speculate that great civilizations within what we call our past, our history, have vanished from the face of the Earth due to cataclysmic periods such as pole shifts, one being the civilizations of Lemuria and another being approximately six thousand years ago, or about 4000 BC. Was the latest that I've just mentioned, the one at approximately 4000 BC, was there a cataclysmic period at that time, and, if so, was it a pole shift that caused this cataclysmic period?

I am Q'uo, and am aware of your query, my brother. We look at this time of which you speak and can discern that at a slightly earlier time there was indeed the cataclysmic events that resulted in the removal of a large segment of land mass that had been home to a large population of your third-density beings. However, we find that the time was previous to that you have mentioned, and the source of the difficulties was not that of the natural catastrophe as you might call it, but was rather man-made and technological in its nature.

May we answer further, my brother?

J: Were these man-made difficulties have been—would they have to do with the use of nuclear devices in what we would call Atlantis?

I am Q'uo, and this is in general correct, my brother.

May we answer further?

J: We are told by our scientists that the buildup of ice in Antarctica is becoming almost at a danger level, in that it accelerates or increases the wobble of the Earth about its axis in space and as this wobble increases, the impetus alone as the mass of ice builds up in Antarctica will eventually lead to a pole shift. Does this logic sound correct to you? Can you comment on that?

I am Q'uo, and our opinion in this area is that which sees this possibility as being a possibility if it were only acting in, shall we say, a vacuum. This is to say that there are many other factors to consider, and this factor which you have mentioned is that which is affected by other geophysical phenomena, and even more to the heart the, shall we say, choices that the population of your planet makes and remakes on the metaphysical level of experience. These choices may be seen as a kind of indicator likened unto a thermometer, shall we say. As the choices obtain a more balanced character, the temperature recedes and less heat is given off in a metaphysical sense, to then be transmuted by the physical illusion in such and such a geophysical manifestation.

Thus, there are many, many factors affecting the potential for physical change which your planet exhibits at this time, and it is not possible to predict with any degree of accuracy what the final result might be at any point in your continuum of time and experience.

May we answer further, my brother?

J: Is that to say the collective consciousness of mankind then basically determines the destiny of the planet?

I am Q'uo, and this is a relatively accurate statement, my brother.

May we answer further?

J: We are constantly warned of impending earthquakes, especially on the west coast, which are basically inevitable, our scientists now tell us. Is it possible that through some metaphysical means that we could somehow avert this cataclysm?

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I am Q'uo, and we might suggest that this is indeed correct, and is that formative feature of consciousness which is manifested within your illusion as events which occur in time and space.

May we answer further, my brother?

J: In the history of the Earth, how many times have civilizations been wiped out due to cataclysmic periods or upheavals within the Earth itself?

I am Q'uo, and at this point we would have some difficulty in giving an accurate response, for at previous periods of your planet's history populations were so few in number within any particular civilization and civilizations, if you would call them that, so isolated one from another, that it would be difficult to say whether one group of entities leaving the physical incarnation by geophysical means would constitute the destruction of a civilization. Of the more obvious or largely populated groupings of entities leaving the incarnation by such geophysical means, we note that there have been two, those of which you have mentioned.

May we answer further, my brother?

J: No, thank you very much. That's all for now.

I am Q'uo, and we thank you, my brother. Is there another query?

H: We know that the atomic bomb that we have today is very destructive, materially destructive. But yet though—I've read—I've kind of studied a little bit where certain people on Earth that have been informed by others outside this Earth not to drop the bomb, not to have the battle of doomsday war. I was wondering, does the bomb have something to do with the soul, with the destruction of the soul a possibility? Is there any connection between the two?

I am Q'uo, and we might respond by suggesting that there is the release of energy of such a nature within the process of detonation of one of your nuclear weapons that not only does the physical material of your illusion suffer great disfiguration, but it is possible that the mind/body/spirit complex which might be referred to as the soul, if you will, can also undergo a type of disintegration if there is not the immediate aid of those able to harness this released energy and other energies for the preservation of the integrity of the mind/body/spirit complex.

May we answer further, my brother?

H: I'm confused at what's a mind/body/spirit complex again?

I am Q'uo, and we have responded …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am once again with this instrument. Our choice of terminology was that most familiar to this instrument, and we apologize for using that which was not familiar to your own experience. The concept of the soul being affected by the release of the nuclear energy is that which we have described as the potential for the disintegration of those major components of what you have called the soul, and that is a being that is complex, a being which experiences the creation by means of utilizing the mind, the body, and the spirit. The effect of the release of the nuclear energy is to cause a disintegration, or an unbinding, shall we say, of mind, of body and of spirit, each from the other, so that the unified joining of them called a soul in your terms is no longer able to perceive experience and to focus conscious awareness.

Thus, there is the necessity for the healing or maintenance of the integrity or unity of these complexes during the release of nuclear energy. The maintenance of such integrity is the honor and duty of those who watch over the progress of your planet's populations, and these entities have moved in this service in previous times of your planet's experience in order that no soul might lose its integrity through the release of nuclear energy.

May we answer further, my brother?

H: Okay, the Nostradamus, in his prophecies, is it true that he foresaw maybe the doomsday wars, the nuclear holocaust? Did he actually foresee that?

I am Q'uo, and the entity of which you speak was one to whom information was transmitted in the form of visions which then this entity sought to transmit or capture in words that would then be preserved for use by future, as you call them, generations. This information which was transmitted and perceived as the series of visions was one point of viewing of one potential within the consciousness of this particular planetary influence. It is by no means the only potential. It was not then nor is it now alone in the possibility of occurrence, and in fact is that which is constantly formed and reformed

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by the choices of the populations of your planet, this in the metaphysical sense.

May we answer further, my brother?

H: No further questions at this time.

I am Q'uo, and we thank you for your queries, my brother. Is there another query at this time?

J: The asteroid belt, was that once a planet which was destroyed—which was once destroyed by the use of nuclear weapons.

I am Q'uo, and this is correct, my brother.

May we answer further?

J: Were entities who performed the service of healing of the mind/body/spirit complexes able to reunite these basic elements of the soul at that time?

I am Q'uo, and this is correct, my brother, though due to the magnitude of the destructive effects of that planetary influence and its previous experience, the healing needed to wait for a portion of what you would call time in order that the entities who had experienced this destruction might first as a group experience the immediate aftereffects and then become available for healing.

May we answer further, my brother?

J: When the bomb was dropped on Hiroshima, how long in terms of time did it take for the healing process of those mind/body/spirit complexes which were basically disengaged or dissimilated at that time?

I am Q'uo, and the healing is continuing for these entities of which you speak. The period of time is somewhat difficult to translate into your terms, for their current experience is within those realms where time is perceived in a far different fashion and measured quite differently than it is perceived and measured within your own.

May we answer further, my brother?

J: This separation of the mind/body/spirit complex, does this occur only, shall I say, at a ground zero type situation in a nuclear explosion, or is a large percentage of those entities which ultimately die as a result of a nuclear explosion, does the same separation take place in those entities?

I am Q'uo, and we find that, in general, as you would say, the most probability of the disintegration of the mind/body/spirit complex would be at that location you have described as ground zero, and would decrease as the distance from this point increased.

May we answer further, my brother?

J: Has there ever been a case in which the complexes of mind/body/spirit was beyond reorganization, as it was totally destroyed as a result of the nuclear device?

I am Q'uo, and we cannot answer as to yes or no, for we have not experienced all that there is to experience, and are unable to speak of that with which we are not familiar as either having observed or experienced such and such an event. We do not say that such is impossible. We can suggest that such is not probable, for always there are those who serve as observers, teachers and guides who take the necessary care for the preservation of those under their guidance.

We are aware at this time that it would be helpful if we concluded this contact, for there is a difficulty among one who is not comfortable at this time. We then will suggest that this meeting be brought to a close. We thank each of you for allowing our presence, and we look forward to each such gathering in joy and in praise of the desire to seek more of that which you call the truth. We are known to you as those of Q'uo. Adonai, my friends. We leave you in the love and the light of the one infinite Creator. ♣

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Intensive Meditation
October 6, 1986

(Unknown channeling)

I am Laitos, and greet you, my friends, in the love and in the light of our infinite Creator. It is our privilege to join your group again for the purpose of working with the new instrument. We apologize for the interruption [to the one] known as K. We were, before contacting this instrument, attempting to initiate a contact through the one known as K. From time to time we use this technique with a instrument who has progressed to the point of being able to speak a phrase or two after identifying our contact. It is always helpful to be able to make one more step upon this journey by expanding the abilities whenever possible.

We do not wish to rush any new instrument past the point of confidence, yet we shall always provide the opportunity for a new instrument to continue to expand its abilities. This is true for all instruments, in fact, for even with an instrument which has practiced its art for many of your years, there is the constant opportunity to expand such an instrument's capabilities by presenting concepts of greater scope and, shall we say, intricacy, though we do not mean to suggest complexity.

At this time we would attempt to transfer our contact to the one known as K and when this new instrument is comfortable with the conditioning vibration which we offer, we would then speak a few words through this new instrument. Again we would remind the one known as K that we are happy to adjust our conditioning vibration, if it is not comfortable to begin with. As always, we remind this new instrument that refraining from analysis is most helpful in speaking those concepts which appear within the mind. We would transfer this contact at this time. I am Laitos.

(Kim channeling)

(Inaudible)

(Unknown channeling)

I am Laitos, and greet each of you again in love and light through this instrument. We are very pleased at the progress that the one known as K has made since our last session together and we continue to applaud this new instrument's efforts and willingness to take one further step and to move yet further upon the [ground] which continues to hold the instrument firmly. At this time we would pause for the opportunity to respond to any queries which those present may find value in asking. May we attempt any query at this time?

Questioner: I don't think I have any questions.

I am Laitos, and we thank each of you for affirming that which we had discovered ourselves. We are always happy when there are queries, for this allows us the opportunity to discover how the process in

the new instrument's learning of vocal channeling is taking form, for queries are those gifts which we honor due to the new avenues of thought which they open. We are also pleased when there are no such queries, for in that situation we may assume that what we have offered has been utilized to its fullest and is ready for further expansion, shall we say.

At this time we would make one final contact with the one known as K in order that she might perhaps discover another facet of this ability. We transfer this contact at this time. I am Laitos.

(Kim channeling)

(Inaudible)

(Tape ends.) ♣

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Intensive Meditation
October 8, 1986

(Jim channeling)

I am Laitos, and greet you, my friends, in the love and in the light of our infinite Creator. We have been working with the one known as K in anticipation that she might be open to the possibility of initiating a contact this evening. We may suggest to this new instrument that the faculty of analysis is, though still somewhat significant within this new instrument, that which is far less of a difficulty in this new instrument than in most. We would therefore commend this new instrument for its ability to allow the analytical portion of the conscious mind to be put aside temporarily. This is a general faculty which this new instrument has utilized far better than most and though it has at this working presented somewhat of a difficulty in the overall sense, we are very happy that this new instrument has taken so quickly, shall we say, to the reservation of judgment and analysis. At this time we should attempt to contact the one known as K, and will transfer this contact at this time. I am Laitos.

(K channeling)

I am Laitos, and I greet you, my friends, in the love and in the light of the one infinite Creator. We are with this instrument again for the purpose of sharing ourselves with you in the mutual service of the infinite Creator. We ask [again] to remain open *(inaudible)* so that what we have to say will flow easily through this instrument, *(inaudible)* for indeed such is the work and service of the vocal channel, *(inaudible)* source, to its destination. My friends, let us be merry and [quiet]. [We may all be quiet] is not [really] very difficult *(inaudible)*. So too may the flow of your lives be with *(inaudible)* and difficulty, you can better accept that which comes to you *(inaudible)*. For it is in acceptance that *(inaudible)* that your path *(inaudible)* wise even though *(inaudible)* seeming difficulties, still you may confuse *(inaudible)* by accepting that which comes to you in going the way that is before you.

At this time we will transfer the contact again to the one known as Jim. We transfer this contact now. I am Laitos.

(Jim channeling)

I am Laitos, and greet each of you again in love and light. We are very happy with the progress that this new instrument continues to show and we would congratulate her on her ability to be just as the type of which she spoke. It is heartening to us to be able to work with one who is so receptive to the underlying attitude that supports the vocal channeling process. At this time we would open this session to those queries which those present may find value in the asking. May we begin with a query?

K: I don't have a particular question. I wish I did because I feel a sort of confusion, more an

unsettledness about what the whole process—I guess I've been feeling more nervous, I guess, than I did before, and I don't understand the way I'm feeling. So, I don't have a specific question, but do you have any comments on that at all?

I am Laitos, and, my sister, we may reassure you that this feeling is not that which should alarm, for now, as you have become more firmly aware of the nature of this process of becoming a vocal instrument, it is becoming apparent to you both intellectually and emotionally that the process is indeed occurring, and that there is the transfer of information proceeding through your instrument. As you begin to realize that this process is ongoing and is a process in which you play a part, but a minor part, you now begin to feel something of what we might describe as a combination of excitement and anxiety. This is a natural response to a process which is quite unlike most experiences which you have had during your life and is one which tends to move toward the center of your being and resonate outward with a feeling of recognition that is not completely accepted by the conscious mind complex as yet.

We can recommend that you simply allow these feelings to move through you, much as you allow the information which we have to transmit move through you, without undue concern as you become more and more familiar with this process and are able to accept its validity completely within your being. As you gather those subjective verifications of which those present have discussed, you will become more comfortable at the emotional level, shall we say, and this shall then become more of an accepted experience for you.

May we answer further, my sister?

K: As you know, I'm still feeling the doubt, what Carla terms as the great conspiracy, the fear that I'm just saying things that are coming into my head from myself … I guess I still wonder, am I really vocalizing the thoughts that you're transmitting to me?

I am Laitos, and we would suggest that we in our work with any new instrument also play a part which tends to cause a new instrument to feel that this conspiracy, as it has been called, is indeed just that, and that the new instrument is providing material that is merely from its own resources, the conscious and the subconscious minds. This is due to our, shall we say, experience at working with new instruments and our finding that to be able to initiate contact through a new instrument most easily, it is well to use more of that new instrument's experience, both the current experience and previous experiences, and to utilize the new instrument's manner of phrasing as it communicates in its normal day-to-day life.

This is a process which we find enables a new instrument to speak the words which are given to it, and to allow the contact to remain open long enough that it is slowly being able to gather confidence, and this confidence will continue to build until new concepts are able to be offered through the new instrument. Always, however, do we continue to use, even with new concepts, phrases and words and experiences which the new instrument may be able to provide to aid the communication.

Thus, you are partaking in that which seems to bring up the possibility of a conspiracy within any new instrument's mind. We may assure you, however, my sister, that you have been quite accurately representing our thoughts, using, of course, your own words and means of phrasing.

May we answer further, my sister?

K: No, that's very reassuring. Thank you.

I am Laitos, and we thank you, my sister. Is there another query?

Carla: I wonder if you could shed some light on what it is I am perceiving when I say—because I don't have any words for it—that I can see the energy move when people are channeling in a room? I can see it move from channel to channel and so forth. I don't actually see a thing, but I feel it in some way that I don't know how to … I don't have any words. What is being generated? What *(inaudible)*?

I am Laitos, and am aware of your query, my sister. As you are aware, your abilities to sense the feelings of others have been present for most of your incarnation. We may suggest that you have utilized a form of this empathic ability in your ability to be able to sense the placement, presence and occasionally the nature of these contacts. You are much likened unto a being which has sent out from its heart tiny filaments of feelingness which permeate the physical and metaphysical space in which you reside at any given time. When there is a movement

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of energies, especially of the metaphysical nature through this lacework of filament, you are alerted that such is occurring, and it is as though the room in which you dwell has become an extended body for you so that the movement of energy of the nature of which we generate during these contacts is perceived by you as a movement within your own body or being. Thus, it does not feel precisely as though any particular sense is telling you of such movement, but that instead it is as though your entire body records movement through it much as though you are aware of the beating of your own heart.

May we answer further, my sister?

Carla: That was very helpful. I don't need another go at that one. It doesn't matter what level and [what at]. I have a way to understand it now. So it's an anomaly and it's nothing I have to write about in the book and that's good. Okay.

The other thing that I wanted to know is just why have you been stimulating me so strongly? I've been getting a lot of conditioning, and I haven't been getting any words or anything, just a lot of conditioning. Just a keeping the hand in? Every time I asked who it was, it was Laitos. That's you, right?

I am indeed Laitos, and have been working with you, my sister, as we have been working with each instrument within this dwelling. Each, however, receives a different kind of assistance, for each is working upon slightly different facets of the same phenomenon. With your particular instrument, we find that it is often helpful to stimulate, as you call it, the more experienced instrument in a manner which will allow it at any future time, as you would call it, to pursue the practice of vocal channeling with increased facility. In your particular case, we are working with the deeper levels of your mind complex in order to aid the transmission of word-by-word thoughts. We are, you might say, at once sensitizing your instrument and stabilizing it as well.

May we answer further, my sister?

Carla: No. I want to thank you for helping me. I'd like to be better very much.

I am Laitos, and we thank you, my sister, for allowing us to work with you in this capacity. Is there another query at this time?

Carla: I do have one more. Something I was thinking about writing in the book, and I'm just not sure whether I should cover it or not. So any comment would be helpful.

People have an incredibly array of ways of registering conditioning. A lot of the ways can scare people, even though they're harmless. The hair on the legs stands up, or people cry or their eyes water uncontrollably or they see a zigzag of green on the left side and a zigzag of blue on the right side. It just goes on and on. I will have to do a lot of listening if I try to write about it. And these things can scare you if you don't know that it is merely the side effect of another intelligence settling into your body, metaphysical physical.

What I fear is that people will start manufacturing these symptoms because I told them what they're supposed to feel. I don't want to give people troubles that they wouldn't otherwise have. Could you comment?

I am Laitos, and we may agree that your analysis of the conditioning phenomenon is basically accurate, that is, that any means by which our contact is perceived by an instrument is a means which is a by-product of both our actual contact with the instrument and the instrument's chosen—and this is usually of a subconscious nature—manner of perceiving such contact. Often an instrument will have a subconscious belief that any contact from entities that are unseen would be one which would cause a certain amount of fear or discomfort or a sensation in this or that location which then would signify such contact had been perceived. These beliefs are often difficult to trace to their origin, for within the subconscious minds of all entities of your density there resides what might be seen as a group consciousness that is aware upon the subconscious level of the ability to contact a great variety of entities which may be removed by distance and density from the one of third density who perceives this contact.

Thus, if such suggestions are made to those who might become new instruments that a contact with those who would speak through such a new instrument might be felt in such and such a manner, this then might indeed influence the manner in which such an instrument would perceive a contact if it were to pursue this type of service in its future.

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This is not a great difficulty, but could in some cases confuse a new instrument in that it would be consciously overlaying a preconceived idea of how the contact would occur and this preconceived idea then might for a period of time interfere with the inborn, shall we say, choices or beliefs which the entity had provided for itself in the event that it would choose to serve as a vocal instrument. This confusion would at some point need to be resolved within the entity so that one manner or another of perceiving a contact such as our contact might be set upon as that way which becomes familiar and comfortable to the instrument, and becomes then an aid in its gathering of confidence and proficiency in serving as a vocal instrument.

May we answer further, my sister?

Carla: Yes, I would like to know how you would feel when I finished the rough draft of working with each chapter title, giving any comments of this sort of nature that you might feel appropriate in order that I may, in a book on channeling, use whatever thoughts I find helpful in your comments?

I am Laitos, and we would be happy to aid your effort in whatever way we could without influencing your own free will choices and we would be happy to present our opinions according to the way in which the information is sought, that is, we shall be happy to speak within the scope of your queries and the work which you have done, without adding to it that which you have not in some way touched upon as a result of your own creative efforts.

May we answer further, my sister?

Carla: I'll look forward to working with you. Thank you.

I am Laitos, and we are looking forward to this shared activity as well. Even though this instrument is somewhat dubious as to its ability to serve in this fashion, we shall look forward to working with this instrument as well.

May we answer further, my sister?

Carla: I merely say to the instrument, "Dooby, dooby, dubious." *(Laughs)* Thank you, Laitos.

I am Laitos, and we have been hoping that this instrument would allow us to speak just a few additional words without becoming too concerned about its future task, present confusion.

We can assure each present that this activity that is of the vocal channeling is one which shall be utilized in an increasing fashion throughout much of the work which is proposed in what you call your future. We are very happy to work with each instrument, as we have mentioned previously, in whatever manner each instrument requests, whether the request be conscious or unconsciously stated.

Therefore, we will seek to bring each instrument insofar as we are able to the current limits of its ability, and then provide an opportunity to extend those limits in some degree. Thus, the practice and the art of being that known as the vocal instrument is that which is dynamic in that the surrender of the personal will is that which is ongoing and is that which may continue for each instrument at any time that it is willing to open yet more fully to the opportunities which are naturally presented to any entity who seeks to be of service to others, no matter the vehicle chosen, whether it be vocal channeling, healing, or any other service.

We thank each present for allowing us to speak with you this evening, and to work with each as vocal instruments. At this time we feel that it might be appropriate to bring this time of working to its conclusion, and we shall do so, thanking each once again with our whole and happy hearts for allowing us to join you in yet another portion of your seeking. We are known to you as those of Laitos and we leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Intensive Meditation
October 9, 1986

(K channeling)

(K's voice is barely audible.)

[I am Laitos,] and I greet you, my friends in the love and in the light of the infinite Creator. It is our great pleasure to be with you again this evening for the purpose of working with the new instrument known as K and also the rest of you who are *(inaudible)*. We also wish to welcome the one known as S and are grateful for her presence [also].

As you know, my friends, it is our pleasure to be with you for the purpose of serving together with you in the process of your service as vocal channels. We ask [now] that each of you remain open and relaxed, putting aside any anxious thoughts that you may bring with you to this time, putting aside again your desires for analysis, and becoming simply channels as [we are meant to be].

At this time we will transfer the contact to the one known as Jim and speak a few words through him. We transfer the contact at this time. I am Laitos.

(Jim channeling)

I am Laitos, and greet each of you in love and light through this instrument. We are hoping this evening that we will be able to exercise each instrument in some degree, for it has been our experience that when a minimal level of proficiency has been gained in the vocal channeling process that is helpful to exercise the instrument wishing exercise and practice in a periodic manner. We feel that it might be helpful this evening if we should engage in a small story which would be accomplished by transmitting a few sentences through each instrument with no definite order given, so that each instrument would have some practice in both perceiving the contact and in transmitting a portion of it. We shall attempt a small story, therefore, with this goal in mind.

As most of your stories begin, once upon a time there was a young man living in a distant land who wished to know if there might be in the surrounding countryside others of his kind who thought as he thought, for this young man was somewhat isolated in a small village that had customs that were old and rigid. Yet he felt that there was something beyond custom and ritual which would fulfill his desire to know more of himself and the life that he lived. Thus he set out upon a journey in order to see how others lived their lives.

We shall transfer this contact at this time. I am Laitos.

(K channeling)

I am Laitos, and will continue our story with this instrument. The young lad of which we spoke journeyed first twenty of your miles to a village, known to only a few of the villagers with whom he had enjoyed his childhood. This village [was] set in a

valley far amongst the trees, hidden and nestled between the hills of the surrounding countryside and there our aspirant of knowledge met an old man who spent much time conversing with our friend. He spent many a day under the bright sun and far into the moonlit night speaking, learning, his mind was a sponge, his heart growing ever fuller with the love which he perceived from this one who had spent many years upon this plane of existence. Until one day the old man would speak no more and the young one knew that at this point he had learned all from this lesson that he could. So he sadly took his leave of the old man and his village and continued his journey.

We will now transfer this contact to another instrument. I am Laitos.

(Carla channeling)

Onward traveled the lad, as quickly eating up the miles, his questing mind ever devising refinements in his question. Occasionally the dust of a certain village or the shape of a certain hill would resonate with his mood and there he would stop, looking about for ways to replenish his small supply of funds and for people that seemed to him to speak of those things he wished to know so that he might learn more and more about himself. He always found someone and he always learned. For three years he walked and asked, resting in the comfort of his own poverty and the ease of needing to impress no one but himself. At the end of that time he decided to take stock of all that he had learned.

We shall transfer. I am Laitos.

(K channeling)

I am Laitos. The young man sat and thought for a long time about all the things he had learned through his journeys. And as he sat, he saw before him a bird. He watched the bird and it flew away. He thought he must do as the bird and continued his journey *(inaudible)*. He thought he could learn no more from teachers [to whom he went] but rather his sojourn would be one within himself, that he would learn to be his own teacher. And so he sat some more and thought long and hard about his life and its meaning. He thought about things he learned from his teachers and he thought if he would return again to the native village. He began turning homeward, knowing for him it was a new journey and a new beginning.

When he got to his village, he learned a trade, a simple trade of making shoes, and in due time became the village cobbler. He became known as a quiet man and yet people came to him and sought him out, for his wisdom became known about the village. Thus he became known as a teacher in his own village and in due time there came to him other travelers to sit and learn with him as he had learned with others. Some learned the art of making shoes. Most sat and talked with him about life and he shared what he had learned from other teachers, but mostly what he had learned from the journey within himself.

We transfer the contact at this time. I am Laitos.

(Carla channeling)

And so the journey ended as it began. The young man had become old in his native village, living quietly. And yet the young man had also become what he sought, because he sought it. And so shall you, if you seek faithfully. For it is your creation. You are its creator and that which happens within your perception is as you perceive it to be. And that which you become is that which you have desired.

We urge you to desire carefully and steadily, carefully, because desire is a vacuum created in your future, causing that which is desired to be attracted into the empty space within yourself. In all your seeking, know the journey which never ends also ends. For although you will always be seeking, each transformation you undergo, each difficulty that you begin to perceive will move you as you desire, no matter what the outward pull of condition or a state of experience.

The inward form is malleable and will be brought into your consciousness in the shape and feeling it possesses due to your desires. May you crown each question you ask of others or yourself with the desire to know and serve the Creator, to know and serve love. For your journey shall end according to the shape of your desire. And in that ending shall be your beginning.

We would transfer the contact at this time. I am Laitos.

(S channeling)

I am Laitos, and we continue through this instrument. Each of you, my friends, has many desires, many goals. But the one that all has in

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common and that desire is the *(inaudible)* of the one infinite Creator, the one goal of love and truth. And this desire, my friends, and through this goal is the joy, our pleasure to help in whatever way we may. The journey each of you *(inaudible)* you put upon as you well know, may not be altogether an easy one, but it is the desire and the love, the continued strengthening of that desire which will soothe the rough places of your journey. [There are many,] my friends, there are many who walk the same path with you; you are never alone. Always [in the] one Creator is within, without, all-pervading, surrounding, protecting, always One. We leave you now, my friends, wrapped in this love, surrounded in joy [and] infinite good. I am Laitos. I leave you, my friends. Adonai vasu borragus.

(S channeling)

I am Latwii, and it is with great pleasure that we greet you, our friends, in the love and light of the one infinite Creator. It has been quite some of your time since we have worked with this instrument and are most grateful for her assistance. We are also very grateful, my friends to be with you once again and would like at this time to transfer this contact so as to exercise the other instruments in the room. I am Latwii.

(Carla channeling)

I am Latwii, and greet you once again in love and light. We come to you from the color of recompense. We find this instrument does not understand what we mean. There is, shall we say, the big payoff of colors which sums up a good deal about a planetary state of health. The compensated, shall we say, or paid or finished vibrations, the color of protected health, is a beautiful bright and clear magenta, a reddish purple. You planet has a good deal to study in this area and we have been doing so. May we say the health of your planet is increasing, which is most encouraging. We place the blame for that squarely at your feet, my friends, for you of the planet are those who must make any change and to see a positive indication of planetary well-being is a happy matter for us who attempt to be of service to your people. We are enjoying the contact with this instrument. Much of the difficulty that we were having in times past has been alleviated by a good deal of strengthening of this instrument's receptive mechanisms. Some people really put in the time and this entity seems to have done so. We thank the instrument for putting in that time and hope it will continue to do so. It is a good feeling not to be causing the instrument discomfort. We do miss the opportunity of sharing, especially since it always got a laugh. We will have to hope for quiet laughs from this instrument from now on. We think we have exercised this instrument enough and would again transfer. I am Latwii.

(Jim channeling)

I am Latwii, and greet each of you again through this instrument. It is a smorgasbord of delights this evening. We have many from which to choose in our speaking this evening.

We have been attempting to work with the new instrument known as K so that this new instrument might gain in experience in the perceiving of contacts. We are somewhat more noticeable, shall we say, in that our conditioning vibration is a more intense vibration that the new instrument will feel in a more obvious manner. We would suggest to the one known as K that she, as she has been learning to do, release the tendency towards analysis and simply speak those words that she becomes aware of, even though she may feel she is speaking that from her own mind, having anticipated what would be perceived. We are eager to acquaint this new instrument with our vibrations in order that we may be able to utilize this instrument in what you would call your future times. We enjoy greatly the opportunity to exercise new instruments and to speak the simple message which we have to offer in yet another manner through another instrument. We would at this time attempt to contact the one known as K, if this entity will relax and speak those thoughts that it becomes aware in the mind. I am Latwii.

(K channeling)

I am Latwii, and I greet you once again, my friends through this instrument. We are very pleased to be here this evening among you, having a chance to speak through so many different instruments. It is a pleasure for us, my friends, and we appreciate the opportunity to share it with you. It, shall we say, lightens our day. We are pleased also to have the opportunity to speak through a new instrument, for it is our pleasure to serve in the manner of speaking through vocal channels such as these. We are happy for each new opportunity to do so. We ask

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(inaudible). Rejoice with us in the opportunity for service to the one Creator.

(Side one of tape ends.)

(K channeling)

I am Latwii, and am again with this instrument. We thank you, my friends, for your faithfulness in pursuing the service of the vocal channel. It is a service which is greatly appreciated by us and by others who are here also who perform the same service of speaking through vocal channels such as you.

We speak through instruments such as this in order to share the simple message of love and light which is ever unseen and yet which is perceived in so many different ways. We are delighted for the opportunity of sharing our humble perceptions with each of you who have asked for it. At this time we transfer the contact once again. I am Latwii.

(S channeling)

I am Latwii, and I greet you once again, my brothers and sisters in the love and light of the one infinite Creator. We would speak only a few more words and then will leave you in that self-same light and love. We had only wanted to reaffirm to this instrument our vibration, for her tendency towards analysis have grown over the past months instead of diminished. We still love her the same, however, as do we love each of you within this domicile. The purpose with which you have gathered, the service to your planet, to your brothers and sisters, and to the one infinite Creator is indeed the most healing of all that anyone could find anywhere in the universes. And with that thought, our friends, we leave you now in the love and light of the one infinite Creator. I am Latwii. ♣

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Intensive Meditation
October 10, 1986

(K channeling)

[I am Laitos,] and I greet you once again, my friends, in the love and in the light of the infinite Creator. It is our great pleasure to be with you once again for the purpose of working with the new instrument which is beginning to gain a little of what you call experience in the matter of vocal channeling. We are pleased to be working with this instrument, and indeed with each of you. It is our pleasure and our joy to have the opportunity of sharing this service with you. At this time we would transfer the contact to the one known as Jim. I am Laitos.

(Jim channeling)

I am Laitos, and greet each of you again in love and light. We have been working with each instrument present as each needs and requests such assistance. We have found that with each instrument there is a firm foundation which has been built of desire to be of service to others, and this foundation has been elaborated upon by each present as experience in this way of service has been gained. Each instrument, then, upon the same foundation of desire to be of service to others, fashions a structure, a framework, a channel, if you will, through which our contact and other contacts may move. As each of you is unique in the makeup of what you feel is significant, in the life experience in general and in the spiritual seeking in particular, the form that your structure or channel takes is completely unique unto each of you. In this uniqueness, we take our joy, for we are through such individuality able to impress our message which is always and ever the same.

Always do we speak of that great original Thought, that thought of love of the one Creator which binds all of the creation and all entities within it together as portions of that one Creator and that one great Thought of love. Each of you in your daily patterns and in the larger patterns and rhythms of your incarnation, and, indeed, throughout the many series of incarnations that you have experienced, gather to yourself biases in your thinking and experiences within your being which then serve as resources upon which you draw as you do all that you do, as you think all that you think, and as you serve as vocal channels in this particular manner.

Thus, from each we find a great library of resources of experiences, of thoughts, of joys, of sadnesses, of what you call success, and what you call failure, and much, much more that we may utilize in expressing the simplicity of the great Thought of love, the one Creator as a general principle which motivates all of the many complexities of your illusion and of others.

Thus, as you move through your incarnation you gather a certain kind of momentum, shall we say, that may be seen as the present moment's

culmination of all that you have experienced. This is a very, very rich resource, my friends, and we rejoice in the uniqueness which signifies each of you one from the other, and yet is an emanation of the same Thought of love.

Thus, in the vocal channeling type of service, we feel that it is most important that each instrument feel as much acceptance and love for its own experiences and identity as it does for those of others, for in this way we are aided in our attempt to unify those many divergent thoughts and experiences which each of your peoples gathers about it, and as you serve as an instrument in this process and are able to see the love and joy—perfection—within your own experience, and as you are able to see it as equal to any other's experiences, then are we more able to utilize that which is yours to offer into this service by means of the transmission of thought.

We thank you, my friends, for offering yourselves in the full range and depth and breadth of richness which you have fashioned for yourselves, and which we find a most valuable portion of this manner of serving others. At this time we would continue in our attempts to give further exercise to the instrument known as K, for we are quite pleased with the progress that she has made and wish to offer her another opportunity to continue in that progress. Thus, we shall speak a few thoughts through the one known as K. We shall now transfer this contact. I am Laitos.

(K channeling)

I am Laitos, and I greet you once again through this instrument. My friends, it is important to us to know that your desires lie in the direction of service to others, and we see that each of you has evolved upon that chosen path and has proceeded for a great length of your incarnations. Thus, the foundation once begun has been built upon quite sturdily until a structure exists that will withstand the buffeting effects of time and the difficulties that you each encounter upon your journey [then]. The structures that you have built for yourself may also function as a refuge, shall we say, for you from these same buffeting effects *(inaudible)*, for you have built around yourselves *(inaudible)* protections, armories, as it were, of light, and thus shielded, you continue on your journey, taking refuge in your shelter as needed.

My friends, we urge you not to fear to take refuge in the shelter when you feel it is needed, for rest is a good thing and needful, and it is not well to push yourselves beyond your limits of strength, whether of physical complex or other portions of your mind/body/spirit complex. Nor is it wise to push yourselves beyond the protections of light which you carry with you at all times. [Yes,] my friends, to rest and take refuge in the shelter which you have built for yourself of yourself is not giving up. It is not retiring from the journey upon which you have evolved and are proceeding. Rather it is indeed a part of the process which, when ignored, can lead to further difficulties and obstacles. Thus, my friends, we encourage you to be merry, to be joyful. Do not concern yourself with great goals or ideas that you must pursue these goals at a certain pace, that you must keep up this anything, for what you need will come to you. So, my friends, you need only to take the experiences of your life as they come to you, but not worry yourselves with pursuing them.

At this time we would leave your group as we have encountered it, in love and in the light of the infinite Creator. Be merry, my friends, rejoice with us in the love and the light *(inaudible)*. We are known to you as those of Laitos. Adonai, my friends. Adonai.

(K channeling)

I am Latwii, and I greet you once again, my friends, in the love and the light of the one Creator. It is our great pleasure to be with you once again this evening, for we enjoy working with your group. It is our pleasure to be able to take part in the exercising of the instrument known as K for the purpose of her service as a vocal channel. We are pleased that she had adapted so easily to our vibration, for it is sometimes perceived as a little stronger than some other contacts.

At this time we wish also to exercise, as it were, the other members of the group also, and will transfer the contact at this time. I am Latwii.

(Pause)

(Jim channeling)

I am Latwii, and greet you, my friends, in love and light through this instrument. We apologize for the delay, but we were having some difficulty making a contact with either instrument, for both wished for the other to have the opportunity. We are happy that one was finally able to say yes. We would at this

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time attempt to answer any queries which may have been raised in the minds of those present this evening. May we attempt any such query at this time?

Carla: There was a perception that I had that I would like to talk to K about. Was it a correct perception?

I am Latwii, and we find that in answering this query we have to tread somewhat close to the Law of Confusion, but we are hopeful that we shall [be able] to accomplish this high wire act without falling upon the wrong side, shall we say. My sister, you have perceived a portion of that which you feel was in effect, and we would suggest that it might be helpful to converse with the one known as K in order that not only should you be able to share that which you have perceived, but that you should also be able to enlarge that which you have perceived.

May we answer further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

K: I have a personal question. I've been told by a couple of people that they think I am what we call a wanderer, and I wonder if that's something that you can comment on at all?

I am Latwii, and it seems that we cannot move away from that Law of Confusion this evening. We find ourselves once again face-to-face with that great Law of Free Will which assures to each that that which is gathered about one in the incarnational pattern shall be useful to such an entity because it has been chosen and experienced through the process of free will choice. That of which you speak is not directly a portion of experience gained during an incarnation, but is that which precedes and perhaps even motivates an incarnation.

We attempt to respond to your query by suggesting that the feelings which you have concerning this subject are those signposts which are of most aid in determining whether this indeed be true. We would suggest that in your own meditations and within your own feelings there are contained the tones of feeling that will indicate to you in a clear sense the status or source of which you speak. We do not mean to be obscure, my sister, but we find that in this instance there is yet discovery of your own that might be helpful in laying a foundation that we may enlarge upon perhaps at a later time.

May we answer further, my sister?

K: No, thank you.

I am Latwii, and we thank you, my sister, for putting up with our verbiage. May we attempt a further query?

Carla: No, thank you.

I am Latwii, and we are very happy that we have been able not only to join this group this evening, but that we have been able to make our contact known to the one known as K. It is a joy to work with an instrument which is so eager to be the fool. We are also fools, my friends, and find great mirth and happiness in such foolishness, for in this way of being, one may see the creation as indeed being a joyful unity in which all may play any part that might be chosen, and these parts may be traded, may be enlarged upon, may be discarded, may be ignored, and may be enhanced in whatever way or manner has meaning to the entity. And indeed the play of each entity is that which glorifies the one Creator in a manner which is only possible because each moves as freely and as happily through the creation as foolishness allows.

At this time we would take our leave of this instrument and this group, rejoicing always in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai. ♣

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Intensive Meditation
October 11, 1986

(K channeling)

I am Laitos, and I greet you once again, my friends, in the love and the light of our infinite Creator. As always, my friends, it is our great pleasure to be among you this evening for the opportunity of working with the instrument as well as with all those of your group, for we appreciate your service, my friends, for the work that you do as vocal channels is, shall we say, near to our hearts, for as you serve the Creator in your role of vocal channels, so you also enable us to serve by speaking through you.

It is our pleasure also to greet those of you who are not speaking this evening, but who are contributing by their presence. We acknowledge and appreciate this service also.

At this time we wish to ask if there are any queries with which we may help? Is there a query at this time?

R: Is this Laitos?

I am Laitos, and greet you, my brother. May we answer further?

R: No, I wasn't ready to form a question. I just asked that. I just wanted to say, "Hello." It's been a long time. It's good to hear you.

I am Laitos, and I thank you for your greeting, my brother, and we also return it to you. Is there another query at this time?

Carla: Hold onto that contact … Never mind … Thank you for waiting. I'm sorry, but I thought I had a list of questions here from someone, but I don't, and I can't remember what it was he wanted to know.

I am Laitos, and I thank you, my sister. Is there any further query at this time?

(Pause)

I am Laitos, and again we thank you, my friends, for the opportunity of speaking through this instrument. At this time we will transfer the contact. I am Laitos.

(Carla channeling)

I am Laitos, and I greet you in love and light through this instrument. We have greatly enjoyed working with the one known as K, for in this session we have been able to exercise the instrument to its, shall we say, full capacity so that the instrument may begin to have confidence in the limb upon which it sits. Or more properly we should say, since the instrument and each instrument jumps off of the limb each time it channels, that it is the experience of moving out of control that you may hope to get

used to. It is a blessed thing to be able to blend our experience with yours at this time.

We can think of each other as the other torn half of a perfect shape, for each entity that you encounter is your other half. Each of you is [a] miniature of each group to which you find yourself belonging, to your culture and your race, your species and your archetypical souls, and finally the universe itself. Is it any wonder then, that you are all such good channels for each other, sharing with each other one universe in so many wondrously various facets that the picture seldom stales and wonder is but an eye-blink away?

We have been urging the new channel to open the mind, to let down the armor, to become vulnerable and without fear so that we may touch her mind with our own. Each of you could use this frame of mind that your mind may be touched by the thoughts and the hands of the Creator in every entity you meet.

We would transfer at this time. I am Laitos.

(K channeling)

I am Laitos, and am with this instrument again. We wanted to say a few final words through this instrument so that she would have the additional opportunity to gain confidence in this *(inaudible)*. We wish to remind you, my friends, that we are all bound together by love in the service of the one Creator, for love is all that there is. It is that which motivates us as well as that which enables us. It is also that which rewards us, shall we say, as the fruit of our efforts to serve. The message that we bring you is simple, my friends, and yet there are many words to fill that simplicity, and so we strive to ever share that simplicity with you in yet another way. We thank you again for serving with you, my friends—we correct this instrument—for serving with us, for our services are a means of journeying ever closer to the love and the light which is all things. At this time, we leave this instrument and your group, my friends, in that love and light of the one Creator. Peace be with you, my friends, this day and always. We are known to you as those of Laitos. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 12, 1986

(Carla channeling)

I am Hatonn, and I greet you in the love and light of our infinite Creator. What a privilege it is to be able to speak through this instrument to you this evening and to share your life patterns for this moment. The blending of energies is most enhancing, each piece of the Creator enhancing the experience of each other portion. We are most grateful for your sharing of yourselves with us and only hope that our poor thoughts may be of some interest to you this evening.

We were enjoying the peaceful centering of the energy of your group in silence and left you in that silence because those of Laitos were working with two in this group. We try not to step on each other's toes, as it were, when one or more of the members of the Confederation, or indeed, when any other contact is working with the same entities we are.

It is rewarding to see that the concept of meditation in this group has not broken down to include only the concept of the channeled information, for, indeed, it is the silence that teaches, perhaps more than even the most inspiring words, just as it is the space between objects which allows objects to have dimension.

We hope that you may bring that silence with you as a tool to use not in the dark with your eyes closed only, but in the harshest of daylights and under the most trying of conditions, for if there is a portion of you that remains in the silence of that which is most precious to you, then all else is but a shadow which moves across the sun at the center of your being, and no cloud is large enough to blot out the joy you may take in living, and if the silence be gone from the noon day, then you are lost to the hustle and bustle of your conscious daily thoughts. It is difficult to love when one is busy. It is difficult to perceive or experience the consciousness of the Creator or to take part in the one original Thought which created you.

If you no longer have any silence in your heart, it is as though you were a king who could direct and control your kingdom in any way that you wished, and so you began to wish and one thing was added upon another, all things that at one time or another you had wished, all eventually manifesting in one way or another. And yet, as wealthy and powerful as a king may be, still there is a limit to what a king can perceive and enjoy, and so you end up being not the ruler of your life, but its servant, ministering unto your desires and moving through your days as your kingdom wills you to move. Your past desires have all come home to roost, and you have been trapped by your own snare.

None of you who feels that these words have truth is alone in this perception, for it is the nature of your culture to distract yourself from the consciousness of

the love and light of the one Creator. It is difficult to turn [from] the riches of an earthly, shall we say, kingdom and choose the bright and shining ideals of an unseen kingdom. They do not glitter in the hand nor are they grateful to the touch. Pursued, they retreat. Those unseen values which you desire have no market value. It is difficult to explain the spiritual path to any who do not love the silence already or at least hunger for that which cannot be held in the hand or assessed for material wealth.

Yet, if you are dwelling in the silence to the extent that you can carry a small portion of it with you, it will not disturb you that many do not understand what motivates you. It will be enough that you have the opportunity to express yourself in love to other portions of the Creator. What entities may think of you is irrelevant to the excellence of your effort. Indeed, what you yourself estimate to be your excellence is irrelevant, for in the world of invisible things, where truth and beauty lie waiting to be found, all that is needed, all that is relevant is your seeking, that is your power and your peace. It is your very identification, for you are what you desire.

May your desires flow from you in a clean and pure stream, glittering and bubbling and moving in life into the great ocean of all that there is, that when all things are prepared as is necessary for you, each and every desire may be yours in full, your birthright claimed.

Before we leave this group, we would like to exercise the new instrument, and so we would close through the one known as K. I am Hatonn.

(K channeling)

I am Hatonn, and I greet you once again, my friends, in love and light through this instrument. We deem it a great privilege to be able to speak through yet another instrument who has offered herself in service as a vocal channel. It is our desire to share our humble thoughts with you for whatever help they may be to you on your various paths toward the One. We are ever grateful for additional opportunities for this.

My friends, the time is near when we will no longer have the need to speak through a vocal channel, for our thoughts will be known to you, but for the present, as we seek to aid your planet in its birthing pains, shall we say, it is our privilege and our service to share our thoughts with you through those who have offered themselves as vocal channels. We are glad to be able to be with you in these times, my friends and are grateful for your desire to share with us those things which are eternal. Many are the distractions upon your paths, my friends. Many are the things of the moment which capture the attention, which pull you one way or another. There are many things of great interest which are of but transient importance. We know that you are aware of this, my friends.

We urge you to hone your awareness of those things which are transient and those things which are eternal. We watch your growth and we appreciate your efforts in focusing on those matters which you deem to be of true importance. We are glad of the opportunity to offer you our humble opinions, and, as always, my friends, we would urge you to take our words lightly, to take to your hearts only those words which you feel to be of value to you, for it is not our intent to lay on you heavy burdens. Your illusion is heavy enough, my friends and we would count a privilege to be able to lighten your load, not to add to it.

At this time we would take our leave of this instrument and your group, leaving you in the joy of the love and the light of the one infinite Creator. Let your hearts be merry, my friends and rejoice, for truly your path may be and your burden may be light, as it is written in your holy works. Farewell, my friends, in love and light. I am Hatonn.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and the light of our infinite Creator. We are overjoyed to be able to join your group this evening, and we thank you for this opportunity. It is once again our privilege to be able to offer ourselves in the capacity of attempting to answer those queries which you may find of interest in your own seeking. We would repeat the suggestion of our brothers and sisters of Hatonn that you neither take our words too seriously or regard them as being more than our opinions. With that disclaimer, we would be happy to attempt to respond to those queries you may have.

C: Latwii, could you speak to me briefly about living within the moment?

I am Latwii. In brief, my brother, it is a good idea.

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We shall perhaps elaborate. It is a common feeling and tendency among your peoples to look backward and forward as the present moment is experienced. The present moment then becomes a recapitulation of the history of one's existence, and when this is not occurring quite frequently the present moment becomes a consideration of the possibilities which the future might hold for one. Thus, the present moment is that which offers to an entity the opportunity to look backward and to assess that which has been accomplished, to look forward and to consider that which is possible to accomplish, and all that has been done and shall be done will be done within a present moment.

That present moment, then, is that which has power within one's experience. The power of that present moment may be harnessed in any manner in which you choose. Indeed, we affirm the efficiency of looking upon the experiences one has gathered and gleaning from them those attitudes and biases and considerations which are helpful in the process of spiritual evolution, for by such contemplation is one able to benefit from experience. We can also affirm the helpfulness of taking what one has learned from experience and projecting possibilities as to how future moments might be enhanced by applying these lessons which have been learned. Thus, one prepares oneself to share the harvest of one's experience in a helpful manner.

However, as you well know, my brother, the present moment is also that which is complete within itself, and in this light needs no addition from the past or from the future. The present moment may become, if it is one's desire, a finely focused experience of all that one is and all that one can be and all that one has been. In this focus of experience the full potential of one's being is brought to bear upon one's thinking and the boundaries or limitations of one's thinking or one's beliefs are offered the opportunity to expand. As one begins to create a space in experience in the present moment which is undiluted by the past or the future, one then harvests potential. One in this harvest may become inspired, shall we say, by that which is and that which exists within one's being. In such present moment experiences, one may fully appreciate the completeness which is the foundation of any entity's being.

Of course, my brother, you are aware that the meditative state is that state which offers the easiest access to such present moment experiences, for such experiences of the power of the present moment and the perfection of one's being are those which become available to an entity when there is no coloration of past or future or thought of any kind to form a filter through which the present moment must be perceived.

Thus, within the present moment experience one may, in a manner of speaking, not only recharge the battery of one's personal energy, but may discover that that battery is fully charged at all times, and in this discovery and from this discovery one may then move into the daily round of activities inspired and ennobled, shall we say, so that the ability to utilize what has been learned is enhanced and the ability to gather further lessons available in each present moment is also enhanced.

Thus, my brother, you see how the present moment is the moment of power within any seeker's experience. Within that moment, one may turn the eyes backward, forward and may also rest the eyes within the moment of one's being.

May we speak further, my brother?

C: Here of late I go through long spells where I have trouble remembering anything of the past. Things seem like this is how they've always been. And actually its been very peaceful to feel that way, but at times I will get a feeling of guilt, thinking that I should have more feelings than I do about the past. But they're just not there.

I am Latwii, and we perceive a comment upon your experience that may also benefit from a comment from our point of view, though we have not been queried specifically. We may suggest that when you have the ability to look upon those experiences that are a part of your history, shall we say, without a feeling of joy or sadness, you may assume that those experiences have been utilized in an efficient manner, for when there are emotional charges, shall we say, that are apparent and connected to any experience, then one may assume that there is work in that experience which one may undertake, for the emotional colorations that one feels for any thought, experience or entity are distorted perceptions that are distorted in such and such a fashion in order that an entity will be drawn into the process of balancing these perceptions so that the final product of all experience is a quiet acceptance that may in

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metaphysical terms be translated as unconditional love.

May we answer further, my brother?

C: No. That's reassuring, and I say thank you because I know that many times I'll ramble instead of putting a question together and you always pick it up for me. But I would ask you just this one last thing.

I find at this particular time an attraction to a person who I see as myself ten or twelve years ago—the person whose development is pretty much where mine was. Can you give me any indication on why I'm feeling pulled towards something like that?

I am Latwii, and am aware of your query, my brother. We find in this instance that the attraction of which you speak is one which has numerous—we search this instrument's mind for the proper terminology—components which are feeding in to the attraction. Some of these are those which we would rather allow your own discovery to bring to the conscious attention, for this is a part of your current experience which offers to you the opportunity for growth which we would not wish to take from you. We may suggest in one aspect of this experience that as you see a portion of yourself in another which you have yet to balance, shall we say, in your own experience, but for which you feel great affection, you may expect that this recognition of a portion of yourself in another has the potential to offer to each of you an opportunity to move from one point of viewing to another which is larger, shall we say, in scope.

May we answer further, my brother?

C: No, thank you very much.

I am Latwii, and we thank you, my brother. Is there another query at this time?

K: I have a couple of questions, Latwii. The first has to do with emotional charges attached to past experiences or people. I know there are a number of experiences in my life which are painful to me to remember, and I have some more feelings attached to a number of people, some that are very close to me. I wonder if you can comment for me on the balancing process that needs to be done in these situations?

I am Latwii, and am aware of your query, my sister. When one sees within one's emotional responses a charge which is significant, whether it be positively expressed or negatively expressed, one may look upon such charge as that which is one-half of the full point of view which, when attained, will represent balance within one's being. Thus, if one wishes to work upon this balance, one may in the meditative state or in solitary contemplation look upon that charge and examine its nature. If one can recall specific instances in which this charge was developed, these experiences then may be relived, shall we say, within the mind and may indeed be enhanced to the point that the charge is magnified to the greatest extent that is possible. This charge then may be likened unto the pendulum which has been moved …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am once again with this instrument. We shall continue. The pendulum then may be seen as having been moved to the fullest position upon its arc on one side of the perpendicular, shall we say, so that there is now the potential of swinging in a full arc to the opposite side. The magnified emotion then may attract in one's mind the polar opposite. This is a natural process which one may then allow to increase within the mind until the opposite emotion is of equal strength. When both may be seen within the mind, you may then view each as a portion of a continuum, the entire continuum offering to you the opportunity of experiencing more of the one Creator. If you can accept yourself completely for containing within your being this range of opportunities for knowing the one Creator, then you have utilized the emotions that have guided your progress.

May we answer further, my sister?

K: Can you tell me if it's possible as a result of having a strong emotional charge attached to particular people or situations and having those remain unbalanced, is it possible to throw off the course of a planned incarnation? I guess I mean throw off to the point of it being a waste.

I am Latwii, and we feel that we are aware of your query. If our response does not reflect this, please query further. If you have emotional responses to any entity or event which become strong enough to be recorded in your memory and which have not

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found the resolution in balance, one may expect to see these types of responses repeated within the life pattern until work with them is sufficient to achieve balance. When an incarnation has been completed, there is seen those patterns which have achieved balance and those which yet await balance. The latter then become a portion of the work to be accomplished within the next incarnational pattern. Thus, we do not see efforts within any incarnation as being wasted, shall we say, but as providing further opportunity for learning and for serving others.

May we respond further, my sister?

K: If an entity has a particular planned service or mission, as it were, a plan for a particular incarnation, is it possible to miss that by failing to utilize catalyst efficiently or failing to learn a lesson prior to the time that this service was to be accomplished?

I am Latwii, and in general we would respond to your query by suggesting that such is possible, for within any incarnational pattern, there is the possibility and the freedom of ignoring or rejecting any catalyst that one may find within the incarnational pattern. Indeed, within an incarnation, the nature of free will is such that an entity may move in any pattern which it chooses, however, there is the momentum, shall we say, of the preincarnational choices which tends to bring before the entity's notice the catalyst which has been designed to provide the entity with the opportunity to learn and to serve in such and such a fashion according to the preincarnative choices. It is a somewhat difficult task to ignore or reject what one has placed within one's path. However, this is possible if a strong enough exercise of will is manufactured, shall we say.

There are lessons that then develop from this ignoring of preincarnational patterns which may have been totally unplanned, yet may also add to the entity's ability to learn and to serve, whether the service is that which was planned previous to the incarnation or not. The possibilities of any incarnation are infinite, for within the incarnation free will and that which has been predetermined mix and blend, weaving various patterns at various times so that there is a constant interplay of attraction and repulsion.

May we answer further, my sister?

K: No, thank you, that was very helpful. I have one further question, though. Can you comment for me at all on the nature or the cause of very strong positive attractions to various people or specific people?

I am Latwii, and am aware of your query, my sister. It is quite a large subject, for all things and people which come before one's notice within the illusion in which you experience your current incarnation are a portion of the self in one degree or another. The attraction of the self to the self is that which is a natural portion of the creation, for the creation, as you know, is of one thing, that great Thought of love which motivates all that is and is the fabric of all creation.

If you are able to perceive in a relatively clear fashion more of the heart of your own being within yourself and are able then to look with this same eye upon those about you and recognize a clearer reflection of that which each is, then you may feel an attraction which is unhindered by the disguises, shall we say, that are the personalities which allow entities to pursue lessons in a unique fashion. Thus, it is not so much the uniqueness of entities which attracts one to another as it is a clearer and clearer expression of that which is the same for all, that being the expression of the love of the one Creator.

May we answer further, my sister?

K: No, that's very helpful. Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we find that for the moment we have exhausted those queries which those present have brought to our attention. We thank each of you for your gifts of the query which opens yet another avenue of seeking the one Creator. We have enjoyed our speaking with this group this evening. We always look forward to the opportunity to join this group, for it is a merry one which enjoys even our silly sense of humor. We can't get laughs in every bar in the universe, you know. We always hang out with our friends—we too have our attractions.

We shall leave this group at this time, rejoicing in the love and in the light that we have found here and in all portions of the one Creation. We are those of Latwii. Adonai, my friends. Adonai vasu. ♣

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Intensive Meditation

October 13, 1986

(K channeling)

I am Laitos, and I greet you, my friends, in the love and in the light of the one infinite Creator. It is our great pleasure once again to be with your group for the purpose of exercising the new channel for a brief period of your time. We are quite pleased with the progress this instrument has made and glad of the opportunity she has had to work with other contacts as well as ours. We hope to continue working with this instrument in your future. At this time we would transfer the contact. I am Laitos.

(Jim channeling)

I am Laitos, and greet you again in love and light through this instrument. We are very happy to have the opportunity to speak through this instrument as well, for the process of working with new instruments provides those who are more experienced with an opportunity of expanding that experience and becoming a new instrument on another level, shall we say. We have been happy that this instrument has offered itself in the capacity of serving as somewhat of an anchor in this particular proceeding.

We look upon the vocal channeling type of service as one which offers increasing kinds and depths of service to all those with whom the process is ongoing. We choose in these kinds of sessions to offer information which is more useful to the people, as you call them, that have joined in the session in order that they might serve as vocal instruments, rather than offering information which is more general in its application, for these workings are those which have been set aside for the purpose of developing the instruments which will at a later time, as you would see it, [move] into the kinds of service that will move to a wider selection of your peoples.

At this time we are aware that there is the need to be brief, for there is the opportunity for some of this group to participate in another type of service, of praising the one Creator by singing of the sacred music. Thus, at this time we shall attempt to close this contact through the new instrument known as K. We shall transfer this contact at this time. I am Laitos.

(K channeling)

I am Laitos, and greet you once again through this instrument.

(Long pause.)

As we have said, my friends, we do count it a privilege to be able to serve with you in this manner, for there are many who are seeking and the call is great, so we are appreciative of any additional means by which you may seek to answer this call.

We thank each of you in this group for your faithfulness to this service. At this time we will take our leave of this group, for we wished only to say a few final words through this instrument. And so we leave you, my friends, in the love and the light of the one Creator. Be joyful, my friends, and peace be with you. We are known to you as those of Laitos. Adonai, my friends. Adonai. ♣

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Intensive Meditation
October 14, 1986

(K channeling)

[I am Laitos, and] we greet you once again, my friends, in love and light. It is, as always, a great privilege to be with this group and to have the opportunity for working with the new instrument known as K. It has been a pleasure for us to work with this instrument over the past several of your days, and we do look forward to working with her again in the future. At this time we would transfer the contact. I am Laitos.

(Carla channeling)

I am Laitos, and I greet you through this instrument in the love and the light of the infinite Creator. This instrument is most surprised that contact transferred to her, for she intended to be engaged doing normal work rather than working as an instrument. However, we find a request in the one known as Jim that he be allowed another period of time to work upon the meditative state itself and we were happy to oblige, as this instrument, as was her wont, was prepared and needed only to ascertain our identity and challenge. We now address the new channel.

My sister, the new channel must be vigilant concerning the challenging of entities. There was less than perfect contact with our social memory complex. Although there was some degree of contact, there was less than the desirable strength of connection, and we would suggest that it is never as important to speak as it is to assure yourself of a strong contact. If there is a feeling of varying of energies, it is well mentally to request that the energy [be] regularized [and] that the identity be given in a stronger and more stable *(inaudible)*.

We realize that the new instrument is struggling still with the analysis of thoughts. We find no fault in this, as it is inevitable given the instrument's habitual method of ratiocination. There will be that personality trait to accept and manage regardless of how much experience this particular channel may gather. Therefore, it is not a negative but rather a challenge that can be turned to good use, for if one knows one's challenges, one may properly meet them.

Perhaps more than any conditioning which we have noticed to do with this channel and for which we are grateful, it would be better if the instrument were signaled to our presence not only by call to the instrument hailing it, but also by a certain feeling which pervades the inner seat of compassion when mind, body and spirit greet a loved acquaintance.

So we do to you when we contact you, and if there is not a certain comfort or sweetness in the call, it is well to ask for it mentally that you may know that there is indeed a contact, a contact of compassion and love, of spiritual truth and of peace. And when you feel the touch of that emotionally palpable

contact, it is to you as conditioning [is] to others, for your area of sensitivity, your area of surety, your particular mental makeup, is circuited through the emotions, and it is in the emotional area that you may look carefully for conditioning.

We hasten to point out that many fifth-density entities who are of the Confederation do not have nearly as strong an emotional carrier wave due to the nature of wisdom and the wisdom density. However, many do and we feel that the one known as K has the sensitivity needed for this type of conditioning to work well for her.

We say all this because we are aware there was a certain amount of questioning on the instrument's part as to why the contact seemed to vary in strength to the point where the instrument was not *(inaudible)* receiving thoughts. It was a matter of having one foot in the door, my sister, and one on the porch.

We would commend both the new instrument and the new teacher, realizing that for both this has been partly duty as well as honor, partly responsibility as well as pleasure. In the realm of spiritual work, as in any endeavor, the two go hand in hand, for all that is alive has the question of what to spend the life upon, what to offer the life up in aid of. If it is an offering of pleasure that it is to be, then the responsibility remains small for most, the honor of pleasing the self by distraction equaled by the responsibility of polluting the physical vehicle by excess.

If an individual is polarizing either towards the positive or towards the negative poles, both the pleasures and the responsibilities increase and the life becomes, shall we say, enlarged in its proportions, not altering that entity inside which is the seat of consciousness, but rather enlarging those things which may impinge upon the recording, analyzing, processing and evolving entity.

As you evolve, we encourage each of you to continue opening more and more to honor and to responsibility, not more quickly than you are able happily to bear the burdens which you decide to lift, but in all comfort and with a feeling of correctness and appropriateness …

(Side one of tape ends.)

I am Laitos, and am again with this instrument. We would ask again of the one known as Jim of the possibility of transfer of this contact at this time. If we are unable to make a good contact, we shall leave this group that another contact with the vibrations more closely approximating those of the one [known as] Jim may be used. We make the attempt at this time. I am known to you as Laitos.

(Jim channeling)

I am Laitos, and greet each of you in love and light through [this] instrument. We are pleased to be able to make this contact and to be able to offer ourselves in service through this instrument in the capacity of attempting to answer what queries may be on the minds of those present. We would ask if there might be a query to which we might respond?

K: At other times besides today when I felt that the strength of the contact varied, can you tell me what the reasons behind that are and what I can do about it, if anything?

I am Laitos, and we might suggest, my sister, that the process of learning to serve as a vocal channel is as any other kind of learning which you might undertake in that there are rhythms and feelings of comfort and confidence that are not always conscious which yet affect the ability of the learner to demonstrate that which it is learning.

This applies to the vocal channeling process in regards to one's mental preparedness, shall we say. As you enter the meditative state, and as you prepare yourself to serve as a vocal channel, there is a certain centering, shall we say, which is necessary in order to perceive any contact in as clear a manner as is possible for you to perceive. The day's activities, the conversations, the thoughts, and so forth are with you as you enter the meditative state. In some degree they tend to remain unless one with care sets them aside or moves aside from them sufficiently enough that the ability to perceive is enhanced as much as is possible. Even the most pleasant of conversations and feelings can become a hindrance to the new instrument or any instrument if they are allowed to remain within the conscious mind and filter, shall we say, the contact which is offered the instrument.

Thus, it is well to focus one's desires as well as one's attention as fully as is possible upon the process which is being undertaken. The vocal instrument must always place the desire to be of service at the fore in one's mind so that the concepts which embody the contact might be perceived clearly.

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In short, my sister, what we have been attempting through this instrument is that the concentration and the attention and the desire must be focused as cleanly and clearly as is possible, as well as must the challenging of spirits be conscientiously accomplished. In this manner the conscious mind gives itself over that it might become a part of the service which the new instrument or any instrument wishes to offer.

We do not mean to sound overly concerned, for this is a common experience of the new instrument. The focus of attention is that which can be learned more and more efficiently as one practices this art and the simple desire coupled with practice may then allow the new instrument to function in a way which is sure and purely offered.

May we speak further, my sister?

K: I don't seem to have developed much facility yet at ignoring my own thoughts that bounce around my head. Can you give me any ideas as to how I might better do that or how I might better practice on focusing my attention?

I am Laitos, and we are aware that there are many ways which peoples of your culture and others have devised that will be of aid to one who wishes to still the mind for the purpose of increasing the concentration of attention. We find that there have been useful suggestions made in this regard previously by those present this evening. We might suggest that as your thoughts become apparent to you that whatever technique you choose to still them or ignore them, that you not be overly concerned with the application of the technique, though technique is most helpful in refining the desire to do that which you seek, that is, the stilling of the thoughts. It is the desire to be of service and to focus one's attention which is most important in doing so.

The thoughts which move through your mind may be seen as a kind of momentum which has been built up during your daily round of activities. It might be helpful to spend some time in silent meditation before any contact and vocal channeling is attempted in order to allow this momentum to run down. This is an exercise, you might say, in which one does less and less in order to gain proficiency. Therefore, we might suggest that in order to practice this exercise that you develop some time or times during your day during which you give over yourself to a meditative session. It is completely your own design which will determine the manner of practice, that is to say, the choice of time and the length of time will be of your choosing and your progress will also be a function of your desire to accomplish this task.

May we answer further, my sister?

K: No, that's all. Thank you.

I am Laitos, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Laitos. We find that we have been somewhat of a surprise to each of the instruments present this evening. This, we feel, is helpful, for as it has been mentioned previously this evening, the process of serving as a vocal channel is one which is continually surprising, shall we say. The instrument who has practiced its art for however long it has done so, at some point begins to gain a certain amount of confidence which at once assists further progress and can potentially inhibit it as well if the confidence is that which does not allow for the dynamic nature of serving as a vocal instrument. Thus, if one wishes to continue to progress in the ability to serve as a vocal channel, one may expect what seem to be anomalistic situations to occur within the practice of the art.

We would suggest that one who experiences such surprises and anomalies not be overly concerned that something is wrong, shall we say, but rather look upon each situation as that which can teach one further lessons that will enable a service to be enhanced, for, indeed, that which we have offered as our contact to each instrument this evening is but a portion of what is possible. Indeed, each of you and many, many others who serve as instruments of this nature contain the possibility of growing in the art of serving as a vocal instrument continually throughout the span of your incarnation. We can assure you that there is no end to what is possible to offer when serving as a vocal instrument.

At this time we would again attempt to contact the one known as K, and to speak a few thoughts as we close this session of working. We shall now transfer this contact. We are Laitos.

(K channeling)

I am Laitos, and greet you again through this instrument. We find this instrument to be in a much

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more cautious state, shall we say. It is not our intention to be overbearing, but we felt that our words of caution were necessary and appreciate this instrument's attention to them. We understand that perception is not always easy for you, but discrimination is a matter of practice. We see that this instrument's desire to serve is strong, and are confident that *(inaudible)* continues she will be able to master the tasks which she sets for herself.

(Carla channeling)

I am Laitos, and I am with this [instrument] briefly only to say to the one known as K—my sister, you have had our contact, however, we fear we have indeed overdone our cautions to you, for in the taking of care, there is also more analysis which is a handicap indeed to the process of channeling. We realize that this seems as if it is a difficulty at this time which is substantial. We assure the new instrument that these are inevitable stages. Perhaps we may say that it is a good illustration of the aid the experienced channel can be to the new channel, both in giving confidence and in serving as channel when some caution is needed.

We hope the new instrument will take courage and recover at least half of the former fearlessness which made its progress so swift. Even in the climate of the contact of varying strength, if challenging has been done correctly, the instrument will have the contact it has challenged. There may simply be pauses in the contact while the under or overloads of energy are regularized. This happens not only to new channels, but to all channels from time to time, and there is no criticism either from us or from those whom you will serve on account of pauses, for who would wish a channel to speak when the contact had not offered any food for thought?

Again we shall transfer to the one known as K in order to close this session of working. We are known to you as those of Laitos.

(K channeling)

I am Laitos, and am again with this instrument. We thank you, my sister, for your patience with us as we have attempted to share our thoughts with you. It is a privilege to work with you and with each in this group as your desire to serve is strong. At this time we will take our leave from this group, leaving you once again in the love and the light of the infinite Creator, leaving you in the comfort and peace of love. We are always with you, and are known to you as those of Laitos. I am Laitos. Adonai. ♣

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Intensive Meditation

October 15, 1986

(K channeling)

[I am Laitos.] We greet you, my friends, in the love and the light of the infinite Creator. We are pleased to see the conscientiousness with which this instrument has gone about the challenging process and are pleased to have established a firm contact with her. We are also pleased that she was able to perceive our greeting to her personally which helps strengthen her confidence in the contact.

We have enjoyed working with this instrument and feel that she has made good progress. It is our privilege to have worked with this group over many of your years for the purpose of working with new instruments and aiding their training, shall we say, as vocal channels in the service of the infinite Creator. We are pleased to be a part of this process with you.

At this time we wish to address a few words to the instrument, even though she will shortly be in Venice. *(Inaudible)*. It is our wish to be able to communicate clearly with this instrument and as she is uncomfortable with this taking place through her, we transfer the contact at this time. I am Laitos.

(Jim channeling)

I am Laitos, and we greet each again through this instrument in love and in light. We have been very grateful for being able to work with the instrument known as K, and we are aware that she is desirous of continuing her practice in the art of vocal channeling. We feel that there has been a good discussion upon this topic between those of this group and our comments are meant only to augment those concepts which have been presented thus far.

In general, it is a helpful thing for a new instrument to have periodic exercise in the presence of an experienced instrument so that those small and sometimes medium-sized difficulties which occur in the practice of vocal channeling might receive the attention of experience and a sure hand at the appropriate time. This is the ideal situation and one which we endorse whenever it is possible.

We are aware that the one known as K has moved quite a significant distance in her experience and practice in serving as a vocal channel, and has in many ways achieved enough proficiency and confidence that the exercising of her instrument would be possible in a carefully guarded situation, shall we say, in which there was not present the more experienced instrument.

However, we would also suggest as has been suggested that this guarding of the situation would take the form of utilizing the presence of at least two other entities who were not only in harmony of a stable nature with the one known as K, but also felt the open-hearted acceptance of this type of information and this means of its transmission. This

kind of a situation is not that which is easily obtained, for the vagaries of the seeker's path and the choices that may be made upon it by any who travel it make gathering such a grouping of entities somewhat difficult.

Even if such a situation were available to the one known as K, it would also be our recommendation that this new instrument also avail herself of periodic contact with this particular group for the purpose of reinforcing those basic principles which she has gained in this period of study and for the answering of those queries which are undoubtedly a part of her practice of this part, for as the practice continues, new experiences arise and there is often confusion in the mind of the new instrument as to the most appropriate means of resolving each new experience, be it simply new and untested or a difficulty of some kind.

If the one known as K does not feel that there is available to her a stable situation of the nature which we have described, we might recommend that there is still work that can be done in the practice of a portion of the art of vocal channeling. That practice does not, however, take the form of the actual vocalizing of our contact as is ongoing at the present moment, but would rather take the form of setting aside regular periods of meditation on a preferably daily basis, during which our conditioning vibration might be mentally requested and we might continue to familiarize ourselves and our contact to the one known as K and allow this new instrument to refine her ability to perceive our contact though there would be no transmission of thought other than our identification. The experience would be primarily one of recognizing our contact and experiencing the conditioning vibration …

(Tape ends.) ♣

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Sunday Meditation
October 19, 1986

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator whom we serve as we serve you. Such indeed is our intent. We wish to thank you for requesting information which called our group, for it is a privilege to be able to attempt to be of service to you. If there is anything which we say that speaks not to you with the voice of inspiration, disregard it please, for we are as fallible as are you, and as little likely to penetrate the mystery of the uniqueness of each entity's past. Take what is for you and leave the rest, my friends. Your powers of discrimination are one of your strongest tools.

When you request information on enlightenment and appropriate methods for attaining it, you are speaking of attaining a manifestation rather than an essence, for enlightenment can only be seen by its reflection. Just as light itself is the creature and creation of love, so also is enlightenment the creature and manifestation of the thought of love which an entity has made his own.

Let us turn then from the manifestation to the essence. How to achieve communion in the unity of consciousness and love is perhaps the most basic magical question which could be asked. Magical in the sense that any entity which desires power, whether on the positive or negative path, must form a congruency of a kind with the original Thought of love in order to create personal power. Each pilgrim which embarks upon the path of attempting to increase the pace of the spiritual journey …

We are sorry for the delay, but we are having difficulty with this instrument, due to its state of fatigue. While this instrument retunes, we would transfer to another instrument. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and light through this instrument. We are grateful to be able to utilize this instrument while the one known as Carla works upon receiving the conditioning vibration which we offer in a state which is more comfortable to her. We thank also the one known as Carla for offering herself as instrument on this particular occasion when her physical vehicle is quite depleted of energy, having expended a great deal of effort in this day's activities prior to this evening's gathering.

We would at this time attempt to recontact the one known as Carla and continue our speaking upon the topic of the seeking of that which you call enlightenment. We transfer this contact at this time. I am Q'uo.

(Carla channeling)

I am Q'uo, and am again with this instrument, greeting each of you in love and light once more. We

apologize for precipitate haste in leaving this instrument in mid-thought. However, we became aware of its discomfort, and wished to give it a chance to—we find this instrument has a phrase—"shake up the troops." This instrument wished to shake up its troops, it being on the edge of sleep. We have shaken up the troops and will once again embark upon the question about enlightenment which is actually more interesting than we make it sound, it being what you are all trying to do.

This is where we left off. So … each student of metaphysics is also a student of magic in the most pure sense, not in the sense of enchantments, ointments, curses and blessings, but in the sense of developing personal power. Enlightenment is the manifestation of focused power given a coherent shape, a degree of desire which one has towards the achieving of spiritual goals.

The most basic tool for the achievement of a realization of a life lived in magic is meditation, for meditation introduces you to yourself. You may not like what you see. You may discover many, many, many thoughts, thoughts that do not stop, thoughts that do not seem important, thoughts that you do not control. You may find yourself ill-suited at first to meditation from a physical viewpoint, the body being perhaps not used to sitting completely still without falling asleep. And yet, if all you discover about yourself over and over is, as far as you know, that you are dissatisfied with your meditations, nevertheless the intent that sits you in a chair or on the floor or on the ground and puts you in the kingdom of silence is fulfilling completely its part in your development as a magical personality, for it is not only intent, but intent carried through with even and steadfast perseverance that creates personal power.

As to personal power, there are many distortions of the magical personality, and those who seek enlightenment are for the most part seeking positively polarized distortions of that one great original Thought. That is, the path to enlightenment is considered, by those to whom service to others is a goal, to be the service-to-others path. May we say we find it to be the preferable one, but do not wish to influence your thinking beyond a certain point.

Once you have meditated—frustratingly or pleasantly makes no difference—for long enough to perceive yourself differently than you did before you began to meditate, you will begin to experience outward changes in your perceptions. This is due to the fact that contact with the essence of love, the one original Thought of the Creator, causes a continuing shift in the point of view. The method of evaluation of data becomes far more regularized and polarized towards valuing those things which are considered to be of service to others and to the Creator and devaluing those things which are seen as unethical or service to self.

You will find many wars going on within yourself during this period and it is as though everything that you did know methodically becomes torn away. This is a necessary and a continuing part of the spiritual path, for distortions are all that we notice. It is difficult for the critical consciousness to perceive complete regularity in an infinite configuration. No, my friends, each of us notices peculiarities, and it is by emphasizing certain dynamic tensions that polarity itself takes place.

And so, you may go through a short or lengthy period during which you are seeking with your mind and your heart, you are offering yourself to meditation, and things basically are falling apart for you. If this does not happen to you in at least a small way, if you are not reevaluating your point of view after a certain amount of time, as you call it, meditating, it is perhaps for you to meditate a little bit longer or a little bit more regularly. Perhaps you have a high tolerance for the illusion and to awaken from it may take a little more.

In no way become discouraged because this may be so, for your intent will bring you that which you desire. The only variable is what you call time, and there are mysteries in each entity's life pattern having to do with the higher self's choice of lessons to be learned in any incarnation which may prohibit the apparent perception of enlightenment. Be patient with yourself at all times. Ask of yourself only that you be faithful once you have decided to seek the truth.

Once you have begun this journey, you shall never arrive, for part of you is always aware of what you do not know; another part is learning and is quite disorganized; and another part has learned something recently and is resting and is waiting to see what the next lesson may be. My friends, you are complex people. However, enlightenment is essence in importance, and your perception of

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enlightenment is the shadow of the reality of compassion. As you meditate, as you begin to widen your point of view, never rest, for there is always another refinement which may offer more beauty to your own consciousness of love, and for you to reflect that consciousness, for you to seem enlightened, a light to those around, is a most helpful thing to wish. Never suspect that enlightenment benefits the enlightened one. Enlightened entities, my friends, for the most part, work very hard and do not consider themselves enlightened.

No, enlightenment is for the benefit of lightening others' weary loads, lifting other people's spirits with an enlightened smile or a few soft words. Seek the essence of compassion. Seek the Creator which is all truth and all love. Enlightenment will be your harvest. We wish you a good appetite for meditation, my friends, for it will stand you in good stead.

We are always pleased to join you in your meditation if you feel the need to meditate, shall we say, with a group. We would be delighted to add our vibrations to your own if you would mentally request it. We do not, however, wish to speak with any privately, reserving that for the working sessions, my friends.

We would wish to greet with pleasure the one known as K who is new to this group and greet each again through this instrument before transferring to the one known as Jim so that any questions that you may have about this body of material you have been given could be answered or any other questions you may wish to ask. We would at this time transfer to the one known as Jim. We leave this instrument with the word love and the vibration light. I am Q'uo.

(Jim channeling)

I am Q'uo, and we are grateful to be able to greet you again in love and light. We apologize for the delay, for this instrument was desirous through its challenging of being certain that it was receiving our contact and no other. At this time it is our privilege to ask if there might be any queries to which we might respond more specifically than we were able to respond in our opening message. Is there any query at this time?

J: From tonight's lesson, do I understand correctly that the path to enlightenment is the path of positive polarity, that is, the path of service to others rather than service to self? Is this correct, first of all?

I am Q'uo, and we emphasized in our previous speaking that the positive polarity choice is, though in our opinion preferable, but one of two choices that those within your illusion may make in traveling the path that leads toward what you have called enlightenment. Thus, the negative choice, that of choosing to be of service to self first and foremost in one's life patterns, is as valid a choice as is the choice to be of service to others first and foremost in the life patterns.

May we answer further, my brother?

J: No, thank you, that cleared that up. Well, one other question. I know this has been asked before, but let me ask it one more time. What is the best technique for meditation?

I am Q'uo, and in this regard, my brother, we would have no specific meditational technique to offer above all others, for each shall find a particular way of seeking in the meditative state which shall be more efficacious than others. Yet the variety of choices is large. Each choice, however, to be most efficacious, in our opinion needs to be based upon the great desire to seek what you may call the truth within each portion of one's life, and then in a particular portion of the daily experience choose to reflect the light which one has received back to the Creator in a manner of communing with the one Creator which will allow the seeker then to become aware of the essence of all things within the life pattern.

That is, in the process and state of meditation, one begins to become aware of the unity of love which binds all things and which moves all experiences in intricate patterns which then offer the lessons of love to those of your illusion. The desire, then, to seek the heart of the life pattern is that desire which is most helpful to propel one into the meditative state, no matter what technique of meditation is chosen.

May we answer further, my brother?

J: No, thank you. I think it was about two weeks ago when Q'uo joined us once before, it was stated at that time that the Earth is at this time in the middle of an ice age. And we really didn't get the

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opportunity to question that particular statement. Could you comment on that now, please?

I am Q'uo, and we scan the previous transmissions and experiences with this group. We find that this particular information is in regards to the geophysical manifestations upon your planetary sphere at this time which affect the physical illusion. At the same time that the change in what you know as conscious awareness is occurring at the planetary mass mind level, the various physical geophysical patterns of your planet's expression of this change in vibration or consciousness are various side effects, shall we say, that seem to have a significant influence within your illusion, but which are in effect but rippled effects, shall we say, that fall by the wayside as a greater force finds its expression within the experience of each within your illusion.

Thus, you will in the years to come, shall we say, notice more geophysical changes occurring as the shift in the atomic core vibration of each particle of your creation continues in its progress. Thus, we do not feel that these side effects, as we have chosen to call them, are of particular influence or significance when one looks to the heart of the evolutionary process which is ongoing both within your planetary sphere, upon it, and within the life pattern of each entity which calls it home.

May we answer further, my brother?

J: I guess I'm still somewhat confused as to exactly what was meant by the "ice age." It's been my understanding that our scientists are now saying that we are beginning a so-called heat-up of the Earth and this seems somewhat in conflict to that. Could you comment on that?

I am Q'uo, and we find that there are many cycles of experience which in a physical sense are manifesting themselves within your third-density illusion. Some are consecutive and others are congruent with each other. When one looks at a wider view, shall we say, of your planetary influence and sees that which is occurring at various levels of consciousness and various positions upon your planetary sphere, there is an interplay or overlay of points of view that may be taken in both the practical and the metaphorical levels of viewing. Thus, there may be in some portions of your planetary experience the manifestation of increases or reduction in what you would call the planetary transfer of heat or manifestation of this transfer. These may be perceived for a relatively short period of your time or experience in one manner and be perceived in another manner at another time. Thus, we continue to refer to the relative unimportance of this type of research, for it is but the manifested reflection of the greater movement in conscious awareness that is at the heart of all manifestation upon your planetary influence.

May we answer further, my brother?

J: No, thank you. I think I understand now.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I was just curious if you were referring to the cycles that were referred to by a fellow named Hammaker—in his book? If you were, I could just give J the book.

I am Q'uo, and we have indeed been referring to many of these cycles, my sister, and others also which are not described within this entity's work.

May we answer further, my sister?

Carla: No. No, thank you.

I am Q'uo …

Carla: Wake up!

… and we appreciate the attempt to bring into conscious awareness each member of this group, for it is helpful to the group as a receiving mechanism and to any serving as instrument or transmitting mechanism to be focused upon that which is being shared from this group to our group and from our group to yours. Is there any further query at this time?

Questioner: Yes. I appreciate the information on meditation. Now tell me, is anything like a candle or incense when you meditate alone, is that beneficial in any way?

I am Q'uo, and we find, my brother, that there are many such items and portions of ritualized practice which one may utilize in practicing the art of meditation. You may choose any such item or practice that speaks to you of that which you seek in the practice of meditation. Thus, you make your own that which you include within your practice. Many have found these items to be of service in focusing the mind in a manner which does not waver and which serves as a stabilizer for the practice, shall we say.

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May we answer further, my brother?

Questioner: That's fine. One more short question. Two or three times a week in my activities, out of the corner of my eye I sort of see an aura at the tip of one of my fingers. Is there anything to that? Just out of the corner of my eye, only, not looking directly at it.

I am Q'uo, and again, my brother, we find that you have in a unique fashion discovered one manner in which you may view a portion of your own auric field or the electromagnetic pattern of energy that your seeking creates about your physical vehicle. The ability to see in a new way is fundamental to sharpening one's visual perceptions that would allow the viewing of that called the aura. Your particular method has allowed your conscious perception to be averted in a fashion which then provides entry into your …

(Side one of tape ends.)

I am Q'uo, and greet each of you again in love and light. As we had completed our response to the query which was asked of us, we would then ask if we may respond in any further way, my brother?

Questioner: No more questions.

I am Q'uo, and we thank you, my brother, for your queries. Is there another query at this time?

J: If I understood correctly tonight from the session, it was mentioned that as we begin to meditate and seek the enlightenment, that many times we experience somewhat of a chaos either physically or mentally. And I didn't quite understand the reason for that. Could you comment further on that, please?

I am Q'uo, and am aware of your query, my brother. As one becomes consciously aware that the daily experience is that which contains the opportunity to progress upon the path of evolution, and as one begins within the meditative, contemplative, or prayer-filled state to consider the meaning of various experiences and thoughts within one's daily round of activities, portions of these experiences then take on a new light, as it were, for there is the desire to see beyond the exterior illusion within each experience. This desire propels one's perception beyond that exterior in order that more of what you might call the true nature of the experience might be made known to the conscious seeker.

As this process continues and feeds to the conscious mind more of the nature of the daily experiences, the seeker may for a varying portion of time or experience see that about it in a new configuration which tends to confuse or fuse together with that manner by which the experience [was] previously perceived. Thus, there is the fusing of perception, that which is more exterior, with that which is less exterior or more toward the heart of experience that is Love.

Thus, the seeker may find that its experience begins to change in configuration in the manner in which it is perceived, and, indeed, the manner in which it is experiencing. Thus, there is the continual, shall we say, transformation of experience and seeker as the process of seeking that which you have called enlightenment continues for each seeker.

May we answer further, my brother?

J: Although the meditator progresses along the path towards enlightenment, could he experience this transformation as possibly deep depression at times?

I am Q'uo, and we bring to this instrument's mind the image of the elephant which is perceived by the blind man, each portion of the elephant seeming different from the other, yet each portion being a portion of one entity or concept. The concept of enlightenment has many avenues of entry, shall we say. The journey towards its realization moves through mountains and valleys, across deserts and through jungles. At one time or in one experience, the seeker may perceive a portion of the entirety which is radiant with light, and the life experience is lifted high into that light. At another portion of the experience or the journey the seeker may find it necessary to move into the lower or darker regions where the valley of the shadow of darkness as it is called may be that which consumes the seeker's attention and seems the totality of its experience.

Yet each of these extremes, shall we say, and all points between are portions of one journey, and together may be seen as the entirety of that which shall be the total experience of a seeker throughout your third density illusion in order that each seeker may be provided with those opportunities for learning which are most appropriate with the current needs of that seeker.

May we answer further, my brother?

J: No, thank you. That analogy was very helpful.

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I am Q'uo, and we thank you, my brother. We have been made aware through another manner of transmission, shall we say, that there is the need to bring this session to a closing at this time, for there is a great amount of fatigue which is limiting one of the members of this circle from contributing the necessary attention and rejoicing in the experience. We thank each for asking our presence, and for allowing us to join you in your own journey of seeking this evening. We look forward to joining this group at future gatherings as you would reckon your time, and we leave this group at this time in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Special Meditation
October 22, 1986

(Carla channeling)

I am Q'uo, and I greet each of you in the love and the light of the one Creator. It is a great privilege to be speaking with you, and because of the nature of this channeling we would pause at this time to move in the stream of time, as you call it, and blend our vibrations with yours at this time, in order that we may empathize and blend our energies with your own, for we wish to speak not only inspiring words, but also words inspiring and needful to you. We shall pause at this time. I am Q'uo.

(Pause)

I am Q'uo, and am again with this instrument. We are pleased to have shared in your life stream, and shall speak at this time about those things which are upon your mind. Although many are the concerns which you have, perhaps the one you hold most in common is the desire to know more about meditation.

Each of you has consciousness. That consciousness is greater than you may perhaps have perceived. You may associate consciousness with your ability to reason, analyze and think. Many are the questions which yield to the excellent tool of your waking consciousness. Yet, let us gaze upon the frontiers of rational thought with care to examine the ultimate nature of the knowledge gained through reason.

The rational mind is a calculator, and it calculates many things very well. Your race has built many gadgets, many beautiful and interesting artifacts, and yet, in all the complexity of the creation of man, there is no ultimate truth. All rational inquiry has ended thus far in mystery. Geniuses, as you call clear thinkers who are scientists, turn finally to appreciation, and even adoration, of the mystery which unifies all phenomena, never convinced that there is not an ultimate answer, but aware that it has not yet been found.

Consciousness is not only rational, and it is in using the rational mind alone, or the subconscious mind alone, that knowledge has become fragmented and incomplete. The mind functions with precision and elegance in the portion of your consciousness which most among your peoples shrug off as being that province of fools and dreamers—the subconscious or unconscious mind. And yet each of you well knows how many times you have known through intuition or hunch, because you saw it in a dream, or just knew it to be so, what would occur before it did. You have known when you would be visited or telephoned, what your friend or family would say to you. You have seen solutions that could not logically be arrived at. Without even intending to, you have used the deeper powers of your mind to simplify your life. You have managed your consciousness perhaps better than you think, yet there is far more

improvement possible through meditation. Let each of us step back for a moment and look carefully at what we feel may be so about consciousness.

We suggest to you, my friends, that there is one consciousness, which in its original and undistorted form may be called love. The consciousness of love is the great original Thought, crystal clear and pure, and by its profound, generative nature, the Creator of all that there is.

Thus, the consciousness that is your identity and nature is some distortion, one representation of that one great original Thought of love which created all that there is. When the conscious mind of man is used without the aid of the deeper mind, very little of the consciousness of love can be channeled through you from consciousness to manifestation. The person who lives in mind and not in heart lives a dry and arid life, unrelieved by the beauty of love or the joy of passion, for, indeed, it is those with a passion and joy for knowing the truth, for celebrating friendship, and for seeking love, that creates the full potential of consciousness for each of you.

When you move from the conscious mind into the deep mind, you are moving from busyness and noise, distraction and sleep to a cool, clear pool of light, silent, profound and infinite. Infinity cannot be comprehended by the rational mind, for the mind calculates only the calculable, leaving mystery uncalculated. The deep mind is at home and comfortable in the endless sea of infinity, for [in] infinity it has its home, just as you have your home in infinity.

You are an eternal essence, part of the Creator, and before your planet hung, round and beautiful in its orbit, you existed, complete and perfect. It is your birthright to experience infinity. Your conscious mind keeps you limited. In meditation, you enter the eternal, and as you allow your mind consciously to run down and become quiet, you tap in more and more to the great stream of love and wisdom which runs underground, shall we say, in your consciousness

Perhaps you feel that in some ways you are not worthy to meditate and to seek understanding, but we assure you that all entities make what could be called errors in judgment. We ask you always, as you go into meditation, to release your previous perceptions of yourself, your identity, your faults, and your weaknesses, focusing only on that which you desire—knowledge of the truth. In meditation you shall become more and more aware of the true nature of the creation. You shall begin to see the unity that binds all in the Thought that created all.

If all whom you meet and all that you meet are love, then what shall your perceptions be after meditation? The more you meditate, the more you will discover the expansion of your viewpoint, the increase in tolerance, in awareness, in understanding, for, my friends, the creation is far other than it may seem to those who view the incarnation, the lifetime, as all that there is.

To the one who has no hope of eternity, the consciousness of love may come hard. However, we urge you to attempt to justify in any rational way the order of the magnificent and infinite universe without suggesting the unity of the creation under one Progenitor, one Father, one Principle which creates all. And as for eternity itself, we leave it to your hearts to validate the truth of the nature of the universe.

Turn then regularly—daily, if possible—from the endless wrangling, disputing, proving and disproving of the conscious mind, long enough to swim in the sea of eternity, so that you may cleanse yourself of dailyness and emerge clear, clean, spotless and perfect, resting in infinity, bathed in the love and the light of our infinite Creator.

My friends, you are experiencing changes as it is, and the more you meditate, the more changes you will experience in addition to that which by nature is changing in your perceptions. The path of one who seeks through meditation and opening to infinity is not always an altogether easy one, although it is a joyful one. There is often little peace in perceiving more love in situations than others perceive. Yet, may it be a joy to you, and may you always seek the truth.

We surround you with our love, which is only that channeled from the Creator through us, for all things are the Creator, and the Creator is in all things. If we have said any words which do not seem to ring true, use your discrimination in removing and forgetting those things we have said which are not for you, for we make as many mistakes as any other friend. Yet, we are your brothers and sisters, and we hope that we have been able to assist you.

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Love each other, my friends. Care for each other, and experience the Creator in every face you meet.

We are those of Q'uo in the Confederation of Planets in the Service of the Infinite Creator. We do not ask you to take any note of our identification, for it matters not whether we are extraterrestrials, spirits or voices on the wind. If our words have truth and meaning for you, that is all and more than we could hope to desire from this service we humbly offer. We would leave you now in the love and in the light of the one infinite Creator. Adonai vasu borragus. ♣

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Sunday Meditation
November 2, 1986

(Carla channeling)

[I am Q'uo.] Greetings in the love and in the light of the one infinite Creator. We are those of Q'uo. It is a great privilege to speak with you this evening. We would ask before channeling further that the instrument place her free hand in the free hand of the other instrument.

As both instruments have the hands crossed, we are now satisfied that there is adequate metaphysical or etheric protection for this contact. The physical energy level of this instrument is quite low, that is, we should say, in [the negative], and therefore there is some difficulty in working with such a small group. *(Inaudible)* this is satisfactory.

In answer to the queries of the instrument regarding the nature of prior contact, we may say that the previous messenger was not acceptable as a spirit filled with love of service to others, and we are pleased at the instrument's determination to name and dismiss the persistent contact. We ask that this instrument attempt to erase from the mind the name of this entity, as thought of the name is an attraction, forming a bond between instrument and contact.

We find this instrument in an unusually good state for contact, the mind being in repose with no curiosity as to what is about to be said. This is satisfactory.

The presumption of the seeker is that all parameters are to be understood and searched out and that there is trail of wisdom to the stars, a series of questions that will lead one to infinite wisdom. This is not so. Wisdom is born of suffering, dilemma, contradiction and pain. The so-called happy times that you experience within the illusion are useful as randomly as are the difficult times, and the intrinsic value of happiness is quite low.

Indeed, no experience has a great deal of value except as a part of a very large base of information from which the deeper mind may begin to draw intuitive conclusions about the way things are not. Each of you considers the self a fairly long-term, consistent and stable personality. Seekers tend to view the self as a kind of business to be managed—so much of this, so much of that, the proper conditions for growth, and behold: a well-managed and prosperous-looking metaphysical path. We realize that we are not speaking to those who are seeking reasons to commit themselves to the spiritual path, but rather that we are speaking to those who will live life within third density to its end, incarnationally speaking, moving as closely in accordance with metaphysical principles as intuition and reason permit.

Thusly, we wish neither to commiserate nor inspire. We wish to explain to you that you inspire us, for you cannot see any good that you do, nor can you

know what you have learned within this incarnation. And yet you struggle onward, ceaselessly valiant, forever spraining your metaphysical ankles and breaking your bones, picking yourselves up, putting yourselves in traction and moving back into your search, your fruitless, hopeless search for a well-ordered, productive, maximally service-oriented expression and manifestation of love.

You seek to create a life. Do you know that you cannot help create life, or that the enormous bulk of that which you create was created before you got your rational hands on it? Did you know, my brother and my sister, and we speak also to our sister, J, that you move in a maze, working not on understanding but on prejudice? What are you seeking to be prejudiced for or against? You are seeking to be prejudiced against happiness and for suffering, against comfort and for discomfort, against social ease and for solitude, against peace of mind and for humble and disquieted thought, against law and for law. You are seeking to tie a knot so complex that it becomes unity, moving through complexity and dissolving. You are seeking the mystery you name but cannot describe and the doors to the mystery open most fruitfully when the attention is heightened, focused and intensified by loneliness, discomfort and suffering.

Would that we could teach those within an illusion to pay sufficient attention while peaceful and happy, for then discomfort and pain would have no spiritual use whatsoever, these being the two-by-fours which are applied to your foreheads by your higher selves in a loving effort to get your attention.

Why is it, my friends, that when it is noon, you think about what you shall do from noon 'til one and at one you think of what you shall do in the afternoon? And even if you hear a noise or are disturbed, you do not think to yourself, "I wish to take this time out of time. I wish to take this moment with utter seriousness"? Why do you skate on the pond of your life, never plunging into the icy waters that protect sleepers from wake ones?

There are techniques which may insulate you against the chill of pain, the discomfort of solitude. Some there are who gradually don these protections and move into a kingdom where all is wakeful, listening, full of light and conscious. In attempting to understand the surface geography about you, metaphysically speaking, you cut yourself off from the acceptance of those tools which you can use to move through the icy waters of wakefulness.

Things are simple, as our message always is. You may put on light; you may put on love; you may put on commitment; you may put on honest doubt. In all of these ways, you are declaring that your element is wakefulness and that your goals are not surface, not sleep-ridden, but further into the light, further into life, further into that which is conscious, for there is that within each life which is conscious, but hides beneath the waters, and the waters hide beneath the ice.

We shall transfer. It is a pleasure to speak through this instrument, and we thank both instruments for their fidelity to that service which they offer without regard for the outcome of that offer. This is satisfactory. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet you again in love and light through this instrument. We are pleased that we have been able to utilize each instrument this evening, and at this time it is our desire to open our contact to queries which may be on the mind of either instrument. If there may be a way in which we could serve in this manner, we would be most happy to do so. May we speak to any concern or query at this time?

Carla: I was wondering if you could say what you just said so I could understand it. I didn't understand what you were saying, exactly. Something about the good times don't help and the bad times don't help?

I am Q'uo, and we feel that your ability to perceive that which was transmitted through your instrument is that which might be considered for one serving as an instrument, for if one is able to open oneself fully enough to a contact such as ours in order that it might move without resistance through the instrument there will be the tendency towards forgetting that which has moved through the instrument. This is as it should be, my sister, and we feel that you will be more able to grasp the concepts which we have transmitted through your instrument when you are able to view them upon the page, if all has gone well with the recording of these concepts, as we are aware there has been some difficulty in this area.

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The core of the concepts which we were attempting to share this evening is that concept which we have discovered in our own experience and feel is quite applicable to each entity who [is] within your third-density illusion—the nature of that illusion. For, indeed, all you perceive within your life experience is made of illusion. That which seems good and favorable and that which seems bad or repugnant together form the mountains and valleys of the terrain of your life experience. And it is not from reading of such geographical configuration of land masses that one learns how to navigate such terrain, or is able to deduce any precept or final conclusion from such configuration. One must travel this terrain, moving between the peaks and the valleys, and remaining in various locations for a certain period of your time and experience in order to be able to grasp the effect upon one's thinking, that residing within a certain location of being and expression will affect the thinking.

By so experiencing these various geographical configurations, to continue, one may then, through this experience, fashion that which is truly born of wisdom and which may eventually produce a loving acceptance of all that one experiences within the life pattern, when one is able to utilize the experiences to their fullest extent.

May we answer in any further way, my sister?

Carla: I'll follow your advice and read it. It did seem a little—it took me aback to hear you say that nothing that we did is basically any account, there was no way we could learn anything. Sometimes I really do think that we're making progress. So, I guess I should not think that way.

I am Q'uo, and in this regard, my sister, we may only add that as one moves further along the path of evolution, and begins to feel a sense of accomplishment, that one in the true sense has begun to discover that there is much to learn, and what seems to have been learned will affect the thinking yet may not carry the impact upon the total beingness that the conscious mind imagines it will carry. Indeed, you make progress, my sister, as do all seekers of truth. Yet that progress is registered within your total being in a way which you cannot imagine, for you do not have the tools within your illusion to grasp the breadth, the depth, or the height or the intensity or any true measure of that which [you] have attained.

Doubt not that you have attained, but continue to doubt that you know what you have attained, for that which you seek is truly born of mystery and will continue to attract your seeking. Only one who is either unaware that such mystery exists, or is satisfied that the mystery is solved shall fail to make progress in moving closer toward the heart of that mystery. In time you will see with clearer eyes the nature of that mystery more and more clearly. Yet within your illusion at this time you must content yourself with continuing upon the journey toward mystery and accept that you do not know what you do or how to do it, but that you wish to do that which will make the mystery move within your life in the pattern that may only be described as love.

May we answer further, my sister?

Carla: I have a different question. Thank you for that answer. It helps a little bit—I'll read it. A couple of questions that have been on my mind and I'm glad to have this chance to ask them. Just personal.

Question number one on my mind. In writing the book on channeling, I've found more and more that I do have a fairly singular view of the nature of channeling and its context, and things that I really didn't know that I thought, in such an organized fashion. I've just been going along in my biases, I guess, and not really analyzing it. I find that I perceive channeling as a kind of ministry, like any other metaphysical or religious attempt to minister to people. Not in the sense of orthodox or unorthodox religion, but just in a sense of offering the best guidance that we can give and being responsible about and living according to metaphysical rules that produce some control over the phenomenon of channeling.

It has begun to concern me that by offering this view of channeling to people who are thinking about channeling or who are channeling, I would help a few but put off a great many more because of my perceptions of the basic nature of channeling. People are often put off by the thought of having to live a spiritual life according to metaphysical principles, and, you know, too much seriousness and discipline and so forth. Does my point of view have the best help I can give to the audience I want to offer this material to in it, or should I seek further for another expression of these principles?

I am Q'uo, and, my sister, in this regard, we may respond to your query by suggesting that that which

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is within you is that which you have to offer to others. Be not concerned that your own opinions will be given too much weight and will affect others overly much, for each will take from what you have to offer that which is appropriate to that entity at that particular point in its own journey of evolution. You have with your own desire to be of service to others sought within the depths of your own being, and experience that which you feel is the best which you have to offer regarding the channeling service and the preparation for such service and the maintenance for such service. What more can [you] do, my sister? To give that which is the best of one's being is to give all that one has. To attempt to fashion that which one has in a way which one feels might be more palatable, shall we say, to those who will share that offering, is to skew that which one has, and in that skewing, reduce the purity with which one shares one's own beingness.

There are many, many ways to view any particular topic that might be of service to others. We value each instrument through which we may speak, for our message is always and ever the same and gains in variety by being able to be transmitted through a variety of instruments, each with his or her own unique personality and experience to give another facet of this single message which we of the Confederation of Planets in the Service of the One Creator have to offer. Thus, we applaud your efforts to share your opinions and your experience and your thinking. They are yours to offer, freely given with no expectation of any particular outcome.

May we answer further, my sister?

Carla: The other personal question. That was a really classy way of saying, "It's up to you." I appreciate the classiness of that. The second question has to do with silent meditation and its possible value to our group. I was talking with the leader of the silent meditation group who never has channeling. She wanted to get together once every six weeks or so. I was thinking to myself that it has been literally years since this particular group offered the opportunity for silent meditation. In your estimate, would it be more helpful for the channeling always to be included in meditations, or for there to be an occasional silent meditation in terms of the inspiration there that the experience would offer to those who sit in the circle?

I am Q'uo, and again, my sister, the desires of the group are those considerations which will fashion that which is most appropriate for the group to experience as a group. We are aware that there are many ways for inspiration to be experienced. If meditation is chosen as one way in which inspiration may be experienced, then the further determination may also be made as to whether the vocal channeling shall be a part of that inspiration. We cannot decide for you …

(Tape ends.) ♣

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Sunday Meditation
November 9, 1986

(Carla channeling)

I am Q'uo, and I greet you in the love and the light of the one infinite Creator. We greet each of you, and welcome especially the one known as D and the one known as B. Blessings to you and may you drink deep at the fountain of light that lies within the circle of consciousness at this time of meeting. We ask, as always, that any opinion which we offer to you be considered as opinion rather than fact, for we make errors and would not wish to teach were we to feel that each student did not have the power to take or to discard each and every thought, each and every concept that is discussed.

Those things which we say are the best we have to offer through a particular channel at a particular moment, and we would not deceive you, thus we speak as truly as possible within the limits of spoken language. Yet each word has many meanings, each concept can be heard with many ears, many attitudes, and many predispositions. Those things which do not seen appropriate for your growth at this time must needs be left behind without a backward glance. The answers lie within you, not within us.

We are those who would inspire each of you to seek, to ask your questions with more and more care and love for the search itself, for your answers, as all answers, shall turn out to be illusion and with each revelation and transformation you shall discover that you have pushed back the frontier of mystery, only to find that same mystery beckoning from the new frontier. There is no information so complete and so satisfying that it constitutes the ultimate answer, for if it can be said, it is not the truth and he who says it has pride, not understanding.

We ask you plainly to beware of answers and to focus upon questions, for as you seek and seek again, so shall the doors of your own consciousness open to you and you shall carry understanding deep within your heart, not to communicate except clumsily and incompletely, but only to manifest in your smile, your laughter, and the light of joy which you share with those about you.

There are civilizations in the creation who have become far more one with the concept of simplicity during the experience which you call third density. This civilization which you enjoy is far from simple, and because of the great expectations which you have forged by observing the many mechanical marvels available to you, you come to assume that a spiritual body of knowledge will be complex, articulate and serial, much like a detailed and philosophical list of directions for putting together an enlightenment kit.

And yet, my friends, although there are many enlightenment kits available to you, the instruction

booklets need to be viewed with affection and misgiving, affection for the infinite desire of those upon the path of service to others to share in whatever fashion they may those things which have been helpful to them with others, and wariness and even dismay because there is not an intellectually acceptable set of instructions for studying, building, putting together or constructing enlightenment.

What you are after is a kind of simplicity that is not in fashion, a simplicity that is not dogma, doctrine or in any way complex. We are messengers of a simple and simplistic truth, a truth that cannot be put into words, a truth that each of those to whom we speak is already aware of.

We would seem to be talking ourselves into a corner. What do we have to talk about, if we do not have an understanding to give you that is complex and thereby rendered learnable? We are here to give you in words and by the essence of our vibrations more of a feeling for the immediacy and the value of this trip that you have taken in your heart, that you are on now, and that you wish to continue to be on until you dwell in eternity in the presence of the Creator.

To put that another way, and more simply, each of you falls headlong into a blazing white light, the white light of an infinite Creator whose very nature is love. You are falling unbelievably quickly, and you shall fuse and become one in your perception as you already are in reality with love itself. This is your destiny. And yet speed is such a relative thing. None of you knows how quickly spiritual gravity pulls you toward that great center, that great unity. Each of you feels you cannot possibly be moving quickly enough, you need to know more. And so you draw yourself along. Yet in reality, you could not hold yourself back if you tried.

We come with a simple awareness. We come to be with you, for although each seeks only for himself by necessity, for no one can seek for another, yet how much it aids each to meet together and form a circle of light, to consider, however imperfectly or incompletely, the Creator of all that there is.

We have spoken to few groups. However, the experiences that we have had with these upon the surface of this planet indicate that many are more than willing to be tempted by elegant reasoning, seeking in philosophy the objective security that forms the illusion of the scientific method of information gathering.

We urge that all consideration be given to the value of silence, of the focused mind. Lift your spirits, therefore, from the physical body which enables you to gather experience and share love within your incarnation, lift and shake the heart and heart free of the dust of dailyness and move with the solar wind, as this instrument would call it, until you are far, far from town or country or planet, until you indeed leave the solar system behind, voyage far, voyage until you do feel that you are indeed falling, and gaze at the white light towards which you fall. Glory is yours now if you can but release the demand to know, to understand, and to judge, and replace the desire to catalog with the desire to feel with head and heart in unison the light and the love that does not speak in words.

We would that you would stoke the fire of your desire to know the Creator by allowing knowledge to come into all of your being, for there is no cleverness in knowledge of the creation or love of the Creator. There is no right answer, there is no argumentation. If you have a longing, a yearning for the presence of the Creator, and if you allow that longing to persist and to grow, if you encourage that desire, the study and meditation, mind and heart both exercised, then shall that longing deliver you into the very presence you seek. Expect it, look for it, and when the moment comes that you feel that you have been given something you cannot describe or name, rejoice and let that go too.

There are questions in the group this evening. We encourage them and invite then. We cannot use this instrument for the questions and answers.

(Pause)

I am Q'uo. We apologize for the pause. This instrument began to analyze our information and we were unable to send more concepts through this instrument. May we say to the one known as Carla that we are indeed sorry that we cannot channel through her, however, we did not intend to cause her to break off her own meditation. Our apologies. We would at this time transfer this contact to the one known as Jim. We are most grateful for the desire, the longing, and the seeking that you share with us. Blending our vibrations with yours is a benediction to us, and we would only wish to be of

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as much service as possible to you. We leave this instrument. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you once again in love and light through this instrument. We are pleased that we have been able to make our contact available once again through this instrument, and it is our hope at this time that we might be able to attempt to respond to any queries which those present might find value in the asking. Again we remind each that our responses are our opinions and the fruit of our own seeking, which we would hope that each would weigh with the inner discrimination that speaks to the heart, taking that which rings of truth and leaving that which does not. At this time may we ask if there might be a question to which we could respond?

D: I have been in contacts associated with two other channeled entities, you being the third, each of whom has a vastly different perspective and approach to teaching and communicating. I wonder if you could clarify those differences, those various perspectives, those … why an entity seems to be, for instance, to emphasize information as opposed to another entity which might emphasize energy or intuition? This seems counter to my expectation that entities operating on planes above our own would have the facility to tailor their responses and their teaching more to the individual who seeks rather than to have so strong a predisposition on their own.

I am Q'uo, and am aware of your query, my brother. We find that there are a number of concepts within this query which are relevant. Each entity which seeks does so in a unique manner, from a point of view that is similar to many but unique unto itself, and calls for information that will be helpful in continuing to expand its scope of experience and understanding.

There are many, many ways by which a call may be answered. The vocal channeling is one of many potential responses to any seeker's request for aid. Within this phenomenon is found a great variety of sources and resources which may choose to be of service in providing information or inspiration or any kind of guidance which may answer a seeker's call.

Many upon your planet who seek in a conscious fashion the nature of their reality and their being assume that that which is yet unknown is also homogeneous, whereas it has been our experience that the portion of the creation which lies beyond the reach of your senses and your understanding is as varied and rich as that which you experience within your illusion, within your portion of the creation.

Those who would seek to move in service to seekers upon your planetary sphere, and who are seen by those within your illusion as being beyond or external to your illusion, are as unique as each on your planet and each offers itself as it is in full in the attempt to be of service. To be of the most service possible, we have found it is necessary to be what one has discovered in the way of uncovering mystery and moving along the path of unity with all that is. As one then offers the fruits of one's own journey, one offers that which is unique and colored by experience.

Each portion of the Creator, which each source and seeker is, moves likened unto a planetary body about a great central sun or truth. The sun shines equally upon each, yet each from a unique point of view sees that sun and is warmed by it according to the position from which one orbits and views that sun. Thus do we and all others who offer themselves in the service of the vocal channeling offer that which is ours to offer, that is, the fruit of our experience, that those who seek information or inspiration might consider that which is offered for its potential use in furthering the journey of seeking for the self and in sharing that journey with yet others who may benefit from such sharing.

May we answer in any further way, my brother?

D: I think my difficulty with the question stems in part from an assumption that those entities such as yourself and others in my experience who seek to serve in this way by virtue of their position at their level, so to speak, have attained a level of being—they include so much more than our minds can know while we are here—that from our perspective there should appear to be more uniformity than there is. I don't think I've worded that very well.

I am Q'uo, and we feel that we grasp the sense of your query and will respond in a manner which we hope will be of service. Please query further if we do not speak to the heart of your concern.

As we mentioned in our previous response, the experience which lies seemingly beyond that which is

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common among your peoples and toward which each seeker moves is an experience that, though it continues to move closer into the harmonious understanding of all that is, yet moves further into the mystery that undergirds all manifestation that is seen and experienced as creation. Though one may know certain things about creation and one's own being and movement through the creation, yet such knowing continues to discover more of the infinite mystery that lies at the heart of all creation and seeking.

We who have had the privilege of moving a short distance further upon this journey than have those of your peoples begin to grasp more of this mystery, yet we also understand that there is much which awaits our understanding. Thus, those who are what you may call "in advance" of the level of seeking of your peoples yet seek with the same diversity the one mystery which draws all unto it. Though all experience more …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and we greet you again through this instrument. We shall continue.

Those who are in advance of your own level of seeking, shall we say, have yet the configuration of identity which perceives similar truths in various fashions, all seeking to refine the understanding, until all not only understand but become that which is sought. There will be variation for a great portion of your experience beyond that which you now experience. The journey of evolution, my brother, is one which extends far beyond your own illusion and contains that which is rich and varied enough to allow for an infinite variety of points of view, all pointed toward the same truths, but seen from different perspectives and shared in that fashion.

May we answer further, my brother?

D: Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: Thank you for explaining as much as you did, because I was wondering, having heard many a closely reasoned argument from you myself about the emphasis on mystery, but I think I grasp what you're driving at. Thank you.

I am Q'uo. We appreciate the opportunity to speak in any fashion which is requested, and we would ask if there might be any final queries to which we may respond before taking our leave of this group?

D: I don't really have a question—I've just kind of been wrestling quite a bit lately with the concept of self-love, attempting to understand a little more how to accept myself and how to love myself more, and I guess I don't really have a question, but do you have any comments that might provide any sort of illumination on that subject? Anything would be appreciated.

I am Q'uo, and, my brother, we can suggest that as one considers the daily experience and all who move through it, that one is seeing various aspects of the self when one notices and responds to any particular person, trait, word, deed or activity, for the manner by which one perceives the environment about one is congruent with the manner by which one perceives the self, and we have found that the opposite is also true—that as one perceives the self in a certain manner the environment about one is reflected in an equal fashion so that there is really nothing but the self, be it small or great, which comes before one's attention and upon which one may work.

As you are able to find qualities and experiences within the self and within the environment which you are able to accept more and more freely, then you are accepting further portions of the self and may then use that acceptance to find other portions of the self and the greater self about one which then move into the focus of attention for the work in consciousness which will allow further acceptance of the self within the self and within all other selves.

May we speak in any further fashion, my brother?

D: No thank you. That's fine.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

D: Yes, if I can take a minute to formulate it. If thoughts are real and exist on a level of which we are relatively unaware, I would presume that you would be much more fully aware of that level on which our thoughts exist as things. If that presumption is correct, I'm curious to know in general with entities who teach such as you do, if there often is a clearer perception of our questions—such as I'm trying to form now—than I'm able to put into words. To

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what extent are our thoughts apparent to you though our words in communicating those thoughts are sometimes less than adequate?

I am Q'uo, and am aware of your query, my brother. In attempting to respond to those queries which are asked of us, we attempt to utilize the query itself and any appended emotions or unspoken considerations when it is possible to do so without infringing upon an entity's free will. This is to say that if we were able to read more precisely than one has been able to formulate within one's conscious mind that which was sought, there would be the risk of accomplishing work for an entity which the entity would better benefit in accomplishing for the self.

There is a very fine line, shall we say, between offering information which has been prepared for in the understanding of an entity by its own efforts and in giving information which lacks the preparation by the entity and which would remove from the entity the opportunity to gain what we might call a spiritual strength in fashioning for itself the foundation of understanding upon which we shall offer certain refinements that lie within the realm of what has been prepared by the entity requesting information.

May we answer further, my brother?

D: The protocols of this sort of communication and the assumptions that we can make about it concerned me and that answer was very much to the point. Thank you.

I am Q'uo, and we thank you again, my brother. Is there another query?

D: Are personal questions appropriate at this time?

I am Q'uo, and though we are not, shall we say, specialists in answering queries of a personal nature, we are happy to attempt such responses as long as our responses again do not risk the infringement upon an entity's free will by providing information which would affect its future choices, shall we say.

D: Well, with that in mind, I'll ask a question, seeking some help in making future choices. I have been working and accepting all the teaching I could in the area of channeling *(inaudible)* and simply wonder if—I seem to be running into blocks that I keep butting my head into. I wonder if there might be any insight that you could give that would be productive or helpful to me without taking away the lessons that I'm obviously in need of learning.

I am Q'uo, and we are aware of your query, my brother. We might suggest that when one discovers within the life pattern that which appears as a blockage and which repeats itself, that one might embrace such seeming blockage as an obvious opportunity to avail the self of a certain lesson, a lesson which might yet lie beyond the grasp of understanding and present itself in a manner which might seem to disturb or to be disharmoniously experienced, even confusing and contradictory.

Such repeated patterns may provide to the diligent student a kind of riddle which when moved about within the mind and seen from various perspectives begins to unfold itself when one has been able to work with the pattern in a fashion which at once cherishes the seeming difficulty and moves to penetrate the outer illusion and seeming configuration in order that a more basic understanding of the nature of the self and its manner of learning might be gained.

May we speak in any further fashion, my brother?

D: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: Just to say good-bye. I do have a question. I wasn't going to ask it, but I think I will. If it doesn't infringe on my free will, please answer; if it does, don't. Is the concept that I lost when I started analyzing the contact have something to do with a tree? It would ease my mind, actually, to know that it was you that stuck a tree in my mind after—actually after I stopped channeling, because I did not get a solid name for that concept being stuck in my head. Was that you and was that the point at which I missed a concept?

I am Q'uo, and we may speak in response to this query by suggesting that that concept of the tree was a portion of our contact which we were utilizing to speak to the concern that sparked your analysis. We, however, will leave the meaning of the tree to your discernment.

May we speak in any further fashion, my sister?

Carla: No, thank you.

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(A recorded telephone message is heard being played to an incoming caller.)

I am Q'uo, and we appreciate each person's patience as we have awaited the completion of the recording devices works. May we ask it there is a final query before we take our leave of this group?

(Pause)

I am Q'uo, and we thank each for inviting our presence this evening. It has been a great honor and privilege to join our vibrations with yours. We look forward to each opportunity to join this group in its circle of seeking. We shall at this time take our leave of this group and this instrument and leave each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
November 16, 1986

Group question: What do you say to people who are considering a divorce, ending a commitment?

(Carla channeling)

I am Q'uo. I come in the love and the light of the one infinite Creator, and because we speak through this instrument, we say to this group alone, we do come in the name of Christ, for it is not your Christ only, but Christ, a love, the love, the love of the Creator. How could we not come in that holy name, for indeed we too hallow love as we would hallow our mother and our father, for love is mother and father of all of us.

We greet each of you and we thank you for the privilege of being able to speak with this group. It is a pleasure to be using this instrument. We note the roughened condition of the instrument's throat and will attempt to be less forceful than is our usual habit.

My children, we offer our answers in love and in hopes of being of service, and yet because your question is about divorce, as you call this custom, our points of view diverge dramatically, and in sharing with you our point of view, we so far wish not to influence any unduly that we ask most especially for each seeker's careful discrimination in using any part of what we say, for we would not wish you to act as you think you ought, but as you feel. It is your discrimination and your choice at all times, and the greatest teaching, the most ideal rule, the most exalted creed is as nothing if it is not the echo of your heart and your mind and your will. It is indeed doing damage to yourself to take concrete and irreversible steps which are not of your own choosing. It is less unfortunate if the choice is temporary, and yet we would wish not to be of disservice at all. Therefore, please take those things we say and weigh them carefully.

Our view. We pause due to the fact this instrument has ambivalence in her mind. We scan and find we understand. There are two situations—one in marriage, one a commitment without your marriage. This is not a substantive difference to us—we find it is to this instrument.

We shall, however, use our own frame of reference and thus we should say that we find the purpose of the mated pair to be increased efficiency in the gaining of catalyst, fellow aid in the processing of catalyst into experience and the supplying of a yokefellow for whatever service you have created for yourself, with the aid of your higher self and the Creator, for polarizing within your own incarnational experience.

In any density higher than your own, partners in catalyst are chosen with much clearer eyes, for the veil of the subconscious mind and the veil between minds are both alike lifted and each entity has a

much advanced grasp both of his own nature and of the nature of others.

Those polarizing for service to [other] self will most always choose an entity whose vibrational nexus complements and enhances one's own. Those involved in polarizing towards service to self are unpredictable in their choices as regards vibrational compatibility, for other considerations having to do with those things which are of the illusion are more important.

To follow this line of reasoning back into third density, may we say that a persistent difficulty in speaking of your matings within your civilization is the great variety of motives for inaugurating and sustaining such a relationship. Almost never is it for the reason that is most closely aligned with the actual function and purpose of the mated relationship. Almost never is suffering, hardship and trouble used as the reason for choosing a future partner. And yet, this is the precise experience you wish to share, for your illusion is created in order that you may suffer and learn. That is the purpose of there being an illusion, for self-consciousness must be awakened. The third density begins with a sense of self asleep, and happiness and contentment do little to awaken the soul. It is the interactions with others that bring grief, suffering, loss and trauma which create the opportunities you most cherished before the incarnation.

Thus, it is well to choose the mate you want to suffer with and for the mate you feel will pull and pull as strongly as do you to carry equally the burden of illusion. Certainly it is well to choose in love, yet, my children, do you think you were given your physical vehicles, as they are, for play? We suggest that in the divine play that is your sexual network of responses, there lies the great wisdom of bonding and creating a reason to consider one particular mate over another. The choices are often too many, for one may seem good, and then another, and then another. And so we observe most sadly that the motives for your mating often include the interest of the physical red-ray center, and often also include desires for benefit. This is service-to-self in orientation, as is an unenlightened active red ray, and will lead to exactly the kind of catalyst for which each in actuality enters into a mated relationship.

However, there being no grasp of the function of the mated relationship, the trauma of catalyst is seen not as what you have come to experience, not as the reason for which you became mated, not as an opportunity to learn what you came to learn, but as an unacceptable inconvenience, discomfort and impediment, something to be shrugged off as if the mated relationship were a piece of clothing that could be shed.

You can see, can you not, that we find ourselves little able to answer in what seems to be a sympathetic way when we are asked what we would say to one who wishes to dissolve a mated relationship? Certainly, we could explain the theory of choosing a mate for the purpose of learning through suffering, but this may not seem very persuasive to one who is suffering and wishes it to stop.

We would suggest that there be made special time for meditation. What could be gained in meditation, you may ask, when the problem, the catalyst, is coming from another? And we do not give a sympathetic response this time either, for the only sphere in which any entity has power is the sphere of himself. True power is power over the self and the right use of power involves the self. There are in any difficulties which you experience, whether or not another has difficulties, problems of perception within yourself, my children. If you see anything except the face of love, you are having difficulties with perception. The distortions are understandable and unnoticeable relative to other entities within the illusion. You may even feel that you have a clearer picture than others, and indeed you may.

However, we are speaking of something that is removed from the illusion, and that is love itself. For each entity has as its core reality the face of the Creator, the heart of Christ, the mind of love. If you do not see that in your enemy, your mate, or the earth and sky itself, then you must polish your glasses and set yourself to study silence again. Do not be easy upon yourself here. For no matter what your actions, my children, it is well to have a bedrock within yourself where you have a metaphysical honesty that will give you strength. You may not be pleased with yourself, but it is well to attempt to continue to know and to bless the self in all its distortions.

Any experience may be reexamined at any time for the possibility that the catalyst has become too much for the flawed illusory entity that you experience to buckle under, and so, rather than destroy your body

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or your mind by allowing truly impossible abuse, it might, of course, be possible and even necessary that there be a mated couple which must spend some time apart. It is our admittedly biased point of view that it is well to persevere at all times with only one question, and, as always, that question is "Where is God (Love)?"

My children, if you or your mate find love in another, remember your own time of romance with gratitude and thanksgiving, and then wish the best and the highest and the most for your love regardless of what your mate wishes to do. If the difficulty is a difference of opinion, turn from defending self and begin defending your love, for does your mate not need you now more than ever? Is your mate not in pain? Words, gestures, any attempt at communication will heal much. And if they do not seem to be efficacious, that also is acceptable to us, for we expect the catalyst and do not attempt to rule its flow into our experience.

It occurs to us that before we leave you, or we should say this instrument and this question, we can make one point which may be more telling, although we consider it to be no more central than any other, and that is this. The one who believes that by changing the situation, he will change his experience, is following a false belief, for those lessons which each came to learn are for each, shall we say, a list of priorities. When catalyst comes to a seeker, it is a sure thing that there is a lesson connected with the learning of the nature of love which working through the catalyst will benefit so that you may become richer in experience and more conscious with the consciousness of love.

When a lesson is declined by moving out of a situation, the same lesson shall be presented to the student again. The lesson, however, will be made clearer so that there is less chance of a misunderstanding. Translated into the perceptive bias of your illusion, that means the lesson will be more painful and will take longer to work out. Catalyst will be more extensive for the same experience. The one who walks away from a mated situation is buying time but not changing the catalyst that he or she is bound to have one way or another.

To those who have divorced or been divorced, who have left commitments or have been left, we would say that there is no, what this instrument calls, "sin," and what we would call error or mistake, in moving from a situation. It certainly buys, shall we say, trouble, yet with the wisdom of survival you have chosen to heal so that you may throw yourself once more into your catalyst with a new zeal.

If you have been left, and you have found yourself acting in negative ways, ways demeaning to your mate or to yourself, we urge you to take hold of your will and your powers of love, for if you have not been tested again, you shall be. You will feel betrayal and rejection somewhere and somehow. Next time, my children, offer your love back to the situation.

To those of you who must leave or have left a committed relationship or marriage, do not weep for your past, but rather gird your loins, for your next impulse will give just as much catalyst as the one which gave the catalyst in the first place. This time attempt to infuse your actions with love, with a love that realizes compassion, with a love that realizes the reason for relationships.

Forgive and forgive again. Forgive yourself, forgive any who seem to have hurt you, remembering that you have faulty perceptions if you do not see love in every situation. You have the power to create children of your thoughts, daughters and sons of your heart by what you say and how open your heart and hands are. We ask you to create love. Love one another, my children. Always do what you must with no excuses and no need for recrimination, and always turn your face forward and use what you have learned. This environment which we have called third density is a gift. Every tear, every ache of the heart is precious.

We hope you can give thanksgiving in the hard times and find joy in tears, for truly enough, there is sadness in any joy within the illusion—should there not also be joy in any sadness?

We would transfer at this time, having greatly enjoyed talking with you. We are sorry not to have been more helpful, but, you see, we do not speak of right or wrong—we speak of love. And I am afraid that questions of mated relationships in your culture do not usually revolve about the love of which we speak which is not defined by red ray or any ray, but by that which comes through one and is more than one could ever be. For love has the power of infinity, and you who attempt to generate are generating a very finite version which will, as your red ray itself will do, die away.

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We leave this instrument in love and light, and transfer at this time. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and light through this instrument. We are happy at this time to open our meeting with you to any further queries which those present may have upon the mind. May we attempt any such query at this time?

Carla: Well, one of the marriages that I heard about today that may be breaking up, there isn't another person, there's just a strong difference between the way two people have grown to be that wasn't there when they got married. I realize that in general, the thing is to stay together—I got that all right—but at what point does mental or physical abuse become intolerable? You know, if somebody were reading this, trying to make a decision, there really wouldn't be anything in there. I guess that's the way you designed it—there wouldn't be anything in there to make you decide, you'd just more or less get the lay of the land, is that right? You designed it so that people wouldn't use it as a basis for action, but just for thought? I mean you designed the talk that way—is that right?

I am Q'uo, and am aware of your query, my sister. We have spoken as we have spoken this evening with the hope that we may indeed provide the food for thought, as you have called it, which will hopefully provide an opportunity for many who are considering the severing of a relationship more carefully, for it is within your culture at this time quite an easy and common matter to break a relationship and the commitments made as its foundation, and then to move oneself into another situation that one hopes will again meet the imagined requirements set by the self for the perfect situation, shall we say. We, in speaking as we have spoken, hoped to provide a more basic point of view concerning the nature of relationships, their purpose, and means of fulfilling this purpose. If an entity can realize that the point of view that it holds may be somewhat narrow in the overall view of an incarnation or a series of incarnations, then the expanding of that point of view may allow for the more fully realized potential of an incarnation or a relationship to manifest within the life pattern.

In our speaking we have not overtly presented our own bias, but have attempted to describe the nature of the process of your third-density illusion. In so describing the nature of your illusion, it must be obvious to the perceptive student that to remain with a relationship that one has undertaken with the commitment that the relationship will endure is the most efficient means of pursuing those lessons and services that are the reason for the incarnation. Entities may feel that there are reasons enough to end a relationship, that it is appropriate to do so. Again we may only suggest that this conclusion is the result of a point of …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. To continue our response. The point of view which has produced this conclusion is perhaps that point of view which has yet to avail itself of the wider scope of the potential for an incarnation. Perhaps the entity in reaching this point of view has found the more difficult point in the relationship in regards to its fulfillment and in the fatigue encountered, whether it be mental, emotional, physical or spiritual, [and] has found the possibility of ending the relationship the most appealing avenue of action.

This is a natural conclusion, my friends, for the fatigue that comes at any of these levels of experience is a very real thing, and within your limited third-density experience with its great potential for limiting the point of view it may seem to many a seeker of truth that such an alternative is obvious, appropriate and acceptable, when, indeed, it might be that if a slight alteration in perception could be achieved, another possibility for the relationship's continuance might present itself to the seeker, who could invest yet one more effort in this direction. The pearls of wisdom and love within your illusion are not cheaply or easily won, else there would be little value in that which those of third density seek throughout all incarnations.

To find the love of the Creator in any moment within your illusion is a challenge, my friends, for there is much that hides it, and to find it in those situations in which there seems to be great difficulty, trauma, stress, pain and suffering requires the dedication of one who looks beyond the moment of suffering and sees that which no outer eye may perceive—the love of the One that dwells in all, and the dedication of the seeker to find that love in each of its moments of all incarnations.

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May we answer further, my sister?

Carla: How is the instrument holding up?

I am Q'uo, and we find that this instrument is in a relatively comfortable physical and mental state.

May we answer any further question at this time?

Carla: I'll beg off, and let H have a turn if there's still time.

H: Okay, concerning divorce, is it better if say they could work out a friendly divorce—it seems like that's a common phrase these days—where after the divorce they don't hate each other, that they just simply agree that they can't live with each other, and so they get a friendly divorce. This is definitely better than going through a court ritual and battling it out and all that to where the person is brought down to nothing almost. Is that not correct?

I am Q'uo, and we might suggest my brother, that not only is that assumption basically correct, but any action that is able to produce love and acceptance of another is an action more to be desired than one which produces less of that quality of love.

May we answer further, my brother?

H: Well, that satisfies that question, but what about when there's children involved in divorce? There's an old adage that the mom always got the kids. Is that the best normally, that the mother raises the kids?

I am Q'uo. We find that this questions lies within the somewhat narrow point of view of what is possible within your culture. Your culture has decided, or so it would seem, many things for you concerning how the life is lived and with whom. Within your culture there is the division between the male and female of your species of many of the behaviors which in truth may be shared if the system of belief allows such choices. Thus, to answer your query in a specific fashion, when in truth the generality fails to meet the needs of a specific response, is to be somewhat misleading.

We would respond by suggesting that we are not aware of a general response which would suffice in this case, for the male or female entity within a relationship may, because of its individuality and not because of its sexuality, be more able to carry out the nurturing function necessary for the raising of the small child. We apologize for our inability to give a more concrete response.

May we attempt another query, my brother?

H: Well, something totally different now. When we talk about past incarnations and stuff like that, is there any catalyst that, any practice that we could exercise to where we could experience past incarnations, or where I myself could?

I am Q'uo, and though we are aware of some practices, those of regressive hypnosis, the guided meditation, and the utilization of the dream state that have the potential of allowing an entity to move backwards, shall we say, and to experience some portion of a previous incarnational experience, it is not our recommendation that such is an important portion of either learning those lessons designed before the incarnation or providing those services also designed before the incarnation.

The higher self, as you call it, has gone to some lengths, shall we say, to aid your beingness in placing yourself within your current incarnation with the forgetting of previous incarnations firmly in place in order that your current incarnation might be a finer and more purely [made] effort at achieving certain biases of thinking or expansions of the point of view which will enable the experience of love to move more freely through your being. It is recommended that entities within the third density look primarily to the current experience of the daily round of activities to indicate those areas where work yet remains and opportunity presents itself for growth and service.

To become overly concerned with those activities and patterns of previous incarnations is in most cases a turning of the attention from that which is important and potentially useful in the life pattern to that which contains far less potential in aiding an entity in its chosen pattern of experience. The removing of the attention in such a fashion tends to blur, shall we say, the possibilities of the present moment of any incarnation.

May we answer further, my brother?

H: I don't know as there's any more questions on that. But what about the term we use as "unconditional love"? Is that the true love that we're supposed to have for everybody? When I look at my work mates, is that the intense level of love we're supposed to have for everybody we meet? And if it is,

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how do we go about that without people thinking that you're weird or something?

I am Q'uo, and this term, unconditional love, is a phrase, shall we say, which has been developed within your culture or a portion of it which describes a facet of the love which [is] the Christ consciousness, shall we say. If one is able to love without condition all entities and experiences which come before the notice, one is expressing the kind of acceptance upon the deepest of inner levels that is a—we search this instrument's mind for the proper term—hallmark of the love of the Creator which animates all creation, for the ability to love without condition or desire of return is the beginning of the Creator within the self to recognize itself within all other portions of the creation. For an entity of the third density to experience this kind of expression of love requires that the entity move in harmony with those choices which it has made prior to the incarnation that were made with the wider point of view easily accessible to the entity.

This is another means of stating that each within the third density illusion has programmed for the self a program of study which when completed to a sufficient level will allow that entity to experience this condition of love that has no boundaries and seeks no return. Thus, to work with those experiences which one finds in the daily round of experience and to attempt to find love in each moment is the means by which such love may be found. Each has the program most appropriate for the self, and, as that love is found, one need not worry as to how it might be expressed, for it shall find its own level and means of expression that will be as natural and appropriate for the entity as is drawing one breath after another.

Carla: So you're saying that love is not an emotion, but a consciousness. How we express it has to do with our emotional make-up and how we like the person that we're looking at. But whether we feel it or not has to do with a consciousness—unconditional love, I mean. Excuse me for butting in, but that's an important point to me.

I am Q'uo, and you are quite correct, my sister, and we appreciate your thoughtful and perceptive interruption, for it has concisely stated that which we were laying the groundwork for and which was not as concisely stated. We thank you, and ask if there might be a further query upon this topic from either entity present?

Carla: Not from me.

H: No questions here.

I am Q'uo. We would ask if there might be any further queries upon any topic whatsoever that we might address before leaving this meeting?

H: Is there any way that we could practice or meditate and see the different colors? I had an experience one time several years ago where I saw a bunch of blues and purples just coming, like being stirred up in a way, very beautiful to behold in your mind. I was just wondering if there was anything that you could do that would cause that to happen again?

I am Q'uo, and, my brother, we might suggest that as the student completes a certain portion of its course of study, there is usually the recognition of moving from one level to another, one grade to another, a graduation of a kind occurs. There is at that time an experience that is reserved for that time and that time alone. We might suggest that those experiences which you have described that manifested themselves to your physical sight as the experience of various colors are likened unto your completion of a set of lessons, and to attempt to experience this graduation again, shall we say, without having completed the necessary course requirements is to seek the reward before the effort has been made to achieve the goal. The experiences which you describe are not random, they have occurred as a portion of a planned course of your own experiencing and processing of catalyst and will repeat themselves when the conditions are appropriate.

May we answer further, my brother?

H: No more questions tonight. Thank you.

I am Q'uo, and we thank each present for allowing us to speak our humble words this evening. We have greatly enjoyed this opportunity and feel that the unity of seeking demonstrated by this group this evening was that which is to be commended, for as each within any relationship joins the efforts with the other selves within the relationship in a unified fashion, the efforts are multiplied one upon the other until that which is sought is more surely found. We are known to you as those of Q'uo, and

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at this time we shall take our leave of this instrument and this group with our gratitude that we have been able to join this group this evening and we, as always, leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai borragus. ♣

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Sunday Meditation
November 23, 1986

Group question: How can I better utilize my being?

(Carla channeling)

I am Q'uo. I greet this group in the love and in the light of the one infinite Creator. It is a privilege and a blessing to be with you this evening as we extend special greetings to those who are here for the first time. This is a tremendous privilege for us and we thank you for it. We would ask you before we begin to aid us by telling us if that which we are projecting through this instrument is of sufficient sound vibration to be audible to you?

Jim: Yes.

We thank you, my brother. We are dealing with an instrument which has some blockage in the breathing, and we do not wish to cause the instrument to project more than it was necessary to do. We apologize for the pause, however this instrument had to request that the entity most suited to answer the query chosen this evening not communicate at this sitting due to the difficulty which the one known as Carla has had in receiving the contact of t'Michael'h because of soreness in the neck. The contact attempted to work with this channel to achieve more comfort, but it was feared that there would be some loss of clarity, and so we who have a closer vibrational relationship with this particular channel agreed to do our best to speak with you on the subject of being.

We ask, as always, that you understand carefully that that which we say is opinion and not gospel. We have a great desire to serve you, and so we come as you do to those who know perhaps less than you, with our helping hands extended, but we are not so naive as to feel that we have learned all the answers, for although we seek the Creator, yet we are not yet the Creator, and in our individuality lies error. Thus, we offer to you our experience and that which we have learned along the way, but always we ask that if that which we say is not helpful to you, please leave it behind without a backward glance or second thought. Conversely, if that which we say is helpful, please feel free to use it and to build upon it as your own.

Each of you has a concept of what beingness is, based upon your observations of yourself and other selves. The difficulty with attempting to observe consciousness is that one is observing consciousness by the use of consciousness. It is therefore difficult, though not impossible, to get a well-rounded, shall we say, view of what one is by observing what one does, what one thinks, and what one intends. Beneath the level of any thinking, doing or intention lies beingness or consciousness.

When one can surprise oneself in a state of unthinking beingness, one has the evanescent glimpse of the face of the Creator, for each of you is in the basic consciousness a holograph of All That

There Is. Just so can one observe the Creator's face in space or tree or idea or emblem. Whether one goes to myth or to observation of the smallest natural detail, one is working to gain a more rounded awareness of the consciousness of love.

You will notice that we use love in the same way that we use the word Creator. We are sorry to use words that pale besides the meaning they are intended to convey. However, channeled information has as perhaps its tightest stricture the clumsy limitation of words. We attempt to connote such by the word love, but we intend to convey a fiery, creative love which is far more primal than any sense of love which is used to express emotion. The use of the word Logos in your holy work known as the Bible is perhaps the closest to our use of the word love, intending a meaning of the Creator that we could approach within your language. Your consciousness, that which is the tune you hum before you have learned to song, is that of love. You share the Thought that created all that there is, all the worlds that there are, and all the beings that live upon them, between them, and, indeed, all the beings that are them.

Now what shall you use this consciousness for? You have experienced sleeping, waking and exalted consciousness. If we were to ask you which level of consciousness you found most useful, you would perhaps choose the more active state of consciousness, for within the illusion which you experience as third-density reality you must choose your state of consciousness in terms of that which can be done, thus one would automatically choose to be awake when there are things to do.

It is likely that you have a prejudice against those who distract themselves so that they shall not become aware of the full extent of their own consciousness, those who do not enjoy the thinking and the pondering, those who have not yet set their feet upon a path which seeks, if not answers to questions, at least a better knowledge of what questions are worth the asking. And yet consciousness is not measured in terms of conclusions drawn or actions taken, for it is our humble opinion that nothing can be known within the illusion which you experience at this time, and, indeed, the purpose of the illusion that you experience at this time demands that you operate without full knowledge of the consequences of your decisions, for consciousness is other than is most often valued among your people, and by that we mean what this instrument would call Western civilization.

There is a kind of awakeness of consciousness which is perhaps the best way to express in a short period of time—which this instrument informs me we have—a proper and appropriate goal in consciousness, and that is the state of present joy, for the consciousness of creative love, the consciousness of the Logos, is ecstasy. This instrument did not wish to express this word, yet we insisted. We do not mean to suggest that those who seek pleasure are moving necessarily in the correct direction for the best use of their beingness. We wish rather to suggest that the nature of love is a joy beyond expression, and we find that that is the definition of the word ecstasy. The Logos is orgasmically joyful; that is a steady state. That is our perception at this time, if you will pardon our use of that inaccurate word.

We suggest that the best use of beingness is a persistent attempt to approach a natural state of present joy. We include the word present because the key to being fully free of that which would keep one from being joyful is entrance into the present moment.

The seeker, no matter how sincere, cannot systematically decide to be joyful and have it be so, for the state of mind is intrinsically counterproductive to much that this density of vibration has to offer in terms of learning.

The approach to joy involves several series of experiences in which the seeker becomes confident through meditation and the analysis of experience that he has penetrated the key factors of spiritual seeking and now grasps the nature of seeking. There develops then a lack of openness to change which results in further discomfort and challenges, which then open up the seeker to the painful consideration of further refinements upon the choices he has already made.

The ultimate result of these choices is finally a bafflement and a frustration deep enough to cause the seeker to surrender the quest and leave the understanding of the quest in the hands of the Creator which the seeker wishes to know. The nature of being is such that one cannot know the Creator except by being with the Creator, or, more accurately, perceiving the being of self and Creator as one. This is done only through the surrender of

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the self to the great Self. Thus, the most efficient use of being is the surrender of that being to the higher will of the greater Self, the greater Being, the greater love, so that these things which the seeker does are channeled through the seeker from an infinite source of compassion and creative love.

The uses of creative love are subtle, and service to others has never been easy to penetrate. What seems to be of service is often not; what seems to be directly not of service sometimes is. What seems to be worth doing, may not be—and vice versa. Creative love has an infinite capacity and patience and may burn long after human energy has given out.

We do not suggest that you go immediately towards a surrender, for first you must discover for yourself the nature of your journey and your quest and a great enough respect for your own being and for the Creator that you place your being and the Creator's together. We would not have you do these things because we suggest it. However, if we can inspire you to meditate and seek the experience of your own being and the further experience of placing your beingness in the presence of the consciousness of love, then perhaps you can make your choices with some awareness that will enable you to penetrate the nature of the journey that you are upon more quickly.

For that is what we are here to help you do, my friends. We are here to help you accelerate the course of your spiritual evolution. We are, if you will, the health food of the spirit, the mind, and the emotions, the yogurt, shall we say, of pilgrims. There are many things that you can put into your mind having to do with who you are and where you are going that may not enable you to be of service to yourself or to others or to the Creator whom you wish to know and to serve. We hope that we are somewhat helpful.

Move slowly, and turn always to meditation, for it is within the silence within your own being that you shall contact the source that lies deepest and truest within the universe that is your own being, for the greater part of your own being you shall not within your incarnations within this illusion fully experience, yet you shall see the reflection of them more and more as you meditate and dwell more and more comfortably with the deeper portions of yourself.

At this time, aware as we are that there are some questions that you would like to ask, we would transfer this contact. We are most grateful, as we have said, to be able to speak with you. We would now transfer. We are known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and light through this instrument. We are hopeful at this time that we might be of some further service by attempting to answer those queries which may be upon your minds at this time. May we begin, then, with the first query?

H: Yeah, I have just one question. Just reflecting back on today, I noticed that I had entertained many negative thoughts through my chores. Just one negative after another one all evening. Could all these negatives have taken their toll and caused back discomfort that I'm experiencing?

I am Q'uo, and am aware of your query, my brother. We may suggest that it is possible that some burdens of mind are so heavy to carry that the physical vehicle may represent this burden to the mind in the fashion which you have described. This, indeed, is possible. We, however, in observing your current condition, would not speak in any more specific terms, for we find that the beginning you have made in your own understanding according to your own intuition and conscious analysis is that which shall be most fruitful to you, rather than listening to a description which we may give. Therefore, my brother, we commend you to your own thoughts and feelings upon this subject, for it is within your own capacity to understand that you will find the greatest illumination.

May me answer in any further capacity, my brother?

H: No, that's all for tonight, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: Q'uo, will I make the ascension in this lifetime?

I am Q'uo. My brother, as we look upon your beingness, we smile, for within each entity, including your own self, there lies a roadmap which has as its destination the complete realization of one's nature, origin, purpose and destination, if you will. There is an infinity of possibility which resides

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not only within your own life pattern, but that of each seeker within your illusion.

For us to speak as to whether one particular outcome shall result in place of another would be foolishness upon our part, and would presume much, for the Creator that is within each entity has far greater depth, breadth and variety of possibilities and purpose of being than our limited vision could ever hope to encompass were we to speak in a definitive manner upon this subject. We would be assuming that which cannot be assumed or predicted.

But we can assure each seeker of truth that that which is necessary for the continued progression of one's life pattern will constantly be presented to one in each day and each experience, for each day and each experience that comes before your notice contains in symbolic form layer upon layer of understanding that is available to you as you penetrate it with your conscious perception and your meditative and prayerful desire to seek beyond the outer appearance of all illusion and penetrate to the heart of being.

May we answer in any further way, my brother?

Questioner: How may I best tune or raise my vibration?

I am Q'uo. Again, our response is that which is of a general nature, and that which any seeker may be able to apply to the life pattern. Know that all you experience is the Creator. See in each face that greets your own the Creator. Seek in each experience the source of light and love that forms experience. Seek beyond the illusion of separation that which binds all that you experience. Look, in other words, my brother, beyond the outer appearance of the illusion which surrounds you, for it is in its own way that which teaches you that the source of all creation and experience within it is the one Creator which moves by the power of Its love, and reveals by the power of Its light the unity of all things.

May me answer further, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: I'd like to re-ask a question that B asked. I was dissatisfied with my answer to it, and I would like you to tackle it.

Are the contacts that we have with densities more conscious and more easily obtained but less accurate at lower densities and with more of a tendency towards a deeper state and finally trance and more accurate information at higher densities, or what is the situation with regards trance, accuracy and density?

I am Q'uo, and we look upon this query as one which is more complex than its brevity of statement would suggest. We might indicate a direction for thought in suggesting that the term accuracy is that which somewhat befuddles understanding in this instance, for what seems accurate to one may not seem accurate to another. There is one truth, and many applications of that truth. That truth we see as unity of all things. There are refinements of understandings of various sources that would choose to communicate to those who call for their aid in the evolutionary process. Thus, as various entities within your illusion continue upon their path of seeking, their continued seeking and desire to know that which you call the truth calls unto them assistance from those who are able to respond in a manner which satisfies the call.

The level of understanding of any particular entity will determine, then, that which is called for as a further addition to that understanding, a further refinement to that which has been gained in experience and in thought. Those such as we and others, who respond to these calls for assistance in gaining a wider understanding of self and creation, provide information which is fitted to that call, and provide it in a manner which is also suited to enhancing the greatest amount of understanding on the part of those who call.

In the specific technique of response known as vocal channeling, this being one among many techniques of communication, there are further refinements as you have noted in this manner of response, those which utilize the more conscious type of channeling such as we utilize with the instruments present this evening, and moving toward the less conscious, as you call it, and more passive, or, as you have called it, trance level of communication. This allows the source or transmitter to provide information of a more refined nature.

The accuracy, however, of such information is dependent upon the information sought and the perspective of the source which responds. The use of

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greater or lesser degrees of trance allows for the possibility of a more refined type of information to be transmitted.

At this moment, we shall pause in our response to ask if there may be a further refinement of the query, if we have not been clear in our response.

Carla: I believe that what you're saying is that you have such a simple message that the most conscious channeling is accurate if it talks about love, and I accept that understanding. I do have another question—if that is wrong, please interrupt me.

The other question has to do with the reason that R asked the question that you responded to this evening. Since I was channeling, I didn't catch all of it, but listening to what I could, it seemed to me that R will still have many questions, because her perspective is that of a person who lived for a goodly number of years, like thirty-five, maybe …

(Side one of tape ends.)

Carla: R lived for at least thirty years as a relatively garden variety person, and then her psychic abilities opened up very rapidly and very undistortedly, from everything that she's told me and all that that I've observed. Tremendous amounts of phenomena are occurring with her, everything from spontaneous hearings at long distances to many, many prophecies, visions and the ability to see everyone's electrical body, whether she wants to or not. It's a very uncomfortable situation; it's changed her life a great deal. Her consciousness has suddenly become a very packed bunch of phenomena happening one after another, and she wants to know, really, I think, how to direct all of this. The answer that you gave simply had to do with surrendering to a greater will, a greater love, a greater way. Is there anything that you can add, having to do specifically with phenomena, with psychic abilities and the use of clear metaphysical senses for the good of others or service to others?

I am Q'uo, and am aware of your query, my sister. In addition to that which we have transmitted previously this evening, we might suggest that as the eyes of one become opened to a degree where the experience becomes enriched with phenomena which are somewhat incredible and unexpected and continuous in nature and therefore unsettling to one's personal experience, that there not be given to such phenomena too great a consideration or importance, for the eyes which have lost some of the blinders that caused the focus to move within a narrower realm and which now see with a wider perspective, it must be remembered at all times that one views portions of the one Creator.

When these phenomena tend to overwhelm the senses, it is well for the one experiencing this greater view to exercise that quality known as faith, faith that the one Creator moves before the newly opened eyes from patterns of perfection that yet lie beyond understanding, yet move in a manner which fulfills the desire of the Creator to know Itself. The faith that all is well, no matter what any part of the vision may tell the conscious mind, then must be powered by the will to serve the one Creator in as pure and unconditional fashion as is possible, for the greater sight brings the greater responsibility to use that vision in a manner which is of service to others. Yet with that responsibility, it well not to be overly concerned with the nature of the phenomena which present themselves in the life experience.

May we answer further, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: Yes, Q'uo. In the personality split within the individual, the higher self apparently operates without the conscious knowledge of the person. Does it read that road map that you spoke of for us and help guide us, or is it simply out there and responding to whatever the conscious person does?

I am Q'uo. The relationship of that portion of your being which you have called the higher self to that which is your conscious self within this illusion is one in which guidance is offered where possible, realizing that the free will of the conscious entity is that which is paramount in the evolutionary experience of any seeker of truth.

However, it must also be realized that the guidance which the higher self offers to you during each incarnation is a guidance which not only occurs during the incarnation, but is that which with your intention and agreement before the incarnation, sets out the possibilities that are analogous to what you have called the roadmap that would be available to the conscious entity during the incarnation. Thus, the incarnation is the point at which the predetermined purpose and direction of the

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incarnation meets the free will exercised by each entity during the incarnation.

There are points within each incarnation where the higher self will be more able to guide and at times even protect the conscious seeker. When the conscious seeker provides what may be seen as a call for assistance, such a call may be generated in many ways. The most usual means of generating such a call is a rededication upon the part of the seeker to move in a manner which suggests the desire to serve others has been increased and the conscious will of the seeker is surrendered so that what may be seen as a greater will may move through the seeker's incarnational pattern and allow it to fulfill that which is its desire to serve others as the one Creator.

May we answer further, my brother?

Questioner: Thank you. That seems to be satisfactory.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: Yes, Q'uo. When will the United States currency be changed? And what will be the change, rate of exchange? And will gold and silver at the same time go up, and how high?

I am Q'uo, and am aware of your query, my brother. We look upon this type of information as that which is of the moment's interest, if you will pardon the pun. We are aware that many seek answers to these queries, yet we are also aware that knowing this kind of information lends little to the spiritual understanding, shall we say, that does the actual work in one's consciousness.

There are many events occurring upon your world stage, shall we say, that seem interesting and even at times important. Yet we might suggest that these are but training aids that will allow the seeker of truth to penetrate beyond the appearance of importance to the heart of all things, which is love, and which binds all entities together, whether their part upon the stage of the world may seem that of the villain attempting to control those about it with the tools of your cultures. Each seeks in a more or less distorted fashion to serve the one Creator in its own way. Many are the side roads upon this journey.

In our attempts to speak to those gathered within this circle of seeking, we seek to point the attention of each to the main thoroughfare, if you will, which leads beyond the illusion of appearance and in our humble opinion allows the seeker to gain that which is of truer value [than] any currency could hope to equal. Thus, we do not mean to be shy of information in this kind of seeking, my brother, but we might suggest that such information lies outside of our purpose in speaking to groups such as this.

May we respond in any further way, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Questioner: Yes. It's indicated that in each incarnation the soul to a certain extent picks and chooses its next physical body and at the same time its environment. At what point in development of the fetus, roughly, does the soul enter the fetus?

I am Q'uo, and in this area we may suggest that there is a variety of nexi of entrance that is possible. Some there are who enter at the point of conception, some there are who are more reluctant, shall we say, at the last moment, as you would call it, and wait the entry until shortly after the birthing process. Within this range lie the many possible points of entry, each uniquely variant according to the soul entering.

May we respond further, my brother?

Questioner: I wonder if this would have a basis because of this varying time period, for the Catholic religion's concept of the necessity of baptizing the baby immediately, even just prior to an after birth death in order to save that soul?

I am Q'uo. Many are the perceptions of the point of entry and the necessary rituals to seal and secure that entry of the soul into the physical vehicle. Many have been codified through the various religious and cultural practices of your peoples. That religion of which you speak is one which views the sanctity of the relationship of soul to physical vehicle in such a fashion that the immediate recognition of the validity of any life, no matter how short, is that which is paramount in the practice.

May we respond further, my brother?

Questioner: Thank you, that's satisfactory.

I an Q'uo, and we thank you, my brother. Is there another query?

Carla: Is any soul ever lost?

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I am Q'uo, and in our range of knowledge which is admittedly limited, my sister, we are aware of no soul which has been lost to the point of being unable to be found or redeemed.

May we respond further, my sister?

Carla: Does that include those who are aborted? After they have chosen a body? Is there indeed murder in abortion?

I am Q'uo, and we find that our response will be perceived according to the point of view which one holds according to the physical vehicle's relationship with the spirit which enlivens it.

We may respond to the first portion of your query by suggesting that there is no soul lost, if by lost one means unredeemed and not capable of being able to continue its evolutionary journey when that process you have called abortion occurs. However, in such an instance there is the removing of vitality from the physical vehicle which within most of your cultures' definitions would equal that you have called murder. However, we suggest that the spirit which may inhabit any physical vehicle is not lost or irretrievably blunted in its search for incarnational experience by the act of the aborting.

May we answer further, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there a further query at this time?

Questioner: If no one else has one, I'd like to ask another one. If I recall correctly, Edgar Cayce indicated that some of the records from Atlantis have been placed in, I think, an area in Egypt, perhaps one of the pyramids. One set of the records apparently had gotten destroyed and he indicated, I recall, that another set of records were still available and probably would be found. Can you comment on this?

I am Q'uo, and we might suggest that the recovering of these records is a possibility which exists for the current population of your planetary sphere. We, however, can speak in no way whatsoever as to the means of this discovery or its carrying out, for we do not wish to infringe upon the free will of any.

May we respond further, my brother?

Questioner: Do I understand that by your answer you are in the affirmative that the records do exist?

I am Q'uo, and this is correct, my brother. May we respond further?

Questioner: Thank you.

I am Q'uo, and we thank you once again, my brother. Is there another query?

(Pause)

I am Q'uo, and as it appears that we have exhausted the queries for this evening, we shall at this time give our heartfelt thanksgiving to each for allowing us to join your group this evening. It is an honor which we cherish to be able to speak our humble words to those who seek to know more of that which is the creation, the Creator, and the love which ennobles and enables each seeker to move through the one creation. We remind each once again that our words are but opinions. Weigh each with your own discrimination, taking that which has value and leaving that which has none for you. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
November 30, 1986

Group question: Concerns the harvest and the nature of the harvest, whether there is a physical death of the vehicle, and the types of entities that go through the harvest, the effect upon wanderers that have come here from elsewhere to be of service during the harvest. And so forth.

(Carla channeling)

I am Q'uo, and I greet you, my friends, in the love and in the light of the one infinite Creator. It is a privilege and a blessing for us to share the vibration of your meditation with you this evening and to join our beings with yours. We greet and bless each of you and especially those who have traveled far to hear our humble words.

It is a great privilege to be called to your group and to behold your light among all people, for those who seek are indeed the light of your illusion, and your call and desire establish within your illusion those sources of light which may be shared with others who seek that they too may find, and that they in turn may shine for others with the effulgence of the Creator whom we all serve and Who offers through any channel that will open itself to light a radiance that is much desired by those upon your Earth plane at this time.

You have asked about the harvest and so we shall speak upon that subject, first begging you to grasp the fact that we are not without error, but are in fact as you, seeking upon a path which takes us into mystery, and when we understand that which we did not understand before, then we find a greater mystery. So we have studied mystery upon mystery, and study still, and there is great mystery before us. How could we be infallible, we who are seekers upon a path as you, we who are your brothers and sisters? Just as you reach your hand to teach those who request the teaching, so we come to you with our experience and our thoughts, yet we would not be a stumbling block before you, and we ask you to use all discrimination in listening to our words. Accept those concepts which have use for you, and leave without a second thought those which do not.

You have chosen a large subject for this evening, and we will attempt to be tidy and brief in our discussion. However, we hope that you will forgive us if we ramble a bit, for there is some ground to cover, for the subject of harvest is not one subject, but two, and we would discuss the concept of physical change separately from the concept of harvest in the metaphysical sense.

You who dwell within the illusion of chemicals are very fond of your chemical arrangements, and, indeed, feel a great dependency upon them, as you should within the illusion. Yet you are confusing yourselves when you wonder what will happen to your physical bodies at harvest. We of the Confederation of Planets in the Service of the

Infinite Creator are concerned with the harvest of your spirits, that is to say, your mind, your body, and your spirit in their most unified and true form, this you call the spirit or soul.

Your physical Earth has moved at this time into an area of space which is fourth density in vibration, and your Earth is having some difficulty, due to thought implantation of tension and stress moving into the planetary mind, accepting fourth-density vibration. It is possible that there shall be geological disruption and meteorological confusion which exceed even the state of discomfort you have achieved at this time. This is a mechanical manifestation of changing energy web patterns and does not have significance insofar as your soul's harvest time.

The third-density chemical body can for limited amounts of time, according to the unique vibration of an entity, exist for some portion of your time and experience within fourth-density space/time. Consequently, your physical bodies shall not all be removed in a trice, for harvest is a process rather than an event. Barring the use by your peoples of hostilities which could indeed destroy a large portion of your planet's entities' bodies, your incarnations and your children's incarnations shall move to their conclusion in a physical sense, although you have already seen and will continue to see evidence of the difficulties which physical bodies have to finer vibrations, for the density which with your third-density eyes you cannot see yet impinges upon you more and more and represents an unseen but very real source of light which may indeed be too full of life energy for portions of your physical vehicle and of those about you.

We move now to discussion of harvest, a subject more nearly central, we feel, to that which may be of service to those who may listen to us.

How do you prepare to *be*, my friends? Is there any preparation for *being*? Perhaps you can see that there is indeed no preparation possible, for you are being at all times. We are here to inspire you not to be, but to take yourselves seriously as beings, in order that you may be more and more conscious of the value of your basic vibratory patterns, for it is your consciousness which shall be harvested, the consciousness that has striven and learned and borne fruit, the fruit of adoration and service and giving to the Creator and to the face of the Creator in all that there is.

The concept of an instantaneous harvest has not been helpful, we have observed, and we would discourage each from contemplating harvest as an event, for although we who are not within your illusion see your harvest as what seems to us to be, shall we say in your terms, an afternoon's excitement, a cause for rejoicing that is all too short, yet we cannot translate our time to yours, for your time is that of planets revolving about a sun, and it is not the time of the timeless One which dwells in infinity and moves in light. Your time is a separator out of time, a unifier. How greatly you desire to know when you should be ready, when you should be prepared, and yet we say to you, it is this moment that you must be prepared and that you must be ready, and if you be not ready now, then you must work now, pray now, meditate now, surrender now and ask now to be channels for the love and the light of the one original Thought of love which is the Creator.

Let us look at this in a slightly different way. Each of you moves down streets and into buildings through your work, your chores, and your social life, meeting one entity after another, entities which hope to receive something from you or avoid you, entities which may ignore you. It is unknown to you in advance whom you shall meet, and what that entity may wish from you, yet that entity may be desperately looking for love, not the love of the glad hand and the pat on the back, but the total and accepting love of compassion, the love without judgment, the love that flows through rather than from, each of you.

You may have only one moment to be a channel of love for the infinite Creator, to show His face to this entity. One moment, my friends, no more. Shall you be a channel for love, then? We know that you hope so. Yet if there is a moment when you are not a channel for love, then we ask you to go into mind and heart to search out these things which have kept you from being such a channel, and do your utmost to bring your consciousness to the consciousness of love. You do not know when your harvest shall come, yet we have been speaking with you and urging you to understand that these are indeed the final days of your third-density experiences.

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Are you eager for fourth density, and do you wish to graduate? Then rest your anxieties and your burdens about the future, a future which may never come, and gaze instead upon your being that you may channel love now, for if you are not ready for harvest at this moment, perhaps the next moment may be too late. We do not wish to suggest, as this literal-minded channel wonders within her all too analytical mind, that we may be hinting that the harvest is now. No, my friends, not even next Tuesday, not next month or next year. We are not able to suggest these things to you, for when one moves from dimension to dimension, when one describes events that are indeed processes, when one speaks from time to time, the translation is at best approximate and fuzzy and unsatisfactory.

We wish only to train your mind upon your mind, upon the goal, to urge your legs to be strong to run the race, to urge you to actual present effort, not for others, but for yourself, for you cannot harvest another, but only yourself. Yet the harvest of yourself depends upon your relationship with the Creator and with the face of the Creator in yourself and those about you. And so in order to be more and more of the consciousness of love, it is well to pay great attention to the way you perceive your other selves, your own selves, the Creator incarnate all about you.

There are many who have incarnated among you from higher dimensions due to the lateness of the hour and the nearness of what you would call the midnight of the last day. There is much distress among your peoples and among those you call wanderers who have come to aid you, for we see that many are taking the concept of the harvest and turning again and again back to the illusion in order to express their desire for love. One cannot, among your peoples, mate two pears and receive an orange, nor can one improve outer things and receive inner blessing. Those things which you feel may make you comfortable and content, loved too dearly and valued too highly, may create for you a wavering of attention which denigrates and diminishes your being.

Try, then, to focus your energy, your desire and your seeking upon those things which are eternal, upon those values which are infinite, until you are so full of praise and adoration for the Creator, that you are indeed a channel for love. It is well not to be dispassionate about your consciousness, nor about the Creator of that consciousness. Do you not love your parents, are you not grateful for the opportunity of experience that has been given you? Think, then, upon the value of knowledge, realization and understanding, if it does not end in love for the one infinite Creator and in a grateful desire to be for your Creator the hands that express love and the mouth that speaks of joy.

As we understand your time, the harvest shall be an event which is in process for many of your years. You shall come to it naturally, unless by your own artifacts you remove yourselves from your bodies. Be ready to die now. Be ready for harvest now. And then you are free to live for the Creator and in His service for however long you draw breath within the physical vehicle which loves you and has given itself to your use. Love it also, and see it as the helpful thing it is, but do not be its slave.

We rejoice with you that you experience third-density illusion at this time, that you have these choices to make, that you seek realization in darkness, in unknowing, and in great mystery. Know that no matter how rocky the road may seem and how blind may seem your choices, you are never without aid. You are never without comfort. You are never without confirmation. For the source lies within. The entire infinite creation exists within each of you. Each of you bears all that there is within the universe, for all its illusion is a thought, and you have thought it. And as you think it, so it shall be, from the smallest to the greatest. Let your universe be as kindly as the Creator, as full of love.

You cannot do this upon your own, for you are finite within your density at this time. Yet infinity lies within you, and you may choose to channel an infinite love which does not fail. The more you are in contact with this infinite love, the more you may manifest it and so bear fruit, not fruit that you may judge as fruit, but fruit which adds to your beingness which the Creator shall see, bless and amplify.

Go into meditation regularly and faithfully and never condemn yourself for your lack of skill therein, for one instant's tabernacling with the infinite One is all time and all space insofar as your deep mind is concerned. It is not length of time in meditation, but intensity of desire to seek the face of love which will draw to you a deeper and clearer perception of that one great original Thought.

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You have companions along the way, my friends, and you were given them for a reason, for those who seek together may help each other, exhort each other, admonish, encourage and praise each other by turns, and every mistake that is made by one who is admonished or by one who admonishes falsely is made up for by the love which prompts the caring, the giving, the sharing, and the supporting.

Above all things, my friends, love each other, for you shall feel love only as you love others, only as you truly love yourself, not that which you see about yourself or others, but that which is beingness in yourself and others, that which is by definition perfected and whole, without flaw. You are acceptable to the Creator, for you are the Creator, my friends. Each of you carries the creation within consciousness. Your vibratory pattern, unique to you alone, is a unique holographic representation of the face of the Creator. How distorted is that face, how close to love has your perception, your beingness, your consciousness, come?

Within the holy work you call your Bible, there is the parable of the maidens who await the bridegroom, who watch and pray and trim their lamps. Some there are who think perhaps they have a little time before the stroke of midnight, yet midnight comes, and the lamp, the light—the love—has not been lit, and it may be a long day before that midnight comes again, though come it will and there is no shame in studying a bit longer.

Thus, now is your harvest time. Now is when you shall be ready. And when you are ready, you shall be free, truly free in the service of the one infinite Creator as are we. We wish you the joy of that happy realization that you are through preparing. Celebrate your consciousness. Affirm it in all that is good, and if you feel that it is amiss, amend it, but do not prepare as for that which is in the future. Prepare as though, if we may use the same metaphor, the bridegroom knocked upon your door this minute, this hour, this night.

We have greatly enjoyed speaking with you upon this subject and would be glad to speak further, however we feel there are questions within the group, and would transfer the contact at this time in order that we may speak through the one known as Jim. Therefore, we would leave this instrument with thanks for its service. We are those of Q'uo, and we would transfer at this time.

(Jim channeling)

I am Q'uo, and greet each of you again in love and light through this instrument. At this time we would ask if we might be of further service by attempting to answer those queries which may have risen into the minds of those present. Is there a query at this time?

H: Yeah, I have a question, and that is, what happens to all the soul/mind complexes that are not ready to be harvested into fourth density, who after the, really, the end of the 75,000 year cycle?

I am Q'uo, and of these entities we may say that there is an infinity of time to utilize in the progression into fourth density. These entities small at the completion of their experience upon this planetary sphere find another planetary sphere which is beginning its third-density cycle of evolution and move there upon that sphere and within its influence …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. May we answer in any further way, my brother?

H: That's all right now.

Questioner: Q'uo, in the moving to another planetary existence, would these third-density persons feel that they were still on the so-called planet Earth and feel as though they were remaining on the same planet that they are acquainted with?

I am Q'uo, and we may respond to you query in two ways. The first is to suggest that the lessons provided by any third-density planetary sphere are those which are ever and always the same, the learning to give and receive that which you call love without condition. Thus, the lessons will cause a remembrance and a familiarity of remembrance within the mind/body/spirit complex as it is called of each entity during the incarnational portion of each entity's experience. In the inner realms, shall we say, which are inhabited between the incarnational experiences, these entities will be aware that the entity they now inhabit as a planetary sphere is unique unto itself, and is that which provides the new environment in which the lessons of love may be attempted.

May we answer further, my sister?

Questioner: Thank you.

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Questioner: I would like to ask a question about the so-called "star children," if they are different from wanderers, and in particular those who have a fourth-density body in actuation, what is the difference? Is there a difference in their energy?

I am Q'uo, and of these entities we may suggest that there is inherent in their incarnational experience a greater depth of resources which may be called upon to fuel the incarnation, shall we say. These entities would not properly be called that which you know as the wanderer, for this sphere, your own Earth as you call it, is their home vibration for the fourth-density experience. They, however, are entering this planetary influence at an earlier time, in your terms, than is usual for a population which is to begin a fourth-density experience.

The honor of an early entry is for the purpose of aiding those of the planetary population who have yet to achieve the level of ability to give and receive love without condition. The atmosphere, shall we say, or nature of experience which is now available upon your planetary sphere as it nears and experiences its own harvest is of such an intense level that these entities may not only aid others in their progression towards third density, but say also greatly accelerate their own beginning into that density of love and the perfection of that love.

May we answer in any further way, my sister?

Questioner: Yes, please. Are they, then, entering just now into the fourth density themselves for the first time?

I am Q'uo, and am aware of your query, my sister. This again touches upon the entire concept of the harvest for your planet and its population. This process is one which is in its beginning stages, and you may see your planetary sphere as that which is being born into the fourth density at this time, as you would call it. Thus, this illusion begins to take on new properties where thoughts tend more to become things and the power of the mind to influence the environment about it is more obvious and is of an increased nature. Thus, these entities of which you speak, those who have moved through a harvest from another third-density sphere and who have joined your own planetary sphere as the beginning population of its fourth-density experience, have entered the beginning of this experience which coincides with the completion of the third-density experience. Thus, the experiences overlap and it becomes somewhat of a semantic difficulty to describe whether it is of one nature or another. We have chosen to describe it to you this evening as the beginning of the fourth-density experience.

May we answer in any further way, my sister?

Questioner: No, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I'd like to follow up on a previous question. There was a question about that when third-density people went to new planets, would they know that they were on a new planet, or would they think they were still on Earth. And I thought I heard in the answer that there would be some awareness of newness, and I was confused because, who knows, you know, where we were before this, because of the veil [of forgetting] and I would have thought that there would be the same veil on the same feeling that, you know, that this is just the way things are, then as there is now, regardless of what planet it would be on, it would [be] home, you know? And I wondered if you could clarify that for me, because I was a little puzzled.

I am Q'uo, and we have attempted to describe this experience as one which has a dual type of recognition of the experience of third density, that is, the recognition which partakes of the broader point of view available to those who await the incarnation within the inner realms …

Carla: Oh, *before* incarnation—thank you.

I am Q'uo, and if this point has been recognized, we shall discontinue the description. May we ask if there might be a further point upon this process to which we may speak?

Carla: No, thank you, my friend. I do have one further question which is on another subject. It came up tonight and I was rather interested in it, and didn't know the answer, really—I was guessing. Are you a representative of Q'uo, having all of the information available to the group consciousness, or are you an impersonal principle, representing the best of the group consciousness in this service to Earth?

I am Q'uo, and as an individualized portion of a larger grouping of beings who seek in an unified fashion—which you may understand as a social

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memory complex—we have the honor of speaking to this group. When the concept of social memory complex is described in your terms, there arises the difficulty in distinguishing the singular individualized entity from the group of which it is a part. Therefore, the terms "I" and the term "we" are used interchangeably and each describes that of which we partake.

May we answer further, my sister?

Carla: No, that's fine. I understand what you're saying, but I'm glad that there is an individualized person representing the social memory complex because I feel a lot of love from you, and I like to be able to return it, seeker to seeker. Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

H: I've got one more little question. Well, actually it's two questions, but, for instance, if I should die tonight, and, you know, my soul/body complex was harvestable to fourth density, would that, that would indeed take place, I assume without having to be reincarnated back into the third density. Okay, I assume that is right, but now, if that is, then what if I wasn't harvestable, and I needed to be reincarnated again, or I was chosen to be reincarnated one more time, at what point, then, would I cease to be reincarnated as the third density itself ends?

I am Q'uo, and as the third-density experience upon your planet moves to its completion, there are available to those yet seeking the harvest to fourth density the opportunities to enter incarnation for as long as third-density conditions, for what you call the life patterns and physical vehicles available, pertain. We cannot give a specific length of time, for this is unknown depending upon the choices made by all those who currently inhabit your planetary sphere and its influence. We can assure you however, my brother, that there is as much time and opportunity available for any entity's progress through the third density which would culminate in harvest as any entity may need. The specific location or choice of planetary sphere is, shall we say, incidental to that overriding fact of evolutionary possibilities.

May we answer further, my brother?

H: Maybe what I should have said a while ago was, say like the third density, say like it ended one year from now. Okay, and add that in the meantime, would I go back and be reincarnated again just for a few brief months possibly?

I am Q'uo, and am aware of your query, my brother. We might suggest that this is possible, as are many opportunities of various natures possible. We suggest that one not worry overmuch as to how the specific functioning of the ending of a cycle occurs, for all movement of experience is enabled and ennobled by the love of the one Creator which exists within all things. Within your illusion, much is hidden from sight, yet if one may remember and have faith that all is truly well, for all is, indeed, one, then one may move most easily in harmony with all cycles which provide the opportunity to know the one Creator in each moment that presents itself to your notice.

May we answer further, my brother?

H: No more questions. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: Well, you spoke about service to others and the importance to others and having just one moment to show love to somebody else, but a lot of times people don't react at all consciously to any kind of love that you show them or anything like that. You have absolutely no control over whether somebody's ready to see love or whether his mind is somewhere else, you know. It's really rare that you're reflecting love and really in the groove and the person sees it that way all at the same time. Does that matter? I mean, when you were talking about bearing fruit, I thought to myself, "Well that's tricky." Could you comment on that?

I am Q'uo, and we may suggest, my sister, that you cannot know the result of any action or the fruit that shall be born from intention. That which is of importance in your own evolutionary process is your intention which motivates any thought, word or deed. To cast the bread upon the waters, then, without regard for whether they shall return in one form or another, or return at all, is that which is of most importance, for within your illusion, you only begin to see, and much is mystery. And that which you call faith, powered by that which you call will are the truest guides one may call upon, and all action and thought and word then which is activated by the intent to be of service and to share that which you know of as love become ennobled by that intent

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to love without condition. This cannot be affected or changed in any way whatsoever by how another might view that thought, word or action.

May we answer further, my sister?

Carla: No, Q'uo, thank you very much.

Questioner: Q'uo, in the knowing that we are all one, that the love for all creates the One, does that not seem to be, does that not put an insurmountable load or cause for us to be very active or to be—it's very difficult for me to say this, because it comes so unusual. To accept all as One, how can we thus aid all as One? How can we be of assistance in our love? How can we bring love to all as One?

I am Q'uo, and, my sister, since all are indeed portions of the one infinite Creator and move in harmony with that Creator, whether the harmonious pattern of movement is known consciously or not known consciously, one may have faith that the life pattern has been described and conceived in a fashion which will bring to one those opportunities to be of service to all which come before one's notice and to share what you call love in a fashion which is most appropriate for each moment. Thus, it is not necessary, my sister, to look past the present moment and wonder at how it shall be possible to be of service and to radiate that love which one seeks in one's life pattern, for that has been given to you to recognize in each moment if one will but turn the desire to seek the truth toward each moment and continue to find the face of the Creator in each face which meets yours, and, indeed, within your own face and within each portion of the environment which supports and surrounds you at all times. Thus, you have as a life pattern that which has been designed to provide you with opportunity after opportunity to give that which is possible and to find that love which is there.

May we answer further, my sister?

Questioner: Thank you. I think you have answered it. It seemed to me the suffering on the Earth was more than I could handle, because I could seem to do nothing about it. And I think you perhaps you have given me a clue as to how to think on those things.

I am Q'uo, and we hope that we have been of some small service in that direction, my sister, for we realize the difficulty that any seeker of truth meets when looking upon the illusion which is your world. There is much of sorrow and suffering which seems without just cause and even more seemingly tragic without a possible resolution. We can only suggest to each that one attempt to look beyond the outer appearance of any situation and see the heart of all entities and events as being the one Creator knowing Itself in yet another way that might seem incomprehensible, yet in such mystery lies infinite potential for love to be found, for, indeed, there is no thing or being made of any other substance.

Is there another query at this time?

Carla: I'd like to know the condition of the instrument.

I am Q'uo, and we find that this instrument is available for another query or two before the fatigue removes its concentrative abilities. Is there another query at this time?

Questioner: Yes, I'd like to ask a question. I'd like to know what differences the fourth-density body would have compared to what we know as our third-density physical vehicles?

I am Q'uo, and we may describe in somewhat insufficient terms the nature of the fourth-density vehicle as being that which in your terms would be far lighter and more mobile, shall we say. However, in terms of the light which is contained within such a vehicle, we may say that it is more densely packed with this light, which gives it then the ability to demonstrate greater flexibility in travel, shall we say, and in the ability to project and receive thought impulses. This vehicle is one which will resemble the third-density vehicle which itself is patterned after a certain portion of your second-density population, that is, the ape form, which moved from the quadrupedal positioning of limbs to the erect position, and then achieved further modifications that enabled the further and fuller development of the mind complex. The fourth-density vehicle will continue in providing the opportunities for the development of the mind complex so that the effect of the mind will be more immediate and will provide a more instant feedback, shall we say, to an entity so that its learning experience will be greatly accelerated.

May we answer further, my sister?

Questioner: Yeah. It sort of touched on that veil forgetfulness. When we enter the fourth-density bodies, will that veil then not be so? Would we be

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able to look backwards and see more of where we came from and possibly even forwards as well?

I am Q'uo, and, indeed, this ability—which we may describe as the far-seeing ability—shall be greatly enhanced, and the removing of that which is called—we find in this group—the veil of forgetting, is that which proceeds as a conscious process whereby the veil, having a large tear, shall we say, now allows the movement of consciousness through this tear so that the conscious efforts of an entity may continue in the dismantling of that which seems to separate one from another and the one Creator from the self, so that all begins to be put into a more unified perspective as a result of conscious efforts.

May we answer further, my sister?

Questioner: No, thank you, but I wish to say that I really appreciated your answers and your love. Thank you very much.

I am Q'uo, and we thank you, my sister, for the honor of responding to those queries. Is there a final query before we take our leave of this group?

Carla: I'd like to be really rude and ask the last question. I feel like the person at the banquet that takes the last roll. But I'd really like to ask this question because we're thinking about bodies and I've wondered this before and forgotten to ask it.

I've noticed that we're discovering a lot of subatomic particles like quarks and charm and nobody knows exactly what to do with them all, and there are all kinds of hare-brained ideas going around right now in physics. I know that the photon is a sub-sub-subatomic particle, and I was wondering, in fourth density is it possible that instead of a body being made out of atoms and molecules of elements and inorganic compounds, the way these bodies are, is it possible that fourth-density bodies are made of subatomic particles, held in the infinitely many graduations of electromagnetic fields that make a body, that hold a body together? Is it possible that the interpenetration of the fields is nothing more than the particles which make up those fields, being quite a bit smaller so that they interpenetrate because of the huge holes left by the distances the magnetic fields have between them in the third-density physical universe, seen from the perspective of a subatomic universe in a higher density?

I am Q'uo, and am aware of your query, my sister. We find that with this query you have moved into an area that partakes not only of the metaphysical realm, but of that which your scientists refer to as the physics of creation. We have a difficulty finding the proper terminology that we might transmit through this instrument to properly respond to your query. We find within the query such which is perceptive and which has begun to grasp more fully the nature of the construction of the fourth-density body.

The photon, which is the describable portion of light which makes up each portion of creation, within the fourth density begins a rotation and frequency of rotation which is stepped up from that which was experienced within the third-density illusion. The increased vibration, then, of the subatomic particles or photon, as we may generally refer to these particles, allows for what you have called an interpenetration of particles. The more dense placement, then, of these particles within a vehicle causes that vehicle to be more expressive of the properties of light. In your terms you would see this to becoming more radiant and more able to funnel or channel the intelligent energy of the one Creator in a specific fashion as a result of conscious intention.

May we speak in any more specific fashion, my sister?

Carla: No, I won't strain the instrument at this time. It really helps to see that I'm on the right track here, because it's always puzzled me that fourth was described both as lighter and denser. But I can see where if it were subatomic particles as opposed to atomic particles and molecules and chains of molecules, getting rather large there, that it would be a lot easier, a lot lighter to—a lot lighter matter. And also a lot easier to move around, which would explain the fourth density's ability to create things by thought much more easily than we can. It explains a lot and thank you for your answer, and—I know I speak for all of us—thank you very much for coming.

I am Q'uo, and we thank you, my sister. We indeed thank each present for inviting our presence this evening. It has been a great honor to be able to blend our vibrations with yours. We again humbly remind each that we are your brothers and sisters who move upon the same path as do you. Take that

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which we have given which has value to you and leave that which has no value, for we do not wish to place upon your path any stumbling block to it. We at this time shall take our leave of this instrument …

(Tape ends.) ♣

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Sunday Meditation
December 14, 1986

Group question: Has to do with the season, more specifically, the birth of Christ, the life of Christ, and whether there may be any discrepancies in the time, place and what he had to teach, and a couple of side queries along the line of virgin birth, how it was accomplished, and the meaning of Christmas to Jesus.

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator, in whose name and in whose service we answer your call. We greet each of you this evening and thank you for the privilege of being allowed to share our thoughts with you. We urge you, as always, to remember that we offer our personal opinions and our beliefs, not infallibility. Therefore, listen to us in good will, but lay down those thoughts that do not seem helpful.

We find that in speaking about the subject of Jesus the Christ, we must be more careful than usual to guard against infringement upon free will, for this entity is centrally important to some of those present, and we wish our words not to be stumbling blocks nor to be paths into an unproductive wilderness, but rather helpful disclosures for neutral information. There are some levels of understanding above that which you in third density enjoy which are necessary for the grasp of the full nature of Jesus the Christ for you who seek this entity shall be in part a mystery to the conscious mind, not because there was an intention to be mysterious, but because the nature of Christ is mystery.

We take this somewhat slowly, as we are working with this instrument for a more delicate balance with less control from us and more surrender from the instrument which enables a lesser amount of energy to be adequate for transmission of adequate thoughts. This will eventually, we hope, enable the instrument to work at a deeper level while still conscious. We thank you for your patience.

To continue. The entity known as Jehoshua, whom Greeks called Jesus, or rather, Jesu, was born closely upon the heels of midsummer, very few years before that year suggested by your histories, approximately five and one half years. We believe this is the correct measurement. We only may only say it was in the middle of the seventh month. We are sorry, but your numbering does not make enough sense to us. We understand your moons, but not your numbers.

We cannot speak about what this instrument calls the virgin birth, and invoke the Law of Confusion, saying only that each new soul first awakened to its perception of itself as an eternal being has experienced the virgin birth. The event was difficult, and the birth was indeed humble, though brightened by an optical illusion, shall we say, a most unusual configuration within the heavens, which caused

there to appear to be for some of your months an unusually bright cluster of light in the night sky.

The combination of the Christ with a serviceable life channel was powerful, and many psychic events occurred before and after the event as well as at the time of it. Astrologer kings did indeed journey following the star, however the arrival was approximately a year and a half later. That, indeed, is a spiritual adventure you would do well to ponder as you approach your own stable looking for the newborn, guided by hope, the brightest star of you being.

The entity Jesus was loved and loved in return, but his mind drove him to be alone, for though too young to have established to his own satisfaction the nature of his being, he had tremendous hunger for wisdom. You would call this entity a child prodigy. The entity taught many, many more things than are written, and could continue teaching for an eternity, yet what has been recorded is typical enough of the teaching's content in general that we do not choose to take this opportunity to adjust the teachings that are recorded. It is not only that there is some infringement upon free will, although that is part of our caution; we also do not wish to sway those who have not become interested in the Christ to alter their viewpoints.

For above and apart from any writing about the Christ, there is the Christ, and that which this teacher, channel and representative of the Creator called the Holy Spirit, call it what you will. There are many, many avenues in which the Christ speaks to each whenever the inner ear is opened and the ear harks, not listening passively, but leaning forward and truly harking.

The concept of the Christ was this—that intelligent infinity as experienced by the Logos and with the bias of the Logos would enter a third-density experience, not erasing the one known as Jesus' personality or being, but coming into the closest possible harmony with that being. There needed to be one who wished to sacrifice an incarnation to the ever-increasing pleasure and agony of the Creator, experiencing what this instrument would call the slings and arrows of outrageous fortune, for it is the nature of the Christ and the nature of third density that the two, perceiving each other, should react—the third density with a lack of understanding, and the Christ with wonder, joy and sacrifice. Such is the sorrow of your illusion and the joy of sensation and communion.

In the end, Jesus the man became so able to bear both joy and agony that this entity stopped experiencing the Creator and for long periods of time became the Creator experiencing third density. Such is the perfect channeling of love. The achievement of the perfect channeling was the mystery of union between Creator and illusion.

After this bonding, the burden of channeling rather rapidly began to tire the master teacher, Jesus. At the time of the crucifixion, as this instrument calls it, there were almost no tears left, there were no bones unbroken, there was no companionship that had not been betrayed in one form or another. Nevertheless, Jesus the Christ lived well and did not stop the channeling until the breath left the physical vehicle. We witness to this Christ with thanksgiving and joy, not suggesting that any worship or not worship, but celebrating the Creator poured into a channel who could share in full the nature of the Logos, the nature of love, the Creator's powerful, terrible love.

You ask what Jesus the Christ would think of the way your people celebrate Christmas. My friends, Jesus is very pleased. He is pleased [to see] all that is given and received of love, generosity and cheerfulness. This entity never confused the personal life that he lived with the Christ he channeled and in the end gave way to completely, but always knew the source and called it the Father. Call it what you will. We have no dogma or doctrine, but celebrate love.

It is the Creator who is pleased that those who do celebrate the spiritual advent of light into the darkness. Yet that Creator will also celebrate the same event on another level in each of your lives, whatever your season of Christmastide may be, whenever your star beckons.

We find that the concentration has caused this instrument to become fatigued more rapidly than usual, thus we shall cease speaking through this instrument and attempt to transfer the contact, with apologies, to the one known as Jim, who is at this moment announcing to us in no uncertain terms that we are making the wrong move. We do not think so. We leave this instrument in love and light. We shall now transfer. We are Q'uo.

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(Jim channeling)

I am Q'uo, and greet each of you again in love and light. To finish that which we had begun through the one known as Carla.

We have come to the point in our discussion of the one known as Jesus in which we wish to share some information concerning the perceptions which the one known as Jesus would perhaps make upon the patterns and rituals of observing this occasion that is known as the Mass of Christ's birth. Indeed, within each entity who seeks answers to the mysteries of life there is a season during which the activities of the entity cease and the focus of attention is pointed inward.

The fruitful time in the sense of experience gained is considered within the inner being to be likened as to a foundation for that which is to come. Within each entity that seeks these truths of experience there comes the time when there will be a new beginning. This is often preceded by the trials which test that which has been known and applied to experience. From these trials, then, the entity moves to the limits of its being, and through a sacrifice of its own knowing and unknowing, and a surrender of these to that force which is paramount in the life pattern, call it the one Creator or love or the Christ Consciousness, if you will.

With this surrender, then, comes the possibility of a new seeding of awareness and experience within the seeker. As each of your peoples then take part in the celebrations in the name of the Christed Jesus, each then does also partake in some fashion of this ritual of renewal and eventual resurrection of the Christed consciousness within each manifested vehicle which has the Logos as source and motivator in the great experience of evolution which each of you undertakes.

There are, of course, many distractions to any life pattern and celebration, such as the one which this season has provided once again.

At this time we feel that we have shared that which is congruent with our perception of your call. We would then at this time ask if we might speak upon any further topics or attempt clarity with regards to that which we have shared this evening. Are there any queries at this time?

J: Did I understand correctly that the birth of Jesus occurred in midsummer, or did I hear incorrectly on that?

I am Q'uo, and we spoke thusly, my brother. May we speak in any further fashion?

J: And the birth of Christ was approximately five and one half years prior the time our historians believe to be the actual birth of Christ. Is that correct?

I am Q'uo, and as accurately as we can perceive your measurements of time, this figure is relatively accurate.

May we answer further, my brother?

J: What was the name of the entity that gave physical birth to the baby Jesus?

I am Q'uo, and we find that the literal translation of this entity's naming, as you call it, is not possible, but is approximated by the sound vibratory complex that is known among your peoples as Mary.

May we speak further, my brother?

J: From tonight's lesson I think I understood that Jesus, before incarnating in third density, chose to incarnate into third density, but somehow was granted the ability not to go through the veiling process that normally third-density beings go through prior to incarnation into this dimension. Is this correct?

I am Q'uo, and we find that this has correctness to it, though we see some difficulty in a full explication of the nature of the awareness that was experienced by the one known as Jesus. This entity was able to retain pathways of perception, shall we say, in its incarnate state that were easily activated in a sequential fashion according to experience gained throughout the incarnation so that at a latter point within the incarnation this entity was able to channel and experience the love of the Father which you would call the Logos in a fashion which was in harmonious resonance with the personality, shall we say, of the one known as Jesus without obliterating that per …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Since we had completed our response, we shall ask if there

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might be a further query upon which we could speak, my brother?

J: Why was it necessary tonight for the ones doing the channeling to do a deeper state of concentration, shall I say, in order to bring about this channeling tonight?

I am Q'uo. The reasons were two. Firstly, the topic queried upon was one which is central to the incarnational patterns of some within this group, thus there was some added risk in the possible infringement upon free will. Secondly, the nature of the queries was of a specific enough focus that in order to respond with the appropriate information there was the necessity of the ones serving as instruments to move to deeper portions of the conscious mind so that less static, shall we say, would be likely to interfere with the concepts being transmitted.

May we speak further, my brother?

J: Thank you very much. That cleared that up. I have just one more question. Well, first let me ask you this. Have there been further incarnations of the entity known as Jesus upon the planet Earth?

I am Q'uo, and we find that there have not been, my brother. May we speak further?

J: Will there be another incarnation of this entity on the planet Earth?

I am Q'uo, and we find that it is not the entity known as Jesus that shall appear again, but the Christed consciousness which shall move through those of your population which have prepared a place for this consciousness.

May we speak further, my brother?

J: I'm a little confused. Can you explain further about a place for this event?

I am Q'uo. We began speaking of such a preparation in the final portion of our opening message for this evening when we spoke of those seekers of truth who retire to the inner portions of the self to stand upon the foundation of what has been gained of experience and reach for that which is cloaked in mystery and attempt to bring forth within the incarnational pattern the proper conditions that will allow the same channeling of love which the one known as Jesus accomplished in its life pattern. This "ritual of celebration," as we called the process, is one which each entity observes in some fashion in this season during which the birth of the one known as Jesus is celebrated. The process was demonstrated by the incarnation of the one known as Jesus, eventually culminating in the resurrection of the Christed consciousness within the life pattern of the seeker residing within the third-density illusion. Thus, by such seeking and exercise of faith does the seeker prepare a place within the life pattern for this resurrection, shall we say.

May we speak further, my brother?

J: No, I think I understand. That's all the questions that I have. Thank you.

I am Q'uo, and we thank you, my brother. Are there further queries at this time?

H: I have a couple—maybe just one. Immediately after Christ resurrected from the tomb, was his body solid, or would it pass through doors, like a vapor?

I am Q'uo. The entity known as Jesus at the time of that known as the resurrection was able to channel the love of the Father or the Logos to such an extent that it was able to affect the structure of its physical vehicle in a way which filled it with light so that it was able to manifest both the characteristics of your third-density illusion when appropriate, and able also to refine its focus of light to the point of being able to move through what you would see as solid material of your third-density illusion.

May we speak further, my brother?

H: No, that cleared that up quite well, and the second question too. That's all the questions. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

J: Could you explain the configuration of which you spoke, in the skies, that created the optical illusion of illumination or a cluster of light at the time of the birth of Christ?

I am Q'uo, and we pause in order to allow this instrument to move somewhat more deeply. The patterns of light that became obviously apparent to the physical eye of those within the vicinity of that known as the Holy Land were produced by an unusual alignment of both planets and constellations of stars that seemed to focus their brilliance upon a

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point which seemed far nearer your Earth planet by far than even your moon, so that there was projected from this alignment of celestial bodies a focus for their light that approached this planetary sphere at a focal point which was seen as a sign to those who studied the skies and more especially the stars.

May we speak further, my brother?

J: Was this configuration or alignment of the celestial bodies coincidental, or was it to fulfill the prophecy of the birth of Jesus the Christ?

I am Q'uo, and we may note that this alignment was a cyclical event which was an integral portion of the evolutionary cycle of your planetary sphere which provided a doorway of a kind through the metaphysical realms, shall we say, that was the signal for the opportunity for the one known as Jesus to begin its service in the fashion which became known as its incarnational experience.

May we speak further, my brother?

J: If this configuration is cyclical, when will it occur again?

I am Q'uo, and this particular configuration or opportunity for refining the focus of consciousness is that which appears near the ending of what we find many of your peoples call a major cycle of evolution, that which numbers approximately 25,000 of your years. This opportunity allows those of a planetary population who ready for the harvest or graduation, as we find you call it, to begin the final lessons that will allow such graduation. The refining of the focus of consciousness is the general opportunity which is provided to each in a unique fashion for each.

May we speak further, my brother?

J: Thank you. That clears it up. Have we pinpointed the exact spot of the birth of Jesus?

I am Q'uo, and we find that this location remains yet a mystery to your peoples.

May we speak further, my brother?

J: Would it be possible for you to tell us approximately where the exact location is, then?

I am Q'uo, and we are not able to move this instrument deeply enough in its own tree of mind for the transmission of this information, and we apologize for this limitation. Indeed, we find that the focus required for this particular transmission has begun to waver somewhat within this instrument.

May we attempt another query at this time?

J: No thank you, that's all the questions that I have.

Carla: I'd like to ask one last question and then, with thanks, encourage you to go on, because it does seem like the instrument's really tired. I know this was tiring for me, too. But I thank you for coming. First of all, two things. Just yes or no. Did you mean a 25,000 year cycle or a 75,000 year cycle, because you said "major cycle"?

I am Q'uo, and we meant to use the term "major" to signify the 25,000 year cycle, reserving the term "master" for the addition of three 25,000 year cycles.

Carla: Okay. The last question is just yes or no, but I have to go on for just a little bit because I've been pondering what you said earlier about mysteries. And the real mystery, I mean, you didn't decline to answer that much, but there was one thing that you hinted at, but it was a real mystery. I mean, it was a contradiction, which of course is the nature of spiritual things, and that was this. That you had me thinking for awhile that Jesus was—well, we've gotten in other information—a wanderer that decided he was up to doing this job and came here, and in other information we've learned, he was awakened to some lifting of the veil and it kept happening and kept happening until he was real aware. So basically, he channeled the Christ throughout his life, but there's always a distinction between Jesus the man and the Christ.

Now there was something that you said that hinted at the mystery, and that was, you said ultimately the Christ became Jesus, which would suggest more of like a walk-in situation where the Christ comes in and basically takes over the consciousness. Yet at the same time, you said that the one known as Jesus never forgot that it wasn't he, it was the Creator that he was channeling. Is this the heart of the mystery that you cannot in any satisfactory way explain to third-density minds?

I am Q'uo. This is indeed the mystery, my sister, for within the third-density illusion, each seeker of what you call the truth places itself in a position of receptivity to that truth by the intensity of the seeking, the strength of faith and will, so that at some point within the cycle of incarnations, it is possible for such a seeker to not only discover that

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which it seeks, but to become that which it seeks. Thus is the meaning of the resurrection within third density. The seeker builds with mortal hands a manifested life that may be constructed in such a fashion in metaphysical terms that that known as love may move through the being in such a pure fashion as to shine as that which it is, the pure and virgin consciousness of the one Creator, moving to gain the experience of the creation which it has made of Itself, and doing this within the life pattern of incarnate third-density beings who have prepared this place within their life patterns and, thus, not only receive that which was sought, but become that which was sought.

May we speak further, my sister?

Carla: No, that's food enough for thought. Thank you very much for an elegant answer.

I am Q'uo, and we thank you, my sister. At this time, we shall ask if there might be a final short query before we close this working?

T: Yes. This is the true meaning, what you just stated is basically to my way of thinking—I'm asking if this is true—the true meaning of achieving Oneness, becoming One, in other words, the physical and the higher self in very simplistic terms, truly become One, when this point is achieved that you just described? Is that basically correct?

I am Q'uo, and this is correct, my brother, for the inheritance of each portion of the one Creator is the one Creator. Much there is that shall be learned during that time of incarnation within the third-density illusion where the veils of forgetting are moved into place to enable that experience within this illusion to be of an intensity that provides each portion of the Creator the fullest range of opportunity to know the power of love to redeem and resurrect even the tiniest portion of the one Creator. Thus, when each seeker moves to the point at which it may so perfectly channel the one Creator in its love aspect, then each portion of the life pattern takes on an holy appearance and all is seen as sacred.

May we speak further, my brother?

T: No, that was fine, thank you.

I am Q'uo, and we thank you, my brother. At this time, we shall take our leave of this instrument and this group, with our great and joy-filled thanksgiving to each for allowing our humble thoughts to be projected through words to each heart and mind. Again we remind each that we seek as do you, hopefully, faithfully, yet fallibly. Take those words with meaning and use them as you will, leaving those with none. We are known to you as those of Q'uo, and we leave you at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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San Francisco Meditation
December 20, 1986

(The quality of the recording is low, and thus the transcription is not entirely certain.)

(Carla channeling)

[I am Q'uo,] and I greet you, my children, once again in love and in the light of the one infinite Creator that moves within each heart and within each creation. We thank you for the gift of your calling to us, for it is in serving entities such as you that we are able to work towards our own progression, our own further understanding of the one great original Thought of love. Our consciousness is full with the joy of your company.

You ask us about the companionship of money and spirituality. It is written in one of your holy works that the love of money is the root of all evil. We would like to point out that it is the love of money, as it is any idolatry, which is at the root of separation, whether it be the separation of true worship of the great divine mystery because of pieces of wood and stone or the separation of one's focus from that same mystery because of the love of counting. It is not the money itself which is contrary to a life led with a spiritual center, but the idolatrous love of that which is builded by man in imitation of the Creator's abundance.

The love of power is understandable within your illusion, for quite purposefully did you design your physical vehicles to be nearly powerless in any natural sense, shall we say, against the greatly powerful forces of your illusion's environment. Indeed, you were given both the instinct for survival and the challenge of survival as the foundation for your learning in third density. The love of money is a sub-type for the idolatry of power, for among other things, the having of this artificial substance which mimics true prosperity causes one to be able to manipulate the environment about one in a simple arithmetical formula: more money equals more time.

You will note that those who have experienced the having of large amounts of your money have virtually no consciousness of idolatry towards that substance, but instead, having become fully aware of the ramifications of the having of artificial abundance, seek instead for truer reality, a clearer picture of the nature of the self. It is not that the fear of the loss of power is not there in potential, for all alike [out of] true sheer [habit], even artificial abundance can create a consciousness of prosperity which automatically generates abundance. However, because this removes a large portion of catalyst from the illusion, most souls which choose to incarnate upon the Earth plane elect to manifest in situations in which a consciousness of true abundance is absent and concern for survival creates consciousness of lack. How easy, how understandable, how logical to love money when the lack of it has caused numberless discomforts in one's person and vivid

experience. Thus, we say to you that you must not waste time being concerned that so many have the love of money fighting with the realization that true prosperity does not equal the idol called money.

Perhaps the most helpful thing we can suggest is that through meditation the consciousness of abundance may be encouraged, and as truth always drives out falsity, as love always drives out fear, so true abundance drives out the false idol. The consciousness of abundance does not mean that all that one wishes will come immediately, or at all, within any particular length of time or any incarnation. It means rather that there is an awareness that that which is to be shall come to one through natural plentifulness.

Observe those who have found abundance. Some may be wealthy and some quite poor, but what they have is an awareness of the excellence not only of life, but of the very life which is being lived by them. This is most often earned rather than given to them, especially among your people who are perturbed with great earnestness by their consciousness of lack. There are those whose happiness lies in children, those whose peace lies in love, others who find satisfaction in learning, still others, those who have the gift of being who they are. It takes a certain level of comfort to achieve the consciousness of abundance for most. It is difficult while starving to death to rejoice in the plenty all about one, yet there be spirits who have done so and gone to their graves singing in praise and thanksgiving for all the blessings which abounded in the creation of the Father.

Perhaps the second thing that we can offer to those who wish to be free of idolatry is a consciousness of other's needs, for if stewardship of any gift and talent is expressed, then the gates of abundance open and one is flooded with plenty. We do not ask that you see money as a means to an end, we do not ask that you stop thinking about money. We do not ask any system of intellectual training whatsoever—we ask only that it be recognized that worship of that which is known is idolatry and is not a satisfactory way in which to polarize one's path or to accelerate the pace of one's journey upon it.

Seek first the consciousness of love through meditation and analysis of action and thought, and that which is needed shall be given unto you according to the circumstances needed by you in your own opinion before this incarnational experience. All shall be given to you, for you see, no matter what the illusion of manipulation and manifestation may be, all this can be given unto you. All is indeed free. And that which is not, will not be. Each has designed for himself a special incarnation offering powerful experiences of lack and plenty, pain and peace. If you have little money, think not that you do not deserve more. If you have much money, think not that you deserve less. But whatever your environment, fill it with your love of the Creator and allow that love to reach to the infinity of the Creator's laughing face, that His light may shine infinitely through you that you may become plenty to others.

Money is relevant in your illusion. Enjoy it if you have it, seek it if you must, disregard it if you can, but manifest plenty and the consciousness of love.

My friends, we are most pleased to speak with you and thank you for this great privilege, asking only that you take our voice lightly as brothers and sisters and not as authorities. We would leave you for now in the love and in the light of the one infinite Creator. May all shine upon you, through you, and from you in plenty. Adonai. Adonai. We are those of Q'uo.

(Tape turned off and then on again.)

Carla: Well, let's have a batch of questions.

L: What I would like to know is everything and anything pertaining to the facilitation, both for myself and then passing it on to other people, having to do with the process of [writing down] all of the work having to do with contacting intelligent infinity, getting instructions, getting the, if [that takes any] guidance, having to do with the advanced work of enlightenment.

Carla: Okay. You don't want much, do you?

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator. We are most grateful to this instrument's sensitivity to our needs, for there is some difficulty as has been mentioned within the group.

As each moves closer to the seeking of light, there will be the equal opportunity given for those who wish to give a darker message and the sadder one. And of ourselves, we can only wait and hope and ask

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that those who act as instruments for the forces of light may be vigilant. This instrument does not see into the darkness of this particular visitor, for it is not this instrument's visitor, and so we are grateful that the instrument paused and responded to our request by tuning the group. With your strong and unified dedication to light, with your unified consciousness of love, there flows betwixt us and you an impregnable road, a highway of light through which information may flow. We ask that you guard that highway for us and for this instrument. Be vigilant in your consciousness and channel this to the best and truest that you know. We shall proceed, thanking the instrument also for not losing the contact when we told her a private joke, for this instrument is given to fits of giggling and it would have broken the contact which we had just reestablished.

The question of how to achieve contact with intelligent infinity for oneself and for others is certainly an interesting one. Perhaps we should begin with a story.

There was once a woman among your people whose life was too filled with luxury and too barren with desolation and [non-physical] deprivation. This entity hungered for all the things for which young women hunger—admiration, beauty, the camaraderie of friends, and the achievement of those goals prescribed by your peoples as needful for an adequate experience of prosperous and normal adulthood.

Yet this entity found herself in love, in love with someone she knew better than her mother or her father or herself or any friend or enemy. This entity called this man her savior, and knew that for this man, who was more real to her than flesh and blood, she would live and would gladly die. The entity joined a convent and worked at menial tasks as do those who adopt the bridal ring of poverty, chastity and obedience. That for her was the knowledge of the scholar. Yet, as she touched, she healed, and so she was sent to be a nurse.

The order to which she belonged was not a rich one, except in ideals, and so it turned itself to the aid of the most poor. The entity found itself upon the streets of cities in India, as you call that portion of your planet's surface, kneeling day and night in the streets where homeless have their homes and the hungry ate no bread except death and ruin. The entity touched faces half-eaten by vermin, scabs and pestilence and saw the face of her savior husband. This entity walks among you. This entity could be you. And each of you knows that.

Yet each of you knows, too, that it was not given you to love the face of the Savior more than flesh and blood. We say to you, my friends, that if you wish to make contact with intelligent infinity, you must know what you love more than flesh and blood and your own life. Look deep in the ideal for the mysterious One whom you may call a savior. And when you find that face that you can love and love [wholly], then you shall find the gateway to intelligent infinity. There is no knowledge or understanding that will move you upon the journey to behold the face of the One who will save you from death, the death of limitation in consciousness.

Thus, you must examine day after day, and in meditation seek endlessly day after day, love itself. You cannot serve others and find the face of love—first you must know love, you must have subjective validation. Light and love must become real to you and more precious than all those things which you shall be asked to surrender and give up for the sake of that which you cannot see and never shall, that which is closer to you than your own breathing, dearer to you than any anything of which you may think. How can you love a face you shall never see? How can you personify the unfathomable mystery of creation? Love has as many faces as there are consciousnesses to behold love. Your savior will come to you when you have sought with [it]. Each day, each moment is pregnant and fecund with the infinite possibility of the full realization of the love for which you would gladly surrender all. Yet it is not known by any what moment you shall choose to open at last to love itself.

We can say that if you can think only in terms of action, by all means seek the face of love in action, but know that each hour that you spend acting in manifestation of the search for love needs to be matched in twice or four times the intensity, whether in duration or in simple caring, by the seeking within of the silence. For in developing your consciousness, in disciplining your personality, you shall at last draw near to an irresistible infatuation of puppy love, an innocent, crazy calf-mooning after the Creator. If you are not capable at this moment of falling in love, then the gateway of intelligent infinity is not yours at this moment, for you are not

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extravagant enough to know of love. Love is folly, for only folly could create the wonder that you see all about you. Only folly would wish to know itself. Only love can see life.

We are sorry to have no techniques to offer you, save one. Seek, and seek, and seek again, patiently, persistently and extravagantly. Find ways to laugh and bless your tears. Attempt to see love in everyone and everything and forgive yourself when you do not. Never let any seriousness, guilt or unhappiness divide you from your seeking for the love of love. Knowledge is not of your illusion. You [seek] to choose fully, to know the face of the Creator by a love that is full of compassion and service to others, a love that is radiant unto them, and so you must love and enjoy and cheer each other and know that if you bring each other to the resting place another may desire, it is love that has lead the way and not your knowledge. Seek, my friends, love, in love, for love's sake. All else will follow.

We find that this instrument grows fatigued, and we would suggest that the instrument rest before continuing any more channeling. The instrument informs us that this is intended. We are pleased. We wish all of you a …

(Side one of tape ends.)

(Carla channeling)

Thus, the consciousness that comforts lies everywhere and you are not alone, that wherever you are upon the path and whatever lonely thing you must do, there are these seen and unseen who witness and offer comfort at every turn and who pillow your head upon the *(inaudible)* of infinite patience, for it is a kindly universe in which the Creator has only [one] Thought and that is love. The gateway to intelligent infinity is the seeking of that love.

We are those of Q'uo, humble messengers and friends. Never confuse us with those who know something, for we are only your brothers and sisters. Yet insofar as we have any poor opinion, we share it with you gladly, thanking you for the privilege of the call you give us. We leave you in the love and the infinite light of the One Who Is All. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
January 4, 1987

Group question: "Q'uo: We would speak with you this evening about that event with which some of your group have been involved and about which they are now curious, that is, the recent global day of peace. We shall not speak specifically about this one event, but rather about the mass spiritually based event in general and its nature."

(Carla channeling)

We are known to you as those of Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is a great privilege to be asked to speak with your group this evening and we especially would wish to extend our love and blessing to the one known as N. It is most enjoyable to blend our lifestreams with your own. We would thank the instrument for the care taken and the challenging, as there was interference which was effectively sorted out.

We would speak with you this evening about that event with which some of your group have been involved and about which they are now curious, that is, the recent global day of peace. We shall not speak specifically about this one event, but rather about the mass spiritually based event in general and its nature.

We come to you not only as individuals, but also as a group, a cultural or societal mass consciousness which we use as an extended series of tools and resources in order to be able to speak to groups such as yours, and to serve as comforter to many who seek the Creator in a way which is complementary to our ability to function on behalf of the extended Self of all creation, reflecting the principles of faith, hope and trust, which then illuminate momentary difficulties for those whom we offer to comfort. Therefore, we have a sympathy for the impulse which birthed each day of prayer for whatever cause that has ever been organized and carried out among the peoples of your planet.

The nature of such an event is only partially that lightening of the planet which is intended, for there is a large portion in any such attempt of those energies which are more associated with societal and cultural movements, in other words, those energies which emerge from the solar plexus energy center and which this instrument calls yellow ray.

If one were to look upon your planet as a house, the special spiritually oriented events could be seen as the attempt to clean house in one day. Moreover, because of the complexities within your planetary subcultures, the belligerent actions and intentions of many among your peoples served as those who caroused, drank and destroyed the very house which was being cleaned. Further, these same aggressions continue each of your days. Long in your history is the march of days in which shots and missiles have been fired in anger and hatred, whether the missiles

be of lead, stone, mud, or those subtle missiles called words.

We have said to you often that one entity's light is visible amongst the darkness of the whole planet, and so our modest estimate of spiritually oriented events must be confusing. Yet it is a question of bad news and good news, for we would not wish you to think that the running sore which constitutes your planet's yellow ray propensity for aggressive action can be healed by the application of one day's bandage. However, it is only through not only such events as these, but any other well-intentioned events whatsoever that your people's consciousness can be transformed, so there is no discouragement in our assessment of the actual event. Rather, we encourage each to focus upon that fine instinct which lead to the decision to commit time and energy to a light-filled purpose so that each entity which included peace, love, light and brotherhood in consciousness for one day may begin to include it in consciousness for all, for it is in the persistent turning of the perceptions toward one tenor of thought which eventually will transform consciousness, although consciousness is in great part a matter of one's perception of it. Nevertheless, by an effort of will and faith, consciousness can be taught to reverberate to the sounds of hope and peace, love and light.

We encourage each to turn again and again to the image of the world and of the self as a house, a dwelling. Each of you is a creature divinely designed to experience and reflect the Creator. The totality of consciousness upon your sphere is so designed as a whole, and one day, within a land which is only a promise to you now, you shall have the consciousness of the whole, you shall see your brothers and sisters as your true kin, and your heart shall not be torn between those you feel you understand and these you do not. Peace shall reign, yet always there is a greater peace; always in the journey of the seeker there is the restlessness which underlies all peace which causes those who seek to go on and on seeking the truth. As you see yourself upon that journey, see yourself also as a dweller within a structure which you have built so that it may contain that spirit within you which is of the Creator and which is the Creator.

Yes, you seek peace for your planet, but is your spiritual dwelling place strong enough for peace to reign therein? Is your heart and mind a place wherein the Creator may dwell and where you may be one with infinite intelligence?

My children, in order to build your house strongly from within, it is well for you to reflect deeply upon the nature of each portion of your being, for you are not only those who wish for peace, but also those instinctual creatures which cause war and aggression because of those instincts for survival which your body complex has inherited and which shall always color your perceptions and your consciousness while you dwell within your physical vehicle. You cannot legislate peace by prayer or any grand tours of the watchtower of your consciousness, for there is more to you than the top floor—there is the first floor and the basement. You must reckon with each and every instinct, each and every influence of the body complex, accepting, celebrating, and becoming a proper steward of each impulse which affects your consciousness. If each could do this for the self, then there would be peace.

We urge you to go within your mind into each and every corner of consciousness, examining, accepting and blessing every disharmony which your body complex seems to fit you for. Herein is the cradle of destruction: man's heart and mind, when the full consciousness of your kind is not acknowledged and disciplined. We do not urge you to behave in what you perceive as a dark or selfish manner, but only to perceive the logic of such behavior. You shall find peace to come more easily when the enemy which is within you is carefully understood.

We are giving this instrument some tuning at this time and we thank you for your patience. We are known to you as those of Q'uo, and are sorry for the delay, but this instrument is quite receptive this evening and we are winding her coil, although she does not understand what we are doing. It is a helpful thing for us and the instrument will find it helpful also. We thank you for your patience and would at this time transfer the contact so that we may indeed speak with the one known as N. We leave this instrument with thanks and would transfer now. We are Q'uo.

(Jim channeling)

I am Q'uo, and greet you again in love and light. We thank this instrument for allowing us to speak through it this evening, and we are hopeful that we might be able to be of further service by attempting to answer those queries which each may find value in

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the asking. We remind each that we are but fallible seekers, your brothers and sisters, who wish that our words not be given too great a weight. Take those which have meaning for you and leave those which do not. May we begin with a query at this time?

N: My question to you is the question, if a so-called dangerous weapon, such that a gun could be—[could] draw to the entity using it danger, also, or a negativity because of possessions that could be used for harm?

I am Q'uo, and we respond by suggesting that there is no artifact of your culture, including the weapons of which you speak, which in itself may bring to an entity a situation which you would describe as dangerous or negative, rather one may look to the intentions of the one who possesses the artifact and query as to the nature of those intentions, for though your world is one composed of many things and seems concrete and solid about you, indeed, that which moves it and has effect upon it is of the world of thought. As you direct your thoughts, so you draw unto you that which resonates in harmony with those thoughts.

This is a general principle which, of course, has many exceptions, but one may look to it as what you may call a rule of thumb. We may also add that the intentions which motivate any action are intentions which are themselves a product of what an entity has thus far learned within an incarnation and the efficiency with which that learning has been accomplished. Thus, the frame of mind and mood of emotion become the motivators for further actions and further thoughts as they themselves are products of the experience of the entity, so that an incarnation builds a certain momentum, shall we say, and it is within this field of thought energy that an entity will draw unto itself those experiences which are most likely to provide it further opportunities for learning and for being of service.

May we answer in any further way, my sister?

N: No, that was quite sufficient. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: Am I to know anything about what "winding a coil" means? And does it have anything to do with the high degree of contact that I felt earlier in the day?

I am Q'uo. We find, my sister, that in responding to this query we must first lay a certain groundwork by suggesting that the receptivity which became apparent to you at an earlier portion in this day is a product of many energy patterns or rhythms which are known to your peoples as the biorhythms and their coincidence in your pattern of living. The coil of which we spoke is most easily described as the pattern that intelligent energy, or the love/light of the Creator, takes as it moves through your energy centers, both the primary centers and secondary centers as well. There is a rhythmic spiraling of energies that are, when seen, closely approximating the shape of a coil or spiraling light.

The pattern that is traveled in this spiraling of intelligent energy is a pattern determined by the openness and brilliance of each energy center in turn, so that the intelligent energy begins its movement at the lower center and is then spiraled upward in a fashion which, when meeting no resistance, becomes intensified as the energy passes into the higher centers and their secondary components.

When we spoke of winding or rewinding your own coil of intelligent energy, we were speaking of the effect which we are able to cause by intensifying the energy which moves through the spiraled centers of energy. Thus, we in effect complement work which you have accomplished by shooting an extra dose, shall we say, of energy through this spiraling coil of intelligent energy.

May we speak in any further fashion, my sister?

Carla: Yes, Q'uo. Was this service that you performed as a result of my praying before I channel each time to receive the highest and best that is possible for me to receive? Or would it occur in the development of any channel, regardless of the tuning? Due to the contacts to your own sense of service to others?

I am Q'uo, and we find that the answer to this query is not a simple one, for the entity serving as instrument provides much of the framework or foundation upon which any contact such as ourselves may then attempt to build a certain kind of structure or channel through which information may be transmitted. The prayer of which you speak is that tuning device which is most helpful in your own experience to ready yourself for this service. It is a crystallization of the life pattern which you have

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chosen in your daily round of activities, and this life pattern itself lends a significant portion of beingness to your tuning, so that the tuning then becomes a magnifier of the desire to be of service through the vocal channeling.

Added to this is the experience that any instrument gains as it practices its art, and in your particular case we have been able to work with your instrument for a long enough portion of your time that we are able at this time to move your conscious awareness somewhat more deeply into the meditative state in order that we might transmit concepts in a word by word fashion, thus hopefully acquiring the ability to be more precise, as you would call it, in describing one concept or another.

At this time we shall ask if there might be any further way in which we might respond to your query or if there might be further queries that you wish to ask to elicit further information upon this topic.

Carla: No, thanks.

I am Q'uo, and we thank you, my sister. Is there any further query at this time?

N: Well, now that you mentioned it, I have a question. I work at a place among deceased people, and my question would be, I try to look at each person and send good energy to them, and I was wondering, I don't know if you would call it the soul, but the energy of the deceased person, would they feel my energy going to them? I'm wondering if their soul would linger or any feelings or type of communication through the senses would linger after death is what I'm trying to ask.

I am Q'uo, and we find that among the population of your planetary sphere, being of the third density, it is often the experience of one who has recently made the transition from your earthly existence to the inner realms that the entity will for a portion of your time remain in the vicinity of its physical vehicle which it has now shed, and will also visit many of those with whom it has been close in the incarnation now complete.

The communication upon your part of love and good feelings to those who have departed their physical vehicles is a blessing which is greatly appreciated in most instances, for it is a reassurance to such entities that they indeed live still and receive interaction from others, even though they may feel themselves somewhat between worlds, shall we say. They are quite sensitive to the expression of love and affection and utilize these good wishes as they prepare to begin a journey that will finally take them into another density of existence in which they shall begin a study of the incarnation now complete and preparation for that which is to come.

Thus, it is quite helpful for all those who have recently known one who has passed through the door of death to send to that entity the heartfelt love and joyful farewell in order that the entity might be speeded upon its way and find the path through …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. May we respond in any further fashion, my sister?

N: No, thank you. I sort of felt your answer before and I feel that that's *(inaudible)*. Thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Carla: Only if you can make lemonade out of lemons. I have been asked too many times lately not to ask you once more for any help, any helpful concept that you could give me in responding to people who have a problem with spirituality and money. It's a basic question of ethics and supply and the consciousness of plenty or supply versus the consciousness of need. People who offer spiritual gifts to others seem to have the feeling that they shouldn't ask for money, and yet many people who want to offer spiritual gifts to others have to charge something, or at least they feel they do, in order to pay for their way in life. Is there any concept that I could take into my own thinking to work on in responding to people who ask me these questions?

I am Q'uo. We shall attempt to be of service in this regard, my sister, but we are somewhat unsure of our abilities, for this instrument has biases in this direction of inquiry which may be somewhat difficult to overcome. We may suggest that the planning to the last degree for any service to be offered is often an hindrance which makes the free offering of the service difficult, if not impossible.

What we mean to suggest in this regard is that for one who wishes to be of service to others in any particular fashion, it is recommended that that desire be the foundation upon which all further thought

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and action be built. The desire is that which shall form the framework that will allow the service thus to intensify and refine this desire. It is most helpful in that when the entity is able to remain in the full flush, shall we say, of this desire to serve, then it is often the case that the way to serve shall be made clearer and smoother for such an entity as the entity is able to call upon its own inner resources through the subconscious mind, and is also aided in its desire to serve by those friends and teachers of the inner realms who watch over each third-density entity.

Thus, the synchronistic events, as you call them, begin to have impact within the entity's life pattern so that the way to provide the service becomes apparent as the entity is propelled to it and through it by its desire to be of service.

Whether the entity sets a price upon its service and the amount or degree of that price is determined in a fashion which is most difficult to describe, but which is primarily the function of the entity's ability to gather its own inner resources in a fashion that allows their full and free expression, and as an analog, then, draws unto the entity the most appropriate manner by which the services may be provided to others.

As a general rule, we may suggest that the charging of a fee or price of any kind for such services is basically unimportant if the entity is able to look upon such a fee or charge or price as that which is not rigid, and is not that which shall become an obstacle to the providing of the service if the one desiring the service cannot pay the price.

Thus, the service is always offered, with the desire to serve being the motivation. The fee or price that may be decided upon, then, is that which is flexible and is secondary to the service.

May we respond in any further fashion at this point?

Carla: Just one related question. My apologies to the instrument who hates this, okay? It has been said to me, sincerely, by good people, that the giving of money or some fee, some gift, constitutes a necessary part of a metaphysical bond between giver and receiver of metaphysical information, and that without the payment of some kind, you are basically giving your service with a deep metaphysical request to the person receiving it not to pay any attention to it. Whereas, by accepting a fee, you are also accepting that you are going to give this entity something and the entity is agreeing to take it in and consider it, that it is a sort of metaphysical contract, so that the price of it becomes an important part of the gift that is received, the price of it, that is, becomes an important part of the gift.

Would you care to comment on this concept? Does it have any substance?

I am Q'uo, and we find in this instance that it is for most of the population of your planet a case of the cart before the horse, as we find your saying has put it. The situation which has developed upon your planetary sphere as a result of the development of monetary systems and their predecessors of the bartering systems is the root to which the principle which you have stated may be traced, and we find that in many cases, due to the belief of many of your peoples that each may own a portion of the creation that is separate and apart from that which is owned by others, that many do indeed need a crutch, shall we say, upon which to lean when seeking assistance of a metaphysical or physical nature, one from another. Because of these beliefs, it is often necessary to pander to them, shall we say, and to, if we may use yet another phrase, "throw the dog a bone," so that it shall lie quietly as the study goes on …

Carla: May I interrupt to ask a question?

I am Q'uo, and this is quite acceptable, my sister.

Carla: I'm concerned for the instrument. I'm concerned because of the emotional load of these questions. Would it be satisfactory to you if I withdrew this question and allowed the instrument to stop channeling?

I am Q'uo, and this is quite acceptable my sister, yet we are also willing to continue, as is this instrument.

Carla: That's okay. Not necessary. I get the drift. I'm concerned for the instrument personally.

I am Q'uo, and we shall continue. We are having some difficulty due to the confusion in this instrument's mind. It is unaware that it has any difficulty, yet it has consented to allow the questioning to cease for the evening. Is there any short query before we close this evening?

Carla: No. Just our thanks.

I am Q'uo, and we thank each for inviting our presence this evening, and we apologize if we have caused any discomfort to this instrument or to any

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present this evening. We are somewhat clumsy at assessing the vital energies of those serving as instruments, and hope that we may gain in a facility in this regard in your future.

We have greatly enjoyed our sharing of your vibrations this evening and we look forward to attempting to be of some small service to this group in what you would call your future. We are known to you as those of Q'uo, and at this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Special Meditation
January 10, 1987

A question from S regarding this statement by Q'uo: "Q'uo: We would speak to you this evening about love. The call this evening circles around many concerns, yet there is only one response to the many-sided concern of illusion, and that is gently, cleanly and with grace to suggest the turning of the attention always to that which is the unity, the mystery, the love which is behind all the many scenes that shine, as if each part of the illusion were a sequin sewn on to an almost unimaginably large structure or model for the delight and benefit of all, that all could walk around and behold the beauty of the illusion."

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator whom we serve with our whole mind and heart. We thank each for requesting our presence during this meditation, and offer to each face of the Creator our own face, Creator to Creator and love to love. It is a great privilege to share being with you at this time. We thank both the one known as Carla and the one known as S for relaxing and ceasing to be concerned about what we have to say. It is well that each remember that all views are fallible and that none is teacher except to the self in any final capacity. We would not wish that our words mean too much or be taken with ultimate seriousness, but only used if helpful and discarded if not.

We would speak to you this evening about love. The call this evening circles around many concerns, yet there is only one response to the many-sided concern of illusion, and that is gently, cleanly and with grace to suggest the turning of the attention always to that which is the unity, the mystery, the love which is behind all the many scenes that shine, as if each part of the illusion were a sequin sewn on to an almost unimaginably large structure or model for the delight and benefit of all, that all could walk around and behold the beauty of the illusion.

Yet how easy it is, my friends, to come too close to these glittering false sides, never seeing the stitches that hold illusion to illusion, never seeing the bare chicken wire beneath the papier maché, never seeing the hollowness of the interior of illusion. Because illusion, like an onion, peels to nothing. It cannot be assumed that there is nothing beyond the illusion. Indeed, we suggest that it is that very marked nature which illusion carries which suggests equally markedly that a mystery lies beneath that which is seen.

Thus, we wish to speak with you this evening about love, for it is not helpful to speak of that which is not, unless we are able to inspire within those who seek some feeling for a direction of further profitable inquiry.

We ponder within this instrument's mind the direction that we shall take in this speaking, for this instrument is clearer than is its normal wont and is not aiding us, We have two separate points to make, so we shall make first one and then the other. We would suggest to this instrument that in the future this instrument trust its clarity to a greater extent than it is at this moment, for without this instrument's aid, we are not as able to offer inspiration. Pure channeling may well be full of clarity, yet it is the color and fire of personality and poetry which only the channel can offer which sparks and enlivens our simple messages. We shall proceed.

Firstly, we would like to suggest that there is only one arena for the true study of ultimate things—that is, one's own consciousness. Thus it is that meditation remains always the one discipline that is not to be ignored, avoided or shortened beyond a reasonable point. Its dailiness is a majority of its virtue, although any attempt at meditation is always encouraged. The benefits of cumulative meditational time are far more than the simple addition of day-to-day, week-to-week, and year-to-year might suggest. The meditation held daily is a commitment to the sacramental nature of the temple of the body, mind and spirit that is the self.

It is not known to an entity within the illusion when each moment for realization or transformation shall occur. However, one who meditates on a daily basis with intent to open to whatever transformation there may be in the silence is expecting and seeking on a daily basis the opening of the doors within the consciousness which are to some extent openable in a random manner, so that a great view which might be seen past one particular door might be missed entirely were meditation not to occur upon the appropriate day. He who watches shall not be surprised. He who does not watch shall perhaps not know the surprise that has been missed.

This is true not only of the meditative state itself, but of the meditative view of the present moment. The very sunlight, the white-capped sea, and the waving long-leafed branches of summer burst with the vitality of realization, for they dwell as do all things within the consciousness of love and are part of the one original Thought. Thus, one who is in a contemplative state, watching not the shiny face of illusion, but the face of the Creator within each illusion, may see that one original Thought in color after color, distortion after distortion. Some distortions may seem horrible and some wonderful, yet all are the Creator and realization lies within each moment's burden of love which is infinite to the discerning spirit.

Love cannot be seen by those who are not willing to open and call upon the consciousness of love. Thus, there is always the leap, shall we say, of faith that states as a necessary assumption that the mystery behind all the things that are not is in the end the one thing about the illusion which cannot be denied—that is, love. We may talk about the terrible distortions of love, we may drag the name of love through the dirt of every battle and war that has ever been fought, we may deprive love of every satisfaction it has ever been given by poet or musician, yet there is not one honest spirit that can deny the palpable effect of love within the life experience.

Thus, the leap of faith is not so great, but only an optimistic telling of what each entity knows is the most creative and powerful force, illusory or real, within the creation.

There is always something in the present moment to spark the heart and engage the passion of a seeker, for there is always a chance for adoration, forgiveness or some expression of the love of the one infinite Creator. This is one thing which we wish to say, for when many things are in doubt about one's perceptions, it is well to move to the only perception which has a central part in the evolution of spirit.

The other thing we wish to say, we apologize for not being able to work in in a clever way, but we do not believe it is central. It is only that we perceive that there is a difficulty which we may address, and thus perhaps be of service. That difficulty which we perceive is the acceptance of anyone's point of view, including one's own, as being of an importance which loses sight of the perspective of eternity.

My children, many are the things which shall pass through your conscious minds in the infinite amount of, what you call, time that exists for you as a conscious being. Many are the arenas you shall enter and leave, many are the life experiences which shall store up for you ten things which you have learned which will help you become of greater service and ten million things which you have learned which are of no use whatsoever once the incarnation has been processed.

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Thus, it is well to care not more, but rather less about the thinking, the rightness, the probabilities, the future and all the many, many things which go into the intricate design of creating a lived life day by day. Turn, rather, to questions such as, "What is the motive? What service am I performing? What gift may I give? What consolation may I offer?" for consolation, justification, and all human gratification, if we may use that term, whatsoever shall come not from seeking, yet but seeking rather to offer aid to others. This is unfortunate from the standpoint of these within an incarnation, but we may suggest—and again this is not a central point—that from the standpoint which we hold as those called to offer inspiration, that …

(Pause)

I am Q'uo, and am again with this instrument. We apologize for the delay, but this instrument was unwilling to proceed due to its own concern that it was becoming too great a portion of the message.

And again we say to this instrument, if we may take the time, and we thank you for allowing us to do that, that it is well for this instrument to focus upon the contact and to accept the responsibility for a portion of conscious channeling, rather than to refrain from allowing any organizational abilities which this instrument has in profusion to be allowed to surface. It is not helpful to the contact, and, indeed, we are having some difficulty with the instrument. Perhaps this instrument needs to listen to this message, for if it is true that all seekers need to focus not on what is not, but upon what is, and to judge not the self or others, but seek only the best intention and service. Then is this not particularly so for those who seek to serve by offering the service of vocal channeling? Is pride or humility, indeed, any stance regarding the illusion, acceptable or as acceptable to the self as the allowing of freedom to the self in faith that that which is is, that love is not only true, but infinitely powerful; light, not only verity, but infinitely capable of anguish and darkness?

Where is there room for fear in a life lived in faith? And if there is no fear, then there is freedom. You see and deplore fear in others. Take it not upon yourselves. Limit not yourselves, but in true humility take upon yourself the yoke of one who serves, and serve in the name of the infinite Creator—no finite creator shall you serve, my children, for why would you? You seek infinity, power, truth and eternal peace, the peace of unity, and all those things are yours only as you manifest them, only as you believe them, thus manifesting to yourself, only as you open your eyes in faith and thus shine not your light, but your greater Self's light to others. Why should you accept human limitation and lack? You are channels for the infinite Creator and infinite things are your birthright and ours.

We apologize that we have had to stop and go in this channeling, yet we are grateful for your patience, and would at this time transfer to the one known as Jim. I am known to you as Q'uo. We transfer.

(Jim channeling)

I am Q'uo, and greet each of you again through this instrument. We are pleased at this time to be able to offer ourselves in the attempt to speak to any query which those present may desire to place before our consideration. Again, we remind each that our words are but our humble attempt to be of service, and we wish their fallibility to be well known. May we now ask if there might be a query with which to begin?

S: Yeah, I have one. If you are sending out what you think is your love to someone, and it is perceived as causing harm, what do you do? You can't send out more love, because it is perceived as something that will harm, and yet to stop sending that love is not good for the person who is the sender. What do you do in that space and in that time until some perception, some something is changed?

I am Q'uo. We consider your query carefully, my sister, for to speak in general terms to a query which has specific implications can be misleading. We ask that each seeker which desires to give that known as love as the finest of its gifts to another or others be made aware that there will be misperceptions in each effort to serve, for within your illusion you move in a darkness of knowing that seeks light, and you move in this darkness in order that light might be brought into it in a manner that is free and powerful, pure and ever-flowing.

By this we mean to suggest that the nature of one's being begins in mystery, moves through darkness, and seeks light, for all portions of the Creator which find themselves conscious and pursuing a path of service seek this light that is the one Creator, and seek to manifest it in the form that you know as love. And each portion of the one Creator, then, that

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partakes of this journey is unique in its seeking, in its being and in its sharing. That which is yours to give is yours to discover as well. Much may be discovered in seeking to give, and yet if that which is discovered be true, then one can do none else but give what is one's to give.

We find that in your holy works there is the phrase, "Bread cast upon the water," that is appropriate in this instance. When one gives with the pure desire to be of service, one also assumes that that giving, in order to be purely of service, must be given freely, with no desire or dedication to a particular return or outcome for the giving.

This means that the giving and the desire to continue in the giving will find the tests, shall we say, in which the query shall be asked in symbolic form to each who desires to give that of love, and the query shall be, "Do you wish to give when the giving is not well received or is even refused, perhaps ignored?" In this way the heart of love, shall we say, is offered the opportunity to give under what you may call adverse circumstances which offer the opportunity for strengthening the desire to give.

Thus, the movement through your illusion will oftentimes find the difficulties which may seem to be insurmountable and which will confuse the seeker at many a turn. Yet we remind each that what is provided within your illusion is the opportunity to give without consideration of return. This shall, in many instances, provide a blessing which is not seen as such at the moment it is provided, for many within your illusion feel the goal of the incarnation is a peaceful harmony in which misperceptions are removed, and yet we might suggest, my sister, that it is in the difficult times in which misperceptions abound that the work of the incarnation proceeds rapidly apace, and in these situations the ability to give is strengthened and will provide resources that will allow the giving in what you would call your future to be refined by the continued kindling of the desire to serve and to know love in order that it might be shared ever more freely.

May we respond in any further fashion, my sister?

S: Well, there's two things. I may be splitting hairs and getting caught up in analyzing, but to me there is a difference between freely giving of love without any expectations of it falling on gravel or fertile soil or anything else, and freely giving of love and knowing, because you have been told, that it causes pain, so that your consciousness knows and your subconsciousness knows now that what you give causes pain, then it is no longer a gift freely given, but pain freely given.

Carla: Isn't that kind of like "pearls before swine?" Just put that on the end of her question.

S: To me there is something about that that seems somehow tied in with a very distorted view of martyrdom. It gets very tangled, and I may be confusing things that shouldn't be confused, although if I am thinking them, then they exist. But I feel so incredibly caught between knowing that I want to give because that is how I am, without any sense of martyrdom, just simply how I am, and yet causing pain which is something that destroys me, that thought of causing pain. I don't know what to start doing. It is difficult to just wait. I am caught in a very peculiar time/space frame warp like I've never felt before in my life and I don't know what to do about it.

I am Q'uo, and we might hopefully without infringement, my sister, suggest that the situation of which you speak is one which has presented the tangle …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. The puzzle for the moment confuses much of that which is desired and that which is possible for you to provide in the service to another. We cannot speak in a specific fashion to direct your footsteps or your mind in a way which would work the puzzle for you, for this puzzle, as well as all others that are encountered within an incarnation, are a portion of that which you have chosen to solve as a part of the incarnation and your desire to be of service to others.

We might suggest that, when one is convinced that the efforts one has given in love and the desire to serve seem to produce that which is painful and deleterious to continued growth together, that the gaining of a perspective upon the interaction and the relationship is that which may allow portions of the puzzle to become more clearly delineated and allow a working at a time which you would call your future, for the life pattern contains the constant opportunity for those services that are possible and those lessons that are desired, to find the full range of movement and realization for each seeker, the perspective that

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one may [have] at such moments as you now experience. This perspective may be gained in a variety of ways and it may be necessary that both time and space be placed between your current experience and the future resolving of the puzzle.

(Pause)

We find some difficulty in speaking here, for it is our desire that we not infringe upon the free will in providing our point of view. We apologize for the delay. This instrument is having some difficulty maintaining its concentration. We shall attempt to continue.

The perspective is not that which may be considered a product of the intellectual realm, but is that which might be pursued most fruitfully within the meditative state during which the effort is bent toward receiving the insights from the subconscious mind which await release as the conscious mind in its daily round of activities ponders that which is the puzzle.

We might, therefore, recommend that the meditative state be utilized to build a pathway to the subconscious mind, and that this pathway be traveled on a regular basis with the intent to retrieve those pieces of the puzzle which await discovery within. This process may be enhanced by combining the dreaming state and the information that can be gained in that state with the fruits of the meditative state so that the working of the puzzle becomes primarily a subconscious process that is aided by the conscious mind only in the providing of the more and more intense desire to know where one's feet may find love in the daily round of activities.

Thus, we might suggest, my sister, that the conscious mind has provided that which is its to provide in this instance, and may now be joined in the effort by the seeking to fashion the pathway to the subconscious mind for the directions that will allow the appropriate piecing of the puzzle which you now find yourself searching for.

May we respond further, my sister?

S: Would you care to give me any particulars on how to build the pathway using the dream state?

I am Q'uo, and we might suggest the general use of the dreaming state is that which allows the seeker to use the subconscious mind such as one of your computer programmers would utilize the computer. The conscious mind is aware of the situation that presents the puzzle. It then, through its desire to solve the puzzle, provides that which it has gained of knowledge to the subconscious mind, and that information, when charged with the desire to find the path of love for the seeker, shall return to the seeker in what you call dreams that are coded in a symbolic fashion,

To become aware, then, of these messages from the subconscious mind is the goal of remembering the dreams. One may learn this skill by reminding the self upon retiring for the evening that each dream shall be remembered and recorded as soon as possible upon its completion. These dreams and their coded messages then may become the topics, shall we say, for the meditation of the day. In this fashion, the subconscious mind is programmed to release information which may serve to reveal more and more pieces of the puzzle so that the feet may be placed more firmly upon the path of love.

May we speak further, my sister?

S: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: No, thank you.

I am Q'uo, and we are greatly appreciative of the opportunity for joining with this group this evening. We are aware that there is much which concerns each within the group and we share the concern of each to find the fullest expression of love and service within the life pattern that is possible at any moment. We feel a great sympathy for each, for we are aware of the difficulties that each experiences within the illusion that seems overwhelming and confusing for a great portion of the incarnation, and yet we encourage each to remember that this trial and testing is that which each has come to experience, for by experiencing the confusions and difficulties and moving through them with faith that there is a purpose for each that can be realized within the life pattern, each may then go forth with the strength of this knowing and continue the search for love in each moment, knowing that, indeed, the one Creator has made each moment of that fabric of love, and the greater the confusion that seems to separate the perception of the seeker from that love, the greater the opportunity to gather an abundant harvest of love within the incarnational pattern. If

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there were no difficulties, my friends, there would be no opportunities to find and to share that of love, for it would be obvious to all that love was the only choice.

We join each of you in your seeking and remind each that we are available in your meditations for the deepening of your meditation as each seeks to seat the love which has been found within the being, and as each seeks to make sense of that which is confused. We seek with you in the simplicity of love and in the unity of light. We shall leave this group at this time. We are known to you as those of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai vasu borragus. ✣

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Sunday Meditation
January 11, 1987

Group question: "Q'uo: You have asked us to discuss the paradox of opposite emotions. 'Why,' you ask, 'is there both joy and sorrow?'"

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator. It is a great blessing to share your meditation with you, and we humbly thank you for allowing us to partake in the vibrations which are so beautiful a part of the creation, for each of you creates a beautiful harmony and symphony with all of the colors and tints, hues and shades of emotion, thought and action with which you weave the tapestry of your lives. In meditation, each energy center, as this instrument calls it, flows more and more, and clearly, colorful and beautiful to our perception, with the aura sharing so beautifully that unique gift which is each entity's to offer to itself, for each which sees beauty is also of that beauty, and we thank you for the rare privilege of seeing so lovely a reflection of the Creator we are, all as you sit in the light of your circle, radiant and at peace.

Yet, what makes you at peace at this time is not what you have asked us to discuss. You have asked us to discuss the paradox of opposite emotions. "Why," you ask, "is there both joy and sorrow?"

As we gaze at each beautiful glittering aura, at the amazing complexity of shading, shape and brightness, each entity quite perfect and unique, we can only praise the Creator for such spiritually helpful paradoxes, for it is through the stress of unacceptable things that the finest and most extreme emotions, thoughts and actions may be brought out of an entity. And as the Creator can only become Self-conscious by gazing at the infinite numbers of reflections that are the consciousnesses given free choice, the Creator sees brighter, deeper and ever more glorious faces. And once again, each time an entity chooses to use the experience of joy in a productive way or to use a difficult experience productively, the greater self of that entity cheers, knowing that the Creator has again chosen to express Itself in a more coherent and unified manner, for all of evolution in the spiritual as well as in other senses seems to us, in our opinion, to move in a purposefully positive way, each choice for crystallization moving and polarizing the entity more and more.

This is our attempt at explaining why there is joy and why there is sorrow, but not why there is a paradox. In order to grasp the necessity of paradox in any limited expression of the inexpressible, one must first realize the profound mystery of the Creation itself. In terms of grasping an ultimate mystery, those who use words, and, to a great extent, those who use concepts to communicate, are completely unable to grasp truth. There is no

polarity, nor is there sense. Sense consists of the organization of random effects so that coherence may be established. This is indeed the discipline of the personality.

The mind of your conscious self is able only to deal with sense. Therefore, it is extremely common among your peoples to see the Deity Itself in a polarized fashion. All of your illusion depends upon polarity, and not yours alone, but a large portion, indeed, a considerable one of the total experience of which we are at this present moment aware. Thus, the physical and metaphysical laws, shall we say, or descriptions of the way things are arranged, must include polarity of all kinds and the concept of oppositeness. The either/or nature of your experience is designed to enable the decision-making process that, as each entity moves through the density of choice, each choice has the chance of being a firm and serious choice, one highly polarized, making one a more conscious person.

Thus, all of the emotions may be found to have the opposite, and, indeed, in some way, include and evoke the opposite shadow, for has there been pure joy without sorrow? Or unadulterated sorrow without some fond or joyful shade?

As the seeker becomes able to grasp the intended use of both joy and sorrow, the seeker may then balance joy with sorrow and sorrow with joy, sickness with health and health with sickness, in all experience of polarized nature whatever, finding in any polarity of seeming catalyst a free choice for the emotion expressed in experience. It is rare for seekers to find it easy to master this discipline, but the problem of polarity being a central lesson for love and wisdom and balance between them shall be with you for a long portion of experience, and it is well to begin the process of either/or so that in each choice you may become a bit more balanced, a bit more compassionate, and a bit more aware of the full consciousness of love which created both joy and sadness and polarity itself, for in the end, if we can find joy an occasion to worship and sadness an occasion to praise, we shall once and for all have learned a central lesson of consciousness.

We leave you, delighting in the joysome and riotous symphony of planets, stars, galaxies and infinite constellations. We are grateful for the intensity of your seeking, and shall be with any which shall request our presence during meditation, that we may in silence kneel within the heart and bow before the perfect whole and unified creation which is All and in All.

We are those of Q'uo. We ask, as always, that you take no thought for any idea which may have been offered by us which you find unhelpful. We are far from infallible, and are imperfect and most humble in our offering to you of our opinions. We thank you again and again, and must reluctantly leave this channel. We would transfer at this time. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and light through this instrument. At this time it is our privilege to attempt to be of service by asking if there might be any queries?

H: Yes, I have just a small question, you might find, but this aura that keeps coming up, that can be seen with certain photography, is this aura related or connected to the soul as we understand the soul?

I am Q'uo. We might suggest that the aura, as you have called it, is a reflection, shall we say, not only of an entity's current ability to blend mind, body and spirit in its present incarnation, but is also a reflection of an entity's seeking throughout its entire series of incarnational experiences so that that quality which you call the soul brings into incarnation certain abilities and propensities that then become the foundation, shall we say, of the current incarnation's study. Therefore, when one looks upon the manifestation known as the aura, one may see a register of a seeker's current and previous attempts to blend the evolution of mind, body and spirit.

May we speak further, my brother?

H: No, that does it pretty good. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

R: Yes, if you please. We are learning from various sources that perhaps the end of an age or the end of a civilization could be transpiring, and it seems as though we need perhaps words of encouragement as to how to consider this and how to accept it, not perhaps what to expect as such, as how do we as seekers of light, how do we respond so that we can remain strong, steadfast? What can we do?

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I am Q'uo, and, my sister, you have queried upon a large subject which each seeker may find it shares with all others, yet which it might also find is reflected in the personal pattern of experience in a unique fashion. In general, we might suggest that each seeker remember the one Creator in each daily experience by spending time communing in the meditative state with the source of all cycles, all changes, and all movement in the evolutionary process. Such time spent in meditation allows the seeker to fashion a regularized channel, shall we say, through its own subconscious mind to those sources of power, shall we say, which manifest themselves as love and light, or compassion and wisdom in the metaphysical sense, and when contacted in a regular fashion become an unseen foundation upon which each day might be constructed.

For some the meditative state is aided by prayers, by the giving of praise and thanksgiving for that which is the seeker's to share with others that day, and perhaps with the study of information which the seeker finds of inspirational and instructional value. Thus, with this regularized framework of study and inspiration, the seeker prepares the incarnational self to receive those lessons and to provide those services which are its to experience, and to share, not only for the day, as you call it, but one after the other for the entire incarnational experience.

Thusly prepared, the seeker may move through its incarnational experiences empowered by the faith that there is purpose and direction to the life pattern, and that that which comes before the seeker's notice is appropriate and full of purpose and opportunity to learn and to serve. Thus, no matter what experience might find its way into the incarnational pattern, the seeker thus empowered by faith and the desire to learn and serve may look upon each experience as being yet another opportunity for the Creator to know Itself and to be served and glorified by the seeker that has the will and faith to penetrate the outer appearance of things and to find at their heart the love and the light of the one Creator.

May we speak further, my sister?

R: That is very, very explanatory. I'm quite inspired. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I've got one I'd like to stick in because of hers. I have a theory, which I haven't asked about yet, that I'd like to, that the reason that the Confederation contacts keep urging us to look on the praise and thanksgiving side of things, and not to go get mountain camps where the disasters won't happen, is that positive energies go into the planet, just like all of the negative energies went into it that made it what it is today. And if enough people are afraid and start preparing, they might hasten the day. Is that possible? That we actually heal the planet a little by trusting it?

I am Q'uo, and, in general, my sister, we find that you have begun to uncover the basic nature of your illusion, that is, that one within the illusion will perceive the experiences of the incarnation in a manner which is congruent with what one believes about the experience that it has. This is to say that as one moves through the incarnational pattern, all experience that comes before the notice of the seeker has the potential to be viewed in either, what you may call, a positive or radiant fashion, or the negative, magnetic fashion. This assumes that all events contain the unity of the one Creator and therefore will be perceived in the fashion which the perceiver chooses.

Thus, if one's mind is filled with the fear of a certain event, and this fear has power enough within the being of the entity, it will begin to color, shall we say, the way in which the entity perceives more and more of its illusion and experience within the illusion.

Thus, it becomes necessary at some point for the seeker to choose the manner by which it will view those experiences of which it finds itself a part. These perceptions, then, have the power to transform experience. This is why the messages which we and others of the Confederation of Planets in the Service of the One Creator [offer] always stress the benefit and necessity of regular meditation in order that the nature of the illusion in which each finds itself moving might be made more clear and coherent to the inner eye, and thus be seen as the infinite manifestation of one Being, the one Creator.

May we speak further, my sister?

Carla: No, that was quite beautiful. I thank you very much.

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I am Q'uo, and we thank you, my sister. Is there another query?

H: I have a query, one more. At the end of [the] cycle we're in right now, the seventy-five thousand year cycle, just how gradual will it be? Will it really be noticeable among the population, that something is definitely wrong with the world?

I am Q'uo, and, my brother, we might suggest that the transition, as you would call it, has already begun and the perceptive eye may continue to notice that as your time continues to move, and events within the personal environment and the worldwide environment continue to transpire, that the general quality of thoughts having more effect upon the material world will be noticed, for the density of compassion, towards which you now move, is one in which the effect of the mind is immediate upon the personal experience and the environment. Thus, as one thinks, one experiences the effects of thought in a much quicker fashion. The movement has begun toward the vibrational change and is anticipated to continue for a greater portion of your time and experience than many who study this phenomenon have assumed.

We might suggest that it is a process rather than event, and, therefore, due to the cumulative effect of the free will of the population of your planetary sphere, the culmination of this process cannot be ascertained with any degree of accuracy, but may be understood to be expressing itself in each entity and event upon your planetary sphere so that those who have begun to become sensitized to the evolutionary process that each partakes of, each entity then will begin to notice that events and experiences seem to be filled with more intensity and potential for transformation.

May we speak further, my brother?

H: No, that explains that all right. Thank you.

I am Q'uo, and we thank you once again, my brother. Is there another query at this time?

T: Yes, I have a question, dealing with something a little bit different than the general line of questioning had to do. It has to do with manifesting either things or situations, people, or even a state of mind, a state of feeling about various things in our lives. I've been doing some study over the last year about how to manifest various things, various situations that you desire in your life. And most of the things that I've studied and read basically agree, and I would just like to get your comments on how we can manifest something in our lives that we desire.

I am Q'uo, and, my brother, we might suggest that desire has brought each into the incarnation. The power of the desire to experience your third-density illusion and the potential for transformation which it provides all within its boundaries is that which [each] present upon your planetary sphere has desired. The power of desire is that which moves each entity through each incarnation and each density or dimension in the eventual returning into unity with the one Creator. For, indeed, it is desire that has set the creation in motion, as the one Creator expressed the desire to know Itself and to do so by sending portions of Itself into the far reaches of what you know as the creation to experience all that may be experienced and to bring this experience as a harvest to the one Creator that It might know Itself in ways not available had it not desired to know Itself through Its many portions.

Thus, each entity within each density of the creation carries within it the same power of motivation and direction that empowers the entire creation—the desire to know, the desire to be, the desire to grow, to serve. This desire manifests itself in a workable fashion within your illusion as the qualities of what we may call will and faith. As an entity focuses the power of the will in any particular direction and empowers that will with the faith that what is willed or desired may be obtained, the entity then unleashes the power of desire to move itself in a certain direction for a certain purpose.

Thus, it is not a question of what is possible, but what one desires, for each entity may utilize the power of the will and the sustenance of faith to move itself in any direction which it chooses by its own free will choice.

May we speak further, my brother?

T: I have a comment—hopefully you'll comment on it. You're saying basically, then, that we are all the Creator and that whatever we focus our desire on we can bring to fruition by sustaining that desire …

(Side one of tape ends.)

T: … a lot of emotion behind a desire for a certain thing or situation or state of mind, then, is that a gauge by which we can gauge our own desire? I

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mean, I think I want something, but then if I'm not able to sustain a high level of emotion behind wanting it, can I pretty much take that as saying, well, I don't guess, at another level of my being, that I really do want that? Does that make any sense?

I am Q'uo, and we apologize for the delay, my brother. We might suggest that situation of which you speak is basically perceived correctly, for each entity is a complex expression of a variety of desires both preincarnatively chosen and chosen during the incarnation. These desires may have more or less power or focus of attention for each entity. Thus, if an entity has decided before the incarnation that it wishes to learn a certain set of lessons and provide a certain set of services, shall we say, and during the incarnation by the action of free will choosing decides that there are other areas in which it wishes to move its attention and focus its desire, there may arise a conflict within the subconscious mind of the entity so that that which has been chosen more recently works at cross currents, shall we say, to those basic qualities of choice made previous to the incarnation.

Thus, it is sometimes the case that an entity will find itself somewhat confused and unable to realize certain desires that it has chosen for itself. In such cases, the realigning of the entity's choices and their priorities is often a process which is speeded by the careful inward searching of what is truly of most value to the entity, for it is indeed so that the power of desire focused through the expression of will and faith provides an entity the ability to move itself as it chooses if its choices are fundamentally in harmony, shall we say, with its truest nature, that which has been brought with it into the incarnational experience.

Thus, for the most efficient expression and fulfillment of desire, it is well to know the self and those qualities which have become the foundation stones of the entity and which provide it a base upon which it might stand as it views the universe about it and chooses its path of moving through that creation.

May we speak further, my brother?

T: No, thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: I'll give you one last question since nobody else has one. This is from J. I'll try to paraphrase it from her letter. She said it had occurred to her that the channel seemed a lot like the contact, and she wondered if those who channeled weren't wanderers channeling their true density selves.

I am Q'uo, and we find that though the supposition is one which may be correct in some cases, yet it is far too general in its application, for many instruments upon your planetary sphere at this time are from densities and portions of densities not available to their present incarnational experience and ability to contact in a reliable fashion. It is more nearly correct to suggest that those who offer themselves in service to others as vocal channels are able to provide information of a nature which is congruent with their own current level of seeking, thus attracting to themselves that which is in harmonic resonance with the nature of information which they have been utilizing within the life experience. Thus, as one learns, one may share that which has been found helpful to the self with others.

The most dynamic type of instruction is the personal experience, thus instruments may find that that which they have to share in the vocal channeling is oftentimes a reflection of the personal experience, and thus becomes a teaching and learning tool not only for the self, but for others within the evident reach of the self which serves as instrument.

May we speak further, my sister?

Carla: Not any further tonight. Thank you so much. Anybody else have questions?

R: Yes. Q'uo, I have heard and read and chanced to meet an entity by the name *(inaudible)*. By any chance are you teaching it or know of or of a form of that energy?

I am Q'uo, and as a grouping of entities into what you would call a social memory complex, we are of an origin which is exterior to your own planetary sphere. We are aware of many of the nature of the one of which you speak which have successfully moved through the various planes of experience which your planetary sphere offers as its third-density illusion. Many are those such as this entity who have learned well what is within this illusion and now offer themselves as teachers and guides, as you would call them, who are able to be of service by making contacts with vocal channels similar to the

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experience which each within this circle of seeking shares this evening.

May we speak further, my sister?

R: No, thank you. That answers it.

Carla: Is there any intention to the similarity of the two names. I noticed it too. Is there some *sympatico* vibe between you?

I am Q'uo, and there is no conscious intention upon our part to emulate or simulate the vibratory sound complex of another, yet all who seek to be of service in this manner share the desire to give that of love and light which it has been our privilege and honor to gain in our own journeys of seeking the truth. Thus, we find that the naming, as you call it, is a process by which we make ourselves more comfortable to those whom we contact, and do so in a manner which in some fashion represents our nature of being. Thus, the nature of our beingness may be similar to many who choose to be of service by establishing the mind-to-mind contact which is known among your peoples as the vocal channeling.

May we speak further, my sister?

Carla: No thank you.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we find that we have exhausted the queries at approximately the same time as we have exhausted this instrument. We are greatly appreciative at the opportunity to blend our vibrations with your own in this circle of seeking. We again remind each that we are but your fallible brothers and sisters who walk the same path as you, and we do not wish our words weighted overmuch. Take those which ring true and leave those that do not. We shall take our leave of this group at this time, leaving each as each is in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
January 18, 1987

Group question: "Ahbout Dey: … a Tibetan, and I greet you in the love and in the light of the One Who Is All. I thank you for allowing me to speak with your group. I am not a member of the Confederation of Planets in the Service of the Infinite Creator, nor am I a social being, but an individual as are each of you. I speak from an icy fastness far from humankind, and wish to contact this instrument for the purpose of sharing the joy of experiencing what I would call the end of the personal trail of my life. I have placed myself in my final resting place and will soon be gone from this Earthly habitation. My path has been strange, and I am most honored to be able to share with those who may share sympathy with me and wish me well, the story of my life."

(Carla channeling)

… a Tibetan, and I greet you in the love and in the light of the One Who Is All. I thank you for allowing me to speak with your group. I am not a member of the Confederation of Planets in the Service of the Infinite Creator, nor am I a social being, but an individual as are each of you. I speak from an icy fastness far from humankind, and wish to contact this instrument for the purpose of sharing the joy of experiencing what I would call the end of the personal trail of my life. I have placed myself in my final resting place and will soon be gone from this Earthly habitation. My path has been strange, and I am most honored to be able to share with those who may share sympathy with me and wish me well, the story of my life.

When I was a very young boy, I wished very much to be a girl, and my father was ashamed of me and gave me to a monastery near the *(sounds like)* Potulla. This may seem hard, yet it was my salvation, for in the monastery I saw good masters and bad masters but all sought not only the things of the world, but also and more importantly, the things of the spirit. And so, being young, ashamed and hoping for amendment with life, I blended quickly into the ceaseless prayer wheel of monastic existence. For thirty years I held a subservient place in the monastery, wishing for nothing more, for the simple things were more and more nourishing to me, and as I learned the discipline of myself my own company became more and more desirable.

When I was thirty-nine years old I was allowed to become a retreatant, one who contemplated constantly and alone.

When I was fifty-five I awoke one morning with itching feet and left my cave and started out walking. I desired to study more than I had studied in the monastery, for although I had contemplated for many years, I had not satisfied myself that I was free from karmic responsibility for my sexual aberration. I walked into China but did not find satisfaction

there nor did I find satisfaction in India. But in India, in Singapore, I found a missionary who spoke to me of redemption, and so I studied redemption, and as I die, for I am now old, I am glad in my heart as if I were a still a young man that I have come to see redemption in all that lies around me.

Thank you for listening to my unremarkable story. I give you my name. *(Sounds like)* Ahbout Dey. This is not quite correct. We are sorry—the instrument is not capable of repeating correctly our syllables. It does not matter, for I have been alone, neither Buddhist nor Christian, for many years.

For thirty-three years, to be exact, I lived the incarnation of a solitary man. I witness that the Lord of my life is far more vivid than the sweetest tastes, sounds, feelings, thoughts or objects that are possible in the world. I rejoice at the dissolution of old bones and await the freeing of my perfect spirit. Neither Buddhist nor Christian, yet loving the sun of my day and the moon of my night, I come to my death as a bride to the wedding night, fearful yet full of gladness. It has eased my heart and mind to have one last human touch, and I bless you for having hearts that respond and understand that all humans are one together. When we are together, I will make myself known to you and we shall rejoice together as we do now. The Christ in me acknowledges and rejoices in the Christ in you. Farewell. Namaste.

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator. It is a privilege and a blessing to speak with you this evening, and we especially greet the one known as S. We wish to add immediately that the one known as Latwii wishes to greet this entity also through this instrument and through the instrument known as Jim at a later time. We had to say that to get the one known as Latwii off our collective backs.

The consideration which a seeker must do when faced with a question of service to another can be of necessity expensive, for true service is not an easy proposition. When one speaks of true service to another, it may be seen that free will is paramount. However, we would break down service-to-others questions into two kinds. There are service-to-other questions having to do with being of spiritual aid to another; there are service-to-other questions that have to do with aiding another in a non-spiritual fashion, at least in a surface or appearance sense. In no case is it acceptable for one who wishes to be of service to others to infringe upon free will. Thus, any service which is not requested by another is a service which may be suggested but not properly fulfilled without permission.

The question of service to another in a non-spiritual category such as the diet is, as the questioner may have surmised, not particularly important, for it is indeed the intention of being of service which is important metaphysically. Thus, if the choice be between carrots and cake, it is a matter of judgment and discussion.

We would emphasize always the value of communication. If there has been adequate communication on the subject of carrots and cake, for instance, the one doing the serving shall have the guideline of the entity's preference who is to be served. If the entity wishes to be aided but also wishes to be rewarded, it is then that the request has been made that one be the nurturer of the other, much as the mother would be to the child. It is acceptable for mothers to be very indulgent at times and very strict at other times, depending upon judgment. Thus, if the agreement has been made that one entity shall nurture another, the one who wishes to be of service may simply use its best judgment. If the agreement has specific instructions but it would be violating your own free will to fulfill the instructions, then the instructions must go unfulfilled, for your own free will is as valuable as that of the one whom you wish to serve.

We now move to the question of true service to another, that being that service which aids another entity in its spiritual evolution. It is helpful to see all events, situations and questions of service as having the potential for some spiritual aid. Take each service under brief analysis and evaluation to see if there can be an overriding metaphysical principle which may be of some help to the one whom you wish to serve. If that be so, and if free will is not abridged, then it is well to act according to your best perception of spiritual aid to another's evolution.

The life experience contains multitudinous small decisions which fade as does new dye into the soft pastels of remembered actions. As you gaze back upon those millions of things that you have done for others, attempt to remember those times when service had a metaphysical slant and realize that these are the important decisions to make, these are the

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services to value and carry out with the utmost of dedication.

Other questions are questions of nurturing. The mind complex of your peoples in your culture carries many, many demands which are not important. Once that is understood, if we may use that term, it becomes easier to give a priority to the importance of the decisions that you are making. There is the quantity of life within an incarnation to be considered, and quality of life within an incarnation to be considered. There is virtue and there is the joy of licentious behavior in celebration of the comedy of existence. One who does not enjoy iniquity may find it difficult to enjoy virtue, and we urge that those who nurture sprinkle rewards amongst the carrots.

Yet, if the entity whom you serve has other requests, and a fit of virtue comes upon it, then shall you enter a season in which the smallest service, the giving of the carrot instead of the cake, has new metaphysical meaning. Gauge the mood and the intention of the one whom you seek to serve by communication and agreement and value your own self and your other self as spiritual beings above all, who are acting within the illusion in such a way that outside of the illusion they will see that progress has been attempted during the life experience.

This instrument remains open, yet we find a lack of vital energy, and would at this time bless you and thank you for the great privilege of being allowed to give our poor opinions and to share the beauty of your vibrations as you sit in meditation this night. How we love each of you, yet the love pours through us, not from us. We ask that you take our words lightly, for we are fallible beings. We leave this instrument and this group in love and the infinite light of the one infinite Creator. We are known to you as Q'uo. Adonai. Adonai vasu borragus.

(Carla channeling)

I am Latwii, and I greet you in the love and in the light of the one infinite Creator whom we serve. We are so glad to be with your group this evening. We cannot tell you how long it has been since we were able to use this instrument. We speak to the one known as S frequently, but we are glad to do it through this instrument, and we also greet the one known as Jim and the one known as Carla, and even the one known as J. This is what is called a "tape letter." This instrument thought it was funny. We have nothing to say through this instrument, but only wish to keep working at adjusting our vibration so that eventually we may contact this instrument without discomfort. We have not gotten there yet, but will keep working on it as long as our patience and the instrument's neck hold out. For now, we will transfer with much anticipation to the one known as Jim. I am Latwii.

(Jim channeling)

I am Latwii, and greet each of you again in love and light. We are grateful to this instrument for allowing our contact. It has also been quite some time since we have been able to contact this instrument and we are overjoyed that we are able to speak our humble thoughts through this instrument and to this group. We thank each for allowing our presence and we hope that we might be of some small service by offering ourselves in the attempt to answer those queries which those present may feel worth the asking. May we at this time begin with a query?

S: Hello, Latwii. It's so good to hear you. I do have a question from R. When we first asked questions about the donuts it was some time ago and he has forgotten a lot, so he asked me if I would ask you about sweating. What it does for his illness and is more always better?

I am Latwii, and am aware of your query, my sister, and the query of the one known as R. We send our greetings to this entity as well and we may suggest that the exercise of the sweating is that which is most beneficial to one which wishes to remove from the physical vehicle those toxins which may accumulate in the daily round of your activities which include much that is of the deleterious nature in the foodstuffs, the waters, the air intake and the finding of the self within an environment which is altogether quite disharmonious from time to time.

The toxins which the physical vehicle stores in various of its organs are best released by the sweating technique when the sweating is undertaken in a manner which is regular and extensive, yet which does not exceed the body's ability to function. To be more specific, might we suggest, my sister, that the care be taken that the body fluids be not drained in such a manner that dehydration occurs for the entity who simply desires to remove the toxins yet desires to maintain the vitality of the physical vehicle. This amount of exercising of the sweating technique is that which each shall find the need to determine for

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the self, for there is the unique quality to each entity, and most especially to each physical vehicle, that requires that experimentation be undertaken to determine the amount of the sweating that might be tolerated without the dehydration and weakening of both physical and mental complexes.

May we speak further, my sister?

S: No, thank you Latwii, I'm sure that will be helpful.

I am Latwii, and we thank you and the one known as R. May we respond to another query?

Carla: This Ahbout Dey or whoever, is he going to tell us any more about his life? Or do you know any more about that? Can I know anymore about that?

I am Latwii, and the one of whom you speak is one which has for some time, as it is reckoned within your illusion, moved within a realm which is metaphysical in nature yet the entity has dwelt within your physical illusion for the greater portion of its physical incarnation. This entity has for a period of your time desired to make a contact with a physical group or entity upon this planetary sphere in order that it might satisfy the yearnings of its soul, shall we say, to have touched and to have been touched by those with whom it shared existence, though its sharing of existence was from a distance, shall we say.

The seeking of the one Creator for this entity has taken the form of finding that Creator within the silence and solitude of the personal experience of this illusion. However, this entity is aware that in order to complete the Earthly portion of its experience within this planetary influence, that it needed, in its own estimation, to ground that which had been learned by simply speaking of the experience that has allowed it to progress to its point of departure, shall we say, from this illusion. There is the possibility that this entity may desire further contact, although we might suggest the possibility at this point is small, as you would term it, for the entity moves rapidly toward the entrance to the larger life experience in which it shall find its abilities and desires focused in other dimensions.

May we speak further, my sister?

Carla: Would it help this entity if we read the *Tibetan Book of the Dead* for it?

I am Latwii, and we scan the entity and …

Carla: Let me finish the question, come to think of it, because he spoke of not being Christian or Buddhist. Would it help if …

(Side one of tape ends.)

Carla: To finish the question, would it, since he's sort of half Tibetan and half Christian, would it help to do either/or or both the *Tibetan Book of the Dead* reading or the *American Book of the Dead* reading or the Christian burial service from my Episcopal Church? Would that give him peace? The second part of the question on the other subject is, would he want to speak with us after he dies?

I am Latwii, and we apologize for the delay. This instrument found the need to accomplish that of the challenging and we now are free to speak again through this instrument, and in response to your query, my sister, we find that the entity of whom you speak is one which is not in need of the guidance for those whose eyes do not penetrate beyond the veil. This entity, for a great portion of what you would call your time experience, has been well aware of the metaphysical nature of the illusion in which it moved its physical vehicle, and has for a great portion of your time found a home within both the physical and the metaphysical realms, and therefore is quite conversant with the passage through which the metaphysical realm shall become its greater and complete experience.

We are unable to determine as to the future desires of this entity in regards to making contact with groups such as your own. We are, however, aware that this entity is greatly pleased with the contact which it has been able to share with this group, and wishes that each be aware of its gratitude and joy at this blending of energies for the brief period this evening.

May we speak further, my sister?

Carla: Just on the service of commemoration. Would this soul wish to have its death celebrated and sent on its way rejoicing which is pretty much what the Episcopal service does?

I am Latwii, and we find that the contact which was made this evening with this group by this entity was indeed a portion of that entity's commemoration of its incarnation, shall we say. The further commemoration of this incarnation by your own desires is that which is completely left to your own discrimination.

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May we speak further, my sister?

Carla: No thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: Does that mean that funerals as a whole are not appreciated by the dead person, but are held, indeed, for the comfort of the living? Pardon the nomenclature—I'm sure you understand.

I am Latwii, and we are indeed aware that there is a certain means by which the commemoration of the passing from an incarnation is described. Indeed, there is the multiple purpose to such commemoration. The entity moving through the doors of transition is frequently touched and moved and sent in joy upon its journey by such experiences as the funeral, the wake, the prayers, the singing and the placing of the physical remains within a certain location designated for such receptions. We are also aware that there is the need upon the part of those who remain to come together in the grieving for that entity which has gone on in order that the relationship with that entity be brought to a culmination and not be left, shall we say, hanging with the consciousness of those who remain.

The entity who goes on moves towards an existence which is a continuation of a larger pattern of being and the completion of a smaller portion of that pattern is a service, shall we say, to this entity and fills a need upon the part of those who remain to find their own completion.

May we speak further, my sister?

Carla: I'll have to read that. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

S: Well, Latwii, I have what may be a query. I've been feeling lately that in the *(inaudible)* years, R and I have made what seems to be several surprises—I know they weren't mistakes. It really gets aggravating, and I guess what I'm really hoping for is a shot in the arm here. Do you have anything up your sleeve?

I am Latwii, and we feel that we grasp the gist of your query, my sister. Indeed, many there are within your illusion which find surprises, as you call them, from time to time within the life patterns. Indeed, only those who have failed to rouse the self from the slumber of the third-density illusion to any degree whatsoever are those who live a life devoid of surprise, for those who seek in the conscious fashion the riddles to the evolutionary process and the movement into mystery the discovery of the surprises will become an experience that is repeated time and time again. For though little is truly understood within your illusion, all moves in a pattern of completeness and wholeness, and in a pattern which before the incarnation was quite apparent to each, and which each willingly placed the self in in order that certain tendencies and biases might be either balanced or accentuated according to the overall needs of the development of the soul.

Thus, the illusion is entered with the desire to progress in a manner which is not possible without the experience of the illusion. Those times of difficulty, of confusion, of the traumatic occurrence, and of the totally unexpected nature of the manner in which events fall in the pattern of the life are those times which before the incarnation are seen as treasures, my sister.

It is known that during the life experience within the third-density illusion that quite the opposite point of view shall be experienced, and it is known before the incarnation that one shall have to work carefully with this point of view, for it sees through a glass quite, quite, quite darkly, and what it sees is most often out of focus at least 180 degrees, for that which is of difficulty during the incarnation is seen as that which hopefully shall be minimized, perhaps even avoided. However, prior to the incarnation these difficulties are seen as those experiences which will allow the entity to test its own ability to perceive and to bring forth into the incarnation those qualities which it wishes to develop, much as you would develop a muscle of your physical vehicle by exercising it time and again. The difficulties then exercise a spiritual muscle which in the realms of harmony and joy tends to grow somewhat lax and loses its tone, shall we say.

Thus, if you should during an incarnation attempt to measure your experience and your progress in worldly terms, you shall become disillusioned and fail to see the overall perfection, humor and harmony of that experience which may seem difficult and confusing within the incarnation. Thus, we suggest judging not the self or another self or the progress of any, for as you judge, thus you are yourself judged by those worldly measurements

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which cannot begin to encompass the nature of the illusion in which you move and the purpose for which you have entered it and the goals that you have set for yourself.

Thus, the ability to retain the light touch, my sister, and to accept that which seems unacceptable are the attitudes that are most helpful, we have found, in dealing with those times which seem to be less than desirable. If this incarnation and this illusion were all that existed for any entity, then each would truly be in, shall we say, the hottest water. However, we may suggest that there is a stream of beingness that moves before, through and beyond this third-density illusion, and it shall carry you further and further toward the source of all being as you are able to accept in joy each experience that comes before your notice, for each experience is that which you had hoped for and planned for and girded your loins for and is that which shall tone and test your spiritual muscles and perceptions.

May we speak further, my sister?

S: Thank you, Latwii, for that two-by-four. It felt wonderful.

I am Latwii, and we thank you, my sister, and we hope that we have not given you any splinters.

Is there another query at this time?

Carla: Well, it did bring up something I had been meaning to ask about before I get the book out that I'm writing, and that was something I put in the book was that I felt that people who meditate go through more changes more quickly than people that don't meditate. It's a problem if you have a couple where one meditates and one doesn't because the one who meditates is going to start changing faster and there's going to be all kinds of problems there. And I wondered if that were true?

I am Latwii, and, indeed, my sister, we have found that this is so, most especially within your third-density illusion, for within this illusion, as we have previously spoken, the perceptions are clouded by that which is of unknowing to such a profound degree that when one utilizes the tool of meditation and begins at the deeper levels of the subconscious mind to clear the way of beingness in order that it might make itself known and felt and begin to undergird the incarnation, then the entity thus engaging itself within the meditative state upon a regular basis begins to be powered by a source of being which is far more subtly profound, shall we say, within the incarnative pattern than any influence within the illusion, that the entity is changed, shall we say, in its basic perceptions so that the general run of experience in the life pattern is perceived in a fundamentally different fashion from those whose primary focus is within the mundane reality.

Thus, the entity engaging in a sincere and dedicated fashion in the practice of meditation and contemplation and the prayerful attitude is an entity which is less moved by the turbulence, shall we say, of the daily round of activities, and will see these activities in a manner which begins to penetrate beyond the outer appearance of things and moves towards the heart. This type of perception differs markedly from that perception which does not move beyond the exterior shell of the daily round of activities and which focuses instead upon the seeming importance of mundane details.

May we speak further, my sister?

Carla: No, thank you, Latwii.

I am Latwii, and again we thank you, my sister. Is there another query?

Carla: Not from me, thank you.

S: Well, I've got a million, but I didn't bring my list so I'll save them for another time.

I am Latwii, and we are most happy to have been able to speak to this group this evening, and we look forward to each of the million queries which remain, for this means that we shall be able to speak many, many more times to this group, and hopefully be able to crack a few more jokes through this instrument, and perhaps apply another two-by-four or two. We hope that each will remember that our words are not infallible in any degree. We are your fallible brothers and sisters of Latwii—you know us well, we can't kid you. We leave each of you at this time in the love and light in which we have found you and in which each at all times dwells. There we dwell with you. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Nona, and would sing of love and light and healing. We come in the power and love, the light and joy of the infinite Creator.

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(Carla channels a vocal healing melody from Nona.) ♣

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Sunday Meditation
January 25, 1987

Group question: What style of life makes one more adaptable to the spiritual journey, whether it might be the more community oriented lifestyle of the Communist China where the individual is programmed and taught to think of the welfare of the group, or the type of lifestyle of the hermit who lives secluded for years contemplating the Creator, or the style of life that we ordinary American citizens enjoy where we have many temptations and ability to express ourselves in whatever way we choose?

(Carla channeling)

We are known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator whom we as you do serve. With the Creator's blessing do we bless each and greet each and with our own love may we also greet you as brothers and sisters.

The question that you have asked poses an interesting problem to us, for in answering we must change your question. We cannot speak to you concerning the structure of your communism as opposed to the structure of your capitalism in regards to the spiritual benefits of either because government is not of the ray wherein spiritual concerns are addressed.

The nature of spiritual programming is that it overrides all other programming, changing the perceptions of the entity which is working within spiritual programs of thought, so that regardless of the experiential catalyst which greets the seeker the seeker perceives a spiritual question and attempts the appropriate spiritually motivated action in response.

The key to understanding why communism, which is a direct mundane analog of your religiously based community—for example, the Essenes, the Christians, and the Hindus—is nevertheless placed in the position of governing. The tools of the government are persuasion and force. It is hoped by governments that emotional responses such as patriotism shall encourage a spiritual response to a mundane and illusory web of social structure. In many spiritually oriented people this patriotism does indeed lend a harmonizing, solidifying influence to any government.

However, the communist can experience either complete freedom or complete slavery within the communistic way of life, as can the capitalist. The perceptions govern the experience, not the catalyst. Similarly, though it may seem that the communism offers a simpler life, in actuality it is the rural nature of life lived under any governmental system, with its shorter lists of places to go and people to see, which enable the spiritual oriented seeker to nurture the spiritual orientation which he may wish to aid.

When any rule of life becomes a law within the life experience, but not one with the consciousness of

those metaphysical principles which are eternal, one has removed [it] from the system, from the range, of spiritually reliable, useful tools for spiritual growth. It is to be noted that the so-called monasteries are responses to the felt need of those who have begun working upon spiritual energies to the point where the choice is made to sacrifice all portions of the life experience which do not feed into the greatest possible spiritual content of life. Thus, the sacrifice is the cornerstone for the development which ensues. Few monasteries are located within your cities, and even these few maintain an artificially simple lifestyle. Thus, you may see that the spiritual choice is to retreat from both the world and the government.

When one gazes at the communist experience, one may find many groups of shamanic and other entities which without the approval of the government meet to attempt some spiritual seeking. Thus, neither can government can aid in spiritual seeking nor shall any government which may govern humans, if we may use that word, in the third-density state of unpolarized experience, also hope to govern a reliable promotion of spiritual seeking. The choices for social government by law must rely upon the lowest possible level of excellence, shall we say, the greatest possible swing of error, so that whatever action is undertaken amongst humans, there shall be a governing principle.

The law which is interesting and profitable to the spiritual seeker is a law which the seeker hopes shall become more and more able to be perceived by all seekers, and certainly by all seekers within a spiritually oriented community, as one law so that spiritual government is government by complete individual consent. Thus, any one entity would be able to help such a government. This is considered unacceptably inefficient by those whose energies turn to the government of your peoples, and understandably so.

There is one element, we may say, of the concepts involved in capitalism which is to our opinion a metaphysical principle of some degree of excellence. That principle is not fully respected at this time among your peoples, yet we observe that the concept of freedom is indeed valued by each which dwells within your capitalistic society. It is excellent that freedom is taught, yet, for spiritual seeking, it is to be remembered that one is always free, for the world, indeed the creation, lies within the mind and the heart, and there is no government which may interfere with the polarizing done by the spiritual seeker except if the government destroy the physical body of the seeker. This may, for a particular seeker, be a great aid since, taking the larger view, that seeker may have completed the lessons it was to learn and may, by being a sacrifice to a principle, inspire others as is the way of spiritual seekers of excellence among your peoples.

We ask each of you always to turn your gaze at last from the creations of humankind, however lofty and beguiling they may be, however intellectually precise and fascinating, for that which lies within you is a dimly perceived holographic representation of one great original Idea, an idea which is a mystery. In the end, turn aside your face from gazing in the mirror of the world about you, and, in order to know yourself, seek the face of the Creator.

Why do you look within illusion for your true nature? Do you not wish to know the truth? The truth lies not among the fallow fields of men's imaginations and actions, nor within fine words or great governments, although great ideas and great philosophies both communism and capitalism feed. The truth about you lies within the mystery of the face of God, if we may use that term. The one thing which you have been taught is constant in a shifting and relative world is light itself, and yet we say to you that light is only the physical manifestation of an Idea that created all that there is. It is within the mystery of the Idea of love that the truth about you lies. There is no government that may help or hinder in the seeking of that face.

We would at this time transfer this contact. We thank this instrument for making itself available. We are known to you as Q'uo, and we transfer at this time.

(Jim channeling)

I am Q'uo, and we are pleased to greet you again in love and light through this instrument. At this time it is our privilege to offer ourselves in the service of attempting to respond to any further queries which those gathered may have value in the asking. We remind each that we offer but our opinions and ask that these be taken as such. May we begin with a query?

Carla: What would you say to someone who is having physical difficulties that make it kinda hard

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to get around and feel some despair over the future? Besides "don't do that"?

I am Q'uo, and we are aware, my sister, that this question has special meaning to your own experience. And we would suggest that it be remembered at all times that one moves within the limitless love of the Creator within this illusion in order that through your experience the Creator might become aware of the possibilities for love to be placed in situations that will require an increased experience of Itself in order to uncover that love which has been carefully hidden. Thus does the Creator find Its beingness expressed in your experience in manners vivid and pure as a result of the constant effort to uncover Its own face through your efforts.

Thus does the Creator move within the tiniest, the grandest, the most joyful and the most difficult of circumstances in order to enable each seeker at every portion of its journey to both become aware of the ever-present sustenance of the love of the Creator when appropriate and also to find those times within the experience of an incarnation when the price, shall we say, for such joyful discovery is far greater in order that that discovery might be imbedded more deeply and securely within the seeker's total being. Thus, one may see a relationship evolve in which the more difficult seeking provides the opportunity for the more deeply experienced and securely seated revelation of love and unity which ever underlie all experience. Thus, that which is cheaply bought is easily forgotten; that which bears the greater price is that which remains as sure foundation stones upon further experience and service of the One is possible.

May we speak further, my sister?

Carla: No. Thank you very much, Q'uo.

We thank you, my sister. Might there be another query?

H: Yeah, I have something I've been thinking about for a few months now. In our Bible, it's got in the last days that there will be the final conflict or the final war, the war of all wars. And after that it said there'll be something like a thousand years of peace. Could you elaborate on that statement?

I am Q'uo, and within this work of which you speak, we find the beginning recognition of the quality of existence that shall fall unto those who remain within the loving guidance, shall we say, of the free and joyful expression of love, one for another. Those who shall find their own experience producing the fruit of love and compassion shall enter upon a journey which, within the work you have described, was able to be perceived as the thousand years of peace.

Yet in truth, my brother, we might suggest that this time has no such shortened boundaries, but refers to a level of existence in which the love of the Creator becomes ever more apparent and powerful within the personal incarnation and is seen without doubt to be that which undergirds all creation and experience within the creation. Each entity within this level of experience shall find that the doors of perception are swung wide until the heart is filled full of the creative and compassionate energy of the Creator and is given freely to those about one in a fashion which knows no boundaries and is the result of the simple beingness and natural expression of that beingness for each seeker.

May we speak further, my brother?

H: No, that answers that quite well. I just have one more comment on the same statement. Would the seventy-five thousand year cycle actually end upon the end of this era, then?

I am Q'uo, and this is correct, my brother, for the cycle which is now reaching its culmination upon your planetary sphere has provided the opportunity for those within its boundaries to move the conscious perception of the creation far enough to allow a greater experience to follow. The ability of each seeker within your illusion has been developed to the point during its seventy-five thousand year cycle where it is now possible for each seeker to welcome and enjoy the greater intensity of light that shall be presented within the fourth-density experience.

May we speak further, my brother?

H: No, I think that took care of that. Thank you.

Carla: Okay, one last one for me. I wondered if you could comment on just what the spiritual impact of Shirley MacLaine's TV special was on the consciousness of this planet?

I am Q'uo. And we look upon the event of which you speak as that which is likened unto a great and shining light in a sea of darkness. Yet, if one perceives carefully this sea of darkness, one begins to

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note many lights flickering in various portions of the darkness. Each light burns of an intensity which each seeker has produced according to the desire to know that which you know as the truth. Events such as the airing of the program of which you speak are seen within the metaphysical realm as a great and shining light which for a brief period of your experience illuminates the darkness to the extent where all inhabiting that darkness are able for that moment to perceive carefully outlined shadows of truth. In this momentary perception and possibility for perception, the light which burns either dimly or brightly within all who inhabit your illusion finds a greater intensity possible for that moment that may, if empowered with personal desire to continue the seeking, allow the light to burn more brightly after the event has passed.

Many there are who find within the incarnation for the first time the opportunity to experience the birthing of desire to know what lies beyond the boundaries of previous perceptions. Many others who have felt this yearning begin are reinforced in their seeking to move their own consciousness beyond their self-made limitations of perceptions. Others who have yet to discover the desire to move beyond such boundaries consider for a moment that such might be possible, and though the thought passes quickly, each shall within the deeper being remember that moment in order that the momentary interest which was experienced might, at what you would call a future date, find another potential for birthing. And when enough of these opportunities have been noticed by the entity, there may in that entity be born that same desire to know the truth, and the light of that entity then will begin to glow ever more brighter, fed in even a small part by each experience which has been provided the entity within its incarnation to spark the beginning yearnings to know the meaning of the incarnation and of experiences such as the program of which you speak.

Thus, there can only be greater light result from light which is freely given. Its work moves at its own pace as is appropriate within each seeker's incarnation. When the student is ready the teacher, in whatever form, appears, be it a book, a person, a television program or experience within the daily round of activities.

May we speak further, my sister?

Carla: No, thank you.

We thank you.

H: I have one more question concerning Shirley MacLaine, about the gentleman named David. Did he ever have contact with Maya again, what he was so much seeking?

I am Q'uo, and am again with this instrument. We find that this entity has experienced the presence of the one of whom you speak in a fashion which is not the person-to-person physical vehicle contact, but which is that more of the nature now being expressed as we communicate our thoughts through this instrument. The entity, David, has satisfied itself that this is the most desirable form of contact for this time within its incarnational pattern. However, we cannot speak as to the future as you call it, for this [we] see as an infringement upon free will.

May we speak further, my brother?

H: No, thank you, that's all.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Q'uo, and we thank each for allowing our presence this evening. We have been very honored to be able to join this group and to respond to those queries which have been placed before us with loving care. We ask that if our presence be desired in your meditations that a simple request will find us joining you there. We shall leave this group at this time, rejoicing and giving praise that we are able to join you on your journey of seeking. We leave each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation

January 28, 1987

(Carla channeling)

I am Laitos, and I greet you in the love and the light of the infinite Creator. It is a pleasure and a privilege to meet the one known as W. It is our function as members of the Confederation of Planets in the Service of the Infinite Creator to work with those who wish to be aided in their attempts to be of service as vocal channels, and it is a double privilege to be able to work with the channels already within this group.

We wish to create for the one known as W a protected space of time at this time in which this entity may safely dwell in silence while being willing to be made aware of the presence of those forces and principles which lie under the shelter and shadow of the name of Love and through Love may be able to aid in the funneling of energies into the appropriate configuration for the new instrument's most desired pattern of welcoming vibrations. With this aid more firmly in consciousness, it is then a matter of a shorter period of seeking until the moment patiently waited for occurs and one new piece of the puzzle is added, one more thing about the self is learned and one more portion of life experience may then be committed and dedicated in the service of humankind and of the infinite Creator of which all created things are but the reflection and image.

Thus, we would pause for a time that the one known as W may sit in the quiet and feel the loving company of those portions of the consciousness of love which are available for her comfort and expanded information. We now pause. We are of those known to you as Laitos.

(Pause)

(Carla channeling)

I am Laitos, and am again with this instrument. We greet you again in the love and the light of the infinite One. We are aware that the one known as W is alive to the energies of which we spoke and for this we are most grateful. We confess that we also have been working a bit with the instrument attempting to make our first contact with the instrument a comfortable one. For now we shall thank the one known as W and each in the group for the privilege of sharing the very essence of each being in the circle of love and seeking. We are happy to meet with any who request our presence during meditation, but we shall not speak. Our aid in deepening the meditative process is sometimes appreciated, as is the feeling of having company, and we certainly enjoy this service also. We leave each of you in the love and the light of the infinite Creator. We are known to you as Laitos and we leave you for now. Adonai. ♣

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Intensive Meditation
February 4, 1987

(Carla channeling)

[I am Laitos, and] I greet you in the love and in the light of our infinite Creator. It is a privilege and a blessing to be called to this meditation, that we may offer our service of working with new instruments that they more and more fulfill their desire to be of service to the infinite Creator and to its reflections upon your sphere, the other human beings. The service of vocal channeling is one among many and we encourage each to evaluate it not only for the comfort with which each may offer this service, but also in terms of an honest opinion as to its relative degree of service, for there are many, many ways to be of service in a creation of love of which you are a part.

Love has many faces. And though the Confederation of Planets in the Service of the Infinite Creator comes always in the name of love and through the manifestations of light, yet nevertheless we value and treasure each new instrument whose mind and heart we may plunder of its many treasures of experience and previous knowledge. For our message is so simple as to go almost inevitably unnoticed and ignored, for all we have to offer is our opinion and belief that the Creator is all that there is, that each is the Creator, and thus all who dwell in the creation are not only part of the Creator, but a holographic representation or miniature of the Creator, thus becoming co-creators with the Father.

The unity of all things suggests many pleasant conditions which should be prevalent among all peoples, yet you will find that the value of channeled information in general is that it looks at the illusion of your experience with an eye which sees beyond the experience to the reality which lies behind the illusion, for it is our opinion that most of a life experience of an entity which dwells in your density consists in those things which are not visible to the eye.

We have been working with each to attempt to make as comfortable a connection as possible with each of you and would request that any experience of discomfort of any kind be mentally noted at once that we may work to mitigate whatever the problem may be. Do not let a stiff neck or an odd position cause discomfort, when the request will bring adjustment. It is not necessary to make the request in the manner this instrument is speaking—a mentally projected thought is all that is necessary.

We are concerned as we begin working with each that each realize that we are as you, seekers after truth, lovers after love. Our eye is fixed upon the ultimate, thus we are enveloped and fascinated by mystery. We do not know the truth, but have only approximated our opinion as to some of the truth's characteristics. Our words are not meant to be stumbling blocks or replacements for other beliefs, and if anything which we have to offer is unwanted,

we ask that it be rejected without further thought. We wish only to serve.

We ask that the one known as N continue tuning, for we are having difficulty sustaining a contact with this instrument. If the instrument would cease observing and analyzing and for the duration of this experiment merely react as seems appropriate, the difference in the concentration level would be great and we would be far more easily able to make suggestions of concepts which need to be transmitted at any given moment.

We make the same request of the one known as W, noting that this instrument is at a more calm level but there is always the tendency to analyze within any channel and this instrument is all too aware of the difficult influences that analysis can create within the service of channeling. Thus, we ask that the one known as W also attempt a more automatic and non-thinking attitude for the experiment, realizing of course that discrimination is very important and that there shall be time after the experience thoroughly to assimilate and gauge it.

We shall begin with a period of attempting to make our name known to the one known as W. If the instrument will relax and refrain from analyzing, we shall at this time transfer contact to the one known as W. I am Laitos.

(Pause)

(Carla channeling)

I am Laitos. We thank the one known as W for working with us and would attempt once again to speak with this instrument clearly enough that this instrument may conceptualize and repeat the name by which we are known to those among your people. We feel that we are making good progress in achieving a stable and comfortable contact and are sorry about the minor difficulties. We are working to make the experience a comfortable one. We thank the entity for attempting the challenge and encourage the one known as W in the fearless use of its own ideals. We now transfer in love and light to the one known as W. I am Laitos.

(Wendy channeling)

I am Laitos. *(Inaudible)* I am Laitos.

I am Laitos, and greet you once again in love and light and great joy for we have a good contact with the instrument known as W and are most grateful to this entity for allowing us to work with her. We realize there are many metaphysical side-effects, shall we say, which may result and thus we do not attempt to repeat this experience any more than we would give two overdoses of a strong drug in one session. One will do. We can only assure the one known as W that the experience which comes from releasing a portion of the self to an opening in which the contact can be made will be mitigated by experience and time so that it will no longer seem like an incredible rush, but will merely be a settling in of a comfortable and established relationship between two personalities who love each other and respect each other.

We now turn to the one known as N. We thank the one known as N for working upon the meditative state. This entity has a great deal of capability in this area and is in a partial state of meditation often. However, it is not as comfortable with the terminology of meditation, shall we say, as the experience itself. We encourage one known as N to think of this state as one of free joyfulness, a joyfulness that does not demand any results, but merely exists for its own state. This joyful spirit which we experience in the one known as N shall surely be an entity which has the potential for a stable service and we welcome this opportunity to work with this new instrument.

Again we request that the one known as N lay down the tools of discrimination and thought and become the listening ear hearing in silence those thoughts too deep for words, which yet echo somehow within the consciousness. It is not in our control to compartmentalize the contact in such a way that we can know for all people what experiences shall occur with contact. We do not know how each new instrument will perceive our thoughts. The beginning instrument is not predictable. Thus we cannot tell you to listen for a voice or to recognize a presence, but can only say that whatever thought occurs immediately after the contact has been recognized and challenged is to be spoken forth without thought. Thought is left at the threshold of the contact after challenging and is picked up in all of its discriminative power upon the surcease of that same channeling. During the channeling the instrument is just that. Portions of the instrument's mind, opinions and heart are used to form the contact, yet the contact is a creation of cooperation, offering something that neither we nor the

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instrument could offer by ourselves. The instrument's position then is one of passive yet anticipatory readiness. Thus we ask the one known as N to put aside thought, refrain from analysis, and allow us to speak our simple identification through her instrument. We shall greet the one known as N as we leave this instrument. I am Laitos.

(Nancy channeling)

I am Laitos. Greet you entities. This instrument wants to share of her knowledge with the entities on your planet. She had contact before her regression [trance] and was not aware of that [experience]. I will leave this entity as not to overstress her. This entity known as N. I leave you entities. I am Laitos.

(Carla channeling)

I am Laitos, and greet you once again in the love and the light of the infinite Creator. Before we transfer to the one known as Jim, we would speak briefly through this instrument upon the subject of challenging.

This instrument is fond of saying that it is a crowded universe and the one known as N has had an experience with a crowd other than the Confederation of Planets in the Service of the Infinite Creator. It is salutary that such has occurred to this excellent instrument so that the point may be made that in challenging lies the strength of the instrument's ability to discriminate between possible sources of information.

The use of a name is either magical or non-magical. It is difficult for most entities to repeat a magical name that does not belong to them, however it is by non-magical names that almost all contacts are known among your peoples and this is certainly true among the Confederation of Planets. For we do not wish to use words of power unless the situation requires it. The names by which we are known to you, therefore, are not acceptable in and of themselves, for they may be repeated by others who are not of the Confederation of Planets. Given the negative polarities' perceived virtue in lying, it is a powerful aid to a negatively oriented entity to be accepted as an entity it is not.

There are signs for which one may watch. When one is evaluating the usefulness and worth of information which has been channeled, one characteristic of mixed contact, that is negatively oriented entities which channel using a positive name, is the tendency to make a personal connection with the channel and so make the channel feel more and more important. This occurred during the particular communication which the one known as N experienced. However, there are positively oriented contacts which have had personal contact by thought or thought form with a channel, thus far better it is to rely heavily upon the challenging and only after a declaration has been accepted and agreed upon can the channeling be done in the most confident and trusting manner.

We would at this time transfer to the one known as Jim. Without first giving thanks to the ones known as W and N, we could not leave this instrument, for it has been a marvelous experience for us and we feel very blessed to have been able to share love and meditation with each of you and with this instrument. We now transfer to the one known as Jim. I am Laitos.

(Jim channeling)

I am Laitos, and greet each of you again in love and light through this instrument. At this time it is our privilege to offer ourselves in the capacity of attempting to answer those queries which may be upon the minds of those present. Therefore may we ask if there might be a query with which we might begin?

N: Yes, Laitos. It was a most incredible experience. I felt like I was in touch with the same feeling I had when the entity known as Jim was trans …

(Side one of tape ends.)

(Jim channeling)

I am Laitos, and am again with this instrument. We apologize for the delay, but this instrument found the necessity of reinstituting the challenging after completing its duties with the recording device. My sister, we are aware of the feelings which you have experienced in the just previous contact and in the hypnotic regression of which you spoke and might suggest that to the entity first experiencing a contact with what you might call discarnate beings, beings of thought, that this kind of contact is of such an initially profound nature that all such contact may seem similar upon first examination.

We might suggest that the experience of the hypnotic regression was an experience during which you were able to move into deeper levels of your own being and experience there the resources of your

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deeper mind which are available upon request when there is a need for your understanding in a specific area relating to your own growth and evolution. These resources are quite similar to what you may experience and have indeed experienced through a contact with beings residing within the world of thought and which seem to be quite exterior to your own self.

However, we might suggest that the means by which you may discriminate between these kinds of experiences is that which we suggested by the reexamination of the challenging technique. The gathering of the self about an ideal or principle for which one lives in a fundamental sense, and would indeed give the life if necessary, is the beginning of this principle and its exercise when contact with thought entities is noticed and felt. Then it is necessary to speak in the strongest mental terms to such perceived contacts and to challenge them with the full force of your belief and the core of your being in order that those of the positive nature may be discerned from those of a negative nature and the nature which might attempt to trick or confuse a contact in any way. Thus, we might suggest that contemplation and meditation upon the core ideal, by which you shall in future times challenge such contacts, be instituted upon a regular basis in order that you may increase your ability to discriminate between contacts in what you would call your future.

May we answer in any other way, my sister?

N: No, thank you, I will try that. Thank you very much.

I am Laitos, and we thank you my sister. It has been an honor to work with you and we commend the openness of your particular channel. Is there another query at this time?

W: Yes. I wondering if I was doing the challenging properly, and if not what I can do to change that?

I am Laitos, and am aware of your query, my sister. We find that the means by which your challenging has been exercised is one which is quite efficacious at this time, but may also suggest that the strengthening of the sense of self and the ideal about which one orbits the life pattern is most helpful in strengthening the ability to offer the challenge and to make the discriminations necessary in order to begin the vocal channeling process.

May we speak further, my sister?

W: No, I think I got everything.

I am Laitos, and we wish to express once again our joy at working with your instrument, my sister. Is there another query at this time?

N: Yes. I'm curious about the entity that I channeled in August. Can you give me any information about that?

I am Laitos, and in this regard we must speak in general terms, my sister, for many are the experiences which the seeker of truth will encounter that offer insight to that entity and that entity alone by that entity's own examination of the experience and the gleaning from it of that which is there to teach.

We do not wish to intrude upon this process overly much, but may suggest that there are various locations upon your planetary surface which have through ages past been imbued with certain vibratory nexi of experience presented by what you would call various tribes and cultures. These areas having thus been invested with a certain vibratory level or frequency then continue to attract entities of this vibratory frequency both in the physical and in the metaphysical realms. Thus, the area in which you found yourself at that time had, through previous experiences, drawn unto itself entities of a nature which we find are described in your culture as the medicine man or woman, the shaman, which is of a powerful nature and which operates largely in the world of thought in order to effect changes in the manifested illusion that are in a fundamental sense metaphysically empowered. Thus, the area and its history was presented to your sensitive inner feelings and amplified by the group of entities with which you shared this experience so that your instrument became available for the use of the entity which indeed made contact with this group through your instrument. Thus it was a coinciding of various circumstances that allowed this experience to ensue.

May we speak in any other fashion, my sister?

N: No, that is sufficient. Thank you.

I am Laitos, and again we thank you, my sister. Is there another query at this time?

(Pause)

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I am Laitos, and at this time we wish once again to offer our heartfelt gratitude to each present for inviting our presence within your circle of seeking. We are full of the joy of the light and harmonious vibrations that emanate from this group and we thank each for offering us this gift.

At this time we shall take our leave of this group and remind each that we are available upon request for the joining in meditation and the deepening of the meditative state at any time you should request it. However, we remind each that the attempt to work upon the vocal channeling is best reserved for this particular gathering in order that the process might continue with the most efficacy and the least confusion. We are known to you as those of Laitos and we leave this group at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
February 8, 1987

Group question: What do you say to people who have cancer and are facing the possibility of death?

(Carla channeling)

I am Q'uo, and I greet you in the love and the light of the one infinite Creator. It is a great privilege to be with you and to be called to offer our humble service during your meditation. We are honored that you choose to ask us questions which those who seek to know the truth would surely ask. It is good to share the vibratory energies of those who seek as we do the one Creator in each aspect. For we, as you, have no greeting but love and light, for there is no impulse but thought and no manifestation but light.

Yet few are those who may greet each other in the comradeship of shared seeking and under the banner of the one infinite Creator. And may we say to you that it is our opinion that it is the experience of dwelling in trust with those who are from elsewhere who yet share the same Creator, they are the true center and have the true value that we have to offer as we answer your questions and that you have to offer as you ask them of us. For the trust we place in each other is a symbol of our attempt to grasp our unity, one with another and our common identification as the Creator.

The sharing of beingness and consciousness is indeed a powerful thing and we take this opportunity to thank you; nor should you fear if your numbers are small and your meditation circle is not vast, or even if you sit alone. Yet still, if you know and claim the witness of unseen friends, the light that you may raise in meditation is enormously powerful. We hope this has set up that which we wish to say about advice to those who must speak to cancer victims.

My children, it is difficult to penetrate the illusion of life or death while living in such an artificially delicate and cumbersome mechanism as the physical vehicles which you enjoy during your Earthly experience. The nature of experience is interestingly mazed. Seemingly positive and happy experiences are oftentimes of little depth, times when thought processes are slowed and intellectual, spiritual and physical senses dulled, whereas difficult times and crises, seemingly so appalling as experiences, often produce excitement, revivification of heart and mind and soul, rededication and renewal of stewardship and service commitments.

When you receive the news of a known killer which has been found within your physical body, you are naturally going to spend an ocean of tears wept or unwept, a ton of words said and unsaid, railing against and being angry about the cessation of life. Yet in the crisis of possible death lies a tremendous opportunity for the rededication of the life. For news of a possible death is a creative disturbance, a freeing mechanism which allows the one experiencing it to consider a wider variety of options with more

seriousness than when the entity thought he was perfectly healthy. There is an opportunity not to be afraid. There is the opportunity to turn into one who celebrates the life lived in the present moment.

Such an entity, having found a center of joy and peace in the appreciation of many blessings, notes with keen accuracy the difficulties of the present moment without becoming discouraged because of the debit side of the balance sheet. Thus, refraining from dwelling upon possible futures, yet inspired by the possible future of depth to the amendment of the attitude at the present moment, the seeker who wishes to transform the experience of cancer may begin by affirming and celebrating each day as it awakens. This is not an exercise to use merely during periods of potential death. It is an exercise for life, not for death, for each day may be lived far more fully and with far more enjoyment and freedom, spontaneity and humor than most among your peoples are able to manifest. For the negative emotions and blockages color and bias the experience in negative ways. Any entity may choose to begin to shape the life experience for the self and by so choosing may become a more and more polarized entity.

We turn to look at some practical matters. We realize that, as we scan this instrument, we look at two providers whose families are dependent upon money earned by one potentially not able to provide. We would speak to those who fear that there is not a plentiousness of all things—the remembrance of friends, strangers who smile, individuals who unpredictably but generously may aid an unknown person. It is well to put one's thoughts not on the lacks of one's incarnation, especially when these lacks are beyond one's control, but to focus one's interest and energy upon the assets of the same situation.

If one needs not worry about money beyond a certain point, in other words, if one values one's life and feels that the environment of the livelihood has contributed to the illness, then it is time to use the creative energy of difficult situations to view the needs, the true needs of the social unit of which the entity is a part. It is well to meditate and find out for the self whether the lesson is to stay and learn to love or to move towards a greater love and faith, but with small practical and earthly expectations.

We are not those who advise reckless moves for the sake of testing the faith, yet deep within each entity there lies a sure knowledge of the rightness of each step of the life plan. Within each at this moment lies a knowledge that the entity is on the path which has been set or not. To arrive at contact with that level of self-awareness is a blessing and it usually earned. You must seek to know yourself as if you truly and honestly like and respect yourself. You cannot plunder the self anymore than you would insult a high priestess. In each other area of practical earthly endeavor, think, meditate and discuss with the family unit which you have made those things which are for and not for you.

And then, when the thinking has been done, the centering and the clearing and the grasping of the feelings of the self have been accomplished, put aside the consciousness of the dying, and realize that that which is in a disease such as cancer is allowed because your emotional and mental complex were not able to love and instead blocked love in some situation. This is a mechanical rather than a judgmental description and refers to the fact that illness in general results when the body reacts to a loss of electrical and chemical balance within the body complex. The body then, as manifesting illness, is attempting to heal itself and so-called illness is indeed a process of health by positive and affirmative attention to the present moment the many blessings which are experienced in that moment and both the wonder and the terrible mystery of life and death.

One may transform the experience of serious illness into the beginning of a new consciousness, one which is closer to that which may be held within the illusion you now enjoy and after you leave that same illusion. Would you wish to change personalities because you change bodies? Or would you prefer to be more and more truly yourself, more and more fully a manifestation of the truth about yourself, more and more an opening through which the love and the light of the infinite Creator shine forth, not to impress, but to make joyful?

Perhaps we have rambled a bit this evening, my children. At times it was necessary that we say a few things quickly through this instrument that we might keep her at an appropriate level. We thank you for your patience and it is our hope that each may see the centrality of affirming and celebrating the Creator in the self and the self in the Creator. Who each of us is is hid complete in who the

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Creator is and the truth of us is the truth of the Creator.

Let us all turn then to that great light that shines in the darkness of ignorance and chaos which is much of the illusion about you, and seize hold of the central search. Life and death mean very little compared to the song of the present, for to breathe is to sing. Each soft rustle of inhalation and exhalation makes a melody in the ether of creation and sends motes of light in millions of directions with each breath, moving and moving the particles of light. Each intentional prayer is a lovely song and each silence a poem.

Who you are is not how you feel, what the condition of your body is, what your bank account is or where you live. More deep ties are those of family, friend and companion. Yet in the end, the seeker stands alone with the truth and each seeker is as infinitely great and potentially infinitely impeccable as that great warrior, the creation Itself.

We are those of Q'uo and we humbly thank you for having asked us to be with you this evening. We leave our blessing and love with each and with each about whom questions were, asking, as always, that it be understood that we are not infallible. We would attempt to open the group to questions, and shall transfer to the one known as Jim. We leave this instrument with thanks and in love and light. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We would at this time be honored to respond to those queries which those present may have for us. May we begin with a query?

J: Is it not true that before our incarnation into this life that we choose our own death and it could be the case that we would use cancer or some other illness as the means of our death?

I am Q'uo, and we might suggest, my brother, that there are correctnesses and incorrectnesses in the assumptions which you have made. We shall attempt to speak to this topic. It is true that those who are aware of the process of incarnation and its purpose, due to a conscious discovery of this incarnative process during an incarnation, take a more complete role in the planning of the incarnation which is to come before the incarnation. The framework for attempting certain lessons that will enrich an entity as a whole is determined as are those services which might be shared as fruit of the effort of learning with others. There are many possibilities for each incarnation in these two general realms of endeavor, that of learning and that of serving.

Because free will is paramount within the incarnation, and indeed before, the planning must take a general form with many potential specific aspects, be they events or entities, programmed, shall we say, as possibilities and perhaps even probabilities. Many are dependent upon other choices and agreements made between entities for various times and purposes, thus there is much that is fluid and flexible, shall we say, within any incarnation that will allow for the learning of the lessons and the offering of the services.

That graduation, shall we say, from the incarnation that is called the death, in many instances is the subject of just such planning, which is to say, there is a variety of possibilities for each entity that may occur according to the completing of the overall plan for the incarnation in a more or less successful fashion. It may be said that the lessons shall continue for any entity within an incarnation until their weight grows too heavy, at which time the entity shall have planned for one means of bringing the incarnation to its culmination.

This general means of ending the incarnation may be seen as a continuing effort to gain in the polarization in consciousness which has been chosen, thus when an entity is more successful, shall we say, in the overall plan and has achieved much of that which was laid out before the incarnation, it may be that one or more potential death, as you call them, experiences are presented to the entity who by its efficiency in continuing to utilize the catalyst may yet continue within the incarnation by successfully utilizing the catalyst which could have brought about that termination of the incarnation called death.

However, it may be that an entity finds some difficulty within some portion of the incarnation, perhaps through attempting to learn too rapidly certain lessons, and may take advantage of an earlier potential terminating of the incarnation through specifically planned catalyst which when unsuccessfully processed, may result in that which you call a disease and which then might end the incarnation. Each disease, as you call them, is a

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symbolic representation for a certain entity or perhaps a grouping of entities, of a certain kind of lesson, thus the ending of the incarnation shall come for each within your third-density illusion. Yet the ending is not necessarily that which has been chosen to unfold in one fashion only and one time only and by one means only, yet may be that which is possible after a certain point and may be possible in a continuing fashion according to the entity's ability to continue to process the catalyst which it has provided for itself within the incarnation.

May we speak further, my brother?

J: Thank you for that answer. Why is it that some cultures on this planet are virtually [free] of the disease known as cancer?

I am Q'uo, and we find that this disease is one which is late to join the experience of your peoples upon this planetary sphere and, being of recent influence, has found its first roots within those cultures which are of a more individualized nature, shall we say. By this we mean that those entities which comprise the cultures which are most susceptible to utilizing this disease are those cultures in which the identity of the individual is more firmly fixed and exercised, so that the relationships which develop from such strongly characterized traits that form the personal identity are those relationships which partake less fully of cultural or tribal or primitive traditions and more fully of those situations in which emotional exercise, shall we say, is determined and amplified by individual choice. Thus, the difficulties, as you call them, which bring about the heated feelings of anger and the venting of that emotion in an uncontrolled fashion and the failure to heal those wounds which it brings about are those conditions which are most salubrious for the fostering of the condition which you call cancer.

May we speak further, my brother?

J: No, that's all the questions that I have for now. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: Thank you, no questions tonight, Q'uo. Nice to hear your voice.

I am Q'uo, and we are most grateful to those present for inviting our presence. We greatly enjoy the opportunity to join with this group and to speak our humble words and we hope that we have been able to provide some small insight into those mysteries which are so great a portion of the illusion in which you find yourselves moving ever onward in the seeking of the one Creator. We shall be with you in what you call your future and look forward to each such sharing. We shall leave this group at this time, rejoicing always in the unity of thought which binds each seeker of truth. We are known to you as those of Q'uo, and we leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation
February 11, 1987

(Jim channeling)

I am Laitos and I greet you, my friends, in the love and in the light of the one infinite Creator. We are honored to be able to join your group this evening in order that those who are new to the service of vocal channeling may work upon that service and make it ever more fully a part of their own being and a portion of the way in which they are able to share that of inspiration with others about them.

We commend each for giving careful consideration to this manner of service and for looking deeply within for those guideposts which point the inner direction and which reveal self to self, for this is the journey that you are upon, my friends. You are discovering ever greater portions of your own being and taking those discoveries as that which shall be the impetus for yet further journeying into the self, and by journeying into the self, discovering that one has a unique and intimate connection with all of the creation about one and with the one Creator, which through the power of It's love has set all of the creation in motion.

We thank each present for giving the most care possible in the consideration of how to approach the service of vocal channeling. We remind each that we are but your brothers and sisters who have moved somewhat further along upon the journey which you find yourselves traveling upon as well. We offer our opinions and what we have found to be of value in our own seeking to you freely with the hope that you will take that which is of service to you and leave behind that which has no value to you at this time.

At this time we would attempt to make our contact known to the one known as W. Again, we remind this entity that it is helpful after the contact has been perceived and successfully challenged to refrain from analysis while the contact is ongoing in order that the channel which is open might remain open and be available for the transmission of thoughts. We shall speak our identification and a few words in addition to that through the one known as W, if she will relax and speak our thoughts as she becomes aware of them. We shall transfer this contact at this time. I am Laitos.

(W channeling)

I am Laitos. This entity has successfully challenged and [remains] at our [conditional] level. It has succeeded in establishing a good channel. We are pleased with her efforts and are happy with her progress. I am Laitos.

(Jim channeling)

I am Laitos, and am again with this instrument. Indeed, we are pleased that we have been able to make our contact known to the one known as W and we might suggest that the challenging which the

one known as W has successfully accomplished be followed by the opening of the self to the degree that not only our identification be perceived, but that in the future experiences this entity consider allowing the channel to remain open for a longer period, even if there is no apparent communication occurring in order that we might begin to expand the abilities of this new instrument and introduce further concepts through this instrument. We are pleased with the progress which the one known as W has demonstrated, and are hopeful that we might continue to strengthen the good contact which we feel with this new instrument.

At this time, if it is the desire of the one known as N, we shall make our contact known to this new instrument and shall simply attempt to speak our name through this new instrument in order that it might become familiar with our vibrations. Again, we remind this entity that after the challenge has been offered and successfully passed, that it might also refrain from analysis and simply speak our identification as it becomes apparent to her. We shall now transfer this contact. I am Laitos.

(N channeling)

I am Laitos. I greet you in love and in light. This entity is [sleepy] us as, as *(inaudible)* vocalizing our *(inaudible)* We leave this entity at this time and in *(inaudible)*.

(Jim channeling)

I am Laitos, and am again with this instrument. We are very happy to have been able to make our contact known to the one known as N and to speak a few words through this new instrument. We apologize for any discomfort which the one known as N has experienced during our contact. We advise this new instrument to make a mental note of any adjustments which we might make in order to allow the one known as N to experience our contact in a more comfortable and stable manner. We are very pleased with the ability of the one known as N to perceive our contact. This new instrument has the potential to develop quite rapidly and in this regard we would suggest to the one known as N that the challenging is an especially important portion of this type of service in order that this new instrument be able to discern the nature of the contact which she is experiencing. At this time we would open this session to queries which any present may find of value or of necessity in asking.

May we begin with a query at this time?

W: Laitos, my head feels as though it's been pulled backward and is very impossible to move. Is this just a temporary discomfort or can you give me some explanation?

Carla: I would request Laitos, that you adjust [her].

I am Laitos, and we are making adjustments with our contact with the one known as W in order to relax the muscles of the neck, the upper shoulders and the rear of the skull. We might suggest to the one known as W, as we have suggested previously to the one known as N, that any discomfort in the experience of our contact be immediately noted so that we might make the necessary adjustments. We are not skillful at making new contacts which are immediately comfortable, for the blending of our vibration with yours requires that we be able to perceive your vibration in a stable manner and become as familiar with it as you are with ours. This takes practice and patience on both our parts and we welcome any mental requests for adjustment which any instrument might need. We would also suggest as a general rule that the ability to relax not only the mind but the physical vehicle as completely as possible prior to contact and especially during contact is most helpful. It is sometimes the new instrument's stance, shall we say, that it prepares itself for contact in the same manner as one might prepare for a cold shower, shall we say, and brace the self in order to withstand contact. We would suggest that the relaxation of the physical vehicle through mental suggestion is most helpful to any instrument and most especially to those new instruments experiencing contact for the first time.

Is there a further query, my sister?

W: No, thank you.

I am Laitos, and we thank you, my sister.

N: Yes, Laitos, I have a few questions. First, when you were saying that she felt her head being pulled backwards, I felt a weight on my neck and head pulling me forward. I do not feel that that is the discomfort as you call it. I feel that to me that is more of a sign that I have a contact with an entity. Is, as time progresses and I continue channeling, is this alleviated? Or it should it be considered not good to have a pressure in my head?

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I am Laitos, and we might suggest that this sign or indication of contact is just that, my sister, and is that sensation which is most helpful to you at this time in order that you are made aware that there is a contact which is about to occur and is indeed occurring. You, through your own level of comfort, may request that the indication be made more or less apparent. You will through your own needs in future experiences make this determination and through mental suggestion allow our contact then to become adjusted in whatever manner serves to both make you aware that the contact is available and to make you comfortable as well. There are many different ways in which new instruments may experience the contact with our group and we are happy to work with any manner of alerting a new instrument that has meaning to the new instrument.

May we speak further, my sister?

N: Yes. You're saying you mean that perhaps if sitting in an upright position you have to strain to either to hold your back straight or your neck. Would it be okay for a channeling entity to perhaps lie on the floor and have the whole body relaxed?

I am Laitos, and though this holds promise for the relaxation of the physical vehicle and the removing of strain upon its various portions needed, as you have mentioned, in order to maintain a certain posture, it is not a position which we recommend for the new instrument, for it is a position which through years of experience one of the third density such as yourself has associated with the activity of sleeping and the tendency to move into the sleeping state in that position is somewhat pronounced. Thus, we would suggest for the new instrument that the sitting in an upright position with the spine held reasonably erect is most helpful for the meditative state and the attempt to offer the service of vocal channeling through that meditative state.

May we speak further, my sister?

N: No, thank you very much. That's what I've come upon.

I am Laitos, and we thank you, my sister. Is there another query?

N: As a matter of fact, I have another question. You were referring earlier to yourselves being our brothers and sisters which made me feel quite good and closer to you, seeing that you are like us. My question is, as in emotions of entities of the third density, do you experience emotions as we would, perhaps like happy, sad, jealous, emotions more I consider of our entities? I was just curious if you experienced the same type of emotions?

I am Laitos, and in our experience of the one Creator, we have greatly simplified the emotional complex so that the overriding emotion which comprises our experience is one which you may see as love or compassion. It is our experience that all beings are a portion of the one Creator and this perception is aided greatly by having far fewer veils that hide the unity of all things from our sight and sense. Thus, it is ours to offer that called love in as pure a fashion as is possible for us. We work with the refining of this love or compassion at this time by attempting to imbue it in some degree with that quality which you might see …

(Tape ends.) ♣

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Sunday Meditation
February 15, 1987

Group question: About the "mark of the beast," as mentioned in the Bible, what it might be, what it means to people and so forth.

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator. It is a privilege to blend our vibrations with yours as you sit in meditation, and we thank you for calling us to join you, and offer our faulty and error-filled thoughts.

Upon the subject of the mark of the beast. This instrument wished us luck before she gave over control of the speaking mechanism to us, and we do indeed feel lucky to be able to speak with you about evil, for surely, the mark of the beast is only a symbol for that which is evil. Indeed, the mind often thinks in symbols rather than turning to the essence of things.

To be literal, which is of course one level of answering the question, the mark of the beast, it being 666, is a triple number, rooted in the Cabalistic traditions of your Eastern peoples. Within that tradition, the number six refers to the house of mundane things. The number six has connotations concerning finances, wealth, security and survival. If one has a penchant for luxury, the number six might be expected to figure in a numerological analysis of such an entity's name or birth date. When a number is doubled, it is the same number but stronger, and when it is tripled, it is very strong, thus the number 666 is literally, "the things of this world." Thus, the mark of the beast is symbolized by a number which connotes your present experience.

Lift your thoughts with me and let us look at this world of yours that is full of symbols of the evil of the beast; here a daisy, there a lark, here a thinking youth, and there a smiling woman. These things do not seem outwardly evil, yet for those who gaze upon the beast, the mark can be found, for the illusion is yours and each of you may choose to interpret what lies before you as you will. It is possible through description to cause the same scene to appear quite wonderful or quite the opposite by the careful use of detail. We might point out, for instance, instead of a flower, one of your refuse heaps; instead of a smiling woman, a hungry child. The choice of symbols is always yours, nor is the beast strong within one who chooses positively oriented symbols to facilitate the interpretation of catalyst.

What we are attempting to do is to indicate to you our feelings concerning prophecy. The mark of the beast is one of many symbols used within an inspired work of channeling done by the one named John. Much of this entity's effort was involved not in offering universal symbology, but rather in sending covert information concerning specific events and entities to those known to the one known as John.

The work has inspired and over-awed many, yet seldom has the deeper symbology been penetrated to discover the balance of the present moment. Such is the greatest danger of prophecy and symbology. Whatever one thinks about evil, one must cause one's thinking to become twisted and biased in order to accommodate the eccentric symbology of the beast, its mark, its unusual body design, and its various foes. Perhaps this has kept some from gazing upon the essence of the beast.

The essence of the beast lies within each heart and within each mind. The essence of the beast is the power of denial. Just as the essence of love is the power of acceptance, so the essence of evil is the perfect ability to deny what is true and believe what is false. Thus, evil has far less to do, for instance, with money than with less-than-straightforwardness in gathering, keeping and spending money. One who is seeking the essence of the positive seeks more and more to offer the self in service. One who wishes evil may seem to offer service to others, yet always there is some denial of free will, some rejection of some aspect of universal love, some implied or stated separation between you and some other. The one who looks for advantages at another's expense is a far clearer symbol of the beast than a number.

It has been said among your group this evening that as you sit in meditation, you live in the experience of the age of the beast, the age of universal credit and the rule of many by numbers. Remember that it is not the symbols that have power, but the essences that give the symbols power. The evil which lies within your monetary systems is an evil—that is to say a lie—which has been with you since the first money was used to make money rather than trading being done between two entities which had use of each others' surplus. Thus, the essence of money being artificial power is an evil essence by definition. However, the technology of your age, my children, is neither good nor evil, but a tool used for good or ill.

Would that we could guide you to one writing which made all things clear, one set of symbols in which there was no doubt of clear meaning, no confusion as to extraneous detail. We cannot, for there is no construction made of words and concepts which is not also a group of symbols, and in the end that which you know of good and evil abide not in symbols but in essences. Essences are felt by the deepest heart and mind of an entity so that there is recognition and knowingness of that which is, shall we say, morally pleasing and morally distasteful.

As you gaze upon this age which many find full of lies and therefore evil, look upon the essences of people, relationships and the stewardship of that which is seemingly evil—money—and find within yourself the positive truth affirming, life-affirming characteristics and attributes of people, relationships and stewardship which can be brought to bear upon each and every situation. For this is not an age—this, my children, is your age, and no mark of any beast can shape the rhythm of your own creation. That there are highly motivated, negatively oriented angelic spirits is as true as that there are highly polarized and motivated positive angelic entities.

We have no desire to play down the loyal opposition which challenges us and makes us learn to be strong. We wish only to correct any tendency towards feeling that one is in the grip of evil or in any way limited or governed by the apparent world view. To many, this is indeed the age of the beast. We find this among the peoples, this attitude of many greatly disturbed, greatly in pain, but accepting many symbols as essences. Knowing that love created all and that the great original Thought of love forms the heart of all that there is, we ask you to be satisfied only with the essences of things.

Thus may you find sunshine in dark places, and thus may your discrimination steer you from unexpected shadows which others may not see. It is your experience, your creation, your living we ask you to join with us in seeking the Creator, without fear and with an ever-mounting desire to touch again and again the wonderful light-filled mystery of consciousness. And now, because we have talked about a heavy word, a weighty, sad word, this symbol of despair that is evil, let us lighten our meditation before we move on. Let us release this question, for it troubles this instrument and may trouble others.

Let us turn to gaze upon the mark of the angels. What would that be, my children—except a smile. What is the truth and symbol of the truth—except a look of joy, for that which is, is love. We leave you in that love and in the light, and would speak with you further through the one known as Jim. We are those of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each of you again through this instrument in love and in light. It is our privilege at this time to open this meeting to queries which those gathered may have brought for the asking. May we begin with a query at this time?

J: Is the basic denial that exists on this plane, is that basically just the denial that we are God and that our own will is one and the same with the will of God? Is that the basic denial that's kept us separated from the one God all this time?

I am Q'uo, and we find that the query which you have asked is one which covers a great deal of territory and experience within your illusion. If we may look upon the population of your planet's third-density illusion, we see that the great veil of forgetting which separates the conscious from the unconscious mind is that which effectively brings about a condition which you may in your terminology call a denial of sight. This sight is that which is most inward and outward seeking for the nature of the creation in which [an] entity finds itself.

If we are to look upon the primary means of perceiving the creation and its meaning for those of your third density, we might take that denial of which you have spoken and describe it rather as the inability to perceive the unity of all the creation, the infinity which is the foundation, the current reality and what you would call a future experience for all those of the third-density illusion. Thus, this inability to see the connected nature of all things, all thoughts, is a denial which, indeed, allows an entity to consider itself separate from and outside the influence of that power which you call God or the Creator. This seeming separation or denial or lack of perception creates a condition in which an entity may learn a variety of lessons which will eventually provide an opportunity for the integrating of each individual lesson with the wholeness of not only the greater self, which resides beyond the veil of forgetting, but the selves of all creatures and things about one in the creation and indeed with the Creator Itself.

Thus, the perception is limited, in order that work might be done within limited boundaries that would not be possible should the boundaries not exist and the sight penetrate infinity and thus make the experiment of limitations that which is obvious to those who see with far-seeing eyes. With the impossibility of such limitation there is also the lack of opportunity for the experience of the Creator in an individualized form. This individualized form is that which each third density takes up in order that there might be a greater experience and glorification provided for the one Creator through each individual.

May we speak further, my brother?

J: No, that was excellent, Thank you.

I am Q'uo. We thank you, my brother. Is there another query?

H: Yeah, I have one thing, one ideal on this thing, and that is this. If we entertain thoughts of this mark as such and all that, would that actually prevent or hold us from being fourth-density material? I assume that this is right, if we continue to entertain bad thoughts or evil thoughts rather than positive thoughts. Is this right?

I am Q'uo, and, my brother, though there is the tendency towards correctness in your supposition, the simplicity of its statement is that which we would hesitate in accepting as correct, for it is indeed true that the focus of one's attention determines where one shall find the opportunity for lessons and services. The focus of one's attention, in a general context, if it rests upon the appearance of things, is destined to move from that which seems separate and perhaps threatening to yet another portion of experience that seems separate from the self and perhaps again threatening to the self, for all the creation about one within your illusion seems to be quite removed from the individual experience without cohesion, without rhythm, and without harmony.

Yet, if one directs the attention and the desire to known the nature of things beyond the exterior appearance of things and begins to move into the heart of all things and thought and activity, one may with such a focused attention begin to harmonize the individual perception of each portion of the creation which surrounds one, thus bringing into a coherent pattern various portions of the creation which with renewed dedication of seeking begin to fit as one part of a puzzle fitting into another and another and another, so that the creation one [perceives] begins to take on a form and a feeling and a purpose, and an experience of unity becomes

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more and more possible for such a seeker and such a focused point of viewing the creation about it.

Thus, my brother, when looking upon any portion of the creation which surrounds one, it is well to note not only the exterior appearance and action of things, events and peoples, but to begin to move beyond those appearances within one's thinking and perceiving so that the common features and feelings and rhythms and tones may become apparent as well and as layer upon layer of meaning is discovered, the simplicity and unity of all portions of the creation become more apparent to one who seeks in this manner.

And thus, as the unified nature of the creation becomes apparent to such an entity, and the entity begins to move in harmony with the power, the creative power of love which is found to move all things, then one more and more readies the self for the graduation, as you have called it, into that density of love and understanding where the veils are removed and the Creator more clearly stands before the entity in all experience.

May we speak further, my brother?

H: No, that was very well explained. I have a much better feel for it now. I appreciate it and I thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: I have a question in reference to the number six, pertaining to numerology as in a person's name. If there is an absence of six, is this significant? And if so, in what way?

I am Q'uo, and we are not completely sure if our grasp of your query is sufficient Please requery if our response is not sufficient. The numbering that is apparent within any entity's naming or date of birth is a symbol which opens, shall we say, the road map in a certain area of the entity's life to the entity's viewing in order that perhaps the wide and narrow portions of the road might be seen and given appropriate attention. Whether one or another number is present or missing is a portion of the entity's roadmap, the presence or absence of which adds or subtracts certain characteristics or possibilities for that entity. Thus, the numerological understanding of an entity's significant nature provides the symbolic form that the entity has chosen in order to express certain characteristics and to allow opportunities for certain lessons within a certain incarnation.

May we speak further, my sister?

Questioner: I think that answers it. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: Well, if everybody's all finished, I did have one. Q'uo, I wonder if you could help me in my teaching. I suspect one of my students, a girl named W, of having an entity present. I've challenged the entity, it seems to be a positively-oriented entity. It's not of the Confederation and I can't get its name, but I expect W could. Now, can I help this channel to develop in such a way that the entity has the best chance of making a good, safe, positive contact with this entity, which seems to be a helpful entity, without setting her up for it? You don't have to tell me how to do it without setting it up for it, if that's something I have to figure out, but any tips that you could give me on how to work with this situation would be helpful because I haven't run into it before.

I am Q'uo, and with this query we find that we must step carefully in order that we do not cross the line of free will choices which is reserved in a sacred fashion for each seeker to move within itself. The entity of which you speak, the one known as W, has as you have surmised both the ability to serve as a vocal instrument in a pronounced fashion and the opportunity to do so in a manner which is moving towards its appropriate expression. As to your role in this process …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We can only reaffirm, my sister, those techniques which you have utilized in a successful fashion in previous teachings, combined with the greater reliance upon the intuition which we find that you have also exercised in the recent meditation sessions with this entity. This is an opportunity not only for this new student to learn its service, but also is an opportunity for the teacher to expand the abilities in the teaching. The techniques are familiar to you. The reliance upon the intuition is that which is newer in your experience and that which we might suggest holds the greater opportunity at this time for your

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service, not only to this particular new instrument, but in your service as a teacher of the vocal channeling service as well.

May we speak further, my sister?

Carla: I'm going to read over what you said, but I believe I understand. Thanks a lot.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I have just one question that I've always wondered about and never had a satisfactory answer to. Why is everybody so fascinated with the mark of the beast? I mean, people are, anywhere in this culture. People from all different Christian and non-Christian viewpoints, very extreme, are actually interested in that.

I am Q'uo, and, my sister, we find that the simplicity of the query moved into an area which is not as simple to provide an answer for. The feeling for power and the ability to affect events and people is that which fascinates many of your population. Your population exists within an illusion in which many individual entities move and participate in the rituals of gathering wealth, position, respect and power of various kinds. It seems to many of your population that the gathering of power in whatever form and for whatever reason is an activity in which all wish to excel in some manner, whether the power be social, financial, religious or spiritual or simply the power over entities in one's own family or neighborhood. There is the feeling within many of your population that in some way, greater and greater power may be had by those who know certain secrets that will reveal unto them procedures or techniques for gathering such power unto themselves.

Many see the power of well known figures, or the power that is spoken of in many of your holy works, and make connections between the events of your world and the events that seem to be quite beyond the mundane experience. It is felt by many that the life which is lived upon this planetary sphere is a life which prepares one for a greater life that shall become apparent when the Earthly life is finished. And yet, the power-filled nature of the creation and those who move within it continues to fascinate many who wish to feel not just a glimpse, shall we say, of such power, but wish to partake fully in it themselves. Thus, when speakings of greater and greater powers are heard, entities begin to connect these speakings with the feelings that such powers are available only to a few who have certain secrets revealed unto them.

Thus, the concept of the dark force that is embodied within speakings of the beast, as it is called, bring not only to the conscious mind images of the very nature of creation itself, but draw through the subconscious mind the faintly remembered connection that each entity has with the entire creative power of love of the one Creator. The experience within your illusion for each entity is one in which there is in some form the attempt to reconcile the powers of light and the powers of darkness in order that a unified perception of all the creation might be achieved. The darker expressions of power, being by their very nature secret and separate, seem more fascinating than the obvious brilliance and power of light manifested as love, and through such mysterious and secret fascination attract the attention of many, such as the latest gossip attracts the attention of those who speak over the backyard fence, shall we say.

We apologize for the difficulty we have had in transmitting these concepts through this instrument, but we find that this instrument's mind is somewhat furnished with information which prejudges that which we have to offer, and we have not been overly successful, shall we say, in providing a response to your query which we felt was possible. May we speak in any further fashion, my sister?

Carla: No, I think you're giving yourself a hard time. I was fascinated with that. Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we wish to thank once again each present for inviting our presence in your circle of seeking this evening. We are greatly honored to be asked to speak our humble words to a group of seekers which is as faithful as those gathered here this evening. We wish to remind each that we offer but our opinions which are fallible and filled with error. Do not hesitate to leave those behind which do not ring true.

At this time we shall take our leave of this group, thanking each once again for allowing us to join you.

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We are known to you as those of Q'uo. As always, we leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus.

(Carla channeling)

I am Nona. I *(intoned single tone held on vowel sound "I")* greet you in the love and in the light of the One Who is All. I *(musical tone on two notes)* wish each of you to join with us in mind as we sing healing tones, for there is the need within this group at this time.

(Healing melody channeled through Carla.) ♣

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Intensive Meditation

February 18, 1987

(Unknown channeling)

I'm in the love, I'm in the light of our infinite Creator. It is a privilege and a blessing for me to be with you this evening, and to behold the ongoing work of those upon your planet who wish to aid and lighten the planetary consciousness. We thank you for this attention, which more than any one thing which your people can do, heals the planet. The simple intention to heal, the desire to make well *(inaudible)* of law. Down in the stable in a persistent manner there is no greater service. That those within incarnation *(inaudible)* can perform *(inaudible)*. We are here to work with you, in the capacity of spoken channels. We've been very pleased with the progress made, however, we feel that in the case of the one known as W we still have work to do in adjusting the contact so that it is both comfortable and *(inaudible)*.

(Long pause.)

(Carla channeling)

I am Laitos, and am once again with this channel. We apologize for the pause, but we believe that the phrase "we pause (paws)" may be quite apt in this case, as the instrument was being sat upon in a most indelicate manner by one of the *(inaudible)*? Now the small "paws" have been readjusted and we may proceed. We request that the one known as W continue offering us an accurate assessment of the comfort of the contact, for we wish to strike just the right balance between comfort and the reassuring feeling of contact being available to make the contact supremely comfortable as possible, but we find that most instruments prefer to have some small conditioning, a name which has been used by this instrument before to describe some physical manifestation of our presence. This includes pressure and movement upon the head, neck and various portions of the jaw as well as certain other visual and bodily experiences.

As to the one known as N, we feel that we have made good contact with this instrument, and only request that we be given accurate information mentally. Here the one known as N desires an alteration of any kind in the conditioning which she is receiving. We would like to work now with the one known as W. We shall speak with a little bit more of a length of message than previously. We request, as always, that the instrument refrain from analysis and merely produce words which convey the concepts received. In all humility we request this not because our message has a sophistication or eloquence, but because we attempt to speak of the truth, knowing that we can only give opinion. We trust that it is your desire also to seek and to speak whatever part of the truth you may see. We shall at this time leave this instrument and transfer to the one known as W. I am Laitos.

(W channeling)

I am Laitos *(inaudible)*. We are pleased with the contact which we have obtained in the one known as W. We would like to request that she refrain from analysis and *(inaudible)* comfort in the knowledge that her efforts are being rewarded by this excellent contact. We would caution her from becoming too involved in the process and instead recommend that she merely observe that which is occurring. We would like to thank her for her efforts in continuing to remain open as a channel, and appreciate her efforts. It is our desire to continue working with the one known as W so that she may be *(inaudible)* this receptive to receiving our information at this time.

We will now leave the one known as W in the love and the light of the infinite Creator. We would like to thank *(inaudible)* I am Laitos.

(Carla channeling)

I am Laitos, and am again with this instrument, and greet you through this instrument once again in love and light. We find a lively energy in this room this evening, the product of happy souls and sensitive ones. Indeed, we find your feelings to be most happy this evening and enjoying the company of their favorite humans. We congratulate the one known as W for maintaining concentration throughout periods of kitty-cat deprivation. We wish now to work with the instrument known as N. May we thank the one known as N for working with us and may we commend this instrument for its care in challenging at our last meditation. It is much appreciated, for we who wish to serve the Creator by being of service to others have no desire to reduce our polarity by wrestling with any other who may wish to contact an entity. When the challenging and tuning are done there is no need, for one by one the less desirable, in terms of the channel's own tuning, contacts are simply removed so that in the end your choice as a channel is either singular or a very good selection of energies or vibrations from which to choose.

We operate upon what you may call a carrier wave which is much stronger than some vibrations used by Confederation members. We are what this instrument would call a broadband contact, and therefore are relatively easy for your instruments to perceive. We are of your fourth-density vibration moving upon vibratory patterns of love seeking wisdom. We wish you to know a bit about ourselves as we grow to learn more about each of you. At this time we would transfer to the one known as N and say a few words about love if this instrument would also refrain from analysis and simply produce words which express concepts which come into the mind. We now transfer. I am Laitos.

(N channeling)

I am Laitos. *(Inaudible)* to increase *(inaudible)* know about *(inaudible)* this *(inaudible)* as well as do not feel *(inaudible)* those who *(inaudible)* seek knowledge of those entities who do *(inaudible)* I am Laitos. I leave you in the light and the love *(inaudible)*.

(Carla channeling)

I am Laitos, and am again with this instrument. We gladly accept this instrument's query that we do come in Christ consciousness, in the consciousness of love. We have not established a fully sturdy contact with the one known as N, and the one known as N therefore is experiencing some surges of good contact and some periods where the contact is difficult. This is normal and we shall be continuing to adjust as the instrument continues to attempt to make meditation a daily habit, so that the necessary concentration of mind for channeling on a steady state basis may be more dependably possible. The amount of concentration necessary to carry a channeling is not necessarily great, but persistence is extremely helpful, for only through practice can one develop the confidence necessary to begin speaking without knowing the whole of what one has to say.

At this time we rejoice that we have been able to exercise each new instrument and would like to transfer the contact to the one known as Jim. Again we leave this instrument with thanks and transfer. I am Laitos.

(Jim channeling)

I am Laitos, and greet each of you again in love and light through this instrument. At this time it is our privilege to offer ourselves in the capacity of attempting to answer those queries which *(inaudible)* Therefore, may we begin with the query at this time?

Questioner: Are you making adjustments on us during the—during our meditations?

I am Laitos, and where it is appropriate we have in some few cases adjoined each of those present in the meditative state without making our presence

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consciously known or identified. We have chosen to simply offer the service of aiding the meditative state by harmonizing our vibrations with it in a manner which offers the possibility of deepening the meditation. In this manner we familiarize ourselves with the vibrations of each new instrument and increase the probability that we will be able to utilize the new instrument in a manner which is more comfortable to that new instrument.

May we speak in any other fashion, my sister?

Questioner: Is there a best [place] of meditation for the *(inaudible)*?

I am Laitos, and we find that though there are various aids to meditation which are generally comfortable, we cannot say that there is any best way for any particular entity to engage in the meditative practice. The intention of the meditation we find to be the most important quality that one may bring to the meditative state. To intend to meditate and to offer the self as a receptive instrument to the instreamings of love and light that are possible to perceive in a meditative state and to do this upon a regular basis we find to be most helpful, indeed. It is also helpful to find a time of the day which may be utilized, a regular [time] and a place which is used for this purpose, and to use the place for the purpose of meditation and for no other purpose is also a manner in which a place may be invested with intentions and a practice of meditation. To choose a time which is full of the quietness is helpful as well, and it is usually recommended that the spine be kept vertical so that the instreamings of love and light, or the prana, as it may be called, may find an easy entry into the energy centers, or chakras, as you may call them.

With these general parameters in mind, one may then adapt one's own desires and inclinations in a manner which feels comfortable to the instrument or to the one meditating so that the meditative state may allow the entity to be nourished in the most efficacious manner possible.

May we speak further, my sister?

Questioner: No, thank you.

I am Laitos. We thank you, my sister. Is there another query?

Questioner: Laitos. We know that you—are you the teacher of new instruments?

I am Laitos, and, indeed, this is correct, my sister. When the opportunity is presented in which we might introduce a new instrument to the beginning practice of the vocal channeling service, we are able to realize the most active form of service that is ours to offer to the third-density population of your planetary sphere. In a less active manner, we also are honored to be able to perform the service of sending the vibrations of what you would call love and light to those entities of your planetary surface of third density which are in need of such emanations in the personal incarnative pattern.

These emanations are sent without any identification on our part, and are most usually perceived as a general feeling of well-being, if they are perceived in a conscious manner at all. It is quite frequently the case that such vibrations shall do their work in a manner which is not noticed by the conscious mind of those receiving such sendings of love and light. In these rays we are privileged to be able to be of a small service to the population of your planet.

May we speak further, my sister?

Questioner: Yes. Does that mean that when I meditate and send love and light to individuals that it's sent through you or that you—or could be sent through you, or do you just send love and light to those who you feel a need?

I am Laitos. In many instances, our sendings of love and light are joined and blended with many other sendings of love and light which emanate both from outside of your planetary influence and upon your planetary surface. However, we do not have the function of, shall we say, a gathering of various sendings from entities such as yourself and then serving as a postman of a cosmic kind and then delivering such sendings. Such sendings are quite able to speed on their way and make themselves felt without any such aid.

We are also able and honored to join any entity in the meditative state when the entity has meant or requested that we do so. This, however, is a service which we provide to far fewer upon your planetary surface than we enjoy when we are sending the emanations of love and light as a general blessing, shall we say. To all those requesting such aid we would hasten to add that we are not alone in this service and are joined by many, many other beings that are not upon your planetary surface and who

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also send their emanations of love and light to those requesting such.

May we speak further, my sister?

Questioner: No. I wasn't thinking so much of the—but, if I wished to increase the amount of love and light or to join you and others in sending love and light to someone upon this planet, is that, would that have a greater effect or amount of love and light sent to that individual?

I am Laitos, and if our understanding is correct, my sister, the words suggest that your sendings are of an urgency which is quite equal to our own, for we each are a portion of the Creator, and the conscious incarnative intention to make the gift of love and light to another is a sending which is most propitiously potent, and in no need of addition. However, we might suggest that all such sendings tend to attract each to the other as likened vibrations so that there is a harmonic resonance that is set up when such sendings are offered, and this resonance then blending the sendings of many and all which make such offerings then increase the vibrational frequency of such sendings in order that those requesting such shall have a greater opportunity to be bathed in the love and light vibrations, and to be nourished in the metaphysical sense by them.

May we speak further, my sister?

Questioner: No, thank you. I appreciate your answers.

I am Laitos, and again we thank you, my sister. Is there another query at this time?

Questioner: Yes. Are you involved on a physical plane?

I am Laitos, and am indeed an individualized portion of that which you have called a social memory complex power. Our population of souls is of the fourth-density vibrational frequency in which we have the honor of pursuing the understanding of compassion, the offering of love to those whose call equals our ability to serve. We have, as you have surmised, evolved from a planetary influence similar to your own in that it was a third-density planetary sphere. During which …

(Tape ends.) ♣

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Sunday Meditation
February 22, 1987

Group question: Concerning the uses of anger, how anger can be used in the metaphysical search.

(The rest of the tape is blank.) ♣

The L/L Research

Channeling Archives

Transcripts of the Meditation Sessions

Volume 9

February 24, 1987 to October 30, 1988

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1987

February 24, 1987 to December 30, 1987

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Intensive Meditation
February 24, 1987

(W channeling)

(Inaudible) wish to reassure them that she is responding well and to relax … We wish to allow her the opportunity to serve … without those feelings from … we are having some difficulty and wish to request that she refrain from analysis at this time. We would like to … define our source challenging. She is tuning much more … toward that which is essential. Request that she allow more greater contact and this is simply accomplished by removing her thought processes to allow more greater love through … channels. We would like to thank the one known as W for allowing us to use her as a vocal channel. At this time we will leave her in … the infinite Creator and transfer to the one known as Carla. I am Laitos.

(Carla channeling)

I am Laitos, and greet each again in love and light. Through this instrument as well we thank the one known as W, for the presence of mind necessary to initiate contact represents quite a substantial step forward in the process of learning to discern personalities within the universe of unseen personalities. The ones known as Jim and Carla were somewhat puzzled by our obvious presence yet their inability to hear our words, for the initiating of contact is not often done with this little previous experience. Thus, we are pleased with our disciple and thank the older instruments for not speaking what they did not hear and the new instrument for speaking what they did hear. With such simple honesty might all entities become magical!

The one known as W shall be offered our assistance not only in the training, which we of the Confederation of Planets in the Service of the Infinite Creator feel able to offer in the area of vocal channeling, but are also willing to put ourselves at this new instrument's disposal at the point at which this new instrument decides to explore some of the deeper motivations for the decision to learn this somewhat unusual gift and service. There shall be things which we are able to offer by our presence during this process, however, there is much work in thought which must [be] accomplished before this portion of our instruction may transpire.

Due to the necessity in contacting other contacts which may desire to speak, that the one contacting such entities must needs be single-pointed as a plane, and, in the sense which this instrument has read in spiritual literature, a warrior able passionately yet dispassionately to participate in the present moment with utmost appreciation and grace. Thus, this is a period in which the work of meditation shall be most valuable, for it is in the relaxation of the everyday personality that the more metaphysically alive portions of the subconscious mind and spirit complex may grow and reconfigure patterns and

designs in order for an ever-improving subjective balance of personality.

Thus, we acknowledge to the one known as W that it is possible and perfectly acceptable that at the end of our tutorage and assistance this entity may well desire to be in relationship with a non-Confederation contact. We have the most cordial relationship with many of your so-called inner plane entities whose intentions towards incarnate individuals of your planetary influence are identical to our own, and thus we ask the instrument to channel what of our ideas and concepts it can by virtue of its own biases of mind, heart and spirit, knowing that there may well, if the entity experiences all appropriate stimulus, be more comfortable and more highly efficacious channeling [of] an entity which of its own self desires to speak through the one known as W.

We shall release this information, asking the entity to ponder it not because we are right or telling a great truth, but because were there no circumstances leading to a further eventuality of other channeling, yet still the practice of meditation and the careful seeking for the center of one's being are occupations which cannot fail to aid and improve the circumstance of any seeker.

Again, if this series of thoughts is not helpful, please leave it behind. We would at this time transfer to the one known as Jim for the purpose of answering any questions that those present may wish to ask. We now transfer. I am Laitos.

(Jim channeling)

I am Laitos, and greet you once again in love and light through this instrument. We are happy to be able to offer ourselves in the attempt to speak towards those concerns which you may have this evening. At this time may we ask if we may speak to a query?

W: In regard to the information which you just gave us, I would like some clarification in that to make sure I understand correctly what you just said, and by continuing to work with you through this weekly meditation group and by continuing on my own in terms of just meditation that I can learn to be an effective channel, and that if I so wish I could channel what entity feels most comfortable for me. Is this correct?

I am Laitos, and this is basically the thrust of our suggestion, for you are, as you are aware, able to engage in the service of vocal channeling with greater ease than most new instruments due to a preparation, shall we say, which has become more visible and usable within your incarnation at this time. We are aware that there is the possibility that the kind of contact which you have now begun to enjoy through our working with you is that which may continue in your future experience and that which also may be added unto as you discover further abilities to expand your service with entities which may or may not be members of the Confederation of Planets in Service to the One Creator.

There are many entities who are a part of what we find is called the inner planes of this particular planetary sphere who also seek to speak through instruments for the purpose of not only inspiring an instrument but of sharing information through an instrument with those who may seek in a fashion which is congruent with the entities making the contact. Thus, in whatever manner you choose to continue this service, we wish you to know that we appreciate the opportunity of working with you and we join you in expressing the desire to be of service to the one Creator and to those about you through this kind of service.

May we speak further, my sister?

W: *(Inaudible)* know that I appreciate your willingness to work with me. I'm curious about the entity that channels through *(inaudible)*, Brother Samuel, in that I was wondering what density he is in and in relation to what density the Confederation is?

I am Laitos, and to begin with the latter portion of the query first, those of the Confederation of Planets in the Service of the One Creator are composed of a variety of vibratory levels, including some of your own planetary sphere of late third density who have for a great portion of what you call time been able to appreciate a fourth-density vibration of love and understanding. Our membership includes the densities of love, of wisdom, and of unity, numbering four, five and six.

The opportunity for densities beyond the fourth to speak through instruments upon your planetary surface is greatly less than it is for those of the fourth density for it is towards this density of love and

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understanding which our planet—we correct this instrument—toward which those of your planetary sphere now move in their evolutionary process. Thus, it is these types of messages that are most often called for and able to be appreciated by the population of your planet.

The entity of which you speak is an entity which we find to be of a great desire to be of service to others, and beyond this point we feel that it is well to reserve comment, for to comment further in describing this entity's vibratory frequency could seem to be to judge, and we do not wish our words or comments to serve as any kind of stumbling block to any other seeker of truth. In the final analysis, shall we say, the source or origin of any particular contact is far, far less important than the content of the information which any contact may have to offer to any seeker. Thus, the seeker shall determine the information that is of most value to it.

May we speak further, my sister?

W: On that question *(inaudible)* very much appreciate the information *(inaudible)*.

I am Laitos, and we thank you as well, my sister. Is there another query?

W: To get back to the information which *(inaudible)* is there in terms of my meditations, are there any suggestions which would aid in developing communication or receptivity?

I am Laitos. At this point in your study of this particular service, my sister, we find that the ground work is well accomplished and the foundation is laid carefully. When a new instrument has been able to open itself to the contact which we offer to the degree that you have been able and to speak those concepts as clearly and freely as you have spoken them we can only add that the perseverance and the effort is the point most in need of focused attention. The daily meditative time which has been set aside is that time in which the desire not only to seek the truth, as you call it, to serve as an instrument through which portions of that truth may move in inspiration to others, is most helpful in the continuing deepening of such dedication. It is in these moments of communion with the one Creator that one may double and re-double the intensity of desire to seek and to share the truth. Take those times, then, and within the boundaries of your meditation seek to know more and more the heart of your own being and to continue the intensification of the desire to know and to be and to share greater and greater portions of truth.

May we speak further, my sister?

W: I've come to greater awareness of the lack of love for self with this awareness. I guess where I'm not quite sure and am inclined to ask, I have feeling that this has been what has been lacking in my conscious thoughts, what I have been in contact with on a subconscious level, that being my higher self and whatever other contacts have been made. Is this correct, and with this new awareness is this something that we can really *(inaudible)*.

I am Laitos, and we might comment by suggesting the perception which you have shared is in its own way relatively accurate, although there is another way of perceiving the lack of love for self which we would suggest at this time as a method, or portion of a method, for finding greater and greater love for, and by so loving the self becoming more and more able to love other selves about one which reflect to one the nature of self. And that perception is that the lack of love for self may be seen as a means of preparing the self for greater service. As one becomes aware of the lack of love and acceptance of the self, and turns to work upon that quality, one begins to build a stronger framework of the heart of self, and through the strengthening of the core perceptions of and feelings for the self, so is laid a firmer foundation for services that may then be offered to others.

Thus, one may see various imitations, obstacles and blockages not just as hindrances to one's progress, but means by which one's progress may be accelerated, for these areas are what you may call the food for growth, the catalyst, which, when processed, will allow the constant transformation of the inner being and its radiance into the entity and those about it.

Thus, a concentrated effort at working upon one's perception of self can allow one not only to achieve the broader point of view of the self by the self, but also allow one to then move the point of viewing further into the environment about one, and, indeed, to the smallest portion of the daily round of activities, until the creation about one begins to take on the feel and appearance of that which is sacred, unified and full of joy and perfect motion.

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May we speak further, my sister?

W: Is it also that by experiencing certain challenges one in service to the other one is able to understand their situation *(inaudible)* service or help?

I am Laitos, and, indeed, we find this to be quite correct, for within your illusion, most of the purpose and means for fulfilling purpose for an incarnation is hidden from the seeker of truth, even from one who seeks most diligently and constantly. Those times of difficulty are the times during which the greatest growth is possible, for no muscle, be it physical, mental or spiritual, grows stronger through lack of use but only through greater and greater use. In the times of difficulty you are using all that you have of the spiritual, the mental, the emotional, and perhaps even the physical complexes in order to survive and to retain the balanced view. Thus, in truth, one may rejoice in difficulties, for at these times one is offered the opportunity to expand one's limited ability to perceive the Creator in all portions of the illusion and to be of service to those portions which seem unlovable and unacceptable.

May we speak further, my sister?

W: Is that where the concept of letting go comes in, allowing the Creator to guide as opposed to the self trying to manipulate?

I am Laitos, and we find that this is one fundamentally important portion of the opportunity for learning that presents itself in the times of difficulty. The entity suffering the difficulty will, by its very nature, respond in a fashion which is spontaneous, unrehearsed and perhaps even quite out of control as you would call it. Within these responses there lies the reflection of the limitations of the entity which are now presenting themselves for the opportunity of being stretched and expanded to the point where a greater view of the creation and of the self and the relationship between the self and the creation might be observed by the entity.

As the entity is looking upon its own experience and is in the middle of things, shall we say, it will find if the test be true and intensely enough experienced that there is a point beyond which the entity has little effect upon the movement of experience and the outcome of events. At this point the entity, perhaps in meditation, contemplation, or prayer will find it most helpful to surrender the smaller view of the conscious mind and its analysis of what to do and not to do to the greater self, which some call the higher self, and to those forces of light which guide and protect each entity within the third-density illusion.

In this way the entity is brought face to face with its own limitations and its need for inspiration and transformation of its point of view by surrendering the smaller point of view and belief system. The entity is making a path or channel through which aid may be offered by greater portions of the self, including the higher self and those guides and teachers which are drawn to an entity by the nature of its seeking. In this way the intuition may feed and nourish the conscious mind and aid in its expan …

(Tape ends.) ♣

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Sunday Meditation
March 1, 1987

Group question: General question concerning the story in the Bible of Adam and Eve, whether it is an actual story of people that existed, or a symbolic story supposed to show us certain principles, etc.

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a rare privilege and blessing to be called to this seeking group of pilgrims, and we are honored that we are guests at such a banquet of love.

The one who wishes to study the creation may fruitfully study what is popularly called the archetypical mind. Indeed, we know of no better name for this informational treasure house than the mind of the archetypes. It is archetypes, rather than individuals, which the stories of creation seek to illuminate, for creation of self-consciousness begins, subjectively, after creation. The consciousness [which is] conscious of creation is only that of the Creator, and within the illusions which all of us enjoy there is no direct road to clear perception.

It is necessary that expression be general, for the witness to creation is mute and lies within the infinite mystery of the potential intelligence of the uncreated and created Creator, whose mystery is whole and entire and has not and shall not be disturbed by the puny and petty ponderings of our kind. We are seekers, not finders, my friends.

And so within us lie the deepest hunches of what you may call your races. Upon some planets, all have the same archetypical mind. Some of the confusions about creation lie in the various stories of creation, generated by the archetypical minds of those from different planetary influences. There are many such upon your particular planet. It is well, in considering the archetypical mind, to work with a system which is found instinctively by you to be evocative of the rich fruit of suggestion and inference, for each image is designed to center one within a portion of deep knowledge about one's origin and definition, one's way of progression and hope for the future.

Let us look at the most well-known myth within this group of entities. In this story, the first man is made greater than all the animals and able to talk to the Creator. Now, my friends, there is rich food for thought in this image, and, indeed, one of your teachers makes fruitful use of the theme in what you call the parable of the prodigal son. Each of you has an Eden, a time of untrammeled and untroubled beauty, a golden time when the body, soul, mind and heart felt good, at home and well. The sun was happy and even the rain hardly noticeable. And yet somehow, somewhere, through the process of all the years of incarnation, as you call them, you have left the garden—and how alone you feel!

Yet, both in and out of the garden, there comes the second archetype—the helper. Each entity has

within it the lonely warrior and the helper, the fount of all wisdom and solace. Your Logos has created a strongly biased sexual differentiation so that although each male and each female experience both needs, yet still to the male is given the striving for the freedom by nature; to the female, the centered feeling of untold riches of happiness, solace and peace.

Neither males nor females experience enough of freedom without an emotional bias, and neither males nor females experience most purely the joy of being of total service. Yet by the sexual choice of a chemical body at the beginning of incarnation each of you has chosen to experience the male archetype or the female archetype as regards that which is demanded by the culture. It is to be noted that only in highly cerebral cultures where education has been carried far does the idea of interchangeable roles surface, for it is not an idea which fits naturally with the genetic disposition of the third-density body which has been issued to each of you.

This is one small example of the archetypes which may be studied in the creation myth. Also of interest is the introduction, very early in the myth and with repeated emphases, of the eventual and inevitable fall, for repeatedly the archetypical male and female choose freely to disobey the Creator to whom they can talk. Each of you may feel a desire to speak directly to your Creator, but perhaps if the Creator's face were familiar the Creator might be taken for granted. Perhaps the Creator which is a mystery is the more understandable Creator and the more to be appreciated.

When the female archetype known as Eve met with the instrument which removed the couple from the garden, it was at the behest of a very important figure. It is to be noted that in the Tarot the serpent is the image of wisdom, and so it is intended in this creation myth which draws heavily upon the same cultural material. It is wisdom which can be the most effectively negative creation, for an over-abundance of love is more difficult to twist entirely. The habit of over-stimulation of the intellect is far more likely to end in a negative movement. Yet, does not all of your experiences as a race and as individuals depend almost completely upon the presence, the enthusiasm, and the action of the serpent in your lives, those seemingly negative forces which cause one to be experiencing life outside the garden, where each day has challenges and it is difficult to express or even feel faith and passion, hope and joy?

Yet is it not, when you look back upon those times that you see so often the greatest of progress made during those difficult times? What to praise and what to blame about the creation of the Father? It is difficult, nay, let us say impossible, to call any portion of the creation bad, for the debt of the pilgrim to the negative population upon your planet is great. You are experiencing life both in and out of the garden. Each portion of that story is a portion of a complex series of archetypes. The study of the archetypical mind is most helpful, yet we would not encourage you to study to the extent of mental and spiritual indigestion in order to feel that you are progressing along the spiritual path.

We would at this time make note that those things which are most important to learn, to grasp, and to make a part of the life are those things which are simple and devoid of the complexity of language and ratiocination, for you seek that which is found in silence and in eternity. You seek, therefore, in a foreign language and in an alien land, yet it is your native tongue and your native home. The language of the heart shall speak for you in the kingdom you now seek. We await you there and are with you there this moment. As your consciousness points and wills and meditates itself to be, so you shall be.

Be careful what you desire. Be assiduous in your meditations, and may you have our greatest thanks for asking us such an interesting question. It has been our pleasure to talk upon the subject and we hope that we have said a few things which may spark other questions or give you food for thought. Of course, we are fallible and prone to error, as is any seeker of mystery. If there is aught said that grates, please ignore our humble words and continue seeking, serene and confident in your own judgment.

We find that the there is a desire for one of our comrades to speak through the one known as Jim, and so at this time we shall leave the group, thanking it for the blessing it has given us in being able to share time and thought with you. We especially greet those whom we do not see each week, for to us all times are the same, and it is a great joy to see each soul with whom our vibrations have learned to dance in rhythm. We leave this instrument now, and each of you, in the love and in the light of the one infinite

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Creator. We are those of Q'uo. Adonai, my friends. Adonai.

(Jim channeling)

I am Latwii, and we are most happy and honored to greet each in love and in light. It has been quite a period of your time since we have been able to speak through this instrument to this group and we are very happy that we have been called this evening and we offer ourselves at this time in the attempt to speak to those queries which you may offer to us. May we begin, my friends, with a query?

J: Would you explain the relationship between Q'uo and Latwii?

I am Latwii. I am not Q'uo. We may suggest that the relationship is that of fellow seekers. As those gathered in this domicile are each seekers of truth, sharing that seeking and sharing the path, so we share with those of Q'uo and with many others as well the seeking for truth in the vibrational frequency of wisdom or light. We are similar to those of Q'uo in that we are what you have learned to call a social memory complex, that is, a grouping of mind/body/spirit complexes which seeks as one being the nature of truth.

May we speak further, my brother?

J: I understand what you just said. Normally in our sessions, the question and answer session is also handled by the same entity that is channeled during the session. Can you explain [why] Latwii has decided to come through for this particular question and answer session?

I am Latwii, and we are happy to speak to that point, my brother. As we cast our thoughts back in your time, we find that there was a time during which we also spoke in the capacity of those of Q'uo in giving the opening message and followed that service with the honor of attempting to speak to queries. This service has largely of late been offered by those of Q'uo, for this group has in its progression of experience attracted to it this group of entities now known to you as Q'uo which is able to speak to the concerns of this group in a fashion which is more closely aligned with the group's seeking.

We have been called this evening to offer our services in the answering of queries by a member of your group which remembers us in, shall we say, our heyday when we spoke as the primary contact of this group, and we are honored to once again be invited to this group, for it has always been our joy to offer our services to this group, for this group has been able in most instances to grasp the ridiculous nature of our sense of humor when we have been able to express it through the rigid confines of this instrument's mind.

May we speak further, my brother?

J: No, thank you, that cleared that up. To get back to tonight's session, I would like to ask a question about the archetypical mind of … Let me regress just a minute. It was stated that wisdom, being the archetype of the serpent, was responsible basically for the ousting from the garden of Eden. Am I to understand from that our overindulgence in intellectual pursuits, rather than pursuits of the heart, does that lead to our ousting from the garden of Eden even today? Does that make sense?

I am Latwii, and we feel that we have the gist of your query in our grasp, and we shall respond with that supposition in mind. Please query further if we are mistaken.

The concepts, as we have listened to them being shared this evening, concerning the wisdom and the movement of the archetypical energies of the male and female principles out of the unity that was prevalent within the garden of Eden, as it is called, are a force; that is, wisdom, which allows for the gaining of experience by those portions of the Creator which comprise Its creation. This movement into experience is that which entities seem to experience from the state of grace, harmony and unity which is the nature of the garden of Eden in which all is provided without the need for seeking or striving or experiencing of any kind. Yet, it is the purpose of the creation to provide the Creator means by which It might know Itself in ways not available without the creation and without movement from the unity occurring within the creation by those who populate the creation.

Thus, those principles represented by Adam and Eve, the male and the female principles, present in each entity, are provided the necessity as well as the opportunity of gaining experience in order that the consciousness which they represent might become individualized to the extent that greater and greater experience is gained and greater and greater distortion, shall we say, or movement from unity

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results, thereby creating the need or the antithetical movement to again rejoin the unity of all creation, bringing with this movement back toward unity all experience that is gained in the movement from unity, thereby glorifying the Creator by the bringing of the harvest of experience home, shall we say.

The tendency of the quality of wisdom to individualize itself in consciousness is a tendency which can be intensified to the extent that an entity may so separate itself from all about it that it travels its journey of seeking upon the path that you might call the negative path, or that which separates self from all other self.

The compassion or love which the entities knew within the garden of Eden, and which seems removed from them as they journey from that garden, are forces which are most easily aligned with that quality that you might call the positive path or the radiant path. These qualities of wisdom and love are the representations of the nature of the Creator in creation, that any entity might choose as the path upon which it shall journey back into unity with all the creation and the one Creator.

May we speak further, my brother?

J: I think I understand most of what you said. Let me just ask one further question. Is mankind journeying back toward the garden of Eden, or away from the garden of Eden?

I am Latwii, and we assume that your query refers to the mankind that is the inhabitant of your third-density illusion, and if this be the case, we would suggest that your population within your vibratory frequency is that which is perfecting that quality of self-consciousness which is able to choose the path upon which it shall return to that condition of unity which is represented by the garden of Eden within your holy work.

Thus, the great journey that has been set upon in the creation has reached its culmination within beings such as yourselves who have succeeded in individualizing the consciousness to the extent that to most of your population it seems that each entity is quite separate, one from another, and that there is very little that connects beings in the creation, and that the creation itself, indeed, is that which is many things, each separate from the other.

Thus, at this time, those of your population of third density are beginning the process of making the choice which shall allow the return through much of what you call time and experience and the refining of those choices made within your illusion, back to the unity of all things and beings.

May we speak further, my brother?

J: No, thank you. That's all the questions I have tonight.

I am Latwii, and we thank you, my brother. Is there another query?

Carla: Yes, I guess I'd better ask S1's question. This is from S1. She sends her love and realizes that this is not precisely philosophical, and realizes that you do not infringe on free will, and anything you can say will be fine.

She says that in her sleep she's been going up against a glass wall, and when she wakes up, she's coming back through the wall, but she can't remember what she was doing on the other side. She wonders if she will ever be able to remember, and what the nature of the wall is?

I am Latwii, and we find that with this query we move quite close to the potential for infringing upon free will, and shall do our utmost to walk that line carefully. We may assure the one known as S1 that the process which she is now undergoing is one which is the normal outgrowth of her own inner seeking. The experience which she is able to remember will continue to expand in detail according to her ability to utilize in a conscious fashion the information which is contained therein. We may not speak as to the content or quality of this information, for this is that which is of necessity reserved for the exploration of this entity within her own experience in contemplation and meditation.

The protection that she has provided through ritualized intention is quite sufficient to give this entity the assurance of safe passage during her sleep and dream periods in which the passage through the wall occurs, and we commend this entity for its diligence in taking the time to provide itself with this quality of protection.

We can recommend to this entity that the focusing of the attention at the present time upon the feeling tones [that] are present when she is able to recall any portion of this experience is that which shall be helpful in tracing the path that now is only dimly lit, and which will, with time and intention of seeking,

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become more discernible to her subconscious and then conscious mind. The contemplation and meditation upon these feeling tones will prepare the conscious mind to accept more and more of that which is available to it through the subconscious mind from the experience that occurs beyond that wall of forgetting.

May we speak in any further fashion, my sister?

Carla: No, I'd just like to thank you for S1, and to tell you that I know she'll be very happy with the answer and really appreciates being able to contact you. And if she has another question, she can write me back and I'll ask you then. It's nice to hear you.

I am Latwii, and we thank you both, my sisters, for we take great joy in having the opportunity of speaking to each such seeker, and we are especially grateful that this instrument has provided us the opportunity to utilize its abilities at this time. We were about to make a somewhat less than serious comment about its abilities, but refrained at the last moment, for fear of causing too much giggling within a mind which needs a firm center at the moment.

Is there another query at this time?

J: Yes, I have a question. It harks back to the answer you just gave, one portion of it which is a small portion, but probably very important. I've always had a kind of thing about worrying about negative influences, when I meditate, entities that may be negatively inclined influencing me. I've always basically, and I know Carla and I have had discussions and she has chastised me lovingly a few times for my views on this, but I've never worried about negative entities influencing me or messing with me in any way. Sometimes, I used to think, well, maybe I'm just popping off, maybe I really do worry about it, or I'm afraid of it deep down. But I don't think I am, and I've never been one to back off from, if someone had something new they wanted to try, even something as silly as getting stoned and meditating real heavy or something. But, whatever, I mean, this would seem this would leave me open to a negative influence.

And my question, after all that is, you said that you appreciated that S1 protected herself against a negative influence on her journey. Can you, if—would a strong or a firm belief that you can't really be influenced by these negative entities be the same, sort of, and adequate protection against that? I don't really doubt they exist, but …

(Side one of tape ends.)

(Carla channeling)

I am Latwii, and we are again with this instrument. We may agree that the attitude of which you speak is of great assistance in providing the self with the armor of light that sings of radiance and service and of the sure step upon the path of seeking. This is a most helpful attitude for most entities who seek the nature of their reality. The more intensely one desires to be of service to those about one, the brighter does the light grow. This light is of a metaphysical nature, seen in these realms as a source of power, the power of radiance, the power of service.

There are those entities who travel a darker path who also notice a source of light and power and are attracted by this light so that they might continue upon their journey of gathering power for their own use, and will, if the light is powerful or bright enough, attempt to infringe upon that light in the attempt to gather it for their own use. This is a process which provides the natural balance, shall we say, within all life patterns, for the opportunity to taste of the positive polarity must be balanced with the opportunity to taste of the negative polarity. The entity who seeks within your illusion is one which faces choices at each step along the journey of seeking. That which is learned, then, creates within the entity the need for putting that which is learned into practice within the life pattern. Thus, the life must equal the learning.

If an entity has begun choosing in a purely positive fashion the path of radiance, and within its life pattern from time to time makes choices which do not reflect that which has been learned, and in fact become disharmonious and perhaps injurious to those about one, there is created within the life pattern an opening which may be accentuated by those of the negative persuasion, shall we say.

This is a natural process of testing that which has been learned, and may be used by the seeker of truth to reinvestigate and strengthen those qualities that have been found to be less than perfectly integrated into the life pattern. Just so, the qualities of the positive polarity may indeed be intensified by those of the positive path in the same fashion, so that one

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finds oneself usually in a manner which is not consciously noticed, traveling a path which has, shall we say, opportunities or tests which will allow the entity to demonstrate its ability to live that which has been learned, and to continue refining this ability until it is consciously moving itself along the evolutionary path in a fashion which perceives more than the outer nature of things.

Thus, there is no, shall we say, negative influence which is possible without the invitation or opening being created by the seeker. The attitude with which the seeker greets all such possibilities is the attitude which will increase or decrease the efficiency of the seeking.

At this point, we would ask if we might speak in any further fashion, for this is a field which is quite large in scope, and we do not wish to move too rapidly across it without asking for further queries.

J: I believe I basically understand what you've said so far. And that's sufficient. I sometimes wonder if I were really consciously tested in a real heavy manner, that is, if I did see a ghost, what would I do? Maybe I don't have … I wonder. I guess I question my conditions. Maybe I've got my light under a bushel basket and I haven't attracted anything for that reason. I'm not sure. But at any rate, I believe your answer is sufficient for me at this time. Thank you.

I am Latwii, and we thank you, my brother, and would only add that this process is one which is not usually noticeable within any seeker's life pattern, but is part of the great mystery of seeking, which each of us attempts to unravel as we continue in our journies.

Is there a further query at this time?

S2: Latwii, this is not really a question—I'm hoping you can give me one of your confirmations. I saw several, what we erroneously call aliens, apparently working on R, and I wanted to know if you could confirm for me that that was indeed what was going on?

I am Latwii, and we choose at this point to speak in a fashion which shall not be overly specific and therefore risk the infringement upon free will. We scan your recent experience in order to discover the nature of this experience. It is possible for us to affirm that your vision is that which has seen the aiding of the one known as R in a fashion which is congruent with this entity's belief in the state of what you call health being a function of the attitude of mind and the attracting to the system of belief of those qualities of mind which have been lacking, shall we say, and which have provided the opportunity for the balance that will then set the stage, shall we say, for the regaining of that quality that you call health.

May we speak further, my sister?

S1: No, I think I'll have to read that one first. But, I wanted to ask you. Could you tell me why, whenever you show up, I get this really wonderful happy feeling? And I don't ever get it when anybody else shows up. And I was just wondering if you can tell me the reason for that?

I am Latwii, and as much as we would like to inform you as to the particular reason why you find our humble vibrations helpful and happy-making, we must refrain at this time, and are only able to give our gratitude in response, and we thank you for your happy reception of our vibrations. We look forward to all such opportunities of sharing, my sister.

Is there any further query?

Carla: I'd like to follow up on S2's. Is what you were saying was that S2's vision was a materialization very much like psychic surgery where it was a manifestation, an illusion, but a manifestation, symbolic of the inner healing that R and his higher self or some overshadowing helper or helpers, an inner healing that they were effecting, and that what S2 saw was a materialization which symbolized the inner process. Is that what you said, basically? I thought I caught that.

I am Latwii, and we find that you have nearly grasped the nature of that which we spoke. We would only add that the qualities which the one known as S2 has perceived are indeed representative of the inner work now ongoing with the one known as R, according to this entity's system of belief regards the concept of healing and health.

May we speak further, my sister?

Carla: So you're saying that the manifestation was for S2, but the inner healing process is ongoing and is for R?

I am Latwii, and this is correct. Is there another query at this time?

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S2: I don't have a question, I just want to say, I think it's a heyday every time you show up.

Carla: Hey! With a call like that, he'll be back.

I am Latwii, and we have appreciated both the query and the shared silence. We rejoice at the opportunity of blending our vibrations with yours, and we hope that our humble words have had some assistance this evening to your seeking. We are, as you well know, quite fallible in our opinions and we do not wish any word to be overly weighted in your perception. Take those which do have meaning and leave those which do not. We shall leave this group at this time, rejoicing always in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai.

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Sunday Meditation
March 8, 1987

Group question: "L/Leema: For we wish to speak this evening of a kind of gem which is not found under the earth, the kind of star which is not found in heaven, a one-of-a-kind item which cannot be purchased. Indeed, we speak of the most beautiful and rare, indeed, unique, of all treasures—the treasure that knows it is a treasure—the self-conscious seeking entity."

(Carla channeling)

I am L/Leema, and I greet you in the love and the light of the infinite Creator. It is a blessing and a privilege to be speaking with you this evening, and our hearts are full with the joy of sharing this occasion with you. We wish especially to introduce ourselves to the one known as B. We find this entity quite sensitive to us, and we bless and greet this entity with appreciation and love, as we greet all whom we have had the privilege of meeting within this circle of seekers.

We find ourselves able to proceed in quite a leisurely manner, due to this instrument's recent training with the channeling, and would thank the instrument for continuing to work upon the clearing of the mind. It is not remarkable or amazing that the mind is so cluttered among your peoples or that so much unnecessary attention is placed upon unspontaneous creation of sense, for the spontaneously created meanings, symbols and manifestations are those which carry the most life and vigor; those long-pondered, becoming increasingly artificial in feeling. Thus, the most helpful channeling is usually done in a clear manner with the channel [not] analyzing. This is to be noted, for we could not speak this evening through this channel in the way which we shall were the instrument attempting to predict our paragraphs.

For we wish to speak this evening of a kind of gem which is not found under the earth, the kind of star which is not found in heaven, a one-of-a-kind item which cannot be purchased. Indeed, we speak of the most beautiful and rare, indeed, unique, of all treasures—the treasure that knows it is a treasure—the self-conscious seeking entity.

All things are treasures to the Creator, for all things are of the Creator, thus the Creator is in all things, yet there is one kind of created thing which is conscious of itself. The jewel-like quality of self-consciousness is not immediately apparent when viewing the crowded and cluttered lives of the jewels that live about you and the one which lives within your frame, thinking your thoughts. Indeed, although one can easily see the theory of humanity's divinity, it is designed to be quite impossible to perceive divinity in a steady state within most of the living jewels upon your sphere.

The crowding and cluttering of the mind has been placed there so that the self-conscious seeking entity will find itself to be alone. This is, of course, the deepest of the illusions of your planetary sphere, and it is the work not only of eyes, but of all senses of the physical vehicle. The senses of the physical vehicle are designed to convince one of an illusion, to see certain things and assume that unseen things are not real, to feel certain things, and assume that there is no other feeling, and so forth.

Thus, separation, the illusion of separation, is designed into the structure and function of your physical vehicle. Also designed into your physical vehicle are senses which allow you to see that which is unseen, remember that which has not happened, feel that which is impossible to feel, and so forth. However, in most of the entities among your peoples, these senses are not activated. You will find if you will gaze about the younger population of your planet, that more and more entities are being influenced heavily by the new vibrations of your increasingly strong fourth density and are beginning to be able to have access to the finer senses and the manifestations of ability in those senses. There is, therefore, much more connective work being done among your people's work in channeling, work in healing, and work in attempting to become more oriented towards living the life in a conscious manner.

Why have you worked so very diligently and carefully to place yourselves in solitude? This is a question to ponder again and again, for the treasures which come from the exploration of this series of thoughts makes always for a strong meditation.

We shall give some ideas which we have come to perceive upon the subject and offer them to you, knowing that you are aware, but wishing to remind you that we do not have an access to ultimate truths, and are sharing our humble opinion with you for your discrimination. We ask you to use this discrimination.

The greatest use of living in perceived solitude is the extreme artificial emphasis placed upon apparent relationships with other entities. For the third-density seeking entity, the importance in experience tends to lie in perceived relationships and the manifestation and continuation of those relationships, especially those which are the more intimate. If each entity were secure in knowing that all entities are truly one, and that all are children of the Father, the need to work upon perceived biases would be very much foreshortened, and there would not be the great activation placed by nature to improve, harmonize, equalize and coordinate two or more lives which are intertwined.

If two entities are quite sure that they are undeniably one, there is not the need to take the care with the words or actions, to take the thought with personal motivation and moral significance of whims, wants and desires. Further, being perceived by the self as a solitary entity makes it very difficult to assume a relationship with the perfect, the divine, the eternal and the invisible. Yet, within the mind is placed an ever-onward driving urge and instinctive desire to climb the upward-spiraling line of light to the Infinite.

Thus, you have arranged with creation to be incarnated into an environment in which that which you most desire to know is unknowable; that which is most deeply important to you is not to be had. You have placed yourself in an environment of perceived spiritual hunger. You have intended that this hunger will move you forward always, seeking the highest and the best of questions, gazing into the face of mystery without blinking at the shadows which hide all things. You have arranged to perceive yourself as known and the Creator as unknown, not to perceive yourself as unknown or the Creator as known. Most of all, you have hidden from yourselves the perception of yourself as divine, whole, graceful and godly. This is due to the fact that you cannot perceive with any outer sense any of the attributes of divinity.

Why has so much been hidden from you by yourself? Why has the Creator been moved afar off? Why have you armored yourself so thoroughly against a true and lasting understanding?

We may say glibly that you have done these things to prevent yourself from assuming intellectually based divinity, for as the third-density entity seeks love, it has not yet refined its grasp of compassion's great responsibility, a responsibility that equals the joy of actual perception of love.

Let us say that you are a gardener, and you plant and you sow, you till and harvest, and as you reap, you rejoice in the unconscious rhythm and sure deft bloom of each plant. Much, indeed, almost all of your work has been done by rote and without true

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understanding. Yet, by cooperating with the Father, you are able to perceive that which is deeper than the physical manifestation of bloom, for you have touched the earth, the plant, the beauty and the essence of each plant, touched the creation itself in its divinity. And as the creation, except for you, is not self-conscious, it laughs not at you, nor does it make fun. It feeds you with love, it touches you as you touch it, and it blesses you with all of its consciousness, for it does not believe itself to be alone.

There is, in the relationship with the Father, a dependency, a perceived dependency which angers, or at best, irritates most third-density entities, unable because of perceived solitude to see that you and the Father are one, that there is no difference in identity between yourself and the divine, but only a difference in the degree of blindness of all the inner senses which may be available to you, but open and viable to the Creator within. For if the Creator is far away, yet is the Father also near, far nearer than your breath or your bones, far more able to speak than your own limited self, equipped with a far wider and wiser grasp of actual priorities, advantages, disadvantages and right action.

Given the need to make an important decision, as indeed all moral decisions are, one would seek the advice of the wisest friends before deciding what should be done by the self. Yet, when one is faced with the need to seek the will of the Creator, the need is perceived as an enslaving and limiting one. Yet this perceived clash between personalities is an illusion. The choice—since each seeker is truly divine, in potentiation, and to a large degree in physical activation—the actual decision is whether to operate with most information removed from the process of decision, or to operate with as much information as possible, even though the conscious solitary self is usually not very aware of these facts in any conscious manner, after seeking guidance from the higher self, angelic entities, guides, what this instrument calls the Holy Spirit, or the Creator in whatever form you may understand it,

We ask you to experiment with breaking the chains of your solitude. It is a fool's work, and the world will tell you so, as will your own sense of perceived freedom. Yet, as each entity is a seamless portion of an infinite creation, is it not better, upon the pilgrim's path, to take each step with a feeling, a hope and intention of being one with the Father, whether the way be difficult or smooth? Yet, the greatest degree of freedom upon the path is not in the avoidance of the stones alone, but rather in some instinctive understanding which comes from a sense of where one is proceeding, whither one is going. For if the way is rough, yet it is known in some deep part of the unconscious soul that it is necessary to move this way to avoid deeper and rougher roads. If it is known that this is the way which must be gone to reach the end of the next adventure, to reach the next oasis of consciousness, then shall not all useless delay be stopped, and all energies be placed efficiently in the going?

Why were you born in a body which tells you you are alone? Where shall this question take you? We hope it takes you deep into mystery, deep into some attempt to grasp the relationship betwixt yourself and others and yourself and the divine within you, and most of all, yourself and the Father, for if you interpret the illusion through the eyes of the Father, you shall see a kingdom unavailable to those who see only with the eyes of the world. For all who are solitary, are sad, and see all of the darkness as if it should never lighten, all the despair as if it should never fade, all doubt as if it shall never stop, why do you feel solitary in such a crowded universe? Why do you feel lack and limitation when there is naught but love? Beings of light, we rejoice upon the path with you, and are most, most happy to be speaking with you.

It is not our forte, shall we say, to do the work which the one known as Q'uo does. Thus, it has been some time since we have been called to this group, and we are again most happy to be sharing with you. At this time, we would transfer to the one known as Jim, in order that any questions which any may have might be answered. We thank each, and offer ourselves as those who would join in meditation if mentally called. We do not wish to speak with any which are meditating alone, but only to be and to share the meditation vibrations in such a way that we may perhaps deepen the meditative state. We leave this instrument now, again with thanks, and move on to the one known as Jim. I am L/Leema.

(Jim channeling)

I am L/Leema, and we greet you again through this instrument in love and in light. It is our privilege at this time to offer ourselves in the attempt to answer those queries which each may find of value in the

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personal seeking. We remind each that we give but our fallible opinions, and do not wish to place any stumbling block in the path of another. May we begin with a query?

Carla: Well, if we are divine, how come we screw up all the time?

I am L/Leema, and, my sister, we look upon the query as that which is contained within a certain point of view which is the property of the illusion through which you move, for if you had but eyes to see beyond those veils which hide your own divinity, you would discover that those times of difficulty during which you seem to miss the mark and miss it yet again, are times in which you prepare within your being the opportunity and potential for enlarging your experience not only of yourself and your illusion, but your experience of a portion of the Creator, and by so doing provide the one Creator an opportunity to gain the knowledge of your experience in a manner not possible should you not be providing the avenues of exploration that your consciousness devises.

Within your illusion, you measure yourself and your activities and your thoughts, your responses, and every portion of your illusion that you can see and touch and about which you may contemplate, meditate and pray upon, for your illusion is one of seeming limitations, and within this illusion of limitations, the measurement of each portion is of great interest to those who inhabit your illusion, for it is the beginning effort to explore the creation about you, that has told you you have come a distance and experienced many things, and have yet a great distance to go, a distance which knows no apparent end. And as you measure yourself against your growing concept of that which is infinity, you will find that you constantly fall short of equaling even your small concept of infinity, and, even further, your concept of the illusion in which you exist and the accepted manner of moving through the illusion that is recognized in your own philosophical and religious constructs.

Thus, to take a portion of the whole, and to look upon it with the eyes which see only dimly and for the most part rest upon the exterior appearance of things, is to guarantee that the self, which you feel that you are, shall continually fall short of that self which you intuit that you truly are or can be. This falling short and the frustration which comes from it are most valuable assets in the drawing forward of the self and the focusing of the attention so that there might be a progression of experience through which you come to know greater and greater portions of the creation and the Creator which lie all about you and within each portion of the creation.

May we speak further, my sister?

Carla: Only on the related point, because it was in the message. I didn't understand what the channeling meant when I got the part about the physical body being godlike in activation, mostly, or something like that. There was some aspect of the actual physical body that was divine. I just wonder what that might be?

I am L/Leema, and we feel that our response might be most direct if we suggest that the physical vehicle which provides the means of locomotion through this third-density illusion for each of its inhabitants is a conscious and intelligent portion of the same Creator that creates all experience within and beyond your illusion. Thus, the physical body is a being with a type of concept system which operates in what seems to be an independent fashion from the mind and spirit complexes, in that the physical vehicle is nourished by the constant application of direction, movement and the qualities of fertility, shall we say, that are associated with the root or base energy center, those related to the sexual reproduction, the nourishing of the vehicle through food intake, the rest and exercise, and the preservation of the integrity of the vehicle.

Thus, the physical vehicle in its own right perceives the illusion in which you find yourself at this time, and rejoices in the aliveness that propels it, and in the direction of the conscious mind which focuses this vitality. Thus, its divinity is pure in its beingness and its uninhibited expression of the life force which moves through it.

May we answer further, my sister?

Carla: Just so that I can understand you. What you're saying, then, is that, as instinctual animals, as second-density animals, the human animal as well as all other animals without self-consciousness, is divine. I know I've read a good deal about the strength of light and the strength of the Creator being in each cell of the body, so I can accept that okay. Is that what you're saying?

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I am L/Leema, and this is the basic thrust of the information which we have attempted to share with you upon the topic of the divinity of your physical vehicles. The divinity of all creation is that which is represented in a dynamic fashion within the …

(Tape ends.) ♣

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Sunday Meditation
March 15, 1987

Group question: How does consciousness group itself? Do we have conscious or spiritual families that we incarnate with? How do these groupings of consciousness express themselves? How do we discover them?

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator. We have greatly enjoyed sharing meditation with you and would speak with you this evening, as it has been our privilege to be called to you. We ask you, as always, to be aware of our fallibility and to realize that we are but fellow pilgrims, reaching a hand back to those a few steps behind us on the trail, and in no wise to be considered without error. We hope we may help, of course, and it is our privilege to be asked to do so.

We talk to you this evening about families, for you have asked what the nature of the spiritual family is and on what pattern we are, as entities, grouped throughout the planetary influence and throughout the infinite creation.

The concept of spiritual family is one which is difficult to address in a clear manner, because the perceived spiritual family or apparent spiritual family is by far more important to any entity within incarnation than the actual spiritual family in the absolute sense.

Therefore, as in many things pertaining to the greater understanding of things pertaining to incarnational experience, the best tools for working upon incarnational experience are forged within the experience, and pragmatism is found to be useful as a tool of thought.

The perceived spiritual family is all-important, for it is through what one is capable of perceiving as spiritually akin to one that one hopes to be able to enlarge one's understanding of the feelings and experiences which fill the cup of spiritual communion. The pilgrim hopes always to learn more and more about the spiritual nature of all things, and to redefine relationships along more freely flowing and spiritually encompassing lines.

However, it is the rare pilgrim in third density who is perceiving the absolute spiritual family. Indeed, all third-density entities begin with the harvest of second density, the spiritual family of one other entity, and the offspring of that entity. This spiritual family is the instinctual parent of relationships and the archetypical one of your physical vehicle, thus influencing much of the thinking within your species. It is to be greatly appreciated as the rich fount of catalyst it is.

In much of third density, the true spiritual family is greatly limited due to the perceived spiritual family's being the biological family. Because the long trail of

incarnations forms patterns of association throughout thousands of your years, there began to grow in your species' present density experience the network of larger spiritual families, and, indeed, society as you know it today is a vast honeycomb of those whose memory, could they but see it, includes each other in vast and interlocking networks.

At this level of networking, the spiritual family is perceived through a feeling rather than through intellectual thought, and one experiences what this instrument would call the feeling of "birds of a feather flock together," the feeling of comfortable association with those whose thinking seems comfortably fitting with your own. This is a further substantial step in the perceived spiritual family.

One who perceives these networks of kinship has managed to begin the linking of all the species. Indeed, perhaps it has become obvious by now that we suggest that the spiritual family which may perhaps most come at the start and root of all other concerns for family, is the family of humankind which will attempt in fourth density upon this sphere to form a fourth-density positive social memory complex. Each connection made lovingly and freely, being manifested, draws closer to an entity the realizations of honest kinship which can only be felt by first extending kinship.

The leap of faith, as this instrument has it in her mind, is always necessary, for any transformation of thought is preceded by a desire to know, which precipitates the use of will at some point. Change is painful, and one who seeks to know his spiritual family shall endure the pain of each family member's miseries, for it is so that all who are conscious of the self suffer.

In suffering, much is learned. In dying, life is gained. In each resurrection, improvement is taking place. Yet, these things are not clear when one sees the hungry, the imprisoned, the sad, the fearful, and the alone. If a pilgrim wishes to know its true spiritual family, walk all the streets, deserts, jungles and battlefields of your sphere, and know that there is no spirit which breathes within physical manifestation that is not your own self—part of you, part of creation, part of the only heaven that is thinkable, the heavenly kingdom of wholeness and completeness, the one infinite jewel of existence,

There is one original Thought, one Creator, and one Creation. When you have become—and you will—a fourth-density social memory complex, you will begin to learn further lessons, lessons that if you only were clear enough, your bodies could teach you now, lessons of your true kinship in unity, not only with every atom of living energy in the infinite creation, but through thought with the one great original Thought, so that more and more consciousness becomes that of the Creator as well as the created.

Much is ahead, my children. There is truly nothing that is not one with you, and there is no consciousness that you do not share. Yet each within a family is unique and each within the family of your sphere is unique. Many are aware now that it is time to feel the family working more closely together, and you have called this networking. Think of it as reunion as well as work, for in the instinct to network, you may see the instinct that calls all to the family reunion.

Be aware that you did not enter this lifetime to enjoy the comfort of a family alone, but also to gain strength from it, that each may do its work with more love and more peace, that more hearts may be made merry, and more spirits at rest through the radiance of each light worker. In order to keep the self clear enough for what each came to do, we ask each to meditate on a daily basis, if for only a few minutes. That regular opening is all-important, that dependable silence life-giving.

We have enjoyed using this instrument and speaking with you, and we thank you for your energy and attention. We would at this time transfer to the one known as Jim. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and light. At this time it is our privilege to offer ourselves in the attempt to speak to any queries which those present may have for us. Again we remind each of our fallibility and our desire to serve by offering that which is our opinion and that which we have found useful upon our own journey of seeking. With that understanding, may we begin with a query?

Carla: Yes. What did you mean when you called me a yokel?

I am Q'uo, and, my sister, we were attempting to blend our vibrations with yours in a manner which loosened your own, and in this attempt we found this term to be helpful in describing the pure and simple manner of your being which allows us to

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speak through it, and we meant to imply that this was a happy country comfort, shall we say, that which could be said to be something of the yokel.

May we speak further, my sister?

Carla: No, I just wondered. It threw me. I must have challenged you ten times, I couldn't imagine why you said, "I have to go talk to the yokel." *(Giggles.)* Who were you talking to?

I am Q'uo, and we thank you for your query, which we find humorous as well, for we were speaking of your instrument in this case.

May we speak further, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

G: What do we look like to you from your point of view? Could you describe us?

I am Q'uo, and, my brother, this query we feel is best answered by suggesting that we perceive you with more than the physical optical apparatus and to describe our perception of your vibration is best accomplished, we feel, by suggesting that that which is of importance in your journey of seeking, that which you are and that which you draw unto you, we perceive as a vibration, a note, if you will, that identifies a quality of being that vibrates in resonance with a greater or lesser portion of the environment or the creation about one. Thus, we see and feel and hear and sense your beingness.

May we speak further, my brother?

G: Well, nothing more specific than how you perceive my beingness?

I am Q'uo, and we perceive you, my brother, as one note among many.

May we speak further?

G: Do you like the note that you hear?

I am Q'uo, and we find great joy in perceiving this note that represents your beingness and take double joy, shall we say, in discovering it to be another part of our own being and of the one Creator as well.

May we speak further, my brother?

G: No, I enjoyed that. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

G: I don't know if this is appropriate, but I was wondering if you had any insight into what lessons might be involved for me in having the seasonal sensitivities to pollen? This is for curiosity. I thought maybe there might be something interesting there for me to look at.

I am Q'uo, and may not speak in specifics in this instance, my brother, for, indeed, that which is of value in this query is that which has the greatest value when discovered through your own efforts, and we would not take that from you, but may speak in a general sense to suggest that if the experience of the allergy or any physical distortion leaves the impact of importance upon one's analytical and emotional sensing complexing, that that distortion then be looked upon as a symbol or direction indicator that may be pondered in meditation and in contemplation for any further image that may follow the original focus, and if the sense of value or importance continues, then the following of the images that present themselves to the conscious mind may then lead one to a less distorted image of the treasure which waits within.

May we speak further, my brother?

G: Yeah. It would be nice to have it rephrased in a little bit *(inaudible)* way. I was thinking about it this morning when I was walking on a path in the woods and I was smelling various smells and really enjoying the experience. And we stopped because I smelled a smell that smelled like honeysuckle. And so I went over and I found where the scent was coming from and I really enjoyed that. It was like finding a real neat discovery. And then we walked down the path a little way and I started sneezing. Could you maybe rephrase, using some of that, not specifically for me, but just using that kind of example or something so I can get it in my mind what you're saying a little more clearly?

I am Q'uo, and it was our desire to suggest that the enjoyment of the scent of the flower, as well as the response of the allergic reaction in this instance, if they can be said to have value or importance in one's spiritual journey, this experience will repeat itself in a fashion which is able to catch the attention, and the attention, then, over a period of time, will focus in contemplation, and, if able, in meditation, so that the sense of the value of the experience may be

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discovered in image which then points a direction with inspiration and enlarging of the point of viewing, so that the heart of what is available to one through such experience might be approached ever closer.

May we speak further, my brother?

G: No, I like what you said. *(Inaudible)*. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

G: Do you like our music that we had this evening? *("The Green Cathedral," duet, a capella.)* Do you like New Age music? Do you have any preference between them?

I am Q'uo, and we find that the expressions known to your peoples as music each contain a delicate and unique portion of the one Creator which we experience more likened unto a symphony of sound and vibration, and each note of your experience excites that portion of our being which we share with you.

May we speak further, my brother?

G: I'll tell you, the way you're talking, I feel as though I limit myself tremendously, and yet you seem to take a tremendous pleasure and joy in so many aspects of how you perceive us and all of our world. It's really amazing.

I am Q'uo, and, indeed, we are in awe with you at the magnificence of each and all.

Is there another query at this time?

Carla: We thank you, Q'uo.

I am Q'uo, and it has been our great privilege to share our humble thoughts with this group this evening. We look forward, as you would put it, to all such events, and cannot thank each enough for allowing us this honor. We are known to you as those of Q'uo, and we leave each in the love and the light of the one infinite Creator. Adonai, my friends. Adonai. ❦

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Intensive Meditation

March 18, 1987

(Inaudible)

(Carla channeling)

I am known to you as Quanta. I do greet you in the love and in the light of the one infinite Creator and am sorry for the amount of time which it took our entity to examine, rehabilitate and use a thought form which was available to us. We were not ready for the challenge of this instrument for we were not completely familiar with the entity Jesus the Christ. However, we are of a vibration which is a blend of two worlds—the metaphysical planes exterior to your planet and the metaphysical planes interior to its sphere of influence.

The need for the teaching of somewhat different techniques indicates that there need be a meeting of the minds, shall we say, from an inner plane entity of green-ray energy known as Quanta and those of Laitos whose carrier energy greatly aids in the new instrument's facility in improving the channel.

We would start with the concept of the instrument as each element. It is well that the instrument be aware that each element has a rhythm, a dance and song, a pattern energy which is a signature cutting across and undergirding all manifestation. The one who works with natural energy is the one who perceives the dance, the song and the rhythm of each element. Sit upon the earth preferably in the shade, or within the cave to experience the meditation *(inaudible)*, the meditation of the body. Do you not know that no eagle which ever flew failed to have a need for the earth; some tiny piece of earth to sustain life, to nurture young?

Your physical nature speaks to you with nothing more than dust and nothing less than the Creator. Meditation of the body is the first meditation, and each time the feet caress the earth it is well to meditate briefly upon that brother, that sister, that mother and father, that child which shows off in all of its glory.

Let each footstep be a rich experience in the Creator, and know as you gaze into the earth of another's eyes, that you gaze also in to the Creator's, for relationships betwixt two immortal creations of the Father are not horizontal from earth to earth but upwards to the Creator, back down to the brother or sister, and heart to heart betwixt both the triangle of earth and the Great Father. It is well to make that triangle as tall and thin as possible until you see each child *(inaudible)* as a child of the Creator and each cave not only as earth but as infinite sky, infinite love, infinite light.

We appreciate this instrument's strictness in refusing the contact which was clearly perceived when we were unable to speak to the challenge and request that this instrument improve its discipline so that the process might be uninterrupted. We would at

this time transfer, if we are able, to the one known as Jim. We are known to you as Quanta.

(Jim channeling)

I am Quanta, and greet you in the love and light of the one Creator. We thank this instrument for allowing our contact and for offering the challenge in the Christ Consciousness and service-to-others polarity, which we appreciate as well. We will take some time in adjusting our contact to this instrument for we are not as easily perceived by this instrument, but move with a lighter touch.

We would attempt at this time to utilize this instrument in its usual capacity of offering the vocal channel for the question and answer portion of your meeting. Thus we shall now ask if we might speak to any concern or query which those present may offer.

Carla: You are a combination of a social memory complex and a person from the inner planes, or a kind of person, a tribe?

I am known to you as Quanta. And we are what you would call a beginning complex of entities who have achieved the green ray vibration of compassion and understanding which allows our seeking to go forward as a unified conglomeration of mind, body and spirits and we have a contact and connection with this planetary sphere which is of a seed-like quality in that we now make it our home, though we are originally of another influence and have removed ourselves from that planetary influence of what you know as the third density in order to begin the new cycle of learning within this planetary influence and we serve as somewhat of the, shall we say, advance guard or servants that shall make this planet its home and we are thus newly—we search for the word—[confirmed] members of the Confederation of Planets which offers itself in service to the one Creator.

Does this speak to your query, my sister?

Carla: Well, to a certain extent. I'm trying to figure out what … So what you are is the … the small but growing … a fourth density memory complex … social memory complex of Earth, is what your saying, right?

I am Quanta, and this is correct, my sister.

Carla: The name is evocative of more that one giant step … One quanta is a quantum. Is there some purpose to naming yourself two jumps forward, which is what that kind of name connotes?

I am Quanta, and we have chosen a name which in your manner of speaking reflects the great leap in conscious awareness which those of our grouping have achieved together and thus many have taken the great leap of faith and moved their being to another level of perception which now offers its lessons that shall again inspire the stepping forward into the mystery of the one Creator.

May we speak further, my sister?

Carla: Well, I'll shut up in a minute … I'm just trying to figure out who you are and why you're here. What relationship do you have to any contact that wishes to work with my student on the inner planes? I had some perception while I was channeling that that was part of what was said. Am I incorrect?

I am Quanta. We have a connection with any upon your inner planes who have moved in their evolutionary journey upon a path which has this planetary sphere as its source and thus these entities who are of your planetary influence have occasionally offered themselves as contacts for third-density incarnate entities upon your planet through intermediaries that may make the transition more easily accomplished. That is necessary for those of the inner planes, as you may call them, in order to contact incarnate entities of the third density who have perhaps more difficulty in perceiving some contacts of this nature due both to the inexperience of the contact and the inexperience of the instrument. Thus, as we have both become members of the Confederation of Planets in the Service to the One Creator and inhabitants of this planetary sphere, we are in a unique position which allows us to serve in the capacity of intermediaries which may hopefully aid both the contact and the new instrument in the service which is possible through the vocal channeling.

May we speak further, my sister?

Carla: No, I'll let you go now. I think I understand what you're here for now. I'm glad you're going to help W and … You sound really interesting and I know we will be glad to listen to your opinions too. Nice to meet you and be talking to you soon. Thanks. That's all from me.

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I am Quanta, and we greatly appreciate the warmth of the reception and the care in the discerning of the nature of our being and purpose, for we do not wish to impose our being or purpose upon any who does not wish such. Is there a further query to which we may speak?

Questioner: I'm confused.

(Group laughter.)

Carla: Well, you're not the only one.

Questioner: I don't understand what's going on or why … Quanta, perhaps you can simplify things for me?

I am Quanta, and we have a difficulty with this instrument for it has its own difficulty in perceiving our contact and it is somewhat reluctant to continue.

Carla: Let … hold onto the contact …

We do not mean to suggest that this instrument will not speak. It merely needs a moment. You are most helpful. We are merely those who seek to aid new instruments in contacting those sources of information which lie beyond the conscious threshold when these sources have offered themselves in a manner which may be of service to others, yet which may be aided by the help of those such as ourselves in making that contact known to new instruments.

May we speak further, my sister?

Questioner: So you serve others as an intermediary *(inaudible)*.

I am Quanta, and this is correct, my sister. May we speak further?

Questioner: *(Inaudible)*.

I am Quanta. May we ask if there might be a further query to which we may speak?

Carla: I would ask one more short one. You can merely confirm or tell me that I'm wrong. Is the reason that you cannot immediately answer the challenge of Jesus Christ that there is too much of Jesus who will come again to judge in my … in my concept of Jesus in my challenge and not enough of pure love? I've often thought that the Old Testament should perhaps be burned.

I am Quanta, and we found when faced with your challenge of our being and purpose that we needed to examine the nature of the challenge for there was contained within it the concept of the judgment of which you speak that somewhat distorted the pure emanation of the love of service to others which this entity's incarnation was the pattern that was offered for example. We were able to, shall we say, dismiss the more questionable portion of the characteristic of judgment and move to the heart of the nature of the challenge and determine from it that our vibratory nature was indeed in harmony with the challenge offered.

May we speak further, my sister?

Carla: No, thanks.

I am Quanta. May we speak to a further query?

Questioner: Would you *(inaudible)* evolve from the third density of another planet?

I am Quanta. This is correct, my sister. Is there another query?

Questioner: *(Inaudible)*.

I am Quanta. We seek to give this instrument that vibration of sound complex which you call name but find that to this instrument it is as foreign language which … which makes no sense to ear or tongue, thus we must apologize for the difficulty in the translation.

May we speak to another query, my sister?

Questioner: *(Inaudible)*. Did you just recently come to this planet in fourth density?

I am Quanta, and this is correct, my sister. We are quite new to this particular planetary influence and the ways of your peoples in the speaking and conceptualizing of thought and will be somewhat limited for a portion of your time and experience in our ability to speak in a manner which holds the greatest of sense for your manner of perceiving experience.

Carla: Tell me Quanta, did you come just to …

(Side one of tape ends.)

Carla: *(Inaudible)*. Did you come just to help W or did you have some things that you wanted to say in general?

I am Quanta, and we have found that this instrument has the necessity of attending to the mechanical device and we therefore paused for a moment in order to allow this instrument to complete its task. We have joined your group in

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order to provide those services which may facilitate the exercising of the new instrument known as W and in offering our services in whatever manner is most helpful according to the needs of any who should join this group and seek to become one who serves as a vocal instrument. We have our own journey of seeking and move upon it in harmonic resonance with this particular planetary influence and take our opportunity to serve in whatever manner may present itself and lie within our capabilities. We have somewhat less of a reach, shall we say, in the scope of our experience but may perhaps be able to utilize our newness to this planetary influence and its birthing fourth-density environment by serving as what we have described as intermediaries that are somewhat more recently familiar with the nature of the third-density experience and are also becoming informed as to the nature of the fourth-density experience in which you now find yourselves for the first time.

May we speak further, my sister?

Carla: No, thanks.

I am Quanta, and we appreciate your queries. May we speak to another?

Questioner: Are you the energy which Laitos mentioned in a previous meditation that was … that wished to realize me as their local channel?

I am Quanta, and am one of that naming and seek to introduce your instrument to yet others if the desire and progress upon this path of service continues to grow. May we speak further, my sister?

Questioner: No, thank you.

I am Quanta, and we thank you once again, my sister. Is there a final query?

Questioner: No, thank you.

I am Quanta, and we thank this group for allowing our presence and our thoughts to move through it. We would also thank this instrument for allowing our contact to continue at those times when it was somewhat in doubt, shall we say, as to the nature of our contact and the purpose for speaking to your group. We look forward to any future service which we might offer and share with this group and until that joyful time we shall bid each the fond farewell, leaving each in the love and in the light of the one infinite Creator of which we are all a portion. We are that portion known to you as Quanta. Adonai, my friends. ✤

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Intensive Meditation

March 25, 1987

(Carla channeling)

I am Quanta, and I greet you in the love and in the light of the infinite Creator, of whom we are only all an infinite part. It is our privilege to be speaking with each of you this evening, and we greet each with love and with the desire to aid. We are aware that you would know more about us, and as we are still adjusting to this instrument and to the energies of this group, we shall chat a bit about ourselves in order to allow the group to continue tuning and to become more and more the infinite circle of one who seeks the truth.

We are several, in that we are a voice representing those of the Confederation whom you call Laitos, by whose wisdom you are being coached and aided vibrationally, and within the inner planes we represent also the potential for a contact with the instrument known as W. We ourselves are much as you are, with one single difference. We have made our choice, and we gaze now upon a task which makes the choice seem almost ridiculously easy, just as any refinement process becomes by degrees more and more painstaking.

The green-ray density, as this instrument calls fourth density, is a most congenial place in third-density terms, although you will undoubtedly be not particularly happy to know that the learnings which await us now seem as challenging as any ever did within any illusion. Yet, we, perhaps greatly more than you—or perhaps not—have a trust not often given to third-density entities in the relatively stable nature of the Creator and the Creator's representatives within any particular energy pattern or sphere of influence. As we attempt to learn our lessons, we hope to be able to serve, for in serving, we shall indeed learn all.

Do not mistake us for those who are wise. We are new to love and do not yet grasp the rudiments of wisdom. However, we believe that we are able to mesh energies and make them more compatible so that the transition, should contact and channel agree to work together, may be made with comfort and ease to the greater illumination of those who would be inspired, but without unnecessary difficulty to the instrument.

We thank each for settling down and firming up the energy patterns of this circle. We would like to, shall we say, interface to and exercise each channel. We ask each channel carefully, as always, to tune and challenge and just as carefully avoid the analysis messages while the message is ongoing. We would leave this instrument now and transfer to another. I am known to you as Quanta.

(Carla channeling)

I am Quanta, and am again with this instrument and greet each in love and light. We have found it

necessary to pause, for the intention of our amalgamation was to transfer to the one known as Jim, which has *(inaudible)*. We apologize for this and we transfer to the one known as Jim. I am Quanta.

(Jim channeling)

I am Quanta, and greet each again in love and light. It is somewhat of a puzzle to this instrument as to why we have chosen to exercise it at this time. We have chosen to offer our contact to this instrument in order that it might also work upon its art, that of refining the abilities of the vocal instrument by the use of a technique which more approaches the word by word means of transmitting concepts. This is a new phase for this instrument, for it is one of those which functions as a rule by the clothing of concepts that are transmitted with words in order that that which is given in the contact is then mated with the ability of the instrument to utilize the choice of words in the chiseling of the message, shall we say. This is a function which we also enjoy offering to instruments which have the desire for continuing to improve the means of service which they have chosen.

At this time and before we attempt queries, we would attempt to make our contact known to the instrument known as W. If this new instrument will refrain from analysis of the thoughts which are sent and speak them as they are recognized, the process of transmitting our thoughts will be most easily accomplished. We shall transfer our contact at this time. I am Quanta.

(W channeling)

(W's channeling is lengthy but inaudible.)

(Carla channeling)

I am Quanta, and greet each again. We thank each instrument for working with our energies and for allowing us to blend them with your own. From our viewpoint we find it a creation of much beauty, the blending of vibrations betwixt entities, and especially betwixt the groups of entities, for there are many, many overtones and undertones to a unified group which create ever more varied and beautiful designs throughout the vast panorama of energy patterns in the infinite creation.

We would commend each upon the mechanics of channeling and request only that the reaction to the pauses between ideas and subjects not be a hasty one. To the relatively inexperienced channel, the pauses between thoughts and ideas may seem so very long that it may seem that the contact has been lost. However, each will find that we produce thoughts upon a subject in increments which are quite unpredictable, in such a way that if only the first train of thought is channeled, the basic message will be offered, or at least as large a portion of it as can be subsumed within one paragraph. The next train of thought shall be the second priority or the next most central thing which we wish to deal with, and so on, until the experienced channel sometimes has the patience to come to the end of all that we prepared to offer upon assessing the energy patterns of the group and of the individual channels.

The service of vocal channeling is aimed towards inspired speaking. It is designed not only to allow our voices to be heard, but to allow each instrument to make full use of its own instrument, full use of the tools offered by experience, education and any other asset which may be translated into spoken words which may aid those who seek the truth. It will not therefore be surprising that we hope more and more to sail off with each channel upon the voyages of thought rather than discourses only upon channeling itself.

There were those portions offered to each of those within the circle which were missed, and we include the instrument now speaking who misses perhaps not as much as it once did, but remains over-hasty due to lack of experience. Indeed, we might encourage each to be more and more conscious of the self as channel at all times, for there is a channeling process that operates within any conscious entity which desires the channeling process to be contained within the self, opening to the self all of the usually hidden resources of the deeper mind.

The same clearing and focusing of thought, the same tuning and the same challenging turned inward are tools which may aid a conscious speaking person to be, though conscious, yet also in an augmented state due to the process of deepening and [revering] the energy centers and the state of concentration.

We come now to some thoughts for the following few days. Picture with us if you will the great eagle which soars to the sky, and then picture the meditation of sky, for you who are earth-bound

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must use imagination as eagle's wings to mount up to the ethers which move forever towards the shining One. Gaze with eagles upon the white, white heaven which fades not away, but flows endlessly towards the illimitable white light. The clean, sharp river of good, which is the air, moves supporting the eagle, never combating, for the eagle meditates and does not struggle. The eagle soars and moves not one pinion, but only gazes and sees and acknowledges the white light, the white sky, the white river, and the white flood that moves from heaven in reflection to the beloved Earth, touching with white fingers all still things like the breath of the Mother, moves to touch all dead things with the life of the Father. Those two embrace all things in the Great Spirit. Hope then, and seek the feathers of the eagle and the eye to see the white sky.

Before we leave, we would say to the one known as N not to feel because there is not an entity which has already sought contact that these exercises are in vain. We hope we may be of service not only to those who wish to be vocal channels, but also those who wish to be in service to the infinite Creator in some capacity. We say to you straight that no matter what your service may be, the clear perception of it and wholesome unfolding of it rely heavily upon the process by which a channel becomes transparent before an acceptable inspired contact. We do not mean to make ourselves proud by calling our contact inspired, but only to express in a brief way that many, many inspirations may come from clearing the mind and seeking the will of the Father, for there is and has been and shall be agreement made betwixt each pilgrim and the Creator which it seeks, agreements to which you shall not often have conscious access, but agreements which come to one and feel appropriate. May these lessons bless each as we are blessed by your presence as we give them.

We would transfer now to the one known as Jim in order that any questions you may have … questions you may have may be entertained. We thank you and would leave this instrument. We are those of Quanta.

(Jim channeling)

I am Quanta, and we are honored to be able to offer ourselves at this time in the attempt to speak to those queries and matters of concern that may be with you. Without further delay then, may we ask if there is a query with which we may begin?

W: I have a query. I am under the impression that Quanta is a new fourth-density entity. Is that correct?

I am Quanta, and this is correct, for we who comprise the grouping that is known to you as Quanta have found this planetary sphere that is your home is to be ours as well at the dawning of your fourth-density experience, and we have the honor at this time in joining this planetary complex somewhat early as you may call it and serve in the manner that we now …

(Side one of tape ends.)

(Jim channeling)

I am Quanta, and am again with this instrument. Is there another query?

W: Yes. Do you service any other third-density *(inaudible)*?

I am Quanta. At this time we have the honor of speaking in the capacity that we now demonstrate with this group only with this particular group, though we offer ourselves to other groups by moving amongst those which call for our vibration and blending ours with theirs in a manner which allows the experience of love and compassion for an entity. Thus, we move in unseen patterns which may offer encouragement and inspiration that is offered by many such as we.

May we speak further, my sister?

W: I have another one. Is there some connection between the meditation which you suggested and what I would think about as relating to the *(inaudible)* this past week?

I am Quanta, and the relationship is that of balance, for the experience of the cave and the particular experience by which you came to ground yourself, or should we say to begin this grounding, must needs be balanced with the opening of the self through the concept of what you would call infinity which is represented by the air or the sky. In this manner you begin to build a foundation within your inner being which may eventually allow the expression of the vocal channeling in a stable manner through your instrument.

May we speak further my sister?

W: So what you're saying is [that] as you grow roots, you can also grow branches, right?

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I am Quanta. This is correct. May we speak further?

W: *(Inaudible)*.

I am Quanta, and we thank you, my sister. Is there another query at this time?

N: Yes, if you please. You spoke through the entity known as Carla and mentioned that I should not feel that I am trying in vain, so actually tonight I did not have a contact with you?

I am Quanta, and your contact with us was quite real, my sister, and we are quite pleased with your progress at recognizing our contact and verbalizing it. Your progress is to be commended. We were also desirous of assuring you that though the one known as W experiences our contact as an intermediate step, shall we say, in order that perhaps another contact which seeks to express itself through her instrument might do so, and such a contact has not [been] described for your own experiencing, that you would not feel that the learning of the vocal channeling was an expression that was in vain.

May we speak further, my sister?

N: So you're saying that because of your contacts with our group, either partially or mostly, it is to help W to be in touch and be able to recognize the contact of another entity which has been trying to come through her?

I am Quanta, and this is basically correct, my sister, though we also rejoice at the opportunity of working with each instrument within this group and allowing each instrument the opportunity to expand its abilities within the service of vocal channeling.

May we speak further, my sister?

N: No thank you, but I don't think that it is in vain, and I feel that I am almost glad that I'm further behind so that I can learn by example through other people. And I do appreciate being part of the group tonight. Thank you for your concern, and I do not feel so bad. Thank you.

I am Quanta, and we thank you, my sister, for allowing us the honor of working with you. Is there another query at this time?

W: Are you saying that you're sending us a lot more information than we're picking up and vocalizing?

I am Quanta, and this is correct and is a normal state of affairs for any new instrument, and indeed for many who are quite experienced in serving as vocal channels, for that which we have to offer may be seen to be offered with various levels of meaning and expression possible to the discerning inner ear. We may liken the message which we offer or which any contact may offer through an instrument to be likened unto one of your own beings, that is, composed of a foundation which may be seen as the skeleton, to have upon these bones flesh which fills in certain areas and brings a continuity to the being, which may further include the life blood and thinking mechanisms which enliven the being and give it a vitality that is quite easily recognized as being more than mere bone and flesh and blood.

New instruments and those still refining the art of vocal channeling must easily perceive the more general of the concepts and means by which they can be expressed. This is likened unto the bones of the skeleton, the basic fabric of the message. As an instrument becomes more practiced in its art, it is able to open itself so completely that more and more of what is available is able to be perceived by the instrument and expressed in a manner which gives more life and richness to the basic message that is being transmitted, for though we are limited by the very nature of words in contacts such as this, we can assure each that words may be used far more fully than most of your peoples realize in expressing those concepts which are able to be expressed and in pointing towards those that are quite beyond expression and capture by any word.

May we speak further, my sister?

W: Are there any suggestions about my challenging and my tuning?

I am Quanta, and at this stage of your experiencing of the vocal channeling we may recommend that practice upon that which you have devised is by far the most efficacious means by which to improve your art. As you choose that means by which you tune your instrument and the means by which you offer a challenge of the nature of any spirit or entity who wishes to speak through your instrument, you then intensify this technique by practicing it, [and] thus do you empower that which you have chosen by the repetition.

May we speak further, my sister?

W: No, thank you.

I am Quanta, and we thank you my sister. Is there another query?

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Carla: Thank you. I enjoyed working with you.

I am Quanta, and we have greatly enjoyed this opportunity for exercising each instrument and blending our vibrations with yours in a manner which allows us to perceive a portion of your experience and to see the variety and richness with which the Creator expresses Its own being within the one creation. We look forward to each gathering with this group, and at this time would leave this group, rejoicing in the love and in the light of the one infinite Creator. We are known to you as Quanta. Adonai, my friends. ♣

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Sunday Meditation
March 29, 1987

Group question: The effect of Christianity upon the movement of the planet into fourth density; whether it's a helpful or hindering factor, or just how it works.

About relationships—how does one determine whether there is still love enough or reason enough to remain with a partner; what is the real binding force of a relationship?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator, the Creator whose love abides before, after and beyond all created things, and whose light forms all created things. I greet you, my friends, in the reality expressed in symbols of illusion. I speak to you as one who lives to those who walk in sleep, and in this mysterious way we explore together the mystery of love, light and reality, we who are creatures, never having seen all of reality, we who are finite, gazing at infinity.

And yet, we journey onward from realization to realization, ever finding the face of mystery to be that of love, reflected in the smile of those who show the Creator's love to us or speak the inspired word which comes through them to us. And we thank you that you have called us to speak with you this evening about the greatest single catalyst which involves those of third density in their seeking for spiritual evolution.

Relationships are the heart of your question, for the one query concerns when relationships betwixt two entities are helpful and when they are not, and the other query involves when Christianity is an helpful relationship for seekers to commit themselves to or not. Yet are not both queries concerning relationships?

And so we would speak upon the illness and health of relationships, not covering this deep subject, but perhaps provoking some further thought. If we are able to do this, we shall be extraordinarily gratified, for we are clumsy with your language and are grateful to vocal channels such as this one, that we may at least attempt to clothe our poor concepts with some semblance of grace.

It is written in your holy works that the master known as Jesus was once asked as to the purpose or the cause of a blind man's infirmity. The crowd wished to place blame upon one side or another of a relationship within a family. Was it the blind man's family's fault, or was it the fault of the blind man?

The teacher known to you as Jesus answered the query in a way which often has been misunderstood as an avoidance of the question. The master said, "For neither reason was this man blind, and blame belongs to none, but rather it was a design whereby the Creator would be glorified."

When two entities become mated, the landscape seems beautiful, prospects seem unlimited in the richness, value and joyfulness of experience to come, and all of life may seem as pleasant as the day which each in this group has experienced, the golden sun bringing ever more fullness to the celery green of young leaves, the cheerful forsythia and daffodil greeting the spring breeze, the spring of new grass and soft rain, the sound of bird calls and happy children at play.

When one forms an alliance with any religion, there is a mating betwixt an entity and the face of the Creator, the nature of the mystery, which the entity believes that that particular path shall best show to his or her. And so the individual's relationship with an individual or the individual's relationship with a societal entity which seeks the truth begins. An honeymoon ensues, wherein all that is good is shared freely without thought for the self, for one his been taken beyond the self in some realization of the Creator's face in the other individual or in the path which is offered by the spiritual organization.

It is easy to presume that relationships betwixt people and relationships betwixt people and organizations are different, and from detail to detail, this may indeed be so. But perhaps it is helpful to realize that in any relationship which a seeker has with anyone or anything, the fundamental dynamic in the relationship as concerns this entity is the entity itself. It is inevitable, just as fall and winter follow spring and summer, that two people shall finish their honeymoon and embark upon some challenge together—or apart. It is inevitable in any spiritual search within an orthodox religious path that the seeker shall find doubts so overwhelming that trouble clouds its relationship with the spiritual organization.

In both cases, the unfortunate actions which are catalyst for the seeker by an entity or an organization or entities within an organization shall be blamed for difficulty which is experienced by the seeker, and the attention is then turned outward in an attempt to find a way to repair, mend or replace the ailing relationship.

There are many options which the seeker may choose when attempting to assess right action within a painful set of circumstances which involve disillusionment at a relationship. Many of your peoples automatically choose to avoid pain, and by doing this they move into another arena, and inevitably seek other relationships with entities or organizations which will inevitably disillusion them once again, for it is the nature of the illusion in which you experience life at this time that all things shall pass, all successes shall fail, all days shall become night and all joy sorrow. It is equally inevitable that all sad things shall be made glad and all night end in dawn and sunlight.

Another option available to the seeker in a difficult relationship is doggedly to endure without analysis or thought, trusting that the night shall become day, the pain shall become gladness.

The third area of options is perhaps the more fruitful of the three we offer you for thought, and that is the withdrawal from decision-making and from the company of the relationship which has caused confusion for a period of personal, intimate and extremely private contemplation and meditation.

For you see, the conscious self of the seeker sees the relationship for the first time as it reacts to the catalyst which has been prepared before the incarnation by the self and all those parts of the higher self which become ultimately the complete expression of love of the one Creator. All good and all difficult things, alike, have been offered to you by yourself, not either to endure or to avoid, but to learn from, to study, to ponder, to reflect upon and, finally, to make choices on the basis of what has come to you in the process of seeking.

This cannot be done while the catalyst is present and you are busy reacting to the catalyst, thus gaining experience but not being free to evaluate experience. There is no time when meditation is not extraordinarily helpful, but when one wishes to know where the kingdom which you seek lies, where love lies, where right action lies in a difficult situation, it is well to go deep within in faith and trust that there is a sense of right action within you, given before time and space began, purified and clarified by dedication to seeking and continuation of meditation, so that the seeker becomes more and more profoundly aware of when the still, small voice, as this instrument would say, might cause the feeling of right action to surface.

The most difficult thing for the seeker who lives within the dream and gazes hopefully towards reality to do is to wait, to wait for clarity to come. Clarity can come from within, yet not from without.

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Inspiration can cause one to think more deeply or with more faith, or perhaps have the will to work harder to evaluate experience, but no outside influence can truly aid spiritual choices, for only free will choices of the individual move one forward in spiritual evolution.

What you call church and what you call the mated relationship are equal partners in preparing the student of truth for more and more realization of where that truth might be and where it might not be. Personal and church related relationships equally are either helpful in preparing one for the fourth-density experience, or directly harmful in keeping one from being ready for the great challenge of more light, more love, a finer vision of reality, and a greater responsibility for manifesting it in the life experience.

Let us separate our subjects for a moment, for perhaps some of the differences cause the two who have these questions to be dissatisfied with this generalization.

The Christian's vision of Christianity is not one vision, any more than the Buddhist vision, the Shintoist vision, and so forth, is unified. Although each entity which calls itself Christian, for instance, believes because it has spoken a certain symbol it is a member of a great group, nevertheless, each individual is doing no more and no less than seeking the face of the great mystery of the infinite Creator, just as each non-church-going entity does or does not do. How many Christians there are who have no interest whatsoever in seeking the truth, but are responding to stimulus much in the same way that a second-density animal which moves with the pack follows the leader of the pack, and behaves as does his group. There are the most extravagant extremes, from what Christians call sainthood to what Christians call great evil, within that great body of entities called Christianity.

The one known as Jesus knew that the third-density experience was coming to an end, and hoped not only for a few to learn of forgiveness and redemption but for all to know the love and the light of the one infinite Creator. The creature which has grown up from this teacher's body of instruction bears almost no resemblance, and certainly no ideological resemblance, to the nature of the community of those who love each other, which the teacher known as Jesus the Christ wished to form.

Indeed, the one known as Jesus sought only to form a fourth-density experience at the ending of third density, and so is the spirit of those who wed or are mated in commitment intended to bring one more and more to the love that sacrifices all, to the caring which owns forgiveness and disowns any negative omission, wishing only happiness for the other self which has become the most loved self, the object upon which all virtue may be spent. In neither case can any two experiences be described together. Where then, in any situation of relationship, does the decision alight but with the entity who seeks the face of mystery for itself.

We ask those who ponder a choice to have infinite patience, if possible, and in order to have the patience to wait long enough for inner certainty, it may be necessary to seek solitude, time and space apart from that which puzzles and confuses one. There are no good or bad choices in terms of finding what Jesus the Christ called the Glory of God. There are many less efficient choices available to the entity which cannot wait long enough to receive that inner certainty, which shall be his or hers at some point when the waiting, the seeking, the praying for understanding has been fully accomplished.

If there is waiting and no hearing until one leaves the physical body, that too is acceptable, for the only element which polarizes an entity towards the love and the light of the infinite Creator in service to others is the simple and fastidious determination to await a knowledge of the higher will of the higher self, a knowledge of where and how glory and love shall enter the experience. Anything can be endured, if it be endured in certainty of the rightness of one's actions. Very little can be endured if the entity feels that enduring such is harmful for one's spirit.

The least helpful element of the mind, body and spirit during these times is the intellectual mind, for filled with reactions and emotions it cannot control, in situations too intense to easily and comfortably tolerate, the entity must seek avoidance, and that which must be done is usually done in such a way that much of the richness of the experience is jumbled, confused and lost.

Those who are Christian and those who are mated have a great deal in common, in that both the mated relationship and the spiritual mated relationship of the brothers and sisters of any religion expect and hope of each other that each will be a mirror to each,

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telling the truth, yet telling it with compassion, supporting while criticizing, constructing while changing.

When relationships are not such, it is time to await the consciousness within, for we can to the best of our limited knowledge assure you that wisdom comes to those who wait, in the watches of the night and in the noontime alike, for night and day alike have their lessons and realization shall come when least expected. May your ears be ready to hear and your eyes ready to see the harbingers of right action for you yourself, and may you never, never consider it the responsibility of another to have any part in the creation of a life lived towards spiritual evolution.

We feel in the silence about us the many thoughts of those who wonder why there cannot be said to be a preference, at least for harmony, betwixt peoples, and a looking forward together to the new age of understanding and love. May each experience such lovely pleasures and may each rejoice in those seasons when such occurs, yet when an individual's love seems to fail one, when one's religion or path seems to fail one, it is time to trust the desert experience of deprivation and want, pain and sadness, loss and disillusionment, not taking them as realities, but as illusion, just as the peaceful and contented times are illusions.

If each entity, whether seeking in relationship with another entity or with a societal religious group, could learn as intensively and carefully in each pleasant moment as it learns when faced with painful challenges, challenges would not have to be built into the life experience. But contentment and happiness seem to dull the powers of spiritual observation. Sharpen your ears, your eyes and your heart, my friends, in good times, and diminish painful experience. Yet when painful experience comes to you, seek to know in faith and will to remember that the desert experience shall give way once again to the experience of plenty and peace.

Therefore, seek during this period not to act in this way or in that, but to remain a listening, watchful, prayerful entity, open first to the voice of the Creator within, and only secondly to these things about one which demand the reaction, the emotion, the manifestation. Create your manifestations insofar as it comes naturally to you in any situation, and know well within yourself when you have not created, but have reacted.

You shall achieve the fourth-density level when your criticisms are only of yourself, your actions are taken because within you feel them to be so and right for you alone, and when the opinion of others is nothing more than interesting.

To sum, we may say that no outside element, including the most powerful group upon your planetary sphere, has power over you unless you as an entity react in a way you would not. Thus, seek always to know yourself more and more, to be yourself more and more, and to experience the glory of existence and consciousness with gratitude, only secondarily wondering what to do next, where to go next, and so forth. May your will, your faith, your love, and your attention be focused in the silence within, that when you act you shall know it to be right, and you shall be at peace regardless of church, family or friend.

We feel constrained to speak through this instrument in a special way, for there is a need for us to offer a special message and the message is as follows:

There are moments which may last for some time or may be transient, which many upon your planetary sphere which have studied the metaphysics, as this instrument [would] call it, would call initiation. There are some whose spirits have not completely married the earthly personality, and during these times of initiation, the experience of living seems extraordinarily difficult …

(Side one of tape ends.)

(Carla channeling)

We would at this time pause and retune, if the circle will be so kind, and then transfer to the one known as Jim. I am Q'uo

(Jim channeling)

I am Q'uo, and greet you in love and light through this instrument. It is our privilege at this time to offer ourselves in the capacity of speaking upon those queries which those present may find of aid in their own seeking. Again we remind each that we are but your fallible brothers and sisters, and do not wish that our words be overweighted. With that disclaimer, we should ask if we might begin with a query at this time?

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Carla: Who was that last message directed to?

I am Q'uo, and we must respond by suggesting that that message was for those who have ears and need to hear it.

May we respond in any further fashion, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I have one more, since nobody else does, and it's still about that—I felt the presence of Latwii when that message was given, but not at any other time. Was Latwii moving along the same vibration as you, Q'uo? Or was that my imagination?

I am Q'uo. We find in this particular case, that we were joined by not only those of Latwii, but others as well that have found the honor of serving as the guide, in order that a message of potential importance might be delivered in a fashion which would be most easily understood by those to whom the message was directed. We were glad to have the assistance of these additional entities in transmitting this message, for we are not as able to discern the boundary which delineates free will from the area of one's experience that might more easily be influenced. Thus, it was helpful, we hope, that the message be delivered in this fashion.

May we speak further, my sister?

Carla: Yes, along the same lines. Wednesday, while Jim and I were teaching W and I was channeling Quanta, at a certain point in the channeling that I did at the last, which was most interesting to me as a channel, for I had no idea of the material, I sensed Laitos and Oxal and Hatonn in addition to Quanta, and I did not know but that there may even be others. It was a powerful kind of symphony, of various vibrations, all of which I could discern, but only Quanta was actually speaking. Was this the same thing? Was it oriented towards she who heard, or was it rather entities coming in aid of Quanta who is new to the job, aiding Quanta and making sure that Quanta was doing the work that it needed to do?

I am Q'uo, and we find that you have penetrated a significant portion of the experience which you felt in the previous channeling session. It is helpful for those such as we are to be aided in our service from time to time by others who have fields of specialty, shall we say, that complement our own and enhance that which we seek to share with your group. Those that you have recently come to know by the sound vibration, Quanta, are in need of such assistance in greater degree, for their experience with this group is quite new and there is much which these entities have yet to learn in regards the general phenomenon of the vocalized transmission of thought in general, and the needs of each individual who sits within the circle of seeking in particular.

Thus, those who have for a greater portion of, what you call, time served this group as, what you call, the telepathic contact, join at each gathering of this circle and offer assistance where needed in an effortless fashion which is made possible by the unified desire to be of service in this particular way.

Thus, you may expect in your future gatherings that this phenomenon shall repeat itself in order that the purpose of the sessions might be more fully realized.

May we speak further, my sister?

Carla: Q'uo, just in one other way. H was asking earlier about reincarnation and Christianity, and because I've fielded the question so often, I went ahead and spoke up. Do you wish to comment on this subject? I would greatly dislike misleading anyone in any way, and welcome any comment.

I am Q'uo, and we find that you have given somewhat of a synopsis of the topic that you have called reincarnation and its traces left within the holy work that you call the Bible. Within this work, there is but little remaining concerning the reincarnational aspect of third-density experience, for as you have correctly stated, there was a decision made in early days of the Christian faith, as it is called, that the work of the one known as Jesus the Christ was of such importance, and the time during which it might be implemented was of such short duration, that it would be, it was felt, most helpful to those who embraced this faith to be guided to the degree that their sight pushed no further than one earthly incarnation in order that the focus of attention would remain within the boundaries of birth and death in one incarnation. In this way, the elders of the Christian faith hoped that the efforts of the incarnation would be increased to the degree that a greater harvesting of souls would be possible.

There was much discussion and dissension at this time upon this topic, for it was felt by many that

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such deception was great disservice to the one known as Jesus the Christ, for this entity was one whose incarnation was based upon the light of truth and the power of love. Yet those elements within this governing body who wished to see this faith in the one known as Jesus continue in a fashion as pure and potent as possible held sway and were able to carry the votes necessary to delete those passages and portions of the Bible which referred in a direct fashion to the concept of reincarnation.

May we speak further, my sister?

Carla: That is all for me. I thank you very much.

H: I have a question maybe in the future. And that would be at some future date. And that would be, I just wondered in the last couple of weeks about a church in eastern Kentucky that has a very peculiar way that they worship, and I was just wondering if you could speak on that at some later date—this certain church that I'm aware of.

I am Q'uo, and we shall always be happy to speak in whatever fashion is possible for us, my brother, with the understanding that we must always observe the free will of each entity in each of our responses so that this free will retains intact. With that understanding, we are happy to speak upon whatever topic is chosen.

May we speak further, my brother?

H: Well, I think that's very nice. I don't think I'll get into that tonight—it's very lengthy. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

(Pause)

I am Q'uo, and we are most grateful, my friends, for the opportunity of speaking our thoughts to this group and blending our vibrations with each. We are hopeful that our future experiences will continue to expand both our knowledge of your needs and our ability to be of service in regards to these needs, and provide some small amount of inspiration for those gathered, that they might be further inspired to move within the inner seeking that holds such great treasures for each. We shall take our leave of this group at this time. We are known to you as those of Q'uo, and we leave each in the infinite love and light of the one Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 5, 1987

Group question: *(From Carla.)* Concerning exceeding one's limitations in the hopes of maintaining a positive attitude under adverse circumstances. For her, it's physical health. How do you know that you've done all you can, without pushing too far and injuring yourself by the pushing, and how do you be sure that you've pushed far enough to maintain the positive point of view and enhance your chances of healing thereby?

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator. As dusk falls about your domicile, and your metaphysical circle becomes complete, many spirits range around this happy abode, rejoicing in the thanksgiving of friends who work in light for planetary healing. We all greet you and know that you greet us as you greet the sunshine, for we are truly intending help. Just as the sun shines on all, so do we, yet not all are equally able to absorb and thrive within the sun's hot rays. Just so, in the former case.

We move to the query this evening which has to do with limitations. If one has a frog in a lily pond, and encourages the frog to jump to another lily pad in the pond, the frog either will be able to make it, or will not be able to make it. There are limits beyond which a frog knows, in his small mind, that he cannot go. There is a safe distance, and then there is the border, that space which the human will, if you will, might address and achieve by giving an all-out effort. You will notice in the case of the frog, there is no moral impulse or communication of the kind typical of self-conscious entities, in order that he may speak with, reason with, or argue against what the Creator has ordained for him in the way of proximity of lily pads.

Each human has many, many resources available each time that it desires to know the precise limitation which it may accept in serenity and tranquility. As always, the answers lie first within, and then from empirical experience, for the true author of peace and love within each life is the life, is the peaceful and loving entity which is …

(Interruption from a cat. The group retunes.)

(Carla channeling)

I am Q'uo, and am again with the instrument. We apologize for the pause, but it was indeed necessary in order to avoid the loss of the contact. To continue.

The self-conscious entity within your density, unlike a frog, has many tools and resources at its disposal. The lily pads in the third-density existence are some physical and some nonphysical. The self-conscious entity manipulates the things about him which may be manipulated in order to please and comfort the

self. However, many trials, troubles and challenges can be met with no rational or objective point of view. It is in these cases that discernment and judgment take their place beside prudence, all of these being subservient to and corollary of constant, daily, regular and disciplined communication from humankind to the Creator and from the Creator to humankind. Much of the individual identity of each person upon your planetary sphere resides yet within the Logos, the one great original Thought which is love.

Thus, when one says, "It is the Creator's will," one is not separating oneself from the Creator. One is rather acknowledging the relationship betwixt the shell of self which serves in an illusion and the core and heart of Self which resides in its true native land, a heavenly home not fitted out with harps and wings, but, rather, filled with light.

The queries which have to do with health often do not take into account the complex nature of energy blockages, thus, whether one presses hard on or accepts with grace a growing disability, it is one's offering of the self in thanksgiving and praise to the Creator which causes the life experience to become valuable. There are in each case reasons for and against doing too much for the physical, mental or emotional self to handle. Logic will not open this particular tin of sardines, shall we say. Packed neatly though they be, it is necessary for one to seek beyond the rational, in the land of mystery and hunch, wherein lies that greater portion of yourself which is the Creator, and has available to it far, far more of that which it is important for you, the seeker, to know than the conscious mind could ever produce.

Like a tree growing at the edge of a forest, a person who steps out a bit beyond that which others in the same condition do, is more noticed, for they are no longer of the forest, but dwell at the edge of the forest in pasture land. People, therefore, will view this particular tree as being different from the forest. In just such a way is an entity who is driven to produce visible fruits within the lifetime no longer a member of the crowd, but an individual. Yet, all trees are of the forest, whether in city streets or in the deepest jungle, the only difference being weather conditions which allow some to flourish in one place, and some another.

In just such a way, a seeker may feel that because it is in the limelight, so to speak, and entities within the forest of *(inaudible)* and dear ones are looking on in expectation, that all will be vigorous and well. This perception does harm to a balanced viewpoint having to do with the will of the Creator. And just as such a physically, mentally or emotionally ailing person …

(Pause)

We are sorry for the pause. We are attempting to regain contact. There is some pain.

I am Q'uo, and will cut this short, greeting each in love and light, for an end, and concluding our thought. Even though an ailing entity may be visible and an inspiration to many who enjoy the peaceful, serene health of foresthood, yet nevertheless, each tree is a part of the forest, and it does not aid in the development of the disciplines of the personality to regret any portion of that which occurs. It is appropriate, rather, to go always into meditation and to wait in hope, in faith and in an alertness to hear that great call which may seem like nothing so much as a small sound or movement, yet subjectively it is everything, for each question, time and light shall offer the answer.

We ask each to remember that twin values are sometimes antithetical. Prudence and bearing are two such. Let the courageous become more sensible, and let the overprudent go forth rejoicing in an abandon long denied.

We would now transfer to the one known as Jim in case there may be any questions. We leave you in love and light, and are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. We are pleased to have been able to utilize the instrument of the one known as Carla this evening, and thank her for offering herself with a whole heart and a firm determination to be of whatever service possible. The offering of the self in service was an illustration of the query which the instrument placed before us this evening, and the process by which it determined to serve is a process towards which it may turn in its future deliberations upon this topic.

At this time it is our privilege to offer ourselves for the answering of those queries which may yet remain

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this evening. Again we remind you that we are but fallible seekers and observers of the mystery of creation, and ask that you consider our words as those of brothers and sisters upon the same journey of seeking. Is there a query at this time?

Carla: I'd like to know if the time has passed—now that I really know that Don is dead and gone, I know there's not going to be a Ra contact—is it all right now for me to begin taking answers, you know, questions and answers? I don't want you to overstep free will, but I thought you might be able to tell me. I only wish to serve.

I am Q'uo, and we are aware of your query and your desire to serve, my sister. It is also our desire to be of service in our response, and for this reason we find some difficulty in speaking with the precision that is possible. We may, however, comment upon some general principles that may have application in this instance.

The difficulty in your serving as an instrument which offers itself in the channeling of the queries and responses to them in a session such as this session has been, in your previous experience, not recommended because of not specifically the contact that you enjoyed with those known as Ra, but the attention which that contact had drawn from entities of a more negative polarity whose desire was to gather that light unto themselves, and your own abilities, which for the most part in the area of vocal channeling meditation and the deeper levels of meditation that lead unto trance, were primarily unknown to your conscious mind, and, therefore, not under your conscious direction.

Therefore, the potential difficulty brought about by this combination of events was such that the format of the question and answer session was likely to trigger within subconscious areas of your own mind complex responses which would then move one's consciousness to the level whereby the process became automatic and out of the conscious control. Thus, the conscious ability to affect this process is that which is of primary concern in this regard, and takes precedence over the possibility of resuming the contact with those known as Ra.

May we speak further, my sister?

Carla: No. I'm just disappointed because Jim's had to do it for so long all by himself. Besides, I enjoyed channeling answers. I enjoy Latwii. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

T: Yes, I have a question. It concerns my impending move to the country. I have a feeling that there is a reason below, under the surface, of why I'm moving to the country, other than just the apparent reason that I want to live in the woods, which is true. And I say, I know there's another reason, and I have an idea what it is, and why I'm doing it at this time. But I'm just wondering if you could comment and shed any light on the reason why I may be moving to the country now, apparently by myself, by myself to a great degree anyway. Can you help me on this?

I am Q'uo, and we find in this instance that there is a desire to know that which is known, which we find [is] the basic quality of the third-density experience, that each moves in a pattern or rhythm and seeks the melody which directs the feet, when, indeed, it is the movement in harmony with just this melody that represents the overall life pattern.

We look now at this particular situation, and may suggest that the thoughtful seeker which has remained faithful to its seeking will oftimes find the need to intensify this seeking in a manner which partakes more of purity both within and without the self. Thus, the surroundings of the natural environment of your planet are those which offer a nourishment to the thoughtful seeker which those things made of man are felt to omit. Thus, the natural environment calls to one which seeks the nature of its experience, its creation, and its movement through this creation. We find that this desire is one which is shared by many seekers such as yourself, but which must many times become manifest in a less direct fashion than is possible at this time for you, for your manifestation has an identity with the desire that will provide the purity that you seek.

May we speak further, my brother?

T: No, that's very good. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: I have a small side question. I have been for the last six months or so thinking more about camping out on the ground. Now, a woman who has arthritis and an inability to *(inaudible)* sounds like a really bad risk for sleeping out, but I think, or at least I feel, that contact with the ground would

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really literally earth me more, and make me healthier and less scared. I wonder if you could comment on this concept?

I am Q'uo, and again we find a line beyond which we must not move in order that our response not infringe upon your own free will. We may suggest that the concept of grounding one's being within the third-density illusion by the exposing of the self to second-density environment is one which is sound. The means of implementing such in your case, my sister, is that which will take the careful consideration, for as you are aware, the damper environments for a prolonged period of your time are those which tend to aggravate the arthritic condition and the accompanying pain. If care is taken to provide the insulation of the arthritic joints, the experience of the grounding is one which, with the proper intention, may provide the enhancing of the grounding potential and the attitude of health as well.

May we speak further, my sister?

Carla: No, thank you, not right now. Oh, I just remembered what I wanted to ask. Does it have to be bare feet on earth, or sleeping bag, or can it be cot or an air mattress on the earth and shoes on the ground? Would that still ground me, or do I need to get naked in some way, just get on the earth? The reason I'm asking is because L was offering me his truck bed which has, of course, the mattress, but it has nothing in contact with the ground. That was the point.

I am Q'uo. The concept of the insulation of the arthritic joints from the cool and damp contact for a prolonged period is one which needs the careful compromise with the actual contact that is most efficient in providing the grounding effect. The insulation, as you may surmise, inhibits the grounding effect, yet allows the arthritic joints cohabitation with the second-density environment. Thus, it will be a product of your own creation which will allow you to determine your own limits and movement toward them. We apologize again for the abstract nature of our response, for the …

Carla: I'm sure it'll be very helpful for *(inaudible)*.

I am Q'uo, and again we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we find that we have shared the extent of the queries which have found their fore in this evening, and for each we rejoice and offer our gratitude in return, for the concerns of the seeker are those which have the brilliance of intention and dedication to seeking which is a joy to behold and to share. We look forward to our presence with this group in your future gatherings, and we would at this time take our leave of this group, rejoicing in the love and in the light with each. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 12, 1987

Group question: *(From L and A.)* As the harvest approaches, and the difficult times that come with this harvest occur, how can each person be of service to others and proceed along the personal evolutionary path?

(Carla channeling)

[I am Q'uo.] I greet you in the love and in the light of the one infinite Creator, and I greet each of you who are, in miniature, perfect creations of the perfect Creator. I greet you in mystery and illusion, in love and light, in seeking and in faith.

It is a great privilege to be with you this evening, and we would not wish to allow the opportunity to go by to greet the one known as L, and to offer our love and blessing within this entity's vibratory patterns. It is indeed a great pleasure to share meditation with each, and with the entity as a group. We ask that each word that we say be taken as what it is, the concepts of seekers upon a path, offered through an instrument, nothing more. These are our opinions; we are no ultimate source. We thank you for allowing us to be of service to you, and yet the greatest service that you may do for the Creator, for us, or for yourself is carefully to discriminate. Thus, if that which we say does not ring true, we ask that it be dropped from the mind, for we would not wish to be a stumbling block to any.

The question that you have asked this night is perhaps one of the central questions which faces what this instrument would call the pilgrim in his progress. We shall answer [this] question in two parts. Firstly we would address the concept of illusion and reality.

Each of you awakens and sleeps. The activity during the waking hours is considered reality, whereas the occurrences dimly remembered which occur within dreams is considered illusion, interesting perhaps, but not a true history of actual events within the inner being. Yet it is difficult from a metaphysical standpoint to decide which experience might be the richer, except by saying that one could not exist without the other, for both are the portions of a greater illusion which enfolds and encompasses you and the world about you.

Because the entire planetary sphere dwells within one local illusion which is regular in its habitual rules of physics, it is assumed that that which is perceived by some sense means constitutes reality. Within this model of the world, then, you allow yourself to be less real than the world about you, for although you are a part of the world, that which is without is greater than that which is within.

You, then, are the illusion, seeking to react appropriately to the various realities and circumstances of physical existence within third

density upon your planetary sphere. The moods, the irritations, and all the frustrations of dealing with what is termed reality keep the pilgrim constantly off balance, constantly seeking the center point once again, constantly searching with one timid toe for the true fulcrum of beingness. We must admit that your illusion is difficult indeed to pierce. As one gazes upon the night sky, and upon all the things that have been discovered thus far by your peoples, and they are but a fraction, of course, of that which shall be discovered, it seems impossible that such a seemingly limitless and regular universe should be anything but reality.

Let us take you back to the third grade, as this instrument would call it, within the school. The world was small; there was a desk, crayons, a teacher, a few friends, home, entertainment and bedtime stories. The soul within was young and growing. You are that soul now—young and still growing. Growth does not lie in reacting to the circumstances about one, but rather in becoming more real than the illusion which you see all about you.

And why are you more real than any other part of an illusion which includes you? My children, there is such a thing as consciousness, because consciousness is that of the original Thought of love, the Logos which created all that there is. This Logos dwells within, and subjectively speaks to consciousness. Through consciousness it speaks to the illusion, but without the pilgrim's becoming aware of the need to remain unattached to the illusions of circumstance, it is very difficult to become an actor, a dramatist and a critic, rather than one in the audience which reacts, laughing and crying as the scenes pass, the actors play their parts, and the flat, painted scenery slides up and down.

The source of reality must lie within the self, because reality is subjective—as consciousness is subjective. You are the Creator, knowing Itself. You are also a pilgrim on the way to seeking the face of that Creator. Yet, where do you seek? Do you not seek within? Where is buried the life within you that is unaltered, the consciousness that is infinite, the spirit that is eternal, but within your own heart and mind?

Thus, the greatest service which a pilgrim can perform at any time is to be, that is, to be a conscious being, an actor, seeing circumstance as illusion, but illusion rich in spiritual possibility. It is one of the clichés, shall we say, of your culture, "There but for fortune, go I." There are needs which may be met, whether physical, emotional, mental or spiritual, in almost any situation, if the observer is patient enough and careful enough in precise observation. Certain things, such as starvation, are easier to spot. Far less easy to spot are those spiritual possibilities which arise from personal discomfort of one form or another.

Yet to live within an illusion is to experience discomfort. We might observe that many of your peoples react to circumstances in an inappropriate way. For example, this instrument has what she calls a canker sore on her tongue. It is sore, and we are aware of certain nerve endings which are activated when this instrument moves its vocal apparatus. Many of your peoples would avoid speaking because of the canker sore. We do not mean this literally, but as a parable. There is in almost any helpful spiritual activity, discomfort. It is the discernment of one who retains and maintains the consciousness of the love of the one infinite Creator that is able to adjudge correctly what possibilities lie spiritually within circumstances.

We would now move on to the second portion of the question.

We are aware that each is concerned, as well as hopeful, about the coming of a new age, the arrival of fourth density, and the beginning of a new spiritual climate of love and understanding. May we say that the probabilities are that in the last decade of third density within your planetary sphere there shall be some discomfort from one source or another. Yet the greatest discomfort of all shall be the agony of those who, not knowing where the source of being is, have not sought it, and, more, thirst for that which they know not but would have.

It is in those times that entities will remember the one who smiled and exhibited the lively grace of peace and joy. Simple lovingness is perhaps the greatest gift which man can give to man or God. It is appropriate for the beginning of fourth density that those entities which wish to be of help in the harvest allow the natural formation of communities and groups in order that the source of consciousness may be sought by a group which then encourages each other, thus beginning, just beginning, the establishment of group mind. It is not to be expected that in third-density physical vehicles entities will

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achieve other than momentarily the consciousness of total oneness.

However, the feelings which many among your peoples have of forming close alliances with a few and being in communication with many, these impulses are good. They speak to a reality which has its source in the perfect nature of the unfoldment of creation, which is ongoing. It may seem at times as if every entity was a seeker, and the world, which you know, is populated far too thickly with various believers in mutually contradictory things. Nevertheless, all of these entities are too few. We do not yet feel that there is a decisive strength of consciousness in a group sense. Thus, we encourage those who are drawn to groups to be aware of the possibilities and advantages of spiritual work together, for encouragement is very helpful to the faltering wayfarer. This is especially true because the single greatest source of centering, learning and transformation is that which is the hardest for your peoples, the stilling of the physical body, the mind, and the heart in order that the seeking will may open the door to the one infinite Creator in meditation. It is most important that this be done as regularly as possible.

Your monasteries are built for just such purpose, yet you will notice that they are walled, and do not permit the entrance of strangers for the most part, but rather live a self-contained life, praying and offering in service to the Creator. Some of you have been called to such a solitary and worshipful existence. However, it is well that each consider what he or she may feel encouraged within to attempt or accomplish, for not all who are, shall we say, spiritually oriented as most, would wish to manifest as such, but would rather instead manifest without the identity, the authority, and the respect that is given to those who are considered to be more devout. Many are called to be parents, homemakers, mechanics, factory workers and all the other careers, professions and jobs, all the ways to sustain life with your money and to enrich life with love. There is no circumstance which is better or best for the furthering of service to others at this time. You must listen, each to his own subjective consciousness, with discrimination and with care, but also, in the end, with trust and faith.

Thus, we say, in order to best work as harvesters in the valley of the shadow of death, it is best to behave, within limits, as you would if there were no valley, no shadow, and no death, for all these are illusions, and only beingness actually exists. You contain that beingness, your eyes, your mouth and your hands manifest it to others. Every look, smile, word and touch conveys to those about you that consciousness which lies within, and through all the illusion, within illusion, within illusion which passes for conversation amongst your peoples, the thread of consciousness sings its true song betwixt each two people.

And in the sensitive one, the one who is ready to be harvested, that shall be the gift that shall have infinite meaning, that shall be too dear for any price. Thus, meditate, find the center, and be who you are. The rest shall occur one moment at a time.

May you look upon all things spiritually, which is to say, without prejudice and with humor, for if consciousness delights in one thing, it is itself. May you enjoy and rejoice in your consciousness. May you throw open the door to gladness and creation. May you live in the present moment and be, before, during and after each thing that you do.

You will notice we said nothing whatsoever about survival. There is much material in this entity's mind upon that subject, and we find that it colors the question within the questioner's minds also. Thus, in closing, we would briefly address this.

We ask that you realize that there is no such thing as survival, for the entire incarnation is an illusion. You are at this moment deeply, deeply asleep, and attempting to sleep-walk, that in your somnambulation you may struggle in the darkness to see a chair for a chair, and not a bear, a mirror for a mirror, and not a flame.

May your hearts be light. We would leave this instrument in order that we may transfer to the one known as Jim. We thank each for sharing with us this energy. We are known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We are honored at this time to have the opportunity to ask if there may be further queries to which we may respond. Is there a query at this time?

Carla: I have one that I didn't want to ask as a group question, but I've been wondering about because of M's objections to marriage. Is there something

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intrinsically negative in a marriage contract? And if so, is it possible to transform the energy into positive energy?

I am Q'uo, and we look upon this query as one which reflects the attitude of the culture in which you find yourselves pursuing your evolution. It is within the confines of the gathering of goods and affections and promises in which one who desires to enter a mated relationship will bring the conditioning which it has learned, and in the mated relationship will continue to pursue the gathering of obligations and collecting to the self of that which is considered valuable or desirable.

We find that within your culture there is the basic gathering instinct that has been somewhat distorted, so that the giving unto another freely and joyfully is not that which is naturally exercised. Thus, there is within many cultures of your planetary sphere the desire to better the self, with secondary concern for others. This basic desire is that which is worked upon by all who seek to move the self along the path of evolution, for it is the turning outward of the focus of the attention that allows an entity to widen the point of view to the degree necessary for embarking upon a service-to-others path in an harvestable fashion.

Thus, if it can be held uppermost within the mind that to give of the self in each situation which is shared with the mate, and others as well, this basic condition which focuses upon the self may become transmuted so that the radiance of the self becomes apparent.

May we speak further, my sister?

Carla: No, I'll study that when I get the transcript back, thank you. But I have another question on another topic. It was just a follow up to the channeling before. As I was listening to myself channel, I kept waiting for the part where it got to what the person did for his own personal spiritual evolvement. Everything that was said was about service to others and being and meditating so that you could be there so that you'd smile and people would remember and they would come to you when they were disturbed by signs of the end of the age. But you never said anything about how to move ahead in your personal evolvement. Did you mean to assume that if you were serving others, you would …

(Tape ends.) ♣

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Intensive Meditation
April 15, 1987

(W channeling)

I am Quanta, and I greet you in the love and in the light of the infinite Creator. This channel was having difficulty in assessing whether this contact was viable or simply a so-called figment of her imagination. We wish to reassure her that this is not simply a figment of her imagination but that this is a real contact, and ask that she simply acknowledge and accept that which is coming through her at this time. It is good to be skeptical of events which occur in the process of channeling so that one is not taken by lesser or inappropriate information. We wish to reassure her that she has made a good contact this evening and we are pleased with her progress. We would like to address the issue of contact by means of vocal channeling.

There are numerous contacts available to those who seek to become vocal channels. We have worked only with this group at this time, and therefore it is inappropriate to consider or associate the one known as Quanta with any other form of vocal channeling. We would like to continue with the teachings which we have initiated with this group the last time we gathered, the time for joining together the inner plane entity and the vocal channel known as W, so that they may begin to associate if this is desired. At this time we will leave this entity and transfer to the one known as Jim. I am Quanta.

(Jim channeling)

I am Quanta. I greet each again in love and in light. We have chosen to take this opportunity to speak through this instrument and to offer ourselves in the capacity of responding to those queries which those present may provide for us while the one known as N becomes more comfortable with her physical vehicle *(N has been coughing.)* and is able to attempt our contact. Thus, if there are any queries at this time we would be happy to entertain them.

W: I'd like to ask, are you familiar with the term Wesak? And can you tell me—and can you give me some information on the Wesak moons which are occurring?

I am Quanta, and we must plead an ignorance in this regard, my sister, for we are not familiar with many of the customs and events of your peoples. This we seek to learn as we become more able to receive the information which is available in the experience of this planetary population.

May we speak to any other query, my sister?

Carla: I have a question. Then, what I would infer from that is that the group mind forms in a hierarchical fashion, first the upper or lighter or more shallow levels of the mind, which are the group mind, then the racial mind or archetypical mind, then the planetary mind, so that you're not yet in

enough contact to get into an information—I guess you'd say—data base, since you're dealing with a biocomputer, the mind, the great mind that would have the information that W sought, is that correct? Could you comment on that if it is not correct, and correct my assumption about the way the group mind forms?

I am Quanta. We, in joining this planetary influence, are much as a traveler upon a journey in a distant and foreign land. We are familiar with the ways of consciousness and its association with itself in the manner that you have described as the hierarchy. We in our journey and visiting and joining of this planetary influence are attempting to correlate those general qualities of consciousness, and more specifically the third-density human consciousness, with the intricate and complex means by which this consciousness has expressed itself in the experience of the various cultures and nations, as you call them, in the history of this planetary influence.

Thus, we have, shall we say, access to a great store of records which provide an immense challenge to new students of this grouping of consciousness complexes. Thus, our study has to this point been that which has examined only the outline, shall we say, of this planet's history, emphasizing and concentrating upon the means by which various groupings of entities have sought the one Creator in the distortion known as love and compassion.

Where there has been a significant achievement, shall we say, that has been related to various points of your historical past we have in those cases studied somewhat more carefully. We are aware that this study is one which will take a significant portion of your time to accomplish, yet we undertake with great joy and anticipation of learning the story of many peoples and races which have joined upon your planetary sphere in the pursuit of polarity.

May we speak further, my sister?

Carla: Then, from what you say it sounds as if the archetypical or the group mind that you experience is not hierarchical, but merely a computer too difficult to use quickly. Is that correct? That it's all available to you at all the levels at once, but it is difficult to access any of it until you understand the computer, understand the group mind and its mechanical structure? Is that correct? I'm trying to get a picture of how the group mind forms in early fourth density, and you are a real godsend in that you're the only contact that we've had that's just beginning fourth density. Anything that you'd care to send would be interesting, I'm sure.

I am Quanta. The connection between individual experience and the larger groupings of mind complexes which eventually blend themselves into that great store of experience that many have called the Akashic record is one which is one-to-one, shall we say. Each entity which gathers experience that is significant in the personal evolution records this experience in its own conscious and subconscious mind complex. Each mind complex has access to greater and greater stores of information as the roots of the individual mind complex contain all that which has been gathered by the entity in all conscious experience and continues to move in an harmonic fashion with those of, you would say, "like mind" or in many cases the racial mind, in other cases the cultural mind, and in still other cases the unique groupings of mind that blend various factors, be they social and culture, philosophical or spiritual and religious, or racial or geographical.

Thus, there are many groupings of mind that serve as intermediary reservoirs of information and stand between the individual mind complex and the planetary mind or that which we have previously referred to as the Akashic record. This record or planetary mind is that store of information which shall be opened to all the population of the fourth density that is to reside upon this planetary sphere. Each entity then will look upon this planetary mind as its ancient heritage and that which is available to inform further thought and action as the various individual portions of the to-be social memory complex begin to seek further means by which the service of others may be accomplished.

May we speak further, my sister?

Carla: Is our Akashic record and social memory complex terms for the same referent?

I am Quanta. These terms have a close relationship in that the grouping of entities which shall comprise the fourth-density social memory complex of entities will have access to that Akashic record of experience which has been collected throughout the history of this planetary experience to date. Thus, the social memory complex is the grouping of entities that has as its heritage the Akashic record, not only of this planetary influence but of those planetary influences

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which shall also contribute a portion of the population of the fourth-density social memory complex.

May we speak further, my sister?

Carla: Only on another topic, and thank you for that. I hope that was not too long a digression—I was interested. Can you tell the name of—in this inner plane contact or any of the nature of this contact, what the contact is, what its desire is, and so forth, or does this have to—is it necessary for it to come through W alone, in terms of free will?

I am Quanta, and though it is not exclusively necessary that this information be transmitted through the one known as W, we are of the opinion that it would be best for the development of this new instrument if this information were discovered, shall we say, as a portion of the normal progression of a new instrument practicing its art, for we do not wish to overly prejudice the new instrument in this regard, but wish it to find its journey one of inner discovery and expression of that which awaits within.

May we speak further my sister?

Carla:. No, that's fine. Thank you.

I am Quanta, and we thank you, my sister. Is there another query?

W: To digress back to the first question. The information on the Wesaks which I was referring to was something I heard from another channel channeling an entity named Samuel, who referred to the Wesak moons as being a time when the new moon acts as a mirror, reflecting greater energy coming from the source to this planet. Is there still something which you as a new fourth-density entity aren't familiar with, or can you just say anything else about that to clarify it for me?

I am Quanta, and we are familiar with the concept of the alignment of planetary and celestial influences which provide windows of opportunity, shall we say, to entities seeking in a certain fashion at the opportune moment when the alignment of particular influences is favorable. It is as though the efforts of the student are increased by a lever, shall we say, so that at certain moments, if the student is alert and persevering in its seeking, it may at these moments experience a heightened—we search for a term within this instrument's mind—perception of the art which it seeks to master.

It is for the cautious and diligent student that such opportune moments may be investigated and utilized, for there is, indeed, the magnification of power, shall we say, that is available in such alignments, and with the increase in potential power for the student, it must be realized that the responsibility of the student to utilize its art in as pure a form as possible is also increased. With greater opportunity comes the balance of a greater responsibility to utilize the opportunity along the chosen path, be it the positive path of the service of others or the negative path of service to self.

May we speak further, my sister?

W: Not on that topic, thank you. You have previously given me some meditations—you've given the group some meditations. Are there any other recommendations you can give to facilitate my developing so that—in preparing me to meet whoever the entity is that wishes to use me as a vocal channel?

I am Quanta. We feel that we have given that which is of most benefit for the present time. It is the perseverance that is most helpful for the student of meditation and the student which seeks to utilize the clarified mental attitude achieved in meditation for the exercise of the vocal channeling art. Thus, we may only suggest at this time that the dedication to the regularized meditation be continued. This type of perseverance shall prove to be the greatest ally, we feel, for any instrument, be it new or more experienced.

May we speak further, my sister?

W: Yes. I meditate on a daily basis on a specific meditation given to me from the other entity that was channeled that I referred to. Is that sufficient, or would an additional specific meditation with the intent of connecting with this other entity be appropriate?

I am Quanta. We feel that for the present time the manner of meditation which is now your practice be continued and added unto only as the opportunity presents itself in a fashion which may be repeated faithfully, that is, if the desire and opportunity to manifest the desire is present for additional periods of meditation, that these be engaged in with no dedication to making a contact with any particular

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entity for the purpose of vocal channeling without the presence of the supporting group, the goal rather being more general, if additional periods of meditation are desired, in that the calming of the conscious mind be that which is focused upon.

May we speak further, my sister?

W: No, thank you.

At this time we feel it would be appropriate to attempt to close this meditation through the instrument known as N, if this entity will refrain from the analysis and speak those concepts which it finds moving through the mind. We shall now transfer this contact. I am Quanta.

(N channeling)

I am Quanta. I greet you in love and light. This instrument had that which we would attempt to *(inaudible)*. This instrument wonders if the *(inaudible)* old or new social memory complex and we don't have *(inaudible)* judged as *(inaudible)*. Although we are ever learning from the instruments which we are in contact with, therefore we are pleased and glad to be with this group as we learn from each entity and are pleased to be able to help each entity to learn and spread knowledge and *(inaudible)* to other seeking entities on this physical plane here.

We *(inaudible)* to leave this instrument with love and light. We are those known as Quanta.

(Side one of tape ends.)

(Carla channeling)

I Yadda. I greet in love and light of infinite Creator. I say, "How about Lao Tsu?" This instrument say, "Jesus Christ." "One Christ good as another," I say, so we come. We speak about skepticism. Hah! You want to know about skepticism. Open your eyes. What do you know? You know nothing. Look around. Look at tree. You see tree. What you know? You got root, bark, branches, bird's nest—and leaves! Hah! What you know about tree? Tell me how it grow there. Tell me how it began. Tell me anything about tree except name and wocation. *Lo*-cation. We gonna say it right!

Now, you look at any other thing, and tell me what you know. What is there not to be skeptical about? *Nothing!*

Now, let us take what we do not know. *Is everything!* Everything! What you gonna do? How you gonna think? You have to name names and pretend that you know things. But inside—what you gonna take?

Now, let me ask you another question. What you berieve—what you be*li*eve. We getting good with our l's and our r's. What you believe is far more important than what you know—*because you don't know anything*. So, tell me what you believe in. What you say? How you declare yourself. We say one word—*love!* Hah! We said it right. This instrument think we crazy. This instrument not like to channel us because we mess up her face. Heh, heh, heh *(giggle)*.

Now you know you not know, but you do not know what you believe, do you? Huh-uh. No. Why you wasting time on knowing things when you cannot know anything? We leave this instrument in love and light of infinite Creator. We know what we believe. We believe in love—for it created us and all that there is. What do you have to say that about? We can never ask a more basic metaphysical question. Adonai, my friends. We are those known to you as Yadda. ♣

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Sunday Meditation
April 19, 1987

Group question: Concerning the attitude and action to take toward and in response to the world being too much with one, the regular daily routine and maybe a few added difficulties seeming to bring a heavier burden to the shoulders. How does one respond? How does one look at it, and what is the most effective attitude to view such?

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. It is a great pleasure and blessing for us to be sharing this meditation with you, and we would, if we might, pause before we begin to speak to the subject at hand, that we might revel and thoroughly enjoy the circle of oneness which the seekers present have created, and which we are now privileged to be a part of. We would then pause. We are Hatonn.

(Pause)

I am Hatonn, and once again I greet you in the love and the light of our infinite Creator. We offer you what you upon your planetary sphere call the Easter greeting, and because your question is concerning the life of the busy, mundane activity, and how to deal with it in order to be more clear and peaceful within the busyness, we ask you to come with us in mind to a grave which is very vivid in this instrument's mind, as it has been contemplating this grave for three days, so involved is it in its Christian activities.

It is the tomb of Jesus, the man of Nazareth, a carpenter by trade and an itinerant teacher by chosen profession. Come to the cold, gray dawn of a desert morning. Three women, all of whom love the newly killed Jesus, come to the tomb seeking the beloved body of a family member, or in the case of Mary Magdalene, a dear friend and teacher. It is not possible for there to have been a change within the grave, for the body that is so loved to have disappeared, but it has been stolen or taken. Mary, the mother of Christ, is frantic. Mary Magdalene weeps. Their focus is upon a tomb and not upon that which is there no more.

When you within your third-density experience become too close to those things which you are seeking which you love and which you wish to care for, your focus shifts into a gazing upon not the heart of soul, not the living spirit, not the breathing fire of that which you care for, but the dead and life-deadening house, tomb or structure within which that which you care for lives. To be even more specific, and at the same time, more universal, each which dwells within a physical vehicle dwells within a walking tomb, the tomb of chemical life, a life which grows up and dies away, in a cosmic sense, almost too quickly to be noticed, each of you being but a breath upon the wind, and then dust.

Yet there is great life, great beauty, and great joy in that which is alive within each builded structure of man and man's thinking. This instrument plans for the great occasion, figuring entertainment and food, glasses and cutlery, losing sight of the magic of metaphysical significance which the great event harbors, nurtures and cherishes, if it can be seen with a proper focus. Each may gaze within at the concerns of the day, and see which is the living, breathing source of joy and excitement and which the whited sepulcher, the open grave.

We are not among those who recommend extremes of asceticism in order to flagellate and deny oneself earthly joy, for in there, in the most mundane thing, [is] that living atom of the consciousness of love which cannot be overvalued, for its value is infinite. In every step that is taken by any entity, in every thought, in every word spoken, there is the living fire of creation which moves, as upon the face of many waters, creating in each entity a newness of life and love and strength, and this shall occur for each, whether or not any cooperates. This process is inevitable. It can be retarded, but it cannot be stopped. You cannot do yourselves ultimate harm, no matter how confused, how sad, how despised or how miserable you may feel.

However, it may aid those who wish to part at last from the clutch upon the inner rock of the tomb to realize that the tomb is not the risen source of joy, for that which is alive goes before one, drawing one onward, just as the master known to you as Jesus was not be found anywhere near a tomb, but rather had walked on into another portion of the country.

We do not know whether this may aid you or not, but it is the way we see your discomfort at this time. It is a matter of placing the attention upon achievements made in tomb building, rather than the joyous and free expression of love for everything that exists. One may gaze, for instance, upon an old house, and see all that needs to be done. The house has become a tomb. Or may gaze upon the same identical edifice and ask that edifice, "House, which has borne my love, my grief, and my passion, tell me, what would you have me do for you this day?" You may even ask that angel within, that spirit of life, "What shall the day bring?" Thus is the day blessed with the same seeming routine that once cursed, narrowed and limited the mind. There is no occasion, circumstance or possession which cannot become a tomb, nor is there any of those things which is not at heart a source of life, a wellspring of joy, and a fountain of peace.

We gaze upon the minds of each, and we find that we have not discussed the one circumstance that blocks and entombs all which are present, and that is the mystery of illness and death.

Each within the domicile which breathes the breath of life, breathes also, in only slight anticipation, the musty odor of the tomb. Do you then identify yourself with the tomb? We do not think so. Where, then, is your identity, if it does not lie in breath and heartbeat? Your identity lies within consciousness. That which is given you shall never be taken away, for you have been and will be. You are a precious and unique portion of the creation of the Father. So are all those about you. Perhaps you see one who is ill mentally, perhaps one is ill emotionally, perhaps another has physical ailments, and you sympathize at the pain which living causes and wonder where the source of joy in life could possibly be for those who must suffer.

My friends, within your bodies, you have been dying since you first drew breath. It is a common cliché within this instrument's mind that there is no cell within you which was yours seven years previous to this night. Eventually, in a twinkling of an eye, this incarnation shall be past. What then shall you find as your source of joy and peace? It shall not be the body shell, nor yet the mind with all of its adornments and embellishments, nor even yet the emotions, though noble they be at times. It is rather that within you which seeks the face of the mystery of the Logos, the one original Thought of Creation, that shall love and live and serve as you do now, for an infinite length of time.

You think of yourself without your tomb—that is how you remove the busyness from the mind. Put in perspective that which lasts and that which does not, and encourage one another in love, for your consciousnesses are made of that creative and glorious substance.

We would at this time leave you, for there is another which wishes to work with the instrument known as Jim. We cannot tell you how much we have enjoyed this chat with you. It has been some time since we have been called to this group. We are, as this instrument would say, those who take questions of a very general nature, and we are sometimes considered introductory. It is a pleasure to work

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with the consciousnesses of this group, and perhaps you shall agree that no basic question is so basic that it can be answered once and for all. We feel this group is very special, and we love each and thank you once again for allowing us to share our thoughts with you. Please remember, as always, that our thoughts are merely opinion, and not to be read as the gospel truth. We are those of Hatonn. We greet and leave each in the love and in the light of the infinite Creator. Adonai. Adonai vasu borragus.

(Jim channeling)

I am Latwii, and we greet you, my friends, in the love and light of the infinite Creator. We are overjoyed to be able to utilize this instrument and to speak to this group, for as it has been with those of Hatonn, also it has been a great portion of your time since we have had the opportunity of speaking to this group, and we greatly rejoice at this opportunity, and thank each for allowing us this privilege at this time. We are always happy to entertain those queries which each may offer to us, and at this time we would ask if we might begin with a query?

Carla: You're S's favorite channel. If you would, could you offer any comments that you might want to pass on to S at this time? Anything that might be helpful that you would like to say to the one known as S in Denver?

I am Latwii, and we are happy that we have our, shall we say, following of those who appreciate our message and perhaps even our poor humor. We cherish each who opens the mind and the heart to what words and experiences we might have to offer. We can only echo the words of our brothers and sisters of Hatonn when we speak to any of your group, and especially to the one known as S at this time, for as each seeker finds itself securely placed within the illusion, and finds this illusion becoming more and more with the considerations and feelings of the seeker, and at times becoming overpowering, we can only suggest the stepping back in the mind, and in meditation, to look upon that which is the life and that which has gone before and taught well the student of life, so that the student might take a larger and longer view at that which is its present moment and which is the doorway to its future moments, looking at all portions of the incarnation as one pattern of experience that will allow the gaining of those attributes which are most desired by the seeker.

The illusion is that which teaches. It is an illusion, for it seems to be quite other than that which it is, yet well does it instruct in the ways of service and the ways of dedication, in the ways of perseverance, and in the ways of accepting and loving those qualities of self and other self which seem unacceptable. By throwing the self into the experiences of confusion, frustration, difficulty, disharmony and disease, the seeker of truth might test its ability to find the perfect reflection of self within each moment, in order that it might, piece by piece, experience by experience, construct the complete picture of the self, the creation, and the Creator as one being.

May we speak further, my sister?

Carla: No. I thank you for that message, and I know that S will appreciate it. Thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Well, I had one on my own hook. I was trying to listen to the channeling while I was channeling, which is always dangerous, in that you don't get it, but it just … I was asking myself, was the message to stop doing the things which were not lasting, or to change the mind so that in doing the same things, you thought you were doing a different thing? Is that a clear enough question?

I am Latwii, and we believe that we grasp the heart of your query, my sister. If we have understood that which our brothers and sisters of Hatonn have shared with your group this evening, one may look at any portion of the life experience in either of two fundamental ways. One may see that which remains to be done and which pulls one onward. One may see that as the incomplete nature of experience, of self, and of the illusion, as there is always that which may be refined, may be added, and may be completed.

Or one may look upon any life experience or any portion of the self as that which is whole within itself, complete and perfect, existing as a unique expression of that which it is, a portion of the Creator, a companion to the seeker of truth.

When one looks upon a situation or entity in the latter manner, one feels the peaceful contentment of that which is complete, and needs no further

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attention or action. It is well to nourish the self, especially within the meditative states, from time to time with this overview of one's experience within an incarnation,

And yet, it is also well that one continue upon the journey, for within the incarnation and within this illusion the opportunity is constantly presented to take that which is and vary it or add unto it a manner which is unique to oneself, rich, intense and varied according to one's free will choices. Thus is there progress within the evolving consciousness that allows the widening of the perspective. Thus, both points of viewing are helpful, each in its own time and in a balanced manner.

If either is dwelt upon to the exclusion of the other, there will be either the constant worry that things are never done, or the opposite contentment that moves not into new and richer experience.

May we speak further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

T: Yeah, I've got a question, and I hesitate to ask it, but I think I'm going to go ahead and do it. First off, I wouldn't even ask this were I not in the presence of two of my very best friends. If there were other people present, I wouldn't even ask the question. I feel like I'm belaboring a point, but maybe it's only because it's been on my mind so much, so maybe I'm not belaboring it with other people. I said earlier, talking with Carla and Jim, that I'm having a lot of problems, and I have, but I think I know the root cause of most of my problems. And that quite simply is that I'm lonely. And I'm looking for someone, obviously, and Jim and Carla know this, and I've made reference to this before. And I guess my question is, maybe I'm trying too hard. Maybe I should let it go, because maybe my idea is to try to learn to be more complete within myself before I actually find someone else.

But the real reason for my asking is, one time before I found myself basically in this situation, and at that time I did what I consider forcing the issue. I got very down, I got very emotional about it, and it wasn't very long—in other words, I got to the, as they say when it looks the darkest, that's when the answer comes or some help comes. Okay, I let myself get into that kind of a frame of mind before, and I had gotten very dark, and lo and behold, it wasn't long and I met a lady with whom I had a very long and beneficial relationship. It wasn't the one I was looking for, but it was close.

So my question after all that dancing around it is, is it good to try to force this? Because I had the feeling I could do it again, but I may wind up with someone again that is not that person, the person that I really want. Or should I just let it go? Because it is, quite frankly, bothering me an awful lot. And at times I seem to be able to handle it, and other times it gets the best of me. If you can make anything out of all I've said, I'd appreciate any comments.

I am Latwii, and we thank you for your query, my brother, and shall attempt to speak upon this interesting subject.

The burden of free will for each seeker within your illusion is heavier for those who seek consciously. The further one travels upon the path of self-knowledge, the greater one feels the awareness that one is conscious, that one has feelings and that there is that great mystery and unknown which is called your future that lies before one and which will be formed by one's own choices. It is difficult, we understand, for any seeker of truth to look upon any portion of the life experience as being indeed but a portion, as being that which shall at a certain time become transformed and be another experience. It is as though one were attempting your physical exercise, attempting to push the limits of the physical vehicle further, and in this pushing, one reaches the point at which it seems there can be no further repetition of the exercise without failure and collapse.

Just so are many experiences of the mental, emotional and spiritual nature as well. Each entity decides for itself, either before the incarnation or during the incarnation, that it wishes to undertake to learn certain lessons that may be manifested in such and such a fashion. The means of the manifestation may frequently be secondary to the lesson itself, and as the lesson is carried out within the incarnational experience, it is oftentimes felt by the seeker that no more can this experience continue without fatigue and failure and the desire to escape this particular set of circumstances.

We counsel for all such entities in this situation the lightness of touch and breadth of viewing which you may call the sense of perspective or humor that will

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allow one to experience the seeming retrograde moments of experience without undue distress, for it is true for each seeker that many are the steps of the path and many are the pieces of the puzzle, and each shall eventually fall into place as each is meant to fall.

The question then is, how shall the seeker prepare the self in the attitude, to witness and experience each placing of the foot upon the path and each piece of the puzzle in its place? It is, as you have noted, frequently possible to push the envelope, shall we say, and attempt to force a certain set of circumstances to take root within the life pattern. Oftentimes much may be learned by such forcing. This may be in addition to that which was first intended and may in some cases merely delay the original intention. However, those choices which have been made by your own will previous to the incarnation carry a weight which shall eventually be felt in the manner which is desired.

We can only add at this time that when one considers the difficulty of the present moment, it is well to look to that which has become placed within the perspective of the past, as experience gained, which at a certain point in the past was itself a difficulty unresolved. If one may look at …

(Tape ends.) ♣

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Intensive Meditation

April 22, 1987

Group question: "Laitos: We would speak concerning the excellence of meditation."

(Carla channeling)

I am Laitos. I greet you in the love and the light of the infinite Creator. We thank you for calling us to your meditation and for allowing us to work with the new instrument known as N.

We would like to speak through this instrument for awhile while we work with the one known as N to achieve the best contact of which we are capable at this time. Each time that the instrument practices and exercises its channel the pathway of interlocking vibratory complexes is made clearer and more strong. Thus, we continually adjust the contact as we are able, just as each instrument learns more and more to tune itself to the highest and best that it may receive in a stable manner.

We would speak concerning the excellence of meditation. The concept of meditation we are able to discern easily has a great deal of attractiveness to each present, yet each wishes that it were more wholehearted in the meditations which it has, and in the case of the one known as N even the attempt to meditate has not always been taken. If only for five minutes in any day, it is well to meditate that much, rather than go through an entire day without acknowledging the Source of one's energy and love and centering oneself within that clarified and purified energy which is the energy of the greater Self, the energy of the Creator, the energy of creation.

We are aware that for many it is most easy to worship that great Source of all that there is within the setting of the environment of the Creator, that is, the natural world—forest, stream and meadow. To marry meditation and solitary sojourning with nature is an excellent way to allow the inner self which is in contact with the higher self to be fed from the streams of living water, as this instrument would call them, which are a profoundly accurate description of the love which created all that there is.

We cannot urge enough that meditation be done on a daily basis. We do not suggest judging the excellence of the individual meditations or even attaching great importance to the time therein spent. When the desire is ripe within one, that attention will be there, and that progress will be made. However, without the disciplines of the daily meditations, if only for a few minutes, the preliminary work needed in order that the season of each pilgrim's own transformation may well pass unnoticed, lost in the hurry and scurry of daily activity.

Spiritual seasons are very definite, and the soul which is in its blooming season on a continual basis is a rare one indeed. It is natural within your density

for there to be relatively few moments in the incarnation of which advantage may be taken, in which an opportunity for great transformation is born. It is to the one who watches and waits daily that that time will not come and go unnoticed and unheeded, much less unused.

This instrument is experiencing self-doubt, and we request that the instrument refrain from analysis. This is a small group and we are responding to those vibrations which are within the group. May we say for the instruction of this instrument that it is the desire for knowledge which calls us to the group, and it is this knowledge which is being called for by the one known as N, and to a lesser extent by each. It is not for us to judge, but only to inform. We have great love for each within this group and we thank each for the opportunity to share these thoughts.

Now we would move onward, my friends, and as the one known as N would say, "Get on with it." We hope that each is satisfied that we took the extra time for this particular message in the appropriate manner, and we thank this instrument for continuing the channeling, although it had some difficulty with analysis due to its own opinion of this information. We pause that the group may retune. We are Laitos.

(Pause)

(Carla channeling)

I am Laitos, and we rejoin this instrument with thanks for the retuning, especially on the part of this instrument. The practice of channeling is a very specialized form of a general practice which we would also call channeling, for is not each a channel in every thought, idea, emotion and speech which it makes? Is each entity not always a channel, either for love and light or for some darker force of separation? There are some, indeed, which do not wish to be channels at all, but rather to deaden the senses. And to those we say, sleep and be comfortable, for there is an infinite amount of time. But to those present who wish indeed to progress, we say, "We rejoice with you, and would speak with you about love." For the face of the Creator may be seen in many, many shapes. In your springtime the face of the Creator is seen in violet and snowdrop, in daffodil and hyacinth, in fruit tree blooming and lilac. Yet other ways there are too of seeing the love of the infinite Creator.

We would transfer this contact at this time to the one known as N. We ask the instrument not to analyze, but simply to speak the thoughts that are given. We are those of Laitos. We transfer at this time.

(N channeling)

I am Laitos. We greet you in love and light. This instrument has reached the point where she feels our communication as one from friends and …

(The rest of N's channeling was not transcribed.) ♣

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Sunday Meditation
April 26, 1987

Group question: Patience.

(Carla channeling)

I am Latwii, and I greet each of you in the love and the light of the one infinite Creator. May we offer a special greeting, blessing and our love to the one known as K. It is most precious to us to be able to greet this entity, and, indeed, precious it is to greet each of you. We are enthralled with the energies of the night creatures of your woodlands, and of the portions of your metaphysical planes as well which awaken for the night watches just as those of the day are quieting and stilling their energies until the dawn comes again. The hushed peace of your abode is most enjoyable and all the homely sounds of domestic machinery most pleasant to the ear. We thank you for calling us to your meditation this evening. It is always a pleasure and all too rare for us to share our humble thoughts with you.

This evening we would speak upon a kind of love which is called among your peoples, patience, for there are those in your extended group, though this instrument knows it not, who greatly desire to hear words upon this subject, and we would request that this topic be sent to the one known as S, although we cannot promise to offer any inspiration, but can only hope that our thoughts may have some help in them.

As one walks upon the road and sees oneself upon a pilgrimage of a spiritual nature, patience seems part of the plan, and each step begins and ends in a perfect pattern at first. The thrill of spiritual life and spiritually-oriented thinking fills the mind and the heart and inspires each and every day. There is, however, something about the spiritual path that is not often given as the best feature [of] such a path, and that is the steep and stony nature of it, the points at which it disappears, seemingly, in a swale of mud and tarn grasses, encroached upon by the persistent and annoying heartbeat of the earthly life.

Soon enough, the spiritual path is difficult to see, and the heart and mind that was so filled with peace becomes impatient. First it may become impatient with the earthly and mundane concerns which keep it from spiritual things. Some of those things may be shorn away that the spirit may thrive, and yet if the mundane concerns are important upon the surface of the life, the lack of them may truly disrupt the spiritual life as well, more than the concerns do. And so the spiritual seeker is back at what this instrument would call square one.

Then, perhaps, the seeker becomes impatient with the self and thinks, "If only I were a more evolved and realized being, I would not be impatient and out of sorts, I would move on, buoyed by faith, and keep one foot in front of the other in a steady rhythm

until my path found me again. But alas, I am not so wise or so patient."

The spiritual seeker which criticizes the self is one at war with the self, and it is never recommended by us that the errors which one makes be considered any longer than is necessary to note the mistakes, to correct the missteps which can be corrected, and then to move on.

Now, my friends, at whom shall the seeker be irritated and impatient? It cannot choose those mirrors of the self about it, for it has discovered that all mundane concerns beside one are just that—things to be taken as seriously as necessary in order to live the life most conducive to seeking. The self cannot be angry at the self forever, for no progress is made by one at war with the self. Is the self then to be impatient with the Creator for creating such an imperfect universe? This is the choice which most often takes the longest to work through.

Let us look now with patient eyes at a thoroughly bemusing creation, the creation of the Father and the co-creation of humankind.

Patience is an infinite part of that infinite thought which created all that there is, for the infinite intelligence which is love cannot experience impatience. All times are the present time; all places are the present place; all things are one thing. The universe is a singular thought, and the eye of intelligent infinity sees unity in infinity. It is the co-creators of creation, those who are self-conscious and own the gift of consciousness, which create a distortion of unity, a distortion of infinity, and a distortion of endlessness, another term, perhaps, for patience.

For true patience is not that which waits, but rather that which bides endlessly. Love creates you, each of you, and thus you are manifested unto the world of illusion, equipped with a clumsy, yet very lovely, physical vehicle, equipped with a multitude of ideas, thoughts, dreams, hopes, all the many gifts that consciousness gives. And because of what you desire and what you fear, each of you co-creates the universe in which you live. Almost without exception, that universe is not a universe of endlessness, not a universe of unity, not one of a consciousness of infinity, for the illusion is with you, and so it must be in order that experience be gained.

"Why," the pilgrim may ask, "must I be kept from my spiritual seeking by so many distractions of the mundane kind?"

It is our opinion, my friends, that each mundane step which you take is a step along the most spiritual path of which you are capable at that moment. The experience which is gained may be uncomfortable, yet it is the experience which the deeper portion of your being has resonated to, has attracted, has drawn unto the self and now rejoices at experiencing.

The secret of patience is the knowledge that it is a portion of love hidden within the deep beingness of mind, that portion of the mind which lies below the sensors, below thought, below idea, creating in a powerful and creative way each experience which manifests itself through you and to you. Thus, patience is a resource, part of the glory within which each spirit contains.

There is an inner opening to infinity, and patience is the doorkeeper. Difficult experiences of the mundane type, whether they be relationships or situations, are designed to place the pilgrim in the perfect place for the experience it needs to overcome deep biases which are unbalanced in the personality. To be impatient with the world because it has made you sad or angry or defeated is to be impatient with yourself, and by this time the seeker has already decided that if the self is unworthy, that is certainly too bad, for the self is here and the self must seek to be the best and the highest that it can be.

Each self is perfect in some way at some level. This is acknowledged at some point by the seeker. The paradox betwixt the perfect and the blatantly imperfect self is accepted that it does not matter that there is a paradox, but that one must still seek and not be at war with the self.

Thus, we ask each to meditate when impatience with the world becomes that which keeps the consciousness from its joy, for it is in the manifestation at least of peace, serenity and patience that sunshine will spring from your eyes regardless of the external weather. It is then that you shall become a blessing to all whom you see.

We are sorry and sympathetic when we gaze at the suffering of good and true-hearted pilgrims within your third-density illusion. We find you to be very brave, carrying on in faith when there is no evidence to prove the assumption of the goodness of the

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Creator. Yet, we must share with you, my friends, that your journey is truly a journey where patience shall be a great tool, resource and ally.

Each of you seeks for that moment when unity with the infinite source of all things is experienced and a sure knowledge of the universe as it really is is finally revealed. Be patient, my friend, be patient.

We have been most blessed to be able to use this instrument. We are attempting to keep our sense of humor to a manageable quota so that we do not remove ourselves from the possibility of offering honest comment, however, we must tell you that our hearts are full of glee and merriment at being with you, and we almost dance as we speak through this instrument, for we are most excited to be able to speak. We would at this time transfer to the instrument known as Jim. We leave this instrument. We are those of Latwii.

(Jim channeling)

I am Latwii, and greet each again in love and light. It is our honor at this time to ask if there might be any queries to which we may speak? Therefore, may we begin with a query?

Carla: I recently had a book go off to the printers called *The Channeling Handbook.* I was wondering if you had any comments on the subject of channeling, since I don't believe I have asked you? Just comments about how to help those who are interested in channeling or those who are channeling to be more clear about what they are doing.

I am Latwii, and we look upon the work which you have done upon this topic and give thanksgiving that you have chosen to share that which you have learned in a free and open manner with those who have interest in this area, for as you have noted previously, there are many of your people at this time who find a fascination with the service of the vocal channel, as is the tendency of those who seek in this manner for the first time. The means of seeking is often with little regard for the service and its responsibilities, shall we say.

We see ourselves as channels, as each who offers a service to another is indeed a channel for the one Creator to the one Creator, and we feel this to be of a sacred nature, for it is the radiating of light that is the fabric of your illusion, and indeed of all creation, and is the sharing of the body, shall we say, of the one Creator as a kind of communion with those who thirst and hunger for that metaphysical nourishment that may be offered by those who have moved somewhat further along the path of seeking. We welcome all attempts by new instruments and those who would be new instruments to speak those words of inspiration and perhaps some few words of instruction to others who might benefit from such speaking, and we would hope that each entity who partakes in this service might do so with diligence, with thanksgiving, and with a dedication not to the results of such service, but to the offering of such service with every fiber of the being and ounce of purity that is possible.

Thus, a work such as the book which you have collected that is the product of your own seeking and service is that which offers a means by which others who wish to travel the same path might do so with the greatest of efficacy, having the trail, shall we say, opened somewhat more fully by the efforts of those who have gone before. Thus, we extend our thanksgiving and appreciation for each such effort.

May we speak further, my sister?

Carla: No, thank you. I'll ponder those words.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Was there anything that was not channeled satisfactorily for S that might be better channeled through the one known as Jim?

I am Latwii, and we are happy with the manner in which we were able to speak through your instrument, my sister, and find there is no need for adding to that which has been laid out, shall we say. May we speak further?

Carla: So what you're saying, basically, is that patience is infinity, or a sense of infinity, rather than patience being the ability to wait for long periods of time for some result. Is that right? Patience is sort of being in the present moment? I mean, I never thought of patience as being the same thing as being in the present moment, but it seems like that would be the only way it could be timeless.

I am Latwii, and it is our perception that one helpful way of defining or looking upon that term which we have called patience is that of so fully accepting the present experience in any present moment that one is full of that experience and has little concern for any which may have come before or which may

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follow it, that the moment is indeed sufficient unto itself, as each moment is a portion of the one Creator, which contains in it the doorway to the fully experienced presence of the one Creator. Thus, to give the proper respect, shall we say, to each moment is to have a kind of love for the Creator that we have called patience. To abide with and to find fullness within any moment is to glorify that portion of the Creator that has revealed unto the seeker for that portion of experience.

May we speak further, my sister?

Carla: Well, just a little further. I think I'm coming to the end of my questions. I think about S's situation, and I know that she's got a situation that's been going on for a long time, and promises to go on for as long as she's alive, unless she herself changes it, where there are things about the situation in which she's not appreciated and not understood, and it's just part of what she experiences every day. And what you're saying is that as she experiences each of those moments, that there's something within that's more to be experienced than the relationship itself. Does it transform the relationship, or do you just get out of the relationship and experience the creation? I guess that's why I'm kind of confused. If I were S, that's what I'd ask, I think.

I am Latwii, and it is our intention to express the possibility that for any seeker in any moment, if the seeker and the moment can be seen as whole and perfect unto that moment, then the doorway of perception is thrown wide open and the experience of the seeker is that of completion, for it is the limiting ways in which entities form their perceptions and expectations that squeeze the moments and limit the ability of the seeker to experience that which is always before one.

We do not mean to criticize overly the tendency of your peoples to see with narrow vision and to exclude that which lies beyond the boundaries of perception for most upon your planet, for, indeed, it is the narrowing of the vision and the point of view that allows the work of refining and balancing distortions to proceed in a manner which is intense, pure, rich and varied. But we might suggest that there is within each moment the possibility for removing the boundaries which have been placed for certain purposes and to allow the fullness of the Creator to move through that moment for the seeker, and to feed the seeker in a manner which you may see as being of a spiritual or metaphysical nature, to give the seeker that which shall, through its future experience, nourish it and propel it in a manner which shall accentuate its ability to learn those specific and well-focused lessons that it has chosen before the incarnation to learn.

We both applaud the focus and ask that the seeker consider the possibility of expanding that focus in order that a greater portion of experience might be made available as a source of sustenance to those who have long sought within narrow boundaries to learn those carefully chosen lessons.

May we speak further, my sister?

Carla: I notice that you did not encourage meditation in this talk. Is that because this particular discussion had to do with something that the analytical mind needs to be at work upon rather than the intuitive, or what?

I am Latwii. We may always encourage the meditation without any hesitation, for it is in the meditative state that one may most easily discover the sufficiency of the moment of which we have been speaking. However, the concept of patience is one which most properly finds its focus within the daily round of activities and the workings of the conscious mind. If it may be kept in the front, shall we say, of the conscious mind that the focus is one which has a purpose, but one which may from time to time become somewhat tedious, and may, through a change of focus, be relieved in a manner which nourishes the spirit, then we feel that the most appropriate application of the concept of patience is that which finds its working within the conscious or intellectual faculties, the mind.

May we speak further, my sister?

Carla: Not to me, thank you, I'm finally through. I think it's a most challenging concept. Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and as we have reached the end of the queries for this evening, we again wish to extend our great gratitude to each for inviting our presence. We have been some time, as you would measure it, in our speaking to this group, and we are happy that there has been the call for our presence this evening. We remind each that we do not wish our words to

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be given too much weight, shall we say, and ask that each take those which have meaning, and leave those which do not for the present have the meaning in the personal journey of seeking. We are known to you as those of Latwii, and we leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ✣

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Sunday Meditation
May 3, 1987

Group question: Along the lines of when does one realize when the conscious attempts to affect one's progress or evolution, a relationship with another, has gone far enough in the way of trying to control it? And when does one begin to surrender to the flow or the rightness of the moment or simply be that which one has been seeking?

(Carla channeling)

I am Q'uo. I greet you in the love and the light of the one infinite Creator. We nearly swoon with the light, as we perceive the springtime freshness through this instrument's senses. The third-density physical vehicle is, indeed, one which affords an enormous amount of various sensations to occur simultaneously and the vernal shower is a most heady experience for us.

We join your meditation at your call and thank you with deep appreciation for the privilege of speaking with you upon the subject which has been requested, that being the choice between control and lack of control, desire and lack of desire. We hope that each realizes that our thoughts are not infallible. If anything which we say seems to present any stumbling block, please forget our words immediately, for we wish only to aid, not confuse the seeker who seeks after a mystery greater than words and beyond all telling.

Many is the time that you upon your planet have gazed upon the cycle of the seasons and have observed the ritualistic rhythm of cadenced seasons passing, the bloom that springs to life on time, and the leaf that withers in its autumnal turn. To the tree, the decision of whether to control or to release control is not in any significant degree a meaningful question, for nearly all trees, being of second density, have that relationship with the Father which precludes thought, thought being necessary only to offer one information upon which to base choices.

Thus, the tree seems wildly to gyrate from fullness, through dying, to stark skeletal nudity, and then once again to new life when warm weather coaxes buds from the dead leave's stumps. Each season brings its own reality which suggests to the eye and ear of the seeker that this reality shall go on forever—this is the way things are. So one thinks in the heat of summer or in the cold of winter. So one is led to think by the slowness of one's dance through the river of time. Things last forever, and then they are gone. This is the way in which time is perceived. This is the way in which change is perceived.

You who ask these questions are not second-density creatures, but those with a consciousness which offers a co-creatorship to each. Each of you is, with the Creator, the co-creator of its own experience and destiny, and unlike those of second density, each of

you seeks such information in order to make many, many choices.

There is an enormous storehouse of information which cannot ever be known in the proper sense of that word. It cannot be scientifically or objectively known. Yet this source of information is extremely helpful in the making of decisions. It is a source of information used extensively and almost to the exclusion of any other source by those in beginning fourth density. It is that portion of the mind found in the subconscious, according to your terminology, and described in various ways by those among your people who understand the great well of knowledge which intuition may offer. The intuitive faculties, the heart, this instrument would say the gut, the stomach of the mind, that which feels rather than thinks, is, when shallow and prurient feelings are removed from the mix, an extremely useful and helpful faculty for the making of choices.

The third-density person, then, is caught betwixt the utter creatureliness of second density, in which thought, for the most part, is simply impossible in any self-conscious sense, and the fastidious and conscious use of the intuition which informs those of fourth density, having lost the veil which lies between conscious and subconscious minds. A third-density entity seeks—or decides not to seek—very much in the dark.

Now that we have nicely described and delineated the predicament of third-density humankind, perhaps we can say a few helpful things about the rhythmical use of intuition.

The basic job description, shall we say, of the third-density seeker is to observe and, if possible, to draw conclusions, to act upon those conclusions, to record in the mind and heart the results of the actions from those conclusions in such a way that gradually certain biases shall be built up within the heart and mind that shall last. So it is in every season of the life, and human seasons do not follow the year only, but many, many cycles, seasons and times that are unique to it, to it alone. Thus, the world may be experiencing summer, but you on the other hand may be experiencing the deepest winter or the first blush of spring.

Thus, a modest and diffident, yet absolute, independence from any other source of feeling needs to be a portion of that identity which is yours, not to defend to the death, for that is unnecessary, but to respect and to make other people aware of, if that becomes necessary. The observation of the self begins with the simple observing of the feeling tones so that one may discover what season one is in, what time of day. Is this a morning for you? Is this the dark of the night? There are many, many seasons and times, and the subjective time which you experience is the stuff of your universe.

You then examine what is happening, hour by hour, minute by minute, and certainly day by day. Observation of this kind at first bewilders and then, after a few months of care, one can begin to see a pattern, an ebb and flow, one begins to see the true signs of seasons and of seasons' change when that does occur. The basic responsibility of third-density humankind is to observe this process and gradually to become aware enough of the preferred reactions to the various spontaneous seasons that one may illuminate and elucidate and then soften the blow of the difficult wintry times and then that one may celebrate and share those seasons which are prosperous, blooming and bursting with fruit.

There is always a balance in spiritual excellence, not a leaning in one direction to the exclusion of another, but the balancing of the polar opposites which are both excellence, but which apart from each other do not create or sustain the consciousness of love. We could say to you, "Allow the flow of events to control you always," and be giving excellent advice, and just as well could we say, "Use more discipline and meditate more during each day." Both of these things are true in their season, and when the urge comes upon you to meditate more, to use more discipline and so forth, we suggest that by all means you follow your own intuition.

Yet, if more than one circumstance seems to be echoing to you, saying to you or indicating to you that there is too much discipline and control in the life, listen to that intuition.

The basic question here is a question of the trust which you have in the Creator and in yourself as a part of the Creator, which knows more than any outside source, including us, what is needed at the present moment. If you are ever to see life in third density as a unified and meaningful experience, you will see it as a creation of ultimate subtlety and yet startling simplicity in which, borne upon the water of the spirit, the frail barks of humankind sail about, some with rudders, some without, in search of many

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grails, many islands, many native homes. Some wish to go away from everything; some wish to go to the heart of everything. And to each, his or her own journey.

We use as an example the one known as T, who reports the "coincidence" of the numbers of entities who are sick in the same way, all known to him in a short period of time. This is a cluster of events which alerts the intuitive self which lies mostly within the subconscious that a message is coming through. What is that message? We would not learn for that student by teaching, but may say simply that when an entity is holding on to a consciousness of lack, a consciousness of "I wish I could have done more," then just that long will the opportunity to feel that feeling be made available.

Every thought is in one form or another a desire. It is almost impossible not to desire. Thus, attempt first to observe clearly the thought patterns, the seasons of the life, and the harbingers of change, so that you may celebrate when the season is at its height and ameliorate any uncomfortable circumstance when the day is short and the winter night of the soul is long.

We are through with that question, and would only pause now to say how very much we have enjoyed the vibrations of the group. It is truly a blessing for us to be here and we [in] return bless each of you and thank you through this instrument. We would now transfer. I am Q'uo.

(Jim channeling)

I am Q'uo, and we greet you again through this instrument in love and in light. At this time it is our privilege to offer ourselves in answering of further queries which those present may offer to us. We thank you for each, and we seek to speak that which has been our harvest of experiencing. Is there a query at this time to which we may speak?

Carla: I guess my only question is that the wisest man I ever knew, Don Elkins, always said that happiness was not an objective, and that basically if something felt good it was bad for you, and if something felt bad it was good for you, and you should never react to anything, but just be the creator of your own actions which is, I would say, widely at variance with what you're describing. I like your idea better. Could you address the possible problem, say, with the "Hundred-and-Eighty Degree Rule," as Don always called it?

I am Q'uo, and we speak to this query in order to offer the possibility for consideration that there is great difference between what one may become aware of through the intuitional faculties and what one may think with the intellectual is an appropriate course of action. It is possible for one to become aware of the speaking of the intuition, the small voice that speaks in stillness within the heart of being, through the exercise of meditation which has been primed, shall we say, with the intense contemplative and intellectual analyzing of possibilities. This priming or opening of a path through the intuition, when accomplished, will in its season of appropriate time allow the communication from the deeper levels of the mind to the conscious mind. This response is that which seeks to fulfill the desires of the seeker of truth in a manner which is appropriate for the seeker according to the plan that it has laid out for itself prior to the incarnational experience.

It is oftentimes the case that the seeker will hesitate upon first becoming aware of the speaking of the intuition, and will doubt that which has been given, and will, indeed, [attempt] to construct in a mental fashion an appropriate, in its own mind, permutation of this speaking of intuition, and satisfy itself that it is following the dictates of the deeper self in so doing. We hasten to add that in the greater picture of one's incarnational patterns, those movements of mind, body and spirit which seem at some point to be inappropriate or incorrect, are in the larger sense often quite valuable in the overall fulfilling of the preincarnative plan. However, we realize that those present wish for the ability to, shall we say, zero in on the heart of the process and make each step count as much as possible.

Thus, although we might agree that when one thinks upon a certain path and desires it through the thinking, that it is oftentimes necessary for the action which results from such thinking to continue to be refined until the heart of the matter is obtained, and is oftentimes obtained in a fashion that is distinctly different than the thoughts of the seeker, the pure and undiluted feeling direction of the intuition is that which needs the acquiescence and obedience of the seeker in order that that still, small voice may be heard ever more clearly and ever more frequently within the life of the seeker of truth,

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for it is that which speaks from the heart of the being, and offers a clue as to the means whereby the seeker in its thoughts and actions may strike closer to that heart.

May we speak further, my sister?

Carla: Just a couple of little things. I believe that were I to ask how to get to the heart, how to get to the still, small voice, the intuitive mind, I would be given a discussion of meditation. Is this correct?

I am Q'uo, and it has been said that if one seeks, that one shall find, and if one knocks upon the door, the door shall be opened. In meditation it is truly the case that within such hallowed inner ground one may seek and knock and ask in a manner which is more purified than the daily waking consciousness, yet also within this daily waking consciousness may one chant as a silent mantra the desire to seek, to know and to have the inner doors opened.

May we speak further, my sister?

Carla: But is that not a beseeching, a dunning of the Creator along the lines of T wondering whether it were acceptable to control, control, control and try to get, say a new girlfriend in the life? You're saying, control, control, control and desire the fruits of meditation, right? I'm having trouble with the paradox.

I am Q'uo, and we would agree that the line is quite fine which separates that desire which has a certain outcome from that desire which seeks only that which is appropriate. We recommend that desire be harnessed in a fashion which provides the seeker with the opportunity to offer the self completely and without hesitation to that which is appropriate rather than designating that which the seeker feels might be appropriate or helpful. Thus, the desire does not have a goal or idol, shall we say fashioned, of the mind of man.

May we speak further, my sister?

Carla: No, that pretty well says it all. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and again we rejoice at the sounds of the springtime shower that are evident to us through this instrument's ears, for we see and feel those sensations available to us through such instruments as the further examples of the all-compassionate nature of the one Creator which gives in all seasons those qualities of sustenance that will enliven and nourish the spark of consciousness that resides in each portion of the creation, that each spark may in its season grow, ripen, bloom and bear fruit, and provide to those portions of the creation about it the beauty and interrelationship that weaves a pattern of unity, binding all creatures and creations in one Thought of love.

We have greatly enjoyed beyond all possible expression through words the opportunity of joining this group this evening, of sharing our humble words with those who seek the nature of the life that each lives and offers as glorification to the one Creator. We look forward to joining this group in its future gatherings. For the nonce, we shall take our leave of this instrument and this group. We are known to you as those of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

(Unknown channeling)

I am Nona. I *(inaudible)*. *(Intoning)* Omm …

(Tape ends.) ♣

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Intensive Meditation

May 6, 1987

(N channeling)

(N's channeling was not transcribed.)

(Carla channeling)

I am Laitos. We greet you once again in the love and in the light of the infinite Creator. We will speak but briefly through this instrument, but wished to use it as it is a bit more experienced in using the word by word method which we prefer to use for this transmission.

We continue to be pleased with the gradual adjustment of the contact with the new instrument known as N. The stage is now set for a movement in channeling which mimics the same movement within the spiritual life of any seeker. When a seeker is new, it assumes that all information, realization and knowledge impinge upon the self as it is experiencing itself consciously. This is a mixture of the present moment with heavy overlays with thoughts of the future and disturbed thoughts about portions of the past. Seldom is the consciousness of the seeker a clear mirror of what is actually occurring at any given present moment.

So it is with the channeling. Although we have thoughts which seek and hope to inspire to offer, yet first must we make sure of the mechanical portions that insure a comfortable and stable contact. There is much training which must be done, and it is largely specific. There comes a time when the new channel is no longer new and it realizes that the technique is basically learned. And now it is time to open the self to new thoughts and to the potential, subjectively speaking, for disaster, for how can one speak thoughts which one has not yet thought? Thus, it is that there is a crisis anew, and the fear of being a fool keeps the magic at bay.

Again, we urge the new instrument who faces now the graduation to take heart and to analyze before and after each occurrence, but to refrain from analysis during. We have thoughts to give from the first thought to the last, which any instrument may channel from the Confederation of Planets in the Service of the Infinite Creator. Those thoughts will ring with what we believe to be the truth, and that is that all of creation is one thing—one great Thought which thinks itself out in infinite portions. The unity of all creation is not something that is unusual or new as a thought, but it is all we have to offer. We hope and trust that our humble gifts may find favor with those who channel them and those who listen as well.

We thank the one known as N for listening to our lecture—we are afraid that we do give them from time to time. It seemed to be a good idea, for we find in the one known as N's thought processes a very clear train of thought which tends towards logic, thus, we thought it would be a simplifying

thing if the instrument [were] to know what comes next, and be perhaps ready not to analyze and not to be afraid when an idea comes which is not linked directly to the progress of the self in channeling. This shall occur soon if the instrument continues as it is now in these sessions. We would now transfer to the one known as Jim. I am of Laitos.

(Jim channeling)

I am Laitos, and we greet each again in love and light through this instrument. At this time it is our privilege to open this session of seeking to queries which those present may have to provide us. We wish to remind each that we offer but our opinions and do not wish to offer authority. Is there a query to which we might speak?

N: Yes, Laitos. I feel that in channeling one is trying to become closer to their inner self. I heard a phrase the other day, "breaking down the barriers," referring to taking a mind-altering substance such as LSD or acid or mushroom, and I guess my question is, do they have any helpful purpose to breaking down the barriers and finding out more about oneself or the world?

I am Laitos, and we consider the possibilities of this query for the infringement upon free will, and may speak in a general sense concerning the use of the substances which have the capacity to, as you have stated, break down those mental constructions that hold the mind/body/spirit complex upon a certain course within certain distinct boundaries for the purpose of its gaining of experience.

It is quite true that there are various substances, including those which you have mentioned, that may be utilized in the expanding of the point of view and the gathering of the fruits of that expansion for use in personal evolution. We find that for those of your population that utilize such substances that the effect is that which is most usually random in nature, for the barriers, as you have described them, which continue to hold the focus of the mind and the experience within certain distinct boundaries is a function which is difficult to affect or control, shall we say, by most of your peoples, and the circumstance of the ingestion of such substances, as in regards to the current mental attitude and the environment, are those faculties which in a general and uncontrolled sense lay the groundwork for the experience, and oftentimes the groundwork is not solid enough or well enough constructed to support the increased energies that are available upon such occasions and the experiences thus are randomly generated and vary greatly in their effectiveness and ability to increase the seeking of the student.

There is great care necessary in utilizing such substances. This care is that of the magical nature which utilizes ritual in the dedication and consecration of such an experience to a specific purpose related to the student's personal pattern of evolution. And in such cases there is always the possibility that the student will not be adequately prepared in its normal rhythm of evolution to adjust its perceptions to the increased influx of energy available.

Thus, it is not our recommendation that such substances be utilized, for the barriers, indeed, will be altered in a significant fashion, and the increased opportunity for learning which is presented the student must be, in our opinion, balanced with the increased opportunity for utilizing such an experience in a metaphysical manner that is adequate to the opportunity offered.

The student of the mystery of creation has in its life pattern a rhythm, a song, if you will, which is unique to each student. There are times during which the pace or movement or dance of the melody shall be quickened, and there are likewise times when it shall be slowed. And there shall be opportunities for the variation and acceleration on new experiential levels for each seeker. These present themselves as a function of the student's utilization of catalyst efficiently within its daily round of activities. When the student is properly prepared, then, by its own progress in the efficient utilization of catalyst, the increased opportunities are then presented to the student. To seek to jump ahead, shall we say, and gather for the self the opportunity for an acceleration of the process of learning is a risk, shall we say, which, we have attempted to explain, may provide those opportunities, but in a fashion which is randomly generated and which must be properly prepared for by the student. The student which is able to utilize such substances in a magically or metaphysically appropriate fashion is rare, yet such students exist.

May we speak further, my sister?

N: No thank you.

I am Laitos, and we thank you, my sister.

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(Tape ends.) ♣

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Sunday Meditation
May 10, 1987

Group question: The question, of a general nature, is what lesson is to be learned when goals seem unattainable after a great deal of effort has been expended?

(Happy Birthday, Jim McCarty!)

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. It is a great blessing to us to be asked to share this meditation with you, and we would pause with you for a few moments of silent meditation so that we may truly become one with you and flow in harmony and in rhythm with your thoughts and your needs at this time. We shall pause. We are Q'uo.

(Pause)

We are again with this instrument. We are Q'uo, and again we greet you in the love and the light of the One Who Is All. Your query is concerned with what your peoples call ambition, an ambition to succeed, an ambition to fulfill the potential. It is based upon an interesting supposition among your people, namely that something smaller than the life experience of the life itself is that which is called the work.

The difficulty in recognizing one's true work seems to stem from that distorted value which your peoples place upon that tool of power which your peoples call the money. It is assumed that that which is done in exchange for money is that which is the work, and it is assumed that, therefore, even when one is not receiving money for something, one may still be in a training period for some time, but after a certain time it is assumed that the work itself shall begin. Such is the distortion which money has created by its distortion among your peoples.

It is our opinion—and we stress that it is opinion only and is not an irreducible truth—that the only work which may be called "The Work" of any entity is that work done in consciousness during an incarnational period which has a net result as judged by the self after the incarnation of polarizing the entity more and more strongly towards service to the Creator and to others. Thus, life is the work, and work is the life.

This may rearrange the thinking upon the query of this evening, which is, "What is the possible reason for such extended effort and then no expected outcome?"

The emphasis upon the outcome is that which has been distorted by your money system. If it is seen that one's own life is a gift which is going to be created by the self by life's end within this density, then it may be seen that whether one had an expected or an unexpected outcome for training, that the actual work lay not in results, but in

attitudes and biases which have been gained during the training, and that this process would go on regardless of the outer circumstances changing by apparent success or apparent failure.

Let us back up a bit and speak in a deeper way, as you know we are fond of doing, my children. You know that each of you is a perfection unique and amazing to the Creator, just as the Creator is unique and amazing, mysterious and wonderful to each of you. You know that as you gaze upon each other, you gaze upon the face of great mystery. And yet, somehow each entity manages to stop the ears and blind the eyes of the miracle of each moment in order that it may function in what is seemingly the here and now of a hustle-bustle life experience.

How blessed it feels to kick off the shoes of the workaday world, to tuck a metaphorical piece of grass between the teeth and gaze into the metaphorical open sky for daydreaming. How very, very good it feels to unwind and relax, to let one's mind drift. My children, it is not only pleasant—it is life itself to that entity which dwells within, which is learning the true lessons and doing the true work of the incarnation.

We are speaking here of meditation and of those states of mind associated with meditation which may seem to be a waste of time to the civilized mind. We find this word in the instrument's vocabulary has many connotations, and we wish them all to be recognized, for civilization is also an artificiality, and all of those notions and belief systems which arise from the cultural medium which you enjoy can be a deadening and numbing influence upon those who are not aware that at some point it is necessary to remove oneself from the grip of civilization in order that the creature which dwells within in illimitable light might move about, breathe the fresh air of unconstructed thought, and go deeper and deeper into that portion of mind which is nourished by light and love and contemplation and which gives as fruit of this kindness from the conscious mind a harvest to the conscious mind of health and right knowledge. The aid which meditation may yield to an entity is equal to that entity's desire for that aid.

There is no desire which is not fulfilled, and when one feels that one has worked for a long period of time and yet the goal has not been accomplished, it is often interesting to go back and reexamine the deep desires of the heart and mind. It may be that there is a far, far deeper desire for the deeper learning which is brought about when one has a long-standing and seeming failure. This consciousness of clay feet and imperfection causes a kind of unhappy tension which is called suffering, and this suffering creates a frame of mind in which the deeper senses become more and more sensitive and begin to make choices.

We question each who has an unfilled dream whether in the suffering which has gone into disappointment there has not been a great deal learned which could never have been learned in the face of continued contentment and happiness.

The strength of desire is the measure of the result of desire, for the universe is completely rhythmical and responds to that which is asked. There is a spontaneous simultaneity about existence, and in that still point, as one of your poets has called it, it is truly there the dance is. When one finally rests in meditation after great suffering and hoping and seeking, one may finally get a glimpse of what has been learned by the deep self.

To those to whom that glimpse has been given, no suffering ever seems so hard again, for those are the ones fortunate enough to grasp the deep reality, which is that in terms of the deeper desire of the heart they have not been unsuccessful at all, but instead successful beyond their dreams.

You see, my children, the movement in development of personality is from the surface of things, deeper and deeper into them, until finally the seeking and the sought become one; one thing, so that you are not meditating, but finally you are the meditation, and this meditation is your perfect poem, your arrangement of your consciousness, and you know in an instant that this consciousness is the gift which you shall give to the Creator, and so no longer can you feel unsuccessful.

We are aware that the moments when one accepts the self as the Creator must be few and far between for those of you who dwell in third density, for it is the function of your physical illusion to fool you quite efficiently. If you do not suffer in some way, if you are not made uncomfortable by circumstance, shall you seek at all? We found in our studies that our third-density experience was not as vivid as the experience which you have upon your planet. This is due to the fact that our Logos, as we find this instrument to use the word, did not choose quite so

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vivid an archetypical expression of the one infinite Creator.

You, in the planetary sphere you enjoy, have an especially excellent illusion. How then are you to embrace yourself and the consciousness within you in the midst of an illusion which delivers to your consciousness a distorted and incomplete report of the self? Again, we suggest meditation, that in the still moments of meditation, you might come upon yourself, and, not looking directly, still recognize that self as both self and a greater Self. And in the greater Self's persona, perhaps you shall catch a glimpse of the glory that lies within you.

The development of faith and will is in large part a development of the will to seek and the faith to keep on seeking. A persistent, sustained seeking throughout an incarnation, regardless of any results that appear within the incarnation, is in our opinion the very best gift which can be created by you. You are creating a life, and you shall not be done in that great career until your last breath has left the physical vehicle and you yourself move from space/time into the time/space of metaphysical life, that greater life which you hunger for while caught within the clumsy prison of the physical vehicle. You shall be light and free. You shall be full of light and full of freedom. Yet, here and now, within the prison of the earthly body, is your great chance to be faithful to your own consciousness.

So seek, my children, seek always, and know that while it is well to move according to the tides of circumstance, it is far more deeply helpful to have an inner life which is completely independent of outer circumstance, a life in which meditation and contemplation are both that which is desired and among the fruits of that desire. If you are not enjoying your meditations, may we suggest that you vary the conditions under which these meditations occur. And do not refrain from meditating because of a difficult patch, for in any difficulty, yet to remain faithful to the seeking is a very helpful thing for one who wishes to polarize more and more towards service to the Creator and others. The development of that will which under the velvet offers the strength is much recommended.

We find that there are queries within the group this evening, and we would like to answer as many of them as we may. We would at this time transfer this contact to the one known as Jim, We are those of Q'uo. We thank this instrument and would now transfer.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in the attempt to respond to those queries which those present may have for us. We remind each that we offer but our opinions and wish to appear not as an authority, but as brothers and sisters who seek as you seek on the same journey of seeking. May we begin, then, with a query?

Questioner: Yes, I have a question. Recently I read some literature concerning crystals and their properties and their value, and I've also read things in the past that said the opposite of what I have recently read. One is positive and the other one is negative. Could you comment on the use of crystals to a person who is seeking what value they have maybe in helping a person to polarize their—I guess, their direction of seeking? Anything you could say about crystals would be appreciated.

I am Q'uo, and we find that there is much that can be said upon this topic, and it is our desire to speak in those areas which might be of most use in this instance. Any aid of the nature of the crystal that an entity employs in its journey of seeking may be valuable in that seeking according to the desire and purity of desire for polarization that the entity contains within its heart of being as it utilizes the crystal or any other gadget, shall we say, for it is the crystallization of the self or the personality of the self which is the process of evolution for each seeker.

As the seeker is able to regularize the thoughts, desires, actions and words that proceed from its being, and to focus these energies in a manner that partakes of service to others toward a positive polarity, the entity is making of itself, and more specifically the energy centers or chakras of the metaphysical self, a kind of crystal that accepts the white light of the one Creator and refracts it in a balanced fashion so that each energy center lends its distinctive coloration of vibration and yields again the white light.

If an entity wishes to accelerate the process of evolution, the process of utilizing catalyst in the daily round of activities, and gleaning from that catalyst the bias in consciousness towards service, then the entity may seek to share that quality of

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polarization with others by means of the healing that is possible in the use of the crystal. This healing is a process which is first used upon the self as the entity gathers the experience of its journey and allows the fruit of this experience to move through its being, to enter into the crystal and resonate in harmony with it and become amplified by this harmonic resonance and move to an other self that is in need of the kind of balancing of energy centers which your peoples term healing.

As the crystal is utilized for the enhancing, the balancing, or the healing of the energy centers of self or other self, it must, however, be understood that there is the attendant responsibility to utilize the increased energy patterns or intensified patterns in a manner congruent with the chosen polarity, for, indeed, the enhanced experience carries the responsibility to be utilized in a manner that is as pure an offering of love to the one Creator as the seeker is able to make.

May we speak further, my brother?

Questioner: No, thank you. That was very good.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: So what you're saying about the lesson of working hard for a goal and the goal not being accomplished is—you're saying that it is if that trying has crystallized or regularized that person's metaphysical personality, then the real goal of creating a better crystallized personality is being done, and therefore the real goal is being accomplished, and it just looks like the goal is not being accomplished. Is that right?

I am Q'uo, and we find that you have in general summarized that which we have attempted to offer this evening in response to the query offered us …

Carla: But sometimes people succeed wildly, or at least adequately. I mean, not everyone has goals that they haven't achieved. So, are the people who are actually seemingly successful less so?

I am Q'uo, and we have not yet finished the response, and would at this time attempt to cover the additional information that you have requested. It is our observation that the peoples of your planet have so succeeded in placing about the mind complex those veils which shield it from far-seeing and becoming aware of the deeper patterns of experience that are realized in each incarnation and the work done in each incarnation, that the efforts of any one seeker in the metaphysical sense are largely unknown to that seeker, for what you seek within your illusion is the quality known as love or compassion and the expression of that compassion or attitude of compassion within the consciousness in such a focused fashion that one polarizes the being so that it is more and more able to accept increased love and light energy from the one Creator, and proceed therefore upon the path of evolution.

The polarization prepares the personality that it might be able to accept the increased energy of vibration in a stable manner without disintegration. The ability to discern the precise manner by which this process is accomplished is a lesson which lies beyond that which you now attempt to learn, and is described by many as that known as wisdom. Those of your peoples within third density who seek the lessons of love do well to gain even a small portion of that lesson, and do not yet reach the quality or lesson of wisdom which allows the clear perception of the white light in its movement throughout all of creation.

Thus, the qualities which you seek to nurture within your being, those of will and faith to persevere in the seeking of love, are those qualities which discipline the personality in a fashion which allows further seeking and further progress upon the journey of seeking. The process is largely unseen, and not dependent upon the outcome for particular effort or group of efforts within an incarnation that are designed by the seeker as its attempt to polarize in consciousness.

The attempt and the intention are those qualities which further enhance the will and faith and thus the polarization of the being, and it is these qualities that one works upon when one seeks to survive the moments and long periods of disillusionment, confusion, frustration and the various trials that test the entity's dedication to service and to seeking. And these moments of difficulty are seldom appreciated amongst your peoples as being those times during which the greater work is accomplished.

(Side one of tape ends.)

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(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue.

It is often those times of the seeming accomplishment of a goal which one has long sought that seekers look to as a sign of work well done. However, we would suggest that there is little possibility of entities within your illusion ever being able to see with eyes clear enough to know when work has truly been accomplished, and it is those times of difficulty in general which are most valuable to the seeker of truth. Truly, there is no means by which one cannot serve and seek to be of more service, yet it is far better to continue the effort of seeking with great perseverance and without the necessity of counting the return that is most valuable to the seeker within your illusion, for the fruits of your seeking are metaphysical in nature and escape, for the most part, detection by those within your illusion.

May we speak further, my sister?

Carla: I'd like to take the opportunity to ask one more question, with apologies to everyone else for the hogging the questions, because I have a stake in this myself. *(Name)* is not the only one who keeps thinking that surely there is an outcome that has not been achieved, and I'm learning a lot tonight too. Two years ago I lost a very, very dear friend, my beloved companion Don Elkins, and it was very sad the way it happened. My mind has been full of the sadness of it ever since. And even as I come up to such a joyous occasion as my wedding, and even as I'm involved in very, very happy preparations, yet still the sad parts haunt me. And it's as though I were Don, thinking Don's thoughts during the time that he was suffering, and so I still suffer. Even though I'm sure he himself has gone on, yet I still suffer with him in those last days and minutes of his life when he really felt alone and there was nothing I could do about it.

And I just wonder, is there an intrinsic value to this suffering that I go through? I know that a lot of the work that I've done in the last year is the result of some of the deepest suffering that I went through in which I discovered a lot about my own personality and how to be a powerful personality. Should I just rejoice in this continued suffering, and assume that there is an intrinsic value in it? Is there an intrinsic value to suffering? Or being unfulfilled—let's make it more general.

I am Q'uo, and again, my sister, we remind you that the true nature of your experience is that which is hidden for the most part from your ability to sense or perceive. Indeed, there is value in suffering. Have you not produced a fruit from the suffering? Can this not nourish others? In the larger sense, the Creator is able through your suffering to be glorified as the suffering is borne with a joyous heart, for it is the expression, then, of the discovery of love where one would not expect to find such.

It is not often or expected that each seeker will find even a small measure of love in a conscious fashion within any portion of the life experience which is devoted to suffering. Yet, it is true that within each such moment exists the one Creator, whole and perfect, full of joy and balanced in love and light. As the seeker who suffers discovers more of that joy in the moments of suffering, thus does the seeker remove yet another veil that covers the greater view from inner and outer eyes.

May we speak further, my sister?

Carla: No, Q'uo. I thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: Q'uo, concerning the crystal, does the crystal have any value to—does it have any extra special value unto itself, if it is just left where it is or if it is just, not utilized, just as a crystal? What value over and above anything else does a crystal have?

I am Q'uo, and we see that there are many ways in which we may respond to this query. We see the query focuses primarily upon value determined by use, or in a more general sense, the value of the thing in itself. Indeed, the creation known as a crystal has value, as does any portion of the one Creation, and has more particular value as a regularized portion of light which may in an harmonic fashion intensify the movement of light. Thus, the crystal is that which offers a passageway for light of a metaphysical nature to move and to offer itself in service to other portions of the one creation by enhancing the beingness of the vicinity in which the crystal resides. This quality is like unto the faucet which in your domiciles offers the nourishment to those in thirst and need of refreshment.

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May we speak further, my sister?

Questioner: Thank you. That did answer it.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: We'd just like to thank you very much for being here tonight.

I am Q'uo, and we find that for the moment we have exhausted those queries which have been presented to us with joy and sincerity, and we thank each for these gifts of your love. We have enjoyed this opportunity to share with you our journey of seeking, and we look forward, as you would say, to those times within your future gatherings that we may so join this group again. We are known to you as those of Q'uo, and we leave each at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

(Carla channeling)

I am Nona. I greet you in the love and in the light of the infinite Creator. We have been called to this group this evening to offer our healing sounds and we thank this group for requesting healing. We are not much used to words, and so will take leave [of] you except for our song. We are those of Nona.

(Carla channels a healing melody from Nona.) ❧

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Intensive Meditation
May 13, 1987

(Carla channeling)

I am Quanta. I greet this company in the love and in the light of the infinite Creator. It is my privilege to have been called to this group, and we are most thankful for this honor. We would speak briefly through this instrument and attempt to continue through all the instruments, for we wish to exercise the new channel known as W in a more creative fashion during this working, if the instrument is in agreement. The philosophical thoughts which we wish to impart are indeed general, yet we hope they are helpful. It is our desire to express through each channel's words some thoughts concerning meditation and the balance that love may bring to the hurly-burly of day-to-day activity. We offer you then a meditation of [all this.]

Across the infinite expanse of interstellar space lies strewn the Creator's field of celestial flowers—the seeds of consciousness. Each sun, held in perfect stasis while constantly moving by the dynamics of all of the fields which surround it, which are part of it, which it has created. Each sun which contains planets in turn washes the balance of those beings which dwell upon the surface of the planet, for many inhabited planets there are. And within each planet those flames, flickering with consciousness, which are called humankind upon your planet, create in their turn an infinity of small and large thoughts, thrown off and rotating as planets about the sun.

Thus, the entity whose mind is in balance is sustained and sustaining just as is your sun; held in place and holding in place by its planets—the thoughts, the children of its love. And when the mind is not in balance, then do the thoughts become confused and go awry, for the Creator's hand is not in the midst of them, that creator being your own consciousness. When that which has been created achieves ascendancy over the Creator, then are things truly out of balance. How blessed it is, then, to seek the balance of love and light in daily meditations, for meditation is a wellspring of balance, light and love.

We would at this time transfer this contact to the one known as W, requesting that this instrument merely say what comes into the mind, word by word and phrase by phrase, fearing not, for that which is sufficient shall be given. We commend the instrument on challenging and tuning. We are pleased. We would now transfer. We are known to you as Quanta.

(Long pause.)

(W channeling)

I am Quanta, and I greet you in the love and in the light of the infinite Creator. This instrument is having some difficulty—correction—we were having some difficulty in adjusting to this instrument's *(inaudible)* in establishing contact with the one

known as W. We are now readjusting and making a stronger, more established contact so that there will be less difficulty in utilizing this instrument.

We would like to continue with the story and establish the desire, teach. The Earth is a sphere which has the purpose of radiating energy into the galaxy. The sun also in its turn radiates to the Earth. There is a symbiotic *(inaudible)* relationship established between the two planets without which neither one would exist. This relationship [is] also established from the balance of the outer and inner roles which one must maintain [with regard] this planet, for it can either be outer or inner, but the combination of the two such that harmony is achieved between the outer and inner meditation is a way of establishing better harmony between outer and inner by giving to that [end role] which needs to be more firmly established, by quietly sitting and meditating upon all of the ways one becomes more attuned to the inner sanctuary of the spirit, not just the occupation with the physical.

So it is indeed an important daily practice to meditate and find that inner sanctuary and establish a workable relationship with the environment around which we are surrounded. Similar to the Earth and the sun, your outer and inner roles need a balance and communication in order to coexist. If one or the other were to dominate, the balance is disrupted *(inaudible)*.

At this time we would like to further establish contact with the one known as W [with aid in developing] a *(long pause)* another entity. We are pleased with the progress and wish to commend the improvement in the vocal channeling. We have begun quite satisfactorily, and soon we wish to aid in establishing contact through *(inaudible)*. It is quite an honor to be allowed to realize *(inaudible)* for the purpose of vocal channeling. We wish to thank you all once again for allowing us to do so.

As we adjust the contact, we are having some difficulty in maintaining with this contact as we adjust to her energy levels. At this time we would like to transfer to the one known as Jim, but we continue to adjust this instrument. We are known to you as the one that is known as Quanta. We will now transfer to the one known as Jim.

(Jim channeling)

I am Quanta, and we greet you again through this instrument. It is our desire at this time to allow the one known as W to enhance her recognition of the deepened state of meditation and to enhance her ability to receive a discernible contact while in this state so that there might in future experiences become possible the contact from others who wait to speak through this new instrument. When the basic and more mechanical aspects of the vocal channeling process have been mastered to a sufficient degree, it is then that the new instrument may find itself in the position of needing to refine means by which contact is recognized and transmitted, for the new instrument begins to make a progress which then is less mechanical and more inner or metaphysical in nature, this refining having to do with the careful alignment of the inner sensing which will become the most vital tool for the new instrument as it begins another stage of its work.

At this time we feel that we have taken the one known as W as deeply as is comfortable to this new instrument, and have allowed her to begin to open to a greater extent the deeper doors of perception that she will utilize in a continuing fashion as she improves and perseveres with the vocal channeling process. Thus, we shall at this time open this gathering to any queries which those present may feel appropriate in asking.

W: Can you answer questions regarding crystals?

I am Quanta, and we have had experience of a general nature with the crystal and would be happy to share that which is ours to share.

W: Is there a reason why I'm drawn to crystals? Could you explain that?

I am Quanta, and we find in this instance that the query points not so much in the direction of the crystal as it does in the direction of the personal inclinations which are part of your own pattern of experience that draws not only from this incarnation but from others which have the use of the crystal form much imbedded within their patterns.

May we speak further, my sister?

W: In regards to crystals themselves, what are the properties of the amethyst?

I am Quanta, and we look at the crystal which you have called the amethyst and see that the character of

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this crystal is one which is useful in a general sense for the soothing, calming or pacifying of a basic attitude of the mind complex, for the crystal is one which works as more of the broadband transmitter of the calming qualities of light and tends to balance the mental faculties which have been much over-used, shall we say.

May we speak further, my sister?

W: What is the significance of the double terminated quartz?

I am Quanta, and we again may speak in a general fashion with the qualification given that each particular crystal may be used in a variety of fashions by any seeker and may be used in an even greater variety of fashions by various seekers. There are certain functions which each crystal more easily fulfills than would another, and as we look at the quartz crystal which has the double terminix, as you have called it, we see the general quality of enhancing the meditative state when placed in a certain ratio position by the seeker, this varying from the placement directly above the crown chakra to the position of being held in the palm of the hand which rests upon the lap. The use in this instance being to allow a clearer movement of intelligent energy through the entire system of energy centers or chakras, first focusing upon the ingress of intelligent energy, then upon its outflow.

May we speak further, my sister?

W: No, thank you.

I am Quanta, and we thank you, my sister. Are there any further queries at this time?

Carla: Will it be possible for W to work with the contact which desires to speak with her within a challenging situation in which I am challenging in the name of Christ?

I am Quanta, and we find this quite acceptable, my sister.

Carla: Thank you.

I am Quanta, and we thank you, my sister. Is there a further query?

Carla: Then the presence that I sensed right before W began having trouble catching the contact, that it was a negative entity which was not the contact—is that correct? Because I challenged him until he went away.

I am Quanta, and again this is correct, my sister.

Carla: Thank you.

I am Quanta, and again we thank you. Is there a further query?

Carla: Not from me, thank you.

W: I'm experiencing a deeper sense of a meditation than I have since we've been working, and I'm curious about that, and I'm wondering if the entity which chooses to channel through me is also present?

I am Quanta, and the deepened state of meditation is that which has been achieved through a combination of your desire to serve in this fashion and our desire to aid in your service. The entity which awaits the possibility of speaking through your instrument is not at this time in the appropriate configuration, shall we say, to utilize your instrument, but instead observes from a position that allows it to experience some of your contact circuitry, shall we say, which is a way of describing the configuration of mind and beliefs and desires which arrange the deeper mind in such and such a fashion that makes it unique. Thus, this entity begins to familiarize itself with this configuration as you travel deeper into your own subconscious mind.

May we speak further, my sister?

W: On a slightly different tack. I've yet to feel comfort—connected to my guides and my higher self. Are they present, and what would facilitate establishment of a better contact?

I am Quanta, and we might suggest that the contact of which you speak is one which is not normally a comfortable or easily established and proven state for the third-density illusion. Such contact is that which has its season, shall we say, according to need and opportunity. The conscious efforts of the seeker to establish a mystery-filled contact are often the primary obstacles in the accomplishment of this contact. We might suggest the calm and peaceful relaxation into the knowledge that such contact is always available and need not demonstrate itself in any fashion which is consciously perceivable.

May we speak further, my sister?

W: No, thank you.

I am Quanta, and again we thank you, my sister. Is there a further query at this time?

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(Pause)

I am Quanta, and we wish to thank each for allowing us to join your meditation and to speak our humble words through each instrument. We feel that there has been progress made by each this evening, and we look to your future gatherings for the opportunity to enhance that which has begun. At this time we shall release our use of this instrument and take our leave of this group. We are your brothers and sisters of Quanta. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
May 17, 1987

Group question: From J, having to do with the nature of electricity. We use electricity, but nobody really knows what it is, the engineers or the scientists, and J was wondering if there might be a better description, perhaps even in metaphysical terms, as to the nature of electricity, what it is and how it really works.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. We rejoice at the joining of our vibrations and thank you for calling us to your meeting this evening. You wish to know something about electricity. Indeed, many among your peoples would wish to understand this power and force in order that it might be exploited, yet all have firsthand experience of the nature of electricity, for that which is called electricity is one manifestation of the love of the one infinite Creator. One might perhaps think of it as electrical desire.

We find it difficult to speak forthrightly through this instrument, for the concepts which we place within the instrument's head have no objective referent within her experience. However, we do wish and feel we are able to say through this instrument that there is no electricity that is free of the bias which is the companion of electricity, that being magnetic effect, for, in truth, electricity is a part of the way the Creator has drawn forth the created universe from that which was not articulate at the beginning of this creation.

The experience which most among your peoples enjoy in its appropriate time which is electrical in nature is the experience of your physical orgasm. That creative act is that which not only puts forth material which may become viable for a physical vehicle, but also puts it forth in a biased manner so that there is an electrical combination as well as a physical merging of the male and female cells. Thus, each infant has at the very beginning of its life that which is known as electricity to thank for the viability of the physical vehicle.

The galvanizing effect of your electricity is well known among your peoples, yet perhaps there has been within the mind and spirit the experience of the galvanizing electrical effect of some entity's concepts and words, some entity's deeds which provoke one to an electrical feeling of excitement, reverence or awe.

Metaphysically speaking, that which is creative is that which has electricity. That which is creative is that which shapes. That which is creative is that which empowers.

There is an alignment of love in such a way that love is bonded in passion to light, thus causing sense to form of that which was before made of no consciousness. The secret of electricity lies in its

generative and creative possibilities, and, indeed, although this instrument is not aware of any information of this kind, we believe we can impress upon this instrument that there is a large body of material and research done by scientists for many of your years upon the fascinating effects of love aligning light, that is, electricity, and its effects upon living organisms.

In your future it is possible that the increased understanding of electricity and magnetism as being love and light shall bring about a culture in which electricity may be used in simple and subtle ways to aid in the prevention of the development of diseases which are in some way egregious in the balance of one or another polarity. Electricity then will be measured in terms of its shaping ability—that is, its electromagnetic ability and its field effect instead of merely in terms of the force of charge or the amount of it.

However, it is not necessary for those who seek to uncover the face of mystery to wait for the scientific acumen to reach that which is intuitively known already among many of your peoples. It is quite possible to work with the meditative time in such a way as to include within the meditation a fairly intensive period of tuning the mind and spirit more and more keenly upon one galvanizing image. Meditation upon this image with fixed intensity will bring about a heightened and changed mental attitude. It is a difficult practice and one which sometimes may be slow in producing results, however, it is quite rewarding for those who seek the inner electricity which some have called ritual magic.

The steady visualization of an electrifying image in order to evoke its wondrous energies is the purpose of many positively oriented magical rituals. The steady visualization may be of any object, however we suggest that the visualization object be an object which is, indeed, electrifying and exciting, evocative of all that is best and highest in the life experience thus far. The meditation is held in visualization of one image until the mind becomes fatigued. This shall occur at first very quickly, but the student will find that practice does increase the concentrated power and thus the metaphysical electrical effect of the …

(Pause)

I am Q'uo, and I greet you once again in love and light. We are sorry, but this instrument was feeling out of its depth, and we lost contact with it as it was analyzing. You see, there is no such thing as too much experience. To finish the sentence of the image.

(Pause)

We are attempting merely to reestablish the contact, and thank you for your patience. We are sorry that we do not have an instrument with a larger vocabulary, however, we have found that in some ways those with no preconceived ideas of the nature of a thing often make clearer channels to the extent of their vocabulary than those who feel they understand a phenomenon and merely wish to improve that understanding.

Perhaps what we would like to offer before we leave this instrument is the encouragement to view the self as a person possessed of the fire and brilliance of electricity, for each seeker has a consciousness, and that consciousness is of love, love unmanifest and unpolarized and love electrified by desire. Each entity is incredibly powerful, making and remaking the creation each and every day of the life experience. Whatever this day has been, it is what you have made it. Whatever this night brings to you is brought to you as a favor to yourself by yourself. All is desire and the fulfillment of desire, and the more that that desire is carefully considered and single-heartedly placed, the more that the life experience will be heartfelt, single-minded, glad and productive.

When a seeker views the self as one which is acted upon by circumstance, one then sees the self lying down before the electricity of experience and having that experience burned into self. We suggest that the human desire has the strongest and highest electricity, metaphysically speaking, which is available upon the planet Earth in the third density at this time. Thus, the will, the heart, and the soul of humankind is far more powerful than any problem, any disease, or any natural phenomenon. Exceptions will be made in natural phenomena by appeal to a higher electricity, a higher creativity, a higher understanding of love.

May your meditations be full of the Creator which is love, and as you muse and contemplate upon the great mystery of the one great original Thought which is the Creator, may you become more and more imbued with the sense that electrically and creatively you shall happen to your environment and

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to those circumstances which greet you. Let *you* be the actor which decides what part to play, not one which hurriedly makes entrances and exits without ever quite learning the lines. See yourself as powerful in love and light.

We thank you for allowing us to work with this instrument with this query, and would at this time transfer to the other instrument in order that any questions which you may have may be answered. We would at this time transfer. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again through this instrument in love and in light. We would at this time like to open this gathering to any further queries which those present may have to offer for our opinions and thoughts. May we speak to any query at this time?

J: Yes. From tonight's session I understood that in order to increase our own personal electricity and magnetism, we can meditate upon a single image, and that image should be electrifying and evocative in nature. My question is, what would be—once this is done to the point where one does increase his electricity—what is the manifestation of that? What does the individual experience?

I am Q'uo, and we are aware of your query, my brother. The focus of the desire upon an ideal or image which has emotional value and spiritual potential, shall we say, for the seeker is effective within the seeker's experience. When the focus has been as sharply drawn as is possible for the seeker to accomplish with the combination of inner images and intensified desire along the chosen path, the manifestation of such a focus of intentions is what you may call the vitality of the life experience. Some have given it the name *élan vital* or the joy of living which the greater influx of directed love, prana or energy has provided to the seeker as a result of the seeker's forming a channel or circuit for this influx of love and its creative power.

Thus, each moment is seen with new eyes and felt with new sensation, and the vitality of creation is made more available to the seeker who has been able to focus its being in a manner which resonates in harmony with those potentials within each succeeding energy center or chakra of each seeker.

May we speak further, my brother?

J: The process of the raising of the kundalini from the base chakra to the crown, is this an electrical process?

I am Q'uo, and though we find that it would be incorrect to describe this process as merely an electrical process, it is a process that contains the qualities of the movement of energy in a fashion which is similar to the movement of electricity through various circuits.

The south or magnetic pole of the seeker at the base of the spine and soles of the feet draws into the auric field of the seeker the catalyst or unprocessed experience which the seeker shall work upon according to its unique configuration of energy center blockages and clear circuit pathways. Thus, each seeker will perceive the daily round of activities in a manner which is congruent with this configuration of energy centers and will find its focus of attention drawn to the level or frequency of vibration that is appropriate for its current learning.

As succeeding energy centers or circuit areas within the energy centers of the seeker are opened and balanced to a minimal degree through a great portion of time and experience, the prana or love of the Creator will move further and further up the, as you have called it, path of the kundalini until there is the mating with the guiding light or Polaris of the self, where the seeker is already at one with the creation, so that an experience of conscious unity with the creation becomes available to the seeker. This completing of the circuit of the series of energy centers has been described by many of your peoples using various terminology, the enlightenment, the contact with intelligent infinity, the nirvana, as some call it,

Thus, the seeker may be seen as a configuration of circuits or series of lessons and balances to achieve, with each day offering further opportunity to move the flow of love further along the inner pathways that will eventually culminate in the bringing into harmonic resonance each portion of the seeker's being.

May we speak further, my brother?

J: Would it be possible to expedite this process of the raising of the kundalini by the use of electrodes at, let's say, the base and the crown chakras with a small amount of current induced between those two poles? I'll leave my question at that.

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I am Q'uo, and though the physical vehicle may be enhanced in its ability to transmit various forms of electrical current, we find that any specific technique of a mechanical nature which lacks the metaphysical principle of the processing of catalyst as the primary means by which the mind, body and spirit are prepared in unison for the increased flow of prana or love energy is a technique which invites some degree of imbalance within the entity's total being and is that which would therefore be less than efficacious in the overall progress of the entity's mind, body and spirit complexes.

May we speak further, my brother?

J: The Atlanteans, we know, used crystals in many ways, and I wonder if they had the same understanding or use of, or let me say, the technology that we possess today of electricity, or was their technology more based on the use of crystals and galvanic materials?

I am Q'uo, and as we distill and translate the capabilities of this civilization of which you speak, we find that there was much of the present technological abilities with the addition of various others which were also utilized in a fashion which was distorted toward the manipulation of things, peoples and events for specific purposes rather than the utilization of the available technologies for the enhancement of the evolutionary goals of each citizen. Therefore, the direction of technological advance and movement within this society was that which turned toward the negative pole more than was able to be sustained in a manifested sense by this culture and those about it which eventually resulted in the down-sinking of this culture as a result of the separation of entities culminating in the condition that you call war.

May we speak further, my brother?

J: No, thank you. That's all the questions I have.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

H: Yeah. Did Edgar Cayce use electricity in any of his healing processes?

I am Q'uo, and as we attempt to scan the contributions of this particular entity, we find that the allusions to the use of the quality which you call electricity is most general in some locations within this body of work and does not partake of the specifically applied use of the power of the electrical current.

May we speak further, my brother?

H: Not on that. I don't think there's anything else. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: I have two short questions. First of all, is there a unified field theory that can be discovered in third density, or is it going to have to wait to fourth density? Is it this metaphysical aspect that's causing us all to be unable to figure it out?

I am Q'uo, and we find that the conceptualizations which are necessary to grasp the nature of the various forces which are considered primary within your illusion are conceptualizations which must be the result of removing various portions of the veil of mystery which is so great a portion of your fabric of illusion. There are many who have discovered significant portions of the concepts that will yield the eventual unification of the various theories of the source and motivational power of energy. However, this final goal is that which draws many within your illusion forward in their seeking, and the mere seeking is that which is most helpful in the resolving of the mysteries of your very being.

May we speak further, my sister?

Carla: No, thank you, I appreciate that. The other question is just, I suspect that you'd rather deal with this as a general question, but I didn't know for sure. And I wondered, is it correct that you would prefer to treat as a general question advice on someone about to be married. I wouldn't mind hearing what you have to say on the subject.

I am Q'uo, and we find that it is possible to speak in any fashion which is desired …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument, and greet each in love and in light. We would ask, my sister, if you wish us to speak briefly upon this topic or would wish to have the topic as a general query at another time?

Carla: If you are willing to treat it as a general query, I would prefer that. Actually, I'd prefer to hear it at

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length, this is—you know. So we'll wait until next week on it. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we are most grateful to have had offered to us those concerns in your journey of seeking which you have so joyfully shared with us this evening. We cannot express in words the gratitude that we feel for being allowed to share our humble thoughts with you upon those topics which are of concern in your thinking and in your being. We look forward to each such gathering with this group, and would at this time take our leave of this instrument and this group. We are known to you as those of Q'uo, and we leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Intensive Meditation
May 20, 1987

(W channeling)

I am Quanta, and I greet you in the love and the light of the one infinite Creator. We are pleased to be with you once again. It is an honor for us to share with you …

(Very softly spoken. The rest of the beginning portion is inaudible.)

We would like to begin this *(inaudible)* with a story.

There was a time when the earth was dark and *(inaudible)* to the light of the universe. This light *(inaudible)* desert of *(inaudible)*. There appeared a spark which *(inaudible)*. For the spark. Chose this planet to serve as a beacon to the universe, to speak of love, to shine for a beacon of love in the cosmos. *(inaudible)* wished that the planet …

(The rest of the story is inaudible.)

We are pleased with the progress of the one known as W. She has successfully responded to the challenge of initiating *(inaudible)*. We would like to thank her for her willingness to refrain from analysis and attempt to connect *(inaudible)* with the concepts which we have put forth. We would now transfer to the one known as Carla. I am Quanta. We leave in the love and the light.

(Carla channeling)

I am now with this instrument. I am Quanta and greet you through this instrument in the love and light of the One Who Is All. And so you sit in meditation in 1987, attempting to ponder the mystery of the truth, attempting to see through thick darkness the outlines of eternity and to grasp the nature of the Love that created all that there is. And as we seek and grope in the darkness of our thoughts and of mundane concerns and of the world in general, we perhaps feel as though we have come not to the epitome of creation, but to its beginnings. And, indeed, that we feel that as much as do you, for though we are just a bit further along the road than are you, still we feel like rough diamonds indeed.

And yet, that image of diamonds is one we would ask you to hold before you, for that spark, that light, that fire which has brought forth shape, substance, form and particularity brings forth now each of you. And each of you then must needs attempt to become gemlike and crystalline that you may trap light, increase it, divert it, and become reflective illuminations of gathered light, that the sparks may keep shining out of each entity's eyes, so that those who are still truly in the darkness of earth and mundane affairs may see that there is joy and peace bubbling forth from the face and personality of those who seek the light and the love of the one Creator. You are part of the spark of the divine. You are the

Creator to those whom you meet and greet and speak with. Thus, encourage yourself to seek light, to dwell in light and to commune with light, for the story of creation continues with you.

We would pause at this time while maintaining some contact with each member of this group in order that the one known as W may, if both contact and instrument agree, experience some conditioning from an entity which has wished to use the one known as W. This is a delicate matter and we appreciate the patience if those present. We shall now pause. We ask the one known as W to remember those things which have been discussed concerning challenging and, above all, tuning. Perhaps as the weeks have gone by, the one known as W has found more and more surely that nature of the self which aids so much in the tuning. We are those of Quanta.

(Long pause.)

I am Quanta, and am again with this instrument. We are pleased that there has been some contact. We did not wish it to go on for too long a period at first, for it is beyond our ability to nourish the contact until it is more seated within both the contact and the instrument. There is a certain amount of delicacy to this since there is a crossing of dimension. We therefore greatly thank the one known as W and would now transfer to the one known as Jim. I am Quanta.

(Jim channeling)

I am Quanta, and greet each again through this instrument in love and in light. At this time we would offer ourselves in the attempt to speak to those queries which those present may have for us, reminding each that we offer but that which is our experience and our opinion. May we begin with a query?

Carla: What dimension is crossed by the contact in attempting to contact W? Is it third or fourth density, since it's using Quanta and then back to third—is that it?

I am Quanta, and the density that must be traversed is that of the fourth density which attempts to speak to one within the third density using an intermediary, shall we say, which is ourselves, that may facilitate a crossing for both the contact and the instrument.

May we speak further, my sister?

Carla: So the contact is fourth density?

I am Quanta, and this is correct, my sister.

Carla: Thank you.

I am Quanta, and we thank you, my sister. Is there another query?

Carla: Is it fourth density and on this planet or fourth density from elsewhere?

I am Quanta. The entity of which we speak is of the fourth density with this particular planetary sphere as its home planet, for it has for a significant portion of your time and experience been a resident of the inner planes of this particular planetary sphere, having achieved the graduation previously as a result of the incarnations spent fruitfully pursuing polarity upon this planet.

May we speak further, my sister?

Carla: Well, I would like to make a guess that it's one of the Brotherhood of the Seven Rays, the group that the contact known as Ra said that one hundred and fifty of them achieved harvestability in the second major cycle of this master cycle, but decided not to go on, but rather to stay here and help others. Is it that group that is attempting to contact W?

I am Quanta, and this is basically correct, my sister, though there is much which must remain somewhat hidden at this point and left to the discoveries of the one known as W in the adjusting of the vibrations to accommodate this contact.

Carla: Yes. Well, sufficient unto the day are the revelations thereof. Thank you very much. That's interesting.

I am Quanta, and we thank you once again, my sister. Is there another query?

W: I have a question I'm not sure you can answer or not. I have the impression—I've been working lately as a waitress—that I'm there for another reason than for just making a living. Is this part of the work which I am here to do or is this part of, is this sort of like a master plan sort of thing to be in contact with other people and awakening them to other possibilities? Can you give me any information on that?

I am Quanta, and we may speak by suggesting that there are no portions of any conscious seeker's life

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experience which are not significant portions of the incarnational plan. Much is hidden from the conscious eye and all the senses of the seeker, even for those activities which are well worn within the seeker's experience, for the eye of third density does not penetrate far past the surface of things on a frequent basis, but dwells in that realm where shape and shadow move and intermingle with seeming randomness. Yet, each experience and encounter contains the seeds of that garden which has been planned carefully aforetimes, and who can say when any seed shall be nourished sufficiently to take root and produce the fruit that was desired?

Thus, my sister, we might suggest that you look at each moment within your incarnational experience as that which is precious and sacred and designed to provide you the perfect opportunity for your own growth and your service to others.

May we speak further, my sister?

W: No, thank you.

I am Quanta, and we thank you, my sister. Is there another query?

W: We're going to be having a break in our meditations for a short period of time. Is there anything in particular other than the daily meditations which might facilitate the establishment of connection with this other entity I'm attempting to channel?

I am Quanta, and we can only suggest that the daily meditations be pursued with the regularity and desire for service that you have thus far demonstrated. It is the perseverance and regularity of perseverance which prepares each seeker to become regularized and crystallized enough to transmit those higher frequencies of love and compassion which each has incarnated to do. Thus, the seeming mundane nature of setting aside a few moments each day dedicated to seeking and serving are most helpful in this regard.

May we speak further, my sister?

W: I have another query. I have been getting in touch with a lot of feelings around *(inaudible)*, through illuminating them. As I do that I am more capable of experiencing love for myself and for others, and I have at times experienced what I would consider a lack of compassion towards, and I'm wondering if that is a true observation on my part or if it's because I'm so used to old patterns that I do not recognize compassion in the new patterns. Can you respond to that in any way?

I am Quanta. You may find as you pursue the uncovering of those feelings which have long been covered that there spring up further feelings which may also require the attention that you have given to the first feelings. Thus, if any feeling has not yet found its fruit of love, compassion and acceptance for any other entity or experience, you may consider pursuing that feeling with the same technique of magnification until the feeling draws unto itself its opposite balance, and within this balance of feelings then may be birthed the compassion which equals the acceptance that each portion of the one Creator has as its birthright. This technique is best accomplished, we find, within your contemplative or meditative states as the focus is much more finely tuned in this state of awareness.

May we speak further, my sister?

W: I'm not sure I fully understand the technique which you suggest I use in meditation. Could you be a little bit more specific and clarify it for me?

I am Quanta, and we have some difficulty with this instrument for we draw some from the instrument's experience and it is somewhat doubtful that this is helpful. However, we shall continue.

The feelings of which you speak that are difficult yet for you might be taken with you into the meditative state and enhanced until they become large, large enough to draw to them their opposite. Within this balance may then lie acceptance of oneself for allowing the Creator to experience Itself through one's feelings, thoughts and actions.

May we speak further my sister?

W: I have another question. During a discussion we had earlier this evening, we were talking about channeling and were questioning whether the person's channeling could result in, like, a divergence from the spiritual path as opposed to—in other words getting too involved in the channeling and therefore not continuing on their own spiritual path and become too dependent on channeling. Not that I'm too concerned about it at this point, but it's a good point raised and I'm wondering in what ways my pursuance of channeling will either distract or enhance along the spiritual path?

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I am Quanta, and this cannot be said, my sister, for it is a function of your free will. We are aware that many give great weight to the words that are spoken by those unseen and who utilize instruments such as those gathered this evening. When one allows any portion of the path of seeking to take on proportions that are larger than one's own discrimination, then it might be suggested that other avenues of investigation be pursued in order to balance that which has been overemphasized. Any seeker may take any portion of the one creation and follow it to the Source of All That Is. The seeker who travels the trail most efficiently is one who moves with the lightest of touches and does not feel overattached to any portion of the creation, seeing it all as a portion of the puzzle, giving each portion its due and moving further onward.

May we speak further, my sister?

W: No. Thank you very much.

I am Quanta, and we thank you, my sister. Is there another query at this time?

W: I have no further queries.

Carla: Nor have I, but thank you very much.

I am Quanta, and we thank each as well, for by this opportunity of speaking through each instrument, we are able to learn the needs of yet another portion of the Creator, and move in a pattern of service that would not be possible if we had not been invited to join this circle of seeking. We look forward to each gathering with the hope of continuing our own learning and service. At this time we shall take our leave of this instrument and this group. We are known to you as those of Quanta. We leave each in the love and the light of the infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
June 21, 1987

Group question: On why the question of death and suicide is becoming more prevalent in people's thoughts, not just considering other people's death and suicides, but thinking of their own.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator of whom we are all a part. I greet you furthermore in stone and sky and fence and street and city. I greet you in the many details of creation, from the smallest to the greatest. I greet you in the riches of consciousness and of each others' consciousnesses. It is a great privilege to be called to your meeting for the purpose of talking about why many find thoughts of death and suicide to have happened into their minds in the last few years.

We find that there are two parts to answering this query. One portion is more basic than the other, and it is with that that we will start.

We have used the terms "the way of that which is" to describe the path of the positive polarity and "the path of that which is not" to describe the path of negative polarity. Both paths reach the same Creator. The mind is what is usually considered to the exclusion of any other asset or dynamic of an individual, and yet the body with its complex working arrangements and provisions for various contingencies of survival, constitutes another way of expressing and manifesting the path of that which is and the path of that which is not.

The body is by definition both positive and negative in polarization. Like the path of that which is, it grows, expands and develops. Following the path of that which is not, it seemingly dies. In general, then, you would say that there is a natural progression within the mind complex as the physical vehicle partakes less and less of growth and more and more of gradual self-destruction, that the mind complex would begin receiving as echoes from the body complex thoughts pertaining to the logical end of various minor frailties which begin to be experienced as a living entity increases in age.

As the body complex grows more and more to embrace the path of that which is not—that is, as the body participates more and more in that grand illusion of death and separation—so the mind is affected. Furthermore, as the body ages, so does the mind, and events begin to batter some mind complexes with their intensity. This grows more frequent as body and mind become more tired, worn and the feeling of inadequacy towards the physical situation or the emotional situation deepens.

We find that there is, however, at this time a second dynamic which has accelerated the process of what you would call aging. As mind and body housed together enter with the Earth itself new areas of

space and new vibratory patterns of subatomic particles, the conditions upon your sphere are naturally changing, so that the mind is made more powerful than previously to affect the body. Year by year, as we understand your time demarcations, the body becomes less and less able to distinguish between the thoughts in the mind complex and the thoughts, if you may call it that, of the body complex itself. Thus, woes and travails, that would perhaps not come into physical manifestation but would merely be dealt with as situations, are now taking their toll in illness, both emotional or mental and physical.

It is thought patterns that have always been part of the vocabulary of humankind, but year by year these thoughts become more powerful. Thus, more than ever before, we find it is good to stress the precious nature of positive affirmation. When the mind despairs, grieves, feels anger or has resentment, it causes the mind complex a certain amount of difficulty. More than that, as you have experienced with new diseases, it can cause physical illness and death.

In the fourth density you will find that these thoughts are, indeed, of that nature, that is, that that which is thought occurs. Each entity has the power at all times to think into reality a desired result. Indeed, the most general of affirmations having to do with the faith that all will work out well is more medicine than any prescription which can be offered by any druggist. That precious state of mind in which one is at peace and feels full of the life and spirit of the Creator …

(Pause)

We are Q'uo and we apologize for this pause. We shall continue.

The positively oriented frame of mind is to be prized more and more, for it is the most efficient tool for protecting your third-density physical vehicles and insuring a continuing good association between mind, spirit and body. The intensity of events and feelings not only has been increasing, but will continue to increase, until at some point—we would not wish to guess how many decades from now—it will no longer be possible for the third-density physical vehicle to dwell upon planet Earth.

However, it will be unnoticeable to those who live and die in third density, for those now being born among your societal groups have a dual activated body. You will find these new entities far more full of energy than one would think possible. It is an energy to which third-density physical vehicles alone cannot associate very well. It does not give each of you more pep and vigor unless the attempt is made on a regular basis to evolve the frame of mind into that frame of mind which avoids negative thought. This frame of mind, of course, is best pursued in meditation.

Look at that which is your consciousness with a cold eye, in the abstract, and you shall see at the heart a gem, invisible except by faith, and surrounding it the rough shape of the unhewn, unfaceted stone. The crystal qualities are there, but they lie waiting for the skilled hand of the artisan to chip and facet until the heart of the stone has been revealed in all of its polished splendor.

Each of you has some control over this process of crystallization of the personality. It takes a great deal of dedication to correct lifelong habits of negative assertion, and we are aware that although many may see this information and nod, very few will be those that will actually attempt a continuously positive mindset. Moreover, we find that among your peoples the distractions of your culture have become the dumping ground for negatively oriented thought patterns, and that often the ceaseless voice of the media speaks to those who have the choice between distraction and negative imprinting and coming face to face with the intense reality of the moment and forging for the first time a truly positive mindset.

The desire to trust is in everyone. The belief in the possibility of crystallization of the personality, of betterment of the personality, of mastery of the self lies within everyone. The discipline which will bring about a continuous effort towards seeking the positive viewpoint in each and every situation is very difficult to maintain.

Yet we say to you that these things are but trifles of the moment. Much of what you attempt will be attempted in such a way that failure is inevitable for reasons that you cannot see within third-density experience. Yet that which has occurred within the mind will live and will be your new personality as once again you gather yourself together for further experience along the road we all travel, the infinite road to the face of the Creator.

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Failure, my children, is completely irrelevant to the value of your attempt. You see, each of you will be claimed by death, or so it will seem. The reason for this is that illusions are just that—illusions. They are created and they have their moment and then they pass. That which is at your center, at your core, is a portion of the infinite love, the great original Thought which has never come into manifestation and is not manifested within you, but lies rather as the dynamo, the reality that fires and underlies all experience. It has sent out into the creation, for a marvelous merry-go-round of infinite proportions, your spirit in exploration.

And so you explore and report and gather your strength and again explore. And so do we all. The fire that lies within you can never be touched, can never be altered, but can only be eventually found because you have honed the personality until it is brilliant and clear and the properties of the crystal are yours. Then may you carry light as the Creator is Light. You do this now, but in a distorted manner. You ponder now, you suffer now. May we hope that you also heed that side of you which is most in touch with the light and love within, so that you may see the impermanence of all that seems to die.

We find that we have tired the instrument somewhat. It has been some time since this instrument has channeled. We are disappointed, for we had more to give her. However, we feel that it is best left to another time. We would at this time transfer this contact to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time we would offer ourselves in the capacity of attempting to respond to queries which those present may find have risen in the mind. As always, we remind each that we give but our opinion and wish that to be understood in order that we may speak freely without overweighing any consideration. May we ask if there is a query with which we may begin?

J: Yes, I have a question. It goes along the lines of the words that were just delivered. I've heard a lot of different things about the thought of the person [that] "takes their own life." Some people seem to think that you hardly have a right to do that, and that you build up an awful lot of extra lessons, if you will, that you have to learn, as karma as some people want to call it, crime and punishment, however you want to view it. But I've heard other schools of thought that say that a person, since they are in charge of their own life and responsible for it, and a portion of the Creator, if you determine that that's the end of it, you've done all you can here, you are justified, or you've had the right to go ahead and get out of this life.

Like I say, I've heard that both ways, and I tend to sort of lean toward the last one, but then again my gut feeling, my emotions, would sort of make me afraid to do something like that for fear that I would have to come back and learn a lot of things over again. Can you comment? And is the answer to that maybe just dependent upon the person's belief system, maybe it's that sort of thing?

I am Q'uo, and to answer in a general fashion is misleading, for each entity is one which pursues a course of learning which has been determined by that entity's higher self to be appropriate, each course being pursued within the confines of what you call an incarnation, where the scope or reach of view and experience is limited by birth and death and the veil which separates the conscious and unconscious minds. Thus, it is not so much the act itself within any one incarnation which carries the potential of building a momentum or bias which needs to be balanced at some point within another incarnation that is of importance, but the biasing or building of momentum itself, no matter what the action is which builds this momentum.

For each entity within each incarnation seeks to pursue an exploration of the creation of the one Creator in a fashion which in a cumulative sense throughout all incarnations shall build as a structure of the soul, a foundation and framework which is balanced in nature, in order that the further evolutionary process may be constructed upon firm ground and partake of a symmetrical strength that reflects the wholeness and balance of creation. Thus does each individualized portion of the Creator reflect the wholeness and balance of the one Creator. The entity within any incarnation is the one Creator with the full rights and responsibilities, shall we say, that one may ascribe to such a portion of All That Is.

It may be, however, that when one leaves the boundaries of the incarnational experience, that the increased ability to view that which has come before and that which shall proceed from the incarnation

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will present to the entity a picture which will convince it that certain actions and thoughts within the incarnation are in need of further balancing experience or that which you call the karma. Thus, it may not be said with definite surety that any one action or even a series of actions or thoughts will guarantee that there will be the building of the momentum or karma that must be balanced within a future incarnation, for it may well be that such actions or thoughts are themselves the balance to previous ones which now in a completed sense will allow the entity to pursue further lessons in other areas.

May we speak further, my brother?

J: No, thank you. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: Maybe I didn't understand you correctly. You said it depends upon the circumstance a little bit whether taking your own life would be balanced or imbalanced. And it just seems to me that any time you took your own life it would be a definite embracing of the path of that which is not, and therefore it would be an unbalanced act. You're saying, then, that there are balanced suicides, are you not?

I am Q'uo, and we mean to leave the room for the possibilities that in some cases this is so. However, in the general run of the third-density incarnational experience, your assumption concerning the nature of the taking of one's own life is correct in that it is a partaking in that separation of self from the incarnation which reflects the path of that which is not, and this path in its final form pulls that which is and there must eventually be the balanced point of view which the building of the karmic momentum will necessitate within a future, as you would call it, incarnational experience.

May we speak further, my sister?

Carla: Well, it comes to me that perhaps Jesus the Christ was one example when he turned towards Jerusalem of a man who basically committed suicide—he knew he was in trouble when he went there, I mean, he was telling people he was going to die and be raised in three days before he ever went there. And he knew all that was going to happen and it still happened to him, but he thought that he could save other people by it. Is that the kind of suicide that would perhaps qualify for being in balance?

I am Q'uo, and this is correct, my sister, for the taking of one's life or the laying down of one's life for the benefit of others is an action which partakes of that path which is and that path reflects the desire to give of the self in a manner which is of service to others, even if the giving requires that all which one has be given. Thus, one finds within your culture many instances in which the life is given for others and the giving may take a great portion of the incarnation, such as the sacrifices which many of the parents, as you call them, make for the offspring over a great portion of the incarnational experience. Or the giving may be of a moment's inspiration, such as when one of the young soldiers, as you call them, throws itself in harm's way in order that a comrade may survive.

May we speak further, my sister?

Carla: Then, this would presumably extend to psychic danger? If someone threw himself on a psychic grenade it would balance suicide more, wouldn't it?

I am Q'uo, and this is correct, my sister. Though of far, far less occurrence, it is that which is indeed possible.

May we speak further, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister.

C: Yes. Change the subject a little bit. Once the connection has been made between two people, whereby each can experience, each one is able to pick up on another's problems or virtue, things of that nature, take on part of that to themselves rather than the other, fully experience it, such as one feels an emotional or physical pain and the other is able to absorb part of that. Once a connection like that has been made, does it ever break, short of death?

I am Q'uo, and this type of bonding between entities, my brother, is one which is of strength and soul significance, shall we say, and reflects the garnering of a great amount of experience, usually within a number of incarnations, though it is possible to build such connections within a single incarnation. These connections, when in place and functioning, are those pathways of communion which allow entities to share the conscious

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experience of the creation in a fashion which not even the process that you call death can separate. This type of connection, however, may be enhanced or reduced in its effect by the attention which is given it once it has been established. However …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. May we speak further, my brother?

C: How does it work if one doesn't consciously seem to share the experience, yet it still occurs?

I am Q'uo. In this instance, my brother, we find the situation analogous to the piano which has been allowed to go out of tune. The melody is still recognizable, yet there is much of clarity which has been lost.

May we speak further, my brother?

C: I'm not sure I understand what you meant.

I am Q'uo. If one has neglected the conscious exercise of the pathway of communion that enables the consciousness of another to be shared with greater and greater clarity of perception and accuracy of perception, this accuracy and clarity will become somewhat muddied and unclear so that the finer nature of the emotions shared is lost and the more obvious or gross nature of the emotions is that which is communicated over the pathways which have been neglected, shall we say.

May we speak further, my brother?

C: No thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: I have another query, but I'm still thinking about what you and C just went through, trying to see if I could work on that a little bit, because I thought that was interesting material you gave. I took it that C was saying, "At one time there was communion, and then at some point one stopped wishing communion. Can it be dissolved?" And basically you said, "It doesn't get dissolved—it just goes out of tune." Is that a correct perception of what you said? So, basically what you're saying is, "By avoiding the harmonizing, or your desire not to communicate, deadens you, not the other person." Is that what you're saying?

I am Q'uo, and this is basically correct, yet it must be remembered that if such pathways are unused by the conscious neglect of either party, each will feel the deadening effect.

May we speak further, my sister?

Carla: No, not on that. I would like to ask a question about an experience that I had at the beginning of meditation. I was sitting with my hand in the other instrument's hand and the other hand on the other side of my body and my feet touching at the ankles. And I got a heat buildup to the point where I couldn't believe it—I was really steaming hot. For me that's extremely unusual, especially in my feet. It got so uncomfortable, that just out of impulse I shifted my weight and I moved my feet apart and it felt like a breeze was blowing over me again, which is the way I usually feel when I'm sitting under a fan—which I am. What happened? Where was the heat coming from and why did it go away when I moved my heels apart?

I am Q'uo, and we find that there has been in this particular meditative gathering the influx of energies from our contact which has accentuated a difficulty with the heat-sensing portions of feet, specifically, that have been in recent times more sensitive than usual due to certain effects of the medications which you have been ingesting.

May we speak further, my sister?

Carla: That's interesting. How did I change the situation by moving my feet? It was definitely that movement that changed things.

I am Q'uo, and this gross physical realignment of the feet was analogous to opening a circuit so that the energy in this case manifesting physically as heat was no longer able to move freely and was thus drained away as an open circuit is wont to do.

May we speak further, my sister?

Carla: Not on that subject, thank you.

I am Q'uo, and we thank you. my sister. Is there another query at this time?

J: I don't have a query, but I do have a comment, because I felt the exact same thing. I was sitting over here burning up for about ten or fifteen minutes. And I believe I took my socks and shoes off and that helped a lot. I was grossly *(inaudible)*, so it was the same thing.

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I am Q'uo, and we shall comment upon your comment. We find that this particular group is one which has for some period of your time enjoyed a harmonic communion which allows an easy blending of the seeking energies, and this greatly enhances our ability to make contact with this group. And with this enhanced contact, each within the group may feel some physical manifestation, the heat being the most easily and commonly perceived manifestation of the harmonic blending of energies made possible by this particular group configuration. We apologize for any discomfort which our contact may cause and appreciate the comments which alert us to these discomforts.

Is there any further query at this time?

Carla: Well, I've been pondering over in my mind—I'm afraid when I channel I don't really get everything. But it seems to me from what I've got out of the message, that we can help each other, not by throwing ourselves on physical grenades or even psychic grenades—that's for heroes—but help each other by being there. In other words, it seems like sympathy, given out to another person, from some of the things that were said, is truly helpful if the other person catches enthusiasm from it or finds a more positive attitude from it.

It also seems that natural healers, people that can make contact with the harmonics of other people's bodies and minds and souls, have got a real problem. How do they defend themselves from having a life-term relationship with everybody that they meet? How do they avoid the responsibility for what they know about people? Those were two other things that I pondered from the session. If you care to comment, I'd be grateful.

I am Q'uo, and, indeed, it is so, and has been designed in this fashion that each within your illusion has the ability to be of service to those about it in the most basic fashion of simply sharing whatever experience is of concern to another. If there is an experience which is difficult, in that disease or fear of any kind is brought into the conscious mind, the sharing of this concern with another is that which begins the healing process, in that the energies expressing themselves as difficulty have an easier movement through the being when they are freely discussed and shared with another. Thus, the entity with the difficulty is assured at the most basic of levels that it is acceptable to another and that another cares for it and is willing to share with it on the difficulty.

One who seeks to become that called the healer and which on a regular basis places itself in this relationship to another suffering the difficulty, the one serving as healer must, after a portion of experience in this field of service, develop the ability to give of itself to another in a fashion which does not retain the residue, shall we say, of the difficulties being healed. This manner or technique or shielding the self is one which must be constructed by the self in a manner which is congruent with the healer's concept of the healing, the disease, and the part each plays within the greater picture of the incarnation in particular and the creation in general. Thus, the protection, shall we say, must be that which reflects the healer's philosophy of life, as you may call it.

May we speak further, my sister?

Carla: Yes. It seems to me, then, that you're describing two kinds of healing where you could call one of them active, where the healer is sympathetic and sharing and takes on pain in order to ease pain, and impersonal or passive healing, where the healer is nothing more than a catalyst, and actually takes no part whatsoever in the healing. I gather the latter perception from conversations that Don Elkins had with Ra, and the former kind of definition of healing from what we've been talking about here. They seem to be two different types of healing altogether. Would you care to comment?

I am Q'uo, and this description is one which we would suggest describes one process, that of learning to become the healer.

Carla: I see. So the thing to learn is how to get out of the way and not take on pain in order to ease pain, but simply be there. Take in nothing, give out nothing, but be there and act as catalyst. That must be a powerful lesson to learn.

I am Q'uo, and, indeed, my sister, it is one that does partake of that quality known as power and the discipline which is necessary to seek it. Each entity within your illusion may serve as the simplest form of healer by sharing another's difficulties. As one refines the desire and the practice, becoming a healer, one is able to move further along the line of learning this art, so that it is indeed without will and a passive conduit through which the energies of the

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Creator may move in the most appropriate fashion for the one to be healed.

May we speak further, my sister?

Carla: Yes. And is that why the first person a healer must heal in the traditional mystical literature is the self, because until one can have the self understood and grasped, one can't get it out of the way?

I am Q'uo, and this is correct, my sister. May we speak further?

Carla: No, thank you very much, it was very interesting.

C: The situation where you're not consciously seeking to heal someone, but your subconscious continues, what best can you do as far as not going to the point where you're damning yourself, taking along others?

I am Q'uo, and it is difficult, my brother, to speak in a specific fashion with the information that is given. However, there is one particular means by which such an entity may at once seek to aid another and yet refrain from absorbing the difficulties of the other. And the means by which this may be accomplished is composed of the heartfelt desire being generated for the well-being of the other, and this desire being given to the other without condition, while at the same time, shall we say, the condition of the other within the mind of the one seeking to heal being seen as whole and perfect and being given over to the greater forces of the higher self for the appropriate action, shall we say. Thus, to give without condition and to see the one which is in need, it would seem, of the healing, as receiving that which is needed and appropriate from those forces of light which surround and inform each entity within each portion of the incarnation.

May we speak further, my brother?

C: I'm only just speaking from personal experience that I'm in a form of almost gun-shy of trying to help heal, but it seems like it still occurs though. It seems that without seeking to do it, others who have sought me out to do it, and I'm not at the time thinking that, yes, I'll take this on, and want to share, but it occurs anyway, *(inaudible)* thoughts where it almost feels like it's damaging to me, just going through the mood changes and physical depression that goes along with it. I know that I want to help, but it seems like at the same I'm doing it involuntarily also.

I am Q'uo, and in this instance, my brother, we may suggest the reflective meditation in which one seeks the deepest level of one's desires that one can find in order that the mind and the heart may join hands in one unified direction in order that the self does not fight against the self.

May we speak further, my brother?

C: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: Thank you, Q'uo. It was very interesting tonight.

I am Q'uo, and we are full of gratitude for each in this group as well, for we have learned much during this evening of seeking which we rejoice in the learning and in the sharing. We remind each that our words are but opinion and we wish each to be considered as possibilities. We shall take our leave of this group at this time, rejoicing in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
June 28, 1987

Group question: "Q'uo: You have asked about the metaphysical meaning and implications of covenants, for that is what your marriage is, a covenant, a promise made by two people to each other for a specified span of time and with specified conditions."

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator. I greet you in the love that ties together all that there is, that matches that that cannot be matched, that reconciles those things which cannot be reconciled, and I greet you in light, the light of all manifestation, of all spiritual knowledge, and of all being. I greet you in the one great original Thought of the infinite Creator, for it is in that spirit that we come and that you call us. How grateful we are to be asked to share in your meditation and to blend our vibratory patterns with your own. And how charming the sounds of your domicile and the surrounding neighborhood sound to us as we are able to use this instrument's senses to hear as you hear. It is a very special treat.

You have asked about the metaphysical meaning and implications of covenants, for that is what your marriage is, a covenant, a promise made by two people to each other for a specified span of time and with specified conditions.

What is the function of a covenant? Why do seekers find a universal necessity for finding promises and believing in them? A promise may perhaps be compared to a journey. One who has no clear goal makes an aimless trip and learns many interesting things and grows from the experience. There is grace and beauty to all that happens, yet perhaps the traveler at the end of the journey is disappointed, without being able to put his finger upon the source of the disappointment. Had the seeker who wished to go on a journey thought quietly, he might have set for himself conditions and goals that would give the journey structure and a summit, a place which, having been reached, would serve as a marvelous foundation from which to look back and gather information upon the implications of the journey.

Your peoples have been able to create many, many varieties of acceptable mating procedures. The largest and most common solution to the question of how to handle your people's attractions for each other has been called marriage, and as a social garment it wears well and does the job which the culture requires of it, providing for the care of children and the peaceable life of all people.

Looked at from this point of view, there is no spiritual benefit to be gained from a marriage ceremony, and many of those who enter into marriage certainly do not have the desire to seek out the metaphysical implications of the mated

relationship which has been blessed by your orthodox religion. It is merely a commonplace of life, that which is to be done when two people feel that they have fallen in love. Indeed, many of those who wander to your planet find themselves virtually unable to understand or grasp why their brothers and sisters indulge in such a foolish practice.

Yet, there is a great potential for the partners in the marriage ceremony, the potential of the travelers who decide upon their destination and some of the conditions of the journey before they begin, thus shaping perceived experience along the biases of a metaphysically rich life.

The first area to be studied with care and prepared for carefully is the marriage service itself, for there the covenant is made. There spiritual principles are evoked to come to life in the relationship and in the spiritual children of that relationship—the man and the woman which have agreed to work for transformation through marriage. The language of your western culture's marriage ceremonies, though general, is quite adequate to show the covenant as being spiritual, mental and physical.

The promises have to do with honoring, cherishing, serving and loving under any conditions whatsoever. Thus, metaphysically speaking, the marriage ceremony is among the most stringent possible promises or covenants, and requires the greatest degree of which the seeker is capable of loyalty, patience and sacrifice, for those who prepare for the ceremony as they think upon those promises know that difficulties will ensue at an unpredicted time or place with an unpredictable extremity.

Yet, past experience teaches that experience is always variable and that the changes come without warning. Only those entities which believe that they may have a creative effect upon their environment can honestly promise such a covenant, for in the natural run of things, the seeker stumbles often and may, indeed, fail to keep the promises of that long-ago ceremony. And so one prepares for the promise by visualizing and accepting the better and the worse, the balance of all things which shall come after the promise is given.

The second area or arena of importance is that which is immediately lost sight of by those seekers which have entered into the covenant of marriage, and that is the life experience whose shape is too large for the mind within the incarnational experience to picture or fathom. Yet, it is well for the metaphysically oriented seeker to bring into the mind each day the remembrance of the shape of the covenant, the life experience. That which occurs in a day or a week or a month or a year has a far different aspect when looked upon as a part of one unified experience which ends with physical death than it would have if looked upon immediately or in the context of the present moment. Certainly the experience at the end of the covenant, when one of the two marches towards new life and the death of the physical body, is transformed by remembering that this experience, even if it be years long, is only a small part of the entire experience of the promise.

Let us return to the simile of the journey, for we feel that the question asks not only what the implications are in marriage, but what the implications may be for those who do not wish to marry, but who wish to do spiritual work together.

Let us say that upon the one hand those who wish to do spiritual work together, but not physical or mental work together, are wiser to maintain the relationship of companions which are upon the road together and wish to help each other. It is a relationship which concentrates upon the present moment. The uses of memory and of looking towards the future are somewhat limited in such a spiritually oriented relationship. Just as the spiritual side of a lover's relationship is fragmented and often lost, the journey taken by those who are spiritually agreed to journey together may be very rich and satisfying. Very productive work may be accomplished. Each may serve as mirror to the other, each aiding the spiritual journey of the other, and deep friendship may ensue, that friendship which eliminates time and space.

The seekers which wish to do spiritual work together, emotional work together, mental work and physical work together, all at once, take for themselves an added burden and an added hope—the hope of fulfilling the covenant. If each of you is a crystalline being attempting to hone, clarify and sharpen that crystal which lies within, so too a relationship which has been stated clearly, spiritually and angelically is a crystal also, and throughout the life experience each of the two in the married pair may do all those things which are given to those who agree to seek together, yet there is also the responsibility for physical, mental and emotional loving, cherishing and honoring. The conditions are

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more clear, the responsibilities are greater and the end result is a crystalline structure that may become part of the higher self of both in the marriage, not only within the life experience, but in the cosmic or eternal portion of the self, until such time as personhood is no longer. Those who have created the jewel of a promise fulfilled create a light source that, like all other light sources of love in the creation, are available whatever the time, whatever the space.

It is difficult for us to give to this instrument our words, for the nature in truth of metaphysical marriage contains a third party. This is not a thought which this instrument finds easy to channel, however, in any metaphysical covenant there is a third party which overshadows both entities. You may call that being the Creator in whatever face you see. Perhaps we would do best to call it living love. Those who do not marry and seek together, seek alone for the face of love. Those who seek through the covenant of marriage incorporate that which they seek into their seeking. This gives to those who grasp and understand the metaphysical meaning of marriage a gracefulness and a tenderness that would not come naturally otherwise.

There are other covenants that are most valuable. The covenant between parent and child, between friend and friend, between brother and sister, are all beautiful and spiritually useful. Yet, perhaps, it is in the completeness of the covenant of marriage that its great strength lies, for in no other covenant do two people give to another body, emotion, mind and spirit. Two together then seek instead of one and one.

This instrument is surprised that we are still with it. We shall pause for a moment if you will pardon us.

(Pause)

We are again with this instrument. Sometimes this instrument forgets that she does not need to know about the subject about which we speak. We shall continue briefly through this instrument.

We speak now of the concept of failure in relationships. The promise of marriage is often ended with the equivalent of a statement of withdrawal or divorce. What happens then to the covenant in metaphysical terms? It is still valuable. It is valuable inasmuch as and insofar as the seeker was sincere in claiming the metaphysical promise for itself. It is the nature of illusion to entrap, deceive and thwart one, and often it does occur that promises are broken, marriages end. Yet, metaphysically, the strength of the promise, the strength of the will to serve in abiding by the promise do much to strengthen and balance and regularize one's inner seeking.

There is, of course, no way for one, who goes to the place of the promise and makes it, to know for sure that he will be able to keep it, for within the illusion that you experience, various forces may be brought to bear which may break apart your foundation, and shaken from the roots that you have put down, you simply drift away, and in your confusion you wonder if there was any use to all that you experienced. We assure you that there is a great deal of use to all the attempts that have been made to keep the promises that you have made. Each day, each hour, if a failure seems to have occurred, it is well to remember that the failure is within the illusion, but the promise is eternal, not a promise to be kept eternally, returning to one mate over and over again throughout the endless cycle of time, but rather a light which is eternal made by two which have become one metaphysically, which have sought together to mastery.

We urge those who contemplate marriage or who are engaged in keeping the promise of the covenant of marriage to center the self in meditation daily, and before the meditation is through, remember and bless that promise, for it is a vehicle which may carry two to unity beyond themselves with the face of the Creator.

We are so happy to have been able to speak upon this subject. We would like to speak upon any other subjects which you may wish to ask about, and for that purpose we would wish to use the instrument known as Jim. If this instrument would be accepting of our contact, we would at this time transfer. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time it is our honor to offer ourselves in the attempt to speak to those queries which may be upon the minds. We remind each that our words are but the fruits of our own seeking and are our opinions, and we do not wish any to take our opinions as the absolute truth, but that gift which brothers and sisters in seeking give to those who

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follow upon the same path for their consideration in the further journeying upon that path. Is there a question at this time with which we may begin?

T: Yes, I have a question. If two people set out on a relationship, and it seems in the beginning that the relationship has a very high probability of either failure or at least a whole lot of very hard times associated with it, but that there's one or two good things that could come from it, is it usually advisable to go ahead and set out on that relationship, that marriage, or that whatever, whatever the relationship is, knowing full well that there's going to be a lot of really negative things to come from it? I guess what I'm saying is, is it worth it for the good that comes out of it, to create some additional negativity or some additional problem?

I am Q'uo, and am aware of your query, my brother. We would begin by suggesting that even to the eye in what seems to be an obvious and clear manner, much is hidden within your illusion, for within your experience there is the shielding, shall we say, of the conscious knowing so that much experience is gained in groping through what you might call a metaphysical darkness. You live and move and have your being in mystery, and you seek portions of that mystery with every thought and action that proceeds from your being. With each thought and action that sums into experience, you are able to piece together more and more of the picture of the creation about you and your place within it. As you move into those relationships which are of primary and profound significance within this journey of seeking, there is much which the conscious mind will assume and presume to know. Yet, if decisions are made only in regards to what may be known in the mental sense of the conscious mind, then much will be missing that can serve as resource …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue.

The subconscious mind, then, through the faculty of intuition may offer much to one who seeks—the manner by which it shall continue its journey and with whom it shall journey and in what manner the journey shall be accomplished. We cannot tell you, my brother, or any particular entity, whether what seems to be the truth is that which should be heeded, for, indeed, even the most difficult of situations oftimes presents the greatest of opportunities for learning in the metaphysical sense, even though within the boundaries and definitions of your illusion the relationship and the experiences within it have proven most difficult. It cannot be known before or during such experience what treasures are, indeed, gathered in the metaphysical sense. The entire incarnation then partakes of mystery which shall become clear to the far-seeing eye only after the doors of what you call the physical death have been passed through and the veil dropped which shields the conscious mind from the subconscious mind and the greater portion of the experience about one.

May we speak further, my brother?

T: No, I believe that pretty such sums it up, even though a lot people have gotten themselves into some hard situations by following their heart rather than what their logical mind told them. I understand what you're saying. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query?

G: Yes. I have one to ask you. What the value is of using crystals and sound on the spiritual path?

I am Q'uo, and we find that the objects of which you speak and the qualities of vibration which are embodied within the sound vibratory complexes may be used to enhance the finer portions of the spiritual journey in order that the inner eye may perceive with greater clarity the countryside, shall we say, through which the seeker travels. The use of the crystalline structure is that which enhances the seeker's ability to perceive the finer and more subtle energies that ever surround one, and enhance the ability to utilize these energies for the continued advancing upon the spiritual path.

The use of any such device or technique is that which is empowered by the desire and intention of the seeker, thus, the usefulness of any such technique or device is in direct proportion to the purity and intensity of the desire to seek knowledge in order to serve others that the seeker of truth emanates from its very being and by which it empowers all that it does and all that it is.

May we speak further, my sister?

G: Yes, please.

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I am Q'uo, and we mean by our query to ask if there is any further question which you might have for us upon this subject.

Carla: Well, I would ask—I was thinking—you kind of implied that a crystal by itself doesn't have an intrinsic power, that it's the empowerment by intention, by the use of the will in seeking, in, I guess you'd say, magnetizing the crystal that gives it its usefulness. Is that correct? I think of crystals really as being independently powerful, being able to focus and reflect light in different vibratory ways and people using that intrinsic power, but you're suggesting that the true power of the crystal is extrinsic, in other words that it's put into the crystal by the person's relationship with the crystal. Is that true?

I am Q'uo, and we meant by our suggestion that the desire of the one utilizing such a device as the crystal was that which gave direction and therefore power to accomplish the work in consciousness which the crystal has as its contribution to such a seeker. The crystal structure itself is as you assume, that is, its power exists without a desire from another being to form it, yet such desire and purpose of intention then can direct the movement of energy rather than allow that energy to become diffused by the non-use in a conscious fashion of this energy.

May we speak in any further fashion, my sister?

Carla: No, just a personal question about crystals. I seem to be sensitive to most crystals except diamonds. Diamonds are fine—they don't bother me, I can wear them, I enjoy them. But if I try to put a crystal around my neck or near me, I'm uncomfortable after awhile, and I don't know why, but I just want to move it a certain distance from me. They don't bother me on other people, no matter how close the people are, but they bother me in connection with me. Could you comment on that? I've never understood why that's so. I'm sure I'm not the only person that has that reaction.

I am Q'uo, and we find that your query is one which we may answer in a certain sense without stepping over the boundary of your own free will. Your sensitivity is that which has increased in nature as you have proceeded through your incarnational experience. The crystal form, as we have previously spoken, is that which funnels various energies, and in many cases magnifies these energies in a fashion which oftimes may not be in harmonic resonance with your own inner sensitivities which have become finely tuned and are easily upset, shall we say. Thus, it is well for your own comfort for you to either be careful that the crystals within your range of sensitivity be tuned to your own vibratory nature or removed to a distance which is outside of your range of sensitivity.

May we speak further, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I've always had the notion about marriage or any relationship that it doesn't end. It seems to end, but, in actuality, if you don't shut the person away or kill the person off in your mind I guess you'd say, that the relationship has perfect validity. It's just that the person isn't around. And I wonder if this is true?

I am Q'uo, and as one might expect within a universe of infinite possibility, there is infinite probability that entities which have engaged in the mated relationship for a period of your time and then found reason to end that relationship yet continue in what may be either the conscious or subconscious fashion to share experience and offer a portion of the self to the other even when the relationship has in the physical sense been terminated. In many cases this pathway which each has forged to the other becomes somewhat dusty and falls into disuse, yet from time to time is utilized for the gathering and sharing of experience upon the metaphysical levels of experience.

May we speak in any further fashion, my sister?

Carla: Well, let me clarify my first question, because I didn't mean that relationships that have stopped continue. What I meant was that it has always seemed unlikely to me that love would just go away. It seems that if you have an experience of love with another person, that the experience may end, but that the love remains. As long as it remains in memory, it remains truly. The reason that this is important to me is that I have had more than one relationship in my life, and it's comforting to think of the light and love that those relationships created as having a life independent of the failure of the relationship for one reason or another, the ending of it.

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I am Q'uo, and, indeed, my sister, all that remains from any experience within your illusion and all that is ever recorded within the nature of the soul is love. Whatever experience of love one is able to create and to share within any relationship or experience within your illusion is remembered and is gathered as the true harvest of the incarnation. All else is but the means to this end.

May we speak further, my sister?

Carla: No, thank you.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we find that we have for the moment exhausted those queries which you have so graciously offered to us this evening. We thank each for allowing our presence and for presenting to us the gifts of your queries and your comments, for as we speak upon your concerns, we speak upon those topics which are a portion of our own being and seeking, and by sharing with you that of our experience, our experience becomes refined and enriched with your own journey of seeking. At this time we shall take our leave of this instrument and this group, rejoicing in the love and in the light which each has brought to this seeking. We are those of Q'uo, and we leave each in that love and in that love of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
July 12, 1987

Group question: "Q'uo: We would focus this evening upon an aspect of love and compassion which is very difficult to manifest while under the influence of the third-density distortions of mind, body and spirit. We speak of forgiveness."

(Carla channeling)

I Yadda. I greet you in love and in light of infinite Creator. We not have very much to say, only wish to welcome newcomer to group and oldcomers also. We with your group very often, for we find that this group make many joke, and this is sign of some advancement among your peoples. So many on your spiritual path that cannot make a joke, that cannot laugh. This make the journey heavy and mud cake the feet of the poor pilgrim along the way and cannot go very far. Make yourself merry, my friends, be full of joy. Let it bubble forth, and you will find wisdom beneath the laughter. We go now, we only wish to say hehwoe—hel-lo. That better! Hah? We goin' speak this language soon. We go in love and in light of infinite One Who Is All in All. Farewell, my friends. I Yadda.

(Carla channeling)

We are those of Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is a great benefit to us that you have asked us to share this meditation with you and to share what thoughts we might have with this circle of light, this band of seekers whom we Join this day.

We thank you for the great privilege of such intimate sharing of heartfelt desires, and we assure you that we also have that goal of every seeker—to know the face of mystery, to be with the Creator in an illumined fashion. How far we are all from that great and all-consuming goal—the Creator's face, the articulated Logos. What a dear and precious mystery. That mystery is all wrapped up with love, a love that has been called compassion by those who seek to deepen the meaning of that word love, that word which has been so abused, misused and trivialized by common usage.

Indeed, the one who challenges in the name of Jesus Christ challenges in the name of love itself, and all challengings which are superlative and honestly felt, whatever the words of challenge, that challenge is the challenge of love, that compassion against which nothing may stand. What is the nature of compassion? How does compassion touch each as each seeks along the path and finds the road rocky or smooth, steep or plain.

We would focus this evening upon an aspect of love and compassion which is very difficult to manifest while under the influence of the third-density distortions of mind, body and spirit. We speak of forgiveness.

What occurs when forgiveness is withheld? You may see the separation immediately. The one who does not forgive is separated from the one who is not forgiven, and then the one who is not forgiven may choose not to forgive that, and there is further separation. Indeed, before a patching up and recombining of the energies of two who are thus separate can be achieved, four forgivenesses must take place. Each must forgive the other, and each must forgive the self.

If one were to visualize the pattern and tapestry of a lifetime, one would see those portions of time and space when forgiveness was withheld from the self or from another as being places where the thread, the warp and woof of the tapestry of life, was coated with black, sticky substance, which stiffens and makes ugly the tapestry of existence.

Now, it is sure that no one wishes not to forgive. There seems to be no question in the mind of anyone who is seeking along the path of positive polarity in the third density that it is very desirable to forgive and to accept forgiveness, yet there may be nothing harder in the catalog of human weakness, shall we say, or distortion, than the unbalanced feeling of helplessness when one realizes one is quite incapable of altering the consciousness which is not forgiving. Hardness of heart among those who seek is very often totally unmeant and undesired. It is the nature of the third-density illusion of your planetary sphere that within the illusion you will be taken beyond your limits and fail according to the conscious methods of judging among your peoples. This is perhaps the most common source of the lack of forgiveness among your peoples—the difficulty of forgiving the self for having seemingly failed. Also, and almost as common, there are those dynamic tensions betwixt members of the same family which involuntarily renew themselves and prohibit forgiveness.

The chief roadblock stopping one from forgiving is the instinct for self-preservation. One who forgives is changed—something dies and something is born. Yet that which is born cannot begin to be born until whatever it was that was not forgiven has been done away with by true forgiveness. To hold the self or another in unforgiveness is [to] hold in a pristine and clear condition a relationship or a self-concept.

When forgiveness takes place, there is a little death, and sometimes not so very small a death indeed, for sometimes that which is to be forgiven has been held in a hard heart for a long time. It is natural to fear death, yet the road to joy, or shall we say, the way to perceive joy along the road we all travel is to rush towards whatever oblivion must be embraced in order to forgive, for the creation that springs forth from the heart to one who has truly forgiven is a beautiful and fresh manifestation.

It is very difficult to create appropriate atmosphere for forgiveness using the conscious mind. The conscious mind is a kind of business man, ordering things, prioritizing them, and moving them about. It is within the province of that great subconscious mind which is so important to the seeker that the seeds of forgiveness are sown, are nourished, and grow. Thus, the attempts to forgive by consciously stating, "I wish to forgive," are likely to be failures, although the attempt is metaphysically important, and is a part of the soul's history. It is more effective by far to await meditative time before doing work in the consciousness of forgiveness.

If you wish to speed the process of forgiveness, may we suggest that you take the object which has not been forgiven by you and hold that object within the heart and mind, enveloped and encircled in light, light infinite and light illimitable, hoping and praying for every good for that which you cannot forgive. Thus, you are engaging a deeper portion of yourself to begin opening doors, so that that which is unforgivable to the conscious mind slowly becomes that which must be forgiven. It cannot be forced; it cannot be taught. And when someone attempts to persuade the seeker into forgiveness, and does so on its own energy, then as soon as the intermediary removes itself, the hardness of heart returns.

Please remember at all times when you see hardheartedness in others or yourself, that you are powerful to serve as messengers of love, peace and joy. You may encourage, exhort, commune and just be with one who is having difficulty, and by your mirroring forgiveness and love to the one you wish to aid, you are connecting your subconscious and your companion's subconscious in great echoes of compassion. Sometimes no word need to be said for this comforting effect to take place. Never doubt your value to one another, for you are the Creator. You are love, each to the other. May you dwell in a world where forgiveness is actively sought and joy is nourished by all conversation.

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My friends, it seems while you are in the midst of the third-density illusion that the stream of your life experience moves slowly and endlessly. Yet, we urge you to make some attempt to realize how very fleeting birdsong, brook's rill and the wind in the trees are, how very short is your time to gain experience upon your beautiful planetary sphere. May you find zest and joy in your inward walk. May your eyes behold the creation of your brothers and sisters of air, earth, wind, fire and all the creatures of those densities. May you love life as you experience it, and may you find comfort in each other.

It has been a great privilege to speak with you. We feel particular love for each of you, and would send you our blessings through this instrument. We wish you to know that at any time that you are meditating and you wish us to be with you in that meditation, you have merely to mentally request our presence. We do not speak in a lone meditation, but many find our vibrations to cause meditative states to become achieved more easily and held for longer periods of time. We also find great benefit from sharing in your vibration. We would transfer at this time, with thanks to this instrument. We are Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time it is our honor to attempt to speak to those queries which may be placed before us. Before so doing, we would remind each that we speak according to our experience and our opinion, and do not wish our words to be taken as anything other than that. May we begin with a query, my friends?

(Pause)

I am Q'uo, and we find that we have in our opening message spoken to much which was upon the mind of one or two, and which for this evening will suffice for the answering of queries. We thank each, as always, for inviting our presence and for allowing us to speak our humble words to each here and to each heart. We join with this group in the seeking of the love and light of the one Creator through all experience, and we rejoice that we have traveled this distance with this group this evening. We shall be with you in your future gatherings, and shall be happy once again to share that which is ours to share. At this time we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus. ✣

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Intensive Meditation

July 13, 1987

(Carla channeling)

I am Hatonn, and I greet each of you in the love and the light of the infinite Creator. It is a privilege and a blessing to have been called to this meditation, and we greet each within the group with joy, for to know the Creator in each unique system of vibratory fields that weaves the essence and jewel of each of you is an enormous thrill and privilege. It has been to us that the call was given this evening, for although we are not those which in the majority of cases work with the new channels, we find that to the one known as R our sent message lies within the range of configurations of reception which should make for the most comfortable and lucid feeling of contact.

We would say a few words about the practice of vocal channeling. First of all, we feel it is important to stress that channeling is not alien to the condition of humankind, but is inherent in the nature of mind, body and spirit which is called personality, for the spirit dwells within mind and body and expresses itself and receives nourishment in such distorted or clear fashion as the body chooses to channel to it and accept from it. All of the life experience is, in essence, a channeling of some force, either within or without the self into each action of the self.

Thus, it is the nature of humankind to be receptive, as a channel is receptive, and then to be a broadcaster, so that those who may find aid in your words may have access to them. Needless to say, the varieties of channeling are endless. There are those souls who channel such healing into the pie or roast that each bite that is taken at the dinner table fills not only the stomach but the heart with the love of the one who channeled perfect love into food.

The vocal channeling is one way of being of service—that is all. It may be that the new channel, once having discovered channeling, may feel that its gift does not lie properly within channeling. This is acceptable to us, for we feel that the experience of moving energy from the subconscious through the conscious with the intention of being of service is a discipline which will inform and improve whatever form of service is undertaken in whatever subsequently. We are always extraordinarily appreciative of those who wish to channel our words. They are humble words and in large part our opinion only. We have been wrong in the past and shall be wrong in the future, for though we are many steps ahead of you upon the path of seeking, yet still we are finite and prone to error.

Most of all, we send you our love and wish for each the joy that service to others brings back to the self. You shall be surprised by the love that is mirrored back to you from time to time, simply because you have a wish to be of service. This wish is the legacy of the kingdom within, that kingdom which is often called heaven. Yet, does it not lie within, my friends?

And do you not bring to channeling the very essence of that which is to be channeled? For are you not in God and the Creator in you? Thus, fear not the experience of channeling, nor be concerned what you shall say.

We shall be taking time in the next few sessions to attempt to correct any discomfort which may be felt by any of the channels, especially those who are new. May we ask that if there is a discomfort in [the] neck or any other portion of the physical vehicle, that you mentally request that we adjust the contact. We attempt to be aware of comfort in the channel, but must confess that we are not perfect by any means at correcting an uncomfortable position or influence about the electrical field of the body and consequent muscle reaction. Please realize that we wish for the channel to be comfortable and to not simply live through an uncomfortable experience. A mental request is usually quite enough. Repeat that request mentally as many times as necessary to adjust the contact, and if the contact is not comfortable after [a] small length of time, we urge the channel to relinquish the contact and we shall continue to work to adjust comfort while other channeling is going on. You see, my friends, there are advantages to being a social memory complex—we can do many more than one thing at one time.

We ask the new channels to relax, become aware of the soft susurration of the rain upon the thirsty land, of the delicate breeze which moves within the domicile which is filled with the pearly-evening glow of the quiet countryside. Be sure that your physical vehicle is quite comfortable so that there may be the focus upon the brow chakra and the crown chakra, for you see, we are moving through the violet-ray chakra of the crown into the indigo ray chakra of the brow, and when we have been able to journey, welcomed, through these ports of entry, we may then activate the blue-ray energy center and communicate our humble thoughts.

As we work, may we ask that when the name is heard or felt within the mind, that it simply be repeated, that is, what phrase that is heard needs to repeated word for word. The reason that this is necessary is that the mechanism is such that it is like a game of pitch and catch. First one concept cluster, ranging from one word to quite a few, is thrown or tossed at the channel. The channel catches it with the metaphorical hand of consciousness and then throws it on just as it was received, leaving the catching hand empty for the next concept to occur. When this realization of concept occurs, then simply repeat that which has been heard, refraining from analyzing the message, evaluating it, doubting its reality or any other thought which will move one from that point of concentration which is focused entirely upon catching the concepts that flow one at a time from the subconscious.

We would now like to work with the instrument known as K. We have become most affectionate towards this seeker and can only thank this seeker that those of the Confederation have been most generously called and are able thus to accompany this entity. We greet the one known as K, and would like to exercise her channel, if she would relax, refrain from analyzing and speak that which occurs within. We shall transfer at this time. I am Hatonn.

(K channeling)

I am Hatonn, and I greet you once again in love and light through this instrument. We find this instrument is experiencing some surprise, adjusting to once again speaking the thoughts which are *(inaudible)* as she has been accustomed the last few months to … *(The rest of this channeling was not transcribed.)*

(Carla channeling)

I am Hatonn. We are making some contact with the new instrument known as R, but there is a good deal of adjusting to do, and we would request that the instrument remain calm and comfortable and wait our greeting. We will send only the words, "I am Hatonn," and will attempt to continue to adjust, sending that few words until the instrument is aware of that concept moving through the veil of consciousness. Again we ask the new instrument to relax, refrain from analysis and to repeat what occurs within the mind. We thank this new instrument for embarking upon this path and hope that we may make ourselves known at this time. We are those of Hatonn, and will now transfer to the one known as R.

(R channeling)

I am Hatonn. *(The rest of this channeling was not transcribed.)*

(Carla channeling)

I am Hatonn. We rejoice at the ease of contact with this instrument, and apologize for causing slight

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discomfort. We shall, each time we work with the new instrument, attempt to ameliorate the effect of contact. For the most part these effects do not continue for long unless it is requested by the instrument.

You form a ring, my friends, as you sit about the room of your domicile. The domicile forms a ring about you, and the yard about the domicile and the town about the yard, and the continent, then [the] world in which you have lived. Then that great round, the galaxy, and the timeless, convoluted roundness of the creation itself. And each of you wishes to serve the roundness of the galaxy and of all creation. And the roundness of one circle sitting in light wishing to be of aid to fellow seekers is equally powerful. We know you will seek to be stewards of the power which is yours for good or for ill, and we rejoice greatly in the light and the love …

(Side one of tape ends.)

(Carla channeling)

… which you who dwell in mystery yet achieve through faith in the light and through the will to know and to give love. We would wish at this time to transfer to the one known as Jim. We are known to you as Hatonn.

(Jim channeling)

I am Hatonn, and we greet each again in love and light. At this time we would open this gathering to the queries which may have the value in the asking. May we begin with the first query?

Carla: Are you able to bring into mind the golden beings which were around Jim and me at our wedding, and if you are, could you comment on the possibilities in general of accompaniments from the inner planes and/or the outer planes at such metaphysically potent rituals?

I am Hatonn. Each seeker, according to the path which it travels, gathers to it those friends and teachers from the metaphysical realms which are ever present in the life experience. There are moments within the incarnational pattern which offer themselves to rejoicing and celebration and to the further gathering of those friends, both seen and unseen, which lend their very being to the ceremonies and rituals that signify the further enhancing of the potential for serving the Creator and for rejoicing in the creation of the Father. Thus, within your own pattern of experience, you have also called unto yourselves those presences which respond in joy at the call, and lend the brilliance of their being to your joyous celebration.

May we speak in any other fashion, my sister?

Carla: No, thank you.

I am Hatonn, and we thank you, my sister. Is there another query?

(Pause)

I am Hatonn. We find that the experience which has been shared this evening has been sufficient for the moment to instruct and to prepare for further instruction those present, and we thank each again for inviting our presence and for allowing us to move within your life experience and to become part of that greater desire to be of service to others who seek also the nature of the mystery within which we all move and the heart of which we [are] known as both source and destination of our being. At this time we shall bid each a fond adieu, and leave each in the name of the love and the light of the one infinite Creator. We are known to you as those of Hatonn. Adonai, my friends. Adonai. ♣

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Intensive Meditation
July 14, 1987

(W channeling)

I am Quanta. *(The rest of this channeling was not transcribed.)*

(Carla channeling)

I am Hatonn, and I greet this company in the love and in the light of the infinite Creator. We would wish that you be aware that there are several presences from the Confederation of Planets in the Service of the Infinite Creator joining your meditation this evening, those energies which are Oxal, Laitos, Latwii and Quanta. These brothers and sisters wish to aid each in the deepening of the meditative state. The one known as W will be experiencing the companionship of Quanta as further work is done in that new instrument's indigo-ray plan of progress.

We would wish to turn the attention to the blessedness of the intention to serve. When entities discover within themselves the desire to serve, they cast about for a satisfactory path of service and frequently become embroiled in the mechanics of producing the chosen service. In that seeking forth the perfect service, life and joy are stripped from the endeavor. This is not to say that it is not valuable to continually improve and refine one's ability to serve, one's perspicacity and tact in service. However, the analytical mind often takes over the faculty of evaluation from the proper means of evaluation, that is, the deeper self, and in that surface evaluation of the attempt to be of service, many imperfections are found and thus the seeker becomes disappointed in the self and in the service. This adversely affects future attempts at service as entities become disillusioned with their own abilities.

My friends, each has in general a path which shall include opportunities for service and opportunities for the gaining of experience. To some a gift such as the vocal channeling may be given, just as to some the ability to produce music from a complicated instrument such as the piano or the guitar. If the seekers which are within this domicile at this time were to compare their attempts at vocal channeling with the mature vocal channeling of one who has started with the gift of far memory of previous concept communication, it is likely that there would be some disappointment. However, in discovering vocal channeling, the seeker is discovering a portion of his or her own birthright. Vocal channeling is a way of linking three levels of being: the deep mind, the conscious mind, and the mind of the Logos.

We are messengers of this Logos, imperfect and often befuddled, yet we come to you as those who may have some small portion of wisdom to offer from our experience. We speak not to your conscious mind, but to your deep mind in concepts. This conversation betwixt the deep mind and the cosmos is going on all the time. Almost no one in

the physical vehicle of third density is aware of this communication, however, when the channeling occurs, pathways are being made deeper and clearer each time the channeling is practiced for the greater and greater facility of the conscious mind to have access into the deep mind and thus have access to the collected wisdom of the cosmos. Indeed, both we and you are in essence an entire and complete Creator, an unlimited creation and the most powerful force in that creation.

We say this because we wish each of you to grasp the fact that it is not necessarily one's path to be of service through vocal channeling, but it is always useful to have experienced the overshadowing of the self by a personality which is external to the self. Let these experiences flow naturally and evaluate in relaxation at other times the degree of attraction which channeling itself actually holds for you, keeping in mind that the work that you are doing is most helpful both to yourself and to others who you may serve as you become more and more aware of the wisdom and glory which lies within and to which you do indeed have access.

We would like to transfer at this time to the one known as K, if she will relax and allow our words to flow freely without the analysis. We shall transfer now. We are those of Hatonn.

(K channeling)

I am Hatonn, and greet you once again in love and light through this instrument. We reiterate our pleasure at being with this group this evening, for it is always a privilege to serve in this manner with you and through you. We are also most pleased to be called to offer whatever aid we may to those new channels, and in exercising them we find great benefit to ourselves as well. We ask that you remain conscious of your desire to serve for it is … *(The rest of this channeling was not transcribed.)*

(Jim channeling)

I am Hatonn, and greet each again. We appreciate the opportunity to utilize each new instrument this evening, and we hope that each will bear with this sufficiently as we move about the circle and attempt to exercise each new instrument in turn. The process that each goes through is much the same, though each entity will find that there are various strengths and weaknesses that may be noticed within the Earth's instruments, and thus each may learn from each in a manner which would not be possible without each new instrument seeking together a means by which to be of service through vocal channeling.

At this time we would attempt to make our contact known to the one known as R. If this new instrument would relax the mind and body, and after feeling our presence and offering the appropriate challenge, then simply speak those words which she becomes aware of in her own mind, she will find that the process will begin to move much more smoothly forward. At this time we would transfer this contact to the one known as R. I am Hatonn.

(R channeling)

I am Hatonn. I am speaking through a new instrument and the tuning is not yet fine. The instrument has some physical discomfort that causes the problem that speaking to through is not the contact but it might be that as the discomfiture eases and the practice is greater this will be easier for the instrument. This can be a comforting knowledge and as the veil of pain is overcome, it will become easier for us to make a contact, for the instrument has desire and is most willing and apt. Due to the discomfort we will withdraw. I am Hatonn.

(Carla channeling)

I am Hatonn, and am now with this instrument, and renew our greeting in love and light. We thank the one known as R for continuing through discomfort. We have been attempting with the help of the one known as Oxal, which energy is quite suited to the one known as R, to adjust our ingress into this entity's web of vibratory nexus, and have been aware that the entire torso as well as neck was causing difficulty.

We encourage the tuning, the challenging, and the reprimanding of all contacts. You who serve as channels have a responsibility in this fertile and crowded metaphysical universe to choose the contact that is the highest and best that you may stably choose. Thus, the challenging is something we do not at all begrudge, but rather encourage, for we wish each channel to feel that it has control of the conversation which proceeds during the channeling process. It is also important to complain mentally and to nag ceaselessly if the physical vehicle is uncomfortable for one reason or another. Each

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instrument is wired differently, in this instrument's terminology, possessing various locations for ingress, and thus when we first begin working with a new instrument, we move in with a standard adjustment. Like most standard things, it seldom fits anyone but is, shall we say, close enough for a beginning. We ask each instrument to take responsibility for controlling the contact, refusing it if [it] seems less than what it should be and certainly refusing to accept discomfort. There is no need for this to occur as long as we are not working in the trance state. Work in the trance state requires a physical toll for the production of words. Conscious channeling, which is actually done in a light trance, does not require this cost and the instrument should not accept discomfort but should persevere mentally until comfort is established.

At this time we would like to continue working through the instrument known as N, whom we greet in love. If the instrument will relax, we shall attempt to pass its challenge. We transfer now. We are Hatonn.

(N channeling)

I am Hatonn. We are pleased that the entities in this group are from such willingness to become channels and therefore … *(The rest of this channeling was not transcribed.)*

(Side one of tape ends.)

(N channeling)

We are happy to be of service to this group. I am Hatonn, and I leave you in love and in light.

(Carla channeling)

I am Hatonn, and I greet you one final time, as always, in love and light, as love and light are all that there is. We have rejoiced in your company, and feel that each has made good progress this evening. We leave you in that same love and that same light, glorying with you in your birthright, rejoicing with you that your Creator lies closer to you than your heart or your breath so that we all are in the Creator and are all thus the Creator to each other.

It is often said by those of us in the Confederation of Planets in the Service of the Infinite Creator that the seeds of creatorship dwell within each. When the seeds of the rose are planted, that which comes forth is a rose. If the seeds of the Creator are planted within you, my friends, shall your bloom and flower not be the Creator? We are those known to you as Hatonn. Adonai. ♣

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Intensive Meditation

July 15, 1987

(Carla channeling)

I am Hatonn, and I greet you in the love and light of the infinite Creator. We are most grateful for having been called to your group by your desire, and to be able to share in your beautiful meditation, to serve as much as we can and to learn as we always do when we work with groups such as yours. As always, we find the contact with one of your peoples to be exhilarating. The quiet sounds of the evening as nature stirs about your dwelling place, the gentle hum of the fan which cools each seeker—your atmosphere and company are indeed delightful, and we thank you again.

This evening we would like to attempt a teaching technique for new instruments which has been found to be useful in the past. We would like to tell a story in many parts. We will start with this instrument and move according to that name given in each piece of channeled material. You see, my friends, there comes a time when the new channel must shake itself loose from the dependence upon known subject matter by the telling of a story in small segments, each instrument giving only a small part of the story. The mind of the channel may be at rest, for it knows not how the story comes out, it being a story never told before.

We ask that each channel remember carefully the tuning and be conscious also that those who are not channeling at the time, but are in the circle, may be of great aid to the one channeling at the moment by offering such visualizations of light and healing, energy and power and compassion as will aid that instrument in the regularizing of the energies which it is receiving. A newer channel usually has more difficulty retaining a steady vibratory level. This is why we ask that you continue tuning whenever you become conscious that you are not totally involved in the meditation. A simple phrase that is of meaning to you will suffice. We find this instrument to be just as nervous as the rest of you, as she has no more idea than any what we may be about to tell.

It is in just such a way that the seeker receives realization. The seeker cannot know what he seeks, for that which is named is not worth seeking. And when it comes, it is a surprise, and yet that which must be, and must be just as it is. We shall begin.

There was once a shipbuilder in an ancient land. His father and his grandfather before him had worked upon the beautiful ships with their high prows that sailed from the north land. The young shipbuilder had keen eyes, and he watched the ships come and go and listened to tales of conquest and riches. Yet, he did not fancy himself a pirate and continued working upon the land.

We shall transfer to the one known as Jim. For this particular exercise we shall eliminate the giving of our name at each transfer. We transfer now.

(Jim channeling)

The young man in his work often thought of what must lie beyond the reaches of his port city in the far sea. Many tales did he hear, and yet he was for the most part content to remain and do his small portion of work building the great ships that moved upon the waters out of sight and circled the globe. Yet within his heart there was the beginning of the desire to know more than what was available to him within the confines of his work, his home, his friends, and his city. He pondered more and more what might be available to him in the way of adventure and learning and experience if he should leave his home and friends. And thus he considered this possibility with some fear and some excitement.

We shall transfer to the one known as K.

(K channeling)

One day, as the young man was working about his accustomed tasks in the shipyard, he saw a strange ship appear over the horizon and come into the port. It was tall and had red sails, and the people were at first afraid, for they feared an attack. And being a warlike nation themselves, the took up their arms and stood ready to defend themselves. But when the ship landed, they could see that there was no danger to fear, for the men aboard the ship carried no weapons. It was a merchant ship, the cargo of goods the like of which many, indeed most, had not seen before, for it carried fine cloth and spices from far different lands—we correct this instrument—far distant lands to which the ships of the north had not yet ventured. The merchants on the ship were interested in trade and in discovering new lands and new markets for their trade. And as the young shipbuilder watched and listened, he knew that his opportunity had come to see distant parts of the world without having to be a pirate. And so when the foreign ship sailed again, he sailed with them as part of their crew, and set forth into the world to discover what he might.

We transfer now to the one known as R.

(Carla channeling)

We are those of Hatonn, and we are now with this instrument. We find that we are experiencing difficulty in the communication, and perhaps have worked this new instrument too hard. Therefore, we shall move back to the one known as R later. We would at this time transfer to the one known as N.

(N channeling)

The young man [was] on this trip on this ship far [from] land, farther than he had been away before. He would look over [towards] the land and he could see the deep blue of the ocean, but he could not see any land. He was thrilled with the newness, but the journey was long there on the ocean. Many, many days, and some of the crew had gotten ill, he himself had been sick, and was able to overcome the sickness, but because of the long and tedious journey had wondered if the lands which they were headed to would not contain more of the same. Although there many things which he could not anticipate, he looked to the sky in the evenings and early mornings and saw beauty which he had never seen on land before, in the sky.

We wish to continue the story through the instrument known as K.

(K channeling)

As the boy gazed upon the stars in the heavens, he wondered at the vastness of the universe and wondered if there was wisdom in the heavens. He wondered at the significance of his small, small self in that boat upon that ocean. And he dreamed of many lands and many peoples of many [paths].

And he realized after much concentration that the only understanding he would have of the world, of the sky, of the stars and the universe, was to seek out wisdom which he knew was contained within himself. And only there would he find the answers to his small questions. With that knowledge, he reached a new perspective of the world and of his life, and it gave him great joy and meaning to all that he looked upon, for he realized that he was but one small cell in the infinite vastness of the universe, yet within that small cell was contained all the knowledge and the wisdom that he sought around him.

One day the ship came within sight of new land, and as it approached, he realized that he would leave the ocean at this shore and once again work upon the land. He was glad that his ocean voyage would soon be coming to an end, and realized that he had gained far more than any pirate could have ever plundered

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from any ship or any shore. On that voyage upon that ocean he had gained a knowledge of the self that no gold could ever pay for, that had no price and that was priceless only to himself.

He looked forward to once again working in a shipyard where he might build ships that would send other men upon the vast ocean, hopefully to gain the knowledge which he himself had secured.

We would like at this time to transfer to the one known as D.

(Carla channeling)

I am Hatonn, and am again with this instrument. To the one known as D we would apologize for startling him with our importunate transfer. We had found that this instrument has a natural affinity for our contact. Put in other words, it would mean that were we of your form, and sat in the room among you, it is to D that we would probably most be drawn to speak. We thank the one known as D for giving a Herculean effort, and assure this effort that we will work with him at a slower pace. It was worth a try, as this instrument would say.

To conclude our story.

Many were interested in the strange-looking, exotic blonde and blue-eyed man of the sea who had come to live in their far different clime. When asked why he had come, he would only reply, "To look at the stars." His inquirers would look up, and ask the keen-eyed sailor, "What is special about these stars?" He would smile and say, "When one has keen eyes, one thirsts for something which to see."

My friends, it is not important under which stars you dwell, but vastly important that your gaze upward be keen and persistent. Many times in any incarnation there will be the need for the dark night and the lack of humankind's banishing of the night, for only in the deepest darkness can one truly see at their very best those starry dominions which are symbols of light and love.

Find the deep sea within yourself in the waters of meditation, in the strong ship of your builded soul. Take the tiller and take responsibility for your seeking. Never apologize, however, for dwelling upon the land, for that which you do in the midst of your fellow human beings is that which builds the ship that carries your soul upon the stretches of the inner deep.

Before we take questions, we would like to exercise the new instrument. While we are exercising the one known as R, we would ask that the one known as D relax and allow us to begin making a good, comfortable contact. If discomfort ensues in any way, we ask that the one known as D declare his discomfort and request that it be removed. We are sorry that we are somewhat clumsy when first entering into the energy level of the new instrument, but each instrument is a bit different, and our first few attempts do need some adjustment.

We would now say a few words through the one known as R, asking that this instrument would relax, and once the challenging has been done, refrain from analysis, for material may be analyzed at any time after it has been recorded, yet in the recording it is best that the analytical mind be removed from the process. I am Hatonn. We now transfer to the one known as R.

(Carla channeling)

I am Hatonn. We are continuing to make adjustments with the one known as R, and will attempt again to transmit a simple message to this instrument. We ask this instrument not to be concerned at the small difficulty of the present moment, for we were one of those which first contacted this instrument, and this instrument was not nearly as apt a student as the one known as R. We feel that we have made better contact at this time, and would again wish to greet each through the one known as R. We transfer now. I am Hatonn.

(R channeling)

I am Hatonn. I greet you … in light and love …
(The rest of this channeling was not transcribed.)

(Carla channeling)

I am Hatonn, and am again with this instrument. We are most pleased with each of the new channels, and before we take questions, we would appreciate your patience as we allow the one known as D to become more and more used to our vibration. We would like to identify ourselves through this instrument, if the instrument would relax, and when our greeting comes into the conscious mind, simply repeat it. That which we send is concept, and is sent below the level of the conscious mind. Thus, our sendings to instruments move into the conscious mind, concepts in search of words, feeling exactly like one's own thoughts …

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(Side one of tape ends.)

(Carla channeling)

… process. It is never intended by those of the Confederation that work with you now that we initiate a trance communication.

We intend for a portion of that which is said by us to be drawn from the experiences, the reading, and the vocabulary, in other words, the resources of the instrument. We have a very simple message, yet because of the richness of your languages and the infinity of uniqueness among peoples, we find that the portion which is added to the basic concept material by each instrument creates an excellence which we by ourselves could not achieve. That is the great advantage of concept communication in a conscious manner. However, we will not attempt to send concepts yet to the one known as D, but will be satisfied if this instrument can hear and repeat our greeting. We now transfer to the one known as D. I am Hatonn.

(D channeling)

I am Hatonn, and I greet each of you in the love and light of the infinite Creator.

(Carla channeling)

I am Hatonn, and am again with this instrument. We are so pleased and grateful to each of the new instruments for attempting to learn this service, this bridge of words through which concepts far deeper than any words can convey move. We know that each of you desires to be excellent, and we feel that each of you is excellent. We urge each to realize within themselves those gifts which they already have, those things which benefit others.

To be of service to others is an elusive and baffling goal, and yet we find the hearts of each true and the desire of each to serve. May your sacrifices of time and caring in all that you do be a channeling of love and light, and may the channeling itself, for those of you who find it a helpful thing to continue, be a source through you of that great spreading light which more and more is being lit up with great lights among your peoples. More and more of you upon your sphere are becoming lights, channels of love, and, as for us, we love each of you and bless you for all that you have given us.

We would like to transfer now to the one known as Jim. We thank this instrument and each of you for asking us to be here and for working with us. We are known to you as Hatonn and will now transfer.

(Jim channeling)

I am Hatonn, and it is our privilege at this time to offer ourselves in the attempt to speak to any query which those present might offer to us. We would state that we offer opinion and the fruits of our own seeking, whatever value they may be to any seeker, but we do not wish any to take our words as absolute. With that understanding, may we ask if there is a query to which we may speak?

K: Last night you mentioned several members of the Confederation that were here with us during our meditation, and you also mentioned a couple of them specifically that seemed to have a particular affinity for particular ones of us. I'm curious as to what the connection is between various members of the Confederation and various ones of us, what the nature of that is? I assume it has something to do with vibratory patterns, but I don't really know much about it. Could you comment on that for me?

I am Hatonn, and, my sister, each seeker within this circle works the puzzle of existence within a creation that is mysterious. Each seeker seeks in a fashion which is appropriate for that seeker and which asks the queries that reflect the nature of that seeker's being. Each seeker, then, is as the one who has discovered new land and wishes to settle upon it and expand its ability to understand and survive within the new land, and as it gains the basic skills of this simple survival, begins to refine them so that there is a certain grace and even elegance to the means of surviving, prospering and bearing a fruit of experience that may be shared with others. Thus, each seeker vibrates or resonates in a certain frequency that calls unto itself that which is just beyond the ability to understand.

This range is somewhat different for each seeker, and thus the response to each seeker is somewhat different from those who are members of what you have come to know as the Confederation of Planets in the Service of the Infinite Creator. In some cases the difference is marked enough that different members of our Confederation make answer to the call for assistance in the seeking by each seeker.

In a general fashion, the nature of such calls may be seen to fall within three major categories, each with many, many subdivisions, shall we say. There is that

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seeking that is of love and for compassion and understanding and the attempt to accept more and more of the creation as a portion of the self. There is that seeking which partakes of that known as wisdom or light which reveals unto the inner and outer eyes of the seeker more and more of the nature of the creation which Love has formed. And there is that seeking which partakes of the balancing of these two of love and of wisdom into a force or source which may be seen as unity or power, and which partakes of the blending of love with wisdom by wisdom. Thus, a seeker may throughout an incarnation move into each of these three general categories of seeking, and by the nature and intensity of the seeking call unto itself the assistance of those unseen teachers, guides and friends which vibrate in harmony with the nature of the seeker.

May we speak in any further fashion, my sister?

K: No, that's very helpful. Thank you.

I am Hatonn, and we thank you, my sister. Is there another query?

Carla: I would welcome any suggestions that you could give on the teaching of channeling, anything that I might be able to learn as a teacher.

I am Hatonn, and, my sister, we are very happy to be able to move within the boundaries described by the desire of each seeker within this circle this evening, and can only reinforce the means by which our contact is recognized, prepared for, challenged and spoken, as these means have been utilized in your past, as you would call it. The channeling of the desire to be of service to others is that which we see as being of the greatest importance for each who would seek to become that known as a vocal channel or instrument.

Thus, your role as one who serves as teacher is to share that which is yours to share, the experience which you have gained over the many years during which you have served as a vocal instrument, and to share that experience in the manner which makes the most, shall we say, sense to you, for it is your own fruits of seeking that provide the greatest nourishment to those who wish to learn from it. If you were but one which parroted that which we or others gave you, there would be no vitality within that which you share, and the impact, shall we say, upon the student would be but short-lived.

Thus, my sister, we take much of your time and use many of your words to suggest to you that you may do that which you do and know that it is that which is most appropriate and efficient for you, as one who would teach this service to others, insofar as [it] can be taught.

May we speak further, my sister?

Carla: No. I get the gist of it. Thank you. I was afraid that I was on my own there.

I am Hatonn, and we thank you, my sister. Is there another query?

Carla: Is the instrument tired?

I am Hatonn, and we find this instrument to be in relatively good shape, shall we say, and able to offer itself as instrument for another few queries.

R: I have a question. On August 16 and 17 of this year the Mayan calendar ends, and people are organizing what's known as the Harmonic Convergence. And I was just wondering what you would care to say in regards to that or what it meant or anything you might want to comment on.

I am Hatonn. There are cycles within the pattern of experience of all seekers and all groupings of seekers, and, indeed, within the planetary and solar system influences in which you find yourselves at this time. These cycles provide opportunities that may be seen as wider or narrower portions of the road upon which each moves in the evolutionary pattern of existence. The period of time that now approaches in your near future of which you speak is a portion of a greater cycle, and as the gateway, shall we say, to this increased vibratory pattern offers to each conscious seeker the opportunity to intensify the desire to know the self and to be of service through that self-expression to those about it in a fashion which may be likened to the magnification of possibility. Thus, the desire which resides deep within the heart of each seeker, much like the seed in the fertile soil, will have the opportunity to become nourished with the living waters and to take root more firmly within the being, that it might produce more abundant fruit within the manifesting work, shall we say.

May we speak in any further fashion, my sister?

R: No, thank you.

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D: Could I ask you to expand somewhat on the same subject. What is the significance of this occurring at this particular time as opposed to another point in history?

I am Hatonn. If you could see your portion of the, as you call it, galaxy, and more specifically the solar system in which you now exist, it would look somewhat like a three-dimensional face of a clock. There is the movement of planet and solar system and galaxy itself through what you know of as time and space, that has, just as the face of the clock, portions of time and space that, when reached, offer increased opportunities to utilize the intelligent energy of the one Creator in whatever fashion and direction the individual and group desires of such conscious beings have determined. Thus, it is the desire of each seeker that determines the ability to utilize the increased vibratory energies, and it is this same desire to know the self and to serve others with this knowledge that may make an efficient use of these increased opportunities for knowing and for serving.

May we speak further, my brother?

D: Thank you, no.

I am Hatonn, and we thank you, my brother. Is there another query at this time?

D: In establishing a connection with me a while ago, I wonder if you became aware of a degree of fear which stands in my way of opening up. And, if so, can you give me any suggestions about the source of that fear and how to minimize its effect?

I am Hatonn, and, my brother, we have found within your beingness the general desire not to become that known as foolish, which each new instrument may be expected to contain in greater or lesser degree, for the process of serving as a vocal instrument is that which requires a certain gullibility in that one speaks the beginning of a thought, the ending of which is unknown. Thus, to step upon such seemingly shaky ground is that which any new instrument may show a certain fear for.

We may suggest to you as a new instrument, and to each new instrument, that one cultivate the desire to step upon such ground and to risk becoming foolish, for, indeed, it is a foolish endeavor to speak words that are not heard from entities that are not seen to those who may not understand a message which begins and ends in mystery. And yet, so each desires as a means of service to others to penetrate the difficulties, the confusions and the mysterious nature of being itself, in order to find a surer center to the self and a firmer framework for the mind to make its expression of the quality or character of being in order that experience may be gained, knowledge may be acquired, and service may be rendered to others.

Thus, my brother, we encourage you to become foolish and to step upon the shaky ground, for, indeed, with each step the ground grows in firmness and the feet find support and a path is fashioned which may lead one to the desire to serve and the means by which to serve. The faith to follow this path, the faith that such leads to a destination, that offers inspiration and encouragement to the self and to others, and the will to persevere beyond difficulty are those qualities which serve each seeker and each new instrument well; the faith and the will to continue to move into that which is unknown and to begin to know that which is unknown as another portion of the self.

May we speak in any further fashion, my brother?

D: That was very eloquent. Thank you very much.

I am Hatonn, and we thank you once again, my brother. Is there a final query at this time?

(Pause)

I am Hatonn, and it has been our great honor to have shared this meditation with each of you this evening. We cannot express the joy that grows within our being at each opportunity to join with you in your seeking. We look forward, as you would say, to your future gatherings, and we encourage once again each new instrument in the traveling of the path of the vocal instrument. We treasure each new instrument as another unique opportunity to share that which we have gained in our own seeking with others of your own *(inaudible)* that might seek such an information as an aid in their journeys. And so each of us aids the other as a portion of the one Creator comes to know itself as the one Creator. We are known to you as those of Hatonn. We leave you at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation
July 17, 1987

(W channeling)

[I am Quanta,] and I greet you in the love and the light of the infinite Creator. We would like to welcome you all to this meditation this evening. We are pleased that you have gathered once again to practice the art of vocal channeling. We would like to let you know that we are here to aid and assist in whatever way possible in order to facilitate your vocal channeling. We are pleased with the progress that each of you has made these past few evenings, as you know it. We would like to thank the one known as Carla and the one known as Jim for aiding and guiding these new instruments. We would like to commend you on a job well done. We wish at this time to leave this instrument and allow for further tuning to the entity which wishes to make contact with her. You need only to request our assistance, and we will be there to aid and guide in whatever way we may be of service to you. We are known to you as Quanta, and we leave you once again in the love and the light of the one infinite Creator.

(Carla channeling)

I am Hatonn. I greet each in the love and the light of the one infinite Creator. We have enjoyed the becoming one with your vibrations. We were attempting to initiate contact through the one known as K, however the natural reserve of this new instrument was causing the instrument a considerable amount of distraction. We however did make good contact with the instrument and do appreciate the effort that this instrument makes. This being said, we would once again like to contact the one known as K. We are those of Hatonn.

(K channeling)

I am Hatonn. I greet you once again, my friends, in love and light through this instrument. It is as always a privilege to share with you in your endeavors as you seek to serve by being vocal channels … *(The rest of this channeling was not transcribed.)*

(R channeling)

I am Hatonn. … *(The rest of this channeling was not transcribed.)*

(Carla channeling)

I am Hatonn, and am now with this instrument. We are aware that the one known as D is having continuing difficulty due to the tendency to analyze, coupled with some fatigue. We are delighted in the progress that we have made, and are aware that the instrument is already often able to perceive the contact, and have been pleased with those practice times. We feel that at this time we [will] allow this instrument to rest and will be with this instrument upon mental request. We will not be channeling, but will greet the new instrument. In this way practice in contact can be made.

Please, we ask the one known as D, and, indeed, all new channels, to when practicing tune your instrument and be careful with the challenges to all spirits, just as though it were a group meeting, for you need to be far more fastidious when working alone than when supported by the group energy which is phenomenally greater than the energy of one alone. We are most pleased with the subjective rise in each individual amount of trust in the benign nature of our contact and the benign nature of channeling itself.

Channeling is actually a fourth-density commonplace, as each entity is aware that within it lies the glory of the Creator. It naturally makes the choice to channel that energy. Those of you in third density can often not see with the physical eyes the seeds of wonder and godhead in ourselves and each other. Yet, that resource, pure and undistorted, lies full-blown within each consciousness' heart. As you learn to channel the best that we have to offer you, and we offer it in all humility as our opinion only, realize that we are only attempting to aid you in learning to channel your own divinity, that impersonal, caring and life-affirming portion of the self, which with great compassion and justice gazes upon a fruitful and beautiful creation.

We would end our musings for this evening through the one known as W before we ask for questions. We are those of Hatonn. We transfer now.

(W channeling)

I am Hatonn, and I greet you once again … *(The rest of this channeling was not transcribed.)*

(Side one of tape ends.)

(Carla channeling)

… to express itself through her. We are known to you as those of Hatonn.

(W channeling)

We are here, and we are pleased that the one [known as] W has been able to allow us to speak using her as a vocal channel. We were so happy to have the opportunity to speak with you this evening. We are still in the process of making adjustments with further tuning to ease in the contact in communication with this entity. We have been waiting long, and yet not so long, to begin working with this vocal channel. We would like to thank once again all of you for being patient and allowing us to make ourselves known to you at this time. We are honored to be here with you this evening and we will leave now, as those of the Confederation of Planets would say, in the love and the light of the one infinite Creator.

(Carla channeling)

I am Hatonn, and I greet [you] once again in the love and the light. At this time we will transfer to the one known as Jim so that queries may be entertained. We are known to you as Hatonn.

(Jim channeling)

I am Hatonn, and greet each again in love and light. At this time we have the privilege of asking if we might attempt to speak to any query which those present may have for us. Is there a query with which we may begin?

Carla: Yeah, I'd like to ask one. I've always had a prejudice against people working by themselves when they were new channels, but I was never able to say it was because it didn't work; it does work by yourself. And from what you said, I'm wondering if my prejudice doesn't have its basis in the fact that one is more protected with a couple of people around, especially experienced people. Comment?

I am Hatonn, and it is also our recommendation, my sister, that new instruments practice the art of vocal channeling only in the company of those who seek in like manner information of an inspirational nature from sources such as our own. It is further recommended, as you have also been accustomed to recommend, that the new instrument, for the greater portion of its initial practice, place itself within a group that contains a more experienced instrument, in order that the finer points of the channeling process might be noted and used as teaching devices.

It is easy for a new instrument to be able to make the contact and to vocalize the contact, yet, as you are aware, there are many considerations that each new instrument needs to be aware of that are most easily noted by a more experienced instrument.

May we speak further, my sister?

Carla: No, thank you.

I am Hatonn, and we thank you, my sister. Is there another query?

W: This evening I felt a lot of different intensities of energy working with me, and I was just wondering if

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that is further adjustments or whatever to this new entity which I've started channeling?

I am Hatonn, and this is correct, my sister. May we speak in any further fashion?

W: Not right now, thank you.

I am Hatonn, and we thank you, my sister. Is there another query?

W: In the practicing by oneself by just mentally receiving the contact, can you comment more about process?

I am Hatonn, and it is our recommendation to the new instrument, and, indeed, any instrument which wishes to experience our contact or the contact of any of our other brothers or sisters within the Confederation of Planets in the Service of the One Creator, that the contact be made only in the form which would allow recognition of the contact and the deepening of the meditative state. We do not recommend even the reception of mental images or words from unseen contacts while in solitary meditation, for it is easy for the new instrument to believe that it has recognized a contact sufficiently enough to speak the words and impressions that are received, and in many cases this would be a workable situation for a certain period of time. Yet after this period of time, which is variable for each entity, there is the likelihood that there would be the infringement upon the contact by other unseen entities who may have less than helpful desires as their motivation for attempting to confuse the original contact with their own. It is far less easy for such an infringement to occur when an instrument places itself within a circle that includes at least three as the minimum number. Three entities, then, blending their seeking for knowledge and the ability to utilize it in a service to others as a kind of protective device that ensures a cleansed working place and the conditions necessary for the working to proceed in a stable manner.

May we speak further my sister?

W: So, as I understand it, the request is made for contact. Is the request made of a specific entity such as yourself or whoever might be available from the Confederation, or how should that proceed?

I am Hatonn. We would recommend that contact be requested from those entities with whom one is familiar through previous work. In your particular case this would include the ones known as Laitos and our own social memory complex. It is our recommendation that additional contacts be experienced within a group which includes the more experienced instrument in order that a kind of cross-referencing may be utilized to verify that a certain contact is who it says it is.

May we speak further, my sister?

W: No, thank you.

I am Hatonn, and again we thank you, my sister.

Questioner: Yeah. In daily meditation I attempt to make connection at times, to seek guidance of my own higher self. How am I then to determine whether that information which I believe I've made is indeed my higher self, and not, as you speak, of other entities? In other words, how do I differentiate between the part of me that I call on in my meditation from other entities that are out there?

I am Hatonn. We might suggest that the proper respect and personalized ritual be accorded to this type of seeking for guidance and information in that the meditative state would be utilized as the general arena or place in which such work might be accomplished, and this place of working then would be prepared in the mental sense by the intensity and purity of desire to seek knowledge in order to grow and to be of service to others.

This purification of the inner desire may be accomplished in any fashion which has meaning to you. The visualization of white light surrounding and protecting your inner place of working is one manner that might be utilized in a variety of fashions as the light is formed in various meaningful symbols by your own conscious application of attention. The repeating of words written either by yourself or others which are of an inspirational nature and which direct your desire in a certain fashion which expresses your nature and your desire to learn and serve may also be utilized.

The principle which is of fundamental importance in this instance is some regularized manner of preparing the place within your meditative state to which you shall repair only for the seeking of a contact with a greater portion of your being, whether it be your higher self or other portions of your mental complex that may contain useful information for the direction of your journey of seeking. This ritual then repeated each time that you

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desire such contact will suffice to provide a cleansed and protected place of working as you undertake this type of seeking.

May we speak further, my sister?

(Inaudible)

W: When you refer to other mental complexes, is that what some would refer to as their guides?

I am Hatonn. It is possible that such additional entities may also be contacted within this type of situation. However, in our previous statement we were referring to other portions of your own mind complex which lie beneath the conscious level or awareness which may also be tapped for useful information as regards certain avenues of seeking and endeavor.

May we speak further, my sister?

W: So, basically it's the way in which you approach the meditation and the desire to contact certain portions of yourself that protect or direct that which you receive? Is that it?

I am Hatonn, and this is basically correct. The attitude with which one attempts such a type of meditation and the regularized manner of focusing that attitude through the general principle of the ritual are the qualities which are most important, in our opinion, in this type of seeking.

May we speak further my sister?

W: No, thank you. That was very helpful.

I am Hatonn. We thank you once again, my sister. Is there another query at this time?

W: I have another question. Can you give me any information on the nature of the entity working with me in terms of its purpose of contacting me and utilizing me as a vocal channel?

I am Hatonn. This entity, as all entities of a positive nature, seeks to utilize yet another means through which to be of service to the one Creator by sharing that which is their fruit of seeking the experience that has been gathered through the evolutionary process. It is the case with positive entities that after the choice has been made to seek in the positive or radiant service-to-others sense, that after a very short time upon this path, it becomes apparent that further progress upon this path is achieved not through personal gain of knowledge only, but more especially through the sharing of this knowledge and experience with others in a fashion which furthers the potential for growth in other selves. Thus, the opportunity to utilize a vocal instrument is one which is greatly cherished by entities who seek to be of service to others.

May we speak further, my sister?

W: Not right now, thank you.

I am Hatonn, and again we thank you, my sister. Is there another query at this time?

D: I have a number of questions, but once I get started I *(inaudible)*. Well, I would like to ask for comment—this may not be of interest to anyone—on the process of attempting to channel during the last year, on the style and approach, which is a lot different from this in the setting in which it has been done, the manner in which it has been done. Are there inherently difficult things, or dangers, or opportunities to be misguided as we have been practicing channeling?

I am Hatonn, and we are not completely aware of the conditions of which you speak, for we operate through an instrument which may transmit the information which it is given and which provides us with our primary contact with your group. We, with some reluctance or difficulty, could attempt to scan the mental complex of an entity such at yourself and determine certain qualities, but find that in such a scanning of the mental complex, the opportunity to infringe upon the free will of another is somewhat increased, and we would prefer that the queries which are addressed to our group would be specific in their formation so that the information which is requested of us might be drawn, then, from the query which is stated in as complete a fashion as possible.

At this time we would ask if we may speak in a more specific fashion as the final query of the evening, for there is the fatigue that many in the circle feel and which makes the maintenance of a steady contact somewhat difficult for this instrument which is also somewhat fatigued. May we speak to a final query?

D: Very briefly. Do disciplines, such things as diet, play a major role in opening as a channel for some? And if so, how can you determine, from a neophyte's status, something that would be helpful to oneself?

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I am Hatonn, and the utilization of the diet would be helpful if the dietary plan were to be seen as a symbol for a greater purpose, the cleansing of the, not only, body but mind and spirit complexes as well, for example. Or perhaps the bringing into balance of the physical complex with those of the mental and spiritual as well. The diet in itself, beyond the point of a reasonably healthy maintenance of the physical vehicle, is not necessarily a useful means of aiding a new instrument in serving as such, but may become so if used as the means towards a greater end.

May we speak further on that topic, my brother?

D: Can you verify that last phrase, "used as a means to a greater end"?

I am Hatonn. By this statement we were attempting to describe how the use of a certain dietary plan might be seen as a symbol by the new instrument that would allow it to achieve more than the healthier physical vehicle, and would serve as somewhat as a lever, shall we say, in springing the instrument's mental, physical or spiritual complexes or combinations or combinations thereof into a more balanced alignment that would then become that configuration that would be most helpful in the learning of the art of becoming the vocal channel.

May we speak further, my brother?

D: You certainly have a way with words. Thank you.

I am Hatonn, and we thank you, my brother. We apologize for the necessity of bringing this gathering to a close when there are further queries which await the asking. We enjoy each query greatly and treasure each as an opportunity to share our opinion upon points of interest to all in the seeking of inspiration and a wider point of view. However, this evening we find that each in the group has expended a great deal of attention and energy in maintaining the focus upon the tuning and the desire to serve as the vocal instrument, and this focus has caused some discomfort to a number in this group. And therefore we shall at this time take our leave of this instrument and this group, thanking each for inviting our presence, and, as always, we leave each in the love and in the love and in the light of the one infinite Creator. We are known to you as those of Hatonn. Adonai, my brothers and sisters. Adonai vasu borragus.

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Intensive Meditation
July 21, 1987

(K channeling)

[I am Quanta,] and I greet you in the love and the light of the infinite Creator. We are honored once again to be a part of this gathering. We are pleased to see your continued efforts in the art of vocal channeling and wish to assist in whatever manner we can. We would like to recommend that the one known as W begin to relax and deepen her meditative state so that further conditioning can occur. We are aware that she has begun to make contact with that entity which wishes to use her as a vocal channel, and we are pleased with the progress she has made to this point. We would recommend that she continue to meditate on a daily basis to help further the connection which she is establishing. We would like at this time to transfer to the one known as Carla in order to allow a stronger connection to be made. I am Quanta.

(Carla channeling)

I am Quanta, and greet you through this instrument. We would like to say a few words about contact with those which are not of the Confederation of Planets in the Service of the Infinite One, for there are ways in which interplane contact is like contact with the Confederation and there are ways in which it differs. The challenging and tuning mechanisms of the instrument remain of the same importance, regardless of the nature of the contact, regardless of whether the instrument is conscious or in trance, regardless of whether the contact is inner plane or outer plane.

We strongly suggest that entities not agree to accept the contact which does not declare a name. Few among the Confederation have retained names in the sense that you know them, yet in order that we may speak with those who have names, in order that there be trust and recognition and companionship, we have taken those vibratory characteristics that are most ourselves and molded sound vibration complexes to create the most accurate name we could. It is not well to accept an unnamed contact, for that which does not have a name may indeed evade challenge.

There is a great variety of strengths and powers of personality among those dwelling in the inner planes of your planetary energy web. We say this not because the entity which attempts to call you is negative—this is not so—but rather because in the instrument's present situation, it would be surprising if the new instrument were not greeted by more than one entity, the extraneous contact being of a less than desirable nature.

It is impossible to place the same standards of information upon inner plane masters and outer plane servants, for those within the higher planes of the Earth's system are often agreeably pleased with

themselves for achieving such a high level of understanding. This is because such entities often have put off the day when, for the first time, they move on into fourth density. Thus inner plane channeling can become most uninspiring due to the instrument's encouragement of self-aggrandizing material, and [if it] is willing to channel such material.

We ask the instrument to remain faithful to that which may be more difficult to achieve than some contacts, in order that when that contact is established, it may offer much to those who may wish to ask questions of it. Be aware that only through practice does the inner ear become keen. Know, too, that inner plane masters, having by definition had at least one incarnation upon your Earth plane, have the right, and to various degrees the ability, to offer personal material, that is, material concerning someone who wishes to know about previous lifetimes or the efficacy of future actions. It is in the instrument's hands to direct the contact in the most helpful fashion, that is to say, not as we see a helpfulness nor as anyone else sees helpfulness, but in the one known as W's mind, in that way of seeing helpfulness, visualized clearly, shall the one known as W attempt to encourage the contact.

We would at this time leave this instrument in the love and the light of the one infinite Creator. I am Quanta.

(Long pause.)

Carla: In the name of divine love and the service, I ask the entity who wishes to speak through W to clothe itself in the name and make that name known to the one known as W. May that name be acceptable and right [for her]. I thank you, spirit, and leave you in love.

(W channeling)

(The transcription is approximate because of the quality of the recording.)

I am *(sounds like)* Christine, and I have met with your challenge for the name. We feel that names are but labels which do not [clearly] represent that which we are, however it has been necessary to continue at this time. However, this is merely a *(inaudible)* version *(inaudible)* and that which we own. We find at this time that the name Christine will best serve our needs. However, there are those of us who feel this name *(inaudible)* that which we are and make further modification or expansion as we further establish a working contact with this entity.

We recognize the efforts on the part of the one known as Quanta in preparing and establishing the connection which we have been able to develop with the one known as W. We are most honored and pleased to have the opportunity to work with this instrument, and we recognize the efforts of the one known as Jim and the one known as Carla in aiding this instrument in her endeavors to establish contact. We are happy now that we can begin working on greater portions of the carrier which has been established now that this entity has begun vocally channeling that known to you as Christine. We are preparing for further contact with other portions of our complex, and shall expand the answers, for we wish to proceed as rapidly as possible in attaining and refining that which we have begun.

In order to further establish this contact we request that the entity known as W *(inaudible)* the [inclinations] toward the more healthful lifestyle, such as practicing the art of yoga meditation and internal cleansing which she has begun to feel directed toward. We wish not to require or demand such procedures, but merely to suggest that through these practices the connections which she has begun to establish and the strengthening.

We are most pleased with the progress she has made over the past year and recognize that much has accrued and there has been great change within her. We are aware of the difficulties which this entity is having as we further condition and establish contact. Therefore, we will end this vocal channeling at this time. Again, we are most pleased with the progress which she has made and wish to send to *(inaudible)* that we are one in the love and light of the one true God we all serve. I am Christine [and now we leave you].

(Tape ends.) ♣

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Sunday Meditation
July 26, 1987

Group question: What is depression and how do you deal with it?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. I come to you from farther away than usual this evening, for we are engaged in some light work of a planet in the star system—we have difficulty transmitting the name to this instrument—Regulus. Yet, still we maintain connection with this instrument as it is our privilege indeed to have any opportunity to address this light group.

Your question about depression and what to do about it is a difficult one for us to answer, in that what we would do about depression would be very different from what the people of your planets consider the practical and efficacious approach. However, we will share our views with you and thank you for the privilege of doing so.

It has been written in your holy work known as the Bible that the master known as Jesus is a vine and his students branches thereof. If you consider yourself as a cosmic citizen, you and all other consciousness in the universe are rooted in one vine, that is, the life-giving vine of love. We use that word, although it is inadequate to express the mystery of the Creator, because as ill-used as that word is among your peoples, it nevertheless evokes knowledge of the most extreme of human emotions. Pure living love, stemming directly from the Uncreated in perfect order, in perfect love, is a force of unimaginable magnitude, a force which has propelled into being all consciousness, and a force which wishes to assist each portion of consciousness in its full circle through experience and back to the Source of love, that which is uncreated, that which is always the same, the one great original Thought.

Depression is one of many human experiences, as you would call them, in which a branch of the vine is damaged by the cutting off of the supply of food from the root. The invisible strangling of love can come about because of many circumstances. In its worst cases, one may observe in its results those personalities which do not have an emotional bias against murder, theft and so forth. When one looks for the invisible garrote that has so strangled love within such an entity, one cannot see it, although earnest scholars equate the loss of life-giving emotion with lack of love or even lack of a home in the murderer's early years.

With the emotional experience of depression, we may see a person which is experiencing a strangulation, to a certain extent a loss of love from the root, and when the person looks to see what the source of this strangulation of love might be, again it is invisible, for it has taken place within the mind itself.

If this material concerning what depression is is not satisfactory, we gladly invite your queries after we have concluded the opening discussion.

Now, it is not merely an illusion to say that you are experiencing depression. Indeed, we feel that over-emphasis on all being an illusion is perhaps detrimental to the balanced progress of a seeker.

It is well to attempt to gaze at and consider the self and all of its vagaries. The one who attempts to change depression by denying negative feelings is perhaps on the right track, however, that person has little chance of creating an easement of the strangulation of love simply by speaking it so, for in depression, that which ties the cord too tightly around the vine, that which holds back the supply of love, is a desire to hold in the mind circumstances which seem unacceptable. This desire, whether quite conscious or relatively unconscious in nature, has a very adverse affect upon the supply of the life-giving energy of love which is falling constantly into each of the portions of the Creator's consciousness.

Thus, large portions of the subconscious mind begin to be distracted from processing the catalyst of the present in terms of the present, and begin to process catalyst in terms of an unacceptable portion in the memory of the one who is depressed. It is as if there were a drag upon an engine, so that the engine had to work harder and harder to produce the same amount of work. Or perhaps even better as an analogy, it is as if in a depressed person the unacceptable thing creates a blockage in the fuel line so that the engine of the mind is ultimately unable to function.

Since the entity who is depressed can blame only itself, a disassociation almost inevitably begins within the mind of the depressed person, which then adds to the inertia that is dragging down or to the block in the fuel line that is keeping fuel from the engine of consciousness. It is as if there were two consciousnesses, one healthy and free and thriving, which exists in our dreams and at the core of all illusion, and that consciousness which has come to a standstill, getting, instead of love, a fueling supply of fear and anxiety.

Because the rupture lies within the self, it is most efficacious for the depressed entity to call upon two general archetypes. First, it is well to call upon the archetype which you have in essence conjured up in the process of self-strangulation, that is, your consciousness has made the self its own scapegoat. Some there are in your illusion which go through a lifetime of incarnation never blaming themselves for anything. These entities move in a sleepy existence and do not trouble their hearts or their digestions with a conscience. We speak to those who are sensitive and creative enough to pay attention to their consciousnesses to ask themselves questions and to seek in whatever way they can.

After gazing at the scapegoat and considering how little you truly wish to make yourself such an archetype, it may then be efficacious for the one who is depressed to consider the archetype of the unfed consciousness. We have spoken a great many words about consciousness in the opportunities we have had to communicate with this group. You know that to us it is a synonym for your words "spirit" or "soul." You know that consciousness is almost never seen without some distortion. Depression is merely a very disturbing distortion.

We say to you that depression is impossible in a consciousness that is new. If an entity gazes about itself at any point in the lifetime experience, it will see some things which are pleasing and some things which are not. The consciousness which has been your source of life sees the creation with eyes of love, for it is love, and in this love all things are as they should be.

Contradistinctive to undistorted love is the operation of free will which moves within each particle of consciousness in such a way as to make choices possible. Thus, the new consciousness, by the operation of free will, would turn each moment, like a stone, to see each facet of beauty, unity and love, or perhaps to marvel at those balances which are particularly unusual in those about it. This new consciousness is that which the depressed entity may acquire not only through meditation, but also through remembering at each moment when it is first noticed that the experience of depression is becoming active.

There is another portion as well to new consciousness, and that is its insatiable curiosity. Let the curiosity of the unfed consciousness sink into every thought process that has been stultified by the distortion of depression. Curiosity is that which can unblock …

(Tape ends.) ♣

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Intensive Meditation
July 29, 1987

(Jim channeling)

I am Quanta, and greet each in the love and in the light of the one infinite Creator. We are pleased to be able to make contact with this instrument, and thank each for opening each instrument to our use. The one known as N and the one known as W have been aware of our contact, but due to the period of time which has elapsed since our last gathering, these new instruments have felt somewhat hesitant in the beginning of the contact, and this is understandable, my friends, for the skill that is being gained in this type of service is that which responds most effectively to the periodic exercise of the instrument in order that the confidence of each new instrument might be increased with each exercising.

We are pleased that the new instruments have maintained their dedication to this service over the period of time which has elapsed since we were privileged to speak through each new instrument. This dedication and perseverance is the primary quality which any new instrument may utilize as the foundation stone of the structure of its service to others. Without the dedication to continue and the will to persevere, no talent, no matter how great or varied or inspiring, can continue to burn as a beacon to others. Even the most rudimentary and basic of vocal channeling skills can be added unto on a continuous basis by the one which burns with the desire to hone this skill that it might be of service to others. We commend each instrument for maintaining that dedication, and we look forward, as you might say, to working with each as each gathering brings new opportunities for expansion of these skills.

At this time we would like to exercise the instrument known as N in order that it might refresh its own abilities and add to that confidence which is building within the inner being. At this time we would transfer this contact to the one known as N in order that we might speak a few words through this instrument. I am Quanta.

(N channeling)

(The initial channeling was not transcribed.) We would like to transfer to the one known as W, *(inaudible)* and thank this instrument. We are those of Quanta.

(W channeling)

(The initial channeling was not transcribed.) At this time we would like to transfer to the one known as Jim. We are known to you as Quanta.

(Jim channeling)

I am Quanta, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to those queries which may be upon the minds this

evening. Again we would like to remind each that we offer but our opinion which we do not wish to have any confuse with absolute truth. Please take that which we offer as opinion and as that which we have gained in our own seeking. May we begin with a query at this time?

W: How does one seek absolute truth?

I am Quanta, and, my sister, there is that which we call the one Creator which appears to us and to our teachers to be the one absolute Source of all that is, and each conscious being at some point within the experience of consciousness decides to seek that known as the Source or the Truth and to seek it in terms that can be comprehended and can be utilized as means by which the individual consciousness might move over greater and greater vistas and views and points of viewing that which is the creation, that which is the self, and that which is the journey of the self through the creation. This is a natural function of the conscious mind. However, we have discovered that for each portion of what seems to be truth that we gather unto ourselves in order to complete more of the puzzle of our existence, the greater grows the mystery of the nature of the one Creator from which all comes.

Thus, we find ourselves situated within a paradox. We seek to know as do all seekers of truth, and we gather pieces of that truth, and we move forward upon the journey of evolution and our steps seem sure and our experience serves us well, yet oftentimes we find that as we continue our journeys, that which was true at one time most often gives way to a greater truth that seems in comparison to be far surer and more reliable than any previous piece of knowledge we may have gathered.

Thus, our advice and that which we have to offer to each seeker is to gather all possible sources of information, to consider them in meditation and in comtemplation and in prayerful attention, and then to be moved by that which resonates with the inner being and to realize that the movement which shall be the fruit of such considerations is a movement into mystery which, as far as we can see, is infinite in nature.

However, that which is of the greatest truth for each seeker of truth seems to reside within the being of that seeker, and comes forth as that which is felt and then that which is known, as it begins to resonate with that which is sought and that which is attracted by the seeking to the seeker. Thus, the desire of the seeker draws from many sources that which is most appropriate for that time within the seeker's experience and draws from within the seeker that which is already there and which ripens at the appropriate time according to the seeking that is expressed.

May we speak further, my sister?

W: Not on that question, thank you.

I am Quanta. We thank you, my sister. Is there another query?

W: Yeah, I have another a question. Over the past few months I have become almost totally freed from any kind of [grounding] attachments, such as animals, and only remain to have one animal, which is my horse. And I'm wondering if there isn't some reason why this is my *(inaudible)* and also whether or not it would be appropriate for me to find a new home for my horse [that at this time is loved], and I would just like your opinion on that.

I am Quanta, and to take the last query first, we do not feel it appropriate to guide to the point of specificity in such matters which are properly located within the realm of personal choice. However, upon the first part of the query, we might suggest that which is already supposed by the questioner, and that is to say that the seasons of the soul as it seeks its source are various and have the manifestations that are seen in the outer world and which often perplex the seeker. It may be that in a certain season that various opportunities pertaining to a single theme are presented to the seeker in any of many fields of interest and activity such as the nature of the home environment, the system of support within your culture known as the working or the job description, the nature of friendships and relationships with those close to one and the attitude given by the seeker to various possessions. The points or possibilities of each theme offer to the seeker the opportunity to evaluate that which is essential upon the journey at a particular point upon that journey.

There is what you may call the testing, oftentimes referred to as initiation of one kind or another. The attitude that is the means by which the seeker views and accepts the manifestations of the various seasons of the soul's seeking is that which is of most importance in each testing, for if it can be discovered

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within the point of view of the seeker that each situation has a metaphysical implication that revolves about the concept of love and acceptance of that which is, then the seeker is more able to take advantage of the more specific lessons that orbit the primary concept of love that may be found in each cycle or season.

Thus, the testing is accomplished by the fires of experience touching the incarnation in a manner which concentrates the attention so that the greatest possible attitude of acceptance and peace then colors the mind.

May we speak further, my sister?

W: No, thank you. I appreciate that answer.

I am Quanta, and again we thank you, my sister. Is there another query?

W: I have one more. I'm just wondering how we're doing, [because] we're getting closer to contacting whoever's going to contact us.

I am Quanta, and though the future, as you would call it, cannot be seen with the perfectly clear eye, for it is yet to be a function of ever-changing free choice, we can suggest that this group has moved in its progress to the point that very fine tuning is all that is required in order that the next opportunities to serve in this manner might be experienced.

May we speak further, my sister?

W: No, thank you.

N: I have a question. I was just wondering if you could tell if the entities which we're in touch with, some or all of are likely to be in touch if I was, perhaps, to move to another land?

I am Quanta, and as we scan your recent memories and ascertain the destination of which you speak, we may suggest that the answer to this query resides within your own desire and ability and accumulation of confidence, for it is possible for your exercise of the vocal channeling service to continue as a function of your own desire and free will choice no matter the land to which you move or the time which elapses between your departure and arrival, for if you are able to place yourself within a circle of seekers which desires this service, you shall find yourself as the seed which takes root in fertile ground and grows according to the nourishment given by your own desire and the desire expressed by those within your new circle of seeking.

May we speak further, my sister?

N: No, thank you.

I am Quanta, and we thank you, my sister. Is there another query at this time?

W: Yeah, I have one more. In regards to attuning, which you just mentioned, is it just a continued tuning, or can you give me any more information about what type of tuning is necessary?

I am Quanta. The tuning of which we speak is primarily that ability to recognize a contact that is being made with your instrument and to successfully challenge and receive confirmation from that contact in a manner which assures you of its nature and allows you then to open your channel that you may speak its words. This evening, for example, due to the time which had elapsed and the slight eroding of the confidence, this ability to discern contact from our group was somewhat diminished. More practice and the gathering of confidence shall allow this type of discernment to again be polished to the point that the ability to discern not only our contact, but contact from other sources, is enhanced.

May we speak further, my sister?

W: No, thank you.

I am Quanta, and we thank you, my sister. Is there another query?

(Pause)

I am Quanta, and we feel that we have, for the moment, exhausted those queries which we appreciate each offering to us. We look forward, shall we say, to the future gatherings of this group and feel that the foundation has been well laid for the service which has been undertaken. We hope that we shall be able to continue this progress with each new instrument and are confident in that possibility. At this time we shall take our leave of this instrument and this group, thanking each for allowing our presence this evening. We are known to you as those of Quanta. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
August 2, 1987

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. We bless each and thank you for inviting us to dwell with you in your meditation this evening. The instrument has instructed us to speak loudly in order that our words may be heard over your fans and we shall attempt to effect this.

Your question this evening has to do with the so-called harmonic convergence taking place within the energy web of your planetary sphere in third density upon your dating of August 16 and 17. These days are very near.

We would begin by saying that there is a continuing daily need for the planetary seeking of harmony. The recognition of special occasions is appropriate and efficacious to a certain extent, but it is the faithful seeker which marks each day as a day of harmony which shall create as a gift to the Creator the fuller fruit and the more universal spirit.

Imagine, to use an example more familiar to this instrument, that each day was celebrated as a birthday. We are not speaking of the gifts that come in ribbon and paper, but of that special holiday feeling that comes with having your day be your very own special Earth day. Is not each day your very own special day? Thus, we would perhaps in our professorial manner dampen the spirits of those who wish to celebrate two days especially. However, it is well to recognize and cooperate with those moments of opportunity which are given by circumstance.

These dates of which you ask are such an occasion. There are various levels of cosmic energy instreaming into the planetary vortex of energy which surrounds your Earth's sphere. An unusually high degree of transparency exists during that upcoming period, making that spirit which is Love within more easily apprehended and shared. Each seeker will find opportunities during these hours to offer the great intention of coming into balance more and more with the planet itself in its physical form and in its spiritual form.

And those who are, like yourself, willing and hoping to be a part of that critical mass of humankind in its seeking for a higher consciousness will be able to do work more easily during this period to bring your intentions into balance and to offer your service to the Creator, to live in a more and more harmonious fashion using the energies which have been put into the planetary energy web from the cosmos.

The effect upon entities will be various, for each entity which seeks, seeks upon its own path, having its own assets and able to offer its own gifts. There are some whose gift is with the practical, and to those entities the world will call and perhaps will be heard, for there are the hungry to feed, brothers to

be embraced and a damaged planet to redeem. There are those whose skills and love lie largely in dreaming, hoping and loving, and we encourage entities which are of this nature to take their dreams, hopes and love with the utmost of seriousness that they may offer themselves [as] channels of light in a dark world, for sending love is perhaps the most powerful action of a seeker.

The deeper importance of the so-called harmonic convergence is archetypal. We may suggest to each that a silent meditation be carefully planned and immaculately executed, a meditation which asks no questions and seeks no answers, a meditation which is rich in nothingness, in darkness, in stillness of thought, for archetypal days are with you more and more. This work has nothing to do with any mental processes of the conscious mind, and it is perhaps one of the more exacting types of meditation. Yet, as your planet moves into new energy vortices, the archetypes of mind, body and spirit will be affected. It is far better to encourage the process of archetypal change, that is, not changes within the archetype, but changes in how much of archetypal images might be made available to the conscious mind through seeking.

For many of your years a large portion of the peoples of your planet have dwelt within a system of archetypes which leaves almost entirely out of powerful place the archetype which this instrument would call the High Priestess. As each of you moves in consciousness towards that fourth-density barrier, the other side of which the veil of forgetting shall be lifted from the conscious mind, that veil gradually shall become more transparent. However, the upcoming time of August 16 and 17 is a time powerful in possibility for the declared intention-making of each seeker.

We might suggest furthermore that those seekers which wish to make use of this time create for themselves some form of purification or cleansing for a short period prior to the meditation of which we have spoken. When we spoke of purification, we found this instrument's mind beginning busily to analyze what we meant and considering sadly the food that she was going to miss. We would like to indicate that we do not necessarily suggest such physical cleansing as fasting, for there are many ways mentally to remind the self repeatedly during a purification period of one's desire. If one's desire is strong and persistent, then shall the occasion be used to the fullest.

We hope that your celebration of this harmonic convergence shall be merry and gay, for you will find that when one has surrendered to the utter silence within and sought nothingness, one's surrender creates a joyful sense of freedom. And one then begins to dance within the mind and within the life.

The concept of balance is perhaps the most important concept which we feel in our opinion is to be focused upon at this time—the balance between the celebration and the nothingness, for both of these things are the self. Both of these things are the universe. Both of these things are a portion of what we may say about the Creator, for as you gaze at your consciousness and watch that balance roll back and forth within your own mind and life, so you see the Creator in endless balancing. We do not say that the Creator is celebration, nor do we say that the Creator is nothingness. We say that the Creator is beyond both and beyond any understanding or word. We reluctantly use the word love to describe the Creator—it is the closest word which your language has. May you dwell in this love until you know yourself to be a channel for that love.

May you learn to trust more and more your ability to be harmonious, may you let go more and more of those sharp edges, those bad habits of thought which take the power from your loving and the truth from your words, for each has the behavior, born of pain and sorrow. These pains, these sorrows, held to the breast, create strife evermore. Held instead to the light of love and accepted, it is then possible to have them let go so that pain and sorrow become transformed into compassion, the strong compassion that shares the deep awareness of the oneness of sorrow in all peoples, and beyond that the ultimate rhapsody of oneness in living love.

A time of dedication draws near, and this, my children, is at a time when those who wish to form light upon this planet grow in light until a nearly critical mass of spiritual consciousness is being achieved at some moments within your experience at this time. More and more entities are coming into harmony and beginning to create what this instrument would call a social memory complex, of the beginning of fourth density upon your planet.

We thank you for listening to our words. We trust that you understand that we are only your brothers

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and sisters, and would not wish to be a stumbling block to you in your spiritual seeking. Therefore, we ask that those things which we have said which do not aid in seeking be discarded without a second thought. We would at this time transfer this contact, with thanks to this instrument. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our honor to open this gathering to the queries which those present may have for us. We wish to serve those present in a manner which speaks more directly to the nature of the personal journey, therefore we take this opportunity to offer ourselves in this capacity. May we begin with a query?

Carla: Is this inpouring of cosmic energy … does it have anything to do with the kind of energy that comes from crystals? I think of the planets and the stars, and they all revolve and they're all changing, as kind of big crystals that are sending certain energies our way. Is this at all accurate?

I am Q'uo, and this is, indeed, my sister, a most perceptive way in which to look upon the event which has been called the harmonic convergence, for just as each energy center within a mind/body/spirit complex adds unto the whole of the entity according to its crystalline nature, so does your planet serve as that of a crystal that is a portion of an ever-enlarging relationship of planetary spheres, solar systems, and galactic clusters of these systems of revolving planetary spheres.

Thus, as each moves as likened to the cells within a great body of being, the relationship of each to the other and to the entirety constantly moves and changes so that those energies which have set each in motion are facilitated in their movement through those planetary spheres. The entirety may be seen as similar to the face of a clock which has three dimensions and in the case of your planetary sphere is moving into a fourth dimension. The dimensions of being for each planet then affect the ability of the influx of intelligent energy or love to move in a fashion which enhances the ease of movement and the intensity of movement.

Thus, as the alignment of various planetary spheres becomes more in harmony, or in what might be seen as favorable conjunctions, the intelligent energy of the one Creator then is made more apparent to those who dwell upon the planetary spheres which have achieved the completion of certain cyclical experiences. Thus, your planetary sphere at this time moves into an area of time and space which is the representation of the completion of one phase of being and the beginning of another. These relationships may be seen as likened unto the facets of a crystal which have certain relationships to the entire crystal, and which because of these relationships allow the passage not only of light, but also of finer energies through them in a manner which tends to enhance the quality of those light and finer energies so that they become more focused and available for the doing of what you may call work in consciousness.

May we speak further, my sister?

Carla: Well, just a clarification. When you said dimension, is that the same as density? You said we were going into a fourth dimension.

I am Q'uo and this is correct, my sister.

May we speak further?

Carla: Not on that, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: If you could make any comments, I'd appreciate it, about the Mayan calendar. Certainly a persuasive case can be made for intelligence other than earthly intelligence giving that to the Mayans as a gift. Could you comment at all on that?

I am Q'uo, and as we look at those energies which have been experienced as those of the race known to you as Mayan, we see that this grouping of entities shares with many others of your planet's historical experience a contact with those from elsewhere which was in response to a call of these peoples that sought clues to the mysteries of the creation and of their own being and place within the creation. It was these peoples' tendency or predilection to think or see their environment in relationships or ratios, so that the mathematical means of describing the nature of the planetary spheres within their night sky was decided upon as the most efficient manner by which to express a portion of the relationship that these peoples and their planetary sphere shared with the civilizations of planets beyond this sphere of which these entities were quite aware and for which they generated great curiosity.

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May we speak further, my sister?

Carla: I've always been curious about why the calendar stopped.

I am Q'uo, and we find in this query the movement into an area which must of necessity remain somewhat shrouded in mystery so as to preserve the integrity of free will within your population. There was for the Mayan culture the great span of what you know of as time that remained between the initial stages of this culture, its beginning to grasp the nature of its relationship to the creation as an whole, and the completion of that which was called the great cycle by these entities. During this span of time, these entities sought to gain not only an understanding of the larger environment in which they lived, but of a manner by which this understanding could be applied to their personal existence. The ending of their manner of marking a revolution of this planet about its solar system is similar to the practice that became popular within your Christian tradition of seeing the …

(Side one of tape ends.)

I am Q'uo, and am again with this instrument. Is there another query?

Carla: Well, I just have one more, and then I'll stop. It said in the message to have a special meditation on nothingness. I've been dissatisfied with my channeling for as long as … with my meditating—well, my channeling too. I've been dissatisfied with my meditating for as long as I can remember, ever since I started meditating. I've never been able to get the music out of my head. I just don't have silent meditations. Do you have any suggestions?

I am Q'uo, and, my sister, that which we have to offer as suggestion may seem worn out by this time within your experience of meditation. However, we find there is no greater manner by which a meditation might be enhanced than by persevering with the desire and the intention to meditate with a full and open heart and with a mind which seeks a focus upon the one Creator above all else. And though this goal might seldom be realized, yet and nevertheless to desire to achieve the perfect meditation as the greatest gift to the Creator is that which we feel is the finest fruit that one might produce with the discipline of meditation.

May we speak further, my sister?

Carla: No, thank you.

I am Q'uo. Is there another query?

Carla: I do have one more question, but if you think the instrument might be too tired, just save it 'til next time. And the question has to do with the teaching that we've been doing. I've been concerned over sending folks who have learned to channel back into environments where they do not have a support group, and all they're really able to do is make contact and feel the contact. They really can't in any safety as totally inexperienced channels do the work on their own. In the context of someone who has learned to challenge and has learned to tune, but who wants to work alone, is automatic handwriting or typewriting a psychically well guarded affair? Does it take place within the self? Could I suggest to someone who wanted an outlet for the channeling, now that they'd learned it, to do that alone, or would that too need a support group to be safe?

I am Q'uo. We look upon this topic as one which not only moves close to the possibility of infringing upon your own free will, but also that which is of significant importance to those who study the art of becoming the vocal instrument, and thus we speak as specifically as possible without infringement.

The practice of the, as you have called it, automatic handwriting is one which differs somewhat from the vocal channeling process in that the concepts and words which move through the one serving as instrument must be filtered more completely through the unconscious mind in a manner which renders the concepts more a part of the instrument's being rather than having concepts more of an external or alien nature moving through the upper reaches of the subconscious mind, and for the most part having their effect within the conscious mind as is the case in the conscious channeling, a technique which is being utilized this evening within this group.

Thus, the process of automatic handwriting is one which, though somewhat more easily accomplished in a stable manner by a single entity, is one which also through its very mechanics of being accomplished alters to a significant degree the information which is transmitted. The entity who practices the automatic handwriting, then, is one who would benefit most from this practice if its desire is that of reaching deeper levels of its own being, and in this reaching accomplishes the

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construction of a channel, if you will, which not only will allow the automatic handwriting to occur, but which will provide a more easily traversed pathway for the experience of the contact with entities who may wish to utilize the instrument as a vocal channel at another time at which there would then be gathered about the instrument a supporting group which would provide the necessary protection while the process was ongoing for the instrument and also provide the focusing function that any support group provides as each within the circle gathers with the intention of seeking information that might be of service to others in their journey of seeking.

May we speak further, my sister?

Carla: Just to sum up then. You're saying that automatic handwriting puts one in touch with portions of the deeper self because it is a solitary act. You're also saying that I need to do some meditating on ways to protect the person so that he doesn't get outside of his own consciousness. And I induce from what you've said that if a person did automatic handwriting with a support group, that the automatic handwriting then would not have that personal bias, and it would be possible to have an impersonal principle or entity channeled just as if one were vocally channeling. Are those three items correct?

I am Q'uo, and the first we find to be correct. The second is not that which we have suggested, in that we were not describing a means by which the entity would be protected …

Carla: No, that's what I said; you left it to me.

… within the process of the automatic handwriting. The third is, to our best understanding, also incorrect in that with the support group present, the vocal channeling and not the automatic handwriting would be the practice recommended, provided the entities within the support group were of a like mind, shall we say, and were desirous of supporting an instrument which was making a contact with sources external to itself for the purpose of gathering information that would be useful in serving others' journey of seeking.

May we speak further, my sister?

Carla: No, thank you, I'm through.

I am Q'uo, and we thank you once again, my sister. Is there another query?

(Pause)

I am Q'uo, and we thank each for allowing us to speak our humble words this evening. We enjoy the opportunity to offer that which has been the fruit of our experience to those who seek this type of nourishment. We remind each that we offer but our opinion and we do not wish to provide the stumbling block for any. Thus, take those words which have meaning in your own journey and leave those which do not. At this time we shall take our leave of this group, rejoicing at the opportunity to blend our vibrations with yours. We are those of Q'uo, and we leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation
August 5, 1987

(Carla channeling)

I am Hatonn. I greet you in the love and the light of the infinite Creator. We are full of gratitude that you have called us to your meeting this evening, for it is such a great pleasure for us to drink in your vibrations and the vibratory beauty that surrounds you.

We have been listening to your conversation, and would like to say a few words concerning the operation of the process of initiating contact. This instrument was correct in stating that it is helpful for the new instrument to start the process before the process is completely matured. In other words, it is well that instruments who are learning to perceive by concept communication begin somewhere, and attempt continually to manifest whatever words seem to come forth.

However, this instrument did not quite have the reasons in line with our opinion, as this instrument felt that it was helpful to channel portions of self. From our point of view, as those who are sending to a receiver, we find it helpful that the receiver be turned on. It is as simple as that. When the receiver is on, that is, when the instrument is availing itself of whatever communication it can, be it garbled or not, we are able to assess and calibrate that particular receiver's needs so that we may enter into the energy web of the biochemical body of the instrument with as little discomfort as possible and emit our communication concept by concept within the upper reaches of the subconscious mind. This is the way we begin with a new instrument. One may think that one is availing oneself of contact and turning one's instrument on by simple intent. However, until a new instrument has had some experience in what happens when the instrument is on, it is quite impossible for a new instrument who is not actually channeling to know whether or not the receiver is actually working.

Now, some ability in channeling of a kind is part of almost every new instrument's experience. The experience occurs betwixt two entities in a relationship which, for some reason, is well tuned, so that the two instruments are able to receive fragments of communication by concept from each other. Needless to say, since the new instrument is certainly not adept at sending information or receiving it, these experiences are often had, but seldom complete.

Thus, each new instrument has some experience in concept communication. This is what we offer. We offer, in the conscious channeling program, concepts which must then be clothed with vocabulary. The simplicity of the process works against new students, for your peoples, when attempting creativity, tend to multiply concepts with detail rather than honing constellations of concepts into simpler and simpler

terms. As the new instrument becomes more experienced, we are able to offer longer and more detailed series of concepts, and thus that which we ask the instrument to unlearn at the beginning of the process—that is, the multiplication of detail—is then relearned with one notable exception and difference—that is, that the governor which the conscious mind is has been damped down by the instrument so that external thoughts—that is, thoughts external to the communication—are allowed to flow away from the instrument, thus keeping the concentration of the instrument upon the most simple thing—that is, listening within.

Channeling becomes, then, one way to experience an improved meditation, for when the channel is busy listening for the next concept, the mind is stayed upon that point, becoming one large receiver. When we ask instruments to cease analyzing and relax, we are asking basically that the inner ear be turned on and that a continuing attention be paid to it. This is, in brief, a satisfactory definition of meditation, for when the conscious mind is turned down and the inner ear listens, then it is that the Creator speaks in whatever way is creative at that time and place.

What a new instrument is engaged in is creativity. A channel produces out of nothing a something which, it is hoped, will be beautiful, inspiring or useful, or perhaps all of those. Creating beauty, creating the feelings associated with divine love, is one great purpose of the existence of all consciousness, and the vocal channeling is one way of achieving the creative act which expresses the trust and love that each feels for that great love which is the Creator.

We therefore ask the instrument to relax. We shall attempt to create some movement in the facial and throat area as an indication that we are present, as the instrument has requested. We would like to speak our greeting at this time through the one known as D. We would at this time transfer. I am Hatonn.

(Long pause.)

(Carla channeling)

I am Hatonn. I am again with this instrument. My friends, we have about stretched this instrument's jaws off, but are having somewhat more difficulty in moving the mandible of the one known as D. We shall again attempt to contact the one known as D. I am Hatonn.

(Long pause.)

(Carla channeling)

I am Laitos, and I greet you also in love and light. We have the privilege of coming among you so that, by experiencing various contacts, the one known as D may begin to have some subjective intimation of the reality of our presence. We are at this time attempting to seek ingress into the new instrument's web of electromagnetic energy. We are those which often teach new instruments within this group. It was thought by us that the one known as Hatonn, being closer to the vibration to the one known as D in resonance and harmonics, would be the better choice to initiate contact. However, we can see that the very compatibility of this contact mitigates against the instrument's demand—which it does not wish to make but is making in spite of itself—for proof.

It may be obvious by now that there is no proof. We are sorry for the disappointment of those who wish proof, but we are heart and soul, as this instrument would say, of the belief that any sort of objective proof of our presence or the proof of our statements is an infringement upon the free will of those who at this time in your density are making their choice to create, as co-creators with the Father, or to destroy, as co-creators with the darker energy.

We of Laitos like to encourage people to meditate. Indeed, ours has always been considered by this instrument to be somewhat of a simple contact—Johnny-One-Note we have been called by this instrument. She is embarrassed that we see this, yet it is true. Five seconds or five minutes is enough time to move into contact with that Being which is the Source of all beings, and within which each being has its being.

Let us now transfer to the one known as D, that the new instrument may experience our energy and perhaps find those slight differences which do exist between contact and contact. We transfer now. I am Laitos.

(Pause)

(Carla channeling)

I am Laitos, and am once again with this instrument.

We would suggest at this time a technique that has never been used with this group before, yet we feel that it is perhaps time—if we may use that term—to

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bring it out. We would ask that the circle come out of meditation, be seated upon the floor, and create, with or without thought, in as rapid a manner as one voice may come after another, a series of statements which imitate the channeled message. We ask the instruments to do this without thought, if possible; with thought, if necessary; but above all, with no pause between sentences except insofar as it is necessary to hear the previous sentence. We suggest that this be done for a period of approximately ten minutes, using two minutes and then resting, then another two minutes and then resting, and so forth. We suggest the use of one of your timers.

This instrument is questioning this process, for it is making up a channeling, which the instrument feels is taboo. However, in our opinion, the necessity with the one known as D is in overcoming the reluctance to speak. The force of this technique may be assessed after the ten minutes of practice have been completed.

My brothers, please do not think that we wish you to create your own channeling. Yet we have, with other groups, used this technique, and it has aided some who were armored against encroachment upon the inner planes. We may say to the one known as D that there is a strong guard upon the entrance to the world of the creation that lies within this instrument. The guard is there for a reason, yet the instrument wishes it to be removed for this one opportunity. Thusly, the work lies ahead. We wish each the luck and the enjoyment of this technique, and we thank you for having the desire to serve the infinite Creator. We, too, wish to serve.

We shall speak with this group again. For now, however, we shall leave you. We are those known to you as Laitos. We leave you in love and light. ♣

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Intensive Meditation
August 12, 1987

(Carla channeling)

I am Laitos. I greet you in the love and the light of the infinite Creator, Whose kingdom interpenetrates the mundane world, Whose truth penetrates all illusion. We thank you for calling us to your group this evening. It is a great privilege to be with you and to experience in your in-breathing and out-breathing the unique experience of third density.

We would like to speak our greeting to the one known as D, if he would avail himself of our contact and refrain from analyzing, but simply speak the words which come into the mind. We would now transfer to the one known as D. I am Laitos.

(D channeling)

I am Laitos. I greet you all in the in the name of the Creator … *(The rest of this channeling was not transcribed.)*

(Carla channeling)

I am Laitos. We are once again with this channel. *(Inaudible)*. We are most pleased to have made such an auspicious beginning with the one known as D. We feel most *(inaudible)* for this new instrument, for this instrument has been *(inaudible)* in its persistency to be of service to others through the vocal channeling. We find this new instrument's mind to be rich in [experience complex] and with the questions, about which other constellations or concepts which have been gained with the reading and studying, a most rich mind out of which we may make new combinations of thoughts and ideas so that that same story may be told ever in new ways. We find the instrument known as D to be questioning the validity of its messages, due to its familiarity with the material which was channeled. We would not ask the inexperienced channel to transmit *(inaudible)*. But first we wish to make *(inaudible)*. Then we wait while the experience is *(inaudible)*. If the instrument analyzes its own material … *(The rest of this channeling was not transcribed.)*

(Jim channeling)

I am Laitos, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in the attempt to answer queries which may be offered to us. We again hope that each will remember that our words are but our opinion. We share them freely and hope they will be some small service. Is there a query with which we may begin?

D: I was speaking earlier about a couple of questions that I had, the first concerning the state in which I was last week and whether it was my own spontaneous drowsiness, the result of fatigue and sleepiness, or whether it was the result of some contact or influence from outside of my own mind

and whether it was useful in the contact at that particular time or only to be avoided. Can you help me understand that?

I am Laitos, and the level of fatigue which you experienced at our previous working was not a product of the working itself, but of your normal round of activities. That was somewhat expanded and the body's response therefore was to approach the levels that you associated with the beginning of the sleep process. We might suggest that the most efficacious of level of consciousness for this particular kind of transmission of thought concept is that in which the mind is alert and the body as relaxed as is comfortably possible. The mind needs a kind of flexible perception that is at once sharp or acute and yet pliable, so that the one serving as instrument might become aware of thoughts and while speaking these thoughts be able to allow further thought [to] enter the mind complex.

May we speak further, my brother?

D: No, thank you, not on that. I'm left wondering somewhat by this channeling a few minutes ago [about] a number of questions, and yet I know it can be over-analyzed, and feel that perhaps its better not to beat it to death. But any further comments that you would volunteer, though I know that's not your usual approach, I'd appreciate.

I am Laitos, and as we mentioned previously, we are most happy with the progress which you have shown this evening. It is what we would call a major breakthrough in your particular experience as a new instrument. The beginning of the contact is that which is oftentimes the greatest hurdle for any instrument, for it is the first thought of the new instrument that it is making up the progress and manufacturing the speaking that occurs. We encourage each new instrument to simply allow the process to begin, to partake as one who does not give over-concern to the process while it is ongoing, and only afterward seek to understand the mechanics, shall we say.

Thus, in the experience of this evening your channeling was of a degree which we find quite acceptable in the ratio of our contact and the utilization of concepts familiar to your own experience. We make the simple suggestion to continue with this process and keep those thoughts which you become aware of as the contact is transferred to your instrument. Each session we shall attempt to seek either in a lengthier fashion or in a fashion which is qualitatively different in some manner or use a combination of these techniques by which the new instrument may be exercised and confidence gained.

May we speak further my brother?

D: At a certain point I felt a *(inaudible)* that seemed to draw back to cut myself off and feel the need for feedback at that point. I guess I felt like I was wandering down a path and I wasn't sure I was wandering by myself, but I seemed to reach a point where I was unwilling to go further. Was I perceiving only my own concern, or was it my interpretation of your own completion of the message?

I am Laitos, and we found within the channeled experience that there was a momentary digression which was, however, accompanied by our contact, and the digression, which is a normal portion of the training of a new instrument, was then utilized by us for the continued energizing of the channel contact. Your perception, therefore, was partially correct, but we may assure you that such digressions are to be utilized by both the instrument and the contact as the new instrument gains in confidence. Therefore, we suggest the putting away of the worry and the simple continuing of the contact and the challenging process.

May we speak further, my brother?

D: No, thank you.

(The sound of many sirens is heard.)

Carla: I'd like to ask a question—and it's not "What's on fire?" I gave R about an hour and a half of advice today. Would have given her more, except the tape ran out …

(Side one of tape ends.)

Carla: … and there was something that I was, after I gave the advice, questioning my own tact and good sense in giving it. R's channel gives her very jargonish language— "The unfoldment of the evolvement of the beautifulment of humanment"—you know, that kind of thing, with some "indeeds" in there. And I feel that she's heard this kind of fakey language from channels that are famous right now, like Mafu, that used the device. Also, she uses the device of the second person singular intimate, "thee, thou and thine," although almost never getting it

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right. So I suggested to her that she learn the declension of thee and thou and thy and thine and how to use them, and give some thought to asking her contact to use "unfolding" instead of "unfoldment" when, for words like that which are just made-up words, that are not true words in the sense of being in the dictionary. I even saw "initiationment" at one point, really jargon.

After I wrapped the tape up, I suddenly realized that what I might be doing was interfering with her ability to channel at all, by interfering with the language. She has a strong contact; she's a natural medium; she's got a good channel, but I don't want to give her a stumbling block. What I did was I advised her to ask her contact to clean up the language. Is that good advice, or should I write and retract it?

I am Laitos, and, my sister, that we find that in this query we must be aware of the line across which is an infringement of your own free will if we should step too far in our response. The attempt to be of service empowered by the desire to serve is that which is of the moment the finest offering which one can make. When this attempt is made and given with a full and whole heart, then one has done the best that one can do. This is to be applauded in any entity and any effort. We know that your doubts are also grounded in the desire to be of the most service possible. However, we do not wish to guide your thoughts or actions to the point of making the decision for you as to the full nature of your response to the one known as R. Therefore, we may only suggest that the response which finds the blend of the honesty and truthfulness of wisdom with the nurturing of compassion be that which forms the parameters of your final response to this entity.

May we speak further, my sister?

Carla: Let me ask the question in a different way. I feel you can give me information of which I would like to know, regardless of what I do about R. When you are working with an instrument such as I, or D or Jim, if I requested the "thee" and "thou" in the transmission, would you then offer such? Or would you find it difficult to have any limits put on your transmission?

I am Laitos. It is the duty of any instrument, new or experienced, to hone itself in those basic tools which aid in the functioning of the instrument such as the ability to utilize the language which is unfamiliar to the instrument. It is well for an instrument to prepare itself for a means of communication which will allow that communication to proceed in the most understandable and efficient manner. Thus, if it would be the desire of an instrument to effect a certain type of phraseology, it would be necessary, then, for that instrument to not only request that such be utilized by its contact, but that it familiarize itself with the correct usage.

The requests of this nature by instruments are few and are frequently acceptable to the contact as long as the requests are not of a nature which tends to focus more upon the contact or the instrument rather than the message.

May we speak further, my sister?

Carla: No, thank you, Laitos, that was very good. I feel that I know more now, and I really appreciate that.

I am Laitos, and we thank you, my sister. Is there another query?

D: I wonder if you would feel that there is any specific homework task that I could work on between now and the next time that I am here with you that would be helpful to firming the contact or trying to facilitate the channeling?

In addition to the regularized periods of meditation, the exercise which was given at our last working is that which we feel might yet be of assistance in maintaining the growing flexibility of your newly developing instrument.

May we speak further, my brother?

D: *(Inaudible)*.

I am Laitos, and we thank you once again. Is there another query?

Carla: I'd like to ask a question about challenging. It seems to me when one challenges, when a request is made that the entity be of God, that is not sufficient to challenge a negative entity, since negative and positive entities are equally of God. It seems to me that there would have to be a specific or service-to-others orientation stated in the challenging statement. Is this accurate?

I am Laitos, and this is correct, my sister. May we speak further?

Carla: *(Inaudible)*.

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I am Laitos, and again we thank you, my sister. Is there another query?

D: I'm somewhat puzzled by that idea of challenging, and I've gotten some explanation of it from Carla, but I feel—my intuition tells me that one's own alignment is generally sufficient, that one intuitively or unconsciously accepts or rejects the incoming energy. Maybe that's easy for me to say because I've never experienced, to my knowledge, a negative entity's attempted contact. But I just seem to feel no interest in that aspect of the challenging. Can you make any comments about that attitude and whether it's erroneous or dangerous?

I am Laitos. For most who engage in the phenomena, as you may call it, of the vocal channeling, the experience is one which is of a shallow nature and can be expected to play its course, shall we say, after a certain amount of the experience has been shared, and there is little of the development of the metaphysical power, shall we say, that would as a beacon attract the attention of entities of a negative polarization who would then desire to gain the use of that power for themselves, or barring that, to put that beacon of light out. Thus, for most entities the channeling process is not one which provides the avenue for the beaming or expressing of great metaphysical power.

However, for any entity who is desirous in the extreme to be of service to others by means of serving as a vocal instrument and who wishes to serve as such in as pure a manner as possible, it is most centrally necessary to proceed with a certain degree of caution, for this avenue of service is one which offers the potential of gaining metaphysical power and using this power for the service to others. Therefore, it is necessary for each instrument to master the ability to tune its inner desire in such a fashion that it places this desire at the highest point within its being that it can stably maintain, and thereby open a pathway which will serve as the connecting channel to entities of an unseen nature which the instrument hopes will, in conjunction with the instrument, transmit concepts which may be formulated into those principles which aid in the evolutionary process, thereby enabling the power to affect changes in consciousness for those who utilize these principles in a persistent and conscious fashion.

The challenging of unseen spirits is quite necessary, for as populated as your illusion is, we may assure you that those illusions beyond your own are at least as equally populated, and there are many who stand ready to speak through instruments, and instruments need a means by which to be assured that the entity speaking through them is one of the highest positive polarity possible in order to gain information that is as sound and useable as possible, or else the value of the information is small.

Thus, it is our recommendation that each instrument determine for itself its own desire to serve as an instrument, and if its determination is that it wishes to do so in as pure a fashion as it might, then it shall gather about itself those qualities which it feels are its essence and utilize these qualities in a fashion that may be formed into that which is called the challenge of the spirit, so that the contact which is made may know who you are and what your desire is in a clear fashion, for this is your first communication with it.

It, as all contacts, has this clear knowledge of itself and speaks as an entity full of that essence of itself. Thus, the instrument must needs determine the highest and best contact that it might sustain in a stable fashion by means of this technique of the challenge of the spirit.

May we speak further, my brother?

D: When you said, "gather about yourself the qualities," by that you mean hold in mind such things as service to principles of love and to keep those—well, I don't know how to ask the question, but your words put a picture in my mind which I guess for the moment I will trust this as good, and perhaps if there is a question it will come later. Thank you very much, that was very helpful.

I am Laitos, and again we thank you, my brother. As this instrument is experiencing some degree of discomfort, we will suggest the ending of this session at this time.

Carla and D: Thank you.

And we thank each for allowing our presence and for allowing us to work with each. We appreciate the opportunity to offer our service, humble though it is. We feel a great joy at each gathering of this group. We are known to you as those of Laitos, and we leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
August 16, 1987

(Carla channeling)

I am Q'uo. I greet each of you in love and in light, in the love and the light of our infinite Creator. It gives us great pleasure to have been called to your meeting, and we rejoice to be with you to experience these quiet moments of meditation and companionship and to experience through this instrument's senses the peaceful drowsy sounds of a summer evening. This instrument has requested that we speak loudly and we shall attempt to do so without removing this instrument's vocal cords completely from service. We are also happy at what this instrument terms potluck, for this indeed gives us the occasion to speak of those things which have not been asked, yet which may perhaps be on the mind.

We would speak with you about being and doing, two verbs that seem simple and yet are not. We, as you, are students of that great mystery which hides the face of the Creator from all of us. We, as you, seek more and more to know and to be with the Source of all that there is, the Love which created all that there is, the Light which sustains all that there is. We find great love and harmony in being and great love and harmony in doing, and yet the tension between those two poles of behavior and consciousness is felt by many seekers, and, indeed, can be a stumbling block, for one desires, in doing spiritual work as in any other work, to be occupied, to have accomplished something, to have gotten somewhere. Yet is consciousness ever and always at the base a being, not an activity.

As each of you came to the circle this evening that portion of yourself which *is* underlay but probably did not totally influence that which was being done by each, for the cares and concerns of each day are many and it seems that the less important a detail is the more time it takes to accomplish it, so that as you sat down perhaps your thoughts were scattered, pleasantly or not, but scattered, and the consciousness lay as your foundation, largely unnoticed in the flurry of activity. Then each began to merge more and more into a harmony of seeking, into a consciousness that was felt by the self and shared about the circle. This group consciousness is powerful and acts just as a search light shining in metaphysical energy which, with many other groups such as your own, forms a pattern of light sources upon your planet at this time.

Now, this energy is the energy of beingness. It is your own and no one else's. Each consciousness source in the creation is unique. Thus, it is valid always for the seeker to be attempting through all that which it does to more and more carefully choose the path of seeking, choose the way of service, and choose the source of experience so that at the end of all experience there shall be a consciousness which is more and more full of love,

more and more able to channel that great original Thought which created all, that Logos which is love.

We do not wish to speak too long to this group, for this instrument has mentally told us that an hour and a half is definitely too long. Therefore, we will content ourselves with offering a thought upon doing and a thought upon being.

My children, you live within an illusion. Your physicists will tell you this. All that looks solid is not; all that looks still is moving. Your senses participate in an illusion, thus all your doing is exercise within an illusion. This system of illusion was created in order that you may play and work and do all manner of activity until you have decided upon a certain choice, that choice very simply being service to others or service to self. The nature of the illusion is imperfection, thus each thing that is done within the illusion participates in imperfection. Good deeds don't turn out right; relationships go awry; a word quickly said is long regretted. There are an infinite number of ways to make mistakes in behavior according to your own opinion of yourself.

We ask you to avoid the emotion of discouragement. Perhaps the best way to avoid that is to give encouragement to others. Thus, we suggest that you love each other and serve each other. It is an antidote for the blues, for it balances that which within you felt unbalanced. It is only our opinion, but we believe that good intentions, a true desire to do well, is far more important than how things actually come out in the illusion. So be of good cheer. We do not ask you to be silly and funny in the face of tragedy, but try to keep the light touch, for when one embarks upon the path of spiritual seeking and attempts to accelerate the pace of one's seeking, experiences can become intense and discouragement is easy to come by.

Now a word about being. There is a place within the mind and within the heart of each of you which the holy work called the Bible describes as the inner room, that place where you are at last alone with the self and with the Creator. Here in this meeting between yourself and the Creator lies the ground and essence of your being. Here, indeed, lies the entire universe, for each of you is a seed of the divine spark which some call Christ Consciousness. And that portion within you in the innermost space of your heart and mind is a hologram of all that there is, so that you contain universes and all that you see dwells within you also. At that level you never learn but only remember what you already knew and recognize it once again.

We encourage and recommend the daily practice of meditation, the tabernacling in the inner room of the silent consciousness, for that consciousness touched into often enough may more and more begin to shine through that which you do that you may become radiant, a more and more pure channel for the love of the infinite Creator. If you find it difficult to find time to do this each day, we still suggest it would be worth the effort to create a short time for touching into this consciousness. Indeed, it may be done momentarily when the clock strikes or the siren sounds at noon. Remember who you are and what you seek, and open the door to that inner room and just for a moment close it behind you and say to that great mystery which lies in darkness all round the heart, "Here am I."

The teachings of the spirit dwell in mystery and their riches are hidden in the darkness of the metaphysical universe. Yet, paradoxically, the illumination which is found in these searchings is very bright indeed. We greet you each upon the path. We are all companions. We thank you for your company and for all that you teach us, and hope that our humble thoughts may prove useful in some way to you. Please know that if any thought is not acceptable, we urge you to discard it at once, for we are those perhaps a bit further down the path than you. We have more experience, yet that has only taught us how much more there is to learn of the infinite Creator. We are companions in a great mystery, my children. May your seeking give you joy and may your path be full of light.

We would like to transfer this contact to the one known as Jim at this time. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to open this gathering to any queries which might be yet upon the mind. Again, that which we offer is but our opinion. We share it with a whole heart but with no desire to direct your steps in any way that you would not choose. Is there a query with which we might begin?

H: Yes, I have one. Would it be appropriate or would it be selfish to ask what the signs might be on

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changes to come on this new earth that we're in now? Is that a selfish question?

I am Q'uo, and am aware of your query, my brother, and we find it is one which is much upon the minds of those who look into what you would call your future and the changing of the age, as it has been called. We find that though this curiosity is most common, that however the signs which many describe that are to usher in, shall we say, this new age and experience are often given in a manner which generates much of fear and confusion among your peoples, for many see as signs those things that are catastrophic upon your illusion at this time. And here we speak of the geophysical changes, and those of powers and principalities that shall [rise] and fall and have their day. And yet we would say to you that though much of this may indeed be true, the signs that should alert each seeker to the change in experience are those which are borne within the geography of one's interior mind and being.

It cannot be said with certainty that such and such exterior events will occur at a certain time within your illusion, and yet each seeker shall in its own time experience the shifting of perceptions and desires that shall signal to it that there is a transformation within that beckons most assuredly and which will offer to each a wider point from which to view the self and the illusion and the journey through the illusion.

Thus, we would say to you, my brother, that when you look outside the self and see the environment and populations of your planetary sphere changing in many various ways, that you utilize these illusory changes within your illusion as those guideposts which shall alert your inner self to that which awaits the inward eye and the renewed desire to be of service to those about you.

May we speak in any further fashion, my brother?

H: No, that's enough. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: Yes, I have one. How would you thus suggest that we find our spiritual path? And our service to others?

I am Q'uo, and for such a choice, my sister, we can only recommend that that which you do is fueled by that which you desire. As you desire to know that which is a means of seeking that is your own, you can only gather that which is about you as your own experience, whether it is the interaction of self with other selves, the peace of meditation, the intellectual stimulation of a book, a program, any source of such information, then take all this into your inner room and sift it through to find what speaks to you, and as more and more speaks in a clearer and clearer fashion, then seek more of that.

And when you have found much that speaks to you, and arranged it in your thinking and in your experience as a process which is lived, then you begin to find the clues here and there within your own experience that will suggest to you the next step to take upon this journey which has no beginning, and has, in your way of looking, no end. And at some point, you will begin to feel the beingness, your own essence, awakened and quickened to the harmonic resonance of that which you have found as helpful information, and you will begin to direct in a more conscious fashion this seeking and move the focus from outside the self to within the self so that you begin to call upon those inner resources which you have gathered in many experiences before this one. And you will then begin to express in your own way the blend of that which is within and that which you have learned in outer experience. And thus shall you build that pathway through the infinite creation that shall be your journey and your service in glorification to the one Creator.

May we speak in any further fashion, my sister?

Questioner: No, thank you.

I am Q'uo, and we are grateful for your query, my sister. Is there another query at this time?

Carla: Just one, which I don't think I've ever asked, but maybe this is the time. It has always seemed to me that some of the most strongly positive people that I've ever met were women who were full time mothers. And they just seem like beacons of light to me. Is it possible that for them the spiritual path is doing exactly that? Staying home and raising kids, nothing glamorous—just that?

I am Q'uo, and many are the ways, my sister, in which love may be produced and shared. There are as many as there are seekers thirsty for this love, and each chooses a manner in which to contact the living love, that power which sets all which is created into motion, and then to share this love with others. The

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way of which you speak is one which is full of this potential.

May we speak further, my sister?

Carla: No, thanks.

I am Q'uo, and we thank you my sister. Is there another query?

(Pause)

I am Q'uo, and as it appears that we have for the nonce exhausted those queries within this circle of seeking, we shall take this opportunity to once again thank each for inviting our presence within your circle this evening. It is a great honor to join in such unified desire and we look forward, as you would say, to each such gathering. We are known to you as those of Q'uo. At this time we shall leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
August 23, 1987

Group question: What do those of Q'uo learn as they interact with the people of this planet through answering calls and attempting to channel information of one sort or another?

(Carla channeling)

I am Q'uo. I greet each of you in the love and in the light of the one infinite Creator. We bless and offer love to each of you as well as our gratitude for requesting our presence within your meditation this evening.

The pause before beginning our discussion was somewhat prolonged due to this instrument's perception of two contacts. The second contact was, in our opinion, a very close match to our own, and we are pleased and grateful for the instrument's competence in the challenging of spirits, for it is not our wish to enter into struggle in order to speak, for those of the [positive] polarity come as they are called and do not call themselves to entities such as you. We give this information in order to confirm for the instrument the dynamics of the situation. As we understand it, this entity is attempting to understand the safeguards necessary in the practice of vocal channeling.

The question that is before us is why we say that we gain more from our contacts with you than you gain from us. You are wondering how you can be of service to us, as you are supposedly the students and we the teachers. To give you a thorough answer is beyond the scope of this evening, however we shall attempt to articulate some of what we find valuable and lovely and full of learning about entities within the third-density who sit in circles such as yours, seeking the light and aware of the darkness.

We were as you, that is, within a third-density illusion with dense chemical bodies which required daily fuel and numerous other items to attend to, merely to extract comfort from the raw given ambient temperature and so forth which third density entities experience as their planetary home, their dwelling and so forth.

We, as you, gradually became aware over many lifetimes that what was occurring was not what it seemed, that is, that our perceptions of what was occurring was not complete, and we began by choice a free will and persistent investigation into the nature of ourselves, our creation and the mystery which lay behind and beyond the selfhood of the self and the beingness of the creation. We, as you, were engaged in a search to know the face of the Creator, that blank and mysterious face that is glimpsed once in many lifetimes from the corner of the eye or seen for an endless moment in brilliant light, and then forgotten, for no incarnate soul can bear such knowledge.

We seek the unknowable, as you. Yet, gone are the days for us when the peculiar fascinations and glory of a chemical body befuddled our senses and limited sensuality to the sensuality of the physical. Gone are the days when the great choices betwixt service to others and service to self were hidden in veils upon veils of mystery, illusion, deception and bias. Those days are gone when we could look at confusion and see order; those days are gone when we could look upon order and see chaos. An unimaginable amount of time, millions of years in fact, have passed since we dwelt before the choice, gazing at the choice, hoping and wishing and praying to see love and choose love, to see separation and shun it.

Our choice is now made, and we have walked many steps in a path that is straight and narrow—the path of the present moment. Much refining has been done of our grasp of service to others. Much refining, therefore, has been done in our understanding of the nature of that mystery which is the Creator of all that there is.

We spend now our personal time in an intense and protracted seeking for the consciousness of total unity, for we are of your fifth density, which is the density of wisdom, and we feel at this time that the lessons of the sixth density call to us, so that we attempt to balance the wisdom and the compassion in our apprehension of each moment which occurs.

That is why the path of seeking is straight and narrow. The path of seeking consists in one present moment and then another. Not the present moment with burdens of the past, not the present moment with digressions about possibilities which have not yet been explored. Each footstep, as you may call it, upon the path of seeking is a step into the enormous depth, power and richness of the present moment, and to this realization we are committed. This is one of the reasons we have much to gain from gazing at the life patterns of each of you and seeing the enormous vitality and love of fun and of the present moment of which each of you is capable.

We find it incredibly moving that entities which labor as if underwater, hampered by a clumsy physical vehicle, can still look past the shimmering surface of the passing of time and see not the tick-tocks of the river of time, float not upon the canoe of shallow thought, but with such encumbrances still dive deeply into the moment and gather treasures of love from it.

We find your peoples to be endlessly creative, creativity being nothing more than an aesthetic awareness of the nature of time, that is, the plunging into that which seems to be real in a moment, whether it be a vase of flowers, a reclining nude, a mountain, a seascape or anything else which inspires the artist and the artistic eye. Realize that time is not a river, but that each present moment is plangent and brilliant and full to overflowing with a deeply moving kinetic upsurge of deeper meaning and endless connotations which inform the soul that seeks of the nature of the Creator.

It is not remarkable for us to visualize and experience the gifts of time, the gift that is of the present moment, for as far lighter beings than yourselves we enjoy vision and sense which is able to record more nearly the incredible energy and creative movement which is the love within each moment. When we find each of you seeking and trusting and finding that creative and active principle in the present moment, we are touched, and in our hearts there arises a great compassion. It is the spontaneous outpouring of love which is the highest service of which we are aware. We are able to do this on an impersonal basis of course, and, indeed, there are planetary entities which devote themselves to this very task, that is, of being a beacon of radiant love which is broadcast throughout the creation.

Perhaps you feel that we look at you as infants or children, and in a way this so; we feel the nurturing care for you that a mother or father would, for we see your vulnerability and have an instinct to care for you. Yet our overriding feeling for your peoples is one of admiration, for that through which you now go is by far the most challenging illusion which you will face, the most difficult density to penetrate and find the love within.

We would say one or two words more about time before we move on. We encourage those present, indeed, all those which have a feeling for that which is aesthetic, to ponder deeply the nature of perception, for if perception is of the present moment, then one may see in a vase of flowers far more than one who sees viewing the vase of flowers as that which moves upon the river of time. For to the seeing eye and the understanding heart, those flowers and all those things which echo from them—scent, beauty, death, birth, growth, love of light—all of these things adumbrate and echo, and perception becomes capacious and generous, and

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then that which may be brought back from an instant's perception may take much time upon your river of time to execute. Yet, not every perception needs to be executed and manifested. The greatest perceptions of time, the greatest fruits gained from sinking into the moment of time are those gifts of opened ears, opened eyes, opened hearts, and opened lives.

Another way in which you serve us is very simply that you call for us. We are those who await the asking, those who have dedicated a portion of a long incarnation to working with those who wish to accelerate the speed with which they may spiritually evolve. If no one calls us, then we stand idle, sending our love to those who have not asked for it and who often reject it unconsciously. Thus, our love surrounds your planet and your peoples, but without those who ask our help we are those who knock upon a door which no one will open, missionaries, if you will, in a tribe which needs no strange idols. Or to perhaps make a more true analogy, peace corps volunteers who attempt to dig wells to make clean water, yet find their shovels vanished.

There is little we can do for your planet, although we are enormously ready to aid without the request of those who wish the aid. And what aid we have to offer is little enough, yet who knows what may make the difference for someone who seeks. The right word at the right time is enormously powerful, and we are hopeful always of so reading the hearts and minds of those who seek within this circle that we may perhaps touch some frayed leaf of regret or pain, some smudged blossom that was plucked too quickly or not watered enough, so that we may help you bloom and find yourselves. Along those same lines, we gain a great deal from the attempt to be of service. It is in our opinion the most challenging task available to a seeker of truth.

Service among your peoples is often service from the standpoint of the one who serves. For instance, service was given by the one known as Andrew Carnegie when this entity endowed many libraries. When entities come into those libraries, they may see the beauty of the structures which were built in honor of knowledge, and they may learn from the knowledge within the books housed within that structure. On the other hand, the one known as Andrew could not serve those who did not wish to read books. So often when one attempts to serve another, it is the equivalent of building the library for the one who does not read books.

"Well, then," we seem to be saying, "to serve another, you see what that entity desires and give it to him." This is a far purer attempt to serve, yet those who wish to be served seldom have the discrimination to know what truly would be of service to themselves, and so they ask for the cotton candy, the cookie, the cake, the pie, and do not ask for the discipline of the bran, the cabbage, the cauliflower. One must then hearken to those deep inward biases which you as well as we have built up through incarnation after incarnation after incarnation, those biases especially concerning the nature of true spiritual service.

Any one of these three types of service—service seen by the seeker of service, service seen by the giver of service, and service which appeals to a higher definition of service—are ways we may use to attempt to serve you. Yet, only as we speak and share with this instrument the effort of creating a service, and then as we see the effects which our words may have, only then do we know if we have been on target or if once again we have been biased in our service and thus created a stumbling block, however infinitesimal it may be.

Lastly, we say that we gain more from you than you from us, because both you and we seek the Creator, and we gaze upon thee, you cannot gaze upon us. It is as if we were telephoning a message, yet we can see your thoughts dance, your aura's light and your feelings move like great waters. You cannot see us. Thus, we see in you the Creator in a way which is kept from you by the limitations of your organs of perception. What beautiful jewel-like beings you are, my children, and how deeply grateful we are to be working with you, to be learning from you, and to be sharing meditation.

This by no means concludes all that we might say upon this subject, yet it is this instrument's wish that we refrain from speaking too long, in order that the hearing and thinking and meditating that you all do during this period of time not give way before we are through to the discomfort of having sat in one position too long. You see, we had not considered that, for we do not have to rest our vehicles. We have much to learn from you about service, for you see, that very consideration should have been easy

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for us to see, yet with all of our thinking and learning, still we forgot until this instrument spoke.

We will be gentle beings before we lose our identity once more in the Source, and so will each of you. The way to that gentility of being lies in seeking the present moment, seeing the present moment, diving deeply into the present moment, and at the dark heart of the depths of that moment's waters, communicating suddenly and irretrievably with the blinding light of the face of the Creator. Seek and know that this is possible.

We would at this time transfer this contact, with thanks to this instrument. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time it is our honor to offer ourselves to the queries which each may have for us and in this way again be able to [ascertain] more about the nature of the Creator and the means by which It expresses Itself through your being. Is there a query at this time with which we may begin?

Carla: Well, I have a question that's really off the subject, but J wrote this week to inquire whether you were of the same vibration or the same basic entity as Djwhal Khul, I don't know how you say that, and although it was my impression from when I first challenged you the first time that you spoke, that you were, indeed, of that vibration but did not want to include the inner plane vibrations in that, I was unwilling to say that until I had had it from you. Is this correct? Or can you tell me?

I am Q'uo, and we are of a very similar vibration to those that you know of as Djwhal Khul. However, the studies which we have pursued have dealt far more emphatically, shall we say, with the beginning of the blending of wisdom with the compassion which we were privileged to gain in our previous experiences within the fourth density illusion. Therefore, we attempt to temper that which we offer of wisdom with that you would know as compassion.

May we speak further, my sister?

Carla: No thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: Is there physical or mental sickness in the fifth density? And if so, how does it manifest in a social memory complex?

I am Q'uo, and you have asked a query which may be answered in many ways …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. To continue. Not all within the fifth-density experience choose to continue the evolutionary process within the social memory complex. Therefore, the imbalances that you would see as a disease are not always expressed in the societal complex. But, in general, we might suggest that such disease takes more the form of a desire or yearning to be of service in a certain way which is yet unfulfilled. Thus, that which is not in balance in the way of service and learning calls unto us in a manner which you might see as a vacuum which seeks to be filled. This empty place, then, within our being is represented by a manner of serving which is possible to render but which lies unused, and in its appropriate time makes itself known and is then fulfilled.

May we speak further, my sister?

Carla: No, thank you.

I am Q'uo, and again we thank you, my sister. Is there another query?

Carla: From your point of view, what was the planetary result of all of the light groups' various and sundry efforts all over the planet to create a raising of human consciousness of harmony during the recent so-called harmonic convergence? And what happened, if anything, other than that—what happened to the planet or what happened to the energies coming into the planet?

I am Q'uo, and if you can picture in your mind the gathering of many at one of your sacred sites, perhaps one of your churches as we find occurred many times this day, and imagine each participant singing the same sacred song of joy, each in his own tongue and way, you may begin to understand the nature of such celebrations and observations by groups of your peoples, for it is in such gatherings that the model, shall we say, for a consensus of consciousness is begun.

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Thus, as the eyes, the minds, and the hearts of great numbers of your peoples begin to focus upon one issue or another, there is the movement towards this kind of consensus of consciousness which marks the beginning of the, as we find it has been called in this group, social memory complex, that is the means by which evolution of mind, body and spirit continues within the fourth-density illusion.

As the focus of the attention is moved higher and higher up the racial and planetary energy centers which correlate to those within each entity's vehicle, the nature of the concern of the focus then is raised in vibratory frequency so that concern for the self moves to concern for another, to concern for other groups that are known to the self, for concern for groups yet unknown in a personal sense, to a concern for the providing for the welfare of all, and so forth, so that the focus of attention is likened unto a progression up a scale of notes, with the scale corresponding to the expanding perceptions and ability of the population so focusing to express itself in a manner more and more approaching that of unconditional love or compassion.

May we speak further, my sister?

Carla: Then you're suggesting that the continuing mass prayer days like the Prayer for Peace Day at the New Year and this day—and I suppose the big rock concerts for "USA for Africa" and like that—are all sort of practice runs at our becoming a fourth-density social memory complex. Is that correct?

I am Q'uo, and this is correct, my sister, and may serve [for] some further comment, as we might suggest that all efforts which blend great numbers of your peoples offer this same opportunity for the exercising of the mass consciousness of this planetary sphere.

May we speak further, my sister?

Carla: Then the Pan American games and the Olympics would have some of that same characteristic except, of course, for the competitiveness between countries. Is that right?

I am Q'uo, and this is indeed correct. As each grouping of entities is able to see beyond the self to its own group, and then perhaps to other groupings of those with whom the competition is shared, the boundaries of perception, then, are expanded to include that which was previously excluded. Therefore, such opportunities are excellent training devices for the expanding of the boundaries of perception.

May we speak further, my sister?

Carla: Then great tragedies, like the plane crash, and I guess more than that, the shuttle, when it exploded—I know the whole world just felt wretched for the seven who were lost. Those are also unifying spiritual experiences, aren't they?

I am Q'uo, and again this is correct, my sister. The entity which is the planetary consciousness then has many portions which begin to recognize the nature of their own being through such foci of attention, whether it be of great joy or sadness.

May we speak further, my sister?

Carla: And then people who are artists and their work is heard or seen all over the world, anybody from Picasso to Elvis Presley, people that are just tops in their field, you know, and everybody in Russia and America and Japan, you know, everybody knows them equally, their value isn't only in what they produce, but in that they have a world that can all talk about one thing. They bring people closer to a social memory complex, don't they?

I am Q'uo, and this is quite correct, my sister.

Carla: Hmm. Then technology is indeed our friend because so many more things can be seen by the whole world now by satellite—yes?

I am Q'uo, and it is quite true that the technological advances which have marked these last decades of your experience offer what might be seen as a training aid for the mass consciousness of the planet itself and its population.

May we speak further, my sister?

Carla: Viewing all this, I guess I'm tempted to say, "What can we do?" since there's no ambition in me to alert the entire planet at one time of anything. Should I just get my perspective back down to scale, and not worry about attempting to serve in aiding the social memory complex?

I am Q'uo. We do not wish to speak to the point that we direct one's action, for the free will of each is paramount in the progression both of the individual and the mass minds. Each entity moves in its own sphere of influence, shall we say, according to those preincarnated programs which have been joined with many others in order that various lessons and

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services might be pursued within the incarnation that would aid many in the growth of mind, body and spirit.

Thus, as each moves in that pattern of being and experience, one becomes aware that there is a vast and infinite interconnection between all things, and the actions and thoughts of one affect many, and eventually the mind of the planetary population is brought to the point that the resources of all become available to each in his or her own manner of perceiving so that each entity is able to draw upon this vast library of information to further the individual expression that has been chosen as its unique manner of expression and pattern of lessons and services that will be offered during the incarnation.

May we speak further, my sister?

Carla: No, my teacher, that's all for tonight, thank you.

I am Q'uo, and once again we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and again we thank each for inviting our presence. We enjoy greatly the opportunity to blend our vibrations with yours and to share our humble opinions as the fruit of our own seeking upon that same path which each of your peoples also treads. We rejoice at the sharing of this journey, and look forward to each such gathering that we might so share again. We are known to you as those of Q'uo. At this time we shall take our leave of this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
September 6, 1987

(Carla channeling)

I am Q'uo. I greet each of you in the love and the light of the one infinite Creator. It is truly meat and drink to us to share consciousness with you as you sit in the circle of honest seeking, together unified by desire and by love. How fortunate we are to have been called to share this experience with you and to share a few thoughts. We would especially like to welcome the one known as H, who is new to us, but not by any means new to this light group or to the persistent seeking of the love and the light of the one infinite Creator. We love and bless each of you and ask that as we offer opinion, you take what is useful and leave the rest behind.

This evening we find within the group questions upon the mind, questions of time and purpose, money and suffering, questions of how best to pursue the road of learning, of seeking that point of view which may yield contact with love itself, with that fuller consciousness that embraces, accepts and grasps the unity of all things.

Time seems to be inexorable in its demands upon the seeker's time. Busy time upon busy time seems to flow within your experience, and there seems to be no respite from the chores and the details to be seen to which constitute the mundane day-to-day living experience. Were it not necessary to house and clothe and feed the physical vehicle which manifests for you within this illusion, time would be your plaything, utterly free. Yet that which is utterly free is often discounted.

Yet there is a way of gazing upon the day-to-day experience which can create a double perception within the self, that most complex of entities. The time in its mundane river-like existence of earthly things moves on inexorably, rhythmically, cyclically and sweeps all of immediacy before it. Yet there is another kind of time. It is the time of the timeless moment, a moving vertically upward and downward upon the moment to feel the echoes of love, meaning and manifestation in one moment that removes from time its horizontal inexorability, its forced progress, and makes for the seeker opportunities of timelessness.

One may seek through meditation to still the inexorable march of moments and minutes and minutes into hours, hours into days, and days into years, for within meditation vertical time, or time/space, is available. Time itself may be stopped within the consciousness of the deep mind, and in that moment of timelessness, that within you which is real beholds the mystery—face-to-face. What matters it if the face of mystery is dark and the mystery only deepens as one spends more and more time in communion with the absolute?

The practice of timelessness begins, after many repetitions of visits to this point of view, to unfold for the seeker an unlimited point of view, a point of view that sees the mundane limitations and necessities of the everyday life, yet dwells as a native son or daughter in that kingdom where love abides without the mask of illusion.

Time is a difficult subject upon which to speak, yet those within the circle seek knowledge of how better to use their time, of how better to dwell with ultimate reality, even within the illusions of third-density life. Therefore, we tackle the subject. Perhaps the crux of pondering upon time lies in one's conclusion about the absolute. It is a principle by which we live that there is an absolute and unchangeable reality which undergirds and holds together all creations, all of the infinity of illusions and all consciousness. It is our opinion that we came or were created from the very stuff of reality—absolute, infinite, unchanging, unpotentiated, passive and final reality. This reality has seemed to us to bear a certain character: that character is love.

The reality which indwells each created consciousness is of a nature which is infinitely creative, infinitely free, which retains in its original and undifferentiated form that quality of love which cannot be given or shared in words, but only caught as a shadow, a hint, an insinuation by inspired turn of phrase or sudden realization within the seeker's deep heart or mind. It is our opinion that it is possible and profitable for seekers of the truth about the nature of creation to seek persistently, comfortably and with the light touch that mysterious reality which undergirds all the myriad of illusions of which your Earth plane is but one.

The challenge which you face within third-density illusion is the challenge of one whose eyes are covered, whose ears are stopped, whose mouth is without speech. By persistent and loving seeking, by the desire to know and to feel the love of the infinite Creator, the seeker may experience timelessness and the strength of the ultimate reality of perfect love. Yet what fruit can the seeker produce as a result of this contact? For he has seen things which he could not see, he has heard that which no ear has heard, he has spoken in communion with love which is always and always creative. And so you find entity upon entity attempting each in its own to describe the undescribable, to move into horizontal time the vertical timelessness of the awareness of the infinite Creator.

We urge each of you to value those moments of inspired verticality when you may seize one precious moment and gaze up and down and all about you, knowing that at that moment, by desire you stand upon holy ground. And you may hear and see and feel infinity and be overwhelmed by the joy of that one moment. What may that moment be—the call of a bird, the striking of a clock, the red light in traffic, the moment with a fellow seeker when a glance is exchanged and mutual gifts given.

Within the everyday life there is no moment which does not contain the possibility of this union with timelessness, and the more you hunger for that which is real, the more motivated you may be to take with rejoicing those moments which are yours, gifts from the hullabaloo of a busy life, and in that one moment, by will and faith, see and acknowledge the contact of the small self and that great Self which is love, love undivided, love coherent, love creative, love unending.

My children, may we say each of you has gifts to give to each other, gifts to give to humankind. There are those things which you before your incarnations have planned to do in the service of the one infinite Creator. Please know that the very first of those things which each seeking soul hopes to do while in the manifestation of human consciousness is to become a channel for love, that others trapped in the mire of earthly time may have their despair turned to hope by seeing and sensing what they cannot explain: that light within your eyes which speaks of a happy and sweet union with infinite love. The light from the eye of one who has spent time in the presence of that mysterious and unknowable Creator can be startling, but always is that which is a channel for renewal of hope and faith in others.

It is a paradox, yet it is true that when you seek to advance in knowledge of the one infinite Creator, the progress of that seeking is marked not so much by one's own realizations, but by the degree of generosity with which those moments of companionship with the divine source have been shared in the life experience with others. Think over your experiences of this day. Were there times when a realization of love could have been shared by a smile, a touch, an understanding ear, a caring heart, that were missed? "Lay up for yourselves," it is said

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in one of your holy works, "treasures in heaven where moth and rust do not corrupt nor thieves break in and steal."

You, my children, dwell in two realities—the apparent reality of time and the immanent and overshadowing reality of timeless infinity, an infinity made of love. How we with our free wills have distorted that love, yet in each moment there is the same complete possibility for intimate contact with infinite love. We urge you, then, not only to meditate within each day, but to choose moments within the most busy of your hours wherein you sink into the verticality of timelessness for one instant and see that each entity and thing which you behold is beautiful, perfect and lovely.

With this point of view, the knotty and insoluble problems of one day or another may be seen again and again in timeless moments as configurations of energy wherein there is a challenge to learn a lesson about love. Sometimes the lesson seems simple, sometimes heart-rendingly difficult, yet with the point of view available to you of timelessness, you may see at the very least the inner reality of infinite love within troublesome entities with whom you are in relationship and within situations which seem troublesome. This means not that you can become a happy person with no problems, for it is not for this that you chose to come into incarnation at this time, but rather it is that you may begin to feel the deep celestial rhythms of a cosmic point of view which sees patterns extending from incarnation to incarnation and from creation to creation. The generosity of the infinite Creator we feel to be overwhelming in offering with each lesson that is to be learned about love that cleft in the rock, that safe hiding place where one may dwell with the Infinite and fly with the wings of immortality. This you may do in but an instant. This you may do because your deeper nature is already timeless.

My children, we ask you to love one another, for it is in the practice of offering love to others, to situations, and to life itself that you yourself become aware of the incredible sea of love in which the universe swims. It is those who keep the love inside that never experience infinite love in its fullness. Thus, you may be the bringer of a sense of wonder and love and peace to another, and though you wish only to be one who serves and gives love, it is then that you shall receive in overflowing measure the reflection of your service, for love returns and becomes a marvelous infinitely complex circle or net of shared energy.

Each of you has the opportunity to form the bond of infinite love with all portions of the illusion you experience, that which you call the natural world—the world of unseen things, wind, thunder, intelligence without bodies. And you, having taken on the physical chemical body of illusion, move into worlds and can reach into the Earthly world as a light bringer, a love giver and a love sharer.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and each. We now transfer. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourself in the attempt to speak to those queries which those present may offer to us. Is there a query with which we may begin?

Carla: I have a question that's been on my mind for awhile, and it has to do with channeling. I have a student who got channeled information eighteen months ago that he was to be a very important channel within six months. This man I have taught now for about a month, and can honestly describe him as a person who has no natural ability, no native gift for channeling, and therefore it seems to me that he has suffered rather cruelly, because he's really taken it to heart that he hasn't been able to channel. I do have him channeling a bit now, but he is unsure of his gift, and it's certainly going to be a hard pull for him just to be the kind of channel I am, much less a very important channel, although he is capable of that, of doing as well as I can do.

I realize that entities which have dwelled on Earth have the right to give advice and prophecy, but it seems to me that it is and can be very destructive. I wonder if you could comment on what I call inner plane channeling, channeling from people who have at one time been alive. Is there anything that I might write to people who ask me about this …

(Side one of tape ends.)

Carla: … advice that I could give that would help curb this kind of damage done to someone who believes simply because it was channeled, and then

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knocks himself out with guilt, simply because he has not been able to do what the channel said he could?

I am Q'uo, and am again with this instrument. As we look at the query upon its surface, we find that there is some portion to which we may respond without infringing upon the free will of various entities involved within the situation described. Those who seek to serve as instruments for information that may have value in the evolution of another offer themselves in various manners in order that this desire might be fulfilled. Because the art of serving as a vocal instrument is not that which is plain to all who seek to serve in this manner, the efforts of many are somewhat short of what is possible for these entities. Thus, the contacts are in many instances somewhat commingled with the personal biases and inclinations of the instrument. This is possible in any kind of contact and often confuses much of the information which is transmitted with personal opinion.

It must also be recognized that any contact which attempts to look into that which you call the future of another entity, sees many possibilities which may be described with more or less precision, but which cannot be determined to be inexorable. And when such information is given that such and such an event will occur in such a fashion upon such a date or within a certain span of your time and experience, there is a greater possibility that liberty has been taken with the interpretation of what has been seen upon what you would call the inner planes, for the free will of each entity is always in motion and is that primary factor which determines the shape and time that events shall manifest within.

Thus, it is our suggestion to each entity which looks to this kind of inspiration for information and guidance that that which is looked for be of a more general nature that may be applied as a principle, shall we say, within the life experience rather than be described in a certain and limiting fashion which offers only a portion or glimpse of that blending of energies which shall eventually be experienced by any entity; that a certain kind of channeling, in this instance, the channeling of what you have described as inner plane entities who have previously walked as third-density beings within your illusion, may fall prey to this difficulty. For many who have served valiantly and frequently within your third-density physical illusion seek, after moving to the finer planes of your third-density illusion, to offer themselves as sources of inspiration and guidance for those who yet remain within the boundaries of physical illusion, and in this offering of themselves as servants, give that which is theirs to give. Yet it must be remembered that each such entity yet works within its own boundaries of limitation, though these boundaries may indeed be more spacious that those which you now enjoy. The words of those who cannot be seen by the outer eye must be weighed as carefully as the words of any which ring upon the ear, within the mind, and in the heart.

There is much that is learned by the process of what we find you call the trial and error method. Discrimination is that which is hard-won, my sister, and in this process much of tolerance can be achieved as those lessons requiring finer and finer discrimination are encountered. Thus, we would not wish to warn all away from this or that source, this or that kind of contact, for each has much to teach which may not be apparent upon the surface of things, and oftentimes that which is learned is not that which was attempted, but proves to be far more valuable.

May we speak in any further fashion, my sister?

Carla: Yes. The same fellow was told that he had guides. I am capable, because I've been through Silva mind training, of putting him in contact with his guides, yet I'm reluctant to offer him something which he may find unsatisfactory later on, as he himself has expressed a feeling of dependence upon the guides in the same way that he has expressed dependence upon what the channel told him to do. In other words, the request for guides is also a request to give up discrimination and do whatever he feels the guides direct.

Consequently, I find the ethical question to be, "Should I do this?" knowing that it's very possible that this perfectly good technique for seeking the deeper opinions of the deeper self—knowing that he may well put himself in bondage to what he considers the guides have to say. If you can't comment on that specific question, you're welcome to comment in general on how to be of service to people that want guides.

I am Q'uo, and with this very concern for most mystery in our thinking, we wish to offer that which enhances your own ability to exercise your free will in order that your steps be taken in full responsibility, and the benefit from such journeying

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might then truly accrue to your total beingness. That which you offer another is offered most efficiently when given with a whole heart and in the joy of serving another portion of the Creator in a manner which rings of truth to your own sensibilities. Thus, we would not wish to speak in a definitive manner so that a rule, shall we say, would be laid out which would be seen as being inflexible.

However, we again turn your query back upon your own ability to discriminate, for much you have offered in the query which may be placed within its answer. This, my sister, is our way of suggesting that you know that which is most appropriate as a means for your sharing. And that choice may not be fully clear to your conscious mind, but may be discovered by further searching within. We do not wish to seem to ignore that which you ask, but wish instead to reaffirm your own ability to respond to your query in the fashion which is most appropriate for you.

May we speak in any further fashion, my sister?

Carla: Yes, Q'uo, just one more question. Jim and I have been increasingly pleased with your contact and find it to be a clear one, and perhaps one which we should be taking with a more careful point of view, and had conceived the idea of either having additional sessions to Sunday, or simply on Sunday evenings, pursuing a line of questioning from one Sunday to the next, or if we wanted to leave Sunday spontaneous so that whoever came in could affect the meeting and have that meeting be more for them. Do you have any comments on our thoughts about setting up a continuing group where we ask carefully thought-out lines of questioning which extend over more than just one session at a time. Is this something that you would see as an additional service? Is this something that is compatible with your desire to serve?

I am Q'uo, and we are happy to serve in whatever manner we are asked that does not infringe upon another's free will.

May we speak in any further fashion, my sister?

Carla: No, thank you, that's all.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we thank each for allowing us to speak that which is our opinion and the fruits of our own seeking. We again remind each that we wish not to influence overly much with our humble offering, and we hope that we have been of some small service this evening. At this time we find that we have offered that which has been asked, and in the comfort and joy of this knowledge, we shall take our leave of this group, rejoicing in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation
September 10, 1987

(Carla channeling)

I am Hatonn. I greet each of you in love and light. It has been interesting to note the progress of the group operation, which so rapidly moved from the busy matters of the day when light was visualized. We appreciate the degree of focus and concentration which each brings to the persistent seeking with faith, trust and truth.

We would tell the one known as D the basics of our nature. We are those of the density of love, and as a planetary group offer our contact to those which may have some use for it.

This evening it is our desire to work with the basic visualization in the inner self by which the vocal channeling is transmitted. In order to offer a disciplined experience of this, we would like to tell a story in round-robin fashion, speaking only a short while through each instrument and continuing 'round and 'round until the story is done. This is excellent practice for the channel as the story is not long *(inaudible)* yet in the end it will be seen to have flown easily in meaning and texture.

We would speak of a young teacher—a teacher who wished greatly to offer his services to the children whom the loved. We shall call this young man "Jamie." Jamie enjoyed children of all ages, yet he found no employment as a teacher for he did not have the background and education which the authorities of school districts demand. Jamie had been very ill throughout childhood and had never been able to attend classes, nor to receive degrees. Jamie could not move about with great ease. In fact, for all but four hours of each day, this entity was told that he must rest quietly.

We would now transfer to the one known as Jim. I am Hatonn.

(Jim channeling)

And thus under these conditions Jamie found it necessary to begin a process of educating himself so that he might obtain the kind of knowledge that he so treasured in the acquiring and in the passing on to others. His process of educating himself was one in which he partook not only of that which was offered through books—of which he had many; he was eager to seek more—but also through the conversations with those more learned than he. And in this manner, [he] began to gather about him resources which fed his desire to know and which illumined those portions of his mind which were awaiting the investigation of his eager curiosity. It was also in this manner that he first began to impart his knowledge to others who were drawn to him by the same eagerness, desire and curiosity which drew knowledge to him. Many of those were younger than Jamie and came, both upon a regular and an irregular basis, to Jamie's home where he was able to

set aside the short period of each day for the more formal portions of his teaching to others.

We shall transfer now to the one known as D.

(D channeling)

As Jamie stood before those who had gathered around him one evening, he was asked …

(Carla channeling)

Miss Judy asked Jamie, "What is the purpose of life?" Jamie said, "That is an interesting question, although it has little to do with that which we were discussing." Said the student, "I have watched you, you are so greatly *(inaudible)* with literature and art, music and poetry, and I find all these things fascinating. Yet they do not raise questions which puzzle me as much as this one."

Jamie lay down his books which he had spent so long studying and attempted to reflect on the purpose of life. "Perhaps life is a struggle," he said, speaking to himself. How much he struggled through his hours of rest, chafing with impatience until he could once again rise up and be with people out-of-doors.

We shall now transfer to the one known as Jim. I am Hatonn.

(Jim channeling)

Jamie pondered long upon this question for it was one which he had considered frequently before and the answer, as before, was that which was slow in coming, for he could see many possibilities. There were considerations of service, of struggle, of adventurous moving into the unknown, of completing a larger plan of mysterious and unknown nature, and perhaps even the possibility of random chance moving places and people and ideas.

However, to the student who first queried him on this topic, Jamie could only reply that the wonder of it all was far greater than his ability to express in words what little he was able to glean [in a] coherent manner which could even begin to show a basic or simple description of such an immense possibility. Thus, he continued to seek the knowledge of various portions of human study that had been pursued by others before him and to impart this knowledge to those with whom he shared the relationship of teacher and student.

We shall transfer at this time.

(D channeling)

Years went by as Jamie's studies continued in response on the subject of life, matured in the light of his own increasing experience and inspection. The students came and went, coming to know him as not only knowledge[able] but as kind, compassionate and patient—that is, wise—and in the eyes of more sensitive and [poetic].

Jamie came through these years of attention to him, questioning life—the meaning of life, and his meditations on the meaning of his own life. It seemed that his life had become *(inaudible)* as an answer to that question. He had lived through many years of enforced physical inactivity, transformed to deep meditation during which he had patterns of his own misfortunes and gifts to make sense of.

We will transfer now.

(Carla channeling)

It is generally *(inaudible)* in a service-filled life he pondered his struggle and his service *(inaudible)*. He was also self-critical, pondering why his limitation had been so great. He began to *(inaudible)* into that divine discomfort. An angel of light who spoke in clear vision [said], "Turn and look *(inaudible)* at the limitless number of hours you have had to seek deeply within." And so Jamie pondered. Again the angel came and asked, "What is the purpose of your life?" Jamie said, "I can guess; it is to be of service." "Perhaps that is a important part of it," said the angel, and left to let Jamie ponder again.

After many sleepless nights Jamie became aware of something *(inaudible)*, something that felt quite dangerous. His inward eye seemed to open and as he gazed about his darkened room, he saw the wild whirling of his bedclothes and a strenuous heaving of the *(inaudible)*. He saw the light whirling and swirling in infinitely various patterns *(inaudible)*. He saw his own skin leap and rejoice, for he had asked and had been given the vision of the purpose of life.

Again the angel came and saw Jamie. "Tell me now, what is the purpose?" And Jamie smiled, "The purpose is *joy!*" he said. "Joy in life and sharing." "That is good," said the angel, "but that is only half of the job."

We shall now transfer. I am Hatonn.

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(Jim channeling)

Again Jamie considered the question of the purpose of his life, for he had felt that the experience and joy and the liveness of the creation about him and within him and the service to others that he might render, comprised all that one might hope for as a purpose for any existence. And yet the angel had left him to ponder what further purpose there might be in not only experiencing and sharing joy but also pursuing that which was beyond joy and service to others.

This caused some discomfort within the very soul of Jamie for the joy that he had known in that brief but powerful vision seemed, in itself, far more than he could comprehend. And to look for that which was beyond such joy seemed a task far too great for him to hope to complete. Long and often did he consider further purpose within his own life, wherein again passed many sleepless nights.

And after yet another sleepless night, and just before the dawn was about to break upon another busy day—for he had continued his studies and teaching—the angel appeared once again to ask if Jamie had discovered further purpose to his life. And Jamie replied that he had thought of every possibility but could only return to his confusion and that which he had already discovered by his experience. And the angel said to Jamie, "That is a good beginning, for within such confusion and desire you will begin to find a greater expression, purpose. Continue to look within your confusion, and within your desire, and you shall find a nourishment there. And that shall reveal to you what now is hidden."

Now we shall transfer.

(D channeling)

Jamie's nights continued to be restless. He pondered the worth of his own efforts to fulfill the meaning of life, and he thought his efforts to understand that and gain a suitable understanding of the depth which men shall not seem to attempt *(inaudible)*. He saw his life as his best effort to fulfill his concepts and service, struggle and joy. But he enjoyed each step of his realization. Then, too, the path of his insights, though valid and rightly guided, were incomplete. He began to wonder if he could ever come to a true understanding in his life of its meaning. At this point he began to wonder if, in the truest sense, life had meaning. What could ever be summed up or put in human words?

He looked back at his life as a continual process, continual progress along a path that is soul-searching and self-knowing, and felt again the joy that the search had brought him. He thought back to his early manhood when he first had been directed along this search by a questioning student and he realized his own gratitude to himself for not having attempted then and there to answer that question or fail to recognize its depth. A search for the answer to that question had shaped his life and contributed much, he realized then, to its meaning.

After all that, for all those years of attention, concentration and meditation on this question, he knew that it had not brought him even now the complete answer. He knew that the meaning of life was even more than the search for its meaning and the discovery of its meaning in real terms than he could ever explain to another. He realized that with the asking of that question his life had been set on a course of *(inaudible)* nor did he wish it to. He knew at this point he had only once seen an infinitely long path. For a while the same joys and frustrations, his troubles and dead-ends that he had dealt with for years *(inaudible)*.

We will transfer now to the one known as Carla.

(Carla channeling)

He drew near he was *(inaudible)* at the end of his life except the mystery of *(inaudible)*, his trouble and his joy. Speaking out loud in great emotion, Jamie prayed for the first time in his long life. "Oh, God up there, if there is a God, I do not understand the purpose of this life or the capacity for all things, as in my vision, to be joyful." Suddenly he felt an immense peace and feeling of connection betwixt himself and the mystery he had acknowledged. In that peace he gave up the struggle and saw only *(inaudible)* that is love of beauty and saw only the mystery.

"Well," he said, out loud to no one seen, "I do not understand but I feel You listened to me and I know now that I should listen more carefully to You". Suddenly he saw the many, many hours of enforced idleness as being a great adventure and he saw his struggle disappear.

We pray—we who used to aid in the ways of love—that each seeker may seek the peace in the struggle

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and the mystery in joyful service. We pray that the listening heart may come to know that it is not a common purpose of life's beginnings that the creation grows in rejoicing, but rather it is the deepest consciousness of spiritual beings. May each dare to plunge deeper and deeper into our love which is the source of itself. We pray that each may sink like a star into the peace of the deep part wherein those depths are standard.

We thank this group for its desire to improve in the practice of vocal channeling. We know that much is upon the mind which may attempt to distract each from the chosen service and we appreciate that discipline which is the product of the holding discomfort and impatience which *(inaudible)* to move along the path of serial realizations, never continue to rest upon the laurels.

We would at this time transfer to the one known as Jim.

(Jim channeling)

I am Hatonn, and at this time we would offer ourselves in the capacity of attempting to speak to any queries which those present may have for us. May we begin with a query?

(Transcript ends.) ♣

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Sunday Meditation
September 13, 1987

Group question: Concerns the concept of Christianity and the usual concept that people hold, at least the common one, that if you simply believe in the name of Jesus that you will be saved, without having to do or live a certain kind of life that might be exemplified by the eleventh commandment, "Love one another." Is it possible to get information that would resolve between "living the life" versus "simply believing"?

Also, as an aside to that, regarding the representations of the various religions and their various prophets—Mohammed, Jesus, Confucius, Lao Tsu and so forth, is each religion and master approximately the same? Each for a certain group of people?

(Carla channeling)

I am Q'uo. May I greet you in the love and the light of the one infinite Creator. We thank you, as always, for the great opportunity of joining in your meditation and sharing your energy. We thank this instrument for seeking to be of service and we thank each listening ear, for without you our service could not be offered. Indeed, we thank all upon your beautiful planet who, despite so much evidence to the contrary within the illusion which you call life, persist in believing that there is a truth somewhere beyond all the paradoxes which confound science and philosophy alike.

We, too, seek the truth by faith alone and not by word or concept. Yet it is with the clumsy tools of words and thoughts that we must address each question that you ask. We apologize for the inadequacy of language and the poverty of conceptualization, yet it has ever been so, that truth and inspiration, beauty and glory lie betwixt the words and the lines of sentences and paragraphs so that the inspiration is the product of far more than the sum of the words used to present it. And so may we join you in going forth to attempt to gaze at the truth within, the mystery which surrounds every question that has import in the seeker's life.

You wish to know how it is that the one known as Jesus the Christ could be the only son of God, as the Christians believe.

It is more than understandable that spiritual seekers would hope for a savior. However, the one known as Jesus the Christ saw himself as a shadow, a being whose every hope and true identity lay in the reflection of the Creator and Father that overshadowed him.

It has often been thrown in the faces of non-Christian people that Jesus' words, "I am the way, the truth and the life; no one comes to the Father except by me," make it virtually impossible to achieve eternity without being in turn overshadowed by the one known as Jesus the Christ.

It is interesting to note that in the tradition of Judaism, in which the master known as Jesus spent his childhood as a very good student, the most secret name of the Father was an unpronounced consonantal word meaning "I Am That I Am," or "I Am The One That Is." That great I Am is, indeed, the Father and all else. Consciousness is of the Father and the Father indwells all consciousness.

Thus, consciousness, that original undistorted Consciousness which is Love, is indeed the Way; it is indeed the Truth; it is indeed Life itself—and eternal Life at that.

I Am. I Am. This is the mantra, if you will, of creation. And it was intended by the one known as Jesus, not that he be seen over against the Father, but instead it was intended by the master known as Jesus that he be seen as a messenger, as a servant, as the shadow of the One who sent him.

"He who sees me, sees not me, but the Father, " he said. "I do nothing but that which is done by the Father," he said. And he said then too, "All these things you shall do, and greater also."

We realize that all these things are written down that we have quoted, that they have been there for scholars to see, for priests to teach, for your many years. Yet, because the concept of a channeled life is foreign to those who wish to preserve that which you call the ego, it has not been seen that the master known as Jesus was transparent and became, though human, a living channel through which could flow undistorted the powerful and perfecting love of the one infinite Creator.

You have asked how it can be that one human, no matter how divine, could die for the sins of the whole world, and have wondered whether it can be true that there is no need to live the life of discipline, but only to believe in the sacrifice of Jesus the Christ, made for all humanity.

My friends, we are picking and choosing our words here, for this instrument has refused three times the beginnings of paragraphs. We find this somewhat amusing, yet we realize also that you cannot listen to us for hours at a time. We shall therefore attempt to speak to this enormous subject with a terseness which does not usually characterize our presentation. If there are questions after we have spoken, we trust that you may continue until you are satisfied, if not at this session, then at another.

The master known as Jesus was a man, living a channeled or inspired and very impersonal life, yet containing and expressing emotion and affection. The master known as Jesus saw a pattern emerge during the short time of his actual ministry. It was the pattern of a warlike people, his own people, the Jews, who wished to become again a great kingdom as it had been at one time. It was felt by this teacher that as had his friend John the Baptist gone, so would he.

He wished for his people a realization. He wished them to realize and truly know that their identity, their nationhood, and their kingdom was eternity itself. He wished them to lay down those weapons which make kingdoms of Earth and pick up instead those tools of peace and love which might create the growing and life-giving knowledge of a greater life, a greater kingdom than this Earthly one. Thirdly, this entity wished by his death to be remembered as one who intended to die of love for those who killed him.

He wished to be remembered as one who loved. He wished to be a symbol of that greater kingdom which was the true kingdom of his people and all people. His instructions about bread and wine were that these be taken in remembrance, that when this food was taken, it would be food not of this Earth, not filling the hunger of this illusory plane, but, rather, he hoped that it might be seen as the true manna which is infinite and which feeds an infinite hunger—the thirst for truth and right action.

Above all, he did not intend that any who wished to be a disciple rest back upon his laurels and think again and again in gratitude upon the savior while continuing a life which was uninformed by those principles which the one known as Jesus taught. Indeed, the master known as Jesus had a stark vision of the nature of this illusion you experience. He saw the type of consciousness which you share, with all of its distortions and limitations, as producing a situation in which martyrdom was the nature of the life experience. The brevity of life within the physical body was a melancholy fact to him. The master wished therefore to imbue the suffering, the martyrdom of brief lives with a deep and abiding sense of the value and worth of the sacrifice of living a life.

His instructions to his disciples included these words, "If you wish to follow me, take up your cross

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and follow." This entity also said, "Be ye whole or perfect as the Father is whole or perfect." The discipleship hoped for, that is, the discipleship which Jesus the Christ hoped to inspire, was a discipleship of sacrifice, the sacrifice of attachment to treasure, the sacrifice of the overwhelming attachment which most entities feel to doubt, despair, darkness of mind and disconsolation.

This entity believed wholeheartedly with every fiber of its being that the kingdom which he called Heaven was within and all about all of us. He saw the kingdom of Heaven in seeds, in fields, in the leaven of a loaf and in the heart of any human being. He hoped by rising again to give hope to those whom he knew and loved. He hoped that those whom he had left behind would share the excitement of eternity. Many others have seen souls who have left the Earth world, have spoken to them, have touched them, and have known that life is, indeed, an infinite process. The one known as Jesus the Christ also wished to leave this remembrance behind—and this he did.

You ask whether the one known as Jesus, the one known as Mohammed, the one known as the Buddha, and the one known as Lao Tsu had approximately equal roles in inspiring the peoples among whom they lived. Insofar as each entity lived a life overshadowed completely by the Father, this is to some extent correct.

It is our bias that the life of the one known as Jesus the Christ is perhaps the most artistic realization of the nature of undistorted love indwelling in the third-density illusion. It is felt by us that the teachings of the ones known as the Buddha [Siddhartha] and Lao Tsu were those teachings which might well appeal more to those entities who are attempting to learn the lessons of wisdom. It has always been the nature of consciousness that it is eager, as eager as a horse at the beginning of a race, as eager as a lover at the onset of a tryst, for more knowledge and more experience of the one infinite Creator. The wisdom teachings are most eloquent, yet there is the lack of communication caused by the one known as Siddhartha's lack of desire to communicate faith and love to those which are to a great extent still unawakened to wisdom.

The third density is the density wherein one attempts to learn the lessons of love, therefore it is our feeling, which is only an opinion, that the wisdom teachings are perhaps not as generally useful to awakening souls, but rather are helpful at a point at which the heart has been opened to compassion, for wisdom without the grounding of compassion can be a cold and indifferent thing, and the Father of all things, though perhaps characterized as unbiased, is certainly not cold or indifferent, for the Creator dwells in all consciousness, and consciousness which is alive has a nature which is anything but indifferent, anything but cold, has a nature which grows and rejoices and spirals ever into a greater and greater sense of well-being and stability and infinite grace. The teachings of the one known as Mohammed we find as incomplete, shall we say, as those teachings of a similar nature within what is known as your Old Testament.

As a final note, and we hope we have not spoken at too great a length, may we urge each to disregard our discussion at any point which does not seem correct to each and to remember that the truth—and we do believe that there is a truth, though we do not know what it is—lies inside each one of you and each one of us and all that there is in an articulate, enormously simple configuration, so that that which one hears is accepted as true not because of authority from the outside, but because the heart and mind within say, "Yes, I remember. That is the truth." There is an inner wisdom, an inner compassion, an inner spark of love and light that is not like the Creator, it is not from the Creator—it *is* the Creator, so that the Father is in all things and all things are in the Father.

May we say that this instrument is somewhat chauvinistic, and we do apologize, for we do not mean to infer that in our opinion the Creator has gender, for it does not have polarity but is therefore Father and Mother, Creator and Nurturer. That Creator which you will know most within your life, you may perhaps gain from studies of inspired lives such as the master known as Jesus, that when you experience the love that that master encouraged each to seek, that love is experienced as nurturing, supporting, enabling and inflaming the life, the words, the heart, and the mind of each seeker. The one known as Jesus hoped to encourage each soul upon the journey home. May you love each other and encourage each other in the path towards that home—that is what the one known as Jesus would hope for.

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We leave this instrument now and transfer to the one known as Jim. We leave this instrument in love and light. We are known to you as Q'uo.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We are privileged at this time to offer ourselves in the attempt to speak to those queries which may yet remain upon the minds. Again, we remind each that we offer that which is the fruit of our own seeking and if it does not have that taste of truth to your own way of experience, then we ask that you disregard that which is not fitting. May we speak to a query at this time?

Carla: I was surprised that you rated the various world leaders of religions. It would seem that by inference you were saying that Jesus was a better leader or a more articulate leader than the others, and yet two thirds of the world's people, I believe it is, are either Shinto, Taoist or Buddhist, and doing just fine. Could you comment?

I am Q'uo, and as we spoke concerning the nature of the teachings of those great masters which have walked upon your planet, we spoke concerning the essence of that message which each offered. Each was well aware that there were those to whom the messages would ring with a tone of clarity and those to whom their messages would not resound in such harmony, for there are many upon your planet who are from origins quite different each from the other. Yours is a population which is quite divergent in both the source or origin and the nature of the path which each group travels as the third density is utilized as a class, shall we say, that studies a certain expression of consciousness.

This illusion in which you find yourselves is one in which the lessons of love and compassion are those which are of paramount importance, for they are the very fabric of your learning and your experience. However, there are many who have needs that move into realms of what may be called light or wisdom, and it is to these entities that many masters and teachers have offered their inspiration and guidance and example. We have the bias, as we mentioned, towards the teachings of the one known as Jesus, for in our estimation these are the most simplified and clarified that have been presented to the general population of your planet.

The simplicity and clarity are quite effective and necessary, in our opinion, characteristics in aiding a population which is, if we may again enter our opinion, confused, and in the degree of need as we find your population in general is, therefore we remain in the opinion that this body of teaching that has remained from the teacher known as Jesus the Christ is that which is most easily apprehended by a population which has difficulty in apprehending truths that transcend the material illusion.

May we speak further, my sister?

Carla: Well I just have so many questions. By associating the Old Testament and the Koran teachings together, you sparked something in my mind that is from earlier research which suggested that the Jewish people were a genetically improved brand of the species that was tinkered with by an entity called Jehovah, to make them more wise, more intelligent, more physically able and so forth, so that they would be better able to seek the truth.

The teachings of Mohammed—it happens to be the same area of the world exactly, it's the same people, just different tribes, basically—I was wondering if these two teachings shared what I might call a Jehovahist influence? In other words, was Mohammed also the prophet of the One God who was being relayed through the distortions of the one known as Jehovah?

I am Q'uo, and we may suggest in this regard that the similarity between these two great teachings is due primarily to the fact that each culture was in the time of its flourishing existing under conditions which were somewhat hostile in regards not only to the other cultures which surrounded them, but in regards to the very physical environment in which they sought to make their homes and to grow as cultures.

Thus, the, as you may call it, racial perspective was such that the struggle for growth and survival was viewed as one which was difficult, even harsh, and at times foreboding. Therefore, the call for illumination and inspiration which these cultures sent forth by their very being was answered in a manner which presented to these people information and inspiration which was seen or filtered in such a manner that the information was filled with injunctions and conditions that required a physical and mental and even spiritual struggle to be

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undertaken with some degree of that which you would call fear to motivate the effort.

Thus, the information which came to these entities in response to their call was colored, shall we say, by their response to their experience as a culture.

May we speak further, my sister?

Carla: I'll leave that one alone and read it. I didn't really get what I wanted out of the answer, but on the other hand, I didn't understand it fully. I'm only going to permit myself one more question, and if the answer would be considerably long—I suppose that would be over five minutes—I would request that you simply say so, and I'll save this question for another session.

I listened to my own channeling as best I could. Matter of fact I almost lost the channel a couple of times because I was very interested in what was being said, and I didn't feel, I didn't catch it if you did it, when you addressed the question of, "Is Jesus the only Son of God?" I wonder if you could comment on this, or if you wish to make this a separate session?

I am Q'uo, and we spent but little time upon this subject, for, indeed, it is one which covers a great amount of territory, as you may say. We attempted to give a small amount of information in this regard when we gave information concerning the one known as Jesus being overshadowed by the Father in respect to the manifestation of love which this entity saw as being the Father, and when this entity spoke unto its disciples saying that if they would follow this entity that they then should take up their cross and follow, and that they, the disciples, would do greater things as well, as would all who followed the one known as Jesus in this manner.

Thus, this entity was presenting a model or pattern by which any other entity might attain to the similar state of consciousness, that of being overshadowed by the love of the Father. We would welcome the opportunity to utilize a further session in order that more attention might be given to this interesting topic.

May we speak further, my sister?

Carla: "Firmly," she said, "just one more." I think I know the answer to this already, but it doesn't hurt to ask. L/L Research was thinking of either on Sunday nights working with previously drawn-up questions so that we might do more impeccable research, or having a series of closed sessions with certain people repeating each time. Would you be able to comment in any way on the good points and bad points of more carefully controlling the questions, and also whether you feel that you would be interested in working with us in this manner?

I am Q'uo, and we are honored to serve in any manner in which we are asked. As long as we might avoid the infringement of free will, we honor each request for inspiration and information, and we do not wish to put any limits upon the manner in which we offer ourselves in this regard. Therefore, we are at your service, as we see you are aware.

May we speak further, my sister?

Carla: No, that is indeed all. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and at this time we find that we have completed those queries which have been so generously offered to us. We thank each once again for allowing our presence. We are overjoyed at each opportunity to join your group, and we look forward to those times in your future when we shall again be offered the opportunity to do so.

At this time we shall take our leave of this instrument and this group, as always leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

(Carla channeling)

I am Nona, and I greet you in the love and in the light of the infinite One. We feel the desire for the healing tones that are our service to you, and we come through this instrument. We have trouble speaking the words, so we will let our sounds be our language. We leave you in love and in light. We are Nona.

(Carla channels a healing melody from Nona.) ♣

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Intensive Meditation

September 17, 1987

(Carla channeling)

I am Latwii. I greet you in the love and the light of the one infinite Creator. We teach first this instrument and then turn to the main teaching. This instrument became concerned because no one wished to speak through her. "Who comes in the name of Christ?" she said. And Q'uo answered. "Do you wish me to speak now?" she said. "No," said Q'uo. This was repeated with our own vibration and with that of Hatonn. We wish to say to the instrument known as Carla that silence is often an effective form of communication. We spent some time attempting to originate a contact through the one known as Jim. However, we found that this was not possible, so we begin.

We begin by thanking each of you for the great privilege of allowing us to work, especially with the new channel, but, indeed, with each in this room.

We wish to speak about that which is so often removed from the point of view of spiritual seekers, and that is the sense of humor, the sense of proportion, and the light touch. It would seem that when a seeker tackles the great questions of truth and life and being, every effort must be focused and there is no time for frivolity. Yet, the greatest lessons are those learned by balanced souls, and usually the balance [of] an incarnated soul is the product of a generous sprinkling of the small vices, excesses and overages of your Earth *(inaudible)*. This makes each seeker aware of its own imperfection, and allows the seeker to see the cosmic humor of living in physical vehicles made of clay. We would translate—we correct this instrument—we would transfer this contact to another instrument. We are Latwii.

(Jim channeling)

I am Latwii, and we shall continue. The great attention that is of necessity, it would seem, directed toward the maintenance of the physical vehicle is that which seems to take a disproportionate amount of one's time, and the efforts planning for the sustenance and comfort of the physical vehicle then becomes an activity of the mind as well. The mind is focused for a great portion of each day with those matters which concern the survival of the entity which seems to be made primarily of body and mind, and these efforts are those primary expenditures of energy for each entity within your illusion.

There comes a time, however, when each entity begins to ponder, in those moments of rest and silence, just what more there might be within the daily round of activities and the overall plan of the life than the continual maintenance of survival and expenditures of these kinds of energy. It is then that the seeker becomes aware that there is that which is not material, and frequently does not carry a certain

name, and yet forms a kind of yearning within to know more of the nature of the life, the nature of the creation in which the creature finds itself, and the source of all that occurs about one and within one.

And thus the yearning to know what is loosely called the Truth begins to inform the activity of the seeker, so that as it focuses upon the survival of the physical vehicle and the directing of the mental energies, it also has within a secret and safe portion of its being, the room for seeking greater truths and more nourishing perceptions of reality and the self.

We shall transfer at this time.

(Carla channeling)

I am Latwii, and I am with this instrument. We enjoy this communication very much, yet we find that the one known as D has constricted his channel because of the fear of misperceiving our words and speaking others. We encourage the new instrument to take the risk of misperception, for there is the difficulty of the rehearsal. It is distasteful, perhaps, to sight-read and to spend the long hours in moving slowly through passages. The concert at the end of that time seems far away, and the hours of practice do not seem to be so rewarding. Yet, when the concert finally comes, the student is ready.

In this analogy we mean to imply that the one known as D can make the mistaken notes, the errors in fingering, and all of the mistakes which would mar a perfect performance, for the entity is a student, only just begun upon a quite long course of study, a study in which learning takes place for many lifetimes, as quickly as the student acknowledges the need for further skill. Thus, we ask the instrument known as D to relax and allow thoughts to flow from within, questioning not once the tuning and challenging has been done, but merely accepting the gifts of the conceptual subconscious. We move through the conceptual subconscious, and our thoughts are indeed your thoughts; there is no perceptible difference in your or any instrument's ways of realizing experience.

We would again transfer to the one known as D, and wish this new instrument beginner's luck. We are Latwii.

(D channeling)

I am Latwii. The instrument has been somewhat intimidated by what it perceives as the quality of our initial teaching, and feared—and felt a lack of ability to bring through teachings of similar perceived quality. Such perfectionism is admirable in its own way, but serves at this point to erect an insurmountable barrier. This instrument can allow itself to be free of judgments and comparisons. We can help it to establish a new pattern of expectation based on spontaneity and eventually on confidence that what appears accurately reflects our message.

Let us talk to express an experience which is creating this confusion. When a concept is initially picked up, it is relatively easy for us to direct the working out of its expression. It is *(inaudible)* experienced as that caused by a break in the path, in the train of thought. But after completion of the expression of that concept, while the instrument probes its own mind, looking about in some confusion as to which direction to turn now, it is at this point that the rational mind has an opportunity to erect new blocks of doubt and analysis. These moments are as hurdles, which will become easier to clear with practice.

Doubts can originate at other times in this process, and the mind can indulge itself in an infinite regress of questioning.

(Carla channeling)

I am Latwii, and am again with this instrument. We are most grateful for the opportunity to exercise the new instrument, and may we say how satisfied we are at those concepts which we were able to transmit. They may well be helpful for the instrument, and indeed we hope so. Yet, more helpful than anything that we can say is that answering "amen" from that inner room within which holds all the knowledge and understanding of the Creation, that great storeroom which speaks not to the mind but to the heart, and resonates when the mind hears the heart's truth.

We shall not preach much more. We wish only to finish the thought we began with this evening, for we find that humor—and, my friends, we are made of humor—is not overly valued among your peoples, and we should encourage its value. Using the terminology which we find this instrument uses and which is also that taught to us by our teachers, we would gaze at the usage and helpfulness of humor, regardless of which energy center it resonates within.

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Humor which lays bare the awkwardness of the human body in sexual terms, the differences betwixt sexual beings and all of those things having to do with the sexual drive, are those images of red ray, which are painful for the mind/body/spirit complex to assimilate, especially during that part of your incarnation where you go through puberty.

There are strong needs for orange-ray humor, humor about relationships, humor about living intimately with people who are imperfect. Within your density, this ray may be considered a pressure-cooker with no vent, and humor is indeed a blessing.

We find you have your racial jokes, your ethnic jokes, your religious jokes, jokes at which what this entity would call civilized people do not actually wish to laugh, yet they do, and they must, because work in yellow ray has not yet been completed by the majority of your peoples, and these bits of humor are a marvelous safety valve, a marvelous way of sharing and thus defusing the poison of prejudice.

The humor of the heart chakra is perhaps the greatest blessing of all, for it sees the human comedy in balance, in all its foolishness and all its beauty.

The blue ray sense of humor is not shared by as many among your peoples as all the other forms. It is what this instrument would call the punning, the playing with words to make them dance and live and create new combinations of thought.

The humor of indigo ray is silent, explosive, peaceful and spontaneous, yet that humor is also a sardonic humor, a humor in balance, and most often a humor without words.

All of these portions of laughter and joy in its various distortions are healers, healers of the broken rhythms of imperfectly perceived lives. We say imperfectly perceived, yet we hope that you understand that in the end each perception is perfect. It is only that the seeker's path moves on, and habits of mind which limit the viewpoint often need to be shed, yet humor abides, and perfection abides, and in every change and combination of events still are you who you are, *(inaudible)*.

Do you not find this humorous that one can be imperfect and yet perfect? That one can be in a body of dust and clay, and yet live forever? What a marvelous maker are we who are the Creator. Rejoice in the endless humor of an infinite universe.

We would close through the one known as Jim. It has truly been a pleasure using this instrument, and we thank it. We are those known to you as Latwii, and we transfer now.

(Jim channeling)

I am Latwii, and before we extend our closing through this instrument, we would ask if our assessment of the evening has been correct and that there seem to be few queries. Before we leave, however, we would ask if there might be a query to which we could speak?

D: Well, I'm always able to provide questions. My real question is sort of a meta-question, a question about questions, and whether it's counterproductive to analyze my experience at this point or whether it could be productive and there are things to be learned by questioning and trying to understand intellectually. I know there are some phenomena that are better simply experienced, at least temporarily, and not impeded with questions. How do you see this process at this stage in relation to my usual attempts to understand things intellectually?

I am Latwii, and we are again with this instrument. We find that your demonstration of ability at this time is that of the neophyte, and is that which is progressing as best as one could hope for the beginning instrument. Each instrument will find a certain level of questioning and analyzing in regard to its own progress of aid. In your particular instance, you are aware that your tendency to intellectualize the process is that which can both be of aid and be of somewhat of a hindrance, for the remaining within the intellectual mind which needs the rational for each movement and the explanation for each result is that which can both block and hinder the transfer of thought from mind to mind when this process is not totally explainable in terms that may be understood.

Therefore, we cannot give you a clear indication of whether it would be in your best interests to question and question further. We must leave this decision in your capable hands, for you are at this time working with the knowledge that the questioning has two edges, shall we say. We are happy to speak to any concern which you may have, and we open ourselves to that possibility at this time.

D: Is there anything to be gained from specific feedback? I mean, I could ask you about almost

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every thought that entered my mind in the process of vocalizing—verbalizing the message. I mean, I would be capable of accepting that kind of feedback—whether this is coming through clearly or being overly colored by my own mind. Is there any value in that sort of questioning—in moderation, of course—or is that more likely to lead to impediments?

We feel that the questioning to this degree would be somewhat deleterious to your progress, for you are, as we stated before, progressing according to the general pattern of a new instrument, which is to say that in such a situation the percentage of thought transference from the contact through the instrument in ratio to the instrument's own thoughts that are fed into the transmission is usually weighted in favor of the instrument's providing thoughts which the contact will then attempt to turn, slowly but steadily, toward the theme or message that is being transmitted.

Therefore, in your contact with our vibration this evening, we found that the most efficient way of making our presence known and of transmitting our thoughts through your instrument was to activate some thoughts within your own conscious and subconscious minds that might be helpful in your understanding of the process of channeling, and also in partaking of this process by speaking those thoughts, which we then were able to infuse with a greater and greater portion of our desired contact.

Thus, it must be understood that in the initial stages, much of the new instrument's contact will be that which has been activated by the entity speaking through the instrument. That will then be blended and bent toward—shall we say—the information that awaits transfer.

May we speak further, my brother?

D: No. That was extremely clear. Thank you very much. No more questions.

Carla: None from me.

I am Latwii, and we see that we have convinced you that there are few queries this evening. We are also a transparent manipulator, but are very happy to be manipulated in turn, for we find that in your culture it is that turnabout is fair play, and we wish to be more than fair with each, for we are most happy to be able to speak our humble words through each instrument, and we hope that each this evening has found our assistance to be helpful.

We look forward to those times during which we may be able to join this group. We are old as a contact with this group, but have been little used of late, for there are others within the Confederation of Planets in Service to the One Infinite Creator who have found the ability and honor of speaking to and through this group to be that which is of greater necessity and efficacy than is our own desire to speak through this group. We cherish each moment shared with those within this circle of seekers, and at this time would bid each a fond adieu, and would leave each in the love and the light of the one infinite Creator. We are those of Latwii. Adonai, my friends. Adonai. ♣

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Sunday Meditation
September 20, 1987

Group question: Each of us has memories of childhood experiences with family and friends which have formed a part of our personality. Some are happy and helpful; others seem to be problems or hangups needing therapy. How much of such early childhood programming is designed to help us grow along a certain path? What kind may actually harm us? And is any by chance?

(Carla channeling)

I am Q'uo. I greet this circle in the love and in the light of the one infinite Creator, and express my deep gratitude at being invited into your midst. You are, for us, very special people and we bless and love each. We hope we may be of service by sharing some few thoughts about childhood [discipline], about that period in the young life of the incarnate soul when it is small and the world is large.

We would first, in order to have a reference point, gaze at the spirit which has not yet entered manifestation in incarnation. That spirit is an unique one, as are all individuals. It has the harvest of many lifetimes collected within its complex vibratory pattern, and because it is not within third-density manifestation, the spirit is aware of itself and its relationship to other entities and to the Creator of all things, for these relationships are as apparent as is light to the physical eye.

This entity in a discarnate state is, therefore, a solidified distortion of the one original Thought of the infinite Creator; that is, each unit of consciousness, each spirit, is a clear distortion of love, for indeed, love must be materially distorted as light to bring anything into manifestation at all. And once light has been distorted in such and such a manner and consciousness resides within, so shall consciousness work with and thus distort the one original Thought.

This discarnate spirit has an opinion arrived at after long and careful thought, and aid from those who help on what needs to be done, what needs to be changed, what needs to be reemphasized. In other words, what work needs to be done to rearrange the distortion of that one original Thought which is the essence of the self, in order that the self may be less distorted and thus may be a clearer channel for love itself.

Let us pause before we plunge into incarnation in our thoughts and gaze at the immensity of the creation and the infinite bits of consciousness which are distorting love, creating ever-anew ways of expressing the Creator, ways of expressing Love. Each bit of consciousness, at some point in its evolution, begins making its own choices about what it needs to learn next, and so you see the process taking place over an infinite span of time, whereby consciousness, having become distorted by coming

into manifestation, works with each distortion slowly, patiently and lovingly for the most part until, one step following another, that state of consciousness which is known to your peoples as the Kingdom of Heaven is again achieved by experience and grace.

When the spirit is born into incarnation, it has set up the larger patterns which it wishes to concentrate work upon during the incarnation. Most often these choices include the choice of parents and all that that implies, the choice of geographical location and condition of existence. Those who feel pangs of heavy sorrow for a starving child may surely do so to their own benefit, yet it must also be pointed out that it is very likely that this entity is doing valuable work in consciousness through the experiencing of this seemingly negative incarnation.

This entity who has been brought into manifestation has agreements with mother, with father, and with others within the incarnation, and each of these agreements will to some extent be realized depending upon the ability of this spirit to remember, and by intuition to trust those feelings of familiarity when the significant persons are met.

Now let us focus in upon this young entity whom we shall call John. John has chosen a father who must work very hard to make a living. This entity has powerful prejudices, formed because of the pressures under which he works, prejudices against race and against some religions. Agreement has also been made with his mother, a woman who clings to father and to son, a woman who controls by being in suffering of some kind, by being the victim of many pains, aches and ailments.

John then gains from his childhood the prejudices of the father and the guilt of the mother's son who could never completely please or satisfy. John is now an adult, and as he gazes back upon his childhood, he can see that among the many good things he gained from childhood, he still must count racial prejudice and instinctive guilt towards women as those influences which have hindered him in his expression of love.

Perhaps by now you may see the sense of what we say to you, and that is that those influences picked up during childhood, and of course later on also, cannot hurt from the outside in, though they can indeed hurt if they are taken up and used from the inside out. These same good things from childhood also cannot help, cannot be good things, if John himself does not as a mature entity originate these things from within himself.

The illusion which your world is is very efficient, is very believable, and can be very opaque, and it would be easy to blame John's problems upon mother's influence and father's influence, yet we say to you that the mother and the father exist, insofar as this question goes, only as quite distorted images within the creation, the metaphysical creation which John is in the process of building and revising within the inner universe of John's own mind and heart.

We are not saying that there is not what you would call an objective reality. The mystery which we all seek is indeed that absolute reality, and we affirm that we have the bias that it does exist. However, in terms of the growth of consciousness, each entity's actual perceived universe is totally subjective. The only entity which has ultimate control is the creator of that universe, the self. Thus, John's mother and John's father are just that—characters in a play which is all about John.

Each entity is utterly responsible for itself. The influences of early, late and middle childhood, all influences whatever, let us say, are designed as catalyst, chosen by the self before incarnation, and encountered while the mind dwells within an illusion which keeps the entire mind from knowing how the greater mind hoped that the lesser mind would react. However, you will find that you and those who helped you before your incarnation used a fairly heavy hand with the hints that point the seeking self to do the work along the lines that were intense before incarnation. Again and again throughout an incarnation, John will find, and you will find, that there is a return and again a return to a particular theme of learning about love and service, something that is difficult, something with which you grapple, and each time that you face it, you understand just a bit more, and you recognize the bones beneath the flesh of catalyst, so that you can say, "Aha, I know this anatomy. I have healed the break in these bones before." And thus, little by little, you work with that lesson which you have given yourself to learn, healing more and more the distortion that you have wished to heal, and turning more and more to a clearer, more lucid perception of the great thought of love, which is the life of all creation.

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You wish to know if any significant details of the life come to one by chance. There is an element of chance that cannot be denied, a rogue element, indeed, in every equation of manifestation and metaphysics. The rogue element is a part of consciousness itself, and, indeed, is that distortion without which manifestation would be impossible. We speak here of free will. It is possible that a headstrong entity might, indeed, push so very hard that a life pattern is seriously disturbed, and chance must buffet that individual until it has somehow found appropriate footing once again.

It is always dangerous to desire without understanding the responsibilities of that desire, for that which you desire, you shall get. This is nothing more than simple metaphysical arithmetic. If any entity finds itself lost, regardless of material status or position, then is the time not to push further, but to sit and allow the self to recollect the intended path. It is difficult, but not impossible to move significantly off of a life path. Once off the life path, there will be the need for an honest surrender to that will which was yours as you come into incarnation. This is not a surrender to an outside, impersonal and unfriendly Creator, but rather a surrender in trust to yourself and those helpers with whom you have worked.

We shall linger only to comment that the pain of dealing with the so-called hangups given one as a child causes within us a sorrow, a fellow feeling, for we remember the process through which you now go. As you think and look back upon your hangups and all of those things learned by the bumps and bruises of life in incarnation, remember that your incarnation is a miniature of a process through which all of creation must go, for the period of birth, existence and death is repeated again and again infinitely, from microbes to galaxies, and in the end all of creation shall move back into the limitless of infinite intelligence, and once more there will be that great pause wherein nothing is manifest and all consciousness dims.

We would like to move on at this time, and would transfer to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time it is our honor to offer ourselves in any further queries which those present may find the value in asking. Again we remind each that our words are but opinions and we do not wish overemphasis to be given them. Please take those which have value to you and leave those which do not. Is there a query at this time with which we may begin?

Carla: Well, it just seems to be that there is so much that is unpredictable about society, that chance must come into the equation more than just a little bit. Do you want to speak any further about chance and learning?

I am Q'uo, and when we spoke concerning the random element within any incarnation, we were suggesting that there are within each entity's incarnational pattern the general categories of types of experience and hoped-for responses to these experiences which the entity will find occurring in a pattern within the incarnation. This is not to say that each individual experience was seen beforehand, shall we say, and dutifully logged within the program for the upcoming incarnation. Rather it is to say that the entity which moves through the incarnation shall find various outer stimuli, we shall call them, presented at various times during the incarnation, and there is for each kind of stimulus an hoped-for response which will either balance an existing distortion or create a new bias in the consciousness of the seeker.

Thus, it is not the particular experience that is precisely planned, but is rather the potential for a certain response or attitude of response which is indeed planned in the sense that the predisposition for such response is carefully fitted into the incarnation. Thus, the pattern of an incarnation is not so much dependent for its success upon certain outer stimuli as it is upon the entity's response to the various stimuli that it finds within its incarnation. Thus, much which seems to be random is easily utilized by the predisposition to see general categories of stimuli in a certain fashion that is preincarnatively programmed.

May we speak further, my sister?

Carla: Yes. You spoke several times of helpers. I really couldn't get any other word than that—it was a difficult concept for my instrument to carry. I'd like you to try to clarify through Jim if you could. Who are the helpers? Is it one or more, or is it a euphemism for all impersonal principles beside the self?

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I am Q'uo, and am aware of your query, my sister. The term "helpers," or alternately the term "guides," and occasionally the term "teachers," are means by which a description may be given of entities of an unseen nature, unseen to your third-density eyes, which attempt to guide and in some instances protect the third density in whose service they have bound themselves by preincarnative choice, that is, the preincarnative choice of the entity living the incarnation.

Such helpers or guides may be of various origin, but are most usually for each third-density entity also of that planetary origin, and have for a certain period of what you may call time or experience chosen to remain in a discarnate form in order that they may serve another entity as that which you call the guide or helper and in some cases the teacher. This is a service which also teaches these entities, for all experience offers the opportunity to learn and to use that learning for the teaching of others as well as the self.

In most cases entities within the third-density illusion have the triad of helpers, one being of the male principle, another of the female principle and a third which may be seen as androgynous, in order that these elements within the third-density entity's nature may find a balanced expression.

Many third-density entities have through many lifetimes gathered within their auric field other helpers, shall we say, which are drawn to an entity according to the entity's unique nature of seeking in a particular fashion which is shared by others who, because of this shared quality, gather together at certain intervals of experience to serve one who has manifested this seeking in a third-density incarnation.

Each entity, of course, is always accompanied by a greater portion of the self which you find you call the higher self. For each third-density entity there is this greater part of the self which oversees each incarnation, and in most cases makes itself known more clearly during the experience between the incarnations when the previous incarnation is reviewed and the incarnation to follow is determined. Thus, each third-density entity has a great company of souls that surround it …

(Side one of tape ends.)

(Transcript ends.) ♣

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Sunday Meditation
September 26, 1987

Group question: Concerning the nature of the energies that are now pouring more into our reality and people's lives and how they're affecting people, causing more tension, stress, strain and confusion in relationships at home, at work, and so forth.

(Carla channeling)

I am Q'uo. Joyfully do I greet each of you in the love and in the light of the one infinite Creator. It is a great blessing for us to share with you the consolation of meditation and the precious and fruitful gift of silence together. We offer our greeting to each and our love, and especially do we welcome those known as C and J who are new to our acquaintance in this group. How grateful we are that you seek our humble opinion upon the question of what is occurring to cause so many entities upon your planet's sphere at this time a seemingly never-ending array of stress and difficulty.

Let us first gaze at a great pattern, a pattern of creation in which the Creator not only creates but continues to create in a certain rhythm, so that vast galactic cycles are begun and time begins to have sway. The cycles continue from galaxy to constellation to solar system to planet to individual, for you, just as each planet and star, are a part of the Creator and a part of every whit of energy that has begun and is continuing and shall begin in the future within the universe. You, then, holder of the name of creator and co-creator with the one original Creator bear within your frail physical bodies the seed of every rhythm and cycle within creation.

To bring the scale back down to the question, we ask you to gaze at the remarkable unique cosmic entity that has seeded itself within that physical shell that you wear. This physical shell is subject to the pressures and energies of many different cycles of creation. Thus, when we begin to speak about difficulties which are peculiar to your time and place upon this planet within this incarnation within this space and time nexus, we must talk about not one but several influences.

The greatest in scale of these influences is the pressure of creation to gain and persevere in movement. The restless free will, which is the cornerstone of all manifested creation, is of such a nature that it expresses itself within the third-density personality such as your own by gazing at whatever catalyst comes its way with an eye towards movement of some kind.

This restless free will is further influenced in a benign way by the nature of third-density existence. That nature may be expressed by one word: choice. This is that level of being within which each of you shall ultimately make your choice of paths toward the one infinite Creator. Each of you will choose now or eventually to serve the Creator by serving

others or to serve the Creator by serving the self. The almost ludicrous over-dramatization, which catalyst often seems to offer one, stems from the rather obvious and definitely dramatic choice which each entity must needs make. These influences would be the same for any third-density planetary environment.

This particular planet offers another rhythm or cycle which influences entities at this particular time. Much has been said about the coming of a new age of harmony, love and understanding. The so-called golden age has already had its birthing, and thus there are more and more entities upon your planetary sphere which are nascent fourth-density beings, incarnated in dual third-density and fourth-density bodies, those who have come as pioneers to attempt to express fourth-density understanding within the environment you now experience.

Thus, each of you may well feel the challenge and immediacy of making your choice, for time grows near when there shall no longer be incarnational opportunities in third density for your planet, for soon it shall be vibrating in fourth density.

Now let us bring the scale down as small and as infinite as each entity's heart and mind. The third density is a density wherein people are attempting to learn lessons connected not only with experiences with others, but also with groups of others. Thus, as each of you incarnates again and again, you come closer and closer to making the choice, and therefore you are more and more biased in your thinking.

This is also true of those who are tending toward a decision to seek the Creator by following the service-to-self path. When entities which wish to serve the Creator by serving the self achieve what you would call political power, they come to be effective instruments of the failed attempts to control others, which is termed warfare. Failed, we say, because power and freedom lie in a place which no one and no power can shake or remove. The greatest of altercations can end only in the freeing of the individual who has been brutalized through the gates of physical death.

Now we wish to address that level from which we feel, in our opinion, that so very much confusion and stress arise from. It is interesting for us to note that among your peoples, and by this we mean those which dwell within your culture which this instrument would call American or Western, great store is set upon information. We find that within what seems to us to be an eyeblink of time you have gained information potential from your telephone, your wireless radio, your television, your computer and all those systems which employ the gadgets which mankind has created as co-creators.

We ask you to ponder the implications of the explosion of information. Consider what a life experience would be like dwelling within an environment in which communication was exceedingly slow, in which demands could not possibly be met immediately because they could not be stated without climbing upon the back of one of your animals or riding in a carriage pulled by one of your animals or walking a small or large distance in order to do your business. That which was desired would be shaped, enjoyed, planned for, but without the anxiety for instant gratification. The television which offers instant events in word and picture also offers information concerning travel, cosmetics, aids to alleviate pain—in other words your advertising—bringing you the opportunity to desire many, many things and to expect those desires to be met very quickly.

This is the nature of your outer environment. It is one which is dictated by the will of a people who do not wish yet to awaken. By and large this people is not expected to move on to fourth density. Many, many upon your planet shall once again don the third density garment of body and move through another cycle upon another planet. There is all the time in the world, or shall we say, the creation. No single spirit is ever lost. There is always movement. In some entities it may be rather slow compared to those who, with a ready will and great desire, keep their minds and their hearts upon that choice of service to others.

When this question was first expressed, we believe the questioner spoke of relationships that failed, employment that failed, that it seemed that people had great difficulties, more so than in the past. Perhaps you may see that a goodly portion of this stress is based upon the raised expectations which have been brought before the eye of the seeking soul by all of the means of communication, by all of the information concerning that which is possible to achieve. Expectations are raised higher and higher, and free will insists that each expectation be followed to some conclusion.

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When we say to you that each of you designed your incarnation with a careful eye to placing before yourself certain obstacles and disappointments, we are perhaps telling you nothing new. However, to those who expect that all things shall be calm and peaceful at all times, we can only remind each that none of you came into incarnation to go on leave, or as this instrument would say, to take R and R. There is within you, remember, the Creator, much blurred, much distorted in expression, but true seed of that one great original Thought. Yes, my children, as you grow, as that seed within you sprouts and flourishes more and more, what you shall grow into is the Creator, nothing more, nothing less. This is your nature. But how to find, how to rediscover that lost wholeness which each of you instinctively knows is there?

Let us look, for instance, in answer to this question at a relationship which may have become muddied and confused. The purpose, spiritually speaking, of relationships is for each of the partners to express to the other partner as would a mirror the reflection of what that partner has given to you. When another communicates with you, especially in response to something you have said or done, that entity is serving as your teacher. It is to be hoped always that that entity will serve as a clear and honest teacher, giving you accurate information about what you are showing by what you say or do.

When an entity keeps reflecting to you again and again a less than positive, happy face, a less than peaceful tenor, then many who have not yet awakened to spiritual reality say that their relationship is no longer good, that their relationship has suffered, that they are not meant for each other—and this may be true, but not, not, my children, ever because there is a seeming disharmony between two mirrors reflecting each other. The great gift of this relationship, then, is its very disharmony as well as the harmony that is so easy to love and enjoy.

The trick of the mind which puts a seeking spirit back upon the spiritual track is to stop the process of reaction to seeming disharmony long enough to ask what the source is that created that reflection that seems so painful to you, and then to turn from disharmony by acknowledging that your partner's reflection must indeed be true at some level. This then clears the way for you and your partner—you and your mirror—to come together in mind and heart, and seek together the distortion that lies behind the disharmony. Each of you may help the self and the other merely by being honest and open and acknowledging each situation as being spiritually meaningful and worth the untangling.

At the back of every argument there lies a wonderful challenge. This is so too of difficulties within the workplace, and, indeed, of any difficulties whatever. If you within yourself have committed yourself to the wakeful vigil of conscious seeking, then perhaps you shall be more eager than some to mine every disagreement as if it were productive of gold—for indeed there is no situation, no challenge, no difficulty that is not filled with grace, the grace that is available to a heart which seeks in faith that there is a reason, perhaps a mysterious one, but one which tends toward your good. One may gaze then upon war, argumentation and conflict upon any level and see people like yourself who have not yet made their peace with the system by which entities within incarnation upon your planet gain in spiritual strength and compassion.

Each of you has a central general lesson which you have set for yourself. Each of you has gifts, gifts which are the product of incarnations and incarnations of development, which express themselves most usually in smiles and laughter and the ability to share joy and cheer with others. May each of you have that faith which it takes to deal with all the cycles which bring about stress, from the petty raised expectations of your television to the increased vibratory disharmonies which mark the end of a dualistic age, to that great slow heartbeat of creation which is the movement of the ceaseless free will of the one infinite Creator.

At this time we would leave this instrument and transfer this contact, with gratitude, to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our honor and privilege to open this gathering to any further queries which those present may find the value in the asking. We would again remind each that we give but that which is our opinion and fruit of seeking and wish each to take only those words offered that find meaning, forgetting those that do not. Is there a query at this time?

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Carla: Okay, I have a question. I read an opinion by a woman that was called only Peace Pilgrim, not too long ago, and she suggested that the reason that people didn't get along so well anymore, or they didn't get along for very long and kept splitting up, was that so many people were old souls and they had a bunch of different lessons to learn from different people, and that it shouldn't be held against anybody, that people should be encouraged to leave what people call bad marriages because that was just the natural rhythm of things. And that seemed like a very lovely answer, although it hasn't matched my experience. And from your answer it seemed like you were suggesting that you'd almost be glad if there were some conflict between you and your partner because that would mean that you're doing work. You don't mean to carry that to the extent of suggesting that you look for challenging situations, or do you?

I am Q'uo, and to speak to the latter portion of the query first, we would not suggest to any seeker that difficulty beyond that which normally arises in any life pattern be sought, for if one has the frame of mind of looking for that which is difficult, it might become the experience of such an entity that difficulty without resolution would become the pattern of the life experience. Rather we offer the suggestion that each incident …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there a further query, my sister?

Carla: Yes, just one more along the same line. You were talking about heightened expectations and what springs to my mind first, I guess, is romantic love. I've often read it—although I've seldom heard it said in my lifetime—that romantic love is a very foolish and immature thing, and that arranged marriages were the better way of mating because then the two partners understood the nature of their relationship and were not disheartened when difficult times came, since they were not expecting to be blissfully happy always. What do you think of romantic love?

I am Q'uo. The terms "romantic love" are a description of one aspect of the love and compassion which exists as a natural force between all portions of the creation. Each entity develops with its being an image or perception that corresponds to any or many aspects of love which are perceived by any who seek in this direction. The means of perceiving through the mental images of a culture and an individual experience distorts that which is seen and sought in a fashion which corresponds to that which has been learned and experienced. Each will adapt any learned image to the personal experience, and thus both offer the opportunity for the expansion of the point of view and the containment of the point of view within new and understandable boundaries.

The romantic aspect of love which is provided in your culture of instant communication is that which offers a kind of continual infatuation, that force which draws the naive male and female together as the iron filing to the magnet. This is a necessary portion of the mating process, for it offers the first feeling of pleasure and purpose that will begin the interaction that may ripen over time and experience into that learning which the entity has placed for itself before the incarnation. However, the expectation that this beginning attraction will continue untarnished and untested throughout the duration of the relationship is often most unrealistic and provides yet further catalyst for growth within the relationship.

May we respond further, my sister?

Carla: No. As a born romantic, I thank you for showing that it's a necessary and good part of things. I'm very satisfied with that. I appreciate that. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we feel that for this evening we have exhausted those queries which we take great pleasure in entertaining and responding to. We would at this time like to thank each for offering to us the opportunity to speak and to blend our vibrations with yours. It is a great honor to join such a company of seekers. We look forward to each such opportunity and at this time would take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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(Carla channeling)

I Yadda. I greet you in love and light of infinite One. We have to say we come in name of Christ again. Why not once Zoroaster? Huh? We wish that this instrument would stop being so provincial, but we come in name of Christ—of course.

So. We want to be a part of this team show, you know. We going to say a few words to you about this subject of the evening. We want to know why you people are so interested in one thing and do another? This puzzle us. Say you love the clothes. Why it not make you happy to go try on all your clothes? Why, you could spend hours that way. Hmm? Or, if you want to be peaceful, why you not be peaceful? You all the time talking and arguing as if that was what you wanted to do. The strife and confusion leave the one who does not want strife and confusion. So, drop away and forget what you have decided is not important, and then you will have a merry life, a merry life!

I Yadda. We want you to have a life of joy. We want for us to have a life of joy and we have one. Oh, we enjoy ourselves. Now you too, desire more clearly and visualize your peace and your love, and this love will be all around you. Be merry. We leave you in love and light of the infinite Creator. We are Yadda. Adonai. ♣

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Intensive Meditation

October 1, 1987

(Unknown channeling)

I am Hatonn, and I greet you in the love and light of the infinite Creator. We have spent some time dwelling in thought with each in the circle, conditioning each, making those contacts, those reference points within each of your feelings that would make it more comfortable for us to use each for instruments. We find that each has a great deal upon their mind, many concerns, and yet we find because of deeper truths which each is seeking, the difficulties of the day have caused undo confusion, and we find this to be most appropriate for those who are seekers upon the path. For there are many in the fad and fashion who speak of deeper truths, yet there are few whose devotion and faith in those deeper truths are such that the search itself creates its own peace. Each of you creates your own peace, each of you creates your own understanding. Each of you uncovers and recognized your own wisdom. Each of you, by being careful, have self-prepared that self for the overshadowing of the one great religion so that love and compassion flow through you.

We would speak on, and I would transfer this contact to the one known as Jim. We leave this instrument for now. We are the ones of Hatonn.

(Jim channeling)

I am Hatonn. We shall continue through this instrument. As you move in your daily round of activities, it is the design of each incarnation to partake more and more intimately and consciously of this love and compassion. However, the process is unique for each entity, and one cannot necessarily from any one experience extrapolate the degree of success, shall we say, of another's entity's expression and experience of love and compassion. Each entity has fashioned that which may be called a channel of his incarnation, and more than this, of its entire, what you may call, soul history which has then achieved as a result of many forages, shall we say, into the third-density of illusion which you now inhabit.

Thus, each incarnation is entered by a unique entity, lived by such and exited by the same. Thus, each seeker of truth is indeed a channel for the connection of each with the one great original Thought is near enough at hand that all further refinements of this one great Thought may be seen as the creation of a channel through which moves the great power of love and [which] forms through light a certain field or configuration of energy or love that becomes the soul experience which partakes of the incarnations.

Thus, the work we do this evening as you study the art of serving as a local channel is further and specific refining of this funneling, forming or channeling process which all creation joins with you in. The perfecting, the study of the vocal channel then

becomes the consciously chosen focus for the expression of various facets of this great creation which renews and creates itself again and again, moment by moment. Each entity steps into the stream of experience and is not only enriched by the living waters of love and light but by the interaction of its own field of experience, and enriches that which it touches by its own being.

At this time we shall transfer this contact to the one known as D. I am Hatonn.

(The group sings "Listen to My Heart.")

(Jim channeling

I am Hatonn, and I am again with this instrument. We are aware of the challenge which the one known as D and the one known as N [face], for we have spoken through experienced channels, and now wish to speak through inexperienced channels. We would like to express our deep appreciation for difficulty that this has as an illusion to the one known as D. We [would like] to assure this instrument that there is no competition betwixt those who receive our contact, for each has something unique and eternally special to offer.

When we move to inexperienced instruments we expect a large percentage of what we give to a more experienced [instrument] to be unavailable to that new instrument because that new instrument cuts off the train of thought by the question [of] the one the analysis is about. This is acceptable to us, and indeed acceptable were that to be all we were ever able to express, merely the most simple of thoughts, yet would we be extremely pleased, for, you see, it is our nature to be extremely simple. This is a sincere reflection upon our part of our understanding of the nature of creation. That is that the creation is extraordinarily simple, and being of one substance or energy or self or one intelligence.

We have to correct this instrument and an extremely simple message to offer that message were it to be offered nakedly, unclothed with poetry, for circular concept might still, if heeded, tune this planetary population in *(inaudible)* and kindly preparation. Congratulations, Mr. *(inaudible)*.

We would again move to the one known as D, with the request that the instrument simply repeat that which comes to him. We say this also to the one known as N, that is, refrain from the analysis, refrain from the hesitation, speak foolishly and promptly that which comes up through the subconscious into the mind when a contact has been made. Picture yourself as one working in an exercise knowing that one may become somewhat better through that exercise. That also one may continue becoming better through any conceivable number of such exercises.

The process of achieving clear reception telepathic vibration is an infinite one for those which dwell within the physical form. Even [as]the self that you are you do not express fully. How could you express a telepathic contact fully? Let this be the exercise, the work out, and the dedication at all times, this energy, this love, this hope, this service to the one infinite Creator.

Again we shall transfer to the one as D and thanks. I am Hatonn.

(D channeling)

I am Hatonn. We find that, as in the past, this instrument speaks most fluidly on the least analysis acknowledge that it states and progresses from that acknowledgment who uses that acknowledge as a truth process of origination. We are comfortable allowing the gratitude and encouragement when a new channel is able to find *(inaudible)*, to speak in the process of organization, this one hurdle overcomes with us which leads to the next, which is nothing more than permitting us to guide the speech which has been established. Thus, we ease him to a process expressing ourselves through a new channel in such a way that it is second guess and analysis is accepted in the first instance which is virtually avoided thereafter.

The growth and the process of the coming channel which is manifest in the setting aside all factional processes and question the analogy in spiritual growth within anyone who comes in closer contact with the inner planes. It is analogy. In fact this can be a time to one's attitude toward life and one can become more spiritual through the practice of channeling and learns to trust impulse and to trust nature of love. The fabric of life is only and is made to control the thought and speech during channeling is given up on one's analogy and the flow of totality of one's life as life offers his abilities as a channel and stops listening to others and practices.

Once again to the entire pattern of life …

(Side one of tape ends.)

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(D channeling)

We have begun to establish a surer contact with this instrument. And share its help this *(inaudible)* establish more easily emotionally in the future, and now we take our leave of this instrument and transfer to the one known as N. We are Hatonn.

(N channeling)

I am *(inaudible)*. I greet you with love *(inaudible)*. We feel most glad to be with this instrument and we feel that through contact with or loss of there is more acceptance to accept with us *(inaudible)*. We would like to answer this instrument's questions although we feel that to handle these transmissions with us each in transfer to a form *(inaudible)* instrument. We found also *(inaudible)* a feeling that although a person on this Earth is surrounded by nonproductive thoughts of others and a person can use that to return their own positive thinking not always a person will come to negative difference. We would like to leave this instrument and answer questions that are always a way of learning. We leave this instrument. We are those in Hatonn.

(Jim channeling)

Hi. I am Hatonn, and greet each again in love and light through this instrument. At this time we would open this meeting to those queries for those that are present might find the value in asking. Again, we might remind each that we give that which is our opinion and though we give it in joy we do not place great weight upon it, for we wish each to take that which has value to the personal journey and leave that which does not. Is there a query to which we may speak?

Questioner: Yes, Hatonn, I have a couple questions. Do you come to join with us to seek, help us in our search to become better people? Do you in turn, when you are with an entity, do you get anything out of our relationship? Do you learn from us?

I am Hatonn. Indeed, my sister, that which we learn is great though not often easy to express in your words for we see from a vantage point that you are not privy to at this time, for in the region which you inhabit you pursue those lessons that you have set for yourself. There are many veils and hindrances, shall we say, to clear seeing. It is as though you climb a great mountain that has many ridges and valleys, trees, streams and outcroppings of stone and earth that restrict the vision of the climber so that the summit of the great mountain is not seen. And the experiences through which it passes, the beliefs that it holds in its mind form for them the foliage, the trees, the outcropping, and the very structure of the mountain itself.

When we join in your meditations with you and become aware of those pieces of information for which you seek and for all we become aware of many different ways of perceiving the creation of unity and the means by which a unified creation may be utilized to pursue various lessons which seek to join that which seem separate within an entity's so balances once again can restore and the vision becomes clarified upon point after point and piece after piece of the great puzzle of your existence. We see and we learn how entities such as yourself can valiantly struggle when inner and outer circumstances become chaotic and frequently seem to present little else but challenges for *(inaudible)*.

We see, in short, how each entity may wander through what seems a metaphysical darkness and yet with delight and hope and faith and those qualities of compassion and mercy and love continue to search for greater light and greater love and greater experience amidst the darkness. We learn of courage, of endurance, of faith, of a variety of perceptions that provide endless possibility of learning, of growth and of service. Yes, my sister, we learn a great deal, far, far more than can be described through your words, and we hope that we may offer even a tiny fraction to you of that which we learn.

May we speak further, my sister?

Questioner: No, thank you, Hatonn.

I am Hatonn, and we thank you, my sister. Is there another query?

D: As usual, I'm interested in feedback. At about midpoint in my channeling tonight, about where the train of thought shifted, I felt a sort of expansive feeling in my mind. It was almost overwhelming in a subtle sort of way, if you can be overwhelmed. I wonder if you were aware of that process going on in my mind at that time and if it had to do with the direction between our energies? Can you shed any light on it at all?

I am Hatonn, and this subtle overwhelming, as you called it, is the product of two qualities which you were able to demonstrate in the reception of our contract. The first was the resolve on your part to

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begin the channeling process when it was offered for the second time with as little hesitation on your part as possible so that you could initiate a new process. The second feature of this contact upon your part was the ability to maintain the contact and continue receiving thoughts in a steady stream long enough to be able to feel a certain confidence and comfort with the contact.

This confidence, then, combined with your resolve to speak without analysis enabled our contact to mesh more firmly and completely with your own present vibratory being, thus revealing of expansiveness and facility was our contact becoming synchronized with your own receptiveness.

May we speak further, my brother?

D: Is—was this, in a sense—is this a sensation that I would expect to feel in general when a contact is established and confirmed in the future? Is this something I can accept as a kind of signal, this happening when we are coming together in a good way?

I am Hatonn, and this is probable, my brother. There may be new sensations that you as a new instrument may experience as further example and confirmation that the contact is progressing in a satisfactory manner.

May we speak further, my brother?

D: This was a sensation which was a natural outgrowth of our contact rather than a sensation used intentionally by you. Is that correct?

I am Hatonn, and that is correct, my brother. The experience we share with you during our contact is an unique one, which is both your nature and ours and the present moment that we share.

May we speak further?

D: No, thank you.

I am Hatonn, and we thank you, my brother. Is there another query?

(Pause)

I am Hatonn, and it appears as we have spoken to those concerns of the evening, we shall take this opportunity to thank each for allowing our presence. We feel there has been great progress made this evening and we would like to say to the one known as N that the regaining of their former facility in the channeling shall be possible with her perseverance and we commend her for it, again seeking this means of service and for offering herself as a vocal instrument. At this time we will take leave of this instrument and this group.

We are known to you as those of Hatonn. We leave each in the love and the light in the infinite Creator, my friends. ♣

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Sunday Meditation
October 4, 1987

Group question: Why is it so difficult to radiate in love and light to those nearest and dearest to us, our mates for example, rather than being as easy as to those we don't know as well?

(Carla channeling)

I am Latwii. I greet you in the love and in the light of one infinite Creator and in gratitude do those of us who call ourselves Latwii send blessings and love to each, yet most especially to the one known as B whom we have not sat with in this circle for some time. Please know that we travel, even to Nova Scotia, and are with the one known as B at her request. It is indeed a delight to be with this group. We have great delight in sharing your meditation and are even hopeful of taking a flyer at the question posed this evening. We hope you will pardon us our adjustments and non-meaningful comments as we adjust ourselves to this instrument whom we have not used for some of your time. We would tell jokes, except it would disturb this instrument's concentration; for our sober delivery we do apologize. We like to put a little more color in our meetings, but this instrument has grown sober minded of late, we fear. We feel we have good contact now.

You state that love and light seems far more easily given to any besides the immediate family, the mate, the loved ones. And you wonder why this is so and what can be done to bring the situation to balance. We would like to take a long look, a look from another vantage point, at this same situation in hopes that we may be of some service. As always, we could be wrong, for we are only pilgrims, as you. Therefore, we pray that you will use your discrimination to recognize what is true for you and pass the rest.

The entity which is in incarnation within third density upon your planet's surface at this time is an entity of a certain kind. This is an entity which is, within the heart, and the heart of hearts, one with the Creator and co-creator of the entire universe. Around this seed of love, love being the nature of deity, there grows a large amount of material, thoughts, biases, motives, opinions, understandings, experiences, mind, heart, emotions, the body and the demands of the body. And where the field of force of a unit of consciousness seemingly stops, there starts the vibrations of all else which are perceived by the incarnate being as those things which are other than the self and which in some way may need a reaction from the self. This is your incarnate situation.

Perhaps you have thought about why you are in incarnation at this particular time under these particular circumstances. When the circumstances are difficult, that concern, that query, that, "Why me? Why now? Why this?" becomes a threnody of

unspent tears, restrained grief, quiet sorrow. And it is all too easy to see things from within the body which is within the other and far, so very far, from the light whence all sense they have come and for which each pilgrim yearns.

Yet, let us examine this stance and see if we really think this is the situation. It is the opinion of Latwii that the situation is other. It is our understanding that the one infinite Creator and all those helping forces, which you call by name such as guardian angel, higher self, spirit guides, and teachers, have conspired with you in your heart of hearts, e'er incarnation ever began, gazing at the plan of the one infinite Creator for harmonizing all things, balancing all things, offering the maximum opportunity for service, for learning, for growth.

It is our understanding that out of this creative collaboration of the personal self, the impersonal self, and that great non-personal self, which is the Christed deity of love, have offered an incarnational plan which is without reference to what might have been or what should have been, the precise plan for maximizing the opportunities of the incarnation for learning, for growth, and for service. Thusly, when the question is asked, "Why this? Why now? Why me?" the question by itself, by its very nature, blocks the flow of the harmonious unfoldment of the self's plan which is the Creator's plan as it concerns your precious, much adored and eternal self.

With this said, it may be seen that, in our opinion, the correct question to ask in the circumstance of seeming disharmony is along the lines of a love letter to the self:

Dearly beloved, sweet confused Self," you should say to yourself. "It must be so that this circumstance is blessed, for there is nothing in all creation that is not blessed. Therefore, Creator/Creation, show me, speak to me, let me know where is the love, where the learning, and where the service in this situation which I know beyond all appearance to be good.

Signed, Your puzzled surface mind

Let us suggest that the surface self—by which we mean the entire conscious thinking self of which you are aware—is a hostage sent out into a seemingly chaotic sea of experiences which are grounded in the love and the light of the one infinite Creator. Upon your planet you have the trading of money and the buying of land and ownership seems to be reality. In truth, one has only to gaze upon your beautiful planet from the vantage point of orbit about it to see that it is the Creator's planet, every square inch. Your life also is not owned by you. You are rather a tenant, one who rents temporarily the honeyed spark of Earth life, the sharp sting of experience, for pleasure or for woe.

Now, how does a lease-holder operate when the landlord is seemingly absent? Often, because there is no ownership, the premises are not fixed up or repaired, the grounds are not beautified, and the rented place has the look of transience, not the look of loving care. Yet, what if that property were owned by your Father, who gives freely, loves dearly and asks only that as you rent the property, you love it, cherish it, beautify it, harmonize it, so that it welcomes all in comfort. Such is your choice in the living of the tenanted life in a temporary physical vehicle.

Know and remember that the circumstances that you have are the house of your experience at this time. Treasure your Father's house and know it to be good and bring it increase by planted seed which takes faith, in brightly covered pillows and cushions of thought and deed, to beautify even more the Creator's wonderful gift. Know that your stewardship of this life which you count from the first breath to the last of your physical body is the stewardship of a spark of infinite creation, a consciousness that is the consciousness of love itself, and honor that which you are.

Those who hear these words may perhaps also take comfort in the following thought, and that is that some of you have chosen not only to experience within the incarnation to learn to grow and to serve, but also to maintain the high places within the consciousness, the watchtowers of love, which beam forth as light sources to the planet upon which you now enjoy incarnation, to the entities upon it, to the Earth itself and to those energetic vibratory levels within the Earth's atmospheres which are in dire need of that great watch, faithfully held.

Those of you to whom these words express a recognizable duty and honor may know that whether you seem to be a businessman, a homemaker, a queen or a shepherd, there is that inner citadel, at the top of which is a watchtower, and the only lamp that is lit is the lamp lit by the deepest heart as it gazes in worship and adoration from light into light,

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knowing light, accepting light, blessing light and allowing the crystal of the heart of hearts to turn the self into the metaphysical lamp upon the hillside, the city upon the hill, not for the notice or understanding or thanks of mankind, but for the doing of it alone, for the keeping of the watch. In many cases this, the keeping of a faithful watch, is the primary mission or task set for the self before the incarnation.

There are many wanderers which will recognize themselves in these words, wanderers who have come to a confused and baffling plane and are saturated in the intricacies of incarnation, yet who still, again and again, in thought stray to the watchtower.

If it calls you, go, not only in meditation. Allow the watchtower to call you again and again, for moments, for minutes, hours, for the incarnation, until your desire to serve as conduit for light and love on the totally unspoken vibratory planes is satisfied.

One more thought as we leave you through this instrument. The entities which have come within the care of those who find these relationships difficult are entities that you may have chosen to learn from by suffering, coming to understand the expectations and attachments which lead to suffering and moving thence more and more towards a balancing of "the way of a man with a maid," as this instrument would quote.

It is rare, in these latter days of your cycle, that any two mated entities are together for the first time. Often the two are together, one to challenge the other and the other to challenge the first, for those things which are the most difficult within physical incarnation are indeed the expressing of a clear love energy to the entity closest to one. This has nothing to do in general as a principle with the relative pleasantness or unpleasantness of the personality with whom you are involved. It has to do rather with the dailiness of experience and that great tendency of the personal self to form attachments to the outcome of one's behavior. It is, if not easy, certainly easier to love the stranger, the acquaintance, or the friend whom one sees only socially, to share with that person all love and all light, than it is to express that full-fruited, open-hearted song of joy to one who has not fulfilled your expectations.

Now, my friends, we ask you to examine your human personalities. There is within them a strong instinct for justice, for rightness, for fairness, for absolute values. These desires, these hopes are excellent. The difficulty lies in attempting to apply them in service to self, for it is service to self to wish that others might behave toward you in a certain manner, might give you certain portions of the time, the money, the caring, the touching. How difficult it is to set one's mate completely free and to stand only and eternally as friend and partner within the life experience. How very difficult that challenge feels. We do not negate it for you and tell you it is a small thing. It is one of the greater lessons of third density to cease in the expectation of any outcome for any action which you may choose to do in your desire to be of service.

Think of yourself, then, as a spiritual being, as the Creator Itself, one which does not need others except so that it may be of service to the Creator by means of service to them. Experience the joy in a mated relationship of knowing that that entity which is your mate will mirror to you those very things about the self that are out of balance so that the self may work upon them. There is a harmony within the universe which is absolute. All that you experience and all that you see and all that of what you hear is a portion of an harmonious development of creation which in every fiber praises, expresses and manifests that great original Thought of love.

If you are weary, move in thought to the citadel which has windows to heaven, and gaze beyond the stars at the profound and tumultuous joy which is crystallized in every star, in every piece of the infinite creation, in every piece of consciousness, and know that you are in the process of shaping and faceting and crystallizing your own expression of the infinite Creator so that your consciousness more and more has a heartbeat of joy and peace. And if that joy and peace flees before the footstep of the dearly beloved mated, one with which one does not agree, acknowledge the disagreement, smile at the thought of remaining upon the surface, and move away from the here and now of illusion into the far deeper, timeless present of infinite love.

Five seconds within the citadel of that consciousness may indeed create that mind even upon the surface of things which may see the true harmony that is the plan of the infinite Creator, a plan which incorporates free will at every turn, a plan where the

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essential and unmovable lessons are there in emotional and mental structure awaiting the clothing of circumstance, so that if you face a circumstance and are not able to see love within it, you may rest secure and peaceful in the realization that that same circumstance shall come to you again and it shall be a time of testing. And each time, it matters not whether you win or lose the game of consciousness-raising; it matters greatly whether you purely, deeply, lovingly intend so to create love.

Those about you may not understand your point of view. It is not necessary …

(Side one of tape ends.)

(Carla channeling)

… it is not necessary that any understand you. Let it be your hope, rather, to gaze upon the situation with the faith and truth in the Creator's plan, in your own plan, and with firm intention to offer to the situation your love, your understanding, for you shall not receive love and you shall not receive understanding by seeking it, but only by attempting to give it.

We shall be with you in the citadel of the waiting, trusting, loving consciousness. We shall be with you, as part of you is in the citadel, and the other doing the ironing, the dishes, the blueprint, the lesson plan, the design, the painting or whatever occupies the life. Those who serve most effectively are quite simply those who remain persistently and doggedly and joyfully aware that there is rightness, appropriateness and wonderful opportunity in your situation right now.

You certainly do not know all about why the situation is helpful. This is far better learned in meditation, and may we say that we see meditation as a time of moving up into the citadel and then moving away from the window into the inner room, into the darkness, into the silence, into that which seems nothing, that you may trust and allow the silence and the darkness to teach you, to fill you, to repair you, to nurse, cherish and comfort you. Then you may in mind climb down the tower steps, step out onto your tenanted life experience, gaze at the troublesome mate, the difficult situation, with faith and love anew and know that you are an ambassador, an ambassador of love and light.

May each of you treat his or her mate as a friend, expecting nothing, offering all and knowing when that balanced all is sufficient, so that you do not become the martyr, but rather do all things in joy, without reference to any other, but acting as a sovereign, a king or queen of the great kingdom of your consciousness. Thus, you shall be a bad tenant no more, but rather exercise great stewardship in your days and nights, moving into whatever streets, whatever alleys, whatever situations your harmonious unfolding plan offers you, yet remaining more and more within the citadel where a portion of you keeps faithful watch for all of humankind.

If you knew the tears of joy that we feel as we gaze upon those who keep that lonely watch, lost to true knowledge of what they are doing, going only on faith and trust, you would perhaps feel comforted, for you are never alone in the citadel that gazes upon the Creator.

We have been most grateful to have used this instrument which is somewhat fatigued. We hope that we have not spoken overlong. We were attempting to be very brief and snappy but perhaps the question was too good for us to answer in any briefer way. We appreciate the great concern each of you has for the living of a love-filled life. We leave this instrument at this time and we transfer to the one known as Jim. I am Latwii.

(Jim channeling)

I am Latwii, and greet each again in love and light through this instrument. At this time we are honored to offer ourselves in the attempt to speak to any further queries which those present may offer to us. Again, we offer that which is our opinion, and wish it to be known that it is no more than that. Is there a query with which we may begin?

Questioner: My mother is very ill. I would like very much to be part of a healing. Can you shed some light on her illness?

I am Latwii, and that which we may share in this instance is perhaps far less than you had hoped, for we desire not to tread upon the life path of another to the degree that we may alter the steps taken in any fashion. But we find that there are some general qualities of this life experience which we may share.

The entity is one which has for a great portion of its incarnation given in a selfless manner to those that are close to it, and has felt the love in return for this service. That it would give in such a manner was a portion of the choices made previous to the

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incarnation, as each entity sets about the blueprint, shall we say, for the incarnation prior to its beginning. The difficulty which is now apparent within the physical incarnation is that which provides a symbolic representation of further ramifications and refinements of the balance to the giving, that is, in some degree and in some sense, to receive.

The exact nature of this process is that which must remain, from our paint of view, yet hidden, for the untangling of each knot of experience offers to those who work the puzzle a certain inspiration and strength of being and doing that is, shall we say, nutritious to the soul, however mistaken or ignored by the conscious mind. The overall movement in this physical difficulty is one which is toward the light of illuminating the life pattern in a sense which would not be possible without this experience.

May we speak further, my sister?

Questioner: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: I didn't really hear all of the foregoing because I was channeling it, but I didn't hear anything in the channeling which really gave me an instant handle on, say I'm a wife and I'm working very hard and my husband isn't making any money right now, and he comes home and he criticizes my housework. This is manifestly unfair because I'm totally overworked, but he does it anyway. How exactly do you stop yourself from reacting to the unfairness? What can you use to keep yourself from entering into a transaction at that point?

I am Latwii, and it is not that we suggest one block the normal and spontaneous response to any situation, for it is most necessary that each entity not only express that which, shall we say, bubbles forth in a spontaneous fashion from within the depths of the being as a response to any situation, but that there be an attempt made following such a response to remove the small conscious self from the world of mundane things and place the consciousness within that location we have termed the citadel, that the greater view might be taken of the experience just past. By such retreat, one may begin to appreciate a greater purpose within the life pattern for the transaction which has occurred and might take, then, this appreciation into further communication with the other self in the light of the greater view and with the dedication to love and the granting of perfect freedom to the other self, that the wounds that may have been created might now be healed.

It is not that difficulties should be avoided, but that they might be utilized as catalyst for further growth and service and inspiration to others.

May we speak further, my sister?

Carla: Yeah, I'm still not satisfied. I got a clear impression towards the end, there was a sentence something about treat your mate as a friend. Now what you do with a friend, we basically know, is you comfort them when they're discouraged or down and we pat them on the back when they're great and we hope for the best for them and like that. That's friendship. But when somebody's coming at you in a confrontational manner, it's hard to react to that person as a friend, because usually friends don't do that to you, at least not without good reason, you know, not that unjustifiably—although I admit that there are some friends … But I'm trying to figure out how you can do that, how you can make your spouse or your mate or your lover your friend, and really make that primary. I think that was what you were trying to say, wasn't it?

I am Latwii, and, indeed, my sister, this was a significant portion of that which we intended to convey, for if two spirits who have joined in the third-density illusion to learn and to serve in a certain fashion can begin to recall together within the illusion a greater and greater portion of the plan, shall we say, for the incarnations, then the difficulties that arise within the daily round of activities might at some point within their resolution be seen from the wider perspective of those mates of the soul who travel the same journey together and who, though convinced from time to time within the small moments of the life that such a thing must occur in this or that manner, realize more fully that each is there to serve the other and the one Creator in all and that the small, dedicated decisions that are used to pilot the daily round of activities might be released, and each might seek and praise the one Creator within the experiences that provide catalyst and growing difficulties for those who are unable to appreciate the opportunity within difficulty.

May we speak further, my sister?

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Carla: So, basically you're saying at some point the instinctive reaction will be, "Look at this person, this person is not in harmony with his plan, therefore he's run afoul of certain immutable laws and he's in trouble. I feel for this person, I'm sympathetic to this person, I want to console this person." This is the transformation that you're suggesting might come out of more time spent in the citadel. Is this correct?

I am Latwii. Not only is this correct, but there is the further implication that as one becomes more completely involved in the mutual attempt to utilize catalyst fully, that one will not only develop a compassion for the other, but one will begin to see the self within the other and will begin the more intensive work upon the self and the point of view that is bounded by the conscious beliefs that there might be work done upon the self in a fashion which alters the point of view to the extent that where others may see difficulty, one begins to see an opportunity to serve and to learn before any other feature of the situation is noticed.

May we speak further, my sister?

Carla: No, that really spoke to the heart of my query. Thank you.

I am Latwii, and we thank you once again, my sister. Is there another query?

Carla: If everybody's through, I'll just be frivolous, because I love to know. What color are you in these days? Are you still doing your scientific work?

I am Latwii, and we have shown this instrument a variety of colors, for we are experimenting, shall we say, with the blending of various subtle, what you could call, plum, with the apple green and tangerine, in order that the subtler energies that produce these vibratory oscillations that are perceived as colors might be available for study of their correlations within your planetary population, as it seeks to move from the individualized self that corresponds to the orange or tangerine and begins its movement into the all-compassionate love of the heart or green-ray energy center, and through further catalyst and processing of such begins the transformation that affects the Buddhic body or that which is of the violet ray. We study the color emanations, for within these vibrations there is contained much information of a nature that cannot be discerned by the outward eye. It is within our own citadel that we study in this manner.

May we speak further, my sister?

Carla: Those colors are the colors of Ariel, the west archangel. I was just wondering if this principle of earth and harvest and fullness is aiding you from the Earth plane in this study?

I am Latwii, and, indeed, it is the harvest, as you have called it, and the energies that are now a portion of this season upon your planetary sphere which we study intensively now in these realms of which we have spoken.

Carla: Yes, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

(Pause)

I am Latwii. We have enjoyed greatly, my friends, the opportunity to join your meditation. It has been a great portion of your time since we have had this great privilege. We rejoice at such opportunity to be with you and to step upon the same journey with you. At this time we hope that we have not worn out your ears. We are so happy to have had the chance to speak, we fear we may have gone a bit far. "Too many words," it may be said, but we hope that our joy at being with you has made this endurable for you. We shall take our leave at this time, thanking each again for inviting our presence, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation

October 9, 1987

(Carla channeling)

We are known to you as Hatonn, and we greet you in the love and the light of the infinite Creator. What a privilege it is to speak with you and to be called to your meditation. We greatly enjoy merging our vibrations with your own in the silent seeking *(inaudible)*.

We are pleased that these new instruments have been persistent in the practice of vocal channeling. The excellence which the more experienced channel may seem to have is only that excellence relative to the first beginnings. Indeed, the discipline of a life which involves the service of channeling is a rigorous one, not necessarily materially, but in the sense of the entity requiring of itself the discipline in constancy of attention and acceptance of the need to persist continually in moving in life experience ever closer to that personality which the instrument uses to stand before all external personalities which are unseen. We encourage you in the unending process of growing to know the self, appreciate the self, and discipline the self in appropriate ways to enhance the manifestation of the service which you have chosen. These words, indeed, apply not only to those who serve through channeling, but to all who seek to serve in whatever manner.

We are greatly encouraged to view so many new instruments developing well or poorly in so many portions of your Earth plane. May we say we appreciate those such as this instrument and the one known as Jim, who attempt to nurture entities which are in the process of learning the discipline of the self, the freeing of the spirit, and the art and gift of vocal channeling. Such companions upon the way are indeed most helpful to those attempting a new skill. We find the energy moving much better now. We indeed hope that these remarks have been helpful, but more than that we wish to improve the tuning of the group, for the energy is quite low for this group, and it is gaining more and more as you and we sit in meditation and approach that inner sanctum of the self, move through the inner door, and rest once again in the infinite darkness of inner space

We shall transfer at this time to the one known as D.

(D channeling)

I am Hatonn, and I greet you once again. We gave this instrument somewhat of a shock, hoping to take advantage of the mental state which would somewhat have enabled the sidestepping of the usual analytic tendencies. When the mind is drifting in a state which is known to you as hypnogogic, it is a relatively simple feat to direct the stream of thought. To use this state with facility might be thought of as the worthy initial goal or step along the path to vocal channeling. Becoming the passive observer of this

state has other practical advantages in the growth and development of sensitivity to inner processes. Unfortunately, like the electron which quantum physicists disturb by observing it, to make use of this state and to report on it as in the act of channeling, is disturbing to the state itself until sufficient practice enables one to attain a *(inaudible)* processes.

(Carla channeling)

I am Hatonn, and we move to this instrument and greet you again in the love and the light. To continue. It is indeed a challenge to the new instrument to remain tuned, open, and accepting of concept, yet discriminating in the choice of those thoughts' clothes which are words. Perhaps it may aid each instrument to consider that at each and every moment, an entity is making some use of the deeper level of consciousness. The powers of concentration lie not within the rational mind, but within the more instinctive, *(inaudible)* or intuitive mind, thus achieving a state of concentration which approaches sleep yet is awake and remaining there while using the other side of the mind to choose those daughters of thought with which you shall clothe our concept.

It is a frame of mind which has the pointed lesson within it, for is not all of manifestation within your illusion benefited and enriched by the most relaxed and most focused point of view, the very point of view which instruments attempt to attain? One great fallacy of channeling theory is that the message is apart and other from and than the message. Yet, we say to you, the channel, the message, and the creator of that link 'twixt teacher and student partake of one self, one mind, one heart. We move certainly from a point external to your incarnate self to find our place nestled as a part of your enlarged self. This involves the laying down of the barriers which keeps self from self. We cannot come without invitation. Once asked and once there, we are an extension of your self, and both of us are an extension of the Creator, a cooperative instrument to share helpful thoughts with those who may find them of use.

We ask that you begin more and more as entities and as instruments to trust the self, to relax within the self, so that there is within the heart a growing atmosphere of who the self really is. We ask you to feel good about yourselves. Simple words, but difficult in their application. As each uses the tools of meditation and contemplation, converse with those of like mind, and the communication of self with nature, each will find more and more that the state of mind which is conducive to the practice of vocal channeling is approached by the self in more and more life experience, which means that upon a personal level, the deep mind and all of the riches which it has to offer shall be in a position to be channeled from the self to the self, those deeper thoughts and intuitions coming forth into manifestation and greatly informing the process of ratiocination.

For most, this focused, peaceful, receptive state of mind is one learned through experience. Though some are naturally gifted, most must practice to achieve that state of mind wherein deeper desires and sources of information may *(inaudible)* and make themselves known. And what shall come out of such discipline? Not only the vocal channeling, though this is indeed, if this be your application, most greatly appreciated by us in levels *(inaudible)*. Yet more than all this, when we hope that these disciplines of knowing the self's identity, of declaring the self confidently, and that of surrendering to the will and the love of the Creator, will be those which you may use in the life's experience. The self-consciousness of humankind is a great stumbling block, a block thrown up by the *(inaudible)* self to prevent change, yet each of you wishes to change, and we are most happy at your desire to serve.

We will at this time transfer to the one known as N. I am Hatonn.

(N channeling)

I am Hatonn, and I greet you once again. We ask that the instrument occasionally receives *(inaudible)* physical change *(inaudible)* to make a change while the instrument is just that *(inaudible)* required such as *(inaudible)* occasionally happens. We are pleased with the perseverance of this group, and feel that, because of its *(inaudible)* and informality, proceedings—the procedures are advancing quite nicely. We are again pleased to join this group and happy that the entities *(inaudible)* are giving their time to teach their *(inaudible)* brothers.

We take leave of this instrument at this time. We leave you in love and light. I am Hatonn.

(Jim channeling)

I am Hatonn, and we teach once again through this instrument. At this time, we shall ask if we may serve

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in a further fashion by attempting to respond to any queries those present may have to offer us. Is there a query with which we may begin?

N: Yes. I may ask—you had said earlier tonight that this group was one of low energy. Did you mean at this point, at this session, or *(inaudible)* this group is perhaps with more low energy than others?

I am Hatonn. Our reference to the level of energy of this group was directed toward this particular evening, for each of those present has a marked degree of physical and/or mental weariness, which is not characteristic of this group, for each *(inaudible)* in the more normal configuration of energy complexes is quite well supplied with the necessary energy levels, and we made that comment to assure each that we can work with this group when it is experiencing less than normal energies, and that we were aware that each was experiencing some degree of fatigue.

May we speak further, my sister?

N: No, thank you.

I am Hatonn. We thank you, my sister. Is there another query?

D: Well, one of the most valuable, the priceless thing about this experience, opportunity, that I have here is the immediate feedback you are able to give me on my own experience. Tonight I felt like I was really carrying the ball on my own, that I did not feel a contact. I felt that I was generating most of what I was saying. Was that the case tonight more than usual? Could you comment on the—I guess what you refer to as the proportion factor tonight?

I am Hatonn. At the outset of our contact through your instrument, we were pleased that we were able to make the contact quickly and, as you may say, cleanly, in that there was an easy initiation of the transfer of our thought through your instrument. The contact for the most part was of the majority of our transmission. However, as the ending …

(Side one of tape ends.)

(Jim channeling)

I am Hatonn, and am with this instrument once again. The physical sensation of the shock was an attempt upon our part to alert you in a fashion which would be easily apparent that the contact was impending. We are not always successful with this technique, for we are not well trained in the adjustment of our contact to new instruments, and we were hopeful that we could provide a physical reassurance that the contact was being made without causing undue discomfort.

D: Well, I wasn't sure if I generated that myself, because I was expecting you to transfer to Jim, and besides, it's reassuring to have that kind of feedback about the sensation.

I have another question, unrelated. N, do you have anything to ask while I formulate this, or Carla?

Carla: No, I don't have any questions tonight.

N: I can't think of anything right now.

D: You spoke earlier, and I don't remember the exact context—it's gotten away from me—about what I have been thinking of as fears of the ego, the self-consciousness or embarrassment, and something which to a higher level might be a fear of ridicule or loss of self-esteem. I've been thinking just in the last week or two of the origin of that kind of ego-based fear as opposed to fears which might be more based in our instincts and wondering what the connection between them is. I've had a sort of a theory through much of my life that most of our fears that lead to neurotic behavior have roots in the fear of death, and our other fears are just transformations of that basic fear, but I do not see a connection between that type of fear and these other ego fears. Would you have anything to contribute to that subject in response to this very poorly asked question?

I am Hatonn. Within your third-density illusion, the process of the individualization of a portion of consciousness which you call your self has reached its zenith in that there is no doubt to any of your peoples that each exists as an entity unto itself. The process of this individualization of consciousness has evolved through the state of the second density, plant and animal alike, as you know them—in which the preservation of the self through the mechanism that you know as fight or flight is the foremost concern of the entity. This almost universal drive for survival, then, carries forth into the third density, and is diversified or refined by the conscious description of the self to the self in terms that are learned as a part of the socializational and educational processes which each of your entities undergoes in some fashion.

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Thus, each third-density entity thinks of itself as being this and that, not this and not that, in the various areas of study and learning, until each entity has compiled a foundation sense of self with variations for each entity in certain areas. Thus, the entity begins to think of itself in a manner that has certain boundaries. When these boundaries are challenged or threatened by any other self, whether it be the physical challenge or the mental and emotional challenge of ridicule, questioning, and the like, the conscious self begins to gather its defenses when the alarm of fear of losing a certain portion of the self is *(inaudible)*.

May we speak further, my brother?

D: So you might say they're sort of similar and synchronous effects, but one doesn't derive from the other. They have a common root. Is that correct?

I am Hatonn. The first is more of the unconscious mind and the second—that of the conscious description of the self to the self—is of the conscious construction of the entity. However, since this construction takes place of the entire period of the incarnation, the feeling of selfness thus constructed is quite strong and in various areas way be liable to the threat of intrusion or dissolution, depending on the nature and strength of the perceived threat.

May we speak further, my brother?

D: No, not at this time. I would like to study what you said. This has been a major issue in my life, and I may like to ask you about it later. Thank you very much.

I am Hatonn, and we thank you, my brother. Is there another query?

D: I have nothing else.

I am Hatonn, and we thank each for presenting the queries that are of importance in the personal seeking, for we learn much about each within your illusion when we observe such queries, and are grateful for the opportunity of offering our humble opinions in each area of concern. We again commend each in this group for the continued pursuing of the practice of serving as a vocal instrument, and we look forward to each gathering as an opportunity to refine not only each instrument's abilities, but as an opportunity also to refine our abilities to work with each instrument in a fashion which allows the greatest development of the potential for service that exists in each entity.

We shall at this time take our leave of this group, thanking each again for inviting our presence. We are known to you as those of Hatonn. We leave each in the love and the light of the one infinite Creator. Adonai, my friends, Adonai. ✤

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Sunday Meditation
October 11, 1987

Group question: (Continued from last week.) Why is it so difficult to radiate in love and light to those nearest and dearest to us, our mates for example, rather than being as easy as to those we don't know as well?

(Carla channeling)

I am Latwii, and I greet you, my brothers and sisters, in the love and in the light of the one infinite Creator. It is our great privilege to join this circle of light to feel the oneness of honest seeking and caring to know. We are fellow pilgrims who have perhaps walked a few more steps than you upon this path of service and love, and we most thankfully hope that we are able to share some thoughts with you which may bear fruit. Please know that our thoughts are our opinions only and may unbeknownst to us be blemished in some way by inaccuracy or bias. Therefore, please listen to what we have to say with your discrimination, knowing the truth by recognition and not by authority, for, my friends, as you have said yourselves, the truth is already within you; you have only forgotten it.

May we say we were most pleased that this instrument realized that there was that material which we would wish to share upon the topic of difficult relationships and situations. We were unable to condense our thoughts enough to satisfy this instrument who requested us to bring our discourse to an end, however, we are so pleased to have an opportunity to share with you further thoughts upon this interesting subject. For you see, my children, when one encounters difficulties, one experiences what is universally known as negative emotions, and within the framework of what we may call the surface thinking among your peoples, it is evaluated as a situation to be ended, avoided, ignored or changed. It is in the interest of one who seeks a deeper truth to move beyond that which satisfies some, the quick answer, the hasty action, the removal of pain. There are other points of view, there are other possible realities which may be discussed and considered.

We would speak with you this evening upon the central theme of trust. Yet, we must build a framework for our discussion by moving to first principles, for trust is a trust of something or someone, and thus we cannot speak of trust without establishing that in which we are suggesting the seeker may trust in order to ameliorate difficult situations and relationships.

Each of you is a portion, or may we say perhaps more clearly, a miniature replica of the Creator, that one great original Thought of love, love which dwells in the most part uncreated, unmoved, unbiased and singular. That part which has never come into manifestation, that part being the greater part, is unconscious of its consciousness. Through

the action of free will, that great original Thought which has thought the creation, that Logos which we often call love, is at the very core of each of you in an undistorted and true verity. Surrounding this core in energetic vibratory patterns are the biases which you as an entity have accumulated through experience and evaluation of that experience.

As you have been through many, many lifetimes, you have also evaluated many, many experiences. And each lifetime of experience gives you its harvest of biases. These biases or distortions of the great original Thought often seem unlovely, for many there are who have the biases of prejudice, meanness of thought, selfishness, anger and all those ways of being and doing which seem not at all to reflect the Creator that is love.

The creation has in the infinity of time a beginning and an end, just as each of you as a creature has a beginning and an end. The creatural dies; the Creator is eternal. Thus, the scale of bias and learning and seeking moves on not only from lifetime to lifetime, or from beginning to end of creation, but you who have been in one creation shall be the seeds of those who learn in the next. Thus, all activity within the creation upon whatever scale of activity is part of an infinite process wherein love's great desire to learn of the self is more and more satisfied. For that which is eternal within you records everything which you have learned.

The goal of one who incarnates into third density, designed before your incarnation, is to attempt to sow experience and evaluate the experiences of the lifetime that your self, your beingness, your consciousness becomes more and more as you would have your gift to the Creator to be. For ultimately, at the end of an intentionally lived life, is the giving of the life as a gift to that Creator whence you sprung and whither you are bound once again to lose yourself.

Very well, then, the way in which one sees life is all-important to the interpretation one makes of it, and that is where trust becomes most, most helpful. The truth which we ask you to trust, if indeed your heart vibrates in tune with this thought, is the truth that as eternal beings we have one purpose more primary than any other, for before circumstance came to be, our consciousness came to be. And that which is most important, therefore, is an investigation into the nature of our consciousness, the nature of that force which created us and the nature of our relationship with that force or principle of creation.

Therefore, we do not speak of trusting entities, yourself or others, of institutions, be they ever so grand, or the opinions of any, including us, be they ever so eloquent. If your heart and mind resound with an echo of recognition when we say that your Creator is love, then you shall see why we ask that the key word of trust offers much to one whose illusory or Earth life is being experienced as tragic, sorrowful, difficult or upsetting. Equally, we would say that of all who are successful in some way, for you see, the experiences of an incarnation are ever up and down, ever positive and negative. The clue is given in the lack of consistency of either state of mind within what is called the human condition. When one is content, one does not agonize over one's proper point of view, one's appropriate relation towards the Creator. It is the sorrows, the difficulties, the upsets, the tragedies which bring mind and heart to a state of attention, to a state of questioning, and we hope that this is persistent and determined, for there is a good outcome, that is to say, a satisfying and positive outcome to such a search.

The obvious and only reaction to love is love. When we speak of the love of the infinite Creator, we speak of the love that has created stars and all else, seen and unseen, within an infinite universe. We do not speak of personal love, for we find that among your peoples it is necessary to make this distinction. Neither do we speak of completely impersonal love. We are speaking of a love that is beyond any definition of love which words may offer. We ourselves know not how to convey what we have experienced. Words are paltry and often little more than useless. What we can say is that as we have studied more, we have found more and more evidence that those words which we share with you have some validity and usefulness to the seeker.

Now, if your consciousness partakes of love and your Creator is love itself, but love which reaches down to you in a personal manner, in an immediate manner, in a present tense manner, you may perhaps see that a relationship with this love shall be intimate and trusting. Portions of the Creator's love have expressed themselves to you before your incarnation as what you may call your higher self, your guardian angel, your teachers. We care not what the words be; we care that you know that you and these helping

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entities gazed at the harvest of your biases and your distortions, noted where there were lessons still to work on, lessons of love which you wished to learn, for this is the density of learning how to love and how to express love.

What you are experiencing now is the outworking of this plan. You have complete free will within this plan, although you were given nothing which you could not, with prayerful help, may we say, experience successfully. Yet still each entity has the complete right and privilege of altering whatever circumstance seems beyond bearing. This does not faze the higher self. It simply means that the same lesson which has been aborted shall be experienced again and another chance shall be had by the soul within you to reap the benefits of the harsh illusion which you experience at this time.

For nothing of what you see is what can by any means be called an accurate picture. You know, for instance, that you do not see light in its fullness, but only a small spectra within the great larger spectrum of light values and light vibrations. You know that you cannot hear, sense by touch, smell. Each of these senses is inadequate to convey to the self the completeness of the experience offered within your illusion.

Add to this the fact that it *is* an illusion, designed so that each experience would have impact far greater than it would have were you not within an illusion, and you have a challenging situation. It was intended to be a challenging situation. Each of you chose, with good spirits and much hope, to enter this land of forgetting that you call Earth, enter the strong illusory vibrations which yield to you the limitations of what you see and sense, give to you your seeming separateness from each other and from the truth. The basic goal within any illusion is to penetrate the illusion.

Which brings us back to the seeking soul, that Creator which is the original Thought of love and the relationship of that seeking soul with the infinite love of the one Creator. That relationship, my friends, is trust. Trust is not only for the good times. Trust is not only when the parking place opens up next to the store. Trust is an emotion which can be evoked only by implanting above the illusion of distance and difficulty another picture of what you are seeing, based upon your understanding of the Creator.

You see yourself as creator, attempting to learn how to be a creator; you see others equally befuddled, equally holy, and you come into various relationships with them and experience various situations. This is what is occurring—the Creator experiencing the Creator, whether the times are good or difficult. And the trust is that you shall not be given more than you can handle, that there is a plan and that all is indeed well.

This is, my friends, central. All is well right now, because your deeper reality is that you are love, and that all about there is love, so distorted sometimes it is an incredible challenge to perceive. Yet this deeper reality is an experience which is more and more substantial as the seeker persists in the journey undertaken by one who knows the way is long, infinitely long, and often rocky and lonely, for each must find answers for the self, and this means that in the end the soul is alone with itself to choose its manner of being.

We speak to those who already believe that there is a plane of absolute values. We speak to those who tentatively accept that God, as you call the Creator, is love, and that each is a portion of that Creator, a holograph of that Creator, and that the basic thrust of the life experience is to live it more and more lovingly and be of more and more service to the Creator and to each other, that love may abound and that this illusion may be penetrated.

We realize that those who are in mated relationships have special problems. This is due to their expectations of each other. Had you no expectations of another entity, it would be very easy to be polite. However, among your peoples the mated relationship is one in which two become intimately involved enough that each attempts to learn to treat the other as Creator, to trust each other. Yet each is a very distorted version of love, a very confused rendition of creation; therefore, trust is hard to come by between people.

We do not ask you, therefore, to trust each other first, but rather to step back from the mate, from the difficulties which intimacy brings and choose instead to live within the least distorted creation which you are aware of, to refrain from forcing changes, right or wrong, shall we say, in a situation, until you have moved your consciousness to a higher and therefore more real and less distorted plane of consciousness.

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That plane of consciousness is that which one uses to meet with the Creator within. We speak here of meditation. What each of you truly is is an eternal spirit. Your natural state is so joyful that we can best compare it to your physical sensation of orgasm, held in a steady state. This is the consciousness of love which created all that there is, and in its distorted form as the sexual orgasm, created each; that is, not the spirit, but the physical shell or vehicle.

Let yourself be who you really are. Let yourself trust the Creator, yourself, the fact that you did plan on learning lessons and most of all the fact that you are never alone as you attempt to interpret and evaluate your experiences. Then you may with eyes of trust and an eye to seeing love look again at the difficulty. If it still makes no sense, it is well to return to the independent idea of the self in loving relationship with the Father and allow your deeper mind or intuition in cooperation with inner silence to open to you those realizations which will aid in seeing the lesson to be learned.

Often the lesson is one which you do not wish to learn consciously. Patience, restraint, caution, all these qualities have seemingly little to do with love and compassion, but many, many of the lessons of love concern the meticulous disciplining of the consciousness, so that no matter what the outer circumstances, the truer, higher self is expressed, that self which is love and which expresses in a loving manner those good works which you and the Creator have planned together for this day, this hour, this moment.

Once you trust in the process and trust in your ability to sustain the loving attempt to learn love, that which happens before the eyes may distress and scatter one to the winds, but not for long, for you always come to that place within yourself once again and close the door behind you and tabernacle once more with the Creator. We are with you, and we have ultimate, infinite trust that each of you is full of love and beautiful.

Our illusion is much less difficult to penetrate, our work is far more subtle, and we gaze with a mixture of fascination and remembered fearful distress [at] the violent emotions and reactions which are brought forth from one experiencing within your density. You chose, each of you, to work very hard in this lifetime, to learn much, to serve and manifest to others the love and the light of the one infinite Creator …

(Side one of tape ends.)

We are with the instrument. We are Latwii, and greet you once again in love and light. We continue.

Know that the difficulties that you have are perfectly designed to offer to you a gentle lesson, a way, another way, yet another way, of throwing up something which is semi-permeable; you can almost see through it but not quite with the physical eyes, and sometimes you cannot see through it at all. But if you gaze at it with your heart's eyes, trusting in the utter perfection of what is happening to you, and allowing nothing to sway that trust in the kindliness of the Father, you will see in the end the lesson to be learned. Perhaps nothing needs to change except the viewpoint, or perhaps once the lesson is learned, the situation may be left.

These decisions are up to you, indeed, all of your incarnation basically, in our opinion, has but one end: to allow you to make choices which will polarize you more and more towards being a manifestation of love to those about you, to yourself and to the one Creator. This is your reality, this is who you are, pieces, entireties, of the Creator, covered all up with illusion, seeking to find the Creator within. May you water your Creator-heart with silence, love and trust and allow no outer circumstance to sway you from love, trust and service. May you hold your head high and allow no one to demean you. May you be harmless, and above all, my brothers and sisters, may you love one another with an ever more compassionate love.

We have been told twice by this instrument that it is time for us to leave, and we, as always, are very sorry. It is such a joy to share thoughts with those who would seek them, and, indeed, as we desire to be of service greatly, you are our benefactors and we can but humbly thank you. We realize that there may be some questions, so before we conclude our discussion, we would transfer to the one known as Jim for that purpose. We would send greetings to the one known as S. Greetings and love, my sister. We are those of Latwii.

(Jim channeling)

I am Latwii, and greet each again in love and light through this instrument. At this time it is our privilege to ask if we might be of any further [help]

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by attempting to respond to queries which may remain upon the minds. Again we remind each that we offer that which is our opinion. May we attempt a query at this time?

A: I just want to extend love and thanks to you for caring for us and helping us.

I am Latwii, and we thank you, my sister. Is there a query at this time?

Carla: When you said we are not alone, did you have in mind invisible presences or did you have in mind friends, visible ones, other seekers?

I am Latwii. My sister, you are joined on your journey by those both seen and unseen, and even though there may be times on the journey that seem quite lonely, we assure you that many marching feet and loving hearts move with you.

May we speak further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

A: Is there a way that we can get closer to our gods or our people that are in-between lives to help us?

I am Latwii, and each time that you move into the silence of your inner seeking, be it in meditation, contemplation, prayer or even that which you call the daydreaming, you move closer to those sources of inspiration, guidance and assistance that constantly surround you. It is the placement of the focus of the inner attention that allows you to touch more closely and clearly that reality which underlies all illusion.

May we speak further, my sister?

A: Yes.

I am Latwii, and we feel that we have failed in making our manner of speaking the clearest possible. We were asking if there might be a further portion of the query to which we could speak.

A: Not at this time.

I am Latwii. We thank you once again, my sister. Is there another query at this time?

Carla: So you're not saying if you have a difficulty then obviously the thing to do is stick with it; there are other ways of evaluating it. The reason I'm asking this—let me put it in a specific context so that you'll know what I'm saying. I have an acquaintance who is very rigid in her belief system, whom I wish to aid, and I have in the past found it completely impossible because we deal as Christians with each other and she wishes me to help her with a Christian pursuit. Unfortunately, she has discovered that I disagree with her on key points, like evangelism, which I don't believe in and she does. I am contemplating moving back into a relationship with her in order to serve not just her, but mostly the cause which she happens to have something to do with right now.

So you're not saying just because she's difficult I should go and get in relationship with her again, right? You're not saying that; you're saying to evaluate it and see the lesson and once you've seen the lesson, then you're more informed about what to do. Am I reading you right?

I am Latwii, and this is correct, my sister. When you have informed yourself to the greatest degree possible concerning the nature of the relationship and that which may be learned from it, then you may offer yourself as a more informed and aware entity that may contribute that which is yours to contribute in a clearer and more loving fashion because of that which you have found through your own seeking.

May we speak in any further fashion, my sister?

Carla: Merely a comment from me that it seems that though we're really destined to dance in the dark, because we can sort of come up with these feelings that we think we have, these realizations, but still there's no way to check them empirically. I guess you just have to go with the best that you know—which is what we knew in the beginning.

I am Latwii, and, indeed, that dance which you do is one which is filled with mystery, for within your illusion the knowing is not possible. Only the seeking is that which is important. That which is sought with the loving heart, the strong faith, and the persevering will is that which reveals itself to you as the truth of your experience and the fabric of love which enfolds all experience.

May we speak in any further fashion, my sister?

Carla: Along another line. I got the same feeling tonight, believe it or not, that I got last week on the same question, that is that you had a whole lot more that you wanted to put through. Is this correct?

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I am Latwii, and it is a correct perception upon your part that there is an unending amount of information available, for as the one serving as instrument becomes more sensitive to the contact which it experiences, it begins to notice the avenues of connection between what may be seen as pools of information available upon a given topic and those which are related to this topic. We are able to transmit that which is most earnestly called for, shall we say, that which is of most importance or appropriateness at a particular time. The information which is transmitted, then, is a response to that which is sought, and the refinements of each point may continue in a parallel fashion when a certain grouping or level of information has been successfully transmitted. Thus, there is refinement and refinement further possible as well as the correlation between related subjects.

May we speak further, my sister?

Carla: I was evaluating whether I already knew the question. I guess I don't. So if we ask the same question next week with the same thing that we did this week, that we feel there is more, what you say is we get refinements, or what you're saying is we get a new body of information with endless refinements which is related organically to the original request? Is that what you're saying?

I am Latwii, and we are having some difficulty with this instrument, for it is attempting to analyze that which we give it at this time. We shall pause for a moment and allow the deepening of the meditative state.

I am Latwii, and we shall continue. There is information available upon any topic according to the degree of attraction that is generated by the group which seeks the information. As the instrument which is utilized in the transmission of the information is able to perceive the available information, the perception and transmission of this information then creates what may be seen as a metaphysical vacuum which draws into that vacuum further information that is related to the information originally asked about. There then is the connection seen between the information given and that which may be offered in response to further querying as further levels of the information are discovered and then transmitted. The one serving as instrument, if sensitive to the contact, will be able to perceive the connections between various portions of the information and then be able to transmit the further refinements and additions to the original information that was requested.

May we speak in any further fashion, my sister?

Carla: No, and my apologies to the instrument. I was persistent because I really wanted to know whether I should proceed next week with taking up the public meeting with this question, and I see if all are agreeable and each person in the circle would [find] that question interesting, that it would be satisfactory, so that's what I wanted to know. I thank you, and that's all for me.

I am Latwii, and we thank you, my sister. Is there a further query at this time?

A: Are there any accidental deaths?

I am Latwii. We speak of the general experience, and in this sense there are no accidents or mistakes, for the experience of each entity is carefully planned and considered before the incarnation, this including the experience of the death or the movement from the incarnation at its completion. There are, however, occasionally that which may be seen as surprises which the entity was not fully aware of. These, however, are not usual, and may be seen as somewhat [of] an anomaly.

May we speak in any further fashion, my sister?

A: No, that's all.

I am Latwii, and we thank you once again, my sister, for your query. Is there another query at this time?

Carla: Is the instrument fatigued?

I am Latwii, and we find that the instrument is not fatigued, but is somewhat concerned about its level of meditation and ability to transmit in a clear fashion.

Is there another query at this time?

A: I have a new grandson. How may I best help him?

I am Latwii. We cannot speak in any specific fashion upon this particular theory, or those which might allow for the infringement of free will, for we do not wish our words to direct another's choices, but may speak in general in suggesting that the new entity be greeted not only upon the physical level of interaction, but also upon the metaphysical or spiritual level of experience in the meditation that sees the new entity welcomed to its new

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environment with the love of the heart and the dedication of the life to walk upon the journey of seeking with this entity and to serve in whatever manner is most appropriate as each has already agreed upon and as each seeks to fulfill in manifestation those agreements made in spirit.

May we speak in any further fashion, my sister?

A: No, thank you.

I am Latwii, and again we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and as it appears that we have exhausted the queries, and perhaps the instrument as well, we shall again thank each for inviting our presence, reminding each that we wish to offer those concepts which may be of value in the seeking, and we look forward to each such opportunity in your future. We are known to you as those of Latwii. We shall take our leave of this instrument and this group at this time, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 25, 1987

Group question: Reinvestigating the question of why it is so difficult for people to share the love and light good vibrations with those near and dear to family and friends, especially the mate.

(Carla channeling)

I am Latwii. We greet you in the love and in the light of the one infinite Creator. We are most grateful to be with you once again and bless each and offer our love. We wish also to express gratitude to the one known as Carla for her reliance upon feelings which many among your peoples move aside, assuming that intuition is imagination, for we indeed did wish to continue upon the subject of the difficulty each seeking soul encounters in expressing the love and the light of the infinite Creator in an intimate relationship over a sustained period of your time.

You shall recall that we spoke of joy, of a kind of joy which had to do with the inward realization of an immediate relationship with the Creator and Sustainer of all that there is. This concept requires more careful consideration, for in the context of the question there lies the implication that joy is the very thing which eludes discovery. Entities would be only too happy to manifest joy, compassion and understanding, could they only feel it within the heart, the mind, and the soul. Thus, let us consider how it may be that the seeker may accelerate the process whereby an expanded and strengthened inner realization will bear the sweet fruit of a joyful peace.

Because each of you has five senses and must operate within an illusion designed specifically to register upon these senses, that which is unseen is often not abandoned, but simply undiscovered. Yet, when the search begins for love, we would like to suggest that in our opinion that search first has what one may call a vertical axis, that is, at the base of this axis is the self; let us put that value at minus ten. At the height of this line is a plus ten. Neutral ground for the soul is the middle, the zero point. It is about this point that the individual which is reacting to the stimulus of the environment without spiritual consideration will hover, first perhaps a bit up towards the peak of the line, which is the Logos, the Creator, divine love, then move somewhat towards concentration upon the self, hovering around and round the zero point of neutrality.

We point out that neutrality, or a lack of bias, is the one thing which this illusion is designed to lessen or eliminate, for it is the purpose of this illusion to create the consciousness which contemplates spiritual choice: the choice to focus more upon the self or more upon the Creator.

By the self in this axis we intend to convey not the whole self but that self which obtains and values

tangible possessions, useful friendships, and advantageous arrangements of social, economic and political influences. It is written in the holy work known as the Holy Bible that the master known as Jesus, when asked what it was important to do, that is, which commandments were the greatest within this master's tradition, the reply was, first to love the Creator with all the heart, the mind, and strength, and secondly to love the neighbor, the associate, the intimate, the stranger, the enemy as the self.

Those who attempt in all goodness of heart to achieve improved communication and a softening of heart, mutual expression, by going directly towards working upon the relationship have moved one step too soon and are very probably doomed to an unsatisfactory communication and an unchanged difficulty, for until one has achieved more and more consciousness centered upon the Creator, until one has lived in the immediacy of the very real love that lives between each consciousness in the universe and that great Consciousness of which each is a part, the results are bound to be disappointing.

Thus, we suggest that, as usual within an illusion, what apparently seems the difficulty is, shall we say a smoke screen to those who wish to meet problems seemingly head-on, for such problems are a by-product of a lack of closeness to love. The Creator is a mystery, yet like any unexplored land or person or idea, the mystery beckons, and through what you would call eons of time, many, many consciousnesses have come to what may be called the understanding that there are certain reportable aspects of divine consciousness which have been common to pilgrims upon the journey in planetary consciousness development time and time again. The reported manifestations emanating from love, when found within the relationship with the individual consciousness, are love, joy, peace and compassion.

Thus, the first mental, emotional and spiritual discipline of one's seeking to accelerate the pace of future tranquility's arrival is to dwell as much as possible upon that relationship with the Creator which may be honestly and sincerely felt within the self in times of meditation, contemplation, conversation with others, indeed, at any time whatsoever, although the quiet times are the best for invoking the discipline of seeking to feel at one with the Creator. This relationship is the most important and the most intimate within the seeker's experience, in or out of incarnation. And if this be not so, then it is that the seeker has work to do in consciousness, moving into quietness, moving into a trust that can only be grasped by blind faith that there is a Creator and that the reports that you have had of this Creator are correct.

Each entity whom you may become intimate with is a portion of that Creator, and you must know yourself to be the Creator's own son or daughter. You must grow up within the house of prayer and meditation, argue with the Creator, complain to the Creator, praise, thank, bless or curse the Creator; but accept for awhile the premise that you can have an intimate, lively, spontaneous, continuing and dynamic relationship with that great Self which is All That There Is. This Creator is not One which shall tamely do your bidding, nor are you one who shall tamely do the Creator's bidding unless much time has been spent, much realization gained concerning the dependability of the Creator's will. Therefore, there is work to do and much, much time to do it.

Now, you may see as upon the graph that you are attempting to move your point of contact with the Creator higher and higher along the vertical axis. Thus, if one were to draw a horizontal line through the zero point—also if minus ten being the self, plus ten being another consciousness—you start with indifference at the zero point. This is also a most important axis, one which is most sensitive to your good intentions, that is, great polarization towards love of others and service to others is possible whether the relationship bears fruit or not, for it is in the purity of intention and the wholeness of effort that the bias towards service to others is increased.

Now, if one were to put the most desirable of all possible mental, spiritual and emotional arrangements, one would, of course, gaze at the extreme right upper corner of this square graph. The one who is focusing upon the self rather than the Creator and manifesting love of self rather than love of others would find the point at the diagonal lower left corner of the graph. The goal, therefore, for those who wish to accelerate the process of spiritual growth is to find the meeting point of the seeking of the Creator and the seeking to do service in the right upper quadrant, moving more and more towards to the upper right hand corner.

It is in the intimate relationships that one is most prone to begin to expect from another a seemingly

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just or fair exchange of service for service, and this seemingly innocent and obvious assumption of fair play and justice is the mask behind which hides the difficulty, its root, its wellspring—that is, expectation from another consciousness rather than expectation from the Creator. The suffering spirit which is locked in weary combat with another consciousness is far less able to alter for the better or more positive the intimate relationship than to offer service to those from whom one expects nothing.

Therefore, we would commend to the consideration of the seeker the virtue and efficiency of turning, after the relationship with the Creator has been established, to those in need which come before your notice, those in whom you can seek to offer love, yet not seek be loved. It is comparatively easy to sit down with the prisoner, the orphan, the indigent, and the elderly in need, and share the fruit of that joy-filled time when the soul and its Creator were intimate together.

A further word concerning communication. The value, metaphysically speaking, of conversations from the heart is inestimable. It can be only on faith that these conversations may be had. Indeed, within the intimate, troubled relationship, there is often such a great burden of negative baggage, extraneous to the core of the difficulty, that communication may seem impossible, for at every turn there is blame upon both sides, and as each feels not only guilt but confusion, each becomes defensive and knows not the words or the ways to express or describe the pain, the need, the hope for peace.

We would therefore recommend that conversations be attempted only after the entity who wishes to improve the situation be grounded firmly within the primary relationship, that relationship with the Father, the Mother, the Sustainer which is often called God, but in reality is not separate, but rather All; for you are within the Father, the Mother, and the Father/Mother within you.

It is from the vantage of high upon the vertical graph, moving towards the Kingdom which is exemplified by ten, that one may look down upon a very small, very local, very foolish difficulty, where one may see the humor of two who love yet cannot speak, two who love but cannot help but contend. From the vantage point of love, creation is possible, and that includes the recreation of the self and the healing of relationships. From the higher vantage point, one may release the other self from all expectation.

The unthinking spirit naturally cries, "That is not fair, that is not just," yet we say to you that fairness and justice are not absolute concepts related to a dualistic illusion. It is well for fairness and justice to exist as concepts and to be used carefully of the regulation of social intercourse, yet it is not well to gaze upon them as what they are not, that is, absolute virtues, for that which is fair and just is always a relative choice, cases being able to be made for each side.

It is in the interest of the serious seeker to be view all relationships from the same stance, and that is the desire to love, to understand, to forgive, to give. It is the choice of priorities for most that the one whom the seeker wishes to serve the most is that intimate mate of the days and the nights, the months and the seasons of a lifetime. Yet the joy bubbles forth more and more freely as the entity is able to retain the memory of who that intimate soul to you truly is. That soul is, as you, a student seeking after truth, a soul searching for the source of love, a wanderer seeking a home. This consciousness, as yours, suffers, attempts to change, fails and succeeds, and moves through all the private seasons of anguish and pleasure. This soul has been given into your care, as are all whom you meet, not in an absolute sense—that is, not in the sense that one soul can be responsible for another, far from that—we mean that one soul's hope in contacting and blending with another's life stream is that he may be able to be of service.

Once the expectations are laid aside, that is, once the barnacles of barter and expectation are removed from the hull of that entity's spiritual vehicle, the waters betwixt your consciousness and theirs shall be far more peaceful. For if one calls another husband, one inadvertently within your culture thinks of a number of suppositions regarding the relationship. Yet when such a relationship is breaking down, it is well to go back to that which is in no way illusory, that is, the absolute principle that each entity whom you meet is a child of God, as yourself, to be loved as yourself, and to be served, if necessary, at the expense of the self if, in love's opinion within you, that service is appropriate. That is, we do not wish to advise needless sacrifice, for that is martyrdom for no cause. We advise only that that person with whom

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you hoped to spend a lifetime of love is worthy, as are you, of the greatest service.

How difficult it is, my friends, we know, to see past the hurtful lack of communication …

(Side one of tape ends.)

(Carla channeling)

… to move beyond the harsh and seemingly betraying acts of one's mate, how easy it is not to trust, not to nurture, not to stand firmly upon the two feet, knowing that one is completely and utterly safe and secure in a loving relationship with the Creator, and thus hold out the hand and say, "I love you. I accept you just as you are, I see and sympathize with your difficulties," or even for those whose hurtful behaviors include still others, "I accept your needs to be happy, and wish you well." These thoughts seem to be a way of subtracting the self from the relationship, removing the emotion from, and thus the intimacy from, the relationship. Yet, it is the best beginning of which we are aware for those who cannot read each other's thought, to move into a situation in which the relationship becomes more trustworthy. It often takes a great deal of an incarnation to rebuild trust betwixt two which have hurt each other in heart, mind or spirit. Yet it can be done in a moment if each turns first to the Creator, and then, knowing a new world within the self, turn to each other. Turn and turn and turn, becoming more and more graceful as each conversation and confrontation is experienced.

We may say in closing that many, many incarnations have been planned by entities incarnate at this time to include very serious challenges to faith and a life lived in love and service. Before the incarnation, each of you considered well that which you wished to accomplish. Now that you are experiencing the actual classes which you chose for yourself, you may feel, in this instrument's scholastic vocabulary, that you have taken too many hours, that you have enrolled in too many courses, and that you cannot possibly conclude and do well in this exercise of study and expression of the fruits of that study which is commonly called life upon your sphere.

When you become alive, as you shall after the gateway of death has been entered, you shall finally experience that which you think you experience now. Meanwhile, those of you who face a seemingly intractable intimate relationship, and yet have the feeling that there is something which has drawn you together, something which you must learn together, please know that it is possible, even probable, that you hoped for yourself that your mature reaction to seemingly negative circumstances shall be the recognition that as you are experiencing negative circumstances, so must your mind not be full yet of the Creator.

And so you must mount once again to the watchtower which gazes upon the kingdom of the Creator which dwells within that kingdom. It is something that you must do by yourself, yet that lover which you pursue, that divine love which you seek, sought persistently shall become to you real, intimate and very dynamic. And more and more as you seek consciously immediate experience of the love of the one infinite Creator, what you seek shall come to you. And as you seek that which is the highest of all things to seek, thus all else begins to fall into perspective.

And more and more, regardless of what happens in the intimate relationships, and in all areas of incarnation, your experience shall be that of joy, for the Creator has tucked joy into every atom of the infinite universe, has woven joy into sunlight and starshine, has plaited joy up in the leaves, branches and roots of your trees, the gurgling of the rivers, the busy hum of life. Each bee moves upon its way hearing the rhythm of the dance within. That great central sun which is the Creator in manifestation speaks as clearly to you and gives direction from within.

May you be blessed in your seeking. May you seek persistently the highest that you know, for that which you shall seek you shall find, and all else, once the highest begins to unfold, unfolds before you in reflection. Perhaps it shall be a sustained effort—as we said, some lessons are designed to be greatly challenging. Yet keep always the goal in mind, and seek not simply to serve others, but more to serve the Creator in others. And the reflections of life which come back to you shall more and more dance and sing with joy.

You in the watchtower, you who suffer, you who watch and weep and walk this day and night, you are not alone, for within you lies the greatest love, the only reality. Seek it in earnestness, experience in joy and laughter and lightness, and become the lamp set upon a hill. Not in and of yourself, but only as one

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in love, knowing the peace of the most intimate of all relationships—yourself and the Creator, your heart and love itself.

We would like to thank this instrument again for its insistence in following a quiet inner voice. We did have these thoughts to convey, and are most grateful for the opportunity to have the time to complete those thoughts which we felt might have some use to those who have asked this question. We encourage in this instrument close attention to such promptings, for through this means each answer may be given as we of the Confederation of Planets in the Service of the Infinite Creator may feel it is best, no longer limited by your time, for it takes much of your time to transmit these thoughts with words.

We would like to move to the one known as Jim, if this instrument would accept our contact. We are those of Latwii, and we shall transfer.

(Jim channeling)

I am Latwii, and greet each again in love and light. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may offer to us. Is there a query at this time?

Carla: I received the impression that that was the end of the transmission on that subject. Can you confirm that?

I am Latwii, and this is correct, my sister. You have once again correctly perceived the nature of the inner response to our contact, and we again encourage this inner listening, for it shall be of assistance in many ways.

Is there a further query, my sister?

Carla: On a related issue. When I was challenging your contact—I do it the same way every time basically, and I always say, "Do you come in the name of Jesus the Christ, whom I serve with all my heart, all my soul, all my mind, and all my strength?" And you answered not what I'm used to hearing, which is something like "Yes, my child, I am pleased to come in the name of Jesus the Christ," or from Yadda, "Of course." You said, "We are with Jesus the Christ." Was there a reason for the change of language?

I am Latwii, and we have used this phrase this evening, for it best exemplifies that state of our being which we have activated in order to continue the transmission of concept which was begun previously. This has been our choice for this topic, for it is one which deals most wholeheartedly with the concept of love or compassion, and it was our feeling that our own tuning or placement of focus of being would be most helpful and informative with this level of understanding available. Thus, we called upon that manifested by the one known as Jesus the Christ within ourselves in order to be of service to those gathered this evening.

Is there a further query, my sister?

Carla: So from your perception, the phrase which the fundamentalists use, "Christ is Lord, Jesus is Lord"—what you're saying is that for you as well as for us, you see this Jesus consciousness as being the basic redeemer of human experience, the highest of compassion of love? Is that so? Or would you express your feeling about that phrase, "Jesus is Lord," in the context of challenging. I don't challenge that way. It doesn't seem necessary.

I am Latwii, and if we understand that which has been asked, we would say that that which is loved and accepted is that which has been redeemed. Thus, it is within the heart of love that redemption occurs.

May we speak in a further fashion upon this topic, my sister?

Carla: No. I was off on a wild goose chase when I first asked the question, because I just wondered if your social memory complex was the one that Jesus went to when he got through his incarnation two thousand years ago on Earth. I know he went to a fifth-density complex, and I thought perhaps it might be yours, since you said, "I am with Jesus the Christ."

I am Latwii, and our connection with the one known as Jesus the Christ is not as you have assumed, but is rather that which we may call upon and join with.

May we speak further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

Carla: Well, just one more, then. Do you find as a fifth-density social memory complex, trying to do

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your work here with us, that it's better for us to ask questions and thereby give a focus, an overt focus, or to, as we call it, take pot luck, and receive whatever comes through? Which do you feel is more advantageous for fifth-density contact?

I am Latwii, and we seek to be of service. We do not know that which is most effective as a means by which we may serve in every case. We may in many instances assess the entities gathered in a circle of seeking and note great similarities in that which is sought, whether it be of a conscious or unspoken nature and thus speak upon that topic to seeming effectiveness. However, when we are offered a query which has been considered by the group, we then feel a greater confidence in that which we offer, for it has been called forth from us by those gathered in the seeking, and as a focus for the transfer of concepts is usually more efficient than the unspoken and undirected wishes of a circle of seeking.

May we speak further, my sister?

Carla: One last question that just occurred to me. I have no concept of being here, of time passing during that transmission. How close am I to being out of it? And is it safe and is it okay as long as Jim's holding my hand?

I am Latwii, and it is our estimation that your condition is that which is within the limits of safety as long as the hand is held, for it is not possible for the untrained entity to leave the physical vehicle while the tactile pressure is exerted by another entity upon the vehicle, thus infringing upon the auric field and requiring the spirit or enlivener to remain with its vehicle. We find your state of meditation to be quite effective as one through which information may pass with minimal distortion, and are honored that we are able to utilize your instrument in this manner at this time.

May we speak further, my sister?

Carla: I want to thank you for the compliment. It means a lot to me. I just wonder, is a cat on the lap good enough?

I am Latwii, and it is our understanding of the relative effect of the electrical bodies or auric fields of the second density feline that its interaction with your own would not, in most cases, be sufficient for the causing of the spirit enlivener to remain with its vehicle, for the spiritual component of the second density creature is most usually lacking, as it is at the level of development at which the mind begins to emerge in an individual fashion with the rudimentary functioning only, thus the infringement that it makes upon your own auric field is far less than that made by another third density entity which has the spiritual component developed to the minimal degree that the third-density experience allows.

May we speak further, my sister?

Carla: No, thank you. Thank you very much.

I am Latwii, and again we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and it is our observation that we have, for the evening, exhausted the queries, and we thank each for allowing our presence this evening. We have been most privileged to have been able to join this group of seeking. We are hopeful that we shall be able to continue the transfer of concepts to this group in its future gatherings when possible. We are aware that there are various factors which determine the most appropriate response, and indeed the most appropriate entities, to give response to the queries which this group offers to the Confederation of Planets in Service to the One Creator. It has been a great honor for us to join you this evening. At this time we shall take our leave of this group. We are known to you as those of Latwii, and we leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation
October 30, 1987

(Carla channeling)

I am Latwii. I and my brothers and sisters of Latwii greet you, as do those of Laitos, in the love and in the light of the infinite Creator, the Creator who has made Him ourselves and has made ourselves Him, the Creator whose presence is timeless and whose time is the present moment. We send to you greetings and love and offer our thankfulness to be honored by the call to work with the new instrument at this time. What a joy it is to be of assistance. We of Latwii have nearly equal calls from this group at this time, and therefore the presence of both energies may be felt by those present. We do not wish to cause anxiety on the part of any who may sense more than one presence. The one known as Laitos is most interested in pursuing the adjustmental work so that the contact with the new instrument may become ever more fluid and stable.

We would like to offer an exercise this day by the telling of a story. For the purposes of this storytelling we shall keep our identifications to a minimum that the story itself may continue to fill the minds and hearts of those who wish to be a part of its telling. However, we do ask each instrument always to challenge as the contact comes to you in the name of the highest and best unshakable ideal in your particular universe. We shall begin.

There once was a young woman of Lustra named Penelope. Penelope was brown as a berry and ran among the thorns and berries, the rocks and crags of her neighborhood like a young, happy foal or kitten. She was a sweet and perfect child, untouched by tragedy, secure in her mother's and father's loving arms. One day a catastrophe caused Penelope to experience for the first time a seeming separation, a seeming abyss betwixt herself and all in which she put faith and trust.

We shall transfer.

(Jim channeling)

The catastrophe which Penelope suffered was one in which a member of her family, that being her father, was killed in a manner which seemed questionable, shall we say, in that the entity was engaged in taking from another that which belonged to the other, and in this act was killed. This was enough of a catastrophe in itself, that being the death of the father, that the additional burden of the nature of the death caused many to speak ill of Penelope's father, of her family, and, indeed, of herself. Her grief over the loss of father was increased by this ill speaking and feelings on the part of those in the surrounding environment. This situation caused Penelope to consider herself the taking of her own life, for she felt that without her father's love and the family's good name there was little for which to live,

and for many days and indeed weeks, Penelope was distraught and on the edge of taking her own life.

After a period of time had elapsed and there had been some relief from the gossip of the neighborhood, Penelope encountered a young man who was traveling through the country and who needed assistance in the form of a place to rest and food to refuel the tired body. In the course of conversation with the young man, Penelope disclosed the difficult days which had passed and the source of the difficulty, sharing her entire story with the young man who listened quite patiently and compassionately to what Penelope related.

We shall transfer.

(Carla channeling)

I am Latwii, and interrupt this story to bring you a word from your sponsors. We realize that there is the block occurring in the new instrument's analytical mind, and we would say to the new instrument who has recently had experience in the handling of the motorcycle, that the practice of channeling requires an ability which is common with that needed by the cycles, that is, that the roads are not always straight, neither is intuition straight. The roads bend and curve and so do the ways of intuition. Upon the curving highways and byways the motorcycle must lean into and aggressively attack each corner, not knowing that which is around the bend, yet trusting in the balance of cycle and rider, trusting that the way is clear ahead, and trusting the instincts of hand and foot.

When the new channel moves down the road which intuition has fashioned, there appear many turns uphill and down, back and forth. And again the new channel must learn to trust the basic vehicle of thought, the self, which the new channel has created to deal with intuitively perceived invisible entities. The new channel must be able to trust the clearness of the road ahead so that the channel may lean into and aggressively take those turnings and bendings, thus smoothing the way for the long straight roads that lie between each turn and twist. We urge the new instrument to boldly attack with intuition, just as the road is attacked and best use made of it by the aggressive yet careful cyclist. Once the being is tuned and the declaration of self given so that challenging may be done, it is best to keep the proverbial metaphorical hand upon the throttle, for momentum is gained by attacking intuitive curves, and the benefits which rise from a more self-confident foray onto the road of intuition are too numerous to mention, opening to the new instrument as it does in ever-expanding vistas of beauty and challenge.

We shall continue the story through this instrument.

Penelope was most grateful for the understanding of the stranger and developed a great desire to be with this young palmist, for palmist he was, working with the hand and seeing within each line the clear sketch of natural beingness and potential development. Little by little Penelope and the palmist, Jonathan, became greater and greater friends. Penelope grew to be a young woman and Jonathan was always there to aid her when otherwise her father would have done so. When Penelope was sixteen, all in her family besides herself were struck with diphtheria and taken from her life in a matter of days. Penelope was on her own, quite penniless, with no dowry, no station in life other than mother's helper, and no prospects for the future. Again, Penelope in the darker recesses of her mind began to think more and more of suicide. Only Jonathan could comfort her, and comfort her he did.

We now transfer to the one known as D.

(D channeling)

Jonathan's love and kindness was as a balm to the wounds and albeit suffering, and drew her even more closely into the aura of his spiritual strength. With his nurturing through a period of many months, her despair departed and was replaced by hope and determination to make the best of the situation these events had created in her life. Having neither property or status, but through Jonathan's inspiration able to contact the spiritual strength deep within her, she determined to lay a constructive course in her life that would enable her to succeed without the benefits of inheritance or family support. She attained a position with a family whose head was a kind woman who had also succeeded in making her own way and entered into something of an apprenticeship. She also was able to acquire the experience of continuing a family life in the caring for the young children of her mistress. Through her own diligence and the infusing of the continuing strength and support of her friend Jonathan, she was accepted as a colleague and family member as well.

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(Carla channeling)

We shall conclude through this instrument.

Penelope felt that she had every possible element for happiness, for although she had never married, yet she was nurturer to each child which played with those children which were in the care of those in the family of her friend.

But one day Jonathan came to offer what seemed to her another great piece of catastrophe. "It is time for me to leave," he said. "I have sensed it and I accept it. I do not know what the road ahead holds for me, yet I go on a faith, knowing that to do the will of the Creator is the sum of all that I ask of myself or this thing that we call consciousness or life."

To Penelope it seemed as though the nightmare days of her girlhood were again, for Jonathan had been her faithful friend. This she said to her friend, but Jonathan demurred.

"You have not lost me," he said, "simply because I am not present, nor have you ever lost all those who have died in your family." He took her hands and gazed at her palms. "I see much ahead for you," he said. "Many lines are developing which were not there before."

"Oh no," cried Penelope, "I cannot live on without you, for to whom would I speak? To whom would I turn in a time of need? I shall be all alone."

Jonathan looked carefully and deeply into her eyes. "Trust me," he said, "that through the experience to come, you shall learn to trust yourself." He went on. "I have seen your presence in the lives of many children as I gaze into their hands, for all have come to me, knowing that I am a palmist, in curiosity. I tell what I see, but not all of what I see, and one thing that I always see is that each hand has the mark of divinity drawn within the lines of the palm. You," he said, "shall be as I. The day will come when some young one turns to you, and then you shall be a faithful friend as I have tried to be to you."

Penelope cried, "Do you mean to say that you are not always sure, not always content, not always full of cheer and hope?"

Jonathan's hands tightened upon hers. "I tell you the truth," he said. "Each of us suffers, and in that suffering imagines we are alone. Yet within each, waiting for the asking, is the presence of the infinite, the unmeasured, the limitless Father and Mother of all."

Suddenly Penelope could see that which she had not glimpsed before, the panorama of a life of giving and receiving love. "Perhaps," she said, smiling for the first time in many days, "I shall be able to give until I have given all that I received and more."

Jonathan smiled in return. "Peace and farewell," he said, "I shall see you in the land where all giving and taking are one."

We ask each of you as you ponder this parable to examine the assumptions …

(Side one of tape ends.)

(Carla channeling)

… under which you labor. If the assumptions include the feelings of solitude within the spiritual search, then we say this is a true perception. But if one of these assumptions is that one is truly alone, then we suggest that this assumption is grossly in error. For each Penelope there is not only an outward Jonathan, but an inward and compelling Jonathan, a presence to comfort, to love, and to aid and counsel when requested. These inner seers, these Jonathans of the soul, are called by your peoples such things as the higher self, the inner guides, the guardian angels, and it is largely in catastrophe, in times of peril, and in danger that the soul first becomes truly aware of the strength and comfort available from within the self.

We wish to aid by these thoughts in the positioning of the mind and heart towards, shall we say, the spiritual east. We wish to express the sanctity of that comfort which lies within, which has so often been externalized within your holy work, the Bible, as the holy city, Jerusalem. Realize that your physical beings are as the cave within which dwells the fragile and infinite spirit. And look upwards through the chink in the roof of the cave and see the blinding shafts of light filling, nurturing, comforting and informing the spirit within. May each of you become independent of the outer world, so that addictions end, excesses may be laid aside with more and more ease.

We realize that this has been a difficult session for the one known as D, and ask this new instrument to take strong comfort, for each time that we work with this new instrument we are able to express more and

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more of those thought which we intend to express. We would at this time transfer to the one known as Jim. I am Latwii, and with me is the vibration of Laitos. We transfer now.

(Jim channeling)

I am Latwii, and at this time we are honored to have the opportunity of speaking to the queries which may remain upon the minds of those gathered, and we would offer ourselves freely in this capacity with the hope that we may offer inspiration and information without the dogma or the over-weighting of our offering by those present. Is there a query at this time to which we may speak?

Carla: It seems to me that the point of the story was pretty much that in the end Jonathan shared his feeling of inner inadequacy with Penelope and was trying to say that even though we're all very imperfect and scared and sometimes feel like not carrying on anymore, that we can still be of comfort to other people and to ourselves by seeking the guidance within. It was not the most hopeful message I ever heard, if I understand it, for it would imply that suffering is the universal theme in life. Can you comment on that?

I am Latwii, and we feel that you have given a quite substantial interpretation of that which we offered in the form of the story to this group. We do not mean to dampen those spirits which ever seek the hope-filled future and inspiration within the lives of others and the self, but wished by this rendition to illustrate the sustaining source of love and support which accompanies all travail and difficulty, for, indeed, within your illusion you shall find much that is difficult and hard to experience and accept, yet the seeker, and, indeed, all entities, is supported by a source of love greater than any outer difficulty.

And it is the seeker who avails the self most effectively of this love and support, for the conscious seeker is the one which looks beyond the outer way of experience in order to ponder the deeper truths and nature of experience, so that there may be gained from each experience, no matter how difficult, the seed or crystal of understanding that enriches the soul or inner nature of the being, much as the creature of your second density known as the oyster creates the pearl as the result of the constant irritation of the grain of sand.

May we speak further, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query?

D: I was wondering today, I was wishing I had some more direction about steps I could take on my own, given my own individual status with regard to learning the channeling. When such periods go by as have just gone by when I'm not able to be here, or even during the week between sessions here, are there suggestions for work I can do on my own? I think that Laitos advised against specifically trying to channel when alone, but are there other solitary exercises that would be suitable?

I am Latwii. Indeed, the new instrument often seeks the manner by which the facility in the channeling process may be aided, much as the athlete seeks to strengthen the muscle by the exercise in a disciplined fashion. We may make a suggestion which sounds at once too easy and too difficult to consider, but the life experience in each of its many portions is channeled by each entity on a day-to-day, and, indeed, a moment-to-moment basis. This is realized by each which seeks to place the attention within a certain attitude or ambiance of mind which looks upon the day and the moment as a dance in which one moves gracefully with any partner or experience that is placed before the notice.

As this attitude of acceptance and graceful movement with those entities and energies about one is cultivated, the primary requisite for serving as a vocal instrument is also strengthened, for the attitude of the mind which allows an entity to move freely and gracefully within its daily round of activities is the same attitude or quality which the vocal instrument exercises when it practices its art. Thus, as you seek in all manner of experience to balance your total being that it might move effortlessly and freely in harmony with those about one, you practice that which allows each entity to serve most effectively as an instrument for the one Creator to move within your being and for you to move within the being of the Creator.

May we speak in any further fashion, my brother?

D: That was very helpful. I don't think I have any further questions at this point.

I am Latwii, and we thank you, my brother, as well. Are there any further questions at this time?

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Carla: No.

I am Latwii, and it has been our great honor to be with each during this session of working. Those of Laitos also send love and appreciation at being able to blend their vibrations with each and to assist in the practice of exercising the instruments present. We shall be with each in the meditations in your future. At this time we shall leave each in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 1, 1987

Group question: Concerns the higher self. When does an entity develop the higher self? Do second-density entities, for example, have a higher self? And after it is developed, how is it called upon and how is it used? What is the function that it performs?

(Carla channeling)

We are those of Q'uo. We greet you in the love and the light of the one infinite Creator, and are most grateful to be called to this circle of seeking. We wish to greet and express our love and blessing on each present and to be the deliverer of the message from those of Oxal to the one known as H that this entity joyously greets the instrument known as H and is happy to take time during this meditation period to touch into this instrument's energy web in love and greeting. We would like to correct the instrument who edited Oxal's desire. The desire of Oxal was the name J. This instrument chose to express the sound vibration with which she is most familiar.

You wish to know more about the higher self, and, indeed, it is good that you should, for the concept of a self that is larger and greater than that which is before the face in the mirror is a centrally powerful one. It is a concept without which humankind's understanding of the Creator would be severely crippled, for if one gazes in the mirror of mundane experience one quickly observes that the self is not overly saintly, as this instrument would say. It is the nature of the illusion which you now enjoy that the microscope of criticism is relentlessly placed before one's own and other's actions, thoughts and intentions, and in an illusion designed to confound the most noble sentiments, this is not surprising. Yet there is implicit and inherent and abiding in every third-density heart and mind an instinct as clear and true as the instinct for breath or food. That is the instinct to seek a higher purpose, a higher beingness, an enlarged point of view, and ultimately a movement decisively from the often uncomfortable illusion and its limitations which are meat and drink in third density.

Let us examine considerations concerning time. The higher self is a concept which is impossible to view in a sensible manner if the concept of linear time is clung to. The concept of one having the beginning and the end, either within one lifetime or within a creation of countless lifetimes, is a concept which creates unsolvable paradoxes with respect to considerations of the higher self. Your linear experience of time is a portion of your illusion, just as is space itself and all that you perceive with your senses. Within that illusion which we see as being the most sheer and least distorted of which we are aware, we see time as simultaneous; that is, the linear river of time perceived by the human self is deep within the self within, rounded into infinity, so that

what you see as past, present and future are experienced at one time, that time being the present moment. At this precise moment as we speak, you contain all that you have experienced and will experience from the beginning of your consciousness until the sublime reentry of singular consciousness into the universal consciousness which is the Creator.

You contain memory of past and future, yet these memories are most deeply placed within what is known as the unconscious mind. They dwell within a zone to which the conscious mind is denied access. Without the concept of the higher self it is yet possible for an entity going on faith alone to open gradually the gates of perception and to become aware little by little of a larger beingness within the self, larger and larger that beingness, until it eventually encompasses all that there is, and for the first time you are aware of your true identity. Such determination and persistence is very rare. For most, not only ultimate discoveries of wisdom, love and power, but simpler understandings pertaining to specific mundane affairs, come hard. The way often seems unclear, the emotions frayed and worn, the spirit numbed with the repeated shocks of a callous and seemingly indifferent world. It is into this arena that what is known as the higher self appears. The character of the higher self may be perceived as glorious and majestic, or it may be perceived intimately as a boon companion and dear friend. The personality of the higher self is much amenable to that which is needed by the everyday waking self. Its identity, insofar as we are aware—and we wish to express that we are not infallible—is that of a future self, as you would call it, a self that is entirely yourself, yet a self which has experience, through that which you have experienced, to the present moment and onward events, far into lessons of love, wisdom and unity.

When your consciousness has reached that point where the lessons of unity are being well studied, this self turns and reaches back to the third-density self, to the self that is confused, puzzled and insecure. It is the most loving of presences, for by the middle of sixth density you shall have learned to love yourself, to embrace yourself, to protect yourself in light and love rather than with weapons of defense, words of anger and gestures of fear. This self is to you a great resource, dwelling within your consciousness, within those deep areas of consciousness where time is simultaneous and the great issues of love and service are always in incredible and lambent focus.

Thus, the avenue to the higher self is a road within the mind, a road which opens, seemingly impossibly, after one has left space and time behind in meditation. Perhaps what we are trying to express may be best approached by saying that the image of what we wish to express is that of one who, sitting in meditation, moves within the mind higher and higher until one has reached the very top of the watchtower of consciousness, and at that point when one is in a very small, protected environment, there is a harmless ordinary-looking door. Yet, through that door is the beginning of a highway that grows larger, wider, more capacious, more beautiful, more stately, until at last the inner vision opens and the self that is more you than you are now waits to greet you.

The consciousness which invites the higher self to help is one which in humility gazes at the world and says, "In and of myself I see only illusion. I must seek further." Seeking is the key to contact with this greater self, this larger edition of you. This higher self cannot choose for you that which you must or must not do. It is not an authoritarian presence. Each decision is your own to make within this illusion, and no responsibility can be given to any higher self, guide or teacher. Each is responsible for the self.

We would also encourage the seeker to open the self in meditation to those presences which are about each seeker, waiting to aid in deepening the meditative state in comfort and in succor. These guides, these presences, are also yours if you seek them. They are powerful helpers, yet it is always the turning from despair and sadness to hope and joy, the thought in confidence of sure help and the reaching out for it, that make these energies available to each who seeks.

(Pause)

We are sorry for the pause. The concept which we gave this instrument was unwieldy, and this instrument found herself in the position of being unable to express that which she could not grasp. We believe we have found a way to feed the concept to her a bit at a time.

The higher self ultimately is the Creator, just as you are the Creator already. There is what seems to be an

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impossibly long eon wherein the creation bursts forth into existence, flowers and moves back into the uncreated, that Highest Self. Each relationship which you enter into, if shared heart-to-heart and hand-to-hand, creates the higher self of the mated couple or the strongly bonded friendship. Each family has the group higher self, and insofar as that family may seek in unison, just so far shall its higher self be there in seeming intuition and interesting dream to convey messages concerning the most progressive and helpful service for the family to the family or for the family mated pair or friendship to the world which you experience about you.

Similarly, each group to which you may belong, if there is a common purpose which is idealistic and service oriented and sought in unity, develops a group higher self, one which can be enormously helpful, and so each nation, race and any group which bears a common identity can develop, and will ultimately develop, the higher self. Indeed, we, as social memory complexes, are an existing group mind. The higher self, then, is ever more clearly and intimately available. It is our dear wish and happy desire to join the ocean of the Uncreated, that Logos of undifferentiated love from which all is created and to which all shall return.

It is a blessing to have been able to speak with you. We would at this time transfer this contact. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time it is our privilege to ask if we may speak to any further queries which those present may have to offer to us. We preface this service with what must now be well known to each, that we gladly offer opinion, and do not wish our words to be taken in any other fashion than opinion. Is there a query with which we may begin?

Questioner: Did I understand you correctly in saying that couples or families share a higher self?

I am Q'uo, and this is correct, my brother, for those who seek together in a dedicated and consistent relationship form that which is an energy of consciousness blended of the total being of each participating entity, thus the patterns of life experience become available as resources of learning and potential resources of service to each entity within the grouping that has joined itself of desire and experience.

May we speak further, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: When you were talking about others, guides and so forth, you were, I guess, intentionally vague. Is it because the distinctions between terms like angel, inner teacher, inner plane master, and personal guides are different ways of perceiving the same energies?

I am Q'uo, and in some cases this is true, my sister, for many within your illusion see but dimly those entities and forces which serve as resource for guidance and inspiration, and tend to name what is perceived in many fashions, each helpful to the namer, according to its ability to conceive of such possibility that there is a greater portion of the self and of the creation which lies beyond the physical senses and awaits the request for assistance.

In many cases there is the perceiving of a portion of what entities or sources of energy answer such calls, and this portion, then, is described in such and such a fashion. It is also true that those unseen resources upon which each third-density entity may call for assistance are various in ways unique to each entity. Thus, in some cases, the higher self will manifest a contact in a manner which utilizes intermediary means, shall we say, which may include those beings known as guides, those known as teachers in specific areas, and the coincidental events of an entity's life experience that, though seemingly small, prove to provide a point of turning for the entity in attitude or seeking or desire. Thus, there is an interweaving of unseen assistance from various levels of a seeker's greater self and the more unified portions of the creation itself.

May we speak in any further fashion, my sister?

Carla: Well, my brother, I just had one more question, a little bit of a different angle. You didn't say specifically when the higher self starts, but you did say that it was timeless, and from that I would intuit that from the very beginning of creation when our consciousnesses were moving through the elements and into time itself, and then into second density and so forth, from the beginning until the

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end, the higher self is there for us, and it's just a matter of learning more and more in each density to make it a conscious part of our experience. Is this, in general, the truth of it?

I am Q'uo, and this is a most rough approximation of that which is the condition of the higher self in relation to the individualized portion of the Creator which moves through the evolutionary cycle. We give this instrument the concept of the vague definition of energy and intelligence which is ever-present for the individual entity in its process of evolution, and which at some point is called by your peoples the higher self. This intelligent energy permeates each portion of what is the creation, as the first-density experience of simple awareness becomes drawn by the upward spiraling line of light towards the increased vibration of second-density movement and turning toward the light, the concept of what shall be known to you as the mind draws unto itself a vehicle for expression that will serve as what you call the body. And as this blending of energy complexes occurs in increasing frequencies of manifested expression, the mind and body complex of the second-density creature or entity becomes more and more individualized and partakes more of that which is the consciousness of self in contrast to that which it has experienced previously, which is the concept of the groupings …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. To continue. The groupings known as the flock, the herd, the school, and so forth.

Thus, as the consciousness becomes aware of the self, the mind and body complexes then begin to draw unto themselves a concept that you would call the spirit, and through this concept are able to partake more intimately of the intelligent energy which shall continue to become available to this complex of mind, body and spirit as the higher self. Thus, the third-density entity is the self-conscious entity which is complete in that it contains the mind, the body and the spirit fully functioning and individualized according to the unique pattern of experience that has developed, is developing, and shall develop for the entity that moves within the creation toward the unity of All That Is.

May we speak further, my sister?

Carla: No, thank you, that was quite eloquent.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we feel that we have for this evening spoken to those queries which each has so graciously offered to us, and it has been our great honor to have offered our humble words in this joining of our paths of seeking this evening. We thank each for allowing our presence, and we shall be with each in your future gatherings. We shall at this time take our leave of this group. We are known to you as those of Q'uo. We leave each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

(Carla channeling)

I Yadda. I greet you in love and light of infinite One. We could not resist the opportunity to speak about the breath—you know, that a pretty good question. We feel there are points to be made and we will make them briefly.

The concept of life as breath and breath as life is natural for you, for you must breathe to live. However, the true breath is the breath of light—not the oxygen, but the prana which comes to all who recognize the tremendous power of that which move on the face of the water. You see, you as the body are like the planet. Your being, cell by cell, is water. Thus, as the physical breath moves upon the face of the water of your body, you have life. And as that which this instrument calls spirit move upon the face of consciousness, you have another kind of life, that which in your Christianity you call Holy Spirit. We do not wish to devalue the infinite goodness of heavenly food which is light, but we wish to have you respect yourselves, for what could this light enliven if it were not for the wonderful complex of vibrations which create the energy field which is yourself. You are the water of life. You are the material of the universe. You are the expression. Open, as you would open the lungs to breathe air. Open to that which move upon the face of the water. Think not about your condition, your foolishness, or your virtue, but only that you are material waiting for more abundant food. Such is the breath of the spirit.

We happy to speak with you, and we give this instrument trouble and more trouble, and we

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apologize. But she irritate us with this Jesus Christ, Jesus Christ, Jesus Christ. However, Christ is Christ, and we always are happy in the end, no matter how provincial we find an entity's expression of Christ, to come in the name of Christ, for that is the name of Love. And it is in that light and love—how you like our L's tonight? We doing better, eh? Heh, heh? It is in that love and light that we leave you now. Adonai. Adonai. We Yadda. Adonai. ♣

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Intensive Meditation

November 12, 1987

(Carla channeling)

[I am Oxal. We greet you] in the love and the light of the one infinite Creator. We greatly appreciate this instrument's willingness to function, although in its own opinion it was marginal. We feel we have a good contact, and we thank this instrument for trusting the bond between us. We also thank this instrument for the extensive challenging which it did prior to our greeting you. It was indeed a well executed challenge and a needed one in terms of the service-to-others distortion. The opening in the group, and we say this for each instrument to hear, was that the instrument known as H in the beginning of the transmission was enough distracted by the experience, that the naming of the entity contacted by the instrument was not vibrated, nor was the source of all our desire and also its end phrase, "We come in the love and in the light of the one infinite Creator," and though we do not always speak these words at the beginning of each transmission, we did at that particular time, that is to say, the ones of Hatonn. We fear this instrument is going to sleep. We must pause.

(Pause)

I am Oxal. We wish to say at this time, for this call has come to us, that the love and light of the infinite Creator takes great measures of energy to probe into at any depth at all. The delicate balance between the positive and the negative move and turn, sway and twist within the distortions of each mind/body/spirit complex's universe, within each heart and each mind. For every excellent ideal and symbol, there lies upon just the other side of the coin, terror, need, ugliness and violence.

The drama of your third density is the drama of discovering duality and beginning the long trek toward balance. In this the student, the journeyer, the worshipper must choose one path to move, one face of the Creator to worship; one, and not the other. This is a most difficult choice. It is so difficult to make within your illusion that most do not begin to make that choice, but rather remain dancing about the bonfire of neutrality, tossing their garlands to and fro within the ethical and metaphysical universe, laughing, crying, hating and loving and moving neither towards the one great stage or the other, the glorious heavenly universe, or the equally glorious negative, each strong in its own way, each full of the Creator which is all things. Yet only by strong feeling, only by that feeling which this instrument would call worship, is either path traveled to the end.

We are those of the service-to-others path. We find that each within this circle has also advanced the cause of the great drama in the negative sense. Each has danced close and into the flaming fire of the glory and of the beauty of negative emotion and

feeling. Each has in the mind and heart judged him or herself, each has been convicted and has lived within what your soul wishes to call hell, and each has for that very reason chosen. For when one path or the other begins to be intense, begins to move forward, then it is that the choice must be made, never in the happy middle of things, never around the bonfire.

Thus, as each travels along the path of service to others, let us say again what has been said often upon your planet. Let us respect and appreciate those circumstances of suffering, of judging the self, and of despair which have produced hearts and minds set with determination and persistence, but better yet with passion, the passion of experience and lessons learned and choices made. We ask each to respect that within the self which makes such a choice, to know that each will inevitably fail from time-to-time but that, the choice having been made, the life shall be, if such desire continues, a walk hand-in-hand with the Creator, for there is passion in the Creator for each of you, such a passion as you cannot imagine. We exalt in the joy of the love the Creator has for us, and we answered it with love and thanksgiving, and turn ever again to service to each other, and thereby to the Creator. And then in the end we turn to the Creator alone and see the Creator and know the One

We leave you at this time. We have been with you in sorrow, all those of us, those principles, entities, teachers and powers which move within the world of thought about your planet, within your metaphysical realms. We are losing transmission with this instrument. We are those of Oxal. We leave you in love and in light. Adonai. ♣

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Sunday Meditation
November 15, 1987

Group question: Concerns wanderers, the difficulty that wanderers frequently encounter being within the third-density illusion, having to go through the forgetting process, and having some kind of a memory of previous existence and purpose for the current incarnation, yet running into, perhaps, problems in making that happen or manifesting it. And so forth.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. It is a great privilege to be with you this evening, and we wish especially to greet those new to the group, new to the circle of this seeking, new to these particular vibrations. We bless and greet each. We would like to make a note at this point that we may have to pause in order to clear the breathing passages of this instrument. We hope you will be patient during these moments.

You have requested that we speak to you upon the subject of being wanderers. Perhaps we should begin by stating that the majority of your peoples did not arise from the planet, upon which you now enjoy existence, from second density, but have wandered in third density form to your planet, so that there is the archetypical or racial memory within quite the majority of those entities now incarnate upon your planet's surface who have come to finish their third-density experience from another place, another influence, another circumstance.

With this said, we wish to acknowledge first of all our compassion for the deep ache and loneliness of those who feel that they are strangers in a strange land. It is in no way a cowardly thing to feel the pangs of being where home is not. It is not an act of cowardice to wish for the climate and the friendly faces of a family half-remembered. Yet we speak to those who wish not merely to receive sympathy for their plight, but to learn more about how to celebrate that challenge and to rejoice in the time ahead.

Each of you has in your past either the experience or the sincere wish to experience the form of hands-on aid to needy people, which works such as your Peace Corps offers. In this organization, those who have much to teach aid those who have much to learn, both being equals in the experience, both learning, both teaching. Those who have had this experience most generally feel that the tasks, while arduous, have been most worthwhile. Such periods, however, are intense. To a wanderer, the entire incarnation is this type of experience. You will feel life more acutely moment by moment than others [who] are more comfortably lulled and distracted by the various gadgets and toys of your culture. Wanderers remain more of the time aware of the energies which

riffle the waters of peaceful consciousness and break down ideals into ethics and ethics into situations.

But, my children, you came here, glad with the challenge of serving the Creator, and the key to moving gracefully through a sometimes distressing illusion is trust, trust in the greater self that is you, for before this incarnation, when you chose the manner of your being within this illusion, you created a place wherein you felt you could offer your love to the environment about you. Those people which you have met and will meet, those combinations of circumstance and people which trigger new beginnings, all of these things you laid up as treasures that during the incarnation you shall mine.

Further, you carry with you on the other side of the veil of conscious thought a level of consciousness which is tuned to a fuller love, because of your experiences before this incarnation. Your unconscious self, therefore, is uncommonly rich as a resource. It behooves wanderers, then, to pay especial attention to regular daily meditation, for the true self, which is your gift to a planet in need, lies waiting for you behind the door of conscious thought, within that unconscious part of your being wherefrom intuition and passion for love spring.

The conscious mind of any entity incarnate in third density is dealt the same approximate hand, as this instrument would say. Regardless of intelligence, each consciousness bears certain identifiable characteristics and can manipulate the tools of the culture. It is within your greater self, which is available to you largely through meditation and dreaming, that the harvest of your previous experience lies. And, as wanderers, each of you have excellent intuitions. However, without the trust in the self and the self's connection with the Creator, such resources forever lie a bit beyond the reach.

It is a difficult thing for one who is humble to perceive that each consciousness is a gift. Many are the times when one feels more like the before picture than the after picture, as this instrument would say, lacking in insight and seemingly powerless to aid a troubled planet. However, although we do not wish to interfere with your free will, we may say that as a general rule very few within your illusion are aware of just when they are working at their best in service to the one infinite Creator. You will find each time that you attempt to evaluate your service, that you have stopped the flow of that service. By this we mean not that it is not good to examine one's actions, but rather that it is an excellent idea to withhold judgment from the self.

Perhaps we may invoke the law of relativity upon the question of wanderers, wanderers such as the one which asked the question. Wanderers may have a greater treasure of experience on the unconscious level to bring to the drama of living the life within the illusion. Whatever the gifts that you have been born into incarnation with, it is this amount which you have to make prosper within this environment. Some of those who have arrived as wanderers have perhaps a relatively small amount of love and light compared to others. Those within third density who have not yet been able to deal with the strength of light necessary to move into higher density may have less. But in the currency of love, it matters not how much you have, but that your intention be to increase the flow of that infinite supply of love which is the result of your constant awareness of your contact with the infinite One.

As the instrument has previously stated on her own accord, we also state that the work of the wanderer is to exchange love in a completely open manner with those entities with which the wanderer comes in contact. All other activities are derivative of this service, for what is one who wanders except one who wishes to serve. The serving may be done in a very humble manner, yet if you serve one entity with purity of intention, it is as though you served the planet in its entirety. The difficulty within your conscious mind is that it does not seem as much a service to love another unconditionally as to form new social organizations or create some consciousness-raising project. We may say that those wanderers who choose these more public and dramatic life scenarios suffer in accordance with the magnitude of loneliness which renown brings. For the wanderer, it is a great blessing to be obscure.

Now let us move on to the greater realization that all who are conscious of self and conscious of the Creator are moving upon the same path, gazing at the same challenges. We ask you to think of yourselves as seeds. All that is is the Creator. You are the Creator. You are love. You speak and gesture and move in love, and you see love from all whom you meet. The distortions of love are many, so that love expresses itself often in negative forms, yet all are on the path, by the side of the path, sleeping by the side

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of the path, or somewhere in the vicinity of the path. It is impossible for that seed to be lost. You are very young expressions of the face of the Creator. Those who are wanderers will find it easier than those who have been moving through third density for the first time to make the choice of service to others. It will seem more obvious.

Thus, since you have made the choice, instinctively you are in the position of the older son. Now, those who are in the third density of this planet are in the position of the prodigal son. We refer to that parable in that holy work called the Bible, where the master known as Jesus described this prodigal son, this son who went away, taking his share of his father's wealth and disported himself in every desultory way, until he was penniless and humbled to the ground. The older son never left the father's side. Years later the older son gazes at the prodigal, limping home, hoping to be a slave in his father's house and happy for the chance. He has made the choice. He has come back to the positivity he left at birth. And the father blesses the prodigal with joy and laughter and feasting. But what about the older son? You wanderers, surely you can feel that plight. The older son says, "You never gave me a party, Father, you never made a fuss over me." And the father turns and says, "But everything I have is yours."

May we urge each wanderer to make the journey of the prodigal son in consciousness, not in action, to let the mind go blank, to start with a clean tablet and make that choice from the beginning, all the way through as a meditation, as a contemplation, as a prayer, and finally as a thanksgiving. For you shall not feel that you have come home to the kingdom of love until you have allowed yourself to experience the going away, the temptations, the failures, and the return as one who has had all assets of privilege stripped away. You see, it is fatal, spiritually, for a wanderer to put any particular emphasis upon this situation in terms of the expectation of increased closeness to the Creator or increased awareness of the Creator's will for you. Indeed, you must work harder, for you are only prodigal in your imagination, and it is very near to impossible for you to deny your link with the Creator.

Narrow your focus, my children, when these puzzlements come upon you and the discomfort of this illusion lies heavy upon your shoulders. You have come here to work. You have come here to carry the burden, a burden which is heavy, yet which is not more than you can bear. You have encased yourself in a very necessary and useful physical vehicle which effectively shields you from the awareness of your companions. For you are not alone. There are invisible forces which are with you, and those people whom you need to meet, you shall meet. Those thoughts of which you need to be aware shall come in front of you. Indeed, once trust is established between yourself and your whole self or higher self, you need but do that which is in front of you to do, moment by moment and day by day. And at the end of each day gaze back over the day and see where a smile, a word, a touch, or a sincere loyalty to an ideal has lightened the road for others.

How we wish we could take you within our vibratory web, that you might feel for a few moments that love without the baffling impediment of the physical vehicle, yet we cannot do this for you. You may, however, through meditation, find yourself upon holy ground and share heart-to-heart and hand-to-hand with the infinite Creator. My children, the Creator is a love that is astonishing in its intensity. The imagination reels at the infinity of creation. Yet this love is that which built, created, energized and enlivened all that there is with only a tiny portion of infinite energy. This is a love which is awakening within you, the love of the co-Creator for the Creator, the love of the child for the Father, the love of the beginning for the Source and the End. Center yourselves upon love and compassion. Attempt to intend well and to be harmless and above all to love each other. And when you consider yourself to have failed, grieve if you wish, but not overlong, for the intention is that which is recorded spiritually, the action within the illusion relatively incidental. We ask you to …

(Side one of tape ends.)

(Carla channeling)

We ask you to nurture the relationship betwixt yourself and the Creator, tuning, honing and intensifying the joy and love that you feel in communion with the One Who Is All, so that you may tap into the bubbling, joyous, free ecstasy which love is. This exercise of homing upon the Creator brings each entity, no matter what its vibratory level, to the highest level possible for that entity at that time. Each of us has still lessons to learn, and the source of the answer to the questions we have to ask, at whatever level they are, is the infinite Creator

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which is within each and every piece of consciousness. Trust yourself more and more deeply. Woo your own unconscious as does the lover the maiden, gently, lovingly and caressingly, and respect those things which you receive in dreams, visions and intuitions.

And above all, know that you are doing that which you came here to do. You cannot get far off track, for those forces within you which you devised before incarnation shall forever be giving you the proper vector toward the action that is appropriate. May your communion with infinite intelligence be ever more wonderful, and may your trust in each morning, each noontime, and each eventide be sufficient for you to do the will of your greater self, of that self which is closer to the Father and Mother of All That There Is. Each of you shall shine from within. May you also shine to yourselves. May you love and respect the Creator within you. Wanderer or native, these things are so, in our humble opinion.

This instrument is informing us that we have been talkative again, and we are sorry. It is a great joy to share thoughts with such a receptive group. Because you are so receptive, we wish especially to caution each to know that we are not infallible, but only your brothers and sisters somewhat more along a path than you, knowing the terrain, where the potholes are, where the rockslides might occur, and we come back to you, wanderers of our kind, in thought. We wish we could take every boulder out of your way and fill every treacherous piece of ground, so that you could walk straight and plain upon the path of seeking. Alas, we must watch you toil uphill and stumble down, become weary and find despair. Yet we and many others are right there with you in that despair, and if you request aid from the Comforter, such shall be offered to you immediately. You have only mentally to ask, and you will no longer be dealing with pain without help. Some call these entities guides, some call them the Holy Spirit. Whatever the name, the function is nurturing. For a wanderer this is sometimes vitally important.

Wanderer, in your agony, you shall comfort many; in your loneliness you shall share love, and every tear, every ache, every pain can be, if you respect these feelings, a crystallized bitter-sweet gift to the Creator, a memento of a dramatic play which seemed to have an unhappy ending. Trust that it is only play and that your true life-stream dances and rejoices. So in the end may wanderers reclaim within the illusion their deeper selves. Mourn first and then rejoice.

We would at this time transfer this contact to the one known as Jim, with thanks to this instrument. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time it is our privilege to offer ourselves in the attempt to answer those queries which may yet remain upon the minds, again reminding each that we offer that which is our opinion, offered joyfully, yet not infallibly. Is there a query with which we may begin?

D: Do we create the illusion by our own approach? Do we create the density that makes it hard for us to see the true light, or is it what we've come into?

I am Q'uo, and the answer to this query is one which is not easy to explain, yet it is that which you, as a greater portion of yourself—which is frequently called by many of your peoples the higher self—have created upon a cooperative basis in a specified and refined fashion, beginning with that which is given, shall we say, by the Logos, the creative intelligence of the one Creator. As you move into the incarnation within this illusion, you move into that which has been prepared for you by a greater portion of your self, and according to the way in which you have programmed your biases and attitudes for learning and service, you perceive and experience the creation in a certain fashion which is unique unto yourself. Thus, you are responsible both for the creation and the illusion within which you move and the manner by which you perceive it, in order that you might learn in such and such a fashion and also serve others thusly.

Is there another query, my brother?

D: Is it our job to untangle the illusion, or are we supposed to simply work within it?

I am Q'uo. That which is your responsibility within this illusion you have before the incarnation set for yourself. Thus, you shall move through the incarnation within the illusion in a manner which allows you to utilize each facet of the illusion in a manner which will aid those goals which you have set for yourself. A portion of each entity's

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incarnation is given to the learning and is oriented towards the growth of the consciousness of the self. Another portion, which increases in ratio as the consciousness of the self grows, is given to the service of others, so that that which is learned by the self might be shared as the fruit of the incarnation with other selves. Thus as you learn and as you serve, you become yourselves transformed by that which is your awareness, and as your awareness and as yourselves become transformed, the illusion about you is seen with new eyes and is itself transformed by your perception of it as yet a greater portion of the one Creator knowing Itself through each other portion of Itself.

Is there a further query, my brother?

D: No, that made very good sense. Thank you.

I am Q'uo, and we thank you, my brother. Is there another question?

Carla: *(Carla has been coughing.)* I know the physical reasons why it's difficult to keep infection down in hospitals, but most people in hospitals are not sick with contagious diseases. It's almost like comparing a hospital to a hotel, and people don't get sick in hotels, whereas it's quite common for patients to pick up a bug in a hospital. I was wondering if there was any metaphysical aspect to this, somewhat of psychic greeting going on when people's immune systems are down and stress levels are high? I don't believe that germs have any polarity, but can they be directed by unfriendly polarities?

I am Q'uo, and we feel that we might best respond to this query by suggesting that the ground for such infections is prepared by the mind which has fed certain concepts that then reflect within the body complex, often by means of reducing the immune defense system so that the condition of what you would call the disease of one form or another is able to find an opening and work in a fashion which corresponds to the pattern of thought expressed by the entity. Within the environment which you describe may be found many entities who have found the need to experience an imbalance of the mental complex to the degree which would then allow the physical vehicle to reflect this distortion in a manner which then would make it apparent to the conscious mind that certain distortions were in need of attention. Thus, the mind reflects to itself that upon which attention needs be given in order that greater balance and harmony within the mind/body/spirit complex might be achieved.

May we speak in any further fashion, my sister?

Carla: *(Inaudible)*.

I am Q'uo. Is there another query?

Carla: Not from me.

C: I'd like to have a better understanding of what happens inside the consciousness of those that our culture has labeled schizophrenic.

I am Q'uo. It is difficult to give the general description to a condition which is quite unique unto many of those who experience this splitting of the personality. However, a few comments may be given that will hopefully add some understanding to this condition.

The entity which faces the challenges within the incarnation which seem to overwhelm the ability to resolve them may, in some cases, choose to face these challenges with a smaller and smaller portion of the personality, with the larger portion choosing an alternate means of experiencing the nature of the illusion which the entity would find more able to cope with. In some cases the entity finds the necessity of dividing the personality yet again in order that various portions of the deeper self may be allowed expression without the need to interact with other portions of the same self which are in basic conflict, each with the other, upon a certain point.

This conflict, then, is that which the entity has found it unable to resolve in the normal, shall we say, fashion. Therefore, the compartmentalizing of different portions of the personality allows the entity to express basic features of the personality without the need to bring these features into harmonious balance with other facets of the personality which are more aware of the basic conflict. Yet, in each expression there will be the distortion of the characteristics expressed that is due to the primary conflict remaining unresolved. Thus, in each personality or portion thereof thusly expressed will be found a faint trace or trail that will lead to the conflict for the entity to travel eventually in order that the conflict might be harmoniously resolved.

Is there another query my sister?

C: What would be the most beneficial way to help this type of person in the healing process?

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I am Q'uo. Again, our lot is the generality, for each case is unique. The offering of the self in unconditional love and acceptance of the other self provides the basic environment of healing in which the entity experiencing the splitting or separating of portions of its personality might find helpful. The acceptance of such an entity, given in an unqualified manner, will provide the support that is needed to encourage the revealing of the primary conflict by any portion of the personality which is most vulnerable or moved or sensitive to the giving of the love. Thus, the one experiencing the separation of personality may begin through some portion of its personality to move into an harmonious resolution with other portions of the personality.

May we speak in any further fashion my sister?

C: No, thank you.

I am Q'uo, and we thank you, my sister. Is there any further query at this time?

Questioner: Yes. Among the people whom I know there seem to be two theories, that is, that everything is going along fine as it should on the planet, and the other theory is that something's horribly wrong, evidenced by the fact of torment in so many people, children included, especially in the third world, the poisoning of the planet and the disruption of the planet's surface. Is something horribly wrong? And if so, are we supposed to do something about it?

I am Q'uo, and, my brother, we may suggest that the illusion, in which you find yourselves at this time, is one which seems most disharmonious and in need of great attention. We may suggest that the illusion has offered to many the opportunity to learn lessons great and small, intense in many ways, difficult, yet not without solution. By experiencing what seems to be the greatest separation of one entity from another, may each eventually find the bond between each that reveals the unity of all creation. It is for each within the illusion to take those opportunities for growth and service that will provide the further opportunities for expanding the realization of unity for each entity.

Thus, we look upon your illusion and those of your peoples which inhabit it as a child that is progressing through the lower grades of a school. There may be many disagreements among the pupils within the classroom and many, shall we say, bloody noses upon the playground, yet each shall learn much from the illusion and continue forward in the schooling, moving the boundaries further and further to include those about one, and eventually through the seeming separation of one from another, to begin to resolve those illusions of separations in order that each may look upon the face of the Creator, not only within the mirror, but across all boundaries which seem to separate nations and entities.

May we speak in any further fashion, my brother?

Questioner: Well, what about the specter of atomic war? Is it not possible for our world to be obliterated in that fashion?

I am Q'uo, and we shall speak briefly here, for we find that there is the need to bring the session to an ending.

There is the opportunity for the resolution of energies set into motion from times far distant in the past of many races upon your planetary influence. The seeds of these difficulties have once again found their flowering within your current illusion, and are being worked upon in their current manifestation by those entities which have been responsible for their sowing in times and places far distant.

There is room within the universe of the Creator for all possibilities. The use of the atomic energy which you have described is a portion of the creative energy of the one Creator which can be utilized in many fashions. The destructive capability of this energy has been released upon your planetary surface within your recent past and is that primary concern which now offers the nations of your world the path by which the resolution of difficulties might be achieved.

We beg your indulgence at this time. We find that there is the need to bring this meeting to an end, for there is the energy which is being drained at this time. We thank each for inviting our presence, and we leave each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. ♣

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Intensive Meditation

November 19, 1987

(Carla channeling)

I am Laitos. I greet you in the love and the light of the infinite Creator. We have had much difficulty getting the attention of the one known as D, as we find this instrument to be placed in a position wherein the promptings of the subconscious mind are rigidly enough controlled that subconscious thought is not being given free flow into the conscious mental apparatus used for making decisions. We would suggest that the instrument known as D, as well as each within the circle, realize and give value to the shyly hidden offerings of the subconscious mind, for deep concepts arise within the intuitive portion of the conscious mind only if there is a certain level of coordination betwixt the two minds, a certain mutual respect and conscious awareness each of the other.

We would like to speak this evening about love. We choose this subject not in spite of its familiarity or its centrality, but because of it. We have a desire to express enough consciously known principles as concepts to the new instrument that it will, by simple repetition of exercises, each concept being one exercise, regain the feeling of some small confidence within the one known as D.

That which each is is far other than the conscious mind can hope. These concepts which we channel due to your service are mere surface paint which glistens in the sun upon the surfaces beneath which lie the substantial metal of beingness. The process of channeling is a process of service to others. The entity which one brings to that service needs to be respected in its entirety. Both those things which are civilized, learned behaviors, and so forth, and those things which are archaic and seemingly vestigial, that is, instinct and the force deep within the mystery of the inner being, which is that very stuff which created all that there is within the infinite universes, sink down, then, within the conscious mind, becoming more and more [aware], more and more attuned to the slightest lifting of the veil between conscious and subconscious.

We would speak, as we said, of love. We would offer familiar words. We would speak of that love which goes beyond human expression, that love which men seek after without any proof of its existence. We speak of a Creator whose very nature is love. Each particle of consciousness has that seed of love at its center, known as the birthright of what this instrument would call divinity. Such words are not adequate, yet language is a difficult and limiting way to communicate. Before all else was, love is, and when the last sun flares into nova and shrinks into ultimate gravity, love still is, the Creator, endlessly brooding upon infinities, *(inaudible)*. And yet, this vast and mysterious love may be expressed within your illusion.

We will transfer to the one known as D at this time, asking as usual that the instrument accept thoughts as they arise, speak them, and be unafraid, refraining always from analysis during the exercise. I am Laitos. I transfer now.

(D channeling)

I am Laitos, and greet you again, our greeting in light and love being our way of answering your challenge. We wish to be channels of the infinite love that comes from one source, conduits by performing our humble service of love, brought from that source to the beings of third dimensions. …

(The rest of D's channeling is not transcribed.)

(Carla channeling)

I am Laitos, and I am again with this instrument. We would like to thank the one known as D for his work and his willingness. We continue to feel that we are making good progress. The instrument will wish to know whether the variances in level of relaxation affect the channeling work, and perhaps the instrument need only remember the varying state of mind during this channeling exercise while gazing at or listening to the words to discover how very helpful it is to maintain a single point of focus during the channeling, for neither worrying nor considering—that is, neither worrying about what has been said nor considering what shall be said—and focusing only upon the immediacy, the breathing, the heartbeat, the slight but audible sound of the pressure of blood in the ear, the night sounds, all those things which go into being in the present and focused upon an inner listening.

We suggest as an exercise that the instrument work with imagery in meditation, holding shapes and colors within the mind for as long as possible. The instrument should not be discouraged at discovering the willfulness of the mind which wishes not to concentrate upon one image. A few seconds at first shall be a challenge to sustain. Yet this type of concentration is most helpful to the work of channeling, and where the conscious mind in its restless intelligence is used to roving in thought, there must needs be means of disciplining that very helpful thing, the intellect, and stilling its forward pace for the purpose of experiencing the present moment, as would one without the rational mind.

We do, however, continue to emphasize that the rational mind be tuned carefully before the control is given over to the intuitive self, and further we suggest that the powers of analysis are most helpful in revealing the experience of the intuitive mind and its fruit in collaboration with us who are of the principle of love. We feel that the encouragement which we offer the instrument is to an extent blocked by the instrument's dissatisfaction, and we ask that the instrument set aside that dissatisfaction or need to please the self, for in this matter the process of learning to serve as a vocal channel is greatly helped by a veritable lack of interest in the excellence of one's own work when one is not within the channeling mode of perception.

What we are saying is that this phenomenon is most natural and is in fact a portion of the birthright of the intuitive mind, that portion of the mind which is the largest, that being the frontal minds of your brain, yet being by far the least respected and the least used by your culture. Intuition vanishes upon attention and advances upon a relaxed peripheral view. Those who see intuitively see without focus and speak without hindrance, so many learn to channel themselves in spontaneity and joy and some few discipline that faculty for use as a medium through which impersonal principles may find [an] attuned gateway which resonates in energy with itself and which can thus be used to be of mutual service to those who may find value in words of love.

At this time we would transfer to the one known as Jim that this instrument may field queries and speak further. We transfer at this time. I am Laitos.

(Jim channeling)

I am Laitos, and greet each again through this instrument. We realize that we have exercised the one known as Carla and the one known as D to an extensive degree this evening, hopefully providing both exercise and information to each instrument. At this time we would offer ourselves in the attempt to speak upon any topic which those present may find the value in the asking. Is there a query to which we may speak?

D: Is what you were just saying about concern for the excellence of the material or for the excellence of the channeling meant to … I'm a little confused as far as my own efforts to get your feedback and make use of it, and whether that whole effort to do that through these questions is somehow misguided. I

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need a little clarification about that still. Does it show a wrong sort of concern of mine, for instance, in my questions in the past about the details of my own channeling?

I am Laitos, and, my brother, we would encourage your queries for as long as the information which is given in response to them has meaning to you. It is eventually hoped that each new instrument, through the exercise of its vocal channeling ability and through the resolution of difficulties and queries, both from our source and from those serving as teachers, might provide the necessary confidence that will allow a new instrument to proceed fearlessly and even foolishly in the chosen art. Thus, we are happy to speak to any query which you may find necessary in order to enhance your own understanding of the process that is now being actualized within your being, my brother.

Is there another query?

D: Well, I still don't quite understand what you were saying a short while ago about concern for the performance except during the performance. I've kind of lost my question, but I got the impression that the concerns that prompt me to ask about my performance were somehow misguided and … I'm sorry, I don't know how to ask this question. I do have another, however, and that is just very simply, if tonight I completed my channeling of you at the point at which you were ready to end it. I've felt in the past somewhat as if I stopped it because of my own fatigue and tonight I felt no fatigue, I just felt …

(Side one of tape ends.)

(Jim channeling)

I am Laitos, and am again with this instrument. We would speak to your first query, if we may, before addressing the second. We suggest the concern for the excellence of the effort be the focus of one's attention previous to and then following the exercise of the vocal channeling ability, and the giving over of any concerns for such excellence while one is serving as a vocal channel, for it is at that time that the analytical mind does not serve one well, for it is that analysis which is the greatest stumbling block for the new or old instrument. It is at that time that such analysis is given over to a surrender that will allow a clearing of the mind in order that impressions of those such as we are might be transmitted through the instrument.

In regards to your second query, we were quite happy to have been able to utilize your instrument for the greater portion of the time which we felt was appropriate for the exercise of a new instrument before either physical or mental fatigue tends to remove the one-pointed focus that is so critical in being able to transmit concepts as they occur and are perceived within the mind complex. Thus, we this evening were able to utilize your instrument to a greater degree than we have previously and are very pleased to be able to make this report.

May we speak further, my brother?

D: I appreciate that. I really was wondering if I responded to your ceasing to come through me, or if you would have gladly—if you were continuing to attempt to stimulate concepts that I had become just unable to respond to?

I am Laitos, and we were able to stimulate those concepts which we were utilizing both from our own source and those which we wished to choose from your experience and framework of conceptualization, shall we say, for we wish to use that which each instrument has to offer as an unique portion of its own seeking to enhance the message which is always and ever the same. Each seeker will refine the shared path of seeking in a manner which enriches that path when shared with another. Thus, this evening we were able to blend your offering with our own in a manner which we found of a balanced nature.

May we speak further, my brother?

Carla: I think what he's asking is, "Was the next that you were going to transmit that you were going to transfer?"

I am Laitos. We had some further information available that we could have transmitted had the instrument's focus been steadier at that point. However, it was beginning to falter and there was then seen the need for the transfer of the contact in order that the new instrument not become disheartened that it was not maintaining the validity that it had previously demonstrated.

May we speak further, my sister?

Carla: Not on my account. I spoke only for D. You need anything further, D?

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D: I have another question. In weeks past you and—I'm sorry I don't remember whether it was Hatonn or who—made the analogy of channeling with catching a baseball and throwing it in order to free the hands in order to catch the ball again. In other words, to receive a word or a few words, speak them, in order to free the mind to receive more. And yet it's also been stressed that you work through stimulating concepts on the subconscious level through which we find the words. And I see these two ideas being somewhat in conflict with each other. Can you resolve that and help me to understand a little more deeply just what this process is?

I am Laitos. Whether the words which are perceived are words which we transmit in a word by word fashion or words which the instrument fashions in order to describe a concept which has been transmitted, the idea of throwing or speaking these words fearlessly is that which is helpful to the instrument, for the passing of the words is that which clears the way for further words, be they those which we have distinctly transmitted or those which the instrument has found to be the most nearly appropriate to describe the concept which we have transmitted as well. We utilize from time to time combinations of the concept and the word by word transmission as is most efficacious for each instrument. Most will find the concept means of transmission the easiest to utilize in the beginning of the service as a vocal instrument, with the addition of the word by word method of contact being that which is undertaken at a later or more advanced stage of serving as a vocal instrument.

May we speak further, my brother?

D: No, thank you very much.

I am Laitos. We thank you once again, my brother. Is there a further query at this time?

D: None from me.

Carla: Thank you, Laitos.

I am Laitos, and we also wish to thank each for the great offering of attention and service which we have experienced this evening. We appreciate the opportunity to speak our humble words through each instrument, and find a great joy in being able to transmit concepts through both the old, shall we say, and the new instruments in order that there might be some small enlightening of service and of the mental preparation for service in each instrument. We ourselves gain a great deal of experience as we work with each instrument, and feel that that which you offer to us is far greater than you can imagine, for we learn as we teach to be clearer channels for the love and light of the one Creator.

At this time we shall again thank each instrument, and, as always, leave each in the love and in the light of the one infinite Creator. We are known to you as those of Laitos. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 29, 1987

Group question: On Breatharianism, the living on the air or sunlight, the prana, rather than on solid foods or liquids. What is it necessary for the third density human body to live upon in truth? Is it always necessary to live on the normal food and water, or at some point is it possible to live without these particular ingredients and to live upon a more pure substance that we would call air or prana?

(Carla channeling)

I am Q'uo, a member of the Confederation of Planets in the Service of the Infinite Creator. I and my brothers and sisters greet you in the love and in the light of the one infinite Creator. With joy we welcome each and express our love and blessing for each, especially the one known as C, whom we have not seen in this circle for some weeks. May we say how grateful we are to be called to your group and to be allowed to offer our humble opinions in regard to the questions which you may find it helpful to ask. Know that our journey into your dimension is for only one reason, and that is to be of service to you. Thus, should any of our words constitute a stumbling block or simply seem not to ring with truth for you, we sincerely ask that these words be disregarded, for all of us are citizens of consciousness, studying the Creator in ourselves, and ourselves in the Creator. As fellow travelers, we greet you in joy.

We find that the query this evening has to do with purifying the life experience, most especially focusing upon the body experience during physical incarnation, that it may reflect a higher spiritual reality. That which is called Breatharianism is not foolish, nevertheless the principles involved are misunderstood. Let us look at this question one layer at a time to attempt to unravel the seeming paradoxes of the concept that one may live upon air, not taking food or water, and yet survive within your physical illusion.

Firstly, given the state of consciousness normal to third-density entities, we feel that it is not desirable that entities set themselves the goal of attempting to live without the bread and water which is food for the body. A good deal of damage can be done by one who sees a symptom of a condition as having a life of its own, and those who indeed within your illusion do live upon air or that which is called prana, divinely filled air, do so through grace and not by design.

There are those who come into incarnation with memories of music, and before anyone could expect excellence from such entities, they are astounding concert audiences. Others have other talents equally astounding, each in its own way. There are those who come into this experience with certain key memories untouched, and because of these carry-overs from previous incarnations, these entities are

able, by availing themselves of grace, to work with the connections between your physical body and your spiritual or electrical body, so that that which feeds the finer body then rains manna down upon the physical.

We wish to emphasize that such a talent is not that of which one can be proud, nor is it an attainment which can be earned. By grace each of you remembers certain experiences, certain skills, certain biases, and because of these particular memories the life pattern is shaped in such a way that the entity may manifest these gifts and add to the great store of beautiful, inspiring and impressive artifacts. When one speaks of the gifts of personality, one often speaks of artifacts that are as ephemeral as life within your illusion. And when those people who share non-physical gifts end the physical existence, only the memory of such grace-filled individuals remains. This is the first layer of gazing at the thought of living upon air.

The next layer of investigation of this is to gaze at the question of what physical use it might be to body consciousness as it too reaches for the Creator to attempt to be able finally to fast and fill the vehicle with only the most light-filled plenum of air.

Actually there are two decisions to be made in this regard. Firstly, it is very true that for the benefit of the physical vehicle, the selection of foods ingested is not only important to health, but also creates a certain atmosphere for doing spiritual work. We find that within your culture, as we believe that each is already aware, that excess food, excess protein, and excess carbohydrate intake create the form within which the spirit does not find gracefulness, liveness and movement. In other words, it is quite true that eating of heavily weighted foodstuffs such as high protein meats and greatly refined carbohydrate armors the physical being against the finer concepts which the mind and spirit yearn for. The food itself weighs the entity down physically. The anticipatory hunger and constant yearning for food hampers and befuddles the mind and spiritual complexes, and, thus distracted, the seeking entity finds the attitude towards food an attitude which is over against and unhelpful to a conscious acceleration of spiritual evolution.

It is indeed well to eat lightly, sparingly and naturally. These things are truisms, yet it is worth repeating from our point of view, so that one who wishes to become more pure in the eating need not be swayed by those who feel threatened by such a search for purity.

Secondly, it is well to know that the process of physical creation of a higher intention creates an improved atmosphere for doing emotional, mental and spiritual work of a similarly purifying nature. We alluded earlier to those who find certain gifts or skills quite easy to display. This is so also with those who seek the one infinite Creator. It is well not to gaze at another's journey or to compare one's footsteps with those of another. Perhaps another person has attained great compassion, and perhaps this entity is stocky and shapeless within the body. This is possible. It is also possible for an entity to eat and drink only those items which are most highly recommended for spiritually oriented entities to assist in the purification and simplicity of the life experience. Many of these people shall be healthy, slender and quite in the dark comparatively in the spiritual and emotional sense. It is a path to be picked up by those who feel its call, to place the physical body in purer and purer circumstances both inwardly and outwardly. It is not the only path. It is one valid tool which any seeker may use in order to sharpen and sensitize emotion, heart and spirit.

Let us now gaze at the concept of prana or breath. Your creation and mine is a plenum, a vast infinity completely full of that light which is life itself in first manifestation. To breathe this prana-filled plenum of air is to breathe in oneself the primal love of the Creator. To exhale is to exhale all that within which is to be eschewed, eliminated and cast away. Other organs do this for the solid food and drink which entities upon your planet enjoy. The careful, intentional breathing, on the other hand, deals with catching up the stress and stale thought, the tired emotion and keen sorrow of the day.

Thus, to breathe is to inhale life itself; to exhale is to deliver oneself of the past, so that always it is an helpful exercise to breathe intentionally, taking great draughts of life-filled prana into the lungs, into every cell of the body, and then with every hope bent towards the successful completion of this exercise, to breathe out all those dark and stale experiences of the day, with each breath gaining in light and being lifted up from the darkness created within one's own heart, emotions, mind, spirit.

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It is especially helpful to have a safe and secure place within which to do this exercise, and it is recommended by us that those who wish to do this intentional breathing incorporate this exercise within the meditative period, perhaps at the beginning, as a kind of visualized mantra. For that which is done with the physical body, highly positive though that thing may be, is completely subject to the free will of yourself. You may breathe in all the air you wish and breath out again, but if the desire and visualization is not there and if there is no meditative state within which to anchor and ground this experience, the breathing will remain for you, as perhaps other things have, a kind of spiritual playtoy to take out and examine and then put away again.

Very, very few entities dwelling upon the surface of your planet at this time are able to live by breath alone. Those who do, do so by grace, that agency by which impossible things occur naturally, that agency which is one of the great primal distortions of a kindly Creator. We go now to the inner layers of the question of food for the spiritual self. The teacher known to you as Jesus the Christ fasted often, wishing to achieve not a pure life so much as an altered state of consciousness wherein the physical entity dropped away from consciousness and a union with the Father became possible. Often the Father came to the one known as Jesus in the form of what is known as the Devil or Satan. This is because any attempt to be of excellent spiritual devotion alerts the attention of those who do not wish that such pure light shine within the world which negatively oriented entities believe is already their own. To the one known as Jesus, fasting was simply a means of altering the consciousness and building more and more the tested and sure bond this entity found with the Father, whose Son he always felt that he was.

It is not in fasting precisely that our recommendations lie, but rather in a shift of focus, an alteration in our use of vocabulary, for the one known as Jesus the Christ stated during one confrontation with that portion of the Creator known as Satan, that man does not live by bread alone, but rather from every word which falls from the mouth of the Creator. This entity was expressing a principle, and the entity's use of the word "word," when saying that man lives by every word of the Father, was intended to be that which we would call the Logos or love.

There lives within each man and woman and child within creation the capacity for dwelling in realms of light, not only in those fragrant fields which await in larger life beyond the grave, but also and more importantly, at this time during this experience this involves a change of consciousness. Thus, we suggest that there is a food for which you hunger and for which you are starving. There is a drink which shall finally quench the thirst. This food and this drink is love, the Word, and you are seeking to become, as did the entity known as Jesus the Christ, the Son of Man, one who lives upon the Word of love.

The nature of physical existence is that of limitation and finite dimension. And those who seek that bread which no entity can have except by grace often become greedy and acquisitive, hoping to store up the love that made all of us, that Source to which we shall return. Yet this heavenly manna, this word, this love cannot be stored, but rather can only be gathered one day at a time. Thus, the one who wishes to live and think and feel more purely must turn not once but each and every one of your days to the seeking of that heavenly food and that paradisial drink, for love exists within the present moment. It is not a part of space/time in its fullest sense, but rather a part of time, that time being the time which is behind all illusion and which is infinitely and eternally the present moment.

We offer exercises in closing, simple breathing exercises which may aid in the deepening of meditation. Visualize these exercises as the taking in of the physical manifestation of love, and tune yourself by intending to exhale each and every negative thought and feeling, stress and worry. These exercises are two, and are known to your peoples. The first exercise is the quick breathing with the emphasis upon the outbreath. This breathing is done through the mouth and may be done very rapidly to build up a great sense of the fullness and beauty of creation. Yet in breath there is motion, and in motion there is a lack of attention.

The second exercise following directly upon the ending of the first is merely the completely indrawn breath, the closing of the throat by the swallowing, and then the listening to the self at rest, full of life and breath, yet not now in motion. A very helpful environment is created during those few seconds or minutes during which you do not breathe. The great amount of prana is distributed to each cell within the body, and the outbreath at the last may flush

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clean the entire system of those chemical and muscular distortions from comfort which may block spiritual seeking by mechanical means.

In closing, we wish to iterate that the process of spiritual evolvement may be aided by what one may call the teacher's aid such as the purification of diet or the disciplines of prayer. However, no amount of study can invoke the grace by which the spirit becomes able to allow the electrical body to receive that food and drink and thus hold the physical being in thrall. It is not a goal to be attempted in earnest, but rather a direction which may be suggested merely because those things which are important to one can be deduced by discovering the amount of time and energy associated with their procurement. Thus, a simple and natural eating, perhaps even a reduction in eating if such is deemed helpful, may be encouraged. All forms of purifying the physical body are helpful insofar as they engage the consciousness of the individual spirit.

That which is truly and inalterably helpful in every case is the turning of the trust of the spirit towards that manna which cannot be controlled, which cannot be grasped for or hoarded, but which is there in abundance for those who know and proclaim its abundance. The quality and the quantity of the manna which feeds the spirit is very much determined by the seeker itself, by the level of desire the seeker has to become a purer vessel for love and light, by the simplicity for innocence of the firm belief in that which is unseen. It is to the mind an insult to declare that something unseeable may be the food the spirit needs.

(Side one of tape ends.)

(Carla channeling)

Work with this in meditation, and joyfully rejoice in the manna of the present moment, knowing that in this way you are fed as is the prodigal son of your Bible. Not because you have earned it or because it belongs to you, although you certainly have earned it and it certainly belongs to you, but these are not spiritual thoughts.

The spiritual reason for a gradually improved resolution of third-density existence is grace, that word which suggests many things to many people, but which we mean to be understood as that bridge wherein the infinite generosity of life may be channeled into the energy web of your spiritual being. In seeking for the breath of life, for manna, you seek the Kingdom of Heaven which lies all about you, and that which you seek you shall most certainly find.

Whatever your level of seeking, whatever your pace of seeking, we wish you well, and would be with you always during your meditative periods should you request us to join you in your meditation. This instrument informs me that I have gone on speaking far too long, and we know that she is not scolding us, but we are apologetic. However, the information requested was requested with a very high level of seeking, and it was our desire to offer a small amount of that spiritual manna which can be uttered by the breath forming those symbolic representations called words, which are metaphors for consciousness. We would at this time transfer this contact to the one known as Jim. We leave this instrument with thanks and in love and light. We are Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and light. At this time we are hopeful that we might be of further service by attempting to respond to any queries which may be upon the minds of those gathered this evening. We are grateful to have this opportunity to refine our service in a manner which is more personally suited to those present. If there is a query with which we may begin, we would be honored to do so.

Carla: I have a food-related question. Number one, do people who eat a lot of meat have special problems when it comes to spiritualizing the consciousness? And number two, why is it necessary for channels like myself who get involved in especial contact like our contact with Ra, for the channel to eat lots of meat in order to avoid losing so much weight so as to become unhealthy?

I am Q'uo, and we shall begin with the first portion. The entity who seeks to provide the nourishment to the physical vehicle that the meat protein offers may find that there are some difficulties in the assimilation of this substance in direct proportion to the belief that the entity holds concerning those substances which are desirable for one who seeks in the spiritual realm and those which are not desirable. Thus, the belief of the entity is the primary concern which governs the ease of the physical vehicle's assimilation of this form of protein.

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There is within the physical vehicle of third density the construction of the digestive tract which also mitigates against the over-indulgence, shall we say, in the meat products, for the digestive tract is one which is formed in a manner which is more prepared to digest the simpler proteins in the form of the grain and dairy products than it is to digest the meat protein. The intentions, the attitudes, and the desires of the entity in regards to the food substances ingested are of an overriding importance, for that which an entity is at heart is more a product of what the entity believes and the strength of that belief than it is what the entity ingests as a foodstuff.

In your own case, my sister, the partaking in the work of service to others through means of serving as an instrument for the contact with those known as Ra, which utilized the trance manner of communication, was one which required a somewhat harsh toll upon the physical vehicle, and due to the gross nature of this toll—that is, the loss of weight—the means by which this would most easily be alleviated was also gross in nature, that is, the suggested ingestion of the higher quality animal protein in order that your physical vehicle might be able to maintain its more normal weight configuration in a manner which would be the least taxing upon its digestive system, considering the alternatives available for the gaining and maintaining of the physical weight.

May we speak in any further fashion, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: How long should one breathe like that before one holds one's breath, the way you described earlier?

I am Q'uo. The length of time is of less importance than the feeling of a subjective nature which one will experience that tells one that the vitality that [has] been accentuated by the breathing is at a peak point, shall we say. It is at this point that the breath then may be held in order that this vitality might then be observed and experienced.

May we speak further, my sister?

Carla: What about air pollution? Is it better spiritually to do this exercise in a place where the air is purer? Or does pollution have anything to do with prana?

I am Q'uo, and though there is no connection between the life force or prana within the air and its physical pollutants, as you call them, for the comfort of the one performing these exercises it might be suggested that the most harmonious environment be sought for the practice of such exercises, be that environment in your out-of-doors or within a certain room within the domicile.

May we speak further, my sister?

Carla: Only one more question of my insatiable curiosity, and I do apologize for keeping you, but you used Jesus as an example, forty days and forty nights out in the wilderness—he did that a couple of times in the Bible, and who knows what before or after—but what you suggested was that a significant part of his experience of fasting in order to purify the self and spend more time on holy ground, let us say, by the simple nature of things he would come in contact not once but several times with temptations to move in a self-aggrandizing or satanic, as in negative, spiritual way. Is this something that people going on a long fast need to realize ahead of time and sort of be prepared to deal with as one always deals with psychic greetings?

I am Q'uo, and in some degree, my sister, this is true for all who seek within the manner of fasting and of seeking to refine the purity of one's own seeking. It is often a common temptation for an entity who seeks the keys to purification through the fasting to look upon the self as one which is indeed advanced and perhaps more advanced or better than the other selves which surround it. Within this concept of pride may come the further temptations to act upon this feeling.

Thus, it is well for each who seeks the keys to purification to take with the self the humility to see the self within the great picture of the cosmos as one grain of sand upon the beach of time and space, in order that the pitfalls of pride and the accompanying difficulties which spring therefrom might be avoided.

May we speak further, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo, and again we thank you, my sister. Is there another query?

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(Pause)

I am Q'uo, and we find that we have, for this gathering, exhausted those queries which we thank each for offering to us, whether spoken or unspoken. We are grateful for the opportunity to share our humble experience with those who would seek to enhance their own journey of seeking by the sharing of our words and experience. We shall take our leave of this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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Message From Calenda

December 5, 1987

(Carla channeling)

(This was channeled from Calenda during the regular time for channeling from the Holy Spirit.)

I am Calenda. I greet you in the love and the light of the one infinite, perfect, omnipresent, omniscient, omnipotent Creator. We greet you as those who glow with the crystalline purity and who see those emanations from yourselves.

Woe, woe. You line the treasure boxes of your inward storage with the archives of mediocrity, with fashion and news.

I am Calenda. A voice who calls the true jewel to awaken within. I wish to be your walking stick upon the path. I wish to join my ceaseless prayer with the murmuring of all those within your race who pray incessantly, night and day, casting themselves upon that dark mystery of deity. Perhaps my voice has no use other than as an interesting friend who is new, is interesting. Yet, we burn within with the glory of compassion and with the joy of the yearning and adoration we feel for the marvelous tract, this heavenly pilgrimage, this journey within. We, too, are on that path.

We are sorry we have importuned this instrument, but the instrument [was] able to pick up our contact, something not often occurring, and we wished to share our love and our celebration of all that is.

We of Calenda leave you in the love and the light of the One. ✣

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Intensive Meditation
December 9, 1987

(Carla channeling)

I am Hatonn. I greet each in the circle in the love and the light of the One and the Creator. May we say, as always, when we meet with yourselves what a great privilege it is to be allowed to share our opinions with you. And, indeed, we can not stress often enough, or severely enough, that these teachings are opinions. We have, in our way, developed a far greater and simpler technology. We have memory of each density and consequently we are most aware that the use of words is highly ambivalent within the channel, in regards to its contact. It is as though one were to clean a kitchen and scrub down each surface until it all was scoured clean. The surfaces may seem most fair, yet if the faucet runs with polluted water, of what excellence is the cleanliness of the room which now serves no function?

Each instrument with whom this teacher has been involved carries a certain level or complex of levels of illusion due primarily to the fact that within your culture, the science, the exactitude, the certainty, the proven, is all that is acceptable. If one may consider the fixtures in a sink or a toilet, one may see that if the water is poisonous by one means or another, there are many, many things which the person dealing with the water must accommodate in order to take from the offered water those particles of ill health.

Each entity who is a channel has complete choice over the entity to whom the contact will be allowed and given. There are, as there have always been, negatively-polarized entities who dwell amongst your peoples and sometimes rise to great levels of power and influence. The scrapping, scratching game, "King of the Mountain," has always been with us. These considerations are as the beautiful fixtures of commode and sink. Yet this builded structure of pipe and hardware does have a choice of the place, the time, the method, and the required tune to tap into many, many levels or principles of contact, each with its own general message to prevail. Thus, it is not possible when a contact speaks in the consciousness to determine solely from that word, that name, the identity of the contact. Therefore, the instrument must be prepared to tune for a matter of minutes after the original tuning of the group even though it seems obvious that to channel a being would be the same wherever one picked it up.

The conjecture is, in fact, erroneous. The light, which is the prana or life, of all the universe is offered equally to those upon the service-to-self path and those upon the service-to-others path who have obtained a certain degree of confidence in accepting and rejoicing in the light of love, of wisdom, and of courage. It may seem strange to wrap the mind around the concept that those who are of service to self are equally or perhaps more suffering than those

which choose service to others, for the Law of Reflection requires that you shall be treated as you treat those about you, with the exception, of course, of those times when the balance betwixt two entities has lasted for several lifetimes. For souls who have been with each other repeatedly it is always the constant feeling of déja vu.

Yet, each of you is here this evening to attempt to learn better how to share that which some call philosophy and others call psychology with you. Let us speak for a moment about the concept of the "magical personality." This instrument would prefer to call it "spiritual personality," however, we feel that our nomenclature is more accurate. We have endeavored to offer to the new instrument a framework within which the instrument may learn to be more and more aware of the small voice that speaks in silence, as your Holy Bible puts it. In many cases it is a still, small voice and not that easily recognized. The first great challenge of the new instrument is its ability to challenge successfully and to be exercised by whatever speaking is required. The student who does not listen to the warnings can—we correct this instrument—concerning channeling by itself. There are grave difficulties at least in potential.

May we say that we are having some difficulty with this contact as this instrument has some internal difficulties due to the ingestion of the many pills that was needed at this time. We are sorry for those lapses whereby this instrument must need to remain silent and wait. This indeed is another lesson which we hoped to offer to the new instrument. That is, the waiting with calm.

Let us look for a moment at the life pattern which is the macrocosm of which the learning to channel is a fairly elegant analogy. The …

We must pause and return.

(Pause)

I am Hatonn. We shall continue, in love and life. Within the channeling framework, the entity must learn to deal with the heart of those entities that speak invisibly for the most part. In the life experience as a whole, this is also true. The waiting, watching, meditating, and praying may seem to be the throwing of good water into the field. It is not wasted, it is only changed. And this is what we hope when we work with new instruments. That is, that they may become those who recognize within themselves a balanced, hollow place wherein the self is safe, and from the position of unassailable faith and commitment may, indeed, deal with any entity, whether it be a man, beast, bird or thought form.

Sometimes, as in this evening, the contact comes and goes, just as in some days in the existence of the life pattern the general feeling at the end of such a day is that which is known to your baseball fans as, "I should have stayed in bed." See yourself as a person who believes passionately and as an advocate in the greatest highest principle which is possible at this time within your mind and heart. It may not be something so easily spoken as the challenge in the name of Jesus Christ. Yet, we suggest that those who find the face of God in nature or in any other way, position that self so that out of the center of that commitment and passion for life and love, the vibration most desired shall come. The contact shall come. And when all the challenges are done, the instrument's work is basically done, for the rest of the channeling of concepts is what one may call an intuitive rather than a rational process, whereby the instrument feels certain feelings and is able to express, in an acceptable way, the intense emotions of the spiritual search.

One cannot be inspired by one's own shoddy workmanship. If it is not important to any other in the world, as you quaintly put it, it is ultimately important to the channel. It is difficult to know how to help your peoples. It is difficult to see what one person can do, and part of what the new instrument is going through in determining that for which he would die and that for which he shall live. This is a difficult patch of road for one who has always felt himself to be an observer, an anthropologist gazing at the natives. We do not say that there is not some merit in this attitude in terms of accuracy of perception. But, rather, we suggest that one view all those who one may serve as equally worthy of service.

The straying from the challenging process almost always turns the group responsible for this contact gradually into a point from which they cannot recover, for it is the favorite tactic of negatively-oriented entities, within your sphere, to wait for times of despair and the dark feelings of defeat in one project or another, in order to lay claim to a portion of that mind and heart. Each time that there is the deviation from a basic desire to be of good will, to be of service …

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We must pause. Please forgive us. I am Hatonn, and we find that this instrument is fatigued enough that we would transfer to the one known as D. I am Hatonn.

(D channeling)

I am Hatonn, and I am with this instrument. It is with some difficulty that the parameters of the challenging process are learned. When one views the challenge as a negative act, an act of repulsion of outside influence, it becomes hard to accept the benign influence until a great deal of experience has brought familiarity with subtleties of vibration of that influence or entity. We would recommend that the instrument begin to make note in a more or less objective fashion with perceptions that are encountered at the point of first contact, a cataloguing of these perceptions, the heightened ability to identify each identity upon its later contacts as well as providing a wider spectrum within which positively polarized energies can be perceived and identified, so that even strange, or should we say, unfamiliar contacts may be accomplished with confidence because of their fitting within previously established framework.

(Carla channeling)

I am Hatonn. I am again with this instrument briefly. To conclude. The flow of information is a part of love, of light, as you perceive it. Just as there are varying degrees of colors and so forth of illumination, so too there are those [who] use the same light. One, for service to others; the other, as service to self. As each, shall we say, soldier upon the plain of Armageddon is matched by the negative polarization of that warrior, so too is there what could be called a loyal opposition of service to self which is aware of and attempts to alter communications received. The conscious, awakened mind is not capable of discerning betwixt two voices, both of which who say, "I am Hatonn." Yet there cannot be two of Hatonn, for ours, like many others, is a social memory complex, and one could not defy the consensus without removing the entire population which we bring to this work for healing work before we come back at all.

We believe it to be true that service to others shall prevail, and we have seen in our teacher's eyes the certainty of that truth. Yet we know, also, that in a world where children are hungry, the positively-oriented and trained vocal channel may be of inestimable value. This service is very hard work. It is intense and concentrative, and while this particular instrument at this particular time is not becoming fatigued because of the contact, nevertheless, may we say that …

(Side one of tape ends.)

(Carla channeling)

… some altercation of personality in the direction of dilapidation inwardly frequently occurs. We very much hope that each new instrument that may see or may hear these words be aware that there is the cosmic battle, shall we say, of fourth-density beings which have not gotten into focus the face of the Creator within each of their brothers, thus they call them enemies.

We ask those present to consider carefully the desire to channel as a priestly avocation. We ask the instrument to consider carefully and, above all, to keep question of what concept or complex of concepts contains the limitless ideal for which you live and for which, if pressed, you would die. Within some entities the face of God resides upon the face of the child, the beloved. In a more spiritualized sense we hope that each will treat the child which is growing in knowledge of service to others with the same tender care that the one known as Jesus received, albeit difficult circumstances, in a cow barn, in the middle of a snow storm. This is, of course, recorded to your accounts within your Holy Bible.

May you be the best you can. Relax into the web of love which connects you to all in the universe, which is closer to you than your breath, and be careful of whom you seek, for though the Creator [is] all, yet the distortions are many. And although we are distorted, yet it is true to our best belief that we attempt to safeguard the vocal instruments of our message and are successful in the most part in doing so.

We would at this time transfer the contact to the one known as Jim. I thank this instrument for operating under somewhat adverse circumstances, and would wish to make one point in comment, that being that this instrument we now use might well consider carefully the process whereby the tension could be released from the system, whereby the worry can be released from the mind, whereby the

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heartache can be relieved. This said, we shall transfer to the one who is Jim. I am Hatonn.

(Jim channeling)

I am Hatonn. Greetings again in love and light. At this time we are privileged to have the opportunity to speak to those queries which may yet remain upon the minds present and we would seek to fulfill the opportunity to the best of our ability while reminding each that we do not operate *(inaudible)*, yet what we offer we offer in joy. Is there a query to which we may speak at this time?

D: I felt tonight that I was initially channeling at rather a low level and so much from my own thoughts that I really felt reluctant to trust, again, what I was saying as being accurate. Could you comment on that aspect of this night, at this point?

I am Hatonn. We have another opinion, my brother, and that is that the effort which you expended this evening was one which was focused on very carefully and which you carried out with a diligence that has exceeded that of your previous attempts. We are aware that you are yet quite uncomfortable with various portions of the process and are not yet come into your own ability to receive those thoughts which we send and to transmit them in a faithful manner. Yet, we may assure you that your diligence has provided a progress which it is a pleasure to note.

We suggest that the future attempts contain this same diligence and focus of attention along with the growing ability to set aside the mental concerns and attempts to analyze, for it is this characteristic of all new instruments to analyze the contact as it is ongoing which, in most cases, causes the eventual cessation or delusion of the contact due to the loss of concentration.

Thus, we again encourage you, my brother, to continue apace and be at peace in your own mind for the progress you have shown is commendable, and we expect this to grow into the art of serving as a vocal instrument will continue.

May we speak on any other subject?

D: Well, having spoken about the middle, I would like to address the beginning and the end, the point of contact itself and the challenging process and the difficulty of that. Can you speak to that process as it occurred without my being more specific about how it seemed to occur from my perspective?

I am Hatonn. As you become more decided, shall we say, and choose those qualities or that quality around which your life moves in harmony most profoundly, and adopt those qualities in a conscious fashion as that standard by which you ask or challenge each contact you meet, you will discover that the experience of initiating the contact and of being assured that that which you perceive is indeed that which awaits your perception; you will grow with the confidence that the process is beginning as it should. The ability to place the full force of the self in a chosen mode or focus according to that which is most important to your seeking will give you the firm ground upon which to stand as you offer the challenge, as you perceive the contact, and as you relay those concepts which are given to you.

May we speak in any other fashion, my brother?

D: I tried tonight, I think more successfully than usual, when I became physically tense, to relax, and as I did I felt an opening of the mind as well but towards the end of the contact after just those two or three sentences that I spoke. When I did this I had a feeling of great expansiveness and contact but without concept, without communication on a conceptual level. I was so confident of that feeling of contact that I was somewhat surprised when you began again to speak through Carla. Can you comment on this, on what I might have been in contact with or experiencing?

I am Hatonn. The state of mind that is achieved in the meditative practice is one which may be likened unto the carrier wave of one of your radio stations. Upon this wave may be placed information. When the instrument achieves this state for the first time in an obvious sense, as you have described, it is usually an all-engulfing experience. It is sometimes difficult for the continued transmission of thoughts especially for the new instrument which oftentimes will wander a bit within the parameters of the carrier wave and will need to be brought back, shall we say, by the transfer of the contact, if there is an instrument experienced enough to perceive this situation. The new instrument will then note that it has stepped into the river or the flow of information and will then be able to recognize this state and work with it in a more focused manner, shall we say, as the experience is gained.

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May we speak further, my brother?

D: It was quite sometime before I felt this feeling dissolve. Is it something that—is it a state which to be in has a beneficial effect as far as governing building the ability to establish a strong contact or is it better to be more diligent and more controlled when that occurs and try speaking about this early stage of development and still try to focus?

I am Hatonn. There is great benefit to the conscious self when this state is contacted for the practice of meditation which allows the entity to enter this state. It is one which builds a bridge between the conscious self and a greater portion of the self which may be more or less informed by the higher self and the increasingly coherent and integral magical personality. Thus, the conscious self, during these times of meditation within this state of consciousness, is being nourished by the qualities of the greater being.

The attempt to be of service as a vocal instrument may be aided by the utilization of this state of consciousness to receive as the least distorted fashion as possible, information transmitted from sources outside the conscious mind. However, in the initial experiences of this state of consciousness, the ability to serve as a vocal instrument is determined by the experience that the new instrument has in focusing its attention within this state and perceiving those thoughts transmitted to it while refusing the temptation to analyze the thoughts, and at the same time refusing the temptation to, shall we say, float hither and yon within the most pleasant confines of this state of consciousness.

Thus, there is a balance as the new instrument seeks which attempts to move equally between the conscious mind and its activity and the subconscious mind and its inactivity. What the new instrument and any instrument seeks is the expression of energy or activity in a manner which is informed by the subconscious mind or sources acting through the subconscious mind in a manner which may be perceived and transmitted, then, in a more conscious sense.

May we speak further, my brother?

D: It sounds like you are, in a sense, suggesting that in meditation this state might be one in which you would—let me put it this way. In meditation it might be okay to somewhat dissolve into this state and go with it, whereas when attempting to channel, it's necessary to maintain a focus of *(inaudible)* communication. Is that what you are saying?

I am Hatonn, and this is basically correct, my brother, for the experience of this state is that which may be harnessed, shall we say, by the one who seeks to serve as a vocal instrument, rather than the simple enjoying of this state. It is utilized in a manner which is hopefully of service to others.

May we speak further, my brother?

D: Just a quick and rather pointed question. At the point of which this occurred this evening, were you aware of my state and what I was experiencing or do you become aware of it by my describing it and asking about it?

I am Hatonn. In most instances we are not aware of the details of the instrument's mental contents, shall we say. We are more aware of the balances that are being achieved by the effort of the instrument and our own effort as well. If we so desire and see the need to become informed as to the specific details of an instrument's mental workings that may be influencing its ability to serve as a vocal instrument we may do so if we are asked and if the response does not impinge upon a free will. However, for the most part we choose to ignore the detailed or specific reasons for certain mental qualities while a contact has been established and choose rather to focus upon the blending of energies which we are attempting with the instrument.

May we speak further, my brother?

D: No, thank you very much.

I am Hatonn, and we thank you, my brother. Is there another query at this time?

Carla: I have just one. I experienced a complete mental blockage several times during the transmission and actually had no idea what they were talking about, most of the time, because I kept going out and then coming back in. I wondered—there are various possibilities when that happens. The possibilities range from going to sleep or in trance, which I don't think I can do; just being a bad channeler; not keeping my mind on the game; what else? Anyway, are any assortment of things responsible for this fading out? Because I've had this happen *(inaudible)* before. It could be pills, too. I've taken some pills for the session. Could you comment

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on any of that? I'd like to know how to work around that. The way I did it was just to sit there in the darkness until I saw the next sentence, but it was an uncomfortable feeling because I didn't know what the rest of the message was. Could you comment?

I am Hatonn, and we may comment as follows, my sister. The medications that you have begun to ingest have an affect that is noticeable as you seek to enter those states of consciousness which are somewhat below the conscious mind level. These substances are used primarily for their effect upon the conscious mind and its quieting. However, their effect is somewhat pronounced upon other levels of your mind as well.

When the lower levels of the mind are in a state of suspension, shall we say, due to this effect, we recommend that you do as you have done and that is to wait the transmission of the next thought or series of thoughts when it is possible to do so, for the effect of the medications is one which is spotty and which will in time pass. Thus, we can only suggest your patience and we ask that you bear with us as well, for we, during those times, need to rework the balance of energies that are the fruit of the blending of our energies with yours.

May we speak further, my sister?

Carla: Let me think … Are we doing—Jim and I—doing appropriate cleansing to be good enough to be working on the Holy Spirit tapes? And do you have any suggestions?

I am Hatonn. We may not speak to the specifics of this query, my sister, for those preparations which you make as instruments for this service are those which are most necessarily made as free will choices. We would not seek to intrude upon this holy ground, for that effort is one which is most necessary to guard as a product of free will choice. We encourage, always, the persistence and the dedication to intention and the praising of the one Creator in all experience. These are simple requisites for any seeker and any instrument at any time.

May we speak further, my sister, upon any other topic?

Carla: No.

Is there another query?

D: Not for me, thank you.

I am Hatonn, and we are most grateful to each gathered this evening for inviting our presence. As always, we rejoice at the opportunity to lend our assistance to those who would learn more of service and share that which is learned. We also learned much in these workings and are most grateful for each opportunity to learn and to teach. At this time we shall take our leave of this group and this instrument, leaving each, always, in the love and in the light of the one infinite Creator. We are those of Hatonn. Adonai, my friends. Adonai. ✤

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Sunday Meditation
December 20, 1987

Group question: What determines what entity is channeled through an instrument, and should everybody channel?

(Carla channeling)

I am Q'uo. I greet you, my friends, in the light of the one infinite Creator. I greet you upon a night which is most luminous. The candles of hope, thanksgiving and compassion are lit by so many who know not the good they do at this season which you are experiencing at this time.

You ask what people should and should not channel, and we say to you, first of all, that all of you are channels; all of you are instruments for good, for ill, or—most tragically—for nothing, neither good nor ill. As each of you engages his or her heart in communing with the great mystery which you call Christmas, so each of you channels that which cannot be found within the mind or the body in so much concentration except when the heart is awakened to a higher and purer caring for the situation of the self or the situation of those about you and for the great puzzle which all face—the precise situation which lies twixt self and Creator.

In this general sense there is no one who is not a channel; there is no life which is not primarily a channeled existence. By this we mean that each of you carries within the self deep and unconscious forces neither to the good nor to the evil as much as to the deepening of experience. The more times in which the student may recognize the depth of the present moment, just so shall that soul channel more and more in a biased fashion, in an engaged fashion, in an enabling fashion for service to all and for love of the infinite Creator.

For what is channeling, my friends? Many think of it, especially the vocal channeling, as a kind of letter left perhaps upon one of your telephone answering devices, telling interesting things which have happened in your past or your present or your future. Of oneself it is difficult to truly grapple with the questions of the heart, the heart being the closest connection to the spirit. Therefore, we affirm that all are and should be, in a general sense, channels for the one infinite Creator, for each of you is co-Creator, with that face of mystery which created your life as the open book with the blank pages. And as you are created in this image, the image of the open blank book, so by your living, your polarized thinking and your channeling, more and more you begin to fill the book of your life. Your penmanship matters not, the exquisite outcome of an hoped-for event matters not, for it is as has been mentioned earlier the task of the instrument only to attempt to channel a life lived in love and peaceableness. Sometimes these attempts are taken by the conscious self and made hard and brittle, so that in the name of good the self is broken as a piece of toast.

Thus, to each of you who is indeed the channel of his or her own living, we suggest a persistent, faithfully followed daily meditation, a meditation which does not have to be time-consuming, rather, a meditation which is just the perfect length for you for that day and for that moment. The purpose of meditation is to open up the heart portion of the mind, for the analytical portion of the mind carries you through most of your culture's activities, but the mind-heart has within it a deeper way, a more centered truth, a more balanced bias, and in the end a bias which moves more and more closely to that bias which you wish at the end of your incarnation to offer the Creator as your life gift.

A life is a solid, sometimes bulky, present to offer to the infinite One, yet each laugh, each smile, each encouragement to one who needed it, each hard truth to one who needed it, each and every effort that has been made is as the wrapping and the decorating and the wonderful ribbons about that solid, caring present to the Creator that is a channeled life.

Allow yourself to be conscious as much as possible that there is within you a channel to spirit, to the higher self, to the Self of all that there is. This contact shall never fade away, for as you desire you shall receive. Oftentimes you shall not receive that which you requested, for your higher self knows that which in the end will bring the understanding, the compassion, and the balance.

We began this way deliberately, somewhat off the main thrust of the query, because the question of channeling is so general due to the vocabulary lacks within your culture for an activity which is called channeling, as each channels the self each and every moment of the incarnation.

We turn now to the channeling which was intended to be queried about, and that query is, "Should everyone be a channel? How do channels and instruments contact each other? And is that in all cases a good idea?"

Let us look at the life of a poet or a musician. Many poets have written what this instrument would offer as, "Roses are red, violets are blue." These channeled thoughts are modest and pleasant, yet they shall not make the poet a man of renown. So it is with the music. What this instrument would call "Chopsticks" can be taught, and thus any entity can play the instrument of the piano. Yet is this, after all, a decisively important kind of channeling to be shared with others? It may well help the entity, but we submit to you that the equivalent of chopsticks on the piano, when placed in the context of spiritually-oriented channeling, it may suggest that not everyone, perhaps not even most, need to seriously consider a life lived as a [vocal] channel.

There is no entity so lost to desires of helpfulness that this cannot eventually learn to channel the love and the light of the infinite Creator. However, there is a certain temperament which finds its reward in being used as a vocal channel. A person with such a temperament is willing to undergo difficulties, misunderstandings, inconvenience and all the minor difficulties that a time-consuming activity causes. And this is where we begin to make the distinction between those who channel the equivalent of a simple tune upon the piano and those who wish to study the instrument of the self. The study required for being an instrument is a careful, persistent, dogged and light-hearted gaze at the life as it is lived from day to day, from week to week, from year to year.

As in any spiritually-oriented service, the honor of being a channel grows in direct proportion to the responsibility of living that which is channeled. The Creator is a fair and perhaps distant observer when an individual is making a dedication to a life of being able to channel. The vocal channel thus has not only the discipline, the ABC's, to learn about contact, how to govern contact and so forth, it also must gaze at the daily behavior which may be commented upon by that very entity's channeling of a higher and more informed source. This concept of a life lived in a certain way has in your culture been associated almost entirely with those who choose to wear clothing which is different from others which proclaims a religious status or importance. Those of you who speak with our thoughts mingling with yours are those who travel completely incognito. We do not wish to impress anyone with our reality. We do not wish to reveal the proof, the evidence, the material which would sway those who find the idea of vocal channeling either sacrilegious or unscientific.

Perhaps you can see by now that we are attempting to say that those who do not wish to take upon themselves the responsibility of attempting to live as they have learned are far better off attempting to be of service to the infinite Creator, which is within all

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beings, by any one of a number of ways of channeling cheerfulness and helpfulness to those who are needy. Many there are who need food, blankets, clothing and shelter, for upon your weary world there is the winter of the body, and the body becomes cold, and the most beautiful words shall not warm the bones of such a body, but rather the simpler channeling of hospitality and faith, warm places for saddened, wearied bodies.

We shall tell you how we came to speak to this instrument. We are those who listen to a certain vibration of request. We have found that vibration often within this group, and so we are most fortunate that we are called to this group by means of this group's desire to seek and know as much as possible about the true nature of beingness. We waited for this group to become one, to lose the self-consciousness, to join in a circle of light which by now, my friends, is visible for a large number of your kilometers, like a bubble, below the earth, above the earth, and all about you. This light you have created, and within that creation you have placed a call, and we who do not have telephone answering machines like this instrument does, we answer that call—and that right gladly.

For it is a great service to us that you ask the question that we may in our humble way attempt to answer. And may we say, as always, that we cannot state anything which is infallible. We are pilgrims along the same path as are you. We have stumbled over the stones which now confront you, and are stumbling now over different stones, and we in turn are helped by those beyond us. When all of us achieve the complete channeling which is the impersonal life, then it will be that this creation shall gather itself together in Oneness, in sleep, in timelessness, until once again the Creator bursts out with a new creation, and all the consciousnesses begin again upon a new level to learn new lessons, and to express to the Creator within each other the nature of holiness, compassion and love.

When a student presents itself to one who teaches the channeling, it is often very helpful that the one who wishes to channel has done significant amounts of thinking upon the true nature of the self. Even if you have passed the test of agreeing to amend your life to meet as best as you can the challenges of channeling, it is not always possible to so live. Yet those who wish to make vocal channeling their service have a certain frame of mind, a certain series of biases. This to us is not a problem. We welcome the difference between channel and channel. We welcome the diversity of ways in which the one great original Thought of creation is expressed, for ours is a most simple story, and we welcome each entity's ability to express our concepts in a slightly new and somewhat different way. For you, my friends, as channels are fishers of men, as your holy work describes it. You shine not only for the Creator, and not only for the Creator within the self, but primarily for those about you. You do not know how many lives you may reach, you do not know what smile or soft word shall lift up the heart of one who is very low. You do not know until it is over when a home truth must be told, so that baggage may be dropped that was no longer useful, leaving you free for your next experience.

It is our desire not [just] to make more vocal channels, but to make each aware of the channeling he or she is already doing. The conscious mind is so very small a part of your minds, dear children. When you feel you are thinking especially well, it is as if you were saying, "I am using two percent of my mental capacity," for, my friends, this is approximately the amount of your entire self which is used for logical thinking. The great and enormous depth, beauty, truth and a kind of terribleness which is the connection with deeply impersonal sources, all of these things are by far the greater extent of the mind which is yours at this moment within the incarnation, doing no other work, sitting at this circle and listening.

You are channels. You all should be channels. The call to be a vocal channel is a call to a religiously or spiritually-oriented life. There are things which one must turn one's back upon if one wishes to remain a positively-oriented channel, open for undistorted information giving. It is not well when all in a society decide to be priests, my children. Thus, if you find other ways of channeling [than vocal channeling] which are better [for you], then we urge you, by all means, to realize what kind of channel that you are, and be that wonderful, loving, compassionate self that this particular type channeling may bring

A weaver channels the beauty of the cloth. One who works with people channels a love and acceptance, a true listening ear for the entities around it. There are so many examples of the channeling which all may do—the cooking, the washing, the smiling at the

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sun, the enjoyment of water, all the excitement of daily life, all the little things which are like flowers in a bowl in unexpected corners of your daily life. You channel your daily life. We ask you to do it lovingly and honorably, honoring yourself and honoring that which this instrument would call the Christ consciousness in each and every face that you see.

Finally, with mixed emotion, which may indeed make this part of our message difficult, we urge that those who hear these words not assume by any means that vocal channeling is that which they are prepared to do. The entities which have begun as excellent vocal channels and have later disintegrated their contact are many, far too many. And although each entity shall be healed and disappointment shall cease, yet still, by following not the heart within, but the ambition without, they have condemned themselves to much disappointment. If you are to be a vocal channel, may we say that you shall not be able to resist that search, that practice, and the ponderings that intensive channeling meditations bring to one.

We urge each to listen to each channel with an open mind and gaze not at the mythology or story which surrounds the messages, but rather the messages themselves. We have purposely refrained from describing ourselves in any physical way because we would not wish to begin, in those whom we serve, some idealization of us as teachers, something that has a face and a name, something that will bear responsibility for them. My friends, each of you is upon your own stage in your own creation with your own audience, and no matter how many people there are in that theater, all of those entities are yourself.

There are few who are so oriented that they may gaze daily and lovingly at the many errors and peccadilloes of the human self. Therefore, in those who truly wish and are capable of being vocal channels, it is important that those entities judge not the temporary or ephemeral thoughts, feelings and conclusions, but rather with a good heart and a real sense of commitment move forward day by day, meditation by meditation, honing, refining and humbling the self that it may be a vocal instrument which is harmless but helpful.

Many contacts there are of entities which use light not for service to others, but for those messages which involve personal power over others and service to self. Thus, the first and greatest suggestion that we may make to all who channel the self in everyday life as well as all who seek a vocation as vocal channel, is that the self be regarded in some way so that as the days move forward, the more and more positive ways of reacting to difficult …

(Side one of tape ends.)

(Carla channeling)

… situations may become more smooth, more comfortable, less threatening, and more open.

The successful channel, whether vocal or otherwise, is one whose heart is happy, one whose wings are spread, yet one who is not impatient for the song to sing or the winds to take wing. It is up to each to decide in what way service lies. Many there are upon your planet who sit, shall we say, at the top of a great watchtower, gazing upon infinity and bearing the sadness and futility of apparent human existence, and with that open and terrible gaze, that pitiless eye, seeing the perfection, the beauty, and the harmony of that great plan wherein self shall meet self until all selves have met and merged and again we are One, the one Creator, the one original Thought which is love, not love as you and I know it in a personal sense, but the love that builds and explodes the very stars themselves.

This instrument informs us that we have once again spoken perhaps at too great a length, and we would like to apologize. As you know, we have great difficulty with the sense of passing time, as we are offering to this instrument a—we search for an adjective within this instrument's vocabulary—in perhaps, we shall say, a spontaneous way. It is time for us to leave this instrument that the questions which are on the minds of those here might be responded to. Please feel free to ask questions, for this, you see, is our service to you, and as we teach and supposedly you learn, my children, it is the other way around. You teach courage, curiosity, bravery and sweetness, and we learn time and time again that in your very difficult third-density illusion your spirit is there, joyful, uninhibited, strong and eternal. How we glow with the joy of our comradeship with you. How we admire your ability to gaze at a never-ending maze of shadow within shadow within shadow until the distortions are so deep that it is by faith alone that any perception of wholeness can be had. We thank you for these gifts and only hope that our words give you something

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about which to ponder. We would at this time transfer this contact to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any queries which may yet remain upon the minds of those present. Again, we would remind each that we offer but that which is our opinion. We offer it joyfully, but not infallibly. We are your brothers and sisters who seek to serve. May we begin with a query?

Carla: I have always thought that people who wanted to learn to channel, if it was just curiosity it still was helpful to them as long as they didn't go beyond a certain point. And you didn't cover that, and I just wondered if that is a thought that you confirm?

I am Q'uo, and we are not averse to attempting the exercising and utilization of an instrument which has only the goal of satisfying personal curiosity, for in that way do we also serve in a manner which hopefully is instructive to the one with the curiosity. It is oftentimes a lesson well learned for one to practice an art long enough to discover that it is not the life's vocation.

May we speak further, my sister?

Carla: Not on that question, no thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: Q'uo, there are times when I am questioned about something, in class, that I really do not know the answer [to] in my mind. I don't know that I have ever touched upon the subject even. And yet it seems that my mouth will open and I will give an answer. The answer seems very acceptable and something that even I need to study, but I have wondered, I have felt that I was fraud, perhaps making it up or filling in, but there would be the answer. Am I to understand that this could be definitely channeling?

I am Q'uo, and, indeed, each conversation and activity which an entity partakes within is a channeling from some portion of the Creator, for are not all the Creator? Therefore, it is not surprising that each entity in the daily experience will utilize resources within the conscious and often within the subconscious mind as means by which an activity will be undertaken and a conversation will be initiated. There are many rooms to the mind of each entity. Many of these rooms contain information which will wait long before being utilized, yet there is a time and a season for the utilization of far more than is normally utilized by the conscious mind. As one seeks in a wholehearted fashion to be of service to others by the life and the various portions of interaction with others within a life experience, there is created within the entity a bridge, shall we say, or a channel which connects the conscious mind with other portions of the conscious and subconscious mind according to the nature of the information sought and the degree of desire which activates the seeking and searching within the self in order than another might be served.

Thus, each of you, my friends, cultivates this channel or pathway each day of your existence, and as you begin to ponder more and more the mystery of beingness, of the creation, of your purpose within it, of the direction in which you wish to travel, you begin to access the deeper rooms within the mind which contain information that shall be of use in this continuing journey and unfolding of the deeper levels of your being.

May we speak in any further fashion, my sister?

Questioner: Thank you. That answered very well.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: Well, I've got one. I was getting some contact from someone named Amira earlier. It passed the challenge three times, but in the past twenty years, I guess, I've seen at least four, maybe six different names that are supposed to be Jesus, and Amira is one of them. And I just wonder, if it is really Jesus, why does this entity have to use so many different aliases? Or is it Jesus at all?

I am Q'uo, and with this query we find that we must tread carefully in order that we not infringe upon the free will of some present, for the entity known to you as Jesus of Nazareth is one which is held in great esteem by many, and has in various ways been drawn to those who seek to serve in this entity's name, as are all entities of an unseen nature who seek to be of service to others. The one known as Jesus responds to a vibratory call which is congruent with its own.

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However, in some cases those who call, even with this vibration, are not able to recognize a response that others may easily recognize. Thus, as in the case with any contact through the use of a vocal channel or instrument, a name or sound vibration is given which is acceptable and recognizable by the one serving as instrument and those within the supporting group, for the naming is a phenomenon which is not utilized to a great extent beyond the illusion which you now inhabit, for the naming is that which divides one thing from another and beyond your illusion much there is that no longer partakes in such division. For the eyeshot perspective is greater, and the identification of self with all about one within the creation is that which is pursued and recognized and experienced. Thus, the naming, for the most part, is in order that those within your illusion serving as instruments might more easily recognize the nature of the source of information transmitted through it.

However, along with the preceding, we must also state that there are always those entities both within your illusion and beyond it who would seek to misdirect the attention of many who would revere and cherish information from sources such as the one known as Jesus, and who in this desire to misdirect and confuse would utilize both this entity's name as known to your peoples and other forms or offices given to this entity. Thus, there is confusion, and each seeker of truth is advised to proceed carefully, using discrimination from within to determine the value of information from without.

May we speak in any further fashion, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query?

(Pause)

I am Q'uo, and as it appears that we have for the moment exhausted the queries, we shall take this opportunity to thank each for inviting our presence and for having the patience to listen to our discourse, which is oftentimes somewhat lengthy in your terms. We appreciate greatly the opportunity to offer that which we have found of use in our own journey of seeking to you who travel that same journey. We look forward to each opportunity, and shall be with each in your meditations when requested in order that the meditation might be enhanced.

At this time we shall take our leave of the this group, again with gratitude to each, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. My friends, adonai.

(Carla channels a vocal melody.)

(Carla channeling)

I am Amira. I greet you in the love, the light, and the life of the Father. How plunged you are into the mystery of day and night, good and evil. How clear are the eyes of those who search out my face in every situation. Yet, we would not ask you to search out a physical face, for the physical face of the Son of Man is beside you, is looking at you from the mirror, is your stranger, your friend, your child. I and others have come to comfort you, to leave the comfort of love behind. May you release the discomfort of worldly doubt and turn and return to those glories of the Father which enter by eye or mouth or thought or death. You who come with me, you who share my steps, you shall share them all. May your journey be transfigured by the joy of your countenance, as with perfect faith you reach at last that place from which there are no more steps, no more false divisions, that place where you begin to feel yourself falling, falling and falling, more and more deeper and deeper into an unmeasured and eternal sea of creative, divine love. I reach out my wounded hands to bless and sanctify the wounds you bear, that they too may be marks of past courage, never scars of pain. I leave you in the full sun, the glorious light and infinite love of the Father. Farewell and peace.

(Melodic chanting.)

A-mi-ra. A-mi-ra. A-mi-ra. A-mi-ra. A-mi-ra. A-mi-ra. ♣

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Sunday Meditation
December 27, 1987

Group question: We continue with the question from last week, should everyone channel, and what determines what type of a contact comes through an instrument?

The reason we're continuing is that, as with some previous times, Carla had a feeling that Q'uo had some more to say on the subject, after having spoken for fifty or sixty minutes last time. So we're going to go ahead again.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. We communicate through this instrument to offer you our love, our peace, and our blessing, for this is more than any intellectual facet of our service, the very depth of the channeling process, the exchanging of a less exalted love or expression of love for a higher expression, a less distorted expression of that one great original Thought of love from which the creation has sprung and into Whose infinite inward parts all in time shall again coalesce into one being, one channel, one way, one life, one truth, and that distilled truth shall be the precise expression of the conglomerate level of the grasping of the one original Thought amongst all of those which dwell within your third-density illusion.

Indeed, there is, much like your stock market reports, an ongoing tally, shall we say, of the cumulative effect for good or for the negative of good in each expression of all towards all environments. By this we mean to suggest specifically that each channels each perception of environment and then in measured response offers some portion of the self in an effort to so order that which has been seen that the spiritual principles implicit in the event, situation or problem may be resonated and sung in lucid, clear tones, the truly channeled tones of clarified emotion.

Without asking all of humankind upon your planet's surface at this [time] to become priest or ministers or those in charge of other's spiritual activities, we mean specifically to state to each that each is an equal, considerable and infinite portion of the cumulate channeling of the one great original Thought of mankind. So often it is seen by those whose lives are full of toil that others, not themselves, are the only ones capable of responsibility of a moral or spiritual kind. The reverse is, in fact, far more true, for those who grapple with time-consuming and mind-numbing activities have reserved to themselves their own choice of interests, those faculties of mind, spirit and heart which may color the life experience, no matter what that life experience seems to deal in upon the surface of things.

We intend for each to see that each is an imponderably important portion of the channeled

cumulative value of humankind at this time, and insofar as struggles have been rewarded with virtuous hope, as difficult dealings have been faced with honest courage, so moves the labyrinth of humankind, slowly yielding to the carefully penciled traces of the path we must retrace to that source of all channeling, of all being, the one infinite Creator. It is important to us that we express that it is not merely those whose sensibilities have been tuned and honed to be exquisitely fine upon whom the fate of humankind rests. Nay, far more is it the hard-won capacity of the busy, overworked, underappreciated man and woman of lesser circumstances whose response to these difficult environments generates the love and the light of the one infinite Creator for all of mankind.

We now switch in our focus from those areas in which all are channels to that area which is largely understood as being the environment wherein those who have chosen work in consciousness play out their little roles upon the large stage of the illusion you call life. We appreciate that this instrument was aware that there were things that we had to say which could not be generated within the time period set for such discussion, and for this we are sorry, for we see that were we to be terse, perhaps we could find more clarity in communication. However, the degree of wordiness which this instrument is comfortable with we find to be comfortable also to the ear of those who listen, and so we shall move on at this perhaps less than quick pace.

Let us look now at the channeling which has a special meaning apart from the channeling which all entities do throughout their life experiences. Some few there are in forest glade, in coldest mountain cave, in comfortable dwelling places and in the least comfortable of orientations, who have devoted the life which is theirs, until they pass from this experience, to the being of a channel in service to the one infinite Creator by accepting and repeating the humble opinions which we have. We have said already that all those who quickly learn the mechanics of the channeling process are not, because of this original learning, automatically ready for the life of discipline which follows a choice upon the part of the channel to be a channel for the one infinite Creator.

Our thesis is that some discipline in the living of a practical, modest and loving lifestyle is very helpful to a channel [and] may or may not suit the mood of those who wish to become channels. We shall say clearly at this point that it is not the desire of the Confederation of Planets in the Service of the One Infinite Creator to create channels through which we may comment upon physical disasters and other remarkable and unusual natural effects which have to do with the movement of your peoples and your planet itself from the end of third density to the merging with the beginning of fourth density as it shall occur more and more among you.

That which we look for, that in which we rejoice in a channel, is the clear statement of the channel's personality in a disciplined and unified way, for it is upon this level that channel meets channel, for make no mistake about it, channeling is a two-way conversation, and the channeling in light trance or heavy trance, during this exploration of a possible message for the day, is based very largely upon the level of commitment and serious intention which the channel offers at the time of challenge to the contact.

Let us look for a moment, then, at the work in consciousness which a channel may wish to consider accomplishing, for the channel is not the entertainer or the one with the job to do. The channel is rather a kind of person. Your closest word would perhaps be minister or priest. This human minister/priest gazes upon the face of the illusion and chooses to live in a loving, caring and openly spiritual way, bragging not one word, celebrating not one virtue, but instead learning the true humility of one who knows that what one wishes to be, one is only by will and faith, for it is the nature of humankind in third density that all seeming perfections shall be pierced with error. All glasses to a brilliant future are made murky by the inevitable, constant, dramatic game-playing of the illusion itself.

If the new instrument who decides to live a life of spirituality thinks at first that there is some ongoing trickster designed to test that channel, this instrument is not only accurate, but has foreseen the mere beginning of a long series, indeed, an endless series of challenges to see through, of seeming heartlessnesses to bring love to, of seeming dreadful inadequacies to enfold in consciousness until finally the one who seeks to serve as channel aches and cries with the agony of compassion in such a dark world, and yet at the same time trembles with the ecstasy of the limitless light and the glory of souls who gradually shed the used skins of ash and dust. New channels shall have an interesting transition at the

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time of your passing, for you have been intending to die to yourself for time out of mind, and when finally the poor ragged flags of personality flutter and lie limp in the breathlessness of death, the channel rises with lightsome step and with glorious enthusiasm for the light and companionship which lie ahead.

This topic has been to us an important one in two ways. In the first way, we wish to express to all the concept of the channeled life. We wish to confirm that all live a channeled life; none lives by rational thought alone, and that which is not rational is channeled through to the conscious and acted on as if it were fact, when it is, indeed, bias only. Each of you is a channel with biases, and each glad and sad activity within your experience upon this Earth plane is designed to teach you just how you wish to channel. This is not a vocation. This is a portion of the way a thinking entity regards the various forces of irritation and subconscious thought which creep into human discourse. If you know that you are indeed a channel, not to others but to the self, then you know that there are certain responsibilities. When you are offering the best you have in conversation, with perhaps unfortunate remarks made by others, may you find the patience, the light touch, the understanding and loving word in the face of the opposite which will make others rethink those conversations and wonder, perhaps for the first time, if they too could be responsible for such a wonderful thing as channeling a lighter, more joyful attitude.

To those who wish to be priests, ministers and light-givers, to those of you on the watchtower, mending fences, gazing into the heavens as sentinels of the lights of the cosmos, we urge you above all to find within the self that fundamental character which can offer the highest praise, the deepest felt purified emotion. If that means that you must function upon your own, then it is that you shall be lonely. It is unfortunate in the short run that experiences such as loneliness are considered to have great possibilities for learning among those who have chosen to live the life of the minister or the one upon the watchtower. Thusly, in the second place, it is your greatest hope to find those who are able to share the darkness, the misunderstandings, the despair and the doubt which accompanies a life lived in hope but executed with human error. May you find those who comfort you.

Lastly, to you whom we may call shepherds, there is sent a glorious company of those who surround you, love you and love the one original Thought that is slowly taking place and growing within each. Call upon those helpers which you know by names such as Holy Spirit, guardian angel, and inner guides. More than that, rest back into the recollection of the enormous web of caring, trusting, hoping and loving which your most mixed-up planet does indeed send out greatly.

We find that this is the end of that which we wished to discourse upon at this juncture. If there may be questions which arise from our humble opinions, we eagerly ask the opportunity to speak again upon this subject. Please know that those who wish to be channels are a mighty company, and beneath the claptrap and noise of normal human converse lie the sinews and tendons of a growing social memory, placing upon the skeleton of this planet's position in space each sublime thought, each remembered turning of channel to source. You, my friends, my children, my channels, make the first steps towards a new heaven and a new Earth, as we would quote this instrument's holy work, so that you are workers in the very beginning of the fourth density. May you be comforted by all your failures, for how could you succeed each time were there not a crying need for effort?

We rejoice in each effort of will, each movement in love, each word that has been prayed about and considered, each spontaneous expression that brings the Creator directly and engagingly into the surface, the center, the heart of a group. May each of you find your rejoicing in each other. May you love each other. May you see the Creator in each other. May your channeling become a channeled life.

We test the readiness of the one known as Jim to speak, and find that this instrument is somewhat less than enthusiastic, yet it is for us a great opportunity for us to exercise this instrument without the structure of the questioning …

(Side one of tape ends.)

(Carla channeling)

… Thus, we would at this time attempt to transfer to the one known as Jim that he may close this session, for which we gratefully thank those present. We shall leave this instrument now. I am Q'uo.

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(Jim channeling)

I am Q'uo, and we continue through this instrument. It has been our great privilege to address this group upon this topic this evening, for without the focus of such intention and desire upon your parts, we have no place within your existence and may not serve in the manner in which we now serve. Thus, you do us a great honor by seeking in a focused manner information which will aid your evolution. For you see, my friends, though much of apparent intrigue and interest swirls and surrounds you daily within your illusion, your purpose for existence within such a fascinating illusion is to choose the steps carefully which shall carry you further along your chosen path of evolution of mind, body and spirit. All else is but the trappings and the setting of the stage that will [limn] the milieu in which you move and learn and serve.

To focus your desire to grow by means of the question, such as the one presented to us this evening, is to create an opening within the veil that shrouds that which is of essence from your inner and outer eye. Thus, we move through that opening and respond to that which is asked in manner which hopefully illumines a small portion of your journey. It is the desire, my friends, to learn and to serve which guides us all to that great welcoming home within the heart of all creation and the one Creator.

It has been our great honor to join you this evening, and again we thank you for inviting our presence. We shall at this time take our leave of this group, rejoicing, as always, in the love and the light of the one Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
January 3, 1988

Group question: Has to do with negative polarity, negative energy, and its direction towards us as seekers in various forms, whether it might be a magically powerful negative entity sending a greeting that has the purpose of disabling you in some way, or a person that just wishes you ill, all the way to the potential negative expression through the monetary system and the electronic funds transfer system where the controlling of the great majority of people is done by a few for their gain at the expense of the many, to what allows the energy to be sent and received in a certain fashion, or how does a seeker deal with these situations and the sendings, wishing one ill, attempting to control one or affecting one in a negative fashion. Are you getting that? Hopefully it's all there somewhere.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator whose presence is all that there is and whose distortions we are. It is a great blessing and privilege to be called to your group at this time, and we wish to touch and bless and love each, especially those whom we have not spoken to before or who have been long from this group.

Resting within the web of your vibrations is a joy, and the knowledge that you wish us to share our opinions with you is a deep joy, for in order for us to be of service as we must do to advance in our own studies, we must be asked to offer our opinions and teach what little we know. And we thank you for your curiosity and the integrity with which you seek the true nature and purpose of yourselves, of the Creator, and of all of creation.

We found this instrument to be very willing to move into a fairly deep state this evening. Indeed, we find this instrument quite bewildered by the various aspects of the question concerning dealing with negativity. But we would say to this instrument and to all that there is no ego or negativity; there are egos and negativities.

To assume that there is a good and an evil or a positive and a negative is to set up the parameters of a game, a game in which positivity and negativity could be measured two feet towards the negative goal, two feet towards the positive. There is no constant that has bias. The biases which each of you bring to the experiences which occur to you are those things with which you place values of good and negative on what you experience. Your own biases, your own thoughts, your own nature take an unbiased illusion which is far too great for that computer which is your mind to analyze and use, and your nature orders that computer to assess certain data. Therefore, you choose again and again what to think, how to react, and what to do. This does not change the unbiased state of the illusion as it is.

That which is within your mind and heart is that which determines your creation. We have said to you often that you are of the Creator and the Creator is of you. My children, each of you is co-Creator, as powerful as the deity whose mystery you seek to plumb. Your universe has been made small enough that you might put yourself to certain study. For this you have been given the intellectual mind, which we call your biocomputer, and the many resources of the deep mind. Our voice comes to you through this instrument's persistent use of faculties of the deep mind wherein outer and impersonal voices and principles may offer opinion from perhaps a slightly expanded viewpoint with somewhat more experience with illusion.

Thus, the first consideration when gazing at dealing with negativity is to examine the possibility, indeed, the probability that the biases which consciously or unconsciously create your choice of data, create your world, in other words, contain in them what you yourself would call negative elements. Perhaps there is something within your character which is useful in a way, but perhaps not greatly desirable. Because of the choices that must be made within the life illusion, these negative elements are tolerated because the positive use of them is sometimes extremely helpful in some way in providing supply, in manipulating those about you in a comfortable way or in changing that which, in your opinion, should perhaps be changed within your social group, your geographical location, or that which you call your nation. Were you to have no negative bias, each entity with whom you came in contact would appear as the entity actually is, a perfect unique prism of white light, child of the Creator, an inimitable perfect being. The name that you have for one who is supposedly of all positivity is "saint." You will find that saints do not feel threatened by outer circumstance, whether it be of things or of entities, if you are lucky enough to find one. My children, they are few among your peoples.

Now let us look outward. Each of you gazes upon a creation which is completely subjective. All of your instincts and your senses and your abilities greet the day, see the illusion, and feel the pulsing of the life within, the life that shall end and that life that shall not. And as you pass along your way, you find those things which cross and disturb one or another of the energy complexes of your being. Perhaps it is only inclement weather, and perhaps that red-ray, as this instrument would call it, desire for bodily health and strength curses the inclement weather and finds it negative. Perhaps there is a blockage in your orange ray, personal feelings ache and a glance out the window at this rainy weather seem to put a negative lid on a sad heart, one more reason to feel negative thoughts.

A great deal of the work of your people at this time is what this instrument would call orange-ray work. The orange-ray energy center deals, in our opinion, with personal relationships and difficulties of the person within the self. When that orange ray becomes blocked in relationship to another, the negative feelings can be very intense. We speak at first, of course, of those who know each other, those who have said they love each other, and now can find no positivity. Yet the orange-ray bias that is blocked is blocked within the individual self first. Therefore, when it is infringed upon by a stranger, it may well receive a very unwelcome mirrored picture of the negative blockage, and thus it is that the stranger is disliked upon sight.

The energy blockages of yellow ray, which is an expression this instrument uses to indicate what we would call those energies dealing with societal groups, is also an energy which is frequently rather blocked. Thus, the news all seems bad. Your games are lost too often, and all those energies put into group effort somehow seem to go awry. Fear not, we are not saying that the problems of the world are your fault; we are saying that your perception of the world is absolutely and completely your choice.

Now let us look at a different emphasis upon negative experiences which impinge upon you the individual. First let us take the mundane impingement of negativity upon the individual. Those who wish to control others because it is their job to do so are not intentionally being negative. Therefore, their negativity should not be taken personally. Thus, those who attempt to sell that which you do not need, those who wish you to worship as you do not care to, those whose enthusiasms you are invited all too heartily to share, are impersonal negative infringements which, because your own energies are unclear, cause some disturbance in those centers.

Now, the point of freeing the red, orange and yellow energy centers from blockage is that the entire and undisturbed fullness of the power of the one great

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original Thought of the one infinite Creator may rise to the level of the heart, which is sometimes called the green-ray energy center. The other type of negative entity is a specialized one and of interest largely to those who have at some time chosen to begin a journey, a journey to the source of their beingness. This journey takes the rest of the lifetime and, of course, continues infinitely, yet it is in this density and at this time that more and more entities are making that choice, the choice to serve the Creator by serving others, or the choice to serve the Creator by serving the self. We are of those who serve the one infinite Creator through service to others, and so are each in this seeking circle, and in this we rejoice.

In this circle, for instance, this evening there is a strong power and a strong light. Those who are negatively oriented by careful purpose, whether they be incarnate or discarnate, have an automatic battle with those spots of positivity which glow too brightly and stand too plainly upon the hills of personal experience, for you see, you as a positive entity work not for yourself in terms of what you may gather, but for others, for it is the normal and necessary experience of one who is on the journey of seeking through love in service to others that a very large percentage of the time that you experience there will be some elements of negative intrusion, so that the entity feels not at all positive, but sadly out of kilter, out of tune. These are the productive deserts of testing and temptation in which it is necessary only for the pilgrim of positivity to remain peaceful, loving, gentle, harmless and warrior-like.

Now, we say warrior-like in a very specific way. We ask that you consider what it is that you do in attempting to serve the one infinite Creator. Do you shamble along as a person and put together various collections of pretty things to share in happiness with other pretty people? Or do you wish to live a life in such a way that it is in the end a gift to the one infinite Creator, a gift you have made day by day, moment by moment? You have been given help, and we say from our standpoint, we have been given help. All those presences in the universe which are positive await your call. You are never alone. There is always a solid backing of love, courage, patience and the instinct for the proper time to walk away waiting for you if you can but disengage your computer. Your computer cannot evaluate the intuitions of positive and negative energy that are at the heart of your work in consciousness.

Thus it is that we say that the most effective way to deal with negative energies is constant, persistent, faithful daily meditation, which frees the computer [to] make connections deeper and deeper down into the intuitive and archetypical mind. All of your strength, all of your universe, all of your answers lie deeply within you, and that which you learn, you recognize, and that recognition is the mark of your knowledge. And until you have that recognition, you do not have the knowledge.

As a warrior of light you use no weapon but what may be called the armor of light, the sword of truth, and a wide open heart chakra, loving without stint, without expectation of return, and most of all with no judgment. It is not difficult to love negatively oriented individuals once you can connect into that portion of your deep mind which sees each person, whatever the vagaries of trouble and circumstance, as a holograph of the one infinite Creator. This entity becomes utterly essential to you, and you may pray with a full heart with this person and move from strength to strength, from learning to learning. All threat disappears, all separation vanishes.

We do not wish you to think that we have forgotten our third-density experience. We know that the biases of this very effective illusion make it very difficult to view negative individuals without some alarm. Yet there is no control that such an entity may have over you if you but know who you are, if you but know the choice that you have made.

A portion of the query which began this meditation spoke of an actual incarnate negatively oriented pilgrim which was attempting by means of the use of thought forms negatively to influence the lives and peace of mind of other incarnate entities. This negative entity has learned how to use the light of the infinite Creator. The negative path is very difficult, but it can be walked and light can be learned in its many uses, this as positively. Therefore, it behooves the student of positive polarity constantly to exercise the will to polarize further towards positivity, and when negativity is viewed, to stop and give that entity the honor of an unstinting love, of a generous prayer that it may [be] held upward, that it may be protected, that it may be cherished and loved as a child of the one infinite Creator.

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We say to you that those who are armed with light and go forth with that breastplate shining offer their love to those who flee before the onslaught of that terrible powerful creative love. You cannot possess this love, you can only be a channel through which it may flow. If there is this love within you, even such negative societal plans as those monetary and banking schemes questioned about can only seem that which the world wags on about. True, in a society devoted to the orderliness of what you call your bureaucracy, positive individuals are constantly bombarded with those who wish to control you, usually with good humor, with the control seeming to be for your own good, but to the self the control seeming to be anything but good.

It is in these situations where one may see the hidden enemy as the self. It is your negativity that recognizes the paper-pushing negativity of bureaucracy. There is no actual reason that you cannot in such a situation constantly center your mind upon the best that you know, the love that you have experienced, the light that you have indwelt, the joy that has been yours, not because you wish artificially to change your circumstances and so be impregnable to evil, but rather so you may enjoy yourself and give a lighter, more joyful gift at the end of your incarnational experience to the one Creator.

For, my children, your job is to live a life. Positivity and negativity are passions. They are frames of mind which engage the heart totally. When the student begins the path that he has chosen, he cannot recognize all positive moments for what they are, he cannot know how …

(Side one of tape ends.)

(Carla channeling)

… he cannot make a positive experience out of a negative one. Yet he can ask to be shown where the center of love in this experience is. This is a function of hope and faith, and each of you dwells within this environment, not yet being saints, and we say again there are few incarnate ones. You have not mastered the ability to be constantly loving and giving and caring. You have inner mysteries to beguile you, you have many duties and honors within the world of illusion. All about you says a thing which you cannot believe, that there is only chaos, that there is only chance. Those who have made the choice have made as the basis of this choice the realization that there is indeed a Maker, a Creator, which created in such and such a way for a purpose. Thus, each of you seeks in partial ignorance and darkness, through hope and faith, to find more and more that center of the self which truly sees negative infringements as experiences in which a gift may be offered, a gift of love.

Perhaps one who has been threatened and is in a state of profound fear may find what we have to say unhelpful, and to such an entity we say that there are those materials available for those who wish to know certain symbolic actions to take. We can only add to this understanding our opinion that these physical acts are ways of focusing the deeper portions of the mind so that the mind may bring up that great material of channeled, creative, divine, immeasurable love.

You are not on your own, my children. There are always those who have made the same choice as you, who are your companions upon the road. We wish you the joy of your challenges and your victories. Most of all, we thank you for this query. This instrument requests us to note the clicking sound as a time to cease our discussion, and so we do. We would at this time like to transfer the contact to the one known as Jim, that any queries that you may have might be considered by our humble selves, always wishing each to be fully aware that we are only pilgrims upon the path, and know little more than do you, so we are far from being infallible and would not wish to become a stumbling block for any. Thus, take what is good, leave what does not speak to you and know that this is what we wish. We would leave this instrument at this time with thanks, and transfer. I am Q'uo.

(Jim's voice throughout the rest of the transcript was difficult to hear.)

(Jim channeling)

I am Q'uo, and I greet you in love and light through this instrument. At this time we would ask if there might be any further queries to which we may speak

B: I have no further query, but would like to express my thanks *(inaudible)*.

I am Q'uo, and we thank you as well, my brother, for without your queries we could not [serve you in this way]. Are there any further queries?

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Carla: I guess I have one. I'm thinking of a specific instance in which some negatively very sophisticated magus discovered a friend of mine when she was living in Seattle, extremely positively polarized woman, B, and talked to her on the phone, never met her in person, but called her up and said that he had been sent to help her with her meditations, and the first thing that she was supposed to do was to make something to cover her eyes when she meditated so she could concentrate better. She went this far and then became quite hysterical and ended up leaving the city.

When specific people call specific people and start a trip like this on them, is it enough simply to express love over the telephone? This entity was very persistent and was able to follow her through two changed phone numbers. I'm not sure that what you have said would make this woman feel comfortable yet. Could you tune in to that a little bit? Or is there advice to give at this point?

I am Q'uo and am aware of your query my sister. As we spoke to this it is most important that one recognize the creative power and responsibility that is perfect in one's perception, and form that perception as best as one can with the foundation firmly rooted in the loving acceptance of what one sees as the Creator. With this foundation set, then, in love, one may construct any action that the conscious mind can form, and act upon this action as the means by which the heart of love may be made manifest. Therefore, if any ritual or image or procedure is engaged as a means by which protection for the self might be offered, it is our suggestion that love be the motivation, for in such fashion thus one may love and do as one will.

May we speak further, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

E: I would like to ask if you have any advice for G and myself for this coming year as we start our new service?

I am Q'uo, and, my sister, we can offer no greater advice than to seek one's heart's desires as purely as one can and as you move with passion in that loving expression, for you see each of you have the ability to create the [world] of service and [love] from whatever illusion stands before you. Thus, we can only lend our blessings to those thoughts, feelings and actions which are well begun within your own life patterns.

Is there another query?

E: No, thank you.

I am Q'uo, and we thank you, my sister. Is there a further query?

Questioner: *(Inaudible)*.

I am Q'uo, and we find that the measure of time which you have called your new year is a means by which one can take the opportunity to readjust the perceptions, that one might, in the new experiencing, open the eye chakra and point of view to include more of your illusion and your experience within it within the realm of the compassion and love which animates each portion of your creation. Indeed, each day and moment you spend within it in a day is an opportunity yet to find that among your peoples. This is the time which is taken to begin again a new cycle of experience which is shared each with the others, a time when all again seems new and unblemished. Each, my friends, is a new moment and a further opportunity to open the inner eye to greater love within all experience.

May we speak in any further fashion, my brother?

Questioner: *(Inaudible)*.

I am Q'uo. Are there any further queries?

(Pause)

I am Q'uo, and it has been our great honor and joyful opportunity to speak to this group this evening. We thank you for inviting our presence. We hope that we have been able to speak in a fashion which has been helpful. Please remember that we speak from our own experience and opinion and do not wish to present the unhelpful thought. Please disregard any word which does not ring true. We shall take leave of this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 10, 1988

Group question: About parenting and discipline in particular. Question asked by C. Focus upon the proper relationship of the parent to the child and how best to establish that relationship.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. It is a great privilege for me and my brother Hatonn to be with you this evening. Hatonn has been called to strengthen the meditative vibrations of those present, while we have been called to share our thoughts with you upon the subject upon how best to come into relationship with those young selves which have been entrusted to your care. Indeed, it is far more appropriate to speak of not only the actions of the parents to the children, but those intentions the children have towards the parent. We shall explain this.

Those who become parents are entities like any other, and those who become children are entities like any other, yet each is unique as only a self-conscious, self-aware entity can be. Indeed, each of you has chosen those entities whom you wish to teach or be taught by, and indeed these roles move back and forth throughout the relationship of parent and child.

Firstly, we shall gaze at the cultural and physical situation in which the young self is unable by itself to support the self with food and shelter and to learn those things which its culture requires that it learn before it may become a productive, grown entity within that culture. Thus, it is a basic and necessary duty and honor which each parent feels in feeding and clothing those young selves with whom it has come into relationship by birth in teaching those things which are asked in fulfilling the curiosity that questions and questions, insofar as it is possible. This is the nurturing and domestic, shall we say, portion of the relationship betwixt the parent and the child, or to put it a more clear way, a somewhat more experienced soul within this illusion and the soul with small experience within this illusion.

It is to be realized that each soul which comes into manifestation within this illusion of Earth is already an old soul, having had many experiences in lives past, and having developed from those experiences certain biases, beliefs, characteristics and behaviors which are not taught within the present incarnation, but which are brought to the incarnation. These biases are those which it is desired by both the parent and the young soul to be those things which shall be worked upon and learned from within this life experience. Therefore, it is for both parent and child to realize that when situations become complex and disturbing, parent may help child and child may help parent by linking their wills together and taking the backward step to ask the question, "What do we

wish from each other? How are we trying to teach each other?"

As the parent goes about your culture's rather complex business of creating the means whereby to purchase those things which are necessary within your culture for survival and comfort, the entity may perhaps become overly concerned with those things of the material world, for it is always seemingly difficult to, as you say, make the ends meet. By being concerned with these things, the parent is teaching the child the nature of the need for money, the need for power, the need for self-aggrandizement within the illusion. These lessons are helpful within the framework of the mundane world.

However, it is well that the parent also be concerned enough about itself and about its responsibility to that young self which has come into relationship with it to create and maintain a daily, loving, persistent and genuine search for that spiritual truth which cannot be found in the hustle and bustle of the busy world of the market place and your televisions. For children, as you call these souls with small experience, learn that which is offered to them, and will learn gladly from the television. We do not say there is anything inimical to a child's growth in this pursuit, we only suggest that if the child does not see the parents engaged in earnest and sincere and persistent spiritual seeking, the child shall be vulnerable to any charismatic entity teaching whatever distortion of the laws of love and service in whatever highly distorted manner.

In short, the key to the relationship of the more experienced soul and the less experienced soul within this illusion is a recognition of the fact that the lesser experienced soul shall learn from imitation, and though talk may aid to some extent, the actions are always the key to what the less experienced soul shall learn from the parent.

You ask about the best ways to discipline a child. This is a somewhat difficult subject upon which to speak, for we find in higher densities that the vibrations affecting and radiating from the self are such that the entity disciplines the self, no matter how young. If a young entity feels in a state of alienation and wishes to strike out, that individual will find itself in an environment which allows it to do just such things in an harmless manner and for as long as it wishes.

With higher density's more relaxed and capacious time dimensions, it is acceptable to allow a young soul to play and avoid learning what needs to be learned, for whatever time it may take for that entity to become curious, fascinated, hungry for knowledge. At that time the small entity moves to a teacher, asking to learn. The teacher teaches and would be considered a hard taskmaster. But because the pupil is ready now to learn by its own decision, this difficulty of study and learning is accepted by the student itself. Not all young entities desire to learn the same things. And thus the concept of the school to us is a concept of teachers which wait the desire of the young entity to learn. Each learning shall be different. Each entity is accepted as different.

And now we come to you, parents and children of third-density illusion. Your culture believes most thoroughly in the numbers. It assumes that all those that have been upon your planet for six trips about your sun are ready, willing and eager to learn that which is taught in first grade. And so forth, through each year, each grade, and often each mismatch of student and teacher. The regimentation of the schooling creates a great difficulty for the young soul, for the young soul knows that true knowledge is not boring, but exciting, and will learn fast and eagerly and with joy when subjects arise in which that young soul has an interest. Yet, with a sigh, the young soul must put that idea apart and away, for your culture's schooling is regimented. Thus, a large portion of the young soul's experience throughout what is known as childhood is a highly regimented scholastic situation in which all are required to learn bodies of information which may fascinate one and leave another completely indifferent.

Now let us look at the question of discipline. The keynote to discipline between parent and child or elder soul and younger soul is that the elder soul shall not take away the worth of the younger, but express only those corrections which may normalize, one might say, that younger soul's relationship to the culture in which it must live after it grows into a more elderly status. Often elder and younger souls of the same family are placed together to continue working upon the question of how to love, how truly to love, for this entire illusion is designed as an environment in which people go about that one learning activity from their earliest remembrances until, at long last in the fullness of age, that soul shuts its eyes and departs this small shadow of life.

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Many of those things which the young soul may do which seem mischievous are those expressions which indicate the young soul's inability to express the pain through which it is going. And many of the punishments offered by those older souls called parents are ways of expressing the frustration and pain of knowing no way to aid the younger soul. Thusly, each soul is in distress and each has closed itself from communication, for it feels it cannot communicate.

One very positive way of communicating those behaviors which are acceptable in that which is called your society to a young soul is to behave as the older soul in the way in which the teaching would point that the parent is doing. Thusly, the young soul learns from imitation. There are many occasions when the young soul cannot at first see the wisdom of one or another behavior that has been chosen by the culture to be appropriate rather than another. These public behaviors are often appropriate simply to allow others which share that public space their own measure of quiet and relaxation. Thusly, within the social situation the discussion may be had prior to the public outing that certain behaviors are appropriate within the culture within which both souls live. This does not make behaviors right or wrong in any fundamental sense, but rather behavior of certain kind appropriate. The discipline for a younger soul which begins acting in an inappropriate manner for being within the public society would be to remove the self and the beloved younger soul from the public environment so that it is clear that there are some behaviors which cannot be acceptable within the public experience.

Similarly, there are those behaviors in dealing with others within the family which are appropriate in that they cause the family of souls which care for each other to become uncomfortable and strained, jarring and unhappy. The young soul, which at first is rebellious, may perhaps be allowed its point of view, spoken, listened to and understood by the elder entity. Yet then, if the parent considers that the young soul under his tutelage is acting in ways which are not appropriate for dealing with other selves, then it is that these behaviors must be changed by means of the explanation of inappropriateness or the simple removal of the young soul from the immediate environment of the distress which has been caused. It is to be realized that in any interaction of this kind, the discipline must needs be honest, sincere and compassionate, for though a child's soul is young in this illusion, it is the equal of any, and recognizes clearly any half truth or slanted or biased way of expressing thought.

As we gaze upon your culture and at the shifting, changing, turbulent relationships betwixt what you might call adult souls within your culture, we find it an expectable characteristic that those young souls which must come into this culture of uncertainty and materialistic eagerness to acquire things should be aggressive and disturbing in [their] behavior. Thus, after the process of living has been going on for the young soul for ten years, shall we say, we find that within your highly mobile …

(Side one of tape ends.)

(Carla channeling)

… culture the effect is that of, perhaps, twice that much of your time, nay perhaps more than that, in terms of the experience of a vicarious nature which the young soul has accumulated through the watching of information sources such as your television, the listening to your radio devices and your tape machines.

Perhaps to sum up our encouragement of the parent who wishes to know about discipline, we should suggest, number one, that they would live as they would suggest their children to live; number two, that they be honest in their dealings with those souls given into their care, meaning what they say and saying what they mean. And thirdly, when discipline is to be accomplished, allow that discipline to be such a one as may perhaps sting the pride of the young soul in a private way, but not in such a way that others might know that this soul is being disciplined, and that by this much loved parent.

Thus, we move the focus of discipline of children into two areas. Firstly, the arena of the parent, in which the parent is encouraged to think deeply about stressing the spiritual, the just, and the lovely, and second, the arena of the child, in which the child may learn to trust the honesty of the parent and may learn by imitation those things which are to be learned. We know that parents and children and all entities whatever shall fall and clamber up again many times. Mistakes are made upon top of mistakes, yet there is one deep and fathomless thing which binds parent to child, and that is love, for the parent cannot help but love the child, nor can the

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child help but love the parent. Let this love be communicated. Let this love be celebrated. Never let this love be taken for granted. Love each other, for you are both pilgrims upon the road, parent and child. The parent must do a good deal of guiding, suggesting and, yes, disciplining, for the best road to learn has its limits, its right side and its left side, and beyond that road lie desolate deserts of experience which are not helpful in the sense of learning of love.

My friends, we know that in an environment where alienation between all peoples is so common, we may sound impossibly idealistic, but we say to you that if a parent can trust a child, if a parent can keep its word to a child, both in good and in bad, if a parent may respect the young soul, the young soul shall reflect and imitate this behavior.

May you love each other. May you feel the harmony of the plans you have made together. May you trust even in hard times that this is part of the outworking of an harmonious plan, at the end of which you shall know more about how to love, the greatest lesson that this density has to teach.

At this time we would transfer this contact to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Again we remind each that we give that which is our opinion, and we offer it joyfully and freely, asking that any words that do not ring true be left behind without a second thought. Is there a query to which we may speak?

C: Not a question, but a statement. The question that I did have has been well answered in your message tonight. It has shown me reinforcing things that I knew but did not implement, so I want to say thank you for your words.

I am Q'uo, and, my brother, we thank you, for without such queries we would have no means of being of service that would speak as directly to the heart of the needs. Is there a further query at this time?

Carla: I have been feeling uneasy about the possibility of channeling with only two people in the group, and I got a telephone call from a sister whom I believe to be on the watchtower, praying for me constantly. She felt that there was some negative influence that had become alerted to our presence for some reason. And I wondered if you could comment on the practice of two entities tuning, challenging and channeling with only two present?

I am Q'uo, and we feel that it is not a practice which is generally recommended, for there are, as you are aware, those who would wish to cause mischief in such a setting where the protective wall of light has not been added unto a sufficient manner. However, there are instances of entities who are so harmoniously prepared to work in tandem that this difficulty does not necessarily hold sway. We therefore can give only a limited recommendation to such efforts and can further suggest that if this be found to be necessary, that those presently partaking in such efforts redouble the desire to be of service through such vocal channeling and find the most clear and purified tuning together and within that is possible to achieve, in order that the desire to serve might be reflected not only in the protection, but in the inner preparation that allows such contact to occur. We are aware that those who presently partake in this activity are unable to fully grasp the means by which the protection is offered in any such gathering, and are therefore somewhat concerned that this means of carrying out such service be done in a manner which is stable and secured, and we commend the diligence that requires this question to be asked.

May we speak in any further fashion, my sister?

Carla: No, thank you.

I am Q'uo and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and it appears that we have exhausted the queries for this evening. We would thank each for inviting our presence, and especially greet and thank the one known as A for allowing our presence and for being a part of this circle of seeking this evening. It has been our great privilege and honor to speak to each, and we shall be with you upon your mental requests in the future to aid your meditations and to speak when asked upon those topics that have meaning to you. We are known to you as those of Q'uo, and at this time we shall take our leave of this instrument and this group, leaving each, as always,

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in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✤

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Sunday Meditation
January 17, 1988

Group question: Concerns reincarnation and the means by which the process of reincarnation enhances our overall growth as entities.

(Carla channeling)

I am Q'uo. I greet you in the love and the light of the one infinite Creator. It is a privilege and a blessing to be called to your group this evening, and we thank you for your hope, your desire to learn, and the beauty of your vibrations as you sit with ears that pray to hear and hearts that wish to understand. May we offer special love and greeting to the ones known as M and J, and welcome them to this circle of seeking. We ask, as always, that each entity understand that our opinions, which we give freely, are not infallible, therefore we ask that if any word which we say seems unwise in any listener's ear, that it be forgotten, for the truth is such that the seeker shall recognize it for itself, and we ask that each employ this discrimination.

That said, we shall turn to the question of reincarnation. We must begin with background information, for reincarnation takes place against the great stage of creation and is an integral part of a vast process which is at the heart most simple. We know that in your holy works you hear the words, "In the beginning," and yet we say to you that to the best of our understanding, the Creator exists infinitely, and that it is only this particular creation that has a beginning and shall have an end. It is our understanding that there shall be and there have been many creations, and that who each of you is is the Creator. Now, we shall certainly have to do some talking to explain such a bold statement.

Perhaps we could describe our concept of the Creator to you as a vast infinity which is also intelligent. The completeness of infinity is such that it cannot be held in the mind; it cannot be understood by that portion of the spirit which is within incarnation. It is beyond understanding. Yet it is our opinion that the Creator chose to create a universe, a vast, infinitely vast, universe, which would sustain the physical vehicles of entities which were as a holograph of the Creator, so that all that was in the Creator was in the conscious entity, and all conscious entities were the Creator.

A way of coming back to the Creator which had sent these entities forth was offered, a vast plan which has been unfolding for eons, and shall continue we know not how long. Each of what you call your planetary systems dwelt first in the consciousness that is the Creator, lived in a state of love, which is another name for the Creator, and in the fullness of time, planets were formed and that process you call evolution took place.

The first lessons were very simple. There was the lesson of existence itself, lessons that your rocks and

your sea and your fire and your air still learn. Then came lessons of growth and a turning towards the light, and many plants flourished, and animals began that slow process of learning. And eventually within each portion of consciousness there came to be a turning not only towards the light, but towards the love that lies behind light, and thus an entity became ready in physical vehicle nature to receive infinity.

This is who you are. You dwell in a physical vehicle as any of your animals, and within you, through your many experiences before becoming what you would call human, and what this entity calls third density, you have made yourself ready to be self-aware. Many, many lifetimes ago you began this portion of a walk which seekers, having once begun, do not ever leave. You have begun the self-conscious awareness and seeking towards what? What has the Creator intended for those, who are self-aware and contain infinity, to pursue?

Now we shall move to a slightly different aspect of the same question. You have lived for many, many lifetimes already in this environment or density of experience, and by now you have observed over and over and over that much of the experience that you gather seems to be about love, love expressed in selfish ways and love expressed in service to others and to the Creator. The overall plan, which the Creator made available and which lasts not only through this density, but through many densities, indeed, those higher than are we, this process has to do with attempting to grasp the nature of the Creator. It is our opinion that the nature of this Creator is the nature of one singular thought, and that thought is the thought of love.

Now, the densities of experience and learning above your own are a process of refining that which you, within the density you now enjoy, have decided upon. This, your Earth world, is an exciting and difficult illusion, designed to create for you opportunities to make a simple choice, the choice to serve the Creator by serving others or to serve the Creator by serving yourself. Since the Creator's nature is that one great original Thought of love, service begins and ends in love. Since you are of the very nature and stuff of the Creator, you yourselves in your essence are perfect love. It is a matter of finding and recognizing that true nature and then of choosing to express and manifest that nature by loving and serving those about you.

To love and serve those to whom you are most close is very difficult. The environment of your illusion was intended to make such expression difficult. Thus, although you have had many experiences and have made many choices, some wise and perhaps some foolish, these things have been veiled from your memory. You come into this illusion through a veil of forgetting. The forgetting of past relationships, past biases, past opinions and experiences is intentional, for ever-new are the opportunities to make and remake the choice to serve and manifest the love of the one infinite Creator.

Thus, as you gaze back upon your many other lives, what is quintessential, and most profoundly so in your understanding of these past experiences, is kept within your feelings, within your deep mind and within your heart. They express themselves to you in promptings of emotion, in feelings of recognition, in the awareness of past experience and in frequent suppositions that perhaps a difficulty which cannot be explained by present circumstance may have been part of the outworking of energies which were not brought into balance in a previous life experience.

Thus, as we talk to you about reincarnation, we wish to not downplay the experiences of the past, but reassure each entity that when past experiences become a necessity, they will float into the conscious mind through dreams, or most especially through meditation. In general, we may say that it is not helpful in a deep way to know past life experiences, but rather it is helpful in terms of your desire to accelerate your process of spiritual evolution, to be more and more sensitive to the promptings of your intuition, your feelings, and your heart, thus becoming more and more sensitive to those energies that are passing between you and those about you. Thus, if you find yourself at odds with a co-worker, a friend, a companion, or a loved one, it is well to move into meditation, asking and releasing the question of where the balances of love and service have gone awry in this particular instance, and more than that, how you may bring love back into manifestation within the circumstance, how balance may be restored, how love may thrive.

What we are saying to you is perhaps too much in too short a time, yet this instrument reminds us that we wish not to be over-long in our message. But know that the greatest advantage that you may have within your experience is the advantage of daily

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meditation. It need not be for a great period of your time. It may be perhaps, as this instrument would say, a half hour or less. It may be the striking of a clock that may cause you to stop and find the silence within. Any attempt whatsoever at clearing the mind and asking for deeper understandings to come into one's ken are to be encouraged, and most of all to be encouraged is the dailyness of this activity. You will find that meditation itself begins a process of change, and it is well that those who are mated together begin and continue the process together, for that which you seek you shall find. This is indeed a spiritual truth.

We are speaking to those who have already made the choice to serve others as a means of learning to know the Creator, as a means of experiencing relationship with the Creator. Therefore, we may freely and joyfully urge each to know the self as one who may be a channel of light, a channel of love, not by your own Earthly energies, for they fail, but by becoming through meditation aware of that which comes through one from the infinite creation, that which is infinite love. Thus, more and more you may become a light to those about you, not so much by what you do as by the smile in your eye, the peace of your expression, the gentleness of the reply to a hard rebuke, the kindness to a stranger. And each time that you attempt to serve, you run the risk of failure, and when you feel that you have failed, it is a temptation to think poorly of oneself. We ask you never to feel such sad feelings, but simply to pick oneself up and continue, for you are an harmonious part of an infinite plan whereby the Creator in its infinity learns more and more about Itself, for each of us who are companions upon the path back to the Source in our relationships with each other express the Creator's thoughts to the Creator, for each of you is a spark, an infinite part of an infinite Father.

Many of those whom you meet within your incarnational experience shall be familiar to you one way or another. See each as the Creator. Serve each in love, for loving each other is the greatest service that consciousness is capable of. Eventually, as the process of refinement goes on, you may learn as we believe we have learned, that all consciousness is one, and that we are all one great being, a portion, infinitely precious, of the Creation itself.

Your third-density experience upon this planet grows short. Soon there shall be new lessons, a new illusion and an exciting new beginning. Yet the nature of that experience is shaped by your decision to serve the cause of love during these final life experiences. May you see and bless the many, many lives you have learned in your deep-felt biases and opinions, in your love of the good, the beautiful, and the true, and your distaste for that which is dark and negative. May you believe in your strength as those who have been choosing and learning for many thousands of your years, and may you always have the light touch in your studies, laughing together in times of joy, and finding the light side in times of sadness, that your life may become more and more a balancing of all those energies with all those with whom you are in relationship.

You have heard of the word, karma. The end of karma is forgiveness. If you find a certain entity particularly difficult, seek the seeds of forgiveness in the infinite love which lies within you, for as you forgive the other entity and yourself, so you have balanced in love that which before blocked energy and stopped the process of spiritual growth.

At this time we would transfer this contact to the one known as Jim that he may answer any further questions that this group may have at this time. We have been most joyful to have been able to speak with you, and we thank you once again. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to attempt to speak to any further queries which any of this group may offer to us. Again we remind each that we offer our opinions freely but hope that any word that does not ring true will be forgotten immediately, for we do not wish to present a stumbling block in your journey of seeking. Is there a question at this time?

Carla: Yeah, I've got one. How about contemplatives, that don't see anybody or interact with anybody, and just keep silent and sit in mountain caves and contemplate? How are they serving each other?

I am Q'uo. There are many among your peoples who move in the daily stream of activity, partaking of all that your illusion and your experience has to offer and distilling [from] this experience that which they themselves have determined before the incarnation would be the point, the goal of the incarnation. These lessons have to do with some

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aspect of learning that quality that you might call unconditional love or compassion. Each learns in an unique fashion according to what has been learned in previous incarnations and according to that which remains to be learned. Those that find the solitary experience of most use in the life pattern learn the same kind of lesson but in a fashion which is more inwardly directed, rather than utilizing the outer stimulus of other entities and the relationships that are formed in the normal, shall we say, means of living and experiencing the incarnation. Those who learn in a solitary fashion enhance their own understanding of the purpose of their incarnations and express that love which they have learned in a manner which is likened unto the radio station which broadcasts a certain frequency of information. These then, as all who have learned any portion of the lesson of love, become likened unto beacons for this love that is felt by all fellow entities upon the subconscious levels, as you would call them, and provide a kind of nourishment for the species, much as the gardener provides the fertilizer for the plants within its garden. Thus does the great creative power of love move through all its creations, whether they be found in the fertile valleys or the high mountain caves.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. May we speak in any further fashion, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo. Is there a further query?

(Pause)

I am Q'uo, and we find that for this evening we have exhausted those queries which it has been our honor to entertain and to speak to. We thank each for the invitation to join this group and for the great offering of love that we feel from each. We return love in kind. We look forward to the future opportunities to join this circle of seeking, and at this time shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation

February 3, 1988

(Carla channeling)

I am Hatonn. I greet each of you this evening in the love and in the light of the infinite Creator. We had been intending to continue attempting to make contact with the one known as D, until that instrument spontaneously initiated a contact. However, we find that the one known as D has the divided mind due to the desire to hear our opinions on subjects which interest him at this time. This is considerably dislocating the readiness to channel, and we understand that perhaps it is better for us to speak to the subject requested and then to exercise the instrument. May we say, however, that in our opinion, it is a most helpful skill to be learned by a new instrument to initiate a contact, for in sessions to come, where there is not a more experienced channel, this ability will be necessary, and, indeed, is not a difficult lesson to learn once that leap of faith has been taken, the preparation done well, and the releasing of all eventualities made so that once the channel begins to speak the words heard within, the channel is no longer any part of the message in an initiatory sense, but is only expressing that which has come through to the conscious mind. This skill shall come to the one known as D, and we do not wish to make it seem harder than it is. However, we recognize the difficulty of doing it for the first few times.

And so let us turn to some thoughts we may share which you may find some value in. As always, these are our opinions only, and not to be taken as a kind of gospel.

We dwell at this moment with three entities who wish to heal the planetary energies and the energies of the people who live upon that planet which you call Earth. Healers come in different disguises. Some are doctors and nurses, some parents, some friends, some ministers, and some those who use the techniques of probing through into the deeper mind in order to bring up material which may be of help in assisting the conscious mind to sort out the pattern of an incarnational experience. Thus, it is well for each in this circle to think of itself first as a healer, and only secondly as a teacher or channel or hypnotherapist.

There are certain requirements if one is to heal, that is, if one is to heal in a spiritually balanced manner, healing with the self rather than with chemicals or with mechanical devices such as surgery. The one great requirement of a healer is that the healer be one with the desire to live a balanced life. The balance of a life is unique to each entity, yet the key to that balance is that within the hurry-scurry of the daily round, the healer has hollowed out a place within heart, mind and spirit wherein the light exists and is acknowledged, so that at all times the healer is capable of being and functioning as a living crystal.

It is this balance which enables a healer to use a tool such as channeling, teaching or hypnotherapy as a focus for those intuitions and deep promptings which may see far more deeply into the one who presents itself to be healed than could one whose eyes were those not filled with crystal light, but rather with human error. The process of healing is a process whereby the healer acts as a catalyst, arranging the sensing, thinking and feeling apparati of the one to be healed in such a way that, for a short time, a new vision of a new balance may be brought before the attention of the one to be healed. It is then the matter of free choice for the one to be healed. It may choose to accept the new balance made possible by this catalyst, or it may choose, in time, to disregard it and remain unbalanced. Thus, even the most powerful of healers is not itself expected to use its will upon another entity, but rather simply to act as a living crystal which may correct unbalanced light vibrations within the energy web of the one to be healed.

We say these things because, as the one known as D and as anyone gazes at an opportunity for service, we feel it is important that the gaze first be turned inward, to ask if the entity may pay the price for this service, for to begin enthusiastically and to lose so much energy that the service must be ended is perhaps a wrong use of will, and clearer listening needs to be done as to what sort of service is appropriate. If the healer is prepared to pay the price of living a certain kind of life, and we feel that each in this group intends to be so, then it is necessary only to choose the manner of service and maintain, with the greatest of enthusiasm and ardent love, the manner of life, living, thinking and being which nourishes and feeds that crystal soul within.

Now we would say a word about the efficacy of gazing into the past. The ability of the mind has never been appropriately estimated. Within each entity's mind lies the personal and racial record of biases, learning, wisdoms, teachings and experiences. There is no loss within the Creation. There is a burning away of matter, yet the flame of energy remains, and that is called memory. The power of a teacher to tap into another's far memory is variable, and it is well that this practice be handled in a most delicate and forthright fashion. Delicate in the sense of moving slowly and considering with the client each question to be asked carefully. Forthright in that each dealing, each suggestion, each new understanding be made available to the student just as the teacher is available for discussion concerning the material uncovered.

There is within some entities naturally given to the lifting of the veil greatly enhanced opportunity to go far deeper into the mind than is usual. For the most part we would guide warningly against taking advantage of these opportunities. It is possible to carry out this kind of research upon oneself, working deeper into the racial memory through working with the dreams and working with autohypnosis. In this way, the student of the hypnotherapy may gain information without disturbing the integrated personality of another being. Thus, we caution one who approaches a subject to guard against taking the opportunities with another entity. Unless this entity becomes a staunch co-worker and associate, such work is too risky for the subject to be considered an acceptable practice.

Gazing at the obverse side of a warning, we do find it so that when a student comes to a healer to ask for that which the healer does, the student has therefore done a great deal of preparatory work to engage in its own healing. Thus, the healer who is a hypnotherapist or a teacher or a channel is offered an opportunity to be of service, and this is cause for rejoicing for those whose wish is to serve the Father and to love each brother and sister with a spiritual embrace that magnifies the opportunity to gain in spiritual learning.

Now, there may be many questions upon your mind at this time, but before we work with questions, we would like to exercise the instrument known as D, and so would speak about related subjects. We would, as always, encourage the instrument and speak our thoughts as they come to him. We have had a very good contact now for several sessions, and are pleased with this instrument's growing awareness of us. We thank the instrument for its tuning, and encourage it in its channeling to challenge before the channeling. This is sometimes disruptive, yet if the patience is kept the challenging may be done so that the words may begin.

We transfer now to the one known as D. I am Hatonn.

(D channeling)

I am Hatonn, and I greet you again through this instrument in love and light. We would speak briefly

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on the subject of this instrument's challenging, which we find to be effective in its mode of initiating contact and exercising the required degree of control over that contact, but we would encourage further work and attention to clarifying the process in the instrument's own mind, so as to make it more comfortable and less cause for confusion, anxiety or doubt.

We would continue our discussion on the subject of healing, especially *(inaudible)* the mental phenomenon of trance or hypnosis.

(Long pause.)

We do find a basis of *(inaudible)* and preconception in the mind which arouses the critical mind as we attempt to address this subject. For physical relaxation and the mental relaxation and flexibility …

(Long pause.)

We are seeking to offer this instrument experience of inner process which may be instructive and give insight into the experience of hypnotic trance. An inner conflict, struggle which the mind is capable of creating within itself, can indeed give rise to fragmentation of the mind and *(inaudible)* up, so to speak, of the mind's conflict when both of the conflicting inner voices are allowed to express themselves, if this conflict is not attended to and resolved in some measure.

We are attempting [to answer questions] the instrument itself posed. Our lesson is that the answers to these questions are available through the process of inner questioning. This gives rise, of course, to the question of why are so many sincere seekers apparently led astray when they listen to the voice within them, the answers that arise from their own deeper minds in response to questions posed to it. The answer, of course, is that truth is not absolute. The process of posing questions and going within to find answers leads to a course of action which brings the light of truth into the experience of the seeker and creates in his life the circumstances for the spiritual unfoldment of both that seeker and those who share in his experience, while another, posing the same question in his own sincere meditations may find a completely opposing answer being given, but one which creates in his life the same truth in the form of a course of action leading to lessons which contribute to the highest good [of] those involved in that action.

We will have some comments about the effects of the critical mind on the channeling process which shall be given through the instrument known as Carla. We will now transfer to that instrument. I am Hatonn.

(Carla channeling)

I am Hatonn, and am again with this instrument, greeting you once again in love and in light. We ask this instrument's permission and receive it to move back some few seconds in your time and verbalize the actual challenging procedure which this instrument used during the regaining of this contact. You will note the use of the critical mind, balanced by the use of intuition. This instrument first repeated several times, "Lord, make me an instrument of Thy peace." We shall proceed from there without expressing who said what to whom, as it should be obvious.

"Who comes in the name of Jesus the Christ, whom I serve with all my heart, all my mind, all my soul, all my strength?"

"I am Hatonn."

"I challenge you in the name of Jesus the Christ."

"I am of that principle."

"Begone if you are not of Jesus the Christ. Begone. Begone. Begone."

"Very good. We are of Jesus the Christ, for we are all Christ."

"I ask in the name of Jesus the Christ."

"Yes, my child. Jesus the Christ. We answer that challenge."

"Are you ready for me to begin?"

"No, my child. Tune again."

"Lord, make me an instrument of Thy peace. Lord, make me an instrument of Thy peace. Lord, may every word I speak be Your Truth and none other. Am I ready?"

"You are ready?"

"Very well."

This is the process in a somewhat shortened form of the challenging which this instrument is attempting

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to teach. The form is shortened because it is not the first tuning and challenging of the session. Note that the critical mind is an all-important factor in the listening and evaluating both of the condition of the self as channel and the words which answer the challenge. The fact that these are heard mentally rather than audibly means, however, that the faculty of intuition be, in a balanced fashion, brought to bear upon the process. Indeed, at one point within this session, the instrument through whom we speak at this time was able to detect the gradual moving of the state of mind of the one known as D into that neutral area which is untuned and therefore far more easily sullied with negatively-oriented channeling.

This instrument has been given an ability to believe its own visualizations, which is helpful. In other words, the use of the critical mind in attempting to detect places where light may be leaking from the circle is not advised. Intuition and visualization are to be advised. This is, of course, important in the context of the one known as D being responsible for its own cleansed atmosphere before any spiritual working and during the working itself. This instrument, through a series of visualizations, peeled away that which was perceived as a glowing scaly shell which was blocking positive thought. And when it, at last, peeled away, it was the top of the head which peeled away the last, thus symbolically indicating that the source of the detuning was indeed within the critical mind.

The rule is simple: one applies every discrimination and uses the critical mind with the utmost of care, for the critical mind, the conscious mind, the thoughtful self, is a tool, a wonderful, smoothly working, highly complex, efficient tool for accumulating data and making decisions. Like any other tool, it can become the master of the user of that tool. We do not suggest to any of an intellectual bent the speaking ill of the activity of the mind, for if the mind is critical and discriminatory, then this tool was meant to be, and meant to be used.

But an entity is not a mind any more than an entity is a stomach, a foot, a hand or a heart. Instinctively, entities within your illusion recognize your physical body as a series of excellent tools, and by using hands and mind and senses and sensibilities, humankind has created a great many, many artifacts, thought a great many thoughts worth preserving and passing on, and accomplished far-sweeping histories of war and crime and sadness, as well as peace and honor and joy.

And when the scales have tipped toward the negative, you may be sure that there is a band of entities whose conscious minds have made harsh judgments, and who then require their will and their faith to stand in support of those ideologies, be they philosophical, religious or simply dominating. We urge balance upon each, for working with intuition only, without the use of the intellect, produces an entity lost in a sea of experience, sensation and wonder, an entity who is without the tools to express what is occurring, to refine an understanding of it, and to seek ways of manifesting that beauty which has been received in some service to those about it.

Do not see the mind that is critical and the mind that intuits as two sides of a coin or two separate things. See rather, to use our favorite image, that portion of the tree which is above the ground, which blossoms and rocks in the breeze of summer, and stands naked and proud against the winter cold as the conscious mind, in intimate contact with the illusion, able to flower, blossom and expand, and able also to hunch the back, stiffen the self, and be protective against difficult influences. See the intuitive mind as a great underground system of the roots of this same living tree. In winter and in summer alike, they are in contact with the Creator, drinking in nourishment from earth and water, storing, nurturing and keeping watch over the life of that visible tree which nods above the ground. There are far more roots to the mind than there are visible trunks and branches, and the ends of the roots lies in the center of the Sun. Thus, the deeper mind has the opportunity to contact intelligent infinity itself, eternity and everness.

How precious is the entire being, the entire consciousness that you call the mind and that is truly yourself. May you see it in a loving and holistic way. May you glory in your branches, in your thoughts, in your ramifications, in your distinctions, and in your conclusions as you go onward from conclusion to conclusion. But may your faith be in the system of roots that links you to eternity, and may your will be more and more to place the tree above ground in the service of that greater consciousness which lies within the nurturing darkness of earth and water and, finally, fire.

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We thank each that we have been able to speak this evening, and shall forego the question period, as the energy of the circle begins to wane due to the length of time during which you have been focused upon this contact. We thank you for calling us to you this evening, and especially we thank the channel which is becoming less new, and more and more able. We hope to speak with you again, and for now we will leave you in the love and in the light of the one infinite Creator. Adonai. ♣

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Sunday Meditation
February 7, 1988

Group question: C has a question about a friend of his who is suffering what has been diagnosed as narcolepsy. He's able to contact his wife, for example, and to have what seems to be out-of-body experiences during the seeming sleep. We're wondering how out-of-body experiences in general, and in this case as well, could be used to advance one's spiritual growth?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. What a blessing it is, my friends, to greet each of you, to bless you and to express our love to you and our thanks for that you have called us to offer our unworthy opinions upon the subjects that are close to your heart at this time. We are most happy to serve in this capacity, and wish only to say, as always, that we do not claim to be infallible, for we are not. We are your brothers and sisters, and we may share with you what we have gleaned from our walk along the pilgrim's path, that and no more. We are learning and we hope we may give you a hand up in your studies. May we join you in praise to the one infinite Creator and in the joy of fellowship, as vibrations of gentleness and peace and joy move in ever more purified strength about the circle that you have made within this domicile at this time.

You have asked a question concerning spontaneous movements from the body and their use. We may speak to some extent in a more general way before we move back to this particular phenomenon, for there is a basis or a principle which applies to many seemingly unrelated events.

It is our understanding that each of you in that timeless time, before you began your incarnation upon your world, chose carefully the manner by which you would prefer to learn each lesson which you put yourself to study. In that way you are like the student in the school, knowing that your ultimate examination shall take place when the schoolroom is no more and the physical body that carried the brilliance within is also no more. Thus, no matter what circumstance appears before you, whether it be seemingly usual or seemingly unusual, there is in that circumstance, in the relationships about you, and in your days whatever they may be, every bit of catalyst that you need to bring to your attention the conflicts about which you need to make the choice between finding love and offering compassion and using control and effecting separation.

As this classroom of yours is attempting to study love, many lessons are concerned with the right use of compassion and love. There is the same energy generated by a mother who watches her children at play as by what you would call the most advanced

and illumined being who was watching the doors of eternity, for no matter what the object of that love, that emotion has within it the strength to create and the terrible strength to destroy. It is an energy which your atomic bombs and your hydrogen bombs barely begin to express. And this energy which created you now flows through you. You may either block that energy or use that energy in order to accelerate the rate at which you learn about your environment, yourself, your Creator, and, as this instrument is so fond of saying, the relationship betwixt those two.

What are you to your deity? What is your Creator to you? We raise more questions than you asked, yet it is important that we lay this foundation, for we find that those who may move out of the physical shell, just as those who have other extra-sensory gifts, have been put in a special position. The scheme which is moving in order to influence the student, the pilgrim, to think about certain things, to come to certain conclusions and define certain areas of service, all of these things are to be considered, no matter what the circumstance. Thusly, if an entity has the controllable ability to leave the physical body, then perhaps there is some lesson of service, compassion and love to be learned within the use of this practice, just as those who [are] given other spiritual gifts are given them not only in order that they may grow, but that they may take their responsibility for that growth and become channels each in his own way, using the gift which has been given him in order to serve those about him.

A note about the practice of moving out of the body at will. Most entities which do so are not highly polarized, and are therefore not in particular danger by confrontation with those entities which do not like the light when it is used for compassion, and wish instead to use that light in a controlling and service-to-self manner. Thus, it is well in this instance when a gift has been given, to ask in meditation, not anxiously, but eagerly and with sincerity, "What may I do to serve the Creator with this gift?" Or, indeed, if this seeming gift in reality affects the entity as a limitation, the question should be, "What may I give as a result of those things which I learn from this condition?"

The space into which your Earth is moving at this time is more and more altered from the space/time you have enjoyed upon your planet for many thousands of your years. It is a space/time which contains a more generous fullness of the Creator's light. Sensitive entities are more and more able to use paranormal gifts. We make a plea to each who experiences these gifts and the interest which these gifts generate to seek not just the comparison of one gift with the gift of others, but also to begin through meditation, contemplation, the use of dreams, the reading, the talking with friends, to begin the process of knowing the true self, and once you have found that ground within you which is not your heartbeat or your thinking processes, but is your consciousness itself, once you have met yourself face-to-face for what you are, with your gifts and your limitations, then the time has come for you to make this an offering in humbleness and sincerity to the Creator, offering your talents, your gifts and your limitations with thanksgiving and praise.

If what you have seems to be very, very little, know that this is an illusion and what you are working on by this dedication is the lessening, little by little, of the power of this illusion you call life over you. Each entity brings much into the experience of incarnation. Rejoice in the richness of your deep mind. Rejoice in exactly who you are and seek to place that honest, naked, uncovered soul in the light and love of the one infinite Creator, knowing that that Creator is within you and you the Creator. Then can you stand on your two feet and be proud to offer whatever it is you have in a spirit of love and in the hope of sharing that love.

What can be the outcome of an ability to move in thought from the body? One may consider teaching. One may consider being taught. One may consider working consciously in such a state with that which is called in the Western tradition white ritual magic, strengthening the essential person which is that person which is removed from the physical vehicle so that it becomes a person of ability and power, able to meet other entities who have similarly slipped their fetters and may be bewildered and off course and in need of comfort. When you ask how you may offer your gifts, listen for the answer, but do not anticipate it. It may come in a moment or there may be a period of sustained disciplined meditation, a daily and sometimes difficult discipline. And eventually, because you have asked, you shall be answered.

In the meantime, the appropriate emotional and mental outlook and attitude is confusion, a state which is uncomfortable but very productive of new

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thought, new systems of thought, and the transformation from the lower to the higher entity of that of which you are capable. Remember always when you gaze upon the so-called occult gifts, that they are gifts, just as the gifts of supply which are given to some and not to others, the gift of intellectual intelligence given to some and in lesser degree to others. All the gifts which one may name, just as all the limitations, are created not because they are your true and eternal personality—for personality is very much a thing of your illusion—these things are those tools with which you have to work. The more realistically you identify your gifts, the more clearly you assess your limitations, and the more readily you accept the discipline which allows more and more knowledge of how to use that self in compassion towards the rest of the Creator—that is, your brothers and sisters—the more quickly you shall indeed accelerate your rate of spiritual growth.

Sometimes this period of confusion may last an entire incarnation. Never think of yourself as failing because you have not yet been given the answer intellectually to why, for instance, the out of body experience is spontaneous. It is not important intellectually that you understand your gifts or your limitations. What is necessary is that you go through enough processes of acceptance and forgiveness that you come into full acceptance of the self, a full love of the self as a part of the Creator, and a full and single-hearted commitment of the self as an outreaching portion of the Creator through whom compassion and love may shine.

We would like to greet each to the group, and rejoice to see new faces. We bless and offer our love to each. At this time we would transfer this contact to the instrument known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may offer to us. We again would remind each that we offer that which is our opinion. We offer it joyfully, but do not wish any to trip over any word which does not seem appropriate. Take that which has value to you and leave that which does not. Is there a question at this time?

Questioner: Yes. This question has to do with my personal life. There is a female minister who I've just come to realize I'm very much in love with and she is in love with me. She has moved to another state. After being hurt many times, I feel doubt, it's hard for me to accept the fact that she loves me. The question is, what do I use as a rule and guide to judge whether or not she is sincere, or should I just go ahead and accept what she has told me?

I am Q'uo, and am aware of your query, my brother. We look upon your desire to tread upon the ground which is firm and which is safe, and we must suggest that for each who seeks the truth within your illusion, there is the mystery and the difficulty of knowing for sure that which is right, shall we say, or appropriate in each instance, for the illusion which you inhabit is one which contains the Creator of all in many disguises. We cannot guide your steps infallibly, for each step that you take in your own journey is most sacred, and each step in your journey as you take it will provide you the strength to move yet further upon your path. Yet you must be aware that there is the chance that you will move in areas in which you have not planned, and yet in those areas of seeking you will learn that which is most appropriate for you, for each step upon your path contains the opportunity to teach in ways which will seat your lessons most firmly.

As you consider your current possibilities of movement in your own life pattern, we can only suggest that you look within your own heart in your deepest meditative state and observe that which is your heart's desire. To know the direction of one's life pattern is to place before one the guiding star. Look then to the other with whom you consider joining and consider as carefully the guiding star towards which this entity moves, and consider you carefully if together you can move as one, pulling together that each may aid the other in the journey, for there shall be those situations which are difficult for each. Yet if one has the common bond and goal shared with another, the journey can be made smooth in those places that may be rough. Look then to your heart and look to the heart of the other and observe if there is the harmony between the two, that you share a love for that which is greater than each.

Is there a further query my brother?

Questioner: Yes. It seems like there is. My mind is completely made up as to going to and being with and marrying this lady who is a minister. But there

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seems to be guilt trips being put on me by members of my immediate family, my children. I have—you know they seem to see that … I don't know whether it's jealousy that they don't want to turn me loose, don't want to let me go, and I'm having a hard time dealing with them. I've tried everything. I've tried telling them it's twenty hours by bus, two hours by plane up here if I'm needed. It's hard for them to understand. I'm having a hard time dealing with this.

I am Q'uo, and we consider the words which you have spoken and may again suggest that as you consider the concerns of each about you, that you take those considerations into your meditation as often as is necessary in order to move your steps through the maze of seeming difficulty in the manner which is true to that guiding star which is yours to follow, for the journey is not often without difficulty. By facing those obstacles which present themselves in your path and resolving each with the greatest amount of love and compassion that you have within your being, you gain the strength of love and the sureness of your desire to move in harmony with the pattern which is appropriate for your growth as an entity and your service to others as one who has reaped a harvest of growth.

My brother, your steps may not be easy, but there is much of inner strength that can be gained in times of difficulty and we recommend the meditation for as long as is necessary to discover where the heart of love moves you most forcefully and surely at this time, for within your heart of hearts the plan for your life's pattern which you proposed before this incarnation lies complete, and by intensely seeking this heart of hearts it shall be revealed to you in the way that is most appropriate at this time.

Is there a further question, my brother?

Questioner: Yes. First, I would like to thank you very much for your most welcome advice. Second, I would like to ask how I could invite someone like yourself, Q'uo, to be with me and to guide me—an entity as yourself with the intellect as you have.

I am Q'uo, and we would suggest that, indeed, there are those about you and about each seeker who desires to know more of the mystery of the life pattern, that waits for each query that you may ask from your heart and which offers guidance in many ways to each seeker. There are those about you who place before you the appropriate book or person or situation or insight which will point the direction. Many times these guidances pass unnoticed, yet for each who seeks with a whole heart in the silence of the self, is the direction pointed, in a manner which is noticeable and clear to the seeker. We of Q'uo are happy to aid our brothers and sisters gathered here this evening in their meditations at any time that we are requested. Our assistance is in the form of aiding the deepening of the meditative state in order that each may become more aware of that silence within through which the still, small voice may speak to the heart.

May we speak in any further fashion, my brother?

Questioner: One other question. Can you tell me, I have felt the presence of an entity on several occasions. Can you tell me if this is a true feeling, and if so, what the entity is?

I am Q'uo, and we cannot speak to this specific query, for this experience of which you speak is one which is most fruitfully pursued by your own means of seeking. Were we to speak specifically, we would take from you the opportunity to learn of this experience in the manner which is appropriate for you at this time.

Is there a further query my brother?

Questioner: No, that's all. I would like to take this opportunity to thank you very much and it has been a pleasure, and your advice has been very, very well taken and well informed, and it has removed quite a bit of doubt I have had in my mind in listening and sitting here meditating about the love that this woman who I am contemplating on marrying has for me. It has brought me around to realize that people can love me without me doubting, and again I would like to thank you very much, and it has been a very enlightening, warm, well accepted advice. Thank you very much.

I am Q'uo, and we thank you, my brother, for without your queries we could not serve.

We find that we must pause briefly in order to allow this instrument to attend to the recording devices. We shall pause briefly. I am Q'uo.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there another query?

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S: I have a question about the nature of service. It's easy to conceive of how we can serve others in terms of their physical lives or contributing to their mental well being, enriching their mental lives. I wonder if you could give some enlightenment about the range of ways in which we can consciously contribute to the spiritual well being or evolution of others?

I am Q'uo, and am aware of your query, my brother. We would begin by suggesting that there is nothing one can do that is not service. We understand your query, to seek those means by which service might be enhanced. We would suggest that for one who wishes to serve in a conscious fashion those entities about one, that the daily practice of meditation is most helpful as a means of returning periodically to the source of one's being, and in that experience of unity, again with the Creator and the creation about one, one may remind the conscious self of those patterns of learning which are most appropriate in the life pattern. By undertaking the opportunities that are presented one in one's daily round of activities, no matter how seemingly insignificant or immense, one then processes the catalyst into that experience which is likened unto the fruit of the tree. This fruit, then, is available for service to others in a means which may take any form which one may choose.

Indeed, it is not necessary in many cases to choose a form for service if one allows the life pattern to become imbued with the quality that you may call compassion and concern for those about one. The opportunities to offer this compassion and concern will present themselves as a normal part of the daily round of activities. The interaction with other selves is the most frequent opportunity that any seeker may be presented to offer what is asked in a manner which speaks to the highest principles one is aware of and with the compassion that is enhanced by the desire to serve those within one's life pattern. Thus, we do not offer so much the particular means by which one may serve as we offer the suggestion that no matter what one does, the doing may be enhanced by the quality of compassion that becomes the essence of the action of the thought of the service.

May we speak in any further fashion, my brother?

S: I can understand how the exercise of compassion would help one's own spiritual unfoldment. Are you saying that apart from simply contributing to the creation of a life situation which may be the situation that another person requires, may offer the experience he requires for growth at a certain period, that that compassion itself has a spiritual or more, could I say, eternal rather than transitory, offering to make to another person?

I am Q'uo, and this is correct, my brother, for the force or quality which moves one to serve, if it be of compassion, has far more effect upon another life pattern than the most carefully wrought mental form of service that lacks the compassion. The conscious mind left to itself attains to that which one may call wisdom, and is useful in many ways to discern that which is most appropriate for the moment and the future moments, however, without the quality of compassion even the most carefully considered service may not find the fertile ground for the seed of thought to be planted within. It is the quality of compassion which makes possible the condition for any seed of thought to be nourished into growth.

May we speak in any further fashion, my brother?

S: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: I have one other. This deals with the entity that I sometimes feel. How can I know or identify this entity? The point is, up until six months ago, I could not … I always had a desire to sing, then all of a sudden I start singing with the voice of Elvis Presley, which I'm very, very good at. I cannot carry a tune. I find myself periodically, just out of a clear blue sky not attempting to sing like him, not even trying, but just naturally a voice flew forth. Could you explain this to me?

I am Q'uo, and am aware of your query, my brother. Again we find ourselves in the situation of wishing to be of the greatest service and finding that that service is to allow your own free will to remain intact in this particular area, for the process which you describe is a portion of the means by which you currently seek to know a greater portion of your own self. Were we to lay out plainly the answer to this query, we would work for you a puzzle, the solving of which would aid your own growth most if it were accomplished by your own free will and seeking.

Again, we may recommend that in meditation or prayer that you determine for yourself that which is your guiding star, that quality, be it love or the

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Christ consciousness or the one known as Jesus the Christ or compassion or wisdom or truth or whatever quality has for you the greatest meaning and vibrancy. And in that name ask this entity to come to you and identify itself, but ask that entity if it comes in the name of that which is your guiding star, that it might assist you in that journey upon which you now find yourself traveling.

We wish to serve each seeker by providing those principles which may allow it to more clearly apprehend the nature of its own being and of the creation in which it finds itself. For us to speak in a specific fashion and describe each step in a personal manner for a seeker is to infringe upon the sacredness of the free will, and in the long run pattern, shall we say, of the seeker's life, this is not of benefit.

May we speak in any further fashion, my brother?

Questioner: Yes, one other question. There are quiet times that I usually find myself going into the Cave Hill cemetery. This may sound strange, but a lot of times I just feel compelled to go in there. Could you explain this compulsion?

I am Q'uo. For each seeker there are those places and times and people which aid in the inner journey. Each seeker is drawn to those in a fashion which may be of a subconscious nature in order that the conscious mind may be rested and informed by other sources of information, be they those entities known as guides or simply deeper portions of one's own subconscious mind. It is not unusual that one would be drawn to an area such as that of which you speak, for within your cultures the area in which the physical vehicle is placed upon its cessation of vitality is one which is considered sacred.

May we speak in any further fashion, my brother?

Questioner: No, that's all, and again I would like to extend to you my heartfelt thanks.

I am Q'uo, and we thank you once again, my brother. Is there another query at this time?

Questioner: One other question. Could one ask you for guidance?

I am Q'uo, and it is our impression that this has been done this evening, and we have responded in the manner which we felt most appropriate. We would not suggest that such guidance be sought outside of this circle of seeking, for we wish to safeguard each seeker, and the circle of seeking is one means by which each present may feel secure in the knowledge that the entity sought is indeed who it presents itself to be, for there have been specific means used in this circle this evening to provide the protection for each that is necessary. There are many entities who would be available to any with the sensitivities that we are aware are possessed by many of your peoples at this time who would not in every case offer the most helpful of information, thus we would request that each ask for our assistance within this circle of seeking.

May we speak in any further fashion, my brother?

Questioner: I was just, you know, unlearned and new, and I was not aware of this. And again I would like to thank you very much for your most helpful information.

I am Q'uo, and again I thank you, my brother. Is there another query?

Carla: How's the energy of the instrument?

I am Q'uo, and we find that there is sufficient energy for another query or two of normal length. Is there another query at this time?

(Pause)

I am Q'uo, and as we observe the silence, we feel that we have spoken to the limit of the queries, and we thank each for offering the queries to us, for without your desire to seek as you seek, we would have no beingness within your life patterns. It has been our great joy and privilege to join you this evening, and we look forward, as you would say, to those opportunities of doing such again. At this time we shall take our leave of this group and this instrument, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

(Carla channeling)

I Yadda. I greet you in name of love and light. I am happy to be with you. It is your call to me, you say to universe, "Ah, I have a winter heart!" You say, "Look at the landscape." How you like my new, better English? Ha ha, I good. You do not know what is going on in winter energy if you think that all is gray and desolate. You do not see the joy of the seed, the patient gathering of food in the roots of being of your second-density trees. You cannot feel

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the explosive joy that the forms of your water find themselves taking when by the gift of cold they may make visible their crystalline nature and show their magic to the world.

We wish you to warm your winter heart and to be silly and playful in the cold of winter, for your heart does not need to wear the winter underwear and your throat is not stilled because birds sing not so often in your outer ear. Come with me in knowledge that warmth is yours within and that the fire of spring is only possible because of the joy, the dancing joy of the collection of food and drink for growth. Every season happy. No season sad, for all work together. Be merry.

We leave you in joy, in peace, in love, and in light, and even because this instrument insists in name of Christ. We have stopped holding out for Buddha. Zoroaster is not acceptable. We know we have said this before, but we wish this instrument would think about what we say. Adonai, my friends. You know all is one. Somebody tell this instrument. Adonai. Adonai. ♣

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Intensive Meditation
February 10, 1988

Group question: If our lives are unfolding in an appropriate manner and all is well and there are no mistakes, how do we operate within this environment to enhance our service to others?

(Carla channeling)

I am Hatonn, and I greet you in the love and in the light of our infinite Creator. It is a most great privilege to be called to your group this evening, and we wish to send love and blessing to each, and to thank each for the privilege of sharing this time with you.

We would like to confirm to the one known as D that we were at the point of speaking through him, we thought. Indeed, we had almost felt that there was an initial message that would be allowed. However, we understand this instrument's reluctance to take the chance and take the leap, and assure this instrument that it is progressing well, and that this initiating of contact is merely one small hurdle upon a long and increasingly faith-filled path of service.

And so we shall speak through this instrument for the nonce, not forgetting our responsibilities to the one known as D. We shall be exercising this instrument, also.

Your general query to us this evening has to do with how, since all things are as they should be and there are no mistakes, can anyone who hopes to heal actually be a portion of healing, how can anyone who wishes to enter a situation and change it be spiritually correct. The answer to that lies within that feeling that is a portion of your deepest self, and that is that all who are upon your planet are your brothers and your sisters. It is an impeccable question to ask, since there are no mistakes, if alterations should be attempted, and we say to you that it is for the purpose of aiding each other that each of you incarnated and is enjoying quite a busy schedule of learning at this time. Indeed, in the way of teaching, even we who are not of your world may speak through instruments such as this one, leaving always so many doubts as to our reality that no one could possibly feel that we were to be obeyed without question. We are very careful about this, for we come among your peoples in thought in order to offer information that might be requested.

Now, this is what you entities may do for each other. In one way or another, a healer acts as a catalyst for the one to be healed. When crystals are used, the healer's ability functions with the crystal in order to create the catalyst, the space and the time wherein the entity to be healed may pick up the heart and the will and claim the healing that the catalyst is offering. If this is not claimed, it does not happen. Therefore, free will is not abused. Yet, catalysts do appear as solutions to difficulties, and this, too, is a

portion of that which was planned. It was not planned before an incarnation that a certain condition or limitation be applicable for an entire lifetime. Thus, even if one chooses a certain path, it is not known to the entity within a lifetime at what point that path should change. Indeed, as always, living, learning and loving are daily matters, those that cannot be pulled over the scorched ground of yesterday or shot like Roman candles into the mist of tomorrow. Help between brother and brother lies in the present moment.

A healer is a special kind of minister. Some use your tarot cards, some use your tea leaves, some use your radionic devices, some use your herbs, some use your ability to think, some use chemicals, and some use the knives and the stitches. Yet all of these things shall not heal the emotions, the mind, the spirit, or even the body if, cell by cell, thought by thought, and with the firm thrust of will, the entity does not accept the catalyst of healing. It is almost impossible for an entity born upon your planet to so interfere with the free will of another.

There is one distinct disadvantage to certain types of healing, and we would state that these offer a concern to the instrument who happens to feel strongly upon this point. However, we assure this instrument that we are using the instrument as a channel, and not allowing the soapbox. We find that it is possible for service-to-others oriented healers such as the one known as D, or any understanding, caring and sensitive healer, it is possible to make a patient derive not a leap forward in free will and the use of it, but rather [have] a dependence develop between patient and catalytic healer. This cannot be avoided entirely, for there are certain of your people who, while seeking very diligently, have become somewhat disassociated in thought and emotion, and are, therefore, confused and feel that they need someone upon whom to depend for the correct answers to those difficulties and conditions which seem to face them.

It is well, therefore, for the healer always to call upon the will, the hope, and the power within the individual itself, and not to express the self as anything but a catalyst through which healing may take place. We hope that this ethical consideration is understandable.

There is more we wish to say upon this matter, and although the entity known as D may not wish to take the contact at this time, we shall offer it to him that this entity, we feel, is ready to pick up thoughts it has not already conceived before in just the same way. As always, relax, hear the thought, and speak the thought with no more care than this instrument has shown. It is by far the better way, the quicker way, and the more accurate way to express such information as we have to share. I now transfer. I am Hatonn.

(D channeling)

I am Hatonn, and I greet you again in love and light through this instrument. We appreciate the time and effort of presenting the challenge, but would state again our wish that the instrument diligently work to clarify the process in its own mind. It is often advisable and efficacious in serving as a vocal instrument to allow spontaneity and creativity to be prominent in the mind, but, during the process of challenging a contact, it is … it serves the purpose of the instrument—that is to say, efficient and safe establishment of a clear contact which can be maintained with confidence on your side and our own—if the instrument has a well established stance or posture which it can present to us and to any other entity which may attempt to infringe on the contact, the posture or routine which the instrument can have confidence as to its effectiveness and efficiency. If such an effort to create such a posture is made from week to week, we can perhaps assist in fine-tuning the finer points, the details of the challenge. The instrument will find that as this process is repeated and becomes routine, he will sense our interaction initially, our approach to the mind, as it were, more easily from week to week.

We would attempt now to return to our original topic, despite the trepidation of the instrument, and urge again the most complete relaxation possible.

The healer …

(Pause)

(Carla channeling)

We realize our contact is still good, and we would, were the instrument's energy levels higher, continue this work, for we and the one known as D are very close to finding our voice, finding the end of fear, and finding new eloquence for our very simple thoughts with this entity. However, it is well not to push an entity beyond its ability, for there is a kind of tiredness which is spiritual, that is not a state we

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would prefer to produce, it being that which dims the day. And so to conserve this instrument's energy and enthusiasm we choose to move to another instrument at this time, with our apologies and explanation.

The healer, then, uses a variety of tools. These tools are, in the end, not necessary. They are a means of focusing the mind and occupying it while opening up the connections between deeper mind and conscious mind. Thus, the use of that which is called hypnotism is in actuality the use of that which is magnetic within the human heart, which finds itself willing to achieve a certain state which it is normally unable to achieve. The healer here is using words and images, working as a catalyst, querying as the seeker would have him query. And in the end, when there has been enough work done, the healer inevitably becomes aware that it is not the tool that has truly been the catalyst for healing, but rather it is the healer as it is, and the degree of crystallization of the energy centers and of the desire to serve which the healer has undertaken.

All things are indeed as they should be. This in no way inhibits the action of free will. You came to this place you call Earth hungering for the opportunity to feel, to sense, to see, and to wonder at the sensations of a physical vehicle. You came knowing that these sensations, these feelings, these feelings of memory which lead to battle and to the bone-weariness of the old were the gateway through which you would learn, in a more and more and regularized fashion, the omnipresence of love, the unity of all of the creatures of the Creator, and the joy of choosing to serve others, each in its own special way. Never mistake the tools of the trade for the wisdom, the compassion, and the intuition of the trade.

Seek further in your book learning, you who seek to heal, and apprentice yourself to teachers you deem worthy, but remember always that the true work of the healer lies within, in the healing of the self, in the regularizing of the fire of love, the heat of compassion, in the willingness to be open to those things which are not possible, to the compassion that stands unmoved before life and death and wishes only that the highest will and the most harmonious plan be fulfilled.

These things the healer must learn, and we wish the one known as D the joy of that learning, even as we sympathize with occasional feelings of dislocation which this may cause.

We would transfer now to the one known as Jim in order that we may field any queries that there may be at this time. I am known to you as Hatonn.

(Jim channeling)

I am Hatonn, and greet each again in love and light through this instrument. At this time we would offer ourselves in the attempt to speak to any further queries. We would hope that our humble words might provide some insight and inspiration to those who seek with us more of the clarification of the mystery of the Creator and the Creation. Are there any further queries at this time?

D: This seems like sort of a niggling sort of question, insignificant in a sense, but at the close [of] what I was able to speak tonight, I said the words "The healer," and felt at that point that I was only making an effort in my own mind to return to the subject of healing, and try to reestablish that pattern and align my mind, so to speak, on that topic, to make communication again, to move it along. But I could get nothing else beyond that. And then when you began through Carla with those words, I wondered if actually I picked those words up from you, was I successful in doing that at the end, or did you choose those words to begin with because I had chosen them? I just wonder what the process was at that time as far as those choices of words were concerned.

I am Hatonn. We spent a good deal of your time exercising your instrument with the subject of the nature of the contact itself, for we not only wished to make this information available to you as well, but were aware that this topic was one which was more comfortable as a topic and would therefore allow an easier transmission of thought, especially preceding a topic which, though of great interest and concern and focus in your present situation, would allow us to move into this more challenging area of the healer and the healing.

Therefore, when we felt that your contact was as firm as we could hope for under the present conditions of the desire and the fatigue due to the headache pain, we embarked upon the continuation of the healing topic begun through the instrument known as Carla. However, the challenge of this topic and the continuing weight of the pain was enough to

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block the further transmission, which you correctly perceived. Therefore, we found it most helpful at that time to your own instrument to transfer the contact in order that the information be transmitted through the one known as Carla. We again wish …

(Side one of tape ends.)

(Jim channeling)

I am Hatonn, and am again with this instrument. Is there another query, my brother?

D: Both tonight and two weeks ago, when I was not able to establish any effective contact at all, really, I had had some caffeine before the sessions. Can you detect that influence, whether it's detrimental, or whether it was a contributing factor either tonight or at that time?

I am Hatonn, and we do not feel that the addition of the caffeine to the bodily system is detrimental in any way to the ability to receive telepathic contact. Indeed, there does seem to be some indication that for a significant portion of those that practice the art of vocal channeling that this ingredient is somewhat of an aid in that it serves to sensitize certain neuronal receptors within the brain and facilitate the reception of thought from the deeper portions of the mind complex. The movement of intuition, shall we say, seems in some entities to be enhanced by this ingredient.

May we speak in any further fashion, my brother?

D: Not on that topic. I wonder if you would have anything to add at this point to what was said about challenging. Of course I tend somewhat to—not necessarily to feel that I perceived your concepts one hundred percent accurately. It's a topic that I would like to be sure I understand one hundred percent accurately of what you would have to say about the topic. Would you care to modify or correct anything that I received earlier about that topic?

I am Hatonn, and we are pleased with the information regarding the challenging process that we were able to transmit through your instrument, and we would at this time add only one additional concern, and that is that each instrument be reminded that the process of tuning and the challenge is an ongoing process that will change as the entity grows in the ability to function as a vocal instrument, for the process of spiritual growth is a process by which the seeker continues to move closer and closer to the heart of truth and the essence of the self which harbors this truth, shall we say. And as the entity becomes more aware of who it is and that guiding principle towards which it moves and for which it stands, by which it is inspired, the entity will have an additional intensity or richness to call upon and to offer as the heart of the challenge, that any contacted discarnate being might become more aware of who you are and how it is you wish to serve. Thus, the continued refining and enhancing of the tuning of the instrument and the offering of the heart of self in challenge is recommended.

May we speak in any further fashion, my brother?

D: Are you present throughout the tuning process in our minds, and in my mind in particular, and, if so, would you have anything to observe about that process as I go through it now, although I might call it an invocation, with any comments about how that has evolved over the last few weeks?

I am Hatonn, and, indeed, we deem it an honor to be present as each instrument continues with the inner tuning in preparation for contact with us and with any that should be contacted in a session such as this. We commend you for your continued refining of the tuning process, and can only suggest to each instrument, whether new or experienced, that this tuning be accomplished with as great a degree of fastidiousness as one is capable of providing, for this tuning is the factor which allows for the construction of the actual channel, the receiving antenna, shall we say. Its polishing, its tightening, its sensitivity, enhancing that will allow for the greatest degree of both freedom of transmission and accuracy of transmission. Thus, to ask again if one is tuned and ready to serve as an instrument is well.

Is there another query, my brother?

D: If I can have a moment to formulate it, I think there is something I would like to ask.

This is sort of a corollary to the initial, primary question tonight. I see the potential for a lot of good, as I would define it from this perspective, to come [from] work with using hypnosis to facilitate the communication between the conscious mind and deeper levels of the mind, or the higher mind, or the guides, or other entities not necessarily personal spiritual advisors. And yet this is a faculty that we

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have chosen not to have as we come into this Earth experience.

So again I would ask, although I have [heard] what you said earlier about the changing of the path in the course of the life in mind, I would still question whether it is ever advisable to use hypnosis in this way, or does it risk speeding things along too quickly, does it risk contradicting or making an effort to contradict a higher purpose?

I am Hatonn, and though there is no general answer to this query that can hope to be accurate, we would suggest that the intentions of the one seeking the hypnotic experience are the salient point to be considered, for the degree of desire to know more of the self, in order that a further step might be taken up the evolutionary path, is the necessary ingredient for the balanced approach to any means of seeking to enhance this evolutionary process.

There are many other reasons why some entities engage in different means of seeking, and one must be able to speak in a clear fashion to all who would seek the services of the self as hypnotist, as to what one wishes to offer and in what manner the tool will be offered to others. The focusing of the conscious mind—of the attention more specifically—through the hypnotic practice and induction allows for a penetration to some degree of the veil which separates the conscious and unconscious minds, and for that time allows for the movement into the unconscious mind, to some depth and degree, in order that information and experience might be achieved that will add illumination to the process of evolution which is constantly ongoing in each seeker.

The higher self, as it has been called, is aware of the desires of each seeker, and will, with the appropriate intentions on the part of the seeker, work in a fashion that brings forth the appropriate experience and information, no matter what avenue is chosen to pursue and obtain these experiences and this information. Thus, the one serving as the hypnotist or teacher in any fashion must establish the clear and honest dialogue with any seeking its services, in order that it be clearly understood what is desired in the service and how this goal shall be sought, the steps which shall be taken.

I am Hatonn. We have been instructed by this instrument that it is well to bring this session to a close at this time. We look forward to joining this group in your future gatherings, and we thank each for inviting our presence this evening. We leave each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Intensive Meditation

February 13, 1988

Question from S: What was the reason that compelled me to infringe that feeling of bliss to come here?

(Carla channeling)

I am Latwii. I greet you with joy in the love and in the light of the one infinite Creator. It is a rich blessing indeed to share this meditation with the one known as S, whom we greet through this instrument for the first time in much of your time. We have been working with the instrument in order to utilize the instrument without overworking this instrument's energy web, and we are pleased with the contact now.

You have asked for us to talk about why an entity who is in bliss would leave that bliss willingly to go into hardship. We find that we ourselves still ask ourselves this question with much less reason, for there is always in the entity incarnate some catalyst that there is not when the entity is at home and at rest, and that catalyst fills the mind and the heart, and as the nerve fails, we too wonder why we have willingly left a paradise in order to suffer in one way or another.

We could say to you that this decision has to do with the great opportunities of your local time as you experience it, yet this would not perhaps be the clearest answer. It is true that this time of yours in third density is a peerless illusion against which to set the drama of polarization. For each of us casts itself into the waters of illusion for the purpose of using that illusion, of using that time, of experiencing certain outward and inward biases, and thus suffering, and in the fullness of time revising or eliminating bias.

This is the mechanical answer to the question of, "Why leave a blissful situation?" The answer in brief is: in order to make use of the enhanced learning capacities of the density in which you have incarnated.

There is, however, as we have said, a clearer way to get at the heart of the reason for this seemingly masochistic choice, and that is a consideration of the word "joy." When the veils are lifted and the form maker Creator, your most subtle and most true body, is in union with the Creator, there is bliss. When an entity is engaged in contemplation, there may be bliss. However, into the bliss there comes, as if by the restless pull of the moon or magnetization of the self by some unseen current, the beginnings of the sadness that comes to those in bliss who have a desire built within them to go forth and act.

There is then the feeling of an honor and a duty, of a desire for right action, and eventually the need to act in service to others in an active way expresses itself. This is a part of almost every entity's journey, if that entity has chosen the path of unity. So the situation

of those who have chosen to enter the current incarnation upon your planet have chosen to move into that which will make them sorrowful, in order that the wellspring of joy and bliss which is brimming and overflowing within may be liberated from the inner expression and manifested within the illusion in service to others.

The long years of service which does not seem service and which seems sorrowful, in which the one who serves is upheld only by a blind faith, will eventually, as faith becomes stronger and stronger, take the sorrowful experience and allow the balance of bliss without illusion to come, that is, as one was sorrowful within bliss, now one may be blissful within sorrow. This is the balance that is sought by those who venture forth to experience consciously, and consciously to serve the one Creator.

We are aware there are many questions upon your minds concerning right vocation, right service, and right action, yet we say to you that that which is directly before the face, that which comes with each day's coming, is the work at hand. And whether that work is simple or complex, little or dramatic, menial or grand, within that work, within that companionship, within that which is before the face lie the seeds of joy and the opportunity for service.

With this understood, the pressure may be taken off of the entity who no longer needs to search for vocation, action or any manifestation. It is indeed true, a seeking entity cannot help but be doing the work it has come to do, for the creation is an harmonious whole and the plans of learning the lessons of love set by each soul before incarnation are part of the very electrical magnetic field of the entity and will attract that work which needs attention along the lines intended by the higher self and the seeking spirit.

We may say that we have found that there are states of mind which may be pursued and sought as desirable within an incarnation, the entity realizing that all is illusion and that the face is, though invisible, the most real component of the seeking entity's self. To live in joy, [and] joyfully apprehend the present moment, is the result of accepting in full that which is laid before one to do and to be. The feelings of acceptance of all situations and the elimination of the seeking for bliss return one most quickly to greater and greater opportunities for joy within the illusion.

For if it is understood by faith that faith is the journey, and that the deepest faith is that all that is with one and being experienced by one is that which is correct, then one may simply turn the attention to being, for each entity is a story within the mind of the Creator, and each incarnation a small gift, a bouquet, a scent upon the wind which informs and blesses the Creator as that infinite entity learns ever more about Itself.

Thus, the deepest goal of one who leaves bliss in order to suffer is to find the joy within the suffering, to find the light within the darkness, to accept and thus solve the riddle of opposites. For if the life is a gift, a holy one, one set apart, then to live, to love, to feel, to be, is the true vocation, and all actions stem then not from the necessities of the employment or the personal situation, but from the inner agenda which is to experiment continuously with the being, seeking always to polarize more and more towards a conscious inner realization of the wholeness and perfection that lie within the illusion that make of the life a beauty and a gift. It is difficult sometimes for one who is suffering to see the beauty within the self, to realize that the self by itself without action is the true gift to the Creator and the true reason for this experience you call living.

One who expresses joy from within is doing the greatest work in consciousness which it is possible to do within your illusion, and the more passionately and ardently and eagerly one turns to each moment, whether it be a challenging moment or a relatively peaceful one, the more you shall rejoice as you gaze back upon the incarnation, for the jewel that each entity is is polished by that entity, and the polishing is very efficient within your density.

It is easy to remember the bliss and forget that desire to be more full of positivity and service when one is within the illusion. Entities remember selected things and forget others. If they are healthy, their deep memories are blissful. And so you seem strangers in a strange land, yet we urge you to nurture yourselves within your sorrow, nursing the faith within the heart that even if joy cannot be seen through long seasons of living, yet still the light within moves forward, experiences and learns what it can and moves ever closer to supernal joy.

We wish each that joy, that perception, that realization which may transform each and every experience. May we extend our love to you and our

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sorrow that we cannot speak longer, for it is sweet to converse with this group. However, for this little moment, we shall leave you, wishing for better ways to express the central understanding which we have gained, which is that all is love, and that one casts oneself into illusion to find experience and manifest that love within the illusion and forever in and out of illusion, in and out of bias.

We are those of Latwii. With joy we take our leave of you in the love and in the light of the one infinite Creator. I am Latwii. Adonai, my friends. Adonai. ♣

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Sunday Meditation
February 14, 1988

Group question: (From R.) Concerns the breakdown of the bicameral or use of the two-lobed brain/mind and the development of consciousness as a result of that breakdown, so that the entity is no longer experiencing a direction from inner resources or the voices of the gods, shall we say, but is acting on his own as a conscious being, and in doing that seems to cut himself off from those sources so that he is on his own in his evolution, but once he is able to find his way back, shall we say, to the Creator and penetrate the veil, we're wondering how this is related to the dropping of the veil between the conscious and the unconscious mind, if that is manifested in any way in the brain, and if the penetration of the veil, the contact with intelligent infinity, is something that occurs in a moment and the veil is shattered, or if it is something that occurs as a process that is ongoing, and the veil is slowly rent so the entity, in whatever the case is, returns again to the unity of the Creator, this time as a conscious being, having worked his way back there.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. It is a great blessing to be with each of you, and we especially greet those to whom we speak through this instrument who have traveled so far to dwell in meditation and seek our opinions. To immerse ourselves in your life-stream is a great pleasure and privilege, and we are most thankful.

We would like, as always, to remind each that we are brothers and sisters along the same way that you tread, having gone, as you would put it, farther down the path and then turning back to offer a hand to those who seek aid in their own journeys. We are not without fallibility. Our opinions cannot and should not be taken as gospel, and therefore we ask that each of our thoughts be considered and discarded if not useful, for we wish only to be of service, not to present a stumbling block in anyone's search for that ineffable greatness which is the mystery of the Creator.

We turn now to your question, which has to do with the consideration of the bicameral mind of your physical vehicle and its possible association with the veiling process which shrouds the third-density conscious self from knowledge of its own deeper mind.

Firstly, we would say that these two concepts are not congruent, nor is it possible in a simple way to find major comparisons which are not riven by contrast and detail. Consequently, we shall speak to the subject, moving from various points of view in our attempt to put the material into perspective, shall we say.

That which this instrument calls the mind/body/spirit complex takes a fragile dwelling place when it enters your illusion, and within this physical vehicle, this frail canoe which you must paddle along your time's river, your mind complex activity is considered as seated within the physical brain. This is indeed the portion of the chemical body within which the activities of consciousness manifest themselves within the physical vehicle. It is, however, shall we say, a leased rather than a purchased dwelling place. This is the cause of there being relatively little direct comparison betwixt the bicameral mind and the veiling process. Therefore, let us look first at the veiling process.

That which we and others of the Confederation of Planets in the Service of the Infinite Creator have called the veiling process is a precondition of third-density consciousness. This is due not to any petty attempt of the Creator to frame a challenge which must be overcome. It is rather an integral part of the learning process during which it is hoped by the discarnate entity preparing for incarnation that the self within the incarnation will feel deeply certain catalyst, will consider those feelings and that catalyst, and through the course of the incarnational experience come little by little in subtle and dramatic ways to alter the system of biases which is the essence of the innate consciousness which each entity is. These biases then form a kind of field of a weak electrical nature in physical manifestation, yet of a strong and binding manifestation in the more subtle or metaphysical bodies.

Thus, the goal of the seeker is not specifically to remove the veil, but rather through a series of experiences to form a carefully protected shuttle, shall we say, through that veil which may be used by faith and will in order that the deeper self may speak in language clearer than dreams usually are. For, indeed, the veil is without any effort on the seeker's part made somewhat transparent through the dreaming process. It is a diaphanous rather than a completely opaque veil. This veil then is to be seen as an ally, as the seeker either with joy or without it moves through the lessons, and as this instrument would say, the recesses and the vacations of an incarnational experience.

There are occasions in which this veil is shattered briefly either through the use of your so-called mind-altering substances or by means of regimens as the extended fasting or the shamanic dancing which move the consciousness to a state in which that shutoff lies open and inner light pours forth into a sometimes startled and sometimes grateful waking consciousness.

We encourage meditation for the specific purpose of strengthening the link and opening the shuttle between the conscious mind and the deeper mind in order that what the one known as R has called …

We must pause. We are those of Q'uo.

(Pause)

(Carla channeling)

We are those of Q'uo, and greet you again in love and light. This instrument was moving dangerously close to trance, and we felt it necessary that we waken the instrument and position the body contact betwixt this instrument and the one known as Jim in a more satisfactory manner. We shall continue exercising the instrument for a few seconds while the trance state recedes somewhat.

It is most helpful to meditate upon a daily basis in order that the voices, as the one known as R has called them, which speak from an enlarged point of view may be a portion of the consideration of the conscious mind. However, that which lies [behind] the threshold of the conscious mind is so vast and so varied that not all of that which is deep within consciousness is helpful to the seeker. Thus, if one, especially through artificial means, manages to create a constant hole within the veil, the situation for that entity is random and potentially harmful to that particular incarnational experience in the sense that there are portions within the deep mind which deal with those archetypes which, when brought through to the conscious mind without analysis, create strongly negative thought patterns and emotions. For you see, you contain literally the universe, and all that may be essential to consciousness is within the deep mind in careful regularized structure.

The meditation, upon the other hand, moves into the deep mind as does the lover to the beloved, the intention being to woo and win the beloved with these positive feelings and thought which accompany the desire to meditate. An atmosphere of love for the Creator and for that deeper portion of the self in which the essence of the Creator does lie is strengthened, and that which then is touched within the deeper mind is that which strikes the most

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plangent tone, offers the most needed medicament to the seeker.

Thus, we say it is well to work towards the growing transparency of this veiling, this forgetting, and, indeed, if it is desired, it is well to attempt to move more quickly. However, those who move more quickly move at risk, and may, rather than becoming possessed of new insight, simply become possessed by the more strident and seemingly negative portions of the creation which dwells within. As our desire is to aid each seeker in accelerating the rate of spiritual growth, we constantly urge daily meditation as being that tool which is most carefully designed to aid with a minimum of accompanying hindrance.

To sum up our feelings about this veil which you experience in third density, may we say from our standpoint that it is most advantageous, for when the forgetting has occurred, the emotional, mental and physical experiences of an entity are sharpened to a degree beyond your imagination.

Compared to creations and densities above your own, your third density is seen as a marvelous and exciting place and time in which experiences are vividly beautiful and exponentially more powerful than in later experiences which focus far more upon refining that which has already been decided. Without the veiling process, the decision making which is the testing portion of the lessons of love would be attenuated and the power of the decisions lost. Yours is a valley of decision. You live many lives, but only as many as it takes to formulate in a final way your particular system of biases in such a way that a harvestable amount of light may be accepted by the seeker. Thus, you dwell in the darkness of unknowing, and in honest unknowing, depending upon your biases, your thoughts, your dreams, and whatever shuttle you have been able to make through to the deep mind. You the seeker spend third-density time deciding how to love. What a great decision, my friends. What a pivotal one, and for it the veil is necessary.

We move now to some thoughts on the bicameral mind. We would not take issue with any entity, and are aware that our views are different than those discussed previous to this meeting, and therefore we especially wish to iterate our caveat that we are not infallible. These are our thoughts and we gladly share them with you as we hope to serve you. But we could be wrong, and we wish you to be aware of this.

We are not the experts upon the mind/body/spirit complex's connections with the physical body that perhaps you may expect. We can use an entity's mind if that entity has tuned itself to us. We cannot if the entity's receiver, shall we say, is turned off. However, within the channeling process the right brain or the brain which feels and creates by intuition is used for the grounding and the groundwork, the earthing of the contact. It is in the so-called right brain that we are able first to make the contact with an entity. Now, in mechanical or physiological terms, we are actually touching into that which is called the frontal lobes, both left brain and right brain. However, in the sense which this question was asked, the voice which we are, and many other comforting voices which may be helpful to you, are grounded in the right brain.

This instrument uses, as do all instruments, both the intuitive and the analytical portions of the brain in doing this service because the entity is channeling on a free will basis in a lighter trance which the instrument could break at any time it so chose. It is rare that utter right brain activity, as it may be called, offers a manifestation for the benefit of others rather in the artistic or creative temperament. The right brain and left brain, as these are called, are used in tandem. The more successful the artist, seeker or mystic is in creating an intelligible manifestation, the more smoothly the two faculties have learned to work together, the ideal being that neither intuition nor rational thought be the more highly regarded but rather that that portion of the mind complex which dwells without the need for any physical vehicle be able to guide both analytical and ratiocinative abilities and processes.

The advent of the yellow-ray activity which is fundamental to third density has more and more within the history of your peoples reduced right brain activity in favor of intellectual analysis. The reasons for this are simply time and civilization. Within a small community whose way of life is bound to natural rhythms, the intuition forms the greater part of the mental activity of entities dwelling therein. In time the population of these entities grows, and because of the number of entities, that which is called civilization begins to occur. Again, although fraught with strife, war and every seeming degradation, the advent of civilization is an integral and important portion of the catalyst presented for humankind at this time upon your planet.

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(Side one of tape ends.)

(Carla channeling)

The advent of civilization, then, is to be seen as the arena against which the analytical mind, the beginnings of wisdom, is begun its course of teaching. For as intuition shall become compassion, so shall intellectual thought become wisdom once the decision has been made to serve, by both intuition and intelligence, the Creator and others or the Creator within the self.

The denser the number of entities within an area, the less possible it is for intuitively directed activity to remain harmonious, as intuition requires information in order to be accurate, and, sources of information being so many, become muddied and therefore unavailable. Thus, although it shall not be for another creation, another density, another experience that wisdom is truly the order of the day to be worked upon, yet still within third density that which is called the intellect or the rational mind is offered as that which may be master or slave, just as intuition may be master or slave of that which is essentially the entity, that which lies beyond, within and all around all powers of mind, both intuitive and intellectual.

As we speak to you, your peoples have become most fascinated with the intellect and the fruit of intellectual thought and we are often called to those who are starving for the fruits of intuition which have been obliterated by overuse of the intellect, for the intellect can be slave or master and it is well that the intellect be a disciplined servant of the self and not a master. Yet, it is well also that the intuitional self be a disciplined servant and not the master. The master is indeed that which is your own self, and you are mystery as great as the Creator.

If entities wish to encourage the use of their own intuition, to encourage its findings, its acceptance, and its use also, then it is recommended naturally that the entity seek a more solitary portion of your planetary surface where the conditions of the more primitive peoples who do indeed hear many spirits speak are available. It is not necessary to attempt to revert to the level of savagery within which the epitome of intellectual achievement is a certain shrewdness, for as each is at this moment, so is the proper beingness.

Each of you has an highly developed intellect. We would like to point out that each within this group and most who seek have also a more and more highly activated intuition. Beyond recommending that the intuition and the intellect be brought into balance, we would not recommend the use of one faculty of the mind without the other. In other words, what we are saying is that the voices which the questioner spoke of are not drawn solely from the right brain, but are drawn rather from a deep self which has only a suitcase unpacked in the motel of the human brain. Its home is eternity, and you are a dweller in eternity.

What we hope to turn both minds to is the face of the Creator. We care not how this face is addressed; we care not which function a seeker may deem appropriate through which to seek to know more of the truth of that which is unknown about creation. We care only for that which is called desire and hope to evoke in each that strong faculty of will and faith which lies beyond any discussion of right and left brain. For wherever each seeker is, it is from that stance that we hope that the seeker with a happy heart and a singleness of purpose turns itself to that which is at hand, gazing upon it to find that which can barely be discerned.

You see, because your experience is so vivid, entities who seek often feel that it is in a dramatic burst of light that so-called illumination shall occur. However, we believe that that which you are seeking is not within phenomena, not within feeling, and not within thought, but is rather that which one of your holy works has called the still, small voice, the silence that speaks within. To ponder out the parts and parcels of that which you see, measure, test and study is an hopeless task. Illumination will come, sometimes, indeed, with great light and radiance, sometimes with a turn of the heart that changes its bias forever in one way or another, sometimes in a very gradual process, unseen by the self, which creates the same change in bias.

Each entity's path is unique, just as each entity is unique. If you think in terms of crystals, each one of you is, indeed, a priceless gem in an uncut form, and as you seek, the facets begin to appear and the jewel begins to show an outward and manifested beauty rather than keeping the beauty hidden beneath roughness and dullness.

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Within this illusion, we encourage you above all things to seek the face of the Creator without analysis and without intuition, but with hope and faith of passion. Trust that this process is harmonious and efficacious, and that by your meditations you are able in the focusing of your desire and the calling of that to you which is the mystery, that you may more and more offer all unknowing and without conscious thought the light upon the hill that shines that all may see the Creator within.

As an afterthought we would add that it is more difficult by far for that entity ruled with intellect alone to enter into a conscious seeking in smoothness and grace than it is for one who is highly intuitive, yet all paths are valid and each path shall in time lead to the face of mystery. We have gazed into that face as have you in timelessness and in time, in darkness and in light, in nothingness and in space, and we say to you that the mystery recedes before you as the waves do move out at low tide, always coming in again to immerse the seeker in power, love, beauty and joy, but always then moving again out to sea so that the path leads ever onward, the mystery beckons always. And as the path unfolds, it becomes clearer and clearer that that mystery which we so seek to know is the only concern which we may carry with us through eternity. We know not the Creator. We know only the intimations and reflections, the currents and the winds of a beautiful mystery which we have learned to call Love Itself.

In all your deliberations, my friends, we urge you to return always to that which this instrument calls the watchtower, to call to the self, that most nearby Creator, that its love and light may fill and transform the self and the self's service. May you love one another, may you know, as we feel that we know, that we are most beloved by the Creator who is love. May you find joy in your seeking.

We would have the question and answer period at this time, and would thank this instrument for allowing us to work with it. At this time we would transfer to the instrument known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to ask if there are any further queries to which we may speak and offer our opinions. Is there a query at this time?

Carla: I thought it was impossible to go into trance when I was holding hands. What happened to me?

I am Q'uo. We found when we were utilizing your instrument that your fatigue was enhancing the depth of your meditation to the point where the tactile pressure was being [released] and needed [reinforcing]. It would be difficult for the trance state to be achieved with the auric infringement of the holding of the hand, however, the fatigue and subsequent lack of conscious impingement to remain within the physical vehicle was presenting risk enough that we felt it worth the effort to rectify.

Is there another query, my sister?

Carla: No. Thank you for your help.

I am Q'uo, and we thank you, my sister. Is there another query?

R: *(Nearly inaudible.)* Are the two processes used for establishing this similar in nature to the work which would be efficacious for establishing a healing?

I am Q'uo, and this is correct, my brother, for the point of the consideration or purpose of this meeting is to focus the intention and the desire in such a way that [a] channel or focus is created through which energy in one form or another may move relatively unhindered to those locations or entities which had requested the energy, be it of healing or inspiration.

Is there another query, my brother?

R: During the channeling of healing, is it recommended to have a similar group as you have here, or is it harmful in any way for a person to attempt to single-handedly *(inaudible)*?

I am Q'uo. It is often an aid in the amplification of the energy direction [finder], shall we say, for other entities to be present with some form of healing, especially those utilizing visualization or the production of sound vibration. However, in those types of healings which require the one serving as healer to make a contact with intelligent infinity in some form, it is not necessary that others be present, and indeed it may not be efficacious for the actual transmission of the healing energy. It is not a service which endangers, shall we say, either the one to be healed or the one serving as healer, as long as the one serving as healer has developed the necessary

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preparation of the self and observed those practices which have formed its art, that the careful building of the crystallized personality and the careful use of this personality are within the domain of the one serving as healer and when used in a responsible manner, shall we say, do not cause risk to either the healer or the one to be healed.

Is there another query, my brother?

R: Can the use of [symbol] or pattern, patterns of quartz crystals be efficacious in enhancing or amplifying the energy necessary to make a strong, viable contact for healing?

I am Q'uo. The use of crystal amplification is helpful in the healing process, however, the purity of the crystal is a point of concern, for the attempt to amplify the healing energy is one which requires the finer crystals, shall we say, those that are without flaw and which may be counted upon to *(inaudible)* the healing love/light in a faithful and undistorted fashion. Thus, it is also a point of greater consideration that the one serving as healer also have the crystallized personality in as regularized fashion as is possible for that entity and for that entity to have prepared itself for that moment in which it shall offer itself as healer.

Is there another query, my brother?

Carla: Well, let me jump in and follow up something he asked. In that case, would water, purified water, perhaps be the best crystal of all, with possibly the addition of pure salt to form a house to house the disease that wishes to be taken away? It would certainly be cheaper than perfect gems.

I am Q'uo. It is true that the water is a crystal of potential in the healing process, as is that which you call the salt. The salt, however works in an [adsorptive] fashion, whereas the crystal, be it the gem or the water, works in a fashion which amplifies the healing love/light. The use of the water as an aid in the healing process is somewhat more difficult to construct, for the purity and quantity and relative motionlessness of the water would necessitate considerable effort upon the healer's part within your third-density illusion. This effort is greatly *(inaudible)* by the use of the *(inaudible)*, however it is well known by many that the simple immersion of the physical vehicle within the heated water and indeed in the swirling waters is of aid when general relaxation and removal of muscular tension is desired.

May we speak in any further fashion?

Carla: No, I was just attempting to link back into my Christian tradition which uses sanctified water, that is, salted water which is blessed, in baptism and in blessing holy places and in the Catholic church in holy water which is used for healing. I thought perhaps that was why that was chosen by some inspired entity, the water, because it was indeed crystalline, but it was also inexpensive and [when] magnetized by the healer/priest, efficacious. Thanks.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

R: Just wish to thank you for the *(inaudible)*.

I am Q'uo, and we thank you as well, my brother, for your queries are those opportunities to serve which we treasure. Is there a final query before we close this session?

(Pause)

I am Q'uo and again we wish to thank each for inviting our presence. It has been a great honor to join with each in this circle of seeking, for we are brothers and sisters upon the same path of movement, from the One to the One. ☘

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Sunday Meditation
February 28, 1988

Group question: (From R.) Are we sometimes influenced by the negative polarization of thought forms which have been created perhaps unknowingly through the mental activity of social groups? Do these thought forms tend to congregate in generalized areas, and if so, how may they be disbanded or neutralized?

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator, whose blessing and ours be upon you as we greet each and thank each for allowing us to share. We are most grateful to be given this opportunity of sharing with you in that sweet communion which is called meditation, for as we join you in meditation we slip into a sea, an archipelago dotted with so many small islands of light of all who sit in prayer and meditation, and as we come into your presence so share we and you also in that great undergirding strength of the many, many entities seeking truth and generating light just as you are.

There is much beauty in the increase in lights and the increase in hope, and as we speak to you and meditate with you, we rest in the joy of the shared quest, the brotherly journey, and the great work of service to all the sons and daughters of light. We are but here as your humble brothers and sisters. You must know that we carry no gospel, give no testament but only our opinion, a testament of its own, for it is true to our perception of our experience. We are hounded, however, by the relentless subjectivism of our identity, and though that which we know has brought us this far and gives us hope for further learning and joy, yet also must we say that we cannot see the other side of mystery, nor should any answer to any question which we or any give be considered substitutes for that unblinking focus which the pilgrim has upon the love within which lies all truth, that beacons always around the next bend of the path of the pilgrim. Move forward, and that beaconing presence casts its shadow one more ridge further along the way, or so it would seem.

We are speaking of our attitudes toward the Creator, of the great humility we feel as we attempt to communicate with you, pilgrims along the same path, in a tone of general awe, for we feel that especially in regard to the question which has been asked it be understood that beyond all powers of good or evil lies the mystery of the necessary existence, for why should we perhaps not be? Yet we are. And in astonishment that seems to go on forever, we gaze upon the tempting dark forest of mystery whose heavenly trees forever cloud the vision of ultimate truth. The central and persistent regard for this mystery, the coming into relationship with this mystery, is central. Any teaching which we

may give you which speaks of polarities needs to begin with a forthright stance of worship, not of facts, not of techniques of service or seeking, but always the mystery itself.

The question which you have asked concerns the possibility that those within your planet's influence, especially those who are in physical incarnation upon its surface, may generate populations of random negative thought forms, and if so, what may be done, without abridging free will, to remove these agents of discomfort?

Most of those upon your surface are seldom capable of creating the strength—or shall we say polarity—of negativity in a trustworthy enough manner that thought forms of independent existence might emerge into being upon the levels of what you would call the lower astral plane.

However, a significant amount of suffering or any extreme emotion along certain lines, either positively or negatively polarized, can and does create an aura or nimbus of like weak thoughtforms which together seek then to become the psychic vampire, taking the energy needed for independent survival, if they are negatively polarized, from the fear of others; if they are positively polarized, from the awe, love and compassion of others.

Perhaps the greatest single life-threatening instance of the negative thought form is that found within your hospitals, for those who are there are often experiencing extreme physical catalyst in the distortion towards pain, and thus are immensely radiant of vibration along physical lines which often entrain, depress and nearly madden the emotional circuitry of the same entity. This rich harvest of pain and suffering, fear and despair is well enjoyed, and thus those who are already ill experience even more unease of mind, body and spirit as they must remain free from those emotional expressions manifesting from the catalyst of pain which attract negative thought forms.

Indeed, this relentless positivity of thought, that is, the sheer reluctance to view or experience negativity, is most powerful as a weapon, a shield and buckler, against which armor negative thoughtforms have little sway, for the mind that is stayed already upon those truths within dwells in unity and peace. There is no entrance for surrounding negative auras into the experience of one who, by the habit of positive thought, does not express itself in terms of negative emotions which may then provide food for those vampiric entities called negative thoughtforms.

We may gaze upon many, many sources of negativity, many clouds of negative thought-forms. The difficulties which lie behind, beneath and around the waking experience of those upon your planet at this time have caused those entities younger in your years to experience a speeding effect mentally and emotionally, and sometimes physically also, so that there are those who have experienced your culture's more painful problems of stress and importance put upon relatively unimportant things. Even those who are young in years have become no stranger to despair, no stranger to pain, and thus no stranger at all to those thought-forms which dwell upon depression, anxiety and fear, so that depression itself becomes food and the thoughtforms become stronger, and other vulnerable entities are then, shall we say, infected and encouraged by such vampiric entities.

We would mention one other source of negative thought-forms beyond those which are obvious from the sufferings of hunger, poverty and other wretchedness, and that is the thought-forms which may be termed the husband and the wife. These conditions of being and manifesting have, as do so many experiences which have become mixed in their blessings, both negative and positive [aspects]. An immense and centuries-old thoughtform of dissatisfaction has over many of your hundred years, centuries, produced a situation in which it takes conscious effort upon the part of any entity which is mated, for there are the energies wherein one is mirrored to another where disharmony shall take place, and this disharmony, then, attracts the great intensifier of that which feeds upon emotion.

In conclusion, we may say that to any whose feet are set upon the path towards the true and the beautiful in service to others and in the love and the light of the one infinite Creator each occasion for negative emotion shall also be an occasion in which it is possible to accept the relationship of food given to those who would feed from the negativity expressed, and as in all cases where negative thought-forms are encountered, the solution is—this instrument has just informed me, "Much too simple"—the conscious turning of the mind and heart to positive thought, to the generation and the remembrance of service offered and love given as the one only weapon of mind and heart which may starve away

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those thought-forms which can so intensify and make meretriciously enjoyable the experience of negative emotion.

Please remember that in all your behavior you are but manifesting that which you are, and that which you are dwells so deeply within you that it is the journey of a million lifetimes to discover. And, ah, how we too seek our true identity, and when we [find] it we shall be no more at last, if we are successful. Yet we shall be all that there is.

Turn to the Source. Turn then to the end of all seeking, and know that from one to the other is a perfect circle. Love each other, my brothers and sisters, in spite of all, love. And then those thoughtforms which are positive shall radiate and your light power shall grow. And thoughtforms which are positivity shall with angel wings come upon you and take food from you and give back to you the desire for more positivity, more joy, more compassion and peace.

Sate your desire, my friends, and moment by moment when you find yourself discouraged or in any more severe negative emotion, know in your heart that you have a choice, for though the universe is populated with many energies, they must not all come to you. It is your choice. We are who come to those who seek in positive ways. You will find more and more the virtue of such a turning. And if you feel a wrench and a pull and a tearing loose when the turn is made inside the mind and heart, know that you have broken the bands of those who have placed you neatly for consumption and have had to go away quite hungry.

And know, finally, that if it is a time for your being to experience a negative-seeming manifestation, gaze steadily into your brother difficulty. Know and accept that this too is a portion of the self, nor does it need to give rise to the negativity of thoughtform, for peace may be found in sorrow, yet sometimes the sorrow may be long in order that the spirit survive and heal. In those cases the sorrow is well if the spirit have faith in the positivity that surrounds that which is needed to burnish the tapestry which one incarnation creates, for suffering done in nobility of mind, dignity of spirit, and greatness of heart creates a somber, bright beauty that flames amongst the other stitches of the tapestry, giving to it a character and richness it would otherwise not have. Never mistake difficult challenges and others' negativity to you for that which must be put into your tapestry, those stitches made by your heart and your mind. You are a sovereign being, an image of the Father. My friends, we are young gods. Let us search together for the face of our true identity

We would close through the one known as Jim. We thank this instrument for working with us, as it was somewhat fatigued, and would now transfer. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to ask if there might be further queries to which we may reply before taking our leave of this group. Is there a further query at this time?

R: Would you care at this time to complete the answer to the question of whether or not Jesus the Christ was the true son or the only son, as begun in the September session of last year?

I am Q'uo, and we feel that this topic would be one which would be most appropriate as the focus of another meditation, for there is sufficient information yet remaining that if it were given at this time the length of this session would be quite long and, we are afraid, somewhat draining to those in attendance.

Is there another query at this time to which we may speak?

Carla: If negative thought forms are from the lower astral, are positive thought forms from the upper astral?

I am Q'uo. There are, as you are aware, within the astral planes of your planetary vibration those middle and upper levels which are home to the more positive vibrations of entities which would form in accordance with the generation of the appropriate vibration within a sufficient number of your population. The higher frequencies of vibration of the thoughts of the population of your planet find, as do grades of a liquid, a more appropriate home within those upper reaches of what you have called the astral plane.

May we speak in any further fashion, my sister?

Carla: I've long been fascinated by the seeming congruity of the functions of UFO entities, such as yourselves, and angels, and I remember getting from

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Latwii a veiled answer which suggested that the angelic hosts and the Confederation of Planets in the Service of the Infinite Creator were two fronts, shall we say, for the same organization. Could you comment on the accuracy of this perception?

I am Q'uo, and as we all seek to speak and act and give witness to the one Creator, we are all indeed a portion of the same front, as you have said. However, there is a distinction which many have made which does have some merit in that those entities whose native planetary influence is your own planet and who have moved there seeking in ways harmonious to the positive vibration are those which are often referred to as the angelic host. Yet these who have called your Earth home are as we who find our home planet in another location, for each seeks to serve and express the principles of the radiance of the light of the one Creator.

May we speak in any further fashion, my sister?

Carla: Well, it has puzzled me that if angels and the Confederation are like-minded, the angels, since we have only made it to third density on this planet, perforce have to have come from the Logos and dwell in the Logos, because we haven't produced fourth, fifth and sixth and so forth density people here very much, just a few in the fourth. And yet you are all people who, rather than coming from the Logos, and not going through incarnations, have come from the Logos then and started this long series of incarnations in physical vehicles. Is this an actual distinction, or is it only an intellectual one? I'm puzzled about it.

I am Q'uo, and we must admit our difficulty in perceiving the thrust of your query, my sister, for it is our perception that we, as those of your planetary influence, have moved through a series of traveling the densities of creation and learning within each those lessons.

Carla: Did you say you were a product of incarnation on Earth, Q'uo?

I am Q'uo, and we do not mean to suggest that we are of your planetary influence, my sister, but are of an influence other than your planetary influence which has also moved through the same previous experiences. Before asking for another …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. May we speak in any further fashion, my sister?

Carla: Let me clarify. You've probably said something already that I just missed, but the distinction I was making was, the angels from our planet seem to have come from the Logos, like little portions of sun, little portions of light, because logically speaking they couldn't have come up through the densities, not on this planet. The members of the Confederation have all come up through the densities. That seems to be the distinction between the angelic hosts and the Confederation of Planets. Is this correct?

I am Q'uo, and though there are many instances of this kind of path, shall we say, it is our understanding that there are many of those beings which are referred to as the angelic hosts which have indeed moved through the incarnative patterns and densities that have preceded the experience that you now enjoy upon your planetary surface.

Carla: In this octave of creation, or in a previous one?

I am Q'uo, and it is our understanding that these entities are those which have experienced this planetary influence in its progression through the densities and who have by their placement of vibration chosen to remain in those time/space realms for the purpose of serving those within your physical incarnation.

Carla: So what they have from the Logos is what we all remember between incarnations?

I am Q'uo, and this is correct, my sister.

Carla: Which would be similar to any density higher than our own, which is why you and the angels can be said to have so many congruities. I see. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

R: Did you suggest earlier when you were talking about the institution of marriage that by associating oneself with the institution of marriage, that you somehow fall heir to a mass or an agglomeration of negatively polarized thought-forms that have been built up over the centuries? Is that what you were communicating?

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I am Q'uo, and this is correct, my brother, for there have been in many cultures of your planetary history the construction of the means of mating which is at its heart somewhat adversary in nature. This is a portion of your experience which is the outgrowth of the natural attraction of those entities who share the nature of their catalyst or means by which they shall learn and serve.

This experience of growth within your illusion is one which partakes in large degree of those experiences which are of a traumatic nature when viewed only from the perspective of the illusion, which does not give the full breadth and depth and purpose of the difficulties that one might encounter within an incarnation in conjunction with another that serves to mirror and intensify and provide the opportunity to balance these distortions.

Thus, the means of mating that in your culture is termed the marriage has as part of its official structure the segregating of rights and responsibilities, the agreeing upon a contractual basis to the fulfilling of various duties within this marriage process, so that there is seen to be by those parties who engage within this process the necessity to give and receive in a measured manner so that there is the fulfilling of the duties. The process of culturally constructing this type of relationship is one which enhances the, shall we say, more difficult nature of the mating and provides additional catalyst to many who find the working through the preincarnatively programmed catalyst difficult enough.

This is a complex topic and we do not feel that we can do it justice in a short response, but shall ask if there is a further query at this time?

R: Thank you for your response, and I do have other questions, but I'll reserve them for communications at perhaps other sessions.

I am Q'uo, and we thank you, my brother, for the opportunity to speak and to serve as we may. Is there a final query at this time?

(Pause)

I am Q'uo, and again we wish to express our profound gratitude at the opportunity to join this circle of seeking and to speak our humble words with the hope that there might be some enriching of your own journeys of seeking, as ours are enriched by your presence and your seeking. We look forward to each opportunity and remind each that we walk with you upon your journey and share with you the joy and the agony of incarnation, for the experience of the seeker is one which moves from mountaintop to valley to mountaintop, and there is much experience between. We shall at this take our leave of this group, rejoicing, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation

March 9, 1988

(Carla channeling)

I am Hatonn. I greet you again through this instrument in the love and the light of the Father.

We are pleased with the homework done so well by the new instrument, by the shifting of priorities and attitudes that have been so difficult a challenge for the new instrument. We are pleased and delighted, and welcome to that group of light workers which seeks to offer the self in this service of vocal channeling. We have said before that the service of channeling and the learning of its practice is of much practical help in learning how to live within the illusion and we shall say it knowing that it shall strike the new instrument with a special force at this time as this instrument has, more than ever before, trusted in the foolishness of the word not heard, where so much of the surface mental processes concerning the surface perceptions of happenstance among your peoples is sheer illusion. And not only unhandy but [such] a stumbling block to discernment that it is a valuable goal, in our humble opinion, to attempt to channel the life as a whole, not in the same sense, precisely, as the one known as D channels the one known as Hatonn, but in the sense that there is a lack of concern about all else save that process which the player in the game understands to be that portion of the game which is his responsibility.

There is much distress amongst your peoples about such terms as livelihood and service, and the more ardent one is towards the quest for truth the more liable the mind is to attempt, upon its own, without recourse to the vast aid available, to use mentation only in determining what course to take to be of service or to attain right livelihood. In actuality, as long as the balls, shall we say, keep coming into the life, it is a neutral, emotional matter to catch the ball and dispose of it according to the rules of the game. There are societal rules which may or may not be accepted but as the student prospers in his studies, he discerns, more and more, the backbone of his own nature, the skeleton of ethics and compassion and caring, that which is unique to that seeker alone.

It is into that system of biases that events occur, are born, flourish, and are dealt with. When the hope of outcome is eliminated by the player—who is the seeker—and concentration lies only upon the accuracy of the catch—that is, the accuracy of the perception of the circumstance—then the knowledge of the self, which by instinct then moves that ball within the game to its rightful place, is made plain. Love itself prospers in such an atmosphere, for the entity which you are contains infinite love in a form which is, almost always, unavailable to the conscious mind. It must be touched within that inner silence by that infinity of the love of the infinite Creator which then channels

through the seeking student joining with the infinity of love within and thus enabling the channeling of infinite love to occur.

In life, as you know it, in the experiences of love, there are many times that the balls—the thoughts, the perceptions—are dropped, misplaced, thought about past the point of ethical consideration, pulled and puzzled and torn, and so the flow stops, just as in the channeling process. So then the experienced student chooses that moment of gazing at the dropped balls and without blame of self or rancor of any kind, delivers himself over to the ministrations of patience, for there are those times within the illusion when the channeling stops, the channel being blocked. Then it is that the instrument of life, of love, or of service may sit patiently upon the mound, still in the ball game, but, shall we say, between innings, doing work which is just as difficult and just as important as active channeling, that is, waiting, and in the waiting, knowing that success is inevitable, that this ball game of love, of life, and of service, shall always go on. It is those who walk away from the game, disappointed in themselves or in others, who may find it difficult, then, to remain balanced and centered in faith.

We commend the one known as D for that patience which has been so dearly bought and for his growing abilities as a channel. Each entity has an unique voice, and we wish to assure the one known as D that this voice too shall be a gift …

(Side one of tape ends.)

(Carla channeling)

For as we have said, ours is a very simple message. We speak of the one great original Thought, which is love, if that which creates all that there is can be called in one word. Language is a poor thing indeed when it comes to superlatives.

We would at this time transfer to the one known as Jim, that he too may speak in some wise or another of love and love's many, many faces, for no matter what the subject, love is the source and the answer. And each entity's web of experience, learning and thought create one more way to express the inexpressible, to bring to illusion that brightest reality that shines already within, in each beacon heart. I am Hatonn.

(Transcript ends.) ♣

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Sunday Meditation
March 13, 1988

Group question: There are various kinds of unseen energy or life-forms within the universe that various people see from time to time, all the way from UFOs to spirits associated with the plant and mineral kingdoms, and other forms of life and energy that we are unaware of usually. How can we make contact with them? How can we become friends with them? How can we use what they have to teach us in order to serve other people?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator, and I greet each of you. We are most grateful to be called to your meeting this evening, and to share our thoughts with yours. It is an especial pleasure to meet those who are with us for the first time, and we extend to you our greetings and the love of the Father, which flows through us, though it may seem from our words to come [from] us.

Before we begin speaking about the question asked this evening, we would like to be sure that each understands that we, like you, are pilgrims upon a path. We have not yet reached that end which is the source of all things, for still, though we have advanced and learned different lessons from you, yet there are many things we do not know. Yet you call to us, and we turn back to you as brothers and sisters, sharing our opinions with you, we who have perhaps experienced more. You do us a great service by asking for us to share within your beautiful meditation, and to become a portion of your unified circle of seeking, for were you not to call us, we would be unable to serve you. And it is by serving you that we ourselves may learn and grow and refine our own knowledge and love of the one infinite Creator.

We turn to the question of phenomena and love, for you ask us how, if one has seen those beings generally unseen, can one tap into the wisdom and knowledge of those entities, learn what they have to offer, and improve one's service within your life experience within this illusion which some have called the shadow of death. And so we begin, asking always that this caveat be remembered, take what seems correct to you and leave all else behind, for we would not be a stumbling block to any.

Many there are who have incarnated upon this sphere in these days by choice, in order to aid the planetary consciousness at a time when your planet as a whole is making its final choice, as one could hope, a unified being. Failing that, the time inexorably draws near when each entity must make that choice for itself, the choice betwixt the path of lightness and that path of darkness, the path of unity and the path of separation, the path of service to others and the path of service to self.

Thus, much of your incarnation you will find yourself in the process of making choices, and as you begin to seek in a conscious fashion those spiritual lessons which you believe are there for you to learn, you begin little by little to include in those considerations for choice thoughts and biases which you have developed in the process of your seeking, thus transforming what may seem to others to be a mundane and unspiritual choice as a truly spiritual means of making some manifestation of love and service for others overt, enlightening the consciousness, not only of the self and those others about you which may be affected, but also upon another level, the consciousness of the planet itself.

For there lies within the peoples of this sphere a growing and nearly critical mass of those who in one guise or another seek peace and light and joy. And as each seeker seeks and fails, and picks itself up and seeks again, and takes one step back and two steps forward, as we all do in our stumbling way, as each persists, so the light grows, the web of light about the planet becomes stronger, and planetary consciousness is being transformed. There is a concept among your peoples called critical mass, and it is towards this point that the planetary consciousness is moving.

A significant harvest of souls shall be moving on to a different reality, a different illusion, more refined lessons and a gentler emotional, mental and physical experience, which, upon the other hand, is far, far greater in what you would call the length of time, for now within this life experience you gaze upon what you see, whatever it may be, and you make your choice: service to others or service to self.

With this fundamental information in place, we would then speak of phenomena [such as] the seeing of many lights, the seeing of visions that are clear, the hearing of messages and answers to prayers, and [other] phenomena which are experienced by those whose consciousnesses are awakening from the sleep of what you would call life and turning the eyes upon the infinite creation, seeking to know the deeper truths which lie behind that which your own scientists tell you is truly an illusion of energy fields, interacting and appearing quite solid and real.

Yet each of you is, in truth, light formed by divine consciousness, containing a gem that is that portion of you which was, as your holy work the Bible says, "before the world began," that part of yourself which sees with eternal eyes, and loves and gives with infinite supply. In the prison of your Earthly body, you have perhaps not been able to offer infinitely those things which you would wish to offer. Perhaps you have felt you do indeed need wisdom from those phenomena which signal to you the presence of a greater self, a fuller light, a larger reality.

We would ask you to see, as you gaze upon phenomena of however beautiful or persuasive a nature, that it is nothing but dust and ashes, holding no meaning whatsoever, unless it strike within the heart of the perceiver the chord of recognition, for in truth, as you are truly a portion of the Creator and have that divine spark within you, you have the ultimate resource given by grace. And you shall not learn, but remember and recognize those truths which are yours and which are needed by you in order for the consciousness which you are attempting to polarize toward service to others to have the best atmosphere in which to do so.

In the case of wanderers especially, that is, those who have come here from elsewhere in the infinite creation of the Father to be of service to those who attempt harvest in this and following generations, there are often come delegations of those who would wish that visiting soul well, and as in some higher densities, these forms are those of light, so in some cases the phenomena is nothing more than a visit from friends, not intended for information, but only for support and greeting. In other cases there are those whose souls cry out, while consciously they may yet be only half-aware of the reason for their discomfort with life as they know it. In some cases, those invisible entities which dwell helpfully about each child of the Creator will sometimes manifest briefly as a signpost indicating the mystery of creation.

Many lights within your skies are there to advertise the mystery, to suggest and remind those who may have not thought deeply about the subject that humankind knows nothing, that science itself as you call it, is based upon that which has been observed, not that which has been understood, that the fundamental values which scientists use are values of an unknown origin and nature. A sense of mystery is a very, very strong motivation for many of those who visit your sphere at this time in light to do the work of the Father and to awaken those who yet are asleep within their bodies of clay, not recognizing their prison, but rejoicing in their cell. Each entity has its

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time to emerge from that prison, to look through the bars and then to find the key that unlocks the door of finiteness, of beginning and ending as a human being upon your planet, for eternal you are, and you share an exciting, rich, challenging, fascinating and joyful pilgrimage, a pilgrimage in which we are those who walk with you.

There is another category of light phenomena and your so-called UFO phenomena which expresses and manifests in ways which generate negative emotion, terror, control, fear and so forth. These experiences are those offered by entities which are upon the negative path, who have chosen within your density of learning to follow the path of service to self. These entities have a philosophy to offer, and to those who are willing to carry this message, the message is given. These entities also appear in vehicles of light or in shapes of light. This is due to the fact that those who worship the Creator can only serve. Whether they serve other or the self, all are one, and consequently, if their service is pure enough in a negative sense, they too may use the Creator's light which falls upon all in a fearless blessing of free will, for the Creator wishes those who come to Him in the end, to come in an irresistible love by total free choice and with every faculty ablaze with the spirit.

We have not yet addressed the true, or shall we say, the more efficient method, of obtaining aid from those sources which you have identified with manifestations and phenomenon. The tool that is the most efficient in this way may be called meditation, prayer or contemplation. It involves not only expressing oneself inwardly and asking those petitions you would for the self and for others with needs that you know of, but also of listening quietly, persistently and in a daily manner to that which the holy work known as the Bible has called the still, small voice, the voice of silence, and the true voice of enlightenment. For the knowledge which you would wish to know is not knowledge, but an inner knowing which cannot be expressed, a way, shall we say, of being wired, that you may glow the brighter as an entity in mute witness to the beauty of love.

Within meditation the work is done. Within the listening, within the silence, within the daily persistent seeking heart, that which is of true wisdom and compassion is an environment which is more and more dwelt within with a steady and unremitting faith, built by constant turning within to the Creator within. The entity more and more becomes a kind of being and is or exists or expresses in a certain way.

The entity may not notice, but those to whom the entity is manifesting do indeed notice, and are blessed by the light which shines through them, blessed indeed by the focus which sees into the heart of each, to see the consciousness and the perfection of Christ and Christ consciousness. For this [is] your intended and true nature, a nature which gives and receives love freely, wisely, gently and unstintingly. To love, to exist in love, to begin discovering the selfhood of the self in love, is the basic work of those who wish to lighten the planetary consciousness. It may seem most undramatic—and it is. It may seem most unlikely to produce the riches of the world—and it is. To work for planetary lightening is a service-to-others act. To do it daily is a blessing to your beloved and fragile home in space and time.

We would turn now to the question of how best to manifest and express the joy, the peace, and the love of consciousness which is held within what you would call the Kingdom of Heaven. How can one best share with others? How can one find what this instrument has called right livelihood? We wish that we could move within the experiential nexus of your culture and find some persuasive way to express the extreme biases and distortions among your peoples concerning those ways of living which are of most service.

Perhaps the key to what we would say concerning service and livelihood that is what you may call righteous is this. The consciousness of the Creator, unique parts of which manifest as yourselves in a highly distorted form, is completely unified. You may love one and serve one, and give as clearly and beautifully and fully as the entity who shares that same light and love and passion for light and love with ten million. The service is the same, for the service is in the preparation of consciousness that it may do the work before it in such a way that that work becomes positively polarized, serving in gladness, so that those about one who is serving in any capacity whatsoever may witness the light, the joy, and the peace which cannot come from one within an illusion in which so much is distressing. That which you call human faculties fail. The love of the one infinite Creator is infinite.

We do not wish to discourage an entity which finds a desire to use those visions which it has received

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from so using them. We wish to make each aware that it is well to express the desire that only those entities which wish to aid in service to others be accepted, and after that determination of consciousness has been repeated frequently enough that it has pierced the veil of the subconscious mind and moved therein, that then that level at which these entities enter the conceptual web of a being upon your planet may be stopped at the gateway of your subconsciousness if they are of a negative orientation. It is most practical to place the guardianship of love in service to others as deeply in the mind complex as it may be sent, and to keep the self within this place of choice, that those things which might come into the consciousness from an impersonal source be those things which shall redound to the beauty of the Creator and the kindly love and blessed light which that Creator offers to each and through each each day in every conceivable way.

We find that this instrument informs us we have overstepped our speaking period, and once again we apologize for our prolixity, but this is a subject of much interest to us, as we speak to you from that which this instrument would call the wisdom density, which may be perhaps more easily understood as a kind of experience in light which perhaps equals in our experience the imagination of those which think of the kingdom of heaven. We do not put ourselves forward, but only describe the environment which we enjoy.

We admire each of you and all of humankind. Our decisions are easy, for we have no veil. Our subconscious mind, our archetypical mind, our impersonal or Creator mind, all these levels of awareness are open to us, and we share our thoughts with all those within our society. Our eyes our open, our hearts are open, yet still we find work to do, my children. Yet you have eyes clouded with the grossest of illusions, ears and all senses inundated with a sea of experience. And because you cannot see the thoughts of those about you, communication fails most often and pain is inflicted that could never be inflicted in the time to which all of you are looking, that next step in the evolution of very, very young sparks of divinity and heirs of a birthright of divinity, as it makes its blessed way to a larger and larger realization of the true nature of the self.

We see that we have begun again and we must stop, so that if there are queries which you have decided to ask at this time, you may. We do apologize for wordiness, but we are most pleased to be asked such an interesting and central question, and hope that in each right livelihood that each may choose, that each may feel that presence of divinity which is more truly the self …

(Side one of tape ends.)

(Carla channeling)

It is not that we wish to discourage any from following their talents and their abilities, but we find most often that those among your peoples who ask about right livelihood have every opportunity for love, giving and receiving of love, in that which lies just before the eyes, in that task which is just to be done. There is no gift, no thought, no action which may not be sanctified by its dedication to the will of love, to the will of the Creator. We would transfer at this time. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in an attempt to speak to any further queries which those present may offer to us. Again we remind each that if we speak a word that does not ring true, that you should disregard all such words immediately, taking only those which have meaning. Is there a query to which we may speak at this time?

Carla: I noticed that you said something about Christ, and then called it Christ consciousness also. Do you see those two terms as interchangeable?

For the most fastidious of considerations, there could be seen to be a difference between one who holds an office and the office itself. And yet the nature of [this] office is such that any which moves into the unity with the Father that this office signifies becomes then that office. Thus, for the consideration of those who find this entity and its station or office holy, we would not make a differentiation.

May we speak further, my sister?

Carla: Yeah. Thank you for that. I have thought to myself, why, why did one man have to go through all that he went through, knowing that he was going to have a horrible death, and even though he didn't even believe the way his Pharisitic friends did in the Jewish law, going through a sacrificial procedure

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which was totally Jewish, you know, pouring one's blood out upon the altar and so on. Was it because he had to create a framework within which his story would persevere, would catch in the mind over a long period of time while Christians, shall we say, those who were following him up until now, could work on their own path with his help?

He says at one point, "These things and more ye shall do," indicating that he thought we were fellow heirs in Christ or Christhood, and he always called himself the Son of Man, and yet none of us has had to go and be nailed up on a cross. Obviously, there was only one time that it needed to be done. And it just puzzles me. I'm guess I'm just a doubter or something, but why just the one time? Why just that one unique suffering, and then all of us finding our sufferings to begin to have meaning as we study Jesus' sufferings? Was it necessary that this story be done in this way?

I am Q'uo, and am aware of your query, my sister. The one known as Jesus the Christ wished to offer to all of humankind the symbol of the path which all must travel in some fashion in order to become the love of the Father and to express that love to others. The nature of the sacrifice of the life and the mundane world was exemplified as this entity sacrificed all that one may have—the life—knowing that it lived not of this world, but of a greater world. And by making this sacrifice in such a dramatic and fulfilling manner, there was instilled then within those whose hearts are turned toward the truth of love, the path boldly and brilliantly blazed so that there could be no doubt as to the nature of the journey and the value of the sacrifice.

May we speak further, my sister?

Carla: It's still a great mystery, but I'll think about it, I'll read it after. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: I have one. In the scripture, Jesus says that he is the way, the truth and the life, and that all men must come to the Father through him. Is that an absolute truth? And what about the people who follow other examples, like Buddha and Hinduism and such like that?

I am Q'uo, and am aware of your query, my sister. That which Jesus was and is was far more than a being that moved among your peoples and lived a life in a certain fashion. All the teachings of this entity were in the form of that which you call the parable, so that those who had ears and hearts and eyes inclined in a fashion to perceive greater truths could look beyond the surface of the teaching and dig far more deeply for those treasures which awaited the hungry heart, hungry for truth and love.

That which the one known as Jesus the Christ exemplified was above all else unconditional love, a love so great that it was willing to lay down the Earthly life that others might live eternally. Thus, the pattern was given in a manner which each will approach from a unique point of beginning. Many will find the journey seems to lead in lands far distant from that spoken of by the one known as Jesus the Christ, and yet as each through experience and time moves closer and closer in its seeking towards greater and more refined expressions of that which you call truth, each will find that it moves closer to the heart of that which the one known as Jesus the Christ exemplified, the unconditional love and compassion that is the gateway through which each shall pass at some point within the evolutionary process.

Thus, though many shall travel roads that seem other than this path, there is a meeting point at which time and place all become as one.

May we speak in any further fashion, my sister?

Questioner: I'm not very familiar with your manner of speaking, and so I find that I'm still a little bit confused about your reply.

Carla: Are you saying that unconditional love is the I AM? Like the "I Am That I Am" of God's name in the Old Testament? And that I AM is another way of saying unconditional love, is that what you're saying? Like unconditional love is the way, the truth and the light?

I am Q'uo, and this is basically correct, my sister, for within your illusion there is the choice which each has to make in order to progress yet further. The choice is how to love, to love others without condition as has been demonstrated by the one known as Jesus the Christ, or to love in a lesser fashion. All your great religions and philosophies teach at the heart of their dogma the need to love without condition. Jesus the Christ was a perfect example of this means of loving, and thus learning

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that lesson which is the great lesson of your third-density illusion.

May we speak further, my sister?

Questioner: I think I have a better understanding, and I thank you for that.

I am Q'uo, and we thank you as well, my sister. Is there another query at this time?

Carla: Is this why Jesus said at one point that unless you are as little children you cannot enter the Kingdom of Heaven, because little children have not yet learned distrust and they love unconditionally?

I am Q'uo, and this is correct, my sister.

Carla: Okay, thank you. No more from me.

Questioner: I have another one. Is it good for people to see miracles and fantastic things to convince them of God's ability and existence, so that they may decide to develop their life to God?

I am Q'uo, and we find, my brother, that it is more the reverse of this case, that is, those who through their own experience make the dedication more and more firmly to know the truth of that which you call God or life, or the purpose of the life, are those whose eyes shall begin to open and shall see those experiences which are not seen by other eyes.

It is the free will choice that is made in the direction of love and service which then begins to open the eye to another reality and the heart to another reality and the ears to a greater reality which speaks in ways not understood in the mundane world.

May we speak in any further fashion, my brother?

Questioner: *(Inaudible)*.

I am Q'uo. Is there another query at this time?

Questioner: So, another form of what I'm asking is beyond the person that's asleep, that is, not spiritually aware, can't he be awakened in any kind of way? Unless he decides to do so by faith?

I am Q'uo, and this is a roughly correct statement, my brother, for the power and value of such a centrally crucial choice comes from the choice having been made by the entity itself to move in a certain direction. If an entity were given undeniable or miraculous demonstrations of the reality or truth of a certain belief, then this entity's work would have been done for it, much as the child's schoolwork would be done by the parents. And though the entity would know the correct answers, [it] would not be able to reproduce this experience within its life pattern. Thus, slowly for many, and more quickly for others, does the desire to know the truth build, until there is born within the entity the faith that there is a greater reality which upholds the life and its purpose.

Is there a further query, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

(Pause)

I am Q'uo, and as we have observed that we have exhausted the queries for the evening, we would take this opportunity to thank each for offering those queries to us, for they are the means by which we may further our service to each and to the one Creator. We feel a great honor at having been asked to join your meditation this evening, and shall be with you in your future gatherings upon your request. At this time we would take our leave of this group, again thanking each and leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Intensive Meditation

March 16, 1988

(D channeling)

I greet you again through this instrument in the love and light of the one infinite Creator.

(Pause)

This instrument has *(inaudible)* tonight refer to as the power of our insistence but we know *(inaudible)* to impose our will on that of any individual though there was reluctance because of fatigue and poor tuning to speak. We wish only that our so-called insistence might be perceived rather as encouragement and a demonstration of the aura of confidence and patience in which this instrument is able to experience its unfolding as a vocal channel. Since there was reluctance to speak we shall like to remind the one known as D of that which he is already aware, which is to say his purpose in being here so faithfully.

(Pause)

(Carla channeling)

I am Hatonn. I great you once again in the love and in the light of the one infinite Creator. We have moved from engagement with the instrument known as D due to our determination that the limit of this instrument's ability to learn at this working session had been reached in terms of the technical or mechanical rituals prior to and during the act of channeling.

We were of the impression that we would be of the most service by persistently contacting the one known as D in order that the deeper service might be recollected in the midst of most disquieting circumstances. This simple lesson may seem to be an allegory of the life that is lived so narrowly in the midst of such abundant glory. There must come that time when it is seen that the channel, as imperfect as it is, and remiss, nevertheless is becoming more and more able to perceive the contact. For the confidence of the instrument to continue to rise, the ability to contact, we felt, needed to be affirmed to the instrument and by the instrument at this time. We do apologize for seeming perhaps too persistent. However, there is no study at which a task master is not sometimes an aid. Incorporate then into each practice of meditation, centering, tuning and challenging that fine honed singleness of purpose which is yours in depth so that you, being your own task master, move harmoniously with your own requests and are to the maximum ready to serve as a vocal channel. For do not all those who wish to serve the Father wish to do so at their highest and at their best?

The other side of this high-sounding coin is the cheerful laughter of imperfection guaranteed by the illusion in which you dance. The channel is as the color sparkling off the facets of a diamond which gleams so whitely. Each glint is unique in its

spectrum in the rainbow of itself and so are each of you distortions of that white light. We have our own distortions in the concepts which we give to you and to our distortions are then added two things. Firstly, the combined strength and desire of seeking and areas of seeking of all those present in the circle and secondly, that gem which is the channel. Thus may we speak of the infinite Creator infinitely as through even one channel the infinite moods, experiences and thoughts of each day make each unique being a little different. It is an exciting way of being of service to us for we learn much as we see the poetry, passion and strength which instruments such as yourselves create from the solid prose of our one statement and that is that there is one thing—that one great original Thought which created all that there is which is all that there is and which is you. And you It.

How very stolid that message seems. How very tame, staid—we correct this instrument—beside the many beautiful creations which have been channeled through so many positively oriented channels. We have most certainly a great debt of gratitude to each and every one.

And to those who are new, such as the one known as D, we encourage that second side of the coin, that laughter and that self-forgiveness. There is always the falling down. There is always that portion of the experience which deals with the things of the earth. And it is well that the self be reminded again and again to look upward to eternity and to ask for the truth, not the answer. For that which your peoples call the answer is never the truth, for that which is true is infinite and your peoples measure and balance and weigh finity.

May you be all that you wish to be as a channel, my brother D. If we may aid you in any way we are most humbly grateful for the chance to do so.

At this time we would transfer this contact to the one known as Jim. I am known to you as Hatonn.

(Jim channeling)

I am Hatonn, and greet each again in love and light through this instrument. At this time we would ask if there might be any queries to which we may replay with our thoughts and opinions. Is there a query at this time?

D: I'd like to just say first of all that you take my doubts and my impatience with myself and my anger with myself and perceive it in a much more elevated way than I am able to and it's a great help to me when you raise my perspective up to yours by reinterpreting, insofar as you can, by reinterpreting those feeling that I have in times like this, that I am very grateful for that. I really don't feel like I have any specific questions at this point. I'm a little bit disturbed by the course of this session but as you say it's permissible, I suppose, to stumble on the path. *(Inaudible)*. I have no questions. Thank you.

I am Hatonn, and, my brother, we are most grateful to serve in any manner which may be helpful to you as a new instrument and we speak as we have spoken concerning your efforts this evening for it is our perception that each new instrument will find those times when the facility with the speaking of concepts is less than others, and even very difficult for each new instrument as the life within the mundane world draws from it the vital energy which is most helpful in contacts such as this contact. And there are many concerns which draw this energy and make it difficult for the new instrument to find the peaceful center of its being where it may perceive with clarity and transmit with equal clarity those concepts which are given it.

We commend you, my brother, for persevering under the conditions of fatigue and for continuing the training which shall provide you with another means of serving the one Creator. We hope that the efforts which fall short do not disconcert you overly much as we equally hope those efforts which are easy and free flowing give you confidence but do not make you overconfident, for there is much to learn from that which you call failure and much to learn from that which you call success.

Are there any further queries at this time?

Carla: I had a very irrelevant and very unimportant question. Before the contact began through D I was sniffing around and wanting to know who you were and you identified yourself and just the way you answered my challenge and especially about the third time through you started giggling … and then I was going … I was really worried about D. I was going, "Why don't you want to come to me now?" And you were going, "Have patience, child." It just … you just seem very feminine and I wondered if you were … if we had contact with a woman from Hatonn today?

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I am Hatonn, and we are those which at this time in this particular contact are of a feminine nature. We are an individualized portion of a larger group and yet we speak of ourselves as we, for though you speak with an individualized portion of a social memory complex we do not feel that we exist apart from those of our brothers and sisters in a manner which bears a descriptive term.

Carla: I understand.

(Inaudible) less than we and we are happy that you have enjoyed our vibrations. We are pleased to assist old instruments as well in renewing the ability to be patient and also to giggle.

Carla: *(Giggles)* Thank you.

Are there any further queries at this time?

Carla: Not from me.

I am Hatonn, and we thank you, my brothers and sister, for once again inviting our presence and allowing us to be of service in that way which is a treasure to us. We cannot thank each enough for this honor and look forward to each such gathering. At this time we shall take our leave of this group, leaving each in the love and the light of the one infinite Creator. We are known to you as those of Hatonn. Adonai, my friends. Adonai. ♣

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Intensive Meditation

March 23, 1988

(Carla channeling)

I am Hatonn. We greet each in the love and the light of the one infinite Creator and do apologize for beginning before your recording devices were engaged. However, we surprised this instrument, for we had been expressing to this instrument the request for the instrument to remain patient until the instant we changed our minds. This instrument chose to request again the status and we simply began to speak through her as she was tuned, had challenged well, and was ready to begin.

We find that there is a reluctance in the one known as D to channel at this point because there are deep portions of this entity's being which at this time desire greatly to receive whatever thoughts we might have to offer in the way of guidance. The instrument known as D must be aware by now that we attempt carefully to keep to the right side of the boundary of free will. However, there are reflections we may make which are of a general nature which we shall make at this time through this instrument before we exercise the one known as D, for we feel that [with] this dual method of working first with the more deeply requested service and secondly with the second most deeply requested service that we shall, shall we say, be of a more satisfactory quantity of service.

This instrument and all those in the circle were engaged in a fairly realistic conversation about change, we thought, just prior this session. However, there are changes which have to do with circumstance and there are changes which fall within the category one may call genetic. Sometimes these two kinds of changes occur within your illusion at the same time. Consequently, that which is a physical manifestation of change due to happenstance becomes overlaid with a deeper and [more] organic change and the two kinds of change become linked within the mind so that that which is a less than important consideration is perceived as that which has a great deal of emotional weight.

It is well to sort out these two avenues of expression and experience to determine the level of change which one wishes to deal with at one time, for the changes of the body, which over a period of time reach, shall we say, a critical mass and create a necessary adjustment of programming of the bio-computer, are those changes which contain the, shall we say, inside track for the most available use in accelerating the process of spiritual growth. It is well to disassociate this feeling of fundamental shift in attitude from the circumstances which are occurring at the moment, and to view the circumstances which are occurring at any given moment as that which they are—a drama, an illusion, a lovely play, or perhaps a not so lovely play, depending upon the

circumstances, put there not for your—the audience's—total enjoyment but also, the author hopes, for clues, hints, inspirations and nuances which may function as parables or allegories for those more theoretical and general thoughts which concern the process of bodily change which contains the great emotional content.

Now, this great emotional content, when isolated, is quite neutral, having little to do with happenstance or illusion of any kind. And if it may be perceived in such a clear way, it may also be used as clear energy, thus functioning as a continuing catapult for a speeding up of the evolutionary spiritual process. The difficulty with linking the process of genetic change, shall we say, and the various vagaries of circumstance is that undue emphasis may be placed and inevitable bias formed by the nature of the illusion at the time it has had to carry the weight of such emotional load. Thus, the lessons are muddied and confused and the progress is slower, though, of course, it continues.

As we have so often recommended, once again we urge the practice in, and the trust of, the process of daily, spiritually directed, inner silence, the listening ear, if you will, that is tuned to those words which cannot be heard, those words which are not words at all but concepts far deeper than any clothing of vocabulary. This source of peace, in the short run, becomes the facilitator of strife in the long run, in that one who meditates is facilitating the process of genetic change, for indeed, your physical entity is finely tuned to respond to the needs of the integrated spiritual entity which, as a total being, each is.

We trust that this has been thought provoking in some small way and invite queries at a later time. However, we have instructed this instrument that this instrument is to spend some conscious time teaching. Indeed, had this instrument been more quickly aware of our request, we would have already been working with the one known as D. However, again, we do feel that in the end this has been the better pattern for this evening's work. We would therefore leave this instrument and pause while this instrument recovers full consciousness and may do the work it has been encouraged to do with the one known as D. I am Hatonn.

(Conversation between Carla and D.)

(Carla channeling)

I am Hatonn. I greet you once again in the love and the light of the one infinite Creator.

We have moved from engagement with the instrument known as D due to our determination that the limit of this instrument's ability to learn at this working session had been reached in terms of the technical or mechanical rituals prior to and during the act of channeling.

We were of the impression that we would be of the most service by persistently contacting the one known as D in order that the deeper service might be recollected in the midst of most disquieting circumstances. This simple lesson may be seen to be an allegory of the life that is lived so narrowly in the midst of such abundant glory. There must come that time when it is seen that the channel, as imperfect as it is and as remiss, nevertheless is becoming more and more able to perceive contact. For the confidence of the instrument to continue to rise, the ability to contact, we felt, needed to be affirmed to the instrument and by the instrument at this time. We do apologize for seeming, perhaps, too persistent.

However, there is no study at which a taskmaster is not sometimes an aid. Incorporate, then, into each practice of meditation—centering, tuning and challenging—that fine-honed singleness of purpose, which is yours in depth, so that you—being your own task master—will move harmoniously with your own request and are to the maximum ready to serve as a vocal channel. For do not all those who wish to serve the Father wish to do so at their highest and at their best?

The other side of this high-sounding coin is the cheerful laughter of imperfection guaranteed by the illusion in which you dance. The channel is as the color sparkling off the facets of a diamond which gleams so quietly. Each glint is unique in its spectrum in the rainbow of itself So are each of you distortions of that white light. We have our own distortions in the concepts which we give to you. And to our distortions are then added two things: firstly, the combined strength and desire of seeking and areas of seeking of all those present in the circle; and secondly, that gem which is the channel. Thus may we speak of the infinite Creator, infinitely, as through even one channel the infinite moods, experiences and thoughts of each day make each

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unique being a little different. It is an exciting way of being of service for us, for we learn much as we see the poetry, passion and strength which instruments such as yourselves create from the song and prayers of our one statement, and that is that there is one thing: that one great original Thought which created all that there is, which is all that there is, and which is you, and you, it.

How very stolid that message seems, how very tame beside the many beautiful creations which have been channeled through so many positively oriented channels. We have most certainly a great debt of gratitude to each and every one, and to those who are new, such as the one known as D, we encourage that second side of the coin, that laughter and that self-forgiveness. There is always the falling down; there is always that portion of the experience which deals with the things of the Earth, and it is well that the self be reminded again and again to look upward to eternity and to ask for the truth, not the answer, for that which your peoples call the answer is never the truth, for that which is truth is infinite and your peoples measure and balance and weigh finity.

May you be all that you wish to be as a channel, my brother D. If we may aid you in any way, we are most humbly grateful to do so.

At this time we would transfer this contact to the one known as Jim. I am known to you as Hatonn.

(Transcript ends.) ♣

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Sunday Meditation
March 27, 1988

Group question: "**Q'uo:** You have wished to know what we may think about the right use of will."

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the infinite Creator. It is indeed a privilege and an honor to rest as part of your circle of seeking this joyful evening. Your blends of energy are beautiful, and we are most grateful that we have been called to offer what thoughts we might have to share with you. Please know that each and every word that we say is guaranteed not to be the truth, but to be our honest approximation and opinion of the way things are from our point of view. We are anything but infallible, and we ask most humbly that as you consider each idea which we may offer, you do so with the understanding that any which does not seem appropriate be dismissed, for we would not be a stumbling block in front of any, but rather one more light upon the hill, one more means of sharing in communion with the one infinite Creator.

For no matter what our capacities, our states of advancement and our several opinions of ourselves, yet this one thing remains true of all equally who seek the face of that great mystery which is the uncreated: all of us are pilgrims, equal. All of us are one: one in seeking, one in feeling we are missing the point, one in willful misunderstandings, and one in rueful new beginnings. Yet do we all keep on, step by step, along an infinite road, paved with hope and love.

You have wished to know what we may think about the right use of will. We would speak to you of one of your teachers, whose vibrations are with the Earth plane at this time, due to the intense focusing of many upon that which you call Easter. We would look at an entity who you call Jesus the Christ. This was an entity of enormous and generous will, a quiet, pure and undiluted belief that that which was claimed could then be manifested. Although the theoretic understanding of this principle is available to those within your illusion, it is a rare entity whose level of remembrance is such that such a truth may be manifested. And it certainly was [the] faculty of will, harnessed in twin to faith itself over and over in this entity's incarnation.

With the season's roll come many stories, and for many centuries the story of the one known as Jesus the Christ and his journey from carpenter to cross is much focused upon. At this point in the story, my friends, the one known as Jesus is experiencing the hosannas and the palms thrown before for the humble beast to trod upon. The entity's will has been tested and shall be tested again. The story is an old one, and the answer to the question of what happened next is not long in forthcoming. Late in the night watch, the one known as Jesus begged for the release from death upon the cross, and at that

time the concluding prayer was, "Yet not my will, but thine." In worldly terms, this entity made a wrong decision in accepting the will of the Father. This decision led directly to the entity's death. In metaphysical terms, however, the turning of the will towards the Father is the means whereby will and faith become one, and the entity a crystallized being.

Think back, each of you, over those things in which you have faith. Think carefully. You must have faith in something. Is it the social order? Much has been said about the instability of that order. Shall you put your faith in that? Shall you put your faith in your science and technology, seeing the usefulness and efficiency and marvelous doings possible. Where are the ultimate answers? Few rigorous thinkers put their trust in that which cannot explain the grounds of its field of study.

Let us look, then, shall we believe in anything, have faith in anything? We turn the mind at once to that which you have implicit faith in, and that is something called love. There is no entity in incarnation in third density who has not experienced both love and the loss of love, joy and sorrow. It is more tangible than anything which may be touched, more acutely real than anything which can be measured. It is the stuff of sentiment and emotion in many ways, for your peoples call by one name a thousand different emotions and feelings. Yet we speak of that love which all consider as that which is to be believed in, and that is unconditional love, for such is the nature of that love which has created all that there is, that one Logos, that one great original Thought which is all things.

Thus, we suggest that that which one has faith in is by its nature love, for any lesser faith shall fail. And when the seeking entity wishes to become one whose use of will is most pure, one may call upon love itself to teach the spirit that will and faith may be united, that the being may be polarized further, crystallized further and take one more dusty step along the long road.

It is difficult for us to express to you, who feel so keenly where your energy fields end and others begin, our concept of the right use of will, for we find that we think of our will as that which is indeed imperfectly known until we have included that portion of ourselves which fits in no energy field, but rather is a part of the one infinite Creator. Applying the will, then, without matching it, yoking it with and to love itself is to minimize and fail to fully explore the nature of the self and of the will.

It would seem perhaps that in many cases love need not be sought and its wisdom listened to, for many things seem cut and dried, as this instrument would say. Yet let there always be that thought in the mind, "Not my will, but thine," knowing that that love to which you pray is your own self in a greater manifestation. It may have crossed your minds that you are all gods. We acknowledge with joy the truth of this statement, but only caution that we are all very young gods, and God's will is sometimes hidden from the surface portions of young god's minds.

We urge each to trust and follow the urgings of the self, to express the self by whatever means needed in order to feel whole. We certainly do not wish to encourage blind obedience, but as you meditate, as you become more and more thirsty for and comfortable in the presence of the one infinite Creator, you will find less and less that there is a paradox betwixt the will of self and will of the one infinite Creator. May you be patient with yourselves in the learning of this and every lesson. May you meet whatever disappointments you feel you have with the sure knowledge that you have been making a good effort. This is all that is necessary—to intend, to desire, and to want to be a not-so-very-young manifestation of love. May you have joy in your quest and its fruit.

We would at this time transfer the contact to the entity known as Jim, expressing through this instrument once again our happiness at being called to your group. May each of you be most blessed. We would leave this instrument at this time. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our honor to ask if there might be further queries to which we may speak and offer our opinions, fallible though they are. Is there a further query at this time?

Questioner: I have a question, Q'uo. I have two questions. One's personal and having to do with myself, and then the second part is the area that I'm living in. First of all, about a year and a half ago I had an out-of-body experience. Since that experience, I've had a "pulling" sensation in my third eye, and I haven't really come across anything

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on that sensation, that pulling sensation in my third eye. What does that mean for me, is the first part of the question. The second part is the area that I live in had a, what we call, a UFO flap in 1987, which is very much UFO activity around Belleville, Wisconsin and around [Mosinee], Wisconsin, many daylight sightings, and the ships were hovering for hours at a time over certain areas in the country out there, and I'm kind of wondering where those particular vessels were, from what planet did they originate, and what was their mission in our area?

I am Q'uo, and am aware of your queries, my brother. The experience of which you speak, that of leaving the physical vehicle and moving in the lighter body, is a portion of your own process of awakening, which has served to get your attention, shall we say. The experience of leaving that which has been one's home for all of the known incarnation and experiencing the freedom and lightsome feeling outside of that home serves to point a direction which is at this time continuing in its progress that will focus the attention upon the breaking of boundaries and the traveling into the mystery of the unknown. One might see this experience as a kind of training aid that continues to motivate the seeking further along the path.

The feeling of the pulsing vibration at the third eye location is an indication that the indigo ray energy center, as this instrument would call it, is being activated and balanced for further explorations, not necessarily of the same kind as the first. We can speak in this manner, for we feel that your understanding already includes this basic information. Were this not the case, we would feel responsible to speak in more general terms.

To turn to the second query. In this instance we find the necessity of speaking in somewhat more general terms, for there are many other entities involved in the experience of the sighting of craft which appear to be from elsewhere and to be quite unusual within your illusion. It is not the practice of the positively-oriented entities of this nature to appear in this manner, for there are many considerations which the more positively-oriented beings from other planetary influences would naturally consider before offering themselves to the physical sight of your planet's population. The more positively-oriented of these entities choose, rather, to appear in more isolated instances, whether they be the dream state, the meditative state, or the isolated physical sighting which is not available to the general population of the one which is the focus of this sighting.

The large scale sightings of these craft, which have come to be called the UFO, is a phenomenon which is most frequently utilized by those entities which wish to enter the emotion of fear and the quality of manipulation into the experience of those Earth entities which have the physical sighting in great numbers. The great numbers and continued presence of such mysterious craft tend in general to the great majority of your population to suggest forces beyond the control of your Earth population, and therefore are seen consciously and unconsciously as a kind of threat. This then acts as a force which can be used to divide portions of the population from themselves.

May we speak in any further fashion, my brother?

Questioner: One last thing. Would it be possible for me to have a sighting sometime? A possible sighting? I've never personally seen a UFO.

I am Q'uo. The experience of the sighting of such a craft is one which is understandably unique enough to attract the desires of many such as yourself which seek the keys to the mystery of being and the process of evolution. Yet we might suggest to each such ardent seeker that it is not necessary to experience that which is considered greatly unusual and other dimensional, shall we say, for within each life pattern there moves a rhythm and giving and receiving of that quality called love which is appropriate for each entity.

The desire to accelerate this process is also understandable, and to this desire we would speak by suggesting that to each seeker of truth will be attracted those experiences which are the most appropriate for the proper unfolding of that life's journey. For many this includes such experiences such as the one of which you speak. To each is attracted that which will most efficaciously promote the learning of those lessons set before the incarnation by the self for the self, and the offering of those services which are the fruits of that learning. If such an experience would be helpful in any seeker's path, then such will be a portion of that journey.

Is there a further query, my brother?

Questioner: No, thank you very much.

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I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: Yes, I have one please. I had an experience last August, late July or August, with energy, and I have what I think is an understanding of it, but I would like to see if I correctly understanding it. There may be others who have had similar experiences, so this may be a question of some general applicability.

I was having a session in which a friend of mine was using some hypnosis with me to do some past life clearing; I was in hypnosis, and he was the hypnotist at the time. After I had worked on clearing on the past life material, I began to experience an inrushing, from head to toe, of a tremendous amount of energies. There was a sensation like a cool wind from this energy, and with my eyes closed, I could see clairvoyantly, I could see it as a tremendous light, very brilliant light. It went on for about a half hour, and I had various experiences while it was going on. I even had some muscle spasm, not painful, but my hands were sort of paralyzed and twisting, there was such an inrush of energy. And I had the unusual experience of seeing something as if pieces of my finer bodies were breaking apart and flying away from me under the pressure of this energy. It was like black outlines of the shape of my body were flying in pieces away from me. And it was as if the light was so brilliant that they were dark against the light, the way a person who stands against a bright light, their face will be in shadow, there'll be a silhouette. Is it possible to comment on what that experience was?

I am Q'uo, and we may speak in a general fashion, my sister. The source of all distortions is the limitation of the point of view, as has been stated by those known to this group as Ra. Each belief which an entity contains and forms and by which it lives serves to offer certain opportunities for experience to that entity. When that belief or group of beliefs has been fully utilized, then there is the need to move beyond that belief and to enlarge the point of view, or the field of vision.

When this enlarging of the point of view meets some resistance, perhaps due to the comfortable nature of an old belief which has perhaps become likened unto a friend, the entity then may begin to experience a limitation within this area which may be expressed in any of a number of ways which will be perceived by the entity as a difficulty or perhaps even a mental or physical disease of one kind or another. This may in fact occur from incarnation to incarnation, so that those patterns previously experienced in a fruitful manner in an earlier portion of the incarnation or in another incarnation may then become sources for the agitation or irritation within the total being of the entity.

When such a limiting belief or knot or tangle of thought is released by whatever means, there is a release of the energy which was used to form and hold that belief in place in order that it might be of service. This energy then is free to be utilized in forming yet another field or scope or reach of possibility which will then further allow the entity to experience more of that which is its food for growth, the catalyst which becomes experience.

May we speak in any further fashion, my sister?

Questioner: That is helpful. Thank you.

I am Q'uo. We thank you, my sister.

Questioner: Yes, I have a couple of questions. One question has to do with dreams, and I've had several very unusual dreams, but I'll speak to one in particular, and I'm going to ask is this a dream state, or did it really happen? It was that …

(Side one of tape ends.)

Questioner: … was the first part of my question, having to do with my dreams, having to do with two crystals being implanted. Can you tell me, is that coming from my higher self, or is that something that actually happened to me in dream state? *(Pause)* Have I been among extraterrestrials?

I am Q'uo, and apologize for the delay, as we were rejoining this instrument after its resetting of the recording device. The experience of which you speak is one which we find has an important significance as a symbol within your consciousness at this time. Because of its current importance and semi-veiled nature, we wish to give only that information which will not infringe upon your own free will, for it is the exercise of that free will and its application to the resolving of such experiences that is the heart of the process of seeking that which you call the truth. The image of the crystal is quite significant to you at this time, for each seeks to become that which might be called the crystallized and seeks in this process to regularize those patterns of energy expenditure

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which will allow one to move further along the path of evolution and to experience that quality of love which is the prime mover and creator of all that is.

We see the experience of which you speak as one which occurred within that state that you call the dreaming, and yet many experiences occur within this state which are as significant or important or what you would call real as those experiences which occur within your waking reality. Thus, the fact that this experience occurred within the dreaming state may be seen as the necessary conditions that would allow the image of a new thought formation to be seeded within you. The new thought or direction in thinking is that which has begun to make itself apparent to your conscious mind through the unconscious mind as a possibility which may prove fruitful in your own personal journey. Thus, this experience begins to point a direction which you have already considered and this experience serves to reinforce that consideration.

Is there another query, my sister?

Questioner: The other part of that question had to do with another dream in which there appeared to be a vision, and I'd like to understand what that is. I don't feel that I was asleep, I feel that there was a vision. Can you tell me? Can you give me information on what the vision was? This occurred about close to two years ago.

I am Q'uo, and we scan your recent memory and find that this query is one which is most important in your own journey at this time, and one which continues to hold a significant degree of mystery. It is that which we feel most comfortable in allowing to remain as a mystery, for we do not wish to infringe in this case upon your own discernment. The experience of such visions is one which is as the momentary opening of a door into a room which is as yet unexplored, but one which holds a great deal of interest and potential for the expansion of one's own abilities and desire to seek and to serve. Thus, the momentary opening of the door serves as that which becomes the riddle, and the constant pondering of this particular riddle is that which was desired by that portion of yourself which brought unto you this experience. Thus does that portion draw your smaller self onward in a manner which insures that the free will to move in this fashion remains intact.

Is there another query, my sister?

Questioner: Thank you, no.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Questioner: I have a question, Q'uo. I wish to ask you a question that has been in my mind most recently as being significant, never really before. I've never had the feeling that I was a part of this planet, except for one recurring dream, and basically, to make a long story short for you, I wish to be of service to myself first in order to discover where my past lives and how its significance can be cleared towards service to both myself and other selves. And I'm in the dark on the best means for myself to find this out. Any help would be appreciated.

I am Q'uo, and am aware of your query, my brother. There are many within the Earth planes at this time that are, indeed, not indigenous to this planetary influence and which have come in order to be of service to the population of this planet which calls for the service that these entities have to offer. However, each, as it has become a portion of this planetary influence, has taken on the complete array of characteristics of a third-density being, which is to say that much of the nature of the creation in general and the nature of one's own being and movement through the creation remains a mystery.

To those such as yourself which seek to remove some of that mystery and to illumine the path that lies before them, we would suggest that first of all the desire that motivates this seeking be cherished and enhanced in order that to the heart of one's being one may seek to understand more and more clearly that power which moves each of us within the one creation of the one Creator, for the desire to know, the desire to serve by that which is known, is that which within this illusion of mystery is most important for the removing of any portion of those veils which stand between seeker and truth. For one may accomplish great things in worldly terms, and yet if that entity does not desire to understand the nature of the life which moves through the physical vehicle and which pulses all about one, those great accomplishments have served little purpose.

This desire, then, is that which shall attract to each seeker those experiences which provide the opportunity to learn and to serve. The desire is likened unto the magnet which attracts the iron filings. This desire may be enhanced within the meditative state or the state of contemplation or that

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of prayer, where the desire is offered unto all those sources and forces of light within and without which are a part of one's being, and is offered as that which is one's only gift to the Creator and to the purpose of the life.

It is not, in our opinion, as important what one does or how one does it as it is that each thing one does and thought one thinks be motivated by the desire to know the heart of truth and to offer that which is found as the heart of truth to others who seek also this truth.

Thus, my brother, we do not have specific suggestions as to a path to take. We offer only the suggestion that one hone the desire to the greatest degree possible and allow that offering of the desire and the will to know and to be of service freely in order that that which is most appropriate be attracted to you through that desire.

May we speak in any further fashion, my brother?

Questioner: That feels very good. I have one more query which may have something to do with the first question or it may not. You may have already answered my question. But I have recently felt a calling to the northwestern section of this country, or perhaps of Canada, I know not which yet. I know no one there, I know not why, and I know not where to look. My desire is inhibited not only by the fact of the unknown, but as to whether or not this is meaningful as a portion of my service.

I am Q'uo, and am aware of your query, my brother. In this particular instance we feel the weight of the law of free will that would prohibit a specific recommendation, for the taking of such a step is most important in a seeker's journey. To offer the principle which might be utilized, then, by such a seeker is our proper role in our opinion. To give a direct suggestion that this or that step be taken is beyond the bounds of that which we feel is appropriate in our relationship with seekers such as yourself.

We may, however, suggest that when one feels the drawing to a certain place or thought or thing that there is indeed a purpose for that feeling, and the consideration of the practical nature of that feeling versus the symbolic or abstract nature of that feeling may be considered carefully, for in some cases there is only the need to travel in thought, whereas in others there is also the need to travel in space and in time. Thus, our suggestion to you, my brother, is that within your own meditative state the query may be more fruitfully asked and the answer found.

Is there another query, my brother?

Questioner: No, thank you very much. I appreciate it.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: Yes, I have a question, please. I have recently started doing art, and at times I feel a great intense energy when I'm doing this art. And I'm interested in who this entity might be, and also how I can further open myself to receive the art that's coming through and be a better channel for it?

I am Q'uo. We do not mean to be repetitious, but again we would suggest that this query is one which may be most fruitfully presented to the self within the meditative or even within the sleep and dreaming state, for the nature of experiences that are of a mysterious origin within one's being is likened unto the tip of the iceberg which moves within the water, greatly hidden, yet giving an indication of its nature by that which is shown above the water's surface. Within your meditative or dream states, it is possible that through your desire to know the nature of this experience and the entity or entities connected to it, that more shall be revealed at a pace and at a time which is most appropriate for encouraging clear understanding of how this service may be utilized by you to enhance your learning and that which you may offer others.

The subconscious mind is greatly underutilized by most entities, for there lie within this portion of the tree of mind great mysteries and all that which is unknown to the conscious mind. However, the unconscious mind responds to the desire which the conscious mind generates to know or experience this or that thought or concept if, through the conscious desire to know more of that which the unconscious mind may funnel through to the conscious mind, the entity may utilize those states of consciousness which bypass the conscious mind in order to receive a clearer indication of, in this particular case, the nature of that ability which is now finding flower within your being.

As you build a focus or channel, shall we say, consciously with your desire to know, and build it so that it connects to the unconscious mind, then there

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is the greater probability that you will experience further illuminations of this experience which you have described. We recommend the contemplation, the meditation and the prayerful attitude in approaching such mysteries in order that their full scope of potential be availed to each seeker in the appropriate time.

We at this time would thank each for offering the queries through which we may perform our humble service. We have utilized both this instrument and the one known as Carla in order to be of that service which is ours to offer. We would again thank each for offering the opportunity to us to blend our vibrations with yours and to serve in this manner.

Again we remind each to take only those words and thoughts that ring of truth for one's own use, and to leave behind those that do not, without a second thought. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
April 3, 1988

Easter

Group question: Has to do with suffering. What causes suffering? Is it something to do with the general lack of a person's feeling and knowing of the unity of all of creation? Is it something that can be generally stated? What can be done to alleviate the suffering that a person goes through? Is the suffering that people go through an individual kind of thing? How do individuals deal with their suffering? How can we use the suffering for growth and learn from it?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. It is a great privilege to be called to your group to answer your query about suffering. As we revel in your company and the loveliness of your meditation, we revel also in the extreme beauty which surrounds and permeates your domicile at this time, for we are able in consciousness to share with those within the domicile their impressions of the burgeoning blooming of the countryside, the singing of your birds and all the beautiful colorations of sky and land and water that create such ineffable beauty, that great manifestation of the bounty and the ever-living quality of life which, though in winter it may seem gone, resurrects from the winter earth each springtide into new freedom to seek the light in the humble way of plant, animal and element.

You wish to know what the cause of suffering may be, whether it may be due to a lack of perception of oneness, what its cause is, and what its cure.

We are minded to discuss a suffering life that all within your culture are aware exists, that of a teacher, master and Christ known to you as Jesus of Nazareth. When we examine the life pattern of this individual we see an entity thrown apart, even within childhood, suffering the loneliness and lack of companionship which accompanies the unusual and serious student in the small child's body, for by the age of what you call your teens, the one known as Jesus was very learned, speaking as a rabbi would, knowledgeably of much literature, much memorization, much insight. This lonely entity walked in his curiosity into many places, always the stranger, seeking information, seeking guidance, seeking understanding, and suffering always the loneliness of the stranger.

When the time had come to make the final dedication of the life's work the one known as Jesus was aware of this great and momentous necessity. There had been clear communication within this entity with that which this entity called "I AM." The ministry, the one known as Jesus knew in advance,

would be difficult and would end in the physical death of his body.

Why did this instrument of the one infinite Creator accept this suffering with no strife or struggle, no contentional argument? This is what we would explore.

There is much of what is called truth which is indeed not truth, but a multiplicity of ever-shifting truths which function in what you may call a social way, in order to slide one through the incarnation with the least possible friction. There is another truth, an absolute and unchanging truth, a mysterious, puzzling, ever-calling truth which any within your illusion cannot see but only know through the experience of love.

Love is the great one original Thought. It cannot be bought; it cannot be manipulated; and it cannot be killed. It may become obvious that we are not speaking of romantic love, which is prey to all these difficulties. We are not speaking of the love of friendship or any other definition of love which may be put into words. Indeed, could we find an unique word which would express the beautiful, terrible love which created all that there is, we would use it. Yet this concept lies so far within the area of the deep mind its reality can only be reached through the non-words which may be called "faith." This love is single, and within it are all things, all entities, thoughts, artifacts, seeming objects and each and every energy within the infinity of creation. Each of you is love. This is your reality, your absoluteness, your unchangeable nature, your truth.

Suffering lies not upon this level but upon the level, for the most part, of half-seen truths, truths that are relative to the situations and conditions of your society and culture. We realize that there are those who experience suffering in physical ways: pain, hunger, sickness and death, that process which is so feared among your peoples. By far, however, the greatest amount of suffering among your peoples is due to the ingestion and acceptance of cultural and social truths—and in this we include theology of all kinds—as standards against which to measure the self.

This instrument, for example, experiences continual pain to one degree or another. The instrument's suffering, however, is far more emotional than physical, for this entity suffers in wonderment that she cannot fulfill her own expectations of what her service, her energy, and her life should contain.

Are you then suffering emotionally, each to whom we speak? We assert that this suffering is paramount.

Let us gaze at the panoply of emotional suffering. Within most of your culture, to have a skin color at variance with the fleshtone which you call, to our puzzlement, white, is to suffer from the narrow-mindedness and the prejudice of those not of your race. And whether each race knows it or not, each suffers from prejudice, and this prejudice becomes a suffering. Each who is born homosexual within your culture is denied the consolation of your cultural institution's regularizing relationships. Further, there are many, many cultural obsessions which form a rejecting net of discrimination, and so in the name of truth suffering is perpetrated. There are those who in their mated relationships, experiencing in the mate much love, find that in the passage of time, the mate has turned to other energies, other entities, other positions in time and space. The separation creates suffering, not because the separation is real, but because there is a loss of love perceived

My children, we could weep at the suffering caused in the name of truth. And as we go back within your planet's history, we see and ask you to see with us, how each time and age and culture created its own bigotry, narrow-mindedness and distortion of harmony and unity, marking each person out in some way as unacceptable. And because all of the culture expresses much the same bias, the entity experiencing incarnation at any cultural moment will find that it is suffering because it cannot be that which the culture and the society have declared appropriate.

May we say that those whose spiritual orientation is rigid, by their judging of others in a harsh and overt manner, create much suffering in the name of the very teacher, the one known as Jesus, who moved into this vibration to call those who suffered, those who were mocked and despised. This entity was not interested in the righteous, those who knew the truth of the culture, and we specifically in this term, culture, include organized religion, as this instrument calls it, for these judgments carry an enormous, though specious weight among your peoples. Ah, we weep for you. Yours is a planet of sorrow, even upon the joyous day of Easter.

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We move now to the contemplation of unity. We move out of the realm of the relative to the absolute, and we ask you to follow us. We ask you to release the opinions of the world, to release the dictates of what is expected, and especially in those suffering spiritually from teachings that do not show them the face of I AM, to release those harsh theological strictures which, though most helpful for some, have not been helpful for you, but have instead caused tremendous guilt and suffering. We ask you to turn from opinion, all opinion, and most especially your own, because this is Easter, because the energy of this planet at this moment is most light and full of life. We would ask you to experience directly the promise of which Easter is the symbol, the promise of the infinity of I AM.

When one moves away from, "I want, I feel, I think, I like, I dislike," and so forth, one is left empty, and may perhaps feel that the comfortable structure that houses one's ethics and principles have been left behind also. It is a naked feeling. It is a difficult feeling to achieve, for one who has not carefully examined the huge weight of opinion and accepted authority in one's life has no idea of the percentage of the active portion of the conscious mind which is involved in processing catalyst using these distortions rather than experiencing catalyst with an open heart, an open mind, and a knowledge of the self's true identity.

My children, it is difficult, we know, to deal with the intricate and wonderfully made illusion which begins with your very body and its electrical field, and continues with that which the organs of the body may perceive, all those things about one, all those thoughts spoken to one and by one, all the infinite details of a daily life. How much of the time is spent in the consciousness of I AM?

Thus, before we speak upon the purpose of suffering, we wish with steady hand and firm heart to present to you the concept that the truths which are relative and cultural must needs be examined carefully and analyzed closely, so that one may see to the best of one's ability what one's own selfhood truly feels and thinks about that which the culture demands of one. This includes everything from the choice of career to the intricacies of relationships. So much of your communication is distorted by each entity's attempt, conscious or unconscious, to manipulate one's environment in such a way that one is positioned in a satisfactory angle to one's culture, one's acquaintances, and oneself.

Cultures change. The self changes. These truths are relative. Those rules regarding behavior, for the most part, need constant reexamination, for that which has been true for you at one time, will of necessity change and transform as you change and transform. We do not wish to suggest that it is necessary to change any thought or action. We only ask those who are suffering because they are homosexual, divorced, addicted or any other calamity need not think of themselves lost to Oneness, for all of these things are taking place within an illusion which is designed for a certain purpose. This certain purpose is absolute, and within the absolute purpose of spiritual evolution towards love, suffering is an absolute necessity.

Now, not all those within the creation find the necessity to experience suffering. Many are the entities which have been created never to leave the Logos, never to leave love, never to leave the absolute, but always to experience and be the I AM which is love. Each bloom which breaks forth its tender shoots through the softening winter earth is expressing absolute ecstasy, absolute joy, and this joy is fragrant and beautiful, and may be perceived by all.

The one known as Jesus the Christ noted that his kingdom was not of this world. Think you then that he meant the kingdom of the world of flowers and birds, spirits and beauty? May we hasten to give our opinion, fallible though it may be, that this was never this entity's intent. This entity had been courted as the hoped-for and earthly king of a specific people in a specific region. These people had a truth which was theological, and therefore relative, made of opinion. This opinion was that this entity could lead a revolution, topple a government, and reign as the kings of Judah and Israel of old, a Jewish king for a Jewish nation. This entity wished none of the limitations of relativity. He wished to be limited in no way, for this entity focused always upon the absolute, and in his converse, he turned as much to his Father, Abba[1], as he did to any friend or student.

"My kingdom is not of this world," he said. Not, we say, the world of experience, the world of opinion,

[1] An Aramaic word which translates as the equivalent of a familiar name for a male parent, such as "Papa" or "Daddy."

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the world of cultural demands, the world of theological limitations. When this instrument of the Father came at last to face that man which could spare the entity, the one known as Jesus made no defense. His judge was puzzled, for he saw the suffering which had occurred and the suffering which was to come which was prepared for the one known as Jesus, and could not understand why this humble teacher would not defend himself. Finally, in desperation, this entity simply asked, "Are you king of the Jews?"

Jesus the Christ, eyes calm, spoke clearly. "You say that I am so," said he. "Yet for one purpose came I unto this world, to bear witness to the truth."

His judge was immediately fascinated. "What is truth?" he asked. Jesus the Christ only gazed into Pontius Pilate's eyes, and Pontius Pilate saw the I AM of Love.

What is truth, my children? In seeking for this answer, the greatest spiritual suffering may be experienced, for as we have said, truth is most often sought in the culture and in religious theology. And in this we include, to some extent, our own work with this instrument, not excepting ourselves from the world of opinion, but consciously accepting that we who use words can never be, but only express, thus offering a manifestation which is but the shadow of our being, our I AM. Truths and Truth, the relative and the absolute. There is a Truth, there is an absolute, and thus there is an end to suffering. That Truth lies in the kingdom which the one known as Jesus the Christ stated was not of this world, not of this world of opinion.

We ask you to gaze within. We ask …

(Side one of tape ends.)

… [you to gaze] upon that which lies behind that which we are saying, our consciousness. All of you are suffering within the confines of a prison. It is the prison of your limitations. Your fingers stop and the air begins, your feet stop and the ground begins. There are separations of space between you and all other beings. There is the curtain behind the eyes of those with whom you wish to communicate which limits harmony. You are, to this extent, dead in a very real sense, and we want you to enter into the consciousness of life.

We want you to experience I AM. As you rest, speak that word, "I AM," and find something come to life deep within. I AM. This is the kingdom of which Jesus the Christ spoke. For the essence of being, the essence, I AM is that which we have called divine love. It is not only that which loves all that there is; it is all that there is. It is not that through any agency you may become an associate of Christhood; it is that all of you shall eventually perceive the self as Christ. Or to put it another way, that one day, if we may use inaccurate terms, you shall be all Christ, all absolute, pure being. Rest in this consciousness for a moment, and experience life.

Where is truth? Truth is in the absolutes that shine through the relative. Truth is in the smile, the laughter and joy, the moments of kinship, the body's intimate ecstasy in the making of physical love, the spontaneous reaction of deep compassion. And in the end, truth in an absolute sense may, to the disciplined mind and heart, become the companion that walks beside you, through whose eyes you may see anew the whole and unified life lived in love. That which is suffering is that against which the entity seeking to know love for the Creator, love for the self, and service to others may push against, may use, not as the stumbling block, but as the starting block. For each difficulty which causes suffering is that which has been arranged that some distortion concerning the essence of love within your understanding may be examined, thought about further, and perhaps revised somewhat.

Without the challenges, the suffering, the problems, there would be a heedless, naive and unschooled joy, the second-density joy of those small creatures you call animals, which frolic and play, hunt and kill with no sense of anything but wholeness. This is a wonderful experience, yet for those within your density, it is not an altogether instructive experience, not an experience designed in the end to move one along in the spiritual evolution.

Each challenge gives one the chance to turn to I AM, to Beingness, and ask that infinite intelligence which is love, "What is the absolute principle which illuminates this situation?" Absolute love may be hidden for long periods of time, and the questing process, the experience of pain and separation, may go on for a seemingly infinite period of time. Your peoples attempt to avoid, cover over, and patch up these situations to alleviate discomfort, without seeing the spiritual opportunity for new understanding in the light of that which is absolute.

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We ask each to remember the experience of true living consciousness, and then in faith to turn to the self and bless each wound, each limitation, each pain, and each circumstance that causes suffering, for suffering is the sacrament, the food of spiritual evolution. May you rejoice in your troubles even as you suffer. May you roll the stone away from the tomb of your limited acceptance of damaging thoughts. May each look you take be fresh, and may you live in love, and so love each other with a passion and a zeal that blesses each with whom you come in contact. You need say nothing. The I AM in you, that Kingdom of Heaven, of which Jesus the Christ spoke, lies deep within you, for you are all that there is. It is simply the illusion which keeps you from that ultimate knowledge. By faith, in the love you have observed in whatever limited form, may you enter into that life which is love.

We will be with you in meditation if you so desire company, and we shall share that unlimited, absolute love as we are given it to channel from the kingdom within ourselves, which is the kingdom within you, the kingdom of love.

We would leave this instrument at this time with many, many thanks for this question and for your call to us. We humbly accept the limitations and distortions that language causes, and ask that each be aware that anything which is spoken is not the truth, but must be subject to your own discrimination, for we speak to the limited mind. It is each seeker's occupation to bring that which speaks deep into that kingdom, that from that kingdom there may issue the hallelujahs of angels, the shouts of infinite joy which herald the incredible, energetic, peaceful feeling of infinite love which may carry you into and through each suffering moment and sanctify and bless each experience.

We hope that you do not accept suffering as something which must be done so that in the next incarnation, stage of experience, or density you shall be rewarded. Instead, in all humility, know that your heaven lies waiting within you, just as your hell waits to embrace you. Your life experience is a matter of choices. Shall you follow truths, or shall you more and more attempt to experience your own true being, your own inner I AM, and thus prepare the meeting ground, the holy ground whereon you may see the face of your God, your Christ, your Love, your peace, your light, your life?

We would now transfer this contact to the instrument known as Jim. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time we would offer ourselves in the attempt to speak to any further queries which may yet remain upon the minds. May we speak to a query at this time?

Questioner: I have no query, but I am thankful for the information that I received tonight.

I am Q'uo, and, my brother, we are most thankful for your query, and honor the sincere desire that has prompted this query. Is there another query at this time?

Carla: I have one. It's been on my mind all week because last week something happened to me that happens frequently.

My suffering is largely at this point physical, I just have pain. And you're absolutely right—I think you said that the suffering doesn't come from just the pain as much as what you think about the pain. I've had this trip laid on me by myself and by numerous people through the years, and every time I bring it up again, it hurts the same, and that is that people tell me that I am creating and responsible for my own illness. This I accept, but further, that illness is a kind of blockage or imbalance due to things that I am holding in myself, which if I would let them go, I would automatically be healed.

I suppose like a lot of people who have been disabled, I would like to think that there is something more to it than that, that there is some higher purpose for my suffering. Or I suppose most of all, that if I don't get well there isn't cause for guilt, which I feel a lot of every time I go through this process. And I know this all lies within the realm of human opinion, but I must admit I do believe I am responsible for my illness. I just don't feel the necessity of focusing my entire life upon getting rid of the illness because I find so much value in the life that the illness has caused me. Could you speak to my feelings about where I have put the emphasis in my life, that I have taken off the responsibility for making myself well, and put it on other things, and I feel guilty about that? Could you speak to that?

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I am Q'uo, and am aware of your query, my sister. It is true that each entity is responsible for that which occurs within the life pattern, for each entity has taken the primary role in designing that pattern of life experience which shall serve as the lessons teaching further aspects of love and service. Yet most of the responsibility has been taken by a portion of the self which is far more informed than is that smaller self which experiences the incarnation. Thus, that smaller self often feels isolated and abandoned or too powerless to be able to affect forces within its life pattern which have control and impact upon that life pattern.

Before incarnation this greater portion of the self looks with careful eye to see what within the entire being contains that which is yet to be fulfilled, that which yet remains to be exercised as an avenue for offering the self to the Creator and for allowing the Creator to know through that offering greater portions of its own being. Thus, before each incarnation does this greater self look most carefully to see where there might be an increase in the learning and offering of the lessons of love, of wisdom, and of unity to all those which might come in contact with this self.

As these determinations are made, they [are] set into motion in what you might see as a program that unfolds step after step, with each succeeding step building upon that which has been firmly laid in the experience of the entity. Thus, the completion of one level of understanding and the offering of this understanding as a service to others will spark the next level of experience. These programs of experience are often, most often indeed, hidden within the symbolic framework of the life pattern and are largely unrecognized by each entity as the life pattern unfolds. Thus, it seems to [an] entity within the incarnation that the experiences happen to it and are beyond its control, when indeed the experiences have been chosen by it for specific purposes.

There are, for many entities, lessons and opportunities to serve which are of such a primarily profound nature that what will be seen within the incarnation as extraordinary means are then employed to allow this extraordinary offering and lesson to occur as desired.

In some cases that condition which is known as disease, illness, tragedy and suffering of one kind or another is seen as the most effective tool for generating within the depths of the being those responses which are desired, much as the grain of sand, within that creature which you call the oyster, creates the irritation that is the source of that pearl which eventually forms within this creature. So does the suffering and disease then offer to such an entity with this intense desire the pearl of great price, shall we say, which may teach those lessons which would not be available without such an extraordinary effort being made. Thus, many experience the suffering and limitation of disease which does not yield to healer of any kind, though many should offer their services in heartfelt sympathy and compassion and desire to alleviate the suffering and remove the limitation.

However, those healers and, indeed, entities of any nature which are more familiar with the wider scope of the life pattern and purpose will see in such an instance that purpose for the disease or limitation which lies beyond that normally associated to such. Such an entity or healer will begin to look into those areas which examine the opportunities offered by such a disease or limitation and will, instead of continuing the fruitless effort to remove the disease or limitation, begin to counsel the entity with this disease or limitation in the ways of seeing where doors are opened rather than shut by such a pattern of experience. For within your illusion, all that is central to the accomplishing of the preincarnatively chosen purposes for the incarnation is hidden from the sight of the outer eye, and must be sought in the careful and prayerful attitude of one which looks beneath the surface of things and beyond the scope of the outward seeing eye.

Thus, my sister, in your particular case it is well known to your conscious mind that you have chosen the limitations which you experience for a specific purpose. Indeed, there are more than one purpose for these limitations, and it has come to your attention frequently and in the distance of your past that you have been able to focus upon your inward journey far more effectively because your outward journeying has been limited in many ways. Thus, by this limiting, you have been able to penetrate the outer shell of the life pattern and tap more easily into those deeper truths which nourish the soul and inspire through such nourishment the efforts of others.

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That you experience a kind of guilt for having this condition and having it be unresponsive to the healing efforts of any is understandable when seen within the limits of the illusion and the sincere good intentions of those who offer their services as healers.

Yet each entity in any life experience must at some time begin to look beyond the general principles which it finds are helpful to view the life experience through, and then must begin to make individual application of the deeper principles which apply to each situation, for though are all indeed a portion of one great Thought of love, each portion and entity which expresses that love in the life pattern does so in a manner which is unique to that entity. And those general principles which may give a surface description of many entities at one time, yet do each entity an injustice if there is no further examination of the individual life pattern and expression that is manifested in each life pattern.

Thus, my sister, we would counsel you more in the area of removing your own feelings of guilt, rather than in redoubling your efforts to find healing release from these limitations which have served your purposes well.

May we speak in any further fashion, my sister?

Carla: No, I think that's really complete. Thank you very much. That's all the questions I have.

I am Q'uo, and we thank you, my sister. And if there are no further queries this evening, we will at this time …

Carla: I do have a request. Is that permissible?

I am Q'uo. Yes, my sister.

Carla: The request is that you be with us, and all helpful entities be alerted to be with us, as we speak to the people who may ask us questions on the radio program that we're about to do, that we will be aided in the thoughts which come into our minds and the way in which we answer questions, for we wish to speak of eternal truths, not human opinion.

I am Q'uo, and it is our honor, as always, to join you there and to lend our light in whatever manner is possible.

Carla: Thank you.

At this time we shall again thank each for enlightening our presence and for offering us the gifts of your desire to know more of that which each of us seeks, the way of the great truth of love and unity which binds and moves all through the great creation of the one Creator. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

(Carla channeling)

I am Nona. I greet you, as this instrument requests, in the name of Jesus the Christ, this instrument's expression of the one infinite Creator. We greet each in the mystery. Healing has been asked for, and to that entity, though not present, we through this instrument would express healing. We finish speaking with thanksgiving, in love, in light, in unity.

(Healing melodic tones channeled by Carla.) ♣

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Sunday Meditation
April 10, 1988

Group question: (From H1.) Has to do with nuclear warfare, and the cause of the tensions that build toward the feeling of separation and anger that are strong enough to lead to warfare, and to—since we have the nuclear bombs at our disposal—the chances of using them. What kinds of energies are necessary for us to understand in order to back away from the kind of confrontation that might bring about the use of nuclear weapons? What type of growth would signify the understanding that we would rather preserve our environment and illusion than destroy it?

(Carla channeling)

I am Q'uo, my brothers and sisters, and I greet you in the love and in the light of the one infinite Creator. It is both a privilege and a blessing to be called to your meditation, and our hearts rejoice in this sharing of blessing and energy.

You have called us with a question about your living conditions upon your planet at this time, wishing to know what energies were in motion concerning nuclear war and whether humankind is capable at this present moment you experience of avoiding the destructive action of nuclear war.

First let us say that our basic message springs from one Thought, and that is that love is all that there is, that creative and divine love is the one original Thought, that this thought is the closest representation in words which we know to the unseen and ever-mysterious infinite Creator, and that each of you is a portion of that Creator and the infinity of that Creator a portion of yourself.

Thusly, when we speak of the energies involved in experiencing an illusion we are speaking of that which is apparent, but not real, that which is experienced in an illusory pattern in order that work in consciousness may be done by those infinite selves that you are. With this basic nature of humankind understood as being all in the Creator and the Creator in all, we can then speak in a more relative manner concerning certain appearances and behaviors which you are experiencing at this time upon your planet's surface.

The energies concerning nuclear war that are in motion, indeed, all energies concerning the use of nuclear power, have their origin in the origins of many of those which walk upon your planet at this time and have for thousands of your years. Many of those spirits, which are now within the Earth's many dimensions of experience, have experience in third density during which the patterns of nuclear warfare and similar global catastrophe were carried out by humankind upon humankind. The mass of group thought concerning this error within the racial past has never been completely healed, to the point at which we are speaking, and these energies shall continue to be in need of healing until each entity

involved in a planetary catastrophe in the past, as you would call it, has had an opportunity to balance this misaction by self-forgiveness and forgiveness of others.

The pattern is at a more hopeful state as we speak with you than has been the case since we began our observation of your nuclear activity, indeed, since it first became a tool used by your scientists and armed entities. There is much of hope in the growing improvement within many entities' balancing process. As more and more of those who have been involved karmically in this matter are able to attain a balanced state of self-forgiveness, the crisis may well pass. We encourage all efforts which may be made by any within the area of self-forgiveness and balancing, the conscious balancing within the mind of passion and wisdom.

We would bring this thought before you before we close this discussion, and that is this. The arena in which you move is indeed an illusion, yet it is indeed excellent that you should be active within that illusion, not overcoming it or ignoring it, but engaging the self with each and every aspect in which you as a self feel that you have strength, something to offer, some way to be of service. This illusion, including any catastrophe, is designed not to destroy nor to build according to the infinite whims of humankind, but to offer opportunities for learning and growth. It is the unsettled times, the traumatic times, the confrontative times that are so often productive of the most rapid inner growth towards that maturity of spirit which all who are on a path of seeking hope endlessly for.

"This is not," said the teacher known as Jesus, "the kingdom of God," this little planet and its wars and rumors of wars. The kingdom, the absolute, the truth lie within, within each, whole and perfect and very dimly perceived. Through crisis and contemplation each seeker processes through an infinite series of realizations which give a richer point of view, a deeper point of view, and hopefully a more and more balanced point of view. Each increases in inner peace, and as that inner peace blossoms in the heart, the entity becomes one who is doing his very utmost to avert nuclear catastrophe.

Peace on planet Earth is possible. It is possible because humankind wishes to progress. We do not know whether or not the possibility shall become reality, and we would not prophesy. We only wish to encourage each entity to know that his or her own inner peace is the road which must be traveled by each and every person. And when that inner peace meets other inner peace, boundaries drop, hostilities end, and a realization of oneness occurs. When you are truly self-forgiven and at peace within, you are doing planetary healing work—you are averting war. You are being a reflection of that beloved and ever unknown Creator. May each of you hold peace within the mind. Take it into meditation and open the self to allowing self-forgiveness.

We thank this instrument and would move on at this time. We transfer. I am Q'uo.

(Jim channeling)

I am Q'uo, and I greet each again in love and light through this instrument. At this time it is our honor to ask if there might be any further queries to which we may offer our humble opinions in the attempt of being of service. Again we remind each that that which we have to offer is that which we have found in our own journeys to be helpful, yet we would not suggest to any that we are infallible. We would request that each take that which rings as truth and use it as one wills, leaving behind that which does not ring of truth to the self. Is there a query at this time?

Carla: I have a very quick query. Were you, or was a Confederation member working with H2? Right at the end of my contact I became aware of it and I was just checking my accuracy.

I am Q'uo, and we were offering the conditioning vibration to the one known as H2 as a link between the one known as H2 and those of Oxal, which were pleased to make a renewed contact with this instrument.

Is there another query?

Carla: I guess I do have one question, and that's just this. H1 and I had been talking all afternoon, off and on, and the question of relative ethics versus absolute idealistic ethics came up and we were sort of tossing it back and forth, and from what you say, you depict the Earth scene as one in which no absolute is possible, that it is an illusion, and thus by its very nature relative. Is that an accurate perception, or is it true that even in an illusion things work in a mathematically metaphysical manner?

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I am Q'uo, and am aware of your query, my sister. Within your illusion, the range of sight is limited by the great veil of forgetting, which effectively separates the conscious and unconscious mind, so that when one looks upon one's experiences and daily round of activities, one sees with the accumulated experience of this life only, and though there may be those ideals which such a mind may hold and see as absolute in their purity and may indeed attempt to move in harmony through each daily experience with such ideals, yet within the limits of your illusion, each ideal is colored with the limitations of the perception, the limitations of the incarnation, for by so limiting the self, the attention may be drawn ever more closely and more carefully to certain balances, distortions, lessons and directions that, worked upon successfully, aid an entity in its overall evolutionary process by making the experience specific and intensively experienced, so that it is set or driven within the personality. This is the great benefit of the limitation of the viewpoint.

Yet on the other hand, as you would say, the difficulty that such limitation presents is removing from the consideration of such an entity the wider point of view that is more informed, shall we say, and which partakes more purely of those qualities that are the ideal of thought and action.

Thus, each thought and action within your illusion is achieved in intensity and purity by the limitation of the viewpoint, and at the expense of the wider point of view. Yet, there are those times between the incarnation when the wider point of view is brought to bear in order that that which has been learned in previous experience might be the foundation for that which awaits the learning in future incarnational experience. Thus, each seeker of truth within your illusion is as the one upon the long journey through darkness with but a small candle to light the way, seeing only what is within the light given off by the candle of hope and faith. And within such a circumstance can those fine adjustments of perception be made that aid the seeker to take each small step upon this great journey.

May we speak in any further fashion, my sister?

Carla: Certainly not any more inspirationally. Does the end ever justify the means, or is this question in itself one which belongs in the area of worldly ethic?

I am Q'uo, and we view this query as one which does not have great application to those entities which move within your illusion, for in order for any goal or end of action and thought to justify the means by which the goal, action or thought was attained, one would need the wider view in which all elements and ingredients which are part of such thought and action might be clearly seen and much—most, in fact—of that which is an integral part of your experience within this illusion is hidden from your sight. Thus it is that we have often said that it is the intention, the motivation for thought and action which is that of most importance, for within your illusion there is not the ability to see wisely and to act according to clear seeing. Thus, the pure intention is that which is of most importance for you within your illusion at this time.

May we speak in any further fashion, my sister?

Carla: No thank you, Q'uo. Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: I have a question. I would like to know what part fear plays in my life. I mean I know that fear is there and it certainly drives me. I'd like you to speak about fear a little bit.

I am Q'uo, and we find that we have been asked to move into an area which is quite large in scope, but will attempt to be brief in its discussion.

The concept of fear is a concept which has its root in a more basic concept, and that is the separation of the self from a significant part of the creation. When an entity finds that its point of view operates from this basis, then there is the possibility of viewing another portion of the creation as not only being other than self, but of being in some way threatening to the self and in some way hindering the movement and choices and potential of the self. When such a root perception has taken hold, or been taken hold of, shall we say, by an entity, this quality of fear then may become a secondary source of motivation for thought and action. Secondary, we say, because though it may indeed motivate an entity to move in a pattern which in the overall sense may aid the entity in many ways in its own growth and serving of others, yet is a distortion of the greater means of motivation which is available to each entity in the form of the feeling of an harmonious balance and flow of energy between the entity and each portion

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of its environment and the natural desire to move into that harmonious environment that comes from the feeling of harmony with it.

Thus, when an entity finds that there is any kind of fear within its pattern of experience, the entity may find not only a source of motivation to thought and action that may serve it well for a time, but the entity shall also find upon further investigation of that which is feared that there is a greater opportunity to explore the nature of the fear to the point that the feeling of separation is identified at the point within the incarnation in which it was first experienced. And through such discovery the entity may then seek to balance that fearful experience with one which views that previously feared in a more accepting and compassionate light, for the outer environment is a mirror in which each seeker may view a portion of its own self and respond to that outer environmental segment or experience, as it is a portion of the self.

Thus, each sees its world, shall we say, through eyes that see inwardly and project outwardly and respond to that which is seen in a manner which allows the learning of certain lessons that have been programmed previous to the incarnation. Thus, many entities may look upon one situation within your illusion and see as many interpretations for that situation as there are entities viewing it.

Thus, the experience of fear is that which needs be approached with the same loving acceptance and looking forward with eager opportunity as any gift that one may present to the self or another, for each portion of your experience is a portion of yourself which exists in order to reveal itself to you.

May we speak in any further fashion, my sister?

Questioner: I feel like you've answered my question very well. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we would thank each for inviting our presence this evening. And thank each as well for those queries offered to us, for they are as gifts which allow us to perform our humble service and to walk a distance with you upon your journey of seeking, and for this great honor we are most humbled and privileged. At this time we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation

June 22, 1988

(Unknown channeling)

I am Hatonn. I greet you in the love and the light of the infinite Creator. It is a great privilege once again to be with this group and to focus with you upon the development of the ability known as channeling. The one known as Laitos is also with each of you and will be working to aid in deepening the level at which each of the instruments is working, relaxing, focusing and allowing the energetic thought forms, which become words when put into the conscious mind, to form. To be at once energized and focused and relaxed and dreamy seems a great paradox and yet, as with all spiritual paradoxes, the dynamic tension betwixt these two simultaneous states of mind create a consciousness that is capable of receiving and sending information of a sort much desired among your people at this time. Information which inspires, information which offers a way to seek ever more steadily and with ever more passion that great and unimaginable Creator Whose Thought we view in each density, for each of you is a thought and each of your creations, your own creation and none other.

We would like to speak about love and we shall be transferring frequently. Because of this use of technique, we shall be identifying ourselves to each of you mentally and we shall be expecting your challenge. However, it is not necessary to begin and end each portion with the spoken signature as we work at this time now not upon accuracy of perception, but upon adjusting the feeling tone of each channel to the highest, the best, and the most comfortable that it may stably be. It is the allowing of fluency which we are encouraging each channel to allow during this training session. We shall begin.

"My love is like a red, red rose." We gave this thought to this channel, aware that the instrument would question it. And well she may. Yet during the channeling process, once contact has been established, it is unwise to question. It is unwise to interrupt. Let us look at the love and its symbol. That which is created is pure beauty. Yet its attainment is often met. We direct this instrument is often accompanied by the sore fingers one gets from the thorns which accompany each rose. So is love a beauty, but not an easy beauty. Rather a beauty which may create both infinite joy and temporal pain. Such is the nature of love expressions within your density. Each of you is a hunter in search of its prey, that being love. The trail towards that true and whole love, which is the Creator, begins with the word as it is used among your people and the most shallow of images, which the sentimentalization of that word has produced.

We shall transfer now.

(Unknown channeling)

Be love, that most of your people's experience in a lifetime is that which [coaxes] that which we call love, for within your vision there is no other possibility other than the distortion of that which you call love, as each attempts in his own way to approach a clearer experience and understanding of what it means to love and to be loved. The experience of romantic love, as it is called, is that which is new in a relative sense for most people of your culture and is that which is a further refinement upon the kind of love that builds its base upon devotion and commitment. The idea that the emotions might add their portion to the concepts of love is both a refinement of that which has been known as love among your people and a distortion of that which we see as the [giving] of self without condition to all who seek in service or interaction *(inaudible)*. And is an experience which from our point of view enhances the generation of catalyst among your people, for the concept of romantic love is that attraction which brings together those which might learn each from the other. However, we find that much disappointment follows many who do not find this quality or portion of love remaining in a strong and steady fashion in its manifestation in any relationship.

Yet, by involving the emotional aspects of each entity, the catalyst that each has to share with the other is made more vivid, more pure and is therefore driven more deeply into the conscious mind that one might consider more pointedly that which is to be shared and how it shall be done.

We shall transfer at this time.

(Unknown channeling)

(Singing)

(Ellipses throughout the rest of the transcript represent inaudible channeling.)

In the love is … aspects in … each of these times in your modern language … you tend to use a single term of love that … consciously experiences … in your consciousness of … attracting, imagining of Creator … your experiences of emotion is a gift which also point in … is to say that your experiences involve … expands your consciousness … enable you to contact … which makes us … the source … the opportunities in your eyes are … emotions that you call …

To live along the ladder of realization is about love. It is helpful to view what love is for that which we call love is all things seen and unseen, all things everywhere, all consciousness, and all knowing. Love lies not only in the sentimental, not only in the romantic, and indeed not only in those sufferings of love which cause the pricked finger from the touch of the rose's thorn, but, rather, love is to be seen in every possible substance within the universe, no matter what it is, no matter what its connotation to a particle of consciousness such as yourselves.

Not only are the fresh vegetables and fruits that you eat divine love, but also that which is excreted after that which your physical body needs has been removed. In fact, one may see your illusion as a swirling mass of love constantly rearranging itself into various patterns in a coherent and intelligent manner. How then does one come to see the love, which is in each moment, in each challenge, in each difficulty as well as in each happiness? How can one see that love is equally at work in peace and in war, in richness and in poverty, in saintliness and in the blackest soul?

We transfer at this time.

(Unknown channeling)

There is in love the power to create. This is the very essence of that which we call love. Within this creative power is the necessity of what one may see as the mover and that which is moved. There is the further refinement into those qualities you see as that which is good and that which is evil. That which is radiant and that which is black. That which is male and that which is female. By these polarities, or should we say by this polarity, and its many expressions is all of what you know as creation set into motion and through this creative motion does the Creator experience that which is Itself creating and creating, recreating ever more varied and pure forms, portions of Itself that allow It to experiment and to know what it is to be. In just such a way is each conscious entity within the creation able to know this very same thing: what it is to be, to move, to be moved, to love, and to be loved, to experience, to grow from experience and to create the self ever new. All creation moves through this polarity.

Thus does each portion of the creation then find avenues for knowing the self, the creation and Creator. All of this is accomplished by the power of love, which moves every particle of your existence

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and in whose field of force and flow one is always moving in harmony, whether one is consciously aware of this movement or of the harmony or not.

Yours is the dance to experience the self-conscious aspect of love and to refine this aspect into a selfless kind of love that learns to move beyond the boundaries of that which you identify as your own self and your sphere of influence, shall we say.

We shall transfer.

(Unknown channeling)

Every action that you take is an expression from the Creator's … for are you not … Creator? Love in itself is perhaps more properly said that Creator is love … the expression of consciousness … some simplistic explanation … is that … many of the people on your planet, even those who express love … to others fail to accept the example of the Creator's … each to love himself or herself … love is like a flower that blossoms and … heals the self and … acceptance of the self …

We *(inaudible)* men see the beauty of the full-blown rose. They may well feel that love is to be sought in higher and higher realms that are further and further away from the imperfections of the self and many are the seeking souls who ask the Father to show them love as though it were something that was brought in from outside to be beheld as on a screen so that one may know the truth. And yet we say to you, that if the whole of love is infinite, then each of its parts is also infinite. We say to you that you are not only the beholder of the rose but also the rose, the mysterious rose, the rosa mystica, the rosy cross. This is your inner nature; this is your seed.

To encourage a seed one offers it the manna of sunshine and water. The seeds of love will grow in you as you pay attention to the most mundane and everyday duties and responsibilities, pleasures and pains. The suffering you may see as the dead portion of plant or animal matter that has been sloughed off, excreted, removed from its roots and left to move back into the larger infinity of the impersonal love. The attitude informs the eye rather than the eye, the attitude. Thusly …

(Side one of tape ends.)

(Unknown channeling)

Thusly, it is in working with the tools and resources of meditation, contemplation, the listening ear, and the eager mind that love may begin to bubble within and call to the love without so that infinity may begin to hollow a channel through the soul of each seeker. If the love within is unmoved, the reception of love from without shall be hollow, not finding the answer within which produces joy under any circumstances. May we encourage each of you to practice love. Some have called this the prayer without ceasing. We call it observation. More and more use those tools which feed you on a daily basis, which instruct you to move the mind to its center, to its peace, its joy, and its understanding that when the eyes see that they may perceive in a certain way, a way which renews and transforms that upon which the eye has fallen. The eye which sees through the illusion of each perfect petal and each sharp thorn of the rosa mystica, which is the valley of the shadow of death.

Gaze at the incarnation before you. Gaze quietly and realistically. All of the dance of this illusion is a dance rejoicing in life and rejoicing in death for each of you in incarnation have come from infinity and shall move again into infinity at the end of the time allotted for your lessons here. May you find the bubbling spring of love within, the God-self, if you will, that calls and desires with purity to infinite love that there may be a renewing of passion, a caring, about each moment of life. Such enthusiasm is infectious. Love may be transmitted from person to person and as one person and then another joins the host of those who seek to move in harmony with universal love more and more may the face of the earth be renewed. And the Creator ever more gladdened.

We are most pleased with the new instrument's progress. The earnest attempt to tune and to be sure by challenging that the spirit contacted indeed comes in the name of the in-service-to-others polarity. We are pleased and honored and would now transfer to the one known as Jim in order that any questions that may occur may be answered to the best of our humble ability.

I am Hatonn. I now transfer.

(Jim channeling)

At this time it is our privilege to ask if we might serve further by attempting to answer queries that may remain upon your minds.

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Carla: I have one that is kind of a burning question to me right now. I expect you to answer, if at all, in a general fashion, but my experience is specific. I am experiencing an enormous desire to spend a great deal of money on clothing. I have experienced this for some months, actually since I realized that we simply did not have the money to spend on clothing that we used to. I have been unable to determine that there is any worth to this desire and am yet reluctant to call it entirely error because I do respect myself. This situation where I am covetous of money for the purpose of such petty purposes as buying clothing is concerning me about my spiritual path and I wonder if you have any comments to make on this kind of situation.

I am Hatonn, and our only comment, my sister, is the comments that we would give to any expression that seems to find its roots outside the self. In this particular case you seem to your own discernment be seeking the adornment that will enhance your appearance in a visual fashion. We would suggest to each seeker that would experience such a yearning, that the yearning be seen to be a symbol, a riddle, if you will, a trail, which may be examined and a deeper meaning uncovered. This may be done either by the simple mental process enhanced by meditation and prayer, contemplation, or by the addition of the actual pursuing of this desire in addition to the foregoing methods. The desire is that which offers an insight into the self in each such case.

Is there another query, my sister?

Carla: On another subject, yes, and I thank you for that answer. It is not an easy one, but certainly offers a pattern of working with it. The other question is similarly specific and I similarly expect you to generalize. I have experienced sexual infatuation many times and what I considered at the time to be an experience of being in love, once when I was 17, 18 and 19. When that experience was ended for me, I assumed that that was the love of innocence, which I would no longer feel and for over 20 years this was, indeed, so. My love for people was steady and strong and for those with whom I was intimate, most loyal and sturdy. And above comfortable in the sense that I did not feel helpless in the face of emotion. In the middle of my forties, I find myself once again experiencing that which is either sexual infatuation or being in love. However, unlike my younger days, I experience this not as a steady state, but as an extremely unsteady state, which resembles at times an emotional roller coastal. This has caused me to doubt my perceptions somewhat and to question the nature of what we call romantic love. Is it an illusion within an illusion? Is it indeed sexual infatuation carried over a longer period of time? Or is it something that occurs as a natural form of universal love?

I am Hatonn. And you ask me clearly [that] which is most thoughtful and considered and offered for our consideration as well. We may suggest at this time that the emotional aspect of the experience of love which you now are in the process of examining is in a close manner connected to your overall experience of love and its application to your personal identity. We apologize but we are having some difficulty transmitting these thoughts to this instrument. The symbolic nature of all experience must be kept in the corners of the mind when attempting to evaluate the value of any particular experience upon your life pattern. And again, we would turn your gaze inward, not wishing to negate that which you feel for another, but wishing your focus to include the self and its need for and deserved nature of love.

We hope that we have not spoken too specifically in this case for we do not wish to influence your free will in too great a manner and will simply ask if we might speak in any further fashion?

Carla: Using my intuition, and thinking upon that answer, I would simply ask you to confirm the following possibility. I believe that I came here to give, not to receive, and I believe that in the environment and relationship with which I am experiencing these feelings, this extremely deep level of love may well be the one thing which I may give to my other self which is a truly selfless gift. And, therefore, a gift which balances the extreme amount of love offered to me. Perhaps balance is the wrong word. But I will let it rest and ask for a confirmation of that, if it is indeed on the right track of what this emotion is doing in my life at this time. In other words, that it is not for me, but for the person to whom it is given freely.

I am Hatonn. And we would suggest that the track of thinking is that which may be pursued in your continued deliberation and may provide further insight if the further ramifications with connection to the self are explored.

May we speak in any further fashion, my sister?

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Carla: Meaning love for myself as well as love for another?

I am Hatonn. And this is the correct message.

Carla: You have been very helpful to me. Thank you very much. I have no more questions.

I am Hatonn. And we thank you, my sister. Are there any further queries at this time?

Carla: God bless, Hatonn. God bless, Laitos. Thank you.

I am Hatonn, and we thank each as well for the opportunity of working with each and of sharing our journey at this time within this circle of seeking. We have been with each and shall continue to join each upon request within the meditative state. At this time, we shall take our leave of this instrument and this group, meeting each, as always, in love and light of the one Creator. We are those of Hatonn. Adonai, my friends. Adonai.

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Intensive Meditation

June 29, 1988

(Carla channeling)

I am Hatonn. I greet you in the love and the light of the infinite Creator. It is, as always, a great blessing and privilege to meditate with you and to engage with each channel in the study of being and the craftsmanship of listening and speaking with minimum distortion that which is heard.

As we gauge the energy level in this circle this evening, we find a malaise … a lack of passion. Do not think that we say these things to criticize you, but merely to hold up the mirror to the face. We know that each of you is deeply passionate, deeply caring, deeply wishing to serve. And so this evening we would speak with you about what this instrument would call passion, and what we would call the fusion of free will and purified emotion.

We shall transfer this channel to the one known as D. I am Hatonn.

(Pause)

(Carla channeling)

I am Hatonn. I am again with this instrument. We find that the instrument known as D has much concern within the mind which is creating difficulties for the channeling, and in this way becoming what this instrument would call a self-fulfilling prophesy. Therefore, we will use this instrument to speak for awhile about this all-important subject.

Most often we discuss the love and light of the infinite Creator. In fact, in every discussion which we are privileged to share with those who seek to hear our voice, we speak of that which is all that there is, love and light. Yet these, like any other words, are cold and damp. It is passion, imagination, creativity, hope and daring which invest love and light and life with the energy needed to accomplish.

Let us examine passion. As we have said, it is the enclosure of two very powerful forces, purified emotion and that free will within the entity which chooses to stand behind that purified emotion. The most basic passion and perhaps the one most clear in the mind of each here, is sexual, physical passion. Because the body cannot speak, it is most often true within your illusion that true passion is felt in this way rather than in an intellectual or spiritual manner. This is as it should be, for it is the cornerstone of your carefully contrived illusion that physical passion shall bring people together.

Now, each of you knows those who are passionate about certain activities, and each of you knows within the self that each is passionately devoted to pursuing the mysterious face of a beloved but invisible Creator. In third density, that which you enjoy now, you are learning to experience using

time. In time, there is the capacity to either intensify what one thinks or to disperse what one thinks, to intensify a feeling or to disperse a feeling. In time there is the making of choices, the finding of one's own passion, one's own heart, one's own true ground of reality. It's not an easy task, for emotions must be purified to a certain extent and the will brought to bear upon the desired object. Those who wish to be channels for love and light, regardless of what their service to others is, need to feed the intensity of their love for the Creator, need to allow time to feel the intensity of the Creator's love for each of Its creations.

The passionate affair that you experience with your Creator is an eternal passion, a holy and divine love, yet it is the free choice of any, no matter how well learned or seemingly advanced, to choose to intensify the life passion or to choose to relax and rest and let passion drift away upon a sea of detail and mundane activity.

There are exercises which hone the will and purify emotion. These exercises may vary from entity to entity. The most simply efficacious of them, of course, as we always suggest, is meditation. The will that drives one to a daily meditation is a free choice intensifying the emotion of love from the Creator, that a seeker pursues in the silence of meditation, in reading words of inspiration and contemplating them, or in prayer. Remember the saying of the master known as Jesus, "Let your yea be yea and your nay be nay," and find within yourself in a daily and dedicated fashion to recommit yourself as if it were your first choice to living and expressing as much of the Creator as you can. Vocal channeling is one way. There are an infinitude of other ways to serve your fellow man, but without passion to stoke the fire within, the energies which are locked in eternity find great difficulty moving through the blocked channels of the electrical and physical body.

Thus, we would suggest to the new instrument, and to all who wish to live what this instrument would call a Godly and righteous life, to embrace the self and the nature of the self, to embrace the risk of attempting to be of service, to embrace that courage that causes the coward to speak up for that which it believes. Passion may come to you; however, if the instrument is not tuned, that is, if it does not grasp that food which it needs to be who it is, that passion will be distorted and will become petty.

Thusly, we wish to encourage each by saying, in your meditations focus upon the love that you feel and the love that you are receiving in the eternal and infinite process which is real life. We realize that this may not seem at first blush to hold the key to someone who is making a decision about how to be of service to others. However, once the self has worked for some time upon developing an inner intensity, a fiery and creative love, and an awareness of the infinity of love and power and wisdom which come from the Creator, the person who feels these things will find the *(inaudible)* of self-doubt and feelings of unworthiness fall away.

There is no voice which is incapable of serving as inspiration for others through vocal channeling. We realize that some bring into this illusion memories which have been gift-given, by the self, to the self, for use in incarnation. We realize it may be discouraging to those who have not been born with such a gift to attempt by sheer practice and persistence to duplicate even one tithe of such inspirational beauty. Yet we say to you that there are many, many entities upon your sphere who wish to grasp their nature, who wish to know their Creator and the nature of their Creator, and who wish to understand to some small extent the nature of the relationships betwixt humankind and Deity.

Thus, one who is most modest, one who is facing a block, one who doubts the self, may certainly do so. It is not relevant to the choice, what is more relevant is the turning within to find the passion. Where does the passion within lie? In the answer to that question, the enormous power of the will is finally grasped and able to be directed as a magic wand, and the emotions purified through suffering and contemplation, through meditation and worship, are purified and whatever the central service is for each, the passion will tell the instrument its own nature.

It is, of course, a trick when you are encased in a physical vehicle which must needs be maintained in so many ways, to spend the time necessary in meditation. However, we find that where there is the will, the meditation follows. Not only during meditative periods, but again and again throughout the day and perhaps even the night watches, depending upon incarnational patterns at any particular time.

Do not accept yourself as a person caught in boredom or indifference. Do not accept yourself as

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less than a passionate, vital and creative being, a child of the Creator, with an infinite birthright. We would leave in this discussion an image with you concerning passion and service to others. If one group stands and hold hands together facing each other, each looks into another's eyes, the energy moves from left hand to right hand around the circle, in negative polarity service-to-self [direction].

What service to others is all about is taking that same group which, indeed, needs to be of service to itself, and encouraging its own members in their services to others, and turning each person outwards so that when the hands are again held and the energy [again] is moving from the left to right hand, the energy then moves clockwise, the service-to-others direction[2]. Realize that whatever your service is to be, it has to do with facing outwards and offering without any expectation what it is you feel you can do and may do to be of spiritual service to another. Never stop holding hands with those companions you have been blessed with along the way, and gazing into each others' eyes and enjoying the sharing of the group energy that feeds you, but always remember that those who truly wish to serve shall be turning vulnerably outward and offering the gift of self, with the Creator shining through, that light may be seen in a dark world.

What is each person's passion? Let each ask and then let each pursue that passion deeply, persistently, daily. If upon occasion one can find no passion within, do not be discouraged. It is simply time for the comedy, the laughter, the lightness, and the bubbling over which is the easy side of passion, the free side of free will. When you laugh, you are the Creator. When you serve others, you are the Creator, His face to another who knows the Creator not, but who knows you.

We would once again transfer to the one known as D. Realizing that the entity is apprehensive, I can only encourage this entity to feel free and easy and to allow that freedom to loosen the lips and engage the imagination, for we can only give concept; it is the channel's part …

(Carla channeling)

I am Hatonn, and am aware of the instrument's decision which we accept with grateful thanks for the opportunity to do the work we have done in adjusting to the instrument. We leave you with your choices, and we assure you too of an unfailing love and a source of creative inspiration in that if you ask us to be with you, so shall we be.

None of what we have said was meant to indicate that any should not channel. It is a point to encourage the process of knowing the self, so that which one does is done from inner conviction, from inner passion and not accepted upon authority from without, from us, or from any teacher whatsoever. We ask the one known as D especially to let the laughter come, to relax the tension, to feel the stress, like little electrical impulses, move down from the head, down into the shoulders, down into the arms, down to the fingers through the body, the torso, the hips, the legs off the toes. Relax and by all means avoid self-criticism.

We ask you clearly, each of you, to remember what you know already, that the statements you make about yourself to yourself determine your incarnational experience. Many new channels are caught in a trap which has been waiting for them since that time early in the incarnation when there began to be doubts about the self or stress placed upon the self that was seemingly more than could be borne. These occasions occur throughout the incarnational experience, but none affect the incarnate spirit like those experiences occurring in the early years of the incarnation.

Virtually each entity with whom we have worked—and we have worked with quite a few by now—has been blocked in what this instrument would call orange ray, that is, the relationship of the self to the self and the relationship of the self to another self. It is a feeling of relative unworthiness, relatively low advancement, a feeling that is persistent and pervasive, but untrue. That is, it is a distorted reflection offered to you by those about you which were very distorted. Now, at this moment, each is a free being and each has free choice.

[2] Carla: I had to do this physically to recreate the image fully in my mind. If one turns outward and holds hands around the circle, the energy is still moving from the giving hand to the taking hand, which the Ra is assuming is from the giver's right hand to the taker's left hand, or in terms of direction, from left to right, which becomes counter-clockwise. When the 180-degree turn is made and hands are again held, the energy still is moving from the giver's right hand to the taker's left hand, but the direction of flow around the circle has been changed from counter-clockwise to clockwise. Clockwise is traditionally the "deosil" or service-to-others direction.

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As long as each realizes this fact and as long as each attempts to carry that realization into the present moment, the process of work for your planet and for the raising of the consciousness of the people of the planet will go on. Encourage yourself and speak well of yourself to yourself. If there are wounds to be healed and errors to be forgiven in relationships, pray unceasingly, speak and communicate persistently, until there is a feeling of peace, a feeling of righteousness, a feeling of freedom. Let that energy become unblocked. That energy is needed for the challenges of being in service to others. That energy that is blocked is the deepest part of your passion.

May you find that passion, may you rediscover that passion each day, may you become more and more purified and intense until you have moved into that kingdom where the life experience is created by the self, not by reaction to outside influence from the illusion. The key, of course, is meditation, but we are equally desirous of expressing our beliefs that for each serious thought, each deep philosophical utterance, an entity must needs observe and laugh at the absurdities of the illusion, the dear eccentricity of humankind, the ultimate, bleak, black, but funny happenstance of life lived in the shadow of death. This is your legacy of a being incarnate in third density. Each of you knows you are eternal and it is for this reason you wish to serve. Find the passion in that and hone it as if it were a weapon, a weapon to pierce most sweetly the hearts of those ready to receive love and light and life and joy.

At this time we would transfer to the one known as Jim.

(Jim channeling)

I am Hatonn. I am Hatonn and greet each again through this instrument. At this time, it is our privilege to offer ourselves in the attempt to speak to any queries which might remain with those present. Is there a query at this time?

D: I'd like to ask you to speak a little more on meditation block. *(Inaudible)* returning good will *(inaudible)* meditation as welfare *(inaudible)*. A question first of all *(inaudible)* different purposes give meditations different, different [perfect] purposes *(inaudible)*. You say that meditation is a key and, of course, my purpose now is coming a better vocal instrument, more in tune with energies beyond my own *(inaudible)* energies *(inaudible)* becoming a less distorted channel. The meditation that I do at present is only about five minutes, and I wonder if that's enough time to be. A benefit of it, of course, is that I'm more likely to put in those five minutes a day than a much longer period. Can something effective be accomplished in that short of *(inaudible)* of time or would you more specifically name *(inaudible)* specifically my present goal, recommend my approach.

I am Hatonn, and we are happy to speak upon this topic, my brother, for it is one which is great in depth and breadth. To meditate, the will, as [you] have put it, is the primary factor which allows one to achieve whatever goal one has for the meditation. Thus, the time which one has to offer in this attempt is of less and even little importance, for if the desire be strong and the discipline be regular, then the foundation has been laid for the effort to construct the building as desired. Thus, we would encourage you to continue with your discipline and to complete it upon a regular basis in order that the desire continue to be exercised and to be strengthened through its use and continual expression.

The meditative state itself is one which is quite elusive to those who truly look within their own experience for the peace that passeth understanding, for within your illusion the daily round of activities repeating one upon another is so powerful upon the conscious mind, to the extent that one may truly feel at home, at peace, and within the center of one's own being. Being at the persistent practice of this art, may we say, is that quality which will allow one to continue to refine the meditative practice in order that the goal of the perfect peaceful practice [will be] obtained in whatever manner is desired by the practitioner.

Meditation, as you are aware, may be used for a number of purposes. Many there are [who] utilize that peaceful moment for the solving of a persistent problem. Others for the visualizing of healing or loving energy being given to those in need of such. Yet others will find the goal of their meditation to simply [be] the obtaining of a blank and quiet mind to listen, shall we say, to the infinite silence within oneself. Others, as you are being more well aware, utilize the meditative state for the purpose of receiving information of one nature or another, in one manner or another, in visual images, in feeling

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tones such as we have accomplished here this evening.

There are as many uses for the meditative state as there are entities wishing to find within this state, for the meditative state is one which might be seen as clear seeing or clear being, in contrast to the normal conscious mind activity which may be seen as the diffuse seeing or being, where the waters of the mind are much stirred by concern and activities that surround the entity as weather upon the sea moves the ship upon the waves.

Thus, within the meditative state one is able to calm the waters and direct the will and the mind in a much more efficient manner in order that whatever goal be deemed important by the entity within the life pattern, this goal, then, might be more clearly seen, visualized and examined in whatever means have the ability to present to the entity the experience or the product of the experience that it desires.

Thus, in your own practice of meditation, we would encourage you, as we have said before, to continue as you have with the regularity and to be not be overly concerned with the length of time during which this practice is accomplished but to remember always that the desire which you bring to the meditative state is that quality which will enhance your experience whatever your goal might be. In a grateful *(inaudible)*, we know we have little to offer in the way of refining or changing your practice other than to suggest the very basic rule, shall we say, of attempting to maintain the erect spine, and the location of the meditation in a disciplined fashion, that is to say, a particular place within your domicile or exterior wherever you find the atmosphere most conducive to that which you wish to accomplish. That you make of this place a place dedicated to that which you wish to accomplish during meditation and allow that place to be used only for that purpose, in order that the vibratory pattern which you set up in that location might be builded upon, shall we say, and become a resource that you may call upon each time that you enter therein to practice the art of meditation. You will at once be calling upon it and adding to it as you continue in this way upon a regular basis. Thus, you will have consecrated a portion of time and a place within your life pattern for a special purpose, the purpose of your own design.

We feel at this time that the suggestion will suffice for the comment upon your own practice and the description of the uses of meditation in general. May we speak in any further fashion, my brother?

D: Thanks, brother.

I am Hatonn, and we thank you, my brother. Is there another query at this time?

Carla: I have an experience that I would like to share with you and any comment you could make on it would be appreciated. There was a terrific amount of energy in the room when meditation began, and I got a name even before the music was half over and I was just calming down, I wasn't really in a good state yet, but I got this name and it was, sounded like "Kumi" or "Coo-me" or something like that. I challenged it and it wavered, so I challenged it again, with by that time a better state of focus and concentration, and it broke down into some pretty good looking snakes, and I've seen that before and just let 'em go away.

But this time I thought, no, perhaps I can do something better, so in my mind, I gathered all these snakes up and took them to me to accept the fact that the snakes were part of me and when I hugged them to my breast, they turned into Monarch butterflies and flew away and suddenly it was a sunlit, summer's day, with a breeze blowing and I was standing in a field. This lasted for the couple seconds it took for me to register the impression, and then I sort of walked the boundary of the room again in my mind and it was clear and the energy was calm again. Do you have any comment on this experience?

I am Hatonn, and our only comments this time would be to suggest that this experience is a good example of the ability of any entity to transform that which seems difficult or negative into that which is a thing of beauty, for within the entire creation there is no being other than the one Creator. Though in many disguises does the one Creator move, the attitude of taking the snakes within your own being in the welcoming embrace of love and compassion is the attitude which will serve each seeker best, in our opinion, when dealing with any difficulty, for the seeming difficulty and negative experience with which many seekers of truth encounter upon their journey are not encountered in order that the seeker be required to prove itself in any particular fashion or to make of the seeker any kind of victim, but

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these experiences are encountered in order that the seeker might be provided yet another opportunity to see within the face of another self and to welcome each experience as though the Creator stood before one and offered to one the fruit of experience.

May we speak in any further fashion, my sister?

Carla: No. Thank you very much, that was inspiring.

I am Hatonn, and we thank you, my sister. Is there another query at this time?

Questioner: No, thank you.

I am Hatonn, and we have greatly enjoyed ourselves this evening, my friends, for we feel that there has been a great deal of progress made by each instrument present. Though the program may be somewhat of a mystery to the one known as D *(inaudible)* that there has indeed been progress made, for as we just spoke in answer to the query of the one known as Carla, the seeming difficult situation is one which is also heavily laden with fruit for the entity that continues to look beyond the exterior of a difficulty and is able to use each experience which it encounters upon its journey in order to learn and to grow, and in this fashion enhances its ability to serve.

At this time, humbly and gratefully and joyfully, we shall leave each in the love and in the light of the one infinite Creator. We are known to you as those of Hatonn. Adonai, my friends. Adonai. ♣

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Intensive Meditation

August 1, 1988

(Carla channeling)

I am Laitos, and I greet you in the love and the light of the infinite Creator. We are going to make this instrument's voice louder, so that we may be heard. We will attempt to remember to influence this instrument to speak louder than usual. May we ask at this time if all are able to hear? Very well.

What a privilege and blessing it is to us to be with you, my friends. We waited a few extra moments, for each was adjusting to the novelty of meditating in brightest noonday, for such seems the light within this room due to the television equipment. However, it did not take very much extra time for each to settle into a circle of seeking; a circle that rises highly to the sky and beyond the ethers; a circle of light that seeks and calls; that call we see and that call we answer. We are always pleased to work with new channels, and we greet each of you as colleagues and partners in the great work of enabling the spiritual growth of humankind. As this instrument has said, there is only one message, there is only one truth, but there are an infinite number of ways to express that truth. Thus, each new channel to us is an infinite treasure, an unique collection and organic system of biases, experiences, notions, thoughts and ideas which we may move through in a fashion no one else could possibly perceive. We, who speak to this instrument, will be the same which speaks to each instrument. Yet, each instrument will add its own flavor, its own consciousness to the contact during the time each entity is channeling. So let us begin.

We would at this time begin very simply. We would simply make ourselves known to each of you. We shall do this first in a silent manner, and you may expect feelings of adjustment, either psychic or physical, as we find the ways to fit into each instrument's unique vibratory pattern. We do come through the energy at the top of the head, at some angle. Each of us comes in at, shall we say, a different metaphysical angle, but you may wish to view this specifically as it is a concept easier to grasp in a specific manner than in a metaphysical one.

Thus, we shall simply be adjusting to each of you during this pause. We ask that you do not fear us, but simply remain passive and allow us to attempt to adjust within so that when we do work with you in the vocal channeling, you will feel the least discomfort possible, even the first time. We do not wish to cause any discomfort. At the end of that time, we shall again move around the room, offering each new channel an opportunity to hear and respond to the announcement of our name and that in which we come, that is, the love and the light of the infinite Creator. This is our statement of who we are, and we do our own challenging of those contacts among your Earth people that we do use. So you see it is a true partnership; one in which perhaps we

supply all the concepts but certainly one in which the conscious channel makes a substantial contribution of vocabulary and thought. For this great effort, for this desire to serve, we thank you. And now we shall pause for this period of adjustment. I am Laitos.

(Pause)

I am Laitos, and am again with this instrument. We would like to observe that in two cases, the entity Hatonn, as well as those of our community, were working with the new channel that is the case of the one known as R and the one known as M. The one known as Hatonn as well as ourselves were doing adjustment work, as there are some cases in which one vibration will seem to be somewhat easier to accept than another. This might have caused a bit of confusion, if so, we apologize. We shall be moving about the room again at this time, and we ask each, when each hears the phrase, "I am Laitos," to put all thought aside and repeat that which has been perceived. We ask that there be no exploration, examination, or analysis of that which has been put into the conscious mind in the present moment, within the context of the channeling, for once there has been the tuning and the challenging, it is time to surrender to the greater self in each of us, that together we might serve the Creator. I am Laitos.

(Pause)

I am Laitos, and I am again with this instrument. We see that perhaps we are lacking in offering the confidence of the naming. Thus, we shall name that entity to which our energy is directed. We move first to the one known as Jim. I am Laitos.

(Jim channeling)

I am Laitos.

(Carla channeling)

I am Laitos, and would move at this time to the one known as J.

(Pause)

I am Laitos. We shall continue working with the one known as J, and meanwhile move to the one known as R.

(Pause)

I am Laitos. We shall move on again at this time while continuing to work with the one known as R. And would at this time contact the one known as E. I am Laitos.

(E channeling)

I am Laitos. *(Inaudible)* to you.

(Carla channeling)

I am Laitos, and we thank the one known as E for being lionhearted. We would move now to the one known as M. I am Laitos.

(Pause)

I am Laitos and I am once again with this instrument. May we say to the one known as M, that there were two times when the instrument came very close to apprehending the process excellently. And we encourage the instrument, for there is progress from the first adjustment. We would now move to the one known as K. I am Laitos.

(K channeling)

I am Laitos, and I greet you once again …

(Carla channeling)

I am Laitos, and am once again with this instrument. We shall move about this circle once more, attempting further to adjust our contact with those who have not perceived our signal clearly enough to speak forth. May we say to each, that there is no shortage of doubt within the context of any endeavor undertaken in the area we are mutually interested in. Although there are no doubts from our side to yours as to the reality of this service and this process, yet there are doubts as to our fundamental service, for the subtleties of service to others is great. Yet, we urge each to be confident, to refrain from analysis and to grasp our signal enough to repeat that name which we are known to you by. We would once again attempt to make first contact with the entity known as J. I am Laitos.

(J channeling)

I …

(Carla channeling)

I am Laitos, and we would apologize to the one known as J. We find we have blown her circuits. We shall attempt to step down our signal but caution this instrument that each time the energy is felt, there will to a lesser and lesser degree be a feeling which this instrument would call a rush. This energy is the energy of a somewhat mismatched connection,

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and we shall be attempting to correct for comfort each time that we contact this new instrument. We thank the one known as J and again apologize for discomfort.

We would at this time transfer the contact to the one known as R. I am Laitos.

(Pause)

I am Laitos, and we thank the one known as R. We would say briefly to this instrument that all is not as it seems. It seems that the production of this verbalization may be self-willed. We ask this instrument to allow this ambiguity to continue without concern. The beginning of the process is not the end of the process. The first contact is not the ultimate contact. There is a settling period with each new channel, there is the growing of confidence. May we say to this instrument, that which occurred was a real contact and we are well pleased, and though respectful of each opinion, we may say from our point of view we are quite real and the contact with the new instrument was most satisfactory.

We would move to the one known as M at this time. I am Laitos

(M channeling)

Laitos …

I am Laitos, and perhaps you are getting tired of hearing my name by now, but perhaps there are questions you would like to ask. We are extremely pleased to have begun our work together. No matter who else is with you during this process, we offer ourselves at all times to you as strengtheners of meditative states and as comforters, for we are those of love and it is our dearest pleasure to offer support and service to those who call. We would at this time transfer to the one known as Jim, that those questions which you may have may have the opportunity for the answering. We thank each, we are pleased with each, and we look forward to more work together in the service of the infinite Creator. We now transfer.

(Jim channeling)

I am Laitos, and greet each again in love and light through this instrument. At this time we would offer ourselves in the attempt to speak to any further queries which those present may offer to us. May we speak to a query at this time?

Questioner: Can you explain in some detail what was happening when my heart rate speeded up when you were trying to contact me?

I am Laitos. As we approached your aura, or auric field, you were aware that contact was potentially possible at that time. The combination of your anticipation and our misjudgment of your finer sensitivity caused the resulting blend of our vibrations, and yours, to manifest itself in the physiological racing, shall we say, of your heart. This, for you, at this time is a means by which you are able to alert yourself that you are about to engage in a service which you desire to offer as a service to others. However, we hope in the future that we are able to blend our vibrations in a manner which will minimize any possible discomfort. We do apologize for any discomfort which we have inadvertently caused.

May we speak further in any fashion, my brother?

Questioner: I'm trying to remember the way that two or three phrases that I saw flash in my mind arrived [at the scene]. It seems as though they spell the, "I am Laitos," and "Laitos is here," of the first contact. I wondered about [that] several times because [there's] nothing spoken and there was no visual picture, so to speak, with more like a written sentence. Does that make some sense to you?

I am Laitos. Each instrument, whether new or experienced, will perceive the initial contact in a manner which is acceptable to the conscious mind as our contact is filtered through, or should we say, transmitted through, the subconscious mind. We were desirous of speaking our simple identification through each new instrument, and when we have the opportunity of working with your instrument we were perceived in the manner in which you have described. As a function of your subconscious tendency towards trusting the written word within the self, shall we say, that you could read that which was about to be transmitted was the further means that you were able to utilize to verify to yourself that a contact from without yourself was being made. Each instrument shall find a manner of perceiving any such contacts such as ours that will make sense, shall we say, to that instrument according to its own nature.

Is there another query, my brother?

Questioner: *(Inaudible)*.

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Questioner: I have a query. I … this period of meditation before, I had it very dramatically this evening, where my head is pulled back so that my eyes are looking straight up, [if] they were open, they'd be straight up. It's not a comfortable position. I ultimately had to pull my head back, and then it would fall down to my chest. I'm wondering what is the reason for this *(inaudible)*, and can you suggest if something needs to be done and how I can make it more comfortable?

I am Laitos. We would suggest in each session of working during which you wish to exercise your instrument that you request to us, or to any entity working with you, that your positioning of your head be that which is comfortable to you. We would further suggest that this request be given not only to any entity wishing to utilize you as an instrument but that this request also be given to your own subconscious mind which has found some necessity for preparing for the anticipated contact by bracing the physical vehicle in the manner in which you described. As any entity such as ourselves works with each new instrument, that entity will assess both the conscious and subconscious desires of the entity, whether the desires might be logical or irrational, in order that our vibrations might blend in a manner which is most suitable and comfortable to the new instrument.

However, in the case of many new instruments, the novelty of the experience of serving as a vocal instrument will call from the subconscious levels of mind complex a certain configuration or anticipation that will serve to ready or prepare the new instrument in a certain fashion. If the resulting blend of our vibrations with the instrument's vibrations causes discomfort in any way, then we suggest the request on the part of the new instrument, both to the contact and to its own subconscious mind, that a more comfortable configuration of the blending of vibrations be attempted.

May we speak in any further fashion, my sister?

Questioner: Thank you very much.

I am Laitos, and we thank you, my sister. Is there another query?

Questioner: Could you, tell my why I think that [I stutter]?

I am Laitos. And we notice the repetitive nature that you call stuttering is somewhat apparent as you seek to assure yourself that the contact is actually occurring, and seek to do this by repeating it one layer upon another, in an almost simultaneous fashion. We would suggest that as you continue to exercise your instrument that the ability to relax and to speak without analysis and to gain in the confidence will allow the more normal speaking of those thoughts and concepts which are being transmitted through you.

May we speak in any further fashion, my sister?

Questioner: Thank you.

I am Laitos, and we thank you. Is there another query?

Questioner: I would like to press that on just a little bit further, because I felt that there was an uneven energy flow, and that—that was, I mean, I felt an uneven energy flow at that time. And, is that another way of saying what you said?

I am Laitos, and this is correct, my sister.

Questioner: OK.

Is there another query at this time?

Questioner: Laitos, for me, I saw the words clearly, "I am," and did not see the name Laitos. Also I felt energy flush more like thermal, more like a heat flush, [and a] racing of the heart, or any other physical manifestation. I also found it interesting that twice, the first time around, twice, I perceived something and your *(inaudible)* suppose was apprehensive but it was twice and it seems to me, it's going to take me a while for this. Will it become clearer?

I am Laitos. Yes, my brother, as you continue to practice the art of offering the self as a vocal instrument you will find that the apprehensions begin to dissolve and the validity of the contact increases. However, each new instrument will find a varying amount of practice and experience is necessary in order to gain the level of confidence that will allow the concepts to be perceived and transmitted through your instrument in the fashion which is most comfortable to you. There are those times in any instrument's service when the doubts and apprehensions again appear in order that the lessons of learning to surrender the self in the faith that there is a service of a positive nature to be

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rendered, to be accomplished, may proceed in a more firmly established manner. Thus is each foundation stone placed and set within the being of each entity desiring to serve as an instrument. The realignment of each foundation stone is the work of the continual practice that each instrument is able to achieve through a period of time.

May we speak in any further fashion, my brother?

Questioner: I found that the spelling of the word, the words, "I am," mechanically were in a—"I" was upper case, rather, capital letters, and "am" was a lower case letter. Am I dissecting properly how it works for me individually?

I am Laitos. It appears that you are doing that which you surmise as a result of the cultural teachings that you have been exposed to in which this is the proper form for a sentence.

(Pause)

(Jim channeling)

I am Laitos, and I am again with this instrument. Is there a further query at this time?

Questioner: … [puts on] in the adjustments to M and myself, who in the initial phases of contact?

I am Laitos. To each instrument is drawn those entities which are most able to offer the services which each new instrument requests either in a mental sense or by the general nature of the beingness that is the new instrument. Those of Hatonn found that your instrument, and the one known as M's instrument, were able to be aided in the deepening of the meditative state by those known as Hatonn. From time to time, we of Laitos shall be joined by those of Hatonn as well as other entities within the Confederation of Planets in the Service of the Infinite Creator in order that the instruction in the vocal channeling might proceed as smoothly as is possible for each new instrument.

May we speak in any further fashion, my brother?

Questioner: During that test, I had sensation in the lower part of my legs, very briefly, but very abruptly, and in the left rear portion of my head. Does that reflect some of the adjustments that you were making and can you be specific about how? They didn't repeat.

I am Laitos. The physical sensations that you have described are what we might call a side effect of the blending of the vibrations of those of Hatonn with your own. The blending of the vibrations of any contact with a new instrument, or any instrument, is a blending which occurs primarily within one of your energy centers or chakras. However, as the blending has the purpose of aiding and the deepening of the meditative state, there may be a residual or sideeffect of that deepening of the meditative state through one or more of the energy centers. The areas which you have described are merely likened unto the waves that lap upon the shore after the boat has passed.

May we speak in any further fashion, my brother?

Questioner: Thank you.

I am Laitos, and we thank you, my brother. Is there another query at this time?

J: Laitos *(inaudible)* I would like to ask a question about what you meant by my circuits were blown?

I am Laitos. This is a phrase which we find that is popular among your peoples to describe a situation in which the contact with another energy source has momentarily disabled the entity perceiving the energy. It was our perception that our blending of vibrations with your own had momentarily disoriented your perception of our vibrations.

May we speak in any further fashion, my sister?

J: Is there anything I can do to aid you, that this doesn't happen again?

I am Laitos. Again, we would simply recommend that the request be given to us by you that we seek to blend our vibrations in a manner which is more comfortable. We are as inexperienced in blending our vibrations with the instrument as a new instrument is in perceiving and speaking those concepts which we transmit. We are able to ascertain a general vibrational frequency with the necessary anomalies in each instrument, but in many cases are unable to specifically adjust our vibrations to each unique facet of a new instrument, and therefore request that each new instrument give us a feedback, shall we say, and request adjustment in such and such a fashion, in order that we may blend our vibrations in a manner which is mote comfortable to the new instrument.

May we speak in any further fashion, my sister?

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J: I also experienced some cluttering of my *(inaudible)* or vibrating, it was [not] uncomfortable. I was wondering if this was the same kind of effect as my head tilted back or if this was some kind of a signal of contact?

I am Laitos. Each instrument will feel a certain set of physiological, mental, emotional or spiritual sensations that will be a combination of the blending of our vibrations with yours and the new instrument's eager and perhaps somewhat anxious anticipation of that blending. There is the usual increase of flow of that substance we find you call the adrenaline that any performer, shall we say, will experience before taking the stage. This is natural and is of little concern unless there is discomfort associated with this anticipation.

May we speak further, my sister?

Questioner: Ah, no thank you, it's been very helpful.

I am Laitos, and again we thank you, my sister. Is there another query?

Questioner: I felt [at] the beginning [of] the session that was as a *(inaudible)* contacting me. Can you tell me about what was going on, and, if not, what was?

I am Laitos. And we find that those of *(inaudible)* have had contact with your instrument not only this evening, but in previous evenings of your private meditations in order that you might become acquainted with these entities who await your desire to serve as a vocal instrument for their thoughts as well. You have exercised your instrument sufficiently in your training that you have now become able to perceive additional vibratory frequencies, and the way is now open for you to serve as an instrument for these entities as well, according to your own desire.

May we speak further, my sister?

Questioner: No. Thank you very much.

I am Laitos, and we thank you, my sister. Is there another query?

Questioner: I have one that breaks from the intensity somewhat, and it may be a two part question and *(inaudible)* answer it first. Is Laitos a social memory complex, an individual entity, a portion of the social memory complex?

I am Laitos, and when you speak to those of Laitos, you speak to a social memory complex, or grouping of entities that are as one in the seeking of the love and light of the one Creator. However, for the purpose of the working with this circle of seeking or with any such circle of seeking, we speak with an individualized or as an individual portion of that social memory complex. However, we are complete in our nature so that when you speak to any portion of those of Laitos, you speak as if *(inaudible)* all portions.

May we speak further, my brother?

Questioner: OK then, it precipitates what I have to ask in the second question. As a hurricane is pre-named by our weather services here in the—on Earth, I'm kinda curious to know if the human race will eventually become a social memory complex at some point in time or whatever complex we're working with. Is—has the human race been given a name to contact its, its entities that it will eventually serve? In other words, will … has the cosmos sort of named that social memory complex as it will eventually come through an instrument?

I am Laitos. And we apologize for our pause and the pause of those within our *(inaudible)*. We shall continue.

We appreciate the fondness that your peoples have for the naming, but may suggest that the naming is accomplished by those which have the need for it. For instance, in our case we have chosen the name "Laitos" to use when we contact this group, as it is the blending both of our nature, or vibratory frequency, and the limitations of your language system. You will find as your peoples do indeed progress into the next density of beingness that the naming is, as you know it, unnecessary, for all thoughts and beings are transparent, and are composed of a great variety of qualities which sum into what you may [call] a vibratory frequency, or tone, or note. This quality then may be translated when necessary into what you call the name.

The naming, however, is not utilized unless it is necessary, and should that grouping of entities which shall become your social memory complex find the opportunity to be of service to those such as yourselves are now, and find that the naming is helpful in that contact, then the name shall be chosen accordingly to the vibratory frequency which best represents the totality of the social memory

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complex and the language system of the entities' contact.

May we speak in any further fashion, my brother?

Questioner: That pretty much answers that.

I am Laitos. Is there another query at this time?

Questioner: I'd like to ask as to the instrument's energy level?

I am Laitos, and we find that this instrument is able to serve as an instrument for another two or three of your queries this evening.

Questioner: Very well.

Is there another query at this time?

Questioner: *(Inaudible)* one. Could you talk about what does tire an instrument, and why some people seem to tire more than others who are at different times, and not just a tiring on the short-term things, that drainage of energy on a long term basis or affecting physiological functions, and how that is a part of the process of channeling?

I am Laitos, and though this is a large subject upon which to speak, we shall attempt to be brief at this time. In the short run, shall we say, of the channeling session itself, the facts which serve to cause an instrument to lose vitality are the overall physical strength of the vehicle, the position chosen to hold in the meditative state, and the degree of concentration necessary in order to transmit the concepts in a word by word fashion.

The longer term factors, shall we say, that affect the ability of an entity to serve as a vocal channel, have to do with the overall blend of energy of mind, body and spirit, which together sum into a quality which we would call the vital energy or *elan vitale* of the entity. These are in turn affected greatly by the entity's efficiency and determination to utilize the catalyst which is a daily portion of the experience of the entity and which when processed efficiently causes the increase of the energy of mind, body or spirit, or a combination of these, so that the overall vital energy of the entity is enhanced.

The difficulty, especially when prolonged, in processing any catalyst which presents itself to the entity is a draining factor to the vital energy of the entity, for with the difficulty in utilizing the opportunity for growth and remaining within the configuration which continues to present the catalyst which continues to be less than efficiently utilized, [it] then focuses and requires greater vital energy in that area until the catalyst is efficiently utilized and the next opportunity for utilizing catalyst is presented to the entity.

Is there another query, my sister?

Questioner: No. Thank you.

I am Laitos, and we thank you once again, my sister. Is there a final query for this evening?

Questioner: Can you suggest anything between now and [the] next session tomorrow night that we might do that would be especially helpful in improving our ability to blend with the contact that you offer?

I am Laitos, and for each new instrument we would simply suggest the careful examination of the desire to serve as a vocal channel for any contact of a positive nature and to find within the self the primary reason for this desire, and if this reason is found to be sound and of a nature that the new instrument can heartily endorse, then that this new instrument take this purpose for serving as a vocal channel and begin to build upon it the qualities of self and inner being, which will become the signpost or primary character for which the instrument shall move in service to others as a vocal channel.

This building upon the desire to serve and the realizing of the purpose of the service and the nature of one's inner being that one brings to this service, will allow each new instrument to define for the self, and that which is the heart of the self, and that which shall be offered as the successful challenge to all spirits that would seek to utilize the entity as an instrument. This is a process which shall in most cases be ongoing and shall take a period of your time and your reflection in careful consideration to arrive at. We can suggest that this is a process which each shall find useful, whether the vocal channeling is pursued as a vocation or whether there is another direction in which the new instrument would choose to offer itself in service to others.

At this time, we shall take our leave of this instrument and of this group, thanking each for offering us the great opportunity and privilege of working with each. We are full of the joy of your desire to be of service to others by inviting our presence in the beginning exercising of your instruments. We leave each, as always, in the love and in the light of the one infinite Creator. We are

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known to you as those of Laitos. Adonai, my friends.
Adonai. ✣

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Special Meditation

August 2, 1988

Group question: The value of channeling and such information considering the difficulties that any group can run into with the temptations offered by negative entities to deviate from the original purpose of the channeling, and the general value of channeled information for any seeker of truth, considering all the other sources of information that are available, what is the value of channeling, how should one weigh it in one's total gathering of information?[3]

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. It is a great privilege and a blessing to us to be able to share our thoughts with you, to experience the beauty of your vibrations and to share in your meditation. Because we find we speak not only to this group but to a larger audience, we would also bless and send our love to each who may see or hear these words, for we come in service not to one, nor to a special group, but to those who call for aid in seeking the truth.

We ourselves seek the truth. This is our journey, a journey we have found to be full of joy, love, companionship and power. We may also say we have found the past to be one of many ordeals, one of long discomfort, from time to time, as you would say, challenge and difficulty. Such is the nature of the illusion that you call life, whether or not the choice to seek accelerated spiritual growth is taken. However, with the accelerated spiritual growth that comes through a daily practice of meditation and an honest attempt at service to others, comes growth and change. And there is no change that is not painful to those within material forms.

And so we speak from a standpoint of joy, gazing at an illusion in which such suffering must take place in order that the lessons of love might be learned, for love is another way of saying the Creator, not a weak love or a romantic love, a family love, a national love, or a world love, but a love that is so creative it has often been described in terms of fire and passion, a divine passion to conceive a world that would speak to the Creator of Itself. And so each of you dwells within this illusion of life upon your planet, experiencing each other while the Creator experiences all. Each of you, then, is infinitely precious to the Creator who loved enough to create you and all that there is.

This loving Creator has given to all within each density of existence that which is called free will, and

[3] Carla: For this meeting, video recording equipment was used to make a video record of a session of channeling. The equipment did not work well with available light, and had sound difficulties, so nothing was ever done with these videotapes. Fortunately, our usual audio taping system worked, and we were able to make a transcript of the session.

therefore one may choose to sleep and enjoy the illusion, thinking not of what is beyond, but enjoying the beautiful planet, the companionship of friends and family. This is quite acceptable, for progress will still take place spiritually—it merely is at a slower pace than some would prefer. We speak to those who would prefer to accelerate the pace of their spiritual growth.

Your question at this meeting concerned channeling. There are many difficulties involved in learning. It is time-consuming, and much experience is often needed in order that one may become a clear channel, a channel which may choose carefully its contact, a channel which may find apt expression and do justice to the concepts arising from the combination of that which we are and that which the channel is. And we would speak first in general of the very nature of the illusion which you now enjoy.

You may have noticed, those of you who seek to serve others, how very difficult it is to serve others, for to serve others truly is to know that which they would desire or require and to give them that which they desire or require without question. This is difficult service to perform. Nevertheless, the instinct for service to others is a sign of wholeness within each who feels it, a sign that a choice has been made, the basic choice that this entire illusion was designed for each seeker to have the opportunity to make. Shall you choose to serve yourself, be *numero uno* and follow those false images of the self which your culture would give you to wear as masks? Very well. We are with you in love and light and honor you as perfect beings. Do you choose instead to surrender that small self, that self of ambition, greed and hunger, to empty the self of petty things, that instead a greater self may assist your consciousness in more rapid growth and service to others? Very well. That is why we are here, that is why many are here—to help those who do wish to progress.

It is in this context, the knowledge of suffering in general, the knowledge of the difficulty of service to others, that we address the matter of channeling. Channeling is one of many, many ways of service to others. It is a way of engaging the highest and best within the channel in a collaboration with a deeply impersonal source of love, which we are, that has what we may call the larger point of view. We, as contact, and this instrument are equal partners, respecting each other, experiencing a growing friendship with each other and a respect for each other that cannot be underestimated. This channel is most careful to challenge all spirits, and we are most thrilled that this channel is so inclined, for our service is that which could easily be missed, for there are always those who do not come in service to others, who would wish to take the new channel and move that channel away from the highest and best tuning that is in that channel, the goal being to dim the light of channeling, seeking and the group sociability that adds so very such to the light network upon planet Earth.

How difficult it is to be of service, my friends. How difficult it is to share without pushing your opinions upon someone else, without moving from inspiration to doctrine. Yet, this is the hallmark of channeled material. This is our service to you, to attempt to provide information and inspiration, not that of which is wise, but that of which is compassionate, loving and serving. We speak of the one original Thought to those who would wish to hear of that great Logos called love, that one original Thought that made in unity all that there is so that you are members, one of another, and all of the Creator.

Why would any who wishes to be of service to others choose a sacrificial way of giving? In the beginning many things seem like sacrifice. When a mated pair has a child, the father sacrifices his freedom. He must provide now for a small and fragile entity, a stranger, so he thinks. And what of the mother? Ah, what freedom she loses, what sacrifices she makes, yet the joy of knowing, loving and sending forth into the world a small being is so far from describable that it would make most parents laugh, for the joy they have received is inestimable.

So it is, in a different sense, with the channeling. There is in the beginning the sacrifice, and always the need for continued faithfulness and persistence, the need to move in meditation enough to gain that infinite point of view, that infinite source of supply that enables the giver to give without tiring.

Can channeling help people? My friends, we believe that the answer is yes, or we would not be here. We believe that each who wishes to learn to channel is an unique being, has an unique vocabulary, experiences, and way of thinking. We have one very simple message to offer—the message of unity, of perfect compassion and love which brooks no

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judgment, of the reality of peace and joy that is intertwined within the illusion and transcends the illusion also. We urge people in our channeling first to move into meditation and experience peace, quiet and love until, through meditation, the seeker has become ready to feel well about the self and move on into service to others. There is the beginning turning inward, and we who channel attempt to support that and encourage the daily meditation, the contemplation, the talking with those of like mind, the rejoicing in companions upon the path.

When much work has been done to ready the self, when the work is over and all feels easy, then it shall come naturally to each to do some service, or perhaps a cluster of services. The service may be the raising of children, and to the mother, the muse of Mary speaks. There are some who are called to the musical instruments or to the dance or to some other artifact of your culture which creates beauty and myth and wonder for those who see it, and they sing or dance or move to their muse. There are some few who will feel the call to the special kind of muse, an odd, rather philosophical kind of muse, not one given a name among your peoples. Shall we call it the philosopher muse? At any rate, some are called to learn to share in a collaboration that is intended both to inspire and to inform. And so the choice is made, a teacher is chosen, and a program is undertaken.

Since the program of learning to channel includes much work in consciousness, clearing lower energies, working with the identity of the authentic and deep self, this process is helpful for those who wish to channel healing or other energies, not merely the vocal channeling. It is always to be remembered, however, that once the training is done, and the vocal channel moves out into the world, there will always be those to whom the material appeals and those to whom it does not. As we have said, service to others is difficult, and it is well to leave any attachment to that work which the channel is doing behind. It has no place in service.

However, there are two great aids that you as a channel may offer. Firstly there is that aid which any which seeks the aid of the infinite Creator may offer and that is that in the becoming a more and more consciously directed authentic human, each seeker becomes a light that glows brighter and brighter. Those who move into a group about a channel form this kind of light in an exponential manner, the strength of the light being far more than a linear addition of the people in the group could hope to create. Thus, by the simple attempt to channel, the planet has become lighter, the consciousness of the planet has been raised and the great work is being done.

Secondly, to the instrument itself this service satisfies that desire to be of aid, to be worthwhile, and to be active and caring in the world of spirit. It is an invisible world, and there are many, as we have said, who care not at all for it. Yet for those who do care for the inner world, the outer world is gazed upon with some dismay, and there is the desire to help. For those whose desire is to help by aiding the environment, for those whose desire to help is expressed in political or other social manners we say, "Know yourself and know your muse, whether it be justice, honor, beauty or fairness," and then ask yourself what relation this muse bears to truth.

Truth is what we are here to discuss, to discover, to rejoice at, and to dwell in. Not a truth that can be expressed in words or with the mind, but a feeling tone of truth, a validity of things that begins to be created within each person. Truth is not without you. Without you is a relativistic illusion. Truth lies within you. We who channel to instruments such as this hope to put these thoughts within the mind in order that each may attempt to grow, and at the same time, each may see that all so-called failures and errors are part of the path and are those things to be hugged to the self, accepted, forgiven, and from which it [is] time to move on.

Do you wish to be of service by channeling? By teaching? By offering the self in the deepest way that is important to you, that is the essence of yourself? We encourage you to the ordeal, for no matter what you give to others—and you cannot judge that—you shall daily be working upon that self which in its being is love itself. It may seem selfish to continue working upon self-realization, to continue working until the self feels entirely self-worthy, self-forgiven and self-esteemed. Yet, must you not love yourself to love your neighbor enough to give all that you have sacrificially, that that neighbor, that perfect stranger, that face of the Creator which is another part of yourself—to give to this entity is surely a wonder and a blessing. And yet that entity shall give back to you more than you give away, so the end of the suffering is always joy.

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Now, we know there have been many who have had the psychic greeting of what this instrument would call the loyal opposition, those who serve in love and light to the infinite Creator, but on a negative path, those who wish to dim and remove the light upon this planet. We encourage each to love and offer up the incense of your prayers for your brethren upon the negative path, feeling no fear, but asking them clearly and firmly to be gone, or if they are stubborn, working within the self to open the self to the realization that each self is all that there is, and that that negativity without is merely a part of the negativity within.

In such a way does love indeed conquer all, yet it must be true love, true service and a true feeling of unity. We do not underestimate any of the negative parts of being of service to others through vocal channeling, yet it is our humble opinion that to attempt to teach the laws, shall we say, of love is an attempt eternally blessed, eternally gratefully received by a world hungry for inspiration, and certainly one excellent way of sharing all those experiences which have combined to make you the gem-like faceted, crystallized soul that you are, for in channeling the instrument shares deeply of the self in a way not usually available within your culture.

We do not urge all to take up channeling. We urge entities who seek to serve to take that desire into meditation and await an answer, a leading, a synchronistic coincidence, something that subjectively tells or calls to the seeker. If that call is to vocal channeling, we most gratefully accept you. If that call is to another service, yet still as we love all upon your planet, we love and support you in your service, whatever it may be. We may indeed acknowledge that there are many muses which do not have the psychic greeting component as part of the long term aspect of doing this particular work, however, we believe you will find that all who are of genuine service to others make great sacrifices of the personal self, and we urge each when that ordeal comes upon them to embrace change, to allow the little self to die as it will, knowing and trusting that the greater self that fills that hollow is a blessing, a wonder, a joy and in itself a service to others, for as the conscious entity opens its eyes, the love of God shines through. As the conscious entity holds out the hand, the Creator touches man to man, person to person, in intimate caring that the Father cannot effect in and of Itself.

Yours is the manifestation, yours the experience now. Now is your time to choose. Choose first whether to serve yourself or others. Move into the period of meditation, urge your mate to move into it with you, that you may change and grow together, and in a month, a year, ten years, in the time of your heart, in the time of the Creator, the need to serve will come upon you and it will be joy as well as work, and your work will become your joy and your joy your work.

We bless each, we welcome each who come to us as vocal channels. We bless all who do not but who seek to serve the infinite Creator, all of you in your own unique ways. May you be faithful and persistent in your seeking, single-hearted in your desire to know the mystery of the infinite Creator, and above all may you love each other and attempt to serve each other, for as you do so, you shall enter what this instrument would call the Kingdom of Heaven.

Yes, my friends, the Kingdom of Heaven lies within you. Offer yourself sacrificially when your time has come, and you will not feel the pain, but only the joy, a joy without end, for you dwell in eternity when you seek to serve. May you always be merry, my friends, for the seekers upon the path must laugh, must make the jokes, must have the light touch. Do not be solemn in your seeking, or flail yourself with the sackcloth and ashes, but keep yourself self-forgiven and open yourself to the utter redemptive perfection of the infinite Creator's love.

It has truly been a blessing to speak with you. We cannot express our thanks enough that you would call us to you. May we allow you to know that we shall always hear each call, not that we would speak to each, but that we would act as a carrier wave in the deepening of the meditation. You have only mentally to request that service, and those of the Confederation of Planets in the Service of the Infinite Creator shall hear each entity receiving the Comforter within its vibratory pattern.

We thank this instrument, and would at this time transfer to close the meeting through the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any queries which may remain upon the minds of those

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present. We would wish each to know that that which we offer is our opinion, that which is the fruit of our seeking. Please take those words which we speak that ring of truth to you and use them as you will, leaving behind those that do not ring of that truth, leaving them behind without a second glance. Is there a query at this time to which we may speak?

Carla: Could you talk to me about devas, nature spirits?

I am Q'uo, and am aware of your query, my sister. This, as you know, is quite a large field of inquiry, and we would not be able to do it justice if we were to attempt in such a short gathering as this to speak extensively. But we may suggest that the entities which you describe as the nature spirits, devas, are those which inhabit your plant and animal kingdom as thickly as your plants and animals themselves, for there are many such spirits which work in conjunction with the natural world about you and serve as a kind of caretaker and communicator between the various forms of second density life and the third-density creatures such as your population of entities upon the surface of your planet at this time.

There are beings in each realm of existence which are responsible for enhancing, shall we say, the communion of the plants and the animals with each other and with the Earth itself. They are such as you would see guides and teachers of your inner planes in their function and relationship to third-density creatures. They inform the various plant and animal life-forms according to these life-forms' desire to gain a self-conscious awareness which is the hallmark of your third-density population, for all of life moves toward the light and love of the one Creation, and all of life has those helpers or guides which assist in this movement, the assistance being necessary for those who are less aware of that towards which they move, and which, by their desire to move in that direction, call for the assistance of those who answer. In the case of the plant and animal life-forms, those who answer in many cases are those who you would call the nature spirits and the devas.

Is there another query?

Carla: I just wondered as to their nature. Are they second-density graduates that have chosen to turn back and help their brothers and sisters until they can all graduate into our density of humanity? Or do they come from elsewhere? Are they third-density graduates who have decided to turn back and help second density?

I am Q'uo, and am aware of your query, my sister. The origin of these entities is one which is somewhat difficult to describe in your terms, but we feel that the concept of …

(Side one of tape ends.)

Carla: I appreciate that information, Q'uo, because I'm working with someone for the first time who wants to work with nature spirits, and I'd like to feel more familiar with their nature so that I may help her further. Thank you.

I am Q'uo, and am again with this instrument. And we thank you, my sister. Is there another query?

J: Q'uo, I have a question I'm trying to formulate in my mind so that it makes sense to you. The question I have is regarding that comment on muses, and do I understand you correctly that in our channeling or in our quest for self-knowledge we respond to your call of the muse?

I am Q'uo, and in regards to your query, my sister, we would suggest that our use of the term, muse, in relation to the seeker of truth and the means by which the seeking is carried out, refers to that quality or perhaps cluster of qualities within the seeker which speaks with a special power and glory, shall we say, for each seeker will discover within the self as the journey of seeking progresses that there are certain avenues of inquiry that hold a special interest, and others which hold that interest not so long or so intensely.

Thus, as this is discovered by each seeker, the seeker may be said to hearken to the voice of the inner muse. The poet hearkens to the use of words to express greater concepts than words themselves contain. The artist looks upon the canvas and the palette as the grounds upon which it shall express the song of the inner muse. The muse for each seeker is that voice which speaks most clearly of truth, and each seeker then, as this is discovered, may follow that voice and hearken to its speaking in order that more of the truth of its existence, purpose, and means of expression might be made known to it.

Is there another query, my sister?

J: Yes. Thank you. That really explains what I wanted to know. Further, you had made mention that some areas of interest are more prone to

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drawing those who wish to dim the light, and others are not. Is my understanding of that correct?

I am Q'uo. This is basically correct, my sister, for as any seeker or group of seekers becomes more efficient, shall we say, at seeking and radiating the light of the one Creator, this light is seen as a power on the metaphysical or time/space levels of existence, and it is within these levels of existence that other beings of thought [and] power move and are attracted to the light. The negative entities are attracted to such light because it is a spiritual kind of power that they wish to utilize for their own purposes in service to self. Thus, their means of utilizing that light for their own uses is seen by those radiating and seeking that light in an efficient manner as the dimming of the light, for it is removed, shall we say, from whence it sprung.

May we speak further, my sister?

J: Yes, I do have another question, and again, I need to have a few seconds to formulate it.

Carla: I'll take that time just to say that isn't what you meant more or less that like that if you were a plumber, you might be following a muse of copper or something, but you're not going to be attracting negatives, because you're not polarizing positive, you're just putting in pipe. Isn't that what you meant, Q'uo?

I am Q'uo. This is correct, my sister, for the endeavor of the seeker of truth is that which increases the polarity or the ability of that entity to welcome and enjoy the love and the light which is a power of the one Creator. Just as your battery within your automobile is able to function because of the potential difference between the positive and the negative charge, so is the seeker of truth able to do work in consciousness according to its ability to polarize itself in the positive, or service-to-others fashion, in an effective manner.

When this has been accomplished to a significant enough degree, that polarization is as a light and a source of energy or power which might be utilized by that seeker for further service to others and further journeying upon the path of service to others itself. Or the light may be used by those of negative polarity if they are successful in infringing upon this power through means not of their own design, but of openings or invitations, shall we say, on the part of the positive seeker of truth which has perhaps for a moment unwittingly or unthinkingly moved itself away from the truth it knows and entered into a disharmony which is as the opening an invitation for the negative entity to intensify to the degree that it will perhaps be able to dim the light for a time and use that power for itself, as it has removed the light from the service of others.

Is there another query, my sister?

Carla: I turn it back to J. Thank you.

J: Okay. Given that there is increased popularity, if you will, of channeling, unless this activity is carefully taught, it seems like the potential for negative energy to see the light, to be attracted to it, and to divert it, to dim it, it seems like that probability is increased. How would you suggest that we prevent that kind of thing happening?

I as Q'uo and am aware of your query, my sister. To each entity which engages in the process of offering its service to others in any fashion which is successful, there shall be the temptations offered which serve as a balancing mechanism in order that the entity which has manifested the desire to be of service to others might be offered an equal temptation to move from that service and to join the negative path in some fashion within the life pattern for some period of time. This may be seen also as an opportunity for that same entity to strengthen its desire to serve others and to move ever more faithfully upon that path as the temptations to glorify the self or to gain a power and recognition for the self are recognized and refused.

As the one known as Jesus the Christ experienced the temptations of the one known as Satan, as the one known as Jesus spent the forty days and nights in the desert, demanded that the one known as Satan get behind him, each seeker of truth will find that as progress along the path is made, that there are those opportunities to test the progress that it be true, and if there be a weakness in that seeker's pattern of expression of service to others, those weaknesses or lesser areas of strength shall be made known to it through the difficulties, shall we say, that are a natural portion of this path, and through recognizing those areas which lack strength, the seeker of truth then may repair these areas and gratefully acknowledge their presence to any entity which has aided in pointing them out.

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Thus, we do not offer the information concerning negative entities and their offering of temptations to positive entities as that which is to be feared, but that which is a normal part of the evolutionary progress within your illusion, in order that the progress of each path, both positive and negative, might through their interaction strengthen the other, in order that the one Creator might through these experiences know Itself more fully and each entity within the creation, through these experiences, might know itself more fully and the one Creator more fully and more intensely.

May we speak in any further fashion, my sister?

J: I have no further questions, but so I can understand this—as being an opportunity to strengthen faith, is that correct? That's a question—I said I wasn't going to ask a question, but I lied.

I am Q'uo, and this is quite correct, my sister. Is there another query?

J: No. Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: Just to follow up on that. From previous channeled information, isn't it also true that the negative path eventually ends, and must turn to a positive path, so that in the end, there is only one path, it's just that there is a split for a while during this illusion and perhaps the next?

I am Q'uo, and this is correct, my sister, for just as the creation itself and every portion of it shall eventually return to the complete unity of the one Creator, bringing all the experiences that have been gathered during the great octave of being as seeds for the next great octave of being, so those entities of negative polarity shall at some point within their evolutionary progress find the necessity of releasing the negative polarity and adopting that which is the positive polarity, for it is the positive polarity which, though it partakes of illusion and separation in some degree, seeks to affirm the unity of all creation and the divinity of all beings, and seeks to serve all beings as the Creator, whereas the negative polarity is based upon that which is not, that being the separation of one being from another, which lays the groundwork, shall we say, for the potential ruling of one being over another and over others.

As the negative entities continue to pursue this path of separation and control, at some point in order to continue in the process of evolution and to know more of the Creator and to exercise the power of the Creator, it becomes necessary to see other selves as the Creator and as the self. This is not difficult for the positive polarity, but is difficult for the negative polarity that the negative polarity must be abandoned and the power that has been gained from it be used to reverse, shall we say, the polarity in order that continued evolution be possible.

Is there another query, my sister?

Carla: No, thank you very much.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

Questioner: Oh, that's a necessary function of this creation, obviously, and an exercise of polarity by those entities of the negative. They perform a function for the positive polarity by being in service to self. They also become in service to others and we of the positive polarity are witness to that and thereby experience both biases. I'm not sure what my question is. I guess what I'm trying to find out is, that's an integral part of what's going on here, and it sometimes is hard to feel the separation from those negative entities, knowing that they are part of the creation, part of what we all are, knowing that we all fall within that creation.

I as Q'uo, and we would comment upon your comment by suggesting that indeed all entities, whether of positive or negative or of no polarity, are a portion of the same creation and the same Creator, and that the most effective means for a positively oriented entity to deal with negative polarity is to generate within the heart the overwhelming love for such an entity, and to send that love to that entity in the meditative state if possible, and to bathe that entity in the love and the light of the one Creator as you perceive it.

For all beings are truly a portion of the Creator and of the self, and as the seeker of truth looks within to find that of truth within itself, any experience or entity that it comes upon in its journey of seeking will reflect some portion of inner truth to it, and as the seeker is able to draw unto itself all expressions of the Creator and to see them as the Creator, as the self, and as love, then so they become that which they are, and no longer are that which they seem.

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The persona, the mask, is removed and for that seeker of truth, that seeker stands before the mirror which looks into its own soul and the heart of the Creator.

Is there a final query at this time?

J: I do have a question, and this is regarding the scenario where the negative polarity eventually makes a shift to positive polarity—I don't know if I'm saying that correctly. It's what Carla was talking about to you in her previous question, where the negative eventually seeks the positive. My question is, is this a scenario that we're witnessing on the Earth at this time, where there seems to be an accumulation of negative polarity, and that negative polarity wishes to make a shift? Has that occurred on the Earth, and has there been a call for light coming from the Earth? Or has it come from somewhere else? Is the positive polarity reaching out to the Earth? I guess I'm trying to find where the initial recognition was made, of the need for light. Was it from those who are of the light? Or from those who have negative polarity?

I am Q'uo, and am aware of your query, my sister. The call for light has long emanated from those within this planetary influence who have chosen for themselves the service-to-others polarity. This choice and the following of this choice is likened unto a call for assistance in journeying upon this path, as any student which seeks to learn any art will learn more efficiently from a teacher. Many are the ways in which the student of positive polarity is taught. Most means are unseen and go unrecognized in the life of the seeker of truth in the positive sense: the many coincidences and pleasant surprises, shall we say, which occur in the life pattern, the dreams of a prophetic or informative nature, the meeting of an entity that changes the life, the experience that appears seemingly out of the blue, and forever marks the life pattern with a note of joy. These are the means by which the call for assistance is answered—and there are many more.

The expression of the mass consciousness upon your planetary sphere, moving in a more positive direction, is far more a function of those upon your planet who have chosen ever more faithfully and steadfastly to continue their seeking for light and service to others rather than any shift in negative entities' desires, for the desire of those [of] negative polarity exists far past the evolutionary progress which your planet has thus far achieved.

The negative polarity is one which exists with great strength into the fourth density of love, and into the fifth density, the density of wisdom. It is beyond that expression of wisdom and light into the sixth density, where love and wisdom are joined and blended into one, where the negative polarity must needs abandon the service-to-self polarity and shift its focus to that which is the service to others in order to continue the progress of seeking union with the one Creator.

At this time we shall again take the opportunity to thank each present which has invited our presence in joining your group and in sharing that which has been the fruit of our seeking. It is a source of great joy for us to sing with each seeker the song of seeking, the song of love, the song of the one Creator, experiencing the great mysteries, adventures and joys of the creation all about. We are known to you as those of Q'uo, and at this time we shall leave each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

(Carla channeling)

I Yadda. I with this instrument, greet you in love and light of infinite Creator. We like this instrument. She challenge in name of Jesus Christ. We say, "How about Buddha?" We not fully grasp this instrument's fanaticism, but even she be provincial, we say, "Okay," because she passionate, she care, and she real. And so are we. We come in love and light of infinite One, One Who is All, and we come only because we wish to underscore need for laughter, need for merriment, and need for intensity of life. Not the outer life. You must forget all those clothings you put on your body and on your mind and on your head. All those hats you wear—mother, father, employer, employee, all those things—take them off, throw them away. You want a reputation? Do not go into spiritual seeking. No reputation to be had there. No, sir. You must think carefully before you become one interested more in the inner journey than in the outer journey. You know you gonna die. But you know why you alive?

Did you like that? I got "L"—I said "a-Live." I did that! I'm getting better! We urge you to see that many things drop away, so you may find the true intensity of your being. May you do so with jollity.

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Ah, jollity! I am almost speaking this instrument's language now!

We so glad to speak to you. We thank you for calling us here. We bless each, and we go, for we not talk long. We yours in love and light of infinite Creator. On behalf of this passionate Christian, this provincial one, who yet knows the universe, and to all of you provincial people, whatever you believe, believe passionately, believe wholly, believe without the thinking and without the judging and without the reputation and the respectability, but find the jolly times. Adonai. Adonai. Adonai, my friends. I Yadda. ♣

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Intensive Meditation

August 4, 1988

(Carla channeling)

(The quality of the original recording is poor.)

I am Q'uo, and greet you, my friends, through this instrument in the love and in the light of the infinite Creator, whom we all seek to serve with all of our being. It is, as always, a great privilege and honor to be called to this group for the purpose of exercising those who have chosen to be of service as vocal channels, and also to be of service in offering ourselves to you in whatever capacity you may find to be useful. As always, we urge you to take to yourself that which rings of truth for you, and to discard without a second thought that which you do not find to be helpful to you at this time, for we offer only our humble opinion, our brothers and sisters, of the fruits of our own path of seeking to be of service. There are many upon your planet at this time who are seeking to know the truth of the infinite Creator. Each will find that truth which resonates with clarity and harmony according to the vibrations of each.

The truth is very simple, my friends. It is the message that we and our brothers and sisters of the Confederation of Planets in the Service of the Infinite Creator bring to you. The truth is very simple and always the same, and yet there are as many ways to attempt to explain and demonstrate the truth as there are entities seeking for the truth. Thus, each shall find what is of value to each, and shall proceed upon the path chosen by each until that time when all who seek the truth shall surely find it, for they shall be one *(inaudible)* each other and the Creator.

You are aware, my friends, that this is the indeed the true nature of reality at this time, despite the seeming separations that exist within your illusion. You are also aware that all of creation continues to merge itself together more and more closely to the One Original Thought. In this shall all not only find the truth, but become the truth, for in your seeking now you see only portions of that great truth which encompasses all that there is. You see only portions, my friend, because in your heavy illusion much is veiled from you at this time. Thus, you may seem to find many perhaps somewhat different truths at different times, as you penetrate more and more the dense layers of the veil of the illusion.

We ask again that you not be disheartened in your quest for truth, for though the way is long, and the ultimate truth ever receding just beyond the grasp, yet there is a signpost of those seekers of the bright gleam of truth, moving together along the path, stumbling at times, falling at times, then resuming the journey once again and encouraging each other as we journey. You are all a part of this great mass of truth seekers, as are we also, for this journey in the quest of the truth continues from density to density.

We urge you to treasure those pearls and truths and wisdom which you find that resonate with great clarity and purity with your deepest *(inaudible)*.

Hold the truth inside yourself, my friends. Keep its flame burning brightly, for it will serve also as a beacon to those around you which seek the desire to seek, but do not see so clearly the way. Thus, we are all pilgrims, and as we journey upon the path together, may we each hold our own particular beacon *(inaudible)*, the light of truth which burns brightly within your spirits. We join with the light of all others who seek the truth, and thus seek to enlighten and brighten the planet upon which you sit at this time.

It is our desire to help you in this search for *(inaudible)*, to aid you with brightening of the beacon and devote *(inaudible)* for you and *(inaudible)* in this day. At these times, my friends, you have only to mentally request our being, and we will be glad to offer whatever assistance we may.

At this time we will leave this instrument and this group in the love and the brightly shining light of the one infinite Creator. We are known to you as those of Q'uo. Adonai.

(Carla channeling)

I Yadda. I come in love and light of infinite Creator. We come with thanksgiving too. What would the one known as Yadda—we ask this instrument perhaps to become with this one erect … that work better, the lying down, not working. I Yadda. I now attempt to transfer to the one known as *(inaudible)*. I Yadda.

(Pause)

(Carla channeling)

I Yadda. I again with this instrument. We say, "Hah, we almost got it, we wish he be patient." We now transfer to one known as R. I Yadda.

(R channeling)

(Shouted) I Yadda. I am with this instrument. This is very interesting. We want to do this really much. Oh, I forgive myself. I come light and love of infinite Creator, and then finally in *(inaudible)* of Christ. Yadda! Very good! This instrument exercise *(inaudible)*. Hhmm. Long time, long time ago, Yadda walk this Earth. Yadda wish to thank this instrument for patience, for Yadda very anxious *(inaudible)* waiting, WAITING, WAITING, WAITING! For such a long time. He's waiting. Sometimes, you know, it gets very hard. Anyway. Ah, we begin.

Maybe I tell you a story, but I don't quite know how to get into it. This instrument, he … Tell you what, we going to rest this instrument, cause we got GOOD THING HERE. And we be VERY CAREFUL with this one. He good. You know why? Why why? I was waiting why? He like it.

Carla: Your "L's" are better, Yadda.

You know what? Your "L's" stink. *(Laughter from group.)* There really nothing wrong with Yadda "L!" You're letting "L" just plain, when Yadda got right *(inaudible)*. *(Laughter.)* This instrument listen. He happy too, but sometime he want to get in and play a little. Have to find a way to put his somewhere. You know what? He say it okay. He did. I not kidding. He say, "Can I say this?"

Yes. HE SAY, *(unclear, though very loud, sounds like "transplay!")*. She never say this, NEVER! She's afraid. That's the reason, but this one not afraid. Yadda protect *(sound too loud and too inarticulate to be understood)*. Yadda almost use words not nice. I don't know—maybe I do it anyway. Well … It came easy, this one, because he like to swear. But you know why I STOP? Because this one GIVE ME WORD! HAH! I taking no word from this one, I ought as *(inaudible)* not as prompter. Hah, hah, hah, hah. This very happy business. I like this a lot. You may get very tired of Yadda. Hhmmm.

Please, please understand. This *(inaudible)* Yadda tell you secret. Yadda come differently to this one than to that one. That one over there, WHOM I LOVE BECAUSE she lets me speak in spite of fear. She knows I'm good, rather just rough. RUFF RUFF RUFF. RUFF. I need a voice like this one because, I tell you something. She right. Yadda … Not this. Cause I tell you, I use it anyway. You being kind. I carry baggage. I don't wish to say baggage. I carry BAGGAGE. I carry murder, because for LONG TIME, YADDA HATE! HATE, HATE, HATE, HATE, HATE! Now Yadda love. Much to learn in this, I think. I didn't tell you what I hate, I hated the Chinese. The Chinese KILL AND KILL AND KILL AND KILL. Yadda learn how to kill, oh, Yadda very good at this. If you can say good—but it's not bad, either. Is INSTRUCTIONAL!

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Don't worry—I give it up. I don't need to do this anymore. And I don't need to hate the Chinese either. *(Very softly.)* Love the Chinese. I tell you why I love the Chinese. May I do this? I love the Chinese because Chinese make Yadda hate. And when Yadda hate, Yadda find out what love is. This instrument think that Yadda like Ramtha. Yadda not like Ramtha. Ramtha there. Ramtha think hot stuff! Yadda think think this instrument hot stuff. Because now Yadda can talk, and talk out loud and talk in terms you want to know. Because you speak in this group, Yadda speak. You all speak in this group of the negative … Yadda like. You speak of the negative side, the one who make you hate. Okay, I speak of this, because the side that make you hate, you made service to look like that. YOU MUST LOVE 'EM! *(Shouted phrase not understandable.)* Must have hate. I get carried away because it was long and hard.

Ohhhh. Think how it feels. Buddha cares. This one challenge not in Buddha's name, don't worry, little one, he CHALLENGE SMART CHALLENGE. HE CHALLENGE WITH … He say, I came in fellowship of the eternal truth of the Christ. Christ everywhere. I no problem with Christ! Only with Jee-sus. But I tell you, this one does not know Buddha, so he say, if I challenge with Buddha, I don't know what *(inaudible)* I don't use that word. I give you new word. He *(inaudible)* this one, because he don't like making up stuff he never heard before.

(Sounds like) SHUT UP! You know what?

(This is very difficult to transcribe, and it goes on at some length. The delivery is alternatively violently loud and fading completely away into inaudibility, then back to absolute ROARING. This is an unclear recording with lots of background noise on tape. With this, in addition to bombastic and emotional nature of delivery, and the significant loss of sibilant and other consonant sounds, it is just too difficult to transcribe. It has to be listened to to be believed, anyway.)

(Group retunes after Yadda's explosive closing.)

(Carla channeling)

I am Hatonn, and I greet each through this instrument in the love and the light in the name of the One Who is All, and the All Which is One. We are first concerned to ensure that the process by which the one known as Yadda has exercised the instrument known as R [be] completely released, and in order to avoid the overeager and somewhat *(inaudible)* source of inspiration our brothers and sisters *(inaudible)*, coming back too quickly to this instrument, we would ask that the instrument known as R [move on] to the [the back] in which posture Yadda cannot use his instrument.

There is in this young contact the *(inaudible)* for speaking, yet Yadda itself wishes only to offer spiritual principles, and has the considerable work in wisdom plumbing the self to patience, using an instrument in strength and in power in a stable manner. We would suggest to the instrument known as R that he request the highest and best contact that he may carry in a stable manner, to avoid certain effects upon his *(inaudible)* of the physical vehicle becoming somewhat distressed. As the one known as Yadda has need to use the ability of the physical vehicle to move forward and backward in the *(inaudible)* in order to fully breathe as it used to breathing within a physical.

We thank this instrument for its cooperation. We have been at its side during the communication which this instrument is aware has been an adventure in which the instrument has had a portion. We ask this instrument not to be concerned overly as to the amount of content it itself has provided, for this is the normal beginning of a new contact. The percentage of that which the ones known as Yadda may wish to say shall of its own accord become greater with the experience gained and the feeling of adventure and the joy of finding a proper voice honed to the steadying task of humble greeting, inspirational, and truthful information to the best of the one known as Yadda's ability.

The one known as Yadda is a representative [of many]. Perhaps the awareness that you may have of this entity's speaking of that which is called the Chinese seems unuseful, yet it is so, for the Chinese are an ancient race, both upon this planet and *(inaudible)*. Also those within it are of, on this planet, the Oriental race. It is a rare instrument which one such as Yadda may find within the culture of your peoples, and the one known as Yadda is strongly intending to refine, subdue, discipline and make ever more pure and refined the *(inaudible)*. We express for Yadda through this instrument the heartful and warm joy.

We would [move] on now, and we would say to the one known as E that this instrument should imagine

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the feet bare upon the earth, feet in the luxurious soft grasses, smell of the flowers about, the buzzing of the bees. Before her stands the great oak, behind her the great maple. On her right hand the yew, upon the left [sequoia]. We ground this instrument and suggest that this instrument prepare for contact while tuning by grounding the self and feeling the protection and the infinite energy of the Earth, for it is the Earth that this instrument wishes to serve, therefore the Earth which is full of love loves this instrument infinitely.

With that grounding complete, we shall pause so one known as *(inaudible)* may work with the one known as E at this time. I am Hatonn.

(Long pause, then lengthy but inaudible channeling by E.)

(Carla channeling)

I am Hatonn, and we thank the one known as E for availing herself of this most beloved contact which has been waiting her and which she is now learning. We ask that the protection be [applied] in addition to any protection the instrument may feel that it needs, for it is the nature, shall we say, of nature to need the signs of protection, a symbol that peace is truly reigning, and that the Logos rules in all the clarity of that which this instrument would call [nature]. *(Inaudible)*.

(The rest of Carla's channeling is inaudible.)

Questioner: I felt you with me, Latwii, very early on, and then when Yadda came and left, and I was wondering, why did that occur?

I am Latwii, and as aware of your query, my sister. We of Latwii, as the channeling process was being initiated in the one known as R, sought to be of assistance to the one known as R, as did others of the Confederation of Planets in the Service of the Infinite Creator at that time, for this entity was experiencing a contact which was unique in nature and which was in need of, shall we say, all the assistance that it could get, thus we, shall we say, stood guard and gave what assistance we could, returning to your instrument as it was possible.

Is there another query, my sister?

Questioner: No. Thank you very much. I thought you were scared.

I am Latwii, and we do not scare so easily, my sister, but did enjoy the humorous aspects of the one known as Yadda. This entity has much to *(inaudible)* but we feel that it is quite capable of learning to utilize an instrument without such wear and tear.

Is there another query at this time?

(Tape ends.) ♣

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Sunday Meditation
August 14, 1988

Group question: Concerns the changes on the Earth in relation to the greenhouse effect. There's been a lot of talking recently with our hot, hazy and humid weather as the cause, and we're wondering what kind of shape the Earth is in? Has the greenhouse effect been responsible for the changes that we've seen in the weather patterns? And just in general, what kind of shape is the Earth in?

(Carla channeling)

I am Q'uo, and I greet each in the love and the light of the one infinite Creator, whose power, glory and majesty you see about you in earth and sea and sky, in grassland and woods and desert plain. I greet you in the love that created all things and in the light of which all things are made. Above all I greet you in the polarity of service to others, for that question which you have asked this evening revolves quite directly around the question of service to others.

You wish to know basically the temperature, shall we say, or the readout of your native island home's situation as regards its viability at this particular point or nexus in time. You want to know [what] you can do and what can be done, you want to know if it is reversible or irreversible. May we thank the one who asked this question, while noting that there is a most basic misconception within the question itself, about which our message will deal perhaps more nearly primarily than the original question, for of the precise state of this planet, we cannot tell you, nor would we, could we; however, we cannot.

We can tell you that stasis is not a natural state, but rather change and evolution, and this includes the second density and the first as well as all the others. It is inevitable, therefore, that the planet which you call Earth shall undergo not just one, but many calamities in the course of its existence. You must remember that its lifetime and its children are more numerous than one can imagine from your perspective. Entire portions of your planet have been unviable in the past, and they shall again be in the future. This is the nature of the living process. That which comes into being has a various state of wellness, and in the end will dissolve into the dust from which it was formed. This is true of your planet, as it is true of each of you in a physical, or, shall we say, chemical yellow-ray body sense. Each building constructed shall one day be ruined, charred and piles of stone. Each smiling child and newborn babe shall one day have the wrinkled cheek of old age and cease the breathing in this little life you call life.

There is a great difference betwixt your planet which is of second-density awareness and yourselves which are of third-density or self-conscious awareness. The Earth itself lies within the power of the Logos, and does not fear change, even if the change be major

and what those to whom we speak would call catastrophic. If there is to be the glacier or the greenhouse effect or the planetary shift or the great earthquake or the great conspiracy—one of several, we may add, that this instrument has heard—yet still the Earth itself shall not be afraid. Perhaps it shall feel sorrow, but it is still with the Logos; it is still imbued with love, wishing only to give and to receive that love.

For this simple reason, we would conclude this portion of our speaking by encouraging each of you to refrain from fear with the same faith of those who do not have self-consciousness, but know only the love and the light of the infinite Creator. This is a service-to-others planet, and one may see in the example of the helpful environment, the trees that breathe that which entities such as yourselves expire, and expire that which those of your kind breathe. This is one example, a rather obvious one, of the loving, serving, giving nature of second density. It moves to the light. Whatever happens to it, it shall survive in its own way, unless it be blasted to pieces, in which case it would simply die.

The planet can do a limited amount to aid a limited amount of people who are aware of places of energy which for them may be helpful. However, this aid is limited to those concepts and feelings which cannot be put into words. Thus, those whose church is the green cathedral of the forest, the mountains, and nature itself will find themselves as tongue-tied as the trees and flowers in attempting to describe or put into some meaningful context the experience of worship within the setting of nature, although it is perfectly acceptable to the Creator that the face of the Creator be seen in this density so filled with the Logos and Its consciousness.

Before we go on, we would note at this time that your yellow[-ray] physical bodies are also second-density creatures. We would now move on to the more important complex of ideas concerning what one may do to aid the planet.

As the planet and all the creatures upon it that grow and flower and turn to the light have consciousness, that consciousness is inspired and made to rejoice and flow in harmony and rhythm with any whose attention to it is loving and sweet. This is why the song sung in love aids the flower, and the soft voice helps the vegetables grow. This is why there are things other than your fertilizer and your—this instrument uses the word—pesticide that can truly aid the planet on a far more basic level for you. If you correct the soil or plant the correct crops in order to grow according to that soil, you are indeed aiding the planet by aiding its productivity, but if you have not love for the seed and love for the soil, then the second-density creatures which are the object of your dutious tending do not become self-aware, or aware of their own beauty or their own usefulness or their own sacrifice.

Beauty, function and sacrifice are three great principles of self-consciousness. They, that is those creatures which dwell in second density, are attempting to become self-conscious enough, that is, invested with enough personal consciousness of self to become fully human and begin to interact and move about the planet to learn the lessons of love once again, those very lessons which they surrender at second-density graduation in order to move into third density, study, think, experience, feel and integrate the catalyst therein and make the choice between fourth-density positive or service to others aspects of love and service to self aspects of that same love.

Thus, what one may do to aid the planet begins with the being which walks upon the grass, aware of and thanking the Earth for its energy. It is the entity which forms relationships with those second-density creatures about it, speaking with them or silently caring for them, that invest in love those creatures turning to the light to the point where they not only turn to the light, but know that they are turning to the light. It is your density's confusion as to how to use that light, for, oh, how easy it is to choose to use that light, that power, that glory of being independent, to make free choices that do not polarize one in service to others or in some way to not aid the survival of the entity. Indeed, there are many actively self-destructive souls who polarize neither towards the positive nor the negative, but in a self-destructive manner sabotage the good with the bad, the bad with the good, remaining forever in the well of indifference which lies between the two polarities.

To aid the planet, we urge each to walk upon it and bless it, to admire the accidents of the day, the blooms that have been freely given, whether there is an eye to see or no. We urge each to be aware of the beauty, the truth, the sanctity of that green cathedral that lies without the shuttered windows of human

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habitation upon your planet. Were we not aware of the fragility of your physical vehicles, we would urge each to sleep upon the ground; we would urge each to make the connection, for there is a vitality to the Logos which the second-density physical body has, but which the mind complex of third-density entities most usually disables because of cultural conditioning to the contrary.

The Earth wishes to aid. It loves its human entities. It is aware that much negative energy is being stored within the Earth's crust at this time, yet it is not resentful, but merely rueful that it may be forced to inflict damage upon creatures of third density at some time. This is the natural attitude of one which is nurturing by nature. There is no negative feeling within your planet. That which is negative within your planet are those vibrations which have been placed within it by the thought forms of those which have dwelt upon it. In order to serve those life forms, it would gladly die. May we say that the effect upon the life forms which blew it up would be burdensome in terms of your sense of time.

We would like to end this discourse on an encouraging note, and we may, we are happy to say. The planet has hit, as far as we can tell, a critical mass for raising planetary consciousness. It has done so through the help of numerous—may we use the word "wanderer"—wanderers, many of whom have chosen the arts, especially the music, to express their views, so that what this instrument would call "USA for Africa" and other such planetary events, days such as your day of forgiveness and your day of peace being planetary events also, these have aided in an exponential fashion the light quality within the planet which you love.

Therefore, the deepest and most profound change that you may make within the planet is that change which you make within yourself, for you may feel that only your feet touch the planet, yet it is your heart which touches the heart of the planet, and the heart of the planet and the heart of the self touch the heart of the great Self, the one Creator, which unifies and is both planet and entities. Thus, if you have the mind full of light, you answer in perfect unison with the planet which is already filled with light, and already, before you have even brought together a group of light-givers to the planet, you have a majority, shall we say, of two: all those upon the planet which may feel your light and yourself.

Thus, to be concerned about weather, catastrophes and other things upon the planet, is to be concerned in a macrocosmic way with that which you should be concerned in a microcosmic way—that is, the death of the self. And what you would do to aid the planet is precisely what you may do to aid the cells of your second-density body. Indeed, there is no density which is not moved by the honest declaration of love, faith and unqualified support. We do not ask you to do this as a duty. We do ask you perhaps to find affirmations in which you believe, and to repeat them often, or simply to tell that earth, tree, bush, flower, plant about you mentally or out loud, "I love you." Enjoy the sun; enjoy the rain: "You give me pleasure." Thus do you, in second-density terms, polarize the entity towards personhood.

May each of you place his feet upon the earth and know it to be holy ground. May your heart move in rhythmic consciousness with all that is. May you feel and allow yourselves to be part of an infinite creation which is all one thing. May you seek that All-Consciousness daily in silent meditation, for there in the silence shall be not only the response to this question that is most true for you, but the recognition of all that is truth for you. We ask you to use that discrimination when listening to any words, most of all our own, for we have our opinions, but we are not infallible.

We thank you for calling us to your group, and we thank the one known as H for offering this question, which is an interesting one, and one which allows us perhaps to reverse some of the panic which entities upon your planet feel as they see seemingly irreversible destruction. Fear not. Short of mankind blowing up this particular sphere, this sphere itself shall do whatever is necessary, including major surgery, shall we say, to adjust to new vibrations and to thrive and grow in consciousness, in love and in personhood. May you invest all of nature that you can with its own knowledge of itself. May you love it as it loves you. May you love each other. May you love your bodies.

We find that there is more upon this subject. However, we do also find that this instrument feels that the cosmic sermonette, as she calls it, has proceeded long enough for one night, and we are beginning to respect this instrument's sense of the local time more than our own, as we have been wrong constantly in gauging the amount of your

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time our apparently lengthy discourses do take. Please forgive us. At this time we would pause to allow the one known as Jim to retune and when this instrument is in a state in which he feels comfortable, we would invite him to ask for our contact. We will pause until that moment. We are those of Q'uo.

(Pause)

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further query which may remain upon the minds of those present. Again we remind each that we offer that which is our opinion. We offer it joyfully, that you may use it as you will, leaving behind those portions which do not ring of truth for you. Is there a query at this time?

Carla: Well, I have one. You stopped by saying, "love your body." You just stopped, and then it's like there was more, but … Was that what there was more of? I mean, was it at that point? Should we ask, "What can we do to love our bodies?" Or is it a question that it's okay to ask now?

I am Q'uo. As we gave that thought to your instrument, we thought ourselves of the admonition in regards to time, and thus, at another working such as this, if additional information concerning your Earth home is requested, we would be most happy to speak upon the topic of your Earth and of your bodies, of their relationships, and of the care that may be shown to each and which may, when applied to the body of the Earth, aid in its healing, as the healing of your physical body is accomplished by repair.

Carla: We'll definitely wait on that one, then. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: Well, what about the people from Maldek that blew their planet up, and the people from Mars? Those two civilizations both. Look at Lemuria—it's a continuing pattern here of people basically wiping out their habitat. Is it inevitable for third-density people to do that? No, don't answer that question. You really already did. It just seems so strange that it's happened again and again and again.

I am Q'uo, and we would comment only to suggest that within your solar system there has been a great variety of experience, from the most disharmonious to the most harmonious, and it is within this range of experience that much has been learned. Not all progress is achieved in an harmonious fashion. Much there is of love that is learned by experiencing its polar opposite.

Is there another query at this time?

J: I have a query, but as usual, I'm thinking it through before I throw it out. My question is in regards to our concern with survival in the context of the coming planetary adjustment. Would you comment, please, regarding if our concerns are focused on personal survival, can that be construed as service to self? Are we overly concerned with personal? And is that a distraction from what we should be doing, which is service to others?

I am Q'uo, and am aware of your query, my sister The concern which many of your peoples feel at this time for their physical survival is not pursued by these entities in most cases in a manner which could be construed to be of a negative nature, for the negative path of service to self is a rigorous path which requires that one traveling this path utilize all the energies of the self and the concerns of the self to master the environment and those about one in order that the self may be served by these entities. Most upon your planet which are concerned at this time with the potential for destruction and the hope for survival are utilizing the situation that has developed as a result of the increasing technological abilities of your various nation states, as you call them, and the continuing tendency towards the disharmonious events and feelings that tend to divide one group from another and cause the potential for further disharmony to increase.

The focus upon this situation can be utilized by an entity in any number of ways which may or may not increase the polarity, and thus the harvestability, of that entity. One may look upon the situation and see an opportunity to give selflessly of the energies and abilities that one has accumulated within the life experience, and to share the knowledge of how to resolve the difficulties, how to give that which is needed to those which need. Another may look upon the same situation and find reason for frustration, confusion and hopelessness to ensue with the life pattern, and thus begin to color the

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catalyst that belongs to this entity with the fear, the doom, the dread, and the withdrawing of the self from those about one. Yet another entity may look upon the situation and see that which is improbable and, if probable, too great for one's concern and thus ignore the entire situation, retiring into the concerns of the self and the family.

There are many, many ways in which entities upon your planet may look upon any situation. The situation that is focused upon is not that which determines the polarity of the entity, but rather, how the entity looks upon the situation and how the entity responds to it. This in turn is greatly influenced by the, what we would call, preincarnative programming or the framework [of] reference, the perception that one has as the foundation of one's personality and the opportunity for learning that is presented thereby.

Thus, all catalyst that is presented to an entity within an incarnational pattern will be filtered through the unconscious biases of that entity before entering the conscious mind of that entity and will thereupon be deflected or diffracted in such a way that the entity will be able to utilize this catalyst, whatever its nature, in a way which is unique to that entity and which matches that entity's preincarnatively set lessons and potentials for service.

May we speak in any further fashion, my sister?

J: I do have a question, but I haven't formulated it, so if anyone would like to ask a question, go on ahead. Thank you for your response.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I guess I'll have to read that answer. Let me ask the question another way. Is it of service to others simply to move to the country simply because you enjoy it, but of service to self to keep people from enjoying it with you in a time of crisis? Is that basically what you were saying?

I am Q'uo, and am aware of your query, my sister. We find that this is a new area of investigation, one that is more specific to the query than the previous query covered. Again, the action of moving to your rural environment can be utilized by an entity in any manner, that of polarizing toward the service to self or the service to others, or in most cases, remaining betwixt the two. It is the motivation or intention of an entity, whatever the action taken, that tends to bias the action in one manner or another. There is the potential for either polarity or neither polarity to result from any action. The polarity is determined by the intention that motivates the action. This is the principle which we were attempting to share in our previous response.

May we speak in any further fashion, my sister?

Carla: To just further nail it down. So if we decide that some elite can be with us, but some who are not elite cannot, then we've probably moved over into service to self. Is that correct?

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there another query at this time?

Carla: Well, I hate to hog the show, but I do have a query, and please feel free to advise me that this is an infringement. I will not go through all that occurred with the one known as R, but will simply ask for any comment that you might have, either on the situation, what could be done to aid the teach/learner in spotting and ameliorating and avoiding such a situation in the future for everybody, any comments you have about the teach/learning of the channeling process and of the magical personality. I know it's a wide question, but I have a feeling that the comments are not so wide. So. You'll probably tell me that I've got to think it through myself, right?

I am Q'uo, and am aware of your query, my sister. We find in this instance that there is a great deal of information which is desired in order that a more harmonious experience in future teaching sessions might be achieved, for there has been the difficulty with the one known as R which has caused concern for each entity. And we would add our blessings to the concerns which each feels, for there is the need to learn from that which has been experienced. However, we find in this instance that there is yet much work which may be accomplished upon the personal level in regards to this experience, and would recommend that the line of querying or consideration which has been undertaken since this experience be continued, for we find that there has been much of a fruitful nature that has resulted from this intensive investigation into the nature of the self, the nature of the teach/learner and the nature of the channeling experience itself. We feel that each

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has been able to profit, shall we say, from this experience in regards to reaffirming to the self the level of care that is necessary upon each entity's part when attempting to teach and to learn the vocal channeling process.

We find that we have exhausted that which we may share without infringement at this time and apologize for seeming to be so shy of words or advice.

Carla: I understand, because my concern is whether I should be teaching channeling or not, and you can't tell me that, can you?

I am Q'uo. We choose, my sister, not to infringe, for we do not see that as a service, as you are aware.

Carla: I understand. I'm just very soft-hearted, and I don't like to hurt people or put them in a position where energies might cause them to fall apart. I guess I have a lot of thinking to do. Thank you. It never happened to me before, so …

I am Q'uo, and we share with you great compassion, my sister, for we recognize the desire to serve burns very, very brightly within your being. And it is the method by which such sharing shall proceed that you are now considering, and we add our blessings to your considerations.

Carla: Thank you.

Is there another query at this time?

J: I would like to speak to the same question as Carla, and again I realize you may not wish to answer it, and that's okay. But having been part of the "R experience," if we can call it that, I have to say that I was a bit spooked, and being a new channel student, it was probably an experience that if I had to have it, I wish I would have had it down the road as opposed to during the first week. I have to admit that it has me in a major state of confusion, and understand that you cannot address that personal problem, and I will continue to try to work it out for myself.

But if there is some way that you can comment on the experience, maybe suggest a viewpoint that those of us who were there might take to turn it to a positive experience so that we will continue to channel. Basically I guess I feel that I'm not very trusting of the protections that I thought were there. Or that I don't understand them. I haven't asked you a clear question yet—I'm trying to do that. I guess what I'm asking for is some kind of understanding that will give me confidence to try it again at some form, and if you could comment on that.

I am Q'uo, and am aware of your query and its ramifications to you, my sister. First of all, we might suggest that the experience which you witnessed and which you have called the "R experience" is one which is quite unusual and is not one which many students, whether new students or old students of the vocal channeling process, would encounter within their learning of this means of service. It is one which required very unusual circumstances—the gift for visualization and deep meditation upon the part of the one known as R, the extremely enhanced energy vortex which was created by the entire group of positively-oriented entities during the time of sharing, and the disregarding of techniques of protection by the one known as R at a critical time within his own personal process of growth. These are circumstances which each taken separately would not be remarkable, but when combined, did indeed provide the experience which has been remarkable.

We might encourage each new instrument which seeks to learn the vocal channeling process by suggesting that the process itself is quite simple. The protection, as well, is quite simple. However, the clear understanding within the heart and mind of each student that partakes in this process is necessary in order that these simple procedures be accomplished in a pure fashion. The desire and the motivations of each student must be examined by each student in a most careful fashion in order that the channel within the being is open in as clear and simple a fashion as possible. When these protections and motivations are thus accomplished, the process may be expected to proceed with little risk or danger to the student.

May we speak to any further query, my sister?

J: Not at this time, thank you.

Carla: I'd like to ask a shorty. Could you confirm that the protection that I give the circle itself is adequate, or even more than adequate? That people can be confident of it, unless the entity is part of the personality of the new channel, in which case I would have no jurisdiction over it, and that is why I could do no more than talk to Yadda and make sure that Yadda was attempting to control the situation.

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This is what I believe happened. I just wondered if you could confirm it.

I am Q'uo, and your assumption is basically correct, my sister. The protection that you as teach/learner provide for the circle of new instruments, and the protection that each within the circle provides each other in the seeking is a function again of the clear and simple motivation, the desire and the practice upon the part of each which partakes within the circle. Thus, the circle is, as we find your saying speaks, as strong as the weakest link. However, even the weakest link may be enhanced by the combined efforts of each within the circle. Thus, each adds unto the wall of light, shall we say, that forms about such a circle of seeking, as this circle of seeking has provided its own wall of light.

Is there another query, my sister?

Carla: I'm just arbitrarily going to stop, because I don't want to wear the instrument out. Thank you very much. I'll ask another time.

I am Q'uo, and we thank you, my sister. Is there another query?

J: I have one. Again, I realize you may not be able to answer this question, but with the "R incident," I realized it was not really … it was our incident, it was not what we call the "R incident," but I'm doing it because I don't have another name for it. But I just want to clarify, let them all realize that we were all key players in that situation.

What I'm confused about is when the situation did occur, how much R was channeling himself, and how much he was channeling something outside of himself. The reason I'm concerned is because of something he said in reference to me which has *(inaudible)*. Let me try to put this question in a way that you might be able to answer it.

Okay. If you can give me percentages, say, how much R was channeling something inside himself, how much of Confederation membership he was channeling, and how much was psychic greeting?

I am Q'uo, and we find that there is a difficulty in answering with precise percentages in regards to the efforts of the one known as R to serve as a vocal instrument in the one case, and the efforts of the one known as R to deal with a difficult personal situation in another case. We may suggest that all new instruments—and this includes the one known as R—begin the channeling process with a fairly significant portion of the channeled message being of their own origination. This is in order that the new instrument might begin the process, and we of the Confederation of Planets in the Service of the One Creator find it helpful to spark those personal memories and experiences within the new instrument which are congruent with our understanding of the Law of Love and the Law of Understanding and Unity in order that a beginning might be made.

As the new instrument becomes more experienced, this percentage of personally originated material shrinks until it is approximately thirty percent, and thus our portion would be the greater, that is, seventy percent. Thus you may see, the new instrument begins with a fairly significant, even a majority of the information channeled having its origin within the self of the instrument. We may suggest, therefore, that you not be overly concerned with any information which was transmitted during the experience of the one known as R which each present within that circle did indeed have a part to share, however small. We would not suggest that the information channeled through the one known as R therefore be given very great weight.

May we speak to any further query, my sister?

J: No, thank you. I really appreciate your answering the question, but I like your answer.

Carla: I can't stand that—I've got to ask a related one. From what I could tell, by the time R was on the floor, he was channeling a mixture of a negative entity, which called itself anything it wanted to, and wanted to control, and a portion of his own personality which had the same basic motives, thereby forming a rather efficient service-to-others channel out of a very sensitive, positive instrument. Can you confirm this? That there was not Confederation content in that message on the floor?

I am Q'uo, and we may make this basic confirmation with additional notation that there was a slight misperception in your query concerning the nature of the service offered.

Carla: Does that have to do with my Christian background? That distortion?

I am Q'uo. We simply meant to speak to what we feel was a misstatement on your part in using the

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term "service to others" rather [than] "service to self."

Carla: Oh, thank you very much. Yes. I meant service to self. Yeah.

I am Q'uo. Is there another query at this time?

Carla: Is that why he wouldn't [let] me touch him, and he wouldn't let me in the circle? Because I was too much of a polarized towards service-to-others nature?

I am Q'uo, and we find that we again approach that line of infringement across which we do not wish to step at this time.

Carla: May I ask if there is more than one motive for not allowing the touching? Or if there is only one? That would help me in my thinking.

I am Q'uo, and am aware of your query, my sister. We do not wish to either confuse your thinking or to clarify it at this time, for to do either, we feel, would be an infringement. Thus, we choose not to speak to this query.

Carla: You would recommend simple analysis then?

I am Q'uo. We would recommend your powers of analysis be applied, your powers of prayer and meditation be added, and that the clarification of time passing might also be an aid in this case.

Carla: Well, I sure do thank you a lot for answering. I've been pestering you. I'm sorry. I'll stop.

I am Q'uo. We thank you. Not only for your queries, my sister, but for your deep desire to serve, as well. Is there another query at this time?

Questioner: I do have a question, and what sparks it is that in our circle tonight we have a young gentleman, and given what we were talking about earlier, about Earth adjustments—which is my favorite phrase—how can we best prepare children, or how can we talk to children about this kind of thing, and how can we make them understand their role? Kids at this age—and I'm talking about children probably eighteen and under—are not especially aware of their personal power. They haven't had a lot of experience with personal power, so they may not understand that they really do have a significant role to play. How would you recommend that that could be described to them? Does that question make sense?

I am Q'uo, and we feel that there is quite sufficient sense within the query in order that we might speak. The universe is the classroom for each student, whether the student be young or old in experience and in years. Each has within the life pattern a portion of the universe; each may look within any portion of the life pattern and see a reflection of that which is within and that which is without. Your own solar system is much likened unto the molecule within any portion of your creation. Each molecule is much likened unto a universe itself, with atoms moving with incredible speed and fluidity. Each person may be seen to be composed of many smaller parts of organs, of veins, of arteries, of cells, of tissue, and each plays a part within the scope and health of the entire organism.

Each person within a family, within a community, within a classroom has a part to play that influences the whole. The whole of the classroom, of the family, of the community has an influence upon each individual. The touch and presence and mark made by each entity is felt not only within the family, the classroom, and the community, but is felt within the planetary being and indeed throughout the one creation, for there is a connection between all portions of creation. As a note played upon a musical instrument is heard by any ear within its range of sound, thus are feelings and thoughts and actions recorded within the self, within the family, within the Earth itself and indeed each is heard as a note throughout the one creation.

Thus, each student of life may learn of that which is great by looking at that which is small, may learn of that which is without by looking at that which is within, may also learn in the reverse order, as correlations can be made from small to large, from within to without. Those connecting fibers and pathways which bind each to the other and each to the planet and each planet to the creation are those pathways which lead from understanding of one kind to understanding of another. Thus may each discover that which one sees within the realm of one's own being.

May we speak in any further fashion, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you again, my sister. At this time we shall take our leave of this instrument and this group, for we find that we have brought each to the point of information gathering which

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begins to move beyond the ability to process at this time. As always, we are most humbly grateful to have been invited to join your circle this evening, and we hope that we have been able to serve in the manner which has been asked of us. We look forward with joy to each future, as you call it, gathering, and shall be with you upon your request. We are known to you as those of Q'uo, and we leave each at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
August 31, 1988

Group question: Has to do with lying. How does the concept of lying, deliberately and willfully misrepresenting a position or information, get introduced into our creation? From the beginning of the creation when that which is created is created out of that which is uncreated.

(Carla channeling)

I am Q'uo.

(There are no other contents in the file.) ♣

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Sunday Meditation
September 4, 1988

Group question: How does the seeker balance the various polar opposites such as passion in the seeking and yet discrimination in the seeking? Love and giving and wisdom and how to do this? The unconscious and the conscious mind? The female nature being receptive and the male nature being active? All of these polar opposites are part of following the path. How does the seeker balance them?

(Carla channeling)

I am Q'uo. We greet you in the love and in the light of the one infinite Creator, and we thank you for calling us to your group to share our thoughts on the paradoxes of the spiritual journey and how to balance them. We thank you for the great privilege of sharing in your vibrations, and we shall attempt, as this instrument has mentally requested, to be extremely brief, for us, that there may be ample time for the soul-satisfying inner journey of silence.

Since it is accepted by those present that in the beginning all things were one, it is difficult to comprehend the nature of paradox, or opposites—not precisely the same thing. And as the student attempts more and more to accelerate its spiritual growth, it finds itself faced squarely again and again with paradox: service to others makes one feel good, therefore, it is service to self.

Waiting, the reaching, the female archetypal personality becomes a passive power that paradoxically holds the riches for which the male active principle must most carefully reach and most sensitively find. And when it comes to speaking of passion, we come to a paradox that is different for each seeking entity, the paradox between passion and skepticism.

Let us look at the nature of each of you. Each of you has a heart, a center of being, and in that center of being, beneath all the dust and rubble of sadness and sorrow, pain and suffering, and the petty details of mundane life, lie the fiery jewels of passion, that creative force that sleeps within from the beginning of creation as you know it. For that of you which is of God is passion in its most manifest expression, thus passion is not something for which one strives as much as it is something for which one looks within the self.

The easiest passion to understand is the passion of the sexes—man for woman and woman for man. But has there ever been a man so passionate, or a woman, that there was not the skepticism also, certainly when it was deserved, and often when it was not. This is due to each entity's having biases that cause a lack of trust, and cut the flow of power at some lower energy center, depending upon the difficulty, thus effectively removing the self from the experience of passion. And anyone to whom we

speak within third density who has not had the experience of the infinitely divine act of love being spoiled by a lack of trust, we commend that person, for it is almost inevitable that in interpersonal relationships, sexual energy shall from time to time be strangled by the skepticism of one partner for another, the doubt one has in another's trust and loyalty.

Thus, you see, you yourselves contain paradox. It is not something that has been thrust upon you. What has been thrust upon you by a serious program of meditation and seeking are new ways of perceiving blockages of power, imbalances in interpersonal energies, and any similar lack of complete communication.

It is no good to seek to encourage oneself to feel passion for a casually selected object. This is true of the generative chakra or of red ray. This is true in the higher elements of interpersonal relationships, for mental and spiritual passion may unite and strengthen and teach each, yet where also much hurt, inevitably, [much] will be shared. This is true in the passions one may have towards society, for as much as one wishes that in your illusion all may be fair and all may be just in all states, men and women may be honorable, and all plans tending towards peace, yet it is impossible to become active and work within your social systems and not develop a healthy and accurate skepticism. The illusion lacks paradox only to those who have not thought about the illusion.

The more one thinks about the illusion and about one's relationship with the Creator, the more one is plunged into a series of paradoxes. Life as we know it—and we must remind you that we are students, such as yourselves—is a spiral, the best symbol of which we may find in this instrument's mind being the double helix of that which this instrument calls DNA, that which has within it the intelligence, microscopic though it may be, to create an entire physical body, ready for a soul to use.

Thus, in one incarnation, the balance between passion and skepticism may be reflecting imbalances towards passion in previous incarnations, or an imbalance toward wisdom or a skepticism in earlier incarnations. Perhaps our best advice upon the subject is ceaselessly to seek your passion, whether it be an established path toward the face of mystery, or whether you make it up as you go along. That which is your truth, that which is your passion, will develop, resonate and become passion. It does not normally spring full-blown, although as one has heard of love at first sight, meaning instant red ray infatuation, which may well deepen into love, so may the spiritual student lay aside skepticism in the excitement of a system of thought which later is found to be wanting, and skepticism again takes over.

It is well to expect the movement back and forth betwixt the two horns of any paradox within your illusion, for upon the one horn is eternity, upon the other infinity; upon the one hand, yourself as a portion of the Creator, upon the other hand, yourself as you perceive yourself, experiencing that which you perceive that you experience.

Needless to say, we urge skepticism whenever there is the slightest doubt that the path that one is on is the correct one for that person. And we urge those who have faith and passion and care deeply about their paths already, ceaselessly to examine with the powers of skepticism and the rational mind what the mind feels about that passion. Now, the mind is not a passionate being; it is in essence what this instrument would call a biocomputer. Therefore the mind will tend to analyze the experience of worship, faith, joy, unity, consolation, forgiveness and love. And in that we say, please proceed and think and ponder, because the mind has a part in the evolution of the spirit.

But to grasp with the mind that which is occurring in spiritual worship experience, or in passion of any level, is to ask the impossible of the linear mind, therefore there must be a bridge betwixt the two. That bridge is, of course, meditation. We could choose any other seeming opposite. For the sake of simplicity, we again turn to the male and female antitheses of being. Again, in some instances, it is well for a male to behave as a male has been taught to behave in one's culture, no matter what the sacrifice. On the other hand, if one cannot with joy and in some sense of peace perform such duties, they become only duties and never honors. Therefore, one must take time for oneself and in the same life experience take sacrificial time with those who may require, need or be grateful for the listing[4] ear, the understanding heart, and the patient tongue.

[4] The Oxford English Dictionary gives "listing" as a synonym of "listening" and dates it as a 17th century usage.

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There are other times when neither patience nor introspection may suffice, when that which must be said honestly is said to the temporary sorrow of each. Remember, however, that if the seeker remains day by day by day focused upon the treasure of life itself, the treasure of consciousness, and the goal and desire of progressing in consciousness, one may become ever more sensitive to the needs of the self for the balancing that exists at that spiral at that moment, for you do not go around in small circles, not in your job, not in your home life, not in any part of your experience. Each day there is the seeing of new things, and if this be not so, it is time to look for paradox, for you are spiritual beings, and there is more than gusto to grab, my friends.

We would at this time pause for silent meditation, hoping that that which we have said, which is an outline only, may be in some degree helpful. Further questions will be welcomed at the end of the meeting. In thanksgiving and praise to the one Creator, we leave this instrument. We wish to say to the one known as T, that if this entity is experiencing the energy of Hatonn, that is as it should be, as this entity wishes to aid the one known as T in deepening the meditative state in a stable and comfortable manner without the fatigue of the day, shall we say, catching up with him. For now, we leave this instrument in love and light. I am Q'uo.

(Transcript ends.) ♣

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Sunday Meditation
September 18, 1988

Group question: Asking for general information on the subject of selfishness.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. It is a joy to meditate with this circle, and we thank this group for calling us to you to share our humble opinion upon the subject of selfishness. Indeed, it is most selfish that we are here, for by our choice of serving you, we find the possibilities of accelerating our own spiritual growth much improved. Thus, we are being selfish as well as unselfish, when we speak in groups such as your own. Indeed, the question of selfishness has its root in the question of self. Some concepts are known to you all: that there is one Self, and that that one Self is love, and that therefore, one is always serving the self.

With that said, we may say that in your illusion each unique portion of the greater Self or love moves into incarnation in your lifetime now with a predetermined character and biased way of hearing and perceiving stimulus. That is, each person sees things quite differently. Some have little capacity to register or perceive the difficulties of others besides themselves, and this is perceived as very selfish behavior. It is in fact not a selfish behavior, but a constitutional or preincarnative way of being. There are others whose selflessness or lack of interest in the self and the things pertaining to the aggrandizement of the self is so marked that these entities are often known as saints, especially those who have died, especially those who have died for that in which they believed, that for which they lived, that for which they received persecution.

Between lie the vast majority of souls which inhabit your physical Earth sphere at this time. These are entities whose personalities are constitutionally capable either of self-involvement or involvement with others. It then becomes, for the vast majority of entities, a matter of choice as to whether to serve the self by controlling and manipulating others, or to serve the self by serving others.

When one serves the self by manipulating others, one is often known as selfish. Another way of gazing at this trait in an entity is to see the entity choosing a path of polarization that would be called the left-handed path or the negative path in which the self is seen as the equivalent of or substitute for the Creator, and the constellation of those beings which move about the self are seen as those entities which may or not be of use in some way to the God-self which lies within the self. Such entities are not known for their spiritual humility or their lack of confidence in what they feel to be right.

All of these hard edges that we described, these overassurances, pomposities, rash assumptions and

manipulations, create catalyst for those about them, catalysts in which they may experience the infringement upon the free will in one way or another, and they then make their own choices as to how to react. There are, in fact, two perfectly acceptable ways to react, one being service to self, one being service to others. Due to the nature of your illusion, it is far easier to react in service to self than it is in service to others. It is not easy to love those who are discriminating against you, causing you difficulty, or creating pain by catalyst in your existence. Consequently, many people there are who inadvertently do polarize by becoming enangered by the selfish reactions of another person. It is well to remember that each entity creates its own universe by its reaction to the catalyst it receives. You may choose to create a positive, though challenging, universe, faced with just such a relationship. This, however, is certainly a challenge, as it always a challenge to love those, as it says in the holy work, your Bible, who despitefully use you.

There is the service-to-others way to react to the entities about one. One may choose to attempt to be of service. This may seem very selfless and generous. It is interesting to note how very difficult it is truly to be of service to another. Yes, one may please another, but pleasing and serving other selves are two separate processes. In the first place, that which you may think is helpful to another may not be welcomed by that entity. In the second place, that which that entity wishes, you may not be able to perform. In both cases, service to others then seems to be a null option.

This logic, as all logic when applied to spiritual reasoning, is fundamentally incorrect, for one's basic service to others and sense of self are the same thing. The way that entities are, that is, the sum total of vibratory patterns generated by the thoughts, actions and feelings of an entity at a given moment are the gifts one gives to the Creator and to the world about him. The beingness is the first act of selfishness or unselfishness, of radiance or absorption. When your beingness touches in with the tabernacle of the most high and a portion of your consciousness remains in that holy place, then all places are holy; all entities are of the Christ consciousness, and the eyes with which you look at those entities are eyes infinite in their ability to channel the one original Thought of the infinite Creator—love.

Let us look at one more aspect of selfishness before we leave this instrument. It often concerns those who are highly oriented toward service to others that they continually must spend a large amount of time working upon themselves. This is not selfish, my friends, and do not for a minute think that it is selfish to work upon a relationship with yourself, with the creation about you, and with the Creator who made you. If you are to prepare and discipline your personality so that you may be of the maximum amount of service, a hollowing out process takes place, in which the concept of self as you know it now begins to undergo a change.

Those things which are of the material world may seem most desirable, those things which are of the invisible world, most distant. Yet may we say that your material world is an illusion, known so to your scientists, who describe everything as whirling masses of energy, not masses of things, so that dependence upon the reality of anything upon the outside world plane is a jest, although a very convincing one.

To move into the true nature is gradually to move away from consensus reality as it is known by your culture and your society, and to move into an individual and idiosyncratic way of thinking, feeling and acting, a way in which you interpret your relationship with eternity in the light of your temporary involvement with your own body as well as the bodies and inextinguishable spirits of other souls, other portions of the Creator with whom you may come in contact. Never begrudge the time it takes to keep yourself as clear as possible of those things which block the energy from the heart, those fears and possessions, being possessed, being trapped, being lost. All the inadequacies and fears that you may have, we ask you gradually to clear those from the conscious mind, to allow them to drift away upon the wind.

Needless to say, we urge you to do this through meditation, through affirmation, and through any other process which functions well for you, for you are different and special, and not like anyone else, and those things that are true for another may not be so for you. Therefore, the work continues in a lonely and individualized way. Yes, there are companions along the way. Yes, there may be teachers when you need them. But always it is each seeking soul's choice to follow the self to the higher self, and thus empty out the little self and become as nearly selfless and

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impersonal as possible when dealing with others with true compassion. Or fill in the self more and more with the little self until the material world becomes quite solid and eternity recedes and is hidden behind a screen of forgetting.

We feel that the true selfishness is to choose the path of service to others, and we are not playing with words here. We have found it to be the quicker path, the easier path, and by far the more joyful path. We find the increasing lack of competition to be most satisfying, and the ability ultimately to merge together as one creative, collaborative being infinitely gratifying. We do not grasp the reasons for the choice of service-to-self entities, and so we simply say to you, there is that choice, yet it is not what we teach, nor is it what you *(inaudible)*.

Therefore, we ask that each self free the self from self-accusations of selfishness. We ask each who feels that another is selfish to forgive and cease from judging, for who knows where the selfishness may lie and who must be forgiven in final accounting. How interesting shall it be, my friends, for each of you to gaze back over the pages of this incarnational experience and find how accurate you were in the many, many times you took your spiritual temperature. We assure you, you are too hard upon yourselves. We assure you, your sense of humor will come *(inaudible)* you.

Thank you again for calling us to you, and we would now transfer, that we may answer any questions that you may have at this time. We would at this time transfer. I thank this instrument, and am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our honor to ask if there might be any queries which we may speak to. Is there a query at this time?

T: Yes, I have a question. It regards affirmations and changing your thought processes using affirmations. I've been doing this for the last couple of months pretty regularly. My question to you is, to change a thought process, you affirm what you want to change to, and you affirm that you no longer have a need for whatever blocking or limiting beliefs keep you in what you're thinking now, your limiting patterns now.

My question is, when you use affirmations, is the most important thing just faithfulness and repetition, or is it necessary to develop an intensity or kind of a fervor when you do affirmations, to make them more effective? Or is it just a combination of both?

I am Q'uo, and am aware of your query, my brother. The field of which you speak is one which is large in scope, when applied to personal belief in the behavior and the roots from which they spring. The attempt to change beliefs and the behavior which is associated with such beliefs through the process of reaffirming or reforming that belief in an alternate manner will find success according to a number of factors, including those which you have mentioned.

The attempt to change belief that is an integral portion of one's being, having been chosen previous to the incarnation for a specific purpose, will be somewhat less successful than attempting to reform a belief which has been created during the incarnational pattern of existence. Many are the roots of each entity's system of belief, some reaching as far back as the preincarnative choice, others taking root in the early years of the incarnation, according to the experiences and the teachings that the entity is exposed to at that time, yet others taking root at a much later portion within the incarnation, having been consciously accepted as a portion of one's system of thought and resulting behavior.

In general, we might suggest that the attempt to reconfigure the belief patterns through affirmation and the fervent and repetitive type of affirmation will be more successful the more recent the belief is which is being reformed. There are within the incarnational pattern various suppositions or beliefs which have to do with the heart or focus, the purpose of the incarnation. These are not so easily reformed, for the power and fervor which formed them in their beginning was not only of the conscious mind, but of the subconscious mind as well. These will yield not so easily to conscious affirmations, but if they yield at all, will need to be worked upon from the level of the subconscious mind, the level at which they were formed.

May we speak in any further fashion, my brother?

T: Well, is there any easy way to tell which is which? I realize through meditation, if you meditate long enough, you'll probably start to know what is what,

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and maybe I'm answering my own question, but if you could comment on that?

I am Q'uo. The means by which one might ascertain the strength and source of current belief patterns are also various. There are entities who have studied the nature of their own self for a long enough span of your time that they are aware of the parallel patterns that have appeared with the incarnation and are able to pinpoint the beliefs which have formed about these repeating patterns. There is the means of determination which you have mentioned, that being contemplation, prayer or meditation, during which there is the opening of the conscious mind to deeper portions of the conscious and of the subconscious minds in order that information may be obtained in some form, whether it be verbal, mental, imagery or feeling tones, as you may call them.

One may also utilize what this instrument would call the blunt instrument and become aware of increasing difficulty in changing beliefs by affirmation and make the assumption after a number of attempts have failed that the belief is one which moves from a deeper portion of the being, in which case further attempts may be structured about the use of other tools such as the dreaming process or the hypnosis in which the entity will attempt to create a door through which it will move into the subconscious mind, and through this movement attempt to discover more of the nature of the belief and the means by which it is affecting the incarnational pattern and the means by which it may be altered during the incarnation.

May we speak further, my brother?

T: No, that's fine, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: I have a question sort of along the same lines. I've had trouble with my mind ever since 1984 when Don Elkins died. It brings up thoughts that I don't like to have there, and using my mind to try to control my mind is a joke, because the mind isn't working right in the first place, or I wouldn't be making myself miserable with these images and so forth. And I find myself doing it even to this day. The images have changed somewhat, you know. At this point I probably have as much frustration because I can't do as much as I used to be able to do, because I didn't do everything I wish I could have done for Don. But, the basic principle is the same. I don't seem to be able to have control of certain emotional states that hit me, and I wonder, this is obviously subconscious stuff that is coming up through the conscious and that is creating a situation in which affirmations are not going to work and prayer is not going to work and … What works? Is there anything that works? Or is just time the only thing that works?

I am Q'uo, and am aware of your query, my sister. Though time is the great healer of all distortion, there are instances in which the seeker, for reasons of its own welfare and comfort, must look to other means by which healing may be achieved. In your experience, we find that there is a great deal of complexity within the patterns which have formed to create the current condition which you experience as the whirlwind of the mind which brings the pattern of weather across your field of experience seemingly unbidden, working its way as it will, leaving as it will.

As we see that the use of hypnosis and trance is not indicated due to previous experience which has potentiated possibilities which are undesirable, we may suggest that the utilization of your dreams be that means by which you may be able to find the release in a controlled fashion of the great whirling energy which moves within your mind complex at this time. The attempts to work with one's subconscious mind via the medium of the dream and the conscious analysis of the dreams, as they are experienced and recorded, is a technique which offers the subconscious mind a safe place in which to release portions of experience in a symbolic form that one might then decipher …

(Tape ends.) ♣

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Sunday Meditation
October 9, 1988

Group question: "**Q'uo:** We have been asked to speak to you this evening about hatred."

(Carla channeling)

I am Q'uo. We apologize for the slow transmission, but we are working at deeper levels of the conscious but trance-like state, as this instrument has requested information which makes this state appropriate, due to this instrument's own synchronistic queries. Before we begin, we would like to answer a question we find heavy upon this instrument's mind. This instrument has been wondering, ever since the last time the beloved entity known as Aaron was part of a circle of seeking, why we were able to offer material of a high intellectual content. Firstly, the one known as Aaron is most intelligent, and will pick those truths of which he has the need, in a simplistic way. There is much of what you call your time for subtleties. Secondly, this entity is an humble entity, one which is grateful to sit in a circle of beloved entities and enjoy their company. Therefore, this entity is a very strong battery within the circle, and does not expect to understand each word, but is very pleased to be with each. This unconditional love offers the highest of vibration within your group at this time. Never estimate an entity's worth by age or accomplishment, but by the ability it has for unconditional love.

We have been asked to speak to you this evening about hatred. Because this channel had also wished to ask a related question, we find this deeper state necessary, and will continually be attempting to preserve the depth of this contact. Please pardon any pauses.

That which is hatred and that which is anger, and all of those emotions which may be called negative, are distortions of love. They manifest through the distorted individual by blocking energy and trapping this energy in the center involved in the changing, confusing difficulty which is catalyst for distorted love. This catalyst may be extreme. However, may we say that that which the questioner considers hatred it does not know in full intensity, for it is incapable of achieving the purity of negative emotion which would be necessary for those which wish to polarize negatively. Nevertheless, we in no way disregard or lessen any of those emotions which are beyond the control of the entity at this time.

When an entity is extremely positive, as each within this circle is, that which may be seen by others to be unimportant or non-catalytic, upon the contrary sensitive entities which seek will certainly use this catalyst and experience painfully negative emotions. Thus, hatred is love which has been hurt badly. Anger is that which comes of hatred. Beneath the hatred is what this instrument would call the orange-ray blockage. This is especially painful when the

entity who is in pain has some difficulty in experiencing self-worth and self-acceptance, self-forgiveness and self-love.

The one which loves the self has the most undistorted energy available to manifest in love in an undistorted form of intimate others which offer negative catalyst, shall we say for the sake of brevity, though this is not the exact description. Beneath both of these concepts is the concept of separation. The illusion in general, made up of many seemingly other selves separate from the self, is most powerful. Thusly, it is possible to see each entity as unique. However, the veil has dropped betwixt the waking vision and the evidence that each is also the Creator, each perfect and all one, one with each other and one with the original Thought of love which is the Creator.

We are aware that each has chosen the path of unity, peace, the love of neighbor, the hope for peace within all nations, all hearts and all peoples, and above all the seeking of the one infinite Creator. To those who wish to ameliorate the negative emotions they feel, action is necessary. The first action one may take is to outlast the length of time one is capable of feeling the same catalyst. This is, as this instrument would say, an easy way out, in that no effort must be expended, but merely existence prolonged. However, we are aware that each wishes to move as quickly as possible along the pilgrim's path towards the mysterious face of truth. Thusly, we would give you harder ways to work upon the distortions of love which are the result of blockages which keep energy from moving through the lower energies into the heart energy of unconditional love, which the one known as Aaron has such a great deal of.

Each of you has, buried within, an unconditional love. In each case, this unconditional love withstood many trials, but ultimately the illusion made its mark, and each of you has separated the self from the other self to the extent that the unity of all is not reflected in the relationship which is under consideration in each case. In each case, the difficulty which is, shall we say, the proximate cause of separation is that which paradoxically seems to unite, that is, the rite of marriage. To those which find that they need change nothing of their relationship in order to live in a married fashion, the catalyst which is negative will be minimal. To those whose expectations are raised by marriage or who have in some way separated themselves from their true selves during marriage, [they] will find that that unifying ceremony has instead placed great pressure upon the entity which creates the illusion of separation.

We would now say a word about marriage. This instrument has been reading the work of your author, Joseph Campbell, and we find within the instrument's mind the concept which is consistent with his theory that myth explains the truer nature of humankind. The phrase is, "Marriage is an ordeal." It is through the great sacrifice of both entities that a marriage becomes a spiritual reality. The gestation of this primal and cornerstone unity is that consideration which you may call deep love or deep friendship or deep commitment. The unmarried who have these feelings do not have as many raised expectations of change as do those who choose the married state. There is indeed much sacrifice in creating the first social memory complex. To be together is the nature of the density which you enjoy. The lessons are only partially those of aloneness and solitude. Much necessary catalyst awaits the seeker within the illusions of relationship.

Thus, we would say to those present, especially the instrument itself, which is at this time married, to ever lower the expectations of another self, to remember the desire for the truth, and to remember also the desire to be a positively-oriented being. Now this is to say that without minimizing the effects of negative catalyst, the self-forgiven and self-loving self will stand upon its own two feet and consider not judgment of any other, but the most helpful way to respond. If there is no blockage within the feelings and thoughts, expectations and hopes within the entity, the energy shall flow through to the heart chakra, and the negative catalyst will fade, slowly or quickly.

The effort this takes is the utmost an entity can make, and when that utmost is not enough, when the entity which seeks fails to love without distortion, the entity must immediately begin to forgive the other, the self, the situation, and the illusion. The illusion is designed as an ordeal, indeed, a series of ordeals, within which, again and again, each soul chooses the positive path of unity, peace, joy, love and light, or the negative path of discord, despair, hatred and darkness. When the periods of darkness strike without warning, they are needed, for each entity has all of the varieties of

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humanity within the self. The most positive entity can be negative. The most negative can be positive. This illusion fools each as it ought and as it must.

In the end, we must move towards meditation as our primary suggestion for acquainting the self more and more with an undistorted love, a light which does not fail. In short, we recommend the daily meditation, the reading of thought provoking or inspirational material, the contemplation upon that material, and the attendant praise and thanksgiving for the moment of consciousness. All of these are but the frosting upon the cake of silence, for as one dwells within the green cathedral of the forest or mountaintop's bleak aspect, or the splendorous church, waiting in what feels to be a holy silence for the service of group worship to begin, one is entering the silence within as well as sharing the silence without. Within there lie infinite spaces, for within lies all that there is.

Each of you has two basic parts. One part is that of the Creator, that of undistorted love, and to the body, to each cell, is given this awareness. In moving and knowing the body, an avenue into an excellently unblocked state of consciousness is encouraged. Therefore, if the entity is not able to meditate, it may walk about within the creation of the Father, for as this entity sings in its head, "I walk in the garden alone, when the dew is still on the roses," this image was given to you by the teacher and Christ known to you as Jesus. Think of your inner space as the garden, and realize that it is your deepest desire not to be loved, not to be understood, but as this instrument's favorite prayer gives, "To understand and to love," for each of you is a radiant being. Each of you has strayed from the concept of unity, due to perfectly understandable catalyst. It is time to forgive. Remember always that the negative emotion is that which is as real as the positive emotion in that it creates the electrical atmosphere of certain of your higher bodies, and therefore affects your health and your experience within the illusion.

Those upon the pilgrim's way need these obstacles not, and we are aware that each has sincerely tried to remove them. We may suggest only what this instrument would call prayer and silence. Each moves in change at all times. Change is painful. Those which have not together pulled to form that which can be termed an "us" must eventually separate in mind, if not in the physical or chemical form.

We have no discouragement for each. It is not right or wrong to act to think or to feel. It is, in addition, well to express the self honestly. The key to unity with others remains a responsibility [of] unity within the self, so that the self is a true manifestation of what the self has faith in and lives for. If that which is done in relationships manifests the love and the light of the infinite One, there can be no more beautiful gift to the relationship, to the other self, and to the Creator. When one loves the self, one loves the Creator. When one loves the self through one's own perceptions of self-failure, or regains the love of self and moves once again in quiet confidence, this one will find the heart chakra unblocked, and the positive energy able to be manifested.

When there is an excess of sensitivity and feeling in a seeking entity, it is then that the difficulties of the illusion are most poignant. We can only urge your thoughts, insofar as you are able, towards either a higher and better cause or towards innocent distraction, which enables the self to regroup. If the negative emotion is called by the other self in a persistent way, we suggest for the sake of the seeking entity that it express the self insofar as it is deemed necessary for survival.

Beyond this, the responsibility lies from self to self. In enlarging and purifying the point of view, each other self is the Creator. Each other person is truly a mirror of yourself. Those hatreds, those distortions of love which the seeking soul feels for another are only reflections of the feeling for the self. Thus, it is the self which must be turned to in forgiveness and total compassion. "That which is beautiful," it says within your holy works, "that which is good, that which excellent, that which is of virtue, love, enjoy, do." These are words of simplistic advice. Yet we say to you that your thoughts are those things which people, populate, indeed, your consciousness, and in fact move your destiny. Attempt, therefore, to seek the Creator, to feel the oneness of love and light and to carry that flame within you which has been lit into each and every relationship and situation you may possibly achieve in this way. You are of maximum service to the self as a creature or child of the Creator, to the other self as the Creator, and finally turning at last from the illusion, the choice having been made, to the Creator Itself, to the great mystery which draws us all ever forward in love and light.

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There is time enough, as this instrument would put it, in further densities to refine the lessons which follow the choice of the positive path. Each of you is a wanderer, each couple which has been asked about is already aware that it is of a different level of density than the mate. This creates certain problems of communication. The thinking is quite different from density to density, as the lessons change.

Tolerance of irremediable differences is learned only through the Creator within the self, not from the self which moves through the illusion in a wounded fashion, one way or another. May you each choose to love and to understand. This giving, without expectation, shall place a call within the universe for its balance, and to one who loves much, shall much love be given.

We ask each to live each day as if it were the last, to be as impeccable warriors of peace—of inner and outer peace—as possible, to pick the self up if it may fall, and to tabernacle with the one infinite Creator by going into the silence within. These are your tools. Remember the breastplate of righteousness within your Bible, and all the other armor of love. My friends, it is true—love is its own armor. Those about whom you have distorted emotions are …

(Side one of tape ends.)

(Carla channeling)

… light and love of the Creator at what this instrument would call the lower energy centers.

Let not these things be a stumbling block before your search for unconditional love any longer than necessary. The first order of business is forgiveness of self. Do not attempt forgiveness beyond the self at first, but only work upon the self. We find that each expresses its positive aspect, so we need not encourage this aspect of behavior. We do not encourage false behavior. We find each to be by nature friendly towards other entities and compassionate. Exercise your nature in this regard whenever you can, giving each passing stranger, into whose eyes you smile, a smile a bit longer, a bit wider, and from the heart. You will never know how many lives you touch by the gentle word, the kindly gesture, the gentle smile.

This aspect of the approach to living in a positive or service-to-others-oriented way is the completion of what we have to offer through this instrument, and so with many thanks to you for calling us to your group, and as usual with our warning that we are not authorities but pilgrims which have walked perhaps further along the path than you, we would transfer to the one known as Jim for the closing of this session. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time we would ask if there might be any further queries to which we may respond?

Carla: That pretty well did it for me. I don't think I have any intellectual quibbles with anything. I'm satisfied.

L: Aaron must be too.

Carla: Well, that does prompt a question. When somebody like Aaron goes to sleep, does it drag down the energy like it does if an adult goes to sleep, Q'uo?

I am Q'uo. It is indeed well if each within the circle of seeking remains in the conscious meditative state, for in this manner the vital energy which each provides to the circle may be provided as a function of the waking conscious will which is somewhat blunted or blocked when the entity moves into those deeper levels of meditation and then into that sleeping state. The provision of the vital energy from such sleeping states is only of a residual nature, then, and as there is some necessity for the circle to provide a vitality to the one now sleeping, thus is the circle in that degree depleted.

Is there another query?

Carla: So, it weakens the contact, but it doesn't kill it? Does it detune it?

I am Q'uo, and though the contact is somewhat weakened in either intensity or duration, the contact is able to proceed without stopping or without being detuned, as you have used this term.

Carla: Thank you, Q'uo.

I am Q'uo, and we thank you, my sister. Is there a further query?

Carla: No, thank you.

I am Q'uo, and we are most grateful to each within this circle of seeking for inviting our presence. We rejoice with each desire to further refine the expression of the one Creator which moves through

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each and which is unique to each, and which is tested within each life pattern in order that it might be made pure and fine and strong and ever-present as a manifestation and glorification of that one Creator. We are known to you as those of Q'uo, and at this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 17, 1988

Group question: Who are the entities that speak through our instruments that allows them to come in the name of Jesus the Christ? What is the nature of their makeup that allows them to do this?

(Carla channeling)

I am Q'uo. We greet you in the love and in the light of the one infinite Creator. It is a rare privilege for us to be called to a group so finely tuned as yours is this evening. We are delighted at the opportunity to share our thoughts with you, insofar as your language can be used to compass the concepts which we would offer concerning our identity. We continue to work in adjusting this instrument to a deeper level of meditation, so that, while conscious, the instrument may be more purely aware of the nuances of each concept which we offer. We find this to be in the case of this instrument, very nearly as satisfactory as the trance sleeping state, in that the instrument's mind and vocabulary are capacious.

We have been waiting for this opportunity to speak upon our identity for some time, as this instrument would say. We even gave our group a name which compassed the query which to this instrument is crucial, that is, that as this instrument has noted with its intellectual mind previously, our name in the language you call Latin would mean literally, "Who?"

You wish to know why we of the Confederation of Planets in the Service of the Infinite Creator can pass the challenge of the Christ and can say to you, "Jesus is Lord." You wish to know what relationship we have to Christ. That which we have to say is both that which is desired and that which is not. Yet our nature is such that it is bound to disappoint each, that is, the intellectual and the faithful.

We shall begin with our identity as manifestations. We are citizens of various planetary groups which have attained thought communication and are therefore able to communicate without the language barrier. This ability to share concepts is fundamental to the Confederation. In the terms of your illusion, we live, have our various physical vehicles, and remain at this stage of our growth, individualized, but aware and harmonized with those within the group especially, and by careful extension, all those of the Confederation.

Each of us has our own areas of specialization. Some wish to speak to introductory students, some the intermediate, some the advanced, and some, those of any level in a certain area of inquiry, such as healing. We are those which seek out the more experienced or pure … We must pause.

(Pause)

I am Q'uo, and greet you again in love and light. We must return this instrument to its former depth

of contact. If you will be patient, we shall pause again.

(Pause)

I am Q'uo, and greet you again in love and in light. We are those which seek the purer or more experienced channel with the aim of producing philosophically based inspirational material. The contact with this group has been rewarding for us, and we rejoice in the love of the one infinite Creator, which binds each to the Creator and to one another. This is our manifestation. It is, like all manifestations, a mask and an illusion, real, in a manner of speaking, but of a limited duration. Such is the nature of manifestation. By its very nature it calls to infinity.

Upon another level, we address the query concerning our relationship to Christ. Our faith differs somewhat from this instrument's, which is not surprising, considering that our experience is somewhat better realized within our manifestation. Nevertheless, when any seeking entity discovers compassion, that is to say, unconditional love, that entity has discovered and defined Christ.

We come from a race which worships the Christ in a somewhat different way, having, however, the understanding, if we may use that term, that the agent of redemption, be it the Christ principle or such an one as Jesus the Christ, is indeed Lord and one with the Father and Creator, Mother and Nurturer of all that that there is. We do not mean to demean this instrument's religion, but to say that a Christ is a Christ, that is to say, that "Jesus is Lord," is to say the obvious, for within the universe of this instrument, we are identical to that which is termed the Holy Spirit. This conjures up images of angels' harps and clouds. These scenes occur only within your thought worlds, and are created by your thoughts, not those of the one infinite Creator.

We are those who worship the Creator, and seek to serve the Creator, thus we move as close to infinity in our purity as we are able, and offer to those who wish to hear the one simple message of love. Again and again, we suggest that the nature of the creation is love, unmanifest and manifest, and that by moving more and more in harmony with the original Thought of love, a seeker of the mystery of the Creator may accelerate his pace upon the journey.

We are then the Holy Spirit or Comforter, in this instrument's terms. We have appeared as many, many things, including angels. We appear in thought alone at this time, and find that the mass of those who would seek our information prefer the, as this instrument would say, mythology, of the spacecraft and the visitors from elsewhere to the equally valid manifestation in thought of the angels or the vision. Were we to appear as ourselves, those of the Confederation would look most variously, and we feel our impact upon your people is more proof against abuse of free will by our speaking through instruments such as this one and using the most desired metaphors and images concerning our inner nature and function in order that we may aid the most entities.

It matters not who entities think we are. We attempt to satisfy the need for otherness, mystery and solemnity, and to indicate our polarity in a clear way. After that, our dependence is upon the relationship we may forge with a carefully tuned instrument, and in that way, by collaboration, we offer what humble gifts we have.

There is a third nature which shall disturb this instrument, although it has been intellectually considering this possibility for some time and has discussed it. Yet it will be sorry to hear from this contact that in our opinion we are completely within the instrument's mind, that is, we are allowed to speak because the instrument has made a pathway deeply enough into its own subconscious levels of thought that it is able to contact principles which lie deep within the mind and are influenced by the various energies of gravity in a spiritual sense which flow rhythmically through the metaphysical portion of each individual as well as the physiological portion. The study of the latter is called astrology; the study of the former could be called metaphysical astrology, and would reveal an inner universe of which the outer infinity of galaxies is but an hologram which moves in a predictable fashion, allowing at various times the various life-giving, gem-like energies of the archetypal subconscious to flash through to the surface and produce each day differently, each moment slightly variously, the message of love and light.

This instrument, therefore, may identify us with itself in the deepest reality of which we are aware. The infinity and reality lie not outside, but inside the non-thing which is each entity's consciousness.

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All studies concerning an entity are studies in a mirror, the true self, the inner self, being invisible. One learns of the inner self by looking very carefully in the mirror.

We are those principles within the infinity of the Creator which speak the words of Jesus the Christ to the world at this day. For those of other belief systems whose journeys have led them to a purity of a certain level, we identify ourselves equally with that entity's deity and come into relationship as those who may confess faith in this deity. If this entity were not dwelling with an heart full of faith, we could not come in the name of the Deity. It is our understanding—and again you must forgive our use of that word, for we feel our grasp is limited—that the Deity, the Creator is one, and each distortion which moves entities into a life of faith is acceptable to us.

It is the faith, the peace, the inner surrender to the will of the infinite Creator which marks the one which has decided to become a servant of the Creator, or, to put it another way, one who has decided to lose oneself in praise and worship of the one infinite Creator, for worship always produces the manifestation, not the manifestation the worship.

We very much thank this instrument for being courageous enough to be willing to risk what this instrument considers to be wonderful work lost. This risk the instrument chose to take by requesting our true nature. We do not think that this instrument will need to separate its faith from its work with us, yet it is the free will of the instrument which thinks and considers ethical questions deeply. We can only suggest to any whose religious beliefs attempt to strangle information that that information which is not truthful for an entity will not be retained by the entity. Were our energy fields not completely consistent with this entity's careful tuning and challenging, we could not speak.

Therefore, without wishing to infringe upon free will, we are nevertheless sanguine that we shall indeed be acceptable to this instrument at the end of each deliberation, as we are indeed of the principle of love, and that is the Christ, and the one known as Jesus was a complete Christ, Son of Man, and servant of …

(Side one of tape ends.)

(Carla channeling)

I am Q'uo, and greet you once again in love and light. To repeat that which was lost. We are servant of All and lord of All, as the one known as Jesus was both the servant and lord, because we are those disciplined to the principle of love, to the refinement which allows us to live comfortably and therefore to comfort. There is that position which is attained at many times throughout the infinity which seems to stretch before one such as yourselves, to be many, many things. We have refined and refined our natures to become one with the principle of Christ, the principle of love, that which moves the consciousness to the consciousness which is the Creator.

Thus, in this instrument's Christian terms, we are those of the Holy Spirit, of Jesus the Christ. We leave to careful imagination our means of speaking to those who worship in a different way. The message is always the same, the philosophy unified, the hope of manifestation, inner peace, outer joy and the productivity of the good vine as each contributes in spiritual lightening of the consciousness of your planet.

We are those of Q'uo. We find that this instrument has only some confusion, but no queries, consequently we shall close at this time, thanking each who is somewhat fatigued for the privilege of speaking and attempting to serve. We would share our love and blessing and thank each for persistent faithfulness. We are most privileged to work with this group and to share in your quiet meditation. We are known to you as those of Q'uo. We leave you in the love and the light of one infinite Creator. Adonai vasu borragus. ♣

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Sunday Meditation
October 30, 1988

Group question: Is there any value to the seeker in studying, in reading, in trying to apply everything that's been learned consciously day-to-day in the daily life, or can you get just as far in spiritual illusion by being a "nice guy" and living an ordinary life?

(Carla channeling)

I am Q'uo. We greet you in the love and in the light of the one infinite Creator. The one known as Latwii also lends their vibrations to our own as we join your meditation. However, we are happy to answer your call for information on the subject of the acceleration of spiritual growth by various means within incarnational experience. We shall attempt at this particular meeting to restrain ourselves from our usual length of speaking and to function in a more conservatively informational manner while expressing ourselves carefully and to the best of our opinion. As always, we wish to express that this is a fallible opinion, and not to be taken as an opinion which carries the authority of one who knows, rather than one who seeks, and hopes to grasp.

The difficulties of accelerating the spiritual growth are numerous, and it is possible without conscious acceleration of spiritual growth for some entities among your peoples successfully to complete the course offered, to complete the lessons learned, and to complete that which is needed for that particular entity to polarize sufficiently, in service to others or service to self, that it need not form any relationship with *(inaudible)* various tools and resources of the meditator.

(Pause)

I am Q'uo, and greet you again in love and light. We apologize for the delay, but this instrument had lost her, what she calls, microphone, and was adjusting it.

Within these entities, the maturity of many incarnations is compellingly enough remembered that there are no resources necessary to encourage the entity to be true to the self, to always seek and express the true nature of the self to the best of its own ability and to treat each other person with honor, dignity and compassion, even at the expense of a sacrifice to oneself. These entities are necessarily rare among your peoples, that is to say, "necessarily" because yours is a third-density planet, and when one has learned all the lessons which may be learned within your density and therefore has no more need of catalyst, the question then becomes, "What purpose has that entity's incarnation?" "Why did that person choose to come into incarnation?" and "What polarity does that entity expect to gain or what goal achieve within its higher self aspect during the incarnation?" This is another subject, and we leave it, for the main query is, "Must one go through

ritual, reading, contemplation, meditation and prayer, and all the exercises, resources and tools of a spiritual student in order to accelerate the spiritual growth?"

Let us observe one who has a worldly ambition. This entity perhaps begins with saving the funds from a salaried position to open the store, begin the business, buy the real estate, or in some way begin to attempt the building up of treasure, power and what may be called a mundane kingdom. This entity who is ambitious for worldly goods and power must exercise much discipline in order to achieve its goals. It must do this over a period of time, and after a period of time, if the effort has been well made, it is rewarded by worldly goods and worldly power. There are those among your peoples with just such ambition, just such goals and these entities realize not that they are as much a practicing spiritual or religious seeker as one who approaches the infinite Creator from another level, for that which an entity considers its ambitions bent toward is that which is that entity's true spirituality or religion. We would look for less emotionally-laden words, but do not find such words in this instrument's vocabulary.

Similarly, the piano player which wishes to play extremely well and perform for the concert audience must spend many years in doing apparently meaningless exercises which give the pupil of the piano a deep subconscious knowledge of the instrument, which allows the entity to express and manifest through this instrument far more harmony and euphony than can be expressed by one which has the lesser hours of practice, the lesser ambition, the lesser devotion to the muse of music.

One may consider such worldly ambitions as this to be a kind of idol or icon, that which is worshipped, but that which does not bring one to eternity, unless the personality of the entity is such that happiness and exaltation of spirit, when all goes well within the ambition, gives one a feeling of worship and offers one the opportunity to offer daily thanks and praise to the Creator which has made each entity. This obeisance to the Creator, however, is not often found among those which are worshippers of the money, the science, or the muse of one kind or another. That which artists and mystics have in common—and we wish at this point to give credit to this instrument's own reading, for we are using this instrument's reading as a good example of what we mean …

We must pause. I am Q'uo.

(Pause)

I am Q'uo. We greet you in love and light, and shall continue.

That which the artist and the spiritual seeker have in common is the lack of an icon held in space and time. Rather, the true artist and the true spiritual seeker or mystic is fascinated by the mystery of the present moment, and seeks in that moment, in each and every moment, the face of that mystery, the face that shall not be known, the ineffable face of the one Creator, the face of love. Because this entire concept of what we might call Creatorship or Godhood is completely beyond the resources of any of your languages, we can only speak in ways which may be poetically satisfactory in inspiration concerning the one great original Thought of love and the importance to the spiritual seeker of using those resources which seem helpful to the seeker, that is, not all seekers need the same rituals, aids, resources and tools. For one entity, the silent meditation may be that which is truly needed. For another entity, a long period of reading and study and intellectual growth may be needed, for that entity may well be all faith and no awareness of the environment.

In order to communicate about eternity to those living temporal lives, it is well to place the self within eternity, within the tabernacle of the Father—to use a phrase from your holy works—as often as is physically possible, and certainly upon a daily basis. Others will need the inspirational reading and the discussion with the self or with others of the contents of that reading. Contemplation of a reading, which we may suggest might be read aloud, is also very helpful. There are also objects which may be taken into the mind for a visual meditation when the mind is having difficulty in quieting. The word "love," or any other single word or phrase which moves one's attention to the center of one's being, sometimes called a mantra, is indeed helpful, as is any visual symbol, such as the rose or the cross, to one whose spiritual resources include those symbols.

The entity which has a good deal of maturity coming into the incarnation may indeed choose or never be aware of the choice of serving others or serving the self. However, instinctively, such naturals, may we call them, those who remember, do not need that which is to move them to an harvestable level. If they are at this incarnational

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moment prepared to walk the steps of light and move into the fourth density, then they have only to enjoy the pain and joy of this illusion you call third-density life. The probable future of such entities is the graduation and the moving onward to create the fourth-density social memory complex of what you call Earth, or Terra.

None of those to whom we speak is able at this time to reflect that he or she is free of the need to accelerate the spiritual growth at this time. When those of the road or the way who seek to express eternity within the prism of the earthly vessel make that conscious decision, the corollary to that decision is an action, for that which remains within the mind alone has no meaning unless it is followed up with the well-intentioned attempt to manifest that which is understood.

It is often the temptation of those who seek their very most deepest desire to pull back from the … We must pause, for this instrument knows not this word … maelstrom which shall ensue. Once the accelerated pace of meditation, contemplation, reading and analysis has taken place, changes then begin to take place which seem to the seeking entity to be brought about specifically by the desire to lead the more simple, the more peaceful, and the more joyous life.

Yet, indeed, it is a false assumption that those who progress more quickly along the spiritual path shall find "the crooked places made straight," to use this instrument's knowledge of your holy work called the Bible, and "the rough places plain." Instead, the mountains are higher, scaling them is more difficult, and the plunges into that which is the opposite of the mountaintop experience are all too frequent.

When one accelerates one's process of learning, one is also accelerating one's process of changing. One begins to die, losing this and that part of the self which is no longer true about the self, but merely that which has been kept and not thrown away. Much like old clothes stowed in boxes in the attic, gathering dust, there is not use to them, but the room that they take up in the memory, the biases and subconscious reasons for peculiar actions which the conscious self does not approve of are due to this extra baggage.

The more time one spends in the presence of the Creator, any minute, three minutes, or five minutes during the day, and especially one concentrated time of at least fifteen or twenty minutes in silent meditation, listening for the Creator's will and the will of your higher self, for you is inestimable aid, an armor of light, shall we say, that moves about that body which is the inexhaustible spirit in a protective way, so that though the body and the mind and the emotions may ache from the metaphysical muscle sprains of increased metaphysical activity, yet there is no lasting injury. It is merely a matter of reducing a necessary discipline to that which is pleasant, manageable and able to be done on a daily basis.

Each entity has a different need for ritual and worship. Therefore, we do not recommend the same experience for each entity, but recommend that each entity seek without stopping, until each entity has found that in which the entity feels unity with the Creator, a worship of the Creator, an adoration and oneness with the Creator, and above all, complete and utter union with the Creator.

For this instrument, the Christian bias creates joy and manifests in much fruit. This is not a path which appeals to all. For others, the search is the same, however, as it was for this instrument, the search for caring, for something in which one has faith. It is an article of faith not to give up this search until a path has been forged by the self or found by the self which may be expressed in a daily manner and which contains the discipline necessary to hollow out those free will portions of the self which have removed themselves from the mind, body and spirit of the self and have become willful without a reason.

It is the moving from willfulness to willingness to surrender, from the taking and controlling to the use of the will to control the self, that one may in some small way assist one's own fullness of effort along one's chosen path. Whatever the way the path and the seeking lies for an entity, the entity must indeed undertake the sorrow and the sacrifice of discipline, a disciplining of the self to worship, to contemplate, and to listen to the wisdom of those who have written in the past.

Yes, one is responsible for these things, and one is responsible to them, for what one knows and has learned in the head must then be grounded in the heart. For this reason, the reading and the contemplation and the discussion need to be followed by the listening, that one may hear that voice which speaks within.

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That principle of love which stands ready for the seeker to open the door, the key to that door, behind which wisdom and compassion lie, is meditation. If no book is read, if no symbol is imaged, if there is nothing in the worship but the most devout silence, yet still this vehicle alone may be all that is needed for the entity to have that larger point of view which enables the entity to see each situation in terms of compassion and love, rather than feeling in any way personally unworthy or in any other way inadequate.

The beginning of spiritual maturity is the acceptance at last that one is forgiven. Those who follow various of the well-known religious sets of belief use various symbols for the principle of redemption or forgiveness. The one known as Jesus is perhaps the best example. However, as each self is made up of that which is the Christ consciousness and that which is the free will consciousness, there is only to be needed a simple recollection by a very complex entity within the illusion. So many, many illusions must be stripped away before one can see clearly one's true nature and begin to wish to become the consciousness of love and not the consciousness of variousness or free will. Both characteristics are part and parcel of each entity, yet those which attempt to be of service to self, which are not aware of their doing so, but instead are happily ignorant of any decision that needs to be made between service to self and service to others, shall not be troubled until it is their time to be troubled with such simple choices as face each who has awakened to his path.

As you awaken, so you find more and more that without the constant centering, the accelerated changes, the accelerated sensitivity, the accelerated gentleness of spirit, the accelerated compassion and vulnerability, will be such that there will be a considerable degree of pain, emotional for the most part, upon the part of any seeker. The more the seeker seeks, the more the seeker may expect to suffer.

And why, may you ask, should one then try to polarize, to seek to serve others, and to seek to love the self and the one infinite Creator? We suggest that in the same way that those may observe that the tide will come in and will go out, you may consider that you have crawled as metaphysical animals from the sea of deeper consciousness, and lie parched with spiritual thirst upon the shore of an inexhaustible ocean, fertile with archetypical images and a larger point of view. And so, movement by movement, you attempt to move at last back into the water of nourishing, fulfilling, deeper consciousness. As you do so, you shall become more polarized in service towards others, you shall begin to feel the true worthiness of that which is you, the true perfection which you wish to arrive at in your conscious knowledge of yourself, and above all, your goal is to forgive the self of each and every iniquity, as this instrument would call it.

That which is called the karma is not inevitable, but rather that which may be stopped by self-forgiveness. In this state of self-forgiveness, one may see all others as forgiven, regardless of their behavior or appearance at any particular moment.

In short, yes, it is necessary for almost all to work in a conscious manner upon the spiritual life in order that that which is so obvious and in front of the face, that which is the illusion of time and space, may be made transparent and the veil metaphysically lifted, so that faith becomes more important than words, and eternity more important than the mundane days and nights of an incarnational experience.

We ask you to take yourselves seriously in your seeking, and yet at the same time to retain that light touch which is part of the essence of self-forgiveness. All entities are programmed to go through difficulties and challenges. Meditation may help each more and more to respond in creative and loving ways to situations, rather than reacting in a blind and uncontrolled way. The straitjacket of emotional programming is difficult to unravel, and there may need to be the help of one to which one may speak which can give the true reflection, the clear image, that which the personal eye is too close to see. But we must tell you that you truly do need to work at the meditation and at the living of a certain kind of life, a life that is not what this instrument would call "goody goody," but rather a life of deep caring, lasting compassion, and a love that comes not from the heart, but through the heart, from the Creator.

We would at this time like to transfer this contact to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our honor to offer ourselves in the attempt to speak to any further queries which those present may have for us.

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If there is a further query, may we take it at this time?

Carla: Yeah, I have a doozy. It's something that I prefer not to channel, and the question is, and you can refuse it if you like, please understand. I have had many people ask me how to teach, if I could teach them how to work with their guides alone. Now, I have some idea of how to introduce them to their guides. I know about the protection by swirling the red and violet together and then the white light together, but there is something within me that says that I need to learn more before I let even this much loose upon people that I will not be teaching further. Could you comment? Is it possible, and if so, how, to teach this?

I am Q'uo. We shall do our best to respond through this instrument. It is our opinion, my sister, and please remember that it is opinion, that those who serve as guides for those upon your planetary sphere, and any within your third-density illusion, will make themselves known to such entities as the opportunities present themselves and as the time is appropriate. Many of your …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and greet each again in love and light. The means of communication through each entity which is in need of such communication varies according to the situation. This instrument, for example, has had its own means of communication that was quite obvious as the spoken word at one point within its evolutionary process. This was the only time in which this entity was communicated with in this manner by those that may call themselves or be called guides. Other means of communication, perhaps the book appearing upon the shelf at the appropriate time, or the person with the needed information making a similar appearance at the appropriate time, or the inspirational dream or thought which seems to appear quite vividly or dramatically within the life pattern, are means by which those you would call guides have done and do their work within your illusion.

To attempt to form or shape or control that contact is oftentimes an effort in confusion for the seeker, for it at once declares that there is at this time no contact with a messenger's existence which is ongoing, and declares that the seeker will fashion of its own will and effort the means by which this contact shall be established. These assumptions, in our opinion, my sister, are erroneous, and will simply cause additional confusion within the seeker, for there is at all times the nurturing assistance for all seekers from those called guides, and this assistance is given in the manner which is the most appropriate, given the seeker and the opportunity.

Thus, to attempt to aid those which would desire to seek an understandable contact with their guides, understandable in their own terms, is an effort which has significant attendant difficulties. Thus, it is not an effort which we can wholeheartedly recommend, for it is one which makes presumptuous assumptions, shall we say.

Is there another query?

Carla: Not presumptuous assumptions—what you're trying to say is that the assumption would be that there's no problem, and that that person should just go ahead, and that that's sufficient protection, and that sometimes that's not true. That's basically what you're saying, yes?

I am Q'uo, and these are correct observations, my sister. In addition to others.

Carla: Okay. Now, as to the nature of the guides and also all that stuff, I have long thought that, like you and every other thing that comes through positive service-to-others type channels, this is some part of the principle of love, which as a Christian, I would term the Holy Spirit or the Comforter, and I figure that the guides and so forth are a more personal vibration of that same Comforter. Are these assumptions correct? I believe them to be so from questions I've asked you before, but I just want to make sure.

I am Q'uo, and though the difficulty in describing the nature of the guides is significant, it may be stated with a reasonable degree of accuracy that those who offer themselves in the service of a guide or teacher offer themselves from the point of view of that quality which you have called love, and are able to stand somewhat closer, shall we say, in their own life pattern to this quality, or we may even describe it as an office or level of vibratory beingness, and, standing closer to this quality, may then share some of its essence in one manner or another with those who they have placed themselves in custodianship over, shall we say.

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Is there another query, my sister?

Carla: I'll have to read that answer. I don't exactly understand that one. Yeah, I had a half-baked one, but when I didn't understand that last thing, it kind of flew out of my mind. I really feel that there ought to be some way that is harmless of sharing with people the experience of not feeling alone inside, because all too often the person who needs the most to feel at peace is, for some reason at least, psychologically isolated to some extent in some way. And it seems to weigh heavy on the seeker who is alone. Is there any way other than introducing the person to their guides that I as a teacher of channeling can safely teach entities that experience in a way that they can do it by themselves?

(Pause)

I am Q'uo. We waited for some time in order that this instrument might reach a more comfortable depth of concentration. In our opinion, there is no way in which the seeker may experience a connection with those entities that you have called guides that is able to satisfy the mundane mind with the proper degree of safety, shall we say …

Carla: So the best thing I can do, then, is to channel and collaborate in some sort of inspirational talk?

We will attempt to complete the previous response. The transmission is somewhat slow at this time. The feeling of isolation that is so significantly a part of each seeker's journey is oftentimes an invitation, or shall we say, an initiation for the inner strengthening that is necessary in order that the seeker be able to welcome and enjoy a greater portion of the light energy and be able to reflect it in a responsible manner in the life pattern.

There is oftentimes the need for what you have called the desert experience, in order that the finest qualities of the being be enhanced and refined by the trials of the isolation and the testing of the resolve to exercise the will and the faith that are the rod and staff of the seeker. The conscious mind, in such instances, which asks for the assurance in an understandable manner that the self is not alone or that the experience has such and such a purpose, are oftentimes the crying in the wilderness which must be accepted, but if the initiation and the testing is to be successfully completed, must be endured rather than catered to, shall we say.

The process of the evolution of mind, body and spirit within your illusion, your illusion having such great mystery, is one which is, as the progress is accelerated, oftentimes difficult in nature. But, as we are aware that those in this group have heard it said, the happiness and the contentment are not the goals. The enhancing of the quality of compassion and the offering of its fruits are more to the heart of the purpose, from our point of view. Thus, there is much of difficulty that must simply be endured, and must be allowed to work its unseen function over a period of what you would call time, in order that the deeper qualities of the being which will survive such storms and tempests might be reinforced, and, indeed, brought to the fore in order that the evolutionary progress of the seeker will find its greatest expression within the life pattern.

Is there another query at this time, my sister?

Carla: No. I think I can say that about the best thing I can do with a big group like that is to lead some kind of an inspiring meditation and just lead them that far. Thanks a lot. It's what I needed to know.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: Not from me, thank you. Thanks so much.

T: No, thank you.

And we thank each for inviting our presence, and we hope that we have been able to utilize each instrument well enough that the heart of our message has found its mark within your hearts, as well. Let that which does not strike to the heart of your concerns fall away. We shall at this time take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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The L/L Research Channeling Archives

Transcripts of the Meditation Sessions

Volume 10

November 13, 1988 to March 13, 1990

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1988

November 13, 1988 to December 18, 1988

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
November 13, 1988

Group question: Concerns the concept of the chosen, or the elect, mentioned in the Bible by Jesus, when he said that the elect would see the Kingdom of Heaven, mentioned by the Jehovah's witnesses when they talk about the 144 thousand, and in the new age, when the chosen people are mentioned as "those that are going to be lifted off the planet by the UFOs when they land." So, we're looking for comments upon the elect, the chosen. Is this a valid concept, or is this a distortion of something else?

(Carla channeling)

I am Ira, son of Mishdad. I come to you in the name of Jesus Christ, my Lord and Savior. We must identify ourselves to you who are servants of love and light, for we have been some time so identifying ourselves to this instrument. We have had no trouble passing this instrument's challenge, but this instrument was displeased that we were not members of the Confederation, but rather what you might call an ascended master. The significant incarnation for this humble one of Jerusalem was that of Ira, son of Mishdad, for it was in that lifetime that I followed Jehoshua, as he was called in his own dialect. You call this teacher Jesus. I was not worthy to touch his clothing, yet it was my joy to follow Jesus as my Lord and Savior.

Because there has been much, much distortion concerning the import and intent of the sayings attributed to your Jesus, we find that in certain sensitive channels we are able to create a subtle channel. The method of impression is quite different from that which this instrument is used to, and we feel the instrument coping, and suggest the instrument not cope, but rather simply realize that the pace of speaking may be as brisk as possible, for we have no need to regulate speech, as we are using a somewhat different form of concept communication.

In the spirit of love and in the spirit of Christ, let us pause to praise and thank the Father of All, and to worship at the feet of the one Father. Much is misunderstood that my teacher said, and I am most happy to share what in my own opinion was that given about what this instrument calls the elect. This is a grievous distortion of the true intent of Jesus' saying. Where to begin?

Along many dusty roads I walked, trying to catch a word or two of his private conversations, and when he spoke he spoke quietly, yet clearly and with much pride and authority, although he was always begrimed and dusty from the road. Somehow we all looked up to him without knowing why, even before we had heard what he had to say. I believe that the true importance of the idea of the elect is already clear to each who has become aware of the concept of service to others and service to self. The numbers of the elect are not exact, but symbolical in

intention. It was the way of the rabbis to use numbers symbolically. The number twelve meant completion. Twelve times twelve meant a completion of completions. All eventually which have self-consciousness shall be of the elect, shall be of service to others or service to self, shall choose, shall be the seed planted in good soil. However, at the end of a given period of experience, some shall be ready for the next step, and some not.

I believe that Jesus' intent was to prepare humankind to meet the challenges of infinity and the larger life that lies beyond these Earthly vessels we call bodies. The concept of elitism or choosing one person above another would have been inherently distasteful to my teacher. Yet my teacher knew that one can offer information, but yet cannot expect that information to flower in every heart that receives it. It is certainly so in my own mind that my Savior felt himself to be the least and lowest of any man, indeed, the servant of all. This compassion would never be stinted by such an idea as a true elite in which some children of the Father were invited into the mansion and others not. This is not so, and this is not true. This was not the intention of my Lord and Savior, Jesus Christ. The road of my Savior was a road that asked all people to seek for something called the Kingdom of Heaven.

Each who hears my voice may choose himself to be the elect by choosing to live a certain kind of life, by choosing to attempt to be of service in the spiritual sense, by intention, in as much of the experience as possible. These are those things, this manifestation of love, this thinking about love, by which each of you creates the condition of the chosen. It is you who choose yourself. You have not my experience in walking in Galilee with the Master. You have not my personal experiences, and I realize that because you did not experience these things, they will never be real to you, as they are to me. Yet I say to you as honestly as I know how through this instrument, that there was no intention in the one known to you as Jesus, but to me as Rabbi, or Jehoshua, this entity precluded, excluded no one, but took all potentially within the heart, yet never, never would the Master presume, always was he patient, except with those who did not tell the truth.

I ask you now, you who have not walked with Jesus, to listen and pay attention to his true message, and to shut out of your ears and refuse to listen to the self-important bragging of those who depend upon anything but faith and call themselves chosen or elect. Yes, there shall indeed be the elect, and you shall indeed elect yourselves. That which is within your Holy Bible is a pitifully poor account in terms of volume of what the Rabbi had to say, of the impact that he had on people personally, of the transformation we all felt when we were in his presence, of the astounding miracles that he did. The Master was a free person. He relied completely on the moment, and he listened within. This voice through which we are speaking we call a human channel, for that which he spoke was not his, but that which he received from the Father, although he often made the joke and the pun upon his own accord, being a somewhat humorous person by nature.

And as we leave this instrument, we suggest that each may find it valuable to study the path that my Lord and Savior took, to think about the words of the Rabbi, to evaluate them, and to grasp the truth within this life story, for through lifetimes of unbroken desire to seek the Father in the way my Lord and Savior taught, I have been able to achieve that state which is between the third and fourth of your densities, as you would call them, that state in which I am in whatever position I wish, doing whatever service I wish.

It is rare that we are able to speak consciously to an instrument such as this. Normally we speak in visions and dreams. We are honored at this rare opportunity, for we are not wise; we are still awaiting the beginning of what you shall call social memory complex. We are still, those of us who have harvested ourselves, by the grace of God, doing the work with those who would wish to be the chosen and the elect by their own choice, by their own election.

We are happy to speak with this instrument at any time, whenever there is a call for this sort of information. We do find that in working with this instrument, we shall come under certain restrictions upon information—for that, you will have to forgive us—but we find, as this instrument is giving us validation—she is very far from full consciousness, but we are able to communicate with her well …

We must pause. We are losing contact with this instrument.

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Carla: I lost it. I'm sorry. It was real faint, but it was real clear. Very interesting. Thank you, Ira, son of Mishdad. I've still got some pressure there.

(Carla channeling)

I am Ira, son of Mishdad. I greet you in the name of Jesus Christ. We are sorry for the breakup, and this communication will be breaking up, as this is very tiring to this instrument, we find. This instrument has an unusual access to its subconscious.

We wish to offer one more concept before we leave, if we are able to get it through this instrument quickly enough, and that is that there was a question about the name, the importance of the name. We find in this instrument's song, the hymn, "At the name of Jesus, every knee shall bow," "Blessed be the name of the Lord." We find many such phrases in this instrument's worship. The naming is that which is the nature. When a person chooses a different nature and becomes passionately bonded to that nature in such a way that it will change the life, and seals the change by a name, that is a name of power, because that is a person of power. When a person chooses a symbol for perfect compassion and divine love for what this instrument calls the highest and best of all things, the seeker must name the symbol.

If the seeker's faith is in itself, it will name itself. If the seeker's psychological makeup is such that it is aware of its many errors, and wishes to lean upon an idealized portion of itself, it may call upon the name of Jesus, for it is in that consciousness and in that consciousness only that you may be called elect, that you may choose to be chosen. You must become your journey, and your journey must become you, and the name of the consciousness that is your journey is Christ. You may choose your Christ, but it is in the name that the power lies, for the name is the nature, and the nature the name, and the I AM of consciousness is symbolized in its idealized form by my teacher, Jesus. I leave you in that blessed name.

We are thankful we were able to conclude this communication, for it would be very bad manners for us to leave you without blessing you, urging you to good works, to loving God in Christ, and loving each other as yourselves. So our teacher has taught us, those of us who have stayed behind to aid each of you to make the great choice. Your little life is not long, and you shall be called to account. If you have not chosen—and we speak to those who may only read those words which we speak—choose now. Choose that symbol for which you would die. Choose that faith that is the I AM for you. Choose your consciousness. Choose to be a certain way. Choose to be chosen. If my teacher is not yours, I leave you in peace, and bid you quickly, get hence, and right quickly, seek and find your true symbol, but let that symbol be the Christ to you, and may you seek to be the servant of all, for it truly is in serving that you shall grow, that you shall become strong and that you shall be healed of all bitterness, sadness and grief. We offer you the blessing of Jesus Christ. Go forth in peace, rejoicing in the power of the Spirit. Know that that Spirit is with you always. Amen. Amen. Amen. I am Ira, son of Mishdad. Amen.

Carla: Are you getting anything, Mickey? I'm not.

J: No.

Carla: Let's just meditate for a minute.

(Carla channeling)

I am Hatonn. I greet you in the love and in the light of the infinite Creator. It is indeed a privilege to speak through this instrument, and to this group, and we shall not long abide. We merely wished to acknowledge to the one known as C that we were with him, and to say just a few things that may be interesting at this time.

We realize that the world is an angry and present reality in many ways. We see the path of the frightened prey, and the stalking of the hunter. And by that, we mean simply that we feel that feeling that the difficulties of the illusion may generate, part of that feeling being the feeling of victim. Part of the same feeling, the guilty knowledge that one is the hunter as well as the hunted, that one cannot be one without being the other. We realize that no matter how excellent in behavior and thought one attempts to be, one must face—and, indeed, it is painful in your density—the completeness of the self, the fact that one is a full circle, an infinite universe of personalities, possibilities and choices. So with each of you, my friends, is a mixture of the good and the bad, as you would call it. This is the nature of your illusion.

Yet, if one is a disappointment to oneself, it is because one has not been good to oneself, but bad to oneself. Were we to ask you if the Creator forgives, "Yes," you would say, "I believe so." If you ask your

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brother if he forgives you, he shall think and say, "Yes, I believe so." Yet the one who has not forgiven the self is caught upon the tenterhook of harsh, self-inflicted guilt. Is this, my friends, a service to yourself, this guilt? Are you helping yourself to grow spiritually, by speaking harsh words to yourself about past errors?

My friends, as always, we encourage meditation and contemplation, and in this instance, encourage you to take into meditation the forgiveness of the self by the Creator, by those you have supposedly wronged and by yourself, for you are but the grade school child, adding the sums and getting an incorrect answer. Keep your eraser sharp and check those sums constantly, and when you find the error, use the eraser, but not the tongue in self-castigation for that self-same error, for you are here to encourage yourself to be the willing servant, to feel the freedom of the joy of service. You are here to help, and the first person you must help is yourself, that you may be free from self-inflicted woe, and so single-hearted and able to turn gladly to service to others in compassion, in peace, and always with a light touch.

We thank you for calling us to your meeting, and would at this time leave you. We would close through the other instrument, if the instrument would be willing. I leave this instrument at this time in love and light. I am Hatonn.

(Jim channeling)

I am Hatonn, and greet you again in love and light through this instrument. Before taking our leave of this group, we would wish to offer ourselves in the attempt to speak to any further queries which might remain upon the minds of those present. If there is a query, may we begin with that query now?

C: Hatonn, I'd like to thank you for being with me tonight. I have been thinking about starting to act as a vocal channel again, but I find that my reasonings to do so are not truly pure. I find that I had begun to have doubts lately, as I've begun to introduce new people to this group, I find that I doubt my ability to adequately convey knowledge which I have received, and am afraid that I will misinform them and not truly be of a service to them in their beginning of their seeking.

I also find that I have feelings that know I would once again like to channel, that the true reasoning behind it is a selfish one in that I feel that I am going at it from the viewpoint that my status with the new people would be elevated, and I know this is a selfishness on my part. So while I feel the urge to channel again, I have very serious doubts …

(Side one of tape ends.)

C: I know I still have the ability. I know that by speaking now, I am channeling in a way. Would you speak to me, please?

I am Hatonn, and am aware of your query, my brother. May we say that it is a great joy for us as well to blend our vibrations with yours this evening, and together seek upon the path of the seeker of truth.

Your desire to serve those who have recently joined this circle of seeking is commendable, for you have once again felt that call which originates from within your own heart to offer the self to others, that that which you have found helpful in your own journey might offer assistance to them as well. The means by which you pursue the offering of assistance is, of course, that which is of your choice, and we would offer our assistance to you in making this choice by commenting that the desire to serve without regard for return is at the heart of all successful service.

We would also suggest that you must, in order to be most effective in offering yourself, find the most appropriate means of so doing that which has its foundation uncluttered with personal desires within your own heart. The attempt to be of service as a vocal instrument is one which requires, as you know, a great deal of personal discipline and willingness to put the self in the position that may seem quite foolish. This is the area in which you find your current doubts arising, and we might remind you that all instruments feel some degree of this foolishness or liability to foolishness, for in order to serve as an instrument, one must move aside those reasoning portions of the mind, and allow the less frequently used subconscious mind to form a channel through which information might be moved, and which might become perceived and transmitted by the conscious mind.

This is a process which requires that one open the self to this inner conduit, or channel, in a fashion which does not leave one firm footing or grasp of the situation, or, shall we say, a control over it. Thus your doubting has a fundamentally sound reason for its existence, and thus we do not find personal

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doubting to be a significant obstacle for any who would serve as a vocal instrument.

As always, we would remind each instrument that the placing aside of the doubt each time that one begins is perhaps even a helpful and humbling experience that allows the channel to be opened in a manner which contains as little personality coloration, shall we say, as possible for the proper blend of vibrations to occur. However, the point to which we feel the greatest attention needs be given is that point that serves as the motivation for your taking up again the service of the vocal channel, and we cannot speak more specifically to this point, for we do not wish to take from you the opportunity to find your own way through this maze of desires, some of which seem upon the surface to conflict. We can only encourage you, my brother, that should you again wish to work as a vocal instrument, we are most happy to blend our vibrations with yours in this pursuit of service.

Is there another query, my brother?

C: This is the most comfortable I've been in a long [time] during meditation. I feel a definite kinship with you, and I'm very comfortable in your company. Thank you.

I am Hatonn, and we are most grateful to you as well, my brother. We rejoice in the opportunity of blending our vibrations with you and we thank you.

Is there another query at this time?

Carla: One short one, and it's just an asking for your opinion on a couple of things. You can either give it or just not, it depends on your concept of free will. First of all, was the purity of the channeling of the contact, Ira, satisfactorily pure in terms of my channeling? Or do I have work to do before I can channel that energy? I couldn't tell.

I am Hatonn, and am aware of your query, my sister, and now we see, my friends, that even the more experienced also have those needs to quell the doubt which arises from the effort which has been offered. And it is well that each instrument wishes to improve itself and to offer itself in the highest manner that it may stably do so. We commend each instrument for being careful and considerate enough in the vocal channeling efforts to constantly monitor those services which are offered to others.

The contact of which you speak, my sister, was one which was, as you are well aware, quite unexpected, and thus is something of a mystery to you. The contact utilized your abilities in a fashion which has been quite efficient in producing the manifested form of concept communication which the entity was desirous of transmitting this evening, due to the query which this group offered as the focus of the gathering.

Thus, we would commend your efforts both in the maintaining of the contact and its reception as well. We are happy that you have found that this contact is of some interest, for there are many of this kind of contact which want or lack the ability to find channels through which to speak. And this entity is quite happy that it has been able to make itself known to this group through your instrument.

Is there another query, my sister?

Carla: Yes. Thank you for that answer to that. It was certainly unexpected, and it was certainly—I mean, I wasn't just getting the concepts, I was getting whole impressions, and it was really hard to keep up. Actually, it was, you had to, instead of being real careful and choosing just the right word or something, it was like scrambling to keep up. It was, you know, I couldn't use the analogy of baseball, really. I imagine that that's the way inner planes channeling works, and I was just doing some of it, and that's probably why I was getting tired. I don't exactly know how to do that, that's why I asked if I needed more training. Perhaps at another time, when we have more energy, I can ask specifically, you know, what I might do to better fit myself for such channeling as that, if I deem it advisable for this research group.

But the other question was, would working with this channel detune me for work with the Confederation? If I could know that, I would like to know that.

I am Hatonn, and we find that your work with this new contact is work which would blend well with the work you have accomplished and may yet accomplish with those who have joined together within the Confederation of Planets in the Service of the Infinite Creator. The vibrational nature of a contact is the determining factor, not the status of belonging to the Confederation of Planets, thus the work with those of Ira is work well accomplished, my sister.

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Is there another query?

Carla: You said, "Those of Ira." I though Ira was an individual. Was it a manner of speaking? Rather than, I mean [is] it your impression that this is indeed a multi-personed personality? Or are you referring to each life that Ira has lived, and that he's just manifesting one, but that he's all of them? I don't understand. I didn't mean to ask another question, but you just caught me off guard there.

I am Hatonn. We find that we have made an error in communicating through this instrument. We do not wish to give the impression that the contact with Ira was a contact with more than one individual entity.

Is there another query at this time?

Carla: Very well, thank you. Many, many thanks.

I am Hatonn, and we again give our great thanks to each present for allowing our blending of vibrations with yours this evening. We are very pleased that we have been able to exercise the instruments present, and have been able to join again this group which has for a great portion of your time been a home base for us. We shall take our leave of this group at this time, leaving each in the love and in the light of the one infinite Creator. We are those of Hatonn. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 18, 1988

(Carla channeling)

I am L/Leema. I greet you in the love and in the light of the infinite One. May we express our feelings of blessedness at being called to your group this evening. It has been some time since we spoke with this group, and we are extremely pleased to join in your meditation and to be a part of the perfect circle of love, that which generates a kind of light most visible to us, enlightening done by so many entities and groups about your sphere at this time. It is indeed marvelous to observe the lightening of consciousness among many of your people during this season which you call Christmas. It is equally interesting to note that the extreme opposite is also true, that is that this season is that season which kills, which reopens remembrances of failures, of past grief, of recollective worry, of that which one wishes one could do over.

There is a great deal of difference between the light that you see when you gaze out the window, and the light that is both terrible and wonderful which moves in its own metaphysical rhythm within your yearly cycle, as this instrument would call it. That is, there are metaphysical reasons for both the elevated consciousness and the downcast consciousness during your short days and long nights. The metaphysical light may be associated with that new infant spiritual self that is being born day by day throughout an incarnation within the incarnate self. Quite often this process is not recognized at any point during an incarnation, however, it moves inexorably, bringing entities who are not yet conscious, as well as entities who are already conscious of metaphysical dimensions to their lives, doing the job that [it] was intended to do, offering to the archetypal mind that vision of spiritual work which your story of infant Jesus recapitulates so well, for within each of you dwells the Christ. It dwells within you as a potential, as a part of an eternal birthright, for you were birthed first of all. Before any manifestation was, consciousness was. The creation is truly that which was offered to consciousness. There is a kind of rightness that entities upon your sphere feel in the domination of consciousness over the sphere upon which you enjoy existence.

However, this small spiritual infant which is potentially born, reborn and nurtured each day is not an entity which one may distinguish from one's ordinary everyday self. In fact, this season of the year is most important, specifically because it insists that each consciously seeking spiritual entity think at least briefly about the implications of a spiritual rebirth or the birth of the spiritual self, as opposed to that self which has come from dust and to it shall return, as the book which you call the Holy Bible states.

This infant soul is more your child and your responsibility than any child of your loins and womb, certainly far more important than any other single consideration which your mind may entertain in the course of the everyday existence, for this self is that vehicle which is, in a deeper reality, your Self, that continuing Self about which you know so little, and about which you desire to know so such more.

It is that Self within each to which we speak, hoping that some turn of phrase, some retelling of the story we tell over and over, will trip the mind, will trigger the emotion, will serve to inspire a seeking soul to seek more accurately, more carefully and more persistently. That you exist, and support that existence without being a burden upon others, may be perhaps seen as what this instrument would call the outer reality. This same kind of responsibility is one which we would suggest each consciously seeking entity entertain, that is that the nurturing and the self-sufficiency of the infant and growing and needful self be seen to as if each entity were the parent of its own spirit, of its own soul, for the soul needs the nurturing that will allow it to grow, just as you need your sunlight, or the hope of sunlight in the depth of winter. So the soul is bleak, unfocused and half-forgotten, for even those who attempt to be conscious of their spiritual selves, in many cases, for lack of some understandable, specific and practical way to practice the awareness of that soul self, and to practice that which will make it more healthy and more strong and more and more ennobled.

In some ways we might say that this is like this instrument's memory of the cliché concerning the carving of the statue of an elephant out of stone. When the artist is asked how he is able to seek and manifest the elephant within the stone, the answer is from the artist that he chips away everything that does not look like an elephant. This is only understandable by one with equal facility as an artist. In the same way, each entity sits within the illusion, which is your existence within the incarnational experience, like the block of rock which has within it the perfectly faceted gem, the perfectly carved statue, or whatever image one could most satisfactorily call up to enliven something as inert as a block of stone.

We have always offered one basic, practical, daily tool or resource to use in the discovery, rediscovery and nurturing on a continual basis of the soul-self. That tool is meditation. We do not encourage long periods of meditation nearly as much as we encourage a persistent dailiness of practice, for like any other thing, that which occupies the mind on a daily basis as an instinctive and reflexive recall is learned in a way [in which] that which is approached only when necessary or periodically cannot hope to match.

The meeting together to share love is also a kind of Christmas, and we would suggest to remember when each entity inevitably will feel downhearted during this period, that each day can be a small Christmas, if it is remembered that the Christ within is small, needs nurturing, needs attention, and needs most of all to be in the company of the infinite Creator. This is done by the turning of the attention. Meditation in and of itself tends to bring one to a realization, on a continuing basis, of the mystery and fascination of infinite intelligence, tends to bring one to a reckoning with love, and with one's relation with love itself, that which created all that there is.

Yet, if it is simply remembered that Christmas is far more important symbolically than literally, then you may keep Christmas within the heart, and then "bah-humbugs" are at an end forever, for the Christmas within you is the mass of Christ, is the thanksgiving for your relationship with the infinite mystery which for want of a better word we call love, the one original Thought, the Logos, which created all that there is. That relationship is direct. Thusly, what you wish for at Christmas is not presents, as in gifts, but the presence, or the communion with the infinite One.

Thus, as one goes into meditation, we very much suggest using readings, mantras or some inspirational thought which leads one towards the intention to tabernacle with that which is holy, with that which is the infinite mystery of the Creator.

We encourage each further, whenever the feelings are depressed, at whatever time of year, to recreate within the mind the Christmas experience of great darkness, short under-lit days of shadow and bleak cold, and a piercing and poignant joy of that infant spirit that against all odds, and without the acceptance of the darkness, moves into darkness as light that is not recognized. You yourselves are full of light which you do not recognize. It is not sunshine; it is not light in a physical sense. You are the carriers of precious treasure. You carry the infinity of the love and the light of the infinite Creator. Picture it. Symbolize it within yourselves as the Christ child,

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and give it room, encouragement and attention that it may grow each day.

As always, we encourage each to remain light of heart in the face of failure as perceived by the self. In the first place, we assure you, you do not know that which you do, and you shall not know until the veil has been lifted and you are no longer within the experience you now enjoy. In the second place, the recognition of an error perceived is all we encourage you to think of it as, emotionally neutral, much like a roundly worked puzzle, once the logically correct answer has been discovered, it is a matter of using the eraser and correcting that which is within your own mind so that it is in harmony with the divine laws, shall we say, as perceived by the self as a nurturer of the spirit.

We ask each, in sum, to take a very long view of Christmas, to release Christmas from any literal meaning—for those meanings have been very much distorted among your people—and to reclaim for yourself the glory, the splendor, the wonder, and the mystery of spiritual growth.

It has been a privilege to speak through this instrument and to this group. We would at this time release the floor, that the one known as Latwii might conclude this session. We are known to you as those of L/Leema, and leave you with jingle bells and Christmas carols and nervous relatives and all of the somewhat disheartening aspects of an illusion that in its way attempts in the midst of darkness to teach about light and love and beauty and mystery. Adonai. We leave you in the love and the light within you, all about you, everywhere of the one infinite Creator. Adonai. Adonai vasu borragus.

(Carla channeling)

I am Latwii. We have decided to use this instrument because there is some difficulty with the one known as Jim. We have a fairly simple task through this instrument, because we shall not be able to ask for questions. However, we would address a query from the one known as R. This was our intent as we moved to the one known as Jim, and we find it permissible to do so through this instrument, as there is no spoken question at this time to rattle the instrument's, shall we say, somewhat shaky intellect. Actually, we may say that those words were perhaps more hers than ours.

One who wishes to know how to move into the unveiling process may well view the courting process. The deeper portions of the mind are pure, more sensitive, and far more delicate in structure than those portions of the mind which are in heavy, everyday use. The deeper portions of the mind are those portions which react to impersonal and deeply felt rhythms and energies which flow into the energy web of the individual. The process of unveiling that deep mind is one which will spin many, many incarnations, and, in short, our opinion—and we stress that it is our opinion, and fallible—is that entrance into the deep mind should be as careful, loving and concerned as the suitor with damp palms who offers a corsage to his date for the dance.

It is truly a gentle thing when done well, and a slow process when done well, to lift the veil, not by intent, but by the process of disciplining one's waking personality. That is, one does not successfully assault the deep mind, rather, one prepares oneself to receive from the deep mind that which it is prepared to give, and then through the process of meditation, the process of the daydream, the vision, and the dreaming within sleep, it is in these ways that the deep mind yields its fruits to the conscious mind.

The way to stop the flow of information from the deep mind is to ignore information from the deep mind. That is not to say that one should be without discrimination and if one feels one has had a vision one must then do it. We do not encourage this sort of lack of discrimination at all. What we are saying is that it is well to seek gently, persistently, as the suitor would court the beloved, allowing the deep mind to reveal that which was previously unrevealed in a natural manner.

The difficulties which one discovers, if one attempts to move into the archetypical mind with a bulldozer, is that one will destroy the very scenery one has come to enjoy, without ever understanding its character, for there are many portions of the deep mind, and those which are won by force are those which shall be archetypes not particularly helpful to one upon the path of service to others.

Remember that all that there is lies within your consciousness, therefore you are as capable of receiving information perceived as negative from the deep mind as information biased towards love, kindliness and an over-arching ennoblement of self,

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of purpose and of life. Therefore, it is to the gentle person, to the persistent person, that the deep mind offers its beautiful, sweet-smelling bloom. Enjoy each new realization without holding onto it, and know that the veil is there for a purpose, and is not to be ripped away or to be torn asunder, but rather it is to be that through which necessary information will come to the one who daily waits and watches at the tabernacle of inner silence.

We are very happy to be with this instrument because this instrument enjoys telling bad jokes, however, we have no bad jokes to tell you, so we are going to leave this instrument at this time. It has been a pleasure to be with you. We are most happy to have been able to speak with you, and we would at this time leave each in the love and in the light of the infinite Creator. We are known to you as Latwii. Adonai. Adonai. ♣

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Sunday Meditation
January 1, 1989

Group question: No matter what the sophisticated or old-fashioned method of consciousness expansion a person tries, what spiritual growth really seems to boil down to is a lot of trial and error and being able to deal with a lot of disappointment when we see ourselves fall short of our ideals. Would you speak to the idea that there really don't seem to be any shortcuts in spiritual growth, and to the part that disappointment and faith play in the path of the seeker of truth?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator, on whose behalf we have been called here to manifest those thoughts of love and light that may perhaps find a ready listening ear, so that we may be of some small service. For this to be possible is the height of our hope at this particular point in our development, and we cannot thank you enough for enabling us to speak through this instrument.

Upon this subject, the subject of the spiritual journey, [it] is one which we could begin speaking of in one way, find another way of gazing at the same experience, and in always relevant fashion we would be unable to exhaust the ways in which one may gaze at and imagine the true structure of the spiritual journey. That is, there is nothing particularly spiritual about the journey. It, like any other ordeal, is a matter of certain, shall we say, natural laws with the ever-balancing axis at ninety degrees, always, to those laws of the unpredictability of free will.

But this evening you have chosen to gaze at the spiritual journey in terms of time commitment, in terms of whether by taking thought one might accelerate the pace of spiritual growth. My children, if we of Q'uo did not believe that it were possible to accelerate the spiritual growth of careful and persistent students by means of inspirational messages, we would not be working with this instrument, for it is no part of our intention to waste our time. However, the truth is that it is extremely possible; that is, it is possible in almost any degree desired by the entity to accelerate the pace of spiritual growth. The difficulty from within the illusion is that a particularly difficult manifestation of accelerated spiritual growth is emotional pain, irritation with oneself for having failed, and other negative emotions.

The extremely simple reason for the seeming paradox is that in times of greatly accelerated growth, large-scale changes are being made in the road map of various portions of the program and metaprogram of the mind, and, especially when these changes have reached the initiatory or metaprogrammic phase, many, many feelings, actions and so forth will seem to have been those of an oversensitive, immature and imbalanced person.

This person will consider itself the least of all those who seek, for it is not manifesting cheerfulness, gaiety, merriment and freedom, but, rather, suffering under a burden.

However, when the memory has wound its golden bands about these times, and that which you call time has elapsed so that one may gaze back upon that golden-shrouded memory, one may see again and again the rapidity of growth side by side and inexorably tied to the most nauseating and humiliating of failures. It is for this reason that within the illusion it is most often felt that there are no short cuts, and that one must simply bumble along by trial and error.

In point of fact, when working with the deeper programming of the metaconsciousness, the movement of feeling within may be in such a powerful way that it may seem irresistible and perhaps counter to usual politeness. These expressions, however, are to be credited as part of the mind, not part of something called hysteria or emotions, but rather those times when the metaprogram has once and for all time changed a deep, deep program. There will be some sort of release from such a deep change that you do not understand it, and the fact that you may, perhaps, be disappointed in yourself must be accepted by you as a condition of your attempt to live a life based upon the faith that there is, indeed, a kindly Creator, a Creator made of love, which loved us first, and to Whom our response is faith.

Now, with those things said about the difficulties of progression and the lack of shortcuts being incorrect, let us say that a person does, indeed, use tools to move himself toward such a time of vision, a time of initiation, a time of change and metamorphosis. A person may use the techniques of deprivation known in many, many systems of expression toward the infinite Creator—the fasting, the changing of the daily routine to one of silence and devotion. All those daily acts of meditation and worship, whether it be for a moment or for a minute or for an hour, in their dailyness they keep you, the pilgrim soldier, upon the road. You are battling something you may well call disappointment. We would prefer to call it the uninformed intellectual mind. Your minds, my children, are very, very full of those opinions based only upon what this instrument would call conventional wisdom. Within your heart are stored the natural laws. It is well to know how to act lawfully within your society. It is well to act lawfully within that society.

It is also extremely well for you as a spiritual self to know who you are and who that individual that carries you around is. This is most important to you. If you do not know the large bipedal animal upon which you so depend, if you do not appreciate it, provide well for it, accept it, nurture it, and take care of it, then you as a consciousness will find it more and more difficult to spend intensity and time upon the spiritual search.

So, let yourself be the nurturer of yourself. When you are disappointed in yourself, let your nurturing self remember that you are only disappointed within the illusion. You have no idea, my children, of what a blessing your hopes, your intentions, and your ideals are. The light of those ideals is the light of your planet. Your zest for truth, your fidelity to the Creator, your living by faith and never by words; these things go beyond that self that carries you about. These things are what you really are: a being of faith. In times of disappointment, allow that being to nurture, protect, comfort and soothe you, for it is difficult to move quicker than the body is ready to go, than the mind is ready to move. It is a hard thing to change, and, indeed, it should be carefully resisted. Each change should be seen, considered and approved by your discriminating and entire self, a self always informed and centered by daily meditation.

To sum up, my children, each of you has spent many years accelerating the course of spiritual growth. Each of you has seen the most fruits come into manifestation in the midst of iniquity, error, mistake after mistake, and self-perceived sin. Each is able to see that compassion has grown during pain, beyond one's limits, and beyond the pale of that which would not disappoint one. Yes, you shall disappoint yourself again and again, and may we say, the more you disappoint yourself, the more you are trying to do, and the more we salute your brave spirit. Never, ever, allow the words that your mind can create to attack your faith and your hope that all that is painful will also be fruitful, and all that is difficult will also become that which is golden, that which brings the compassion to the heart, the understanding to the mind. For at the end of each and every failure, at the end of each and every limitation, once accepted and forgiven, can the self find the corresponding compassion for that same

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limitation in each and every other human being which it encounters in the same situation.

May you grow sweeter through adversity, and, most of all, may we say perhaps our greatest hint to you, as those who would like to continue speeding up the rate of acceleration or growth spiritually, learn to work as hard during those times perceived as positive as those times perceived as negative, and the negative events shall not need to occur.

In order to gain from the positive, one must do what would be impossible were not one familiar with negativity, that is, one must push against one's own standards of excellence, attempting at all times to give more and more praise to the Creator, more and more of one's conscious hours, attempting more and more, in moving into the sleep pattern, to program the self for the learning, and the setting of new metaprograms closer to the one great original Thought. Do these things faithfully. Work during the easy, the happy, the contented, and the peaceful times, and your lives shall become ever more peaceful and contented. The work must be done, my children. You have designed this into your incarnations. You yourselves will judge yourselves at the end. Yes, it shall be as the greater Self, but it shall be you, specifically and personally, that must riffle the pages of this incarnation.

Claim your disappointments now. Face them and learn from them and grow sweet with compassion. In this way, may the disappointment at seeming failure become, appropriately and in a balanced fashion, appreciation of and forgiveness of one's limitations, of the history and the tracks of one's change into an impersonal source of love. Then when, without the veil, you stand and gaze upon your life you shall see that you were aware, that there is no such thing as Earthly disappointment, but only the sounds, the experiences, the side products, the pain, and the difficulties of transformation. May you intend always the highest and best that you know, and may each limitation, disappointment and seeming failure become for you the opportunity of self-forgiveness, appreciation of yourself, and the nurturing of your growing spirit.

We would at this time close the session through the instrument known as Jim. We leave this instrument with thanks and love and light. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to ask if we might respond to any queries which remain upon the minds of those gathered this evening.

T: Yes, I have a question. This maybe—I don't know, it almost seems like what we're doing here right now, channeling—but my question is, could you comment on spirit guides and how do you know when what you're seeming to be getting is real, other than it just feels right. That may be the answer. Anyway, would you comment, please?

I am Q'uo, and we are happy to speak to this subject, my brother. Indeed, we know of no way that the contact with those entities which you call the spirit guides can be proven in an unshakable way, for all that is of value, in our opinion, within your illusion, rests within the boundaries of mystery. And when one attempts to grasp firmly any concept or quality of value, such as purity, truth, beauty, goodness, mercy, forgiveness, one moves through the quality and discovers that there is nothing that can be known without doubt.

We are in agreement, my brother, that the most helpful means for giving assurance to the seeker that a communication has occurred betwixt it and those who watch over its evolutionary process may be determined through the feeling that is the response from the seeker when it has felt or become aware of a communication, whether that communication is understandable or not, for many times there are communications that are not perceived by the seeker that come from those entities that have the honor and the responsibility of serving as the guide or teacher in an unseen manner for the incarnate third density entity. Indeed, there are many, many experiences which each of you undergo each of your days which have been touched and guided by those unseen spirits that are ever-watchful [for] the opportunity to present the student with an illustration, an inspiration, a guiding hand, a warning whisper. There are many times that the coincidences of one's life pattern become more apparent and the seeker then will begin to wonder to itself if there might be a larger hand within the plan of the daily round of activities.

Again, from time to time when the moment is appropriate for the seeker's growth, there may be

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given to the seeker a confirmation of one kind or another that is given by those we are calling guides. The book or person or event that is placed within the seeker's notice at the appropriate moment is the most usual means by which such guidance occurs, for within the life pattern of each seeker, there are, shall we say, imbedded or programmed the opportunities that will open a new avenue of seeking, perhaps of serving, always of learning. And these avenues are oftentimes triggered, shall we say, by a combination of events which are both rooted within this illusion and without this illusion, as the preincarnative choices of the seeker meet the opportunities that have had the guiding hand propel them in just such a manner that the desired meeting then occurs, and from this point, the free will of the seeker to respond is paramount, and at this point, it is the seeker itself which proceeds upon this particular portion of the journey, having previously set the groundwork, shall we say, and prepared the self for the reception of certain impulses or ideas that will then become seeds that will produce a continuing interest in the seeker.

May we speak in any further fashion, my brother?

T: No, thank you, that's fine. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: I had a couple. One was about the term, metaprogram. I haven't run into it before, and I was thinking about physics versus metaphysics. Unfortunately, the only reason it was called metaphysics was that the books were next to the physics books on the shelf, and *meta* is Greek for "next," and it was named that at Alexandria, so that doesn't make too much sense. But I think *meta* means sort of "beside," okay, so you're saying metaprogram, so it's a program beside that program which is in our conscious mind, so I was thinking, well, what would that be? And then I thought, well, it's the computer that makes up our computer, that puts the stuff in our computer in the first place. Like, if we changed the metaprogram, the program would change in a lot of different, subtle ways, because it would be changing our basic biases, and that would mean that the metaprogram was that personality of ours that does survive, and it's the personality of the spirit. Now, do you have any comments on any of these things? Am I in any way correct? Or what is a metaprogram, as opposed to a program, in the mind?

I am Q'uo, and if we have perceived your query correctly, we would equate the metaprogram with the preincarnative choices that have been chosen by each seeker, that there may be the opportunities for learning and then the reciprocal opportunities for serving according to that which has been learned in the life pattern. The programming of such opportunities consists, in general, in the imbedding, shall we say, of certain biases with the subconscious mind and in the conscious mind, when helpful, as well, that will allow opportunities of a certain nature to occur when these biases come in contact with a certain set of circumstances.

For example, if an entity has, for a number of its incarnations, concerned itself with the concept of abundance and its opposite, that being the seeming lack of abundance, then the degree of progress, shall we say, that has been achieved in the mental attitude that sees some degree of abundance or lack of abundance within all situations will be triggered when there is the coincidence of a situation where there is the need for enough of one quality or another, substance or another, to be present within the life pattern for the seeker to feel a certain degree of satisfaction or comfort or the feeling that it is cared for, provided for, and is secure.

Thus, as the seeker moves through various circumstances where it finds itself in need of more of a quality or commodity, then will its programming be triggered so that its attitude will be brought to bear upon the situation which is, in itself, relatively neutral, the coloration of an emotional nature coming primarily from the subconscious mind, according to the program of the seeker.

Thus, the metaprogram, or preincarnative choice, will allow the seeker to pursue the degree of balance that it has chosen previous to the incarnation, and to continue to refining, or in many cases, simply approaching, this degree of balance that will allow the seeker to achieve the goal which it has set for itself prior to the incarnation.

May we speak in any further fashion, my sister?

Carla: If you would, I have another completely different question. Thank you for the answer to that one. I'll enjoy reading it. The other question, I'm honestly a little bit baffled by, because I got a

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Christmas card from a perfectly lovely lady, but she does something that has through the years irritated me more and more every time, and I guess I'm just getting old and judgmental. But she's a perfectly well-grown-up woman, and instead of saying, "A relationship I'd put a lot in on failed, but I was really lucky; I fell in love with somebody else that same year," she had to say that she had done a great deal of work with this wonderful person, but that they had talked together and decided that their work during this incarnation had come to an end, and so they blessed each other and went their separate ways.

And there's a lot of that sort of thing going around, where people try to take every single bit of guilt or wrongdoing off of people leaving each other. And they just don't accept the fact that there's been a failure of any kind. They figure, well, they just had all these different people that they had karmic ties with, that they had to clean up in one incarnation, and that's why they've been sluts or womanizers or whatever, and it just never did ring true to me, cause it seemed to me that what somebody was doing was just doing the same lesson over and over and over again, and it didn't seem to me to be like cleaning up karma at all; it seemed to me to be like making the same error or failing each and every time and not owning up to it. And I need to write people like this with compassion, because a lot of people that I speak with talk with this sort of vocabulary, and I'd really appreciate your showing me where I've gone off the track.

I am Q'uo, and am aware of your query, my sister. May we begin by reminding each present that no matter what the lesson that is attempted during any incarnation within your third-density illusion, each is attempted imperfectly, each is imperfectly perceived, and each is only approached in the ideal, to some degree or another. For within your illusion, it is not possible, as far as we are aware, that one may become absolutely certain, without any shadow of doubt, as to the true nature of any particular lesson, for the mystery of the Creator is great enough to encompass all that is known or thought, and to provide yet further layers of understanding to those who persevere past certainty within their own mind, past achieving what they feel is complete. For, within your illusion of limits there exists the infinite quality of each concept that each seeker has built the incarnation out of. There is the possibility for each seeker, then, to pursue any lesson or any service in an infinitely refined manner, and to continually learn more from every opportunity that it encounters, to learn more upon reflection, to learn more upon future application, to learn more within the silence of the self in meditation, to learn more within the face of each fellow seeker that one greets within the daily round of activities.

You have in your recent experience encountered this communication that has for you brought to your mind a particular quality of relationship and responsibility that stands first within your experience as that which deserves care, honor, work and commitment. These are qualities in your own experience which you have found to hold a certain charge, shall we say.

Before we continue, we find that we must pause in order that this instrument utilize the recording devices. We shall pause. We are those of Q'uo.

(Pause)

I am Q'uo, and am again with this instrument. We shall continue. We were attempting to illustrate the response which we gave to the previous query, that being that the preincarnative choices or programs will allow the seeker to experience a triggering mechanism upon the encountering of certain situations, which of themselves are a neutral nature, shall we say, the bias coming from the subconscious and conscious minds of the seeker. Thus, upon the reception of the communication concerning relationship, it was your experience that your dedication to getting one's utmost effort to the constructing and maintaining of the relationship then was triggered. For another with less dedication in this particular area, there may have been little, if any, emotional response to that particular communication.

Thus does each seeker pursue a path that wends its way through experiences according to the programmings that it has provided itself and according to the guidance that it receives in a loving and wise manner from those unseen spirits whose hands yet ever enfold the seeker within their protective and nurturing grasp. We would recommend that when you desire to communicate to others your experience or understanding of any quality or concept, whether it be of relationships, of commitment, of seeking, of desire, or of whatever nature, that you give fully and wholly of yourself with as much clarity as is possible and also with the

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qualification that that which you give is your opinion and your learning, for it is a dynamic process that one is engaged in as one pursues the path of the seeker of truth, and this dynamism is a fundamental necessity for one who would teach and instruct others, for if one teaches what one is learning, then one is engaged in a living and growing process, rather than the recapitulation of dead facts which have little bearing upon one's life experience.

It is helpful also to make the qualification to any who would seek to hear what you have to say in these areas that the opinion is that which you share, and that it may not be completely appropriate for another being, but that you have found it thus and such in your own life experience. Therefore, you may speak with as great a degree of commitment and passion as you feel, without fearing that you shall, in your passion and, perhaps, in your eloquence, overwhelm another and divert its free will in a manner which is not appropriate for its own incarnational pattern.

May we speak in any further way, my sister?

Carla: You did exactly grasp the thrust of my concern. I would just finish up by asking you if you would accept that work in consciousness, or indigo ray work, is basically metaprogramming? Is it a congruency of terms there?

I am Q'uo, and we would agree, in general, with the use of these terms, for the metaprogram is the program which has as its goal or its essence that which is somewhat hidden by its mechanics or its technique. Therefore, the factors which may be necessary in order for a program to be set in motion are more mechanical [in] nature than is the desired outcome from the setting into motion of the program. Therefore, the work in consciousness that is attempted is a work which one must diligently seek more as, shall we say, an aftereffect, having discovered that the outcome of a certain series of events was greater, shall we say, than was first noticed or presumed.

Therefore, it is often the case that the more diligent seeker will continue to look at what has been learned in any experience, so that the first fruits of that experience, then, are not the only fruits and, perhaps, not the central fruits that were possible in the experience. One who continues in this way to assess, to meditate upon that which has been learned, will find that not only are there layers of learning leading to the heart of the learning, but that there are correlations and extrapolations that may be found and applied in other portions of the life experience that were, perhaps, not seen to have a connection to the experience just completed and that which is being pondered. Therefore, the life experience of the more diligent seeker will become more unified in that each lesson, each experience will have a more universal application within the life pattern.

May we speak in any further fashion, my sister?

Carla: Not tonight, thank you. I feel the instrument's probably pretty tired. I really appreciate your answers. Thank you so much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and it appears that we have, indeed, exhausted the queries for the evening, and we would like to thank each present for inviting us to share our opinions with each of you, for it is in this manner that we discover more of that which you seek and find valuable in your life patterns. And by observing and partaking in this process of sharing, we are also able to find that which is of value in our own life patterns. We cannot thank you enough for your generosity in continuing to open yourselves to our words and our thoughts. We would remind each, as always, that we offer that which is our opinion, that which has been found to be useful in our own life journeys. We do not wish any word to offer a stumbling block to any other seeker. Take those words which have value to you and leave those which do not.

At this time we would take our leave of this group, again thanking each for inviting our presence. We are known to you as those of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✤

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Sunday Meditation
January 15, 1989

Group question: Has to do with passion. How does one develop passion? How does one direct it most efficiently for the spiritual growth?

(Carla channeling)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. It is a great privilege and blessing for us to be with you, to be called to your group in its search for information that may be useful upon the path towards truth.

We would like to pause, if we might for a moment, and move about the circle, simply enjoying each of you. If you will allow us this moment, we shall pause.

I am Hatonn, and am once again with this instrument. The beauty of each soul within the circle is unique and perfect, and to join with you is a cause for thanksgiving. Before we begin, we would like for you to know that we are, as you, pilgrims upon the path. We are not authorities to be unquestioned. We are those as yourselves, with opinions. Perhaps our opinions come from more experience than you, for we have been the way that you now trod, and are, perhaps, a few steps further along that infinite path towards the mystery of the Creator. But we would not be a stumbling block before you. If anything that we have to say to you disturbs or does not ring true in your own opinion, then it is not your truth, and you should and must discriminate carefully that which you take in, for you shall recognize, as if remembering, those truths that are your own, those truths that fit the situation, the biases, the person that you are this time. Do not attempt to force yourself into anyone else's mold, dogma, doctrine or way of thought, for such will only impede your natural progress toward the light and the love of the infinite Creator.

With this said, we shall turn to the question of this evening, that being passion—what it is, how to get it, where to find it, how to use it. It is a subject we are most pleased that this instrument take up, for it is a subject about which this instrument knows very little, for passion is one of this instrument's natural gifts. That which has not been learned is not understood. Therefore, we are pleased that this instrument shall one day read that which we say, that it, too, may learn.

This instrument has spoken already this evening about the climate, the environment of the everyday daily round of activity which those within your society call a normal routine of living. We find that its most blatant characteristics are distraction and somnolence. Either entities help themselves to refrain from thinking by constant activity, or they achieve the same objective by a near complete lack of activity and the companionship of the television, we find this instrument calls that series of speaking

pictures which is aimed at those of your people who have not yet grown to adulthood.

In short, the density of technology within your society so far outstrips the density of concern for that which has no objective referent, that the mysterious ceases to raise the true imagination or engage the deep interest of most entities. Most entities are not aware that all of science and all of technology rest upon mysteries, mysteries that point towards a greater mystery: the Maker of those mysteries, the infinite Principle which created all that there is.

If you may go with me now into the mind, clearing it of those daily interests which so often clog the arteries of thought, you may begin to see another universe emerging. In this universe, all that is, is energy. Mass is an illusion created by gravity, which is also a mystery to your scientists. The electricity, the electronics, the electromagnetics, all work upon principles that are completely mysterious to scientists. Yet, they do work. They work according to natural law. And that these mysterious things work according to some natural law is interesting, is it not?

You each are consciousnesses, portions of the one infinite Creator, and about you is gathered the material which makes it possible to you to be incarnate at this time, this exciting time upon your planet. That is free will. Each of you is a mixture of the infinite Creator and free will. You begin the path of seeking with free will greatly to the fore, and the self, which is the Creator, almost entirely unknown, except for feelings that one thing is, perhaps, correct to do and another thing, perhaps, not. This is the beginning of the journey, and so the sensitive soul decides to seek a little harder than that for the truth of the mystery of the Creator, for in that mystery lies who each truly is, who each is in relationship to the Creator and what we may do in response to that Creator. And so we come to passion.

Let us make one thing very clear—as the characters in this instrument's head have been known to say many times (we refer to former presidents)—the first passion is not one for which you are responsible. The great and original passion is the passion of the Creator to know Itself. In that great passion, in that love, It created each of those portions of consciousness that sit as one being in this circle of seeking this evening. It created each of you before time and space began, for time and space are but a stage upon which consciousness may play out its many, many roles and learn those lessons which it has chosen to study, that the Creator may know Itself in the windows of each entity's eyes, in the mirroring of each relationship, in the transactions of all people.

Thus, the first passion is that you are loved. You are loved enough to have been created. You are loved enough to have been given free will. And you are loved and trusted enough to be set completely and utterly free, your mind carefully shielded and veiled from the deeper portions of its archetypal self, so that you cannot remember who you are, what your make-up is, what your relationship is to the Creator, or how you wish to respond. The call to a life in faith is a call to remembrance of the passion that created you. Therefore, the first element of passion is remembrance that infinite passion is the basis for all that you see, for all that you see was created because it was loved—and loved because it was created.

We draw you a picture of a seemingly needy Creator, a Creator needy for you, for your love, for your reactions, for your information, and in a biased way, this is indeed so. There is that portion of the Creator that lies beyond desire. Most of the creation, indeed, rests in love unexpressed and uncreated. You are portions of the active principle of the Creator, the Logos, or for want of a better word, love itself.

Now, each activity within an entity's life may take upon itself the tone of ordinary dailyness or the tone of communion. We suggest to you that when one has contemplated long upon the love the Creator has for oneself, then, perhaps, the second step to finding passion is a slow, gentle allowing of the self to awaken to that love, to listen to the bird that sings for your ear, and, yes, my children, it does sing for your ear, if you can but listen, for the breeze that blows so beautifully, for pearl-gray days that soften and gentle the harsh edges of winter moods, for sunshine and joy. In all these experiences, you may remember that this has been a gift of love, and that you are completely satisfying your Creator, no matter how quickly or how slowly you advance, simply by being and reacting in a natural and spontaneous way, or in any way whatsoever, to those things which occur.

There are those things which block this simple process from gaining in momentum. When one is distracted from the natural creation of the Father

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and when one has great difficulty seeing the Creator in each pair of eyes upon which one looks, one begins to move off of one's center, away from one's remembrance of love, and passion dies and numbness sets in, or anger or another negative emotion, but, indeed, we find that among your people the quality of numbness is marked. We ask you by a slow process of daily meditation to allow these layers of protection from that against which you do not need to be protected, to drop, simply to be let go. Then, with that done, call to remembrance that natural reaction which one may have to being loved so deeply that one becomes absolutely necessary for another's existence.

This is your situation. You are absolutely necessary to the Creator. You are timeless metaphysical entities, and you are beloved, with a passion and a love so far beyond any of your words that we must humbly beg for forgiveness for the paucity of our language. But, ah, my children, when you can remember, then you may dance the joyful dance of the heart and laugh the merry laugh of the child, and in that childlike way know for the first time the love that is the answer to love, the passion that is the answer to passion, the life of the spirit that is the answer of a clouded consciousness, to a wonderful light-filled mystery that calls to remembrance. You are beings of love, created in love, and you dance through life your own dance. You are aware that many are the steps that are awkward, clumsy and hurtful. Your jail cells, your prisons, your orphanages, your madhouses, are all full of people whom your society could not find ways to love but by secluding them.

Thus, you cannot look toward your society, your culture, for anything familiar to find your own passion for existence, for joy, for vitality, for the Creator and for love itself, yet it is there within you, coiled like a tiger's spring. Your heart is the heart of the Creator. It simply needs uncovering, remembering, finding and experiencing. Now, one way to accomplish this in an accelerated fashion, other than daily meditation, is the pushing of oneself beyond the limits, moving by simple exhaustion into a state where the utter joy and passion of life may be felt in a steady state, much as one would feel the sensation of orgasm at the climax of a sexual experience. This is the steady state of the universe at rest. This is the passion which you have for yourself, for your neighbor and for the Creator. This is how strong and how powerful your feelings truly are, and the fact that they have been so greatly shut down in your society is simply a matter of that which must be in order for you to have a free choice of whether to serve the Creator and others, and thus move towards growth of spirit, or serve the self, controlling others and bending them to your will, following the path of self-aggrandizement or service to self.

You have this choice to make. This is your basic choice in this density. Each time you choose to serve another instead of serving yourself, you become a more powerful being, a being more expressing of love. Yet, before you express love, let it be that you have first experienced the love of the infinite One. Let this experience be to you that subjective reality which does not have to be proven from the outside, which cannot lend itself to intellectual speculation, which is simply, utterly experiential. This is the basis of your own perception, of passion, of truth, of love.

What are those things that stop one most quickly from feeling? Primarily, my friends, it is fear that keeps one from feeling. There are many kinds of fear. There is fear connected with earning one's livelihood, fear connected with gain and loss in relationships, fear connected with learning more about a subject which one distrusts or suspects may be more of a subject than an entity wishes to take on. There are many, many fears, and it is well to identify them and allow them, once they are found, to fall away in a gradual way so that change is not too uncomfortable. For, my friends, when we ask you to experience the Creator, to tabernacle with the Father, we are asking you to change. In the process of meditating and focusing in inward silence upon what the Creator may have to offer to you this day, one learns may things. One becomes aware of a grasp of knowledge or a point of view that is broader and different than before, and you have begun to change.

Thus, the way to passion, the way to love, is not easy, for you must along the way empty out of yourself many armorings and defenses against those things which you fear which you do not have to fear, thus freeing the attention so that it may rest upon the fundamental mystery of consciousness. Focus upon that fundamental mystery until you begin to feel the desire to experience, to know more. Let that desire build ever more. If you are not satisfied with the level of your desire to seek as we said, you may simply dance or sing or move or run or swim or do

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anything which moves one past one's limits. Then sit and meditate again. Some of the veil will have been lifted because when one is quite exhausted the seat of consciousness rests far more in the subconscious portion of the mind. There it is that feelings are stored. There it is that passion lies waiting for its remembrance. The key is remembrance.

There is much more which we could say about this most fundamental topic, yet we sense that there are many questions in this group, and, thus, we would somewhat shorten this particular answer, that we may make room for other concerns and other questions. When you first feel the love of someone who loves you, the natural response is fondness in return, if one does not have fear. Your relationship with the Creator is self to self, but, my friends, you are very, very young creators, and your free will has remained willful. We urge you, through the process of daily meditation, to lay that will before the mystery, and ask, and simply wait. For that which you are to do shall come to you, early or late, and if you yearn for it more and more, it shall come to you more and more. As you desire, so shall you find. May you desire to experience the love of the infinite One. May you glory in the remembrance of that love. May you respond with equal passion to the Creator which wishes you in turn to create for others the manifestation of that love, not through your own limited resources, for you cannot love, even a day; the illusion is very heavy about you, and there is not the energy within you for such. By yourself you have enormous difficulties.

However, you are not alone. You are one with an infinite Source, an infinite Creator, which is at the same time intensely personal, intensely in love with you and waiting for your response. In your holy work, the relationship of the one known as Jesus the Christ to the people of Jesus which was, perhaps unfortunately, called the Church, was the relationship of bridegroom and bride. There is no more intense passion upon the physical level than that which draws a mated couple together. This same level of passion is felt for you by the infinite Creator. It is a matter of removing from yourself the armorings, those things which fill up the mind with triviality, and turn the attention within to the light within, and without to the beauty that speaks in the creation. May you feel the stars laugh. May you feel the joy of the seeds beneath the ground, resting, hoping, seeking that first warmth. May your hearts lie as fallow and your souls seek the light as the seed beneath the ground. You are beings of great passion, power, strength and majesty, yet also you are entities completely free to express in whatever manner you wish. It is a subject for thought, is it not?

We hope you will choose always to gaze at the light, to see the creation of love in the eyes of each whom you meet, to seek the love within and to remember how loved you are. We thank this instrument, and would leave this company at this time, that another entity, perhaps better suited to the questions and answers, might speak through the one known as Jim. We thank you once again for your seeking and the beauty that we perceive in each of you. We are known to you as those of Hatonn, of the Confederation of Planets in the Service of the Infinite Creator. We leave you in the love and the light of the infinite One. Adonai.

(Jim channeling)

I am Latwii, and greet each of you in the love and the light of the one infinite Creator. We are most happy to be able to join this group this evening. We thank each one of you for extending the invitation for us to do so. It is our honor to offer ourselves in the attempt to speak to those queries which may yet rest upon the minds of those gathered this evening. As did our brothers and sisters of Hatonn, would we also remind each of you that we are your brothers and sisters who have moved perhaps a few steps further upon the same path of seeking, and we do not wish any word that we speak to provide a stumbling block to you. Therefore, forget any which do not ring of truth and use those which do ring of your truth as you will. Is there a query with which we may begin?

Carla: Well, since B may be shy, she would like to know about the death process, what happens, where they go and all that.

I am Latwii, and am aware of the query, my sister. You may look upon the life which you experience much as the laboratory experiment, and the time in between the lives that you experience beyond the door which you call death as similar to the lecture which you would receive in one of your schools or colleges. When death's door has been passed through from your life into that which waits …

(Side one of tape ends.)

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(Jim channeling)

I am Latwii, and am again with this instrument. We shall continue.

As the entity is joined by those which have served as its teachers, its friends and its guides, it is at this time, as you would call it, that the entity reviews the life experience which has just been completed, in order that the essence of the experience might be assessed and it might be determined those lessons which have been well learned and those which yet remain to be learned. For each entity, before entering the incarnation, sets before itself those programs of study which will allow it to know the Creator more fully and will allow the Creator to know Itself through the entity's experience. Each entity has a great variety of choice as to those lessons which it wishes to pursue. Within your particular illusion, each lesson revolves about the concept that you would call love or compassion, the unconditional acceptance of all that is as the Creator. As the life experience is reviewed, there are those portions of the experience that point toward new lessons that are called by the experience which has been completed. For as any course of study within your system of schooling, the life experience is that which may be enhanced and refined and utilized in ever more broadening, deepening and intensifying means.

As the review of the life experience is completed, the entity then is able to choose those areas of study, shall we say, that it shall pursue between the periods that you would call the life experience of the incarnation, in order that it might gain what you might call the theoretical basis of the next incarnation. This course of study has no limit of time, but is completed in the unique rhythmic manner which is the property or nature of each entity as it develops its own character structure, shall we say. This is a general type of experience which may be had between the incarnative experiences within your illusion.

At some point within the progression of incarnation, there comes the time that one may call the harvest or the graduation, for as all courses of study, there is a point at which the entity shall have learned those lessons of love which it has set about to learn, and shall then progress in the evolution of mind, body and spirit to those lessons which await beyond the beginning of the learning of the lessons of love. This harvest or graduation concerns itself with the entity's ability to welcome the love and light of the Creator within the entity's being in a manner which allows the entity to utilize this love and light in a dynamic fashion to further expand its understanding of that great mystery towards which it moves, the nature of the creation, and the nature of the Creator, and the nature of the self.

Thus, at the time of graduation, the entity moves toward the great light and welcomes the light unto the being, until the light grows too glaring. At this point the entity moves from the light and finds itself within what you might call a new vibration of frequency that shall be the area or density of light location which shall provide it with its succeeding lessons. Thus, the process of evolution is a progression by which the entity demonstrates its ability to extend or expand its point of view so that it is able to take in more of the creation, more of the light and more of the Creator, and is able to utilize this expanded understanding either in the positive manner of radiance or the service-to-others path, or is able to absorb the light in the negative or magnetic fashion which may be called the service-to-self path.

At this point, we feel that we have spoken, perhaps, enough without giving too much information that would tend to overload the understanding.

May we speak in any further way or to any further query?

Carla: Well, just, I think that she also wanted to know where this takes place. Does it take place within the time/space portion of our planet, our planet's atmosphere vibration?

I am Latwii, and am aware of your query, my sister. The location of this experience is a concept which is somewhat difficult to describe. It may be said in one sense that the location is the same as that which you now experience, but upon what you might call inner planes or levels of experience of this planetary sphere *(inaudible)*. The exception would be the time of the harvest or the graduation, when the entity would, perhaps, upon the graduation find that a different location would better suit the need that the entity has discovered within the self. At that point, the entity would then move in what you would call the etheric or form-maker body to that location that it deemed appropriate for further study.

Is there another query, my sister?

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Carla: Only a very selfish one. Are you still studying our planet's color spectrum, and if so, what color are you?

I am Latwii, and we are, as always, most interested in the emanations of light from your planetary sphere and the populations upon it. At this particular time, we study almost exclusively within the area that you would connect with the heart chakra or energy center, that being the green-ray energy center.

Is there another query at this time?

Questioner: Yes. There are some religions on Earth that believe that this life, this reincarnation cycle that you're speaking of, is a struggle that you break free of itself, to break free of the constant reincarnations, in other words, that the life that you call our illusion is a negative thing, or at least something that's very difficult for a person to bear. Does this conform to the way that you understand it happening? Are we somehow breaking free, or are we simply, as you're saying, we're on a learning path?

I am Latwii, and am aware of your query, my brother. The process of learning which is accomplished by the utilization of lifetime after lifetime within this illusion of forgetting is one which, for many, is quite difficult, for as one enters into this illusion, one must forget that the unity of all creation exists for each entity, and, indeed, for the self. One must forget the exact programming of lessons that one has set for the self and operate within the illusion only by the smallest and simplest of impulses, that which has been called by many of your peoples, "the still small voice within." One must forget that there is, in truth, no danger or difficulty so great that one cannot find the necessary love to overcome all.

The forgetting is necessary in order that those lessons which are set for the self might be chosen out of free will within the incarnation, and by this choosing, become imbedded far more deeply within the mind/body/spirit complex that is the entity, be imbedded in such a fashion that the learning and expression of the lesson becomes a portion of the self far more efficiently than if the forgetting did not occur. It is as though the game, shall we say, needed to be relearned completely within the incarnative experience, and when this relearning has occurred, then the lessons have been learned, and there is no need to break free of anything, for the entity has freed itself as a part of a natural progression of incarnative experience, each building upon the previous learning from that which was not well learned, building as one does a structure, firmly upon the stone, and carefully placing each portion of the structure.

The difficulty that many feel within the incarnative experience that leads many to feel that there is the need to break free from this cycle of birth, death and rebirth is just that quality which allows the lessons to become more vividly experienced, more intensely expressed and more purely a part of the entity in order that it, through each lesson, might know itself and the Creator more fully.

May we speak in any further fashion, my brother?

Questioner: Yes. You speak of lessons, of learning, sort of reviewing this lesson and programming ourselves for this lesson in between lifetimes. Actually, I have a double question. Are we being guided by other entities from other densities? For example, we think during this period between lifetimes, through mentors from other dimensions? And if so, are we, during our incarnate lives, are we also being guided directly, in other words, do we have some form of guardian angel, as we would say here?

I am Latwii, and am aware of your query, my brother. Each portion of what you have spoken is in some degree correct. It is true for each within your illusion that the first guide or guardian is a portion of the self which has been called by many names, some of which are the "higher self," the "oversoul," or "that which overshadows the small self" within the incarnation. This is a portion of the self that is far more clearly a part of the creation and the Creator and which exists at [what] you would call a higher level of vibration, having, shall we say, the overview or the road map which describes the territory which shall be covered, but which does not guide to the point of overriding the free will of the entity, but with the cooperation of the entity within the incarnation plans before the incarnation the general nature of the journey which shall be experienced, and during the incarnation may, with the assistance of others, provide the entity within the incarnation the opportunities, the stimuli, shall we say, that will remind it of that which it has come to accomplish. Many times there is the meeting with just the right person at just the right time or the presentation of the appropriate book or program on

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your television or on any system of instruction which leads the entity in a manner which will allow it to travel as it has wished to travel and to learn that which it has wished to learn.

Each entity has, besides the higher self, a male guide, a female-oriented guide and that which may be called somewhat of an androgynous guide, that is, that which has blended the polarities and has found balance in the blend. There are, as well, various friends which have been drawn to the entity according to the nature of the seeking which the entity has expressed and experienced in incarnation after incarnation. Some of these friends are as the entity, however, they are at the time of the incarnation discarnate themselves, and serve as guides, shall we say, that may speak in concept, image and symbol within the sleep and dreaming state, or within the meditative state.

There are many entities which are drawn to assist each entity within the incarnation, so that all possible opportunities for learning may be taken advantage of without the imposing of any choice that would override the free will of the entity during the incarnation, for it is the exercise of this free will that is of paramount importance, as the entity chooses its steps within the incarnation.

May we speak in any further fashion, my brother?

Questioner: Just a little clarification. In the disincarnate state between lifetimes, between our lifetimes here, are we more aware of this whole experience you're talking about? For example, would I be able to communicate more directly with you, or would that even mean anything, in between lifetimes, without the problems of our physical presence?

I am Latwii, and am aware of your query, my brother. It is true that each entity between the incarnations sees far more clearly the nature of the self, the nature of the creation and the journey that the self makes through the creation. The entity between incarnations is able to see and assess all previous incarnational experiences, as one of your entities would look upon the courses of study within the school system that has been completed for the entity. The entity between incarnations is far more aware of the unity of all creation and the binding quality of love which holds the creation together. The entity between the incarnations is able to see the purpose of its existence, and is able to see the efficacy of the incarnational experience in that it offers the entity a far more accelerated means of evolution than should be offered the entity if it were not to enter into the incarnational experience, for as we mentioned previously, the lessons which are learned beyond the veil of forgetting, within your illusion, carry far more weight within the total beingness of the entity than the simple recognition of these basic truths outside of the veil of forgetting.

Is there a further query, my brother?

Questioner: Are you in between incarnations yourself?

I am Latwii, and we, at this time, are within the incarnational experience of that vibratory frequency which you would liken unto the wisdom or light-oriented density, that which follows the learning of the lessons of compassion and love. Thus, we move as you, within incarnated bodies, however these are somewhat more filled with light and somewhat less easy for you to detect than are your own.

May we speak in any further fashion, my brother?

Questioner: No, thank you very much.

I am Latwii, and we thank you, my brother. Is there another query at this time?

Questioner: I'd like to know *(inaudible)* to explore past lives *(inaudible)*.

I am Latwii. We find that there is little of the physical danger for most of your entities that would seek to explore previous incarnational experiences using the tool of hypnotic regression. The greatest danger, or, should we call it, difficulty, that we have noticed experienced by most entities is what we might call an over-interest or preoccupation with the concept of previous incarnational experiences and the attempt to discover what these experiences were and what exactly transpired in these experiences.

If the entity desiring such information has as its motivation for such exploration the desire to explore a thread or line of learning, a quality or concept which it is currently working with, and feels that there might be information helpful to this program of learning that is buried within previous incarnational experiences, then it is a deed well accomplished to explore in any direction possible for the entity. The simple curiosity that develops into a preoccupation with who one was of this or that nature in previous incarnations oftentimes distracts

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the seeker of truth from further seeking, so that there is what one might call the side road or the detour that must be experienced in order that this preoccupation be satisfied and the entity then take up again the great seeking of the central purpose of the incarnational experience.

Is there another query, my sister?

Questioner: I thank you very much. What I would like to know is, this life, we have obsessions about things *(inaudible)* interesting to find what these lives *(inaudible)* maybe to smooth these obsessions *(inaudible)*.

I am Latwii, and we believe that we grasp the thrust of your comment, and would agree that the desire to understand a current obsession, as you would call it, by exploring previous incarnations is a use of this tool called the regressive hypnosis that may, indeed, prove helpful to such an entity with such a desire.

Is there another query, my sister?

Questioner: *(Inaudible).*

I am Latwii, and am aware of your query, my sister. The process by which one accomplishes that which you have called the astral travel is a process which requires the body that is associated with the heart-ray energy center to leave or exit the physical vehicle of your third-density illusion, and to move from that vehicle, connected only by what we find your philosophers have called the silver cord, and travel in a manner which may be likened unto the projection of thought, and find as the destination that location or quality which is likened unto the answer to a query, for the process of astral traveling which is well used by the seeker of truth is contained within the asking of the query and the seeking of the answer.

There is amongst your peoples a significant amount of this type of experience that is to be had within the sleep and dreaming state, and for some within the meditative state in a more conscious fashion as well. That the traveling in this fashion is to be found mostly within the unconscious realm is due to the need, shall we say, within your illusion to maintain the free will of each entity in order that those lessons learned might be the product of the exercise of free will choice. Were the ability to leave the physical vehicle more of a conscious process, the seeming barriers which limit the movement, not only of the astral body, but of thought and of the mental process of thinking and imagining, in order that this thinking be focused, the process of such thinking and imagining then would be seen to have far less of a barrier and the ability to focus upon the lessons at hand within the incarnation would be somewhat reduced.

Thus, for most entities, the ability to exit the physical vehicle and partake of the experiences that are provided elsewhere is a subconscious or unconscious process. It is a process which is utilized far more often and far more consciously between your incarnational periods.

May we speak in any further fashion, my sister?

Questioner: *(Inaudible).*

Questioner: I'm interested in knowing a little bit more about [what] you're saying of vibratory planes, as you say, of existence. I've read in different materials that we have available—that fourth density is somewhat comparable to what we've seen in movies like Star Wars, and I hope you understand what I mean. And I don't know too much about the fifth vibratory plane, but what I am interested in knowing is, do you have what are similar to what we call emotions? Do you get angry? Do you have individual emotions, or are they collective emotions? Could you speak a little bit about that please?

I am Latwii, and I am aware of your query, my brother. We have one central emotion, as you would call it, or as close as we can come to approximating that which you call the emotion, for emotions are those mental qualities which carry a certain weight or charge for entities within your illusion, and it is these charges set upon the mental qualities that allow the learning of certain lessons, all of which evolve about the concept of compassion or love. That we also experience this emotion of love is the central quality of our being, for it is the lesson of the fourth-density entity to find within its being this quality of compassion for all experiences and entities that should come before its notice. When it is noticed that there is any other response to an entity or an experience other than that of love or compassion, then it is that the entity so experiencing that deviation shall learn from that deviation in a manner which will eventually bring it full circle in order that it shall then experience only love and compassion.

We have within our experience as a group, or as what we find some within this group would call a social memory complex, been fortunate in our own

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evolutionary experience to be able to develop this quality so that as we look upon any situation, any entity or any concept, we see first and foremost to the heart of the experience of the entity or of the concept, and see at the heart the one Creator knowing Itself through that experience, that entity, and that situation. Thus, we have little of the deviation that one would normally associate with what you call emotional responses. Rather, we feel the great upwelling of love for the creation that we see about us and for the creation which lies before and ahead of us upon our journey of seeking.

We experience our illusion as a group or as a race of beings, each blending with the other with a harmony that is difficult to describe, but which makes it impossible to hide our nature or to desire to hide our nature. Our communication is instantaneous by what you would call telepathic thought transference to those which are not a part of our social memory complex. Our communication with each other is an instantaneous knowing, so that which is known to any is known and available to all. Thus, we have at our disposal a great library, shall we say, of information that allows us ever more intricate, infinite and delicate means of observing and serving the one Creator which we see in all of the creation.

May we speak in any further fashion, my brother?

Questioner: Yes, that's very interesting. It sounds like that in your density that things are pretty easy, in other words, compared to the way that we live here, that your plan, your direction is sort of plotted out for you, that you just have struggle more and more, or study more and more. I don't know exactly how to describe it, but is sounds like that you do not experience what we would call unhappiness. Is that true?

I am Latwii, and we do not experience that which you call unhappiness, for we find that that quality has within it the properties of the illusion in which you now find yourselves moving, that is, the quality of failing, shall we say, to see the Creator in each experience. Rather than feeling that which you call unhappiness, we feel, as close as we can approximate, the incomplete service of the one Creator. We seek ever more refined and efficient means of being of such service. Within your illusion it is true that you have a far more challenging experience. You have, because of the need to forget that which you shall remember and that which you are, the inability to express this remembrance. You in your illusion are bound by the limits of the illusion, but experience also a greater potential for acceleration …

(Tape ends.)

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Intensive Meditation
January 18, 1989

(Carla channeling)

I am Laitos. I greet you in the love and in the light of the infinite Creator and thank you for the privilege of being called to your meditation this evening. We are most happy to be able to use this instrument to work with those of you who wish to learn the disciplines necessary for a considerably more careful use of the self for service than perhaps would be possible without some guidance. The guidance that we give is not only for the service of vocal channeling. Those tools which you bring to the preparation of the vocal channeling as service to others are also those tools which are needed to do any of the works done with a completely open heart. Healing, art, music, dance, architecture, all the expressions of aesthetic authenticity spring from an entity who knows who he is and what his ideal is.

Thus, it is not only those who work as vocal channels who may, perhaps, be able to gain some small benefit from considering these matters, but, indeed, any who truly wish to be of service to others. My friends, service to others begins with the self, for, indeed, all about you are faces of yourself. Those things which most distress you about others are those things which are the reflection of yourself, and in those things you may see a distorted version of that which is occurring within you. Thus, each relationship is like a mirror in time that moves with you along that river, showing to you your own face in a biased manner which may provide catalyst so that you may work upon the self.

It is obvious, but we will say it anyway, that in the normal run of things, an entity, no matter how sincerely seeking, may not have the luxury of a simple path, nor of a path which is without some conflict. It is not, in our opinion, and we stress that it is only our opinion, of moment whether or not there is conflict in a relationship, for honest disagreements may be harmonious. The only thing that is important is the priority which this disagreement takes within the relationship and within the structure of catalyst for the individual who is seeking to discipline and learn the workings of his own consciousness. Thus, to express emotion in an honest and spontaneous way is not behavior we would at any time discourage. We encourage, rather, the gazing at those spontaneous expressions with an eye to bringing a wider point of view to them.

All of the teaching which this instrument is so aware of concerning the clearing of lower energies has to do with the safety, physically and metaphysically, of one who is learning to enter into one's own guidance in a deeper and in a more coherent and controlled fashion. If the energy of the infinite One is not full in its surge through to the heart, then that heart energy will find doing work in consciousness a burden. We would hope that it may [be] seen to be

practical, if one wishes to seek spiritually, that these moments that are burdensome may be as few as possible, for there is enough trauma in the process of becoming truly aware of who you are. One needs to have a steady stance and a firm grip upon an Earthly peace-filled existence before straining toward a destiny which involves both joy and responsibility; that is, there is no greater joy than knowing for the first time who you really are. On the other hand, once you know who you are, you are far more responsible for expressing and manifesting the fruits of that knowledge.

When the work has been done in consciousness with persistence, and we underline persistence and doggedness, a simple keeping on and keeping on, when all looks hopeless, as well as when all looks rosy, you shall, perhaps, come to the place where that which seems to be responsibility and duty has become the joy, the passion, the fun, the true service. This is a long process for each. Sometimes it is shortened. Sometimes when we speak to new instruments, we are speaking to those who have already moved through a good deal of this material. In these cases, development may seem to be quick. In actuality, it is simply that we have come in upon a different portion of that entity's incarnational learning. For the most part, when one is seeking to find out the truth about the self and the Creator and the about the relationship between the two, one is, for the most part, rather uncomfortable, confused, pondering, wondering and doubting.

We are sorry to tell you this. We would like to paint a rosy picture, for we would like very much for those of you upon the planet who are interested in working for the light to do so. Yet we must begin by explaining that there are costs to this work, and one of the costs is that it is hoped that it may be seen that if one is to express love and service to others, so it is that one must love the self in a final and holy way, for you are divine, each of you. Not in your Earthly form, but wrapped deeply within you lies the infant babe that is your pilgrim spirit. It sojourns here within that which you call a body, and you move about in this body, upon this plane of existence, upon this small sphere, this globe, this island in space and time. What is your wish for this experience? Would you wish to live without ideals or with them. Without faith or with faith? Without hope or with hope? Without consolation or with consolation? These are the choices you may make. It is your universe; your opinion rules your creation.

We ask you to consider one thing this evening, the concept of tuning. We are thankful that this instrument has taken the time to write out that which we need not repeat over and over within the material which she has given you to read. You are aware of the concept of tuning, the idea of the self being a receiver and transmitter for concepts and feelings. We work with instruments such as this one largely through concept; that is, we give concepts to this instrument, this instrument clothes them in words and gives them forth. The experience is exactly as if the instrument were speaking her own thoughts. This is very puzzling, however, when one is tuned to the very highest and the very best of spiritual frequencies that he or she may hold in a stable and safe manner, not straining the attention, not straining the qualities of self, but knowing the strong points of the self, moving onto them, standing on those strong parts of the self, moving ever deeper into the self to find those strong places, until at last you stand both in the physical world and in the metaphysical world as a true pilgrim citizen, one who may speak with authority, the authority of self-awareness and self-confidence.

To know yourself, to forgive yourself, and to love yourself is the first business at hand. This forgiveness needs to be complete. This is necessary for the tuning to the self, for if you are to love and serve another, you are to love and serve them as you would yourself; so it has been written in your holy works. If you do not love yourself sufficiently, how shall you love another? Therefore, your first work is the healing of the self and the setting of a goal, the goal of experiencing and knowing imperishable truth, of coming into realization of the natural laws of spiritual existence. Gradually, these things will become second nature to you, if you persevere.

For right now, we simply ask that whenever you catch yourself being negative about the self, that you remind yourself that you are an orphan on a very unusual planet, and that you must mother yourself and nurture yourself and care within your heart for yourself, until those sore and painful places are indeed nurtured and healed at last. Until there is forgiveness and redemption within the knowledge of the heart, not only of the mind, then may you tune upwards, seeking ever higher for a more beautiful, lovely and perfect ideal, a more clarified and fine

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version of love divine. What do you seek? How much do you want to know? Sharpen and hone your desire, for it has been written truly in the work you call your Holy Bible, "Seek and ye shall find; ask and it shall be given to you." Be very, very careful about that for which you would ask, for it is divine law that in one way or another you shall receive everything that you truly desire. Tune your desire, and so you shall learn to tune for channeling.

For this evening, we will content ourselves with merely greeting you. We would like to exercise you briefly by simply urging you to relax and allowing us to move first to the one known as Jim, and then to the one known as C, and then to one known as A so that we may say simply, "I am Laitos." We wish only to let you feel us, if, indeed, you are going to feel us, and to speak our voice so that you may see that when you hear in your mind, or see, or are aware of the phrase, "I am Laitos," it will seem to be your thought. We wish you to have this experience this evening, for we wish you to ponder the difficulties ensuing from doubt because you think that we are your own thoughts.

You will notice how long this instrument has been speaking. This instrument did not know her first sentence; she does not know her next. It is not this instrument—we are principles of being. We are, in our own way, real.

We hope we are helpful. We hope, indeed, that we do not disturb you by any experiences that you may have in experiencing our energy. If there are electrical experiences or the movement of limbs in an uncomfortable position, or the using of the neck in any way that is disliked, indeed, if anything is uncomfortable, we will be with each for a short time, simply making that first contact and working to adjust to a comfortable fit, shall we say. We have worked many times with the one known as C, and shall be most happy to work with him again. To the one known as A we say, "Fear not," but simply let that which seems to come, come, without disturbing the experience. Allow the experience in the same way you would allow a story to be so, until the story has been told. In this way you may distance yourself in a safe place, while experiencing the sensation of our contact.

Then we ask each to spend the intervening time before the next meeting considering the implications of the channeling seeming to be the self. It is one of the central problems of new channels. You must begin to acclimate yourself to the atmosphere of doubt which you will enjoy for some time. You will not know if it is you, or if there is truly another who is speaking through you. It is only through practice that you begin to be able to distinguish. There will, in conscious channeling, always be a portion of yourself in every channeling that you give. This is desired by us, and we feel that it is the strong point of conscious channeling, that is, that we have a very simple story to tell, a story of one great original Thought, a love which created all that there is, a love to which all shall one day return. This story is too simple for people to understand. They must make it more complex, so they may attempt to understand. It may be said that understanding is not something that may happen within your illusion, but it is part of the illusion that people wish very much to understand that which is not understandable.

(Pause)

I am Laitos. I am again with this instrument. We are sorry for this pause, but were having to contend with this instrument's variation in form of trance. This instrument almost—we believe the phrase is—went to sleep. We approve of the one known as Jim squeezing this instrument's hand; it is helpful, but we would not advise it for long. To continue. We would move now, so that each may feel that which he cannot, will not, and shall not understand. We are with you. We hope we are helpful. There is, indeed, no harm in us, and we would like to make our presence known to each. Thus, at this time, we will leave this instrument, simply to greet each by our own name. I am Laitos.

(The rest of the session was not transcribed.) ✤

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Intensive Meditation
January 25, 1989

Group question: What is the first step to open your channel and what does it mean to open your channel?

(Carla channeling)

I am Hatonn. I greet you in the love and in the light of the infinite Creator. It is a great pleasure to be called to your group. We especially thank this instrument for removing from our signal that of our counterpart. The amount of subtlety necessary to disarm the negative entity is much appreciated. We wish to say to the new instruments how very happy and blessed that we feel to be able to work with two people with such determination to seek the highest and best path that they may travel through the "valley of the shadow of death," for that is, indeed, that which life is. We realize that the topic to be discussed is channeling itself, what the first step is and what the nature of channeling might be. We shall answer the questions in turn, with great thanks for the strength in the circle and this great entity and unity of this great circle.

We are very pleased at the orderly way that these questions begin, for, indeed, there is a first step for which the instrument, perhaps, has not been giving a central enough place in its teaching in the past. The protection of the physical body is a very sensible and apropos caution to take before attempting any work whatsoever in consciousness, whether that work be that of the artist, the writer, the musician, the worker, the meditator, or the magician.

Anyone who attempts to do any of the improving of the self to meet one's ideals needs to be aware this is the path of polarization of service to others, and the more successful one is at it the more one will run into instances of the negative, or groups, or entities which are delighted to attempt to undo the work that has been done or, even better for them, to change the polarity of the student to be of service to self by deception. This is often done, in fact, and when they see the service-to-self aspect of many groups which have formed so vital camps to survive the catastrophes to come, indeed, that is not the action of those who wish to be shepherds of the flock which shall be frightened indeed at that time. The sensible precaution is the protection of the physical body, and we shall gratefully go over one great way to achieve an acceptable physical aura.

Now, we are presuming, we ask you to understand that there is within each a determination that drives to live a life in faith. Without faith in the positive and in love, there is in the end no protection. It is the decision without any objective evidence to live a life based on faith, abiding peace, joy, freedom and hospitality that such words as a channel, saint, mystic, seer, shaman, so forth, can in actuality mean.

Here is the direction for a specific protection of the self. We shall do it with you if you will safely follow along, for the energies which are energized, shall we say, by this protection are universal, having to do not with the body which you know and have but the length of energy which is your true body.

Picture, if you will, yourself sitting in a cross-legged Indian position or in a lotus position, if that picture does not bring you acute discomfort as it does this instrument. Rest the backs of your hands upon your knees in a comfortable place. Curl the thumb and forefinger together, a trustful but somewhat defensive posture, and picture at the base of the spine, in the groin, and just above where the generation of the species takes place, a red fire. See it within yourself. If it is not bright, allow it to brighten. If it still will not brighten, ask that it brighten. Then watch it spin. If it is not spinning, ask it to spin. And ask it to be clean and pure that the energy of the Creator might move upwards.

Visualize, then, at the middle of the abdomen, an orange fire. It must be brightened and then spun into crystal colors, and the prayer that all be clear and clean, that the energy may move forward and upward, may be made. Help may be asked for any way you may deem appropriate.

Then upwards toward the navel area, the pit of the stomach, where there is a yellow fire, do the same with this energy center. Whirling it, and seeing a green energy center at the heart level. Brighten it, and then spin it.

It is this energy that you need clear, and clean, and pure. It needs to be this way that you may receive those messages or even information to the self about the self which will truly be full of the love and light of the infinite Creator. If these lower energies take from the supply of that prana or living air which the heart chakra needs to brighten and to spin and to move the energy upwards, then the channeling work is compromised at best. Consequently, you continue with the green light center until it is clear, flashing and brilliant.

Now, it is to be hoped for that the blue center, that is, the communication center, in the throat may be brightened and spun.

And so the indigo center above and between the brows or the forehead.

It is, however, not necessary to do this work for these energy centers to be crystallized and clear. It is safe to do this work as long as there is energy into the heart chakra of sufficient magnitude for the weaker energy centers to take the energy from the supply of prana and still have enough energy to change the energy of self to the highest and best, most energetic and deepest self, that one may be a citizen of the universe.

Once all of the energy centers have been energized, it might be imagined that there is an eighth chakra, the crown chakra, which is white. This energy may be seen as either a glow or as the white that brightens and then spins. It is part of the self but also part of all of creation that is the Logos, and therefore may be seen, indeed, in both configurations within the same energy.

Take the white energy that you have brightened—we correct this instrument. We must pause.

(Pause)

I am Hatonn, and we greet you again in love and light. We are sorry but this instrument was drifting from the tuning of which we were talking about, and therefore we needed to pause. The condition of this contact is again satisfactory.

Vision, if you will, the white color moving down the left side of the body and picking up the red energy of the red survival chakra. Mix these two colors.

Add in that amount of the indigo ray and the blue ray chakra energy which you consider you have upon a stable basis achieved by your tuning. That is, if you do not feel that you are perfectly clear in blue and indigo ray, then ask for a limited amount of these colors.

Take a mixture of these four colors—red, indigo, blue, and white—and move them about the body until the body is in your visualization painted completely.

Take, then, that center we may call violet. It is always as it is and is not visualized. However, it is that as you are. Therefore, after the physical vehicle has been protected as well as you can, visualize it for the condition you are in as a channel.

Then visualize yourself covered again with the violet ray that is your own indication of character.

Over that, draw then the white light of the one infinite Creator, not that which is from yourself, that

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may brighten and spin, but that which is as a cloud or nimbus about the self.

Visualize that as a shield of light that covers every portion of the outer physical vehicle, allowing no thing which does not love the light within the sacred confines of the temple of the one infinite Creator which is your body. This protection is important for both.

There is further protection which we will emphasize before the one known as C. We are concerned that this entity moves even in the phase of discomfort into a fairly deep state of meditation. The toll of the type of labor which this instrument does to provide for those he loves has taken its toll in the sense of enabling spiritual growth by allowing work of such a nonintellectual kind that the mind is free to move into a relatively meditative state at nearly all times since there is not a large portion of the intellect involved in challenges.

We would suggest that this new channel that is new for this particular time might improve the background state for active awareness by a variety of experience within the confines of those hours that can be spared for leisure. This would aid the channel somewhat.

However, we are concerned with the protection of the channel under any circumstances, and would suggest to the one known as C that the entity, when it feels it may have gone too deeply into a meditative state, when it feels it might be uncomfortable, it needs simply to count upwards first to ten, and then if that is not up enough, to the full measure of years which the entity has lived upon this planet in this incarnation. When the last number of years the entity has lived [is reached] the entity will be fully awake and need only remain in a thoughtless, loosening, alert mode, for this is the appropriate environment for this type of channeling.

We speak only vaguely on the nature of channeling itself, for we feel we have taken too much time for information and perhaps have gotten the new channel a little concerned about how long it will be before they channel a long time.

One step at a time, my children. It is enough for now that we are able to work with you and move a small baby step. If we may do that each time, then we shall progress many, many miles, as the tortoise beats the hare in the story which this instrument is familiar with.

The nature of opening one's channel might be considered similar to beginning to understand a root system of consciousness which has geometry and form in a metaphysical sense, and which at the very bottom, just as the Earth has a molten core, of white air. So the center, the very, very deepest part of your consciousness, is what you might call a black hole. That small speck of water that is so heavy that it is gravity that somehow draws all things into it, only to have all things disappear.

That is your destiny, your omega, to be at one at last with infinite intelligence. Not to know God, shall we say, but to be. You are at this moment a portion of all that there is. You are a portion of the Creator. You are a unique portion of the Creator. However, you are skating upon the surface of your consciousness.

To open the channel is to open the door to approximately 98 percent of the content of your consciousness as a conscious channel, in the sense of being one who is conscious of a channeling process within self, has an opportunity to work within those times to deepen the understanding, to listen, to give self respect to those knowings. They are one's own truths and that which is one's given service.

One does not make up one's mind to do this or that, rather, one's feeling and one's heart as well as mind are led to the service that is of the Creator, for the Creator speaks within with a small voice easily drowned out by one's own small will. Thus, it is most important that the daily meditation be established and that, for the most part, at least adhered to.

It is not a disaster that one day is missed. We just ask that you do not allow that missed day cause the discouragement to lead to a second or third day. But allow each day to be itself new. Just as you yourself is made new with each dawn.

As you open your channel you shall find first those voices which speak only to you. That is your internal guidance. If you wish to receive internal guidance only we strongly suggest that the hands be crossed and the feet be crossed, that the electrical circuit of the body be closed so that one may carefully filter out any outside influence from the physical body.

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This is not foolproof, however. If the guidance continues to be positive and helpful, then it is sufficient. It is, in the majority of cases, sufficient, may we say. There are some natures whose electrical properties as entities as such are that the circuitry of the physical body is changed in enough ways that this is not sufficient protection, this instrument being one of those people. This instrument has always wished to wear the crucifix about the neck, and the reason is simple. The instrument needs the protection and the reminder of the faith which creates within the instrument the love necessary to banish those influences which would speak of negativity.

When the channel is open anything is possible according to one's gifts, and the possibility of serving the Creator becomes almost certain. The life pattern may be such that beyond the simple vibratory nature of the self no dramatic work is expected. Simply the loving of those which are hard to love, the smile to stranger as a charity to those who need it. Others have more dramatic ways of being channels of love and life. All ways of service to others are equal.

The importance given to some methods over others of living a life are false. The various reputations which one encounters because of various entities' levels of schooling or other credentials are all false. When one is vibrating as a channel an infinite source comes through which sees the essence of all entities, that deep, mysterious Creator at the very bottom, at the very essence, at the very root of each organism which is conscious of itself and therefore has consciousness.

Within this state the nature of channeling is such it is well to choose, from the bounty of all that there is, one way of directing the channel. Some are healer, some are teachers, some are simply wise or loving. But it is well to focus one's energy in the direction which feels most helpful, good, pleasing and pleasant, for the path of service is part of a life which must first of all be joyful. Thus, the tuning of the self becomes important, the knowing of the self and so forth. And of these things we shall speak again but we feel we have worn out your ears.

And now we shall give you some respite by speaking far more briefly through each of you. We shall attempt only to greet you with a sentence or two. But if, then, you instruments feel a further thought to come up after we announce our presence and give greetings and the love and the light of the infinite One, then we would be happy to continue sending. It is simply that we do not wish to do more than a very small bit at each working, for this enables the new channels to do quite a bit of thinking about what is occurring in the process.

We would first ask the one known as A to relax, to allow the rational mind to rest, to empty itself, as if there were pockets in the mind, of the small change of daily life. Put all these things upon the dresser and return to your meditation with an empty, new mind. And then, if you think, "I am Hatonn," say it speedily and quickly and we shall offer another thought. The experience is indistinguishable while speaking your own thoughts, and we are aware it takes a certain amount of time to achieve a long enough contact to convince the self that it could not have, on its own, could not have created the precise message.

You will find in time that no matter whom we speak through our message is consistent and our points made in the same spiritual direction. You will be aware that you could not have created this pattern of thinking within the self because the self does not contain these particular patterns of thought in just this way. You would have said it differently or perhaps not thought of it. Then will come the time for each new channel when it puts aside the question of who we are. We do not wish to convince you before you are ready to accept the responsibility for knowing that there is an invisible world which is far more fundamental than the visible world. Certainly, there are many, many worlds but we are close to your own world, and speak to you from a relative near position, in metaphysical terms.

Please just let it all go, let the mind relax, and when we must speak, in you then immediately repeat the phrase in the parrot-like fashion, realizing that you are going completely on faith and will be doing so until that magical moment comes when the subjective evidence for our reality is clear to you personally. Each must earn that for himself.

We would now, with thanks to this instrument for the work upon the subject question, move to the one known as A. I am Hatonn.

(A channeling)

(Inaudible)

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(Carla channeling)

I am Hatonn, and am delighted with the ability that the instrument had to put up upon the fairly subtle signal which we were able to give. We assure this instrument that it shall become clearer as we adjust to the instrument's particular vibratory complex. We also apologize that we cannot offer this instrument words in the French language, that we were aware that you were receiving our contact in French, and we wish to encourage the one known as A to go ahead with the visualization of these words even though the other entities within the room will understand little of what you say, for the purpose of learning the mother tongue is, indeed, perhaps best, and the one who attempts the concept communication in a second language makes the precise handicap that it meets when it attempts to cloth any concept in the second language's vocabulary. It is always easier to describe or relate a concept using the mother tongue. We thank the one known as A again, and hope this is of some help.

We would now go to the one known as C, with gratitude that this instrument picks up again that path which it has trodden so many times so faithfully. We are most humble before the persistence of this entity and wish to encourage the entity to realize the intensity of the desire for seeking for [that] which has sustained this pilgrim through the times when it knew not what to do or how to do it. It is a quality that is especially useful in spiritual work which is slow. This is why we so often encourage people not to be discouraged, for patience is most important in the spiritual search.

(Carla channeling)

I am Hatonn. I am again with this instrument, and again greet you in love and life. We will continue. We would ask the one known as C to realize the safety of his metaphysical position, to experience the feeling of safety about the person, for it is that realization or faith in one's protection which validates it and intensifies it, and we are very interested in aiding this instrument in feeling safer and stronger in the face of the disturbing swings in level of trance.

We ask the instrument to remain alert and simply to relax, as we have asked many a time, my brother. We would now translate. We would correct this instrument. We would now transfer to the one known as C. I am Hatonn.

(Inaudible).

(Carla channeling)

Hi. I greet each of you in love and life through this instrument. We are very pleased with the progress of the one known as C, who has demonstrated this evening, and assure you that we are pleased to be with you. It is a matter of persistence in gaining the whole form, shall we say, of this instrument. At this time we would offer ourselves to speak to any questions that may remain on your minds of those here this evening. Is there a query to which we may speak?

Questioner: I was wondering if there is an actual *(inaudible)* and if we add to *(inaudible)* experience to *(inaudible)*.

I am Hatonn. We find that the condition of the headache is one which has a connection to these undertakings for you at this time as a result of a mental tension which you may describe as a worry that you will not perform the vocal channeling in a satisfactory manner. This quality of worry or mental tension comes not only before we exercise one of your instruments but is most easily in the form of a headache as you have the opportunity after the channeling to assess not only your progress but your likelihood of advancing your [art], shall we say, in what we shall call your future.

This concern or worry is that which may be seen as quite normal in any new or experienced instrument in some form in that each wished to offer itself in the purest manner possible with a strong desire to serve others. The desire to serve others may be stepped down or distorted, shall we say, into a worry that the service will fall short of what is possible. Thus, we commend the desire and recommend that the lighter touch of the taking the self less seriously be employed as the remedy of this aching of the head.

Is there another query, my brother?

Questioner: *(Inaudible)*.

I am Hatonn. Is there another query?

Questioner: Yes. It is awfully good to hear you *(inaudible)*.

I am Hatonn. And there are various ways of relieving the type of nervous energy which one may experience as a result of quieting the mind and the

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reaching through to a source of results that is find imbedded in the greater self, that in some cases may manifest its vitality as a kind of nervous energy. In taking part in the physical exercise which brings one to the physical exhaustion is as one means as simple as walking rapidly or jogging will remove this energy in a short period of time. The opportunity to do this not being present, one may also engage in conversation with those gathered about it and converse for a lengthier period of time. And if one is especially well trained, one may visualize the feeling of one's energy and seeing it being dispersed as a kind of shotgun blast, shall we say, as the mind sees the energy moving through it and moving in a rapid fashion into the area by directly placing it into the field of [inner] vision, and [allowing it to] continue to move as would the fire hose expel the water through it, so that the energy is moved rapidly through the being in a mental fashion.

Is there another query, my brother?

Questioner: *(Inaudible)*.

I am Hatonn. Is there any further query at this time?

Questioner: What about counting downwards? You said counting upwards should make you more alert. What about doing the visualization about it all going away and feeling calm? What about counting down a number at this stage and visualizing it again, and then counting down a number, and so forth, until it feels right. Would that work for this instrument?

I am Hatonn. It is a possibility that the counting down would be of some assistance. The instrument needs to be aware of that it will to find two balancing points, between the over-excitation of the physical and the mental complexes and the relaxing of the physical and mental complexes upon the point of entering the deeper states of the trance. We suggest that the entity utilize any of the aforementioned meanings that feeling most nearly correct at this moment in its trance.

Is there another query?

Questioner: I'd like to follow up on that. Is there a downside to that? Is there a possibility to put yourself right back in the soup by being low in a trance real fast if you were counting down? If not, is there a possibility of that? Then it is not a suggestion I would want him to take.

I am Hatonn. There is this possibility. We suggest that the instrument take care in the utilization of the effect that he in order remain more liable condition.

Questioner: Is one number safe? Going down one number from your age?

I am Hatonn. This is enough.

Questioner: Thank you. I thought it might be. It was just an idea of mine. B used it all the time. I never knew why but it seemed to work.

(Transcription ends.)

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Sunday Meditation
January 29, 1989

Group question: Is there individuality in our lives, or are there forces that guide us that are beyond our perception—for example, astrology, predestination from previous incarnations—that goes into decision-making so that our lives seem to come out with relative order in relationship to the chaos? And how might all of this, in a general sense, relate to S's current condition in which she feels a great degree of stress and would like to have some inspirational word or message that might help her make sense out of this all?

(Carla channeling)

I am Latwii, and I greet you in the love and in the light of the one infinite Creator. It is a great blessing to us to feel your call and have this opportunity to serve you. Indeed, it is you who serve us, as our means of learning further at this time is service to those such as you who would at this time wish for thoughts which we have to offer. As always, we ask that no word be taken as authority and that each person discern that which is its own truth for itself, for all that we have to say may not be the truth of one or another of you. We are those brothers and sisters who travel the same path. We share opinions. Thus, we ask that you do not take us to be without error.

Our plate is nicely filled this evening, my friends. We have more things to begin with than we know what to do with and we are most excited about the possibility of communicating with you, for those things which you wish to know are, indeed, central to the continuing search for your own truth.

You wish to know who you are. What part of you is yourself, and what part influence only. The answer will be a paradox, yet it is what we have to tell you. You will find that the nature of spiritual seeking is such that paradoxes occur quite frequently. You are consciousness, and within consciousness lies the total experiential series of illusions which make up the experience of the creation within this creation's octave. However, these halls, shall we say, or temples of intelligence and information, inspiration and imagination are carefully guarded, and it is unlikely within the illusion you now enjoy that this portion of yourself would be available in any understandable fashion in its entirety. This is a real Self. It is also that which you call the Creator, for it is out of that which you call the Creator, out of that great singular consciousness which we find we must call love, since there is no stronger word for this feeling in your language, that is your being. Each [mote] of illusion is instinct with the Creator self.

This is not that which one hopes for when one asks a query concerning individuality, however, this is a portion and a most important portion of the individual self, and that is the Creator Self. It is this Self which must be reckoned, as this Self is the

destiny of the self which at this particular time, as you would say, is indeed your individual self. You are both an individualized portion of consciousness and All That There Is. The important portion to focus upon within the experience of the illusion is first of all the self that you are within the illusion. The purpose of entering into this experience using this physical vehicle and moving through all the joys and sadnesses of an incarnational experience is to work toward decisions, biases within the mind and the heart. This individual self is the only self that may make those decisions within the illusion.

What we suggest that each entity does, basically, is to put the individual self back into perspective as a portion of the great unified Self, which is love. To say that another way, all are a portion of a consciousness that is beyond all intent or desire. Each of you through the action of free will moves towards desired ends. That from which you sprang, that one great original Thought of love, had, through the use of free will, made one choice, that being self-knowledge. Each individual portion of consciousness, thus, is offering to the Creator the experiences which it registers and the extremities of bias or intensities of feeling which its portions of consciousness can create and experience. The more intensity and color, shall we say, the more resonance and undertone one's internal experience expresses, the better, as far as the Creator is concerned. Thus, the Creator is interested alike in all things.

However, there is a bias that has been set in place within this density, which does, indeed, tend toward a suggestion that the Creator, being a Creator of love, has created in the path of love for others, a path which is more easily and joyfully taken than the path of service to self and control of others. Thus, each of you is, indeed, an individual, each of you is here for one basic purpose, that being to make a choice between one path and another, and then, that choice being made, to attempt throughout the remainder of the incarnation, with dogged and continuing persistence, to follow that choice and to make other choices which support and undergird the first choice of service to others.

Now, when one decides that one is to be of service to others, when one commits oneself to taking oneself seriously enough to enter into meditation, enter into the silence, and make that link between the small self and the Creator Self, one is bound to expect an experience which is more than usually full of new ideas, new feelings, and therefore discomfort. For as the changing process—that is, the process of change within an individual which is the inevitable fruit of the spiritual quest—is happening, discomfort and pain are also occurring. It is uncomfortable to change, and this is what each who makes the choice to act in a polarized manner does. The choice implies a long, long list of other choices involving being of service to another.

We may recommend for those who are at the beginning of this path that the first step in such a path is not to be of service to others, but rather to know and love the self and come into communion with the self so that one becomes to oneself the individual that others are to the self, but the self seldom is. It is often the self which criticizes the self the most harshly, the self which has an internal voice which pulls and tears at one's feeling of self-worth. These negative voices from within need to be reckoned with, need to gazed at and brought into balance. These voices are speaking to you of pain, and the pain must be investigated and all involved forgiven.

Most of the forgiveness that is needed at the beginning of the spiritual search is the forgiveness of the self, for one forgives others far more easily than one forgives the self. It is most centrally important to forgive and love and care for the self in a nurturing manner in order that one may love one's neighbor as oneself, as it is said in your holy work, the Bible. How can service to others be performed by those who do not love the self, for all other selves are in truth as the self? All are beloved and intimate, for all are brothers and sisters of one infinite Creator whose expression to all of us is much, much love. This Creator is most interested in each, tastes and relishes the experiences of each, and we, in return, those countless brothers and sisters of the creation, move evermore intently toward reentering that same awareness, which is the consciousness of love itself.

As the choice is made, things rapidly become chaotic. Indeed, the method of experience for any entity within your illusion is that of alternating order and disorder. This is due to the fact that the consciousness which is used by the surface mind is a type of, what this instrument would call, biocomputer; its one function is to answer queries "yes" or "no." It answers millions and millions of them each second, as the mind decides what it will apprehend with its senses and offer to the mind as

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information and what it will filter out as noise, rather than signal.

This biocomputer is programmed to accept certain information. When change is desired, the program of the computer itself must be written, or in many, many cases, concerning relationships especially, a program must be dumped and a new one written. This is the specific source of the discomfort of change. One is moving into the programming of one's biocomputer, and one is having to use more of one's internal character, shall we say, or will, in order to most beneficially reprogram the computer. Further, the act of meditation is a rapid accelerator to this process because it allows an opportunity for the higher self to work with what we may call a metaprogram, or greater program, which influences how one uses one's various programs within the information.

The act of meditation opens one to the experience of the Creator in a worshipful or personal manner, that is, one awaits and listens for a dear friend or a beloved one, one has the feeling of intimate expectancy. This is the beginning of the listening process, a desire as if [one is] before a lover or one who would read a beautiful poem that meant a great deal. This attitude is that which opens the heart and the mind in a way which gives much energy and power to whatever it is that is willed or desired by the entity. If the entity wishes to move ahead quickly and learn, then the entity will, indeed, be changing quite rapidly.

Those who are in relationship with such an entity are advised by us to join with the mate in this endeavor, since the changing otherwise causes one of the mates to gaze upon the other and say, "You have changed and I do not know you anymore." We find that the strongest and most comfortable or sturdy of the alliances that one may make in the spiritual search is that of the mate. The mated couple which has managed to clear away the many petty disagreements of everyday living and has agreed to work together may greatly intensify and accelerate the process of spiritual work in consciousness because one who is supported and loving, but truthful and honest, is a far better mirror than that one made of glass.

Many relationships between your peoples are those which offer the very distorted picture. Indeed, it is a great service to be a mate and offer an objective, loving and truthful picture of the other self. This is a worthy and service-to-others attempt. It may not sometimes please, but if it is truth to you, then allow it to be communicated, and in that communication shall you find unity, strength and more understanding, more awareness than was there before.

No two entities can walk the same path, and when mates attempt to walk a spiritual path together it must needs be seen that each is, indeed, an individual, and not an individual that can change easily, but an individual that is the result of biases gathered over incarnation after incarnation after incarnation. Gaze upon your babies and your youngsters and ask yourself, "Are these young souls possibly the product of their incarnational experience alone?" My friends, ask any parent, and it will explain to you that each entity is born an entity that knows upon its own rhythms from the beginning until the end.

Now we move to the question of influences. Yes, indeed, my friends, you are most influenced, and most of the influence is to distract you from the game at hand. For just as school is a game in which one attempts to pass the test at the end, so is life itself, and life after life after life part of the game in which an individual entity that is a consciousness or a soul, that is, in part, a part of the Creator, is intended to go through experience after experience after experience in each incarnation, testing the biases that have withstood the test of many, many, many experiences, so that by the gradual process of erosion of bad habits, shall we say, or habits that you decide are bad, and by the continual encouragement of that which seems to your deepest truth appropriate, you may change your choice more and more toward the polarization of love; love for yourself, love for the Creator, and love for all those whom you meet, all those who are alive and all things that are alive, or by being the product of man's hands are in that way alive.

We are sorry to say that experience of chaos continues, and the more it occurs, the faster the entity is changing and the more uncomfortable the entity will be. Any sort of chaos in the metaphysical sense, that is, in the sense of unpurposeable energy, is an illusion, for in an energy there is an inherent purpose or else it would not move. Within the illusion which you experience, the chaos is, almost always, a question of the point of view. It is well, in

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the sense of being, perhaps, the most accurate of gaining the largest amount of clarity, to move away mentally from the side of the sphere upon which you now enjoy an incarnation, until you can no longer see either the planet or its sun. From that standpoint, things look somewhat different. The frame of time and space has opened up, and there are many fewer things which are of importance. Some things, however, are timeless. These are the principles and natural rules of creation which it is well to observe.

These rules are very simple. Free will is uppermost in the so-called Laws of Creation. That is, each entity is an individual and has complete free will to make its choices. That is the whole point of this entire process of consciousness from alpha to omega. Thus, encourage yourself to be ever more conscious and ever more self-conscious, without becoming so self-involved that one forgets that once the self is in hand, once the self is peaceful and meditating and ready to serve, then the hand needs to be turned to the present moment.

Many people feel that they cannot be of service if they are not of dramatic service. This is not so. Each entity is of maximum service in the exact moment in which he asks the question, "How may I be of service?" by opening the eyes and gazing at what is in front of him. There lies the first service. Usually it is not a new service, but, rather, one which has elicited from the self a somewhat less than totally positive service-to-others feeling. There is your first challenge, your first choice. Gaze at that situation and ask yourself what you need to reprogram within your biocomputer in order to express and manifest the love and the light of the infinite Creator to that entity in some form of service.

The basic service of each of you is to be in a certain way, and this is that which we would especially point to our sister known as S. The entity needs to be concerned first with allowing the self to become cheerful, merry, lighthearted and gay. If the experience is that of hardship, this is not unusual. Many are the prisoners, those in pain, and those in many other kinds of distress. No entity which is lonely, downhearted or distressed is ever truly alone, for it is as though there were a communion between each which is suffering and all others which are suffering. There is a commonality to this experience of difficulty, and in the face of seemed or perceived negative experience, it is often a great challenge to present an honestly positive affirmative and cheerful view of life, a smile or a light in the eye. If this is a difficulty for any, we recommend stopping any question of being of service to others, and allowing that to remain upon the list of things to do someday.

For your first service is to be the individual that you are, for you are unique. You carry perfection within you, but you have molded it and distorted it in an unique way. Each of you is as a gem. Each, perhaps, feels very flawed, and expresses itself in a flawed manner, imperfect in many, many ways, yet each is also the Creator. When this is seen, the difficulties of achieving peace, cheerfulness, a positive attitude, are made much, much smaller, and with the aid of meditation, affirmations and prayer, and for those such as this instrument, the use of some gift such as singing, the state of mind which may be called centered may be achieved without purposeful or pompous effort in a relatively short number of years, considering how many lifetimes that you have been working upon how to love yourself, your Creator, and those whom you serve.

It is not surprising that the acceleration of this learning process would take a bit of time. It is well to do that which makes one's body, mind and spirit sing with joy. Failing such ideal circumstances, it is well simply to have hope, to be able to nurture and console the self and to wish to console and nurture others. Love, you see, is that which we come to speak about with you. It is too simple a thing to be drawn out by so many, many possible channels. That is why we always encourage those who wish to offer the vocal channeling as a service to others, for each entity is, indeed, an individual. Each entity brings to the channeling, which it corroborates with us on, its own unique experience, vocabulary and thinking processes.

We are aware that there had been a question earlier within the group concerning a trance channeling versus the conscious channeling and speaking only for the Confederation of Planets, we find that in most cases we do prefer that the instrument be in less than a complete state of trance. We enjoy the state this instrument is in, which is a, shall we say, medium amount of relaxation compared to sleep, but within the range which we find this instrument would call alpha.

We began with paradox, for as we say, we cannot speak of that which is spiritual without speaking in

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terms of paradoxes. We are a voice upon the wind. Are we this instrument's wiser, deeper self? In a way, that is true. Are we those of an independent identity? We are indeed.

We are sorry—if that is the correct expression—to leave entities in a state of some confusion. We would like to be clearer, but there is only so much clarity possible within a limited language system. We find that one of your poets said if he contained multitudes, then so be it. My friends, each of you does, yet all of these multitudinous parts of the creation are part of your character, and that which we call character is expressed within your particular illusion by that which is called desire or will.

Once you have identified your goal, spiritually, seek it with persistence. Will to know that which you do wish to seek, whether it is a clearer idea of the nature of yourself or your situation. Whatever portion of experience you are working upon, allow the desire to be very clear and understandable to your conscious mind and acceptable in every way before you will it to be so, for that which you will to be so will come to you one way or another.

Sometimes one wishes and receives that which one has not carefully thought out aforetimes, yet still one receives that which was requested. We ask you to be careful about that which you desire and to review that which you desire at intervals to see if you do wish to change the programming somewhat in your biocomputer. We encourage you to be intent …

(Side one of tape ends.)

(Carla channeling)

… you may take one thing away with you and leave all the rest, that would perhaps be our first priority.

We would like you to get to know yourselves, and in the process of getting to know yourselves you shall know the Creator, you shall experience communion with the Creator in the way that you yourself may comprehend. And from that point onward, you shall have a feeling of yourself, a sense of yourself, a comfort within yourself which may nurture you and strengthen you and empower you when all around you does seem to be negative and difficult. We would ask each to take it very easy. If there is intensity that is causing difficulty, back away from it. If there is a sluggishness that you feel has paralyzed you, back away from it.

Move to something that makes you merry, that causes you laughter, that moves the rubber band about the soul so that you may breathe, so that you are not constricted. Let yourself have fun; let the child express itself. Then move back with a full heart and single-minded devotion to your goals. Let them be those of service to others, and let your efforts be the best that you can produce. And let there be no emphasis placed upon the outcome of your efforts, for your efforts may fail or succeed, yet it is not important to your own choice-making procedure, as long as you may see that the best which you could [do] is done, the outcome does not matter, for when you are expressing from a centered, loving portion of being, you are, in fact, acting as a channel for a higher self, still yourself, yet more beautiful, more focused, certainly more enduring. You are able to shine a light through yourself, and you are then a great blessing.

We would end by a word about destiny. You asked us many questions, my friends, and it was hoped that we would be able to say more, but we find that this instrument is telling us we must speak briefly and leave, so that there is time for questions. We would say a few words about destiny and the stars.

Very briefly, the understanding that we have of what you call stars is that they are entities, radiant with the love and light of the one infinite Creator, that they send into the energy web of each a certain energy which affects that higher or finer body which may be called the form-maker body in a metaphysical sense, so that certain subconscious feelings and biases are part of the geography or topology of the mind just below the surface mind.

Therefore, on a given day, the influences of what the instrument would call heavenly bodies may be noted and charted as astrologers, we find, do. It is very much the same as gazing at a map of roads which cover your nation state and saying that because there is a map of these roads, the journey is predestined. One may take any road which one desires, but upon that road, one will find certain things. One will find whatever one sees to be a certain way based upon the self that one is. There is always the subject bias which moves from total consensus reality to the individual perception.

Each choice is, indeed, made with free will, however, and the higher self, which is you also, had quite a meeting before this incarnation, my friends. Each of

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you knew this was an important one for you. Each of you knew that you were very lucky, and shall we say, more than lucky, that you had earned the right to this incarnation, for there are many more souls who wish to incarnate at this time than there are opportunities. This planet is in a state where much may be learned quickly, if one has determination and persistence, for it is a painful, difficult ordeal to move through the valley of the shadow of death and to look at each experience without attempting to make anything of it.

The basic kind of experience one has within your illusion is that of loss, as we find this instrument heard the one known as Joseph Campbell say, "Life is loss." This meant a good deal to this instrument, and we use it with thanks. This is indeed so. It is the self within you which chooses to respond to the love inside which is felt within, to the love outside which is perceived by gazing at the creation without it.

It is that will and faith which has been developed within and without, not gazing at the affairs of the day, but by gazing within at consciousness and without at the world of what this instrument calls the natural world that one begins to develop a sense of the beauty and the goodness and the consolation and the light and the joy that is reality. For all that you experience in this third density, or in our density, is illusion. None of us sees plain. Yet, within may we experience more and more purely the love of the one great original Thought of love.

Thus, you have chosen to learn certain things, and those certain things will make up your incarnational pattern. If you do not like the pattern as it is at this time, make up the mind with determination to desire to learn the lesson which is being offered to you. Gaze at it. Find the love in it. Analyze it. Meditate upon it. Allow your intuition to develop. Yet, always, if it is too serious, if you are unhappy, if you are tense and troubled, back away and sing a song or play or laugh or move the body in rhythm or make something with whatever portion of yourself desires to create freely. The universe, as far as we know, exists at a steady level of joy. You know it when you experience that which you call the sexual orgasm. That is the steady state of reality. That is the intensity which created the physical vehicle in which you now express. That is the beginning of one way of understanding the Creator.

May you be blessed in your search, my friends, May you be comforted within and may you comfort and serve each other in love and in joy. We are those known to you as Latwii. I am a Latwii, however, and if I become confused, I may immediately ask any other entity which is within the complex calling itself Latwii to you this evening, and are able then to, perhaps, gain a deeper understanding of how we wish to be of service in the answer. Thus, I am Latwii and we are Latwii. We and I would wish at this time to transfer to the one known as Jim in order that we may close through this instrument. I transfer at this time.

(Jim channeling)

I am Latwii. We greet each again in love and light through this instrument. At this time it is our privilege to ask if there might be any queries remaining upon the minds of those gathered. Is there any query at this time?

Questioner: *(Inaudible)* … around the greatest or a significantly large part of our energy through [our food] yet there is great evidence that a greater part of the energy comes from without. And I would like your response to that question as it affects the vitality of all people. How much of the energy that actually drives our body and our spirit comes from without *(inaudible)*?

I am Latwii, and am aware of your query, my brother. Your physical vehicle is similar to the furnace which must be stoked in order that it might provide the means by which it shall move through your daily round of activities. The physical vehicle, therefore, is the primary beneficiary of the food which you ingest. However, the physical vehicle is also enlivened, as is the mental and as is the spiritual vehicle, by those energies which are not of the food description, shall we say.

Each moment of your existence there is fed into your energy centers or the system of chakras, as many have called them, a kind of energy which is described in many ways by many of your peoples according to their study of their culture and their religious or spiritual histories. Some would call this energy the prana, the breath of the Creator. Others would call it love, others light. Others a combination of these qualities, a kind of intelligent energy which is the daily and moment by moment gift of the one Creator. This energy enters into the physical vehicle or the electrical energy fields, the aura of the physical

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vehicle, through the soles of the feet and thereupon through the base energy center located at the foundation or base of the spine, moving upwards through the various centers of energy which represent the qualities of one's character as a human being, thus allowing one to participate within the realm of the humankind to the degree that one has chosen previous to the incarnation and, increasingly, as the incarnation, progress as one has chosen in a conscious fashion to utilize.

The mental and spiritual complexes or bodies of each entity are motivated in large part by this intelligent energy, with the spiritual complex partaking also of a quality of energy that one may describe as unity, or, as we find some in this group would call it, intelligent infinity, which is the quality of beingness that the one Creator draws upon in order to create the creation and each portion of it. This quality of beingness, then, that enlivens the spiritual complex is the primary connection that the entity partakes in with all of the creation. It is that which ensures and sustains its very essence, the being that is never separate from the one Creator or from any portion of the creation.

The mental complex or body is somewhat nourished in what you might call a second-handed fashion, therefore, by its connection to the spiritual body and partakes of the quality or energy of beingness through that connection. The love and the light of the one Creator are the primary energy sources that are daily utilized in a conscious acting by each entity, as these energies move through the chakras or the energy centers, thereby, one, enlivening the need for survival and reproduction; moving upwards, two, the relationship with the self; moving further, three, the relationship with those of the family and friends known well to the entity; moving upwards further, four, the relationship of the self to all about one, whether known or unknown; moving further to five, the establishment of clear and freely given communication with all of those about one, sharing freely that which has been learned; moving further up the energy centers, six, to the quality of being that radiates without words; moving to the final center, seven, the reunion of the entity with the one Creator as the energies have been activated one upon the other by the conscious application of analysis, prayer and meditation upon the daily round of activities that have been made possible by the infusion of the intelligent energy, the love and the light of the one Creator, through the energy centers. All this in turn taking place because the physical vehicle has been energized by these energies as well as the food that powers its movement and its existence within your reality.

Is there another query, my brother?

Questioner: It appears when I hear how you speak of your entity that you are part of this group which are communicating psychically, which means … First of all, is this true, and secondly, can you also understand our thoughts psychically, and those are the two preliminary questions. The main question I want to know—is it possible for us to communicate between ourselves psychically? Is this a skill that we can learn?

I am Latwii, and am aware of your query, my brother. Our communication is quite simplified by the fact that the nature of our illusion, our reality, is one which is quite transparent. We are both unable and unwilling to hide any thought or any quality of our being from another within our complex, for it is our nature at this point within our evolution to share freely and openly all that we have learned of the one Creator, of our evolutionary journey and of our desire to be of service to others.

To move to the second query, we could telepathically perceive those thoughts within your mental complex if we desired to, however, it is our desire to respect the privacy of each entity that calls for our service. Therefore, we restrict our abilities, shall we say, to those queries which are verbalized, in order that we may not only speak to the point, but may respect the privacy which those of your peoples value greatly.

To move to the third portion of your query. The means of telepathic contact and communication may, indeed, be learned by those of your peoples who have great persistence, not only in attempting to learn this specific skill, but in attempting first to explore the self to the degree that is necessary in order to provide a, what you would call, clear channel transmitter and receiver, for many are the thoughts and tangles and thoughts waiting untangling that serve as a kind of static, shall we say, that interferes with this ability to communicate in a telepathic sense.

We find that the Logos or that great Being of the octave level of intelligence which is responsible for

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this portion of the creation has found it helpful for those within its care and guidance to depend within the third-density illusion upon the verbalized and symbolized communication, rather than the telepathic type of communication, for this enhances the use of catalyst, shall we say, or the opportunity to learn that is the purpose of your third-density illusion.

To state this in another way, were the ability to communicate in a telepathic manner widely utilized and ordinarily utilized within your illusion, there would be far less mystery as concerns the unity of all of the creation and far less motivation to penetrate this mystery. Therefore, the added challenge of verbalized and symbolized communication is seen as a means by which the evolutionary process might be enhanced for your peoples, causing as it does the increased desire to know more of the nature of the self and of the creation.

Is there another query, my brother?

Questioner: Just a verification. Does this mean, when we pray, if we're praying to the Lord for help or whatever, [should we verbalize it?]

I am Latwii, and am aware of your query, my brother. It is not necessary to verbalize such prayers or invocations, though it does not affect their quality, shall we say, for as one prays in a certain manner and to a certain entity or quality or concept, there is developed a certain, shall we say, pathway that moves quite accurately and swiftly to the source or focus of the prayer, and is as the ringing of the telephone within your culture, so that whether the prayer is mentally given or verbally spoken, the intent of the prayer and the content of the prayer are those qualities [which] are of importance and which will receive an answer of one kind or another.

Is there another query, my brother?

Questioner: No, thank you.

Questioner: I've increasingly become interested in a—been reading about a form of psychotherapy which has as its basis, I think, that the free flow of energy through the body is essential for human happiness and human function.

They contend that when the muscles of the body harden, as a way of reacting against negative situations, for example, that occur in your life, that are reacting the same way, certain muscle groups in the body become—"hardened," is the only way I can say it—against this particular negative thing, and they claim that this hardening impedes the flow of the energy in the body. And I guess I just want you to comment on this. Indeed, is this true, because I've always thought of the energy of the body as flowing through the nervous system more than anything, but if the muscles are restricting in an abnormal manner, does this restrict the flow of energy to the body?

I am Latwii, and am aware of your query, my brother. This, in a general sense, is, indeed, quite correct. However, it is more the outgrowth of a more fundamental blockage of another energy flow. This energy flow is that which is of the mental nature, for the lessons of your illusion, the catalysts of your illusion, move first to the mental complex, for the process of evolution within the creation is primarily a mental process whereby the consciousness that is developing its individual expression of the one Creator slowly but surely widens its point of viewing until it is able to see, accept, love and forgive all about it as it would the one Creator, for, indeed, it eventually sees all as the one Creator, including the self.

When there is a limitation of the viewpoint, and the mental configuration of an entity is unable to accept some portion of its experience, some portion of itself or another self which represents itself to it, then that energy which moves through the entity is constricted to some degree according to the limitation of the viewpoint which the entity has placed upon itself.

This continuing blockage of energy of the mental nature, when allowed to be prolonged without significant movement in understanding, then is given to the physical vehicle in some symbolized manner that will be noticed by the mind more quickly, it is hoped, than it was noticed in its original mental configuration.

Therefore, the hardening of certain muscle groups, as you have called them, as well as many ailments which move into various of the organs and structural portions of the physical vehicle are representations in a symbolic fashion of the original blockage of energy which first took place within the mind complex.

Therefore, the removal of the physical blockages of energy and their various expressions or manifestations is most effectively undertaken first upon the mental level and then allowed to move into the physical level as a result of working first upon the

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source or root of the blockage. The focus upon the physical blockage only, or before focusing upon the mental, tends to work primarily upon the symptoms, shall we say, or the outgrowth of the root cause.

Is there another query, my brother?

Questioner: No. Thank you very much.

I am Latwii, and we thank you, my brother. Is there another query?

Questioner: Yes, I have one. Actually, two, which in some way seem connected. The first is simple, and that's to ask you whether all of the entities who exist within your complex or your density, whether at one time did they all live on this Earth? And the second part of the question is, is there one religion on this Earth which is more valid or beneficial than any other?

I am Latwii. To speak to the first query. We are not native to your planetary influence, but we have had the honor of sending many of our peoples to your planetary influence in order that they might partake within your incarnational process for the purpose of lending their light to your planet and its evolution. Each such entity which undertakes this honor and this responsibility of service goes through the same process of forgetting that which has come before the current incarnation as does each of your planet's population. It is hoped that each entity which offers itself in this capacity of service will at some point within the incarnation begin to remember a portion of the reason why it has done what it has done, and will begin to offer that service which is its service peculiar to itself, to offer those about it in the attempt to lighten, shall we say, the vibrations of your planet. We offer ourselves in this capacity as a means both of serving those of planets such as your own and of moving our own evolutionary progress further along, for it is by service that we learn most effectively and it is a great honor and joy for us to do so.

I am Latwii, and we thank the one known as Carla for reminding us of the second portion of the query. We feel that each of the religions and philosophical stands which have been taken and followed in the history of the cultures of your planet each have a great deal to offer those which have the character necessary to follow each. This is to say that we do not find one particular …

(Tape ends.)

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Intensive Meditation
January 31, 1989

(Jim channeling)

I am Hatonn, and I greet each of you in the love and in the light of the one infinite Creator. We are very grateful that we have been able to make a good contact with this instrument this evening, for it is unused in to making the initial contact and has some reservations about it and delivering the opening message, shall we say. Having partaken in the question and answer portion of the meditations for a great length of your time this instrument, as all instruments, has the ability to serve as a vocal instrument in a relatively stable and clear fashion, but also has the need for exercise that will improve its ability to serve as an instrument. We commend the diligence and perseverance of each that seeks to refine and nurture the desire to serve as an instrument.

As you each have discovered in a way that is personal to each of you, the service of the vocal instrument is one which has a great many ramifications that carry over into each portion of the life activity. As one serves as a vocal instrument the necessity becomes clear for opening the self to that which is unknown to the self, and for allowing a contact that is other than self to utilize the self and its personality, its history, its experiences, its ideals and its terminology, for the expression of information which may have value, not only to the self but also to others.

As seekers of truth pursue the journey of seeking this process of opening the self to that which is unknown, [it] not only draws into the instrument's mental framework those concepts which are, for the moment at least, unknown to the instrument, but tends to place upon the life experience that which is similar to the magnifying glass, as we give this instrument a picture in its mind of the glass that magnifies, held before the face so that all which comes before the notice is enlarged, is enhanced, and, perhaps, is intensified in some degree. This effect of throwing into larger and clearer and more intense relief the life pattern is both a blessing and a challenge, for the instrument that experiences this effect has the opportunity to utilize the daily round of activities as a kind of food, shall we say, which will allow it to focus upon the portions of the life experience which are in need of refinement, of analysis, of balance, of the attention that will provide the proper utilization of the catalyst. This is the opportunity, this is the blessing.

The challenge, of course, is that the continuing process of intensifying the catalyst in the daily round of activities requires that the instrument be ever attentive. That the relationship which it develops and pursues with any other self be a relationship which has as its foundation the desire to be of service in a clear and compassionate fashion. This, of course, is the basic lesson, shall we say, of your

particular illusion. And it is ever more clearly and forcefully made apparent to the instrument that this process of building upon compassion each relationship that it finds and continues is the most important quality of a life experience.

Thus, as one pursues the art and service of serving as a vocal instrument, one will become more available, shall we say, to the effect of catalyst. One will find that this intensification of catalyst does not occur only when the instrument is ready or most ready. There are the moments of mental, physical and emotional and, perhaps, even spiritual fatigue that occur as a natural portion of each entity's cycle of being, the rhythm of the pulse of life as it moves through each entity. These moments are also filled with the more enhanced catalyst, so that the ability to respond in the desired manner may be reduced from time to time, and it is during those times of seeming regression or moving backwards from the ideal that the instrument will be tested, shall we say, by its own desire to match its life pattern with the ideals which it has set for itself.

We may look upon any instrument as [being] similar to the crystal. We see the diamond as it is usually cut and faceted by those of your peoples as being likened unto the instrument or any entity which seeks in a conscious manner to be of service to others. Each facet maybe seen to be a certain mental attitude, a certain symbolic representation of ideas, of thoughts, of the ideals of the strength and of the weaknesses that are to be found within the personality, within the character of any instrument.

The energy of the Creator, that which you may call the prana, the love, the light, the intelligent energy of the Creator, which moves through each entity, then may be seen to move through the crystallized being, that is, the seeker of truth, that is, the one who would serve as able co-instrument. As the facets of the personality become more harmoniously balanced due to conscious attention and work upon them, become balanced with each other in a regularized configuration, the intelligent energy of the Creator then moves through the crystal, so that it is reflected in a balanced manner, and the crystal, then, because of the sure and sturdy construction of its angles, is able to utilize the intelligent energy and to move it through the entirety of the crystal that it might be returned again to the source whence it came. The contact that we establish with each new and each experienced instrument travels this same path as does the intelligent energy of the Creator. It partakes of the same framework or pathway through the crystallized being where there is an area or portion of the self that is not well understood, or is not functioning as well as it is understood.

There is the lapse, the break, the opening, in that portion of the crystallized being that needs to draw a portion of the energy towards itself, as does the magnet draw the iron filings. For those portions of the entity which remain to be understood and which remain to be set into the motion of the daily round of activities serve as a kind of vacuum that draws to it any available energy that might be utilized in the—as we use the analogy—electrical sense, to organize the more random nature of that portion of the being. Thus, if the entity desiring to serve as a vocal instrument has neglected over-long a certain portion of its own evolutionary journey, a certain portion of understanding of the self, understanding of the self in relation to others, then there is the drawing into the area of whatever energy enters the being so that the expression which manifests or is sent from the entity has a certain imprint, a certain manifestation, a twist to it, that is characteristic of that area. Thus, the contact that is sent through this particular area will have in some degree a biasing, so that the energy which enters and then exits as concept, word or deed has a bias to it that will reflect the inner landscape of the personality, shall we say.

Thus, we find the conversation that was held prior to this session's beginning to be most helpful, in that it reminds each instrument that whatever areas within the self that yet await the refining and purification that is the task of the conscious seeker, will lend their certain bias to that which is the vocalized channeling. The concept here with which we deal is that each instrument will in some degree offer a portion of itself to the contact, to be blended with our concepts and vibrations in order that the collaboration between us and the instrument might produce information of use to others in their evolutionary journey. The portion that is of the instrument, then, needs must be made as stable, as clear, and as full of the vitality of the self as is possible. Thus, it is always recommended that as the vocal instrument chooses to pursue its art that it heed the advice given also to those who would serve as healers, and that is that it is well to first heal and balance the self as far as is possible at any particular time, in order that that portion of the self which is

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offered in the vocal channeling be the highest and best which the entity has to offer.

It is often possible for the instrument to momentarily clear the energy centers and the mind of the concerns and the distortions which might unduly influence any channeling process and to successfully serve as an instrument in the moment of this clearing, shall we say. However, it is not a process which can be depended upon to provide the instant remedy, shall we say, each time that the entity desires to serve as a vocal instrument. Therefore, we recommend the continued watchfulness and observation of the self by the self, so that the foundation of service may be built upon as strong and sure a base as possible.

We are aware that each instrument here has this information well in its mind and has through long experience put this information to work in the daily life. We mention it again at this time in order to amplify the words which were spoken prior to this meditation's beginning. For we have noted many times previously that there is great desire seen in almost all entities which serve as vocal instruments and this is quite commendable. However, the desire is often not matched by the careful practice of the knowing and healing of the self in each of the many ways and areas in which the self expresses in the daily life. Therefore, we beg your indulgence that you listen again to that which you have heard before.

At this time we would attempt to transfer this contact to the one known as C, so that this instrument may continue in reinvigorating its ability which has been proven over time to serve as a vocal instrument, and may, shall we say, begin to shake and scrape some of the rust from the instrument. We again would remind the one known as C that it is well that this instrument find a means of attaining that depth of concentration in the meditative state that is comfortable to it, that it visualize in some manner a method of bringing itself higher out or up from the levels which are too deep for it to function as an instrument. Whether this be the visualization of the numbers from 1 to 10, with each number allowing it to reach a higher level of alertness, the steps seen in front of the inner field of vision which allow the alertness to be increased as each step is ascended, or to simply utilize the words which are being transmitted through it, so that the words themselves may be willed by the instrument to bring it to the desired level of alertness as the words are spoken.

We wish the contact with the one known as C to be as comfortable to this instrument as possible and recommend that this instrument ask mentally for any adjustment of our contact that does not feel comfortable to it. We also recommend to the one known as C that it vocally speak any discomfort that it feels could be alleviated by the assistance of those gathered about it this evening. We would at this time transfer our contact to the one known as C in order that we might speak a few sentences through this instrument. I am Hatonn, and we now transfer this contact.

(C channeling)

I am Hatonn. We greet each once again in the love, light of the one infinite Creator. We would remind this instrument to allow the words to flow rather than try to analyze each. Irrational mind. This instrument is … We are having some difficulty at this time maintaining contact. We would … attempt … We would … I can't seem to hold it …

(Jim channeling)

Hi. I am Hatonn, and I greet each again in love and light through this instrument. We thank the one known as C for making a good effort to receive and speak those concepts we gave it and we commend it on its fidelity and its desire. We find that there is a certain degree of distraction within this instrument's mental complex this evening, and we recognize the difficulty with which the instrument deals and can only offer our support as it works with those distractions which are upon the mind.

We would recommend that this instrument engage in the daily meditation at a time which is convenient to it, so that it might be able to receive our conditioning vibration when it meditates, and might recognize our presence and be able to offer the challenge and then to allow the meditation to proceed in a silent manner from that point onward. This daily practice of recognizing our contact and taking time for the self to relax into meditation we see as a potential means of allowing the instrument to not only work upon the recognition of our contact, but also to work upon the quieting of the self, so that those distractions which move through the mind might be able to be studied in a more relaxed atmosphere rather than being only part of

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the conscious activity so that there is more than the conscious mind that is able to offer the viewpoint during the meditation periods.

At this time we would open this meeting to the queries which we will be happy to offer our opinion upon, if there be any queries at this time.

Carla: While I was experiencing your contact I was and still am to some extent receiving something else which I merely asked if it was here in the name of service to others and if contact was to be made. Can you say anything about what this other contact is?

I am Hatonn. We observe the presence of the quality or essence of what you may call a guide or a friend which has offered itself in the hope that it might aid the one known as C in achieving the proper level of meditation, in order that the contact with ourselves might be possible without the one known as C moving too deeply into the meditative and then too deeply into what's known as the trance state. This presence is one which is quite happy to respond to any mental request which the one known as C would offer to it. Therefore, we suggest that the one known as C offer any request that it feels is appropriate to this entity and that this presence might also be utilized in any meditative practice in order that the meditation might be conducted in the same fashion, that is, without entering too deep a state of trance, shall we say.

Is there another question?

Carla: The contact was exceedingly strong. Has this friend or guide been around before? Is this one that I knew in younger days?

I am Hatonn. We wish to give that which is appropriate at this time, without the infringement upon the free will, and may suggest that this contact of which we speak is one which has long been with the one known as C and has offered itself more in a more obvious fashion at this particular time, as the one known as C is undertaking again the exercise of its vocal instrument with the desire to be of service to others.

Is there another query?

Carla: I don't think so. It's kind of nice if it's who I think it is. It's old George around again. We'll have to get him to tone it down just a hair.

I'd like to ask a question. In an instance like this, Hatonn, is it a good teaching practice to encourage the student to attempt to vocalize the contact of the, you know, the inner planes entity which I also sensed was there, but which I had no authority over since it answered the challenge and since it was doing almost nothing as far as I could tell during the time I was challenging it. But then, on the other hand, C looked real dark, too, as if nothing was real active there, too. I have things to learn. I wonder if you could comment first of all on, would it be good practice when an inner planes guide is felt very strongly to encourage the student to go ahead in a safe confines of the challenging in the group and get a little bit closer with it or is that not such a good idea, and then any comments in addition about why I didn't see that C was, perhaps, a little uncomfortable. I usually see it in terms of light and I didn't see the light, I didn't see the energy moving.

I am Hatonn. We would recommend that the one known as C utilize the assistance of the guide as an enhancing factor in the attempt to reestablish a clear contact with ourselves and others of the Confederation that would attempt to make contact with this instrument. It would be well that this contact be well established in a way which the one known as C is familiar with from previous training before any attempt is made to contact a new source of information.

The ability to sense another's distress is one which is natural to you, my sister, but one which is also subject to refinement and improvement through the continued observation that you have made this evening. We would recommend that you continue to, as you would call it, patrol the perimeter and note anything that is of significance and to then check that with those which are gathered at a time after the meditation has concluded, or to check the observations in the question and answer portion of the session as you are now doing. In this way you shall receive the necessary feedback that will give you the hints and clues that are necessary to improve this ability to sense the nature of the circle, as it is being experienced by the group.

Is there another query, my sister?

Carla: Well, let me ask again, let me refine the question a little bit and see if I can … What was the metaphysical situation, forget the entity, I looked at C and I saw him as being basically, completely, excuse me, completely dark, that is to say, I didn't see any energy moving. Now, I was missing the fact

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that he was uncomfortable. I want to know if you can tell me what metaphysical area I should look at in order to become able to be more subtle in my seeing, if that makes any sense. Because I feel that my students depend on me to some extent for a backup, and I want to be there for them and I don't like it when I don't know something like that, like being uncomfortable, and I would like to learn.

I am Hatonn. We find that the degree of discomfort was not great and was not within the scope of your sight, shall we say. The viewing of the energy as it moves through another is best accomplished by holding that person in the mind, in the foreground of the vision and using, as we see you are aware, the inner senses to feel the degree and quality of energy present. We feel that your ability in this area is that which exceeds most entities' abilities, and we commend your desire to improve. However, at this time we feel that you have a good enough grasp of this process that it is simply a matter of continuing to exercise this ability that will increase its sensitivity to the degree that you will be able to notice the slighter discomforts. We can speak no further at this time.

Carla: Thank you, Hatonn.

I am Hatonn, and we thank you, my sister. Is there another query?

C: This entity … now that I become aware of … ah. I wish to reassure Carla that I wasn't in distress more, I was feeling more distracted than anything because it was something I was not used to experiencing while trying to channel, ah, and if this is who I think it is then this entity has really been a part of me for a long time. I simply have been unaware of it until tonight. I am curious now why the area of the bridge of my nose is so sensitive to contact?

I am Hatonn. The location of the indigo-ray energy center is found at this precise point within the physical vehicle. The activation of the indigo-ray energy center, though not critical for one who would serve as a vocal instrument, is that which is most helpful for those which are able to avail themselves of the activation of this center of energy, for through the indigo-ray energy center flows that quality of beingness that steadies and amplifies the carrier wave, shall we say, that attentiveness yet quietness within the mind upon which we infuse the concepts and words that are our contact. Thus, for one which has been able to activate this energy center, there is the ability to enter into a state of relaxation that is both profound and more stable than would be possible without the activation of this center. Thus, we would suggest that …

(Tape ends.) ☘

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Sunday Meditation
February 12, 1989

Group question: This concerns the spirit world and how much of the thoughts that we experience in our daily lives are influenced by the so-called world of spirits, guides, teachers, angelic presences, and so forth? And what is the real difference between whatever influence this supposed other or outer world has and that which we experience interiorly?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator and share with you the blessing of consciousness. We are most grateful to be able to share consciousness with you at this time, and we find the circle of seeking to be as a lighthouse upon a somewhat turbulent and darksome sea, yet, many, many lighthouses there are. The numbers are increasing, and we are most grateful, and most especially at this very instant of time, as you would call it, to you who seek to know the truth.

You have called us to your group this evening to speak of a subject difficult to speak of because the nature of the integrity of an entity is not understood within your people's vocabulary. Consequently, we shall be working somewhat athwart of the presumptions which are connotated by many words which can be mistaken within your language, and for this we apologize, but there is no substitute for the language of the entities to whom we speak. We must, indeed, use those words known and attempt to [blend] them as we may, with art.

The entity that each of you is is much other than you may, perhaps, perceive yourself. The actual portion that is imperishable of your consciousness, that which will take many bodies, that which will learn many things, is not a portion of the self that can be seen or measured or even differentiated from influences upon the subjective experience of the entity. However, the entity remains at the heart of the web of experience, choosing the biases it shall add permanently, or increase once the bias has been added. This is the imperishable self, that is, the infinity of the Creator surrounded by the distortion called free will. This is your consciousness. Your goal as a creative spirit is simply to advance from being a person of free will which wishes to seek the Creator to being a person which experiences a consciousness of the Creator's presence in the way best understood to the self.

In this context, each and every mundane and daily event is altered because of the contact with the presence of the infinite Father. The manifestations which come from this change in attitude are, perhaps, best described as polarizing strongly along the path of service to others.

Now, we speak first of the true character of each portion of infinite Consciousness, because we now

will remove all the structure seemingly from the experience of that metaphysical and perfect creature that you, indeed, are. Each of you is at all times channeling in several different ways. Let us look at them as briefly as we can do this.

Firstly, there is the programming which one chooses as one observes during the younger years of the incarnation. The choosing is that of separating that which will be absorbed and attended to by the conscious mind and rejecting those signals which it is receiving from various points of … we fail to find a word in this instrument's mind for the various kinds of intentional spreading of various thoughts. However, the process of choosing what one will become aware of is very much affected both by the biases of those which are incarnate and are teachers of the young spirit—the parents, the family in general and the teachers or friends—but also the younger entity is much more aware of the priorities with which it came into incarnation, and is, therefore, even at so young an age, asking for aid in understanding the truth concerning such questions as what is death, and so forth.

Therefore, as the young entity develops its network of noise versus signal decisions which will for the remainder of the incarnation determine what the entity will see and hear and react to, there is much help given, so that even the very, very basic program which runs the computer of the mind has been much aided by spirits both incarnate and discarnate. This continues to be the pattern throughout the incarnation.

Each entity may, if it desires, form a cordial and mutually loving and helpful relationship with any of three guides or angelic presences, as this instrument might call them, which are, in fact, entities which partake to some extent of the self and to some extent of the imperishable greater Self which is the Creator. Some are more comfortable with a guide that is female, seeing that special nurturer as the gateway to the subconscious. Others are, perhaps, happier with the male guide or higher self, as, perhaps, that may have the connotation of good advice and so forth. Others prefer the third guide, which is androgynous in nature and understands each of the sexual polarities without being in a unbalanced or needing relationship, one or the other way. This kind of dispassionate guide is sometimes requested. Each of these are always with each. There is no shortage of available aid, and the ways of requesting it are, in many cases, subconscious. Bringing them into the conscious mind is always recommended if the growth is to be accelerated.

Once one has begun to accelerate the program of spiritual growth, there are many, many others which may become attracted to the entity. These are some of what you would call inner plane entities, that is, those who have completed their work in your illusion of third density, but have elected to remain behind to encourage and inspire those who wish to graduate into the density of love and compassion at the end of this particular lifetime. These are available by request, and are heard, by those who do not have the refined psychic ability, best in the dreaming process where, when one approaches the sleeping state one simply places oneself within a tuned and protected atmosphere, and protecting the physical vehicle with the crossed hands and the crossed legs, or legs together, invites the teachers of the appropriate vibration to express to you within the dreaming state that which you truly wish to work with, to grasp, and to begin to understand.

There are also those whom we may call the loyal opposition, those negative entities which are always drawn to one who is attempting to polarize [on the] service-to-others path. In brief, the ways of observing temptations being offered to one are simple. First, the temptation shall be power. That temptation has subtleties. There are different forms of power. It is helpful, perhaps, to look at the holy work this instrument calls the Bible in which the one known as Jesus the Christ was said to have been tempted by the devil in the wilderness. We do not verify the existence of the devil, but feel that there is a good parable to be told here. That is that the temptations were, first, the power to create food and have it to be eaten. This would indicate to the supposed devil that the one known as Jesus was, indeed, the Son of the one Creator. This was a temptation which the one known as Jesus refused. When one is in the position of impressing another, it is well in a metaphysical sense to understate the impressive fact, and, indeed, to be quite hesitant, shall we say, to manipulate others with such information.

Another temptation is that of kingdom and there are many, many kingdoms. Manipulation is [as] subtle in the kingdom of the home as your Machiavelli, as this instrument remembers the name, was in the history of Italy. In the parable we have been speaking of, the one known as Jesus was offered all the

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kingdoms of the Earth if he would worship someone else besides the one infinite Creator. This also was a temptation that the one known as Jesus avoided. Temptations of kingdom are indeed to be avoided, and when one perceives that one has power over another, one needs to speak with that other in such a way that the power is in some way limited and the other has some rightful voice, no matter what the relationship.

The third temptation which keeps an entity from the spiritual path of good suggestions is that of glory. In the parable, the one known as Jesus was offered the chance to leap from the top of the temple in Jerusalem so that angels would catch the one known as Jesus and set him safely upon the ground, thus glorifying the Father. The response that the one known as Jesus gave was, "Thou shalt not test the Lord, thy God." When things go poorly for an entity, it is then that this particular temptation encourages negative entities to speak to you in ways which seem to be persuasive, and we suggest to you that it is not helpful to rail, become upset with, become mad at or test the Creator. It is far, far more along the lines of service to others to have faith and abide in the faith that whatever is occurring to you is appropriate in order to teach a lesson which, though it may be challenging, will in the end be fruitful.

Now, we have covered the fact that you are virtually soaked through with the channeling of entities besides the consciousness that is yourself. Do not let this cause any to be concerned that the entity is any the less. This is not so. Help is simply there, because the lessons that all of us are attempting to learn have to do with service. And because we cannot serve an infinite intelligence which we cannot ever see, because we cannot manifest a mystery, we must turn to the Creator in awe, and to serve the Creator, we must serve you. Indeed, it aids us greatly to serve you, and we would not have you think that we are noble, for this is our path of learning and growing and refining our wisdom in compassionate service to the one infinite Creator.

In some, there is no time when an entity is not channeling. There is no time when an entity's thoughts can be said to be purely and specifically based upon the conscious thinking processes of the entity. Each entity has many, many influences upon the psyche, both discarnate and incarnate, which form the consciousness itself which takes up and attends to the structure, the fabric, the resonance as you perceive it.

Now, my friends, if you wish to alter your perceptions of reality to a more strongly affirmative and positive level, it is necessary to move into not only programs which move from the first program, that is, the attending program, one also must move into that metaprogram, that great program which lies behind the others and gives one the material for one's other perceptions and realizations.

If you wish to alter your perception of reality, it is well that thoughts be examined for associations and relationships that do not make logical sense. In the tracing of triggers for illogic lies much self-understanding, and, therefore, an increased ability to alter the basic program which chooses that which you will perceive. This work is best done, as always, in an atmosphere of meditation on a daily basis, and, perhaps, a period of reflection or meditation at the end of any given day, so that one may work with one's own subjective material in one's own way, be it serious, humorous or a mixture of the two. That, too, is a portion of programming which you may wish to change. We do recommend inserting as much humor into the biases of the personality as possible, for that light touch will hold you in good stead as you weave your way through the many, many ways of channeling the love and light of the one infinite Creator.

We wish you the luck of your endeavor, and perhaps more than anything, we know and hope that you realize once again that we are, as you, seekers upon a path. We have our opinions, but we do not have irrefutable knowledge; if we did, we would tell you so. Therefore, we simply ask that anything which may help or inspire be kept, and anything which does not seem to be your own truth be left behind.

At this time, we would transfer to the one known as Jim, that he may conclude this session. I am of those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to ask if there might be any further queries to which we may reply?

Carla: Well, I notice that you didn't directly address the inside versus outside question, but, rather, said that you could think of them as inside or outside.

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Do you want to leave it at that? Do you want to comment on that?

I am Q'uo. As each entity which has had its origin, as all have, with the one Creator, moves through the cycle experience that shall be its means of returning to the one Creator, the, shall we say, degree of difference that is apparent begins to shift, so that within the consciousness of those entities that move from your illusion to those of a higher vibration, this apparent difference begins to be noticed as less and less significant. We speak here of apparent difference, for there is the shared heart and very spark of life that always undergirds each expression of the one Creator.

As an entity begins to move in what you might call an harmonic resonance with the heartbeat of the creation, we shall call it, for want of a better term, the similarity and identity between the Creator, the creation, and the entity approaches oneness, so that the experience of the entity begins more and more to reflect to the entity the shared consciousness that may be likened unto the entity discovering that its sphere of consciousness, that with which it has become familiar and has called its own, is indeed larger than it has supposed, so that there are within the entity that likened unto veils removed to aid the sight in traveling to new boundaries that again will provide the entity with that experience that is necessary for it to understand, shall we say, in order that it might then use that understanding as a further stepping stone to move into those areas that again reveal unto it an experience that is unmistakably its own, and yet that which seemed other than the self before it had taken the step which led to this experience.

Thus, the entity, in retracing the journey to the Creator, does so in a fashion which may be likened unto the moving into experiences which become its own as it moves into them, and becomes the self as they are experienced. This is always the case for any entity, whether it has consciously experienced that which surrounds it as a portion of the self or not.

However, it is the perception of the entity with which we deal here most centrally, and as this perception is able to be widened in eyeshot, shall we say, so that entity becomes more able to penetrate outer illusion and see the truer nature of not only itself, but of the creation about it, the entity begins to discover that there is an harmonic resonance that permeates the entire creation, and as the entity moves into more profound or deeper realms of the self, the entity then becomes aware that there is far more to the self than it has previously supposed. An effect that has previously seemed to be of an exterior origin is seen to fall within the newly defined and experienced boundaries of the self. However, until the entity has completed this great cycle of being, the entity shall continually find that not only is there a greater and greater degree and breadth of selfness, there is also an increasing call from that which is yet to be experienced of the self which pulls the self onward in its journey of seeking the nature of its own self, of the creation, and of the journey of the self through the creation.

May we speak in any further fashion, my sister?

Carla: Well, it's in a tangential fashion, but I could really use your opinion, because it's sort of what I do for a non-living. I'm a Christian person, as you well know. We went around and around about that one earlier, but I am a mystical Christian, and I do not care whether Jesus Christ lived historically or died. The important thing for me happens to be the story and the way one can use it to approach the highest polarity in service to others that I have ever found of any way. Now, I realize, therefore, in terms of the actual function of Christ within the myth of Christianity, that Christ is acting as just what he said, the way or the bridge, in between our everyday, mundane selves and eternal Self. And what I've been doing, working with New Age people, is substituting words like "error" for "iniquity" and "sin" and stuff like that and "self-forgiveness" for "redemption" or "forgiveness" because of Jesus Christ. And I have found that to be somewhat difficult to get across to people, because they are so hard on themselves in the New Age; they haven't figured out any agency of forgiving themselves, and so they tend to carry around bunches of guilt and push guilt on other people, too. And I'm just wondering, how could I better communicate with the people that I would like to help?

I am Q'uo, and am aware of your query, my sister. We find that there are many entities which fall within the realm of qualities of which you speak. There are many which have other distortions or characteristics that make them unique, one from the other. As you meet each individual within your daily round of activities which requests from you assistance in one way or another, we find that it is

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most helpful to remember that each is, indeed, an unique individual which has needs that are as unique. Thus, to give a general means of seeking to assist such entities is to forget this primary fact of entities and the means by which they choose to experience and to express the life pattern.

Thus, we would recommend that the desire to be of service be that common thread that binds together all of your efforts to be of any service whatsoever, that you allow the moment to determine the wording, the phrasing, the concepts, and the feeling tone that is used to convey the information which then may be called through you, and in many cases, from you, that will be of assistance to such entities. Thus, you will add those portions of your own experience which are pertinent and which rise naturally to the mind and then to the lip.

You will also allow, we are hopeful, that information which may reside somewhat beyond your conscious grasp to blend itself with that which is within your grasp so that there might be the intermingling of sources, shall we say, that will produce in each instance the quality of concept communication that is most nearly appropriate for the situation and the entity which seeks from you assistance.

Again, we come to the question of the source of information, and we agree with you, my sister, that the ultimate source is not as important as is the quality of the information which proceeds from whatever source. The nature of the transfer of information is likened unto the speaking of the cells of the body to each other so that one portion which has been long removed from another might begin to reacquaint itself with that which is, indeed, a portion of itself and which is called to the self by the self.

Is there another query, my sister?

Carla: That was very thought provoking. There is one small query, and it's just because of the fact that I know that I have a real strong bias towards the belief that most of the people that I've worked with over the years, their biggest single problem, besides the fact that they were willing to live chaotic lives in terms of relationships, was that they carried around a lot of anger and guilt and stuff about themselves towards themselves, so they basically felt unworthy or had fairly low self esteem. And it seemed like this was the greatest real impediment to seeing the rest of the world compassionately. As a matter of fact, they tended to be better at seeing the rest of the world compassionately than themselves, but on a very subtle level it was keeping them from doing work in consciousness, and, actually, it happens to be my problem too, and I have a very strong bias towards working on that problem with my people, and I know that the help that I get is probably oriented according to that bias. Would [you] confirm if it is a good bias, or comment if you feel there is some thought I might take?

I am Q'uo, and we must pause briefly in order that this instrument complete its task with the recording devices. We shall return shortly.

(Pause)

I am Q'uo, and [am] again with this instrument. We would ask that the query be vibrated again, as this instrument was distracted by the recording devices.

Carla: Gladly. Q'uo, I just have a prejudice, a bias, that one of the important things to teach to people who come to me for lessons is to forgive themselves in some way. I can't use Jesus, but I need to get the feeling of self-forgiveness because a low self esteem seems to block work in consciousness better than just about anything except bad relationships, and I wondered if you would either validate my opinion and bias, or comment on it if you feel it needs some instruction.

I am Q'uo, and am aware of your query, my sister. The ability of any entity to move itself along the journey of evolution of mind, body and spirit is dependent in large degree upon some amount of dissatisfaction, of a kind of angst, if you will, otherwise the entity would remain as it is—happy with that which is and content to be that which it has discovered itself to be up to that point in its own experience. Thus, there is within each entity within your illusion a certain quality that may be seen to be as a kind of self doubt or self-inflicted perception of unworthiness which can be used by the entity as a motivating factor, shall we say, as it seeks to understand those qualities which comprise the self and seeks to match, shall we say, these qualities with those ideals which it has formed also in a mental fashion as the standards against which all shall be measured.

The task of bringing the self to the point where the components that comprise the self are seen as whole and perfect is a task which requires that the entity investigate the, shall we say, polar opposite qualities

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that also exist within the being that is known as the self, for as those qualities are explored that already exist within the perception of the entity, the entity will find that each quality calls into the realm of experience that which may be seen as its opposite so that when, for example, loving acceptance is experienced in sufficient quality, shall we say, there is a natural setting up of that which is not accepted as well. For as one defines that which one may accept and accept in a loving manner, that which does not reside within the definition in some degree partakes of that which is not accepted.

As the entity begins to explore that which is accepted and that which is not accepted and begins to conduct this exploration in a conscientious fashion in an ever-widening reach of the life experience, illuminating those dark corners of the consciousness, the entity will find that there is a closer and closer connection between the self and that which has previously not been accepted, so that as this process continues, the entity is slowly able to expand that realm of that which is acceptable and that which is loved.

Thus, as any entity looks upon those qualities of the self which are or are not accepted and continues this research with intensity and perseverance, the entity will begin to discover that each quality leads to other qualities, and all qualities eventually are seen to have a very close connection with the self. The ability to conduct this kind of exploration is the inner work which all religious teachings and philosophies have advised as that which is the necessary foundation work for the traveling upon the path of the seeker of truth, as it is called.

Thus, the dissatisfaction that any entity may feel for any portion of the self or any portion of the outer environment which is seen as a reflection of the self can become a motivating force that will eventually allow the entity to not only accept each quality in turn, but allow the entity to accept the polar opposite of each quality, will allow the entity to accept greater and greater portions of the self, and eventually allow the entity to accept an ever-widening field of vision that includes all about it.

Thus, the ability to forgive the self is an ability which is accomplished in slow stages, as if one were peeling the layers of the onion and discovering that each is the self.

Carla: Does that make it not a good thing to teach? Since it's going to be natural?

I am Q'uo, and am aware of your query, my sister. The definition of that which is natural is the definition of all that occurs. Thus, to attempt to aid another in the discovery of the path of self-forgiveness is a portion of that entity's journey which will have the appropriate impact upon the entity and affect it as it is ready and able to be affected.

There is, as you are aware, no mistake that occurs within the life of any seeker, and, indeed, as all are seekers, all that occurs is that which may be used as a teaching device for the perceptive eye and the listening ear.

May we speak to another query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: I've [been] listening to this and having a lot of thoughts about the neurolinguistic programming model that I've been using with myself and with other people. It seems to accelerate this process of self-acceptance and forgiveness of self and others very effectively and beautifully. And I don't know exactly what question I have about it, accept to ask if you have knowledge of this learning and of how it can best be used and shared, if it might be a valuable thing to share with Carla in relation with her work with other people and her own family, and just in particular, suggestions that would be pertinent to me, as I learn and, one of the—I think that I've noticed a certain amount of caution in my approach to sharing this, because it seems to be a very powerful way, and I'm aware of just wanting to be in tune if I'm going to be using that, and in a way I think I think that I need to know more and more to be, I guess, skillful at using it, and yet, listening, I know that I can trust, in fact, do when I work with people, in my prayers and my meditations to be a channel, as I work, for the service of that person, and that what I consciously learn, what I've consciously learned to aid in this is always going to be assisted by a power and a knowing beyond that, an ability to help beyond whatever I've learned. I don't know if that's a question clear enough to be answered or not, or do I need to be more succinct about the question? I asked one earlier, but then I kept talking.

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I am Q'uo, and we believe that we have discerned the query that was intended. We are not familiar with the technique of which you speak, though we may suggest that any technique which offers to an entity a model by which it might view the evolutionary process of its own being is a technique which will, indeed, speed this process, for the process of evolution is one which occurs even though an entity be not consciously aware that it occurs. There is a turning point, however, when an entity comes consciously to the recognition that it is, indeed, upon a journey, a journey which will reveal to the self greater portions of the self and of the creation of which it is a part and will allow the entity to make connections between portions of itself and this creation that will enhance its being and its ability to express that which is itself and that which moves in harmony with the self.

Thus, as an entity becomes more consciously aware of a process of evolution, whether this process be described in one language, one structure, one concept, or another, the process of attempting to put a model or a structure to this journey is the beginning of the intensification and the speeding up, shall we say, of the evolutionary journey. As an entity finds that it has success with speeding this process in any degree, it begins to define itself using a broader scope or vision, and allows to itself by this enlarged definition a greater ability to experience and express that which it now sees to be the self. This new experience and expression will allow further refinement of the model, whatever its structure may be.

Thus, there may be within a culture such as your own many, many different models that describe the nature of this process of evolution, the nature of the discovery of greater and greater degrees of the self, shall we say. Whatever the model used, there are entities that may profit from this use and move many steps further upon their journey by such use. As each model becomes refined in a more personal sense, the entity begins to gain what you might call a certain momentum in this journey of seeking. Always and ever, however, is there the ability of the entity, and, indeed, the necessity, for continuing to redefine and refine the perspective, the perception, the means by which the entity structures that which it believes, that which it follows and that idea of the self which it constructs as a kind of stepping stone that will carry it to the next level of understanding, shall we say.

Thus, we can offer no direct suggestions as to whom this may benefit or how the offering of such service to tendered, other than suggesting that your own intuitive abilities will first find whether there be an harmonic resonance, shall we say, at a deeper level of being that may wish to be expressed in a conscious fashion with another entity that may profit from learning a model which you have to share. Thus, we leave such decisions to your own discernment, wishing only to offer the general guidelines for such decision making.

May we speak in any further fashion, or to another query, my sister?

Questioner: There's still a slight question in my mind about my own slowness in spite of what has eventually become a lot that I've put into learning and developing my understanding of how to work with this model, and in a way that is individualized both in terms of how beliefs and understanding and in terms of any individual I'd be working with. I, nevertheless, have exhibited a slowness to be very, very active. I offer it out very quietly and almost tentatively, which in a way doesn't really result in a lot of interaction. And I've been sort of relying on the fact that there is an apparent wisdom in this timing, and yet I more and more have a sense that it is time to have more interaction and to be sharing this more, and I'm not quite sure either how to go about it or whether I'm stopping myself in some way, I need to simply encourage myself more?

So the question has to do with my own personal, the word that comes to mind is ambivalence, and how I might speed up the process of sorting out whatever I need to about, that would allow me to go ahead and share this more with other people and just be more clear about the fact, you know, just state that.

I am Q'uo, and in this regard we must speak carefully, that we do not infringe upon the free will of another, for the nature of the query which you have asked is one which is, indeed, personal and is that which benefits most by the introspection that discovers that which is within the being, and we would suggest that the feelings which you have described are those feelings which are most important in the discovery of what action shall be taken by you in your future. The feelings of value attached to the process described must be

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investigated and the ambivalence connected as is appropriate in those areas where there is doubt. Any art which offers itself to others as a service has value first to the entity which practices it upon the self. As the self experiences that which may be gained from the art, then does the self become convinced of the value, not only to the self, but in a more general [sense] to other selves as well.

Thus, the suggestion that we may make without infringement is that there may, perhaps, be the reevaluation of the effects upon the self of the practice of this particular means of programming the mind to experience new levels of being. Thus, the reevaluation is a process of offering to the self that which, perhaps, shall be offered to others with the self as the, shall we say, guinea pig that first experiences and then re-experiences and discovers those areas which may yet be held in doubt that they may be reaffirmed and reintroduced in the evolution of the self and be made more whole and functional, shall we say.

Is there another query, my sister?

Questioner: No, that's very helpful, thank you, and confirms my intuitions and extends them. Thank you.

I am Q'uo, and we thank you, my sister. We feel that this is the appropriate time in this particular session, due to weariness of several gathered, to bring this session to a close. We are most grateful to each present for inviting our presence this evening. It has been a great honor to blend our vibrations with yours, as we each travel the same journey, to walk hand in hand with those who also seek as do we is a joy which we cannot describe, but for which we are most grateful.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
February 19, 1989

Group question: How does one decide what particular action to take in any situation where neither the culture, the religion, or any other normal means of deciding right and wrong or good and bad do not any longer apply. When one is able to see both sides to a question, and there is no obvious right or wrong, how does one decide one's actions?

(Carla channeling)

I am Hatonn. I greet you in the love and in the light of the infinite Creator. We feel most privileged and blessed to join in your circle of seeking to share with you the beauty that lies within each whose spirit thirsts for the truth. We are most pleased to be called to your meeting this evening. It is for us our chief way of being of service at this time in the world of action, and, therefore, tied to service to you is our own growth and development as entities. Thus, we are grateful to serve and we assure you that we are more than compensated for some few thoughts we may share with you, none of which is given absolute authority by us. We consider our ideas opinion and would ask that each take what is seen to ring with a personal truth and leave that which does not without a second thought.

We do thank the one known as M for the question concerning ethics. It is perhaps, should we say, our speciality, and it is the kind of question which strikes at the fundamental nature of those spiritual entities which you call human beings.

You see, each of you is an imperishable portion of the Creator, an immeasurable spark of divine creativity. It is, shall we say, well hidden within a material physical vehicle, which is an analog for the rest of the outer illusion, a series of electromagnetic vortices, making it possible for that which is the imperishable you to experience and learn within an environment which is illusory and designed to challenge your perceptions, your judgment, and your maturity. Over and over again you shall receive lessons about that one great subject which you all came here to learn, that is, how to love.

How to love is that which you seek to know, because the very nature of the Creator, as closely as can be defined by your words, is, indeed, love. Love made manifest is the creation. That it is manifest is an illusion. You are within this illusion to gaze upon it, to learn and to offer the best learning, the best thinking, the most beautiful spirit that you may, back then to the Creator, as you move into the larger and more spacious light of the spirit, within a much, shall we say, more light and agreeable physical vehicle.

We agree that many things within an illusion which is designed to be perfectly imperfect would appear to be moot questions, that is, endlessly arguable. The

nature of the illusion is specifically this in order that each of you may make choices which will advance your own spiritual seeking and maturity. The way to move into a more interesting classroom, shall we say, than the one in which you now exist is to learn to love enough so that you think about the concerns of those whom you love just a bit more than you think about your own concerns. That is, the work you face in this particular classroom is the work of wholehearted and sometimes sacrificial love. Inevitably, then, you are constantly moved into situations where it is difficult to love. Love comes from within the self. That which is described as love, that which moves in and out of the pattern of light for each in relationship, is that poor analog of love which is imperishable, which is that which is possible to that human animal with spirit which you are. That is, you will be unable to love at all times; you will run dry; you will fail. This is inevitable.

Eventually, each spirit decides to seek a love that is greater than the love it has been able to manifest, that it may know it and thus manifest it. This is the true end of all ethical thinking and spiritual seeking. This is the true end of humankind—to learn well enough how to love that death from this illusion rises to life in a far more lovely and more challenging grade of study. You are here to make choices, and you are here specifically to make one central choice—to honor and worship the Creator within you and you within the Creator by serving others, moving towards unity of self with all others, moving toward peace, concern and passionately held ideals, or controlling others for the good of the self, manipulating those about one and making choices which separate one from the loved ones, from the society.

The way of separation, the way of fear and terror and those things which are called negative, has its own ethics and we will not explore those. But the way of service to others is very straightforward about its ethics, and perhaps these ethics may help as you seek to learn the lessons of love in this very difficult and challenging illusion of yours.

Cast your minds back, if you will, to the words, "In the beginning." You have heard them many times, and many stories have you heard of the beginning of things. This is ours.

In the beginning there was the Creator. To the best of our knowledge, the first thing that occurred besides the Creator was that which is called free will. Thus, free will is that which is to be valued above all others things.

The second thing that was created by free will working upon the uncreated Creator was that which is called the name of Logos. We prefer to call it Love, to be careful in our delineation of our understanding of the nature of the Creator. The active principle of the Creator is creative Love, that which makes all that there is, that which takes all that there is back into Itself, that which is intensely curious about each thought and action and choice that you make, that each of you is the Creator, and through you the Creator learns about Itself. Thus, Love is the second priority in ethics.

The third thing that was created by the active principles of creation, love or Logos, was the photon, that so-called particle-wave of yours which light is created from. Its nature is mysterious to the scientists of your planet, yet this light may be considered to be the physical manifestation of what may be called compassionate wisdom. That is, the light of the Sun, for those who wish to be fundamentalists or literalists, is the nearest and most obvious manifestation of the Logos. Its consciousness has not moved from being one with the Creator, and its nature is that which may be seen to be the most understandable parable, shall we say, of the nature of the Creator: fiery, intense, compassionate and immensely generous and powerful and radiant.

Thus, in a situation in which there is no obvious answer, the first question one may ask the self is, "Where is the free will in this situation? Which choice would limit someone else's free will? Do I have the right, by family or matedness, to express thoughts that might infringe upon the free will of this entity?" This is of the highest ethical consideration at all times.

In a situation which that particular ethic does not address, one gazes at the situation to discover how one can best express the love and the light of the infinite Creator. Some things are reasonably moot or arguable, yet a patient waiting and asking and listening within the inner realm of silence and meditation will yield for you the bias of feeling of compassion and love that will enable you to address the situation.

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In cases where even this is denied you as an ethical basis for making a choice, one must simply rely upon one's own inner compassionate wisdom or light. That is, one must allow creative possibilities to move about within the mind to the utmost capacity of the mind to be intuitive, loose and creative.

Each option, then, would be gazed at with an eye for compassion and wisdom. Some of your philosophers have suggested ways to evaluate wisely. Each way of evaluation has virtues and desperately dangerous faults. We would not advise any to be an "ist," that is, what this instruments calls those which are Marxists or Communists or Creationists. We do not feel we need to go on. We suggest strongly that one interested in true ethical considerations be aware that there are no two situations alike, and that ethics are, indeed, personal. We do suggest, when one is dealing in relationship, that no matter what the status of the relationship with regard to those expensive pieces of paper—which we find this instrument calls the wedding certificate—the ethics of the native contract rely upon agreements made. Changes may occur if talks between the two within the relationship reveal to both that it is time to change. Thus, one is not permanently tied to an agreement, but one is tied ethically to an agreement one has made until such time as one has expressed the need to change the agreement. This is an ethical guideline which is very helpful in determining those actions in relationship.

We have, perhaps, said that which we would most hope to cover, and being told by this instrument that it does not wish to channel over-long, we hope we have given you something to think about, and if you have further questions, we will be very happy to answer to them as soon as we transfer this contact. We would like to thank you once again through this instrument for the most delightful chance to share our opinions with you. We would now transfer in love and light to the one known as Jim. We are known to you as those of Hatonn.

(Jim channeling)

I am Hatonn, and greet each again in love and light through this instrument. At this time it is our privilege to ask if we might speak to any further queries which those gathered may find value in the asking. We remind each again that we offer that which is our opinion, but we offer it in joy and in gratitude. We do not wish to offer it as an infallible opinion of any kind. Is there a query at this time?

Questioner: Yes. Could you speak a little bit about the different densities? I would particularly like to know about your density, the fourth density, I believe, if that's correct. What differentiates you from us, and where are you bound?

I am Hatonn, and am aware of your query, my brother. The densities of this octave of creation are composed of light. This is that which is more or less dense within each succeeding density or dimension. The octave of creation itself may be seen as similar to the octave of notes in your Western scale of music, beginning with that which is analogous to "do," ending with that same note at an higher octave.

Thus, that which is the beginning in this octave, the first density, has a certain vibration of the photon of light that vibrates at a certain frequency and with certain angles of rotation that provide a discrete environment in which simple awareness may exist. That awareness is what you would see as that of earth, wind, fire and water.

After a certain portion of time, as you know it, has unrolled its scroll of beingness, there is the increased vibration of rotation and angle of rotation of the photon that allows a quantum leap, shall we say, that is significantly altered or expanded, and which provides for an enhanced experience of awareness—that which seeks the light and that which moves and that which is identified by your second density of plants and that which you call animals. These entities, then, have their experience, during which they attempt to gather about themselves an individualization of consciousness, and move from that which is the group, whether it be the herd, the flock, the school, etc.

When this has been accomplished in the cycle of beingness, there is again the great quantum leap in possibility and potential in consciousness, until that which is the third density of creation, that which you inhabit, which comes into being by the increased rotation of vibration of the photon of light and the angles of rotation that again allow the greater experience of consciousness as each portion of consciousness of the one Creator moves from that complete unity with the Creator into the individualization that allows the gathering of experience that will allow the Creator to know Itself in each of its portions, and which will allow each of

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Its portions to know the Creator through this experience.

When consciousness within your third density has been individualized to the point that the choice can be made in either the positive or the negative sense—that is, to be of service to others, to give of that energy of the Creator to others, or to absorb that energy of the Creator in the negative or magnetic sense—when either of these two choices have been made as to how the further seeking of the Creator shall be experienced, then it is that another leap, shall we say, in consciousness is possible.

This is the movement of consciousness into that density of love and understanding which it is our honor and our privilege to inhabit. Within this [fourth] density of creation, the form of the body that has been chosen in the second-density experience of plants, of animal, to be invested, then is again used, as it was in the third density, but is used in what you might see of a somewhat different form, that is, what your peoples frequently call the astral body, that body which is lighter in your material gravity, shall we say, but is more densely packed with light. This body, then, is far more responsive to thought, and may move far more freely in time and in space than your bodies move.

Communication within our density of creation is most frequently in the form of what you would call telepathy, but in an expanded form of telepathy in which complete concepts or gestalts or pictures or information may be transmitted instantaneously. There is no ability or desire to hide any thought at this level of seeking the one Creator. We who have the honor of inhabiting this density of creation have found it helpful to join together with those of our kind, such as your planetary population might at some point in its future choose to join its seeking in service to the one Creator, each offering to the group or social memory complex that which it has learned in its journey of seeking, so that the entire complex of entities has at its disposal a great wealth of information, each experience of each entity becoming available, then, for use in decision making and in the attempt to continue the evolutionary process in service to the one Creator and each of Its manifestations.

When we have been successful in turning our beings entirely to the service of the one Creator, then that particle of consciousness that moves within each cell of our being as light shall again be offered the opportunity to leap forward to an expanded potential for awareness. This potential within the fifth density of light is that which offers the opportunity to gain that which you might [call] wisdom, so that the great compassion that is gained within our illusion of the fourth density might find a means of being focused in a manner which is most helpful, without interfering overmuch within the evolution of any other entity that we seek to serve.

Thus, the wisdom density, the fifth density of light, is that which seeks to create a form through which service might be offered in both a wise and a loving manner. When this lesson has been learned, there is again the opportunity to experience the leap in consciousness and the potential for greater perfection, as the point of view is widened to take in a greater portion of the Creator and the creation and to see it as the self.

The density numbering six is that density in which the unity of the Creator is again approached as love and wisdom are balanced, each with the other, and that which might be called a spiritual power is gained, the power to be of service without the infringement upon the free will of another. The sixth-density experience of light and of the creation is one in which those who have traveled both the positive, or radiant, and the negative, or absorbent, paths are again joined, so that seeking after this point within the sixth density continues apace without the great polarization in consciousness that begins within your third-density experience and continues through the fourth, the fifth and into the mid-sixth density.

When the lessons of unity have been completed, then it is that entities move into the seventh density, that gateway density of foreverness which allows the movement towards the complete reunification with the one Creator which is completed within the eighth density, as you would call it, thus completing the great cycle of experience, with all experiences gained by each entity offered to the Creator as means by which the Creator has been able to know Itself offered as that which shall become the seeds for the next great octave of experience.

The eighth density is the complete reunification with the one Creator, and is seen by your physicists and astronomers as that which is called the black hole, for within this level of being, all experience, all

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light, all matter, all of creation is indrawn into the one Creator, so that the fruits of the great journey may be gathered and become the foundation for the further experience and expression of the one Creator.

Is there another query, my brother?

Questioner: I'm trying to clarify as to your density, the fourth density particularly. From what I understand you do have the physical form, and you also have said that you continue to have polarization, perhaps even greater polarization that we have here. Does this mean that you have dissension? Does it mean that you have problems? What are the problems that you have in this density? And what are the things that make you happy? To me those are very basic. And what are the things that make you fulfilled in your existence between yourselves, not in dealing with us?

I am Hatonn, and am aware of your query, my brother. We must first preface our response by suggesting that the experience of each succeeding density beyond your own is difficult enough to describe in words that at some point it becomes impossible within the confining boundaries of words (to describe) that which is quite beyond description. However, we shall attempt to speak to your query.

We, indeed, inhabit physical vehicles which, as we mentioned previously, are those which were derived from the second-density creatures within your own illusion. The ape form is that form which was chosen by the Logos to invest with the potential for completing the evolutionary process through the octave of densities. This form is chosen in approximately 5 percent of the planetary influences within this galaxy of which we are aware. There are other forms chosen in other planetary influences. This form is maintained through the fourth-density illusion and into the fifth-density illusion, at which point the mastery over one's own being proceeds to the point that it is possible within the fifth-density illusion to create whatever form is most helpful at the moment, as the service that has been requested is offered.

That which enriches our being and brings the greatest joy to our hearts is our ability to offer service to other portions of the creation which seek or ask for that which is ours to offer. We have within our social memory complex of entities a great variety of experiences upon which we may draw to decide how best to offer our services. There is not dissension as you know it amongst our beings, in that we do not seek to gain advantage over others for our own gain, but there is frequently difference of opinion as to how best to offer our service to others, for in offering service, one must be most careful that the free will of those whom one wishes to serve is not abridged, which is to say, that we do not provide specific directions as to how an entity should move in its daily round of activity and how specific choices in the life pattern should be made. Rather, we seek to offer the principles of the evolutionary process which we have found helpful in our experience, that those whom we wish to serve may interpret in their own way and in their own life patterns.

May we speak in any further fashion, my brother?

Questioner: Do you have wars? You said that you have negative polarization entities that go into the fourth dimension, and positive. Once they get there, everybody's so happy to get there? Do you have wars in fourth dimension?

I am Hatonn, and am aware of your query, my brother. This is a topic which is quite difficult to enunciate with enough clarity that confusion may not be brought about. We again shall attempt to respond. In a situation such as that which pertains to your own planetary influence, your population of entities …

(Tape ends.)

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Sunday Meditation
February 26, 1989

Group question: "The soul is the essence of remembrance." What is the meaning behind that phrase?

(Carla channeling)

I am Latwii. I greet you in the love and the light of the one infinite Creator. May we say what a great blessing it is for us to be called to this circle of seeking. We thank and bless each for the privilege of sharing the beauty of your vibrations and your meditation. We join you in honoring and praising that infinite Mystery, whose face is love. We are most happy to be able to work through this instrument, for this instrument has the inner characteristics which make it possible for us to more easily express ourselves humorously, and we always appreciate the ability to express our opinions upon the most serious of subjects with a light touch, for there is great frustration in seeking the truth within an illusion as complete as your own. No word and no concept of which we now know can encompass the great mystery of the infinite Creator. In the face of such a complete unknowing, it is well to have a sense of humor, to feel free to be merry in one's search, for long faces are not good environments for the rapid growth of spirit. And as each within your often painful illusion must wear the long face from time to time, we hope to encourage in one's spiritual seeking that most blessed quality of joy.

One other introductory remark is a caveat. We are your brothers and sisters, not those who are infallible. We would not give you an erroneous opinion knowingly. However, we are still learning, and even our teachers express their own lack of final understanding. Consequently, be aware that this is a note passed from a group upon the road of spiritual seeking to another point of light upon that same road. See yourself, my children, as candles, lit, vibrant and moved by the wind of spiritual guidance. And in each meditation, seek to listen to that wind which contains that still, small voice, as your Holy Scripture puts it, within which lies all those things we cannot say, all those memories which are your birthright and which, when you hear them again, you shall recognize.

And this brings us to the question of this evening, that being a request to comment upon a statement received in meditation by one known as R, that "the soul is the essence of remembrance."

Let us move first to ground that of which we would speak in the earth of metaphysical structure as we see it. Each of you is a portion of the infinite One, which has been sent forth by the infinite One as Its free choice to learn about Itself. Through each experience that you have, through each bias that you gain from responding to the experiences that you have, you become, through many, many life experiences such as the one you enjoy at this time,

more and more aware of yourself as an unique entity. Eventually, all that you have learned and found beautiful moves with you of your free choice back to the Source and the beginning, and the prodigal sons and daughters, as this instrument would call all upon the spiritual path, come home at last. It is a very long pilgrimage, extending through many dimensions and illusions, through many kinds of experience.

This particular experience which you enjoy at this time may be considered the dimension of choice, for if the face of the Creator is love, then a response of that created one to love is also love, yet it may be love of others or love of self. It may be the path of service to others or the path of service to self. In this illusion, where focuses of energy appear to be solid and thoughts that are stronger than those energies cannot be seen, the stage is set for a choice to be made in complete free will, for within the illusion the truth cannot be known in any objective fashion, but must be sought within through guidance and inspiration, through meditation, contemplation and discussion with others upon the path.

The choice is to radiate the love of the one infinite Creator or to so magnetize the self that one draws into the self-control, and becomes as the Creator, using each other spirit as power for the self. We are aware that each within this dwelling and this circle at this time has chosen the path of service to others, the path of radiant love. These foundation stones of the structure of your experience we thought were necessary before moving to a direct discussion of the statement concerning the soul as the essence of remembrance.

Let us define that which is called the "soul" as that portion of your being which is imperishable, that portion of your being which was before your world was formed, which was before earth and sky appeared and which shall be when all that you know now has become naught. This imperishable being which is earned as an unique consciousness, your soul, is at all times a gift to the Creator, from the active principle of creation, which is curious, which learns and which goes through a process called remembrance.

Let us gaze at the word "essence." That which is an essence is not that which meets the eye. It is not that which is usually particularly easy to determine from inter-group acquaintance with an individual among your peoples, for part of your illusion is the veil which has been dropped betwixt the conscious and unconscious mind, for by rendering your inborn capacity to communicate by concept and thought useless, you are forced to communicate with words and point, thus, constantly away from the essence of your self, which lies far too deep for words.

Let us now gaze at "memory." We find that this instrument's conscious approach to this question is much the same as if two Neoplatonists, a Stoic, a Sophist and a follower of Anaximander were wrestling within the instrument's mind. This is true, not only of this instrument, but of the great majority of those who attempt intellectually, logically and pragmatically to consider philosophical and spiritual questions.

Memory is thought to be a time-bound phenomenon, that is, an event occurs, one observes the event and registers it in memory. This, my children, is not the case, not at the beginning and not during the entire process of memory.

Each perception, moment by moment, which each seeker has is the product of many, many choices, made upon a subconscious level, according to programs, shall we say, in the biocomputer of the brain, which were often set so very, very far back into the young days of incarnation that the seeker simply does not know its own program of perception. You see, because of the nature of the illusion of time and the limitations of the biocomputer given each, it is improbable that an entity will use more than perhaps 5 percent of that which is perceived by raw senses and fed into the biocomputer as raw sense data. You do not know that which you are throwing away, that which you are overlooking, because you have already eschewed it. Thus, if there are difficulties in remembrances within this incarnational experiences, it is well to move back to the time that the programs were set in place.

Now, as you may deduce, the biased amount of information which you have received from the senses—that is, biased in accordance with conscious, and most often unconscious programming—then goes through a complex procedure of choices. The choices concern how or whether one will respond to that which has been perceived. Perceptions are hierarchical, in terms of survival being the first consideration of any entity, concerns of the self

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being second in importance, concerns of relationship being next, concerns with society being next, and all of these things coming before that which is the first purely spiritual concern, that of opening the heart, not to one or another thing, but in terms of strengthening, empowering and [crystallizing] one's authority as a channel for the love and the light of the one infinite Creator.

Thus, one's memories have no chance of being objective at any time. They are biased from the beginning, and as your memory becomes older and dimmer, it moves through one of two simple processes. Either it is gilded with a loving hand, to emphasize its beauty, its depth of meaning, its poignancy and its truth, or it is simply blocked and segregated as that which seems too self-destructive to allow within memory or to be healed at that particular moment in space and time.

At the end of an incarnational experience, you, as an imperishable being, have changed because of this illusion which you now enjoy. It is not that your intelligence has changed, for you do not carry that with you from incarnation to incarnation. It is not the personality, as you may think of the personality as the social butterfly or the teller of the jokes. It is that imperishable point of view which has been biased or polarized, either towards service to others or service to self and domination over others.

We are upon the servant's path. We do not deny that there is an opposite path. We simply do not teach it. Through many, many lifetimes, beginning with experiences as earth, air, wind, fire and all the elements, you have built your biases, your uniqueness, as a spark within the infinity of the Creator. You have experienced everything that you see in the world about you and from experience of rock or sea or cloud or blooming flower, you remember, not the entire experience, but its essence. And that essence is to you unique, for you are not anyone else. You are perfectly your own self. Each entity is correct for itself, for it is the sum of what it has learned. That you each wish to accelerate the process of learning is much to your credit, for there is much to do, and the world that cries out for more lightened consciousnesses will now have the essence of remembrance of the elemental density and the density of plant and animal as part of your imperishable self, as part of your gift to the infinite One.

Now you sit in the midst of the greatest decision you shall make within the entire octave of experience of what you would call men and angels: the choice to love or to be obeyed. Once you have made the decision, it then becomes your task, "if you wish to complete it," as "Mission Impossible" would say, to choose ever again to give, when you could receive, to console, when you yourself need consoling, to care and feel and love when others turn away in scorn and dislike. Each small choice is, in fact, a larger and larger choice, for as one positive choice builds upon another, so your spirit and soul grow in strength and power, and you begin to be, in feeling and in conscious thinking, that which you truly are—a metaphysical being, alive eternally in an infinite universe, peopled with nothing but yourself in the guise of many, many mirrors. Gaze into anyone's eyes—they show you yourself. Gaze at the trees, the skies, the stars—they, too, are yourself.

When you have graduated from this classroom, learning the first lessons of love, then shall you, in what some have called heaven, and others, paradise, enjoy a somewhat more comfortable atmosphere, yet you shall not be without your work, for you shall be learning. That is the essence of the soul, for the soul is the stuff of which the Creator is, that being love, combined with free will. And free will is ever-curious and ever-restless. And free will truths do not last forever. Only the mystery of that which is unknown is as truly imperishable as are each of you.

Thus, that which you are at this time, which may be called a soul, that is the imperishable part of you, is the kernel, the feeling and tone left behind by catalyst, the stain that remains from the spillage of experience. And these things you hold in an ever-shifting remembrance. Thus, the quality of your soul, to some great extent, depends upon the quality of your remembrance, that is, your ability to abide in faithfulness to the truth that lies within you, which you may know only through experiencing your own biases and seeking ever in daily meditation to dwell with the infinite One, and so open the door to your birthright, to your memory of all that you truly are and all that you truly feel.

We would direct your attention to that portion of the Christian faith whose liturgy is called the Holy Eucharist. Common to almost all Christian denominations is the inclusion within such a service of quotations from the holy work you call your Bible. The one known as Jesus the Christ took a

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simple, homely article, the bread, which was the bulk of a meager meal. This entity gave thanks for the plenty of his bread. He then broke it and offered it, saying, "Take and eat this in remembrance of me." And so, too, with that wine which was the usual libation in that less than cleanly age, "Drink this in remembrance of me." This entity did not wish to be remembered as an entity, but as a channel for that which flowed through the entity and transfigured it, the love and the light of the one infinite Creator.

Each of you needs a Eucharist, a way to focus upon a remembrance of those things which are beautiful and true, that your soul may be most faithful in remembering. Again and again we suggest the daily meditation with silence and the listening. And we offer in this case a simple rationale: "Do this in remembrance of me." And by me, we mean we ourselves no more than did the teacher known as Jesus, but rather we mean I AM, that is, Consciousness Itself, the one great original Thought which created all that there is. It is this we call to remembrance. It is this which centers our memory, it is this remembrance that ennobles the essence of memory.

To remember the small change of a lifetime is not altogether helpful, for there is not the focused power and a singular path for one's daily experiences. The effort needed to put into place a structure whereby one may give daily thanksgiving and remembrance to the one infinite Creator is a structure each must choose for himself, yet we say to you, that if you wish your imperishable self to rise as quickly as possible into the light of what you would call the Kingdom of Heaven, the greatest tool is daily remembrance of that great Thought, whose name in your language is love. Love has created you. Love sustains you. Love that is alive and caring and with you, guides you, aids you and protects you.

The words that you hear at this time are a very humble part of the system of discarnate spiritual aid that is available to those who seek it. There are many, many channels, many various ways of offering the information of the Creator [to] the children of the Creator, which are yourselves, and the eternity and full knowledge of yourself as Creator, which is ultimately your birthright. Yet, this birthright shall come to you not because you become more and more powerful and, therefore, are able to wrest it from the arms of the Almighty. This power descends upon one who has surrendered the free will of variousness to a far more impersonal kind of will, that deep will found within the self for good or service or love.

The desire to learn and the will to persevere may seem like those things which are taught to one in business school, that one may be a better salesman, yet we say to you that the faculties of desire and will create your experience. That which you desired to learn before this incarnation you set in place, not specifically, but in kind. You allowed yourself any number of attempts at each lesson. Thus, if you are seeing the same pattern over and over again, you know that there is a lesson of love in this pattern, and that the answer to this pattern lies along lines of the seeking of love within that pattern. Once this has been done and love has been found, the pattern is balanced, and one may go on to the next lesson one has offered oneself for the learning. Thus, you may see that your soul is, indeed, in your hands. You may learn, you may polarize, you may reclaim your birthright. You may advance as you wish—slowly, moderately or quickly. We would advise each never to run, but to take the careful steps, building slowly, nurturing the spiritual self, nurturing …

We must pause. I am Latwii.

(Side one of tape ends.)

(Carla channeling)

I am Latwii, and am again with this instrument. We find the recording devices somewhat humorous, but we understand the necessity of recording this deathless prose in some way.

To continue. We encourage each to nurture the infant soul within, for, indeed, each of you, in terms of the full spectrum of experience which you shall have within this octave of creation, are very young souls. You are doing your most important work at this time—not your hardest work, by any means, my children, for refining upon the choice is a challenge that takes, in your measurement of time, millions and millions of years. We hasten to encourage each by saying that we do not perceive time in our dimension as you perceive time in your own. We are most emphatically not bored, as one would be at the thought of spending millions of years in the same physical vehicle.

Soul is the essence of remembrance. What have you impressed in memory upon the essence of things

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that shall bias your soul this day? What do you wish for your soul? How and what shall you remember?

We very much thank each again for asking us to speak upon this interesting question. We would, of course, note that it is always so that there is a measure of meaning in any communication betwixt one's own private guidance and one's conscious self, which it would be an infringement upon free will to express. That is a portion that [is] unique to the self asking the question. The generalities we may offer, the twist or quirk that makes the information personal to one person is not ours to discuss. We hope that the one known as R grasps this and is able to, after assimilating this information, move forward in the freedom of its own choices, its own study and its own progress towards a more perfect, true and whole essence of remembrance, to a more entire identity with the Creator, the Soul of souls, the Self of selves and the Love of lovers.

We would at this time transfer this contact, with a merry heart and thanks to this instrument, to the one known as Jim. I am Latwii.

(Jim channeling)

I am Latwii, and greet each again in love and light through this instrument. At this time it is our privilege to ask if there might be any further queries which may be upon the minds of those gathered this evening? It is our great honor and joy to entertain any such queries at this time.

Carla: It would be logical to figure, if one person is its memory, that the Creator, in its active principle, anyway, is Its memory. Is that true?

I am Latwii, and am aware of your query, my sister. That which you call the active portion of the one Creator is, indeed, not only that which is Its memory, that which is the memory of each of Its portions, but is also far more this, for even the active portion of the Creator has that which is the potential and which has infinite ability to be. Thus, that portion of the Creator which has moved Itself into the creation and which experiences all that is experienced is enriched not only by all such experiences, but by the potential which awaits the free will choice of any portion of Its being. Thus, there is a great waiting beingness, shall we say, almost, if we may so surmise, an eagerness to be and to know.

Is there another query, my sister?

Carla: Would that suggest that the Creator has emotions? Besides love?

I am Latwii, and am aware of your query. The emotions are not properly present within the mind of the Creator, if we may use these terms, for terminology in this area is somewhat mythical, too [fancifully] constructed. However, there is a desire on the part of the Creator to know Itself in Its fullness, and as It knows Itself through Its creation, to love that which is created, that which is experienced. Thus, this desire to know and this great, overwhelming feeling of love may be seen as the equivalent of emotions, in your terms, on the part of the one Creator, as far as we can ascertain. We do not claim to have full knowledge of the great mystery which the one Creator embodies.

Is there another query, my sister?

Carla: Just a final one, logically following that. Would that desire spring from the free will which is a part of the active principle of the Creator? Just as it springs from the free will in us, that we're curious to know more?

I am Latwii. We do not wish to play with the word, shall we say, but it is more nearly correct, in our opinion, to say that the free will provides a means by which the desire of the Creator to know Itself may be fulfilled, for it is the desire of the Creator which comes before the means for its fulfillment. Thus, free will follows desire in this particular case.

Is there another query, my sister?

Carla: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii. At this time, therefore, we shall again offer our great gratitude to each of those gathered this evening for inviting our presence. It is a great joy for us to be able to share our opinions, our desire to know more of the truth and our joy with each. Again, we would remind each that we do not wish for any word that we have spoken to be seen as infallible. If any word does not ring of truth, please do not hesitate to forget it at once, keeping only those words that add to your own understanding in a way that is harmonious with it.

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At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai.

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Intensive Meditation
March 8, 1989

(Carla channeling)

I am Q'uo, and thank you for calling our group to your meeting this evening. It is a great pleasure to be with each of you and a privilege to share this meditation time with you. Our hearts are filled to overflowing with the joy of your presence and we love and bless each.

We are sorry for the delay experienced but this instrument was engaged in the successful challenging of a negative entity after which this entity was gone, but after which the channel challenged this entity until this entity was blue in the face. However, we thank the one known as Carla for this caution. It is caution of this type that we encourage each to use in the life and in action, for the tuning is sometimes one which may slip and the challenging that is not pure and wholehearted results sometimes in impressions upon which one may act which are not totally of the service-to-others path.

Now, each of you uses a kind of telepathy at all times. There is a strong connection which links the learning of the channeling and the living of the life, for one is a channel, in one sense, for specific discarnate entities which are carefully named and accepted by the instrument in those cases where the contact is stable. So it is in the daily life. The reason for the meditation is that it enables one to be a clearer channel. As this instrument would unfortunately put it, "a kinder, gentler," channel.

This is one of the great goals of the incarnation, for the gentle, peaceable and harmless life experience is that one which reflects inner peace, and this is the first step towards graduation from third density. This requires a type of channeling. We have never done anything but applaud this instrument's desire to teach the vocal channeling. But the reason for our wholehearted thanks was not only for the one-in-a-thousand which continues in this service, but that we realize that the process is one which one may use in the daily life.

If you are telepathic with the self within, you are in contact with the Creator. The essence of eternity is the realization that the present moment will last forever, and if one is not present at the present moment in the present tense as the new student of life, much of vital information and perception for the far-seeing thinker will be missed. This cannot be done by will or intelligence. This must be a subconscious bias. The work upon the subconscious is through the waking and the sleeping states.

In speaking of telepathy, we shall briefly speak of the dream state of telepathy, which is the satisfactory and deeper equivalent, physiologically speaking, of the meditative state—as more than one of this

instrument's group has demonstrated at some point during a meditation by offering a snore.

We may take this moment to note that this instrument's original statements earlier this evening were those which do agree with our own, that the physiological part of the meditative process is not the significant part of the experience, unless, and we do repeat that there is significance if one desires to spend one's life in meditation or to go into retreat and think intensively of the Creator.

We feel with the instrument, the danger to the integrated personality of forcing the self to live with the intensity necessary to be with the Creator, it is, or could be, dangerous enough to the integrated self that the self moves apart and the mental balance is lost.

The request we make to avoid excessive periods of meditation is simply that we do not wish the accelerated process of change involved in meditation to disturb the seeker past its limits of endurance. If the entity experiences the difficulties in personality, other types of meditation, such as the working in the soup kitchen and, in short, any activity which brings forward a feeling of unity with the Creator but is active, is recommended until the self can once again tolerate the degree of change brought on by meditation.

It may be seen that we are aware that meditation is the key to service to others, to knowledge of self, and to knowledge of the Creator.

We must pause that this instrument may retune. I am Q'uo.

(Pause)

I am again with this instrument. I am Q'uo, and greet you in the love and in the light of the infinite One.

Let us move on in this discussion of the lived life. For you see, the reason for the meditation is not that it is an end in itself but that it is a tool through which one may focus one's will and one's faith. It is—if we may speak in Christian terms—a communion, a thanksgiving, and offering a Eucharist. It is the time that is, if you are seeking the Creator, the center of the day. It is time that you call to remembrance that Thought which created you. It is, within the illusion you experience, as much a family matter as concern for your relatives, and upon the level of seeking, replaces one's concern for any loved ones. Sharpen the desire, sharpen the faith, and this shall be done through it's use. Will and faith together; simple, dogged persistence; going on when you don't feel like it; getting up when you are tired; honoring the Creator to make that mysterious entity a part of your real, everyday life.

You shall experience change. The change is partially the dailyness of yourself, and so shall your true adventure begin as you learn what you truly desire as meditation changes your point of view and, again and again, truths leave, new truths come and the imperishable truths glow and glorify the one infinite Creator. May you be daily—may you see that you were following metaphysically a path which cannot fail. May you be aware of your process of change and so be tolerant of those who are not changing at your speed. Make the allowances reflect the Presence within.

We welcome each upon the path, we walk with you, and at your mental request, we are with you in silence to worship the one infinite Creator and to be with you in a deepening state of meditation.

I am Q'uo, and I know I speak for all of my brothers and sisters of the creation, some of whom are, perhaps, more akin to your vibration than we. Ask for that entity with whom you are acquainted, which to you is the clearest and most shining voice of your own truth, and allow that silent Presence to be with you by mentally requesting it. There are no words, there is no message, there is only you and the Creator part of you, and telepathically there is communication from self to self within. You are many levels, and, in the end, my friends, you are the Creator. Allow yourself to allow the energy of your life to pour out as a fountain in the infinite radiance of the one Creator. It is merely spending enough time each day that shall enlarge your viewpoint.

I would now transfer to the one known as Jim, if there are any queries. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again through this instrument in love and in light. At this time we would ask if there might be further queries to which we may speak?

Questioner: Would you speak about the state which is between waking and sleeping that Carla spoke about earlier, that she called the hypnogogic state?

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I am Q'uo. The conscious attention of the seeker begins, as the meditation is entered or as sleep is turned into wakefulness, to pass a point that is available from either direction. As the conscious mind relaxes and as the sleeping self awakes, there is the point of awareness which partakes, in some degree, of both the conscious and the unconscious mind and its abilities within each mode of being. At the state which you have called the hypnogogic state, the seeker is aware that it is aware, and yet what it is aware of and how it is experiencing this awareness is markedly different from the conscious awareness of the daily routine. The hypnogogic state may be seen to be that of pure listening, shall we say, being before action, in which there is the greater receptivity and the closer examination of that stimulus which is received.

Most usually, the source of the stimulus, however, is inward rather than being a product of the external environment. The perception or awareness is one which allows the seeker to partake more fully with that which is perceived that there is less distinction between the perception and the perceiver, yet enough that the seeker is, indeed, aware that it exists in what seems, in some cases, to be a dual reality. This experience is one which may allow the seeker to receive communication from deeper portions of the self and from other sources that may be external or more relatively unavailable to the conscious self. For the hypnogogic state may be seen to be somewhat similar to the carrier wave, shall we say, in your radio-electronic terms, as we believe they are used. This carrier wave allows for the placing upon of information, be it in images, in symbols, in feelings, in verbalizations that are inwardly heard. These communications may be the product of conscious querying over a fairly significant portion of the life experience; may be the focus of conscious concern that is intense in nature and, perhaps, shorter lived in drawing the attention. The communication has the purpose of providing an insight into the point of concern, whether it be conscious or unconscious. The use of this state over a prolonged period of time is quite helpful as a means of communication to the subconscious mind and of retrieving information which has been recorded there and which may lend an insight or direction to the use of catalyst in the conscious mind and in the daily round of activities.

We feel that we have at this time given a great deal of information which we hope has not been confusing in this area and would, at this time, ask if there might be another query?

Carla: I have one more that I think as a follow-up to this one is kind of important. You're saying, then, basically, that dreaming is a kind of telepathy or meditation—telepathy between the subconscious and conscious—a way to retrieve information from the deeper and wiser parts of ourselves that are working with the same catalyst that we are consciously working on. Is that correct? You can just validate that or not.

I am Q'uo, and this is primarily correct, my sister. The unconscious mind, however, works not so much upon the catalyst, as does the conscious mind, as it provides the conscious mind information in various areas which very likely are the areas of use of catalyst by the seeker. However, the unconscious mind may also provide information which lies somewhat outside of the realm of the patterns or lessons. The use of the catalyst is by the consciously seeking entity. For example, the unconscious mind may be used in the manner of which we previously spoke to engage in the problem solving, as we believe you call it, where information is requested that would allow a completion of thought and activity to occur or another step upon this journey to be taken.

Is there another query, my sister?

Carla: Just a conclusion. So, keeping a dream notebook, then, and working with your dreams is a good part of the meditative process if you use it right. Is that what you're saying?

I am Q'uo. Indeed, the working with the self within the dreaming state is one very helpful means by which an entity may come to know the self in a manner that provides a richness and variety of points of view.

Carla: But can it reach to God, the Creator?

I am Q'uo, and we would suggest that as the seeker of truth attempts to know the self by whatever means is chosen, the seeker is making itself aware of the face of God in one aspect or another as it is expressed in the incarnational pattern. Thus, to know the self in the deepest sense is to know all selves; is to know the creation; and is to know the one Creator.

Carla: Thank you, Q'uo.

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I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: I had a dream several days ago that I described to my child and my child explained it to me and it seemed the explanation was really sharp. My question is, does it mean that my child has talent, or does it mean that some people have talent to explain dreams, or talking about a dream, God would use a child to clarify—God would use instruments to clarify dreams, because it is difficult to be objective with our dreams?

So my question is really, do the talents some people maybe have about reading dreams and maybe how you go and work on it? I'm not sure I'm very clear.

I am Q'uo, and I believe that we grasp the thrust of your query, my sister.

There are, indeed, those which express a talent for the translation, shall we say, of the dream images. These entities may have previous experience within other life patterns working with the subconscious mind and the, we shall call it, language or archetypical nature of the subconscious mind of your peoples. For each race of entities—or in many cases, each nationality—shares similar experience in a general and most basic sense that is available to each entity within the population in a way that may be translated and understood by those familiar with the archetypical journey of each human entity which is expressed within the mythology, shall we say, of each culture.

There are many which study—as any field of inquiry may be studied—the nature of the subconscious mind, and, more specifically, the process of dreaming. Therefore, there is the progress that might be made through study that may enhance the natural inclination of those who find themselves drawn to working with the language of the subconscious mind as a means of being of service to those who also find value in this endeavor.

Is there another query, my sister?

Questioner: No, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Questioner: Is it possible—and, if possible, useful—to gain active control of the consciousness within dreams so that you might be an active participant in the dream, in making decisions within the dream?

I am Q'uo, and am aware of your query, my brother. Though this is, indeed, quite possible for the student which not only shows a talent for this particular field of study but which also perseveres for a great period of your time, the ability to move consciously within one's subconscious mind is properly an activity which is possible only for those most adeptly trained in this area. The training is by experience and desire, working with a portion of the being which one feels holds great resources and which one honors and respects in a way which is reflected in the daily round of activities [and also through] the insights gained within the dreaming state, utilized as living portions of the conscious awareness of the seeker.

Is there another query, my brother?

Questioner: I didn't understand the answer. There are more primitive cultures on Earth—or supposed more primitive cultures on Earth—who have within their culture a technique of going back into a dream and actively controlling their consciousness within the dream. As I understand, you say that this is extremely difficult for us to do, even though in the particular culture that I'm referring to, children can do it or learn to do it. Can you speak about that aspect?

I am Q'uo, and we shall attempt clarity at this time. The ability to consciously move within the dreaming state is, for most entities within your current culture, an activity reserved only for those much practiced at the use of the dreams, for there is less respect given to the use of dreams, in particular, in the use of the subconscious mind in general, within your culture than there is within other cultures, some of which you have described as being of a more technologically primitive nature. Yet, these cultures are much more aware through their own beliefs and teachings of the value of the unconscious mind and the dreams in particular. And, therefore, the ability to move within the dreaming state in a conscious manner is a more natural part of their culture than it is of yours, and because it is a foundation stone upon which their culture rests, is an avenue frequently traveled and the doors, therefore, are more open to such travel for such entities.

Is there another query, my brother?

Questioner: No, I understand now. Thank you.

I am Q'uo, and we thank you, my brother. Is there a final query at this time?

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Carla: If no one else has a final one, I do. I suppose, really, that it would be an infringement of free will, but can you give any comment whatsoever on our decision which has been tentatively made, but not finally made, to stop the teaching of channeling itself from long distance and to offer instead the experience of the channeling without teaching others to channel unless they're close enough to be able to stick with it for a long period of time?

I am Q'uo, and as we find that this query still rests as a query within each mind, we do not wish to infringe upon either free will by biasing in one direction or the other. Therefore, we must beg your forgiveness for finding our inability to speak to this query.

Carla: That is perfectly acceptable and understandable. I kind of expected it. Thank you anyway, Q'uo. God bless.

I am Q'uo, and we thank you for your patience and your understanding, my sister.

At this time we shall, with great joy in our hearts, thank each for inviting our presence this evening and shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Saturday Meditation
March 11, 1989

Group question: Focusing around the phrase, "the willing suspension of disbelief" and the clearing of the lower energy centers, information concerning the red, orange and yellow.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator, of which we all partake. It is a great blessing and privilege to be called to your group, for it is our way of being of service, to share our opinions with you who call upon us with a certain vibration of seeking in service to others. It is also the way we ourselves learn and progress, so you are teachers to us as we are teachers to you. And we are companions together upon a very, very long journey.

The journey that we are all upon is much like a very, very long story, a story that takes place in an instant, simultaneously, and yet within your illusion and our illusions and those in between and those before and those beyond us, in rivers of time and space, so that there are pastures of experience along which you may feed and grow and learn. And when you are participating in your story, you are the hero and the heroine, the villain and all the bit parts. You are the audience, and you choose when to ring the curtains up and down. And in any story, in any fiction, in any narrative, the first requirement of the reader and the observer of that narrative is that that observer suspend willingly, out of free will, the faculty of discrimination or disbelief.

Note that it is suspended, while the action is taking place. It is not suggested that after the story is finished there be no afterthought, no process of discernment, no attempt to come to many various terms with all of those things which have happened within the story. "The willing suspension of disbelief" is a phrase taken from literary criticism, however, it is an equally important staple of the diet of heavenly food which nourishes and strengthens and enables the seeking soul to learn and grow.

It is all too tempting, within your illusion, to work with the negative energies of judgment. Turned in upon the self or out upon others, this faculty is equally damaging to the one who generates it. The entire lifetime experience, then, we are suggesting, is the period of the narrative of each entity's incarnational story, each entity's incarnational journey. Because it is an illusion that is nearly perfect and complete, it is most important to withhold judgment upon the self and others completely, in that one is never condemned but is seen as an entity which shall be, and indeed truly is, perfect, for the reality which you are experiencing at the same time that you experience space and time is the reality of the present moment, or to put [it] another way, the reality of eternity. The appropriate time for careful judgment is that moment called the day of judgment

by that holy work which you call the Holy Bible, and that day shall arrive for each, and the judge shall be yourself. It is you that you must please. It is you that you must convince. It is you that are the critic. It is you that will write the outline of your next play, when you decide in the far more enlightened atmosphere outside of your particular illusion what biases you still wish to emphasize and what ones to de-emphasize.

Now, within any extended story cycle, which is, indeed, the life experience, there are many times of transformation and epiphany, many new beginnings, and it is at those times that we do, indeed, encourage each to take stock of the present moment, to remove that suspension of discrimination and disbelief and to examine, as deeply and as completely as possible, using rational and intuitive faculties alike, what it is that the lesson just experienced has been catalyst concerning, and then, as you gaze at the present moment and move into the river of time and space in the future, you may think carefully what you wish, what you desire, for what you feel passion, hunger and thirst. And when you have found the intensity within yourself, you know the direction you wish to go within the new situation, within the new story, within the new cycle of being that moves as the seasons do within the emotions to heart and the mind of each entity which [is] ensouled within a body within your sphere of existence at this time.

There is another phrase which may lend some illumination to the phrase, "the willing suspension of disbelief," and that is a phrase used by, shall we say, one of your more angst-ridden Christian apologists. That phrase is, "the leap of faith," for you see, the willing suspension of disbelief can only be done in the faith that it is safe to disbelieve—that is, to the intelligent, rational mind—like saying that it is safe to jump off the cliff without a moment's thought for how deep the cliff may be or what lies below. This is what faith is about. It is a choice made in a vacuum. The choice is very simply to abide and to have faith. What shall you have faith in? We would not call it anything more specific than love, for love is the closest word you have in your language to the terrible, awful, beautiful, creative and infinite love of the infinite One, the Father and Mother of all that there is.

It is not easy to leap into space within one's mind and heart, having nothing to hold onto but the faith itself which you have decided is your first choice. You have decided to trust the process whereby you shall learn what you came here to learn, and you take the step; you cooperate with change and you are in midair almost immediately. Not only has your disbelief been suspended, you yourself are suspended upon nothing but faith. This will occur time and time again to one who seeks.

This cycle of an experienced faith and a faith only hoped for is the necessary cycle of the seasons of the soul, for no soul can learn with unmitigated suffering, nor can any soul learn with unmitigated joy. The dynamic of the desert and the oasis is that which gives dynamic, interest and detail to each seeker's unique path. Let us say that each of you is on a very long journey. So does the one known as Jesus speak of the prodigal son. We find that in this connection, this story is helpful in illustrating the willing suspension of disbelief, or the leap of faith. In the first place, we would point out that that entity which did not go upon a journey, which made no mistakes, and had no good or sad adventures, was incapable of rejoicing, whereas that prodigal son, which had done so many things incorrectly, had squandered his inheritance, and was living with swine, was able to experience deep and intensely felt emotions of sadness, longing for home, hunger to be even a slave in his father's household.

And so, footsore and weary to the bone, hungry and thirsty for home, come we all along the road, along our story, along our journey. We know that our Father greets us with joy and gives us a feast and we know that joy. We can anticipate it. And all of these feelings are within a story, that story that is unable to be felt except upon an inner level.

So, too, you may choose to see your story in everyday, mundane, logical and pragmatic ways. Yet, you shall not learn as a soul by this technique. Far more shall you learn if you seek to suspend all disbelief in love, if you leap into love, whether it is a void or whether it is full and can hold you completely, you must make that choice always at each beginning, at each turn in the path.

In order to do this, it is very much necessary to meditate upon the daily basis, to put oneself in the Father's house at the Father's feasting table for just a few moments in the day, so that you know who you are and Whose you are. You are not your own. You do not belong to yourself. You are a story in the mind of the infinite Creator. May you leap into each

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leg of your journey with faith undiminished, ready to run the race in love, in joy and in hope of wisdom and compassion.

About the lower energy centers and their blockages we could speak for many, many hours, yet much has already been spoken about these blockages. We can only say that there is no body of philosophical or spiritual material upon your planet, of which we are aware, that has not within it some good insights into the voyager's search for the peaceful inner self. Thus, it is not a matter of pointing you in this direction or that, this religious system or that, but rather, perhaps, we may say in a very general sense that those things which keep energy from pouring at full volume into the heart energy center are those things which are not of love, but are distortions of love, seen in the faces and voices of those who have experienced pain. The essence of that which robs the heart of energy is separation. Thus, if you anger yourself, you must sit down and find that self within you which may forgive, find the grace within the self which redeems and makes one new. When the difficulty is perceived as being another, let it be clear that in some way you gaze upon the Creator and the self. From this you may learn if you are capable of remaining faithful and abiding in an inner peace which allows one the larger point of view.

Impulses towards kindness are sometimes not helpful in clearing lower energy centers, for there is a distinct difference between pleasing another and serving another. Before an interaction takes place, ask the self what spiritual principle is being called upon in this interchange and what role am I playing within the dynamics of love within this situation? For that which you wish to offer to others is that which may enable them to grow spiritually. Sometimes those things are not pleasing to those whom you would wish to serve, yet, if it be your light, given to you as your own truth, that to serve, this and this must be, then this and this must be the way that you act, in kindness, in compassion, and in unity, forgiving and being forgiven. To experience forgiveness, to allow it to be generated through one, is perhaps the shortest way to the clearing of the lower energies.

Perhaps the only other thing we would suggest in this regard, because of the shortness of the time period in which we have to work, is that each in its meditation move to that portion of the self which is the inner room deep within each heart and soul, and within that inner room offer the self up in complete and total surrender to the Creator which awaits within the self, but which will not come into conscious relationship with the self unless that relationship is thirsted for and hungered for as if it were the very food and drink that sustains life, and may we say, my children, in a metaphysical sense the presence of the one infinite Creator is, indeed, absolutely necessary for the soul's health. May you invite it. May you greet it, thank it, bless it and allow it to enable you to open the heart, to leap faithfully, joyfully and abidingly into the clear, unobstructed air of the grace and blessing of love itself. It is infinite, and it certainly seems void. And sometimes you will experience it as void and dark, and those are your desert times. Rejoice in them also and worry not if you feel blocked, because just as surely as you have entered the desert, so your steps shall bring you to the garden.

We are those of Q'uo, and we would transfer this contact to the one known as Jim. We are those of Q'uo.

(Carla channeling)

I am Q'uo, and am again with this instrument. We greet you again in love and in light, and offer the blessing of the infinite One. We find that the one known as Jim has explained to us that we must not linger. Therefore, we would bless each, thank each and remember to suggest once again that each seeker may best participate in his own story by treating all things as if they were heavenly food, including the self. They are to be blessed, and then to be broken and given to others that they may multiply. So does service multiply itself in love. Each entity who dwells in love creates that which it could not imagine by its mere persistence. May your light shine persistently. May your life in faith never need words, but only deep feeling and faith. We offer each the peace of the journey to the Source. We leave you in the love and in the light of the one infinite Creator. We are those known to you as Q'uo. Adonai, my children. Adonai. ♣

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Sunday Meditation
March 12, 1989

Group question: Concerning how our (most importantly) mated relationships are perhaps a manifestation of our love for our self. And to carry this further, how all relationships that we might come in contact with, however brief or long, intense or shallow, might also be some kind of a manifestation of our love for our self.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator, and rejoice to be called again to work with your thoughts and offer some opinions that we may have. We are honored to join in your meditation, and we do thank you very much. We must be sure that you understand, as always, that we are not infallible, and that each truth that is your own truth is that which is recognized rather than learned. You already know the truth—it is at a level of your mind complex which does not use words. However, when the truth is clothed in words, the deep self remembers and recognizes that personal truth. Truth is, as far as we have learned, subjective, in that all of experience is subjective.

This leads to discussion of the thought offered by the one known as R that the mate is the gift of love of the self to the self.

Firstly, we would like to remove one aspect from this commentary quickly, and that is the always challenging difference betwixt the male and the female entity. Although it could equally be said, for instance, that each mate is an accurate reflection of the subconscious of the other, yet still, to the female energy is given the freer access and the greater energy and power of intuition and the half-knowledge of that which is veiled which is called intuition or inspiration. And to the male is given the reaching for that inspiriting.

To look at it in another way, one might see the quandary of a Creator which creates a companion for Itself, only to find the companion is not happy spending all of its time with the Creator, but rather feels alone without his own kind. We are not saying that this is the way creation in your density began. We are simply saying that the concept there embodied in the female being the artifact of man and man's desire not to be alone is far different than the original statement of the loved one as a reflection of the love of self for self. For in this debased picture, the two perfectly dovetailed species, male and female, are offered less than equal roles in a creation. Thus, we must pluck from the concept of the outer world of experience being created by the self's love for the self, we must broaden the horizons of this concept, as the author of this concept rationally had already begun to do, so that it includes all that there is.

Now we may gaze at the nature of the entity within third-density incarnation, and we say that this

statement is a statement of an ideal nature of a certain kind. It is a spiritual ideal which is invoked. Indeed, the greater Self or the Creator is invoked in this concept, that is, the sense in which this statement is correct and literally accurate, is that the self, which is in the end the Creator, somewhat young and confused within third density, and certainly remaining confused by our fifth-density experience, somehow still contains that perfection which created all that there is. And in that sense, the Creator gazes at the Creator and knows that all has been created because of love.

All that is is a reflection of the Creator's love for Itself, and further, Its desire to know more about Itself, to communicate with Itself for the enlargement of Its personality and to learn that which seems to be subjectively true, beautiful and perfect, that which, unlike the physical vehicles of your density, is imperishable. In the sense of the God-self residing within the many layers of distortion and confusion that abound within third-density experience, the statement is accurate. However, we would quickly add that it is misleading to consider to oneself that one is capable of living in the God-self for any length of time and having this experience be a steady state. It is not that this is not possible; it has been done by those who ruthlessly remove themselves from anything but the sitting, the silence, the meditation, the breaking down completely of the self. When one resides, acts and reacts within the societal structure which is your best environment for learning, one cannot remain the God-self. Thus, as one gazes into the eyes of the loved one, one may upon one level try to remember that one gazes at the gift of love of God for Itself.

On another level, it is well to remember that you are gazing at yourself. You may well not love yourself. Therefore, you will not be pleased with the face of another, the conversation of another, or the actions or thoughts of another. The more disturbed or upset that face is able to create the catalyst for you to become, the more that self has to teach. We do not suggest that any learning difficult lessons attempt for any length of time to remain consciously the God-self, for it is a dangerous choice of personas, a risky choice of masks. The risks to one who walks incautiously upon the path of learning [are such that one] finds that one has been waylaid almost inevitably, for one's energy, unless taken from what you may call the world full time, is most usually not equal to the task of remembering who you really are.

Now, you are here to learn, rather than to dispense information and learning to others. The learning is primary; the fruits of that learning, secondary. Thusly, that which comes to a seeker from the faces of those around the seeker will reflect various facets of that seeker to itself, as a mirror may reflect accurately or in a most distorted fashion. Indeed, all of the mirrors are distortions, in some way, of love, yet the catalyst that this distortion of love may bring is far from a joyful experience.

We would like to take a few moments to talk about a very basic subject, that subject being meditation. It may well be said of those of the Confederation of Planets in the Service of the Infinite Creator that we sound one note very often, that note of meditation—daily, constant meditation. The reason for that is not one thing, but many, all concerning, however, the progress which each of you, the pilgrims that seek, may make.

As we allow these pauses, we are hoping and asking that you may begin to feel a presence, a presence called to this group from beyond us. We practice at this moment the presence of the one infinite Creator. Allow your heart to open to the greatest amount it may stably open. Do not ask it to become brighter or more crystalline than the power that is moving into it, but allow that to bloom. Allow the feeling of being in the presence of the Creator to bring to you praise, worship, adoration and thanksgiving. You sit with the Father and Mother of All, infinitely available to all, infinitely loving and infinitely unable to speak.

Each of you, then, by the changes made by meditation, may begin to perceive differently throughout a lifetime of sincere and openhearted effort in love, not duty. The viewpoint may change and widen and deepen and strengthen greatly in balance. As one meditates, one is intending to experience firsthand the Creator and the environment of the Creator, which is love, light and eternity, all of those in infinite quantity. With enough repetitive, impassioned silence and listening, one's reactions begin to change because one's consciousness has begun to change.

Meditation does other things as well. One great aid that it brings to the meditator is simply the strengthening of the bridge betwixt conscious and

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subconscious, intuitive and rational; all the parts of what a medical person would call the encephalos, working together and not at odds. We find often among your peoples that there are many voices within, each with a different viewpoint, each with a different program, if you would speak in terms of a computer, and all together having mutually opposing agendas. Meditation, taken daily, systematically and without the long, long meditations, but, rather, short meditations followed by the feeling of being strengthened, the mind begins to remake the basic metaprogram of the biocomputer mind in order that it may complete the process of integration so that one may become more and more a positive, unified entity, capable of a singleness of heart, a singleness of purpose, and a singleness of passion and love.

That which works—that is, that which functions within meditation—is not much affected by the meditative state achieved. The meditative state may, for most of your peoples, never be satisfactory in a subjective opinion, the self of the self. This is due to what this instrument would call your lifestyle; that which is full is ever a little fuller and details clog the arteries of inspiration. With meditation, intention, desire and passion are all, for the process is not a physiological one, not unless what you are attempting is the relaxation of the physical vehicle. Meditation is spending time with the infinite One and with Infinity Itself. It is a completely metaphysical act. Indeed, it does aid a person to be relaxed in order to meditate, but even the strong desire to meditate, pray, contemplate or worship has the desired effect; it opens a door behind which stands a Creator who will not knock, who will not ring the bell within the head, who waits patiently to be asked to come in, to join with the seeking soul and to offer it light, love, healing, peace and joy.

Yes, indeed, my friends, the Creator loves, and all of you are part of what it loves, for all of you are part of Itself. It desires to know each of you with a passion that is incomprehensible. All of the reactions which one has in love, about love, with love are shadows of the Love that created all that there is, the one great original Thought that is the Creator. We encourage you, therefore, not to see love in every face if you do not, but to take it into meditation without judgment, for you are as you are; each pilgrim, with its self-perceived strengths and weaknesses is unique. The Creator does not judge, but loves. Thus, we urge each never to force or push the spiritual seeking, but to allow it to occur naturally. When the seeker finds itself impatient for more knowledge, more truth, the seeker needs to realize that this is not a means to an end; this is the end desired. The Creator's hope is one thing more than self-knowledge. It is self-love.

We urge and encourage and exhort each to love each other and to see the face of Love in every face. We equally urge each never to judge the self or to become discouraged when this is not occurring, for that which is occurring is that which needs to occur at the very moment you experience that which is occurring. It is the raw material which, when refined, will become the gold of compassion, wisdom and humility.

We find that there are assorted concerns, and would transfer to the one known as Jim, that if any wish, they may query further of us. I am Q'uo, and I leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to ask if we might speak to any queries which yet remain upon the minds of those gathered this evening.

Carla: Well, if nobody else will kick it off, I'll ask a question you can't possibly answer, but I was curious. I sensed another presence here and patrolled the perimeter and found it, and was having a lot of trouble dealing with it for a few seconds. I was holding up an imaged cross. So, instead, I put this cross down and put my arms out and let the cross be big enough for me to be on it and challenged again in the name of Christ, and the entity vanished as quickly as I've ever seen one go. If you can make any comment on that, I'd be interested to know what was occurring with the challenging process?

I am Q'uo, and am aware of your query, my sister. The effect that was accomplished by exchanging the small visualized cross for that upon which you might place yourself was to magnify the intensity of your challenge to the point that the purity of your desire to serve in the positive aspect was overwhelming to the entity towards which the challenge was offered. Therefore, the entity found the need to take its leave of this group.

Is there another query, my sister?

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Carla: No, thank you. That was a lot more than I'd hoped for.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: What did that entity intend by its presence?

I am Q'uo, and am aware of your query, my brother. This entity of negative polarization was hopeful that it might be able to make some inroad into the channeling process, as is the habitual desire, shall we say, of those of the negative polarity, hoping that by their insertion of their philosophy into the positively oriented of a group such as this one, that they might in some degree partake of the power that is generated when entities of a positive nature gather together to seek more of that which they call the truth.

Therefore, this entity was hopeful of being able to, shall we say, bleed away part of that power, and, if successful in that first step, then be able to take a larger and larger role in the contact with this group, hoping that, perhaps, its information might become more predominant as a focus or concern for this particular group.

Is there another query, my brother?

Questioner: What density was that entity?

I am Q'uo. The density was that of four. Is there another query, my brother?

Questioner: Not from me at this time, but I would like to thank you for an extraordinarily illuminating answer, from my perspective, to the question that was originally posed.

I am Q'uo, and we thank you, my brother, for posing this query, for it has allowed us to speak upon a point which we felt was of some importance. It is by queries of this nature, and, indeed, by the seeking of each heart gathered this evening that we are able to have a beingness at all within your illusion, and to serve in the humble way in which we have the opportunity to serve.

Is there another query?

(Pause)

I am Q'uo. Again, may we thank each for inviting our presence to your group this evening. It is a great feeling of joy that overcomes us when we receive the invitation to join your circle of seeking, for with the invitation comes the opportunity of walking more fully with each of you and feeling your presence, your desire to know and your desire to serve, which when generated within the heavy chemical illusion that you inhabit is all the more precious for the great spiritual effort that has gone forth on the part of each of you to create these desires of a positive nature. We appreciate the illusion in which you dance and realize that it is not an easy task to continue your daily round of activities, which seem so burdensome so often, to then move the concerns from the daily round of activities to that which lies behind each activity, to that which lies within each self and each beating heart, to look for those clues of the Creator, to follow that trail of love, no matter how trying the journey. We salute each and share with you that which is our love for the Creator in each. We are those of Q'uo. At this time we shall take our leave of this group, leaving each, as always, in the love and light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
March 19, 1989

Group question: Taking potluck questions tonight.

(Carla channeling)

We are Hatonn, and we greet you in the love and the light of the infinite Creator. May we say what a blessing it is, and an honor, to be allowed to share your meditation and to join your circle of seeking at this time. May we ask that each in the circle realize that there is only one being, one consciousness, amongst all seekers. Each is unique, but each a part of the same movement, the same process, each of you companions on the road from the Creator to the Creator. We ask that you settle down, perhaps, a bit deeper in order to serve as batteries for this instrument. We ask that this tuning procedure be enhanced if necessary by visualizing a small globe in the midst of the circle, and it moving until all are within that globe, all within the light, all protected and united in their seeking.

We have been called to your group this evening by the thoughts and desires of those who are here. We come gladly because it is our method of service to others to be with you at this time. We would perhaps recognize the motives of service to others that moves some among your peoples to go to those other peoples upon your sphere which are needy and teach the ways of using the environment to their environment. So, too, we wish to aid entities in another environment than that of the physical bread, the physical food, the physical existence. Each of you also is an awakening spirit, and each of you begins to awaken to the need, not only for food of the spirit, but for tools and resources, that one find the means of growing the wheat, of removing the chaff, of grinding and breaking that which is hard within you, that the newborn spirit, that the wheat, that the gold which you have made and found within yourself may glow and become a channel for the love and the light of the infinite Creator. This is what all of us seek to do, and this is the adventure at the beginning of which you now gaze with a fascination that this instrument would say would be shown by Dorothy in the Wizard of Oz. She knows she is not in Kansas anymore, but she does not know where she is.

We feel that it is a kindly universe, a most loving and loving and beloved Creator, and we find that our fates, as far as our teachers know, are most benign, and that our end is never; that we are imperishable beings, created to be the active portion of the one Creator, cells of an infinite Mind, which learns about Itself because of the interaction of all of us, all of you, all those of your sphere, all of your galaxy, all those of the billions of galaxies that you may see, all those in the infinity of the illusion of this octave of experience.

We of the Confederation of Planets in the Service of the Infinite Creator come to you with a very simple

message. We come to you with what may be said to be a message so simple that it cannot be heard. We come to say that there is one great original Thought; that thought is Love. Not a love as you know it, but a full and complete love, a love both beautiful and terrible, the love of the Creator to know Itself. In that love, It created by using free will that which is called consciousness, self-consciousness, shall we say. Each of you is a mixture of the very stuff, shall we say, of the active principle of the Creator, that is, you have a God Self. However, to it was bonded free will, and in the immature, shall we say, seeker, that free will shows as willfulness, variousness and unpredictability in choice making. Indeed, many do not see that each day and, perhaps, each hour a decision that is to be made, that may seem very small, actually bears upon a spiritual principle. One could be working upon one's development as a polarized service-to-others entity. Many, many times, one misses the opportunity because one is far too much involved in that illusion which you call the everyday life.

We come to speak of a love that is so great that it does not run out. It is infinite in supply. We come to urge each to participate in that great original Thought of Love, for the more that one participates in the great original Thought, the more one's point of view regarding the mundane and everyday experiences of the life experience become infused with the light of the one infinite Creator and the compassion that is felt by the Creator for Itself, all parts of Itself, those who love the dark as well as those who love the light.

The greatest and most powerful pathway to an experience of the infinite Creator that is available in a way which will remain with the entity is persistent daily meditation, for in meditation one moves oneself through the door into the inner room in which stands waiting the Creator. The Creator is most willing to dwell and abide with each entity, but it is each entity's decision to open that door to the inner room of silence, meditation, contemplation and listening. If you may do one thing to accelerate the pace of spiritual growth, it is simply to choose a place and a time in each diurnal period where the meditation may take place in silence, and the listening within may be uninterrupted.

The process is most difficult to judge, we find, from those within the illusion, for within your society the mind complex is requested to be very active at all times and the body usually also. This makes it rather difficult for what this instrument would call the western or Occidental entity to participate in a passive meditation with much true quietness of mind. We ask you not to be discouraged on that account, for the work that you do in consciousness by meditating and listening is that work of the will, the will to discipline the personality, to change willfulness into that phrase from your holy work, "Not my will, but Thine," in other words, not the will of free will which is various, but the will of the Creator Self which is a will to love. To this, we ask you to surrender, as the finite surrenders before the infinite, as the past and the future surrender to the resonance of the present moment. Intersecting with the present moment at all present moments is eternity. One may think of it as, shall we say, perpendicular to all things. It is enmeshed with you. You dwell in heaven at this time.

Oh, my friends, we urge you to open the eyes and gaze about at the creation of the Father. We ask you to see the cooperation and the joy that there is in the green cathedral of nature. We ask you to seek the trees and the bushes that breathe out that which your species must breathe in, that breathe in that which your species must breathe out. The cooperation is great, yet completely without thought. Again and again within the world of nature, one may find not only beauty, but cooperation, harmony and a way of living in which each may exist and be wild and free and beautiful. That is still your heritage.

You see, you carry about with you a second-density creature. This creature is your body. You yourself have the consciousness of third density, but you must walk about upon this particular heavy physical density of illusion, and so, you carry about with you a certain kind of animal. This human animal is a delightful thing, and we ask each to honor it, to understand its needs, to harmonize and cooperate with that which some have called the temple of the soul. We would prefer the term physical vehicle, for you use it much as you would use a car; it gets you around, and through its senses you perceive much. But please reckon with this animal and know that it, including its ability to reason and to have instinct, is not informed in the same way that one which has chosen to become conscious of one's hope of accelerating spiritual growth is. You must realize that part of the willfulness that must be regularized so

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that the will may be turned to work in consciousness is that of the outer illusion, one's relationships, both in society and most especially with those with whom one is intimate, one's family.

It is well to do the very best one can to place one's creature in a good position for survival, so that one may go about the business of polarizing in consciousness. Do not allow the intellect or the instinct to rule the behavior, but turn again and again to the glory, the unity, the peace, and the joy of the presence of the one infinite and mysterious Creator, that Thought of love which created all that there is. Do not choose to be that which carries you around. Do not choose to be willful forever, but choose instead to will to surrender to that greater Self within. Ah, my friends, what a jewel rests within you, what light, what love! You are unique, each of you, unique as snowflakes. You have experienced much. You would not be here upon this planet within an incarnation at this time if you did not have a good chance of choosing to be of service to others to the extent that you polarize enough to graduate from this density to that density of love and understanding where the veil between the conscious and the conscious mind is lifted, and much is seen and understood that can never be understood within this illusion.

We do not mean to suggest for a moment that there is any hurry about this; it is one's choice completely. We do not mean to suggest for a moment that the fourth density is easier than the third. This is not so; it is simply different. The fourth density is a density in which one refines one's ability to love and one's knowledge of love, one's ability to be love and one's knowledge of being love. However, because there is a fourth density negative, there is a dynamic tension, and both those of positive and of negative persuasion may speak to your people. We ask you, therefore, to discern and discriminate carefully with each piece of information that you hear, including ours. We are fallible. What we have to say to you is, we believe, helpful. We hope it is. But if it is not, my friends, we ask you to let it go, for we would not be a stumbling block before you in any way.

We would not ask you to meditate for the long periods of time, for we find that the process of spiritual growth among your peoples causes a good deal of change. It is well that the change take place slowly enough that one's mate may deal with it as well as one's self. The process of change is sometimes painful, and we urge each to be extremely courageous and pick oneself up after each and every self-perceived failure to turn one's face again to the mysterious face of the Eternal One. We join you on this journey. We hope that you will meditate each day for a short period of time, not the long. We hope you will enjoy the changes that you perceive in yourself. We hope that you may again and again and again choose love and serving others over that love which takes, controls and manipulates.

See those activities and behaviors within yourself and start making other choices. These things you can do—not out of your own strength, but because you spend time with the Creator. May we say to you, the basic, single, most thorough-going advice we may give to you is to meditate on a daily basis, for one moment with the Creator can make one feel joyful, peaceful, centered and ready to meet that which comes later. Then when one is in a difficult situation, one may cast one's mind back to that centered place and in some way draw eternity into the most difficult of situations. It simply is a matter of spending time with the Creator. This mysterious Entity created you. It is infinite, It is intelligent, It is invisible. This much we know. The Creator is still a mystery to us as well. But the Creator intersects with your life at this time and at every time, for each moment is the present moment, and each moment is eternity. May you spend your time with the Creator so habitually that this becomes a resource that you may become a channel for the love and the light of the infinite One. And then, my friends, you shall shine like a lighthouse, like a beacon, for you shall be a channel for love, that which does not stop, that which is infinite. It is the lightening of the consciousness of the planet Earth that is our hope at this time.

With this thought, we would leave this instrument, and transfer to the one known as Jim. I am Hatonn.

(Jim channeling)

I am Hatonn, and greet each again in love and light through this instrument. At this time it is our privilege to ask if there might be further queries upon the minds of those gathered this evening to which we may speak? Again, we remind each that that which we offer is our opinion, offered freely and joyfully, yet with no desire that our words be seen as anything other than our opinions. Is there a query at this time?

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Questioner: I have one. I believe that my higher self has created the illusion of my being here on Earth at this time. I believe in incarnations, since all time is one. Do I have all of my incarnations simultaneously working together now in and out of my being that is here in this room?

I am Hatonn, and am aware of your query, my sister. The simultaneous nature of time is a difficult concept to express in your words, for the nature of words themselves is that which works against, shall we say, the understanding of time at its heart. For within your illusion, time moves as does a river, with that which is past, that which is present, and that which is future moving sequentially in order that the mind complex may grasp in a specific or narrowed function certain lessons, shall we say, or concepts that shall require this focused attention in order to be realized within the depths of one's being. Therefore, time, as you experience it, is greatly distorted for a purpose, that you might learn intensively and with focus and purity. However, the larger view of time and of your own being includes a great deal more than this concept, than this illusion, and more than our humble words can begin to approach, though we shall attempt this process.

Your, as you have called it, higher self is what you now would call your fully potentiated self at a point in time that you would call your future. This higher self has what you might see as a road map laid out for you that has the beginning point, the ending point and many possible avenues of journeying between these points. The higher self has resources available to it upon which you may call through your desire to know more of the mystery of yourself, of this illusion, of the creation, of the Creator.

As you begin to request information of this nature, you are guided, shall we say, by your higher self to meet the various entities, activities and resources that are necessary to satisfy your desire and to allow you to continue upon your process of evolution. One of the resources which may be called upon in this process you may see as your various incarnational selves which exist within your being as probabilities or possibilities, infinite in number, and which contain, within their realms or boundaries of being, information gathered through experience within these incarnations which may prove useful in your current incarnation. It is more accurate to see the incarnational process in the simultaneous time framework as a kind of parallel existence which has no beginning or no end, if one explores carefully one's own connections, not only to one's present self or those that one might consider past or future, but also one's connections to each portion of the creation of which one is aware. For as you have become familiar with the concept of unity of self with all of the creation, this concept indeed begins to make itself more obviously apparent, or shall we say, apparently obvious, as one sees the connections between the self and each particle of the creation, and begins to see that there is that of value in each portion of the creation and is that which might teach or inform the self as the self moves through its currently perceived experiences.

All this is to say, my sister, that your supposition, though correct in its foundation, is somewhat oversimplified, as is our explanation in response to it with the words we have used, for the nature of one's being at the heart of one's being partakes of this unity which is unshakable and is the primary foundation stone upon which all of the creation is built.

Is there another query, my sister?

Questioner: I had an unusual experience that all of a sudden I had an insight, as if everybody that I was with in this particular room at a given time was me and I was them. I zoomed into them and they zoomed into me. Is everybody in this room tonight and everybody I come in contact with "other me"?

I am Hatonn, and am aware of your query, my sister. At the heart of each being, this is, indeed, true for each. Indeed, each entity which one meets in the daily round of activities is an other self, not just because each entity projects from its own conscious and unconscious mind a certain image of the self that serves as a kind of filter or eyeglass through which one sees one's universe, but even more profoundly, each entity is, indeed, the one Creator, and as the One exists in all, then all exists in the One, and, indeed, in each other. Therefore, the experiences that each entity accumulates in each incarnation are available as a resource to all, if each entity is able to move through the deeper levels of the mind complex to that place within the subconscious mind where this unity is more obvious and more profoundly in effect within each incarnation and each portion of each entity.

Is there another query, my sister?

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Questioner: Not at this time.

I am Hatonn. Is there another query?

Carla: Well, I'll jump in while everybody else is thinking. I've always wondered about simultaneous time. If some past life version of you does something differently, like have another kid or die early and doesn't have kids or whatever, does the future all change? I mean, simultaneously?

I am Hatonn, and am aware of your query, my sister. This again, though correct in its basic premise, is somewhat oversimplified, for there is not just one past or one future; there are many, many of each, each with a different response, perhaps in degree or in quality, to those events which are occurring in a simultaneous fashion for the entity in one portion of its being that is seen within a certain framework of time. As we are sure that you begin now to see, the process is one which is dynamic in its interaction and the connection with not only deeper portions of one's own being, but with the entire creation about one as well.

Is there another query, my sister?

Carla: No, thank you.

I am Hatonn, and we thank you, my sister. Is there another query at this time?

Questioner: There's been a lot of study going on in life after death experiences of people that have come back, and from everything that I've understood, people go to a light, the source of God, as we believe it to be, as I understand it. There have been some that have not gone to this light. Is this not just in your own thought of what life is? And once you have passed through this period of time, are you not with God at that point, even if you have fear, even if you have a sense of evil or bad, do you not spend the time and still return to God? Instead of, for instance, hell? Is there even a hell?

I am Hatonn, and am aware of your query, my sister. Indeed, each entity, whether within the incarnation as you experience it or moving through the door of death, as you call it, to a different form of existence, each entity always is within the presence of the one Creator. That presence is perceived in a fashion which responds to the, shall we say, beliefs or structure of beliefs which the entity has formed within the current incarnational pattern. These beliefs may again, to use our former analogy, be seen as the spectacles, the eyeglasses upon the face through which the entity views its environment.

Thus, that which is experienced immediately following the process you call death partakes most fully of this distorting factor of belief that filters that which is, so that it is seen and experienced according to the beliefs of the entity having the experience. Thus, there is much of confusion for many, as each entity has formed a unique system of beliefs to some degree during the incarnation and must, at the time of the death process, first view that which is to come through this structure of beliefs. As the entity becomes more accustomed to its new environment, it begins to allow certain of the more distorting and obviously less useful beliefs to fall away as a natural function of the continuing process of transferring consciousness from one illusion to another less distorted illusion. Therefore, the entity begins to see …

(Side one of tape ends.)

(Jim channeling)

I am Hatonn, and am again with this instrument. Is there a further query at this time?

Questioner: As I, in this physical being, pass into death, and I take all of my biases and my prejudices and my learnings with me, and certain distortions fall away on the other side, whatever period of time I choose to stay on the other side, does a refined spirit come back through to the next incarnation in body?

I am Hatonn, and am aware of your query, my sister. As you begin to penetrate the realms of what we find called Etheria or the higher realms of the astral planes after moving through the death process, you become aware that there is a greater self towards which you move, until this "self" which has completed one incarnation, and the "self" which has not only lived each incarnation but has served as a repository of those lessons and experiences gathered in each, then becomes the [new] self, so that you are again unified with what may be called the essence of the self, or as most of your peoples call it, the soul.

This being, then, with the aid of others who have served as the guides and the teachers, and with the aid of the higher self, reviews the incarnation which has been completed in order that that which has been gained of learning and of service might be compared with that which was desired and planned before the incarnation. Where there has been less

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efficient learning, there is the renewed desire to pursue that which was left undone. Where there has been the completion of lessons, there is then the addition or refinement of these lessons so that the experience that is to come within the following incarnation might offer to the self an enhanced opportunity to know the self and to know the Creator, and also to allow the Creator to know Itself through the self within the new incarnation in a fashion which is also enhanced or refined, shall we say.

Thus, one may compare succeeding incarnations to the succeeding grades or classes within your schooling system, so that that which has been learned previously begins to form a foundation upon which the structure of the greater self might be built.

May we answer a further query, my sister?

Questioner: Is the greater self ever-changing, as God is? I mean, is there no—since there's infinity, is the greater self still going to expand and expand and expand for all eternity too?

I am Hatonn, and am aware of your query, my sister. As there is a limit, shall we say, to the dimensions or densities within one octave of being, there is a definite opportunity provided to each entity or portion of the one Creator to know the self, the creation, and the Creator. This progression of opportunities to know the Creator, at a certain [point] within the process many, many, as you would call them, millions of years in what you would call your future, moves to a point at which the unification of the small self with the great self with the higher self and with the Creator becomes so perfected, that, indeed, the self becomes the Creator and returns in a fashion that might be likened unto the workers bringing the harvest home, in order that the Creator, then, at this point might be able to utilize those fruits of the harvest, those experiences and lessons and services gathered as the seeds for a further octave of beingness that will begin as this one began, with the most basic elements of being: the earth, the wind, the fire, and the water blowing and burning incandescently in what would be seen as a chaotic fashion until again there is the beginning of the organization of consciousness and the moving forth into a new octave of experience that will allow further explorations for the Creator within the new creation, this process being infinite in nature, as far as we are aware.

Is there another query, my sister?

Questioner: Thank you, no.

I am Hatonn, and we would ask if there is a final query for this evening?

Questioner: I have one. If a person is, in their heart, interested in helping others, and the particular area they're trying to help in is dangerous, is putting their mind on the level of a criminal mind, is following in those directions to help our society from becoming victims, so to speak, of these people, what does a person need to do to protect themselves or to look at?

I am Hatonn, and am aware of your query, my sister. We find that this query is far more complex than its simple statement would presume, for within the query are various presumptions, some of which work against others. We would suggest that the greatest protection for any entity in any situation is to see the self and all other selves as the Creator and to have as the foundation stone of any interaction between selves a true and heartfelt love for the other selves. Whatever actions may then depend from this basic attitude of love, compassion and acceptance may then proceed within the boundaries, shall we say, of the greatest protection that is possible. For to those who move within the ways of love, there is no fear of any other self, for all is seen as the Creator.

Within your illusion this attitude of total and unconditional acceptance is not common. Indeed, within your illusion, most entities go through the daily round of activities in a fashion which is far removed from such an attitude of acceptance, and within this separation of self from other self, there is room enough for fear to grow to the point that one would feel the need to shield or armor the self in a more practical or physical fashion from others. These activities of shielding and armoring the self are those activities which provide the potential within the being practicing them for the swinging of the pendulum, shall we say, so that the attitude, through a series of testing and trials, becomes more amenable to the removing of the boundaries and the recognition of shared existence within your illusion.

In order to accomplish certain mundane or more worldly goals, it is often necessary to form the boundaries and the narrower ways of viewing a situation. This is well for the entity engaged in such activity, for each such activity will provide the entity

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a further step along its journey of seeking, yet shall not be the end of the journey. Each entity within your illusion, then, has as one of the primary goals the dissolving of boundaries so that there might be seen and experienced more and more of the unity of the self with all other selves, with the creation, and with the Creator. This is a significantly long journey, and oftentimes there is much of trial and trauma, in your terms, that must proceed before each step must be taken upon this journey. Yet, the steps are taken, and the journey is successfully accomplished in some degree by each entity within each incarnation.

At this time, we will make our gratitude known again to each for allowing our presence within your circle of seeking. We feel that we have exhausted various of the entities within this circle with, in some cases, an overabundance of information and, in others, a paucity of information. For this we apologize, but will attempt in succeeding gatherings to refine our ability to share our opinions and our joy at having been invited to your circle of seeking. We are those of Hatonn, and at this time we shall take our leave of this instrument and this circle, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
March 25, 1989

Group question: How do we reconcile the concept of death with our earthly lives?

(Carla channeling)

I am Latwii. I greet you in the love and in the light of the one infinite Creator and am most pleased to be with you this evening and to have been called to your group by voices seeking truth, by ears open to hear, by hearts hoping to understand. We find each of you to be most beautiful in your vibrations, and we bless and thank each for the opportunity to share in these vibrations and in this meditation. We would ask that you attempt to stay awake, but we promise you that we shall not complain too much if there is the occasional snore. It is all right, for we shall simply speak that which we have to speak, knowing that that which is not of truth which is acceptable or recognized by you will be and must be ignored and put aside, for we would not be a stumbling block in the way of any. We have our opinions, but they are not infallible. Perhaps we have walked a few steps further, but our feet are still dusty with the walking of the same journey upon which you now plod, trudge, skip or dance, according to your mood.

When we speak with you about the nature of the death experience, we cannot speak completely in general. We would like, if we could, to back up from that death experience and speak of those things which the one known as M lightly considered a portion of his query, that is, the question of faith, that is "faith," rather than "belief in." We, of the Confederation of Planets in the Service of the Infinite Creator, do not greatly advocate "faith in" this or that, for that which may be formed into words shall one day ring false because of the change of time and thinking and the illusion.

Thus, the concept of faith must be divorced from all objective reference. One is best prepared for the death experience when one has learned to live a life in faith. Basically, this faith has no objective referent, in that the Creator is not an objective referent. This is no palpable, tangible, testable, visible Creator. Rather, the Creator is infinite intelligence, a concept which cannot fully be expressed using your language. The closest we may come to the active principle of that one great original Thought, which is the Creator in its active phase, is that inadequate word, Love. Consequently, that which one has faith in, if one must have faith in everything, is Love Itself, that which creates, that which destroys, that which is wonderful, that which is terrible, that which is all that there is.

Divine and creative love is a great mystery. To have faith in a mystery is to truly have faith, for faith is that which does not rest upon surety, but upon things unseen, unknown and unproven.

If you wish to live as a faithful person, faith works in the following way. A person of faith will, by centering oneself upon the first and great original Thought of Love, attempt to listen to those interchanges which come to one, and before responding, ask oneself, "How may I indicate compassion, support, wisdom and understanding, and most of all, love? How may I be of spiritual aid to this entity speaking with me?" This is the life and faith. It contains no dogma and no doctrine.

Many there are who have found the path of an orthodox faith to be the path that aids the seeker most ably along the journey of prodigal sons and daughters that we all walk. Others find that this walk is incomprehensible and therefore the walk must be created as a personal, shall we say, myth of self, Creator and the relation betwixt self and Creator. However, all these are things which one does with one's mind in order to exhort oneself to an ever-deeper intensity of desire to focus and center upon the presence of the mystery of Love, that is, the presence of the love and the light of the one infinite Creator. If one is able to die, knowing one is dying, and recalling one's faith in love, one's transition is the easiest possible.

Now we shall talk about those things within the physical incarnation which distort and confuse the question of death. Although it is completely known that each entity will and must die to this life before entering a larger one, yet still, we find among your peoples a profound fear of the loss of the animal which carries you about, that which [you] call the human being. We find this instrument noted it has also been called a featherless biped, but we merely add this for the humor. In any event, this animal, of whatever name, is not you. Are you in your toes? If you cut one off, would you disappear? If you cut off your leg, would you go away? What portion of yourself could you remove and no longer be yourself?

You are consciousness. And consciousness has natural laws. The greatest of these depends upon your choice, for you must follow the natural law towards quicker and more efficient polarization in consciousness, one way or the other, in order to have accomplished those changes in consciousness which you yourself, with aid, created the opportunity for before your incarnation.

We wish each to remember that this incarnation is most special, for at this particular, what you would call, time, those wishing to participate in the polarization of consciousness upon planet Earth are far more than the opportunities for animals which may house these consciousnesses. Therefore, souls to move into these human-being animals are chosen by seniority of vibration. This means that each of you is capable within this lifetime of achieving a harvestable attitude towards love. That is, each of you is capable of caring more for another, more for loving another, understanding another, comforting another, consoling another, forgiving another, than each cares for being understood or being loved or being consoled or being forgiven. This sacrificial nature of love, where one spends more of one's time concerned with aiding others than one does concerned with aiding oneself, is a tremendously helpful way to move in polarization ever closer to the point where, when you do enter the larger life after the death of the animal which has carried you about, you shall be able to use the requisite amount of light from the infinite Creator.

Now, we would not want you to feel that there is only one path. There is also the negative path, which we feel is very difficult, and is not that which we teach. It does, however, have a validity, although this validity is limited, and one cannot move the entire journey to the Creator, as far as we know, without having finally to reverse polarity to the positive, for that is the truth of the creation: love, unity and oneness. All of you and all of creation is one thing. You experience yourself as having boundaries. This is necessary for you; it is also necessary in terms of the experience within this illusion. Your very heavy physical vehicles, your animals, protect you from each other and from your own subconscious, for in this relationship you do the equivalent of taking the first real step in a mature and carefully considered way, a step which then must be pursued with persistence through many experiences, through several densities and through many, many refinements.

The death that you experience watching others grow old and leave their physical bodies is that death of the animal. It is unfortunate that death often contains a period just prior to the leaving of the physical vehicle where there is a great deal of pain. This occurs, as does everything else in life, to get one's attention, to allow one the opportunity or the

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reason to consider the great mysteries of the incarnation that has been experienced.

Now, those who are unaware of a life in faith, those who have spent a great deal of time working to manifest physical possessions and loving those physical possessions, shall find it difficult to become those who care more for others than for the self, although if one withholds the possessiveness which one may feel for one's possessions, and sees them rather as a gift from the Father, one may train oneself to think of oneself as a steward of the Creator's goods. Thus, if there are already many possessions, stop thinking of them as yours, and realize that you are the steward that is taking care of that which is the Creator's in every atom and every energy circle. These are those things which keep one from having the easy transitional experience.

There is one more thing which may cause a very difficult experience, and that is a very intense focusing upon some Earthly matter. The soldiers in the battle sometimes are not aware that they have been killed for some time, because it has happened so suddenly. Those with an obsession may be so focused upon the object of that obsession that they may become Earth-bound spirits, until the object of that obsession is gone, or until some entity helps the Earth-bound spirit to free itself from the blindness of the lower, what you would call, astral planes.

So, we suggest to each that during the lifetime one begin with the daily meditation to ground oneself in the Creator's love and light, to focus upon service to others, to love oneself and love each other, and to have no fear of death, for there is no break in consciousness; there is no snuffing out of the flame of consciousness; the animal which has carried you about simply becomes unviable. Among your peoples, this event is very moving and poignant, and, indeed, in our density too, we mourn our mates and our teachers. But we do not hold onto them, nor they to us. Each has the freedom to stay or to go, whereas within your illusion, sometimes entities do not know what freedom they do have.

Thus, one could experience many different things upon the occasion of the physical death. Some things are purely physiological and most uncomfortable. May we wish each a comfortable death? We certainly would not want to wish the contrary. However, once the physical body has been dropped, there are any number of experiences that may occur, depending upon the consciousness of the individual. In many cases, there is healing work to be done. In some cases, the healing work involves creating an atmosphere which equals the happiest time of the previous incarnation, and this primary healing technique is used until the entity is strong enough to face the rest of a difficult incarnation. At other times, the entity is conscious enough of the angelic guidance received during the incarnational experience that the entity moves without fear and with knowledge of the journey and with curiosity into whatever amount of light that entity can absorb comfortably and use.

Thus, eventually each is healed, each moves to a portion of the creation which has the light density which is comfortable for it, and from this vantage point, with its higher self, and, we always add, with that which we can only call grace, the entity judges its incarnation. The entity gazes back and leafs through the pages, or to use another metaphor, looks closely at the woven tapestry of emotion and thought and action which made up a life. Is your tapestry beautiful? Have you used rich colors and loving emotions? Is it stark with cold emotions or disturbing with anger? How are you making the tapestry of your life? It is you who will judge yourself. Please yourself today. Then judgment will not be so difficult.

Once the incarnation has been reviewed, and you have judged how well you have learned the lessons that you came to learn and what lessons remain to be learned, you may then plan your next incarnation. At this particular time in your density, many of you are hoping for, and some of you will achieve, harvest, thus going on to a more light-filled density, the density of love or understanding. If that is so, then the concerns of the higher self for that incarnation will be those of the new soul in a new situation which wishes, as always, to offer love. This is the beginning of the social memory complex that our colleagues known as Ra have spoken of through this channel.

We ask you to become aware of the present moment. All of eternity exists now. Time is an illusion, space is an illusion; your consciousness is not. Many, many confusions occur because you live in an illusion with the x-axis of time and the y-axis of space. There are other illusions, but they are illusions. The reality is closer to you than your breathing, but one is completely unable to find it. It

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is your consciousness. Work with it until you are happier with yourself today than yesterday, and at the same time, as always, we caution each never to be discouraged, for each day is a new day and a new start. Each day is the present moment. Each moment intersects with eternity, and in each moment there is the presence of the living and infinite Creator.

Why spend your time skating upon the pond of life? Break through that thin ice and dive into the deep, pure, warm waters of deeper consciousness. Visit the tabernacle of the Most High in meditation, for it is within you. You do not stand upon holy ground. You are an earthen vessel, but within you lies the holy ground of the infinite One. Honor this within yourself, emphasize this within yourself. Let this self open a conduit through you, that this self may flow through you in an infinity of energy you could never sustain. The more time that you spend doing this work in consciousness, the more you will die to yourself.

Perhaps the best advice we could give to those who are interested in the death of a body is to point them toward the true death that the choice between positive and negative paths demands. You have the power to choose. This is your time of choice. This is the heavy illusion in which you must make your choice. It was designed that you would have very few clues of a clearly overt nature as to the true nature of the mystery of the Creator. You make your choice in darkness, a shadowland where you can see nothing clearly. Wrong seems not-so-wrong and right seems questionable. There is nothing within the illusion that suggests ideals, ultimates or superlatives. Yet, we say to you that you yourself are absolutely unparalleled by any other spirit within the infinite creation. You are unique. You are very, very important to the Creator and much loved. When you know this, perhaps it is easier to open the heart to love in return. Perhaps it is easier to open your mouth to words of praise and thanks. Perhaps it becomes slowly easier to think of things from another person's point of view or from some larger point of view which alters provincial and petty thinking.

Now, each of you shall lose your physical vehicle. As you do so, our best advice to you is to have lived a loving life, to have encouraged within yourself a consciousness of love in the presence of the infinite Creator. It is a matter of allowing it to occur. It is a matter of asking for it, of desiring it. That which you desire, you shall receive. If you wish proof, we suggest that you join those technicians which are called scientists among your peoples who create many, many gadgets, using principles that are a mystery to them. They will not admit the mystery. Do you wish to live in a world of observations, repetitions and tests? Or do you wish to live a life of love and faith? Then take heart. Take courage and do it, persistently, one day at a time, and one day you shall die and you shall experience that which you have prepared yourself for.

May you all move into fourth density positive. May you all find so much love for the Creator and for yourself that you can love others even more than you love yourself and see in them the infinite One. Then shall your death be a change of clothing. A moment, no more, of transition, and you shall be where you need to be, reaching your hand out to those whom you wish to greet you. Fear death not, for it is benign. While you are here, do not question that you have a reason to be here. As long as you are alive, you are fulfilling that which you came to do. Natural death will occur when, shall we say, your hitch is up, for you have signed on to a very difficult assignment, a very difficult tour of duty.

May you find that in yourself which is of faith and love and wishes to give, and through meditation and desire, nurture it until the tapestry of your life becomes jewel tones upon jewel tones and patterns upon patterns and you become a poem to give to the infinite Creator, the fruit of a life in faith—peace, love and joy; also sorrow, suffering and death. See all these things as your brothers and sisters. They all equally teach; they are all equally blessed. Gaze with love upon all, and when you gaze upon death, you shall think of the Creator, Its light, Its love, and you shall be instantly in a wonderful, beautiful place.

This is the preparation we would suggest, the turning of the attention to love, the nurturing of the awareness of the Creator by meditation and by frequent, tiny thoughts during the day to bring one back to center. The physical death is momentary. You are spending this incarnation preparing for, shall we say, the final exam that shall occur thereafter. Do your homework, my children.

We would at this time thank this instrument for using us to channel, for this instrument is itself a terrible joke teller, and we are able to express more of our humorous personality through this

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instrument than in some groups. We hope you do not mind our lightheartedness, but it is our firm belief that without the light touch, the spiritual path can become far too serious and thereby lose its intensity and its joy. We hope for each to find joy as well as progress on this stony path, peopled by so many companions, my children.

I would now transfer to the one known as Jim, with thanks to each and encouragement. I am known to you as Latwii.

(Jim channeling)

I am Latwii, and greet each of you again in love and light through this instrument. At this time it is our privilege to ask if there might be further queries which remain upon the minds of those gathered this evening. We again remind each that we share that which is our opinion, and though we share it with great joy, we do not wish to offer that which would seem to be infallible to any. Please take those words that we speak and use them as you will, forgetting those that speak not to your heart. Is there a query at this time?

M: Yes. First of all, I want to thank you for your answer to my personal question. It was very touching for me. I did have a couple of questions, though. You spoke of death as being—that there's no break in consciousness. And you also spoke of the notion that time and space is an illusion. I have experienced a break in consciousness, I presume, for example, when I've been operated on, I've been put under into unconsciousness. Is this any way comparable to death? I go through a period of time where I do not even recognize the existence of time, or I have no idea where I am or I have no idea of my own self. Is that a kind of unconsciousness that is comparable to death?

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. The experience of entering the subconscious mind via the drug-induced procedure that is utilized by those of your medical profession is one in which the door to the subconscious mind is momentarily opened, and the consciousness enters by a means that it is for the most part unaware of, and exists for the most part in a similar manner. Therefore, the experience, though it has some similarities to moving through that door which is called death, does not truly approximate this type of transition, for the experience of the process of death is one in which a remembering occurs that informs the conscious mind of more of its own beingness, that which has always been with it and has in its own way at the appropriate moments informed the conscious mind of certain pieces of information that would be helpful in a certain situation.

The experience of becoming so engrossed in the moment of your conscious existence, which is often called the daydream, or the—we find the colloquialism used of "spacing out" in the consciousness, is also, though similar in some respects, removed from true analogy to the experience of the process of death, in that the daydreaming provides a pathway, shall we say, into the upper reaches of the subconscious mind by invigorating the intuitive connection between the conscious and the subconscious mind, so that there might be the refreshment, shall we say, that the subconscious mind can provide the conscious mind when the conscious mind has been properly stilled in order that it might be informed or imprinted with another experience.

Is there another query, my brother?

M: Yes, thank you. Along the same line of questioning—in other words, you're saying, if I understand you correctly, that at death there is a kind of awakening to a lot of experiences that you may have even forgotten. I assume that that means that you're still aware of the life that you've just finished living, and yet what I find is that there seems to be very little communication between those who have died and those who are still living. Why is this?

I am Latwii, and am aware of your query, my brother. For the most part, the reason that there is so little of communication between those who have moved through the door of death and those who remain within the conscious incarnation is that there is little, if any, attempt made by those remaining incarnate to communicate with those who have moved into what you would call the discarnate or state of consciousness on the other side of the door of death. There is little belief amongst the majority of your peoples that such communication is either possible or advisable if it is possible, for that which is unknown amongst your peoples is feared to a large extent, and it is much more comfortable to most of

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your peoples to allow that which is unknown and that which is feared to remain untested and to not set foot within such mysterious fields, shall we say.

Another reason why there is little communication betwixt these two groups of your peoples is that, for the most part, those who have moved through the door of death have within their being a feeling of completion for the incarnation which has just ended and have a great feeling of the desire to explore that which is obviously awaiting them on their own journey of seeking, so that there is little desire to move back, shall we say, to that illusion which they have so recently left.

There are instances, however, where there is a final communication with those who have been the loved ones within the incarnation just completed. Oftentimes, this communication will take the form not of words or spoken concepts, but of a feeling of the essence of the entity being blended with the one with whom communication is attempted.

Thus, the one who now moves through the door of death and enters a larger existence will find a great deal to draw the attention onward in order that the evolutionary journey which is now more obvious to the entity than it was within the incarnation will become the sole focus of the attention in order that there might be further progress upon it.

Is there another query, my brother?

M: Just another one, and then I'll let somebody else ask questions. Just to clarify that. As I understand what you're re saying, most of us who are living sort of do not believe that we can actually communicate with our loved ones who are dead, but I also seem to understand that if we did, or if we attempted it in the right way, that it would be possible. First of all, is this true what I'm saying, and secondly, are there any peoples on Earth who are doing that? Or are interested in that and are doing it in a way that is visible?

I am Latwii, and am aware of your query, my brother. The ability to communicate with those who have moved beyond the boundaries of the present illusion is an ability which may, indeed, be learned by those who have the intense desire and the persistent practice that is required in the area of becoming, shall we say, a clear receiver and a clear sender of consciousness upon which information may be placed. This involves the careful examination of the life pattern, in order that the system of energy centers or chakras within the human physical vehicle might be utilized in a clear and lucid fashion that will allow the passage of the intelligent energy or love of the Creator through these centers without significant distortion.

This process is involved enough and demanding enough of the ruthless honesty, shall we say, of the seeker of truth that there are few who have mastered the ability to first communicate with the self in terms that are clear and unmistakable that will later allow communication upon nonverbal levels with other entities, be they incarnate or discarnate.

Therefore, we are unaware of a great number of peoples upon your planetary sphere who have mastered these disciplines of the personality to the extent that is required for such communication to occur. There are, however, various groups of entities within your planetary environment that are able to utilize their dreaming state in a manner which allows a more, shall we say, ephemeral type of communication to occur, that which occurs within the inner planes or the astral planes of this particular planetary influence, while one entity who is incarnate is involved in the sleeping process in which the dream is the meeting ground between the discarnate and the incarnate entity. There is the ability to communicate in this manner which has been developed by a number of peoples upon your planetary surface, primarily those that you would describe as living a somewhat more primitive existence, that which is closer to the natural rhythms of your planet and within the environment of your second-density plants and animals so that there is the familiarization with more, shall we call them, organic rhythms than is generally possible within your more industrialized and populated nation states.

Is there another query, my brother?

M: Not for the moment. Thank you very much.

I am Latwii, and we thank you, my brother. Is there another query?

K: Yes. My name is K, and I live in Missouri, and I am grateful for the opportunity to be here and listen to your message. My question is, recently I just completed a channeling class in St. Louis. I would like for you to comment upon my progress, if this can be made properly, and also about the extreme

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coldness that I have felt on the front of me in recent days.

I am Latwii, and am aware of your query, my brother. We find that we must in this particular case speak in terms which may be more general and less personally specific than you would desire, for a portion of your experience is significant enough to your own personal growth that it is well that your own free will be allowed to have full sway in this matter. However, we shall speak in a manner which we hope does not infringe upon your own free will.

We are aware that your desire to serve as a channel or a vocal instrument is one which at heart has the desire to be of service to others motivating it. We are most grateful that you would wish to offer yourself in this type of service, for there is much of service that may be offered in this manner. The practice of the vocal channel is one which requires a great degree of study, of practice and of persistence, for it is not an art that might be learned and perfected in a short period of time. Therefore, though we would commend your efforts in pursuing this means of service as you have done, we would suggest that it is but the beginning, the opening of a door, shall we say, that must be done in a careful and persistent manner. There is the possibility for any new instrument to move more quickly, shall we say, than is normally advisable for one seeking to be of service in this manner, for as one serves as a vocal instrument, one is placing oneself potentially closer to a source of light and of power than is normal for any seeker of truth.

This placement of the self in the close proximity to light and to the power that it generates is a step which has some risk, for there is the attraction to this light of beings that are less than desirous of being of service to you as you move toward that light and attempt to reflect or channel to others in a manner that might be of service to them. There are entities, shall we say, of the loyal opposition, those entities who are of the negative polarization who also would seek to control and master the power that is generated by the light that you would attempt to give to others through your vocal channeling. Their presence is a possibility which each new and, indeed, each experienced instrument must take the proper precautions in order to provide protection that will not allow their influence within your circle of seeking while you are practicing the art of the vocal instrument.

We find that you are familiar with the concepts of the challenging of the spirits by the name or concept of that which you hold most dear and that which is the central sun around which your desire orbits in order that you might be of service to others. The challenging of spirits is most centrally necessary at each opportunity that you take to serve as a vocal instrument. It is also quite necessary before each such session to prepare oneself in such a fashion as would be analogous to placing the dial of your radio squarely upon the station that you wish to receive. This we have found this group calls the tuning of the instrument. By this procedure, whether it be by the singing of the sacred music, the visualizing of light, the reading of those inspirational words of meaning to you and to your group, or by whatever means has significance to you, is necessary in order that your desire during the channeling process be only that to serve others and to serve to the fullest of your ability while serving as a vocal instrument.

When these precautions are properly taken, there is little chance that entities of a negatively oriented nature may influence one's efforts, for the light that one generates by these efforts of tuning the instrument and challenging spirits is that light which shows the truth to those about one and reflects it back to those who would seek to disrupt those efforts that you offer in service to others. When these precautions are left undone or poorly done, there is the possibility that the efforts may for that sitting be contaminated, shall we say, or influenced, and the contact mixed. The feeling of coldness is a sign, shall we say, that such entities have made their presence known.

We can recommend that when this feeling of coldness is felt, that one might retire to the meditative state and find within that state the greatest degree and purity of unconditional love that one can within one's being and send his love to whatever entity or entities are responsible for providing the feeling of coldness, in order that they be bathed in your love as much as is possible for you to generate, and then this love may also be seen as light which you form about you as a type of shield or armor against further incursion. This procedure may be repeated for as many times as is necessary to remove the influence that leaves its feeling of coldness as a sign of its presence.

Is there another query, my brother?

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K: I thank you for answering my question in such detail. I feel that I do understand it.

I am Latwii. Is there another query, my brother?

K: I have been interested in UFOs. Can you comment properly, without infringement upon my free will, of any close contacts that I have had?

I am Latwii. It is with apologies that we must answer in the negative, for this area of inquiry is one which must remain totally within the boundaries of your own free will, for the mysterious nature of such occurrences has the purpose of drawing the attention not only to the experience itself, but to the larger life that the experience that the experience occurred within.

Is there another query, my brother?

K: I would relinquish any further time to anyone else that had any further questions.

M: I would like to ask a little bit further about the idea of creating a life of service. I think this is a very noble ambition, and as I understand it, it's also very useful for our evolution. However, there seems to be a paradox, and maybe you could help me understand this. I would like to develop this ability to serve and be of service more than I have it now, and yet to me that seems, in that very light, it seems kind of selfish to want to do that. I don't understand. In other words, is this process a process that one can learn? Or is it a process that should be a natural process that develops naturally as you evolve? Am I expressing myself okay?

I am Latwii, and we are, indeed, aware of your query, my brother. The desire to be of service to others in order to enhance one's own evolutionary journey does partake of a certain degree of what you would call selfishness. We find that all actions within your third density illusion begin from the center of the self and then move outwardly in a certain fashion that is unique to each entity, until the area of concern for the entity moves from being centered solely upon the self and its needs for survival and for learning, for growth and for all those experiences which offer themselves within your illusion, to that point at which time the concern begins to touch upon other selves and, indeed, becomes so focused upon the well-being of those about one, that one has, shall we say, tipped the scales so that there is a greater percentage or intensity of concern for others than there is for the self.

This process, as we stated previously, must begin with the self. It may then be a process of learning through the necessary interactions that are a portion of the daily round of activities, to be of service to others through the, shall we say, necessities of the moment, where, without thinking, one becomes involved with other selves, other entities that move about one and which make requests of one, either overtly or by their very presence. Therefore, there is the ability to learn first upon the subconscious level to interact with other selves to the degree that one begins to see this interaction and a serving of others as a natural portion of one's own being and activities.

As one becomes more aware in a conscious fashion through one's own seeking of the purpose of life and the possibilities of the life pattern, then this service by necessity, shall we call it, becomes expanded so that there is taken a certain degree of pleasure in the serving of others. The continued conscious seeking of the nature of the life pattern and its purpose will provide the seeker of truth with renewed opportunities for providing those services which are unique to each seeker to provide other selves. Then we find the seeker of truth discovering that there is even greater pleasure in serving others than there is in serving the self, while realizing that there is a certain, shall we say, base requirement of needs which the self must provide the self in order that the self might continue in its third-density experience.

There is a point which we see is at a slight distance beyond the 50 percent level of service, at which time the desire to be of service to others exceeds the desire to be of service to self, while the desire to be of service to self may, indeed, be yet significant. It is acceptable, shall we say, for the percentage of intentions to serve others to be fifty-one percent or greater for the student to be available for graduation or for harvest, as you may call it. It is necessary that the student have the persistent desire to be of service to others in excess of the 51 percentile in order that this student might be able to withstand the more intense light emanations that are the normal boundaries or givens, shall we say, of the fourth-density experience.

The experience of the fourth density, therefore, is enough more demanding in the way of providing further opportunities of growth that the student is required by its own ability to be able to offer itself in service to others to this degree, that being the 51

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percent or greater. Such a student is able to begin at the lower levels of the fourth-density illusion and continue its learning at that point, having the fourth density, therefore, as its resources upon which to draw for further learning and further service.

Is there another query, my brother?

M: I think you've been very kind in your detail. I have one troublesome … This is the last question I'll ask tonight. Along those same lines, we've been talking about human beings who have a choice, but I'm interested in human beings, also, who do not have a choice, such as people who are born severely retarded in consciousness or people who are born insane or people who become insane or people who are aborted even before they have a chance to be born. Can you speak about this? How are they allowed to evolve? Or is there something so wrong with their choice that they just have to start all over again? Can you just answer that a little bit?

I am Latwii, and am aware of your query, my brother. We would remind you, my brother, that the current incarnation, though it may seem all of existence and all of possibility at this moment for you and for your peoples, it is, in truth, but a moment in the progression of any entity through the third density illusion. There is the choice available to each entity that enters the illusion concerning the manner of its experiencing of the illusion. There are some who, for specific reasons and previous experiences in other incarnations, have the need to experience the more intensified form of the incarnational pattern within your illusion. These you find in many situations, those which you have just spoken of yourself and many, many others as well, where it seems that the entity has little conscious choice within the incarnation as to how its incarnation shall proceed and what may be gleaned from such an incarnation.

We again remind each that experience of any incarnation within your third-density illusion has the purpose of balancing those experiences which have been gained in previous incarnations and also providing the beginning point, shall we say, for further balancing that shall occur within what you would call future incarnations.

Therefore, there is no incarnational experience that is lost. There are many, many experiences that are not understood while the experience is ongoing. However, upon the cessation of the incarnation, when the incarnation is reviewed before another is attempted, there is the greater range of viewpoint, shall we say, that allows the entity to see those forces in movement while it was incarnate that were a result of seeds it had itself planted, either previous to the incarnation or within the incarnation, so that whatever fruit was gathered might be utilized in the overall growth of what you would call the soul or the essence of the entity. There are many incarnations which fall far short of that which was hoped before the incarnation began; however, none are lost, for though the lesson learned may not have been the one that was anticipated, all incarnations and all experiences do, indeed, teach in the overall sense and scope of the soul.

Is there another query, my brother?

M: No, thank you. That was very nice.

I am Latwii, and we thank you, my brother. Is there a final query at this time?

Carla: Well, I have a question. There are two kinds of people that write to us at L/L that have trouble finding time to be of service to others or feel that they haven't been of service to others, and that is the person, man or woman, who has a business or works for a business that takes a lot of hours and gets one really tired so that one can't meditate very well and one can't spend a lot of time thinking or reading, or the caretaker, usually a woman, who is keeping house, taking care of children, chauffeuring around, going to the grocery, going quietly crazy, and really it's a very noisy environment, not a lot of time ever to sit down and just relax, especially with small children. And I tell them, you're being of service to others by your very consciousness. It's the best I can think of. Could you comment on that? And expand in any way on how those people are being of service and how they set that up?

I am Latwii, and am aware of your query, my sister. The inundation by the daily round of activities amongst your peoples is an experience which is quite common, for it seems that the details of the day are by far the most important concerns which the entity shall meet, and these concerns must have a proper resolution in order that one move the attention further to other concerns and other entities.

We would suggest that each entity be reminded that it is the desire that is found within the heart of the being that is of most importance in any incarnation.

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The desire to imbue each relationship and each activity with as much love and service as one can find within one's being is that quality which shall provide the entity with the peace of mind, shall we say, in the ultimate sense.

We are aware that each entity looks at its own life pattern in a manner which is less than complimentary in this regard and sees the self as falling far short of those goals which one has set in the metaphysical sense. That one constantly falls short of that which is desired is unimportant in the overall growth of the soul. What is of importance in this growth is the desire to seek, the desire to serve, and the desire to continue even when one feels one has been nothing but a failure. We would remind …

(Tape ends.) ☘

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Sunday Meditation
April 9, 1989

Group question: The question this evening has to do with the issues that exist between the Orion, or the so-called renegade UFO type of entities, and the Confederation entities, both of which seem to be [in] contact with the population of our planet. What are the issues between them and how does our planet fit into the scheme of things and to the scheme of issues between the Orion and the Confederation entities?

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator. In this service we come to you. We greet and bless each and thank you with our whole heart for allowing us to blend our vibrations with your own, and we thank you for calling us by the energy and intent of your seeking and the nature of your questions.

We of the Confederation of Planets in the Service of the Infinite Creator are those who wait for the call, for we are those upon the path of service to others, and where there is no call for service it is not within the bounds of our free will to offer it. Therefore, we rejoice at this opportunity to share our opinions with you through this instrument, although we do wish you to remember to discriminate carefully in all that you may hear, for all that you hear through this instrument are our opinions. We have moved through many more experiences than have you. We have been where you are and we have gone forward, yet we do not know precisely the end of the road ahead nor do we feel the end of our identity, and we know that these things will occur at somewhat, shall we say, the same time.

Thus, we are as you, pilgrims upon a very, very long and rewarding road, the road that seeks the mystery, the road that is the mystery of the one infinite Creator. You are all energy; that which you see as form and manifestation is, instead, an higher organization of energy fields. This will be helpful to remember as we speak with you about your question of the Confederation of Planets in the Service of the Infinite Creator and its possible differences from the so-called Orion or Orionis group.

There is an energy that radiates outward, blessing, shining, warming. The sun that you experience is a good example of such radiance. This is the radiance of unity, and in its promise lie the bloom of many kinds of qualities that may be considered positive and radiant—love, peace, unity, consolation, hope and joy. There is another sort of energy which may be worked upon to empower it, that is magnetic or attractive energy, in which the entity creates the self as the Creator and controls the creation about it as would a king his kingdom.

These two energies manifest in many, many different ways; they are two sides of the one coin of the

infinite intelligence that created all of the densities of space and time through which in this creation we shall move. The trip may be longer for some than for others because the basic choice that this particular density asks the seeker to make is the choice of which energy to use in order to further understand the mystery of the one infinite Creator, the one original Thought or Logos that created all that there is. This choice may seem a simple one to make when gazed at theoretically, however, this particular illusion is designed to confuse and befuddle and trap, fool and mystify any and all attempts to make black and white out of the warp and woof of speckled gray that is this illusion.

Thus, this choice must be made with the only real evidence pointing in the direction of personal power as more effective than the radiant path of acting as the servant of all shining upon all freely, spontaneously and generously. Therefore, the person who has not thought deeply upon these matters moves through his life doing one good turn for a neighbor and then cutting another off in traffic, feeling murderous toward a fellow worker, and then noticing how beautiful is the sky at sunset upon the return home. The net result: dead zero; the changes in consciousness have moved back and forth in the gravity well of indifference.

Now let us describe these paths from this point of choice until the point at which they move together again in the density beyond our own, that is, the sixth. The positive polarity in fourth density is learning how to love completely, manifesting that love by creating a social entity of itself, that is, a single group memory. Thus, we call ourselves Q'uo to you, I myself who am speaking to you am an individual within that population which has chosen to serve at this time in this manner. However, I have access to the experiences, ideas and thoughts of all of those who work with me at this time.

This is the work of positive fourth density; it is work that is not as difficult as the work you do now within the heavier illusion, for we can remember that which you cannot. We remember the long, long line of choices that has brought us to the point at which we now find ourselves; this is in forth density. Therefore, although there are many disharmonies, the disharmonies are understood. It is more possible by far to communicate and disregard differences [in] culture, sex and race. Full concept communication, or telepathy, is most often used in this density, thus eliminating the need for comparison of symbols which because of different racial archetypical minds can never be translated from one culture to another.

There are those of us who in this fourth density turn back toward the third to offer themselves as teachers. There are those of the fifth or wisdom density that do the same, and we are one of those groups within the Confederation. There are very few sixth density entities which still attempt to communicate, for much happens within the sixth density, you see. The fourth density is a density of love or understanding. All the lessons that you are learning now have to do with how to love the unlovable, how to accept the unacceptable, how to remain radiant though all of the negative seeming experiences of the illusion, how to refrain from armoring the self.

These are very, very difficult problems to deal with within your heavy illusion. Therefore, there are those of us in the love density and in the wisdom density which turn back to aid as teacher. But, in the sixth density, wisdom and love must be combined and it is wisdom's final conclusion that we all are one. This creates within the negatively-oriented entity the terrible, tragic, unbelievable knowledge that it can go no further in its seeking for the one Creator unless it sees all others as the self. It can no longer manipulate others and fool itself that it is being otherwise all-compassionate. This is a great crisis for those upon the negative path, for those upon the negative path in fourth density create the social memory complex in a very rigid pecking order. Thoughts are shielded whenever possible and no one is truly trusted, for personal power remains that which is sought in order to use the Creator's light, and much, much learning is available to those willing to think only of the self at all times.

In our opinion, the positive path is much, much to be preferred. The other is, however, a viable though somewhat more difficult and certainly longer path. In fifth density the negative entity remains very much by itself, learning from its teachers and remaining completely solitary. It is in the sixth density that the negative entity must come face to face with this terrible difficulty, for the sixth density is the density of unity, and in this density those who have worked so hard to develop negative polarity must, as quickly as a magnet could switch from South to North, move to positive polarity of the equal strength. This is a supreme act of will and is the unification of the children of the Creator.

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You may consider all of yourselves as those involved in the polarity betwixt the positive or radiant path and negative or magnetic path. Now, in the fourth density there are many who are on the negative path who move into this density during windows of opportunity which are allowed by the one infinite Creator under the premise that one with free will shall make a choice far more powerful than one with only partial information.

Therefore, you may hear, perhaps, even a majority of negatively directed information pass through your hearing apparatus. This is not an indication of the Creator's opinions; this is the stuff of an illusion made of energy. You are to make a choice in a seemingly negative atmosphere to be radiant and positive and loving, to offer the self as servant for all, to humble the self and surrender to that Self within, and in this you have help. You have us who have been called angels to you. There are those upon the inner planes that have refused to go on, although finished with third-density work, concerned that so many sit at this time upon the fence unwilling or unable to bring themselves to that final cornerstone decision, "Yes, my life will be service to others in the name of the infinite Creator, in the name of the mystery that I shall seek imperishably."

We hope that each that is in incarnation at this time will realize the opportunity of free choice within such a heavy chemical illusion. It shall make a far deeper etching upon the picture, shall we say, of the self. It shall delineate more biases of polarity done in incarnation than can ever happen outside of incarnation, when all is known and choices are obvious. Those upon the positive side, seeing that the negative entities attempt conquest at this time upon planet Earth, do in thought [join] battle [with] what one may fancifully call the forces of darkness.

However, that Armageddon, shall we say, has been raging for two hundred of your years already upon the spirit plane and seems to be that which has no probability either way, for the good [in] winning loses its polarity and must fall back to regroup, at which time the negative moves forward to take light. The battle is a delusion of fourth density, which fourth density entities learn for themselves the wisdom or folly of. However, you are more than pawns in this game. These entities are not more powerful than you, not in the metaphysical sense. That is, perhaps they might, in some negative manner, cause the entity to cease living, cause the discomfort or the pain, the embarrassment or the humiliation or the fright, but they too are bound by the basic laws of free will and prey largely upon those whose minds are not complex in their thinking processes.

You are the kings and the queens and the knights upon the board. You are the players in this game. The game, my friends, however, is too simple for most entities to grasp—to love, to smile, to have the light touch, to consider cautiously to reserve judgment, to encourage each other, to care for those whom you know who may need it. These are simple things, yet each act offered in humility increases your polarity in just as much power as does the more obvious power of the entity who gains power by his charisma and his skillful manipulation of entities about him.

All of those within the Confederation are not within one galaxy. All of those in the so-called Orion group are not within that galaxy, and all about you you will find some positive and some negative entities, some positive and negative planets. This is part of the plan of this particular creation laid into place and moving as smoothly as the working of a clock. Please understand that both space and time are illusions and that each of you is energy, a thought, or consciousness, if you will. Do not gaze at the phenomena of negative and positive. Gaze within the self in silence and pray that your energy may be always radiant and never that which sucks, like the vampire, the energy of those about you. When you need help, radiance is in accepting it, and in the one who gives, it in giving it. These is no circumstance whatsoever in which one cannot be of service by the cheery smile, the light touch, the gentle word, and the listening ear.

We are all pilgrims, and in talking with each other do we encourage each other to move onward and to seek the Father's house. Oh, prodigal daughters and sons, whatever your condition your Father awaits you and all of us with rejoicing, and we are all hungry for home. Yet, let us vow in whatever place we may be to pay attention, to see, and observe, and perceive that which our catalyst is attempting to give us in the way of lessons about love. Do not lose any opportunity to ask yourself in difficult circumstances, "Where is the loving thing to do; where is the love here?"

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Yes, negativity and positivity exist, and it seems prudent to both positive and negative entities to form alliances in the positive sense so that we may share in one higher self which is a common memory of us all. In the negative sense, there are various reasons, shifting and restless, for combination. They all have to do with conquest. About those things which are political we wish to remain silent, simply reminding each that phenomena are manifestations of energy. The energy may be understood very simply. Gaze at any phenomenon and ask yourself, "Is it radiant and giving and loving and unifying or is it frightening and painful and difficult to bear?" Are you requested, or are you told and commanded? Judge for yourself the polarity of entities and situations, and know that armies will clash until entities tire of that game. The mystery of why the Creator chose to offer us these challenges and these ways of learning remains unknown to us. It is as well to accept, for now, that such is the case and to move always upon the positive path, thinking of others more than you do the self, giving more than you receive, understanding more than you are understood, being content to love. You are loved, loved most passionately and imperishably as the imperishable and unique soul that you are. The Creator is fascinated with you and wishes to know the tapestry of your feelings and thoughts and ideas and intentions. Offer to the Creator a passionate life, a life filled with caring and giving and loving and sharing. Let the colors be true and rich and let yourself have those periods which are the desert times, for those colors, too, must be in a truly beautiful painting or tapestry. Know, as you go through the dark times, of all the life that awaits to burst forth through the soil at the first drenching of blessed rain, and know that you shall as a soul receive that rain and walk once again in the lush oasis of joy.

We thank you for allowing us to come to you this evening. We are being told by the one known as Carla that we have, perhaps, talked long enough for this evening. We, therefore, at this time wish to transfer to the one known as Jim, that that entity may conclude this session. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to ask if there might be further queries to which we may respond before leaving this group. Is there a query at this time?

Questioner: Where do the fourth, fifth and sixth dimensions exist?

I am Q'uo, and I am aware of your query, my brother. Each portion of the creation vibrates in complete harmony with the one infinite Creator which contains within Its being all the densities or dimensions which are the means by which each portion of the Creator shall know himself and shall know his Creator and, conversely, shall the Creator know Itself through each portion that It has created. Thus, each portion of the creation, your own planetary sphere, for example, has within its force field each density of light vibrating completely and fully. However, within your planetary sphere there is the activation of only the densities one through four at this time, with the fourth density that which is in the process of beginning its cycle of evolution as your third density illusion completes its cycle. Thus, the fifth and sixth and seventh densities of your planetary sphere remain, for the most part, in potentiation, serving only as vibrational frequencies to be utilized by those of like vibration from elsewhere, shall we say, at this time.

Is there another query, my brother?

Questioner: Those of like vibration who are for going to the mind of the One versus those of the like vibration who are moving towards material. How do their vibrations differ in feeling and aura and sound? How do we recognize those who are different vibrations here on this planet?

I am Q'uo, and, as we understand your query, those of your population, that is of the third density, would be for the most part unable to recognize the vibration of entities of densities beyond their own, whether the entities were of the positive or negative orientation, unless these entities chose to make certain portions of their being known to those of your population. However, there are many among your peoples that have awakened the abilities of the initiate and have become somewhat sensitized in a manner which would allow them to perceive with finer tuning, shall we say, some of the qualities of entities of advanced densities.

For the most part, the aura of the negatively-oriented entity will have in his field a predominance of the colors of the lower energy centers, those being

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the red, the orange, and the yellow. The positively-oriented entity, on the other hand, will exhibit the colorations of the higher energy centers, beginning with the heart and the green, the blue, and the indigo. The entities of the negative orientation will, when making their presence known to an entity of your third density, exhibit the feeling of coldness and will set in motion a subtle feeling of agitation or fear. The positive-oriented entity will seek to engender only those feelings of brotherhood, of inspiriting or inspiring those entities that they touch with any portion of their presence.

Is there another query, my brother?

Questioner: What about those who have gold auras, and those who have gray auras, and those who have triangular shaped auras? Are these walk-ins or inter-breds?

I am Q'uo, and I am aware of your query, my brother. To the first query, we may respond suggesting that the aura that is of gold or the aura that is white with the gold appearing within it as a living color are entities that are, shall we say, from elsewhere of a positive orientation who have chosen to return or to come for the first time to this planetary influence for the purpose of offering their service in whatever way might be possible for them. The entities that exhibit the more unusual configurations of the aura of which you have spoken, being the grayish aura and the triangulated aura, are entities that have become, shall we say, a portion of the play between the forces of what are called light and the forces that are called darkness upon your planetary sphere, and have become, shall we say, influenced in a way which we would rather leave to the free will thinking of those who are interested in such riddles, for there is a line beyond which we may not move in giving information without infringing upon the free will of those to whom we speak and, in some cases, the free will of those about which we speak. For this we apologize, my brother.

Is there another query?

Questioner: The auras that are triangular shaped and people who have triangular marks on their body, what does this signify and where are they from?

I am Q'uo, and I am aware of your query, my brother. As we were speaking previously, these entities are those who have had contact with entities of an origination other than your planetary sphere, who have, shall we say …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall ask if there is another query?

Questioner: How do we know if we are walk-ins, inter-breds, hybrids or we have been tagged? Must this information be protected from us or is there a way to discern?

I am Q'uo, and I am aware of your query, my brother. For a general response to this query that does not risk the infringement upon the free will of those who seek the mystery of their own being, we must suggest that one look within one's own being within the state of meditation or of prayer and for those who are accomplished at working with their dreams within the sleeping state there might be sought information in these areas that is not readily accessible to the conscious mind. The part which desires with great intensity to know the nature of its own being and the purpose of its being shall, with dogged persistence, continue to seek within the meditative or prayerful state this information which the subconscious mind contains in full and which it will release in symbolic form to the conscious mind in order that the conscious mind might be informed in the manner by which it has sought information.

This is the means by which one knocks upon the inner door that it might be opened and there might be an exchange of information and experience between the conscious and unconscious minds. The masks, shall we say, that each entity wears within an incarnation are placed as they are by the entity and its free will choices prior to each incarnational experience in order that certain potentials might be offered for learning certain lessons and offering services as a result of these experiences. Thus, each entity has the mystery that surrounds it that offers to it the constant opportunity to penetrate the veil of forgetting, as it is called, in order that a glimpse of that which lies beyond shall inspire the seeker to continue on this journey, finding a glimmer of light here, then there, then here and there, and, putting together these pieces of illumination, might begin to understand the nature of its own being and its connection to all of the creation about it.

Is there another query, my brother?

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B: The people, the beings who come in from the Confederation, do they contact and take people for experimentation only with their permission? Or do they feel that they have a higher ethical imperative which overrides those of us of the lower dimensions?

I am Q'uo. It is the desire of each entity and group of entities that comprise the Confederation of Planets in the Service of the One Infinite Creator to offer those services to the population of your planetary sphere that are requested, as long as these services do not infringe upon the free will of those requesting the service. Thus, the interaction between those of the Confederation and your planetary population is one which is carefully guarded for the benefit of the population of your planet, for if there is interaction that is too, shall we say, open or blatant and which gives answers too easily, the student will not benefit from the interaction. Though it shall know the answers to the, shall we say, test of life, it shall not be able to move upon its own direction without the assistance of those who are more informed. This is not a situation which is desirable for the entities on your planetary sphere or those of the Confederation of Planets.

Thus, the positively-oriented contact will be one which is most subtle, in most cases. There are, of course, anomalistic situations in which these general guidelines may not apply, however, there is always the great desire to insure the exercise of free will by those of your population so that there is no infringement of this free will and no interaction that causes undue fear, if this can be avoided at all. Thus, most of the contacts that occur between the Confederation of Planets and those of your population are contacts which occur upon the, shall we say, inner planes or the astral level of experience which is accessible through the sleep and dreaming process or the meditative state. There are few contacts of a positively-oriented nature that occur in the face to face encounter, as we find you have called it.

Is there another query, my brother?

B: Yes. Those who are renegades, do they have a different ethical imperative that allows them to override the ethics and values of those of the third dimension? That is, do they work against our will without us having a say?

I am Q'uo, and am aware of your query, my brother. Those of the negatively oriented polarity have chosen the path that is magnetic or absorbent in nature, shall we say. That of light, of power, of energy or of fruitfulness of any nature which is about such an entity shall be controlled, shall we say, by that entity, in order that its own power might be enhanced. Thus, the entities of the negative orientation have chosen to travel a path in which the subjugation of the will of others is a natural part of that path, enabling those who gain power over others to exercise that power in a manner which does, indeed, infringe upon the free will of those who [are] brought under the control of the upper, shall we say, echelons or ranks of this polarization.

The interaction betwixt these entities and the population of your planet has as one of the cornerstones the engendering of the emotion of fear in order that the population of your planet might look with a feeling of fear and separation at the entities that comprise your population and at the concept of contact with extraterrestrial beings in general. The concept of fear then can be utilized to divide, shall we say, the desire of your peoples to travel the path of seeking the light, if that path can be shown to be strewn with difficulties and the unknown and fear-filled quality of beings that populate it. Thus, with the ignorance that is engendered by such fear and separation can the population of a peoples be controlled and utilized as what you might call the slaves that produce endlessly that which is desired by the master.

Is there a further query?

B: I have a final question. Those who seek the light, is there a way we can protect ourselves from those who seek the darkness?

I am Q'uo, and am aware of your query, my brother. We are most grateful that you have queried in this regard, for there is, indeed, the means by which any seeker of light might provide itself with a protection from such influence. Though it seems quite a foolish thing to do, the means is to enter, within one's own heart, within the state of meditation or prayer and to find as much heartfelt love as one can generate and offer it to those that would wish one less than well, and to bathe these entities in this love and in that light and to offer to them that unconditional love from the heart which is so sweet and delicate to those of the positive polarity but which has the opposite effect upon those of the negative polarity.

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However, we must remind each that it is necessary that the intention for such a protection be not to resist or to cause the entities of negative polarity any discomfort at all, but to simply offer the heartfelt love to such entities and then to bathe the self in the armor of love and light and to offer this love as often as is necessary in order that the protection and wall of light be constructed about the entity in a pure and heartfelt manner. Thus, the positive and negative poles offer a natural boundary, shall we say, or resistance, each to the other, for a certain portion of time and experience before the unification of these polarities is accomplished within the sixth-density illusion, as we spoke previously.

Is there another query, my brother?

B: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query for the evening?

Carla: Just one small one. If someone has an implant, is there a way to remove it?

I am Q'uo, and am aware of your query, my sister. We shall offer this response as the final response for the evening. The implant that has been utilized so frequently in the contact betwixt the negatively-oriented entities and some of the peoples of your population is a device which is not readily responsive to the technology of your medical profession at this time …

Carla: Um-hmm. I was wondering about radionics, actually …

… for it is that which has properties that are, shall we say, multidimensional in nature. The ability to affect or remove these implants is present in those who seek to work in the metaphysical realm using the techniques of visualization and the, as we find you have called it, the laying on of hands in order that the healing touch of love and compassion might be directed according to the visualization which sees the implanted substance being dissolved by the intelligent energy which moves through the one serving as healer to the one seeking the healing.

This means of dissolving the implanted particle may be enhanced by the prayerful attitude of the one seeking the healing and any other entities of an harmonious vibrational character which would offer themselves in the healing circle at the time that the healing is attempted. Whether the circle is in the same location as the healer and one to be healed is unimportant. The important quality here is that the assistance is given at the time that the healing is attempted. There is the necessity of preparing the place of working for this healing in order that it is of a purified nature and offers only the most positively-oriented vibrations possible, so that the healing energies might be attracted and channeled with as little obstruction as possible from the lower vibrational nature of any place of working before it has been purified.

The purification of such a place of working might be accomplished in whatever manner has meaning to the one serving as healer and the one seeking the healing. Whether this be by visualization of light filling and cleansing the room, whether it be by the reading of sacred words, by the singing of sacred songs or chants, or by the physical cleansing that will symbolize the metaphysical cleansing that is desired is up to the discretion of those partaking in the healing service. Therefore, it is necessary to carefully prepare the place of the working and to prepare those that shall partake in this working in order that the energies provided might be enhanced as much as is possible.

Carla: May I ask a simple yes or no just to end? Would this by any chance be what Jesus meant when he said some demons can only come out by prayer?

I am Q'uo, and am aware of your query, my sister, and this is, indeed, the basis of the instructions which we have shared with you this evening. There is no greater healing power than that of true, heartfelt compassion given without condition and offered as a prayer to the one Creator which exists within one creation and which responds to the heartfelt plea for assistance.

Carla: Thank you. God bless.

I am Q'uo, and we thank you, my sister, and thank each within this circle of seeking this evening for inviting and allowing our presence. It has been a great joy and a great privilege to be able to blend our vibrations with yours and we cannot thank each enough for allowing this great experience of blending our vibrations with yours this evening. We at this time shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are

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known to you as those of Q'uo. Adonai, my friends.
Adonai. ♣

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Intensive Meditation
April 12, 1989

Group question: The question this evening has to do with dreaming, the use that we can make of dreams in our lives and the various kinds of dreams that we might experience and how each might have something to offer us.

(Carla channeling)

I am Q'uo, and I greet you in the love and the light of the one infinite Creator in Whose service we answer your call for information this evening. We thank you for calling us to you and giving us the opportunity to share our thoughts with yours. It is most kind of you and most helpful to us, and we hope that we may in some humble way offer you a thought or two that you may use. However, we do warn you that we are not infallible, and, as always, we ask for you to use careful discrimination in absorbing any information, using your discernment and your own inner remembrance and recognition of what is true for you.

There are several types of dreams for all entities and for some there are more specialized types of dreams. We shall go over what this instrument would call the garden variety of dreams first, and that is the typically half-remembered, somewhat chaotic dream which has elements within it which are recognizable from the recent past. That which occurred within the recent past was not the appropriate solution for your mind or your emotions or your physical vehicle or your spirit and thusly a proportion of your mind is working out different ways of experiencing the situation which was not satisfactory to you or which held a meaning to you that was subconsciously recognized at the time. Thus, in the non-dramatic dream where the images are scattered and do not seem clear, it is important simply to recognize that you are more than casually troubled by something within the experiences which are being rehearsed within the dream experience in whatever distorted form. These are new items of distress and have not yet descended to the level of deep dreaming. These are the easiest dreams to work with, therefore, for although they may not seem as clear or as important, that small change which is dealt with in a daily manner, when balanced, becomes a very, very large amount over the long run.

It is important to remember the absolute necessity of the dreaming process. Therefore, even if you cannot remember the dreams at all, at least at first, never fear that you are lacking in the dream experience but assume that there is some other reason for the dreams to be removed from the ability to recall. In some cases, perhaps it is not well that the conscious mind deal with that which the subconscious mind finds conflicting and difficult. This will, however, cause the one who does not remember the dreams finally to experience a clearer dreaming process, perhaps in a more dramatic manner, say, than one

who remembers dreams in a regular fashion and works with the images and their impact upon waking reality and what your own spirit has undergone in order to withstand or bear the catalyst that you re-experience in the dream.

The other, shall we say, garden variety type of dream is the so-called clear dreaming where one feels one is conscious within the dream. It is unusual for an entity to be able to cause the dream body to move and accept the living consciousness of the living self, therefore it is difficult, for instance, to cause the self in the dream to move limbs, eyes or mouth, however, it is perfectly possible to observe the self and these dreams are normally easier to remember. These dreams of clarity come to you after a certain amount of suffering.

It is not always relationships that cause one to suffer. One's progress through life may be a course which is causing suffering. One's lack of excellent equipment may be holding one back from what one feels to be one's true career. There are many, many things, beginning with those experiences within your younger times, that are linked in a chain throughout the years, where you as an entity have continually avoided balancing some certain disappointment, difficulty or challenge. These dreams often recur. Common themes are loss of control, lack of preparation for a test; basically those feeling times which indicate some sort of fear or negative emotion which the self is attempting to deal with while maintaining the integrity of the conscious mind. Dreaming is to be welcomed as it is an absolute spiritual necessity, an absolute physical necessity, [and] emotional and mental necessity. Therefore, not only the sleeping but the dreaming is to be valued for these two simple things alone.

Yet there are other types of dreams. There is the prophetic dream. This is caused by a sensitive instrument's picking up the simultaneous time in the future—which is actually simultaneous with right now—when something usually disastrous may happen. If it is a very clear dream, do not be surprised if it comes true. This is not a particularly common occurrence but is common enough to be mentioned. Also to be mentioned in this regard, with more interest, is that sort of clear dream which prophesizes in a parable or extended metaphor concerning choices to be made in the near future. These are dreams greatly to be valued and carefully to be studied.

There are two very esoteric types of dreams, which some have at some point within their lives, and some do not. It simply depends upon where that particular spirit is in its evolution. If one has come to this plane of existence from another in which memories are retained at some level, it is not surprising that some who call themselves wanderers would dream of adventures and heroics of one kind or another in the service of those who are desperate for help.

This is an experience which those who choose the path of service to others will inevitably go through. Thus, you are remembering that which has happened to you in another illusion and you need not expect it to make sense except as a fantasy; let it be a fantasy to you.

This is not an important type of dream, for you see you are now an Earth person. You have incarnated and are just as much under the planetary, natural law as any third-density Earth native. The real work of living a life in faith is living it within this illusion, at this time, with no evidence of glory or perfection outstanding. The challenge is to feel the glory and the majesty of creation, to feel the life that is lived now, to feel oneself opening as a flower to the Creator. These memories of aid do not truly help the émigré to Earth, for it is here that each spirit has chosen to make—once again—that great choice, of service to others or service to self. And we have all come with balanced karma, but we will not leave unless that karma remains balanced. Consequently, we urge each in this sort of dream experience to acknowledge that you, perhaps, had unusual adventures. But remember always that you are here to love and to accept love, to be wise and accept wisdom, to feel the time, to feel the space that is the appropriate time for each thing.

There is one more type of dream that some do have who are very intensely working upon the indigo-ray center, that is, who are doing work in consciousness. Such will remember being with a teacher but will not remember what is taught. This is, of course, as it should be, for those things which are of true help in taming the unruly spirit of mankind are far below the conscious level of control.

The aggressive impulse that has come to you through the type of body which each chose to inhabit, the variousness of free will, all of these things cause you to experience a normal, human experience. However, within the dream state, it is

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possible to receive instruction that may, over a period of time, aid in the instinctive reactions to challenging situations in order that your spirit may be calm and untroubled while the concern is put aside and the problem at hand approached as an enjoyable challenge. With this type of dream as well, it is very unlikely that you shall be able to remember that which you have been taught. On some occasions there will be one thought or one sentence which you are left with. It is well to write that down, for these are your teachers, these are those who are with you always, these are the Comforter which vibrates in that vibration which comforts you. So bless and welcome your teachers, they have much to tell you.

We have not touched upon the nightmare for the nightmare is not a different kind of dream. A nightmare can be that which was caused by the happenings of the day, that which was caused by repeated trauma in childhood. The classic, shall we say, nightmare is simply that type of dream which is very, very useful to examine, for what is feared, how it is feared and what the situation that is feared is actually like, this sort of working with the dream is most helpful.

Now, we are aware that it is felt sometimes that there is some help in offering difficult images in the dreaming process. However, we may suggest that you protect yourself by praying as you sleep, that is, as you enter the state of sleep. A simple prayer, the Lord's prayer or a simple childhood rhyme, thus surrounding yourself with the love and the light of the Creator which you remember instantaneously and Who instantaneously sheds grace abundant upon you.

The psychic greeting dream does exist but is so very specialized that it is extremely rare. Realize that your own lives have shown you abuse, terror, shame, humiliation and many extremes you would much prefer not having experienced. All of this is catalyst and is dealt with largely on the subconscious level. So your nightmares are actually attempts to heal and are to be valued as much as the happiest dream, for they represent a valiant and courageous subconscious mind which is quite determined to see you through that which has made you fear something or someone.

There is a waking dream which is identical to a sleeping dream in terms of the brain wave pattern of an entity. This is called the day-dreaming process and is closely linked to dreaming. It is recommended that this process be monitored, much as the dreaming process is monitored, that you may discover what it is that your mind is focused upon, what your true desires are. This is what you wish to know from within yourself.

So, as you approach your sleeping time, ask yourself inwardly to dream truthful dreams and to remember them well, and, if you can, write them down. We think you will find this most helpful. It is to be remembered in analyzing dreams that a principle this instrument has learned from psychology is true. That is: each character in your dream is an aspect of yourself. This is a very large key to the analysis of many dreams.

That which you do not realize, do not remember, and will never know, that which makes sleeping and dreaming utterly necessary, is that heavenly food and drink which each sleeping entity receives by the grace of the one infinite Creator. Much healing occurs in sleep, much forgiveness is engendered in sleep. Sleep is rest not only for the body; it is food, nourishment, absolutely necessary for the Spirit within. For you starve that Spirit, my children. You do not give that Spirit its wings in the daytime hours. You do not become excited passionately about what you are doing often enough. You have not enough zest. We encourage you to learn from your dreams, to grow from your dreams, and, taking one step at a time, to allow reality to become that which you, by analyzing your dreams, have found to be the peaceful, appropriate way of joy and dance for you.

At this time we would transfer to the one known as Jim in case any have questions at this time. I leave this instrument in love and light. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to those queries which may remain upon the minds. Is there a query at this time?

Questioner: One question. I have attached a significance before to people in dreams that are new to me. People that I don't know who appear in my

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dreams seem to be very significant. Would you please talk about that?

I am Q'uo, and am aware of your query, my brother. The significance, in general, for entities which appear in the dream are—we correct this instrument—is that the entity represents some aspect of the self. That this can be the case with a stranger underlines the quality of the self that has been seen, or as you might say, projected, upon the entity that is the stranger. In this instance, we would suggest that the unconscious mind is able to perceive a quality within the stranger that is obvious enough in importance to the conscious mind, being a significant aspect of the self, to bring to the attention of the self this quality. The quality may be felt rather than defined by the unconscious mind, therefore the strange entity, one unknown to the conscious self, is chosen in order that this feeling tone might be easily made apparent rather than finding this quality within a known entity and risking the coloration of the quality with what is already known in the familiar friend.

Is there another query, my brother?

Questioner: I feel like the question that I have has already been answered so I won't ask it again. I appreciate the answer, that makes sense.

I am Q'uo. We thank you for your query, my brother. Is there another query at this time?

Questioner: How, in a few sentences, could you tell someone that writing down dreams would help the spiritual life? I would like to interest some friends in doing it but I don't know how to tell or explain how it could be useful to them.

I am Q'uo, and we will do our best, my sister, to be brief with the description of the value of the dreaming process.

The conscious mind, the conscious entity, moves through its life observing itself and its interaction with others. This, many have called the Observer, that which talks to the self, critiques, motivates, reacts. Just so, the unconscious mind has such an observer quality that has a far broader point of view and a greater wealth of resources to offer in its commentary upon the conscious life. Thus, through the dreaming process is this commentary made available to the conscious self in order that both the conscious and unconscious portions of the mind—that male and that female quality—might be utilized in a fashion [that] when well done is of a balanced nature. Therefore, to rely only upon the conscious mind and its analysis of the life pattern is to utilize only half of the resources which are available to each entity within your illusion.

Is there another query, my sister?

Questioner: No, thank you very much … I had a question, it may not be interesting to everyone. I often have a dream where I see someone asking for help and I wonder if that is me asking for help?

I am Q'uo, and am aware of your query, my sister. The possibilities begin, of course, as we have said, with the self. One may see various aspects of the self painted into the dream landscape so that one may see each portion of the self as a piece in a larger puzzle or portrait. The utilization of other entities and situations may well make correlations between a portion of the self and the environment outside of the self and how the self relates to that environment. It is well in viewing any dream or portion of a dream to ask the self—we correct this instrument—to ask the self, if it is not obviously apparent, what each portion of the dream represents.

When there is uncertainty, it is well to begin a process of, shall we call it, "What if …?" What if that is so and so? What if that is myself as I relate to this person? What if that is this portion of myself from childhood? What if that is a portion of myself that had a certain experience recently? Ask any question which you can think of, for the conscious and unconscious mind will at this point feed likely possibilities to your conscious mind as you consider the dream and its meaning. Imagine as you consider each possibility that this is true for the time that you consider it. As this is done with each possibility, each "What if …?" examine the feeling within your heart so that when there is a recognition below the conscious level that you will be aware that the unconscious mind has resonated in harmony with that possibility. Thus, you may utilize both the conscious and unconscious mind in the analysis of the dream episode.

Is there another query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

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Carla: If it wouldn't detune the instrument, I've often wondered why some people dream in black and white and some people dream in color. Please don't answer that if it would detune the instrument.

I am Q'uo, and am aware of your query, my sister, and appreciative of your concern as well. We shall do our best to speak to this query, though this instrument is somewhat dubious of our ability.

The dreaming in the color as is the life experience is a quality or ability which is not as widely utilized as one would imagine since it seems logical that the dreaming process would faithfully reflect the day-to-day experience and the record made by the eyes. However, for many, the process of dreaming contains enough filters, shall we say, that may be utilized for a variety of purposes that some dreams are remembered or rendered in more simple qualities, that of the black and white as you have called it. For some, this is the result of the distance one feels not only from the dreaming process, but more importantly and saliently, the distance one feels from the life experience. When there is little of the—we look for the correct words—*élan vitale* or gusto as you may call it, the zest that enlivens the daily round of activities so that there is little of the numbness, little of the lack of feeling, but great feeling and motivation from within the self to partake in the life experience, thus the filters that one has put in place, shall we say …

(Tape ends.)

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Sunday Meditation
April 16, 1989

Group question: The question this evening, J, has to do with the basic sounds, shapes, colors, and mathematical equations that are found in nature. Is there a fundamental mathematical equation or relationship between any, or among all, of the basic shapes, the manifestations that we see in everyday life within the primal nature environment? Is there a correlation between the manifestation? Does it have a shape and a sound and a color and a mathematical equation that will tell us what it is if we only know one of those factors about it?

(Carla channeling)

I am Yom. I greet you in the love and the light of the infinite Creator. We are most pleased to be called to this group. We have never used this instrument. There is a good reason for not using this instrument. This instrument is very ill equipped to speak in scientific language. We shall, however, do the best we can with this instrument as your subject is one which, shall we say, we cover when it comes to the type of call that comes to Confederation entities. We tend, shall we say, to specialize so that each of us may learn a somewhat different lesson in service, given that we have a certain gift in our culture for one thing or another. For us, it happened to be that science led us to what you would call religion rather than religion leading us to science. Therefore, we are those of faith who learned through science rather than those of faith to whom science may seem to be an adversary. Thus, this is our subject and we are most grateful to have this call from you. We do apologize for this instrument's paucity of acceptable technical vocabulary, for there is much within your scientific jargon which we could use if this instrument were aware of the words. This instrument does not wish to go into trance, therefore, we shall have to give you the layman's version of our studied answer to your query which was, although awkwardly phrased, an important query we thought, and one which deserved, perhaps, to be restated in terms of its central question.

That is, is there an order to nature and does it somehow coincide with a metaphysical order? We feel that this was the question that was attempting to be asked, and it is a large subject. First of all, let us address the subject of order.

In the sense which most of your measuring devices could discover, there is only observed order and not true order. In terms of metaphysical order, the universe gives certain hints of the nature of this order. It does not occur to entities how fragile their physical vehicles are and how probable it would be, were there not absolute order, for there to be enough significant variation in the habitat of creatures such as yourselves that life would not be possible. One may gaze at the starry sky and notice that the light is neither imploding nor exploding. The stars remain

fixed, although, we may note, there is always the oxymoron in spirituality. You gaze at the past as you gaze at the order of the universal sky. There would have to be infinite order, for the Creator is without order. Anything that is created is created first because the Creator had a Thought, a Thought of Love. It decided to create beings of Itself, so that they could exist in illusions, react as free conscious entities and send back to that Self that is the Creator within that information about the self to the Great Self.

Thus, the Creator created a principle, a Thought; it was Love. Love chose, out of all the ways to create, the particle called the photon. Light is your constant in a metaphysical way that is not at this time measurable by your scientists. The radiance of the sun which may physically be measured is notable in that it moves in a constant rate of speed. This velocity organizes and is the tune of love. It both is and moves. It is that which creates space and time.

As all is a unity, all things within the creation that is local are, indeed, fractions of that which you may call unit velocity or the speed of light, for the photon creates all that there is and creates it, not as your scientists believe by the creation of mass, but by the creation of vibratory energy patterns in a severely hierarchical and mathematical order.

The link between many unrelated observed simultaneous periodic happenings is a link that is tangential to that basic common denominator which you call the speed of light, it being the vibration of intelligent energy and that which your universe must be builded from. There are hierarchies of order. Much as in your classifications of plants and animals, there are the phyla, the genera, the species. So in anything which the Creator has wrought, there are hierarchies of energies. Thus, within the world which you call your natural world, there is a good deal of order.

Now, some of this order must seem somewhat random because it has to do with time rather than space. We have trouble expressing our thoughts through this instrument but will forge ahead as best as we can to try to explicate this hierarchy. It is as though there were one universe which contained one great principle, that principle being Love. In all forms, from animal to mineral, to the vegetable kingdom, to spirits of air and water, wind and fire, to gods and goddesses and planets, to all the mythical thoughts of all the cultures, there is, indeed, an order. Yet some of this order is, shall we say, the "y" axis, and your scientists move along the "x" axis. The intersection at the very middle is the constant. The universe is one and expresses itself as love.

Now, it is understandable that gazing closer and closer at an object with the tools at your disposal, your scientists would gradually find that nothing can be measured. You are part of an intelligent infinity. You are all one thing. Finitude is apparent but it is an illusion. Press that illusion and it shall fail. The average, as this instrument would say, man on the street does not know how to press the illusion except by the use of mind-altering substances. The thinker, the religionist, and the scientist have far more resources. And they shall discover chaos and order and chaos and order once they discover the hierarchical nature of consciousness, for all is perfect in its consciousness and life and all is the Creator, yet there are various manifestations of consciousness, from the least conscious rock to the self-awareness that each of you who seek now show as you choose to seek the truth. Can you measure yourself? Do you have order? Yes, my friends, you are creatures of geometrical order. Your mind can be understood. Its resources may be used, but may we say to you, that along the "y" axis of time, there is that which is called patience. All the emotions are those created by time. Emotions are to be given their due in understanding as best you can that which is the natural order of the self-conscious entity.

Therefore, each of you must think and feel. And you will find that your scientists will make their breakthroughs not only as those who use those numbers which have proven effective in creating useful things in the past, they will also be using themselves as instruments—their intuition, their deep knowledge, the discipline of their personality. To this approach will the illusion offer the most clarity of observation. We know not how to offer you a mechanical way to gaze with this wisdom at the world of nature. We cannot, because of the restrictions of infringement upon free will, discuss the qualities of such things as the use of the voice in speaking or singing, or instruments in making tunes or colors or shapes. We can say specifically that one may think of some of the shapes which one may see among your peoples as you might think of the brands of your cattle.

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This instrument is challenging me again. Pardon me, we must pause.

(Pause)

(Carla channeling)

I am Yom. I am again with you. This instrument is very keen on the challenging, we must say. She hurls herself at us, and we would be most fearsome and want to leave, indeed, if we did not come able to say, "Christ is Lord." This child has Christ as Lord, thus, we may say that. We may therefore stay, but, my goodness, this little entity is very fierce.

Now, we were speaking of the metaphysical order of the human personality. It is to be, because of the needs of time, a slow and gentle penetration of the subconscious by the conscious mind. It is a very, very good idea to remember that that which is the most real thing within this illusion, that is, the human spirit, has both the "x" axis of space and the "y" axis of time. It is, therefore, an entity of love and it must be approached lovingly. The subconscious must be wooed, not only gently, carefully, discriminatingly, but also with gentleness, with returned passion, with respect, with praise, and with honor.

It may seem unnecessary in meditation to approach the silence as one would approach a lover, yet we ask you to sit and listen as you would listen to the one you adore, waiting with bated breath for that moment when you are aware that you and the Creator are lost in light together.

This experience is the teacher that is the basis of all of those inquiries that each field of study shall make that shall offer a more appropriate model of the illusion, for once one understands the reality, one may see, of course, the illusions are carefully, systematically and hierarchically engineered. We may suggest one application that a member that is present in this group would find especially interesting, and that is that there are connections between sounds, shall we say, and color, however, perhaps the most satisfactory blending of "x" and "y" axis is the use of the human voice in the chanting and praying simultaneously. For there is the notation, black and white upon the page of music, the words to speak clearly, and then the "y" axis of emotion, the breath of finitude, the time factor. You see time as a river. See time, rather, as a woman and woo her. Enjoy her and honor her, for that is one of those measurements which is beyond knowledge. Lost in infinity, the parentheses of birth and death in an incarnation is not measurable. There we have a random effect, yet it is not random, as many things are not random. They are choices made at some hierarchical level of creation by a Creator, which above all things in the vast illusion of the infinity that we call space and time …

We must pause. We are Yom.

(Pause)

(Carla channeling)

We are Yom. We are again with this instrument, but we find that we have a fatigued instrument and we are losing this instrument, therefore we would attempt to transfer to the one known as Jim, if this instrument would accept the contact.

We will now leave this instrument in love and light. We are known to your group as Yom.

(Pause)

(Jim channeling)

I am Yom, and greet each once again through this instrument. This is a new instrument for us, and we are grateful to be able to speak our thoughts through it, however, it may take some coordination, shall we say, upon our part and upon the part of the instrument as well, before we have a satisfactory contact. We are happy to work with this instrument and shall do so as we complete that thought which we have begun through the one known as Carla.

My friends, as you are trapped within the infinity of all that is by your experience within your illusion, you find yourselves pondering the relationships between yourself and that which is about you. And we have spoken this evening of those relationships having as their unifying factor that quality of the Creator which is called amongst your peoples the photon—light, my friends. You travel and are at your very heart moving within this light which has love as its product, love that is formed in such and such a may according to the vibrations of light that has formed all that is. You find yourselves attempting to penetrate the mysteries of your existence, which means that you attempt to penetrate the nature of love and the nature of light and the nature of free will which has created both of these qualities, the nature of the one infinite Creator, that Creator which has chosen to set in motion the

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creation as you know it, and the creation that lies beyond that which you know, that which rests in mystery.

As you explore on the equations of your relationships, on the qualities of your experience, you will find that the components of these equations can be reduced to your ability to accept more of yourself, of the creation, and of your experience as being whole and perfect within itself, lacking nothing. There is within each human heart the ability to express this acceptance in a direct ratio with the sincere desire to know what you call truth, for as you sincerely seek the truth of your experience and of yourself, you will find that all has the foundation of love and the qualities of light as it vibrates in a specifically defined field that gives you a framework or an environment in which to exercise your love. Thus, the creation has been made that you might play, as it were, study, romp as does the young kitten in the fields of experience that are made possible by the vibrational frequencies of the light which enfolds you and the love which empowers you.

At this time, we feel that we have spoken upon this point in relationship to the ability of these instruments to express, in general terms, an introductory exploration into the unifying factors of shape, of sound, of color, and of the conceptualizations that depend therefrom. Therefore, we shall at this time ask if we may speak to any further queries which those present may have for us, realizing, of course, that we have a difficulty with the vocabulary of these instruments.

Questioner: I have a question. You mentioned that sound has a relationship with color. Does sound or vibration also have a manifestation as form or shape?

I am Yom. The phenomenon of sound that is the vibration that is perceived by the ear has not only the color that is caused to spring to the clear mind, but may have a shape according to the, shall we say, receptive abilities of the one who hears the vibration. This is to say that there is an interrelationship and an interaction between the vibration which is heard and the mind of the one who hears the vibration. The color correlation is more nearly, shall we say, of an objective nature, and may be formed according to the desires of the entity experiencing the sound vibration. There is, however, also the possibility that if the source of the sound vibration desires, there may be a transmission of concept or form in what you may loosely call the holographic picture that may be perceived, then, by the receiver. There is in that case, then, a more definite image which is possible to construct according to the construction of the sound vibrations, these vibrations being multiple in nature in order to construct the image.

Is there another query, my brother?

Questioner: Yes. When a thought is created, does this thought become a vibration or is it already a vibration that, again, is manifested as a form?

I am Yom. You may see each thought that is created by the thinker as being similar to the message written upon the sand next to your body of water. The action of the waves will erase the drawing if it is not repeated often enough. The thought, which has but small duration, then, does not retain its integrity over a long span of time without the re-thinking or re-creation of the thought.

Is there another query, my brother?

Questioner: Yes. Within the electromagnetic spectrum, we are limited in our instruments to visual phenomenon, auditory phenomenon and tactile phenomenon. Are we also limited to shapes within these phenomenon and creation of forms? Are there some basic shapes that we are locked into in this field that we exist in? Are there basic—five or six basic shapes reoccurring in nature?

I am Yom, and within your third-density environment we find that this is, indeed, true, for the experience that you now enjoy has certain parameters that preclude further construction of shapes that would exist beyond those which you now know as the fundamental geometric shapes. We find that it is difficult to describe with the words of your illusion that which may lie beyond the illusion in terms of the shapes, those that would partake also in time. Therefore, we must apologize for our inability to describe beyond the limits of the words and the limit of this instrument's vocabulary.

Is there another query, my brother?

Questioner: Yes. Are the basic shapes squares, triangles, lines, pyramids …

(Side one of tape ends.)

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(Jim channeling)

I am Yom, and am again with this instrument. As we perceive the query, we might suggest that the basic shapes which you have described are those which are, indeed, fundamental to your illusion, and we would suggest that the limitation that exists is one which is related, as we spoke previously, to the parameters of your illusion which make it possible.

Carla: I have a question. Do circular shapes and spirals have more to do with the "y" axis than the "x," more to do with time than space?

I am Yom. These shapes have a great deal, indeed, to do with that which you call time, for their construction suggests that which is eternal, that which has no beginning and no end and their utilization as a form of metaphysical geometry, if we may use these terms, is to suggest to the deeper mind the concept of eternity and the mystery which surrounds it in order that the seeker might utilize these shapes as a type of visualized mantra that will awaken certain portions of the unconscious mind that has contained within it the more fundamental perceptions regarding the self in its relationship to the current illusion and the movement beyond the current incarnation in order that the seeker might begin to relate itself to those qualities that it currently sees as beyond the self, but which, in truth, are contained in a larger perception of the self.

Is there another query?

Carla: So even the DNA double helix points directly to the mystery of the Creator in infinity, is that right?

I am Yom, and this is quite acceptable, my sister.

Carla: Thank you, Yom.

Questioner: I have another question. If … is the point of the "x" and the "y" axis our present incarnation? And if so, then we exist also in the … beyond the present incarnation at the same time and we create and generate forms and realities coexistent with the present incarnation. Is this true?

I am Yom. We find that your observation has a basic correctness to it, though we are unsure as to our ability to add significantly the ramifications which we feel are significant. The intersection of the, as you have called it, "x" and "y" axis, is a point within an incarnation, as well as being, perhaps, seen as the incarnation itself. In this description, then, you may see the point as not just the point, but as describing a progression or that which would begin to appear as the moving line as the incarnation itself progressed. However, this again lacks refinement, for the line does not move in a singular path, but has variation according to both the "x" and the "y" axis as well as varying according to certain, shall we call them, internal rhythms or predilections of each individual seeker.

Therefore, there is oftentimes a contact with or an awakening of latent portions of the personality or of the greater self which would add a certain influence that would also need to be registered upon the point that has become now a line, which again begins to move in other directions so that there is described that which begins to shape—we correct this instrument—begins to take a shape or a form, so that the point then becomes the line, then becomes three-dimensional, then begins to take the form of a picture so that you might see the incarnation as completing a kind of sculpture, so that after a certain point, the analogy of the "x" and the "y" axis becomes too simplistic in order to describe the entire range of this process, that is, the self moving through an incarnation that moves through a creation that is itself moving within and beyond itself.

Is there another query?

Questioner: I'd like to ask that a different way. We exist in the third density but we also exist in the fourth, in the fifth, in the sixth simultaneously, and probably more. And we are able to leave the present density and see different times and spaces and personalities of ourselves. Is that right?

I am Yom. Again, we do not wish to mislead by oversimplification, for there is a great deal of what you would call complexity and extrapolations and ramifications to this simple statement. For many, this is, indeed, true, that there are parallel existences that may, in certain instances, be tapped into, as you may call it, so that information might be received in one fashion or another, whether through dreaming, through the creative process, through the intuition or through information that simply appears within the mind complex.

There is, through this communication to the self from other portions of the self, the attempt to widen the point of view so that there is the possibility of enhancing the current incarnational experience in a manner which fulfills the goals for the incarnation

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that were set prior to its inception. However, there are some entities that have as their primary experience this incarnation and this incarnation alone, for their objectives have a far simpler construction and are in need of the more, shall we call them, nuts and bolts type of experiences that will allow for the beginning of the construction of the larger conception of the self that shall at a later incarnation, shall we say, be added upon.

We would ask for another two or three queries before we finish this session with this instrument.

Questioner: I have a question.

Questioner: Go ahead. I have one more, but I'd like to … I've been dominating, I'm sorry. Somebody was ask …

Questioner: I would like to ask a question. This is kind of not on the same subject but it's a … it's a kind of a burning question. Is it possible that—is it possible to make a wrong decision? I have to make some very important decisions with people that I associate myself with in the next few days and there are many possibilities, there are many ways to go, and no clear-cut answers as to which way to decide, and is it possible that we can decide upon a destiny line or is it already preordained that we have to go through certain experiences? And if so, can we make our own decision? I guess I just need to be more at ease about that.

I am Yom. This is a question that has merit and we appreciate the opportunity to speak to it. Within your illusion, and, indeed, within any illusion in which conscious entities exist there is only experience which may be had. It is not possible to make what you would call within your illusion a mistake, for the experience which has been set out for you by you with the aid of others under whose care you exist has been programmed, shall we say, into your subconscious mind in a fashion which will allow you to perceive within others and within various situations that which you need to perceive, in the way that you need to perceive it, in order that the opportunity be presented to you to pursue those lessons and those services which you have felt appropriate within this life experience. This is to say that there is a subconscious lens, as it were, through which all experience is perceived.

Thus, two entities may look upon the same situation and draw from it separate conclusions according to those lenses which have been placed previous to the incarnation and have been refined through free will during the incarnation. As you make choices, you will discover that you perceive that which is within your ability. Therefore, to perceive, it is necessary that you allow for the greatest expertise in perceiving to determine that which you feel is of importance to you, that which is your desire, that which you ask or expect from a situation.

When you have decided this through contemplation, through prayer, and through meditation and have done so with sincerity, you will discover that there is a certain ordering of priorities that becomes more apparent to your conscious mind as you pursue this ordering of priorities. You will provide yourself with those opportunities that you have determined to be appropriate previous to the incarnation and you will have provided yourself with these opportunities in the most efficacious manner that is possible. Though there are, indeed, no mistakes within your experience, or within any experience, there is the possibility of greater or lesser ease in presenting the self with that opportunity to learn. Therefore, we suggest that you take the necessary time to ask yourself what it is you desire so that those choices that await you might begin to become more clearly ordered according to their appropriateness at this particular time within your experience.

Is there a further query, my brother?

Questioner: No, thank you.

Questioner: I have a question. Earlier you said, if I understood it correctly, that basically we do not create with a single thought, thought only one time. If I understood that correctly, could you elaborate just a little bit on the process of reinforcement of creation by thought when that thought is reinforced through repetition?

I am Yom, and we shall use the analogy of the artist. The first thought that one may begin to create with is as the beginning idea with which the artist begins. If the idea has no merit, if the artist has not the time to pursue it, the idea, perhaps, will fade. If the artist feels, however, that there is merit, perhaps the first outline of a sketch will present itself in the mind. Perhaps this shall be carried further and shall be put upon the paper with the outline. If there is further inspiration for this beginning work of art or thought, perhaps there shall be the elaboration, the adding of color, the refining, perhaps, after the

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preliminary drawings have been made. There shall be the sculpting in clay; perhaps the final product shall be bronzed.

As an entity begins to think a thought, and finds that the thought holds the interest, that it has merit, the entity will begin to think further upon the thought within the mind, adding the ramifications, deciding that there is a small thing that might be done now to aid the vitalization of this thought. Perhaps continued thinking will produce continued action. Perhaps the entity shall then find that the thought begins to take upon itself a certain life of its own, and there is a communication developed between the entity and the thought, with the thought seeming to offer suggestions as to how it might become a thing within the experience of the thinker.

It is necessary in this process that there be some action of a concrete nature taken at some point within the thinking process, for though it is true that the mind is a powerful tool that has the ability to create, it is also true that, as with any form of what you might call the ritualized white magic, there must be grounding within the physical material illusion of that which is within the metaphysical realms at its inception. Therefore, as you continue the dialogue between yourself and the thought, you will find a natural process of creation being played through this dialogue. Then you will begin to discover that this is not an exotic process reserved for but a few, but a process which is constantly being utilized by each entity at all times.

There is, however, the possibility of utilizing this process within any sphere of one's experience and not just within the more mundane levels of the daily round of activities, as one easily visualizes the running of errands, the attending of the class, the doing of the work. These become as easy as the breathing, the walking, and the looking. The ability to utilize this process in a manner which is new to the seeker is what is generally called the creative ability and is one which needs only the refinement in order to be utilized within the life experience.

Is there a further query, my brother?

Questioner: I have a final question I'd like to ask. When the time and space axis creates a physical entity that we are in this creation, what happens when another consciousness enters in that with us, such as intervention by star people or so-called possessions? Do we have a dual consciousness and does one subjugate the other? How does that work?

I am Yom. Whether an entity has a shared experience with those of the, shall we call it, extraterrestrial nature or an experience with a terrestrial entity of the same family and neighborhood or geographical location, the consciousness that experiences the blending of energies, for however long it might last, is a consciousness that remains intact and that which has the ability or the power to continue exercising it's own free will, unless it shall for any reason, conscious or unconscious, choose to give that power to another, as those who study your psychology and sociology will attest.

There is, in the relationship of human beings, the continual trading of the power over the self between various entities for a great variety of reasons, each of which has a relationship to the central theme of the incarnation, the ability to give and receive love under a great variety of conditions, therefore, the relationship that has as its foundation the complete power to exercise free will vested within each entity, each entity having a variety of lessons and services that it desires to perform, and therefore when it joins with any other entities there is the interrelationship and interaction that affects both entities in a manner which is described by the preincarnative choices that, in themselves, form the lens of which we spoke previously, that which is the subconscious predilection to see certain events in certain ways.

At this time we would ask for the final query.

Carla: Well, thank you. I didn't think that I was going to get to ask one. I was really interested in something, uh … twice, well once, you gave … and then I went ahead and channeled it but then I stopped and challenged a fairly specific piece of information, and I know that you were a little irritated, but I really did need to know, and the second time you were starting to say something and I thought to myself, I'm going to challenge before I channel that and then I thought, oh gosh, you know, I'm really tired. Maybe I'd better not leave the responsibility of challenging to myself. I'll just stop and see if Jim can get it past the challenge and Yom passed the challenge to you.

Now, was the reason that I was able to get that information about sound and words that I didn't channel was just you'd given me the concept and I

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just refused to channel it without checking with you? I'd really like to know, is it because it's a validation of something the person interested already knows? Or is there some other rule in your area of information where you can give more specific information?

I am Yom. The point which you query about is a point which we did not feel was potentially that which could infringe upon the free will, for the description of the vibration of sound in this instance was a description which we find has been made available to this group through a previous contact and was therefore that which already existed in the memory of this group.

Carla: Hmmm, not mine. Ha. Thank you.

Therefore, we find no risk of infringing upon the free will when the free will has been made aware of information previously.

Carla: Very good, thank you.

I am Yom, and we thank you, my sister. We apologize for the necessity to bring this particular session to a close but we find that each instrument has had a somewhat wearying day and this makes concentration necessary for a clear contact somewhat difficult. Therefore, we shall express our great gratitude at being able to join this group and utilize these instruments this evening. It has been a great span of your time since we have had the honor of joining your group as other than observer. We thank each for extending this invitation and look forward to any future opportunity in which our service might be appreciated. We are those of Yom and leave each in the love and in the light of the one infinite Creator. Adonai, my friends. ♣

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Sunday Meditation
April 23, 1989

Group question: The spectrum of queries for the evening revolves around the concept of is there a basic descriptive equation or simple set of factors that can tell you what a fern can be made from, what a musical phrase can be made from, what a human being is made from, sounds [are made from]; what is our relationship to each portion of the creation, and how can we know that we have a relationship to it? Is it worthwhile to attempt to find the reason why an acorn will produce an oak tree every time, and why any specific seed will grow a specific plant each time that it is grown? What's the basic equation to which each can be reduced? And how are we related to each thing that has being?

(Carla channeling)

I am Yom. We greet you in the love and in the light of the infinite Creator. We are most grateful to be speaking with you this evening. Although this channel, as we have mentioned before, is not one which has a large capacity to speak in scientific terms, yet may we say to you, my friends, without seeming to be anything but informative, that we welcome the use of instruments such as this one, even though the instrument has not the vocabulary which might, perhaps, make things clearer to a, shall we say, technologically oriented person, for this instrument is more sensitive to the tuning process and is resistant to detuning.

We must preface all remarks tonight by expressing that our intent is not to explicate the mechanical aspects of the creation which may be measured or predicted in one way or another. The gift or service which we hope we have to offer to those of your planet is an ever-increasing realization of each entity's own capacity by will and faith to grow in love and light, to more and more become one with the infinite Creator and more and more to be a channel for an infinite love and an infinite light that humankind does not have in its native design, nor was ever intended to have. So we shall be speaking with a philosophical or spiritual slant, and, therefore, we are satisfied to use this instrument, ignorant though she is.

We also thank this instrument for persisting in the challenging process. There were multiple challenges and a very persistent negative entity has now left the vicinity. We say this because we know that each of you is a channel, and each of you channels each and every day. We strongly suggest the use of the challenge or the simple question, "What spiritual principle does this action, does this person, does this relationship, does this interaction call to mind? How would I prefer to accelerate my spiritual growth or aid another in its spiritual growth at this point?" This we hope is something that is never far from your minds through the day, and whatever you may ask us, it is an eye to the practical as well as the

theoretical that we make our answers, for we are not those that simply say that the Creator is love and love is the Creator. This is true, but this gives the student no steps to take from the miasma of the confusion of everyday life to the truths of eternity.

Thus, listen with the inner ear as well as the outer to what we have to say, and above all, as always, refrain from thinking of us as an information source that is always right. We consider ourselves fallible, and we hope you do too. Trust your own intuition, your own sense of recognition of the truth. If it does not ring true for you, it is the truth which does not work for you. Simply toss it aside and move on. You will meet it again one day, and it will be helpful, or you have gone past it already. Waste not time in worry about whether what we have to say is true or untrue, for you shall recognize truth as if remembering it.

The spiritual principle that governs the likeness of forms upon various levels of the hierarchical nature of your creation is "as above, so below." That is, you will find repeated again and again certain motifs which are those motifs which express the Creator's original creation of a certain kind of life form which was designed to carry a certain amount of consciousness, or what you would call, perhaps, Christ consciousness, that is, the God-self within. That which is elemental is that which is made up almost entirely of the love and the light of the infinite Creator. There is only minimal consciousness; therefore, there is no need for movement or thought. The ground upon which you stand, the rocks, water, chemicals, the wind, the fire are of a simple mind, completely lost in the Creator.

Thus, one who is a true magician that may cause changes in consciousness at will, one with faith, may, indeed, move the mountain or cause that to happen which seems a miracle. Such is the nature of the will at the level of humankind.

The nature of the air and the fire is that of radiance or movement. The nature of earth and rock is that which complements and is fecund to wind and fire. That which is called the water is to the elements the Eucharist or blessing or thanksgiving which does bless and balance in the sense that a mother balances a family, the Earth plane. It is the only element besides that of fire which contains movement. The movement of fire expresses the excellence of destruction, the other side of the coin of knowledge. The water is the nurturer, the mother aspect of the Creator and is a blessing to first density as well as second and third, it being of a crystalline nature, much as is the rock. It is, therefore, more able to be charged with consciousness. Wind and fire may be charged with consciousness, but only momentarily because of the movement therein.

When we see the various intricacies of development of life forms within the animal and the vegetable kingdoms, we see that there are many, many roads which the Creator tried in an effort to find life forms that would be satisfactory to this particular sphere which you call Earth. The design of it was careful, and there was an attempt at balance so that each species had a reason for being, a natural food which was available to it, and that group mind which is the level of consciousness at that level of being. That is, the being has movement and moves towards the light. This recapitulates the very beginning of the life force, which is the spiral.

The Creator's variety of life forms is difficult to grasp or believe. The generosity and creativity of the infinite One in creating ways for consciousness to express are most wonderful, and we know that each of you as you have gazed at the beautiful flowering trees and shrubs, the plush greens of new leaves and fresh lawn, the forests coming alive with birds and deer, that you are aware of the particular beauty of your planetary sphere at this time. Realize that this sphere was designed according to a metaphysical law that is far more important to understand than the mechanical laws of growth, and that is that the creation serves each other. Each species controls the population of another species and, in turn, itself is controlled so that all may have their fair share. The trees that grow upon your planet, those great beings, and all that is green, exhales the oxygen which is needed by second and third-density entities, who in turn offer back to those green things around, in symbiotic fashion, the carbon dioxide which is needed for their growth and blooming. It is a creation whose spiritual principle is unity. The term that your scientists have used to describe the basic unity of any environment is ecological balance, or the ecology of an environment.

We believe that is all we shall say about the repetitive shapes of those life forms which exist in each case, though one may find the predictive mathematical formula for prediction of that which is grown from that which is within the seed. That which cannot be predicted and cannot be measured by your present

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scientists is far more important, and that is the level of consciousness within the plant. For just as some people within your culture are born only to die young and have little energy, so it is with the smallest seed. It may make the creation that follows the pattern of the spiral energy of life within it, but it may be a weak, poor specimen and die quickly, its consciousness returning to the genetic pool from which that particular species springs. Other seeds or acorns or any sort of reproductive material may be full of a metaphysical vitality which includes that which you know of as will, the will to live and bloom and flourish.

Now, the relationship between you who are above and the plants and animals that are below is that you with your consciousness may affect that which is of second density, or even that which is of first, by your love of it, not because it is mechanically able to be predicted, but because it is life and is part of the one great original Thought which unifies all of us. The response to that thought whenever you see it, if you are centered, is to love, or, if there is not love in the artifacts of the moment, to do that which must be done for love's sake, your love of the infinite Creator. The equation need go no further than that. This alone is a perfectly acceptable reason for action. Thus, an interaction that you may have with animals, with plants, even with those things of first density, may invest them with more consciousness, more love, more beingness, until finally the consciousness that has permeated this life form which is so miraculous does not move back into the gene pool of that particular species, but has become individualized and has begun the walk towards the third density and full self-consciousness.

It would be predictable, you see, that nature would repeat itself, as the shapes of nature, that which may use fuel and live within this atmosphere, though they are only limited by the imagination of the Creator which is infinite, are, indeed, limited by the necessities of finding a way to fuel the physical vehicle during its life experience. Gaze through the microscope at anything, and you will find many, many, many interesting things. Gaze in the telescope, and you will find the same interesting things. The more sophisticated your knowledge, the more mystical you shall become as a scientific inquirer, for the more that you will be able to see the part that is played by the wills of those third-density entities which observe that which is occurring within the acorn, the seed, the animal behavior, and so forth.

The key to this is "as above, so below," a saying very old in your culture, but very, very true. You may think of the culture in which you live, the ecology in which you live, as the very tip, lower tip of an upside-down tree. And as you ascend this tree, it grows many, many ramifications and becomes larger and more complex. And finally at the end of a lifetime of seeking, you have moved up the tree of knowledge, and you move into the root system, rooted in what you would call the Kingdom of Heaven. And you find that this tree is eternal, and that life forms recapitulate themselves because of the Creator's sense either of aesthetics or humor.

Now, when you gaze upon the artifacts of humankind, you may not count and rely upon the naturalness of these artifacts. There are those artists which draw or speak of reality peculiar to their own self-consciousnesses which may not resonate with other's consciousnesses. However, for purposes of personal growth, may we suggest the extreme efficacy, when the mind is in turmoil, of turning from all that seems confused, moving into a natural atmosphere if possible, and raising the voice in song. For with your breath, your consciousness, your faith and your will, you may change that consciousness and remove yourself from that confusion. At the end of your time of singing, you have cleared out much emotion that, kept inside, is not liable to redound to your comfort and general health, shall we say.

Thus, we may say to you, yes, it is interesting and permissible for you to move into nature with all the measurements, observations and so forth at your command, but there is always the consciousness factor. There is a growing amount of consciousness as one comes closer to third density. And when one finds oneself in third density, we may tell you, if your will is strong enough, those who should die and will to live, live. Those who should live and will to die, will die. This is the degree of free choice which your consciousness permits you. Thus, we suggest that you heartily move towards a consciousness which thinks of the mystery of the love of the Creator; that your purpose in picking up each piece of paper, in doing your chores, in doing the most menial of jobs, your purpose is to express your love of the infinite One. It has nothing to do with pleasing others, relating to others or dealing with others.

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The first step in consciousness is that decision which you make to remain within the purview of what this instrument would call Christ consciousness. For that which is metaphysical in third density becomes completely sovereign over that which is of the material of the physical body, and, indeed, in cases of those with unusual gifts, shall we say, the disposition of objects outside the physical body.

The reason that the singing is most important is that the intellect does not know what the subconscious knows. The intellect, therefore, will take upon itself the concern, the worry, the analysis, and so forth. In more than half of the cases, shall we say, of humankind's concern, once an analysis that is accurate has satisfied an entity, the faith and the will need to replace the concern, the worry, and the fear. And as you raise the voice in praise and thanksgiving, in joy, in laughter, in fun, so you occupy your mind and allow the strength of your faith and your emotions to move to the situation at hand and with their greater wisdom subtly rearrange things, so that as you finish singing, as you finish praising the one infinite Creator, or as you finish meditating in silence, that which seems to be thus and thus transforms itself because of your faith in a positive outcome.

We realize this seems to stray far afield from the land of microscopes, repeating patterns in nature, and so forth. But the Creator's order is such that were there no consciousness, all would move in an animalistic and balanced fashion which would support all. It is the distortions of humankind which have created the situation which rests upon your planet at this time. By your body you can only manifest the fruits of that which comes from within [of your] love for this planet and for each other and for the one infinite Creator.

That which is designed a certain way finds itself to be a natural form which has an equation, is interesting, but that that same form is completely a consciousness of service to all that is around it is a far more central truth, for that which you understand with the heart results in communication with the consciousness within, that natural shape about you. And it thrives upon your words of love and encouragement, just as you thrive upon the inspiration of the one infinite Creator. You are not the Creator, but your consciousness is one quantum leap ahead, and so it is as if you were turning back to help the little ones to grow as you speak to nature and express your appreciation, your heartfelt emotion, your caring and compassions and love of the beauty that is all about you.

You too, you see, grow according to natural genetic laws. The spiral of life within you without consciousness is as, shall we say, soulless or dead as any other flower that springs upon the planet, blooms in its brief hour, and passes into the compost heap. You must not take your bodies too seriously, but live by will and faith. It is good to care for the body, for it is spiritualized by your consciousness, and as you take care of it, so you shall be able to serve longer and more efficaciously. Thus, to take the best care you may understand of your physical vehicle is not selfishness, but merely a recognition that your physical vehicle is the temple of your consciousness, the God within.

But your essence, my friends, and the essence of all that is, is not that which can be measured in the acorn, although it is in the acorn, that which cannot be measured in the fertilized ovum. It is a matter of the strength of will and faith that that life form may be capable of. You have all seen the flowers and trees and shrubs that are strong to grow, and grow regardless, and those that seem hothouse flowers, unable to deal with the rigors of life in the sun and wind. So it is with entities, yet you, my friends, are self-conscious, and you know the value of desire. Desire carefully to seek the truth of the creation. Desire compassionately to love each other, and much more shall be learned than the gazing at the order which permeates this local illusion. It must be remembered that the order is complete and the illusion is complete; therefore, all order will eventually break down as the illusion is penetrated. This does not mean that there has not been order; it simply means that the illusion has been penetrated.

This illusion was not meant to be penetrated. It was meant for scientists and artists, workmen and musicians, and all humankind alike to labor under the shadow of unknowing, because it was designed for you not that you grow in such and such a way; that information is stored in each cell of your body. That which you seek upon this planet at this time is a consciousness that moves closer and closer to the one great original Thought of love. As you do this, you increase your vitality, your will, your ability to abide through difficult times, and your courage in being able to leave that behind which has not

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worked, and to grasp that new experience which holds the promise of transformation.

You, my friends, are entities of choice. The order of the second density is such that there is no choice. Each living being moves towards the sun, in some way is affected by each rhythm daily, monthly, seasonally, yearly, and so are your second-density bodies affected. Of course, it is well to understand that which affects the physical vehicle. And among your scientists there are many who are studying those physical vehicles which were used to create the physical vehicle which you now enjoy. One may learn much of the animal within by doing the research …

(Side one of tape ends.)

(Carla channeling)

… corrupted, shall we say, and changed, not transformed, but simply moved back into that which is the producer of future fertility for other second-density life forms.

It is when an entity becomes self-conscious that an entity enters into imperishable things. Scientists may use science to come to the conclusion that there is a great mystery which must be taken notice of. Those who work with artistic muses find an easier time of coming to grips with that fact, for they are working more with the subconscious than are those which measure and calibrate and reproduce and hypothesize. Nevertheless, any form of living whatsoever that you have chosen for yourself will contain those things which you need to learn at this time, and if you become uncomfortable or feel that you are no longer learning from a situation, then you have the freedom given you by the one infinite Creator, in spite of the inevitability of how you had to grow, based on the fertilized ovum of mother and father. You have freedom to make choices, to will to be, to will to do, to will to say. You may will to live by faith; you may will to abide.

You have become a co-creator with the Creator. Value the artifacts of humankind in this light and see what those with special ears or eyes or hearts may offer in enlarging your sympathy, and, if we may use the word, understanding of the deeper self which is never plumbed by the biological self, but is needed desperately by the self which, as a spiritual, imperishable entity, wishes to learn to live by faith.

We are aware that this has been in some ways a most unsatisfactory discussion, yet we felt it would be helpful to each to reemphasize the center of learning about all things that is the inner room. When you enter it within your heart, shut the door, and be alone with the Creator. Do not attempt to visualize this occurrence; let it occur to you as it will. But ask. Ask with much intensity of hope and desire that you may be with the one original Thought of love. For you love that Creator, and you wish to do all that you do out of love of that Creator. And in that consciousness, much shall begin to become apparent to you about the entire range of human knowledge, depending upon that upon which you work, that was never clear before. It is a matter of getting the self, the questioning, curious, restless, gypsy self, put to one side long enough to sit in silence with infinite love. That infinite love is not far away. It resides within your inner room, yet there is the door that you must open yourself. It will never be opened for you in the normal course of events. Remember to open that door, to step inside, and to make use of the deepest portion of yourself, that self which moves in a geometric and regular and, yes, a repetitive way, hierarchical, into the racial mind, the planetary mind, the archetypical mind, and the mind of the Creator.

It is possible that [the] mathematician that is a mystic shall be that person who is of most help to the beginning of those in fourth density. But may we say that at the end of third density, what we feel would be the most help is not physical, is not explanation of the order of nature, but rather an insistence upon a gaze at the spirituality of all that there is, the thought that each thing that one does is done for the love of the Creator. There need be no other reason, there need be no higher path. Anything that is done may be done for the love of the Creator. And as long as you are practicing that presence and the Creator is with you, all that you do, though it may be the most menial and undramatic thing possible, is blessed and appreciated, and you are loved.

Indeed, if you do nothing, you are still loved. You shall always be loved. The only difficulty in third density, truly, is learning to trust that love, to rest back in the love, and to have the courage to return that love, although its recipient is invisible and infinite. As you spend time with the Creator, as you converse with the Creator, you will find that there is

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no circumstance in which the Creator cannot be a conscious part. And you will find your scientific concerns falling into appropriate perspective.

We find this instrument is requesting that we transfer this contact, and so we shall move to the one known as Jim, with great thanks for this instrument's being willing to channel us this evening, in spite of some fatigue. We leave you in this instrument's mouth in love and light as we transfer to the one known as Jim. I am Yom.

(Jim channeling)

I am Yom, and greet each again in love and light through this instrument. At this time we feel that we have spoken sufficiently to begin that portion of your meditation which is the question and answer portion. If we may speak to further queries, we would be most happy to do so at this time.

M: I would just about like to thank you for being with us tonight, and query about something that you spoke about in the latter part of your message tonight, and that is, you said, "If you do nothing, it's just as …" The impression I had was, if you do nothing, it's about the same thing as if you do a lot of research and thinking and whatever. This brings to my mind the question of responsibility. My question is, what are our responsibilities as human beings to ourselves and to the other people around us? And also in a universal sense? Is a human being supposed to be doing something, or is it simply a question of what he feels like doing?

I am Yom. In truth, my brother, we would suggest that you, as any creature of the one Creator which contains the quality of free will, may do as you will, for each action shall, in some degree, teach. To learn of the self and to learn of the Creator and the relationship between these concepts within all of your creation is the purpose of your existence and of the existence of all of the creation. That you shall find standards by which you shall live, and shall take upon yourselves responsibilities, as you call them, as a result of what you learn from what you do and from what you seek is the natural outgrowth of experience which has had analysis and which has generated further thought and action.

Thus, as this process becomes more and more a conscious process, the seeker of truth shall find that there are more appropriate ways in which to conduct this process which take into account the welfare and needs of other entities about it, the welfare and needs of the environment in which it moves and has its being, and the welfare and needs of the inner self, shall we say, that portion of the self which seeks to be informed and to extend the boundaries of experience and identification. Thus, from the beginning command, shall we say, for lack of a better word, that command being, "Do as thou will," comes a progression of learning and a refinement of this process in a conscious manner.

Is there another query, my brother?

M: I guess that what I'm thinking about is just the point of it all. I mean, it sounds to me that, based on some of the knowledge I've gathered from other meetings such as this, that kind of education that we are supposed to attain out of each lifetime is—and correct me if I'm wrong—a kind of experiential education, as you just said, that in a sense, anything that you do is based on the need to learn a particular lesson, so in a sense, however we proceed is a kind of fulfillment of this education. So, in a real sense in terms of our evolution, is there any point in trying to attain another kind of education which is one that we create for ourselves, the kind of education we create which is through science or through metaphysical gatherings such as this tonight? In terms of our evolution through reincarnation, will this kind of created education, will it be helpful for us in our evolution?

I am Yom, and each such means of learning shall serve as a catalyst that one might accomplish what is at the heart of one's desire, whether the mind which creates the course of study is aware consciously of what is at the heart of the desire to learn. Thus, you may pursue any particular path of your so-called created education and because of the biases within your subconscious mind you will see and experience this created education in a manner which is congruent with your true desire. Thus, it shall be a vehicle for the accomplishment of that which you have set out to do.

Is there another query, my brother?

M: No, thank you. That's very reasonable. Just a query about you, the entity of Yom. This is the first time that I've had the pleasure of meeting with you. Could you tell me what density you are from and anything else about your background that you care to talk about?

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I am Yom, and am seldom requested within this particular group, for our specialty lies in an area which is somewhat akin to those explorations of your more scientifically-oriented entities, though we do not call ourselves scientists in that strict sense. We are as many within the Confederation of Planets in the Service of the Infinite Creator, and that is a race of beings which have joined their conscious seeking so that it is unified in its direction and purpose. We seek at present within the density of light which is, according to the numbering system we are familiar with associated with this group, being five.

Is there another query, my brother?

M: No, thank you.

P: You said earlier that you had some hesitation about the quality of the answers that you were giving in that it was maybe not what was expected. But I'd like to say that I appreciate the direction of the answer that you gave and understand the direction of the answer that you gave. A question I have is, you spoke earlier of a time when—a time when a person has confusion, that they should sing, and the question I have, is singing in that manner the same as playing a musical instrument or expressing oneself creatively, or do you literally mean singing with your voice?

I am Yom. It was our intent to suggest the creative activity in general in order that the conscious confusion could, for the moment, be set aside so that the channel to the subconscious mind might be opened and allow the information which is being blocked by the confusion to be transmitted in some form to the conscious mind. The singing is one means by which this may [be] accomplished, as it effectively removes the necessity for further thought. The playing of a musical instrument would accomplish the same goal, for when the muscle memory, as we find you call it, is allowed to produce its patterns of creativity, then the conscious mind may for that period of time be emptied of the confusion, so that a new beginning might be had and the progress toward a solution to the problem at hand might be enhanced.

Is there another query, my brother?

P: Another thing I'd like to ask about that you spoke of, penetrating the illusion and that the illusion was not meant to be penetrated, but that it might be, and I'm unclear what you were speaking about there.

I am Yom. We speak of illusion, for the environment which each of us inhabits is more than it appears to be, and by being more than it appears to be, invites the seeking as to what that more might be and how it might be related to the self. Within your particular illusion, the nature of the illusion is quite dense, shall we say, in relation to those which follow it. The density of your illusion, the heaviness of it, has the purpose of providing an unbiased field of experience for free will to be exercised in a manner which is consciously directed for the purpose of eventually choosing to move in a certain fashion rather than another.

To be specific in this instance, your particular illusion asks that you choose to become aware of self to such a degree that you are, indeed, conscious beings, which then may choose the manner of your progression in evolution, either by choosing to be radiant and giving of that which you have found of value in your own searching or to be absorbent or magnetic and to take unto you that which you have found to be helpful, not only within your own experience, but to require that those about you serve you as well.

Thus, your illusion offers the opportunity to make this great choice and the ability to penetrate this illusion in any degree is in direct ratio to the desire and persistence with which the seeking for truth, as you would call it, is conducted by each seeker. Thus, there are moments of inspiration and illumination which are the natural outgrowth of any sincere seeker's experience, and during these moments of illumination a glimpse may be had into a wider point of view that has not so many veils hiding it from the inner eye of the seeker. However, even with many such glimpses of the truer nature of things, the seeker shall find that far more is unknown than is known.

Is there a further query, my brother?

P: Yes. Is the penetration of the illusion related to a term that we use called magic? Or is that not related? I should say, successful penetration of the illusion.

And we shall make this our final query for the evening, for it has been a lengthy session this evening. The term magic, as you have used it in relationship to the evolution of consciousness, may

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be seen as the conscious ability to gain access to the unconscious mind. The most often used definition within your culture which describes this term is the ability to create changes in consciousness at will.

We find that the conscious ability to utilize the subconscious mind is the foundation principle which allows the ability to create changes in consciousness at will. The persistent desire and practice on the part of the seeker of truth to persist and to analyze and meditate upon the results of the seeking is the quality which aids most in the development of this ability to create the changes in consciousness at will, for as the seeker explores the mysteries of creation, the seeker will discover that the journey does not move far from the self, but, indeed, focuses upon the nature of the self. And as the seeker begins to know more and more of its own self, it gains the ability to form that self in a fashion which is the result of conscious choice rather than the unconscious programming received in the early years of the life that was designed previous to the incarnation.

Thus, as the conscious seeker becomes aware of those programs within the deeper self that it itself has placed there, and begins to untangle the riddle of the self and its purpose, the seeker gains a mastery of the self that allows it not only to move the self as a result of conscious choice, but to move the self in an harmonious fashion with entities about it and with the environment about it as well. For there is an harmonic resonance that the seeker may become aware of that proceeds outward from each portion of the creation and which may be utilized in a fashion which is likened unto singing with harmony with another being, so that those songs which are sung then become the means by which the further evolution of the self may be accomplished.

We are aware that it is growing late, shall we say, and we shall take this opportunity to thank those who have gathered here this evening and who have invited our presence by their desires. We are most grateful for the opportunity to speak through these instruments that we might share that which is our joy and our passion. We ask that each evaluate according to what is within the heart, taking that which has resonance and leaving that which does not. We are known to you as those of Yom, and we leave each at this time in the love and the light of the one infinite Creator. Adonai, my friends. ♣

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Sunday Meditation
April 30, 1989

Group question: As our world becomes more interrelated and interdependent there seems to be a new generation that is experiencing a breakdown of traditional cultural and religious mythologies in the way that we are raised, so that there is a blending of some of these various traditions from person to person. Could you speak to this reforming of the various traditions and to a personal mythology or path to the Creator? And is there any difficulty that might come from the radical change in our upbringing so that there seems to be fewer reference points made between the way children are raised now and the way they used to be raised.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. The Creator's blessing and ours be upon you, and our thanks and gratitude to you for the honor of being called to your group this evening to discuss the question of old and new mythologies, and, perhaps most importantly, the dealing with the young ones among you in the face of the teacher/parent's having found that the older and settled mythologies are not acceptable.

This is a large subject, and we shall do no more this evening than scratch the surface. However, we would like to give you some ideas, reminding you, [as] always, that we are prone to error, as any which is not whole and entirely within the Creator. As long as we have an identity of our own, there will be biases, and we ask always that you remember to discriminate carefully, and to keep those truths that seem helpful, to keep those inspirations that seem to be truth that you remember and recognize for the first time, and if something jars or is unhelpful, lay it aside and move ahead. That is part of what creating a personal myth consists in.

Now, let us lay some groundwork. First of all, the words mythology and religion should be far more interchangeable than they are. The difficulty is that in myth there is no judgment between one myth and another, whereas in religion those of one religion square off with hostility against those religions which in some way contradict it. Thus, we prefer to talk of all paths of spirituality as personal myths, including classical paths such as the path of mystical Christianity, the path of literal Christianity, the path of mystical Buddhism, the path of literal Buddhism, and so forth.

Realize that the essence of myth is to move the seeking entity by its own faith and its desire to know the truth over a kind of rainbow bridge, a magical covenantal span that links time and eternity, that which is known and that which is a mystery. Those who dwell in that which is known have a deadness inside them, though they live and their hearts beat. Those that dwell from time to time in eternity have a livingness that only crossing that span into eternity

may offer. Certainly, there are those who naturally and unaffectedly spend each moment in the present moment. These are, for the most part, the young souls which parent/teachers are responsible for aiding in their growth and nurturing in the agony of constant change as growth occurs.

Therefore, we do not wish to engage in judgment betwixt settled world religions, except to describe how they create the rainbow bridge to eternity. Within the Oriental religions, the consciousness is considered to be spiritual, and that which is honored is the continuation of living eternity: father to child, to its child, to its child, and so forth. This mythological path is a path of ethic and wisdom. It is somewhat passive and unsuited to the Western, shall we say, mentality, as this instrument would put it.

That which you may call Buddhist is a group of paths covering exercise, breathing, work and worship. It is, perhaps, the most passive of the paths that are traditional, in that the goal is to cleanse the self of preferences so that one may see clearly and be unmoved by the illusion. This is a path of wisdom. The Muslim and the Jewish religions are those which have the God which acts for and against entities on a sometimes apparently capricious basis. This is a religion of ethic and one is taught to do certain things which shall span the rainbow bridge to eternity.

The many kinds of Christian religion are, to some extent, the more active of the world religions in that there is a strong ethic implied, an ethic of excellence, purity and good behavior, yet also an ethic which states quite clearly that by no means shall action bring one to paradise, to eternity, over the bridge. In this particular spiritual system it is acknowledged that there must be the bridge in place that by faith can be crossed. The Occidental part of the world finds this ethical and mythical system in its activity more suited culturally, and, indeed, though all the so-called world religions have much to offer, it is probable that the parable of the channeling of Jesus the Christ, being part and parcel of the culture in which each present dances, is perhaps the most accessible and the most useable.

Now, we speak of Christianity, Buddhism, Shintoism and so forth as if they were singular. This is not so. Each of these religious systems has one thing in common, and that is a call to mysticism, a call to a life in faith. That faith is what makes the bridge between time and eternity firm. Faith is fed by desire. Thus, the beginning of the creation of the personal myth is a burning, passionate, consuming desire to know the truth, the truth of who you are, of that which you are constructed, of your relationships to eternity and imperishability. Consciousness is malleable. It is plastic. And you are either at the helm of your consciousness or being dragged along by it, having lost the reins. Therefore, when deciding to create a personal mythology it is well first to grasp the reins of desire and discipline and passion, to hone and whet the edge of the need to know, the desire to understand. If you seek the Creator, your path will come to you.

Now, if one looks at any of the world religions—and we shall concentrate, since we are speaking to those of western culture, on Christianity—one may see that the images, the parables, the myth of the life of Jesus the Christ itself has very little objective referent to the time in which you now experience this illusion. It does not fire the imagination to think of the images and the stories which Christianity has to offer. The younger one is the more true this is, simply because the parental generation may well not have offered the child the experience of organized religion, and the child, therefore, may not have a clear image of that for which it hungers, for at any age a spirit will hunger and thirst for spiritual food.

Thus, in relation to the children we would suggest very strongly that if the parents do not engage in traditional church-going, it is well if there be an altar or holy place, small as it may be, within the dwelling or close to the dwelling that may be dry from the weather and accessible in all temperatures so that one may go there and meditate each day. When children see how seriously the parents desire to know the truth, when they see dailyness and discipline in seeking, they will, by osmosis and acting like the parents, imitate and grow to feel that place within themselves that hungers for heavenly food.

In short, what we are saying is, what you use to make the bridge should be a product of your desire. That which you can have imperishable faith in will come to you. Accept nothing that does not feel solid, and if it does feel solid no longer, leave it behind and move onward, for truth recedes infinitely in front of the pilgrim, remaining always a mystery and allowing one more and more, as one grows more and more mature and aged, to see the great depth,

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breadth and height of the spiritual path, the amount of glory and strength in service to others, the amount of joy and peace indwelling in love and light with those who also seek. To have companions along the way is most important.

There are other reasons for the rejection of ancient myths than that of their being irrelevant to that which is occurring at this time upon your planet. That is, few people, for instance, breed sheep; therefore the thought of the one known as Jesus as shepherd is difficult to manage, and the leaving of the ninety-nine for the one that is lost nothing more than a cosmic joke. Those of you in the West have experienced and are extending to all portions of the Earth the experience of heightened technology. Science has mistakenly assumed that it is separate from spirituality. This is a fatal flaw within science, and it shall be corrected, although within your particular life experience, it may not yet be evident science and spirituality are one.

Knowledge has nothing to do with faith. Dogma and doctrine are deadly enemies of faith. To live a life in faith is simply to say, "I have faith that I am a survivor, that I am held in the gentle arms of a kindly Creator, that that which is happening to me right now is what is supposed to be happening to me right now." Those who wish to polarize towards to service to others add upon that faith by attempting to listen carefully to others, that they may know how best to serve—not how to please, but serve.

The materialism within your culture and the work ethic within your culture both mitigate strongly against an appropriate attitude towards creating a personal myth, for though it is well to have good ethics and good moral behavior, the bridge to eternity is made almost entirely of the deep and intuitive portions of the mind, the feelings, the emotions, and the inspiration.

We ask each of you, honestly, what inspires each? We see confusion in your minds at this question, except for this instrument who has chosen its own personal mythology as mystical Christianity. Thus, we say to you, concentrate upon this creation. Begin to know who you are by processes which may be described easily—that of keeping the diary, that of keeping the dream diary, that of moving back in mind to painful experiences in the past and working with them until there is balance and forgiveness.

You see, without the bridge to eternity each entity is stuck fast in the mire of time and space. Things will go on and on, a road that never ends. This is an unreal picture of reality, but a true picture of the illusion in which you find yourself at this time. The key to forming a personal mythology, then, is to discover that which you may have faith in; that is, not belief, but simple faith. It often works best, for those who are new to the concept of being, to act as though one had faith in a kindly Creator and a redeeming Creator, and therefore to be able to forgive yourself and others simply by the strength of your faith. It is not faith in anything or anyone, perhaps, but merely a faith in the general kindliness of the one infinite Creator and of your own preference to serve others, to polarize towards the positive rather than to serve the self and control others, to move along a negative path.

How does one create a personal myth? It begins, as most things do, with the process of coming to know the self well, coming to feel the yearnings, the frustrations, the strong and the weak points of the self. Coming to find out what the self really desires, then honing that desire, sharpening that desire and becoming passionate in the desire to know the truth of the infinite One and your relationship to the infinite Creator.

When you have determined that which creates the bridge to eternity for you, we urge you to cross that bridge as often as possible. The ideal which was shown by many Christed entities is to live in such a way that the entire life experience becomes a channeling, a parable of the journey to infinity, of the ridding of oneself of the dross of perishability and the winning through of the understanding that your consciousness, more and more refined, polarized and uplifted, is, indeed, imperishable and is your true self. The more time one spends having crossed the rainbow bridge into eternity while in the physical body, the more one is able to offer in consolation, in forgiveness, in peace-making. For to one who has faith, there is no problem too great to solve, and that which is unsolvable is acceptable. Each day and night is its own entity, appreciated for itself, experienced for itself and action done for love out of faith. This is the life in faith.

Some entities require a very simple myth of a personal nature, and those within the so-called New Age movement demonstrate the simplistic nature of the path to infinity. It is, however, a path which is

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difficult to remain upon, for the nature of the illusion is to challenge and test the growing entity again and again. Those who feel that there is naught but love and light may be most distressed and confused by that which happens in the life experience which may be called traumatic or devastating. The impulse is to remove the faith and replace it with anger. Avoid such impulses, for the Creator is not simplistic. The Creator and you, together, have designed quite carefully the kind of lessons of love that you are to attempt to study within this life experience. To study them as a materialistic entity who lives and dies is, perhaps, all too often to remain asleep to the possibilities of challenge.

To face each trouble, difficulty and challenge with confident faith and quiet sureness in that bridge is to distance oneself from time and space, and, with that longer point of view, to gaze upon experience and choose the reaction which the hero would have. For this is the essence of myth. The hero, whether it be the Christ known as Jesus, the Christ known as Buddha, the Christ known as Lao Tsu, or the Christ known as Zoroaster, makes very little difference if one is mystical in one's faith and non-literal. The great difficulty with all settled religious systems is that they have become combative, materialistic and an artifact of the world and the culture in which you live.

Many are the priests in all faiths that attempt with every fiber of the being to retrieve the parables, the mythology, the story which initially sparked the spiritual movement. However, divisive elements, competitive elements within the nature of humankind create an ever onward going series of schism, splits, disagreements and steps backwards from unity into discord. Thus, many choose not to frequent the established spiritual system of myth for public worship. There is, however, an instinctive need for group worship. There is a need to come together as the children of the infinite Creator to worship, to offer praise and thanks and to ask for blessings.

Thus, there are meetings, such as these and many other of the so-called New Age type, which aid the seeker in the creation of his own story. The personal myth is that of the hero or the heroine who must go on a very difficult and challenging journey. During this journey, this entity will lose everything which it has, but by the aid of the infinite Creator, in one form or another, that which has been lost miraculously revivifies and becomes imperishable. This is the basic parable or story of the hero.

Let us look at the compelling myth of the Holy Grail. It has perhaps seized the imagination of mystics in a more direct way than any spiritual system, for it involves entities in a myth which is adventurous. The hero must go forth alone. It must pass impossible tests. It must bring back that which is unavailable, seemingly, and it must do it for the love of the infinite Creator. It is, of course, in the journey itself that the transformation of the hero occurs. When the hero returns, this entity, then, becomes the teacher, able to speak in parables and stories, anecdotes that may make sense to those about one.

What is your story? Have you conceived of yourself as a hero or a heroine? Have you learned to love the self and realized the consciousness of the self as blessed and holy …

(Side one of tape ends.)

(Carla channeling)

… and to become able to hollow the self of those things which are materialistic, greedy, grasping and worldly? The hero must lose a great deal of emotional and mental baggage, must unlearn the biases of pain and suffering found in childhood experiences and adult experiences as well, so that the life is self-forgiven, the self is seen as consciousness, which in essence is holy.

By sending oneself upon the metaphysical journey of the pilgrim, one sets out for the Holy Grail, the impossible dream. One has nothing but faith, whether the personal myth combines well with traditional spiritual systems or whether the personal myth has been created by the self, the entity needs to see itself as a true hero, one who wishes to serve, to sacrifice, and to learn. With the heart open, with the intellect disciplined, the traveler begins to learn to feel the natural feelings of consciousness.

The feeling we hope most to encourage you in is the emotion of worship or thanksgiving or praise. For the infinite Creator, the Imperishable One, is indeed Head of all, Source of all and Omega to all. You are all, indeed, a portion of the infinite Creator. And when your personal myth, your personal journey has been enough refined—and we are not at that state yet, at all—you shall one day gather that

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consciousness in its purity, having burned away all the dross of illusion, and move once again into the uncreated love of the one infinite Creator.

To sum, we encourage you to do two things. Firstly, to realize the central importance of living a life which points towards imperishability on a daily basis. In this way shall the pilgrim slowly discover its power, its strength, and its service. Secondly, we wish to encourage each parent to allow the children to see an active worship period on a daily basis in the home for those who do not attend the traditional places of worship. And for those who do attend the traditional places of worship, let there be the daily practice of that particular form of worship within the home environment. In either case, the young spirit shall, by identifying with the father and the mother, which seem like the Creator to the young spirit, will then have solidly, firmly in the subconsciousness of childhood for the entire life experience of the feeling of the presence of the one infinite Creator. This is a great, great gift to give your children. It demands discipline upon the part of parents, for it is difficult to do anything upon a daily basis. We are aware of your work ethic. We are aware of your busyness. We ask that you make the time to worship each day, standing upon the holy ground that is beneath your feet wherever you stand, for within yourself there is holiness.

Encourage yourself in your pilgrimage and love one another. And although you need not believe in Jesus Christ or Buddha Christ or whomever, we ask that you have a consciousness of faith and live a life of faith to create that which you were born to be—a living string in the plangent tonality of infinite love.

We are glad to be with you in your daily meditations or spiritual observances. You have only mentally to ask, and we will be there silently, attempting to aid in deepening the meditation or increasing the intensity of the spiritual experience.

We thank this instrument and would transfer at this time, in love and in light and in the joy and in thanks, to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time we are honored to offer ourselves in the attempt to speak to any further queries which may remain upon the minds of those present this evening. Is there a query at this time?

P: You spoke of ridding oneself of pain and suffering of experiences in childhood. Could you speak about this a little bit longer?

I am Q'uo. This topic, my brother, moves into that area of the examination of the life pattern which seeks to understand the roots of that life which has grown to the point at which the self now finds it expressing itself. The attempt to look at those formative experiences within the young years of the life experience is an attempt to see the means by which the preincarnative choices have been set in motion. It is during this portion of the life experience that the seeds of these choices are planted within the fertile soil of the young child, for at this time the child has a far more active subconscious mental capacity that is more malleable, shall we say, and which shall, as it is formed, continue to feed the parameters of the formation to the growing and soon-to-be dominant conscious mind of the entity.

Thus, it is well to explore how this process was carried out in order to gain a clearer understanding of those patterns and preferences which have become, to the observant student, repeated themes within the life pattern. This study may be undertaken in a number of ways, or should we say, there are many methods by which this study may be accomplished. To begin the searching of the conscious memory and analyzing those remembered experiences of significance is recommended, for the conscious mind does retain a great deal of information to the student which seeks the resources contained therein. Oftentimes this study, beginning with the conscious reflection, is well accomplished in the recording of a journal or diary that may be shared with others that are seeking the same goals for themselves, for though one may remember significant experiences, oftentimes it is the comment of another that will show the experience in another light or perspective and will add to the depth or richness of the reconstructed experience.

A natural outgrowth of the conscious reflection is to look within the subconscious mind for that which resides there in memory concerning these same experiences. The subconscious mind may be accessed by the hypnotic regression or by the recording and revealing of the dreams that have been received as a result of continued asking of the subconscious mind

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to give the conscious mind the information that the conscious mind seeks. The dream episodes at some point then will begin to reflect the formative experiences which are felt to be significant to the seeking entity.

There are many means by which information gained in such a manner may be analyzed, and it is well to review the dream landscape by the method which feels to the seeker to have the most to offer. There may be an interchange or blending of techniques from time to time. It is always helpful to engage in such review and analysis with others, for, again, the insights of the objective observer are oftentimes helpful to the seeker, which may not have the same perspective as another would have. To then utilize this information, however it has been gained, to gain a larger view of the life pattern and to begin to observe the roots, shall we say, of cause and effect, is the goal which the student will seek by such methods. There is the possibility, then, that by understanding the reasons for certain behaviors, that the student will begin to accept these behaviors and then the self in a greater degree, so that there might be more affecting of the conscious evolution in a freely chosen manner in the present moment, rather than having the behavior continually moved as is the marionette by forces that reach far back into the early years of the incarnation.

Is there another query, my brother?

P: No, thank you. That explained what I was wondering about.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: I have one about children, something I've been thinking about for a long time. I myself was raised with extreme responsibility for my age, and older than my age. I find myself, as an adult, able to deal with children in an authoritative way which escapes all my friends. My friends' children seem to be only under a very limited amount of control, and in some cases, such as my friend B, no control whatsoever. Yet, I may go into the same situation and establish my own relationship with the same young entities, clearly define the limits which I find acceptable, and am able to make a perfectly reasonable relationship with the children, whom I see as young souls who have just as much to say as I do. I am puzzled. I realize that each child is different and each child needs special things, but I wonder what the effect is of so many children these days having very elastic limits in every direction, so they truly do not know what would be the correct thing to do at any one time? Or am I simply uptight in wanting to control the situation for my comfort in asking children to behave?

I am Q'uo, and am aware of your query, my sister. The, shall we say, more modern theories in the raising of children have evolved, as do all theories and thought, from that which has gone before, and each portion of the process has that which is helpful and that which is not. Each attempts to build upon that which has gone before, and yet there is oftentimes a, shall we say, lag in the development of a truly superior means of achieving any goal. Much trial and error must take place before there is true progress.

The tenor or tone of the raising of children in years previous to those now experienced by your present culture was one that partook more of what we shall call wisdom, the clearly defined rules and limits that would be enforced with the harsh word and the rod. There was, as a general rule, less concern for the feelings, the rights, and the development of the young entity. This tenor or tone has, through the years and the modification of each generation, moved from that which we have called wisdom to that which we might call compassion, where there is, indeed, a great deal of concern for the feelings, the rights, and the experiences of each young entity. There is, perhaps, in our humble opinion, an overbalance in this case, of compassion, which has replaced the clearly defined limits of wisdom. Thus, the child is placed at the center of concern with, in many cases, little to guide the child as to the appropriateness of its choices when its choices infringe upon the rights of others.

It is helpful to be able to blend both the wisdom to set limits and the compassion for the child's development, so that the creative nature of each child finds a free range of expression within a certain field of experience, the field of experience being defined in the large part by the parents with the aid and assistance of the larger community of the educational system, the cultural mores, and the inspirational or religious direction. Thus, the child would find that it was free to a degree, with the freedom and range of freedom enlarging with the passing of years and the gaining of experience which would inform the decision-making process for the

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young entity that is now maturing into the entity which has discovered that its field or limits have also enlarged with its own experience and increasingly fall within its own free will choices.

It is difficult for any of those parents of your present culture to reconcile the discipline with which they were raised and the difficulties that many experienced with this discipline, and to reconcile these conclusions with the strong desire to give to the young entity a feeling of selfness which the parents have determined is important for the child to be able to express itself in those ways which are available to it. Thus, there is the ongoing process of refining the techniques by which the child is nurtured into adulthood.

Is there another query, my sister?

Carla: No, thank you. Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: One last one. I know that after we have come back with the Grail, as heroes or heroines, it is time to stand as a light on the hill, as the Christians say, so the city may see it. And I wondered what your opinion was on ways of doing that—being, doing, serving in soup kitchens, meditating? Is it equal for everyone to do whatever they do, or are there some services that are over others in preference?

I am Q'uo, and am aware of your query, my sister. Though, in the absolute and objective sense, there may be seen great inequality in one service over another, yet it must be remembered that each entity which incarnates within your third-density illusion has programmed those means by which that which is learned may be turned outward and shared with others by any of the means which you have mentioned, and by an infinite number of others as well, for within each life pattern there is presented the opportunity to learn those lessons which were considered appropriate for the incarnation, but also are offered those opportunities to share with others that which has been learned and that which has been taken within the being of the self, and which therefore colors all that proceeds from the self in a manner which has subtle or easily noticeable effects upon those about one or the environment in which one lives and works.

Thus, there is the pattern of experience laid out before each entity that includes both the learning and the teaching, and that which is appropriate for the entity is always provided for the entity so that there is little need to concern oneself overmuch with how to accomplish this or that goal. The most easily obtained means of achieving such goals is to notice that which is before one's sight, before one's experience, and to look upon each experience as that which holds the opportunity for both the learning and the serving.

Is there another query, my sister?

Carla: Just a follow-up on a personal note. I personally have had years of trouble—and it intensifies from time to time and it's pretty intense now—dealing with increasing amount of disability and feeling that I'm really useless because I can't fix dinner or iron or wash or sweep the floor or anything like that. About all I can do is care about people and communicate with them and do the channeling. And ironically, a lot of my friends feel that they're not doing anything, because all that they're doing is cooking and cleaning and so forth, and they're not doing anything dramatic. I wonder where the peace is for a feeling of being of service? A very nebulous question, but a real one.

I am Q'uo, and am aware of your query, my sister. In this regard may we say that peace within your illusion has a small place. There is a time that occasionally occurs for each entity in which it will feel the peace and the contentment of that which has been accomplished and will feel a quiet and joyful anticipation of that which is to come. Yet, for most a great deal of time is taken up within the incarnation agonizing over just those points which you have raised. This angst is that which might be seen as the motivator to seeking, for if one were always peaceful and satisfied with that which has occurred in the life pattern, there would be little to move one into further learning and further service.

Thus, the dissatisfaction that may tinge to a greater or lesser degree all that one accomplishes within the life pattern, and, indeed, the life pattern itself, may be seen as the, shall we say, grease which keeps the wheels turning. Thus, we recommend that even this dissatisfaction be valued for its motivational qualities. However, it is also helpful to keep the process lightly in mind, with a certain perspective that allows for acceptance of the self as one queries inwardly what the most appropriate means is to learn and to serve next. The light touch, that which

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retains the wider point of view, is a great ally to the seeker, and is the balance to the overdone angst, shall we say.

Is there a further query, my sister?

Carla: No, thank you, that is all, Q'uo.

I am Q'uo, and we thank you once again, my sister. Is there a final query at this time?

(Pause)

I am Q'uo. We are most grateful for being invited to join your circle of seeking this evening. We have been most heartened by the queries, which we feel have struck close to the heart for the purpose for the incarnation and the means by which the purpose shall be discovered and enacted by each seeker of truth. We have enjoyed sharing our opinions, and we do remind each that we have shared opinions. We do not wish our words to be taken too seriously, shall we say, if they do not sound a note of harmony within.

We shall look, as you would say, forward to those times in your future during which we shall again have the opportunity to blend our vibrations with yours and to walk more closely on that path which you now find yourselves on, that path which leads ever onward and ever homeward. We are those of Q'uo, and we leave each at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 7, 1989

Group question: About feelings. As we move through our daily round of activities, day after day, we come into situations in which we have various feelings that we either accept and let move through us, or, if the situation seems to be something we want to avoid for any possible reason, we might cut the feelings off, armor ourselves against them, and push them aside. When we actually begin feeling the feelings then, does this feeling of the feelings help us to move through the situation and to increase or enhance the general flow of energy through our energy centers or chakras and to make our experience more vivid or harmonious or real?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator, and wish to thank you and bless you for inviting us to share in the beauty of your meditation and the earnestness and sincerity of your seeking. We, too, are such as you, earnestly seeking, perhaps a step or two ahead, and so we have chosen, for this moment in what you might call time, to offer service, yet we cannot give you this service unless you request it, for when one works in positive polarity, as the Confederation of Planets in the Service of the Infinite Creator does, one must observe the cardinal importance of free will. So we are most honored by your call, for it is our manner of service, and it is a joy to be with you.

We must tell you that we are not infallible, but pilgrims on the way, such as yourselves. We can give you our understanding, such as it is, but it is limited. Therefore, because we know that that which we say is biased to some extent, we would appreciate it if each used careful discernment. If that which we say rings of truth and seems to be a dim memory, suddenly clearly remembered, then by all means keep that which we have given, for it has achieved its goal. If that which we say, on the other hand, disturbs or makes one indifferent, then we have not achieved our goal of expressing a truth which is relevant to your particular point of departure, shall we say, on the spiritual path. We would not be a stumbling block to any, therefore we do ask that you practice discernment.

We are most happy that you ask this question about feelings, for feelings are the distilled intelligence of many, many lifetimes and constitute the actual personality which is your imperishable self. The temptation of the illusion is to place the identity of the self within the mind. The mind is created to make choices, so that one may survive within an environment. The so-called frontal lobes, however, which are designed for work in consciousness, have not been overly used among your people. Indeed, less than 5 percent of all of the brain which you possess is put to use. That is, like any statistic, variable and therefore false, but it is a pretty fair

average. The illusion is that you are a creature with the body and the mind, and as one achieves the height and weight and years of an adult and grown-up person, one learns to act in ways which are approved of by the society.

In your particular society, those known as women live longer than those manifesting as men because of the variation in the behavioral rewards given for various behaviors to boys versus that given to girls. For instance, if a girl might have a fight, she is considered to be less of a girl. If the same-aged male engages in the same fisticuffs, this entity is considered to be better than he was before, especially if he is able to win. Therefore, women are not trained to be competitive to the extent that men are trained. In other words, within your culture, women are encouraged in many subtle ways to act out their feelings. Crying is accepted. Feeling tense, nervous, afraid and many other emotions are accepted because of the mistaken notion that the particular subspecies called woman is an inferior race.

Indeed, what is occurring is that women are fulfilling that balance of the male and the female which is called the yin and the yang. The female is storing spiritual and emotional energy, the deeper portion of the mind.

Let us consider that the mind is a pond which has been filled with water and alcohol. Let us consider that the alcohol tends to rise to the top of the water and not to mix. Now, as one might skate across frozen alcohol, or as one would swim in the alcohol layer of life, one would be dealing with the material of the surface mind, the conscious mind, and very little of that which [is] from the deep mind would be allowed to come through the veil between subconscious and conscious. Women are given permission to move into the deep water. Men, for the most part, attempt from time to time to move deeply into life, but as they duck their heads, they do not, perhaps, go far enough, and one cannot breathe alcohol, if we may continue the metaphor. One must get to the water, for that which is at the very surface of the subconscious mind is perhaps not quite as confused and jumbled as that which the surface mind is sorting through in its process of making choice after choice after choice. However, it is dealing with topical, daily, ordinary material.

The imperishable personality, the true intelligence of each of you, the Christ-self within, that spark which makes all things one, is contained in deep feelings. This is true intelligence. It will never be seen as so within your culture. Indeed, there is no culture which has moved in any way towards mechanism and more crowded conditions in general of living that are able to encourage both sexes to find working with the deeper feelings natural. Therefore, men within the culture of, shall we say, Europe and America, as you call these various geographical locations, are a difficult testing ground in which one must dig through the alcohol and dive deep into the water to experience what one really thinks. Because feeling in a deep way is actually the thinking of many, many life experiences.

Now, we, having shown that feeling and emotion, especially the deep emotion, is very important to the growth of the spirit, would suggest tools with which one may approach learning how to feel feelings. May we say that in our opinion, the easiest way to feel is to begin with that which you feel most deeply. It may seem to be that which is furthest from you, however, the decision, the choice—and we emphasize this word, choice—to take a path of faith and live it, day in and day out, as this instrument would say, is central to opening the heart to feeling, to moving deeper into the water consciousness of the deep mind.

Therefore, we would suggest starting the day with a hymn of praise to the infinite One, as you know that higher power to be. Worship is so much easier for the Creator than it is to see the Creator in others, simply because the Creator is an abstraction which is mysterious, yet which has created all that there is. The wonder of this, the beauty of this, is enough to send someone without experience into ecstasies. There is beauty unbounded upon your sphere within the plant, animal and mineral lives. There is much beauty of character in your people. There have been many, many beautiful thoughts and songs and pictures and resonances of reality sounded by artists and philosophers, poets, essayists and writers. These entities have moved into their feelings, into the true intelligence of the deeper self.

It does not matter what you choose for your personal faith. Or to put it another way, in the words of Joseph Campbell, which this instrument recently saw, "It does not matter how you construct your personal myth, however, it must do certain things. It must be a myth in which all the mistakes and errors and misjudgments of the past can be washed away,

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forgiven and forgotten, just as you can forgive that which has been done to you."

Forgiveness is very difficult without a kind of bridge or shuttle between the conscious and the subconscious mind, for the upper levels of the subconscious very much wish to make the behavior more perfect in many cases, or perhaps one has given up, but yet sits upon the surface of life and tells sad stories. To start the day, opening to the Creator, is very helpful. If it is only thirty seconds as you lie in the bed upon waking and think to yourself, "Creator, I love You, I adore You, thank You for this day," you have begun speaking during this day to the one imperishable portion of yourself, that being the infinite Creator which is a part of each of you, which will enable you to take the material that the day's catalyst gives you and give you the resources to see difficulties as challenges and good things as wonderful gifts for which one gives thanks. When one has realized how much the Creator loves one, one begins to love back. It is easy to love the Creator. That love is unconditional.

And so, in whatever form your myth takes, you must jump into it in faith, with no proof, with no idea where the road may lead, with terror, shall we say, and one then lives this way each day, each week, each month, each year, through the life experience, doing all that one does for the love of the one infinite Creator, and therefore becoming a portion of that one great original Thought of love. As you give to others, as your love of the Creator begins to manifest in your life in the cheerful smile, in the recognition within the self that one is self-forgiven, one is redeemed, one is holy and sanctified if one wishes to be by simple prayer. One begins to become a light to others—and it is not because that entity is clever, for cleverness can be devastatingly terrible—it is because that entity feels love. Love created all that there it. That is the key.

Now, when one loves another entity, one is loving a distortion of the Creator, the distortion caused by free will acting through many incarnations upon the personality of the one that is loved. True love occurs between entities when one looks into the eyes of the entity and sees not only the familiar self, but the Creator. This is a deep, deep feeling, a deep recognition, but must depend upon that first great choice which must be taken in ignorance. Faith has nothing to do with belief. Belief is for those who need that structure in which right is always right and wrong is always wrong. Within your illusion, this is simply not so, and within the wider view which one's imperishable soul would take, many, many choices which the brain makes are quite irrelevant to the aiding of the spiritual growth of the self.

We emphasize worship, worship of that which is infinite and invisible, that which loves without stint, that which may be seen most clearly as a symbol as the sun—radiant, generous and ever outpouring. It blazes forth in ecstasy and fusion, in unity that is so powerful that it keeps each entity upon your sphere within the ability to live. Such generous love has your Creator for all of you, all of us, all of the infinity that is the creation, all of the illusions contained within that creation.

Before we leave this topic, we would address the subject of whether finding and feeling the feelings and realizing that one is feeling feelings is helping to one's physical body. We may say most certainly, "Yes." There is no question but that what has been called as a cliché, positive thinking, is correct thinking. It is appropriate to think hopefully, with love, and with trust. Those who feel too vulnerable to do that will armor themselves against a world in which they cannot trust. Yet until one can trust, the heart cannot open, the deep self cannot come forward. One must begin; one must make the choice to have faith, to have hope, to have trust, to have this cluster of words that can barely express something called love.

Now, it is true that when one trusts entities, sometimes the trust is broken. One learns from these episodes, too. But one does not, if one is seeking to emphasize spiritual growth, armor the self, blame the self or blame the other self, but simply sees that a process is taking place and that all is well, and love does abide, whether in the present or in memory.

Entities in any walk of life, whether it be long or hard work in the outdoors or long and hard hours at the desk, are not hampered from dwelling upon holy ground and loving the Creator, for all that one does may be done specifically for the love of the one infinite Creator. This hallows the entire life experience and creates many opportunities in which one may move into the deeper part of the mind in conversation with others who recognize an entity who can truly speak of substantial things.

And so a network of love, a web that grows, begins, and little by little, one begins to know more and

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more entities who love unconditionally that which they see of Christ, if we may use that word, or the Creator in you. Each within the circle wishes to learn to love and to love each other. Those who feel they are not doing enough for the most part are loving already, but they are blocked from their own ecstasy, from their own joy at love, because they see the illusion of work and toil, of shadow and arguments. They see the daily things upon the surface of life, but they never reach the life-giving water of heavenly food, which is the deeper self.

Therefore, to encourage one's feelings, we encourage reminding oneself how much one loves the Creator or how much one loves the weed by the road, the tree at the top of the hill, the house in the middle of the city, the river as it meanders downstream. Anything that is truly, truly loved by a seeker may be dwelled upon, and as one does any chore whatsoever in life, one may do it and ennoble it because one does it for the love of the one infinite Creator. In this way, feelings move. They are safe feelings, they are feelings that are silent, they are feelings to be tended, as was the Christ child, swaddled and rocked and fed and kept very silent, because others would harm a young entity that is opening to bloom.

Others do not understand why some wish this process to occur, and are content to swim along the surface, enjoying the gusto. Protect yourself from these entities by speaking not of that which you feel. But let yourself feel, and you will find that as you love the Creator, you will begin to realize your other loves. There are things which each love, there are people which each love deeply, irrevocably. To be in touch with those feelings and to be in touch with a feeling of self-forgiveness about all that occurred or occurs between these two entities or between you and that particular career or thing which is loved, is simply the outgrowth of the original love which is infinite, intelligent and what you would call divine. Love runs through you as a river, and as you make that choice to leap into a life in faith and not look back, you do a great service to yourself and to the consciousness of planet Earth, which is improving greatly at this, and we thank each of you that is a part of that.

The feelings are very effective in controlling the energy and the passage of energy through the chakras. One who is dwelling in love and doing that which one does for the love of the Creator moves fairly easily in this consciousness through the challenges of difficult relationships or problems, through wearying times, trying times, sad times and happy times, exhibiting always an awareness of that which is going on—we do not wish to speak like Pollyanna—but realizing also that beneath these daily occurrences of life and death within the illusion there lies an imperishable, infinite point of view that is made entirely of love. This realization quickens and crystallizes each of the chakras, as you yourself seek and feel the excellence of that which the Creator has made. So it is always helpful to one who feels very tired, very disappointed, very downhearted, or very depressed, to visualize each chakra and open the self to the love of the one infinite Creator and allow it to rise until the heart expands and sorrow has had its day and the heart now sings with the love of the Father.

You must realize that the Creator is Father/Mother, rather than Father; that is, the Creator creates, but also nurtures. There is comfort there for the seeker by simple mental request. There are those which are with you always. So as you wish to know what you truly feel, ask before you sleep; ask when you awake, after you have praised the one Creator; and keep asking. Do not make it an obsession, but make it that which you are most curious of and wish to learn, for it is those who seek who find. Respect and use your deep intelligence. Allow the experience of many lifetimes to inform you. Allow all of the intelligences of the universe which flow through you to speak to you. Go ever deeper. Jump ever further in faith. Trust ever more in a kindly but mysterious Intelligence that is love. Trust love. All within the illusion will fall and fail at one time or another; that is because free will is various. But that within you which is imperishable is safe, and that is where you must repair to lick your wounds, to soothe your soul, to ease your mind and to seek your deepest heart. Come to your safe place often and experience love from the one infinite Creator and love for the one Creator.

This instrument is telling us that we are speaking too long, but we would speak about one more facet of this equation, shall we say.

We wish to emphasize that the reason that some mythical systems not only exist, but last for many, many centuries is that they are myths which do things which are needed to move someone from [finitude] to infinity. The leap of faith needs to be taken holding someone's or something's hand. There

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must be the feeling of safety while being the fool. No one within the illusion can talk oneself into the belief that one can do everything perfectly and unravel the secrets of the universe by the self. You go into uncharted waters, and you will change by seeking in this manner. You must determine that in which you have faith, and if you need to make up a figure, so be it. If you need to visualize a quality, visualize it as a figure of some kind that demonstrates that quality. But allow the means of moving from time to eternity to be personal to you, to be an object of worship and love, for it is the bridge of faith that moves you into the present moment which has all the resonance of eternity. We cannot express to you what hero you may have, what great teacher you may follow, or what you may make up, feel and follow as your own path, but make it personal and own it faithfully and live in faith, abiding in faith and hope, no matter what the outer illusion indicates. This is the basic choice toward positive polarity, to live in faith. For in faith, one does love others, one sees the Creator in others and, finally, one makes that move from loving the Creator in someone to loving someone with all the foibles, the character defects, and the aggravations.

The first challenge the seeker has is the self. The first work must be done to forgive and love the self. That is why a personal symbol of redemption is necessary. Each workable myth creates a means of that redemption. Thus, those who move through that particular program of belief system experience the emotion of faith. We encourage you to experience the emotion of faith, no matter how slender your faith. Do not make it pretentious or show it upon the outside. Let it be personal and real and authentic, and if it takes years in the growing, so be that. You have years. Take them. It is most important to you.

Again, we thank you for this most insightful question and affirm the deep, deep importance of one's true intelligence, one's deep feelings. We would at this time thank this instrument and move to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there a query at this time?

Carla: What are the important elements of a personal myth? Besides redemption?

I am Q'uo, and am aware of your query, my sister. This is, indeed, a large field of investigation which this query begins to uncover. We shall attempt to speak in a fashion which covers only briefly that which is of great depth and breadth.

The nature of any mythology is that which offers the model, the blueprint, which provides the seeker a means by which it might move itself in a general fashion, made more specific by application, with the goal of enlightening the self with the love and the light of the one Creator in a relatively pure fashion.

The first element of any workable mythology is the hero which may be identified as any entity who places itself upon the path of the pilgrim who seeks the answers to the great mysteries of the life pattern, the nature of the life, the nature of the self, the purpose of both and their relationship of each to the other, the nature of the Creator, the existence of such, the relationship of self to the Creator and all those created entities about one.

Then there is the journey of the hero that symbolizes the life pattern through which the hero moves, encountering difficulties and dangers, as it would seem, as these are the means by which the desire of the hero is strengthened, then tested, then strengthened again, and tested once again as those riddles of the life pattern begin to [be] answered in a small degree, and by the answering reveal yet more mystery which remains unsolved and which draws the hero onward upon this journey.

As the hero continues upon the journey, the hero learns that there are those forces, both seen and unseen, which may be called upon for assistance when there is a particularly difficult problem that is set before the hero and which yields no easy solution and yet which must be solved in some degree if further progress is to be had. These forces take many forms, depending upon the culture in which the hero is placed, for each culture produces those who have gone before the hero and who themselves have been heroes in their own lives. And yet these entities, once mortal, also called upon that which was greater than they and received an answer, assistance, which

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empowered, inspired and motivated the hero to continue. These forces then become a source which is seen at first to be exterior to the hero and his or her personality.

However, after a relationship is developed between these powers which are greater than the self and the self, there is seen by the perceptive hero or seeker a connection betwixt these forces and the self which seeks their assistance, so that the seeds of realization of this connection are planted within the being of the hero and provide one of the many opportunities for transformation which take place as the hero moves through various phases and cycles of the journey for that which is in many cultures called the Holy Grail.

As this realization of that which is greater being within the self grows in the heart and in the mind of the hero, the hero finds new abilities within the self, and yet with these new abilities, finds new challenges, that the answers to the great riddles which the hero seeks may be driven ever more deeply into the conscious mind and into the very being of the hero.

Thus, as the hero continues the journey, the process is of that which is identification, the identification of the small self with an enlarging view of the self, so that the hero might begin to place the viewpoint in a manner within the self which experiences a wider and wider definition of the self to include that which is experienced.

The matter of redemption plays a vital role in this process, for as the hero begins to identify the self with a growing viewpoint of the self to include more of that which it views or has viewed as exterior to the self, there is the necessity for allowing the smaller viewpoint to fall away, which is another way of saying that as the hero continues upon this journey, it finds that that which has impeded its progress is its own definition of itself in various modes or manners of expression that have taken root within the perception of the self by the self within the incarnation.

Thus, as these limiting definitions are discarded, there is the need to forgive or to redeem the self which has held these limiting points of view, limiting only as the hero has felt the necessity to move beyond them. For each new point of view or definition of the self will serve the hero for a certain portion of its experience, until it is ready to move beyond this point of view as well. At that time, that point of view will become a hindrance to further progress until a larger point of view is found and the smaller point of view is discarded. This is a simplistic means of describing the process of redemption or redefining of the self.

This process is much aided when the hero entity has other forces or sources of inspiration that are seen as greater than the self to call upon for the sustenance that they provide. However, as the hero continues upon this journey, it begins to identify itself with these forces to such an extent that at some point this journey is seen to be completely interior. The hero is beginning here to see that the self is all—and all is the self—and all are one.

This is a long process, and yet, as the various stages or cycles of this process are traveled, the hero begins to identify the self with a larger and larger point of view until the realization of unity with all is accomplished, at which point the illusion has provided the means by which the hero has been able to transcend the illusion, for however brief a time. And as the hero has been able to transcend the illusion, it then begins to reflect the nature of the illusion more and more faithfully within the life pattern.

Is there another query, my sister?

Carla: No, I'll think about that. And if I ask another question, I promise I'll ask it as the question at the beginning. Thank you very much.

I am Q'uo. We thank you, my sister.

H: I'd like to tell you what I'm thinking about. A friend of mine is sixteen and has been going through a very severe mental breakdown, and I'd like to support her as much as possible. And if you can give me any clues as to how to go about that. She seems to have lost her concentration and her ability to connect, comprehend, and I'm not clear whether she'll ever get that back. And I really … I know I can love her and I can be with her, and that's important, but I feel a little bit at sea as to how I can help her.

I am Q'uo, and am aware of your query, my sister. The desire to be of service to another is the place where we would suggest the beginning be made. The opening of the heart to another with the desire to share that which may be of healing assistance is the key which may be able to unlock the door, shall we say, that will open a new point of view to the one

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seeking the healing. The opening of the heart is the first step which allows that word or gesture or concept to move through to the one seeking the healing in a manner which is most appropriate to that person at that moment. We do not find that there are strict rules or techniques beyond the honest sharing of that which is available to the self by opening the heart in this manner. As you are aware from previous experience, there are, shall we say, surprises to the self which occur when one honestly opens the self to another and moves with those intuitive feelings that rise naturally to the conscious mind from the subconscious mind when the desire to serve another provides the bridge betwixt these two portions of the mental complex.

Thus, perhaps our greatest aid in this instance would be also to suggest the trusting of one's own self and the intuitive recognition that comes to the self as one desires to serve another. It is also quite helpful to provide an environment which supports and makes comfortable the one seeking assistance. This is done more by the relationship which is developed between the one seeking assistance and the one desiring to give it than the physical placement of either entity. To provide the loving words, understanding, sympathy and embrace is to make safe the relationship and trust which are most necessary for any assistance to be received.

Thus, the true caring that you bring to the effort to assist is that which shall allow and enable the intuitive connection to be established within your own being and between the one seeking your assistance and yourself, so that that information which moves through your own intuitive process will move as freely as possible and will be received as clearly as possible.

Is there another query, my sister?

H: I think that's quite clear to me. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

H: I would like to create my life with some way of [aiding] … I don't know, a connection, a spiritual connection, such as what is going on now, in my own … when I'm away from here. And, I'm not a channeler and I don't have a church that I feel comfortable in at this point, and I'm wondering if you have a suggestion for me?

I am Q'uo, and am aware of your query, my sister. Without infringing upon your own decision-making abilities, we can suggest that there is for each entity such as yourself a, shall we say, library of information that is available within your culture that offers inspiration that is found to be more or less useful to those who seek a daily inspiration as a means of centering the self and moving from that center in service to others.

For each such entity, we may recommend that a portion of the day be reserved solely for the inner seeking and reflection which may provide the seeker a drink, shall we say, of the everlasting waters which truly nourish. The time for meditation may be at one's own discretion and be joined with the reading or listening to inspirational information which has been chosen for its special feeling of connection with the seeker. By setting aside a certain portion of each day in a regular manner, one consciously speaks to the subconscious self which has the ability to respond by offering guidance so that a dialog begins to be constructed in which the seeker consciously asks for assistance and also gives thanksgiving for that which has blessed the life pattern.

Thus, the affirmation of the blessedness of the opportunity of each day is given, not only as an affirmation of the day and of opportunity, but as an affirmation of the resiliency and determination and nobility of the self as it seeks to understand the incarnation and its purpose and to share in some manner that understanding as a service to others.

Is there a further query, my sister?

H: No, thank you. That was nice.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we have apparently exhausted the queries at the same time as we have exhausted this instrument, and we are most grateful for each query and for this circle's invitation to us to be a part of its seeking for this evening. We are most grateful for this opportunity, and are hopeful that our words have provided a small insight into those matters which are of great concern to each, as each moves upon that great journey which the hero undertakes in the heart of each entity. We are those of Q'uo, and we shall leave this group at this time in the love

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and in the light of the one infinite Creator. Adonai,
my friends. Adonai. ♣

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Sunday Meditation
May 14, 1989

Group question: Has to do with how we might recognize adversity in its early stages, so that we might do whatever is necessary in order to diminish the more traumatic effects, shall we say, or to avoid it completely.

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator, and am so very happy and blessed to share this meditation with you and to be a part of your circle of seeking. As always, when we answer your questions with our opinion, we do ask you to be discerning upon your own behalf, for your personal truth shall be as if remembered, not learned but recognized, not for the first time: those things are for you. Other things which have no meaning to you or present a stumbling block are not for you, and we ask you to leave them without a second thought, for we would not wish to be a stumbling block. Anyone has the right to the path of his choice, and those things that we say are of a very decided polarity, that being of service to others. Also, we understand that although our distortions have been refined from your harsh illusion, yet still, subtle confusion persists and the mystery of the universe draws us ever onward.

We must do a bit of background speaking before we can speak upon the subject of adversity and how to recognize it in its early stages. First of all, we would like to specify that it is our opinion that each of you is in part perfect and of the Creator, that in truth all of you and all of we are one together with all else in creation. There is nothing dead; all is alive and all is a unity. The illusions are formed by a series of electromagnetic fields. That is all. We know that the illusion can be very, very trying, tormenting and painful. You, yourself, have designed this to be so, and we will tell you why.

At this time in your planet's history, it is approaching a time when conditions for third density will become most difficult, and it will not make a great deal of sense to attempt having third density life forms upon this planet. Consequently, we speak to those who are, shall we say, advanced students, old souls. In order for each of you to have been born at this time, you had to be able, through the use of faith and will, to achieve service to others of a 51 percent grade or higher; that is, you are capable of serving others more that you serve yourself. One might describe it as giving the other person the larger half of the sandwich instinctively. That is a simplistic way of describing the attitude of service to others. It is not that one is hurting the self—one takes a little less and gives a little more. This is the path of the suffering servant, but it is also the path of unending joy.

Therefore, before you came into this incarnation, you planned for yourself temptations, trials and

troubles aplenty. You may have piled your plate very high, or, as this instrument has put it about herself, you have done the equivalent of taking a twenty-one hour semester. It is not advisable, but there are certain souls which are advanced enough that we permit even an ambitious lifetime, for if the ambition turns into fruit, it shall be great fruit. And those who suffer are those who bear fruit, therefore, each of you has chosen difficulties on purpose, not for your abstraction, disgust, apprehension, fear or worry, but for catalyst, that you may learn the lessons of love that it his been given you to learn to make the choice of service to others.

Now, we must do a bit further background work in establishing the actuality of this adversity. Within the illusion, adversity is most real, and, for the most part, normal. It impinges on one, and one reacts to it. In actuality, it is part of a plan set up by your deeper self and the Creator, and it has a sense about it which, when one has lived long enough, yields to inspection. There is always the pattern of the incarnational experience. Over and over again has come the same experience, the same disappointment, or the same betrayal, the same anger or the same love, the same difficulty or the same needs. And after a time one may begin to see an incarnational pattern. Perhaps one is learning patience; perhaps one is learning to love without expectation of return.

That is within this instrument's mind because this instrument believes it is her personal reason for choosing to incarnate at this time as opposed to the work of channeling that she is doing. To love without expectation of return is a most important lesson to learn. To reach out and console, to bring into unity—these are the traits of a strong character whose control is not over others but for the sake of others. And to be in control for the good or for the bad, you must begin and end within yourself.

The first item on the agenda of one who wishes to recognize adversity in its early stages is to know, in a systematic and organized fashion, oneself. This is done by examining the reactions one has had and the behavior one has advertently or inadvertently done during the day. It is best done in contemplation or analysis in the last portion of the day, perhaps when one is drifting off to sleep. And if there has been difficulty and pain to you, your first duty and honor is the healing of yourself. You must be your mother in the sense that the Creator is your mother. You must nurture and cradle yourself and allow the hurt to fall from you. Allow forgiveness to pour into you, for there is no end to forgiveness if it comes through the entity and not from the entity.

Do not expect, as a human entity—that is, one who participates in the senses which perceive third density—to be able to do this quickly or easily. We urge you simply to intend the best and highest that you can in this regard. This is in order that you may be self-forgiven and that you have forgiven that which has pained one. In other words, instead of attempting the difficult and sometimes impossible matter of being understood for oneself, one must first become oneself to the point that one does not react, even to adversity, but acts doing what one wishes to do in that particular situation. Perhaps one does not like what one is doing, but it is well when one's behavior consists of positive choices.

That, perhaps, is the heart of what we have to say to you, but there is more upon other portions of this same subject. The communication with the mate and with the family is most important. The young souls, the children, are those who are open and honest and will indicate and act out in some way when they need to speak and be heard. The adult or grown-up, so-called, person is, on the other hand, inclined to choose not to communicate fully due to ambivalence about subjects or honest confusion and pain. In order to nip adversity in the bud, this adversity—which may not come from illness, pestilence, plague or famine, but from the minds and the hearts and the tongues of each other—one must search deeply within to be sure one is speaking in an honest fashion. There is an authenticity about speaking in a fully open and honest fashion which is unmistakable.

If those about you are unable to deal with the fact that you as a seeker have become an actor in the play who writes his own lines, not one who mouths the lines given by mother or grandmother or mate, one simply does not be concerned that others are not understanding, that others do not seem to be loving. For the satisfaction of being a true, independent, metaphysical spirit is in the loving. However, communication is, indeed, a prize worth pursuing on a daily basis with the mate. However, it is not necessary to achieve the ability to see adversity coming and the ability to become an actor rather than a reactor in the situation.

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Much can be said about the quality of faith in this regard. Every entity will have the time of temptation in the desert, the time of confusion, loss and heartsickness. One does not know how long these seasons last or when the oasis shall appear, and in each mated relationship it is only after much work together that entities move in their moods together. Most often entities move according to their own rhythms and have not unified with the other entity enough to experience the same emotional life. Therefore, one of the mated pair may be stolid while the other is excitable. One may be calm, while the other speaks quickly and enthusiastically.

Communication is most difficult. To practice it, simply practice telling the truth to yourself, the whole truth as you see it. When one says it out loud, one hears it about oneself for the first time, and one may, perhaps, learn that one has not got the right of it yet. So, in communication with others you open yourself up to the mirror of your mate, your friend or whomever you are speaking to. And this mirror, if the mirror be objective and kind, is the most incredibly helpful mirror that you may have. If it is objective and critical, it may be painful, but it is still helpful. If it is critical and inaccurate, it is to be ignored. It is most important that you filter that which goes into the self to avoid the constant drain upon self-worth to those who honestly wish to give sacrificially within this illusion in order to polarize sufficiently to graduate into larger life.

We ask that you remember the Christ, who suffered unto death willingly, if not enthusiastically, because it was the will of the Father. We take this example because it is most important to each of you. Each of you is upon a journey, upon a quest. What you are to do is directly in front of your eyes. It may be the scrubbing of a pot, it may be a great adventure, it may be professional work or waxing the car, but if it be done for the love of the Creator, then shall it be blessed and nothing shall be unholy within your spirit, your heart and your mind. For as you do all that you do, you do it for the love of the Creator, and adversity then seems much further off, much more distant, and you are strengthened by your faith and by your will to be yourself.

That God-self within you waits to come forth as you tame your will; therefore, will to know the Father's will until finally your will is one with the Father. Ask always, "Not my will but Thine," for in this harsh chemical illusion you cannot see every desert experience ahead of time. Through the grace of the one infinite Creator, you may be led to instinctive actions. Trust those instincts if they are helpful, if they bind wounds, if they create better situations. Trust those instincts that you know not quite how you found. Ask before sleep the solution to that which puzzles you. Ask at all times and strengthen your will to know, your will to seek the truth.

We are afraid that each of you has chosen a sacrificial life to a certain extent for the express purpose of working towards a greater polarization in your native density. That is, we are saying that each of you is a wanderer, each of you comes from elsewhere in order to aid this particular planet at this particular time. You need not remember that you are a wanderer, indeed, it is not important at all, for you are now naturalized citizens of Earth, dressed in a physical body and soon to die—soon enough, that is; we do not wish to alarm you. When you are now free of the physical body, then you shall examine all those adversities that you met and see if you acted within adversity as well as good times with integrity and authenticity, being yourself and being as kind and compassionate and self-assertive as possible, feeling your worth and feeling others as well.

We remind the seeker of the phrase, "In quietness and confidence is our strength." This is in the mind of this instrument and is from your holy works. You are imperishable spirit. You have chosen to come into a harsh kind of boot camp, shall we say. It does not last long, but it is intense, and within the situations of your life, which keep repeating over and over, you have many attempts to learn the same lesson. Therefore, the solution to an early end to adversity is to feel the friction mentally and emotionally of resistance, a sliding friction of ideas or feelings which comes from resisting that which has created the adversity, whether it be someone or something someone has said.

In other words, in this instance and in every instance you are the instigator of your own pain, others are merely catalyst for you. You must stand upon your own two feet metaphysically and see that, yes, you are responsible, yes, you do not know why, perhaps, you are in a situation, but, yes, you have the faith that it is no mistake whatsoever, but what should be happening, and, yes, you have the will to endure, to love, and to serve.

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Be yourself, for you are part of I AM, you are part of consciousness, you are part of All That There Is. Do not be discouraging to yourself, but give yourself every encouragement as would a mother, and do all that you do for the love of the Creator. If you are imperishable, you must ask yourself the question, when adversity begins and you feel that friction: "Shall I move with my catalyst and eat it as fast as I can and learn from it, or shall I surrender to it and be taken like a ship in high wind with no rudder out to sea?" Needless to say, you wish to maintain control of the rudder, control of the sail, control of the direction of your tack or sail.

You do this by being yourself and being radiant and positive where there is difficulty. Find that which is hopeful while recognizing the difficulty. For every feeling, there is the antithesis. For every incarnational pattern there are early warning signs which have mostly to do with that certain feeling that you are resisting change, that you are resisting catalyst, that you are not allowing the self to flow for fear that the self shall disappear. You each are perfect jewels. You can never disappear. You may ask yourself, "Will this be important in ten millennia?" If the answer is no, then you need not be concerned with it overmuch. If you see that within the answer there is a spiritual principle, apply that spiritual principle if you can, and nurture and forgive yourself and give yourself the strength to try again in complete forgiveness if, at this moment, you are not able to stop the catalyst from becoming your illusion, your reality. It takes patience, persistence and courage to follow the path of faith.

We speak to those who seek to have faith. Yet those who seek to have faith do have faith dimly remembered, do have passionate love for the Creator, and they seek to reach that within themselves. Make that connection, feel the true worth of the self, stand upon one's own two feet, metaphysically speaking, and that which is catalyst will then come to you as catalyst. And once one has discovered the basic lesson of the incarnation, one may quickly move, when the sliding resistance begins, into a positive attitude of asking for the change, asking for the experience, asking to change, opening that biocomputer of the mind to new programming, new selfhood, new ways of perception and new ways of storing memory.

Much of your brain is not at this time used. Start suggesting to yourself that a spiritual portion of your mind, so often symbolized by the third eye of the forehead but containing the whole of the skull, be recognized. Above all, we ask that you allow adversity, handled well or handled poorly, to mellow into sweetness within the character. Kindness and charity and hope and faith—all of these things are different ways of saying love, and that is the essence of your being, that is the essence of your Creator, that is the essence of creation itself.

As for adversity … ah, you have designed it to come upon you. You shall one day be interested, rather than fearful, of what the day may bring, for the entity which rules himself needs little but the infinite Creator and the ability and opportunity to love others.

When there are practicalities involved, we suggest that one use one's biocomputer as logically and carefully as possible. However, over against this caution, we assure you that you cannot truly make a mistake, for whatever road upon which you turn, you shall meet your catalyst again and again until you recognize it, love it, forgive it and move beyond. You are queens and kings, rulers of yourselves, all of you royal. Remember who you are, remember your birthright and remember that you live in a spiritual democracy where each entity is precisely, mathematically equal. The differences within the illusion come from your use of will through faith.

With this thought we shall leave this instrument and transfer this contact, with thanks to the one known as Carla, to the one known as Jim. I am Q'uo, and we would, as we leave this instrument, thank it once again for removing a somewhat negative entity from the circle at the time we began. We were grateful that that was removed. We would now transfer in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. We are privileged at this time to offer ourselves in the attempt to speak to any further queries which may have found their way into the minds of those present. Is there a query at this time?

Carla: I have one from K. I would like to know anything that you can tell me about the basic worthwhileness and use of crystals, whether they are just fashionable right now or whether they have use, and if they have use, what are the uses?

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I am Q'uo, and am aware of the query, my sister. The crystal is a living entity, full of the intelligent infinity of the one Creator, and may be utilized as any other portion of the Creator's creation, that is, it may be used well or poorly as a tool for understanding and serving, or as merely an adornment.

The use of the crystal is a field of inquiry which is quite large, as once would expect. However, it might be summarized by suggesting that the crystal, through its facets in construction and the inner properties of geometry and geography, intensifying both the instreamings of intelligent energy from the creation and the vibrational harmonics of the entity that seeks to utilize the crystal in any consciously directed fashion. The crystal then may be utilized to aid the deepening of one's meditative state by desiring that this outcome be produced and by placing the self within a structure of a crystalline nature, such as the framework of a teepee, for example, which would funnel the intelligent energy of the Creator in a fashion that could deepen the meditative state of an entity which has placed itself in the middle of such a structure.

The smaller and more commonly used crystal gems may be utilized by one who seeks to be of service as that which you call the healer, for when the crystal has been chosen according to those qualities which are known to be a part of each gemstone, the appropriately selected crystal may be charged or enhanced by the desire of the one serving as healer in order that the interruption of the energy pattern of the one to be healed might be achieved. This interruption of the energy pattern would allow for another configuration, loosely known to your peoples as health, to be chosen according to the newer mental understanding of the one to be healed, realizing that it has learned what was necessary from the previous configuration of mind that produced the diseases, shall we say, within the mind/body/spirit complex.

Thus, the crystal may be seen as similar to a magnification device and an intensification device that may aid the healer in its attempt to offer its services …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there another query?

Carla: Yes. I would like to follow up on that with just a couple of small ones. I know there are objects which are also able to contain a lot of negative energy and people have magnetized them that way. Is the best way to demagnetize them … is it sufficient to use salt and water, holy water, or is it necessary to grind them up or otherwise destroy the form of such objects which feel negative?

I am Q'uo, and I am aware of you query, my sister. The use of the salt and blessed water is sufficient for the removal of negative thought forms or vibratory complexes from the artifacts of your illusion when utilized with the desire that is manifested to do so. That is to say, that it is helpful to devise a personally meaningful ritual, if one has not chosen an established ritual of cleansing and consecration of a place or a thing. Thus, we recommend the choosing of such a ritual to accompany the use of the salt and the blessed water.

Carla: Thank you. The other follow-up was having to do with water, especially salt water. Water just makes my arthritic body feel a lot better, especially warm water, and going to South Carolina and getting into the sea water, it seems like I really get better every time I go. Is there some kind of crystal quality to water, especially maybe salt water with minerals in it, that acts as do crystals to heal?

I am Q'uo, and I am aware of your query, my sister. The salt water of your seas and oceans has an especially beneficial healing effect upon the general weariness and fatigue of the physical vehicle. Water in general, and, more specifically, that water which contains salt, is a kind of demagnetizer, shall we say, if one can see the weariness and fatigue of the bones, muscles and joints of the physical vehicle as being that which has accumulated within the vehicle and which may be attracted outward from the vehicle by the immersion of the vehicle in the solution of salt and water.

Carla: Does it help to visualize this occurring cell by cell?

I am Q'uo, and this would be effective for an entity which consciously sought healing from the salted water and was able to visualize with some degree of effectiveness.

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Is there another query, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo, and we thank you once again. Is there a query again at this time?

J: I find myself that I am experiencing a lot of dramatic emotions around me, and within my reasoning I feel that it is unwise for me to participate in the emotions, and I find that my life is more pleasurable by simply thinking about things, becoming aware of myself and my surroundings, but yet I find it unnecessary to participate in the dramatic emotions that surround me. I'm just wondering—I find that I do that, so I'm wondering why I do that.

I am Q'uo, and if we understand your query correctly, we may not speak as to the motivation for your actions which is unknown to you, for that which is your heart's desire, if unknown to you, is that which you must seek by your own efforts. We would suggest that each entity in the life pattern takes those actions and thinks those thoughts and speaks those words that one feels are appropriate to the situation at hand. And yet if this entity will look at the motivations for each word, thought or deed, one may discover that it is not a simple matter to put the finger squarely upon the single reason for any thought, word or deed. For each of you, my friends, is a complex being with various lessons, abilities, desires, blockages and challenges to face, all revolving about the concept of love and compassion.

As one begins to move beyond the surface or appearance of one's motivations, one begins to see an interrelationship developing so that there are a number of influences proceeding from the subconscious mind into the conscious behavioral patterns affecting each and every portion of the existence and the being. Thus, there is much which can be learned by turning the curious eye inward and continuing to study that which is seen in order to glean the many fruits which await therein.

Is there another query, my brother?

J: Yes, let's do a little bit of clarifying on that. What I was trying to get, what I was trying to understand was that what I'm feeling about the way I react to these emotions surrounding me, I feel that it is healthy for me though I am not supported by the emotions, in other words, others may feel that it is unhealthy for me and that in the end I will lose the battle by choosing not to participate in the emotional pond, I guess. And I'm just wondering if it is healthy for me. I feel that it is healthy for me now, but I guess I'm wanting to know the future—if it's still beneficial at the same time or if I'm on the wrong path, I guess. I realize I have to decide my own path and react to the surroundings, but I guess that's a frustration for me now because I feel that I am alone in my decision to not become involved in the emotions.

I am Q'uo, and we shall attempt to speak to this query. Whether an action is helpful in the overall sense of one's soul development or is not helpful is a conclusion which is most difficult to reach within your third-density illusion, for much is veiled from the conscious mind, so that what seems helpful in one sense may be just the opposite in another sense when seen from a larger perspective, and vice versa is also true. That is to say, that which seems unhelpful in the short run of things, as you would say, may in the overall sense be quite beneficial.

One may look at one's tendencies or the possibilities which exist as one interacts with those about one. One may choose a certain action and attempt to carry it out in a conscious fashion, feeling that this is the most helpful action that might be chosen. This is a part of the overall learning of any entity, and will eventually bring the entity to that point which is appropriate in its own process of learning, and that is that its true feelings will be discovered, whether they were known in any degree before the action was decided upon or not.

That which is most helpful to an entity in utilizing the catalyst of the daily round of activities is the spontaneous and unrehearsed thought, word or deed which is carried out to its logical or appropriate conclusion, then reflected upon in a conscious fashion and utilized within the meditative state, so that any biases that are not deemed consonant with the highest ideals of the seeker might be noted and marked for future reference, so that the lesson which is embodied might be clarified and a certain set of actions might be associated with that lesson.

Thus, the entity begins to look upon the world with a new point of view that has been enhanced by spontaneous action that has been carefully analyzed, meditated upon, and placed within the proper perspective in the overall growth of the soul as seen from the viewpoint of the conscious seeking self.

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Is there another query, my brother?

J: No, thank you.

I am Q'uo, and we thank you. Is there a further query at this time?

A: Yes. I would like to learn to deal with passion that relates to the human being—a passion which is destructive, which doesn't lead any place, which hurts. How to dominate it and how to make it less destructive? Maybe there is no way, maybe there is a way. What would you advise someone particularly in love with someone since a long time and doesn't know how to deal with it anymore and knows it doesn't lead any place. What would you advise this person to deal with so this person doesn't get hurt so much, that this person has no room to serve, or it diminishes the action of this person to really serve the others because there is this healing process going on, or this big hurt and wound going on?

I am Q'uo, and we feel much within your query which is unspoken and which speaks loudly as to the desire to be of service and the confusion as to how best to achieve true service in this regard. We may not give specific suggestions in this type of query, for that which is closest to the heart of the seeker is that which must respond only to the seeker's free will choice and not to words that we may give as teacher. For when the test is true there is the opportunity to express the learning which one has achieved at a time that may seem most traumatic, and it is at this time that the choice rests squarely upon the shoulders of the seeker which may be confused as to the direction of movement, the shape of the movement, and the final outcome. All of this is the nature of mystery which is at the heart of each incarnation.

But we might suggest that when the seeker of truth finds itself confronted with such a choice that is felt to be of great importance within the life pattern, that there is no time during which it is more important to remain close to the heart within and to move in the manner which the heart declares.

How to find this feeling of the heart; this is the dilemma of the seeker. Each will recognize the choices before one in such a situation. Much thought will be given to each. Prayers may be offered. Each possibility may be embraced within meditation. All of the attention of the seeker is placed upon each possible choice. Play out each within your heart of hearts one at a time, perhaps on separate days, when you feel a great desire to know and have the opportunity to meditate in peace and in silence. Observe your heart and your feelings as each choice is played out, and most especially the after-effects.

When you have played each choice to its logical conclusion and visualized the ramifications attendant to each possibility, then it is that your heart will speak; that this is or is not a possibility. As you eliminate possibilities, you will at some point discover the direction of the heart, for the heart seeks not only the welfare of the single self, but of those with whom the self has joined in the like pattern so that there is a harmony that the heart sees and reflects when the conscious mind asks sincerely.

Thus, we can recommend no specific answers to your situation, for it is such challenge that you have placed before yourself and which is of such importance that each step which you take to be most helpful in the overall growth of the world must be that which is freely chosen by your own desires.

May we speak in any further fashion to another query, my sister?

A: Thank you, that's fine.

Carla: So, what you are saying is follow your deepest desires no matter what. Follow your heart.

I am Q'uo. That is correct, my sister.

Is there another query?

J: I guess I have one that goes back to my original—my first question. If … the strong emotions, what part do they play in this density as far as the benefits in order to graduate to a higher level or whatever. What are the benefits of the emotions?

I am Q'uo, and am aware of your query, my brother. The benefit of such emotional biases is personal to each seeker. The stronger the emotional bias, the more intensity there is noted within the learning opportunity. That is to say, the greater the emotion, the greater the bias, and the more obvious the lesson which is being presented to the seeker, for there is but one response to any catalyst within your illusion that reflects a balanced point of view. That response, as you know well, is love or compassion. When any other emotion is noted within the mind/body/spirit complex of the self, then the seeker may assume there is catalyst there to be processed in order that a balancing may occur.

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Is there another query, my brother?

J: Would you say that these emotions are the emotions other than compassion, love, which I feel *(inaudible)* there are purely instinctual, instinctive, anyway. I think they are more of logic, that you should have compassion, because that is giving for others. Do you feel that the other's emotions are purely self-centered and egotistical and have no benefit to the serving of others?

I am Q'uo, and am aware of your query, my brother. The benefit, as we spoke previously, is to each seeker in that the emotions alert the seeker to that which remains to be balanced. As balancing occurs, the ability to serve others is enhanced.

Is there another query, my brother?

J: I'm not quite understanding what you're saying.

Carla: Well, I'd like to clarify that, too. To me there is a distinction between surface emotions, which are almost always destructive, and deep emotions which are intelligent emotions.

J: I feel that anger and hatred and things like that are very destructive, but I can see that they would help the individual if they helped them, but only if they could be intelligent enough to become aware of what happened and how they can learn from the situation. But if the person's not intelligent enough, I guess, or doesn't want to be aware of the situation, is wont to display the dramatic emotions, I feel that that may be self-centered, but I'm not sure if it is, because it may have some effects, I guess. I don't know. I guess that's what I want to know.

I am Q'uo and am aware of your query, my brother. The ability of the seeker to consciously recognize catalyst is primary to any learning in a conscious sense. Most entities within your illusion have only the barest conscious glimpse of the value of the emotions which mark their biases and growth potential, shall we say. Such entities must experience the same catalyst, whether it is intensely felt anger or blandly experienced boredom, over and over again before the catalyst makes its mark within the conscious mind strongly enough to draw the attention there to discover the possibility of balancing that exists within every bias. Whether the emotion is small and superficial or deep and [perceived as dangerous], the lesson that is possible within any situation remains as a function of the intensity of the bias.

There may, indeed, be emotions within your illusion, as you are well aware, that are quite mentally or physically destructive. All of these ramifications of interaction are significant portions of the learning process. The more important the lesson or the transformation of point of view, the greater will be the price or the sacrifice that the entity shall need to make in order to purchase that which may, indeed, be a pearl of great price. Thus, great anger can teach as great a measure of compassion. However, each learning does, indeed, have its price.

Is there a further query?

J: No, thank you.

I am Q'uo, and we thank you, my brother. Is there a final query at this time?

Carla: Thank you, Q'uo.

I am Q'uo, and we, indeed, express our gratitude to each present this evening. It is a great honor to join this group, to blend our vibrations with yours. We cannot thank each enough for this opportunity. Again we remind each that if any word we have spoken does not ring true to the heart, that it should be forgotten immediately. We do not wish to place any stumbling block before the seeker of truth.

At this time we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 28, 1989

Group question: Has to do with what we might call a spiritual kind of coincidence in our lives, which ranges from how the various events of the day that aid our learning and understanding occur, whether it might be we meet the right person, the right book or the right travel agent, or whether it might be that the entity that incarnates through us as a child comes into our lives. It is said by many that there are spiritual entities of various densities and degrees of understanding located within various of the realms of the astral level and of the devachanic levels of our Earth plane that are attracted to us by our current vibrations or understanding or seeking for information. How are all of these entities and ideas, peoples and events brought together in our lives in what seems later to be an appropriate configuration so that just the right learning occurs and just the right service at the right time?

(Carla channeling)

I am Q'uo. I greet you all in the love and the light of the infinite Creator. May we thank this instrument for removing from the group's atmosphere the negative entity which could have confused this contact. We appreciate this instrument's care in challenging spirits.

It is a beauty and blessing to us to be called to your group this evening. Joy washes over us as we enjoy your combined vibrations and the light of seeking which together you build, which comes through the ethers as a call which we may answer. For we are of those who desire to be of service through contact with those of your people who serve as vocal channels.

That which we have to say is opinion, and we ask you carefully to beware of authoritarianism in us or anyone, for all is opinion—nothing is known. This is not important in a final sense, for there is much to learn before the spiritual gravity within us calls us away from identity and back to the uncreated oneness of the Creator. Consequently, that which we have to say to you, if it is inspirational, please feel free to use it. If it provides for you a stumbling block, remove it without a second thought. We thank you for your discrimination and encourage it.

The question this evening concerns spiritual coincidence. It is a subject that may be approached from many ways, and we have debated how to approach it. We have decided that perhaps the best way is to express the grand principle of free will among all your peoples, all of humankind and third density upon your sphere. There is free choice at all times. There is that which is called faith or destiny, in that each of you with the help of the higher self decided what lessons you are to attempt within this life experience. However, there are many, many plans made because entities do not follow the dictates of their deepest free will, of their happiness

and bliss, as the one this instrument is fond of—as Joseph Campbell would say.

Thus, let there be no talk of destiny disrupting free will, for free will is paramount. Each of you has the choice at all times of which voice to which you may listen, which instinct feels correct, which hesitation is born of fear and which of wisdom. The comforting thing about spiritual coincidence is that it continues as long as one is upon the spiritual path. As humankind misses by misunderstanding spiritual coincidences, patiently, carefully, the higher self organizes a probable series of actions which will teach the same lesson. It tends to have more force each time it is repeated so that the seeker may recognize the problem more easily.

To some, it may seem as if the Creator is progressively against them [to] these or those who have not awakened to the catalyst being that which is borne as fertilizer to the ground of faith and love and service to others, that fruit may appear from the suffering endured and learning the lesson. Why is there suffering, my friends? It is very simple. Suffering is a natural concomitant of change, and when something new is realized and put into action within the self and the self's thinking and behavior, change occurs. The energy of programs which have become useless may now turn to new programs, and so the student progresses upon the path of seeking the infinite mystery of the one Creator.

At any point, an entity may say, "This I cannot handle at this time," and may walk away from the catalyst. There is no loss of free will, nor is there merely one conclusion that may be drawn from the same catalyst. Each entity will experience a common catalyst in an unique way.

Therefore, we ask that you be aware that spiritual coincidence is not coincidence, but planning. Before your birth—and we may parenthetically add here that each of you upon this sphere at this time is capable of graduation into fourth density—has had the opportunity to make many, many choices, to see catalyst in a way that can be of service to self and others or in a way that is self-destructive and destructive to others. These coincidences are so that the one who is working along the spiritual path may be cheered and strengthened in faith. It takes nothing away from the free will of the entity to have a situation presented in which this lesson may be demonstrated as learned, this particular lesson that you interpret in this particular way. But if you walk away from this opportunity, this catalyst, you shall again encounter a similar catalyst, in different circumstances, in a different spiritual set of coincidences, so that you may further recognize that lesson you came to express and manifest.

We ask you to think of yourself in a symbolic manner as the Christ upon the cross. Each suffers; each dies. Each spends the life, no matter how happy, in some degree of psychic, spiritual, emotional, mental or physical pain. This is the road of service to others. This is the sacrificial road which each of you has chosen as service-to-others entities. Each of you loves each other. Each of you would step in front of the other to stop the bullet. This is service-to-others polarity, and this entire vibratory nexus which you call third density is that in which you make the foundation choice which each of you has already made to be of service to others and to live a life in faith. Your basic contribution is living the life in faith; not in being happy or melancholy or useful or productive, but in being a certain kind of entity, an entity that is able to shine through the windows of the eyes and the smile upon the lips with the light of the one infinite Creator.

While you are doing this, you are carrying the cross to which you are nailed. This is, shall we say, the valley of the shadow of death. To put it in completely another context, this is your boot camp. This is a difficult time for each seeking spirit, for you must begin to learn your true value as a child of the one Creator. You must begin to choose your service and to make that service so much a part of your life that it becomes your freedom and the inability to serve becomes enslavement.

Therefore we ask you, even though it is difficult, not to fear the pain of change or the sometimes bewildering energy that may accompany it. For change you will, if you meditate each day, and if you attempt to choose always to serve the one infinite Creator.

It was part of the question that there were many upon your inner planes which were at all times available and might aid the entity. This is indeed so. None is alone ever. Each is beloved not only by the Creator but by those who have chosen to be companions within the life experience of this spirit. Thus, the second thing which we would encourage in each is a program of daily, humble, simple,

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listening, silent meditation. There are voices deep within you of the Creator, of what this instrument would call the Spirit, and many others, the higher self, of guides, of the inner planes, of the deeper recesses of the self, which in a subjective sense is equal to the description of the outer spirits above, that can give information to you which you are unable to reach or have access to while in the normal waking state.

Thus, to put oneself in a state of listening is most important in opening the intuition and strengthening that rainbow bridge betwixt time and eternity, betwixt the past, present and future and now, the eternal moment. For all of you, you see, experience an illusion called time, and an illusion called space, that the great tapestry of your life may be woven by you, warp and woof, color upon color and pattern upon pattern, as a gift to the infinite Creator. In silence, these deeper voices may speak to you, and you find what you truly and most deeply wish to do.

We do not suggest that because you feel that you have heard this or that, you obey it. We encourage always the discrimination. But we encourage each to listen to the clear dream, to the sudden realization, to the result of meditation. For, my friends, your consciousness uses for its subtle spiritual work that portion of the brain which is called the frontal lobes. It is faith that creates the rainbow bridge betwixt the waking, thinking and creative self and the spiritual wilderness of most entity's frontal lobes.

Each of you which is doing work in consciousness needs to be aware that there is a simple physiological movement of the consciousness which is the cause of so many of the teachers of meditation advising the gaze upon the third eye within the forehead. It is not the gland itself that is so important; it is the physical matter of the frontal lobes which, when given attention by the deep mind, may open by faith that one may cross into eternity and look at situations from the standpoint of now, a now which is ten thousand years later, a now which may give the planetary view, a now which gives the eternal view.

It is said that all roads lead to Rome; we find this within this instrument's head. We assure you, you cannot make too many detours to move through the densities. It merely is up to you as to how fast you wish to progress. The faster that you progress, the more uncomfortable that you will be. If you truly wish to progress quickly, it is best to do it with another entity at least, for the energies released are strong. The revolution around meditation and balancing of the day's experiences or analysis of the day's experiences is most important. The taking of the life seriously is helpful, and the viewpoint of laughter, merriment and seeing the life as [a] cartoon is equally helpful. Both viewpoints are needed to form an accurate picture of that which occurs within the catalyst of your life experience. All that is tragic has the edge of humor. All that is happy and humorous has an inner side of tragedy. Polarity is a portion of third density.

We encourage you not to be concerned as to how fast you move along the path to spiritual enlightenment, for, in truth you are not seeking a specific gradation of light, but are seeking merely to progress. There is, indeed, a resistance point betwixt densities, a point of light which becomes suddenly of a different nature, so that those which truly cannot move into fourth density at the end of the life experience will be placed upon a planet which is having third-density experience. Those who are able to cross the threshold to the fourth density upon their physical death may move into a larger life, a life of glowing colors and harmonious entities, a life where all the lies and deceptions and the schemes and attitudes are known and loved and forgiven, and therefore are no longer needed as armor and are dropped; a density of understanding of each other, of being able to see which mate is truly associated with you and is truly to be with you, and in this instance we would refer to the query of the one known as P.

The choice of a mate is most important, for one who seeks may seek much more stably, much more objectively, and much more creatively if that spirit is, shall we say, in harness with another entity which likewise is dedicated to carrying the cross of humanity and suffering to learn the lessons of love. We are not specifically Christian, anymore than we are specifically Buddhist or Taoist or Shintoist. We are those who speak of love and light, and we wish each to realize that those who speak of a life experience as the proverbial bowl of cherries, as this instrument would call it, have in one way got it right, because this is an illusion, my friends, a complete and total illusion.

That through which you are going at this time will not leave a mark upon you—that is, your spirit—

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unless you allow it to. This and that shall happen with difficulty to your mind, your emotions, and your body; all which is born, shall die. You are perishable, yet you are also imperishable, and the spiritual coincidences of this illusion give to you information, subjective personal information, not of use to others, not of general importance, not of proof, shall we say, but that which is subjectively interesting to you.

In daily meditation you sink into your intuitive mind, into your subconscious, and you build that rainbow bridge of faith. Above all things, we urge you to live a life in faith and love, faith that what is happening should be happening, love for all that moves and breathes, love for the elements themselves, love for the Creator, and above all, love of each other. Listen increasingly, as your intuition becomes more able to communicate with you consciously. Keep the dream notebook, keep the notebook of that which comes to you when awake, and see what your concerns are, what the pattern of your difficulties may be. Your so-called brain is a biocomputer which is of limited use. It is very useful as an employee of your spirit, and we urge you to place that ability to think and discern upon those things which have already happened which need analysis, though we urge you to keep the intellect in abeyance while experiencing intuitional information.

My friends, there is not a lack of free will, but each of you has a destiny. Each of you has come here hoping to fulfill some job, shall we say, some change in attitude, some feeling, some bias that before you were born you decided needed strengthening. Therefore, that which is happening to you is happening to you because you chose to be strengthened in a certain way. Let your intuition speak to you concerning the catalyst of the day and especially the spiritual coincidences that occur. For much information, in fact, all that there is, resides within your own consciousness which in itself is a portion of the one infinite Creator in its active state. Trust in your birthright, and do not be fooled by this little life that you live at this time. You cannot make a mistake within this illusion if you but shoulder your troubles and carry on, having faith that you have arranged for yourself in a perfectly simple and understandable manner that which confronts you. No matter how confused or difficult it may seem, there is a heart to it and in that heart is a lesson of love.

Do not berate the self as you fail in your own eyes, but simply start again, look again, meditate again, and persevere in the desire to know. For if you desire to know the truth, the truth will repeatedly come to you, some truths useful for a small period of time, some truths useful for all of eternity. When one truth changes to another, do not be afraid, for the basic truth is love, and its basic expression within your density, faith. You were born as part of the Creator and part of free will. You have within you love and variousness. As you move through the variety of experiences that your free will chooses, allow that Creator-spirit within to recognize the spiritual lessons which you are to learn. Allow that rainbow bridge to form, allow, shall we say, in a mechanical way, the use of the frontal lobes in which are stored all of creation.

At this time, we would transfer this contact to the one known as Jim, thanking this instrument for its effort upon our behalf, and especially for the ridding from the group of an entity with which we would have difficulty in keeping a clear contact. I am Q'uo. I leave in love and light and transfer at this time.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to those queries which may yet remain upon the minds of those present. Is there a query at this time to which we may speak?

J: Yes, I have a question. Earlier, Q'uo, in the channeling you spoke of if a person decides to go rapidly in your spiritual seeking and take the hard path, I believe you said, it is best to have a kindred spirit making the journey with you. I think I understand why, but could you elaborate just a little bit in case there's some things about that I'm not thinking of?

I am Q'uo, and am aware of your query, my brother. As one progresses upon the journey of evolution of mind, body and spirit, one will discover that the catalyst which aids in this progress is most usually configured in a manner which will present the challenge in order that abilities of the entity may be stretched, shall we say, to the limits and the possibility of enlarging these abilities then offered. If one chooses to progress in a more rapid or conscious fashion, this in the mundane world of your daily

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experience may well mean that the difficulties will be enhanced.

Thus, it is well upon such a journey to travel with a companion of similar desire that wishes above all else with you to make this journey of seeking, of learning and of service, for those who are of a like mind will far more surely find those clues within the catalyst that point the direction for the next step, and those who travel together will experience their catalyst and processing of same in an unique fashion, with one utilizing the intensity of experience at a time, perhaps, when the other has less intensity, so that there might be assistance given from one to another. The support of one seeker for another is crucial in those times during which the night of the soul is experienced and despair descends upon the perception of the one who is experiencing the battle of learning and of service. For there is much to untangle within each incarnational experience and when one seeks to speed this process, one is asking to suffer in the mundane world in order that the limits of ability might be enhanced and enlarged.

Thus, there is much of comfort and of solace and of support that each may provide the other as the goal of learning and of serving is achieved.

Is there a further query, my brother?

J: No, thank you very much.

I am Q'uo, and thank you, my brother. Is there another query?

Carla: Could you speak on the reprogramming of the mind?

I am Q'uo, and we shall speak but briefly …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue. The term "reprogramming" has some misdirection within it to which we would first speak. It is possible to assume by this term that one would change the program that has been set in motion in some fashion due to conscious desire and specific efforts. We would rather focus upon the completion of programming rather than that which would change programming which has been chosen previous to the incarnation's beginning. For the preincarnative choices that have allowed certain biases and tendencies to manifest within the incarnational pattern have the purpose of allowing a greater point of view or perspective to be achieved as the preincarnative biases are experienced, analyzed, meditated upon, and consciously worked with in a manner which draws unto them their appropriate complements, in many cases these being the opposite of the original bias.

Thus, one may experience a good deal of frustration and anger pointed toward the self within an incarnational pattern as a result of various what an entity may call mistakes and ineffective application in order that a greater love and compassion might eventually replace the anger and frustration which were the first distortions or biases with which the entity began. Thus, the continued experience of this anger pointed toward the self may eventually attract the attention of the entity to the degree that the entity begins to consider why such anger exists and what use may be made of it, all the while building the potential for eventual acceptance and compassion for the self and then for others about the self.

Thus, it is our recommendation that each entity seek to understand and to identify those biases or programmings which are prominent within the life pattern and to trace these behaviors of thought, of word, and of action to their deepest source within the being and to then note the effect that these programmings have brought about within the point of view or attitude of the entity. It is well to enter into the daily round of activities without pretense or predisposition to, shall we say, clamp down upon the self certain behaviors due to their being felt to be of an unhelpful nature, but rather to allow the natural response in each situation to find its expression within the self and to work with that response at a later time when the emotional coloration has left the mind and to work in the contemplative or prayerful or meditative state with these spontaneous responses in order that they might be enhanced to the point that their logical conclusion is seen and felt within the being.

At this point it is then possible that the appropriate complement that is meant to be drawn to the entity through these spontaneous experiences will make itself known as well within the field of vision of the inner eye. When this has occurred with equal intensity, then, at the deepest level of awareness possible for the seeker, it may be seen that the life pattern has the purpose in this instance of allowing

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this range of experience to be had in the life pattern in order that certain opportunities and lessons and services might be made available.

Thus, it is our recommendation that the conscious working with catalyst, that which may be called the reprogramming, be done as a function of the natural experience that forms the life pattern and be done in a conscious fashion with the desire to penetrate to the heart of the experience so that the surface appearance is soon left behind and the deeper significance is discovered, buried layer upon layer within the symbolic formation of this programming within the entity's life pattern.

Is there another query, my sister?

Carla: It says in the Bible, "By their fruits you shall know them," and that's sort of a biblical equivalent of the work ethic which Americans have. It sounds to me that you're saying that worldly ambition and the work ethic work, or can work, against living a life in faith or living a life by spiritual principles. Is that correct?

I am Q'uo, and am aware of your query, my sister. If one's focus of attention remains solely upon the surface of experience, that which you call the worldly ambition, then, indeed, it is so that such can retard the progress of one upon the path of evolution. For it is truly said that it is an illusion in which you now dwell. "It is far more than it appears," is another way of stating this point of view. Thus, there are various levels of realization that one may obtain from any particular experience. One may remain upon the surface of experience and realize only that which is mundane and worldly in your normal round of activities. One may chose at some point within the life experience to seek further the meaning of the experience.

At this point the entity will begin to see beyond the appearance of the illusion and the daily round of activities so that a pattern of purpose begins to form itself within the conscious seeking entity. Thus, the journey inward has begun and may continue for as long and as far as the entity wishes to pursue it.

May we speak further, my sister?

Carla: But you can do a job and make a living, as long as you don't take it home with you. It wouldn't matter then, right? You could still progress spiritually?

I am Q'uo. One may, indeed, complete the job, as you have called it, and provide a living for the self and the family and yet be able to take great strides of evolution. For all that comes before the conscious seeker of truth in the daily round may be utilized in a higher and higher sense, shall we say, once the mundane level of experience has been accomplished.

Is there another query, my sister?

Carla: Is the opposite true? Can one who does not do any physical service find a way to progress spiritually?

I am Q'uo, and am aware of your query, my sister. Within your illusion it is quite possible to progress in a spiritual sense without physically doing any particular thing, for the entity which is consciously aware of the process of evolution may utilize any experience, thought or desire in order to advance the ability to feel love and compassion for the self and for all other selves. Thus, it is only necessary that the desire to learn and to serve be present within the entity for these goals to be realized within your illusion.

Is there a further query, my sister?

Carla: No, Q'uo, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

J: I have another question. I don't want to be a hog, but this has been bothering me the whole time we've been sitting here. It goes back to when Carla was channeling at the very beginning. Before she was channeling, just before we said the Lord's prayer, I was running a real negative trip in my head about a common friend and our experiences, and it was really just bothering me, because here we were about to start praying together and I was running all this real heavy negative stuff. And then Carla came and channeled and said and was thanked by Q'uo for challenging a negative entity. My question is, was this negative entity in any way involved with the intensity of my thoughts, my negative feelings? If this doesn't infringe upon free will, could you comment upon it, please?

I am Q'uo and am aware of your query, my brother. The entity of which we spoke through the instrument known as Carla was an entity which was attracted to the desire to be of service that was present within this circle of seeking. This desire is

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seen upon the metaphysical planes as a light This light is seen in its intensity to possess a power to transform. The negatively-oriented entity desired to influence this light in as great a fashion as possible in order that the light might be brought within its domain, for this is the nature of the negatively-oriented entity, to gather from whatever source possible as much light power as possible in order that its own power might be enhanced at the expense, shall we say, of others.

The thoughts of those within the circle of seeking, inasmuch as they would deviate from the harmony normally present within such a positively-oriented group, may be utilized by such an entity to provide a chink, shall we say, in the armor of protective light that this group or any such group provides by its desire to seek information in order to be of service to others.

Thus, the thoughts that were present within your mind complex were available as a resource for this entity which would have been happy to utilize them by enhancing their intensity and removing your positive contribution to the circle of seeking. This was in potential and was not yet a possibility for the entity, however, the entity was aware of such possibility.

Is there a further query, my brother?

J: In other words, from what you just said, this entity hadn't really focused on me, but was just aware, because this is not the first time this particular thought had been entertained by me. But you're saying that it really wasn't a focus at this time of this entity on my particular thoughts that made them so intense?

I am Q'uo, and am aware of your query, my brother. Without infringement, we may suggest that the notice of the thoughts of which you speak was as far as the entity was able to proceed, though the normal process for such an entity is, indeed, to intensify such choices freely made that deviate from the harmony possible for an entity. There is no ability of negatively-oriented entities to plant, shall we say, such a thought within the mind of another without the other first creating that thought of its own free will.

Is there another query, my brother?

J: No, thank you very much.

I am Q'uo, and we thank you once again, my brother. Is there another query at this time?

Questioner: Would you address the difference between judgment and discernment?

I am Q'uo, and am aware of your query, my sister. The hallmark difference from our point of view between the judging and the discerning is that in the act of judging an action, a thought, or an entity, one in some degree removes that thought, action or entity from the loving compassion that one would feel in a normal sense without the judgment. In the act of discerning, one looks at a thought, a word, an action, or an entity and attempts to describe what is occurring without removing this thought, word, action or entity from the heart, shall we say, and attempts to relate to that thought, word, action or entity in a fashion that is consonant with the feeling of compassion and love that each portion of the Creator has as a natural birthright.

May we speak in any further degree, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there a final query at this time?

Carla: I guess I'd like to ask the one that was brought up about the sevens. There were a lot of seven densities and seven sub-densities and so forth. Have you any comment to make on that particular arrangement?

I am Q'uo, and am aware of your query, my sister. Each density of light provides a certain vibrational possibility for learning and for service. Within your third density, as is true with each density before and after the third density, there is the primary division of the density into seven levels of vibration, each building upon the previous level in the possibility of obtaining experience, of learning through experience, and of serving through utilizing that which has been learned. There is within each sub-density a further division of seven that proceeds yet into further division of seven, until one may assume that the division is infinite.

Thus, possibility for learning and serving through the gradation of experience is also infinite. The divisions of each density and sub-density are not arbitrary or created by any particularized entity or group of entities, but are rather a function of the nature of the creation itself which has certain

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vibrational characteristics that naturally fall into those areas which in your numbering systems correspond to that which equals seven.

Thus, within your illusion, there are many mystery schools, shall we say, which find meaning in this division of sevens, so that in a mathematical sense there is the possibility of creating the model or the analog which approaches the deeper levels of understanding of the very nature of creation. Thus, one finds that the pursuit of the understanding, shall we say, of the mysteries of life, as you would call it, may be described in a general fashion by the application of the qualities that are associated with the seven levels of vibration of light which form the creation or the universe as you know it.

Thus, each entity within this circle of seeking and within the third density in general has reproduced within its energy systems, or those areas which you have called the chakras, the seven levels of vibration, each energy center or chakra containing also a division of seven levels of apprehending the basic nature or tone of experience that is possible within each energy center, with each succeeding center providing a finer or more refined application of the basic energy which enters through the root chakra and proceeds through the system of chakras or energy centers in the form of light, so that the entity is able, or potentially able, to apply its own level of understanding to its daily round of activities and discern those experiences which have significance in the journey of evolution.

Thus, the system of sevens provides each seeker of truth the ability to penetrate beyond the surface appearance of any thought or experience so that there might be gained from each a variety of levels of experience or symbolism that will enhance the evolutionary process.

At this time …

Carla: Could I ask just one more question? To follow up? It's just this. Excuse me—I didn't mean to interrupt you, but I was so curious. Would it be correct to say, then, that the peculiar plangency and heartfeltness of music, especially sacred music, is due to the fact that music is the physical analog of that spiritual truth, since it moves in octaves—seven notes and then the next note is the same as the first, only an octave higher?

I am Q'uo, and this is correct, my sister, for the vibration that is felt within an entity as a response to the musical notation being reflected through voice or instrument is a vibration which sets up the possibility of viewing the present experience of the entity from that level of vibration created by the music. Thus, certain music, as you call it, will excite certain centers of energy, and through that excitation the entity will feel various levels and qualities of inspiration. Thus, the perception of the entity will blend in an harmonious fashion with the music and provide the entity an experience that would not be possible without the presence of the music.

Carla: Thank you, Q'uo. I'm done now, and I just want to thank you for being with us tonight and invite you to join us afterwards for our merriment and laughter. Be with us, and we thank you so much, all of us. Adonai.

I am Q'uo, and we are most grateful, my sister, to each present for allowing our presence this evening, for without your invitation we would have no beingness within your circle of seeking. We are most grateful for the opportunity to speak those words which we offer freely and which are the fruits of our own seeking. We remind each that we offer that which is but our opinion, and we do not wish any word to provide a stumbling block to any seeker. Please accept those words which have meaning to you and use them as you will. If any word does not ring true, please forget it at once.

We at, this time, would leave this instrument and this circle, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
June 18, 1989

Group question: Most people feel that the spiritual journey should become easier, happier and healthier the further and longer that you travel. This doesn't seem to be so. In many cases there seem to be more difficulties or challenges, shall we say, that are put in the path of the sincere and persistent seeker. Why is it that the path does not necessarily become easier or happier or healthier the longer that you travel?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. We of Q'uo thank you for the desire which has come to make you one circle of seeking, one desire for truth, one unity of spirit. The question that you have asked this instrument to channel upon is one which this instrument will find interesting because this instrument has immediately previous to this read a similar message to a similar question. It is a good chance for those who have been channeling to see that there are nuances and subtleties to questions within a group that are personalized by the group so that although the end result is hopefully an inspiration which may be universal, it is carefully shaped to the questions between the lines of the question.

Within your culture, you have a condition of emotion, spirit and body which is called burnout by this instrument. The cause of this is that you have not given over those portions of yourself which are not good fruit and, therefore, that within you which is not good fruit tries to take over the good vine, as your holy book would put it. Now, we are starting from a spiritual standpoint, because we feel that to this group meditation, inspiration, integrity and singleness of heart are already in place. This is [the] spiritual atmosphere in which we urge each to come. Each of you comes already in this mode, centered by meditation and contemplation and a burning desire to serve the Creator and all of your brothers and sisters. Therefore, we shall move into the subject from the secular standpoint.

When you face a challenging task, it is often exciting, and if you are given the opportunity to finish the task before beginning another, there is much satisfaction. If you begin another large task while in the midst of finishing the first, the stress and anxiety of time allotment occurs, not because there is not enough time, but because you are depending upon yourself. This is a secular world, a secular culture, an unchurched culture. The offering of unity and unconditional love that the master known to you as Jesus offered has been so subverted and contaminated with doctrine and dogma that it seems that there is no longer the possibility of what one may call Christian worship.

Yet I say unto you, my children, this is an untruth. You may, in opening yourself to the less personal side of yourself, find the strength, find the time, and

find the grace to know the will of the Creator and to do it. This cannot happen to you secularly or in a human fashion, for you are, in your waking consciousness, very, very little aware of the fact that all of you are channels. Therefore, you attempt to channel your own deepest love and service to others. And at some point, you reach your own limits and can go no further, and this seems to you to be a great failure.

We ask you first of all never to judge the self. That judgment will come, and you yourself shall be the God-self which evaluates this lifetime experience for you. As you well know, you are your own hardest critic, your own most difficult audience. To please yourself with what you do is the greatest challenge. Paradoxically, in order to maximize one's service, there is much of oneself that needs to be burned away, as the chaff from the wheat, so that the wheat may be gathered as it springs green upon the hillside, and then golden, and then ripens unobstructed by the weeds of daily concern.

So our focus, perhaps, to you this evening would be to suggest that a time be set aside, and, if possible, a special place where one may go to listen within one's heart, having opened the door behind which stands the consciousness of Christhood, the consciousness of Love. This consciousness is infinite, and one who trusts it and has faith in it is able to tap into that overflowing, beautiful and ineffable stream of the Creator's love. You tap into it, it flows through you, and you are not weary or disappointed or saddened, for you have done your best, you have done your work, you have prepared yourself, you have challenged each spirit and found that spirit to be true to your own beliefs.

Then there is no burnout, there is no tiring, there is simply to do more and more because of the joy in the doing of it. We may say that this is equally true of healing. Those who attempt to heal by the power of their own inner being, by anomalistic electromagnetic fields, or by any other means will soon find themselves beleaguered and truly unwilling to act anymore as a healer, for there is great heartbreak in working as a healer. Sometimes the healing involves the end of this particular physical body. Sometimes the answer to your prayer is a simple no. Always, you are asked to sacrifice the personal self in some way.

Now let us look at the process. You have given over yourself to the ideal of service to the Creator by serving as the Creator. You have opened that inner door, that closet within, and metaphorically knelt there in listening reverence. You have spent time worshipping in your own way. You have not begrudged those things which fall away from you, because they do so naturally to someone who is meditating daily.

At this point we feel each of you is at this time. Now what lies ahead of you is what one of your poets would call "the road less traveled." For we are not here to evangelize. We are not here to ask you to believe in dogma or doctrine. We are here because we are those of the consciousness of love, and we come to you as called for this particular kind of information which we give you in love, asking you always to remember that all that we say is opinion and not gospel. If anything that we say disturbs or disquiets you, we urge you to put that aside immediately, for you will recognize your own personal truth. It will be as if you remembered it.

After the first several years of an intensely lived spiritual life, some good habits and some bad habits are in place. The good habits tend to be that of dailyness and regularity and intensity in worship. More time is spent thinking about the one infinite Creator and Its loving nature; less time is spent considering the treasures of this particular illusion. Yet, there are always teachers which will urge you onward, and the primary teacher which always urges you onward is yourself, for you came into this incarnation blazing with zeal to do the Creator's will in whatever way it has been laid out for you to do. By faith alone can you silence each day, "What is there for me to do?" and find a feeling in answer. We advise that you sit in meditation until you reach the point at which you are illumined, may we say, and lost in the Creator, so that each cell of the body and mind and spirit-if spirits may be said to have cells-is comforted, strengthened, sustained and blessed.

Gaze about you in your mind's eye at the beauty of the surroundings that you have just traversed. It is a fragile beauty, blooming one day and dying the next. And yet each perfect bloom in its moment of glory is ineffably beautiful to the Creator and to those with the eyes to see. We ask you to see that nature itself, the second density upon which you so depend, works hard to renew itself, to heal itself of the

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wounds that mankind has inflicted upon it. We would ask you in your daily meditation to pray for the peace and the integrity of your planet, for as each of you does so, the consciousness of this planet is lightened and more and more entities are ready for graduation into the next density.

Now, you have already experienced that things become harder as one goes along throughout an incarnational experience. It may seem simplistic to you, but we ask you to think of your school system: first grade, second grade, third grade, and so on. Such is the classroom in which you are now in terms of the way we measure dimensionality. You lie at the very cusp of third and fourth density, finishing the old and beginning to feel the new vibrations. Those who are negatively inclined will be more negative. Those who are positively inclined will be polarizing more and more towards service to others, for there is no one upon this planet at this time who does not have a chance for graduation. Each of you has earned this incarnation, this precious experience, by seniority of vibration, by being able, by learning the lessons of this incarnation to make that step from thinking more about the self than others to thinking more about others than the self. If one were to be given calculus in the first grade and reading in the tenth, it would be rather chaotic, would it not?

Therefore, we begin slowly. The creation, first density of rock, sea, fire and air; the second generation or dimension of plants and animals, all of these are connected intimately with love. This is why many of you experience such a deep peace when surrounded by wilderness of nature, for it sways with the rhythm of creation and has an open heart for all beings around it. It even offers to each of you the oxygen that you breathe, just as you offer it the carbon dioxide which it needs.

So you learn the beginning of things first. You learn to turn towards the light in second density, and by the end of second density you have become an individual, whether you be an animal, a plant, or a rock formation. If it is invested with enough devotion and love from third-density entities such as yourself, it too will become ensouled within a physical body which is able to be self-conscious.

The third density, in which you now enjoy experience, is a density in which one thing is raised high before everyone's eye. And that is the choice: faith or doubt; light or darkness; hope or despair. Each time that you pass through the fire and find that you have learned something very difficult, you wipe your brow, metaphysically speaking, and say, "Ohh, I hope that is all I need to learn right now." My friends, your higher selves are ambitious for you. They are not content with a little of this and a little of that. They ask you for your life, and in return give you the sense of life eternal, which is the imperishable truth about each of you, for each of you is a consciousness which was before the world began. Each of you is a spark of God-self with a matching and appropriate amount of free will, set loose to make your own choices, to decide whether you shall serve others and serve the Creator, or serve yourself and so serve the Creator.

There are two reasons why things become more difficult as one goes along. Perhaps the most characteristic reason is that of the unlearned or incompletely learned lesson of love. Each lesson which comes to you, each challenge and difficulty and demand, holds a lesson of love for you. If you do not successfully work out this particular lesson through the aids of meditation, contemplation, inspiration and analysis, you may not learn the lesson in front of you. You may decide instead that perhaps you have a more glorious ministry, a more exciting gift to give to the world. You are impatient. Yet there is no room for impatience in timelessness, and, my friends, all of your spiritual growth takes place in the timeless present moment. Until you have removed yourself from today, yesterday and tomorrow, you have not contacted infinity, and it is infinity for which you yearn, for that is your birthright.

Any lesson, then, which was not successfully observed, analyzed, intuited and acted upon will in another way, but with the same dynamics of feeling, repeat itself in a more intense fashion so that you may hear more and more clearly the internal urgency of making the choice between the positive path and the negative path. One of the most terrible misconceptions of any group of seekers is elitism, the fallacy that because one is seeking, teaching, channeling or learning, one is better, elect and special compared to those who gaze upon your television sets and consume your alcoholic beverages.

Your higher self is very patient. It does not mind how long it takes for you to learn a particular lesson. It is gazing at you from the prospect of several million years. It is helping you as its gift; your gift to

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yourself from what you would call the future. Learn to trust in that gift. Learn to trust your own advice. Tackle the job. Talk it through and work it out the first time. There then need be no two-by-four applied to the forehead with a more stringent second lesson or an even more stringent and difficult third lesson.

Gaze at the pattern of your incarnation. What do you suppose the lessons were that you came to learn? What has your life been patterned like? All lives are a patchwork quilt when seen up close, bewildering to the eye. Yet when one backs off, one sees a pattern, a beautiful, carefully sewn pattern. All the pieces are stitched together, making the truth of love complete. And quilting is placed beneath the coverlet that you may be soft in your zeal, gentle in your speaking of the truth, never intrusive but always ready to witness to that which is in your heart when someone asks.

Therefore, the first and greatest cause of the feeling that things are getting harder as one goes along is that one is resisting a change. For in order to be of service to other people in a truly compassionate manner, one must stop making assumptions about what, in a human term, one would think this or that person needs, this or that person desires, this or that person should hear. You may drop the seed now and again. You may suggest a thought, but toss it as if it were a lighthearted shuttlecock in a badminton game. Let it flow gently and freely over the net of another's resistance. And if it is caught and hit-very well; you may move on. If it is not caught-very well; you may move on. It is not your responsibility to change anyone's life but your own. It is no one's responsibility that you have difficulties or joy. Each of you is a completely independent, metaphysical, equal being, equal in stature to any being in the creation, for that of which you are made is the Creator, and that of which all things are made is of the Creator.

We suggest to you, therefore, that whatever your strong point is-intuition, analysis, meditation, prayer or contemplation-that you focus upon this in a daily and earnest manner, seeking to know how you may offer love, asking that the opportunity be given to you to share that love with others. If one does this, the lessons will still become harder, but they will at least have the interesting factor of being different. It is when one resists the pattern that one must repeat the lesson again and again.

There is another reason that the road becomes stonier and rockier as one moves along. What you are seeking to do is to take a bipedal animal with self-consciousness and so far integrate that bodily self into the consciousness that every cell of the being may listen to the secret, small voice within the closed door of the closet of your heart. You shall not ever be satisfied with yourself. This is one of those facts of the illusion which may seem to be sad, yet there is no sadness here, for you are wanting to lose those odd little parts of yourself that do not serve in any way, and wanting to fill the places that you have made with the choices of service to others.

The third reason that the lessons become more difficult is simply that there is a great subtlety to the art and the craft of service to others. Very many of your people confuse this with pleasing others, and if they please others, they feel they have served. We suggest that this may not, indeed, be the case, and that each request for service be gazed at, not from the standpoint of pleasing the self or the other self, but from the standpoint of where the love is in the situation so that you may fasten on to that lodestar of love and light and act accordingly to those principles which stream therefrom.

How we admire you. We remember third density. It is the shortest of the densities, the density of choice. You are here to choose to serve the Creator by serving others or by serving the self and manipulating others. As you serve others, you may be asked to do outrageous things, to go beyond your limitations, to do what cannot be done yet which shall be done because it must. And in those situations we strongly advise that you release your personal personality and move to an impersonal portion of your deep self, that God-self of unmitigated and straightforward compassion. To determine what is pleasing as opposed to what is serving another entity is sometimes difficult, especially on the spur of the moment. Therefore, we ask you to steep yourselves as you would immolate a tea bag in the teacup in the love and the light of the infinite One, that what needs be done for you to polarize, for you to choose, may be done with what this instrument would call singleness and gladness of heart.

Much of the illusion is based upon the feeling that you are not all right, that you are imperfect, that you are flawed. In a human sense this is true. Each of you has free will and that free will causes you to act

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variously at various times. Some of those times are successful, some of those times are disgusting and failures. We do not ask that you succeed, nor does your higher self ask that you literally and in a worldly sense succeed in service to others …

(Side one of tape ends.)

(Carla channeling)

… you spirit, this polarization as the steps between the polarity you experience and the polarity you wish becomes smaller or shorter but much more intense, for you are burning away a great deal of what people may call personality. This is not to say that you should not be merry, full of laughter and joy, comforting and exhorting each other always in love. Each of you was put here for each of you. You have the freedom to be one with everyone or to single out the self as more important than everyone.

Now, there is a trick, which we may shamelessly call that, for aiding the floundering spirit, and that is this. The Creator, if asked, will give you what you desire. Indeed, this is so much true that in a way we fear to say the truth, for that which you wish you will surely get. And many of you wish sometimes for very self-destructive things because you are unhappy with yourself. Let no illusion trouble you, but remain in your heart, in your spirit, on your path, for all paths lead to the one infinite Creator.

Now, as you gain experience and service to others, you may find your work with other people in service changing, because you are changing. Change, of course, is painful, yet it is what you are desiring, each and every one of you. If you do not wish to feel pain, refrain from the meditation, refrain from helping others, be secure and safe within your own four walls and live your life. Perhaps in the next incarnation you shall take up the quest once again. You have all the time in the world, and we mean that literally. There is no hurry; there is no judgment; there is simply a large portion of the Creator which has separated itself by the action of free will that it may know itself, that it may know itself better and better.

This is not the first creation, nor shall it be the last. Each of you is old, older than you can imagine, wiser than you can imagine. But these attributes are very deep within the subconscious mind. When you desire to seek the true service as opposed to pleasing entities, it is well to spend time in silence, allowing all the situation, the feelings, the expectations of others and so forth, to wash through you, and then to tune yourself to the highest and best that you possibly know and can carry on a stable basis.

We speak simple truths. There isn't anything new about what we say. It is just that we have, shall we say, no ax to grind, no churches to build. All we care is to serve one person, one soul at a time, and we are most, most happily content, for each of you, my friends, is worthwhile, imperishable, perfect and beautiful. Now, the process that you go through in becoming a less personal servant and a more impersonal servant through which things come involves more and more sacrifice, adjustment, understanding and laughter. If you are not laughing and feeling merry at some times as you meditate, then it is time for you to learn to laugh, for you to release the spontaneity which is your birthright.

You see, each of you has complete free will. You do not have to follow the path of the Creator. You may stay in one place, or you may move in a negative fashion, controlling others and manipulating them to serve yourself. The choices are yours, and as you make one successful choice the strength is then given to you to try again and again and again. You will many times feel that you have failed. But remember, you cannot judge yourself, not until this illusion is gone from you and you can see the truth face to face. The very desire and zeal to be faithful and loving to one another is a light for the nations, a lightening of the planetary consciousness and the hope of your planet [at] this particular time.

Let us reckon with free will before we close in this instrument. You have an equal measure of free will and of God-self. This is your makeup. When you are small in stature and have not learned you are very self-involved. You are hungry, and you cry; you are wet, and you cry; you wish to be comforted, and you cry. Communication is very easy. The free will of the mother and father who nurture is not given many options, for it is in the nature of the relationship of parent and child that nurturing will in some way be done or at least attempted. But now all of you have passed that stage of living a free-will life and have found that the only true free will is the will to serve.

Thus, willfulness becomes willingness, and difficulty becomes a smoothly running river of love and light that cascades you know not where. You do not know whose lives you touch, but by faith your life itself

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may touch many and give them the light that they need to make their choices.

We urge each neither to proselytize nor to refrain from witnessing to that truth which is yours personally when asked. This is simple, solid, metaphysical information which has been written down many times in your holy works. But it is always new, as each day is new and as each day you are new. And so we turn to that which breaks the back of willfulness, and that is forgiveness. In willfulness you want to do this and you want to do that, and you will do this and you won't do that. And the God-self sits in a corner with Its hands folded in the closet of your heart, waiting for you to open the door. One day you open the door, but you see nothing. You go in and you seat yourself and you prepare yourself and you find nothing. Perseverance brings awareness, a subtle awareness of the God-self, the Christ-consciousness within.

It is inevitable that each grade, shall we say, is going to be more difficult than the last, more challenging, more interesting, for that which is before you now is based upon that which you have learned so far in this incarnational experience. Perhaps the key to being able to distinguish that which you wish to do is the letting go of the decision and the allowing of inner wisdom to inform you in your free will what seems the best service to perform. Then one can turn the will with a glad and merry heart to the task at hand, wasting no time in doubt, but only tuning yourself always to the highest and best that you can be, moving again and again to the center of your being, and, no matter how harsh the failure seems to you subjectively at any one time, to refrain from the judgment of the self.

Learning has always been a painful task. It is exciting, and when one looks back upon it, it is wondrous and adventurous. One feels as a voyager would, going to conquer new lands, going to embrace the world with love and light. Just about the time that you feel this way, the next lesson shall begin. This is what you planned for yourself for the utmost polarization for service to others.

(Pause)

We paused briefly, simply to enjoy the beauty of this circle of seeking, and we thank and bless each of you for calling us this evening to your meditation to share in your vibrations at this time. It is most blessed to us to be able to share our thoughts with you, our most hoped-for event, and we thank you, for as we speak with you, and as we share in the anguish and joy that each brings this evening, we re-experience the third-density illusion, the heaviest of all illusions, and we see and are inspired by the bravery, the courage, and the determination of those who wish to do the Father's will, regardless of what it costs.

We would at this time transfer this contact to the one known as Jim, thanking this instrument and each instrument in the group and all in the group, indeed, for acting as batteries for this instrument. We leave in love and light. We are Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. Before we take our leave of this group for this evening, we would offer ourselves in the attempt to speak to any queries which those present may have remaining upon the mind. Is there a query at this time?

Questioner: You spoke just now of how we act as a battery for the primary channel. Could you say more about that process?

I am Q'uo, and am aware of your query, my brother. As each has entered this circle of seeking this evening, there is the desire that is paramount in each heart and mind to partake in the seeking for some portion of truth, some portion of light that might be utilized to inspire the service to others within the self, to inspire the greater understanding within the self of how service is rendered and how one might evolve in the sense of mind, body and spirit.

Thus, the desire that each brings into this circle of seeking which has been enhanced by a lifetime of service may be seen as a kind of food or energizing force that, when taken cumulatively with each other entity's desire, provides a sustained level of energy for the one serving as instrument to draw upon. The desire, then, of the entire group might be seen to be likened unto the antenna of one of your radio devices which is able to receive a signal from a distant source in direct relationship or ratio to the amount of power or energy that is available to that antenna. Thus, each of you provides a portion of that energy, and for this service we are most grateful, my brother.

Is there another query?

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Questioner: I had a question about the concept of a dark force, an evil force, and the light force. I've heard it said that the evil force is an illusion, and the only evil is between your ears, that it doesn't really exist, and we are in this illusion, learning, leaning towards the light. And my question is that, in that leaning, should one even acknowledge that there's darkness, that it is illusion?

I am Q'uo, and am aware of your query, my brother. We would first begin by reminding each that the creation itself is a finely wrought and intricately designed illusion which gives each portion of the Creator a means whereby it might come to know the Creator through experience, and the Creator might come to know each portion of Itself though that same experience. Within the illusion of the creation, there is that which is of the positive or radiant and that which is of the negative or magnetic. There are many terms that are used to describe the duality of forces which together form the dynamic tension which holds the creation in place as a manifested thought that might be utilized for growth and for service.

Within the illusion of this creation there is that which is not illusory, that from which the creation has been made, the one Creator, that which is beyond thought, beyond mind, beyond consciousness. There is that truth, then, of unity from which is created that which you know as the creation. There is That Which Is-unity-and That Which Is Not-and that is separation. From these two paths, then, come the two viable paths that might be traveled to the one Creator. That path which attempts to see the unity of all creation, to recognize it in each face that comes before your own, this is the path of service to others, the path of radiance, of giving and of positivity. Far more travel this path than travel that path of negativity, that path which enhances the concept of seeming separation and takes it to its logical conclusion, the path of service to self that attempts to gain for the self the power of the light and use it in subjugation of those about one in order that the power of each might redound to the one exercising control.

Within your illusion of the third density these two paths have been seen as good and as evil. This is a distortion, as you may be aware of the true nature of these paths. The more difficult of the path is that of the negative polarity, that which is called within your cultures, evil, for the attempt to bend the wills of others to one's own desire meets the difficulty of the dissipation of the power thusly gained as the ability to blend one's seeking with another is blocked by the separation that has been enhanced and pursued.

This path finds its conclusion within that density numbering six, where it is of necessity required that each entity wishing to proceed further in the path of unification with the Creator see all about one as the Creator. This is not difficult for those of positive polarity, for the path of positive polarity attempts as the fundamental quality of that path to see all as the Creator. It is difficult enough for those of negative polarity that the negative polarity must be abandoned at that point, and an immediate shift in polarity, shall we say, is then accomplished, for the power is the same, from the same source, and might then be reversed, shall we say, with some difficulty, in order that the seeking then proceeds with the eyes looking upon a new world and a new creation and a new sense of self.

Therefore, that which has been called evil or negative might be seen as that journey which turns upon its head all that is positive and in reverse fashion finds its pleasures in that which is dark and that which is hidden, in that which provides the opportunity for advancing the self at the expense of others. However, the end point and the final goal of each path is the one Creator, for there is no other goal, there is no other source, there is no other journey. There are, however, two means of apprehending this journey and of accomplishing its end.

Is there a further query, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Questioner: Another question. I was curious about what you said was the energy, as I understand it, showering down on the planet at this time. You said something about the negativity increasing or the energies that people are working with, if they happen to be of the resistant path, they're going to be increasing. I guess that is true on the positive path, also? And it will continue until the fourth density comes into completion?

I am Q'uo, and am aware of your query, my brother. We find that you have in essence provided the

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answer to your query, in that it is, indeed, our observation that as your planetary sphere moves into a new sector of time and space that the increased love and light of that sector is felt as it streams through the web of energy vortices of your planet by each entity upon your planet, much as would the print on the written page be enlarged by the magnifying glass. Therefore, the directions which have been chosen, either to the positive radiant or the negative and magnetic, be enhanced in their direction and vector.

Therefore, it is a situation in which there is more energy as a resource to call upon and therefore becomes a natural portion of the everyday environment, shall we say, so that each individual within your planetary cultures has available the stepped-up level of vibrational energy that is affecting the daily round of activities and the perceptions of the individual, so that there is an intensification of experience.

Is there a further query, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you once again, my brother. Is there a further query at this time?

Questioner: May I ask a question of a personal nature?

I am Q'uo, and we will be happy to entertain any query that is presented to us, however, we are bound by the desire that we not infringe upon an entity's free will by giving responses that would affect that entity's future or the personal interpretation of experience that is, of necessity, best left to the entity. With these caveats, we are happy to respond, my brother.

Questioner: I understand. I experience from time to time jolts of energy coming through my body which cause my head to jerk or tremble, even when I am not intending to channel healing energy, although it is quite prevalent at those times. And I am desirous of knowing what exactly that phenomenon is. What am I experiencing?

I am Q'uo, and am aware of your query, my brother. We find that we may speak in a general fashion, leaving the specific application to your own discrimination. For one who has offered the self in the capacity of serving as healer to those who are broken or incomplete in some fashion, according to their own perceptions, there is over a period of time and the experience of serving as a healer, a buildup of a certain kind of energy that is of an healing nature. There is within some entities the need to discharge a portion of this buildup of energy which has, in what might be seen as a consciously unbidden manner, moved into the energy pattern of the healer as a kind of natural reflex, shall we say, the path of energy having been traversed many, many times previously. Thus, the buildup has the need of discharge in order that there not be a, shall we say, back-burning of the circuits within the electrical body.

Is there a further query, my brother?

Questioner: No, thank you.

Carla: I'd like to follow up on that. Is that like … Never mind. I know the answer. Forget it. Thank you.

I am Q'uo, and we thank each. Is there a final query at this time?

Questioner: Tell us about our fondness for and our attraction to felines, particularly of the Siamese societies like these.

I am Q'uo, and am aware of your query, my brother. We look upon the second density which you have called within your culture the cat, the member of the feline family, and see an entity that has from ages past within your third-density illusion served as that which might be seen as the guard, that which watches carefully the path that is traveled by the seeker of truth. There have been many cultures within your planet's history that have revered the cat for this particular quality of serving as one which watches, as one which guards, and gives a certain nurturing care to the seeker of truth which travels the path of the positive polarity. Thus, there is the general attraction to this particular creature by those who feel a sensitivity towards the inward seeking.

There is in many individual cases a further attraction to the cat, having been established within previous incarnations in a culture which did, indeed, revere the feline creatures. We look especially to that culture of ancient Egypt which found great use for the form and the function of the cat, serving as guard to many of the rooms of the initiation chambers and rooms used for the learning and service to others. Thus, the cat is old within the archetypical mind of all of your peoples, and is

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especially placed upon a cherished point of focus for many individuals upon your planet who have had previous experience with these nurturing creatures.

At this time we would like to thank each within this circle of seeking for inviting our presence amongst you in order that we might share some of our thoughts upon some of those topics which are of greatest interest to you on your journeys of seeking. It is a great honor for us to be asked to such a circle, and we cannot thank each enough for this privilege. Again we would remind each that we offer that which is but our opinion, that which we have learned upon our own journeys. We do not wish any word that we have spoken to be a stumbling block for any present. Please disregard any words which have not rung of truth to you, and use those which have in that way which serves you most. We would leave each at this time in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Special Meditation
June 21, 1989

Group question: It is said that our main goal or lesson is to learn to love, to serve, to give of the self to others. Is there a point beyond which one should not give, because it damages the self too much? For instance, giving one's free will to a dominating person or giving health to unreasonable demands of non-supporting family members or destroyed self esteem to the constant criticism by a mate.

(Carla channeling)

I am Latwii. I greet you in the love and in the light of the one infinite Creator. We are most blessed to be able to share our thoughts with you and to be called to this circle of seeking. We are aware that the question you have asked is multifaceted. And we shall do our best to look at the question from various perspectives so that rather than deciding for anyone what there is to do, we may simply lay forth the choices as we see them to be within your illusion.

The question has to do with the mistreatment of one entity by another, the second entity being unaware that he is mistreating the God-self within, that person which is hurt and the person himself. Therefore, though an entity may suffer from the vagaries of a domineering mate, one is not part of the difficulty that constrains the mate which is confused and striking out.

The situation in many, many cases, when mates begin to seek, is that one will seek truly, the other upon the surface; one with the heart and the other the intellect. Therefore, the one moving from the heart center will be changing and growing and the pace of growth accelerates as the journey moves along—not that you are aware of the milestones that fly by you. But if you are persistent in doing what you feel you should do, then you are the light of the world.

Perhaps we should say before we say anything else that it is time once and for all to banish any idea of inequality of any souls whatsoever. You cannot find a degraded, drunken person sleeping in his own vomit, for that person has consciousness and holds Christ within. No more can you misjudge those near and dear to you. Their behavior may be appalling, but you are still dealing with the Christ in each person.

Consensus reality within your illusion and your particular culture at this time suggests and, indeed, encourages the option of separation when one person has been traumatized by another. This is actually a perfectly good solution. There is only one problem. If the termination of the relationship occurs before a full understanding of the dynamics of that relationship have been reached, then that situation will come up again and in a more intensified way, so that you may learn the lesson you have set for yourself to learn. Therefore, in all but the most drastic cases, it is well to work with that

which challenges the seeker at the present moment rather than seeking to change the circumstances so that the entity may feel more at peace.

You are all divine individuals. This is the key to your thinking about yourself. You view yourself in failure after failure, in disappointment after disappointment; but you do not see that free will within you has distorted that Creator-self into ways that were inappropriate, and it is from those failures that you have learned much, and it is from further failure that you will learn more. Consequently, though it seems paradoxical, if you suffer from being misunderstood or from not understanding the motives of one who seems to be abusing you, that is perfectly satisfactory. It is only necessary to continue to keep the heart chakra open and to refrain from judgment on any level.

Now, with that said, we would address the question of free will. The questioner posed a situation in which one mate has completely taken over the life, the thinking and the mentality of the spouse, and the spouse has become a kind of slave. The law of free will moves against this organization of illusion with the utmost compassion and force. The ways of natural law always tend toward the balancing of such situation. However, this balancing may take many, many years. Therefore, we may say very simply, it is extremely unwise to let anyone do one's thinking for one. It is unwise to allow another entity to belittle you and believe it. All insults should be shed as if there were a raincoat around your heart, so that they may be considered and analyzed with no hard feelings by yourself, and if the criticisms have merit, then you may use them. For the most part those who criticize others are those who are truly criticizing themselves.

When an entity has lost its free will to the point that it seems paralyzed and unable to move further, then that entity must needs go within and tabernacle with the Creator and listen very closely to the silence. Within that silence there is a love and imperishable beauty, a compassionate wisdom and an ever-comforting pair of arms that will rock you gently through the cradle of this incarnation until the chrysalis that you are becomes, in fourth density, the butterfly. The butterfly now is within you, waiting to occur. Honor yourself and let no man or woman take away from you your own knowledge of your own nature and birthright, for you are all made of love.

We encourage people to love each other. This is a blanket statement that has nothing wrong with it. However, we find that within your culture people confuse pleasing people with serving people. To please someone is a never-ending struggle, because no entity can be pleased all the time. Each entity will have its cycles of inward mood, regardless of outer circumstance. It is not your responsibility to take care of the mood level of those about you, but rather to maintain your own centered joy and peace.

In extreme cases such as you have queried about, there are options concerning communication or a simple action for the good of the entire family unit. But we cannot decide for any person where that point is. We can only say that if one perceives that one is at the point where one cannot go on in partnership, it is not a negative thing, lovingly to separate. It is also quite likely that if it is done with no rancor that the couple may be together once again on an entirely different footing—the footing of equals.

The great problem in most of your male/female relationships is the problem of inequality. This is a false and illusory concept, that is, that one entity may be worth more or [be] more important than another. We live in a completely, as you would call it, democratic creation. All souls are equal, for all souls are of the same Creator-self, mixed with free will.

The query then revolves in the end about free will itself and choices that one wishes to make, and there are no clear and hard and fast reasons and ways of thinking that can move one to right action. Sometimes the right action is to remove oneself and one's children from the situation. Sometimes the right action is to move along within the strong and persistent will of the self, doing in a difficult situation what needs to be done, and feeling that this is indeed the peace that you have found within yourself.

That is the important thing: to discover joy and peace within yourself. If it is being robbed from you, you must cut that cord that tugs your good times away from you. This does not necessarily mean that you physically no longer see the mate, the friend, or any entity that may hurt you, but that when you do see that entity, you are corresponding with that entity in the language of the Creator-self and not the language of free will. Realize that your own free will

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is completely predominant. You may decide to accept a very sacrificial environment because you have decided to learn a very difficult lesson about love, that generally being that one loves the ideal, but one sees the shallowness and foolishness. It is difficult to love shallowness and foolishness, yet this is the incarnation in which you must make the choice to love and be of service to others.

Therefore, if there is the strength within to continue loving despite the challenges of a troublesome mate, a good spiritual line of accelerated growth will spiral forth and you shall shine brighter and brighter. It is a myth that certain circumstances create more spirituality than others. Spirituality is that which is recognized within one's self.

Therefore, you have yourself, hampered only by your free will, which in the beginning is willful and moves you in various directions, and, indeed, in the case of one mate trying to dominate another, it is normal that the dominating mate not be aware of Christ consciousness in the other, and the one dominated being aware of the total democracy of spirits, and therefore being unwilling to be less than perfectly gracious, considering that each entity is the Creator.

Various entities may evaluate this data in different ways. The important thing to remember, we feel, is that you are responsible for your own thoughts, your own ideals and hopes and aspirations, your own prayers, your own consolations and your own peace, for Christ is within you; not far away, but a friend when there is no other. Open the door to your heart, reach out your hand and that consciousness that is you and the Creator is there.

So, in solving a riddle that cannot be solved, such as the riddle of how to deal with someone who is despitefully using you, it is well to take into meditation this dilemma, not urging one or the other way, but asking, seeking, hoping for an answer that may be more unitive, more loving and more effective in making loving gentle relationships occur.

There is that among your people which is called ambition. Perhaps the most destructive of ambitions is the ambition to save the physical world. There are many who fall from a very high state of consciousness because they are not content with working with one person at a time, but rather wish to manipulate the entire planet for its entire good. We do not have this bias. We simply ask you to evaluate carefully whether you have learned the lesson that this difficulty has given. When you have learned that lesson, you will feel a peace and a release from the situation.

Trust that meditative process. Trust that asking and seeking, and when you hear the answer, find the grace and the will to act upon it with a singleness of heart. For you wish to give glory to the infinite Creator, and no matter who you love, that you love is the glory of humankind. It does not matter if that love be twisted by another; it does not matter if that love be unknown or thrown away or despoiled. It matters only that you radiate the beauty, the peace, and the joy of a life centered in faith.

Turning to those about you for help will inevitably confuse. Yet, each person may have something interesting to say. It is always well to listen, for after all, all have opinions, just as we do. But in our way of thinking, we would simply suggest that in this very difficult illusion the main focus be upon centering oneself in love and acting out of love rather than reacting out of negative emotion. If in your evaluation of yourself you find that this is completely impossible, it is then time to attempt communication to work such difficulties out.

If these difficulties cannot be worked out, possibly being apart will effect some healing, so that when you come together again there is more of a realization upon both parts of the true nature of mated relationships. Mated relationships are a true adventure and ordeal. They are the sacrificing of two entities to become one. In addition to each entity, there is an "us," and that us does many, many things: raising children, running a house, living a life together, walking across the carpets and stones of daily life.

Thus, you cannot, within the illusion, see what is to be done with someone who is holding you down irrationally, who is mistreating you, who is abusing you, and who is taking away your self-respect. These are things that in the end you have allowed to happen, and it is, if you wish to change the situation, yours to change. Each is capable of looking at options, gazing at them clearly and choosing.

We ask only that you remember at all times that you are choosing as Christ would choose, that your mind is the mind of Christ, and if your willfulness moves your mind instead of your mind your will, you have put the cart before the horse, and you will go

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nowhere. Therefore, sit in silence and patience day after day, week after week, and allow the process of acceleration of growth spiritually to occur in a natural manner. When you receive an impression as to what would be well to be done, act upon it in a loving and compassionate manner, for truly you are dealing, no matter how else it may seem, with yourself, with the Creator.

Therefore, bring a sense of honor for the one who causes you pain. Rather than causing him pain, you may witness unto him of the light and the love of the infinite Creator by refusing to be beaten down, by moving from love imperishable into action, by reacting not at all to the negative things that move about one, but, rather, to put oneself in a protective shell and move through the life as one who is not quite of the life or the illusion.

It is a matter of the point of view. One cannot help or decide for another entity what path that entity may take, what thoughts that entity may think. You are the only guinea pig you have the right to work upon. Therefore, we ask that you gird your loins in situations of this kind, put on the armor of light and move out freely against any and all wickedness, knowing that love does overcome all things, and that all things besides love are distortions of love, no matter how depraved.

The situation the question describes is not a pleasant one. It seems full of anguish, sadness and even horror. It is absolutely unacceptable metaphysically for one person to enslave another, either by criticism, by keeping the entity within the house, by any kind of mental or physical force whatsoever, so that if this is happening to you, then you are aware that you are in a situation which is unacceptable. At that point we would suggest that you consider deeply and take into prayer and meditation the possibility of being the one who makes the compassionate change, not closing doors, but opening them, finding a situation that will be better than the one that exists at this time.

In conclusion, we would like to say that there are many angelic spirits upon your Earth who live with entities most difficult to bear and who are untouched by any pain or grief or frustration or anger, simply because they do not identify what the person says with who that person is. We would not want to lead you astray, and so we wish to state at this time that we are not suggesting that any leave a mate because of difficulties. We are simply suggesting that a thought process available to the analytical part of the mind may come in useful as the life experience moves into a pattern.

Once you see that you have found the basic lesson of love which you are to learn, then it may become clear to you why you have been associated with this difficult spouse in the mated relationship. This difficult spouse is breaking natural law by interfering with your free will. It is indeed difficult not to reciprocate. We urge you not to. We urge you to continue at all times to look upon each person as the Creator, but we do not urge masochism upon anyone, and if, after meditation, there is peace about the leaving of such an entity, then so be it. We find the idea of the so-called sin of divorce or separation to be misunderstood among your peoples. Mates are very rare. Many marry upon your sphere of existence, but few form strong teams. When one has a mate which is willing to work with one, one is blessed and should be humble before that and offer thanksgiving each and every day.

If one has the challenging relationship that tests one day after day, exhausts one, tires one, confuses one, then we suggest time alone, a walk, a meditation each day, a retreat to a beautiful place for the weekend, times when you—the entity who you really are—may sit down and contemplate the entire picture of your incarnational pattern that you may see a lesson of love you are to learn. Once you have seen that, the "slings and arrows," as this instrument would quote, "of outrageous fortune," though still hitting you, cannot penetrate, because you understand whence these negative feelings arise. This is not an easy task. This is not a task in which it is at all easy to be successful, for those who are in constant negativity tend simply to become too tired to do other than react to any situation at hand. We urge each never to become too lazy, too tired, too hopeless, too despairing to center in on who you really are and to move ahead that day as a child of the one infinite Creator.

We are aware that we have given little instruction, but merely pointed out some options and some thoughts about them. Because matedness among third-density entities is so completely misunderstood as being a kind of business partnership, it is no wonder that many relationships are emotionally bankrupt. We do not encourage cruel or unfortunate behavior upon your part in retaliation for what has

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happened. We do encourage prayer on behalf of the one which is disturbing you. But most of all we ask you to step back and look up at night at the infinity of the heavens and find within yourself that place which contains all those heavens. The tabernacle of creation lies within your heart. This you may seek again and again, and if you have courage and persistence, you will still seek again and again, but you will be moving more quickly.

Many entities at this time have chosen to come into relationship with entities which challenge them. This is because it is easier to push against a force to polarize than to polarize from internal pressure. That is to say, it is easier when there is a bad example to be a good example than when all there is about you is good examples.

One more thing that we would mention is the involvement of children in such difficulties of relationship between mates. The disharmony that is tolerable to a grown being is often painfully intolerable to a younger soul who is more sensitive. Find the nurturer within yourself, that you may nurture those young ones who are in pain.

Before you lie two realities. One is small. It contains things like garages, houses, relationships, jobs, chores and time. It is the surface of your life. But behold, underlying that surface is an incredibly beautiful, perfectly manifested God-self within. Seek that light that is brighter than light. Seek that love which ravishes and makes one whole. Seek to be with the Father. This is the most important thing which any entity may do to improve the level of vibration of your planet. The good deeds are helpful, but no more so than good intentions. That is the metaphysical rule: thoughts are things. So look at the infinite creation. It is a blessing, a beauty, and a transcendent joy and gauge yourself in the life of life around you. Be your own person with your own resources. Hold your head high in the face of challenge, resting in the mercy seat of the compassion of your heart, for if you have the will to tame your willfulness to the service of the infinite Creator, there is no kind thing which is beyond your ability to do.

May we say at the end that that which seems broken may be whole and that which seems to be lost may be found, for the Creator did not cause one to have a certain path throughout the incarnation, but rather placed certain lessons for us to learn. It is to those lessons we encourage you to look. It is the pattern of your incarnation we encourage you to analyze, but most of all, we encourage you to spend time tabernacling with the Creator and knowing that the place whereon you stand is holy ground.

As always, we of the Confederation of Planets in the Service of the Infinite Creator are with you at your mental request to aid you in your meditations, to urge you on and exhort you in cheer and joy and laughter. There is much to be let go of in a life which focuses on the spiritual. Much personal that must become impersonal that one may become a better channel. Sometimes relationships are created for apparently no reason whatsoever, but when one examines the dynamics of the relationship, one discovers the lesson that one needs to learn the most. In some cases, that is, "I am worthy." You are perfect, unique and ultimately worthy.

We would leave this instrument in love and light and transfer at this time to the one known as Jim. I am Latwii.

(Jim channeling)

I am Latwii, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to those queries which may yet remain upon the minds. Is there a query to which we may speak?

S: I just have one. I have a need to feel you. Will you touch me?

I am Latwii, and it is our great joy and honor, my sister, to pause briefly and to make our presence known to you. We shall pause.

(Pause)

I am Latwii, and am again with this instrument. We have enjoyed the blending of our vibrations with yours. Is there a query at this time?

(Side one of tape ends.)

Carla: I just have one, and I just want a validation. When I patrolled the perimeter before I started challenging, I found low level negative vibrations surrounding our entire group, and I wondered if it was because it was important to L/L Research. I banished them all, but it took awhile. They couldn't stand up to the Christ challenge, but I was just wondering why the unusual gathering at this time? And the validation I would expect is, because it is S

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and S is very much a part of us and we hope to stand as close to the light as possible. Comment?

I am Latwii, and we do indeed affirm the presence of these entities of which you have spoken. The reason is much as you have surmised, that being that the gathering of this particular group of entities is that which has a spiritual significance, shall we say. There is a great deal of desire to be of service amongst those presently gathered. There is, therefore, the notice upon the metaphysical of this light. This light attracts the attention much as does your electrical light attract the attention of the night creatures which fly about in your air. Thus, there are many of the negative orientation that are interested in this light, but for the most part have little other than curiosity to bring them to this light, for it is that which is of the moment at this time.

Is there a further query at this time, my sister?

Carla: I just have one, and you can skip it if you don't want to tackle it, because it's personal and long, but I have been struggling to accept my disability for a long time, and I really don't seem to have succeeded. And it's hard for me to feel useful or worthy. I find myself feeling the opposite of it a great deal because of the things that I can't do, and I wonder how best I could nurture myself so that I could stop dumping on myself. I can work so little in a day now that it drives me crazy.

I am Latwii, and am aware of your query, my sister. We would wish to relieve such suffering if there were not great rewards from the overcoming of such suffering that might be achieved by your own efforts which we also acknowledge are being made with a whole heart at this time. The fact that you have not succeeded to your own satisfaction in discovering the value within yourself of your existence and of the part that you play of this incarnation and of the planet at this time is that which would again remind you does exist. However, the finding of that treasure of great value within is a part of a journey which must be seen as a whole, for when you began this incarnation, there was much that you set before yourself to accomplish, and we would affirm that, indeed, much, much has been done in this regard.

However, the greater task—that being larger, shall we say, than the service which you might offer others—for your own beingness has been to discover that the self which is within that focus of energy that serves others has a great value and integrity of its own. That you look to that which remains to be accomplished, and that which cannot, due to limitations, be accomplished, is a portion of the means you have used to advance your own seeking, for that angst which seeks to complete that which is begun is a great motivating force.

However, as it has been a strength, it can also become that which is the weakest link, shall we say, in the chain of your own beingness, and we would advise your careful contemplation and prayerful consideration of the over-emphasis upon that quality of your being, that driving force to complete that which remains to be done, and look at those times when you do feel the need to do one thing or another.

Look then at that which has been accomplished and give praise for that moment to the one Creator for the opportunity and the privilege of accomplishing that which you have indeed accomplished. Look also at the Creator which gives those gifts of opportunities to serve in the manner which you have served and give praise for the ability to look with a longer view upon your own life pattern that you might see the wholeness and the completeness of this pattern.

Therefore, we have given you, my sister, we are afraid to admit, something of the old adage that it is well to count one's blessing. Such a simple reminder, however, when taken to heart, might be of great assistance in this regard.

Is there a further query, my sister?

Carla: No, thank you.

I am Latwii. Is there a final query for this session?

S: I just have a thought, going back to the three of us meditating and the low level of service-to-self entities, and I, too, felt those, and I went through some unusual things I usually don't have to hear. A thought came to me that perhaps that if we all lived in one location, a group of us, and why we haven't done it sooner, but why we think and hold on to the faith that we will in the future is perhaps the imbalance we would put on a larger location because of the concentration of one path, service to others, and that as long as each one of us have other drains on our energy that to—such as I with my children and Carla with her singing, Jim with other expenditures—that when we choose or when it is time for all of us to be together that the

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concentration of our energy in that one path is going to draw the other side and that we will need to be fully ready to support the battle that might develop or the strain of the two sides pulling? Does that make any sense or would you like to respond to that?

I am Latwii, and we believe that we have the grasp of your query, my sister. Please ask further if we are incorrect. The fact that when entities of a strong polarization towards service to others are gathered together and join in a seeking, whether it be for a short or a long duration of your time, that there is an attraction also of the, shall we say, loyal opposition of negatively-polarized entities, is a situation which is true for all positively-oriented entities. It is not a situation which, in our opinion, needs the, shall we say, alteration of plans of any kind, for it is simply the natural response to a given situation.

We would suggest that for each present and others which are also members of this particular grouping of entities, that should there come the feeling within the heart of being that there is now a need or an opportunity for blending the energies in a closer configuration in order that a service might be offered that would not be possible should this blending not be so close, that this possibility at that time be explored, but that there not be the over-concern given to such before this feeling has arisen within each entity or within those entities that would feel the need to alter their conditions of existence in order to bring about the joining of energies.

What we are hoping to convey through this response is that there is not the need for concern either that there is a great distance or time, in your measurement, separating entities or that there would a greater responsibility placed upon the group or any individuals within it should there be a joining of entities and energies at some point within your future. There is within each entity, and indeed within this group in its larger definition, a thread of, shall we say, logical existence or a preplanned design that has its outlines well in place, and there is always the opportunity for realizing a fuller description of that design for any entity that would wish to meditate carefully and sincerely upon that design, shall we say.

We wish to affirm to each that all is indeed well with the pattern as it has been and is now being lived. There is the fullness within each moment, even though that fullness may yet escape the conscious detection of any particular entity within the group at those times when the illusion is heavy upon the mind and strikes sharply to the heart. All is indeed well, my sister, and there is great opportunity that awaits each.

Is there a further query at this time?

S: No, thank you.

I am Latwii, and we are most grateful to have been asked to join this group and are especially grateful that we have been able to sit in silent and spoken meditation with the one known as S. We are never absent from this entity's presence, however, we do rejoice at the opportunity of speaking in a more ordinary, shall we say, way to this particular entity.

At this time we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai. ♣

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Sunday Meditation
June 25, 1989

Group question: Concerns self-esteem or self-worth. There are a lot of people in the world who, on conscious reflection of their life patterns, do not feel that they have produced enough worthwhile information, inspiration or products or service—enough things—to feel that they deserve to be on the planet, alive and living. Now do we, in the spiritual sense, look at ourselves and come away with a justified feeling of self-worth? In other words, how can you feel that you have a reason and a purpose and a value in your life? How do we measure such things spiritually?

(Carla channeling)

I greet you in the love and the light of the one infinite Creator. I am known to you as Oxal. It is a privilege to be called to this group, as we have not been for some time. This question, however lies more, shall we say, within our area than most of your queries, and we thank you that you give us this opportunity to offer our service, humble though it may be. We share the information that we have, knowing that we do not know the whole story, and hoping and encouraging each to realize also that we do not know the whole story. Therefore, we ask you to take that which is of value to you and leave the rest behind, for we would not mislead you or cause you to stumble on the spiritual path.

This instrument asks the question to which she knows the answer so well that we are very surprised we must channel to this instrument. However, we find that in this instrument the pathways which lead to tolerance of self are blocked. Therefore, we will speak in general about this blockage and about how one may estimate spiritually one's progress towards self-esteem.

Consider the *cul de sac*, the dead end alley. This is what the entity which judges itself chooses. One runs into the end of oneself. The human self can never judge the human self, for that is an illusion judging an illusion, and neither your consciousness nor your behavior are in any continuum most normally but that of space/time. Self-worth is a time/space activity and a tremendous inner discipline, and we would suggest none feel cocky or confident in any way, for each of you is at the beginning of a long refining process, as if you were crude oil and the distillation was to begin and continue until the finest of oil was made.

In this density you do the big muscle movement, shall we say, of the dance of creation: you choose your partner. Shall you choose a Creator that is loving and giving, and shall you be loving and giving? Or shall you seek a Creator that is self-serving and hungry for praise, and you yourself be self-serving and hungry for praise? This is your dimension; this is your choice. This is where you

make the choice. You are in the right place. Each of you has made the choice, yet still each wonders about the spiritual excellence of the self. And each judges the self as the person would never judge another. The self is always hardest upon the self, for it is privy to its stream of consciousness and very aware of what this instrument would call the clay feet.

Thus, we would suggest that none upon your planet may feel self-esteem of any height, for each is barely beginning the refinement process. At the same time, you must realize that within each is the perfect Creator-self. Each of you has taken upon himself that Creator-self, has realized that the Creator does lie within, that the answers do lie within, that the great question of "Who?" only has its answers in silence. And so each of you spends time seeking the truth, hoping for advancement and probably judging yourself harshly for mistakes which you have made over things you have not done, but could have.

It would be simple to tell each simply to release the low self-esteem, to let it go, to loosen its bonds from the personality and see it drift away, but it would not be apt, because those who are saddled with the lower opinion of themselves cannot let anything go. There is a tightness and a tension to the self-destructive attitude that is as heavy cord, binding the thought form to the self. Attempts to change the thought or to let it go mean nothing, for one is virtually tied to the concern and worry. This is to say that one cannot, in one's human self, remove oneself from one's self-esteem being low and instead produce a new self with good esteem, good self-worth and a sense of normalcy. The capacity of the entity which you are at this time is finite. Consequently, each seeker must realize that it cannot, of itself, esteem itself, but can only esteem itself within the Creator that is the true self.

Now, this Creator exists before it behaves, before it thinks, before it acts. The creation is made up of the Creator's thought, the great original Thought of Love that is within each. Now each has the free will. In an immature entity it is willful and you are moved by the will as one may be moved by the tides or the wind. In others, willfulness has given way to willingness, willingness to work, to share, to love, to be a part of the good of creation. This is the basic struggle of third density, the taming of the free will, the discovery of true free will, which can be found only when one has decided completely and dedicated oneself utterly to one of the two paths and is following that path in a daily way.

Now, we have explained to you why everyone should feel low self-esteem and why all should feel quite high in self-esteem. We've also indicated that the progress or maturity which one attains upon the spiritual path within this density has to do with the use of will.

To will to do all things for the love of the Creator is not a very specific will. But when it is translated into practical ethics and workaday situations, one finds the Creator looking very odd sometimes—in the face of a strange woman or a peculiar man, someone who is attempting to get your attention, but who is irritating you. Or perhaps today the Christ appears in another way. Always there is that which may engage the self in selfless giving. Always there is the opportunity to be one who gives.

Now, when one who is willing to give is not able to give all because of bodily distress, as we find this instrument's case to be, or because of any other reason for limitation, we do not find that the being of the self has changed at all, but rather that the attitude becomes self-destructive because the entity judges a self which no longer exists. And in some degree, this progress of less and less activity as one becomes older, of less and less ability to have energy to help with projects and so forth, is universal and not to be mourned, but to be investigated as any other situation. There are many useful things about a situation in which there is much time for contemplation and thought. There is the opportunity at all times to do whatever one is doing for the love of the one infinite Creator. In that adoration, in that worship, lies the light of the consciousness of your planet.

This is your basic work and this is your basic worth. When you can bring into manifestation that which vibrates in service to others, the universe is happy with you, and those who receive the bounty that you give are happy with you. But if there is no production, if there is only the being and that beingness remains joy-filled and filled with thoughts of the one infinite Creator, thoughts of love, thoughts of unity, thoughts of peace, the entity continues, then, to function fully as one whose work it is, whose mission it is, whose job it is, whose choice it is to serve others, to help lighten the

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planetary consciousness at this time with so many brothers and sisters which have also come from afar.

We find among your people that low self-esteem runs rampant. There is a shocking effect of the speeding up of things occurring which is characteristic of a change into fourth density. There is the polarity of the evil, shall we say, or negative and good or positive, each showing more polarity. Of course, it is those of service-to-self polarity which normally are considered newsworthy, but there are many, many more who are polarizing positively than negatively at this time. Why does each have low self-esteem? Few escape the difficulties.

We gaze upon humanity and realize how deep the illusion is with you. You see yourselves as a rather pinkish-colored, two-footed creatures, with eyes so and mouth so, and hair this, and clothes that. And that is what you think of as you. We will tell you how we see your density. We see energy fields. Some energy fields are radiant and beautiful. Some come together as yours and make a light that we cannot describe, for it is truly said when two or three are gathered together, there is much universal power.

We think, perhaps, that there is no way to escape low self-esteem, given the willfulness of the natural entity. Even the most disciplined entity will from time to time be unable to deal with the spiritual path because of exhaustion or confusion or anger or fear. And then we say to that person, remember you are not alone. You have support. You may call us angels, you may call us UFO contactees. We do not care what you call those of the inner planes who wish to help. It is enough for you to know that you are never, never without comfort if you ask for it. And if you ask for it, you shall find it—a comfort that you cannot give yourself because you are limited, but a comfort that can be given to you because the nature of the Creator is love and compassion.

If you are able in this incarnation to serve others more than half the time that you are doing something, you have succeeded, and we are not speaking of ritualized ways of aiding people, such as the job and so forth, nor are we speaking as if one could not be of service to others in solitude. But it is the person whose will has been brought so into alignment with the desire of the infinite One that those things which one has to face each day are faced, realized for the lessons that they are, and assimilated. There is seldom going to be a perfect day, shall we say, for a human entity, because each entity has biases because of willfulness in past lives. One cannot explain these biases. One is merely aware that one has somehow fallen short. Indeed, that is part of the human condition. Indeed, each has fallen short. This is an excellent lesson for each student of truth. All fall short. All fail. No entity may find the kingdom of the Father by itself or with any ease. There must be dependence upon love, a realization, a brave willingness to realize that the Creator is real, that the Creator loves and forgives and has forgiven all that is mis-done, that the Creator has no low self-esteem, but rather, work for you to do.

Thus it is that one who would remove the self-esteem look to service to others, move into those places where something needs to be done and help with a glad and merry heart, a song upon the lips and a smile upon the face. Each day it is possible for that to be the day in one's own mind. If one meditates and centers oneself during the day, it is often possible to find a rather blissful rhythm to a period of daylight and a period of darkness.

We hope we have not confused by looking at the problem of low self-esteem from several points of view, but we simply wish to point out that it is not a simple question, and spiritually one cannot measure oneself; one can only attempt to improve the use of the will that it may desire the desire of the Creator. For the Creator has things for each entity to offer today in love and in light, as a flower its bloom, as a tree its leaves, as a house its shelter. Each of you moves through each day purposefully, you know not why. The purpose will be unknown to you until the moment it is revealed. It is the centered and canny watcher and observer that spots the opportunity for love, that finds the place to give a smile of hello or a welcome handshake, a cheery word or a pat on the back. It takes a will to serve others to bear the questions in between the lines of the questions entities ask you, that you may minister unto them according to the knowledge that is within you. All of these things are what should occupy the mind.

The judgment of the self we need not say is inappropriate to this illusion from within this illusion, for those within the illusion cannot even see that they are energy fields with consciousness. Each thinks each is solid and pink and two-legged. We ask you, how much more distorted a picture of the self could one receive? Yet, that is how you perceive and

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are perceived. Consequently, never judge the self, but each day groom the will to desire to seek the love and the light of the one infinite Creator, and then, if there is aught to do for the Creator that lies before you, do it with a glad and merry heart and singleness of vision for only one reason—for love. And that is your salvation.

We speak to you thusly not to keep you from being humble. We simply wish to allow you to see things as we see them. And, indeed, there is a glory to third density from those who have chosen to discipline their will to that will which is called divine will. May that be your goal in each day. And may you each cease thinking about the self. To the extent that low self-esteem even enters the mind, the mind needs to be concerned with how others are doing, what may be needed and so forth.

It has been a pleasure to speak through this instrument. We are at this time going to close through this instrument, that we may speak through the one known as Jim. We leave this instrument in love and in light. I am Oxal.

(Jim channeling)

I am Oxal, and I greet each once again in love and in light. It has been some time since we have had the opportunity to utilize this instrument and it will take some amount of adjustment in order to make our contact both comfortable and clear. We thank this instrument for offering itself in the capacity of speaking our thoughts, and we would at this time ask if we might speak to any queries which are upon the minds of those present.

Carla: Well, just the one thing that wasn't touched on—it was my question. I felt real bad because the instrument, Jim, has to give up so much of his life in order to help me have a life. I'd just be in bed without him, I think, and it doesn't seem right that one person should have to spend so such time with another person's upkeep. Do you have any comments on that?

I am Oxal, and would speak to that query by reminding you, my sister, that there are those who wish to accomplish somewhat more during a lifetime than do others, and more than, shall we say, the entity may have attempted with previous incarnational patterns according to the needs both of the entity and of the entities that it wishes to serve within an incarnation. The fact that there is what you may call a norm for relationships within your culture that proceeds from the ordinary activity and range of motion upon the mundane level is not particularly good reason to assume that a pattern that deviates from that normal pattern is either better or lesser than that pattern, to be thought less of or to be embraced, for in the ultimate estimation of the entire range of possibilities available to third-density entities, the situation in which you find yourself falls only somewhat more toward limitation and intensity of experience in a certain manner than does the great majority of life patterns upon your planet.

Thus, the individual point of view is that which is of paramount importance in any situation, for each incarnational pattern will contain the challenges and the resources to meet those challenges, and each incarnational pattern will have the potential to increase the intensity of the experience if that is the desire of each entity involved. That each moves through your illusion as a function of the exercise of free will is of primary importance, for some there are that prefer one type of lesson over another, some there are who prefer greater intensity to lesser intensity. Yet each chooses freely to engage in that which it is felt will be of the most assistance in both the learning of those lessons which are placed before the entity and in the providing of services to others as a function of giving of that which has been learned. Thus, there are various ways of operating within your illusion, of moving the self along the evolutionary path, and each is quite capable of allowing the seeker to explore those realms which it desires.

We recommend that each look at the situation that comprises the life pattern, and if there are areas which do not please the discerning eye, then we would recommend that these areas be investigated even more closely with an eye that sees with a somewhat different focus, looking for that which has not previously been found, the opportunities which lie waiting, waiting for the careful gaze of the patient seeker.

Opportunities abound, my sister. Where there is limitation and discomfort, yet do opportunities abound if one is able to look upon the life pattern with the discerning eye which does not allow itself to be confused by comparison to that which is more normal or ordinary within the daily round of activities for many of your peoples.

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Before asking for a further query, we shall pause in order that this instrument might tend to its recording devices. We shall pause at this time. I am Oxal.

(Side one of tape ends.)

(Jim channeling)

I am Oxal, and am again with this instrument. Is there another query at this time?

Carla: In *The Ra Material*, some people are spoken of as coming from outside the solar system, coming from Deneb. Do they have a different set of archetypes? Do they have an archetypical mind that is different from the archetypical mind of this particular star system?

I am Oxal, and we consider your query, my sister. Those whose origin is of the Deneb system, as those whose origin is from any system outside of your own, will of necessity bring with them the archetypical resonances of their own system, which is enough different from your own that there is of necessity a blending of certain facets or features within the deep mind, so that there might be the continuation of the spiritual journey that calls upon these deep resonances in an harmonious fashion. Thus, all those who have joined your third-density experience from those solar systems outside of your own add to the richness of your own archetypical system, which may be seen as a kind of a blueprint or structure of evolution that provides resources for the enhancing of the use of catalyst within your illusion.

There may be some confusion for those who pursue the study of the archetypical mind in a specific and quite conscious sense when attempting to grasp qualities that may seem alien. However, when most of your entities engage themselves in the study of this portion of the deep mind, there is that quality of awe and wonder that easily accepts that which seems foreign within the realm of the personal experience in order that it might enrich that experience, for when the deep mind is explored in a conscious fashion, there is always the feeling that this is not only holy ground, but ground which the self in its smaller sense is walking for the first sense. Therefore, the additions of exterior, shall we say, archetypical influences offers less of a difficulty than it offers greater richness.

Is there a further query, my sister?

Carla: Well, the reason that I asked that question was because I had been praying for peace in China—not military peace, that has happened—but a democratic peace that didn't happen. And I'd like to continue praying for it, but I was thinking perhaps I was sort of holding up hope that somehow it would work out, that China would make it, and so I was sort of using that archetype as we know it from the Tarot that we studied with *The Ra Material*. But I wondered if there was a useful difference that I could add to my visualization that would make it more powerful to that other archetypical system of imagery, so that my prayers would be mate to them, to their aid.

I am Oxal, and your query is a thoughtful one. However, we feel that at your current level of development, shall we say, it is the sending of the love and the light in the general form, the simple vibrations and intentions for harmony and peace within the heart, that may with hopefulness be sent, and it then be realized that as all healing vibrations, these shall be used and be translated, shall we say, in a most general sense by those to whom they are sent.

The ambiance, shall we say, of the inner planes as they are related to this particular culture is enhanced so that there is a greater feeling of goodness, shall we say, of nurturing, of support that may be drawn upon by those which have distortions or biases in this direction. Thus inspired, these receiving such vibrations will then allow the resonance of these vibrations to influence the life pattern to some degree. All of this, of course, operates upon the most basic and general of levels of spiritual existence, thus enhancing the mundane life pattern which grows from that foundation.

Is there another query, my sister?

Carla: No, thank you, Oxal.

I am Oxal, and thank you, my sister Is there another query at this time?

(Pause)

I am Oxal, and would take this opportunity to express our great gratitude at having the rare opportunity to address this particular group. It has been a great portion of your time since we were able to speak through this group. We are most appreciative. We hope that our words have been of some small assistance, and we hope that you will disregard those which have not. We await your

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further calls with joy and the desire to answer such calls with that which we have found helpful upon our own journeys of seeking. At this time we shall leave this group. We are known to you as those of Oxal. Adonai, my friends. ✤

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Sunday Meditation
July 2, 1989

Group question: Has to do with the concept of the kundalini energy. In many of the teachings of the East it is suggested that the student of evolution not attempt to energize or raise the kundalini energy on his own, but rather should attempt to do this only in the presence of a guru or an enlightened master, and when this is done with the guru, that it is much more effortlessness and much safer. And what we are wondering this evening, if it is possible in any other fashion for the conscious seeker to be able work upon the kundalini and to move it along its upward path?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. We thank you gratefully for your gracious invitation to join our vibrations with yours at this circle of seeking and bless all who seek for truth. Our love is shared with each of you as we enjoy this privilege and hear through this instrument's ears the sounds of your quiet evening, the soft, soaking rain of summer and the seeking thoughts of those who wish to serve others to serve the Creator and to know the truth.

The query that you ask shall take us some untangling of vocabulary to answer because in the older established religions of your planet those words which at first were innocent and neutral in their meaning have become laden with emotional bias towards the positive or towards the negative depending [on] the entity which hears the word. So we shall try to work around the vocabulary that so greatly differs between what we may call in general the Western tradition of faith in the Christ and the Eastern tradition of faith in Buddha.

Now, the entities which enjoy Buddhism and Hinduism are those which have experienced many lives in a culture which has been set up to furnish certain spiritual lessons about love, just as your own situation is. However, those who move through those lessons are those of other temperaments, of other needs, of other feelings that they have had in gazing at the past incarnation. As a result, they will move back into that system of polarizing towards service to others and realization in the way [most suited] to them, life after life after life.

Now, in the Western systems—and we will allow the danger of over-generalization to occur for the sake of time—the Creator is sometimes barely noticed because of the devotion many put upon the guru of this particular religion, that being the one known as the teacher, Jesus. It was his intent to create a guru that would live and speak within each as the spirit within and that would give guidance, that would have a higher self, so that the situation between those who work with the kundalini in the Eastern way are those who are working with the multiplicity of divinities, but one teacher, whereas those in your

Western religion claim a three-in-one Creator and many, many saints, yet one entity stands out as the guru.

The Creator does not call the ordering of the growth of the human spirit. Each is co-creator and has completely free will. As a general suggestion, we suggest that in whatever culture one is, one take a long and mystical view of the religion of that culture, using that myth as the guru for protection, for inspiration, and for information. That which you desire to know lies latent within yourself. It is the process of recognition of that which is already known, the process of remembering that occurs during the raising of what you have called the kundalini.

Now, the outpourings of what one may call prana are everywhere and move from every point in every direction so that the universe is full of creative life and light. It moves this energy into the body complex with sometimes quite physiological feelings, sometimes none, and one who is doing work in consciousness may then lean back into the arms of the guru's meditation. In the case of Jesus the Christ, this leaning back is called faith. Yet, let us say in this regard that those of the Eastern tradition have a different kind of faith, so that the culture might be accommodated. They believe that which they see. The challenge of those who do not choose the guru that is living is to have faith that the guru, which is Christ, has its consciousness within you and will yield to the persistent knocking and opening of the door to that inner room within you, to that rag and bone shop of the heart, as the poet would say. The guru indwells each.

Because you are of the Western culture, those to whom we speak this evening, we would recommend moving along those lines, if the Christ myth is able to express each spiritual feeling and emotion, adoration and worship that you wish. The process of raising the kundalini is as simple as that of removing blockages or dams from a swollen river. An infinity of prana enters the physical vehicle which houses your consciousness.

If you are blocking energy by holding it at any chakra before the heart chakra, the kundalini will have a very quiet time resting within. The blockages of relationship that are not peaceful or a situation that is not helpful in the workplace, things of these natures, may well block and stop the universal energy which is the one infinite Creator from providing sufficient energy to the heart chakra. This is why over and over again we encourage that entities meditate and that they do so from time to time in groups, for in the group comes the universality of worship, adoration and love.

To have companions along the road of spiritual seeking is extraordinarily helpful, and to have the guru is, as we have intimated, nearly necessary in order to advance beyond a certain point. We say nearly necessary simply because anything is possible. However, the same physiological, mental and emotional changes occur within each, whether in the Eastern, or negating, tradition or the Western, or radiating, condition. Each has the guru in place. Now, this teacher is important, for not only does this teacher give information, but more than that and mainly, the time that is spent in communion with this teacher gives to that deeper mind which is the feelings, the emotions, and the biases the nourishment that it needs in order to see one's own blockages and difficulties, to see that one has created them, to see that they may be healed and forgiven.

The greatest danger we find in those upon your sphere is that of the attempt to open the higher energy centers without dealing first with whatever material the seeker has brought into his life as he lives it in the present. Many times the early childhood or the failed marriage, the groom left at the altar or the death of a parent, may completely confuse and befuddle the seeker and the seeker must rest. In this situation it is not well to go forward, for in confusion can come biases that are false and you wish to find out what you are, not what you are not.

Therefore, as one who is, as you call it, in the Western tradition of mystical seeking, we greatly encourage the spending of time with the teacher, that is, in silent meditation visualizing, if you will, the mind of Christ or Christ consciousness, allowing yourself to be bathed in it, allowing it to do with you what it will. This is very useful in bringing up energy to the heart chakra and in many cases such as the communications you hear this evening, the indigo chakra and blue chakra are also much involved in the service to which you come by spiritual coincidence.

It is necessary to have a teacher for one simple reason. The energies which each seeks destroy as easily as heal. The light does not blink at negative or

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positive, but is available to both. One who seeks erratically or without guidance, one who does not practice dailyness in offerings and worship, is either simply unawakened or, when the meditation does occur, may be open to receiving information or subconscious biases which are service to self. The teacher and the pupil is the relationship to be treasured above all. Yet, we feel that in the Western world the myth of Christ functions perhaps more appropriately at this time than the myth of Buddha because the responsibility for opening the door to the teacher then becomes completely subjective. You cannot get out of your car and open the door and walk into the room with your guru and sit and meditate and gaze upon the guru's face. The face of the mind of Christ you will never know. Therefore you are a faith-filled people when you are working at the parables of Jesus the Christ's life and the parable within the parable, each parable which he told, that is.

It is our feeling that it is more indicative of the joy of creation to move the kundalini in the Western manner for those who are of Western feelings and belief, simply because the physiological body needs, in most cases, a lifetime of preparation in order to move culturally into the subconscious rhythms and archetypes of a different belief system.

We hope that you are not at all surprised that you are not alone. Since the creation is within you, you are far, far from alone, for you have infinity within you. Thus, we urge each to the dailyness of meditation and taking oneself seriously enough in the intention of the meditation to move thoughts out of the mind that come into the mind, to continue refocusing and recentering for a short time, rather than sitting with the eyes closed and planning the dinner menu, as this instrument has been known to do. This is your moment of nourishment. This is the bread of heaven. Your energy rises as you put out the fires, shall we say, in red, orange and yellow chakras.

Now, how can this be done with the guru and with no speech in the Eastern tradition? It is done in this way because the Eastern tradition is passive and negative. It seeks a nothingness. It is not sacrificial, but, rather, joyful, and it demands of its priests—as this instrument would call them—that they be realized enough entities to perform some small portion of what Christ consciousness may perform. In that culture the teacher simply entrains the consciousness of the chela, or student, to its own impersonal vibration in adoration of the One.

In this Western culture of yours, such would be considered brainwashing. Instead, in this culture entities are encouraged to use the mind, the intellect, as well as the heart to discover a life in faith. This is unfortunate, in that it emphasizes that which is not important, that is, the specifics of the life in history of Jesus the Christ. In order for this entity, Jesus, to be a guru or teacher or rabbi, the entity had to dismantle several thousand years of brutal solipsistic thinking concerning the Creator. Against a backdrop of many gods, those who preceeded the one known as Jesus tried to cling to one, but they were not successful. Thus, the path was not single and progress was difficult.

Within the Western tradition there have, of course, been just as many difficulties, and so it is with the Sufis and Elijah and with Muslim and Allah. One cannot say this or that way of worshipping is perfect. One can only firstly assume that it is probably that the greatest grist will be ground from the mill of the religion of one's culture that one has been steeped in all of one's incarnational experience. We urge that careful attention be paid first to settling within oneself one's feeling about one's being and sexuality.

We realize that the one known as Jim was speaking of this previously, but what the Eastern guru does with the chela is put metaphysical training wheels upon the chela that are false, that is, they are of the guru, and as long as the meditations with the guru continue, then the meditations are satisfactory. But the guru is an entity, one who cannot move past the hump of humanness, that none can within third density. Therefore, these entities are weaker in wisdom and compassion often than the teacher known to you as Jesus. They all, each prophet, each savior, each figure, has something to add to an overall perspective, for it is agreed, if nothing else, that there is one Creator. Upon this point, most of the world's religions would settle.

Therefore, [if] you wish to ask the guru's help, that is, in meditation, ask within if there is a difficulty with the sexuality, with the feeling of being worthwhile, with anything which might threaten the stability and comfort of the body. This should be worked with consciously and rooted out, that that energy center may be clear and energy flow through it. We are not saying that each must have the sex life;

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we are saying that each must feel good about having a sex life, whether one is or is not in a relationship at the time. One must feel not only tolerant but good when one thinks of one's passion and sexuality, for the passion that you feel at orgasm is your first experience of the steady state of the Creator. It is brief and fleeting, but it is an indication given as a gift and also as a perfectly practical means of evolving the species [offered by] the one infinite Creator.

When we move from red to orange, we gaze at the murkiness of relationships, and we say to you that if you are at odds with any, do your best at this point to seek forgiveness and to forgive self. If there are those whose forgiveness you cannot ask, know that you are forgiven, for others forgive you easier than you forgive yourself. The clearing of the orange ray and the yellow ray has a good deal to do with how one's conduct is, whether it is spontaneous, heartfelt and honest, or whether it is studied, positional and angular.

We are speaking of the Western tradition of living upon the very surface of the pond, shall we say, of life. People skate across the ice and enjoy the beautiful things that your planet has to offer without living in a state of praise and thanksgiving, without looking at each moment and asking, "Can I help? Can I love? Can I share?" The mind of Jesus is a most helpful interior guru. To move ahead without such an one to guide and govern these times is to ask not only for a lack of inspiration, but even a decline or regression in one's spiritual growth. The human entity does not have the simple, persistent strength to be daily throughout a lifetime without opening the door within to the teacher that bids you take up the cross, take up your condition, take up your humanity and follow in the footsteps of one who healed, who loved, who brought light, who brought union, who brought joy.

Within your culture you are tolerant of your Earthly priests, and this is healthier, we feel. You know that they all have clay feet—so do gurus. That is the difficulty, the one salient problem with the system of teacher and pupil both being incarnate. However, whether you learn from an Earthly teacher or whether you have your hand in the Christ's or visualize in some other way the identification of that consciousness and yourself, you will be less strong than if you can make a simple habit of moving in consciousness to the center of one's being, the open and compassionate heart.

When the red, orange and yellow energy centers are all functioning, spinning brightly and moving the energy well, the conditions are good for the seeker to undertake work in consciousness. It is not good to undertake work in consciousness of a higher kind before one has gazed at one's life and, to the extent it is possible, made amends, squared away debts and, in general, until the person no longer has the love of the wealth of the planet, but the love of the Creator as the motivating force. This change in attitude often comes in an instant, but that instant is preceded by a good deal of work. And when realization has come, then you shall find your next lesson and you shall find that the idea of becoming perfected and realized by yourself is quite impossible and not of this density. The teacher is there to guard, to protect, and to deepen the meditative state by meditating with an entity. You may ask any of us to do the same thing. We are happy to.

Each entity has his own understanding of teachers, gurus, guides, angels or the Holy Spirit. Do not let the differences in vocabulary cause you to think there are differences in the emotional and mental experiences of those who seek to live a life in faith. We believe it is well that the kundalini move easily and flowingly into the heart chakra and right up through into that measure of the vibratory rate of the self, the violet ray.

The problem one faces in achieving realization of the self within Western incarnation is distraction. You are the most bombarded society upon the planet. The music, the television, the loudspeakers in the stores, the traffic noises, the constant movement about that is characteristic of your society …

(Side one of tape ends.)

(Carla channeling)

… is that which puts out the light; which keeps the kundalini asleep. Now, we do not condemn any of your gadgets. We realize that—as is in this instrument's mind at this moment—there are interesting and informative and enjoyable programs of entertainment within the media. Information is passed about which one cares. And it is not necessary to move to a cave and block out all sensory input in order to work with the kundalini. For this kundalini is nothing more nor less than the way the body

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physiologically organizes the infinite instreamings of prana and those effects which various stars and galaxies have upon the entity, keeping it moving, keeping it alive, letting it flow through one. This is a goal much to be desired, for though the life has become simple and—as the one known as T would certainly say at this point—impersonal, it is also free, for the first time in the life experience.

Each of you is dragged about by the free will of each. That is the willfulness which masks the Creator-self within. There is that in you of the mischievous child, that which wishes to play hooky. Consequently, we urge two things upon you, first that you attempt a very intentional time of just spending time with the Christ consciousness each day, silent and listening, and we ask that you love each other, for in loving each other, you shall work very actively upon the kundalini. Love expressed is infinitely valuable. Know that it comes through you, not from you. Don't expect this to be a human task. It is a superhuman ordeal, but you have that within you which is superhuman, that is, above the state of third density. You have within you the Creator-self. It is simply that you begin your life experience somewhat deaf to the inner voice and the outer voices are so riveting to the young soul in the childhood years, that it is the rare child who begins to seek spiritually in any way except in imitation of the parents.

And in that regard, we may say [to] those with children who wish to help their children become more aware and to raise their own kundalini power that the most effective way to move children into relationship with the one infinite Creator is by example. It can be a totally unspoken example. There is simply one place where the mother, the father, go to sit and worship and adore and intercede and give thanksgiving and share hopes and talk and then listen. Silent prayer or meditation is the greatest key to spiritual growth.

We find that we have again taken up too much of your time. This instrument is telling us that she asked us to speak shortly, but, my children, we have spoken shortly; there is so much more upon the subject that we could say. This was the shortest we could make it. We wish you to know we were trying to coincide with your wishes.

At this time we would like to thank this instrument for allowing us to use it, would remind each that we are not an infallible source of information, but merely those in the group which has gone through the density which you now enjoy and has learned some further lessons. We are not perfect. We are far from it, my friends; we could be wrong. It is well for you to listen and discern that which is for you and toss the rest away, for you will be attracted to and recognize your truth.

And as that truth changes as you change, we advise you to let that flow also, as change is the hallmark of the raising of the kundalini. You may be often uncomfortable in, what this instrument would call, the fast lane of spiritual progress, for change equals discomfort. It is your choice. We encourage you to work on your polarity, to use your teacher, whether it be incarnate or discarnate and to allow some discomfort into the life, that one may burn away that which is not needed and temper the personality that remains to be flexible, gentle and very, very strong in love of neighbor and of Creator.

We shall leave this instrument now in love and light and transfer to the entity known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries. Is there a query at this time?

T: Yes, I have a question. When attempting to go within and listen to the still, small voice within, there are times when it seems that I'm very sure that I am not bringing something out of my own everyday conscious mind. There are other times when I'm not, and there are times when I'm sure that it's just me, my everyday self saying this. How can one tell? Your thoughts on how one can tell you're truly listening to the Creator within, your own higher self?

I am Q'uo, and am aware of your query, my brother. We find that though you asked the query, you have determined to a large extent the answer, for you have discovered that there are times during which you feel that the information and guidance that you receive when you ask for the voice of that small and still voice, that the response is indeed that voice, and other times it is more of the conscious waking self's response. We may affirm that each entity has not only access to this voice, but has the means to determine the depth from which information comes.

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For as you look upon your own mind, much likened to a tree that stands with roots traveling deep into the earth, that your own mind is like this tree; that you have a simple and sure connection to the voice which speaks from the center of your heart in simplicity and in clarity; that you listen to this speaking, and that the feeling that you have in response to the speaking is that which shall inform you as to the nature of that speaking and of the voice which speaks it.

Know that each guidance from within has come from a deeper portion of your own self and has been filtered through more or less of your conscious awareness according to what you might call the inner weather or conditions of that particular day or time, or as with the weather of your planetary sphere, there is a weather that is active within your own mind in both the conscious and subconscious realms that is responsive to various mental, emotional and experiential conditions within your life pattern. Therefore, there will be times when the inner communication is far more clear than at other times when the weather conditions, shall we say, might have a distorting influence due to the coinciding of certain rhythms or cycles within your own nature.

Thus, if there is ever doubt as to the nature of the voice that speaks from within, we would recommend that first you ask yourself the nature of this voice, that if doubt remains, that you at another time seek again that guidance. Do this until you are certain that you have received the clearest and most substantial information that you can receive. Thus, you take advantage of the varying inner conditions of your own being and affirm that which is given, or determine that you must seek again.

Is there a further query, my brother?

T: No, thank you very much. That was excellent.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: I have one, too. At the beginning of this meditation, when I was holding myself in a state of openness, I felt an enormous power that I had felt before when I was very young in a dreaming state. Was this of the kundalini?

I am Q'uo, and am aware of your query, my brother. When we speak to matters that are of an intensely personal nature, we must take great care that we do not move beyond the boundary that signifies an infringement upon an entity's free will, for many mysteries there are in each seeker's life pattern that must remain mysteries until that seeker has of his or her own accord and effort discovered a significant enough portion of the riddle to be given hints and clues as to the further unraveling of such a riddle. The experience of which you speak falls within this type of information and mystery. We may speak in a general sense only in this regard in order that we do not infringe upon your own free will.

The power of which you speak does indeed have close relationship to the energy which we have been calling kundalini this particular evening. The nature of this relationship is one which is likened unto the guiding sign, shall we say—we search for the correct word within your language—the inner clue that reveals a possibility to the self from a deeper portion of the self by having a certain center of energy or chakra energized to the point that the feeling of overwhelming power elicits from your conscious self the desire to penetrate the mystery, to follow the thread left upon the ground and which leads into the forest. Thus, this experience is much like a letter from home, shall we say, and we find that this is the extent of the information which is permissible at this time to give upon this topic.

Is there another query, my brother?

Questioner: Thank you for that answer.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I've got a couple. I'm not sure if you can answer one. This is about the fifth meditation in a row that I have had to chase off fairly low level negative entities. This time it was all around the circle, not just around one side. Why are they hanging around? Can you answer that? They don't usually.

I am Q'uo, and am aware of your query, my sister. You may liken the gathering of this nature to the gathering of entities around the campfire at night in the woods. The entities around the campfire warm themselves by the heat of the fire, light themselves enough to see each other's face and communicate that which is of meaning at that moment. Many other eyes there are that see this fire and look upon it as that which offers something of interest, something of potential gain. These eyes from outside the circle may or may not be those eyes which wish the circle

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well, however, their presence is assured when the fire is lit, for elsewhere there is but darkness. That you have not been aware of the entities of which you speak previously before the last few of your meditative seekings is a function of your own ability to perceive that which is present and may be expected to continue in its growing acuity.

Is there a further query, my sister?

Carla: Yeah. This is the one that's general. I think I'm like everybody, in that with the best will in the world, I have three or four people in my life that simply will not forgive me for something they think I've done or not done or something. The people like the one known as N—you can get all that information out of my mind or Jim's—people that I have not been able to please and have attempted everything in my power to make things right with and have simply fallen flat on my face. And I wonder sometimes, is it acceptable to forgive the self until the other self forgives you?

I am Q'uo, and am aware of your query, my sister. You and each seeker would be quite surprised, we believe, if you knew the number of entities that may have yet to forgive some thought, word or deed that was your offering to them. It is well to forgive these entities and to forgive yourself for those offerings which missed their mark or have been misunderstood. Indeed, it is all that any individual can, for within your illusion, misperception and miscommunication are the rule, for you exist in an illusion, which means that you exist in a frame of reference that is other than it appears to the surface glance, and, indeed, is other than it appears even to the serious seeker that attempts to move beyond the surface appearance.

Thus, it is not important in the ultimate sense that one is fully forgiven by each entity that one touches in the life pattern. But it is quite important that one forgives not only each entity that touches one's life pattern, but that one forgives the self for those efforts which have fallen short of the desire to be of service. One is responsible for the self. One cannot learn for another. One can learn only for the self, and then share with others that which has been learned and forgive all for any misunderstanding or injury that has been done.

Is there another query, my sister?

Carla: Yes, just a quickie. And again, this may infringe on free will, and it's perfectly okay if you don't answer it, but I'd just like to check my perceptions, because we're working in an invisible metaphysical field here and there isn't anything but subjective proof, but if you could confirm this. I heard Oxal at the very beginning, but he was not wanting to give a message. He was wanting to be present and to give his blessing. Is that correct? Can you confirm?

I am Q'uo, and am aware of your query, my sister. We can indeed confirm that which you have correctly surmised. Those of Oxal offer their blessings to those that are of a nature to appreciate and welcome this blessing.

Carla: Well, then, would I be correct in assuming that Oxal was here to greet our new guest?

I am Q'uo, and this, too, is correct, my sister.

Carla: Okay, that works out. Thank you so much, Q'uo.

I am Q'uo. Again we thank you, my sister. Is there a further query at this time?

(Pause)

I am Q'uo, and we are most happy to have been able to speak to those areas of concern for each of those gathered this evening. It has been a great honor, and we humbly thank each for inviting our presence. Again, we remind each that we do not wish to provide a stumbling block for any seeker. If we have spoken any word which does not ring true, we ask that you forget that word and use those which do ring of truth to you as you will. We would at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Special Meditation
July 3, 1989

Group question: Has to do with two concepts, the first of which being the necessity for remaining open-minded and willing to process new information and to change as we travel on our journey back into unity with the Creator, and the second concept has to do with the individuality that we construct that is our personality, the core of ourselves, which makes choices, makes decision, and is open. We would like to have some information concerning the relationship between the somewhat fixed and stable nature of the personality that makes these choices and the ability to remain open and flexible so that one can change and become a new being and eventually become more unified with the Creator.

(Carla channeling)

I am Q'uo. I greet each of you in the love and in the light of the one infinite Creator and thank each for requesting our service which we may humbly perform, for in our life experiences at this time, our service to those upon your sphere who wish to hear the words of light and truth is our way of progressing and refining our understanding love, compassion and wisdom. Therefore, you are being of great service to us, as well as to yourselves, by pondering those questions that have substantive meaning without regard to time or space.

The question that you ask this day seems to contain a paradox. This means that the questioner is on the right track, for the spiritual quest has as its signal virtue continual paradox. In this case, the paradox is "How does one be oneself while one is becoming oneself? How does one be, yet be open to change?"

Firstly, we would like to express that beyond any control of your own, you are. You have no choice but to be what you are, for you are an imperishable metaphysical entity, a form of light. The beauty of your vibrations is unique to each. The balance of service is unique to each, yet each is beautiful and cherished by us. And we thank all who seek the truth and turn their face towards the mystery of infinity and the Creator's love.

Each of you existed as a definite consciousness before the world you dwell upon was created and each will continue infinitely to be a consciousness for many millions of years into your future, as you would call it. Indeed, the infinity of our consciousness stretches before us too, although our teachers express to us that they are aware of those entities which have gained enough spiritual gravity or solidity or crystalline nature, shall we say, where compassion is enough perfected that the entity moves into the consciousness of the one Creator. That consciousness, then, is lost, but informs the one Creator and is part of the active principle of the one Creator.

By far the greater part of the Creator is not active but resides in a state of love, which force created all that there is, and which force each of you seeks to bind into your lives more and more naturally, more and more authentically, more and more deliberately. The thrust of this thought is that you cannot help being. It is within you, unquestionable, from our viewpoint, as to what vibratory complex each of you is. We realize this is not available to you in this illusion, but we assure you that you are imperishable ones and that there is no mistake that one may make that could eliminate the beingness, the consciousness of the self.

Now, let us turn our minds to the phenomenon of learning. Any learning experience is a kind of ordeal. The spiritual learning experience is one of a great deal of catalyst and change, for the spiritual seeker who attempts to accelerate the rate of his spiritual growth will discover more and more how uncomfortable change can be. So it may be that, in the darker moods, one wonders whether one is spiritual enough, whether one has stayed upon the road to the kingdom that awaits. One questions oneself.

We ask each to pull back the focus of attention, the point of view, as though you were a camera moving farther and farther away. First you see your entire block, then the entire planet, and then you are so far away that you can only see the Sun. This is a point of view worth attempting. The discomforts of the spiritual journey are all linked to the desire to change. It is a blessing to one who serves others when that entity understands that that which he is to do is prepared for him and sits in front of his face.

Thus, no one needs to use an enormous amount of discrimination in order to do the work necessary to make changes necessary in consciousness. The trap of those with spiritual pride is that they would rate dramatic services to others above the less dramatic services and those who render them.

This will never advance the cause of lightening the consciousness of Earth. Rather, it is a series of paradoxes which we suggest you consider—that is, the middle way, the *via media*—for walking in balance with the life about one in service to others. Non-dramatic services to others—those who tend the child, those who sweep the hearth, those who work in jobs that do not seem to have satisfaction in them—are just as capable as the most experienced seeker of bringing into manifestation within their creation the love of the infinite One.

Now, the paradox between judgment and tolerance or open-mindedness is solved only by faith; that is, the faith that we are, that each is, that oneself is an I AM. All you are responsible for, in that regard, is learning who you are. Many there are who get so caught up in spiritual growth that they do not ever establish for themselves the roots of their faith. Consequently, they move from one spiritual practice to another, never getting the satisfaction and consolation of spiritual guidance and service to others in community.

Thus, we would say it is well to know the self well, to know what the physical vehicle that moves each about needs, and to provide it carefully, to treat that instrument kindly, for it carries you about. Then one may turn one's face to the changing, assured of who one is, for in changing, you are not changing in kind but in refinement of quality.

Therefore, the open mind, the attempt of new things, will, of course, bring changes within the conscious mind and the programming of the subconscious mind as well, and this, as always, will be experienced as times of discomfort, frustration, sorrow, anger or some other negative stress. From within the illusion that is the picture that the eyes carry to the brain. This is not an accurate picture, for in retrospect one may always discover that where there was catalyst for change and the difficulty of changing in order to be of more service to others, there has also been the balance of learning that intensifies during traumatic events.

Thus, each seeking entity must do the work of discrimination and judgment for himself. Let no one express truth to you in a way which is infallible, but rather allow that which is infallible, the Creator-self within, to have constant daily opportunities to center and tabernacle with the one infinite Creator.

You would be very startled, my children, if you knew what your true spiritual temperature is. None of you knows himself to the extent that we do, simply because we may read you. We may see your vibrations and your balances in their uniqueness, in their crystalline purity. Within the illusion you do not see a crystal forming in consciousness, but rather you see lumps of bone and muscle and sinew, hair and various features, things very much touchable, and it is almost impossible to experience, without

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experiencing through the senses of the physical body with relationship to the physical world, the pain of change. In actuality, when the pain is occurring, frequently this is the time of the greatest step forward for an entity. The challenge of the catalyst has focused the attention and, therefore, the seeker is more ready to welcome change in terms of increasing one's polarity in service to others.

Now, we realize that none of you knows precisely how to know the self. May we suggest that especially in the mated relationship, the mate which is upon the spiritual quest with the other mate functions as teacher and mirror so that that which one hears comes into the biocomputer of the mind, is filtered through subconscious biases and thus becomes a rather distorted reflection of yourself. When conversation takes place, the two seeking entities are seeking to aid each other, to comfort each other, to console each other and to learn together. Thus, they become honest; they become malleable to speaking clearly on any subject.

Within your culture many subjects are considered inadvisable to dwell upon. The spiritual is a matter of life, and, in this illusion, death, for that which you do within this illusion, the choices that you make here, will in turn affect your being at the harvest, and the more polarized towards the light you have become, the more loving, the more compassionate, the more accepting, the more peaceful, the more joyful, the more light you may accept in joy and use. And in that term, light, we do not mean simply the photon, but rather the energy that is the Creator's. The photon is the manifestation of that great original Thought of Love.

So, we would suggest that each examine the portions of experience which have caused each to feel an emotion, for emotion is a very deep and purified kind of thinking. As one gazes into one's prejudices and biases, one has the opportunity to attempt to balance them, to acknowledge the paradox, the opposite, and to see that they are two sides of one thing, that all is one, that there is no separation. The practical difficulty which we find this instrument feels is so, is that there is a great deal of material which refers to philosophical and spiritual principles. Much of that material has been mixed with specific material concerning what this instrument would call eschatological concerns.

We do not deny in any way that there is the possibility of planetary disaster upon your sphere. However, we do suggest that the true nature of the New Age is that which comes after the death in this illusion and the walking of the path of light until one has found the light that one can accept the best and enjoy most fully. We ourselves are on that same path and we ourselves have a great deal of refining yet to do, for to understand how to blend complete compassion and wisdom is the study of much, much experience. Where you are now is in a decisive blink of an eye. The little life that you experience, great and whole and wonderful as it is, is very short, and at the end is the death. And those who dwell upon the last days and the New Age are receiving much information from the feeling portion of the subconscious having to do with the fear of death. Although it is inevitable and therefore seemingly uninteresting, it becomes a vital concern for entities as they approach the limit of the life experience and prepare to go on.

Now, one may polarize and continue changing in any circumstance or condition. We suggest that you see the balance and walk the middle road, using your discrimination after you have heard the ideas that are presented to you, not judging ahead or during the experience, but allowing each learning experience its own shape and space and color, allowing it to sink into that portion of the mind which is far more accurate, that portion of the mind which lies below the level of conscious thought. In meditation daily this is done, and it is well done to be daily in meditation.

But who you are is how you behave, and service to others is not pleasing others. These are thoughts to be pondered. Many attempt to polarize towards light by helping and pleasing people. The question that needs to be asked by each is this: "Has this person asked for my help? And am I able to respond?" If you can find no spiritual principle, yet you can help another by refraining from judgment and offering sympathy. If your advice is asked and you not know what to say, that is acceptable. You do not have to please the entity by making a guess at what the trouble might be. The goal, you see, is to be in a state of consciousness within which is preserved the feeling of unity with the one Creator, the experience of tabernacling in meditation, the experience of opening the inner door by meditation. Many times learnings will come to a seeker through dreams,

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daydreams or visions. These should never be ignored, but should be valued as deep indicators of who you are.

A paradox, too, is the result of a life lived in faith and service, for as one serves, one is served a dozen-fold, a hundred-fold, a thousand-fold. As one gives, one receives in plenty. Thus, the paradox is that compassionate feelings and actions in service to other entities by loving, by supporting, by sharing or by a brief smile to a stranger, these things commend you as a servant of the one infinite Creator, yet what you receive back from the creation is a thousand-fold that which [you] have expressed.

Thus, we suggest that each begin to become aware of the very core of the being that is joyful and merry and full of passion. You see, my children, when we say that we greet you in love and in light, we are only using words which are inadequate, because there is no word in your language for the extreme amount of infinite passion the one infinite Creator has for each of its parts of consciousness that are active and teaching the Creator about Itself.

Seek that inner fire. Seek to deepen the ability to worship the Creator, to give adoration, praise and thanksgiving to the Creator for all things, including those challenges which have been set up that you may learn what you intended to when you came here. You shall never be rid of your selfhood. It is only possible to be unaware of it. The practice of honesty with the self is the cornerstone of this basically analytical process.

In the case of the questioner and in many other cases the amount of learning that has been programmed into this incarnation is the maximum amount that the higher self felt that each was capable of in this density. Many entities, therefore, experience great difficulty and have designed that in place in the life experience for the purposes of learning to serve without expectation of return. This instrument has a great deal of trouble remembering that it is a service to receive, and we would remind each that those who receive are as blessed as those who give. The blessedness lies in the compassion between the two people. That which is done grudgingly is not going to polarize your consciousness towards the positive, so if it is impossible to serve cheerfully, it is well to move into solitude and meditation until one has the balance back, until one's faith is firm, until one no longer feels despair.

You have a choice to make, my children, in this incarnation, since is the last probable incarnation for each within this density. You have the opportunity and the ability to move into the next [density] …

(Side one of tape ends.)

(Carla channeling)

… yet you have some work to do in this incarnation in order that you may be harvestable as a service-to-others entity. Thus, the illusions of illness, limitation, financial ruin and any other life disturbing patterns may well not be disasters at all, but, rather, marvelous challenges that enable you to polarize thousands of times more quickly than we ever could within our density, which is the fifth, or any other density besides your own. The third density is the intensive density. It is the density of making the choice to serve the Creator by serving the self or to serve the Creator by serving others.

Now, you came, each of you, into the life experience with the biases which we encourage you to discover for yourself. You may then evaluate these biases for their polarity in service to others and in mutual love. Remember the great passion that is the Logos. You have been created with that steady state which you experience during orgasm in the sexual sense. This is the intensity of the Creator's love for each, and to be oneself in fact and not in conjecture, one needs to open oneself carefully and gaze with interest and an acuity of observation upon each and every situation, looking for the opportunity to serve and to share love.

As you understand your biases better, so may you work upon increasing the biases you feel worthwhile and decreasing the biases you feel not worthwhile. You may change your own consciousness, but again we say, your becoming is illusory, for in the ultimate sense there is no time, there is no space—there is the present moment which is infinite. Very few entities are able to dwell in the present moment, but, rather, they are chastising themselves or congratulating themselves on that which is passed or worrying about that which is to come. It is well to remember that each moment intersects eternity. We ask each to release the fear of living in this illusion, to release the fear of leaving the illusion, and to become content with whatever conditions prevail, accepting any condition as agreeable, even though it may seem to be a serious challenge or difficulty.

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You are not alone, as you work towards becoming more of what you are. Basically, you are uncovering who you are as you refine yourself, for the original self that is your consciousness is the consciousness of the Creator, that great, intense, passionate love which calls into being the photon and from that point all manifestations of your illusion.

There is much to be said for sheer persistence and the refusal to rebuke the self, for the more unsparing you are of the self in the attempt to realize the Creator-self within in manifestation within the illusion, the more difficulties you will experience. Allow the fact that this is an illusion to sink deeply into the mind. Think of all that there is. It is made, we are aware that your scientists have said, of atomic and subatomic particles and combinations thereof. However, there has never been a sighting of an actual mass, merely the track of the energy has been found by your scientists. They see at first-hand the depth of the illusion.

May you too realize that you are a mind and body and spirit composed of complex energy patterns, that you are sensitive to the environment in which you dwell and the universe in which you find yourself. We believe that we have said what we wished to about this topic, although we are most happy to answer further questions. The art of becoming is not an art that is won easily. It is a craft, and you are the artist. It is a play, and you the actor. Know yourself as well as you can, and then listen open-mindedly to all information and put it to the test within and within you will come the answer, for you will recognize your own truth. Each entity has a slightly different path to the Creator. What is functional for one entity may be useless to another, with the exception of the practice of silent meditation and listening.

We wish you the joy of knowing, even in pain and difficulty and distress, that work in consciousness that you have planned for yourself is being accomplished fruitfully, beneficially and steadily, so that each persistent and faithful pilgrim along the way shall, by conscious decision and intention, live more and more the life of the instant which is eternal, bringing infinity into the illusory experience, bringing the vast point of view into the mind which is saddled with many words and numbers.

We wish you to be extremely nurturing of yourselves as you perceive failure within the illusion. You have no idea of how you are doing within the illusion. You will not know how you have done until you have left the heavy chemical illusion that you experience and are once again able to look at the life experience as part of what this instrument would call the Akashic Record, turning the pages of the life, gazing at the tapestry one has woven of love and sorrow and service and selfishness. May each weave the most beautiful tapestry he can. May each look to the life experience as to a poem, an attempt to write each line with grace and beauty. In this you are supported and are never alone, for the higher self, under any guise which you wish to call this energy, is with you as comforter and nurturer, and when despair does overtake the soul, we ask that you suspend all judgment, all discrimination of the self, and move into an awareness that one is being held in the infinite arms of the infinite Creator, that one is, in truth, nurtured.

We thank this instrument and would at this time transfer to the one known as Jim, leaving this instrument in love and light. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries. Is there a query at this time?

Questioner: I have one. To continue the question of the paradox just a little bit further. In the direction now of spiritual practice, when one meditates there seems to be a fine line between making an effort and letting go. Can you speak to the question of what the most effective way of meditating is, whether it involves the use of imagination or simply not thinking?

I am Q'uo, and am aware of the query, my brother. We cannot say that there is one means of meditating that is, in general, better than another, for each individual will approach the meditative state and the balance point of which you speak in an unique fashion. The ability to prepare the self inwardly, whether it be by the imagery or the mental ritual that is constructed for personal use or by any other means is the active phase, shall we say, of this preparation. The entity which wishes to set the table, shall we say, must needs prepare the self in whatever manner has meaning to that self. This is determined by the experience of the entity. There are a variety of

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ways in which an entity may go about this, and each may discover that the final choice is not so final when refinements are discovered.

We do not mean to, shall we say, dodge the query, but mean to express the nature of the flexibility that the seeker has at its disposal for preparing to open the inner eye to a field of vision and experience which is not available to the entity without such preparation within the meditative state. Thus, we recommend experimentation, choice, dedication, perseverance and, as the theme of this meditation has been, the ability to remain open to new ideas and possibilities. Thus, the seeker shall find that the experience is one which will offer itself—that is, the seeker—the continuing possibility for growth. There is much within each seeker which remains hidden and which through the perseverance and dedication to regularity will be revealed as the seeker [is] ready.

Thus, we find the most important point to emphasize in this regard is the dedication or the regularity in the practice of the meditation and the motivation for such meditation, that motivation being most helpful when the heart of the desire is to seek union with the Creator. When such dedication and regularity are a firm portion of the foundation of the seeker in its daily round of activities, there will be made available to the seeker those opportunities for refining the process which are appropriate at a certain time determined by an inner rhythm that is a great portion of the mystery which forms not only the larger portion of the Creator but the heart of the seeker as well.

Is there another query, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you. Is there another query at this time?

Carla: So, basically, what you're saying is we're like a block of stone and the friction of experience and catalyst chips away everything that's not an elephant, to use the old adage. Basically, is that what you're saying?

I am Q'uo, and am aware of your query, my sister. This is indeed a large portion of the concept which we wish to convey, however, this analogy is one which describes primarily the subconscious nature of experience for any entity within your illusion, for whether the entity seeks in a conscious fashion or not, there is yet the catalyst of each day which does indeed chip ever so slowly away at that which is not desired according to the overall plan of the incarnation.

However, at some point, each seeker will discover the beginning working of this process of evolution and will seek to accelerate this process in order that it might, in a conscious fashion, take part in the creation of the statue, shall we say, that is the self, the truer self, the ideal self, within certain boundaries or limitations, those limitations being set by your third-density illusion. Thus, the seeker seeks to become co-creator of that which it is and that which it experiences and seeks to place the chisel in just the right location and seeks to strike it with just the right force.

Is there a further query, my sister?

Carla: Yes, I just have one more. I have been working with a feeling of low self-esteem forever, since I started being disabled, and I wonder if you have any comments concerning work in the area of reprogramming early childhood misconceptions which one has mistakenly brought into the present as biases. How does one most easily go about the reprogramming process? I have as yet been relatively unsuccessful.

I am Q'uo, and am aware of your query, my sister. We find that you have at your disposal techniques which are effective in this regard, those being the working with the subconscious mind through dream states and through the keeping of what you have called the daily journal and the analyzing of the fruits of each endeavor in order to bring into a synthesized whole the overall picture of the incarnational pattern. It is well to have one with whom this type of activity might be shared so that there might be the comment and criticism that expands the viewpoint and enriches the conclusions.

Thus, we find again that the beginning of such activities and the perseverance on a regular basis is most helpful in this regard.

Is there another query, my sister?

Carla: No, Q'uo, thank you very much and thank you for coming.

I am Q'uo, and again we thank you, my sister. Is there a further query at this time?

Questioner: No, thank you.

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I am Q'uo, and we are most grateful, once again, to each for inviting our presence. We cannot thank you enough for this honor. We look, as you would say, forward to each gathering in which we may participate as your brothers and sisters seeking the source of the same mystery which each here finds the center of the life pattern. We shall leave this group at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
July 9, 1989

Group question: Concerns abortion and the ramifications to both the entity that is aborted, what type of difficulties or opportunities are presented by being aborted, and to the entities that are conducting the abortion, what sort of difficulties or opportunities are presented to the mother and the father that decide upon an abortion?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. We were sometime in passing this instrument's challenge, and we find her spirit to be very fierce. We are glad that we are the good guys. That is what we told her, finally, and it made her smile.

It is a great privilege to share your meditation this evening and to offer our opinions on a subject that you have a need to know the truth of. We will give you what truth we know. It is not infallible, and we may be mistaken, for we are pilgrims along the same road as are you, and though we have gone many steps beyond you, yet as we gaze ahead, we see only more to learn. Consequently, know that we give you the best information that we have, but we ask you not to regard this information as an authority, but rather look and listen and discriminate, for you will recognize your own truth. It will be as if you remember that which we say. When that occurs, when that resonance is felt, allow that thought to be a part of the good in your life, and we shall be most happy to have been of this humble service.

The question of abortion is much like all of the environmental questions of your ecosphere, that is, it is a question that would not be asked in any other density. In second density, propagation is natural and behavior instinctual. Seldom is an animal left to die because the mother is a rogue. When it happens, it happens. There are no abortionists for animals. If they have too many children, they simply die.

In the density to which you aspire at this time, the density of love and understanding and compassion, it would not occur to entities that were unsuited, to create new life, because each could see each other's radiance and particular aura and configuration of spirit. When there is no need for behavior or communication, then things become far more simple.

It is within third density that the illusion is so thick that each of you is unable to link himself to all else in the universe. Consequently, such things as the acid rain, the various pollutants of farming and those of war, all of these things exist because you are in third density, and in third density the illusion is that there is the dark and the light and it is for you to make a choice. Many things are misdone by entities seeking their path. Many may feel that they have erred in some way, but there is no more of an ethical

nature to aborting an unborn entity than there is in polluting the air, polluting the water, and above all, polluting the minds of those within your culture. In your culture, passion is veiled; true passion, true love, for creation, for the Creator and for each other are not things that are intensely felt, appreciated, given thanks for among the majority of your people.

The same abuse is given to the body of the animal which carries each entity about. Instead of cooperating with this animal and using the human skills of reasoning and communication to make wise decisions about mated relationships, there are games within games, shadows within shadows and communication is quite unclear among your peoples, as you well know. Therefore the basic moral turpitude which has been suggested to be the lot of those who abort children is unreal. It is part of the illusion.

Now let us get to the meat of the question, that which interests us as well as you, and that is what dynamic moves an entity into birth, into incarnation, and in what way is this process guided and governed?

We wish each of you to know that you decided upon who your parents would be. Not only that, but as your higher self between incarnations, you drew the basic geographical map of the journey that you would take and the lessons that you would learn within this lifetime. This is why we encourage each never to be disappointed because you have seemingly failed. Because the only thing that is important is that you persist in attempting to communicate love and light. Causing it to be manifest is the gift of grace, not the hallmark of humanity.

Let us say that we deplore and find very sad the sleep that has overtaken most of the people that are, as this instrument would say, civilized. The basic numbness and indifference of the good entities within your density is quiet and low in profile. Your culture is oriented to examining in detail the negative emotions involved in murders, crashes and other disasters. Consequently, one becomes quite numbed to experience, and one does not feel deeply.

Furthermore, because of the—we search for a word—dinosaur nature of the established church, it does not meet the needs of entities who wish to have good moral guidance at this particular time in the face of a world which has no morals except those of capitalism, that is, the conservation of capital by all. Different of your nation states do this in different ways, but that is the somewhat grimy nature of your density. It is built upon something that does not exist, that is true money, and therefore all of the society which depends upon this for personal verification is annihilated. Entities for the most part have no moral guidance which reaches the heart, which engages the mind and which stirs the passion. All of the religions that are established are moribund, soon to die, and those that will be coming are now in the making. You live in the darkness before the dawn. And you see much that is soiled and spoiled and sad. And you ask yourself, "How could this be a good world and a good Creator?" when all of the suffering goes on.

Let us examine the process of choosing an incarnation. Each of you has had enough experience as an entity of third density that you have the capacity within this lifetime of becoming harvestable. That is the only reason that you are now here: to aid in the harvest and to be part of the harvest. This includes wanderers and natives alike.

We cannot give you passion and wisdom and integrity. We cannot urge careful morals or ethics in any mass way, because it is simply not a message which anyone wishes to hear. Those who attend your organized religions for the most part are sleeping through the opportunity for group worship. The children then, because the parents are not fed the bread of heaven, also starve at the same table, and we would urge each parent to have a daily worship and to feel very strongly and passionately about it, for this is the way your children learn what life is like within this illusion. You are their teacher, each parent, and you hopefully will desire to give passion and love and a sense of peace that you feel within your heart to those children that are yours to teach and rear and tend.

Between the incarnations, after you have finished healing that which was unbalanced in the incarnation previous, each of you has gone through the process of deciding what the lessons are that need to be learned in this lifetime. Often there will be a former relationship which was unbalanced and a particular person will be in the life pattern against all reason for the simple advantage of the opportunity to be able to balance previous distortions of love and free will. The parents are chosen not for their niceness or for their wealth by most entities who are seeking to learn and to serve. Many put themselves

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in very difficult positions where they will have to do a maximum of thinking, analyzing, going within, and depending upon the self. Many of you have undertaken ambitious case loads, shall we say, this semester, who are taking perhaps more classes than you should. All we can say to each of you is, please have faith, for your higher self knew better than you know now that which was needed for your spiritual growth.

When one picks one's parents, one looks for the opportunity to learn the lessons of love that one has decided are still to be learned. In this instrument, for example, this instrument chose parents to whom she would be the parent and experienced a difficult childhood for such a young mother. This was, however, not because the instrument wished to hurt herself, but because the instrument wished to learn more carefully and fully to love without any expectation of return. Each of you can look back through the incarnation and see a pattern. The pattern is for you to transcend—not overcome, but balance.

Growth comes from within the self. Everything that is outside of the self, including the most intimate of relationships, is part of the illusion, is working within the illusion, is communicating within the illusion and will remain within the illusion. What must be done by the person who seeks to grow is to find what the entity in the relationship wants from you to determine that which can and cannot be done and to attempt as openly and as clearly as possible to communicate that of which you are capable and those things which you would wish of a relationship. May we note that this clear communication is very seldom seen among your people. We would suggest more of it for each of you, for each of you that has chosen a mate has chosen a mate as carefully as you have chosen the parents, and if you cannot learn the lesson that this mate offers and you move on to another, then you shall learn the lesson, but it will be more difficult so that it will get your attention completely and you will be moved to passion, to love, and to selfhood. What you are attempting to do is become a whole metaphysical being.

When a woman decides to have an abortion, what she is doing is taking away one opportunity for that particular entity to enter incarnation. It is sometimes a way in which painful relationships are balanced, for it is certainly abuse to be aborted, yet that same entity may well have needed this balancing so that that which you call karma would be balanced. Each entity within each fetus comes into the body at a different time. The more consciously entities live, the more that they will feel the call of the soul that awaits them and the more they will put personality into their thinking about the child to come. In this case, the bonding of mother and child is as flowing and instinctual as any other mammal's carrying of her young. It is the human's unfortunate aspect to be melancholy even when blooming to new birth.

Thus you choose; not for comfort in a lifetime, not for convenience, but for growth. It was each of your decision to experience that which you have experienced and that which you are experiencing now. If for some reason this situation becomes intolerable and you escape it, you will meet it again with a more fearsome face and a larger growl. The wolf at the door will come back again and again until you have turned into a lamb and have walked innocently and in a balanced fashion through the tattered remnants of what was a ruined relationship or a lack of love.

You see, my friends, it is possible to live one's own life, not in relation to another's life, but in essence and in depth the living of the life is a responsibility that must be seen to be completely one's own. Only in this way can each entity experience itself as a living imperishable metaphysical being. You do realize, we are sure, that no souls are lost in the abortion. It is merely that there is a carelessness and lack of appreciation for the sanctity and beauty of life itself in one thoughtless enough to engender such a child and then remove it. Many are those who skate upon the pond of life, as we have said before, and never ever find the magical kingdom beneath that thin crust in water consciousness.

Even though we say there is no moral or ethical problem about abortion, we do recommend that an entity who is pregnant go through a careful process of listening within to the intuitions and feelings of the heart. This deeper mind, this intuitive mind, is a medium through which may be transmitted answers to such thorny questions as, "Do I keep this baby?" It is at that level that the unborn child that has agreed to stay with you communicates with you, at all times, before birth and after birth, the surface communication being important, but the very deep communication always being there. So you do no one harm by aborting the body of an unborn one, but yourself, in that you did not value a relationship

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which, had you faith, you would perhaps have felt was acceptable under whatever circumstances there needed to be to allow a soul which had chosen you to be given the opportunity to experience you.

Now, there are guards put against childbirth for some. This is due to their having come to this plane for other reasons. These entities will not have children, but will not have the decision of abortion either. If an entity which has come here only for a spiritual path conceives, the child is simply spontaneously aborted, as the body's consciousness already knows that the mission of this particular entity does not include the luxury of loving a child, but rather the entity must face the fact that that work to which he gives his love and labor is his child.

I feel that there is some disappointment because we have neither said that it was good or bad to abort a child, except of course, in terms of the consciousness of the self. If there is anything that you can take away from this particular evening, it is that you are part of all that there is, and the more consciously that you relate to everything and everyone, the more honest, straightforward, open and clear you are, regardless of catalyst, the more you may become an interest for the Creator's light to shine in a very dim world. You cannot do this of your human self, therefore we ask you to go into meditation at least once a day for however long you can, placing yourself in the presence of eternity and the Eternal One Who is Creator of All.

As you go through your day, retain the resonance of eternity in each present moment if you can, and you shall do precisely that which you and Father have set out for you to do. It seems to be a muddled and imperfect world. It is, in fact, a nearly perfect illusion, and when you leave the chemical body you have used during this incarnation and are again a being of light, you will gaze back and thank that body that suffered on your behalf and died for giving you the opportunity to feel so intensely, that you discovered a passion that was stronger than death. That passion is the love of the one infinite Creator. When you feel the orgasm of your sexual union, you then understand the Creator's love for you. It is that intense as a steady state, and for that reason you can see why we find the word love to pale and not be adequate to convey what the Creator's love truly is. You can only imitate that love by returning it.

We would now transfer this channel, with thanks to this instrument, so that questions may be asked. I am known to you as Q'uo, and I leave this instrument in love and light.

(Jim channeling)

I am Q'uo and greet each again in love and light through this instrument. At this time it is our privilege to attempt to speak to those queries which may yet remain upon the minds of those present. We would ask if there might be a query with which we may begin?

C: If the lesson is repeated *(inaudible)* in the case where the *(inaudible)* will be passed along to the child *(inaudible)* that when the child is born *(inaudible)* that the child is *(inaudible)* is more difficult *(inaudible)*.

I am Q'uo, and am aware of your query, my brother. I many cases, this would be the situation which would pertain, however, in other cases, it is possible that the entity which decided upon the abortion and carried it out to its completion might have what you would call a change of heart and welcome the next opportunity that presented itself within the life pattern to conceive, bear and raise the young entity. The attitude of the parental entity is the attitude that is paramount in importance in this situation. For the entity which resists the lesson which it has placed before itself and resists with great fervor is the entity which will find that lesson somewhat difficult according to the degree of resistance. Therefore, the passing of the opportunity by abortion is a portion of the, shall we say, equation which determines the intensity of the lesson when it does appear again in the life pattern, and we may add that in most cases, the lesson shall appear again within the current life pattern, and if it remains incompletely processed in one life pattern, then it shall be available for future incarnations.

Is there a further query, my brother?

C: One further question. Abortion before the current *(inaudible)*. How, in a situation such as that, that the *(inaudible)*.

I am Q'uo, and am aware of your query, my brother. Each entity within a mated relationship brings, shall we say, the baggage, the lessons which await the learning, the lessons which have been processed to some degree, and the lessons which have been ignored or refused, shall we say. As the couple

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proceeds in the mated relationship, each shall find that there is the necessity of focusing upon certain lessons that are individual in nature and are shared in nature. Each shall find that it becomes a portion of the other's incarnational pattern, and must in some way process that other self's experience in order to find the harmonious or agreed-upon balance in the relationship in each area awaiting the learning. Thus, if an entity has …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. To continue. If one entity in a mated relationship has chosen previous to the relationship to engage in any action which resists a certain lesson, that entity shall find at some point within the life pattern that the opportunity for learning that lesson shall again present itself in a form which is easier to distinguish, that is to say, which may cause somewhat more difficulty if the entity still presents the resistance to the lesson. If this is the case, then the entity's mate shall find that there is a further ramification to the relationship that shall also affect it in a manner which is consonant with the overall design or purpose of the mated relationship.

Therefore, each entity brings into the relationship those areas which each shall find the necessity of focusing upon. It would seem at first glance that there could be the possibility of unfairness or an injustice in such a situation, for those areas left undone by either entity would then present both entities with the increased need to focus the attention and to process the catalyst in these areas. We would suggest that in truth there is no injustice or unfairness, for when the mated relationship is entered into, this is a function of preincarnative choices that have set forth the possibility of a relationship which would offer certain opportunities or challenges to each entity within the relationship. The fact that there are certain areas within each entity's life pattern that may have been less well learned or processed is simply a portion of the overall nature of the relationship and those opportunities that the relationship has presented to each entity.

Is there a further query, my brother?

C: (*Inaudible*).

I am Q'uo, and am aware of your query, my brother. This occurs with some frequency within your illusion, my brother.

Is there another query?

C: When you talked about mated relationships that in the case where the relationship failed and the parties split, that one of the lessons that were to be learned would come back in an even stronger version. Is there the case where the lesson learned is that it is right for the mated relationship to end?

I am Q'uo, and am aware of your query, my brother. In this situation, we find that there are those instances in which the lessons which have been set forth by each entity have been learned to the fullest extent that each is able to achieve without some deterioration of the overall purpose of the relationship. In most cases, a relationship which is entered into is that situation which is most appropriate and beneficial for the lessons which remain for each entity. Oftentimes, however, there is a, shall we say, a souring of the catalyst which each feels due to the inability to balance certain distortions within the individual life pattern. In such a situation, the separation of the entities is much like the marathon runner discovering that at the midway point through the race it must stop and catch its breath, so to speak.

In each instance, whether it be the race or the relationship, it is advisable for each entity to consider well the obstacles that caused the need to catch the breath, in order that these might be worked upon as catalysts, so that there is a balancing of distortions that would then allow the beginning again of the race, whether with the same mate or with another is not of the greatest importance as is the beginning again of the race in order that the lessons which have been set forth might be worked upon as much as is possible, for the lessons have been chosen with great care and offer the greatest opportunity for each entity's personal growth and service to others.

Is there a further query, my brother?

C: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

J: For the entity that was aborted, does that entity prior to conception, does this entity have the choice or is it a part of the process of the choice for

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abortion, and if so, of what benefit is abortion to this entity?

I am Q'uo, and am aware of your query, my brother. In many cases, the entity that wishes to enter the incarnation and which is the focus of the abortion, as you call it, does partake in the making of this decision, but not usually at the level of the decision to abort this particular entity, but rather has made a choice with the parental entities that it shall offer this opportunity and shall take part in the decision to limit the opportunity in order that that which can be learned from the overall process might be offered to those who serve as the potential parental entities. This is in some few cases. However, in the great majority of cases, the entity which has its opportunity to enter the incarnation stopped momentarily by the decision to abort will find that there are other opportunities which are then made available to it, for the experience within the metaphysical realms is more obviously multifaceted than is your own, although your own experience is indeed multifaceted as well, although you are aware that as one choice is made, those other potential choices that could have been made as well are then set aside and do not manifest within your reality. However, within the metaphysical realms, the entity which has had the opportunity ended in one area will find that there are other potential entities with which it has made preliminary agreements, each of course, needing certain conditions or prerequisites to be in place before the entry into the incarnation is complete. Therefore the decision of the parental entities to have the abortion rather than the child is a decision which then offers the aborted entity the opportunity to seek the entry into incarnation with other parental entities.

Is there a further query, my brother?

J: At the moment of conception, is the fetus at that point a spirit/mind/body complex, or is it simply physical, at that point lacking spirit and mind?

I am Q'uo, and am aware of your query, my brother. There is no general response that is accurate in each instance, for though the entity which is conceived is indeed a live being, at the conception, it is not always the case that the entity contains the mind/body/spirit complex. The very nature of the physical vehicle brings with it a consciousness which is intelligent, however, the entity which will eventually incarnate or desires to incarnate may not enter this physical vehicle which has consciousness until a point later in the gestation period, according to the needs and desires of that entity to experience more of the metaphysical realm prior to the birth or the need and desire to experience that which life within the womb may offer it. It is rarely the case that the entity defers entry into the physical vehicle until after it has been birthed into your illusion. However, this is possible and does occur in rare instances. Therefore, we can suggest that the point of entry into the physical vehicle created by the parental entities is quite various.

Is there a further query, my brother?

J: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I'd like to go back and look at what you answered C earlier about when people get together they take on each other's catalyst and work it as if it were their own. Just before Don Elkins died, I had a complete mental breakdown, and I have had several suicidal attacks since then, and it has occurred to me that what I am doing is getting well from the mental illness that Don had, as well as the one that I had. But I don't know if that is in any metaphysical way correct. Could you comment?

I am Q'uo, and we shall attempt to speak to this query in two different modes. Firstly, the statement that the mated couple may take on themselves each the other's catalyst is not exactly correct, for we wished to state in that response that the catalyst of either entity may be enhanced by previous experience which would include the resistance to catalyst. The effect this has upon each partner is to intensify the catalyst which each partner already possesses, for catalyst is of the subconscious mind, that is to say, is personal in nature, so that one entity cannot truly take upon itself another entity's catalyst unless that other entity's catalyst is already identical to its own. This is usually the case when an entity has a difficulty that it ascribes to another. It has, in truth, not taken the other's catalyst, but has used its own in another manner or in a more intense manner.

To speak to the specificity of your query, we would suggest that the relationship which existed between the one known as Don and yourself was a relationship anomalistic enough in its nature that it

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would be quite difficult and indeed quite inadvisable to apply what might be learned from it to another relationship. For that bond which existed between the two of you was unique in that it had been tempered by many, many previous experiences. Thus, we may agree in general with your supposition that you have been completing much of that which was begun during the life of the one known as Don, however we would not extrapolate from that experience and suggest that this is common amongst entities within the third-density illusion.

Is there a further query, my sister?

Carla: I have one on another subject. Thank you for that. That's very interesting and informative. I observed two coincidences tonight. One was that while I was cleansing and doing my prayers, I did something I hadn't done for a long time. I invoked the archangels, whom I've always loved. And when I sat down here and took a look around the watchtower—is the way I call it—took a look around the mental atmosphere in here, I saw the usual white, green far away of entities that are not good that would like to come in, and I got rid of them in an instant. But there was over arching all of this circle a beautiful golden dome, except that it did not have any end to it, it just went up and up and up. And it is very beautiful and I just wonder if that had anything to do with the archangels?

I am Q'uo and am aware of your query, my sister. We might suggest that you have perceived that which has always been so as a function of your own desire and invocation within your own being that this circle of seeking receive the added blessings of those who always watch from some distance, as you would say, such proceedings.

Is there a further query, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

T: This question doesn't follow the line of thinking we're pursuing this evening—yes, I guess it does in a way. When you have a relationship, specifically with a child/parent relationship, spouse type relationship, if you have a relationship where seemingly at a conscious functional level, one person in the relationship does not seem to be willing to face up to or even acknowledge that there is a problem or lesson to be learned or problems to be worked out in this relationship between the parents, can this carry over for the half of this relationship that is trying, say it's the child that is trying to work out the parent and they're not acknowledged, does this carry any karmic problems into later lives for this child where this child, where what he is is trying to work out the problems because the other entities would not agree to work out their problems, at least on a conscious level?

I am Q'uo, and am aware of your query, my brother. The lesson, whatever its nature, may be ignored in any degree by either entity, in which case this lesson shall be again chosen and faced and worked with to the point that it has offered complete harmony and balance, whether in this incarnation or another. For the entity that has given its fullest effort and has received little effort in return in the processing of the catalyst, the intention to process the catalyst fully will serve that entity well in that it shall find alternate opportunities, shall we say, to specifically apply that desire to learn and utilize that particular lesson or set of lessons. This is to say that the entity shall not find its opportunity ended or diminished because of the unwillingness of the other entity to engage in the processing of the catalyst, but shall instead find that there are other means by which this particular lesson might be learned, and the desire to learn this lesson will then, shall we say, ease the processing of the catalyst, whether that catalyst might be discovered within the current incarnation, which is most likely, or in a further incarnation where it shall be joined again with yet other catalyst.

Is there a further query, my brother?

T: So, just to take it a little further. One of the other entities recognizes that this is just a seemingly impossible situation, where the other will not do anything, and if he was trying to learn something to work this out, he'd probably be better off just dropping it than to try to get the other the other entity to work with him. Is that correct?

I am Q'uo and am aware of your query, my brother. We would suggest that it would be most appropriate not to cease the attempt, but to leave the door, as you would say, open so that if there is a change of heart or attitude upon the part of the other entity, that the processing of the catalyst might begin again. However, we would suggest that the entity continue in its desire to learn this particular lesson and make itself available, perhaps upon a more passive level if

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it feels that it is presenting a stumbling block to the entity which refuses to share the catalyst.

Is there a further query, my brother?

T: No, thank you.

I am Q'uo, and we thank you, my brother. Is there a final query at this time?

(Pause)

I am Q'uo, and we would take this opportunity to thank each for offering us the blessing of joining your circle of seeking this evening. We cannot thank each of you enough for this blessing, for we learn as you do within these sharing and blendings of vibrations. We learn of your great desire to know more of that which you call the truth, and we learn of your courage in persevering under circumstances which are obviously quite difficult to comprehend and to harmonize within the life pattern. And we learn that the desire to know the Creator grows strongly and brightly within each heart, as it does within our own. We thank you for sharing with us that which is of utmost importance to you, and we look, as you would say, forward to those opportunities when we again have the opportunity to blend our vibrations with yours.

At this time we shall take our leave of this instrument and this circle of seeking, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
July 16, 1989

Group question: The question this evening deals with the common situation which everybody at some point in their lives find—that there is difficulty that is almost unsolvable; that we have to find our way out of frustration, repeating patterns of behavior that continually bring us into situations in which we are tested. Is this test something that we have devised for ourselves? Are we being tested by some source outside of ourselves? How can we learn from our experience and find some peace or grace or means of dealing with the difficult situations that seem to add up to a cross that each of us bears in our life? Is there any alternative to bearing the cross? Or are we destined to suffer? Or is there some meaning in the suffering that we can take inspiration from, and continue on the same path with a better means of feeling about it, dealing with it?

(Carla channeling)

I am Q'uo, I greet you with great joy in the love and the light of the one infinite Creator. Our hearts are brim-full in thanks for your calling us to your meeting here this evening, for sharing with us your love for each other, your love of the Creator, and your earnest and sincere seeking for the truth and the mystery of creation.

Truth recedes, we have found, as the path is traveled, therefore we cannot give you final truths, for we are not a final source. We are ourselves pilgrims on the same road whose stones stub your feet and whose nettles may catch and scratch.

You have asked this evening about suffering: whether it is necessary, why it repeats itself, and what its uses may be. Let us lay a little ground work first. Each of you was created before your planet emerged from its timeless and chaotic state. This is, as we understand it, due to the fact that each of you was an unit of consciousness in the creation before this one, so that when the Creator began this creation, He sent out those agents of His active love housed in physical vehicles in many different illusions so that they might add to the complete knowledge of the Creator of Himself, for the Creator wishes, as anyone, to know Itself and It cannot know Itself without experiencing Itself as each of your Christ-selves within offer, as a gift to the Creator, all that you feel and suffer and think and manifest.

You are active agents of the Creator, part of your being truly a Creator-self. The majority of the people do not have an awareness of this fact. This is not necessary, this awareness, in order to make the harvest that is to come, a harvest of souls that have learned to be of service to others to the extent that they spend more than half their time in terms of service to someone else besides themselves. It is not necessary to understand, intellectually, any particular

point, if the entity is a natural worker and has a feeling for the evolutionary process of humankind.

Now, as we gaze over the octave which all of us are now engaged in experiencing, we see the analogy of the classroom to fit fairly well, and we have used this many times, but, my friends, it is also a certain kind of school. It is a school for the evolution of *homo sapiens* into a new man, one who is consciously aware of the God-self within, and one who acknowledges it, treasures it, and attempts to experience and manifest its presence.

Each density in the octave of creation we now experience is a very long affair in terms of your time, millions of years passing in one density, as the problems to be learned have no resistance. There is no polarity in this type of learning of elements, animals and the vegetable world, for there is no self-consciousness.

In densities after your own, again you shall be spending what you conceive of as "time," for each density is an illusion, working to refine something that has been chosen the hard way. The density of choice, the density of sorrow, the density of the cross, the density of the hard way, is third density.

As we gaze within our memory at other third density planets, we may honestly say that some have done less well than you in producing a harvestable crop of entities who are ready to move on to more light-filled lessons. We feel very hopeful about many making positive choices and polarizing in power and strength in the spirit of love and light in service to the infinite One.

Each entity who dwells upon the planet at this time has the capacity to graduate into the fourth density, that density in which the veil between the conscious and the subconscious mind is lifted, and once again you may for yourself, without any egotism, see the Christ within, see the harmony—and those harmonies that can be so easily made harmonious, for no one is hidden from anyone.

The social memory complex is being formed and thoughts about being "One" are available, as in a data bank, to all others within that planetary population of entities which has decided to seek as one being.

The death of the illusion which you experience is tremendous. We do not minimize your task. Indeed, as we remember what you suffer, without understanding, as we remember how we suffered also, we can only, in humility, bow to your bravery and your steadfastness, for it is courage and persistence and will that lead one to an understanding that transforms suffering into a life of transcendent joy.

This instrument has a great deal of this knowledge locked within its subconscious, as do each of you, and is, perhaps, somewhat more transparent to it than to some, but to no one is it clear why the illusion is set up to be so difficult, so wearing, so difficult, so confusing, so irrational and in many ways so continually, endlessly negative—when all that you wish for yourself, or for those you love, is peace, harmony, joy and laughter.

These are very, very good things. These are, however, manifestations of a state of mind which can only be achieved when those things which trouble one, in the incarnational pattern, have been finally perceived in their spiritual sense, the challenge read correctly and the lessons well completed.

The reason that many times an experience will happen again and again and again is that the situation is one which demands change. And more specifically, change which can only be made by one who is confident within the self and who has no fear for the future. You may think of making difficult choices of service to self versus the martyrdom—which sometimes seems to be the essence of service to others—is difficult to sort out within the illusion—the kernel, the heart, the core, of the lesson about love one is attempting to learn. Therefore, the reason for the repetition is that you are obeying the dictates of your own deeper will, which lies deep within inside you, in the unconscious part of you, and it takes both a clear and logical mind and contemplative, meditative, intuitive consciousness to achieve a fair understanding of the love inherent in this difficult situation.

You have called yourself to this lifetime and have had the privilege of being incarnate at this very exciting time because you deserve to be here. Each of you is capable of moving into the fourth density at the end of this incarnation. It is no wonder, then, that you are receiving the final and the hardest lessons.

Now, let us take the lesson of the one who is under another's thumb, the one who is the slave. How can

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the slave feel spiritually free, how can the one who is habitually beaten down be dignified, whole and triumphant? The answer lies in change of perception about self. The answer lies in beginning to stop the resistance one naturally has towards change, since that is painful in this process, and urge oneself to become that better self which one has not yet been able to be.

If the slave frees itself, mentally, and chooses to do all for the love of the infinite Creator, the owner, no matter how mistaken in his feelings of possession, has no longer any true power to disturb the one who prays to change in freedom.

Now, what is the essence of freedom? Each of you certainly feels that it is "somewhere else" and certainly not in the present moment, or in the present life experience. And yet we say to you that full freedom is available to you within this experience, just as the Kingdom of Heaven is available to any who will do the work to transform themselves into a lighter being. Therefore, we ask you to have faith in your own self when you face repetitive problems. You have simply put yourselves into a situation which is a challenge to love the unlovable; to accept the unacceptable; to return the good for the negative; to be blithely oblivious of the negative, and see the good in all; to retain the hopefulness of close and deep association with nature, both second-density trees, grasses and blooms, and third-density entities.

Once you have been able to come to the heart of the repetitive pattern you may break it by forgiveness of that which may be forgiven, and by the remembering of the self by the self of the nature of the self. Each of you has, within you, the creation and the Creator. You are entities to be honored—you are all one, and you are all the Creator's children.

Now, when you began this octave of experience, each of you had made certain progress in a previous creation. You had made progress to a certain point, and to that point the Creator now knows about Itself. But the Creator is generous and curious and in perpetual motion. And so, when all of us come together at the end of what could be done in one octave of creation, then from the heart of the infinite One will set again a new creation, incorporating all of those things which the Creator had learned about Itself—making pathways for the evolution of the Christ-self within clearer and plainer with each octave of experience.

So, you see, you bring to this incarnation a pattern, what would be to you an infinite amount of experience, which has caused certain biases. Now, it is these biases, prejudices, and foolishly held opinions of the self that create an atmosphere of pain, of one entity to another. To one who has safely anchored within the gate of the Creator, the noisy clamor of the critical and foolish world comes as against a picture window all about one, splatters and falls like rain, leaving you untouched, for you are no longer finding it necessary to have that suffering.

But, as you finish one lesson, your ambitious higher self will prepare you for another. Thus, your incarnational pattern, if you do not learn the first lesson, will be an endless repetition of that pattern. If you wish to accelerate the process of growth, then you will take the harder and less traveled road. And when you have solved one riddle of love, another challenge shall be put before you.

It is the tendency of entities at this particular time, so close to harvest, to have made for themselves extremely ambitious processes of learning, wishing to learn to give love without expectation of return; wishing to see the Christ in the self without doubt, without pride, and with humility, and you learn to bend the will to that Christ-self so that the willfulness that is free will ceases being various, ceases enslaving one, and, instead, becomes guided by the will of the infinite One.

Paradoxically, when one has completely given the life over to the service of the infinite One, when one does all that one does, from the meanest chore to the most magnificent, one will be polarizing rapidly. Entities which you see about you are illusory. You also are illusory, but the one thing which is not illusory is your consciousness. Most of your people are not taking full advantage of this intensive experience upon your sphere at this time, but rather have diverted themselves into non-polarizing paths of existence. There is no harm in this, but neither is there any gain. Each of you has eternity to move through this creation and back to the one infinite source of all that is.

We find that each find it a bit difficult to believe that the basic self is what this instrument would call the Christ-self, for you experience the vagaries of your free will willfully. You do this and that,

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willfully. You have this sensitivity and that doubt, and this guilt and that lack, or limitation, and you do not see yourselves as the completely equal, quite perfect metaphysical beings that you are. It is not pride, nor is it arrogance to claim the Christ within oneself, for by doing this one is then able to gaze upon the difficult and challenging situation. If one is being misunderstood, one may attempt clear communication, but without attachment to an outcome.

Each of you is far more independent and strong than you may be aware of. This does not mean that there will be an end to suffering. It is possible to move to third density without suffering to the extent your peoples have. Your own planet has had many, many conflicts, which have added many negative biases to the thought patterns of the inhabitants of that fragile sphere. So, perhaps our best advice to you would be, if you wish to make an end to the repeated lessons: meditate, pray, ask to dream, and focus upon the love that must be, for you know by faith that that must be, in the situation that is repeating and repeating and causing you pain—the pain is the pain of change. If you may flow with the change and become that which is needed to balance the challenge, then you will have finished with that lesson and it shall not be repeated, except perhaps to make sure that you have understood the lesson.

Most frequently the challenges within third density are those of relationships. Entities who love each other do not know the depth of each other, yet they begin to discover patterns that are sometimes destructive to the relationship, in that there is a separation by this action within the relationship. Therefore, any action which is a separating action—we do not mean this literally, but figuratively—is to be regarded as an intellect solution, for you are at this time choosing to lead a whole and complete and unique life in service to others, polarizing constantly towards service to others. You are committing yourselves to a series of painful changes as the unnecessary portions of personality—especially that which this instrument would call low self-esteem—are simply vacuumed away by the realization that one does not have to take in that which is given, but can instead create a unity and end to discord simply as an act of will. Communication is very helpful, but there are few among your people who are capable of clear communication. This is due to the fact that the illusion is indeed so very, very convincing and there really does seem to be a bias within all that one may see of humankind towards the negative.

There will be a negative harvest from this planet, but it will be small. Most of you who graduate shall have graduated because you have polarized in service to others.

The question of martyrdom is interesting to us, for in fact one of the lessons of love is martyrdom. It is the most foolish choice, and therefore the most blessed of all choices, but if it is martyrdom for no good reason, then, though it may help you, it shall not aid the creation as much as if the concentration of the seeker is moving always towards questions of substance and changes of substance. For you wish to hollow yourselves out as an earthen vessel is described in your holy work, that sacred things may be held therein. Your earthly vessel has but a little time and it shall perish. Therefore, we encourage each to realize the incredible amount of aid each is to each, for when there is a relationship difficulty, it is often not the entities themselves who first grasp the lesson, but a third party, one who observes, one who makes the opinion known when asked, one who sees from the farther perspective as one who is uninvolved in this particular catalyst.

Each of you may do that, as a mirror for the other. Mated relationship is both the best place for this to happen and the place where it most seldom does happen, because of the way your lifestyle, shall we say, has been arranged by you. You seem to be a planet of scurrying, hurrying, worrying elves, with pickaxes over their shoulders, constantly whistling as they work, constantly trying to find the gold of life, the silver, and the precious stones. Look upon the ground before you—the simplest pebble sings of heaven. It is all an illusion. You can pay attention to anything you wish, and when you see that you are being attacked and the bias is unfair, you may perhaps choose to defend yourself. Or you may, perhaps, choose to create a new situation, to move with confidence against the challenge of criticism and say quietly and confidently, "All is well, let us move forward from here. We cannot resolve this today. Let us pray on it, and resolve it tomorrow."

Some there are who are skilled at communication, and when two such entities come together, the work that is done is very intense. But even in this case, there will be the repetition and the lesson may be somewhat more refined. The choices which one

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makes for harmony, union, love and an increase in joy, and, above all, the choice of the light over the dark thing to say or do, the more you become ready and able to see through the illusion, if only dimly, [and] choose not to suffer, but to be confident of the self to be humble before all and before the Creator, and yet to know at the heart of oneself is the Creator.

This is your birthright, this is your nature, this is your destiny. What you are building now is the cornerstone of that structure of personality, that disciplined character, which shall be reformed and refined and refined again, until compassion and wisdom have blended as one, and all that is possible to be learned by each unique entity within the creation has been learned. Needless to say, the process is infinite.

It is also, we feel, a great blessing. For we find it a blessing to be conscious, to be able to make our choices. We are building, shall we say, the skyscraper that is based upon the firm foundation you now are laying, the foundation of accepting the unacceptable, of loving the unlovable, of changing the insult into the light touch. You have the control to make these choices at will. Each of you has this within, but how difficult, my friends, it is to call upon it. As always, we move to the suggestion of persistent daily meditation, the listening within, the learning of who you really are, the centering of oneself within the creation, so that no thing is strange and no one a stranger. Nothing threatens, but only challenges.

Try to make your decisions for love with all the passion within your heart, with all the caring in your spirit, for the depth of your commitment to the positive path of service to others in the service of the one infinite Creator will be the measure of the amount of light that you may use and enjoy when this incarnation is at an end. We realize each of you wishes to be able to use the love and the light of the fourth density. We assure you the challenges and the problems do not stop simply because the choice has been made. It is a long, long process of refinement of the knowledge that one has gained, of the biases that one has earned.

So, when you see the repetitive event, analyze with the mind, ask the intuition, in dream, to speak to you upon the subject, begin to discover the nature of the change that will bring into the situation a balance of love. And when you have decided what that action is, quietly and confidently and doggedly do that, in the face of the repeated catalyst. Without the reaction of bias towards difficulty towards you, actions towards you meant to harm or inadvertently meant to harm, cannot touch you, cannot come close to you. You are forging the foundation of your very being as a metaphysical entity. In this particular density, by the choice you make in this density and by the excellence with which you make it, so you create the atmosphere for that which must be refined and refined and refined until that which is left of the personality is that which is of the Christ-self and the rest has been burned away, that one may be truly be the earthen vessel that holds great treasure. That treasure is your Christ-self.

Before we leave this instrument, we wish wholeheartedly not to be [discouraging]. You may think that you have made many mistakes. You may think that you have failed many times. This is not important, this is not what should be upon your minds. Rather, immerse yourself in the present moment, for each moment your life begins now, and each moment, the old life is ended. There is the constant opportunity of renewal, growth, inspiration and positive change. To learn to flow gracefully with the tides of experience is indeed the work of the pilgrim sailor who seeks the land of milk and honey. It is there, my friends, it is there. And all that is broken shall be healed.

You may yourself accelerate this process, with your trust, your love, your refusal to allow the weary world to influence your consciousness. We join in mediation not only at this time but at any time you wish to have a meditation partner. It is our honor to add our vibrations to yours. We do not speak at such times, but only share in the holy silence of sacred ground. Please be aware, as always, that these are our opinions and are not to be taken as absolute truth, for we know no absolute except that All is One. Each of you seems to be separate, yet you all are one. You all are part of the Creator.

We would leave this instrument at this time with many thanks to the this group for its excellent focus and energy for this contact, for this instrument has been much aided thereby. We are those of Q'uo, and would now transfer the contact to the one known as Jim, in love and in light.

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(Jim channeling)

I am Q'uo, and I greet each again in love and light. We are honored to offer ourselves at this time in the attempt to speak to any remaining queries which those present may have. Is there a query at this time?

Questioner: Are there ways to learn clearer communication for people who have trouble communicating?

I am Q'uo, and am aware of your query, my sister. The easiest answer that we have for that query is simply to practice the communication. To be more to the point, it is well if one become familiar with what one feels in any particular situation so that one may have the deepest truth from which to offer the communication. It is also quite necessary that there be a certain level of trust developed between those who would seek clear communication, for the clarity of communication may reveal, in the same clear light, some indications or messages that may make one uncomfortable, and it is well that each in the relationship trust that there is no harm, shall we say, intended, that each is searching in virgin or new territory within the self and may be as perplexed as the other at what is found there.

It is well to enter into communication with the desire and the intention to speak that which is felt and that which is true for the self with the attitude that it is not the final answer and that it might become a stepping stone toward that which is desired, if the clear communication has uncovered that which, though not desired, is truly the case at that moment. Thus, the trust is the foundation stone between the two who seek clear communication. And upon that foundation stone of trust may be added the speaking of that which is truly felt as a portion of the communication that shall continue to reveal a balance and a harmony that can be found when the communication has been clear enough for long enough that the, shall we say, whole picture begins to be seen beyond the boundaries of what is felt and thought by the self, by each self.

Is there another query, my sister?

Questioner: Well, just the observation that from what you said it seems that in third density we have absolutely necessary suffering because of the fact that change is painful, and I was wondering what consolation, what boon/goal, what healing lies in place *(inaudible)* so that one is not so bruised, so that one has an ability to heal?

I am Q'uo, and am aware of your query, my sister. The boon, as you have called it, is the positioning for creation of the self [by the self] through experience and may take the form of the concept which you know of as faith, for though the trail may be long and difficult, there must be the faith within the seeker that there is a reason for traveling the trail. The seeker may turn to those sources of inspiration that are found in your literature which record the voices of those seekers of your past who have traveled this same trail and left records that illustrate the reality of their faith and of faith that might be found by others of their kind on similar journeys. One may look to such sources for a kind of inspiration that speaks to a deeper portion of the self that is beyond the confinement of your narrow, walled illusion and which vibrates in recognition of the truth when it is heard by these voices who have traveled the same journey.

Thus, the inspiration of others may speak to that spark of the self that we have called the Christ Consciousness and in which the still, silent moments of reflection and contemplation and meditation and prayerful attention cause a feeling of purpose and goodness and direction to well up from within and bolster, shall we say, the faith that has been nurtured by much experience through each seeker.

Is there another query, my sister?

Questioner: No, Q'uo, but I'd like to share with you a short hymn that I've been singing since I was a little girl, and I think it's really what you are saying. It's called "Temper My Spirit, Oh Lord."

Temper my spirit, oh Lord Keep it long in the fire Make it one with the flame Let us share but one *(inaudible)* desire.

(Inaudible)

Temper my spirit, oh Lord.

I am Q'uo, and we listen with joy at the resonance in our own hearts to those words of your hymn. We thank you, my sister. Is there another query at this time?

Questioner: How can a person know the difference between life situations which are a part of a general learning experience and negative life situations [which] come along that may be defined as a psychic

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greeting which appear to be an outward attack on a person, possibly as a result of their seeking and possibly as a result of changes they have brought about themselves as a result of seeking? That's my question.

l am Q'uo, and aware of your query, my brother. We would suggest that there is, in fact and in function, no significant difference betwixt the situations which you describe, for each offers the opportunity to learn, one at a level we would describe as ordinary, or common, the other at a more intensified or magnified level of—we search for the correct word within this instrument's mind—level of intensity is the closest which we may find. Each offers the same opportunity. The attention may be more focused by that experience which you have described, the psychic greeting, for the experience is more intensified, but though it has the component of those of the, shall we say, loyal opposition, the initial choice was your own, and you are thereby experiencing that which is yours in a more lucid or vivid fashion.

Is there a further query, my brother?

Questioner: So, just to get an understanding better, what you are saying is that we deal with each situation the same way without trying to make a differentiation of what it might be? Or do we have different ways of dealing with it depending which way we perceive it to be?

I am Q'uo, and am aware of your query, my brother. We mean to suggest that there can be no psychic greeting component without your free will choice in an area which lies within your course of study, shall we say. There may be no obstacles placed in your path by those who are of the loyal opposition, as we have described it, but those entities may magnify those experiences which you utilize, though we must at this time suggest that this phenomenon is far more unusual than most entities would imagine, for most of the entities within your illusion find themselves moving between the choice of service to others and service to self, and have not moved far enough in either direction to attract the attention of those who would choose to manipulate that movement.

We also suggest that it is not a point to be overly concerned about, for your life pattern will be as it will be, and will include those lessons that you have chosen, and there is no need to concern yourself about the factor or entity outside of the self, but there is great need to look carefully at that which is within the experience of self at the moment of experience in order that the heart of the self may be expressed as clearly and as cleanly and as spontaneously as is possible, whatever experience one encounters.

There will be those elements that are of an exterior nature, whether they be third density entities or those from higher densities. The important ingredient is the perception and attitude of the self as it takes part in and responds to those experiences that belong to it.

Is there a further query, my brother?

Questioner: No. I appreciate [the answer as it has been given.]

I am Q'uo, and we thank you, my brother, for your queries. Is there another query at this time?

(Pause)

I am Q'uo, and we wish to thank those gathered this evening for offering to us the desire to know more of the nature of your own experience and its relationship to the plan of evolution which each of us finds ourselves moving within. It is a great and mysterious journey that each of us undertakes when we seek to unlock the keys to the fundamental questions of the nature of our lives of the creation about us and of our source and destination in this great experience of life. We bless each which moves upon this journey, and we thank each for allowing us to join you for a step or two along your way. We take inspiration from your efforts and we hope that we may give you inspiration with our information that might be helpful upon your journeys. We cannot thank you enough for your very being and for your gracious desire to share with us. We are those of Q'uo, and we take this opportunity to leave this instrument and this group at this time, leaving each, as always, in the love the light of the one infinite Creator. Adonai, my friends. Adonai.

(Carla channeling)

[I am Yadda.] I speak only briefly. But wish to say to each here, there is one thing which acts as a brake, a stopping mechanism on the learning, and that is fear. When one is afraid, one cannot see whole and unity. Many of your concerns are only fears, and fear is an inappropriate emotion, for you have nothing to

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fear. Where can you go except the creation? Who can you be, except yourself? You can never be crushed.

It is simply that you, for a time, might decide to be afraid. What are you afraid of? Speak your mind and never worry about the reputation, the opinion of others, or even your opinion of yourself. But do the walk you came to do, and lose the fear which stops your evolution. Replace it consciously. Give it a good hour without fear. With hope and faith, these are the keys, not fear. Not the one who is unworried but simply the attitude of being a positive and loving positive and let people deal with you as they will. You are responsible for yourself. You may be as happy as you chose. You lose the fear, please.

We thank this instrument. She not challenge us to death this time. We have learned that we must follow her wishes or we cannot speak. So we thankfully [leave] in the love and the light of the One Who is All. I am Yadda. ♣

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Sunday Meditation
July 23, 1989

Group question: The question this evening has to do with catalyst and the use of catalyst in the seeming synchronicities or coincidences in our lives where there is a change in direction or attitude or content of the life pattern. How do we utilize catalyst in this way? Do we draw it to us by our previous work? How do we prepare ourselves for it, and when it shows up, how can we best take advantage of it so that we actually do move ourselves along the evolutionary path?

(Carla channeling)

I am Q'uo. I greet each of you this evening in the love and the light of the one infinite Creator, the one original Thought of love. We thank you for the generosity of your spirit in asking for information upon subjects which seem abstracted from the daily pattern of mundane activity. Yet by calls such as yours, we recognize those who have committed themselves towards accelerating paths of their spiritual evolution, and we salute and greet each as colleagues upon the path of seeking the knowledge of the truth.

The question which you ask this evening is many-faceted. There is no error which an entity may make during which an opportunity for growth and learning is forever past. Each seeker has an infinite amount of time to learn the lessons of this density, to grasp the illusory nature of all that is born, blooms, withers and dies. Each of you hungers for a food which is spiritual, for part of you is an imperishable being of light and that portion of you is your reality. That consciousness is not only your consciousness, but within it, largely in the deeper portions of the mind, lies the entire creation.

The process by which each of you has chosen in an incarnational pattern for this incarnational experience, is one's own judgment of oneself. We realize that much has been said in spiritual literature about judgment, however, it is impossible within the illusion to judge in any way the effectiveness of what is being done. You cannot know what your score is. You cannot count up wisdoms or number strategies of meditation until you reach enlightenment. You merely put one foot before the other before a very long and dusty road. It is the road less traveled, as this instrument would say, and it does make all the difference. You have decided to seek in a theoretical and abstract way the nature of the composition of your consciousness. We find that this concern moves to the heart of the reason for third density being as intense an illusion as it is. It also explains the necessity of continuous spiritual coincidence, which some may call synchronicity.

When one first comes into the realization of one's own self-consciousness as being something more than the brain of an animal which carries you around, each responds by moving towards

knowledge, seeking to know the answers to questions. Where one begins seeking is largely a matter of free will, for in few cases do the very young remember anything of the undistorted images of light which express a spiritual entity. So, each of you has planned before this incarnation, with the aid of the higher self, those things which are needed to be learned within the incarnation.

Now, each of you also came primarily to serve, and by focusing daily upon the Creator, you have served and served well. And each moment that you spend consciously aware of your relationship with the Creator is a moment in which the consciousness of the planet upon which you abide [is served]. You have no clear idea of the kind of light source that you can truly be and that each of you is from time to time.

Now, there is destiny, let us say, but there is not predestination, that is, in no way is an entity's life fixed. It is malleable as a soft piece of new clay. The entity begins the incarnation forgetful entirely of all its good reasons for choosing this parent, that sibling, this situation, that relationship. Rather than wasting the time of pondering these things, we might suggest that it is an act of faith to trust that whatever is happening at the moment is what should be happening at the moment, and the only important thing is that you approach the moment with the resonance of eternity within your consciousness so that the mundane and grimy world cannot touch the light being that you are, nor can it touch your ability to act as a channel for love and light to those who suffer in one way or another.

You and your higher self, before the incarnation, have chosen what in most cases is a difficult incarnational pattern. The reason for this is that each entity to whom we speak has the capacity to graduate to the fourth density, to accept more love and more light, and to live in a denser light within this illusion, each of you. Nevertheless, each of you came first to serve, and then only secondarily to work upon the personal consciousness. This is a situation such as your Red Cross might answer in case of peril on a large scale.

We visit you by thought because there is a great call for information of this type. As when people attempt to move into the established forms of doctrine and dogma of religion, they simply cannot any longer accept symbols that have become meaningless to them. Thus, you may find yourself creating a personal philosophy, religion or myth. The words are interchangeable. For it is important that those who walk the spiritual supermarket look carefully at each choice on the shelf, each path to the Creator, and then choose one and follow it persistently and deeply. Those who never begin to move toward the center of things, those who continue walking around the rim—we correct this instrument—the rim of the wheel of life, cannot polarize in either direction, and therefore will not be able to express the joy and the passion and delight in the light that is necessary for movement, comfortable movement into fourth density.

Let us speak now of spiritual coincidence. As we have said, there is destiny but not predestination. You are co-creator of your life. The portion of you that is co-creator is the portion of you that began the incarnation as complete, chaotic, unruly willfulness. The portion of you which remains ever the same is the Creator-self within. Now, because of this sameness, this complete congruency betwixt all individuals in their most basic makeup, the universe may be seen to collapse into a field of unified consciousness. This is the very long and slow movement back to the source which each prodigal son and daughter decides to take.

Spiritual coincidence is often used in order to offer proof of a subjective nature that one has hit upon something that it is important about which to think, or has somehow blossomed and begun to manifest in a new and different way, and signs are there for you alone, to reassure you that your job is being well done. Likewise in sadness, in grief and in frustration, there is always comfort available, for each is nurtured by the one infinite Creator and no entity need be or feel alone at any time.

Spiritual coincidence is also used in another way. It is used when one is attempting to learn a somewhat complex lesson and the higher self finds its conceptualized lesson to be distorted by the illusion in one way or another. This means that, for awhile, the work in consciousness which the seeker is doing is either delusive and even vain. At that point, often a spiritual coincidence will occur to express in some radical way the need simply to pay attention, to remember who one is and who one's Father and Creator is.

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So, some spiritual coincidences are set up to encourage and console the weary-footed seeker. Other spiritual coincidences occur so that one may take another and different look at the same challenge of love. There are many, many things to learn about loving. Few there are who may love unconditionally within your density. There is always the temptation for the bargaining, the rights of each, and so forth. When two entities who are mated seek together, you may find the spiritual coincidences mounting rapidly because each mate teaches the other. Each offers a fairly undistorted mirror to the other self, enabling that self to see itself in an objective way; thereby, intuitive or rational decisions can be made and change occur.

Thus, when there is a seeming synchronicity that has entered your life pattern, allow yourself to be completely fascinated by it and to follow the trail that it leads you to. The forest of ignorance and unknowing and indifference blocks the sun from many. Thus, we urge each not to become calmer and calmer, but rather to become spiritual warriors. Those who take advantage of the challenges of this very precious, small portion of time which is your incarnational experience, you will find that there is a good deal of change involved in deciphering spiritual coincidence.

You will also find at the time it occurs it may seem to be a disaster, for when one decides to manifest in another way, when one decides to discipline or change one's personality, one must, in this instrument's terms, dump programs that have been working and set in place within the bio-computer of your mind for time long enough for the habit to be very difficult to break.

When you recognize synchronicity, there is the key, the clue, the harbinger which says, "Pay attention, find the love in this, this is your challenge, this is your pattern." Move and flow with it without resistance. We are aware that there is nothing harder for any entity to do than to have blind trust and faith that all will be well. When difficulties seem to be large, perhaps even insurmountable, when the juice of gladness and joy seems to have left and the life seems empty of true purpose, this also is an excellent time to meditate upon and to analyze one's emotional and physical environment, for a truly exhausted soul will often need to sit by the road for a time and refresh itself.

Thus, we encourage each to be completely non-judgmental of the self or others, to appreciate the validity of subjectively interesting spiritual coincidences, and to realize that the seeker enters an ordeal. The seek—we correct this instrument—the seeking of the Holy Grail might perhaps be the best way to express the journey that each is on. Each yearns for the food of eternal existence and in the day-to-day cares of the world, love can become sour, trust can become embittered, walls can be built that can't be broken down.

In order to avoid slowly building oneself into a fixed position which you [as] an entity do not like, it is well to make every attempt to flow through the changes and not hold on to any truth, but rather have faith that that which is true at this time is indeed valid, but that at sometime in the future you may find another learning which gives you a deeper understanding of the particular lesson that you are attempting to learn.

It is much more exciting for entities to learn efficiently, but we find that your people do not learn efficiently and we find that most third-density entities do not learn efficiently. The inefficiency of the illusion as far as its offering to the seeker any outer proof of the existence of eternity is simply not there. So each must gaze upon the catalyst before him and say quite seriously, "What has this to do with me? What would be the way to serve, the way to unburden, the way to console, the way to bring light?"

Therefore, we very much encourage each to recognize the great importance of subjectively interesting spiritual coincidence or synchronicity, and to gaze keenly at the situations either by intuition or by analysis or both, seeking out what pattern is being repeated in this particular situation. For each of you, my children, has an incarnational pattern with one or two basic lessons which you wished to learn.

Now, mind you, your anxiety is not because of your own learning, for each of you wishes far more to aid others than each may take seriously the self. We would suggest that each continue to attempt to serve others, but that each take oneself more seriously. We do not mean that you should lose your sense of humor. That is certainly necessary within an illusion such as yours, which is quite comedic, we find. But in order to avoid becoming a pawn in someone else's

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game you must grasp the dimensions of the understanding that is being asked of you, and then to the best of your ability attempt to learn and to manifest that new understanding, to undergo the pain of transformation and change, and to use the energy of that pain for a building of a new and higher truth for yourself.

There are few who examine the life minutely, moment by moment each day. Most entities are content to be intro—we correct this instrument—introspective from time to time only. It is well to never focus upon oneself to the extent that one is oblivious of other's needs, but it is also most important for each of you, my children, that you respect yourself, that you move within your consciousness as on holy ground, for all of creation, all of love, dwells within the infinity of your deep mind.

If you wish to work with spiritual coincidence more intensively, the writing down of the dreams when one awakens is an helpful adjunct to silent prayer and meditation. In the silent meditation, one simply is with the Creator, and slowly, the self of each self in that atmosphere becomes and is the Creator. This is the depth and the resonance of the present moment which infinitely intersects with eternity. And the more consciousness that each has of the eternal moment, denying time and space any final reality, there is a great opportunity for that entity to find knowledge that is being sought. Then there is the responsibility and the duty to put into action those things which are learned.

May we say in reassurance, that it matters not how many times you may misread the will of the Father for you, for in each situation—synchronistically, if you will—events will fall in such a way that you are presented once again with the area of learning to love that you have been working upon for some time. It is well to know one's incarnational goals, not only in service to others, but in terms of honoring the self as a portion of the creation enough to place that self in a meditative state where there is light abundant and food plentiful for the soul and the spirit.

Daily meditation, as always, is something which we feel is at the heart of one's acceleration of spiritual growth, but never think that you are being moved about by destiny. This is not so. The free choice is always your own. If you do not wish a lesson, if you are too weary, you may simply sit by the side of the road and let others go by for awhile. And when you are refreshed, you simply begin again where you stopped. There is no hurry, there is no worry, there is no concern, there is no attachment. There is only the challenge of the chase for the Grail and the infinite satisfaction of spending time with the one infinite Creator. Indeed, each time the mind turns to the Creator with a word of praise or thanksgiving, the service rendered thereby is incalculable. Each time that each may smile at the stranger, or comfort, or help one who needs it, each is expressing a kind of consciousness that one is attempting to learn, that is, unconditional love.

So it is as if, say for instance, you wished to drive to the town of Chicago, you may go by one way or by another. You may sail about the world or drive the distance in a very short period of time. Eventually, however, you shall arrive at that destination which is yours. So nothing is wasted and nothing is lost in processing catalyst in a biased fashion. You are, of course, attempting to hone out of the stuff of which you are made, that is, free will and the Creator-self within, a self in which the will has become disciplined.

And one thing that spiritual coincidence does for those who heed it is encourage them upon their quest. When one is in a deep feeling of despair, one is still a hologram of the one infinite Creator. There is no way one is not going to get to Chicago, if we may continue the metaphor. It is just that there are many, many roads, some shorter, some longer, some easier, some more difficult. The measure of an entity's spiritual mettle is basically the entity's ability to express faith that all is as it should be and that there is love in the moment. This takes a complete, blind trust and faith because the illusion has been designed for you to see a fairly large portion of negativity within the relationships one has, the friendships one has, and the wars and rumors of wars of those upon your planet who would wish …

(Side one of tape ends.)

(Carla channeling)

… The instrument has just informed me that she would wish that I transfer this contact at this time, for we seem to have spoken in enough of a volume of your time that were we to be longer, we would lose you, as this instrument would say, as each drifted sweetly off to sleep. Therefore, we would

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close this meditation through the instrument known as Jim. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and light through this instrument. At this time it is our privilege to ask if we might speak to any queries which yet remain upon the minds of those present. Is there a query at this time?

Questioner: To continue the analogy that was presented in tonight's session about a trip to Chicago, I wonder if there would be the possibility of an accelerated path to Chicago, maybe to use an analogy like time travel. In other words, how does an entity accelerate along the path to reach the ultimate goal?

I am Q'uo, and am aware of your query, my brother. We may suggest that there is that which you call the accelerated path, that path being the one which is consciously chosen and followed. This is in contrast to the path which many of your peoples follow, that which is, as yet, less a conscious choice than a preincarnative and subconscious choice, that uses catalyst far less efficiently than does the path that has been carefully considered and has been consciously made the focus point of the life pattern by the seeker.

We are aware that you query as to the possibility of further accelerating the consciously chosen path. In this regard, we may respond by suggesting that as one carefully considers the daily round of activities and the seeming coincidences that present themselves in such activities, that one then follow the product of the intuition and the analysis as soon as one is aware that there is a direction which feels appropriate to the heart of the being. There is much within your illusion and your life patterns that is of mystery. As you are able to sort that which is of most value from that which is of less value, you will find yet that there are still choices to be made, and contemplation, meditation, and the prayerful attitude to be undertaken in the evaluation of the most efficient choice.

If one is able to move in harmony with these feelings and contemplative products of meditation and a prayerful attitude, one will be moving as quickly as it is well for one to move, for there is within each entity a rhythm, shall we say, of awareness that presents itself as a kind of pattern that offers the surest and most stable growth possible. If one attempts to move more quickly than one may successfully assimilate lessons and learning and service to the heart of one's being, there is danger of overloading, shall we say, the spiritual and mental emotional circuitry of the mind/body/spirit complex. It is well, therefore, to move with some stability as well as with [the] eagerness of the seeker which sees, if only faintly, the goal which is in reach.

Is there a further query, my brother?

Questioner: Not at this time, thank you.

I am Q'uo. We thank you my brother. Is there another query?

Questioner: Yes. I'd like to ask about … I'm a little confused about how the mirror image works in the mated relationship. I—it seems like maybe one person is really patient and the other person is impatient, for example, and I'm sure that's part of the Creator's way of showing us that each of us contains both the patience and the impatience. But what if you, say, if you consider you're the patient person and you're seeing the impatience in the other person, does that indicate that you need, or that you feel that you should become more patient than you already are … um … I'm kind of confused how this works, how to best utilize this system here.

I am Q'uo, and am aware of your query, my sister. We shall do our best to respond in the manner which is most helpful.

The mirroring effect that those within the mated relationship experience is an intensification of the mirroring effect that is experienced by each entity at all times when in contact with others. It may be noted within the mind, when there is an interaction between entities, when a thought, word or deed that has been shared remains within the thoughts that you think and remains with a certain charge, shall we say, when there is a response by yourself to any thought, word or deed of another that causes you to move from the center of your being, and causes you concern of any kind, you may notice the mirroring effect as it is generated from your own subconscious mind.

This is to say that you have before the incarnation chosen certain lessons upon which you shall apply yourself. You have therefore biased your perceptions in a manner which will allow you to see what we may call a neutral experience, or neutral catalyst, in

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such and such a fashion that is in accordance with your preincarnative choices. Thus, a number of entities may witness the same exchange of experience and respond by feeling a variety of responses. This is due to the unique nature of each entity's preincarnative programming and subconscious bias.

Thus, whatever experience you share with another that leaves its mark upon your memory is one which you would do well to consider within your own meditations, to look within your own self to see what significance this experience has. Then one may, in a meditative state, look at that experience within the life pattern to note the repetition of this experience or similar experiences, and begin by this analysis to discern the deeper pattern that comprises the lesson that you are attempting at this time to learn, and which has been signaled by the experience shared with another that registered a strong emotional response in your own being.

Thus, each life pattern is unique and the response to various stimuli or catalyst is also unique and may be observed for the impact that it has on the self.

Is there a further query, my sister?

Questioner: No, thank you, that was very helpful.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: Well, I'd sort of like to go back and look at the situation such as R's, which is very common, where a person is not doing something that he feels expresses himself, but rather puts on a mask and expresses a persona—a part of the self, but not the whole self. And again and again an entity has attempted to move into a different direction, yet each time, as R said this evening, there is some compelling reason to return to a kind of irreverent humor which is considered by the entity to be perhaps less than completely helpful in service to others. What is going on when this kind of yellow-ray difficulty occurs with the society, with work, and so forth?

I am Q'uo, and I am aware of your query, my sister. One may look at each life pattern as having various vehicles for expression. The relationship with the mate is one of primary importance. The relationship with those with whom one labors in the daily round of activities is another. Each relationship or situation of an enduring nature that one encounters in the life pattern may be seen as the vehicle through which the preincarnative choices find a field of play, shall we say. It is within such relationships that those opportunities to express the lessons and services preincarnatively chosen appear. It is less important to the supposed effect upon another entity that one may assume has been made than it is to observe the effect of the experience upon the self.

It is well, therefore, to look not so much at the vehicle by which or through which one is expressing the self, as it is to look at the feeling or tone within the self that is, shall we say, the motivating force for the expression in such and such a manner. We would recommend, therefore, that there be less emphasis given to the form or framework within which lessons are attempted and more emphasis be given to the motivation for those structures that are built and operated within for the purpose of attempting those lessons.

Is there a further query, my sister?

Carla: No, just an observation. You sounded … very good and I really appreciated it. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I guess I do have one more. I was conjecturing it to myself earlier today. We were talking about time being different in different dimensions and being experienced differently in different dimensions and I thought, well, gee, you know, we experience time differently in a subjective sense in this illusion even. I mean, even with a clock ticking all the time and saying what time it is, if you don't look at the clock, if you're doing something you really dislike doing, a minute can last about three hours, and if you're doing something you love doing, three hours can last about a minute. So time is very malleable and obviously an illusion, a subjective illusion, even while the clock ticks on in the illusion, you can see through it even though you're within the illusion. It's one of the easiest things to see through, and I was wondering if in the higher densities, the reason that there is so much time in human terms, you know, millions of years to work on lessons, that perhaps, subjectively, that time is not experienced as a long, long time but rather, is experienced as a time of concentration in which all sense of time is lost while one attempts to learn a very refined lesson.

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I am Q'uo, and am aware of your query, my sister. We shall attempt to describe this function of time by suggesting that the fluidity or quick passage of time is a function of the lack of resistance to experience. To state this in the positive sense, the ability to move in harmony with one's experience allows the dissolving of the barriers of time for that entity as it is able to move in harmony.

Is there another query, my sister?

Carla: Oh no, thank you, Q'uo.

I am Q'uo, and again thank you, my sister. Is there another query at this time?

Questioner: I sense that the energy of the instrument is getting low at this point, so perhaps maybe just a brief answer can be given about the use of magnetism, on what we know as Atlantis.

I am Q'uo, and am aware of your query, my brother, and we appreciate your concern for the energy of the instrument, for it is quite low at this time.

The entities within the Atlantean culture were in many respects quite successful in utilizing various means of tapping into what might be called the intelligent infinity or infinite intelligence of the creation, thereby bringing through a kind of intelligent energy which was utilized in many ways to technologically advance the culture. The use of the magnetic field of force as well as use of the energy contained within the atom and use of the crystal for penetrating intelligent infinity was made by a careful application of trial and error testing as is the way of the rational and, as you call it, scientific mind.

The utilization of these forms and forces was, for the most part, an exercise in the mundane application of energy for the use of but a few within the culture and at the expense of the majority of entities within that culture. There were those who felt that the mental discipline of the personality would yield far greater results for both the individual and the culture, and these entities, before the down-sinking of Atlantis, chose therefore to remove themselves from this culture to distant locations upon your planetary surface in order to continue the metaphysical studies that they felt would provide greater opportunity for learning and for service than would the utilization of the technological means of gaining and of applying the intelligent energy through the use of magnetic fields of force, through the use of crystals, and through the release of nuclear energy.

Is there a further query, my brother?

Questioner: No, thank you.

I am Q'uo, and again thank you, my brother. Is there a final query at this time?

Carla: All right, I have a question. The negative entities that seem to be coming among us at this time in spacecraft seem bent on manipulating our people for some reason. Could you comment on that at all?

I am Q'uo, and am aware of your query, my friend. Our comment upon this phenomenon in order to avoid the infringement upon free will must be of a general nature, for there is much activity within the various cultures of your planet at this time that is, shall we say, of the planetary again, and must remain mysterious in order for the free will of the general population of your planet to be maintained. When there is sharing and opportunity of sharing that which is helpful in the positive sense of service to others, as is the growing experience of your planet at this time, there must also be the balancing opportunity for the population of your planet to choose the path.

Therefore, the experiences of which you speak are a portion of this opportunity. The choice, however, remains always, with each individual to look upon the creation about it, either as that which is an extension of the self and that which is helped by the services of each entity, or as that which is to be controlled and plundered for the benefit only of the self or of the group to which the self belongs. Each experience and each entity shall therefore find a free range of choice available. The experiences that you refer to are much in the minds of those who work within the metaphysical studies at this time, for there is also at this time much of light and service to others that is moving as a conscious experience for a greater number of the people of this planet.

At this time, we shall thank each present for inviting our presence in your circle of seeking this evening. It has been a great honor to share that which is ours to share with you. We wish to remind each that we are but your brothers and sisters who have perhaps moved a bit farther along the same path that you travel than have you, but we do not wish any word we have spoken to serve as a stumbling block to you

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upon that path. Therefore, if we have spoken any words which do not ring true, please forget them at once and use only those concepts for which you feel affinity. We are known to you as those of Q'uo and we leave each at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✤

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Sunday Meditation
July 30, 1989

Group question: The question this evening has to do with the ability that many seekers have when concentrating carefully and working diligently to stay centered within themselves so that they are aware of their feelings, their actions, and the meaning of both. But what do you do when you partake in the daily round of activities and you don't have that steady concentration? How do you maintain a contact with the center of yourself so that you're able to take advantage of the opportunities for growth that present themselves? How do you keep from getting off the track and getting lost in the television, the mundane activities, the conversation, the emotions of the moment?

(Carla channeling)

I am Q'uo. I greet you in the love and the light of the one infinite Creator, and thank you for calling us to share with you what humble information we may have. About the subject of living the life of the monastery in the seeming non-monastery of the mundane world, we are most happy to take up this subject, for it is central to the process of polarizing in consciousness towards service to others and an awareness of the Creator's love for you and your adoration of the Creator who has made all things well.

As always, we ask that you remember that we are not infallible, that we still have much to learn, and that as long as we have identity, we will be making errors from time to time. The only lack of error lies in non-polarized love, and that love is a love so intense that it [vitiates] the necessity for a conscious personality. It is, therefore, stored within the Creator as the active principle of the Creator when eventually we each return to our source.

It is written in your holy works that the teacher known to you as Jesus stated that birds of the air had their nest, but that the son of man had nowhere to put his head. This was the simple truth. This entity did not operate from a home base of any kind, but rather was peripatetic and walked to different places to learn and to teach and to inspire and to fulfill that purpose for which he accepted incarnation in third density.

This entity's life, like all entities who are sons of man and daughters of man, was the experience of the endless journey. Those who choose to sequester themselves—we correct this instrument—from the mundane world by moving into monkhood or the nunnery or some specific way of organized religion supporting those who are contemplatives, these entities remove themselves, they think, from the catalyst that they would experience as ordinary citizens who are not specifically religious or of the cloth, as this instrument would say. This is a snare and a delusion.

Humankind is equally confused and unbalanced in various ways throughout all populations, whether they be monasteries, colleges, towns or countryside. The holiness, the steeping in sanctity that is available in this life of monastery living becomes the daily round, the normal routine, the working. Mundane personalities clash between brothers and between sisters. Authority finds itself in confrontation just as much within so-called religious orders as in any other job. This is not to say that we would discourage people from becoming ministers, monks or nuns. It is merely to say that the same temptations, distractions and waywardness will await those who move into a specifically religious lifestyle to the extent that each as an entity needs catalyst. The catalyst will be there. The thought of the protection of the monastery may well be comforting, but in years of experience of living in such a community, any thoughtful religious person living therein would say that there is mundane activity that must be done always, that there is no escape from the surface of life.

Now, we would like to offer you some thoughts on the subject. There are a variety of ways to gauge centeredness to your own satisfaction. We would first indicate that a way that is considered mundane of experiencing the Creator is the making love with the intention of experiencing the Creator, for within the Creator's love, the one original Thought is a manifestation in third density in red ray which you call the orgasm, and at those moments you are experiencing the love of the infinite Creator in an undistorted fashion. This is the steady state of the Creator. This is the nature of the Creator—joy, bliss, ecstasy and peace, all in the name of love.

As you gaze at each of your energy centers, though, those controlling your relationships with yourself, others and the society, you may find many, many ways to see the holiness and sanctity of apparently mundane things. Because you skate upon the very thin pond ice of life is no reason that you cannot make the hole in the ice and dive deeply into each moment. It is simply a matter of beginning to recognize that which is holy, that which is blessed, that which is beautiful, that which is true in the common, everyday round of activities. Any work, as this entity is aware [a brother once] has written[1], is completely spiritual if it is done for the love of the one infinite Creator.

We say this first because we wish you to know that it is not a hopeless task that you gaze upon, but rather an endless journey which is more and more rewarding. Going through spirals of learning, painful change, peaceful plateaus,and new learnings, pain and new peaceful repose—this is the surface of your life. Do not consider for a moment that your conscious mind is all that is responding to the perceived catalyst.

While the conscious mind is busy with the numbers, the letters, the chores, the subconscious mind is seeking the Creator in those who wish to move toward polarity in service to others. The foundation of this double consciousness, where one is capable of completing all mundane tasks necessary while remaining aware of the one infinite Creator, has its foundation in meditation, that is, the silent meditation of listening without any expectation, just listening.

Each entity will feel the presence of the one infinite Creator in a different way. Some feel it in the heart, some feel it more cerebrally, some feel it with a deep emotion tone that cannot be described. But once this direct experience of being with the Creator has been recognized, acknowledged and praised—and this is available to any who are able to make love—the journey is well begun and it simply requires a steady, persistent effort to observe the thoughts which move through your mind complex, to discard those which do not seem proper, or if unable to discharge them, to experience them, knowing it is a part of the catalyst of your particular lesson and feeling neither anger nor disappointment at the Creator or at yourself for becoming stuck in the mire of every day and loosing the contact of the heart with the Creator within.

It is very important that each who attempts to accelerate the pace of the spiritual evolution realize that this will be done through a series of failures as well as successes, each failure being as important or more important than the successes because of the situation in which one decides one must change. This changing to come more into line with full consciousness of the Creator in all that is is a long,

[1] Carla: The quote is from Kahlil Gibran's *The Prophet*: "Work is love made visible. And if you cannot work with love but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy." The flavor of the whole essay is that "to love life through labor is to be familiar with life's innermost secret."

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progressive lesson, shall we say, a seemingly endless journey.

There are other techniques for training the mind to awareness that each present moment has the resonance of eternity. One way is simply to remind oneself of that fact as often as one thinks of it and to pause for a moment in praise, thanksgiving and adoration of the Creator which allows free will to its various parts, that they may learn freely, choose freely, and evolve each at its own rate.

Any of the senses can be used to remind one of the infinite Creator. The artifacts of humankind, especially the media, are excellent for the weary soul, however, this mass information exchange tends to entrain the mind, to manipulate the attitudes, and more than anything else, to emphasize the surface life which each entity finds, as it spirals through desert periods of its learning, to be completely inadequate to form a satisfactory life.

There is a good reason for this. We realize that in speaking of evolution, we speak of those things about which your culture is uneasy. However, we believe that it is true that you as entities have come to the near end of physical evolution in third density, which is surely reasonable considering how little of third density is left for each.

The future evolution of humankind will be what entities of your culture would call philosophical or religious. These are misnomers because that which is spiritual and that which is scientific are, in the end, congruent. And time spent pondering the various gadgets and contrivances which your people are so excellent at creating, you create the distraction, the unnecessary that seems to be needed, and underscore the surface of life for yourself.

Now, how shall you pull yourself up by your own bootstraps, as this instrument would say, to become true disciples of the one infinite Creator, to become those who truly wish to manifest the incredibly intense and infinite love that created all that is? To continue the point of view of gazing at the energy centers of the entity, we may say that once the full energy or prana or love/light of the one infinite Creator is able to reach the heart chakra, at that point the desk, shall we say, is cleared for work in consciousness. While one is mired in the surface details, one simply does not have the same consciousness. Therefore, we do not suggest in any way that any change the style of living, the way of laboring, the way of earning that which purchases food and clothing and shelter. We urge each to explore the resonances, the undertones and light motifs of everything from relationships to clear communication to any experience of any kind. In all experiences, you are on holy ground and the simple remembrance of this fact enables the seeking soul to polarize more and more in that consciousness of sanctity.

There is great polarization on your planet at this time, for harvest is near and some entities are as negative as others are positive and so many are neither negative or positive but simply unaware of a choice having to be made. To those we would say, drop a seed here and there, but have no attachment to that seed's growing in a way you would wish, for each entity will make its own choice for service to self or service to others. Each entity has an infinite time to do so. There is no tragedy that is truly tragedy, no loss that is truly a loss, and, conversely, no happiness that is complete on the surface of your life. But with a sense of humor and a merry will, not seriously but lightheartedly, as though it were a play, we urge each to systematically cleanse the self of separation and fear whenever it rears its head.

Fear is usually the cause of separation—fear that one may be hurt, fear that one may be passed over and so forth. Then there are fears that one may perhaps not be able to meet one's obligations. There are fears of the future and of the past. There is fear of illness, of so many things, my children, and this fear keeps you handcuffed to the surface of life. We urge each of you to dive as deeply as you can each day in meditation, and when an action is undertaken, especially in reference to other entities, whether it be the making love, the clear communication, the companionship, or the comforting, make a conscious intention of this love and pleasure, for the praise, the thanksgiving and the worship of the one infinite Creator, whose nature is so loving that it is to your third-density experience unbelievably explosive.

It is very helpful to have another entity or a group of entities with which one is seeking. This is the main use of the idea of community that is behind the monasteries, however, any group may be a support group, each to the other, if each, when the other is in difficulty and confusion, can remember that that is all right, that is acceptable, that is a portion, a natural part of the endless spiritual journey.

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The spiritually polarized entity finds things dropping away, finds the life becoming simpler in an inexplicable way, and as the entity polarizes more and more in the manifestation and fruit of service to others, there is a growing and ultimately irresistible aid in that the more one polarizes towards service to others in a natural rather than forced way, the more one begins to view what is known to you as virtue with affection and fondness rather than a weary eye for legality and guilt. You do not live to yourself. You live to others and others live for you.

Realize deep within yourself that that which seems mundane and everyday, the workplace, each environment, is in actuality the Creator speaking with the Creator in one way or another. It is much easier to see the love, the joy, the bliss and the bloom of second-density creation than it is to see the same of each self-conscious, self-aware entity which has gained the right, the obligation, in its own time to make a choice betwixt service to self and service to others.

Therefore, each entity has its own, what this instrument would call, psychology of being. For some, the simple repeating of a spiritual phrase whenever one is not specifically thinking of something else will aid tremendously. For others, the cutting off of negative thinking and the application of trust and abiding faith and lack of fear does its slow but inexorable work of clearing the consciousness that it may see, not simply what the five senses of your physical body perceives, but what your entire entity perceives. The subconscious portion of the self is well aware of the Creator in all that is, of the worshipfulness inherent in being a child of the Creator. This is very slow work. The journey is long and, [to] those who attempt to discipline the personality, to live within the Kingdom of Heaven while functioning upon Earth, is somewhat intense.

We would not urge one single way for anyone to do this work, for work in consciousness is unique to each consciousness, which is also unique. The basic premise of our suggestion is that time spent thinking of the Creator in meditation and thanking and praising the Creator throughout each day in whatever way this is desired is the way to dive deeper and deeper into the present moment where there is no fear, there is no guilt from the past or worry of the future. If you may live in the moment, you are living, as this instrument would call, the Kingdom of Heaven. Those who are truly service to others oriented are most often in the thick of things doing that which has been given them to do within the mundane world creating service to others each in its own unique way. Each of you has an unique way to be of service.

Service is largely non-dramatic and impossible to detect by one who is not aware of the process going on within you. A simple smile, a soft answer to a hard question, a way of smoothing things over in the workplace—all these efforts, all these sharings of the self and the goodness of the self [redound] to the consciousness of the planet and lighten it for you to bear fruit and bloom each time you become fully aware that you are gazing at the Creator in all that you see, and that your response need contain no fear. Each of you lives within a perishable vehicle and there is much fear connected with the body complex's desire not to end the incarnational experience. We would, on the other hand, suggest that …

We shall pause. I am Q'uo.

(Pause)

We would suggest to each that this surface illusion begin to be consciously penetrated by the heart and the consciousness. It is well to spend much time …

(Side one of tape ends.)

(Carla channeling)

… planet, in its own way remarkable and unique and all the senses are teased and delighted with the lovely smells of the various second-density things which grow within your Earth and create such beauty for the eyes. But you are third density and hoping to become fourth density. This means that your basic philosophy is that of one who runs the straight race, as the entity known as Paul has written in the holy work known as the Bible.

Never force the self to be "spiritual." Never force yourself to be good, polite or helpful but rather when you have discovered a blockage within yourself and have communicated clearly that you have a problem, move deep into your consciousness and examine that difficulty, finding the love and the lesson in that situation. There is no way of which we know for an entity to make an errorless life experience. Even the entity known to you as Jesus, who is mistakenly worshipped by many who do not

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realize that this entity was a perfect channel for the one infinite Creator, [had] this confusion. Perfect bliss is available only to those who remove themselves in solitude so that no mirrors are held up to the self and one may go one's eccentric and idiosyncratic way seeking God as it will, seeking love and expressing love as it can.

You will find that each of you has gifts and talents which can be used to emphasize the progress of spiritual evolution within yourself. We know that you wish to evolve. The simple remembrance of that wish within you creates a call and a desire which will give to you subjective experiences that build one upon the other over long periods of time, so that without judging the self, one may honestly say, "Yes, twenty years ago I did not think so much about the Creator and my imperishable relationship with that infinite and imperishable Creator." Each of you has the answer within. This is why we began with such a direct and simple example of meeting the Creator in the act of love. There is no need for fanciness of thought or great stretches of the imagination but only unreserved compassion in order to polarize more and more towards being a consciously loving and serving entity.

This instrument has informed us that we have exceeded the required time limit. We are sorry to be so verbose but this particular subject is one upon which we could speak for many hours. We ourselves are still polarizing towards service to others. This is not a short journey. This is an uncomfortable journey that is real. That which you see with your five senses is a complete illusion. That which you hear from entities who are unaware that the Creator lives within them may convince you that there are some entities who are hopeless. All contain the Creator within and this is your great guide, this is why the meditation of silence is central and why it should be as frequent as possible, preferably daily and at the same time. It is especially helpful at the beginning of the day to think upon the Creator in one way or another by reading of spiritual books, by singing of spiritual songs or by the simple going within and opening the inner door to that presence which already lies within you whole and perfect, the Creator within.

We wish each the quality of faithfulness, foolishness and persistence; faithfulness in the face of adversity, foolishness in the face of those who do not believe ideals are worth holding to, and above all, an easygoing and joyful, light touch, so that you move lightly through the illusion, always gazing at the Creator.

Again we say to you, use your environment. There is no environment that is not full of the love and the light of the infinite Creator. There is no environment which is not ripe for you to be of service to others at the time at which it is asked of you. Many are the times one must wait, for one cannot be of service if one attempts to be of service in a way that is not pleasing to the one served. But if the willingness and the unconditional love of the open heart is maintained through clearing up all lower energy blockages, each entity has a more and more available opportunity to dive into the soul of reality and to experience and bring back to this world which you now enjoy the resonances of eternity.

We would at this time transfer this contact to the one known as Jim. I leave this instrument in love and light. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We realize that we have spoken overly long this evening, but we wish to offer the opportunity for further queries to be asked if there are any as yet remaining upon the minds of those present. Is there a query at this time?

Questioner: I don't have any questions, but I would like to say that that was a rather amazing channel, and it answered an awful lot of questions and it clarified directions for me and I thank you very much for the information and for the time and the love in which it was given.

I am Q'uo, and we are most grateful to you as well, my brother, for offering the query. Is there a query at this time from any present?

(Pause)

I am Q'uo, and we are most grateful to have been able to join this group this evening and to share those words and thoughts which are the product of our own seeking, for we seek as do each of you, my brothers and sisters. We seek on that endless trail which many before us have trod and many which come after us shall also trod. We thank all seekers that offer their supplications to the one Creator, that there might be those to respond to such calls for

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service and in such response be as blessed [as] are we this evening in answering your call.

At this time, we shall take our leave of this group, leaving each, as always, in the love and in the light from the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
August 6, 1989

Group question: The question this evening is: misconceptions and unclear communications seem to be a continuous difficulty in mated relationships. Could you recommend any practices or development of attitudes that couples could share in order to clear their communications and still be able to communicate from the heart?

(Carla channeling)

I am Laitos. I greet you in the love and the light of the infinite Creator and express our delight and gratitude to be called to this group at this time, for this question is a portion of information that we, in our particular social memory complex, have specialized in. That is, the relation of self with other self within the life experience. We thank you for allowing us to be of service to you by sharing our opinions, but we wish you to understand, as always, that our opinions are not infallible, nor are we a source that can be approached as one would a holy work. We are your neighbors and we have come to help at a difficult period. Therefore, take that which you find resonating within you away with you and allow it to work within your life. But if it does not resonate when first heard, simply drop it from your consciousness, for each person's truth is different and each person's time to come to certain truths is different and you are a unique entity with the right and the duty of choosing each and every step that you take.

As we gaze upon your mated relationship in your culture we find that there is a great need for understanding of the true nature of relationships that is lacking among your people. To become mated is to become one—one flesh, one line, and one spirit. If one is not able to commit one's respect and admiration, either physically, mentally, emotionally or spiritually, then the relationship is hampered from the beginning by the lack of the other's good opinion.

The true nature of the married relationship—or the mated relationship as we prefer to call it, marriage having confusing connotations—is that each may help the other upon the spiritual path that they are making through the seeming time span of their short lives. That is what each of you does. You walk one step at a time down a road whose end you can not and will not ever see. And to have a comrade at your side to share the dust of the road with, to share the enjoyment of nourishment and water when the oasis is found, simply to go through the same experiences and catalysts together, is a very, very great service from each to each, for each has much to teach and much to learn.

Thus, in an ideal sense, we may say that in a natural way of being, insofar as the body complex is

concerned, it is the self-conscious choice of some entities not to be mated monogamously but to be mated whenever there is an opportunity. Thus, it is not the animal through which you express your being that is to blame if unwise sexual choices are made. It is the mind that needs to be gazed at.

Now, when two entities contemplate the ordeal that marriage is they must ask themselves if this is the person they wish to be yoked with until one of you dies. Is this the person you wish to serve until one of you dies? Is this a person whose conversation will not pall? There are many questions one may ask oneself. The fundamental question is, "Do you love?" and if the answer in regard to that relationship is, "Yes, I have love for this entity," then on some level of friendship, or more than friendship, is a natural and desirable outgrowth of such attractions of mind. However, entities within your culture believe, and no one has told them differently whom they can respect and believe, that it is well to marry for love and that one lives the "happily ever after" of the picture books. This is not so.

A marriage is the beginning of two paths converging together into one single, enhanced path for both. That is—we shall use the information from this instrument's connection with the one known as Jim, knowing that it is given us freely to do so. The struggle that entities who do not have instinctive understanding of each other is to communicate and it is such a challenge that people seldom are able to continue to communicate upon a subject that is difficult beyond a certain point. If entities were able to reason with each other, there would not be the discord. However, when one enters into marriage one enters into that which, by its very nature, has a strong potential of becoming an adversary relationship.

No two entities are alike. Their paths may cross here and there in the mundane sense, but no two paths are at all alike. Consequently, when one attempts to express oneself, to give information about the self to one of another sex, it is as if one is talking through a muffling device. And this is also true for women who attempt to communicate with men. It is as if all the words were somehow distorted. And this is, indeed, due to the fact that men and women do not think the same way. Women have a greater access to their deeper mind, which is the emotions, among other things.

So, you may see that the basic flaw that causes so many entities not to communicate and to have disastrous experiences with someone whom one loves, is in communication. Now, let us examine that to a certain extent. Communication speaks upon all levels of the consciousness of the entity. The giving of the self to the other's support is that which is most difficult for entities who are perhaps not entirely in agreement with their spouses. However, it is well to remember that each of the spouses is also an unique spiritual entity. Consequently, even if you are being treated as an adversary by your spouse, it is well for you to recall that you have made vows and pledged a promise to cherish an entity until this entity requests being released from the cherishing of you.

The nature of the animal which moves you about is relatively peaceful. That is, if you did not have a brain beyond that found in animal life of other species, your actions would not therefore become wicked, or what you would call wicked if you criticized your own behavior. It would simply revert to a more instinctual way of living. Each entity is free in its own right and no one can be possessed or possess anyone else.

These are all misunderstandings about marriage and mating that lead to many arguments, distressing differences, and ultimate separation Thus, it is wise to provide oneself with a partner with whom one may speak clearly. Then you merely have a fairly hard job rather than an impossible one. You and the other self make a pact to live a very poetic and beautiful life together, a life described within your scripture and your writings as most benign and helpful. However, it is not well for an entity to take for granted that because there was attraction at one time nothing will ever change. Changing is constant, especially for spiritually, consciously working individuals.

Thus, first of all, learn your own body. Learn it that you may balance it, and use it by your own will and not by its own will. This discipline of the red-ray energy is not suggested because of moral or ethical reasons. It is due to our love of free will. As the two who are yoked together to pull the consciousness of light and love into the Earth plane they may realize they have created between them the beginnings of a third entity. Each will have to change a good deal and give up much in order that one's own path and one's mate's path may remain close enough to

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communicate about. So, communication is always the key. The entity who loses the temper and raises the voice is going to accomplish nothing except a healthy release of frustration, which may well keep such an entity from ulcers or cancers. In that regard we applaud such honesty; in all others we see no use for it.

The animal, however, does have a strong fight-or-flight mechanism, and because of the derivation of your body forms you may well be aware that you are not particularly aggressive in the fact of your animal-hood. For if you gaze at your animal predecessors you may see them cooperating in tribes and families. It seems that you have known and can trust this sort of pattern. The body, however, is controlled by the mind. Even those things which you call autonomous in the nervous system may be controlled by mind. Consequently, it is well within the limits of possibility that two entities who are aware of the ordeal that marriage will be and who wish to tackle it together would be [choosing] the best of all personal reasons for the mated relationship.

When one mates due to the physical attractiveness of the other, one mates with a shell, the inside of which may be rotten, sickly or undernourished. We ask out of respect to each of you as imperishable light beings that you respect and uplift yourselves to the highest and best mated relationship that you can imagine, this simply being the specialized case that those who are workers for the light will have their light dimmed or put out by a spouse that does not like or approve of the seeking that goes on in meetings like this one.

We do not encourage you to blame your body for the difficulties that you have with another. We encourage you to realize that the difficulties that you may have with another stem from your perception that there is a separation between you. Good mates, when finding this distance coming from the other, drop all things, run to the side of the one who has fallen into error in thinking, and correct the opinion as well as possible before returning to work. After just so long a while the entity will learn not to distrust, not to be afraid. Meanwhile, there is the comfort to give, even when one does not feel it is deserved.

Marriage is an ordeal. In this instrument's mind these words are Joseph Campbell's. They are also the simple truth. Life is an ordeal. All things are ordeals of one kind or another and the mated relationship is the greatest of all challenges in catalyst because it is the most intense experience of one entity living with another, with the opportunity to choose either to be on each other's side and to be one in thinking or to be over against each other in different opinions that are hard-held so that you are unable to compromise and that separation betwixt the two of you who were so in love once wanes and dies.

Therefore, we suggest that the greatest tool in working with relationship is silent meditation, sitting together in silence. Also are exercises appropriate by which each recognizes the other as the Creator. It is a matter of turning the will to the welfare of another entity above and in preference to the will of your own self. If there is no judgment of error, but merely a disagreement, then we always would suggest that all be talked out, resolution come and unity restored in the diurnal cycle in which it was disturbed. Do not allow difficult and unhappy feelings about the mate to extend past the time limit of one daytime period, for once one begins to refrain from saying those things that bother it, from then on it becomes more and more and more difficult to communicate until finally it is almost impossible within the perceptions of those who are attempting the communication. There is anger and fear and guilt instead of love and joy and peace.

This is completely the free will choice of mated entities. They need to know their animal selves. They need to know that the animal self they came from was indeed mated, that it is the mind of man and womankind that creates multiple sexual relationships. The reasons for this are quite simple and based upon survival. They stem from an instinct as deep as that which you would call Neanderthal. And that is that one's tribe is one's family, one's group is a coherent and cohesive group and will work all things out.

When you come together in the marriage it is well to remember what is ahead because what is ahead are startling discoveries about yourself and about the entity whom you love, about how life in general happens to people upon your planet. And you may choose not to learn from this but rather to become bitter and sour and be one who whines and says, "It's not fair." But the true mate, the mate that is desirable, is one who already knows that nothing is fair within this illusion, but that a trust level may be achieved between two persons which makes it virtually impossible under normal circumstances for

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that entity to feel separated in any significant way from its mate. You have no animal's excuse for moving from relationship to relationship. You only have the cultural preference that has been fed to you time and time and time again by those within what you call the media and within the pages of many books. It is a kind of fantasy life of your population which all too often is acted out rather than balanced within the heart as it should be.

Now, we would not for the world judge anyone who has wished to make love without benefit of marriage or who wishes to make love after marriage with another. We are not condemning from that point of view. We condemn simply the breaking of a promise before the promise is discussed. However, such events put a tremendous strain upon the relationship, and it is difficult in that situation for entities not to become adversaries even if they were in harmony before.

It is a simple choice, you see, of taking the time and the effort to understand the other person's point of view. It will be radically different than your own, for men and women do not think alike, although they often come to the same conclusions. They have, shall we say, a different interior mathematical framework.

Another tool one may use to become more and more one with one's mate and to avoid the adversary relationship is to allow the child within to have its freedom, to offer it swims and picnics and joyful companionship of all kinds. Never, ever, let the joys of childhood depart from you but rather find the child within your mate and let both children out to play. It keeps you as an integrated being, healthy and cheerful. This is very helpful.

The morning meditation and any other observances which one wishes to offer on a daily basis, this is very helpful too. And, perhaps, for one who has a certain measure of will, just an intellectual analysis of the situation which explains to one that one is becoming an adversary is often enough to rein in that person who does not wish to be an adversary to one's mate. There is nothing inevitable about matings becoming boring, adversarial or unhappy. The reason that they so often do so is that people are not aware that marriage is an ideal, not a reality. Mating, monogamy and so forth, are in the self-conscious individual a choice just like any other. A choice, in this case, that is truly service to others. It is a choice each makes day by day, from the simple standpoint of sharing sexuality. That by itself is transparent. There is nothing in the exchange of sexual energy to create the fear or the distress on anyone's part. Nevertheless, we note well that within your culture such things are considered transgressions, and we would, as always, encourage each to live according to not only one's highest moral and ethical principles, but also as much as possible within the dry bones of legality.

The adversary relationship is difficult to spot until it has become full-blown. Therefore, our last suggestion to you is that each mate become to the other more of a presence, more of a warmth, more the one with the self, so that there is the intimate feeling between two that does not need to be spoken. This inner peace of high trust level, one with the other, can pull both through the crises of the incarnational experience, as they will almost never have the same breaking point in any given situation. Always one will be able to help the other.

When you spot within yourself the beginnings of disagreement, ask for a meeting. When it is convenient have that meeting and express your preferences clearly. Then your mate may express its preferences clearly. This is the beginning of what may be seen as a negotiation within a company, which marriage basically is, an incorporation of two entities into one unit. Thus, the communication is very, very difficult, at first especially. However, one who perseveres will find that the companionship, while not replacing the ordeal, does enhance the ordeal, give it soul, spirit and heart and a vector towards the light.

So we ask you to love each other, my friends, and to serve them not as you would serve yourself but as they would have you serve them. We ask each who is ready to offer the bitter answer or a sarcastic question to stop and ask the self, "Am I uniting with my mate by this statement or am I separating from my mate with this statement?" If the realization may come, then the behavior should well improve as one becomes conscious that the actual reasons for seeming incompatibility and fighting within the mated relationship is within the person itself and not in the spouse. Then one has to move into a far more responsible position within oneself, realizing that as a student of the universe each is alone with the Creator and various other principles of light and love that aid in guiding one. Ask those entities to aid in your relationship also.

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And realize that all relationships within the density that you now enjoy, with very few exceptions, go through difficult times. Not just once but cyclical. Do not be afraid of these times, but rather gaze at what unites the two rather than what separates you, one from the other. Do this for the love of your mate, for your love of self, and, above all, for your over-arching desire to be part of the good that comes to the Creator's heart.

May you lighten the consciousness on planet Earth. May each of you learn the way to inner peace. May each of you find soft answers to hard questions. Brothers and sisters, love one another. If you cannot do so right away, do not be discouraged. Nobody else can either. You have lots of time, but you must be persistent in your will and your desire to know and to manifest the truth within you, the glory and the splendor and rightness of the Creator-self within you. And that can only be crystallized and activated when the opening has been made for that energy to be moved with the help of those of us from other densities.

At this point we would like to thank this instrument. It has been a long time since we spoke through this instrument and we are most happy to have spoken with her. And we are also very thankful that the entity known as Carla who challenged [rigorously], due to the fact that the first entity that the one known as Carla challenged is already known to this group as a fifth-density negative entity capable of moving along the same basic vibratory rate as its counterpart in the physically positive sense. The challenge was successfully made and this very strong negative entity caused to move from these environs, and we thank this instrument that it does take care to preserve the purity of what we may ever so incoherently say to you.

I leave this instrument with thanks and love and in light. I am Latwii.

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and I greet each in the love and in the light of the infinite Creator. It is our privilege to offer ourselves at this time, and we attempt to speak to any queries which those present may have upon the mind. We are very happy to speak in this capacity and would remind each again that we are not infallible beings but are those who wish to share as freely as possible that which we have found helpful on our own journey of seeking. Is there a question to which we may speak at this time?

Questioner: Yes. *(Inaudible)*.

I am Latwii, and I am aware of your query, my brother. We find that the gathering together of three entities for the purpose of accomplishing spiritual work is a most beneficial circumstance when seen in a balanced sense. That is to say, there is the increased possibility of providing a framework through which and upon which work of a spiritual nature may be accomplished, for there is within the grouping of three a source of energy that is greater than the addition of each individual energy and is so in a manner which exceeds even the pairing that provides a oneness, of which we have previously spoken, that is also greater than the individuals composing it.

Three is a very stable number and form. If one observes the strength of the triangle, there is a bracing effect that is apparent in the triangular shape which provides a strength that is not matched by any other geometrical form that does not also take the triangle into account and into the construction. Thus it is as well within the mental and spiritual complexes for entities within a grouping of three.

We would, however, also suggest that due to the history of relationships within your culture, and, indeed, within most cultures of your planet, that there is a great inner and emotional resistance, in many cases, to the addition of the third member of the group, for there is quite often the competition, shall we say, that provides the catalyst within the grouping so that there is often either the spoken or unspoken voting that ends in the two-against-one verdict.

The communication that is so difficult within the mated pair becomes also more difficult within the grouping of three, for when there is the addition of another perception to a situation, there is the additional need for clearing the communication and making the effort to keep the communication clearly spoken. The chances for misperception and miscommunication are as enhanced as are the opportunities for increasing the growth of each individual within the group and of providing greater service to the group. Therefore, that which has been suggested for the clearing and maintaining of communication for the mated pair is also recommended for the grouping of three.

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Is there another query?

Carla: If he doesn't mind, I'd like to follow up on that because it's—I'm very interested in that, because we have a third person coming and because we had a three person unit before. Before the three person unit worked because the two men were not jealous of each other because I had an agreement to be sexually faithful and a good friend, and that is all that entity desired, with one of the two. With the other of the two I had a celibate, worldly, yet primary relationship. And this was understood. I find myself all too aware at this point that it is possible that triangles can, and often do, become difficult because of the angle of the sexual desire for both other entities by the odd man out, shall we say. Could you speak to that?

I am Latwii, and am aware of your query. Our response to this query must, of course, be in a general sense, for each situation is quite different from any other. There must be in such a relationship, indeed, within any relationship of three, an agreement that is clearly understood and which is valued by each entity within the threesome. This agreement is that which defines the boundaries of that which is acceptable and that which is not acceptable. It is well for each entity within the grouping of three to consider well what each desires from the relationship, from the grouping, and speak clearly these desires to those within the group so that all may be clearly understood and utilized as the means by which decisions shall be made. It is often the case that there are secret desires that are not spoken, perhaps not even fully recognized by the one holding the secret desire.

Therefore, it is well for each entity before entering into such a relationship to explore carefully that which is within the heart, shall we say, and within the mind, exploring each possibility so that the self might be known to the self and then shared clearly and truly with the other selves within the group in order that the foundation for the relationship might be built upon firm ground.

There will be difficulties from time to time within the relationship due to misperceptions. These can be dealt with with clear communication if all has been clearly revealed before entering into the relationship. When there are hidden desires there is the increased possibility that there shall be the increased difficulty at a later time within the relationship that will need resolution.

Is there a further query?

Carla: There's something I've wondered about for some time and haven't been able to figure out why it is true. It is true that spiritually I'm far more compatible with my husband than I am with most of the people at the church where I go. Yet, my husband is completely unchurched, and I myself find extreme consolation in the Eucharist and in the church beauty in general, singing the sacred music and so forth. I had chances to marry Christian people who would seemingly share my path more exactly. Yet, it was given to me not to make those choices. There was just no possibility of my making that choice. It had to be with this entity who is so different from me but who somehow seems more spiritually kindred to me than meets the eye. I imagine there are a lot of things like this, a lot of relationships like this. And I wonder what is the key, when two people are so different? What brings them together? What keeps them together? Why is a spiritual path obviously not shared literally like, "If you're not a Christian you cannot share my path," but rather in a far more broad a sense of religiosity, that is, "We all need to find some way to come to God." If you can make a question of that.

I am Latwii, and am aware of your query, my sister, and we shall attempt to respond. The desire that is at the heart of each life experience is in truth for each entity the desire to know the Creator, to know the self, to know the purpose for the life. Many have called this the seeking for the Holy Grail. This desire is at the heart of all creation for it is the desire of the Creator, which is all creation, to know Itself. There are as many means of fulfilling this desire as there are portions of the creation.

There are many entities, such as those gathered here this evening, who have put form to this desire in a manner which has meaning to the entity. The form will undoubtedly vary from one entity to another because of the uniqueness that is the hallmark of this creation. Though the forms may vary there are certain attributes, shall we say, that are fundamentally of necessity in order for entities to take pleasure, shall we say, in sharing the parallel journeys that are moving each entity closer toward the desire to know the Creator. The ability to accept that which is other than and different than and even

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to find a fascination in that which is different from the self, is of paramount importance. The ability to open the mind and the perceptions to alternate expressions of selfhood and of the desire to know the Creator is most important; far more important, shall we say, than sharing each step of the journey in a congruent fashion, for there is the enrichment that comes from contrast and comparison that does a great deal to enhance the journey of each because of the other's differences.

There is also the necessity for the breadth of viewpoint to be arranged in such a fashion that a sense of proportion, or that which you call a sense of humor, is possible to experience within the life pattern. The ability to accept that which is other than the self and other than the self's journey and to view it with sympathy, as one views the self, provides the opportunity for the humor to infuse the relationship and the seeking within the relationship with a vitality which enhances the journey. That entities who are quite different in their expression of the desire to know the Creator might find traveling upon a journey an harmonious thing to do is due as well to …

And the instrument at this point has lost its track. We apologize, for the instrument was listening to another voice. We shall begin again.

… that entities who travel upon this journey may find the differences between to be an enlivening and harmonious experience is due to the ability of the wider point of …

(There was difficulty with the recording equipment and a loss of contact with Latwii. A reestablishment of the contact brought no more information.) ☘

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Sunday Meditation
August 13, 1989

Group question: The question this evening has to do with service and the direction of our service. How we can discover the direction and pursue it and accomplish service in the most harmonious and effective way possible?

(Carla channeling)

I am Q'uo. I greet each of you in the love and the light of the one infinite Creator. We thank you for your call to us this evening. It is a great blessing to be with you and to share in your vibrations of meditation, service and love. To speak our humble words to you is our service, and we wish particularly to emphasize that it is a service that is not infallible, that all that we say should come under the discrimination of the individual, for each of you already knows all that there is. It is at a level beneath the conscious mind. However, when a truth is given that is new to the conscious mind but is a personal truth, there will be a resonance, a remembering, that this indeed is true—a subjective surety that makes all the difference. We ask that you keep only those thoughts that have this impact and allow the rest to be blown away like chaff in the wind for we would not be a stumbling block to any.

You have asked us to talk about service to others. The instrument has urged us to be terse. We must admit that it will be difficult to be terse, but we will attempt to be less wordy than we sometimes are.

Let us begin gazing at the nature of the one infinite Creator. It is not polarized. It is not good nor is it bad. It is not positive nor is it negative. It is. And the beingness of that which is the Creator is something called in your language love. Yet this love is the strength and intensity of orgasm. Thus, even in the red-ray experiences that seem so basic and unspiritual sometimes, you may find a Eucharist for the spirit in that experience wherein you know firsthand and are immediately with the infinite Creator. That is the energy that powers creation, that energy which is expressed by the red ray in the reproduction of children. This makes each of you very powerful people—powerful to yourself, for that which you decide to be the directions and movements of your incarnational experience you are completely free to follow. You are free to achieve that which you will. You are free to evaluate life experiences and make choices. Free will is utmost in importance within the system of service to others in love of the Creator.

Therefore, the first act of service to others is continually, daily, to spend time working with the discipline of the personality. The discipline of that willfulness that sometimes wishes to serve and sometimes wishes not to serve. The discipline of that lack of focus that causes one to feel needless negative emotion. The loss of that point of view of love that you are cultivating that causes you to behave towards

your brothers and sisters as if they were not one with you and one with the infinite One.

Thus, we encourage each who wishes to be of service to others to move carefully and thoughtfully through each experience which has caught upon the mind as a burr upon the clothing. It is sticking there; it does not belong there; it is potentially painful. It is time, once this is realized, to balance this catalyst so that an understanding of sorts may be achieved and a balance found. This does not mean that you may cure yourself all at once of some defect of character that you subjectively apprehend. Indeed, due to the efficiency of the illusion many times you do not know when you are of service when you are not. Therefore, the primary service, especially that of wanderers who carry the vibrations of their home density, is to be free of care, free of worry, free of judgment, and free of negativity so that the spirit may soar, the heart be content, and the knowledge of what one wishes to do has an open door, unblocked by doubt.

The greatest tool in this first phase, and one which we recommend you never be without on a daily basis, is that of the silent listening meditation. There are other ways of doing spiritual work and they are excellent, but this first way of honoring the self and opening the deeper self which carries the Father within is central to the service of your life experience. Thus, meditate and listen. No matter what other prayers, songs or disciplines that you use for spiritual growth, always quiet the inner mind. It does not have to be a long meditation. It is only necessary that you begin to realize that you are standing upon holy ground and that the Creator lies within you.

In this way you may learn not to brutalize yourself with bad opinion. Not to rail against the conditions of life but rather to flow with them. To become, in short, a person whose life is spent in eternity while within the illusion of time and space. For each present moment has a very deep resonance back to the beginning of all that is and on towards the ending and the return to the Source. Open gently the doors to deeper knowledge. Never force it. Try not to allow yourself to become discouraged. Do not judge the self if the self misses a meditation, but simply move back into meditation the next day.

Results are perceived subjectively, differently by each unique personality. Therefore, we cannot say to you will feel blissful, peaceful and full of love as you meditate. For some, much is being worked through during the meditation on an unconscious level and it will be perhaps uncomfortable in some way. This is, we hope, acceptable to you because the meditative process is simply burning out those poisons which are close to the top of the unconscious mind at the subliminal level. It brings whatever is there that is negative out so you can see it. Recognize it for part of yourself. Take it to your breast and love that part of yourself as you would a child. You need to believe that you are whole. That is the first step towards service to others.

Now, in the illusion no one is whole. No one can perceive another as whole. When one becomes aware of the various facets of any personality one becomes aware of defects of character that are subjectively perceived by the observer. That these are defects may not necessarily be so, but for you and your universe, for your state of mind and your service, your opinion is all that there is. So gaze carefully, objectively and with a long view at the opinions that you hold. Encourage the ones that seem to create more positivity. Discourage the ones that are self-destructive, or in any way not of service to others but the self.

Now, each begins needing service to self almost entirely. Each of you recapitulates the childhood of the human race in infanthood for it simply cries out its demands and a kindly nature provides for all but a few.

Now, with this background in mind we would like to look at the concept of service to others. We have said this before and we feel it is an important point—namely that service to others does not equal the pleasing of others. Service to others is acting in such a way that you are full of hope in attempting to share with your colleague thoughts of inspiration, love, compassion, peace and understanding. It is not always that which someone wants to hear, wants to see have happen, that will be of service to that entity. And it is your discrimination only that will allow you the grace to know just what your service will be.

It is certain that you have a service and that it is front of you at this moment. That is true for all. The creation is one of order and each of you chose a life path which intended to learn certain personal lesson being of service in certain ways. Perhaps the most obvious of these ways is the one least appreciated,

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that being the rearing, teaching and nurturing of young souls. This has been extremely underrated and given over to those who are not parents but teachers to which the child was born. This is a most, most important service for you are cultivating and planting in the fertile soil of a mind that is hanging on your every word, the world which that young one will see to love or despise, to feel good about or to feel dyspeptic about. It is the parents in this non-dramatic and extremely difficult service who have the opportunity both to explain the idea and how important that is and to explain those gray areas, as this instrument would call them, which cover the human world of civilized nation states where every transaction is recorded upon the paper within the computer and so forth until the human race drowns in its own intellectual knowledge.

Each goes to work most every day and each receives a pay. When one is doing spiritual work one goes to work each day but one does not reap what one sows. It is reaped by those to whom you give. And those to whom you give will sow to you and you shall reap what they offer to you. And that which you offer to them will almost surely be reflected in what they offer to you. Therefore, simply being of a certain consciousness, being in love with life, being in love with eternity, being aware of the long view in truly wishing to serve others—these things are very, very important, but you should not judge yourself. And if there comes a time when you know something will please but not serve another, then it is that you must speak, gently and compassionately, explaining your point of view and allowing that person to learn from your point of view a more spiritualized way of gazing at the difficulty that lies in front of you.

Now there are many, many different kinds of service to others. We realize that in the New Age, as it is called among your people, nearly everyone wishes to take up some dramatic service. Some service that will make a large difference, some service that will be noticeable. My friends, this seldom occurs. Yet it is still true that that which is within your purview at the moment is that to which you may be of service and it is not by accident that you are in the milieu that you are. Your service is there. Your learning is there. When it not there any longer your life will move inexorably to the next step.

Now, those who meditate each day and work in consciousness shall spend a great deal of time being uncomfortable because they are changing. Change is almost always painful. When one has to stop thinking a certain way because it is incorrect and correct that thinking it is as if one were to take out an entire program of a computer. Dumping that program that you have decided is not service to others releases a tremendous amount of energy which is often experienced as great discomfort. Know that discomfort and bless it, for by it you grow. By it you polarize. By it you make choices for the positive. You yourself, however, are a servant. All who are of service to others need to cultivate, along with the knowledge of themselves as whole and perfect, the realization of the human self as being quite imperfect, quite locked within an illusion and very much in need of more information, more tools, and more resources to work with your path to the infinite One. No two paths are just alike and therefore we would suggest to those who wish to be of service to others the gathering together into groups and exchanging of ideas so that the group energy may develop service that to one person would not be possible.

It is not always the wise word or the compassionate smile that is of service to others. There are times to listen and say nothing. There are times to be confrontive and surgical, and blunt and honest because the entity you wish to serve has got to know your point of view. Do not do this unless it is asked of you. But when it is asked of you in a compassionate way, express yourself in clear communication, in brilliant blue ray. For, you see, your deeper mind is telepathic and often you may feel that you know things that you know not how you know. But the conscious mind is anything but telepathic. Indeed, it is almost guaranteed not to be telepathic without training, for the distractions, the noise, the activity, and the shallowness of the illusion that you enjoy do not encourage depth of being. This is what you are seeking as one who seeks to serve others—is more and more depth and resonance of being.

When you work upon yourself you begin to recognize the situations, to realize the opportunities whereby you may perhaps offer a spiritual thought or principle that may be of inspiration or help to a brother or sister. Many, many of these small conversations, these moments of listening and so forth, may seem like nothing at all, not a service but merely passing the time. This is virtually impossible. You are either wishing to be of service or not

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wishing to be of service; it is seldom that one is indifferent. However, many of your people are oriented very close to indifference because they have utilized the illusion to distract them completely from thinking or feeling those deeper things within which lie the mystery of creation and Creator.

To protect yourself as a servant simply surround yourself with white light and move into the world with the eyes of eternity. With the long point of view and whatever your skill is—and you will find that skill—do it first for the love of the infinite One and secondly because of the realization that that entity that you wish to serve is the infinite One.

Many entities among your people and those to whom we speak at this time feel much loneliness within your third-density illusion because it is difficult to deal with the vibrations that are harsh and confrontive and cause one to make choices without enough knowledge. That is the key. You are never given enough knowledge to make an intellectual decision. You must do the meditating, the listening so that you may be intuitively inspired to know when the time has come for you to concentrate every iota of your being in love and compassion for another. There is no service that is small. All service is gauged by the intensity of the intention to serve. That is what you will be looking for when it you review your incarnation.

Consequently, we ask each who wishes to be a servant to find that passionate surety that service to the Creator is perfect freedom. If one experiences one's need to be of service to others as a kind of job or chore it will never be done with a light heart and a merry tongue. Know you must take the light touch and the patient attitude and allow situations to develop until you see and are asked for a chance to be of service. Anything that may help you [help] another upon its path, any comfort for the discouraged, any consolation for the bereaved, any company for the lonely, any balm for the sick person, any visit to one who has not been visited. All of these things, even if you visit a stranger, are pure acts of love and service to others in the name of the one infinite Creator.

Consequently, to some may be given the gift of communication, such as this channel has. To another the gift of healing. To another the ability to teach/communicate very clearly. There are in infinite ways—we correct this instrument—there are an infinite number of ways to be of service, therefore your flexibility and acuity of observation of the present moment is as helpful as your sense of humor. The sense of humor is very important in your spiritual growth. One who becomes sober and solemn with the weight of spiritual service is not ready yet for this level of service and perhaps needs to find a more obvious service such as volunteering in prisons, in hospitals, in hospices, and so forth.

It is for you to gauge each opportunity and to see if your heart moves you towards that opportunity. Again the dependence upon meditation is simply that you wish to communicate with the deeper self within to find the point of view of eternity and to carry it with you in your consciousness through this life stream until the physical vehicle has done its job and you are once again free of the heavy chemical body that you now enjoy.

More and more people are beginning to feel the aspect of service to others which is involved in the idea of living in a fairly close-knit community where each may help each. This is the beginning of your fourth-density social memory complex. These stirrings, longings and needs within you to be in a communal situation, to be in the world, to be part of an effort to serve, these things are precisely what should be happening to each as third density draws to its close upon your planet and fourth density begins. Therefore, never undervalue like-minded entities, for those of like mind who both have faith—a deep abiding faith in things unknown and unseen—may be the most powerful light, the most powerful healing force that one is capable of offering within this illusion.

We suggest firstly that the meditative place be picked carefully; a place that is not used except for the meditation, if that be possible. At any rate, to meditate in the same place and at the same time of day is very helpful for the body is a creature of habit. When one goes out into the world, braced and refreshed by the breath of eternity, one has two choices. One may gaze at the smog, shall we say, spiritually speaking, of your sphere and the peoples upon it. Or, one may gaze at the possibilities. When one has the long view the level of possibilities is greatly enhanced. The service-to-others entity which meditates faithfully will find itself to be more and more intuitive, more and more creative in somehow knowing without knowing how one knows the thing

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that feels correct to do in order to be a service-to-others entity.

Now, each of you becomes different over and over again and you cannot expect that you will only have one service, for life situations change, paths of service change. This is the density of choice but as long as each choice is to be of service to others you will polarize and continue to polarize and by the intensity of your passion to help you will lighten the consciousness of planet Earth in a way that cannot be described except to say that it is the saving of your planet. Many, many more entities among your peoples are attempting to lighten and gentle the untamed will of humanity. Encourage these movements in entities about you. As for yourself, keep in touch with the true self. Do not be discouraged when you cannot find it. It is only misplaced. It has not been lost. Just simply continue persistently and faithfully. Although every instinct tells you [you] are making no progress, those instinct—we correct this instrument—those instincts are incorrect because each honestly made attempt to be of service lightens the planetary consciousness and polarizes you more and more. Each of you has the opportunity to graduate to fourth density, else you would not be here at this time. There are not enough bodies to hold all those who are within third density at this time so those who are experiencing an incarnation at this time are experiencing it because their vibratory level was such that they were capable—with work and prayer …

(Side one of tape ends.)

(Carla channeling)

You may attempt to be wise but you may fail. This is not important. It is the intensity of the attempt and the desire to help that polarizes an individual towards the positive pole. This is your goal—to become more and more positive, more and more filled with light, less and less trammeled by the trappings of materialistic society.

The instrument is informing us that we need to stop so that questions may be asked and we are sorry for there is more to say on this subject as we said at the outset. However, this instrument is somewhat adamant about the length of our discussions and it has been reached. Consequently, we thank this instrument for once again making itself available to us and in love and light we would transfer this contact to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in an attempt to speak to any queries which may yet remain in the minds of those present. Is there a query at this time?

Carla: Well, I have a question. I don't know if you can answer or not. The meditations we've been having lately have all been visited by entities who call themselves Confederation members but do not pass the challenge. It seems to be intensifying or it seems to happen much more often than it used to. As a matter of fact, it seems to happen just about every time. I wonder if you could speak to the general spiritual principles behind that and what one may do to continue to ensure discrimination.

I am Q'uo, and am aware of your query, my sister. The intensification of the desire on the part of those in this circle of seeking to be of service and to offer the self as an instrument for our words and the words of other entities in the Confederation of Planets in Service to the One Creator is likened unto a glowing light which attracts the attention of those entities which recognize the power of such a light and who perhaps may be of the orientation that seeks to be of service to the self and to take what power may be found where e'er it may be found and use it for the self. As this process occurs you will note the increasing presence of such entities and it will be necessary for you to exercise the challenging of the spirits of which you are quite familiar by this time.

You may in one sense regard this phenomenon as a kind of *(inaudible)* the work which you do, however, it does require *(inaudible)* vigilance in order that the contacts which you allow to speak might be of the most beneficial and positive nature possible. We commend your vigilance and can only suggest that it be continued, for as each entity moves further along the path of evolution there is presented to each entity an increasing array of what you may see as challenges which have the hoped for effect of increasing one's desire, one's discrimination, and one's ability in the final analysis to be of service in the manner which has been chosen. Thus, that which has served you well as you have pursued the service of the vocal channel—that is, the discrimination and challenging of spirits and the tuning required *(inaudible)* meditation's

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beginning—are those qualities which shall continue to serve you well. It is the faithful servant that gives of the self continually and which seeks to remain faithful that is most appreciated by those of us who treasure such contacts with your peoples as we are, through them, able to give shape and meaning to those concepts which are sought from us and which we hope shall be of service as we *(inaudible)*.

Is there another query?

Carla: No, thank you, Q'uo.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Questioner: *(Inaudible)*.

I am Q'uo, and am aware of your query. We are well aware from our own experience that even with the purest of intention there may be, as you have discussed, the situation which arises that is les than that which was desired and indeed may seem deleterious to those to whom service was offered. This is the way of illusion, my brother. For each of us moves in one kind of illusion or another in which there is much which is other than it seems. The riddles and puzzles of creation within and without are those qualities which draw each of us onward to seek the final solution in unity with all.

However, upon that journey each shall—even with very pure intentions—find that the effort falls short. This is the way of all learning for there is the attempt to offer the self within an illusion in which the self and other self are seen less distinctly and clearly than truly do they exist. Thus, with such hindrances, shall we say, it is to be expected that there will be the efforts which fall short. However, to be able to reflect upon one's experience and to see each portion as a puzzle piece and to refine the fitting of each piece in succeeding efforts to serve is the means by which wisdom is gained.

However, within your illusion the intention, the desire, the motivation, the passion to serve is that which is of most importance, for it is the nurturing of this passion that opens the center of the heart that one may give in an universal and unconditional sense and by so giving express most purely the compassion and unconditional love which are the foundation for all of creation.

The refining of this great outpouring of caring is a work which will, shall we say, follow the nurturing of this passion in succeeding densities of experience. First the foundation must be discovered in the individual entity so that the beginning of conscious seeking and serving is placed upon firm ground. Let those errors in judgment fall as they may and nurture always that passion, that intention, that motivation. The refining shall find a time, a season within your being that is more appropriate for its expression. However, we are aware that as conscious beings each seeker and servant shall undertake a small portion of that refining as it continues one's journey in service and seeking. The motivating force that allows that journey to continue is passion, a great desire to be of service even if that desire shall fall short of the ideal.

Is there a further query, my brother?

Questioner: *(Inaudible)*.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: No, thank you.

I am Q'uo, and it has been a great privilege and pleasure to be asked to join your circle of seeking this evening *(inaudible)* thank each of you for this great honor. We remind each that we give that which is our experience and our learning and opinion and do not wish any word we have spoken to become a stumbling block upon your journey. If any has not the ring of truth to you please forget those words *(inaudible)*. We will be with each in what you call your future. Upon the request we are most happy to join each in silent meditation in order that meditation might be deepened. We do not speak in any vocal sense at those times but simply blend our vibrations with yours in order that we might tabernacle with you *(inaudible)* one infinite Creator.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. ♣

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Sunday Meditation
September 10, 1989

Group question: The question this evening has to do with the fact that when one observes the study of astronomy in the various cultures around the world, the roots of all the studies in the various cultures seem to show that each culture, whether independently or through some sort of cooperation or a trade of information, arrived at four cardinal points: North, South, East, and West, and what is normally seen as a mandala with the cross in the middle. Many also have a perpendicular point or line rising from that mandala, going into the infinite ethers, supposedly supporting the universe and also symbolizing a world or universal view, the structure or source from which we all come. And our question concerns, "How did each culture or why did each culture arrive at the same four cardinal points and have so many other similarities regarding the cosmological view of the universe through the study of astronomy?"

(Carla channeling)

I am Yaum. I greet you in the love and in the light of the one infinite Creator. It is a great privilege to be able to share the beauty of your silent meditation. We may see each seeking heart, each thirsting soul, and we realize that many upon your planet are asleep, but that there are those who have awakened, and are seeking deeper answers. Indeed, it is our belief that change will come about for your people when they start discovering which questions to ask of themselves and others before acting. There is much [within the world of nature] to which the Creator has given qualities which resemble those of the human being. The term this instrument uses is anthropomorphism, "the attributing of human characteristics to those who are not human."

We are taking this instrument to a deeper level, if you will pardon our pause We shall return soon. I am Yaum.

(Pause)

I am Yaum. We shall continue. There is the simple logic of identification behind those things which man does but cannot control. The fact that man cannot control his fate is central to an understanding of third density. A man can only choose his destiny. There is far further to go after that initial choice. But it is in the body that you experience now, or one very like it, with the veil dropped completely between you and the subconscious, that will do the work that you do in this lifetime to give glory to the one Creator, to find resources within the self and to be a radiance, a part of the good of other's lives.

It is inconceivable to most people, even at the present, for there to be that in the heavens which does not influence densities. One of the reasons that many different cultures have obtained the same basic information is that many sought the same

information at a time when that information was ripe as the fruit on the vine and ready to be plucked for good or for ill.

Given that man is an entity with eyes that face forward, it inevitably follows that he has a front, two sides and a back. This is linear thinking, not three-dimensional thinking, and it bears no resemblance to the simple truth that each of you is standing on the side of a ball, and the directions are up to the heavens, and down to the Earth.

Yet, this is so. Consequently, people may move about, people may change all that they can of their life paths, but in the end the human entity is limited by its own configuration and in this configuration there are four directions: before one, behind one, to the left of one, and to the right of one, relative to nothing but the self. It is simple logic that entities would see this strength rather than the strength of all bonding together in a global mass. Therefore, each of the religions, as you have said, and many philosophies, talk about direction.

Another great reason, of course, that there is something called north, south, east and west was the discovery, many of your centuries ago, of the lodestone, which always points to magnetic north. Being able to use this and simple instruments to study the configurations of stars which do not appreciably change within one's lifetime, was to be able to be far more free to travel, to learn and to experience than ever before.

In the illusion, you are not the center of the universe. Within your own creation and within the personal myth generated by your thinking, your faith, and your will, you will discover that which works for you but you will find it difficult to free yourself of preconceived anthropomorphic notions about those who are unlike you, yet those who are your brothers and sisters.

The foursomes you are all familiar with are powerful constructions, whether they be positive or negative. The four horsemen of the apocalypse, for instance, is a very archetypal image, and it takes the four groups. If there were entities with persistence of a lifetime nature who wished to observe and contemplate, that person might well discover a theory that is most helpful.

As we have said, in our opinion the cosmology of the Earth plane is too simple to understand. You are here to learn the lessons of love and to love each other, but you will be limited by your physical self and you will think in terms not of up and down and around, but of "in front of you" and "in back of you," "to the right of you" and "to the left." This is a biologically based way of thinking, it relates to the body of the person thinking, and this personal realization of the Holy Ground is the result.

The New Age will begin—for those who still await the New Age—when they wake up within their next incarnation. Some there are who have not the need for spiritual discipline, being naturally spiritually disciplined. But most have the need for signs and wonders, of harbingers and telltale signs of all kinds that say that we are all connected, that when the one thinks about something, one will receive the answer.

Another reason for the north, south, east and west concept is the growing interest in the Middle Ages, in attempting to predict the activities of the stars, the activities which the moon causes upon the Earth, and so forth. Being scientists, it would be difficult for them to understand that the thought of Love, that powerful original Thought, is that which has brought this person to self-realization, and to self-responsibility.

We would offer you a suggestion, based upon these four, in that it is a good protection and can be done quickly. This instrument knows the exercises of the Middle Pillar, and so it is very easy to speak through her to this point. The phrase "Before me, Raphael, behind me, Gabriel, on my right hand Michael, and on my left hand Auriel." It is onomatopoetic in the literal sense but *(inaudible)* the mystical coincidences which occur to form lifetime situations almost always take one by surprise. You yourself are a lodestone, and Polaris for you is likely to be that shuttle of the spirit which enables one to tabernacle with the spirit.

The so-called L-shaped shift or ninety degree phase shift is an abstract concept difficult to imagine, yet out of each clime comes a certain set of deep feelings among those who have settled there. There are just as many deep feelings in those who are seated here, or any who may hear our words. It is not, in our opinion, a cruel or meaningless thing to drop the veil of forgetting over all that has been past, and over all that one consciously hoped for before the birth. Each lifetime is a fresh start, a blank tablet, and so each of you does work in consciousness, learning

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how to praise the one infinite Creator, but always there is the feeling, "The Christ before me, the Christ behind me, the Christ to the right of me, and the Christ to the left of me."

This is the way the master known as Jesus saw all entities whatsoever. The entity's compassion was complete and pure and very self-sacrificing. But here you are, in the twentieth century, still wearing heavy chemical clothing, before you put on your outer clothing, the chemistry of bone and blood muscle and fat. Perhaps it is time now to think seriously about working to accelerate the speed of your growth. You may do many things. You may keep a diary of your dreams, you may keep a journal of thoughts that come to you, but at any rate you are communicating with the Creator on that piece of paper.

It is not for anyone upon your sphere. It is also the third reason or strand of the rope which makes up the logic of the way things are done. It is also true that we can only respond to the call. We do not have the free will simply to plunge into your midst. We must be bidden by the question itself.

The one key concept that has never been understood is the ninety degree phase shift, because it is a logical oxymoron. But we say to you, my friends, that this is the way it is as far as we know.

Which direction is holy for you? Which direction is sanctified? May we suggest that you are in the culture which does not pay much attention to directions, which does not cover a good deal of geological or geographical detail. It is our feeling that the natural anthropomorphism of man is to a great extent responsible for the extremely heightened interest in astronomy and astrology. We would not suggest that any take up these tasks, or others of a spiritual nature, without careful consideration, because you will be in a sacrificial position. And unless you feel good about what you are doing, the love in the situation is lost. We would hope that you could find as many labors of love to do as possible. Love of each other is love of the Christ consciousness.

So, to sum up in a very mundane and prosaic way, you have two arms, which point out on each side; you look straight ahead, and your dorsal side can't see anything. The one who looks straight ahead and sees you clearly is Raphael, and he is rich in blessings. The subconscious is represented by that which is below; is it not said the first shall be last and the last first?

As this instrument would say, the world is full of many things. You begin to experience some of the inner work of consciousness by asking these questions. The question is the important thing, as we have stressed already, for if you are pondering these mysteries your mind is fixed upon the Creator and should you die at that time you would not have one regret, for your mind would be in service to others and bringing oneself to a higher realization of the self.

You will find some differences. Some of the races upon your planet, due to the fact that their archetypical system varies somewhat from the Eastern traditional, Western tradition *(inaudible)*. Yet, this entity, too, may be aided and helped. It remains for each of you to meditate persistently, daily, not necessarily for very long, but with extreme intention, so that we may separate ourselves from the anthropomorphism of our ancestors.

The only anthropomorphic symbol that the one known as Jesus used was that of the family. He spoke to the Creator as "my Father." He spoke that he was the son of man, and spoke, "Do not be afraid, for these things shall come upon me." It was an act of ultimate compassion, the giving up of oneself in hopes of saving the creation. But even this event was held close to the summer equinox. The older religions felt the influence of the stars more greatly. Firstly, because there were no lights to hide the sky. The pinkish glow of the city at night is not conducive to good gazing. Also, it is absolutely true that each star system and planet has a certain personality, those, of course, that are inhabited. The others dwell simply in the love and the light of the infinite Creator.

Many things are happening for you now. It is painful to change. We understand this, and you may have as much time as you wish in this type of environment of third density to learn the lessons of love. But if you do not wish to linger in the land of MacDonald's Golden Arches, then it is perhaps appropriate for a daily meditative pattern to emerge.

When you count your value upon how much you aid another you have put a great strain on that other person. He has to need you so that you have a reason to live. We do not suggest this kind of rationale. We simply suggest that those who are in incarnation at

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this time have a chance of creating enough polarity in consciousness to achieve fourth density, or in the case of wanderers, to move back to the home atmosphere. This information is not particularly interesting to those who do not believe in reincarnation and/or the Creator. Let them, with all of their measuring instruments, explain love. Explain the power of the unrestrained mind. Explain the most unusual things that have occurred throughout history. It simply will not wash.

Perhaps we have given you more information than you actually wished, since the simple truth of the before, behind, the left, and right is entangled, literally, with the fact that one has a face, a back, a right and a left. When the circle is put around that finity, the circle which has no end becomes that which holds finity, or finitude within the bounds of creation.

Do you wish to graduate, my friends? You cannot do it by good works, although you can be fed in such a way. You cannot do it by constant meditation and contemplation. You can do it only by being exactly who you are; this is, the undistorted Christ within. Some portions of the aspects of humankind are difficult. Those who have aggression towards women, those who steal, those who murder, etc. In other cultures, however, woman is looked to as the source of wisdom. So you see, there is nothing totally archetypical about this man/woman relationship. We believe that each entity carves out for itself the life it would like to have, once it has found a loving mate. But always recognize that north, in the sense of subjectivity, is straight up in the air; south is the direction at your feet; and there is no right or left, but merely a circle which the hands would describe if the feet turned around at the apex of the cross.

There is also some dogma which is quite unimportant within the Jewish community concerning these things, but because they are muddled enough we do not wish to recommend to you any reading upon the subject, but, rather, living that subject.

We are those of Latwii. It has been a great—we correct this instrument. We are those of Yaum. Those of Latwii are here, that is why this instrument took so long between the two contacts. She could banish neither of them, so she simply had to ask which one wished to speak. I am Yaum, connected with the one known as Latwii, and at this time we would like to transfer to the one known as Jim.

(Jim channeling)

I am Latwii, and I greet each in the love and in the light of the one infinite Creator. We have been waiting patiently for our turn to be able to speak to this group, and it is our privilege to offer ourselves in your question and answer portion with the hope that we might be of some small service.

We have listened with some degree of humor with our interest as the topic of the directions was discussed by our brothers and sisters of Yaum. Our humor has its source in that the most simple of concepts have been made so complex and difficult by that crowning achievement of your peoples, the rational mind. We do not wish to denigrate the achievements of your rational mind or of your desire to use it in the evolution of your kind, but find some humor in the over-complexity that often colors this great desire for advancement through the thinking.

Without further ado or comment upon our part, we would now offer ourselves in the attempt to speak to those queries which might arise within the minds of those present. Is there a query with which we may begin?

Questioner: Yes, I have a question *(inaudible)*. You ask if you wish to move ahead spiritually *(inaudible)* you don't have to. You mentioned several things you have to do *(inaudible)* just have to be yourself *(inaudible)*. I am presuming that you mean that you just have to make contact with the Creator within and basically structure your life according to that advice and that way of thinking that the Creator would give you. I have been attempting to do this and, as usual, I ran into the problem of what is my thought and what is the thought of the Creator *(inaudible)* being given to my mortal mind to act upon. Do you have any suggestions as to how a person can delineate between his everyday mortal thoughts and those which the Creator inspires in him?

I am Latwii, and am aware of your query, my brother. To clarify the statement, we would recommend that each entity realize that there is within each the program which has been placed in motion previous to the incarnation's beginning that contains all that is necessary for the entity and its progress towards the union with the one Creator and

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the service of each of its portions within the daily rounds of activities.

It is the task of each seeker, therefore, to allow the program to manifest itself, shall we say, within the conscious mind and within the daily round of activities. This program has been carefully considered by each entity with the aid of its guides and higher self previous to the incarnation and has been constructed because it contains those areas which are considered of most importance when viewing the entire beingness or soul identity, shall we say.

Each has traveled many paths and lived many incarnations and learned a great deal about the Creation …

(Side one of tape ends.)

(Jim channeling)

I am Latwii, and am again with this instrument. To continue. That which has been learned, therefore, becomes the foundation and the resources which may be called upon in the learning of that which remains to be learned. Each incarnation, then, is an exploration in mystery. The seeker will do well to refrain from placing its thoughts and its actions in too narrow a restriction, whether this restriction be philosophically, religiously or moralistically based, for that which waits to find full bloom within each seeker is that expression of the self, which has been carefully programmed, shall we say.

But, it is not necessary to burden the self overly much with the rules, the restrictions, the commandments, though it is well to have ideals and to attempt to bring an understanding of the ideals into the daily round of activities.

Thus, our suggestion to each is to allow the spontaneous responses to stimuli to occur. Then, to take these spontaneous responses into the meditative or contemplative state of consciousness in order that they might be examined for that which has the kernel of truth and that which contains the distortion of that truth. And then to find an acceptance within the being for each of these portions of the self, so that that which has been expressed becomes a food, or fuel, if you will, that continues to propel the seeker into the mystery of that which waits and that which shall further inform and inspire the seeking. When this is done, then there is a clearer channel through which the higher self or the Creator, if you will, might superimpose the inspirational direction, concept or thought.

Is there a further query my brother?

Questioner: No. Thank you.

I am Latwii, and we thank you, my brother, and is there another query?

Carla: I have a question. I don't know how close you can come to answering it, but it just seems like lately, I have to send people away, and away, and away, before I get a good contact. Luckily I challenge, fairly sincerely, and am fairly effective at removing them, but it takes time and I just wanted any kind of comment you could give me on what they're doing it for, and what we can do about it, because it is a threat to the channeling.

I am Latwii, and am aware of your query, my sister. Where there is food, there are frequently those creatures we call the "ants." There is attraction to that which is light. There is attraction to the power that is generated by a group such as this group which sits in a circle for the sole purpose of seeking some portion of the truth. The power that is generated by such a circle of seekers attracts the attention of those of many orientations. Some of those who are thusly attracted are not desirable in such a circle and must be asked, in all graciousness and firmness, to leave. It is the nature of the work which we do, my sister.

Is there another query?

Carla: Why is it increasing?

I am Latwii. We can only … *(inaudible)* that there may be a greater desire within the circle that is small and yet sincere, thus generating a great attraction.

Is there another query?

Carla: No, thank you.

I am Latwii, and we thank you once again, my sister. Is there another query at this time?

Questioner: I have a question about using intuitive ideas and concepts that come into one's mind and become manifest and tend to pull a person in a direction. Myself, I have become able to be aware of intuitions, and lately, maybe within the last two years, I have begun to follow up on some of them, and in some cases they take me places, physically. For instance, I am going to go to an archeological place, Indian place, called *(inaudible*) in about two weeks, and my point of being there is to be there for

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the Equinox sunrise; beyond that I don't know why I'm going there, but I'm going. My question, specifically, is, I don't feel like this will benefit anyone else, for me to be there, and my wonder is, why do I … should I be there … why should I follow that intuition, if it doesn't benefit anyone?

I am Latwii, and am aware of your query, my brother. If the seeker's desire to feed others with the radiance which has illuminated its own journey, must it not first be fed itself? That portion of the self which might be called the shadow, or the subconscious mind, is much more closely connected with the programming, shall we say, which has been chosen for your current incarnation, and as the teacher makes suggestions to the student as to possible means of solving the problem at hand, so does the subconscious mind offer to the conscious mind suggestions as to how the journey of evolution might be illuminated in some finer degree by this or that action, thought or possibility. Thus, that which feeds the seeker becomes a fuel for those with whom the seeker shall exchange information and illumination.

The journey for many is one which is roundabout, shall we say. There is much movement to and fro, in order that the overall picture might be more clearly painted and understood by the conscious mind.

Is there another question, my brother?"

Questioner: Along the same lines—and this would have to do, maybe, with the question that T asked awhile ago; I didn't feel like I got an answer for it, within the answer for his question—I can either blindly follow an intuition, when it first makes itself apparent to me, and not question it, or I can—I don't know what the right word is—I can come up with some rationalization that I should not follow the intuition, and I would like to know what your feelings are about that.

I am Latwii, and am aware of your query, my brother. This bears directly upon our comment at the beginning of our speaking through this instrument, which, in effect, suggests that the interplay betwixt the conscious and subconscious minds of each seeker is often that which is overly complex. If there were absolute honesty spoken betwixt the self that is conscious and the self that is beneath the conscious level of awareness, there would be a simplified communication that would be clear and succinct. However, because each of you dwell in a third-density illusion that contains a veil betwixt your conscious and subconscious minds, there is the need upon the part of the conscious mind to question, to question all experiences, to question, oftentimes, to the point of absurdity. When this occurs, it is well for the seeker to retire to the meditative state and to allow that jumble of thought to resolve itself by what we might call a kind of "sedimentation" so that that which is extraneous falls from conscious awareness, leaving only that which has importance or significance in the current efforts of seeking.

Thus, our suggestion to you, my brother, is that you look at that which is your desire, and focus carefully upon that desire, purifying it of that which is extraneous through your own meditative efforts; then ask clearly and forcefully of your subconscious mind that it might illuminate your desire in some way; then to attend to any symbols, imagery, or inspiration that you become aware of and act upon them accordingly.

It is well said that when the seeker knocks upon the door, the door shall be opened; when you ask, you shall receive the answer. We recommend simplification of desire and the simplification of questioning and the simplification of action. This, of course, requires a great deal of honesty, which is achieved by continuing to persevere in the seeking and continuing to meditate regularly upon the heart of your desire and to act faithfully according to that which is found in the meditative state to be the direction of thought and action.

Is there another query, my brother?

Questioner: I appreciate the answer very much. It's a helpful answer. I have one more question. I would like to know about a ninety degree phase shift that was mentioned earlier. I feel like I have heard of it before, but I don't know what context you're speaking of. Could we talk about it a little more?

I am Latwii, and am aware of your query, my brother. This shift that has been called the ninety degree phase shift is a movement in consciousness from that which is physical to that which is metaphysical; from that which is mundane to that which is sacred; from that which is seen to that which is unseen.

Each concept, each action, each manifestation, each thought within your third-density illusion has the

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mundane nature of your illusion contained within it, for within your third-density illusion that which is of central importance is most usually hidden and mysterious, awaiting the discovery of the persevering seeker. Thus, to shift one's consciousness or the phase of one's consciousness in a manner which is helpful to the heart of the evolutionary process for the seeker, is to move from what is apparent within your illusion to what is, shall we say, undergirding, sustaining and is the foundation of the illusion.

By this statement, we mean to suggest that one must penetrate the appearance of experience and of your illusion in general, in order to find that which is of the essence, that which is at the heart of all experience. This requires a changing of attitude, shall we say. Moving from the surface to the heart, moving inwardly in the beingness, in order to find that which sustains the beingness and to find the avenue, shall we say, the traveling of which will lead to the desire of the heart when it is discovered.

Is there another query, my brother?

Questioner: No. Thank you very much.

I am Latwii, and I again thank you, my brother. Is there another query at this time?

Carla: This is a specific question. I don't know if you can answer it or not. I doubt it. E *(inaudible)* has sent a list of good foods, most of which I don't recognize, to be fixed, and my groom and I never could get to fix them because I can't fix anything, and because he works all day, so it's never been done. Would it be logical to try to follow the one known as E as faithfully as possible, or is it just a waste of time? I don't think you can answer this, but I thought it was worth asking.

I am Latwii, and, indeed, a query well worth the asking, and, indeed, we cannot answer. For this we apologize.

Is there another query at this time?

(Pause)

Carla: No, I'd just like to thank you, Q'uo, for whatever happened between me and my mom, when Daddy died. She was pulling and pulling on me and now she seems to be quite fine and I really appreciate the answer to the prayers that I offered up. Thank you very much.

I am Latwii, and we are grateful that we have been able to speak through this instrument this evening, and to be able to share our humble thoughts with this group. We are always eager to address this group, for it is known for the breadth of the query and the ability to laugh with us at those foibles of all seekers of the truth. We share with you the laughter of each seeker which sees the broader point of view, in what you call the 20/20 nature of hindsight.

(Laughter)

We again thank each for allowing us this opportunity, and we shall be with you in your future as you continue in the seeking of the One. At this time, we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Latwii, and for those of Yaum and those of Q'uo, we bid each adieu. ♣

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Sunday Meditation
September 17, 1989

Group question: The question this evening has to do with stress, and the predominance of stress in more and more people's lives and more and more intensely as our modern round of activities every day seems to include so many things to do, people to see, and hurdles to jump that a lot of people really don't have too much time to sit and meditate, or to even contemplate the more spiritual aspect of their lives. So, what our question this evening is is: How can we, in this type of society that moves so quickly and seems to leave so little time for the contemplative and prayerful and meditative of our lives, how do we manage to cope? How do we deal with our stress?

(Carla channeling)

I am Q'uo, and I greet you in the love and the light of the one infinite Creator. It is a pleasure, a privilege, and a blessing for us to share this meditation with you. We cannot thank you enough for calling for our humble opinions at this time.

The subject which you approach is a symptom rather than it's a basic cause; that is, stress is not free-floating but rather has its roots in the undisciplined personality. Therefore, we shall speak about personality and its discipline as a kind of base of information before we discuss the question of stress, the great difficulty of your culture with its speedy changes and cultural dangers.

It is, indeed, no wonder that entities feel stress, for the very planet upon which you place your feet is at this time under tremendous stress, for it must be birthed into fourth density and therefore the question of stress and how to deal with it is most important, because those of you who seek to be of service to others are primarily seeking first to be of service to the planetary consciousness, to lighten it and to lighten the burden of the Earth as it is birthed into fourth density. It is at this time having a somewhat difficult delivery simply because there is much misplaced strong opinion upon things which cannot have objective reference, and, therefore, cannot be proven or shared from person to person. Without communication possible, one is left with one's biases and the stress, basically, that you feel is that of non-communication or unclear communication.

The disciplining of the personality has two basic parts. The first part is that intentional effort made upon a daily basis to spend whatever moment one does have remembering, thanking, praising and praying to the one infinite Creator with a feeling of awe, wonderment and mystery, realizing that you are part of that mystery, that the Creator lies within you as well as within all those whom you meet, and all the beautiful plants and animals, and even elements. The human entity is a very vast illusion which makes it appear that each is separate and alone. This in

itself is stressful, for to be completely alone is to rely upon the self even when the self would, perhaps, be aided by rest, contemplation or those quiet pleasures of leisure which are denied to so many who labor daily and long in order to provide for those whom they love.

The turning to the Creator within is a massive basic discipline. We have times without number stressed the importance of daily meditation, and we do so now again, noting that meditation can be as swift as the striking of the clock if you have trained your mind at the chiming of the clock to turn to the one infinite Creator in praise and thanksgiving for the good that is in your life. This takes only a moment, but during that moment you rest in eternity and it is a true rest. You cannot move too quickly for the spirit of love to find you and to comfort you. It is in the mental turning within, the mental face, that silent listening, even if only for a moment or two, will center one upon holy ground that can aid each no matter how busy with the daily round that is so stressful.

It is also true of your culture that the pace of leisure has become hectic and rushed also so that the more contemplative leisure activities often have given way to the socialization, the parties, the competition, and those things which, instead of relaxing the entity, add to the level of stress.

So, we would suggest those two things. First, momentary centering whenever possible. You may do it your own way. It does not have to be the striking of a clock. All entities have clocks that strike. It may be a whistle that you may hear that lets people out of a factory. It may be simply that you may remind yourself by looking at the time passing when you glance at your watch or your clock that you are on the Creator's time as well as the time of this illusion. And this realization of itself becomes your tabernacle and it will rest you. But you must turn within and allow the peace and the quietness and the strength of that which is real—that is, the love and the light of the one infinite Creator—to come deeply home to your heart so that you do not feel any longer alone.

The aloneness is part of the illusion that causes the stress, and that is why we constantly say to each of you, "Love one another," for those who console, those who pardon, those who listen and comfort, those who give because of the love of giving, may feel the same stress as others, but, as they cast that stressful effort in service to others, so washes back the love and the light that is the reflection of your service.

Now we shall speak about stress. In the first place, this illusion was designed to be uncomfortable, stressful, mysterious and confusing. We feel that the illusion is fairly good at providing these qualities. This level of confusion is necessary because each of you are in the process of making a choice of service to others or service to self.

Now, when we speak of service to self we are not speaking of the work in consciousness which must be done if one is able to be of service to others. We are speaking of the service to self that causes entities to manipulate each other, to attempt to change each other, and so forth. Avoid, at all costs, the attempts to improve, change and modify any situation in which you have not been asked, for silence is often the greatest comfort to another rather than reams and reams of good, but irrelevant, advice.

Thus, your service to others who are stressed involves the waiting patiently for the request for information. And when that information is requested, it is well for you to center deeply, to move into the deepest consciousness of which you are capable and with intuition and guidance from within you may then speak those words which are affirmative, not negative, which are stress relievers, because they show to the one you are aiding a longer view, the wider perspective. The lack of perspective, the getting too close to the illusion so that one begins not to see the illusion but its apparent reality, is the greater error which those upon the path of service to others may make, for it pulls one away from one's central deep beingness.

Now, we are speaking to those who are working consciously to accelerate their spiritual evolution. This message is not for those who are merely toying with the idea of meditating or are not serious in their seeking but rather [are] simply open-minded and interested. That which we have to say moves deeply into the part of the being that is all feeling, which has been so much ignored and so much repressed and denied that it is no wonder that there is a great deal of stress.

We understand why much of the illusion is ignored. In this instrument's case, for instance, if the instrument were willing to be fully conscious at all

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times of the physical catalyst having to do with the arthritis which it experiences it would stop this entity from its service to others and would turn the focus towards service to self. Therefore, some stresses are not negative, but positive. If an entity knows why it must be under stress, that in itself relaxes the stress. For instance, this entity knows that it will accept as much difficulty as the day will bring while continuing to attempt to be of service. There is stress involved in this, but it is the stress of one who seeks to serve, and in each case, whether the stress is because of illness or difficulty, because of difficult relationships or because of the simple organic beingness which has become burnt out, as this instrument would say, the stress needs to be approached in a positive and affirmative way.

Let us take a moment to use this instrument's mind and ears and senses to point out at this time the soft cry of animals which are without the building, the gentle creaks and groans of your habitation as it settles into the cool of the day, shrinking and becoming somewhat different, although that difference cannot be seen by the human eye. We are aware that as you sit in circle each of you finds joy in the seriousness of seeking of each other; each is able to build a trust because that goal is shared.

Therefore, when one feels most full of stress it is the time not so much to ask for help but to be of help, not so much to ask for comfort but to be of comfort to others. For, in dealing with others in a positive and affirmative way, one receives a hundred-fold that love which one has sent forth. Not that one loves in order to receive the bounty of love! This, indeed, is service to self and will not result in comfort. It is the genuine desire to serve and love, understand and console each other that brings peace to each and joy and affirmation to the one which you are serving and to yourself as you see the onus lightening, the yoke becoming easy, the stress level lowering.

The concept of money, rather than barter, or simply each being able to take what one needs and to give back what one does not, is so far from the pattern in your culture that it is remarkable. Rather than seeing spouses, children, co-workers, friends, acquaintances and strangers as the Creator, one who has not spent a moment upon holy ground lately is liable to view many or all of these entities antagonistically and confrontively. For, each feels that each has the right idea and therefore wishes to be of service by promulgating that right idea. This is a most stressful act. It is much, much kinder in a situation where one in whom you are in relationship with has difficulties, to sympathize and to await the giving of advice until it is asked. Simple sympathy and consolation and the expression of sure forgiveness of both self and other self is that which will lighten the load that each carries.

Now, each carries a load. There are no exceptions to this rule, for you are in an intense density. Many of you have come back to this density to be sure you understand the lessons of love. That is, that love is always given with no expectation of return. For wanderers, who are here to aid in the lightening of the planet upon which you dwell, this is very important.

Realize, each of you, that stress must not get in the way of the light touch, the merry joke, the smile, the grin, the laughter, the good times. That is your true nature. You are all children of the Creator, and the Creator is love and joy, merriment and peace. Therefore, it is a matter of shifting the point of view from gazing at stressful situations and realizing that they are stressful to gazing at the same situation and asking the self confidently, serenely and surely, "What may I do to be part of the good that is occurring upon the planet at this time? What service may I perform?" Many times you find that the only service you have been asked to perform is that service of preparing the personality with the discipline of the free will so that one is not at the beck and call of one's emotions, that is, the surface emotions of the uninformed and mystery-clad being, but, rather, moves from the deeper source that is the heart and the spirit.

The noise level of your society is stressful. We note that particularly because of the fondness that your culture has for the gadgets: the television, the video games, the armchair watching of others competing like gladiators. The noise beats against the serene and quiet mind and creates a cluttered mental landscape in which one finds it difficult to think clearly because one's attention is scattered, one eye upon the television, one eye upon one's empty stomach, another eye upon the consumer world relationship in the past or in the future.

It is well to discipline the personality to avoid this sort of free-floating thinking, worrying and being concerned. The answer to stress is action. For, in

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action one lets go of the stress because one is doing what one can, and when that is done there is a feeling, perhaps, of sadness that one subjectively feels that one has not been effective. But, metaphysically speaking, the intention to be of service, the effort to be of service, the sharing of the self is most precious and most relieving of stress, both for the giver and for the one to whom it is given.

We ask each of you to give each other the gift of love and peace and laughter and joy. What you cannot do for yourself you can do for others. Allow others to minister unto you as you minister unto them.

There are many, many activities which bombard each of you. The days, far from being relaxed and long, with each entity spending time in the second-density creation of the Father, taking heart, taking consolation from the beauty—indeed, many do not see second-density beauty of tree and flower and butterfly, for the mind is single pointed towards the next chore, the next activity, as if chores and activities were all-important and the heart and soul of yourself were only something that may be tended to in your off-hours. It is difficult discipline to move from that off-center perception of the way things are to the realization that the beginning of a life lived peacefully is the disciplining of the personality so that one sees not confrontive people, not angry people, not disturbed entities, not catastrophes but, rather, love at work.

Love gives entities the chance, again and again, to choose. Yours is the density of the first choice upon which many, many beyonds of your time will refine. Here you are intensely seeking that choice. That which will most get in the way, that which will most discourage one, is one's own feeling of failure at dealing appropriately with situations. We encourage each to analyze and balance emotions positive and negative so that you are, as much of the time as you can be, aware that you stand not only in time and space but in eternity, not only upon the good earth but upon holy and sacred ground, for the kingdom of the Creator is within each of you. All of your answers are within each of you. You, yourself, will be your teacher.

We may say things to you but unless they come to you as that which is remembered for the first time, that which seems perfectly obvious once it is spoken, it may not be your truth for this moment, and in that case we urge each to forget and pay no attention to those ideas which are unhelpful. We would not be a stumbling block to you and add stress to your stress by giving a long list of things which one must do to relieve stress. It is basically a pulling back of the point of view. The longer the point of view, the clearer the challenges of loving other people without expectation of return become. That is, the simple heart of living a less stressful life, becoming confident of your role within this illusion, this dance which you dance, for a fleeting moment, a parenthesis in eternity. To realize that you are eternal, imperishable and one with the Creator, to affirm that, to give praise for that, to give thanks for your blessings—these are things which take seconds but which may turn the mood completely.

Now, we have observed that among your peoples it is considered an acceptable hobby, shall we say, to worry, to be concerned, to question the self and to feel insecure. It would be a miracle if this were not so, for you have outstripped your spiritual seeking with the creation of many powerful gadgets. So, you are as if those in grade school, handling the materials that you shall receive many grades hence, and you must always remind yourself that you must turn your mind back from high-flying ideals and concerns to the moment, which is eternity, that present moment which resonates forever. When you are there you will hear the cries for help and you will be able to respond, not out of duty or out of feeling that you should respond, but because you see a soul in anguish and you wish to give comfort. That first soul in anguish is yourself. Therefore, we encourage each to work steadily on the disciplining of the personality so that when negative thought patterns occur they are recognized, discarded and replaced with an attitude of affirmation, love, praise and thanksgiving.

How can one who works from dawn to dusk and then has many responsibilities thereafter follow our suggestions? A radical departure would be to arise a half hour or an hour earlier and to spend that time in meditation and prayer. This is a drastic move which has helped many who were stressed almost beyond the limits of sanity. A great tool and resource for the reducing of stress goes with the larger point of view, and that is the sense of humor. Any illusion has its synergies and their …

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(Carla channeling)

I am Q'uo. We shall continue. And if you gaze at the universe, not with a jaundiced eye, but with the eye of a merry child, one may see the comedy amidst the tragedy that is life as you experience it. The light touch, the sense of humor, is extremely helpful in lightening stress. To laugh is to be within the Kingdom of Heaven. To be in close love and harmony with another is to experience the bliss of that heavenly kingdom. These are things which are from time to time available to each of you. When these blessings surround you, recognize them. And when non-dramatic blessings occur, cultivate the habit of thanksgiving and praise.

You may give thanksgiving for simple things: for a crust of bread, for a roof to keep out sun and rain, heat and cold in their extremes, for clothing to make one comfortable, for the sound of bird cry and the rustle of bush and tree, the gentle pit-patter of rain upon your roof. So many things, my friends, so many things which are blessings which are easily overlooked.

When your mind is occupied with noticing the beauty, the goodness, that which is to be praised, that which requires thanksgiving, one is much too busy to be in stress. One has become of a different mind. And this affirmative mind is not that mind of a "Pollyanna," but simply a mind that is willing to appreciate light in the darkness.

You live in darkness, but your hope is your light. As you hope to become more and more of service to others, let the hope shine as a beacon before you, drawing you ever onward, reminding you to step back from situations and to find the humor, the pathos, the sympathy, those positive emotions which one may fruitfully share with another.

An excellent stress reliever in the physiological sense, and that is in terms of removing the chemical imbalances in the brain due to stress, is simple exercise. And we would suggest for each that some program of exercise be followed in order that the physiological components of stress, those chemicals within the brain cells which cause these feelings, are able to be learned away by physical effort. It does not take a terribly long time—this instrument would call the time of exercising, perhaps, one half an hour as being completely adequate to remove the chemical basis of stress from the mind. Now, this only removes that which has already been a catalyst for the individual as stress and has not been used as catalyst, and, therefore, has moved into the body and mind complex and manifests as stress.

You may see yourself as a kind of transmitter, as each of you are instruments, each of you are channeling from within yourself the portion of yourself with which you are in touch. The secret, my friends, is to move ever deeper within the self in gentleness and respect and care that you do not do violence to yourself, but that gradually you are able to move into that consciousness in which stress is unnecessary.

We may say in a practical manner that it is much to be desired that entities choose those means of earning their daily bread, those relationships which are close, which add to one's peace and bliss and love. The taking of the job which is not desired is a self-destructive action unless one is so convinced that one needs to do just that in order to support one's dependents that it is worth the sacrifice. In that case the stress level should reduce itself dramatically in that the entity is aware that it is playing a role on the stage of this illusion for which it has not been well cast but it cannot find other parts to play at this moment and so it is doing the best it can with what lies before it.

And that, my friends, is the heart of removing stress from the life: to do that which is in front of you, without worry, without concern, but giving thanks each time one looks out the window and sees the beauty of the creation of the Father, giving thanks for smiles received and given, giving thanks for any beauty perceived. It is a matter of attitude.

We cannot say that you shall not be worn out by laboring at relationships or employments of the self that are not appropriate. And when these things occur, we suggest a very deep internal gaze to find why this challenge has been given you. For, you see, there are no mistakes. What is happening to you is that which is designed by yourself before this incarnation to occur. What you did not design, what you could not design, was the action of your free will in dealing with the experiences of life. Thus, as always, one turns to faith and the will. Faith that what is happening to you, no matter how stressful, is not that which has defeated you but that which has challenged you to deepen and broaden your perspective, to learn the hard lesson that the master known as Jesus the Christ personified by carrying his own cross. This entity said, "If you wish to follow

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me, pick up your cross." The entity who said this was not feeling stress. It felt stress only before it had made its final decision.

Thus, we suggest that you work towards that fundamental choice: to do the will of the Creator, your greater self, which you and your greater self have arranged for you. This day and every day a life in faith is a life that glows from within. We cannot protect you, and we do not wish to protect you from the catalyst of your environment. It is intended to be challenging. It is intended to force you to make choices. Knowing what those choices are all about should aid each, and, as always, at any moment that you have leisure, move in consciousness to praise and thanksgiving for your consciousness, for those whom you love, for all the good that is within your life and for all that awaits you in that larger life of your imperishable soul.

You must refrain from seeing the self as victim, and, instead, see the self as student, student of life itself. This illusion was designed for you to study the laws of love and to become one who is radiant and has chosen to give love regardless of what it gets in return. This is your environment. The actions that you take within it are totally of your own free will, but if you have the faith and the will to know deep within yourself that these things that occur that are difficult are truly challenges to the spirit, then it is easier to do the work in consciousness that needs to be done. It is easier to recover a feeling of thanksgiving, a feeling of praise. It becomes easier to realize how incredibly blessed each is that each is experiencing and has consciousness.

Your being is most praiseworthy and worthy of thanksgiving. Because you have been, and are, and will be, you are an exciting portion of a most exciting creation. You carry that creation about within you. Find that part of yourself through constant realization that you stand upon holy ground and are not alone but one with the Creator and those servants of the Creator such as we and many others in your inner planes.

We are being told by this instrument that once again we have spoken too long and we do apologize. The instrument is capable of moving very deeply into concentration and is not aware of the time and we are afraid that anything to do with time/space remembering is difficult for us to gauge, as our reality is substantially different from your own. That is, our illusion is more transparent than your own, and, therefore, has less to do with the illusions of space and time.

We admire you, we wish very much to serve you and aid you. You are working harder than you will ever work again. But this is the important choice. This incarnation that you have now is an opportunity to choose once and for all to be a being of love, radiant, giving, sharing and loving. Make that choice and continue to polarize and the stress that you feel will bleed itself away as you find more and more things for which to give thanks, for which to give praise, for which to offer prayers. Do not see yourself entrapped in the illusion. It is an illusion. Look within to the great, vast reaches of the space within you, the space that is exemplified by the night sky. You carry infinity with you. Move into the present moment in thanksgiving and praise and rejoice.

We thank you for listening to us, though we are overlong, and would at this time wish to thank this instrument for being available to us, you for calling us, and would like to transfer this contact to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time, if we have not overstayed our welcome, we would offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there a query at this time?

Questioner: *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. It is indeed true that for each seeker that attempts to live a conscious life that this entity must begin with what is, whether that be within the self, within other selves or within the environment in which one lives the daily round of activity. This process of accepting that which is, whether it be easy or difficult, is a process of, in one sense, becoming able to appreciate each facet of the Creator that is revealed to you and to build upon this appreciation so that it becomes more natural to give praise and thanksgiving for all one's experiences. For, within the attitude of praise and thanksgiving, one smoothes the journey, shall we say.

This ability to accept that which is unacceptable is not easily won within your illusion, for there is much that is not as you would have it be. You, each

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of you, you seek for those qualities of unconditional love, of clearly illuminated wisdom and for the power to be of service to others. It is well to look at those qualities that are unacceptable, wherever they are found, and to see them as some aspect of the self, whether they are obviously of the self, or of other selves, or of your environment.

To look upon that which is unacceptable and upon that which is acceptable as portions of the self, or aspects of some portion of the self, begins to put the focus where it must needs be placed. For the perception which one has in viewing the world, the self and other selves, is a perception which has been constructed internally and, in most cases, on a subconscious level, having origins in preincarnative choices so that certain opportunities would be presented to the self according to the way in which the self would see or experience the incarnation.

Thus, when one begins to appreciate one's experience as being that which is completely internal, one then has the metaphysical feet, shall we say, upon firm ground and may begin to see not only that which is not yet acceptable but begin to see beyond the surface of that which is not acceptable so that there is not so much the reaction, or, shall we say, the knee-jerk reaction against that which is unacceptable, but there is the investigation of those qualities so that one may begin to understand their origins, their nature, their ramifications and their purpose within the being.

As this investigation is continued, it will be noted by the conscientious seeker that there is a certain freeing of the perceptions and the self that occurs when the truer nature of these distortions becomes known. It is well said that if one knows the truth the truth shall set one free. The careful investigation of those qualities which are unacceptable will eventually take one beyond the mere inability to accept certain qualities and will take one to those levels of the self which may be expressing in certain ways in order to attract the attention and allow a movement in the perception, in the consciousness, in a certain way that is indicated by the study of those portions of the self which are seen to be as unacceptable.

This new direction is that movement which has been planned, shall we say, preincarnatively and which offers to the entity the opportunity for releasing certain abilities, services and opportunities to grow that would not be possible without the biases and distortions that were first seen as unacceptable. That they are eventually seen is the hope that was born at the time of the incarnation so that these signposts, shall we say, would eventually lead the seeker in a manner which will yield the enhancement, the widening, the enrichment of not only the perceptions but of the small self which moves toward a union with the greater Self.

Is there a further query, my sister?

Questioner: No, and I thank you.

I am Q'uo, and we thank you. Is there another query?

(Pause)

I am Q'uo, and we are most grateful to have been invited to join your circle of seeking this evening, and again we apologize for speaking in a manner which is overly lengthy for most of your entities to appreciate. We so enjoy the opportunity to address those areas of your concern that we give too little thought, we fear, to your comfort, and we shall endeavor to be more brief in your future as you measure time.

At this time we shall again thank each for this joyful opportunity of sharing that which we have found to be helpful in our own journey of seeking and shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
September 24, 1989

Group question: The question this evening is a long one. Practices, such as long fasting for purposes of purification, whirling dervish dancing past exhaustion to achieve unitive insights, marathon running to the point of ecstasy, and any practice which takes us beyond our normal limits and which is done with the intention of expanding our normal awareness seems to be significantly effective in doing just that. They also seem to be small, intensive symbols of how an entire incarnation is offered as an opportunity for growth, as will and faith are continually taking us beyond our limits, and eventually result in the metaphysical realization of our soul's goals. Could you comment on the degree of accuracy of this observation, and expand upon it, please?

(Carla channeling)

I am Oxal, and I greet you in the love and in the light of our infinite Creator. This instrument is surprised to find us answering the call of service to your group this evening, yet the particular field of questioning we felt perhaps might be something we might aid you in consideration of. And so we gratefully thank each within this circle of love, service and seeking for allowing us the privilege of moving with your vibrations and thoughts, sharing in your meditation, and working with the poor tools of words to achieve concepts that instruct and inspire. This instrument has always thought of us as a very stern channel, and perhaps we are more quiet and careful with our words than other channels. We are also more difficult to receive, as our contact is more narrowband than most. However, we are grateful to be here, and we shall address the subject of the effects of moving beyond one's limitations, or what one perceives to be one's limitations.

In the first place, there are no limitations. That is part of the illusion. Each limitation is a special part of a general illusion. Everything is possible, but there is so much seemingly perceived evidence to the contrary that it is a rare entity that may have the faith to gaze steadily through the illusion of meat and bone and tree and farm and city, to move into a different way of looking at the self, a different perception or state of mind. Each of the disciplines which were described, the going beyond oneself in physical exhaustion, the altering of the mind through chemicals, points towards the same instinct, and that is to press through the illusion, open the doors of perception, and see things as they truly are.

In the purest sense, this is complete folly, for in your density it is not given to know exactly how things are. It is given you, rather, to know of an illusion which allows you to make many choices, and in this context we may speak of pushing beyond the physical limits in a different sort of way. When one wishes to become good at an activity within your

illusion, one spends time and practice upon the skill involved. When a skill after which you are chasing is the skill of looking through the illusion, that becomes a challenging project. Your five senses are geared by your physical vehicle to receive impressions in an accurate and prioritized manner of all that is occurring about one within the illusion at any given time. There is much goodness in this illusion, and in observing the illusion, and making the emotional, spiritual commitment in blind faith that one can only make in an illusion as dense as your own. Nothing is clear in your illusion, nothing can ever be permanently clear. It is possible to place the mind within a different state of consciousness, because consciousness has little to do with the illusion. That is precisely what the Sufi who dances, the shaman who twirls, the runner who goes beyond his limits, or the entity which takes mind-altering drugs intends to do. It intends to move to a point of view which is less illusory and more full of that which all humankind seeks—truth.

There is much talk about the Creator, and love, and service to others, but before an entity can move sincerely and wholeheartedly into service to others, love of a mysterious and unseen Creator, it must somehow discipline the self so that the self realizes there is more to the self than the everyday experience. There is hardly any other reason to attempt spiritual evolution on an accelerated basis. One has to achieve what this instrument would call the mountaintop experiences as clues, harbingers and messengers of the more light filled illusion of one less distorted from the original Thought of love, that is, the one Creator.

Thus, pushing oneself, in and of itself, is not necessarily helpful. If one is pushing the self because one has worldly ambitions, it is, in f act, a deepening of the dreaming process of the illusion, and not until the entity becomes completely exhausted from that ambition can the entity begin to perceive that that in which he was interested is not all that there was.

Mystery abounds in your illusion, however those who are most respected within your culture do not deal with the mystery, but with the illusion which they can manipulate as they cannot manipulate the noumenal, the unseen, and the mysterious. Therefore, it takes a different kind of scientist, shall we say, that is, one who wishes to know, and that is the scientist who is a true scientist, who simply wishes to understand—if we may use that term—the nature of its illusory environment, and the steps, tools and resources that are necessary stably to move the self in greater and greater rhythmic harmony with the one great original Thought of love.

This is the search for truth. In many it expresses itself as the search for beauty, the search for justice, the search for the ideal proportion, for many are the personality distortions among your people. But among those who are thinking the most clearly, the opinion is, and it is one in which we concur, that the self is the subject for examination, with an eye to finding the mysterious part of the self, that part that is bound up inextricably in the great mystery of creation.

We find no actual harm in the shamanic twirling, in the taking of mind-altering substances, in the working past physical exhaustion, but we find little good there. These are side effects of something which is more important within the illusion, that is, discipline. The shaman which twirls is disciplined, concentrated, centered and focused, single-hearted. The one who runs beyond his limitations runs because he desires that altered state of consciousness. The [one] who takes the chemical substance to alter the consciousness does so because of a realization that there is an illusion to be penetrated. However, entities need to grow organically, step by step, inch by inch, little by little. To overstep the self is to cause confusion and pain.

Thusly, although we fully accept the value of the insights gained in going beyond the self, we urge each to consider using the consciousness itself, the analytical consciousness, the intuition, and all the tools and resources that you have gained in your spiritual study, to move into meditation in a natural and organic fashion, and to await patiently the altering of the consciousness that this will inevitably bring. It is not usual for this practice to bring enlightenment in a moment.

We find meditation more acceptable than the guru/chela relationship which this instrument is aware of, for though the teacher to the student, the student becoming a teacher and teaching the student, is acceptable, again the guru, which one adores rather than adoring the Creator, is perhaps missing the fact that the guru, the student, and the Creator are one, and all of them are love.

To achieve this consciousness in a steady state is to work day by day to keep the mind upon the present

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and eternal moment, to keep the senses alert and the sense of humor sharpened and honed to see the wit of the world as it passes by completely disheveled and most humorous. It is good to laugh at the self, for to laugh at the self is to heal the self. Move into meditation each day, and use the faith and the will that one would use in pushing past one's physical limits to quiet the mind, to hone and sharpen the attention, the listening of the meditation, and to remember throughout each day to move back into that consciousness achieved in meditation as it were a room to which you had access by grace.

This room is within you. It is the closet of the spirit, the sanctum sanctorum of the inner temple. There is perfect truth, there within lies perfect consciousness, undistorted, but it is buried very, very deeply. We still seek the truth, and we are those of the wisdom density, which is, shall we say, two grades above your own. Yet we are enthusiastic about the simple process of meditation, until one knows the truth of who one is, and one sees day by day the distortions and misunderstandings that have crept in because of a lack of trust, a lack of faith, or a lack of will. The key, permanently to changing one's perception of the illusion, is persistent, daily listening in silence, that which you call the silent meditation. Each of you, indeed, all who meditate, need constantly to be attempting, in this context, to push the self toward a pure, deeper communion with the one Creator, in that holy ground within. Yes, it is true that the fast run race and the sudden, startling, beautiful observation coming from an altered mind are charming things, but they are not organic, they are not of the spirit, but are tricks done to the physical vehicle in order partially to free consciousness from its vehicle.

Now, each of you needs, not simply the silent meditation, but the experience of true worship and adoration. It is for this reason that so many move toward the guru/student relationship. We would suggest that a support group of those who are of like mind, but who are considered colleagues, is a more natural and honest way of attempting to pierce the illusion, of attempting to see the truth, of attempting to move past the dragon and find the treasure that lies so deeply within you, each of you.

Thus, we encourage you to encourage each other, in love, by loving each other, by honesty with each other, by serving each other, by communicating with each other. The consciousnesses within each, then, are together attempting to move into a more centered and focused place within the mind where the illusion is not subject, and where the unity of all things may begin to be felt in an organic fashion so that it is not intellectual knowledge, it is not remembered knowledge, it is experienced knowledge, and not experienced because of something outside the self, but experienced because each seeks to know the truth, seeks to serve each other, and seeks to worship and love the one infinite Creator. Worship may be done in many, many ways. We do encourage each to cultivate the ability to worship, to bow down and give thanks, praise and glory. We do not feel that there is any semantic difficulty, for all stories about the Creator are effective to some and not to others. It is a matter of finding the path that is truly most excellent for you.

When in communion with others of like mind, the experience of each becomes a resource of all. This is the beginning of a social memory complex. Each may then be teacher to each by reflecting that person's image back faithfully, honestly and clearly, without prejudice of any kind. This is what is to be hoped for in companionship. That friend which is true and wishes to serve will tell the exact truth as it knows it, will encourage, exhort and caution when those feelings spontaneously come over one, will in fact be a living mirror for those within the community. This is an excellent and organic and, as far as we are concerned, most normal and healthful way of achieving an acceleration in spiritual growth, especially for those who are wanderers, and wishing to remove all karma before the physical death of this life.

To be able to live in love is not given to many. For most, the struggle towards the love that lies beyond our definition is a long one, and there is no proof that there is such a Creator, that there is such a love. Indeed, within the illusion, the finger points towards a creator of chaos, dishevelment, constant worsening of conditions, and an eventual suicidal end to the human race. You may gaze at the illusion, or you may seek in silence for the truth. If there has been no experience of worship in the life experience so far, perhaps it is not so bad an idea to use a chemical, or the shamanic dancing, or the Sufi dancing beyond exhaustion, so that one may at least feel an objective referent to the feeling that all are one, and all is love. But it is not well to depend upon any exterior influence, for the mind, the spirit, are not of you,

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which is true, and by mind we do not mean that bio-computer which is the brain, but rather the consciousness which uses that computer. Do not let the computer use you. Stay with the heart, stay with the emotions. Herein lies your deepest mind, your canniest intelligence. One must be cautious to ensure that one is not simply acting whimsically. One must take thoughts of change into meditation, and feel deeply the guidance that comes with each step which you have prepared for yourself within this incarnation. Move past yourselves by all means, for you are unlimited and imperishable beings. You are infinite and you are eternal. Seek to feel that consciousness. Seek to feel that worship, and that unity.

We wish you a brightly whetted ax of desire, and a tree of experience to cut down that is not so cross-grained as to make the incarnational experience difficult. There are those who choose the difficult incarnational experiences. There are reasons for these choices having to do with personal growth, for those who are dealing with some handicap are also pushing through into another state of consciousness, that is, one which is less aware of one's disability. Each of you are citizens of the universe. Gaze at the stars, and know that mystery lies within you. Seek for it, hope for it, pray for it, and wait for it.

We would at this time transfer to the one known as Jim, that this entity may answer any queries and then close the meditation. We leave this instrument in love and light.

(Jim channeling)

I am Oxal, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to those queries which yet remain upon the mind. May we ask if there is a query with which we may begin?

Carla: I feel as though the three of us in this room, and also Don, and some few others that we have met, are really like a family although we were born to many different mothers and fathers. Could you comment?

I am Oxal, and we may comment to a degree. Those of like mind form a kind of family. That the minds desire to serve and that the minds find a harmony within the self that might be shared with others, and that the entities with such minds have the will to offer themselves in a free and open manner are characteristics which create an environment in which the concept of family as you know it within your culture may take root and, indeed, may flourish. That entities discover these qualities within themselves and within other selves with whom they shall or do share experience, and have origins within this incarnation from many places, is explained in some instances by the reverberations, shall we say, of this quality of family that sound from another home, shall we say.

There are many upon your planet at this time that have removed themselves from other densities and planetary influences for the purposes of offering services that are needed as this planetary entity, which you call Earth, makes its entrance into the density of understanding[2]. Therefore, there are many who have found service in joining in incarnation with their own kind, shall we say. Upon your planet at this time there are many of these that you call wanderers that work individually, letting the life's experience shine to those in the immediate vicinity. There are others that join together with those that you may see as family in order that their services might be enhanced. You are aware of many entities with whom you feel this quality of family, and are aware that the overriding purpose of each entity's incarnation is the offering of service to this planetary sphere.

(Side one of tape ends.)

I am Oxal, and am with this instrument. Is there another query at this time?

Carla: I would like a validation. I understand that you can give validation if the person already knows something, and I do feel this is what happened, but it would be comforting to have it validated. Did my father say good-bye to me on the beach and in the water and when I was singing right after he passed into larger life?

[2] Carla: In some of the older material, I can remember this being used, most specifically by George Hunt Williamson's channeling of Brother Philip where Philip referred to fourth density as the density of love and understanding. I have tended more recently (post Ra Material) to use the "understanding" part for fifth density, however, and reserve the fourth for "love." I don't think that literal understanding is fourth—we have to love first, then go for the counterbalance of moving the mind in again.

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I am Oxal. We have some difficulty with this instrument at this time. We shall allow this instrument to pause.

(Pause)

I am Oxal. The experience of which you speak upon the beach as you were feeling the movement of energy through your being was in part not just the reaching to you by the entity that was your father within this incarnation, but was also a reaching by you to this entity as a deeper portion of your mind complex was aware of his movement from the physical vehicle into the etheric body. Therefore there was, as you may call it, a natural attraction which was set up as this entity was able to penetrate the immediate experience of the passing from the vehicle and was able to take stock of its situation and offer a blessing to you as you were able to perceive that touching of the spirit, which is not a normal or easily perceived experience.

Is there another query, my sister?

Carla: No thank you.

I am Oxal, and we thank you, my sister. Is there another query at this time?

K: I have a question regarding the concept and process of worship *(inaudible)* particular view of the Creator, and particularly *(inaudible)* I feel as though I'm *(inaudible)* on the idea of worship *(inaudible)* not much idea at all of what the Creator is, and I realize that's to be expected because the Creator is mystery, but there's also the idea of the Creator being all that there is, and all that there is is the Creator, and I have difficulty figuring out how to offer worship at this time. I feel as though I need a certain focus for it *(inaudible)*. Can you offer any suggestions *(inaudible)*?

I am Oxal. The simple desire to find a means to worship is a good place to begin, for the giving of thanks, in gratitude, to that principle which is known as many names, concepts and ideas is a natural function of each portion of this same Creator, for each of the individualized portions of the Creator, however veiled their consciousness might be as regards their true identity, is to sing, shall we say, or to resonate in harmony with what might be called the primal sound of the universe as it is being created, destroyed and recreated moment by moment.

Therefore, for each portion, or entity, of this unity there is a note or means by which the entity may realign or tune the being to the greater, shall we say, symphony. We cannot direct the means by which this tuning, this worship, or this resonating of self with great Self is to be accomplished, for a part of this worship, as we find it is called by your peoples, is to discover for the self that which expresses the truest feelings within the being for that concept one seeks to give praise and thanksgiving to.

We can recommend that one experiment with any means which seems promising, and continue the experimentation until there is the satisfactory completion of this ritual. It can be as simple as giving thanks with each breath, if one lives a contemplative life in a finely focused manner, or as elaborate as the worship services that we find many of your peoples attend on this particular day, and we can even be *(inaudible)* in the *(inaudible)* and detail that is achieved. We find, however, that the elaborateness is far less important than the desire. When there is the appropriate desire present, the means to express this desire are far more liable to be discovered than if the desire is absent, and the entity finds itself walking in another's shoes, shall we say, and simply *(inaudible)* motion and posture.

Thus, we would suggest that you might begin with your desire, and give that desire whatever voice, large or small, that seems appropriate to you at that time. Let any beginning be sufficient, and let your desire be persistent.

Is there another query, my sister?

K: *(Mostly inaudible. About that inherent in the idea of worship the idea of separation between the created and the Creator, and trouble with shift to the idea of unity of created and Creator.)*

I am Oxal, and we would comment by suggesting that the illusion in which you move has, as a fundamental portion of its fabric, the seeming separation of each entity from each other entity, and from all other portions of the creation, so that it seems that there are many, many sources and factors that feed into one's perception of the creation and of the self. This fundamental nature of your illusion, therefore, colors and affects the forms of worship that are achieved by your people. There is within each culture and each religion a recognition, however *(inaudible)* or infrequently or frequently

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referred to, of the unity which is the true nature of all that is.

Therefore, each religion attempts to speak to this point in some means as a foundation stone of the worship and practice of the tenets of the faith. However, as the practice of each religion has proceeded throughout your ages there has been in the instance the continuing entry of the mundane and, shall we say, man-made affairs of the world into each religion and practice of worship. The means by which the fullness of the concept of unity might be expressed by any entity in the circumstance of your organized religion is one which requires that an individual's journey inward be accomplished in order to remove some of the distortions that have allowed a concept of the separation of that which is worshipped from those who worship to occur.

Therefore, we would suggest that the meditation of a prolonged nature be accomplished for the purpose of, shall we say, wiping clean the slate of perception, in order that that which is more appropriate to the individual heart be discovered in a manner much like peeling back the layers of the onion skin so that the heart's desire and its means of expression naturally work to give form to that which is felt.

Is there a further query, my sister?

K: No, thank you.

I am Oxal, and we thank you, my sister. Is there another query at this time?

Carla: No, thank you.

I am Oxal, and it has been a rare privilege for us to be able to speak in words to this group this evening. We thank you for your invitation and for your patience, for we are not an easy contact to receive and we are somewhat difficult as well to give voice to for this particular instrument. We shall be with you in your seeking and in your meditation. We shall leave this group at this time. We are those of Oxal. We leave each in the love and in the light of the one infinite Creator. Adonai. Adonai, my friends. ✣

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Sunday Meditation
October 1, 1989

Group question: The question this evening concerns worship. We would like to have some information along the lines of the purpose of worship in a person's growth, the elements that go into worship, concerning perhaps something along the lines of awe, of thanksgiving, of praise. We are wanting to know something about the means by which one can accomplish worship. Can it be done as simply as meditating and attempting to make a contact with the soul self, the higher self, the Creator, in a feeling of unity? Some people experience worship most profoundly when in the very strict and ritualized setting of the church. That would include singing of sacred music, the taking of Communion, the singing of song, and the listening to an inspirational message. Other people have begun to form their own "churches," shall we say, and find worship in meditation, in dance, in other types of ritual. So, we would like to have information concerning worship.

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator in Whose name we come among you as brothers and sisters seeking the light and the love of the infinite One. We were with this instrument prior to the meeting, reading over the instrument's shoulder, as it were, as the instrument studies the progress of those whom she is teaching. Consequently, we were swift to answer. However, this question strikes at the heart of that which is to be learned upon the Earth plane within third density at this time.

You ask about worship. We find that worship is a daunting word in your society. Worship denotes that which takes place within an acceptable church or temple. Worship is that which is finite. Worship is that which is ritualized, and so forth. In this way, many of those who are unable to deal with the proliferation of doctrine and dogma in settled religions find that they have lost the ability to worship, for they have lost their innocence, shall we say, and no longer believe that the Creator is separate and far apart from Its creation. Each seeker becomes aware subjectively that the Creator is imminent and at all times with each seeking entity. It is the entity's decision to open the door to Love.

This is a large enough subject that we ponder the most clear way of proceeding. We shall begin with the concepts which are foreign to the culture of which you all are a part. Within those who follow the path of the guru and the chela, the concentration of worship is seen as a continuation of student, teacher and the Creator, all being one. This, however, gives the devotee of the one infinite Creator a living entity to adore, with feet that may be kissed and with hands that may receive garlands of flowers. In this way, the adoration of an entity

which is seen is accomplished, and that entity is seen as a representative, or as one with, the infinite One.

There are many distortions within this way of worship involving, of course, the unfinished business of humankind which the most enlightened teacher still has to experience. Thus, the adoration is often less than pure as the entity is less than a pure representative of love. So, we shall turn to the options available to those wondering whether to worship within a structure made by others, a structure made by the self, or simply in silent communion.

This instrument is a good example of the entity which is a natural mystic. The entity also experiences sensitively through each sense. We find that neither the word sensuous nor sensual has connotations in your language which are spiritual. Yet, the heightening of all the senses is an aid to the keenness and whetting of the appetite for worship of the one infinite Creator. This instrument has simply chosen to ignore those doctrines which it cannot and will never understand. Therefore, the instrument keeps its mind upon a pure emotion, ways of feeling that are private between the self and that greater Self, which is all that there is. Because of this instrument's persistence in this practice and because of its ability to move through the service discarding that which it does not wish to take in, it has been able to use a system of stimulation of the senses which is intended to evoke strong emotional release.

Prayers and worship are many, many things. They may be praise. They may be thanksgiving. They may be intercession. They may simply be a statement of adoration. Or, indeed, it may be the silent communion tabernacling with the One Who is All, knowing that self is indeed upon holy ground, standing at both the beginning and the ending of the great cycle of creation while it experiences the illusion of the passing of time.

The purpose of the emotions evoked through worship is to so purify and clarify within a seeker the emotions of unconditional love that the entity becomes aware of the Source of unconditional love. When it is realized that the Creator is truly within, and the whole creation also, then it may be seen that it is an internal matter: the small human self through purified emotion opening the gateway to a deeper and deeper awareness of the Christ-self, the Creator-self, that is the core, the reality, the beginning and the ending of each.

One cannot cause oneself to feel emotion. One may behave in such a way as to indicate emotion, but there is the inner knowledge of the depth of that particular emotion. And what the seeker wishes to do is to intensify, by steps which are natural and unforced, one's emotions of adoration and worship of that great Self which is at the core of all that there is. Many simply go through the motions, hoping that worship will strike from the sky as lightning. However, it is to the persistent, steadfast, daily plodder, the one who walks with slow, firm steps, who accepts the dust and difficulty of the spiritual path of service to others, who is best able to begin the discipline of the personality that leads one to be able to release the personality and the limitations of human understanding, if we may use that term.

The understanding which each gathers is extremely helpful within this illusion and is intended for instruction that one may learn how better to love. However, all things within the illusion are distorted, not only the general things but the specific things in each entity's life experience. Each sensibility receives and perceives information in an unique way according to the eccentricities or idiosyncrasies of that entity's personality. There is a great problem with those who have come to an understanding that the Creator is within. Does one wish to worship the self? One would think, surely not—the self with the clay feet and the foolish mind and the sometimes unsteady heart. Worship is not possible from any entity. Worship is an emotion that flows through the entity.

Now, the beginning of worship is a clear realization that the true self of you is the Creator, that you are love, and that within you is the capability of manifesting or channeling the love and the light of the infinite One though each of you are within a finite illusion and, therefore, are unable of yourselves to generate infinite emotion. Within your culture the attitude toward the teacher is not that of adoration and worship. Within your cultural nexus this would seem to be blasphemy. The next great step, then, in preparing oneself for worship, is to yield up the humanness of the self, gladly, willingly and eagerly, to release oneself from the limitations of making sense, of being rational, of analyzing, thinking, concentrating, pondering and so forth. An

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emotion is experienced; it is not *an* experience. It is that which occurs *to* one.

And why would this occur? Let us gaze at the nature and the face of the Creator. Oh, how many books have been written about the Father/Mother/Creator of all that there is. How many words have been written, how many paths have been taken, to attempt to gain from the self wisdom, knowledge and information that may make one holy, sanctified and blessed. This type of belief that understanding and information will move one forward, to the exclusion of purified emotions, is termed among people "gnosticism," and is indeed, though not heretical, an ambiguous and unsuccessful road upon which to travel in search of the one infinite Creator.

Now, you see many, many wish to be of service to others. Many feel the need to express love to others. But first there must be two realizations. The first realization is that the Creator loves you with a passion most intense, for you are a portion of the Creator experiencing Itself—love experiencing love. True worship is a response to the unconditional love that lies at the center of the universe and of your being. Within you is infinity and within that infinity, an infinite intelligence. And this principle is one of love and so all that there is is love.

Yet, you would wish, and we would recommend, that you strive to attain the emotion of worship, for within the process of moving toward worship one first dies to the self. That is, one releases oneself from one's humanity, one surrenders the self to the greater Self that lies within in complete trust that that which is love may be answered with the most profound and purified love in return.

The one known as Jesus was a teacher particularly adapted to offering these teachings. Yet, they were misunderstood, misquoted and, to some extent, lost, for this entity always declared that it was not he who spoke but the Father within, an indication of his own surrender to the infinite One Which lies at the heart of each and everything in creation.

Some entities feel emotions of any kind with far more ease than others. Thus, we ask each entity to move toward worship, allowing itself whatever latitude it needs to work with the distortions of the self, to bypass that which is not held in faith. Worship is not an artifact of belief. Worship is a purified emotion from the self to the Self to the self to the Self to the self. One self may be capitalized; that is the Self within. The other self is your outer shell which is as a shadow dancing upon the wall of reality.

Your physical shells are illusory. Your creation as you perceive it with your senses is illusory. And, indeed, the reason that many mystics are able to continue worshipping within the established church is that they have been able to separate themselves from the judgment of Self versus self and are able to see teachers, such as the one known as Jesus, not as objects of worship and adoration, but as worthy entities leaving a legacy of wisdom and compassion. Because of the times in which this entity offered its ministry, all of the senses were valued, and, thus, each sense was stimulated to align the mind to obedient and complete surrender to that greater Self within. The music, the incense, the taste of body and blood of heaven, the smells and feelings of those buildings which are considered holy and which have been upheld in prayer, occupy the surface consciousness to great extent, thereby making it far more easy for the entity to move deeply into the self and open that inner door which none other shall ever open, to find love waiting, love so profound, so undeniable, so joyful that one cannot help but love, worship and adore in return.

The Creator is, to use your word, holy and sanctified. Each of you is likewise holy and sanctified. But there is, shall we say, the surface illusion to be penetrated. As always, for this we recommend daily meditation and the daily contemplation at day's end of those things which have moved each so that one is familiar with one's human self and may find it easier and more safe to put aside, knowing that the surface self shall be resumed at a time when these purified emotions have surged through the spiritual shuttle which moves each into the infinite and eternal reality of the circle of creation.

People do not wish to worship themselves. Yet, as they go to the churches they cannot find a Creator to worship for they cannot accept many things about the experience of the so-called spiritual fellowship. Those entering in the spiritual fellowship are of all stages of development of self-awareness and, therefore, there is great pressure on many within your organized religions to manipulate, to impress upon others the idea one has of oneself, to do things a way which seems correct as opposed to a way which seems not. And that intensive effort which

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would be given to pure experience within a service is frittered away in, shall we say, church politics and busywork.

If the seeker seeks within the organized religions, let the seeker's seeking be daily and not dependent upon that which one does for service. For without worship, love and adoration of the one infinite Creator filling one's soul with inspiration, the services to others will not be of the highest and best that you may obtain in this stable manner. They will be distortions of that expression, distortions which are designed by the surface self and which therefore limit the infinity of the outpouring of the love that is the principle and nature of the Creator and of creation.

To be in worship and adoration is to walk the path of angels. To move from that path to the daily round of activities is a sorry shock for most. Yet, we would suggest that it is the daily grounding of the self in surrender to the great Self within that may bring that eternity, that infinity of love into manifestation through the very being and nature of the entity. There is much sacrifice in this path, but as the teacher known as Jesus said, "I do not come to bring peace, but a sword." That sword shall refine and refine the choice that each makes to be of service to the infinite Creator. The peace that is found in the service of that infinite Creator is a peace found only in complete surrender.

This is the sticking point for many who do not wish to surrender what seems to them their free will in order to worship that which cannot be seen, that which is intangible and has no objective referent. It seems equally improbable that one would worship another or that one would worship the interior of one's being. In daily meditation, in listening, and in opening that inner door to that principle of love which meekly stands waiting to enter, is to begin the process of spiritual evolution that results in what this instrument would call "praying without ceasing." When one is conscious always of the greater Self within, the life becomes effortless and flows naturally as the spring of love wells up infinitely through the entity to the surface entity and then into manifestation to others.

Emotions are not understood well or given appropriate importance within your illusion, for each prides itself upon its rationality, its practicality, and its common sense. These functions are those given to your bio-computer of your brain and these functions are extremely helpful in making choices, analyzing situations, and moving towards the spiritual by asking questions of this type. However, there will not be enough energy for anyone to sustain a manifestation of service to others unless that entity is feeding itself with the heavenly food of recognition, surrender and worship, and finally, dedication to be true to the enormous love between the greater Self and the expressing self within the illusion.

Each of you sees yourself as a being progressing through the years, growing older, and facing the leaving of the physical vehicle. What will you bring with you? What is your permanent personality? It is the biases that you have gained by dwelling in love, praise, prayer and thanksgiving, in seeking harmony, in seeking peace, in remembering the humility of one laboring under an impenetrable illusion. Know this about yourselves. You are not at all whom you see in the mirror. You are not at all that which expresses in casual carelessness from day-to-day. You are not that which is thoughtless. This is all of the surface. What you shall take with you upon the spiritual level at the time of physical death to the vehicle are those biases which have been created by purified emotion; that is, adoration, worship and unconditional love.

We suggest to those who wish to form …

(Side one of tape ends.)

(Carla channeling)

I am Q'uo. I am again with this instrument and shall continue briefly. For those who wish to enter ever more deeply into the covenant of Love meeting love, we can only suggest that with lighthearted merriment one observe the humor and, shall we say, the oftentimes ridiculous nature of the illusion while maintaining an awareness that at one's heart one is not foolish, one is not limited, one is of the Creator, one is love. Each day it is necessary to observe the self and begin to cleanse from the self those portions of personality which would keep one straying from the path of surrender to the infinite One. The fact that the infinite One is within means that this is work in consciousness to be done by the self with the Self.

The group meditations are most helpful in this regard and, indeed, it is true of worship in general

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that the greater the mass of worshipping, faithful souls, the greater the power of love that is experienced, not only by those who worship but, in the planetary sense, of the lightening of consciousness of planet Earth. It is for this reason that we never condemn any sort of religious practice which has as its goal, worship. We are not particularly interested in the specific means of attaining the emotion of worship and adoration. We are interested, and each entity needs be interested, in finding a path by song, by prayer, by whatever ritual required that opens the shell of the passing self, that self, that shell of personality that shall die and be no more, so that it may be broken apart as the egg broken into the dish. It is not the eggshell which those sitting in this circle are interested in; it is that which is within the mystery of that egg, that life, that miracle of birth.

If you are at this time only beginning to work upon the releasing of the surface self to the deeper and infinitely wiser will of the greater Self within, we may say, treat yourself as if you were a precious child, tiny, helpless, an infant which needs to be fed heavenly food. Find a way to feed that appetite through the singing, through the praying, through whatever has meaning for you, and do it persistently and for the love of the infinite One.

Worship, ecstasy, love—these are interchangeable words as regards the nature of the creation and the Creator. Your worship is only an answer to the Creator's worship of love, for Love worships love in all ways. The illusion is most complex. That which is to be worshipped, the reality behind the illusion, has no concept, no shape, no face. It is a great mystery. It is also a mystery to us. We do not believe we will plumb the depths of this mystery until we are once again without any surface consciousness of personality, so that we have become completely that which is in the core of our being.

This task is wonderful, but also dusty, hot and long. There are difficulties which assail one when one attempts to polarize persistently. There are the stresses of change as the human personality is gradually taken more lightly and less seriously. Above all, we would encourage each to be persistent, to wait, to allow, to expect, to hope that one may feel the presence of that great Self within, that one may feel that one is always standing upon holy ground.

Do not be discouraged. This is not the work of a lifetime. The work of your lifetime is specific lessons which you laid out for yourself and specific services which you wished to perform for the love of the one infinite Creator. Service to others without love has no real beingness metaphysically, and the so-called burnout of many of those who enter the helping professions is due to the limited awareness of the surface self and the lack of depth in seeking the heart of self so that those aids which one may give to others come through the self, not from the self, exhilarating and clarifying the self, not exhausting the self.

Emotions, when purified, are true thoughts. That which you consider thinking is simply that which has been given you in this illusion in order to make choices, and you make them well, my friends. But know this, that love is a steady state. As you tune into that steady state of the Creator's love, you are so loved. You must needs yearn and hold out the hands of prayer, praise and thanksgiving to the One Who loves you infinitely. And, in time, your return may become infinite and you may, indeed, live the life of praying without ceasing, of seeing holy ground under each footfall, of seeing the face of love in each and every entity regardless of its condition of life.

We have been informed by this instrument that we have once again spoken too long and we do apologize. The question asked tonight was, we feel, one of central importance, much misunderstood among your people who equate worship with action, worship with stewardship, with the giving of money and time and talent. These things cannot be done without the eating of spiritual food, and that spiritual food is the knowledge that you and the Father are one, and it is not you who speak, but the Father who speaks through you. In this purified emotional state of worship shall your soul grow in service to others and in love for the one infinite Creator which, when translated into a life experience, means an immense and glorious tapestry of love in relationship within the mystery-clad Self and with all those things both made by humankind and created by the one infinite Creator that move one to emotion: the thanksgiving for beauty, the poignant joy of birth.

We would now at this time resume this contact through the one known as Jim. We are most grateful to have been able to speak through this entity and

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we do thank it and leave this instrument in love and light. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We, at this time, would offer ourselves in the attempt to speak to whatever queries may be upon the minds of those gathered this evening. We wish to remind each that we do not wish to be as infallible sources of information but, rather, those of your brothers and sisters who have moved to a position from which we may see that which you see in a somewhat clearer light and who wish to share that vision with you if it is of value to you. Is there a query at this time with which we may begin?

Questioner: I have two students, one of which I have never actually taught, far away geographically who are working by themselves upon their channeling. What advice would you give in general to those who are beginning the attempt to be of service by vocal channeling?

I am Q'uo, and am aware of your query, my sister. We can suggest what you would call the basic information here concerning the necessities for certain parameters that must needs be observed in order to proceed along a path which has the capacity of sharing greatly with others. Yet, because of the great opportunity, there is also the great necessity for taking care that the path be traveled as surely and as carefully as possible.

There is the need for the experienced instrument within the group, for the process of serving as a vocal instrument is one which may be learned with relative speed, as you measure time, but must be refined with the dedication and practice that comes from the student and the presence of the experienced vocal instrument that can discern those instances where there is the need for special attention that might easily escape the novice or the beginner.

There is, of course, the need for the numbering of the group to be that of three or greater in order that there be a natural kind of support and protection provided by the desires of each being melded into a wall, shall we say, of light that serves to unify the seeking being, shall we say, that calls for contact of those, such as are we, that might give information and inspiration through that contact. There is always the need within any new circle of instruments to be able to rely upon the inspiration of an experienced instrument for those times when the difficulties or doubts do arise. Therefore, once again, it is well that such a group contain the experienced instrument.

We would also recommend to any such group that the desire to serve as a vocal instrument be periodically examined and intensified so as to continually place the tuning of each entity within the group at the highest point that is able to be sustained upon a steady level. It is necessary, therefore, to continue to work upon the self in what you might see as a therapeutic manner in order that those energies which may block or distort such contact might be kept within the balance point of awareness, shall we say. It is well to continue to work at least as hard upon the self as it is to work upon the process of learning to become a vocal instrument. This is being sure that the foundation for such work is placed upon the firmest of ground with great attention to its stability in order that any service which might be produced through the vocal channeling might have some hope of longevity and providing a continuing means both of learning and of serving.

We feel these points are a good beginning for the new instrument, and, indeed, are points which any instrument, no matter what the degree of experience, does well to continually consider as a portion of the process of serving as a vocal instrument.

Is there a further query, my sister?

Questioner: *(No further query.)*

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: Yes. I have asked this question before, but in light of the wonderful information that we have heard tonight—which, for me, is one of the best I've ever heard—I feel like I need to ask the question again to see if there is anything that can be added to it, or just to refresh me. When communing with the inner self when attempting to receive guidance to structure your life, or at least to *(inaudible)* your actions, I suppose, according to what you get from the inside *(inaudible)* sometimes I run into a very hard problem of differentiating between that which comes from the inner self and that which just comes from the mortal self that exists in the illusion. Could you comment further or reiterate?

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I am Q'uo, and am aware of your query, my brother. As one moves into the meditative state, it is well to prepare for this experience by first contemplating for a short period the reason that one moves into meditation, to prepare for that meditation by structuring the conscious mind in a fashion which serves as the personal tuning, shall we say. One may ask of the self what it is that one seeks, why it is that one seeks, how it is that one seeks. This will begin to place the attention in, shall we say, the proper attitude so that as the meditation is begun the attention will have a certain vector or direction that is not only inward but charged in a specific way. And by this charge, then, the consciousness that has been focused begins to move in a more meaningful fashion through the tree of mind down the branches to the trunk and therefrom to the deepest roots that are accessible to the entity at that time.

How deeply the entity is able to move down the tree of mind determines the degree of, shall we say, distortion or lack thereof, so that whatever information is gained does contain helpful insights, more and more helpful as the entity moves more deeply into or down into the roots of the mind complex. As the entity moves more deeply, the distortion factor is reduced so that those insights that are sought and which are supplied have less of a factor of distortion or of the coloration that is of necessity placed upon information from deeper portions of the self when this information must need travel through the more conscious portions of the mind or that which you might call the personality.

Therefore, it is our suggestion that each insight that is gained be looked at within the meditative state and within the contemplative state after the meditation as that which is helpful and as that which must also be subject to discernment in order that whatever distortion might be present as a natural communicative function of the mind complex might be determined so that the information becomes as purely distilled as is possible.

We suggest that this is not as difficult a process as our lengthy description of it would suggest. There is the recognition of information that strikes to the heart of one's concerns that comes from the conscious mind as it considers that which has been placed before it. Therefore, we suggest that each piece of information be given careful consideration and be valued as that which has its origin within the deepest and purest parts of the self that touch unto the higher self.

Is there a further query, my brother?

Questioner: *(The questioner understands the basic description of the method of entering meditation and describes his daily meditative practice, but wants further suggestions as to what to do when seeking guidance in the middle of activity when there is no time to meditate. Also, how can one judge the validity of guidance received quickly in such situations when there is no time for considered reflection?)*

I am Q'uo, and am aware of your query, my brother. In such an instance, one may see the attempt to untangle the confusion by asking for assistance as the sudden and sharp stopping of the conscious mind and by the query itself, seeing the query move as an arrow or a bolt of lightning into the deepest portion of the self so that a response might as quickly be received as what is frequently called among your peoples as the "hunch," the intuition, the inspiration that is of at moment. This is an effective means of communicating with a deeper portion of the self. The degree of effectiveness is determined in large part by the degree of sincerity of the conscious question. By asking sincerely and desiring sincerely, the subconscious mind gives that which is of the instantaneous nature of insight—a word, a phrase, a concept, a feeling—in some form. It is well to pay attention to that which responds to the sincere query, that which is of the heart, for it is that portion of the self answering which contains that which is sought and communicates this in but an instant.

Is there a further query, my brother?

Questioner: *(No further questions on this topic.)*

I am Q'uo, and we thank you once again, my brother. Is there another query at this time?

(Pause)

I am Q'uo, and as we have apparently exhausted the queries for this evening, we would take this opportunity to thank those present once again for inviting our presence. We take increasing pleasure in being able to join this group, for we find the desire to explore the self in all its variety with honesty and clarity to be most refreshing, and we rejoice in the opportunity to be a part of your seeking for these gatherings. We again remind each that we would

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offer only those words and concepts which may have value to you and would ask that you discard those that do not. We would leave this group at this time in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 8, 1989

Group question: We have a two-pronged question this evening, the first portion being, is there any additional way in which entities of the Confederation of Planets in the Service of the Infinite Creator, such as we contact in our group, can expand their contact with us and their teaching to us? For example, the inner-planes masters frequently take entities to other densities, or to other areas within the inner planes where [there are] experiences that are especially helpful to them. And then, once we have gathered information from whatever source, whether it be from the inner planes, from a guide, from a book, from a channeling, from a friend, or from whomever, how can we further put that information to work in our lives and produce more of the spiritual fruit, and the evolution of mind, body and spirit and the service to others that we have come here to accomplish?

(Carla channeling)

I am Q'uo. We are very pleased to be speaking through this instrument. We wished this instrument to reach a deeper state of meditation after the instrument was satisfied it had challenged us properly. We feel the instrument is now ready to proceed. We wish you a most happy and blessed evening together. It is our privilege to be called to this circle of seeking. We come in the love and in the light of the one infinite Creator. Our gratitude for your allowing us to share our opinions with you is great. It is you who help us, as any teacher may understand, for we learn, slowly but surely, truly how to understand and have compassion, truly how to temper that compassion with wisdom, by gazing at those who are going through what we may call the fire of decision. Yours is a stressful time, as you would say. It is so for a purpose.

We would now move to the question that has been asked. We of Q'uo are those of what may be called outer plane principles. That is, we have had the experience of working as a social memory complex, and we have chosen as one to move back to a density in which our humble opinions may be of value. That which we may offer is limited by the steel boundaries of free will. We may offer to you principles that are spiritual; we may attempt to contrive resources and tools for you to learn. But that which we do is as you surmised earlier, governed by a counsel which has found no single happening of that which was intended coming from a service-to-others physical appearance. It is always an infringement upon free will.

Consequently, we speak with you as those who love and those who wish to serve, and you serve us as you listen and consider. Please consider always that our opinions are finite. We do not have the knowledge of the one infinite Creator. We are merely a little

further along on a path which is as dusty to us as it is to you, and as joyful.

Let us speak about the inner-planes masters, so called. These are entities which have personally evolved to be harvestable to fourth density who have instead chosen to remain discarnate and to turn back and aid those of third density. These entities are creatures of your illusion which have moved to larger life and are able to see, shall we say, the tree of consciousness down to its roots and up to its loftiest branches. They are out of the illusion, but they have not had the experience of the higher densities by working with a social memory complex. It is, shall we say, a choice. There are service-to-others and service-to-self entities within your inner planes. There are very wise ones within your inner planes. They have done very, very difficult work, and they are to be commended. However, they have halted their own learning process, turning back to aid, and knowing only that which has been realized within the incarnation that makes the entity at the time of the physical death able to move into fourth-density light.

We have chosen, shall we say, a path with a broader vision. It may be said, perhaps, that we have chosen to love the Creator more than we love those to whom we speak, whereas the inner-planes masters love their students more than they love themselves, for they are unable to progress while still within the inner planes of third density. They are, however, able to give very, very good advice and to speak to specific matters that on our part would be an infringement of free will.

No, we cannot come among you. That which we know of the service-to-others path is enough to allow us to have concluded that the most effective way to aid humankind in this third-density illusion is to speak to spiritual principles with a long view, a point of view that is far away from yours in time and space, if you wish to use those terms. We look at thousands of years, while inner masters speak to the daily needs of their students.

Each path of seeking among your peoples is acceptable. Those upon the inner planes have done the equivalent of crucifixion. They have not risen; they have not moved on. They have loved their brothers, and have so great a compassion that they stay within discarnate third density, and attempt to be of service to their brothers and sisters. We have chosen to learn to be, knowing that eventually we would be able to be of service by our being, and at this point in our development we have also conceived of the project of speaking with groups such as yours, and this has passed the Council, obviously, or this instrument who challenges so fiercely would not be speaking.

It is acceptable to seek the Creator either through the inner-planes masters, or through those such as ourselves who attempt to offer a cosmology and some tools and resources for entering into that which is infinite and unknown. This instrument would call it the noumenal. It is our feeling that as we seek the Creator and learn more and more within the social memory complex experience, we learn to become able to serve in such a way that we learn; and so our service is our learning, and all that we offer comes back to us a hundred and a thousand-fold.

The apparent difficulty, from the standpoint of an inner-planes entity, is that any kind of physical apparatus, even light bodies, must be maintained. The consciousness must be housed. We are uncomfortable, we have our catalyst, we are attempting to refine our understanding of the ways of wisdom. Learning is always less than comfortable. The inner-planes masters have the realization which they have achieved, and they are very comfortable, for they are only consciousness, and because they once stood upon the same planet as you, they may, through a materialization medium, come to you and speak specifically to you.

There are those who need the daily touch, the intimacy, the ability to converse, of the inner-planes master or guide. A large percentage of your planet's entities choose this method of seeking. Let us say that the teacher known as Jesus the Christ offered a clearer view, that is, a longer view, of the purpose of the choice-making density, by living a parable, which may be seen to be that which explains that the one who is the greatest is the one who has chosen to be a servant, that the one who is most centered and conscious is the one who moves to the least comfortable position so that others may have the comfort.

You all wish to be service-to-others entities, and, as of this evening, you have chosen to work upon the way itself; not upon the answers, but upon the questions. It is our honest belief, from this point of

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view, that the questions are far more important than the answers that this instrument prizes. The point of the path of seeking is evolution, and a movement towards unity, not through experiencing the self as the Creator, but in experiencing the Creator through the self. That is, we see in each of you the Creator. We see the patterns of distortions that you have woven about the tapestry of your life so far. We can see the incarnational pattern, the learning of love that you are doing, and the integrity and sincerity and intensity of your intention to seek the truth. This is what makes the call that reaches the tuned ear.

Those who seek from inner-planes masters are often of, shall we say, an entirely different planetary origin, and find the need of inner-planes masters or guides because they are unwilling or unable to work within third density, within the prison of the flesh, within the additional prison of the brain, towards realization within the illusion, towards a penetration of the illusion from within the midst of that illusion. This is interesting to us.

We encourage people to take a long view. It is our honest belief that it is better to continue learning to be, and then, as a side product, being able to serve, than to turn one's back on one's own evolution, and sacrifice and martyr oneself within the inner planes in service to beloved students. This is only our opinion. There are very many service-to-others oriented, positively polarized and excellent inner-planes beings, some of which you are aware. We find within this group a very burning desire to move on, to progress in evolution, knowing that service to others will be the natural byproduct of the sacrifice of comfort, the sacrifice of freedom, in the sense of having to have a physical vehicle and a place to be.

You see, my friends, consciousness is not as you feel that it is. It is not the thinking; it is not the doing. The closest we may come to the essence of consciousness is purified emotion. There lies your wisdom. That which inhabits your brain, that which is given you within this illusion, is by and large that given for the making of choices, this being the density of choice. Much as a computer answers a question "yes" or "no," time and again, to come up with any number of informations, so too does the mind choose what it will perceive, and then arrange that perception according to the distortions of its own biases and understandings.

We suggest that whatever a person has found its path to lead it to at this time, that it is well to follow the heart, the preference, the bias, not to move from one way of seeking, such as inner-planes masters, such as speaking with those of us of the Confederation. It is a free choice, and good information comes from both, if the channel be pure.

Now we would tackle the question of how you may be aided more by our beingness. We are parables; we are exemplars. We do not teach, we are the catalyst for teaching. We are the voice of the infinite One, and we speak with vast perspective, compared to your own. Yet we are called to very specific vibrations, such as this group's. Inner-planes masters are called to individuals. They may be channeled to others, but they are in essence entities which belong to one person alone, or one person which belongs to one entity alone, depending upon the polarization of the contact.

Humankind has for all of written history, this instrument would say, tried to become wise. It has written billions and billions of words in many, many languages. It has thought many thoughts, and proposed many proposals concerning the way things really are. Mankind has struggled to learn, to evolve, to believe in something that is real. There is a difficulty with that. Nothing is real. All that you experience, including your own personality, is illusion, shadow and distortion.

It is our belief that because of our longer point of view we are able to serve you in a way that is different than the inner-planes master, and it is our belief that you are in a position to serve yourself in a way that is different from inner-planes guidance, and that is by the conscious use of spiritual principles in living the very uncomfortable life of one who is attempting, while in, shall we say, marine boot camp, to work twice as hard as the other entities who are grabbing the gusto, the bowling balls, and the beer. Those of you who hear my words and seek to help others are those who have chosen the dusty path, the path of sacrifice, the path of discomfort, of woes and troubles and problems. You have chosen to expose yourself to all that is in whatever form you may experience it, be vulnerable to it, be open to it, and attempt to learn from it, by the conscious use of spiritual principles.

Now, spiritual principles end always in two things: paradox and mystery. Consequently, it is the entity

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who seeks with a literal mind who seeks the inner-planes masters. It is more often the mystic, the poet, or, shall we say, the wanderer type, who is interested in the abstract principles which theoretically govern a living world of reality. Within your own life, then, you may devalue certain aspects of the brain's limitations of choice, and realize that beyond the veil of the inner being, if one is careful, and like a lover searches for the self, the heart of the self, and the heart of passion, that one may find, little by little, the self, amidst all the variousness of free will, and may begin by will and intent, consciously to change the polarity, to evolve spiritually, not because there is a guide who may speak to you each day, and tell you what to do, but because you are upon a quest. You are in search of an unfathomable mystery. That mystery is love. You have only one tool at the beginning of that great search, that dusty, infinite walk, and that is your intent, your desire, your seeking. The one known as Jesus the Christ said, "Seek and ye shall find, knock and it shall be opened unto you." This is inestimably true on many, many levels. Be very careful of that for which you desire, as it will come to you. Be sure of your desires; have the purity to know and examine the self.

Thus, we are suggesting to you that what we can do as beings is teach you that it is perhaps, although seemingly a choice of selfishness, [better] to move on and learn more, and not to stay behind in the inner planes and help students. It is better to go on, seeking, asking, being an entity with personality, which means that one has not yet approached the heart of the Creator. It is possible with inner guides masters to experience egolessness, personlessness and nonbeing. It is possible to have great realizations beneath the threshold of the conscious mind, and to allow one's being to be moved by whatever intuition those realizations produce.

Eventually, each inner-planes master will decide to move on, for the will to evolve is so much a part of the nature of the active principle of the Creator that it cannot be forever denied. The inner-planes ones must take up their staffs at some point, must take upon themselves manifestation and learn more, refine that choice, that understanding, that realization, more and more, until that which is called free will is found to be the desire to serve, that is the free will. When the free will and the desire to serve the one infinite Creator [are one]—this instrument would say the "not my will but Thine" syndrome—then the entity is most prepared to take full advantage of the experience which this dance upon planet Earth at this time offers.

You do not need to be other directed. We give you these words hoping for inspiration and information, but without hope that any will have any particular reaction to our words. We give them to you as opinion. We expect that you will take what is useful to you and forget the rest. This is excellent; this is the way it should be, for those who are conscious teach themselves by the catalyst of gazing into the face of the Creator, in each other, in us, and in the self.

Take the long view, my friends. Find the lightness of heart that this gives you, the balance of opinion, and the thoughtfulness, and eventually, the faith that it offers. [For when there is no reason to anything within the illusion, then it is that that which is mysterious outside of the illusion has the only possibility of being real.] Gaze at that pontificated reality, and realize that that reality, that mystery, is love, an energy indescribable. The infinite intelligence of the one Creator is love, unpotentiated, unpolarized, unaware. It merely loves. The active principle of free will is chosen again and again by the Creator, Who chooses to make a creation and form active principles of Itself that It may learn of Its own nature. We already know the answer: the nature of the Creator is love; the nature of you is love; the nature of your circumstances is love. Whatever they may be, all is as it should be; all offers the catalyst that is required at the present time.

If one may have faith in this, and seek the one infinite Creator which is within the mystery, which is the mystery, and which is the core of the being of the self, then one may find one's way to a way of living that is beautiful, and makes of marine boot camp a very tidy place, a place of happy laughter and merriment, a place of lightheartedness and peace. For as you learn more and more about service to others, taking the punches, having the troubles, learning from them, and not from an inner guide who tells you what to think, so you become more and more aware of the humbleness of your own nature, and of your desire for servanthood. Servanthood is not as you may think of it. Servanthood is servanthood to the Creator. One may see the face of servanthood in the face of a mother or father, who serves the Creator and nurtures the

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beings that house those consciousnesses that are unique, just as each of you is unique.

(Side one of tape ends.)

(Carla channeling)

I am Q'uo. We continue with this instrument. Each of you has a special gift to give. That gift is the gift of the pattern of the self. Consider the snowflake, no two alike. So it is with spirits, as they grow in compassion and wisdom and service to others. Each one has a somewhat different energy nexus, a somewhat different emphasis or area of expertise. Each speaks uniquely to the Creator of itself; each has experiences no other in the infinite creation has had, and has experienced them in the idiosyncratic way of one truly conscious of the self within.

You see, my friends, you are a jailer as well as a prisoner. In most entities the jailer is the stronger of the two entities. And so the entity moves through the life depending on outside help. You do not need to depend on any outside help, my friends. You do not need us, you do not need any teacher. You merely need persistence, determination, and a kind of respect for the self that must be the foundation of seeking. The core of you is the infinite love of the one Creator. You are the Creator within. This is not evident; it is not intended to be. You must seek this beingness within. We can be with you in your meditations; we can strengthen your meditations. We cannot strengthen your persistence, your determination or your seeking. We cannot purify your intent, or widen your point of view. You must leave that to the consciousness that is within you, the purified and ever more purified emotion that comes forward as bliss, ecstasy, passion, intensity and, paradoxically, peace. All these things are within you.

This is where that which is called faith becomes evidently different from that which is called belief, for inner-planes masters are those who have believed certain things, who have certain pathways to follow to graduate from third density. They are legitimate. There is a blindness to them, since the higher densities have been bypassed by the entity's immediate realization of the one infinite Creator. This may seem to be a great advantage, but it is as if you were only visiting and must go home. The only way to move back to the source, the only way to become unpotentiated love once again, the only way to find and be the Grail, is to walk this dusty path, learning of the self, of the beingness, of compassion and wisdom and balance, in that order, so that one may at last, having experienced much, turn and offer to the Creator the one gift that is most excellent and holy: the self, with all the richness of its learning.

May you see yourself as beautiful, my friends. May you attempt to live beautiful lives. May your laughter be hearty and real. May you delight in each other. May you seek together, may you be persistent and daily. At any time you wish for us to strengthen your meditation, we are welcome to be with you. We will not guide you. We respect you. You will guide yourself. All that you need to know lies within you. When you hear it, and say, "Yes, now I understand," there is a part of you that would wish to say, "Yes, now I remember." For that which is personal truth comes to one as a long forgotten memory that has somehow found its way to the surface. We welcome you to the dusty path. We feel it is an authentic option, a way to learn, a way back to the Source, and we are most grateful for your seeking.

This instrument informs us that we have been much overlong, as we are wont to do, and we apologize, but the question was an interesting one, and we must admit to being fond of interesting questions. We would at this time transfer this contact to the one known as Jim, that he may conclude tonight's working. I leave this instrument in love and light. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to those queries which may yet remain upon the minds of those present. Again, may we remind you that we speak those opinions which we have found useful in our own journey. We do not wish our words to be accepted without discrimination upon your parts. Is there a query with which we may begin?

T: Yes, I have a question, or something I'd like to say. I'd like you to comment on it. I try to get an answer from myself or from within—you said earlier, there usually comes a point where you just feel it's right, when you know that this is right, and coming to accept this as a valid answer, or a safe answer, or however you want to say it—so therefore I trust it when it just feels right, and I believe I understood you to say earlier that this was the criteria that we should use when judging an answer

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or getting an answer. Could you comment on that, please?

I am Q'uo, and am aware of your query, my brother. The image that we give this instrument is that of the garden. This is an interior garden. There awaits in this garden many flowers, shall we say, that have been sown by the seeds of your desire, your interest, and the direction of your seeking. As you seek those answers from within, it is as though you continue to water this garden, and as you seek the specific direction of that inner voice you are accomplishing the same thing as though you were to pluck the flower from that garden.

Thus, by your own desire and your persistence you have tended this garden, and it provides you with those answers which are helpful in your daily round of activities as you call upon the inner garden for the beauty and the fragrance of the flowers whose seeds you have sown. In short, my brother, we affirm the query which you have presented to us.

Is there a further query, my brother?

T: No, thank you, that's a very nice way of saying it. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

S: Yes, Q'uo. We are sometimes accustomed to distinguish *(inaudible)* energy between that portion which is manifest and that portion called the Godhead which is not manifest. I understand that we belong to the divinity, each in a unique way. This belonging is experienced by us in manifestation. What I would like to understand, explore, is the respect in which the manifestation of divinity is motivated within the Godhead Itself and to understand the sense in which factors such as emergence of will and desire come into play from within the Godhead.

I am Q'uo, and am aware of your query, my brother. This is a large and most interesting field which you have chosen for your query, and for the sake of clarity we shall attempt to be brief rather than to explore in depth this field. Within that entity or quality which you have called the Godhead there exists a desire. That desire is to know the nature of that which you have called the Godhead, to know the nature of that great Self, to know the Source that is unmanifested from which that which is manifested springs, to know the possibilities of that which is manifest, to know if there is any boundary to that which is possible within manifestation, to explore as an adventurer that vast plenum of manifestation.

This desire is that same desire which moves in each particle and portion of the manifested creation and, indeed, moves in a freely chosen and intelligent manner in each entity such as yourself and all within the third-density illusion in which the mind, the body, and the spirit first are joined in this great journey of seeking. Thus, that sense of yearning to know is that quality which one may call the will. Thus, that which has no form or manifestation of any kind has provided the spark of desire, of will, that enlivens and enables that which is manifest, that there might be this great exploration of the nature of all that is, and that each portion of all that is might partake in this journey of seeking.

May we speak further, my brother?

S: There is one point I would like to look at more closely, and this has to do with the way our seeking fits into the experience of the Godhead. From where I stand now there seems to be an ambiguity between an understanding I have that the one infinite Creator has begotten me, and the sense in which I feel a kind of self-origination out of a desire within the Godhead. As I find my way back slowly and through the densities to the Godhead, it is important to find my way back to the specific place of my origin. Is that why one is so scrupulous to attending to one's biases?

I am Q'uo, and am aware of your query, my brother. We shall take your phrase, "the place of your origin" not to be a specific location, for, indeed, you are from all places, but to be that frame of mind or attitude of unity from which each portion of the one Creator springs, and, indeed, this is true, my brother, for each entity has begun in total unity as an unpolarized and undifferentiated particle of that one great original Thought of love which has set all creation in motion. Each entity, therefore, finds its uniqueness in the means by which it is able to refine and define this unity from a perspective born of experience that becomes of necessity unique, for as each portion of the creation that becomes intelligent and self-conscious does so, its experience is at variance to some degree from the experience of any other portion of the creation, for the hallmark of an infinite Creator, my brother, is variety. By the free will choices that are possible to each portion of the

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creation, there is seen an infinity of possibility for each portion of the creation.

Thus does each entity such as yourself move in a rhythm that partakes of the great heartbeat of the universe, moving outward and outward, gathering experience, turning that experience into the power to serve, to love, to glorify the one Creator, and to continue on the journey, moving then back again to that place of unity from which all this began, having now gained the experience of moving through the cycles of creation. Thus, you are in microcosm the one Creator that has come to know Itself as you are now, and shall come to know Itself as all that is.

Is there a further query, my brother?

S: No, thank you very much.

I am Q'uo, and again we thank you, my brother. Is there another query?

Carla: I have one. In analyzing what I can remember of what I channeled, I was struck mostly by, well, in the past there has been a lot of emphasis on two things: faith and will, will and faith. Now thinking about the guru trip, the trip of inner-planes masters, incarnate or discarnate, and thinking that perhaps although there is much faith, the will is given over to a teacher that is perceived as apart from the self, and that teacher interacts with the student, and the student becomes able to deal with fourth density light, but it has not honed its faith. In other words, it thinks it knows something.

Whereas, the person who walks the road of spiritual principles and, shall we say, the hard school of knocks of life, instead of the ivory tower of talking with an inner-planes master, who has chosen to live the truth rather than study the truth, and because of that the only thing that moves one through experience is faith, and sooner or later it must be grasped by any one hopeful enough to continue to exist.

So, that is why you recommend working things out within your experience without undue attention to any opinion but your own, and that is because faith does not depend on facts or proofs or anything that is known, but faith just is faith that all is well and all is one with the infinite Creator. Could you comment on that? I thought it was kind of an important thought.

I am Q'uo, and am aware of your query, my sister. We shall attempt to speak to this point. It is difficult to generalize with accuracy in the manner which you have described, for with any teacher or student there is the likelihood that there will be anomalistic experience, that which deviates from the norm.

There are many teachers of the origin of inner planes that work with specific beliefs as you have noted. There are many students who work either with a teacher or alone who also work diligently upon the nature of beliefs and the power of the mind to affect not only one's behavior but one's ability to move along the spiritual path, shall we say. Whether one works with belief and concentrates little upon faith, or whether one works greatly with faith in that which is unseen and little upon belief, there is within your illusion a quality built in, shall we say, in which all efforts shall both fall short of the mark and shall produce some fruit.

The quality that we find most helpful to any student in whatever way the journey has been fashioned by that student, is the tandem, shall we say, use of will and faith. The desire to know, to grow, and to serve must be strong, and there must be the faith that such is possible, and we find that whether one has focused upon belief in certain principles, rituals or concepts, or has focused upon the direct application of faith, it is yet this quality of faith powered by the will, the desire, that is functioning either consciously or subconsciously, for each student has chosen—and in this sense we speak of those who are consciously seeking—to move the self upon the path of seeking to know in a way which implies and requires the exercise of faith in something, whether that something be a set of beliefs, a guru or teacher that personifies certain qualities, or whether it is indeed the faith itself, the faith that all entities share an origin, a journey, and a destination, and the surety that all is indeed well throughout the process of evolution.

May we speak in any further fashion, my sister?

Carla: Well that's very eloquent, it's just that I feel rather strongly that the organized religions, if you should take them literally, or take any body of teaching literally, or any spirit guide, following its directions literally impacts the will, and that's why I was saying that faith seems to have ascendancy over belief in being a good tool, because faith isn't faith in anything, it's just faith. If there's no further

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comment from you, than that was just—I thought that thinking for yourself and seeking your path did more to improve the strength of the will than the path of accepting that which a teacher has to say without question.

I am Q'uo, and am aware of your query, my sister, and we would further comment by suggesting that it is indeed the most frequently noted experience that the organized, as you have called them, religions do seem after a period of time to solidify the tenets of the faith or of the belief so that there is a more narrow path that is permissible to walk upon.

However, given this limitation of the hardening of the viewpoint and the narrowing of the viewpoint, there is ever available within each system of beliefs a path which is straight and true for those followers whose faith has remained unblemished and whose ability to awaken compassion within the beingness has ripened, shall we say, and has found a means of manifesting within the daily life.

We would agree that the hardening of the beliefs provides a difficulty for those entities who do not take upon themselves the responsibility of making those discriminations and interpretations and applications of the belief which will allow the awakening of compassion.

May we speak in any further sense, my sister?

Carla: No, I thought that was very enlightening. Thanks a lot.

I am Q'uo, and we again thank you, my sister. Is there another query at this time?

R: There is one other small, humble question. I get many sounds, and I wish your comment on these sounds. *(Inaudible)* before.

I am Q'uo, and we must apologize, my sister, for being shy of information in this regard, for we find that if we were to speak in this way we would be infringing upon a process of inner growth which is in our opinion most beneficially aided by your own efforts. There is a line across which we do not desire to move, and that is the infringement upon an entity's free will when there is the process of inspiration occurring that is of an inner nature which must be discovered by the student without the teacher, shall we say, giving hints for the homework.

Is there another query, my sister?

R: That was *(inaudible)*. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I guess we're through, Q'uo. Thank you so much.

I am Q'uo, and we thank each for allowing our presence this evening. It was a great honor to be able to blend our vibrations with yours and to walk with you upon your journey of seeking, which is indeed the same journey upon which we move as well. We take a delight in being able to give voice to our concepts and hope that we have been able to share some portion of our journey with you that might be of service to you. Again, we request that you apply your own discrimination rigorously upon those words which we have been privileged to share with you this evening.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Sunday Meditation
October 15, 1989

Group question: Pot luck.

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator, in whose service we come to answer your call this evening. May we say what a joy and blessing it is to us to enter your circle, and to aid in whatever way we may with the spiritual evolution of each, for, indeed, you do us a similar service by allowing us to serve you, for those who serve learn always more than those who receive. The teacher learns more than the student. Therefore, we are most grateful to you for continuing to be able to refine our understanding of compassion and wisdom. We find that we have been given a blank slate, a *tabula rasa*, this evening. It is good that the instrument is somewhat fatigued, for the sort of monologue which we would have through this instrument would perhaps be, shall we say, objected to if the instrument were less tired, for we shall touch on more than one subject.

We believe that we shall start with the general gaze at the nature of third density. If you could consider an ice that was not cold, but merely a skin over water, that is what your conscious mind is to the ocean of consciousness beneath the limen of consciousness. Those who yet have not asked what their purpose in life, or what their purpose in eternity might be, skate upon that thin covering, thinking that it is life. Indeed, it is a grand illusion, an illusion within an illusion many times. Why are you here? What do you wish for yourself? What is the truth? We have very simple answers, my friends, too simple for your questions, for the truth is so simple that it is difficult to accept. The truth is that there is one great original Thought which created the creation in order that It may know Itself better, and by the use of free will moved love—that is, the one great original Thought—into manifestation as light, and through the use of this substance, shall we say, or radiation, created all that you see outside of your physical eyes, all of it an illusion, and all of it designed to cause entities to make choices. Not simple and easy choices, like what to have for dinner, but the grand, major choice of this density, to serve others, in serving the one Creator, or to serve the self, realizing that the Creator is within.

We are not a service-to-self contact. We only teach service-to-others information. But we feel that we are speaking to a group who would wish only positive information, so we are satisfied that we are universal enough in our scope, but we did wish to mention that there are, indeed, two sides to the story of this particular sphere at this particular time, as each side, the positive and the negative, attempts to polarize itself to the point of being able to form a social memory complex and to make use of the denser and fuller light of fourth density.

This is the work in which each of you is engaged in one way or another. The choices are yours, and ofttimes distinctions are subtle, and difficult to judge accurately. This is acceptable, for within this density the whole idea is that you must work upon faith, that which is blind, as faith moves in many ways in the context of many wills, and no two entities follow the same path as they seek to form a polarity of service to others. But we encourage each at this time to realize that all those things which are outer within this illusion are in themselves illusions, that is, they are fields of energy, rather than the materialized objects which your physical eyes behold.

The nature of everything is consciousness. Thus, to move the focus of attention most well towards the one infinite Creator, it is well first to move the attention from the world of phenomena to the world of paradox and mystery, these two characteristics being the hallmarks of spiritual truth. Although the paradoxes are in later densities blended and unified, the essence of spirituality is an awareness of the absolute polarity of this density, and the dear necessity, the grateful necessity, of choosing and continuing to choose one path to the Creator.

For it is those who choose, those who risk, those who leap blindly in faith, those who will and hope, who move themselves in a most accelerated manner along the path of spiritual evolution. It is not those who seek this phenomenon and then that. This is what we may call the spiritual seeking, and each of the paths examined, it is well to examine. But in the end we ask that you consider very carefully the creation of your own system of faith. We do not ask that you believe in one or another story about the Creator. We ask only that you see yourself as a pilgrim on a very long road, that you see yourself in transit and know that the price that you pay for accelerating along spiritual evolutionary paths is discomfort and pain, because of the nature of the brain as opposed to the nature of consciousness.

The nature of the brain is such that when changes occur the programming of the biocomputer brain must be altered. This is a painful process. The old programs are, somewhat painfully perhaps, removed, and the energy created by that removal is used to form a new personal understanding or truth, and this crystallization of the self, the understanding of the self, its relation to the creation and the Creator, it moves, but it is difficult.

So we warn each seeker that the path is not a comfortable, joy-filled picnic at all times. There are the oasis times, there are the desert times. In terms of the dynamic of human personality it is necessary that these two basic states of consciousness follow each other seriatim, for there are truths to learn from mountaintop experiences, and there are the same sacred truths to learn when deep in the valley of mundane ordinariness.

Now, those who work upon themselves may find it easy to undervalue those who skate along the skin of life. Remember always that the universe is an utter metaphysical democracy, as all entities are portions of the one infinite Creator in its active principle, that is, the Creator is made up partially of its active principle, which is each entity with consciousness, each planetary entity, each sun entity.

We would focus upon the crystallization of one's will and one's faith. The desires which are within each must be fulfilled before the entity is free to depart this illusion for another, more light-filled illusion to learn further lessons, all further lessons being the refinement of the choice made in this density. Thus, we ask that you be very careful of that which you desire, for you shall get it, and that before you may move on to the next density.

Therefore, a prerequisite to graduation from this density is to have done all those things which you wished to do, and have purified the desire to the point where that which you desire is to know the will of the Creator within. It is very difficult to know that will until one has worked with the self for some time. The process of daily meditation in a listening sense rather than creative visualizations, we feel, is central, for in listening to the silence within, passages are opened from the conscious to the subconscious mind, and voices may come upwards from the roots of the tree of mind and break through the threshold of consciousness and enhance and sustain the life experience.

Now, how should one go about this task and this joy? One may begin in many ways. But once one has settled upon a daily spiritual time, a daily spiritual routine, a daily spiritual practice of the presence of the one infinite Creator, then we suggest that you stop looking up and down the aisles of the supermarket of spiritual values, thoughts and phenomena, and to move into that leap of faith, acting upon that which moves you the most greatly

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of any inspiration, thoughts and ideals with which you may have come into contact. Then it is persistence and persistence alone that brings the results that you wish, meditation upon meditation upon meditation, not done any fancy way necessarily, done on the run, done when the clock strikes, done when the noon whistle sounds. Centering and calling for the presence of the one Creator, even momentarily, is a steadying and stabilizing experience, a part of the crystallization of a personality.

Now, we are aware that there is interest in crystals in this group this evening. The crystals are a large subject, and we do not wish to instruct you in them, as there are others far more able to speak, within the inner planes of your planet, than we. But let us say this, that without the entity becoming crystallized, the crystals are only rocks. The crystalline nature is that which may hold a metaphysical reality. Now, within the illusion you are not real, you are a personality shell. In order to become real to the self, in order to become conscious of one's own self-consciousness, one must become conscious of the discipline of the personality, of the choices one is making, of the thoughts one is thinking, for the time is coming, more and more, when thoughts, especially negative things, move into manifestation with ease, there being much fourth-density energy already upon your planet.

The creation is a subjective thing. We have found nothing but illusion, and yet still we seek the one infinite Creator as we refine our path, as we become more rested, more trusting, more joyful, more relaxed and more intent upon a single-minded goal of practicing the presence of the infinite One. We find, as we have said, that we continue to find ourselves in the divine discomfort of learning, in the difficult and sometimes painful cleansing of the self of those idiosyncrasies which are not necessary and perhaps are seen [as] stumbling blocks to a continued, persistent and successful seeking to accelerate the rate of one's spiritual growth.

That one may so accelerate this growth is so, else we would not be here. However, my friends, we cannot tell you that the work is all joy, all love, all ease and all merriment. When one is dealing with mystery, when one comes up against paradox after paradox, one can be fascinated, but never comfortable, in the ways of those heedless ones who feel that they are but hairless apes which are born and then are no more.

Each of you is a portion of the infinite Creator. Each of you is precisely equal—the murderer, the rapist, the saint, and the fool. For each of you has the entire constellation of possibilities within, and it has been with each a matter of choice after choice after choice as to how to live the life, how to serve the Creator, how to practice the presence of the Creator, and how to serve others, perhaps the most difficult question of all.

We study this still. We have found that it is foolish of us to attempt to serve others before they request it. We heard you speaking of the individual that is voiced, "Yod-he-vau-heh," or "Yahweh," or "Jehovah." This entity, which was a group entity and a guardian of this planet, a member of the Confederation, was extremely helpful in finalizing our code of ethics as regards this planet, for the plan to create improved, healthy human physical vehicles for souls turned from a plan which was focused upon entities being more able to move more quickly in spiritual growth and in service to others into a disaster where those who were somewhat superior mentally or physically simply became bellicose and worldly, moving away further and further from service to [others].

The quarantine upon your planet was therefore placed after this experience, and we may assure you that the positive entity, whose name was described Yod-he-vau-heh, moves still in this density attempting insofar as it may to correct the damage it has done.

However, it is human nature that in an apparently separate universe—that is, each entity being separate from each—many would feel that the best way to serve others is to become strong in oneself, and this is easily turned by the entity who is not careful into an absorbing self-interest which removes the entity from the mainstream of human suffering and joy.

It is well to be painfully and vulnerably in touch with the dynamics of this illusion, for the choice-making is easier in the face of the facts. The decision to jump into the thin air of faith is made possible only because of an ultimate grasp of the fact that we understand nothing. All ends in mystery, regardless of where you pick up the string of phenomena. The string always leads at last into the mobius ring of

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eternity. Truth recedes before the seeker like a carrot upon a stick.

If one is not careful one can create one's own spiritual burnout. We suggest that the meditations be limited to perhaps no more than an hour per day, perhaps no more than a half hour at any one sitting. This is due to the fact that meditation is a very powerful tool, and the rate of change needs to be slow enough that the personality of your consciousness may have time to absorb knowledge and inspiration that it receives and make its choices in a timely and deliberate manner. It is not well to rush or to hurry the spiritual life, for the soul has its leisure, and in the fullness of time are things accomplished. It cannot be known within the illusion which day is the day of jubilee for one entity, and that is not important. To seek the happiness, the contentment, this is not important. To seek the presence of the infinite One, this is a great aid, and we suggest that we do this most gently, most lovingly, opening to the subconscious as a suitor with bouquet and candy, knowing the spirit to be sweet and precious, the nature of love.

When you are aware that there is that jewel within, that crystallized entity within, it then becomes the goal to find that center of self, to find who one is, what one wishes, and how one wishes to go about the process of one's desires. Meditation is always most helpful, as is paying attention to the dreaming, which is a large part of the life of the deeper mind, and can constitute, in one who keeps a record of such things, an auxiliary report, auxiliary, that is, to your experience as perceived on a conscious level, for within the dreams those dynamics which may not be seen upon the surface, those feelings which may not be acknowledged or even known, move across the threshold of consciousness, and in some symbolic way express and manifest themselves. Thus, it is well to work with this material, as indeed perhaps one fourth to one third of one's time is spent in this method of relaxation of the body complex and restoration of the spiritual complex.

We feel that we have spoken to those things that are most upon the minds of those present, in a general way, and although we could move on and speak of many things, we are aware that each within the group is fatigued, and so we would at this time thank each for its attention to us. We wish each to know that we are your brothers and sisters. We are on the same path. We have moved further along this path and we study the lessons of wisdom. We are those of fifth density, yet still we have, in order to experience that which aids us in accelerating our spiritual growth, a physical vehicle of a kind, which requires nourishment, companionship and the fulfillment of its nature. What is your true nature? Seek this, seek to know it well, for it is the one who knows who he is in no uncertain terms that may move into the world of discarnate entities, and be an equal among equals.

It is most unfortunate that many of your peoples feel that they must be overcome by a greater power. The great power lies within each. It is simply a matter of choosing to seek the highest and best of that power. This is not done in a day; this is sometimes not done in a lifetime, but for all the difficulties of the spiritual path, shall we say, of hard knocks, there is the joy of companionship, the joy of learning, the joy of experiencing immediately the love and the light of the one infinite Creator. These are the oasis times, these are the sweet honey times that sustain one through the next dry and bleak period within the life experience. Back and forth each entity goes, for there is much to be learned from both frames of mind, especially if an entity can begin to focus upon difficult situations as challenges, a kind of game in which one attempts to find the love hidden in the situation at hand. When one once sees and is able to grasp the principle involved in the lesson being learned, either by analysis or intuition, one may then simply will to complete that lesson.

So you see, all phenomena are corollary to the great work of consciousness itself, the disciplining of the human personality, the encouragement of the greater self within, the encouragement of its being able to speak in many different ways through the subconsciousness to the conscious mind, always this produces the longer view, the more compassionate and wise point of view, for always one begins to see the pettiness of one's concerns and the overwhelming importance of love.

This instrument requests …

(Side one of tape ends.)

(Carla channeling)

We shall continue, leaving this instrument. We discover that this instrument has tried very hard to get below forty-five minutes, but we have outfoxed her once again. We are most apologetic, we really

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have not the sense of time that we would need to be able to limit our sessions as to time. We are simply able to limit them by the strength of the group energy, and this normally is that which this instrument would call long-winded. We hope we have not bored you. We hope you realize that all truths are personal. That which is your personal truth you shall recognize. There shall be no struggle, you shall simply say, "Yes, I knew that, I remember that," and that is your truth, for however long it is your truth. Some truths are larger than others, some are fleeting, none are permanent except unity.

We would now leave this instrument, asking each to continue the daily, faithful, moderate meditation, the centering whenever possible, momentarily within the presence of the one infinite Creator, that the intersection of eternity and present moment may work its magic through you that you may bring eternity into the lives of those about you.

We would at this time transfer this contact to the one known as Jim, that this entity may conclude the session this evening. We thank this instrument and the one known as Jim also, both of whom are somewhat fatigued. We are most grateful for the willingness to be open to us, and we thank each for the service it offers us and for the call itself which is a great blessing to us. We are those known to you as Q'uo. We shall at this time transfer to the one known as Jim.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We would at this time offer ourselves in the attempt to speak to any further queries that those present may have for us, though we are well aware that there is a significant amount of fatigue within the circle. We would wish that we might be able to speak to any query which may remain upon your mind, however. Is there a query at this time?

Carla: I have none.

I am Q'uo. Very well then, we are most pleased to have been able to join this group this evening. We would remind each that we are but pilgrims upon the journey of evolution as are you, and wish that our words be carefully discriminated, that only those which are of value to you be kept in use. Please discard any that do not ring true. We would at this time take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 22, 1989

Group question: How can people who are interested in pursuing in a life's work and being of service to others and developing their gifts discover what exactly the gifts are that they have, and then, if, say, they have more than one gift, how can people determine what the best way of service is, how to use the gifts or gift that they have in developing themselves, and then in being of service to others?

(Gifts, Part I)

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a great privilege to share in this circle of meditation and seeking and to see the earnest hearts of those who wish to express their unity of all that there is in the very life that they lead.

We are aware that the illusion is a heavy one, and that missteps are inevitable and frequent. We urge each always to turn again in hope, to try once more, to be undiscouraged by circumstances, but simply to abide in this feeling that fills this dwelling place at this time, the unconditional love of the one infinite Creator.

The third density is not a density in which wisdom plays a great part. It is the folly of men to believe that there is wisdom in third density, and thus one may see the ideal of justice, an ethical, philosophical ideal which does not take into account either the nature of the illusion, the purpose of the illusion, or those entities which have come to self-consciousness within third-density illusion. In any real sense, there is little observable justice, for the plan which each has created before the lifetime often deliberately includes difficult, unfair and painful circumstance, and the more spiritually ambitious an entity is, the more difficult the lessons that that entity came to manifest will be.

We speak this evening to those whose worldly ambitions are a cipher, a nothing. This has been decided. This leaves the mind free, regardless of whether work is done in the mundane world or not, to ponder and contemplate those philosophical and spiritual questions that you may have. This is a great head start that you have over people who are torn between the world and the cosmos, between this life and infinity. Those who have awakened, such as you, to their true desire to be of service to the one infinite Creator by loving each other, are so often in the difficult position of having to adjudge their own service in the absence of any support whatsoever.

This is especially true of the mated relationship, and the raising of children. There is no greater or more sacrificial service than the raising of young souls, attempting to offer to those souls that information which is grist not only for making one's way in the mundane world, but for becoming aware of eternity,

becoming aware that so-called human beings have a context into which they fit. They are not the be-all and the end-all of evolution. Evolution moves steadily on, and the progress, after third density, is all spiritual. Within this density you still need more of the personality in order to deal with the heavy chemical vibrations. More and more you will see yourselves as a spiritual discovery, finding and refining that truth which is within you until you become aware of your nature. Becoming aware of one's own nature may or may not sound simple. It is not simple in our estimation, unless one has the gift of faith as this instrument does and simply bypasses the intellect, moving instinctively toward intuition and what the instrument calls purified emotion.

For the most part, entities wish to do something which is of true service to the Creator, and it seems logical and right to entities who have observed great spiritual figures of the past and present to wish to be great spiritual figures and to be of service in that way also. One can even seek dramatic, publicized service to others, and within the limitations of mixed contact, since there is ego involved in such hope, such channels are able to do much good to bring many souls to an awareness of the mystery that underlies all that there is.

We always say to each that we do not wish to become a stumbling block, and we wish you to take only that which makes sense to you from what we say. And no matter how inspiring, if confusing, we ask that you release and forget the information, for it is not your personal truth at this time, and there is no need for you to change and struggle and strive. The spiritual path is one of allowing things to occur, for you have planned well.

Each of you would be unable to incarnate at this time upon this particular sphere, were it not possible for each and every entity to graduate either service to self or service to others, third density; that is, each has the opportunity of learning to use a denser and much enhanced cohesion of light. In this atmosphere, as the instrument has often said, thoughts become things. And as you are entering at this time into fourth-density space/time, thoughts are becoming things, over and over again. The negative emotions involved with lifestyles that are not helpful to the entity through anger, through feelings of rejection and so forth, cause much illness, much unhappiness.

It is difficult for the person who comes to this information as a neophyte to imagine that he or she could be of equal service to those who heal or teach or channel, for the latter three are somewhat dramatic. The entity, if positively oriented, is relatively without ego, as you call the need to impress or to control. We would like to extend this idea to form a true picture of spiritual service in third density.

Perhaps the greatest spiritual service you can do is to center and meditate and think upon the Creator, lovingly, gratefully, emotionally, in a purified and inner way, not letting your prayers float to the four corners of the room in which you are so that entities may hear you, but rather stepping into that inner room and listening in silence, waiting for the presence of the infinite One.

The difficulty for those within your culture is that people identify service to others with certain specific skills, which we would call dramatic skills, such as the vocal channeling and the healing. It is our opinion that each and every entity who has incarnated at this time upon the Earth has a beautiful, loving and right service to perform, planned beforehand, planned in such a way that one may be continuously rocked and buffeted by the winds of change that accompany realization.

This is true whether or not the service is the greatest service of all, that of knowing who you are, and of vibrating in that knowledge consciously, or of non-dramatic service. This is what confuses your people. It is your people's idea that some services are greater than other services. This is true only insofar as some desires to serve are purer than other desires to serve. It does not matter what is in front of your face. What is in front of your face is your service. If you can allow yourself to flow intuitively in the river of consciousness, you yourself will let yourself know, "Yes, I wish to do this," "No, I do not wish to do that."

Therefore, we suggest that in order to find out one's gifts, one do several things. Firstly, if one is of some substantial age and has had many experiences, it becomes extremely easier to gaze back over the incarnation and see the pattern of lessons to be learned. One kind of lesson will occur again and again and again, until you have mastered and balanced your ability to serve under those conditions. Basically, each entity goes through a

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lifetime process of accepting the unacceptable, of forgiving the unforgivable, of loving the unlovable, of consoling the inconsolable, of pardoning one in error, even when that error has cost you greatly.

It does not seem to be a service to be a parent, or a breadwinner, or any of the other myriad non-dramatic ways of living possible. What sets the spiritual seeker apart from one who simply lives in the mundane world without questions as to eternity, is that realization of the present moment as eternity, that ideal which says "I can have time spent with the infinite One, I can feel Its love and Its light. These experiences are meaningful to me." This creates an atmosphere within of trust, so that one may gradually, gradually relax, and allow the rhythm of life, as you have planned it, to overtake you.

It is not well to pray and affirm in the attempt to control the life, because that which is upon the surface of your minds is as the tip of the iceberg, and those things which are deepest within take some time to express themselves through dreams, visions or instant realizations after ten years of work. Some entities move quickly, others more slowly and more surely. All that we suggest to each is that each remain within the integrity of the self, feeling the selfhood of the self, feeling the discrimination and the thought processes of the self, so that as one listens to all of life, whether it be the weather report, a symphony or a channeling such as this one, one is listening with an ear to pray for the lost, to rejoice with the joyful, to give thanks for those who have had blessing, and to console those who are wretched.

Any form of loving one another is that action which expresses what this instrument would call the Christ consciousness, that which is deeply buried within you, that with which you are to some extent acquainted, but perhaps more to the point, of being able to love without stint, to give without thinking, to spend all one's energy, time, talent and what you call money, with the spiritual life central and in the mind.

It is possible to be of tremendous service while washing your dishes, for as one washes the dishes it is a waking meditation. The gestures are automatic, and it is possible in the meantime to be in a state of light meditation and listening, or in a state of contemplation, or in a state of intercessory prayer, where you are concerned for the health and the well-being of those you love. Thoughts are becoming things; your prayers are heard more than ever.

We find that it is unfortunate that entities who are upon the spiritual path that does not include orthodox religion, tend to wish that they may be of this or that service rather than allowing service to come to them. It will come; it has been planned. It may not seem dramatic or large or important, but the dish washed for the love of the one infinite Creator is a dish washed in a bath of love as well as soap and water, and that love radiates and lightens the consciousness of the planet. This is your greatest service, each of you, and you do it within the unmanifest being with no one to know, no drama, and no announcement of having done so.

You are working upon your evolution, and from third density forward all evolution is spiritual. Thusly, we would back up and look at how one may abide in faith, and have the patience, the persistence, and the faith to wait and do what there comes before the face to do. That, and that alone, for that instant, is all that is needed. It is never known to you when you have truly succeeded and when you have failed, nor is it important, for if you do anything for the love of the one infinite Creator, that radiant thought, however poorly the actions manifest, is a purely positive, loving and caring thought, and will add to the consciousness and the lightness of your sphere.

Entities within your culture are much bemused by gadgetry, much in love with foreign places, ambitious and restless and yearning, and thinking that what they hunger for is better money, a better position, more power, or more clout in some way. This is not the objective of living this particular incarnation in this particular density. You are attempting to drop that of yourself which does not seem to be loving, not in overcoming or repressing it, but by balancing it and understanding it within the self.

This is a difficult thing to do, painful for those with any sensitivity, for as you know, all of creation lies within you. You are all that is. Circumstances may have made it possible for you to move through the incarnation comfortably, or uncomfortable but honestly, or comfortably and dishonestly, or uncomfortable and dishonestly. Yet, within each and every situation, no matter how unpromising, lies that which may be a certain knowledge, a certain

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determined hope in that which is unseen, that the situation before one's eyes is exactly what it should be, and, painful or wonderful, is giving you what you need to take in and work with as catalyst at this time.

Each upon this planet at this time had a hand in creating the life pattern. Once one has discovered the lesson that one has set oneself, it becomes easier to see tiny moment after tiny moment, and small detail after small detail take on an aura of the spiritual as one seeks within such situations to find a way to manifest love where there is no love, light where there is no light, and union where there was discord.

We may say, because each is aware, that each is a wanderer who has come to this planet at this time to be of service to those who are attempting to graduate, who are not able to accept the consolations of any organized religion. We do not claim to be a religion, a church, a dogma, or a doctrine. We are those who have had experiences with the Creator, who have grown closer and closer to the Creator, and who expect to have quite a way to go before we are able to dissolve once again in the ocean of unmanifest love. The cycle is as beautiful as the beating of a giant heart, and the fact that anything that one does could not be one's service is to us improbable. Subjectively, one may feel that one has erred, made mistakes, been thoughtless, and so forth. It is well in those times to continue positive thinking, and move quickly towards a state of forgiveness of the self and of the one with whom there was conflict.

Perhaps the second greatest service upon your planet at this time, or at any time in third density, is the responsibility of parenting young souls who know and seek the truth with childish lilting voices and squeals of laughter. This particular service is looked down upon by most as being the lot of the one who is too lazy to work. We find the concept ludicrous in that children and a home are a great deal of work. There is no boss, there is no judge, there is only the parent attempting to be of service to the young one. And we may say that it is our opinion that the most helpful thing spiritually in the service of raising children, for the children, is either to bring them to any organized religious group for interaction with people of their own age and teachers, or, and this is undoubtedly preferable to many, to create a worship service within the home that is done daily and without comment. Emphasis is not put upon such spiritual discipline; it is picked up by young children as that stress or emphasis which protests too much. Happy are the parents who are settled in peace together and who may sit in meditation or whatever form of spiritual practice is desired, each and every day for a short time. This moves into the child's subconscious as that which is, and in our opinion this is the truth of that which is—that is, that the Creator is within everything.

It is impossible not to serve if one is loving the Creator while doing the service. At this time your planet is very polarized. Very positive entities gaze upon the havoc created by very negative ones, and negative entities gaze back at those who are polarizing towards the positive and see what this instrument would call "suckers." We urge each, therefore, to allow those things to happen which happen, and to ponder them and ruminate on them, and even analyze them—if one is of an analytical turn of mind—at the end of each day, that one may remain clear, confident and calm, centered in the love and the light of the one infinite Creator. We know of no other way to explain to you the difference between your view of service and our view of service than to say that to us there is no lifetime lived that is not potentially a life of service if things within it are done with a love of the one infinite Creator and in the love of the one infinite Creator.

This is not easy medicine for entities to swallow. Wanderers especially are quite certain they have a mission. Indeed, the mission may be an humble one. There are no missions that are not humble. Some seem to be more than humble services because they are dramatic, such as this instrument as she speaks without knowing what word will come next. This is interesting to people, a tightrope act, and therefore dramatic. Will the instrument lose the contact? Will the acrobat fall off the slim, round, slippery wire upon which he is walking between the present moment and eternity?

You are here to bring light to a dark world. It is as simple as that. The purpose for which wanderers incarnated is all one—to love, and to love, and to love, and to love. You will be hurt, broken, humiliated and defeated in the course of a life in faith. It runs directly counter to the culture in which you live to do things for an ideal reason, to focus upon the Creator which is unseen rather than all of the phenomena, all of the gadgetry, all of the

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amusements that are so delightful upon the surface of life in your density. Be aware that even in those situations you may choose to be of service by moving constantly in an awareness of the love and the light of the one infinite Creator. But also, and most of all, be aware, we ask each, that non-dramatic service is as vital as dramatic service, just as the mouth of an entity speaks many things, but would not be able to function without each and every other organ of the physical vehicle, which must be kept in some sort of balance in order that one may manifest any gifts whatsoever.

We may say that there is one thing that we would not advise in attempting to be of service and find one's niche, and that is to attempt to control the process. The conscious mind has very little in it compared to the unconscious mind, in which lies the roots of mind and the Creator Itself, covered over and over by distortion, but there, perfect and whole nevertheless: each one's true nature.

Now, we would suggest to this group, as it is doing somewhat advanced work, that it simply practice the presence as it moves about the daily activities, not berating the self every time one realizes one has not thought about the Creator for hours, but simply turning again and again to its simple ideal, the desire for the love of the infinite Creator, to love each other.

Almost any situation which seems difficult involves a lack or a loss of love. Hearts that are not opened to the love and the light of the infinite Creator can be mean and petty, hurtful and vicious, all in the name of service. Better it is that you do nothing but sit in one place and send love, than be active and confused, and somewhat negative as well as positive by desiring to control what happens to one.

For in the desire to help someone, there needs to be the realization that one must come to a halt within, and admit that one does not know all that there is to know about service to this entity, that one will need inspiration and intuition, so that one may call upon these deep resources of the self, which many call the higher self, the Holy Spirit, guardian angel, or inner planes master. All of these sorts of entities exist, the difference between them is only that of outer plane third density and inner plane third density. Those within the outer plane may come from other planes, those within the inner plane must have at one time been incarnate upon this particular sphere.

Thus, be aware, we ask you, [of] the service that you provide by your very consciousness, by your love of the sunlight and the dappled shades of autumn trees, by your love of the immensity of the universe and its noumenal mystery, by seeing life itself as sanctified, a blessing which oftentimes seems a most uncomfortable and inconvenient blessing.

Now, how shall you reach that point of faith where you refuse to accept that you are not of service and simply continue to be of service? As this instrument has said many times upon its own, due to its own experience with its intelligence, the intellect has almost no help to give a spiritual seeker, for those truths which will be helpful to one will be recognized from within as personal truths.

Thus, we urge each when listening to us, or any other spiritually oriented being speak, to discriminate carefully, not in terms of intellectual right and wrong and so forth, but in terms of the intuitional feeling of recognition or non-recognition of truth. Each has a different path.

This thing that is common to all paths in third density is that you are learning how to love and be loved. This is the foundation of a social memory complex which shall be your next lesson, that is, to see all that there is in each mind—and in each mind is the mind of the murderer, the rapist, the robber, the revolutionary, the despot—and yet accept the self and all others for the nature which has been given them in order that they might make choices with free will.

It is very important that there be negativity and difficult experiences that one may learn the humility of one who allows, observes and then acts, rather than reacts. To take the life into one's own hands is not to take control of what one wishes by affirmations and prayers unceasing. It is rather to realize that the plan has already been made, the pattern has been set. It is the best pattern you and your higher self could create for you, and all that you need do this time is allow yourself to be upon the path upon which you are, keeping your eyes open, watching your feelings, finding ways to manifest love, the smile upon the street, the kind word to a stranger.

This instrument is asking us to allow this to end, however we wish to make one more point before we leave. The instrument itself was concerned with its many gifts and its lack of desire to use the gifts of

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creativity in an intellectual or physical manner, such as the music, the dancing, the criticism, and the creative writing. In fact, all of these gifts are being used in the life pattern. It is simply that the gifts are being used to support that one thing with which the channel has been concerned and involved within its entire life experience, that being the living in a poem, the making of a beautiful tapestry of a life as a gift to the one infinite Creator.

We would at this time transfer this contact, thanking the one known as Carla and the one known as Jim. We shall close the session through the one known as Jim. I leave this instrument in love and light. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We would offer ourselves at this time in the attempt to speak to further queries if there are any remaining on the minds of those present. Is there a query at this time?

Carla: Well, if nobody else has a query I'll ask one that's real marginal, you probably can't help me, but … in talking about spiritual principles with someone who is traumatized by traditional Christianity, one needs a very different vocabulary than one who is a Christian such as myself would use, and I wondered if there were any way to express what to me is a reality, that is that one does not exist metaphysically until one knows who one is, and can stand firm on that, to the point of death if necessary, in vocabulary that will be neutral, and helpful to one traumatized by religious dogma and doctrine.

I am Q'uo, and am aware of your query, my sister. We find that as it is important that one grasp and master these concepts of the knowing of the self to the heart of the being and the expressing of that knowing as a form of tuning and as a form of challenging of spirits, that it is also necessary that when one speak of these activities that one do so in a manner which is of one's own nature, shall we say. If it is a stumbling block to speak in this manner, then perhaps the words may be written upon the page, after having been brought forth from the heart without censor, and then upon the page to be arranged in a manner that would be acceptable to the [one] which was not able to receive the words in their original form.

There are many ways of describing the, what we would call, basic principles of exercising as an instrument. There are as many ways as there are entities who have accomplished this task. Therefore, we are confident that one which has mastered this task can also redescribe or interpret that experience in a means which is acceptable to another, after having expressed that process as fully and as concisely as possible in the vocabulary and concepts which are natural to the entity, then accomplishing the translation, shall we say.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

K: I have a question. I've been in circumstances a number of times where those who are either not serious seekers, or those who are seekers within what appears to me to be a very narrow path, ask questions about my particular path, and I have often been at a loss as to how to answer them without either infringing on their free will, or seeming to place judgments on their views of life as being right or wrong. There seem to be such differences in viewpoints, and it's difficult for me to know how to answer the questions. Sometimes I feel that they shouldn't be answered at all, but again I'm at a loss to know how to do that without giving offense. Do you have any comments or suggestions on this situation?

(Pause)

I am Q'uo, and am aware of your query. We apologize. The instrument was tickled.

(Pause)

I am Q'uo, and am again with this instrument, who has now added the necessary recording device. When you are in the presence of those who ask of your path, and you wish to answer in a manner that is both accurate and compassionate, it is our suggestion that you first ask yourself how it is you wish to serve this entity or these entities, that you find that desire to speak both clearly and yet with an understanding of the position that is experienced by the questioner.

When you feel a desire to serve, then do not worry about the words that might be used to express that desire. Speak freely, as you serve as a channel from

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your conscious and subconscious minds concerning that journey upon which you find yourself. If one worries overmuch about the specifics of the question and its response, one may find the mind in a kind of tangle. However, if this worry can be circumvented by focusing upon a desire to serve freely and without judgment, then a clearer path is made to the subconscious portions of the mind which contain the clear and compassionate expression that will suffice as the reply to the query. Thus, one serves as an instrument in these situations that one might share that which has been helpful to the self.

Is there another query, my sister?

K: That was very helpful, thank you. I do have another question also, and that is, can you offer some suggestions on how to differentiate between serving and pleasing?

I am Q'uo, and am aware of your query, my sister. We find in our experience that there is a significant difference in these concepts. The desire to serve another is based upon a concern for the other self, and how best to aid that other self in its thinking or in its actions or in its being. The desire to please another self, however, has its focus upon your own self, and receiving a reward from the other self for actions which have been constructed with the hope of receiving that reward, whether it be the smile, the confirmation, the attention, or in a negative sense, the removal of criticism.

Thus, look to that which is desired from the action to determine whether it is an action that has the other self or the self as its central focus.

Is there another query, my sister?

K: Yes, along the same lines, if the desire is truly to serve the other self, there are still many circumstances in which I find it difficult to determine which course of action would truly be of service, and I find that I do not have the appropriate resources to determine that. That's the sort of situation that I'm really interested in. How do I decide what course of action to take with a person when there are various ones open to me and I do not know which would be of more service?

I am Q'uo, and am aware of your query, my sister. First, we would recommend that one determine what it is the other self desires. This may be accomplished by a simple query. It is the explicitly expressed desire for service from another self that is the clearest indication of how that self might be served, regardless of what one might feel would be the greatest service.

To become the other self is a means whereby one might in imagination as closely as possible approximate the other self and its desires if the other self is not present and able to be queried as to how best to serve that other self. The further one moves from the explicitly expressed desire from another self, the more possible it becomes that one's offered service will deviate from an actual service. The desire to serve another which motivates action often goes astray when the other self has not requested a service, however, that desire is the fundamental quality that makes it possible to achieve a redress, shall we say, if the original effort has fallen somewhat short.

Is there another query, my sister?

K: There are times when the explicit request or desire of another entity is something which I do not feel comfortable in being able to fulfill for one reason or another. At those times my assumption is that my responsibility is to exercise my own judgment as to what I feel that I can honestly give, and yet there are times also when I feel that I should be giving what is asked no matter what, because that is what service is, and that I feel that if I don't that I'm not being of service. Can you comment on that sort of dilemma?

I am Q'uo, and am aware of your query, my sister. Indeed, it is a dilemma to be asked to give that which one finds it difficult to give. It is, shall we say, less of a gift if there is the taint of resentment given with the service. It is oftentimes better not to offer the service if it is not possible to offer without the feeling of resentment or guilt or other emotions which would confuse or color the gift in a manner that would disrupt the clear communication, shall we say.

It is, as you have surmised, better to give what can be given with a cheerful heart than to give all of what was asked, but to include the negative emotions as well. It is often helpful in a situation in which one has been asked to give more than one feels one has to offer, to meditate upon that which limits the giving, in order that one might discover a facet of the being which might benefit from attention. There is much that can be learned by studying limitations and facing them in an honest fashion.

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There is no shame in recognizing and admitting limitations. These are the boundaries which at one time served one well, and provided a fuller arena of experience, shall we say, but which at the present moment have the opposite effect in reducing that which may be offered as service. The discovery of these limitations increases the knowledge of the self so that there is possible an expanded view of the self that included the limitation and the beginning work upon the balance of the fundamental nature of the limitation.

Therefore, we would agree with your original assumption that it is better, in terms of the purity of service, to give what one can in a cheerful fashion, and when one is unable to give fully, to examine carefully that which limits that which is given.

Is there a further query, my sister?

K: Would the examination of these limitations be with a view to removing the limitation or just to understanding and accepting it?

I am Q'uo, and am aware of your query, my sister. Either may be the case, in our experience, for in many incarnations there are qualities or characteristics which are placed within the character structure that allow certain services to be offered, certain abilities to be expressed, that when seen from another angle, perspective or point of view may be seen as a limitation to yet another kind of expression. In such an instance it is well to accept that quality or characteristic that has been discovered through careful self analysis and meditation to be a fundamental building block of the incarnation, and to accept such freely, openly and with a joyful heart, realizing that service yet grows from this limitation.

In other cases, it is possible that a limitation is a portion of the being that yet remains to be balanced, and when the balancing occurs that there is a greater or wider perspective that allows a larger amount of service, shall we say, for want of a better phrase, to be offered. Only one's careful self-analysis and meditation upon the results of such analysis can determine whether certain characteristics must be accepted or might yet yield further growth.

Is there a further query, my sister?

K: No, that's very helpful, thanks very much.

I am Q'uo, and we thank you, again, my sister. Is there a query at this time with which we may complete this session?

(Pause)

I am Q'uo, and are most grateful to have been able to speak this evening to this group. We take great joy in joining our vibrations with yours, for we find the queries from this group are not only thoughtful and interesting, but come from the deepest concerns of the hearts of those present in the desire to know more of the self in order that the self might be offered to the self and to the Creator in its many other selves as a sincere honestation to that one Creator.

We are those of Q'uo, and we await your calls in your future times as you reckon the movement of time and space. We shall leave this instrument and this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 29, 1989

Group question: The question this evening has to do with the great variety that exists in types of beings, those that are incarnate and who go through the incarnational process, those who are incarnate and perhaps do not go through the incarnate process, those that we might call angels that provide guidance and assistance from the inner planes, other types of beings that perhaps do not individualize themselves, maybe the type that we would call the logos or the godhead that comprises the totality of the octave of experience [which we are enjoying,] and provides, actually, that octave for us to go through the evolutionary process. We are wondering about these beings that may not incarnate, those that may not partake as we do in the evolutionary process, and how it is that they exist, how it is they function, and how it is they might progress themselves, if indeed it is necessary for them to progress in any fashion.

(Carla channeling)

I am Q'uo. May I greet each of you upon this beautiful day, within your blessed circle of seeking, quietness and faith. It is indeed a privilege to share this meditation with you, and to offer those few thoughts which are our opinions, and which may be provocative, challenging or inspiring. We hope to give you tools and resources so that you may accelerate your growth upon the spiritual path, your work, and your love of the one infinite Creator. That is the nature of creation, that is the nature of the Creator, and that is the nature of the biggest portion of the self.

Let us begin by saying that one who has moved in consciousness through work in consciousness and the disciplines of the personality, [that] one may gradually become more and more open, able to receive, and able to discriminate that which one receives. Therefore, it is extremely wise to so regulate the in-pouring of consciously channeled energy, that it does not move beyond the boundaries of what is known as physiological capability for work in consciousness. Perhaps the gist of what we have to share is that each entity, no matter what the *(inaudible)*, of angelic beings or *(inaudible)* discarnate entities *(inaudible)*, is responsible for *(inaudible)*, to serve the one infinite Creator in an unique way, for as each soul is different, so is each harmony and conflict special and different, and richer for that.

The question of, so called, discarnate entities, may perhaps be amended to the subject of entities which are not incarnating upon the earth plane at this time. The ones with which you are most familiar are those active and mischievous spirits called poltergeists. It is this kind of phenomenon in which people are most interested, for they are very fond of measuring,

(inaudible) and *(inaudible)* the, so called, scientific method. This approach, that is, one of the observer who is not taking part in the experience, may yield good results for a time, but it is a false entity who moves continuously along this line.

[Therefore, some things which we have to say are difficult to hear, but we still say them.] For, *(inaudible)*. This entity has spoken much about the process of the *(inaudible)*. There is a reason for that and we would like to go into it and find a pattern. *(Inaudible)*. However, though you are at the mercy *(inaudible)*. The true nature of *(inaudible)* is such that the entire metaphysical portion of the universe, that is, the time/space portion is still with an alternate spiritual velocity. Without the *(inaudible)* which fools entities by appearance, *(inaudible)* is evident no matter what *(inaudible)* no matter how high or how close to the light [the entity has come,] is surrounded by aid and comfort from those entities who *(inaudible)* wish to help and wait for the call to help.

The only way in which one may be decisive and authoritative in the *(inaudible)* process is to become aware of the metaphysical [and imperishable and whole self again.] This entity is whole unto himself. *(Inaudible)* bringing several people together and it may *(inaudible)* pre-incarnatively *(inaudible)* that each entity, whether in a group or alone, has the honor and the duty *(inaudible)* into the trunk of mind becoming able to be in touch with those [painful, carnal, tidal living and desire] *(inaudible)*.

[Why do you not realize this already?] This is an illusion. This is a total [illusion.] All that you see, hear, smell, taste and touch are illusory *(inaudible)* has a personality *(inaudible)* within the incarnation are illusory and ephemeral, and in that persona, it is impossible to realize the true nature of the *(inaudible)* process. Therefore, we strongly suggest that any *(inaudible)* to your studies of how to serve others place one's [first priority] upon the self and the *(inaudible)* that self will have faith in and desire for *(inaudible)*.

These questions are not easy. These questions [are to be the questions] of an entity's life experience. It is upon one's deciding the nature of oneself that one [entered] into service in a way which promotes the gifts [that empathy] and forgives *(inaudible)*. This is true throughout the Creation for metaphysical beings, that you must move from the relative to the absolute, from the pragmatic and practical to the ideal in order to cleanse all *(inaudible)* and make a clear path for the words, the healing or the love of the one infinite Creator.

How does one become a metaphysical being, a magical personality? Perhaps, the first step in this endeavor is the realization that you truly must start from the beginning, that you have the mind of the beginner, that you do not *(inaudible)*. It is wrong to trample any pride or ambition underfoot, for worldly things will keep one upon the surface of life and stifle the thinking and feeling processes which are the very heart of the resources used for spiritual growth within. In meditation each day one might ask, "Who am I? What is my greatest ideal?" Throughout the day, one does many things and at the end of the day one may *(inaudible)* over that day's activities *(inaudible)*. Then you may decide for yourself those things that you wish could have been done differently, that you may experience forgiveness and redemption through your own self to any other *(inaudible)* unhappy and, most of all, to the Creator.

To get one's spiritual feet under one, to be able to stand firmly at spiritual *(inaudible)*, it is necessary to know the self well enough that the self becomes, for the time of the working, an absolute *(inaudible)* with no relativity, no personality but only the impersonal channeling of the infinite love and light of the one Creator. So, before one seeks to receive information, or to attempt healing or any of the other paths of service, it is well to make peace with oneself, peace *(inaudible)* but not worldly [peace]. Indeed, we were speaking of the peace of committing oneself totally to spiritual [thought.] Those who answered this call are no longer sleeping, but are willing and equal partners with the higher self of spirit and the one infinite Creator, weaving a [passage] through [this] life which not only teaches the self but reflects much for others that they may also learn from you, as you learn, complete, whole, perfect [services] to *(inaudible)* any kind of contact.

Now let us move to more transient material. Although it is without bias, neutral *(inaudible)* and information we are happy to share, up to a certain point.

There are two kinds of service *(inaudible)*. One servant-ministry is that of the Confederation of Planets in the Service of the Infinite Creator. This instrument is correct in assuming that we could also

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be called angels. However, it is our function to indicate mystery, to indicate paradox, to stimulate thinking in seeking, searching for the truth.

We abide by the laws of free will and come only when called. We do not have the rights of those upon the inner planes to move into actual activity upon the Earth plane. To our dismay, we made [several] mistakes in attempting to move into right relationships with incarnate beings in third density by manifesting ourselves among them. The results were egregious and unacceptable to us. We were worshipped. We were over-esteemed. We were thought to be invincible and all-knowing. We still have much to do to uncover that part of light within. Consequently, it was our [detection] that we were living a lie, even as we taught the truth, by our very beingness and therefore the positivity of the work we were sharing was too much upset and offset by the *(inaudible)* involved, and in attempting to receive information without the finally settled notion of who you, as an entity, are. These are the questions of philosophy and religion. We are not capable of acting in the way *(inaudible)* upon the outer planes because we come only when called. We often work with people within their dreaming state or their daydreams. Our touch is subtle and gentle, we hope, and we are limited in what we may do to you, co-creators of the one infinite creation.

Those upon the inner planes who have remained behind after incarnation upon your sphere to work with all others who have not yet created their redemption so that each may become more and more aware that there is a universe within that is vaster, more interesting, more challenging, is more informative than that which may be consciously thought and surmised.

There is a difficulty with those upon the inner planes. An inner-plane decision to remain within the vibrations of third density in a discarnate form is a good expression of martyrdom. For this entity, as long as it desires to be an inner planes teacher, may, itself not progress beyond this density and the study of its lessons. However, these entities have much more capacities to speak personally about specific things than those who, shall we say, are from the outer planes [existence.]

(Pause)

I am Q'uo. We are sorry for the pause but we were asking the instrument to retune. If there could be some chanting at this time, it would be well. I am Q'uo.

(Carla and another sing:)

We all come from God
and unto God we shall return.
We all come from God
and unto God we shall return,
like a river flowing into the ocean,
like a ray of light returning to the sun.

(Carla channeling)

I am Q'uo, and am, again, with this instrument. We appreciate this instrument's fastidiousness with challenging and its desire to retune when it sensed that there was not a satisfactory degree of *(inaudible)*. We shall continue.

The inner planes masters, so called, are often extremely wise. They have graduated to the next density. However, they have turned their back upon their own spiritual evolution that they may aid their brothers and sisters who have come after them. It is a truly sacrificial and, shall we say, theodic ministry of spirit. Yet, many are the spirits who have moved through the incarnational experience as the devoted pupil of some teacher or master. Consequently, one who has had this strong and *(inaudible)* relationship where the teacher basically becomes that which is worshipped, and the Creator worshiped only through that teacher, that you, yourself, begin to accomplish the karmic [mind] of necessity and that is, it is not balanced to receive constantly from the inner planes as much as it is balanced for entities to move on, continue their own seeking and, at the same time, stretch themselves in abundant service to a hungry world.

We do not suggest that the interior monologues and dialogues which you have within yourself—these also being inner-planes thoughts by nature—may indeed be helpful. It is simply that as one is taught, so one will desire to get, and for those entities to whom worship is offered, these entities have the responsibility of steering, most gently, those entities back upon the path of thinking for the self, examining the self, and being aware of one's self-worth [as] an independence of spirit. For you need nothing to make you complete. The Creator, which is love, lives within you in infinite abundance.

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Some entities approach the spiritual path as if they were drilling for oil and they do a good deal of harm within their minds, seeking too much too quickly, and unable to assimilate all of it. This constitutes what this instrument would call spiritual constipation. Thus, if you are enjoying a relationship with a discarnate teacher that is of the inner planes and advises one, in addition to speaking of spiritual principles, one is yielding one's free will to that which is the ephemeral personality of the master that speaks within. This will hinder an entity from becoming fully aware of its nature.

All inner planes entities are those who have incarnated, lived and offered much upon your Earth's sphere. Many of them are extremely wise, some of them are mischievous, and some, within the lower astral planes, are most disturbing. However, if one learns from a teacher rather than from one's own heart, one is forever dependent upon that teacher to be without the feet of clay. All entities have the feet of clay, not only in your environment of third density but as one moves on. Of course, that which one does not desire becomes more and more refined in its removal so that where, at first, one took large chunks of the being that did not aid the self and held them upward to the Creator saying, "Take these, these are no longer my personal truths," then one may get on with the business of paying attention to, blessing, nourishing and loving the self. This is the fundamental heart of service to others.

It is impossible to move fully into the heart energy, that is, fully rather than substantially, but to, in whatever manner is comfortable for each seeker, examining the self, discovering and rediscovering the life, gazing at one's choices and asking one self, "Why did I choose? Who am I that I would choose this?" In this context, one looks for spiritual coincidence and for the repetition of the kind of situation which has occurred before and is now occurring once more. This is, if substantial, a part of your inner experience, most probably that which you, yourself, set for yourself to study within this life experience. So we would not particularly suggest that one move beyond one's own angelic *(inaudible)* for the simple reason that is has slowed the development of those teachers who sacrifice the self and in order to balance what this entity calls karma, each entity who works with guru as Creator must, in turn, be Creator to a student. It is a sacred obligation as the choice is constantly made to adore the teacher. This is much more prevalent in the cultures of Asia. However, because of the "global village" effect of mass-communications media, it remains possible to move through one's days in extremely good intentions but unknowing of those things which may be *(inaudible)*. We do not encourage any to seek inner-plane masters unless you, as an entity, wish to spend some time in third-density time/space aiding those who wish to seek from within. If an entity feels comfortable and of service in this regard then we can do no more than encourage the entity to make this sacrifice.

Those who move ahead also have an imbalance of karma because they have left those who still were sick, struggling, miserable, wretched, angry and confused. Consequently, there is, at the appropriate time for each entity, this being also unique, there will be the need for those who have gone on and not stayed in the inner planes to move into the inner planes in thought and offer what inspiration, information and general spiritual guidance we may offer. It is our privilege and pleasure to be of the Children of Sorrow for as we move into your vibration we sense the deep horror, sorrow and anguish each feels over all that there is within this illusion which seems un-beautiful, impossible to restore, broken and hopeless. Yet we of the outer planes and those of the inner planes also, will say over and over and over again: all things are as they should be. An entity who is working within the self, with faith in the self, forgiveness for the self, and strength to the self will realize and recognize, increasingly, those lessons of love which are theirs to learn within this particular life experience. One gazes at one's gifts, whatever they may be, but one does not take these gifts for granted in relation to how one is to use the gifts at hand. It is well to gaze out into the greater community and, in serene and gentle yellow-ray energy, concern oneself with society and culture and all peoples as you are able to meet and know them. Realize that each of you is here at this time either to aid in the harvest as wanderers or to be in the harvest as those of third density reaching graduation for the first time.

We may also remind each who feels his self to be a wanderer that, although, as every entity within Creation, it is whole and perfect, yet if it has ascribed unto itself glory it must balance that within another incarnation. If it has experienced and not balanced any of the deeper feelings it well may be

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necessary to move back into the life experience and refine, in the fire of third density, the gold from the dross, the light-self from the heavy chemical body.

There are also entities which do not [appear] in any personal form. These social-memory-complexes wander in their own way, for they keep a vigil. They walk the watchtower. They are of the Logos. They are of the principle of unconditional love. And, by realizing the strength of these connections, it becomes more and more possible for an entity which is steeped in its own iniquity and confusion to become more and more able to recognize its needs, its resources, its gifts, and its path of service. If one is of service to one being, one is of service to the planet. If one is of service reluctantly, the energy shared is not pleasant for it is the cheerful giver, the glad giver which acquires no karmic bond by what it offers for it has no desire for any particular outcome, but only the desire to aid other creator-selves. These entities are such as stars …

(Side one of tape ends.)

(Carla channeling)

… and, indeed, the plenum of space.

Perhaps, in order to simplify and express [what is] to us the heart of that which is *(inaudible)* is: there are two kinds of help. There is one help that is of the inner planes in which the entity who has graduated is willing to be the comforter, the redeemer, the savior symbol that the self may reflect self-forgiveness from this mirror. As we said, the drawback is that each of you which does this with a particular teacher incurs karma and must come back to teach that which was learned to balance that dependency with an independence which accepts another's dependency upon it. We suggest, gently, that each think for the self. Each knows that one is not alone, ever. However, the relationship of teacher and pupil is only helpful if the questions asked to the teacher of the inner planes have to do with spiritual principles. This is seldom what is asked of inner-planes entities or, indeed, of any metaphysical entities. Yet, this is what people desire to know. The inner-planes masters are equipped and capable of working with such entities.

We are those who move from another portion of what you would call space/time. We are those future-selves which the decision you make within this density will cause you to become, either positive or negative. Feel the sunshine and know that love unmanifest, unspoken, unuttered and serene is, indeed, that of the Creator. To see yourself more and more clearly, ask oneself the difficult questions more and more deeply. Crystallize the entity within that you know that in which you have faith and that you have committed yourself to that path to an extremely deep extent so that the life experience has become not secular, not laic, but rather a poem, a paean of praise and thanksgiving and prayer to the one infinite Creator. Those who spend time with teachers, either earthly or discarnate, are apt not to value enough the gifts of the spirit within which moves from the outer planes. We suggest that each of you think carefully and at length until you have come to peace with your own definition of yourself, your faith and [your desire.]

Each entity will go through difficult times and prosperous ones, speaking spiritually. We hope that you do not become discouraged at any time because you feel subjectively that you have not created a beautiful, lovely experience. More than us, then, who are not the Creator and do not wish to be worshipped, it is the work within the self in silent meditation that brings the true enlightenment, brings it softly, naturally, quietly, so that one is sure in an instant, whenever that instant may be, that one has found a path for the self that will move one from time into timelessness, from this illusion into that which comes far closer to the reality of All That Is.

Meditate and ask, then listen. The universe is crowded, teeming with populations of various kinds. It is well to be tolerant but, of oneself, we suggest one be somewhat fastidious. Begin to develop the magical personality. Guard one's reaction and create, instead, affirmative and more positive actions than the natural reaction would be. Eventually, you may tap into that deep self within the self, which is the creative self, very quickly, clearing the energy center with rapidity that is not possible for a long period of time but does, indeed, clear the mind for a period of time necessary to begin the channeling process. This is also true in each entity's everyday and mundane existence. There is such a thing as faith and this faith is another word for love.

The faith that you seek is not the faith of the world as you know it. For the world has attempted to place everything in a slot, organizing, rationalizing, thinking and opinionating upon the nature of the creation and the Creator. This is not the job you

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were sent to do, not the work you came to accomplish. You came to be servants, servants of humankind, helpers in the harvest, those who are truly humble, those who truly wish to serve and do not need the reassurance *(inaudible)*. Set your mind upon that goal and move in the way which seems correct to you but seek always, first, knowledge of yourself, for this is knowledge of the Creator and until you know yourself and have a great and detailed knowledge of how faith and will work in the life, there will not be the peace which passes all understanding. There will only be the difficulties and toil of the spiritual journey. Love, light and merriment come upon those, upon that narrow path, who are able to be merry in their search and pilgrimage for the Father.

May each of you spend time gauging, examining and forgiving the self. In this effort you will have aid, both inner-planes and outer-planes, but as we have said, it is not wise to accept an inner-planes discarnate entity as one's own teacher unless one wishes also, when one graduates from this density, to suspend further learning for what would seem to be very many of your years. It is thought by us that it is preferable to move on and when one has learned more than third-density, then turn back and offer the hand in aid. And this is true of each upon your sphere. It is not well to move within one's human personality in service to others. It is well, rather, to know oneself so well that one may deliberately and consciously move in consciousness to the deeper self and with that deeper self console, comfort and forgive all that there is to be comforted or forgiven.

This instrument is telling us very loudly that we have spoken too long, once more.

The question has ramifications that move beyond what we have said this day but we may say that all questions of a non-transient nature, or that bring forth non-transient information, are those upon which one may expand and expostulate for any amount of time, as you know it.

We are of the principle of the spirit of the one infinite Creator and that one original Thought which created all that there is, that being love. Each of you is whole, perfect and an embodiment of love. May each open the self, knowing who one is and being a citizen of the universe in total democracy with all other spirits, and move and flow and allow that which is offered for one to occur. It is not necessary to push the experience about, for the most part, but simply to observe and become more and more knowledgeable of the dynamics of the mystery of your own self. For, only when you have done this may you chose your contact by the challenging process. In order to challenge a discarnate entity you, as an entity, must see yourself as light. The sparks of the Father within will eventually illuminate the whole of beingness, making it no longer necessary for a heavy chemical body to experience things within. Thus, those of you who are service-to-others oriented, be of service to yourself first. Ask for the comforter, if you wish. Ask for any help that you wish knowing the obligation placed upon you by inner-planes teachers. Move at your own pace and in your own way but be faithful, my friends. Keep seeking persistently, keep hoping, keep loving until you begin to feel as a wonderfully clear aqueduct for the water of blessedness [and aid.]

We would leave this instrument at this time, that the one known as Jim may conclude the working. We are apologetic for our garrulous nature, however, the questions asked us are interesting to us and we find many ramifications therein. We do apologize. We have great difficulty gauging your time as it is not that which is *(inaudible)*.

I am Q'uo, and I leave this instrument in love and light.

(Jim channeling)

I am Q'uo. I greet each in love and light through this instrument. At this time, we would offer ourselves in the attempt to speak to those queries which may yet remain unanswered upon the minds of those present. We hope that we are able to offer ourselves in a manner that does not provide the stumbling block but which, instead, makes clearer and smoother the way that each travels.

Is there a query at this time?

Questioner: I'd just like to know if my daughter's *(inaudible)* last night was a metaphysical event or an event created by *(inaudible)*?

I am Q'uo, and your latter assumption is correct, my sister.

Questioner: Uh-huh.

Is there another query?

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Questioner: Yes, Q'uo. Your words are very well taken *(inaudible)*. I take them to heart. I have three brief questions concerning the way that we might pursue the path of our own growth. In posing these questions, I understand that the substance of the answers to these questions must come from within each of us. So, these questions are about form.

Can you give me a form in which any association with an inner master might be politely and gently and appreciatively dissolved? Can you give me a form in which a successful challenge to an entity, a discarnate entity, may be made? Can you give me a form in which a positive, service-to-others discarnate entity of the Confederation might be evoked?

I am Q'uo, and am aware of your queries, my brother. These are thoughtful queries which move to the very heart of the process of seeking, for as one moves within your illusion there is the taking of information from various sources and making it useful within the incarnative pattern. This is an ongoing process that increases with intensity as one becomes more conscious of this process.

It is well, as one continues to seek the nature of the Creation, the nature of the self, and the process by which one moves the self along the evolutionary path, to begin to see the relationships of the self with all that surrounds the self. Thus, there is shone upon this small self, shall we say, light from many directions that reflects to the self its nature in an extending manner. As one becomes more aware of those qualities that are the bedrock, the foundation of the self, one begins to have a firmer ground upon which to build this expanding concept of the self. One begins to have the qualities and ideals being internalized that one has found useful in the, shall we say, outer world. By this construction, one prepares the self for further information from whatever source, or sources.

When there is the establishment of a link between this self and other selves of, shall we say, a discarnate nature, those who have removed themselves to the inner planes of your planetary sphere, the link between these entities and yourself is that which is built upon your desire to know more of what is called the truth in order that one might come closer to this truth, which is ultimately the Creator, and then reflect some portion of this union to those about the self as one attempts to serve those about the self. Thus, it is the desire that one has manifested that creates any link with any other entity whether the entity be incarnate, discarnate or be of one Confederation or another.

Thus, the first step in forming a link, or severing this link, is to first find within the self the desire to do so and, as this desire is discovered, to follow that desire in intensification to the point that the beginning of what you have called a form makes itself apparent as well. In most cases, the form will have been made by the entity of third-density as it repeats its desire and moves in accordance with the intuitive information that is brought forth by this desire. This process, then, becomes repeated as a kind of ritual or mantram in order to either establish a link or to ask that the link be removed. Any entity of the inner planes, or of the Confederation of Planets in Service to the Infinite Creator origin, will respect the request and desire on the part of the third-density entity to either receive or cease to receive information. The entity of third-density, being incarnate within the third-density illusion, has great power over its own destiny, shall we say, in this manner for it is within the illusion and the incarnation and may, through its continued expression of desire, create those opportunities which it wishes to create, more and more successfully as the desire is purified.

If it is desired that entities of the Confederation of Planets in the Service of the Infinite Creator assist a third-density entity, this assistance is most usually offered in a manner which does not include the vocal channeling, as is occurring at this time, for we are well aware that it is necessary for a group to support such an effort for there is the opportunity to share much of that which is light-filled and, therefore, metaphysically potent and desirable upon many different planes. Those entities which would respond in the negative sense would, therefore, have greater success in removing this light were an entity operating singly in the capacity of an instrument, shall we say.

We are most comfortable in sending our love and blessings to entities requesting our assistance and in joining their meditations in order to deepen and enrich these meditations in the manner which the entity has chosen. Thus, my brother, we can suggest that one's desire and the purification of this desire is central in the continuing to seek information, from whatever source, in order that the illumination of the Creation and of the self might occur.

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Is there a further query, my brother?

Questioner: No, thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query, at this time?

(No further queries.)

I am Q'uo, and we would take this opportunity to thank each for inviting our presence and for offering us the patience that we find is often necessary as we become somewhat lengthy in our discourses. We do not wish to overtire the mind or the body but we rejoice in the opportunity to offer those thoughts in response to your queries which we found helpful in our journey and which we hope that you will, in some way, find helpful upon your journey as well.

At this time, we shall take our leave of this group, thanking each again for allowing us to walk upon that journey with you in a more manifest fashion. We always walk with those who seek union with the one infinite Creator for we are all portions of that one Creator returning to Itself, rejoicing with each step and blessing each burden.

We are those of Q'uo and we leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 5, 1989

Group question: The question this evening has to do with joy. What is the function of joy in the evolutionary process in this particular experience and how can we find and utilize joy in our daily round of activities in a way that sustains our growth and service to others?

(Carla channeling)

I am Q'uo. I greet each of you in the love and in the light of the one infinite Creator. How lovely it is to dwell with you at this time in peace and harmony and seeking. We feel most privileged that we are asked to come and share with you our thoughts upon the subject of joy. May we say what a joy it is for us to so share our opinions.

We wish, however, to caution each against looking upon us or any material whatsoever as an infallible authority. We share our opinions. We are not infallible. Thusly, if we speak truth that is the truth of your heart, you shall recognize it. If you do not recognize it as if, though hearing it for the first time, it were a memory, then it is not a personal truth and could well be a stumbling block. We would ask you not to keep those things which do not feel resonant with your own path of seeking but we hope that we are able to share with you some things which may help as you move along the dusty road of pilgrimage.

Firstly, what we would like to say about joy is that, in its primal state, it has no function. It is. For joy is another expression, and indeed a basic manifestation, of unconditional love. Thus, it is of the essence or the beingness of the consciousness of the one infinite Creator, which is love.

To attempt to describe our understanding, limited though it may be, of reality or that which is most real, we may say that we have found the universe at rest to vibrate with the intensity and joy of sexual orgasm in a steady state. This is the energy power, the joy, the, as this instrument would say, élan vital which is its own truth, has its own beingness and needs no reason.

Now, we realize that it was not this ultimate joy, this joy which moves beyond the word, about which you are asking but rather how to find joy in circumstances where an orgasm is out of the question. We hope that you find this analogy helpful because all that manifests is a diffusion, a watering down, a shadowing, a tinting of that one great original Thought which is love and which manifests its energy in the manifested creation of a billion, billion sun bodies and the joyous flames of an infinite number of beings such as yourselves, who have moved into the darkness, into the seed bed of the densities, to root, contemplate and break forth from the earth in due time to bloom.

Each of you is a natural entity. There is a difficulty with experiencing joy, and now we speak in your terms of simple vital energy, love of life and so forth. It seems as though one were disappearing into a dark maze as one encounters the daily routine. Where is

the joy, you ask, in taking out garbage and doing chores; in accomplishing well a job for which you have no real fondness? Where is the joy? Somehow it leaks out, it is not with you. It is unfindable and so an entity moves into the desert of indifference or sadness or sorrow or unsatisfied desire.

It is painful there in the desert. One goes through the motions. One does not appreciate the difficulties until a length of your time has passed and, as you gaze back on the mystery of your desert experience, sitting in an oasis that has come upon you, you are able to see the enormously helpful catalytic nature of that which seemed to be no joy but only difficulty, frustration, boredom and distraction, if not even more negative emotions.

When speaking of spiritual work we always move to speaking of a daily practice, one which is faithfully and reliably kept. It is not easy for entities who dwell in your heavy chemical illusion and who have so much to do in order to keep the self going to find the time each day to meditate, to move into silence, to listen and speak not, neither utter a word except, "Here am I."

For as you are aware of your beingness, you are aware of the beingness of all that there is. For the creation is an illusion outside of you. It is actualized within you in that portion of yourself which is of the infinite Creator. It is this portion to which you may turn for joy. In the sense of creating, from the outside in, a way of feeling vital and energetic, we can only say that it is to those who enjoy the athletics of the body or other means of exhausting the self who may find the joy from outside. For the true function of joy is an infinite function and that is growth. Joy may be another word for confident and sure faith.

Now, we have moved away from the state of orgasmic pleasure to a more modest view of joy but we do not wish to give you information that enables you to burn out like a bright comet and become extinguished. We wish to speak of a joy that is peaceful, stable, vital and living. This does not come from the entity within the incarnational experience. Rather, the self which is experiencing the incarnation on the surface level of consciousness must yield to that which is within the self which is infinite.

The practice of this yielding, this tabernacling with the one infinite Creator, the immediacy of this presence, when carried on persistently, patiently and with no dedication to outcome over a period of time begins to set within one a growing awareness of infinity. For as you meditate and listen, you are lost in the present moment. And this present moment is instinct with joy. The present moment is infinity. It is as though one were at the intersection of time and eternity at each present moment. The difficulties people experience are due to living the horizontal life without being aware of the resonances of the vertical life which is moving infinitely within one at all times.

You see, it is so tempting to think of oneself as the physical vehicle which you may see in one of your mirrors. It is so tempting to give oneself characteristics and qualities based upon various parts of one's physical appearance, emotional makeup, and so forth. It is very, very easy to become entwined with many, many intellectual thoughts which always end in mystery and paradox.

It is extremely tempting, in a world which values things and phenomena and fact and proof, to seek some proof of that which is your inward journey to eternity, your journey to the present moment and into the present moment, so that you begin to sense the deep, infinite resonances of your beingness in the one infinite Creator.

You are love. You are the light. But you are not these things within your physical form. Indeed, within this density you are deliberately causing yourself to become stupid in order to be able to partake of the intense catalyst available to one in a heavy, chemical vehicle. You may think of yourself as a distillery or a refinery that begins with the raw material of the harvest of your spirit, your experience, and your meditation and out of which you begin to create that which may be called the magical personality. You begin to know, without knowing what, that there is an immediate presence, an infinite and omnipresent reality lying beneath, above, within, without and in between all that there is. There is a depth and a height to any moment of the life experience.

The point of view may be manipulated by the intellectual mind and this is a tool which is useful in the search for one's own center of vitality, joy, peace and love. One certainly may ask oneself what causes joy within. But the answers are most distorted by the chemical body which is experienced.

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And again we move back to the analog of orgasm and joy. To expect one within third density to vibrate orgasmically at each moment would be to ask that which is not possible within the illusion. You are not here to be joyful but rather to make choices. This is that for which you came into this experience: to choose to serve either the self or the one infinite Creator, as seen in the faces of all those whom you meet.

Now, it is difficult to see many entities as the face of the one infinite Creator. For all entities have the clay feet of that which perishes, that which does not know what is hidden within the roots of mind. Thusly, to expect to have the vitality and the joy at all times is to expect to learn nothing, to progress not at all and to make no choices. For with choice there comes change. With change there comes pain.

Each time a truth that has worked in the past ceases to work in the present, much difficult work must be done in consciousness. For your mind must lose or "dump" the program which no longer is effectual for the seeking entity in order to make a place for a new understanding that will inevitably change the seeker in some way. Change is painful. Dumping information is painful. Letting go of old truths is painful. Being uncertain is painful. Being at risk is painful.

You are those who have sought a life of risk. You do not wish to stay in one place mentally, spiritually or emotionally. You wish rather to accelerate the pace of your spiritual evolution. Now, this is sensible. This is in our opinion the very best and most useful attitude to take. But it is not a path which delivers one into the gateway of élan and joy but rather the continuing difficulties of confusion, misunderstanding, realignment of understanding, and ever progressing onward.

There is much more desert in the spiritual life than there is oasis. It is simply a matter of how much you, as a spirit, wish to work in consciousness. The more that you work in consciousness, the more you will change, the more you will be transformed and the more you will be uncomfortable.

Why then, do seekers so stubbornly follow their star? Nothing, my friends, rests in the creation. All things move. And in this activity, in this manifestation, in this movement there is that which, as it is said in your holy works, passeth all understanding. The name for that which passeth all understanding within the holy work of which we speak, is peace. But it is not a peace that is understood among your peoples for it is a peace that is joyful, a peace that is vital, a peace that is merry, that may make light of the serious and may tease and play and feel one's way as a child within the great caverns and grottoes through which one must pass in the spiritual quest, having only one faint light: that of hope. And so you move in darkness, attempting to see. And much of the energy of the incarnation is involved with the simple ability to perceive without distortion.

Now, perception without distortion is a sure yielding of joy. On the other hand, each must distort, through the physical senses, the catalyst which comes to one. The senses you have are those given to all and they are all illusory. To base one's seeking for vital energy on the life experience or anything which it may offer is to put one's trust in that which perishes. The key to joy is the realization that you are an imperishable being. You are a being which is love and is called to love. The Creator created each out of love and placed within each free will and Itself. You are moving through the disciplining of your own free will. And that disciplining must be done freely, the choices your own, in order for that joy which underlies all things to begin to bubble up into the life experience.

We find that a sense of humor, as this instrument would call it, is extraordinarily helpful in the pursuit of a deeper and clearer awareness of the tremendous beauty and resonance of each present moment. As one moves about the illusion doing what one must do to support the needs of the physical vehicle, it is most easy to see life as a horizontal path; a path upon which one literally walks, plods, trudges, ambles or runs, depending upon the mood; a path in which gravity keeps one's feet to the ground, keeps one from rising into the ethereal or sinking into the roots of mind.

One of the choices each spiritual entity makes is whether to move upon that which is consciously known in making life decisions and in living moment to moment or casting all safety to the winds and trusting the self to the risky business of feeling the depths and the heights of each present moment.

It is difficult, when one is working at a job to which one is indifferent, to feel the magnificent resonance of the present moment, to experience the intersection of eternity with that present moment.

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Consequently, it is a good exercise, when one is fatigued in the spirit, the emotions and the mind, to move backwards, away from gravity, away from all that has to do with the illusions created by fields of energy.

Moving back, we may see the home planet—fragile, somewhat troubled, and infinitely beautiful. One may imagine the many entities scurrying about on the surface of this celestial globe but one no longer sees the individual selves of the bodies of the third-density beings of the planet, that which will become, in fourth density, a social memory complex.

Thus, when one is peeved, distressed or distraught it is well to move back in the mind, moving away from the surface, flying upwards, gazing down upon, first, yourself and the room, and the dwelling and the town, then larger land masses, then the planet. Then one finally moves back enough to see the infinity of celestial bodies, of centers of the Logos or love which is the great original Thought.

It is well to keep within the mind the resonances of eternity. And if they are not to be found upon the surface of the daily experience, yet still, you are of a certain nature and you may tap into the infinite possibilities of the present moment more and more by persistent faith and hope. Within your illusion all ends in mystery, nothing can be known ultimately.

It is a necessary portion of the illusion of third density that nothing may be objectively proven that would interfere with the free will choices of entities who are deciding upon their path of service. For this reason you came into incarnation, to express and manifest your choice of a path of service.

There are suggestions we may give as to how to compound the joy that is native to you already. If one may draw back from an unpleasant entity enough to affirm that that entity is the one infinite Creator distorting its own illusion in its own way to its own sadness, one is then able to feel an outburst of compassion for an unhappy spirit.

One is similarly able to feel compassion for the one who is happy but without a spiritual vector. Many are those who are asleep and do not wish at this time to awaken. This is acceptable, for there is an eternity in which each has all the time, literally, in creation to move back to the source whence each came before the world as you know it was created.

You are imperishable. You are light. You are moving towards the light. This instrument finds the parable within the holy work which you call the *Holy Bible* of the prodigal son and daughter to be most useful in an awareness of the spiritual journey's constant intersection with the infinite love of the one Creator.

We will now work upon some simple exercises to move into a mental, emotional and spiritual configuration which allows one to follow one's joy.

Firstly, the listening meditation, done persistently and in a daily manner and, if possible, with two or more together, is a basic tool, one which cuts to the heart of a process of spiritual evolution. For those who speak are not listening and those who know all the answers have blocked further questions, further learning, further refinement, further distilling into purity.

You seek to be pure in your service, in your dedication to the one infinite Creator. Yet this seems oftentimes a burdensome and toilsome thing, a yoke you must carry, and a burden that weighs the body, the mind, and the soul down with responsibility. This is where the ability to laugh at the self, to laugh at situations, to laugh at the enormous comedy of paradox and mystery comes in so handy. When all else fails and there is no joy within you and there is much difficulty, one tool you may use is the sense of humor.

Gaze at the entity which is the Creator but is distorting itself in a way which expresses anger or hostility or other negative emotions and remove that entity's clothes. Put this image in the mind so that all the gesticulations, all the pomp, all the mannerisms are those done by an entity in his underwear. It is well, perhaps, to imagine how someone would look with big green spots or a third eye or blue skin. Work at thinking ridiculous thoughts. For the spiritual path is not serious, precisely. The spiritual path is all that there is.

It is possible within the schoolroom to ignore the lessons. But when one is in school, that is the business of the student. One may be an eager student or a lackadaisical one. One may do the homework or not. And we would not judge any, for until the time comes when the demand from within to know infinity and imperishability becomes paramount, it is only flogging and whipping at the self to approximate the state of realization of one's own imperishable nature. Thus, each entity has a

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rhythm of its own, a time of its own, and a pattern of its own.

There is another tool which one may use to good effect if one is able not to trust the intellect beyond a certain point. That tool is the analytical ability of the mind. When one moves oneself back from a situation which is disturbing one and begins to untie the tangle of distress, one may, through inductive and deductive reasoning processes, come to more and more fundamental realizations as to the true nature of that experience which is difficult for you at this particular time.

You were not of a mind to come here to be happy and content. You were of a mind to come here to graduate into a density that has more light, less heaviness, and no veil between the conscious mind and the roots of mind. Yet you cannot use the light of the one infinite Creator until you have made a profound and persistently chosen choice.

Whom shall you serve, to serve the infinite One? Shall you serve yourself, or shall you, having prepared yourself to serve others in what may seem like service to self, move into the world with the attitude, "How may I help? Send me where there is work for me to do and let me never judge that work or hold it as a goal but only do it for love and let it go." There is a tremendous release of joy in the experience of truly releasing one's good intentions to the caretaking of those who may well not view that joy and wisdom of yours as useful to them but indeed may gibe and carp at the spiritual seeker for his unworldliness, his lack of attention to the important things such as your money, your possessions, your reputations, and your power over other entities.

You see, this third-density experience is biased, in the outer sense, towards service to self. This makes all entities uncomfortable and puts them in the position of choosing. This is the point of this particular density. It is especially the point of the density at this time, as each entity prepares for the walk of light and each entity wishes to move comfortably into the more dense and living light of the one infinite Creator which creates the illusion of fourth density.

A tool which is most helpful in removing negativity from the self that is unwanted is that which this instrument would call prayer. It is not for nothing that a teacher known as Jesus suggested to pray for those who despitefully use you. The concern, the turning to the Creator, the genuine loving and praying for an entity who would never expect such a positive return, is a way of aiding that entity by the love it does receive. It then becomes a mirror to reflect back to you a hundredfold that desire to be of service. It may not come from the entity with which you have the difficulty, as each entity has its own path, but it is inevitable that, as you offer yourself, so you shall receive what others offer.

How to find joy? Know more and more who you are. You are an imperishable being of light. You are doing many ridiculous things within an illusion which is created to be difficult, ridiculous, paradoxical, confusing and destructive of all positive emotions. Yet within you is the one infinite Creator. And the infinity of that imperishable self that is you may always lift the self by prayer, by meditation, by laughter, and simply by the abiding, persistent calling upon the hope and faith that each truly is a portion of the one infinite Creator and of the return of the prodigal.

No matter how long and how difficult the journey, it will occur and the Father will be waiting with a great feast. And in that feast you shall feed each other. For joy comes from others to the self and goes from the self to others. Joy is expansive, generous.

Vitality is a matter of honoring the Creator within each and having the sense of humor to make fun of the illusion that separates each from each. When you touch hands, you touch energy fields. When you love and pray and make a cartoon of an entity to strip him of his negative qualities, you have invoked that which will give joy not only to yourself but to those about you. For one who is centered in eternity while in the present moment is a light unto many, a joy unto many, a source of faith to many. Never consider yourself as unimportant or unworthy. You are the Creator. You simply are learning to deal with the freedom that is the hallmark of the creation of the infinite One. You are free. There is no failure. You choose your own pace.

Before we leave this instrument, we would like to affirm once again that there is not a large number among your people who have the spiritual maturity to experience joy as a steady state. This is not important. What is important is the knowledge within that it exists in a steady state, that it is of love,

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the Logos, the infinite Creator, and that all is as it should be for your learning.

What sacrifices you made, my friends, coming here. One might well compare this to the basic training in the Army or the Marine Corps. It is difficult. It is taxing. It is wearying. Allow yourself these things and laugh together. Be merry together. Exhort each other, when each is sad, by the silent exhortation of the hug, the smile, the listening ear, and the understanding heart.

If you wish to be joyful, it shall always come to you by reflection. For as you give, so shall you receive.

We would at this time move to the instrument known as Jim so that we may close the meeting through that instrument if he will accept our contact. We thank this instrument very much and we leave it now in love and light. I am Q'uo.

(Jim channeling)

I am Q'uo. I greet each again in love and light through this instrument. We realize that we have spoken for a lengthy portion of your time and that there is fatigue within the circle. But we wish to offer an opportunity for those present to ask the query which may yet remain upon the mind, if indeed such does. Is there a query at this time?

Questioner: I would ask about what, in yogic terminology, is referred to as kriyas[3] which I experience as resistance within the body and mind complex to the free flowing of intelligent energy as it was given from the Creator. I am wondering if this is largely due to mental distortions which have their root in the physical body or are they also maybe preexisting physical distortions? And in what way can I work towards clearing my mind/body complex to allow this freer flowing energy?

I am Q'uo. I am aware of your query, my brother. The distorting effects of which you speak are, for most entities, reflections of mental origin which have as their roots the particular bias that has been desired to be experienced as a portion of a lesson or a service within an incarnation. There is the movement through the deeper portions of the tree of mind that is made as one enters into the meditative state and begins to contact those deeper portions of mind. One experiences this contact as an increase in one's vibratory rate or awareness of this nature of being. One also passes through the area in which the perceptions have been formed and reside, upon a subconscious level, and refracts a portion of this light energy.

These symbolic experiences that, in effect, cause a resistance to the available and increasing energy of intelligence contacted may be seen in their more expansive nature, shall we say, by observing the energy centers affected and the type of expression that occurs within the life pattern in the daily round of activities as a result of this kind of distortion, which is also an opportunity to become more aware of a facet of the being that seeks balance.

Thus, one may observe the daily round of activities in a regularized fashion so that those experiences which register in a polarized form, either toward the positive or the negative, in personal terms, may be noted and used as seed for meditation, so that greater understanding of that facet of the self might be achieved and might be applied to the life experience in a more conscious fashion when similar catalytic circumstances present themselves once again.

This kind of review of the daily experience has the effect of illumination in that the self becomes informed. It has the effect of allowing for balance to occur within the total being as well as the effect of providing the opportunity for forgiveness to be offered to other selves and also the self, which indeed deserves this kind of inner acceptance and requires such in order for the movement from that point to be made.

Is there a further query, my brother?

Questioner: No, thank you very much.

I am Q'uo, and thank you, my brother. Is there another query?

Carla: I don't know, I guess I'm still really aware that no matter how you look at the illusion, if you are having a bad time, you are having a bad time. Is it possible that a constant state of joy is not so much the focus of this incarnation as the constant search for the proper questions about what is truth? I've puzzled over that for many years. It doesn't seem to be part of the human destiny and nature to be unfailingly happy.

[3] Kriya is a technique of energy control, or pranayama. It is also a comprehensive spiritual path, which includes additional meditation practices, right living, and a link to the enlightened Masters.

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I am Q'uo, and I am aware of your query, my sister. For indeed, this evening we have spoken at length concerning the place which joy holds as that which is ever present and eternal, yet that which is but the oasis upon your long and dusty journeys within the third-density illusion. For if one wishes to progress and to be able to experience a greater unity with all that one sees about one as the one Creator, it is necessary to be in the midst of the catalyst and its effect upon your total being. This requires a forgetting, for the most part, within the incarnation of that unity which indeed binds all that is and of that love which creates and empowers all that is and that light which reveals the true nature of all that is.

This forgetting allows for the self to become affected by the illusion in a manner which will offer the opportunity for the entity to choose more and more to seek, in one fashion or another, to serve the Creator in the self or in others so that an awareness of the Creator might be given to the Creator in a fashion which is unique.

And in providing this perspective and experience, one also expands the ability to accept more and more of the light of the Creator within the being. Thus, you are correct, my sister, in that joy is but a fleeting visitor to those who wish to pursue the work in consciousness that is possible within an illusion that seems so far removed from unity, from love, or from light. This is the sacrifice which you make, my friends, when you enter incarnation.

Yet, there is a pearl, as it has been said, of very great price that may be won by such sacrifice, so that when it is finally won, all sacrifices will seem as nothing in comparison to that great pearl.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at his time?

(No further queries.)

I am Q'uo, and would take this opportunity to express our great feeling of joy and gratitude at being invited to blend our vibrations with yours this evening and for the journey which each shares with the others at this time. We hope that we have been able to offer a perspective from our experience that will be of service to you. We would, at this time, take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 12, 1989

Emotions, Part I

Group question: What is the function of emotions in the life of the spiritual seeker, and what value is there to the seeker in attempting to uncover or develop or feel the full range of emotions, especially the caring for those about one, and feeling the vitality of life and being able to express the feelings that move through one?

(Carla channeling)

I am Q'uo. I greet this circle of souls in the love and in the light of the one infinite Creator. It is our privilege to be called to this group of light being, and we bask in the glow of your seeking and your love.

In speaking about emotion, there are semantic difficulties. Emotion has been systematically undervalued among your peoples for a great span of your experience, much to the detriment of the whole and unified self which seeks to manifest through third density illusion the love and the light of the one infinite Creator. What passes for emotion among many are not so much feelings as basic instincts such as reproduction, companionship and practicality. The role of emotions, while idealized within your culture, is in fact a false role, in that emotions do not serve the function which they are capable of serving.

The most usual blockages of energy are two. One is the overactive emotional nature, that nature that wears, as this instrument would say, the heart upon the sleeve, one who reacts with a shallow and instinct feeling to each catalyst that it encounters. The hectic quality of these emotions is a disturbance and a confusion, rather than that which is the true function of emotion, that is, the further knowing of the self and the ennoblement of the expression of life within the consciousness of manifestation. How much we wish we could aid those who are caught in surface emotion, yet always it is the free will choice of each to use its intellect, surface emotion, or to move in consciousness into a more helpful and useful focus of mind and heart, so that one may discover the true, deep and abiding emotions that create a life in faith.

The other common blockage of emotions is also culturally produced. The young ones of your society are not cherished with deep and abiding emotion, quite often and instead there is the rigid rule, the constant request of parent to child for this or that behavior, which, in the course of the young years, causes many souls to become inured and numbed to emotion. The intellect observes the pain of expressing emotion to those who identify deep emotion with misbehavior and unacceptable sentimentality, and so it becomes unproductive, seemingly, and indeed hurtful, to continue

experiencing the impact of the full emotional nature of the deep mind.

Almost everyone dwelling upon your sphere at this time, in your culture, tends toward one or the other bias, rather than appreciating emotion in its purified and deeper sense as the profoundest part of one's intelligence. The function of emotion in the spiritual life is the creating of the vitality, the passion and intensity which is not created out of thin air, but discovered from within. In order to make use of these purified emotions which speak of deep intelligence, it is often necessary for an entity to be aided by inspiration, example, and most of all, desire: desire to remove the stumbling blocks which block energy from the heart. With the energy blocked by over-activity or numbness of emotion, the spiritual path is even more muddled, wearisome and confusing than it needs to be. This is because such blockages keep energy from entering the heart in full measure, and it is the heart energy which is lifted up and ennobled by work in consciousness.

Now, what is the definition of purified emotion? We search for vocabulary which is not religious, but rather philosophical, for it is all too easy to say worship, adore, give thanksgiving, offer praise to the one infinite Creator. Instead, we would simply put it in another context. As one is able to experience the self more and more intelligently, consciously and fully, one is able to feel self-forgiven, worthy, hopeful, cheerful, peaceful and oriented toward a lively work on behalf of the one infinite Creator. Humankind is fueled, not by oil or coal so much as by inspiration, passion, sharing and caring. Thus, the more fully one is able to tap into the deep and plangent notes of purified emotion, the greater is one's ability to manifest the light of the infinite One to a darkened world, which rejoices in seeing beacons of light, whether or not they know why the light is there, how the light has come to be there, and what is its function. The emotional nature of a deep and strengthening kind is the basis of intelligence which forms the bedrock of faith. We speak not of faith in this, or faith in that, for the Creator is infinite and mysterious, and any specific belief system neglects much of the whole repertoire of spiritual tools and resources. Therefore, in encouraging one's own deeper intelligence, that is, the deep emotions, one must seek within for that center about which the incarnational experience now [revolves].

It is impossible to create purified emotion by desire alone, for desire will bring you to the border of that emotion, but will make of it a mockery unless the deep self is touched, and felt, unless emotion may inform intellect. Those among your people who are small in years are perfect examples, for the most part, of entities which are in touch with deep emotion. The younger the entity, the closer that entity is to concepts of deep memory concerning the true self and the purpose of the incarnational experience. However, immediately upon entering this illusion the process of enculturation begins, and little by little, young souls react to a lack of understanding, either by moving on a sea of shallow emotions at all times, or by rejecting emotion as painful, unnecessary and undesirable, as it does cause pain to one who does not have a fully energized heart energy center.

Many of your peoples attempt to create within themselves deep emotion, that they may love, and know the joy of deep and spiritual love. This is an exercise in futility. Also to be de-emphasized are those practices of your religions which encourage and even goad participants into an high emotional state which is fed, not by deep emotions in most cases, but by the enjoyable excitement of group joy, that is, when one worships in such a way as artificially to move the hearts of entities from without, so, to the extent that this is so, shall the emotion be that which rings false for deep work in consciousness.

Indeed, the intellect is often the master, even of the most devoted spiritual seeker. Burdened with the rational mind, the seeker often places too little emphasis on the freeing up of deep energies, of keeping open those passageways from spiritual self to mental, emotional and spiritual self. The creation is consciousness, and that consciousness is pure emotion, not the pure intellect. Infinite intelligence expresses itself within incarnation as deep and abiding emotion. Thus, as one feels love pouring through one, one is fulfilling one's fundamental and major mission upon your Earth sphere, and that is to be a radiant being, a light to many, not by action, but by the vital energy, the sweetness of soul, and the expressions of love which move through the seeker who has opened the door to deep emotion.

To remove oneself from the coil of emotion that is shallow, or emotion that is numbed, one may sometimes find it helpful to seek a healer which

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works with the emotional dynamics and energies of entities. There is, in this type of healer, the energy which may be used, shall we say, as a jump start upon the clearing of emotional blockages. The energy of the teacher in this instance is critical, and those teachers which are not basically moving in joy need to turn within before teaching further, to find the absolute love which is the wisdom of the self for that greater Self which is Love. Love needs must answer love for the creation of each seeker to move into balance.

Perhaps the road to experiencing emotions more clearly and more deeply begins with the contemplation of the astounding, generous and infinite love of the one Creator. The Creator's nature Itself is love infinite. Each of you is likewise imperishable and infinite, but in terms of the experience you now enjoy, you within the body are finite, limited and fooled by the illusion which is to teach you. Therefore, we suggest a daily alignment of affirmation and closeness with the love within one's self which is infinite. Many negative emotions disturb the hearts of those who have not found pure emotion, and, instead of being uplifted by love, they feel judged, inadequate and unloving. This is because the surface healing emotions come from one rather than through one, [and] are easily exhausted or transformed into negative emotions of frustration, anger and guilt.

Thus, one is seeking that which one cannot put into words, that which may fill the being, so that the being is rich and full and vital, and spilling over with love, love infinite. In this atmosphere each entity becomes a healer, each entity becomes a channel, each entity becomes that which one would call Christ to those about one.

Purified emotion, whole and unblemished divine love, is the very axis upon which infinite intelligence built the myriad illusions which lead each imperishable soul along the path of inspiration, closeness to the one Creator, and an infinite capacity for compassion and service to others. Without emotion of a deep nature, the life experience lacks vividness, and it is more difficult for the seeker to make the choice of service to others or service to self with firmness of heart and intensity of passion.

Sometimes it is a long road which the pilgrim must wend upon its way to the experiencing of untutored and unregulated emotional truth. This is as it should be, and we ask each not to be discouraged as one again and again fails to realize the potential within the self, while manifesting this worshipful, sanctified and perfect love. Such deep truths are difficult to find within your illusion. So it was designed that each, by one lesson upon another, by persistence, and by the leap of faith, may become that which one was not before, consciously, that is a very creature of the Creator, a portion of infinite intelligence, an eternal, beautiful and perfect group of energies and expressions.

For, as you well know within your density, all that you see, including your own body, is illusory. That which you are indeed, in truth, is a complex of electromagnetic fields which hold within them the precious and infinite consciousness which, when purified, is one with the infinite Creator. Thus, each emotional blockage which may be found and dispelled, leaves a space, an emptiness, which is absolutely necessary in order that one may move from the emotions of the surface and the involvements of the day to a keener awareness of self as one with the Creator, a bearer of love, a messenger and channel of light to all whom you meet.

There is danger, as in any other pursuit, in working at the discovery of one's emotions. The nature of the deep self is subtle, and is not to be manipulated from without. Rather, it is a matter of seeking faithfully and persistently in meditation and in action, to begin to observe the resonances of deep emotion which lie between the lines of the pages of everyday life. Emotion wells up within, the gift of the nature of the one infinite Creator to its infinite family, its heirs of glory.

We use the word glory most specifically and literally. There is within each seeking entity the dynamic of vitality and numbness, of joy and sorrow, of giving and receiving. It is those which harness the intellect as a dray horse for work upon the surface, and who move into meditation and deeper states of consciousness, which will find the emotions being released from within. A release of blocked emotion is greatly healing, and as one entity is healed and becomes more and more an intense and passionate creature of the light, one becomes less and less addicted to those everyday things which seem so important, and more and more tuned to the spontaneous actions of creative love. The glory of the universe of the infinite One is that each portion of it is full and instinct with profound and whole

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emotion, that is, the one great original Thought of love, which is the Creator as well as the creation.

There is further aid when one has touched the heart of self and felt the release of blocked energies, and that is that one's abilities to serve others in a compassionate manner are greatly aided, for entities of themselves within the third-density illusion cannot sustain an effort which is ideal. Ideals will always be overtaken by practicalities, adjustments, compromises. Better it is for one to retire from the human arena in a persistently regularized manner, seeking within, listening within, asking to know the deepest portions, the most intelligent portions of the self, which move in emotion and archetype.

The developing of genuine purified emotion is for most a long and toilsome task, where so much of the cultural conditioning is that which, in the case of some, encourages the bubbling of surface emotion, and in others the refusal to express feeling in any way. Such are the ways your culture deadens souls to their true purpose, which is to seek persistently, patiently and prayerfully, to know, and to be with the One.

Once one realizes that within oneself lies holy ground, one knows and trusts far better the path of seeking within, for as we said, emotion that is artificially created is easy emotion, emotion which must be renewed as a library book must be renewed. It is not lasting and it requires constant nurturing and stimulation from without.

Each entity will, because of cultural conditioning, have to more or less extent some measure of blockage within those energy centers which feed the heart energy center. Thus, no one is alone in doubting and asking, yet also no one who seeks to remedy this situation by meditation and contemplation shall be a complete failure, for it is sheer intent, intensity of desire, that moves one beyond the self in surrender to that other self which is the true nature of the ephemeral third-density self.

The instrument informs us that we must cut short our unfortunately prolix dissertation. We are sorry for being unaware of the passage of time, but within your dimension the realization of the time you experience is most difficult for us, and there is much to say upon this subject. We shall simply say to each that the release of negative emotion such as guilt, anger, humiliation and resentment is an incredible healing which is only possible through the infinite love of the one Creator, and through one's identification with that love, and one's dedication to seeking in the deepest and most aesthetically beautiful way possible, to be truth incarnate, to express love divine, to allow oneself to be a channel of compassion and nonjudgmental aid.

We encourage each to seek the holy ground within, to find praise and give thanks for the glory, for beauty, the infinite majesty of the one great original Thought. The heavens sing with His glory, the trees and mountains dance, and all stars and planets sing a song of passionate love for the Creator unmanifest, and for each of you, the Creator made manifest and given complete free will.

We encourage you each to seek the deeper truths within, to allow negative emotions to be balanced and to fall away, as it is natural for them to do in the light of unconditional love. May each of you discover within the inner room the infinity within oneself, the purified emotion which in full strength is the Logos.

What is the function of emotion? It is intelligence which produces profound and fundamental transformation. Only the heart, when released from stricture, may be so. The approach of intellect, the approach from the outside in, the approach of believing this or that, is most frequently fruitless. It is the opening of oneself to free-floating and abstract faith, the faith that all is as it was planned to be, the faith that that which was planned is helpful and full of love, which moves the seeker onward most swiftly upon the path of spiritual evolution.

Rejoice, each soul who finds release from numbness or surface addictions. We rejoice with you as you seek the heart of the self which is the greater Self. Respect deep emotion. Realize that the vital energies are based upon one's ability to have faith and to dwell in an emotional state of unconditional love. Daily meditation, daily contemplation, and what analysis the brain may perform, is suggested for all who seek, for you are seeking to change into the awareness of the self which is imperishable. Forgiveness is an emotion, not a mental process, and it is the key to the advancement of the self in polarization of service to the one infinite Creator. May you respect and encourage intense, loving emotion. May you find it acceptable to release numbness and surface emotion as meditation matures and strengthens the deeper self within.

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We thank this instrument, and would like to close the meeting through the one known as Jim. We leave this instrument in love and light. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We are aware that there is some fatigue in the circle, but are happy to offer ourselves in the attempt to speak to any queries which may prove helpful at this time. Is there a query at this time?

T: I don't really have a question, but I'd like to express my gratitude for the message tonight. It was really what I needed to hear. I thank you very much.

I am Q'uo, and we are most grateful to you, my brother, for posing the query that we were able to offer information upon. It is a great service to have those who bring their heartfelt concerns to our attention that we might have an avenue through which to offer our service.

Is there a query at this time?

K: You mentioned that there is much to say upon this subject. Would it be possible in the future, if we desire more information upon this subject, to ask you to continue from where you left off, or would we need to formulate another similar question in order to continue?

I am Q'uo, and we would be happy to begin at the point which this evening has been our ending at a future meeting, as you measure your time. We would simply request that the query be vibrated again at that time, so that we might again find that focus that has been fine-tuned, shall we say, within this group.

Is there another query?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. As we have discovered that the evening has grown long in your measurement of time, and that we have, for the nonce, exhausted those queries, we shall take our leave of this group, thanking each again for offering us the opportunity to offer our service at this time, and leaving you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 26, 1989

Emotions, Part II

Group question: What is the function of emotions in the life of the spiritual seeker, and what value is there to the seeker in attempting to uncover or develop or feel the full range of emotions, especially the caring for those about one and feeling the vitality of life and being able to express the feelings that move through one?

(Carla channeling)

I am Q'uo. Greetings to you all in the love and in the light of the one infinite Creator, whom we serve in our humble way as do you in yours. We are most grateful to share these few steps of your path of seeking with you, and to explore with you concepts having to do with the nature of consciousness.

Previously, we had established that in truth, although the intellect is highly regarded within your culture, it is, nonetheless, not as intelligent a portion of the mind as the deeper intuitions, what some might call gut instinct, and others call the prompting of the still small voice within, the higher self, guidance, or by whatever name an entity chooses to relate itself to a wider, wiser intelligence. This intelligence is emotion. We established that the surface emotions of life having to do with being caught in traffic, being late, having to wait, feeling negative emotions, feeling quick positive emotions with no depth, is the province of the mundane.

We do not suggest that you follow each whim, each thought, each impulse. We suggest, rather, the trust in the process of seeking within for the truth which will set you free, though it may not set another free. Each of you is unique, and the emotions that are your deeper intelligence are unique to you, their balance is unique to you, and the fruit of that balance in service is unique to you. Thus, we have established a great respect for the intuition and emotion that is the essence of intelligence.

We shall pause as this instrument is concerned.

(Pause while Carla checks with Jim, who has been coughing.)

(Carla channeling)

I am Q'uo, and am again with this instrument, and greet each again in love and light and thanks. We shall continue.

For emotion to be considered the deeper intelligence, a new concept must be created, a word which is not within your working language, to indicate not the emotion of the easy joys and the easy sorrows, but those emotions which move deeply within the roots of mind, moved by the tides of many, many past experiences and many choices made, moved by the guidance of whatever you wish to call that spirit that comforts and supports when all of humankind seems to have failed you. Why

would we ask you to dive so deep into yourself when there is a world of manifestation for you to enjoy? There is a reason, and we feel it is a worthy one, and it is from this point that we wish to go forward.

As entities are given physical vehicles at birth and move into the world, their first emotion is anger, their second, love. So begins the dynamic of a lifetime: anger at change, and love at being fed. The anger, that of change, that of moving from the safety and quiet of the womb to the harsh illusion of your world is extremely traumatic, and it creates in the entity, even so small a one, that desire so to use emotion so as to control that which occurs. One cries if one feels hungry, and one is fed. One cries if one is uncomfortable, and one's diapers are changed. This is the beginning of each incarnation, the duality being present from the beginning of hatred of change and love of the ideal.

When we ask you to plunge deeply within yourself—and remember, this is only our opinion—we are asking you to consult the only reliable source of information for yourself. Those such as we may speak words which inspire or aid or otherwise enable entities to know more and more of their true selves. This work is done internally and in the company of intimate friends, mates, children and other family. If one deals with one's own life situation by the use of logic, intellect and cleverness, one shall fall short of one's own desires, for the intellect is intended to be your servant, not your master. In the same way are your deeper feelings to be tools, resources and instruments for your spiritual evolution, not carrying complete authority, but substantially worthwhile to seek out and to hear and to feel.

Now, let us examine the fabric of the universe as we understand it to be. The one great original Thought is not a thought, it is a purified emotion. It is Love. You may call it the Logos, the Creative Word, but it is in essence a pouring through the channel of the self of the infinite love of the one Creator. To attempt to manipulate one's feelings is to attempt the masquerade ball. Yet the ball must end and the masks come off, and the finery, the feathers, the ribbons laid away, and there you sit, all of the masks gone, all of those whom you were to impress having left you alone. And as you sit you ask yourself to take off your mask, and you take that mask off and you find another, and another, and another. The nature of the intellect is such that eventually you will find that the layers enclose a nothingness, for intellect is a cold, logical biocomputer which is designed to make choices. It is not designed to be the vehicle for manifestation. The heart, that which this instrument would call gut feeling, these are those things which enable manifestation among each of those who serve the one infinite Creator in service to others. The primal Logos of all that is, is emotion, the deepest intelligence of all, infinite, without flaw, without distortion, the carrier wave of consciousness.

And so, if you wish to manifest that which you have found to be good, if you wish to manifest your desire to find that which is good, if you seek and hunger for the truth, there is work to be done, for the intellect, the past, the future and all considerations of humankind must needs be put in abeyance on a regular basis for the amount of time it takes to sit in silent waiting until one is able to feel the presence of the infinite One.

We ask each within this group at this time to pause and allow that experience of love poured into your waiting heart to manifest itself to you.

(Pause)

I am Q'uo. I am again with this instrument. Is that love not astounding? Is that love not impossible for humankind to sustain? Yet you are other than human. That of you which is human is that which must do the manifesting, that which creates the inspiration and desire to manifest love of the Creator and love of others, comes from crossing the threshold to the unconscious with the care, persistence and devotion of the lover who is willing to wait and watch and seek from afar, content to sit at the edge of the crowd listening to that faraway voice at the center of the crowd that speaks the truth, for you have many, many voices within you which are manifestations of biases. These biases need to be examined, and in this intellect and logic play a great part. However, as you wish to be of service to the infinite One, and as you wish to love each other, know that the universe is, in essence, an emotion, it is consciousness. Consciousness does not necessarily think. Consciousness allows itself to avail itself of that infinite source of information within.

It is in this way that you are attempting, through meditation and contemplation, through the balancing of the day's extreme emotions, to give to yourself that which cannot be done without some aid. There is, for instance, no possibility of an entity's being able to cogitate, ruminate, ideate and

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manifest love. Indeed, it is possible for such a person to manifest a universal and very real compassion, but love engages being, love sets on fire the desire to help, love causes soil of the heart to become fallow, that seeds may spring therein which flower out into the tree of manifestation of love with its many blossoms, its beautiful aroma and its faithful use.

Yes, my friends, more than ever as you realize, recognize and respect your own inner wisdom as a portion of the creation, as you continue to meditate faithfully, then you may be undisturbed, insofar as it is possible, by the painfulness of change. For you now seek the beginnings of the fourth density. Within third density the spotlight was on the self, the emerging consciousness, the discovery that that consciousness is one with all and one with the Creator. It is the chief lesson of this particular density, to learn to love, and to learn to accept love, feeling both worthy to love and to be loved.

Much has been written about love. Within your holy works love is described by many phrases, "Love is patient," "Love is long-suffering," and so forth. May we say that love in the sense in which we understand it is in the impatience, is in the misunderstanding, is in every portion and every cell, every iota of creation. You cannot move yourself from the roots of your being. You are rooted in that which you may call the Kingdom of Heaven, and your roots are deep and imperishable, and down, down into the world of illusion do you grow your branches and produce the bloom that promises fruit.

Within your culture, as we have said, the intellect is valued almost to the exclusion of deep, quiet, confident, considered intuition. You are an impatient people, eager, and perhaps running faster with you feet than your heart and your mind can follow. Thus, the first priority may seem very selfish to one, and that is to learn to love the self, unequivocally, with complete self-forgiveness, with full knowledge of the various iniquities of one's own character. You must allow yourself to become aware that the Creator and the creation lies within you, each of you. It is not well to speak as though one were ever and always unworthy to be the vessel for divinity. All of clay and dust, bone and muscle is by definition unworthy to carry imperishable ideals into a world which you experience as that which is not ideal.

Now, you see the interplay of love and faith against the dynamic catalyst of a mundane and sometimes intensive nature. What shall you do in this situation? What shall be your decision in that situation? It is appropriate to use all of the resources at your command. If you have any ignorance of the subject as it is known by humankind, fill the mind with what was written. Use the intellect to discriminate upon the subject in which you are interested, then surrender control of the process, carefully and fastidiously, to the love within, the spark of the Creator within that makes us all one.

Those who have not been able to love themselves are by definition unable to love the Creator, for each is the Creator's prodigal son or daughter, each is an heir of eternity. This is not said to puff you up with pride, but to say that each of you is a cell in the living body of the creation of love. Once you have learned to come into some contact with the Creator on a daily basis, it is then time to gaze at that which lies before you, at the stones in the road, at the stragglers by the wayside, at the thirsty, at the hungry, at the homeless. The manifestation of the Logos that is within you, that of unconditional love, has never been needed more than at this juncture in the passing [of] your planet into fourth density space and time.

It is often said "Thou shalt not judge," not only within your holy works, but also by those whose sense of fairness and ethics makes it mandatory for them to yield to all the same benefit of doubt that one would hope would be yielded to the self in the same circumstances. The density in which you are is a density in which you choose not how to think, but how to love. If you love yourself, you will think in terms of manipulation and control, elitism, perquisites and power on a personal level. If your love is of the Creator and of those in whose eyes you see shining the light of the one infinite Creator, then you are one who may radiate to that person. Often no words are necessary. It is well to move with the deepest instincts, to give a hug, to give a kiss, to give verbal support, to leave alone, to treat as precious each entity, each imperishable light being that is about you.

What is the purpose of emotion? The purpose of emotion within third density is so to engage the mind, the heart, and the soul of the entity which seeks that it becomes more and more aware of the depth and breadth of each present moment and

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possibilities for loving within each moment. Needless to say, we do not speak of the clinging, dependent love. We do not suggest that the surrender to the higher self be made before the self has been tuned so as to hear the true voice from within. Many are those who would whisper in the ear of one who seeks to be of service. Discrimination remains important always, and this includes those things which we say to you. Let us not be a stumbling block before you.

Now let us look at the way emotion is deepened. Each of you is aware of the system of chakras, or energy centers within the being. It is understood that each needs to be minimally clear and balanced for the full energy of the one infinite Creator, the life force, the prana, if you will, to move upwards within the body to meet that inspiration which comes from the infinite One, from the comforter, from your guidance, from your inner self. Over and over again we suggest to you the daily meditation for the clearing of cobwebs from the mind and the heart, of picking up the old newspapers, the leftover takeout food, the banal junk of a banal society that is intent upon not listening to any voice within which might cause discomfort.

The universe itself is an emotion, it is consciousness, it is love. Each of you will go through many definitions of the word love as you experience various facets of conditional and unconditional love. Your goal, and it is a difficult one within this density, is so to use the deep wisdom of the intuition and choice-making nature of the intellect in harmony to move in the direction that you and the Creator have set for yourself this day. And in that regard we would say that it is not well to create in the mind that which one desires, unless one is absolutely sure that one desires it and will never regret having it, for any desire that is unmet in third density must be met before the entity may move forward to the next level of classes, the next level of illumination, the next level of peace and joy.

How many times, my friends, have you seen a loved one, and found a way to touch that loved one, to strengthen it with your very being? How many times have you been the one to make peace among brothers and sisters? Do you not see the sweet hand of love moving through you in manifestation of the glorious love and light of the one infinite Creator? If you wish to manifest you must feel, deeply, sincerely and honestly. Not all entities can serve in this same way, as not all entities have been given the same gifts, and as we have said before, all services are equal when done for the love of the one infinite Creator.

We would not mislead you. You cannot by any means whatsoever achieve a higher state of consciousness. No mental act, no deliberate series of choices, no action within the illusion shall bring you the paradise of peace that you seek. That which will bring you quietude and serenity is the finding of that deeper self within through meditation, and the surrendering of the minute power of the human intellect to the infinite wisdom, compassion …

(Side one of tape ends.)

(Carla channeling)

I am Q'uo. We shall continue. You are the hands, you are the voice of the Creator, and as you love each other as you love yourself, so you love all that is the Creator. This is the function of purified emotion, to become a channel through which infinite love may flow so that you do not dry up like a shallow well or a desert spring, but remain well watered, well fed, well inspired with food and drink for the soul. In that consciousness you become hollow, and in your purity of love you allow love to speak by surrendering to the Infinite within.

This surrender is not one made without discrimination and care. Surrendering to those who say, "This and this and this you must believe, that and that and that you must do," is an acceptable choice for those who cannot use intellect and feeling, but merely have a generalized need to know what is right and what is wrong to do in life, so that one does not have to think, grow, change, expand and transform the self. For these people, and we do not put them down in insult, this is the way to progress, and progress they will, however slowly. But each of you wishes to move more quickly, to become true channels of light, to feel true peace in the heart, to feel genuine, authentic harmony and serenity, to meet one's companions with joy, trust, sharing and caring. Are these all not words of emotion? Can one reason oneself to this attitude? No, my friends, no.

Why, then, are you in your shell, this thick, impenetrable shell of forgetting? We say to you, you are in this shell of forgetting so that you may make your choice unfettered by the knowledge of the answers to the test. Many are the students who simply write down what the teacher says and parrot

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it back to the teacher to make a good grade. In spiritual or metaphysical work this line of endeavor is of no virtue, for you are seeking authenticity of self, and only in the authenticity of the self-forgiven self can the Creator move from infinite intelligence through infinite energy into your heart, your spirit, your hands, and your eyes, that you may behold the glory of all that is about you, that you may feel anguish for those many, many things that are awry, and then to affirm that it is possible for this unfortunate condition to cease.

Allow your love to spring forward from within. It is not yours, it is not another's, it is the Creator's. Love one another, my friends, and you shall love the Creator, and this purified emotion of sacrificial love shall move you ever more quickly toward the homeland of peace.

We thank you for allowing us to finish our thoughts on this subject. There is more material in this area, but it would require further questioning.

We would offer to the instrument known as Jim the opportunity to close the session. A simple silence will express this entity's desire not to speak because of the difficulty of speaking at this time. I am Q'uo.

(Pause)

(Carla channeling)

I am Q'uo. I am again with this instrument. We have examined the instrument known as Jim, and find that in order for us to be able to use this instrument's vocal mechanism at this time we would have to induce a trance state. This we are unwilling to do, as without dedication, protection and planning such sacrifice of energy is unacceptable to us as a gift. It is a gift we cannot take unless it is fully offered. We shall therefore open the meeting to any questions which may remain upon the mind of those here. Is there a query at this time?

T: Yes, I have a question. At one point I sort of went away—I missed a small portion of what was channeled, and when I came back you had said something to the effect that "… then you can surrender to the process, to your inner self," something to that effect. My question is, were you at that time talking about the creating process of holding a thought and then creating the desire and then giving up the process to your inner self? Was this what you were speaking of?

I am Q'uo. My brother, we were not speaking of such, but rather were speaking of the work entailed in moving beyond the surface consciousness to the deeper and more trustworthy wisdom that lies deep within the self. We do not ask you to surrender to any outer authority. We ask you only to surrender to that portion of yourself that you have found to be imperishable, worthy, beautiful and able to manifest the fruits of an unconditional love which is your birthright, which moves through you from a deep place of self-acceptance within.

As to the imaging of that which you desire, we exhort you to be extremely careful, as you create what you desire and focus upon it, for you shall receive it. However, there is always, as in many of your myths and fairy tales, the difficulty of attempting to control what occurs. The difficulty is this: for every desire there are unsatisfactory side-effects which will occur when the desire has been met. You are then involved in an unbalanced fashion, and some call this karma, with that which you have created as a life and desired within the life pattern.

Therefore, unless the intuition is most deep, heartfelt and worthy to the self of being held all through the incarnational life experience, we strongly suggest that you are faithful in listening, and when you go forth from your meditation you carry with you the desire to love. One's path is taken one step at a time, one expression of love at a time, one expression of honesty which may lance a boil of misunderstanding and heal. To communicate with the heart and the love of the infinite One is to heal, and by the power of that love the Creator may, if all love, transform and renew the creation of the Father.

This instrument is informing us that we are spending a rather long time, so we would ask if there is a final query at this time. I am Q'uo.

K: I find that there are a number of concepts that I have accepted without perhaps fully understanding them, over the years. One of these is the idea of accepting and loving yourself. Could you offer briefly some suggestions on how to begin to go about the process of accepting and loving yourself in order to move on to loving others?

I am Q'uo. We are most happy to speak to this subject, for within your heavy chemical illusion it is very difficult to have an unbridled love of the divine self within, for one is so taken with the surface

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iniquities of mundane living, the little disappointments, the little irritations, the hostility, and all the repertoire of negative emotions, that one cannot even believe that one could possibly be worthy, and, indeed, as a human in third density one is not yet worthy of utter self forgiveness except for one thing: the nature of creation is utterly self-forgiven. In finding that basic truth you may claim your worth.

Let us gaze at it in another manner. Upon the surface you are one person, and your sphere is populated with many, many other persons, some of which are very much in sympathy with you, many of which have almost nothing on the surface in common with you. Furthermore, those who wish to be of service are walking a tightrope betwixt service gladly given and the service of the doormat. And when one perceives oneself as a doormat because one is, as this instrument would say, nice, one does not feel that oneself is worthy, but rather than oneself is an hypocrite and a liar, or at least one who tells the fib so as not to offend.

Move within the self at this moment. Consciously allow the awareness to move through the short term memories. Now allow all the pain and joy of this experience of incarnation to be gazed at with eyes of love, for you have learned from each and every challenge. You have not reached the self, you are forgiving the imperfections of the self which an imperfect world was formed on purpose to cause you to feel. If you never felt unworthy your worthiness would have no passion, no strength, and no stamina. It is only when one moves through the awareness of one's human limitations within third density, and accepts each imperfection, each folly, each thoughtlessness as the action of one who simply was not properly tuned, then you may move on to more fertile territory. Not to forgive an imperfect self—and that is the surface self of each—is to deny that there is more, and that that more is a divine mystery which we may only call love.

In claiming the worth of the self it is necessary to gaze at one's relationship with the infinite One. This entity created you before it created the densities, the stars, and the planets which make up your illusion. You are portions of the active consciousness of the one infinite Creator of love and light that is within you. And so you do not honor the small self by feeling worthy, but rather you surrender to the greater Self within, and then you may love all of your idiosyncrasies, all of your faults, because you know, beyond a shadow of a doubt, that as you slip you may forgive yourself, pick yourself up, and walk on. You are imperishable. You are creatures of love.

Once you have made the difficult choice between serving others as a way of serving the Creator and expressing that relationship, and serving the self and so expressing a relationship of total unity with the Creator, then you have made the decision that this density was created to enable you to make.

All upon the outside of the consciousness has a tendency to appear negative, and to evoke negative emotion. Consequently, you, as a spirit of light, are gazing constantly at the darkness of one's own Earthly vessel. This Earthly vessel is made of clay and chemicals and water, and an electrochemical system which enables that which you call consciousness to have a home, and you may be grateful for that imperfect self. You cannot exonerate yourself for the things that you have done amiss. That is not self-forgiveness. When you have done that which you consider amiss, it is well for you immediately to go to the entity whom you feel you have slighted and to create harmony once again betwixt the two, knowing that not only are you an entity of Earth, but also the other is similarly befuddled and confused in a sea of illusion that is the third density.

You must go deeper. You must move from the mind which condemns, judges, evaluates, and so forth to the heart, where resides that infinite spark of imperishability which is the Creator within. It is this portion of the self that is worthy, and because you carry within yourself, within this Earthly vessel, the glorious perfection of the infinite One, so you may move into the point of view of that within you which is the Creator, as the Creator forgives a perishable, various, woeful entity for making the errors of childhood.

Yes, the universe, the Creator has already forgiven all that you may do. Your yourself, however, must forgive the self, be at peace with the self, acknowledge all of the thoughts of the self, and attempt as much as possible to become better. It is well to realize that perfect behavior is not only impossible but meaningless. It is the heart, the love, the emotion that makes you worthy, and as the intensity of your love of the Creator and your love of fellow men and your love of yourself grow, so shall

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you become a more and more metaphysical light being, moving affirmatively from your strength—that is, the Creator within—rather than running from, avoiding, or being embarrassed about many, many errors that any limited, somewhat ignorant, and often biased child might make.

You in the third density have chosen to be children. You are children of the one infinite Creator. Are you less than worthy? A child may misbehave, but a child is forgiven. You are prodigal, you have squandered your inheritance. All who are Earthly in third density have so done, with extremely few exceptions. Yet, by doing so you strip away for yourself the illusion that this will bring pleasure, that will bring satisfaction, control will give you what you want, and demand will always be heard. A sense of worthiness comes as one becomes aware of oneself as the worthy servant, the least of all, one who is always in error, yet one who carries an imperishable, holy and divine spark of the Creator.

To see oneself as a cell in the body of creation is a most helpful concept, because as you gaze in thought at your own anatomy and physiology you may see that each cell is equally important. The skin, the muscles, the mind, the simple reaching out of the hands that is possible because you are in physical existence, these are causes for rejoicing, these are causes for thanksgiving and praise, for you have the opportunity to act as a channel, a worthy and loving channel for the infinite love and light of the one Creator. Self-acceptance is a good start upon self-forgiveness. To accept one's faults as they are, paradoxically, is to open oneself up to the possibility of change, growth and transformation.

May we answer you further, my sister?

K: No, that's very helpful for now, thank you.

We thank each of you, and would at this time close the meditation, wishing each to respect and seek the heart within, the deep intuition within, not to denigrate the Earthly vessel in which you move, for though it makes many, many errors, yet it has the hands to give, the mouth to speak, the eyes that offer the softness of a loving glance, the breasts that may give the babe nourishment, the loins that shall produce souls whom one may love and by whom one may experience the incredible gift of unconditional love. Love one another, my friends, unconditionally, and if there is a condition, use the intellect for that for which it was made. It is a burro; load it with the information and let it climb the mountain to the answer.

We are no more worthy than you. We are all seekers, all pilgrims, and all imperfect. We could suggest that one may look forward to a time when one is not so, shall we say, imperfect, as seen by the self, but we assure you that these feelings of unworthiness, insecurity and other feelings of this kind are designed completely by yourself before the incarnation to teach you to love, and to love that which is imperfect is to make it worthy.

Examine your soul. All that is, is within you, the bad, as you would call negative emotions and ideas, and the good, as you would call positive emotions and ideas. But the source of your worth is that which makes the universe One, and yourself a citizen as important as any, as worthy as any. You are a part of the infinite Creator; you are worthwhile, necessary and beloved. May you love yourself enough to move the imperfections out of the way of your service, and never ever to hold a grudge against the self, but to forgive the self, to intend a newness which is less imperfect in the ways of doing things.

As always, meditation is the great tool. Prayer, as this instrument understands it, is also a great tool when one is upset with another, for one may pray for that other, and in so doing heal the self of negative emotion as well as being effective in prayer and uplifting of the self in consciousness.

We leave you with that desire to be uplifted, to be transformed, and, indeed, many times, to be uncomfortable. Comfort is for those who are asleep. Comfort is for those for whom someone is willing to tell them exactly what to think about everything. It is a comfortable life. One can attain fourth density light by this means, but it is very difficult, for a feeling of richness and completion of the self is the same problem exactly as the feeling of a great mass of wealth. Clinging to one's possessions is not necessary. When you have made your peace with the imperfections of the self, wait until you feel the presence of the infinite One, of your guidance, of your comforter, and at that point say, "I wish to do the will of my greater Self, I surrender my imperfect human self. What would you have me do?" Be willing; that is the key. Be discriminatory; those discriminations are the lions that guard the truth.

In this truth, love, light, peace and joy of the infinite Creator, we leave you, with blessings and ever

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flowing love for those who are awake and seeking. We are those known to you as Q'uo. Adonai, my friends. Adonai vasu. ♣

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Sunday Meditation
December 3, 1989

Group question: The question this evening has to do with glory and the meaning that glory would have as we say the Lord's Prayer and think about the concepts of "the Kingdom and the power and the glory." What is the glory that belongs to the Father, or to the Creator, and what part in that glory do we play, how do we offer glory, and … that'll do.

(Carla channeling)

I am Q'uo, and greet each in the love and the light of the one infinite Creator. It is a privilege and pleasure to share this meditation with you. May we say, for those sensitive enough to sense the presence of another entity, that the one known as Latwii is with this group this evening, having been called in support but not to speak. Having answered the challenge, the contact prefers to be silent and supportive.

Joy, worship, adoration, praise, honor, glory. Within your illusion you may see glory. It exists instinctually and continuously. Each creation of land and sea and air sharing its rustling leaves, its proud and sturdy branches, its healing magic, its sweet rainfall, sharing all, the glory of a rainbow or of a beautiful scene, is not simply the expression of admiration of geographical territory but a prayer of thanks to its Creator who has made all things well.

This instrument, we find, has asked this question because in this instrument's mind the concept of humility is congruent with the idea of service to others. Thus, the instrument wonders what the place of glory is in the life of the seeker. Within the day-to-day life glory is beheld by many eyes and seen by few hearts in true perception. Most entities sitting in the midst of glorious beauty find that they have a chore to do that must be done, that keeps the eye upon the paper or within the work area, so that one cannot look out and see the easiest, clearest, most eloquent and poignant definition of glory.

Why should the Creator be glorified? The most simplistic answer is, "Look about yourselves, witness the unique character of each dawning, of each dusk, each change of weather that moves the feelings and emotions—quieter when it is pearly, nacreous and rainy; happy and active when the winter sun deigns to shine its glory upon your fair planet. There is an element of "breaking through" to that metaphor, for the glorious light of the one infinite Creator must break through clouds. And in understanding glory itself, you within the self must break through clouds of unworthiness, unhappiness and disquiet.

It is truly said in your holy work named the Bible that in quietness and confidence is your peace. When one becomes still enough to cease the speaking one rapidly becomes aware of the astonishing and miraculous wonder and the beauty of the creation. All of this beauty is within you, all of the Creator is within you, all of the Creation is

within you. So, when you give glory to the Creator, you give glory to the deepest part of yourself and affirm your ultimate and far-off nature, affirm that you are a prodigal moving through strange lands, faring variously and aiming at last for the home of the Father.

The Creator does not have a sense of Its own glory. That which you know as glory is that which is recognized by your peoples as an appropriate response to the beauty and blessings, challenges and learned lessons that shape each entity's destiny. One is not always able to focus upon the affirmative, to praise circumstances or to give glory to the source of those circumstances. One often thinks not about one's own incarnation. Had the Creator not felt a glory within thee, would you be? For you are the active principle of the infinite One. You are the crossroads of eternity and time, of reality and illusion. And in any illusion there is the moment when that illusion is shattered and the wonder comes upon one.

The first glory is that which the Creator has invested in you. Thus, it is centrally important to come to an understanding and acceptance and a self-forgiveness within the inner structure of the heart, the mind, and the spirit. As we have mentioned before, it is far more common for the self to be overly judgmental and perfectionistic about the self than for that same self to find many things unacceptable about others. Yet, how can the self be unacceptable to the self? How can the Creator be so distorted that that spark within becomes hidden? You move upon your skis down the white alp, the wind blows by and your face is cold, except for your goggles. Every muscle, every fiber of the being is engaged in this plummeting trip, this sailing upon the Earth, this experience that seems most glorious.

It is exciting. It is that about which one becomes intense. Thus, entities within your culture give glory to many, many things which are not that which is truly glorious. No matter how worthy the entity, the glory of that entity is not the entity, but the Creator within the entity, for one who speaks to another speaks to the Father within that other. And the glory, if there be any, goes solely to the Creator.

Glory is a concept directly at odds with judgment, for in the concept of glory, with the concept that all are one, then all are potentially full of glory, able to generate glory through love and light and service and able to experience glory in the inner room of meditation and contemplation and in the environments which so richly endow each with companionship, laughter, light-heartedness, and a sense of confidence and security that comes from feeling that the self is indeed worthy, that the self at heart is indeed a portion of the glory of the Creator.

It may seem much to you as though we suggest you praise yourselves. By all means, do so. It is known by you to a nicety in this system of illusion that one is not particularly glorious very much of the time. The illusion of difficulty and challenge is heavy; the blockages to self-awareness and self-forgiveness, formidable. To think of oneself as a part of something glorious is very difficult under these circumstances, for one feels humility and somehow it seems that one cannot feel humility and affirming—we correct this instrument—affirmation of glory in the self at the same time. Yet, this paradox is one of the strongest spiritual truths, the dynamics of which a seeker needs to grasp, for the glory lies not within the behavior, not within the surface thinking, but at the level at which each is a portion of the one infinite Creator.

Few there are within third density that are able to manifest perfect glory, for in manifesting perfect glory one no longer has any catalyst to process and one is able to stay in the love and the light of the one infinite Creator, praising and blessing the name of the Creator, speaking hallelujahs for all the blessings of your life. Yet, in the next hour you shall walk away from this beautiful concept, this imperishable ideal, and be unable to live up to that which is truly within you at this time. Yet, the glory is there. It continuously speaks to you, continuously moves within you and, as you become more transparent, more trusting, more accepting of that which occurs, of those conditions in which one finds oneself, one can then allow the glory to flow through the self to all the other portions of that glory.

What do you mean when you say "glory"? In some cases, entities mean heaven; others mean worship; others, praise. Even your flag has the name of "Godhead," undoubtedly named with deliberation. The nature of the Creation is love and the nature of love is glorious. It is much to be awed by, much to be studied. There is much to take into meditation each and every day, and there is the listening ear to develop to the less and less distorted self that lies deeper and deeper within the self, closer and closer

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to the true self which, in the end, as it was your Source, shall be your Omega.

Now, what is glory to you? Is there glory in serving others in an humble way, in chores, in cooking and cleaning and mothering and fathering and providing and working? The amount of glory you allow into your life is up to you. The glory is there, intrinsic in each moment. Beauty lies all around. Dreams, hopes and ideals abound. And these artifacts of the spirit and the mind and the emotions are wonderful, wondrous and glorious. For, is not love glorious, my friends? Remember that the one known as Jesus removed the commandments of his predecessors, and, instead, asked each to love the Creator and to love each other as the self. This was the new promise that this teacher requested from its followers.

The direct reason that most people do not feel glory, or any intense emotion, is that the culture in which you live is difficult, and in fact, even for it, is going through a difficult period because of the transformation of space and time as your galaxy spins into a new configuration, a new space.

How can one find glory when one has not perceived glory? One may meditate upon glory. But perhaps the best way to approach the understanding of the word glory is to strip [away] all adjectives and gaze at the great noun, "I," the great verb, "AM." To exist is glory. To be conscious is potentially to live in the Kingdom of the Father. Why should a relationship with a father whose love for each is infinite produce anger, confusion and disputation? These things are a portion of your illusion. If you are able to silence your mind, silence your doubts and to open the door to the inner room in private and devout meditation, that silence for you may be a great voyage of discovery, for you will find more and more to like about the self, more and more to see as accomplishments as each entity moves through the life experience and becomes more mature.

Could one do without glory? By no means. To say "glory" is also to say "passion." Glory is the passion of the heart and it has its artifacts in the blue ray of communication of an inspirational nature and the indigo ray of work done upon the self in self-healing, self-forgiveness, self-quieting and, above all, self-acceptance. The beginning of lover—we correct this instrument—the beginning of loving others as one loves the self is to discover the glory within the self, to forgive the self for its behaviors which shall be various due to the workings of free will, so that one may concentrate as much as possible simply on loving and being with the infinite One.

So many things you have seen have been to you glorious and wonderful, awesome and a cause for devotion and worship. Know that this within your spirits is not an artifact of culture, is not a trained portion of an entity, but an instinctive, genuine need. Each entity needs and seeks to find that glory, that joy which somehow, although it may not have been experienced since young childhood, each is aware does exist. One may not become glorious by one's decision to do so. Each has the guidance, the Comforter, within. And this Comforter, with its longer point of view, its wider perspective, may find the glory in moments which seem less than intensely glorious.

Glory is the faculty of the child who finds those things which it likes passionately lovable and glorious objects of love. Were there not an objective referent to glory in the metaphysical sense, there would be no word, for the word "glory" is that which reaches out into eternity for that which it knows not. It knows the glory as a mystery, and, like [buoys] clanging in the fog on a stony coast, it is hidden and it is difficult to navigate through the waters of humanity and ordinary living to create the intensity of consciousness that allows one to glorify and praise and thank the one infinite Creator. Yet, this exercise comes back to you an hundredfold, a thousandfold, a millionfold, for as you recognize the glory of the one infinite Creator, the glory of Creation, the glory of the heart of humankind, one becomes aware of the glory hidden within, that treasure in earthen vessel, that gem within the body. As you become more humble and more aware of how many errors are self-perceived by you, paradoxically you shall become more and more aware of the exploding excitement of the creation in its eternal dance, in its endless beauty, in its infinite love under the powerful strength of pure light.

You shall not always be manifest, you shall not always need to feel glorious, for you shall become glorious as you move back to your source and become a portion of the potentiated Creator that has not yet been potentiated.

It seems odd to use glory as a word which describes the pilgrimage experience. One's shoes are dusty from the road and painful from the stones upon it;

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one has hardships, thirsts, hungers and [yet one still] seeks. How can this be glorious? Yet, if you will open the heart and request a sense of praise, thanksgiving, worship and adoration of the one infinite Creator, suddenly glory will be understood by you, the glory of all that there is, the glory of the journey, the glory of its beginning, its ending, and its infinite progression.

You entities call many things glorious. Artifacts of humankind such as music and art and literature receive this adjective frequently and truly, in some cases, the author or the composer has, indeed, touched upon part of the glory of humankind, part of the birthright of the imperishable spirit which you are. You are taught to feel unglorious; you are taught to doubt the self, to esteem the self most lowly and to act defensively. Glory is radiant, quiet, confident, brilliant and radiant. It is an aspect, an attribute of the one infinite Creator that inspires in the seeker purified emotion—the emotion of unconditional love, praise and thanksgiving.

As you move through your life, realize that your life is a divine and glorious gift from the active principle of the one infinite Creator to its source and ending, the unpotentiated Creator. After you have come to this gentle and loving perspective, loving the Creator and loving self as having the Creator within, partially hidden by distortions, one may begin to see the glory of other entities about you.

But always glory is most clearly seen in the second density of Nature, its blooming, its color changing, its infinite variety. Each flower is full of glory, yet it cannot sing praises to the Creator except with its heart. You, too, were given consciousness by the infinite Creator. Is this not a blessing? Glory is not in this case an emotional word but rather a word indicative of a worshipful and adoring attitude toward the mystery of the one infinite Creator. There is no reason to dislike the Creator; there is no reason to be indifferent to the Creator. But to the mind that is lucid there is every reason to see the glory all about one and know that the creation is like the Father.

Before we finish this speech we would like to iterate one important thing. The greatest blockage to an awareness and a feeling of intensity, passion, thankfulness and glory is the focus one has on one's distortions of behavior which does not forgive the faculty of free will for blindsiding you with this variety of feelings and states of mind. You are not intended to be perfect people. You are intended to be pilgrims, but you carry within you great glory. May you always feel that glory and offer that glory back to its source, the Creator, alone.

At this time we would offer a contact to the one known as Jim if this instrument wishes to close this meditation. We leave this instrument in the love and the light and the glory of an inestimably beautiful and truthful and authentic creation. I am Q'uo, and those of Latwii also bid this instrument love, light and farewell. We transfer now if the instrument, Jim, is willing. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We are pleased that we have been able to make contact.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. It is our privilege at this time to offer ourselves and to speak to any queries which those present may find value in asking. Is there a query at this time?

Questioner: Yes, I'd like some advice in listening. I'm developing a new and very important relationship, and although speaking helps me it does not help the other person to feel better. Therefore, I feel selfish as I work out my understanding of the nature of that entity whom I love and would like to understand. Could you comment as to how I might circumnavigate, if possible, this somewhat difficult for the other soul's method of becoming aware of the needs of another?

I am Q'uo, and am aware of your query, my sister. You ask us a query which seems upon the surface to be possessed of serious limitations, shall we say, for among your peoples the desire and ability to communicate in a clear and compassionate fashion is one of the greatest tools that entities may utilize in the sharing of the self and the allowing of another to do likewise, for there are few among your people that can be assured that any degree of understanding has been achieved by any other means. Since the telepathic or empathic *(inaudible)* there is little left for an entity who wishes to understand the needs of another if the tool of words is no use. However, one may attempt to reach in feeling, or what you may

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call *(inaudible)* by utilizing the sense of another entity, shall we say, to make the self available enough to another entity. To accomplish this task is to make of the self a receiver which is sensitive to long variations in the beingness, shall we say, of another entity. It is possible to develop this skill by a system of trial and error whereby one checks the results with another entity. However, one can never be certain that one has been accurate in the sensing.

We apologize *(inaudible)* for this instrument is having difficulty in maintaining the focus necessary for the contact.

(Carla channeling)

I am Q'uo, and greet each again in the love and in the light of the infinite One. May we ask if there are any more queries before we close this evening?

(Pause)

I am Q'uo. We seem to have satisfied your appetite and we are most happy to have done so with our tools, which are fallible and liable to error. Therefore, we ask each to treat that which we say as that which it is—opinions held by those a bit further along the long and dusty path than are those within your density. Still, we do not know all that there is, and we cannot be considered to be truly wise, for still we have identity, and this is not weakness but a resistance to love itself.

How can the Creator love if all It has is Itself? The Creator, in its unpotentiated form, is love. The active principle that moves with free will before each creation to create consciousness and to start a new process is that which …

We are sorry, for this contact is breaking up as this instrument is concerned for the one known as Jim. We simply ask you to open your eyes, to open your hearts, to open your ears to the infinite variety of the glory, the beauty, and the truth of the infinite Creator Who has truly done all things well. We leave this group with obvious reluctance, for, yes indeed, we would chat with you much longer, could we. Yet, we realize that there is only so long that you entities can sit and concentrate. Thus, we urge you to compensate for this day with laughter, merriment and light heartedness. These are also most positive and contribute to a sense of glory. Avoid only those things which rob one of glory: the self-criticism, the criticism of the wisdom of the Creator, the criticism of the wisdom of other selves. When you feel these concerns, honor the glory within and move from concern to clarity and descending light, for so the glorious peace and love of the infinite One may flow through you to engage and kindle another soul, through intensity, passion and the true winds of the glory of the infinite One.

We leave each of you in glory. May you see it everywhere you turn. May you see it in each other and may you love each other. We are those of Q'uo, and are asked by Latwii to thank you for joining with them. We leave you in the love, the light, and the glory of the infinite One. We are known to you as Q'uo. Adonai, my friends. Adonai. ❦

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Sunday Meditation
December 10, 1989

Gifts, Part II

Group question: How to discover one's gifts, how to determine what it is that might be the most helpful and beneficial thing for a person to do in the life pattern?

(Carla channeling)

I am Q'uo. Greetings in the love and the light of the one infinite Creator. May we say, as always, what a privilege it is to be called to your group, and may we thank the instrument known as Carla for perceiving a difficulty that was not inwardly visible, but only sensed through the intuition. There was a particularly strong negative entity which was able to stop the contact, but this instrument identified the difficulty with the contact and banished it by calling anathema. We appreciate the instrument's fastidiousness with regard to the challenging of spirits, and especially at this time, since there was no obvious *(inaudible)*, but rather a most clever imitation of our vibration, which is only possible by those of equal ability to use light.

There are very few fifth-density negative entities willing or interested in risking the loss of polarity by working to close down contacts which have promise. This entity has the pathway into this instrument from your times past, but has not been interested in, shall we say, removing the light in the interval since the contact with those of Ra. However, harmony grows within the group, one drop, one understanding, one forgiveness at a time, and, gradually, three independent people become three independent, but harmonious portions of one service, one working, and because this has begun to occur to a small extent in your group, the attention of this entity was caught.

You wished for more information upon how to recognize your gifts, those things which you have to offer in love to the Creator and to those about you. We begin with those things which are most basic, the beingness, and the relatively universal experience of sacrificing oneself in an attempt to rear a young soul to its best advantage rather than your own.

Let us look now a bit further. One who practices the presence of the infinite Creator, and can stop the mouth and open the ears, may rest in a special kind of gift, the gift of presence. This is not the gift of being, for an entity with this gift is one who seeks out the broken and the painful with hands open to heal, and hearts open to listen, for there is a great deal of damage done throughout an entity's lifetime, though only a very small portion of it is damage done to the physical vehicle. Practicing the presence and listening is a universal service. It can never go awry, for as you listen you support and you forgive, and you enable a soul who is troubled to move closer to practicing the presence of its own Creator.

There is a practice which is also most helpful, but difficult to describe in language. It is the state of non-ego, for want of a better term. It is a state of being which has no personality, and therefore no dynamic tension. This utter passivity is not what it seems, for it is the result of giving away all those things which stand between the consciousness of the self and the consciousness of mystery. Well it is that an entity have the gift and the talent of egolessness, but the real entity which has this gift is perhaps the most accurate mirror any spiritual seeker may have.

Now, let us speak of gifts in a different sense, the sense that we believe you meant when you asked this query of us, and that is the gifts or talents which one brings through the incarnational process. Each entity has preferences, each entity has skills and areas of negative skill. Each entity has likes and dislikes, biases too deep to explain. It is not of service to others to express the self if the self has not examined deeply that which is its desire, that which is its joy, that which gives it contentment, pleasure, or the feeling of something well done. This is different for each entity, for each entity comes into the experience of reincarnation with an unique bias, personality, and set of talents or gifts.

The one mistake an entity may make that is a serious error is to offer the gifts of the surface, of the self. Instead, one who wishes to offer gifts to others must needs make the journey within, to seek that seat of joy and peace that is the center of that soul's unique being, for each entity could not be in manifestation were there not a core of perfect wholeness and divine light within.

Thus, one who seeks to offer to others gifts must first move through the process of gazing beneath the surface of things, finding those areas of interest which may translate into help for another, or for giving glory and praise to the one Creator. This instrument, for instance, and the one known as K within this group, have shared a bliss, a joy, and a great service earlier in this diurnal period, as they vibrated and manifested a great hymn to the infinite One, and the principle which you call Christ, that which is forgiven, that which is redeemed.

When you look at your gifts, look not only at those things which you do well, your activities at which you are accomplished, but also look below the surface of things to find the energies within you moving deeply and spontaneously, so that you may spontaneously offer that which is given you only by intuition. Your people are locked in the darkness of manifestation, and so are you, yet within you there is light immeasurable. To be able to find and trust the intuitions which move from the light to the mind is most helpful, for one truly does not ever know when one is serving, one merely attempts such, and leaves the outcome in the hands of the one to whom the gift has been given, for it matters not to the giver if the gift is appreciated or not, but only if the gift is given freely and gladly without the nagging expectation of being paid back.

We speak here of very deep and intuitional gifts, such as the gift of peacemaker, the gift of true humility, the gift of sympathy. These gifts mean a great deal to many, who very much appreciate the sharing of these energies, for not all entities can move to that intuitional place where the hope of peace is true, where the hope of consolation is true.

You will notice that we have spoken mostly of the passive gifts, for they are the most important. In those passive and often nondramatic gifts lie the most free will which entities may give each other. It is respecting and treating each as a colleague, and not as a student to be taught. Thus, no matter what the seeming situation in regard to titles, responsibilities and honors, no matter how many dramatic gifts an entity may have, one may still rate those passive willingness' to listen, and to forgive, to understand, to make peace, to find union where there was none. The gift of humility is especially rare, but it is a resting place for all those who pass by, as they rest in the bosom of one who is no judge, but only sees all as beloved beings whom one wishes to serve.

Now, in order to keep this shorter, as this instrument has requested, we move to the active gifts that undoubtedly were held in mind when the question about sharing gifts was asked. Each entity has a list, short or long, of talents within the illusion. It is difficult to serve fully while staying fully within the illusion. However, that which one has as a gift one has for a reason, for each soul has chosen its manifestations, and fully intends to use each of them.

Thus, as the seeker moves along the path, he notices, without false pride and without false humility, those things at which he is good, and those things at which he is not. The situation often arises where the talent

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that an entity has is needed. It is neither aggressive nor egotistical to offer wholeheartedly one's talents in the service of the infinite One. And so a great service is simply to offer that which one knows one may do well for the entities about it. The only damage done to this kind of giving of service is a grudging heart.

Thus, each day, it is well for the spirit to ask itself not what its gifts are, but what is blocking it from being a person at peace, a person aware of infinity, a person ready to turn the attention outward to the needs of others. If this is not your attitude with which one awakens, then it is well to look within in consciousness to simplify, clarify and understand the self, and by understanding to have compassion upon the self, so that one does not use one's talents in any negative way. It is the responsibility of the seeker to be firm with the self about the positive use of talents.

The essence of manifested talents is simple, in fact, it is so simplistic that it is difficult to comprehend. When one is in a situation of wishing to be of service, one is already many steps behind the entity which simply is of service, and has responded spontaneously to whatever catalyst is given it. In other words, we wish each soul to follow that which makes it joyful and peaceful and positive and hopeful, and to live in those affirmative vibrations so that when a call comes, it is heard purely, with an unselfish ear and an unblemished heart.

So many, many of your people believe that they serve others, yet because they do not await the balancing and the asking, they become those who are stumbling blocks to others, insistent upon this or that tenet of truth, philosophy or spirituality. There is no truth within your density, except within the heart of your own consciousness, and similarly, within the heart of each consciousness with whom you come in contact. Oftentimes, gifts are learned and then put away like old clothes in a trunk in the attic, and then, one day, deep intuition speaks to the self of a spontaneous need to share a particular gift. We are not specific here, for there are as many gifts as there are entities.

Now, as you gaze at your gifts within the illusion, you may count those artifacts of the human heart and intellect as the writing, the speaking, the poetry, the music, the dance, and all of those creative gifts which pour through one as sweet wine, blessing all upon whom they fall. If the spirit is clear, deep intuition expresses itself in saying, "Use this gift now, and use it for the love of the one infinite Creator." Most puzzling are those entities which have various gifts, talents, which are not used, seemingly. But we say to you that each and every gift of talent subjectively perceived by an entity has a purpose, and the purpose will come forward in due time.

This instrument, for instance, questions why it was given the ability to dance, and then given the disability of arthritis which causes the dance to be clumsy and footsore. Notice that without the gift of dance this particular entity would not be able to move at all. Many, many times, the gift of singing, or of playing a musical instrument, is that gift which creates an atmosphere of love, safety and peace within an abode which may be in need of these things.

There are gifts one does not often think of, the gift, for instance, of gab, as this instrument would call it. One whose joy is in small talk, passing the time of day, sharing in any way what occurs, the life as it is happening, is an entity who will remove loneliness from the consciousness of those about it. Such entities seldom know the wonderful gift they bring to manifested experience, and the catalyst they offer those who are melancholy by nature, and have no small talk, or laughter, of their own. The first laughter may be very rusty, but in time a melancholy soul with faith in the gift of laughter which has been manifested to it will learn to share in that gift, and so give glory to the one infinite Creator, by lightening consciousness upon the planet.

The key to recognizing one's gifts has been already written down in two seemingly paradoxical ways. One is the statement, "Not my will, but thine," spoken by the teacher known to you as Jesus. The other is that willingness to pitch in and do all such good works as appear before one to do. How can one both surrender and volunteer? This is a cause for great study, and worthy of its own time for discussion.

If a gift has been given to you that does not make you happy, it is not a gift that was intended to be used in polarization in service to others, for it is following the gift that makes one happy, evanescent as that concept is, that assures the seeking entity of being at the right place at the right time to be of service in its unique way. "Not my will, but thine."

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How can one be of service when one has only the deeper feelings of the heart to inform one as to divine will or the higher self as opposed to the self in manifestation which is blind, deaf and dumb to the actuality of the experience to which you now dance?

It is well for the young soul in your culture to choose that which the entity does in order to create the energy to live on the basis of that which appeals to one, for it is a gift to no one to be wealthy and uncomfortable and unhappy. It is far more a gift in one's poverty to offer in joy that talent which one has.

Gifts and talents come in all shapes and sizes. There are unusual and eccentric gifts which still are able to help others. The gift, for instance, of the gifted mechanic, who can listen to a complicated piece of machinery, and by ear alone detect that which is not correct in the *(inaudible)*. There is the gift of sight, simple physical sight. When it is acute and keen it may be used as a gift as one looks at what gives one joy, and expresses to those who cannot see with loving eyes the energies upon canvas, or the sculpture from clay, wood or stone.

It is a gift given to each and every entity that is self-conscious to express itself, and in expressing itself to learn how to support itself. This may be done in many ways.

(Side one of tape ends. Side two of the tape was not recorded.) ✤

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Sunday Meditation
December 17, 1989

Gifts, Part III

Group question: The question this evening is a continuation of the information we were receiving on how to discover the gifts one has that will allow one to be of service to others. Part Three.

(Carla channeling)

I am Hatonn. Greetings to you in the love and in the light of the infinite Creator. It is a privilege and a blessing to be here. We have been given this task by the one known as Q'uo because of the estimation of this instrument's aura. It is not able to function at full power due to illnesses within the body. However, we are a broadband contact, and although we cannot inspire and instruct as well as our teachers, yet we attempt to be of service to you this evening.

As we talk about how to identify your gifts, you have heard this many times and you will hear it again many times: the way to discover your gift is to allow yourself to love. Loving is a risk. It also puts you in the company of people who do many, many, many different things, some of which you may be gifted at; you would never know unless you tried them. If you go through your life trying to be proper and serious you will only become misogynistic, baleful and bitter. When you, in and of yourself—we correct this instrument—in and of the self, the small surface self cannot sustain deep and purified emotions unless they are most, most unusual and do not come from this sphere at all.

So, we would like to close out our speaking upon identifying your gifts by quickly recapitulating what we of the Confederation have said before. We have said that the greatest gift is that of being. The second greatest gift, that of raising children. Everything is a gift to one who feels the presence of the Creator in the inanimate object or the animate object which it is manipulating in order to aid it. How many there are among your people who set up charitable organizations in order to avoid paying taxes. This is not an identification of gifts, but a budgetary decision. What we look for, what we ask for, what we hope for, is people who find that the love of the Creator for them, unblemished, untouched by the human condition lies within them. It is the first step to human-hood; to imperishability.

It is most easy to love some people. Their temperament suits your temperament. They are good listeners, you are good talkers. Or vice-versa. You have many of the same interests, or there is simply the chemistry of working together before that brings people together. But if anything that is attempted is attempted without the free flow of love, infinite love, into the violet-ray chakra from above, upwards from the red-ray chakra, according to the energy blockages of the body, when you sit to meditate, do your best to clear your intelligence of

its usual active pattern of contemplation and thought, for those things which can be said to be of an inspiration that is healthy and encourages wellness among the souls of your peoples is not altogether welcome upon your sphere. You must ask for us to be with you.

There are some who are so aware of the love of the infinite One that they naturally radiate love to all whom they see and desire [to be] of service to all whom they meet. This is not the rule among humankind. It is well to consider yourselves as unprivileged in that regard. It is said that to be human is to fail. No truer words were ever spoken. From the moment of your conception, you are dying. You are perishable. You have only a brief time upon this tiny sphere to learn to know yourself and your strong points and your gifts, and to give them with a glad and holy heart.

To some people, the services that they offer is obvious. Housewives who realize the incredible sacrificial service of motherhood in truth, though, however, is not a sacrifice, for love is greater, stronger and more joyful and certainly more confrontive and immediate than other solitary occupations.

This evening we would simply say, "Find your love." What do you love to do? Whatever it is, you may do it in the service of others. Do you love to cook? Try a soup kitchen. Do you love to drive? There are handicapped and helpless people who must be taken here and there. Are you good with your hands? There are programs within your society for rehabilitating the dilapidated house to make it sellable so that people who are poor will have a nicer place to dwell. Is your special forte communications? This entity knows that its best trait, and of course, its worst?, is honest, open communication at all times. Thus, we are able to use this instrument although she is in considerable pain—the heart is single.

In a way, my children, this is what love is. Singleness of heart. One may love this and one may love that. And one may just love banana pudding, and simply adore prime rib. The words are used very sloppily. We do not subscribe to any dogma or dark truth. We are able to inform you inasmuch as we know, and that knowledge is not perfect.

On the foundation and the evolution of spirituality upon your planet, you yourself, however, will come forth from this meeting, this meditation, this circle of joy and sweet peace and move out into a world in which peace seems afar off and life is not sweet always. Thus, as always, we encourage the daily meditation in moderation. That is to say, no more than one half hour at a time, for we can never disclose to you because of your own free will the pace you are particularly able to keep. Each of you is evolving. Some have the capacity to evolve more quickly. The most folly one can assume is to assume that because one seems without love, one is not learning spiritually. You are the one who is not growing spiritually if you do not love the unloved. And we do not talk of empty prayers and dutiful affirmations. We speak of a heart so open that it recognizes the murderer, the rapist, the felon, the abuser, the addict, the street person, one who, in the interest of country, allows ways to be rational for unacceptable means.

The world outside of you is not apparently full of love. Love has an active and a passive form. The most important form for you to become aware of is the immediate presence of the unmoved Logos, that great original Thought which is Love. There's no free will to cause it distortion. And you, my friends, are the active principle of that Creator. Far better it is to attempt to aid and fail than not to attempt because of a fear of failing. No one is keeping score in the heavenly kingdom, except, my friends, you yourselves. You know if you love or if you are merely getting along, being polite, being pleasant and being cheerful. Those are wonderful human traits, but they end, and then you are exhausted and open to the most negative of emotions. It is in the realization that you are [as] portion of the Creator, that your ability to love is there to make itself clear, for it is not your ability at all. Your personality, your circumstances, the island high on which you live, are all illusions. But that which is within your consciousness is no illusion.

Thus, after you have cleared yourself as best you can of the negative thoughts, of the difficulties, of the pocket change of the day, not just in meditation, but moment by moment, you shall be that much closer to your service.

To recapitulate, service is vastly different from the art of pleasing people. When one asks how one can be of service to another, either analysis, intuition or inspiration will inform you. Yes, that person needs help, or I know that person needs to do this on its

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own. That is compassionate, but it is an enabling process sometimes to allow what is or may be before you to resolve itself that that dear soul which you hold within your arms and heart may grow at its own pace.

Many, many of your organizations began in love, love of mankind, love of beauty. In time, this love became jaundiced and truncated while the necessity of the upkeep of the corporation which houses [its] beautiful objects [replaced it]. So it is with your churches and your schools. One may learn about freedom, but for that, one must pay. Determining your gifts, then, is a matter of observing what it is you love to do the best. Then we suggest you do it; whether it be praying for the peace of the planet, sending healing, it matters not. It matters only that one realizes that one's Lordship dwells within as does the entire universe.

What are your gifts? Only you know. How keen your eyes, how keen your ears, how quick your reflexes, how intelligent your mind, how able your tongue, and how able your body. Only you know whether you are an introvert, an extrovert, a loner, a sociable person. Only you know your own needs. And in serving others, it is not wise to sacrifice too much of that which you enjoy and that which feeds you, for as a channel you are giving, and giving, and giving, and giving without expectations of any return. This is a blessed service for which we thank all of you. But the silence of meditation, the steadiness of day-to-day cheerfulness, the pursuing of work that you love is a great boost forward.

The least important of these, although it would seem that it was the most important because of the time one spends in labor, is in the laboring. Most entities find it reasonable to do something intelligent or unintelligent in order to provide the self with independence by an income. These same people, then, have an obligation that is shared by all, to help with the resources of the planet. It is part of your media, at this blessed time of the year, the Advent of the coming of Emmanuel, [that] many are homeless, many are hungry, many are cold. Some will die. If you cannot bring them food, send them your prayers, for prayers are food for the soul and miracles do occur when prayer is invoked. Sometimes the answers to those prayers are, "No, leave it alone, it is as it should be." And, in that case, one simply holds the one for whom one is praying up and asks the Creator to cradle that entity in His arms.

This, then, is your service to that person—unknown, unappreciated and unexpected. Perhaps the secret of the service to love is to make no fuss or ado about doing what one can to serve. We have a very handy example in this instrument who is having continuous pain flares. This one, however, is aware of the limitations of her service and would have had to have been unconscious not to attempt contact. We look for intensity, passion and dedication in our lives and due to the fact that it is very, very much a secular culture in which you live this feeling of coming home to one's true family is often missing. And people wander the Earth like Noah's beasts in pairs of two, with the lonely ones slipping through the cracks in reality.

My friends, you are asked to love one another as you yourself have been loved. You know the incredible strength of that love. You may lean back against it, and you may open the self to channel words to make peace and harmony and solace available to those who are too tangled in their own details of negative emotion to work out the heart of the problem. Each of you would be in this situation from time to time, thus the offering of love to another by listening, by accepting, by forgiving, and by loving is the gift of which we would speak this evening. Centuries and centuries have gone by with the entities attempting to learn to love. There have been many side trips, many excursions into folly. Many killings, wars and casual death. That is the Creation expressing itself negatively this time.

You may do two things with your love after you have found it. Firstly, you may pray continually without ceasing. This is not a difficult habit to move into, as one knows very small prayers that one has known since childhood, prayers that are to the point and caring. You may also make up your own prayers or simply hold a person with whom you are concerned into the light of the infinite One.

The greatest of active services as opposed to passive services of being is loving in such a way that you are able to hear the words between the lines that plead for spiritual help. We pray you may have the subtlety of wit, the intelligence to take that information which is important to the other, and find a tongue to speak that does not create a stumbling block, while many have been damaged by guilt and excessive judgment in some of your saddled religions.

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And now you tread a more difficult road, a road wherein you must believe yourself worthy. Why should you believe yourself worthy? Let us look at this. In the first place, you are worthy because you have been created by the one infinite Creator. You are an active principle which informs the Creator of Itself. This you do by living, not by doing. You are of service to the Creator as you begin to forgive yourself, completely and irrevocably, for the many serious sins of the past, the errors which have caused you humiliation and nausea. It is a difficult thing to wish a living ideal and within your culture it is designed to be impossible.

So, you the pilgrim who seek to be light to the world, will often fall, for stumbling blocks are everywhere. Bruised, tired, dusty, we ask you to pick yourselves up and move along the road that you and the Creator have planned for you. Pray, first of all, that you love yourself. The second portion of the second admission which is found in your holy works is to love your neighbor as yourself. If you do not love yourself, how can you love your neighbor? There is work to be done again until the self is clear enough to hear and appreciate and feel unthreatened by the strength of the feelings, emotions and thoughts of others.

How can one magnify one's ability to share love? Coming to group meditations such as this one is helpful, for as the saying goes in the holy work, your Bible, "When two or three are gathered together, prayers are answered." It is true, too, in the way of information. Three is the minimum number for successful vocal channeling, so that it may be universal. All these things are gestures of love. So, if you do not love yourself or the Creator, stop where you are, do not attempt to strain yourself by opening higher energies without the heart chakra completely open.

It is perfectly appropriate to fail and fail and fail again. We are not speaking of results but of the will to succeed, the persistent desire to run the straight race, as it is written in your holy scripture. Love is emotion that is too soft and too gentle in the way it has become known upon your planet to do that which it was intended to do: act as a balance wheel, giving entities equal opportunities to choose positive or negative paths. The reason for this is that your culture is more positive than negative, consequently, we of the Confederation are aware that there are negative entities also. This is why we charge you with the challenging of all contacts, but if you love the Creator and love yourself, you will then turn to a world that is bright with the light of the Creator's energy.

You do not love energy fields, you do not love that which perishes in entities, although perhaps some of you do. There will come a time when each finds that this is not enough. The experience of loving and being loved involves complete trust, cooperation, sacrifice on all parts, and a yielding up of the little self to a self which is called "us," which has an appointment with destiny. Each of you has gifts and is staring them straight in the face. Some things do not seem like gifts, but if you can love your neighbor as yourself and love yourself as your Creator and love your Creator with all your heart, then those gifts of yours which are needed will be called upon whether or not you express the talent, for the community of those who pray and serve is such that the opportunity is made for those who wish to serve.

We realize that the word "gifts" may have meant to some physiological or mental gifts, such as being athletic, being a good friend, caring greatly about the planet Earth and other subjects like this. This is very good for you to do. But, beneath all the phenomena of a distressed world lies the distress of the one infinite Creator and the planet itself. Practice loving yourself, my friends. The gifts will come to you if they have not already. And when you feel an impulse to do something you have never done before, and you feel you are being led by guidance, do not hesitate, but do that which you feel you are guided to do.

In this atmosphere, each will make many mistakes. That is entirely acceptable. It is the method by which people learn. A mistake is a good thing, for in making the mistake, one can sit, intuit and analyze why that effort to be a light being backfired, and so you learn compassion, sympathy, the single-minded love for humankind, not as humankind but as the Creator would do. This depth of love grinds you upon the rock of spiritual principles.

We are not saying that if you follow your own star or if you follow your own agendas which have welled up within you that people will understand you or give you an easy time. This is not so. This has never been so and will never be so. As long as third-density entities gaze upon the one who is taking a great risk for the good, they shake their heads, they do not

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understand that death will be preferable to being unable to serve. Sometimes one comes upon a talent later in life. A talent for organization, a talent for money raising, a talent for teaching creative writing, a talent for showing young men how to fix up their cars.

We speak of these talents upon the same level as any other. We do not look down upon your world because [you] yourselves are as sacred to us as your trees and your grass. This is the Creation that you have made and we rejoice and are glad in it. We also see the many pitfalls, the major pitfall being that, in a society that basically thinks [about] the self and accumulating masses of belongings and experiences which are expensive [about one] is not going to be in touch with that part of the self which knows the self and wishes to serve. We therefore ask you, at this time, as the roots of the trees grows deeper and deeper into the Earth, drawing …

(Side one of tape ends.)

(Carla channeling)

… that water from the root system, quite a young thing, there are no leaves on the tree, the trees look dead, they are skeletons waving in the wintry wind, so too are you. This is not aloneness, this is your free will nature. To find your true gift is one thing that is, shall we say, relatively easy, for the ability to give service to others is everywhere. One may volunteer in soup kitchens, hospitals, all sorts of places that need free *(inaudible)*. When you feed a hungry stomach, you know that you have been useful and of service. But never forget the more subtle kinds of service that comes from the heart that loves unconditionally. When you can listen to one who is [in] deep confusion and respond with unrestrained compassion, that is another way of showing love. And, again, it is impossible to do until the self be cleared of all those bits and pieces that don't fit into the living of a life in love and faith. Meditate each day, my friends, and ask for the presence of eternity to be about you, all the day long and all through the night.

We are told by this instrument that we have once again gone overtime. We do apologize for our loquacity. We are most thankful for this instrument, for there was a very large amount of difficulty that this instrument was having and we are very pleased that we are able to use this instrument. We of Hatonn would now close the meeting through the one known as Jim. We leave you in love and light. I am Hatonn.

(Jim channeling)

I am Hatonn, and greet you again in love and light. We are pleased that we have been able to make contact with this instrument, for it has been a measure of your time since we have utilized this instrument as well. We would offer ourselves in the path of seeking to answer queries at this time. If there be any queries which may be upon the minds of those present, we would be happy to attempt our response.

Carla: Is love the same thing as space?

I am Hatonn. My sister, there is, of course, a great ambiguity in the quality of love and of space. However, they are not completely identical. Love is that peaceful, creative energy which accepts all as a portion of its being. When one loves *(inaudible)* one gives of the self, the acceptance of another, the complete embracing of that other of a portion of the self, this acceptance given without condition or expectation that the other shall be any form or manifestation other than that what is.

When one has faith in the other, one begins with an acceptance that is equal to love, and extends that quality of love as a kind of protective field, shall we say, that shields or protects one's sense of purpose or rightness, in order that the sense of rightness within the pattern might firm that pattern or attitude of mind in a way that is likened to the construction of a firm foundation for a building. But when one's heart chakra has been opened enough to allow the movement of this creative energy called love to it, and one has experienced this quality moving from the self to another in a service dependable manner over a period of time, then it is possible to feel the extension of this quality into that quality known as faith.

The faith that [is] all is indeed well, for all is made of love. These are poor words for the great concept of which we speak, and we offer our apologies for our inability to describe in greater clarity the concept.

Is there a further query, my sister?

Carla: Yes, Hatonn. *(Inaudible).*

I am Hatonn. We look to the general response for application in this regard. We give to this instrument the image of the drill instructor that

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prepares the troops for battle. The drill instructor motivates and pushes each soldier beyond its limits in order that when it faces that battle, it will be more than prepared to deal with the rigors of the struggle. In a similar fashion does your desire motivate and drive your service in a manner that matches that which you have desired to do. Previous to this incarnation you have prepared yourself with abilities that would be applied within this incarnation. There were also inlaid the various limitations that have purposes for which you are well aware, that of the focusing of the attention in an inward fashion, more than would be possible were the physical vehicle more liable to participate in this mundane world and the many activities.

The great desire to serve then finds its only viable avenue, over a long period of the life pattern, to be that which is concerned with the inward journey and the [companions] of that journey which would also travel with you by inspiration and example. Thus, you have done the equivalent of taking a great engine and, instead of allowing it to move the vehicle broadly across the face of the Earth, you have instead chosen a more [narrow] path for this great power to move upon.

Is there a further query?

Carla: No.

We thank you, my sister. Is there another query?

(Pause)

I am Hatonn. It has been a great privilege for us to be able to address this group this evening. We have for a great portion of your time contented ourselves with observing the activities of this group, and it has brought us great joy to participate even in that fashion. However, due to our previous experience with this group, it has been our heart's desire to once again be able to speak our thoughts and share our opinions with this group, for we feel a great companionship and unity with this group.

We extend our sympathies to the one known as Carla that her distortion of the physical vehicle has been the avenue that allows our experience with your group this evening. We are with you at all times and are pleased to join you in your meditations upon your request that we do so. At this time we shall, in great joy and praise, move from this group in the love and in the light of the one infinite Creator. We are those of Hatonn. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 31, 1989

Group question: The question this evening has to do with the development of the magical personality. How do we go about developing the magical personality, and what, actually, is it that we develop when we develop the magical personality, and of what value is it to us to do so?

(Carla channeling)

We come to you in gratitude and greet you in the love and in the light of the one infinite Creator. I am Q'uo. It is a tantalizing prospect to us, a marvelous avenue of service that you offer us, and we offer to you our humble thanks and our abiding love that you who struggle in the darkness still see and have faith in the light within.

The question offered this evening has to do with the magical personality. But before we speak upon that subject we must speak upon a subject that is fundamental to an understanding of the magical personality. That understanding is the simultaneity of all time, all space, and all action. This present moment is eternal. The past, the future, the feeling of being in the river of time, are part of an illusion which gives you who seek an enormously powerful opportunity, consciously to accelerate the rate of your spiritual growth.

It happens to be the last day of an old year and an old decade among your peoples who count by your calendar. Tomorrow it will be next year. Shall it feel like a different time? Shall it seem transformed? For the most part, no, because you are the same. You have always been, you are, and you will always be.

The choices that you make in this density are predisposed by the biases and polarities that you have picked up in lifetimes long ago and more recent. When biases of love and peace and gentleness and humbleness of heart become your rest and your confidence, then perhaps you may release time and space, allowing it to be a useful and extremely potent offerer of catalyst to those who wish to learn lessons of love.

You see, you are at the beginning of self-consciousness. You have almost finished this year in the school of eternity, this illusory time. However, the choices that you make are made in time/space and speak not to the outer world and its mundane concerns but to the heart and the vital feelings of each.

In this way we may say to you more simply that the magical personality is an artifact of the one who has been able to focus the heart and the mind upon the infinite One. It is, in a way, possible to think of the higher self as being separate from you. But just as you were yesterday and will be tomorrow in a new year and a new decade, so the I AM that is the core of you learns of love, of wisdom, and of loving, wise compassion. When these lessons have been learned

to the extent that they are without significant distortion, you turn and, reaching through time, you offer yourself a gift. You offer the biases and decisions and choices that have been made, not up to this point alone in your illusion of time but all the choices that allowed each of you to graduate into fourth density, perfect the lessons of love and learn the lessons of light, to fifth density, when you manifest light and learn the true meaning of wisdom.

In sixth density, there is eventually, in mid-density, a point in which there is no longer any polarity, for if all is one polarity there is no polarity. It is when the spirit has reached this point, full of unity, wisdom and compassion, that the sixth-density self places within the third-density self, in the deep mind, the biases which are to come, the destiny which has been fulfilled, the beauty, the exactitude of service to others.

Therefore, the magical personality, or the higher self, is the last vestige of the self which contains polarity. And as you deal in a world illusion grounded in polarity, this gift can be extremely helpful. Many, many times one is faced with dilemmas and enigmas that cannot be rationally discerned. There is no logical answer. There is only the wisdom of the heart and the compassion of the mind. For this is what the sixth density of unity provides: the realization that compassion is not only of the heart but of the mind, that wisdom is not only of the mind but of the heart.

How many times do your people turn from their heart, refusing to ask, refusing to open the door to that helper or comforter which waits patiently to be asked to aid in decision-making of various kinds?

Our message is very simple. We ask each to love the Creator with adoration and worship as one would normally feel for one's father, for you are truly sons and daughters of the infinite One and within yourself infinite in your own being.

The process of accessing the deep mind, and especially the higher self, may be accomplished best, as we have often said, by repetitious, persistent and daily meditation. Not lasting so long but lasting as long as it feels as though you are in a holy place with the one infinite Creator. Thus, meditation is always the key to the opening of the shuttle from the subconscious or deep mind to the conscious mind. The higher self does not operate by giving instructions, for that would be an infringement of free will and would cause paradoxes within the universe that are not desired. However, the call must go forward within meditation that you may be visited, strengthened and renewed by a longer point [of view], a vaster field of incarnations and of incarnational decisions. For, as each knows, there is no thing upon your planet which is as it seems. You are energy fields, complexes of energy fields, with the energy holding you together, carrying you through life.

It is well to be very kindly toward this physical vehicle for it is the means by which the computer of the mind may gently enter data from the deeper self, the self unperceived even when praying or asking. Perhaps one day one awakens and knows what the proper or appropriate answer to a question may be. Perhaps it comes all of a sudden within meditation. There are as many ways to use the higher self as there are entities.

Now, how does one make use of the higher self, this sixth-density portion of you? The first thing that you must do is give up your physical reality. You are an illusion within an illusion; mystery surrounds you. Consequently, as one asks for guidance from a deeper self, the higher self within, one opens a door that can only be opened by the seeker since the higher self is a far more clear, lucid and defined product of your thinking. Yet, still you will find it most helpful to blend the conscious and rational mind with the deep mind, for they give you feelings and biases that are far more a part of whom—we correct this instrument—of who you are, what your essence is, than you may have by any amount of consideration of these matters within this illusion.

Now, as each sits here, we shall attempt to give the process by which the higher self may be contacted. This is one way; there are many others. This is a way which we feel is simple and therefore easier to grasp.

The first step is the acceptance and the forgiveness of the self within this illusion. It must be clear to each one that one cannot live purely in a world polluted by constant negative thoughts and perceptions, cynicism, and the ugly emotions of fear, terror and the triumph of those who delight in terrorizing others. This is not the personality that you wish to use for that special time during which you are working within consciousness to accelerate the rate of your spiritual growth, to heighten your polarity and to move, may we say, forward. You do not need

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to gaze at the higher self as part of the self unless you wish. However, it is well to know that the higher self and you are timeless and whole and one.

Now, to attain a magical personality there is much which one can do and, indeed, must do to create the appropriate atmosphere for the gentle lover's touch of the rational mind into the deep mind. This is a slow process for many and infinitely worth it. Once one has been able to contact that part of the self that is sixth-density and which has given the gift back to you within the deep recesses of your mind, you may then have a much wider perspective, a much more clear vantage point from which to view the life experiences which your incarnation brings to you.

We caution each against attempting to live in the higher self mode for any length of time past which one cannot hold the concentration and the clarity which the tuning, the praying and the singing brings about. You cannot plunder your own higher self without doing damage to the quality of information which you receive. Consequently, in putting on the whole armor of light, as this instrument would say, and accepting the self which seems to be in the future, but is indeed yourself, as a good advisor you are moving toward a centered position which will be most advantageous to you in using this deep and lovely resource of the mind. We say lovely because it is considerable effort, a labor of love, for the sixth density to create a thoughtform of all that it has experienced.

It *(the higher self or magical personality)* is placed deep within you. It is not placed without you; it is not placed within your teacher or your student or your colleague. The magical personality is an artifact of the self, the mystery-clad being whose entire experience is recognized to be mystery—we correct this instrument—mysterious.

In preparation for the magical personality's development, the first thing which one needs to accomplish is a full and complete examination of conscience. Not that you as an entity may judge you as an entity—not at all. But rather that you may forgive yourself, for you have forgiven all others, have you not? Yet, still you hold yourself unworthy. This is not a helpful spiritual point of view, for the magical personality is based upon the fact that the spark of the Creator within is the true self of each entity.

Therefore, to begin working with the magical personality one must first go through much searching of the mind, the intellect, the emotional biases that constitute that which you are at this time. This is not for the purpose of judgment but for the purpose of grasping your essence at this time. Perhaps you wish to make changes; perhaps you do not. But to come into contact with yourself as a self is the beginning of the magical personality.

The day-to-day personality wavers. It is happy; it is sad; it is active; it is passive. Life is easy or life is difficult. And all of this is within this illusion. The more attention paid to the difficulties of this illusion, the less likely it is that one will be able to have access to the deeper mind of the magical personality.

So, we suggest to each that the table be cleared, the table of petty prejudice, any unfairness, stinginess, desire to manipulate others, and all of those artifacts whose bias is not helpful in gaining polarity toward service to others in the name of the infinite One. This preparation takes a different amount of time for different entities and at the end of it it is still impossible to live within the higher self at all times. However, it is possible to clear the self for the special and sacred door to the self to be opened.

We suggest that each begin a magical personality meditation with that which has been the call of a white, or positive, magician from time immemorial: "I desire to know in order to serve. I desire to use my subconscious mind to enrich, enliven, enable and engage this third-density mind and heart." It is impossible for most to keep this clarity over an extended period of time, and there is danger in attempting to do so.

Consider yourselves as toddlers, just learning to walk, the spirit so young, so lovely, so strong, and yet so vulnerable. This is how the magical personality sees the outer portion of your behavior and thinking. It is perceived as that of a child who knows not what he does. When one turns one's will and faith to the quest for the philosopher's gold of greater wisdom, then you may begin to see gradually a change within you. But, firstly, you must accept that the magical personality is already your own personality, for all time is simultaneous.

One good way to prepare oneself for meditation upon the magical personality is to visualize each chakra in turn, beginning with the red root chakra,

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and moving upwards carefully clearing energies, carefully seeing your chakra centers glowing: orange, yellow, green, blue, indigo, violet. When you have reached sufficient humility to be able to listen to advice from the higher self that is not easily understood to be other than the self, then we suggest that you begin with this clearing of the chakras, so that you feel the light streaming from your head, for you have opened all your chakras; you have become vulnerable; you are ready to take a risk.

Firstly, there is a tremendous amount of protection of the body by the body, and we recommend to each that this be observed. For instance, this instrument blends the violet of the crown chakra and the red of the root chakra to cover the self with an energy that is completely personal and denotes that which one is. Upon completing this encapsulization of yourself in the red/violet of body protection, you will then put on a garment of light. That is the Creator's protection, impersonal, loving and infinite.

During the meditations it is helpful for those who call upon guides or angelic presences to do so, for that work which you are doing is work in which you are vulnerable, for you are open to learning and you do not always have truly appropriate vibrations for this energy. This must be seen to carefully. The self must be gotten in order, cleared of the small change of life's miseries, cleared even of the laughter of good times, clear to listen within to what has been called in your holy works "the still small voice." That is your magical personality. It is well to call any whom you wish to call to aid in your protection. This is not an illusion any more than you are an illusion within.

This instrument, for instance, evokes—we correct this instrument—invokes the archangels—Raphael, Gabriel, Michael, Auriel—and with these four pillars standing in the corners of the room there is an overarching golden dome, for these principles of love called the archangels are most powerful and most protective.

When you have prepared yourself for the meditation upon the magical personality it is well to sink into the self with no pressure, no thought, no worry, and no wonder, but rather simply to open the door and invite the wisdom and compassion of the ultimately learned balanced being, which you shall have become, to the self as it is.

It is well, when one wishes to work in consciousness with another by communication, to make these same preparations, for by far the majority of those who channel are channeling their own magical personality, their own higher self, their uniqueness. And it is well, when it is finished, that mentally one acknowledges that one slips off the garment of light and moves back into the illusion of energy fields and the experiences that challenge you to love.

The magical personality is one which is grounded in the deepest humility and in the strongest sense, paradoxical though it may seem, of the worth of the self. Like a string or a ribbon, this unrolling behind you gives you information at each present moment as you request it. Those who wish to maintain a magical personality outside the discipline of meditation may indeed work with the visualizations, to work with visualizations if those visualizations are simply shapes—the square, the circle, the triangle …

(Side one of tape ends.)

(Carla channeling)

I am Q'uo, and we shall continue.

It is well for those who wish to maintain the spiritual magical personality for a longer time than a meditation to work with visualizations. The first visualizations are simply shapes: the square, the circle, the triangle. The discipline it requires to hold this image in consciousness is the same kind of discipline that an artist employs as it studies its technique that it may, in the end, be a better instrument through which music or communication or healing or living may use to allow you to be the shining metaphysical being that you truly are.

It is not advisable, in our opinion, to keep the magical personality any longer than one is able to remain completely clear within. This normally limits that which the magical personality may do to very brief moments within the waking hours and to enspiriting dreams during those hours when the subconscious and the conscious move together in play, in ritual, and in meaning. For, woe betide those who act as if they were acting out of the magical personality when they are less than clear. May we say, this is extremely inadvisable and that the student of the magical personality who does not wish to study the Tree of Life, the Kaballah, and all those things which would inform one of the history of this concept, content the self with knowing that the magical personality lies within you fallow and ready to bloom. When you call upon it may you do

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so in humility. We hope you may call upon it often, but always protect the self before you open your vulnerable spirit to that which, though it is you, appears within the illusion to be another. For those who do not clear themselves excellently may receive any number of guides which would purport to be the magical personality but which instead are means by which positive polarity is gradually lessened.

We are told by this instrument that once again we have talked too long. We shall cease at this point, though there is perhaps some more upon this subject which would be of interest, for we wish to close the meditation through the instrument known as Jim. We leave you in the love and in the light as we transfer to the one known as Jim. We are Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time we would ask if there may be queries to which we may speak that have arisen as we have spoken upon the magical personality this evening, or upon any other topic that has interest. Is there a query at this time?

Questioner: Yes, Q'uo. I understand that in the selves of a higher density nature we come together with others, or those that from a third-density point of view seem like others, to form social memory complexes. By the time of sixth density this seems to be a way of life. One's higher self would then seem to be of a social memory complex and therefore would, from the standpoint of third-density experience, be something shared. Is it part of the reason for coming together in groups and joining our seeking together that we share higher selves?

I am Q'uo, and am aware of your query, my brother. This is a most interesting query, for it deals with the nature of the creation itself as it is discovered by conscious, seeking entities, for you are as the explorer that moves into a wilderness area and begins to fashion a means of survival in that wilderness out of what it finds there and as the means of survival are accomplished and shelter is created and food is attained, the explorer begins to discover not that which is foreign to itself but that which is not only familiar but is identical to the self.

As you move through this octave of creation and move into the third density which you now inhabit and refine the definition of individualized consciousness, you then use that defined and individualized consciousness as a means or a trail by which to discover more of that which is unknown, more of that which becomes known, becomes familiar, and is recognized as the self. The country through which you travel, the brothers and sisters with whom you travel, reveal themselves to you and give of themselves in a fashion which forms a unified conscious seeking so that what is available to one is available to all and is utilized in furthering the journey of discovery. So, as you come together, utilizing the pooled resources, you add information, experience, response and discovery, and all of these things and concepts become further definitions, or refinements, or broadening of the small self that has become a group self that is, indeed, transforming to a greater self that continues this spiraling process, so that that which you seek, that which is your goal, eventually is seen to be a portion of the self in an expanded quality.

Thus, at some point in your experience, you will no longer seek the light but shall become the light; you shall no longer seek the love but shall become love; you shall no longer seek the one Creator but shall become the one Creator. Thus, the pattern of your seeking reproduces the nature of the creation, which is unity.

Is there a further query, my brother?

Questioner: Yes, from the point of view of the seeking, the distance *(inaudible)*, as we gaze toward the unity which we *(inaudible)*, it seems to us something not yet. And yet the further we get in the exploration and in the unfoldment toward that unity, the more it seems that what is discovered is discovered as something already. We already have a higher self, already in sixth density there seems an already preparedness of all of the stages in life's way. Have we had to go stage by stage downward to the furthest point removed from the one infinite Creator, then to begin the journey back? I'm not sure I understand the why of that.

I am Q'uo, and am aware of your query, my brother. It depends upon one's point of view as to whether one has gone in a downward fashion in order to move upward, or has moved from an upward fashion to that which seems to be down. To be more precise, when the one Creator harvests the experience of all Its portions through an octave of creation It then utilizes that harvest, which is the refinement of each of Its portions of experience of unity, and enters

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again into the great cycle of creation and spins forth another universe, beginning in the chaotic movement of first density that is in your measurement without time, without order. And from this seeming chaos, then moves into that which has the spiraling cycles of increased conscious awareness, that the harvest of the previous creation might become the foundation for that which shall further refine the experience and knowledge of the Creator.

Each of you, as individualized portions of the one Creator, partake in this process by particularizing what is simultaneous, taking a small portion of what you would call the river of time from the ocean of eternity, and viewing that river of time as if under the microscope, looking at what seems to come before that which follows, creating the past, the present, and the future, in order that that which is and that is unity in many portions might be experienced in a more intense, varied and purified fashion. That small sliver, then, of experience that is chosen for each incarnation has working upon it your free will choice, so that that which is eternal becomes magnified and particularized enough that it may be examined carefully within an incarnation, be worked upon by free will, be refined in this process and be purified as an expression of Beingness, of the identity of the one Creator within yourself.

Thus, you enter into this entire process in order that you might pick a portion of that which is yourself and, by working upon it intensively, cause it to become as vivid as possible that it might become an adornment, an honestation for the one Creator. Thus, you refine as one who takes the raw ore from the mountainside and removes from it by this process of particularization that which is gold so that the product of this process, then, is bright, brilliant and shining and is purified in its nature in a manner which would not have been possible were not you to have chosen to expend your consciousness and your effort upon it.

Is there a further query, my brother?

Questioner: Yes, just one more. As we move into a greater realization of our goal as selves, we find that self is in God and yet we need now to learn to develop the magical personality, which for us means to develop that self which is in the sixth density, not yet God. Is there a reason that we do not invoke directly our Godness? Is it a matter of taking one step at a time?

I am Q'uo, and am aware of your query, my brother. If we understand correctly that which you have asked, we would say that this Godness, the quality of the Creator, residing whole and full within, is not immediately available in its complete sense to each entity in any portion of the evolutionary journey in order that that journey might have, what we might call, a greater span of experience possible. For, if any portion of the one Creator shall come into the full realization of its nature as the one Creator, then the journey is complete. The opportunity for further refinement through the application of free will to catalyst then has no further purpose, the goal having been achieved.

Thus, the octave of creation through which each portion of the one Creator moves provides each portion and the one Creator within each portion an opportunity that is more varied because of the lack of full knowledge of the nature of the self. Thus, one may say that ignorance provides opportunity. The veils that are placed within the consciousness of each entity provide the mystery which draws the seeker onward. If all veils were removed and the nature of the self were seen, it would be as if there were no more debts, no more gains, shall we say.

Is there a further query, my brother?

Questioner: Thank you very much.

I am Q'uo, and we thank you. Indeed, we thank you very much as well, my brother. Is there another query at this time?

Carla: I would like to know if I was, in fact, experiencing psychic greeting before this meditation, and, if so, why. And I will certainly appreciate the problem if you cannot answer because of the Law of Confusion.

I am Q'uo, and am aware of your query, my sister. The nexus of this experience is likened to the crossing of paths or of opportunities that have been noted by those entities who have been your companions for some time upon this journey, of that which you call the negative polarity. The cycle of the adept is such that within your own experience there was noted a particular sensitivity, as has been noted on previous occasions by these entities and one in particular. Added to this cyclical sensitivity were the chemical medications that further enhanced your

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receptivity, or susceptibility, to impressions, shall we say. The state or nature of the mind complex when under the influence of these various medications provided an opportunity which then took advantage of the dysfunction of the otic portions of your physical vehicle that were damaged from youth, so that it was possible to render a certain degree of what you would call dizziness that would have the potential of rendering you unconscious for a brief portion of time. This effort was offered more as an attempt to enter fear into your experience than to enter true difficulty or danger.

Is there a further query, my sister?

Carla: No, Q'uo. I appreciate it. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: Could you comment on how aware cats in our household are of these contacts, if they are able to participate in any way?

I am Q'uo, and am aware of your query, my sister. The entities that you refer to as the cats are quite sensitive to not only our presence and others of the Confederation of Planets in the Service to the One Creator, but are also sensitive to the negatively oriented that would offer their service in their own way. The feline entities have, throughout the history of your peoples, been seen by those of a metaphysical sensitivity as being able to perceive much which is unseen to your physical eye. The cat has been utilized as the guardian of many temples in the past of the Egyptian race of your peoples. For this reason and because of the sensitivity of the cat entities, the negatively oriented entities find some difficulty in offering the full impact of their services when the feline entities are present, for there is a natural kind of guarding or protection that is offered by the cat entities. They are not always aware of each entity as an individualized portion or person as they are aware of you in that nature, but are often aware of a feeling tone or attitude or ambiance that has changed or has a certain quality.

Thus, it is sometimes as if these creatures sense a presence as you would hear a certain sound that would alert you to activity. The cat entity, however, is also able to ascertain the nature of the presence, whether it is beneficial or deleterious, and will respond differently to each of these qualities.

Is there a further query, my sister?

Carla: Are they, then, beginning to develop their own biases toward the positive or the negative path at this point?

I am Q'uo, and am aware of your query, my sister. In some cases this is so, especially those cases in which a cat entity is invested in the position as a pet, as we find in this domicile there are six such entities. In other cases, it is possible for the cat entity to become aware of the presence of unseen entities and simply be aware that a presence is there, much as they are aware you are in their presence when you are indeed in their presence. Their beginning bias toward one polarity or the other, then, is a function of the quality of investment, shall we say, that has been given to them.

Is there a further query, my sister?

Carla: Is there a *(inaudible)* that in our participation *(inaudible)* that would aid them in the investment process? And also I am assuming that our contributions toward investment is a service that we perform?

I am Q'uo, and am aware of your query, my sister. The participation of the cat entities in these meditations enhances this investment quality in that they share their experience with you and with us. The nature of investment is that the quality of beingness of a greater energy source, shall we say, is manifested in a direct fashion that is the proximity of one presence to another with the motivation being to share freely of the self or to radiate a certain vibration or information that then will find a resonance with the essence or basic quality of the entities with whom the vibration or information is shared. Thus, though the cat entities are not able to perceive in a mental or spiritual nature in the same manner as are you that which is shared in these meditations, they are aware of and receptive to the basic frequency of vibration that is radiated in a resonate fashion with their own essence.

Is there a further query, my sister?

Carla: No, thank you.

Is there any other query at this time?

(Pause)

I am Q'uo, and we wish to take this opportunity to thank each present for asking with an whole heart that of which is the greatest concern, for we cannot be of service without the asking and we treasure each

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opportunity to respond to your queries with that which we have found helpful in our own journeys of seeking and of asking the same questions that you ask with your hearts, with your minds and with your being. We walk with you upon this journey and rejoice with each step. We thank each for every particle of experience that is brought into these meditations that we may share with you that which is your experience and which is your desire. The bridge that is fashioned by your invitation is that rainbow bridge which connects heart to heart.

At this time we shall take leave of this group, thanking each for the joy and the love that is given to us, and leaving each in that joy and that love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 7, 1990

Group question: The question this evening has to do, to start with, how does one maintain the attitude, and the manifestation of the attitude, of joy, and of praise and of thanksgiving, sincerely and heartfelt, when one is undergoing assaults of pain and limitation, nausea, discomfort, general run of the mill bad news? Then we will follow with other questions, concerning, perhaps, was Christ the only Son of God, what does it mean to be a Son of God?

(Carla channeling)

I am Q'uo, and am with this group, thanking each in the circle for calling for the kind of information that we are able to offer an opinion upon, for it is a great service to us to teach, as the teach/learner learns always more than the student.

You ask this evening firstly about the prickly business of mood balancing during difficult conditions. We are aware that it is this instrument's question, as this instrument is going into two hospitalizations and wishes with all its heart to create within those experiences a poem of praise and thanksgiving for the Creator, and not the nattering of complaint and whining.

Firstly, we would remind all that they are in the third density. The amount of will which it takes to balance pain and the counting of blessings is enormous, and if it is not balanced, but merely suppressed, it does much more harm than good. It is well to ventilate any negative emotion while it is small, that it does not escalate into a crisis in the spiritual walk of a pilgrim. Breathe in; breathe out. This is the first blessing. You are alive. You are in this illusion, and you are learning. You earned this position, this incarnation. Carefully did you select that which shall come to you. Carefully did you estimate your limits and move catalyst to the very limits, for you wish once and for all to learn the lesson of unconditional self-forgiveness that opens the door to compassionate love. Therefore, the first thing that we should suggest is dwelling whenever possible upon the all-compassionate love and the immediate presence of the one infinite Creator.

We realize it is difficult for the mind to work well when the physical vehicle demands a great deal of energy in pain control. But the words to give praise and thanksgiving are simple. Merely thank the Creator for your creation, for the safety in which you have lived to this day, experiencing and learning, for opportunities of the moment and the moments to come. You have been created, and you are sustained, and all that is given you is given you by your Higher Self, in sure knowledge that with that which this instrument would call grace, that which we would call the principle of unconditional love, can be made to be the natural and essential being of each, no matter what the condition.

You, as humankind, must face the fact that you are mortal and given to weakness of the flesh. There are few who have not the aches, the pains and the irritabilities. The basic secret of protecting the self from the self's own self-judgment is the practice of self-forgiveness, for Christ, Christ consciousness, the Higher Self, whatever you wish to call this principle of unconditional love, stands waiting for you to ask for help. May your heart be as soft as the earth in the springtime, that it may be amenable to plowing, and that seeds of love are planted in the ashes of pain, and fertilized with meditation and caring to do better in a persistent way.

When you wish to count your blessings, and you are not in a position to think clearly, you are still in a position to count the blessings of personalities close to you. You may give thanks that the Creator loves you personally, that you are as important to the mystery as the mystery is to your mystery-clad being; not your variousness, not your free will, but that of you which is in the Creator, and that of the Creator which is in you. Kindness to the self is helpful.

We find also that for some the using of breath is very helpful, for when one uses one's breath one is using one's vital energy. Thus, the reading to the self of material designed to increase one's awareness of thanksgiving is recommended. Even repetitious reading of inspiring words is helpful, for sometimes those of humankind are resistant to feeling better about themselves, to accepting their limitations, and to continuing to offer the praise and the thanksgiving that is rightfully the one infinite Creator's, Who offered each of you and each of us a magnificent opportunity, the opportunity to grow, to be, to perceive and to act. Always have you control of some degree over the behavior which you must express.

This instrument is telling us that we should be short, as there is more than one question. We believe that an instrument, such as this one who is in pain, may, through the help of medication which is causing mere sleep, slide into thanksgiving for all those souls that care about the entity, for the Creator's love of the entity, for the gift of faith to bear that which cannot be born, and to endure the unendurable.

We credit each pilgrim with persistence. Persistence, more than any one trait, though it lacks somewhat in a sense of humor, is the key to spiritual growth. You cannot pick up items on the spiritual shelf and gaze at them, and try them, and put them back, unless you have learned from them, and applied those learnings in the life. Therefore, we suggest the very simple giving of thanks, thanks for creation, for preservation, and for all those people and things that are blessings to you. In any circumstance there are many blessings, not the least of which is the fact that many environments which an entity knows not that it touches, moves into prayer as it cares and shares that caring with the metaphysical instrument of unconditional love, and the request that the will of the One Creator be perceived, and the entity given the strength to act upon what is perceived.

You must see yourselves as heroes. You are mythical characters. You are not mundane. That is the illusion. The pain that you feel is within the illusion. Far worse is it to feel the spiritual pain of rejection, low self-worth, frustration and anger. These things cannot be avoided, for you are of humankind, but in the controlled situation of recovery from serious illness, it is good to attempt to pray without ceasing, giving thanks for all that you can think of—for those who love you, for the Creator which nurtures you, for the skill of those healers which work with you. Repetition is a good and useful tool for the learning of a habit, and that is what a positive attitude is—it is a habit. You may complain, or you may count your blessings. It is difficult to do both in the same breath.

To increase the energy which is available for praise and thanksgiving—that is to increase the vital energy—the use of the breath is recommended, either through chanting, singing, praying out loud, or reading from inspirational works to the self. Again, repetition is no bad thing. If something is important to you as you read, savor it, and bless it with your recognition of its personal truth for you.

We are told we must stop at this point, that we may answer other questions that you may have. And so we open this meeting to questions.

Jim: What does it mean to be a Son of God, and how do we manifest that? Is it possible to in our lives? Was Jesus the only Son of God?

I am Q'uo. The phenomenon known to you as Jesus is a principle of the Logos, or Love, that has moved through the densities as any other entity, but was created slightly differently than those of you who swim beneath the sea of illusion. This entity also wished to live a life that was a poem to the Creator,

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and again, and again, on planet after planet, this entity comes into incarnation with the special character of partial remembrance. In other words, this entity contains more of the Logos, or Love, than free will, whereas each of you contain the bonding of Love and free will, against which you must challenge yourself to find a unity of being.

This entity was a good teacher of the message of the Law of One. Again and again the message is misunderstood. Again and again the Creator sends forth that special part of Itself which retains the consciousness of unconditional love rather than having it disappear beneath the veil. This entity has helped many, many civilizations.

Each of you is equally son or daughter, heir or heiress, Christ, of God, but each of you are deeply enmeshed in a negatively oriented mundane world. You do not have the ability which this special entity had to perceive and do the Creator's will in joy, no matter what the circumstances, no matter what the cost. However, each of you is brother or sister to the Christ principle. The Christ principle resides within each of you. You are Christ. But you are separated from the knowledge of that portion of yourself, that you may feel iniquitous, guilty, angry, frustrated and disharmonious, and thereby offer to yourselves the catalyst which is needed for growth and polarization in the choices that you make to serve others or to serve the self.

Shall you one day be a Christ? There is only one Christ that is part of the Creator or the Logos that has been given the dispensation not to forget in third density. This does not mean that you are lesser. It means you struggle against more difficult circumstances, for you struggle in a life full of faith instead of knowledge. To the one known as Jesus there was little mystery in the Creator, in itself, and in humankind. To the rest of creation there remain grave questions to be answered, a truth for which to be sought, although the truth shall not be forthcoming within this density. There is the instinctive hunger to move closer and closer to that principle of consciousness which is freely given, unconditionally given, love. You labor against an immense handicap. Do not be discouraged. In the words of this particular entity, when mistakes are made, they are not counted. It is merely an opportunity to realign the life pattern so that the lesson may once again come before the entity. There is no judgment save the judgment of the self by the self. Consequently, we suggest that each spend time forgiving the self and praying for those who are not seemingly helpful to you, for so would the Christ consciousness do. So is the I AM of love. Each of you has an I AM deeply buried in the resources and contents of the deep mind. It is overlaid with stratum after stratum of bias, experience and reaction. As always, we recommend the faithful daily meditation, or some form of prayer, that one may spend time aware that one is on holy ground. There is no ground that is not holy. But when one is moving very quickly through the mundane routine of the day, one is prone to forget one's relationship with the Infinite One. Call yourselves prodigal sons or daughters, for you have squandered your inheritance. As a planet, damage has been done that rests upon the head of each. May each be aware of each and pray that the situation be ameliorated, and if possible, may each entity volunteer to make things better for those who have nothing.

Yes, my friends, there is only one Christ, but it is a consciousness, a principle, that can incarnate, and incarnate again, and incarnate again. When it incarnates, its only difference is that it does not forget that which all those upon your sphere do forget: the glory, the wonder, the beauty, the peace, the laughter, the love and the light of the one infinite Creator. It is not impossible for you to move along the path that the Christ consciousness has shown you, for you too are the sons and daughters of the Infinite One. And as you meditate and slowly become more and more conversant with the deep self which is worthy, limitless and eternal, you may find yourself humbly pleased that you are able to be a servant of the principle of Love.

May we ask if there is another query at this time?

Jim: Who are you as Q'uo as you speak to us?

I am Q'uo. I am two social memory complexes, the one you know of as Ra, and the one you know of as Latwii. We have combined because this instrument constantly asks for the highest and best contact it may stably carry. The energies of the one known as Ra, which is a social memory complex of sixth density, is an energy band narrow enough that it requires the locking in, and therefore the unconscious state, of the mind of the channel. The entities of Ra were appalled to see the toll it took

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upon this instrument to bring forth that which it did channel. It was not expected that there would be so much interest from what this instrument calls the loyal opposition.

When our energies are stepped down to those of Latwii, an energy this instrument feels most comfortable with, we are able to offer concepts that are to some degree more precise, and may we say, perhaps more interesting to the advanced student of metaphysics, than that which is called Latwii would be by the self, for Latwii is of the fifth density, the density of wisdom, and as you can feel, our vibrations are the vibrations not only of unconditional wisdom, but compassion as well.

Thus, we are composite, and as this instrument has often suspected, our name is a pun, a quibble; not a joke, but merely an identification which was clear. We are the I AM, and you too are the I AM, and all that is in creation is the I AM. We chose a language this instrument knew, and used the word meaning "who," or "which." It was designed to make the instrument ponder this very point, and we are delighted (in the) results so far, for we of Latwii have been able, with the help of our teachers, those of Ra, to offer information in a way which is clearer and more compassionate, perhaps, than we of Latwii, in and of our own social memory complex, could accomplish. We find that our senses of humor are not at all the same, and so we have attempted to give up our sense of humor, that the higher sense of humor or wisdom informed by compassion may do its subtle work in these meditations.

May we answer you further, my brother?

Jim: Not at this time. Thank you.

We thank you, my brother. Is there another query at this time?

K: Can you talk about what it means to accept your limitations?

I am Q'uo. The acceptance of limitations is both simple and excruciatingly difficult. To accept a limitation is to fight not against it, and it is humankind's nature to fight, to see any limitation, or lack of freedom, as a fault, and to move body, and soul, and mind, and spirit, in will and faith that the condition experienced—which may be difficult at the present moment—by the activities of good attitude, proper care of the body, and proper discipline of the mind and personality, may become more and more able to be themselves.

When one is doing that which one does out of a sense of duty, one is not accepting one's limitations, for the limitations of which we would speak are not only those physical limitations which may occur, but also mental, emotional and spiritual limitations, which are just as valid, though unseen. To accept the self as it is is to accept the limitation.

Now, this instrument, for instance, is a good example of those who are unable to accept limitation. This is a human characteristic, and is designed in direct opposition to the spiritual principle of surrender of the self. However, this determination and will was given to each seeking entity to use in complete free will. And so if the limitations are not respected and are pushed against, this is no mistake, nor is it an error. It simply increases the distractions and discomforts of the limitations against which one is fighting. If one were to accept all of one's limitations, one would never change.

What we truly mean by accepting limitations is accepting whatever condition one finds oneself in. Certainly it is well to help the self, insofar as the self may be helped …

(Side one of tape ends.)

(Carla channeling)

I am Q'uo. I shall continue. The acceptance of limitations is a very personal, metaphysical question. If one accepts limitations that are unacceptable to the personality, one is not accepting limitations, but rather becoming dutiful, and duty is a negative emotion. So we suggest to each that one do what one can to improve one's condition, with joy, and to meet that which one cannot meet with joy with a sense of peace and acceptance.

Each entity was born without this or that gift, and with other gifts. Each entity is unique. Each entity has unique limitations. Therefore, we suggest to the one who wishes to accept one's limitations that in any circumstance one offer praise and thanksgiving for one's being, one's preservation, and one's son- or daughtership in relation to the one infinite Creator.

May we answer you further, my sister?

K: Not at this time, thank you.

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I am Q'uo. Pardon us for taking the time, as you would say, to luxuriate in what seems to us a warm and frothy waterfall of each entity's love of the Creator and of each other. We are aware that within this group there is not the strength of the group which Ra was able to use. This identity, Q'uo, is able to use the level of this group in a stable and safe manner. We rest here with you, in quietness and peace and comfort and immunity, for you are light to us, beautiful, dramatic, and at the very heart of the adventure of consciousness. Now is the time for choice—to serve the Creator by serving others, or to serve the self and so serve the Creator within.

We ask each to be persistent with the daily routine of morning offering. We realize that anywhere two or three, as it is said in your holy works, are gathered together, unconditional love is within the group as a member, an actual principle or being of consciousness. Thus, the group meditation, the group focus upon the truth and love and peace, creates a very strengthening resource for each as it moves from the group into other environments which are not controlled, which are not safe, which are puzzling and risky. May you pray for such risks, and such chances to utilize that which you have learned, to move closer and closer to the polarity of the unconditional love that is the core of your imperishable being.

We would leave you at this time in the love and in the light of the one infinite Creator. We are most pleased that you asked who we were. We would have called ourselves "Ego," except that it would have been misunderstood by each of you, for though it means I AM, the same difficulty would have caused conflict that has caused conflict ever since the entity with consciousness of Jesus said "I AM the Way, I AM the Truth, I AM the Life." We speak to those within a Christian culture, and we find that this is one of the most misunderstood passages ever offered by the teacher known as Jesus. His I AM was the principle of unconditional love, the nature of the Creator. The great I AM is love, unmanifest and manifest.

You are the dancers now which dance the dance of your destiny in third density. May you choose well to learn from each mistake, to forgive the self for all, to move forward in newness of spirit and renewal of commitment each and every day. You are lifted up into the light of the Infinite One. Feel that blessing as we call it to your group. It is intense, is it not? We ask you to find your own center of being, your own essence, your own passion, commitment and center, for then you shall be able to express more and more of the I AM principle within.

We leave this group in love and light. I am known to you as Q'uo. We wish each to take that which we have said not as infallible, but as our opinion, as we leave each in thanks and blessing of being allowed to share those opinions with you. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
January 21, 1990

Group question: The question this evening has to do with the means by which those who are in mated relationships might use the mated relationship to further, not only the relationship, but also the metaphysical or spiritual growth that each wishes to accomplish within the incarnation.

(Carla channeling)

I am Q'uo. Greetings to each of you. *(Inaudible)* of the one infinite Creator. *(Inaudible)* bask in the beauty of each unique *(inaudible)* unique spirit within this dwelling place. The beauty and the *(inaudible)* within this heavy [illusion] is very moving to us.

We would like to remind each that we are but those brothers and sisters on the path that you are following. Our *(inaudible)* are perhaps a bit dustier, our experience is perhaps richer and fuller, but we are not infallible, we are not authorities, we speak our opinions and some of our opinions may not be those truths which may personally pertain to you in the conditioning that your *(inaudible)* at this time. Therefore we ask you to beware of relying upon our authority, or any authority. But rather, when you hear truth that is your personal truth, you will feel as though you are remembering it rather than learning it for the first time. And you will resonate as an instrument does, a harp when touched by the wind, and you shall be inspirited and in your inspiration lies the removal of the fate of this planet. So listen in faith, but accept only those things that seem so to you as being helpful and allow the rest to pass away from your memory as not being part of your personal truth at this time. For there are many, many levels of learning upon this path of seeking and each entity moves at a different pace and in a different creation. In a creation as unique as that person is. Which brings us to the subject which was requested this evening.

Each entity of the mated relationship is a unique being. There will always be an "I" and a "thou." One may gaze at this as a centrifugal force, a dynamic which swings each within the union away from the center of that union into those specialized environments which are made for the path of service that each has chosen. No two entities have the same path of service. No two entities can do everything together and if they were to do everything together they would be far more poorer than their relationship because of their slavishness to behavior. A mated relationship is not strengthened at the level of behavior, but, rather, is nourished by deeper and more dynamic forces from within.

Thus, the first thing that will aid the mated relationship is the constant respect of the free will of the other self. That other self may do things which are not understandable to the self. It is not necessary that each understand the other. For yours are not the

lessons of reason, yours are the lessons of love. And so you attempt, in freeing each other, to move outwards from the center of the relationship, to encourage that self to be that self, to nourish and enrich that self, knowing that the self is accepted unconditionally as it is, with no desire for any change or variation. In this way, the mirror one holds up to the other becomes clear and still and accurate.

Because each is unique, there is sometimes a frightening realization that honest disagreements of a fairly deep nature exist. In the atmosphere of honest disagreement, there needs to be a realization of that which is beyond the surface, intellectual and emotional thinking. That awareness is a centripetal force that brings the couple back to the center to become "one." This becoming one does not diminish either self, but is rather a different entity which you may call "us." [Each us] is an unique blend of perspectives, biases and viewpoints, just as each are unique in self. This us-self is the beginning of what has been called a social memory complex. Total acceptance of another, without the need to understand, creates an atmosphere in which understanding becomes possible. Intellectually, one can only be hagridden[4] by attempts to understand and rationalize the behavior of another.

To attempt to live as a couple, moving from the mind and not from the heart, is to imprison both in the very narrow room of logic *(pause)* and sacred or cherished belief systems. We urge each in a mated relationship to remember that the most precious thing they possess is invisible and is an entity that is created by both selves, working together in service to the one Creator.

Thus, there is the self, the other self, and the Creator. That is the "us," for which you may strive with all good health and faith.

The degree of purity and honesty between two entities is the key to clarity within mated relationships. To allow one misunderstanding is to set the plumb line and lay the first brick in a wall that can never be broken down completely. When the occasion occurs wherein the mated pair feels that there is an antagonistic relationship, both entities need to step back and gaze at that stumbling block. Are two mated entities adversaries if they pull the same cart, carry the same hopes, and strain with every fiber of their being toward the passion of mystery? Certainly not! So when there is antagonism, objectify, acknowledge and accept this momentary antagonism. Discuss it, dissolve it, forgive it, and move on. Do not allow the first brick to be laid in a wall of separation.

This is an enormous challenge. We put you to it, for you have asked us how you may best use the mated relationship. It is hard work. We may mention also that the "us" of each in the relationship is enhanced greatly by that great enhancer of the unique individual. That is, meditation on a daily basis.

Meditation together is possible. Quiet times, reading times, inspiration times. It could be only five minutes long, it could be only ten minutes. If it be just a few seconds with the meeting of the eyes, in the understanding that each is on the other side, that each is in there pitching for the other and is never over against the other, then have you won through to a level of trust that will enable each to mirror to the other that which the self is actually manifesting in an objective sense. For subjectively it is entirely probable that the self shall be the own—we correct this instrument—shall be its own best stumbling block, fooling itself with rationalizations about the self.

In a mated relationship, each is the teacher to the other. In the complete and utter equality of children of the one infinite Creator, each is equally equipped to serve as a mirror to the other self. Each is perfectly equipped by that within, that we may call the Creator-self, for each of you is a mixture of the Creator and free will. When two entities come together, they come together willfully, their wills are variant, and the road is bumpy indeed, nor does it ever smooth out entirely, for there is no end to the lessons one may learn, no end to the refinement of those lessons.

Thus, do not fool yourselves if you feel you are smarter, more intuitive, an older soul, or in anyway elite or other than completely equal as a metaphysical being to the mate. This mutual respect and recognition offers to each the potential for great works in faith.

Before we close we would wish to address the subject of the paths of service that each has. Each has certain environments, peculiar to that person alone and not shared by the other. These environments begin quite

[4] hagridden: to be afflicted by worries.

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subjectively within the mind and the heart of the individual. Two entities may stay in the same room gazing at the same scenery through an entire incarnation and learn completely different lessons. But more than that, each entity shall move out into the world, hoping to aid it, to serve it, to be one with that which makes things better, more unified, more peaceful, more beautiful, more of a gift to the infinite Creator. The path of service that is most often overlooked is the path of service called parenthood. There is no more difficult path of service. It is an extremely sacrificial, daily and devotional path of service.

Those who realize that they are dealing with imperishable spirits, that they are nourishing metaphysical entities in small physical bodies, may aid those entities as they grow by paying attention to those questions that are asked and answering them in all seriousness when the question is a serious one. It is a path of service that shall either separate a mated couple or bring it forcefully together, joyfully together, so that each [offers] the other consolation as they gaze in constant bewilderment at the chaos which is inherent in the process of rapid growth, the rapid growth of each child. You may best be of service to that entity by being a steady influence. For instance, if there is no formal worship within the family group, no sense of wonder or mystery explored, no time set aside for the beauty and the love and the peace of the infinite One, then the guidance that each intends to give to the young ones who have been given into your care is greatly [diminished]. Allow and expect your little ones to participate in some ritualistic recognition of the great mystery of the one infinite Creator. Talk about faith and abiding, talk of peace and consolation and forgiveness. Talk of those principles and ideas which are worn so shabbily and made so ragged by consensus reality, which is indeed an extremely skewed and distorted perception of that which truly is.

Do not abandon your little ones in your path of service. If they are entrusted to you, it is up to you to allow them to know the joy and the healing peace of worship of the infinite. Nothing is known, nothing can be known, we offer to you no doctrine, no dogma, but simply posit a theory which we have found so far to be correct in practice and that is that each is a child of the one infinite Creator. Each is a being of love. Each has choices to make about how to use that love. For each is a powerful person, able to give and to receive.

Share with your little ones the awe and the wonder of summer nights, the smell of burning wood, and the sweet smiles on otherwise sour faces when your Christmas tides are opening up. Share in a little piece of each day and spend some ritualistic time in respective silence or in vocal praise, in whatever way the mated pair feels comfortable with the little ones, that as they grow they may know that they have been created, that they have been loved not only by the parents but by the universe itself. Then they are at home in the universe, for the universe loves them. This is the most precious gift that this particular path of service offers. The creation of the biases within the incarnational experience of the small ones, that they are accepted, forgiven and loved unconditionally by that great mystery which is love itself, the great moving force of creation, and indeed the Creator Itself.

We suggest to each that a very strong lesson in the armament of fighting through to togetherness and comfort together is the sense of humor. It is not well to take things too seriously. For situations constantly change and that which yesterday was a mountain, today is the mole hill. Attempt to remain within the present moment.

Let us make an analogy. Each of you is a aware of how animated cartoons are made. Each slide is drawn slightly differently, that a movement may seem to take place when those slides are run past the eye in rapid sequence. In reality, all of the incarnational experience is those slides of the present moment resting upon one another in one pile of presence. There is only the present moment. You are heaping up the present moment. The path is a dream within a dream. The future? The same. Your link with eternity? Truth, reality and love is the realization that now is a resonant and sanctified moment. We ask you to become intense in your appreciation of this present moment, of the beauty within you and all about you.

We are being told by this instrument that we must be short, so we shall at this time end this most pleasant conversation with you, hoping that we have said some few things that may be of help to each. For truly, two learn better together than one by themselves. For does one have a mirror to gaze into? No. The only true mirror you shall ever have is the

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mirror of your friends and especially that of your mate, who knows all your secrets and has seen all your imperfections, and who has forgiven them, accepted them, and now simply reflects that which is given. This is the heart of accelerating spiritual grown by using the mated relationship. Follow your paths of service as they diverge. Fling yourselves into your environments with joy. They will be different and you shall learn different lessons and so shall you teach each other. But above all treasure the "us" which is created in the mated bond and which includes, as a third partner, the Creator Itself, the great original Thought, which is love, love impersonal and impassable.

May you share laughter and tears, And may you remember that such relationships and such learning are the work not of a week, nor a year or a decade, but of a lifetime. You may feel you are making no progress. But look back ten years and see the value of shared experience. Above all, refuse to become adversaries. Always attempt to put the self in the place of the other self. And to give that other self every consideration, as their freedom, every ounce of love within your being. Release and surrender your mate to the love of the one infinite Creator. And allow your mate to release you. For each of you is strong, independent and able. Your differences are the dynamics which make your "us"-ness strong. So do not fear disagreement. Simply recognize that there will be honest disagreement and that this is acceptable. May you live in faith, faith that that which is happening is that which is supposed to be happening. Faith that there is love in the moment, if one looks hard enough for it. Faith in the difficulties, that the difficulties is a challenge which shall bear fruit. And faith that recognizes and rejoices in those times which are easy and warm and loving. Remember always to give thanks and praise for such moments. For if you may give sufficient praise and include the Creator in these special moments, then you need not so much suffer disagreements. For you are doing your work of becoming more and more a strong union. While in good humor, the more you may do in a conscious work. While in a good humor, the less need you will have for the challenge and the learning inherent in trauma. Yet trauma there shall be, for as you meditate, as you learn together each shall change, not once but many times. And there is a continuous need for acceptance, forgiveness and for encouragement, one to the other. We leave you in each other's hands. May you cherish each other as if each were the Creator, for in truth that is what you are. You are just a very young creator with much to learn, as are we.

I am Q'uo, and we thank this instrument for its effort at this time with the one known as Jim McCarty. We would at this time leave this instrument in love and light and transfer to the one known as Jim.

(Jim channeling)

I am Q'uo, and greet each in love and light through this instrument at this time. *(Inaudible)* to offer ourselves in the attempt to speak to any further queries *(inaudible)* may find value in the asking. Is there a query at this time?

(Long pause.)

I am Q'uo, and as it appears that we have, for the nonce, spoken to those concerns which each has for this evening, we would again extend our great gratitude to this circle of seeking for offering itself in service this evening by asking for our presence and enabling us to speak to your concerns. We rejoice at each opportunity to blend our vibrations with yours and would remind each that we are with you in your meditations upon your simple request that we join you there in order that we may aid your meditation by deepening your concentration. We do not speak at these times, nor vocalize in any manner, but simply lend our vibrations to yours, that your desire to know more of that which you call the truth might be enhanced.

At this time we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
February 4, 1990

Group question: The question this evening has to do with how the various light groups around the [world], in different countries, different cultures and different religions, who are all working towards the realization of some sort of love, light or unity within their group, can blend their efforts and help to bring forth this light and unity for the entire planet.

(Carla channeling)

I am Q'uo. Greetings to each of you, my friends, in the love and in the light of the one infinite Creator, in whose service we humbly are. We thank each of you for calling for our information and for accepting our love and blessing, for we do indeed feel loved and blessed in return a thousandfold, and learn a great deal from the bravery and charity which each of you manifests within the world of illusion in a purified manner. We think of you as gallant heroines and heroes, and though we know that often you are tired, yet shall you always begin again, for you are hungry in a way that cannot be fed by the bread of humanity or wisdom, but only by the mystery of the infinite One, and in this dance, in this journey, we are one with you.

Your question this evening is difficult to answer in a simple manner, for first we must undo what, in our opinion, is somewhat false consideration before we may go on to that answer which we would offer. The falsity within the illusion is complete. That one group or another may contact, move together, combine energies, and so forth, is subjectively and to the entities involved a most joyful and helpful experience, and many are the times that your groups have communicated with each other in the name of the infinite One, creating a palpable and metaphysical web of love, light and service which spans your sphere and which causes the spiritual gravity of your peoples to approach the point of harvest.

It is a great comfort for one who is on the road to have companions, and we do not deny you that comfort, nor suggest in any way that it is not helpful to you. Indeed, we encourage all such gatherings and communications betwixt those pilgrims who are upon the same path, for as you love each other so you empower each other, and engage each other's passion in love and service to others. But this, my friends, is a bare beginning, the preparation for that service which you came to give. No matter how beautiful the vibrations of many entities together worshipping the infinite One, yet still the emphasis is towards the center, towards the self-growth and the mountaintop experience of sharing in wholeheartedness the infinite love of the one Creator with each other.

This does indeed have its place, and may be considered spiritual food for you, just as this group feeds as it will upon the humble grass of our thoughts, opinions and ideas. However, each of you that is already one who has chosen the path of service to others has now a deeper, honorable

commitment, and that is to turn outside, to face away from the center of love and joy, that your light may pierce the darkness about you, that that which comes through you may shine from you, not into the eyes of another who is already radiant, but into the eyes of those who know not light.

Thus, the preparatory step of working with lightening the consciousness of the planet begins with a long-term journey of understanding of the self, of seeing the self as not elite and always equal to each and every other complex of consciousness which may pass before you. When this lesson is learned, the desire to meet only with those who meet your subjective standards of spiritual ability can be released more easily, for one is able to see that within each pilgrim lies the consciousness of love that, when purified, is a channel for love and light not only from the infinite Creator, but from all those co-creators who serve at the harvest, such as yourselves.

When we speak of social memory complexes, we are not speaking of a group consciousness which focuses upon each other, but a group of consciousnesses whose goals and balances are so well known to the self and to the other selves that each has finally become independent and able to stride forth into the abyss of unknowing, ready to risk that which may be risked, to be of service and to respond to the calls for aid that are all about you at this time.

We realize that it is difficult when one has spent many, many years pondering thoughtfully upon metaphysical data to conceive of the sleeping, the indifferent and the ignorant among your peoples as being your true equals. This is, however, a most important point, for we would have you see yourselves as servants, not masters, as the most low, not the most high. We ask you to bend the knee and wash the feet, metaphorically speaking, using your biblical reference, of those who shall never understand you, those who may not ever hear the clarion call to service, those who shall remain blissfully inattentive to the trumpet call, to the destiny, of harvest.

(Pause)

I am Q'uo. We apologize for the pause, but we found that this instrument's vocal mechanism was becoming quite dry and unable to enunciate our thoughts, and so we paused while this entity recovered a level of consciousness able to perform the duty of replenishing the supply of water.

Now we may look at the one known as Christ, a teacher and prophet in his own time and place. He had those who were his students, but he did not encourage them to love and serve him, but to love and serve those who sought him. So we encourage each of you to consider yourselves sources through which the light of the Creator may flow. Yes, indeed, you are holding hands and forming the first harbingers of fourth-density social memory complex. You have the making together of so many entities in love, communication and service. But remember always that when strength has been given to the group by the group, it is then time to turn away from that great center of love and light, and to be that channel through which light flows into a world darkened by the heavy illusion of despair, loneliness, sickness and distress.

Have you never been lonely, sick, mournful or distressed? You see, you too, each of you, have all of humanity within you, and you can be of the greatest help to those about you by remaining humble, attentive and listening rather than determining to teach, to effect change and to transfigure others' mental and emotional patterns of thinking and manifestation.

Let us gaze at the community of the faithful upon your sphere. You know intellectually that time is an illusion. This means that all of you are together now, linked, whole and entire. All your prayers, your meditations and your thoughts, mingle in glorious harmony and ring in euphony to the honor and the glory of the one Creator. As there is no time, there is no space. So all of you are linked far more closely than you may ever realize. As each of you approaches more and more purity of service, so you approach more and more closely the unity of those who serve.

Thus, the first service is always that of consciousness. Sometimes it takes a considerable amount of work to begin to remember the original self, the self that is beneath all of the masks, the protections and the armor which each sensitive soul has placed about it in order that it may endure this harsh third-density illusion. For those who wish to teach, fear is most inappropriate. The desire to belong, to be special, or to be aloof is most unfortunate, and will result always in a gradual lessening of the polarity that you have come so far to accomplish. We ask that you see yourself as a minister of some kind, not as the world calls minister, but as we call one who ministers to another, a caretaker, one who loves, one who gives.

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Upon one's knees, metaphorically speaking, one bows the head and says, "I am ready to serve. My free will is open to the impression of divine guidance. May this day bring to me that which I should do, and may I do that which there is for me to do with single-mindedness of love and light."

Once a seeking entity who wishes to enable those of the [Earth] sphere to become more conscious of the light has realized that they are indeed all one, that they are indeed interwoven and cannot be otherwise, then one need never feel alone or solitary again, for in one's seeking, in one's doubting, in one's searching and in one's suffering, the spiritual journey is played out again, and again, and again with those who are as you, heirs of the everlasting.

Now, as you turn outwards to the world before you, gaze upon its city streets, its country fields, its great expanses of water, and the beautiful harmonies and colors of the second-density illusion, gaze upon the grief, the sadness, and the woe that is contained in the heart of each. Gaze further and see the merriment, the joy, the childlike quality that lies sometimes buried very deeply within each entity, and know that you are one among many. You simply have remembered that which you came to do. The greatest aid that one pilgrim may be to another is to share the insights of the practical spiritual journey, to share the pebbles in the shoes of spiritual experience caught in the mundane world.

You are not in this mundane world to seek a way out of it. You have chosen to be in this mundane world not to help each other, but to reach out to those who call to you, that is, to the Creator, the I AM within you, that you may serve, humbly, and without wisdom, but only compassion. We ask that none of you attempt to be wise, for wisdom within the density which you now enjoy is a snare, a trap set for the unwary by those who wish to put out the great light of compassion and love. In compassion there is often not understanding; there is always the accepting.

Paradoxically, the more one wishes to aid, the more one seeks and is desirous of being of service, the less spontaneous, flowing and effective will that service be. See yourself as in a flow of service already. See that the infinite One has prepared for you that work which you have to do from day to day. To the metaphysical mind and heart there is no difference between the task of being a parent, the task of working with one's hands, the task of using one's communication, or the task of working in consciousness, for all work is blessed. And for those who do nothing, who resist efforts to be awakened to that illusion of life and that mystery that lies beyond it, we say this is acceptable. This is not something about which you, as an harvester, need be concerned. There shall be other springs, there shall be seeds that find good ground in other seasons. There shall be an infinite number of blooming summers and the reaping of a harvest in autumn.

Release yourself from the limitations of the physical and mental energy complexes, and feel the attunement which you have with entities you do not know all over this sphere. Feel at this moment the intensity of love that is radiating through so, so many of you at this time, and know that the connections are already made. They are made below the level of consciousness within that nascent group mind which shall be the nucleus of fourth-density social memory complex.

We know that you desire to help, to serve, to love and to give. Love and serve that which is nearest to you. Cherish that which is given unto you, and release with gladness that which moves from you, for you shall pass in and out of many lives, and in your interactions those things will occur which you know not of, nor shall you know until you enter a larger life in which the veil is lifted and you are able to see clearly that which you have been able to do in service during the incarnational period that you now enjoy.

To turn inwards and link up with each other is to be comfortable, to be joyful, to experience the mountaintop, the glory, the positive infinite energy of divine love. This, my friends, is a luxury, a heavy, intoxicating and sometimes addictive drink. it is not well to overdo that nourishment, but rather it is well, as if that nourishment were food from a table, to rise from that table and go forth into the mean and beggarly streets of the grimy, garbage strewn surface of your Earth sphere, sending your clear love and your best light to those who lie in the gutter, to those who hunger but have no money for food, to those who know not what they wish.

You are there for them. You are there in service as a sacrifice. You are within this density in concentrated and purified sorrow and compassion, and when you realize that you can fix nothing, that you can recreate no perfection, but only stand as lights

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piercing the darkness, the peace of the one infinite Creator begins to steal over you as the dawn steals over the horizon, blinking out the hopeful stars of night, and taking on the rosy radiance of the manifestation of daylight. Sing your songs, my friends. Rejoice in heart and go forth to serve. You are linked in an inward way. May you enlarge, by example and by service the company of those who have joined in the web of life.

At this time we shall leave this instrument and transfer to the one known as Jim. We thank this instrument for allowing us to use it, as it was experiencing much difficulty physically. However, its channel remained determinedly open, and we thank this instrument for its faithfulness. At this time we would transfer contact. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. It is our privilege at this time to offer ourselves in the attempt to speak to those queries which may yet remain upon the minds of those present. We remind each again that we offer that which is but our opinion. We do not wish to be seen as those who are infallible. At this time we would ask if there is a query to which we may speak?

T: I have a query. As Simon Peter once said to the ascended Christ, "Quo vadis domine," and in my ministry to others, "Quo vadis domine?"

I am Q'uo, and we would ask that for the benefit of this instrument that the Latin be translated.

T: "Whither do you want me to do? Where am I most needed?"

I am Q'uo, and we thank you for your indulgence, and for your query, which is asked with great sincerity. We appreciate the great desire to be of service to the Creator that you have expressed. This is a query which is asked to that being that is the Christ of all, the Christ within, that small and still voice, which, when petitioned with an whole heart, makes clear the way for the feet of clay and the heart of compassion. This clearly may be asked of any entity by any entity, and wise and careful counsel may be given by many. And yet, the response which is truly sought is that response which will fill the heart and inspire the spirit within, for each portion of the Creator exemplified by each entity within the creation is guided, most lovingly and precisely, by the voice of the Creator that speaks from that deep and still point within the heart.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there another query at this time?

Carla: I'd sort of like to follow up on the preceding query and just make sure I have the principle straight, because I think it's a really important one. Basically, what you're saying is the harder that you try to figure out what your service is and where you should go and so forth, the harder it will be for you to find out, whereas the more intensely you ask these questions and then surrender them to the infinite One, the more easily and quickly the path that is yours will be shown to you. Is this the principle that you are explicating?

I am Q'uo, and we would suggest that this is a close approximation. We shall attempt to refine this statement by suggesting that the process involves not so much the analytical mind figuring the pros and cons, as you say, of one possibility over another, as it is the willingness to be of service and the great desire to serve being generated from within, and then allowing the self to surrender its small will and idea or ideas of what is proper, that a greater will might utilize the instrument as is most appropriate for that instrument at a particular time within its process of evolution.

Is there a further query, my sister?

Carla: In a related way, I have seen a lot of people who feel that they have missed the boat spiritually, who feel that they had a chance to do something, and that that moment passed and that they failed to grasp it, and so they feel that there is not another path of service for them but that they have simply lost their direction and are forever, therefore, unable to be of the kind of help that they would need to be. I have always personally questioned this point of view, feeling that there is always a new hope and a new life and a new way of serving. Is it true that there is one service designed for each person and that that person must find it, or is it true that there are many paths of service for each person, and the person is perfectly free to choose that one which offers to that person the greatest degree of service that that person may bear stably?

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I am Q'uo. Again, the small will in its ability to analyze and decide oftentimes becomes a stumbling block in its own activity when it takes over full responsibility for the service and actions of the entity. This is to say that where an entity is, and what an entity does are those ingredients which for that moment and that entity are the most appropriate in that entity's journey. If the entity then begins to feel that it has missed its opportunity, it then begins to ignore the opportunity which is before it, and the prophecy is, as you would say, self-fulfilling.

However, if it is recognized by the entity that its opportunity to serve and to learn are with it always, and that any future opportunities that shall be added unto it are additional to that which is, then the life pattern can be seen as that of abundance, for that indeed is true for each. There is but one Creator in many faces. Each face one encounters is the same Creator. All faces need service. All may instruct. All may receive. Thus, there is nothing but opportunity to learn and to serve. The attitude of the entity in its breadth or in its narrowness determines the abundance of opportunity for that entity.

Is there a further query, my sister?

Carla: I find that when I gather in group worship of any kind, or when I am with people who are spiritually involved and dedicated, that my heart really does soar, and I feel strengthened, and I rather got the feeling that you were suggesting that this, in its importance, be somewhat downplayed. However, I have always found it to be an integral part of my being able to be of service to others. Perhaps you addressed this and I simply missed it because I was busy with the mechanics of channeling, but I wonder if you could clarify this point?

I am Q'uo, and it is our intention to reaffirm the value of group worship for each within any such group which offers itself in the joyful praise and thanksgiving that is a natural part of the Creator as It speaks to Itself through Its many portions. Each entity that engages in such a service of worship lends a certain vibratory reaffirmation, shall we say, to that vibratory level of being which is sought as the ideal, the goal, the grail, and makes more steady and sturdy the rainbow bridge that is girded from the mundane to the metaphysical in order that that which is of the spirit may inspire the mundane and ennoble it in a fashion which calls for the spirit from within the center of all created things. Thus, the joyful noise, shall we say, that is made unto the world is that which causes the creation to sing within the heart, and the heart to sing within the creation.

Is there a further query, my sister?

Carla: I would like to ask a personal query, and I realize that you will be severely handicapped in answering me, which I accept. I had an experience in this contact which I have never had before, and that was that my mouth grew so completely dry, and it's still like that, that I was completely unable to free my tongue from the roof of my mouth or my lips from each other, and was forced to stop long enough to get water. I also had to adjust the chair to my back because, although I am not normally conscious of being uncomfortable, at this time I was severely conscious of being uncomfortable. There were several adjustments that I seemed to have to make that I don't usually make. Is this a form of greeting, and in general, what may one do beyond the challenging and the protection that I am already doing to avoid these inconveniences and to be a clearer and more useful channel?

I am Q'uo, and am aware of your query, my sister. The energies of which you speak are more various than described. Your increasing desire to speak in a clear and positive fashion, along with your predilection for the dry mouth syndrome have been accentuated so that these minor inconveniences would perhaps disturb the centering process and provide some small degree of difficulty. However, as one is able to meet each challenge successfully with an happy heart, shall we say, the ability to serve as an instrument is enhanced. One must expect that there will be some difficulties, for there are those entities of what we find you have called the loyal opposition which would exercise their desire that a portion of the light which is formed in groups such as this one might belong to them. We encourage the steadfastness to principle and the perseverance in the practical sense of achieving that degree of comfort which allows one to serve in the manner desired.

Is there a further query, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

(Pause)

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I am Q'uo, and as it appears that we have, for the nonce, exhausted those queries, we would take this opportunity to thank each for allowing us to join your circle of seeking for this evening. We again have greatly enjoyed this opportunity and look, as you say, forward to these gatherings, for in such gatherings we have our being within your illusion, and may for this brief moment take part in that great dance of seeking the One within the illusion of many.

The illusion in which you find yourselves at this time is one which presents the greatest of challenges, in our humble estimation, for the nature of your illusion is that of the mantling over of the many jewels of the one Creator in a fashion which seems to suggest that each entity is truly separate one from another and that the strength of one must pit itself against the might of the many for any portion of peace or pleasure. This is the illusion which presents itself to your senses each day, and it is a brave and courageous act indeed to place oneself in the heart of such illusion and to hold steady to the ideals of unity of light, of the ability of each entity to fashion a pathway to that light and to that unity, both within and without the self. We salute each in each effort that is made, for each effort builds upon each previous effort and redoubles the strength of the seeking. You seek, you seek, you seek, and slowly you find, and that which you find becomes strong and firm within your being as you continue seeking, and seeking, and seeking. That light which you create is not easily seen within your illusion, but, my friends, we may say that it shines about you as brightly as those stars and suns that populate the universe about you.

At this time we shall take our leave of this instrument and this group, thanking each again for inviting our presence. We are those of Q'uo. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
February 11, 1990

Group question: The question this evening has to do with the general topic of dreams. From previous information we understand that Q'uo is one who works with people in the dream state. We would like to know first of all how Q'uo works with people in the dream state, and does Q'uo work with everyone, or what are the preconditions necessary in order to have Q'uo work with you in dreams, and how can we further this process of having either Q'uo, or our own personal guides, or Higher Self, or any other helpful entity work with us in dreams? What is the benefit that we can get from this type of dream work?

(Carla channeling)

I am Q'uo. Greetings to you in the love and in the light of the one infinite Creator. This circle of seeking this evening is most harmonious and beautiful to us, and it is with great pleasure and gratitude that we share in your meditation. We thank you for calling us to you for our opinions upon the matters that you have chosen to consider. We wish you well, we are one with you, and we would wish you to know that we are not infallible, and that all that we have to say is the product of our experiences and our biases at this time, as you would call it. Our vision sees perhaps farther than yours, yet infinity still beckons, and recedes always before us. We still are finite, and therefore prone to error. Therefore we ask, as always, that you listen with discrimination, taking those ideas which may help, give you pleasure, or assist you in your seeking, and allowing to drop from you those things which do not feel resonant with your own inner seeking, for the rudder is yours, not anyone else's, not anything else's. You are all that is. We are part of you. You are the creation.

We speak in this wise, for you have asked this evening about dreams. Dreams take place in an unified state of creation, in an unified, timeless, spaceless nexus where all things are simultaneous, where the universe is truly malleable, for it is all within you. As you are awake at this time, you are aware of shape and figure, the shape of your bodies, the weight pressing down upon the cushions upon which you sit, the sounds, the smells, the sensations of time and space. It is indeed a complete and excellent illusion, but within you lies that which is beyond illusion, and though you cannot ever plumb the depths, and know what is called the truth, yet the truth may be known in you, and you may be the truth, so that each is truth to another, but never to the self. The self is always unknown, the creation is always unknown.

This instrument has requested that we speak for one of your recording devices tape's measure of time. We shall have the utmost difficulty even beginning to speak of this large subject in so short a time, yet we shall attempt to speak most generally, and if further searching is required, we are happy to continue at a later period within your illusion.

You are the dreamer, and you are the dream. The unity of yourself and all that is must be seen as the fundamental property of the dreaming state. Freed from the bonds of illusion, freed from the responsibility of the knowledge which you contain, you are able to work upon the disciplining and examining of the creation that lies within at whatever level, and with whatever bias you choose. The mind is as unfettered as you wish it to be by conscious preference, or unconscious determination. If there is no conscious determination, there is seldom a clear experiencing of the dreaming in an individual soul's incarnational pattern. Therefore, the first project undertaken to awaken one's ability to recall and to structure the dreaming state is the conscious determination to do so.

You may not peer through the veil that keeps you from the knowledge that lies within. Such sight would be a killing blow while within all illusions of which you are aware. This is a difficult concept to grasp, but what we are trying to express is that we know that there is a noble unknowing. We have become convinced that we know that which we do not know, that which we can never say, that which when known shall be unknown because it shall be the Creator unmanifest at last, and your journey as a seeking soul shall be at its end, the course having been reached, the prodigal greeted, and the breath of creation inhaled again.

We realize that you are curious as to how entities such as we may aid you in the dreaming. Within the dreaming state, with illusion unnecessary, for sleep is protection, we are one with you, we are you, and you are we. As to who shall work with you, each entity may call whatever energy it wishes in whatever way it understands, and it shall be done. We suggest that you wish for that which you truly desire, that you suggest help that you truly desire, for you shall receive it, and as you study and form opinions in your conscious mind, you shall be responsible for living so, and expressing in manifestation that which has come through the veil into conscious knowledge.

Thus, some prefer to ask for personal individualities. Many who do so are hampered by their own opinionated desires for a certain source. Each entity has an unique vibratory complex and is most ably helped in an unique way. If all ask for Q'uo, many shall receive information that is relatively opaque and meaningless, for those of a certain energy vibration such as we who speak through this particular channel are those who are of the nature to blend well with this particular entity.

Thusly, we would suggest not that you call for Q'uo, or for any individuality, but for that which would be most helpful, most consoling, most comforting and most informative to you. That which you receive shall make itself known to you in its own way. Some have visions, some simply come to conclusions knowing not why. Some are most expressive, and have dreams full of clarity and richness of detail. Others may have the need for a path that is stepped down in power, so that some energy blockage that has reached into the subconscious mind may not be disturbed while learning is taking place. Further, many of you have responsibilities of which you do not know, and you yourselves aid others while the complex of energies which create the illusion of your body rest and recuperate from the tensions and stresses of the illusion.

It is well to remember that no matter how simple or how complex the dream landscape may be, no matter how deeply you seek or how far you travel, there is, in the end, an unity, an ultimate oneness of dreamer and dream. The meaning of all of creation is held within the unity of your true self.

Now, there are many created methods of studying the structure of that which you call the subconscious mind, the most helpful perhaps being those studies which you call archetypical, for though each is unique, yet are all one beneath those biases which are necessary for you, beyond the illusion and into the noumenal. This archetypical mind is still an unique mind for each, but has characteristics far more in common with all others than the conscious seeking mind. There are geometries within the subconscious which are dependable. That which is a question is the method of studying those geometries without being harmed by an excess of understanding or emotion, joy or terror. You deal with infinite power when you deal with the unconscious self. Gaze in your mind at the creation. Imagine the farthest view your scientists have created the instrumentation to make of your universe. There is no end to this universe. It is within your illusion, even to the most careful eye, infinite. This power, this character, is yours, and this is the kingdom wherein you dwell in dreaming.

Thus, it is well to move thoughtfully and carefully, and most of all, seriously, in your examination of,

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and remembering of, dreams. Do not attempt to over-program the self, but attempt to move naturally with the tides of event and circumstance that focus your attention upon various phases of the illusion, remembering always that your lessons are those of love, your density is that which seeks a greater grasp of the nature, meaning and power of love.

Thus, in your waking life, gaze at all that occurs with a view towards what aspect of love may be presenting itself to you for examination. Then flow naturally with this desire to know as you move into the dreaming state, being patient, for you shall dream, and dream, and dream again, about the same thing, gazing at it always in a slightly different way, as the dream attempts to speak to finity that which is infinite.

It is the patient entity, the persistent and daily entity, whose dreams begin to make a kind of sense, and become more and more of a tool and a resource for learning. Those who expect dreams to explain themselves to the conscious mind shall be disappointed for the most part. There are, of course, among your peoples, those who have the gift of clear vision, because of the character that they possess within the illusion and the work that has been done before this particular incarnational experience. However, the vast majority of seeking souls do not receive the crystal clear explanations of love, but nuances, clues, stage settings and masks.

Thus, the study of the archetypical mind in the conscious state is helpful in that it creates a vocabulary for examining the structure of dreams, for you are who you are, and all things are in relation to you as you are in relation to yourself. You are who you are, and you are who you become, and each of these is the same statement.

The depths of this truth may begin to be plumbed in the conscious mind best by working in some way with the archetypical mind. Some favor the system of the tarot, others the glyphs of the tree of life, and as these are the two most helpful we shall express our opinion as to the difference between the two. Those personalities who are focused upon the dynamics of positive and negative, yin and yang, passive and active, will find most rewarding the study of the major Arcana of the tarot. Those who see in a less personal sense, or who need in a less vital sense the necessity for choosing betwixt the positive and the negative shall find the study of the tree of life, though more complex in some ways, more rewarding in that rather than the self being summed up in relation to the choice between positive and negative, positive and negative are two pillars betwixt which are placed the middle pillar Malkuth, Yesod, Tifareth, Kether, Ain Soph Aur, Ain Soph, Ain.

We feel that this is an introduction which suffices for this moment, and will at this time thank this instrument for its willingness to be used. We would now transfer this contact to the one known as Jim. We are those of Q'uo, and in love and light we leave this instrument.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries if there are further queries. May we begin now with the first query?

S: Yes, Q'uo, you mentioned that we have natural protection when we sleep. We are, in that case, in a state of unity which involves having passed through the veil. In some sense as we study consciously the systems of the deep mind, we attempt in a partial way to do the same thing, but one quickly learns of the necessity for protection in doing so. If one were to take the first step on the path, for example, of the study of the Kabbala, one passes through the dark night of the soul, the Malkuth, through Yesod, I wonder if that involves passing through the veil, entering what is sometimes called the light body, and if so, if there is a danger in doing so, what is one's best protection in doing so?

I am Q'uo, and am aware of your query, my brother. As one undertakes any study of the nature of your evolutionary process, whether it be that path followed by those who study the tree of life, the path of the tarot, or any other path that leads eventually to the realization of unity, it is well to surround oneself with the desire to seek this unity within that quality that you may call love. Love, being the energizing and creative force of all that is, then, can speak to itself within all other beings and forces that may be encountered, calling from each its creative and sustaining nature. To so configure the conscious and subconscious mind with the quality of love is to provide to the self the greatest protection that is possible, for where there is love there cannot be fear, and fear is the only avenue available to any entity

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that would wish to enter fear and manipulation into one's pattern of life experience.

Thus, it is well to begin any serious study and application of any particular avenue of ritualistic discipline of the personality with this quality. As one progresses along whatever path is chosen and begins to bear the fruit of that path in service to others it is especially important to fashion the armor of love and light about oneself in order that the endeavor to seek unity in order to be of service to others might be protected.

Is there a further query, my brother?

S: Yes. One does find instances where there are correspondences made between the tarot and Kabbala. For example, I have read recently a correspondence between the major Arcana twenty-one, the Great Way of Spirit, and the first path working upon which the aspirant adept may step in the Kabbala *(inaudible)*. I wonder if you could tell me if these correspondences are useful, if they have a truth to them, and how they might be used?

I am Q'uo, and am aware of your query, my brother. Indeed, my brother, in an universe of unity there are correspondences all about one. The usefulness of any correspondence is much like the beauty of any work of art. It is in the eye of the beholder or the efforts of the practitioner that the usefulness is to be determined. For each entity, no matter what portion of the study is undertaken, will be moving from a place in his or her understanding that is unique, and whatever correspondence is available or noticeable to that entity will be useful insofar as the entity has prepared itself to utilize that which lies before it.

This is to say that the preparation in understanding and practice will call to the seeker those succeeding steps and the perception of those steps that is appropriate in order safely to place the foot upon new understanding and new metaphysical ground. Thus, as the quality of the ...

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there a further query, my brother?

S: There's just one. It occurs to me now that the greatest protection we may need is from ourselves, and as you have said, the surest protection is provided by the loving and open heart. You have mentioned on other occasions that the heart may be used as a springboard to the higher energy centers. A question I have had is, does that springboard effect work directly, say from the heart center to the throat center, and then again directly from the heart center to the indigo center, or does it simply rise up through the channels, going first through the throat center, then through the indigo center? Is there a way to draw directly on the energies of the heart?

I am Q'uo, and am aware of your query, my brother. The nature of the heart center is for the adept as the foundation is for the carpenter. This is the foundation upon which the structure of any effort shall be placed. It is necessary in order to be able to move beyond the blue-ray energy center that there be a considerable amount of work accomplished, not only at that center, but also within the indigo-ray center, for the opening of the green-ray or heart center is an opening which allows a movement from that center to the next center for the beginning of work within the throat or blue-ray center.

It is necessary to master to a minimal degree the study of each center beyond the green-ray center for the opening of any center beyond the green ray to occur upon a regular and dependable basis. Thus, when such work has been accomplished within the blue and indigo rays, it is possible for the adept to choose whether energy shall be moved through the green-, the blue- or the indigo-ray center for work of either the healing nature within green ray, the freely given communication within blue ray, or the work of that which you may call the white magical nature within the indigo-ray center.

Is there a further query, my brother?

S: No, thank you very much, Q'uo.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I'd like to follow up on a couple of questions, and then just a thank you. To follow up on S's question, would not, once the green-ray center was established as fully opened, the energy be drawn naturally to one's chosen path of service, that path of service which was chosen before the incarnation? Is it not something that happens naturally and doesn't have to be chosen, or is the conscious choice necessary?

I am Q'uo, and am aware of your query, my sister. This statement we find, if we understand it correctly,

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to be much as one of your sayings which states that it is putting the cart before the horse. In this regard we mean to say that the opening of the green-ray center is most often accomplished by those who have begun, and well begun, the following of what you have called the life's work, or chosen service, and the pursuing of this service has been refined to such a degree that the opening and energizing of the green-ray energy center then becomes possible, and when accomplished, acts much as your magnifying glass does to enlarge that service which has been chosen.

Is there a further query, my sister?

Carla: Yes, I see from that answer that it is desirable to continue always to wish to seek higher and higher in the indigo ray. I understand now. But I did have a feeling from the whole message that you were inferring a simplicity beneath the various ways of studying dreams, in other words, that you said the dreamer is the dream and the dream is the dreamer; that if you were studying the archetypical mind the first of the major Arcana would contain the whole of the Arcana, and the first station, or I guess it would be the last in the *(inaudible)* [Tree Of Life], Malkuth, would contain the whole of the tree of life. Is this inference correct?

I am Q'uo, and am aware of your query, my sister. Not only is this inference correct, but it may be applied to any of the stations, any of the Arcana, and any portion of one's life experience, for all may be seen to be individualized and particularized facets of the one Creator, viewpoints from which the one Creator may be experienced, may be observed and may be glorified. Each station, Arcana and experience, then, is as a facet upon a jewel, the jewel being the one Creator, the facet being a window through which a portion of the one Creator may be viewed, and when viewed with a perception free of distortion, all facets of the one Creator are then made available through the one facet that is observed, much as your holographic picture will yield the entirety of the picture from any portion.

Is there a further query, my sister?

Carla: No, Q'uo, but I'd just like to thank you for the blessing of the most incredible light that I've ever seen—actually I didn't see it, I felt it, and the only word I can use to describe it is splendor. I thank you very much for this experience.

I am Q'uo, and we thank you as well, my sister, for the service which you and each within this group provide us. It is a light to us as well, of great beauty. Is there another query at this time?

M: Yes, Q'uo, I have a question. I *(inaudible)* that could be used in understanding archetypes, the Tree of Life and the tarot. I understood that perhaps astrology would also be useful *(inaudible)*.

I am Q'uo, and am aware of your query, my sister. It is true that astrology is also quite useful in the study of the nature of the archetypical mind and the evolutionary process as an whole. However, we did not mention astrology in our original statements because there is much that has been attributed to this study which is confusing to those who have not engaged in intensive and long-term study of the origins of this particular field of inquiry. This is a study which differs significantly from that of the tarot and that of the Tree of Life in that much of the work of the study utilizing astrology must be accomplished within the meditative state where certain tones or resonances, harmonics between concepts and energies, are felt and intuited. This type of study is one which is highly informative to those who are quite sincerely dedicated to penetrating beyond the surface appearance of what is usually given in books and treatises upon the study of astrology. The necessity of penetrating the outer appearance of this study is so great as to cause us to, shall we say, give the caveat that it is a most difficult study to master without great dedication and perseverance.

Is there a further query, my sister?

M: No, thank you Q'uo.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

K: You spoke this evening of the protection inherent in the consciousness of love. It seems to me that there may be different types of protection available, but maybe not, maybe they all stem from that one source. Earlier you spoke about the protection that is offered by the cat entity, and I'm wondering if you can talk a little bit about how they offer that protection and if that's related to that same love consciousness?

I am Q'uo, and am aware of your query, my sister. The entities known as your cats have a history within the archetypical experiences of your third

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density that dates back, shall we say, using your reference of time, to many, many thousands of years ago, moving especially through that culture that you know as the Egyptian culture, moving back even farther to the roots of this experience into that culture known to you as Atlantean.

Within that culture there were those who sought sincerely and successfully the Law of One, and in this study used as a portion of their ritualized worship and seeking of the One the companionship of the entities that you call the cat. These entities have a correspondence by their nature to that quality within the human being that may be seen as the feminine, the subconscious mind, the High Priestess as given by the tarot, which inspires, nourishes, protects and potentiates experience within that portion of the mind exemplified by the male, the conscious, the third-density entity which exists upon the level of the illusion.

Thus, the cat has for great eons of your planet's metaphysical experience become associated within the mass mind of your planetary sphere with that which is protective, nourishing, loving and inspirational. Thus, the connection between this creature and that quality known as love is one which is steeped in metaphysical experience and within the roots of your subconscious mind.

Is there a further query, my sister?

K: Has there been any decision on the part of the feline species to offer themselves in service to us in that way?

I am Q'uo, and am aware of your query, my sister. The decision, as you call it, is not that which you would understand as a decision made in a conscious fashion, but one which is rather as is the given in their nature, a gift or quality which by its very nature offers itself in this service without either being consciously made or even being conscious.

Is there a further query, my sister?

K: No, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we would like to take this opportunity to thank each entity present this evening for inviting us once again into your circle of seeking. It has been a great honor to join you here and to walk with you in that light and love of the one infinite Creator in which we leave you at this time, rejoicing at each step, praising the light and sharing the love. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
February 25, 1990

Group question: The process of evolution can be seen as the process of learning to discipline the personality, or to focus our expenditures of energy in a precise manner, one that moves us closer to our metaphysical goals. What is the nature of discipline? Does it have to be difficult and tedious? What qualities enable the strengthening of discipline? What qualities detract from the strengthening of the discipline?

(Carla channeling)

I am Q'uo. I am Q'uo. We have most happily been able to contact this instrument, and we greet you in the love and in the light of the one infinite Creator, in Whose service we move and have our being. It was a good example of your query upon discipline in the process which this instrument has spent the previous approximate hour of your time as we find this instrument is aware of time. In the attempt to banish the genuine exhaustion of the physical self due to pain and exertion, this instrument's red-ray energy center was most dim, and therefore the instrument, in preparing to offer words of inspiration, neglected to be enough aware of the need for the focus upon the reenergizing of the will to live joyfully that is the mark of the open red ray.

Thus, to this instrument's surprise, we asked the instrument to move backwards in the tuning process to repeat several times prayers of supplication for the uplifting of joy in life. The instrument is now in satisfactory balance, however we would have done this instrument some harm by calling upon vital energies had we not requested repeatedly that the instrument work within its own faith, its own path, its own ways of recalling and reviving the joy of living. This takes patience, and when there is additional work to be done after an hour of prayer it is, shall we say, indeed an effort.

We find you have the term "no pain, no gain." This is a shallow statement, yet in most cases accurate enough in terms of learning the discipline of any activity of third density, for each entity is unknown to itself, and there must be put forward the effort to know the self in deeper and more profound ways. This illusion which you now enjoy is upon the level of molecular structure, magnetic relationships, and the geometry of what you call matter, placed in order. However, the divine Thought within, which is love, that which is the true self, is covered over, as is the molten center of your planet, with honeycombs of many, many kinds of material, and finally the shallow waters and land masses of the topography of the surface of your sphere.

This planet is an analogy to that which is the consciousness of love within. That is how deeply it is buried. Your passion seems far from you. The discipline of your personality to know the self seems nowhere upon land or sea, in the air or underneath

the waters of the earth. There is no conscious way to break into or to tunnel into the heart of your true nature, which is not personality, but which is desired by your free will at this time.

Much effort has already been expended by each of you. Each of you has made choice after choice after choice. When weary, you have sat by the road of seeking; when energetic once again you take up the burden of humanity and walk the path of the seeker, seeking in the air, the earth, the water, and the fire of energy that which is completely unable to be found by the conscious mind. There is, however, that oneness between the molten center of your being, the passion of the divine love within you, and the one great original Thought that is the Creator. And you are within this illusion to learn the nature of yourself and to choose how you wish to shape that nature, how you wish to make choices within the life to serve, to be inspired, to rest, to seek, to be patient, to be despairing, to be thoughtless. All these are equally permissible. There is no judgment, only free will. That is the law of your density, and free will brooks no discipline. You are free. Thus, as in any classroom, when you who do not know decide to know, effort must take place.

Now, there are two answers to your question about the pain of discipline. Firstly, in the deepest sense, all discipline is painful, for it denies free will, the full action of chaos, and chaos is the natural atmosphere into which you, as mind and body and spirit, are birthed in this illusion. You have complete freedom. On the other hand, the first choice is perhaps the most difficult, the most humbling, the most painful, for it is a final, deep and complete awareness that chaos is not desirable, that chaos is but the wind upon the water, the waves upon the shore. Without observation of order, without faith in any order within the self, without faith in any work to the self, beyond this little shadow of a life that flickers briefly and moves from dust to dust, it is the choice to have faith, that is the painful, hard-won, difficult and almost impossible to remember cornerstone of all spiritual work.

Once this choice has been not only consciously made—that is, the choice to seek in faith the true orderly nature of the self, ignoring the obvious chaos about one that one may begin to seek out tools for learning and decide when, how and how intensively to apply them to the life experience—once this cornerstone decision has been made, the difficulty level of increasing the discipline of the personality will vary widely with the random actions of free will upon catalyst. Sometimes the desire is very strong within and the work that needs to be done in meditation, contemplation, study, analysis and service seems to be joyful, easy and most pleasant. Sometimes the self is so far removed from any knowledge of its own true heart that there is almost no possibility of spiritual work, and it takes the greatest effort to bring oneself back to that original cornerstone decision to live a life of faith that you are more than a shadow that will fall into dust.

Each of you has this faith. Each of you is therefore through the most painful and difficult portion of the spiritual search. For once you have put your foot upon the path of the seeker of the true self, the energy of that decision comes as a gadfly to nag and move you again and again no matter how far you stray, aiding you to mindfulness.

This is the tool we would give you this evening: mindfulness. How heedless you are. You are heedless of beauty, you are heedless of pain, you are heedless of much that goes on about you as are all entities. There is too much catalyst to process for any entity to process completely, and so a series of choices is constantly being made as to what in the environment of the self shall be heeded as to where the mind shall be placed, the attention drawn. We encourage meditation with the regularity that must seem endless to those who hear our words, but meditation is the key that unlocks the door to that shuttle into that molten passion of love within, awareness of which inspires and enlivens each portion of the experience of your illusion. This entity, for instance, has been heedless of the needs of its physical vehicle, focusing upon outer works and not focusing upon that for which it has dedicated its life. If it is not joyful in living all else must cease, and joy must again be found, for without that foundation, without that energy, all other energy centers are depleted, flaccid, weak and unable to bear the energy of inspiration.

It is not in any way unspiritual to evaluate the self each day, beginning with the fundamental energy of love of life. To be of good cheer, to care for experience and welcome catalyst is the first priority of the most spiritual of beings. It is not to the one who denies the need for care of the self that glory is given, but to the one who keeps that energy open, that joy alive. This is true for each energy center in

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an ascending pattern. So mindfulness begins with a mindfulness of the need for the instrument of incarnation, which is your physical vehicle. Mindfulness then continues to evaluate energies, to ask the self if there is joy in knowing the self and in knowing others, then in knowing and appreciating the group in which one experiences incarnation, the job, the friendships, the society of your nation state, the quality of that sphere which you call your home at this time. Others who have not enjoyed the clear yellow-ray environment of freedom and the passion for it—and at this time there is much movement upon your planet, passionately to seek it for all people—yet you who already have won your freedom and are the children of freedom and the grandchildren of freedom, how do you value it? How to you use it? How do you support it? How do you care for it? Where is your balance of joy in freedom?

All this is discipline that must be attended to before you may work with the heart to open the heart, to have compassion on the self, on others, on your planet. First you must do your work with your own self, finding your joy, finding your passion. You have chosen faith, you have chosen to believe that there is a reality beyond this illusion. You have done the hardest work. The rest is learning. The rest is the discipline of the personality that began in the chaos of unlearning into which you were born. As we have spoken, each of you has examined the energies, has opened the heart, has begun to feel each other's presence as seekers, the unity of this group with all who seek, with those such as we who seek to help, and are ourselves seeking further to refine evermore the discipline of the personality. All this must be done before you can begin to discipline your personality. You must first find joy. You must first allow your faith to show forth in a love of life and living. Sometimes you do most, most beautifully at this, at other times there is a woeful lack of work because the self does not feel worthy of such fundamental work, wishing only to serve others. Nay, my friends, prepare the self first for service.

Now we speak of mindfulness itself, a mindfulness of your choice, a mindfulness of your faith that there is indeed within you the passion that created the universe and all that is in it. In meditation roads are built that create a pathway to an immediate experience of this love. This is work done in discipline. When the energy of living within you is good, and the desire to learn is strong, there is only joy in this work. It can also be the most difficult work you can imagine. A great deal depends upon the preparation of your self to be a person of joy and lover of life. Be mindful of who you are. You are love, you are a co-creator with the original Thought of your own experience and your own creation. There is not one creation, there are as many creations as there are perceptors of creation. Each personal truth is absolute. One cannot give to another faith, but only the desire to find that faith and the realization that such a thing is possible.

We come to speak to you as those who have learned mindfulness. We find in this instrument's mind the phrase "to pray without ceasing." This is a good phrase to express that which we mean by being mindful. In meditation you tabernacle with the infinite One, you listen to the silence that speaks deeply, without words, and gives the information that will give you the energy, the joy, and the faith to move ahead. Without the meditation it is very difficult to remain in a state of unity with your greater self, with the Creator within. This is the heart of the discipline of personality.

Each of you has read many, many texts which attempt to aid in the process of accelerating the evolution of mind, body and spirit. The catalyst for the discipline of personality is joyful remembering of who you are. As you remember who you are, more and more of that which you may willfully seem to be, but which you are not, is no longer needed and falls away. The effort is not in pushing away the things of this world, as this instrument would say. The effort is in creating within the self a joyful remembrance of love as the nature of the true self, which creates an atmosphere in which gradually, and in a rhythmic, appropriate time, one after another, those things which are hindrances to joy fall away. Anger is not overcome, it is simply no longer needed to express the passion of the self. Distress, despair, all negative emotion is distorted love. It is passion turned and bent and unrecognizable. But as love is all there is, so with your free will you may create ponderous illusion upon illusion, finding perverse comfort in negative emotion, for it is familiar, and that which is familiar is safe, and that which is unfamiliar is not. When one is mindful one finds oneself slowly able to release the fear that has caused the distortion that has created for the self an armor against that which is perceived as a threat. To one

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continuously aware of the self as love there are no threats, there is only remembrance of the truth of love.

We are mindful of this entity's weariness, and would therefore transfer this contact, with many thanks to the instrument for its remembrance of its great desire to love, to the one known as Jim. We hail each through the mouth of this humble one in love and light. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time we would offer ourselves …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We find some difficulty with this instrument. We shall pause.

(Carla channeling)

I am Q'uo, and am again with this instrument. We find that as we have spoken to this instrument it has moved in sympathy with our words and glows with its usual brightness despite its tiredness. This instrument was simply forgetful, mired in the cares of physical difficulty and mental confusion. There is no need for such. There is no need to give oneself the great drama of difficulty. But it is important, as one relaxes into the rhythms of life, and accepts what sisters and brothers come to one, be they pain, or wellbeing, confusion or simplicity, joyful surroundings and happy friends, or difficult relationships and difficult feelings. These are the surfaces, these are the wind that blows where it will. These are those things to which you give up your will instead of remembering. In meditation, remember; in action, remember; in all things, remember how thankful you are, how blessed you are to have consciousness, life and the opportunity for the accelerated advancement of this great choice-making density.

Yes, my friends, to you who are not of this density it is a foreign land. The language is difficult, the people barbaric sometimes, the feelings too intense, too painful. Suffering seems inevitable, and so you forget the joy of being. Be mindful, be faithful to yourself, to the love within you, to the consciousness that abides eternally, infinitely within you. You are the creation. Create well, my friends.

We shall go no further this particular evening, for indeed this instrument has overspent its energy upon the physical plane. But we wish to leave you with gentle words and merry thoughts. There is one within this room which has experienced great joy in recent past, the joy of that yellow-ray activity of great vitality and companionship. This is a wonderful and inspirational memory. Of itself it is only useful ephemerally; as a memory; as a knowledge of how things can be, its use is inestimable. Others within this group are battle weary and worn. Reach within that weariness for the tenderness, love and the cherishing that has moved within each in service to each as difficulties have been recognized, accepted and perhaps allowed to take center stage instead of mindfulness. There is no discipline in despair, but only the chaos of distortion. Be mindful of this lesson. Be mindful to look for the blessings, for the beauties, for the peace and serenities that lie around you in the creation of the Father, and in the hearts of those whom you meet. And most of all, remember your choice, rejoice in your decision to have faith in your beingness. Accept yourself as eternal, and be mindful of joy everlasting.

We leave you in the love that you are, and the light that can come through you as surface beings from that passion, that love which is your Creator, your beingness, and that Omega towards which you travel as you unravel the mysteries of the disciplines of the personality. We are those of Q'uo, and shed our love, and let light shine through us to you, in the name of the one infinite, glorious and everlasting Creator. Adonai, my friends. Adonai. Adonai. Adonai. ❧

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Sunday Meditation
March 4, 1990

Group question: The question this evening has to do with the type of event or movement that has been happening around our planet, perhaps in the mass consciousness of the planet, with the concepts of freedom and democracy and self-determination seeming to win ascendancy in various places where they have not been in place for some time—in Eastern Europe, in the Soviet Union, South Africa, Nicaragua and elsewhere. We would like to know the principles behind this type of shifting consciousness, what has perhaps brought it about, what the potential outcome might be, and what it would mean for our planet and each of the inhabitants upon the planet.

(Carla channeling)

I am Hatonn. I greet you in the love and in the light of the infinite Creator. We come to you this evening in response to your call for information, and in very deep gratitude for our rare opportunity to speak through this instrument. The one known as Carla is most wise to request only that channel which may stably be held, for this instrument is in considerable physical deficit, and our contact is far less demanding of the vital energy than others with which this instrument is wont to have contact. We hope we may in our own way share our opinions with you. We are most distorted in our own thinking upon the question of freedom, as we have only progressed one density beyond your own, yet those thoughts which we may share, we shall, as we safeguard this instrument and this group.

We would ask each to be aware of the need for sending light in clockwise fashion about the circle of one that you create, that this contact be strengthened, steadied and even, as this instrument is less able than usual to be at the full power of its usual tuning. This instrument has absolutely no idea what we shall [say]. This is a good beginning for any contact.

When we speak to you of the spiritual principles of freedom, we must, as you know, speak generally, but we may address ourselves in general to the ebb and flow of that which is known to you as freedom, and to describe some of the dynamics which cause its apparent rise and fall amongst the many cultures which your sphere has begotten and then lost. Time and time again, empires have arisen, either because of ideals or because of strength. Time and time again ideals and strength have in the end equally failed to engage the caring and the attention of those who give power to authority.

We shall speak first of that which has been noted as the worldwide hunger for freedom. When entities have, for countless centuries past, been accustomed to serving, it is that service which is assumed to be inevitable. It is the rare visionary, the heretic, the madman or the fool which decries, in the face of that which seems to have been and always will be, another and impossibly idealistic way of associating

with others of humankind. So it is in many cases that freedom has meant the freedom to live, to continue the race, to keep the belly fed and to find shelter for the body. These basic needs are seen by those who think not upon ideals or impossible things to be the culmination of that which is possible to achieve in the name of liberty. Gradually, through the centuries, the truly free entities of what you would call primitive societies have been infected by that concept which you may call power or dominion over others.

Gaze at the savage. This is an entity truly free, for this entity does what it wishes to do at all times. The demands of survival are parameters accepted as given, and there is no ambition for any but the comforts of eating and sleeping, mating, and communicating in some way with that great spirit which is known by all primitive peoples as the giver of all blessings, the lover of all entities, the source and the ending of each consciousness before birth and after death. This peace, this true freedom, takes its purity from the purity of the spirits of those who do not have greed, ambition or thought. They are indeed very close to second-density consciousness, and are aware of the sanctity of all things, of the utter and unquestionable reality of magical and divine power, and within these lives is a rhythm of obedience to what civilized entities would call the myths and the shamanistic practices inherent in primitive cultures.

Yet the third density was not intended to be one which remained at the level of unquestioning faith. Rather, it was specifically designed to encourage each entity to seek, to think, to acquire, and to learn the vices, as you would call them, of humankind. Thus, the divine plan moved entities into groups which had awareness not only of themselves, but of other and differing groups, of other and differing gifts, of other and differing territories, arts and personalities. And so the learning process began many, many thousands of your years in the past. That which drove the spirit forward was an inner quest for freedom which we have often called the Law of Confusion, or free will. The concept of freedom is a paradox, for as one thinks of freedom one is bound by one's thought of freedom. One distorts the concept even as it is used in a reasoning and intellectual manner. Thus, freedom became infected with that trait of humankind which is absolutely necessary to set the stage for the making of choices, and that is the chaos of complete free will.

In very few cases, once the concept of freedom was born, was an entity content with that which it already had, but, rather, there was the wish to improve the circumstances of one's incarnation. This touched each and every facet of the life experience. Gradually entities began to choose to perpetuate the species with mates which they preferred, in a way which is inexplicable and has only to do with the vagaries of the spirit of humankind. Inevitably there arose each and every excess of which the human mind is capable of creating. Enough food to fill the belly became less than enough, and gluttony was born. The desire to enlarge one's territory at the expense of those who peacefully lived in that territory created the greed and the destruction of hostile action.

The pure and simple realization of the love all about one began to be questioned, for within the third density mind and spirit nothing is obvious, nothing is known, and there are only hints that there is a reason for existence beyond the viewing of the seasons, the participation in the rhythms of life, the opening of the eyes at birth and the closing of them at death. As you are aware, there was, again and again, prophecy, vision and the perfect ideal communicated through those gifted in mysticism and communion with love itself. In each case, this original message of love, love given, love shared, love enjoyed, was distorted by the need to convince others of this love, of this way of understanding, of this method of enlarging the scope of the experience of humankind.

Gradually, many, many of the societies which you would call pagan or savage became aware that they craved a structure which was created not simply by instinct, but also by the use of the intellect, of the minds of humankind. And so each mind that found itself in the position of power began to use that power to express the distortion of freedom and love which it considered to be correct. Since the beginning of your experience upon this third density planet, the stage has been set again and again for entities to make the choice as to what they consider their relationship to the Creator to be, for it is in that relationship that the concept of freedom rests. It is the birthright of that relationship that gives a seemingly limited entity the birthright to infinitely worthwhile and ideal principles.

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Those who call upon their own powers, and not upon the powers of any but themselves, have found always that their empires do not last long. Those, upon the other hand, who have been biased towards idealistic rationalizations for the use of power have been able to engage the spirit, the confidence and the energy of the cultures which they lead, thus guaranteeing a longer and more productive society in terms of the society's ability to offer to the individual a number of options or choices to be made in relative freedom from swift and merciless action if there is disagreement.

Now, let us look at those concepts which moved through those who wished to follow the steps of one which desired only to serve others, and which refused worldly power. This entity, known to you as the master Jesus, was able to engage the ideals of many differing cultures, and thus the effect that this incarnation and its implications had upon various cultures was never the same in any two cultures. However, there were those which were able to choose to seek without ambition, to offer themselves in faith and hope without a desire for a reward. In every culture, in every generation, there have been those radiant beings which have been, as was the one known as Jesus, Christed entities, those through whom true freedom flowed, those who were able to engage the imaginations and the hearts of those with whom they came in contact.

A large concentration of this system of thought, by chance, was spread throughout much of the world which was ruled at one time by that civilization which you know of as Roman, for by happenstance, and by the folly of one superstitious entity, a vow was made that if a battle was won all of the empire would embrace the teachings of this humble master, who had no interest in this Earth and its kingdoms, but who looked always beyond to eternity. Because entities were ordered to worship this entity instead of another, there came to be a more and more unified concept of love, of creation and of freedom. This may be traced through that which was called the empire of the Romans, through all of the decadence of a falling empire. Yet, the word of a gazing beyond was spread, and entities of the Celtic races, those nation-states of that which you call Europe, were enkindled to a passionate love for love itself. Again and again the teachings of this entity were used in a distorted and incorrect manner. Yet, again and again the vitality of the original message came forward, and moved finally to the continent which you call North America, in this broad and pleasant land.

The birth of the nation was wrought by ideals, yet tainted from the beginning by warfare, separation and those choices to which humankind may often fall prey that involve using pragmatic means towards an idealistic end. Thus, as the culture which you now enjoy has matured, the concept has more and more been sullied by those which have not had to fight for it, which have not had firsthand experience of tyranny, and of the blessing of a deep and passionate faith in the ideals of infinite love.

So it is that at this time, in spite of the great influx of those within your culture which are attempting to lighten the consciousness of this once greatly blessed people, more and more the negative service to self pragmatism of greed and the desire for more and more control over others has begun to manifest itself. Thus, the nation state which you now enjoy is in the throes of its greatest difficulty since its inception. This is because of the growing distortions having to do with the true identity of the ideal of love. There is no bargaining to love, there is no taking to love, there is no possessiveness, there is no discord. There is only the desire to work together in more and more harmony, allowing for more and more tolerance of differences, more and more of that which is true freedom, which includes each entity's birthright to choose its manner of living and of dying.

This culture has become obsessed with its own safety. It has become fearful, and with each fear, with each law enacted to protect those who are afraid, true freedom bows its head and becomes less apparent as the ideal bows to pragmatism in the very name of freedom.

Meanwhile, in those places upon your sphere which have had far less of the advantages of choice, through the globalization of information, entities have begun to awaken to the possibility of a freedom beyond that of survival. This ideal inflames, excites and engages every sense, every iota of the beings which have come upon the incredible possibility of true freedom, to be oneself.

And so those tyrannies which depended upon control and a pragmatic approach to the control of the nation-states which were their responsibility have begun to yield to that new generation of those to

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whom freedom is alive, new, pure and exciting. There has not yet been time enough in these cultures for the portions of the nature of humankind which move towards possessiveness, greed and pragmatism to take hold, and so as you see within your own culture more and more of a threat to true freedom, you may see at the same time the dawning of the realization of freedom in those cultures which are only now beginning to become able to make choices for the ideal that transcends all pragmatism.

Each upon this sphere has, as its birthright, freedom. This freedom lies within, and when it is looked at as an outward right given by [the] dispensation of nation-states, distortions occur almost immediately. Examine the motivations of those who began the culture of your own nation-state. They were not greedy for land, or riches, or anything that this incarnation could offer. They were greedy for the freedom to worship the infinite Creator in the way that had meaning for them. And now that pure and undefiled desire to worship, to adore, to praise and to give thanksgiving has been sullied by the very entities which designed a government based not only on ideals but upon a pragmatic look at the nature of humankind. It accepted the basic venality of the species, and attempted, by a complex system of placing power against power in many, many balances, a government which had the most chance of saving the central ideal.

Yet, in so doing it sowed the seeds of its own destruction. And so inevitably, one day this culture which you now enjoy shall be made new, altered and begun again by those in whom the vision is clear, the ideal unsullied by pragmatic concerns. This will not occur within this density. Within this density the strife and the struggle of positive against negative has been the whole point, has been the source of learning for all. Critical mass, shall we say, of a hope and a belief and a faith in the birthright of infinite life and freedom to worship that infinity is more and more globally understood, and it is on this account that so much of the rest of your globe in its various nation-states now cries for freedom.

Freedom does not and can never bring happiness. Therein lay the seed of the destruction of that liberty which began the experiment of your nation state. Yet the pursuit of this intangible happiness has created many, many choices betwixt vice and virtue, betwixt pragmatism and idealism, betwixt compromise and absolute value. Each of you may choose in your own freedom within a series of compromises or a series of that which may seem to be foolish: the choice for purity of action, speech and ideals. As each chooses in the face of a most pragmatic and confused society the purity of love given freely, so each approaches a true understanding of the nature of freedom; that is, the freedom to be the best of oneself, to rest in hope, and peace, and joy and in faith, no matter what the outer circumstances may appear to be.

We realize we have spoken too long, and we apologize, but this instrument had reserved this amount of energy expecting a much more narrow-band contact, and so in our less demanding way we have been able to speak in a more lengthy term through this instrument. The concept of freedom is one of which we have barely scratched the surface, yet we shall content ourselves with these thoughts, hoping that they may provoke thoughts within each, self-examination and rededication to the ideal.

We would close this session through the instrument known as Jim. It is in gratitude that we leave this instrument and transfer. We are known to you as Hatonn.

(Jim channeling)

I am Hatonn, and I greet each in love and light through this instrument at this time. Before we close this session we would ask if there may be a question or two that we may speak to. Is there a question at this time?

Carla: I do have a question, but I don't really know how to put it into words. I wonder why it took so long for so much of the rest of the world, which really did have wealth, to come to any sort of realization of the pure concept of freedom?

I am Hatonn. We thank you for your query, my sister. The qualities of spirit which are necessary to be translated, as you may say, into the mundane world, and into the personalities, both of individuals and of societies, necessarily begin within a few entities within each culture. We say necessarily begin, because there are always those students who learn more quickly than do others the solutions to riddles, problems and puzzles, whether they are of the nature of the life pattern or of the curricula within your educational institutions.

It is therefore these seedlings that find the first glimmers of the expanded view of the self and its ability to move and express itself in an unrestricted

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manner, for within most cultures within your third-density experience the individual entity had existence only insofar as it was a part of the larger culture, and enacted its part in a certain and expected manner. The definition of the individual was small, and the boundaries which surrounded its expression were large. Thus, the most likely venue for the expansion of the definition of the individual, and for the ability to crack the formidable boundaries surrounding the individual, was a, shall we say, change of venue which would allow for the formation of a new idea for the culture or the state, as you call it.

Thus, the creation of your own nation-state provided the circumstances necessary for this redefinition of the individual, the state or culture, and the relationship between the two. As this process began, the first entities that were to populate the new nation were those who were for the most part cast out of the old nations and cultures because there was the determination that they did not fit existing definitions. Thus, the beginning with the outcasts, the criminals, and the misfits of one kind and another was a beginning which would seem at first glance to be inauspicious, but upon closer examination was a beginning which could be depended upon to provide a radical departure in the determining of new definitions.

Thus, the birthing of your nation was one in which the concept of the freedom of expression was the foundation stone, for those first entities settling within your boundaries were responding to an enhanced need for the ability to express themselves in one manner or another that was greater than was possible within the old setting or venue. Thus, though there was much wealth of a monetary nature of learning, of the expression of the arts, and wealth of all kinds, there was still not the opportunity for each entity within any existing nation-state to express itself in a manner that exceeded the limits that had been known for generation upon generation. Only the new setting of a new nation with seemingly endless boundaries could provide the opportunity for the concept of the freedom of expression for the individual to be sown, and for the garden of humanity to flourish.

Is there another query, my sister?

Carla: No, Hatonn, I would just request the speediest possible termination of the contact because *(inaudible)*. Thank you very much.

I am Hatonn, and we wish to extend our great gratitude to you, my sister, not only for your query, but mostly for your willingness to serve as an instrument this evening, knowing that your service would be given under very, very difficult circumstances. We are honored and humbled at your service to us and to others. We thank you. At this time we shall bring this gathering to a close, thanking each for allowing our presence. We are those of Hatonn. We leave you now in love and light, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
March 11, 1990

Group question: The question this evening has to do with what is perceived by many as the end or apocalyptic times that we live in, where there seems to be a great deal of activity both upon the physical and the metaphysical planes occurring on our planet. We see a great deal of difficulty around the world, a lot of turmoil, a lot of suffering, war, pain, misery. There is also the appearance of the Virgin Mary in various places, and other signs and symbols given to people that are interpreted in one way or another to help them deal with their own personal life and perhaps larger life as well. How can we find a meaning in, say, the appearance of the Virgin Mary in various locations around the world, and the message that she has to offer us in these times?

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator, in whose name we come to serve as you have called us. We are most grateful to share in your concerns at this time, and in the beauty of your vibrations and the unity of your seeking and meditation. We ask each to continue tuning throughout this session, as that which we offer to this instrument, though within the bounds of free will, has the opportunity, through weakness of contact, of moving far too close to those areas of information best left to the study of each individual seeker.

This evening you have asked us about the appearances in these latter days of the Virgin Mother of God made flesh. This is to your people the construction placed upon these occurrences, nor would we deny the truth to each person of that personal truth, for the nature of the evolution of the individual in spirit is utterly personal and subjective, and that which is true for the entity is quite simply true, but true only for that entity, and not of that universal nature which may be passed as common things are passed from person to person, the news of the town, the food at the end of the day. No, indeed. Such things as the concept of latter days and the concept of the appearance of that which is known as the Virgin Mary have an universal meaning which may fruitfully be explored. We must pause.

(Pause)

I am Q'uo, and we shall continue. Each of you moves in a way which enables each to live and move and serve and conduct within the tortured confines of an illusion that does not fit people, but rather asks people to fit it, a life of balance, of beauty, of poetry and of truth which are manifestly denied by the vision of the waking eye.

Within your experience, within your own lifetimes, and within the lifetimes of the generations preceding you, the nature of time which is not the time of clocks, but the subjective time of those who sense the imminence of transformation, has begun a speeding up process, first, many hundreds of years ago upon your inner planes, and then, as a result of this, moving downward gradually into the waking

conscious awareness of entities who do not seek for information such as you ask, but who must deal with it nevertheless, as they find themselves faced with the instincts of the ideal and the environment of the completely pragmatic.

This speeding up process has been occurring for several thousand of your years, and is especially noticeable within your culture at this time, as those of one generation experience an entirely different illusion than the experience of the parents. One of your poets has said, "The center does not hold," and, indeed, the center has not held, the bird no longer obeys the master, the hawk flies free, and the hunter is left with only its instincts, its faith and its intuition.

Yet, in that faith there is begotten aid that is of meaning to each entity separately. See each of yourselves as hunters in this analogy, and you will see more clearly that while those eyes which saw clearer than yours detected you, while all was in harmony with you, there was a protection against that which you call evil which has flown from you in the face of planet-wide transformation. This transformation has already begun.

What is it to be alive? What is it to be conscious? What is it to attempt to find meaning of that instinctual hunt which each of you engage in? Are not each of you searching for the center that did not hold, that did not stay, that in and of itself, because of humankind's uncleverness, removed the easiness with which faith and simplicity were achieved? Without the feeling of being protected, without the feeling of a living faith, vital and alive, one feels prey, not to the positive, but to the negative, for we may note that within the biases of your minds it is far easier to conceive of negativity as having power than of positivity as having power, for that is the way the illusion seems to work, and this cannot be gainsaid by the most idealistic of entities.

The nature of the illusion is to challenge your ideals to the very bedrock of your existence. The nature of this illusion is to attempt to deaden the living spirit within, to give that spirit a solid picture of the creation which is not as you would choose it to be, so that you discover the possibility of choice. And as the time grows further and further into that which has so often been called the New Age, the newer vibrations, though subtle, disturb those without a living and vital faith.

(Pause)

We are sorry that we must pause so often, but we find that this instrument is being greeted continually, and were we not able to pause while this instrument consumed liquid, it would soon not be able to speak. We thank you for abiding through these short silences, for we of Q'uo can only maintain contact as powerful as the energy of the group.

To continue with that which we were discussing, the end times are not drawing near, the end times have well begun, and they shall continue for many of your years to come. It is impossible to tell you, even if we could, when the transition will be complete. We can tell you that it shall be non-dramatic, that those who are harvested shall be harvested as their natural lifetimes of incarnational lessons draw to a close. But there shall come a time when those both incarnate and discarnate shall need to walk a path walked only by those who are alive in faith and love, adoration and worship of the one infinite Creator, and so, able to receive and use and praise the more intense light, the more dense vibratory patterns of being, which characterize that illusion which is at the end of this gradual graduation process.

Always have there been signs and wonders, but never have these signs and wonders been more exciting to those whose faith is shaken than now, for such phenomena which are public, witnessable and undeniable, are to people who are not able to believe, in faith, evidence of a sort of that love which is alive. And because many of those entities upon your sphere call the one known as Jesus "Lord of all," it is natural and appropriate that images connected with this entity be given to those of simple enough faith and childlike enough hearts to receive without doubt that which is alive, not in the illusion, but in the spirit, which exists in imperishable reality.

Thus, many signs and wonders connected with the various religions, philosophies and spiritual practices used by many incarnate entities to further their progress have come to life, have stood before the least learned, the least sophisticated, the most open, the most willing to believe, and through the energy of that faith have been able to manifest not only to these people, but through that faith to others who doubt, and yearn not to doubt, but know not how to stop.

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Now, let us turn specifically to the energies of that entity known as the Virgin Mary. Let us look at the story of this entity's relationship with the one infinite Creator. This entity was barely fifteen years old when the historical event—the visitation by a messenger of the Living Creator—came to this entity. This young woman had been reared in an extremely restrictive environment, one which would be called in your own terms, a man's world. The very idea of the Creator was couched in puissance and every masculine attribute. The gentleness, the nurturing, the tender quality of the love of the one infinite Creator in this particular society was not valued greatly, nor were those who represented that side of the Creator—that is, women—regarded as anything but property, those who were totally subservient, those who spoke not unless spoken to, those who watched carefully all that they did, those who would not dream, nor even imagine, breaking a vow of marriage, once promised. Such an entity was this pure virgin, too young to know precisely that which was ahead, but old enough to know that she was marrying an older, responsible and very fatherly man, not at her wish, but as an arrangement, for such was the custom.

In this context a vision appeared to this young girl, at an age that is now thought of [as] being completely irresponsible, untried, and unworthy of being given the credit of adulthood. Yet the one known as Mary listened to an angel—as she perceived this energy—say that she would be with child because of the will of the infinite and unnamable Creator, that she would bear a son before she knew her husband intimately.

The normal reaction of such a well brought up, carefully reared woman as the one known as Mary, should without faith most certainly have [been to] run in horror from such a vision. Who could believe her? Who could feel that she had not somehow broken her vows and known another intimately, and borne a son who would be a shame to the responsible and greatly revered man to whom she was promised? It would have seemed, in fact, a sentence of doom, swift and certain, if it could be countenanced at all, which in itself would be somewhat unlikely.

Yet this entity, though young and pure and naive, was a woman of timeless and ageless faith, and her reaction was the reaction of those who have the ultimate bravery of acting idealistically in the face of the impossibility of the ideal. She accepted at once the authority of this vision, and rather than pulling away from the situation in which she would be a shame to her future husband, she threw all caution to the winds, and glorified the one infinite Creator that she might be part of this beautiful story, part of the great promise that had been made to her people, the promise of "him who comes in the name of the Lord."

How could she believe? How could she find a living faith in such an unusual and bizarre occurrence as this visitation? Such was the power of her faith that she accepted the Creator first and all else after. And so she leapt into a situation which seemed doomed, glorifying the Creator and speaking most eloquently of all those things which seem to be plenteousness, but are in fact rewarded with little, and examining those things which seem to be full of poverty and lack, and exclaiming upon their riches.

Such was the entity, Mary, and so luminous was she with her faith, so alive with her vision, that the one to whom she was vowed could not disavow her, but claimed her and the babe she carried as his own. It is a dramatic and telling tale of a living faith in the midst of a world in which faith seems impossible.

When Jesus the Christ moved back to the Source, to the Creator, this entity left a feminine and nurturing spirit available to all each day, everywhere and always. This entity is often called the Holy Spirit, and within other belief systems which are more comfortable to those of this generation they are now known as guides and masters. This is acceptable, as long as it is realized that these entities are part of a living faith in a living Creator. However, the one known as Jesus could not return in person, in visions to simple folk, for this entity released the Christ of itself into the Holy Spirit, into that Comforter which is different for each and every one, and which is invisible and only to be discovered and trusted through a process of living faith.

However, the one known as Mary retained a most blessed part in the story of redemption that has seized the imaginations, the hearts, the minds, the souls and the loyalties of so many, through so many generations. This entity is a living feminine principle. The one known as Jesus the Christ was dealing from a position in which women are not even allowed in the same place to worship as the men, where women were not regarded as the gift

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that they are, for are not all men and women gifts one to another?

Thus, Mary remained most, most important to those who sought the nurturing side of what had been heretofore a masculine, harsh and judgmental concept of the one infinite Creator. It is of course true that love may sometimes be harsh, that its lessons may seem capricious. However, it is also true that the one infinite Creator is infinitely nurturing, infinitely a female energy also, and this energy, within the culture in which you now enjoy existence, has been personified by many as the one known as Mary.

It is to the nurturer that men and women alike turn, because they do not wish to face the stern face of the Creator, of judgment, which has come through centuries of misconception, without regard to the change in societal and cultural biases. Stubbornly, entities cling to a masculine side of the Creator, the generative and destructive side of the infinite One, at the expense of the realization of the everlasting tenderness, gentleness and caringness of this same Creator.

Thus, Mary is recognized by the one known as Jesus in the deeply moving story of his death, while of all of his family, his brothers, his sisters, his relatives, his disciples, his friends, he picked one person to be sure was cared for, and that was Mary. He gave his own precious mother, not just to a disciple, but to the world. It is important to see the universality of this act, just as it is important to see the feminine side of the Creator, forgiving upon the cross one who had sinned admittedly, and was told simply, "This day you shall be with me in paradise." Both of these elements of this great and archetypical story are meant to indicate the infinite and nurturing nature of the Living Creator.

And so from time to time when there is a window of opportunity, when there is a special group of simple, pure and believing people, usually children, Mary appears and speaks. She is as she always was, a mother, brought up as a Jew, one who wished above all things to take care of her children, to be there for them, to care for them, to worry about them, and to pray for them. And many who are jaded and lost in doubt have come across the undeniable evidence of these occurrences, occurrences which continue and will continue throughout the transition period into fourth density, in order to give the weary soul rest at last when it needs, in a thirsty dry land of intellectual belief and thought, the sweet, warm love of a living Creator.

This Mary personifies, as do all women. May each woman be aware of the vast potential within for nurture, for safety, for the being of a harbor and a haven to those who come near. It is in the weakness and the smallness of the woman's heart that the greatest personal compassion resides. The Holy Grail that each seeker seeks is a feminine symbol, a nurturing, caring, protective symbol. You do not see the dagger, you do not see the sword. You bow your head before the love of the infinite One.

You may take that which we have said on any level you choose. We have no interest in the level at which your belief or faith works within your incarnational experience to accelerate the pace of your spiritual development. We wish only for you to see the balance of the Creator. The Creator does not just create and destroy, but is a personal, caring nurturer of every moment of every day of every spark of consciousness in the creation. In passion were you all created, and in passion are you nurtured.

The symbols that you choose to be important to you are your own choice, but we ask that you gaze steadily and carefully at the concept of compassion, that it may come to heal you, to mend that which is broken, to cure sorrow, to turn the wrangling reality as it seems for a quiet and pleasant place for the soul to rest and to love. Your world may seem unsafe, but within you is a world of complete safety, beauty and sanctuary. May you meet the Creator there in that holy place within, realizing the love of the one infinite Creator at every moment. Give yourself up to this love in meditation. Give yourself up to this using of the ideal and allow all that seems chaotic about you to recede into the love and light of eternity, for therein do you truly dwell, and from that viewpoint you may open your eyes and be a beacon of light to those about you, as within you compassion is felt.

We thank you very much, as always, for asking us to be with you. We have attempted to be brief, and we are sorry that we have difficulty with the time. Please forgive the length of this message. At this time we would like to end this working by transferring this contact to the one known as Jim. We are those of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to queries which may yet remain upon the minds of those present. We remind each that we share that which we have to share with a full and joyous heart, but wish each to realize that we are not infallible in our opinion, and we wish each to utilize the inner discrimination that will allow those words which are helpful to be discerned from those which are not. Is there a query at this time?

S: Yes, Q'uo. Your words I take very much to heart, and I too feel the need to soften the edges, and feel the attraction to the feminine side of the Creator as a safe haven. Yet still the severe energies surge within. As one attempts to cope with these, is there a strategy other than negating the severity? Is it somehow transmuted in the experience of compassion?

I am Q'uo, and am aware of your query, my brother. As one observes the nature of one's own manifestation of beingness within your illusion, it is well to allow the experience to run a full course, shall we say, without the forceful attempt to negate and replace that which is not as one would have it be. By allowing the more wisdom-oriented nature to express itself within your thoughts and actions, you may then use this tone of experience as the focus for further meditation where you may experiment, shall we say, with alternate possibilities, examining how you'd feel if a more compassionate response would have expressed itself in the particular situation in which you feel there was given the wisdom instead of the compassion.

Look at the necessary frame of mind or perceptions that would engender the more compassionate response. Look within your being for those qualities which already exist of the compassionate nature. Find the connection between them and the expression of greater compassion in the situation that is the focus for your meditation. Examine the connections carefully. Concentrate upon those qualities which now exist which you wish to enhance in order that the garden of your being might be prepared for the producing of a new way of perceiving. Repeat this process as often as is necessary, for it shall be as the watering and fertilizing of this new plant. Thus, you shall assist in the alteration or transmutation of that quality of wisdom which you describe as being somewhat severe rather than compassionate.

Is there a further query, my brother?

S: No, thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: How may we become more alive to the nurturing quality of the Holy Spirit which was the feminine principle of the Christ which Jesus left to comfort us?

I am Q'uo, and am aware of your query, my sister. To become more aware of that which you have called the Holy Spirit is to widen the doors of perception, shall we say, and to invite this spirit within one's inner dwelling. We find again that the meditative state is that state most conducive to opening these doors, and to begin to perceive that the Holy Spirit does indeed move through these doors upon your invitation and dwells with you within your inner room. Practice this feeling of the presence of complete nurturing and inspiriting in a regular fashion, so that your inner feelings begin to permeate your consciousness to such a degree that the daily round of activities is then touched, colored, transformed in some degree by that feeling of wholeness within the heart that is the product of this presence as it is practiced in a regular fashion.

Is there a further query, my sister?

Carla: *(Inaudible)* of which I would like *(inaudible)*. It seems to me that biological women as well as biological men are brought up in this society to be rather vigorously male, in the use of the intellect, in the use of logic, in competitiveness having to do with the daily world, the job, the getting done of things, *(inaudible)* to neglect that nurturing portion of themselves which *(inaudible)*.

I am Q'uo, and we would basically agree with your observation, my sister, for the illusion which you inhabit is one constructed for the exercise of the conscious mind that has been, shall we say, insulated from the nurturing and informing qualities of the subconscious mind, in order that the choices made by the conscious mind might carry more weight in the process of polarization within the totality of one's being than would be possible if there were

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completely open and free access by the conscious mind to the subconscious mind.

The ease of such an interaction would not provide the difficulty necessary to provide the pearl of great price, shall we say. To any seeking entity, treasures long sought are far more valued than that which is easily won, and your illusion, my sister, is one in which each choice made is one step farther along the great journey of evolution which each of us finds ourselves moving upon.

Is there another query at this time?

Carla: Not from me, thank you Q'uo.

K: You mentioned that Jesus had left behind the Christed portion of himself, or a portion thereof, as the feminine principle of the Holy Spirit. I'm a little confused about what you said about the entity known as Mary. You mentioned that a principle does remain, which from time to time appears to entities here and now. Did the third-density entity, Mary, choose to remain behind through the time of harvest for this purpose, or did that entity continue on with its evolution, leaving behind a similar principle?

I am Q'uo, and am aware of your query, my sister. The entity known as Mary, after the completion of its incarnation, moved again into those realms from which it had come to be of service, and offered itself from those realms in manifestation at the appropriate time and place for the observation of those who revered this entity, in order that the light body which was seen by these entities would inspire the further seeking and perception of inspiriting—we search for the correct term—that the process of seeking for these entities might then become more enabled due to the appearance of this entity in accordance with the belief structure which had been accepted as a significant portion of the path of seeking for these entities.

Thus, the one known as Mary works from the, as you would call them, inner planes of this particular planetary sphere, and communicates via what is called the light body at appropriate times for this inspiriting and enabling of the seeking process for many.

Is there a further query, my sister?

K: Has this entity then chosen to put its own path of evolution on hold for the time being in order that it may be of service at this time in that manner?

I am Q'uo, and am aware of your query, my sister. To serve is to learn, thus there is no waiting or putting off of one's own progress when one chooses to serve, but rather there is the enhancing and the acceleration of that growth.

Is there a further query, my sister?

K: No, not from me. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I have just one last confusion. It was my understanding that those entities who stay within the inner planes of third density, instead of going on to higher densities, were indeed making a great sacrifice, as even though they learned and could serve, they were not learning in the same way as they would, had they gone on: that they were making the sacrifice to the people of third density as long as this particular third density experience lasted. Am I incorrect in this understanding?

I am Q'uo, and am aware of your query, my sister. It is not that this perception is incorrect, simply that it is incomplete. There is the opportunity to progress wherever there is the opportunity to serve. Indeed, it may be so that an entity, removing itself from one opportunity, would increase the chances of growth by so doing, and in many cases this is so for those who remain within your inner planes. However, it is not true that the growth is, as was stated, put on hold. It is accelerated in comparison to what would be possible if no service were attempted.

Is there a further query, my sister?

Carla: No, that clears that up, thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we seem to have exhausted the queries for this evening. We hope that our lengthy discourse is not too much of the reason for the exhaustion. We do thank each present for inviting us to join your circle of seeking this evening. It is a great honor to join this group. We would at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the

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light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation

March 12, 1990

Group question: We would like some information this evening about beginning the channeling process for this group of S1, M and S2, that is going to begin working as a group with the intention of developing S2 as a channel, and of being able to share information with other people through the channeling process. We would like to know the most important information for S2 and the support group to concentrate on at this time as they begin this journey.

(Carla channeling)

I am Laitos, and I greet you in the love and in the light of the infinite Creator. This instrument challenged us several times because she felt we were too merry, but we are very, very happy to be speaking through this instrument, through whom we have not been able to speak for some time, as there has not been a calling for that which is our own particular kind of information. We come to you in joy, and bid you all be merry, and ask that you allow yourselves a moment to rest in joy that we do not understand, but can feel, for the universe, and the air about you, and every cell in your body is dancing, whirling, joyous with life and love. Let your minds be still for a moment and feel the joy of being. We shall now pause.

(Pause)

I am Laitos, and am again with this instrument. We thank each of you for allowing us to enjoy and feel the beauty of living with you. You call for information about that which is known as channeling. It is a large subject, but we should begin with one simple concept which is at the basis of all channeling, and that is that each channels at all times, at every moment. None can avoid being a channel, for in truth you are consciousness, and those energies that you choose out of that consciousness build upon themselves because of your choices, and thus you channel emotion, attitude, feeling, desire and manifestation.

Very, very few entities have the awareness that they are, in fact, not entities acting unto themselves, but instead are part of one infinite Creator, undifferentiated from that Creator except by the choosing in free will to express in an independent and co-creative way. Consequently, most take no care in that which they manifest in the life experience, but rather assume that they are to react to that which occurs outside of themselves, one thing following another in the pattern of your society in the environments of work and home and play.

You make choices you know not of. How little credit you give to your own creative power. There is, in truth, no reality in third density but your consciousness. You dwell within an illusion which is

densely opaque, through which one cannot see, in order that you may, more and more, learn to choose in a consistent fashion those biases which move the consciousness into a less distorted form of the manifestation of the love of the co-creator and of the Creator. So each of you channels yourself, each of you cannot help being a channel. It is no effort, it is simply not recognized that this effortless process is not the process of expressing the self, but a series of choices about what the self is being in the process of becoming a being, for you are both being and becoming.

This is an obvious paradox, and when you meet paradox within your studies, rejoice, for then you know that you have moved into the realm of that which is spiritually helpful. A spiritual path is a series of paradoxes. How easy it is not to heed these words. How easy it is to yield responsibility for the choices one makes to the press of circumstance. The illusion, a series of vibratory complexes and patterns of energy, designed to manifest themselves to your senses as opaque reality, is, in fact, malleable and plastic and most willing to bend to the instrument who is aware of the process that is taking place.

Thus, as this group begins what this instrument would call a ministry that takes a great deal of dedication and patience and work in consciousness, it is well to come to terms with your own inestimable power. It is in no case necessary for anyone to react to circumstance. It is always, even in the most extreme circumstance, true that there are choices to be made, and the more consciously they are made the more rapid shall be the acceleration of each entity's spiritual evolution. The work of realizing the self that lies hidden as a gem of infinite worth within the clay of manifestation cannot be seen by the self or by another until it is realized and valued by the self.

You are each imperishable beings of light, heirs of grace and glory, an infinitely important and necessary portion of the one great Thought which created all there is, that being divine love. That is the crystal that is within you—love. Not love as humans would understand it to be, not the weak and watered love of kindness and courtesy, not even the love of personal passion and romance, but the love of such immense power that it generated the infinite creation in balance and in perfection.

This seems to be without you: the perfection, the balance, the divine love. You are projecting into an illusion that has been created with your own cooperation so that you may move forward one step at a time, one small step at a time. You began as unmanifest love. You were joined with free will and flung outward to become prodigal sons and daughters of love itself. You are information givers, for all that you experience is that which the Creator experiences and knows of Itself. You cannot make any errors, for in each action the Creator learns of Itself. You can, however, make choices about that which you wish to learn.

Since your density is a density which is attempting to learn lessons of love, you may depend upon your incarnational patterns being planned to allow you to meet those ways of loving which you felt needed further refinement. We do not send understanding or wisdom, for these lessons are not of this density. All too often, the heart has been lost in those who seek the truth that lies within the illusion of third density. But wisdom is not the answer, and the questions one asks cannot be answered wisely, but only compassionately, for compassion is in the heart of the choices each of you make day by day.

Thus, as we speak to this group which wishes to be of service to others, we ask it, first of all and always, to be conscious of the nature of the lessons to be learned by the self and in harmony with other selves. These are lessons of love and compassion. Not love partially given, not compassion partially withheld, but unstinted, foolish, quixotic love, love that fears no hurt, that can ignore and smile at pain, knowing that new things are painfully learned, knowing that opening up the heart to love is dying to those things which block the heart from opening like the flower that it is. It is as if you were infected by a disease called doubt: self-doubt, doubt of others, doubt of the worth of that which you are doing, doubt of the nature of the infinite One. There is no need and no room, for the seeker who wishes to work towards finding the treasure of love within.

It has been said that love casts out fear, but it is not explained how one may love. We shall explain. You are love. You need to find out more and more clearly how to express your true being. Those about you who are not seeking as you constantly offer the catalyst of the unexamined life, of the measured love, of the stinted compassion, of the carelessness and fine scorn for the fragile treasure of this brief dance

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of an incarnation. You shall not exist long in this body, in this illusion. Use the time that you have, for time itself is part of that illusion, and as you become aware more and more of the love within each moment, as you choose to ask yourself, in the face of difficult catalyst, where is the love in this moment, more and more shall you drop away those things which are not love from the being which you are becoming. More and more shall you be able to shine and be the love that you seek. You are simply uncovering that which you truly are.

Now we move to that part, that all important part of a support group which creates for the channel the nature of that channel. The channel itself does not create its own nature, it is the group harmony, the group love, that is hard won through the fierce loyalty to truth with each other and with the self. We could say simply, "Be merry together," and that would be the heart of the harmony of which we speak. But, in truth, each of you has stumbling blocks to teach each other with, each of you presents challenges and catalyst which each other may learn to love without let, without hindrance, unsparingly, unstintingly. It is the job of the support group—and this includes the channel—to love at all times, most especially when the manifestation of one of the group seems to be less than lovable, when the behavior seems to be unacceptable, when a thinking seems to be unforgivably erroneous. Love accepts the unacceptable, forgives the unforgivable, loves the unlovable, and by that environment creates a catalyst by which that self may choose a new path.

In a support group you are not bound by what you think of each other, but by the love that you know is each other's true self. You set each other free, and each of you teaches each. Let no one feel shame at lacking courage, making errors, or falling by the wayside in some self-perceived manner. It shall happen to you again, and again, and again. The support group, when it sees that one of its members is in need, forgets all need of its own, and reaches out in love to pull the needy one out of the mire of confusion and self-doubt.

This is a most intimate relationship. It is the beginning of what you call the social memory complex, and each group's balance of harmony is unique to that group, and will thus form the basis for the information which comes through the channel of that group. So be aware of that great truth, and seek to love, not to be loved. Seek to understand, not to be understood. Rest in your mighty power and give the gifts that you have freely and gloriously, rejoicing in the infinite Creator. See yourselves as those who pull the wagon, pulling together, working with such joy that labor becomes play. Love each other, and allow with all generosity the burgeoning and blooming self that is you, as daily you change, to be melded anew into the ever-changing, subtle patterns of group energy.

We are suggesting that which will cause you great discomfort for as long as you work together, for this sort of effort causes one to change, and as the mind perceives itself changing, and realizes that its old programs no longer work—or as you say, in your technical society, compute—then you must dump that program, and this is most painful, and feels much like loss, and feels, indeed, like a grievous loss. The energy which could be taken to be lost could be used up in grieving, may instead be turned by faith to the building of programs which are fully representative of that which you have learned, that love which you have uncovered within yourself.

More than this, there is a basic program within the subconscious, and this too is heavily veiled in distortion. This is where the work with dreaming, with keeping a journal, with taking oneself seriously, becomes centrally important, for it is, shall we say, a metaprogram[5], in which you accept the socially unacceptable dictum of a chosen path of service.

Within your society it is not considered healthy to feel that one is on a mission of a spiritual nature. Nevertheless, this is, in actuality, the truth. You have come here, intent upon expressing and manifesting in poetic beauty the mission in service to others which you chose preincarnatively. Yes, you chose much personal work, but you chose more. You chose your paths of service, and in each path of service to others much must be yielded and given up. Thus, we encourage you to encourage each other, to love each other, to allow no disharmony to rule for one moment longer that it takes to recognize that there is something which must be discussed, which must be forgiven, which must be balanced, so that love and harmony again may be the environment in which you follow your path of service.

[5] meta: as a prefix means "higher" or "transcending." A metaprogram, then, would be a program that is higher than and takes precedence over the other programs being used.

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During sessions of working, the support group needs continually to realize and send for the power of love, that the instrument may not have to depend upon its own strength and will alone, but may rest against the cushion and support of an environment of love. Tuning, then, is done continuously throughout a session, not as a heavy burden, not as a heavy duty to perform, but as that which becomes second nature, as that which becomes a simple and constant visualization of living, revolving light, which raises itself round about the whole group in spirals and reaches unto the one infinite light of the Creator in its first manifestation.

We shall end by speaking of channeling itself. There are many, many kinds of channelings. As we have said, the life itself is a channeled experience. This instrument and we who are called to this instrument are those who teach, as we learn, about spiritual principles, about tools and resources that may aid in the acceleration of spiritual evolution. This particular teacher, and we, as those who speak through this instrument and have been called by this group, are not concerned, nor can we be, with those details of mundane existence which open with the first breath and close with the last, for we see the incarnation in its illusory form only as a learning opportunity. We cannot tarry there long.

Yes, at each turn it is important to be able to orient the self within one's environment, to be able to see the nature of the changes of the illusion as they affect the day-to-day workings of the incarnate, self-willed, little self. There are many, many teachers who are most pleased to speak through channels and guide one through each day, each experience, each choice. It is our nature to give that responsibility to the self of your self.

The material that we offer, therefore, will not be material that is sweet and easily taken, the candy of the spirit. We move rather towards the more substantial meat and drink of spiritual lore, working to enlarge the viewpoint in order that those questions which one might have about the day, the hour, the experience, this or that, become questions that are small, become questions which beg for a larger question, and that is, "Where does this concern fit into the life that I know lies within me?"

Many will seek of any channel specific information, especially during these generations of change, when time itself is speeded up and finally swallowed by the density to come. Those who work with this instrument and with us will find themselves often unable satisfactorily to answer specific questions, for to do so would be to lose the purity of the contact. And so, if being of apparent help in reading the, shall we say, tea leaves of the day, the dream, the occurrence, the concern, which are things which can be taught by other teachers, but not by us, if this is any part of the ambition of the channel, let it be faced now, that we may not, in our teaching, be a disappointment, be a stumbling block before you.

We are a comparatively impersonal contact. We look at questions and value the question more than the answer, for in the question lies the quality of the life experience that is being sought by the questioner. In an illusion where there are no true answers, it is the questions that are important. You will again and again as a channel find yourself pointing and ending to and in mystery, speaking in riddles and paradoxes, seeking out of the maelstrom of dizzying, excited questions and observations the still and quiet waters of silent truth that lie stably and eternally within each consciousness.

The mechanics of channeling are those easily taught but difficult to learn, because it is always thought that if something is worthwhile it must be difficult to achieve. We cannot teach you to be faithful in your practice. Teaching an entity to channel is much akin to teaching a beginning violinist how to finger the scale, how to play the simplest of tunes. The teacher does not teach greatness, but only a simple mechanism which must be practiced, and practiced, and practiced, in infinite patience and dogged determination and persistence, for it is practice alone which creates that level of trust which allows the surrender of all expectation.

Many are the times we have demonstrated through this instrument the nature of that trust. We do so at this time. Six, six, five, three, seven, one, four, three, six, six. That is what we gave this instrument—nonsense. That is what you will feel you are receiving—nonsense. That is acceptable, being able to accept that you do not know what you will say is important to one who wishes to be a faithful channel. It is not up to the channel to judge the channeling, but only to prepare itself, first by attempting to become the best self it knows how to be, and secondly, by opening itself completely in surrender to a greater will, a higher self, a larger point of view.

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We believe we have given you things to think about, enough for one session. We are still very excited at being able to be with this group again, and thank the one known as S2, the one known as M, and the one known as S1, for giving us an opportunity which is all too rare, to share that which we have learned, that which is our specialty within the Confederation of Planets in the Service of the Infinite Creator, for those who truly wish to follow a path of service [that] exists before the little life began, and shall exist long after the last breath has quieted, and the physical vehicle crumbled to dust. Imperishable ones, we greet and bless each of you, and would close this working through the one known as Jim. We leave this instrument in thanks, in love and in light. I am Laitos.

(Jim channeling)

I am Laitos, and greet each again in love and light through this instrument. We would now offer ourselves for any queries which this group would have for us. Is there a query at this time?

S2: Yes. May we know how we would *(inaudible)* start in safety, and what we would do well to know to preserve that safety by tuning and challenging our contact?

I am Laitos, and we are aware of your query, my brother. It is well, most especially for the one serving as the instrument, to have knowledge of the self in regards what the core belief is that the instrument would live and die for. This information is well presented in the handbook that has been compiled by the one known as Carla, for in this essence of the self one may offer a challenge to any unseen spirit that will ensure that that spirit comes in a manner which is acceptable to you as you offer yourself as instrument through which it may speak. This is centrally important, and it is well that this be considered in depth by each within the group, most especially the instrument, between this time and the time during which you shall again sit in session with this group.

At that time it shall be our honor to begin the initial contact with your instrument in order that you shall become acquainted with the feelings and perceptions that begin this contact process, as it is used by this group. The group tuning, by listening to music that is meaningful to each within the group, the visualizing of light, the joining in voice in the repeated mantram, are also other techniques in preparing the group for the contact and in tuning the individual entities into one seeking entity that acts as the receiving mechanism for the desired contact.

Thus, we would suggest, in the intervening time, that you not only consider that core quality that enlivens your entire being, and which will become that concept through which you will offer your challenge, but that the group sit in silent meditation upon a regular basis in order that the energies of the group might become harmoniously blended. This will greatly enable this process of harmonization to occur.

Is there a further query, my brother?

S2: No, thank you very much.

I am Laitos, and we thank you. Is there another query?

Carla: I just have one. I was planning, on my own, to have a session during the day tomorrow before these people leave. I don't want to rush them, I understand the principle of the baby steps, but I was planning to start the instruction immediately *(inaudible)*.

I am Laitos, and we are aware of your query, my sister. This is acceptable as long as it is understood by each within this newly forming group that the first attempts at a contact are those which shall be contemplated in the intervening time until the new group again sits in circle with this group, and that there shall be no verbal contact attempted until there have been a number of successful contacts achieved within the group that now sits in seeking circle.

Is there a further query, my sister?

Carla: No, thank you.

I am Laitos, and we thank you, my sister. Is there another query at this time?

S1: I have two questions. One is, do you suggest a mantra for a group, and secondly, in our existences on all levels, what is the best way to surrender all expectations?

I am Laitos, and am aware of your queries, my sister. We suggest only those means of tuning, whether by mantram, singing, group visualizing or whatever other means is available that have meaning to the group. This is decided by your own free will choice, for you are by now aware of those means by which

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you are most inspired, and we would suggest that you follow those yearnings and preferences which are already in place within each of you, and that as a group you make this choice.

As for the means by which one may give up the expectations, again, this is that process which has most effect when it is decided by each individual. It is in our humble opinion that which is most easily accomplished by a simple decision that serves as the foundation stone upon which any service to others is offered, and that is that one seeks with all the heart, the mind, and the soul to serve in whatever way is most appropriate, and that all other cares for the duration of the session of working are released.

One may see them as put aside, as one would discard cares and worries at the foot of a series of stairs, leaving them behind, or putting them in the pockets of a coat and hanging the coat in a closet, or by whatever means carries weight within your way of thinking, so that one becomes as an hollow vessel during the session of working, with no concern for any particular outcome, but concern only that one offers oneself wholly and completely in order that one may serve the one Creator in whatever manifestation [that] presents itself to one.

Is there a further query, my sister?

S1: No, thank you.

I am Laitos. We thank you for your concerns. Is there another query at this time?

Carla: Not from me, thank you very much.

I am Laitos, and we also thank each within this circle for allowing us to offer ourselves in service, for it is our great joy to do so, and we rejoice with you at this new opportunity to serve that is presented to each, not only within this circle and the newly forming circle, but to each portion of the Creator that resides upon your planetary sphere and will in some fashion be touched by each effort of service, for are not all one being, joined in seeking, joined in serving? And as each portion becomes awakened unto that desire living within the heart of the self, then does each other portion resonate in harmony with that same single desire. Again we thank you, my friends. We cannot thank you enough. We shall take our leave of this group at this time. We are those of Laitos. Adonai, my friends. Adonai.

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Intensive Meditation

March 13, 1990

(Carla channeling)

I am Laitos, and I greet you in the love and in the light of the infinite Creator. We are most grateful for your call to us, for your request of our humble opinions which, as always, we must warn, are quite fallible. We are not those of final authority, but like you, seekers upon the path of truth, beauty and the nature of the Creator.

We have spoken much about the preparation for channeling. It is now time to move forward into a more active mode, the mechanical learning of that which is called channeling. It is akin to teaching a child to play a simple tune upon the piano. This instrument would call such a tune, "Chopsticks." This we can teach. We cannot teach persistence, or a love of harmony, an assiduousness of practice. We must pause.

(Telephone interruption.)

I am Laitos, and am again with this instrument. We shall continue. The mechanics, the way of production, of channeled material, is so simple that it is normally resisted by those who wish to make it harder and more complex, who are learning to be little children who simply repeat what they hear or feel inside. This is the condition of the instrument as it begins the contact. It has prayed in whatever manner it deems most deeply worthwhile, to reach as high a tuning as the instrument may achieve in a stable and continual manner. This requires a crushing and absolute honesty, a knowing of the self and of the limitations of the self, for one does not go into the ministry of channeling to remove oneself from the world about him and dwell upon an higher plane.

One chooses to channel inspirational, spiritual and metaphysical principles because the Christ consciousness which permeates your Earth plane has, in the majority of cases, no chance at speaking in conventional ways, that is, through church attendance, involvement in the community of the Creator. There is no way for many to experience community. Thusly, to those whose distortions cause them to be unable to find the inspiration, the renewal, and the strength which they need day by day, to realize by grace that which is asked of them and to do that with a cheerful heart, there must be an alternative place of genuine worship.

We are not those who disregard or denigrate compassion, for especially within your own density the deepest truths lie in purified emotion. The job of a channel, therefore, is to provide catalyst, to evoke that purified emotion which is the daily food and bread for which you pray each day in the Lord's Prayer. Think you then that you are asking for bread to eat and wine to drink? This was not the intent of a teacher who spoke always in parables. The daily bread which you seek and which you seek to share is

that manna that contains the healing, the peace and the love of the consciousness of Christ; by whatever name you know the Christed entity, this is so.

This, then, is your goal, to become more and more able to perceive the ramifications of each point made in discussions about queries that have been asked by a group. Be humble before this gift. You are not reciting scripture, you are not offering infallibility. You are offering that food which otherwise would not be there and would cause starvation of the soul to many. Vocal channeling is only one of the myriad of services. It happens to be a more conspicuous one. This in no way means that the vocal channel is any different or better than the mother who nurtures a child, or any other entity whose path of service lies not in blue-ray communication, but in green-ray healing, whether it be of physical things, the rebuilding of old neighborhoods, feeding the hungry, working with the here and now of souls that need to be fed, not manna first, but food for the body, all across the spectrum to those who have put those things to rest by circumstance, work and luck, and are therefore able to take the leisure to move into contemplation, to seek out purity, to fall in love with love in the Creator, in yourself and in others.

No one within this density, as far as we are aware, has ever been able to keep this consciousness constant as a steady state throughout the incarnation or period of service. What is important is that you are able to clear the mind, to empty it as you would the contents of your pockets, before resting for the nighttime watches, until you become so much a part of the silence, so focused within, that thoughts begin coming to you. Now, you have continued to tune during the entire process of protection of the self, protection of the group, and protection of the working. When the time comes to channel it is time to cast away every inhibition, every care, every distraction, and put on the clarity of the white light of the infinite One.

The nature of the channeling which we prefer doing, because it is much easier upon the physical complex of the instrument, is conscious channeling. We are of the fourth density, the density of love and understanding. We are not as wise as many of our colleagues, and so our specialty is working compassionately with those who wish to build compassion for themselves, for others and for the Creator within themselves. We are humbled and grateful that the one known as S has made a serious commitment to learn this discipline of the personality and lend his unique voice to the explication of that very simple message that is repeated time and time again in various ways, in order that various kinds of people may find spiritual enlightenment available.

To begin familiarizing the group with the energy which we use, and we are a broadband energy, which means it is easier to experience us, we would like at this time to dwell with each within the mind in silence for a few moments. Allow anything that happens, or does not happen, to be acceptable. Simply, as we pause, experience being touched by this energy. We would now pause. We are those of Laitos.

(Pause)

Those energies which you feel shall not always be overwhelming. It is extremely common to the new student to find a great disorientation when beginning the work of channeling, for you upon your sphere of existence have the concept of solidity, of objective reference. We simply offer thoughts to your subconscious in the form of concept rather than language. It is the portion of the channel to hear the clarion call of those thoughts, to waste no time considering whether it is you channeling yourself, or yourself channeling an outer source. This process moves on despite all doubt, all questioning, and all fear, as long as the entity who wishes to channel continues to feel that this service is a path of service chosen.

Since much has been said already about preparing for contact, we shall await questions in order to clear up any confusing points you might have, but at this time we wish to speak directly to the teaching process of channeling. Channeling is a process much likened unto the catching and the throwing of a baseball, in a rapid fashion, which requires that the mind be kept single-mindedly upon the succession of balls, and the hand be nimble to empty itself of the ball it has just caught, that it again may be empty to receive the new ball. In this analogy we equate these balls with intuitionally validated thoughts and inspirations which are yours alone as you move along the path of life.

Now, we will tell you that which is not told those of the students who come to this instrument who do not wish to channel, and that is that the way to begin is to cast aside all powers of analysis, all

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resistance, all fears of saying or doing the wrong thing. This is often a difficult thing to give up, for entities truly wish to be of great service, and they wish to move forward as quickly as possible, but we ask you to take our instructions verbatim, and then think about them in as many different ways as you wish, ways in which you may come into adjustment with the seeming loss of the self. You certainly are not losing yourself, but gaining a deeper and more impersonal portion of yourself, for yourself is the Creator.

When we transfer a contact to a channel, the channel waits until a thought comes into its mind. It is distressing to many channels, and the first words that they get are the words with which we always open and close each meditation, greeting you and bidding you farewell alike in the love and the light of the infinite Creator. It is a great temptation to feel that there is a tremendous conspiracy of those who pretend to channel, but are, indeed, less than honest, less than rigorous, less than prepared, so that their material remains inferior and uninspiring. Channeling is a series of concepts that are caught and spoken without thought, without judgment.

After the experience is over, you may examine, analyze, probe, discuss and attempt to measure that which you have experienced, but during the process itself, a complete surrender to the Creator of all things, in certain knowledge of His plan for your existence within this incarnation, is in place, and that all is as it should be. This relaxed and peaceful state is aided only in some cases by the ingestion of caffeine in order that, although calm, quiet and listening, one also has the energy which such substances give to the physical vehicle and to the mind complex.

As we work with the one known as S, and gaze at the dynamics of the support group, we see that the one known as S's greatest difficulty will be in releasing himself from an attempt to be objective and to make sense in a mundane way of that which transcends day-to-day living and moves the mind and the heart into the vast eternity of imperishability. The energies that are carried are strong. This is the reason we have put much emphasis upon the work upon the self, not so much to be a better person, but to be able to discipline the personality enough to clear the self at the time of self, and therefore be an ideal and magical entity.

The process is as simple as repeating what you are thinking. New instruments, as we have said, feel again and again that they are making up those things that are being said. This is because we start upon familiar territory, common to all seekers, and common especially to those who have studied the work of this particular group. It takes a certain very powerful courage to have faith that the thoughts that are springing into mind from the subconscious will in the end have created a document that is as full of inspiration and information as you are able stably to convey.

You channel—and we speak quite seriously here—your own thought processes. You choose your behaviors, your reactions or lack of them, and all the attitudes of life. When one decides to become a vocal channel, one is drawn into a powerful energy nexus of which it is one point in the planetary light. Whether or not the channeler turns out to be proficient, if there is great sincerity in the attempt, that alone will lighten the consciousness of your beloved planet that is so sadly in need of light. We repeat again, do not analyze, do not allow the mind to judge the contact. It is of the greatest normalcy that an entity will begin channeling with perhaps only fifty percent of channeled material of an outer kind, and the other half the wisdom of the deeper self, so that in fact the channel in the beginning is very much aided by its unseen spirit, or guides, or [moods].

We would at this time request that the one known as S relax, take several deep breaths, and allow apprehension and fear to leave the aura of the physical vehicle, for in this first session we wish no more than to establish the experience of a momentary contact. When we transfer to the one known as S, we shall simply be sending the information of who we are and what we stand for. The simple perception of that name, which you require within yourself if spoken aloud, begins the brave and foolhardy Don Quixote upon his path towards the windmills of doubt, temptation and distraction. Thus, we would at this time attempt to make our presence known just as an energy, and when the instrument hears a greeting beginning, simply repeats that which it hears, judging not whether that thought is coming from the expectation of entity after entity greeting in the same way those who call. Once this is accomplished, the work is well begun, but the first step is to be able to

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open the mouth and speak that which spontaneously rises into the consciousness with no analysis and a complete faith in the service provided.

We would at this time like to announce ourselves in such a way to the one known as S, that he is able to vocalize thoughts that come from his subconscious spontaneously. It is impossible to tell in terms of the experience of the bodily senses whether such contacts are real or unreal. It is simply your job as channel to speak the words that we give you. You are, as an instrument, a person of great power, for you may choose the manner of the channeling, the focus of a life in faith and the joy of each individual lay ministry. Relax, rest back, and simply repeat that which is given without question and without thought. We will at this time move to the one known as S, that it may experience us and be able to vocalize at least one sentence of spontaneous thought. We would at this time transfer this contact to the one known as S. I am Laitos.

(S channeling)

I am Laitos. I greet each in the love and the light of the one infinite Creator. It has come about that …

(Side one of tape ends.)

(S channeling)

I am Laitos, and am again with this instrument. We rejoice that this instrument finds within itself the heart to speak that which it does not know. The instrument is telling me that it is reaching the limits of its ability *(inaudible)*. We rejoice *(inaudible)* and the experience of the deepened commitment. We understand the great difficulty *(inaudible)*. We leave this instrument now in the love and in the light of the one infinite Creator, wishing each well, in the paths of your chosen, thankful, *(inaudible)*. We wish at this time to transfer the contact back to the one known as Carla.

(Carla channeling)

I am Laitos, and am again with this instrument. First of all, we would wish to say to the one known as S that this entity is a joy to work with, cooperative, straightforward and single-minded to move into the heart and into heartfelt communication in service to others. We rejoice in the support group as well, for each is equally important, and we thank each for that dedication.

We are aware that controlling, handling and experiencing our energy for the length of time which it took to speak the sentences which the instrument spoke was great, and we commend this instrument for trusting in a teacher who is surely fallible, but who may have something to share. The key is trust. We hope you may come to know us and others of the Confederation, that you will begin to discriminate between one another of those entities to find that entity which best meshes with your own vibratory patterns, my brother, but how wonderful it is that such a beginning has occurred, that the soul was ready to open and bloom as a beautiful rose, or the unfurling leaves of spring which you may see in your countryside at this time.

We find that there is some adjustment necessary for the new instrument's maximum comfort in the contact. Because of the fact that we cannot directly experience those discomforts that need adjusting, we would ask that the instrument aid us by mentally asking for adjustments of any offshoot of strong energy which may prove distracting or troublesome. This is not our wish, we do not wish to deplete anyone, but merely to add to the information available to those who seek, and seek in such a way that this little room is church, as this instrument would call it, and the channel opening itself to contact is patterned after Christ consciousness, willing to give up all to do the work of the Father with a glad spirit and a steady heart.

Each time this entity practices the channeling it needs to be very clear with us mentally as to how we may serve it by entering into its energy fields in the most comfortable way possible. We especially congratulate one whose pride is in logical thought, but whose desire to serve has been so purified, the egoistic demands of the small self so well put aside, that much has already been done.

You may well question that which you may do between times of meeting with this group until the instrument itself feels it is strong, stable and full of discernment that it may channel within its own support group without the more experienced channel to aid it. As the process of meditation begins, or as it ends, we would suggest the discipline of tuning. The mantram of this particular teacher is the Lord's Prayer. There is an outer mantram and an inner mantram. The outer mantram brings the energy of the group into a circle that flows through the channel, strengthening and stabilizing the

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contact. That which is inner is of faith, the will to serve and the power of concentration.

Thus, we ask that the most difficult part of preparing oneself to channel, indeed, the most difficult part of the channeling process, be practiced, until one feels the vibration of whatever member of the Confederation you have called. Since those of Laitos have long been specializing in working with new channels, their's is likely, though it would be most efficacious for the instrument to request our presence, but it is the tuning process that must be practiced until it falls so deeply into the grain of the mind that it becomes impossible to consider channeling without doing the appropriate preparation.

Preparation is different for each entity. We will express to you this instrument's preparation in detail, not as an instruction, but as an example of how one moves from one state of consciousness to another, clearing the mundane pockets of the litter of life within your physical beings, and creating the hollowness within that asks and seeks and is ready to serve, and say, "Here am I, use me, send me, let me do the work you have prepared for me this day." Under no circumstances would we suggest that the entity, without the aid of the support group and the more experienced channel, at this time do any experimenting with channeling by the self alone.

Now we shall describe this instrument's own idiosyncratic way of preparation. Since the one known as S knows the idiosyncrasies of the one known of Carla, it may extrapolate the principles involved into equivalent values of equivalent intensity and meaning within its own life.

When the instrument known as Carla prepares to channel, the instrument does a symbolic act. Were this instrument more able to do things without aid it is possible that this instrument would prefer actually to shower and cleanse the whole body. Instead this instrument cleanses its hands, empties its bladder, brushes the teeth. As one empties the body of those waste materials it can no longer use and gives praise and thanksgiving to the Creator for having been able to use the food that the creation has provided, as one washes one's hands, prayer may turn towards the cleanliness of the self, asking and seeking always to be centered, consciously aware of the presence of the one infinite Creator, and systematically cleansed for the moment of the tedium and hubbub of civilization. As one brushes one's teeth, prayers are offered up on behalf of the purity of the words which come from that instrument's mouth.

There are as many different ways of praying, as many different symbolic ways of changing personalities and personas, of becoming that entity which is capable of taking its place in the world of spirit, as there are entities. The goal, however, is to feel at one, peaceful, stable, safe and fearless, and whatever ritual best creates within the self those feelings is acceptable to us, as long as the prayers involved concern service to others, for though there are teachers of service to self, we are not they, we have made our choices, and we believe each has made its own choice in this group also. Relax, be merry, take things lightly, and yet ponder them deeply. Allow the consciousness you experience in channeling, and meditation to a lesser extent, to begin to color your existence, and always, daily if possible, practice the tuning process.

To move back to this instrument's process of tuning, there is, as you know, the reproduction of the exact question asked, if there is a question which has been asked, while the instrument is in a slightly altered state of consciousness. In this state of consciousness the words are heard differently than if the words were heard before the cleansing process and the fervent, passionate prayer has been done.

Then the tuning of the group begins. Some prefer to "om," so that all entities within the circle are expelling the breath of life at the same time. Some enjoy the singing, and others enjoy the inspirational music. Indeed, there need not be a seriousness about such tuning devices. For instance, an extremely good tuning song is an old nursery rhyme, "Row, row, row your boat, gently down the stream, life is but a dream." This places you squarely in the consciousness of time and space, and it is from time/space that you are receiving information.

Then, there is the breath given together in the mantram of your choice. This instrument chooses the Lord's Prayer. There are many other invocations that have resonance for some people which the Lord's Prayer does not. As long as the import of this mantram is love of the Creator and love of each other, it is of the Christ consciousness and is acceptable to us.

When one has come this far, one then sees to the protection of the self and of the group. This

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instrument does so by visualizing each chakra in turn, asking it to receive, for this working, the unblocking of all difficulties, that full energy may rise to the heart chakra, and therefrom to the blue-ray energy center, which the vocal channel uses. In order to use the green healing ray, or the blue communication ray, it is vitally necessary to pay constant and close attention to the indigo ray which lies betwixt the brows in the center of the forehead. These lobes of the brain are those lobes in which eternity resides, now safely and securely, and hardly ever touched by human thought or imagination. When one feels that the protection of the working and of the self is complete, you may go on.

This instrument's method is to move each chakra into its normal balanced brilliance and spinning and life-giving energy, so that there are no blockages for that time, then surrounding the bodily energy in mind with the mixture of the violet ray of identity, and the red ray of life itself. These two colors create a mixture of lavender and red, the kind of color this instrument might call burgundy, and one visualizes it covering and coating the body as if the body were a capsule, and the covering that which held the great medicine of that capsule within it so that it may be useful upon its taking, and not be scattered, so that one is taking small bits and pieces into meditation, but has found a way to be whole.

After that, this instrument visualizes the white light, the full armor of light, placed upon its form, missing no spot, of undifferentiated love manifesting as pure white light. Once that feeling has been achieved—and it is often so that there is a lightness, either physical or mental, experienced during this portion of tuning—one then visualizes, as does each of the support group, this same white light that is first simply a small ball of enormous beauty and luminosity in the middle of the group, by bowing before its wisdom, by accepting its protection, you each allow it to expand, until all of you are bathed in unconditional love and light, the greatest protection available within the personal reference frame.

This instrument then asks the archangels, with whom it has a long history of acquaintance and love, to stand guard over the meeting, to warn of any intruders, and to act as champions of the light which the channel and its group are attempting to produce. The four archangels are Raphael, Gabriel, Michael and Ariel. If you wish to use the same technique as this instrument, you would see the one known as Raphael dressed in raiment so white that it glistened yellow and crimson. It is a silent witness, not a jovial personality. Then, behind the self, one asks for the presence of Gabriel, that great nurturer, who is normally visualized wearing a blue robe, standing in water, which is running and fresh, and offering up a holy cup to the thirsty. To the right there is Michael, the only [one] of the archangels which bears what you would call a weapon. It is the archetypal dragon slayer, it is the protector. It is always alert, and as one becomes adept at these visualizations one may see from the expression on these entities' faces what the atmosphere is truly like, not seen or felt from the outside, but from the inside, for Michael, more than any of the others, changes posture, changes the angle of its sword, changes its degree of alertness. Lastly, moving from the crimson robes of Michael, we ask that our left side be guarded by the archangel Ariel, which is the personification of Earth cycles. As it moves its multicolored cloak, a wind blows, and leaves, fallen from the trees and dry, rustle across its path. It is a mystery-clad entity, just as death and transformation are unknown until after the fact.

Asking for these archangels, one may begin, upon practice, to feel the great golden dome of metaphysical protection which has been begun by the energy of the group moving in a spiraling, clockwise fashion. This dome is impervious to damaging psychic greeting. It is possible, with this protection, for entities to take advantage of the instrument which falls prey to temptation, or in other ways has some chink in the armor of light, some Achilles' heel. But if the preparation has been complete and wholehearted, protection reigns within the place of working, and as you repeat over and over this process, it will cease taking so very, very long to do.

The protection having been done, the instrument known as Carla, and again we use this as an example, turns to the prayer of St. Francis, for that is the prayer that is its personal mantram, and we shall recite it in full.

Oh Lord, make me an instrument of Thy peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is discord, unity; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Lord, let me seek not to be loved, but to love; not to be understood, but to understand. For it is in consoling that we are consoled. It is in

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pardoning that we are pardoned. It is in giving that we receive. And it is dying that we rise to eternal life with Thee.

At the end of this private prayer, this continuing inner tuning, the instrument then declares itself as a metaphysical spirit. Let no mistake be made by one who feels unworthy, the universe is a complete democracy, no matter what density, no matter what differences of wisdom or compassion, each is made of the same stuff, that being love itself. The one known as Jesus said, "I am the vine, you are the branches." Settle yourself with your roots in the ground, and in divine consciousness. When you have declared who you are, with no doubt, no holding back, and no reservation, you have become a being of light in the great democracy of all spirits. No discarnate spirit is ever confused about its identity. Its very existence depends on its knowing who it is, and if an instrument wishes to work with spirits, and have control over that spirit to which it connects, the instrument, too, must know who he is. Then there is a prayer said that the energy not be more than can stably be accepted.

With all of this done, the entity opens itself to contact, declaring precisely who it is, and what challenge any spirit who wishes to speak with it must meet. This instrument challenges in the name of Jesus Christ. It is most important to challenge as each knows, but the challenging depends upon the utter, naked and sometimes hard line honesty of the instrument. You cannot behave as a spiritual being in the presence of discarnate entities. You must be, and consciously be aware of being, an undying and eternal source of light, part of the Creator, and part of the great democracy of all spirits.

The challenge should take place once one hears an identification, "I am Laitos," or, "I am Oxal," or, "I am Q'uo." There are many within the Confederation who teach, and you will find that contact which is most helpful to you and most productive of good, inspirational and information material. This is a matter of practice and of time. To go further in your acceptance of the contact is not only folly, it can lead to madness. We ask that the instrument never move beyond the signature, the identification, but simply ask the identified contact to be with the instrument in its meditation, for we of the Confederation have a strong and general carrier wave which aids in deepening and making more useful the meditative experience.

We apologize for taking such a great length of time to give this information, but we are aware that the instrument shall be many weeks upon its own. However, we feel we have given tools and resources not only for the instrument, but for the very concept of the support group, for the support group, too, may do this same work, not because it wishes to channel, but because it wishes to be the self it truly is, and thus be a stronger and more powerful battery.

We thank you very much for your patience with us. The information you have called for exceeds greatly that information which is normally called for by new students, and we are most happy and most grateful to respond. We find there are unasked questions upon the minds of those present. It is a free will choice whether or not each wishes to ask them, but we would prefer not to use this instrument in this capacity at this time, and would therefore transfer the contact to the one known as Jim. I am Laitos.

(Jim channeling)

I am Laitos, and greet each again in love and light through this instrument. We would offer ourselves at this time in attempting to respond to any query which may yet remain upon the minds of those present. Is there a query at this time?

S: Yes, Laitos. Could you expand just a little bit on the meaning of caution you gave having to do with the greeting of the disincarnate entity, that we go no further than the greeting—is that what you said?—lest we meet with madness.

I am Laitos, and am aware of your query, my brother. It is our recommendation that the greeting of any discarnate entity be all that you receive before offering your own challenge to that entity as to whether it comes in the name of whatever quality or essence is at the core of who you are. The one known as Carla challenges in the name of Jesus the Christ. The one known as Jim challenges in the name of the Christ consciousness and the service-to-others polarity. It is up to you as instrument to determine that quality which is most central in your life pattern and by which quality you will offer your own challenge after hearing the greeting from any entity which wishes to utilize your instrument and to speak through you.

Is there a further query, my brother?

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S: Yes. So the danger is in allowing some greeting to take place before one gets a chance to register the challenge, is that right?

I am Laitos, and this is correct, my brother. Is there another query?

S: No, thank you very much.

I am Laitos. If we have, then, exhausted the queries, we shall again thank each most humbly and gratefully for allowing us to work with this group and the new instrument. It has been a great joy and we feel that much has been accomplished this day. We commend each for the dedication and perseverance necessary to begin and continue this form of service through the vocal channeling. We, as you would say, look forward to those times in which we shall again be able to serve in refining this process which is well begun.

At this time we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Laitos. Adonai, my friends. Adonai. ♣

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The L/L Research

Channeling Archives

Transcripts of the Meditation Sessions

Volume II

March 18, 1990 to March 27, 1991

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1990

March 18, 1990 to December 30, 1990

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Rock Creek is a non-profit corporation dedicated to discovering and sharing information which may aid in the spiritual evolution of humankind.

ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
March 18, 1990

Group question: The question this evening is about limits. To what degree is accepting our limitations giving up, and to what degree is it freeing ourselves of unnecessary suffering?

(Carla channeling)

I am of that principle known to you as Q'uo. We greet you in the love and in the light of the one infinite One, the Creator of all, in Whose name we serve, and we bless and greet [you] and rejoice with greatest joy in being called to this beloved group. Your radiance is bright to us, and we bask in the sunshine of your desire to seek and to know, though you are vulnerable and open to pain, though you know the truth may cause you hurt, yet you seek, and you seek still, willing to bear the brunt of the truth, willing to ask past the surface of things. You are gallant friends, and we thank this group.

It is with gratitude and humility that we remind you that we are your brothers and sisters, not those infallible with authority over you of any kind, but those who wish you well, and who would give to you the best of ourselves, our feelings, our opinions, our thoughts. It is for this reason that we are awake to the cries of people such as you. It is for this reason that we come to those who seek through dreaming, through visions, through writing, and more occasionally, in those who are disciplined in their seeking, and have chosen this particular path of service through the vocal channeling, in which we are able to offer information more specific than paintings, music and poetry, though surely not more eloquent—simply more lucid and easy to penetrate.

You ask this evening a question which bears with it some dangers, and of these dangers we would speak first. To assume that one knows one's limitations and one's abilities, to assume that one has the intelligence to control one's destiny by thought and reasoning, is to assume a grandeur that you do not possess. And we say to you straight out that you who are guided by intellectual evaluations of situations, and respect for authority of any kind whatsoever, are hag-ridden and living in a nightmare.

One of the great misunderstandings of the many beautiful works man has created is the concept that man has created them by means of his reasoning, his logic, his intelligence. This is the mainstay of the culture in which you now exist. It is this over-respect for authority which one does not understand, that accepts without understanding, that is the hallmark of your desperate civilization at this time.

To whom give you authority? To those who are the priests of reason, of intellect, of logic, of hypothesis and conclusion, whether they be in the guise of those who come in the name of religion, having explained precisely by dogma and doctrine that which may be believed and that which shall not be believed, or whether one wishes to give credence to the doctors and the teachers, the scientists, the priests of reason and technology. Such is authority given to idols made of clay, for though each entity

trained to be in authority, and with the feeling of being in authority felt in surety within, yet is this person fooling itself, and removing the possibility of movement in spirit. Those who follow without understanding, without seeking the heart and not the mind, are those who consign themselves to prisons made of their own mental biases: this, this and this is true, and therefore all other is false. Such concepts are comforting, for one may again relax into the structure of a prepared life path where one is aware when one is doing well and knowledgeable of one's errors as they are pointed out to one by the authority accepted.

Thus, those who ponder the meaning, the necessity and the response to limitation with the mind alone, with weights of opinion from authority without the self, are those who seek to avoid the responsibility of being, to avoid the vulnerability of making an error. The great fallacy of all authority is error. There is no error; there are only ways to learn. Some ways of learning quite clearly inform one of that which one does not wish to do again. Was this then an error which brought one to such a speedy and heartfelt conclusion?

Therefore, let us banish from our minds our own mind's power over us. See your intelligence, your logic, your intellect as a workhorse, a machine, a computer which has been trained to make choices. Realize that you need this computer, for you dwell in so rich a tapestry of sensual experience that you could not ever be aware of your entire environment in any moment whatsoever. The creation is not large enough to hold the resonance of each passing moment. All your senses are open, thirsty, vulnerable, and the intellect chooses those things of which you must be aware to avoid extinction, to maintain preservation of the physical vehicle, and to meet those needs which your biases have previously fed into the computer again and again until the computer smoothly and quickly eliminates much from your environment, so that you are only aware of a tiny, tiny portion of your own creation.

This was planned by you, not that you be so limited, in and of itself, but that you continually examine your vulnerabilities to see if the choices you have made in what you perceive of what you see is that which you wish to perceive. Allow in your daily meditative moments this question to arise within you: "Are my choices causing me to praise the one infinite Creator? Do my choices bring me joy? Do my choices open me to the glory of consciousness, to the depth and breadth of the resonances of the present moment?"

Avoid satisfaction, especially self-satisfaction, but be hungry and thirsty, for there is more to learn, more to experience, and in that learning and in that experiencing there shall be change, which is, by definition, uncomfortable, stressful, painful. It is the successful heart that is open to these things, yet aware of the power of its own abilities to forgive, to love and to accept.

Once the faculty of unnecessary judging has been removed and replaced by an eager acceptance of the rightness of that which is occurring, one may then gaze upon what one considers limitations, and it is at this point only that we speak of limitations, having warned you as carefully as possible always to avoid mental constructs and structures which predetermine the meaning of your particular experience of being limited. This is your creation, a creation of the heart and of the spirit. Yes, it is a creation of your deeper mind, but your deeper mind is your heart, not your intellect. The intellect is the animal you ride so that you do not die to this world before you have tasted of the joy of being alive.

Conditions among your people are harsh. There is much pain in joy, there is much sorrow in laughter, there is much loss in each passing moment, until finally the loss of the physical vehicle is complete. All this is illusion, and this the heart knows; the intellect does not. It presumes its own self-preservation as a given which shall continue with no foreseeable end, and to this end it bends all experience. Abandon this, if you ever embraced it, for you seek upon a dusty path that is mystery, not surety, and your limitations are as you find them, shifting, moving, transforming before you as you change in your perception of them.

A limitation is wisely accepted as the basis of evaluation of further action. When one cannot walk one finds oneself an appropriate seat. When one cannot speak, one remains silent. When one cannot understand, one embraces mystery. When one cannot move, one embraces the concept of moving motionlessness. This is a foundation acceptance that is very helpful to the heart. It is not wisdom to ignore the circumstance of the physical vehicle, for these are the limitations of which you speak, limitations of action, of movement, of energy, but

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this is only the basis for further waiting, waiting in patience, in quietude, in certainty of the constant inflow of inspiration, for many are those who choose to do as much as possible, regardless of the circumstances and regardless of those things done, because authority says those who do the most are worth the most. Thus, the self values activity without evaluating worth, the love one has, the joy one has in each activity, but simply assuming that to give is to be productive, to be busy, to be active.

We speak directly to this particular instrument as well as in general to all, for this instrument has recently moved through the concepts of authority, limitation, and the making of decisions and it has discovered, and you will discover, the positive and the negative necessity of the acceptance of limitations being the beginning of the true choosing of that which is good to do for the self, and that which is kind to yield to for the self. It takes more patience than many have to wait upon inspiration, for the process of waiting is the process of forgiving the self for the limitation it has, and a beginning to believe that the change that is occurring is not a limitation, but a transformation, an alteration of the path of service intended by yourself and the Creator together before this incarnational experience was ever begun.

Times of pain and limitation are those times to find rejoicing and praise and thanksgiving, for these are the signals that the Creator is especially near, and transformation of the life, new lessons, are about to appear to one who truly forgives, who truly accepts, and may sit in peace, glorying in the light of the infinite Creator, and resting in the embrace of the universe with no thought except to wait upon that transformation to declare itself within one's heart.

The rest of that which we have to say is perhaps self-evident from this point. Many are the things which may be, not given up, but released, for they are no longer a part of your path of service. A grieving process for them is understandable, yet it is time also for faith to show itself, faith without understanding, without knowledge of any kind, but only faith that things are as they should be, that love permeates this and every transaction of the incarnational experience, that there is a path of service in every changed life. Even if the changes seem more and more limiting to the mind, to the heart, that energy which has been set free from those activities released is now there to place in a new path of service, in a new way of seeing, perceiving, changing and becoming. All entities are entities in transition, just as all entities are forever perfect. You are being and you are becoming. Thus, it is folly to hold to old paths of service which seem no longer to be possible, given growing physical, mental or spiritual limitations.

Yet there are those things which still resonate to the heart in a special way, those paths of service which survive change and transformation, because so deep are they within the heart that they are part of the deep self, that which cannot and should not be denied. The one authority you heed is that authority of your own heart. And so, though sometimes limited, one may choose to press against that limitation for the purposes of service, and more than that, for the purposes of experiencing the greatest joy possible to the spirit that you are with your own biases within this incarnational experience.

If you are thirsty and there is something that slakes that spiritual thirst, and you seek still to do this, pressing against a limitation, then you are not harming yourself, but giving yourself a reason to enjoy, to accept and to rejoice in the state or condition of life in which you find yourself regardless of your limitations. How to tell the difference is not a matter for the intellect, not a matter of constant, conscious, careful choice, but a matter of loving, waiting, accepting and listening to the voice that speaks within with the authority of your deeper self saying "Send me, send me here, send me, send me here," and so you send yourself, whatever the cost may be, if it is possible, for still this feels to be part of your path of service.

You are not here, my beloved ones, to have, to hold, to collect, to sustain. You are here to learn in deeper and more resonant ways always, what it is to be of service, what it is to love. You must begin with yourself, loving, accepting, opening your vulnerable self to wear the harshness of your humanity, for you are sturdy within, you have the strength of the universe within, you abide in the Creator, and love and light are your nature. You live in union with all that there is, there is nothing to fight. A limitation is an invitation to change. Know, each time that you experience limitation, you are experiencing the chance to learn something new, to serve in a new way, to find out more about what being and becoming truly are, to discover within yourself that core of being which is the infinite One. The infinite

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One is without, the infinite One is within, there is nothing but the infinite One, all is One. Cast aside fear, for your heart shall tell you in good time what choices to release, what choices to keep, and what choices to make for the first time that you may learn yet another lesson of love.

It is for this reason that you came into this world of loss and sorrow and vulnerability and pain and harshness. You came to be thirsty and hungry. You came to yearn and ache and be intensely passionate in your search for that which you know not, that which you cannot ever know, yet the search is your joy, your peace, your fulfillment and your inspiration. Limitation and change are but the hallmarks of an incarnation. Look past the agony and the anguish of that dust that you are. See yourself clearly, vessels of clay with treasures hidden within. Do not dissect your Earthly vessel. Do not agonize overmuch over its flaws, for clay will have flaws, and will eventually crumble, and be of interest only to archaeologists.

You are treasures, you are gems. Trust the process of limitation and loss to show forth to yourself, to the world and to all whom you may serve, all whom you may meet, that beautiful gem hidden within, that many-faceted, amazingly wondrous, youthful self. May you shine through that Earthly vessel. May you use misfortune in joy. May you drop away that which is busyness without undue fear, but with love and acceptance, and may you accept each change through the pain, through the difficulty of change, in perfect faith that all is well and all will be well, and you are fearless, holding up the light of consciousness to a world hungry for consciousness and far too full of the awareness of its own clay.

We are aware that what we ask you to do in such an intense way is that which you shall do perhaps reluctantly, perhaps with upset, forgetfulness and backtracking. It is inevitable, but be courageous enough to forgive yourself each time you forget your true nature. Forgive and accept yourself. You are clay …

(Side one of tape ends.)

(Carla channeling)

You will, all beings will, seem to yourselves to fail again and again, to forget your true natures again and again and be lost in the wilderness of logical thought. You will be discouraged, you will despair. Allow yourselves to make self-perceived errors, and at the end of each, as you recognize that you do not wish to be as you are, forgive immediately yourself for your despair, your fear, your cautiousness and your lack of intensity, and go forward a new person, refreshed, consoled and forgiven by the self that so you may be a refresher, a consoler, an accepter and a forgiver of others.

Whatever your limitations, do that which you love for the joy of it, and if you can no longer do it, wait, for the Creator has more joy in store for you; there will always be joy in store for you. Abide in the desert, meditate in patience, day by thirsty day, until at last you are delivered by your heart into the oasis and thirst no more, and then give all your love away in service to the one infinite Creator, and to the Creator you see in each face, beginning with your own.

We would at this time close the meditation through the one known as Jim, thanking this instrument for its willingness to speak, though fatigued. We shall now transfer this contact. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege to ask if there may be queries at this time upon the subject of the evening or any other subject. Is there a query at this time?

K: You originally identified yourself as being of the principle of those known to us as those of Q'uo. Can you tell me what a principle is and if and how that differs from a social memory complex?

I am Q'uo, and am aware of your query, my sister. It is our understanding that we come to you in a blended fashion, blending those energies of what you know of as two social memory complexes which have as their origins densities of vibrations that study lessons of unity in somewhat different fashions. The blending of these two groupings of entities creates that which we call a principle, which is our approximation, or attempt, to focus energy upon a certain vibrational level that gives witness to a certain facet of the Creator. Thus, we are as those who testify as to this aspect in a fashion which is ours due to the unique blending of our energies. Thus, our reference to ourselves as that of a principle is a more

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specific description of our natures than is our usual giving of a name only.

Does this answer your query, my sister?

K: Yes, thank you.

I am Q'uo, and we thank you. Is there another query?

Carla: I have been facing some real changes lately, and my first impulse was to give up everything in order to give myself time to make decisions. I didn't give up anything for good, but I gave up things for the moment. When I came to the feeling of what to go on with and what to leave, I found that I had left a great deal. Where does this energy go? Do I now wait for new activity? I feel a little bit as if I'm left hanging. Is that what you talk about when you speak of patience?

I am Q'uo, and am aware of your query, my sister. This is so, for you are as each seeker is, moving within a great darkness with but the smallest of candles to illumine the places upon which you shall place your feet, one slowly after another, not ever sure that the journey has been straight, meandering, circular, or if it should be any of these things, yet you gather what information as is possible to be gathered from the small range of view provided by your consciousness within this mystery of being. You use your conscious ability to analyze, you take counsel from that subconscious nature that communicates through intuition, and you go forth.

Oftentimes there needs be readjustment of the progress, reevaluation of decisions. This is but the nature of the choice-making density. It requires that one cultivate that quality you have called the faith that progress is possible, and the will to persevere in the choosing, in the stepping forth, not ever knowing for sure whether the ground is firm, in the metaphysical sense, or if one shall find but thin air for footing.

It is well that you question, that you wonder, that you choose, even that you blunder, for in each action, thought, word and possibility, you exercise those twin steeds of will and faith. That you should move ever closer to those mundane manifestations of metaphysical principles is possible, is probable, is, in its own way, of importance, yet of the greater importance is that you partake in this dance, illumined so mysteriously, with a heart that seeks, that desires, that yearns for the Creator and for the Creator's touch within the life pattern. This builds the bridge betwixt your illusion and the absolute reality of unity. This bridge which shall hold your feet more surely than any street or ground within your illusion, this desire to know, to move into love, into unity, into harmony, fashions that which cannot be seen, but which cannot, in the metaphysical realms, be denied, for this quality of desire, fueling the faith and the will, is that portion of your being that is more real than any portion of your illusion, and more real than any error or miscalculation.

Is there a further query, my sister?

Carla: Yes, I have two. First of all, I've had a considerable amount of anger that this should be happening to me just when I was beginning to be more effective, in my own way of thinking, to the community of Christ which I serve. It seems to me—you mentioned the process of grieving, and (how) do I find a way to forgive that anger and that despair as a process of grieving which is acceptable?

I am Q'uo, and am aware of your query, my sister. To grieve for that service which has been lost, or seems so, and to find as the heart, the source of the grieving, the simple desire to serve, is an helpful process which will eventually dissolve those boundaries that one has built of the small self's estimation of service, that there might be recognized other avenues of service which may have gone unnoticed because of the narrowness of the original definition.

Thus, such grieving is a part of a process which will eventually bring one to the realization that there is nothing but service that can be rendered. There is, however, the ability to offer oneself in new ways that can be cultivated, so that the small self may see with new eyes that which is before one, for there is never the lack of opportunity to serve, there is only the inability to see that which offers itself to one at all times.

Is there a further query, my sister?

Carla: Yes, one last one. I have felt in the last couple of weeks that perhaps Jim and I could benefit at this time from being more mindful, and meditating just perhaps for five minutes or so during the day, at noon, and at supper time and at bedtime, in addition to the times that we already spend. First of all, is this a good way to stay mindful, since the

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times involved are short, and second of all, is it acceptable to use rituals that contain Christian words which the one known as Jim can only take as mythical? Is it ethical to do so, or do we need to write our own services?

I am Q'uo, and am aware of your query, my sister. These decisions are those which have meaning as the parties involved agree. There is no suggestion that we can give that holds more significance than the desires which each of you express. It is well to remain mindful, as you have put it, during your diurnal cycles, of the one Creator and one's seeking of the Creator, for your illusion is one which is designed to give experiences that move one in and out of the presence or the mindfulness of the one Creator, for when one seems to move away from this mindfulness, there is created within that likened unto the vacuum which pulls the consciousness back again to the seeking, to the questioning, to the asking. Then that which is learned by such questing again allows one to move outward, as it were, only to return again, and again, in what is an upward spiraling path of energy expenditure. Each entity must needs create the pattern for this spiral. That which you create has significance in your journey as it comes from your desires, rather than being imposed by any outside source such as ourselves, beyond the general recommendation that periodic rituals of remembrance, shall we say, are helpful in each entity's journey.

Is there another query, my sister?

Carla: No, thank you Q'uo.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Carla: Thank you for being with us tonight, Q'uo.

I am Q'uo, and we also extend our great gratitude to this group which has once again allowed us to have our beingness within your illusion, and to offer our service to those who request it. We are most grateful and rejoice at each thought, each query, and each blending of energies. We shall take our leave of this group at this time. We are those of Q'uo. Adonai, my friends. We leave you in the love and light of the one infinite Creator. ♣

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Sunday Meditation
March 25, 1990

Group question: What is important in the spiritual life/search?

(Carla channeling)

I am of the principle known to you as Q'uo, and I greet you in the love and in the light of the one infinite Creator. We know that you have enjoyed the silent meditation that has come before our speaking, yet we would explain the reason for the extra time which was spent, for it applies directly to the question of that which is important when one undertakes the spiritual search.

This instrument was not receiving the full power of its considerable beingness, as its heart chakra was in part blocked, a most unusual state for this instrument. Consequently, those who greet you of the negative polarity were all too happy to say our names, and because of the lack of full power of perception this instrument was able to discern only that there was something amiss. We were not yet in contact with this instrument, and in any case, had we been or not, we could not have made the choice patiently to return and go through each step of tuning to discover the blockage. That this instrument has the humility, the patience, and the high level of trust of the self by the self in its intuition to move back and attempt only the highest and best of contacts is to the credit of this instrument and to any who would seek.

This instrument's heart chakra was in part locked into a less than full compassion for one who wished this instrument well, yet who chose to speak and act in ways this instrument could not understand, in ways that were thoughtless and hurtful. This entity has the name, S. Therefore, this instrument took the time to focus upon this relationship, to forgive, forgive the other, forgive and love the self, and realize that no harm is meant in that which causes hurt, in many, many encounters between people upon your Earth.

Some may say, indeed, that this was an orange-ray blockage, a difficulty in relationship, but because of this instrument's, shall we say, spiritual circuitry, all such imbalances are, in truth, those of green ray. When this anger, frustration and pain, feeling of betrayal and abandonment was released, there opened in the being a chakra full of unconditional love which excluded no part of humankind.

Thus, in answering the question of what is most important in the spiritual life, the spiritual search and the spiritual path, we would say absolute and rigorous honesty in evaluation of who you are, what you wish, what you will to be done, and what sort of search you wish to mount for the Creator. Many look at the relationship with the Creator as the mountain climber looks upon Everest. Like a mountain, the spiritual instinct lies within man, and its very beingness in the consciousness requires many to strive to scale it. The great fallacy is in allowing oneself the thought that when one has reached the top of the great mountain and gazed at the vistas of

spirituality available to the eternal spirit, one is somehow changed. One is merely seeing a beautiful view. The reasons, the intentions and the desires of the one who climbs the mountain of spiritual seeking are all important. The success of the attainment of the peak of that mountain is a goodness qualified and biased most strongly by one's truest and deepest desires and intentions upon attempting the climb. The mountain you climb has no peak. Many, many times the spiritual adept shall find a marvelous apex of consciousness, a newer and broader view of the entire spectrum of perception and experience. This is, however, not an end, not a finality, but rather that gift which often signals a new chapter, a transfiguration, a moment of light that has shed its welcoming and loving brilliance upon the spiritual search and the spiritual seeker.

Beneath your oceans there are also extremely high peaks, extremely high mountains, yet to those of the second density who inhabit that medium of existence and take their life from the neighborhood of that which is water, we may observe that there is no attempt to climb to the peak of any mountain, for surrounding and engulfing all the topography and the geography of the underwater kingdom, one height is not seen as superior to another, nor is it related to the basic consciousness inherent in that mind/body complex.

We are not comparing you to fish. We are comparing you to those who swim in a sea of energy, consciousness and love. You may find yourself in the great valleys of your emotional ocean. There, love is. There, your path of service lies. At other times you find yourself upon the oh, so desired peak, the mountain top. You are no closer to heaven, no closer to the Creator there than at the very gates of what many have called Hell.

When one lives in an illusion which seems to give one condition importance over another, one is allowed by free will then to choose that which it will consider to be of value, and this is especially true of those who have launched themselves into what we may call, in your mythical terminology, (the) search for the holy grail. How long and dusty is the road which seems to go on forever! How few the mountain tops, and how far apart are they! Can one stay upon the mountain top forever? We assure you that if one attempts to do so one will eventually be seduced by pride, which is a killer of light. Likewise those who live in the valley, and though seeking, must admit failure after failure, are no less spiritual.

The first part or aspect of the spiritual search that needs clearly to be seen by each is that each is in an atmosphere not of air and nitrogen, oxygen, all the elements that you breathe in. You live in a sea of consciousness, a sea of energy. You do not float upon this sea, although many, many are the times we have used this simile in attempting to speak in parables about the spiritual journey. In truth you are simply within the environment of the Creator. You are everywhere, you are everywhen, you are every condition. You can improve your behavior, but it is only persistent and patient work upon the self by the self that enables one to be the athlete of the spirit that shall question again and again if necessary its readiness to act, to live and to be one through whom love may shine.

Although it is easy to say that you are not alone in this choice, in this constant series of choices and determinations which can only be subjective, the truth within the illusion is quite different. The illusion is designed to confuse you utterly. Not partially, not variably, but completely. Thus, first, in order to have a spiritual life of seeking in service to others, one must recognize one's nature, not a nature that is dependent upon its place in the geography of the human spirit, but upon its steadfast and unchanging place in the very heart of the Creator. We wish by this statement to remove from each the pride of knowledge, the arrogance of those who are faithful, the terrible wasted humility of those who feel that they have failed and will always fail to be worthy of this search.

You shall not judge yourself. You may only see, in faith, your nature, in the environment which you occupy. Your nature is something we may call love. That Creator that you seek is something that we may call purified or divine Love. Your search is in answer to instinct. With this statement would we take away the sting of judgment, pride and humility. You are an I AM. You are not an "I am a philosopher," you are not an "I am a recluse," you are not an "I am a spiritual failure." You simply are. You always have [been], you are now, and you will always be of this one gemlike nature, a crystal, fully faceted, most beautiful, unique to you and to the creation, and infinitely desirable to the Creator.

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The first step in the spiritual search is to see that side of yourself and to realize that of yourself you may not, can not and will not progress. But within you lies this jewel, this brilliance, this perfection. It is within you in the valley, on the mountaintop, in feelings of unworthiness and in feelings of pride. There is nothing you can do so terrible as to remove yourself from this great love, this perfect identity, nor is there any way whatsoever, by good works, by acts of love and consciousness, by the giving and consolation that you feel flowing with you, to improve or better your condition. You are. The changes within yourself that you perceive are the subjective signs and symptoms of a search led in complete free will, to uncover within the clay of oneself that jewel of beingness, that I AM which exists within the form of bone and flesh that serves you as vehicle in your incarnation at this time. To know that you are as you are is the first and great step, the cornerstone of spiritual seeking. If you are, if the Creator is, the relationship of beingness is one of unity. You are in the Creator, the Creator in you. You and the Creator are love. The Creator is love unknown and unmanifest. You are love known and made manifest.

The second step of spiritual search, life and work is the decision of the self in all honesty and humility to attempt to lessen the opacity of the illusion of the milieu in which you live, the illusion of flesh and bone and hair in which your imperishable spirit lives for this brief incarnational period. As you find your own way to make yourself transparent, so can the love which is infinite in the Creator, but finite in any manifestation of that same Creator to speak, to bear witness, to be that messenger of hope, of abiding, of loving and of caring make of you the Creator manifest.

No one can do more than experience the fringes of the true kingdom and power and glory of love in its fullest sense. Those who feel they have the same chance of doing so as the Creator Itself have fallen into the trap of pride. Those who surrender the jar to be hollowed out and made transparent are those in whom the manifestation of love may not end, but continue infinitely. This process of choosing a way of manifesting an instinct which is inherent to all is entirely up to you. That you choose to seek in this mystery of the finite and the infinite is the cornerstone of all spiritual seeking, the bedrock of the spiritual life.

Now, there are two ways in which one may go about accelerating that movement towards the one great original Thought of love, and bringing that through consciously into manifestation in the life experience. Firstly, the work within the self must never be taken for granted. Just as this entity, which rarely has a green-ray blockage, had the humility, the patience and the determination to find and clear that which kept it from feeling correct in its attitude toward contact, so is that same patience which again and again will bring practicality, sensitivity and effectiveness to the spiritual knowing of the self [useful to you].

In meditation you begin to be acquainted with your true self. You are not this lifetime, you are not a product of the experiences of this lifetime, though many place enormous emphasis on the difficulties which have biased, within this incarnational experience, that which seems to be your nature. You are not the conglomeration of past incarnations. You are not the gifts into which you poured life within manifestation as you were born. You are love. If you think that you are a wanderer, a teacher, a healer, or even if you wish to be one who has a path of service that is obvious to others and commanding of respect, you have lost your way, for your way within yourself is to love the self, to forgive the self and to see that I AM within the self as the I AM that is consciousness and that is love.

Many, many are the stories and myths told to enable entities to move themselves into a position of realization of the true nature of the self. The final goal of all of these true spiritual paths is humility and a willingness to surrender that clay, the pride, the arrogance, the unworthiness and fear, to surrender all these emotions utterly to the power and peace of knowing that you are love. This you can know only by faith, and faith can be strengthened only through contact in silence within the self, gazing at nothing, thinking nothing, expecting nothing, allowing all distractions to fade away, condemning yourself for no thought which takes you from this condition of emptiness, but rather, giving it position to have an irrelevance to the state of mind which your heart has wrapped around you for the meditative process of learning through silence.

The other and corollary method of working to maximize the opportunities of the incarnation that one may live a life of spirituality is to allow the self

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as imperfect, as poorly hollowed out, as opaque as it may be, to follow each instinct of the heart. To love all others is easy to do, to love entities one at a time, very difficult indeed. We ask you to realize that loving humankind will not polarize you towards the positive service-to-others path, but will seek only to stultify and stunt your growth in spirit.

You do not have answers. There are no answers. Focus then upon the questions of the spiritual seeker. The primary question in dealing with any other entity is "How shall I love, and how may I serve?" In many, the only way available to the loving heart in offering love, is the offering itself. There must be no expectation upon the part of any that those seeds which one sows of truth subjectively understood by the self, may bear any fruit in any other but the self.

To see each entity as an entity of love is an enormous challenge within your illusion, for you cannot see that they too are love, made of love, abiding in love, and very often completely unaware of and uninterested in this primal, instinctual, inherent characteristic of humankind. This awareness cannot be forced upon any, nor should it be. How then to serve others? We ask you to listen, not to speak, for in listening you provide a loving and compassionate mirror which mirrors back to that other self which is the Creator that which that other self is doing that it would not wish to do, to allow that entity to realize that which it is not doing that it does wish to do. In listening you become a manifestation of the Christ. In listening and forgiving you have moved ever closer to the mind of Christ.

Therefore, when no one asks for your help, know that your basic and most important help is in your beingness itself, in the joy that you take, in the zest, the leaping for joy that you experience as you experience who you truly are. Be not cast down. Be merry, for to be merry in the little things and the big things of mundane existence is to express the nature of love. There is nothing ponderous about love; it is spontaneous and full of light, and you need do nothing to those who do not wish to speak with you, but only be who you are with rigorous honesty, admitting [it] to yourself each time that you jangle and are out of tune, moving then from service to others to the repairing of the self until you once again love and respect that self, finding that self worthy of being a vessel for the infinite light and love of the one Creator.

There are those who will ask you for help. Evaluate these requests carefully. Will they be of service in the spiritual seeking of that person? Or will they be worthless in the spiritual seeking of that person? Many ask to be pleased at all times by those about them, to be placated, soothed and cherished at every turn. They seek for themselves a comfort, a rest and a peace through requests of humans other than themselves. To move toward what such entities ask is sometimes that which maintains that entity in a state of spiritual anarchy, for the saving, or shall we say, the savior, is seen as that which is embodied in another. You are not another, you are the other self of that entity. You can by no means teach through pleasing others.

Upon the contrary, there are those who truly seek the Creator, and at those times may you pray fervently and heartily that you may be single-minded in your persistent effort to be hollow and transparent, that that which is infinite love may work through your oh, so mortal being.

It is said within your holy works that you need never fear [for] that which you will speak when the time comes to be of service to another. This is not so of pleasing others, but it is indeed so of serving others. Again, it is first necessary to know and love the self, for others are merely distortions of you. As you learn to nurture yourself you learn to serve and heal others. Learn that whatever their outer circumstance and appearance, you are they, and they, you. In all humility surrender that finite self and seek the jewel within, asking it, as you would ask your most beloved self in its deepest aspect, to show itself as it will, to speak as it will. This attitude shall bring about within you that attitude which you seek, the attitude which seeks to be of service in any situation.

We shall end with this thought, "What is it to serve, rather than please?" Ponder this, for upon this hangs much, and if you wish, we may speak to you again upon this subject.

We are sorry to have been long-winded, but we have observed that your recording device has tolled the bell of our sermonette to you. So we shall remove ourselves from this soapbox, that we may in all humility, and asking you to remember that we are very fallible and prone to error, and offering only our own opinions, close this instrument through our

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beloved brother, the one known as Jim. We thank this instrument. We thank those in the support group, for truly this group is strong in seeking, and it enables us to protect this contact in a way which heartens us. We thank each. I leave this instrument in love and light. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We are now able to offer ourselves in further querying if there be queries which yet remain. Is there a query to which we may speak?

K: You said earlier that when a person asks for help it's a good idea to evaluate that request to determine if our compliance would be helpful for that person in their spiritual search or not. In some cases there seems to be a fairly obvious difference between what would be of help to a person and what would be just pleasing them, but in other cases it is more difficult to tell. My question is, how am I to judge what is going to be helpful to a person in their spiritual search and what is not? Could you offer me some suggestions on that?

I am Q'uo, and am aware of your query, my sister. As you speak to those who request your assistance, it is well that you determine through your own intuitive nature the quality that is at the heart of the request. This is to say that one looks beyond the words spoken, beyond the information which is sought, and looks to that yearning that inspired the request. This cannot be done by mental analysis or the recalling of specific information that would meet the letter of the request. This is the nature of the process of taking no concern for what you will say when you are asked to serve, but having faith that words, deeds, feelings, will be given.

Thus, it is our suggestion that, before you seek to serve in any particular fashion that is related to a spiritual query, you take a moment with yourself to make silent your conscious mind that would rush to answer with words, and dive deeply within the silence, there to attempt to become [who] that entity [is] in the quality of its query at that moment, not who the entity has been in your mind, or who the entity should be in your mind, or might be, but who the entity is at that moment. Then, respond as you are inspired. You may of course find that there are retrievals of information that occur, memories that are utilized, analysis that is applied, as you respond to the inner inspiration. This is well, for each of you has experiences that are useful in fleshing out the concepts that are oftentimes beyond words.

Is there a further query, my sister?

K: Does this process also apply to requests for help that have no obvious relation to the spiritual quest?

I am Q'uo, and we would suggest that this is an useful means of communicating upon the level of pure idea, shall we say, for want of better terms, and can be helpful in any area of concern or inquiry.

Is there another query, my sister?

K: Not for now, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I have one. There have been several times in my life when I had a very difficult situation, and looked at it, realizing that people were going to think I was a doormat, deciding nevertheless to continue, because I saw a spiritual principle involved. To give you a simple example, I had a boss once who had a very low opinion of herself. I could be two minutes away, rushing all away to the ringing telephone on her desk, but such was the depth of her need to feel superior that she would wait until I answered the telephone. Obviously in doing so I was pleasing her, but to my way of thinking, and this may have simply been in my head and not in my heart, I don't know, I felt I was serving her also because I was giving her a feeling that she was worth any effort I could make for her. Is this rationalization or is it thinking from the heart? Because this situation has come up repeatedly in my life, and I would like to understand the pattern.

I am Q'uo, and am aware of your query, my sister. To speak without infringement is our desire, thus we would say that it is, in the case that you have mentioned, an action which fulfills the spiritual or metaphysical prerequisite for polarization that your intention for the action is to be of service to another. Thus, the action is efficacious for you. However, it may or may not be a service to the entity that you reinforce a distorted perception of the self. This cannot be said with any certainty, for we would need to examine each entity's life pattern in order to offer more informed opinion. The desire to serve is the most important quality in any action that relates entities. The method that we suggested earlier, to

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take a moment to attempt within to become that entity, is a means by which this desire may perhaps be more carefully and precisely honed and utilized. However, the desire is the most important quality.

Is there at further query, my sister?

Carla: I just want to make sure I understand what you're saying. What you're saying is, my action was not necessarily of service to anyone else, but it enabled me to work on my own polarization in consciousness. Is that it?

I am Q'uo, and this is basically correct, my sister. Is there another query?

Carla: Is it wrong to please someone, or inadvisable, I should say, just for the sake of seeing them smile?

I am Q'uo, and am aware of your query, my sister. Of course, as you realize yourself, there is no right or wrong to the means by which entities interact, for each entity is the Creator that works upon Itself and reveals more of the Self in the process. All interaction offers this opportunity. It is the great dance of your illusion to offer opportunities in many and various patterns according to individual choices and idiosyncrasies. Thus are the avenues for progress multiple.

If one should desire to inspire the smile upon the face of another, it is a desire well placed, for within your illusion there is much of confusion that does not bring the smile either to the face or to the heart. Thus, it is a small gift that one may give that is a joy for each. There are, of course, ramifications to any behavior that is repeated, that each entity does well to study. This includes all behaviors, for all behaviors are the coursework of your illusion, and indicate certain tendencies that allow the insight into the deeper nature of the self. Some are well to build upon, others are well to balance. These are individual choices, as you are aware.

Is there a further query, my sister?

Carla: No, Q'uo, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo. We feel that we have spoken at length this evening in a manner which we hope has been helpful, and we thank each for not only calling for our presence in your gathering, but for the patience that each has shown, as we have offered ourselves in a lengthy manner, which often makes the physical vehicle uncomfortable as it rests in one position over the long ...

Carla: May I ask a question?

I am Q'uo, and we are happy to attempt your query.

Carla: If this group studied together the information in this session and developed a further question from this session, and tried to get more continuity in the questions, would we be being of aid to your social memory complex, or group of them, to a further extent than accepting the randomized questions of those who write questions, or would it be more helpful if we kept on as we are, in terms of your service at this time?

I am Q'uo, and am aware of your query, my sister. We are filled with joy at the opportunity to speak at any gathering of this group. We have no agenda, shall we say. We have no desire to offer specific information in what you call a coherent fashion. We are happy to offer such information if we are queried in that manner. We look at the queries which are offered to us and see that they come from genuine concern. This is the most important quality for these contacts, for it is your desire for information regarding the evolutionary process that provides us with the opportunity to serve and the means by which information is drawn from us, for we answer as we are queried. Your desire is much like the magnet which draws to it the iron filing. We see each opportunity as whole and perfect in itself. We are happy to offer ourselves in any capacity as you structure either these sessions or any queries asked within them.

Do you have a further query, my sister?

Carla: No, no, please, I'm sorry I interrupted your closing. I just wanted to ask that.

I am Q'uo, and we are grateful for your queries, my sister, at all times. We are grateful for each opportunity to blend our vibrations with this group's. We are grateful that there are entities upon your planetary surface that seek information and inspiration, both in spoken words and in those thoughts and feeling-tones which are unspoken as well. We are greatly honored to be able to offer ourselves in even the smallest capacity of sending love to those that request it, and who may be quite

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unaware that they do indeed receive an answer to their inner queries and needs.

At this time we shall take our leave of this group. We are those known to you as Q'uo. We leave you as always in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 1, 1990

Group question: The question this evening focuses on the points of the journey rather than the goal of the journey, how we are all in a process, and at times struggling quite mightily to meet the various challenges that come our way, whether it might be sickness or monetary problems, relationship problems, finding out exactly who we are [in] different facets of our being. We tend to focus upon making some sort of resolution and judge ourselves by how well we succeed in our own eyes at solving these problems. We would like some information this evening concerning the process and how this process works, not so much in helping us to achieve a goal, but in becoming a new type of person, a new soul, a new being by going through the process, by going through the struggle, the heroic struggle.

(Carla channeling)

I am of the principle known to you as Q'uo, and greet you, my friends, in the love and in the light of the one infinite Creator, whose servants and messengers we are. We are most grateful for this opportunity to be called to your group, for the energy which each has offered, moving through this instrument, that we may have good steady contact. May we say what a pleasure and a blessing it is also for us to share with each of your vibratory patterns. As we seek together, so the blending becomes ever more harmonious, and we find great joy in the springtime that is in all of your hearts this evening, that springtime sense of renewal and of growth, of movement and rebirth, of transformation and transfiguration.

You ask us to speak of the journey of the pilgrim, of the search for the Holy Grail, of the quest for the impossible dream, of the seeking of truth in an illusion whose purpose is extraordinarily bound up in there being no perfect truths, *(inaudible)* [only] pragmatic solutions which have nothing of the ideal in them, only compromise and expediency. There are more and more such as you upon the surface of your sphere at this time that seek that which they cannot know, rather than what has given them their gadgets, their toys, their weapons of war.

Let us first examine the condition into which each of you was incarnated. Into each of your preincarnative programs there was inserted the spirit of willfulness, that is, the spirit to wander, to roam and to do as one wilt no matter what the cost to others. And in almost each life at some time there is the necessity to break free from old bonds of seeming righteousness and propriety, to seek a truer, better, more resonant and halfway remembered road upon which you have trod before. This is the road you call home. You are always on the way. See you then a tree? There is your home. Pitch your tent, drink from the spring, and move on. Within you there is a single self that seeks. The outer self in the great illusion of third density is violently bombarded at almost every turn by attempts to distract one from the contemplation and

the seeking after that which you would call the pilgrim's journey.

Let us examine but two of your myths to see the basic similarities and dynamics of that cosmology into which your own personal faith is the central portion. The first is that parable so familiar to you within the works attributed to those who knew the one known as Jesus. He spoke of a prodigal son, a son who wished to take all that was his and go and have adventure, in the glory of his youth and manhood, and a fine time did he also have, till his pockets were let and empty, and he no more than swine, eating that which the pigs left behind.

What is most often forgotten in this parable was the plight of the faithful son, the one who never took a chance, the one who never did anything wrong, the brother that stayed at home and worked hard for the father. Years later, after many painful and disastrous experiences, the prodigal son, hoping to be hired on as a slave at his father's estate, limped slowly and wearily toward the great castle which had once been half his and was his no more. Yet the father saw this entity, this son, and to correct the biases of your holy work, this daughter, moving wearily towards a home that [he] no longer knew might exist, wearily hoping to find the humblest and lowest position in the household, for simply to be in the gates of his father's house was reckoned enough by the prodigal.

The prodigal was aware of the journey it had made. It was not easy upon itself, and, indeed, it had done many things seemingly amiss. Yet did the father's love respond in any way to judgment when he saw that his son, his daughter, was coming to meet him at last? No, not at all. Rather, he gathered all together for a great feast to celebrate that son, that daughter, whom he thought he had lost, and in free will could not bring back; that prodigal child who had of its own accord turned back to the father's house, not knowing the outcome, not knowing the reception, being content to be as one of the dogs at the table catching the crumbs of the meals of those worthy to sit at the high table of his lord the father. Ah, what a welcome this child received, how gloriously happy was the father that that which had been lost to him was found again.

In another of your myths the deep dark of winter is brought about as the hero is chopped up and his parts strewn so that they may not ever be found again. Deep winter dwells upon the Earth as the father is seemingly no more and chaos reigns. Yet such love has Isis that she goes about gathering up those pieces, and putting back together the great prodigal scattering of godhead. Each part within itself could be nothing; it was only as it was put together that it regained unity, and made all the people joyful, the flowers bloom anew, the leaves dance and clap their hands, and the mountains laugh with joyful abandon, for once more that which was lost had been found.

Within your culture this day, my friends, many, many are those who see spiritually oriented or metaphysically oriented groups as those whose duty it is, whose responsibility it is, and whose pleasure it is to reassure, comfort and tend to the needs of those others within the group. Each is felt to be a shepherd to all the rest, and the world becomes one great pasture, where none ever leaves the fold of the father, as the father expresses itself in each son that has stayed at home, for all that the father has is the son's also.

The comfort, the tenderness, the poignancy and the security of the pastoral sense of community cannot be gainsaid, nor would we wish to. But we address you as pilgrims. You are not of a pastoral faith, you are a pilgrim people, and you move forward into uncharted lands, strange adventures, unknown happenings. The end of your journey is something of which you know not, neither can you know at all. We, who have had some slight more experience than you, know this not at all ourselves.

So we urge each, in the beginning, to recognize the benefits of the pastoral, loving, nurturing community of seekers, but we remind you also, that each of you is a teacher to each other, each of you is a mirror held up to each other and you must hold up an honest, straightforward and fearless mirror that shows whatever is there, whether it may be called that which is spiritually desirable, or that which is considered otherwise.

The pastoral part of your community is excellent for raising the trust of each member for each other. What love is born as one listens, pardons, consoles and gives, as pilgrims who have almost nothing but give what they have to each other, companions upon a dusty path that leads they know not where, in search of an ideal in a land they know not to be ideal, in search of a hollowness of self, when they feel

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that self overflowing with personality and character and opinion and bias.

Can a pilgrim afford these attitudes of judgment? We say to you, no, a pilgrim cannot. It cannot judge itself, for it is merely a dusty-footed pilgrim upon a very, very long path whose ending lies at the source of all things, the home to which all strive to attain. Although you may find many, many dear companions along the way, each of you is his own pilgrim self, whole, complete, male and female together. There is no need to balance in pairs, there is no need to find balances so that your so-called yin and yang energies are balanced betwixt two entities or more, for the true balancing is done as the prodigal child turns and says, "No more, no more. I am not in a state of enjoyment or happiness, all those things I have sought with money and with debauchery have proven to be false. Let me turn now and listen to that which before I did not hear, see that which I saw before but did not perceive, and understand in my heart those things which made no intellectual sense whatsoever."

We find that the central image in each which suggests the path that is taken is that path called the path to the Holy Grail. First let us gaze at this great prize. It is a hollow, empty vessel. It waits to be filled with that which is holy. Know you not, then, that that which you seek is within you? That your cup is too full of yourself? You must spill yourself out in your pilgrim walk. You must drop bag after bag, and garment after garment, bias after bias, and prejudice after prejudice, until at last you stand, vulnerable, without the ability to defend the self, yet having no fear, for you have become empty and you wait for the grail of an Earthly self to be filled with the immediate presence of the love of the one infinite Creator.

It is difficult to speak to entities who do not see through the veil of a seemingly objective journey that is also seemingly subjective. In just the way that the creation shows itself through the telescope, but shows itself also within you, so is there the symbol of a glass waiting to be filled with love and light outside the self which may be translated into the cup of the self deliberately and sacrificially emptied day by day by day, until you have the capacity to be hollow, to be humble, and to accept the glory of love divine and imperishable. The cup of your body shall cease to be, yet if you have fashioned it lovingly enough in your thoughts, this cup shall be your metaphysical statement, the centerpiece of a tapestry woven in purity and love and desperation and desire, the tapestry of the life of a pilgrim.

We have said this before and shall say it again: we ask you above all things to be merry in your journey. It is not pleasing to the self, or to one's companions, to become so involved, so agonized about the spiritual side of the self that it simply cannot think beyond itself. Many spiritual seekers are solipsistic, and therefore not able to polarize towards the positive, for to polarize positively is to see in each face the face of love. It is not looking and searching within the self in the mirror, contemplating the navel, meditating, organizing the life, starting grand projects of spirituality. All these things are good in their place, but realize first of all that when you have become clear enough to open the heart to unconditional love it is time to empty the vessel of yourself of all that is clay and dust, and become that hollow self through which the light and the love of the one Creator may flow.

Is there an answer to the question you ask? We must tell you: if there is one, we do not know it. All we do know is that we are experiencing a journey, a journey without time, a journey without space, in the subjective sense; a journey very much in time and very much in space in your outer experience. We suggest that you study not the fortune-telling aspects of the tarot or the archetypical mind but the symbols themselves, for they show to the self that blueprint of that which any entity has the capacity to attain. Sincerity, humility and persistence, the daily, constant centering and meditation, all these humble things are those that open the self to be a pilgrim.

Stay not at home, tend not your father's flocks, until you first have discovered your own limitations, your own compassion for those whom you previously thought quite unlike yourself, for you are everyone you meet, and it is only when you have the humility to recognize yourself in all that you see that it is possible for you as a pilgrim to shine forth in each dark corner with the infinite love of the great Spirit that hovers over, around, beneath and within you. Bow to that which is within yourself. Die to that dross which keeps you from the grail. Be a pilgrim people, and exhort each other as each becomes discouraged. Listen to each other, not to change each other, but simply to listen. Trust each entity to heal itself once difficulties have been expressed.

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The freedom to speak and communicate clearly is born a very hard birth by most entities who do not have within them the native trust to confide, to be open, to be foursquare against all odds and in all situations. Consequently, we ask that as you walk the dusty road you gaze at those things which you have not thought to trust before: the beating of your heart, the warmth of the sun, the rustling of the trees, the song of the birds. All these things are there to give you that which you may learn from and in which you may abide as you begin and continue an arduous yet most exciting and exhilarating journey full of epiphany, transformation and change.

There are no answers that we have to give you. We can only say that you are asking the correct questions. We cannot promise you riches, fame, security or happiness. We offer you only the dust, the coarse roads of the pilgrim, the harsh sun of the desert which is often traveled while the soul is in travail and a new soul is being born within. We offer you discomfort, the discomfort of change, and as you meditate and seek to know your own deep self, seek to deepen your trust, you shall find yourself more and more uncomfortable as you change more and more. This discomfort is a divine discomfort, an excellent discomfort, an encouraging discomfort, for it means that you are in truth prepared to change. You have allowed your rigidity of belief to melt into the malleable, impressionable thought processes which are powered by the energy gained from dropping the old programs that have been to you in some way destructive.

Each of you has a different way of destroying self-esteem within the self, a different way of rationalizing. Do not condemn yourselves, pilgrims. Move to one who is in pastoral relationship with you and speak your thoughts freely, for you are the Creator speaking to the Creator, and you must needs find entities whom you may trust to that extent, else you shall be alone and confused in the outer world. But when you have expressed yourself and have been heard, then it is time to carry on that which you have begun, the infinite processes of change and transformation.

You will always be on the way, you will never see the face of the one infinite Creator, for could you but see it, it would appear only as light, a light that would blind you. You are not ready for an unbiased look at the infinite One which broods over the universe and gazes upon Itself with a love so compassionate and so complete that there is no end to the loving you are receiving at this very moment, not simply from us, messengers of the Law of One, but from the Creator Itself, whose love sparkles in the air that you breathe, comes through the soles of your feet as you touch the earth, moves through the body enlivening, refreshing, restoring.

Once you feel so restored, remember you are a pilgrim. Pick up your staff and trudge on, for there is more to learn about love, and as long as you are in the physical body that you enjoy for this incarnation, you are gazing at your path of service not in some far off way of extreme asceticism, not in the travels from one group to another to sample the spiritual supermarket, as this instrument likes to call it. You are here to gaze upon an illusion, to come to some basic conclusions about that illusion, and that is that it is a dualistic illusion. In your heart you know there is no duality. The illusion expresses duality in every way possible. Expect your spiritual pilgrimage to be full not only of mystery but of paradox, yet go forth rejoicing, for this present moment intersects with eternity and resonates with joy and love and peace right now, this moment, and this moment, and this moment.

Be ye mindful pilgrims, be ye open to change, be ye not content to stay at home, but move into challenging and unknown ways, freely to examine, to sample and to experience the nuances of the choice that you must make in this density. Nations have made this choice, entities have made this choice. Shall you serve others or shall you serve yourself? In both nations and individuals the answer is usually that of the brother that stays at home where it is safe. Live dangerously, my friends. As this instrument would put it, die behind the wheel. In your content, find the divine discontent of one who seeks always the wider viewpoint, the clearer, more lucid expression of the gemlike self which is the Christ, the great One within. And keep your quest and your questions before you.

As you correctly surmise, the persistent quest of your ideal in an illusion which is not ideal is both foolish and the wisest thing you shall ever do within this illusion. Seek, seek ye, and what shall you find? If you knock, what shall open unto you? Pilgrims, we call you, take up your walking sticks and come along. It is a fine journey. And be very careful as to that which you seek and that which you desire, for you shall receive that which you desire.

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We would like to leave this instrument at this time, as this instrument has been explaining to us again that we have outstayed our allotted time period. Pardon our prolixity. We do get wound up, do we not, in what we have to say? We feel our cup is not yet quite hollow ourselves, and we join you in your search. We thank this instrument, and we now transfer in love and in light and in the merriment of brother and sisterhood together, to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time it is our privilege to offer ourselves in the attempt to speak to any queries which have arisen during this gathering, or to any other query which is upon the mind of those present. We would preface this offering by reminding each that we offer but that which is our opinion. Take that which is useful to you and leave behind any words which do not ring with your own truth.

Is there a query at this time?

K: I have a brief one. Could you please give me as exact a transliteration as possible of "Adonai vasu borragus," and what the origins are of those words?

I am Q'uo, and am aware of your query, my sister. These closing exaltations are from a language which some upon your planet know of as Solex Mal. These words …

We pause.

(Pause)

We apologize, there was a disturbance with this instrument. These words are those which offer a thanksgiving to the crystal pure light within each being that has called for the presence of the contact speaking through an instrument. "The lord of the light" is one literal translation of the "adonai." The "vasu" and "borragus" have meanings that are approximated by "the One who reigns within and forever." This is seen as the essence of each entity and is felt to be a fitting closing for messages which are in truth spoken from the One to the One.

Is there a further query, my sister?

K: Not for now, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

C: I have a query as to this time of year, the season, it being a time of growth and blossoming on this planet, and as to what activities and pursuits we can engage in singly and in combination with others to further the process of growth within ourselves and all that is around us.

I am Q'uo, and am aware of your query, my sister. Your planet at this time experiences each of those rhythmic cycles which you call the seasons. Within your own hemisphere there is the springing forth of new plant life as your days lengthen and warm to the greater presence of your sun body. It is a natural portion of each entity's life pattern to respond in an harmonic fashion to those seasons which paint the background of your daily round of activities. Thus, to those who are sensitive to such cycles, one may see the harvest of the fall being taken into the heart of the self to be reflected upon in the depths and cold of your winter season. This reflection and burying of seeds within then makes way for the bursting forth of new ideas, new directions, new energies and growth in that season of spring which you now begin to enjoy, to produce its own crop of nourishment for the soul in your summer season.

It is well for those who have this sensitivity to engage in the group ritual observations of the changing of the seasons so that the essence of each is understood and practiced by the individuals who bring themselves and offer themselves in group worship, rejoicing and ritual. These are the milestones of the yearly procession of each day that you walk as a pilgrim upon your journey.

As a conscious pilgrim on the journey it is within your abilities to look upon each day as complete and to see the portions of the day as yet another cycle in a somewhat shorter season, so that you are completely free to bring forth new beginnings at any moment, to share the fruit of your learning of love and compassion and wisdom and of service with any entity that may for a moment walk upon the path with you. To share the smile, the helping hand, the understanding ear in any manner with any entity is to share the best of that which is yours, the fruit of your journey thus far within this illusion.

Thus, you are creatures of free will, moved by feelings, moved by tides within your own subconscious minds, and moved by a desire within your being to know that which is called the truth, and to experience that which is love, to learn that

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which is wisdom, and to serve in the power of the One, which you may do at any moment, according to your renewed desire that begins with your waking from your slumber, and extends throughout your day as you travel with each of your brothers and sisters upon this same journey.

Thus, what you do is to share that which you have when it is your moment to share as you are moved by the opportunities of the day and by your own desire to expand upon the opportunities and your abilities.

Is there a further query, my sister?

C: Not at this time, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I guess not, Q'uo. Thank you so very much for being here.

I am Q'uo, and we also offer our gratitude to each of you who have invited our presence. We rejoice at these opportunities to share our opinions and our thoughts with you. We hope that within the many, many words which we have shared this evening there might be a few which are useful to you. Go forth, my friends, and use that which is helpful in your own way to further your own journey and those of your brothers and sisters as they walk with you.

At this time we shall take our leave of this instrument and this group. We are known to you as those of Q'uo, and we leave you as always in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
April 15, 1990

Group question: The question this evening concerns how we find our spiritual path when we find it in a conscious fashion. How it is that we select the path that we do finally select? Are there forces or influences that come, not only from our current experience, but from childhood, from the way we first experience the world? Are there forces that come from before the incarnation? Do we set up, preincarnationally, choices or biases that eventually lead us to the path that we choose, or that eventually becomes ours? What are the forces that help us to choose our path and to follow it?

(Carla channeling)

I am Q'uo. I am known to you as Q'uo, though the name that we use we give to you only because of your fondness in the naming. We are a portion of the creation of Love, which is the one great original Thought, the Logos of the infinite Creator of us all. We wish to acknowledge entities within the Confederation of Planets in the Service of the Infinite Creator, those known as Hatonn, and those known as Latwii, and to thank them for their participation in this particular meeting, for there are those here who need the silent comfort of the sharing of vibrations with these entities. They will not be speaking, but have simply been called here in order to abide in silent meditation with some few of those present at this time, for there is great fondness and affection in some for these entities.

We thank each for calling us to speak upon the subject of the influences which affect each seeking soul's way of experiencing spiritual help. The honor is great and we are very humble, as we feel that you may have a desire to share with us our opinion. Because you so desire this, we offer to you our plea that you not take us or any but your own heart as the authority which recognizes the truth that is the truth for you. We are not infallible. We simply share opinions based on a larger range of experiences than you.

As you gaze into the memory of your childhood you see much of what was there, and you have blocked yourself from seeing many other things that were part of the childhood which you experienced. It is so that you came into this experience of incarnation with your own biases, opinions, tendencies and characteristic ways of thinking, feeling and acting. All of these things were yours within the womb before your mother ever gave birth to you. You came into this experience of incarnation a realized being who has chosen various difficulties and challenges as the means whereby you may come to a greater polarity of service, service to the Creator, service and nurturing the self as part of the Creator, and service to those entities who are your own selves, seen in a mirror.

Therefore, we cannot generalize that this or that about a certain childhood would have such and such a specific effect. Each entity is unique. There are,

however, those categories of conditions which set up for the seeker the way he will visualize and perceive the road of seeking the truth. There are some few who do not wish to seek, or to know, but wish to be told what is true. Those people are not interested in what we have to say, but we wish them well. Those are the entities which accept specific guidelines such as good and evil, righteousness and sin. These are entities who are only comfortable as slaves. They do not question, they do not seek. They simply stand and believe that which is told them.

This tendency cannot be learned and is not the usual true nature of a third-density entity, but we did not wish to leave out entities such as these, for in these entities too lies a viable and beautiful link between the self and the realization of a Creator which banishes all of that which you call error or sin. To these people the blessing of simplicity is given, and they seem to a more seeking entity narrow or dogmatic, yet their way is as valid as any, if by that way they are able to open their hearts in service to others as they love the Creator and as they love the self as heir to the Creator, son and daughter of the Creator, the hands, the mouth and the energy of the Creator alive and working in your environment at this time. These are not entities upon which one should shower patronization. They simply are simple and uncomplicated entities who do not have the desire to seek further.

Most entities, and certainly those who would call us to them, have entered into this incarnational experience choosing limitations which shall be experienced during the years of youth. Perhaps the greatest stimulus towards freeing the self of mandatory belief is the simple demand that all be believed without question. The spiritual disciple will not accept an unquestioned description of the spiritual life. One who wishes to seek the truth must seek it through movement, movement and change and transformation, day by day, sunset by sunset, and moon by moon, [through the questioning] of a living, powerful, very real purveyor of truth. Each seeks the link that will link the mundane to that which is eternal.

Many entities within the childhood experience are cut off from the feeling of self-love. This is perhaps the most common of those limitations which are chosen before the incarnation, in order that the entity may experience and exercise the lesson that one is not here to be loved but to love. One is not here to be pampered, but to console others. One is not here to be praised, but to support, cherish and nurture those about one, seeing in them the infinite Creator. The inability to feel the worth of the self derives its strength, for the most part, from the childhood wherein the child is not accepted as it is, in which the child is not appreciated, feels itself not to be fully loved, feels itself to be criticized, feels itself to be unable to please those first witnesses and embodiments of the Creator, the parents.

As the parents cut the child off from the spontaneous giving and taking of love, so in the mature spiritual search the pilgrim shall find itself laden with a burden of self-doubt, and that even heavier burden of unidentified guilt, for in such a childhood one is given the feeling that one is somehow guilty, but of what, the child knows not. One is given the feeling that the child is unwanted, and there is no defense possible to that child, for in the young years of incarnation the child is too purely that spirit which incarnated into the world to have defenses against lack of self-perceived love, worth and righteousness.

The second most heavy influence upon the mature experience of the seeker is that yellow-ray experience the entity has had with what this instrument would call institutionalized religion. We use this word carefully to differentiate it from cultural religion. Each of you lives within the Christian culture. Each of you thinks in terms of the story of the one known as Jesus Christ, of the parables this entity gave, of the life this entity lived. The threads of this incarnation run so deeply within your culture that whether you be devout or atheistic, or anywhere in between those two, you are still forced to use a language of Christianity and Judeo-Christianity, because that is your cultural heritage.

This creates a very great difficulty in those who have rejected the vocabulary of institutionalized religion and have left that institution, either because they did not believe the institutionalized religion was helpful to the self, or because this religion held no interest for the self, no identity for the self, no means of expression for the self, or simply because the entity was too sensitive to the deeper, darker strains that weave their way through the Christian religious story. How dark and sad is that story, a story of an entity one with God and one with man, who must die; that entity asking us each to die each day, to give up the self each day, to be with the Creator in

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the small death of the personal part of the self, the ego, in order that one may more and more come to a realization of a greater self within. When it is put to an entity in specifically Christian terms, the entire experience of redemption, forgiveness and freedom is bent and twisted in such a way that many, many entities cannot at all accept this expression of redemption. Yet each seeks the experience of being forgiven.

It is one thing for a parent to act in such a way that an entity feels chronically unforgiven and unappreciated. It is a far more serious thing when an entity cannot, within the confines of its spiritual practice in that which you call Christianity, find, believe or rejoice in the experience of forgiveness and redemption. Few there are who truly believe, if they have considered it well, that they are, without some movement of the spirit within, forgiven all those things known and all those things not known which have been acts which separate us from ourselves, from each other, or from that great principle of love which is the Creator. Thus, the parents first, and the church, shall we call it, secondly, create the basic limitations upon those who seek the truth but cannot accept the particular expression and distortion of the truth of forgiveness and redemption in any language which is used within your religion.

There are many ways in which entities find a process of forgiveness, for let it be noted well that none feels truly without error. All consciousnesses are aware of their own humanity, their own clay feet, their own self-perceived error. It is part of the illusion in which you live that you experience this as part of being yourself. This is a part of yourself. In some entities, because of a childhood in which the entity was greatly loved and was given the love, the smiles, the touching, the obvious caring, the entity will far more likely be able to experience a sense of forgiveness through the forgiveness of the self by the greater self within. It is not that such entities know that they are without error, but that they have the faith given them because the sun shone upon them in the days of their youth, that the sun still shines upon them, and that there is no thing which cannot be forgiven.

How do these entities experience this forgiveness? By their forgiveness without stint or hindrance of any kind of all those with whom they come in contact. It is the self-forgiven entity which forgives others, not because he has earned forgiveness, but because he is an entity, and there is no error which may take away from that entity the truth of that entity's nature, a being of oneness with the Creator.

When the experiences of the childhood were ones in which much was unforgiven, criticized, denied or rejected, the pilgrim shall have, shall we say, the knee-jerk reaction to deal with, of a feeling of not forgiving the self. Others it may forgive, but until one has come to some deep archetypical emotion within which expresses itself to the spirit in the words, "You are forgiven, you are loved," that entity shall have a great deal of trouble loving the self, and thus, its forgiveness and compassion towards others masks a deep and abiding ache, a wound so terrible that it cannot be described, a wound of the self that will not forgive the self for being human.

All entities have help available to them. None need rely upon the self. But to those whose childhoods have been experienced as accepting and cherishing and nurturing will come those entities which are personal, speak personally to the entity, are intimate with the entity, and become the objective vision which encompasses the wall of self-forgiveness. Those who have been caused to believe that they cannot be as they are and be loved learn to behave and carry into their relationship with love an entity which behaves, rather than an entity which is as it is. In this case the same help is available, but it shall come to the entity in an impersonal form. Such impersonal forces, principles and entities, are as we, those who speak as inspiringly as possible through each instrument of the depth and resonance of the self of each of you, calling to you to call within yourself, acceptance, love and forgiveness.

You carry upon your backs, unless you forgive yourself every day, a terrible, terrible burden. The variousness of catalyst and experience among your peoples is intended and is guaranteed to create within the experience a subjective concept and opinion of the self as having come up short, of having failed in some way. Where, then, is salvation? It is within you, each of you. Roll the stone away from the tomb of low self-esteem, of self-doubt, of prejudice against the self. Think of yourself as an object other than yourself. Gaze upon the self as upon a stranger, and you will find that your opinion of yourself is changed, for you do not judge others as you judge yourself.

We are being asked by this instrument to come to a conclusion of our part of the message which we wish

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to offer, that comes through this instrument, as the hour, as this instrument calls it, grows late. We confess, we are talkative, and always speak overlong, according to this instrument.

We wish you to realize, each of you, that each of you has had various experiences in your youth, various experiences in those that seem to be in authority over you in a spiritual way. This has the repercussions of your own self-image, of your relationships with the Creator, with yourself and with those about you. We ask you simply to remember that it was to a man who had betrayed and denied the one known as Jesus that the one known as Jesus said, "You are my rock. That which is forgiven by you is forgiven, that which is not forgiven by you is not forgiven."

My children, each of you can be perceived as less than perfect, but each of you has an honor and a duty to perform. Love yourself, and if you do not love yourself, work to love yourself. Love the Creator more and more passionately, spending time with the Creator in silence, and love and forgive all with whom you come in contact, for you are as powerful as any other human, fallible being. There is that within you which is of the consciousness of love, and your wellness, your wholeness and the truth of your being is wrapped up in the concept of yourself as an extension of brother or sister, a fellow heir of the one infinite Creator. Forgive, console and love, the Creator, yourself and others.

As we know that we are out of time, we must end with this instrument. We ask you to remember only one thing more. You may find yourself to be incapable of creating this within yourself in a week, or a month or a year. You have eternity in which to become joyful, forgiven and redeemed by whatever objectivization, such as Jesus the Christ, you may choose, or by whatever inner guide that your own background has made better for you as a bridge to the eternity and the infinity of love.

We would at this time transfer this contact to the one known as Jim. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each in love and light through this instrument. We thank you for your patience, as it was necessary for us to pause as this instrument needed to complete the duties with the recording device. At this time we would offer ourselves in the attempt to speak to any queries which you may feel have importance for you. Again we remind you that we offer that which is but our opinion, though we offer it joyfully. Is there a query at this time?

Carla: I'll ask one, if people want to wait awhile and think. I have had several people in a wave talk to me about healing myself, as though my illness were some sort of crime, or indication of my waywardness of spirit. It is, on the contrary, my opinion of my own self, knowing my history, that is, that I died at one time of kidney failure, for about twenty seconds, that I indeed have a very healthy body that is doing amazingly well. I do not know what I can say to entities to give them comfort and to free themselves and myself from the feeling of guilt that is lain on me by those who feel that one must be bursting with physical health in order to be of mental, emotional and spiritual health. Could you comment?

I am Q'uo, and am aware of your query, my sister. We may comment in a general fashion, for we wish to share the principle. Those who offer their help, their opinion, of your situation, have the desire to serve, the basic love that propels motion and service. The vehicle, or channel through which the service is offered, is whatever framework of belief has served this entity, or any who offer their assistance. Thus, they give that which is biased, according to what they have found helpful. The manner in which you receive that which is given is determined again by your own framework of belief. You may see the offering as that which is laden with guilt. This may be the result of a distortion of either one or both of the means of perceiving. This perception of the role of guilt, then, has meaning for each in an unique manner. The weight that you give to that perception, then, is a function of …

We must pause, we are having difficulty with this instrument.

(Pause)

I am Q'uo, and we apologize for the delay. We shall continue. The perception of guilt as a portion of your condition, is merely a reflection of the …

Jim: Carla, this isn't *(inaudible)*. It doesn't feel right, I'm going to have to stop. It doesn't feel like Q'uo.

(Carla channeling)

I am Q'uo, and greet each through this instrument once again in love and light. We wish to applaud

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and encourage the instrument known as Jim, that this instrument's *(inaudible)* is such that there was *(inaudible)* lack of steadiness of the tuning, and although the one known as Carla was keeping the circle well guarded by means placed there by the instrument before the meditation, yet it is always well whenever in doubt to cease the communication, for it is the desire of the Confederation of the Planets, who are in service to the one Creator to offer only that highest truth that may be offered in a *(inaudible)* and secure manner.

(Inaudible) query which was posed by this instrument, as there is the difficulty of the instrument's own individual small self which has its opinion, and would in any case doubt that which we were to offer. We shall simply say that the nature of health and wellness is a nature which knows not bone nor sinew, blood or tendon, infection or disease. The health and wellness of an entity is its acceptance of itself, and its realization that all is as it should be and as it must be for the entity to be open to the lessons of love received and given in that moment.

Before we close through this instrument we would ask once more if there are any further queries?

K: My name is K *(inaudible)* weekly, and I would like for you to comment on the teaching and work of the circle that I am speaking about, particularly, could you comment upon the entity Sananda, who speaks to the circle?

I am Q'uo, and we greet you, K of St. Louis. Blessings upon you and upon your seeking. The conditions of that activity called channeling are different for each channel, and the sensitivity each channel may bring to its work is unique to that entity. Those ideas which can be used as tools and resources in the daily life are ideas inspired by love, call it what you will.

As to the name, Sananda, the Christ name has moved through many namings. There is no one name of this consciousness that may declare itself unique at this time, that is, the only entity which speaks as the principle of the master known as Jehoshua, or Jesus. We ask that you yourself listen with an open heart to the messages of the one known to you as Sananda—how many names this energy has been perceived as having, how many more shall there be. You are one, as are most who have studied the consciousness, the mind and the actions of the one known as Jesus the Christ. Listen to this entity. Seems it to speak in humility, compassion and acceptance, encouraging each to love each other? If that be so, what matters it what it call itself?

We may say specifically only that the intentness of the entity which is Christ is a consciousness which has used channels which have given over their lives to servanthood. Gaze clearly upon the face of love. There is no pride, there is no judgment, there is always love, forgiveness and healing. That which is of Christ-consciousness dares the entity to look at itself, to accept itself, and by that impossibility of self acceptance and blind faith, be healed. If the entity whom you hear has this love, this yearning, this passion and this healing, you may judge for yourself what energy or principle of the Creator this entity is. We do not give opinions positive or negative of any source, but ask each entity to use its discrimination, and always to use the light touch, the relaxed and time-consuming patience allowing ideas offered by such consciousnesses to steep and ripen within the self. By [the] fruits of these teachings shall you know the nature of him who planted the seed that blooms within yourself.

May we be of any more service to you at this time, my brother?

K: Thank you very much.

We thank you, K of St. Louis. Is there another query at this time?

K: Could you comment briefly about the connection that B and I have between each other?

I am Q'uo, and without abridging free will, we may. K is teacher to B; B teacher to K. You have the honor of being honest, and the duty to be compassionately honest, and to give to each other a true picture of each other, that together you may pull as two oxen the cart of your faith and your will to serve, not a striving to please, only, but looking always for that which may serve, never striving to limit, but searching always for that which may advance a sense of freedom.

The mated relationship, regardless of what its nature be within the legal framework of your culture, is the most powerful possible arrangement within which acceleration of the spiritual path may be done. It is also the most difficult, because intimacy is very difficult among those in a culture which teaches each

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entity to wear the mask and to behave in such and such a way, that the truth be only half told, or not mentioned, for to do so would cause time-consuming, heart-rending work in consciousness by both.

Thus, each who is a teacher to the other in a mated relationship must, to be the most effective partner, gaze within the self within all circumstances and within all transactions with the cleansing, purifying and healing openness of heart, never allowing difficulties to remain between the two, realizing always that difficulties will continually be between you, for you are each other's greatest catalyst for learning. Face that squarely. You shall make each other uncomfortable. That is the nature of change. And when you have a teacher, the weight of learning increases, and the discomfort increases likewise. Therefore, see the pain that you give each other with sorrow and with apology, but with the knowledge that it is a necessary portion of the learning of two who together seek most beautifully.

Is there another question, my brother?

K: Thank you. Thank you very much for increasing my insight and understanding, and I wish to give the rest of the time to someone else who may have a question.

We thank you, my brother. Is there another query at this time?

(Pause)

I am Q'uo. We are aware of your questions, and respect each for the silence that indicates that it is not now the time to ask such questions. Ponder them instead within your heart and your soul. You can answer as well as we. If you give yourself the time to allow these questions to sink deeply into your subconscious, each question shall be answered at last, by whatever means.

Your planetary sphere has a special light this day, which you call Easter and Passover within the culture in which you live. Lift up your hearts, my children, sing alleluia to new beginnings, new understanding, new perceptions of the self, new consolations and a renewal of a passionate desire to know, to love, and to express by service to others the one infinite Creator. In the love and the light of that Creator we leave you now, rejoicing with you at your Eastertide. We are those known to you as Q'uo. Adonai. Adonai vasu borragus. ♣

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Sunday Meditation
April 29, 1990

Group question: No group question today. We'll take potluck.

(Carla channeling)

We are those of the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator. We thank you for the plenty of your company, for the thanksgiving of your meditation together, for the rejoicing in unity of this circle of seeking, and for the openness to hear what we have to say to you, though you are so scattered at this time that you are not able to form queries that are deeply in your heart. And we assure each of you there are queries in your heart at this time, queries that you could bring closer and closer to the surface by wishing and desiring and willing to live more and more consciously, more and more single-mindedly, to burn with passion, to hear the voice of the one infinite Creator within you, to have the enlightenment and the opening up of those things which seem closed to you because they are caught in the prison of words.

Each of you has suffered in this week, each of you has rejoiced in this week. Have you noticed? Have you grasped your life in any one moment, and turned to the central sun of your being in praise and thanksgiving and joy? Where is your joy, my children? Where is your passion? Where is your thanksgiving? You are upon a road, and each stranger that you meet may open to you the book of your life, the meaning of your moment. Do you listen to every stranger? You are strangers to yourself, each of you. Do you know how your heart yearns to dwell in joy? Do you know the passion that lies within you to follow with a single mind and a single heart that trail you can sense, that dusty road that you know is better than it feels, finer than it seems, more wonderful than it apparently could ever be? What ties you to this illusion, my children, you who are in such an advantageous position, you who have made such firm commitments?

We choose to speak of what this instrument spoke of earlier, for though this instrument knows not whence its thoughts arise, yet it is true that this instrument has opened, more than most, those passages into what may be called the frontal lobes of your brain, if you wish to give a geographical location to that portion of consciousness which is capable of faith. Because of this instrument's blind and unknowing faith, because of its insistence that there is a positive way to observe an act in each circumstance, it burns, it gives praise, it has its moments of joy, perhaps more often than some, though it too dwells completely within your illusion and is completely blind to that which it senses. It is, however, correct. You, my children, have banded together in blind faith with apparent difficulties on every side, with personality clashes, with personal difficulties that seem to make certain relationships less easy, each with personal business that seems upon the surface to cause the relationship to be that that is not unity.

So it seems to you, yet you have vowed deep within yourself to serve the infinite One together, and all your words and moods and fears and tears and problems within the illusion have absolutely no effect whatsoever upon the joy of your union within the love and the light of the service to the one infinite Creator. You have made a choice that is completely idealistic and unrealistic with regard to your circumstances. You shall not see your oneness, perhaps ever, and surely not quickly, for each of you lacks, in some way, the work that must be done to learn passion, and sureness, and stillness, and blindness.

You are not blind to your illusions. Why, why is that? We may ask all upon your grieving, weeping, agonized planet. Why can you not be blind? You know that which you see is an illusion. Even your scientists speak to you thus. Your poets have always spoken so. All have wished to burn with passion for the infinite, the divine, the ideal, the everlasting. Why do you see? Why do you open your eyes and allow yourselves to be pulled into an illusion that you are so aware of as an illusion?

The answer is very simple. You are doing what you are supposed to do. Were you able to be blind to this illusion and awake to joy, you would not, nor should you, be here, dwelling in this illusion, learning and suffering and changing and transforming yourself, day by day, step by weary and seemingly plodding step. You have come here and have given up your true sight, and so you do not find your blindness a virtue. This is the forgetting, this is the veil, this is birth into an illusion, and you have plunged yourself into its icy waters, because in your courage you have wished to become better, to become more single-minded, to find more courage, to burn brighter, to have more passion and more single-mindedness in love of the one infinite Idea or Thought that is Love itself.

So, do not in any way cause yourself to criticize yourself, discourage, doubt or complain about yourself. No matter what it may seem that your lacks are, you have chosen them, bravely, knowing the pain you would endure by your blindness. In such blindness the ideas of one who has faith, such as this instrument, often sound unrealistic in the extreme. Nor is this instrument at all infallible, yet in this particular statement, that you who have banded together to serve and have called yourself L/L are indeed one, [she offers an accurate translation of our concept]. We do not know if you shall ever have the joy and the thanksgiving and the harmony that you would wish. The combination is more difficult, the problems each has more serious. Each is unbalanced in a different way. The group, upon the mundane level, functions in love and light often by refraining from speaking. This may seem like a mistake. Is it not good to correct each other's faults? Is it not good to share the mirror, and say, "Gaze, gaze upon this mirror, look honestly into what you are saying and doing. Let me help you see yourself better." This is what each is to do with the other in relationship. Yet, how often have each of you chosen not to speak, and why? Have you wondered, you who so often do speak, and right clearly, mirroring each other?

As L/L, you have stubbornly and blindly refrained, not out of fear, not out of a lack of ability, but you have allowed your surface to remain calm, and though in each there is difficulty, judgment, disappointment, unhappiness and confusion, you carry it as your own baggage and do not mirror it to each other. Although in your personal relationships you very well may, and so you must, as L/L, you have given the best of yourselves. Are you aware of this? No, my children, you have not known, but have only felt your way. You are blind, and so this must be. Trust in this blindness, trust in your feelings. Do not doubt, for one second, ever, your intuitions regarding this particular commitment to service to others.

Each of you gives up and sacrifices much to serve. When a group serves together each sacrifices in order to harmonize with others. This is known, but not appreciated. You do not give yourselves credit, for you suffer for a grand and wonderful purpose, and the harmony you create, though created in blind faith and confusion, is the brightest light you may shine as a nascent, inchoate, barely born social memory complex. Do you think a social memory complex begins by all telling all what all think? No, my children. A social memory complex begins by each loving each unconditionally—unconditionally, no matter what the cost, and so you have done with exquisite care, not even knowing why.

We do not say this to make you proud. We say this to make you see the process that you undergo spiritually, as a group that moves in service to the one infinite Creator, by offering information to others that is practical. We of the Confederation of Planets in the Service of the Infinite Creator do not

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rely upon inspiration only, although indeed we hope, oh, how we hope, to inspire! We know that people need resources, they need tools, they need practical things, things that they may think about and use as they work to move along the path of service to others in the evolution of their own spirits and the spirit of all, which, in the end, is one and the same thing.

And we say to each who may wish to walk with others in the service of the one infinite Creator, love each other unconditionally; bide your words, bate your tongue, hold and release your judgments. Is not each attempting the very most it can attempt already? Have you not faith in each other to this extent, that you have faith each is attempting the impossible? You know it is impossible to act ideally in this illusion. The illusion is what you see. The illusion is what will form your actions, and they will be relative, not absolute. Again and again you yourselves shall perceive yourselves in error. Is it so strange you should perceive error in others also? But if you wish to work for love, if you wish to serve in love and light, love each other, care for each other, be for each other, advocate each other, burn with love and passion for the portion of each that wishes to serve. Is this not beautiful? Is this not beyond the understanding?

Each of you has that which you may call the ego. You are aware of it in more sophisticated words, but for this message we shall use the easy term, and ask you to realize that we mean by it all those blockages of the self with the self, with each other and with a society, because you wish to be known as this and that, and do not wish to be known as the other. You wish to have a certain selfhood in others' opinions, and you do not wish to see that mirrored back to you as a sullied or distorted or criticized selfhood, for your feelings would be hurt and you would suffer.

In service to others let each be stern with the self, and full of infinite love and advocacy for each other. You have your own lessons to learn, and only out of those lessons do you have what you may give in love and harmony to the group. Take those lessons seriously, and in your personal relationships, make full use of the mirroring effect. Listen to each other honestly, but as you come together in love and light, do not seek to be understood as such and such, but seek only to understand the beauty of each other. Dwell in praise and thanksgiving to the one infinite Creator. Rejoice in the harmony that your blind faith has given you with each other. You are not harmonious together, no people are harmonious together unless they give up that which is ego, and cease to judge. The relationship of [or through] service is forever healing, forever blessing, forever giving thanks, forever finding the most passionate love of that single-minded search which each has joined together, the search for service to that most beloved infinite One whose passion, whose love, whose Thought, has originated all of creation.

We leave you glorying and giving thanks and praise at the harmony that you so blindly are willing to attempt in such a difficult illusion for the purpose of service to the one infinite Creator, and we urge you to continue so, knowing that nothing is as it appears but love, and that is all that it appears, and more.

We would close this meditation through the one known as Jim. We thank this instrument for opening itself without a query, for it has been some time since this instrument has done so and it did not feel comfortable. We thank this instrument, that it is flexible and trustful enough to do this, and so we leave this instrument in thanksgiving, and move to the one known as Jim. I am that principle known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time we would offer ourselves in the attempt to answer any further queries that may be on those minds present. Is there a query at this time?

K: I don't have a question right now, but I want to thank you for the comfort of your words and the validation of our work together. It meant a lot to me, thank you.

Carla: Me too, me too, thanks.

I am Q'uo, and we are most grateful to each as well for allowing us to speak upon this topic by your desires and your intentions as well as your actions. We thank each. Is there any query at this time?

Carla: Is this true universally of those who attempt to be of service, that which you have said about us? Is this a tool for everyone to use?

I am Q'uo, and though the tool we have given is that which will find application in most groups' experiences, it is not one which is without individual tailoring, shall we say, but that which we have given may serve as a firm foundation for any group that

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desires to be of service to others through the harmonizing of those individual energies which comprise the whole of the group. The individual idiosyncrasies, shall we say, are paradoxically those qualities which give the group wider capabilities, on the one hand, and when left in an unchecked state, shall we say, that which does not bend to compromise can also be those qualities which serve to fracture the crystallized harmony of a group. Therefore, it is a delicate balance that must be maintained when the individual personalities put themselves forth in the place of a group which desires to serve. Thus, we recommend that the ideal of service be held high for each and that each pursue that ideal through the harmonizing of characteristics as is necessary for the furthering of this ideal of service to others.

Is there a further query, my sister?

Carla: Yes, just one, I don't know if there's an answer to it, but I feel so full of love for my friends that come to me—and especially the one known as A, today—but many friends, all my friends, and I just love them so much, and I would do anything for them, and it seems that there is so little that I can do, and it makes me want to cry. I feel this way not only for the people that ask me for help, but people with AIDS, and people that are trapped in socially unrespectable things like homosexuality, which is no sin at all but just a different mode of sexuality. I don't know what to do with all this love.

I am Q'uo, and, my sister, for one who loves greatly, as do you, it is well to give that love as the bread which is cast upon the waters, that it may go where it is needed, and do its work unseen. It is the most difficult service to allow those that are so dearly loved to learn that which is theirs to learn through their own efforts, knowing that much of that experience will contain that which you call pain, but that painful experience is that which shall guide the lesson to its home within the heart of the entity, and thus is the purpose of the painful experience, and much within your illusion explained. If lessons were easily won, would they be so valuable and carry such weight within the total beingness of the entity? One cannot learn for another or take from another the pain that shall go with the learning, for these are components of this process which must all be in place in order for the learning to occur.

Thus, we suggest that you give that which you have of love in your sharing with the others that you love and that you give freely, and that within your own heart you bless the learning that will inevitably contain the pain and let your love and your blessings be given freely.

Is there a further query, my sister?

Carla: Yes. Is my suffering for these people that I love so much, which has happened to me all my life and I don't know how to shut it down, I would take all their suffering if I could, is it part of why I have physical limitations and physical suffering?

I am Q'uo, and we weigh our response carefully, for we do not wish to step over that boundary of infringement upon your own decision making and understanding of your life pattern. Your great empathic identity with those about you, especially when the emotional experience of those about you swings into that area of discomfort, sorrow and suffering, is a central feature of your …

(Tape ends.)

(The essence of the response was that these are two separate issues, and Carla expressed relief in that confirmation.) ☘

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Sunday Meditation
May 6, 1990

Group question: The question this evening has to do with why is it that throughout all of recorded history, various cultures and religions and sects of one kind or another have all attempted to alter their consciousness by one means or another, whether it's by drugs or dancing or singing or chanting or ohming or meditating. Why is it that humans have found it attractive, and even necessary, to attempt to alter their consciousness? Is there something within the human brain/mind condition that is lacking or searching, or what is the reason for this attempt to alter the consciousness that has been evident throughout all of recorded history and is evident to this day?

(Carla channeling)

I am Q'uo. It is a very great pleasure for us to greet you in the love and in the light of the one infinite Creator in whose service we all walk, and in whose hope we all live. May we welcome that entity known as K to the group, and offer this entity the blessing which the Creator pours through us and through all, thanking this entity for its interest, and for the intensity of seeking that it and each of those within this circle manifests within their thoughts and their activities.

You have asked us a question this evening which we may answer in many ways. Indeed, there is perhaps no larger topic than this, as it is an examination of the fundamental nature of those imperishable entities which you are, and their relationship to the physical vehicle which carries this consciousness about and enables it to use the catalyst of experiences, which are taken in such and such a way, further to accelerate the pace of spiritual growth, further to deepen the apparent suffering and sadness of the constant life of the pilgrim, which is that of continual change and transformation.

Now, lest you feel that we begin by identifying some, rather than all, as having the desire for deeper perceptions by what we have said, we say instead that each entity, each unique portion of consciousness with whom you come in contact, has within itself as a central spring, a central motivator of the physical manifestation and of the thinking, the fundamental desire to explore a bias which is as instinctual to it as the turning to the light is in your second-density flora. This is not a learned activity, but rather an instinct. We would ask you to put aside philosophical and metaphysical consideration at this time, that you may gaze steadily into the mirror of your memory. Is there any time, if we may use that word, within your conscious memory, that you thought to yourself, "This is all that there is. I am perfectly satisfied with what is"? Very few people could make such a statement in honesty, for it is a portion of the deepest instinctual nature of each portion of consciousness first to seek to be and realize the self; secondly, to turn towards the light, whether it be physical or metaphysical; thirdly, to explore the dynamics of all situations to find within

them a transfigurement that causes one to move away from the mundane.

Within your illusion you both embrace the mundane and you push it from you. You have a full range of emotions concerning the difficulties of being the self. Part of that divine discontent is the absolute certainty within each entity which is at all conscious of itself that there is more that it does not know. There is therefore within the very first chakra or energy center that yearning to move from the relative to the absolute, from shadow to substance, from form to information. Let us say that humankind is biased towards some feeling that there is a self that does not perish. In the midst of an illusion which seems to declare precisely the opposite, the vague yearning of many is quelled, and the life energy is distracted and dispelled by your gadgetry, your mundane concerns, and your concern for your position, your rights, your strengths and your improvement.

Let us move briefly to a digression about power. This culture's entities are very eager to give their power away to other sources, rather than seeking to remember the awareness that is within. Redemption and paradise are sought by some identification with some personification of that which seems to us to transcend the illusion in which you are enjoying existence. The yielding up of this personal power is not permanent. It can at any time be taken back into the individual by the individual's conscious effort, and we urge any who have not done so, so to do.

We would compare the hunger and the thirst for what this instrument would call righteousness, and what others would call the truth, or love, running throughout all of humankind, moving as does the tide, affecting each, but at a level that is beneath the threshold of consciousness, beneath the veil of forgetting, deeply down within that portion of the self from which all truths are remembered. Therefore, we ask each to retain its own power, to act not at this moment as we speak as a discriminator, for that would hinder the flow of this discussion, but to listen with an open heart, an open mind, and an unruffled consciousness, allowing those ideas which are flowing at this time to flow forth in the natural tide of inspiration and information.

Just as the tide goes in and out so within your self you are not only peculiarly and uniquely made by your previous biases to view incoming information in a certain way, but also the influx of that information is altered by those energies within your universe which affect everything from the great sea of life within your veins to the great sea of suffering that you see again and again as entities are self-sacrificing because they love that which they cannot see.

This is your glory and your power. You are an expression of consciousness. Your consciousness is made up of two things, that which we call love, or the one original Thought, that is to say, the Creator Itself, and that primary principle of free will. Without the introduction of free will the universe would be infinite and intelligent, but it would not be conscious of itself. You have been cast forth as a sower broadcasts the seeds of a garden. Within you, without knowing articulately, you are a certain kind of seed. All begin with this basic seed-nature. During the course of incarnation upon incarnation you begin to become aware in an unique way of your own consciousness. Although this is merely a recapitulation of that realization which is the harvestability of second density into third, we emphasize it again and again to you in this context. Your turning to the light, your yearning for love and acceptance, and your more mature yearning to be loving and be compassionate are such deep portions of your mind that, shall we say, the metaprogram of your existence is based upon this nature.

It is the fundamental nature of third-density entities to reach. Thousands of incarnations go by as each entity refines that for which it reaches, until finally in one way or another the entity begins to realize that much of reaching cannot be done in any environment except the environment of the silent, seeking heart. You are creatures who have a memory which is buried deeply within you and is a portion of that which makes you alive, a creature of a Creator, an entity who has a destiny, an appointment towards which you move, quickly or slowly, to the Father. Do not be concerned about the length of time that it may take to refine this instinctual sense of something more into a practice that ultimately makes immediate contact with the mystery which lies beyond all information.

This mystery is not the answer to anything, for all of your questions lie within this illusion. All of your theories, your perceptions and your knowledge cannot bring you into a state wherein you may

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expect to experience the knowledge of the one infinite Creator, your Father, your Mother, and your Lover. Each of you is a soul, a portion of light, and you are most personally beloved. Yet you are inextricably entwined with that free will which gives you the opportunity to seek within an illusion whose singular purpose is to throw each entity away from the center of beingness into confusion, despair, suffering and difficulty. These are not the actions of a cruel Creator. These are the actions of a Creator which has learned that no lessons are learned in the happy, holiday atmosphere of Eden. You may visit the garden, the oasis, that place where all questions are answered, but you cannot bring back words to describe this experience.

Now, as you know that your second-density entities are already instinctually turning towards the light, and seeking to grow, so too may you see that part of your inheritance from your own evolution in spirit is that absolute certainty that turning towards the light will obtain for one results which one desires, truths for which one hungers. To be without spiritual hunger is to be somnolent, and there are many at this time among your people who, in spite of all that occurs, remain in this condition of sleepwalking through an incarnation, walking past joy and disaster, worship and suffering, thinking only about the weather, and whether one should have brought the umbrella, thinking about the dinner menu, thinking, and thinking, and thinking, and thinking.

We say to you straight out, although we are not infallible, it is our opinion that you cannot by any system of knowledge become aware of the presence of love. You cannot by any special series of learnings arrive at the gates of paradise, or find yourself in a position to aid others. You seek that which you feel is there because it is there. The unknown does beckon, and there is that which pulls you forward irresistibly so that you are not entirely at any time in charge of your own development, for your instincts towards self-development will create gradual widening and focusing and maturing of the personality. Much has been said about the culture in which you live, a culture in which the idol of the day is what is called technology. Miracles are described in hushed tones and the saints which perform those miracles are your scientists, your doctors, and so you remunerate them handsomely while paying much less of your attention and your worldly goods [to those] who seek the mystery beyond that which is known.

What drives you? Your own nature. Occasionally an entity may be so disturbed by early experience that it is completely blocked and cannot find access to the doors of feeling and yearning that each normally has. There is a drive to continue evolution that is as instinctual as any other portion of the red ray. When we speak of the fundamental reason that entities seek through any and all means to alter their consciousnesses, we are not speaking specifically of indigo-ray inner work. We are speaking, in many cases, of a simple, perhaps unvoiced or unrecognized feeling, that there is more, and humankind hungers for it because it is the next step of evolution.

When we speak to groups such as this we find that there is a certain irritation factor in that we go over basic material again and again. There is a reason for this. The reason is that you have not yet accomplished this most fundamental of tools towards becoming familiar with the nature of your own consciousness, and therefore [are not yet] comfortable and willing to work hard in pursuit of a growing feeling of the immediacy of the presence of eternity. And so we move back into that which, as this instrument, whose sense of humor sometimes eludes us, would say: "Read my lips"—meditate daily. When the telephone rings, take an instant before you answer, for you always entertain angels unawares.

You never know who or what circumstance is going to enhance your ability to grasp your situation. Your situation is simple. You know that you are more than you seem; you wish to find out what that "more" is, and you are impatient because you have a very short time in this illusion. Your use of catalyst is painfully inadequate so that lifetimes must be terminated as an entity becomes completely full of that which needs healing. It has not done the meditation, it has not squared away towards the self, it has gazed outside of itself for authority. There is information which lies within, and for which channels such as this one, and all circumstances whatsoever, can be triggers, for your memory of the truths that lie waiting for you to discover within your deep mind.

The study of the archetypical mind may seem to be irrelevant, but let us hold up to you the contrast. On the one hand there is the entity which believes that it

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may collect learnings, and by that collection form a staircase of light which moves that entity gnostically into higher and higher realms of wisdom until it has finally realized itself. To our understanding there is no way to improve one's grasp of one's spiritual situation or one's ability to benefit from this illusion which is summed up in wisdom literature. Wisdom is not what you are here to learn. Certainly you may use it, but what you are here to learn is the open heart, the acceptance of the unacceptable, the love of the unlovable, the meaning of the word compassion, the entry in a personal way of infinity and eternity into the supposedly mundane existence.

We suggest to you that it is our opinion that there is no situation which lies beyond the pale of learning, growing and the manifesting of the love that is the nature of the self. But one thing first must be surrendered, and that is the quest for the one answer that will allow all things to fall into place neatly, cleanly and irrevocably. You are finite creatures attempting to grasp the concept of infinity. Your minds cannot hold that concept, it can only name it, and thereby feel it has some power over it. This is an illusion. Your true power lies in your realization that this is your time of action, of choice after choice after choice in which you choose to view your environment in a way which would be made possible by mind-altering substances of one kind or another.

We suggest to you that experiences using these artificial aids do not move beyond this perishable experience for you. It is only the transfiguration and epiphany of the self, caused by the process of persistent faith and will in silent seeking, that bring your biases and distortions towards oneness, love, hope, beauty and truth, which are, indeed, imperishable. The use of technology of any kind—as this instrument would say, "Better living through chemistry"—is helpful in that it gives to the lucky experiencer a glimpse of the paradise that awaits within. However, there is no substitute for the step placed after the next, and the next, and the next, not in a grim and humorless way, but as if one were on a playful, joyful walk, perhaps even running from time to time, because of the demand of the mundane world, but working always to form the understanding within the self that eternity lies before you now, right now, this moment. Feel this resonance as we speak. Feel space and time vanish. Feel this.

We shall pause.

(Pause)

Because this suggestion is powerful, and we do not wish to create a state of deep concentration for any, we will continue speaking, but we hope that you may see that which we are talking about. You are eternal and imperishable, and there is nothing that you can do within this illusion to affect your true nature, except to determine to live a certain kind of existence which embraces as the center of this existence the love of, the praise and thanks to, and the supplication before, that portion of the self that may be spelled with a capital "S," that portion of the self which we shall never find unless we die to ourselves, and by this we mean that the smokescreen, the confusions, and the embafflement of entities which keeps them from this immediacy of oneness with the Creator is tremendously widespread, and is so challenging that it is by grace alone that one is able in any sort of constant sense to attain the desired goal.

Thus, we ask each to use the intellect by all means, but not to confuse the works of the intellect and the functions of belief with faith itself; not faith in an object, for the only object which commands your complete respect is a mystery, to us as well as to you. We know nothing but the mystery, however it has become more harmonious for us to worship and to serve that mystery that is beyond all things and all non-things, that is beyond ego and egolessness, that is beyond the mind and the imagination of humankind.

Faith is that faculty which knows that all is well, and in the face of apparent difficulty, the power of faith is all-important in shaping your experience. Take your substances, imbibe your wisdom-giving potions. There is no harm in experiencing your natural state, but know too that this will cost you, for to dwell within vibrations for which you are not yet ready is often to do damage metaphysically or physically to the entity which you are.

This instrument is asking us with some fierceness to retain that which we wish to give for another time, and so we shall, but we do ask each to meditate, as always, persistently, patiently, lovingly and without regard for any outcome. Allow your realizations to surprise you. Hunting for realization is a hunt without a prey. The realization lies within the silence of your own being.

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We would at this time, with great thanks and pleasure in using this instrument, transfer the contact to the one known as Jim. We are known to you as those of Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time we would offer ourselves in an attempt to speak to any further queries which remain upon the minds of those present. We would remind each that we offer that which is our experience and our opinion. We do not claim to be infallible, but desire only to share that which is ours as freely and joyfully as is possible.

Is there a query at this time?

Carla: Since the other two are pondering, I would like to ask a question which I would only wish you to answer in a general way. I do not wish a specific answer. My experience this week has been that I have been praying for some time for a sign as to my path through this period of somewhat serious ill health of the physical vehicle. I am very fond of and proud of this vehicle, and feel it has a great heart, but it has suffered much. I felt that I was given a sign, a very strong sign, because of extraordinary reaction to a simple activity wherein I was paralyzed after doing exercises I had been doing for many years. The voice seemed to be saying, with all the strength of a two-by-four between the eyes, to get on with the repair of the physical vehicle, that it was not time, at this time, to release my willingness to serve, but that it was my continuing honor and duty to continue to hold in faith that while I am instinct with life I am simply to see those things which occur to me as ways of learning to serve better. I have seen people take just such signs and interpret them in a completely opposite manner. In my case, for instance, the interpretation would have been, "You had difficulty in moving, so the answer is to stop moving." It is a feeling I have from deep within myself, not subject to the answer, that this negativity is no part of one who loves life and wishes to serve. But I would appreciate any general commentary that you may have about subjectively oriented signs which are offered to entities in order to give them information from the deep mind.

I am Q'uo, and am aware of your query, my sister. We find that you have spoken to the topic of your query with far more eloquence and persuasion than could we. However, we shall speak in a general fashion by suggesting that the deep mind does, indeed, offer those clues and hints that are appropriate for the maturing entity, by allowing certain experiences within the daily round of activities to stand out in the notice, and to be seen in a light which may shine for no other. The experiences that convey the deep messages are those which evoke this inner knowing and harmonic resonance, shall we say, within the heart of the entity. By this feeling, then, does the entity know that there is a significance beyond the mundane contained within that experience.

The readiness, shall we say, of any entity to recognize and accept this kind of a signal from the deep mind is the feature which both precipitates the experience and allows it to be interpreted in accordance with the needs of the entity and the guidance of the deeper mind.

Is there a further query, my sister?

Carla: Not from me, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and as we perceive no further queries at this time we shall take this opportunity to thank those present once again for inviting our presence within your circle of seeking. It is the greatest of honors to share with you these moments of unity and of the expression of the desire to seek more of the mystery of life-experience, that together we may illumine that which was in shadow and move a step further upon our journeys together. We shall take our leave of this group and this instrument at this time, leaving each as always in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends, adonai.

(Carla channeling)

I Yadda. I greet you in love and light of infinite One. Request to come to this gathering of souls because of previous contact with the members which is of special meaning at this time. We say greetings and love.

We say you have too much intelligence to trust your intelligence, do you not? Hah!

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We thank you, we are full of love for you, leaving each in "bressing"—blessing—we get better at this as we speak; some day no accent for Yadda. We work towards that day, yes? We wish you joy and merriment—merriment, you see! We speak well. Be happy, for you need no clothing of reputation, no mask of learning. You are perfect. May your God go with you as this foolish one insists upon her Jesus. May you have the intensity, the feeling, the feeling of wholeness which passion brings. We say to you love and light as that is all that is. There is nothing to understand. You must settle your minds and ride [by] it, casting a cold eye on those who would be wise.[1] We leave you in the One Who [is] all love and light.

I Yadda. Adonai. Adonai. ♣

[1] Carla: I think this phrase in my channeling came from Yeats': "Cast a cold eye on life and death; horseman, pass by."

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
May 13, 1990

Group question: The question this evening has to do with the concept of the division of the Creator into many, many portions, each of which seems to become an entity, or a person such as we are, and we were wondering at what point in the evolutionary process does each portion of the Creator become unique, and how does this differentiation, one portion from another in order that each becomes unique, occur? Where does it occur, how does it occur, and when we're in this third density and we have this quality of uniqueness added to by the experiences that we have through each incarnation, when we die is there something of this Earth plane that we take with us that becomes part of that risen body that goes on in evolution? What do we retain, what do we leave behind? What is the core nature of our being?

(Carla channeling)

I am Q'uo. My beloved ones, I greet you in the love and in the light of the one infinite Creator. There are no words to express our joy at sharing this circle of meditation and seeking, at sharing so intimately the beauty of each consciousness, of experiencing the trust you have in each other and in the Creator. We shall do our best to speak through this instrument in such a way that no part of that trust, that love or that call to us is in any way harmed, but as always, we ask you to remember that we are your brothers and sisters, and we come to you because we sorrow at your sorrow, and we yearn to soothe the ache of unanswered questions that you have.

As to the truth of your being, you must know that we are liable to error and quite capable of being mistaken. We are not other than you, but only more experienced. Our love is the one love. Our Creator is the one Creator. But what we have we share, as it is our service to you that enables us to grow, as any teacher may tell you. In teaching, it is the teacher who learns, far more than the student. And so, we who are hoping to be of service to you, know, paradoxically, that you are already of inestimable service to us, and if there could be one light that held us all that you could see, that would be the physical manifestation of reality of the situation within your circle and its contact with us at this time. We are one with you. We love you, and all of us love and serve the Creator, and seek the truth.

Your question this evening will stretch this instrument's vocabulary, for she does not have conscious knowledge of mathematics or of physics, but in some ways this is good, because those to whom we speak do not have those languages either, and perhaps it is better that we lose some accuracy in being more understandable in that which we have to share. You ask this evening about your selves at a level deeper than most ever consider. You ask about the most fundamental uniqueness, the uniqueness that is your essence, not the uniqueness that learns, or does not learn, not the uniqueness that lives and

is biased, not the uniqueness that you experience as personalities, but the imperishable uniqueness of you who were before time and space.

We ask you to consider with us an impossible-seeming concept. This is not your first creation, nor will it be your last. You are the first children of the one infinite Creator, created before time and space. You are timeless, you are spaceless, and you are each unique. We are aware that this is not an easy concept to grasp. Where is the memory of all this creation? Where is the buried treasure of this infinite beingness? Where is any awareness whatsoever of this situation? You are not aware of this situation in the same way that you are not aware of the energy fields of your body, of each atom and its paths of energy that hold it together in a field, of each combination of atoms into molecules, of all the fields that interact with each other to form the complex of your physical vehicle, of all the time/space fields of energy that create your mind in such and such a way. Have you any awareness of all this activity? No, my friends, you have not. It is not your business. It is not your purpose.

It is not necessary for you to conceive of yourself in mathematical terms, but to explain your uniqueness using this faulty instrument—and making apologies for lack of specificity of terms—we ask you to move away from all concept, all beingness, all idea, all structure, all awareness, all consciousness, and move back into the unaware, infinite intelligence of the one infinite Creator, whose nature is absolute love. This is an impossible concept to ideate, and we ask that you switch off the brain that ratiocinates, and move into your artistic, feeling being, and feel the unawareness, the everlastingness, the infinity of the utterly passive, unconscious, intelligent infinity. It is only by moving to this state that you may grasp your uniqueness.

The first distortion or change from utter passivity of love, love dwelling without thought, without beingness, is what you may call free will. As love is absolute passivity, free will is absolutely various activity. As love never changes, free will always changes. If you can conceive of free will by considering the wind, you know that you cannot predict, influence or have any impact whatsoever on whether the wind shall blow, nor does absolute love have any power, nor does it desire to have any power, over free will.

Now, absolute love may be seen in your system of physics as that which you call the speed of light. This is incorrect information, but it is as close as we can come to demonstrating the absolute constancy of love. It does not demonstrate the passion, the intensity of this love, but merely its constancy. Love cannot change. Love is what is. Love is beingness before beingness begins. This love has a small portion of its infinity, which is in itself an infinity.

Again, there are calculations we could give you—but not through this instrument—indicating that there is an apparent difference, but no true difference, betwixt love as intelligent infinity, and love which has decided to know itself. The first distortion of love is in itself an absolute equal to love, but at the same time subject to a different system of mathematics in which the energy of that which is free will being absolutely various falls away—as love does not—with distance from fields of energy which are created by the joining of love and free will. The Creator wished and wishes and will always wish in that infinitely small portion of its infinite self that is active, to manifest love, to love and feel the self of love in action.

And so it created its children, children of love and free will, one unit of absolute love that can never change and will never be unique, and [an] absolutely equal portion of infinitely various free will. That is your nature. Your uniqueness lies not in that you are children of love, but in that no two unions of love and free will are the same. To the outer, or mathematical eye, to any measuring instrumentation that could be imagined, this uniqueness could not be discerned, for free will, when bonded with love, takes upon itself the quality of love. The free will portion of it, the active portion of it, is forever, and in a way that mathematics cannot describe, various. Each of you has an absolutely equal, identical portion of love, and each of you has an equal and unique measure of free will. These differences cannot be used either in time/space as you know it or in space/time as you know it, for you are timeless beings.

You are the children of love before there was a context for you. You have been in many contexts, and each of you has shared many gross congruencies. You have been formed in time/space and in space/time in what seems to be identical fields of love/light or what you call electromagnetic fields. You have taken, not consciously, but by the very

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nature of this bonding, the rotations that form light, each of you being thus, first of all, light, and have gone from that first manifestation of beingness to more and more complex rotations and combinations of rotations and grades of rotation to form every field that has ever been examined by those who study such things empirically.

In the scientific world, therefore, it cannot be said in any scientifically provable way that one entity differs from another. It can be shown that some fields of some entities vary. It can also be shown that many of what you would call the cosmic fields of energy have anomalistic variations. Scientists cannot deal with anomalies, for they are not predictable. Thus, if you accept a scientific explanation of who you are, that you are this and this and this, a body, a mind, a spirit, organs working in a certain way, brain working in a certain way, and so forth, you shall never be able to describe how to know, how to feel, that of you which is unique.

There are gross uniquenesses, such as personality. You are well aware that these are a portion of the illusion in which you find yourself, but this is not your true uniqueness, my friends. Your true uniqueness is that each of you is free in a different way. You know, those of you who have had children, that no two children are alike, that each child moves into life with the personality biases strongly set. Each parent is aware that it can do nothing more than guide the arrow which has already been made. It is not the Creator which caused these unique children to be unique; it is the free will which was the creator of the children of the Creator.

Now, we have said that the difference between love and free will is based upon the fact that, though absolute in its variation, love will, in a time immeasurable to yourselves, lose energy, and gradually, as the end of a creation approaches, begin to leave—not in the sense of departure, but in the sense of strength of field energy—that which is you, so that eventually, at the end of a creation—and you know we speak of millions and billions of years—eventually [Love] calls to love in such a way that your uniqueness becomes a latent portion of love, and you are drawn wondrously, effortlessly, magnetically, and in a way which this instrument cannot describe, but which has to do with field theory, back into the great gravitation of Love. Love has taken a breath, has expelled from the Self love, and has breathed back into Itself love, but that which is free will has given to this absolute Love more and more experience of itself, because each child is unique in its core beingness, in its mathematical description, and as we say, there is no mathematics, even did this child know that language, which could express the kind of field which caused free will, or which bonded free will to love.

We shall have to ask you to accept that these things are so, that they are not mysterious to one who is capable of, not only unified field physics, but that physics which is of time/space. Thusly, we bow to the impossibility of explanation at this point, and ask that you trust that we have some little understanding of the creation physics of each field which is you. We can only say that as free will is infinitely various, so the children of love and free will are infinitely various in their expression of that which is absolutely identical in each. You are unique to the core of your being. You are mathematically unique. You are unique in ways that have nothing to do with opinion, or understanding, or any way of describing time or space.

Now, we are aware that we are taking much time, but we shall attempt to go forward with other questions having to do with uniqueness, and apologize if we speak too long. We shall attempt to be as brief as we can, knowing that all of you laugh inside at our foolish words, as does this instrument.

In all compassion, gaze upon your imperishable, infinite selves. How many, many choices, learnings, adventures, cruelties, forgivenesses and experiences of all kinds have each of you had. Not one of you will react as any other one of you to the same stimulus, and why? Because everything concerning your time/space beingness and your space/time beingnesses is based upon that which is unique in you. It may be immeasurable, it may be subtle, but you cannot be the same as another, as free will cannot be the same as itself. It is free. You are free. Yet you are free to do one thing only: to distort, to play, to experience, and to learn about love, that portion of yourself which you all do indeed have in absolute common.

Now we ask you to narrow your focus unimaginably. Let the infinity of illusions and creations and billions and billions of galaxies and stars and atoms and fields of energy fly from your mind. They are illusions which follow certain rules. We wish now to

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narrow your focus to that which you bring into this incarnation and that which you leave behind. You bring into this incarnation an inexorable difference from all else in the universe. When you were a rock you were an unique rock, and people who are sensitive to these things will tell you that there is a consciousness—and not the same consciousness, but various consciousnesses—in rocks. It is not strong enough yet to be obvious, but it is there. Your movement through these densities of experience until this third density of choice is the movement of the awakening of the free-will faculty.

You are now, at this moment, aware that you are children of love, and that you are children of complete freedom of choice. What many are not aware of is that all things that can be imagined, be they dark or light, are distortions of love. The only thing about which you may choose is love. It is often unrecognizable, so clever are you at distorting it, but your choices have to do with love, and in this density it has been created that this imperishable self that will go through this entire very, very long, to you, creation, make a choice within the illusion with such force, such willingness, such a surrender of absolute freedom of will, that you bond your free will in a general way, either to learning and expressing love by loving all that there is, yourself, love itself and all children of love, or choosing to deny that any but you is unique, that you are the center of the universe, that you are to be loved.

And you are loved. This is not an error, it is simple free-will choice. They say that the Creator has made it easier to follow the path of service to others, because it is a path that contains more truth, and that which is truth is that which will smooth your way. Those who deny that others are like the self are those who are depending very heavily upon free will, not depending upon love, and therefore depending on that field, or way of making a part of a field, which will in time become weaker, and finally will not be strong enough to fool the self that is aware into believing that only the self is love. It becomes apparent, in what you would call the sixth density, that all beings are love, and if you love yourself, which negative entities are excellent at doing, then so, against all previous understanding, must you love all that is as you are.

The courage that it takes, in this heavy illusion, when free will is at its strongest, to take that free will, and in the middle of the night with no light to guide you but the moon, working in shadow, working by faith, working without vocabulary or understanding, choose to discipline the free will, which is the great triumph, the great challenge, of entities who are experiencing their free will at its very strongest, to choose to discipline that will in such a way that it becomes not willfulness which is eternally various, but willingness, a will to do that which is chosen: this is the greatest and most courageous step an entity can take in this illusion, for it goes against all sense data. It is only one who trusts love, by faith alone, that asks the will to choose to will the good—if we may use that word—the radiant, the positive, the caring, to choose to emphasize those things about each which are the same, and that is love.

It takes an equal amount of courage to become so self-involved that a choice is made to ignore any truth but that which the self has chosen for itself, and thus disciplines the will to ignore all incoming data, to focus only on gaining power and an intensity of love for the self which is, by definition, a love of the Creator. That others are like itself is simply denied, and understandably so from the point of view of the negative entity. The negative entity is one whose free will is of a certain quirk, shall we say, that makes it seem obvious that the differences are greater than the similarities, and that love owes to love, the self owes to self, the aggrandizement of the self into the nature of the Creator, love itself.

This is seen by those who are neutral or working positively, as negative, because the negative entity will of course arrange, control and create its universe [in the way] which is most comfortable and advantageous to it. It does, however, have its own logic, and should never be treated with disrespect, but with the understanding that there are those whose uniqueness creates for them a free will which seems to be more paramount than the love that binds one to another. There is no less worship, there is no less sanctity in the negative than in the positive. It is simply a different distortion of the one love.

When you drop behind the tattered physical vehicle that has served you so well in this illusion, you will discover that you enter this illusion hoping and praying that you would choose, and choose with the utmost purity of which you are capable, one side or the other, because evolution calls in a way that has been spoken of by your scientists. Evolution [in the

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physical sense] is not incorrect, but incomplete. Spiritual evolution goes on, and on, and on, and the call to evolve is always there. Consequently, as you experience the many challenges and difficulties at this time, know that you put yourself where you are, that you may more and more passionately and purely choose the way you shall love.

We ourselves are those who have chosen the positive path, and we speak to those who have chosen the positive path. We encourage you never to be downhearted, but to pick yourselves up after every failure, knowing that this is part of the illusion, to move in rhythm with the varieties of your experience, looking for ways to learn how to love. You are not in your preincarnative state, incarnated in this density to be loved, to be understood, to be consoled, to be companioned, to be happy. These are goals within the illusion. The goal that will stay with you after your physical death, if you have chosen with purity, determination, persistence and will, is your path of service. That is not perishable, for it is a bias that is deeper than your personality with which you carry on existence within this illusion.

We believe that we have made a beginning at an understanding of the nature of your uniqueness, and are aware of the lack of specificity of some of our speech due to this instrument's lack of knowledge. We do not apologize, however, for as we said, we speak to those who need to be able to understand with their hearts, and not with their measuring devices or their scientific instruments. We thank this instrument for handling concepts that were new and foreign, and we appreciate the concentration that this instrument gave to us, which did make a fairly difficult subject somewhat clearer than it could have been. Shrugging with the knowledge that we have spoken incompletely, as was inevitable with this instrument, we would wish to move on to the instrument known as Jim. We are those of the principle, Q'uo, and we leave this instrument in the love and the light of the infinite One.

(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time we would offer ourselves to any further queries that may be of service to those present. Is there a query at this time?

S: Yes, Q'uo. When one seeks spiritually, one needs to learn discipline, and in learning discipline, it sometimes seems that we learn a kind of power over our own personality. My understanding, though, of the difference between the positive and the negative path, has very much to do with power. I wonder if you can speak to the question of the different ways of seeking, some having to do with power, and being what I understand to be occult ways of seeking, others having to do with powerlessness, and being of a more mystical variety. Does discipline involve power over oneself?

I am Q'uo, and am aware of your query, my brother. *(Inaudible)* discipline of which you speak, for whatever purpose used, is a discipline over that focus of energy which you call love, much as a hose with the nozzle focuses water that it moves in a specific and particular fashion, able to do work of a physical [nature]. The discipline that you exercise when you focus your desire and the energy of love that is yours may be used for whatever purpose, be that purpose to master the personality, to control events or entities, to seek more knowledge of the mystery of creation, or simply to seek union with the One, that whatever may flow from that union may flow through you, as you are a hollowed vessel that has given itself in service to the One, that each of its portions with which you come in contact might be blessed and benefited. Thus, discipline is a tool as any other that may be used for whatever purpose is chosen.

Is there a further query, my brother?

S: Yes, my understanding is that in our seeking we reach plateaus, where we dwell sometimes, and then push ahead, and this constitutes a kind of stage, a procedure in stages. Are these stages marked off by what is called initiation—can you tell me something about the nature of initiation?

I am Q'uo, and we shall speak but briefly upon this topic, for it is one which deserves a far greater amount of time and effort than we feel is left within this group this evening. It is true that there are cycles or stages in the journey of union that are likened unto transformations of the entity from quality to quality as that which is heavier and more grossly constructed within the personality is refined and burned away, shall we say, by the fires of experience, so that that which remains is burnished and bright and serves as an honestation for the Creator.

There are various stages that an entity will be available to pass through during an incarnation that

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are determined before the incarnation as general categories in which lessons shall be attempted. As an entity assesses the upcoming, shall we say, incarnation and the potentials for growth that it wishes to include it will survey the kind of transformations, or initiations, as they are often called, that will be necessary to undergo as a portion of the learning process, much as a student within your colleges would determine what courses of mathematics would be necessary in order to master that particular field of study.

There are also times during the incarnational experience that what you may call a plateau of another nature is reached, this being determined by the entity's overall needs for some respite from the arduous journey. All journeys at some time tend to fatigue the pilgrim, for there are those times during which the steps are taken in directions that were not planned, that necessitate more expenditure of energy in order to learn the lessons of those steps than is readily available on a constant basis to the seeker. These plateaus are more obvious than are those initiations or transformations of which we had spoken previously. These, the initiations and transformations, more frequently occur in an unseen or unrecognized manner where the entity is totally immersed in some quality or distorted quality of its being as balance is attempted and attempted again and again until the transformation is complete.

Looking back upon the incarnation one may see times of difficulty and intensity as more likely having been the experience of such a time of transformation, during which time the entity may well have felt that there was no progress being made, and that indeed it would seem to the entity that it even moved backwards. The testing, as it were, however, transforms, and a new being moves forward.

Is there a further query, my brother?

S: Yes. It seems to me that these transformations are less than unique to each individual, having to do with the course in evolution that individual has been upon. Still, when it comes to the very difficult business of balancing, one looks for help where one can find it. Is there something that you can say about this help that is available to those of us who are seeking these transformations, and balancing and *(inaudible)*?

I am Q'uo, and am aware of your query, my brother. No one walks alone. This is important to recognize. As alone as one may feel in the most difficult experiences, there is always aid that is available, especially to the entity who seeks in a fervent manner using those rituals that you may call prayer or invocation, or in the sincere and heartfelt pleading that comes from that place deep within where the personality retreats when it has been stretched to and beyond, it would seem, its limits.

Each entity has at its beck and call, as it were, teachers, friends, guides and the force of light imbued with love, that move to support and inspire the entity through dreams, meditation and the presenting of the appropriate person, book, program or experience at the appropriate time within this process of learning. Thus, the entity that perseveres beyond all hope of success and who seeks ardently that assistance from within, shall move most efficaciously through whatever difficulty surrounds the process of learning which carries the entity on to a new plateau of beingness.

Is there a further query, my brother?

S: No, thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: I'd like to follow up personally on what S said at the beginning. It has been my perhaps mistaken presumption that whether you seek positively or negatively you gain the same amount of power over yourself, it's just that you use it differently. I didn't exactly hear that, and S was talking about powerlessness. I realize that it feels like powerlessness to surrender to a self that you only know that you are by faith, because you can't feel it, but it seems to me that you are still very powerful, but it's only that you are dedicating your power to the will of the self that you carry within a deeper part of yourself. So, the apparent powerlessness is instead, by faith and will, a force with greater power than you could by yourself consciously ever have. This is my understanding. Could you correct it?

I am Q'uo, and am aware of your query, my sister. It is well stated that the greater power is that which comes through the entity rather than that which comes from the entity, for one is infinite, and the other finite. To surrender one's will to a greater power is to open a door through which the power of

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the universe may move in a more or less undistorted fashion.

Each entity, during the daily round of activities and the manner in which it expends its energy through various rituals and dedications, is given a certain amount of energy that powers the activity. The entity that attempts to harness this energy, for whatever purpose, harnesses that which, in effect, has a limit. To use this energy to surrender, as you have spoken, in faith to the greater power of the One is to offer an energy in service that far exceeds that which is the daily gift, shall we say.

Is there a further query, my sister?

Carla: Yes, but you don't have to answer it, it just may be too much. A friend of mine is going through an extremely painful period because she is full of faith, but she is going to the Southern Baptist Theological Seminary and the board, which is so conservative, is saying you must believe this and this and this or you do not have faith. It is something that I've told her, and I've told many people, that belief is antithetical to faith, that you can't give up your power of discernment to anything that is personalized, not even something that is called God, if you have to believe this and this, and everything else is wrong, because faith is faith without an object such as *(inaudible)* and love and things being all right.

Have I served my friend well by speaking to her in this way, or could I speak with her better?

I am Q'uo, and am aware of your query, my sister. We feel that your words have wisdom in them, and would not alter them, for the tendency towards beliefs is a tendency towards narrowing the opening of the door that we have spoken of before, and thus is also that which tends to reduce the ability to apprehend and to receive the blessings of love.

Is there a further query, my sister?

Carla: No Q'uo, you have given me a tremendous sense of relief with that answer, thank you very much.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we are most grateful to have been invited this evening to this circle of seeking, for it is one in which we have had the opportunity of greeting many old and dear friends, and we thank each for the love that has been offered to us, and for the opportunity of returning that love to each. We bless each upon the journey which we all share. We shall take our leave of this instrument and this circle at this time. We are known to you as those of Q'uo. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 20, 1990

Group question: The question this evening has to do with man's ability to ask questions that are quite beyond his ability to answer. This is especially true in the field of mathematics, where there is an endless array of questions that can logically be asked, but which seem to require an intellect far beyond man's ability to answer. What kind of intellect would be necessary to answer questions of this nature, and of what value to the evolution of humankind is it to be able both to ask and to answer these kinds of question?

(Carla channeling)

I am known to you as the principle Q'uo, and I greet each and bless each in the love and in the light of the one infinite Creator. May it be with you always as it is at this moment. May blessings abide, may peace continue, and may your search for the truth burn ever brighter in your souls and in your hearts. We are extremely grateful for the opportunity to share in this circle of seeking. We too seek the truth, and we come not to give you that which is infallible, but to share with you that which we have learned during a journey which has gone farther than yours, giving us the perspective that we may offer you. We ask you to listen to these thoughts, not with a mind to accept, but after all is said and done, remove the gullibility, the openness, and the clear listening that is so much a part of our being able to speak with you, and discern carefully that which has spoken to you, resonated to you, and seems to be to you a truth that is not known for the first time, but remembered. If such does not occur, we ask you humbly to leave this information, for it belongs away from your path of seeking, for we would not be a stumbling block to any. It is our purpose here only to be of service, and we thank you with open and loving hearts for allowing us this privilege, for this privilege allows us too to grow, as teachers always grow more than their students.

You ask a question this evening that is not at all what it seems. We shall, as we have before, have difficulty in language, for this instrument is completely without scientific awareness of any formal educative kind, and therefore her vocabulary—which we use always, as this is conscious, concept communication—must bridge the gap between our concepts and the clothing of those concepts in appropriate wording. However, this instrument's very lack of expertise is in some way that which opens our ability to make connections that may not have been made before.

The question seems to concern mathematics. It asks the simple yet profound question which is interesting, and which may be followed for some of your time. We will attempt not to use all of that time, as this instrument scolds us so fiercely for speaking too long, but the concepts which we wish to get across to you are not what you would expect, and therefore we must go carefully ahead with each step in our logical disquisition.

You note that mathematical questions are asked that cannot be answered. And you wonder if they simply cannot be answered, or if there has simply not yet been born a mathematician able to answer these questions. Now, we shall begin with an observation of the type of function that mathematics plays. By the use of mathematics in its pure form, a structural concept web or field has been generated which may be compared to the naming of various techniques, kinds of food, and in certain combinations, the means to prepare this food, which can then be observed to be able to create an empirically based and internally cogent system of observations which form the basis for those disciplines of the scientist which enjoy the creation of machinery, of those gadgets which work because of electricity or magnetism, and of a very large field of more sophisticated topographies or models of the universe, in which events may be seen to fall in some logical order, thus giving to the classical, rational thinker the joy of the manipulation of this self-consistent web of cogent bits or elements.

This may seem to be a less than elegant rendering of the processes of mathematics, of [the] scientific method and its extremely baroque system of corollary sciences, all developed by the empirical method of observation, hypothesis, experimentation, the hypothesis proven or disproven, and this being done in a repetitive manner, which indicates that the pieces or bits which this web offers have been useful in producing that which may move from the theoretical to the useful in the mundane sense.

It is interesting to note in this regard that the greatest intellects in this, as in any field, sometimes tend to become mystics which focus upon the mystery of those questions that have not been answered, and indeed have oftimes spoken strongly to the effect that any scientist who is not also profoundly a believer of faith and mystery has not seen the true scope of the particular discipline which has been studied.

Now let us go back to the view of mathematics. We ask that each consider its nature. It is a language. A mathematician may speak nonsensically, it may speak clumsily, it may speak with elegant exactitude. The variations in the schools of mathematicians are the variations of ability to use the language of mathematics. Just as there are those which find one truth in life, and speak in the native tongue about this truth to the absolute boredom of all around it, so there are some mathematicians which become excited about one portion of this language, and move far along this particular path of thinking, and become extremely adept at using this particular part of the language without feeling the need to move further in exploring the possibilities of this language.

If there is any residual doubt that mathematics is a functioning language, one has only to go to one of your libraries and extract from it a treatise which is written in two languages. Indeed, there are sentences in which English and mathematics are both used. The scientist will say "this and this and this" in mathematical terms, and then will say "from this it is evident that" and then there will come another series of mathematical terms. Like German, Turkish, Romanian or English, mathematics is a language, and the mathematician who is most truly suited to the pure seeking within this field is the artist who follows a muse, for it is possible in mathematics to speak badly or well, to speak stodgily or lyrically, and to form the poor sentence or the exquisite, eloquent sentence.

Those who would be most likely to be able to express simple expressions of complex, impossible questions, are those who have abilities in more than one language. If one is a writer, the study of mathematics will make that entity a better writer, because there are accuracies and nuances in mathematics that inform the writer in the use of the English language, or any language in which the writer chooses to pen his words. Similarly, the mathematician who has studied music, especially harmony, is in perhaps the most helpful situation, as these two systems of notation have a great deal in common, and therefore may flow one to the other and back again with more ease. The architecture of the music is, like that of mathematics, made up of ineluctable ratios. The creating of tone is mathematical in nature, and the creation of a musical or artistic mathematics is therefore the cross-inspiration.

Let us say that the nature of all language within third density is such that it cannot describe anything but that which is an illusion, mathematics being a language which describes the local, shall we say, environment of fields, groups of fields, rotations and quantized rotations of light which create all that there is and all that may be observed. Just as instrumentation in the study of the atom moves the scientist ever deeper into what seems to be a

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recreation of outer space, until finally all that may be seen of the atom is the path of its energy, and so is mystery born within the mind of that scientist, just so, in the language of mathematics and in a purer and intellectual sense, a man may seek a kind of holiness or sanctity as a mathematical mystic who is aware of that which lies beyond the limit of language, that which is beyond the limit of the notes and the arrangement of notes in music, [that which] touches and moves the soul and the heart and the emotions into a state of purified emotion which cannot be explained by the language used.

So it is in mathematics for one whose muse is truly that of the mathematics. One may see and delight in the many oddities that make the architecture of this language so rich and beautiful. This entity may then gaze upon that marvelous, euphonious amalgamation of mathematical words, shall we say, or pieces of notation, which brings one to a thrilling discovery, a purified emotion, and a wonder, a passion and an adoration of that which lies beyond the language.

Into each type of notation or language is placed two ultimate resolutions: paradox and mystery. One who follows the muse and becomes the artist, able to play the scales, able to play all that is created, and able to feel also with purified emotion the paradoxes and the mysteries which lie between the lines in the noumenal area, [so] that the mind retains each of these parts of music, of mathematics, may we say, even of computer programming, of any language, is privy to a wisdom of learning that concept [that] moves beyond words, that is wonder, that is mystery. The artist sees the beauty; the artist sees the elegance of the beautiful written language. But the artist is also aware of the most marvelous portion of the language, that language which will forever escape the tongue, or the pen, that language which is not local, and cannot describe anything, for there is nothing to describe that lies within the ken of the observer.

Now, when all this has been processed and grasped in some wise by the student of a particular language, it is possible for that student to become aware of its relationship to the noumenal, to that which is mysterious and paradoxical and beyond the ken of the intellectual mind. There shall be two children of this attitude. The first is merriment, for the deep humor of the universe lies in all languages for the entity opening up to its nuances. Secondly, and perhaps more profoundly, such an entity may realize that there is a portion of itself which is also of the mystery, noumenal, beyond human concept, beyond this density of illusion which may be described mathematically in such and such a way, musically in such and such a way, poetically in such and such a way.

Where words end, there a new and larger and non-local frame of reference begins. This frame of reference lies within one, and it is possible that one which seeks in this deep mind, through meditation, requests in the dreaming, and other means of communicating with one's own unconscious self, may begin to intuit a non-local and fully articulated concept-language which shall have to remain naked of words, because within this illusion the natural laws of the infinite One must needs be kept. However, it is entities such as this which enter into experiments as a part of the experiment, and change the results.

It is forever frustrating to entities who are not in this frame of reference that such results seem only paradoxical and cannot be useful within the illusion. There is, however, the great peace of beginning to grasp timelessness, spacelessness, true simultaneity of all that there is, the nature of infinity, and those many, many mysteries that leave the intellect stuck in paradox after paradox after paradox. To some that shift shall always be an irritation, to others, a challenge, and to others, a wonderful and beguiling poem, a hint that there is more to come, and that each seeker of truth shall one day be more than it is at this point.

This is a dense illusion, and it is well for all of those with the muse to keep themselves grounded in the local rules of whatever language they are using. To communicate with others it is well to use the language well. There is a pride in excellence that one must needs encourage, for all you have, just as all we have, are the concepts that we give this instrument. Now this instrument struggles to clothe each naked concept in shabby, poor and patched clothing. Such it is for each language, that each of you may be a poet, each of you may inspire, each of you may develop a passion, a love of this naked, conceptual mystery.

All paths lead to the love of this mystery which we call love, the great original Thought that created all that there is. Thus, each may become far more wise than he may articulate, and that wisdom, beauty and

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imperishability shall be his alone, his to treasure, his to place with respect and love, where it belongs, within the heart and in the soul, within that portion of the self that always has been and always will be. There is wisdom to be found in the picking up of a grain of sand, or a piece of straw. There is love in a dusty window, or the croaking of a frog. All things are sacramental to those who have acquired that language of concept which lies beyond words. Approach it from any study whatsoever, and the same results shall be yielded.

May your language be one of beauty, and may your passion for the truth build a fire within you that warms your heart and fuels your desire and your will to live as imperishable and eternal beings, not caught in the net of what must be, in this local habitation that you call planet Earth. You shall not always exist in this island of intelligence. You shall move forward, and all languages pay due respect to those things which make one's service to one's fellow man the greatest. And then, through meditation, contemplation, vision, prayer and dream, cherish that deep part of yourself which is one with all that there is, and is at bottom part of the Creator.

Look to yourself to the alleluia of love for all that you see, and all that you can learn, and with humor and excellence use the words that are your vocabulary, letting them shine, playing with them, showing their wonder as well as their use, to those who wish to see that which you know. You are both here and not here. You are infinite, and you are in an illusion. Love both of these, love the paradox, and most of all, love the Creator, yourself and each other, in whatever language you know.

We would at this time apologize, for once again we have heard the signal that says we have spoken too long. We are sorry, and we will attempt to speak more briefly when you call us next, as we do hope that you will. It has been a struggle speaking through this instrument, for it does not have the words even to describe the words of other languages, but it has put our ability to make concepts clear to a test, and therefore it has helped us to learn to communicate also. We would at this time close the meeting through the one known as Jim. We leave this instrument in love and light. We are of the principle of those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time we would offer ourselves in the attempt to answer any further queries which may remain upon the minds of those present. Is there a query at this time?

S: I am S, and am grateful for your answers, and would like to think of them.

I am Q'uo, and we are most grateful to have been asked to join this circle of seeking. It has been our great honor and privilege to have been able to blend our vibrations with yours and to speak upon those topics which are of importance to you at this time.

If there are no further queries, then we shall, with great gratitude, take our leave of this instrument and this group, leaving each as always in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 27, 1990

Group question: The question this evening has to do with how preincarnative choices are put into motion in the incarnation. It seems very likely that the childhood experiences at an early age—at the age of seven, or ten, or somewhere around there—have the effect of influencing the child in the direction of the preincarnative choice, so that the child may be imbued with self-confidence, or a lack of self-confidence, with anger, or with compassion, with the ability to work with other people in groups, or the lack of that ability. It seems that there is a series of experiences, usually with the parents, or with brothers or sisters, or neighbors, at that age that imprints so strongly upon the child that the child then carries that imprint throughout the life, and uses that effect to work on himself either consciously or unconsciously, so that the desires and choices before the incarnation are focused on because they're set in motion during childhood. Is this a correct assumption, and if it is, could you elaborate on how this works?

(Carla channeling)

I am Latwii, and I greet you in the love and the light of the one infinite Creator. We are most happy to be with you this evening, and are wishing to extend the greetings of those known as Ra whose company is normally blended with our own. However, this instrument prays for the highest contact it may receive in a stable and healthful manner, and it is very weak. This contact is possible almost completely because of the great love and mutual respect of this circle, each for the other. When we have this sort of harmony, we may use the energy of the instrument with far more safety.

You ask this evening about the preincarnatively chosen structures, limitations, biases and thinking processes which affect the young child until the age of seven or so. This is an interesting topic. The entity which is the young spirit is the designer of these experiences and has chosen the catalyst knowing the behaviors and catalysts that would create the lifetime pattern of learning. Make no mistake, there is no villain but your own wiser self, which wishes you to experience that which seems unbearable so that you may learn to empty yourself of insignificant expectation. This is an act of desire to learn, and may be directly attributed to yourself. This is not easy to remember, and impossible to appreciate when you are suffering, either mentally, emotionally, physically or spiritually. But each of you is not the limited entity whose ears hear our words. Each of you is a very powerful being; a being, in fact, of infinite power. It is the wish of the growing spirit so to use this power that the positivity, light and good of eternity may be apprehended by the self.

It would seem that in choosing the early childhood abandonment, invalidation of reality and scorn, that the higher self wishes to set up a no-win situation, and there are many who remain at this place or

condition of consciousness for the life experience, moving around the difficulties of feeling unworthy, abandoned, lonely and sorrowful and allowing this to be, not catalyst, but a continuing picture of reality as you know it in this illusion. But within each of you there is a quality peculiarly your own, and that is your free will. The seeking entity chooses to examine not the surface of the feelings only, not the suffering only, but the reason for them.

The third-density question is "Why?" You know, more and more, what you are as you pursue your own personal truth. A curious person, a person who wants to know why it has been abandoned, and why it must feel abandoned for a whole lifetime, is ripe for a maturation, a blooming, which will involve releasing the identity of "the abandoned one." There is a fear of releasing one's identity, no matter what it is. The feeling of unworthiness is often crushing and, indeed, is encouraged and nurtured mercilessly by early childhood catalyst. This sense of unworthiness, poor as it is, is an identity and, to change, one must surrender this identity. Again you gaze at suffering and change.

Thus we link early childhood to preincarnative, eternal beingness, and state that there is a purpose for the incredible suffering that is so often the lot of the sensitive being. The sensitive being tends to build a fort, or a fortification, so that it may not be so hurt by circumstance. This fortification must be consciously torn down to effect a change in self-image. Before you came to this experience, you knew that you were loved, that you were whole, perfect, unblemished, loving and beloved by the Creator Self, a child of the Father of all that there is, of the Mother of all that there is. But this knowledge does little good if it is not challenged.

This instrument has low energy into the heart chakra because it is blocked in red ray as it questions its right to be alive. It is blocked in orange ray by its reluctance to accept freely given love. That is why we must speak carefully and slowly. This instrument is, at this moment, typical of the nature of energy blockages among your people. It is experiencing that which comes to all, or very nearly all, spirits. It has itself noted one mystery: try as it might, swear and kick and rage, it cannot give up hope. This hope, which may be called faith, is that which holds the entity in a safe energy web as it is dismantled, as programs in the consciousness are changed, and new possibilities are opened for data input and new programming, to use the terms of the computer, which so resembles the choices of the consciousness that we find them useful.

You are warriors. Let this sink deep into your heart. You are not people of peace, as your language intends this word. You have come here to disrupt, destroy and remake yourself according to free will choices having to do with why you are here. When all the reasons of the illusion are cast aside, finally the intelligence gazes upon those things which are changeless. There are two: light is not changed by any relation it might have to any other energy field or movement; love is a constant within each entity's aching and anguished heart. It may not feel loved, but, against all reason, it loves. Therefore, those who ask, "Why?" are given two considerations which speak of eternity: love and light. Such abstractness does not help the conscious mind or lift the suffering spirit. But the pilgrim soul keeps asking, "Why?" and finding that in terms of ideal or unchangeable things, this question deals with love and light. The question cannot be answered, and so each entity chooses to align itself with love and light without anything but hope or faith to guide the choice.

We shall not, this evening, attempt inspiration, for each entity is aware that first the great power of the self that lies beyond abandonment, unworthiness and loneliness is that mystery of self which does not reveal itself except in darkest shadow. You are creatures starving, and you have only faith and hope, because you see that there is light and there is love and no one can deny either, and you see yourself as one whose quest for the truth cannot be denied. Does this then ally you with infinite and imperishable things? The intuitive answer is, "Yes," and this is the rock-bottom of despair, the thirst and blankness and emptiness of the desert, the time of no hope, except that there is always hope, because you cannot help but ask, "Why?" and seek "Why?" yet find the infinite values in substance to remain. Who among you or we can expect to remain in hopeful, cheerful and joyful conditions always? This we do not promise you, but rather promise you despair, darkness, loneliness and hopelessness. But never is that condition complete, because of that within you which hopes and lives by faith. "If you go to Sheol, I AM there. There is nowhere you can go that I AM not present," declares love.

Suffer as you must in order to grow. Gaze with careful and open eyes at your choices of early

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childhood conditioning. You have chosen your own hell. You have also chosen your own heaven. Focus your power and ask why. Find your undeniable hope and acknowledge it without understanding it. Persevere. We shall not ask you, this evening, to be merry, for you ask, "What of despair?" There is little merriment in this condition. Yet know that this condition was created as an important and cyclical phase of your development, as a beacon of love and light to the Creator, to yourself, and to the world. Let all fail, let hopelessness reign, this condition cannot be sustained. You are irrepressible. Watch yourself grow, and remember, as you rejoice in those times of blooming, how great was the pain of birth.

We would at this time close this meeting by asking the one known as Jim if it would accept our contact. We are those of Latwii.

(Jim channeling)

I am Latwii, and greet each again in love and light. At this time we would ask if we may speak to any further queries within this group, as it is our privilege to do so.

Carla: I know you can't answer this specifically, but I just can't imagine why I put myself at bed rest for the rest of my life. I just don't understand.

I am Latwii. We are aware of your query, and your suffering, my sister, and we wish that we could speak words that would relieve the pain and the limitation, but we find that there are not only few words that speak centrally to your suffering, but that we have a great desire that you should find your way through this maze of misery, for there is no challenge given that is this great that does not have equally great rewards that await the patient and long-suffering seeker.

Your illusion is one which is unique in all of the creation, for it is in your illusion that the face of the Creator is so well hidden that oftentimes it seems that one is alone, one is abandoned, and one has nothing but one's own misery to experience. This darkness of being in some degree visits each, for this is what your illusion presents to those who enter its door, the opportunity to seek the Creator in the darkest reaches of the creation, those places where it seems no light has ever shone, those corners and closets of the self which is heavily burdened with sickness, sorrow and suffering, those qualities that are so readily available within your illusion and which so toughly test the able spirit to see if there is any place within the illusion that love cannot be found, to see if there is any wound that love cannot heal.

Thus, each of you moves into this illusion knowing that you shall move in the valley of the shadow of death, as you have had it called, that you shall call upon those inner resources that are your birthright in a way in which they have never been invoked before. In this way you imbue every cell of your soul with the strength of your seeking, with the faith that is only found in those who are already strengthened by overcoming previous suffering that is great.

My sister, you rest upon the bed of nails, as it were, for that body which you inhabit is one which is pierced by pain. It is a body which carries you now, but carefully, that you may ride further into those reaches of the self which remain to be explored, and which few ever dream of exploring, for though the rewards are great, the cost is equally great, for each endeavor that promises further advancement upon the spiritual journey has its cost. Eventually each of you shall give all that you have at the door of death, as you call it, that you might once again enter into the realm of unity and love. The price is high for those who seek purely. This is a truth which each viewed before the incarnation began, and which each undertook solemnly, knowing that there would be difficulty, yet welcoming that difficulty, for by enduring and overcoming there is the victory of the spirit and its purification that it might become …

(Side one of tape ends.)

Carla: The few which are present have all gone through suffering the illness *(inaudible)*, gone through, [having to] watch a perfectly well, living person sicken and die over many months or years. Each of us has come to *(inaudible)* and gone over them. I know in E's dying, if I hadn't been there to be as good a friend as I could to T he would perhaps have had some kind of mental breakdown. I know that if either Jim or I had not had each other when dealing with Don's mental illness I would definitely have not survived, and it is possible that neither of us would have. Is there some special reason we have been drawn together, as our paths seem to be unusually similar in this? It seems to me to be perhaps the worst burden of an ill person, that other people must suffer for the self. It seems grossly

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unfair, and *(inaudible)* and there isn't a thing that the ill person can do about it.

I am Latwii, and am aware of your query, my sister. When entities such as yourselves enter the incarnation with the purpose of providing as much light, shall we say, as is possible, then there are those patterns, or techniques, of livingness that are invoked. These have to do with providing the setting that will allow the service that has been desired. Oftentimes the service requires a certain kind of personal advancement that is not possible without great testing. The testing may take many forms. Within certain groups of entities it is known that the experience of the loss of the loved one is a kind of testing that will prepare the person not only for those inner initiations of a personal level, but, through the passing through of these initiations, will allow that entity to provide a service to others that would not be possible without the initiation.

Thus, you find in may cases where groupings of entities have incarnated many times together, that there is a pattern of learning and serving that is utilized within these groups, which when viewed from within the limited confines of the illusion will seem to be greatly distorted towards personal suffering, with little hint of the purpose or reason. It is only when the illusion is seen from outside of the illusion and the incarnation that one may see the purpose of the pattern, the opportunity that is presented.

As often as it is said within the illusion, it seems trite to say that there is no suffering without purpose. To one who has long suffered and long sought the purpose and yet has not found that purpose, it is not the greatest of consolations to know that there is yet a purpose. However, we tell you that this is so. That one may suffer long and deeply within your illusion is an experience that carries weight within the total beingness of the entity. There is no suffering that is unrewarded. All has a purpose; all purposes serve the One; the One is in each and every entity that one touches in the daily round of activities. As much as is possible within the painful confines of your illusion, your bodies and your situations, rest in the knowledge that you do nothing in vain. All is divinely inspired. There is a purpose.

Is there another query, my sister?

Carla: A final question is this, a general one. The one known as S feels that you are her personal comforter. She has been suffering greatly lately, and I am sure would appreciate anything that you would say, as she feels so alone at this time.

I am Latwii, and am aware of your query, my sister. Each word that we have spoken this evening may be heard by the one known as S as if that word were spoken for her, for indeed this is so. This one is close to us, indeed, we comfort her, yet many are the times when this one has been comforted and has not felt that comfort, for its isolation has been great, its perception of that isolation has been so great as to insulate it on occasion from that aid which is available.

We would say to this one, that we do indeed love you with all of our being. We are never far from you. We seek to aid you in those ways which you open to us. Find a ray of light and hope within your being and follow that ray to its source. There, on that journey which is inward only, you will find many friends, and among them we shall be rejoicing to greet you, for we know that which you endure. There are many upon the surface of this planet which feel this solitude, this abandonment, and yet we say that there is no darkness and no abandonment that does not have a purpose within the overall plan of each entity that experiences these qualities.

In order for any seed to be grown within your illusion it must be put within the dark earth. There must be a time of resting there, away from light, in order that what is within the seed might burst the shell, the limitation, the confines of that experience and break forth toward the light in order that there might be a new being born from the old. The experience of transformation for any entity within your illusion, when seen from our vantage point, takes place in but the blinking of an eye, yet we know that within your illusion this same transformation seems to last far, far into the dark and lonely night, and we feel our compassion for you growing as we become one with you and experience that loneliness, the pain of separation.

Yet, we encourage each to persevere, for each is a good seed with much yet to offer in the blooming. The cycles move, the seasons change, the soul once again will enliven the personality that lives within the illusion, and there will again be the joy of the heart that springs forth into summer and into the full fruiting that is possible for each seeker of truth.

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We are with you. We endure with you, we seek with you, we await with you the light and the love of the Creator that does always nourish each, and which each in its own time will bring forth into new fruit and joyful experience.

Is there a further query, my sister?

Carla: No, I thank you on S's behalf and on my own.

I am Latwii, and we thank you once again, my sister. Is there another query at this time?

Carla: Not from me, thank you.

I am Latwii, and it has been our unusual and great pleasure to speak to this group this evening. We hope that our words might have some use for each, that each may find support and nourishment in the times that are difficult. We are with each at all times, and we leave each in that love and light of the one infinite Creator which does not fail. We are known to you as those of Latwii. Adonai, my friends. Adonai. ♣

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Sunday Meditation
June 3, 1990

Group question: The question this evening has to do with an experience of Carla's that is generally applicable to anybody who's in a situation which has a great deal of difficulty and stress in it. When one finds oneself, shall we say, up against the wall, with a lot of pain and suffering of whatever kind, and has very little ability to change the situation, no control over it, is totally at the mercy of it, how is it that it is possible for some people to maintain a faith that all is well, a faith in the Creator, and still be totally angry at the Creator and totally angry at the situation? Is this a helpful configuration for spiritual growth, and is there an explanation for such a situation, and how can the most helpful mental attitude be adopted in the situation?

(Carla channeling)

I am Q'uo, and I greet you in joy, in the love and in the light of the one infinite Creator. Also greeting this group is the one known as Hatonn, who has come merely to give greeting to one dear to them. We offer from Hatonn greetings to the one known as H. We of the principle of Q'uo are extremely grateful to have received your call for information on a subject of the paradoxes that are apparent in stressful situations within your third-density illusion.

Let us begin by gazing at the one great original Thought that is Love, the Creator of all things. This entity created a certain kind of creation. Many have been your attempts to understand meanings, and the nuances and the subtleties of that mind which is not the conscious mind, nor the unconscious mind, nor the deep mind, nor the racial mind, but the archetypical mind. You have wondered how to use information concerning the archetypical mind. It has always been quite difficult to express the means of use of this deep resource of your infinite mind which in its totality is a part of the creation and the Creator. The archetypical mind is not a mind to be, shall we say, studied for harvesting of understanding, but rather looked to in situations which contain apparent paradox within one's own mind.

One of the principles of the archetypical mind is that archetype called Hope, or Faith. Now, these archetypes are in place as a portion of the birthright of each individual which is the son or daughter of the infinite Creator. However, it is the result of much experience involving a final and absolute strengthening of a particular pillar of the archetypical structure of the mind which makes it possible for one consciously to be aware of this unmovable archetype, part of the architecture or structure of the deep mind. It exists without regard to the third-density illusory experience which the conscious mind perceives as catalyst and reacts to as it chooses. The archetype of Faith or Hope, therefore, is much like the deep and solid earth which lies beneath the fissures, honeycombed caves, and many irregularities of the land and sea masses and their tectonic plates which make up the moveable, or malleable, or reactive body of the living creature which you call the Earth.

In each person, these archetypes may or may not, in previous experiences of incarnation, have become apparent and recognized as a portion of the birthright and very nature of the unchangeable solidity of your imperishable and infinite self. Thus, not all will experience, in a situation in which faith and hope are tested, an inability to deny faith, for the reason that each entity in its free will has in its many experiences made millions of choices concerning that of which it wishes to become aware in a whole sense.

Let us spend a moment upon this word, "whole," or "entire." The closest link which each of you has to the deeper portions of the self involves the full opening of the heart to its own nature, which is love. It has often been described to you as the seat of unconditional love. However, this suggests that it is an activity. Indeed, the fully opened heart is unconditional love, and love, therefore, is not a love for another with condition, but a love with another as the self.

Many are the confusions that have assailed each when seemingly ill, and certainly this instrument, as many have attempted to heal this instrument of the bodily difficulties it experiences; nor would we deny the obvious nature of this instrument's lack of what you would call health. However, in the sense of being whole, to the extent that one has allowed the pain, the blockage, the limitation, the self-loathing, or whatever is the deeper expression of this illness, to be accepted and loved within the heart, the entity is becoming whole, and it is this state of wholeness, aided greatly by the indigo chakra work of daily meditation, self-forgiveness and other inner work, which will most reliably and quickly make possible the resonance of daily catalyst so that the catalyst may sink into the area of the archetypical mind and the archetype which is being expressed, recognized. Once this archetype is recognized by the whole or open self, it then becomes a deep portion of the mind, a portion of the biases which survive the forgetting process which opens each incarnation.

Each of your experiences with infants shows you there are no two infants which are entering third-density incarnation with the same biases. Each is unique from the first and has been unique, wholly blessed and sanctified, as are you, by the love of the infinite One, since before time and space and that grand celestial illusion of all of the energy fields of body, gravitation and all of the mechanisms of the infinite cosmos. Therefore, this instrument was not able to deny faith or hope, because it had been recognized as a birthright, as a part of the structure of being, which would be as difficult not to accept as it would be for a person with eyes upon a brick wall to deny the existence of that wall.

In the conscious use of catalyst in third density, however, any entity will be creating, or attempting to create, a more positive action, in an unpredictable number of ways depending upon that person's momentary degree of self-forgiveness, of grasping of the nature of catalyst and of the temporal and mundane personality of the illusory self. As this instrument was paralyzed and informed that, even though paralysis left, it must remain bedfast for this incarnation, it was not surprising that a deep rage against this limitation would fill the heart and cause massive blockage and a very weakened vitality of spirit in the conscious mind. And although many other blows which have come to those within this circle may not be so serious or lengthy in their prognostication, they are, nevertheless, of an equivalent painfulness at the moment they are felt.

Some entities in this circle have become aware of the archetype of Faith, and therefore cannot deny it. Others have not made this connection with the birthright of the self. Thus, not to each person shall this particular seeming schizophrenia occur.

There are, however, many archetypes. Perhaps the most commonly discovered is the archetype of the new mind, empty of experience. This archetype is one which each in this circle is aware exists, and each could not find a way to state unequivocally that one can never make a new and fresh beginning to a life experience. Indeed, this archetype was first learned through the fires of many lifetimes of self-condemnation and the discovery that forgiveness does occur, regardless of one's opinion of oneself, at some unpredictable point because forgiveness, the redemption from error, is part of the basic truth of each entity's makeup.

Thus, each of you fails and has the subjective [self-]criticism which can be the cruelest and harshest criticism leveled by any, harsher than any other would give to you. Yet, at the same time there is the undeniable awareness of the absolute possibility of beginning anew with a new mind, a new heart, and a clean and unblemished conscience. Each of you has done the work necessary to learn

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this basic archetype, this basic part of the architecture of the self, and in many cases it is a part of why many do not feel it appropriate to seek forgiveness from an outer source when the Creator has placed within the self, in a sanctified and permanent structure, the very heart of self-forgiveness which must always precede new beginnings.

Each of you who has studied the archetypes of mind, body and spirit may examine each archetype to discover more and more of its basic nature. Those archetypes which one is unable to deny, no matter how outer circumstances seem to be in a paradoxical relationship to it, is a portion of the self now known as part of the whole, or healed, or open being.

We would speak of only two things more, for this instrument is asking us, as always, to be more brief. Your planet has also its evolution in consciousness. The surety of various archetypes that you feel are helpful to its growth, and above all the love of the open heart blesses and raises the vibrations and consciousness of the fragile island home which you call Earth. It is appropriate for each of you to share each learning with the native soil which has been the earthly mother and father of the physical vehicle which has made these catalytic experiences possible. Love your planet as you would love your parents, for the Earth upon which you stand loves and heals and cares for each of you without any question, for you are its children too.

Lastly, we would speak to each of the basic nature of paradox. The mundane illusion of everyday works well to instill in one a sense of less than full self-worth. It often seems to bring out in each personality the less attractive portions of each entity's surface being. This is why you are here; this is your classroom. You are here to penetrate the illusion of catalyst, to see deeper and deeper into the present moment until the basic nature of the self is more and more apparent. Meanwhile, the surface personality rages, and whines, and cries, and grieves, and laughs, and plays its many roles upon the stage of the illusion.

You must feel free to express to yourself to the fullest all emotion, no matter how hateful or seemingly harmful or subjectively not approved, for it is in expressing the self fully and then taking the self in its own arms, into its own heart, and loving, and being loved by this child that you are, consciously, that your spiritual evolution depends. Never, ever, try to repress or deny negative feelings, but open your heart to them. They are yours to love and comfort, for you are children of the illusion, and only imperishable and immature beings as metaphysical beings. You are not upon this planet at this time because you have achieved maturity. Had you achieved such a thing you would have no need to choose to love and to heal.

May you love the Creator who first loved you, and whose nature is your nature. May you honor the free will which sends you to a million emotional states, for this is your catalyst; this is how you learn to love. May you learn to love yourself wholly and entirely, accepting all of yourself. That is the healed person, not the person without physical blemish. And may you love each other, for you are all one self.

We would leave this instrument and you in the heart that is the one great original Thought of Love, which is the Creator, and would transfer this contact to the entity known as Jim, if this instrument is willing to serve. We thank this instrument and would now transfer. We are those of Q'uo and Hatonn.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to ask if we may speak to any further query. We remind each present that we are happy to speak to the best of our ability that which is our experience and that which is our opinion, and we would wish that each realize that we are not infallible, that it is well to take those words and thoughts which have the ring of truth to the self, and leave all others behind. Is there a query at this time?

S: Yes, Q'uo. Sometimes, when one looks very starkly at one's condition, one sees a kind of rejection of perfection, very deeply rooted, which is a repulsion of self, and also directed at the Creator, for as we know we are of the Creator. It's a repulsion of the Creator as the Creator. I'm trying to understand how it comes about that the Creator, in order to know the Creator, needs this deep feeling. Can you speak to the question of why healing seems so primordial?

I am Q'uo, and am aware of your query, my brother. We give the instrument the image of the broken bone. That which was whole becomes broken by

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experience. The broken bone within your body, when healed, is stronger than it was before it was broken. Thus it is with the body of the Creator, the mind of the Creator, and the spirit of the Creator that indwells in each entity, that moves through the creation …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue.

Experiences are designed to test the limits of the entity that seeks truth, as each entity does indeed seek truth with each fiber of its being, thought of the mind, and action of the body. Experience moves the boundaries of perception and knowledge and faith beyond what are normal, shall we say, for the entity. That which is normal is that which is stably experienced and has been gained by previous experience, which in its turn broke previous boundaries. The breaking of boundaries, the breaking of rigid perception, has the function of increasing boundaries, perception and possibility. Thus, it is imperative that each entity who seeks the one Creator experience this breaking in order that that which is new, stronger, deeper, larger, richer and more varied may be contained in a vessel which is now larger, richer, deeper and more varied in its capacity, as each of you are vessels which are hollowed out by the experience which is the means by which you seek the One. Thus are you strengthened; thus do you go on in your journey.

Is there a further query, my brother?

S: Yes, one more. I understand there are certain paths of spiritual growth, ones that I have taken to be negatively oriented, that take the breaking of boundaries as a value in itself. It seems they can hardly wait to break boundaries. My understanding is that a more integrated approach to this process is more efficient. Does this involve processing catalyst through the open heart? Can you speak to that?

I am Q'uo, and we shall attempt to speak to this query. We ask that you re-question if we are not successful. Each entity, whether of the positive or the negative nature, will increase its ability to further its evolutionary process as it breaks those boundaries by which it has defined itself, for as the circle of knowledge enlarges, it touches upon more which is unknown concerning the self. Thus, there is the constant need to enlarge the boundaries. Within limited illusions this is done by applying the breaking force of experience.

Is there a further query, my brother?

S: No, I'm fine, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I'd sort of like to follow up on S's question, because I think that there was something there that he had hold of and that is that if [one] attains the learning, and growing is held in the open heart [and allowed to] flow, [through it], and [out], then instead of becoming bitter and negative, you [might] become sweeter and more loving without attempting to accept [the learning], by attempting to keep the heart open. Would this [be] a question [on which you can] comment?

I am Q'uo, and am aware of your query, my sister. The open heart which accepts the pain of change will find the means of healing that which is broken within more easily accomplished if the attitude attending the painful change is one of acceptance rather than containing any of that which you would call resistance. However, it is not easily accomplished, for that which has carried one to any present point is that with which one is familiar upon a stable basis. When changes are great enough, it often feels as if the foundation beneath one's feet is cracking and separating to the degree that one shall be torn asunder as well. The ability to move with such changes in the acceptance of the new configuration of self is an ability which is developed through great effort, and is one which most entities never master upon your plane of illusion, but are forced by circumstance to accept, and only in retrospect are they able to see the beneficial aspects of those experiences which have been greatly traumatic previously.

Is there a further query, my sister?

Carla: Just one. Would it be then impossible for a negative entity, which is not working with the green energy of the heart energy, to have this healing occur?

I am Q'uo, and aware of your query, my sister. The negatively oriented entity has the need, in order to maintain and further its negative polarization, to control those situations which bring about change,

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so that that which may be painful is stored, and the energy of that change then is released in a controlled fashion at the appropriate time, so that changes are not accepted as much as they are directed.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we are greatly thrilled to have had this opportunity to speak to this group this evening, greeting old and new friends, and we would thank each for allowing us to speak our humble opinions, reminding each again to take those words which ring of truth, and to use them as you will, leaving all others behind. At this time we shall take our leave of this group, leaving each as always in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✣

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Intensive Meditation
June 4, 1990

(Carla channeling)

I am of the principle of Jesus the Christ, and I greet you in the full consciousness of the *(inaudible)*. We find that that to which we wish to speak this day is of shifting and uncertain energies of confusions in being and loving, and manifesting that being and that loving.

The spirit of love is one and we speak as this instrument calls us, as the living spirit of Christ in the world, and soon we shall yield this instrument to others who speak in a different vocabulary. But do not be confused by vocabulary or entity or name. There is one Father, there is one Love, there is one Kingdom, which is the creation of all there is.

We seek to reassure each of you that confusion is acceptable, if your yearning is kept right and your desire [shining] to know love. Find peace beyond the naming. We leave you in the love and the peace of Jesus the Christ, now and forever. Amen.

(Long pause.)

I am Laitos, and greet each of you in the love and the light of the infinite Creator. We are pleased to be called to this group to work with each entity in improving those abilities to rest the conscious mind and accept those thoughts which may come from an impersonal source, which has a certain amount of advantage in its longer point of view. We thank each for wishing to be of service as vocal channels for our humble thoughts and we ask each to remember that in the channeling the greatest skill is in the completion of surrender once the contact has been challenged and has passed. In this surrender comes calm and in this calm comes the clear hearing of our thoughts and ease of speaking them into language.

We would use this time as a training session for each channel speaking in a parable which may have some meaning for each. We shall not identify ourselves at each beginning and ending as we intend for this group of channels to speak in fairly short amounts of channel, telling a part of the story that all three weave together. For this is a great lesson in channeling *(inaudible)* the harmony of the group whether all are channels or only one is a channel creates the unique communication that is brought forth. We remind each channel to relax, to suspend all common sense analysis and self-criticism, and simply flow, once the source of the channeling has been accepted, with the rhythm and the energy that flows so freely betwixt we of the Confederation—we correct this instrument—betwixt those of the Confederation and you.

The sun arose upon a most warm day in a poor desert land. The chatter of the small Spanish village began. The laughter of the small children, the crying of infants, and the calling of the cockerels

announced the beginning of another summer day—another day of dust and hunger and stillness.

We transfer to the one known as Jim.

(Jim channeling)

One particular family greeted this day as it had greeted many before with slow, sleeping sighs of recognition that there was little that could be done in this day that would significantly improve its state of living, for this small village was populated by peasants for the most part, who labored long for small return, that put but the meagerest food upon the table and clothes upon the body. The family was of a relatively young mother and father with two children that were of young school years in age—a boy and a girl—who were learning what it was to live in this village and to help at their young age with the chores of the family.

We shall transfer to the one known as S …

(Carla channeling)

We are those of Laitos, and would gently interrupt this small tale to admit to the one known as S that this method of teaching the channeling is usually reserved for students who have had several experiences simply in receiving contact. However, we assure the one known as S that this method will, in our opinion, best relax and open the channeling gift which this instrument does indeed have. For in telling the story which no one knows the middle or the end, it is simply a matter of placing one sentence in front of another, as one would walk one foot in front of another. There is no right story. There is no right ending. But only the creation of truth by the surrender of small considerations to the acceptance of a mystery which may or may not uncover more interesting subject matter for thought.

We would again transfer this contact to the one known as S, advising him to release fear, apprehension and analysis, and simply tell his story, as it occurs within the mind. I am Laitos.

(S channeling)

(Inaudible) is indeed *(inaudible)* in which *(inaudible)* a point beyond the *(inaudible)* of this long *(inaudible)* to ideals, hopes that could be found *(inaudible)* in this way, the children *(inaudible)* serve as beacon to all *(inaudible)* transfer to the one known as Jim.

(Jim channeling)

For it was their innocence and naive optimism that they imbued their activities and conversations with on a daily basis. These young souls were new in this world of the dust, drudgery and poverty, and yet were amidst the difficulty, filled with the excitement of being alive and enjoying that which was before them as the play toy that would amuse any young child. This enthusiasm was seen by the mother and the father as that which was remembered from their own youth and from which they wished to preserve in the life experience of their children, for they knew well that there was much in years ahead that would work to dampen and even to destroy this kind of vitality which knew no true suffering, for that which brought tears was easily forgotten with the next experience and the joy-filled laughter easily followed the trail of tears.

We shall transfer to the one known as Carla.

(Carla channeling)

These two children gazed at the sun bewildered and amazed at its gem-like beauty, brilliance and fire and saw each small desert creature as studded with gems. There was, between these two children, an unusually strong bond and they seldom were apart. One observation of beauty shared by one gave an observation of beauty to be shared back by the other and so in converse did the somewhat harsh Christian teachings of the Spanish padre take on a form and substance which was far beyond those feelings of sorrow, guilt and deadness of *(inaudible)* which were the emotions of the remainder of the village's peoples to the stark teachings of the cross and the sacred blood. Yet to these children there came to be a special place, a small depression in the desert land, which seemed to them in their innocence and imagination to be the place where they could speak to the Mother Mary, and so there they spent many hours until their parents began to wonder at their frequent absence.

We transfer to the one known as S.

(S channeling)

(Inaudible) as the years went by until it finally came to pass that as the children grew into adolescence they found they began to have less time to spend in their sacred spot and … with each other. And as is the way of the world they found they began to *(inaudible)* circumstances forced them apart and the

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girl was taken by her new husband for it was the way of the land that girls were married at a young and tender age to a remote area from which it was not consistently possible for her to make contact with her beloved brother. The boy grew to a young man and remained in the town. He frequently visited their sacred spot which increasingly came to mean to him his lost sister, and he never failed to feel her presence there, but it was a feeling mixed with great sorrow for the memory of a … lovely smile is but a pale thing compared to the … experience.

We transfer to Jim.

(Jim channeling)

The separation between the girl and boy began to weigh heavily upon each mind and heart for the joy that had been known and shared between these two seemed now greatly diminished and the life that was unfolding before each, though full of its own rewards and pleasures, was quite empty in comparison to that life that was enjoyed by each when together with the other. This deepening concern caused each to reflect in those moments of quietness and solitude as to what the purpose of each life might be for was it not proper to grow in years and experience to become as the parents to others and to bring forth the fruit of life that would nourish all concerned? This pondering in the quiet silence within became for each a solace and a replacement for those times when both had gone to the sacred place in the desert to converse with that spirit that each revered.

We shall now transfer to the one known as Carla

(Carla channeling)

As the young man dwelled in mind upon the meanings of the brilliance and beauty he had remembered and seen, the beauty and holiness of his remembered open heart in the presence of the Mother Mary, he turned to the old padre and as the old priest became ill and died, so he became the priest of this place. And because of his ponderings all the harshness and pain of the Christian story became imbued with the poignant love of the Mother Mary and all sorrow was softened by his remembrance of the beloved presence of his sister, and so it came to be that though the cockerels still crowed in the dust and the heat and poverty was the daily bread, the sorrow of life began to be taught to this village in a way which spoke of compassion and love.

We transfer to the one known as S.

(S channeling)

(Inaudible) …. In his sister's life things *(inaudible)* the husband *(inaudible)* his business *(inaudible)* And her children *(inaudible)* the usual difficulty in growing crops *(inaudible)* in the constant *(inaudible)* the *(inaudible)* which were so *(inaudible)* and years passed by and finally the husband, worn down by years of labor and care, died, [and] she was left with children who had no *(inaudible)* prospects in life and she herself *(inaudible)* barely *(inaudible)* destitute. Still something deep within her heart would not be squelched *(inaudible)* her urge *(inaudible)* she decided to take her family back to the village in which she had been born and in which her brother was now an important person, for who is more important to a *(inaudible)* than its priest.

We transfer now to the one known as Jim.

(Jim channeling)

Upon telling her sorrow-filled tale to her brother who had by this time in his life heard many such tales, she discovered that the excitement for life that they had once shared in youth now seemed transformed into a quiet, yet sturdy strength that spoke in word and deed of the purpose of sorrow as being that which prepares the way for a peace and a joy which was not as their naive joy had been, yet which drew its strength from that same mysterious source that had given to them so freely in their youth the fullness of the experience of life, for her brother spoke to her of the long vigils that he had kept within himself as he had sought to penetrate the mystery of the daily life that each within this small village experienced with a mixture heavily laden with sorrow and sweat and the little leavened with the joy and inspiration that youth brought to each new child and which the grinding poverty of this area …

(Side one of tape ends.)

(Carla channeling)

This is a simple tale of simple people. Each so among all your densities are such. To each has been given poverty of mind and soul and heart. The enthusiasm and vitality and recognition of beauty that comes from young hearts and eyes, the love of one for another, and all these together make up each of you. Yes, you dwell in sorrow and yes, the

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cockerel always crows in dusty poverty of some kind. Seldom to those of you who are learning to love is there given a free and unasked for unadulterated joy, vitality and lightness of feeling, yet each of you has been a child. You need not let that beauty die.

Each of you has felt sanctified by whatever name you call it—you need not let that die. Your environment has almost nothing to teach you that cannot also be taught as its opposite. As you poor and hungry in a difficult world awaken yourselves remember the joy, the freshness, the love, the worship, and the presence of the nurturing mother of all things. You choose your inner reality. May you each choose wisely and lovingly and steadfastly the way of love.

We thank each of these channels and are most humbly grateful for this opportunity to work. We realize it has been very difficult and energy consuming for the new instrument and we wish to say to the one known as S that we plunged this instrument into more advanced work simply so as to use the time which we and you are given to its utmost. There is a gift within the instrument known as S which recognizes and has [been] previously used without full awareness of its nature. Thus, we do not begin at the beginning but begin at the level of skill which the instrument has.

We thank especially this new instrument for being willing to open to its best effort and to be willing to skip that which would have, for this instrument, been recreation and not the learning of a discipline and a practice which is also a gift and an art. May this instrument see the power of each word, each nuance with which it clothes the concept given to it. May it see, indeed, its particular and unique abilities that make it an excellent candidate for creating inspiration, information, tools and resources that may aid those who wish to avail themselves of such with the gift of this instrument's service.

With blessings to all, we leave you at this time in the love and the light of the infinite Creator, encouraging each in daily meditation and contemplation and analysis of those things which have caused the entity distress or great enthusiasm during each day. So that each may know itself deeper and deeper and may come to realize a more profound version of itself and may then have more and more to offer as a channel of love and light. In that love and light, we of Laitos leave you. Adonai, my friends. Adonai. Adonai. ✣

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Intensive Meditation

June 7, 1990

(Carla channeling)

I am [Meta]. I thank each for calling those of [Laitos] to this circle of intensive seeking and greet each in the love and in the light of the infinite Creator. Because this circle is seeking the perfect in every way, it has yet varying levels of experience, for we shall move back through systems of protection. And as we speak them we ask each instrument to visualize each in his own light that [of] which we speak.

We suggest this not to be complex, quite simply to protect your bodies, minds, and your spirits as you undertake the opening of the conscious self to impersonal entities. We ask each to relax, quickly moving from head to foot, starting with the eyes, as the eyes are, indeed, the windows of the soul. So [pay] attention there. Keep the level of concentration necessary for good adjustment from being able to occur. *(Inaudible)* over the head and down the shoulders, the arms, the torso, the legs, the feet. Letting all the tired, tired energy from the day move from you.

Now, in whatever way you visualize, see as it really is, to the best of your ability. The workings of the red energy center in your own body. If it is muddy, ask it to clear. If it is dull, ask it to sparkle, and if it is not rotating, ask it to become active, clear-functioning. Move upwards to the middle of the belly. Gaze at the orange energy ray center, clear it right now, spin it. If one resists this, simply wait. You are capable for a certain time of clearing energy centers reliably. It is a matter of the will being serious and persistent. Gaze then at the solar plexus, yellow. When that is satisfactory, gaze in the middle of your chest, the heart chakra. Within those who wish to serve, many times you may see an overactive *(inaudible)* chakra as the attempt to love, love and love again is so earnestly meant and so intensely felt. Let that chakra be vibrant and alive and clear and harmonious. Now gaze at the throat chakra. You shall be using this chakra. Allow it to clear and spin and even, perhaps, sparkle.

For your words *(inaudible)* transform *(inaudible)* and we would that they would sparkle with a glistening gift that each of you have. Move to the [brow] chakra, that deep blue and purple [of indigo]. This is a very vulnerable chakra, yet you are using it quite actively to do this work. Be patient with yourself if it seems to remain dark and merely keep asking it to spin and shine and give off a clear radiance. Reviewing the chakras now very quickly: red, orange, yellow, green, blue, indigo. Violet appears at the head. It is as it is, you cannot manipulate it, but it does represent the balance that you have just created. Take this color and, in your mind, visualize it, swirl it around to meet the red ray, mixing to become a red violet color, the very essence and

vitality that is your identity as a body. Take that color and seal your body completely with this color. Now visualize dunking it into a cup of something, painting it on, or asking it to form an armor, missing no part of you.

You are now a protected body which is working with spirit. It is therefore time to invoke what this instrument would call the armor of light. Ask the white light of infinite love to cover you completely, and in love ask that it extend around the circle, covering each of your beloved brothers and sisters, growing and eventually becoming bright enough that you almost disappear because [of] the light within, around and about the circle as well as upon the surface of your own physical body. You are now in a protected globe of white light, in a position of sacred trust with those within the circle.

This instrument does that which is optional but which may be of help to each. It asks for the Archangels, which will be described by [a] quality, to guard the place of working. It says, "Before me, Rafael." This Archangel is a principle of light. It is somewhat cold, it is full of wisdom. It has a love that is impartial and relentless and will stand your friend without judgment, and shall not be moved.

The instrument then says, "Behind me, Gabriel." This principle is a principle of the [polarity] and the generosity of love in its manifestation. It offers from a never-failing jar the waters of life, the waters of love. It has a great and gentle humor and shall never leave the thirsty seeker without spiritual drink.

The instruments then asks, "On my right hand, Michael." This is an instrument, an example, an exemplar and a principle of divine fire. It is not only the divine fire of creation but that which will dispatch any that is not complete, whole and positive. It is a warrior figure. As you become able to visualize this energy you may perhaps see an entity in various configurations of stance, which will let you know as you become more experienced what the general milieu about the group may be. Is it at attention, the sword drawn, then be doubly *(inaudible)* careful with the tuning and the challenging. Is it kneeling, sword down and looking alertly about, then all is well. Nothing can move this principle from its [vigil].

The instrument then asks, "On my left hand, Ariel." This is the absolute principle of free will. It is that which suggests that that which is born will also die; that that which is planted is also to be harvested. It suggests many subtle rhythms and it guards the freedom of each to draw within its own rhythms as it speaks the concepts of those who you have asked to share information.

The protection now being complete, we would ask that each of you *(inaudible)* at this time declare yourself in whatever way you have discovered to be acceptable to you. Declare yourself against the backdrop of ten millennia, twenty or thirty, against the backdrop of imperishable ideals that could never be denied by the instrument. Ideals by which one lives. Ideals for which one would gladly, if necessary, die in order to protect and give vivid clarity to these imperishable things, to this ideal. For the metaphysical world is a world of absolute things. There is no relativity and there is no room in the world for the metaphysical of those spirits with which you wish to make contact for relative thinking. We shall pause while each chooses, imagines, and brings into being that personification or that symbol of its absolute ideal.

Now we ask each to step into this ideal. If it is personified, grasp it by the hand. If it is symbolized, grasp, stand by, or incorporate the symbol into your being in some way. Allow it to become your metaphysical identity. Your only identity in the world of spirit is this absolute identity you have now fashioned. With this identity now, pray, speak within yourself in any way that you feel will bring you more and more into tune with this ideal, more and more into unity with it. Again, we shall pause.

Ask now, before you begin to challenge for entities only [for that] which you may channel in a stable manner without harm to your health or welfare. The highest and best that you can carry, but not too high for the balanced personality as it decides within this absolute ideal.

The circle is now at a place at which it is ready to work. We of [Laitos] ask each simply to relax, realizing that in a world where a few have the actual gift of channeling, the actual gift of speaking loud and clearly those thoughts which move from the subconscious. This circle has this gift. Thus, avoid analysis, trust in your gift and let us begin to refine this gift.

We transfer this contact now to the one known as Jim. I am [Laitos].

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(The instructions on the tape said to stop the transcript after Carla finished speaking.) ♣

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Intensive Meditation
June 8, 1990

(Carla channeling)

… You are a newly forming group and the opportunity within the entities present and absent from within this group are excellent and could indeed prove to be most helpful. [In terms of a *(inaudible)* which may come to those who seek it.]

We ask each channel to speak that which it hears and nothing else, but to trust, once the work of tuning and challenging is done, that all will be well. For when the work is done correctly, when the challenge has been met and the baton taken, then it is that those who channel may release the integrated personality and surrender to that part of the personality that is not yet integrated, that is the deep mind. And it is from that deep mind and its analogous portion amongst your stars that we speak to you.

We ourselves are a group, dwelling in harmony. For us it is very simple to live in harmony, for we require nothing, we acquire nothing, we need nothing. Each gladly does a portion of those things which ought to be done to support the maintenance of our physical vehicles. And so we would say, that the first and greatest requirement of harmony within a group is that the group is truly a group of deep love and trust and a lack of fear about loving intensely those who may not be of your family in earthly sense.

It takes courage on the part of all concerned to transcend the many all too human emotions of opening couples up to a spiritual life in common. If this experiment is well begun, communication has taken the place of that which we can see without speaking, that is, each is able to articulate within a certain degree of accuracy its nature, its troubles, its strengths, and its idiosyncrasies. This gives each entity the opportunity to realize that it is, indeed, a teacher as well as a student. Or in case of the one channeling, indeed, the student as well as a teacher. To join a social memory complex is to be unafraid to expose not only all the good things about the self but all those things which are subjectively disliked about the self, so that the group may support each other instrument in its learning to love itself, for only those who love the self may proceed far along the spiritual path.

We shall transfer to the one known as *(name)*. I am Latwii.

(Name channeling)

I am Latwii, and greet each through this instrument. There are many times when the path of service to those who you love is cloudy and obscured *(The rest of this paragraph is mostly inaudible.)* Though life is full of difficulties and … and such times as these it is best to draw back and allow things … For each has its own guiding light.

It is a process of trust in the light of others as in one's own light that allows one to come together as these lights slowly tend to converge. When such a convergence comes about one feels a sense of releasement into a greater beingness which is a higher part of being than one is accustomed to. It is a sense of purpose and of service that transcends the ordinary concerns of a life torn with anguish, filled with sorrow and perhaps with the joys and fulfillment incident to one's daily activities.

One finds, then, in this process, the give and the take between the purposes that beckon and the concerns which oblige us to keep our nose to the grindstone, as it were. The path is long and seems, from the point of view of your illusion, to be very arduous. However, this work is already begun. You all have a foot securely upon the path. And what remains is to find a way to take each additional step, one at a time, slowly, as you begin to find the heart of the center where you all are already come together.

It is time to transfer to the one known as Jim.

(Jim channeling)

I am Latwii, and we speak now through this instrument. The group consciousness that develops from the combination of individual entities is a kind of mind which entities of your vibration first become familiar with in the family situation, then within the early school years, then within the neighborhood. And it is extended therefrom to all of those groups and activities which the social creatures that you are can construct for the various purposes that satisfy curious and diligent minds. The beginning of this formation is, of course, with the individual as it is nurtured by the parents. It is most helpful to receive the kind of support in one's early development that gives one the confidence, that the entity one is, is valued by those about one. This confidence is the foundation stone for the future character structure, shall we say. This confidence provides a safety for the entity in that it may venture forth as far as it feels able in discovering new aspects of its environment, especially those concerning other selves, and then the turn again to the safety of that self-confidence. These voyages outward from the secure self are those beginning ties that open pathways of sharing of the self with others throughout the life experience.

When one finds a difficulty in any group environment, in remaining harmonious within that environment, it is well to investigate first that concept of self which may be providing difficulty when observed within another self. For it is usually the case that the qualities with which one has had personal difficulty are those qualities first noticed as difficult qualities within another. As one reassesses the seeking of certain qualities and concepts, tendencies and beliefs within the personal philosophy of life, shall we say, one may travel back along the line of formation of this quality or belief and determine to the best of one's ability the origination of this quality.

Oftentimes one will find that there is a distorted experience that has lent its distortion to the formation of a certain portion of an entity's life pattern that will then have repercussions throughout the life pattern as the entity engages in relationships with other selves. These qualities will reappear according to the entity's personal program, shall we say. The more intensive distortions, the more unbalanced belief systems, will tend to surface more frequently than those that are more balanced, in order that the, shall we say, squeaky wheel shall get the oil of the attention, and, hopefully, of the balancing action of the entity.

Thus, one very primary action that one may take in assuring deep harmony is to work intensively upon the personal program of learning so that one enters into a group situation [with] as balanced a system of energy expenditure as is possible to achieve, while recognizing that no entity in any group will have a perfectly balanced system of expending the energy that is the daily gift from the Logos through the system of energy centers of every entity.

We also would recommend that there is the possibility of increasing group harmony by reassessing the quality of desire for the group formation within each individual. It is well that there be a principle by which each within the group seeks to work in order that there might be the basic agreement as to the reason for the formation of the group.

I am Latwii. We are aware that there is one within the circle that has become quite fatigued, and we feel that we have achieved in the basic amount of transmission of the concept for this session that we had hoped to give. We would at this time thank each for again inviting our presence, and we would remind each that we are with each in the personal

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meditations for the purpose of helping to deepen these meditations. We look, as you say, forward to those times where we shall again be asked to join your circle of seeking, and we shall gladly do so at those times. We shall leave this group at this time, as always, in the love and the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai. ♣

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Intensive Meditation
June 15, 1990

(Carla channeling)

I am Latwii. Greetings to you in the love and in the light of the one infinite Creator. There was a significant pause before we began this contact because the instrument, somehow uncharacteristically, had inner work to do before it could enter the metaphysical world of spirits, and because this is a detail of some importance we shall speak of it before we begin our message.

When one wishes to be of a metaphysical nature, clear and sure and lucid in being, one cannot bring to that stance metaphysical work on a personal plane that is undone, else all protection will be faulty, and the storms of the ever-going illusion of duality, which extends into fourth density, will affect the contact unreliably, but generally in somewhat of a negative fashion. In the case of this instrument it had received messages from a negative entity which it fastidiously and carefully answered. But the final communication from this entity was a psychic assault which the instrument felt but did not accept as being a portion of itself.

When one realizes that one is being greeted psychically by negative entities, thoughts or impulses, one must do the work of accepting and loving this negativity, cradling it close to the heart, seeing in it the fear that is the antithesis of truth, and cradling this falsity and loving it and absorbing it into the self until it has rebalanced itself within the self as an accepted and loved portion of the self, which one does not choose to manifest. If a channel has fear and has not balanced this, then the entire procedure of tuning and challenging becomes unreliable to the extent that the instrument has fear. In this instance, the instrument was accurate in its reading of the degree of negativity of this particular entity, but did not do the metaphysical work required to become one with this entity in love and in light and in service.

It is written in your holy works that you shall love your enemies and those that spitefully use you, for it is not difficult to love those who love you, but all-important to love those who do not love you. We ask each to ponder these simple words, as the heart may mature and become a strong and reliable energy center, capable of being open and full of energy, with no blockage of fear.

The full and open heart. Let us gaze upon it as it touches upon the various energies and activities of the illusion, in what you call your red-ray energy center. What is the full and open heart but one who accepts all energies of life as beautiful. This heart sees the beauty of form as it is designed in this illusion and is able to comprehend the energies that move through each form, each manifestation. The heart embraces its own physical vehicle, sending light to each and every cell. Where there is any darkness,

light is visualized, oceans and oceans of bubbles of light moving to each and every portion of the physical vehicle that may be in discomfort. Refreshing, easing, comforting, cleansing, renewing each cell.

In the full acceptance of this body that is yours within the illusion, is the full healing of this body. Find the way in your heart to love all aspects of this body, never to begrudge it, *(inaudible)*. Always to understand that same energy in others and to love and accept each vibration as lovely.

We will transfer this contact to the one known as Jim. I am Latwii.

(Jim channeling)

I am Latwii, and we continue through this instrument. As you move to the orange-ray energy center and consider it for its clarity, you must look to those relationships that are of an intensive nature, where you share that which is your unique nature with one other entity upon a basis where this pairing of energies draws from you all of your attention in your caring and your efforts to communicate that which is yours to communicate. This type of relationship is the first movement outward from the individualized self and the first movement which establishes a bridge or a bond with another self, which then allows a commerce, a trading, shall we say, of energies betwixt you and one other entity.

This other entity's identity may change from time to time. The significant part of this kind of relationship is that there is only one entity at the time which comes within your focus and with whom you then respond and move in a kind of dance, as it were, as energies are exchanged. Wherever there is any kind of obstruction or blockage of this energy exchange due to imperfect communication or imperfect processing of catalyst there needs to be the balancing of these distorted efforts, so that this center of energy may play its part in the channeling process and be opened to the degree necessary for minimum functioning—that is, to allow a certain amount of energy to move freely through the center without it being distorted or biased in a significant way. When this procedure has been accomplished, then the entity is ready to move to that yellow-ray center which begins the further expansion of the expression of the individual energies.

We shall transfer at this time to the one known as S.

(S channeling)

I am Latwii, and we greet each through this instrument. The yellow-ray energy center conditions those experiences which have to do with other selves, numbering more than two. In the yellow ray there is the capacity to take in those configurations of energy which express complex arrangements of interactions. We will find these arrangements embodied in institutions and in practices and more intimately in attitudes that come out of these institutions and practices. So that it is with respect to the attitudes that the more immediate work is accomplished, when working in yellow ray.

The attitudes involve a give and take of energies and an acceptance of patterns and behavior and a feeling which comes upon one as from a source which is larger than one, and which seems to be other than one. To deal effectively with the balancing of the yellow ray one must accept that the illusion in which one deals is as it should be, and one must accept the gift that the illusion offers in the form of the particular experience which is one's own. When this experience has been assimilated and accepted, the possibility of moving into relation to the energies of the green-ray center becomes established.

The green ray is a more universal image. It has to do with the beingness of the self and the illusion and the entire system of energies which from beyond both gives itself to expression *(inaudible)* keynote to the experience of green-ray energies is love and it is compassion. The compassion which one experiences at this level is a summation of the work one has done upon the other three levels of energy expression. And it involves to some extent a balancing of these energies which can be accomplished only by seeing that these energies are of the Creator and not one's own. They are not to be held but are rather to be expressed and allowed to flow. In this way, one finds within the heart a humility within which a sense of purpose may be born. The sense of purpose, born in the heart center, is the most important endowment that an aspirant to truth may find. It is the birthright of each to have this firmly instilled in the center of his being. To discover this center is to find within one the yearning which is the springboard to work in the higher chakras.

It could be said that the yearning of the open heart is the rectifying factor, the factor of purity, which gives to blue ray an assurance of having to deal with truths

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and not merely the concerns of the illusion. Blue ray contains within itself the power of expression. In the expressiveness of blue ray there exists the joy of creation in its occurrence. Blue ray is the first center of energy within the mind/body/spirit complex which may act creatively. With this creative power comes a responsibility. If the blue ray has been energized by the open heart, it is responsive to the energies that have come up from the lower centers, as it finds these energies balanced by love and then compassion.

There is another source of energy available for expression in blue ray, however, and this is the source known as the Christ within. This energy, to be expressed, must first be apprehended in a form sufficient for the activation of blue ray. This involves, then, already the activity of that energy center which is located between the brows and is indigo in its true coloration.

The indigo-ray center is the center of insight. It is the center capable of discerning a concept, which for its more and more discursive expression requires contact with the blue ray. Within the indigo ray the concept remains merely the concept. And experience of it is more direct, less refractory than one finds in the blue ray. It is for this reason that the more particular work of the adept is focused in the indigo-ray center when the adept has reached the point of being capable of reliably discerning the concepts and principles that are in so many various ways expressed within the illusion, but always in such a way as to transcend the illusion in favor of a metaphysical significance, which may be quite different from the appearance it takes on within the illusion.

In the indigo-ray center one finds that concepts do not stand alone, each discreet from the others, but, rather, that the situation is somewhat like a series of small streams or rivulets which empty into larger streams and then to larger ones still, until finally they join in a great torrent and seem to travel towards a single source. We say travel towards because this is the direction indicated by the adept who seeks, that is, the adept feels himself to be traveling towards that which is sought.

But in reality, there is not a single direction to this movement. It is, rather, a movement which goes simultaneously backwards and forwards, as it were. The adept, thus, finds that the movement in the direction of what is sought, a movement which, indeed, is initiated by the adept, does not terminate either at a point within the line of sight of the adept or one outside of this line of sight, but, rather, opens a [hallway] of love and light that returns again unto the adept. It is a stream which flows outward and inward simultaneously. It is this situation which is described in your scriptures when they advise the student that, "if you ask, you will indeed receive," for, indeed, in truth the asking is the receiving, the seeking is finding. This is perhaps the most basic secret known and knowable in indigo ray. That is the foundation for the platform upon which all further work may be done.

Once one has activated all the energy centers—red, orange, yellow, green, blue and indigo—the issue of first importance is one of balancing. For a mind/body/spirit complex which is so …

(Side one of tape ends.)

(S channeling)

… activated in any particular energy center that this center overbalances the entity in the direction of processing or expressing a certain kind of energy at the expense of other manners or laws of processing or expressing energy, will find that blockages occur which are due—not so much to the specific, distorting effects of individual chakras—but rather due to the fact that the entity as a whole is out of balance. It is vital to keep in mind that a sense of proportion should be everywhere maintained. For it is out of this sense of proportion that the finer points, or the fine-tuning, shall we say, may take place.

The effect of consistent daily work in meditation is not perhaps felt suddenly, is not perhaps experienced quickly or obviously in the terms of the illusion, but it is the surest and only safe approach to spiritual growth that one may take within your third density. We would suggest to each that you take heart, and in a quiet joy go about your daily routine, knowing that nothing that you do, no distortion in which you may become involved, will put you so far from the love and the light of the one Creator that you are beyond redemption. All is acceptable. You are of the Creator. Find, then, within yourself the joy and the peace that is that of the Creator. We leave you in the love and in the light of the infinite Creator. Adonai, my friends. Adonai.

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(Carla channeling)

And so we open again through this instrument in love and light. We would instruct each to examine its portion of the message. For in each portion of the message was intended and is always intended a poetry, a beauty and inspiration, a surrounding of the subject with open nuances that excite the curiosity and show the way for growth in each and every subject or situation covered.

We are those who would have the fun, the playing with the subject, and we find, as we intended to, that the sense of lightness of that which is lifted from the shoulders by awareness is somewhat lacking. Each may examine its own contributions. To the instrument known as S, especially, we would [note] that this instrument's love of the teaching moves at times to limit the nuances or open-endedness of each portion of the subject covered.

There is a joyful surrender, so that to a channel there is no concern to teach, no concern to be [thorough], no concern to be complete, no concern for content, but only the concern to remain completely one with the tuning one has achieved. In this surrender, each thought opens like a flower, and bloom and beauty and lightness enhance the communication. In this case, although the instrument known as S did an excellent job in expressing our basic message, there was the nearly subconscious intention "to teach" that goes with the habits of an entire career of teaching. Channeling is a different kind of teaching. It is a teaching in which one surrenders all desires to teach, to make sense, or to do anything except to listen, to feel, to be, to float in that highest tuning which may be held in a stable manner. Then all else is a mechanical procedure of reporting upon the concepts one has received.

The teaching then unfolds in a way impossible to the conscious teacher, and the results please that same teacher in a way he could never be pleased with his own thoroughness. We say this while we say also that there was excellence in this contact. Yet, we are aware that this instrument strives for more, for inspiration, for freedom from linear thinking. And so we would look back at the full and open heart and revalue briefly that which we have covered.

In the lower energies, each has weaknesses due to the harsh illusion each experiences. This instrument with the difficulties of red-ray physical pain. The one known as Jim with difficulties of a relationship held in freedom and trust. The one known as S with the difficulties allowing interactions with groups, to be that which is inspired rather than intended. Each then, in the discussion of these lower energy centers, expresses its own unimportant but substantial enough limitations. Examine and consider, for all things point to the heart from each direction, and to give maximum energy to the heart, to throw into the heart all that one receives, is dearly to be desired. The heart is a thing in itself, a power, a resource, that which in its full and open presence heals those about it by its very being,

The higher energy centers receive their ability to do their work because of a full and loving open heart. And each who chooses to communicate or to work in consciousness is working with the green-ray energy, that is its resource. The greatest mistake that seekers make is to attempt to do the higher work in consciousness, without in due patience doing the thorough work in the lower energy centers. For each is as important as the other. All together make the body of energies that creates the energy complex of each spirit.

Value yourself, then, not for one or two manifestations of the open heart but for the fastidiousness with which in your private self you know you have worked in each energy center in each day to keep open the royal road, the pathway to the kingdom. Find joy, be merry, staying in fond companionship along the way and think not that information is the goal of channeling. Information is one portion of an axis, call it "x." The other portion of channeling is perpendicular to it at all points and in all directions, and may be called the nonlinear or inspirational or noetic or noumenal portion of that which we have to offer, by our humble opinions.

Thus, we ask each to let go in joy, to surrender to the unknown. When covering familiar material release the mind, release the heart, release the strictures of that which is already known. For there is always within each unique channel a new nuance which may be brought forward from the material which is unique to the mind, the heart, the experience, and the spirit of each channel.

Let yourself be a channel of wonder and mystery and astonishment to self. Allow this. It cannot be wanted. It cannot be desired and therefore gotten. It must be desired and then released. The true courage lies in that sweet surrender to the unknown which

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guides you and all, in infinite love, in the full and open heart that is the great original Thought of all that there is, the Creator Itself.

Again we say to you, adonai, through this instrument, and we wish to close this contact through the one known as Jim. I am Latwii.

(Jim channeling)

I am Latwii, and greet each again in love and light. We wish only to offer ourselves to any queries which those present may have before we close this contact. Is there a query?

S: Yes, Latwii. In my learning channeling, it seemed to me that in order to keep myself abreast of the contact I needed to kind of look ahead—would I understand that you are telling me that this looking ahead baffles the more, ah, magical and interesting parts of the channeling, so that while it may bring back intact the information, it fails to capture the nuance and inspiration? Do I need to slow down? How might I go about improving this particular aspect?

I am Latwii, and I am aware of your query, my brother. In this regard we would suggest that the practice of looking ahead, as you have called it, is that which gives a confidence to your contact, and in the beginning of your channeling it is helpful to use whatever crutch works, shall we say. In the long run of the channeling process, it would be well if you would look not so much to the approach of information as to remaining in a more free floating state, shall we say, in which you are subjecting yourself to the movement of the contact as it will, this is to say as you progress in your experience of the vocal channeling, it would be well and would be easier for you to accept information about which you know nothing in advance. All of this practice has as its purpose forming the completely hollowed channel which has neither the preconceived idea nor the desire to know that which is next, but simply offers itself as an open instrument. There are many steps along the way to achieving this particular kind of contact and we would not wish to rush you in your progress but simply to suggest, as we have, that you are at a certain stage of the practice of channeling at this time, and the succeeding steps in this never-ending process, will concern themselves in a large degree with removing the crutches which are helpful in the beginning. For these crutches are, though sturdy in their offering of their support, also limiting in that which can be seen or received.

Is there a further query, my brother?

S: Yes, thank you, that was very helpful. This goes into a little different direction. There is a subjective side to the experience of the channel in which one feels an energy, very strong, energy welling up within one, that once one gets used to it, has a certain tractability to it, if one can work with it. Now, there is an ebb and a flow to this energy, at least as I experienced it, rather than a steady stream of it. Is the process of learning to channel a process of learning to work with this energy when one feels that it is dissipated for the moment? Does one do well to pause long enough for it to gather in? Can you give me some indication of this problem?

I am Latwii, and believe that we have your query. Before any performance, the performer has the flow of the adrenaline, as you might call it, the excitation of the anticipation. This kind of energy is that which the new instrument would experience far more than the instrument which has long practiced its art. This energy can be helpful to the new instrument, much as the crutch of looking forward, shall we say, into the contents of the information which has yet to be received. As the new instrument perceives this welling of energy, the effect is to help the concentration and the focus of the concentration. This is most helpful to any instrument. However, as you become more practiced in your art of vocal channeling, you will also discover that this energy tends to be reduced, for the practice no longer elicits this, as this instrument would call it, rush of energy. It is at that time that your ability to focus your concentration will take over this function, shall we say. Thus, there are many attributes and characteristics of the channeling process that are found at the beginning of the process which may be utilized by the new instrument. But after a period of time, the new instrument, becoming a more experienced instrument, will discover that it is working more on its own resources and abilities rather than the *accoutrements*, shall we say, of the contact in its initial phases.

Is there a further query, my brother?

S: Yes, I think this is well taken, and I certainly do feel that rush. The energy that I had in mind, really, though, was one which I only began to experience later on, when I felt more calm and it is one which I

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have sometimes experienced in the meditative situation. I find it to be of a different order. Is—am I dealing only with a subjective modification, is that what you are describing as the adrenaline energy, or is there another dimension going on here?

I am Latwii, and I am aware of your query, my brother. There are deeper levels of the mind which each entity within the meditative state may contact, as the meditation is more successful in achieving the one pointed focus, shall we say, and in removing those distractions to the meditative state simply by failing to attend to them. As one is successful in moving the conscious focus from the upper reaches of the conscious mind to the lower reaches of the conscious mind, and, indeed, into areas of the subconscious mind, one will feel a certain power or energy, as you have called it, which is the, shall we say, the energy of potential use.

This is a relatively unformed energy and is that which responds to the reaching, shall we say, the reaching of the conscious mind as it moves its focus into deeper realms of the subconscious mind. This reaching begins to potentiate those qualities which may be associated with the more feminine aspects of any entity, those of the intuition, those of the non-rational, those creative powers which have, as you would describe it, the magical or metaphysical ability to form consciousness in such and such a fashion according to the design of the working. Therefore, the energies which you have described are those within your own subconscious mind which are available to you as you are able to stably move your conscious focus into the subconscious mind.

Is there another query, my brother?

S: No, thank you very much.

I am Latwii, and we thank you once again, my brother. Is there another query at this time?

(Pause)

I am Latwii, and we have been most filled with joy and light to have been able to be with this group this morning. We feel that the progress made with the one known as S is exceptional and we hope that this entity will take our comments and small criticisms as those areas of improvement which are expected of the more advanced instrument. We are very happy to have been able to work with this instrument and look forward, as you would say, to further opportunities to do so.

At this time, we shall take our leave of this instrument and of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Latwii. Adonai, my friends. Adonai. ♣

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Sunday Meditation
June 17, 1990

Group question: The question this evening has to do with how a person is able to deal with a situation in which another person is a psychological drain to be around. This might be a person in the home, at work, it might be a situation where you find yourself having to deal with so much of yourself just to survive in the situation that it feels like you have nothing more to give, and that you're being sucked dry, almost like a parasite or a leech is sucking the blood or the life energy out of you. How can a person find the inner strength, or the will, and the resources to continue dealing with a person or a situation that seems to take everything out of you that you've got?

(Carla channeling)

I am Hatonn, and I greet each of you in the love and the light of the infinite Creator. It is a great privilege to be with you this evening, and we thank and bless and send love to each of you, assuring that we will be with you at any time you mentally request our presence. We do not speak, but we are there as comforter for those who seek that comfort we have to give. We ask each to remember that we are limited by those things which we know and those things which our teachers have taught us. We are capable of error, and so we ask each of you to discriminate and judge those things which we say so that you may use those things which are helpful, but leave behind those things which are not, for within you is the power of all knowledge and wisdom, in a very deep memory which the truth resonates to, as occasionally this house resonates in its very walls to the sound of the train in passing, and hums; so does your being hum at the resonance of a truth that is yours personally. You do not learn from us but merely recognize the truth that you have known but could not say for yourself until we said it first, for much of what you know is buried deeply within your unconscious mind and can come to the surface only under carefully protected and loving circumstances where seekers of truth may gather together in love and grace abounding.

You ask how to protect yourself from the psychic verbal and physical attacks of one who is incarnate, that is in a body and in direct relationship with you. We may answer you in several ways, but we are sorry to say that one entity does not have charge over another, and though we may teach methods which you may practice whereby the effects of such abuse are limited or even nullified, you in your turn cannot help or rescue that unhappy and tormented person whose love is so distorted and twisted that that entity must show it in such a painful way.

First of all, let us examine the nature of one entity's hold over another. It is normally that of long habit or magnetic attraction. In other words, this entity has been accepted by you as one who has the right to enter into your own private space, within your being

and your energies, due to your own love of this entity. This entity then has the control it would not otherwise have. Thus, the first step in removing abuse from yourselves is to know that you always have free will, that you are safe, but that you must put upon yourselves the whole armor of light, and remove from that entity which is abusing the privilege of intimacy, the right to that intimacy. It is as though you take in your mind's eye the scissors and you cut the bond.

Perhaps you may take your fingers and move them across the area of the navel. It is just above the navel that this entity generally has its power attachment into your energy web. Cut it, seal it, and believe and have faith that you are protected as a free will entity by the full armor of the love and of the light of the infinite Creator whom you serve. This is that which is done within, and this is the heart of protection, for you must believe in yourself, you must believe in your rightness and completeness and individual freedom. These things cannot be taken away from you, not by fire, not by water, not by threat and not by death. When you know who you are, you are free inside.

The next step in dealing with those who abuse the privilege of intimacy by causing hurt and pain and by draining your energy is to refrain from listening to the sense of what that entity is saying. Allow it to be a bubbling brook, a news show coming from a television in the house next door. Surround yourself with a silence. You may hear but you do not have to attend, you do not have to react. An entity which is vampiric in nature feeds off of fear and demands control. If there is no fear and there is no control the entity cannot feed its vampiric nature as it wishes.

The third level of protection is the walking away, the physical removal of the self from the source of the vampiric and abusive entity. Move to that room which has the lock upon the door, and lock it. If necessary, leave that dwelling place in which the entity lays, and find peace and silence in a place known only to yourself.

If the physical leaving is impossible, then the non-hearing and the non-acceptance, though passive, is extremely productive of results. There may be phrases of seeming agreement when they say "Yes, yes, of course," "Yes, my dear, that could be true," but these things could be programmed to fit impersonally, without emotion, without fear, and without interest.

Now, these are those things which may be done very quickly. There is an undercurrent which is to be done much more slowly, and we urge that each gaze deeply at the lesson of love held herein. It is said in one of your holy works to pray for those who despitefully use you, to pray for your enemies, for what good is it to pray for those whom you love? Is that not easy? Would that not be simple for you? Rather, pray for those who are not your friends, but your enemies, who wish you ill, through unhappinesses and agonies and distortions of their own. Pray for them with all your heart, pray to forgive, and as you become strong inside, pray to forgive the you that was weak enough to attain to such nonsense as that of a vampire who wished to make you a prey. Pray and love and nurture that vulnerable, small self that could not defend itself against an overpowering vampiric presence. In praying you will find forgiveness, and forgiveness stops that karmic tie that binds you to this person. In forgiveness is personal freedom. When you are in a state of fearlessness and forgiveness then you may see with clearer eyes that which you wish to do that shows the most compassion for all concerned.

Sometimes there is a spiritual principle involved, a spiritual principle such as that of the vows of marriage, or any promise that should be kept, that you as a person will die before breaking. We applaud such passion, such commitment, and such dedication to an ideal, and if that is truly the way each entity feels, let it face death gladly and joyfully, for indeed much suffering may lead to the physical death of the body, for the vampiric entity is not satisfied until all life has been taken away. If this is your ideal, we assure you, you lose nothing, and you gain much, for those who keep their promises, and who stand by their ideals in a world of relativity and illusion are the heroes and heroines of a passion play such as that of your Christ, Jesus the Christ, who kept his promise, though he truly wished not to.

If upon the other hand, forgiveness has brought insight that indicates there is a more compassionate way within the illusion of separating oneself from the vampiric entity, then in all compassion it is well to do so, *(inaudible)* do nothing in service to self, but only in compassion to all concerned, in a state of centeredness and calm, in a state of inner knowing.

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You see, you have choices. You may choose several ways to be of service. In order to do this you must know yourself well. Know that of which you are capable and that which you truly desire. It may well take some time to remove the habitual reactions of fear and helplessness against such an overpowering entity, yet in truth you are, as all are, equal spirits. Because one entity is of service to self, and wishes to control others, does not mean that that entity may do that with *(inaudible)*, for each entity is of equal strength. Each of you is the warrior self, completely calm at the center, completely relaxed and able to respond in compassion and courage and in effectiveness to those attacks which are perceived.

So you see, it is the self that must be fully realized by the self. It is no interaction with another that gives one personal strength; it is the sure and certain knowledge of the self. The habits of a lifetime may have taught each that the self is not equal to the vampiric entity. But habits are only habits, you may think of them as addictions, you may think of ridding yourselves of them as you would think of a friend attempting to cease smoking a cigarette, or drinking the whiskey. You need not be an addict. You may prefer to choose another way to be. In this effort you are never alone, for as you pray, unseen entities of love and light are about you on every side, and as you in all humility declare yourself to be a person of faith, and align yourself with the best that you know, defining yourself by the best that you know, becoming your true spiritual self by this process, you do indeed become quite as strong as any entity incarnate or discarnate.

The other entity may still have, for some reason connected with your learning process, the ability to cause changes in your geographical location, and in your circumstances in general, but in no case is such an entity able, except by your own permission and acceptance, able to affect you yourself. You may be imprisoned, you may be tortured, you may be in any manner of situations, but as you recall who you are, an imperishable spirit of light that lives by faith, you become untouchable, for you have about you what this instrument would call the whole armor of light, and the Creator Itself is your protection, for you are as much children of the Creator as any other, as much to be loved and protected as any other, and in no way deficient.

Claim your birthright as loving children of a loving Creator. Do the work of forgiveness, no matter how long it takes. Pray the prayers that cut the bonds that tie you to this vampiric entity, and to all who would seek in any way to bend you to their will or to control you against your will.

We are aware that we sound as if all were very simple, when in reality we may not understand the complexity of such situations as your illusion is able to provide. This is correct, my children; we do not even wish to concern ourselves with the details of a specific instance of that of which you ask, for though the situation be knotted tightly as the Gordian knot, yet the untying is as simple and difficult as utter and complete humility and forgiveness, forgiveness of other, forgiveness of self. This is very important, that you forgive yourself for ever being the victim, and forgive the entire situation. This we do not suggest to be simple work, or work done quickly, but it is the key to all the rest, and we suggest that you pray for the soul of the vampire, for in this way you shall learn to love this entity.

As you pray, the love of the Creator surges through you, and you see this entity in its original form—beautiful, whole and perfect, just as all entities are. What caused this entity to become a creature of such agony, such pain, that it must turn and hurt others? How very sad is all that that entity has experienced that has so soured, embittered and caused this entity to become negative and controlling of others because it cannot control the self, unloving of others because it cannot love the self, unforgiving of others because it cannot forgive the self. There is much to pray for in this entity's despair, and as you pray you will find strength and compassion flowing through you, as you deliberately strengthen yourself inwardly, with a knowledge of your own birthright, by loving yourself, forgiving yourself, and girding yourself about with light. So shall you become strong enough to love.

We go no further in suggesting what might be done, but simply urge compassion. Compassion tempered with wisdom leads one within an illusion such as you are in into sometimes strange solutions. Be open to the flow and the energy of compassion and love within. In full discrimination of those thoughts which may come to you, move gently, humbly and confidently to follow the will of love itself, and do that in your life and in your actions which best expresses your best awareness of the implications of that knowledge and that love which is yours. It has been said it is impossible not to make mistakes. That

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is the nature of this illusion, yet each mistake is a blessed one, one which holds a lesson of love.

When you are discouraged and at your weakest, picture yourself in the arms of the Creator, nurtured and cradled and loved, infinitely, infinitely loved. Thus shall you nurture yourself until your pain is quieted and your faith is reawakened. No matter how many times this occurs, nurture yourself again, that is, allow the nurturing Creator within, that female, divine principle, to love and cradle and hold you, and rock you, and care for you, until you may rest in bliss and quietness, and renew your strength of the spirit.

Then shall you awaken to the difficult manifestations of this illusion, and move into those patterns that are so painful with a stout heart and a full armor of light and love, and you shall do very simple things, and shall love, and shall not hear, and shall not be affected, and if necessary and possible, you shall walk away. One who seeks to control others deals with indifference quite poorly, and indeed becomes helpless before a persistent and continued indifference. As the storm rages about you, we urge you to gather to yourself your birthright, and to be who you really are, children of love, children of the one infinite Creator of all things. Love one another, my children. This is the greatest wisdom that we know.

Because that which we have said contains several distinct lines of thinking, we suggest that this group of words be heard several times, that it may more completely be grasped and become a part of your deeper mind. As always, we urge you not to accept anything that does not make sense to you, but only follow the advice that seems to resonate within you, a re-echo of a bell.

My children, how we love you, and how grateful we are to have been with you this evening, speaking through this instrument. It too had need of these words, for it too faces the vampire, that impersonal one which is called pain. Too often does this instrument forget that it too is a child of love, and does not need to fear the illusion of pain. Your pain has eyes, a face, a form, and a seeming reality. This instrument can in no way seize hold of a vampire that attacks it, yet pain, of heart, or soul, or mind, or body, is of one and the same nature. It is the vampire which must be faced, loved, forgiven, realized as part of the self, taken into the self, and made so much a part of the self that is not chosen, but there is no longer any fear, there is no longer any adversity, there is no longer any struggle. Such is the power of your own faith in love.

We would at this time close this communication through the one known as Jim. We are those of Hatonn.

(Jim channeling)

I am Hatonn, and greet each again in love and light through this instrument. At this time we would ask if there might be any questions to which we may speak further.

Carla: How do you go about removing your attention from pain long enough to begin building a part of yourself that is apart from it?

I am Hatonn, and am again with this instrument. My sister, this is a query to which there is no easy answer. The steady, acute pain takes one's attention to the degree that there is little left to spend in any other endeavor. Of this you are well aware. The prayer without ceasing that is so much of your life pattern is the only avenue of which we are aware that offers any respite from the pain that would be sufficient to build a concept of oneself that did not include persistent pain, for when the prayer is offered, not only in an unceasing manner, but with a power of sincerity and devotion that is sufficient for that entity, there is, during that praying, the beginning of the removing of the consciousness from that place of pain within the physical body to that room within the heart where the prayer is offered, and where there is the possibility of grace that may work within the physical body complex to begin to calm the raging sea of pain.

However, we cannot say that this is what you would call a surefire remedy, for we are aware that there is not only the pain that you feel within your physical vehicle, within your mental vehicle, and within the emotional vehicle of your being, but that what is felt there has the eye of those who would increase your burden and take every opportunity to do so. Thus, your challenge is far greater than our words in response to your query, and we can only give you but poor words at this time with our intense admiration for the effort you put forth in enduring and in attempting to overcome the pain that is with you as a constant companion.

Is there any further query, my sister?

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Carla: No, thank you.

I am Hatonn. We thank you, my sister. Is there another query?

(Pause)

I am Hatonn. We are aware that those present this evening have traveled far and are weary, and we thank each for the effort that was put forth in order that this circle of seeking might be formed this evening. We are most grateful to be able to share our vibrations with yours. We cannot thank you enough for the opportunity to speak our humble words. We hope that in some way they may be of service to you as you continue in your daily lives to seek and to share the love and the light of the one infinite Creator under all manner of circumstance, many of which seem most burdensome at this time. We are known to you as those of Hatonn, and we shall leave you at this time, glorying in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Special Meditation
June 20, 1990

Group question: The question this afternoon has to do with the differences between the one who pursues the martyr's path, and the one who pursues the path of the mystic. What are the similarities, what are the differences?

(Carla channeling)

I am of the principle of Q'uo. Greetings to you in the love and in the light of the one infinite Creator. We greatly appreciate the opportunity to speak to you, and to be called to your group this day. It is a privilege and an honor, and a chance to be of service, and we are most humbly thankful to each of you. Because we speak to an old and beloved friend, we would have the one known as S know of who we are. We of the principle of Q'uo are those of Latwii. We are also students of the teacher known as Ra. Their social memory complex and ours have blended together for communications with this instrument, as it can no longer bear the cost of physical trance. Nevertheless, it is of an acceptable vibration to receive many of the concepts of our teachers, and of course we also contribute those things which fill out the situation as down plumps out the pillow. We are not as excellent are those of Ra at speaking tersely and to the point, yet in our rambling we find that people are able to find more to grasp onto and find more ability to grasp what is being said. And so, all of us are grateful to be with you, and those of Ra and those of Latwii send you their love, and are with you always.

Briefly we speak upon this, that is to say we are with you always, you are never alone. There are times when, in your illusion which you now enjoy, the stimulation from that illusion becomes so overwhelming that the senses are shut down and one is no longer able to be aware, or to express any reaction, to stimulus. This has no bearing on our presence or the faithfulness of the seeking soul. It is simply the symptom of dealing with the illusion, having chosen a difficult, but hopefully very fruitful, existence in service to others. Thus, we speak to the mystic in you as we say, by faith, know, where you cannot feel it, that help is near, and that the Creator is closer to you than your own breath.

Martyrs and mystics have often been one and the same, that is, it is often the entity with the ability for the abstract and extra-physical or other than physical use of senses to be a mystic, to see ideals that this illusion does not in any way confirm but may only suggest from time to time. It is these mystics that often will make an heroic gesture which ends in the killing of the self by others because of the insistence upon their ideals. Thus, the two words are intermixed often, as one follows the line of those lives are built on faith and not by words as it stretches back in glory across time and space.

However, by no means are all mystical entities martyrs, nor are all martyrs mystics.

A mystic is not a word which means one thing. It may mean any number of things, that is, it may refer to one who chooses a non-literal interpretation of life in any non-literal interpretation that entity may choose. Thus, there are no two mystics whose paths are the same, for the golden glow of sanctity is shone to one person in one way, to another in another. There is no set pattern for mysticism. It is indeed rather a process of growth or evolution which may be chosen by the seeker as the most comfortable or the most efficient way though uncomfortable, of living the most consciously accelerated spiritually evolutionary life possible while living in the illusion of third density. The mystic is one who says, "I do not need an objective referent to believe that something is there." Thus, some mystics never leave those things founded upon what other mystics would call sheer superstition. There are as many non-literal ways of looking at the world as there are entities.

So mystic is better understood as an adjective, mystical, meaning non-literal, or freed from vigorously philosophical and scientific processes of deduction. Therefore, being a mystic brings out a different point of view in each person who is, by gift or by choice, living life mystically. A mystic is not particularly liable to become a martyr, anymore than is the scientist, the ethical man, or any manner of humankind which you may choose to describe. A mystic simply believes that which it does not see, and has faith in that which cannot be touched, or felt, or measured by the instrumentation now available to your peoples. It does not suggest a creed, and it does not suggest an agenda. One's personal myth and the way one manifests one's personal myth are chosen uniquely by each unique entity.

The word martyr, on the other hand, is a very specific word, meaning that entity which chooses to allow itself to be used, even unto death. Death is not necessarily the end of the martyr, one may live a life of martyrdom, but in essence the attitude is that the self is unimportant, and that the will of a greater self is that by which the martyr seeks self-immolation, and gladly hopes for the destruction of anything that stands in the way of service to that more important self. Many are those entities among your people who are martyrs to idols. Many would call blasphemous the martyr's love of the mother for the family to the point that this nurturing entity abandons all personal hope, dreams, originality of existence and authenticity of opinion, in order to best serve in any way that is requested the demands of this greater self.

In other words, to many martyrs, the greater self is very much alive, and is living in bodily form as an human being, and often in family relationships. It may be noted that when this occurs it is a poor choice if one wishes to balance one's karma and remove oneself from the dense influences of this particular classroom, for just as negative over-activity bond one karmically to another, so does excessive and self-sacrificing love that is unnecessary and an infringement upon the free will bind the same entity, karmically, to the one idolized.

There are many within the Eastern cultures which operate upon the hierarchy of student/teacher and the Creator, who neglect to remember that the teacher is transparent, and that the Creator is to be seen in the [teacher], and not the teacher in the Creator, which is the same kind of karmic tie, the same kind of martyr's worship, which is in bad judgment, not because a great deal is not learned, for one cannot help but learn, but in the event one is wishing to prepare oneself for freedom from these lessons, it is well to recognize that karma needs to be balanced, and all entities need to be seen as one's peers and equals, neither higher nor lower, neither greater nor smaller, no teachers and no students, but colleagues.

Yes, there are teach/learners and learn/teachers, because one entity has more experience than another, or more ability to articulate than another. But the transaction is between equals in the deepest truth of human transactions. If this once and for all can be seen, then it can be seen that there is no possibility of being a martyr as long as one remembers that one is always dealing with one's colleagues, each entity being an imperishable and perfect light being.

If we speak to the unwisdom of martyring oneself for idols, do we then suggest that it is wise to martyr oneself for ideals? This is a matter of the free will of the entity who contemplates such an act. We may suggest simple this: that if the situation of martyrdom is not placed in front of one it is never necessary to create a martyr's path. For if one has in one's life pattern the lessons involved in martyrdom,

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they will appear of their own accord, and as Jesus the Christ prayed the day before he accepted his martyrdom, "I know my time has come, I see the cup I am to drink in front of me, I am afraid of the pain. If it is possible, move this cup away from my lips that I will not have to drink it." But the cup stayed where it was, and in humility, Jesus the Christ said "not my will, but Thine be done". At that point, in anyone's experience, when the entity is sure that it is receiving clear and positive information, and that there is a clear and positive way of redefining unconditional love for those about one, the martyr's path overcomes wisdom, for yours is a density in which you are attempting to learn to love without condition, and when at last there is a choice between wisdom and dying well for an ideal, wisdom must needs wait its turn and be learned in its proper density.

The great error with those who have a tendency, because of their mystical experiences, to see opportunities for self-sacrifice, is that they will choose self-sacrifice when it is not at all necessary, and when in fact it may well prevent or cause to make longer another entity's road towards understanding of the nature of love. For instead of seeing itself as responsible, it simply turns to a service-to-others self who loves so deeply, and that service-to-others self again and again plays the martyr's role. It is well to remember that this type of martyrdom is a kind of idolatry. There is but one Creator, and although the Creator is in each person, unless by self-sacrifice you are expressing that ideal to others in a clear communication on whatever level you wish, then that martyrdom has a karmic element, which then must be balanced.

It will never cause anyone karmic problems to be a mystic, for the mystical view is merely that of one looking through the bars of the prison of third density and seeing that there is more. Whether these entities are called philosophers, or fools, or poets, or men of god, they have a vision of the way the world is, to which those who hear it resonate, and by which those who live with it are enriched, and indeed the planet itself is enriched by the mystical view, by the love of mystery and the withholding of judgment that accompanies the mystic grasp that we do not, nor can we, know anything for certain, but by faith we see the world in this way and that, and we do not need the tape measure, and the calibrations, and the figuring, and the equations, for we see life at first as mystics in the abstract, and then watch as those abstract principles of love, affirmation and service to others find their way into manifestation as each mystic lives its life of eternity in the world which lives in time and space.

Some mystics will find it far easier to be what they feel is the best they can be, in the life of silence and contemplation that the monastery offers. Thus, by their very existence such entities raise the consciousness of the planet, certainly not by any deeds done, nor words said. Others speak a great many words, and are therefore honored, but are not the least bit more helpful than those whose service is silent, for it is the viewpoint which causes radiance to be possible, radiance through the self, radiance that lights the planet, and fills the Earth with the possibility of loving kindness.

To study the psychology of the martyr is a large subject which we cannot fully tackle within the time limitations of this working. In part, it is that which the subjectively perceived reality of humankind demands because it is aware that it is often in error, often immoral and unjust, and no matter how secret are these errors, and how unknown these mistakes, yet each entity understands quite well that it is in many ways most unworthy to be lifted up, whole and perfect, to claim birthright as the child of the one infinite Creator. You live in a pattern of duality. You speak in terms of duality, your very mind functions by duality, that is, making choices, yes or no, yes or no, over and over. And in this light and dark that is the third-density experience there is a deep need for someone to erase the night, the darkness, the error, the mistake, the need [for there] to be a way to perceive oneself as being forgiven, redeemed to fullness of self and wholeness of life and transformation of personality, so that one may more and more serve the infinite Creator, and each day start anew and fresh, without the vast burden of one's past errors causing the shoulders to sag.

Thus, the martyr is logically an inescapable part of a dualistic system such as yours. The psychology of duality demands it, for each of you was not born neutrally moral, but was born with a moral imperative, with an inner moral bias. Thus, there is no *(inaudible)* judging, and now *(inaudible)* need for there to be a martyr. The need for a martyr is the need to sacrifice part of that which humankind is, so that, somehow, the remainder of humankind might be forgiven its errors. Those who gaze at this part of

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myth may see that in no way could it be considered literally or objectively acceptable. But myths are not intended to be literal. If you are all that there is, you are also the martyr that expends its life that the rest of you may live, forgiven.

And so, a small part of you, the stale, the unhealthy, the self-perceived sicknesses of self, mind, body and spirit, are offered up on the cross of change and transformation, and in these special descriptions of subjective martyrdom lives the true wisdom of martyrdom.

We do not intend to indicate the bias against the historical truth of the one known as Jesus, the one known as Buddha, the one known as Zoroaster, or any of the world's crucified Christs. We wish only to indicate that those entities showed a pathway, not for you to walk through, but for you to imitate, for there is no way one in one's consciousness of duality may approach the Creator, for the Creator is one, and you are one, and one with the Creator. Thus, your own dualism is that cross that you bear; your own humanity, your own mistakes, your own errors, your own times of self-perceived wrongness, and these things you do well to drag to Golgatha and to crucify, that the rest of you may live and be renewed and be more and more who you truly are, whether that be mystic or empirical thinker. The mystic is more aware of the true nature of the illusion. However, there are many who are able to pass into that beautiful light that is the light of the density to come without ever being a mystic, but merely doing those things that seemed there to do, being there to help, however practically or matter-of-factly.

We would transfer to the one known as Jim at this time, that this instrument may close the session. May we thank each for calling us once again. We are those who dwell in realms of glory, where music of praise and thanksgiving is never still, yet we do not know all that there is to know, nor do our teachers, so, as always, we encourage each to take that which is valuable, and leave the rest as interesting but unnecessary thoughts. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time we would offer ourselves for any remaining queries to which we may speak further. Is there a query at this time?

S: *(Inaudible)*.

I am Q'uo, and we believe that we have the gist of your query, my sister. It is the martyr's choice before the incarnation begins that this path shall be the overriding path which is followed, and that this path shall be followed in order that it might be that which most fully glorifies the Creator, and serves the Creator in what you know as the positive polarity. When one considers this path within an incarnation and places it among many as that which may or may not be chosen as the service that will be provided when it is unsure what that service should be, then it is that the intellect does the work within the incarnation that the entity at the level of the soul has done before the incarnation. It is not so much that the intellect shall move one in a negative path if it attempts to rock the martyr's path, as it is that when …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. It is more the case that when one chooses a path using the intellect, laying one choice against the other, analyzing the benefits and the detriments, that one tends to move away from what is true for the self, for the path that is most appropriate for each entity is the path which has been carefully laid out before the incarnation with the aid of many friends and teachers that have the purpose of serving as what you may call a guide or a guardian of one kind or another.

Many times during an incarnation an entity will feel that it has moved its feet from that path which was more clearly felt at a previous time, will feel the confusion of the present moment, and with the great desire yet remaining to be of service in whatever way is possible, will attempt to construct by the analytical and intellectual means the path which it might once again feel at home within. Seldom is such a choice that which would move one into negative polarization or service to self. More is the case that one would simply conduct the life pattern in a place which was somewhat in a limbo [field], as you may call it, where one is not yet at the heart of the self of the path chosen before the incarnation, but one instead moves as best as one can.

Now, this is a situation in which many, many of your peoples find themselves at this time. Those who are awakening to a larger perspective of the meaning and purpose of the life pattern oftentimes at the

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awakening to this realization of greater purpose will attempt to emulate others that are appreciated in order that their journey might continue rapidly as they have felt the awakening energy to move in a burst through the awareness. We recommend to each entity that ponders upon this point of how the feet shall be placed as the journey is continued that there be no steps taken that do not have with them the feeling of wholeness and of rightness, that feeling of assurance that each has had experience with at some previous time within the incarnation where it has been known without doubt that the next step was such and such.

Is there a further query, my sister?

S: Not about that. *(Inaudible)*.

I am Q'uo. We scan your memory. You have asked a query that is most interesting and highly symbolic in your particular case, one which the deeper portions of your subconscious mind have constructed, shall we say, in order to provide the symbol, and in some degree the riddle. The forest is most important to you at this time, for reasons which we feel you have begun to ascertain with increasing clarity, though there yet remains much which is unclear.

Consider the nature of any tree that grows within any forest. It draws what is needed for nourishment from depths that are great [and] hidden within the earth as well as being nourished by the life-giving rays of the sun which is a great distance from it, nourishment for the tree that is old, strong and wise, and therefore available even when there are dry winds and harsh conditions that move from season to season about the forest. There is little effect upon the great oak when the variations of seasons become extreme in heat and cold and dry and with rain.

The snakes of your experience have been well perceived, we feel, in that the symbolism of the action and reaction of wisdom is that which is currently playing out, shall we say, within your life pattern. To [sum,] we could suggest that you have well perceived the symbols that have been given to you, not only in your life pattern, but by deeper portions of your own mind, so that the path might always be available to you, and nourish you in the way which is necessary at this time.

Is there a further query, my sister?

S: Is there a connection between my forest and my thoughts on *(inaudible)* and the tree of life *(inaudible)*, or are they two separate arenas?

I am Q'uo, and am aware of your query, my sister. You may look at that information that we have just given as being the arena, or the parameters, within which great refinement of thought, feeling, imagination, intuition and action may take place. When one looks at the tree of life, for instance, one may see many centers of energy expression that may be investigated with the archetypical relationship of the subconscious potentiator working to inspire or inform the conscious mind in order that there may be a deeper understanding of the seemingly mundane experiences that one encounters in the daily round of activities. This is true in each case where one wishes to apply the principles of the archetypical mind. That you have discovered various of these principles and have decided to arrange your further study around these areas of study is well for you at this time, for you have both the need and the ability to penetrate areas of the self and the life pattern which correspond to the stations and the archetypes.

Is there a further query, my sister?

S: This is real, kind of strange, but it's something that has always been in the back of my mind, but why, why have I *(inaudible)* to be here?

I am Q'uo, and, my sister, as you serve others as the teacher, this is a question which often comes to the mind of the teacher, why are some students more inspired, or as you have called it, driven, to excel, than are others? Why is anything as it is? You are one who has chosen for yourself a certain kind of service that remains in most cases hidden within the unmanifest self at this time. However, as many are awakening to those inner urges according to the season and the cycle of the time upon this planetary sphere, so will there be many that bloom and break forth from those previous boundaries, shooting forth from the dark earth the vibrant shoots and stems that together will form the new forested population of this particular planetary sphere. Thus, you move with a rhythm that is coarsely tied to this cycle, this planet, and your own choices before entering into this incarnation.

Is there a further query, my sister?

S: No, thank you *(inaudible)*.

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I am Q'uo, and we thank you, my sister. Is there a final query at this time?

(No further queries.)

I am Q'uo, and it is with great joy that we have been able to join this circle this day. We cannot speak our gratitude with words that are sufficient to express it, but we wish each to know that we cherish these times, and feel most especially blessed to have been able to speak to the one known as S. We hope that our humble words may provide some illumination and inspiration as the life pattern continues to unfold, step upon step. At this time we shall take our leave of this group, rejoicing, leaving each, as always, in love and light. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Special Meditation
June 23, 1990

Group question: The question today has to do with the concept of forgiveness. What is the purpose of forgiveness, what is the method of forgiveness, and who needs the forgiveness in any situation?

(Carla channeling)

Our greetings, love and blessings to you, my dear brother and sister. We are known to you as Latwii, and are called to this group at this time. For this great honor we are most humbly thankful. Our hearts are full of soft spots, but the softest spot of all is, perhaps, this group, who has continued in a steady and one-pointed path, though the way is crooked, and though you are all weary. Yet we know that grace and your own forgiveness give you the strength to be that source of light that lights the darkness of indifference and negativity.

You ask us today about forgiveness, with a special emphasis upon self-forgiveness. This is an appropriate question, central to the understanding of spiritual evolution. It is not only in your own culture that it is thought that mistakes cannot be corrected, that some errors are so heinous that they can never be atoned for, and that many fall permanently outside the reach of the love of the infinite One. How cruel your people are, and how cruel all of those in all ways are! Following a life of [fate] is that which is in the East called karma.

Karma is that energy held in dynamic tension with another entity where lives the intransigent desires of the self. As you know, that which you seek you will receive. We have often urged you to be careful what you seek, for you will receive it; be certain that you wish it. Your planet is full of unused and unusable energy due to this basic misunderstanding about the making of mistakes. The erroneous and faulty behavior is subjectively seen by the one who acts or by another as karma springs to life between one who is wronged and one who has done the wrong, and because of the pain engendered by this trauma, and because it does not make any worldly sense to forget those things which have caused you to stumble, the inertia of karma goes merrily along singing a repetitive song of, "I got you, I got you," and the other person, if admitting guilt says, "He's got me, he's got me."

Other karmic relationships are even more complex. Both feel righteously wronged, and both want each other to apologize, to wipe the slate clean. But will they apologize for their own lack of compassion? Never, for they have been wronged. Thus, there is precious little forgiveness among your people, and those few who truly do forgive are often those who are able to deal with a great mass of often misguided information and misinformation which makes up the burden of a theology of that distortion of the Law of One called Christianity.

Now, let us back up for a moment and gaze at the true nature of what occurs when a lifetime has gone by and there has been no forgiveness. The hardened heart, with the rest of the physical complex of this entity, leaves its worn out physical vehicle and enters a plane of existence in which it is quite obviously clear that there was no need to hold the grudge, to hold the pain, to wrap oneself in fear, disgust or loathing. Moreover, it is seen by such an entity that this entity could just as well have played the other role. You dwell upon a stage, and you are actors in a very real sense. You may choose the lines that you will say. You are not bound by other peoples' understandings, you are not bound by the moribund morality of hard-heartedness and unforgiveness.

You see that you have all possible mental, emotional, spiritual and physical states within you in potentiation—not potentiated, but able to be potentiated should circumstances have caused your patterns of distortion and confusion to move into the difficult times of discontent and anger and hard-heartedness that precipitate a lack of forgiveness. But since you are between incarnations at that point, nothing can be done at that point in terms of correcting the situation and balancing, by forgiveness, that intransigent and inevitable movement on the wheel of karma. Only one thing stops the wheel of karma, and that is total forgiveness.

Forgiveness is based upon the knowledge of who you are. Two things are important to remember here. Firstly, you are the least of all, as are all who serve. You do not have rights, you do not have privileges, you do not mount defenses that armor you from others, for you are stronger than that, you have upon you the entire armor of white light, as your knowledge of the one infinite Creator and your experience with this wonderful and peaceful and joyful presence increases. You must also remember that you are a portion of the Creator, and that which is forgiven by you will be forgiven, and that which is retained by you will be retained. You are beings of immense metaphysical power, and you squander your inheritance with petty grudges and hardness of heart.

As the one known as S so prudently requested, forgiveness begins with the self, and we shall explain why. The one known as Jesus of Nazareth erased what you call the Ten Commandments, those negatives that put so many unfortunate ideas in so many heads. This entity said, "You have two jobs to do, love the Lord your God, with all your heart, and all your mind, and all your strength; and your neighbor as yourself. On these two commandments hang all the law and the prophets." In this simple sentence a huge body of material, which you call the Old Testament, was relegated to a dusty back shelf, and forgiveness and redemption had come into focus at last.

Now, to love the Creator is relatively easy. The Creator gives so many gifts, is so very generous He supplied us with all that we need, in whatever level of learning we are. You need oxygen, the trees give you oxygen. The trees need carbon dioxide, your very being puts out this substance. The creation of the Father is a thing of great beauty and balance, that may be seen to have a dark side—the floods, the hurricanes, the tornadoes, the ghastly and horrifying aftermaths of natural events. But this little life of yours, that will move so fast and be over so quickly, is not an opportunity for you to make yourself more comfortable. It is an opportunity to learn better how to love, and it is difficult situations that bring that knowledge forward. When one may love the Creator who has caused the whirlwind, and the fire, and the terrible destruction of great earthquakes, then you will begin to understand that the lessons of love are often difficult, and always need inevitably end in the death of the physical body.

Each entity's job is to gaze at those situations which confront one, to find love, praise and the giving of thanks. In the face of great tragedies this makes no sense to those who are fair weather friends of the Creator, and believe that the Creator is the giver-out of the spiritual lollipop, the happiness pill, the serenity pill, the wisdom pill. No, my friends, the Creator in His great and terrible wisdom and compassion has given you free will to face all that you must face, including the most difficult and negatively perceived situations, in order that you may do that which is not easy, for how easy is it to forgive the small thing, the slight error of a friend?

Forgiveness is first the turning to a power greater than yourself, and a giving to that power of an entire situation, that you may be given the consolation and the healing that you require in order to forgive yourself, whether you are the wronged one or the self-perceived wrong doer. There is always a lack of forgiveness of the self that seems to be held more tightly than the forgiveness of others. You gaze too

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close into the mirror of this illusion and your manifestation within it. Your birthright is to be forgiven, to realize each self-perceived error and to forgive oneself for it, and move on.

Thus, you come to a respect, and an honoring, and a loving, and a nurturing of yourself. The key to forgiveness of others is the forgiveness of the self. Release, release, release, give back to the forces of the universe those energies which are easily absorbed in infinity, and leave them not to pollute your own feelings, your mind, or your heart, but rather let forgiveness flow as a sweet river under the surface of all that you do and say.

Whatever your conceptions of yourself, if they be negative, release them. If you say to yourself, as this instrument does, "I am not pretty," there is a hardness of heart that will spill over into karmic situations with others, into a lack of ability to forgive others. If one says, "I am not worthy," there is a lack of awareness of one's birthright. Moving from the temporary to the eternal, and gazing at yourself as would a most loving mother, forgive yourself, accept yourself, allow yourself to be yourself, and lead the concern for the self away from center stage, for it is as dangerous as the blinders upon the horse to those who can see but will not. Soften, allow, forgive and turn, and ask to be in a tabernacle in the immediate presence of the infinite Creator. Ask, though you feel unworthy, to be that person who experiences unconditional love. Let love fill you, which you naturally wish to return, and as you more and more perceive yourselves as children of the great Father and Mother of the universe, you can come to treasure yourself, for you are all treasures.

When the work of forgiveness of self has been done to the point where you feel that maintenance is that which is necessary rather than complete concentration, then and only then turn to the attempt to forgive others. It is not selfish to do the work upon the self first, it is necessary, it is mandatory. You must bring your own personality and biases into balance, else how can you be the house of the Father, how can that light shine through you if you are lurching about wasting the energy of love in the distortions of self-immolation?

Let us say we have done this work, and it does come to an end, not that you do not slip from time to time back into those negative programs which have caused you to be armored against the rest of the world and survive, but that you recognize that you do not need this armor, that you are meant to be vulnerable to circumstance, that you are meant to be an actor upon the social scene. This is the density where you learn to deal with entities in more and more gentle compassion and love. Now you have forgiven yourself, you then can see that although those other entities may not have done this work, at the end of that work which they will do at some point, they will find their birthright as children of a forgiven nature, children of the one Creator, children of love in which there is no judgment.

But paradoxically, it is well to judge carefully, to the best of your ability, that which seems subjectively helpful and appropriate, and that which does not—in your relationship with yourself, with the Creator, and with your neighbor. Compassionate love includes being of service by speaking of difficult things. If you have not forgiven those difficult things, you will be speaking with a hard heart, and your judgment will be unfair. Only self-forgiven can you enter into the forgiveness of others.

Let it not wash away the intense colors of your emotions, your feelings, and your learnings, by saying that all things are well. You yourself have within you biases which have been dearly won, and to which you should listen. Why then, in all compassion, you are judge, but you are a judge of compassion, and if words that are less than easy must be said, yet they are said with love and compassion, carefully and courteously, and honestly, and fearlessly. And in such communication lies the beginning of forgiveness, of those you feel may have wronged you, or those whom you feel you have wronged. There is no difference between those two in terms of forgiveness. They are two sides of the same coin. Forgiveness is a universal currency, a kind of money, shall we say, since your people are so interested in the power that money has. Spend that currency with a whole heart.

In order to forgive the unforgivable, which is part of the lesson of learning to love without condition, it is extremely helpful to take that person within yourself and earnestly and humbly to pray for that person, for as you pray and intercede for such a person, you will grow to love that person, you will have compassion upon that person, and these changes in consciousness are wonderful catalyst for that person to be *(inaudible)*, that person may also begin the long cycle of learning to forgive. Your biases are not

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incorrect. You have earned them. Do not abandon them and simply say that all things are acceptable. You are miles and miles away from this elevation. First you must learn to love, and you must learn to have wisdom, and you must learn to have compassionate wisdom. Right at this moment in your development, you are simply attempting to love. Of yourself you cannot do this, but the great original Thought of Love is with you. You may block it out, you may deafen yourself against its call, but it lies just beyond the door that you can open at any time, waiting to comfort, to ease, and to offer grace.

Forgiving entities does not mean that it is necessary for the forgiving entity to continue to accept acts upon the part of the other self which are subjectively seen to be abusive and destructive enough that the self—or those young selves for whom you are responsible—[is] in danger of any kind, be it mental, or physical, but as you do those things that you must, as you decide upon the separation because you see that union is impossible, as the other entity cannot do the work that you are doing in forgiveness, you simply do that which you have to do, with love and compassion and peace, staying within the forgiveness, accepting the unacceptable that may occur, loving the unlovable that has brought about the current situation by its catalyst.

You cannot adjust other entity's states of self-forgiveness or forgiveness of others. You may drop the seeds, and see yourself as the Johnny Appleseed of forgiveness, for forgiveness is the essence of what this instrument would call the Kingdom of Heaven, and the seeds of forgiveness are like leaven, that lighten and lift and make delicious the whole loaf of life, and love, and relationships. But you cannot do others' work for them.

Consequently, realize that you must stop the wheel of karma for yourself by completing a very thorough and earnest process of forgiveness of the self, forgiveness of the other self or situation, and forgiveness of the process that has taken place, on steps that seem to have been made clumsily or wrongly. You are perceiving yourself within an illusion. You can judge to the point of your own instinct, but you cannot judge finally. You simply judge, and forgive, to increase your own positive polarity.

What we are talking about, when we talk about forgiveness, is healing. The hope of each entity is to become healed, and healing may be defined as that state wherein the karma is balanced with each soul with whom you come into contact, and your realization of yourself is a realization of yourself as whole, perfect, beautiful, and a child of the infinite One. Does this make you special and important? May it never be. This makes you the servant of all. With compassion comes humility, and you would gladly serve, as did the one known as Jesus, by washing the feet, by doing the unattractive things that make up the daily run of existence, because, since you are forgiven, you dwell in a state of redemptive joy, so that every dish you wash, every window that you clean, every flower that you touch, is alive to the light within you, and responds in love.

The creation of second density dwells in love, except in those places—and there are so many—where the lack of love of your humankind has damaged second density. Touch into perfect love. Keep your feet in that fine river of forgiveness, and your light shall shine, as it will, and that which it is given to you to do will come before you with no effort whatsoever on your part, and whatever it is, the sweeping of a floor, the saving of a nation, all is equal if it is done in utter and complete love for the Creator, the self, the situation, and any other entities that may be involved.

Always remember how short is this experience, and how important is this choice of polarity in which forgiveness plays such an important part. Love always forgives, but it does not rush in to forgive. Remember that upon the cross, in that great story of the teacher known as Jesus, there were not one but two entities, one of which did not ask for forgiveness, one of which did not turn from his self-confessed errors. That entity remained in a state of karma and imbalance. There was another entity who perceived itself as equally without virtue, the self-confessed maker of serious and grave errors, but this entity had the faith and the wisdom and the vision to turn to the face of the infinite One as it shone through the one known as Jesus upon the cross, physically turning the head, gazing at the broken body that still shone so brightly. "Will you remember me, please, when you come into your kingdom?" asked the thief, the felon, the murderer. "This day you shall be with me in paradise," replied the broken and dying lover and servant of mankind.

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May you turn from error when it is perceived, without being discouraged that you have made an error, and ask forgiveness. Deep within yourself, there is the Creator self, the redemptive and forgiving self, the source of forgiveness. Allow it to flood you, allow it to make you thankful, allow the feeling of healing to take place, and know that you are self-forgiven. Then turn to the world, and by power of Christ consciousness within, you shall be constantly renewed. And as more and more of you do this, the face of the Earth shall be transformed. That is how powerful forgiveness is.

We have spoken overlong, and we apologize, but we wished so much to be with the one known as S especially, as we so seldom are able to speak with this soul in the voice that has words, but may we say to this beautiful and beloved child, that we are the clouds overhead, that we are the stars at night, that we are the familiar things that you touch day by day, that we are in the smiles of strangers, we are always with you. We wish for the one known as S to be aware of this, in a deep, and abiding, and trusting way, for we are of the vibration which causes us to be with this instrument of light as comforter, or what this instrument would call the Holy Spirit.

Let us nurture you, be aware of our love at all times, let it flood you, and overwhelm you, and heal you, when you are too weak to do these things for yourself, for we are that part of you which is a bit closer to the divine consciousness you call Christ consciousness. We are with you always, yet our usual strong request that those things which we say be regarded as the opinions that they are, the fallible and possibly erroneous opinions of those who also are students of the one infinite Creator, and companions with you on that infinite path. We will at this time transfer this contact to the one known as Jim. We are those of Latwii.

(Jim channeling)

I am Latwii, and greet each again in love and light through this instrument. At this time we would offer ourselves to speak to any queries which may yet remain upon the minds of those present. Is there a query at this time?

Carla: Yes, I have one. A couple of times in recent days I have been faced with giving advice in situations where there was an enormous amount of abuse within the *(inaudible)*, abuse which included children, and in which there was obvious agony going on in the abuser, in the *(inaudible)* the person writing to me, or speaking to me. In both cases upon reflection I felt that the best advice that I could give was to go through the process of forgiveness so that one *(inaudible)* be free from karma, and *(inaudible)* and then to engage in a conversation and communication which would open up to the abusing entity the agony which caused the abuse, in order that he may too, though he could or did not wish to be in the situation in which he was.

Especially because in both cases the situation involved children, and also physical abuse, I recommended the dissolution of the sacred bond of matrimony, because the spiritual principles by which I live seemed to point in that direction. I wonder if you could speak to the metaphysical correctness or incorrectness of my thought processes and my understandings, as I believe these people will both listen to me, and I do not want to be responsible for an incorrect application of spiritual principles.

I am Latwii, and am aware of your query, my sister. We find that you have spoken according to those highest principles with which you are familiar, and we applaud your effort, for you have given the best of your own experience in compassion towards, not just those who write you, but those who were responsible for creating a great deal of disharmony within the relationship that included the young child, and we would suggest to you that the information which you have shared may be considered, in light of the entire experience, by each entity to whom you spoke.

This is to say, that though your information and your suggestions may have been crafted with the finest of intentions and according to the highest spiritual principles with which you are familiar, there are far more factors that enter into each entity's situation than the best advice possible, and each entity will be moved by that which is most powerful and pressing within the life pattern, as, indeed, each entity has moved at all times. If your suggestions ring in harmony with the heart of each entity's current life pattern and desires, then you will have aided the entity in moving in the most appropriate direction.

If, however, either entity decides that, though the information and inspiration is helpful and hopeful, but there is still within either or each entity a desire to continue in the relationship for whatever reason,

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then this shall also be the appropriate path for that entity.

In short, we suggest that when you give your suggestions to another, that you give, as you have, the best of what you have to give, and then allow the entity to use this information as it will, without feeling either responsibility for moving the entity where you think perhaps it could not have moved, or by failing to move the entity in a direction which you feel is more appropriate, for each entity is complex, and will, in many places, move in a pattern which is incomprehensible to any entity other than itself, and it must be realized that even those puzzling steps upon the path play their part as certainly as do those which are clear and strong in their forward movement. Thus, we applaud your efforts, my sister.

Is there another query?

Carla: No, I really thank you for that answer, that's all I wanted to know and hear. Thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Latwii, and we are filled with joy at the opportunity to speak to this group. It is, indeed, our favorite, shall we say, for we have long been with each in this group, even before those times of the first contact of a vocal nature, and we look forward to each blending of vibrations with our own. We walk with you, we see with you, we experience with you, we rejoice with you, and we breathe with you at each moment in which you experience the colors of the emotions of your density of illusion.

At this time we shall take our leave of this group, rejoicing in love and in light, and praising the one Creator in all things. We are known to you as those of Latwii. Adonai, my friends. Adonai. ♣

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Sunday Meditation
June 24, 1990

Group question: The question this evening has to do with how we make our way through the illusion, working with the catalyst that we have planned for ourselves. We are assuming that we put the catalyst in place before the incarnation in the form of various experiences that make an impression upon us so that we have a basic personality with which to operate, and as we go through the incarnation this basic personality that is formed early in our lives then has a series of lessons that come in the form of various kinds of catalyst, difficulties, problems, confusions, challenges. How do we use the basic personality that we have put in place, and how do we face the catalyst when it is, as many people feel more and more, overwhelming, and seems to have no end, there seems to be little rest? Is this a function of growing older, or a part of the cycle that we're going through now since it is so close to the end?

(Carla channeling)

Greetings to all of you in the love and in the light of the one infinite Creator. We are known to you as Q'uo. We are humbly grateful to have been called to this place of desire for knowledge and truth, and we shall do our very best to share what truth we personally feel to be so with you. As always, we wish to remind each of you that we are not infallible, but rather those who have teachers just as you do, those who walk the seemingly restive trail, without time and space, but standing always upon holy ground. We, like you, are finite in our own manifestation at this time. We are all dust that lives in the presence of the infinite One.

Your question this evening has to do with how one may find a point of balance within your illusion where one feels relatively safe, where one cannot be overwhelmed by circumstance or difficulties. So as you picture yourself walking upon this infinite trail, the first tool, or resource, that you have in order to work with the illusion which so often attempts to bring you from your center, is to remember that, as this instrument would say, wherever you go, there you are. You cannot cope with life, for life is an illusion. The only thing within this particular illusion, or any illusion that we know of in the kingdoms of the Father, is each imperishable spirit to whom we speak. You must make it through yourself. It is not circumstances which overwhelm one, but rather the self's choice of reaction to circumstance.

Now, let us look at one's handling of one's self. Do you handle yourself as if you were a precious Chinese vase? May we say that no, you do not, in that how much more precious are you than such a manmade artifact? How little you value yourselves, how much difficulty and grief do you cause yourselves by asking to be perfect in every way, according to your own personal definitions of this behavior, in an illusion which was created

specifically not to be ideal. The Creator gave you consciousness. This same Creator did not give you happiness, nor should you expect that this quality will come to one who is wise, or compassionate, as a reward for living well. As in any schoolroom, you are here to learn, and there is never a comfortably given test in the history of education, according to most students. But being within the illusion, you focus upon the material which you are receiving, rather that upon the consciousness that receives it, that is, yourself.

The experiences are transitory. The choices that you make in reacting to these circumstances slowly build up a non-transitory resource. If you have had courage once in choosing what was subjectively perceived as the ethically correct thing to do in a situation, you have made a difference in yourself, you have chosen, and with each choice your polarity, your positivity, your service to others, becomes intensified, until there begins to be within each who continuously seeks persistently, the fire, the passion, to do and to be that which is love. There is no activity that can give you this attitude, and the test that you will take at the end of this life experience has everything to do with attitude.

You may find within the illusion that circumstances are overwhelmingly difficult. Often one is stretched to one's limits or beyond them, and one may consider that one has misbehaved and done wrongly, and regrets and rues each seeming *(inaudible)* and wishes with all its heart that it might return to that moment and do it again, only this time with love. That is why time is so vastly important within your illusion, the stream runs one way. You have a shot at creating a conscious light-filled moment, fresh and new and joyful, every instant of your life, and once that instant is gone it is gone. This is true, not of a few people, or of most people, but of all persons in whatever path of service has been their destiny, their burden, and their honor.

So when you look at situations and hear the difficulties coming into your ears and feel them growing in your heart, know that you are experiencing yourself, and that that which has happened to cause these feelings is within you. You cannot escape yourself. You cannot escape every other thing in the illusion including the illusion, but in each escape there is the wasted opportunity for learning the lessons of love. Thus we hold up to you a picture of yourself, as beloved, created as beloved children, rocked and comforted and held by the mother nature of the infinite Creator, and strong in heart to wish to do that which is of service.

When as an adult, so-called, you are hurt, mentally, or physically, or emotionally, or especially if you suffer that most painful of all sufferings, the spiritual suffering, you know that you do not have anyone to run to. You are no longer a toddler that can run to the all-embracing mother and hide your head upon her lap and cry until you are released from sadness. You must be that nurturing mother self to yourself. You must treat yourselves well. This is not service to self, for if you cannot treat yourself well, out of a pure and unconditional love for yourself, with all of your imperfections and errors, then how can you love and serve those about you?

Thus, the first resource revolves around your own self-concept. You need to know yourself more and more deeply. As always, the daily meditation is a great aid in this search for the universal and unique self that you really, deeply are.

Secondly, we would talk about the resource of *(inaudible)*. When one is not aiding, caring for, and loving the selves about it, family, friends, strangers and humankind, one may do all manner of things and yet not *(inaudible)* oneself at all engaged in the joyful possibility of living. There is tremendous spiritual help in having an attitude of servanthood to all those about you. Let your thoughts run towards what you might do to be of service to all those who cross your path. How twisted and convoluted are so many entities' feelings towards those whom they meet. How very often in judging and biased opinion the content of one's thoughts instead of the realization of each person as precisely as important as you, and every other being within your density that you now enjoy. We do not mean that you should doff all other priorities and simply follow other people's instructions. That is not the kind of servanthood that we mean. As a matter of fact, we may suggest that often you will find yourself in a position, as you attempt to be of service, in which you are being unpleasing to the entity whom you wish to serve. Now, as you can see that another is addicted to some strain of thought or action that is unhelpful and self-destructive, and you are then asked to aid in this addiction, the one who wishes to be of true service is the one who will refuse, but never without compassion, never without clear communication, and never without forgiveness.

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The service-to-others path seems simple. One pictures oneself as being a kind of celestial waitress, bussing the tables of humanity, easing other peoples' passage through the difficult times, splitting the great Red Sea so that your friends may pass dry shod. We do not see this as service to others, for each entity needs to be given room to learn for itself. Therefore, sometimes the greatest service is to allow a being that depends upon you to make it safe to live, to make mistakes, to make errors, for those whom you wish to serve will not learn if you do the learning for them. Rather, in relation to others you create an atmosphere in which learning is safe.

If your heart is full, and energized, and open to the love about you, you will feel those times when love bubbles forth from within you as a spring into a fountain, and you will see yourselves used as beautiful, as inspirational witnesses to the light that you are within. Many of your people are afraid of this light, and will indeed shutter it from your sight, because in order to become aware of oneself as light one must square with oneself one's true nature, and although each entity is unique, each contains all emotions, potentials and possibilities of which one may think. Thus, you do not get to know yourself by behaving, or doing well. You get to know yourself by observing yourself being precisely what you want to be, and what you feel to be. And then, when the day is done, asking yourself where the stress points are, where *(inaudible)* or the delightfulness of the day has occurred. So you begin to find out your own nature. And as you learn your own nature it becomes transparent.

One does not need to act out one's own nature with anger and trauma, for one is quite aware, having done the work, of what is actualizing, or causing the entity, yourself, to be thus and so. So you not only nurture yourself, in, of yourself, and by yourself, but you nurture yourself in relation to others, by offering, through your simple attitude, a sort of atmosphere of helpfulness, a relaxed and welcoming aura which invites entities to feel safety and peace when they are around you. In that atmosphere, then perhaps you may be of further service by the talking, the speaking together, they enjoyment of laughing, friendship and love. For to be of service to others you must needs have some sort of idea as to who you are, and you need to have given up and surrendered that childhood need to protect oneself by behaving. *(Inaudible)* not behavior. Your actions are spontaneous moment by moment. *(Inaudible)* invulnerable, *(inaudible)* as has been said this evening, or as *(inaudible)*, are girdled, so that we may include women, to be of service in whatever way you can. No service should ever be put down by the self, or *(inaudible)* anything that is done for the love of the one infinite Creator is equal to anything else that is done in that love.

The last resource that we shall cover, because we realize that this instrument is telling us we are speaking too long, [is] what you call among your peoples the sense of humor. People who are extremely serious about accelerating the path of spiritual evolution have a tendency to sound like the Volga boatmen, putting their poles in the deep rivers of the Volga, and pushing slowly, and with difficulty, to make the *(inaudible)* barge move. This is not the true nature of spiritual evolution. The laughter quotient, shall we say, of your days should be gradually moving upward. Many things should be transparent to you who have been upon the trail for awhile, and therefore deeply humorous, in the humor that goes beyond the smile and warms the heart. For this life that you experience is the joke without the punch line. You *(inaudible)* yourself. As you gain perspective and see yourself as soap opera characters, cartoon characters, creatures that would be ridiculous and still be *(inaudible)*, secure and undaunted, so will you lose the many, many layers of fear which cause you to armor against the delightfulness of life.

We are aware that this is a world in which young children get run over in the roadway, in which young men die fighting for something that they do not understand. We are aware that there are many, many injustices, that life is not fair. This is an illusion designed to cause you to act, to cause you to think, to assist you in making choices. Shall you be the cynic, the one who is usually correct for the moment? Or shall you be that idealist, who always suffers for the ideal in the present, but who, in a millennium or so, will find that that ideal still holds truth, and is something to which it has been worthwhile to be loyal. Idealists, in your extremely relativistic society, are most often seen as fools. Can you accept that, or do you need to behave in such a way that people will never see you as fools, but as one who knows the score, one who is in the know, one who is a player in the game of *(inaudible)*, and *(inaudible)*, and *(inaudible)*? If you choose to retain

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your ideals in the face of life as you experience it, you are both accelerating your path to consciousness, and becoming more vulnerable to appearing strange to those about you. If you care about your reputation more than you care about your ideals, you will most truly be more successful during this short *(inaudible)* of a lifetime. But what shall you have done for yourself as a being of light?

We ask that sometime in the next few days you do two things. Firstly, sit, quietly, and watch your grass grow. You will be delighted by the life that you see teeming all around you, the glory of the sky, the beauty of the foliage, the music of the laughter of children, and the human dark comedy, with anguish over misbehaving children and friends. How funny and beautiful is your illusion, if you can but slow down and look at it. The other thing we would ask you to do is to laugh. Not a giggle, not a chuckle, we ask you to lose yourself, to find that one thing that for you takes you out of yourself. All of you are in need of healing and laughter *(inaudible)*. You patch together melancholy, and *(inaudible)* lists of what to do, and naturopathic remedies. Simple laughter.

Thus, we would leave you with those two thoughts. Love and nurture and honor yourselves. Love and nurture and honor others, who are all yourselves. And be merry in your love. Give to your life the light touch. Let the world come to you, for you are not *(inaudible)*, you are *(inaudible)* upon yourself. We know that you love the Creator, *(inaudible)* whatever way you choose to think of this higher power. You love the mystery. You love the dream. Please know that it loves you back …

(Side one of tape ends.)

(Carla channeling)

… that it loved you before you loved it, and that it and you are love. You may now [take] two steps backwards, and take the long sigh of relief. And we urge you always, when you are feeling harassed, to take those two steps backwards, and take a long, deep breath, just a moment to praise the Creator, to thank the Creator for all the blessings of life. It need only take a moment that you would *(inaudible)* turn *(inaudible)* situation *(inaudible)* eternity.

We would speak to the one known as S, in explaining who we are, for there is a portion of our principle that is Latwii, and this portion of ourself wishes to extend our assurance to this being of light that it is never absent, though it never speaks, it is always there as a battery, as a carrier wave, to strengthen and smooth and comfort the path of this entity. We are a principle made up of two social memory complexes, that of Ra and that of Latwii. Ra is unwilling to risk this instrument by further speaking in the sleeping state. Those of Latwii are also students of those of Ra, and are most happy indeed to be able to blend our vibrations to offer to this instrument all such thoughts as she may be prepared *(inaudible)* to offer.

We thank and bless each through this instrument, and thank this instrument for offering itself to our service, now and in each day. We will close the meeting through the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We are pleased at this time to offer ourself in the attempt to speak to any queries which may have arisen in the minds of those present. Is there any query at this time?

R: Yes, Q'uo, I'd like to ask one.

(Rest of tape is inaudible.)

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Intensive Meditation
June 29, 1990

(Carla channeling)

I greet you in the love and in the light of the one Creator. I am known to you as Latwii, and I have the great honor of speaking to those within this circle who vibrate very closely with us, so that we are always with you. We speak of the one known as Jim and the one known as K.

We are what this instrument would call the Holy Spirit or the Comforter. There are many, many, many facets of the immediate presence of the Father, but because of the many lifetimes each of these two entities has spent in vibrations very similar to our own, it is we who have the privilege of abiding with you in fair weather and foul, not to speak with you, but to be with you, as Comforter. When you are weary, allow the Comforter to hold you, to nurture you, to bring you to your true home within.

But as teacher of this group of channels, we have a different role, one which is far less easy for us for we must use words.

We would like to work this evening upon the harmony of the group. We shall, therefore, be speaking of several subjects and moving quite often from one contact to another. We ask that each contact be scrupulous in checking our contact as it comes, and opening each contact in love and light, and naming who we are as it comes to you, and doing the same as you leave, for whatever we have to say can be summed up in two words and you know what they are: love and light. That is the thought and the material that is all that there is in this creation.

In order to continue tuning automatically the greetings—specifying your name and moving through the words of love and light—act as a centering device or lodestone, so that incoming energy patterns which move into conceptualization in the group mind are regularized and made easy in passage through each mind/body/spirit complex. Each entity is using the throat charka—the entities known as Carla and K have a naturally open throat charka when their instruments are tuned. Consequently, in these two instruments especially, attention should be paid in the tuning during another entity's speaking, to [the] rotating and effulgence of that known to you as the indigo ray center.

Each of these two instruments have a tendency to recognize that work in consciousness is necessary but also very hard. Consequently, as you center and center and center again, see yourself constantly as worthy, perfect, beautiful and unique; a gift from God, as it were, and in perfect reciprocity, a gift to the Creator.

For the one known as Jim, difficulties that this instrument is having stem largely from the wavering

of the green ray energy center. This energy center needs not to be overly stimulated or artificially stimulated, but allowed to be what it will be.

In this incarnation this instrument is working with this center and may well not be completely satisfied with the full opening of the green ray energy center. Remember that the key here is balance. Unlike the other two channels, this entity has very little difficulty in keeping the brow or indigo ray center totally open, working consciousness is a natural process or gift that this instrument has been given. It is well to know where your weak link is.

In the case of those who have the extremely dominate blue ray energy centers very full, very light, and very beautiful, there is a tendency to think that perhaps it is not necessary to do as much work in consciousness as would create the optimal balance for these entities as channels. In the case of the one known as Jim, it is well for this instrument to remember that the green ray energy center is the all-important center for spiritual work, and that the overworking of the indigo ray center, when work has not been fully completed in open heart green ray, the resultant vibrations are to some extent strained.

Consequently, we suggest that this instrument be very gentle in its channeling, accepting the perceived amount of energy which may not be full and lush, as is the very open heart centers of the other two channels, but rather respect that place where the one known as Jim is, for it is the perfect place for that instrument at that time. Be sure, therefore, that the channeling that comes forth is channeling that uses well, but not overuses the energies of the instrument. For such can be deleterious to the instrument and can certainly cause the instrument to feel that it has not done its best.

We are, of course, most grateful to each of these instruments for offering themselves, their ideals, and their lives to be servants of humankind, as humankind moves through difficult times in which it will be increasingly appropriate for entities to be able to see your radiance, that which flows through you because of your spiritual life, so that you may more and more speak of that which you have learned, and in the meantime there is always the sowing of little seeds of spiritual thought that in no way threaten, proselytize or evangelize, but merely cause someone to take a second look, to think and to notice the paradoxes and mysteries that surround this illusion.

We will transfer at this time to the one known as K. We are those of Latwii, and leave this instrument in love and light.

(K channeling)

I am Latwii.

And in my challenge I ask do you come in love and light and service to others?

I am Latwii, and we do indeed come in the love and the light of the infinite Creator and we serve together with you, and we seek with you to be of service to others. We will continue to speak this evening of an aspect of this service that is evidenced by the harmony within this group which works together in service, to each other and to us when we are called to *(inaudible)* and to those who may hear, our humble opinions be helped in some measure on their own paths of service.

As you prepare yourselves for service as vocal channels you may be aware of many different thoughts that come to you *(inaudible)* to this instrument in love and light. We are extremely pleased for we have found it possible with this new instrument to achieve a very high ratio of our thoughts to this instrument. The effort made when such an instrument is near is great and each time that such a contact is given the mechanics of the process of channeling will become more familiar and more trusted, for you will find again and again that they do not let the instrument down; they do not leave the instrument without the finishing thoughts. And the various energy rushes and experiences of being overwhelmed will, as experience adds to experience, become those things which fade into the background and disappear.

We continue briefly through this instrument.

(Carla channeling)

Many thoughts go through the minds of those who channel. This is inevitable and part of even the best tuned channel. Its environment is never completely pure, it is simply the best it can do. Therefore, it should be emphasized to each instrument that a perfect instrument is a concept which is useful in goal-making, but not at all necessary in expectation.

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We expect each instrument to work imperfectly, as we would describe the content of the message, as opposed to the content of our concepts, as always being less than 100%. Indeed, we encourage that there be some input, some sharing, of the experiences, the special verbal skills, the way with words, the knowledge, the experience, the reading vocabulary of the instrument. All of these things are perfectly acceptable tools for creating the verbal channeling.

We do not wish or expect that our concepts will be offered 100% in any conscious channeling, however. Having experimented with trance channeling, the Confederation has found that in using the trance, the vernacular of your people has to be forsaken, which means that that which comes through is conceptually perfect, but very difficult to grasp in many cases.

There are those that appreciate the more pure, accurate and lucid communications, for instance, of our brothers and sisters of Ra through this instrument, but it is also true that we find that we are to speak to a much larger group of entities which call for help at this time, by using conscious light trance channeling, so do not be a judge of the self because the occasional thoughts [move through the light.]

We would now transfer this contact to the one known as Jim. We are those of Latwii, and leave this instrument in love and light.

Jim: Whenever it is necessary for me to open my eyes to flip a tape or a microphone movement, I repeat the creation of the pentagram of light, surrounding clockwise by the circle, again surrounding the room as the umbrella of the cone, to redo the tuning.

I feel the conditioning in the jaws and movement of the lips at which time I ask who comes in the name of the Christ Consciousness and the service-to-others polarity.

(Jim channeling)

I am Latwii.

Do you come in the name of the Christ Consciousness and the service-to-others polarity?

We do.

You are most welcome to stay and to speak; if not, you must leave immediately. Do you come in the name of the Christ consciousness and the service-to-others polarity?

I am Latwii, and I come in the name of the Christ consciousness and service-to-others polarity, my brother.

You may speak as you will.

When one feels the presence of the thought concepts within the mind as the contact has been made and as it has been ongoing, it is well to speak these thoughts as freely as is possible without undue concern as to the immediate content or the direction of the information that is towards any particular aim that the information seems to be headed, for this is the beginning of the perception of parallel thoughts, shall we say, that tend to interfere in any instrument's mind with the clear perception of those thoughts which are being transmitted by whatever contact is utilizing the instrument.

However, as we spoke previously, we are aware that the depth and complexity of the human mind is such that it is almost impossible to completely remove stray thoughts, side thoughts, thoughts that spring from an immediate apprehension of the perception of that which is being tuned. Therefore, it is well for the instrument to regard the stray thoughts with as little significance or importance as one would regard the wind rustling through the branches of your trees as you converse with a friend or neighbor below.

If one places one's attention overly much upon either the wind in the trees or the stray thoughts that blow through the mind as one is serving as a local instrument, the focus of the attention may become diffused to the point where the contact becomes first polluted with more personally oriented thoughts and if these thoughts continue then the contact shall surely be lost, so we recognize that each instrument, being in the possession of that great tool of the mind in all its depth and complexity, will often become aware of a background of static, shall we say.

When an instrument has been successful in keeping the attention focused upon the thoughts as they are being received, then the instrument will find that there is a lengthening of the contact which is much like taking two magnets and putting them in an alignment so that each strengthens the effect of the

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other, rather than misaligning the poles so that they seem, and indeed are, slightly at variance with each other.

The ability to cast oneself freely off the cliff, shall we say, and to remain confident that there shall be support for each step that is taken into what seems to be thin air, is the quality of foolishness that we have described many times previously that is well for each instrument to cultivate, for as the one known as Carla spoke earlier to the one known as Jim in the purifying of the tuning so that there is no dedication or desire of the self that is confused upon the tuning, so it is well to purify the desire to serve while channeling so that there will be no unnecessary infusion of personal material within the contact.

It is difficult, we know, for any entity within your illusion so carefully bounded by that which is solid in either manifestation or expectation to remove such boundaries from the mind so that the mind might become the hollow vessel that shall transmit thought communication. We sympathize with each of you as you attempt to move against the grain of your illusion, shall we say. However, it is becoming more widely known among many of those of your peoples who are becoming conscious of the evolutionary process at this time that the brain which you have in your illusion has the division of lobe that corresponds to both the intellectual and to the mode of perception that is active or male, shall we say, and there is the lobe of the brain which is more concerned with the female qualities, that which awaits the reaching and that which partakes of non-logical or intuitional inspiration.

It is this latter mode of perception and of being that is utilized within the channeling process so that the mind becomes in as relaxed a state as possible, shutting down for the moment the analytical procedure—that which is active and that which inspects—so that the more receptive portions of the mind complex might become activated and utilize the receptive qualities to a great degree during the channeling process.

At this time we would wish to open this particular session to any queries which may have arisen during the practices that have been utilized this evening. We will, before entertaining any query, like to speak our appreciation and congratulations to the one known as Carla for her implementing of the framework for this particular evening. We find that chopping wood is very helpful for each instrument for it is well to review that which has been set in place by conscious design in order that one might more fully and freely exercise the instrument in service to others.

At this time we would ask if there are any queries to which we may speak.

Carla: I would just like, if it is possible without infringing on free will to confirm my impression that the one known as K *(inaudible)*.

I am Latwii, and I am aware of the query, my sister. You are quite correct in your assessment of the progress that has been made this evening by the one known as K. We are aware that this new instrument has cause to feel, in her own mind, that is, that she had difficulty in maintaining a clear contact. We would like to state that the contact which was maintained was indeed quite clear and we chose the general format of proceeding with fewer thoughts at the normal pace and then exercising the instrument by giving silence so that there might be the opportunity for this instrument to look again, shall we say, for our signal or our contact, as it is quite easy for any instrument to become concerned during prolonged pauses. It is at this time of concern that most instruments, in a small panic shall we say, tend to pad the contact with a bit of patter that is recognized as normal channeling procedure. This is well for any instrument which needs to utilize this as a crutch. There are many ways to begin contacts and this is one.

(Pause)

I am Latwii, and am again with this instrument, and we greet again in love and light.

[To continue.] However, after some point within the new instrument's development, it is well that the instrument, in the desire to purify the channel and to purify the contact as it is pursued in the mind, to allow whatever pauses may occur, whether they be those inserted for emphasis or consideration on the part of the Confederation entity, or whether they be the result of the instrument having difficulty in perceiving the next grouping of sound vibration complexes, it is well for the instrument to rest within the pause, confident that there shall be a continuation of the contact and of the message and it was in this area this evening that the one known as K excelled and we are greatly pleased that this entity

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has been able to perceive both our words clearly and our pauses clearly.

Is there another query?

K: *(Inaudible)* … confusion that I was feeling and was wondering if you could help me sort it out so that I need to grow comfortable with pauses. I was feeling overwhelmed, both by numerous thoughts that I was having and I was quite unsure as to what was being transmitted to me and what I was maybe trying to come up with to make sense of it to myself. I found myself judging it and wondering how the others present were going to judge it and at the same time I was trying to dispel those thoughts so that I could just concentrate on what I was doing and as I found myself feeling more and more unable to dispel the judgmental types of thoughts then I started panicking more, and what I'd like from you are some suggestions about what to do in those situations in trying to sort those things out. What I could do to sort of stop and try to start over and catch a clear thread, and it seemed to me that that never really happened. Do you have any other suggestions?

I am Latwii, and I am aware of the query, my sister. We give this instrument a vision of the feline known as Chocolate Bar. This entity frequently frightens itself so that it jumps at its own movement and perhaps shall jump again at the jump. This is a rough analogy that may describe the activity within your mind as the contact was occurring. The suggestion is one we find we give frequently to all new instruments, so simply stated yet much practice is needed, to simply relax the mind, the worry, the analysis, the panic, as the surface of the pond is moved by the wind of concern one must move below the surface activity and sink more and more deeply to the bottom of the pond, to the bottom of the mind, so that one may perceive that which is given.

We have a word of encouragement in this regard and that is that with practice this ability to relax shall be enhanced simply by the repetition of this process time and again. There is much of that which is like unto muscle memory, as you call it. When any new procedure is learned there will be the time of dropping the ball, shall we say, of making the mistake and misperceiving; of catching the self in the error of berating the self for the error; of finally relaxing enough to allow the reestablishment of the contact. As you stated, we are also aware that it was more difficult than was comfortable to you this evening to again find that thread of logic or of contact with us, and again we can only recommend practice. The relaxation shall develop as a result of practice.

Is there a further query, my sister?

K: Yes, I believe I was attempting to do what you are suggesting *(inaudible)*. I was also aware of a fear that if I waited too long *(inaudible)* that the contact would be lost and would I *(inaudible)* and I was a little frustrated by that also. Would it be helpful for me if I needed to take the time—I assume you are aware of this process going on within me—but would it be helpful also for me to state that, "I need to take a minute here, don't go away. Let me…*(inaudible)*."?

I am Latwii, and we would agree with your suggestion that this would be a useful format in that it is one with which you feel comfortable. When we are aware, as we were this evening, that a new instrument is becoming increasingly frustrated with the self-defined difficulty in reestablishing contact, then it is that we move to the more experienced instrument to give whatever information is pertinent and helpful to the new instrument through the experienced instrument. However, we feel that you have moved to the point in your practice at this time that if you are comfortable with the prolonged pause and with the stated need that you would like to take as much time as is necessary to reestablish the contact, then we are quite happy to work within this format. We look upon this type of work as very helpful to the new instrument or any instrument which has difficulty in maintaining the contact and which would wish to have the contact reestablished through it in order that it might, shall we say, mount again the horse which has thrown it. We applaud this dedication and perseverance.

Is there a further query, my sister?

K: *(Inaudible)*

I am Latwii. We thank you my sister. Is there another query at this time?

Carla: *(Inaudible)*

I am Latwii, and we are aware of your query, my sister. We suggest that the most efficacious manner of availing oneself of the feeling of the comfort

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which is ever available, that times of meditation might be set aside on a regular basis, whether at the beginning, the middle, or the end of the day, or at any pattern of sequence. That this is the means by which the concerns of the day are for the moment set aside, that the comfort which they call for might be perceived. We are aware that it is difficult for many entities to find time for meditation within the busier portions of the day which are most likely to bring the self to the point of feeling the great need for this comfort.

However, if it is possible for the entity to devise times during the day which lend themselves easily to such meditative periods, there might be constructed within these meditative periods [the] symbol which holds the feeling of comfort, whether it be a cup that is full, a certain scene that is meaningful to one, a landscape, a vista, a fragrance, a feeling, a touch, a work of art, sculpture, a piece of music or whatever symbol might be able to be filled with the comfort that one obtains from a regular period of meditation. Then this symbol might be utilized for a brief periods of time during the busier portions of the day when there is a chance for a small breather, shall we say. Whether this be for seconds or minutes, there can be the transfer of this all-pervading peace by the use of the symbol that is energized or filled with the peace and comfort during the regular meditation time.

Is there a further query, my sister?

Questioner: *(Inaudible)*

I am Latwii, and we thank you once again, my sister. Is there a final query at this time?

(Pause)

I am Latwii, and as we have exhausted the queries for this session of working, we would take this opportunity to again congratulate this instrument for the progress that each has made this evening. Indeed, each has done so. It is our privilege to utilize each instrument and we thank you for your dedication to service in this manner. We especially appreciate the dedication to detail, the care in the chopping of wood. We are known to you as those of Latwii. We leave you at this time, as always, in the love and the light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
July 1, 1990

Group question: The question this evening concerns UFO abductions. UFO abductions are occurring at an increasing rate in this country, and much is written about these "gray" entities who seem to do most of the abducting. Not only do the people who experience these abductions report profound feelings of fear as a result, but much is now being written about agreements between these gray UFOnauts and world leaders that suggest that these grays are seeking to enslave the population of this planet. As a result, many people who are consciously seeking the truth report a feeling of helplessness and hopelessness. What would you say to such people who feel that their free will is soon to be taken from them? In what perspective can we put this and any other phenomenon that seems to remove the ability to act as a free entity?

(Carla channeling)

I am that principle known to you as Q'uo. Greetings to each of you in the love and in the light of the one infinite Creator. Our pausing was in order to encourage this instrument to relax, as during the challenging process it had become most fierce in protecting the purity of the contact, and was consequently clenched as for battle. We do wish those who are vocal channels for the Confederation of Planets in the Service of the Infinite Creator to be alert, however clenched is somewhat beyond our needs.

The subject of which we are to speak this evening is a subject that is indeed on the minds and in the hearts of many who have had experiences with so-called extraterrestrial entities. Since we who come in the name of love and light and service to others are also alleged UFO entities, it is what we would call our loyal opposition of which we would speak this evening.

Let us move backwards from the heart of the question to describe methods whereby entities external to your planet and its web of energies are given access to the attention of those who are incarnate upon your planet at this time.

We who come in the name of unconditional love and limitless light, we who are of the one infinite Creator, the one original Thought that is Love, must go before a group of entities, which is chosen from among our Confederation, and which changes from time to time, and offer to them our intentions, our plan if you will, for aiding entities upon your planet. These requests for service are taken most seriously, and it is an honor indeed to be allowed through quarantine to be able to share our thoughts with those who ask for them.

You may ask why the planet is quarantined. It is quarantined because it has been put, shall we say, in an unbalanced state by those from the Confederation who have, in your far past, erred in

decision making. To avoid this occurring again, the planet was quarantined some of your years ago. Why do we wait for the calling and not speak to any who would listen? As a curiosity we could speak to many. However, we have found, by careful experiment, that attempts to speak to those who are not specifically calling for information which we are able to offer will be misused, misunderstood and ineffectual regarding the goals which we have, which is to offer information to those of your peoples who request it, and who will use it.

Just as there are those whose path is service to others, there are those whose path is service to self, and control over others. This is not a strangeness to your thinking. Each who sits in this circle of seeking together knows those whose delight is in controlling, sometimes not even for the benefit of the self. Those who have truly moved along the path of negativity—or, as it is sometimes called, the path of that which is not, or again, that which is sometimes called the path of separation—control strictly for their own benefit.

Because of the fact that positive information—that is, information of love and light and service to others, information concerning the path of unity and peace and love—is available to those who ask, it was considered right or just that an opportunity be given to those whose call was for information of a negative type, who desired information on the path of service to self and control over others. Consequently, in your web of space and time there were built in, with the impossibility of prediction of where or when, these windows of opportunity that occur, openings in the web of time and space, in space/time, that, if the negative entities were able to be there at the correct time, would place them in a position to offer the information to those who requested it.

There are various densities of learning, both in the service to others path and in the service to self path. Those entities in the service to others path always obey free will and will not abridge it, because if they do so they cannot sustain the contact with the vocal channel that has been able to receive the information they have come to offer. Those who are, shall we say, of a more sophisticated nature along the path of service to self, having wisdom as well as love—that is, the love of the self—await the free will contact of those who seek negative information, for such contacts are likely to be fruitful, in the negative sense, and satisfactory in the transferring of information which is helpful to those who are upon the path of service to self in your density, and who are preparing for harvest.

Those entities who are less sophisticated and closer to your density—that is, who are of the density of love—feel that they have come in simple conquest. Therefore, they do not feel that there is any need whatsoever to avoid the abridgment of free will, for their thoughts are those of warriors who attempt to battle what they see as a light which must be put out, a strength which must fail, a faith which must be vanquished, a foolish group of people who are not aware of the relativity of the illusion as they understand it. Speaking ethically, we gaze at the battle of situational ethics versus ideals.

In your third density illusion, it has been clear from the first ophidian representative of negativity in your Garden of Eden to the great dragon that now thrashes its tail among your people in its death throes, that the illusion seems to be weighted heavily, sometimes, on the side of the negative or service-to-self path. This is a necessary and salutary virtue of your illusion. It is the background or the drama against which each of you shall make a choice that is so important that the remainder of millions of your years of life, a significant portion of the life of yourself within this creation, will depend upon it. You may choose to be foolish, unworldly and idealistic, and find yourself constantly at odds with situational ethics, which is the way the world wags. Or you may choose to be those who serve the self, what this instrument would call "numero uno." The negative path is a path that leads to the Creator. It is simply a difficult and long path.

In this density, in which one attempts to learn the lessons of love and is perfecting lessons of social intercourse and movement towards the light, the negativity revolves about learning to do those things which one considers to serve the self more of the time. Those upon the positive path will be attempting the exact opposite of this, that is, they will be attempting to think in terms of service to others, or simply service of any kind, because of the love of the infinite Creator which is in their hearts. They are attempting more and more to spend their precious few moments of this small time of choice choosing again and again to help, to attempt to be of service. In both cases, positive and negative, it is the

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attempt, the sincerity of the desire, which registers as the polarizing factor of the entity.

Thus, those who are indifferent in your density are those most to be mourned, for as they eat and drink and be merry without regard to serving others or the self, they simply continue in this density of experience, finding upon graduation that they have not graduated, they have not learned to love, they have not learned to turn towards the light, or to use the light. And so they shall be given—not hell, any more than third density is hell—but simply another third density experience lasting approximately 75,000 of your years.

Positive entities who have polarized adequately move into fourth density, become closer and closer, and begin to form themselves into societies so harmonious, because of all thoughts being open one to another, that they become social memory complexes, each entity within this society able to know and to feel whatever has been known and felt by all other entities within that particular group. In this setting, which is far more harmonious, and far less given to strife, the lessons of love, and service, and compassion, and understanding, are perfected to a minimal point. It does not have to be perfect, but it must be such that the next density, with its greater density of light, may be accepted with great comfort and enjoyment, and therefore be the native light which that entity has earned.

In negative fourth density there is a similar attempt to polarize ever more strongly, to perfect the lessons of love. In the negative case it is always the love of the self and control over others which is a constant drain upon those who are in fourth-density negative, for they form uneasy alliances, and are always ready to challenge someone they think they know best in order to gain their power and to control them. Thus, although thoughts may be known by all, thoughts are attempted to be hidden, armored and guarded in as many ways as possible. Then the entities must gain enough of a strength of love of self and the ability to use that love in what they think is honest service to the Creator, whom they love, to be able to use light of the next density, which is that of wisdom.

In fifth density positive and negative, one finds a good deal of isolation of entities, both positive and negative seeking the path that is its unique path, holding finally the wisdom of knowing itself totally. However, in fifth density positive, there is the constant flowing back towards community and communion, the communal meals, the communal services of worship and adoration to the one infinite Creator, and the happy blending of mates and friendship. In fifth density negative, there is nothing for the fifth density entity but the cave, the rock, the solitude and the seeking.

Graduation to sixth density is very difficult for the negative polarity, for sixth density is the density of unity. When negative entities reach the point in sixth density at which they fully understand the lessons of sixth density, that is, that all things are One, they find that their negative path is at an end, they are at a standstill, unable to evolve one iota more. Using every bit of determination, will and faith that they have, they cause themselves to switch polarity in order that they may go on evolving. This seems at the time to be a service-to-self choice, for one thing that may be said of all densities is that there is an undeniable drive towards evolution. However, when the negative entity has switched polarity, it quickly discovers the sweetness of its choice. It must review a great deal of material it has missed, but it is the convert that is more fervent, if anything, than the one who has always been positive. It is the most positive of positive entities, the most loving, the most desirous of service, for it knows that it has finally discovered the truth that will continue its evolution.

Therefore, you see that of which we shall speak in a moment must be seen against a backdrop of a great length of time, and, indeed, in sixth density is not the end of learning, for those in sixth density study and perfect the combining of compassion and wisdom, until compassionate wisdom has been grasped to an acceptable point, and the final lessons of egolessness and foreverness begin to be yearned for, to be learned, and so there is another graduation into the density of foreverness.

Now, in mid-sixth density your future self turns towards you in what seems to be the past, and gives you a gift, the gift of your self in a state of compassionate wisdom. This is your truth within. It is yourself.

In mid-seventh density, as spiritual gravity begins to move the ego into a lack of desire for form, for self, that creature turns back and in turn gives a gift to the mid-sixth density entity, so that in actuality each

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entity in third density has two levels of its own guidance to depend upon which are gifts from your future, as you would call it in your illusion. This mid-seventh density gift is, quite simply, the total data of all possible choices and all possible tracks at all decision points that have been registered along the way. It is a very subtle and complex gift, holding within its memory all those dreams that were not followed, all those paths that were not taken, and the results that would have happened had these paths been taken. It is your deepest intuition, and it is your gift to yourself.

As the seventh density entity loses all need to feel selfhood, the power of love which has infinite intelligence and no awareness of self at all calls it home, and it rejoins the Creator, which is intelligent infinity. At that point, so we understand from those few who have come to us from future creations, loss of self is in itself an illusion, for that which the Creator has created is never lost. There is no beginning over. The knowledge of this entire octave of creation is simply a gift to love itself, and love learns about love, and the heart of the universe beats once more, and a new creation, based upon the learnings of the previous, begins.

As far as we know this is an infinite process, but we urge you to be always aware that all things of which we speak are our opinions only, they are not infallible, and we only give you that which we believe to be true. You must hold each thing which we say to you to the mirror of your own discrimination, and if it is not your personal truth, [if] it does not seem to spring from your memory with a recognition and a resonance to you, then it is not your truth, and we ask you humbly to let it lie, for we would not be a stumbling block before you.

Now let us return to the drama of third density, as both positive and negative entities are attempting consciously to achieve harvestability, to positive fourth density or to negative fourth density. Many are the stories of contacts and arrangements betwixt governments, or individuals within governments, and those who are not from your world. Because there is no way we could speak of these things that would not interfere with the free will of those who hear these words or read them, we shall simply say that were such things possible they would be part of an illusion which is soon to end, part of the fifth act of a play. You may make it a comedy or a tragedy. It is not anyone's choice but your own.

There have indeed been many, many landings, abductions, and that which seems to be abduction but is in reality work upon the computer within you which you call your brain, placing within it programs which seen as much the truth to the one experiencing such, upon awakening, as any other memory. The basic intention here is to create fear. There are other designs which we cannot speak of because of that same Law of Free Will, but we can say that they are inconsequential to those who choose to live a life of faith. Yes, these things are occurring, and yes, many, many positive contacts are also occurring for those who seek in love and light and the purity of intention. Of course, both experiences will be far more active towards the end of a cycle.

Your density is quickly moving towards its end, and you shall, each of you, walk the steps of light, and when you find the light that comforts you the most you shall be either in third density or fourth. The polarizing that you do now is that which you came to do. The judgment that so many fear among your people is a simple and objective matter of how much density of light you have learned to use. There is no fire and brimstone, objectively speaking, for those who must repeat third density, but only the matter of fact reincarnation upon a third-density planet, and another very short period of time, 75,000 years or so in your measure, to make the choice to love and serve the one infinite Creator by serving others, and by serving the Creator, or by serving the self, which is serving the Creator, which is of course understood to be the self.

Now, there is fire and brimstone, there are angels and harps, there is anything that an entity has desired by way of healing and expressing that which it wishes, after the incarnation, and it may rest in this heaven or this hell until it is ready to release the third density experience in which these things were necessary archetypal images, to undergo the healing of the previous incarnation, to view it, to see that which was learned and that which was half learned, and with the aid of the Higher Self, and many other angelic presences, you may call them, or extraterrestrial entities, to determine those lessons which each shall focus upon in its first fourth-density incarnation.

Always are you in the classroom, always are you learning, and yet always do you have the choice to make the learning merry or solemn, to find the

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vacations and the play time, or the weariness, and the tiredness, and the hopelessness.

Those who do not polarize do not control what occurs to them with any particular preferred reaction—reaction is random. Those who wish to polarize in service to others choose by faith to feel that all situations are situations in which service is possible, that simply to be and to love the Creator, to worship and adore that love which created each of them, is a service worth performing, and, indeed, may we say that as many upon your planet awaken to this choice the consciousness of the planet has grown lighter and lighter in the past few years, as this instrument would measure what you call time.

You are never without the ability to choose that which occurs to you, because if you have no fear you may have negative experiences which you will see only as environments in which to learn challenging lessons of love. Positive entities can gaze at one, shall we say, of the loyal opposition, and find in this contact the opportunity to realize that this entity too is a part of the self, and is to be loved, and blessed, and prayed for, and cared for, and taken into the heart.

It has been said in your holy works that it is easy to love those who love you. Better is it then to love those who revile you and wrongfully use you, without fear. These entities who are called the "grays," or any other entity or situation whatsoever which is attempting to make one feel helpless and out of control, are completely malleable and transformable by love, love unhindered by any fear, for, indeed, there is nothing to fear.

You yourself are not either a good person or a bad person. You are, if you can consider good and bad as the full circle of being, a 360 degree being. It is by your choices that you define who you are and where your loyalties, where your choices and your faith will lie. And as you move further and further, building choice upon choice and polarizing toward service to others in the name of the one infinite Creator, as you become more and more a transparent channel for the love and the light of the infinite One, you create your life, you do not react to it, for the reactions are automatically those of one who seeks to help.

We realize that we have spoken too long, and we are apologetic, but there was much information to put into perspective these seemingly terrifying events. They are local third-density phenomena. They are controllable by love, faith and honest realization of one's union with all that there is, whether it be called good or bad. The duality is an illusion. You are all things. It is your choices which create the you that is unique and will be refined from this point through density after density after density. This is your choice. These are your precious moments. Know in your heart how passionately you wish to move on and evolve as a spirit, an imperishable metaphysical being of light. Your physical evolution in this density is over. Your spiritual evolution is beginning. Make your choices fervently, carefully and persistently.

In order to aid you in these choices, and in your point of view, we ask two things of you. Firstly, we ask that you find a path that includes love of the infinite One shown as worship, adoration or simple attention, on a daily basis. We do not ask for any particular path to be followed. We are not those who ask for one religion or another. You choose the path that works for you and brings you into awareness of your true self and your true relationship with the infinite One. Daily time spent in silence, listening for the voice that is silent but speaks so loudly, is recommended as an aid to this process of choice.

Our other request of you is that you be light hearted and merry, and find every chance to be joyful, and to love one another, not as a solemn duty, not as a reason to polarize, that negates the polarization, but find joy in the service that gives you the true freedom and peace of doing that which you have now found that which you wish to do with all your heart, all your mind, all your soul, and all your strength. Be merry in your service, be merry in your worship, for the most serious choices of millions of years are being made by you now, and you would be crushed by your own solemnity, and your own realization of your importance of this choice, did you not have the saving grace of a sense of humor. See the illusion and the choices that you make, not only as the life and death choices that they are, but also as part of the unimaginably funny human comedy of the soap opera that is called third-density experience.

Oh, how high your emotions run, and how important everything seems. Step back whenever you feel too intensely disturbed, or saddened, or despairing, or inconsolable. Step back, and see the thousands of years that lie before and after this

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moment. See the true situation. If you are upset with someone, be ridiculous with him mentally. Undress that person. Cause that person to act in a ridiculous manner in your mind. Tell him off. Take the clown's bat and harmlessly bat him about with it, while the circus audience laughs. Do whatever is necessary for you to break the spell of the illusion, and then gaze up at the stars, which are part of the love of the infinite Creator, and know that you are a player upon a stage, and you do choose the comedies, and the happy endings, and have no wish to be stabbed through, in great Shakespearean agony, in the fifth act. The critic that is you, you can be assured, will give you a better review for the comedy.

We are thankful to this instrument for allowing us to use it to speak upon a subject which its long history of study of the particular subject at hand had rendered it somewhat less than agog with interest concerning. However, we hear the call of many who wish this information, and we thank this instrument, and leave it in love and light. At this time we would move to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time we would offer ourselves in the attempt to speak to any queries which are upon the minds of those present, again reminding you that we give that which is but our opinion, but we give it happily and honestly. We ask that those words that ring of truth be the only ones that are retained, leaving all others behind. Is there a query at this time?

Carla: I have one question. Is it true that the free will that was being not abridged by the refusal to give certain information was mine? I do not wish to give any information that would cause any involvement with government forces of any kind, I don't wish that kind of attention, I don't want that kind of knowledge, and I don't want to channel that kind of information. Was it my free will, or was it the free will of all that was being observed?

I am Q'uo, and am aware of your query, my sister. The free will of which we spoke was your free will in the manner you have described, and also included the free will of those who would have received this information. Thus, we chose not to give that particular information, for we do not wish to become a stumbling block to any.

Is there a further query, my sister?

Carla: Do you consider that the information I requested not to discuss is of any value to the spiritual seeking of those on planet Earth at this time?

I am Q'uo, and am aware of your query. We see little apparent or actual value in such information in that it partakes of that which is as the sparkling toy, lasting in the total beingness but for a moment until another toy replaces it. We wish to give that information which endures and do not wish to distract entities from their journeys by giving that which is of but the moment's interest.

Carla: Then you're speaking of all phenomena that point towards the fact that there is a mystery Creator behind this illusion, not just the information that was discussed this evening, that is, not just UFOs, but Bigfoot, and glass skulls, and that kind of thing. Is that correct?

I am Q'uo, and again we agree basically with your summation of the kind of phenomenology that we speak of. There is at this time much of distraction within the daily round of activities for most of the peoples of your culture, and there is much information in the areas that are primarily focusing upon the external appearance of phenomena that hold the potential for even greater distraction. Therefore, it is to the heart of things and entities that we wish to speak.

Is there a further query, my sister?

Carla: Then was it part of the plan of the Creator that these things and many others, in all sorts of walks of life, be plaints, and questions which have no answers, but which point to a mystery and are therefore of value in that way? In other words, do phenomena have the value of pointing towards the mystery, or the noumenal, or the imperishable?

I am Q'uo, and this is correct, my sister. Is there a further query?

Carla: No, I'm satisfied, thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query?

Carla: I have one last question for you. Are you still pointed towards a mystery?

I am Q'uo, and we are indeed pointed towards great mystery of being, looking beyond what little we

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know into the great distances, depths, heights and vistas of seeking and knowing, being and becoming, so that we discover more and more how our choices are the essence of the Creator knowing Itself.

Is there another query, my sister?

Carla: No, and thank you, as a fellow walker on the path. Thank you, Q'uo.

I am Q'uo. Again we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and as it appears we have exhausted the queries, we would take our leave of this instrument and this group, thanking each for inviting our presence, and leaving each in the love and light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
July 8, 1990

Group question: Potluck.

(K channeling)

I am Hatonn, and I greet this group in the love and in the light of the infinite Creator. We spoke with our own sense of humor to this instrument describing ourselves as *(inaudible)* and because this instrument was asking for a low energy compound we discovered after we said this word that, to this instrument, this word is [a name] for a disease. We wish to apologize for our joke.

Our message today is quite simple. It is so simple as to be unbelievable by most of your people. You are made of love because love wished to know itself. The Creator loves you as a mother and a father and as a student of itself.

All conversations that you have are conversations of gripping interest you created, for It is listening with gripping interest of the self speaking about the self. The Creator was courageous in this creation by giving each of its children free will. Each may chose to love or not to love the true Creator of its spirit.

What is on the mind of each today and this instrument? It is the question of identity. Much has been asked of this instrument in the way of initiation and to a different behavior and different way of living, a different way of feeling. What is the essence of an entity? Moving this [point] to be pondered, we await the realignments of the one known as K to receive the information. I am Hatonn.

(Pause)

I am Hatonn, and greetings to those again in love and light through this instrument. We were waiting for final preparation for this instrument as it prepared to challenge those entities that might come and we are pleased at the fastidiousness at which this was undertaken. We wish now to offer such information that may be of some help to you in your journey upon your path of service which continues, as does ours, toward the light of the Creator, toward the mystery which draws us ever onward. My children, it is of this mystery that we will speak to you this evening. One that is always before us no matter how deeply we seem to be able to penetrate the finer layers, but is [receding] infinitely before our grasp, ever beckoning, ever urging us onward in our journey lest we become complacent and satisfied with the progress we have made. For as soon as we have reached the crest of the highest mountain that we can see before us we discover yet another range and yet another beyond that.

There's a long view of the meadows available to us. Most of the time we only notice the mountain in front of our faces. We are faced with a journey

upward and ever upward. That, my children, is your choice as to what you will give your attention to in this journey, in this climb, in the focus on the top of the mountain that seems to ever recede before you, and the tiredness of your muscles, soreness of your lungs, the tediousness of the journey, the pain of stepping on rocks, the weariness, the frustration, however you focus on the sky and the clouds above you, the trees, the wild flowers, the small creatures that join you along your journey for small distances and the whole of second-density creation that is there to aid you in your journey. You have also sometimes time spent with third-density companions upon your climb. Some may travel with you for a short distance before their path leads off in another direction, at another slant than yours. There are others who may go with you all the way to the top. Again it is your choice upon that on which to focus. Shall you focus upon the irritations produced or the constant contact with your traveling companions? Shall you focus on the differences or shall you look for what joy and merriment may be made together, how the climb may be regarded, not as fight but as a gain in which one may have as much fun as one is able. You may notice as you climb defects you may have upon your fellow travelers in your own choices of focus, whether they are beyond the difficulties of the journey or its joys. And no matter how your choices affect the mood of those around you, you have [alternatives that can go] back to you. The choice is yours as to what type of journey you will experience. We urge you, my children, to make it a merry one and to focus on the delight of summertime and smiling faces. For these indeed make the climb much less arduous and greatly aid in serving the tired muscles and lightening the weariness of each one.

You are studying your journey as you gaze at the faces of those *(inaudible)* companions about you. But you attempt to see the Creator in each of those who [seek]. These are, as we have said, simple facts, my friends, events of which each is quite aware. Yet we find as we attempt to communicate these simple truths which are always and ever the same [that] there are infinite number of ways to state these truths yet with each a slightly different presentation. Perhaps some new thought will occur to those who see them as helpful to aid them in their journey. Perhaps some new way of looking at situations with which you have to do on a daily basis and with which you have grown weary will appear.

(Carla channeling)

I am Hatonn, and thus speak to you through the instrument known as Carla. This instrument is much nurtured by listening to inspirational thoughts and we are always in a state of enjoyment as we find this instrument soaking up like a sponge the words of comfort, truth and beauty which we offer in the hope that it may be of help. We find this instrument to see how its question of identity is only a question within its own mind. But to the other-self the identity of the one known as Carla is completely known and accepted. So often we have heard this instrument cry, "How can I love others so much and yet be so upset with myself?"

This is the mark of a service-to-others entity who has left out but one very important step, the realization that before one can love one's neighbor as oneself one must love oneself.

This instrument has yearned for nurturing from others and nurturing lies within the self. The gentle rocking in the cradle is the rocking in the arms of the Creator. As this instrument finds it incredibly easy to forgive and forget, why is it that this instrument does not forgive the self? This is a lifetime process but is a lesson of love. It is an almost universal lesson. Each seeking entity finds everyone easier to love than the self, because the entity known as Carla knows itself, it knows each thought, it knows each self-perceived error. It sees itself in each moment but is judged to be foolish or unkind. Where it would forgive instantly such behavior in others, it begrudges itself its own humanity.

Do any of you who think you came to this planet and entered into its illusion to be untouched by it? Spend time each day to fall in love with yourself and you are a child of God. The Creator loves you with a love so passionate no words could express it. The Creator loves just precisely who and what you are and the Creator sends to each person who is blind His companions along the way, who reach out the hand of the Creator to you and call out, "I love you." These are the words of the Creator. That is why we ask each of you to love each other because each of you need someone's help in loving yourself.

Oh, how we wish we could emphasize to you greatly enough the enormous difference you can make in your life experience to truly love the self as the self is, with its biases towards excellence and biases towards what the self perceives as faults. Does not each entity

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have many faults? As you forgive your comrades along the way realize that you are forgiven yourself and each time to sit in meditation spend a moment within the deepest part of yourself to say to yourself, "I love you with my whole heart," the love, the thought which is the lesson of this density.

We feel the energy growing most [perceptibly] weaker and we pass the *(inaudible)* to the one known as K. I leave this instrument, with thanks. I am Hatonn.

(K channeling)

I am Hatonn and greet each again with love and light through this instrument. This time we would ask if there are any queries from those who are present.

Carla: Yes, Hatonn. I would like to know if the experience that I have had … gazing into the eyes of a companion for a long enough time to forget all sense of self, that is, first the feeling of noticing the color of the eyes and the other physical attributes of them. Then finding myself at the level of being able to see through the eyes into the, I guess you'd say, surface of the inner being where lies the emotional pain that I was feeling sometimes and then my sense of being changed in a kind of electromagnetic wave is the only way I can describe it, I felt that somehow we were operating as one energy field instead of two. I wondered if you could comment on those ways I felt during this meditation and tell me where the truth lies and where I have not seen things clearly.

I am Hatonn, and, my sister, we find that usually your perceptions of the situation are both insightful and articulate.

Carla: Would it be a good idea to tune that light *(inaudible)* and have a larger group of *(inaudible)* people better as any one member instead of *(inaudible)*?

I am Hatonn, and we find that we will leave this up to your assessment of the various personalities present at such a meeting, where those whose experiences of this very intimate type of contact and all of those present that at any one time may not be, shall we say, up to such an exercise. But given the assessment of the appropriateness of such or whether or not those present *(inaudible)* we would say that the effort would be an excellent form of tuning to use.

Is there another query?

Carla: No, thank you for your opinions and comments.

I am Hatonn, and we thank you, my sister. It is time to leave this instrument and this group in the love and in the light of the one infinite Creator. We may also *(inaudible)* our path of seeking because this instrument and the one known as Carla were the cause of our being with your group tonight. As always, it has been a great privilege for us to join you and we look forward, as you would say, to being with you again in the future. We are known to you as Hatonn. Adonai.

(Carla channeling)

I am Nona. It is our specialty to feel by *(inaudible)* and we have not been called to this group for a long time. Forgive our causing this instrument to move at a quicker speed than it normally would but it is much more comfortable to work the contact as we *(inaudible)* our love and light and feeling from the one infinite Creator to all of those who need it. We would, since the instrument known as K, has not had a previous contact *(inaudible)*.

(K channeling)

I am Nona, and greet you again in the love and light of the infinite Creator …

(Tape ends.) ☘

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Intensive Meditation

July 12, 1990

(Carla channeling)

I am Q'uo. Greetings, blessings and love, light and peace and rest to each of you gathered here this evening. It is a great pleasure to be with you and to be called to this work. Technically this is still called the training of a new channel and technically the one known as K is a new channel, but only within this incarnation. The experience this new channel has just had is the experience of being contacted. Normally, we would not do this with a beginning channel nor would a beginning channel be able to distinguish a first and opening greeting. However, this particular instrument has deeper gifts that are remembered in that portion of the mind that is reached in meditation, and so we thought we would give it a whirl, as this instrument would say.

We are glad that this instrument has had the experience of being contacted and the fact that it was not acted upon [it] is quite to be expected of one who has had so little experience in this incarnation. This instrument will surprise itself, although not us. The key is the gaining of that inner peace that comes with meditation.

We would like to speak in terms of those things that are on the mind of those present this evening. Perhaps the most common of those concerns present here this evening is the difference between the daily state of mind that has been achieved by each as it has gone through its day, and the state of mind that it is experiencing at this time, having done the necessary work to bring into harmony the deeper desires of each, the desires to serve, to love, to share.

All have had their excellent and uplifting moments during the day, but we ask each of you if you are happy and satisfied with the basic level of consciousness, or to put it another way, the degree of conscious living that was achieved during the precious moments of this day.

How little is the span of your incarnation and how high are your spirits' ambitions for you during this tiny piece of what you call time. As you rest and bask in the love and the light of the infinite One, you yourself wonder how could I have moved from my center—how could my life not reflect this peace, this gentleness, this loveliness, this caring, this worship of the mystery. And yet we say to you that your days were more light filled than the majority of those upon your planet by a great deal; so you see, there is much to do.

To paraphrase a cliché within this instrument's mind, love is long and time is fleeting.

We transfer at this time to the one known as K, leaving this instrument in love and light. We are know to you as Q'uo.

(K channeling)

I am Q'uo, and greet you again in love and light through this instrument. We are pleased to have established contact so readily with this instrument, and we see that the paths to the deep memories are beginning to be opened little by little and would encourage this instrument to deepen and strengthen this process through the daily practice of meditation.

As we have stated, the ease of this contact comes as no surprise to us and we await the ease of the instrument with the contact through the process of repeated practice.

We would speak to you this evening on the subject of meditation. It is, as you know, a process by which access is gained to the deeper portions of the mind, the deep memories that lie therein which nibble at the edges of consciousness, the small thoughts and feelings experienced during the day that one may wonder at. Those things that seem to be half remembered, those things and entities that seem to be so familiar, yet with no conscious link in experience of this incarnation.

The process of meditation will begin to expand your awareness of these half-buried memories and recognitions. You will increasingly become aware of thoughts not running through your mind as in a daydream to which only scant attention is given, but as being those with which you are deeply familiar to which you turn your conscious attention and intention to the further pondering of such and the further integration of these old memories brought to light as part of the current experience.

Each of you here this evening is aware of the existence of the deeper self, of the metaphysical entity, of the imperishable light being, and of the network on this level, the connection on this level of all the entities of this planet. And the dichotomy existing between that connection and the apparent separation that exists in your day-to-day illusion. Each of you is also aware of times when that illusion is penetrated to some extent and the connection with some other self is made. The awareness of the other self as Creator brings about a momentary dispelling of the illusory bonds of flesh and societal structure.

What comfort there is in such connections. Such experiences may be realized on a more or less conscious basis, ranging from the barely conscious hint of feeling of familiarity to the relatively full conscious awareness of the deeper levels of existence of the self and the other self. We realize this may add a great perspective to life in the illusion as each realizes each is playing a part of sort upon the stage of Earth that each chooses, what part shall be played, and how each character shall interact with each other character and situation.

It is our hope that you may find enjoyment in playing these roles as you realize the necessity of the illusion for the purpose of growth in spiritual evolution, and the polarization process, as well as in the opportunities presented to be of service to your fellow inhabitants of planet Earth.

As each experiences from time to time memories of deeper connections with other entities as echoed in current experiences, whether slight or strong, the response is often one of joy, of remembered community. We experience peace and love and ease of being—yet that joy may be often tempered by the realization of the difficulty of maintaining contacts within this illusion.

Each of you has very difficult tasks before you and in that each present this evening is what we call a wanderer. The tasks may be experienced as being even more arduous in that the heaviness of the illusion is even more weighty to those accustomed to greater degrees of light. We laud your efforts, my friends and urge you to continue one step at a time. Allow yourselves to be encouraged by the glimpses of the deeper reality behind the illusion. Know that you exist in truth in that deeper reality; that you may contact it at any time in meditation and as your choices and interactions allow in those connections with others who are of like mind, know that you are beings of light. That within the shell of third-density flesh that surrounds you your beingness shines with a radiance so bright that were you to be fully aware of it, your joy could not be contained.

We urge you to make enough contact with that light to encourage you in your endeavors, painful though they may be, difficult though each of your struggles is in varying degrees at varying times, and you are here to encourage each other as well.

Do not underestimate the value of each to each in this journey and in your working together, for each is of inestimable value to each other and to us and to the Creator.

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We urge you also as you encounter the pain and difficulty that each day *(inaudible)* brings, as you gaze at each entity and circumstance that you encounter, to attempt to be aware of the Creator in all things. In each difficult situation, in each difficult entity, the Creator is there as teacher, as guide, as friend, as love and light.

We know you are aware of these things, but we also know the difficulty in maintaining this awareness when in the mindset of mundane experience. We urge you to look for the joy in all things, to savor it, to choose the light touch, the merry twinkle in the eye, the smile when none was expected. These things mean more than you think, for your society tends to weigh the value of things in terms of what has been accomplished. But on the metaphysical level, those things that are of the greatest value lie in the areas of intention and in the state of being. So be who you are, my friends. Be light, be love, be joy.

We thank this instrument and this group for this opportunity to be of service in speaking to you. I look forward to the continued training of this new channel in what you call your future and the ongoing work of this group as it resonates most harmoniously with our own vibration.

We would at this time transfer to the one known as Jim and close the meeting through that entity. We are known to you as the ones of Q'uo.

(Jim channeling)

I am Q'uo, and greet you again in love and light through this instrument. At this time we would simply offer ourselves to any queries which may hold importance for those present. May we speak to any concern at this time?

Carla: I've got a concern about *(inaudible)* make your own decision as to whether you want to answer it or rather it should be a subject in itself. When I invoked the archangel this evening, Raphael—who is usually very prompt and very much in tune with me, and who is the archangel of the air, the land, the spirit—was reluctant to appear and when it did appear, it was not with the usual fellowship that I feel, and I asked myself why this could be. And the obvious answer was that I was not flowing with the wind of spirit, that I was stuck, that I had a subjective feeling that this was a very bad day for me. And the truth of it is that this was a day off. I kept myself from doing work by sheer discipline. Work would have been easier for me than taking the day of by myself. I was alone with my pain. And I know it sounds dramatic, but I've never had this much pain before and I don't know how to flow with it and make it transparent and be the *(inaudible)* that I am when I'm doing things for people.

When I'm doing things for people, I always feel full of love and full of light and as if there were nothing that was impossible. But when I'm not helping anybody but myself I feel really stuck and I don't seem to be able to get past my aches and pains, and I don't need to go into all that, you know. But it is a new level of pain for me and I am not able at all to deal with it gracefully. I know that this is my hardest lesson—I don't care how long it takes me to learn it—I want to learn it, but could you give me some comments on how to make my sister, my pain, into a true heart sister; to love it and to allow it to be transparent so that I can feel the self-esteem and the worthwhileness in being that I do when I'm doing something for someone else. I am on my knees with this one.

I am Q'uo, and we feel the sincerity and intensity of your query, my sister, and we extend to you our heartfelt sympathy that the pain has presented to you. We know that entities within your illusion feel much distress at this time as each attempts to use those dwindling opportunities for polarization and service to others that are presenting themselves within each incarnation as your cycle moves quickly to a close.

This is much likened to the last minutes of cramming for your final examinations within your learning institutions as we scan the memories of each present here for analogies. Those lessons which belong to each, those services which are possible for each, now are offered in a most vivid manner. In your terms this means the intensity of experience is increasing. The illusion which you inhabit may provide all that it is constructed to provide; that is, the veil that hides the truth of unity and the fundamental purpose of experience. That [purpose] is to move beyond the limitation of the confines of the illusion that exists without the senses and within the mind and the attitude which perceives the illusion. To surpass limitation is a painful process, my sister.

In this regard, you have set for yourself, as you are well aware, lessons which have the purpose of

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focusing you inward. You have found in your own estimation before this incarnation began, that the experience of limitation and the concomitant experience of pain with its limitation would be most effect in focusing your attention in an inward manner that would make more likely the choices of living the conscious life. For that which is full of the experience which you call pain tends to grab the attention in a way in which there is no ignoring the opportunity. Much catalyst for many people may be ignored until it presents itself in another form at another time, perhaps within another incarnation. This is not so for your catalyst, my sister. You have desired to be of service in a manner which requires an intense degree of what you would call purity or single mindedness—total dedication to service. It was your wish to so hollow yourself out that you would become a clear reflection or channel for those energies of love, which you identify so closely with the one known as Jesus, the Christ, as this entity experienced the final portion of its incarnation nailed to that which you call the cross—and in that crucifixion of the physical vehicle achieved a transmutation from that which was human and moving towards the divine, to that which was truly divine, that which transcended this illusion, that which pointed the way which could be traced by others with similar desire.

This is your path, my sister; to so transmute the daily experience of your life that it becomes a purely formed manifestation to the one Creator. This is not an easy program or series of lessons to undertake. However, with the increasing price of the pain, you may comfort yourself by knowing that you attain that pearl which has no price within the metaphysical levels of your own being. If this could be easily seen within your own illusion, few entities would pay such a price, for it is indeed a great price to pay. The veils of forgetting shroud this process and all progress from your earthly eyes of perception. You seek and seek and seek and seek; you endure and endure and endure for that final moment of knowing that comes when you move through the doors of this life, that you call death, and realize that there has been a purpose known at the deepest levels.

(Side one of tape ends.)

(Jim channeling)

We shall pause briefly that this instrument might retune …

(Singing)

I am Q'uo, and greet each again through the love and light of this instrument. This instrument wishes to apologize for the delay. [This challenging process is lengthy.] We shall continue.

Thus you shall find that the purpose and the pattern of the incarnation will make sense only upon looking back and seeing it in the full perspective. The short answer, my sister, to your query is that though the price is great, the reward is greater.

We cannot express to you the nature of our gratitude for each instrument such as yourself which endures the increased levels of difficulty that go with those who wish to be of greater and purer service to others. With such desires move responsibilities of equal proportion. The responsibilities that form themselves as testings, temperings, tunings and purifications in your daily round of activities are merely the means by which you shall accomplish these goals. That your experiences become more intense and more difficult is an indication that you are ever moving forward upon the paths which you have chosen. This is not to say that your portion of contentment, pleasure and joy shall always be small, but that added to these joys will also be those difficult moments that are the times during which the food of a metaphysical nature is being eaten, being processed, and being transformed into a kind of manna that will nourish those portions *(inaudible)*.

Thus we offer to you, my sister, the larger picture which recedes when pain pulls the attention inward and dissolves the ability to see beyond the pain. Fear not that you wander from your trail, your feet are ever planted there, and although the steps are painful, the progress is steady. The service is offered and the purpose is fulfilled.

May we speak to any other query, my sister?

Carla: Yes, a very short one. First of all, I made a tentative decision, based on how I feel during the rest of this month, to allow myself to use marijuana to eliminate the pain when I really needed to, knowing that I would lose a great deal of my ability to function, but feeling that it was a kind of vacation for me, and I would not have another kind of vacation. I wondered if this was self-indulgent?

The other question is this general topic of such a nature that there is more material that you would

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wish to offer and [would] you would wish to take it up in a full-length [kind] of session?

I am Q'uo, and I am aware of your queries, my sister. To the first query, we may not speak for this is a subject at this moment being debated within your own mind and we feel it would be an infringement to offer an opinion before you have made your decision.

To the second query, we may say that we have no desire other than to be of service in which we are asked, if it is within our ability to do so without infringing upon any entity's freewill choices. If you would wish to ask us further upon this topic we would be happy to share that which is ours to share. We have no other desire than to serve.

Is there a further query, my sister?

Carla: Let me ask that last question in a different way. Is there further material that is possible for you to give as your opinion, which is, of course, [valuable.] If asked the same question again, is there more material? More of your thoughts and opinions which you would give us?

I am Q'uo. There is a great deal of material that may be shared in the area of which you speak—that is, the experience of pain and the tendency to utilize the pain-filled experience as a means to focus the attention towards one purpose or another—for there are many avenues that offer themselves as an entity undertakes that experience generally known as pain.

Is there a further query, my sister?

Carla: No, Q'uo, thank you *(inaudible)*.

I am Q'uo, and we thank you my sister, for your perseverance and your dedication. Is there another query at this time?

K: Yes, At this point in my channeling, I have no sense whatsoever what might be coming from me and what might be coming from whatever entity I'm channeling, and I don't know if it's possible to have *(inaudible)*. I did feel that the contact was very comfortable and very easy but I would like some feedback from you Q'uo *(inaudible)* myself, as to how *(inaudible)*.

I am Q'uo, and am aware of your query, my sister. We are very happy with the proportion of information that has been able to be transmitted from us through your instrument and blended with experiences, concepts and thoughts that are your own. We feel that we are approaching the level which we attempt in the training of each instrument that is, approximately two portions, or a 70% from our source, and one portion, or approximately 30% of that of the instrument. We feel there has been great progress in your ability to perceive that which is given within the last two sessions of work and we applaud your willingness to open your instrument to the degree that is necessary to achieve this ratio, for this opening requires that one be willing to move out from the safety of the trunk of the tree further upon the limb where one is unsure of the next concept, the next word, that she make sense, as you say, within the overall pattern of the message. We are very happy with this ratio at this time and commend you in your efforts.

Is there another query, my sister?

(No further queries.)

I am Q'uo, and we thank you my sister. As we have exhausted the queries for this evening, we would close with our expression of great gratitude to each instrument for allowing us to exercise each instrument. It is a rare privilege to speak to a group which has this level of dedication in offering the self as an open channel for concepts which seem quite insubstantial when compared with the heaviness of the daily round of activities. We find that it is a great paradox within your illusion that the weightiness of your experience can be cradled, but so carefully, by such seemingly insubstantial concepts which at their heart contain the most solid centers of integrity and in truth can support such burdensome experiences with ease, when such experiences are seen as the catalyst and most mysterious of opportunities to learn.

The weightiness of your experience seen in this perspective gives way in its seeming solidity and dissolves in the light of truth. Only when the inner eye remains steadily fixed upon these concepts and there is a regular returning to these metaphysical principles through your meditation, your contemplation, and your times of prayer as you move through your daily experience, only by applying, moment by moment, these principles to the life experience can one lift the burden from one's shoulders and then, but for the moment, however, even these small moments of realization and

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centering of the self may sustain one through any life experience.

We know your tasks are difficult and the moments of such relief too few. We are honored to be a part of the renewing of the dedication and the refining of the center of one's being. We too walk this trail with you. We offer ourselves as comforters to you, and we rejoice with all of creation as you move ever more in harmony with the center of the self, which has never left the unity with all that this.

We are known to you as those of Q'uo. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
July 15, 1990

Group question: The question this evening has to do with following our path and learning lessons, dropping old patterns and developing new patterns of behavior, in the overall pursuit of the choices that were made before the incarnation by the soul and Higher Self. How do we accomplish the dropping of old patterns that we have known for so long, that have provided us with a great measure of support, and adopt new patterns of behavior when we feel that there is change that is necessary to acknowledge and to reflect in a new pattern of behavior? How do we find the assurance that the new pattern is truly our path that has congruency with the soul's choices, and how do we release the old patterns of behavior?

(Carla channeling)

I am Q'uo. Greetings to all of you in the love and the light of the one Creator, infinite, invisible, intelligent, creative and full of glory. Under the influence of these purified emotions, and with the understanding that love and light compose all that there is, we are with you this evening, thanking you for calling us to you. As always, we ask you to listen to that which we give as you would to any friend's opinion, giving it neither less weight nor more than you would any friend who is a friend in spirit of unconditional love. We always mean well, but truth is subjective and personal, and if what we have to say is not a portion of your truth at this time, we ask you the great favor of allowing us and our thoughts to be moved aside, that we may not become a stumbling block before any, for we are fallible and prone to error, as are all who seek mystery and are not yet the mystery.

We are experimenting with the mixture of the two social memory complexes involved in this contact, and if there are pauses that seem to move to more length than usual we would ask the one known as Jim to squeeze the instrument's hand. We do not want this instrument to go into trance. But the instrument asks, as it always does, to be better than before, and in this particular case that involves going deeper into the subconscious and allowing more of that which is impersonal and that which is finely tuned to match the fine tuning of this instrument. Therefore, we ask that the one known as Jim be vigilant.

We do not come to you as those who have not changed. We have been where you are. We have been where you were. We have had our choices to make, and we remember the density in which you now dance your dance and make your choices. Stage left, stage right, lights up, lights down, how shall you be? That is perhaps the first thing we would ask of each of you. When you relax, so that you are with yourself in a loving and nurturing way, who and what do you wish to be? This is the density of choice. Not to define one's choices is to remove from oneself the opportunity of making them. Not

to know who you are at this moment is to keep from yourself the ability to choose a specific other way to be. This is not seen to be a large subject, a large challenge, yet it is the beginning of all spiritual work.

We see each of you in part as precisely the same as each other person in third density consciousness upon the surface of your planet. All of you have a God self within. Within each of you is the inestimable, imperishable jewel of the Infinite One. You are children of love, and you are love. In order for you to have been flung out from the heart of the Creator, to pass through so many dimensions and energies, and to choose this particular experience, there needed to be added the first alteration, or means of changing, that love, which is the Creator, and which is precisely the same from before you can ever conceive, now, and forever to come.

Yet, each of you is unique, for each of you is also bound in that love to a portion of free will. Free will is as absolutely various as love is absolutely the same, and free will is expressed in all of the emotions and ways of being possible to imagine, possible to be thought, possible to be attempted. You are the man inebriated and lying in the gutter, you are the thief, you are the murderer. All that is possible is within you, as it is within all. This is not due to any shade or nuance of love. Love is fiery, creative, and absolutely stable. Your choices are made as your free will begins to recognize of its own choice that role which it wishes to play in your own spiritual evolution.

And so we ask each of you to begin to know, truly know, the self. Do not judge the self which you know so well. Say no judgmental or negative thing to yourself about yourself. Recognize your patterns. Discover those things which you wish to encourage and those things which you do not. You yourself are the basic tool, the basic resource with which you have to work. Elements of your free will, which this instrument calls will, and faith, create for you a place—not a geographical place, not a place in space or in time, or in your imagination—let us say, a room, which you answer and close the door behind you, and all alone with the Infinite One, drenched in love, marinated in life, dissolved in light, you are upon holy ground. If this place is within your mind you may take it with you, and wherever you stand is holy ground.

To develop the tools of will and faith, several things are helpful. Firstly, a daily meditation, be it long or short, momentary or part of an intentional praying and fasting, this way you use to listen to the still, small voice, as it has been called in your holy works, within. This intention, this will to seek the truth of the Creator, is your strength and your heart and the motivating factor of that which will occur to you.

Faith is a word which we use, not perhaps as others would use it, for we wish to distinguish between faith and belief. It has seemed to us as observers of your people that rigid belief systems kill faith and destroy being, giving the person instead the choice of behaving instead of being, and holding on dependently to a set of rules in order that from the outside to the inside the redemption and forgiveness and healing of the self may take place. We suggest that all belief systems be examined, and none taken up before it is understood that in each orthodox belief system, some distortions of love are unraveled and made clear, while other distortions or ways of learning about love are confused and difficult to accept for you.

We are not those who preach. We are not those who evangelize. But this we will say: if you wish to increase, or accelerate the intensity of your spiritual path of evolution, living a life in faith, day by day by day, and using its tools of discipline, and service, and conceptualizations is all important. We speak to you of the way that we believe that the universe works. We can only tell you that you are at the crux of what is often called the density of choice, the choice between loving the Creator by serving others, and loving the Creator by serving the self, these paths often being called the path of service to others and the path of service to self.

Many times it is indeed a stumbling block in the way of those who wish to be of service to others that they must needs spend so much time working upon themselves. Yet, we say to you, that if you do not have your roots deeply spread, if you do not know what those roots are, if you do not live as you have faith to live, if you do not express and manifest that which you know, you shall be, this instrument would say, stuck in the gravitational well, spiritually speaking, of basic indifference.

Until you have found your passion, and we mean this on all levels, not ignoring the lower energy centers, sexual passion, the passions of friendship,

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the love of the work that you do, the love of your society and your world and all its people, you shall be holding back from the center of spiritual love the energy that that center needs. We speak of the heart energy center. This is not a job that you can do for yourself once and have it done. Again and again you shall turn from the truth, and do those things which you would not wish to do, or regret, or do not do, something you wish you had done. Should you chastise yourself? Please, my friends, if you wish to attain the goal of which you spoke this evening, never chastise the self, but form all internal dialogue positively. Instead of saying, "Oh, 2 plus 2 does not equal 5," say "Oh, I have learned something, 2 plus 2 equals 4." That is the nature of mistakes, all errors, all of what this instrument would call sin. It is like an error in arithmetical calculation, simply seen, and slowly and carefully replaced by the truth, by the correct summing, by the correct grasp of the situation.

Most entities have a great deal of difficulty doing this, because their opinion of themselves, though they love other people, is harsh. The voices of childhood parents and authority figures still ring in the heart's ear with negative expressions and warning and judgments. Many of the most difficult portions of your lives are difficult because you are still listening to these voices. When you hear them, say instead the positive affirmation of that criticism which has for so long been unfair. When you were small, when you were a child, you could not defend yourself, but you can defend yourself now. You can live a life of faith in which old voices need have no power over you, indeed, in which no voice on the Earth, over or under the Earth, no discarnate voice, none whatsoever, need have power over you.

You are made of precisely the same infinite intelligence and free will as every spirit in the infinite universe, and, speaking metaphysically, you are a portion of utter, complete and final democracy of spirits. There is none better than you, and there is none worse. You are a portion of the Creator, which is everything. Thus, the choices are yours. They do not have to be handed to you by society, by friends, or parents, or spouses, or the ubiquitous "they." "They" say you should do so and so. "They" are not a pleasant breed with which to deal. Remove "them" from those voices you wish to grow with, to attend to, to identify yourself with in terms of ambition.

Your life in faith is a life without words, for there are no words to express faith. Faith is a basic attitude that one finds, because one wills it or wishes it to be so, but because as a result of willing to know the truth it comes to you, and the prodigal son and daughter have come home. Faith is simply faith that the Creator that made all that there is, including you, is a Creator of infinite and intelligent love, that it loved you as part of Itself, as a child to nurture, as a personality from which to learn about itself, as all parents learned from their children. Aiming toward living a life in faith is nothing more than releasing fear, and allowing that which is to be, to be.

Oftentimes, that help which you have with you personally at all times, whether you call it spirit, or guidance, or the Higher Self, will give you hints and warnings. Do not ignore them. Ask for help in visions and dreams, and listen to them. Go into meditation, not simply to listen, but with a question asked, expecting not to awaken with one answer, but expecting and knowing that you will eventually know the answer for yourself to your own satisfaction. A great deal of faith is patience. A great deal of will is persistence. We are well aware that these are not the same as the mountain top experiences offered to you by those so-called seers or prophets which make the choosing of a live lived in love seem so very, very easy.

Were it easy, there would be no reason to work through so much of pain and limitation and change, for choice is change, make no mistake. Each choice that you make will change you, and you will feel pain and discomfort, because it is painful to change, and as you meditate, and seek, and live a life in faith, you will change, and change, and change again. Some truths will remain the same forever for you. Some truths will be outgrown, and must be let go.

Against this backdrop which we have attempted to paint, let us look at the way of encouraging ourselves to release from ourselves old, and undoubtedly unneeded, and certainly negative, habits. Again, most of what we have to offer you is a tool called forgiveness. We do not prefer one method of achieving redemption over another. All myths contain within them redemption and forgiveness, no matter how great the error. You may choose your path of faith, or you may create your own personal myth, but be sure it contains a rock solid foundation of redemption and self-forgiveness.

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Oh, it is easy to forgive others, is it not? For you love them anyway, and you are sure that whatever they said amiss was not said meanly. But to love the enemy in yourself, or outside of yourself, ah, my friends, that is more difficult, and we assure you that each of you sees some part of yourself as your own enemy. This is the attitude we would suggest that you tackle first, for you are not your own enemy, you are simply being offered choices. Each time that you choose to be of service to another you recreate the strength of your polarity.

But let us remind you of a particularly apt teaching from the known as Jesus. In two sentences, he tossed the ten commandments, with all of the damage that they have done, away, and gave a new covenant, or promise, as he would use the language. "Love the Lord your God," he said, "and your neighbor as yourself." This is why you must begin by forgiving yourself. How can you love your neighbor in utter and open forgiveness if you have not forgiven yourself? We do not deny that you are imperfect in a personally valid way. We only remind you that this is an illusion, and that all things, including your body, your intellect, and the artifacts which you make, a part of an illusion, a local habitation for the spirit within you.

This illusion was created not to promote happiness, although the writer of your Constitution seems to think so, much to the confusion of those who seek spiritually, for you do not seek happiness, you seek the truth, you seek to be mature, and ripe, and ready for harvest, and this involves a great deal of choice. Firstly the choice to forgive yourself, first, for all those things of which you may think you have done wrong in the past. Sometimes it is helpful, as a tool, to take one person with whom you have a high level of trust, high enough for confidentiality to be no question, and state, simply and directly and thoroughly, each and every mistake you feel you have made. Speak this to another entity, for this entity is also the Creator, and this entity's forgiveness is as true, and real, and honest, as that entity is true, and real, and honest.

We are trying to move the mind from behavior to being. It is not behavior which you wish to correct, for behavior is the manifestation of your being. It is that which is held inside as a portion of yourself and of your identity upon which you wish to work. There are teachers everywhere. The creation of the Father teaches a thousand lessons in a minute, if you can but stay in talking to them. Each of your comrades is a Christed being, to some extent or another unaware of its true nature. But as it holds its hand out to you, the Creator is holding its hand out to you. As it expresses friendship and love, so does the Creator. Look beneath behavior for your healing of those things which have harmed you in the past, and which you now see as useless.

The physics of this process is easily comparable to that called the physics of inertia. Many, many years before now you set into motion, by choice, patterns of behavior and thinking that were not helpful to you, and that you now see as not only unnecessary, or unproductive, but hurtful and harming, and you wish to heal. Forgiveness is that which stops what this instrument calls the wheel of karma. Karma may in this sense be defined as inertia, an action put into effect and never forgiven.

Now, can you forgive another and have that power to cease the inertia of karma for another? Not at all. When you forgive another, you do not affect the other, unless he chooses to observe the difference in your attitude. You are working upon the only thing in this universe which you can work on: yourself. Part of forgiveness is forgiving others. The further part is forgiving all the situations which created this pattern. Some of you are more aware of past lives than others, and for those of you who trace the pattern that is unhelpful to what you would call the karma of a past life, know that there is no karma or inertia which is not braked completely and stopped forever by unconditional forgiveness, of the other, of the situations, and of yourself.

You cannot make yourself change. You can only put yourself in tabernacle of the most high, and tune yourself in silence to the most loving and peaceful and light-filled state which you are able to hold upon a steady basis. You do not want to do these things without being extremely careful that you have opened your lower energy centers, thereby allowing that prana, or love/light which strengthens each and gives life to each, to move into the heart chakra where it can be called on by those doing work in consciousness, which is largely at the brow chakra, although instruments such as this one will use the energy center of the throat, often called the blue chakra, in order that it may communicate. Others may choose to stay with the green, open heart, that it may heal others in that way.

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But to do work upon yourself, you must move through the green, and blue, into the brow chakra, the indigo center in which all work in consciousness is done. In your sessions, prepare yourself for them, and when they are over, release the power which you have gained by this working, for you deal, in dealing with your metaphysical self, with a magic, if we may use that over-used word, that is very dangerous to attempt to hold in a steady state.

Thus, we urge you to recognize and respect the changes you have wrought in yourself during each meditation, and in some way give that glory, that energy, that peace, that love, or that irritation of the self because the meditation seemed subjectively not good, back to the Creator. During the rest of the day, touch in to the consciousness of eternity. Live in eternity. Then the illusion becomes more and more transparent.

If you have those with whom you are constantly in contact—spouses, mates, friends—inform them of that which you wish to accomplish, and ask them to be mirrors for you. If they are good friends to you, they will not please you by ignoring those things which you have asked them to help you with. They will instead choose to seem harsh, because you have asked this, you have asked for a mirror which you can count on, which is as objective as the other entity can be, and this mirror gives to you its point of view on what it considers you to be doing, to encourage or to discourage unwanted ways of being.

You are a wonderful resource for yourself, but so are those with whom you walk this path. Rich indeed is the pilgrim who has many companions along the way. You come together in love and in service, not to be sweet and dear and darling to each other, but to serve. Sometimes the most difficult thing for a friend to do is to choose service over pleasing a friend. See yourself, therefore, as a resource for others, and be careful in your spiritual communications with them, respecting them as equals. There are no teachers, there are no pupils. There are points of view, there are those who have more experience than others, but we are no more enlightened than you, for in our deepest selves we are one with you.

We have spoken to you now, as much as we can within this time period, of the healing of the self by forgiveness and by the choosing of the path of service. In short, the path of service consists of doing that which is before your vision at this time with as much love as you can. Most paths of service are anything but dramatic, and all paths of service are equal. The quieting of a crying child, the smile to a stranger upon the street, the sharing of the self, of food, of shelter, of listening, the doing of a job which seems to lack an opportunity for service, with faith that indeed it is of service that you have not yet penetrated, these attitudes will keep you in a positive and loving relationship to yourself. Each needs a path of service. Each needs a high self-esteem. These are gifts you give to yourself in will, in faith, and in constant self-forgiveness.

May you love yourself infinitely, for you are a child of God. Your mother, your father, is the universe, love itself. Rest, and have peace and confidence in who you really are. See the illusion for what it is, as much as you can. And when you fail and fail and fail again, as you will inevitably think that you do, never chide yourself, but with patience and care and love grasp once again your desire, your hope, your dreams and your ideals, and go forward on this path of mystery.

We would at this time transfer this contact to the one known as Jim. We are pleased with the newer adjustments we have made in our combining of energies to this channel, and we thank this channel for being open to the adjustments we have made. We are known to you as Q'uo, and in love and light we transfer to the one known as Jim.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We realize that we have spoken overly long once again this evening, and we apologize for our lengthy speaking, but those queries and concerns which you posed for us are of such a deep level of meaning to each that we felt it was appropriate to speak at some length. At this time we would offer ourself to any further queries which may remain within any mind present. Is there a query at this time?

Carla: Well, before *(inaudible)* I have one question that's been on my mind for *(inaudible)* also, as we deal with the cost of a new publication, a new publisher that seems to be much more *(inaudible)* of us. We will, however, be making a quality product and charging for it, such an expense that we ourselves have to change our policy. The change that we have come up with seems to preserve the freedom

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of people to purchase our work with any cost that is comfortable to them. The addition is only information, that is, the cost to us of each item. In no way do we wish to suggest that people pay that, that is simply information. Is there a flaw in such an attitude toward invoking the spiritual Law of Plenty?

I am Q'uo, and am aware of your query, my sister. We would suggest that the course of action which you have set for yourselves is one which you have invested with your desire to be of service in a manner which allows you to continue that service within the framework of trade and exchange that is utilized by almost all of the entities within your culture. That you have found it important in your previous experience to deviate in a significant fashion from this stated means of exchange, that is, the setting of prices upon one's goods and services that is fixed for all, illustrates your desire to offer that which is of your service in as free a manner as is possible within this framework. Your current decision and refinement of this decision is also within the boundaries that you have set previously, that is, to offer information in a free manner while seeking to preserve the continuity of this service.

We would suggest that the intention that propels any decision upon this policy is the governing factor, shall we say, that determines the purity of the principle that one honors. We are aware that your desires are within the proper degree of purity, and would not recommend any addition to this decision at this time.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we feel that we have, at this time, spoken at sufficient length for this particular gathering, and we would thank each most heartily for inviting us to do so and to share that which is our opinion upon this topic which is of such great interest to each, as each pursues in a diligent manner the path of the pilgrim, the seeking, the learning, the serving. We commend each upon this path, and we thank you for making a place upon your journey that we may walk with you. We are greatly honored that you would invite our presence.

At this time we shall take our leave of this group, leaving each as always in the love and in the light of the infinite Creator. We are know to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation

July 19, 1990

(Carla channeling)

I am Q'uo, and I greet you in the love and the light of the infinite One. If you will pardon us, before we begin, we will chastise this instrument, realizing that this runs close to the Law of Confusion, but we shall have a much more difficult time using this instrument because it has allowed a level of pain to exist over many hours, which is a natural and survival-oriented blockage of energy in the red-ray center to deal with pain the physical vehicle is not intended to sustain.

We ask this instrument and all instruments to be aware of their bodily preparation, and if there must be some medication taken, anything that might be lost because of the side effect of the medication may be gained in the strength of the contact. We realize this instrument dislikes pain medication, but we ask all instruments to be responsible and to come to channeling as comfortable and rested as possible, that in rest and peace and confidence you may stride forth as your magical imperishable self, your metaphysical self, and so speak with spirits having sorted them out by the time honored method of challenging.

We would like to ask each that hears our voice what it has done in the last few days that it could have put off or done in an easier fashion, so as to maximize the strength and minimize the weaknesses of your particular situation. You are stewards of a treasure. The treasure is yourself. How shall you spend yourself? We say there is no virtue in pain, no virtue in guiltiness, no virtue in judgment, no virtue in any negative or separating condition, thought or awareness. Thus, as you prepare for a meeting, let your mind be lifted, allow it to let go enough to realize the true state of the body that moves you about. Tend to it, care for it, show it the love as you show all others [with]. We do not advise taking the martyr's path unless there is no alternative and the martyr's path is clearly marked by an unanswerable destiny.

It is time to speak of a subject that all who channel deal with, and that is that there is only one truth, though there are many ways to say it and many approaches to take to it. Thus, you will not find yourself offering something brand new and exciting to those who seek. If you are in an advanced group, where entities are attempting to live as they are learning, you will indeed receive exciting results if you find metaphysics exciting. You will find yourself more able to be a conscious being. You find yourself ready to hear things on a level that is deeper than you heard things before, so that your mind does not block you from the wonderful experiences and discoveries of the deep mind. But, in effect, you who serve as vocal channels will be offering information of a certain type, in an endless series of ways, but

always with the same basic thrust. We are concerned with building in your mind's eye a theoretical model of the universe which most closely approaches the Creator's. But you may see the universe and its purposes as does the Creator insofar as we have learned this vision. Thus, we do not teach you to love. We explain to you why choosing to love and how to love is so very important in this particular experience. We transfer to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and we greet you again in love and light through this instrument. We speak to you of the benefits and the necessity in your own spiritual life of learning to love. My friends, it would seem that this would be a most pleasing task, to love …

(Blowing sound in microphone).

We shall pause.

(Pause)

I am Q'uo. I greet each again through this instrument. As we were speaking, the difficulty in learning to love is not apparent from considering this process upon the surface. For when one thinks of loving, it is easy within your culture to think of these things which are lovable, which attract your admiration, your attention, your affection and to which you would easily give all that you have. This concept of love is that with which most of your peoples are familiar. However, the love of which we speak is beyond that of mother for child, of lover for mate, of friend for friend. It is beyond any concept of love which you are familiar with and which you have experienced in a steady state.

The love of which we speak is beyond the description of words. But when we use words it is well that your word "unconditional" be foremost among words used to describe that concept. For of the previous kinds of love, the conditions of closeness of relationship, of specialness of relationship, of previous experience with an entity, are primary in this kind of love. However, the love of which we speak has no condition tied to it, so that this quality of love is given without any consideration of the entity, the situation, the time or any other consideration that might qualify the object of the love to be loved.

The love of which we speak is that feeling tone that comes from the green ray energy center in a free and open manner and has as its focus the entire creation about one. It is a quality which is developed from within the being. The only effect in the outer experience an entity will have on this quality of love is to become the focus for it. To develop the ability to love, one must experience the testing. This is a kind of testing that is similar to the tempering of your metals, that known as steel, for example, by the fire, the flame, the heat. The heat of your experience as you live your incarnation and your ability to process this heat into a light-filled consciousness will then allow one to express the product of this processing, which is that which we have called love.

The perceptions, the attitude, the manner of seeing is that which is formed and focused through this tempering process. As one works one's way through the incarnational experiences, one will have many, many different responses to situations that become the focus for work in consciousness. All situations, all entities, all thoughts and experiences become the food, the catalyst for this process; become that which is burned, the fuel for this process. As one works with the heat, the friction of the experience, there is a slow smoothing of those rough places of those distortions within the lens of one's ability to see, to see in a more and more clearly and specifically focused matter, so that one does not see that which is other than the self, other than the Creator. There is much work that is entailed, as you are well aware of, in this process. The process of smoothing the lens of your consciousness, of your attitude, of your perception, is a process which, within your incarnational experience seems to be a very, very slow working process.

However, we may assure you that from our vantage point, without your illusion and without the veils that are the natural portion of your illusion, this process occurs very rapidly. That is the great virtue and value of the illusion in which you now find yourselves. This is the work, not of just one lifetime, but of many, many experiences which you call your lifetime; is a process upon which you have been endeavoring for a great period of what you call time to accomplish. You shall continue to work on this process for another great portion of time. Yet, we assure you that within each incarnation, no matter how slowly they seem to proceed, there is much

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work accomplished, much of the polishing of this lens perception.

We shall now transfer to the one known as K. I am Q'uo.

(K channeling)

I am Q'uo, and greet each again in love and in light through this instrument. This process of refining the lens, through which you view reality of existence through the various illusions you experience, is then, as we have said, a process of many, many lifetimes. And, indeed, is not yet at an end with the harvest from this density, but proceeds throughout the densities until each again has become the awareness of All That Is. For this is eventually the perspective the lens of viewing becomes, the range of vision broadens to include all. The clarity of sight perceives all and penetrates through each layer of illusion that is experienced by the individual, by the social memory complex, by the higher selves, by the mind/spirit totality complexes, and all the various and progressive layers of consciousness which you shall experience.

We urge you not to be discouraged by the length of this process, but to realize, as we have said, that in each incarnation progress is indeed made, though you will be largely unaware of such within the illusion you now inhabit. We encourage you to realize that this is but a part of the process of "learnings" of your life, and it is a part of the progress towards the great mystery which again stretches out infinitely before each. But in your day-to-day life within the illusion, you may still consciously focus on and be aware of your problems and your intentions in the areas of which we speak, that is, the perfecting and the finding of the lens of perception through which you view the Creator and the universe of the Creator as expressed in the world around you and the entities who you meet each day.

As you greet each entity that you are encountering in your life's journey, whether that meeting be but for a moment or for a lifetime, you will be aware to a greater or lesser extent of the face of the Creator in the face of this entity. And you will also be aware to a greater or lesser extent of that process of the love of the Creator radiating out from the green-ray energy center to this entity, whether in the moment or throughout the lifetime. This is a process upon which you may choose to focus consciously, [may just] attempt to develop consciously. There is also one of which you may become more and more aware. For the reality is that the love of the Creator is all pervasive and your task is but to become aware of that fact. For all that you see about you, no matter how positively or negatively perceived, is but a distortion of that one great original Thought, which is the love of the Creator, and it is this love which pervades you also and radiates from you also, in whatever distorted manner it might be received by your self and those other selves around you.

Now, how shall you go about attempting to become more aware of this process and to begin to refine the distortions, so that what radiates from you is more closely aligned and not distorted? We may suggest first of all that which has been suggested to this group before in the form of simple exercises, that is, the attempt to heal the self as Creator, the attempt to view each entity about one as the Creator, the attempt to view each second-density entity about one as the Creator. As these exercises are practiced it will be noted that there is less and less necessity to make the courageous attempt because of the growing awareness of the fact that all about …

(Tape ends.)

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Sunday Meditation
July 22, 1990

Group question: The question this evening has to do with personal guides or guardians, the spirits that oversee the progress of an entity. We would like to know what is the purpose of the guides, how they function, and how we can become aware of their work and work with them in our lives.

(Carla channeling)

I am known to you as Q'uo. Greetings to you all in the love and in the light of the one infinite Creator. We thank you for calling us to your group and allowing us to be of service to you, for without you we could not serve and we could not learn, for you are most appreciated for seeking the truth. We ask, as always, that you realize that we have not come to eternal truth and do not speak eternal truth. We are not authorities and we come to you as brothers and sisters along the way of seeking the truth.

Pilgrims and colleagues and warriors of peace and love. You and we will always be much misunderstood. Consider that a great compliment but do not let it keep you from the humility demanded of those who would be servants, those who would serve all others in the name of the one infinite Creator. For you are not here to learn how to be loved. You are to here to learn to love. You are not here to learn how to be happy and content and peaceful. You are here to learn and in learning is change and in change is pain. You are here to be uncomfortable a great part of the time but with the divine discomfort of one who is progressing in its evolution as a being of light in the metaphysical sense, that does not perish, that has always been and is now and will be forever. This is who you are. This is what you've come to uncover, the part of yourself that was created by love and is pure, whole, healed and perfect love. For that never varies or changes.

Of course, in this incarnation you are blessed as are all those who begin the walk of conscious speaking with an equal amount of love and free will. As love is a constant described in your mathematics as c2, so free will is infinitely various. So you are all the same, precisely the same and paradoxically because free will is always various.

Each of you is unique. So let us begin from where you are and examine some of the questions that have occupied a creative and seeking mind.

We would note that as is often true, though the questions asked seem quite dissimilar, they are clumped in the basic quest for understanding of existence beyond this density. So we shall touch upon things other than guardians, leaving others to be more specific of about those things of which we speak more general. This instrument is telling us to be short and so we shall attempt to be.

As you know, we have a slight problem being short as your Danny Devito that is in this instrument's

mind. Our heads are bigger than our bodies in the metaphysical sense and on and on we go and we do apologize. We are so eager to speak with you and to share with you.

The reason that you have guides in this incarnation is quite simply that you need guides in this incarnation. Now there are two ways of answering the question of identity of these guides and we shall answer them twice so we feel that mathematically this has significance. These guides are portions of your deep self, the self that you identify as the nurturer; the self that you identify as the provider and the self that you identify with spirit having little to do with anything but abstract thinking.

These guides are also those independent personalities which you call angels and which are in congruency with ourselves in nature. Do you think we would appeal to you as angels? Angels are passé. We learned many years ago to lose our wings and gain a planetary identity. We speak still the truth and yet not all of the truth. So we are angels and we are those who come from without your planet, adding planetary influences of our own. So it is we who most happily as a Confederation choose this path of service as guardians, as guides, as compassion, and wisdom that can be reached for and achieved by faith, by listening within.

Why does a third density entity need guides? In all of the densities except for the third density there is not a veil between conscious thinking and the memory and the thinking of all of those with whom you share a geographical propinquity. Only in this density are you purposely made unaware that you are all one. You see yourselves as separate and you see the world as very, very challenging if not indeed nearly hopeless. This is no mistake. We ask you to learn to appreciate that which is known as negativity. If you wish to think of matter and anti-matter that would be one way perhaps of thinking of free will. There is no getting at the heart of things and at the heart of your self while your will is completely free and undisciplined.

Oh, you may have your joyful moments. You may smile in the sun and be kissed by the rain and rejoice in the snow. But in and of yourself you are not one who seeks the depths. For it does not seem that it is possible to achieve joy by being serious, by being passionate and by being persistent. This is what we are here to help you to do. It is always your choice. Your days are days spent in a classroom. Again and again you may ask yourself, "Why am I angry, why am I happy, why was I irritated by what just happened?" And as you honestly ask these questions of yourself, either at the moment or at the end of the day, doors will open to you because you have asked and what you ask you will receive.

You will find as you ask these questions that your free will is a rogue in the sense of being out of control and unpredictable. It is in its purest sense willfulness. It chooses at random that which it will do and pushes love before it. So love finds goodness in everything and will not insist on having an agenda to follow. The taming of the free will, the teaching it to understand what freedom of will really is, is the job of yourself aided by those portions of yourself that are of the deeper mind, of the comforter, of the various aspects of yourself which together make the higher self.

However, in this dualistic density it is often important for entities to feel that they can come into contact with the feminine principle or the male principle or the principle that has nothing at all of duality. And so the spirit, the comforter, divides itself for your use in case it is needed as such. You ask questions that are too deep for words and in a number of days you have your dream, your vision, your answer. And the longer that you pay attention to that which occurs to you and how you react to it the more you know about yourself and the biases that you have. You can then decide what of yourself you wish to keep. You cannot get rid of the love and you cannot change it. But free will is free and your will may discipline that free will, for you are free to do so. Yours is the freedom and yours is the will.

You will begin finding that you habitually act in a negative way concerning yourself, for instance, and you must call upon the nurturer for you do not feel that you are worthy. And the comforter is there to hold you and to keep you and to love you just the way you are. It is not the purpose of these guides to change you. It is the purpose of these guides to offer comfort and the wisdom that is part of yourself, in your deeper and hidden self. There are times when you find yourself engaged in a habit which intellectually offends you and you will probably call upon the male principle, for you wish not to be nurtured but to be kicked, to be shaken, to be taken out of yourself, that you may have a longer point of

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view and begin to see the damage you are doing and so cease to do it.

Usually the last portion of the guidance offered to you from within and from without is the androgynous or spirit-filled entity which has no bias and is a portion of oneness. You come to this comforter when at last you see that of yourself you cannot free yourself from your free will. The work you have done so far has given you a vision of what you wish to be. You are ready to make your choice. You are ready to surrender your willfulness to the higher self within, that self which is of love, which is of the Creator, which is connected with the heart of yourself and of all others. It is that guide which has no bias neither towards compassion or wisdom but only the consciousness of oneness that can aid you in surrendering your most precious free will in complete trust that you are only surrendering a small will to a will that you have created through many, many lifetimes, a will that you have deeply been yourself connected directly and immediately with the one infinite Creator.

Then it is that you discipline your will and you become passionate in your path of service. For you see that of your free will you may chose to serve and be a servant to all of humankind, serving the Creator in every moment, in every thought, in every hope and dream and ideal and in every humble chore in all things. Can you have the consciousness of serving the one Creator if the reason you will to do that which you do, even if it be sweeping the floor, is that you do it for the love of the one infinite Creator?

This is the illusion of separateness. You must be separate so that you can be hurt, so that you can be challenged, so that you can be taken beyond yourself and given opportunity after opportunity to chose to love Creator by serving others or love the Creator by serving yourself and forgetting the others. As always, there is the divine paradox that before you can serve others you must learn within yourself to love yourself. For the commandment reads loving your neighbor as yourself. Therefore it is not selfish to work upon the self. This must be done persistently, patiently and compassionately. You would not be here if you could do this well. You would be learning other lessons. To love is your lesson now.

It is also, as has been mentioned this evening, for that reason that the Creator placed the attraction that creates the mated situation between men and women. The thinking processes are the same in a mated pair of men and women but the woman has, physiologically speaking, a much stronger link between logic and intuition. This creates for the mated pair a mutual ability to serve each other as teachers. To honor your mate is to honor yourself, is to honor your teacher, is to honor the process of choice. Yet have few of you in this density used the opportunity to communicate with another unique entity made of love, to find the differences in thinking, to use misunderstandings as challenges, creating abilities to improve communication. Opening the mind, especially of the male, to the gentle and pleasant waters of trusting and resting and being inspired. The female also enjoys in that equal partnership during clear communication, the practicality, the effectiveness, the different way of approaching the same subject that the mate has.

Skill at communication is poor. Skill at communication between men and women is poorer. This is not, nor is it intended to be, an easy and unchallenging relationship. Due to free will in this density the oddest people mate. We find it always, especially that part of our self that is *(inaudible)* calls for humor.[2] For we look at mates that vibrate in such different ways that to pull together as yoke to oxen the cart of learning and advancing is the challenge of a lifetime. How poorly sometimes you entities do mate. It is well to find someone to whom you can speak.

In the density of love and understanding the mated relationship is there but there are two great differences. Firstly, there is no jealousy because the sexual experience is as common as the shaking of the hand. It is an electrical exchange that occurs without the need for the body or the vehicle touching. It is natural to those who are seeking together to share this energy. This energy is not remarkable, star-crossed, romantic or sentimental. This energy is the foundation of your passion. This passion the Creator had for you when He created you. This orgasmic intensity is love.

Realize that when you approach a mate you are touching the Creator and you are experiencing a communion that is holy; a sanctified, blessed Eucharist, a sharing that is part of your metaphysical being if you chose to make it so. You may chose not

[2] Carla: I would guess that their thought was, "especially that part of ourself that calls for humor to take things lightly."

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to but what a waste. The other thing that is different about mating in fourth density is that vibratory patterns are not hidden. Consequently, there are very few masochistic enough to chose one with whom one is eternally at odds. In fourth density all problems do not go away. Much remains to be refined. But you see in third density you have made the choice. Will you be master and cause others to serve you and control them for your benefit? Very well. You are upon the negative path and are so with the blessing of the one infinite Creator. Have you decided to become a servant one who helps without asking for return or thanks or acknowledgement of any kind? Then you have opened your heart to service to others. And in fourth density positive you shall not have to marry anymore than you shall have to have a name. Vibratory patterns and the blending together of vibratory patterns to create a deep third vibratory pattern which is the Creator, the male and the female.

It is obvious to all, the need for language is lessened considerably by the ability to move in harmony with the thoughts and the feelings of others without judgment and with the desire to help. If you will look at your church congregations you will see what was intended to be a social memory complex, a community based upon absolute and unconditional love. We are afraid that the teacher known as Jesus was not able to sell that idea to third-density humans but it is held forth as the ideal. For no matter how different you seem all of you are the Creator and to serve anyone is to serve the Creator. Never argue or criticize yourself but when you feel that you have acted inappropriately begin again. Allow that female spirit to nurture you in forgiveness and redemption until you are strong again, worthy again, and able to go forth with the feeling of blessedness that is truly yours.

Mathematics, from density to density, is impossible to express. There are certain characteristics which have been mentioned of this language. Those things which are true but have no way of being proven. For instance, if you have a language …

(Side one of tape ends.)

(Carla channeling)

We shall continue. We are those of Q'uo. If you have the language, "A squared plus B squared," it would seem that the answer would be the square of the number represented by A and the square of the number represented by B *(inaudible)* and here is an indication of mathematics to come. There is a different kind of squaring which means that one must include A and B with a 2, the language being, "A squared plus 2AB plus B squared." We ask for corrections as we have difficulty giving this instrument subject matter she is unaware of as she is not in trance.

What we are attempting to say is that the squaring changes. This density has a local habitation, a local geometry and physics and mathematics, a local time and a local space. All models that you can create which seem logical within this density are those which inform one only tangentially of mathematics of the future. Just as in the married relationship, to become one in third density, in fourth density and above, two remain two but they are squared or as this instrument would call it, doubled.

The energy of such doubling is that which we meant by exponential in our last speech on this subject. It is not a concept to be understood in this density. As this instrument already knows, to examine the first inklings of fourth-density physics one may look well to the work which describes this density as movement or velocity, called the reciprocal system. It offers two equal and simple bits of language, v=s/t, v=t/s. This density is an illusion to the very last idea of this illusion. In that which will come it will be more transparent that one may move in space, one may move in time, and one may move in eternity, the third option that has no mathematics at this time.

We are being told by this instrument that it is time to move on. This instrument and the one known as Jim are both most happy to entertain further questions at this time and we shall at this time transfer to the one known as Jim. In love and light we are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. May we ask at this time if there is a query to which we may respond.

Questioner: If I could, the last time we spoke you used the phrase *(inaudible)* concept language *(inaudible)*. Could you elaborate on the components of this language?

I am Q'uo, and we are aware of your query, my brother. We shall speak to the best of our ability

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through this instrument. This instrument has not the depth of meditation necessary to bring forth concepts with which it is not familiar. However, we feel that we may make a beginning upon this topic. The non-local nature of this language refers to a philosophical description that attempts to describe a situation in its most fundamental components. This has to do primarily with the articulation of the qualities of love and light as they are acted upon by free will. The free will being that consciousness which has evolved to a certain level of understanding or breadth of perception according to its own experiences and its efficacy in blending its vibrations with the creation about it so that it discovers the nature of the events, entities, ideas and interactions by becoming these events, ideas, entities and interactions.

This type of language is that which expresses itself by what you may call a kind of concept communication. Quite literally in your terms it is the equivalent of walking in another entity's shoes so that one approaches complete efficiency in the communication.

May we speak further upon this query, my brother?

Questioner: No, thank you very much. On another topic, could you comment on the nature and seriousness of divorce as you have already spoken of marriage.

I am Q'uo, and aware of your query, my brother. The mated relationship is one which provides the greatest amount of efficiency to those entering into the relationship and the learning of the lessons which are those chosen before the incarnation by each entity. The efficiency is achieved in a direct proportion to the intensity of the relationship, the vividness of the relationship. This intensity is enhanced by the familiarity between the two entities. As the entities become more and more aware of and informed by each other and the dynamics that grow between two entities as they share the life experience, this familiarity then describes in clearer relief the nature of the lessons that are being worked upon by the entities.

When there is a difficulty in perceiving the depth or breadth or ramifications of any lesson or set of lessons then there is the disharmony, the friction of the parts which do not fit, shall we say, into those places in the life experience that each entity has made for them. If the difficulty in fitting these pieces or portions of the life experience together persists and is not reconciled or given a place in each entity's life pattern into which it may comfortably fit then this disharmony we have found within your culture frequently results in that which you call the divorcing of the entities. That is, the removing of each entity from the relationship in order that there may be a cessation of the friction, a removing of the frustration that results from the inability to find a place for the lesson that was being attempted within each life pattern.

The seriousness, as you described it, is only that of the efficiency of the relationship and the efficiency of learning and being able to be of service as a result of utilizing that which is learned in the life pattern. The entities will find that the lesson which was being attempted shall repeat itself in whatever future relationship is attempted even if no further relationship is attempted. However, in the solitary situation the efficiency is greatly reduced for there is the lack of the mirroring effect, that which intensifies and in most cases clarifies the lesson at hand. In the beginning again with a new relationship there is the need of retracing steps that have previously been accomplished with the former partner. This, of course, in your terms takes time and there is much of the repeating these steps which means in most cases that the efficiency of the learning has been greatly reduced. However, there is always the opportunity for the realigning of the dedication and determination so that there may again be the resumption of the pattern of lessons and services and once again there may be the finding of the mirroring effect so that this process might continue the pace.

Is there a further query, my brother?

Questioner: Could you comment on the fact that is has a *(inaudible)* on marriage?

I am Q'uo, and am aware of your query, my brother. In your terms, that is, in the mundane terms of the culture in which you live …

(Tape ends.) ❧

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Intensive Meditation

August 2, 1990

(K channeling)

We greet you in the love and in the light of the one infinite Creator, whom we serve together with you.

It is, as always, our great privilege to work with you and to share with this group a new seeking. When you are seeking together, you are most congruent, though it may not always seem so to you in your illusion as individuals, and we take great joy in being able to share with this congruency of seeking.

We thank you for your dedication as individuals and as a group to the spiritual work to which you have dedicated your lives. It is a great service that you perform. But again, you are not aware of what you do and when what you do may be of help to others. We thank you for the service you perform both in aiding those about you in the third density and in offering to us the opportunity to be of service also, for it is rare that we may find such a group as this through whom we may speak as directly as we are able to in the vocal channel.

This instrument desires to know when it is being of service and we are aware that each of you has also had this desire or questions. We reiterate to you that what is of importance upon a metaphysical level is the desire to be of service, and the purity of the intent in the offering of the self and the dedication of the self to the work and to the purification of the self for the work.

The services you perform are many and yet they are one. They are many in that they manifest through a variety of activities which you perform throughout your days and these activities may seem to be largely different, one from the other. Your service may vary with a smile given to a stranger you pass on the street, to a look of love exchanged with one who is close, to the more obvious form of teaching and the vocal challenge which exists.

All these seemingly various services you perform are but one and that is the radiation of the love of the Creator, which pervades you and your illusion, have you but the ability to perceive. This is your service; to aid in the perception of the love of the Creator in yourself and in those about you. Is it not simple, my friends? Why then do you spend time worrying over whether you have been able to be of service?

When a being is full of the love of the Creator, and as you radiate and manifest the essence of that being, those who come in contact with you, whether knowingly or unknowingly, will see that which you have to offer. That is who you are—that is the Creator, who is love.

Now, there is much confusion in this illusion about the concept of love. We are aware of the differences in the expression of the concept in your various languages and of the various types of love expressed as different concepts.

When we speak of the love of the Creator, the metaphor perhaps most analogous which we may use to attempt to explain to you the metaphysical nature of love is that of the radiance of your sun. The sun does not necessarily do anything. The sun is. It radiates the essences of its being. It radiates heat and light and gives life by its radiance. This is the nature of the Creator's love—giving, simply and freely as part of the nature of its being.

This is the love that you may also radiate to those about you. The nature of your being does not necessarily do, it just is. It radiates this love. So, all you have to do, my friends, in order to be of service is not to rush about finding various services to perform, but merely to look to the heart of yourselves to perceive that which your true nature is; to allow that perception and realization to so pervade you that your awareness of it becomes also clear to those about you.

This is why we speak of the importance of knowing yourself. The true nature of the self is known. A certain transparency of the self is achieved; the penetration of the walls of third density illusion which surround you in the form of the bodies and the various societal conceptions and misconceptions of the nature of the individual and the illusion. When the true nature of the self radiates through the self that has become transparent, penetrating through the illusion, it shines out as a beacon into the thick darkness of the illusion that covers your planet.

We are aware of many groups such as yours that are attempting to do this work on an individual and on a group level. And it is this dedication on an individual and a group basis that is lightening the consciousness of your planet.

There are those that say that the small lights surely will not make any difference in the vast darkness. We know great beacons of light in the history of your illusion—the teaching of the one known as Jesus and other masters of the various religions and spiritual paths.

The individual may become discouraged in comparing oneself to ones such as these, feeling oneself to have but a small light to offer. We say to you that no light is so small it makes no difference. No matter the size of the light, it still shines and as you band together in your efforts, the effects of the light that you project are multiplied.

We will at this time transfer to the one known as Jim, thanking this sister for the willingness to receive our contact. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and reach you again in the love and light through this instrument. We are very pleased with the progress that was made this evening by the one known as K. We are aware of the difficulty with which the contact was initiated but we felt that it was worth the effort to remain with this instrument and to give encouragement that it was indeed ready to make the initial contact.

At this time we would offer ourselves in the attempt to speak to any queries which remain. May we begin with a query at this time?

Carla: I know that everything you've said about life being worthwhile no matter what is true, but how can you tell that to yourself when you're feeling really down?

I am Q'uo, and am aware of your query, my sister. Indeed this is a question that few entities have the opportunity to ask upon a prolonged basis such as you have had, my sister.

The very asking of the question is an event within the consciousness of the entity that asks it. That offers to the self the opportunity for the gradual transformation of the point of view. The feeling of great pain and discomfort which limits one's potential or activity are qualities which cause the attention to be focused in a manner unlike most experiences which you will have in your lifetime.

The intensive effort necessary to maintain the consciousness and the attitude and the desire to continue is an effort which, along with the asking of the question, causes a kind of tempering of the will while at the same time providing the will a further testing that will in the mundane sense seem to be discouraging, for as the will is tested and stretched to the limits for that entity in its exercise, it will seem to the entity that there is little that is left for the generation of further desire.

This is a most intensive testing. It is one which you have set before yourself as a means by which you shall further purify your desires regarding service to others and in a personal sense, regarding your acceptance of yourself for your ability to endure. The product of such a test is ultimately quite simple

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in that the entity has persevered long enough to give itself the opportunity to do so once again.

There seems to be no end to this kind of work upon the self. For the pain-filled situation tends to gather a kind of momentum and has the overall effect on the physical vehicle of wearing it down so that its energy reserves are low. This is the work of those few who wish to so purify their own vehicles that the sense of self and the security of the self are seen as those things which are fleeting, and the tension then is driven further inward in order that the focus might continue to seek the truer heart of that which sustains all that is.

This in its purest sense, or essence, is that indefinable quality which we frequently call love. Because of your love for the Creator and the son of the Creator whom you revere as your savior, the one known as Jesus, the Christ, you continue day by day, moment by moment to make the choice to serve in ways that are unknown to you, ways that are provided simply by your existence, moment to moment, you choose, moment by moment to continue and to continue and to continue, though there is little in the way of good reasons that the intellect may provide, that analysis may uncover. Yet there is that unquenchable thirst for the waters of love and by seeking the cup of such you radiate that which is not apparent to your eyes, but on the physical plane is obviously quite apparent as a desire which has been tested, tempered and found to be true.

Is there a further query, my sister?

Carla: No.

I am Q'uo, and we thank you, my sister.

Carla: Do you have any suggestions for me to teach channeling in a better way or [on] improving my technique?

I am Q'uo, and am aware of your query, my sister. We are very pleased with the openness with which this group approaches the learning and teaching of vocal channeling. There is the perception on the part of each instrument that a variety of techniques is most helpful in this process so that the training of new instruments might always contain some element of that which is familiar to serve as assurance for the new instrument and some element of that which is unfamiliar or new in order that there might be the opportunity at each working for the new instrument and indeed for each instrument to expand the abilities in this area.

Thus, we would not offer at this time any specific suggestion for the improving of this process for we are well pleased that the process is one which is firmly underway and we really are exceedingly happy with the progress that has been shown by each instrument and especially by the new instrument.

Is there a further query, my sister?

(No further questions.)

I am Q'uo, and again we thank you, my sister. Again, is there a further query at this time?

(No further questions.)

I am Q'uo, we thank again each entity for taking part in this process this evening and for generating a desire to come together for a working which removes the consciousness for a short time from those areas of the mundane activity in which you find yourselves ever more dutifully and intensively immersed. As your world about you tends to move you as though you were a pawn, it is a joyful sight for us to observe that there are those such as yourselves that are willing to move themselves from the dizzying round of activities to find a quiet place within that there might be the opportunity for the settling of much catalyst; the processing of it into experience; the giving of thanks to the one Creator and the generation of the desire to serve that one Creator in whatever manner is appropriate.

It is easy in your illusion to lose yourself in detail for much requires the attention within your illusion in order to accomplish what you call your daily round of activities and within such detail focusing of the consciousness it is easy to forget that there is a wholeness, a rhythm, and a pattern to the life which gives it stability and to which one may retreat in silence and in solitude in order to enjoy the nourishment there.

Again we thank you for inviting our presence again this evening. We look forward, as you say, to these gatherings and we are eager to join you each time that we are called.

At this time, we shall take our leave from this group. We leave you, as always, in the love and the light of the one infinite Creator. We are known to you as the ones of Q'uo. Adonai, my friends. Adonai. ❦

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Sunday Meditation
August 5, 1990

Group question: The question this evening has to do with what Jesus meant when he was quoted as saying, "I am the Way, the Truth and the Life; no one comes unto the Father lest he comes by Me." We need to try to balance that with the fact that when people pursue any particular spiritual path that person will construct for him or herself a unique path that may or may not—does it?—partake of this position or concept of which Jesus spoke, "The Way, the Truth and the Life."

(Carla channeling)

Greetings to you in the love and in the light of the one Creator. I am Q'uo, and it is indeed a privilege to share your meditation at this time. We bless you for your generosity, and your desire to know the truth. To listen to our humble opinions is indeed kind of you, and we are most grateful and honored to be asked to come among you at this time. As always, please remember that those things which we offer to you are our thoughts, not an infallible truth, but the truth that we have been able to call our own, at the place where we are now in our own learning.

The question you ask this evening needs answers in two different ways. We shall move to the first way as the lesser of the two understandings that may aid in diffusing the tremendous damage the phrase, "I am the Way, the Truth and the Life; no one comes to the Father but by Me", has caused. This instrument is not familiar with the day-to-day living, the means of worship, and the sociological description of the times of the teacher known as Jesus. Suffice it to say that as now, then also, the more learned was the teacher, the more complex and sophistic his rationalizations might be. The teacher known as Jesus wished a return to simplicity, and a turn to the realization of the unity of all things, a calling to all of the children of the Creator.

This entity did not agree, nor accept, the pluralistic ways, the negatively oriented hints which characterized the theology and the teachings of the teachers of his own religion, which was Judaism. The entity never asked to be elite; he asked only to be a servant, and he related to others as teacher and servant, not being authoritative, except by the authority that was heard and could not be ignored within this entity's tone of voice, mode of expression, and knowledge of those prophetic writings, holy works and sophistic, argumentative commentary which at his time pervaded his religion.

As is almost always the case, it was through intense examination of his own religion, through active, day-by-day immersion in the belief systems of that religion, with all of its faults, its idiosyncrasies, and all of those things which he considered to be wrong, that he became aware that he had been born in order to express a channeling, in order to learn how to be of service in the deepest way open to him personally.

He was given insight and vision through his contact with his Father. This humble servant called himself the son of man, not the son of God. He repeatedly said, "When you hear me, you hear not me, but the Father within." He said this many, many more times than is repeated in your holy works. He said this every time he spoke, just as we say to you we are your servants, we are your teachers, any truth which comes, comes through us, and through this instrument. We are not wise, we are students of the great mystery. So too, was the teacher known as Jesus.

The name of the Creator, within his religion, bore a great deal of resemblance to the word we use so often, that is, consciousness. The Creator's name, never spoken aloud, simply meant, "I AM I AM," or, "I AM because I AM," or, "I AM that I AM." I AM. This is the Old Testament Creator. This is a concept of great promise, great authority, full of nuances and mystery, and there was indeed a large body of Jewish mystics, which line exists to this very day. As a mystic, Jesus attempted to express the nature of redemption as being a surety of consciousness, a bonding with that Creator which could withstand the threat of death, for eternity was more important to the teacher known as Jesus than this little life, but he knew what it took to embrace eternity, and as teachers do, he attempted to use that which he had, the name of the one infinite Creator most familiar to those whom he was teaching. I AM, I AM. I AM the Way. Identification with the Creator, the Way. I AM, the Creator, the Truth. I AM, the Creator, the Life. Stand up and be counted, for until you know I AM, you shall not come to I AM. Faith comes first. To think that this teacher meant that it considered itself a human doorway is a potentially wholly destructive distortion of that which was meant by the teacher known as Jesus.

You will note that we do not deny that Jesus was the Son of the Infinite One. We do not deny Jesus the Christ. We meet the challenge that this instrument offers. To her, Jesus is Lord, and by Jesus she means that which cannot be spoken, that is beyond our words, but that is the one infinite Creator. Let us call it love. Let us say love is the Way, the Truth and the Life. No one comes to the Father but by love. This is a New Testament change, which would have been acceptable to the one known as Jesus, for to Jesus his experience of his beloved Father was love given and love received. Difficult things were asked of this man, but this man was a channel with great determination and greater faith. He was speaking to entities who were very simple people. He spoke to them in words that left nuances, aromas, questions to ponder, but simple ones. Those of his own time knew the name that could not be spoken. Jesus *(inaudible)* spoke half of it.

That is the first way of understanding this phrase. It was a simple teaching. It was the preaching of faith, which leads us to the second portion of the meaning of these words, and why they are not the only words that lead to eternity, but merely words which show the intensity, the devotion, the worship, the surrender; the love, and the desire to serve the Creator by serving each other.

All paths of service, if they be positive, full of love and light, harmless to all, are helpful to those who are comfortable with that particular story or way of bridging the gap between present and infinite. This entity indicated the intensity necessary for a life in faith successfully to move from the mundane world into an arching bridge connected with eternity. Those who call themselves Christians, and go to church once a week, are as little likely to be able to graduate into the next density as those who have no path at all, but simply are looking, and testing and trying, and thinking, and mulling, and refusing to make a commitment that leads to surrender of the smaller self, in order to make room in the earthen vessel that is your body for the expansive and loving self that you truly are, the self that is Christed.

That which is called religion works as a tool to polarize, purify, and discipline the seeker, not only one day a week, but every day. Better is the path which is alive in faith and service and worship that has been created by the entity itself, but that includes the forgiveness of self, the forgiveness of all others, an adoration and worship of the Creator, and a surrender to the Creator-self within, the self that is you but is a deeper and unknown part of you, to your conscious mind.

How do you get from your conscious mind to this extremely deep realization that allows a safe and peaceful surrender of the self, a trusting surrender, a safe surrender? It is the faith that comes from persistent, daily attempts at meditation, no judgment of the meditations, no taking the spiritual temperature, but looking always for ways to see the Creator, for ways to recognize the hunger and the

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thirst for that which the Creator can give only to those who have surrendered to their Higher Selves.

Any path, be it orthodox or personal, must consist of several things. A complete and unutterable faith that the Creator loves you, that the Creator made you because He loved you, and that it is only appropriate that you love this Creator in return. It is necessary that you deal in some way successfully with the understanding of your own eternal redemption. How could such imperfect entities as we be eternally forgiven and eternally given another chance, over and over and over, so that we would never lose courage, but simply pick ourselves up and try again? There is a requirement that we stand so four square, so honestly, earnestly, eagerly and completely in the light of this love and belief, this faith, that we realize it is our identity, something that we cannot possibly deny, that we would refuse to deny upon pain, even of death, for we have found out who we are, and we will not deny that.

This attitude, once digested, shall we say, makes us realize the enormous preciousness of each moment that we are conscious in this milieu which you call third density. Here, and only here, can you demonstrate your faith, for you have forgotten and do not see the reality of your light being, the illusion of your mundane self, and the great beauty that you may make of a life in faith, a beautiful gift, a substantial, marvelous gift, a rich and honeyed gift, for the Infinite One.

We speak to a group of cultural Christians. Each of you knows it is not necessary to find the Creator in one place or another. The Creator did not need houses built for it, for the house of the Creator is your heart, that room into which you may go and shut the door behind you. The most personal and intimate part of yourself is the part that has faith. If you do not have faith, you do not have a way, you do not know a truth, and you do not know how to live your life. Nor do you know why you are living, nor can you rejoice at the moment of your death, whether it be natural or placed upon you because of your beliefs, so that you are a martyr. Most unusual happening—seldom will anyone have to die for what he or she believes—but that concept must be seated deeply within yourself, because it is part of knowing for sure, in no uncertain terms, who you are metaphysically.

We accept a kind of vibration, which you may call Christ consciousness, or any other name which you may wish to use, as a description of one who is committed, and (our) hope when speaking to those of third density, is largely to help people remember who they are, that they are as tall, and as deep as eternity itself, that they have being, that they are and that they will be, but that this is the moment—and in cosmic time, 75,000 years is a moment—of decision. It is a decision that must be made without reservation or evasion. You cannot say, "I know I am supposed to believe in something, so I choose this path, and I will believe it." Rather, you must become what you believe, insofar as you are capable of it. You must begin to realize that the life you channel is a life of love.

You yourself upon the surface of life are in tempest after tempest, and your small boat often loses its rudder, but in faith that frail barque will ever be afloat, and ever be moving toward the destination of paradise, for you who live a life of faith, you who grasp the need to become committed to a daily recognition of the Creator, will find yourself in a well-watered and most beautiful place upon release from the clumsy, chemical shell which you now use to carry your spirit. If you do not know, if you do not live as a light being, or, and this is in the end the same thing, attempt each day, give time each day to the attempt to became aware of being a light being, then you will feel uncomfortable with the need of the metaphysical world to be absolutely who you are.

The paradise of which we speak is that portion set aside after an incarnation in which each soul is healed, each pain eased, each tear wiped away. It is not necessary to be successful, happy, wealthy, or any other of the values so shallow in your culture. It is necessary to seek, to ask, to turn, to forgive. How difficult to trust in the Creator, and how much easier to trust in that Creator when you are aware of who you really are, and that things which may seem unkind that happen within your life experience are those offered in true kindness that one may learn more and more to be authentic, real, healed of all lack of self-forgiveness and forgiveness of others, so that all is forgiven, all is accepted, and there is no thing which can separate you from your faith, no tragedy, no horror that can remove from you the knowledge of who you are, an absolute and explicit part of the Creator, a being of love.

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We do not hesitate to answer this entity's challenge that Jesus is Lord. This instrument has invested a great deal of passion and intensity in coming to know, to feel, to think, to act with an awareness of how the teacher known as Jesus might so react. The entity is active in faith. Each of you may be active in faith, but it cannot be done once a week, or when one needs comfort. It needs to become a part of each of you, to ponder, to revel, to rejoice and to allow your own absolute nature to be made known to yourself. You are an imperishable light being. You have chosen to be of service to the Creator by attempting to love those about you as if they were yourself. Are you a channel yet in your life, a way, a living truth, a silent witness, an example of life that reaches beyond the physical, the dropping of dust, and the disappearance from this illusion? One decision to move along the path of service is good, but you must keep making this decision, for your life experience was designed to allow you honest doubt, clear evidence that the Creator is not kind.

It is not easy to life a life in faith. Indeed, the more intense one's faith becomes, the more central and important, the more it is tested in the fire of experience, for faith is not rigid, it is flexible, adaptable, accepting. It allows people their own paths. It allows people not to find a way to eternity. It allows people to be where they are without regrets for them, because of the sure knowledge that one day they will awaken to their true self, to the I AM, and they will turn to seek the Way, and the Truth, and the Life that is yours in eternity.

Nor need you wait for this experience, for eternity lies in each present moment, and as your path of service moves onward, we pray you the grace, the alertness, and the ability to flow and adapt that will bring you to your own I AM, your own surrender, and your own experience of yourself as an absolute and ideal being, the greatest blockage to this way of thinking, being and manifesting, of the lack of self-forgiveness, the low opinion of oneself, a tendency to characterize the self as unworthy.

How long shall we accept the appearances of an illusion? Work as you will with those things which keep you from your awareness of who you are. Do not be discouraged if the rest of your life is taken up in the first step, self-forgiveness and forgiveness of others. You have all the time in the world to become your own I AM. Courage, my children.

(Jim channeling)

I am Q'uo, and I greet each again in love and light through this instrument. We realize that we have spoken for a lengthy portion of your time this evening, and once again we apologize for the wordiness which we find necessary in expressing those concepts which are our response to your most thoughtful query. We would ask if there might be any further queries at this time?

C: I have one, but on a slightly different subject. I study karate. There is a concept called the "chi," which *(inaudible)* that the power dwells in the area *(inaudible)* down about three inches below the navel. I was wondering if you could tell me anything about this concept of chi, and its relationship to the *(inaudible)* energy chakras, as far as location goes?

I am Q'uo, and am aware of your query, my brother. We will do our best to speak to this query, though it is one which leads into a subject which is interesting and intricate. The center, physically, of the physical vehicle for most entities, is that location of which you speak, and for any entity which wishes to move its physical vehicle in a graceful, power-filled and controlled fashion, will do well to move from this center, with this center fixed in its consciousness, for from this center, or any center that may be measured by gravity, there is a leverage which is possible that is not possible at any other point within the physical vehicle. This is a function of what you would call your mechanical physics. Because an entity is well grounded or in a firm foundation at this point, it may exert force in any direction in a more efficient manner by remembering this point, and by moving in harmony with this point. It is also true that from this point flows a kind of power which is also, shall we say, multi-dimensional in its nature.

This is a point which is very close to that physical location which you call the navel in which each entity upon birth is connected to its mother by the umbilical cord. Though this cord be severed, as is the case with each entity within your illusion, there remains a connection that is not visibly seen and is seldom felt, but is quite powerful, for each entity. This connection is with what you may call the prana, or creative energy of the universe. It is as though this energy were funneled into the physical and metaphysical vehicle of the entity through this connection.

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When an entity is aware of this centering point in both the physical and metaphysical aspects then the entity has at its command a great deal of energy that may be expended in a manner of efficiency that is in direct proportion to the entity's discipline of the mind. The practice of the karate, as you are aware, is a practice which trains not only the physical vehicle, but the mind as well. Indeed, the physical vehicle is but a tool of the mind and has but little use without the mind to direct it. In the practice of the art of which you speak this is most apparent to those who seek to master the ways of this art.

Is there a further query, my brother?

C: Which energy center would *(inaudible)*, what color would *(inaudible)* be in that area?

I am Q'uo, and am aware of your query, my brother. The center of energy most closely aligned with this particular area is that of the yellow ray, and in many drawings of your Egyptian culture you may notice that the entity that seeks power in this world and in the mundane sense will be depicted as having a center of energy flowing out from this area. However, the entity that seeks to blend this more mundane type of power with its own spiritual learnings will begin to transform the metaphysical nature of this power into that which proceeds from the brow chakra, or that which is the indigo ray. Thus, in its simple and unadorned state the energy is of the yellow ray, however, it may be refined until it is of the indigo ray as well.

Is there a further query, my brother?

C: *(Inaudible)* function well, I feel more a flush over *(inaudible)* much like the initial flushes that I had when I was *(inaudible)* a channel, it involves a *(inaudible)* that I *(inaudible)* tonight *(inaudible)*.

I am Q'uo, and we are unsure as to whether we find a focus for query, but we shall comment, for we feel we have a grasp of your statement. The feeling of wellness, of being flushed, as you have described it, throughout your energy centers, in both the channeling, the conditioning for channeling, and in the practice of the art of karate which you now experience, are means by which you have been able to bring your energy centers into a temporary alignment and balance that allows each to express in an unified manner the energy which is unique to each.

Thus, the feeling of well-being that occurs at these times. It is at these times that you are able to move your focus of consciousness from the more linear type of activity to that which, though it may be physically active, is more of the receptive mode, taking in the pranic energy, or that which in your art is called the chi, and moving that energy in a balanced fashion in order to accomplish a certain set of goals, whether these goals are simply to feel the energy in its movement and radiation to move the physical vehicle in a certain prescribed series of patterns or to serve as an instrument for contact such as of the Confederation of Planets in the Service of the One Creator.

Is there a further query, my brother?

C: *(Inaudible)* for the first time in a long time I really felt intense conditioning. I know *(inaudible)* try to, I find that what I need to do *(inaudible)* choosing not to channel, but the conditioning tonight was very intense. I felt, *(inaudible)*?

I am Q'uo, and am aware of your query, my brother. We must apologize for being overly enthusiastic in our greeting of you, my brother, for we were wishing only to aid in the deepening of your meditative state. There is also the consideration which we had hoped that we had accounted for, and that is that there were two instruments in proximity to you which you were able to feel the conditioning as a result of the closeness to these instruments and the sensitivity of your own instrument. Thus, there was the doubling effect of the intensity of the conditioning which you felt. We do apologize if there was any discomfort. This was not our intention.

Is there a further query, my brother?

C: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: Thank you, Q'uo.

I am Q'uo, and we thank each most heartily for we have enjoyed this evening once again …

(Tape ends.) ☘

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Sunday Meditation
August 12, 1990

Group question: The question this evening has to do with the general topic of the energies that are in motion in the Middle East, why there seems to have been such turmoil and confrontation within this particular area of our planet for so many thousands of years and what exactly is the pattern of the playing out of these energies that is now continuing in the Middle East.

(Carla channeling)

I am Q'uo. Greetings to each of you, my friends, in the love and in the light of the one infinite Creator. What a blessing it is to join in your meditation this evening, to thread our energies through yours and feel our oneness with you as we both seek the mystery of the Creator of all that there is. We are especially glad to greet and welcome those who are coming to this meeting for the first time. We hope that we do not *(inaudible)* make your mind going on as well in speaking too long. This instrument speaks to us often in her mind of our wordiness. We shall therefore surge through this evening's question with only one thought. We do ask each of you to be responsible for listening, understanding and taking in that which we say, but only as an opinion. We are not without error. We are not infallible. We are simply entities such as yourself who have been working to walk that path which leads home a bit longer, as you would estimate it in time. And so we reach a hand back to you hoping that we may be of service to you in our opinions and our thoughts. But please listen and if anything seems to be incorrect to you drop it and forget [it] without a second thought. For we would not mislead you nor be a stumbling block in your path of seeking.

That area of your Earth's surface known as the Holy Land is and has been for millennia a trigger point, as this instrument would call it. A place where whatever an entity has done in working upon its own consciousness will be magnified. It is a powerful place. A place of beginnings. A place lost in the roots of time upon the surface of your planet. And to this place more attention has been given, more love extended. It is as though there were upon the surface of your planet certain places which have their own power. There is none so potentially great as that which you call the Holy Land.

The energy has been placed into that earth, that sky, and on beyond by the prayers, the cries of terror, the joy of learning, and the passionate yearning for understanding of many, many of your peoples through many, many of your generations. Were all of these people moved by some magical means to Cleveland they would not be doing that which they are doing. Rather, they would be responding to the portion of the Earth's surface upon which they stand, this particular location not having any intrinsic spiritual power except that power that is understood to be in all things. That power is

enhanced to some degree by those who lived there before you and your people and to some extent all of your land is blessed because those who lived before you, whom you call Indians, are greatly aware of the Law of One and the way of life which may be called conscious, magical or faithful.

Those who live in the Holy Land are in a place which magnifies that which is upon an entity's heart. Now let us move away from this particular situation long enough to express the nature of your metaphysical makeup in terms of being a person of power, what some would call magic, what others would call wholeness. The Creator is best known to us as love. Love in its [classic meaning,] that which may be called intelligent infinity, contains most of that which is the Creator. But the Creator, by the power of free will, has the desire to know Itself. And so creations begin in those parts of the Creator created of love which is the Creator and an equal amount of free will, which is infinitely different for each person, have created each unique being, including yourself. Each experience that you have, each decision that you make is of vital interest to the Creator of all things. For as One gazes upon consciousness that is Its own consciousness becoming an actor upon the stage of the world, It learns about that infinite entity which has been made finite by this illusion in which you now enjoy yourself.

The Creator planned lessons based upon what It had learned from each of you and all beings that have been created and the last creation before this one. Its lessons were simple and you are at the heart of them. You first learn of consciousness itself and in that learning you may be anything, a rock, a sea, the wind, fire, earth. Everything is conscious that you may think of or touch. Everything is the Creator and [when] this has been seated firmly, you as an imperishable entity moving through these illusions learn the lesson of the light, of turning, of motion towards that which brings you warmth, blessing and help.

And so you experienced being part of the creation of the Father that you see about you—clouds, trees, animals. Eventually you are not just an animal but rather through loving some entity such as a pet who loves its master and being loved in return, your metaphysical self meets for the first [time] itself in a self-conscious manner. That is, as a person conscious of self.

This is your arena, your stage. Here you made a choice. You chose to express all those things that have gone before. All the lessons of consciousness and turning to the light with an innate love of that infinite One which made you. But there are two basic ways to express this love. You may attempt to serve others and thus are serving the Creator or you may attempt to realize that you indeed are the Creator and thus manipulate people so that you have control over them and have power in yourself. These are short explanations of that split, that choice which you must make as to how to express that love which you have for the infinite One which loves and created you.

There are lessons which await you: love, wisdom, the unification of love and wisdom so that for the first time love does not end in martyrdom nor wisdom in solitude. Once you have learned all these lessons you begin to turn back towards the Creator, your learning for this creation nearly done. The cosmos has experienced in terms of the time which is part of your illusion many millions of years. But as you are imperishable and will live eternally, whatever illusion of time you experience does not mean that there is a deadline or a [threat]. It is indeed true, as far as we know, that the time draws near for the close of this density of learning on this particular sphere. Consequently, many entities are here desperate to learn enough of the lessons of love to be able to graduate into the next density where there is much more harmony and where the lessons are those of one who has already chosen to love and be of service to others. It is indeed a different atmosphere than you are now experiencing and certainly different to that of your Holy Land.

We feel that you needed this background to understand that those who live in a place of power are like the crystals that you dig in your mines. Different crystals contain different properties and there are those healers that are able to use these properties to effect changes, to make entities feel more whole or healed. But often what does not occur to people is that the healer itself must be at least as crystallized within as the crystal it is holding or else healing will not occur in any significant amount.

So we have in the Holy Land those who are all potentially crystallized beings, even literally and physically speaking, that is, speaking of your physical vehicle that carries your consciousness around. You

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are potentially a crystallized being. So the greater portion of yourself by far is a kind of crystal. It is, however, not charged most of the time. That is the water that is a portion of all your fluids. They are all capable of crystallization. Great portions of your consciousness reside in a portion of your physical vehicle that is almost completely unused that is the frontal lobe. And there is great chance of crystallization there also which carries with it the inner centering consciousness of the energy center of the brow in what some people have called the indigo ray chakra.

More than this there are crystallized beings which you recognize as pyramids, the Sphinx, and other artifacts put there for the balance of this complex and troubled Earth. This crystallization has great power yet it is out of the frame. It is not placed correctly because of the passage of time and because of its misuse in the past. It was intended to heal and seldom has it been given the chance to be used in that way. It was intended to be a place of initiation and at this point it cannot be what it wishes, what it was made to be, for it is no longer properly aligned.

Consequently, [there is] this great energy in this place of so many people's thoughts and deepest feelings and prayers and that attention from the infinite One; and there are those of faith who are discarnate, who are there in hopes of helping to stabilize that place and the globe upon which it sits, [but who] are increasingly unable to be effective. The people have taken the power of crystallization and have chosen the path of separation, the path of controlling others for their own benefit. Called holy by so many, it experiences now a complex jungle of many, many entities whose lives dwell upon negative thoughts of holy wars and brave soldierly deaths.

It is at this time critical upon your planet that those entities of good faith and good will realize the importance that they have and the ability that they have to be responsible for lifting this heavy and powerful state of mind so that the entire planet is not engulfed in this dark tide of anger and grief.

As you meditate know that your consciousness is the most important thing about you. Your consciousness is light if your thoughts are joyful, if you find a cause for giving thanks and offering praise to the one infinite Creator. You can by your smiles and the lessening, unjudgemental ear share with people that light. They do not need to know how you came to be able to offer this. Never volunteer this information. Speak of these things only to those who ask of it of you. The world will change not because you are persuasive but because you are sincere, passionate and persistent in opening yourself, aligning yourself to become crystallized. We say the crystalline shape offers space, a spaciousness in which any sort of light which you wish may arrive. Each time as you decide to do that which indicates love for someone else and unselfishness of yourself, you are crystallizing your own being and lightening the consciousness of your planet.

It is not money that people need to solve this problem for man has his toys and always will. It is the realization that all people are powerful and they will be crystallized and opened up to depend on those repositories and carriers of love infinite and unending compassion.

We must stay away from the specific things that are occurring in this region but never not to lose contact. We can only say the time now is critical. That that which is called the holy city is indeed a holy city not because the Creator considers it a holy city but because it is old, because self-conscious entities lived in society there for a longer time than almost any other place upon your sphere. Millions and millions of souls have placed heart and soul and mind towards the protection of, the pilgrimage to, the deep respect for the Holy Land. Those who are between incarnations or who have chosen to remain discarnate also are very sensitive to those such as Galilee, as Jerusalem.

The loves of the Creator have not always been the same but they have inspired the same faith. Unfortunately, the more crystallized of many of the entities who are most devout have chosen to place the power of their crystallization in attaining more and more power, wealth and importance, not truly realizing that they are a trigger point, so that that particular area becomes truly hostile and warlike; the will of necessity to be that which no one wishes; the war which takes all of your peoples and polarizes them in separation from each other. It is not a desired outcome from the standpoint that we have of service to others that this should occur. We would encourage each of you to allow yourself more and more to be a crystallized being, a planet healer, one who is love made manifest.

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We will always fall down. We will always make mistakes. We will forget to meditate. We will not think upon our own personal power, your own deepest ideals. Do not by any means scold yourself or feel that you have in any way failed because of these things. Were you able to do all that we say you would be running out of lessons, not learning. Simply begin again. Persist, endure and love.

There is more that could be said upon this subject concerning the nature of the crystallization of entities and of how the crystallization of the pyramids and other such structures have caused changes. But we wish to not infringe upon free will. Therefore we satisfy ourselves with giving you the spiritual principles that make this particular area a sensitive area of this particular planet, more sensitive than many, many other somewhat sensitive areas, and to give some idea that the entities there have chosen to act in the way that they have.

Can you alter them? No, you cannot, [not immediately]. For all through the planetary consciousness, that the power that has become negatively oriented is short-circuited to some degree. Yet, my friends, you can [in that] you are part of the solution. If you do not pray, simply sit and think. Contemplate that which you are praying. Or visualize the love and the joy and the peace that you feel when you know that you are centered and in touch with the creative self within. Allow yourself to radiate like a beacon, a lighthouse and know that you are one of millions who attempt at this time to cause this planet to lighten this consciousness to feel it quite crystallized, now fuller and fuller of love. Many entities ask what is my service, what is my path, what must I do, what did I come here for? And we say to any and all the first and foremost thing of which you came here [to do] was to be loving in the face of a cold and unloving environment.

(Side one of tape ends.)

(Carla channeling)

We are known to you as those of Q'uo, and we shall continue, realizing that this instrument tells us that we must end quickly.

The illusion tends to give one the feeling that one is helpless and at the mercy of one's environment. You are not helpless. You have always the power of choice. Chose to seek that mystery which is beyond our telling or understanding as well as beyond your own. Seek the mystery and the paradox of spiritual truth. Steep yourself in love knowing that you are loved, loving in return and experiencing with an authenticity which touches your very soul the forgiveness of yourself in every and all circumstances. Then may you forgive all about you. That too will diffuse this potential difficulty as harvest approaches upon your planet.

We thank you for listening. We urge you to take your own self and your consciousness quite seriously. For you are indeed children of love and there you are by yourself seemingly little, yet together you have the power to become transformed into that crystallized being which has no sense of smallness or largeness but only of being love. That love can transform the face of this Earth which you love so dearly. We hope that you shall take yourself seriously, not denying yourself laughter or fun or joy. Be *(inaudible)* when you meet sullen seekers who have not yet learned of the joy. That is the concomitant of love.

Our thanks to you. We must leave this instrument for it is giving us a boot. Therefore we thank this instrument for its willingness to work with us and if the one known as Jim is willing to close the working through this instrument and leave the one known as Carla. We leave this instrument in love and in light. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet you again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any questions which those may find value in asking. Is there a query at this time?

Carla: In our family tree there is a myth or story …

I am Q'uo, and am again with this instrument. Do you have a query at this time?

Carla: There is the story about the Garden of Eden. I've never known whether it was a literal Garden of Eden or whether it was just the symbol of the beings living then in third density. Is there a Garden of Eden and if so is that just an old part of the world or is that the general [impression]?

I am Q'uo, and am aware of your query, my sister. This story, that of the creation of humankind upon your sphere in a Garden of Eden is one which has used semantic images and entities as a means of

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transmitting information that is primarily metaphysical in nature. Thus, there is no physical location that may be associated with this particular story other than the recapitulation of this creation within each entity as the entity becomes a conscious seeking entity.

Is there another query?

Questioner: This is a question for B, and we realize that you may not be able to answer but she would be grateful for any information. She has been in contact with an entity known as Kega and her experiences with this entity have been very positive. Would you have any information for her about this entity that you could offer, perhaps about its origin, about any connection that exists between this entity and herself or any information at all?

I am Q'uo, and am aware of your query and that of your sister known as B. We scan this entity and find that its great desire to know more of the entity Kega is that [barrier] against which we may not pass for we do not wish to infringe upon this entity's free will as it seeks those portions of its experience that are yet mysterious and which play an important role in its current path of seeking and of being of service to others. It is important for entities such as the one known as B to learn their way through the many mysteries, puzzles, confusions, doubts, disappointments and so forth which are a natural portion of each seeker's path.

When an entity has offered itself as a vocal instrument as the one known as B has done, the need to protect this entity's free will searching is doubled. For the entity has placed itself in a more obvious position of influence, not only the ability to influence its own journey and expansion of the point of view, but also the ability to influence others through the service that it has chosen. We can only say to this entity that as it seeks the solutions and answers to the many queries which are natural to a seeker in this position that it utilize those tools which are already well known to it. That is, that it seek with the purest desire available to it *(inaudible)* through its contact that may be illuminating in the process of the evolution of the mind, body and spirit. That it might share this information with those interested in such, that it might give as freely as it has been given to it. And that when there are doubts and puzzles that it repair to that inner being within the self and meditate and pray until it finds that there is peace and resolution when before there was turmoil and doubt. This entity has utilized these practices for a great portion of its incarnation and we are aware that it continues upon this path with diligence. We send our blessings to this entity in its chosen service and we send also our desire that this entity continue in faith and in will upon that path that it has chosen.

Is there a further query, my sister?

Questioner: The group of people that *(inaudible)* has been working with here today is very positively oriented [compared to] the contacts that she has worked with, that are [known as] innocent contacts, and she's noticed a great difference between those and what she's used to in a Confederation contact. The parameters seem to be quite different and she's noticed a great difference in the entity's place on considerations of free will by the Confederation whereas with the innocent contact that doesn't seem to be a consideration at all. Can you comment on those different kinds of contacts?

I am Q'uo, and am aware of your query, my sister. Those entities of this planetary sphere who have during some portion of their experience here have been incarnate and have walked upon your planet's surface are natural citizens, shall we say, of this planetary influence and when they have retired themselves to the discarnate experience, that of the inner planes on this planet, carry yet with them this naturalized citizenship that allows them to speak in a more broad-ranging fashion concerning others of this planet, energies of this planet, and the potentials or possibilities within both the future and that which you know of as the past of this planet and of its inhabitants. This is a natural working out of the energies that are of this particular planetary sphere.

When we or others of an exterior origin to this planet answer a call that originates upon this planetary sphere and seek to be of service in our own way we find that there is what you have come to know as the Law of Confusion or that Law of Free Will which is necessary to consider before any service is offered. For our frame of reference and place of origin, as you would say, is not only other than this particular planet but is different enough in its parameters that we must remain within those concepts or principles which are general enough to unite all entities in our attempts to be of service to those which have called for our service. Thus we are

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far more restricted in those areas of which we may speak freely. For in many ways we [are] able to see those energies and entities which have, shall we say, gathered about a certain area or entity and have influenced this area or entity. We are able to see these in a way which is both more intricate and in some ways more misleading if we were able to comment upon them than are entities who are native to this planet in their ability to see and to comment upon such inter-relationships. Thus we find our service is more effective if we remain in those principles which unite rather than focus upon those principles which upon the surface appearance and examination would seem to separate entities, one from another, by the simple description of one as being more or less of this or that quality, location, determination or nature.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and thank you, my sister. Is there another query?

Carla: I have a final one and then I promise that I'll leave you alone. *(Inaudible)* asked a good deal about the mysteries within those *(inaudible)* and wanted to know if he could ask specific questions in that line and also has requests from a colleague from the university who wished for you to tell him his social security number so that you could prove to him that you are real. The professor was aware that these questions were not [useful] as far as any spiritual or metaphysical meaning, and his question was why was he curious about things that have no metaphysical interest.

I am Q'uo, and am aware of your query, my sister. The entity of which you speak has found that there has been given through our contact information that is intriguing enough within his field of study that his curiosity about further information has moved in a fashion which you may describe as that of the shotgun. That is, he wonders if this contact is indeed legitimate, wonders if this contact can give further intriguing information, wonders if this contact can prove in an objective fashion to a colleague if it does indeed exist and can do tricks, shall we say.

We do not feel that this is at all unusual for many upon your planet to involve themselves in the seeking for information to enlighten and inspire the spiritual journey [and] also wonder about more mundane matters concerning the reality of this search for so much upon this path seems ephemeral, seems of the mind, seems to be slightly unreal. The setting is as the fool who walks off of the cliff without the slightest care as to where the foot shall be placed upon the next step. That is the nature of the journey for those who seek within the realm of the metaphysical, that which stands beside, indeed, that which undergirds your physical reality. However, we remind each seeker that those qualities and concepts and principles which are of most importance to each fail to be proven to any. For has any entity ever proven love, has any entity ever proven that there is such a thing as wisdom or peace which passeth understanding? Yet there are qualities such as these and others which each entity holds as a portion of its ideal and would give its very life for in the searching upon the spiritual journey. We are happy to speak upon the philosophical and metaphysical nature of any query, be it of mathematics or in any other field. However, we shall leave all proofs to those who write with pens and measure with rulers.

(Tape ends.)

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Sunday Meditation
September 9, 1990

Group question: The question this evening has to do with acceptance, and the ability to balance the responsibility one has in a situation that one sees as a problem. We have the ability to act, to react, to think, to analyze, to respond in different ways, and eventually, if one discovers that there is nothing that one can really do, it seems you are faced with the need to accept. How do we balance the need to accept what is in a situation with the need to have an effect upon a situation and to form the situation in a way that we think would be most helpful to ourselves or another person?

(Carla channeling)

I am Q'uo. Greetings to each of you in the love and the light of the infinite Creator. We are most glad to be with you once again to share our thoughts with you and to accept the sharing of your meditation with us. We use terms like honor and privilege and gratitude when we speak of the opportunity of sharing our thoughts with you, sharing just a few steps of your path as we sit with you in meditation, and it seems like perhaps the overdoing of courtesy or politeness. Indeed, we are neither courteous nor polite; we are truthful. We are with your people at this time for this purpose. Our work with color is for this time period finished. We have, as you know, become a principle with Latwii's agreement to move from the study of your color complexes in the various densities as you approach harvest in order to be able to aid the brothers and sisters of sorrow that you know as Ra.

Thus, at this particular space/time we have only one hope, and that is to serve. This is our means, not all of it, but a large part of it, of polarizing further towards service to others as our method of accelerating the pace of our spiritual development. So there is no one-sidedness; we do not stoop to speak to you, for you are our equals, indeed, you are ourselves, and we, you. The rest is illusion, for all is love.

The question that you pose this evening is one which seems, upon the face of it, to be a question regarding challenges that are impossible to achieve a satisfactory outcome with. When things are unacceptable to an entity, the unacceptability is usually not shallow, not having to do with the petty and the mundane. Usually, those relationships which one finds unacceptable for one reason or another are a substantial portion of the catalyst for learning that you yourself have set into motion before the incarnation. You are not faced with these unacceptable relationships because of some failure on your part to understand, or some failure on the offending entity's part.

Rather, you are gazing at a situation and you may assume, in most cases, that this is not unacceptable in the deepest sense, but rather a condition of

relationship that you yourself chose because you felt that there were, in your loving and compassionate nature, those difficulties within yourself which made the limits of your love and compassion, and the very power of your metaphysical or magical being, less. These you wished to bring into perspective. These are lessons with which you wished to work. You have in unveiled knowledge before incarnation done this to yourself, for there is almost no one upon your planet that has not come far enough along the path of choice that he cannot work actively in the arrangement of catalyst for an upcoming incarnation. Therefore, those things that you find unacceptable were intended by you for your own spiritual work.

When you gaze about you, you gaze about you with unique eyes. No one else sees what you see. No one else hears what you hear. No one else interprets things as you interpret them. There are times when the strongly inbred, inherent, deep personalities of two entities are unacceptable, either one to the other, or one-sidedly. It is because this problem has been worked on in this relationship in past incarnations.

However, that which is known among your peoples at this time as karma is only one reason of several that one may have had when one chose such relationships. One very substantial reason is the desire to graduate from this density, and seeing a lack of one particular way of loving within the self, the larger self and the God self choose to make agreements with those with whom there is no previous karma, but rather it is an agreement based upon one's own desire to work upon one's ability to love so that one may graduate and move onward to learn more harmonious and different lessons in the next density.

We would, in fact, give as our opinion that it is by no means the majority of entities who find each other unacceptable in some way, shape or form, that have had karma to be balanced. It is just as possible that the entities that you truly are—they being far more pure than you can imagine—have made agreements, one with another, for the mutual benefit of each. Each need usually in these relationships to learn the same kind of lesson about love, and we believe that the word in the question was "acceptance."

We would suggest, to begin to get an idea of things one may do in this situation, that you think of the pure and beautiful spirit that you are and that the other entity is, who fearlessly and boldly and courageously made these agreements to come into a path which involved the ordeal of not being understood, and in many cases, not being loved. It is even more intense an experience within your illusion for those who are wanderers, for their sensitivity registers at all times a state of some discomfort with the planetary energies of your particular sphere. It is as though you faintly remembered a beautiful tune, a wonderful song, a lovely poem, but you cannot find it. That is because the veil has been dropped, and those things are not within this illusion.

Thus, we suggest that you immediately, when faced with a recognizable situation of finding another unacceptable, move back and contemplate the process of spiritual evolution. It is, in each case, a drama, of whatever kind you wish.

The natural wish among your people at this time is to be loved and accepted and cherished. Very few entities are able to experience this state of mind in a steady state, for it does not fit the parameters of the illusion you now enjoy. Largely, there will be some misunderstanding at all times between all peoples, for the veil has been dropped, and instead of gazing at the perfect beauty of the true being encased in such heavy chemicals and water and all of those things which are held in the complex energy field of your body, it is necessary to look at that which is not visible, that which is not even thinkable within the illusion.

So, it is well to put the intellect to one side, and to realize that this acceptance of entities which you find unacceptable is for you important, not to find the solution, for when these agreements have been made before incarnation they normally have been made because the entities have very, very deep biases which will give each other catalyst; thus, it is unlikely that the outward situation changes. Although it is always possible, it is not probable.

Now, when it is karmic, as you would say, it is simply a matter of forgiving, and the lesson is over. Most people this close to graduation are somewhat beyond these lessons, or at least have very little karmic difficulties which have been bred within this illusion. What, then, can you do? "Where," as this

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instrument likes to quote, "is the love in such a situation?"

The answer, though simple, is difficult to enunciate. Those upon your planet have, because of their sightlessness, metaphysically speaking, the tendency to wish to control situations so that they are not so agonizingly difficult. It is a natural inclination for those sensitive souls who are already dealing with discomfort from the vibrations of third density. When you add to that intense and unacceptable relationships, you have given yourself a great deal to learn. May we assure you, nevertheless, no matter how unglamorous it seems or how sorrowful, that you have a good deal at stake in taking on these substantial challenges.

You as a spirit are honored and thrilled to be able to be incarnate at this time. Yes, you incarnated here, each of those in this circle, as wanderers, with a wish to help others. But because of the opportunities of third density, it is quite typical for those who wish to serve also to wish to become even more transparent to the love and the light of the infinite Creator. This, of course, does mean the ability to accept the unacceptable, to love the unlovable. You did not come here to learn how to be loved. You came to this particular sphere to love. If the unacceptability of someone close to you is not recognized as cold-bloodedly as possible as the opportunity you have given yourself to accept the unacceptable portion both of yourself and the other person, then you shall at least know the direction in which to move.

Let us back up and review just a bit of information about the way entities think within your illusion. In your illusion things are finite. The highest form of communication among your peoples is word by word communication, a most difficult way of gaining understanding, because even the most intelligent and dedicated communicator uses words which have more or less power for the self, but not the same power for the other self. Consequently, communication on a logical, conscious level is almost bound to be often extremely difficult, never impossible. Does this sound like a challenge you would give yourself?

We have spoken before of mirrors. When there is an unacceptable relationship, part of the love in the lesson is to realize that this unacceptable entity is yourself, not because of something unique between you two, but because we all are one. When both entities who have placed themselves in situations where they are in relationship with a difficult personality for them, the natural human attempt is to communicate, or to avoid. To avoid dealing with the relationship is to turn your back on a challenge you have given yourself.

We may note that taking this challenge too seriously will cloud your heart so that it cannot operate properly. If one of the entities does not yet remember why it chose this relationship, then it is that the love lies in seeing into the physical vehicle, seeing and comprehending in trust and faith and without fear. Thus, each time that you see the unacceptable entity, it is very well for you to say to yourself, "I came here to love and serve. I do not have to be loved. I do not have to be understood. I do not have to be consoled. For all of these resources are within me." This is the thought process, as you clear out the attic of mistaken ideas, that brings you closer and closer to high polarization and service to others.

When one says "unacceptable," one is judging the self and the other self. The thought itself is damaging. If there is a possibility of keeping the mind centered long enough to say, to yourself, "I am here to serve, I am here to love, I am here to forgive, to heal,"—and all of these things are possible through surrender to the self in its higher forms, which in the end becomes the God self—if you can take the few seconds to remember who you are, what sort of being that you are, and if you correct yourself every time that you say "This is unacceptable" within your mind, you are most likely to make great progress. Progress on your part is not dependent on progress upon the other person's part. Your part is simply to learn better how to love unconditionally.

There are many, many, many distortions of being, and all of you are fooled. You have suspended your disbelief by a radical move of moving into service in third density where there is a veil of forgetting. Now, you know that that veil is there, and you know that beyond that veil lies a truth that is a higher illusion, that is, one closer to that which is the mystery of creation than the one you now experience. Thus, it is well to tread lightly upon your own thoughts, to avoid any sort of blame of yourself or the other person, to recognize that neither of you has learned exactly who you are, exactly where you are going. Third density is a density in which learning is done in very dim light, in which choices must be made by

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blind faith against a backdrop of often quite negative circumstances. Are you your circumstances? Are you your relationships? Or are you a co-Creator?

Now, we would answer in two ways the practical, down to earth—please forgive our pun—tools of dealing with this situation. First of all, it is necessary to see that the responsibility for this reaction is not the fault of the catalyst that you have been given, but the fact, which is not a fault but merely a condition, that you are not yet able to see that other self as whole and perfect. This is an attitude, a bias, that you came here to shift and change. To one who has no fear, to one who wishes only to serve and love, nothing is unacceptable, for each entity is the Creator, or as this instrument would say in its distortion of belief, each entity is the Christ. All of you are potentially Christed beings. It is up to you as to how you go about moving along the path towards unconditional love.

The second way that we would suggest that you think about this situation is to gaze within the self, and to try to communicate, not with another person, but with the self, for the root of the seeming difficulty in all of its enormity, often, is that there is that within yourself which still retains some desire for control and for protecting the self from the realization that the faults that you see in others are only a mirror image of yourself. If you did not have work in consciousness to do in an area, you would not react by having difficulty. Those things you have already learned become part of the human comedy. Your goal, to put it whimsically, is to see more and more of life, not only as the opportunity to serve and love and move forward in your own development, but to appreciate and find, in the end, merriment in all facets of the human experience.

You are within your body human, that is, a term connected with incarnation itself. Humans are those who breathe in the limitless love and light of the infinite Creator, without realizing by any outward knowledge or any proof that they are doing so. So turn this mirror clearly towards yourself, and release the other who is unacceptable in your thoughts when you are working with your own contemplations, prayers and meditation, for the only entity that you may effect changes within is yourself.

It is the gift of grace, of simple faith, that enables one to pull away from the seduction of confrontation and unwise communication. It is better to remember that one is a servant, a humble and loving servant to humankind. Those who are closest to you are usually those one finds unacceptable. Thus, you receive the catalyst that you asked for and that you need according to your own opinion so that you may erase from yourself those last vestiges of desire to control, desire to make things happen your way. What you wish to do in your heart of hearts is to move deeper, and to open the heart past those last conditions, those last expectations, remembering always that those expectations and feelings will encourage the use in your daily life of what you may call affirmations of the deeper truths and of your true desire, for what you desire will come about.

Thus, when you begin to think poorly of another, find a way to break into the pattern that you are attempting to change within yourself, that will allow you to judge another simply because you yourself have work to do in the same area, and therefore are uncomfortable.

This was not intended to be a comfortable life; this was intended to be an incarnation of very hard work, for the surrendering of the desire to control, and the acceptance of the need to be loving, whether there is love returned or not, to be understanding, whether there is understanding returned or not, is paramount in your path of service. This is what you are doing for yourself. This is the gift you gave yourself. Cherish it. Be honest with it. Be thankful for it. And use the tools of stepping back, making affirmations, and, if necessary, walking away from the situation in which you have to some degree become unable to do these things, long enough to be able to regain your perspective of infinity.

It is not that you have enemies and friends, that is the illusion. In truth, you do love all beings, as you love yourself, and if you do not love another, you must look within yourself to find why you are upset, why you cannot accept. With entities who are very close to you, and who are in this situation of mutual antagonism, the patterns have repeated themselves so many times in communications, each with the other, that they seem to become set in stone, and it seems impossible to change the situation. And that is true—you cannot change the appearance of anything. What you can do is realize, through the work that you do with your own consciousness, that you do love yourself, and you do love all others, for all of you are one being, and how could you hate, or

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find unacceptable, your own consciousness? To do so is to place the brake upon the advent of your spiritual evolution.

Now, we are not suggesting that you become prim and proper. Perhaps the most effective tool to use in situations where you must move more quickly than you would prefer is a sense of humor. If you have a genuinely deep sense of humor about the human condition, the more outrageous the temptation to find another unacceptable, the more of the sometimes bleak, but always unimaginably funny, human comedy can be seen, if you are able to find the perspective to do so.

You are not your bodies. You are not your intellect. You working to open your heart. We do not suggest that you embrace servanthood to the point of your own self-destruction unless you feel that it is your path to do so. What you wish to do, in truth, is to recognize what is your situation, and to keep recognizing that situation as it changes, accepting that the goal of this incarnation is neither happiness nor contentment, but service to others, and the learning, for yourself, of how to love without condition.

We ask you not to be discouraged as you strive and strive to do so, but seem somehow unable to accomplish that which you attempt. Long term relationships which have suffered from unacceptability in one way or another take an equally long period of time usually to untangle. Instead of wishing for the entity to do things your way, it is well to feel what you are feeling, but also, at a later time, to realize the dynamics of those things which give you catalyst. They are wonderful resources for your own work in your own consciousness.

We realize that as usual we have talked too long. We were about to launch into further considerations, but we feel that our time is up and this instrument wishes for us to say farewell through this instrument, and so we shall. We thank this instrument for speaking upon a subject which in truth she was loathe to attempt, as the instrument is indeed one of those who asked this question. We hope that the tools that we have made available are part of what you may use to move into harmony with love, acceptance and the allowing of all entities to be as they are, and that includes yourself. You cannot push a flower out of the ground. You must wait, nourish it, feed it, water it, let the sun shine upon it, and give all credit, all glory and praise and thanksgiving for the bloom to the Creator of that bloom. You all are stewards of an immeasurable bounty of riches. Your birthmark is joy unrestrained, and overwhelming love for all.

We pray and hope and have faith that each may find this occurring as each works with his own catalyst. However, if our words have not aided, and do not speak as your personal and subjective truth, then as always we ask you to disregard them.

At this time we would transfer to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us this evening. We realize that we have spoken long this evening, but we are quite happy to speak to any query at this time. Is there a query at this time?

Carla: Yes, I have one. Two other channels, whose contacts are quite a bit different than my contact with you, would like to get together with me and work with *(inaudible)* get together that you may speak *(inaudible)*. Is that a *(inaudible)* so often attempt to find the differences between one path and other.

My question is this. First of all, is it acceptable to you that we do this project? Secondly, *(inaudible)* while my eyes are open and I am attending to what the other contacts are saying? *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. First of all we are happy to serve in any way that it is made possible for us to serve. We go where we are asked, shall we say. Secondly, speaking to your concern that you be able to keep your eyes open in order to determine what is being channeled by the other instruments, we might suggest that this is acceptable, and it is then easily possible for you to close the eyes when it is necessary for you to speak our words through your instrument. There is a contact that will remain lightly present while your eyes are open that may be reaffirmed and strengthened when you close the eyes in preparation for speaking our words.

Is there a further query, my sister?

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Carla: Yes. Usually when my eyes are open and I am focusing on *(inaudible)* channel is deaf, and consequently her speech is a bit muddled, *(inaudible)* with my eyes open, but *(inaudible)* or shall I just *(inaudible)*?

I am Q'uo, and am aware of your query, my sister. We would suggest that you proceed by allowing each instrument to voice the words of her contact in a "round robin" fashion, so that each has the opportunity to speak in turn, continuing the cycle of speaking for as along as you predetermine the sessions shall continue at a sitting. It may take you some time longer to prepare for your contact since you go through a more lengthy process of tuning and challenging than do most instruments. However, each instrument is unique and there is space and time available for each entity to be comfortable within the framework that it has developed for itself.

Is there a further query, my sister?

Carla: Are you comfortable with Emanuel and Aaron and are they comfortable with you?

I am Q'uo, and we speak only for ourselves in responding that we are quite comfortable with these entities.

Is there a further query, my sister?

Carla: No. No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we observe the lull in the questioning that corresponds with the waning of the energy of this group and we do appreciate the attentiveness of each within this circle of seeking, for it is quite helpful to have the concentrated efforts of each entity in order that the energies available to the one serving as instrument be constant, and we are always glad to be able to work with this group, for the level of concentration and interest and desire is quite high, and stably so.

At this time we shall take our leave of this group, looking forward, as you would say, to those times in your future when we shall be able to gather with you again. We leave each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Sunday Meditation
September 16, 1990

Group question: The question this evening is a continuation of last week's question, which was on the general topic of how one deals with a totally unacceptable person or situation when you have attempted to do everything that you know how to do. How does one balance the doing what is possible with the accepting of the situation? There seemed to be more information from Q'uo last time; we would like that information this time. Then at the end, if you have time, you might give us a little information about how Latwii and Ra have blended together to become Q'uo, just how do you do such a thing—equal parts of one, stir, bake at 350 and serve chilled, or what?

(Carla channeling)

I am Q'uo, and greet you in the love and light of the one infinite Creator. To Her service we are dedicated. It is our great privilege and honor to be asked to join your own seeking as you sit in meditation this evening. We are pleased that you asked us to continue speaking upon some of the more telling ramifications of the concept of unacceptability. We ask, of course, as always, that all remember that we are not infallible, and discrimination is requested. Each will know his own truth, what seems not appropriate to be left behind, for we would not be a stumbling block before any path that leads to the presence and the awareness of the One Who is All.

We are continuing to speak upon the subject of accepting of the unacceptable, forgiving the unforgivable. We have noted much upon this subject in general, and so we would like to speak about an aspect of this question that we are happy to be able to have more time to discuss. Each of you is well aware of the way those things in the distance appear very small, whereas those things just before one loom large. Many call this a sense of proportion. It is the key to observations of any kind which may be helpful when they are of an intellectual or reasoning nature. In situations in which the intellect is not used, the sense of distance, or proportion, continues to be an excellent tool for achieving a state of mind in which the heart, the true and deep mind, may learn the lessons presented by the unacceptable and unforgivable entity, relationship or condition.

We have spoken already about love. We would speak now about the free will that is beyond understanding, and is the first distortion of intelligent infinity. Without it matter could not have been illusorily created. Without it there would not be dimension, or the illusion of time. Without free will there would be only love unknown and unknowing, that is, the essence, the Logos of Love, which is the Creator. As this love is unconditional, whole and pure, just so is free will absolutely unpredictable.

Thus, as each sub-sub-logos—each of you—chooses to enter upon the path of accelerating your spiritual growth, you are dealing with a sensibility of mind which is all too firmly connected and concerned with the bodily, mental and emotional needs which have been acquired within the illusion that you now enjoy. Many, many choices that you make are not based upon spiritual principles, for your experience of life is that it moves too quickly sometimes in its actions for an entity to have a sense of proportion about what is occurring. The reasons for this are bound up in the principle of free will. No two entities are alike, and no one entity shall remain as it is throughout an incarnation.

The incarnate state is one of constant flux, learning, loss and opportunity. The loss is artificial in that it consists of the empty places made by those persons once loved, now discarnate; by truths, once loved, but now seemingly necessarily discarded; by ideals which the world you live in has provided enough catalyst to undermine in your own experience. And so, because free will, like the wind, blows hither and yon in all entities, it is inevitable that those who plan to learn as much as possible in one lifetime will arrange to have serious and fundamental challenges to its understanding or grasp of the principle of unconditional love.

In order for an entity to be able to find the self that can do this, it was necessary to find that which is woven with free will in order to make a physical illusion, and work with it in such a way that you are at least temporarily able to untangle the strands of love and free will. When you see, and know, and trust the absoluteness of love, the mind may rest much easier, the heart may become aware of its truer intelligence, and the responsibilities of meeting the challenges of difficult relationships and impossible situations begins to change and transform in shape.

We of the Confederation of Planets in the Service of the Infinite One have often spoken of the need to discipline the personality. By this we do not intend to mean the controlling, the suppression or the repression of any feeling that you truly feel, any thought which you truly think, any action which you do feeling that it is appropriate. These are each entity's choices, choices which one is unable to make while remaining concerned primarily with that which is mundane and of no spiritual consequence as far as you subjectively can see.

In fact, all things are fraught with spiritual teaching. All of the creation sings its song of love to you. But it is the disciplined personality who has gained the perspective on the value of mentation and the far greater value of the infinite wisdom of the heart. Thus, when challenging situations occur, one who has the firm foundation of a life in faith will not fear the unforgivable, will not fear the unacceptable, will not need, in fact, to react unless as an entity of the heart there are those things which you feel may aid in a spiritual way that one which is unacceptable.

Thus, your only responsibility is to love. You do not have a free will responsibility at this point, for free will does not forgive, it is love that forgives. Thus, as you step aside, disciplining your own freedom in order to serve and learn, you experience a love you could never experience within your humanity, a love which is in infinite supply. And to that difficult or impossible situation or entity you simply send love, and use your mental capacities to reason with yourself as to the cause of unacceptability, gazing at the situation, not with an eye to solving it, but with an eye to understanding the unacceptable entity or condition, and when that is done, to forgive it, to forgive yourself, and be clear and ready to gaze without any fear whatsoever at the situation or entity, for there is love and service in this opportunity.

This is a simple and seemingly rather glib summary. It does not take into account the enormous difficulty of doing these things within your illusion. And so we would speak of an aspect of your illusion that is absolutely necessary to the illusion, but is that which baffles almost all entities. You know free will if you know the wind. The winds move here, the winds move there. The winds bring rain and are a boon to your Earth. The winds bring storm and destroy life upon your Earth. The winds are zephyr soft, touching the cheeks of lovers on a summer night. The wind carries raging snow that blinds those who challenge it. In short, the wind is an influence not to be influenced.

In metaphysical sense, the wind that blows for you and moves you about on a level of which you are unaware is free will. It cannot be predicted. It cannot be wholly understood, and yet it is the same experience for all entities. If the wind is blowing within your illusion, no matter how many entities experience the same wind, they all will acknowledge that it has passed them, for they have felt its effect.

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The world of metaphysical things is more subtle. The effects of free will are just as subtle, but set up situations within your energy web where you are open and vulnerable to the challenge of a distortion of love brought about by another's free will.

So it is not you that finds another unacceptable, nor is it another which is unacceptable. You have the same nature, but you do not have the free will you had yesterday, and tomorrow it will shift again. So it is with the other entity. It is that free will portion of yourself, not your deepest self, that generates judgment such as "unacceptable," "unforgivable." Within the heart which is freed by a discipline of personality, and given a path of service by freely made choice of the entity, love abides, and your instinct is to send love to that entity which is in enough agony to act inappropriately and to act as painful catalyst for you.

In this painful catalyst you may see in the other's free will choices, free will choices of the self, made with distorted understanding. Consequently, all statements of judgment of others are made not with the heart, but with the mind and undisciplined free will, for the heart will not judge. The heart will accept and allow the self to be the self, and other selves to be their selves. The heart of one who is positively oriented does not control an unacceptable situation to cause it to be acceptable. It controls the often destructively illusory free will portion of itself that it may move into a deeper self, into the wisdom of the heart, and from that standpoint all conditions of entities are seen as part of a blueprint of evolution which it is up to you to learn to grasp at least in essence.

Now, the wind is often used also as a simile for that which in the spiritual distortions called Christianity is named the Holy Spirit. As all things are holy, if it is acceptable to each we shall use the term, "Comforter." That which is carried upon the wind of spirit is alive. The spirit of the consciousness of Christ is alive and speaks to the world today saying, "Peace, peace, forgive, console, pardon, and start with yourself."

Now, this Comforter does not give comfort any more than the teacher Jesus the Christ gave comfort. Healing this entity gave, and freely, strength to the weak, sight to the inwardly blind as well as outwardly blind, strength of limb to the lame. But did this entity ask to be understood? In your experience, has any entity whom you have considered great or wise asked that you understand him or her? It is unlikely, for it is unimportant to those who live in the heart. They do not need to be understood, and consequently they do not attempt to be understood. Spirit does not attempt to be understood. The comfort is in its understanding, and your comfort also is in understanding.

Step back, back and back to the beginning, before the beginning of time to the very beginning of creation. You were created before your environment. You are the light, the active principle of the Creator, and we use that term apropos, for we wish you to understand the term "principle" as we use it. You are, in the deepest sense, the Creator, and in distortion upon distortion, because of your illusion and your own biases within that illusion, you are more or less a distortion of the Creator. Thus, you too begin to take within yourself the unpredictability and the divine guidance of the wind of spirit. Without fear you are capable of moving as you feel to move, capable of learning that which you feel you need to learn. Little by little, the disciplining of that free will, which is your very nature, yields to meditation, contemplation and experience, and you take the wind within yourself, the disciplined wind of the most perfect free will, that will to seek, know and be a transparent exhibit of the love that flows through all.

The process of opening one door while closing another is again difficult because of perception problems in this illusion. Free will in its raw and untamed state is almost precisely the opposite of true freedom of will, which is the will of one who is disciplined and freely chooses. Thus, not being blown about by the wind of the self, you may then internalize the wind and become aware of the spirit. And as you become aware of this spirit you shall find yourself moved in mind, in emotion, and sometimes even geographically, in order to do those things which you have not after all forgotten you came to do.

The wisdom of the heart is full of this blueprint. The conscious mind, governed by logic and free will, can never accomplish this. To move from head to heart, while retaining the concept of mind, is not anatomically sensible, but it is the best vocabulary we have to describe the deep love and security which you may find when you have accepted the wind within you, for you are spirit. It is the body which is

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weighty and full of chemical reactions that are part of this illusion.

As you offer your free will to the blueprint you have planned for yourself, you become free and enabled in your actions. In this awareness there is nothing unacceptable, nothing unforgivable, but only that which may be seen as this or that distortion of love brought about by untamed free will. Free will holds up the mirror to free will. If you gaze at another and find unacceptability, realize that that is a mirror. Now you may do your inner work, for you have been aided by that entity which has been disparaged and judged. What is there within you that must be forgiven? For if you judge others you have not forgiven yourself. If you are completely self-forgiven you have absolutely no need to judge, for you have no fear and nothing to defend. You can see through the free will, having seen through your own. You can tame the wind for yourself, and you can be of service to others by mirroring to them as honestly as possible that these are actions that you choose to make, and you choose them because they are of spiritual aid in the service of the Creator to this beloved self, that is you, in other-self form.

You picture yourselves, most naturally, as entities with a head and a backbone, two arms, two legs, the requisite number of organs and digits. You are a kind of entity you cannot understand as you gaze upon your physical vehicle. The difference between you attempting to move through …

(Side one of tape ends.)

(Carla channeling)

… the difference in your consciousness between seeing yourself as this physical vehicle, and seeing yourself as spirit, is the difference between being blown by the wind and being the good and kindly wind that blows love always, that is open and fearless and is vulnerable, unafraid. Once you have found your own essence you shall never fear again. It is the catalyst caused by facing the unacceptable, and finding ways to offer love and to glean and harvest love in the situation as well, is the wisdom gained through this shift in identity from chemical plant which moves you about to the essential self which is humble, nonjudgmental, completely unafraid, completely free, and completely able and willing to listen, to understand and to love the tormented hearts of those caught in this illusion which you now enjoy, caught painfully, caught unbearably.

If someone is unacceptable to you, that entity is deafened by the wind of his own free will, and has an extraordinarily distorted expression of love to offer. You cannot heal or help the other self, but only make your own choices. The entity that is unacceptable does not impinge upon you. It is merely catalyst if you still have work of your own to do in forgiving yourself for being all things, including many, many things which you consider unacceptable. You are carving out for yourself the right to ride the wind of spirit. Judgment, which is behind unacceptability, and fear, which is behind judgment, anchor your feet to the ground. You cannot fly, you cannot soar, you can only be injured and injure as you seek through judgment and the putting on of mental and spiritual protection to attempt to make yourself more comfortable in the prison of your bones and sinew.

When you find the love within in its pure state you are not confined, you are not finite. You have found your own eternity. In this eternity the wind of the present moment offers all lessons, whether it is necessary for the illusion which causes judgment to seem appropriate to be very hard to penetrate, so that you, that beautiful and wondrous unique spark of love and free will, will make your choices to judge or to appreciate, to ask for service or to be an agent of infinite service. If you are able to let your love free to ride the wind of spirit, you are always following the blueprint you have laid out for your own growth.

This is the density wherein you decide the nature of all entities about you as well as yourself, and with this understanding choose how you shall serve that mystery that created you and all that there is. Do you wish your feet anchored to the earth by judgment and the need to get points across, or do you choose to soar in the wind of spirit, judging neither yourself nor others, but asking, and asking, and seeking and hoping to be love, to be a channel for truth, to share in the infinite that your light may be a catalyst that frees others from their own bondage.

We are sorry for having spoken so long, but we believe this may deepen the understanding of that which was offered in the previous session upon this subject. If there are other questions we are always glad to entertain them.

We have had one question concerning ourselves, which is fairly quickly answered, we feel, and so we

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shall end this instrument's contact by speaking briefly upon this.

We are a social memory complex whose teacher of choice of the sixth density is the Ra social memory complex. We, as you, hold this complex in esteem. We were already in very harmonious contact with this group. That which occurred, though always possible, is rare, usually because a channeling entity will not be capable of receiving information of one type or density and another as well which it then relinquishes. Our teachers, those of Ra, were pleased when this group refrained from continuing to attempt to contact an entity whose ability to communicate was severely limited by a need for harmony not often seen in your density. These of Ra were, and are, grateful for the total willingness of this channel and this group to be of service in a way which was within the blueprint of the existence of each, even though this meant sacrifice on each entity's part.

As the entities which survived the most serious of psychic greetings continued in the same dedication, undeterred even by the apparent cessation of life of a beloved one, those of Ra felt it was still appropriate to communicate with this group insofar as this entity could carry a message in a stable manner. And so those who are known to you as Ra suggested to us a signal honor, that of sharing at the level of social memory complex sharing, with the wisdom and the compassion of our teachers.

This was a project which was apart and separate from the Law of One channelings. It is we of Latwii who speak with this instrument, following the general way of conscious contact, gauging by feedback the stability of the group, the purity and stability of the instrument, so that we know that which is possible to be shared without damage to the instrument, and that which the instrument would sacrifice too much of itself in bringing through.

So we are both Latwii and Ra; or you may think of us as Latwii taught constantly and in a much closer configuration than most teachers and students; or you may see us as a melded principle, as we both serve the one Creator, and are both upon the same path, and are more and more of the nature of Ra, the lower awareness being blessed always by close association with higher truths and spiritual principles. So, too, has this instrument had the experience of becoming in part one with those of Ra, as it spent many hours in the company of those of Ra, who looked over it as others of our social memory complex spoke for Ra. Only to the Creator can thanks be given for this occurrence, for its approval, and for our carrying out this attempt at service. We thank you for this opportunity with our whole heart.

We would at this time close the meeting through the one known as Jim.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We realize that we have spoken long once again in your terms, but we would wish to offer ourselves at this time in the attempt to speak to any queries which may yet remain upon the minds of those present. Is there a query at this time?

K: What were you referring to when you mentioned the approval of the occurrence which I took to be the joint project between those of Latwii and those of Ra—what approval was this?

I am Q'uo. The approval is that, not only of each social memory complex, but of that council which sits and serves as what you would call the Guardians of this particular planet, those entities which oversee Confederation attempts to be of service to entities upon this planetary sphere. This council, the session council, is known to you as the Nine, or the Council of Saturn.

Is there another query, my sister?

K: I assumed that's what you were talking about. Then the Law of One channelings also had to be brought before this Council for approval, and do these social memory complexes, when they are considering offering themselves for service, in service as contacts through vocal channels, do all those projects need to be approved *(inaudible)* before the council as *(inaudible)*?

I am Q'uo, and this is correct, my sister, for there is, as you know, that which is called a quarantine of this particular planet because of previous efforts to be of service to various groups of entities upon this planet by members of our Confederation who were, though very well intentioned in their desire to be of service, mistaken in various aspects of the means by which the service was carried out, thereby infringing upon the free will of some entities and groups of entities upon this planet. Therefore, it is now quite carefully

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guarded as to contact between Confederation entities and the peoples of this planet.

Is there a further query, my sister?

K: Not on that, thank you.

I am Q'uo, and we thank you. Is there another query?

K: I do have another one. I presume also that Wanderers have to present themselves individually before the Council for approval as well?

I am Q'uo, and this too is correct, my sister, for each effort of service to this planet from those from elsewhere, shall we say, has the possibility of affecting the entities of this planet in a pronounced manner. The effect of each Wanderer's service must be carefully gauged in order that the service is offered in a way which will serve as catalyst to the point of information without infringement.

Is there a further query, my sister?

K: Do Wanderers who offer themselves for service have specific projects in mind, or do they just come hoping to help in some generalized manner with the harvest of raising of consciousness or things of that general nature, or is that specific enough in itself?

I am Q'uo, and each Wanderer has a variety of services to offer, the first being the presence which is of a lighter vibrational quality, and which shines without any action being necessary and lightens the planetary vibration by its very presence and radiance.

The second level of service is that which you would call more specific, in that the entity will have brought with it into the Earthly incarnation those talents and skills which may be utilized in a more specific or focused fashion in order to operate, shall we say, more as would the surgeon's scalpel.

The third level of service is that which is more personalized in nature, in that the entity will also take the opportunity to provide a service not only to others, but will seek to balance or harmonize some portion of its being that is in need of such balancing or harmonization. As all interaction with other entities provides a catalyst which is a service this is also a level of service to others that is valuable, though it also has a personal component as well.

Is there a further query, my sister?

K: No, thanks very much.

I am Q'uo, and again we thank you, my sister. Is there another query?

Carla: Earlier today, Jim and I were talking about the project that Aaron and Barbara and Emanuel and Pat and yourself and me, and together we realized that we hadn't asked a question of preferences of you, and for the life of me I cannot remember what it was we didn't ask. If it is possible to look into either my mind or Jim's, I wonder if you could comment on the question that I can't remember, if that makes any sense *(inaudible)*?

I am Q'uo, and we feel that we have a grasp upon your query that is as firm, we hope, as the grasp upon this entity's mind at this moment, however, perhaps that which we have to say will jog your memory as well.

We have no preference as to whether the project is focused in a chapter by chapter fashion upon a series of topics, or whether there is the opening of each instrument to what you have called in your past meetings the "pot luck" agenda, that is determined more on the unconscious or subconscious level of the mind than the conscious level. We are happy to offer ourselves in whatever way is asked of us. We do not feel that it is our place or proper purpose to choose an agenda of topics arbitrarily, for we feel there is great benefit to be realized by each entity partaking in this process of choosing of topics and agenda.

We do not feel that two session per day would be too great a burden for any of the entities involved, as long as those sessions have a reasonable length to them. We realize that that which we call reasonable may be in question concerning our previous speaking to this group, that is, somewhat overly long in duration. We would recommend a flexibility with the first day's worth of work in order that each contributing instrument might be allowed to assess that which is possible for it and that no one be asked to partake in any longer or more strenuous sessions than she can comfortably partake in.

May we speak to any further facet upon this topic, my sister?

Carla: No thank you, Q'uo. I remember now that those were the questions that we had discussed, and you've answered them very well. I will share them with Barbara, who will share them with Pat. Thank you.

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I am Q'uo, and we thank you, my sister. Is there another query at this time.

Carla: Is there any need to cleanse the house especially for this project?

I am Q'uo, and we find that this domicile is well tuned in its basic vibrational quality. We believe that this location will provide an harmonious setting for this undertaking.

Carla: Is there an exaggerated problem with my electromagnetic field anomalies because of the intensity of these sessions, and, if so, should we attempt to *(inaudible)* the microphones and recording systems as we have done before?

I am Q'uo, and as we examine that which has been discussed concerning this project, we are aware that there shall be a redundancy of recording devices, if each instrument brings her own recording devices. We would continue the recommendation that you have as little direct contact with any recording device as is possible, touching only those portions of the device that is necessary for having the microphone resting upon your physical vehicle. Other than this precaution, we do not feel that there is any need for further concern in this area.

Carla: I am aware already that Jim and K are part of the circle for this project. Others known to you of our group would probably enjoy coming and sitting in some of the sessions. I speak of the one known as R, the one known as S, the [other] one known as S, the one known as L, the one known as T, the one known as B, the one known as J. These are those entities which come to mind quickly. Is it helpful, neutral, or unhelpful for more entities than Jim and K, Pat and Barbara and me to sit in session?

I am Q'uo. We would suggest that you consider two factors in this regard. One is the preference of the other instruments that will be taking part in these sessions. The second being the ease of scheduling and carrying out any session when there are fewer entities to be considered.

Is there a further query, my sister?

Carla: So it's neutral, as far as helpful or harmful, as far as you're concerned, and merely a question of logistics?

I am Q'uo. For most of these entities, that would be correct. However, we do not wish to place ourselves in the position of one who judges. In some cases it would not be helpful to include additional entities.

Carla: We shall inquire separately of anyone who wishes to join us before *(inaudible)*, and we will most certainly take into full account the wishes of all three of us. Thank you.

I am Q'uo, and again we thank you, my sister. Is there a final query at this time?

K: Not from me, thanks.

I am Q'uo, and we thank each again for this opportunity to blend our vibrations with yours and to speak to the heart of each entity in its desire to know more of that which you call the truth. We share that which is ours to give and share it with the hope that there will be some benefit to those present and to others that may eventually come in contact with this information. However, we share most centrally with a freedom and joy that we are able to walk a step or two with you upon your paths of learning and of service. This is a blessed and precious time for us. We cannot thank you enough for sharing it with us.

We are known to you as those of Q'uo and we shall take our leave of this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Intensive Meditation

September 20, 1990

(Jim channeling)

I am Q'uo, and I greet each in the love and the light of the one infinite Creator. It is our privilege to join this group this evening in the work of the development of the instrument, each instrument always needing the exercise in order to develop those abilities to become aware of information and the continued refining of the perception of that which is available to be transmitted. Each instrument works with a certain set of parameters that are entirely personal in nature, being composed of those qualities which comprise the active personality, the means of perception which allow the interpretation of that which lies outside of the personality structure, and the unique way that each entity has of relating the self to the external environment.

These are basic components of any entity, and the one wishing to serve as an instrument will find that the nature of the personality, the means by which the external environment is perceived, and the bridge of relationship that is built between these inner and outer components are also those qualities which are utilized in the broadest fashion in the beginning work as an instrument and continue to be refined for as long as the entity desires to serve as an instrument. These are basic tools and this evening we would exercise this instrument and the one known as K as each attempts to broaden the ability to perceive that which we have to offer and to express it in a manner which is both clear and concise

At this time we would make our first attempt to speak this evening to the one known as K and would ask that this instrument continue in those practices which it has used previously in the tuning and in the challenging, paying special attention to the ability to sense our presence and to perceive a somewhat more in detail or complex set of vibrational patterns which we shall attempt to transmit as concepts through this instrument this evening. At this time we would transfer this contact to the one known as K. I am Q'uo.

(K channeling)

(K's channeling is mostly inaudible.)

I am Q'uo, and greet you once again in love and in light through this instrument. It is our privilege this evening to continue to exercise more than one instrument, and we are grateful for this opportunity to be of service. It is also a joy to us to be able to walk for a time with you among that path on which we all continue at all times towards the great mystery. Though at times it may seem to you that you travel alone, we share … on this path at all times … same path as you. And if at times it may seem that we are far ahead of you, out of sight, out of reach, be sure that the separation is part of the illusion … For we are with you at all times … and

you may … exciting time … focusing … path … This evening we wish to encourage you on … difficulties along the path … And at times it seems to each that the obstacles … and you find yourself being stuck not knowing if the journey or yourself … Feeling … because … We would like to assure you that this … And as you gaze on the obstacles that seem urge you to be … at such time … Available to you … may take various forms. There may be those such as ourselves who walk with you and are available for comfort and support … Those companions with whom you walk day to day … Other teachers and guides … are aware …

(The rest of K's channeling was not transcribed.)

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time we would offer ourselves for any queries which those present may have for us. May we speak to a query at this time?

K: Do you have any suggestions for anything I can do improve the contact?

I am Q'uo, and I am aware of your query, my sister. As far as the actual practice of the vocal channeling is concerned, we are most pleased with your efforts. You have been able to perceive an increasingly more intricate series of thought concepts than previously, and we see this as a definite step forward in your practice of channeling. It is always well for any instrument to continue with the daily self examination that may take place in your meditative or quiet and thoughtful moments, so that those centers of energy upon which these contacts are based may offer to the contact the most purified and clarified balance of energies possible for each instrument. The balance for each instrument will, of course, be unique, for each instrument works upon the same centers but from a different perspective or point of view. Each instrument therefore has a certain set of balances of an internal nature which are necessary in order for the instrument to be able to release those cares and concerns of the day, as you call them, knowing that that which can be done, has been done to balance them and that they are being, shall we say, balanced in a steady and persistent manner. Other than this reminder, which we would offer to any instrument at any time, we feel that your work and your progress are most rapid, and we appreciate the dedication which you bring to this endeavor. It is quite obvious to us that this is an effort for which no effort will be spared.

Is there a further query?

K: No, that's all, we thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and as it appears that we have accomplished the task set before us this evening, we again thank each for offering this opportunity to us and look forward for each such gathering. We shall take our leave of this group at this time, leaving each, as always, in the love and in the light of the infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
September 23, 1990

Group question: The question this evening has to do with the situation that many people find themselves in when they have either a disease that does not yield to any kind of healing, or, perhaps, they find themselves in a situation of poverty, where they seldom have enough money to meet their expenses and are always wondering where the next meal is coming from. Oftentimes, people will say to such a person, "If you only would remove certain blockages, allow yourself to be in a certain way, then you would have plenty of money, and you would have good health." The question this evening has to do with the possibility—is there a deeper meaning and purpose to some diseases and to some situations of poverty where the person might have another opportunity opened by that situation rather than looking to heal or cure that particular situation of poverty or ill health?

(Carla channeling)

I am Q'uo. Greetings to this group in the love and the light of the one infinite Creator. Greetings and blessings and an infinity of love be with you. Let us pause for a moment with the sheer joy of sharing in your meditation and your company.

(Pause)

I am Q'uo. You are most kind to have allowed us this privilege. We are most happy to be asked to share our opinions and give what insight we have found to be so on the subject of the spiritual, or metaphysically correct, life necessarily being reflected in perfect physical health of the physical body complex, which is the vehicle for such a mentally, emotionally and spiritually whole and healthy individual. You notice that we segregated the body, that is, your physical vehicle, your personal animal, which has sacrificed its instinctual life in order that it may house the self-conscious spirit that each of you is. It is not that there is not, within the illusion, a tie there that cannot be broken and have the physical vehicle sustain life. It is simply that who you are is not that which you see in the mirror. Who you are is not that which loved ones, friends and enemies recognize as you.

Your animal, having done its very best on your behalf, will surely die, and this is part of the necessary function of this vehicle, for your spirit has a great deal further to go than your physical vehicle can take you. You are beings finishing the evolution of your physical being, continuing your mental and emotional evolution, and either continuing, or just recognizing and just beginning your evolution in spirit. Paradoxically, this does not make you as you are less than one unique entity. However, it is well to gaze at the mechanical arrangement of body and spirit.

Much has already been said concerning the difference between mind and brain, and we will not

belabor that point, but say only that in addition to the brain of a body, and the mind of the mental complex, there is a wisdom of the spiritual complex. Like the spiritual complex itself, it is not relative, it is absolute. It is that which is most deeply hidden within each of you, the true wisdom of spirit, the true compassion of spirit. A great deal of patience, purity and persistence is required that that spirit may awaken within you and become what it always has been without the knowledge of the conscious mind, that being your true, absolute and perfect self. As all things are one, so do all things in spirit occur perfectly, simultaneously and with joy. This includes any condition whatsoever.

Now, let us take these three parts of the unity of your being, and artificially separate them that we may gaze upon them separately, for there is no one answer to the question of healings occurring in body because they have occurred in mind or spirit. The body is an entity of instinct and reason. In the early stages it was called the tool-making animal. It, in and of itself, has a body wisdom. If, in the opinion of the wisdom of your own body, you have done harm to it, it will react to protect itself.

Thusly, those who abuse their bodies in one way or another—and this is usually done because of an underactivation or overactivation of some point of energy entrance—the body will react by causing a necessity for the body to heal. Thus, you may see those who press themselves against the limits of substances which are harmful to the body becoming ill, because they need, in a simply bodily way, a rest. If there is that in the nature which is somewhat sensitive, the body can be put in many situations, one of which occurs to this instrument as malaria, during the building of the Panama canal. These illnesses are examples of illnesses which have to do with the bodily complex, for the most part, although it is always true that the mind can control the body to the point of which the mind is capable. Thus, the first kind of illness has absolutely nothing to do with anything but circumstance.

As you gaze at the mental/emotional complex, we see that portion of the belief you have mentioned, that is, that the body is acting out the illness which is emotional or mental. Your people, and we speak of those who are technologically advanced, have used the technology, not to free themselves from labor, but to become ever more enslaved by it. Light, which was to give leisure to the people of your planet, has been used to extend, artificially, daylight. Your particular physical vehicle is not designed to be a night hunter. Its diurnal rhythm is to wake with the sun and sleep with the darkness. When asked, this remarkably adaptable body will do its very, very best to support alternative diurnal cycles, but it is at its weakest when the schedule is not steady, that is, when there is no set time of being awake or of being asleep. This is very confusing to an animal which turns to the sun instinctively, and which controls its environment for its survival. Consequently, unless an entity has thought deeply about such a simple thing as attempting to remain upon a schedule of sleeping and awaking, an entity can induce a high degree of stress while seemingly not overworking, nor giving oneself enough time to rest.

There are many other stresses through which one may put the body because of concern of an overactive imagination of a personality that swings in its attitudes and needs to a greater extent than is comfortably handled by the physical vehicle. Thusly, it is quite obvious that in many cases the mind is the parent of the illness, and the illness is the acting out of that which was refused as catalyst by the mental/emotional complex of the self. There is the cancer of anger that grows upon itself. There are the lung diseases of those who have not said the words that they must say to be healthy, have not told the truths that must be told to be free of misunderstanding at a deep level in relationship. There is the acidic condition brought about by sheer overwork, which ruins your gastrointestinal tracts. Many are the illnesses that are the outworking of mental imbalance or emotional imbalance. We do not use the word unhappiness, because we, in our experience, have not found that concept helpful. Joy, not happiness, is a spiritual concept.

Because the mind and body are so closely linked in many diseases, they are indeed responsive to love. You may name any emotional or mental complex distortion that has caused illness that you wish, and we say to you that that is love, poorly expressed. But the mind is not closed, and consciousness is as creative as you allow it to be. Consequently, those who undertake, in healing, the will to health, and a faith that that which has been caused by their own minds' concerns can certainly be turned around, will indeed respond to positive suggestions. Indeed, the habit of saying anything whatsoever about the self or others that is judgmental is a harmful and

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unhealthful thing to do, both metaphysically, and physically.

This is a large category. Many, many entities can, and are, healed because of a change in attitude, of a renewed passion for life, of the solving of the anguish which brought about the illness, the forgiving of the self and the proper attention to those things which this animal that has been so good to you may need that you are not giving it. You make sure that your pets have food that will give them what they need. Each entity is unique in that respect also, and it is only common sense to eat those things you feel are either good to eat, or in the case of those who have so many allergies they cannot find foods to which they are not allergic, those to which they are least sensitive.

The third category is the one of spirit, and the cause of so many entities neglecting this portion of the characteristics of healing [is that they] think of the spirit as that which is in the same relativistic configuration with regard to this illusion as the mind/emotional complex, and the body complex. Such entities, though spiritual, have not grasped that each entity is absolute. What you see, and hear, and taste and touch will die. What you are, if you think of yourself as your body, will die. All illness is healed by the entrance into larger life, if it be done in a natural manner, that is, if one lets nature use its wisdom, and spirit, its decision making ability.

It is not only those who have come to this planet to help with the harvest that have, with the aid of the greater Self, which is Love, the one great original Thought, planned the difficulties and limitations, as subjectively perceived by the entity within the incarnation. These have been set forth for a reason. Most of the entities upon this planet are capable of graduation from this density to the next—are capable, if they wish to make difficult choices of learning the last lessons of unconditional love that they can learn while in this illusion. They have had their part, you have had your part in planning just those things you may bewail the most, because if you consider it carefully you will see that your intense periods of learning have so often coincided with intense periods of discomfort, anguish and pain. It is not altogether false that an artist suffers, and from his suffering makes beauty, for that is the way of spirit.

The goal of spirit is not happiness, for that suggests a static, unmoving self, comfortable, and unchanging. Evolution suggests continual change, continual new learning, and continual dropping off of that which is no longer helpful in the process of spiritual evolution. Thus, in order to distract them, or in some way focus them away from the mundane and everyday world, many entities choose to incarnate with illnesses, diseases and unhealthful situations of mind also, that are deemed necessary by the self and the greater Self, in order to give to the pilgrim the best possible chance of learning the lessons, of having the realizations and the transformations occur, that you yourself felt were needed.

Consequently, if repeated and earnest attempts are made in a single-minded and careful manner, and poverty does not open to riches, or ill health to heartiness, it is then that one must look at one's situation. The first realization is that this is a relativistic illusion. For instance, each in this circle is unwealthy; one, extremely unwealthy, others closer to being comfortable and without worry, but not close enough to avoid difficulty when unexpected expenses occur. Why would we, and you, sometimes choose such situations? What have they to teach us? In a relativistic world, a simple geographical move to any of your civilizations that contains a large majority of people who do not have enough to eat, or a place to sleep, will indicate that even those in this culture that consider themselves the poorest are seen as rich by those who have even less. To one who is dying, an illness that does not kill does not seem serious. To one who has a non-killing disease, but one which limits, those who are able to move around without limitation seem healthy.

When preincarnative choice has given to you a difficulty, have faith that you are a spirit advanced enough to participate in your own destiny, that occurrences do not happen simply by chance, that the seeming poverty, the seeming limitation, the seeming difficulty, the seeming illness, is also a forthright aid in setting up a circumstance in which a lesson of love can be learned under adverse conditions. Yours is the last density with truly adverse conditions for the positive, or service-to-others oriented person. Only in this density, the density of choice, does this occur. Know then, that that which is in front of you is not more than you can work with, is not that which defeats; you would not program that for yourself. But you are stretching

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yourself, because you wish to change, you wish to become even more polarized in love and service to the Creator and others than you are now. There may be a lesson to learn, there may be a part of service that you chose that could not be achieved in any other way, given the uniqueness of your person, the uniqueness of your character. Consequently, there are illnesses, limitations and what seems to be a grinding and degrading poverty, that may be seen, only in a spiritual sense, as challenges, rather than difficulties; as chances to learn, rather than sentences of condemnation.

It is well, when one is gazing within at one's situation, to consider all three possibilities. First, give the body what it is asking for. If you are still ill, if you have worked hard and are still poor, offer to the mind the opportunity of thinking carefully about the possible healing of this sorrow of self by a change in attitude, a change in the way you treat the body that has been so good to you. And if these things are tried, in all sincerity, persistently, and yield nothing, try the assumption that this situation, though seemingly negative within the illusion, is the very cornerstone of your evolution in spirit. The lesson there will be learned during the suffering, the pain, the anguish of learning, and change, and the transformation of the self.

Can it possibly feel good for the felled tree trunk to be hollowed out? Yet, if it is not hollowed out, it cannot be the canoe, it cannot carry anyone anywhere. So, too, are lessons unique. You seek in yourself a hollowing out of those petty concerns that you cannot afford if you wish to be open to spiritual evolution.

Certainly, do all that you can to maximize the use of the vehicle that you have. But gaze beyond that. If you are a player of a violin, and you begin to get fingers that are numb, a doctor will say to you that you are holding the instrument incorrectly, and are causing some nerve condition. Pills and treatments will ensue. If that does not cure the difficulties of the hand, gaze within and see if the mind enjoys what it is doing. If it does, and affirms so in a persistent manner, and there is still the pain when playing the instrument, the situation may well be preincarnatively chosen in order that your path of service may be changed to another direction, another impetus, perhaps one better served to the deeper gifts of your unique self.

In any case whatsoever, release all fear, fear of the illness or the limitation; fear of the stigma this may bring upon you; fear of what others may say as they misunderstand you. All of these things are as nothing to one who is paying attention to that source of information that is by far the most reliable, that is, the self. As always, daily, persistent meditation, acting upon those new points of view that this meditation inevitably brings, and praising and thanking the infinite One for this opportunity to break the walls of previous misunderstandings within yourself, no matter how small. Here is your opportunity to gaze steadily at the illusion until it blinks. Do not accept any negative explanation or condemnation. Take it not in.

You are engaged in walking a path of spirit, the mind and body in complete cooperation, from before the beginning of this incarnation. You chose the physical vehicle you now have. You chose preexisting, usually genetically caused, in the eyes of the world, physical vehicles that may seem, in the case of preincarnative choices which are challenging, that your body has betrayed you. This is never so. The body that you have is second density. It will do anything it can for you. It loves you. It accepted you. It wishes to do what you wish it to do. Sometimes it cannot, because you chose this situation at this time.

You will move from these words to the many other situations that are criticized as being those of failure of some kind. Take them to heart and have courage and faith, and the will to learn that which you came here to learn; the will to love ever more purely; the will to allow the pettiness of humanity gradually to depart from you as water from a pitcher, that you are an empty vessel at last for the love and the light of the one infinite Creator as expressed through the gifts manifested by you in greater and greater understanding of the true goals of this life of choice.

At this time, we would, with some embarrassment, apologize for speaking longer than the thirty minutes this instrument requested of us. Unfortunately, neither this instrument nor us understands time very well. We leave this instrument in love and light, and transfer to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and I greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in potential response to queries. We take great pleasure in being able to

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speak directly to your concerns if there are any questions at this time. May we begin with the first one?

Carla: Q'uo, I find myself in a situation where physically I am completely disabled; mentally, I'm adequate; spiritually, I'm an emotional slob. I was having a conversation with the instrument this afternoon in which I was discussing being, rather than doing. This, I feel, is one *(inaudible)* I was sidelined completely, because it is *(inaudible)* for me *(inaudible)* to be, and that means I have to channel *(inaudible)*. Yet, at this exact moment in time, as *(inaudible)* in the illusion, I am feeling more and more to do, and I like doing things, in fact, it thrills me *(inaudible)*, to do useful things, although I am an invalid. Even the instrument, who has a *(inaudible)* viewpoint, felt I would *(inaudible)*, if there was one person left who asked me for help. I would never be able to ignore a request for help.

This means, and I do accept this entity's *(inaudible)*. I am confused. Can one be, and do? Or need there be set aside a time for experientially feeling the nakedness of being with no props, no one moving, nothing to distract the self from *(inaudible)* meditation, but *(inaudible)*. Which of these two options is more appropriate? Any comments that you can make at this point would be helpful. I don't think I can be more confused than I am.

I am Q'uo, and we feel that we have a grasp of your query, my sister. You have two desires: to be, without adornment; and to be helpful, to others. One concerns, it would seem, only the self. The other concerns, it would seem, only others. It is true that your nature is of that kind which seeks to give where there is need, and seeks little in return, if anything is sought, for such actions. On one level of understanding, it could be said that a choice must be made, for one desire to be fulfilled and the other to be dropped.

However, rather than dwell upon this more shallow interpretation of your question, we would suggest that what you seek in the heart of your being is how to be in the presence of the one Creator in all your life experience. This, of course, is a product of the attitude, the motivation, the initial impulse for all that occurs in your life pattern.

Thus, we do not see the query as one which needs to make a choice between being and doing, but that which seeks an attitude of being filled with the presence of the one Creator, so that the moment is sufficient unto itself, and that as you exist in that moment that is ever-present, that which is appropriate for you to be or do will present itself to you without question. This attitude is that gift of grace which all seekers seek and revere, yet achieve not so much by ritual, by action, by prayer, or by any activity. It is rather that which is born in its own time through the persistent exercise of desire to know the truth.

This path of the pilgrim is the path which all walk. There is much effort expended physically, mentally, emotionally and spiritually as the table is prepared for the guest of great honor. No one knows when that guest shall walk through one's door. Thus, it is well to be prepared at all times as best as one can be.

We have no clear cut answer for you, my sister, but offer these words in the hope that they will show a small light upon your journey upon which you may focus your attention in the hope that that light shall grow in brightness and in strength to illuminate ever more clearly and carefully the placement of the next step upon this path.

Is there a further query, my sister?

Carla: No, my brother, that answer was as light as the sun, and I have no more questions.

I am Q'uo, and we thank you for the opportunity to serve. Is there another query?

Carla: I have a question, that I'm curious about, because it hasn't happened to me exactly, I always *(inaudible)* somehow had half a jar of peanut butter to eat. Why do people choose the experience *(inaudible)*?

I am Q'uo, and am aware of your query, my sister. The choices that lead an entity into that situation which you call the deprivation, the poverty …

Carla: The starving.

… and yes, indeed, that which is disease and starving among your peoples of your planet, is a placing, if we may use a phrase, of the nose to the grindstone in a fashion which cannot help but gain the attention. It is a situation in which many entities find themselves at this time. When life is tenuous, and of such difficulty that one is always forced to attend to basic needs, then there is also the opportunity to discover basic principles, of either that which you call service to others, or service to self. Deprivation

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upon all levels on which it occurs is that catalyst which forces the attention and the decision-making process to choose, each moment of your existence, how one will be, how one shall respond. The nature of the entity is signed with each choice. Thus, this looking into the mirror is as basic in its brutal honesty as is possible to achieve within your third density illusion, that illusion which is already so full of catalyst for all that inhabit it. Trauma teaches, oh, so well, for it does not allow the attention to waver.

Is there a further query, my sister?

Carla: Just one. If I took an AIDS patient into my home and my heart, and gave that patient the love which I have in such abundance, could that love heal?

I am Q'uo, and am aware of your query, my sister. Love, freely given, always helps to heal any wound. However, that entity which is in need of the healing is the one which must accept, seek and accept, love into its own life pattern, and that love which it seeks is the love given from self to self. We speak of the entity that has put itself in a situation from which it may only escape when it unlocks its door. Efforts of others await as resources, but may be allowed through that door when that entity opens that door.

The riddle of the key is the riddle that each must answer. Each entity has doors and walls built by its own hands. The life is given as the opportunity to open doors, to open windows, to move through these doors, to see light through windows. Thus, though one may wish to give all one has to another, the success of the giving will depend upon the other.

Is there a further query, my sister.

Carla: No, I truly am done, and I want to thank you for *(inaudible)*.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

K: I have none this evening.

In that case it seems that we have found that for which we have been not so diligently seeking, the end of our speaking. We enjoy greatly this opportunity to speak with you, if you had not guessed as much, and we thank you for being patient with our many words, and with our growing sense of humor, we hope, through this instrument. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
September 30, 1990

Group question: The question this evening has to do with why is it so difficult when we have ideals that we believe in: that God is love, that all are One, and different interpretations of how we would treat people using these ideals. Why is it so difficult to keep that ideal foremost in our mind? Why do we find ourselves slipping and having negatively oriented thoughts, talking to ourselves and others in negative terms, rather than living up to those ideals which we cherish?

(Carla channeling)

I am Q'uo. Greetings to each of you in the love and the light of the one infinite Creator. It is such a pleasure to share this meditation with you. We cannot express the joy it gives us to welcome those who are not new to this group and those who are new, especially the one known as S, the one known as B. We bless each, send love to each, and thank each for calling us to share our fallible opinions with you. We do not, in any way, shape or form, declare ourselves to be infallible, and ask you please to use your discrimination in listening not only to our words, but to all words, for the truth you shall recognize as though you remembered it, and it shall resonate within your being. That is your truth. Other truths may be other people's truths, but they are not yours. So let them not be a stumbling block in your life, but be straightforward, and to the best of your best ability work upon your own path, and your own truth.

And that is what we shall speak of this evening, for you ask us to speak about how it is that a pilgrim may know to a nicety the various names appropriate to a situation, yet be quite unable to halt the self from speaking amiss or acting inappropriately according to subjectively perceived rules of conduct. We shall have to do some groundwork first, so please excuse us if we seem to be a bit off the subject; we simply must move into it from a larger viewpoint than one life, one will or one circumstance.

Each of you is quite familiar with the fact that the Creator was generous and brave and foolhardy enough to give to His own creation free will. Each of you, and each of us, are the creations and the children of the Father, and as the Creator has its nurturing side, the Father/Mother perhaps would be a way more appropriate, to your species, to speak of infinite intelligence. In truth, the Creator is Love Itself, which is father, and mother, and all.

Now, each of you is created of this love. Consequently, there has never been an unworthy spirit incarnate upon this planet which you now enjoy, for through all behaviors the birthright of your creation remains, as it must, precisely the same. That which is of love does not change, go away, or run out. You were love when you were created,

before all that you see of the cosmos. You are love now, in the midst of this heavy illusion, and you always shall be love, until at last you return to Love Itself, and become truly one once more with the source, the alpha and the omega of all that there is.

There is, however, another portion to your being. It was impossible to create a manifestation out of love, for there is no motivation, ambition or curiosity in love. There is, however, in the first distortion of love, which is free will. By the use of free will the Creator chose to allow a small portion of its infinity, if this non-concept may suffice, to fly apart in sparks of love. Free will was bonded to each spark, free will being as absolute as love, and its antithesis; that is, free will is never the same, while love is always the same.

So, that creature which you are is quite often confused with being a single being, but is actually made up of all that your consciousness is plus all that the physical vehicle is (which you think of as yourself but which is in actuality a highly developed second-density animal). This instinctually perfect entity agreed, before it was given this life, to be the physical vehicle which carries you about, which gathers data from all of its senses, and which makes available to your consciousness the bio-computer which is your mind. To that animal, that body, that vehicle, all thanks and praise should be given always, for its sacrifice has been complete, its instinctual behavior bowing always to the will that has learned, and that accepts, allows and loves each characteristic of that physical vehicle.

Thus, perhaps the first way of gazing at your conscious behavior that so often is not what you wish it would or could be, [is to realize that] you well may be gazing at instinctual reactions which occur faster than your mind is able to respond. In no way, when this occurs, should the physical vehicle be blamed. In no way should the mind and the spirit governing this vehicle be dismayed or discouraged. There are times in this extremely dense illusion when the survival instinct of your physical vehicle will take over, simply because the computer of your mind keeps the entity alive as a first priority. It is not your spirit that wishes your life to linger, it is your body.

The second and very common reason, or cluster of reasons, which keep the spirit from moving only from its center, is the emotional, mental and spiritual distortion of self-worth that you may call low self-worth or low self-esteem. Blessed and well planned are the lives of those entities whose childhoods did not leave one with an inner conviction of low self-worth. All the more blessed they because they are rare among your peoples. All of you have baggage of which you must let go. Why is this so? Why should you let these things go? Why is your opinion not respected by yourself? Even if it is negative, after all, is it not what you think? The answer to that is much too complex to receive either a yes or a no. The voices which echo in the mind may echo from many, many decades ago, from early childhood, from early traumatic time in which many, many negative signals were given to your spirit, either by yourself or others. Those who are seeking in the service-to-self path do not have the problem which you have, for they of course would refuse any guilt, or any judgment of the self as being less than perfectly worthy. It is the entity who desires to be the humble servant of all mankind that most finds itself trapped by its own feelings of inadequacy.

There are several things one may do to work upon this challenge. First of all is the daily meditative period. We suggest at least a few minutes of meditation each day. We do not advise long meditations, except for those who meditate all the time, and are aware of how much power there is in the silent, listening meditation. Rather, we recommend approximately fifteen minutes. We also recommend that mated couples attempt to do this together, as meditation brings change, and it is well that each understand the other's discomfort as the change occurs. Change is always painful. Thus, to the pilgrim we offer love, it is true, but discomfort, dustiness, feelings of aloneness, and all that goes with doing that which is seldom attempted within your society, and almost never understood. That is your first great resource.

The second great resource is your own observational powers; this instrument would call it paying attention. We do not mean to say that you should pay attention to other people's foibles, or to the right and wrong of argument, but rather we ask you to pay attention to your own consciousness. We encourage you to be truly self-conscious, to know the exact thing that was the catalyst for your moving away from the center of love and light. It can be an excess of happiness, or an excess or despair, doubt, disbelief, dislike, the feeling that darkness lies all

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about you and you do not know where to turn. These dark nights of the soul, as they have been called, are very much a part of the path of the pilgrim, and it is difficult at those times to see that one has ever made one iota of progress. Never, ever judge yourself or others.

At the end, however, of each day, as you have been paying attention, without judgment, to those things which move you, especially to those things which have made you uncomfortable and might be a stumbling block in your ability to deal as you wish with others, we suggest, at the end of each day, the consideration, either intellectual, for those who have strong analytical powers, or by feeling them again, for those of you who depend mostly upon your hearts for decisions. As those are by far the majority among those who seek spiritually, we will simply say that which this instrument is already aware of from the Law of One material, that is, that the emotion which was deemed inappropriately off center and negative by the pilgrim be allowed to exist again, to be affirmed by you as being completely acceptable. Let it, in fact, become as sharp and dramatic as it will be, allowing the energy within that to express itself. As you are forgiving yourself, then, as you sit in meditation, allowing this feeling to wash over you, gradually notice that that feeling is receding as a wave, and in its place comes its opposite, the other side of its coin, the antithesis or its thesis.

So, if you have experienced anger, and intensified it, and forgiven yourself for that feeling, you spontaneously begin to feel forgiveness, and caring. Prayers may be said for the one who has acted in a way you would describe as hateful, and all is forgiven, the other self, your self, and the transaction between the two of you.

You have often called these times failures, and berated yourself because of them. But do you not see that you must make the mistakes, you must err, and be bold about it, be yourself, in order to learn who you are, to find where those soft and sensitive areas are that cause you to move away from your center? You must go through the process of knowing yourself, truly, truly knowing yourself, for in your life lies the universe, the creation and the Creator, in a part of you so deep that it is not within this illusion for you to penetrate that portion of your informational store with any ease whatsoever. The veil hides it completely, and that is why meditation is so helpful, as it makes that veil between conscious and subconscious more and more semi-permeable.

When you have done these two things for a while you will discover that you have tucked away in a corner of your heart a brown paper bag, unmarked, crumpled up and shoved as far back as possible, out of sight, but never out of mind, for the true mind as you know lies in the heart. Within this paper bag lives all the things that you have said about yourself. How do you come to be able to say about yourself such negative, negative things? Do you not know that thoughts are objects in the world very close to your own? Do you not know the weakening effect that these negative sentences told to the self by the self have upon you, upon your self image?

When you hear yourself saying that about yourself which could be construed by yourself as negative, simply speak again, and place yourself in some positive perspective, for this illusion is not a place where perceptions are objective. You may perceive your universe as you wish. All things are your choice. You are never imprisoned in your mind unless you take yourself into slavery. No one can do it to you. No one.

So we ask that you think of yourself—this entity has a bit of difficulty with this concept, but we shall move ahead—to think of yourself as an employee to which you are the boss. Evaluate your behavior towards yourself. Have you been a good boss today? Have you been kind to yourself? Have you loved yourself? As you worship the Creator, have you loved yourself enough to give the gift of yourself in complete surrender to the will of the infinite One, knowing that it is truly your will also? Perhaps you have not, and if you have not, it is undoubtedly due to the fact that a state of forgiveness does not exist between your self and your self.

The reason that we are being so insistent in talking about being able to do that which you wish to do, in speaking of loving and forgiving yourself, is laid out very simply by the teacher known to you as Jesus the Christ, who said that the new covenant was to love the Creator with all one's faculties, with the uttermost passion possible, and to love the neighbor as the self. Loving the Creator is often difficult not to do, in our opinion. On a sunny day, can anyone decry the Maker of such beauty?

When one is familiar at last with the concept that the Creator loved us first, is it any wonder that our

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instinct is to love back and to wish to serve, as children always would their parent? But in order to love others, which is the service-to-others path, one must first love the self, for one can love others only insofar as one has learned to love the self. We are not speaking of a narcissistic love which demands an echo, a pat on the back, a recognition, a thank you, or a noticing of any kind for any other entity which walks your sphere.

If you love others as you love yourself, and you love yourself, then your point of view shall be enough changed that you will surprise yourself, because you will find that you have, in the difficult times of hollowing the self out to be a channel of this love, become able to shine with an infinite love that reaches and touches people. They do not need to know the rationales of love, they only need to know that they are loved. It is the greatest feeling in the universe.

And as for each of you, you did not come here to be loved; you came here to love. Much blockage and distortion of communication betwixt peoples, especially mated people or people intimate in their friendship, is that each has expectations of the other. We strongly suggest that love be conceived of as that which supports, that which puts the other before the self, that which is loyal, that which does its very best. And if that very best fails, then it fails, with the love intact. And if compassion is learned in the failing, were you never to make the pushing of the envelope turn into the breaking of the envelope, were you never to suffer from having done your best and failed, in other words, you would never have the kind of compassion for others that you do after such an experience, for you know you have tried your best, and you know that when you reach your limits and go beyond them, it will seem a failure, and in an outer sense, of course it is. But in the inner sense, if you intended with love to do all that you could, absolutely all, holding nothing back, then metaphysically speaking you have acted as one who runs the straight race.

Again we say to you, never condemn or judge yourself, for you know that you have been redeemed, you know that you are in a state of grace. You do not need to keep telling yourself of your poor habits. You do not need to be hag-ridden by a conscience that looks for ways to criticize you. What you are looking for is not that entity who ruthlessly shoves below the level of consciousness all that is not positive. We do not even suggest that you attempt to control your moods. We suggest going through the process, the painful learning process, and discovering how you are programmed, in other words, who you are in this illusion.

Your consciousness is not programmed, but your mind is. Your mind is a machine, biochemical in nature, and much like a computer in that, through a series of yes/no decisions, a very, very small percentage of all that you see, and hear, and feel, and taste and touch, is filtered, ruthlessly, so that you may gain the picture that your biocomputer has chosen to show you, which gives you the greatest amount of information concerning the survival of the entity's physical vehicle, and the safe storage of one's habitual thinking processes. This is for the mind what comfort is, that is, stasis, or lack of change. It is just as though in meditation you opened up to yourself a large body of data which you may begin to allow to be programmed into your biocomputer. It is what we may call a metaprogram, a program which will change, and sometimes dump whole programs as it realigns those yes/no choices concerning that about which it shall prioritize its report to consciousness.

The longer that you have had a mental habit, the harder it is to remove that program, and the more painful the removal. However, it is inevitably successful when the seeker is persistent. You see many who speak of results. We speak of work. We speak of learning to become willing servants of humankind. By nature you are programmed to think of the self as master of the Earth, and perhaps master of the cosmos. You may see the amount of the programming that is necessary when you consider attitudes such as this, plus negative attitudes towards the self that have been picked up so long ago that their origin is almost forgotten. Yet, there is no need for these half forgotten melodies to crowd the mind, if they are not attractive, if they do not sound sweet, for is not your life the gift you wish to give to the Creator as you enter larger life? Then make of it that which is beautiful.

Perhaps this is what this instrument would call a cliché. Yet it is well to gaze objectively at the self, as one attempts to weave the tapestry of a genuinely impassioned and intensely lived life, for there is no lukewarmness about the creation; it is only a distraction from the creation that causes people to consider the nature of things as being everyday or

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mundane. Indeed, if one has found within the self, love, then one is full of love, love of God, love of others, and love of self.

It is time for us to come to an end. If more questions are considered appropriate about this subject or any other, we shall have the opportunity for the asking, and may we also say that if there seems to be a query which may benefit from a longer discussion, there is much material in this area which we have not covered this evening.

Come with us, yokefellows. Bend your shoulders and follow, for carry we burdens, carry them we must, but we may carry them with joy, for we know they are only the disbursions given to us as catalyst, that we may die to petty things and be born to imperishable things. Much of the basic second-density mind does need reexamination as a conscious spirit. May you do this without discouragement, without self-criticism, and with much merriment, for to laugh is to worship. Love each other. This is the answer to so many questions, and remember to love yourself, to forgive yourself, and to live in the resonant, infinite presence whose love you wish to practice and be.

We would at this time wish to transfer this contact to the one know as Jim. We are those of Q'uo, and leave this instrument with thanks.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any queries which those present may have yet remaining upon their minds. If there is a query, we shall be happy to speak to it at this time.

Carla: If you are really upset with someone, is it better to go ahead and communicate, or is it better to go into meditation *(inaudible)* forgiving *(inaudible)* without having communicated your feelings?

I am Q'uo, and am aware of your query, my sister. As a general rule, for most effective use of catalyst in the life experience, it is well to allow one's spontaneous feelings and thoughts to be spoken if they are not of such a severe nature as to be damaging to another entity. In most cases, the thoughts and feelings are well to speak, as well as one is willing to take the responsibility of continuing the communication until there is a resolution of difficulty, realizing that all difficulty is but a means toward an harmonious end. It is not well to remain within the condition of anger, and oftentimes it is only through the communication of such anger that one is able to allow its movement through one's being in a manner that will allow resolution in an harmonious fashion to result.

Is there a further query, my sister?

Carla: There is, but it's on another subject, and I think I'll give *(inaudible)* an opportunity first.

(Pause)

Carla: I guess all the questions are mine tonight. I am equally puzzled as to why we can't stop some tapes from running to their end. I've tried the Jesus prayer, I've tried *(inaudible)* to help me, or for the *(inaudible)* to help me, although I much *(inaudible)*, I've tried spontaneous prayer, I've tried sticking my head in a book or turning on the TV or going to sleep. Actually, none of these things truly works except going to sleep and waking up again. Why is it that a person who is genuinely living a life in faith cannot use that faith to place the bar against unwanted behavior? Because it seems impossible not to err, it happens no matter how strongly you try not to.

I am Q'uo, and am aware of your query, my sister. That quality that you have called faith is a quality which is, shall we say, recently developed within most entities who recognize its value. Those qualities which seem to propel one's actions and thoughts in what you have called erroneous or sinful manners are those qualities that run much deeper within the creature that is human, and are there for the purpose of moving one in a manner which will place one in the position that will allow the learning of that which is appropriate for each entity, for only by experimentation within your illusion are you able to discover what are your potentials, what are your limits, and what are your lessons.

It is not meant that all should be harmonious within your life pattern, for the life of contentment is that life which does not change, does not grow, does not expand the point of view beyond that which is comfortable. Thus, you move beyond the boundaries of comfort, the boundaries of self, the boundaries of that which is known, in order that you shall grow through the exercise of free will, and grow in a manner which is most auspicious for you. That you

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may call some portions of this growing, trial and error, success and failure, is a definition which is not always helpful when viewing the overall process. Thus, we urge each not to judge, the self or any other, for none within your illusion have eyes which see far enough to accumulate wisdom and understanding. It is that newly developed quality of faith, propelled by the will to continue, that will allow you to continue in a manner which is helpful to your overall growth and the growth of those about.

Is there a further query, my sister?

Carla: Yes, it's on another subject. I've been completely sidelined recently, and I'm having a great deal of trouble sitting up. It doesn't seem to be at this point possible for me to recover from the waist up, and consequently there are some indications of nature along the lines of a two by four applied to the forehead in my case, that I will probably *(inaudible)*. I've been *(inaudible)* a long time anyway.

My question is, when you look at that situation which I have, you think of it as you wish. You can think of it as something against which to work, to enable yourself to get in as much use as possible for as long as possible, which is what I've been doing anyway, trying to find physical therapy which would just exercise my legs and things like that. There's another way to look at it, at least one more, that being, why not cut the *(inaudible)*, why not accept the fact that there is a disability, that there is a discomfort and *(inaudible)*. Why not become one who is able to *(inaudible)* the beautiful things, but perhaps not be *(inaudible)*, or who is content with going to church, but not being *(inaudible)*. The poorest person may be wonderful *(inaudible)* exception, and instead being *(inaudible)*.

This could be done fairly easily by me, at this time, or at any time in the future, as we have other land that is extremely cheap to live on. I do not know which path *(inaudible)* to working against *(inaudible)* what seems to be *(inaudible)*, and cooperating with it, to go ahead and be *(inaudible)* for a contemplative life, which would be further out than this and with less people around. Do you have any comment at all that you can make? I know you can't answer specific questions.

I am Q'uo, and am aware of your query, my sister, and you are correct in your assumption that we may not speak with great specificity upon this particular topic, which is one which strikes quite close to the heart of your incarnational pattern, and it is well for each pilgrim to make those kind of choices for the self. One cannot delegate such to another. However, we shall comment by suggesting that you have learned well a part of your personality structure is that which moves against limitation and exercises the will and the faith mightily in this effort.

As you are aware, there is great virtue in this kind of pattern of behavior, for it continually stretches the limitations and strengthens the will in so doing. There is also, as you have mentioned, great virtue in being able to accept one's limitations, accept that which cannot be changed, and look for the door that is opened when another is closed. It is well that one in your position develop the ability for such acceptance, for the limitations, as it is well known to you, are relatively set.

The balance between these two modes of being is that balance which, when finally struck, will allow the greatest amount and quality of growth within your life pattern. It is the nature of this balance which is best discovered through your own efforts. However, we shall say that you have done well in your diligent pursuit of this balance, and we would counsel a quieting of concerns to a large degree in this area.

Is there a further query, my sister?

Carla: Thank you, Q'uo, but I don't think so, not at this time. As the energy is pretty low, perhaps the instrument is even *(inaudible)*.

I am Q'uo, and again we thank you for your queries, my sister. May we ask if there is a final query at this time?

Questioner: *(Inaudible)*.

I am Q'uo, and we thank you, my sister, for offering to us the query upon which we may offer our service, for without such queries and such calls for our service we would have no beingness within your experience, and it is a great joy to walk with each of you as you seek more and more of that which you call the truth.

At this time we shall take our leave of this group, leaving each as always in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 7, 1990

Group question: The question this evening has to do with Reiki energy. Some within the Reiki movement would say that the energy that is used in healing in the Reiki technique is a specific kind of energy that is different from the universal energy that anybody might be able to tap into at any time and use for healing. What we would like to know is, is the Reiki energy any different than this general type of energy that people use for healing, and if it is, what exactly is the difference, and how is it used? May anyone tap into that kind of energy, or must one have the specific Reiki training?

(Carla channeling)

It is with great pleasure that we bless and greet each of you in the love and in the light of the infinite One. We are those of Q'uo, and feel greatly honored to be asked to join in your meditation, and to take a few steps with you upon your path at this time. We are sorry to repeat the same caveat each time that we speak, but each time that we speak it is necessary in order for free will to hold full sway. Beware of listening to these words or any others with an eye to a rigid belief. We could be wrong, indeed, all could be wrong in terms relative to the illusion in which you live, or in terms of your personal needs and truths; perhaps not wrong for us, perhaps not useful to you. Therefore, discriminate carefully in what you take in of what we say, discarding that which does not seem to be half remembered, so that your responses are, "Yes, I recognize that truth."

This evening the question concerns healing, specifically the Reiki healing, also any form of the laying on of hands. To approach this subject, we must state a few premises upon which we base our opinions. We consider it as an easement rather than doing metaphysical healing work when one self attempts to heal, and perhaps does heal another by the force of his own will and gift. Neither the healer nor the suppliant gains for very long. Often those who heal because of a gift do it simply to make their life more comfortable because, as people value their health, so they value one who makes a poor condition feel much eased. Unless the one to be healed allows the healer of this type to remain within himself, and not take in the implicit demands of such a link betwixt two entities, there can be much deleterious effect upon the healer, for to the healer's mind there are two selves, one self serving the other self. There is no focus and concentration upon the Creator, the giver of all gifts, the source of all things.

It is a kind of power which is much appreciated, but one who has such power has an extraordinarily difficult task in disciplining himself to refrain from taking upon himself any credit for that which has been given. This is seldom the case. Consequently, the form of healing by natural gift—without the temperament to see the Creator at work in the world

through the manifestations of such as he—will always be limited, unable to advance because of a blockage of his own perceptions concerning the separation of himself and the person considered to be ill.

The other difficulty with this type of healing process is that it does not last. An effect is felt by the will of another upon the will of the self. The body of the ill person may respond to the help, but permanence is not something human. Consequently, it is folly to expect a human believing that the power is his can do even as much as we have described; nevertheless, this is so.

The healing gift which is most prized is a self-healing that is the prerequisite for any type of work in consciousness. It is not necessary that one be perfect, which is fortunate in your density, for you are not designed to look or feel perfect at any time. It is sufficient that you see yourself as a channel through which an infinite amount of energy, power, grace and healing may be offered. You may even see the channeling of that gift as a manifestation of that gift, but not a gift given by the channeler, for the channeler has given itself to the contact. Thus, many healing modes, such as Reiki, do indeed create a catalytic environment in which, through love alone, the protective field of the body is opened, and an opportunity given for the entity to allow itself to heal. Thus, those who train to become healers may work in consciousness much as do those who learn to channel, or simply to do the will of the Creator.

The Reiki healing is of the second kind. Because it is not of this culture that you enjoy, it is difficult for most people of your culture either to practice it or to benefit from it, for it takes a kind of sensibility which is not distracted, but is at peace. Your people are normally greatly overstimulated. There are many people, things, chores and considerations, some of them literally beating the ears, some of them beating the heart that has not forgiven itself. Reiki is designed for those who are able to become quiet and allow themselves, as a hollow pipe, to be used as a catalyst for opening the body's opportunity for self-healing.

There is no mode of healing that does not benefit many, but those which are desirable are those including Reiki which realize that there is no separation betwixt he who puts hands on the body of the patient, and the patient, for at that time, and with the protection of spiritual guides, the entity drops all barriers, defenses and armor, and makes itself vulnerable, empty and asking, and in humility, it receives the gift it has been given and passes it on, knowing that it is no more responsible for the healing than the water faucet is for the water which comes through it.

The type of healing used in Reiki is especially effective for those whose illnesses are not transitory, but result instead from a chronic mind/body disconnection, blockage or overage of energy at one point or another. It is not specifically so that a Reiki student does not need a living, present teacher. It is, however, the only careful way to learn that which has personal power, or could have personal power distortions, for those who wish to heal must first heal themselves, and by this we do not mean healing of the physical vehicle, but rather a healing which may have the connotation of balance and poise.

The links between mind and body, the psycho and the soma, are well known among your people. Reiki is especially effective when the distress has first been emotional and mental and then has moved into the body complex, because there was no decision to resolve the discomfort by analysis, meditation and self-forgiveness. Because of the length of time that Reiki takes, it is able, through the system of the faith of the students in the teacher, to produce effective healing. Its energy, like all healing energies, is unique. It works most specifically upon emotionally related illnesses and conditions. If a person has a physical difficulty that is within, self-forgiven, whole and healed, the Reiki will simply be comfortable and pleasant. There is, however, the psychosomatic element in so much of disease, that in the majority of cases this particular vibration of energy is an excellent healing catalyst.

Again, we suggest to you that it is our opinion that the healer does not heal. The healer loves, and in the crystallized purity of its love it creates the opportunity and the catalyst for the person to decide to release the illness, the condition, the blockage, the overstimulation, the stress, whatever it is that is the difficulty. The beauty of the Reiki technique is that it is effective across all cultures, across all languages, and in any sort of condition which has a psychosomatic element.

This vibration at first is hard to feel for most students of Reiki. Again, faith in the teacher keeps

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the student at the task until it has been able to learn. It is also so that at a very deep level of the mind, of which you are not aware and which you cannot alter, you will make your unique contact with the genuine gift of that teacher, feel and sense how that power moves from the head, to the heart, to the hands. Thus, the healer having a teacher in the Reiki technique is most valuable, just as the teacher is valuable in learning any skill that would be too difficult to learn without persistent effort. The company of the teacher enables the student to remain faithful.

We feel that the idea of healing has been somewhat misunderstood among your peoples, for they see a physical vehicle, an animal, and think that it is you. There are an infinite number of reasons to be ill, the three main categories being chance, intention and preincarnative choice. Preincarnative choices are not available to be healed. It is the first two categories that call for attention. Indeed, we would wish you to think of healing in a somewhat different way, perhaps, for healing is not simply of the body. You may have an extraordinarily healthy body, but the rest of the complexes which make up your uniqueness are quiddities, idiosyncrasies of each person. The healing work has as its base a faith. In those who give others a jump start from their own energy, faith is not necessary. In those who are open-minded, kindhearted, though skeptical, healing is possible. It is seldom possible in the presence of cynicism and negative feelings.

So we move from the healing to that which underlies it. All are one. The healing of the self that has taken place in the healer before his ministry is public is that crystallization which enables the other self to receive the catalyst that makes it possible to choose physical wellness, emotional wellness, spiritual wellness, mental wellness, whatever it is that is required, or desired. It may well not seem to the practitioner that the entity is becoming healed, for the body complex may have been intended for some good reasons to have its limitations. Healing is rather a feeling of wholeness, a feeling that one is free to love and be passionate, to care intensely, and to follow the heart. The open heart is the key to manifestations of all kinds that are spiritual.

We feel that this is as far as we wish to go with this question without receiving more specific questions. We have laid the groundwork for them.

We would speak briefly upon the question also asked this evening concerning the second density animals and how much of consciousness of their own destiny they may have. You know the nature of second density, and you know that you are, by your love of your pet, investing an instinctual animal with an awareness of itself. The vast majority of all pets and all wild animals, stem in their species from a gene pool.

Let us use the word, which is not a word, "catness." There is that thought form that contains living material, and it produces, in love and joy and rhythm, its young, its life, its death, without ever being self-conscious, that being the nature of second density. Therefore, for the most part, if an animal is hit by a car, or finds another untimely end to its existence, it is chance, not destiny.

If the pet is deeply devoted to its human, and its human is deeply devoted to the pet, there may well have been enough investment of love and consciousness within that second density entity that it becomes, through this investment, harvestable to become a person, as you call yourselves, a human, a spirit, with breath. In that case, there may be the opportunity to graduate which is taken, or suggestions from those who enjoy doing mischief, that are obeyed by a mind not yet awake to reasoning processes to a great extent.

There are those pets with which an entity may have some of what you call karma, because each entity is responsible for what it knows, or believes it knows. Thusly, if you believe that by love you can aid a cat, a dog or any pet in its journey to third density, and you offer that catalyst, you may indeed find that you have woven into your own tapestry the stark thread of a beloved pet's demise at the hands of the metal machines that move along your roadways. The comfort that you may take in this case is that only those harvestable to third density are capable of this type of connection. If a pet dies thusly, it is to become a third density entity, and though the loss of that dear pet is great, you have given that pet the opportunity to feel love and to give it to such an extent that self-consciousness has taken place, and yours has been the catalyst which encouraged that graduation.

We would at this time transfer the contact. We thank this instrument, and move in love and light. We are those of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each again in love and light. At this time we would ask if we may speak to any queries which may yet remain unresolved within the circle of seeking.

K: What comfort may be taken when an animal, either companion or wild, dies an untimely death through chance?

I am Q'uo, and am aware of your query, my sister. One may see the return of the second density spirit to that great pool of consciousness from which it came. As like unto the return of water from your oceans to the skies that may form there into the clouds to fall again upon your land masses causing growth in second-density plants, the return of a spirit from incarnated state is a portion of the rhythm of life as you know it within your third-density illusion.

One may take joy in knowing that the animal entity has lived its life fully, for it knows no other way to live. It does not hinder and restrict itself in ways that are created by mental activity that is distorted in one fashion or another, more or less helpful to an entity's progress, for the second density entity is free of such machinations, and has instead the instinctual activity of a being which is as it is without compromise.

When one sees that such an entity has passed from the incarnation, one may give praise and thanksgiving that it has returned this energy to the Creator to again be formed at another time and at another opportunity into yet another creature that is somehow enabled by all previous creatures' experience and their contributions to those energy patterns that you call the life, so that further life may generate from this energy and move forward in the great expression of the one Creator through the infinite variety of the one creation.

May we speak in any further fashion, my sister?

K: Not right now, thank you.

Carla: Does the unself-conscious second density entity suffer when *(inaudible)*?

I am Q'uo. We may say that any creature which feels pain suffers that pain, for pain is not a state which is easy to accept for any entity with flesh, blood and breath. Yet the kind of suffering which those second density entities upon your planetary experience is a purer suffering, one which does not have mental connotations or distortions placed upon it. There is no grieving for the self, there is no grieving for another, there is no blame for the self or for another. There are none of those emotional attachments that many of your third-density entities place with the experience of pain. Rather, it is as pure an experience of pain as the life pattern is a pure expression of the energy of the animal as it is.

Is there another query, my sister?

Carla: I have one that I would like to ask, but I want to make sure that all the other questions are asked first.

K: If an animal is suffering due to illness, due to terminal illness, is it interfering with its working out of its own life patterns to put an end to its suffering by ending its incarnation?

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We speak now to the query of the shortening of the time of suffering for the second density creature which experiences the illness which is in all probability that final illness for the life of the creature. We may suggest that this is an area in which one's own philosophy of life plays the greatest portion, for to the entity that suffers the terminal illness, there is the limiting of the ability to live the normal life of its kind. This it recognizes in only a very simple manner, much as you would feel the addition of greater and greater weights upon your shoulders if you were asked to carry such about with you and could not remove them but had to endure the added weight as you moved about your daily activities.

The animal, therefore, does not in most cases bemoan its fate, but does what is possible within the new set of circumstances, and expresses itself and uses this opportunity to the fullest extent. However, that quality of compassion that is the hallmark of the beginning third-density lessons oftentimes will, for the third-density entity which loves the pet that is dying, express itself within the third-density entity in a desire to relieve that which is seen as suffering, that which is pain to the creature, and because of the great desire to aid the pet, then the action is taken to terminate the life within your illusion so that there might be a cessation of the pain for the second-density creature.

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We can suggest that this can be seen in a number of ways, depending upon one's sensitivities, and that there is good argument, as you would state it in your illusion, for proceeding along the path of terminating the life as well as proceeding along the path of spending time in shared love with the creature that begins its slow departure from the life experience. In either instance, the overriding principle is the intention to share love in as great a facility as possible.

Is there a further query, my sister?

K: Are second-density creatures capable of any type of karmic connection in and among themselves or originating from themselves, connecting to third-density entities rather than the other way?

I am Q'uo, and am aware of your query, my sister. In the most successful cases of investment by a third-density entity of a second-density pet, this is indeed so, for the bond of love which has been awakened between the two entities, and oftentimes awakened for the first time within the second-density creature, is that bond which will often tie these entities together until the second-density entity has been invested to the degree necessary for graduation into the third density.

Thus, you see many times the reappearance within the life pattern of the pets that have been in association with the third-density entity previously in this incarnation and in previous lifetimes. Thus, the bond of love brings these entities together time and again in the same way that the bond of love will bring together third-density entities many times in order that the overall karmic patterns may run their full course, that is, allow biases of one kind to be developed and then balanced over a period of many lifetimes.

Is there a further query, my sister?

K: Is there ever continuing contact between the second-density entity that is harvested into third density? Is there any contact after the harvesting into third density with its previous third-density owner/companion/protector?

I am Q'uo, and though this is possible and occasionally occurs within the third-density space/time continuum, more often the continuing connection occurs as the third-density entity which has invested the entity that is newly third-density will take the form of the guide or teacher that operates from time/space as the new third-density entity enters the space/time incarnational nexus.

Is there a further query, my sister?

K: No, I think I'm done for now. Thank you.

Is there another query at this time?

Carla: I have one which you may not be able to answer except generally, but I will accept any comment which you wish to give. I have sensed that I have had, recently, for the last few months, when challenging you, it seemed that at first I hear—I don't actually hear it, but I perceive a rather fuzzy, not-quite-right identification. I've done a lot of thinking about this, and I've finally come up with a thought about it, which is, that since you are a principle made up of Latwii and of Ra, and because I know that in the past Latwii was able to aid me in averting psychic greeting by the fifth-density negative entity which is observing this group, and has been for many years, I felt that it is possible that the fifth-density negative entity—which is not quite as powerful as Latwii, but close—might be attempting to piggyback, having come through the quarantine and being able to work in thought as it will.

This evening I quite fervently stated that, in my mind, as my opinion, when I heard the muffled first, "I am Q'uo," and specifically suggested to the negative entity that I was upon a cross, that my hands were nailed, and that I was dying to save mankind. This is the most heartfelt and firm mode of challenging that I know at this point. The result seemed instantaneous, and the contact has seemed quite clear and quite crisp since. Can you confirm my supposition as to what has been occurring *(inaudible)*, and the appropriateness of my dealing with it?

I am Q'uo. In a word, yes. We are pleased that you have perceived this situation with great clarity. It is one which is unusual in that there are few groups that have had access built into them by such entities and had this access available so often, and which have been able to avoid the influence of such an entity and its minions for a significant portion of your space/time experience. We also commend your response to such greetings, for this is the heart of your self and your purpose, and is well-stated in the manner which you have chosen. We feel you are accomplishing the necessary tuning and challenging

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to a great degree, and we thank you for your conscientiousness and recommend it for all future workings.

Is there a further query, my sister?

Carla: Just a theoretical one. I know that my nature is that of a martyr. I approve of that. I have consciously decided not to change that. One of the things that comes very easily to me is that I would gladly die to save others. Could anyone do what Christ did, who had a pure enough path of service and felt strongly and utterly faithful about the possibilities of such a path?

I am Q'uo, and am aware of your query, my sister. The willingness to give of the self to the degree that one gives all, one gives one's life, is a willingness which, though rarely expressed within your illusion, is a possibility to all who inhabit your illusion, given the appropriate circumstances. Oftentimes, within that condition which you call war, there are such acts of bravery and selflessness that one entity shall take the grenade that was meant for comrades, and give its life in so doing.

In lesser expressions of this kind of selfless giving, those called the parents will often sacrifice to a great degree in order that the children of the mating may benefit in some fashion. However, the giving of the life is that which is most often reserved for but few within a life pattern. At some point within each entity's evolution there will come the opportunity and the willingness to give of the self to that degree, though the giving may not be done in an instant, but may be the giving of the entire life pattern, which may be lengthy, in order that others may benefit, and that which is given to the self is only enough to continue the life pattern. Each third density entity will find a spectrum of possibility available to it in this regard, and the harvestability of the entity draws nigh when the amount willing to be given to others exceeds the amount desired for the self.

Is there a further query, my sister?

Carla: One last one, which ties the two together. It is my supposition that the reason my challenge from the cross has an effect which is the strongest that I know, is due to the fact that I am telling the truth metaphysically, that I would do that. Can you confirm this?

I am Q'uo, and we can indeed confirm this assumption.

Carla: OK, then I continue, as I teach those few who really wish to learn, to be that *(inaudible)* about their highest ideal. This is an excellent way to develop the personality which can channel and challenge successfully. Can you confirm that?

I am Q'uo, and again we confirm that which is a correct supposition. This is the ideal towards which each instrument moves at its own pace and according to its own internal rhythms. There will be for each instrument the uncovering of deeper and deeper commitment to that which is the essence of its self. Thus, all need not be the same to be equal in will and faith.

Is there a further query, my sister?

Carla: No. Thank you very much, Q'uo.

I am Q'uo, and we are greatly honored to be able to join this group as we are asked once again. We cannot thank you enough for this honor. We take great pleasure in these moments that we spend with you, for, indeed, to us they are but the blinking of the eye.

At this time we shall take our leave of this group, leaving each, as always, in love and in light, in the power and in the peace of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 14, 1990

Group question: Tonight we're taking potluck.

(Unknown channeling)

I am Hatonn. Greetings to you in the love and the light of the one infinite Creator. It has been so long since we have spoken through this instrument on your regular meeting. We had to undergo a most rigorous challenge *(inaudible)* as the instrument had its doubts and we thank the instrument for its doubts for it is indeed *(inaudible)*.

We are with you this evening because you have asked and we had our freedom of what to say to you. With the permission of *(inaudible)* we shall be speaking concerning spiritual principles not in parable as we are talking to those who need no parables. But as is somewhat unusual for us solely concerning spiritual principles and to use … to use in this walk that you take that is called the spiritual path, or the path of the prodigal, or the path from the source to the source. Within your American Indian lore it is simply returning to the Great Wheel. We will be moving between these two instruments to give both an experience which is new to the one not as *(inaudible)* lack of use, in working to use the best of each person's unique experience, vocabulary and knowledge to tell the simple story that we have come to share.

It is well to remember that the greatest function of philosophy and religion or mythology is to tell stories that have archetypical resonance. That is, if the story does not seem to be relevant to the acceleration of spiritual growth, then it has not been fully examined, for there is that in seeking the truth which is not usually and cannot ever be discouraged by the fact that there are no answers. It is the job of this particular entity not to have answers. Those who have answers are the very ones who are perhaps soon to be repeating third density. Those who are humble before the mystery of their own creation and see the dust on the path and the blazing sun and the cold desert night in the times of no stimulation, when all is calm in the dark night of the soul. The times of overstimulation, when you can't be uplifted one more notch, accept what you are.

In all of these cases, the most important thing about them is your opportunity. In truth, the Creator thinks not as many would have the Creator seem to think, of vengeance, of protecting of one against the other side. That the Creator would be of one side and not the other … this is not our understanding *(inaudible)* and I hope that it is not an understanding of your own function as a seeker to stand in judgment. To use discrimination is necessary; to judge and to close the mind is not necessary, nor is it preferable to one who wishes to *(inaudible)* when the object of division *(inaudible)* self the damage to the self is incalculable.

It is a spiritual journey and we are on it. Those who know they are on it and those who do not know. Yet how … how can the ideas and ideals which are the deep truths that enable humankind to *(inaudible)* and to have faith in the infinity and eternity of the spirit. How can these things be true of every situation? How can that be? Each of you has asked this at different times. Two entities here have asked themselves that question during this week. Varying by guilt or disappointment in the self inappropriate by the self as is not *(inaudible)*. We encourage people not to do that but it is very difficult for entities to avoid judging themselves and yet that one mistake … that one simple error is at the heart of so much *(inaudible)* on your sphere.

We would now transfer to the one known as K.

(K channeling)

I am Hatonn, and greet each again in love and light through this instrument. It is a widespread concept among your peoples to view the self as being less than worthy in many situations in which you find yourself in your present illusion. Each of you have been taught this from your earliest childhood. The crying baby, the spilled glass of milk, the simple and myriad things that each child experiences from day to day with which each parent gets exasperated and may, in moments of not thinking clearly, berate the child *(inaudible)*. In each of these situations, the message comes very clearly to the child that indeed it is not worthy. Not worthy of the love of the parent, not worthy perhaps of the love of itself, for from whom shall it learn of this love if not from a parent? The child as it grows older continues to receive these messages from parents, from teachers, from siblings, from playmates. And it also observes those same parents, and others with whom it comes in contact berating themselves when they fall short of *(inaudible)*. Thus these behaviors and attitudes are learned early and are well reinforced until they become, not second nature, but first nature, with most*(inaudible)*.

Is it any wonder then that you have difficulty in attempting to unravel the tangled threads of these tapes of messages and messages that have been given to you and woven into the very fabric of your being? We suggest to you that it is unrealistic in the extreme to expect yourselves to be able to do so merely by trying. You cannot change the pattern of a lifetime in an instant by decision, but you can start to do so. And when you fail, as you inevitably will, we can but urge you to look kindly on yourselves—to choose not to reinforce the messages which you have received from those exasperated, overtired and overworked parents from your infancy, to choose not to repeat the messages you heard from all those others from your early life, and continue to hear in your present existence. For when you berate yourself for your failures, you are doing just that, thus negating the very work you are attempting to do on yourself.

It will be most difficult for many of you to begin to be able to accept, to truly accept, not in the sense of merely acknowledging, but in the sense of taking into the self with the sure knowledge that it is indeed truly alright to fail, according to your present perceptions. For we see that many of you, in your attempts to change your attitudes about yourselves, about the way you view yourselves, in your attempts to accept yourselves as you are, what you are really attempting to do is to change yourselves, to make yourselves alright, and therefore acceptable to yourselves. This is not where you must begin my children. This is, as the saying goes, placing the cart before the horse. That is, as we have suggested, only reinforcing those very patterns you are attempting to change. So we would suggest to you that your goal is not to not stray from your ideals, but to truly accept that you do so because it is your nature. And as you are able to fully accept those qualities in yourself, then and only then will you realize that they are beginning to change. Because only then will you truly have begun to unravel those messages at a deep enough level to effect change in yourselves.

This process, as you know when you view it clearly, is the task for most not only of a lifetime, but of many lifetimes. And as is the case with all monumental tasks, the tendency for those of you who desire perfection in yourselves at least, if not in your environment as well, would be to want to give up in despair, because the goal seems unattainable. This is the nature of the spiritual journey, my friends, for the mystery recedes ever before us. Were we to look only at the ultimate goal, we would never take that first step for it would seem pointless. This is no less true for us than for you.

We urge you therefore to view that which is before you to do. It may seem small. It may appear to have no relevance to the grand scheme of things, with your desire to be congruent with your ideals, and yet

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in whatever is before you to do, you have an opportunity to continue the process of learning about yourself, observing the self, learning your true nature, and accepting whatever it is that you find there. Whether you personally at that moment approve or disapprove of that, your approval or disapproval is not relevant to your spiritual growth at this time. What is relevant is your accepting of yourself. Judgment of yourself is never productive for positive growth, but only a reinforcing of those old, undesired patterns.

It is a challenge indeed to approach this task from outside the framework with which you have been taught to *(inaudible)*. For the tendency is to use the same old tools that were given you by your parents and those other early teachers. It is indeed difficult to discard those tools, feeling then that you have none with which to work and to discover totally different approaches to working with yourself. We urge you, my brothers and sisters, to throw away those old tools of judgment and condemnation for they have never been of any value to you. To drop them by the wayside and continue on your way, unarmed perhaps and ill-prepared for any work you would like to do, but continuing on with new faith that new tools will be given you, or that you will find new ways to work.

At this time we would transfer again to the one known as Carla.

(Carla channeling)

And what are these tools *(inaudible)* would suggest? Faith is one of the resources that may be developed from a continually closer look at the nature of self. Let us look at *(inaudible)*. Each of you have the *(inaudible)* you have the entire human range of human emotions, which are tempered only by biases hard won through many incarnations *(inaudible)* listen*(inaudible)* but the leap of faith with no net, no doctrine, no dogma, is an act of spiritual courage. It is a statement of the self to the self *(inaudible)* blessed holy nature of the Creator, the universe and yourself. Or to put it in a simpler way, Creator and all of His parts. The infinity of the Creator is not active. It has not been directed *(inaudible)* yet remains the Logos, the thought, the created thought of divine love.

The tool with which this faith is *(inaudible)* may be summed up in three words: praise, prayer, and thanksgiving. It is well to live life in these modes as we just listed. As if life itself in this illusion are complex and ever changing—a kaleidoscope of images *(inaudible)* becoming emotionally involved perhaps *(inaudible)* but if you seek with a full will to do the will of that Creator, which is *(inaudible)* self *(inaudible)* all burdens will be dropped and you have only to *(inaudible)*.

Now all of this can be accomplished without recourse to a story of redemption, and this is why we encourage each, if the world religions or philosophies do not fit the path that you are on, this is why we ask you to make up a path, for the important thing is not recognizing the path, but persistent praise of all that you see and hear. Along with that, prayer mostly in the form of silent prayer as you listen within to the silence that moves deep inside the unconscious mind as you live bringing forth fruit in its *(inaudible)*. All of these things you cannot do without that faithful leap into the abyss of the unknown, into the void, the mystery.

Many choose to turn towards the miraculous things that indicate that there is a mystery. We suggest to those interested in spiritual principles that the attention fundamentally be kept upon spiritual principles, for it is by those that you gradually do change the programming of your life.

We realize that some this week in this group have had difficulty and we ask, did you see each difficulty as a difficulty or as an opportunity? Had you faith that the Creator had placed this particular situation in front of you so that you might find the love in the unlovable and acceptance in the unacceptable and hence polarize in compassion and purity of emotions as is your heart's wish on the path? You cannot help but be upon the path of the pilgrim when you decide to know what the culture believes is good and *(inaudible)* you have chosen the long way back to the Creator. Not everyone at the end of second-density harvest wishes to *(inaudible)*. Content to rejoice in the moon and the sun and nourished by rain *(inaudible)* in your wild state, untamed, that you may be in touch with that you too are a second-density creature. Your consciousness lives in one. This consciousness that lives for you and houses your consciousness has far more wisdom than you are privy to in the half-remembered vista of all that there is, for it is a *(inaudible)* memory and there is no path.

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That mind of which we speak is indeed deep inside the subconscious and becomes semi-permeable, more or less, depending upon the ability of the entity channeling to feel the love that is being transmitted *(inaudible)* by voice. Language transmits that love that is between one. The beginning of moving from one place to another is to know where you are and where you are is defined well by whether you have given praise or whether you have spent time tabernacling with the One on holy ground and how you have seen catalyst within *(inaudible)*.

It is not good to take your spiritual temperature even if you may feel that you have completely lost contact with that self which was transcendent to life as you know it now. Even those who dwell comfortably and peacefully in a faith which they do not feel pressured to explain, knowing it is a mystery, have many times when they cannot *(inaudible)* and are instead caught in these old programs of the mind given in childhood which convince so many that they are not worthy nor shall they ever be. Let us shake off the dull *(inaudible)* of unforgiving memory. You have no need of that baggage. Your arms and shoulders and back ache from carrying it. Lay it down beside the peaceful waters of your own self. For are you not Christ within, Christ without, Christ *(inaudible)* and Christ *(inaudible)*? Are you really a second-density animal that makes people recognize? It hardly seems likely.

To love one another, just to love, is an enormous gift, one which lightens the consciousness*(inaudible)*. Not to love the self is to reduce by far the amount that you can love others. You can only love others insofar as you love and have compassion and forgiveness for yourself.

The path, once it has been taken—and it was taken long before this incarnation—to incarnate, to experience and to polarize in service to the Creator, either to others or to the self, is a monumentally great choice, *(inaudible)*. The gift people find it easiest to give is the activity: volunteering for the homeless, the *(inaudible)* soup kitchen, arranging *(inaudible)* clothes people who need it. And all of this is indeed an integral part of worship. Yet you are steward over your very soul for it is not you, only your freedom as you *(inaudible)* your freewill that is so often impulsive and so often *(inaudible)* there is a time for all when the decision is made to step forward into a new realization and this decision allows you not only to do things that seem helpful. This decision to find the love and the opportunity in every challenge creates a consciousness capable of *(inaudible)* spirit on which you live *(inaudible)* and in aiding the human race, for the human race is as sick as the planet that it has *(inaudible)* the plunderer the second *(inaudible)*.

(Side one of tape ends.)

(Carla channeling)

I am Hatonn, and we *(inaudible)* continue. The doing of the active service, whether it be parenthood, being the peacemaker and "cheerer-upper" of those with whom you work, whatever may be your condition in life, you will find it easier to do nice things for people than to attempt to do sufficient inner work to dwell in eternity while you are *(inaudible)* the mundane. A portion of your mind that is the artistic or intuitive portion is underused in many in your culture's age of fact and *(inaudible)*. You are here to offer other options to entities who did not know they had other options. What are you to yourself? Are you love? What relation do you feel you have with the One? What relation could you have, if love created all there is? And why then, from all these choices, free will is indeed a distortion but is necessary for manifestation. For in this choice lies the very clear objective in reprogramming that within yourself which may resist commitment, worship, practicing the presence of the one Creator, and so forth. So many actions, so many opportunities. Let the meditation be only a touchstone for each day that is spent whenever a sharp sound is heard remembering the encapsulated form, that state of mind that held you enthralled in the light during those fifteen precious minutes that you give to the Creator each day. This is your basic gift. This is your basic method of being of service to others as catalyst. So often it is not what you say, but the person that you are that makes the words that you say substantive.

We find the one known as C has given into complete exhaustion and feel that there may well be few if any questions. However, questions or no, we would like to ask if *(inaudible)* speaking through the one known as K. With thanks to this instrument and to the one known as K for making themselves available to us and offering their uniqueness for us to find new ways to say these simple truths. We thank

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each and at this time *(inaudible)*. We are those known to you as Hatonn.

(K channeling)

I am Hatonn, and am again with this instrument. This time we would ask if there are any questions upon the minds of those still present here?

Carla: I just have one that I ask over and over again because occasionally I learn something new. In what way could I improve my teaching of not just your thoughts but of how to hear them? If you have any comment, I'd be glad to hear it.

I am Hatonn, and, my sister, may we say first of all that we are most pleased with the methods you presently employ both in your own rigorous tuning challenges, processes and the continued focus of attention upon our contact with you as well as your communication of these concepts as you understand them to those who *(inaudible)* of learning these concepts *(inaudible)*.

Carla: OK.

It is, as you know, our privilege to be able to work with those such as you, and we would suggest at this time on the continued focusing of attention upon that which you already know. We are aware of your desire ever to seek that which is new and would encourage you not to be tired, shall we say, of these same old methods for in our opinion these same old methods are most effective, if only they had more continued attention, as it were.

Carla: Thank you.

May we ask if there are any further questions?

Carla: No, thank you *(inaudible)*.

I am Hatonn, and we thank you, my sister.

Questioner: *(Inaudible)* questions *(inaudible)*.

I am Hatonn. We have been saving … savoring the correct *(inaudible)* the last few moments of being able to share your journey with you for we, as always, have enjoyed our contact with this group but are most appreciative of *(inaudible)*. At this time we take our leave of this group, leaving with you our blessings and encouragements upon your journeys which at times *(inaudible)* difficult to you. We look forward to being with you in the future whenever you should desire to call us and are, as you know, with you in all other times. We are known to you as those of Hatonn, and leave you in the love and the light of the infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
October 21, 1990

Group question: The question this evening has to do with free will. We know from the experience of others and from our own experience that the power of our will, when focused, is great, perhaps the greatest power in the universe. Considering the extreme power of the will, why is it that we do not automatically and always polarize towards service to each other and the seeking of the Creator and the serving of the Creator? Why is it that we have to work our way through so many, it seems to be, difficult choices, choices off the path of service, choices that seem to be other than service to others, realization of the self and realization of the Creator in all?

(Carla channeling)

I am Q'uo. It gives me great pleasure to greet each of you in the love and in the light of the one infinite Creator. We are so grateful to you for allowing us to share your meditation and your thoughts, and for calling us to speak upon this question. We will attempt to keep this instrument speaking loudly enough for all to hear, and would ask that any unheard words be questioned for repetition, as this instrument's voice is not naturally very loud. We also ask a favor of you. We ask you to take our words lightly, for we are not authorities, but pilgrims as you are. The mystery that fascinates all seekers recedes infinitely ahead of us and you. We have been upon your path, and perhaps we are more experienced that you, but we are completely equal, and completely full of knowledge, each equal to each, for all are one, and only one, creative thing, love, created into manifestation by the use of light. This is why we greet you in love and light, for that is all that there is; the rest is illusion.

We come to these questions wishing to step with careful feet, for it is a central question, a guiding question, and we could expend more time upon it by far than this instrument prefers. We will, however, attempt to heed this instrument's request for brevity.

Let us begin by laying the foundation for our response to your query, always remembering, please, that each person has a personal truth. Some truths are ageless, and some have their age and then fall away to a greater point of view. Thus, take all that we say, and toss away without a thought that which does not strike within you recognition, for you do not learn wisdom and love, you only encounter the catalyst to remember it. It is all within yourself.

It is our understanding that each spirit, or soul, or entity, according to the vocabulary, is created prior to any stage for manifestation. It is created by the action of free will upon an infinite but tiny portion of the vast infinity of intelligence. This intelligence, were it to have a name besides Creator, indicating One Original Thought, would be Love. However, a love of such a fiery, creative, disturbing and

magnificent nature can never be confined by language, so we must make do with the pale shadow of the reality of this Logos, this Creator.

The method of this creation was to place finity within the infinite. Thus, a spark of love was given an infinite and equal spark of free will. We realize that these are paradoxes, and have no choice but to say them anyway. Again, your language has its limitations. Just as love is infinitely and ever the same, so is free will infinitely and ever various. Thusly, although each of you is as a snowflake, unique in pattern and color, so are each of you snowfall, and part of the whole cycle of the year that you experience as your island home circles about your sun.

Equipped with free will, you set forth on a journey through illusions. These illusions, in our understanding, make use of the illusion of time, so that lessons may be taken in order, and all possible aid given to each density of light, or classroom. The first density is that of being—the earth, the air, the fire and the water. Consciousness first rests there, and awakens to its surroundings, is warmed by the sun, is blown by the wind, and gradually each spark becomes aware that there is a darkness and a light, and it conceives of the idea of movement because it is attracted to the light.

And so comes the second density, as the elements grow in consciousness and become capable of expressing the Creator. As they express the Creator they express perfect service, a beautiful and complex dance of bird and butterfly, leaf, flower, the breathing out of that which you breathe in, the breathing in of that which you breathe out. More and more in second density do entities begin to become more than instinctual, more than creatures of love and service and instinct, to begin to be aware of themselves, usually, because third density entities have ministered unto them and loved them.

And when they have learned the instinct of turning to the light, their graduation is at hand and they become self-conscious sparks of the infinite One. But in this grade, and only in this grade or density, is there a brevity of the time allowed for learning, and a great veil drawn across most of the mind. It is intended that this illusion be so heavy, so earthy, so entrancing and distracting, that it would be completely obvious to the casual observer that we are brief incandescent beings, alive so little and dead so soon.

At this point the entity is asleep to the choice that is the business of this density, the making of the choice. For you see, there are two paths to the Creator; they are both valid. We do not teach the path of negativity, often called the path of the left hand, or by us the path which is not. It is, however, a valid path, though very difficult compared to the service-to-others, or positive, or radiant path. This choice must be made blindly. Thus, there will never be, has never been, and is never any objective proof, that is, objective enough to be objective to a scientist, of the possibility of anything but that which can be felt by the senses by a living entity using the senses that limit it. It is in this darkness, by blind faith alone, that a leap is taken from the safety of sleep to the risk of being awake.

Now, each of you knows the sacrifices that he has made to be listening, or reading, these words, not that we are the prize, but that only those who truly are seeking would be interested in what we have to say. Most entities are not highly oriented toward thinking, feeling or dreaming the ideal within your culture. Your culture is highly situational in its ethics. It is a culture in which the end always justifies the means, and within the illusion there is little observable justice or truth.

This is not the Creator's idea of either a dirty trick or the way things should be, but rather a carefully planned schoolroom. You may leave your rulers, your protractors, your pencils and paper at home, for this is the lesson of abundant life, and homework is written in the heart, sometimes in true blood. Each of you has painfully come awake, and made the choice to search. You have not stayed in the garden. You have chosen to come forth and experience, and out of this experience you begin to see what is obvious to you now, that was at first perhaps a shadow compared to that which is the star of your life now. You have encouraged yourself and others.

Now, the lesson of this density and the choice you are to make is all about loving. One may love in one of two paths: loving the Creator by serving others, or loving the Creator by serving the self, and manipulating and controlling others that the self may be aggrandized, and as the self is aggrandized, so all glory is given to the Creator. We teach the positive, or service-to-others, path. We believe that

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this choice of service to others offers the swiftest road of spiritual evolution, spiritual evolution being evolution itself, from this time forward, as you have completed the evolution of the particular physical vehicle in which you move about at this time.

Let us glance ahead, for this too begins to explain why relatively few entities seem hungry for the food that satisfies each of you so, so well. Looking forward, we see in the next grade, or density of light, a density called the love or understanding density, in which the lessons of love are perfected, and there is study of the lessons of wisdom.

At the end of this density, graduation moves into a density in which the ways of wisdom are perfected, and the ways of learning compassionate wisdom begun. And when an entity has graduated from this density, the next classroom is the classroom of unity, where the lessons of compassionate wisdom are perfected, and the return to the Creator begun.

Graduation out of this density moves into the seventh density or grade, which is the grade during which the entity makes its final preparations as social individuals, or social memory complexes, offers its best back to the Higher Self of its third-density self, and gains enough spiritual gravity to be pulled into the unmanifest, where you are no longer the snowflake, but part of the snow; no longer the bubble, but part of the sea.

And creation beats its heart, and rests in timelessness until the next creation. And what the next creation will be, we do not know, though we have had brief acquaintance with those few who move from creation to creation. Of those we cannot speak except to say they exist.

This, you see, is the path of spiritual evolution. Thusly, in your grade or density of light, your interest as a spiritual seeker is in tuning into love. Love, that much misunderstood word, in our definition, is unconditional. It does not judge; it only supports and appreciates, listens and has patience, consoles and pardons. Does love do this because of what it has given the entity in third density? No. If this were so, then all would be saints, and free will would not be to be reckoned with as it is, for free will begins as willfulness—it is completely various, unpredictable. It is an absolute, just as love is an absolute; they are given to you equally.

As long as the entity is willing to get along, to be asleep, it may be very comfortable. It has not polarized, of course, because it does not value sacrifice, and to polarize by serving others seems, to those who have not yet done it, a very hard task compared to pleasing the self one way or another. But for everyone there comes a moment, and one must wait for that moment in all cases, when the soul must awaken for that individual, in the rhythm of that individual's destiny and story. And in that moment the choice becomes clear—to serve the self, or to serve others; to be put simplistically, as so many of your society would, good, or bad. Except that there is no good or bad. Realizations such as this continually rock the foundations of the seeker's cultural conditioning.

Think about this for a moment or two. What is your cultural conditioning? Were you taught the value of love by those who were your first teachers? Were you face to face daily with worship and joy and peace? Is there aught in this society that seems to be worshipped but vain idols: money, power, position, genius? Who are the healers? Were the carefullest health lovers correct, the highest and most advanced beings would all be splendidly athletic. Somehow, that is not often the manifestation of love, for love is of the heart, and those who have learned to offer not their love, which is finite, and which is in short supply in any third density entity, but the love of the Father that flows through the seeker who is open and has emptied itself out, then that love becomes the love that is available for the seeker to manifest.

Then has that seeker begun its life's work, lightening the consciousness of this planet at this time. No matter what dramatic talents and gifts he may possess, no matter how well one may do anything that is manifest, the greatest service in this density of the search for the lessons of love is being itself. Your essence—to put it another way, your magical personality, or to put it another way, your metaphysical reality as a light and imperishable being—is completely at the mercy of illusion here.

So, you see it is intended that this choice be difficult, and that the rewards of service to others, the rewards of a servant of all, never be guessed at until after the fact. For you, and almost all entities, are born into the world in a state of utter and complete forgetting of who they are, whence they came, whither they go. The nature of the Creator or their relationship to the Creator, or even of their own nature—all of these

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things are unknown. And it is against this backdrop of unknowing, of scenes occurring which begin to test the individual's ability to love, that the drama, which stars, you, which has as its chief critic, you, which has as designer of sets and costumes and props, you, which has as its author, you, begins its act upon the stage, which is this illusion. You have free will, but that does not necessarily mean that you understand the free will.

It is not easy to understand that you are not this being or that being, not this self that has so many idiosyncrasies, but under different circumstances would be anywhere within the 360 degrees of third-density activity and manifestation. Who is the killer, who is the rapist, who is the forgetful parent, who is the man of war, but you, and you, and I, and all of us? The essence of the reason that you are not given an instinct for purity is in this understanding of free will. The discipline of the personality is the greatest tool for coming to understand and to forgive the 360 degree self, to acknowledge and love that self, that self that must be loved. This is a key that many miss. You must love yourself; you must forgive yourself for the thoughts that you have thought, the errors that you have made, those things you wish you had done but did not. Subjectively, you feel that these make you unworthy. You could be anything about you that you choose not to like about yourself, and to that extent you fail to love the Creator, the creation, in all of its love, all of its Christ, all of its holiness.

Now, how does one discipline the personality? Our brother spoke most beautifully upon the subject. It is most difficult to live with complete freedom and always to make what you would subjectively feel to be the correct decision. One of the great traits of the seeker is its persistence, for gathered persistence is absolutely necessary, for the failures self-perceived, not perceived by anyone but you, seem so many, and if you do not forgive yourself, how can you expect to forgive others, and how can you bless others if you do not forgive, if you do not feel healing love pouring from you? Whether this entity is known to you or unknown, whether this entity may be subjectively described as friend or enemy, the same love is needed by all. For the needs and the behavior caused by the variousness of free will, and the variousness of man's understanding of it, there is love, and only love, and it is always and ever the same creative Original Thought.

Thus, in a dark time and in the shadow of death that you call life, you seek to forgive, and pardon, and love, and turn darkness into light wherever you see the way, and to serve, if not to please. You may all be judged because you do not please, but those who wish to serve often do not please, and if you are reviled for your love of the Creator, then you have done something right, and you are beginning to create the catalyst for fear among people that are already fearful, because they do not wish to change, because change is uncomfortable.

Pilgrims upon the path of seeking are always uncomfortable, always changing, always seeking. One cannot say to another, "Come with me on this journey, it will be all rose petals and ambrosia, there will be nothing but good times, for the Creator is love." The best that you can say is, "Come suffer with me until we learn that there is no such thing as suffering, but only pain, and not my pain and not your pain. Come die with me, that we all may live. Come, let us empty ourselves of self, that we may be earthen vessels filled with treasure, dust in the presence of the Creator."

You are on holy ground at this moment. Let us pause, that we may share this ecstasy.

(Pause)

I am Q'uo. I am Q'uo, and we thank you for that incandescent experience. It is a joy to be with you.

The first choice that one makes may be seen to be the fulcrum, or the crux upon which the remainder, not only of this incarnation, but of many, will depend, and each pilgrim knows that that first choice is the hard one, for it must be made with no prior experience. It is not until some time has been spent, on faith alone, attempting to live in faith, and by that we do not mean a belief, but simple faith, faith that the Creator is love, that we were created out of love and because we are loved, and because we were loved first it is natural to love in return, faith that anything that occurs is part of the lesson of love, and offers us opportunity.

When you are stymied, and your free will wishes to circumnavigate a situation, allow the choices you have made to polarize toward service to others to make you strong in your will. Allow yourself to remember your previous choices, and how, although they seemed hard, they were one hundred and one thousandfold rewarding. For it is not until there has

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been some time spent in sheer persistence of effort to listen to the will of the Creator that there comes a hunger for that silence that speaks louder than any words.

In a lifetime of choices you forged in yourself a life of faith, a gift for your Father, the gift of a poem, of a tapestry, rich, lovely, filled with high ideals and high hopes, against all odds, filled not with happiness, for only those things that turn to dust are happy things, but filled instead with joy, joy within sorrow, sorrow within joy, until you are blissful, and gentle, and willfulness had become willingness to love and serve the Creator and the Creator in every person.

Subjectively then, you begin to be rewarded only after you have made your choice; that is the cause of the illusion's being this heavy, this thick, this opaque. The Creator, in giving free will, gave it without stint.

There are hints in one's own deepest inward thoughts, in the very nature of this very polarized environment in which you live with hot and cold, winter and summer, light and dark. But they do not speak unless you wish to listen. And as you listen, and as you change, you must change so much of yourself, that which seems to be your self, that is, in reality, the programs that your own brain/computer has set in place for your survival, shaped by the culture which has almost no impulse towards holy things of the Creator, but only towards beautiful things of man. The spirit within must sense its own reality, and choose freely what seems to be the great sacrifice of taking up the cross, the carrying on of the endless journey that ends by the water, the water of life, crystalline love.

We realize that we have spoken longer than this instrument requested. We hope, not too much longer, and we ask all of your forgiveness. We have a poor concept of your time. We would, however, cease speaking through this instrument with thanks to it, and, if the one known as Jim is available, we would like to transfer to this instrument in order to close the meeting. In love and in light I leave this instrument. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any queries which those present may find value in the asking. Again, we remind each that that which we share we share with great joy, but do not consider ourselves to be in any way infallible. Therefore, we ask that you take our words lightly, and use them in the way that feels most helpful for your own journey of seeking and of service. Is there a query at this time?

Questioner: *(Inaudible)* love, light, Infinite Creator, Hare Krishna. My query pertains to faith, the actual definition of faith in relation to hope, and when an entity after some time travels *(inaudible)* on that leap of blind faith, *(inaudible)* hope come in to awaken the soul so that that faith becomes "solid ground."

I am Q'uo, and we are aware of your query, my brother, and we greet you in that same joyous love and light that you so willingly share. Concerning your query of the maturation of hope into that which is faith, we would suggest that each entity begins with that spiritual food, as you may call it, that it can digest with comfort. For many this beginning is in that term or concept that is known as hope. The entity with hope is aware that there is more to the earthly existence than those things which seem to comprise the earthly life, that there is more to the purpose of one's existence than completing a daily round of activities after another daily round of activities, and completing an infinite number of such days, and accomplishing the tasks that come with them, that there is a Self which is greater than the self, that there is a binding force within all of the creation, that there is indeed a purpose which gives the life a nobility and a shining quality, a strength to continue and to find a more fully realized conception of that which is life, that which is direction, and that which is service.

This entity, however, being somewhat young in the spiritual childhood, as it may be called, is tested by the passage of days and the catalyst that is contained within each day that will, as the fire tempers the metal to strengthen it, will also temper the spirit of this entity as it is manifest in the personality. And as the entity continues on in the hope that there is a purpose behind all of its actions and all of its desires, the entity grows in this inner knowing that it has first called hope.

As it continues in growth and grows in strength, the entity begins to enter that concept or area of the metaphysical or spiritual self which is called faith.

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The quality here which differentiates the faith from the hope is that when the faith becomes developed within the entity it has a sureness that comes not only from the experience that the entity has gained in its own growth, but in a feeling deep within the self that is like unto the iron filing as it approaches the strength of the magnet. The entity begins to feel that it is drawing close to a power that is far greater than any power it has found within itself or its own experience before.

Thus, the entity begins to feel and experience this quality of faith and finds that its feet are placed upon a firmer ground with each step that it takes, each testing that it passes, shall we say, for all of the experience within this illusion serves as a kind of catalyst that will allow the entity to become a crystallized being so that there is a strength and clarity to the purpose for such an entity's life pattern.

Thus, we would say it is the experience of the entity that moves it closer and closer to a realization of its oneness with all of creation that eventually changes the entity's philosophy, shall we say, of the life, from that which is guided by hope to that which is stayed by faith.

Is there a further query, my brother?

Questioner: *(Inaudible)* project *(inaudible)* city of God, and if so *(inaudible)* may be a part in helping very many people in polarizing towards service to others and love and at this time/space, space/time *(inaudible)* now.

I am Q'uo, and am aware of your query, my brother. We scan the minds of those present and can confirm that, indeed, this project of which you speak is most helpful to all those which are a part of it and all those which may come within its influence, for there is an openness in the seeking and in the sharing of that which is the purpose for the life, the learning and the seeking in that location which shines as the candle in the darkness, the beacon upon the shore for those which are cast upon the sea and who seek a clear and safe harbor in which to find a place to seek in their own way and to share in their own way that which is theirs to give.

We cannot speak highly enough of the effort that you partake in, and we would suggest that there are those within our density of experience who take great joy in observing this experiment in creating the new human being upon your planet. We bless and send our joy to each that the efforts may be doubled and redoubled, for it is as each light upon the planet shines more brightly and makes a web of light around the planetary surface that this planetary sphere shall eventually be moved into its rightful place within the evolution of the population that seeks so earnestly for that which has always rested within each heart awaiting the earnest pilgrim.

Is there a further query, my brother?

Questioner: We thank you for your blessing.

Carla: I would like to ask if there is a need for *(inaudible)* Q'uo?

I am Q'uo, and we feel that though the energy of the group begins to wane that there is enough energy and harmony for the remaining queries.

Carla: OK.

Is there another query at this time?

Questioner: Is it much easier living in amongst a community of like minded souls, *(inaudible)* energy for polarization of *(inaudible)* takes place much easier?

I am Q'uo, and as you are aware from your own experience, my brother, and the experience of so many others within your community, such a community is a great aid to each seeker that is part of it, for those who of like mind together seek shall far more surely find.

Is there a further query, my brother?

Questioner: From scriptures, various scriptures, *(inaudible)* particularly those scriptures revealed to *(inaudible)*, that in different ages a different process of self-realization is recommended, and that in this particular age, creative *(inaudible)*, the recommended process is to attempt the calling [upon] the name of God. How do you perceive this, how could we *(inaudible)* enlighten others, *(inaudible)* of thanksgiving *(inaudible)* culture, and possibly within other traditions in the world?

I am Q'uo, and am aware of your query, my brother. Each entity, as it enters the incarnation, has placed before it a pattern of experience that will allow it to learn those lessons which have not been well learned in previous experiences, and will then allow it to take these learnings and share with others as one who

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teaches. Thus, learning and service lies before each entity as it enters the incarnational pattern.

However, there is the necessity, in order for the learning to occur in the most efficacious manner, for the entity to pass through that which you may call the veil of forgetting, so that only the most basic remembering occurs within the incarnation. The incarnation then becomes a process of discovery of seeking that which is mysterious, that which is hidden, that which has a price and that which, when discovered, also has the reward, the broadening of the perspective, the point of view, the ability to accept, to love.

However, each entity has the incarnational personality which is, relative to the soul, undisciplined and within the Earthly illusion subject to distraction, temptations and, shall we say, some degree of laziness. Thus, it is necessary for each entity in some manner to discipline the personality.

There are various ways of doing this disciplining of the personality. There are traditions within each culture, and within each religious heritage, that have called upon those practices which you have mentioned as being most helpful for the primary, or foundation discipline, for each entity that seeks to learn those lessons that are appropriate to it and to share them then with others as a service to others and to the one Creator within all. The chanting, the use of various devotional songs, dances and other rituals are most helpful in beginning this process of disciplining so that the expenditure of the inpouring prana, or cosmic energy, may be most efficiently accomplished, for this energy is much like the power of the water that moves through the hose. If the nozzle of the hose is turned in such a fashion as to cause the diffusion of the water to move through in a spray there is little power achieved. However, if the nozzle or the attention is turned in such a fashion as to cause the water to move in a small, boring, forceful fashion, then there is far greater power possible to achieve with such a focus.

Thus it is with the focus of consciousness. If the entity is able to discipline the personality to such a degree, then it is able to move in greater harmony with the cosmic energies that are available to it and to utilize these energies in the accomplishing of those lessons and the giving of those services which are the entity's incarnational pattern.

Is there a further query, my brother?

Questioner: I have a query. The names of God which we repeat *(inaudible)*, we tend to focus on to align and balance our being in harmony with divine will, are spoken of as being absolute in nature, they are non-different from the Creator Himself. Are you able, from your density, can you perceive that absolute nature in the sound vibration? For example, Krishna, or Allah, or Adonai?

I am Q'uo, and am aware of your query, my brother. The one Creator is described by various sound vibration complexes in order to cause a certain facet of the one Creator to vibrate in resonance with the entity calling the Creator's name. It is our humble experience to partake in this seeking process, and it has been our experience that, though many names reflect many different facets of that one jewel that is the Creator, that there is no one name which can capture all of the essence of the one Creator which is mysterious and beyond capture, shall we say. Each name, however, allows a certain sacred quality to be awakened within the seeker which vibrates the name. This harmonic resonance, then, begins its work in the appropriate energy center or chakra within the seeker and calls forth from the seeker that quality which is embodied in the name of the Creator which it vibrates. Thus, when properly vibrated within the seeker it is as though the creation sings. This vibrational quality is that which each seeks as it vibrates whatever name of the Creator is sacred to it, or is utilized by it at a certain time in order to enhance that quality within the seeker.

Is there a further query, my brother?

Carla: I have one. I *(inaudible)*, and other people have to suffer so hard, *(inaudible)* confused, *(inaudible)*, and live so long *(inaudible)*?

I am Q'uo, and am aware of your query, my sister. There are many qualities for each entity which are either well expressed or poorly expressed depending upon the incarnational pattern that has been chosen and the incarnational patterns that have been utilized previous to this incarnation. Thus, some entities bring into succeeding incarnations those talents which have been well developed, those which have been reasonably well developed and those which yet await development. Each entity will have an unique pattern to pursue during each incarnation. The hallmark of an infinite Creator is variety; therefore, one may expect to find an unique pattern of experience, of lessons and of services within each

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seeker of truth. Thus, each need not be the same to be equal in will and in faith.

Is there another query, my sister?

Carla: No, no really, I just *(inaudible)* why some people have *(inaudible)* because they can't deny their faith, while other people, *(inaudible)* hope *(inaudible)*. Perhaps could it be that some types of faith *(inaudible)*, just different types of faith?

I am Q'uo, and am aware of your query, my sister. In some cases this is so. However, it is more generally the case that as each school will have the beginning, the middle and the higher grades within it, there are students for each grade, and each student will pursue a different course of study, in many cases while being within the same school. There are those who have learned some lessons well, and have not learned others as well. These are their challenges; these are their path; these become their service. Each learns at his or her own pace. Thus, each may serve as teacher to another that travels the same path.

Is there another query, my sister?

Carla: No, thank you very much, Q'uo.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Questioner: Can we engage in some chanting together?

I am Q'uo, and we would recommend that this would be well. We would suggest, however, that the channeling portion of this meditation be completed.

Questioner: *(Inaudible)*?

I am Q'uo. We have chosen this vibration for this particular group. It is spelled in your English language with a "Q," then your apostrophe, followed by a "U" and an "O." This group was curious as to the meaning of this vibration and after some period of time asked us about it, and we responded that we have chosen this vibration for this particular group in order to cause it to ask "Who was Q'uo", for within your Latin language it was discovered by this group that "quo" was "who." We are an amalgamation of two social memory complexes or races of beings which have answered the call of this group and which takes great delight in being able to speak through the instruments in this group and be of whatever aid is possible for us within your illusion.

At this time we shall take our leave of this group while watching, shall we say, and partaking in our own way with your chanting. We leave each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation
October 25, 1990

(Carla channeling)

We are known to you as those of Q'uo. We greet you in joy and offer you blessings in the name of the love and the light of the one infinite Creator. As you well know, it is deemed by us an enormous privilege to be able to share with you in your concerns. As one becomes more and more refined in one's awareness of what a family truly is, perhaps of what remains of one's unwisdom one is most concerned. We have been concerned about your people for some time, as you know. And when we feel a call go forth, that enables us to try to be of service, it is as so someone from our family would be calling us, someone we love and would want nothing in the world more to do than to go to them to share their sorrow, ease their pain and strengthen their walk upon the path of the search for truth.

We are the privileged ones. We were able to be perceived by an instrument who was able somehow to receive concepts and to speak words which we find almost entirely appropriate. We would speak to you at this time about this as each of you is attempting to channel ever better. It is well not to regard words with an idea to their having one effect upon people. It is not hypocrisy to speak in a language of those whom you come to serve. It is not hypocrisy but kindness to use no more of emotion in your expression than the circle is able to accept without invoking either fear or guilt, which is actually a kind of fear. The silence itself will teach you better than that.

So we wish to be very careful to speak always in terms that have relatively little power within your illusion, insofar as they are emotionally charged. We do not say, for instance, the word "God." From time to time, because we are allowing the instrument freedom, it will speak that word. And it is acceptable to us. Of our own self we would prefer a less emotionally charged term. One that moves cosmology out of superstition and into a simple knowledge of how eternity creates itself. So we ask each channel, always, to hear and remember words and phrases that are particularly delightful; we may be able to use them. Remember, we came to light as experiences that gave you joy, that fired your passions and that created the purest you that you have yet been. Move always back into these things that are your strength, your gifts. And one of the gifts of a channel needs to be that of grasping the nuances of vocabulary. This is not a group to which we must lecture, for each is already quite aware, for the most part, of this helpful information that it is well to be reminded again and again, that as servants of men and as sons of the one infinite Creator it was given to you to be the humblest, to be the least, to be strong enough in self that such things are irrelevant to your state of mind. The path asks a great deal for one who begins it. Little by little,

untruth must be slugged off as if it were dead skin. Those blockages which could always be blamed on a childhood are suddenly those blockages for which you are responsible. Because you know how to clear them. You also know the kind of work and time that this effort will take. But we exhort you to continue. Those who seek the path of spirit must also seek the path of discipline. For the time to do spiritual work is always now, not tomorrow, not last week but right now.

[And I spoke with channels], each of you has begun that process of realizing the responsibility of policing yourself, of gauging for yourself, not the quality of the message, but only the quality of the preparation. This instrument, for instance, has never been satisfied with its preparation. We shall not give our opinion of this, as this instrument does not want to channel it. However, it is well not to assume that you now have become good of channeling, ever, anymore then you can reach your limits as an artist in any work of art, in any work of creativity, in any work where imagination and craftsmanship work hand in hand. It is only necessary to remember all that comes through you, because you have tuned yourself to your innermost self, the self that loves [without sin]. Often against its own will, but loves and loves and loves.

We are ready at this time to transfer the contact to the one known as K. I am [*(sounds like)* Mantuk], and I am one of those of Q'uo.

(K channeling)

I am Q'uo, and greet each of you once again in the love and the light of the Creator and this instrument. We are aware of this instrument's weariness and shall therefore speak more briefly than usual, but wish to continue upon a subject of the concerns that each of you have: in your performance, in your integrity and in your desires to communicate as clearly and accurately as possible the concepts you receive as you [serve as vocal channels].

There is concern in this group, especially among those less experienced, such as this instrument, with regard to concepts that they are either not translating, shall we say, as accurately as may be desired, or that are missed all together. We know this is not an altogether unknown occurrence for those with more experience also. We wish to encourage you in your efforts in this regard to seek to grasp those concepts which seem the most clear to you. And if there is a concept that you have difficulty in grasping, we urge you simply to let it go, not consider it lost, for if it is part of the message that we wish to bring to you, we will bring those thoughts back again.

We urge you each to be diligent in the continued scrutiny of your own lives as you continue what we consider to be the most important work of those serving as vocal channels; that is, the work upon yourself, the process of becoming ever more transparent, where you become more and more transparent in yourselves. The concepts that are communicated to you will flow through more clearly, more easily and naturally and there will be less blockages within yourselves to help with the progress. Everything that you experience in your life you experience as an end result, that which is passed through many and various filter systems which you have set up for yourselves. You are aware of this process.

As you continue in your efforts to know yourself, you'll become more and more conscious from the way this process operates and will become more and more able to consciously choose that information which you wish to receive from all that is available to you. Processes will become less automatic, shall we say. And you will find yourselves able to incorporate more and more of life as the experiences and energy of the entire universe that is around you enter yourselves. All of this will aid you in your work as vocal channel, as this work is, indeed, that part of your journey along the path.

We would at this time transfer to the one known as Jim, and thank this instrument for the efforts she has made in sustaining this contact this evening. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each in love and light once again. It is a privilege to work with each instrument this evening. We feel that we have made progress with the one known as K, and the ability to generate concepts which are complex in nature and which continue a logical thread of thinking, developing it with further information and illustration as the contact continues. We are very grateful to be able to enlarge that which we offer in this instrument and we would commend her perseverance. At this time it is our privilege to ask if we may speak to any queries which are upon the minds of those listening.

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(Only portions of Carla's questions have been transcribed.)

Carla: I have one. Actually, are you aware personally *(inaudible)* who was able *(inaudible)* are you not happy *(inaudible)*. This is the feeling I have got all along.

I am Q'uo, and am aware of your query, my sister. We scan ourselves for permissiveness. We are, shall we say, most happy to be able to make any kind of contact whatsoever with an entity who wishes to serve as an instrument. If we are able to make ourselves known and are able to speak the simplest of concepts through a new instruments, we feel as do those of your planetary sphere who become parents, shall we say, in that we have a new opportunity through which to offer concepts which, though they are, as it has often been said, ever and always the same, yet are a means by which at least one entity shall experience the possibility of being in service in a way which we find most helpful. The concepts which we offer are, as you have surmised, of a layered nature, as are all concepts within the creation, for all evolves from the one great original Thought of love. This one simple thought of a creation made of love, generated by love, formed in that fashion is that from which all multiplicity [depends].Thus, when we speak through any instrument we offer that which is the instrument's comfortable level of ability to perceive and to transmit in a fashion which corresponds in clarity and precision to the crystallized nature of the instrument through whom we speak.

You ask if we have had any opportunities to utilize instruments who were able to perceive each nuance which we have to offer. We are sure that you shall not be surprised to discover that the answer to this query is no, for that which we have to offer is beyond the ability of any entity which depends upon words for communication to express. Language itself is a barrier. However, we accept the limitations, both of language and of the understanding, if you will pardon the misnomer, of each entity in its previous knowledge and experience in the areas in which we speak. It is not our intent to give information that is minutely illustrated with each possible nuance. In certain instances and at certain times it is helpful to be able to describe the concept in finer and more precise terminology, using terminologies which are especially apt. However, what we wish most in these communications is to repeat, in whatever manner is helpful to a student, the simple nature of the creation and the strong and simple relationship that each has to each other and to the one Creator, to the creation, to all things, that this relationship is one which endures, that there will always be mystery, that there is always loving support for those who venture into the dark and mysterious night of the soul. Thus, in short, our answer to your query, my sister, is that though we seek to refine each instrument's ability to perceive that which we have to offer, we rejoice at every word and concept which we are able to transmit through any instrument.

Is there another query, my sister?

Carla: Just a comment … The reason that I felt that this was true is that one of the best channels I know …

The other question is … I really would not know how to speak to this … And I wonder if I have …

I am Q'uo, and I am aware of your query, my sister. This is a query which would be interesting to investigate at any time in which there was the proper energy, shall we say, to move deeply into the nature of the creation, and its relationship to each entity in your third-density illusion. We may recommend that this might be one topic that could be explored during the workshop for contact, shall we say. For there would be at that time the interest and the opportunity to exchange points of view that may be illuminating to all concerned.

I am Q'uo, we are grateful to you once again, my sister. Is there another query at this time?

Carla: The other question is about free will …

I am Q'uo, and am aware of your query, my sister. If it would be helpful to you in your preparation for one of these sessions of working to make a conscious dedication to open the instruments and the self freely, then this would be well. In our way of perceiving your desire to serve as instruments, we see that this commitment has been made when the commitment to serve as an instrument has been undertaken. Because the first work of the instrument is upon the self and the clearing of and balancing of those energy centers in need of such is undertaken, this, of necessity, means that each wishing to serve as an instrument presents itself, and its course of study, which is the self, freely. Thus, we see no problem with the concept that you have called "pot luck," though it is oftentimes more helpful to each within

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the circle of seeking here [that] there has been an agreement upon a general area of investigation for the evening. We are happy to work with each instrument, even when there has been no specific designation for a topic agreed upon.

Is there another query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I would just like to know …

I am Q'uo, and we are grateful, my sister, for your dedication to this work as well. At this time, we feel that we have both exhausted the queries and the participants in this circle of seeking. We thank each for offering the self as instrument for our humble words and thoughts. We send you our greetings and our blessings upon your journeys which move each of you in ways which are not always easily understood nor easy to assimilate. We commend you upon the dedication with which you undertake each of your days within this illusion. At this time we shall take our leave of this instrument and this group. We are known to you as those of Q'uo. Adonai, my friends. We leave you in the love and the light of the one infinite Creator. ♣

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Sunday Meditation
October 28, 1990

Group question: We need a sharp definition of the universe.

(Carla channeling)

I am Hatonn. Greetings to all of you in the love and the light of the infinite Creator. We cannot tell you how much we appreciate and are grateful for this opportunity to attempt to serve you, asking you always to remember that we are fallible and prone to error, as anyone with opinions must be, and acknowledge himself to be.

We would speak to a subject which is closer to our area of interest than most, as we have been, in our years of service with the Brothers and Sisters of Sorrow, attempting to grasp the distortions, solutions and thoughts that entities have had in this area. Perhaps we would phrase our definition of creation or the universe by speaking firstly of the entire universe, and then only secondly of the local phenomena and locally observed phenomena.

The Creator, in a very literal sense, is the creation, as it is in its pure state single and containing all that there is. The most gratifying way to look at the mathematics of the eternal is to gaze at one's own feelings about that which is eternal. One may make certain logical assumptions: the creation is all one place; the creation is all one time. The creation is the active portion, itself infinite, of the intelligent infinity which is called Love, or the Creator, or Christ consciousness, or whatever term most aptly describes each entity's own vision of the Creator. To put it another way, the creation, seen without distortion, is completely unified, from the sinew and bone, all the way through evolutionary patterns. To put it another way, the creation is that infinite space that the Creator has called into manifestation. It has in a cosmic or galactic way created a Oneness through diversity. This is a third-density vision of the Creator. Each density pictures the Creator less anthropomorphically and more realistically, because as the truth recedes before you, you find yourself more aware of the creation of the Kingdom, both without and within.

Consequently, a sharp definition in third-density vocabulary would be that creation is that limitless and ever-expanding area of light that surrounds infinite intelligence in its passive state. The Creator in its passive state, though the originator of love, and having created by love, should also be seen to be love—love creating love—and in this great love, offering to each entity the freedom of opportunity to choose that which we wish to do.

Those who have studied, meditated and worshipped long upon the Creator of humankind have, more often than any other way, apprehended the Creator as light. This is, in fact, neither Creator nor creation, but rather love bonding with free will and deciding to build, create or manifest a series of illusions

helpful to those sparks of the Creator which were before all worlds were, and which shall be after all worlds are not anymore. Thusly, the mathematics of the eternal must reckon with only one number, and that is the number one, for the creation is infinite, full of creative power, and continually expressing itself in spiritual ways to those who open the door requesting that information.

The free will of each entity is called the first distortion. In actuality, it is the first distortion in the human drama. That is, each of us decides and chooses to eat of the apple, the symbol of good and evil. Once entities are aware of the duality of each day as opposed to the unity of the truth, it becomes more difficult to imagine, ideate or allow such a simple concept as the Creator being that area of light, infinite in nature, which contains all manifestations of consciousness which the Creator has offered. It is a changing set of illusions, each of which is biased toward that which has been called spiritual evolution or consciousness. These lessons are not easy, and they are extremely time-consuming, taking many, many lifetimes.

So, the paradox here is that each of you has two clocks within. One kind is humankind's time. The other clock is a face with no numbers and no hands, no digital readout, simply a blank, that is the eternal now under which all things fall. This is our witness to the Creator and its love in building this universe that its active sparks then kindle in their hearts the power to choose again and again to love where hate would be more normal, to console when you felt least like consoling, to remain forgiven, and especially self-forgiven. If we do aught else, we are criticizing our Creator, as well as ourselves; if we argue or are in contention with another, this not only expresses our views, it also separates us from love, and thereby, from the Creator.

The largest problem that we have in speaking to you about the universe is that we see that universe as a live organism, whereas you tend to see the universe as that which is static, as an inert entity. This circle of light, if we may call it that, about the Creator, is anything but careless. As the Creator brooded over the sea and caused a living environment for learning, so the Creator in each entity may be found by that entity as it reviews that which has increased the light and radiance flowing through them, and that which has decreased the light and radiance flowing through them.

It would be extremely difficult, at the level of instrumentation and discourse as well as philosophy that your science now offers, to give a particularly specific view of eternity, as the only so-called number that is reckoned with is one. Because the creation is an infinity, it can only be one thing, for there are no numbers in infinity except one to build a mathematics upon one, or one over one, that being love over light creating manifestation, and light moving towards love, creating humankind's experience. There is more upon this subject, but we realize the time is not as short as we think it is when we speak.

The way of looking at the universe from a standpoint of humankind is interesting, inarguably so. However, it does not have the advantage of realizing the absoluteness of the Creator of eternity and of the self. It attempts, each day, to make some kind of difference, moving along what this instrument would call an inherent talent or gift, that is, the yearning and the pulling towards this unity. All pilgrims are on a road bound for home. They have been spendthrifts; each of you has in some symbolic or literal way created much confusion. It is also possible to create non-confusion, contentment and hospitable feelings towards all.

When one stays within the illusion that is available for measure by instrumentation by your scientific instruments, one sees not that which is, that is, varying energy forms within which the light of self-consciousness has moved forward.

At this time, we would wish to transfer this contact, and in order that each entity may practice the experience of receiving contact, we shall simply say, "We are now transferring this contact." We wish you love and light through this instrument. We are those of Hatonn.

(Unknown channeling)

I am Hatonn, and I am again with this instrument. We have been asked to finish these thoughts through this instrument, and then move the auditory instrument to another.

The goal of each pilgrim is, of course, to arrive at home. That is the prodigal's dream. Now, entities are not brought to this place, or moved from second density in this place to third density in this place, in order that they might play in the garden, although many do so, remain innocent, and are always ready

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for graduation. But it is a portion necessary to this illusion that it make logical sense. The logic of the universe, though it cannot be explained, is visible. The atoms that form compounds of atoms which form cells, and gradually the manifestation of the entire being, are those forces irresistible to the entity which seeks.

However, if one seeks within the plane or density which you call third density upon your planet Earth, one will learn that which humanity has to teach you, which is no inconsiderable thing. However, contemplation, reading, writing, is the way of a person that finds spiritual food in these activities *(inaudible)*. However, within this illusion the natural laws do distort eternal truths into observed truths; that is the key to that which is most difficult for scientists and mathematicians. When dealing with this illusion from whatever perspective, one discovers at the end of the inquiry a remaining mystery which is an inherent part of an universe which is noumenal, where things not making sense and becoming paradoxes is simply a sign that the pilgrim has an awareness of its own growth processes.

Mathematics itself is extremely precise within this local illusion. However, just as one measures extremely low temperatures by using Kelvin numbers, so can we describe the universe using a different kind of measurement, having, however, to do with the concept of heat. It is doubtful, though possible, that there is an entity with enough of a vision to create social change by invention. This has occurred many times among your peoples, and will occur again. And so we continue in a multitude of questions, experiences and emotions. These are local distortions. They are of interest to the Creator, but often the use of the gifts of the spirit create the beautiful bond of love and love itself, or love divine.

Just as entities cannot channel our thoughts without words, just so can we not avoid distortion using terms that are not only of this density or local illusion, but are also not informed by the central spiritual core of faith. So a choice is left for each pilgrim to make. Although you cannot prove it, do you feel that your path of service brings you onto holy ground? This is part of the definition of the universe in its active phase; that is, that entities will be drawn by spiritual gravity at a variable speed depending upon the resistance, conscious or unconscious, of the entity. Experience hones and clears and forgives many things for which it has held itself responsible. This is moving from the life and death nature of third density to a more enlightened point of view, in our opinion.

One final note: the creation is quite simply a mystery. We do not know, truly, of the first things, any more than any baby in any crib can know of the of affairs of the day. They hear only one thing; each of us hears the sorrow of your people. And so we come to give you not only hope, and not simple homilies, but also workable and efficient exercises for moving the consciousness back to that place where it was in meditation when you were living in eternity. As you love one another more and more, your own subjective universe becomes more and more lovely and spacious.

Thusly, speaking as to a mathematician, who asks this query, we may say that much of mathematics is quite capable of manipulation of various minerals, gasses and liquids, of creating environments which the Great Self or the Creator and the individual co-creator have decided that which it wishes to do as a path of service. In some there are two definitions of the universe. One definition is absolute, without any space or any time, being as all one thing. The creation is intelligent and infinite and kindly towards those who seek the spiritual path which leads to radiance and servanthood. Self-aggrandizement, fear of losing one's reputation, and other such concerns, are for those who do not feel that the Creator speaks to them in the silence of their hearts.

In the creation of the Father all things are truly one. This instrument clasps another's hand; that apparently is as close as two entities can be. However, it is in the deep mind, not in the second-density body that you use, that information regarding you as an imperishable individual is stored, and this deep mind cannot be uncovered except by meditation, spending some time daily doing inner spiritual work.

For us to know intelligent infinity and to experience what this instrument would call holiness, one must gaze from a viewpoint of informed compassion. In this particular density you are learning more and more how to love each other, an absolute necessity preceding the day when there shall be a new Heaven and a new Earth. However, its only newness will be that it is entering third-density space/time at the particular time during which another third density

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should begin. So, like truth, part of the Creator is truth itself, absolute and unified, without space, without time and without polarity. From a human perspective, a local environment is quite various, and not a possessor of large truths, but only of creating a vast array of confusions.

We ask each to allow oneself to feel this light, this living creative light as it moves through your body to the heart chakra. As you breathe in, visualize and begin to feel this. As you breathe out, breathe out fatigue, worry, illness. It is always being requested by your people to realize many phenomena—past life experiences, karma that is still owed, and so forth. However, neither in metaphysical or godly time, nor in group consensus time, is this possible. Thus, we always suggest meditation, but more than that we suggest the singing for joy, and the becoming aware—when there is a sharp sound, a knock at the door, a telephone call, the ringing of a bell that you can hear, a honk, any sudden sound through the day that can be used as a reminder—of the state of mind you have had during and shortly after meditation, as compared with the last several minutes or hours of daily attitude.

So, the mathematics of infinity are done all with one. The mathematics of local areas of space/time are set up by the Creator and each spirit as it is tossed as a spark from a great hearth, the great transfigurational furnace of faith. There is a saying upon this instrument's wall, "All is in the All, and the All is All." We are all one being; the rest is illusion.

We are impressed by this entity's query, for it shows that the entity is familiar, instinctually, with new thoughts and new ideas upon the nature of metaphysical mathematics. It would, of course, be metamathematics, but it has its possibilities, although we find it doubtful that any could carry them forward. But you do live, moment by moment, in eternity, in infinity, in any Kingdom of Heaven, if so you wish it to be. That is an absolute. Resist or refuse faith, unconditionally, and you are left in believing those artifacts of which mankind has been the author. Of the two sources, the former is by far the more trustworthy and accurate.

Again, there is still more upon this subject, but we realize that we have worked quite a bit overtime, as we heard your machine ending some time ago, so we shall say that which is not yet said, that is the remainder, shall we say, of the paragraphs, the theme of which was offered in one sentence, a more complete discussion and a fuller grasping of the entire notion of there being a universe as opposed to there being that which seems to be. Both of those things happen to be true of the creation.

One thing is for sure, all things are made of love, and free will acting on love to produce light which can create and manifest matter. May you love each other; then you shall learn more and more about the Creator, and you will prefer the mystery of the mathematics of one over the finity of ideas which humankind creates and the artifacts it produces, for like the clay of your physical vehicles, they also will become obsolete, not for any specific reason of age, but simply because it is the nature of things.

We would like at this time to transfer the contact, if we may do so, for the ending of the session. We have attempted a sharp and precise definition and found ourselves in a great deal of trouble with vocabulary, for that which is eternal has concepts for which in your density you have no way of describing. The best we can do is to point you in the general direction of the truth you seek, and then build a wall that you can climb over easily. You can climb over that wall and rest at any time. But those who wish to work for the Creator are zealous, and loving and sharing. When we see this, we become humble before each of you who has achieved true harmony, for you have moved from truths to truth, and you have begun to operate in your everyday life according to spiritual principles, moving from the many to the One.

We will now transfer. We are known unto you as Hatonn, and we thank you again, and greet each in the greatest love. I am Hatonn. We now transfer.

(Unknown channeling)

I am Hatonn, and am once again with this instrument. We *(inaudible)* that a precise definition of infinity *(inaudible)* been possible for *(inaudible)* itself, the use of an inexplicable, mathematical *(inaudible)* may well be those due to the nearness of this particular planet's negative vibration until the fourth-density light is here. That light hurts those who are not ready to be able to enjoy it. Consequently, we who wish to share with you the joy and the strength of faith, and the life of service, wish each to know that it is no shame or burden unique to yourself, that there are many seeming

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difficulties in the life. It seems as though one goes through truth after truth after truth, until one becomes fearful that there is no truth. My friends, there is truth, but within your culture there is very little truth. Consequently, if you are always honest, you are being as rebellious and as courageous as any warrior, making yourself however to a *(inaudible)* that may well come to you for living a life motivated by faith. Do not let this disturb you, for you are prodigal sons and daughters, and you are being called home, *(inaudible)* sparks of the great Creator. Eventually you shall add your spark to the infinite and illimitable light, that creative light which many call prana, that moves through your spiritual body, and has good symbols for allowing one to begin to assess one's own behavior.

We encourage the use of discernment and the use of truths. We encourage that you not be dismayed when you discover that a truth is no longer valid. This simply means that you have gone through the uncomfortable process of spiritual growth. But always remember, in order to express the universe's high density you must attempt to live consciously and mindfully in the present moment, which is eternal. This is why we ask that you say a very, very short prayer whenever you are reminded by any loud noise that you are indeed more than glued to the desk that you are sitting at, or the place where you are standing or reclining. Each of you is a spiritual warrior.

We wish to take the world of materialistic thought and implant within the hearts of those present the love and the sharing of bounty. This is not wrong, it is simply that it does not work within a life that the most helpful life is that of cheerfulness and happiness, but rather one of suffering that great change of attitude which creates the choice of the loss of innocence by the desiring of the fruit of the tree of good and evil. You each have that choice; you could have remained a part of the unselfconscious, latent or inactive portion of the Creator. Instead, you set off upon a great adventure, a prodigal adventure, with a fortune to spend and time and energy and talent, the time for polarizing by praying, loving, giving, sharing.

We truly hope that this had aided each of you, and if there is more information requested, we shall be glad to comply, but we are conscious of this entity's informing us that we have talked too long. Consequently, we leave now to move to any questions that you may have. Have you any questions?

(Pause)

Since there are no questions that have been vocalized in this meeting, we shall be glad to await any questioning that you may have at a later date. It is such a great privilege to be with each of you we are sorry to leave, yet joyful in that you have called us to you. We thank you, and offer thanksgiving for entities such as yourselves who are aware of the dreamlike quality of so-called consensus reality, and are therefore forced to consider the mysteries that surround us.

In that mystery lies no thing that makes intellectual sense. In that mystery which is both Creator and creation, things simply are, and each of you, recapitulating the state of the universe, are. Everything is an I AM, a Yahweh, that so seldom is one able to minister to oneself. Listen to those about you struggling with truth that have had an end, or will soon, and help them to see that there is no punishment involved, but only the giving of a greater opportunity. That is all, for now.

Once again we thank you, and leave you in the love and the light of the infinite Creator. May you know that you are in that circle of light. May you know that you stand upon holy ground. May you always feel free to ask for help, for all those who love you, incarnate and discarnate, truly enjoy being of service, for by this they become freer and freer to roam the creation within one's head at will. May the truths lead you to the truth.

We are known to you as Hatonn, and leave you in love and light. Adonai vasu borragus.

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Sunday Meditation
November 4, 1990

Group question: The question this evening has to do with the concept of worship. What is worship, especially in regards to the one Creator? What kinds of worship are there, besides the kind that we're familiar with in church? How does worship affect us, and how we can enhance this effect?

(Carla channeling)

Greetings and blessings to each from the Brothers and Sisters of Sorrow of the principle known to you as Q'uo. The joy that we feel when we are called to your meeting to attempt to begin to examine the question that is at the heart of that which we come to share is a great privilege for us, in addition to the privilege of sharing in your selfhood, your meditation, your seeking, your tolerance of the illusion that is about you, your desire for harmony, and your single-minded desire to serve in love and faith and praise, thanksgiving and prayer.

The one known as Hatonn has been requested by the instrument because of that which the instrument does not itself understand, and it is part of that which we would speak of this evening, that when this ideation moved into the floor of this instrument's conscious thinking, it did not doubt its own instincts. There are reasons for the one known as Hatonn to be with this instrument as the energy, once again, is quite low in the group. The placing of the meditation in low energy timing is a choice that you have made because of the schedules among your people, the appointments, the details, the needs to be here and yonder. We hope this is subject for some thought.

We would turn now to the question at hand this evening, the question of worship, in what it consists, what its various subgroupings may be as to type, what function it plays, and how it can be encouraged as well as begun. We would like to begin with a seemingly shallow linguistic point, yet we feel that this damaging translation of the holy work most familiar to your culture is in the present instance, and in regard to the present question, misleading and even damaging. There are many urgent requests from those whom you call, since in any and all religious paths, but especially within your Judeo-Christian culture, the basic emotion laden word that is almost always misunderstood when read, as it has been misunderstood when translated, is the word "fear." In worship, there is not fear; in worship, there is a surrender, without fear, and without knowledge of that which is to come.

Having chosen the path of service to the infinite Creator by means of service to others, why would any entity make such a choice? There are humane and humanitarian reasons to care for one's fellow man, but not to feel that it is necessary to surrender the heart, the mind, the soul, the strength and the life to a voice which cannot often be heard, but

which must be taken upon faith by its outer garments of manifestation. The fear of the Creator is simply awe and wonder, and fortunate is the entity who has released itself from all fear, for only within this illusion which you experience is there this fear of the Creator. This is simply a distortion of that love which is so great that the desire to serve this Creator fills one with awe.

Fear, of any one, any thing, any circumstance or any idea indicates that there is preparatory work still to do within the boundaries of the illusion which you now enjoy. The illusion is placed before you not only in a day-to-day manner, but in subtle and myriad ways. Your very consciousness, that is, that consciousness of which you are aware, is or can be constantly informed as to what means of service lie before you. In order to reach this consciousness of awe and wonder, there must be a variable amount of your time spent in whatever kind of contemplation reveals and manifests to you personally the most information about the state of your mind, your emotions, your physical vehicle and your consciousness.

Within that which is called the negative path, the consciousness more and more begins to conclude that all power, all glory, indeed, all of the creation resides within the consciousness of the self. Insofar as this conclusion is reached, it is identical to the conclusion reached by those who serve others. The negative path, however, chooses to worship not that which created this universe experienced, but the self for containing all that there is. Those who can handle this concept in a positive manner are few. There is no true surrender, no true desire to do the will of the Creator, but rather the Creator and the self, so co-mingled, become a non-thing, a non-thought, and in the end, an unworkable path of service.

Let us move to another way of gazing at this question. Within your social intercourse, one finds many, many ways of perceiving others, perceiving one's own thoughts, perceiving meanings which may be given to various manifestations, either mundane or highly spiritual, and your choice of accepting the reality of the self seems to include accepting the reality of the illusion. However, this is not, in our opinion, an accurate, logical conclusion. Can you control the wind of spirit, or must you allow the spirit, that living principle of the Creator, to move you? Many, many desires are those things which are natural to the natural entity, that is, the entity in an unawakened state. To people such as this, worship may well be important, but they see themselves as those who take advantage of the sacrifice of another without whose sacrifice there would not be a life or consciousness continued beyond this one.

So, you may see that which worship is not. Worship is not the pressing forward to one's goals, the satisfaction of one's desire to accumulate and amass those things which encourage happiness. Many have called devout love of many finite things various kinds of incorrect worship, that is, worship of those things which do not endure, and are therefore only able to be worshipped within this local and provincial illusion, so soon over. And if the entity who wishes to worship does so for any motive other than love, awe, amazement, joy and a seeking after truth, one has chosen that to worship which shall surely not last as long as the consciousness which at present inhabits your physical vehicle will last. Thus, if one worships a religion, a person, a goal within the illusion, one is worshipping in a negative manner, blocking the natural flow which the spirit intends to be available to you at all times, that is, the spirit of Love Itself.

Worship is that which underlies whatever complex or simple structure of personality and desire one has which manifests as an incarnation. Worship begins with the awareness that is known, but much may be inferred. Clues within the illusion that hint at one single Original Thought, which we call Love, or Christ, Christ consciousness, or the Creator, is a kind of firm ground upon which the self may stand as it gazes at, evaluates, discriminates and analyzes its own thoughts, feelings and emotions, until the self has concluded much about the nature of the self, the illusion and the program of lessons which was intended. Worship is that surrender to imperishable and perfect light and love which is the Creator. Worship is a blind thing, a shot felt to be in the dark, having an unknown target. Worship is that gathering of purified emotions which moves the entity from considerations of the milieu of the physical vehicle to considerations of the milieu of the imperishable light being which you have found within yourself as the deepest portion of yourself.

There is a great difference between love and worship. Those who seek to love will in the end find all that they desire because of a great steadiness and firmness of desire. But neither the leap of faith nor the

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intensification of desire can move that true self within one to that which is basically a protection, for the Creator is within you, yet within you cannot be seen by you. Thus, for all except the most non-literal and lyrical of mystics, worship generally consists in an attitude of surrender in purified emotion to that which is considered the source of the being, and of all that there is.

There is a necessity in most to objectify worship so that there is an identifiable object, idea or person onto which one may reflect one's deepest desires to serve. And as no one within an illusion can know adequately how to serve any entity in the best way for that entity, the worshipful or faithful entity watches and waits and prays and does all that it does for the love of the object of that worship, the infinite One.

In sum, worship is that gathering of purified emotion which kneels in surrender to the purity itself, the beauty itself, the truth itself, the love itself, that is the Creator. The outgrowths of worshipful, faithful living, moment by moment, are those things which many may perceive to be most beautiful and hard won contests against the temptation to make sense within the narrow definitions of your mind, of that which is infinite as the object of worship is infinite.

There are identifiable types of worship. There are three main categories of worship. The first is worship without an object. When one moves into the frame of mind that says that all that there is is the Creator, and all is to be worshipped, one has failed to identify any object of worship beyond the phenomena experienced by the self. The closest name that you have to this type of worship is pantheism, that is, the thoroughgoing worshipful attitude towards all that one beholds, but with the unspoken inference that when one comes to the end of all that there is, that is the limit of the Creator. Thusly, with those who worship without an object, many see difficulties connected with the inability to move beyond a certain point in evolution of spirit without either a subjective or reflective object of worship upon which one may focus again and again and again, infinitely, in each present moment.

The worship of an object, or symbol, which indicates to the entity a living and participating Creator, is most, most helpful in the simplification and clarification and lucidity of what one is aware of about one's self, for worship must be the worship of an entity for nothing or something. The unexamined thoughts and feelings and actions of many of your peoples create distortions which indicate that worship is a kind of hysteria within which one is able to release all the negative portions perceived subjectively within the self. This is not particularly helpful to the evolution of the individual's spirit. However, we mention both worship without an object, and worship of an object, as being somewhat helpful, for these are stages which may be traversed as the incarnate entity slowly begins to open the door to the possibility that the object of its worship is an utter and complete mystery.

True worshipful living is a high risk occupation. It is not a loop into the light, but rather a loop into darkness. The illusion creates an emotional, mental and spiritual twilight in which ideals, the purification of emotions from attachments, and the mindfulness of continuing awareness of the worship bloom in the darkness of blind faith. That is, the true worship is worship of a mystery; awe, wonder, a greater and greater subjective feeling of being held firmly by that which is not illusion, although one cannot understand it, so that the entity rests at last in a completely subjective and subjectively truthful journey. In this regard, worship may be seen as motion, motion of a metaphysical kind rather than a physical kind.

We would once again advise this instrument to peruse these thoughts upon worship, for in her nature, in order that she may be what she wished to be and do what she wished to do before incarnation, she has gifts of faith and will. This instrument, therefore, has little idea of what may form worship, what may begin a craving for impossible virtue, for it experiences these things as a portion of its nature, and in this it is not incorrect. However, most are aware neither of the surety of faith nor a complete surety of desire.

Knowing that one will receive what one desires, one attempts to desire the most whole, beautiful and truthful expression of the Creator that may by made available to it. The entire panoply of a culturally gutted civilization …

(Side one of tape ends.)

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(Carla channeling)

… the choice of the intellectual to worship nothing or everything, both of which contain a weak strength of acceleration, although the vector is promising. Those who worship an object, but do not go beyond the literal object in itself, are those who do not yet desire to surrender to that which is, in the end, the unknown. Such entities have the need for structure, for certainty, surety, a firmness of intent which is the blossom of that structure, and many are those who have found the gateway to eternity in this way. But they are few, in that they have not become universal in their thinking, feeling and acting process.

It is to those who acknowledge that nothing is known, and yet who choose to be certain of those things which they feel as they consciously purify their emotions, that the sight of what this instrument would call the Kingdom, comes. There is no visualization of objects, such as being seated at the right hand of the Creator, or ruling, or judging, or being in some way a master of the creation. The one who wishes to develop the ability to worship must first square off against two illimitable concepts; that is, that nothing can be known, objectively; and that the self can be known by the self more and more through meditation, contemplation, analysis, prayer, and the observation of one's personality as it shows itself in any present moment.

Worship, then, is worship not only of the Creator, but of the mysterious and largely unknown Creator. The choice is then made, with no evidence whatsoever, to surrender to that unknown, for as one is aware one did not make oneself, one is aware that whatever the nature of the unknown, that unknown is responsible for one's being, one's continuance, one's imperishability and one's opportunities to express and manifest the glory of this mystery.

We realize we have only begun upon this subject. It is a large one, and because of this instrument's request to us, as it perceives the very large amount of material on this subject, we shall be satisfied to have begun. We would at this time transfer this contact. We are known to you as Q'uo, and for those of Hatonn, we bid you fond farewell as we leave this instrument. We are those known to you as Q'uo, and we would at this time transfer this contact.

(Jim channeling)

I am Q'uo, and greet each again in love and light. We would offer ourselves at this time in an attempt to speak to queries if there are any queries that we may address. May we begin with the first one at this time?

Carla: Yes, I have a question. In my teaching, I request that those who are working with me choose a symbol or an object to specify who they are in order that they may do work in metaphysical realms, but you suggest that true worship is worship of a mystery. Am I misguiding anyone by my method of teaching?

I am Q'uo, and am aware of your query, my sister. When an entity wishes to offer itself in the service which those present seek to offer, as the vocal channels, it is well to have a central concept or representation of this great mystery which is the Creator and the creation available to it to offer as the means by which unseen spirits may be challenged or hailed, shall we say. It is recognized that there is no concept or quality that can adequately summarize the infinite mystery of the Creator, yet the vocal channel does well to find a facet of this mysterious Creator by which it may approach the Creator, and through which it may offer the challenge to those contacts which would wish to speak through it. Though a concept may be fashioned, and an approach may be made, it is always known in the heart of each seeker that mystery is at the heart of each concept and each approach.

Is there a further query, my sister?

Carla: Just one, and I was asking this of Jim this morning. It is difficult for me to grasp that people honestly don't open their eyes, look around, take it in, and immediately feel the instinct of faith. Nor it is it understandable to me personally why people lack the intensity of desire to attempt to learn and serve at the very limit of their ability with a complete passion, because of this instinctive identification with the Creator, which is faith, and love and surrender, and willingness to serve, all sort of mixed into one. How can I brook this chasm in my own understanding, in my own failure to understand, in such a way that I can better serve? Because it's my blind spot.

I am Q'uo, and we are aware of your query, my sister. The central mystery of which we have been

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speaking is reflected in each entity that seeks the one Creator. Each approaches this path from an unique position. There is much learning within the life pattern of any entity that is quite incomprehensible to most other entities that may be acquainted with a specific entity and may wish to know more of that entity in order to draw closer to it in companionship, compassion and in common seeking.

That each of you contains mystery may be seen as a benefit or detriment depending upon one's point of view. Many feel more justified, shall we say, for lack of a better word, in their own idiosyncrasies, when they realize that others contain such as well, variety thus becoming an enhancement when looking at the qualities of the human species. If an entity is not comfortable with the mystery within itself, perhaps it will have more difficulty in adjusting to that which is mysterious within others, for there is much of what seems to be of—we allow this instrument to search—undependable nature that mystery represents to some entities.

However, when that which is known of others is explored, oftentimes it is seen that along with the differences between entities there is much that unites those of your population. Entities will pursue their paths of seeking in a conscious or in an unconscious fashion with the character of the seeking determined by forces which are unique to each entity. When it is realized that each entity is unique, relationships between entities and the attempt at understanding between entities will then be seen as doubly unique.

Is there a further query, my sister?

Carla: I just want to clarify what I think you said. I think that you basically implied that what I see as an instinct, as a part of the self that could not be denied, is that, but that is for the most part in other people covered. And further, you are intimating that a teacher for the most part teaches by being, not by what it says. Are these conclusions acceptable?

I am Q'uo, and though we have not specifically iterated our reply in such a manner, we find that the interpretation which you have made of our words is an interpretation which stands on its own as valid, in our humble opinion.

Though entities are most mysterious, each in his or her own way, much of this mystery, though remaining in a covered, as you have called it, condition, due to perhaps the lack of conscious seeking, would, even with active conscious seeking remain mysterious, not only to others observing such an entity, but to the conscious seeker as well, for this illusion which you inhabit is one which guarantees a great deal of mystery, since the unifying qualities and the fundamental concepts of the Creator, of the creation, and of each entity within the creation, are covered over, much as the earth beneath your feet covers the gems and jewels that may be found within your geological strata.

It is also well said that a teacher will provide the most effective instruction to those who learn from it, not so much by what it says, but by, as you have said, its very being, for it is the being that informs the working.

Is there another query, my sister?

Carla: I do have a trivial query, and then I'll shut up. I was struck throughout this contact by a change in your focus which prohibited me from using pretty words. I assume, as I did surrender, and I believe I was getting an accurate flow, that this had a purpose. Is it within the bounds of free will at this time for you to express the purpose of speaking in such a clinical manner of that which is at the heart of all passion, all life and all eternity?

I am Q'uo, and we are aware of your query, my sister. Before beginning this session we were aware that you felt some concern for your ability to channel in an undistorted fashion upon a topic which is quite dear to your own way of thinking and being, shall we say. Thus, we wished to facilitate the transmission of concepts by forming those concepts in a manner which would not continue to trigger this concern within your mind complex as you observed familiar phrases being utilized in the fashioning of this concept.

Thus, we attempted to speak in a manner which was not only somewhat foreign to you, but which would seek to describe this core concept in a manner which would be more acceptable to many entities upon the intellectual or analytical level that may come in contact with this information, and to the conveying of more objectively oriented concepts, that find an easier entry into the more emotional or, shall we say, heart-filled areas of the personal life pattern.

Is there a further query, my sister?

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Carla: No, my brother, I suspect since you said that there is more, that we will be hearing more, and I will wait. Thank you.

I am Q'uo, and we again thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we are most grateful for this opportunity of speaking to this group. Indeed, there is a good deal more information upon this topic, which we shall be happy to share with you at your request in your future gatherings. We are always happy to join this group, for we find that the queries from this group are fashioned from the desires of the heart and not just those of the mind or of the curiosity.

We shall at this time take our leave of this group. We are known to you as those of Q'uo. We would leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✣

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Intensive Meditation
November 8, 1990

Group question: The question is about faith.

(Carla channeling)

[I am Q'uo.] Greetings and blessings to you in the love and in the light of the one infinite Creator. As we work with each channel this evening, we wish each to know that there are those of the Confederation of Planets, which many prefer to call the angelic hosts, [who] will be with each. Those of the principle of Q'uo, which are of Latwii, shall be with the one known as Jim. That entity known as Laitos and that entity known as Oxal shall be meditating with the one known as K. And we find this instrument to be well guided by its own comforter.

How blessed it is to be in the company of those who seek to have that which the world can give them not, that which the world promises not, that which the world can never promise. It is a joy to us to experience your questing hearts. In each moment of anguish in the life experience, there has always been, sooner or later, that turning towards a quest for the truth of the spirit, a sincere desire to know the spirits well—in that dogged persistence of an absolute being in highly, worldly, mundane illusion, which is entirely relative. We would share some thoughts about that which we call faith, and we shall be doing so to each channel, in order that each may give its own special gifts to this very large subject which may well, if interest continues, be ongoing within this group for some time.

That which one calls faith has been, within your holy works, called, "Hope in things unseen." How difficult it is for you within your culture to hope in things unseen. The illusion all by itself, without the many distortions which have occurred in difficult and ambivalent polarizations among your peoples, is such that the contemplation of claiming an absolute, living by it, being willing to die for it as witness to the truth, is ludicrous. This is the outer environment in which you are attempting to become aware of your metaphysical, imperishable consciousness, that spark of the Creator which expresses its unity and hope, and all that may be expressed within your illusion.

Though you may be of little faith in your own estimation, the search itself is a search begun only in the blindness of faith. This is one of the elements of faith itself which creates a kind of meniscus or layer of resistance for those who wish to have faith. For if one claims faith, the world that is seen, the illusion that is perceived, is forever changed and not in ways which exemplify the search for happiness or the contentment of resting in a comfortable space. There are comfortable belief systems, systems which enable one to know all the truths all the time according to the subjective path of literal, dogmatic belief systems. However, that which each Christ that has

come into your environment has offered is not a comfortable or happy journey. It is a journey begun on courage alone. It is a journey in which one persists by will alone. It is a journey which claims that which it does not feel with its whole heart, but which instead is felt as a hunch, an instinct, a bias. On these slender threads hang the beginning of a life in faith.

We would at this time transfer. We are known to you as Q'uo.

(K channeling)

I am Q'uo, and greet you in the love and light of the one infinite Creator. We return again to the same that is given in your homework. Faith is the substance of things hoped for, the evidence of things unseen. Now, you know that the essence of faith is that surety that each entity has without objective, tangible proof of same. This inner surety is the substance and evidence I have spoken of. There are many among your peoples who have not developed a conscious awareness of their own inner sense of that surety and choose to believe that they will accept and act on nothing unless they have objective, tangible proof of such—what man would call "scientific proof." What these entities are unaware of is that they accept many, many things on faith but do not realize it, for these beliefs have never been called into question. They pride themselves in not accepting ideas which seem foolish to them or to others, merely on the basis of a feeling of congruity within themselves.

The spiritual journey with each begins at that point when an entity feels this sense of congruity and acts on it for the first time. It may not be an obvious action but may be simply the acknowledgment of the feeling itself, the acknowledgment and the validity of a feeling. And it is at this point that faith becomes part of conscious action on the personal path. As each seeker continues to grow and develop, this capacity for faith, the ability to deny on the inner sense of congruence with an idea, is developed further and further, until each entity has created for itself its own personal collection of truths, that are based not on objective proof but on subjective assurance. The part of this process that each of you is aware of is the realization from time to time, the causes of obsolescence of some of these truths, when this first occurs. The faith of the seeker is often shaken, sometimes to a very great degree; especially, if this process occurs with truth that has been known long and deeply.

Sometimes, balance is never restored within the seeker, who then, as it is said, loses faith and never consciously returns to a path of seeking. For the undaunted, however, those who continue on the path despite their feelings of disillusionment, discouragement, despair, anger, pain and confusion, balance is eventually restored and the seeker begins to realize that truths, like faith, are not objective but subjective. As this concept is assimilated more and more, the seeker continues on its journey, developing more and more surely the ability to discern those truths which have the greatest degree of congruency for itself at that particular time. The capacity of faith is also further developed as a part of the same process, so that the seeker rests comfortably with the truth it finds, and grows with, and grows beyond, and finds others which it grows into.

Observing the ebb and flow of this process is part of the ebb and flow of All That Is. Throughout this process, the capacity of faith, although it grows stronger, unlike the truth which varies from time to time, remains the same. Now there are some, as you are aware, to whom this capacity comes most naturally, such as the instrument known as Carla. There are many among your peoples who possess this gift and have no awareness of the fact, but live their lives in a most simple, natural and harmonious manner.

These people may often be considered, by those among your peoples who have been taught by your societies to have a bias towards the strength of intellectual functioning, to be simple and perhaps of less value than their intellectual counterparts. There are many such peoples on your planet living an unconscious life within, in harmony with the natural rhythms, a very second-density life force in the planet itself. And as each here is aware, these beings have often made far greater spiritual progress than those others who pride themselves in demanding their [proofs].

Those entities, however, who have been the most strident in demanding objective, tangible verifications for their various beliefs, once having grabbed the door just a little, having dared to act in however small way on that first intuition that is acknowledged, once these doubters make their way, at first timidly along the path, and then more boldly,

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will also be those whose faith is strongest, because it has been so rigorously questioned at the start. These may also be ones who understand the process of faith to a much greater extent than those to whom it comes naturally, because, again they have questioned the process so deeply and may find opportunities to help those they find in situations such as they themselves once where.

At this time, we would transfer once again. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We offer to those, whose path is well traveled or only just begun in the conscious sense, the concept of faith as that which shall be the rod and staff to steady the pilgrim on his journey. The faith with which an entity begins is a faith which is pure in its intention, is as yet innocent in its exercise, and which is full of the potential for engaging an entity's resources. And through this expression developing much of quality of character and of personality, primarily in the ways of the disciplining of the personality. For the seeker, no matter what place it may imagine itself to be, or may actually be upon its own journey of evolution, we have spoken this evening of that call of your faith which is recognized from within an entity as a kind of inner confidence that propels and sustains movement and exploration.

Faith is as truth, that which is subjectively experienced, that which an entity can affect by its own perceptions, [judgments] and beliefs. For the truest quality of faith that we can express in your words is an inner confidence that all is indeed well, that all entities and activities and interrelationships are proceeding with the same surety, rightfulness, purpose and completeness of expression. As the winds that blow upon the planetary surface in all seasons, as the sun which shines its warming and life-giving rays upon your planetary sphere, as sure as the earth which receives the [molding] effects of the wind and the fire, and as able to reproduce itself in any situation as is your waters that give a place of birthing to many forms of your second-density creatures.

This quality of faith is as sure as the procession of cycles of all kinds that are an expression of the evolution, not only of individuals but of planets, solar systems, galaxies and the one Creator as well. Faith is, and this instrument discovers that that was our complete thought—faith is! We can give analogy after analogy, likening faith to those things which exist within your illusion seemingly without doubt, and yet faith is far more. It underlies all Creation, all activity. Oftentimes, it is ignored as one ignores the ground upon which one walks, the air which one breathes, yet it is. For those who would wish to study the concept of faith, he shall find that it permeates all of your existence as you know it.

Each entity exercises a faith in various things, various concepts, various entities, associations, relationships and exercises. Without the concept of faith, indeed, there would be little activity upon your planetary surface or within any life pattern. For there must be this basic quality that concerns the sense of self, the sense of the environment, the movement of the self through this environment in such and such a pattern. All of these things at the very, very basic level are taken as articles of faith.

"Faith in" is one of the primary concepts with which each entity begins each incarnation and each activity within the incarnation. What we would wish each entity to realize through the speaking that we have offered this evening is that this quality of faith, though everywhere expressing and mysterious at the same time, is that which may be affected and directed by the consciously seeking entity. That which is at one's disposal may be utilized evermore effectively with conscious attention, with the refining of one's disciplines of the personality of discrimination and perception. Thus, we do not introduce a new topic to any entity but only seek to make each entity aware that this quality is always in affirmation in some form or another within the life pattern. To take this quality and utilize it in a conscious fashion is much the same as refining the general characteristics of the bonfire, so that that which could be likened to the laser beam is then utilized in a far more precise and powerful fashion.

At this time we would wish to close this particular topic through the one known as Carla. We are those of Q'uo. We shall transfer at this time. I am Q'uo, and we thank this instrument, as always, for its scrupulous attention to request [certain] contacts whenever contacts are moved. The desire of an instrument to be the best it can is a self-fulfilling desire, as are all desires.

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We would like to leave you with a thought that has many ramifications, and like most thoughts within the spiritual realm, it is not a logically acceptable thought. For within spiritual seeking, one of the great hallmarks is that of the inherent illogic according to the logical systems of humankind at this time. For we present you with a circular thought, a tautology, one which has nothing of logic in it, but, perhaps, may be more helpful as it contains a carefully observed situation. Faith is not possible in most cases without the profound and persistent …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and continue. There is the tautology for circular argument concerning faith and will. It is the persistent and thoroughgoing will which leads each to wherever it truly desires within this illusion or outside of it. And so it is the will that enables faith. Be persistent, determined and ever hopeful in vocation of the will, no matter in what circumstance of mind, body or spirit. Will is impossible without the faith to persist in that will. Thus, faith and will are enabled by each other!

How does one move into a willing determination to see not the letter but the spirit of all that occurs and offers one catalyst? Your culture is so literal minded, that the very language which you use is being altered by the ruthless logic and limitation of a computer. This is informative, however, in that as one understands the methods whereby computers calculate their choices of the truth, thusly, it is that the mind complex has its mechanical functioning.

The mind complex is more than a computer, but that portion of the mind which entities most often use in the evaluation of catalyst is that of a computer. In a sense that computers operate according to a series of swiftly made choices, the analogy is most informative when gazing at the excellent qualities and the addictive qualities, which are one characteristic, seen from two different points of view of consciousness.

Within this illusion it is helpful to be able to reason and to make choices in a conscious manner. It is many times extremely helpful, and sometimes the only helpful suggestion that we may offer due to a momentary emotional or spiritual confusion, in attacking or analyzing the challenges and opportunities which catalyst presents. Thusly, it is well to grasp the nature of the mechanical workings of a mind. Just as you are in the illusion of choice, so is the mind created as a living computer which estimates the relative importance of all incoming catalyst.

It, and it alone, chooses the types of perception and the choice of those things to be perceived. For instance, you sit upon furniture. Yet, have you in any conscious manner considered the feelings of your integument? Each tiny portion and cell of your physical vehicle is, at this present moment, reporting pain, pleasure, coldness, warmth and a myriad of other details, along every single inch of the physical vehicle. Almost all of this catalyst tends to be ignored completely, gaining attention only if the program which you have accepted as your consciousness discovers within all the sensations that which may in some way fail to promote the continued health and welfare of the physical vehicle and its survival.

You are in a less illusory and imperishable way the choice-maker. It is not your intellect but you that chooses each perception of experience. Consequently, if there are those things which the mind has targeted for notice and prioritized heavily, and if those things do not redound to the strength, the love, the faith, the will in the path of seeking and service of the one infinite Creator, it is not the behavior which needs to change.

Were that so, you would be slaves. Slaves to computer programs within yourselves that cannot be changed. But you are not slaves, but free men. You have the will towards faith. You have the faith to use that will. If you wish to change, know that before any change can manifest, the actuality of the desires of the deep mind must first change in actuality and in practice. Those things, seen by any seeker to be those things which actively delimit and confuse spiritual search, have been noticed because they have been given priority as being relevant to the survival of an entity. There is a [thoroughgoing] process of realization of one's identity as apart from that of the physical vehicle that enables a much accelerated development of spiritual faculties and the disciplines of the personality.

The intellect is not a dictator, unless you accept that nothing can change the pain, the sorrow, and the various anguishes that have previously programmed

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the computer of your mind towards safety, security, self defense and caution. It takes a great deal of courage, given only by will and grace, to be able, consciously, to work at the reprogramming of the mode of perception used by the conscious mind; the reprioritizing of concerns from those things which seem vital at the mundane level; to value given to those things which, within your culture, would be dismissed as the musings of the [sophomore wise] school must be grasped and in actuality surrendered. The surrender of long held convictions, as to that which is of priority in life, will cause a kind of mental pain that is a result of the energy involved in delving into the conscious prioritizing portion of the self, and the specific reprogramming of the self towards the affirmative, positive, self-respecting, self-forgiving consciousness that has no part of the illusion in which you live.

My beloved, the journey that you take seldom requires a physical step, seldom necessitates a physical pilgrimage. For the impact of geography and novelty of experience is in and of itself trapped by the ruthless decisions of the programming of your mental capacity to notice this but not that, and that but not this.

Before we depart, although we did not feel within this group at this time the pressure of queries, we would, as always, open the meeting to any query which any might have. Ask us at this point anything that you wish, and we shall be most humbly grateful to share our most fallible opinion with you. Is there a question at this time?

(Pause)

Peace reigns within each of you. That is good. We appreciate the self-confidence that it takes to know when one must ponder and listen rather than forever thinking and questioning. For that which is of importance is that which will take much of your time to process from realizations to manifestations. And in that process, we of the Confederation of the Planets in the Service of the One Infinite Creator, or, if you prefer, we of the Angelic Host in Service to the Infinite Creator, are always with you.

You merely need mentally to request the strength of our vibration, and we shall join you in silence and faith and in determination. Yours are the choices, and they need not be made by an unquestioned intellect. Indeed, they must not be made by such. As you think within yourself in meditation daily, have no attachment to this process, for this process is not that which makes sense to the computer of your conscious mind. In meditation, those deep knowledges hidden beneath the veil, those sparks of the infinite One, which you all are slowly and gently given the opportunity[to receive], rise within the deep mind and cross the threshold in many ways, informing most deeply and most purely the faith, the will, and the journey without words and without steps.

We leave you to the excitement, the challenge, and the pain of the learnings you seek—the learnings of love, service to others, and the secrets of true manifestation of the consciousness of light. You may feel alone—you are not. Have you the faith to know that? You will feel often in error, bewildered, uncertain. These are often times of great growth. Reassess these times of seeming sorrow and despair. And as you begin to know the self that is love, much of what is now programmed within you will change and you will seem to die a little at a time. You are not dying, you are being born. Be persistent and judge yourself not. For the moods and the weather of your conscious being are inevitable, acceptable and necessary to the process of growth.

Cease the present moment, make it your own and seek evermore a purer priority of concerns. For you are a treasure. You must learn to cherish that treasure that is you, and to cherish and deeply adore the Creator who gave you its own being and then allowed each to make all of its own choices, to follow its own destiny, to move to its own rhythm and to experience its own truth. The Creator is love. And love alone would take this risk. Put yourself at the same risk. For you, too, create your experience.

We shall speak as long as you wish upon this multifaceted subject. You have only to inquire, either mentally or more formally. May we say, that though we do not mind the speaking to those concerns which you have, we do ask that if a group question is not vibrated that each of you mentally offer us permission to gaze within each, to find the most common and deep concern shared by the group. We would not infringe on free will. This permission, however, heals that infringement. And we ask each to take a moment at this time, retroactively to offer us that healing, for we would not wish to mislead you as to the ways this contact could be abridged. We must not infringe upon free

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will. Our concern is based upon the very stringent free will requirements of a contact such as ours.

We thank you for this acknowledgment of that [meaning] and the giving of permission. We thank you. We celebrate our unity, and together we turn towards the rising sun of an ever new day, the day of the spirit, in which that which has been dim comes to light, freeing the preceptor, to learn that which has been learned, and to hear for the first time new refinements that are possible in the [conduct] and the characteristics of blind programming, that were not available until summary [reprioritizing] has been accomplished. This is a multi-syllabic way of saying a very simple thing: "The road goes on forever." The road of seeking, the road of promise, the road that leads finally to self-knowledge of congruency with love itself, the great original Thought and Creator of all that there is.

We would leave you now in peace. A peace that you may begin to understand more and more. It is not the peace of your culture. It is neither sleep nor contentment. It is the peace of one who has chosen completely the dedication of self to the journey of seeking, the desire to become evermore aware of the true nature of the self, the growing hunger for the kingdom within.

May you be light hearted and merry as you suffer, and may you never forget your suffering when the gift of happy days is given to you. In this way, you may find much greater use of your catalyst and much quicker rate of acceleration of your spiritual evolution.

Oh, eternal beings, oh, blessed children of life, we leave you now in the love and the light of the one infinite Creator. Adonai. Adonai vasu. We are known to you as the principle of Q'uo. ♣

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Sunday Meditation
November 11, 1990

Group question: We continue on this evening with information on the concept of worship.

(Carla channeling)

I am the principle known to you as Q'uo. We greet you in the love and the light of the one infinite Creator. It is a blessing to be among you and to be asked to serve in our humble way. We are, as always, eager to express our desire that we be considered as fallible, and not infallible, for we tend to catch the spirit of that which forms not in words, and our own spirit is still limited. Within the boundaries of these limitations, we believe our opinion to be fair, but subject at all times to the personal considerations of each, for each has a personal path to truth, to love and to service.

We are most pleased to be able to continue upon the subject of worship. The instrument known as Carla has the underlying alarm which expresses the emotion-laden thought that it has no concept of that which we wish to speak upon. However, we ask the instrument to steady itself, and to allow us to speak.

We spoke earlier of the three basic approaches to worship: worship of nothing, that is, worship without an object; worship of an object; and worship of mystery. The worship without an object runs contrary to the genetic structure of many of your races which in glad array make up the population of your sphere. To those within a highly technological culture and society, worship without an object is much like loving without an object. This creates confusion within entities such as yourselves who have been exposed to many, many objects. Thusly, although this path is useful to some, it is not easily conformed to the character of what you would call the Western or Occidental racial natures.

The worship of mystery cuts to the heart and spirit of worship, and without this instrument's being aware of it, its underlying nature is that of worship of the mystery, although it has successfully created an object in order that it may participate in refining the gifts of emotional intensity and unstinting compassion. Without the grouping or societal nature which is so deeply a portion of the character of your density—we must begin again with that sentence, we would correct the instrument. Without the gifts of faith offered to all people, but available only to a few, it once again is difficult to conceive of a passionate and active devotion. This is, however, an excellent type of worship for those who have a predisposition to mysticism, or love of mystery.

Thusly, what we would speak about at this working is the second of the three choices, or, as this instrument would say, the middle part: the worship of an object. The situation within manifestation—and we all dwell in various illusions and manifestations …

We must pause, for this instrument is moving in consciousness into sleep. We are sorry, and will encourage this instrument to move away from the unconscious state.

The situation within all the densities of manifestation is that of illusion. When we encourage each to worship, although we are aware that the true, infinite Creator is without manifestation, the possibility exists for the Creator with Its free will to send forth messengers which speak of worship in homely and simple ways, ways which are adapted to the culture in which the messenger abides. Various cultures and atmospheres within those cultures have produced various Christs which are willing to pour out their own personality upon whatever earth there may be, in order to be filled with that which may be called the Christ, or mind of Christ, or the consciousness of Christ. This Christ is one. Its various manifestations are called for when a culture reaches the stage of yearning for an object of worship that is able to express the deep truths that when pondered over and over begin to create biases within the mind which are spiritual in nature. An entity without this influence is in chaos, and no amount of rigid structuring of the entity or its environment shall be able to induce an entity to emotion.

To better center the focus of worship of an object, it is a fortunate consideration that faith may be explored by those who do not have faith. For instance, one who honestly questions may find it impossible to claim the love of an object as a pathway to the worship of mystery. Many there are among your peoples who do not move from the love of an object to the love of the mystery that sent the object as messenger. Consequently, we suggest that those of little faith, and that includes the great majority of those among your people, choose a common household object that is seen each day, perhaps something like a chair, or any other mundane, and seemingly un-spirit-filled thing.

That which is deified must first be reified, that is, first made a thing, so that attention can more easily be paid to it. This is the working of your cultural mind. Each time, then, that you wish to pray, pray to your chair. When you are in despair, throw yourself on the mercy of the chair. Praise the chair as you rise, in the heat of the day, at dusk, and as you move toward rest again, eager that the night watches may pass so that again praise may be given by your refreshed spirit, to the chair, which is the Creator, or more accurately, is the messenger of the Creator.

You must realize that within subjective experience of any entity there are what may be called mixed signals. It is difficult for most entities to yield to the wishes of that which is perceived as another, whether it be one's superior in work, one's mate in life, one's friends, one's teachers; it is difficult to yield to any thing. However, one of the seed thoughts which produces the fruit of worship is the realization that the illusion is truly thoroughgoing, and it will count for nothing within an entity if it does not choose to attempt to grasp the nature which lies beyond illusion.

When one attempts to open to the deeper and more purified emotions, the first thought vortices which appear are those daily beneath the threshold of consciousness, a milieu given over in large part to fear. Thus, again and again, when entities begin to attempt to learn from the electric silence of spirit, they are opened to messages reflecting the simple mental fears of all peoples—the fear of the dark, and the fear of the unknown, the fear of death. It is at this stage that many spiritualized entities capable of much more become quite stuck, for they have conceived a desire to seek, a desire to love and a desire to serve, but they defeat themselves by gaining access only to information within the deeper mind which is an artifact of the conscious mind. This is not the direction in which we suggest entities experience the learning and searching out of a personal life in faith.

In order to move past one's fear, one needs to be aware without need of self-reproach or defensiveness that one is oneself not able to gain access to authentic experiential data concerning worship. Thusly, there is that impossibly difficult first step, that being the decision to suspend disbelief long enough to experience the illusions which are involved in belief systems. As there is no direct way to apprehend that which occupies no area or period of time, those within the illusions or manifestation of the creation are placed in an untenable position, where that which they seek involves fearlessness of the dark, of the unknown, and the apparent death. One at this point, most likely, does not have sufficient faith to leap into an abyss that is extremely dimly lit, an interior landscape whose first requirement of an observer is utter patience.

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To move into worshipful and adoring qualities, one must redefine oneself without reference to that which takes up space, or that which takes up time. The physical vehicle itself, which carries you about, is that which produces the deepest fears, for it is a second-density entity in all but consciousness, the consciousness being without time or space, the manifestation being quite necessary in order to gain appropriate experience. When it is clearly seen that there is nothing to fear, that there is only the unknown, that there is only the dark, and that there is only death, in terms of the physical entity, one may then proceed to grasp the vaunted nature of the physical vehicle. Although the spirit creates its mark upon the lined visages of those who have had experience within an incarnation, and who are what you call old, it itself is without age. There is that within you of glory. However, to this you do not normally have access. Consequently, without any knowing the seeker first makes its decision to love, to worship, to serve others in the name of the one infinite Creator, having no idea how to do this. It is as if the seeker fell off a bottomless cliff.

However, due to the effect upon the connections between conscious and subconscious, when this decision is made and this action taken with an whole heart, the entity may find itself certainly without a floor, certainly without walls or ceiling, and certainly alone within itself, but it will not be without experience, for the will and faith to begin with has been created.

Thus, it is most often a conscious decision to begin to see the self as a steward of the property called consciousness, which is one not with time or space, but with the plenum of infinity, the place of the object of worship within this path. To this pilgrimage, which begins with the deliberate rejection of fear and the determination of a fool or a madman to worship that which is unknown, comes the beginning of a blooming that starts because of the message you have given your deep mind. You are now far more suited to be able to gain access to that within the deep mind which informs, nurtures, uplifts one. One may in visualization grasp the object which denotes the mystery to oneself, and with that security within, one may begin to explore the almost unbelievable choice that has been made. You choose to have no fear; you choose to love. This is a deeper way of stating the same fact.

The you that worships is already worshipping. You, as an incarnate entity, are not aware of this. But as you distance yourself from your physical vehicle, and become more aware of the alien nature of manifestation to the deepest self, you begin the process of shedding the garbage of total responsibility. It is not possible for an entity to be entirely responsible within manifestation. It is not possible for an entity to be truly wise, or truly compassionate, for as the entity is limited by its physical vehicle, so the mind limits consciousness. When one realizes that one needs not buffalo oneself with one's mind, or any other manifestation of the illusion, it begins to seem hopeful that access may be had to the deeper, worshipful awareness that that place whereon you stand is holy ground.

Within your culture it is encouraged that each take complete and full responsibility for the self. If you will examine this concept carefully you may see that within each day there are a multitude of things said or done that you would gladly unsay or undo, and upon the other hand, there are hiatuses which you have not filled, places you did not go, within the heart, in listening to another, in cherishing, in listening to and cherishing the self. Does this mean then that you are poor at being responsible? We suggest that it means only that you are incarnate, and within that which is by nature flawed by polarity and crazed by indifference, that it is impossible not to make errors. Yet you know within yourself the divine, and you hunger, or you would not have taken that first step.

Thusly, you proceed to deepen and solidify the daily awareness of being a spirit of eternal gifts, a messenger of eternal life. In short, to be that which you so adore, to identify more and more, and to be open and vulnerable to the wishes and the guidance of that entity which symbolizes the infinite Creator. Thusly, if one gives oneself the message, "I want to believe, I seek to understand," and so forth, it is well to realize that the yearning and the hungering of itself will bring you just so far.

There is this generous thing of which you need to be aware within yourself, that being that the Creator's will is in no wise different from one's own; it simply sees from a vastly improved point of view. To this point of view ten thousand years mean little, for the values which create the absolute you that you are, are also absolute. Thusly, it serves one better to affirm to oneself, as well as to express the seeking. This may be

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done by changing questions into declarations. We speak in an area difficult to express, however, one of your ministers of grace whose works are recorded in your holy works, the one known as Paul, in the body of work which he left indicated with a good deal of clarity the identification of the self will to the will of the source. The entity saw clearly that within what you may call the human condition, or third density incarnation, the leap was impossible. Thus, the entity prayed honestly that he did not believe, but that he believed. He chose to make the declaration even while expressing doubt and many remnants of fear.

In this way, worship is a self-generating process wherein one realizes one's identification with an object, a messenger or a symbol which denotes the infinite Creator in manifestation. When that choice has been made it is affirmed and reaffirmed, not in a dogmatic or doctrinal way, but in the spirit of the teachings of the one Christ to which you give the honor of devotion in the *(inaudible)*, for you are not truly worshipful of the object, but rather that source to which the object inevitably points, that which is shrouded in mystery, and until we become without manifestation or the need for it …

(Side one of tape ends.)

(Carla channeling)

I am Q'uo. I greet each once again in love and light as a principle of members of the Confederation of Angels and Planets in the Service of the Infinite Creator. You will notice that we included in our identification, "angels." That is because of the biases which this entity has. The force or spirit is such that the yearning for it will create a manifestation which betokens mystery. Within your culture, the manifestation of angel, or being of light, holds little attractiveness as a messenger of mystery, whereas that which is, and we use this term in quotes, "scientific," is of a seeming authority, a seeming and obvious advancement beyond the human condition. The phenomena associated with unidentified flying objects is in large part the objectification of that which comforts an entity, that which speaks to the entity of the noumenal, the unknown.

You see, we are attempting in this portion of speaking about worship to reposition one's own intelligence with regard to the image of the self as seen by the self. If you see the self as caretaker of the body, then you shall take care of the body and refrain from allowing yourself to be remade. That each of you has chosen this darkness in which to seek, that each of you has chosen the catalyst that does in fact occur, is difficult to grasp or to believe in any logical way. However, the further one moves in mind from the identification of the self with that which seems to be living within manifestation, the greater the rate of acceleration of that which may be grasped of evolution in spirit can occur.

The troublesome question that remains is that simple question, "How can we know? Are we being duped? Are we being fooled? Are we giving our will over to the forces that we neither understand nor trust?" This may be addressed at another time. And for now, with many thanks to this quite exhausted entity for allowing us to use it for a conduit, we would at this time transfer to another instrument within the group. I am Q'uo.

(Carla channeling)

I am Q'uo, and I am again with this instrument. It is to be noted that we did greet the one known as K, but found the entity to be concerned, overly, and greeted the one known as Jim, who was also found to be in a state of concern.

The only reason one would choose a life of devotion and worship is because one might apprehend the unseen hand of the true source of self within the *(inaudible)* and thusly yield, while becoming open and vulnerable to the spirit of love. The accepting of a channel is simply *(inaudible)* to the accepting of the self, as an assistant or servant to and for the source, the source that cannot mix with any free will of the world that you experience. Thusly, we suggest that as we again transfer to end the meeting, that the one known as K allow herself to be vulnerable to the spirit of love. That which can never be understood can at last be trusted, and with each entity that accepts the servant role of the manifestation that reflects the unmanifest, so does unmanifest light illimitable begin to move through such an entity building light not only in a metaphysical sense, but also in a very visible sense in which the difficulties of a situation are seen, not as implacable, but as that which creates opportunity for learning and growth.

This openness and fearlessness is the chief necessity of creating for oneself the point of view which becomes truly and absolutely worshipful. And in so doing, there is created within you the potential of altering the face of your sphere. This is the power of

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faith. It is a program that is beyond the capabilities of the computer which you use to think. It is indeed, literally, an higher authority. And the life lived in praise and thanksgiving to the source lives in whatever object you choose, lives in total surrender, that moment of the most freedom, the freedom to do that which you truly wished to do before you entered the miasma, the phantasmagoria, of illusion.

We would move now to the one known as K. I am Q'uo.

(K channeling)

I am Q'uo, and greet each again in love and light through this instrument. This instrument is feeling considerable concern over the attempting to be a channel for the answering of queries which may be *(inaudible)*, and it wishes for us to convey the request that if any answers received are not acceptable to those entities asking, the queries be asked upon another occasion. This is acceptable to us. Is there a query at this time?

Carla: The only question I have is to concern over the instrument. *(Inaudible)* if the entity is uncomfortable, then I don't understand why the one known as Q'uo wished to *(inaudible)*. What is the principle involved *(inaudible)* this instrument *(inaudible)*?

I am Q'uo, and we find that this instrument is experiencing various physical and emotional concerns at this time which *(inaudible)* feelings of imbalance and discomfort, as well as its trepidation at attempting to answer queries. These other feelings, however, are exacerbating this natural trepidation at this time on the part of this instrument. We find, however, that the instrument, despite its degree of discomfort, does have a strong desire to be of service, and has offered itself to us at this time for that purpose. Therefore, we are willing to work with this instrument to whatever degree it is able to work with us at this point.

Is there a further query, my sister?

Carla: Yes. *(The question is almost completely inaudible, but has to do with concern over infringement of free will in using the instrument despite its degree of discomfort, principles and/or purposes involved.) (Inaudible)* is it to challenge and *(inaudible)*?

I am Q'uo, and this instrument is requesting that we transfer to the one known as Jim for the purpose of the answering of this particular query.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We look at this query in respect to the kind of exercise that is offered new instruments. Each instrument as it begins the work of familiarizing itself with the nature of the contact will feel from time to time the trepidation concerning some facet or other of the contact that it is now focusing upon, having mastered to its own satisfaction those previous concepts. We have offered ourselves to this instrument, the one known as K, this evening, in the attempt to expand her abilities, and to begin to familiarize her with the opportunity to exercise her instrument in those areas which may be more challenging, for this instrument has willingly offered itself, though it is not comfortable in this capacity.

It is not necessary that the entity be comfortable with a new level of learning, indeed, that lack of comfort is oftentimes a quite efficient means of focusing the attention, building that which you call the adrenaline, and calling from within the self those resources which will aid the entity in accomplishing that task which is set before it.

Thus, what we have offered this evening is much like that which we have offered many instruments at many times in your past. That is, the opportunity to expand the level of channeling work. We do not wish to make any instrument unduly uncomfortable, but as you are aware, the process of learning in general is one which takes place within a certain degree of discomfort, for it is when the attention is caught by that which causes discomfort that an entity may first begin to notice an aspect of the self or the pattern of learning that has heretofore been ignored. This is true in each area of learning in which any entity shall engage. We wish only to offer ourselves in the attempt to meet with the instrument this challenge. We shall not, if at all within our ability, challenge an instrument overly much.

Is there a further query, my sister?

Carla: I'll have to think that over. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

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Carla: Yes, I just want to make sure that it was not an error on my part in channeling when I received the concept of handing off to K.

I am Q'uo, and you are quite correct in that we were attempting to speak through the one known as K with the first, as you call it, hand off. This is correct, my sister.

Is there another query?

Carla: Well I have concerns about infringement on free will, but I feel that I am unaware enough at this point *(inaudible)*. Indeed, I am almost not aware of what was channeled *(inaudible)* possible to finish *(inaudible)*?

I am Q'uo, and we are happy to accommodate you, my sister, for you have offered yourself as instrument in quite an openhearted manner this evening when your resources have been at a low level. Thus, we thank each entity in this group for inviting our presence. We take great joy and pleasure in being able to blend our vibrations with each of those in this circle of seeking, and we shall take our leave of this group at this time, leaving each as always in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus. ♣

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Intensive Meditation
November 15, 1990

Group question: The subject is "joy."

(K channeling)

(K's channeling is nearly inaudible.)

I am Laitos, and I greet each of you in the love and the light of the infinite Creator. We are most pleased to be called to your group and most grateful to each of those present for offering themselves in the work of the vocal channeling.

We use the term "work" in a sense of the working of a ritual of power. For such is this ritual of the disciplining of your spirits and the quieting of your mind, that you may hear that still, small voice, that Creator which is not far away by a *(inaudible)* that spirit of love that speaks to the world this day and always.

We thrill in the love and the light which greets us as we greet you in love and light, and we thank each for the sacrificial and effortful study that has brought you to this point. Now, each of you is wet-footed and ready to move at your own speed, into your own voice, your own channel, your unique gift to those who may be interested in that which you may have to offer, to yourself as you polarize by giving freely, and to the one Creator for all things are done for the love of the one Creator or not done well.

We grasp that you wish to enjoy the freedom to take "pot luck," that is this instrument's phrase. So we shall speak in short segments and move circularly in a clockwise fashion about the circle. We would speak with you this evening upon the subject of joy.

We would now transfer to the one known as Jim. I am Laitos.

(Jim channeling)

I am Laitos, and we greet each again in love and in light through this instrument. The subject of joy is one of which you heard us speak upon many times before, as it is the outgrowth of the life which is lived in a balanced fashion and which has successfully weathered many metaphysical storms, shall we say. It is that natural state of being for the uncreated universe in that portion of yourself, that maintains contact with the Creator, that has yet to be moved into action and separation of any kind. Thus, at the foundation of each entity's being there is this quality which undergirds all which does move and seek within creation. This kind of joy is that which is, shall we say, virgin, pure and undiluted. It has as its motivating factor, shall we say, the thrill of being, the exaltation that each tiny portion of the creation exudes as a matter of the fact of its existence—the entire creation sings.

However, each entity, such as yourself, has for a great portion of time moved from this state of unity and undifferentiated existence and has sought to discover the nature of the self and its relationship to

other portions of the same Creator. This movement has brought the temporary shielding of the self from this joy in the daily round of activities.

We shall now transfer to the one known as S. I am Laitos.

(S channeling)

I am Laitos, and we greet you again through this instrument whose decision to serve in this manner causes us great joy.

(Inaudible) we have found mostly *(inaudible)* the joy of which you speak is a *(inaudible)* and part of the very experience of the *(inaudible)* for all to live have the joy of the Creator *(inaudible)* live in the boundless and bountiful joy of the Creator.

Why, then, do those who discover themselves in the heavy illusion find they are upon occasion bereft of all joy and must seek through great difficulty and with great effort to reunite themselves to that joy which is their birthright? The Creator has gone forth in each seeking to fathom the fullest extent of the love which it is and finds that the effort to fathom this love entails a pathway through the greatest separation that is possible.

The greatest separation from the Creator known to you is the first density being, where the Creator is as yet only a vague longing and a dim recollection of a time when the separation has not yet taken place. The evolution of spirit is already afoot, however, upon a pathway of suffering, as the entity, who has thus been separated from out of the Creator, seeks to reunify with the Creator and the story of the further development through the densities of second, third, fourth, fifth, sixth and beyond is well enough known to you.

The point to be taken is that within the spirals of growth, with the spirit finding its way back to the Creator, there are endless opportunities for experiencing anything else but the Creator. And anything else but the Creator is experienced by the Creator as pain. The pain and the suffering, however, serves as a motif for returning to the Creator, that which is of the Creator and returning it, so that the joy may be experienced manyfold. The joy of the one who has returned to the fold, is manyfold what the joy of the one who remains within that [primalness] would be. And so we say that the aim in the end of all seeking through the suffering of the dense illusion is the joy of reunion with the joy itself, the joy of being yourself. And there can be joy in the very seeking. The seeking does not need to have the heavy character or the character of being a great burden; in fact, the seeking comes more into its own as it becomes lighter in barrier, so that it comes more clearly to express the character of joy which it seeks.

At this time we would transfer to the one known as K.

(K channeling)

I am Laitos, and greet each of you again in the love and the light of the Creator. This joy of which we speak is so central a concept to the process of spiritual illusion and the fact of being itself, but as you progress upon your journey, you will find *(inaudible)* Begin to discover this quality more and more as a central portion of your [being] is that which results from the fire of the contact between yourself and the Creator. This takes place upon many levels *(inaudible)* densities *(inaudible)* The appearance of the type of contact between entities and Creator changes from density to density, but the core nature *(inaudible)* is the same.

(The rest of K's channeling is inaudible.)

(Carla channeling)

I am Laitos, and speak now through this instrument in love and light. We would know those things which hamper the subjective awareness, or that which we call joy. Perhaps the single greatest confusion concerning joy is its often perceived interchangeability with your word, happiness. Your culture so values happiness, or at least its pursuit, that it was declared, by those who created your governing instrument, as one of the chief foundations upon which style and method of government was to be modeled. For it was seen as a social activity of a government that was desirable to give to its citizens the opportunity to seek happiness.

We use the term happiness not in its etiological sense which, indeed, means "lesson" as well as "happy," but in the much lessened impact as it is used at this time among the peoples. Is happiness a goal? Is the pursuit of happiness successful? The difficulty with happiness [is] that it can be as easily taken from you as given to you. Happiness is seen, not as an inherent characteristic of yourself, but as that state created by certain arrangements of objects and entities within the life experience of the one

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which seeks that goal. Is it any wonder that happiness is, therefore, such an ephemeral experience? Real enough, enjoyed most heartily, but a state as difficult to maintain as constant good weather. Rains will come, sleet and snow will fall, and no happiness may withstand the metaphysical weather of sorrow, need and suffering.

Joy, upon the other hand, is that which each entity must create. For as love abides absolutely, so does the experience and joy at the touch of love's presence. Like the deeper loves, it is remembered rather than met for the first time, being each entity's birthright. There is no thing which may remove or rob from you the joy which is perceived by the immediacy of the presence of that which is holy, that which is blessed, that which is true and beautiful. These experiences of joy are your own gifts of grace from love itself and nothing can rob you, either of the memory or of the confident expectation of these immediate experiences.

We would at this time transfer to the one known as Jim. I am Laitos.

(Jim channeling)

I am Laitos, and we speak through this instrument once again. The immediacy of the joy which one may feel as a portion of the birthright is a feeling which inspires any to share what can be shared of the enriched life experience with others, with far more attention paid to that which can be given as opposed to that which can be [gotten]. For joy is a quality which not only radiates from the entity experiencing it, but so transforms a life pattern that the eyes of such an entity look upon a world which appears far more harmonious and unified than before the experience of joy.

The transformative nature of joy begins, as we have said, with the very foundation of each entity. And as it becomes established within an entity due to the balancing of distortions, the clearing of perception, and the continued exercise of faith, the joy-filled experience tends to reorganize the patterns of perception and expression in such a way that the life experience moves in harmony, now, with what may be called a higher pitch of light. This would seem to be a mixed metaphor, shall we say, for that which vibrates is most frequently described or detected by the ear, whereas light is usually detected by the eye. However, the inner vision of an entity experiencing joy perceives a greater illumination that is a result of an increase in vibration, so that the song or music of the spheres, as it has been called, becomes available to the entity in the most basic of fashions, so that each cell of the mind/body/spirit complex begins to resonate and vibrate in harmony with the new way of perceiving. Thus, joy has little to do with the mundane definition of happiness, for it is that which partakes of the widest possible view of the life experience that an entity may hold.

At this time we would transfer to the one known as S. I am Laitos.

(S channeling)

I am Laitos. We would now address ourselves to the question of how one might hold steadily, therefore, the gaze [upon] a pearl of great price, which is the joy all by nature seek. It is true that occasionally life in its daily patterns affords a glimpse or a vision of higher purpose, and in this higher purpose there truly does reside the joy which one has all along been seeking.

(Side one of tape ends.)

(S channeling)

I am Laitos. Again we are with this instrument. So often it is the case that once one has experienced such a glimpse of joy, one attempts to recreate this feeling, and one's attempt fastens rather upon the husk for the shell of the joy, that is to say, the circumstances in which one found it embedded in. By attempting to recreate the experience of joy in this fashion, one finds only failure.

For the experience of joy, itself, was never to be equated with those circumstances in which it was discovered, in which it quite gratuitously appeared. And so we find that no set of circumstances and no actions which the seeking self may undertake are up to the task of providing a glimpse of joy at will. The experience of joy is so ephemeral that the confusion with other moods and experiences, such as those you call happiness or glee or fun, is rather the rule than the exception. And it is a matter of some experience to be able to [find] out exactly the true [calling] from the false; the true joy from those experiences with which it is so easily confused, even when joy itself is somehow genuinely present.

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And so the question arises concerning how one might hold steady the course, that it may be the joy of one's existence that is sought, rather than that which would so readily masquerade as the joy. We find that there is no formula for this seeking, but that one may say that the holding before the gaze of the seeker are the joy, cannot be accomplished by means of an enforced discipline which is superimposed upon the one who seeks, perchance even by the one who seeks. It is rather the case that the joy that is sought and that may be held out as the prize for the seeker is rather like a dancing pearl that refuses to hold still and must be caught on the wing, if there is a result to see this joy as a matter of experience. There is a deeper access to the joy, however. And it is one which holds still that which would dance, although it does so by continually sacrificing the effort that would hold it still and simply allowing it to be; allowing it to be in the part and to expand from within the seeker as the very heart of the seeking the self. This is, in fact, what we mean by saying that the joy is not something that one bumps into, as one could bump into something new. It is not something which one discovers, but is something which one recollects out of oneself.

With this thought, we would pass to the one known as K. I am Laitos.

(K channeling)

I am Laitos …

(K's channeling is inaudible.)

(Carla channeling)

I am Laitos, and greet you once again through this instrument. To conclude our thoughts, we would leave you with this one in which all the others subside. The pursuit of happiness is possible due to the freedom to seek after the object of one's earthly desire, to arrange situations that promote the inclusion of the preferences which you hold. The freedom to do this is uncertain, for circumstances and conditions are often beyond your control. Consequently, the one may feel that happiness is de rigueur. Indeed, [it] is not, but is rather a gift, a kind of teaching, so often missed among your peoples and taken for granted until it is ended. There is true freedom whose bloom is joy, and in this freedom there are those things which those who are not alert, mindful and aware might easily miss.

There is a tremendous and life changing realization which of necessity precedes true freedom. For all freedom is shallow and insignificant compared to the freedom to serve, to serve the Creator, to serve your other selves in the name of the Creator, and to see yourself as loved and forgiven—a blessed and beloved child, no matter in what condition or stage you may be, of the one infinite Creator. This infinity is part of that of which you are made. You are infinite and absolute. Within this illusion, you have accepted finity, you have accepted the necessity of dealing with relative values, ethics and choices, the hunger for the absolute as reflection of the hunger within, for its own home country—eternity. It is so deep within the self, the deep self of the home country is through meditation, contemplation, observation and a million paths realized, and that which does not serve the uncovering of that deeper self, the seeker chooses through a process of realizations to choose to slip away as unneeded armor against a universe in which there is no need to have fear.

For you may suffer and you will surely die, but you shall only leave this illusion to enter a larger and wider one. This realization lifts one from the bonds of the existential [sphere], lifts one from the open and illogical and logical processes and removes the point of view, distantly enough from this journey *(inaudible)* of that which passes for life within your illusion, that it may see that as one chooses to be one's deepest self and to serve—for love alone answering love alone, speaking to love alone.

This joy is now available. How brave each entity is to make the sacrifice of a seemingly solid self, that it may sort and *(inaudible)* the self and open the self to the vulnerability of learning. And further open itself to the vulnerability of seeming loss. It is not that any loses that which is his own, but, rather, that all who wish to evolve choose eventually the forum of their spiritual evolution, that is to say, the choice of a path of service and worship and learning. These are surely yours for the asking. These seekings shall surely be answered in the joy of service, in the name of the One, none can take from him.

As the only queries that we sense are those concerns of the newer channels as to their progress, we may simply say to each that each is now within that area of the learning of the vocal channeling, where the voice has been found and the song is dimly heard. The fidelity to our concepts is excellent for those of

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small experience, and even the most gifted could not do any better. For we wish you to understand clearly, that in this process of learning the vocal channeling, as in any learned art or skill, it is experience alone that eases and opens the mind, that releases the fear of error, that suits the fear of plagiarism or of speaking too much of one's own thoughts. Each is now beyond the stage where criticism is helpful. Each has passed the minimum competency for work. Now, the time of faithfulness to the task, to the honor and the duty of a chosen path of service must carry you, for our words, judgments and opinions would only burden you. May you continue channels for light, young and old in experience, ever growing, ever mindful of love.

We would close through the one known as Jim. We are those of Laitos.

(Jim channeling)

I am Laitos, and we wish only to speak briefly through this instrument, to give our feelings of delight at this opportunity of speaking through two new instruments who work with diligence and two more experienced instruments who work with perseverance. We cannot tell you in words how very filled with joy are we at this opportunity. For to most we must satisfy ourselves by making our presence known in the form of undifferentiated love which is sent into the energy web of those calling for inspiration and nurturing. This also gives us a great deal of joy and satisfaction. Yet, when one is able to refine one's sending of love and support to the degree we have been able to do—by utilizing concepts and words through these instruments, there is the indescribable satisfaction that comes from knowing that one has moved in step with those who call. We shall be with you in your future.

At this time, we shall take our leave from this group. We are known to you as those of Laitos. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu. ✣

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Intensive Meditation
November 16, 1990

(Carla channeling)

I am Hatonn. I greet each of you in the love and the light of the one infinite Creator. We are sorry for the delay. However, this instrument spent only the requisite, appropriate time removing itself from the world of delusion and reorienting itself to the world of love. There was work to be done in the yellow ray. There was the greeting of the instrument in a new way which the instrument took the time to decipher and finish. And there was then the calming of the mind once again.

We apologize, yet all of this was appropriate, and we suggest that each instrument be likewise careful, cautious and trusting of its deeper hunches and instincts. Far better would it be to speak not a word than to speak [when] in doubt of the source of that word. For where we speak, words have no power. Our thoughts do not need such inadequate clothing and are clear in their fuller conceptual form. However, upon your sphere there is third-density illusion and words have a great deal of power. That is what created the opening for the greeting.

This entity was preoccupied with the movements of power, forgetting, momentarily that there is only faith. It is not faith in an outcome, whether it be preferred or not, but faith in and of itself, absolute and whole. It is appropriate to do those things which are given for you to do within the illusion, it is, however, inappropriate to find your trust invested in people or institutions. For people shall die and institutions shall crumble. But all will be as it is and as it has always been, quite perfect. How the illusion pulls at you and how easily you yield to it. Is this a necessary portion of experience? Yes, it is necessary that each err and be mistaken as often as it takes in any present moment to affect a change in consciousness for those who polarize as we do towards service to others as an expression of their love for the infinite One. This renders appropriate concern and prayer for all involved. For in creation there is no separation. All that seems separate is illusory and temporary; all are held in utter safety and may rest in [the] Creator if they have faith.

We do not mean to suggest that if one has faith outcomes will always seem favorable. We only speak of larger truths because the larger truths overshadows and renders inoperative lesser truths. This one truth is, overall, the truth of the one great original Thought. In the I AM there is only love. To suspect otherwise is to move away from serving and towards fear, separation and a path of that which is not. For upon a path of that which is not you may experience a universe created of fear. And in so far as you accept fear, you shall be victimized from one incarnation to another. In love there is no room for fear. Although you identify yourselves with a house of flesh, yet you may dissect all portions of this clothing of flesh and

find no consciousness, no evidence of life, or love, or passion, or thought.

All beloved and unbeloved, through error, entities are in the end one. One is a victim and a thief. One is both things. As your mind strays from this certitude, so shall your polarity decrease. Thusly, in time of trouble or woe equally as in time of [weal] or gladness call to the same faith, encourage within yourself the same compassion. For in you is both victim and criminal. And each, this equal for each, is one, with all the barriers. When the illusion seems to cage you in, realize forthwith and firmly that the cage is transparent, that you may slip in consciousness through the bars and render them needless as you lift up your gaze to the one infinite Creator in praise and in thanksgiving. For you have been created, you have been given life and consciousness, you are now in an arena. It is to be taken lightly, as all things and never with other [than serenity] yet it is to be taken passionately and seriously. For in this arena, you may use the allegory of life and death. You do the battle within your incarnations. Each of you has the scars to verify this and if you are successful, you shall not kill by thought, by impulse, or by idea. That to you is life. That which is one is [precious ambition] and pride of self is loss to your imperishable self.

So rouse the self from its daze with a shout of joy and stand in glad acceptance that you shall do all for love and in that giving you may perhaps have one outcome or the other. But whether the little life of flesh is ended or is preserved, then you shall be with the Creator. Take these opportunities to polarize, to experience unconditional love, to experience a deep forgiveness of all concerned, and most of all of yourself for being dazed by the illusion once again.

We will now move on to the exercising of each instrument. The message given was given primarily for the further tuning and inner ear of the one known as Carla. We thank you greatly for giving us this opportunity to work with each of you. We humbly accept this request. For it is not only a pleasure to be with you, but it is also our method of learning more. For as we serve you, so you [will bless] immediately ten and a hundred and a thousandfold, infinitely, and we are much blessed. We shall be moving about and will not stay very long this evening, for there is a low energy level within this instrument, and we do not wish to outstay the instrument's stability and, indeed, by this instrument's request we are not able by the instrument's free will request to stay longer than the instrument is completely stable. We shall not be predictable, for we wish each instrument to gain independence and sensitive contact, thusly, we shall simply say at this time we would transfer this contact. I leave this instrument with thanks in love and light, I am Hatonn.

(Pause)

I am Hatonn, and greet each again in love and light through this instrument. We have spoken at some length this evening about the ability to remain centered within the heart and faith as the world about oneself moves in unpredictable ways. So it is as one wishes to serve as a vocal instrument. It is necessary to find that quiet room within, where one may remain quietly alert as the contact is awaited. The first perception of contact is noticed and allowed to speak the feeling to the instrument as the instrument listens carefully. There is the temptation to feel at one's own thoughts or at the door. However, if one is careful to remain centered in the certainty of the self and one's ability to sense stimuli, one will then develop the patience to allow a contact to be established in a careful and secure pattern. We shall transfer this contact. I am Hatonn.

(Unknown channeling)

I am Hatonn, and we have …

(Microphone difficulties. Telephone rings.)

… as this instrument was most scrupulous in its challenging procedures. This is all to the good. For it is one of the great dangers of the beginning instrument to leave oneself open to those energies which have not been examined and scrutinized as to their origin and their polarity. We find in this instrument a willing student and rejoice that this is the case. For the creation abounds plentifully with those who would take pleasure in the tuning instruments, such as this one, who have earnestly dedicated themselves to the fight of the positive path. The practice of channeling is like any art, in so far as a certain skill is obtained in maintaining a dutiful and watchful state of attention which is sustained by a confidence that one's activities are adequate to the task at hand. No channel who channels truly is ever fully familiar with the contents of that which is to be channeled. And it is a mark of a channel that begins to make some progress that a

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willingness to allow what is unexpected to come within the area of the mind to be spoken out, plays a greater and greater role in the process of the vocal channeling. The practice of channeling is a constant succession of re-centering and re-tuning, as a myriad of distractions are available for those within your density. [And] every cell of the body, it sometimes seems, rebels at being put through the task which is not well understood by that second-density vehicle which carries you about. The increasing dedication to the art of channeling is at the same time a commitment to spiritual growth in all of its facets as, indeed, the process of tuning is a process which is analogous to the disciplines of the personality which are essential to spiritual growth in all of its energies.

The experience of tuning is an experience of finding a calm and stable car behind and beyond that which is tremulous and that which is variable with the shifting currents within the illusion. More and more this stable car becomes the living reality of one whose experience is assimilated to a higher spiritual vibration. And the higher the spiritual vibration the instrument is able to bring to the practice of the vocal channeling the clearer and the more direct may be the message that comes through. It is a process which may never be forced, and there are times when the information given to be channeled does not agree with what the channeler expects or wants from the session to which he has committed itself. And in this situation the channeler does well to understand that the will of the channeler is temporarily suspended in favor of that message which is brought forth.

We say that the will is suspended in favor of the message, but never is it the case that the instrument is without the power of discernment concerning whether or not it wishes to continue with the message which is at hand. There is a "yes" or "no" proposition at hand. That is, if for any reason the channel begins to suspect the nature of the source which is being channeled, it's quite appropriate to end the session and to turn to a process of silent meditation wherein a calm center may be obtained. There is much that this new instrument, [as in the] old instruments, has to learn upon the subject of the vocal channeling. We do feel that a good beginning has been made and that an earnest commitment has been taken, and this is a cause for rejoicing for us. For it is a happy occasion, indeed, when we find that the horizons of those we may serve have been broadened, as they are always broadened, with the addition of the new talents and abilities of new channels. At this time we would return to the one known as Carla.

(Carla channeling)

I am Hatonn, and greet each one again through this instrument in love and light. We would thank each for the integrity of honest and single-hearted effort. We bathe ourselves in your desire for the truth, whatever the highest truth is that may be seen. We are most happy to have been able to share in your vibrations and meditations and the love for love itself that we have shared this time.

How noble is the aspiration of the treasure that is held in the prison of flesh. May you always, each, look through the [bars] of this temporary confinement, to behold infinity, dropping millennia like pros, scattering by the thousands. We would at this time close the contact without the question and answer period, for we do feel this instrument nears the end of its stability and tuning. We leave you as we found you, and yet, leave you not at all, in the love and in the light and the source and mystery and the wonder of the infinite Creator. Take heart and go your way, in peace and compassion. We are known to you as Hatonn. And with thanks we leave you, Adonai. Adonai vasu. Adonai. ♣

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Intensive Meditation
November 17, 1990

(Unknown channeling)

I am Oxal. I greet you in the love and in the light of the infinite Creator. We are most pleased that this entity has perceived our vibration, which is not as readily received by this instrument, because of a strong bias towards wisdom upon our hearts, and a strong sense of compassion and wisdom in configurations that are not within our grasp at this time.

However, we are most thankful to be called by this instrument, because we find our ability to communicate with the instrument known as S, and the instrument known as Jim, to be far nearer congruency, especially in the case of the instrument known as S. We would, therefore, greet you through this instrument and transfer the contact to the one known as S, expressing as helpful the information that we are a strong but somewhat more narrowband vibration than some others. And, therefore, this instrument subjectively perceives our contact as moving into the energy web of the physical vehicle farther back upon the crown of the head. We leave this instrument at this time and are most willing to be patient if the one known as S must adjust and acclimate its instrument for comfort in our contact.

I am of Oxal, and I now transfer to the instrument known as S.

(Pause)

(S channeling)

I am Oxal, and I greet you in the love and in the light of the infinite One through this new instrument. It is with a great feeling of warmth that we find that we are able to have our thoughts expressed by this instrument. For, indeed, as this instrument has already come to suspect, it is as a homecoming for us. We feel very much at home within this energy web. And the opportunity to find a voice within this web of energy gives us a life within your density that we have not known for some time. We find that there are many things that could be spoken today, but none perhaps so appropriate as the words of joy and of welcome that we feel through our depth, as we seek the resonance within the body complex and the mind complex and the spirit complex, who is beginning to open now to the more subtle reaches of our particular kind of greeting.

We are Oxal of the wisdom density, seeking to find our way to the density in which wisdom is blended with compassion. And we are among those fifth-density social memory complexes who have undertaken to study with those magnificent golden beings you know as Ra. We work cooperatively with others known to you, of our own density, those being the ones of Latwii, with whom this instrument has begun its experience of becoming acquainted with the art of opening to receive the channeled

messages. We have found that, since our energy tends to be rather heavy, and in this sense is a somewhat challenging energy to carry for the new instrument, that there was appropriateness in the beginning with the gentler Latwii, whose turn towards compassion has already well begun. And who, therefore, has been shown to be preeminently fit for the role of comforter to those beginning the process of opening to become an instrument for the expression of the love which may pour forth from the realms that to your realm seem higher

It may be subject, as always, to the free will self-determination of this entity, that we would be called in the future to the sessions which have begun upon a regular basis. For the energy match with this instrument is great. And even now, we feel this instrument rejoicing at this match as we rejoice ourselves. The way of the path towards excellence in channeling, as all here have already surmised, is perfectly analogous and, in fact, of a relationship of identity with the thought of general spiritual development, and excellence in becoming an instrument depends almost entirely beyond that certain point at which the elements and the skill have been acquired. Depends almost entirely, as we say, upon the achievement of those disciplines of the personality which mark the growth of the spirit, so that it may find increasing expression in the illusion which is uniquely characteristic of third density.

We feel that we bring no new information to those of this group in announcing that all here are native to densities that are other and therefore are related to this one in an unique fashion. For in addition to those lessons which are learned in a manner native to those who work through the third density for the first time, those who are, what you call, wanderers bring a certain task and a certain responsibility, which may be viewed as operating so as to put into an unique light, a particular slant or bias, those precise lessons which within third density all must learn. And so, in a sense, the task is compounded proportionate to the unique gifts which have been brought from other densities, so that they may be laid down in service to the souls which seek, so hungrily, to reach beyond the limits which are those of third density, a density of choice.

We wish to be clear upon one point, absolutely and always, and that is that we ask that all of our thoughts and our words be understood solely in the light of the need to make and to constantly reiterate the choice, which is the choice of polarity. We feel that all within this group have made this choice, some exquisitely so, and are in the process of discovering that the choice made seeps down to the roots of [mind] and triggers a process of recollection of who you are. Had this process not been well begun, we would not be able to make contact with any of this group. We rejoice in this, and we encourage you to be ever watchful and ever scrupulous, for the pitfalls are many and sudden. And no vigilance is ever too much vigilance when addressing the issue of how the spiritual path shall be preserved. We find great wisdom tempered with great compassion already available as a resource within the thinking of this group. And we commend you to drink of this delicate and fragrant brew whenever the opportunity affords.

As we find, this instrument is suggesting to us that enough is enough, we shall proceed, if we may, to transfer this contact to the one known as Jim. I am Oxal.

(Jim channeling)

I am Oxal, and greet each in love and light once again through this instrument. It has been some time since we have been with this group, this instrument, and with this opportunity to speak our thoughts. For this we are very grateful and would offer ourselves in addition, at this time, to any queries which may be upon the minds of those here gathered. Is there a query to which we may speak?

Carla: I have a question, but it might involve the law of free will. I have concepts which I could suggest to a girlfriend of mine who is handicapped and her abilities are limited *(inaudible)* multiple sclerosis *(inaudible)*.

I am Oxal. We scan your mind. Though you exist in some degree as a teacher to this entity, you are as one with her, as you are with all third-density entities upon your planetary surface at this time. Therefore, we see no difficulty in any suggestions that you might make to this or any other entity. For each is free to accept or to reject any such suggestions.

Is there a further query, my sister?

Carla: Not on that point. I am extremely pleased to hear this *(inaudible)*.

I am Oxal. We thank you as well, my sister. Is there another query?

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S: Yes, Oxal. I wonder if you could tell us a little bit about yourself, whatever you think is appropriate on this occasion.

I am Oxal. And as are all contacts which this group has experienced within its past, we are a social memory complex. Thus the "I" and the "we" are one. We have for a great portion of time traveled through the density of wisdom, seeking as a group to perfect our understanding of the nature of the creation and of our place and purpose within it. We evolved upon the third-density level in a far more harmonious fashion than we observe the evolution upon your planetary surface to be expressed. It was our experience in the density of choice to move through each of the major cycles of experience in an increasingly efficient manner so that at the end of the third cycle we were seeking as one.

Thus, we moved into the compassion of fourth density with relative ease, and were blessed with success upon the expression of unconditional love—both the offering and the receiving. During our experience within the density of light, we have studied carefully other third-density experiences and have found that, though most proceed in a similar fashion to our own, there are those which have difficulty due to many reasons. The experience which your planet now passes through is one which has interested us for some time, for we seldom have the opportunity of partaking in such a direct manner as we do now with you, with third-density planets that are what you may call the repository of those who have found the need to repeat this cycle of experience. Thus, your planet has been influenced by many other planetary entities of third-density vibration which have completed their own cycle upon, what you would call, their home planet and who have found your current planet, that location and vibration which is most helpful to their own repetition of this experience, with the desire for achieving fourth density graduation. Thus, we work in a light-filled environment looking at the nature of your experience with regards to the introduction of significant amounts of disharmony within individuals, groups, races, nations and, indeed, within the planetary entity itself that you now evolve with.

We seldom have the opportunity of speaking our thoughts in this manner, for though we are within the evident reach of many of those of your peoples who choose the career, as you may call it, of service as a vocal channel, we are narrowband enough that our signal is usually perceived only upon the subconscious levels by the deeper portions of individual minds, and this most often within the sleep or meditative states. Thus, our service most frequently takes the form of our sendings of undifferentiated light and love to those who call for such.

Is there a further query, my brother?

S: Yes, one more. You've said on the onset that you have spent a lot of time seeking the nature of the Creator and your place within the creation. Is it the case that the place within the creation—of individual mind/body/spirit complexes and of social memory complexes—is unique, each to each, so that the conditions of the search and of the character expressed in the search are unique, each to each, and in such a way that individual mind/body/spirit complexes would naturally gravitate towards others that show similar characteristics, as they come to the point of joining themselves into one social memory complex?

I am Oxal. It has been our experience, through both observation and our own evolutionary process, that as entities become more aware of that which they value and that which they seek, that there is a natural drawing together of interest, which is not necessarily bounded by either what you call time or …

(Side one of tape ends.)

S: Yes, would it be possible to characterize those differences which exist, such that it makes sense to say that some are "like unto like," while others are "like unto other likes." In a general way, what comes to my mind at this point is "earth, air, fire, water." Do individual social memory complexes work within principles or lines of energy oriented or distorted in some fashion or another?

I am Oxal, and am again with this instrument. If we have correctly perceived your query, we may say that there are deeper and deeper or more and more harmonious affiliations between entities according to the accumulated experience of each entity which then becomes the primary motivator for the further gathering of the experience and the balancing of all experience. Thus, as entities find certain lines of inquiry of interest and pursue them to the point where there is mastery of a field or body of

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knowledge, then there is also a natural brotherhood, shall we say, which develops around the focus or points of interest.

Is there a further query, my brother?

S: No, I don't think so. That's enough for now. Thank you very much.

I am Oxal and we thank you my brother, once again. Is there a final query, at this time?

Carla: *(Inaudible)*.

I am Oxal. We are most honored to have such a happy and open reception from this group, and again express our great joy at having made contact with the one known as S in a manner which will allow a further exploration of this contact on both our parts. We cannot express our gratitude in words sufficient to describe its depth and richness for this opportunity. We thank each for voicing our words during this gathering and we shall leave this group now. We are known to you as those of Oxal, and we leave you in the boundless love and the limitless light of the one infinite Creator. Adonai vasu borragus. ♣

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Sunday Meditation
November 18, 1990

Group question: The question this evening has to do with how individuals and groups, or any people that are in relationship with others, can work through the blockages that seem to get in the way of sharing as fully as possible the feeling of love, with ourselves, with each other, and with the group. How can we remove those patterns of thinking and behaving that tend to drain away, or even keep us from seeing the feeling of love and compassion for others?

(Carla channeling)

I am Q'uo. Greetings to each of you in the love and in the light of the one infinite Creator. We thank you most humbly for allowing us to share in your meditation and for calling upon our people to offer what information it is within our grasp to offer. By this we mean to imply that we are not without error ourselves, for we are brothers and sisters along the infinite path.

We have had your experience, and you do not think that you have had ours. That is an artifact of your perceptions of time. Time, space and all that dwells in those areas are illusions. Not relative illusions, but absolute illusions. Were one to be able to see with the eyes that pierce flesh and see spirit, we would see beings of light surrounded in a matrix of energy vortices. Each of you is an unique being, yet one with all that there is. It is when one finds paradoxes such as this one that one realizes most clearly that one is treading on fruitful metaphysical ground, for paradox and mystery are the signs of the infinite One.

You wish this evening to know more about the alteration of behaviors in order to operate affirmatively and positively. We would ask you to move one step backward with us, for it is not your behavior, but your being, your consciousness, your inner choices, that dictate with a ruthless certainty that which you shall perceive and notice, as you are not within the density you enjoy aware that the illusion is so complete it is easy to identify consciousness with behaviors, and gaze at the behaviors instead of finding the root of those behaviors. Now we have said to you before that the bio-computer which is your conscious mind is designed to make choices. In reality, your consciousness has the very basis of the illusion, that is, thesis and antithesis. So let us turn our gaze inward, and realize that our bio-computers have been programmed for this incarnation on a continuing basis; however, as it is popularly suspected …

(Pause)

I am Q'uo, and greet you once again in love and light. This instrument was much distracted because it required a liquid. We shall proceed. Those

decisions made early in the incarnation when one was quite behind hand in grasping the larger truths concerning the great difficulties those you know as parents experienced. You were therefore victimized by whatever patterns of their negative influence were at that time present or at any other previous place in your flow of time present; further, much of the popular culture of your people given as the absolute understanding of "they," as in "they say," "they think," you have purchased, without reading the ingredients, metaphysical food that you may find giving you a metaphysical stomachache.

The most common legacy of the childhood in your culture is low levels of admiration and love, nurturing and forgiveness of the self. The entire world of personalities you may well be willing to forgive; but you yourself are often dazed by such excellent [conditioning] that there is no way to please the self, each having internalized in its own way the negatives of parental disapproval and lack of understanding, verbal and physical abuse, often in subtle ways, that you have experienced. Once these patterns have been set up, and this occurs quite early in life, usually, the rest of the incarnation is spent upon an arena which has been constructed to challenge you with these seeming self-destructive and limiting programs within the bio-computer. After these biases are in place, more and more the entity will notice and be aware of those things which are relevant to its self-destructive concerns. We ask you to allow the inner feeling of self to become crystallized at this time, and we shall pause.

(Pause)

Do you see the treasure that lies within you? Which do you think is reality? Which do you think is illusion?

The first step towards altering one's state of consciousness is the honest and actual realization that you are not that which begins and ends in this incarnation or within this illusion. This begins to distance the self, that is, the consciousness, from that beloved animal of second density which sacrifices a great deal to carry you about. It is well to be a careful and generous steward to your own physical vehicle; however, it is your ally and your friend, rather than yourself. When you have clearly made that distinction, you may begin to see the absolute subjectivity of perception, which is your own.

The environment gives you a thousand messages, a hundred thousand, a million, so quickly, so very quickly, and the computer chooses that which it will notice, that which it will perceive. However, most are not aware that they have, at some point in the past, chosen to program the computer in such a way as to offer detuning, depolarizing and the heaviness of blocked lower energies. Instead of feeling helpless, instead of watching your behavior that you may behave correctly, take thought of your spirit and realize that all choices that have been instrumental in creating existing programs are your own.

Listen. Can you hear the sounds of the household? Were you aware of them before we asked? Feel the slight breeze that drifts languidly in warm air currents across your skin. How many millions of receptors there are. Think of all that you have seen as you came into this environment, this domicile, and met those in the circle of one, some for the first time. How much of that which you saw did you perceive? Perhaps two or three percent at the most, for the computer cannot carry the full sensory stimulation and create aught but chaos. Thus, choices are made which enhance, or seemed at one time to enhance, one's ability to survive, to cope, and to behave. That which has been programmed can be reprogrammed.

Now we do not speak as if the Creator has nothing to do with this process. However, we believe that it is the will, passionate and joyful and complete, of the seeker to become an authentic being, that allows one to reach a state of mind in which the seeker may gently, sweetly and lovingly move into the deeper mind to find the seeds of the low self-esteem, the tendency to repeat patterns of addiction or abuse of various kinds given by parents which seemed godlike. Inevitably, either imitation or refusal to imitate figures of seeming authority in childhood forms the essence of your programming. One, having discovered to the best of one's ability the nature of the trigger of self-destructive behaviors, can then, with enough passion, will and grace, reprogram the bio-computer.

Let us give an example well known to this instrument. This instrument has a physical vehicle which has been created by its own choice in such a way that it shall do inner work. These seeming limitations, on the other hand, have been seen by this entity as opportunities. This leaves that artifact known among your peoples as pain. The instrument,

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therefore, realizing the distracting nature of pain, spent some time recently in reprogramming in order to fail to notice pain. In this way, when there is enough need, when there is a perceived suffering within the self, then one is motivated to do the very disciplined work necessary to reprogram.

Remember that each of you is a co-creator. You have been created, but you have not been created imperfect. You have chosen to leave the house of the Father, to travel the circle path from source to source, from mystery to mystery. There is a program which can only be reached by one who is willing to do meditation and persevere, for in most cases this does take time. As one sits in meditation, day after day, year after year, one slowly becomes aware that one is more able than previously to discern intuitions and deep hunches. Thus, not only are you programmed for the tangible things, but, perhaps more importantly, for the intangible.

Quite often, entities within your culture have a native programming of working hard, creating a safe amount of your money, and seeking that which is known as happiness. Happiness is entirely a portion of your illusion. For if the Creator is absolute, then so are you, [joy] is absolute. Have you found it today? Have you looked for it? You may encourage each other, exhort each other, comfort and console each other, and so minister to each other, that each mirrors a more and more accurate reflection of the other self and the self, so that there is constant opportunity to learn, to consider, and, when a behavior has been identified as not being congruent to the being, to move into that behavior and remove it from your programming, with the help of the deep portions of the mind, where dwell what we might call a metaprogram of divine inspiration, and a deep awareness of all that there is, then one may work in consciousness.

One may have come to this point from different agendas. One entity may wish to be of more service, another may wish to avoid suffering. The reasons are as many as entities are. But truths do remain simple, and that which you seek, you shall find. Thusly, if you but persevere in the reprogramming, and request the aid of that vast metaprogram of enhanced knowledge not available to you as a personality, you become more and more able effectively to create your experience.

The old question of the tree in the forest that we find in this instrument's mind is quite apt here. That which you do not choose to perceive does not exist for you. Thus, it is quite important for the seeker of truth to identify those things which separate it from others, which cause distress to the self, and which limit love, and so speak to that necessity that effectual transformation results, more real, again and again, on ever deeper levels of bias, that may well be self-destructive in your own opinion, for you in your free will are anything but simple.

When the programming, however, is to be tackled, it is well to become simple, single-minded and wholehearted, because you are asking yourself, in a subjective sense, partially to die, and to be no more. Thus, your faith that all will be well, and your will to continue spiritual evolution are the strengths and resources that bring you to holy ground, whereon the Creator, that lies so deeply within, in the metaprogram of love and infinite peace, is made available. Again and again you must seemingly retrace your steps. However, it is our opinion that this seeming repetition is in fact the peeling of the onion, layer by layer by layer. Many things which are self-destructive have only been kept because the programming is so deep. There are so many layers with which one must work, and one cannot fully reprogram one's bio-computer unless one actually and in truth is ready to allow that portion of the personality to die. However, it is in that death that you find larger life, in this incarnation, or in any illusion.

We would at this time transfer this contact, offering it first to the one known as K. It is perfectly acceptable if this instrument does not wish to speak, in which case we shall transfer to the one known as Jim. I leave you through this instrument in love and light, and with great joy. I am Q'uo.

(Pause)

(Carla channeling)

I am again with this instrument and we find that neither of the other channels within this particular group wish *(inaudible)* this instrument wishes to complete the main message. This is acceptable to us and we shall continue through this instrument in love and light.

(Pause)

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Greetings again from those of Q'uo. We have said that the most difficult thing one can do is to forgive oneself utterly. Most entities require some kind of structure, which seems to dispense understanding, enlightenment or redemption from without. These forces are without and within and as you are the only inhabitant of your creation and everything else is perceived through the ruthless economy of your biocomputer there is little or no hope of discovering truth using only an object which symbolizes worship. This is quite appropriate and acceptable as a path of inspiration, as a guide.

However, you yourself are indeed in dominion over that which you wish to have in you. That which this instrument calls the Holy Spirit—which many call guidance, or guides or inner masters—is able at all times to allow one to rest and to be comforted. When one allows oneself, finally, to love the self very deeply and passionately, one is then ready to serve. For the one known as Jesus spoke—we must pause. I am Q'uo. This instrument is having some difficulty.

(Pause)

I am Q'uo, and we are again with this instrument. The master known to you as Jesus said that it was not he but the Father that strengthened him. So it is with you, eventually. You are more informed and more powerful in a personal sense than you realize quite often. You have by the grace of the one infinite Creator enlightenment, redemption and love of self alone, for the two requests that the one known as Jesus made to replace entirely the Ten Commandments were to love the Creator and to love other selves as the self. Consequently, it is essentially important to work with the self in consciousness until one realizes that regardless of the illusions in one's own spiritual temperature-taking, it is not selfish or service to self but indeed necessary first to find charity towards the self. For you contain all within and if you do not feel self-forgiven how then can you feel in truth the joy of all being self-forgiven? How can you feel joy for the truth that is someone else's and not your own?

The hardest work that you can do within this incarnation is work in consciousness. Yet this work in consciousness is by far the most effectual means of accelerating in any spiritual evolution, innovating, enlightening the consciousness of your sphere, when you have no solemnity, no love, that many enjoy and so shall you, each of you, as you find you truly are a person to be esteemed, a person who has gifts and whose only desire is to offer them to the one Creator. Is this not a beautiful thing? Can you not step back and see the courage involved in having faith where there is no evidence to support it? Nor can there ever be, for this is the density of choice, blind choice. You work in the dark, you suffer, then discover the suffering, accept it, grasp its nature and eventually reprogram it over and over and over again, moving away from suffering and towards mindfulness not because you have behaved differently but because you have told your mind to register different portions of catalyst. Have you ever, for instance, purchased an object which you had not seen before but thought well of and then found in every nook and cranny someone else who had found the same thing. They had, of course, been finding that all along but you had not. So the information was not relevant to you and was simply [deleted] from conscious thought.

(Side one of tape ends.)

(Carla channeling)

We find that as this instrument's fatigue is great, it is well, in addition to each entity's sore derrière, [that] we leave this instrument. We would like to attempt to crystallize the material we have offered you. Your universe is completely subjective and consists only of energy and magnetic fields. Within those vortices of magnetic fields rests by a slender thread an infinite consciousness. Your power cannot be seen by you, for you dwell in clothes of flesh and bone. Yet this power is within you. The mind is a kind of computer. It may be analyzed as to what choices it has made that are disruptive, unpleasant or inappropriate. Yet, one cannot change oneself from the outside in. One must first find the truth of oneself and then the truth of consciousness. Moving from that point, more and more aware of love being all that there is, the courage slowly becomes gained to allow self-destructive portions of the self to die that a new and more harmonious state of mind may be the response when one is faced with the choices of what to perceive.

Never judge your behavior or your thoughts but rather be compassionate, openhearted and above all, persistent. And as you discover your beautiful self so will all others become beautiful. As you discover that you are all things possible, including all the negative things—the thief, the rapist, the killer—you then

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become aware of that great importance of choosing again and again for you cannot only perceive good so-called, you perceive in a full circle and have a full complement of abilities to act negatively and positively in the normally understood sense of those words. Take the leap of faith when you are ready, not before, and certainly not after for the adventure in this arena becomes much more interesting, we feel, for those who create rather than accept their own universe—we correct this instrument—universes. May you create yours and recreate yours gradually, persistently and with great love for the self as a spark of the infinite One until at last you are hollow through and through with no blockage to keep infinite light and infinite compassion from flowing through you.

You are not a victim, but it is your choice which determines your perception. Choose well that which you desire, my friends. For as the cliché goes, yet it is true, "seek and ye shall find." Be therefore careful of that which you seek.

We are those of Q'uo, and would at this time transfer the contact to the one known as Jim in case there are any questions upon the mind of any present.

Again we leave this instrument in love and light and service. I am Q'uo.

(Jim channeling)

I am Q'uo. I greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to those queries which may be upon the minds of those present. Again, we remind each that we do not wish to be considered in any degree infallible but wish to offer our thoughts and opinions freely, asking that you take those which ring of truth to you and use them as you will, leaving behind all others. Is there a query at this time?

Questioner: This is one that we use. We were taught and it has been very effective in my experience to use the holy name of God to concentrate our minds at all times. It seems that from this type of doing I've been very much able to get rid of a lot of bad programming as we've been speaking of. How do you all view this?

I am Q'uo, and am aware of your query, my brother. When one uses the sound vibration complex that you call name for the one Creator and give to that name your own acceptance and adoration then you provide for yourself a channel or a gateway into that portion of your being where this is true. For within each has the one Creator hidden Itself that through the expression of the individualized self the one Creator might know more of Itself and each portion of Itself might then partake in this discovery, one for the other, as the yearning for union grows.

Is there another query, my brother?

Questioner: Also, you spoke earlier of acknowledging the negativities or the positivity of one's being in the programming of the bio-computer. This is not very clear. Could you restate it in another way so I might be able to understand it more easily?

I am Q'uo, and I am aware of your query, my brother. It is often the case for many of your peoples as they look consciously and carefully at themselves that they will see those portions of behavior that they do not appreciate and consider to be less than worthy of study, those portions which may be seen as inability to love, the ability to give insult and injury, the less than honest expression of truth, and so forth. Oftentimes these characteristics are ignored or discarded, hoping in the ignoring of them that they will disappear.

We suggest instead that they also be honored as portions of the self which have a role within the larger scope of the incarnational process and that such character traits or behaviors or beliefs might be followed to their source in order that the entity might discover a more complete picture of the nature of the self and the specific kind of balancing that is in process in the entity, for it is oftentimes true that the negative expression of a character trait is merely one end of a pole or a range where a more positive expression may be found if first the roots of both are uncovered.

Is there a further query, my brother?

Questioner: Thank you for that.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: I'm not sure but I think my brother may have been asking about the idea of the—each person can have all various personality traits *(inaudible)* the full range *(inaudible)*. Correct me if I am wrong.

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Questioner: The answer that was given was very good. I understand it to be that we have to follow those negative aspects of ourselves to find out from where they arise and in doing so we gain that greater knowledge of each of ourselves. I assume that's what's meant by exhibiting negative characteristics [and] outward demonstration.

I am Q'uo, and this is correct, my brother. Is there another query?

Questioner: My query is what density are you operating on and do you have access or perception of all other densities either through travel or exploration?

I am Q'uo, and am aware of your query, my brother. We of Q'uo are what you might call a group mind or more correctly the blending of two such group minds for the purpose of making an entry into this particular group for the purpose of being able to communicate our thoughts in response to this group's queries. This is the reason for the blending of two such groups in our case. We seek at that level of vibration which you would equate with the fifth density of experience or that which is of light where the limitless light of the one Creator shines in such a fashion that the truth of unity is without doubt and the relationships between various portions of the one Creator might be more clearly seen.

We of Q'uo seek the lessons of unity, those lessons which are found within that density numbering six where those we call teachers reside. We may travel in thought to such locations and experience a portion of what is available there and as our point of viewing or ability to perceive is expanded by our own learning and experience then more of that which lies ahead on our path becomes available to our perception. Thus, we can speak from experience only through the density numbering five and must rely upon that which has been told to us by our teachers and those bits of our own perception where we have traveled in thought in relation to densities beyond our own.

Is there another query my brother?

Questioner: I was wondering, I have a teacher in this density also [that] I hold with great reverence and adoration. I call him by the name of *(inaudible)*. In what density is he vibrating now on this planet? Or what density has he come from or descended into this incarnation, if you have that information? I am curious about that.

I am Q'uo, and am aware of your query, my brother. We find a difficulty in giving a direct answer to this query for we do not wish to infringe upon the free will of any who revere this most positively-oriented entity. To describe such an entity by the density to those who honor this entity would be perhaps in some cases to skew this appreciation in an undue manner, which would obscure perhaps the message this entity had to offer. Each entity of this nature comes to serve those of this planetary vibration by hollowing the self in such a fashion that it becomes a pure and clear channel for the one Creator in order that information and inspiration of a certain nature may be offered. This is the message and the purpose of the incarnation for such an entity and each such entity wishes that the message might be delivered as clearly as possible with as little tendency towards distortion as possible. We humbly beg your forgiveness for being unable to give the density of this entity for we wish this entity's message to remain as clear as possible.

Is there another query, my brother?

Questioner: No, I appreciate that answer. Thank you very much.

I am Q'uo, and we thank you once again, my brother. Is there another query at this time?

Questioner: Just on the off chance that you might give suggestion—when I do a reprogramming *(inaudible)* out what I wish to change and the reason involved and a kind of object that makes it, I suppose, more real psychologically and as I write it I vow and I request my mind to accept the new program and to dump the old one. Is there a number of different ways to do this or is there one that you would recommend? Have you any suggestions upon it?

I am Q'uo, and I am aware of your query, my sister. There are as many ways of reprogramming one's bio-computer as there are entities wishing to do so. The most potent program for any entity is that one which has been constructed from the pure desire found within the heart. The expression of this desire is that which gives form as a channel to that desire. This, however, is secondary to the successful reprogramming. The generation of this desire so that it is complete and fills the entity and overflows the

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cup, shall we say, is that which is of primary importance in the root—we correct this instrument—in the reprogramming of any thought or behavior pattern.

If, as in your case, an entity finds it is helpful to form this desire by writing it upon the paper, by speaking it as a vow, by dancing it as a dance, praying it as a prayer, or meditating it as a mantram then this is the form that is appropriate for that entity. It is well to use those tools which one has been given in which one has found a certain degree of mastery in previous use in order that a form which is most effective might be utilized in giving the clear voice to this heart-generated desire for a closer approximation of love within the life pattern.

Is there a further query, my sister?

Questioner: No, I'm done. Thank you.

I am Q'uo, and again we thank you, my sister. Is there another query?

Questioner: You mentioned the deep mind and I was wondering what are the symptoms of reaching the megamind or the infinite intelligence and whether one can actually be in that awareness or consciousness all the time within this density, third-dimensional density? And the symptoms, of course, you can elaborate on and can maybe give a clue to the path to tapping into that gateway that we can manifest greater love and light of the infinite Creator which I call Krishna. That is my question. Thank you.

I am Q'uo, and we are most appreciative of this question which ranges quite broadly within the field of the evolution of consciousness. To give a full answer would be the work of many sessions such as this one but we may give a, shall we say, a crystallized response and ask that further queries be given if there is more information desired.

The ability of any entity to reach deeper levels of the subconscious mind and move therefrom to other levels of mind which would include the racial, the planetary, the archetypical, and the universal mind depends upon the ability of the entity to still the conscious mind to such a degree that silence is able to prevail and open a door that is more clearly seen, or shall we say, felt, due to the lack of interference in the activity of the mind. This ability to move through this doorway to deeper levels of the mind is a, shall we say, product of work done upon the personality.

This includes work at each level of existence that corresponds with each chakra or energy center as you know them within the physical vehicle, each center allowing the entity the opportunity of more fully expressing the intelligent energy or prana of the one Creator. It is within each center or chakra that various blockages have been programmed before each incarnation to bias the learning of the entity in such and such a fashion.

As this learning proceeds apace the entity is able to see the self, all other selves, and the creation and experiences about it as those expressions of love which have for some time been disguised as other than love. Therefore, the greatest indication or symptom of an entity able to move through deeper levels of mind is the ability of the entity to see love in all portions of the creation. This is a product of a great deal of work over many periods or incarnations for the seeker of truth.

We feel that this is a great deal of information which if added to at this time might be somewhat confusing, therefore we shall allow any further query that you would have at this time.

Questioner: I have one more query. The bias towards learning or the biases that are created within the consciousness for learning I'm being taught more is, even though [it] sometimes creates in our experience pain—what we experience is pain or the illusion of suffering is also perfect in the eyes of the Creator and the consciousness of the higher self …

(Pause)

I am Q'uo, and we feel that we have the gist of your query and would agree that though much learning partakes in that which appears to be great suffering, disease, poverty, pain and separation one from another that these are often the most effective means of directing the attention which has not focused clearly upon the lessons at hand. The catalyst of pain, for example, is that which grabs your attention and points towards an area which contains the opportunity for uncovering a portion of the self which waits to be born. With each birth there is the pain of the delivery. That which is old and has been replaced by that which grows anew oftentimes must be allowed to be removed in a painful fashion.

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Since the illusion in which you move has many veils across the far-seeing ability of any entity, it is necessary oftentimes that the eyes which see only dimly be given the assistance or the reminder that trauma and suffering provide. However, when the pearl has been won, no price or pain is too great.

At this time we feel that we have extended the energies of this group far enough that it would be well to give rest. Therefore, we shall once again thank each for inviting our presence and shall leave this group as we have found it in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 25, 1990

Group question: The question this evening has to do with how one can find the way of being of service that is the most appropriate for that person at that time. Are there any techniques or procedures or ways that a person could make this information more available or discover this information in any way whatsoever?

(Carla channeling)

I am Q'uo. I greet each of you with great joy and gratitude in the love and in the light of the one infinite Creator. It is most delightful to us to be able to have the chance to attempt to share our thoughts with you, but we must ask, as we always make a point of asking, that our words not be taken as unexamined truth, for personal truth is different for each person, and that which may help another may be a stumbling block to you. Consequently, take that which is recognized by your own discrimination and discard any other words which did not make personal sense. Trust not any source but yourself, for within yourself lies a far better discernment than you know. It is within the grasp of each to imagine, but what you know is not that of which third density is greatly privileged to know, and although our illusion is more transparent, yet still we also seek to learn, as we are still aware of our own consciousness, and we have a long process ahead of us. So we feel not in any way different from you, for all consciousness is one.

How pleasant it is to listen to the soft household sounds through this instrument's ears. The melodies of your planet are beautiful, and we do appreciate them—the melody of your environment, the melody of your elements, the melody of the tone poem which is your incarnation. These are sweet, and sometimes sorrowed songs, yet they have called us to you, for there has been more and more a call among your people for information, resources and tools to use in the path of spiritual growth. We thank this instrument and all instruments for making themselves available to serve in this capacity.

However, we would, and not for the first time, point out that all services are dependent, not upon your assessment of your importance, but on the wholeheartedness with which you pursue that which is in your eye's shot. At any particular moment your path of service is with you. It is in many ways very difficult, we realize, to grasp the nature of service. And it is appealing and interesting to wonder if one could become a healer, or a channel, or some other dramatic path of service that would consume the life. However, service is not graded, except insofar as it is sincere in the attempt and genuine in refusing to do work in consciousness until you have examined, satisfactorily, any blockages that might be caused by misunderstood, misused or misperceived catalyst.

The Creator's thought was part and parcel of Its very nature. This thought is what we call love, because we

cannot find any more appropriate word in your vocabulary. But it is a love of charity, of positivity, of creativity and of transformation. The main offering that you give in your incarnation to the world about you—and make no mistake, this is the density wherein one reckons with society, and all that it implies, for weal or woe—the first thing that you offer to the Father is yourself, your consciousness. The Creator, as described in older holy works, wished sacrifice. We ask only for the sacrifice of praise and thanksgiving, regardless of circumstance. In this lies the main and fundamental service each entity has to offer to the planet and to the Creator, which is Love Itself.

It is difficult for an entity within the illusion in which you dance to believe that something as simple as consciousness could be your greatest service. Yet consciousness is only simple to those who have not begun to search for the truth, and above all, we do not wish you to stand by in opportune polarizing situations, and say, as Pontius Pilate did, "What is truth?" and then walk away. This is not an incarnation in which you shall walk away from the catalyst, the lessons, the personal service to yourself, and the service to others that stems therefrom.

Let us gaze upon this concept from a slightly different point of view. The love that you have within you is finite due to the limitations of the heavy chemical illusion and your physical body whose sensing equipment is designed more to make choices than to understand. So, what is necessary for you to grasp if you wish to be of primary service in this incarnation and at this time, is to, as frequently as possible when you find yourself drifting into a nonpolarized or negative emotional state, to think back to that meditation with which you began your morning. Remember that then you did stand upon holy ground, no matter what your conscious experience, for it is your intent, it is your thought, that is real in the metaphysical universe.

We realize that this is a bitter pill to swallow for those who wish to have a path of service, for in working to find your own definitive self, in the effort to polarize, is often implicit the suggestion that one must somehow radically alter one's set of experiences and choose a path of service. This is not necessary, for you cannot leave the path once you are on it. You may sit by the roadside, you may walk, you may sing or you may cry. But once the mystery is perceived clearly for the first time, and once the nature of that mystery is gazed at clearly, one must see that, indeed, consciousness itself is chaos from which the mind, working like a computer, chooses this and that, this and that, to notice, but for most of the rest, not to notice. This is the physical and mental body complex's way of protecting itself.

The most strengthening gift that you can cultivate in the regard of this most important and central service is the gift of persistence and unflagging acceptance of any and all circumstances, because it is only an illusion that lies between you and that which is the truth. To extend across the chasm between doubt and faith some entities need great structures to guide them. Other entities find their chapel in the woods, or in the mountain, however it is that you are most comforted by meditation. Therefore, a basic step, if you wish truly to accelerate the pace of spiritual evolution, is first of all to learn to honor, love and value yourself as an absolute whole and perfect being. All else is illusion. You within are imperishable. You will one day discard this physical vehicle in order to grasp by review those things which you have done in this life, so that you may, with guidance, whether you call it the Holy Spirit, inner planes aid, or contacts such as this one, [form a new life plan]. This inner guidance is most transparent when the meditation is daily, without necessarily being as long as this instrument informs us our messages are.

The next point that we would like to discuss is that of the seeming disparity of potential for service that various entities have. Some seem to have many gifts, and as each gazes at itself it realizes it is lacking somewhat. That thinking needs to stop right there. In order to follow the law, which this instrument calls the Law of One, it is quite necessary to be vulnerable and open to circumstance, guided always from within, and if that guidance is not seemingly forthcoming, patience is your next, greatest, resource as a spiritual seeker.

There are many whose voices have been heard who speak of prophecy and doom and planetary catastrophe. We do not cavil at these people's messages, but only make note that where there is love there is not fear. If there is to be an opportunity for you to share that which you now are aware of as difficulties happen to cause those about you to remember that you are a spiritual seeker, then that is a beautiful service to offer—to answer the questions

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asked, to bear witness to the truth that you can have faith in, blind and unreasoning faith.

Now, we do not speak here of doctrine, of dogma. We would express our bias that these theologies are to be realized as structures available to people who find that particular structure to be the appropriate way to increase polarity, to drink of the water that shall never make you thirsty again, to eat the bread of eternal life. We use these images because this instrument is a Christian. However, these thoughts may be expressed in many variations of vocabulary, and perhaps the one that we would choose might be different. In each case where we speak we gauge the needs of the group, or gaze at the universal need that the group expresses by being more than two.

(Pause)

I am Q'uo, and greet you again in love and light. The instrument was experiencing catalyst which it could not continue channeling with, and we believe this is now back to an acceptable level. We shall continue.

In the event of what you call your catastrophes, the service-to-others entity will be given great opportunities for service, and bear in mind that service is action, is doing, as well as being, but the doing is not important, it is the frame of reference from which you approach each moment. We are not being mysterious on purpose, but the truth does not lie within our ability to offer to anyone without one's free will being abridged. However, if one relaxes, finds merriment to be freely bubbling forth, finds a place where the joy of loving and being loved is immediately experienced, then each may gaze at whatever one does as being done for the love of the infinite One. And as the emotions of devotion are turned towards the environment of the existing life and gazed at with an eye to being one who offers the positive point of view, then you may see that in any circumstance an entity with a positive, affirmative and hopeful point of view may well be foolish, which is acceptable in third density, indeed, almost necessary, for who but a fool would take the leap of faith that would say "I do not need to be concerned about my path of service, for I see in front of me a dish to wash, a compost heap to turn, a child or a friend to hug and share love with."

Develop the listening ear, for you have nothing to sell. We ask that it be considered whether or not evangelism is not an infringement upon free will. No matter how excited you may be over that which makes complete sense to you, it is not well to offer this to others without first dropping a few seeds, measuring things and seeing if the area in which you are interested is the area in which another is. If the two paths are mutually exclusive it is a kindness not to attempt to change others' paths because you feel that you have found more truth. You have found it because you were able to hear it. Those who are not ready for this material, or any material, simply will not take it in, or will have a mistaken opinion of that which was said.

It is very difficult to face the great key that unlocks the path of service. Meditation is a matter of discipline, and is very important. Reading inspirational things is helpful; many things are helpful. But where the Christ consciousness is allowed to seek opportunities to serve, the self finds that it never has enough hours in the day, but that the work is worth it. It all begins with the journey from temporality to infinity, and you are most open to infinity when you stay in the immediate present moment, for that is eternity. When the resonance of each moment can be felt, instead of simply a river of time moving from birth to death and robbing you of all that you have and eventually your body entirely, gaze at this entire experience with a calmer eye. You are here not to be happy, but to serve. This was your choice, else you would not be here, for the number of souls wishing to incarnate at this particular time is large, and [incarnation is offered only to] those who, by what this instrument would call seniority of vibration, that is, souls old enough to take an active part in designing the life experience so that they may learn.

It is difficult to believe that it all begins with forgiving yourself. Everyone has a different perception of himself than entities do of that entity. In other words, it is our observation from the limited experience we have had with your people that your culture is such as to greatly discourage precisely that which you are doing. But if you can—and you can—move back always to the memory of that holy ground, then you will be open to murmurings of spirit. This entity experiences the will that is greater than its own as a kind of two-by-four hitting one between the eyes so that there is no question about what the choice of service should be. This is a sensitive instrument, consequently it does

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experience the touch of spirit strongly. Others have less success in discerning guidance.

Perhaps the second greatest service an entity can provide is the giving of self in relationship, for by this means each can mirror to each the perceived personality, thus enabling both entities, if both entities are honest and clear, to proceed much more rapidly than if they did not have a mirror, if they were not held accountable for self-deceit. Especially of service is the sacrificial care and tending of young ones, for if you are able to offer support, confidence in the small entity, and charity, the charity of the greatly opened heart, then you shall have done a service for this soul that redounds through many lifetimes.

In all cases, if the presence of mind is yours at a time, ask yourself, if it is your catalyst, "Where is the lesson, where is the love in this catalyst?" If you have an analytical mind, it is helpful to think about it. If you are one who moves directly from the heart, it is well, rather, to ask for clear dreaming, and to keep the dream notebook at hand. We realize that that which we have to say may seem to deny each entity the choice of service paths. Indeed, although the decision has been made, it was your own. What is remaining is for you to discover by whatever means native to your gifts are most excellent, how to perceive the urgings of the guidance of the Christ-self or the love within.

The journey of service is the journey of the servant. This is not an easy mentality for your culture, but in truth, having loved yourself completely, you are then free to love others with the same unconditional flowing of love. First yourself, then others. We do not say this to make you be selfish. Quite the opposite; we say this to make you effective. For if you embark upon work in consciousness in an unworthy manner, soon you shall be exhausted, and sit at the side of the road you shall, until you regain that blind faith that keeps you stepping out constantly into thin air.

We have circled back to the key concept that creates the possibility for entities to take courage and move forward. It is when the self has been learned to the best of one's ability that one may be able to carry a more and more impersonal and all compassionate consciousness, trusting that although you did not make this up within your lifetime, as the arena upon which you would play your part, you did choose it, but there is no proof that you did chose this program. There will never be spiritual proof, for you are a being of free will. That is, there will not be truth itself, but you can be in the immediate presence of the most high, the most infinite, Creator.

Firstly, to love the Creator and to share it forth in your very consciousness in whatever condition, this is the first and greatest service. Secondly, in order to prepare yourself for service to others, the self who is going to be a servant needs to be well enough grasping of its own nature that it does not transfer the biases that it has towards the self to another. Thusly, we urge each always to give the first thought to clearing the self, polishing up the brass, washing the windows of the soul, becoming able to be a conduit for an infinite love, a resonant and creative love.

We feel that this is a beginning, and would now transfer this contact, due to the instrument's fatigue, to the one known as Jim. We thank this instrument for serving, and all instruments who serve, and we would thank all entities who may discover their paths of service by looking in front of their face, and seeing for the first time that in a universe created of love, no matter what the illusion, all is alive, all will return the love you give, tenfold, a hundredfold, and a thousandfold.

At this time we would leave this instrument. I am the principle known to you as Q'uo. I am at this time transferring to the one known as Jim. We leave you in love and light through this instrument. I am the principle known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time we would open this session of working to those queries which may be upon the minds of those present. Again we would remind each that we offer that which is but our opinions, and though we offer them gladly and freely we would not wish any word that does not ring of truth to the listener to be kept within that listener's mind. Take only those words which seem useful to you and leave all others behind. May we ask if there is a query at this time to which we may speak?

D: I have a question. Is the planet healed by third-density attempts to heal it?

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I am Q'uo, and am aware of your query, my brother. We find that there have been for many, many years attempts by various individuals and groups upon your planetary surface to bring about the healing within this planetary vibration, a healing which would seek to mend that which has been broken and distorted by the careless and violent upheavals within so many of your cultures for so much of your history. Those angers and acts of disrespect for self, for other selves, and for your planetary entity itself, have the accumulated effect of causing these disharmonious vibrations to be accepted by the planet itself, and these vibrations then build up a kind of karma, if you will, that which is the wound within the planet. This is also added to by the carelessness of the manner with which the planet and its resources are utilized within the human process of evolution, industrialization, standardization and the large scale manufacture of items for convenience.

Though there are many efforts that have had marked success in attempting the rebalancing and healing of your planet's ruptures, we find that there shall be for some period of time that is significant in your measure of time, a remaining evidence of this disharmony that will necessitate a continuation of this healing process into the fourth-density experience that has begun upon this sphere at this time. We encourage all such efforts at not only healing that which has been broken, but in ceasing to cause further damage by the conscious application of those principles of stewardship which each entity and culture creates and undertakes as a way of life and realizes as a standard of living, or of relationship, each with the other and with the planet itself.

Is there a further query, my brother?

D: Is the planetary entity being formed more by the passive sending of love and light than *(inaudible)*?

I am Q'uo, and am aware of your query, my brother. It is quite correct that the planetary entity is greatly benefited by that which you call the passive sending of love, light and healing energy, which may be done in any number of ways, including the meditation, the imagination, contemplation, prayer and the simple attitude of right use which each entity vibrates as a tone of the being, shall we say, as it accomplishes its daily round of activities. These sendings, or thoughts, in the metaphysical sense, are things which are felt and which find their place within this planet's web of energies and which work in an harmonious fashion with the planetary energies.

Is there a further query, my brother?

D: Is it better to accept someone who *(inaudible)* as they are even though it may be self-destructive, or to encourage change?

I am Q'uo, and am aware of your query, my brother. We find that it is helpful both to accept every entity that one meets as being whole and complete in the basic sense of being a portion of the one Creator which seeks to know Itself. That there may be apparent disharmonies within an entity's thinking or behavior may become a means by which a relationship is established with this entity in order that both entities may learn of a balanced path. It is such relationships that allow entities to work upon that catalyst which is the life's pattern and purpose, for as each partakes in the mirroring process it is as though each helps the other much as would the sculptor, in chiseling away that which is not desired, so that that which is the ideal becomes more clearly formed in each entity's life pattern.

However, we must add that the most important ingredient in this relationship and process of mirroring is the acceptance each of the other so that there is no need for change to occur for the entity to be accepted. When this level of trust has been established the foundation work has been accomplished and the structure of the relationship then may be built upon this firm foundation, and when there are difficulties that arise within the relationship, as most assuredly they will as a part of the playing out of catalyst, it is well for each to remind the other that the foundation of the relationship is acceptance, that is, not conditional, and which is all-embracing.

Is there a further query, my brother?

D: Is the form of energy work that I've come across out here in Oregon beneficial for spiritual growth, and how?

I am Q'uo, and am aware of your query, my brother. In this work, as any work which focuses upon the contacting of that shuttle known as the spiritual complex, is work which is beneficial to the evolution of any entity which partakes in it, for the most *(inaudible)* ingredient in any such work is not necessarily the apparent efficiency of the philosophy, the ritual or the practice, but is instead the intention

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of the entity which undertakes the philosophy, the ritual or the practice.

When the intent is strong and when the intent persists, then there is constructed within the entity a channel to those energies which are being expressed in whatever manner the practice sets up as a means of expressing these more subtle energies. Working as you are with the subtler energies that enliven and undergird the physical expression of spirit, you may notice that there is within the life pattern added a certain vitality which is as a resource or reservoir of energy which may be utilized according to one's desires and will. This choice of use of subtle energy vitality is a choice which is crucial in the polarization of any entity, for the choice to utilize such energies in service to others will continue to enhance the evolutionary process.

Thus, the energies with which you work are powerful according to your intention, your perseverance and your choice of usage.

Is there a further query, my brother?

D: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I have one, which you may or may not be able to answer, because it's specific, but it's something that I've been experiencing for awhile and I felt that I should question you for any comments you might have. I keep waking up in the middle of a sentence. It's very distracting, and has thrown me off a couple of times this evening because I must have sort of, without leaving my body, just gone very deep. And the question is, is this an artifact of my low vitality, or is it a sensitivity of some kind to something that you have in mind, for instance, *(inaudible)* the best state that I can be in without being in trance?

I am Q'uo, and am aware of your query, my sister. Your latter assumption is more nearly correct. We are working with your instrument and your vital energy, especially the physical energy level, in a way which we hope may stabilize the contact at a level which is both efficient in the transfer of concept and relatively comfortable to you as you partake in this process. We would recommend that you not be overly concerned with the phenomenon of awakening, as you have put it, in the middle of a sentence or a concept, but continue as you have for lo these many years to step off the cliff without knowing where the foot will land. It is this willingness to offer the self wholeheartedly as an instrument which will aid any instrument's progress as it seeks to improve its function as an instrument.

Thus, we congratulate you on your continued perseverance and practicing of your art and would comfort your concern with these words.

Is there a further query, my sister?

Carla: Just what is happening? I mean, am I going out of time, because to tell you the truth, tonight it was—I thought I'd been talking for maybe five minutes, and the recorder clicked, it was supposedly 45 minutes. I guess it's the truth, but I wasn't aware of most of it. What was I doing if I didn't leave my body? I mean, was I actually going to sleep? I'm not overly concerned about it, I just want to understand it, in case it happens to somebody else that I have been teaching.

I am Q'uo, and am aware of your query, my sister. The process that is ongoing as you continue in your channeling is one which takes you deeper into the subconscious levels of your mind complex and which approaches that which you call the trance level without actually entering into this level of mind, for we do not wish to work with your instrument in that kind of experience, for reasons which you are well aware. However, that which we have noted within your conscious mind more nearly approaches what you would call the sleep state, or more correctly, the hypnogogic state that is associated with the rapid eye movement or dream state that is within the sleep state. This …

(Tape ends.)

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Intensive Meditation

November 29, 1990

(Jim channeling)

I am Q'uo, and greet each in love and light this evening. It is our great privilege to be called to your group once again. It is gatherings such as these for which we are most thankful in our attempt to give voice to those concepts which are answers to your heart's seeking.

We have been observing your group this evening and have noted the sense of fatigue and discomfort that is present within the circle and we shall be mindful of these distortions as we utilize the instruments this evening. We would not wish to tax or overtire each instrument. We realize that your daily round of activities, as you call it, provides each of you with as much food for metaphysical use as is possible for you to process at this time.

Each of you works with a personal system of processing that utilizes both similar and dissimilar means of interpreting catalyst. Each is able to make a certain kind of sense, shall we say, out of those activities that occur as part of the day's natural rhythm, that many entities, less aware of the evolutionary process, fail to notice or would notice in ways which would not be to the heart of the meaning and purpose of the catalyst. This is not unusual, for most entities will satisfy themselves with penetrating but the outer shell of experience and in this way will remain somewhat at a distance from the transformative effects of catalyst that has been well used.

This distance, however, though it may provide a certain amount of shielding from the intensities of the well-perceived catalyst, does not offer the opportunity for the entity to immerse itself within the sea of experience. So it is for those who choose to look more deeply and more carefully, with respect, looking again [many] times at those moments of imprinting, where catalyst moves through the perceptive film or net, and is seen in a certain way, according to this net of perceptions, this grouping of ways in which certain events, certain entities and relationships are formed and have an effect upon an entity's senses, both those of the outer or normal way of sensing and those senses which are more of an interior nature and which take a more active part in providing an interpretation of outer stimuli.

These inner sensing devices are those qualities which have been developed during the early part of the incarnation, according to the experiences at that point within the incarnation which came before the entity [was] able to recognize certain configurations to be significant and to be worthy of consideration when perceived.

An entity will notice those portions of its environment which in its past [were] proven to play an active part. Now, this active part is determined by

the entity itself and not by the structure of the stimuli. However, there is the necessary interaction between the entity and its outer environment that there is the establishment of correspondences between certain stimuli and the welfare of the entity.

We would at this time seek to transfer this contact so that we may continue this topic with the one known as K. We transfer this contact to the one known as K. I am Q'uo.

(K channeling)

I am Q'uo, and greet each of you once again, in love and light, through this instrument.

We were speaking about catalyst on a day-to-day basis by those aware, to various degrees, of the process of evolution. The procedures used by various entities in processing this catalyst vary greatly. Many, as you are aware, simply go through their lives, day by day, taking part in their various activities with no clear concepts or even much thought given to the purpose of their lives, the nature of the spiritual dimension, of the personality, or the process of spiritual evolution itself.

There are those who give some thought to this process, but what realizations they may come to do not impact their lives. There are those others which we may call the serious seekers which give much thought to the process, attempting each day as much as possible to utilize those awarenesses they may have come to in their lives. This is a very frustrating process for many, for, as each of you are aware, it may seem that one is making no progress. Much thought may be given, much may be studied, much may be realized, and yet their life seems unchanged. This is part of the nature of the illusion which you inhabit at this time. And we salute your continued efforts for you are, as we have said before, largely groping around in the dark.

As you continue upon your metaphysical journey you know you are pointed in the direction of mystery and in that direction you ever proceed. But you are constantly entangled in the day-to-day-ness of your daily round of activities. How busy your peoples are! How intensely focused on the many, many details of the life. We realize the extreme difficulty of transcending this nature of your culture.

The encouragement we can offer you is that the progress you make is largely invisible to yourselves. It may go unseen, unfelt, and yet it is taking place, for on the metaphysical planes, the intention is all. The desire and the will are what carry you on toward your goal. We would urge you not to judge yourself in these matters, not to be constantly taking stock of your estimation of your progress or lack thereof, for this serves only to inject criticism and blame, which is never helpful. Your powers of observation are valuable to you, and we do encourage you to observe yourselves, your reactions, your thoughts, and feelings. And, whatever they may be, to continue your journey in the dark with the companions you have to comfort you in this process.

We would speak to you now of the one thing we would have you keep uppermost in your minds upon this journey, and that is faith. The faith that there is, indeed, a mystery beyond the illusion. That there is just cause to warrant your great and often painful efforts and sacrifices as you continue your activities upon your goal, as you continue the disciplines of the personality, the integrity in upholding the spiritual principles which are truth for you at this time. The faith to continue when all the illusion about you seems to be calling you the fool—for such you are, in the eyes of the illusion.

The journey of the seeker, with regard to the illusion, may be a very lonely one. You have your companions but they do not always walk with you, for each has his own truth to follow, which does lead to the same mystery. The will of each in this group is strong, yet we would offer what encouragement we may, for we see your weariness, and would seek to encourage you where possible. We know you are aware of the nature of the illusion, and from our point of view, outside of your particular illusion, we are aware of many things. Yet, faith and will must remain strong with us as well, for the mystery recedes ever before us, and we, as you, must continue on our path.

The catalyst that comes to you day by day may seem to you to be often of an overwhelming nature. You are aware that you have programmed for yourself large amounts of catalyst to maximize the experience available to you in this incarnation. We are aware that there is much inefficient use of catalyst. Yet, the encouragement we would offer you on this point is that, once again, much progress [is] made on levels not perceptible to your conscious mind. The conscious focusing upon spiritual principles you wish to incorporate into your lives, the disciplines of daily meditation, the examination of the life, are

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types of work that you do on a conscious level, but they do not stop there. They begin patterns that continue, carried on by levels in your sub-conscious mind to process the catalyst that comes to you.

Thus, changes may begin in your life of which you are not aware. This is the nature of the change which you would call "from the inside out." Only much later, if at all, will you see the changes manifested, and yet they begin to take place at the core of your being.

We would at this time transfer once again to the one known as Jim. I am Q'uo, and transfer now.

(Jim channeling)

I am Q'uo, and we greet each again in love and light through this instrument. At this time we would offer ourselves for the answering of any queries which may be helpful to those here gathered. Is there a query to which we may speak?

Carla: I would like to ask a question, which you may or may not be able to answer, and that is simply that I am not aware because I haven't been in this situation before, where a sustained period of intense pain has made me feel that perhaps I could not tune properly. I went through the tuning *(inaudible)* and I felt surprisingly secure even in the midst of the physical illusion of pain. It is now my perception that neither pain nor lack of pain has anything to do with the clearing of the energy centers or the tuning process, if the heart and the mind and intent are purely positive, which surprises me. I would have thought that there would be some point at which I would be unable to carry a strong positive signal. If this is, in fact, an illusion, incorrect information which I am perceiving incorrectly became I am in pain, I would enjoy knowing that. However, I totally accept your need to maintain free will and release you from any obligation to answer this question in any way if it is not important *(inaudible)*.

I am Q'uo, and am aware of your query, my sister. We thank you for your great care in providing the easiest environment in which we may speak to your query. However, we find that there is no infringement in reminding you of that which you know. You have discovered that there are certain activities that are a central portion of your being, which you may engage in and have the release from the physical pain. You have been able to put aside, through a process of long experience of dealing with this pain, great amounts of this catalyst. It has been your experience that singing sacred music will bring your perceptions to the door of beauty and devotion, without the feeling of the great discomfort which pain brings while you are engaged in the singing of sacred music.

You are also aware of this effect as it is related to the transfer and sharing of the sexual energy exchanges. This is due to the fact that there is a certain enjoyment and expression of this enjoyment of the life experience which you find closely connected to the worshipful attitude, and this phenomenon of the ability to move aside the pain during these experiences is also noticed within the offering the self as vocal instrument. These experiences are those which you place a great amount of faith, devotion and praise in the doing and experiencing. It is your ability to set aside the concerns of the mundane level, and also of the physical pain, which serves you now in the vocal channeling process. However, this is not a phenomenon that has no limitations, shall we say, it is only that you have not currently exceeded the amount [of] the pain that you may experience without affecting your ability to serve as a vocal instrument.

Thus, we commend your willingness, your dedication, your preparation, your perseverance. However, we would take this opportunity to remind you of that which you are perhaps becoming more familiar, and that is that the increase in pain past a certain point can have the debilitating effect of removing one's ability to carry out the desires of will and faith. However, at this time you have found yourself yet within that area where the ability to experience pain does not yet overcome your ability to worship and serve in a manner which is central to your life path.

Is there another query, my sister?

Carla: Well, I am extraordinarily thankful for that answer. I have a little follow-up, and then I have one more question based on what you said. When I get to the threshold where I cannot make safe contact, will I know it ahead of time, that is, will I be so involved in dealing with the pain that it would not occur to me even to try? Or need I be watchful past any particularly overtly evident signs?

I am Q'uo, and am aware of your query, my sister. We have found that you are sensitive enough to all stimuli that you will be able to discover this

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configuration in which contact would not be possible by your own experience. For you it would be as though a door had not been opened that you were used to having open almost without effort.

Is there another query, my sister?

Carla: Yes, there was something that you said that I've always meant ask you. It has been my feeling for as long as I can remember that the physical act of making love is kind of a thanksgiving or Eucharist, a sacrament, and is as holy as the passion of the spirit and the passion of the open heart or service-oriented passions are. Does this idea show some distortion, and if so, in what way? What is the clear perception?

I am Q'uo, and am aware of your query, my sister. It is, to our best knowledge, true that the sexual energy exchanges offer the potential for the most sacred of worship as the two entities become one in seeking, one in experience, and one in expression of that which is sought and that which is experienced. However, for most entities, as is the case for most opportunities for such worship and serving, there is only the beginning movement into that which is truly sacred and that which gives the heartfelt praise and thanksgiving that is possible to give within [this] type of energy exchange, and expression of this exchange. Thus, again, we have the intention, the purity of intention, being the primary factor in determining whether such an experience, or any experience, shall provide the sincere and sacred joy and praise to the one Creator.

Is there another query, my sister?

Carla: No, thank you very much for all, and just thank you in general.

I am Q'uo, and again we thank you, my sister, for your queries, for your presence and your perseverance. Is there another query at this time?

K: I have a question. I am usually unable to distinguish between my own thoughts and what I consider to be those given to me by you. Can you let me know whether I was adhering relatively well to *(inaudible)* approximate *(inaudible)* what you communicated to me, and, if so, when I felt there was time to transmit a thought, were you done at that time?

I am Q'uo, and am aware of your query, my sister. We find that this evening you were able to perceive and transmit our thoughts in quite an accurate manner and to a degree which is quite acceptable. We are very happy to be able to make and maintain a secure contact through your instrument. We were satisfied with the amount of information we were able to transmit through your instrument, and though were not completely ended with that which we could have offered through the instrument, we found that the degree of fatigue was such that in order to maintain your instrument at a more efficient level of functioning, shall we say, it was well to end when we did, rather than to attempt to extend the exercise period with what one may call diminishing returns, due to the degree of fatigue.

Thus, in the case of every instrument there is the limit that is reached where it is well for the contact to consider termination of the contact, in order that the information transmitted might be of the highest quality or the most accurate transmission.

Is there another query, my sister?

K: Do you have any suggestions as to how I might focus more clearly on the contact, or improve the contact in general?

I am Q'uo, and *(inaudible)* working with this instrument. The degree of concern you have shown for the practice of vocal channeling is commendable and we thank you for your care and for the increasing desire that we have noticed within you for wishing to improve the service which you offer. For most instruments that are new to this practice it is almost always correct to suggest that the relaxation during the channeling process is most helpful, continuing the honing of the inner perceptive skills. This is to say that allowing undue worry to wash away from one's consciousness and to relax as much as is physically, mentally and emotionally possible provides the framework in which work may be done most successfully. Thus, we have for you no suggestion beyond that which you already do, and have done well for some period of time, and that is to be as meticulous as is possible in the tuning, in the challenging, and then to give away the cares and concerns so that one may relax into that inward posture which will allow one to perceive and transmit those thoughts which we give to you.

Is there further query, my sister?

K: *(Inaudible)* practice. Thank you very much.

I am Q'uo, and again I thank you, my sister. We find that we have spoken for a relatively short period

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of time, for us, this evening, and we take this opportunity to—this instrument has some difficulty with this concept—to congratulate ourselves for curtailing that which we have to offer. We, however, cannot take full credit, for, as we have noted before, this group has some significant degree of fatigue this evening. Thus, our credit-taking is offered as our form of humor, which this instrument has some difficulty in penetrating.

We thank you, my friends. We enjoy your presence, your determination, and your good-humored laughter. We shall leave this group at this time, in the love and the light of the One infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 2, 1990

Group question: The question this evening: what happens, from the metaphysical view, as a channel and supporting group begin to receive a positive contact? What happens in the way of attracting negative temptations and attention, and why do so many groups end up with such a strange mix of information?

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator, whose name, though ever unspoken, and unrevealed [in] its nature, [is] the source and ending of all that is, all that has been, all that will be, all illusion, and all of that which we know not, yet hope [for], that lies beyond the mystery, unknowable by personality, words, consciousness or activity. We speak in the name of the unnamable, we speak in adoration and worship of a mystery we cannot plumb. We are humble, and we are also humble before you, that all of you are to us the beloved self that holds that mystery, as do we for you. Yet we cannot give it to ourselves, we must give it to others, and you give it a hundredfold and more to us. We are your brothers and sisters.

We have made a major concession to this instrument, for it has requested repeatedly that we assign ourselves more than the name we have given, and, indeed, less, for this instrument is not gazing and searching for new models. This instrument is provincial and archaic, and requests that we use the term "angels" as we greet you. It increases her ability to channel, and aids each of us in the other's polarization. We have found in this instrument no taint of personal bias in the worship of the Creator, but only in its usage of myth to focus upon the mystery. Consequently, we may say to you that we are those of the Confederation of Angels and Planets in the Service of the One Infinite Creator, and so we shall attempt to address ourselves to this instrument, but we do not ask you to accept either our angel status, or our extraterrestrial status. We care not. Think that we are of this instrument's mind alone, that would satisfy us, and it would satisfy this instrument.

And so we move, hopefully without breaking the seamless thought, into the question you have asked this evening. The first temptation to a channel is the temptation to channel before the creation of a mythical pathway that one holds personally sacred, that one holds to with passion, with dedication, and if necessary, with life effort, for all of you strive and age and die in your senses and your physical vehicle. Yet only those who know why they are living, and for whom, or for what undying principle they would stand firm, [can endure] against every temptation, every deceit, every anger, every grudge, every human emotion that rips the positive polarity from the soul

of the minister of the word. It is essential to the achieving and the continuation of a contact which has a lifelong integrity, or any duration whatsoever on a stable basis, that the instrument be an instrument who is an advocate of the mystery, and is no longer struggling terribly with "why."

Those who must sail are sailors, and others would do well to stay upon land. Those who wish to use spiritual contacts such as this one with purity over a period of time must continually practice that which they focus upon as their mythical path, from the past and present and future to the timeless infinite, the spaceless everness of the One. The centrality of this cannot be overstated. We mind not by what end you choose to make your stand. We care only that you have chosen, and that your choice is made in utter blindness. Never, ever, make a choice because of someone else's path or someone else's truth, for all paths lead to but one place if they are efficacious. And one which you create knowing yourself will accomplish, if there is worship, adoration and the purification of emotion, the same end as this instrument's quite prolific, many-peopled, greatly-historied myth. Indeed, this instrument does not carry what many Christians would call the Christian myth, for many Christians do not realize that myths are created by those who know their importance, that Jesus the Christ intended ever, from the beginning of this entity's ministry, not to create understanding, but to create confusion and challenge and mystery.

And does any true spiritual path, proven efficacious to many, ever offer proof, or specificity, or any claim to know what lies beyond the veil of deity? Who claims to know the Creator in any but experience? That one you will watch carefully, for there is a personal bias, there is a limit, there is an intolerance. How great the difference between those who have the religion of fear and those who have the religion called love. That is not religion, but life itself.

Given that the instrument is prepared, has dedicated itself to a ministry in which it knows ahead of time that it shall be stripped of much of its humanity as it gains experience in joy and forsakes the glamour of happiness, then that instrument may listen further. But we imagine many would stop just now, and say, "Perhaps I have some work to do, perhaps I have a self to examine, a life choice to make, and perhaps there is too much at stake for me to choose now, for I do not know whither I go. I must be moving on for I have not found my path home." Let those who seek and yet feel a dedication to ministry move on blind faith, but not for any other reason but the feeling of vocation, the love of people one at a time, never humankind, but individuals such as yourself. That is who listens to you, not humankind.

That is the first and greatest temptation, to think that you can save the planet. My beloveds, there are many of us here, numbers you would not understand. They have not been able to do anything except talk to people who are all ready to awaken, and this is the season of the year in which, although all that grows in second density has buckled down into the earth to gain sustenance over a long sleep, you humans, yearning for the light and warmth that seems so reminiscent of the Creator, seek the hardest and look the hardest for the truth. This season of darkness is the perfect beginning place for faith. It is not possible to see, but then, since one cannot see or sense in any way the truth of the mystery, one needs one's heart, one's strength and one's life, and a dedication to serving in the name of love.

The first temptation is to be more than a servant, more than a foolish—we find this phrase in the instrument's use greatly—religiously preoccupied person, more than any hysteria could account for. Those who are not able to withstand being foolish shall never be able to offer others any description of Holy Ground that is provocative enough to create an area of thought in which people may begin to feel the concepts we cannot speak in words. Concepts are helpful, but they themselves give no understanding in this density.

Thus, anyone who comes to you with specific information that has been channeled may be carefully studied as to the source of this information and the history of the group, for it is not of the Confederation to move from the role of aide and helper, comforter and succorer of the lost and wandering, to speak of specific events. Would that not be to infringe upon the free will of many for nothing? Is there some reason that we should interrupt the Creator's harmony? Yes, it looks to those who live within the flesh. But there is a time of terrible trouble already in motion, and within your illusion this is so. But is it not clearly seen that it is in the dark ages, the dark times, the perilous situations, that one is minded of mortality and likelier to think upon the possibilities that their candle shall not be blown out when the flesh ceases

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viability? So then the channel must be ready, not to predict safety for the body, but safety to the soul.

Now why do instruments choose to ignore our simple refusal to answer from a Confederation channel? You who are not as precise in your terminology would call this an ego problem, but since that is only a jargon term used by a most biased healer, we would not choose that. We choose simply to offer what we can to those words, "ego problem," which are further made specific with our terminology as difficulties in the various energy centers of the lower body. That is ego, the blocked, overactive or otherwise imbalanced or obstructed lower energies. For only they can stop the full flow of love, energy, power, illumination, transformation and vitality to the heart, for the heart must bear the greater part of this incarnation for each of you. Each of you seeks to learn lessons concerned with love. There is an intellectual love, but it is a folly of the mind. The wisdom of the deep mind is an open heart, and love has never made any sense, nor can you make it make sense.

Consequently, any ego blockage will cause a new instrument, or even one who has much experience, to wish that it had an answer for this question or that, or perhaps the channel itself wishes to speak a concept, and when it perceives a refusal from us, decides that it would do no harm, since it is such good advice, to offer it, while not in the flow, not being the servant of love.

Those who do the best channeling make their requirements known as they make the connection, with fastidiousness and dedication, only to that which they call master, to that love of which they are the servant, and can be proud of being the servant. There is no energy except faith, call it hope, or love, or faith, or charity. The open heart is the protection against this single most telling detuning mechanism, and that is the interference of the channel itself.

Look at as suspect any prophesying, and as very suspect any prophesying which has to do with your numbering system, for we have always confessed to you each social memory complex that has moved through this instrument has expressed the difficulty, which approaches impossibility, of dealing with your local geometry, arithmetic and numbering system. It is, indeed, an artifact of human observation, quite relative and quite local, as you shall undoubtedly discover when, and if, you are able to plumb the deeper riches of space as you see it.

Think of it. How many among your peoples are not in some way bound by fear, or attachment, to this physical incarnation. It is understandable that people would come to you, the channel, with many, many questions, for they do not know where to begin. Each culture has chosen in its religious practice so to divide and multiply that unity is so far from being within even any one religious system, that each belief oddity vies with each other artifact of humanity and logic, and all fall by the wayside, with endless wrangling and division. Nothing could please what this instrument would call the loyal opposition more, for any leaving of the unity of nonjudgment in persons not immaterial leads to division in thinking processes more basic that a simple error caused by bias.

Examine the way you look at people. How do you judge them? For the terrible cultural penalty of being poor? Your culture seems to have abandoned most of the Ten Commandments, but that is the one commandment it does not seem to be able to do without, "Thou shalt not be poor." But those who are not poor in heart, as the one known as Jesus said, among you will find yourselves all too entranced by the human condition, all too full of desires, whimsies, fancies, needs, supposed or real. We judge not, but only note the incredible shortness of the time you have here, the incredible amount of work there is to do within, and as witness to love in whatever way each person feels is appropriate.

Where is love and service if all is wasted and spent upon vainglory, the feel-goods, position, power, ambition—what are these things but uses of ego, as you would call it, those to unbalance the self and to live through one's relationships and one's position. My friends, each of you is better than that, stronger than that, more single than that, less needy than that. Each of you has every basic qualification to be a living saint, as this instrument would put it, to be a servant of love that is not swayed. But, oh, the work that lies ahead of one that stands at that choice. Yet we say to you in each moment that is the choice: to do very hard work for eternity, or to be ambitious within this school. If things come to you, their value may be the richest person in gold or power or position, whatever there was. But if you have an attachment to it, insofar as that attachment lies, that deeply shall you be tested.

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The testing is the second area. In testing, you are not yet tempted, you are simply offered ways that are difficult and ways that seem easy. Look out for the easy way, for the way that is glib, and simple, and short, and painless. Look out for the weekend that will change your life, or the seminar that will awaken your consciousness forever, for what you seek you shall get, and you must be ready to deal with that responsibility, for with each honor does come responsibility, with each learning does come the doing.

One who channels in dedication and quietness of heart is itself one who has abandoned much. Let those who are positive channels tell you individually their stories. We assure you they will not feel that they have given anything up. It has flowed into their lives and away from them, and the less they have resisted it the easier it is.

Pain is always there for one who follows what this instrument calls the Christ, and what we feel comfortable in calling Christ consciousness, for we would not be a stumbling block before any, nor seem to blaspheme, for we are lovers of the mystery, and honor Jesus, this master who opened the doors of perception to eternity for any who choose to take up the cross of life and live it as if it were the last three hours of your life. Burn that hot each day, and you will see various ways in which the humanity within has been burned away, not to be replaced by indifference, or a lack of perception, or care, or compassion, but rather purified somewhat, and able from that stance to have at least an idea of what it takes to tune the self to the highest that it can be tuned. It is this dedication and this realization that may keep you who wish to channel purely from testing. But each new realization, each new piece that is found in the strife within of humanity versus eternity, will be tested.

We do not deny humanity. It is precious, every moment of every life, precious beyond telling, for the Creator chooses here the nature of Its experience, and you are the spokesperson for that consciousness within you. You, light itself, love itself, carried about by an animal, a greatly sacrificial animal that has offered its pure, excellent, instinctual life of non-suffering and non-self-awareness and bliss, that it may serve that which it sees to be that which is closer to the infinite One. Love your body, bless your body, care for it, cherish it, but do not be attached to it one way or the other.

If an entity is hesitant, or troubled, or moves into negative emotion when it has polarized to the point at which it has attracted the loyal opposition, then it may experience the next level of detuning influence which is personal, and although clumsy, not unclever, and ever ready to use existing biases that separate, that destroy—either the self or others within the mind as perfectly acceptable—the temptation comes. These opportunities in a polarized being are precious to those who wish to offer a different view of the New Age that shall be and is now becoming so. They wish to focus the mind upon those things which people fear, because they identify themselves as those who look such and such a way, talk such and such a way, think such and such a way. If all this has not been considered, the temptations will be very easy. You will be tempted in weak moments to give opinions to those who are new to the path, opinions too strong for their fragile faith.

Any judgmental opinion of any spiritual work offered to a new soul, one newly aware of the choice and of the path, is creating a disservice to the one infinite Creator, for all information is placed there because someone desired it. The great preponderance of negative information is a cultural artifact of a lack of passion, a lack of belief, faith, dedication, hope or sense of destiny, that involves anything to do with eternity. *(Inaudible)*. Many seek wisdoms which would make one feel special, elite, different. Well, each of you is different, each of you is unique, there is only one you in the entire creation. And when you say to the Creator, "Listen to me. I am—" and you name yourself, it does not matter what name you use; it is the way in which you use it.

If there is a desire within any to appear a better channel than another, to appear a cleverer or more advanced studier than another, to have a more advanced level of understanding, ah, those things make one ripe for the picking, for there is no message that has come before your people that has not been requested; even those of negativity cannot sell their wares where there are no buyers. Those who do not fear will not buy fear. Those who do not buy love will buy fear. Let those who fear pay attention to channels that have been taken over by fear and are causing fear.

We do not say that this or that channel is true or false in terms of this illusion. We say only that this

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illusion is very short, and that you are not attached, except by choice, to it. You came here by choice. You do not leave here by choice, but by destiny. You do not move from one moment to the next, from one heartbeat to the next, from one breath to the next. You cooperate with destiny, or you do not. And as you resist, so the forces of separation test and then tempt the faith that you have begun with. So make sure that you are standing upon a faith you can live with, and if necessary die for, because, and we do not say this lightly, there is the tendency of those who are fools for love to find their manner of living and their manner of dying unusual, so that it may be remarked that so and so gave one's life for love, for divine and sacred love. We do not speak only of martyrs, but of all those who have lived and died in faith and never remained, always to be forgotten by history, but always at home in their path that has opened to them the gate of eternity.

There is a chasm which cannot be crossed except by faith, and the stirring up of faith is that with which all ministers, lay or clerical, are concerned. Any other business is that of emptying the self to be an appropriate servant, for we must use the purest pipe we can, to …

(Side one of tape ends.)

(Carla channeling)

I am Q'uo, and I speak again through this instrument in love and in light. We continue.

For we must use the purest instrument in order to offer the purest contact, and thus be of the service that we most humbly came to offer you, and for which we are so grateful.

We see by the clicking of your tape recording machine that we have once again spoken what this instrument has explained carefully is the limit this evening, for this instrument. We have been so, so glad, so blessed by your call and your beautiful company. We offer you the joy of communion in love, and in oneness, and we hope that you may go forth in joy, shining like the sun, ready to gaze with humor and a light touch, and always invoking merriment upon any occasion, as you wend your way through what would otherwise be rather jagged territory. This is third density, the density of choice. Have you made your choice, and having made it, are you a witness of your own truth? We do not just ask this of vocal channels, to whom this message has been dedicated, but to all, for all channel something, as this instrument has often said.

We now leave this instrument, and transfer to the one known as Jim, to close the meeting, for which we greatly thank you again. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and light through this instrument. We would close the meeting this evening by, as always, offering ourselves to any queries which those present may find helpful in their own seeking. May we ask if there is a query at this time?

Carla: Did you really let me say "angels," Q'uo? I want to make sure I didn't *(inaudible)*.

I am Q'uo, and we did indeed, my sister.

Carla: That's the nicest Christmas present anybody ever gave me, Q'uo, thank you, *(inaudible)*.

We are happy to offer a gift which is wrapped in a paper that is more joyful, and we thank you for your service. Is there another query at this time?

Questioner: *(Inaudible)*.

I am Q'uo. We are also very grateful for this opportunity to welcome one who has been in your terms long absent from this circle of seeking, and we greet her in love and in light. We find that her journey has been one that has taken her a great distance from her normal surroundings, and we look upon her with joy and send our blessings as her journey continues, to move her both in the outward and in the inward sense to those places where light is needed and light grows ever more brightly. We thank each for offering us a means to which to speak thoughts which we offer freely.

At this time we shall leave this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 16, 1990

Group question: The question this evening has to do with what Q'uo would say to a person who is just beginning the search into the area of metaphysics. What are the salient, most important concerns? What should you focus on, and are there any things that we should not consider, should avoid? What should be the most important considerations of a person who is just beginning the conscious seeking into the area of metaphysics and the so-called New Age phenomena?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. I am known to this group as the principle Q'uo. We have been called to a great blessing upon this day, and we wish to bless each of you and thank you with great humility for considering our opinions worthwhile. We have indeed perhaps been upon this road of which you ask for a longer period of time in your way of measuring. However, we are not at all infallible, and wish to ask each to listen with great discrimination, and to accept only those thoughts that seem helpful and truthful and loving to each individual entity. Anything that is other than that we ask that you do us the favor of putting aside without any second thought, for when information is yours, you will know this, and when it is not, you will know this, for deep within each of you is excellent discrimination based upon the knowledge of all that is that is locked securely and deeply within the very heart of your being.

We may say that it is to the benefit of any seeker to approach the path as if it were its first day upon this path. Consequently, when we speak to those who are beginning the path, we speak also to those who take another step upon the path; to those who are sitting, weary and tired by the side of the path; to those who have seemingly been treed in the rocky terrain of this path by fierce wild beasts; to those who are enjoying gifts of the path, and who may perhaps be less than pleased when the path becomes difficult, and it shall become difficult, and infinitely easy, by sudden turns. Meanwhile, the truth that you seek, that we seek, and that the Creator seeks of Itself, recedes in mystery forever beyond the seeker.

Yet, the endless path is indeed ended at last, as in cosmically large amounts of what you call time, all of the universe, all consciousness, coalesces once again in the unaware, intelligent infinity that is the closest that we have been able to come in your language to describing that which we would call the Creator, and that which we perceive to be a nurturing Creator which has infinite regard for that which It has created. It was noted that the prayer to the Father[3] was perhaps a limiting factor. Indeed, the nature of one's relationship to the Creator may be any

[3] The Lord's Prayer, with which the sessions are begun.

relationship which nurtures the entity. It may be considered as father, as mother, as father and mother, or as any unknown, mysterious, but somehow kindly, spirit, that is Consciousness Itself, just as you are, in essence, consciousness.

The difference between the consciousness of all that is and the consciousness which you experience is that in order to experience Itself, the Creator created entities which are self-aware and which made free choices so that there was nothing slavish about the possibility of loving the Creator—in the Creator's mind—but rather an infinite curiosity. Each of you is experiencing, and in your experience, the Creator Itself is enriched and learns, and as that giant heart beats from creation to creation, each creation builds on the last, and each of you, beings of light, infinite and eternal, move also, from illusion to illusion, and then into non-self-awareness, and then once again moving outward into individuation, learning and experiencing. Is this not a pleasant infinity? Always learning, always moving, and always resting.

Now we have laid a groundwork upon which we would like to build. Let us talk for a moment or two about what you may call your mind or your brain, or as this instrument does, your biocomputer. The nature of your mind is such that it is geared, as a computer is, to make a large number of choices very quickly in order to tend to the survival of the physical vehicle of which it is the intelligence. The programming of this computer is most usually not done by the entity within the incarnation in any conscious manner, but is a reflection of those needs for survival—physical, mental, emotional and spiritual—that were being experienced at the survival level when you as an entity were powerless and unable to defend yourself.

Consequently, there is strong programming toward self-protection, and much of that which is programmed to be noticed is that which has to do not only with physical needs for survival, such as the breathing the air, but more subtle needs which are discovered as the entity grows in years and experience. Usually there is much more programming concerning the behavior requested of those who wish to enjoy the privileges of being considered normal and aware of consensus reality.

Because so much of the program is concerned with behavior, the mind finds itself programmed in sometimes quite extensive defense mechanisms for slowing, stopping and being able to control uncomfortable environments. All of this programming was undoubtedly offered to each entity before it had an opportunity to consider whether or not it wished its programs to run thusly. This is an important point, because only, perhaps, two or three or four percent of the available space, shall we say, for the retention of data within your biocomputer is accepted as worthy of notice. The rest is ruthlessly ignored.

Think to yourself: what have you noticed this day that was not useful in some way to your survival or your enjoyment? We suggest to you that it is within your ability to reprogram this computerized choice-making in order that you may notice more of those things which you feel have spiritual significance and less of those things which you feel have become undesirable things to notice. Those things may be any portion of yourself which is judgmental towards yourself especially, which is not accepting of the self, which defends opinions instead of listening to those who speak.

In other words, much of that which is programmed is programmed not in order to learn but in order to survive, so that the entity who wishes to learn along a spiritual path has a considerable amount of reprogramming to do, that you will be able to notice the present moment, and be able to release from the necessity of notice those things which you cannot change, those being the past.

Once all attempts at asking are done, what is there to do with the past except accept it, learn from it, and move on? Yet, among your peoples there are often many, many bits of program involved in defending any past action because the sense of not being worthy is crushing, and it is not known how one can become worthy.

May we say this is indeed true. Each entity is both worthy and unworthy, both hot and cold, positive and negative, honorable and dishonorable. You have available to you as an entity all manner of behavior and, more importantly, of thinking and being. It is within your ability to choose, in the first place, that which you wish to perceive, and in the second place, the reaction that you wish to create within yourself, a reaction that is loving and compassionate and does not fear being foolish.

Once one realizes that being foolish is not a killing disease, one is far more able to accept the seeming

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vagaries of the spiritual path, for those upon the path often live life more intensely than those who are not attempting depth in their lives. It is easier to grab gusto than to become aware of the true nature of the self, and what the self's hunger is for.

The most direct and efficient way to reprogram the self is to ask the self to sit and listen within on a daily basis. We do not encourage entities to do this for long periods of time. The practice is powerful. It is within this entity's mind that it has never been a good meditator. This entity is not capable of judging its ability to meditate. This entity is not capable of assessing the intensity of its desire. It is the intensity of desire to know the truth in order to serve others that creates the excellence of the meditation, not the subjective experience of the conscious mind, which within your culture is, from your childhood, a consciousness so overstimulated that it knows not how to rest and perhaps will never have the experience, in a normal state of consciousness, of peace.

Yet, do you not seek peace? Do you not seek a Comforter? Do you not seek guidance, that you may make choices that have authenticity, that speak of you as a truly real entity, not a collection of chemicals, not that which sprang out of the primeval ooze, but consciousness which is unique to yourself? You are your own creation, and the more you accept responsibility for the creation of your life, the more lovely may that life seem as you find each delicious part to be a gift, and each difficult patch to be a challenge and an opportunity.

We speak here about something that within your culture is called attitude. We ask that those who wish to seek spiritually refrain from any attitude except hope—hope that they may know more, hope that they may serve, hope that there is in fact a deep and heartfelt truth that cannot be expressed except by living lives faithfully. To what shall you be faithful? Yourself, that which is treasure within you, that of which you shall only become aware as you listen and open the gateway betwixt the conscious mind and the infinite resources of consciousness which lie within the subconscious mind, and, more specifically, within the frontal lobes.

We are here to serve, and in our serving do we learn. Consequently, we would point out to each that there is no way to be unselfish to the point of being without reward. It is never expected. It is never that motive for which the actions of a spiritual person are performed, for spirituality is not behavior. There is nothing more hypocritical than behavior. Spirituality is being authentic, whoever you are, and finding that power within you, using whatever story, or thought, or inspiration may move you to move deeper and deeper and with more and more respect into that portion of you which contains infinite treasure, as though you were indeed an earthen vessel filled with gems. This is your true nature. Not the vessel, but the gems. Your physical body is that which carries you about and enables you to be so blind that you must live by faith, and not by proof of words of any kind.

The spiritual path begins with trusting yourself. Resources that are useful to the beginning mind—and as we say, all need the beginner's mind in order to continue to learn and not to become self-satisfied—include various ways of communicating with the self. The most efficient of these, after meditation in silence, is the keeping of a journal, whether it be the dream journal, or the essay journal, or any kind of remembering journal where various difficulties are examined and ruminated about. All of these journals are helpful in opening a voice to you. In truth, this is the reason that each Christ has come into your illusion. At various times, as you call them, there have been great needs for the creation of a way, a gate, a bridge, betwixt the daily, limited, little life of the body and the infinite life of the soul. As you are both, it is greatly worthwhile to proceed with this investigation with all enthusiasm and intensity and passion.

We ask several things of one who wishes to seek the truth and is willing to change, to reprogram, and to evolve. We ask that discouragement be accepted, be felt, but never be considered to be anything but an artifact of the illusion. Perceived errors are simply mistakes. Sin is an emotion-laden word which means only that someone added two and two and got five. There is no more emotion in correcting an error than there is in using an eraser and writing down the appropriate answer. When you have realized that two plus two is four, have erased the five and written down the four, you are not in error and there is nothing to forgive. In just such ways, in very much more complicated emotional mathematics, shall we say, again and again you perceive yourself to be a failure, unworthy to the task, or in some way at fault.

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Was there any soul with a 360 degree capability to love and to not rove that did not have, in the brightness of light, a shadow to cast? Can you not accept both your light and your shadows, for as your light grows brighter the shadows will be more sharp, and you will seem always to yourself to be one very iniquitous and often in error.

This is primary to your ability to move forward: that you are able to let judgment of yourself go, for only insofar as you love, accept and refuse to judge yourself can you be compassionate in such wise to others. And only in compassion, as you see the treasure within you and within all, can you truly serve in a love that is without condition and that demands no return. We do not mean to suggest that you will not have any return, for, indeed, as you console, your life is consoling a hundred times more. It is never known where love will come from, but it is a subjective truth of those who love and attempt to love without stint that the love that is received is overwhelming. This is our experience. This may also be yours. But it is in those who finally become ready to give what they can, to multiply their talents, shall we say, as this instrument has the holy work called the Bible much in mind, it is to those that moments of enlightenment occur, because there are no truer words than "Seek, and you shall find; knock, and it shall be opened to you; ask and you shall receive." Indeed, we would warn you that this is literally true, and ask you to be very careful about what you do desire. Let it be the deep and true desires of your heart, for you are an authentic, imperishable being.

Do not let the heavy, chemical, physical vehicle, that has sacrificed itself in order to hold your consciousness, fool you. There is no knowledge in science or any other discipline that may explain to you your nature. This is unseen, is without proof, and must remain without proof. We ask you simply to meditate, to feel free to desire to know love, to know the experience of tabernacling with the infinite One, in immediate presence, for you may be dust, but you are dust in the presence of the infinite One, and nothing can take that from you. Nothing. Certainly not the cessation of viability of your physical vehicle. Release yourself from that prison in your consciousness, and the universe is yours to roam at will. Identify with that which shall decay, and so shall you, as a soul sinking to repine, cynicism, and a settled hunger that knows no food, no drink that may satisfy.

Food and drink for the physical vehicle are seen, but food and drink for the spirit are never seen. Take those delicacies with thanks and praise, and, as you ask for daily bread, know that you do not ask simply for food for the body, but for the spirit as well, for there is a spirit of love which is always with you, which is of the nature of the one infinite Creator. There is no lack, no loss, always companionship and comfort. But it must be allowed to be. There is a door within you which must be opened by your will and your faith, and comfort will come. And as you are comfortable, so shall you be able to shine a light that comforts others, not as one who is powerful, but as one who has finally reckoned with its weakness and accepted the aid of the Infinite.

Do you wish to live an infinite life? Then you may be in the New Age, so called, in the Kingdom of Love, now. You are experiencing a marine boot camp. You have loaded your plate with every difficulty that you can possible cram into one incarnation because you wish to be harvested, and you know that the harvest is upon you. This may be your last incarnation in this particular opportunity to move into a new level of lessons and learning, loving, serving and giving, and dwelling in ever increasing harmony.

But to begin is to take a step, not a great step, but a cautious, interested, open-minded step. Submit yourself to silence each day, and be persistent, through faith alone. Do not judge any experience. Do not take your spiritual temperature. Do not attempt behavior that is holy, but learn who you are. Learn what brought you to this path, to this moment. It was right; there are no mistakes. You have done precisely what you wished to do in coming to this moment, and now it is yours. Seize it. Use it. Remember that which is helpful to you. Accept and allow the love within you. Accept that you are a channel through which an infinite amount of this love may flow and that you need only move the bits of yourself that dim that light to one side, choosing not to be those petty things which staunch and constrict that energetic and creative light and love which is the Original Thought.

Yes, the Creator, as closely as we can say it, is in Its active aspect a thought, and that thought, in the weak words of your language, is Love, unlimited, unstinting and all compassionate love. It has created you and all that there is in wonderful unity. Yet you are unique; there is only one of you. You are quite,

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quite without peer. No one can be you except you. As you weave the tapestry of your life, weave it truly, weave it as you are, and have the confidence to know that the Creator would not create that which was not wonderful.

We hope that we have satisfied this instrument's need to keep things limited in what she calls time. We are very poor at this, and we do apologize. But we believe that we have beaten the sound that we always hear with a sinking heart. We are those of Q'uo. We welcome you to an infinitely long path, to a path that is rocky, a path that each walks but yet a path in which there are companions along the way that make every step of the journey sweet and beautiful in their sharing. My friends, love one another. There is no greater wisdom for you than this. This is the choice that you make in every moment of your experience. It is for this that you came here, to make this choice in such a firm way that you discover that the feet upon which you stand are made of light, and the rock upon which you build is as firm as eternity. May you build to eternity.

We would transfer the contact at this time to the instrument known as Jim. We are most grateful to have been able to speak to you at this time, and to have been called to service. It is our highest pleasure, and our deepest reward, and we thank you. We would now transfer. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our honor to offer ourselves in the attempt to speak to any query which may yet remain upon the minds of those present. We would remind each that that which we offer is freely given, and is that which is our opinion, harvested from many experiences, but we do not wish any word that we have to offer to be taken overly much, shall we say, if any word does not ring of truth, and we ask that you set it aside without a second thought, keeping only those that seem useful to you in your journey at this time. Is there a query with which we may begin?

Carla: I noticed that you didn't say anything about humor, and it would be something that probably *(inaudible)* person would say to *(inaudible)* person. *(Inaudible)* sense of humor is one of the most important *(inaudible)*. Could you speak to that?

I am Q'uo, and am aware of your query, my sister. That which your peoples call the sense of humor is, indeed, most helpful to any entity, no matter the position upon the path, or the placement within the life pattern. We see that which you call the sense of humor as being a sense of proportion where an entity is able to gain enough experience within the life that one may see a broader view. One stands upon a somewhat more elevated position, building experience upon experience, until that which you call wisdom is begun.

There is much in every entity's life pattern and daily round of activities which lends itself to humor, nothing so much as the entity itself as it attempts to make a sense of and to form a cohesion from many disparate parts of the life which seem not to be held together well at all. There are innumerable instances in every entity's life during which the entity will find itself playing the complete fool. This, in your mundane way of seeing things, often lends to the feeling of insecurity, doubt and wondering if there will ever be a time where the entity will have control of itself and be able to do that which it wishes, when it wishes, and in the manner it wishes. We would utilize your sense of humor at moments such as this, if we were in your position, in order that we might be reminded that each of us contains those elements which are less than ideal, but are completely acceptable as portions of a personality that one attempts to discipline as one would the wayward child, in order that the lessons set before one might be learned with more efficiency.

However, when those portions of the self, or activities of the self, seem to go awry, it is more nourishing to the small entity that always resides within, much as the child in each entity, to reinforce the concept of wholeness and acceptability, for the divisions and definitions of acceptable or unacceptable behaviors are man-made, and it is always a whole and acceptable entity that places any foot upon the path, whether that foot is solidly placed or not.

Thus, we highly recommend the utilization of your humor, that you may gain a degree of mirth from your foibles, and those of your fellow seekers as well, for in some sense each of you is always exactly where you need to be at each moment, and in another sense each of you is dancing a dance which you do not understand, and which has steps that may puzzle, trip and fell you. Yet it is all a dance of one

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piece, and in this dance you move as the whirling dervish, the child which is set upon the careful exploration, the kitten which tumbles with its sibling across the floor, bursts out of the room and runs smack into the radiator, this is all a part of your dance, this is all a part of your learning, and you are whole and acceptable beings that partake in it.

Is there a further query, my sister?

Carla: No, my brother, *(inaudible)*, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

L: I have a question about free will. Sometimes it seems like there are outside forces encouraging us in a certain direction, and I wondered if that's just imagination or projection of a pattern where there is none or *(inaudible)*. I mean, is that ethically really free will, or is it some kind of guidance *(inaudible)* ever happens?

I am Q'uo, and am aware of your query, my sister. We find that the answer to this particular question is one which partakes both of yes and of no. In the incarnation, there is always that which you call free will. No matter what force one may become aware of that tends to exert itself and bend your will to its, you as a free entity always have the choice as to how you will respond. In some instances it may be that you will respond in a manner that is congruent with the demand of another, however, this has been your choice. In another sense, there are patterns of experience which you yourself have placed within this incarnation that have the purpose of guiding you along a certain way, perhaps with a certain attitude, or predisposition. There are those that you call guides, or angelic presences, that are unseen, yet whose hands move within your daily pattern, guiding and protecting as is possible to do, this with your permission, and with your request before the incarnation began.

Thus, within the incarnation you see the meeting and the blending of that which you might call determinism, and that which you might call complete free will. Though you have certain biases and choices that you have made before the incarnation, though there are unseen entities, and entities perhaps more visible, that exert an influence upon you during the incarnation, yet at each point within the incarnation you are free to choose how you will respond to these movements, these guidelines, these energies of effect. You, in fact, may choose to ignore, may choose to accept in some degree, that which is offered, may choose to refuse. Yet always are you free to choose.

Is there a further query, my sister?

L: Yes, how—are these always positive guides, or if not how can we determine if they are or not?

I am Q'uo, and am aware of your query, my sister. The guides, as many have called them, or teachers, or angelic presences, that have been with you for not just this incarnation but for many, are always of a positive orientation. If you are ever aware of any influence that does not seem positive in its nature, you may offer to that influence a challenge that asks it the question that you have answered well for yourself, and it is well for each seeker to know the answer to the question of what it would live for and what it would die for, what is the essence of its being, what is it that gives it the energy, the ideas and the inspiration to continue in each day of its seeking.

When you know this you know something very important about yourself, and it is this knowledge that you may use and offer as a challenge to any entity that you doubt, asking that entity if it comes in the name of that for which you live and that for which you would die, if necessary. Thus, you may be sure that you will be able to banish from your presence any entity that seems of a negative nature, and who would influence you in a manner which you would not wish to be influenced. In this way do you exercise your free will in its most basic and profound sense.

Is there a further query, my sister?

L: What if it doesn't exactly seem like an entity but more like a sort of a trend, I mean, an influence that's not exactly an entity?

I am Q'uo, and am aware of your query, my sister. We cannot speak with certainly in a case such as this, but we may suggest that when a seeker feels that which you call a trend that seems to be of a negative nature, and that seems to bring one under its influence so that one behaves, or is guided, in manners that are deleterious to the entity's well being, that it would be helpful for the entity to evaluate choices that it itself has made at previous points within the incarnational pattern, perhaps moving back as far as the earliest remembered days

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of the childhood, to see if there might be some programming, some accepted belief that the child welcomed into its being, in all innocence, from a respected other self, and which has become the foundation for those later behaviors which have gathered a kind of momentum, shall we say, and which at some point within the incarnation then begin to seem as if it was of an other source, or outside of the self, and moves the self according to its own design, rather than being a seed which has been sown by the seeker at an early time and which now is full grown within the pattern of the life.

Is there a further query, my sister?

L: Thank you.

I am Q'uo, and we again thank you, my sister. Is there another question at this time?

Carla: Well, if no one else is going to ask a question I have a question that's been *(inaudible)*. Is it infringing upon any free will to ask why the archangels were *(inaudible)* in my *(inaudible)*?

I am Q'uo, and am aware of your query, my sister. We find that in this instance there has been a certain kind of rejoicing on the part of more than one entity in this group that there has been the opportunity for the seeking which has brought a kind of resolution within each entity's pattern of learning. This resolution has created a kind of light which serves as a most effective carrier wave upon which we may infuse our signal. Light created by this group at this particular session of working has provided a great deal of radiance and joy for all those who partake in this session. We may not speak directly to any of these realizations that have occurred, but to each for which this has occurred the realization shall become more and more clearly known.

Is there a further query, my sister?

Carla: No, thank you. Thank you very much.

I am Q'uo, and again we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we would take this opportunity to thank each present for inviting our presence to your session of working and your journey of seeking on this afternoon. It is through such opportunities as this that we are able to provide a service which we cherish greatly. Few are our opportunities to give words to those sendings of love and light which we have for your planet and each entity upon it. In this particular season we find that there is a great deal more radiance that your populations are generating, and it is an honor to partake in this season with you and in this particular seeking. We thank you. We shall take our leave at this time from this instrument and from this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
December 30, 1990

Group question: The question this evening has to do with what may be various stages or steps in the path of seeking. When the first feeling of passion for a path occurs, it seems like the seeking is more active in a worldly sense, and then it either begins to cool or calm down, it mellows with age. Is this due to a passage through the energy centers and differing kinds of expression of this passion then coming forth, is it due to getting tired and having old age set in, or is it due to perhaps natural progression of the stages of seeking? Is there a progression of this kind, where an entity is more on fire to start with and then begins to move more inwardly as the path continues?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. Indeed, I greet you in the love and the light of the one infinite Creation. We indeed greet you in all that there is, seen and unseen—love, the creative word, and light, all manifestation. Where can you go that is not built of love and light, that is not of the word, which is love, the thought that created all that there is? So we speak to each of you as beings of love and light, who create catalyst by misunderstanding love, because of the manifestations of light which have been biased by those co-creators which are each and every conscious entity among your peoples. And we greet each of you with absolute love and great blessing, and with gratitude for asking us to share our opinions with you. Let the listener beware; we are not perfectly authoritative, but only those with opinions, such as your own. We ask you to use your discrimination. Never attempt to accept, or believe, or have faith in any concept that is not your own. Those that are your own you shall recognize, for they have been within you, and you are merely relearning them with the conscious mind. If this deep connection is not there, however informed our opinion, it is not your truth, so leave it, and walk your own path.

This day you wish to know what it is about the spiritual path which creates at the beginning ecstasy, excitement, exaltation and a great outpouring of evangelism. That does not last. What is it that creates the situation in which the passion, the intensity and the dedication may well become more and more attenuated, less and less strong, in the face of the mundane and horizontally lived incarnational experience? May we say to you that, indeed, there is some of accuracy in the questioner's suspicion that this is in some part a natural progression. However, the questioner does not take this progression to its completion. Let us speak upon this particular vision.

When one discovers, by whatever means, information that is so inspirational and so relevant to that entity's growth that it is that which seizes the attention, then is there excitement, glory, joy, optimism and the strength of new knowledge. Were

this to be treated appropriately, the passion, the intensity and the dedication which you experience at the beginning should never fade. But you, being of an illusion which uses words, and of natures which crave the companionship of spiritual communication, are often incapable of protecting your realizations with careful, cautious and deeply felt silence, thanksgiving and praise for the realizations that have been the gift at the end of long desert experiences.

We speak not, in this case, of time, but of the subjectively felt length of any experience in which the spirit starves for spiritual food. When it finds that food, its appetite is great, and it wants to feed the five thousand with its loaves and fishes immediately. However, that which has been born in you, though it feels stronger than any previous faith or enthusiasm, is yet a faith-filled and enthusiastic infant.

These are your days of what you call Christ's mass, in which you kneel, strong, supple and able as each is, before a helpless, dumb, blind infant, placed in the roughest and most animalistic of shelters, the home of the animals. Let us consider this. This story is, in our opinion, an excellent myth, as are many in your cultures. It is filled with, as are many, symbols which offer to the spiritual seeker and student lessons carefully to be considered. You may see the new transformation, the new realizations, as being like the infant in the manger, endlessly beautiful, infinitely loving, and utterly vulnerable. Because of the intensity of the birth of this infant self within—and all are nurturing this spiritual being, which is born in third density, by choice—all feel that they have no problem in expressing such strong feelings, emotions and beliefs to others. How you mistake infant faith. To cast the pearls before the swine is the teacher known as Jesus' analogy of speaking of one's own hard learned spiritual lessons to those who have no inclination or request to hear those wise and compassionate words which the spirit has offered to you in this realization, symbolized by the helpless child.

What causes the student, then, to wish so much to share that which is too delicate, too immature, too helpless to be exposed to the harsh winter of intellect and skepticism? Often it is the desire to help. However, though one may be working intensely upon opening the heart as much as possible, it is indeed true that many do this without sufficient respect and time spent in preparing the earthen vessel—that is, your physical vehicle, and the mind, which is your mental vehicle—within this illusion. For all their strength and for all their truth, these realizations must wait for witness until the entity that you are within this relativistic illusion has cleared the pathway, made the rough places plain, brought the high places low, and made straight your own pathway to your heart. The one known as John the Baptist said, "Make straight in the desert a highway for God with us." Make straight in your hearts the pathway for I AM.

How does one make this pathway straight? Largely by coming to terms with your three so-called lower, but what we would call perhaps fundamental, energies, through which all living light must pass to flow into the heart to give it the power and the strength and the stability it needs in order that it may heal, or communicate, discern wisdom, discern spirits, or any other gift of the open heart, all of which are concerned with loving the Creator and human kind. How can you do this if the heart is open, but the energy moving into it must move through far too small an opening because you have not come to terms with yourself, you have not accepted yourself, you have not accepted your relationships; you have not accepted the primacy of love, unconditional love, over any personal preference whatsoever; you have not done the work of forgiveness, perhaps, or self-forgiveness, acceptance, or more likely, self-acceptance?

In this instrument's life, for instance, this instrument struggles to like an entity close to her which she chose for the precise reason that she in no way could possibly like this entity. What was the lesson? To love. Not to like, not to prefer, not intellectually to crave, but to love, simply that. In each entity's life there are these things which cannot be liked, but which can, through the grace of an infinite Creator which is love, be loved, and in the loving of them floats a continuous prayer like a bell tone that rings throughout space and time and eternity.

So you wish, above all else, not to advertise but to protect this child, while you, to the best of your ability, amend and improve the basic energies of a physical, weak, finite vehicle with finite energies, finite amounts of time and space in which to do the work of a complete incarnation, and to do that right quickly, for in truth, a century of your time is far too short even for you to achieve the first true maturity.

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So know yourselves as perpetual teenagers, perpetual rebels, perpetual prodigals, far from home, confused, poor in heart, until you are able to realize the richness that lies within this vessel of earth, which noble earthly vessel carries you through an incarnation with its greatest devotion and care.

If your quarrels are with yourself, let them not be that you are ill, or poor, or unhappy, or unfulfilled. These are situations extremely productive of spiritual growth, and cannot be judged within your illusion for their true worth. It is a matter of faith not to rebel against the stringencies that open the heart and cleanse the more basic emotions of love for the self, for life itself, for the relationships that you have with entities and with social groups. Before one word should be spoken, the dedication to the daily clearing of these energy centers needs to be complete, for it is in persistence and patience and an unflagging desire to realize the truth that we have heard, that all densities' entities may move forward in evolution in the spiritual sense.

There will come a time when you no longer are hampered by obvious encroachments of underactivation or overactivation or other sorts of blockage of letting light move into the heart. But if those obstacles which you can feel catching you as a fish is hooked, if your own temptations and self-aggrandizements [seem to be released], then you are ready to speak, but you will find that once you gain this maturity, relatively speaking, you will find to your surprise that you are no longer an evangelist, that fervid eagerness, great charismatic power of self, and all those things which go into making an entity an excellent evangelist, have been seen by the maturing spiritual youngster within to be useless of true worth, for the spiritually maturing child has begun to learn that it can only work upon itself and be a witness to the nations in and of itself.

We shall pause.

(Pause)

I am Q'uo, and am again with this instrument. This instrument wished to show courtesy by allowing entities which are not interested in this material to move through the surrounding domicile. This has been accomplished, so we shall continue, with thanks to the instrument for keeping us from any hint of infringement upon free will.

How then should an entity which has found a personal truth, a personal path from the mundane to eternity, express itself in regard to other people? Two things especially need to be kept in mind. Firstly, the most important witness an entity can offer for the one Creator in glory, in peace and in joy, is the manifestation of the self with conscious encouragement of the self in unspoken and uncontrived witness. We expect those who have achieved this much maturity to have chosen a path, and to be able to speak of that path. But the first gift that one may give is presence, simply practicing the presence of the Creator within the self, and allowing the practice of that presence to shine forth so that those of any kind may sense that peace which is not the world's, that joy which the world only knows as happiness, the palest shadow of joy, of love, indescribable, but quite clearly observable among those who would gaze at the face of one who truly loves. This is your greatest witness, it is your greatest help to your beloved people and to your planet as a whole, for the planet itself responds to self-acceptance, self-forgiveness, and unconditional love. These are metaphysical vibrations as strong in mending the Earth as the pressure of tectonic plates is strong in mending the adjustment of the Earth in catastrophic style.

Secondary witnesses are quite simply those which answer questions which have been asked. When there is a request, there is an opening, a softened spiritual ground, and into this ground it is well that you witness to the extent of your ability as a realized entity, as a user of the language, and as one sensitive to word allergies, if we may put it in that way, which the entities to whom you wish to bear witness may have.

Why, then, does a new path seem to become old? It seems obvious that novelty is a great distorter of perception. If there is love, it blossoms into passion, if there is friendship under adverse conditions, it blossoms into lifelong kinship. Yet, even the greatest of truths, even the most sublime of realizations, must deal day by day with precisely those conditions of incarnation designed to test the personal spiritual awareness of the entity which is consciously working upon gaining spiritual mass or polarity.

Do not dare to seek to have faith unless you wish to have an uncomfortable life, for as the Creator manifests Itself in the wind and fire of spirit, ever moving, ever changing, ever unpredictable, so too

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does the spirit manifest itself in each entity's life. If you are not always open to that which the spirit has to offer, this day only, then you shall be working with information which has grown stale, and the day that you do not attempt to act as you have learned is the correct way to act, is the day when you must stop any hope of moving further or bearing witness, that you may go into yourself and review that which you have learned, for there is nothing half-hearted about love, if we may make a poor pun.

Love does not regard circumstance. If you are regarding circumstance, it is time first to set the mundane house in order, and once you have made this plan and are sticking to it, it does not need to be complete, but merely needs to be that which is realized as the stable necessity before one can hope for a stable spiritual life. Just as you cannot draw beautifully upon a stained and dirty drawing table, for then you shall gain the unwanted and random stains of previous paintings not so well informed, so you do not want to paint the picture to the outside world, or even to yourself, if your easel is awry, your palette filled with muddy colors, and your paper stained through from water colors of the past, or your canvas stained through from paintings from the past. Take you then each day the new canvas, the new drawing paper, and begin each day as the beginner that each of us is.

To begin again, to begin again, to begin again—how the human spirit rebels. Yet within the present moment there is only beginning, and there is nothing but the present moment in any spiritual consideration. So look to the loving and acceptance of the higher power which you may call as you wish. Look to your relationship with that love that created you. Allow within yourself the birth in the manger of your heart of your own spiritual beingness, true, imperishable, consciousness. Guard it, just as the story speaks of this infant's mother and father fleeing to protect their child. Protect this child as lovingly, and with as much feeling of honor.

When you are ready, the opportunities for service, consonant with your unique gifts, shall be given. But you may retain passion and dedication such as was felt at the beginning only by creating in an artificial manner the novelty of the original experience. It is not, however, a decline that you experience, but rather a cycle. The cycle of your planet and its second-density creatures is perhaps the best analogy to this cycle within the spiritually active pilgrim. New realizations are born in the deep darkness of what seems like a winter of discontent. They are nourished by faith and strengthened by the will to persevere, although the road ahead is blind. Move along that road as guided. When you have been faithful, and achieved a stability that expects no rewards for that faith, but only the joy and peace of living in faith, then there will be in front of your eyes the right usage of your time offered to you.

At that time it is neither an act of false humility or false pride to take upon the cross of humanity that Christ of the gifts that have been given each for each to be stewards, to multiply their gifts, and to maximize their ability to offer love to this dark planet. You may go through the summer of this marvelous experience of the realization that has been nurtured, protected, and finally has found the sun and grown to bloom. Yet still the cycle is not complete, for as flowers wither, and as the trees of deciduous nature lose their leaves, so shall the fall of each cycle of understanding or realization bring with it its own temptations, its own opportunities to move in false directions. Eventually, whether you have learned from this blossoming of the self or no, the harvest time does come, the harvest of that realization is gathered, and another winter of discontent follows.

The cycle moves around, and insofar as a life in faith has been preserved in the individual through the predictable difficulties, just so far may the next realization be more and other and even more helpful than the first, thusly creating a new spiritual self, with new realizations, which then must go through the springtime of nurturing and protection, the summertime of manifestation, beauty, peace, and the words of freedom, faith and healing, and again, the harvest will be complete, and the imperishable spirit that you are, voluntarily and gladly, in a subconscious manner, moves to the next realization, the next spiritual infant, the next learning, the next blooming.

To achieve an ability to maintain stability in good times and in bad as perceived subjectively by the self, it is necessary to gaze at the creation day by day, within the present moment, and without judgment of any kind, except insofar as you are discriminating concerning that which you may take in and that which you may offer to others as service. When this cycle is understood, if we may use that term, the

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seeker may indeed minimize the heights and the depths …

(Side one of tape ends.)

(Carla channeling)

I am Q'uo, we continue through this instrument in love and light. This is not necessarily the correct manner of dealing with anguish and ecstasy, for, indeed, the very sharpness and depth of these emotions offers to the spiritually growing entity the opportunity to gaze at these emotional states with an eye to their purification of those mundane concerns which may be mixed in with imperishable ideals. Do we wish to have the cute and the pretty mixed with the beautiful? Perhaps in the mundane, but certainly not in the imperishable sense, for there is nothing that is relative, in spiritual realization.

One last thing that we would say before we leave this instrument is never to demean, degrade or criticize the self for lacking the conviction, the faith or the strength to meet a situation as one would wish. For the will of the spirit and the faith of the spirit are expressed in the fruits of intention, first of all, and only as the spirit grows stronger from intending, and intending, and intending to show love in difficult circumstances, does the spirit grow strong enough, hardy enough, and full enough of faith to manifest in any nearly accurate way the infinite beauty of spiritual intention.

Let yourself continue as beginner. Let yourself remain infatuated, in love, and shield that passion from a world which has seemingly no positive passion, except in isolated instances at this time. Shield that light until it may grow through you without destroying you, for it is indeed a vibration too great for third-density consciousness. Yet, you who are harvestable potentially have also the ability to hold light and love in manifestation, [which is] not able to be offered [by those] who have not worked toward graduation from this density. Never discourage the self or others in a spiritual sense. Support all selves, and speak those pearls that so inflamed and overjoyed your open hearts, by your presence, and upon request, by witness of a verbal kind. In this way may you never lose the novelty of the present moment, for is any present moment like another, and yet, are they not all the present moment?

We thank you for this opportunity to speak through this instrument upon this most interesting question, and we thank the questioner. May all who read or hear be blessed. We are those of the principle of Q'uo. We leave this instrument in love and light, and wish to close this communication through the instrument known as Jim. We will now transfer. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in the love and the light of the one infinite Creator. At this time we are privileged to offer ourselves in the capacity of speaking to any queries which may be offered to us. Is there a query to which we may speak at this time?

Carla: Could you offer us specific techniques for the maintaining of the beginner's mind?

I am Q'uo, and we are aware of your query, my sister. The beginner's mind is one which is full of the excitation of new discovery. The beginner's mind is one which is full of the desire to share what has been discovered with others, for it is that which is bright, shining, novel and inspirational to that entity's life. It is often difficult for those who have long been upon the path to remain excited about this journey, for the nature of this journey is one of sacrifice. There is a price for each effort and learning and service commensurate with the purity and intensity of learning and service. Many such rounds of learning, of spending time within the desert, of climbing of the high peak within the inner mind, and of tripping and falling upon the path as one continues to persevere, to have faith, wear down much of this excitation within the seeker. To regain some portion of that excitation it is well for the seeker to place itself in these situations, to find within itself new thoughts on those subjects which it thought it had settled.

To read, to view, to converse with new sources of information is one means by which any entity may refresh those opinions which have settled, and the excitation which has settled with them. In such a way does one not only add information and experience and opportunity to the life pattern, but one may also find that there is the opportunity to refine, even to reconstruct, that which seems to have been settled within the being, for it is a danger, shall we say, or a temptation for each seeker who has traveled for some time upon the spiritual path, to

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feel that there are settled areas that need no further examination.

There are, it is certainly true, certain principles which are cornerstones for any seeker, and upon which the seeker shall place the structure of its mythology, shall we say. However, there are an infinite array of possibilities in the perceiving of these principles, and for the seeker to assume that that manner in which it has perceived is set, and in no need of examination, is the first step in the calcification of opinion, which when allowed to proceed from one assumption and lesson to another, may harden those interpretations of truth which, in order to have any hope of approximating truth must be open to further elimination, for if there is one principle that may be depended upon to have sway within your third-density illusion, that principle is the variety of possibility within an infinite creation, that any truth which may be apprehended in a certain manner may also be apprehended in many other ways as well.

It is well, therefore, for the seeker to shake itself up from time to time, to perhaps engage in a game in which all that seems to have been known, gathered through much searching in the past, be for a moment, perhaps a day, or a week, thrown out, so that the seeker must begin anew. Now, we are not saying that what has been gathered through a long process of seeking should be discarded completely. Perhaps for only a moment, it will be well for the seeker to look with new eyes for those answers to the riddles of its life. It may be that the seeker shall return to those principles and means of seeing, interpreting principles, that it has long held, but to journey from them for even a short period of your time, and to look for a new perception, a new mode of apprehending, is an exercise which shall refresh the seeker in its gathering of information, in its processing of this information and in its formation of new relationships, and the seeking of these relationships within the appropriate energy center.

By such a process of reevaluation may the seeker then discover that there is a continued thrill and excitation that comes from this seeking process. The gathering of information, the gathering of experience, and the increased variety in all of this, adds to the excitation that may propel the seeker to more closely strike to the heart of the incarnation and its purpose within this illusion.

Is there a further query, my sister?

Carla: *(Inaudible)* Jesus offered the Creator's words, "Peace I give you, my peace I leave with you, not as the world gives, give I unto you", *(inaudible)* a writer in writing of that passage, wrote "The peace of God, it is no peace, but strife closed in the sod, but brethren let us pray for but one thing, the marvelous peace of God."

It seems to me that mundane peace is a symptom of that which is no longer changeable, *(inaudible)*. Is it too large a question to ask about spiritual peace? Should it be kept for a Sunday main topic, or in it a matter fairly short to answer the question, what is the Creator's peace?

I am Q'uo, and am aware of your query, my sister. The topic of which you speak is one which would be well to reserve for a time during which it may be explored with the intensity and perseverance that it deserves, for this is a topic which has been little considered among those of your peoples, and it is one which is well to be considered by each entity who would seek the love and the light of the one Creator.

Is there a further query, my sister?

Carla: No, my brother, I would like to thank you *(inaudible)*.

I am Q'uo, and we again thank you, my sister. Is there another query at this time?

K: I have no questions at this time.

I am Q'uo, and we thank each of those present for inviting us to join you in your circle of seeking. It is a great honor for us to do so and we are filled with joy at each opportunity. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 6, 1991

Group question: The question this evening concerns the nature of the mind/body/spirit complex; in particular, what is the specific nature of the spirit complex, how does that relate to what we know of as the soul, how can that knowledge help us in our learning about ourselves and in being able to be more of service?

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator. We are most blessed to be able to share this experience with you, and blessed even further that we may possibly be of service to you in your seeking, as our seeking at this time, as you would say, is all focused upon that which we learn by attempting to be of service to you. Thus, you are offering us a great gift by your questions, for this is our means of service and learning at this time. We too are upon a path to the infinite One, and we too are yet finite and unimpeccable. We are mistake makers, we are opinion givers; we are not and can never be completely accurate, for accuracy lies not in words. We can only offer you an estimation in your language of concepts which we have come to grasp. We thank you for this opportunity, but request that each use the discrimination of its own wisdom. That which is yours you shall recognize and remember as if you had heard it before, but only now remembered it. That which is not yours, leave; perhaps you will one day return, and it will then be your truth, but under no circumstances allow a puzzle of ours to become a stumbling block to you.

We begin now with your question upon the nature of the spirit complex and its relation to the entity you have called soul. We would begin by asking each to move in consciousness from the cerebral patterns of intellectual knowledge into the open heart and the wisdom that lies therein, for that wisdom is deeper, though conceptual and illogical rather than the ideation and ratiocination of the conscious mind, for much of the question which you ask is best answered by the wisdom of the heart rather than by strictly logical means.

As we depart now and then from logic in our attempts to express concepts not within your vocabulary, we ask you to suspend notice of our illogic, and await the sum, for only in sum can substance be seen. We thank you for allowing us the freedom of this process, for the question you have asked is less than easily answered in purely cerebral terms.

Each of you is an entity. Let this be basic and imprinted. Each of you is an unique consciousness. You are unique because of the choices that you have made. It is your choices which define you, your

biases which express your nature. It is not in the clarity of your Creator-self that you exist in terms of the solution, but as an unique portion of infinite consciousness which has been mated with free will in order that you may go through the choosing process again and again, creating, enhancing and altering your biases and distortions. What could we offer to any, clear and lucid enough to be a perfect and empty instrument that could all be filled with the treasure of the infinite Creator? Nothing. We offer words to you because both we and you are learning, and yet do not know, but we are persistent, as are you. This free will moves firstly by chance, and in terms of your time/space continuum, this occurs for a long period. In the density which you now enjoy comes a very critical period in which the unique and distorted entity that you are must choose blindly, in the deep of midnight, how to follow the light.

Thusly, all discussion of the entity which is you as a purely metaphysical entity must in some way be wrapped in mystery, for it is not important to know the nature of the soul, or the true entity, during an incarnation. It is, in fact, baggage, for you are not here to practice discarnate skills. Each of you is here to be affected by an environment you know to be an illusion. Yet, why would you choose to be in an illusion which is so often challenging, unless that which is truly your self is aware of the great value of not knowing, and having to choose in faith, blindly?

Therefore, seat yourselves, and your knowledge of yourselves, firstly as one who respects the incarnation, one who values the illusion, for this illusion is a tremendous opportunity for you to know more and more clearly the nature of your self. Yet, this can never be a measurable or quantitative knowledge, for you, as what you would call a soul, are incalculable, inevitable, inestimable and eternal. Yet should we speak to you as imperishable beings of light? We think not, what good would that do you? You could not hear the words of light; you could not value concepts that have no words. We would become those who spoke in tongues, not your own; perhaps an exquisite experience, but not an information-filled one.

(Pause)

We are those of Q'uo. We greet you again in love and light. This instrument must sometimes pause to take liquid, and we apologize for this delay.

Now that we have thoroughly rattled your cages, and made you see the quiddity of your selves and your incarnation, and underscored this illusion's value to you, we may be free to speak upon your question, for we feel that we have de-emphasized it appropriately.

As we said, you begin and end in mystery. However, within the illusion we may say some things about the relations between the mind, the body and the spirit. In terms of learning, within the illusion, the primary, or first learner of which most entities are aware is the mind complex. This is a portion of the self within the illusion. It is a type of computer which functions quite simply by answering "yes" or "no" to each stimulus which is received. Each entity answers "no" to the reception of perhaps 99% of all that is offered. The self chooses endlessly what it will perceive, and from those choices follow all the conscious choices. Thusly, it is firstly up to the mind to determine what it wishes to perceive, for the instrument known as the mind is programmed only for survival. And, just as the small animal which is one of your pets moves in relation to our energy in fear, so do each of you instinctually move either in fear or in the active fear called aggression against those things which are deemed a threat. Fear moves all entities until they are delivered by that leap of blind faith into an awareness of love. This is always the basic choice: to fear, or to love. Choices made in fear separate; choices made in love unite.

The mind, in and of itself, instinctually cannot move into the area of choice with any realization. It will, left to itself, continue any patterns that have been begun in the early days of the incarnation of that entity. Thusly, the unawakened life path is one of distraction, avoidance and aggression. By these means, the mind controls the environment, and considers itself safe. Fears, and lack of fear, move into the body complex, if there is no intervention either by dealing mentally with outside catalyst or invoking faith. Thusly, the body slowly sickens and dies, because the nature of the illusion is that of steady loss.

However, into this closed and incomplete consciousness moves the voice of that which may be called the spirit complex, although indeed the spirit complex itself is a gateway, or opening, or channel, which is able to transmit into the deep mind, through itself, higher principles and ideals that do not have to do with the illusion, but are, in fact,

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fixed. Like yourselves, certain principles are imperishable. Thusly, the simplest way, perhaps, to express the nature of the spirit complex is that used by the one known as Ra, the spirit complex as a shuttle, a means of taking the thread through woof and warp to create the tapestry of solidified beingness as experienced subjectively by each entity, each weaver, of the tapestry of an incarnation.

How can one access the spirit? One desires. All entities desire. This is the process of choosing. But what an entity desires is as various as the four winds until faith is invoked by will. We do not speak of beliefs, for beliefs limit, define and solidify into illusory distortions the imperishable truths of which they are the sons and daughters. There are many, many entities among those of your people making this choice at this time who are comfortable in not thinking, in unthinkingness. They wish the structure told to them that they may learn it by rote, and spend their time in devotion. Mistakenly, however, because of the nature of the mind complex, it is felt that one particular story about the Creator is the story about the Creator, and all others are not acceptable stories about the Creator. This is incorrect. However, each story appeals to those of a certain temperament. This entity has a temperament which finds the story of Jesus the Christ most helpful. Thus, it has become this entity's way to objectify the shuttle of spirit, and to open within the heart and within the consciousness the gateway to Intelligent Infinity.

There are other stories, many and various. We ask not that the spiritual seeker choose any particular one. We do ask that the seeker choose, and, having chosen, never look back. It may take as long as you wish in the incarnation to make that choice, but when the choice is clear, it is very well to move upon that path with the greatest intensity and devotion possible, for what you wish to do as a unique consciousness, or soul, is to become more and more powerful in the metaphysical sense. Until you have done the work of spirit involved in discovering the imperishable part of yourself, until you have made and dedicated the choice of how to love the infinite Creator, the self, and all other entities, polarization cannot begin in any settled form which may deliver one more reliably into a denser light, and a more skillful use of that light in being and in manifestation, but most importantly in being.

The mind will endlessly inform one; the body endlessly informs one; and the spirit lies fallow. To request an end to incoming data seems a simple enough thing to do. This is the nature of meditation, the nature of contemplation, to remove oneself from the stage of manifestation that one may rest and seek its own self within. Learning is done in silence, especially silence potentiated with pain. Thusly, as this instrument has said this evening, pain is to be recognized and respected for the great ally to learning that it is.

You may deliver yourself into suffering if you wish, and say that you suffer in order to learn. This is a distortion which is subjectively true to many. You may also say that you maximize your opportunities to learn in order to learn. This is another way of saying precisely the same thing. Thusly, you may have pain, greeted like the sister or brother that it truly is. Welcome it with respect into your life, treat it as an honored guest, and be free of any suffering, or you may choose first one and then the other, as you desire.

The spirit, however, will only inform the intelligence when asked. Thusly, each entity has its time of the first and fundamental realization that is appropriate for its rhythm of beingness, and when that time comes, the heart is opened, the body quiet, and the shuttle is suddenly full of an effulgent light, an all-embracing love, and the entity, struck, is never the same again. This is a natural awakening, but it is all that is natural about awakening. Through the illusion is allowed that first impulse of spirit, but all choices after that first experience, which may be repeated from time to time, are the specific free choice of the entity. No learning comes without desire and persistence.

Now let us turn from consideration of the spirit complex to the consideration of the soul. The term mind/body/spirit complex is an approximation of description of the nature of the entity without distortion, that is, distorted only in the balanced manner that lies behind illusory distortions. The entity which you are, which you may call the soul, is first, last and always to be understood as consciousness itself, and as love.

Let us consider the phrase "I am, in love, with you." Consciousness is "I am." To define it beyond that is to distort it. The nature of this consciousness, this "I am," is love, and the nature of all other entities in

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your density, and in any density, is love, manifesting through rotations of light. Thusly, all may say at all times, in any relationship whatsoever, "I am, in love, with you." Let us pause and experience together the "I am" of us all.

(Pause)

I am Q'uo, and am again with this instrument. May we thank you for the privilege of enjoying the beauty and the harmony of your unified vibration. To be allowed the privilege of this experience is very humbling to us, and we thank you, in deep gratitude, for your beauty.

This entity that you are is subjectively experienced by yourself through illusion, while the integrity of your beingness is always preserved in mystery. You cannot analyze a mystery that has no answer. Thus, we move in a circle, coming again to our first point. To analyze an unique entity is to do the impossible, for both that which we call love, or Logos, or the Creator, which is a portion of you, and the portion of you that is unique, are mysteries, now and forever. It is a matter of allowing that mystery to be a mystery. That is most helpful within the incarnational experience. It is acceptable to be unknown to the self in a final way if one realizes that that is the situation and will be the situation until the allowing of consciousness becomes such that one no longer desires to know about consciousness, but only to be consciousness. At that point, which we have not yet reached, there is the returning to the infinite One, and the creation moves from creation to creation, as entities are sent out and then return, that manifestation may blaze in its appropriateness within the infinity of intelligence.

You are all things. The soul is the universe, and the universe, the soul. All that is within you is in fact outside you, and all that is outside you is in fact within you. All things can be known, and all things cannot be known. You are a living incarnation of paradox and mystery. Does this challenge you? We think not, for we think that each within this group has become aware that there are infinite concepts which cannot be expressed within your illusion.

Indeed, as we speak through this instrument this instrument's main asset besides its purity is its craft, for we offer concepts to the conscious channel, which must needs then be given words. And how should we describe by words that which is the soul, except to say that the soul in manifestation is a bonding of love and free will, and process through the densities is choice, upon choice, upon choice, as free will is first paramount, and all other things but the individual will seen as threats, or potential threats, this moving on until the process of evolution of mind, body and spirit, brings each entity to the realization, hard won or won easily, depending upon the incarnation, that the will of the self, in its deepest sense, is the will of the one infinite Creator, and this will often does not make sense.

Consequently, the more realized the consciousness within the illusion, the more it may seem that one is a servant with a master; yet, you are the master as well as the servant. All is truly illusion. You experience this objectification of the master as you need solidity. Eventually you shall not need to be solid, or three dimensional, in the way that you now see dimensionality and solidity of form. You will be free of needing to solidify pain, pleasure, or any experience. And at that point, you are then free to open the heart, to do work in consciousness, and to share that work with others as the gift has been given to you.

What is the soul? The soul is you. The soul is the Creator and the created, an infinite unity, given objectification through the use of illusion. May each of you value both the self in its soul nature, its endlessness, its mystery and its paradox, and the incarnational drama which offers to you endless opportunity for learning the great lessons of compassion which may deliver you into a more realized observation of yourself.

What have you judged today? Each judgment has pulled you away from your soul. Unlike discrimination, which is a subjective matter of saying "This is mine, but this is not," a judgment is a matter of "This is correct, and this is not." To judge yourself for yourself is to do your work; to judge others for the self is to be a critic. And how shall the critic grasp the nature of the play if it is only an observer? Nay, you do not wish to be a critic; you do not wish, though you may think so, to be clever, and intelligent, and intellectual. You need simply to straighten up the household of your mind, and when it is tidy, to move into the heart. Through love, open the heart, so that without fear you may greet yourself.

Oh, beings of love, we greet each other in you, and you, in us. We are consciousness; we are soul; we are

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one. The rest is illusion. May you love each other, and in loving and serving each other, learn the lessons of divinity, for as you love, without judgment, without let or stint, so shall you learn your nature. We salute you, souls, all, our own selves, and we encourage you to respect, use and enjoy the opportunities that will so quickly flee before you. No one, after leaving the incarnation, is ever truly satisfied that it has chewed it all up and used it well. Therefore, may you burn with desire to do this deep work. May you learn your oddities and your gifts, and may you then maximize them through the opportunities that are given to you moment by moment by moment, remembering always that it is how you perceive the chaos about you that you begin.

We thank you for having given us this chance to speak upon this interesting subject, and would at this time ask if there are any questions that we may attempt to answer. Is there a question at this time? I am Q'uo.

M: I have a question. In the opening message you said that accuracy is not in words. Where is accuracy? Where does accuracy lie in understanding our relation to the infinite Creator and service to others?

I am Q'uo. My brother, within the bounds of your subjective experience at this time, accuracy lies in the open and loving heart.

May we speak further?

M: That is sufficient, thank you.

We thank you, my brother, and we extend our love to you. Is there another question at this time?

M: I greet you again in love and light. I was wondering, in the higher densities, is there also illusion?

I am Q'uo. There is indeed illusion in all densities before that of the density of foreverness and return. Each density has its proper and appropriate portion in your learning experience, and you shall, although you experience them all simultaneously, by the use of illusion, have the ability to experience each lesson in its own appropriate area, which you understand as space and time, but which in reality is a field without space and time.

May we answer you further, my brother?

M: Do you have a knowingness of a sense of what is forever and beyond? Can you show that at this time?

I am Q'uo. You wish to achieve an intellectual grasp of that which is not an intellectual concept. Therefore, let us pose to you that which is interesting to us, and that is that each of you is capable of asking questions that it cannot answer. From where comes this ability? It is not within the computer of your mind. Where, then, comes this hunger for that which obviously has no place in a relativistic creation? That is all that you can see. Why should you ask for more? Do you not see that the very thing that you are asking is in its very impulse its own answer? We would speak further if you do not see this. Do you see this, my brother?

M: You may elucidate more.

I am Q'uo, and we would be happy to do so. The concept of infinity is impossible. Consider this concept. You must go to the end of all finity, and then move onward. Yet, as you imagine moving onward, you are imagining a finite concept, which by definition has its own end. Consequently, the closest that the intellectual mind can come to a realization of infinity is a series of finities. This is not infinity. Each of you is forever, yet the realization of this foreverness, when complete, ends all need of any illusion whatsoever, and the individuality, which is more and more refined through the densities for many millions of your years in reckoning, increases the individuality of each, and it increases the unity of all, for each entity must make its own unique reckoning with unity, so that harmony and unity may become one, and as you are a chord, yet also you are one tone, and in that tone lies the concept and the actuality of imperishability, or eternity.

In fact, the nature of infinity is specifically the present moment realized for the first time in its many overtones, undertones, harmonics and depth. The resonant present moment is infinity, and is the home of the self. Now and always, we greet you in love and in light, because you are love, and you experience yourself in these as do we, through different arrangements of manifestations of light which express themselves as fields which solidify sufficiently to create manifestation, helpful and intelligible, through the apparatus used by those of a particular density for learning.

Thusly, we speak to you in words, our teacher speaks to us in concepts. Yet these are the illusions that we

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need, each at this subjectively perceived time, in order to carry on with our evolution. We believe that it is well, if one wishes, to increase the pace or degree of acceleration of one's evolution in mind, body and spirit. We believe that in the third density, the foundation of the spiritual evolution is made.

May we answer you further, my brother?

M: Thank you.

Again, my brother, we thank you. We feel that you are somewhat overwhelmed with data, and we apologize, but the questions that you ask are very mindful, and when one is truly mindful, one rapidly runs out of good ways to express truth, for as words are in manifestation, just so, they lack truth, and become relative.

The special entity that you are will take these words and perceive them subjectively. We cannot do more than attempt to map out the topography of the concept which you seek. Thusly, as you speak with entities such as we, it is well to accept the re-examination of material from time to time for various levels of information which may be of interest at one particular time or another.

Is there another question at this time?

H: I would like to ask you a question. You mentioned earlier that it's not the particular beliefs or tradition, religious tradition, that one follows, but it is important that he chooses one, and then sticks with it, with his whole heart,

Now, some traditions are—some people, some students prefer one tradition than other, and it seemed to me that after reading this Ra book, that you're offering another tradition, at least as far as the concepts of this universe go, of the creation, the densities, and I was wondering, are they all correct? Is neither correct, or does it make a difference?

I am Q'uo, and we believe that we are aware of your questions. First of all, as you surmise, there is a paradox in that all traditions are correct, in all of their many confusing ways. That is to say, that the nature of the illusion is helpful, so that, in order to transcend experience, one must enter freely into experience. The way to realization of the nature of the soul and the nature of the Creator is through the illusion, not around it in any way. It is when moving through experiences that are appropriately valued and respected that one may begin to transcend them, and to achieve an immediate awareness of the presence of love, that is, the one infinite Creator.

Thusly, if you wish to move from shadow to light, it is well first to realize that the search shall be in shadow, and that you shall be in the shadow more and more, in pain more and more, as you continue to learn, to evolve and to grow. You are in pain because of the subjective nature of experience. It is painful to reprogram your computer, but as you go through especially traumatic experiences, or as you go through nontraumatic experiences in attentiveness, you begin to have the motivation to use each opportunity for learning amidst all the shadows.

May we elucidate further, my brother?

H: Please.

Will you direct us, please?

(Pause)

I am Q'uo. Let us rephrase that so that we may direct you to direct us. We wish to know the area of your confusion, as precisely as you may state it, that we go over ground no more than once. If we have been completely confusing, restate your question. We thank you.

H: *(Inaudible)* quite at a loss *(inaudible)* direction.

I am Q'uo, and we are one with you, my brother. Let us begin upon an intellectual state, and stay there for a brief period. An entity within the illusion is trapped and imprisoned until the entity realizes the transparency of the illusion. Each path, or way, to transcending relativity and achieving an experience of eternity, is just that, a means of ordering and discriminating amongst the choices of what to perceive and how to perceive it. The entity moves into the distortions of one particular path, and by thinking along that pathway expressed by an entity or entities, which may all be called that of Christed consciousness, the entity within the relativistic illusion, which you are experiencing, may become immediately aware of that which transcends the illusion in a final way, that is, the experience of the Creator as immediate.

When the experience of the one infinite Creator has been collected, reaped and gathered, blessed, thanked and honored, then a portion of the self is aware, in a way that it cannot express in words, of the nature of love, of the Creator, and of the self.

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Then, this immediate, ineffable experience, which is not learning, but the result of learning, may be broken, opened, as infinite as it is, and offered as love within the illusion, to the illusion itself, to those one meets within the illusion, and to the self.

What the paths are for is to deliver the relativistic self over to the worshipful and open and faithful heart. When that state has been achieved, even momentarily, by the seeking entity, the experience of unity with the infinite Creator is had and stored and remembered. It is at that point that all paths become one, just as all manifestations of Christed consciousness tell different stories, but in their essence are all one.

May we answer you further, my brother?

H: I am quite satisfied. Thank you Q'uo.

We thank you very much, my brother, especially for having the patience and honesty to direct us.

Is there another question at this time?

H: May I ask if the Vedic concept of the creation of this universe, and its controlling directors, known as demigods, can fit with the system of the Logos and the different densities and the entities within those densities that are described in the Ra material?

I am Q'uo. We find this instrument not to have the energy stored to respond in full to this query, and would suggest that this query be entered at the beginning of a working, in order that it may be given due consideration, for, indeed, this is a large subject.

May we ask for a final query at this time?

M: I have one question. If this is too lengthy, perhaps later we can ask at another time. Is it always necessary to ask spirit, the spirit complex, for directions, in order for the intelligence to receive it, or can the intelligence simply be receptive or open to what the spirit has to say, or the direction that needs to come from spirit?

I am Q'uo, and we shall attempt to answer this query. The questioner comes to the question and becomes the question. The spirit is not the kind of complex that is grasped within illusion. The spirit is, indeed, imperishable. It functions not as an information-giver, but as a water pipe. Information is delivered through the spirit complex into the conceptual portion of the mind, and in the depth of the mind it is allowed to take root, because of the desire of the student to know. And insofar as the entity desires and continues to desire with the most patient and full concern the answer to each present moment, so this opening of the shuttle of spirit may be encouraged.

It is also greatly encouraged through the loss of the ego in meditation, chanting, contemplation, creativity and other manner of losing the small and relative self in experiencing those echoes of imperishabilty which lie within each entity.

May we answer you further, my brother?

M: No, that is fine, thank you.

We thank you. I am known to you as Q'uo, and we hope that we have not only confused you, but also opened a few new thoughts to your consideration. May you be blessed with help and aid. May you allow the blessing of that help and that aid, which is always available if you may allow the help. It is often help in disguise, but if you acknowledge it, it will make itself known to you. That is the nature of spiritual evolution. You will evolve as quickly and as painlessly as you allow yourself. The secret is the attention. Pay attention, each moment. Extend the meditative self until it encompasses each moment, and then in each moment that which is yours will come to you, and will make itself known clearly. We speak of that which is beyond the normal evolutionary pattern, but we speak in a way which we hope draws you onward in hunger and thirst for that which cannot perish, that which you are.

We leave you in that which you are, in the love, the light, the peace and the joy, of the one infinite Creator. We are known to you as those of the principle of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation

January 10, 1991

(Unknown channeling)

I am Q'uo, and greet each of you this evening through this instrument. We are pleased that this instrument has been able to receive our initial contact.

We would speak to you this evening on the subject of suffering. This is a subject which many of your peoples do not wish to pay attention to, a subject which many wish to ignore or avoid as much as possible. It is also a subject with which each serious seeker is personally quite familiar and we know that each in this group have given much thought to the nature and purpose of suffering as it has been observed in each life and the lives of your other selves.

We are aware that there are differing so-called popular views of the role of suffering in the life of a seeker. Traditionally, many groups among your peoples have held that suffering is necessary for the purification of the soul or the advancement of the seeker on the path. This concept has been "adopted," shall we say, by others in the more general society, as well as may be observed by the term that is in this instrument's mind, "No pain, no gain." There is also, as you are aware, a group or groups, especially in the so-called New Age movements among your peoples, which hold that suffering is not only not necessary to spiritual growth, but may even be a sign that individual has not taken whatever steps are necessary in order for it to be truly a seeker. We would suggest to you that both of these views are extremes and that suffering is neither a necessity for spiritual growth, nor a sign that spiritual growth is not taking place, but rather simply a byproduct of that which you call change.

Now, as you are aware, the process of spiritual growth involves much change and this takes place on many different levels. Change is at times most welcome and it may not be perceived at those times that there is any suffering taking place. However, each choice that is made involves, of necessity, a sacrifice of all other choices at that moment and suffering may be felt on many levels.

It is possible to follow the paths outlined by the more traditional viewpoints that adamantly hold to the view that suffering is essential for purification, for growth. It is possible to adopt this viewpoint in whole or in part, to use suffering in the life intentionally to accelerate one's process of spiritual evolution. As you aware, the conscious use of catalyst in this way is the means whereby one's growth is accelerated.

You are aware that there is much catalyst among your peoples that is unused, indeed, much that is little even noticed. This is to be expected as the nature of your illusion is most heavy and you are

constantly bombarded with more than your senses are able to focus on.

Thus, the role of suffering in each seeker's life may, in actuality, be chosen by the seeker. It may be catalyst on which the attention is focused and therefrom much understanding and much growth may take place. It may be ignored or avoided as much as possible, but we would suggest to you that, as a seeker, this would not be the most desirable course of action if progress on the path is what is desired.

Many among your peoples have gone to great lengths to provide certain types of suffering for themselves in their life in order that attention may be brought to the life, to areas that need examination, to provide a focus that will eventually lead the conscious mind through the illusion. For this is the first thing desired by each entity as it enters this *(inaudible)* incarnation, that the illusion be pierced. The realization occurs that this indeed is illusion.

How great is the suffering among your peoples and how many there are who suffer completely within the illusion, not realizing the opportunity it brings them. The sorrow within and we hope that our humble words may perhaps be the means by which some are enabled to begin to pierce this illusion.

We are grateful for the opportunity to speak to this group and would at this time transfer to the one known as Jim. I am known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again, in love and in light with this instrument. We would at this time offer ourselves for the answering of queries if that is appropriate. *(Inaudible)*. May we ask if there is a query at this time?

Questioner: *(Inaudible)*.

I am Q'uo, and we are aware of your query, my sister. At this point in the progress of each instrument in this circle, there is but one necessity and that is to persevere. Each has a firm grasp of the process both in the mechanical sense of how the process works and also in the sense of the inner discrimination and ability to speak the words that are given and which appear within your minds. Each entity is now striving to become aware of more of the richness, shall we say, that may be found within the concepts and the words and phrases that we give each during the contact.

There are potential avenues of exploration that are open to all instruments no matter the amount of experience involved for there is indeed an interconnectedness between all things and it is possible to be finely enough tuned that ways of describing that which is given begin to open more easily as practice is accomplished. Thus the subtleties and nuances of the message for each practicing instrument can enrich the process and the content of each contact. Other than continuing to practice *(inaudible)*, we would not have any recommendations for additional tools or procedures at this time.

Is there a further query?

Questioner: *(Inaudible)*.

I am Q'uo, and am aware of what you are asking. We would agree in general terms that your estimation is correct. However, though each of you have a more finely tuned receptive ability awaiting further exercise and therefore are also in need of looking for the finest tuning within that can be found, and the most appropriate phrases for the chiseling of the concept. The entity known as Jim, through which we now speak, has this need, as you have surmised in more obvious configuration as it tends to synopsize both in thinking and in speaking as a result of the receiving in like manner.

However, we would not wish to omit that *(inaudible)* each instrument can receive both more finely and more clearly with the practice and the developing of the inner sensitivities that allow certain portions of our words to be as seeds and to speak what may spring from them, rather than speak only seeds. We attempt at this time to use this analogy to make an image appear within this instruments mind that allows concepts to permit. We shall retrace this thought, not wishing to *(inaudible)*.

These seeds are cast upon the ground. They are crystal concepts. Instead of speaking each concept discretely, these can be allowed to blossom, to grow, shall we say, so that there is a trail that is followed.

We apologize for the moodiness of this response, but we were, in this response, allowing this instrument to do that which was given as an exercise.

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Is there a further query, my sister?

Carla: *(Inaudible)*.

I am Q'uo, and we are of your query, my sister. We would answer in the affirmative that you have a good grasp of that which we would have many more words to express. Is there a further query?

Carla: The other question is about *(inaudible)*. Something that just came up when we were talking before *(inaudible)* and I got all of that, if I am on the right track. *(Inaudible)*.

I am Q'uo, and am aware of your query. You are quite correct in your assumption that each instrument can construct a model or inner visualization to use as a sensing device and by attending to this tool may receive an impression as to the nature of the protection that is available to each circle that is seeking such as this one. The visualization may also, for those that are more able to utilize the inner senses, be that which allows the sense, the tone of the circle, to be perceived in much the same fashion as the tuning fork when place in motion *(inaudible)* here. We take this instrument as an example whereby the feeling for the group would be internalized so that the circle was felt to be *(inaudible)* body and the, by virtue of the circle, monitored in this fashion. Others may be more comfortable with a visualization that would give a momentary image to the instrument as the means by which the protective vibration of the circle could be monitored.

Is there another query?

Carla: *(Inaudible)*.

I am Q'uo. We thank you for your assistance in aiding each instrument and improving *(inaudible)*. Is there another query at this time?

Questioner: *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. Indeed, there is a great opportunity each day for each instrument, we find, to refine these sensitivities. In that at any moment with there are stimuli reaching into any of the senses of an instrument a few moments may be taken to focus as carefully as possible upon each stimulus and the response that each feels within. There will be a reflex kind of response as the first response in a situation in which the instrument has paused for a moment in order to receive some of the inner workings of itself. Thus, you may find yourself in a crowded room with a number of conversations occurring and by taking five to ten of your seconds—we believe this is correct—in inner silence one may take an inventory of the vibrations that are resonating within in harmony or in disharmony and one may also note the flavor or color of harmonious or disharmonious vibrations so that there is a coding or checking, careful noting of these responses as this inner inventory is practiced more frequently. The sensing ability will energized even more acutely, much as any learned activity becomes easier with repetition. Thus you may decide to take such as needed, [an] inventory of vibrational sensing two or three or more times per your day as a regularized exercise.

Is there a further query, my sister?

Questioner: *(Inaudible)*.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Questioner: *(Inaudible)*.

I am Q'uo. We are most appreciative for each opportunity to speak our thoughts to this group for we find that each asks that which is both upon the mind and the heart. It is well that all faculties be brought to bear upon it, the learning process with this group for utilizing all the data tools and for expressing your dedication, your desire to be of service. My sister, we shall take our leave of this group, thanking each again for renewing the opportunity for us to join you this evening. We are know to you as those of Q'uo. We leave each in love and in light of the one infinite Creator. Adonai, my friends. ♣

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Sunday Meditation
January 13, 1991

Group question: The question this evening has to do with the situation in which Carla and I are experiencing difficulty in maintaining our normal harmony in spite of our very intense efforts at trying to communicate clearly. We know we have been targets of psychic greetings in the past, but we aren't aware of making openings for these greetings at this time. What is the quality, in general, in mated relationships, that Ra described as adversary in nature, and how can people become aware enough of these factors to create a harmonious relationship?

(Carla channeling)

I am Q'uo. Greetings to each of you in the love and in the light of the one infinite Creator. It is a privilege to be called to your group at this time to speak upon the adversarial relationship between mates. First, however, we would note, for your interest and *(inaudible)*, the absolute beauty of a great portion of your planetary sphere's inhabitants' prayers as they rise from the mundane events which cause them into planes of intercession, healing, forgiveness, and enlightenment.

My brothers and sisters, we cannot stop your wars, nor would the Creator. These are energies within you which have not yet been balanced. That balancing is a portion of your learning. There is a correspondingly drastic amount of negative energy upon the Earth plane at this time which is only inevitable since the harvest grows nigh, and, indeed, has begun occurring on an individual basis, as those who are capable, upon leaving their incarnations, choose to take the walk of light and discover the density of their next abiding and learning place.

Your beauty is transcendent, your prayers heartfelt, and given every support by those of positive orientation, whatever the nature and manifestation of your consciousness and personality. So, although events look hopelessly muddled upon a mundane level, there is great polarization taking place, both for those positively oriented and those upon what many have not yet determined as the negative path. Many are moving along this path at this time who will, predictably, reverse the nature of that polarity when the difference between imagined carnage and real carnage is made clear by some personal experience.

We ask you to look at these days not with trepidation and not with fear, but with enormous compassion. There will be, regardless of future events, great grieving and suffering among all peoples. We do not know what will occur in the future. It is always in the hands of free entities to choose the destiny of a people. Some of these free entities are imprisoned within their minds by concepts neither positive nor negative. This is a great confusion upon the mundane level. We ask you to move beyond it, and to be a portion of the ceaseless

cry of prayer and supplication that rises so beautifully, so deeply, so richly at this time from your planetary surface, rises to the infinite One in glory and beauty. Know that your prayers are heard. Know that you are not forgotten.

We move now to a more personal, intimate point of view with regard to that within third-density entities which contributes not only to war and the possibilities thereof, but also to what is called an adversarial relationship, whether it is between friends, family members, enemies or mates. Let us gaze for a moment at the basic truths to which we will be contrasting experience within the illusion.

The most basic truth is that all that there is is created of one Creator, and of one material. Love has chosen to move into being through the use of light. When we greet you in love and light, we greet you as all that there is in all that there is, hoping to imply the spiritual reality that all are one. The most you may experience normally within third density is harmony. You are not just harmonious entities, you are One. You are truly each other. As you love others, you love yourself.

Our second background proposition to you is our opinion that the mated relationship, indeed, any close relationship, seems especially biased against the possibility of doing great spiritual work because inevitably neither entity in such a relationship is at one with itself. Thusly, all relationships, to the extent that the disharmony in one and the disharmony in the other can be multiplied, will result in a certain strength of collision. The more discordant the vibrations of each, the greater the impact of the collision.

We speak in metaphysical terms, but the motion of emotion, and its vector, are both important concepts to consider when examining disharmony between two mates. The energy that is being experienced subjectively has a certain intensity depending upon the degree and the kind of disharmony in the entity. The vector of that energy, which is of a negative nature, is a free choice also, and may be pointed inward towards the self, or outward towards others, or it may be ignored because of guilt or other reasons, repressed, and thereby become a fixed and unmoving solidity of disharmony.

Thusly, no matter how subjectively miserable it makes a spiritually oriented entity to speak disharmoniously, it is at all times far more appropriate for service to others entities to move any expressions of emotion whatsoever into clear and honest expression than to keep it within the self that it may putrefy and sicken the self in one way or another, because the energy of that disharmony must express itself. If it is not expressed as catalyst by the mind and the emotions, it shall move into the body complex and create disharmony within the second density manifested entity which is the temple or tabernacle within which your consciousness meets the infinite Creator during this incarnational experience.

From this beginning, you may perhaps see that we shall start not with two entities, but with one, for the source of disharmony is fear, fear of one kind or another. When there is disharmony it is well first to move within the self and ask the self to look at the expression that was disharmonious, not the other's expression, but the expression of the self. Examine it not for excellence—you are not a judge—but examine it to discover the underlying fear.

We may use an example. A common negative emotion which creates disharmony between entities is jealousy. As this is specifically not the situation of the precise couple asking the question, we feel this is a better and more general concept to work with using this instrument, for the instrument must be to some degree protected against the temptation to offer the specific advice regarding the self while in this altered state of consciousness.

Why would a woman or man in third density experience jealousy? The experience of jealousy is linked to the fear of loss, which creates anger, which creates guilt, which creates a host of echoing and re-echoing discordant emotions within the self. Let us look at the entity who has attracted this negative emotion. Let us say that this entity is innocent. Why is this entity experiencing the adversarial negative emotion? Largely, the innocent entity who is experiencing jealousy is experiencing the fear of being utterly misunderstood and misjudged. It is angry because it does not like to be kept in a cage, and the emotion of jealousy in an active phase is the making of a very small prison for an entity.

If the entity is guilty of that action because of which the mate is jealous, that entity is also fearful. What is it afraid of? Perhaps it is afraid of losing that which has been comfortable, useful and kindly in its life experience, the settled home, the children, the family

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experience, and this fear creates anger and frustration and the feeling of being alone. Indeed, the feeling of being alone, bereft, stranded, abandoned and forgotten is at the heart of the great majority of the day-to-day fears which create in entities an adversarial inner relationship between the portion of the self that is devoted to unity, peace and concord, and the part of the self that is devoted to protecting its boundaries, enlarging its fortune, creating greater comfort or happiness, however petty or great.

Thusly, in those who are of one piece, those who have developed a personality that is seamless, they are not open to the experience of adversarial relationships, because in themselves they have no adversary. All of themselves is focused in one direction. May we say that this entity is seldom found among your people, but that it is very frequently an hoped for ideal. The unity of the self is in little [i.e. in miniature] the unity of the creation. Peace within any relationship betwixt two people involves the illusion of war because the progress of any one person in third density includes the experience of hard won wars. There is almost always a significant amount of friction in at least one substantive area of the personality in which part of the self feels one way, part another, and instead of being content to allow that balance to go forward until it has resolved itself, entities push and probe and pull at themselves emotionally and analytically, attempting a sort of Band-Aid treatment of that which is as deep as the Grand Canyon.

It is the wounded entity that is truly at war. All other expressions of disharmony come from this adversary relation of self to self. It is, therefore, never intelligent to work upon another without regard to the self, for there is no right and wrong, there is only disharmony. We do not say this to include acts of needless or unprovoked violence of a random kind. We say this to express the opinion that entities need, when faced with disharmony, to turn not outward, but inward, for within the self are the seeds of all negative as well as all positive expressions of mind, thought, emotion or action.

How does one go about this? As always, the daily meditation, perhaps at the beginning, perhaps at the end, perhaps both times, in the amount of time needed by the individual, is the daily bread that enables all of the spiritual work which you wish to do, for your energy to do this work comes not only as the gift of the infinite Creator in the very creation of the self, in the way the physical vehicle is able to internalize the infinite energy of the infinite One, it is also a matter of focusing that energy, of experiencing from intelligent infinity, by this calling for love and light, that immediate presence that is the fruit of faith.

Now that each is aware that each is responsible for the self, we would offer our opinions concerning the mated relationship, its—to us—quite obvious advantages, and its—to you—quite obvious disadvantages. The great advantage and the great opportunity for disadvantage in the mated relationship is one and the same thing. Entities without the intention of going through difficult times as well as good are excellent mirrors for a time. But insofar as honest discussion and expression of disapproval and so forth is repressed, the relationship will remain distant, and it is the very intimacy of relationship that makes it both extraordinarily worthwhile spiritually, and often extraordinarily difficult.

When an entity perceives the true kinship and potential unity of the mated relationship, especially, it seems wonderful. To some few, who either do not have the wit to be disturbed, or the wisdom not to be disturbed, there is no particular down side. This is true of perhaps a handful of entities upon your planet at this time, compared to the vast normalcy of friction and subjectively experienced pain from intimacy. However, the discussion of instruments within this circle recently produced an image which we may use to good effect. That is the image of the cocoon. When entities choose the mated relationship, they are temporarily, in a romantically oriented marriage, not quite well. They are ill, they are ill with too much giving. Because of the tremendous attraction that brings people together romantically, mates often begin with extremely unhuman concepts of the capabilities of third-density entities, including themselves. All that has been said has been delightful, company has been enjoyed, and even though it may be spoken intellectually that this has been a Sunday relationship and is now going seven days a week, the impact of this upon the psyche cannot be gauged.

Think of the image of the cocoon in winter. From the outside it looks protective, smooth and comforting. Upon the inside every available space is crammed with life and food, consciousness and catalyst. In a mated relationship two entities agree

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before the infinite Creator and in its presence to live as one entity serving the infinite Creator. This is a magical and profound promise, a covenant. Each of the mates has expressed its co-Creatorship, and a new entity for use within your illusion has been born. It is difficult to remember that there are not two, but either one or three entities in that cocoon. There are those who would express oneness by saying that as each portion of the creation is the Creator, there is only one entity in this womb that produces so much beauty. Just as legitimate is the opinion that there are three, the self, the mate and love itself, the one infinite Creator, Who has become the bridge between the self and the mate, enabling two singular entities to harmonize, strengthen the strong points, release the weaker points in terms of harmony, and create an entity, that together with a full heart and merry laughter, may continue long and without the burnout of being solitary which afflicts many of your peoples, in polarization of the service-to-others aspect which is so very profoundly the great mover and shaker spiritually for one who seeks the acceleration of the pace of spiritual evolution.

Now, if an entity is unable to deal with the concept of being in a cocoon, and being crowded, then there is that within the self which may not have the most rapid growth in the ability to deal with the petty disagreements which excellent and truly loving entities still always seem to offer. This is as it should be. How could you learn if you did not have catalyst? The placing of two entities this closely together is that created by the Creator as an opportunity for two to do intensive, accelerated work which neither could do by the self. It is an invitation to a series of seemingly disastrous misunderstandings and a seemingly endless chain of negative emotion and pain.

Within the illusion, this is what change and transformation feel like. It does not feel good to release the portions of the self that are not able to come into harmony with portions of the other self. This does not mean that entities need to change in order the be active and powerful co-Creators of beautiful, service-filled lives. It simply means that each entity has its lessons to learn, and although it can learn them through the random catalyst of strangers, acquaintances and the indifferent friends and family, yet the more intimacy that is in any relationship, the more the opportunities for disagreement, debate, confusion, hurt, guilt and many other seemingly negative experiences which may, by the free choice of an entity who is spiritually aware, be perceived as opportunities for service, for learning and for growth.

To become truly intimate is to release the self from its strictures, for true intimacy, within the illusion of third density, is found only by guess and by hunch. One may do work upon one's own consciousness and one's own personality to attempt to eradicate pettiness, meanness, the irritability, the friction. But just as you cannot deny any degree of the 360 degrees of the third-density personality, so you cannot get rid of any of those degrees within this illusion.

Consequently, in all but the most—we shall use this instrument's word—saintly, there are the variations in behavior which predict with great probability continuing disharmony, as normally innocent entities—that is, innocent of malice—discover themselves misunderstood, disturbed, distraught or upset by the actions not only within the self, but some action, speech or thought which the mate has had.

Now, you are in a cocoon and you are facing each other. By this cocoon of mating with commitment until death the entity agrees to accept the conditions of intimacy. How can one become nonadversarial? The first step, needless to say, lies completely within the self. Look through the life experience in any way deemed appropriate, with an eye to discovering recurring themes of discontent, recurring triggers for fear and the often extremely biased and difficult to understand actions of those who fear. As the entity known as Aaron has said, do not gaze at the situation, as it is a symptom [of fear]; gaze instead at the fear until you grasp what you fear, and with what method you wish to welcome love and allow fear to go its way.

This is an ongoing process which must be done by the self of its own free will. A mate can suggest, but it can never do the work of another. Often the more advanced within third density entities are, the more difficult the hands they deal themselves within a life experience, for they wish, knowing the value of third-density decision making, to have the opportunity to make unifying music, harmonious solutions to scratchy, discordant, relationships.

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Once the self has done all the work that it can at one particular time in scratching the surface of this area of fear, do not feel that it is arranged, fixed or repaired, for the levels of emotion which come to the surface in an intimate relationship through a process of many years are those that move deeper and deeper into the self that is below the door sill or threshold of consciousness.

Now, some are within this cocoon. Most of those within this cocoon do not know its nature, or the reason for the discomfort. It is not simply the closeness to another entity. It is the mirroring effect brought to a state of honesty not possible to be offered by those who are not privy to the especially private moments, be they happy or sad, which occur between two people alone. Indeed, this is true of every relationship in which the self is committed in some degree. Close friends of whatever kind may also do work together, but they must be willing to be repeatedly uncomfortable.

After one has done all the work that is possible within the self at a particular time, it is temporarily a friendlier mirror, a kinder reflection, to the mate. However, each of you is not intended to find it easy to be of a positive polarity at all times. There are various, and often subjectively confusing cycles of energy within the mind, within the body, within the emotions and within the spirit. The combinations, in their endless variance, of the particular energies at a given moment will cause the most stable and unified entity to behave in seemingly various ways. Although there is a general tenor of character and personality in the kind of events, there is no aforeset series of actions, beliefs, thoughts and beingness upon which one may count, not for anyone, not at any of your times. Each entity is free, within that cocoon, but free. If it does not wish to become a butterfly it may leave the cocoon, and be pupa and larva and so forth once again, eating and growing and preparing.

The state you call marriage is that cocooned, protected state in which two entities vow to enhance their service to others by joining together, and to enhance each other's personal polarity, creation and creation of service to others, each for the other. It is an absolute ideal which flies in the face of the illusion. It is a claiming of eternity where before there was a passage of time betwixt physical birth and physical death.

Now, there are many who do not experience this in the marriage ceremony or in the marriage. This does not mean it is not real. It means that it has been unnoticed, unvalued and unused. Those who asked this question wish to use the cocoon in which they have placed themselves for the purpose of supporting each other, and supporting an enhanced collaboration for the service of humankind. When the relationship, because of outer or inner circumstances, may change, then there is outward as well as inward pressure placed upon the close knit intimacy that has gone before. Each entity, then, is experiencing two separate kinds of catalyst: the catalyst from within, the catalyst from without.

The catalyst from within comes as two entities discover their helplessness. It is not usual for entities which are not in a stressful position to experience helplessness. It is the nature of each entity's instinctual mind to protect the self. Thus, one goes from protecting the self from one's own negative 180 degrees, to protecting the self from the negative 180 degrees of an intimate other self. This protection is done, as always, through the fear of annihilation. Entities so close must, at last, it is thought, blow apart because they cannot breathe.

We suggest to you that this image of the cocoon is that of a cocoon without substance except for light. It is indeed a place for transformation. It is indeed a place where every ounce of humility and humbleness and peacefulness and compassion for the self and for the mate will be endlessly useful. But at heart, the only answer to fear is love itself, whether it is expressed in faith, in expressions of hope, or in a simple, inarticulate embrace, indeed, expressed in any way whatsoever that is understandable by the two within the cocoon.

This is the key to moving into harmonious mirroring once again, to remember that you are truly inharmonious not with the other, but with the self, and that the other has been a mirror to you, a painful, honest and rather irritated mirror. This does not mean it is necessary to placate the mirror. It is necessary only to give thanks for that mirror that is causing you, seemingly, such pain, for it enables you to grapple with spiritual principles and issues of which the self has not been aware.

It is very difficult for a well working spiritually oriented mated couple to be blind-sided and surprised by the difficulties of mundane life, for in

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that mated relationship which is sturdy, the structure has been built with love, with creative love. That cannot be defined, but we may say that romance is not a deep portion of the relationship that achieves oneness, but rather love itself, and the shared work of creating a stable and unified home of love. That is the beauty of the successful, continuingly agonizing, but continuingly hoping and thankful cocooned mated couple. Two people seeking together, trusting themselves, trusting each other, and trusting in love.

Hope, trust, charity, love; these are only words. The reality lies deep in your hearts. Move, you poor in heart, into the richness of the heart visited by infinity, and see butterflies dancing amidst a metaphysical field of infinitely beautiful flowers. This is a gift you are paying for that will not be delivered within the incarnational experience for longer than moments at a time. You see the struggle, you see living in a sardine can, living in a cocoon. We see the maturation of a thing of surpassing spiritual power, delicacy and beauty.

We thank you for this extremely interesting question, and feel that it is especially interesting as so many among your people are dealing first with the war that is outside, and perhaps only then becoming honest enough to see the planes of Megiddo within the heart of every third-density entity. Yes, you struggle, and may we encourage you to struggle, wrestle, fight or relax, and rest and observe, completely depending upon each entity's personality and needs. It is indeed greatly worth the doing, and is in fact the beginning of the learning process that creates the social memory complex. It begins with you and yourself. Come into harmony with that precocious, maddening self. Forgive it, love it, accept it, and you shall be prepared to work at your lessons of love as mates.

We wish all mates strength and courage and persistence, for love is far more than you think it, and each mated entity is the beginning of love made visible, even in third density. Lose not your interest in psychic greeting, but with these thoughts observe for yourself those opportunities created by a lack of humbleness as regards the nature of the self.

We apologize for speaking overlong once again. Indeed, we have never been more surprised to find the time pass. We feel this instrument is moving more and more away from awareness of time. It is not giving us data because it does not have it. Although this is acceptable to us, if there is a desire for a shorter format, we might suggest some outer stimulus, for without this instrument's awareness of the passage of time, we have none. We would appreciate your aid if you wish us to speak more economically. Let us know not when the time to speak is through, but when, perhaps, there are five or ten of your minutes before the desired end, and we shall do our best to comply. We leave this matter in your hands and in your free choice, for we are always willing to speak as much as you would desire.

We would like to close this instrument through the one known as Jim. We leave this instrument in love and light and in joy that we have been able to offer our opinions to you. We do hope most humbly that some of what we say may be helpful, and, as always, ask each to take only those things which are helpful, abandoning the rest as truths not for them. I am known to you as Q'uo, and I transfer at this time.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. If we have not overworn our welcome, we would ask if we might be of further service by tending to any queries that you may have at this time. Is there a query with which we may begin?

Carla: *(Inaudible. Essentially, Carla said she would have to review and digest the material given and then would probably have questions at a later time.)*

I am Q'uo. Then we are satisfied that we have served to the fullest extent possible at this time, and we are very, very grateful to have been able to share that which we have shared with you. We find that these gatherings are delicate in their tuning and powerful in their desires to know more of that truth which shines equally upon all. We thank you for offering your queries, your desires, and your selves to these circles of seeking. We are thrilled at the light that is generated here, and we shall take our leave of this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends, adonai. ♣

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Sunday Meditation
January 20, 1991

Group question: The question this afternoon is a continuation of last week's question concerning the harmony that is possible to be generated within a mated relationship, the problems that we have in experiencing disharmony, even though we attempt very much to be clear in communication and compassionate in communication. We are wondering this week if there is some relationship between the various portions of our characters or personalities. We find that there are different aspects of ourselves that have different ways of expressing, and that are perhaps even contradictory from time to time. Is there some way that we can gain a greater understanding about increasing the harmony in a relationship by integrating or becoming more aware of those various portions of ourselves that seem at times to be at odds with themselves?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. I am Q'uo, of the Confederation of Planets in the Service of the One Infinite Creator, and I thank you most humbly for calling us to your circle of seeking, and for giving us the opportunity to talk upon this subject. Indeed, it would be well for all third-density peoples to examine well not only the answers to questions such as this, but the questions themselves, for the seeds of truth lie not within answers, but within questions, and it is the more skillful spiritual student who pays attention to the questions that his incarnational experience generates.

How, indeed, to live in harmony with the self or with another? That is a dilemma for those of your density, locked outside of the knowledge of others' true resonances, and seeing only that tip of the iceberg which is behavior. How can entities choose most wisely, especially when they require of themselves a choice which must be made, often before the entity is aware of its deeper desires? Consequently, many mates and many behaviors are chosen because of shallow and petty reasons, reasons which will not endure, truths that will not hold.

Let us again begin within the self. What is it that causes an entity to feel that it is self-contradictory? Indeed, it is a fact that entities are self-contradictory. This is a part of the illusion that may be taken as truth for the purposes of learning. Like all other portions of the illusion, there is no permanent or lasting truth connected with this personality that you experience as yourself. Indeed, you have simply taken on a personality, a solidity, an incarnation, in order that your consciousness may experience this very illusion of separatehood. Not only are you within your physical vehicles apparently separate from all other solidified entities, but within yourself you are apparently solidified into various portions, or voices, or personalities within the self which are responding to various stimuli.

Let us use a created example. Let us say that a seeker has a father, a mother, a brother and a sister, and perhaps one other relative which has affected interaction with the seeker at very young ages. There is within the capability of absolutely every behavior possible. That is true not of those who are seemingly evil in their behavior or negative any less than it is true of those who are seemingly very positive in their behavior. Behavior is simply a way of responding in a situation in which it is not safe to be. Consequently, the personalities that do not seem to be congruent as one integrated self are most often those voices that spoke when you were helpless in the years of your incarnation before you gained any maturity or strength. These voices were powerful; you were not.

The voices, however, were not often, in some cases, kind. The voice of the father, perhaps challenging in one way, perhaps refusing to consider any point of view but the father's own. The mother's voice, perhaps a particular mother was cowed before the authority of the mate, and did not choose to stand with a child, even if the child might be in some sense correct, if the mate, the father of the child, wished to exercise negative authority. Perhaps the brother, the sister, the aunt, put one in a bullying position, or only bullied the seeker. There are many, many hurts that to a mature and independent entity are only scratches, but before the infant has created for itself a nexus of experience full enough that it attempts to control its environment, it has been compromised into fear by the voices that it hears that have power over it, and so the seeker develops behavior.

It is a role directly at odds with being, because it mimics being, often perfectly. One can behave, although one is under great stress if one does, for all of the entire waking hours of its day. One can choose never to be simply as one is, and instead one may simply respond to each situation with the appropriate voice, the appropriate behavior. This is a life lived in primary fear. The fear is reasonable for the small child. The same fear can be employed by the self as a learning tool if the self is able to decide for itself that its choices will no longer include those drawn from the soil of fear.

Each entity to whom we speak is what you call adult. Within the adult there lies the universe, and this creates in you great treasure, but it cannot be known to you except insofar as you release fear and the behaviors that it brings into being. When, for instance, an entity who has been terrorized by a parent finds itself in a position where it must make a decision, a hard decision with which it must live, it experiences the fear of that voice saying "You, you small child, could not possibly have the wisdom to make the correct choice."

Let us reexamine this voice, this portion of the personality that you think is your own voice, but in fact is not. That voice speaks fear, but what have you to fear? Shall you be wrong? Mistakes occur. Out of that wrongness, no matter what it is, a desirable and beneficial result will take place, for in the mistakes that are seen in men's eyes are the happenstances of spiritual evolution as seen in the eyes of a living spirit of love. What is feared? Being wrong, being foolish.

Let us put this in perspective. Do you fear that the wrong decision shall cause your physical death? That is unlikely, and yet perhaps that can be taken as the worst possible outcome. Gaze at that outcome. Do you fear entering larger life? Do you fear leaving behind the pain and the heaviness of third-density illusion and entering into a creation more filled with light, feeling and knowledge? My friends, this is an interesting thing to fear, indeed. Yet, this is the worst that can happen to you.

Let us recall to your minds the basic purpose of third-density incarnation. You are here to make choices. It is imperative that you make choices. If the choices that you make are unskillful, that is acceptable to the infinite Creator. The process of making choices creates in the seeker more and more skill at the process of making choices. Like any other process, choice making improves with practice. If one is able eventually to claim and name all of the portions of the personality, one is then able simply to say, "I know not how these portions of myself fit together, and I lay that before love itself, for I know not what to do, yet love knows that which is the very best for me, and I will allow that love to lead me, and I shall follow."

We are aware that this seems in some ways very glib, because the tearing and rending of the self, as one develops in maturity, is certainly most painful, and almost impossible to understand while it is going on. It is necessary only to understand that all things within the self, though contradictory, confused, and to whatever extent unenlightened, are acceptable, beloved, and supported by the one infinite Creator,

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and by that spirit of love that moves with you and is your companion at all times. There is no way that you can move away from love, except by ignoring it because of fear. You see, to the Creator, you are never guilty, you are never unaccepted. To the Creator, you are always in a paradise, but each of you is in an illusion which decries the apparent inaccuracy of our previous statement, and it is only by faith that you may feel that love, that acceptance, that forgiveness, and that support. It is only by faith that you may continue standing when you feel that life has cut you off at the knees. It is only by faith that you can stay alive when you feel that your life is not worth the living.

Feelings of despair are normal portions of the experience of humankind in third density. There is no negative feeling, passive or active, of which you are not fully capable, given the appropriate circumstances. It is vitally important that you are able to see that, scattered as you may be in this illusion, there is within you a center, a core that is the very treasure of all that there is. Within you is a spark of love that whether you wish it or not, unifies you, not within the illusion, for there you must struggle to learn, but within that underlying reality of your spiritual self.

Let us gaze one last time at the struggle of the self with self. Which portions of yourself do you like? Which portions do you not like? You may write these things down about yourself, or you may trick your conscious mind by attempting to write down those things which you like and dislike about an entity whom you truly, seriously, have arguments with, or dislike. When you write down those things which you are willing to give to that entity that are of goodness, and when you write down those entity's faults with which you are so in a struggle, you will discover that you have written about yourself. This is a useful exercise for learning how each entity within the illusion of third density distorts the love and the light that moves through the universe in a way unique to itself.

It is well to trust that all the personalities within have made their own quite lucid unification. It is equally clear that an entity cannot express at the same time all of that which it feels, thinks and is concerned about in a situation. There you have a window into the process of making choices. Come to know the voices that speak within, not so that you may silence them, necessarily, but so that you may recreate a list of priorities in which those voices and the behaviors that they have caused are of a far lower priority than the self forgiven, accepted and loved in the present moment. Claim this self, for this is who you are. There is no you but you. You are unique, a child of love who has made choices. Whatever you have done to this point, know that this is a new moment, as is each moment, and that all choices are equally open to you at all times. Yes, you must bear the consequences of the choices. One of the beauties of this density in terms of its being an excellent environment for learning is that entities are indeed held responsible for their choices. This enables the spiritually growing self to be aware of the importance of making choices.

Now, let us look at the kind of choice that you wish to make, whether it is for yourself or for another. First of all, if the Creator loves and accepts and forgives, is there a significant rationale for refusing to accept to love and forgive either yourself or another entity for behaving or being in a certain way? Here is another question. Can you see in the behavior of yourself or another the consciousness that lies beyond, beneath, above and around that behavior? Have you any clue as to the nature of that entity's unique being? Remember that this is a place for positive action. Positive action in third density is not simply in the arena of the body, but in the arena of the mind. If you find yourself judging, belittling, demeaning or engaging in other negative interactions with yourself or portions of yourself, or with the behavior of others, take a breath, stop, rock back on your mental or emotional heels, and ask yourself if you are appreciating and respecting the freedom and the beingness of yourself or another, for it matters not whether you are dealing with yourself or another. Respect for consciousness suggests that you and others are equally worthy of respect, care, attention, service, and above all, love.

Another question that is fruitful to consider is whether you expect an outcome from yourself or another. To ask of yourself this and this and this outcome is, in the way of making plans, simply a sensible process. If the plans that have been made are not possible to fulfill, then it is the wise seeker who does not waste time bemoaning the undesired outcome of some action or thought. Any action or thought done in order to please or palliate or expedite or control situations is also behavior that will likely engender the harsh edges of other entities'

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personalities, for when one acts through fear and attempts to control the environment of one's incarnation, one is also controlling other entities. Usually, there is rationalization given to the controlling of other entities for their own happiness. However, to the one being controlled, any control whatsoever feels like interference, and consequently the fear within that entity comes alive and moves to defend the perimeter of that personality.

Relax the mind now, and see all solidity fly away. You are not solid entities; that is an illusion. You are not your behavior; that is part of the illusion. You are yourself and your choices and the deep biases that they bring. If you attempt to define yourself in permanent terms while in this illusion as anything but a student who is attempting to learn the lessons of this classroom, you have moved into an area which will be confusing and debilitating.

At this time, because of the sleepiness within the circle, we would choose to conserve this instrument's energy and simply ask if there are any questions that we might answer before we leave this group this evening. Is there a question at this time?

(Pause)

I am known to you as those of Q'uo. We are most pleased at being able to speak with you further upon this interesting subject. There is no immediate end to the number of ways to address this subject, and we are happy to speak more upon various aspects of it as you gaze upon this material and are able to ask further questions, if that is what you would desire. We are most pleased to speak further at another working.

In hopes that you may truly love yourselves and one another with confidence and faith, we leave you in the kingdom of eternity that this basic attitude delivers you into. We thank you for the beauty of your vibrations and for the peace of your seeking. In its persistence and depth there is a beauty not often seen among your people, and we are humble before third-density pilgrims such as you who struggle and weep and survive to hope and have faith and love tomorrow. Move that tomorrow, my friends, into the present moment, and never let it go, and you shall be one, and all shall be well. And when you cannot do this, forgive yourself, accept yourself, and love yourself, for these are the tools with which you learn to love all that there is.

We bid you adonai. We are known to you as those of the principle of Q'uo. We leave you in the love and the light of the one infinite Creator. ♣

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Intensive Meditation

January 24, 1991

(Carla channeling)

… the satisfactory challenging process, because it had not declared itself specifically in a metaphysical manner, that is, it did not declare what symbol, story or ideal described best the metaphysical center of this entity's passion, intensity and essence. As there was no clear essence, this entity was unable to challenge in a matter—we correct this instrument—in a manner satisfactory to the instrument.

It was not until the instrument walked back over the road of its own declaration of self, that the necessary, specific declaration of Jesus the Christ as this particular instrument's center of being, that the tuning was complete.

We suggest to all instruments that their tuning be as specific and clear as is possible. That it be ultimately honest and truthful, and that if there is not the passion felt at the beginning of the tuning process, the tuning should extend until passion, intensity and essence are, once again, revealed to the self through the process of tuning.

We would at this time transfer this contact to the one known as K, with thanks to this instrument for allowing us to use it. We leave this instrument in love and light. We are those of Hatonn.

(K channeling)

I am Hatonn, and greet each of you once again in love and in light through this instrument. It is, as always, a great and esteemed pleasure to have the privilege of working [with] this group, for we see the dedication of each here and appreciate it, for few there are among your peoples who have the courage and will and faith to continue upon the path in the darkness, sometimes with the aid of the moon's light and many times without it.

We would speak to you this evening on the subject of passion, as we believe it is most central to each seeker's journey.

Your peoples are much motivated by goals, by ends to reach, and a great portion of the consciousness of each throughout the day and even throughout the lifetime is directed toward that which is sought to be attained, that is that which one does not have presently.

These goals or ends are many types. Some may be deemed to be lofty, worthy of attention and dedication, others may seem to be more shallow in nature, having to do with more temporary players and comforts.

Many seekers on the path may pride themselves with in keeping a certain goal before the eyes of the mind as an end to pursue and, indeed, we are not

suggesting that this should not be thought of. However, the attention belongs not on the goal the seeker is reaching toward but on the present moment which contains the process of the seeking and, indeed, all that there is.

Each of has, as a goal, the pursuit of the mystery. This recedes ever before us and in finite terms, is quite unattainable. Nevertheless, we still strive to know of that mystery what we can and to become of it what we can. It is well for this to be a part of the awareness.

The concept of an infinite mystery, because of the almost total lack of ability to comprehend such an idea, will be for most an unlikely source of passion in the day-to-day life. This is why we recommend that each find the particular mythology or symbolism story or even cosmology that pulls at the heart of the being. We do not attach great significance to what particular mythology is chosen or even that one be chosen at all, if it is possible for the seeker to generate the intensity of passion necessary when focusing on so nebulous a concept as intelligent infinity. This is rare among your peoples.

Thus, it is advisable that study be undertaken until that which is found to resonate within the heart of the self is discovered and then that particular path be focused upon and pursued with all the intensity and passion that may be mustered from within the self. We realize that this is easier for some among your peoples than others. We also realize that passion is thought of among your people as primarily a particular emotional state. We would suggest to you that is not necessarily so. There are those among your peoples who find it easy to feel passionate about one thing or another. This will aid them in their search. However, for those to whom this kind of feeling does not come easily, we would say that intensity of passion consists in large part [as a result] of focused will and faith, that an entity whose pursuing its chosen path with its will focused and intensified, proceeding by faith in the mystery beyond the story, that this is a passionate seeker, whether or not the particular emotion you may know of as passion is subjectively felt. The opposite of passion in this sense may be seen simply to be a lack of interest or focus, the blowing with the winds of comfort and convenience. That is so typical of many of your peoples.

At this time we would transfer to the one known as Jim, thanking this instrument for its efforts in maintaining the contact. We leave this instrument now in love and in light and transfer. We are known to you as Hatonn.

(Jim channeling)

I am Hatonn, and greet each of you again in love and in light through this instrument. It is our privilege to be able to exercise each of the instruments in turn.

We are very happy with the work that has been done this evening by the one known as K. This entity was able to pick up the contact after noting its growing faintness on a couple of occasions. We see this as a maturing of the instrument in that there is not the loss of concentration that would inhibit again perceiving the contact's return. We were hoping in this exercise to strengthen the instrument's confidence in its ability, not only to perceive our contact in its initiation, but also to be able to do as it did, that is to wait patiently for its return and to begin again without undue concern. We would, at this time, offer ourselves in the attempt to speak to any queries which those present may have for us. Is there a query or concern at this time?

K: What would the cause of the contact becoming more faint at times?

I am Hatonn. The initial growing faintness was primarily due to fatigue upon your part for both the mental and physical complexes. As we noted your patient awaiting of the ability to receive our contact again, we then initiated a second experience in order to do that which we have previously described, that is, the observing of the patience, the dedication, the focus of the attention and the reestablishing of the contact. Thus, a chance occurrence was our opportunity to allow you to work upon these areas which are more and more important as an instrument matures, for the ability to maintain concentration and an open channel when the opportunity to be distracted is presented is the practice of being a more mature instrument.

Is there a further query, my sister?

K: In the end I was waiting again and I was interested in continuing, if possible, but I didn't seem to be getting anything. Was that because I was judged to be too tired at that point? Or did I just not wait long enough, or was I just not perceiving fully?

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I am Hatonn, and we noted the low energy level toward the latter stages of your exercise of your instrument and decided that after a significant amount of your time had passed, and the contact was not then reestablished, that it would be well to allow the amount of work that had been accomplished to suffice for this evening. Thus it was both a case of the expression of your aforementioned fatigue and our desire not to overtax your instrument.

Is there a further query, my sister?

K: Not at this time, thank you.

I am Hatonn, and we thank you, my sister. Is there another query at this time?

Carla: I have noticed that the conflict in the Middle East has coincided with the growing consciousness, first of restlessness, then of anguish, then of actual metaphysical pain in my own field of consciousness. Is this my protection of my own personal feelings? Or is there an actual energy which is expressing this to me, which is, shall we say, audible to the inner ear *(inaudible)*.

I am Hatonn, and we are aware of your query, my sister. We are happy to speak on this topic to the limit of our ability but we must preface our response by saying that the answer is drawn from many levels of experience for you at this time. There is the growing sensitivity of your instrument due both to the increased exercising of your instrument and the conscious application of your art. There is also the press of pain which has continued for a great portion of your time which also tends to make your instrument more sensitive to any vibration or stimulus of any kind which comes within your auric field. There is also growing upon a planetary level a sensitivity that is a portion of the mass consciousness, shall we say, of your peoples due to the nature of your communication systems being so widespread and nearly instantaneous in reporting that which occurs in that area of the Middle Eastern nations at this time. This conscious sensitivity is a portion of the experience that one may expect when your peoples are eventually able to blend each consciousness into a group consciousness or the preliminary social memory complex. The disharmonious vibrations are those easiest to perceive and those therefore that are now being noticed by this beginning social memory complex. Those of your peoples that are the most finely tuned or sensitive in your terms to stimulus are those who are the first to be able to tap into this perception of the group mind of the disharmony in this portion of the planetary sphere.

As one who is not only sensitive but increasingly so, you have within your electrical bodies begun to resonate in an empathic fashion with the pain of your planet, to put this in simple terms. This can be quite distressing when there is no immediate or comprehensive manner of protecting the self from such intrusions of vibration without also causing some numbing of feelings, shall we say, in other areas of your experience as well. However, we may suggest that you may end your prayerful moments and in those of meditation as well, [creating] a simple image or short prayer that sends love and light to all those who feel pain in the Middle Eastern nations and around the world at this time, and which sees this experience of pain as being a portion of the perfectly balanced mystery of the one Creator expressing upon your planet at this time in order that those who are concerned with this kind of transmutation of energies might be alerted to the growing opportunity to burn off that which is disharmonious in a vibratory nature by attending to the vibrations of disharmony with the sending of love and of light, to be utilized in whatever manner is most appropriate. This may be a prayer, an image, a feeling or take any inward form that has meaning to you. It may in your case be given to the one known as Jesus the Christ as a prayer for intercession.

Is there a further query, my sister?

Carla: I have a feeling of what I can't get away from. That *(inaudible)* George Bush, than, man *(inaudible)* is the only affirmative thing that I can do with this realization is to let Jesus speak *(inaudible)*.

I am Hatonn, and we would suggest, perhaps, one further possibility in that as you move through your daily round of activities, you may see those activities as being those opportunities to give love, to make the choice to give love and compassion that are analogous to the movements of energy now occurring in the Middle Eastern area. This would allow you to move the energy of these feelings of identity through you in a manner which is of a service-oriented nature, in congruency with that desire to express love that is portion of your nature as well.

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You would be in effect carrying out an interior psychodrama, shall we say, that you have identified with, as you begin to experience the creation as that which is contained within you and in so allowing this energy to move through your being would then begin to transmute those feelings within yourself of the identity with each of the aforementioned entities so that that which within yourself identifies with lesser qualities, those which are yet to be accepted, would then be available for the acceptance within your own being as your feeling of identity with these entities and those portions of your self which they energize might be completed.

Carla: Okay. Thank you.

I am Hatonn, and we thank you, my sister. Is there another query at this time?

Carla: No, thank you. Thank you very much.

I am Hatonn, and are also full of thanksgiving that we could be a portion this group's exercising of instruments this evening. It is not often that we are able to partake in this way with this group, for its desire to seek and to serve have called to it other entities that are equally as willing to join in your seeking and who are also as thrilled as we to be a portion of this working. Thank you, my friends. We are with you always in meditation and available for the deepening of your meditation at any time that you request such. We walk with you upon your great journey and observe with you in awe and wonder as the planetary consciousness begins to look ever more clearly into the mirror of the self and begins to work upon that giving and receiving of love that is the healing of all wounds and disagreements.

We shall take our leave at this time of this group. We are known to you as those of Hatonn, and we leave you in love and in light in the presence and in the mystery of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 27, 1991

Group question: The question this afternoon has to do with fear and the various ways in which it expresses in our being. We have various ways of experiencing fear. Some of them have to do with relationships with others; we curtail certain thoughts, feelings or actions hoping that we won't excite the response from another person that will cause that fear in us to be realized, or we don't curtail the action and we express violently, angrily and become fearful of the emotion itself, also, fearful that it might have repercussions, causing a disease such as cancer that would be a way to point out the distortion so that we would work on it. We have, of course, the concept of love, in which we feel and believe that love can overcome fear, can heal wounds, but how does one put love to work in one's life and make the balance again come into being? How do we overcome, or is there an overcoming? How do we work with fear, and how do we bring love to bear upon the situation?

(Carla channeling)

We are those known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator. We greet this instrument in the name of Jesus the Christ. We thank this instrument, as always, for the care with which it prepares for contact, for it creates the secure contact, both for us and for the channel. May we express our appreciation and gladness at this opportunity to blend with your vibrations. The beauty of your seeking is beyond telling, and the continuing growth in harmony within each in the group and within the group is also a pleasure to see growing. We are much in appreciation of this circle, and would address the question that it has put to us at this time.

Fear is an experience in which an entity perceives itself as helpless, and therefore a victim for those who are powerful. The infant is born into a fearful environment. Whereas within the womb the infant has warmth and secure cradling, a constant supply of food and liquid, and the reassuring heartbeat and enfoldinq maternal love of the entity which carries it, it suddenly experiences exposure, wetness, coldness, pain, stricture, and vastness, enormous, unbelievable vastness. Against the cold, the damp, the vulnerability and the lack of easily perceived love, the infant has no power or control. It is helpless. And so the life experience of an incarnate entity begins, rooted completely and solidly in fear.

To this original bias are added the many, many ways in which larger entities may create perceptions of helplessness in their dealings with smaller entities. When a larger entity disapproves, corrects or simply says no, the smaller entity has no power of appeal past its ability to use the language. Even if it does use the language it is not likely to be heard, or if heard, grasped with any degree of respect. So, the entity experiences throughout the years of being small and

human, more and more reasons and occasions upon which fear has been perceived. During these same years perceptions of love have also been received. In some cases, either the young entity perceives all that the parents do as beautiful and loving, or the parents are actually creating a supportive, loving and helpful environment in which the child perceives again the heartbeat of love that moved from the mother so easily to the heartbeat of the child in the womb. However, it is most likely that entities will have chosen situations within the childhood that will specifically sharpen and make keen some of the primal fears with which the entity began the incarnation.

If fear is not a mistake, then it must have been planned. The plan of learning in third density is the plan of creating opportunities for entities to make choices. These choices need to be made freely and without duress. To cause an entity to allow fear to evaporate and to turn instead and embrace love is acceptable. But to cause an entity to do so is an infringement of free will. Consequently, it is just as incorrect for an entity to cause itself intellectually to turn to love as it is for another to evangelize, and pull the unready or unripe entity away from the fear which it needs, that it may embrace a love which it as yet is not able to embrace.

In the mature years of life, when the basic elements of physical security have been established, when there is food, clothing and protection, then it is that the entity's mind is free to consider how better to experience the incarnation than it may experience it at the present moment, and the first notions that entities tend to bring to the mind's eye as undesirable are those emotions which cluster about those things which are feared by the entity. These are perceived as personal, difficult and uncomfortable. Perhaps the key in finding a larger viewpoint of how to gaze at fear is to move backwards and see that the nature of the self being infinite, it cannot consist in finite matters. The fear is not finite. It is spiritual material, or catalyst. But the fear becomes a catalyst seriously taken when that which is its object is accepted as a real object.

In other words, if one were aware that one were viewing a three dimensional movie, and then one saw the car coming at one, one would scream, but with delight mixed with the fear, for one would be aware that this was a special effect, an illusion created by technological and advanced methods. However, if instead this same vehicle rushes towards the entity within the illusion which is called the incarnational life, this auto is perceived not as illusory, but as real and dangerous, and the illusory physical vehicle instinctively jumps out of the way. No thought need be taken, for the instinctual physical vehicle moves on fear, away from discomfort, far more than it moves toward truth or beauty, dignity or grace, in existence. It asks only that it not be hurt, and that it be fed and maintained. This is the portion of the self that fears. It fears because it does not perceive itself as an illusion.

Let us gaze at this statement. Do each of you perceive yourselves as an illusion? Or do you feel that you yourself are real, dwelling within an illusion? It is our opinion that in a very important way each in third density is, indeed, an illusion. The portion of the intellect that identifies itself and its consciousness with the continuation of the physical vehicle not only acts within the illusion but is, in its very nature, an illusion. For the goal of consciousness is not to preserve the incarnational experience beyond its natural length, and the length natural to any incarnation seems quite arbitrary to the entity which continues until it does not. There are, however, rhythms, and a natural death, no mater how violent or quick, is that which is a part of the function of the illusory vehicle within the illusion which it has been made to enjoy and from which it has learned.

So you may see all of these fears that you experience as illusion perceiving illusion. What is yourself? Is it an ounce of this, or a cup of that? Can you locate yourself? Is there a point about which your consciousness is fixed? Not within the illusion, my friends. Not within the illusion. It is part of the illusion that you perceive yourself as a fixed self about which radiates the entire universe. You are, however, not fixed. You are not fixed. You are not fixed within the body which you inhabit. You are not fixed within the choices you have made in the past. And you are not fixed in your perceptions of your own nature. Your own nature, in fact, is infinite and therefore cannot be in any way fixed. You do not have the need for mass. Your nature is that of light. Light is created by one thing only—love. Because of free will you experience various things, and because of the perceptive web of your physical vehicle, because of the way this vehicle's

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mind takes in data and prioritizes it, the untutored soul will pay first attention to those which it fears, but only in order to avoid them. Now, if you do not have a fixed self, you are not a target. Fear is always of some thing, and you are imperishable light. What do you have to do with things?

Turn then, in blind faith, when you fear, and look at what you fear the most, as long as you may. It is no shame to be unable to do it very well. It is, however, to be hoped that the practice would continue, and continue, and continue, for in each seed of fear that your infanthoods and childhoods have sown, there are collateral and dependent sub-fears which radiate out from the solidification given to this point of fear. When one examines the object of the fear one will find that which is of love, made of light; a situation, a creature, a concept, whatever is feared, which has been created by the infinite One, by logoi, sub-logoi, and most probably largely solidified and made fearsome by the sub-sub-logos which is yourself.

Turn and look at the object of fear. Define what it is you fear. Much of the fear of things is that they are making you feel helpless and powerless. Look at these feelings. Look at the object of these feelings. Leave the feelings completely and gaze steadily at the object. See it. Perceive it. In and of itself it does not stimulate emotion. It simply is. The fear is an entity which is a kind of quality. Only by choice can it be attached to any object. It is a modifier of objects as your adjectives are modifiers of words. As nouns are distorted by their qualifying elements, adjectives, adverbs, dependent clauses, so is your consciousness disturbed by fear, when it has been attached to an object. Detach it from the object, and you may see that it is not your fear. It is not anyone else's fear. It is a quality known as fear which modifies the opinion of an entity who chooses to perceive through the lens of fear some certain object. Remove the fear; gaze at the object. You cannot own fear. You can only borrow it from the stockpile of possible qualities. Like all negative and positive emotional sets, it is not personal. It is not yours. It is not anyone's. It is a potential quality of feeling and thought.

Now, let us turn and ask ourselves why this fear is necessary spiritually. Each is aware of the nature of third density. It is a density of opposites. Where there is love, there is fear. Other terms for love and other terms for fear exist. Where there is good, there is evil. Where there is light, there is darkness. Where there is hope, there is despair. Where there is compassion, there is bigotry, prejudice. Where there is life-saving grace, there is life-killing brutality. The spiritual entity must face the fact that it always has a choice. It does not feel, seem, appear or look to the senses as though in many cases one had options. Examine any situation which seems without possible options for the feeling tones of fear, whether they be angry fear, frustrated fear, terrified fear, or the fairly purely perceived fear of helplessness and powerlessness. Lack of control is the basis for reaching out and pulling into the life experience this quality of fear. It is a simple choice. When fear is felt, and after it is recognized that the self is not fixed, and it does not have to fix fear to any object, it then is aware that it may proceed further, and gaze at the object of fear to find a positivity or affirmative quality which may be seen to be that which love offers in that same object of attention. You cannot blink when you gaze at the object which is causing you fear, because it is up to you to choose how you shall respect this object. Shall you respect it by fearing it, by bowing before it, by accommodating yourself to it regardless of the cost? Or shall you relate to this in love, offering it the respect of compassion, and, in many cases, the appreciation of, and respect for, opportunities that may seem very, very challenging?

It is not an easy process to balance the fear within the life pattern. At all times, the body which you enjoy will have its instinctual life to live. There are things of which it is appropriate to be afraid, unless one wishes to end an incarnation. These things are learned, enter into the automatic portion of the mind's clear memory, and before the mind can even think, that memory which is almost muscular moves one out of innumerable situations in which life, limb or some other quality would either be terminated or made very uncomfortable.

This is an acceptable portion of the instinctual, red ray energy, and not to be confused with fears which have an object which does not, in and of itself, cause all who observe it to be afraid. When an entity chooses to dwell in love and to accept all that is given without fear, the degree or quality of love which it is possible to perceive is greatly enhanced.

Like any other portion of a life in faith it is not the first determination alone to look at a fear which delivers one from fear, for fear may be attached to any number of objects. Consequently, it is to be

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expected in the life experience of one working spiritually that the evolving self will repeatedly experience a fear of something, and always the situation must be gazed at apart from the fear. It must be seen that fear, like love, is not something one can own, but is an energy, or a quality, or a vibration, which is allowed by the entity to move through the being of the entity and to radiate a certain kind of vibration.

The vibrations of negative emotion are most uncomfortable, especially to that portion of the self that is attempting to become more loving. But one cannot move from fear to love and expect love to overcome anything. This is a misunderstanding of the suggestion that love does cast out fear that is found in your holy works. Love is not aggressive. Love does not cast out. Anger may cast out, but that is not clear, openhearted love, but rather a blocked, and incorrectly or inexpertly expressed love, even if the one to whom you refer is known to you as Jesus, as the entity is recorded to have thrown over tables upon which lay money made by priests, not for the glory of the Creator, but for the betterment of the priests' pockets. It must be understood that this entity was capable of error. This entity acted out of a kind of fear called anger. It is a kind of moral or ethical feeling common to those with ideals when dealing with that which your peoples call politics.

Fear, and the expression of fear, can be balanced by looking at the object of the fear, and then allowing love to teach, from within, in its own time, amidst confusion and darkness, how to see that same object affirmatively. Thusly, love casts out fear when love is invoked as a quality which will modify the noun of that object. Fear is no noun; fear is not a thing. The self which fears is not a thing, but an experiencer of illusion. Learning spiritually involves moving beyond that illusion in blind faith, and invoking a higher truth, higher than can be comprehended by the mind within the illusion. One must trust one's heart for spiritual wisdom, for it is not within the mind. The mind overcomes, the heart loves, and when the heart is actively loving an object, fear does not have room to modify that same object, unless the love is not complete. And when one sees oneself in mixed feelings, one must once again face the object, for it is that catalyst to which you may choose your response. You may choose creatively, you may choose positively. You have these options at all times.

Before we leave this instrument we would like to express that it is understandable in the extreme that this concept is difficult to put into practice in the third-density life experience. It is the calling into action of higher truths, of non-word modifiers to word-type objects. You invoke a concept to modify a word. You invoke infinity to modify finity. The subtleties of this process are many, many layered. As you unearth one layer of a circle of fear within personality, you are not finished, for you will find a deeper layer, and a deeper, and a deeper, until finally you find yourself in the womb being forced out, and learning what it is to feel abandoned, helpless, and above all, completely alone. That is fear, and you are no longer helpless.

We thank this instrument, and would now transfer. We are known to you as Q'uo, and leave this instrument in love and light.

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each in love and in light, and we would offer ourselves at this time to any who may have a query for us. Is there a query to which we may speak?

Carla: Not for me, thank you.

K: I'm going to have to look at that, and may have some questions at a later time. Thank you.

I am Q'uo, and we thank you, each of you, once again, for offering us this opportunity to speak to you and to offer that which we have found in our own experience to be helpful on the topic of fear. It is a topic which each of your entities has a close relationship to because of the very basic nature of those animal selves which we find you have been discussing somewhat within your own personal correspondence and thinking. It is a subject which can cause one consternation and confusion. We hope that we have been able to place it within a perspective so that you may observe it without undue distress.

We shall leave this group at this time, looking, as you say, forward, to that opportunity that we may have again in your future to join you actively. We are known to you as those of Q'uo, and we leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Intensive Meditation

January 31, 1991

Group question: The question for our intensive meditation is: Discuss the male and female relationship—why each of us is born with a desire for a committed love relationship with another person, yet why it is so difficult to obtain.

(Carla channeling)

Greetings to each of you this evening in the love and the light of the one infinite Creator of All. We are pleased, as always, to be asked to join this group for the purpose this evening of the exercising of the instrument. As you know, it is our service to work with you and you offer a service to us in allowing us this opportunity. For this, we thank you.

We would, as always, ask each to use the faculties of discrimination to the fullest extent to which they have been developed, in listening to our words this evening and at any other time. Indeed, we urge that this be the approach to all the information encountered by the seeker, as each is responsible only for the self, for the thoughts and words and deeds that proceed from the self and create the world about each. There is no other entity who knows you and your path, no other entity who is capable of judging what is appropriate for you. So you must each do it for yourselves and for no other.

You wish information this evening on what many view as the most central core relationship known to your peoples. We would agree that the relationship between man and woman is important in many ways, but we do not agree that it has the most central importance. The relationship of central importance is that of the self with the self. Information has been given on this and each is urged to consider this relationship first of all and to request additional information at a later time if so desired.

The next most important relationship is that of the self with the Creator, or in a sense, with all that there is. This, also, is a topic for discussion at another time if so desired.

After these two centrally important relationships have been worked with and balanced to some extent, then and only then is each individual ready to consider a relationship of importance in the sense of a committed life partnership relationship between a man and a woman.

Some of the advantages of this type of relationship for the seeker have been related previously. It has been said to this group before that a relationship between male and female is most advantageous in the polarization process and in the seeking process in general. Firstly, because the energy generated by two seeking together far surpasses that of each one's own; and secondly, because of the complimentary natures of the male and the female. For these reasons, this relationship is deemed to be most efficient in terms of the usefulness to the seeker. This is not to say that

this is the only possibility available. It is certainly the most common type of partnership among your peoples. There are other partnerships that may be extremely successful, of between members of the same sex or between groups of more than two. However, in larger numbers, while the energy generated will be greater and if properly focused will be extremely effective in the polarization seeking processes, with greater numbers it is much more difficult to maintain the degree of harmony necessary for such focusing. Therefore, the partnership between one man and one woman is most often chosen, not because it has any particular moral preeminence, shall we say, over any other type of relationship; but because, in many senses, it is the simplest, even with all its many complexities.

The desire that most among your people feel for this type of relationship has its basis in the realization of the deep self that all are one. It is, therefore, a striving for unification. In this relation, you are aware primarily of separation rather than unity. The grossness of the physical bodies makes this unavoidably apparent to you in your lives and daily activities. Thus, the sexual union between male and female may be seen to be the greatest attempt that may be made to overcome this most obvious of barriers; and, as such, is also a symbolic permeating of them. The illusion of separateness evidences itself only in the other levels of the ways each views itself as a mind/body/spirit complex on whatever level of awareness each has, as being separate from an other such mind/body/spirit complex. *(Inaudible)*.

The fact that each person's thoughts and feelings are not obvious to others except on a fairly surface level, and to a greater or lesser extent, depending on the intent to which such are broadcast and the receptibility of those perceived as such, also serves to perpetuate the illusion of separateness. This barrier, as you are aware, gradually is permeated as the social memory complex forms, and the thoughts of one are available to all as are the resources of all to all.

There are many efforts among your peoples at this time to attempt to share more of the self with others, and again, this is taking place on many levels. The giving of the self merely to another or to many others in the sexual energy sharing is one means by which this is attempted. The progress of your peoples in a technological sense of developing communication networks over your planet's surface is another way in which this is attempted. And in the sharing of self with self, as it takes place on an individual basis, is the most *(inaudible)* whereby this is accomplished. There are those among your peoples wherein the process of opening the self to another self seems natural and is fairly easy. For others, it is extremely difficult. There are many reasons for this. There are many wanderers on your planet at this time who know quite well this sense of unity and openness they shared elsewhere and have an innate sense of the appropriateness of this, and, therefore, attempt to manifest it in their lives. Likewise, there are many of third density on this planet who, in reaching toward fourth density characteristics, are becoming aware of this trend, shall we say, also in making the same attempt. These attempts are greeted sometimes with open arms and sometimes with hostility and violence, as there are still many, many of your people who are not open to this openness, shall we say. As each seeker attempts to know the self to a greater extent and to make connections with other selves, each must be aware of the possibilities of infringement in this area.

All these attempts at greater communication stem from that underlying awareness of the oneness of all, which is an *(inaudible)* for the committed relationship between male and female.

The strong attraction or compulsion when they feel for such a relationship stems from this awareness and also from the magnetic connection possible between male and female as being complimentary energies. The difficulties with this type of relationship are many. The causes stem from sources within the self and within their society's training process of each. The problems in this type of relationship or any other will stem from expectations which are held by the self which are not being met. Each, in feeling the strong attraction toward those types of relationships, will develop certain biases which are molded by the society to which each belongs; that is, the views of family, friends and culture. The expectations one has are deeply rooted so that one may not even be consciously aware of their existence. However, if at any time a difficulty arises, upon its examination there will always be found an expectation of some sort that is not being met. This is not to suggest that one should have no expectations, it is merely an analysis of how things work, shall we say. And that, therefore, to be aware of the expectations one has in a given situation, is the first step in dealing with whatever difficulties may arise. Once one is aware of

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one's expectations, this may be worked with and perhaps adjusted if found to be unsatisfactory.

The great difficulties with the committed relationship between the male and female, we would suggest, therefore, are due to the sometimes extremely stringent expectations placed upon such a relationship by the individual and the culture which the individual functions within. We would urge each to consider these factors and the question at a later time if additional or more specific information is desired. We feel that these thoughts are sufficient for a beginning of ponderance at this time.

We transfer at this time to the one known as Jim. This instrument was to take the [offer,] shall we say, and to continue with the contact we have made. We leave this instrument now in the love and the light and transfer to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo and greet each again in love and in light through this instrument. We would ask if there may be any queries at this time to which we may speak.

Questioner: *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. We also have observed that this particular session of working has been free of attempts of intrusion by those of negative polarization, and can only surmise that the continued strong desire of this group to seek and to provide itself with those aids to protection that it has learned to use have made this group *(inaudible)* of lesser interest to those of negative polarization, for if these entities are not able in some degree to control the proceedings of such a working, this lack of ability to control tends to depolarize and reduce the metaphysical power of such entities. Thus, they find the need for retreat and for the regathering of their polarity while keeping, shall we say, an eye on this group for any possible target of opportunity that might present itself and offer an easier entrance into the circle or any entity within it.

Is there another query, my sister?

Questioner: *(Inaudible)*.

I am Q'uo, and we would agree that the conflict of which you speak is one situation which has attracted a great deal of interest of those of the negative polarization. For at such a time and in such a situation, entities of negative polarity may find a great many opportunities to enhance their own power by the manipulation of those energies which are already strongly biased in the direction of control and manipulation. However, those entities which have stationed themselves with this group in previous times are utilizing not only that means but others as well to regain the polarity that has been lost by the inability to control, in any sufficient degree, the workings of this group. If there were, present within this circle, an opening that allowed negative entry, this would be attempted, no matter what other conditions prevailed upon the surface of your planet, for negatively-oriented entities are quite willing and able to undertake more than one task, if you will, in any of your diurnal periods and would find it easy to participate in the depolarization of your group if this was possible, as well as utilizing any other avenues for the increasing of the negative polarity.

Is there any further query, my sister?

Questioner: *(Inaudible)*.

I am Q'uo. And we are also grateful for this blessing, my sister. Is there another query at this time?

Questioner: *(Inaudible)*.

I am Q'uo. And it appears that we have exhausted not only the instrument, but the queries for the nonce. We do not speak of this instrument. We are very happy to have been able to speak through the one known as K, and are aware that our exercising of this instrument may be somewhat wearing upon it as it is already quite fatigued. But we hope that the instrument will take heart and feel the joy of being exercised and working in a manner which continues to impress us with its dedication and its meticulous attention to detail.

The one known as K is working quite efficiently as an instrument and we do not feel it is any longer appropriate to describe her as a new instrument. This one is gaining experience *(inaudible)*.

At this time we shall take our leave of this instrument and group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
February 3, 1991

Group question: The question this afternoon has to do with the concept of faith. It has been said during the Ra contact that the two qualities that the seeker of truth needs to develop, or does develop, as he or she goes through the various incarnational patterns, is the concept of faith and the concept of will. Does it help in the developing of the concept of faith to act as though you had faith in order to develop faith? Is there a better way, or are there other ways to develop the quality of faith that allows us to keep working on the spiritual path?

(Carla channeling)

I am Hatonn. Greetings in the love and in the light of the infinite Creator. We are most privileged to be among you and to be blending our vibrations with yours at this time. We thank you most humbly for asking us to share our opinions with you. It is our way of learning, to share with you, and to walk with you, and we cannot express our gratitude for the opportunity which you have given us of your free will. We ask only that you remember that as all expressed knowledge, our knowledge is incomplete. Therefore, we ask that you use your own discrimination, for those truths which are yours shall be remembered by you as you hear them, and you will recognize them, and those truths that are not yours, you will not recognize, and we ask you to leave them behind, for if they are not your personal truths at this time, then we would not be a stumbling block before you by asking you to believe or accept on authority anything that we have to say, for we are as you, pilgrims upon a path. It extends beyond us, and we are not yet perfect, or we would not have identity, for in identity there is imperfection.

We are most happy to consider the question of faith and how to attain its pleasant pastures of consciousness. First let us gaze at the fundamental dynamic which causes faith to be important. Let us look within; let us gaze at smaller and smaller things. Let us imagine ourselves to be studying, first, the things that can be studied about visible life forms. It is found that there seems to be in each cell of a life form the entire knowledge, history and consciousness of that life form, so that from one cell another being may be created to duplicate that one cell. How can knowledge and identity be so compressed? It is not known, it is only manipulated by your peoples without knowledge. Let us gaze at smaller things, at one of your atoms. Although your scientists have succeeded in breaking it, which was considered the ultimate particle of mass, into even smaller particles, yet has any science or system of measurement been able to see, weigh or deduce the reality of mass? No, this has not been done. All that has been done is finding instrumentation to observe the paths of energy left by these particles within the atom. Then if all is energy, energy and fields,

energies interpenetrating other fields, how is it that fields exist? Again, your scientists can manipulate magnetism and electromagnetism, but they cannot explain it.

In the genuine sense, nothing is known. All is, if followed to its conclusion logically, a mystery. That which you may view is inevitably not that which it seems, for the entire nature of your experience is one of learning in a special classroom which was created specifically to confuse and baffle the intellectual mind, and thereby force the consciousness of humankind, because of the desperate hunger that it has for spiritual grace, to move from the mind to the heart, from intellectualization to love, and the wisdom of love. That is your situation. You are consciousness aware of yourself, but all the tools that you use within the illusion, beginning with the mind itself, are creatures of the illusion designed to operate within the illusion and doomed by birth itself to a life sentence ending in death. Shall you strut and fret, as your Shakespeare has said? Shall you watch that petty pace until the last tomorrow, and then cease? There is that within the human consciousness which, once awakened, is aware of but one thing, that whether or not there is survival without the physical body, the yearning for consideration of that continued existence is a real, vital and actual part of the nature of humankind.

Entities within your culture are fond of saying that humankind is made in the image and nature of the Creator. What image do we think of? What image comes to mind when one thinks of the Creator? That is a key question, and central to those who seek faith. For if a Creator is sought that is angry and punishing, righteous and full of justice, then we gaze at a part of ourselves, and if the Creator is gentle and nurturing and all embracing and unifying, then we gaze at a part of ourselves. Since there is a mystery, there is a choice to be made concerning one's attitude towards that mystery. Those who feel instinctively that the Creator is an unifying, loving and nurturing Creator are those which discover faith in one way, that is the positive path of polarization through service to the infinite One and to other selves, the images of the infinite One. Those who choose to see the creator of judgment, righteousness and law, are those who wish control, control over the life, control over the self, control over others, that there be no surprises, but that all be reckoned ahead of time, safe and tidy. This is the path of separation. We are aware that we speak to those upon the positive path of polarization, and so we will address faith in its positive sense, that is, that faith does not begin with faith in the self, but faith in the Creator.

Now, the faith that is so hungered for does not rise out of nothing. It begins with very simple faiths. Even as a young entity, one early begins to have faith that the sun will rise, and the sun will set, that the moon shall appear, and the stars, and then shall disappear in the blushing dawn of day. As your young ones grow in years, they find more and more things which may be trusted. These things are not often other entities, but more likely to be of your second density, the pets who love without reason, the trees which drop their leaves, root deep into the earth and then once again bloom in the yearly miracles of your springtime. Your entities learn gradually to work towards a faith in the conventional wisdom of the culture.

And there, all comes to a screeching halt, for unless one is not very observant, one soon discovers that absolute fidelity, that which one may have faith in regardless, when applied to humankind, will fail. Not always, but sometimes. There is always the risk and a gamble in trusting another entity or the self, for if entities are made in the nature and image of the Creator, that image would not seem to include absolute trustability, but could the Creator be capable of such capriciousness as humankind?

Let us gaze about at the creation for which it is responsible. Is the infinite intelligence which created the balance of the infinite universe, the planets in their courses, the stars in their long, slow expressions of love, the work of a capricious Creator? It would seem unlikely, for if one were to gaze upon one of your calculators, one would not mistake it for that which occurred in nature, for that which is random and perhaps came from a process of evolution. This calculator is obviously made for a purpose, to do a certain task accurately again and again. Yet, how simple is this calculator compared to the infinite accuracy of the clockwork universe whose steadiness your scientists so have faith in.

Once a seeker is aware that faith is not faith in the human self, one is then open to examine other possibilities of where to place faith. As one gazes up to the stars, one realizes the face of the Creator, as it is written in your holy works, moving across the face

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of the waters of your consciousness. And there is an intuition that says to this intelligence, far or near, I place and give my faith to this kindly, loving, nurturing Creator; I offer my trust.

Now, there is no proof that this is either a wholesome or wise consideration or conclusion. Why should entities think about faith? Why should they not simply enjoy what life they can and begrudge not leaving that life when it is time? Examine your hearts and see if you are satisfied with this life which is you, ending. Does this seem appropriate for consciousness? We certainly hope that this is not your opinion, for if it is, then you are caught in the net of mortality. You shall begin, and end, and that is all. The mind of the seeker rejects this null hypothesis as untrue. It moves beyond logic. What is beyond logic within the mind except utter chaos?

Now we have the stage set for an honest beginning in faith. The mist of chaos surrounds the entity as he stands upon the cliff, a sheer rock face with barely a foothold of human knowledge. Shall he ascend? Shall he descend? No, for he cannot climb sheer rock, there is no cleft, there is no comfort. That is your situation. Consequently, with the tiger above, the tiger below, of that which is not possible, those who choose to live a life in faith must choose to leave the cliff of human knowledge and embrace the mystery, willing to allow that mystery to teach them. At that point the seeker gathers itself together, centers its consciousness upon the next step, and begins its long and dusty road of seeking by leaping from the cliff into the thin mist of chaos, that chasm of unknowing which will forever separate time from eternity. Yet, the seeker knows that it does not know any way to proceed except to will itself to take that leap. The will is secondary. The feeling for faith is primary. However, it takes an application of will to leap into a chasm, and it is a right use of will, not to corral oneself into doing anything, but when one feels that the time metaphysically is correct to act. And so, the first expression of faith is very much, for most entities, that of acting as if there was faith within the heart already.

In all spiritual matters there is paradox, for all things are so at one time, and simultaneously. And to a world caught in space and time, there is no place for all things occurring at once. All things are, instead, linear, a road to be traveled. How can we tell you that it is a spiraling circle in one location? We cannot tell you these things, for they do not make sense. Thus, we speak of walking a dusty road, of narrow paths, of being a pilgrim and being upon a quest. However, the actual experience of developing faith is forged in midair in absolute unknowing, and often in fear and panic because of the step that has been taken and the dramatic unknowing of that step. In your holy works the one known as Thomas is said to have refused to believe until he could put his hands in the wounds of this teacher, and see that his teacher, though dead, was alive. And that teacher said at that time, "That is all very well Thomas, you see, and so you believe, but there are those who believe what they have not seen," and this may be a more intelligent way, a more skillful way, to perceive objects of faith, and to pursue the object of a life in faith.

So we say to you that, indeed, one must accept the utter vulnerability of unknowing, of, indeed, acting as if one were faithful, for only when one acts in this way do the processes of spiritual evolution accelerate so that one may eventually have immediate experiences of tabernacling with the Creator. It is this immediate experience of unity with deity which informs one's faith. These moments upon the mountain tops of your experiences within the incarnational pattern are precious gold, to be treasured within the memory and to be brought to remembrance again and again, for faith does not have its place upon the mountaintop, faith has its place in the valley of the shadow of death, if we may quote again from your holy works. Thusly, one acts as if one has faith, and in so doing is faithful, for nothing can be understood or known. This is very important to realize within your illusion.

If you wish any sort of knowledge, much that is supposed knowledge will be examined and ultimately abandoned until the spiritual and metaphysical quest centers upon all that is left when one strips away that which one has been told, and that is an instinct, a hunger, a yearning for something that is variously called love, or charity, or virtue, or beauty, or truth. Many entities among your people have no use for faith, any more than they have any clear perception of the truth. That is acceptable, for it is not those who are unripe that will be harvested, but those whose time of ripeness has come. Each of you has taken that leap of faith, but each is at an unique position within the heart regarding faithfulness. Thus, each experiences a

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continuing and often repetitive scenario of events and situations in which faith can be informed as one attempts to behave and express and manifest the self in a faithful and loving manner, attempting to glorify by imitation that which is conceived to be the nature of the Creator, that is, love itself, the energetic, original and absolute thought which is love.

Now, once one has had the immediate experience of joy in the presence of the infinite One, one is almost immediately cast back into the desert of the valley. Words can only muddy and distort that absolute experience of being one with the Creator. Therefore, one does not approach faith through words. One is content simply to live in faith a simple, wholehearted and single-minded faith that humankind expresses itself most truly when it expresses itself in fidelity to love and service.

How can one be a faithful servant of the Creator? Perhaps the most difficult thing, and the central thing that a faithful entity does, is to lay aside the human self, that endearing and much beloved outer shell personality, in order that one may experience the treasure that lies within, the treasure that can only be approached with love and trust and faith, for doubt and mistrust are distancing emotions, and when entities think in that mode they remove themselves further and further from the shining sinecure of grace. The life of faith is a life lived in the limelight. One who lives in faith stands with a light that is bright that others may see. It is a kind of public undressing of the self, metaphysically speaking, to live a life in faith, for when one who is faithful perceives that in the midst of the confusion of mundane living there is a spiritual principle which must needs be upheld in order to be faithful, one must then abandon so-called human wisdom and express foolishly faith that appearances are deceiving, and that all is truly well. The essence of faith is the simple feeling that all will be well, and all is well.

Now, let us look at one who faces a tiger, a lion, a predator. Is all truly well for one of faith as this predator comes to eat its chosen prey? How foolish can the prey be to have faith that there is something more than eating and being eaten, killing and being killed, striving against adversities? Such an entity must be quite foolish. Yet, it is those foolish entities who shine through the centuries of your recorded time and history, blazing off the pages of books and records into the human heart. Those who loved and gave themselves for others, no matter in what circumstances in the outer world, those who acted according to an absolute and perfect love, are those whose shining memory inspires all seekers still. Thus, when faith is young, and, indeed, faith shall always be the faith of the beginner for you, for in this illusion you enjoy faith only begins, and it is that choice of how to begin that you are making. As you make that initial choice, so you build a cornerstone upon which other choices may be erected one after another, act upon act, thought upon thought.

Now, what shall hinder the seeker from this faith? May we say to you, my children, that which hinders you most is your lack of faith in yourselves, for as you regard yourself, so you may be seen to regard all things. Gaze at yourself as you forgive others. It is easy, is it not? Now gaze at yourself as you look at yourself. Have you forgiven yourself, accepted yourself and loved yourself this day? Carefully, firmly, assertively? Or have you been upset with yourself, or frustrated at your limitations, or in many other ways less than peaceful within?

May we say that the failure of faith is a foregone conclusion. It will fail again and again. You will hold yourself accountable again and again, and must go through the pain of your own damnation. Yet always the handle of the door to faith is ready to be turned, but you as a spirit must turn it, and must go through that door into self-forgiveness and awareness of infinite redemption and newness, a resting place for all eternity. It takes very little faith to do very, very much, so you need not attempt to live entirely faithful lives when first you get the idea to live faithfully, but rather see yourself as one whose journey is one of learning, and whose way of learning is that of making the errors and correcting them, making the errors and correcting them. For in learning it would not be possible to be always correct, else one would not be learning, one would have nothing to learn. Thus, you may gaze at yourself with mercy, for you are learning, and you are a beginner.

But you can more and more set yourself free from this solidity of judgment, of expectation, of completely visualized goals, and instead turn the mind to a simple and terrifying thought, complete and absolute surrender to the object of faith, which is infinite, intelligent and unknowable. Do you dare be swept into the deep sea of faith when you know

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not the object of that faith except by immediate experience that cannot even be said in words? Yes, this is the situation. You can, indeed, choose this. And if you do choose this, again, and again, and again, then you are exercising your faith, using the will to aid that faith when you wish to intensify your seeking, to deepen …

(Side one of tape ends.)

(Carla channeling)

In living this life of faith one has the feeling that one is alone, and in the sense of being responsible for each choice that is made, this is so. But in the sense of ultimate aloneness, this is not at all so, for there are companions upon the way, there are energies which offer wisdom of various kinds to those who offer various calls for wisdom. And above all, as one lives faithfully, one more and more becomes aware of the interconnectedness and unity of all that there is. And in becoming aware of this, one is able more and more to rest in a peace which is due in large part to the surrender of the judgmental, nitpicking, detail-minded and critical intellectual portion of the self. When one lets go of judgment for the self, one finds that one is able to refrain from judging all that one meets, whether it be personalities or situations.

We feel that this has been a beginning upon this question, and if you wish to ask further upon it we would be glad to attempt further clarification. At this time we thank this instrument for allowing us to use it, and for its care in the tuning and the challenging. We would at this time transfer this contact. I am known to you as those of Hatonn. I leave this instrument in love and in light.

(Jim channeling)

I am Hatonn, and we greet each again in love and in light through this instrument. We realize that we have spoken for a lengthy portion of your time, and that there is some fatigue in the circle. However, we are desirous of offering ourselves for the potential response to any further queries which may be present upon the minds of those gathered here this afternoon. Is there a query to which we may speak?

Carla: I have a question, but I don't know if you want to deal with it in a short manner. I have had the impression more and more that there is a correlation between the pulling apart of the religious systems from the inside out into various factions of fundamentalism and *(inaudible)* and all that, and the ways of government upon planet Earth which make incorrect assumptions about the necessity of each entity to be for itself, for himself or herself, sort of against the world, that we are very far, at this point, from natural realms because we see so much separateness. Would you wish to comment upon this is a short way, or would you rather I asked the question for a group question?

I am Hatonn, and we are aware of your query, my sister. This is a query which may be spoken upon as the central query of an entire session, or, indeed, of a number of sessions of working, for there is much information here that is of importance to many of your peoples at this time. There is the quality of faith that is, as we have just spoken, inherent in the choice making that each seeker undergoes in a more and more intense fashion as the journey continues. As you find yourselves as a people and as many cultures on this planet reaching the culmination of the cycle of third density, there is an increasing effect that the action of faith has upon both the individual and the group decision making within all realms of your existence, most especially that which you call the religious or the spiritual, the political, the social, and the various interrelationships between peoples.

As there is also a greater activity of the planet itself toward the end of the cycle in the direction of releasing of those disharmonious energies that have been absorbed by it as a result of many thousands of years of bellicose actions, there is also, then, the testing of peoples, of cultures, and of the faith that binds each to each and each to a purpose for the life pattern. Thus, there is the potential for the splintering of peoples, of religions, of philosophies, and of that quality of faith which provides the foundation upon which all within your culture is built.

Thus, we would suggest that in order the give this particular query its just place and importance in the spiritual considerations, that it would be a good focus for a future working, if this is acceptable to you.

Carla: Yes, it is. Thank you very much.

I am Hatonn, and we thank you, my sister. Is there another query?

Carla: Not from me, thank you.

I am Hatonn, and it appears that we are without a query at this time, having spoken to those concerns

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which are most important to those here gathered. Therefore, we shall take this opportunity to again express our great gratitude at having been able to join this group which is close to our hearts, and has been so for a great portion of your time, though it has been a significant period of time since we have had the opportunity to join this group in meditation. We are very grateful to be able to utilize instruments within this circle, and we thank each for the work that has been done in this session of working.

We shall take our leave of this group at this time. We leave each of you in the love and in the light of the one infinite Creator. We are known to you as those of Hatonn. Adonai, my friends. Adonai. ♣

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Intensive Meditation
February 8, 1991

Carla: … the concept of one religion out of many. Would that be better for you than coincidence?

Questioner: It doesn't matter.

Carla: Which one interests the group more?

Jim: One religion out of many.

Carla: One religion out of many.

(Unknown channeling)

Greetings in the love and in the light of the infinite Creator. I am Hatonn. We appreciate this instrument's low energy and will not use it for long, but we did wish to begin through this instrument as the configurations of energy within the group were much less regularized than usual because of the novelty of the situation experienced, that is, the strongest and purest channel asking not to be used, while being able to be used in a gentle manner. The one, who is, while experienced, less experienced than the others, being asked to discriminate without the solid backing of the trusted circle. The remaining channel desiring to aid, but not by opening the communication. Thus we open through this one and speak words of comfort and strength that the energies may be regularized, that it may be felt, that peace that descends upon those who focus their minds on a good and central purpose.

Whatever the discussion concerning moving towards an unified spiritual expression upon a global scale, such unity is easily seen to be that topic which cannot be discussed in a sensible manner. It is a large topic, a topic upon which one can only make a beginning.

The intent of these normal sessions, this instrument would call them, is that in the privacy of those who belong in a normal school that is teachers only, teachers may learn how better to teach, without yet having the responsibility of offering this information to others. It is a safe and protected environment created well by the intellectual reasoning of this instrument, but there are uses for the intellect, and analysis is one of them.

In analyzing the situation of one religion out of many, there are also obvious things: the difficulty of moving by law, the necessity of turning to spirit. These are intellectual and logical considerations. These are the givens.

We ask each instrument always to be unafraid, for if words appear wrong, they may simply be unspoken. It is the instrument's choice. We feel most privileged to be able to aid instruments in finding their voice, finding that voice which is the blend of concepts which are novel and expressing them as poetically, clearly and evocatively as possible. We know that

each in this circle wishes to serve and to encourage each in their several services.

We thank this instrument for its willingness to alter its own planned behavior out of trust that we would not contact an instrument in order to cause it harm. We shall leave this instrument. We find the flow of energy much regularized and much quickened and that is precisely what we had hoped.

Thusly, we are most grateful to you for allowing us to work with you in this way, to give you more stability and peace, as you do the great work of service to others. We leave this instrument and each of you, though we are never gone from your hearts, as you are never gone from ours, in the love and in the light of the infinite One. Adonai. We are those of Hatonn.

(Pause)

(Unknown channeling)

(Inaudible) and greet each in this group once again in the love and in the light of the infinite Creator. We wish to offer thanks to our brothers and sisters of Hatonn for their willingness to participate in this working and make the way smooth, shall we say. We thank this group, as always, for its willingness to be of service and inviting us to work with each of its members.

You wish information this morning on the subject of one religion out of many. As each in this group is aware, the orientation of the Confederation of Planets in the Service of the Infinite Creator is that of conveying concepts of the Law of One, which we do not consider to be a religion, however, it is a unifying philosophy, shall we say, and as such, it is certainly applicable to all peoples at all times.

There is a growing tolerance among your peoples for the beliefs and religious preference of others. There are movements that you see now and that have been going on for some time among various groups to unite those of various faiths. There are certain criteria inherent in these movements. Some are restricted to the acknowledgment of the concept of God as created by the Judeo-Christian and Muslim traditions. There are others that are broader in their scope, that seek to encompass those religions and practices of your eastern cultures as well, and in these the criteria are less specific, perhaps being only the acknowledgment of some type of higher power or greater self and the desire for unity among your peoples. We laud these efforts and note that once again, this type of unification is the beginnings of the social memory complex function.

We feel that those who are dedicated to this purpose of unification of the preservation of the right of each individual to worship in whatever way is comfortable to each and yet, [there is] the desire for all to be able to share together as well. We feel that these shall discover in the process of such workings those means by which such joint worship is best accomplished for those involved. That is to say, we have no desire, nor do we feel it would be beneficial to offer another more all-encompassing religion, shall we say.

Indeed, we feel the concept of religion to be quite restrictive in nature and we leave such adherence to certain beliefs to the discrimination of those involved on each particular path. We do, as always, offer whatever information we feel able to provide of a more philosophical nature, shall we say and indeed such may be considered to be spiritual, though not specifically religious.

We feel that those involved in the process of unification of religions shall, in time, grow beyond the need for a religious sense, shall we say, and while various individuals will continue to find the particular path or story or religion that is most congruent with their perceived selves, the unifying concepts will be less and less considered to be religious, as many among your peoples are already discovering congruencies between ideas which have traditionally been held to be religious and new scientific, shall we say, discoveries regarding the nature of what you regard as the physical world or the universe.

From our perspective there is no difference, for all is one and your peoples are beginning to perceive this also. However, there has been such rigid training and differentiation, especially in your Western cultures, between the sacred and the mundane that many have much retraining work to do within themselves. Much of this is accomplished naturally as new realizations occur to people. For others this process will be more difficult and there are many who are, by choice, so steeped in their own religious traditions and beliefs that [they] will never allow themselves consciously to grasp the unity of the concepts. For these, all one who is attempting unification can do is to extend love and acceptance and acknowledgment of the ascendancy of free will

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within which these individuals have chosen to restrict their use of life. Individuals in such a position are, as are all others, on their own path and learning those lessons appropriate to themselves, and although it may be viewed by many that such restriction is unfortunate and perhaps even damaging to the efforts of those desiring unification, yet as in all such cases where events may be viewed to be unfortunate or even tragic, this is true only within the bounds of the illusion that you now operate within.

The true work of each is being done on much deeper levels and individuals that on a conscious, intentional level are most adamant about maintaining restrictions and divisions may on deeper levels be doing much more work toward true unification than those who, on a conscious, intentional level appear to be most open-minded and accepting. Therefore, we would remind each again not to attempt to judge any entity on the basis of what it sees, for you have no way of knowing what true processes are involved and the responsibility you are left with is simply to offer love and acceptance to each entity as the Creator. Such efforts indeed are, we feel, the most beneficial if an entity wishes to progress towards unity of all. The love and acceptance offered from one entity to another on an individual basis is the cornerstone for such work on a global basis and is a vital necessity to any such unification process, or if unification of religion were attained structurally and openly, and yet love and acceptance were not offered on an individual basis, where is the true progress?

The temptation in this situation, as in many others, is to desire tangible results. This is natural, my friends. It is most difficult to proceed in the dark with no way to see what has been accomplished. Yet this is the situation within your illusion because of the nature of the illusion. However, each entity will continue to desire to see results and to operate on such a basis. We do not mean to discourage such efforts but rather would encourage that the importance of the tangible results be de-emphasized and the focus be placed once again on the individual basis. We do encourage the efforts of those seeking on a more structural and tangible basis for these efforts are certainly not without merit and will achieve results and are greatly helpful to the process of unification and positive polarization. We would encourage each to examine the self, to place the focus first on an individual basis and then to proceed in whatever direction is made available for one.

Each is aware that opportunities do occur from time to time and that the nature of service is to do whatever is in front of your face to do. At times, whatever is in front of your face may be to speak to a person three feet away from you; at other times what is in front of your face may be to travel a great distance to speak to others. We do not mean to be restrictive ourselves, but merely to redirect the focus.

We feel that this information is sufficient for a beginning upon the subject and would be happy to provide further information at another time upon requestioning either in general or with regard to a specific facet of this most interesting and appropriate topic.

We thank this instrument and at this time would transfer to the one known as Jim to complete the working of this moment. I am known to you as those of Q'uo, and leave this instrument in love and light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. We would ask at this time if there may be any comment or query which we may entertain and to which we may respond?

Carla: Could you suggest a strategy for making clearer *(inaudible)*.

I am Q'uo, and we are aware of your query, my sister. It is one which is important to many of your peoples at this time for there is the bellicose activity that is widespread upon your planet, that which takes up arms against brother and sister nations. We know that you ask this question in seriousness. There is the kind of adversary relationship that each feels for another at different times that is based upon the misunderstandings that can be intensified to the point of the delivering of violence of one form or another to those that are close within the circle of entities of a seeker. The resolving of difficulties is the great means by which each seeker shall learn the giving and receiving of understanding. For the seeker that wishes to be purely polarized, the paramount concern for any action, thought or word is how can I best serve others through this opportunity? It may be that one who feels very strongly that there should be no life taken will find itself, despite all of its efforts, to be in a situation which seems to allow no other

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course. For example, one who would be serving in the medical attending to those victims of war may at some point find itself near enough to the fighting that it would discover that if it were not able to injure or kill that described as an enemy soldier that many of its own kind would be destroyed as a result of its own indecision. This entity may then decide that the greatest service is to take up the arm and to kill the enemy that intrudes. The motivation of the action is that which is the greatest factor in determining the polarization of the entity.

We apologize. The instrument is distracted *(inaudible)* shall attempt to continue.

Jim: I'm sorry. I can't go on, Carla. There's too much going on over here. I lost your hand and that totally distracted me.

Carla: I couldn't hold on anymore.

Jim: Okay, I …

(Tape ends.) ♣

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Sunday Meditation
February 24, 1991

Group question: How important is the knowledge of the self for a channel and for the contact? This is knowledge in the metaphysical sense, the knowledge of the essence of the self by which a channel may offer a challenge to any discarnate entity, and why, when such a challenge is offered, cannot a discarnate entity lie about who it is when it is thusly challenged. How does its knowledge of itself keep it from lying?

(Carla channeling)

I am Q'uo. Greetings to each in the love and in the light of the one infinite Creator. How tender is the mercy that allows us to come to you! How blessed the event of our joining! We greatly appreciate the opportunity to share our views with you and hope they may be helpful, for that is our service and your service to us is to ask for the teacher, who is still learning. We experience each of you as colleagues and the deepest blessing of all perhaps is the beauty we experience in sharing the vibrations of each of you and the group as a whole.

It is as a teacher, although one prone always to error, that we address the question of the importance to a channel of its knowledge of itself. Any person that experiences contact and channels it in an outward form that may be perused by others is responsible to the effect that information has upon those beings about it. Thusly, one who channels incomplete or outright false information does so in a situation that sets up for that entity an honor and responsibility to that body of teaching. Such an entity is responsible firstly for living the life promulgated by the information as being the most spiritually evolved. Further, if one is teaching, whether one can or cannot see that student which is also that colleague, one is still responsible to the results of the catalyst to others that has been offered.

Consequently, it is, while literally unnecessary, spiritually efficacious to have gained sufficient knowledge of the self to be able to be responsible stewards of the gift of channeling. It is sometimes felt, especially as many of your peoples are engaged in combat, that words, as this instrument's old time rhyme says, "cannot hurt one," whereas bullets and other destructive weapons can hurt one. This is indeed so. Within the relativistic illusion which you occupy, the round sphere upon which you live and abide seems to be one in which there are few true examples of the connective tissue between words and consequences. Certainly, words do not drill a hole in the body. However, metaphysically speaking, they do indeed carry a tremendous weight. Depending upon how listeners are able to have access to the information, whether a teacher is considered a spiritual teacher, an academic teacher or any other kind of teacher, the teacher's awareness that it is expressing itself with authority may be understood.

How, then, can one become responsible stewards of a gift, such as channeling?

As always, the answer lies within the self. Each of you, each of us, and indeed all of creation which is conscious of the self is imbued in a vast ocean of overlapping and various illusions, some of which are brighter than others. In order to be able to find words that are evocative of the truth, the channel is most well prepared who has deeply considered the nature of the self, for the depth of the channeling, in its most appropriate configuration, is equal to the depth of spiritual solidity within the channel.

Let us give you an example. Say that an entity discovers itself able to heal but not able to continue the healing. The entity whom the one who channels healing wished to help has been given the illusion of health, but it finds it must return to that fountain of health that exists within the healer. Insofar as this is so, the healer has become negatively oriented in that it is causing dependency in the illusion that one entity intrinsically knows more than another. Far better that the healer first ride the horse of ego, experience self-importance and generate sufficient hubris to create nemesis, surrender to that force which has given this gift.

In just the same way, if one who channels does so from even the dearest and sweetest hearts, but is not able to ground that channeling in self-knowledge, that entity will be unable to refrain from responding to any and all questions that are asked without discrimination. This is due to the fact that when personal and freedom-robbing questions are asked of one such as we who are merely messengers and not planetary entities, we become, in the inept channeler's mind, the same identity, subjectively, to the channel, but quite a different energy altogether in terms of the metaphysical qualities of the entity which is calling itself by the same name as did the positively oriented entity which it first contacted through this gift.

Thusly, the instrument takes it upon itself to claim that it is psychic. It does not shrink at prophecy or dream interpretation or information about Earth changes or any other of the myriad of phenomena which assaults any channel. In the same way as with the healer, the clumsy and inexpert use of this gift creates learners which are dependent upon the teacher, and increasingly so as time goes on. Thusly, instead of the channeler being able to aid those about it, it may well become, through infringement of the free will of the questing entity, a negative, controlling, authoritarian voice.

We do not come among your people in thought to be authorities, to give worldly advice or to contemplate out of the vast range of possibilities and probabilities events, situations and processes that are beyond the scope of a free will outer planes entity. Thusly, we may say that in our opinion it is extremely important that one who wishes to use the gift of discernment of spirits learn first to discern the nature of the self. Any channel which is not so grounded in self-knowledge is open to offering misinformation and thus creating far more folly than aid to humankind upon your globe.

We have materialized and attempted to work within your peoples face to face, and we have found that not one single experiment of this kind has added to the richness and the depth of third density experience. Indeed, the reverse is true, for there are, in the majority of entities in third-density, enormous desires to be secure, to be safe, to be invulnerable. Thusly, before a spiritual teacher may lead others beyond the illusions of time and space, that entity must first reckon with eternity within itself. Certainly, most entities have a vaguely ethical code by which it leads the little life of one incarnation, but this can be related to true spirituality as impulsivity created—we correct this instrument—compared to well thought out suggestions grounded in the best ideation, analysis, creativity and intuition of which that instrument is capable.

How, then, does one work upon knowing the self? Firstly, we would say that one does not work upon the self by the use of outward authority. For instance, this instrument is a devout Christian. However, this instrument also does not see Christianity as an authority, or, indeed, even the one known as Jesus. But rather, it sees the realized human entity living a life that is an exemplar for all peoples who are able to respond to this particular narrative of a life lived and lost in joy, love and charity. The instrument does not give authority to any but the Creator. Nor does it give it to itself, for it has done the great work to the point where it realizes that it is merely a steward harboring, abetting and polishing those gifts which are its own unique gifts.

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One of an infinite array of paths is the correct path for each individual spirit. No two entities are able to come to self-knowledge in the same way. However, there are things with which one may begin to learn about the self. Simple observation of behavior is a good beginning. Allow the observer within the self to become stronger without hindering the spontaneous choices created by the catalyst of the present moment. You may observe yourself being angry and throwing an object against the wall to hear the satisfying sound of breakage. However, one is also observing just how the object is tossed, just precisely the feelings within and the expression upon another's face. If an entity finds it difficult to observe the self and act spontaneously, it is well—and this is for the most part tending towards a truth for the majority of entities—to refrain from analysis until the day has darkened into the sweet evening dusk, the work of the day is over and one is ready to lay the head upon the pillow and surrender to sleep. Then one is able to go over the behavior, the responses, the thoughts, the actions and inactions that were the harvest of that day.

It is well, in order to use a deeper source of information about the self, to work with the dreaming. There are no two who dream in the same symbology. Many generalizations are true in the majority of cases, but there are no images within dreams that are precisely and archetypically the same for any two entities. Consequently, when studying the dreams, as in studying behavior, it is well to allow a large portion of your time, which this instrument calls years, in order that this process may bear fruit.

There are other means of working upon knowledge of the self. One passive but extremely helpful way is meditation. Now, meditation has been greatly misunderstood among your peoples. It is thought that one is to make one's intelligence a blank tablet, a "tabula rasa." One is supposed to find silence within. Only then in that silence is the meditation considered successful. This is not our understanding of the helpful value of meditation. The intention of those who meditate is that they may be open to spiritual grace—not knowledge, for there is no such absolute within third density—but grace. Thusly, whatever thoughts come into the mind, even if they pelter one, moment by moment by moment, it is the resistance to this listening to the voices within that cannot be stilled that creates a poor meditation.

If one is simply mindful, and notes without emotion or condemnation each thought that moves through, allowing it to arise, allowing it to dissolve, then meditation has done that which it was intended for. It has allowed the entity to step back from the trees and see the forest. It has removed the tension of judgment and consideration and allowed a time that is truly free, a time in which the observer may simply watch thoughts arise and dissolve. Not turning them away, not holding onto them. One may plan an entire menu, a shopping list or any other thought whatsoever during meditation if it is observed without that feeling of necessity to solidify the intelligence of the mind around the shopping list or the menu.

Let this thought about meditation sink deeply within each, for when one judges oneself for having a poor meditation, one has just stripped oneself of the saving help which is available to the meditator. The key of meditation is a silent, accepting and nonjudgmental observer, not that "thing in itself" [*ding an sicht*]. Never judge, calibrate or measure in any way the spiritual work that you do. Firstly, that which is done out of fear—the fear of not being worthy or any other fear—is liable to catastrophe. It is far, far better to have what is subjectively called a bad meditation and find the self being able to accept the bad meditator.

Self-knowledge can also be called self-acceptance. Self-acceptance can also be called self-forgiveness. Self-forgiveness can also be called self-redemption. Within you lies all these things. Not because you are a wise and powerful being, but because the self is one with the Creator. Would you suggest to the Creator that It may be having a bad day? Would you berate the Creator for having roses grow from gravel? It is not likely that one who is not hit by outward catastrophe would find reasons to blame the Creator for that which is occurring to one. Thusly, as the realization begins to dawn through immediate experience that the Creator is truly within, that all lore and love flow through rather than from the self, the entity who wishes to channel is more and more able to invest in that tenuous quality called faith or trust.

Faith is quite important to any entity and to any channel. How can one then encourage faith? When the groundwork has been laid in knowledge of the self by observation of behavior, observation of the subjects and hints of dreams, and aware of the aid

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given in meditation, one is then beginning upon a long, long journey. As one walks upon the journey, observing the self, observing the dreaming self, and investing in meditation, one begins to collect to itself a floating sea or ocean of catalyst that is not necessarily chosen to solidify about the heart of the self. Just as thinking about food or seeing it in pictures can make one hungry, so entities are endlessly suggestible, and as they open themselves more and more to the resonances of the present moment the catalyst which occurs from that point ceases to become feared and begins to become appreciated.

Since the third density is rife with duality and confusion, if not downright chaos, on the part of the entities of humankind which dwell upon its surface, it is only to one who is doing the inner work that there ever appears even the thought of finding a positive choice in a seemingly impossible situation. Yet, that is what each incarnated to do, that is, to find positive choices where none seem to exist, to love the unlovable, to console the inconsolable, to accept the unacceptable and to allow its grip upon the consciousness to loosen little by little, until finally one's heart does not find it necessary to hold the armor of the past and the future over the vulnerable and naked self.

This instrument has said recently that history is relevant. This is quite true. All that happened before this present moment has been harvested and lies whole, intact and progressively healed within the deep mind. One who begins to know the self begins to lose fear, for gradually one becomes aware that if one believes not in the Creator, then one is liable to believe virtually anything, and one is then truly adrift in an abyss of unpolarized feelings and thoughts.

Another tool for inner work is the gazing at the kingdom of the Creator which is visible. All the beauties and balances and rhythms of life as you perceive it can be seen to be endlessly and over-generously beautiful. The more sensitive one is to the vast numbers of miracles which occur with regularity in blooming, in fruit and in harvest, the more one is able to perceive a love that created balance, harmony and rhythm. If the Creator created that which you can observe, then what has the Creator created in you? Would the Creator depart from Its basic nature in Its creation of anything? We think not. We find, rather, that the Creator has given to us a creative power and the freedom to make choices. The Creator has infinite faith in each entity, for It allows each entity complete freedom to believe, doubt or disbelieve any and all qualities and absolutes, all of which are invisible and unreachable by the measurement of your scientists.

Each pilgrim is on its own walk, but it certainly does behoove those who are going to have to be responsible for that which they have uttered or done, first, to know the abilities of the self so that one does not overstep those abilities, and, instead of being a voice of truth, becoming a voice of confusion. We would, however, broaden the scope of this answer to include all beings, for the essence of polarization in the positive sense …

(Side one of tape ends.)

(Carla channeling)

… experience the leaping into the abyss of unknowing to find that there is a rainbow bridge that faith creates. Once that bridge has been crossed the first time it stands slender, frail, but there. It has been erected. And each time the spirit moves to that bridge, to eternity, and crosses it, it becomes more and more aware that it is a citizen of eternity. We do not encourage, in those who are doing inner work, complete retreat from the world unless that be a specific and heartfelt calling. For, you see, each entity comes to this incarnation with gifts, and until the entity knows the self well enough to appreciate the gifts that have been given and to dedicate themselves to the right use of those gifts, such a person shall be forever unsure, forever dithering, dallying, sitting upon the fence, as this instrument would say.

We urge each to find the path that comforts him the most, to move off the fence and into the green and growing life that expresses itself within your nature as the grass, but which, in a metaphysical sense, is the healthful, healing and supportive ground upon which right knowledge stands firm and may be shared. We ask you to understand that whenever we use terms like knowledge or understanding that we are approximating that which is possible within third-density experience.

To know the self is to know the universe. An entity which does not know itself sees many things and believes them. An entity which starts upon the path of spiritual seeking finds one after another landmark

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disappearing. It realizes that it does not know anything, that it cannot depend upon its five senses or upon logical thought in order to make skillful choices within third density.

Perhaps the goal of knowing the self in the end is to find that one does not know and cannot understand, except within that great open and radiant energy which is called the heart. It is from heart wisdom that channeling springs, and it is well, when working at that level or any other within third density, to bring to the occasion the tools and resources of spiritual self-knowledge. Who are you? Who am I? Take this question which has been asked so often and ask yourself that question many times a day. In this way you shall discover just how scattered your identity may be and just how much you need to discover the true roots of your consciousness and being.

May the Creator become apparent to each of you. May clarity light your path and may you never judge yourself as you strive to learn, to love and to bear the fruit of your gift's bounteous tree. We apologize for speaking overlong, as usual, and we would at this time transfer with thanks to this instrument, to the one known as Jim, that this instrument may of its own gifts move towards the ending of a session which we have greatly enjoyed and are still enjoying. We are those of Q'uo. We would now transfer.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to those who may have queries for us. If there is another query at this time, may we begin with it now.

Questioner: Could you speak a little bit more on how one can accept the self?

I am Q'uo, and am aware of your query, my brother. The self that is to be accepted must first be known. This knowing of the self requires a careful observation upon a regular basis—daily, we would recommend—so that you have the opportunity to review those expressions and responses of the self to the catalyst that has come before you, and that in this observation you make careful note of those responses which are other than you would desire, which are other than the ideal by which you have chosen to live your life. This observation and notation of response may be accomplished in the meditative state, in the contemplative state or through prayer if that is a means by which you find nourishment.

When you have noted those deviations in thought, most importantly in word, secondarily and of least importance in deed, then within your inner room retire there to consider in meditation once again those deviations. Begin first with that which seems to you to be of most significance. See again the situation which brought it about. Relive in the mind this situation. Intensify in the mind the response that was the deviation from the ideal, until the response is ridiculously large and all encompassing as you can imagine. Then, without further conscious thought but remaining in that feeling state associated with the enlarged thought, allow the polar opposite response to grow within your conscious awareness. Allow that opposite response to grow until it is as large as was the first response with which you began. When you have felt this feeling for as long as you are able to hold your attention upon it, then see both as the means by which the one Creator has come to know Itself more fully and richly and with greater variety through you and through your experiences.

Continue in this manner until all deviations from your ideal have been considered, meditated upon and balanced with their opposite. This means of balancing is most effective when carried out, as we have said previously, upon a daily basis. This means of balancing is, in effect, a speeding up of the normal process which occurs in each life pattern, for if you will look in that which you call your past of this life and note those experiences that were of difficulty in whatever manner, you may with the perspective of the present moment see that within yourself there is more acceptance of the self at that time than there was acceptance of the self while the experience was occurring. Time and experiences within time tend to seat themselves in such a manner that the emotional charge one gives to a situation begins to dissipate and it is easier to forgive and accept the self for that which has passed than it is to forgive and accept the self for that which is currently being experienced as a distortion within the life pattern.

To balance the self in meditation upon a daily basis, then, is to intensify, to speed up the process which each entity finds itself within during the entire length of the incarnation.

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Is there a further query, my brother?

Questioner: Q'uo, it has occurred to me that there have been not just one, but many exemplary lives lived on this planet which offer to spiritual seekers a kind of template by which to live their lives in such a way as to approach an immediate realization of infinite intelligence. Is it possible … or let me put this in another way. I have thought to myself that it is possible that Jesus, the Christ, as well as many other entities, are part of a social memory complex which at the so-called time of the end of fourth density, beginning of fifth, have chosen to offer themselves when the need is found for a new telling of the story of Love. Could you comment on this supposition: that there are many individuals who deserve *(inaudible)* and that Jesus is one of them but not all of them, but rather a social memory complex which we could call Christed has offered sacrificial entities in order to express the nature of love so the people can polarize and move into civilization. Could you comment?

I am Q'uo, and we are aware of your query, my sister. Your supposition, by itself, is correct, for many entities which have been both known and unknown to the majority of the population of your planet. There are many entities whom you call wanderers who have offered themselves in attempts to be of service along the same line or means of providing that which you have called the template to this planet's population, but who have done so in a manner which is far less well-known and observable. There are also many entities who have come from this planet's second density through graduation into third and what you might call the normal progression of evolution, who have been able to so balance and crystallize their own energy centers that there has been the contact with intelligent infinity and the resulting channeling forth of the intelligent energy of the one Creator in a manner which is also that which offers a viewpoint, a template once again, or a blue print, shall we say, or portions thereof for many entities upon this planet's surface.

There are those who have come to this planet from other third-density planets which have joined this third-density progression and who have accomplished this same feat, shall we say, for it is rare upon your planet but is that which is the goal of each entity which incarnates within the third-density experience, for within your experience there is the veil that covers so completely, it would seem, every hint of the trail that leads to the One, and each entity that finds itself a conscious seeker upon this path lends some assistance to others that also seek and receives assistance from others that have gone yet further ahead and who have turned back to offer the helping hand.

There are many entities who have reached that point in their own conscious development where they have been able to establish a stable contact with the one Creator and have been able to channel some form of intelligent energy as a result of this stable contact. These are those whom you have called the Christed Ones. They have attained a level of development which allows them to share, as the Creator shares, from Creator to Creator. There are those who have chosen to be more visible, shall we say, and to offer themselves to a larger portion of your planet's population. There are those who have chosen to remain hidden, and who seek to work upon the development of the planet itself and upon the development of the population of this planet as a whole by offering the love and healing vibrations in what you may call the magical means of visualization and the sending of love.

Is there a further query, my sister?

Questioner: No, my brother, you anticipated my follow-up by talking about different parts of entities working with planetary needs. Thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we are aware that we have spoken for a great portion of your time at this session of working and we are very grateful both for the call to join this group and for the patience to listen to our somewhat lengthy responses. We shall be with you in your future at your request. We look, as you say, forward to these gatherings with great joy and anticipation. We shall leave this group at this time. We are those of Q'uo, and we leave each in the love and the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Introduction
February 28, 1991

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With L/L – Barbara and Carla ♣

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The Aaron/Q'uo Dialogues, Session 1

February 28, 1991

Barbara: We seek to know ourselves and the Creator but do not know how to do this, as we fear we are imperfect in ourselves and our understanding, and incapable of this. How can we proceed?

Q'uo: Be aware that the Creator is often blocked or banished by third-density entities due to lack of awareness of the journey each came to make. However, the earth is never away from the heart of unity, love and concord.

We would suggest that you again investigate yourself within this incarnational experience. Each entity is all that is lovely and all that is not. Yet each entity can make many choices which bias him or her towards being a loving, giving source of love; for in surrendering the life to serving, the entity becomes a miracle, a wonder. Let the self come to know, respect and love this entity more and more. Let this entity become the great comfort, protection and above all, companion. For when the self realizes its selfhood as a living testament to loving choices, the entity receives the greatest gift of all: true friendship, true companionship. This is not to say that an entity whose self is one's best friend will ever seem impeccable, but to say that friendship and trustful companionship must begin with the self with all of its self-perceived errors. In accepting this friendship, the pores of the spiritual skin open to drink in the elixir of felt, palpable love. When you are friends with yourself, you can relax into an aloneness which retains the comfort of true friendship.

May we speak further, my sister?

Barbara: We are eager to surrender to service, but we know how limited we are and have the fear that we cannot succeed, that we'll run out of the food of love and energy to serve. How can we address this?

Q'uo: As a spirit you need not food. As an entity in third density, respect for the incarnated self suggests an overwhelming love for that sheep which must be fed so that it may sit in perfect fullness of being and allow the voice of spirit to flow through without diminishing or exhausting the third-density, manifested self.

Is there a further question?

Barbara: How can I learn to love and accept myself fully when I see in myself so many imperfections?

Q'uo: I am Q'uo. We do not find it difficult to love your self. We gaze at your courage as you walk in spiritual darkness, making choices by faith alone. We are deeply moved by the bravery of those who choose to express manifestation when it seems risky and almost hopeless.

The solution to perceived lack of perfection is so simple that it escapes notice. This third-density experience was designed expressly so that perfection

would be quite improbable. It is in the furnace that brittle steel is tempered until it becomes flexible, supple and strong. The third-density spirit learns in the furnace of self-perceived fire, the fire of ever ongoing, never decreasing imperfection. Were an entity to express perfection in this, your density, such an one would be responsible to all to whom that incarnation became known. Such a responsibility is beyond the intention of your Higher Self at this moment. The imperfections of which you speak are your links to those to whom you wish to offer heartfelt love.

There is one state in which perfection may be well realized, and that is the sitting in the presence of the infinite Creator, the great original Thought or logos that is love. That perfection does you great good. When you are in tabernacle with the Infinite One, there you may be fed the infinite perfection that is love. When you open your eyes, retain that sharing of perfection. Remember at each moment this infinite perfection, and allow it to make resonant, deep, wide and spacious your perceptions of the specifically limited and often misleading events, entities, relationships and occurrences of your relativistic time/space continuum. Perfection does not aid, except when embodied in third-density entities; that is, it does not aid the self or others. This furnace of incarnation is that which burns away the dross. Although the heart of self is always perfect, the incarnated manifestation of self is useful, more and more, as the self perceives the harsh but meaningful, halting steps of will led by faith alone.

We speak to you from a density wherein we approach what you might accept as perfection; however, were we in the third density, we would have become a gambler—nothing more, nothing less. Your self gambles that, in spite of all self-perceived failures, the self will not be afraid or bow to indecision but will choose to love—again, nothing more and nothing less. Whether you perceive the self as successful or unsuccessful, perfect or imperfect, the intention will burn away the dross of which you are so aware. If you can find the courage to proceed in hope of expressing love, then you shall be as perfect as one may hope to be within the dust-laden confusion of perceptions of your illusion. Do not be deceived by the perceptions of the senses or the intellect, both of which were designed to embrace the illusion to the exclusion of all things absolute.

May we answer further, my sister?

Barbara: Thank you very much, Q'uo. I have one more brief question. I need to wait. I think I will have further questions. I will go over what you said to me sometime tomorrow and then talk to you again, because I don't want to ask you to repeat. I have lost too much already.

I have one very brief question. As I relaxed and stopped trying to get all of K's words, as she is signing what Carla is channeling,[4] there were many times when I felt that I was getting the material without lip-reading and that it was coming in telepathically; not in words the way I channel Aaron, but picking up concepts telepathically. Is it possible that I was hearing the words, only telepathically, when I relaxed and stopped trying to lip-read?

Q'uo: I am Q'uo. You may perhaps hear our laughter. Yes, my sister, we are those known by many names, but above all, [as] messengers of love. As social memory complexes, we may speak to any entity which is tuned to our frequency. You are indeed a sensitive instrument, and we are having difficulty keeping this instrument [Carla] from grinning like a fool because we are so happy; we laugh in joy. We thank you, my sister, for the pleasure of communicating with your beloved self.

I am Q'uo. We feel that this is sufficient for this working, and at this moment would leave this instrument and this group in the love and the light of the one infinite Creator. We bid you Adonai. We are known to you as the principle, Q'uo.

Carla: I've been working to learn to value *being* as opposed to *doing*. It's very important to me because my physical abilities are more and more limited. Do you have suggestions on how I can best proceed in this line of seeking?

Aaron: I find it a great blessing to have the privilege of being with you tonight and to speak to your questions. I might remark before we start that the light emanating from this room is brilliant, and I find it very beautiful. I remarked to Barbara and Carla earlier that I am not hampered by restraints of time or space and truly can experience the light of this room at any time I choose, regardless of whether Barbara is using her senses. However, even though she perceives differently than I through her eyes and

[4] Barbara is deaf.

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is not seeing the light but the faces, by experiencing *while* she experiences, I can perceive the effect of the energy of this room on her energy and have still deeper experience of the force of it. Thus, I can see this group without using Barbara's senses; but with her senses added, I profoundly feel the energy bursting forth.

Carla, we are looking at your question about being versus doing, and I'm afraid there's something you do not quite understand here. In being, you *are* doing. This comes back to this same truth I shared above. I see you as light—just that. Each of you radiates a very beautiful and unique pattern of light. When you are being in the most pure way possible for you, you allow that universal energy to flow through you and out so that you become charged with the love of the universe, with the love of God. Then the light that channels through you is enhanced by your own inner energy so that there are truly two sources of light. You are each a spark of God. Picture the small ember and picture the large bonfire. Yet this ember has so much power, is so unlimited, that it, itself, is its own source as well as a channel for the universal source. What more important thing can you do, what deeper way can you serve, than to magnify that love and light, simply to allow yourself to be a channel for that love and light by being? Do you imagine that you are more of a channel for that love when you are physically active than when you are physically quiet? So the distinction is not so clear as you are making it, not so strong as you are making it.

It does not work the other way. In doing you are not always channeling that love and light so clearly; rather, you are using your energy, feeling that something must be done, that you in yourself are not sufficient. In a sense, this is what Q'uo was just speaking to Barbara about: beginning to understand that you are unlimited and that anything that flows through you is enhanced. As you allow this energy flow, the doing becomes simply another way of being. But as long as it's doing just for doing's sake, much of the light is lost.

Would you like further clarification of this before I go on?

Carla: What different choices can I make? Can you clarify for me what you feel I have to choose between? I feel when people write me, I want to give them something they can hold and hear.

Aaron: There are two things happening here simultaneously, Carla. One is that you do find it a joy to be able to serve others in such a way, and yet at times you push yourself beyond your comfortable physical limits. There is a certain difference in giving out of joy and in feeling a very small sense of, "I should do this." Can you see all the judgment in that "should"? It does not negate that aspect of you that wants to serve, but both voices are speaking at the same time: the "I want to" and the "I should." Because of the historical associations within this incarnation for the "I should," there is a churning of the inner energy.

Barbara spoke to you earlier about my description last Thursday of the ways energy flows through you, the ways that you are channel for the energy of God, of the universe. As soon as that small "I should" comes into it, it is like a twisting of the energy within your body so that it becomes a tumult within and doesn't flow through in the same way. What I'm describing here is, very simply, the way I see the patterns of energy and light; but your experience of this non-flow is as a churning in the stomach, perhaps, or some increased physical pain. There is a sense of tension. Can you begin to separate the "I want to" and the joy of that intended service from the "I should"—to notice that very quiet "I should"? It's very quiet, just a whisper; but it's enough.

The more aware you become of that "I should," the more you can laugh at it and say, "Well, here comes the 'I should' again!" When you can laugh at it, you can greet it with so much less judgment, and then the energy continues to flow through you and there is no distortion of that energy. The "I should" is the doing, and the "I aspire to" is the being. Can you see that? The conflict is not in what to do, but in the way in which you do it. When the "I should" pushes you beyond your physical limits, there can develop the build-up of resentment and some accompanying pain.

You are human, and you are not expected to be perfect. While in a human form in this incarnation, there are emotions. To want to get rid of the emotional body is a non-acceptance of the self, because the emotional body is an essential part of the incarnate self. So what you are being given here is another opportunity to look at the emotional body and embrace it, not to hate that aspect of yourself. Each of you needs to purify yourself into that spiritual body and to move further along the

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spiritual path that you are on; and that's easy when you are not in an incarnation. The incarnation offers the opportunity to practice when such embracing is more challenging. Do you look at the physical body and say, "This is gross and I don't want it," or do you attempt to love it? And it's much harder to learn to love the emotional part of the body complex.

I speak here to all four of you. Can you each see the ways that you've learned to accept the physical body more completely than the emotional body? It is harder, but until you've learned to accept all of that emotional energy in yourselves, you cannot accept it in others. That is what you're feeling. I keep asking Barbara to honor the incarnation. You cannot learn unconditional love, compassion, and forgiveness as easily while as a spirit, because there is not the same force of the emotions on the spiritual plane. So here is the chance to learn.

Speaking again to you, Carla, can you see that it is not a choice of how to answer or whether to answer these readers' letters, but how to relate to that small "I should" more lovingly so that you can begin to relate from the full being, harmonizing all its four bodies? Once you have begun to do that—not getting rid of but accepting even the "I should"—you realize there is nothing of which to be gotten rid. When it is no longer necessary it falls away. That last idea is not original to me; I quote Q'uo. And that "I should" *will* fall away! It is still necessary now because you haven't learned to accept it. At that point when it falls away, you will understand that there is truly no difference between being and doing. The doing in its purest form is a way of being; and when you are being, you are always doing.

Do you have further questions?

Carla: Yes. I just don't know how best to serve. You say, "When you are being you are always doing," but I often can't *do* anything. Can you speak to this?

Aaron: I would ask one question before I answer this. Is your doubt based in not knowing in which way you would best serve then or in the physical pain that comes when you push yourself to respond, or is it in both?

Carla: The first.

Aaron: If it is acceptable to you, Carla, I will address both, as there is also a physical burden that is being put upon your body.

I ask you first to look very closely and see the places where the desire to serve another through giving them something to hold on to comes from a pure place of love within your heart, and where the desire to serve is to alleviate the sense of unworthiness. Both create a physical drain on your body by the sense of "I should" that I just spoke of, by any small feelings that create some resentment. Can you see that both exist?

I would like you all to visualize your energy as I see it. When you are feeling loving and allowing your own energy to be channeled to others without distortion, there is still minimal distortion, the distortion which is essential to the human form because as a human there could not be a complete absence of distortion. When you each allow that energy to be channeled within the distortion, the pattern of energy I see coming from the body looks like the concentric circles that appear when a pebble is thrown into a pond, each one of the circles radiating out. When there is any anger, greed, resentment, hate, visually what I see are sharp spikes like a child's image of the sun. When there is a mixture of love and resentment, I see both. This is why, when you are in a room with another being and feel the presence of that being's anger, that one need not be talking to you for you to know that anger. When you feel the presence of love, there need be no words. You simply walk into the room and you feel it. The anger and love are tangible. Now visualize, if you will, what happens when those spikes of anger or fear hit these concentric circles of love. The sharp tips are softened, gently, each time they make contact, until they slowly wear down and smooth out into a circle.

When I speak of being versus doing, one of the best ways that you can serve another being is simply in sending out those concentric circles of light which will soften another being's anger or fear. You are in a position, Carla, where people are writing to you, so it's very difficult to send that love out through the mail and feel assured that they will feel it. You can send it out and know some beings are capable of feeling it. But a simple few words from you, "I love you. Thank you for your letter. Thank you," would be felt by some beings but others would misunderstand it. You are right, there.

You must ask yourself two questions here: "What am I responding to? What is their need and what am I sending out?" When there is any feeling of

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resentment or pressure or even uncertainty about answering that letter, some of that is received not as a softening circle but as small spikes. I am not suggesting that your letters are not loving and skillful, but you must really look carefully for that small "I should" I just spoke of, or any physical exhaustion, so that this letter is created with a loving desire to serve.

The second question is, "What is their need?" You know that you cannot learn for another, yet that is a large part of your pain because you have so much wisdom. It frustrates you that you share that wisdom at times and others can't hear you because of their own fears.

You ask, is it unskillful to want to reach out in love to these souls that turn to you for help? First be sure that your response is purely that of love. If there is any resistance to replying, simply put it aside for later that day or for another day and then know that the response does come from that pure place of love within you—a desire to serve—and wears as minimal a distortion as you can manage. Ask yourself, "In what way am I trying to change them, to make them hear me? Am I speaking with a voice of love and reassurance? If I speak with love and they can't hear me, is that okay?" Remind yourself that you cannot learn for them. You can open a door but you can't push them through.

Carla, put quite simply, you have a tendency to want to solve others' problems for them; and this is one of the things you find most difficult, because you know that is not something you can do. Can you begin to relate to the source of that need to solve others' problems, to take away another's pain? Can you begin to make yourself so comfortable with your own pain, and here I don't mean physical pain, but with the pain of your own existence, that you no longer need to take away their pain? Can you see the lesson in this for you—that as you find a deeper acceptance for yourself, your response to others will become increasingly skillful; and that instead of needing to change things you will help them to find a deeper acceptance for themselves?

Do you understand and is there a further question?

Carla: Yes, but I have to think about it first.

Aaron: Is there a further question?

Carla: Yes. I have always had low physical and emotional energy. What do I need to learn and how can I work to heal that in myself and serve better? It makes me angry that I can't do everything I wish to do. Then I feel guilty because I'm angry. Help!

Aaron: I perceive a normal amount of energy within you but it is partially blocked below the heart chakra by the anger, so the energy flow is restricted. So let's talk about anger. There is the misunderstanding of assuming one has only two choices in dealing with anger, or any heavy emotion: that one express it and talk about it, or that one suppress it. There is a third choice, and that's just to notice it. When you notice something quietly and touch it with your gentleness, very often it dissolves. It simply doesn't have the same solidity, the same hold over you. It's not necessary to practice your anger, to express it verbally or through such a practice as throwing pillows. This practice, in a sense, enhances the anger. It does allow the being to recognize it; and for some beings who have a great deal of trouble recognizing it, it may be used as a useful first step. I prefer simply treating it as one treats the stubbed toe.

Will you try an experiment with me here? Picture yourself sitting on a mountaintop. It is a beautiful day. There is a clear view. The sun is shining with a lovely warmth, as a warm cloak on your shoulders, and a cool breeze touches your face. In the distance you see a cloud, and then turn your back to it and go back to enjoy the view. That cloud approaches, but you're totally unaware of its presence until suddenly it sweeps over the top of the mountaintop, enclosing you completely within it, shutting off the sun. You can't see your hands six inches in front of your face. The air feels cold and clammy. There is a sense of panic, thinking, "How will I find the path to get down?" There is a sense of anger, of wanting this cloud to go away. Can you feel that need to push it away, feel how hard it is to just sit there and let it be there? Can you feel how strong the aversion is to it?

Come back again to the sunny mountaintop and the same cloud in the distance. Enjoy the view and notice the cloud: "There's a cloud coming … umm, looks like it will be here in ten or fifteen minutes. Well, here it comes … another minute or two … It's a pretty big cloud, too, and very dense looking. I think it will be here for half an hour, maybe even more. Perhaps I should put my jacket on … and here it comes." And it encloses you completely again; and again you can't see your hands in front of your face, and you do miss the warm sun and the view, and it does feel cold and clammy. But you saw it

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coming and you know how long it will be there. Can you see how much easier it is to simply sit with it and allow its presence, that there is no longer a struggle with it; it's just a cloud. Can you all feel the difference?

Your anger is like that. It becomes solid when you struggle with it, when there's a sense of needing it or needing to make it go away or to do anything special with it. When you can simply allow it as a cloud passing through and let go of your struggle with it, then there's no need to react to it. Certain conditions prompt the anger to arise, it's noticed, and it dissolves and goes its way. It's not the anger that's a problem, it's your reaction to the anger. That is what solidifies the anger.

So how do you work with this? It is truly just a skill that may be developed, and it has two parts. One is noticing the arising of anger as quickly as you can, each time it comes, even beginning to notice the situations that may provoke anger and saying, "I wonder if anger will arise next?" And the second is noticing your reaction to the anger, asking, "Is there judgment against it? Is there hatred of it? Or can I simply hold it, holding myself in my arms as I would mentally with that stubbed toe? Can I respond to this anger the way I would respond to a child who came inside crying and saying, 'A bully pushed me down'? Would I tell that child, 'Well, don't be angry,' or would I more skillfully hold that child in my arms and say, 'I see how angry you're feeling,' and reassure it that it's still loved despite the anger, that the anger has nothing to do with its lovability, with its soul's perfection?"

It is so easy for all of you to have compassion for others but not for yourselves. So I ask you, can you begin to relate to this anger in a more open and loving way? I am not suggesting here that it's skillful to walk around angry; but anger does arise, just like clouds do come over. As long as you are here in a physical body, there are going to be feelings. Even the most highly evolved being incarnate in a human body still has feelings but there is no longer attachment or aversion to those feelings. There is no longer a need to get rid of them or to struggle with them. And it is through that relaxation of the struggle that one finds a deeper peacefulness. Anger and love are not mutually exclusive. It all depends on how you relate to the anger.

In purely practical terms, I would suggest that it would be useful to play a game with yourself to help you loosen up and relate more lovingly and openly to anger. Take a notebook with you, a small notebook, and for a day, or several days as seems practical to you, every time you see anger arise just jot down a line. Be a cat at a mouse-hole and think, "Aha! There's anger; I caught it; I see it this time. I'm getting faster. I can see it faster and faster." See if you can lighten up a little, "Oh my, here's anger!"

The second thing I would suggest that might be helpful is to begin to observe the pattern of how you relate to your anger—to start to note, every time you do note anger arise, that little voice that says, "I shouldn't be angry," and ask that voice, "Why shouldn't I?" There is a big difference [between] using your anger as a reason to act unskillfully toward another and in simply feeling anger.

Do you have further questions?

(There were no questions at this time.)

I thank you all for the opportunity to share your love and your light. Please know how much my love is with you, and that the love and courage that you bring to your work is truly a light and an inspiration to all beings on all planes. That is all. ♣

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The Aaron/Q'uo Dialogues, Session 2

March 1, 1991

Barbara: Yesterday's talk from Q'uo didn't record on my tape recorder, and I got just what little I was able to lip-read. I had meditated on the content I'd gotten and felt Q'uo's presence, felt Q'uo knew what I did or didn't understand. I didn't want to ask Q'uo to take responsibility for me or my questions, but I also didn't want to ask for repetition. Would Q'uo reshare whatever they feel I missed, that they shared last night?

Q'uo: I am Q'uo. I greet you in the love and in the light of the one infinite Creator, Whose presence permeates all and is all that there is.

My sister, there is no such thing as repetition in responding to the needs of a consciousness, because each entity is at this moment a new and different person, unlike the entity of any other moment. This is why history, especially personal history, is largely irrelevant to the great work of living and loving in this moment, just this one moment.

We would speak of the saying of the one known as Jesus, that saying which he gave to his disciples: "Feed my sheep."[5] Many are the loving servants of the one Creator who are eager to feed other sheep but who do not realize that first they also need food, not the food of the earthly vehicle alone, but far more importantly, the bread and wine of spiritual companionship. There is a great companion which awaits all who heed her heart; that is, the first and second densities of your sphere. The very earth beneath your feet is alive and pulses with undiminished, infinite love. Each rock, each portion of grass, meadow, or pine needle beneath your feet connects a third-density entity with the heart of the Grandmother Earth. How this being loves you! The friendship of the elementals of earth, air, wind and fire; the devas of plants of all kinds; the ever-rising consciousness of animal forms, all wait to embrace the one who stops to pay attention and to take comfort in the cathedral of what you call nature. When an entity allows itself to admit the entrance of these divine and loving spirits, the air is filled with cherubim, the trees with the laughter of the seraphim, and angels ascend and descend in every fire, in every storm, in every calm, in all beams of living sunlight. Here lies food indeed for the spirit.

We would move further and speak of another very true and real companion. Many are aware of this entity as Jesus the Christ. Others find it helpful to think of this Christed energy as the living Holy Spirit of the Christ, which speaks to the world yesterday, today, and forever. Imagine the spirit form of the one known as Jesus beside you and mentally take the hand that is offered. Thus, palm to palm, heart to heart, love divine to love in manifestation—a companionship of infinite trust,

[5] *Holy Bible*, John 21: 16, 17.

infinite mercy, infinite kindness, and infinite love is born and forged anew every moment. The need for companions along the way seems to the third-density eye impossible to be met when one is alone in the way in which it has chosen to walk the path of love and service to others. Yet every zephyr of breeze, every silent bird, and all that the senses experience are your loving companions; and the fellowship of the Christ, however it is perceived, is nearer than your breathing, closer than your hands or feet, infinitely more intimate than any third-density companion. So, in any weather of life, in storm or calm, it is the third-density entity which must call to remembrance in each present moment the very present help and companionship that those who are yet asleep do not find themselves perceiving. The love and caring is always there. It is the entity who must remember to open the door to that friendship, reach out the hand to that love which is so palpable one could almost imagine the incarnative form of the Christed One.

Especially when outward circumstances seem murky and turgid with heavy cares, the seeker will find those cares lifted so easily away simply by remembering to reach out the hand to the friendship of the sanctified Christ. Now that sanctified presence is truly within each seeker, as is all the universe. You are the creator of your particular creation, and co-Creator with infinite Intelligence of that which is experienced and how it is experienced. Although you cannot be another's creation, you cannot help but be the creator of your own. So, in making the choices from moment to moment, do not let your heart flag or falter because you are alone; for there is companionship more real than the manifested forms of your density, ever waiting for your simple recognition and acceptance. How loved all entities are! Yet without the intention to reach out in trust for that love, an entity may walk forever in a fog of self-created solitude.

I am Q'uo, and would ask if there is a further question at this time.

Barbara: Thank you. Q'uo, I'm aware of a desire in myself to serve that seems to come from two places. When I sense that the desire to serve comes from any place of ego or self, it makes me pull back in fear that ego will distort the work. Then that fear touches and distorts the honest places of loving and worshipful desire to serve. It confuses me. When there's fear, although I hear Aaron, I doubt even that. Yet when there's love and the full experience of God and of that love from Aaron that surrounds me, I know no doubt. Aaron has talked about this at length with me, but I wonder if there's anything you would add that would help me to understand and balance these forces?

Q'uo: I am Q'uo. We would speak of two minds and two hearts. The first mind is the mental mind. In it there can only be mentally feared obstacles. For one who is an adventurer within its own mind, the barriers of fear do not arise. However, the mind that is mental deals almost exclusively with the relativistic illusion in which each now experiences and enjoys the dance of incarnation. Thusly, although one may be mentally curious, one cannot use that mentality to plunge into that abyss which must be accepted in order to reach the second mind.

The second mind is often called the heart. In the open heart is stored the true mind which begets wisdom and compassion, which is as infinite and effortless as the love of an open heart. Many things, however, occur during an incarnation which may tend to cause an entity to erect defensive barriers in order that this precious heart may not be wounded more than it already is. Thusly, in order to open the second heart—the heart of wisdom—one must first gaze at the erected barriers in acceptance and love for the self that needed those barriers, allowing them to remain until they are no longer needed. Then the heart may open, and wisdom may be fearlessly received and equally fearlessly manifested forth.

It is said in the holy work called the Bible by the one known as Jesus, "I am the vine, you are the branches."[6] Let us look at *I am*. I Am is the true name of the infinite One. I Am. Say this in your heart: "I Am. I Am with you always. I Am the way. I Am the truth. I Am the life."[7] Each is I Am. Thusly, each open heart receives, reveals and manifests the fruit of that great root of Consciousness, the I Am of all that there is. When the branches of the vine surrender their self-importance in an humble awareness that without the root I Am, their I Am would be dust and ashes, then the branches bloom, flower and bear fruit and seed to replenish the earth inexhaustibly.

[6] *Holy Bible*, John 15:5.

[7] *Holy Bible*, Matthew 28:20, John 14:6.

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Let us now speak of the first and the second heart. This, too, is helpful in finding and allowing the release of fear; for in the first heart there is wisdom, but there is only the perceived awareness of the nurturing constancy that is love. The first heart often attempts to bloom, to nurture, and to give simply because it is full and those about it need replenishing and filling. The first heart, though wise, when full because of its unstinting compassion, is also foolish. This folly is beautiful to us, and a testament to the incredible generosity and power of the open heart. Yet there is a second heart, and that heart may be conceived to be—whether we speak of the male or female form—the womb of life. That heart moves in fullness with no need to serve, no need to do anything other than be full. The second heart is the womb, ever pregnant with love, ever giving birth out of fullness into that which is actually full. Thus, the second heart responds not because of the needs of others, but because it, like sunshine, must propagate its light and give birth ever and ever and ever to its own I Am, which—as the womb of this second heart is more and more maturely experienced—becomes more and more nearly the undistorted, uncreated logos, which is love.

I am Q'uo. Is there a further question, my sister?

Barbara: I have no further questions at this time. Thank you, Q'uo.

Q'uo: I am Q'uo. We thank you, my sister.

Now we would speak just a moment about that which is called patience. How boring to be patient, to wait and to watch, when the heart leaps like a deer and wishes to fly higher than the highest mountain in joy, in radiance, in awareness of perfect love! Yet the will of entities in incarnation is made perfect, not by its use, but by the surrender of its use to the will of the one infinite Creator. In your illusion it seems there is a passage of time. Outside of this illusion, all times are one, all times simultaneous. Yet within the illusion, darkness broods over the mind and over the heart, and sometimes the night watches seem to go on forever. Yet it is in the darkness of midnight that the messenger of realization, illumination, and love comes ever so quietly, walking on feet of I Am, I Am, I Am … silent feet that cannot be heard unless the heart is watching and praying and waiting.

This is the use of patience—not time to be spent quickly, but time to treasure that expectancy that the bride and bridegroom feel as they wait for the wedding day that has already been set. Within an incarnation, the spirit has many wedding days, many glorious feasts; but those feasts are punctuations—gifts, we may say—which give the commas and the periods to the long sentences of expectation. Thusly, it is well to give great respect to the practice of waiting, watching patiently in complete faith that, although the seeker does not know the next wedding day, yet it is known and it will come. In this joyful readiness lies a fearlessness which does not quail at the darkness of the hour or the solitude of the night watch. Rather, it waits in a patient faith, in a honed edge of will to listen, to surrender, and to be that I Am which is the wedding present of the consummation of the present moment.

We would leave this instrument at this time, thanking each for the beauty of your vibrations. It has been a great joy for us to be with you, to be called to your group by the intensity and beauty of your calling and your needs. We hope we may have offered helpful opinions, but as always, ask each to remember to cast aside anything that does not speak to the personal truth. We are of the principle known to you as Q'uo. Adonai. Adonai. I am Q'uo. I leave you in the love and in the light of the infinite Creator.

Barbara: Last week, Aaron, you spoke of promptings to serve coming from the emotional body. What comes to the mental body is a pure desire to love. You've previously spoken of imbalances between these two and of bringing them into harmony. This morning in meditation I began to see the opposite side of the above. I felt the mental body was the one blocking the true loving emotion, that when I enter that tabernacle it feels like the emotional body opens and any separation comes from the mind. Will you speak further about this?

Aaron: My greetings and love to you all. I am Aaron. It is a joy to be with you this morning, to feel the love and light that emerge from this group; and I thank the principle of Q'uo for that which has been shared. There is great comfort in hearing the same thing repeated by different voices. It is part of trust, because truly there is nothing I can say to any of you that you don't already know. But our words reassure you and help you trust the wisdom of your own hearts.

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You ask about these bodies. You understood this morning, as you thought that question, that you were asking partially in reference to Kabir's powerful poem[8], where he makes the statement, "How hard it is to feel that love with all our four bodies. Those who try to be reasonable about it fail."

You are consciously aware of the concepts about which I speak and the experiences that underlay those concepts; but to some degree, perhaps, we don't share the same vocabulary. Let me speak first for a moment, simply establishing the vocabulary that I use so you can hear this without misunderstanding. Please feel free to substitute the labels with which you are familiar with the labels that I put on the experience.

There are four bodies: physical, emotional, mental and spiritual. In your incarnation you deal with all four of them. The astral body is that which you experience when you are not within this physical body but are in the spirit plane between lifetimes and experiencing only the emotional, mental and spiritual bodies. These two—the physical and astral bodies—are what you are used to referring to here as a third-density being.

Slowly the emotional body drops away. To say it in your terminology, you graduate from this third density. There is still somewhat of an emotional body, but there is no reaction to that body. It is merely felt as that cloud passing by that I spoke of last night; and you don't need to do anything but observe that emotional mass appear and disappear. As you move beyond the causal plane, the emotional body drops off completely and there are only the mental and spiritual bodies. Here the being is learning a sense of wisdom for which thought is still necessary.

Yes, there are two kinds of wisdom: that which comes from the heart and that which comes from the mind. As Q'uo has just pointed out, they are simply two levels of the same way of knowing. Slowly this mental body also drops away as it is no longer needed, as you move back into that core heart of the Creator of which Q'uo has just spoken. Thus, the being moving into what you refer to as seventh density moves more purely to being the pure spiritual body, which is the soul. That is all the soul is, the spiritual body with all the rest, not discarded, because that implies an aversion, but simply fallen away, as you shed your clothes when the sun is hot on a summer day.

Coming back to where you are now, in this third density, as you begin to understand, no one of these four bodies is more mature or less mature than another. Each body serves its purpose. What you experienced this morning when you felt the heart open so completely and then experienced fear of that opening was neither the isolated mental nor emotional body.

Fear is an emotion, and fear comes from many places. It is not that the emotional body is less mature but that the emotional body is less accepted; that while at some deep levels of meditation you are aware of the usefulness of moving beyond conceptual thought, you do not condemn yourself for thinking. But you condemn yourself so often for feeling, until habitually you build up a fear of the emotions. Essentially, you have backed yourself into that tunnel we've talked about so often.

I have talked in another channeling[9] of a tunnel, a very safe place; and you are comfortable in this womb. Perhaps you will wish to think of it as a cave with only one end open, and across that end you've put strands of cobwebs to protect yourself from that which you feel will harm you, to protect yourself from another's anger and also your own anger, to protect yourself from the pain of feeling separation, to protect yourself from grief. And each strand that you have put up has served a purpose, because you felt you needed that protection. And yet, it is dark in your tunnel and on the outside it is light; and you've reached a place where you want to allow in that light. Can you feel the brutality if one were to reach in a hand and tear out all of those cobwebs, all of those strands, and how you would cower in terror against tearing all of that protection away?

Yet gently and with full awareness, you can reach out, lift one strand at a time, and examine it. What is this fear? Have I still need of this? Whence is it arising? How long must I hold on to it? Seeing a strand, perhaps of anger or greed, one notes how that greed or anger arises out of fear and out of a sense of separation. One sees the ways that fear has enhanced the sense of separation. The self, which

[8] *The Kabir Book*, poem 43.

[9] November 21, 1990; unpublished; available from Deep Spring Center for Meditation and Spiritual Inquiry, 3455 Charing Cross Road, Ann Arbor, MI, 48108.

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then perceives itself to be separate, feels a need to protect and allows the arising of anger or greed as its protection: "What if my needs are not met? What if I'm harmed?"

But this can only come from a sense of self and other self. Where there is no separation, there can be no anger. Can you begin to see how fear leads to that sense of separation which leads to the first distortion of self-awareness? This distortion provokes one not yet fully immersed in separation but experiencing a distinction between self and other self to cultivate that distortion which first allows fears. Observing, you can begin to understand how this process works in yourself. Then as fear or separation arise, you can gently lift that strand of anger from where it blocks the light, look at it, and ask yourself, "Do I still need this or am I able now to put it aside?" Always do this with gentleness and never with force, never asking the self to be what it is not ready to be, but accepting the self as it is so that the being will always be challenged, but always simultaneously accepted and loved. In this way the emotional body is not something with which one fights, but is part of your integral, harmonious self.

You asked me to speak further about the distortion of service-to-others that grows out of fear in the emotional body. When there is a sense of the self's not being adequate so that there comes a feeling of needing to do something to prove oneself adequate, to soothe that pain, then the service in itself becomes distorted. You experienced this morning the love of that spirit that was known in his last incarnation as Jesus, and you felt the strength of that loving energy flowing through with absolutely no distortion. Last night I said that in human form it is impossible to allow the energy to flow completely distortion-free. This is because as soon as there is a concept of service-to-others, there is a self and an other. And thus, we come back to that fact that self-awareness is a distortion. Ra calls it the first distortion and I would agree with this. Excuse me, Ra calls free will the first distortion—potentiation of an active Creator whose nature is Logos, or love.[10] But in order to love, there must be that which is loved; and that takes self-awareness, so in a sense we're saying the same thing in a different way.

If you will, picture a river flowing with an absolutely clean and sandy bed, and with a strong current. Somewhere down the stream place one stone, just large enough to break the surface, and see the ripples that break around it. Let's call that first stone self-awareness. The current flows around it with its full force, and yet there is a small distortion in that current. From self-awareness grow so many doubts and fears: comparisons; competitiveness; and thoughts like, "Am I good enough? Am I acceptable and loved?" Suddenly we have a whole load of stones thrown into this river, and now the water flows through in many ripples. There is still a current; but if you were to float a stick downstream of that very first stone, it would float smoothly down the stream. If you put a stick just upstream of that first stone and watch it, you see how it deviates around that stone and loses some of its direction and thrust. Now let that stick move downstream to where all these stones are and see how it swirls around in little whirlpools.

Thus, when you are lost in a distortion of any sort, your energy does not flow freely. In the meditation you felt that entity known as Jesus' energy flowing unimpeded and enhancing all energy that came into it. All separating emotions, even love, create distortion and turbulence. The mental body quiets that turbulence through reason, and yet that reason separates the entity from the strength of the river's flow. It is as if one, seeing all those rocks in the river's bed, erected a dam within the rocks, diverting the water so that there was no longer turbulence from the rocks but impeding the full flow of the water.

Each distortion must be worked with back and forth, always with gentleness and compassion, always asking the self, "What am I being offered to learn? How can I work with these fears, these forces within me, more skillfully? How can I gently begin to lift out each stone, to move to that perfect awareness that there is no separation, that this self that is aware is not a separate self but only part of the force of the universe?" The fully evolved soul returns to the fire whence it came; but it returns, not as the tiny ember that it began as, but as a brilliant sun in itself, enhancing and strengthening the power of that original sun.

Do you wish me to speak about this further, or are there other questions?

Barbara: I have no more questions about this, Aaron, thank you. I don't know if others do or not.

[10] *The Law of One, Book II*, pp. 2-3, 54.

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K: With regard to working skillfully with anger, I understand the concept of noticing, feeling and allowing anger to pass as it comes up in the day-to-day life. I'm not sure what to do with the angers that have been there for many years—the angers that I can tap into at any moment just by recalling any of many situations. In each case, I suppose the anger has to do with my feeling that I have been wronged somehow; and I know that what I need to do is to be able to accept and forgive myself fully, as well as whatever other person is involved in the situation. But this seems to me to be the work of an entire lifetime, at least, and leaves me feeling pretty hopeless about dealing in any significant way with those long-term angers. Can you comment on this?

Aaron: You say that this seems to be the work of a lifetime, and that leaves you feeling hopeless; and yet, this is the healing for which you took birth, because in past lifetimes you have held anger in much the same way, learning slowly to let it go, reaching an understanding that anger is just anger. And now you've arrived at a point where you understand the usefulness of moving beyond that anger, of letting it drop away, and it *is* the work of a lifetime; and yet you are working on it and making progress. You are in that tunnel that I just spoke of with all these strands across. And when present anger arises, you've learned skillfully to look at that and not necessarily need to attach it across the entrance. But there are still all those strands from the past.

I suggest that it would be useful in meditation, as you feel the courage and readiness, to lift each strand and examine it. Don't start with the heaviest ones. Build up your strength with the lighter ones. As you recall some moment of intense anger where the self felt attacked in some way by another self and felt that it was wronged, just gently look at that strand and the feelings that came, asking yourself, "What is this anger? Why is it here? What was its function? Do I still need it, or am I ready to set it down?" Always know that if you feel vulnerable and afraid, you may put it back again [into place] if you need to, trusting that as you grow you will have less and less need to do that.

Each of you is here to learn to love yourself and others more fully, to learn faith and love. The anger is quite simply one of your learning tools. It's very easy to love unconditionally in a situation where there is nothing that arises to provoke any feeling but love. But how do you love when you are provoked to defend yourself, when that separation arises? Can you continue to love when noticing the fears, when noticing the separation and how anger arises from that? As you become more skillful with doing that with each small resentment that arises in your present life, you will find the faith and love to go back [to loving in the moments of larger resentment].

There is one more thing here. You say you know this is what you need to do. I feel a sense of judgment in that. There is some sense of your feeling that until you do, you are not quite adequate or there's something wrong with you that needs to be corrected. You do not need to do this; rather, as you grow you allow yourself to do this. Can you see the difference? Allow yourself to be where you are, always reaching for the next step, but reaching out of a sense of love, not out of a sense of despising that which is. It is essential to treat all of this within you with love, because your contempt will only further enhance the sense of separation and further fragment the self into what's acceptable and what's unacceptable.

Do you understand, and do you have further questions?

K: Thank you, Aaron, I think I understand. I may have more questions at a later time.

Aaron: I would like briefly to add one thing, which is to emphasize that I share the concern of what Q'uo has said about patience. Can you picture yourselves swimming up the stream in a river? You know that eventually you will come to the source of that river. But for now you are just enjoying the swimming, noticing the brightly colored fish that swim beneath you, feeling the coolness of the water and the sun on your back, stopping to rest when you need to and then swimming again. As you move further upstream the river begins to narrow a little, and suddenly you start to have a sense that this river is coming from someplace and that perhaps you will get to its source.

Now, you stop your strokes and look up, wondering how much further; but as you stop there, the current pushes you back and you lose your momentum. You start to swim again. The closer you get to the source, the fresher the water feels and the stronger the energy of that source. When you start to look around and say, "How much further? I can't wait to get there," you lose some of the joy that you had

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before of just enjoying the water, enjoying that life in the water, the sensations of it on your body. This happens to all beings as they come closer to the source. It is not a fault, simply something of which you must be aware so that you can begin to notice the impatience and allow yourself to return to the joy of this incarnation, knowing that yes, you do come closer and closer to moving beyond the need for rebirth, to knowing your true Self in a deeper sense and connecting with the source of that love and light in a deeper sense. But that will be when it will be, and this is now. Cherish this *now*. It will not come again.

As there are no more questions, I wish to thank you all for sharing your loving presence with me. I cherish each and every one of you, and wish for each of you that you could grow to cherish yourselves as those loving spirits and friends that surround you cherish you. That is all. ♣

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The Aaron/Q'uo Dialogues, Supplementary Session

March 1, 1991

Aaron: With greetings to you both. I am Aaron.

You ask why I am not content with the term "density." I have nothing against the label itself, but it is your misunderstanding of the label which I was trying to circumvent, to stir you beyond that misunderstanding.

When you were speaking of this on Thursday morning, K was thinking of it as specific grades that at a certain density of light, there is immediate movement into the next density. It doesn't work that way. You move back and forward to a certain degree. Yes, there is this harvest that Ra talks about. There is a time when you are ready for the next, for the lessons of the next density and yet, you may move back and forward as you need to. Sometimes you wish to repeat a class for certain reasons. We are speaking here of opacity of transparency *(inaudible)* and there is a general movement toward more transparency and yet on any plane there are times when the entity becomes stuck, in a way. Not that it's [not] moving forward, but that it needs frequent repetitions of the lesson.

As that happens that being may temporarily find they misunderstood, not because it is falling backwards, but because there is more to understand. It might help you here to picture a being climbing a mountain. At first, there is a gentle slope and not as much exertion is required. At some point, the being may come to a steep cliff and it begins to climb, seeking out footholds and handholds. And as it does, so its energy changes. It becomes more tired. It's sweating, perhaps. This does not mean it is not as skillful a climber as it was in the lower levels, where it was not sweating or exhausted, simply that the slope is steeper.

Yet, for many of you when you come to that steep slope and feel a sense of spiritual exhaustion there is a reaction to it. It is not the exhaustion that is the problem but the reaction. The reaction pulls the solutional body that we spoke of this morning into play and temporarily your light becomes more opaque. Yet, in a sense that cliff must be climbed to reach the plateau on top.

Barbara: Say that again, Aaron. You gave me a lot of images at once. This is Barbara speaking. Aaron, I'm seeing it as you see it, through your eyes, so to speak. Yes, I see, side by side, two beings: one has energy. Its own energy is flowing swiftly and it's very transparent and its aura is radiating with light. The one beside it is climbing up the steep cliff, I guess. *(Inaudible)* not nearly as transparent, but it's putting forth such a feeling of hope and love of reaching the top that it's radiating even more brilliantly.

So, Aaron, is what you're saying that a … (I can't begin to say how fast that is) transparency is not the

only significant factor. *(Inaudible)*. Will you tell me if that is correct?

(Side one of tape ends.)

Aaron: Essentially, child. This density is only one factor. This is why I have preferred the word "dimension." Let us first define what I mean by dimension, as I don't know if Carla has read this in the transcripts.

Picture a ball of clay, trapped between your hands. Pressure is applied to it from both sides and as it squeezes together, most of the mass eases out from the top of your hands to form a new ball in another dimension. You still have the flat piece that went down between your hands, but now you have a piece that's erupted onto the top. Take that and squeeze it and allow it to move in a new direction.

You cross many thresholds within each of what you are accustomed to thinking of as a density and [also] from one density to another. Thus within each density are many of these thresholds and each time a meditation or *(inaudible)* experience takes you to a new perspective, your eyes are opened to some truth to which they have been shut before. You have a new way of understanding.

Now, there are larger thresholds and smaller thresholds. One might liken it to a flight of stairs with a landing, and then you are on to the next flight but it is all one stairwell. For the density of the being is generally moving toward transparency and there are certain limits of transparency or opacity within each of your labeled densities. This is only one factor.

Barbara is asking me here what are the other factors and I find it almost impossible to find words in your vocabulary which will express [our thoughts]. In a sense, I understand why Ra is using density because they all translate into light. And yet it is not enough to simply say, "This is light," or, "This is not light." When you have a deeper faith, you do meet more light.

As distortion is dissolved, you meet more light and allow more light to pass through you, but there is a level here where the distortion must be accepted as where that being is. In other words, Ra speaks of love as the first distortion.[11] That original energy that was flowing through this small spark of God cannot grow into a flaming sun without the distortion of love. Yet the distortion of love does create a *(inaudible)* and take one away from transparency. This is where the term density can be misleading. [There can be the] feeling that it is preferable to move toward transparency, but it is not that it is preferable, it is simply to be seen in the same way that as one walks down the path, one moves further down the path. It is inevitable. It is not something that you need to try to do.

Barbara: Say it again, please, Aaron.

Aaron: I am sorry, child. This is not the fault of your channeling. I am thinking two thoughts at once. I am thinking this through as I speak.

One must continually love and reach out toward that love that is other, giving and receiving and clarifying the connection between the self and the source of that love until the self is absorbed into the source and further separation ceases. The soul yearns for that but so does the love that draws one deeper back to love. It is love that overcomes the separation and yet love is the separation.

As I am trying to understand how to explain this to you, we are found to be thinking two thoughts. Firstly, that one must always be striving to love more fully, to live more wisely. Yet at the same time one must not be doing anything. And there is no paradox there.

Do you understand what I mean with this, or should I try to explain it further?

Barbara: I understand it Aaron. Do you, Carla?

Carla: Yes.

Aaron: So we come back to this original question about density and my preference for another term. Actually, I don't prefer another term, I prefer [that] there be no term, that you try to move yourself and your thinking beyond labels. Simply understand that you go through this progression, which can be roughly broken up into eight mutual parts, each with many smaller parts, but that they overlap. You are always in the space you need to be and that space truly needs not labels so much as your constantly being in that space, in that moment, and not striving to be anywhere else while still knowing the absolute desire to be fully merged with that love. Do you have questions?

[11] Actually, the Ra group speak of free will as the first distortion. But love or Logos is next!

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Barbara: I don't have questions. Aaron. I understand what you are saying. Carla?

Carla: I would suggest the image of a stairway. Each step is more full of light. The spirit walks the stairway until it reaches the light that is comfortable. If it tries to go further it is uncomfortable, so it finds its place. That place may be in third density or fourth density but it only matters if you are comfortable.

Aaron: I thank you, Carla. That is a very clear illustration. I would add a bit to it. Let us put the stairway outdoors and allow you to visualize the light of the sun as shining brightly on it and, of course, as you come up from the world you move more and more into the sunshine. Picture it as a spiral staircase, perhaps, with small landings at different places. There are times when you move around and find yourself in the shadow for a bit. So you are both emerging up into the light and yet temporarily fully covered in shadow and will emerge back into the light as you move around, beyond that shadow.

Each shadow is a difficult place in your growth. [And this is so] in any density, because it is not only third density that has to learn, though learning is not as painful [in other densities.] Yet there are times when we feel ourselves to be in darkness. The difference is [that] when you feel yourself to be in darkness, it is as if there is total blackness and you lose sight of the stairs that wander round.

When a being of a higher density finds itself to be in darkness it is only a slight shadow, and one can still clearly see the staircase, but while it is a constant progression, into more and more light—and you are very accurate in saying that you only move as high as the light is pleasant and when it becomes intolerably hot, burning away that in you that is still too dense to meet that light, then you pause for a bit to work to a degree of transparency—so while you are moving toward this light, there are also moments of more brightness and moments of shadow.

I find this very accurate, Carla. May I suggest that the steps are such as you may have meant in what you call a funhouse, perhaps, where there are times they are firm, and times when you step up [where] they seem to sink down. So that the difference of one step, and the step that follows after, disappears and the next step looms very high above.

Each step is truly a universe unto itself. That is all.

Carla, I see a bit of confusion in your understanding of this. Yes, that happened to you, but it didn't happen to you by chance. Thus, first there was some energy blockages [in some] *(inaudible)* region of your body. Then there was your mother's action, which around your life is called your "retention tether," but the energy blockage existed in a sense of the potential for the energy blockage, let us say, before that choice of your mother's. I would suggest that this is related to a past life prior to this one. Do you wish me to speak further on this?

Carla: Yes.

It may be useful for you to know that there has been a past life in which there was severe brutality and mutilation to the bowel area of your body. I would suggest that this may be a defense, a protection, against that. I can give you more details on this life if it would be more useful to you but you [do not] really need to know *(inaudible)* what happened, so much as to become aware that you are creating some protection of some sort. You have released most of the karma between you and that being who did this disemboweling but the body is working in its own way, on a cellular level almost, to provide protection. It is not a matter of forgiving, which is why I feel you do not need to know the whole story behind it.

It is just a story. [To tell it] will pull you back into it. Rather [than going back into that story], understand the fear of the body itself against such violence to it. Hold that fear lovingly in your arms and relate to it compassionately, as I believe there has been more warfare than love with this area of your body, in this lifetime. Do you understand?

Carla: I think so.

You seem to be dealing remarkably [well] with learning of this incarnation without knowing about other incarnations. I believe you do know what you need to know at a certain level that is not conscious. But you do not need to know about something that simply happened to a being that you were that is not immediately relevant to this lifetime. All that is relevant here is that you are saying that the pattern your mother established has been carried through but the pattern was established long before your mother toilet-trained you in that way and in fact her choice of toilet-training in that way [served] to

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emphasize the pattern in this lifetime[12], to draw your attention to it, so you may heal that brutality from a past lifetime, not by needing to know the details of it but just to bring *(inaudible)* to that area of your body and understand the cellular level. Do you understand?

Carla: *(Inaudible)*.

I understand that you have, Carla, but there is still another level here that you can begin to relate to more consciously as [we] speak about it. Perhaps just knowing this will be a help to bring the awareness more to the conscious level of mind.

I find it delightful that on my plane I have finally reached the point where I equate beauty with the light that shines from within and [has] nothing to with the physical. It is a pleasant stage to have reached. I would like to remind you both that when you choose to incarnate into a body, into a family, into a culture, you know the generalities of that body or family or culture, that for these that you have chosen to be parents, these have been the issues that they have come to work with and that you have shared with them in the past.

You know the basics of what that fetus will become, but you have no idea whether it is going to be beautiful or not. This is not one of the choices you make. Let me amend that to say you may know that it will be extremely unattractive as the parents are unattractive or that *(inaudible)*, but beyond those general limits, you have no idea whether it will very beautiful, or somewhat beautiful, or highly attractive or attractive or moderately unattractive, or so on.

[12] Carla's mother toilet-trained her from before the age of one year old by explaining to her that she needed to move her bowels, then putting her on the potty. Carla was too young to be able to perform as expected, although she spoke early and clearly understood what she was supposed to accomplish. She simply could not do it. This resulted in a perception that she was constipated. Therefore, she was given enemas at least once a week from babyhood.

This compromised her peristaltic health and throughout her life until 1991 she had difficulty absorbing and processing food. Ten months after this discussion with Aaron and Barbara was taped, half of her transverse colon was surgically removed, the "disemboweling" being necessary to preserve her life. Thusly, the pattern played out for Carla in this incarnation, but in a healing and helpful way which ensured her continued life and increased vitality. She used this opportunity to rededicate her life to service and also to her own care for herself. She radically improved and remains in greatly increased health to the present time (2005).

This only becomes a concern to you on the physical plane and is of no concern to your spirit. That is all.

Barbara: [Aaron,] we are talking about densities. You've generally not been willing to say anything about what density you are and said it didn't matter. However, some time in the past few weeks in the Thursday group[13] we were talking about this spirit known as Jesus and in the Ra material it talked about him as being at fifth density and you said the spirit had nearly entered the seventh density and K was feeling upset about why there was a seeming contradiction. K said, "In the Ra material, Ra states the Jesus is currently in the fifth density and you say he's seventh." And Aaron said, "That spirit whom I understand as Jesus is far beyond the fifth density." K is questioning the density of Jesus, who Aaron says is at the seventh density. K showed me the related features of the Ra material. Aaron said, "K, I want to you to discuss this [with] Q'uo. I do not agree with it. I am what you would term fifth density and this being has evolved far beyond me. That is all."

And then you, [Aaron], went on to talk about what the term density means and about not thinking of it as a specific grade and that we are not fixed in place. So, Aaron, the question this is leading to is *(inaudible)* I don't know, are you feeling, Carla, that as *(inaudible)* what makes you *(inaudible)*. What need you *(inaudible)* feel Aaron has not talked to my knowledge about what density he was at before. The only thing he has ever told me before is that he is beyond the causal plane. What made you feel that he was third density? And Carla was saying, "Barbara saved his life 400 years ago. At that time he was a third-density being. So he must still be third density."

Aaron: Carla, here we are back to the *(inaudible)* more fixed notion, that a being must wait for this general harvest to go on. Immediately after the end of that lifetime there was no need for me to return to incarnation. I have been very close to that for many lifetimes. On the spiritual plane between many lifetimes and for several thousand years, I had learned many lessons that you would term fourth-density lessons and yet had felt a need to return to Earth for the clarification of *(inaudible)* that needed to be cleansed, thus, actually was moving between

[13] Barbara is here speaking of a regular meeting of the Deep Spring Center for Meditation and Spiritual Inquiry in Ann Arbor, Michigan, where Barbara and Aaron teach.

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these. Here again, I prefer to not use the word density for these levels of being, although density will do in a sense, because as a spiritual being, with an almost clear emotional body, I was far more transparent, but coming back to the *(inaudible)* final lifetimes, there was more opacity because of the presence of the emotional body …

Barbara, you need to reposition yourself. Your concentration is weak.

(Pause)

Following the final cleansing of that karma, there was no need to return to the earth plane, and yet I left behind me a beloved one whom I would *(inaudible)* through my guidance.

There is no need for me to do this work, karmically. There's no karma between me and the present being you know as Barbara that draws me back and so I have no present bonds to work through to need to be part of the earth plane. I do so purely out of love, and yet there is still this distortion of love, of the desire to serve this one whom I have loved through many lifetimes. Besides that there are lessons of both wisdom and compassion that are valuable for me as a spirit that may be deepened with recontact with those of you who walk this Earth.

So, as I emphasized many times, you teach me as much as I teach you. You have reminded me of what it was to be young. When I say I am presently of fifth density, I am not speaking of a place where I am, but am speaking purely in terms of the degree of clarity of my mind. If I did not choose to do what I am doing now, during which work I must assume a look of personality and consciousness as I have spoken of before, then, going back to our visualization of that staircase in the amount of light that the being can enjoy and tolerate and benefit by being, I would be at the beginnings …

(Tape ends.)

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The Aaron/Q'uo Dialogues, Session 3

March 2, 1991

Group question: We all have questions about fear. Barbara has fear of responsibility she is not able to meet, fear of the unknown, and fear of going beyond her prior limits. Carla and J fear being unable to measure up to their own standards, ability and potential. K does not wish to rely on outer authority but fears she is not equal to the task of establishing her own inner authority. Would you please speak to these fears, or fear itself?

Aaron: I am Aaron. I think it would be useful for each of us to speak for some time, and then to relax from that rigidity a bit so that we can speak back and forth. This is almost a ritual form of communication. I do not wish to impose this on Q'uo. If that is acceptable to Q'uo it is acceptable to me. That is all.

(A pause while Aaron waits for any objection. There is none.)

I am Aaron. You are asking about fear, and I do prefer this idea of a dialogue to individual monologue. So, rather than trying to give you a half-hour, comprehensive view of the subject, I'm going to talk a bit about what seems to me to be your deepest issues, and then pass it on and let it return to me again. I feel we will learn more that way.

Each of you has different understandings about fear and questions that come from a different need, a different place, so that we start with a very basic question, "What is fear?" Not even, "How does it arise?" or, "Where does it come from?" but, "What is it?" Essentially it is an emotion that also touches on the physical and mental bodies, not just the emotional body; and finally it affects the spiritual body. So it is a feeling that totally enfolds you.

Fear is rather paralyzing to many of you. It distorts your way of seeing. It creates confusion and chaos within you. Because of the turbulence that it creates within you, it easily moves out of control. It is even harder than anger to step back from to get some perspective, because of the ways it paralyzes you. As with any emotion, it is not fear that is the problem but your reaction to it. Fear in itself is just a mind/body experience, but it does lead to all these reactions within the physical body and in the spiritual body as well.

I have left out the mental body in talking about reactions to fear, because fear does not provoke a reaction in the mental body so much as it grows out of both the emotional and mental bodies. The emotional body feels the fear. The mental body in a sense creates the fear, unless it is a purely physical fear in response to a physical stimulus, such as a fear of falling as you feel yourself falling.

The mental body originates the fear. It is then picked up by the emotional body. For example, when you are in a car about to crash, at that moment

you are safe; but you move from that present moment to an image of what you perceive will happen in the future. You feel yourself skidding, and suddenly you envision yourself folded against that tree beside the road—an image which comes from the mental body—or you move back to the past, to your past experiences with a similar situation. Again, fear arises from the mental body; so the mind creates that situation where fear may enter by moving out of the present and into the past or future. Then the emotional body picks up on that fear. It then moves on to the physical body, this being such a quick process that I would not expect you to be able to break it down. But there is immediate physical tension, and at that moment the fear enters. Fear cannot coexist with love. Along with love I also place those experiences of faith and trust. At that moment when fear is that strong, the spiritual body loses all sense of trust that this will be okay.

Let us speak about this more specifically. Firstly, fear is never in this present moment, but always in the past or the future. Think about this. Put yourself again in that skidding car. It's just skidding. You may be fine. Can you see your mind moving to that tree and the collision with it, or your mind moving backwards to the last time you skidded? Can you see how you have moved out of the present moment?

Let's take a purely emotional situation. Somebody is walking toward you and his face looks very angry. The last time that you had an encounter with that person, he raged and snarled at you; he led you to feel small and humiliated, and so both anger and fear arise. The fear is not based on this present moment, but only on your past experience.

Let us move from this to both Carla's, J's and K's questions. Looking at K's question of fear of her own inner authority versus an outer authority, of trusting herself, I remind you again that there is no fear in the present moment. K, when you are feeling this, can you take a deep breath and ask yourself, "Where is this fear?" Begin to gain that perspective that allows you to know that you are creating an outcome if you act in a certain way or remembering an outcome when you did act in a certain way; but that each moment is fresh, and you are not the same being who was in that situation before. You have learned not to trust your own inner authority, and now you are trying to learn to trust. And yet there is a sense of wanting to know that you are right before you claim that authority; there is that in you which says, "Maybe I'm not right," and gets caught up in those fears and angers. Then it moves to resentment of that other being who feels more self-assurance that it is right. So you have fear and anger mixed together here: anger that you don't have that same self-assurance, resentment against that being for its assurance, and a fear that maybe you're not right. The fear itself diminishes the sense of inner knowing.

Carla, when you spoke about your concern that your work would be adversely affected by pain medicine tonight, you were not remembering that it is not the medicine that prevents clear channeling but a fear that the medicine might prevent clear channeling. Can you see that difference? You are perfectly capable of repeating the concepts you receive under almost any circumstance down to near unconsciousness, because you have trained yourself so well to do this. But you are capable of allowing it to flow through you only when there is love. Again, love and fear can't coexist. As soon as fear enters, and sense of doubt, of, "Can I do this?" it diminishes the ability to do it.

Here we come back to your question, Carla and J. (I know I have not answered the other question in depth, but I do want to avoid a long monologue here and would prefer that all six of us speak. I will gladly speak more on this upon request.) You fear you are not measuring up to your potential. Can you see how fear itself invites such perceived failure? I believe you understand; and the question is, How do you work with that fear? There is nothing special you need to do. You can't take that fear and fling it away from you. But you can notice it and reach out to it with love. This fear is the child that comes to you, saying, "There's a big dog outside and I'm afraid." And you open the door and pat the dog and see that it's friendly. You might reassure the child, saying, "The dog is friendly," but you don't belittle the child's fear; you don't say, "It's stupid to be afraid." But that's what you do to yourselves; and as soon as you do that, the fear solidifies.

When you embarrass the child into going back out, it may finally reach out and pat the dog, but it will not get over its fear. When you hug the child and say, "I see how afraid you are. It's okay to be afraid of big dogs. Would you like me to walk outside with you?"—this is not pushing the child to pat the dog or do anything special, just reassuring it with your love. The child will feel that calmness and begin to

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touch its own fear with love. As fear falls away enough, the child can naturally reach out and pat the dog.

Can you apply that to yourselves? Your dog here is your potential and all the ideas that you have for yourselves. As with the big dog, it may feel overwhelming! You are truly, each, unlimited; and there is no way that in human form you can achieve all that is possible for you. Can you accept that? You are not asked to be perfect, just to do the best you can do. But when you relate to that fear with criticism, saying, "I shouldn't feel afraid. I should know my unlimitedness. I should be able to do anything," you can see how that solidifies the fear and prevents you from acting.

You know this. You know that love is the answer, and yet in a sense it becomes an intellectual mantra: "Love is always the answer." But what does it mean to say that love is the answer when the heart is feeling fear? How much more lovingly can you relate to the fear?

There is much more that I could say about fear here. I would prefer that others speak and come back to me. If you have specific questions about what I have said, I would be glad to answer them. If Q'uo wishes to speak now, that is fine with me; or if any of you wish to share your own ideas about fear, that would also be appropriate. That is all.

Q'uo: I am Q'uo. It is with joy at the insights of the one known as Aaron, as well as in the love and in the light of the one infinite Creator, that we, known as Q'uo, greet you.

Let us look at fear from the perspective of deep generalization. This does not mean that the generalization always applies, but it may be a tool which the seeker may use. Fear is an intensification based on the illusion of separation. Were all beings aware that they were one, the motives and circumstances of behavior would be plain to see. If the Akashic Records[14] were known, people might well choose to enjoy themselves more, being courageous enough to accept death as an ending to an incarnation. Although death is inevitable, most entities do not reckon with this.

Much fear is caused by a need to control the environment in a way helpful to the physical animal which houses the consciousness of each of you. This animal has a need to survive, which predisposes consciousness in manifestation toward control over the environment in order to obtain comfort, relaxation, and a feeling of security. Thus, fear is a perfect example of that which we would call a negatively polarizing thought. It assumes separation and usually hinges upon gaining or keeping control of that situation.

Let us examine this instrument; for though it is not aware of fear, yet it acts in fear. The red-ray center of this instrument's body is very strong. However, the instrument feared it would not remember to be kind to its animal, as this instrument is always energetic emotionally, mentally and spiritually. Thus, through fear of a possible outcome, through fear of losing control of a vital piece of paraphernalia, this instrument restrained itself.[15] This can be called good judgment, or it can be seen to be the fear of losing control of a detail of behavior which is supposed or presumed to be a life-or-death matter. Consciously the instrument feels no fear, yet there is enough respect for probable outcomes that the entity does indeed fear, and reacts in as loving and helpful a way as possible to the animal which honors it by serving as its manifestation in form.

Look at fear and ask, "What am I trying to control?" It is well to know that it is only an illusion that we ever are in control of anything. Not that entities are not free to make choices, but that the reality which eludes the illusion you enjoy is that all are parts of one flowing fountainhead of an active, creative, beautiful and living ocean of light. All flow into each other, through each other, through the self; and always, whatever condition the flow experiences, it is experienced not only as harmonious or aesthetically beautiful, but perfect. Each of you, as a spark, perceives the self as imperfect and at risk. That stops your spark of light from joining in shared heart as one. The only control entities have is not in

[14] The Akashic Records are defined by the web site,www.themystica.com/mystica/articles/a/akashic_records.htm, as "A theosophical term referring to an universal filing system which records every occurring thought, word, and action. The records are impressed on a subtle substance called akasha (or Soniferous Ether). In Hindu mysticism this akasha is thought to be the primary principle of nature from which the other four natural principles, fire, air, earth, and water, are created. These five principles also represent the five senses of the human being."

[15] Carla was loosely tying her hands down so that she would not damage her shoulders by gesturing thoughtlessly, as they were very flared-up with arthritic pain.

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circumstances, but in choosing skillful actions to deal with the catalyst which has been given. Thusly, if you see, hear and analyze mentally where the being is attempting to control and in what way, the start is made. However, it must be continually grounded in constant reaffirmation of faith and an awareness that one has no control except when one dedicates oneself to that highest and best occupation one may personally offer. We feel that we reach out to each other; but in reality we reach in to free ourselves from the fear of an unknown, only partially manifested other self or from a condition or substance with which one has experienced loss of control previously. The true freedom is that of the devoted and absolutely faithful seeker.

We are those of Q'uo, and open the sextalogue[16] once again. We leave this instrument in love and in light.

Aaron: I am Aaron. I find it wonderful to talk like this in that Q'uo's thoughts expand my own, and I would assume the reciprocal is true.

There are two things that Q'uo has spoken of that I'd like to take to a different space. One is the relationship between fear and separation. There is never fear in the spiritual body of a self in relation to that self. The fear is always of a perceived other self.

There are two kinds of separation that occur here. One is the illusion of being separate so that there is a self and an other, and one is the separation from the self. Let us address these separately. Let us firstly come back to that being approaching you with an angry face, and the sense of fear that perhaps that being will attack or harm you in some way. There is, of course, the need to protect the self. As Q'uo has pointed out, this physical body desires to continue itself; yet that being approaching you is not an other, it is just an aspect of the one heart and mind as you are, an aspect of the Creator as you are. Then this slips into fear because one perceives another about to harm it. One way to approach it in a more skillful and creative way would be to remind the self that this is an angry aspect of yourself and to treat that angry aspect that approaches you as you would treat your own anger. If you have learned to deal more skillfully with your own anger; [you know] that just as your own anger cannot harm you, another being's anger cannot harm you. It is the illusion of separation that creates the defensiveness that escalates the anger into a spectre of harm.

We come back here to the visualization I asked you to make yesterday morning of love as these concentric circles, of fear and anger as sharp points emerging. When you can see those sharp points emerging and know that this is not an other but simply an aspect of yourself, that it is not that being's anger or fear but just anger or fear, you can remain enfolded by those concentric circles and send them out to that angry being. Each sharp point hits these softening circles that you send out. As soon as you pull back and begin that sense of separation that allows you to feel attacked, then you begin to send out your own sharp points. From my point of view, I simply see a sword fight of light—sharp points are stabbing at each other and nothing exists to soften them.

Secondly, what about the separation from the self? The self, the deepest Self, is love. The pure spirit body can feel nothing other than love. When fear arises there is always a separation within the self. Here I am simply explaining more deeply what I introduced earlier in this evening's session—that separation from one's self creates a fragmentation, with the spirit body sending out love and the emotional and mental bodies feeling need. The feeling, then, is one of great distress to that self, because that of itself that knows oneness and knows love as the deepest truth is imprisoned in a way, torn out and separated. The being is cut asunder from its spiritual body. When you are separated from that sense of love, such strong doubt arises in you that it becomes very hard to get back to that love. You know what is happening within you, but it is so hard to stop it.

This, above any other time, is where the being must cherish itself. As soon as fear is noted, the first step must be to enfold that frightened being with love, thus reducing fragmentation so that the being can come back into the center of itself and begin to feel again its connection with the Creator and with all things, and know that it cannot be harmed.

Often you think of fear as being a useful emotion in that it protects you. You are crossing a street and suddenly see a truck coming toward you. There is that instant of terror, of, "What if it hits me?" And you move quickly. It's true that the physical body responds to that fear in a chemical manner that

[16] A sextalogue is a a talk between six people.

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allows a fast reaction. But fear is not necessary and in fact works counter to the most appropriate reaction. Let me explain: While it is true that the being does move out of the way of the truck and that you would not want to stand there in the middle of the street and send love to that fear when the appropriate action is to move, the movement does not grow out of fear but out of love that respects the physical body enough to preserve it. Fear is paralyzing and love is enabling. You cannot take the time to analyze danger. The physical being must act to preserve itself in a certain way. But this does not need to be a matter of fear, simply a matter of wisdom; and here again, wisdom grows out of love.

Q'uo spoke of Carla's fear and the sense of separation. The attempt to preserve the physical body through a sense of separation enhances the separation. Will you look at this carefully, each of you, in some example that suits your own needs and see that it is not necessary to respond with fear to preserve the body? When you know your oneness with all things, truly know that there is no separate self, then each time that you see separation emerging, you can remind yourself that this is the voice of fear and allow that illusion of separateness to fall away. It is not expected that the incarnate entity will always be able to keep that in its mind; and yet the closer you can come to that, the less paralyzing your fear will be and the more freedom you will find.

There is one more thing that I would add, which is that fear can be balanced by loving-kindness to oneself and others. This is a quality in the self that can be nurtured. It is helpful to remind oneself each time one feels fear, that one is fearing a delusion when one sees part of the self as a separate self. You may acknowledge that delusion, and then send love not only to the self that is fearing but to that which is feared. Beyond that, begin to notice all the times one does not feel fear. When one is in a situation that is in some way threatening, often one responds with love to that situation. Truly, each of you do that far more than you respond with fear or anger or separation. And you don't notice that response; it goes by. But it is a small, tender sprout, that of loving-kindness; and it must be nurtured. Can you begin to bring your attention to each time you respond in a loving way to a situation that might goad you toward separation? You do this not to pat yourself pridefully on the back for that loving response but to nurture that sprout of love within you and encourage it to blossom.

There is more that I could say about fear, but would prefer to end here to allow Q'uo or any of the others of you to speak with either questions or comments, as you feel appropriate. That is all.

Q'uo: I am Q'uo, and greet each once again in joy, love and light.

And how shall seekers learn to bloom into adventurous and fearless citizens of the universe? One good resource is one's own imperfect memory; for fears upon the catalyst of an outer happenstance are merely the top layer, in most cases, of what could be seven or seventy times seven layers of similar and repetitive situations which ended in a perceptive judgment that this situation is frightening. The lines of genealogy of fear go back like the long listings of who sired whom in your holy works. The most recent fear can be worked with helpfully by assessing gracefully and accurately the present fear and all it connotes, and comparing it to previous similar experiences. The pile of repetitive experiences may eventually begin to be seen as a repeating pattern; and as one peels away the onionskin layers of memory, one comes at last to the initial occasion of fear.

We may not be able to forgive the self for its present fear; however, we surely may be able to gaze upon the helpless infant and see with compassion the utter and complete dependence of this helpless consciousness. The infants have chosen parents which shall offer them the fears; that is, the unmet desires which will not be met. Talking is out of the question. Writing is out of the question. Even independent movement is unthinkable to the newly born. It routinely experiences areas of sheer terror. Since the infant is in a very small universe within the illusion, the fear is deeply rooted because of the absoluteness of its lack of ability to control situations in order that it may be clean, full of nutrition, and comfortable.

We do not encourage the exercise of moving backwards to discover the root of a present fear as any kind of parlor game or diversion. When each fear is followed to its root, that root is as strong as a lifetime of distortion in recurrent patterns can make it.

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When one has found the root of that fear, one is then able to become aware of the portion of the identity that has been lost. However, like wearing an old shoe that never fit, entities tend to accept fear stoically. There is far more use in full and clear communication of the self. Each self has an observer that is a portion of the self and integrated with it. It is an art to avoid doing violence to the beingness of the self when one is rooting out a portion of that identity. Thusly, it must be done courteously and honorably, as the one known as Aaron has said, as the gentle stripping away of any minuscule portion of the blockage which is no longer needed. Thusly, one is able to have spiritual cleansing without attendant violence to the integrated mind, body and spirit.

Perhaps the greatest anguish of all to each self is the inevitable iniquity which is part of the experience of being in what you call human manifestation.

I am Q'uo, and once again we leave this instrument in love and in light, that all others may feel free to collaborate upon this most important topic.

Aaron: With thanks to my spirit friend and brother/sister self, I would like to speak to this idea Q'uo has raised about the infant and the terror that it feels. It would seem that a sense of terror is inbuilt into the human experience, and one must then ask, "Why?" If one cannot avoid the experience of fear as a human, then one must assume there is a reason why that is given; and perhaps looking deeper into that reason will help one to accept fear in a more loving way. Come back here to the thought that it is not the fear that's the problem, but your relationship to the fear. The infant's relationship to fear is necessarily one of aversion. It has needs, and if those needs are not met immediately, as Q'uo pointed out, it has no way of expressing this pain beyond its crying. And so it learns to fear and also to perceive itself as separate, because as long as it is nurtured and never feels the rising of a need, there is no separation from the mother. But each time that need arises and is not met instantly, it begins to perceive itself in this illusion as a separate self; and that self solidifies.

Of course, my dear ones, this is necessary to the human experience or it wouldn't be given. If you incarnated and this veil that screens you out of full spiritual knowing did not drop into place, if this illusion of separation did not happen, then you wouldn't learn on this earthly plane. There would be no difference between this plane and the spirit plane except that you would be in a body. But to be here in a body with no illusion of separation and with full spiritual awareness would mean that you could not learn the lessons that this incarnation is meant to teach you. Can you see that?

So I would ask you to begin to embrace fear as a gift that is meant to teach you. When it arises, rather than struggling with it and hating it, say a small "Thank you" to it. Let your fear talk to you of oneness and not of separation. Let it be a reminder to come back to that core where you are part of the one heart and the one mind, rather than experiencing fear as a sword that severs you from your heart and mind. Treat your fear with love and gratitude for its teaching.

Are there specific questions that any of you have related to anything that has been said or has not been said? That is all.

Carla: Aaron, I see myself as a perfectionist, and see the fear that comes from not being able to live up to my own ideal. That would seem to suggest that being a perfectionist is not wise; however, I have found that unless one aims for the ideal, one never begins to approach it. I don't mean this in the sense of brutally urging myself to do what I obviously cannot. It is more an existential question, apart from any situation, as to the value of the perfectionism that is at once my greatest helper in living a godly life and certainly my most devastating vice: self-judgment. I see I am not flowing in the stream by asking continually to be my best, for I am always watching myself; yet this attitude has helped me tremendously in that in disciplining myself I seem to have been able to become accepting at a deeper and deeper level of compassion. Would you wish to comment upon this, Aaron? I would be glad to hear it. Thank you.

Aaron: My dear one, this quality that you call perfectionism can come from two different places. It can be a voice of fear or of love. As you have pointed out, it helps you to realize your ideal, to be all of what you can be, to hold that in front of you. What you are holding in front of you is the soul, which is unlimited and perfect. You see the image of that perfection and know that while the physical manifestation cannot reach that full perfection, yet in the true sense it has already reached it. You are already all that you will ever be, and always have

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been. Here we get into a question of simultaneous time, and I will not go deeply into that now. You are all familiar with the general concept of which I speak. But the self that holds that ideal in front of you is no different than the self that kneels down in prayer before an image of the Christ, understanding the depth of that being's love and compassion and ability to forgive, and knowing that one has the potential in oneself and can achieve that potential as it works at it through many lifetimes, to reach eventually—not in this density but further along the way—that level of pure, unconditional love.

Then there is that perfectionism that comes from the voice of fear. This doesn't hold an image up as our ideal, but rather, it is a derogatory voice. It speaks of non-acceptance. It speaks of the history of the being, both in that incarnation and in other incarnations where so many times there has been defeat, so many times there has been non-acceptance by the self and by perceived other selves.

A voice of perfection speaks of eventual success because it knows, fully knows, that it is already perfect. The other voice speaks of failure, because it sees all the places where the physical manifestation is limited. So, as with anything else in your life, it is not the quality of perfectionism that's the problem but where that is coming from, which voice is speaking.

This is not true just of perfectionism, but of any quality in your life. A desire to serve comes to mind here. We have spoken of the concept in the past few days that this desire can come from a voice of love or a voice of fear. It is the voice of fear that distorts the ability and fragments the self, and further enhances the sense of helplessness and limitedness. It is the voice of love that opens the self, that inspires, leading the being to be all it can be and touching the deep sense of acceptance and compassion when that human can do no more because it is human.

Would you have me speak further on this, or have I answered your question?

Carla: No, thank you, Aaron. This is sufficient.

Aaron: My friends, you each contain a great deal of wisdom within you. I understand that when there are these channeling sessions you are anxious to hear our thoughts, and yet your own thinking would prompt you to a greater depth as well. So, it is not only questions but also comments that are appropriate. That is all.

Q'uo: I am Q'uo. We dwell in love and light, and would sculpt the final thought of this extremely enjoyable session of working.

The ones known as Barbara and Carla this day were speaking about the concept of prayer pills. This concept was visualized as a simple recognition and respect for conditions perceived, the particular condition being the one known as Barbara's clear awareness of outer-plane contact which is unlike inner-plane contact, which is the privilege of only those teachers that have incarnated upon this planet at one time and which cannot harm the self, as it is within the energy web of that particular consciousness' field. At some level [inner-planes contact] has been accepted personally by the self or it would not come into manifestation.

There are many outer-plane influences upon entities. For instance, the astrology which many use is a way to become more aware of circumstances, although, because the exact moment when the soul enters the physical vehicle must remain unknown, astrology will remain inaccurate specifically and is only helpful in mapping out the topology or neighborhood where catalyst is now occurring.

No matter what the personal situation may be, the tools of prayer—contemplation, meditation, inspiration and all of those intuitional qualities—are of much aid. The outer-plane confluences are from stars, galaxies and in truth any external consciousness which has been perceived. When affirming and praying, one is able to experience fearlessness, for one is involved in worship; and all else may be put aside for that moment of worship. It has been suggested to pray without ceasing. This is excellent advice, for the outer-plane entities which speak through instruments such as this one are cosmic energies which influence the self. A continual "medication" of meditation in ceaseless remembrance, love and praise of the infinite One places one's conscious awareness in a state far more resonant with unity than an unprayerful state would be, in relation to its ability skillfully to perceive.

Respect and honor the need for heavenly food of the self. If positive and negative outer-plane entities rain upon all alike, like the cosmic influences that they are, and if free will is to be maintained, the self must

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be independent and thoughtful; for above all, fear is uninteresting.

May you each find the gentleness and tenderness to re-create and re-experience that helpless and brutalized infant whose space has been invaded again and again, whose needs are not often adequately met in some area or another. Be gentle with this and patient, and remember to remember the one infinite Creator, whose nature is limitless love and whose every manifestation is light. We greet you and offer benediction in all that there is—the love and the light of the one infinite Creator.

May we of Q'uo speak for the one known as Aaron in thanking each for the passionate love of the Creator and of service to others that has called us here and given us an incredible opportunity to triangulate upon a central question. We find working with Aaron a delight, and are humble before this entity. [We offer] our blessings and our love, our peace and our joy, our love, our light. All that there is, is that condition in which we leave you, never truly leaving, but merely receding so that the raindrops of our positivity may not fall upon the unprepared heart. Adonai. Adonai. I am Q'uo. ❧

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The Aaron/Q'uo Dialogues, Session 4

March 3, 1991

Group question: Please talk about accepting and not judging the self, concepts of what we think we should do, and how this is involved in fear. How do we accept ourselves and avoid the "shoulds"?

Aaron: I am Aaron. I greet you each with my love in the beauty of this new day.

"I should" is a voice of fear. I would like to explain that further. We spoke of this last night: the ways in which the "I should," that sense of perfectionism, comes from a yearning toward the ideal; but it also may come from fear. When it comes from fear there is a sense of pushing the self, forcing the self, rather than allowing the self to express its own radiance. It is rather like bringing in a flower, a soft bud, and brutally pulling the petals open, as if one could force it to blossom in that way. But it cannot be forced. It must be allowed by leaving it in the nurturing sunshine of one's love.

Yesterday Barbara was reading some material by Ram Dass in one of your record albums. In it he tells the story of how he met with a Buddhist teacher who suggested that they do a meditation together, expanding outward. After a few minutes the teacher said to him, "You're still trying." And Ram Dass said, "Yes, I'm still trying to expand outward." The teacher said, "Don't try to expand outward, just expand outward." Do you see the difference? By trying, you create the conditions where it becomes very difficult to allow. This does not mean that no effort is required, but the effort is that which flows through the being in perfect harmony rather than the effort that comes from a distortion of self-will.

There is a piece of writing by the third Zen patriarch which speaks of quieting the mind. He notes that in your effort to become quiet, you simply generate more activity. I am sure this is clear to all of you. The question then becomes, "How does one quiet the mind, or move beyond the dualistic, conceptual mind to reach that state of total merging with the Eternal?" Why not allow it? Why have any "I should"s? You do not need to achieve or attain anything. There is nothing to attain. You are already there. What you are doing is allowing the perfect flow of energy through you until you come to that understanding of the knowledge that you are already there. You must begin to understand that you are not moving yourself from "this" to "that," but simply knowing that you have always been "that" and can be nothing else.

You have heard me say many times that love and fear cannot coexist at the point where you understand fully that you have always been "that"—even though sometimes you act as if you were not—in that place there is total harmony with all that is. When you are trying to become "that," there is disharmony and there is a state of fear. We spoke last night of the correlation between fear and separation,

and why one outgrows that pattern. The first occurrence is a state that recognizes self-awareness, and out of that self-awareness comes the fear that there is something that one is not, something to be attained; and out of that fear arises a stronger sense of separation. Can you see that as long as there is something to be attained, the being feels some fear as to whether or not it is good enough, worthy enough of attaining that? But when the being fully trusts that it already is all that it has ever been and ever will be, then it allows that fragile bud to open so that the full beauty of the flower becomes visible.

Allow me to speak a bit more specifically here. It's fine to speak of knowing intellectually that you are "that," but how does one keep that faith that allows one to move beyond fear? You are always in connection with the Divine. Several months ago Barbara was singing a song many times, early in the morning. The words were, *"Seems like such a long time, Holy Spirit, waiting, since I've drawn your breath in, silent and all-pervading."* As she sang that song over and over, she began to have that deep understanding that the breath of the Holy Spirit is always present, that the Creator is always present, that it is she that chooses to draw that breath in or not to draw that breath in. Then she understood how fear had separated her from choosing of affirmation of holiness.

To make such a choice, to fully affirm that oneness, is a responsibility. At times you feel you are not ready to commit yourself quite that far, and in fact you're not because you are here to learn; and in a sense that fear, first learned by the infant, is a part of your learning. There is nothing wrong with fear. Yes, it does seem to prevent you in some ways from fully reaching your potential; but that is a bit of an illusion. If you did not choose that fear as a catalyst, it would not be there. Fear is just fear. Can it be met with kindness? So, as you are able to turn around and relate more lovingly to that fear, you move yourself further on this path, reducing what I have called the specks or shadows from the self so that that self becomes more transparent and is more nearly ready to reach into higher levels of light.

In essence, what I am suggesting here is that you learn to trust that when fear arises, that's okay, that you don't need to flee from that fear but just to greet it with an openheartedness that says, "Oh, here's fear," and relate lovingly to fear, allowing it to bring whatever lessons it brings.

As with last night, there is much more that I could say here, but would prefer to have Q'uo speak first and let us pass this back and forth. That is all.

Q'uo: I am Q'uo. I greet you in love, light and delight in the infinite Creator. We are most privileged to be called to your group once more, and are enabled and ennobled by the sharing of our fallible opinions with the beautiful one known as Aaron.

Fear and the "shoulds": Where do these "shoulds" first occur? The voice of "should" is learned before the small entity has gained enough experience to count as irrelevant all suggestions that do not fall upon the heart with the feeling of truth and love. Thusly, the original voice of fear does not take into account the nature of the self or of how the self might relate to these parental and authoritarian instructions toward behavior and values.

At some point within the incarnation, most entities realize that these voices of "should" are a relic of childhood teachings. These teachings are generally intended to benefit the child and create for it a knowledge of how to move through the intricate rituals of social behavior with the lubrication of appropriate, kindly thoughts, words and actions. Thusly, the "shoulds" are valuable in dealing skillfully with the societal group at large. It is within the self and the self's perception of the self that the "shoulds" become less than benign.

The voices of childhood come without volition of the self; however, the internalized voices of childhood, even though forgiven and no longer valid upon the outer, manifested entity's self, may well be internalized and become the voice that seems to the self as the voice of the self. Here we may see the ultimate separation of self from self. The self needs to be aware of its inner voices and to heal, by forgiveness and acceptance, those voices of the ultimate critic which gaze upon the self's manifested works with a jaundiced eye, an eye for not what is right with this picture but what is wrong with this picture. This is a form of self-torture, a denigration of the self which is done quite innocently. To become mature one does need to see those things within the self which are not innocent or authentic but rather judgmental and full of complex argumentation.

The amount of complexity experienced by the self is a good gauge of the authenticity of the self.

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Authentic selfhood is simple, pure and full; not reaching, not grasping, but content to do the best one can, as one can, however one can, and where one can. These voices, then, that denigrate the self judgmentally need to be recognized, accepted, named and then forgiven. Yet how shall one forgive? The psychology, if you will, of redemption is the choosing of a perfect symbol which then is able to forgive the self because its very nature is love, which always accepts any gift that is given.

It is no error that the one you know as Jesus was born into a mystical Jewish tradition. This tradition is chock-full of "shoulds." It is into this milieu that the one known as Jesus chose its incarnation in order that it, a fully literate Jewish scholar, created the firm concept of constant redemption. How greatly does the Jewish tradition emphasize the positive value of fear. Concepts of kosher, of living ethically and humanely, flood the Hebrew personality. Thusly, when the one known as Jesus said, "Your sins are forgiven you,"[17] he was speaking out of a background quite full of "shoulds" and judgment. Thusly, you may see that if the one known as Jesus could gaze at iniquity and instantaneously forgive it, then how indeed can one fail to forgive the self?

This method of becoming aware of redemption is roundabout and makes use of the illusion of separation. The Jesus that forgives is easier to hear as an other self speaking from a great distance of time than if Jesus the Christ were considered to be within the self, a part of the self, and ultimately the self. So, although all religions and spiritual systems of faith have much to recommend them in terms of finding allegories between their experiences and one's own, one must at last meet the self upon the plane of inner awareness. Then when "shoulds" and guilt arise, one may experience redemption, not only from an imagined other self but in a hearty, earthy and substantive way as part of the process of love, which includes love itself and therefore a lack of judgment. As the one known as Aaron said, each must bloom in its own time, ripen according to its own rhythms.

Yet entities usually do not perceive themselves as either virtuous and godly seed or beautiful blossom. It seems to the self that the self is anything *but* that beautiful seed which grows and blooms as one sees flowers and living trees express. This creates an instant bias towards judgment. How can one learn to experience the self as beautiful, as godly, as perfect? We would let this question linger in the air as we allow the thread of this message to be elaborated by the one known as Aaron. We briefly leave you in love and light. We are those of Q'uo.

Aaron: I am Aaron. I would like to address the question of the fear of moving beyond one's perceived limits, how one perceives those limits in the first place, and how it presents one with a choice: to let go and proceed, or to hold on to the perceived safety of shore, to the delusion of limits.

We start with the reality that you are unlimited and that within the illusion you perceive yourself as limited. While it is incidental to my main direction, I would point out that the perception of the self as limited is not an accident, but is a gift to help you to understand that you are unlimited. If there is never a sense of being limited but only the full understanding of the reality of your limitlessness, there would not be any inspiration or provocation for growth. So you hold up that ideal and want nothing more than to reach that ideal, noting the standards of your own behavior as well as the ways that you manifest in your life.

Because you are human you constantly fall short of the ideal, and yet you constantly ask yourself to let go of that edge on to which you were you holding and strike out again to cross the sea of truth. It is a very courageous act, and yet you rarely give yourself notice of the courage. You perceive the fear that asks you to hold back and you miss the beautiful bravery and love exhibited each time you take a new step. Does a child learn to walk with a parent who says, "Don't take another step, you'll fall!"—or with a parent who applauds each new step and picks that child up and takes away the hurt from the inevitable fall? How can you learn to pick yourselves up in this way? I believe this is the question Q'uo raised at the end of the preceding talk. Can you learn to cherish that self who so bravely tries again and again? Know that in this physical manifestation you cannot reach that perfection toward which the self yearns and finally come to an acceptance that reaching that perfection is not necessary. Rather, the yearning is a tool to build the strength and faith so that one begins to understand one's inner perfection.

When you make a choice, and it turns out to be an unskillful choice and brings harm to another because there was fear or anger or greed as part of that

[17] *Holy Bible*, Luke 7:48.

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choice, there is that in the being that declines responsibility for that choice, that says, "I couldn't help it." But as you evolve to the point that all in this group today have reached, you have learned that you are always responsible. Can you see how difficult this is? You used to be able to make your choices in a less judgmental way, though they were less skillful, and there was more anger and blame. But now you truly know that you are responsible; it feels like a burden and not a joy. The question, then, becomes how to make that sense of responsibility appear as it really is, a joy and a gift, so that even your unskillful choices can be met with love and not self-denigration.

This is where we come back to what I spoke of earlier, about allowing rather than forcing. When you come to a place of choice and understand the responsibility for making a skillful choice, and yet at times don't see the fear or greed or anger until it is too late, that distorts that choice so that another feels pain from it. When you come to that place and there is a sense of fear, of, "What if I make the wrong choice?"—that fear shuts out the flow of energy, shuts out the flow of knowledge within the spirit. When you can come to that place with a prayer, opening yourself to all the love coming from within the self and coming to the self from without, then the voices of fear or anger or greed are heard as voiceless echoes. Then there is a joyousness about that responsibility because you see that it is leading you into being a mature being, into blossoming into the light.

Q'uo spoke of the separation of self from self. All of you, at one time or another, fail to notice the positivity within the self, the generosity, the patience and loving-kindness; all of those beautiful qualities which are part of this beautiful being that you are. Then you judge yourself and focus on all of the qualities that you judge as negative: the impatience, the anger, the greed. I would suggest that two practices may be helpful for you. One is to begin to notice more and more carefully all those times when you are loving and patient and kind, to begin to allow this beautiful self to move into the sunshine of its own love. This is not pride. It is reality. Also, it is useful, when one perceives oneself as love and will not allow that this is so, to ask why you will not allow it. Why does one pay attention only to those qualities that are perceived as negative? One must then begin to see that there is something in the self that wants to cling to those qualities that are felt as negative, even while it begins to move on into the light. There is a yearning for that light and for the full knowing of oneness, and yet there is that within the self which feels unworthy. In the book with which I think most of you are familiar, called *Dark Night of the Soul*, St. John of the Cross suggests that the soul feels itself to be unworthy of God and yet yearns toward connection with God. And although it feels itself to be unworthy, the force of its love is what gives it the courage to seek that connection.

How can you allow the force of your love to come to the forefront of your awareness so that it can lead you into the full knowledge of all that you are and always have been, to lead you past that fear that calls the self unworthy? You are both. As long as you are human, you are not intended to be perfect. What you perceive as limitations are not limitations at all, but merely the teaching tools offered by this density. You do not have to get rid of fear or anger or greed. All you need to do is to allow what beauty is there to flourish and bloom. And the fear and anger and greed will fall away, because the knowledge that was gained from them is no longer needed.

The most important tool here is awareness: knowing always what is being felt; and if anger or greed are being felt, touching those, not with judgment but with an acceptance that allows the being not to need to act on those emotions. It is not the emotions themselves that are a problem. You don't harm another by feeling greed. You harm another by taking what belongs to another.

How much more lovingly can you begin to respond to all these forces within yourself? As you do that, the need for them will pass. It is as if you were swimming across a river and there were 100 floats to hold on to. Moving across the river, you swim to one of them and grab hold to keep you afloat. And yet as you look, you say, "They mar the beauty of this scene. I don't want them." But in one aspect of you, you know that if you get rid of them and your swimming ability is not yet refined enough, you will drown. So you leave them there, noticing that they mar the beauty, but also that they are useful until you have perfected your swimming so you do not need them anymore. At that time, they will simply drift away.

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I believe that Q'uo has something to say here and would like to pass this to my brother/sister at this time. That is all.

Q'uo: I am Q'uo, and greet each again in love and light.

We are attempting to offer tools and resources to the third-density entity for working toward the state of allowing and accepting. A great resource for doing work in consciousness is creative visualization. The closer the visualization comes to resonating with the timbre of memory, the better the chance that it will aid the entity at deep levels of emotion, those levels of emotion which contain true wisdom. Such a visualization about the loving self might be such as this: Within you lies the small child which is attempting to do well, and [which] perceives the self constantly through the awkwardness of childhood as failing to be adequate to its own requests of the self. Picture, then, the loving self; and you are indeed all very loving entities as the nurturing parent. Would the parent within you turn to a child and scold it when it has acted in self-perceived error, or would the loving parent take the child into the cradle of its arms and place the child's head where it can again hear the heartbeat of the womb?

The child is afraid of the vampire which it has seen in a movie, and so it wakes to nightmare. The parent moves swiftly to the child's side and offers it a sense of proportion. It does not make fun of the child for having the nightmare. It is aware that each entity has its nightmares, its fears; but when the child is cradled upon the breast of the nurturing parent, it quickly becomes comforted as the parent says, "This was a true nightmare. There are truly portions of consciousness which are terrifying. That is the way that that is. But that is only a small portion of you, my child, my beloved one." As the parents rock and nurture this baby child, the feelings of safety, of security, and of being loved slowly and gently allow the child to accept its own vampire and to find that it is not so scary after all; that vampires, too, fall under love and care of the nurturing parent. Thus, one may invite into the self that vampire, realizing at last that although the vampire is a part of the self (and any other image is equally acceptable here), it is not the totality of the self. Thus, may your own lovingness be shined as the light that it is into the darkness of that child which is fearful.

When this inner child becomes stronger, it is, as children are, willful. Thusly, it is well for the visualization of the nurturing parent cradling the child to become more organic, more within a flowing process. The child, newly strong now, is willful. The loving parent is wise to advise the child to be silent, to let not the outer expression of new realizations become important.

It is not at all important that others know the insights one has gained, for these insights are fragile, just as the infant is fragile. They must be treasured and protected as they grow stronger. When the child is willful, the loving self gently reminds the child within that it may remember all the many times that willfulness has not been a skillful choice of attitude; for in willing from within the conscious mind, there is an ignoring of the greater will of the Higher Self which is lost in the Creator so that self and Creator are truly one. These tantrums of will may be gentled and healed by that nurturing parent until the child sees clearly that its will is likely not to have a very intelligent or spacious perspective.

It is not that it is incorrect to will or to use the faculty of will, but rather, that such will must be seen as sacramental so that one is aware when one uses the will, sees that volition for the choice it truly is, and surrenders that short-sighted will of self in the mundane sense, utterly and completely, moment by moment, to the will which speaks from a vast perspective of thousands of years, shall we say.

It is written in your holy works that the yoke of Christ, or the yoke of Christ Consciousness and acting according to that level of thinking, is easy, the burden is light. This may be examined as a deep truth. One within incarnation always carries baggage, always has something strapped upon its back to carry. For in finity, which the body expresses perfectly, there is always perceived effort; that is, effort perceived as effort by the self. It is the work of faith to enable that small child that is nurtured by the loving parent within to present to that child's eyes a view of an whole and unified process. It has learned that it can use its will; and if treated gently and with respect, it shall learn to choose that will which is most well informed, which has the spacious perspective. In this way of service, one approaches such a light burden, such an easy yoke, that one becomes free. In surrendering a small volition, one is able to hear, at last, the volitions of love itself.

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Thus, one who does the will of the infinite Creator is simply listening more skillfully to the voices within. One of the many conversations one has endlessly with the self is a conversation with that Self which is the Creator. How splendid and glorious it is that that which is of the dust of the earth yet may speak with the Deity and be heard, and then hear also what the will of that Deity is. Then one is free to do the best one can, single-mindedly and with a full and generous heart.

One aspect of the self is well encouraged by the nurturing parent; that is, the sense of humor. One may perceive oneself without humor and thus become heavier and heavier with the weight of solemnity. Yet does not any play, even a tragedy, have its moment of heartfelt release and catharsis?

And how much of life may be seen by the self as the soap opera or the cartoon? This is not to denigrate the importance of the self or of service, but to allow the sense of humor to strip outer experiences of fearfulness. When one may undress the object of fear and see it, however allegorically, in its boxer shorts—preferably those sprinkled lavishly with hearts, frogs, or golf clubs—one then sees the vulnerability of that object of fear. It is only strong when it is dressed majestically. Thusly, in not accepting a solemn and heavy view of the present moment, one is allowing a sense of proportion, an ever-growing spaciousness of attitude. Humor is the beginning, in many ways, of full acceptance of self, which eventually very nearly silences the voice of fear within.

We would at this time move into the contributions of the one known as Aaron. We leave this instrument in love and light. We are those known to you as the principle, Q'uo.

Aaron: I am Aaron. It is a joy and delight to work in this way, with Q'uo and me stimulating each other through our ideas, and also with the sharings of each of your thoughts which you have sent to us. I wish to thank Q'uo especially for reminding me of the importance of humor and must stress my strong agreement with what Q'uo has said—that with humor comes the beginnings of acceptance. There is much more that could be said here; and yet in the interests of this session not becoming heavy, I would simply like to open myself to your questions rather than speaking on with my own thoughts. That is all.

Carla: How may one help another to begin to perceive this process? It is easier to work with the self, by far, than to create useful and persuasive inspiration for another seeker, which has its own journey, its own priorities, and its own keys. Perhaps in essence I am asking how one can serve as inspiration while completely observing free will.

Aaron: I am Aaron. In serving another in this way there are two factors of key importance. One is that you can only learn for yourself. You can open the door for another, but you cannot push him through. To attempt to do so is a violence against that being. Thus, if you see another's misunderstanding, you may gently and lovingly point out that misunderstanding while assuring the being that it has your full acceptance and love, whether it accepts that misunderstanding or not. That is fully its choice. You are concerned that even to state that the misunderstanding is seen could be a violence. It depends how you phrase it. If you say, "You're wrong. Look at this!" and reach out to shake another to make him understand, that's a violence. If you simply say, "We have a different perception of this, and I see it differently. Are you willing and interested to hear how I see it?"—and if that being then says, "No," of course that's it; and if that being says, "Yes, how do you see it?" then you can share the way you see it, and then it is his choice to select helpful thoughts and leave the rest behind. So that is one way you may be of service.

And the other and more important help is through the example of the self. Mistakes are corrected through constant work on oneself; and a deeper level of honesty with the self develops so that one becomes a shining example. But be ever mindful that this self that one offers as an example is also imperfect, that there will be errors. There will be unskillful choices. The example, then, is not to be perfect but to accept the imperfections in the self and in other selves with love.

Here I would like to stop, unless there is further specific question upon what I have said, and offer Q'uo the chance to speak.

Q'uo: I am Q'uo. We greet each in love and light once more and suggest that this be the final portion of this working, as this amount of material is sufficient for one, shall we say, meal for the heart and spirit to digest. We would not be heavy on the dumplings when offering you the good protein of thoughtful insight.

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We would simply ask the self how powerful it thinks it truly is? The concept of being able to infringe upon free will by an opinion is deeply narcissistic, deeply aggrandizing the mundane self's power. Once again, there is the shadow of control, of fear. Why would this instrument be afraid of speaking honestly with its opinion or offering itself as channel for the opinion of one whose opinion the instrument values? Can this instrument or any other leap tall buildings at a single bound? Can this instrument or any other single-handedly destroy or create, or add height to the body or length to the life? Where is this notion of powerfulness?

You see, the true power is always in the Creator. Thus, as one stills that narcissistic concern, one allows oneself to become transparent; one becomes as that city upon the hill in your holy works, shining for all to see.

The very natural human tendency is to listen to a needy person, to accept that person's expression and then to say, "Yes, I respect that, *but* …" In that little word there lies the shadow of fear, of separation. Rather, can one not be humble enough to allow this entity to express and express until it is done?

And if it does not ask the opinion, or ask the opinion of an entity which one is channeling through one's instrument, that is perfectly all right. There need be no "Yes, but …" type communication. It is only if that other self invites either one's own opinion or the opinion of the contact that one may offer the opinion in a very righteous and feeling manner.

When one hears the question mark, one knows that the seeker's heart is ripe and ready for the picking, for the aid. When each hears itself say, "Yes, but …" to one who is vulnerable and needy, one may simply observe the fear of that, the fear for another being as foolish, and fear for the self. Thus, one is free to ignore. Nearly perfect expression of a life lived in faith with no "buts" but only a loving awareness of the flowing of all that is necessary to learn, moving to each one, through each one, and sweeping into infinity—that is the true nature of consciousness as an Infinite Intelligence.

Allow yourself to stop being a bubble and to become the ocean. Allow yourself the luxury of being asked before speaking, and of feeling no responsibility for those who do not ask questions. The skillful help one may give the entity who does not ask questions, but is suffering, is simply to allow the overwhelming compassion within and send, out of fullness of Self, that loving and healing energy of acceptance of that other self just as it is, with all of its self-perceived imperfections. This acceptance is as much a catalyst for another, although it is not aware of that, as is the verbal acceptance. Entities prefer verbal acceptance because they do not understand the depth of their own perceptive abilities. Honor this simple holding of another in compassion, acceptance and forgiveness. And honor, above all, that same attitude toward the one named self, that everlasting child within which is bound to make unskillful choices again and again.

We embrace you all, as does the one known as Aaron. It is indeed a privilege and a great deal of fun for us to dance together with these concepts. We delight in each other as one flowing stream. How beautiful is this service, and how grateful we both are to the dedication and love which allows this calling to come to us. We thank each as we participate in the great work which ever goes on, the work of learning to cease the striving, to still forever the child's fears. We leave you in the love and in the light of the one infinite Creator and recede from your consciousness at this time. We are those of Q'uo. Adonai. Adonai. ♣

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The Aaron/Q'uo Dialogues, Session 5

March 3, 1991

C: I would like to know how to draw anger out of my son and reestablish a calm relationship with him. There is a lot of pent-up anger and it comes out in inappropriate behaviors. He is a very sensitive, bright child. He never felt that he fit in anywhere. He has never felt like he belonged anyplace that he's been. He's never been able to adapt to just functioning in the everyday world. He tends to be off in his own world quite a bit, and he can't reconcile the two and it comes out in anger which is expressed physically and that type of thing.

Aaron: With greetings and love to you all, I am Aaron. It is indeed a blessing and a gift to be invited to join you tonight and speak to your heartfelt concerns. Before we go any further, I want to make sure that Barbara is being heard above the computer hum, especially by Carla.

(Pause)

This question of working with anger in another, of helping another truly in any way, is a difficult one. You love your son and don't want to see him in pain. Each of you wants so much for your children, and yet each of you can only learn for yourself.

You cannot learn for him. It becomes useful to begin to differentiate where you hope to learn for yourself through your son's anger and where it becomes a matter of wanting to take away his anger because it is painful to you.

I am going to start here with something that you all know; but sometimes it is very hard to accept, especially when the one involved is one you love. You cannot take away another's pain. You cannot deprive them of the experience of that pain, nor can you know why they have moved into such experience. That knowing is for the wisdom of their own soul. You can create the learning situations and the loving and accepting environment that will allow that which is not angry in your son to flourish. You can nurture all that is not angry within him, but only he can work with his own anger. I don't mean that to sound hopeless. There is much that you can do. I only want to point out here that to try to take away his anger is a form of violence to him. You say he has always been very sensitive. He, in his wisdom, has created certain situations in his life, including choosing you to be his father so that he might work with that which most needs to be healed within the spirit.

First, try to separate your discomfort at his anger, knowing that that is work that needs to be done not on him but on you. In short, if he needs to be angry, can you simple let him be angry? Can you reach that place in yourself where he feels from you only complete acceptance, that there's not that within him that is unacceptable to you? This may help him more than anything else you can give him, because surely he already judges his own anger; and if he

finds that unacceptable to you, it will increase the depth with which it is unacceptable to him.

How well do you accept your own anger? This is another way that you can teach him. I seem to be saying this a lot this weekend. There is nothing wrong with anger; there is nothing bad about the emotion of anger. It's just a feeling. When you use that anger as a reason to act in an unskillful way toward another, then you have a problem. Then you are creating disharmony and adhering karma. But the emotion of anger is simply the emotion of anger. It's not the anger that's a problem, but your relationship to the anger. Moving into yourself, then, are you totally loving and accepting when anger arises, not needing to get rid of it or do anything with it but just to watch it? So many of you feel that anger must either be suppressed or acted upon, but there is this third choice, just to observe it: "Here comes anger … I wonder how long it will stay … there it goes …"

One of the things that all of you are here to learn is to approach—not to attain but to approach—non-judgmental and unconditional love for yourself and what you perceive as other selves. As long as there is that within you which feels unacceptable, then you judge the same to be unacceptable in others. I am not denying that anger causes you pain or that your son's anger causes him pain. But he will need to work with that pain on his own. So, the best gift you can give him is first to begin to look closer into your own anger and to reach a point where you truly can accept your own anger. Then you can begin to accept his anger, so that when he is angry he still feels love from you. In this way, he can begin to let that anger drop away, to be honest with himself about it, and to understand it more clearly.

The second gift that you can give him is to nurture all those qualities that are beautiful in him and help him to nurture that in himself. How much has his anger or sensitivity made him see himself as different and feel himself to be unworthy? While assuring him that neither his anger nor anything in him is unworthy, can you also nurture what is beautiful in him, including that sensitivity you spoke of, letting yourself feel how much you cherish that in him so that he may begin to cherish it in himself?

There is one more issue here that needs to be looked at. Why does a being choose to incarnate into a situation where he will feel different in any way, where he will become angry? Why does he choose to subject himself to those catalysts? It would seem to me that it is likely that you both have this issue of self-acceptance. Sometimes one needs the catalyst of anger in order to be challenged to look at one's feelings more deeply, to uncover the love, and to nurture that.

There is a story told about a spiritual teacher named Gurdjieff. This Gurdjieff had a spiritual community in France; and living in that community was a man that was intensely disliked by all, including himself. He was slovenly in his personal habits. He was rude and abusive to others. He did not do his share of the work. Finally, feeling the dislike that surrounded him, he packed up and left. Gurdjieff went after him and begged him to come back. The man said, "No," at which point Gurdjieff offered to pay him to come back. The people in the community were aghast. They said, "How can you bring him back?" Gurdjieff said to them, "He is the yeast for the bread. How can you learn about compassion and forgiveness when you live here in a community of such perfect harmony—beyond this one man—that you have nothing to be compassionate about, nothing to forgive? You need him to help you learn compassion."

One who chooses to incarnate into a situation where one lives with anger is choosing that situation to prod oneself, one might say, to learn a deeper level of forgiveness and compassion. Of course, one starts with the self, finding acceptance for that anger in the self so that one may not judge that in others, but may love that, and all aspects of all beings. How does one love another's anger? It is not the anger that one is loving, it is the spirit of the being itself, which is pure and holy and beautiful. The being is not its anger nor its greed nor its fear. And yet you constantly create this duality, and so much of your work is to move beyond that.

There is one more specific thing I want to say about your son. Please remember that each being is always exactly where it needs to be, regardless of surface appearances. For a parent with a child, this idea takes a high level of trust. You can open doors for him, but you cannot push him through those doors. You can do nothing with his anger but to love him and to love yourself. As you create that doorway through your own power of love, when he is ready he will walk through it.

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There is a great deal more that could be said on this subject of anger and the specific question about the son. We prefer to end this teaching and allow Q'uo to speak, and listen to your further questions about this. That is all.

Q'uo: I am Q'uo. We greet you in the love and in the light of the one infinite Creator through this instrument, with thankfulness that you have called us and the one known as Aaron to offer our opinions. Take what each feels is his own truth and please leave the rest behind.

The communications of a spiritual nature which promise that the result of spiritual seeking shall be a simplified, comfortable and easy existence are promising the direct opposite of that which is the inevitable outcome of living the life as a spiritual seeker that is eager to accelerate the rate of spiritual evolution. This situation is one good example of this truth. Spiritual awareness often brings pain, for one is now responsible for an enlarged grasp of the nature of illusory catalyst and its purpose. The more one accelerates this pace of learning, the more one is responsible for creating a way of living in faith that is the equal of the concepts which have enlightened one.

One such concept is the spiritual truth that all are one, and that within each one there is all of the universe of possibilities of attitudes and biases. Thusly, when one experiences another's anger, one is, in truth, in terms of one's spiritual growth, gazing at the self. What one has not come to forgive in one's self, one feels far more keenly when the mirrors of intimate family members and friends express in any way. The son's anger then becomes a mirror held ruthlessly and clearly up to the face of the parent. The parent, in assuming that the child is separated from the self, is cheating the self of the valuable, accurate mirroring of the self to the self through the catalyst of another.

Let us gaze at anger towards the self, for this is truly the spiritual situation. Has this seeker allowed an awareness of its own anger to ripen and mature until it can look at that anger it feels without judgment? If all entities possess in potentiation all qualities, should it surprise one when a seemingly negative quality appears in the mirror? Must you turn away from the mirror because it is too painful to see the self which is that behavior and painful experience of the other self? The best teacher of accepting the negative aspect of the self is the drawing of the attention, as the one known as Aaron has so rightly said, to those many times when one is experiencing, either in one's own mirror of self to self or in the mirror held up by another to the self, all the loving, compassionate, helpful and wise portions of the self. The beginning of the healing of self-judgment is the awareness that the mirror does not always show the negative or negatively perceived aspects of consciousness.

Intellectually it is easy to say we are each all things; we contain all that there is. But much circumnavigation and rationalization is practiced by most spiritual seekers in order to avoid gazing into the mirror when it shows that which is perceived as negative qualities which the self, of course, shares, as it contains all things and all qualities. Thusly, the focus is upon the healing of the self; and that healing begins not with the head-to-head confrontation of self with the disappointment in the self but simply of the self. Sit with the self. Watch what arises and departs within the mind, within the heart. Watch each transaction to discover, not how to change the self but simply [how] to identify the self more clearly within the self. For until the spiritual seeker accepts itself as it perceives itself—that is, in a state of considerable error—it cannot gaze in compassion at the mirrors which reflect that self to the self.

The injunction to "Know thyself"[18] is primary and fundamental to a life lived in faith. Again, we emphasize that as the student of spiritual principles moves further in assimilating material, the responsibility for living the spiritual principles involved in that material becomes ever more challenging. The critical observer-self seems biased toward noting not what is right but what is lacking and by this unhappy habit, many have come to the conclusion that they are unworthy and incapable of becoming that which they wish to be. This is not so. The road does not end. It is, however, occasionally very bumpy and stony. Yet the pilgrim, when it is rested, moves on as best it can, clambering over debris and stony paths with the eye always upon this precise moment, this particular resonance of infinity as it intersects with the life-stream, perceived within the illusion as linear.

[18] Inscription at the Delphic oracle, as reported by Plutarch in *Morals*.

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Always, infinity is at the behest of one which chooses to remember the infinite Creator and the love the entity has experienced from this great source of love. Thusly, in healing the self-judgment, the parent is then able to express itself as an healed and whole entity, and is thus able to give whatever it may find possible to give out of a fullness of heart, a total and 360-degree acceptance of the self, knowing that the self is indeed all things, positive and negative, as is perceived within the illusion. When this healing is complete, then the entity may simply sit with this anger from another and see it as a catalyst which has done its job already.

There is eventually no self-perceived need to assign any quality to the other self, for that quality has clearly been seen within the self and forgiven within the self. It is in this acceptance and rest that the child may come to believe that it is possible to be miserable and yet to be hopeful, for the child knows well the parent and knows well the parent's version of this same negative trait, as perceived within the illusion. When the parent authentically establishes an healed awareness of self, when it is capable of saying, "Just as I am, just this much is perfect in a way I do not understand but perceive by faith alone," then compassion flows from that womb which is the true heart, which is ever pregnant with the fullness of love and ever propagating itself in seeds of fullness out of fullness that may rain upon those about it. Thus, in finding the peace and acceptance of the self, one finds the acceptance of the unquiet mirror offered by another self.

(Pause while the tape is turned over.)

I am Q'uo. We continue. When one is able fully to accept that self, one then becomes the healer who has healed the self first and is willing simply to act as catalyst, as the light upon the hill which gleams forth hope to those who are mired in pain.

So much between parent and child is a learning for the child based upon simple imitation. When two spirits with the same sort of areas of perceived weakness are parent and child, it may clearly be seen that each is the teacher of each. Thus, in allowing the self to heal, one by definition has allowed the entire creation to heal.

What is concern but a kind of fear, fear lest that loved one not be happy? We ask you, can any entity create happiness either for the self or for another? The answer, as far as we know, is that happiness is like a visitor that never stays long. It brings its gifts, it holds in its embrace the self, it shares in rejoicing and love; and quickly, perhaps before the self has even grasped the source of this happiness, the weather of the emotions becomes cloudy and the happiness is gone, leaving the self, perhaps, to brood overmuch on loss of happiness.

What baggage creates anger? What is it that is picked up and held and cherished that creates the anger of the self? Perhaps we may suggest that anger, at base, is anger at the lack of complete acceptance of the self. Thusly, to work upon one's own anger, it is well to perceive the benefits of not striving to become anything, not trying to advance, but simply trying to allow an awareness of the full nature of the self, to be held in the gentle arms of that nurturing portion of the self. Once one's own inner child, which is often angry because of lack of control, has been clearly perceived, then the attempts of a young soul—that is, young within this incarnation—to control the environment in order to make the self heard or in some way more secure can be accepted as the spiritual process it truly is.

Each of you sees the self, unless one is careful, as a solid object; that is, a solidified being which is such and such a way. However, the present moment insists that there is no solidity of being or of the qualities of being, either positive or negative, but rather that the present moment flows from present moment to present moment to present moment. To see oneself in process, and that the process is ongoing in far more large terms than one incarnation, is to allow oneself the perception of the enormous malleability and plasticity of the self in process: The Creator is not done with any. None is finished. All are in process. Let this sink into the heart [so] that it feels less and less judgment; and when it experiences judgment, it accepts that judgment also as a portion of the self. When all is seen clearly, choices may be made more skillfully. Once the element of fear is removed, the loving heart is content to offer itself without condition and without over-concern for the pain of a beloved other self.

Is there at this time a following query?

C: Both you and Aaron seem to have anticipated the further queries that I would have had. I thank you for your words, and hopefully I can begin further work upon myself. Thank you.

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Q'uo: I am Q'uo. We thank you, my brother. We would at this time allow the vibration of the channeling to move to the one known as Aaron for any further question. We leave this instrument, briefly, in love and light. I am Q'uo.

T: I have just a short question. Most was answered by the previous channeling. My question is, in my life I am looking for love, for someone to be with and share my life with. I realize that I have to accept myself, and there are many things about myself that make me angry and that I cannot accept. I realize that I have to do this first. My question is, While I attempt to accept myself, am I being counterproductive in even attempting to find this love outside of myself?

Aaron: I am Aaron. I understand your question. It is never inappropriate for the heart to seek what it desires. Yet I believe the confusion here comes from not being certain what is desired. There is that part of you which finds itself to be lovable and loving, and wishes to share that love with another self. The fact that you have not yet been able to do that speaks to the fact that there is also that within the spirit that pushes away that intimacy. In short, when you think that you want something and yet hold yourself back from that, you must ask why.

I see a number of possibilities here, and would ask you to choose what seems most appropriate to yourself and discard what doesn't fit. One possibility is that while such intimacy is desired, there is also that in yourself which feels unworthy and is afraid to open itself so closely to another for fear that another would recognize that unworthiness. I spoke of this earlier today to a friend, saying that within each being there is what I call the *what-if-someone-found-out?* space. You see yourself as a loving being. You have work to do, yes, but [are] still a loving being, a spiritual seeker, and a good and caring person. And yet within the self there are so many emotions, so many forces that you can't accept, that each of you cannot accept. You are each like an iceberg with what is acceptable being that small bit that shows above the surface and so much buried that you have not been able to accept. As you progress on your path and become mature and responsible and more highly evolved, you become harder with yourself. When there is anger, rage, greed, jealousy, or fear, there is a strong "I shouldn't"; but you can't keep this separate from the self.

Q'uo and I have been speaking about fear and how it arises, and the point was made that the newborn infant experiences fear because its needs are not met. No matter how attentive the parents, there are times when that infant's needs are not met, and it knows that it cannot care for them itself. Q'uo pointed out that there is terror there.

One must then accept that fear and other emotions are meant to be, in some way, part of your experience, that one does experience emotions, and that these emotions are here to teach you. When you are incarnate in a physical form, you have both an emotional and a physical body which the being who goes beyond the astral plane does not possess. These are your tools for learning. This physical manifestation, this form, and the emotions are part of the complete being in this human form. You are never going to free yourself of emotion. It's impossible while you are a human. And it is not the emotion that's a problem, but how you relate to it. You see that rage or greed or whatever it may be, relate to it with hate, and say, "This doesn't fit with the being I want to see myself as or the self-concept that I want to impart to others. What if someone finds out?" I do not know to what degree this is true for you, but for many it becomes a strong factor in keeping them apart from a closeness with others, even when they long for that closeness. I would suggest that it would be worth exploring.

Another factor, that often enters into one's ambiguity as to whether there will be or there will not be a close relationship, is the learning about separation and oneness. So many beings incarnate on this earth to experience the strong sense of separation. It is a gift to teach you. When you feel the pain of that illusion of separateness, eventually it becomes painful enough that you must truly probe and study and investigate it. Then and only then do you begin to look at reality, which is that you are not and have never been separate. The sense of separation is painful; so are the heavy emotions that we just discussed.

I am not implying that your learning must be painful. Pain doesn't teach you anything. Pain is, if Carla will excuse a bad pun, a pain in the neck. But pain screams, "Pay attention!" and paying attention teaches you. When you can learn to pay attention without pain, you will need far less pain to learn. When you can pay attention to the ways in which you feel separate and move past that wall of pain and

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anger that enhances the sense of separation, finding acceptance and forgiveness for all of that in yourself which has created the illusion of separation, then you will no longer need that illusion.

There is one further thing I would say here. So often you seem to hear two voices within you. One, that comes from the heart, is a voice of love, and one, that we would call the voice of the brain or of reason, is often a voice of fear. You have one voice within you that asks you to trust yourself and trust others, to allow yourself to open, to cherish that beautiful self within as a bud, bringing it into the sunlight of your love. And then there is the voice of fear, and it says, "Well I have work to do on myself. Maybe I'm not ready for a relationship." Do you see the excuses there? Can you see the avoidance? There is always work to do on oneself, no matter how evolved you become. You are never complete but always in progress. Do you wait for perfection? Can you begin to see that it is the voice of fear that suggests that you wait and to ask yourself with some compassion, "What am I afraid of? What is this fear?"—not to track it down analytically as it grows out of this or that event of childhood, but to begin to see all the anger and lack of self-acceptance behind it and to relate to that with love and compassion?

It is so hard to have compassion for yourselves. Each of you here would respond with great love if someone else had told you your own story. But to yourselves you turn only judgment and contempt. It is not that you need to become more lovable before someone will be interested in you enough to have a relationship with you. It is not that you need to become more lovable, to have enough to offer to another so that it seems right to offer yourself; rather, it is that you need to love yourself enough and to trust.

Know that when you open and trust there may be pain. At times, the trust will not be met with the same level of love and trust. Begin to take everything in your life as a learning experience, to know that being alone and lonely is teaching you something, opening yourself and allowing yourself to be vulnerable to another is teaching you something. Finding a deep and loving relationship with another will teach you something. What is it that you need to learn? It is so hard to let go of the edge of one's current perceived illusory limitations and strike out across the vast sea of consciousness, letting go of the shore, of the safety of that shallow and safe beach, to move into deeper water, not knowing where one is going. Indeed, one often feels like those early explorers who wondered if the world was flat and if they would fall over the edge. That story appeals to many because of the depth it holds in one's own unconscious mind. How difficult to let go of the edge and proceed with faith and courage that one is always where one needs to be, and that the next learning offered, whether it is of loneliness of or love, is exactly what one needs. If one is able to accept that love that is offered and to move beyond the fears a bit, not getting rid of the fear but allowing it to fall away as it is no longer needed, then one finds that a world of love is offered.

I feel that you have specific questions about what I've said, but I would prefer to let Q'uo speak now; and if those questions are not answered in what my brother/sister says, we would be glad to return to them. That is all.

Q'uo: I am Q'uo. To continue this thought, we would bring the attention back to a fundamental concept regarding the nature and purpose of the third-density incarnational experience. Earlier this instrument was singing a phrase from your holy works, "for he is like a refiner's fire."[19] In this pioneer density, it is not expected that all the slag and dross of self shall be purified. It is expected, rather, that in the darkness of unknowing and by faith alone, one may see that the incarnational experience is a process, first of choosing the way that the self wishes to be distilled, of what essence it wishes to smell; and then having made that fundamental choice of how to love, opening oneself to the very painful process (to the self, which does not like to change) of distillation or refining. This instrument often sings a prayer which is, *"Temper my spirit, O Lord. Keep it long in the fire. Make me one with the flame. Let me share that upreaching desire. Grasp it Thyself, O my God, Swing me straighter and higher. Temper my spirit, O Lord. Temper my spirit, O Lord …"*[20]

The densities above your own are densities in which this refining process progresses from the point at which you are when you graduate from the third-

[19] *Holy Bible*, Malachi 3:2, and the text for a bass solo from Handel's oratorio, *Messiah*.

[20] A hymn often sung at camp in Carla's childhood. The hymn book used is no longer to be found.

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density schoolroom. Shall we say that in third density, the Higher Self, which is the Creator, evaluates and grades, shall we say, using the curve, as this instrument would call it. There is not absolute perfection possible. Thusly, one is simply hoping in a relativistic way to approach nearer and nearer to a heartfelt dedication to begin the refining process in a conscious manner, not simply reacting to the stimuli in this thick darkness of unknowing but choosing rather to live a life in blind faith and to prosecute that first choice of service to others which does begin in love of self with every possible vehemence and passion.

There is always much to forgive when the self perceives the self. We suggest that each entity may helpfully see all the dross of self, not as shameful but as inevitable—as, to use the one known as Ram Dass's phrase, grist for the mill. Thus, one can refrain from fear of one's own fears, anger at one's angers, judgment at one's own unskillful judgments, so that the process may be seen mercifully, that the self may see that the self plunges into the furnace by choice. Yet we would suggest that loving-kindness and mercy be a portion of self-awareness, so that one is able to move into the refiner's fire only when it will not do violence to the young, precious spiritual self that was born immaculately within when the first decision was made of how to serve the infinite Creator. The choice to serve others is not a conclusion; it is the cornerstone or beginning of a process of distillation that will continue for a long, long time, as you understand time.

We would conclude with a comment about emotion. Entities over-value the intellect because it seems to the intellect that one has only the intellect with which to analyze situations. In the strict sense of analysis and linear thinking, this is so. Yet by depending upon that analytical ability, the attention is drawn from the true intelligence of the self, the true seat of wisdom, which is the mercy seat of purified emotion. It is not *your* lack of self-acceptance, it is *a* lack of self-acceptance, a quality which you now dip into and experience and use. It is not personal to you. It is an emotion felt by you and [by] many. In emotion one is never alone, for the emotions run like the underground waterways which bubble up in clear springs at their own time and season. One who wishes to dig a well to tap this underground or subconscious source of the water of spiritual refinement needs to go gently, to go deep carefully, so that one rather woos or courts the earth away which lies between it and the water of purified emotion, which is a portion of the deep wisdom of the self. Honor each emotion. Look at it as you would gaze at a gem, at a crystal. You may see it as imperfect, but it is your truth. As you turn that crystal, flawed as it is, you may see that though it refracts light unevenly, yet the refraction is full of beauty and color. Thusly, in honoring the emotions for the wisdom that they truly convey, one is able to bear the pain of self-revelation, which is the essence of conscious entrance into a safe and gentle refining fire, a fire that does not burn away that which you still need.

We would at this time allow the energy of the group to move back to the one known as Aaron. We leave this instrument, briefly, in love and light. I am Q'uo.

Aaron: I am Aaron, and it is with love and joy that I share this process of responding to your questions with the principle known as Q'uo. I speak for both of us when I say that it enhances our understanding as well to listen to each other and to your own thoughts, and to investigate these questions more fully. We have by no means exhausted any discussion of fear or anger; and yet, perhaps enough has been said for tonight.

Are there further questions that any wish to ask?

Questioner: R would like to know[21] if the work begun in healing the child within, and which was left undone after discovering it, plays a significant part in his current illness.

Aaron: I am Aaron. I am troubled by the question because of the place of self-judgment from which it comes. We have spoken with R and find much anger within him at the self. His assumption is correct, and yet, he must be helped to understand the desire within him to use that assumption to simply blame himself further; that it will become simply another object of anger, another source of that anger. Can you see how easily this is distorted? It is necessary to be truthful with him. And yet, if I were speaking to him in person, I would stress instead the healing that is needed, the opening more compassionately to the self. Rather than putting the focus of the attention on what has not been done, I would put the focus of the attention on what it is possible to do. Is this

[21] Offered in absentia for R.

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answer sufficient, or would you prefer me to speak on it?

(The questioner indicated that this was sufficient.)

Are there further questions?

M: My question has to do with pain and the emotions that surround pain as a messenger. One technique that I've learned in looking at the pain is to be soft with the pain, to resist not. I wonder if you could elaborate on how one learns to soften more. I think that is enough.

Aaron: I am Aaron. I understand your question. As you know, this technique is a very valuable one. It would be useful to look deeper at why it works. What does softening around pain mean? I would like to suggest the value of investigating the difference between pain and suffering. Pain is just pain. That doesn't mean it's pleasant, but one can deal with a great amount of pain without its causing suffering. Suffering comes to your resistance to pain and is very different. We speak here both of physical and emotional pain and suffering. When you struggle with what is, wishing it away, hating it, you create suffering for yourselves because you cannot control what happens in your life. You've seen this countless times. You are happy and everything is beautiful, and suddenly it has been turned upside down. You are picnicking with your loved ones in the sunshine and it begins to pour. And you hate the rain! You are hiking on a beautiful trail with exquisite views and begin to rub a blister on your foot. How can you avoid pain?

Q'uo spoke earlier of happiness. As it comes and goes there is a much deeper level that one can reach than happiness. What is happiness? It's not something that comes from sunshine on a picnic or freedom from a blister on a hike. It comes from a place within that knows that whatever happens is okay. I would suggest the term equanimity here—a deep space of acceptance where one lets go of the need to control, where there is neither aversion to what is nor a grasping for what is not. This does not mean that one does not give energy to try to make things better. But there is a difference between preferring that something be a certain way and working toward that preference, and needing it to be that way. When you need it to be that way then you create suffering for yourselves, seeing suffering, then, as resistance to what is, even to the point of hating what is.

I would like you all to try an experiment with me. I would suggest that Carla not do this. Hold out an arm, just hold it up while I talk. I will go on to other things and allow this arm to become heavy, allow you to feel some pain.

What I want you to begin to look at is the difference between the pure physical sensation of discomfort that you call pain and that within you that hates the pain, that wants to put the arm down, that says, "This is enough"—the struggle to make it go away. As you begin to sense that struggle, whether it be with physical pain, with an emotional pain, with anything in your lives that brings intense discomfort, when you begin to see aversion to that discomfort, that fear is what you need to soften around. First, you notice the aversion, the wanting it to be different, the hating it the way it is, and you allow yourself permission to grieve for that which could not be. In its most simplistic terms, you wake up on the day of the picnic and see it pouring. You stub your toe and feel the pain, and know that because of that pain you won't be able to continue to walk, that your life will be uncomfortable for several weeks. Then you move into a space of anger and judgment. Finally, especially those of you who are more advanced spiritually, you say, "I shouldn't be judging; I shouldn't be angry," and that just increases the suffering.

I believe most of your arms are feeling heavy enough now to continue with this experiment. Can you begin to separate the physical discomfort from the suffering that comes from disliking that discomfort, allowing yourself the right to be uncomfortable? Experiment with this for a moment, and when you need to, put your arms down.

So there are two different things we're speaking about here. To soften around pain means to let go of the resistance to that pain. When you do that you are no longer suffering; then it is just pain, nothing else, and is far more easy to bear in that way. Second, when you notice the suffering, you begin to treat yourself with much more love. To honor the pain and respect it gives you a great deal of freedom from hating it.

There are many other techniques that can be used to soften around pain. Visualization is a great help here, especially when speaking of physical pain. Simply think of that being whose presence connotes love to one. It may be Jesus or whatever being of your

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choice. Visualize that being literally sending out love and light to that part of the body where there is pain, not lessening the pain, perhaps, because that may not be in its power nor may it be desirable that the pain be lessened, as it is there for a reason, but touching the heart that fights against the pain, the place of fear that says, "Will this pain never end?" because there is so much fear in pain.

Another thing that may help is remaining in this moment, because so much of the fear of pain is not that it's intolerable in this moment, but fear that it will continue till the next moment and the next and the next. When you can come back to this moment you can simply experience the pain with a far less intense need to get rid of it. What is pain? When you come back to this moment, you can begin to investigate it. You'll see that it's not solid as it feels at first. It comes and goes; it moves around. Sometimes it seems to peak, then to relax a bit, and then it returns. It is not a solid object with which you need to wage a war. How much more lovingly can you relate to it?

Finally, I would suggest a method whereby one visualize the blockage in that part of the body where the pain is concentrated. Visualize, if you will, your own inner energy as flowing through you and simply blocked at that point. A visualization that some have found helpful is to see themselves as lying in the bed of the stream … a hot sunny day and the water feels cool and refreshing; and it's flowing strongly, a stream with bubbling rapids. Lying with your head upstream, allow that water to flow in through the crown chakra, not forcing its way past any obstruction, as that would be a violence to the self, but allowing that gentle water to touch the obstruction with loving coolness, to remind the self where the obstruction exists so that the self may gently allow it to dissolve, not feeling any brutality at all but just the loving pressure of water that over a time erodes even the largest boulder. Allow that same loving presence gently to touch this obstruction, one sandy grain at a time, until the energy flow is restored. When there is an injury to some part of the body or a recurrent physical ailment, this continued use of this visualization may be helpful.

One of the things that may grow out of such a visualization is a clearer understanding of where the energy is blocked. When you experience a chronic illness, it will help you to understand why there is blockage in that area. I say this because you are each aware that you have certain weak points in your body; and when there is physical injury or loss, it seems to concentrate, for one in the head, for another in the stomach, for a third in the back, and so on. These are not by accident, but come from the cells' memories of past karma. One does not need to know the experience of the entire lifetime to have a brief glimpse that there was an injury there or violence to that area of the body, and that there is still holding or contraction there that needs your love and forgiveness to dissolve.

I believe that Q'uo has more to say to this, and rather than trying to answer it all myself, would prefer to share the answer. That is all.

Q'uo: I am Q'uo, and as we feel this amount of material is sufficient to engage the hearts and minds of those now sitting, this shall be the concluding response from Aaron and ourselves.

In parting, we would offer to each that which is not original or new, but that which seems at this particular moment to be helpful. We would preface this by saying that each entity is far more than it realizes itself to be, yet the ruthlessly literal nature of logical processes in which the mind is so often engaged creates a situation wherein the body is indeed the creature of the mind. But the body, in its literal hearing of the mind, expresses itself as literally as possible in response to catalyst that has not been used by the mind, thus expressing within the body in a very dogmatic and fundamentalist way, if one were to speak in terms of spirituality, those blockages or difficulties encountered by the mind as stimulus.

Thusly, we would ask each to perceive again that there are indeed, as we have been speaking of in these last few sessions, two hearts and two minds. The mental mind is shallow, but extremely useful for dealing with the illusion. The second mind is that heart or emotional self wherein lies deeper knowledge, deeper wisdom, and true awareness. Likewise, there is that heart which is the heart of wisdom and which would give anything and everything to ameliorate or palliate pain, either self-perceived or perceived by another who comes to the self for helpful advice. This first heart strives in its wisdom ever to become more wise, more purified in its emotions and its wisdoms. The second heart is indeed the heart which needs to be worked with in

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softening the self to "resist not evil,"[22] as the phrase goes.

This heart, whether male or female, can be imagined as a womb which is full, soft, and pregnant with unlimited fullness. Each time that one experiences the tightening of any portion of the physical vehicle, it is well to move gently, slowly, down this tree of mind and heart to the full heart, which gives a fullness without diminishing itself. Feel the tension in all of the body, but especially in this womb-heart and literally in the way the abdomen is tensed. One may even push at the abdomen to feel the degree of tension and explore this as a physical sensation. Then one may guide one's breath ever deeper, breathing in mercy and loving-kindness, allowing that rigid belly to be soft, literally soft. You will find that as soon as the attention wanders from the softness of that abdomen, of that womb, the belly begins once again to tense. The entire body, when facing the catalyst of pain, reacts quite literally in defense by tensing against a danger. Thus, it is very, very healing to work continually with patience at the unending task of relaxing that creature of mind which is the body, and especially allowing the breath to flow into the heart-womb, bringing its gentleness and its healing to dissolve tension, and breathing out all that tension in deep, spontaneous breathing, not to attempt to breath deeper than usual but simply to breath in visualized love, nurturing light, and spaciousness in which the self may relax.

In the case of a solidified pain due to illness, there are many, many layers of tension and tightness. Thus, it is not enough to do this exercise once or periodically, but rather to honor the self by paying the coin of attention and mindfulness that it deserves. Attend to the state of the tenseness of the body; and whenever it is perceived, in whatever company or circumstance, allow the mind to do its visualization of softening that heart-womb of fullness and allowing that fullness to give out of fullness into fullness at the cellular level for all of the body. Then, the feedback of body to mind becomes that which the mind cannot create; that is, mercy and merciful forgiveness.

May each respect its own striving to be more and more a channel for the love and the light of the infinite One, but may each also perceive the mercy and kindliness of a Creator which is love, and allow that love to inform ever more deeply the conscious being which often feels unloved.

You are all beautiful. The blending of your vibrations is that which gives us enormous aesthetic pleasure; and the joining of our hearts to yours in shared thought is a more precious gift than we can convey with mere words. So allow the love of the Creator which is channeled through us and through each other to rest upon you, now and in each moment. We would leave you in the love, the light, and the peace of the infinite One. We are known to you as those of the principle, Q'uo. Adonai. Adonai vasu borragus. ♣

[22] *Holy Bible*, Matthew 5:39.

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Intensive Meditation
March 8, 1991

Group question: Dealing with the question this morning of why it seems to be that for each of us, throughout our lives, the mother and father relationship seems to be the most critical, the most important. The voice that we hear in our head when we do one thing or another and the voice to which we seem to respond in one pattern or another and why is it so critical as in criticizing?

(Carla channeling)

I am Q'uo and greet each of you this morning in the love and in the light of the infinite Creator. We are please to be called to your group, once again as it is a great joy to us to be able to share with you the great work in which we all collaborate. This being the work of attempting always to know more of the mystery of the Creator and in extending what aid we are able, to others in their attempts to do so, also.

As always, we ask that you consider our words carefully and accept for yourselves, only those words which resonate within the deepest self as true and to discard all others without a second thought. We would have you place no judgments on yourselves in considering our words.

You wish information this morning on the role each parent plays with the entity. You are aware that the relationship between each and its mother and father within this physical illusion is one which plays a central role in the life of each entity, beginning with the obvious fact that it is this relationship which allows each entity the opportunity for physical incarnation.

In addition, to this starting point, the mother and father are central teaching figures for most entities within your illusion for a significant portion of time of time the younger years of the entity and it is during this time that the basic personality of the entity is molded and formed and lessons desired in this incarnation are set up and well begun.

It is knowing the importance and centrality of this relationship that causes entities to set up these relationships before incarnation.

You wish to know why it is that these mothers and fathers, while playing, what would appear to be, a nurturing role in starting the young entity out upon its life path, so often have such a deeply, what you perceive to be negative effect upon the young entity which lasts throughout a great portion if not the entire lifetime.

You realize we must speak in some terms of overgeneraliztion as each relationship is most individualistic and specific and there are indeed many mothers and fathers who are perceived by their children to be adequate and loving nurturers however there are many who may, while attempting from their own perspective, to be as loving and nurturing as they know how, they yet, in the non-

acceptance of the child entity in various matters which may be more or less perceived by them to be so, instill the child entity with the voice of criticism of which you spoke and indeed there are those mothers and fathers who do not find it in themselves to be nurturing and loving and find that all they have to offer is this voice of criticism.

"Why is this the case?" you ask. Many of your entities seem to have the bias of opinion that states that the role of the mother and father is properly that role of the all accepting, all nourishing, all loving parent and that whenever the parent entities fall short of this goal, they are then responsible for the damage incurred by the children.

This however, is not the case for as you are aware, the purpose for which third density entities have incarnated is in order that they might learn the lessons of love.

If each entity were born into a family where the only thing experienced was total love and acceptance, the experience of the entity would be similar to those entities who incarnated before the advent of the veil between the conscious and unconscious minds or before the availability of the choice between the positive and the negative paths, the result being that with no stimulus which is perceived as negative, very little growth takes place. Thusly, for one who incarnates for the purposes of learning the lessons of love, the perceived absence of love is essential in order that such learning may take place.

If the perception of love may be felt as total acceptance, then the perception of the absence of love may be felt by non-acceptance, which is manifested in the criticism of which you spoke.

The degree then, to which this criticism is perceived by the child entity from the parents may be seen as correlative to the lessons each entity wish to set up for itself, beginning with the infancy and early childhood. This relationship is by no means the only situation by which entities may learn these lessons of love, throughout the life, many other relationships and situations will be encountered in which again the non-acceptance or the criticism is experienced however, most entities will choose to set up these lessons early in the life pattern so that the patterns have got an attitude having been established at a very early age, have the opportunity to grow throughout the incarnation and interact with other situations that may be perceived similarly thus affording the entity multiplied, shall we say, opportunities for learning these lessons.

The learning of the lessons, of these lessons, as always with the lesson of love focuses again and again on the acceptance of the self and the other selves in the light

This group has done much work in this area, and these matters have been spoken of before. We would say at this time that we particularly enjoyed speaking with this group about these matters in what you see as your recent past and speaking and working also with the one known as Aaron and the one known as Barbara. We have been very pleased with the dedication of this group to such workings and feel that the interactions were of a great help to those present and a value to ourselves as well.

Thus the concepts of acceptance and forgiveness are those with which you are familiar.

We would reiterate only that in the dealing with the voice of criticism from the mother and the father that each entity may continue to feel and hear throughout the life pattern, that the purpose of the incarnation for the seeker is not to be comfortable and happy thus the goal of the seeker in dealing with this voice is not to make the voice go away, but to be able to accept it and continue to live the life. Gradually, becoming able to accept the self and the other self to greater extents and then becoming able to forgive the self and the other selves also to greater extents. This is not work which may be forced.

As the one known as Aaron has spoken about the need for the flower bud to be allowed to bloom.

We realize that it is a difficult process to proceed with a certain course of action in learning lessons and dealing with the self and at the same time not to judge ones progress. Yet this is what is necessary for the seeker, toward that end, we would encourage each in attempting to learn the acceptance. To focus on the present moment and not to attempt to swallow the entire life in a single bite, shall we say.

We feel that these words are sufficient at this time for this working and we'd be happy to respond further to any queries you may have at a later time. At this time we would transfer to the one known as Jim in order to close this working. We leave this instrument with thanks and in love and light. We are known to you as those of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each of you again in the love and in the light of the one infinite Creator. At this time, we would offer ourselves for the responding to any queries, which you may have for us. Is there a query at this time?

N: Not from me, Q'uo. I thank you for answering both of the questions that were *(inaudible)*.

I am Q'uo, and we thank each of you as well for your invitation to us to join your circle of seeking once again. We are most grateful for this opportunity and we cannot express our joy at these gatherings to a sufficient degree but can reaffirm that we feel a great peace and purpose is awakened each time we gather with your group. We are known to you as those of Q'uo and we leave you now in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
March 10, 1991

Group question: Some sources say that the Mayan culture was contacted by extraterrestrial entities and given information concerning this planet's transition to the fourth density. Is this information relatively accurate or should we look into other areas for a clear understanding of their culture? How can we use the information which has been left behind concerning their culture?

(Carla channeling)

We are those of Q'uo. We greet each of you in the love and in the light of the one infinite Creator. It is indeed a privilege to be here, to enjoy each energy as it blends into unity, the energy moving in such a rhythmic and lovely way about the circle of seeking. It is a blessing to share in your meditation, and we are most grateful to you for asking our opinion upon such an interesting subject of the ways entities might work to aid in the coming of the next age or series of experiences and lessons which shall be that which is suited to your planet in your future.

We encourage each to be aware of the oneness of the group and the energies of light that move about it, to allow them to flow through you to the next density, not moving or changing them but realizing that you are part of a whole which is greater than yourself, a beautiful group of people who, together, have much more power than any one separately might, power to ask, power to seek, power to hope. This is the greatest thing, we feel, that entities such as yourselves who seek to serve the planet at this time can possibly do. And that is to spend time in the seeking, in the being with the infinite One and those who seek the infinite One.

Let us begin with a few introductory remarks which we feel would make a good basis for the general message. We are aware that each within this circle has a different gift. This is so not only of each in the circle but of each entity that is ever created. Each of you is unique. No one has your gift or gifts. No one your talents but you, yourself. But if you sit thinking, "Well, I have gifts, but I also have difficulties," may we say that if you gaze at your difficulties you will find them to be the other side of the coin of your greatest virtues. This instrument, for example, spoke of its lack of memory. This is that which seems within the illusion to be thoughtless and rude. It is, however, that which allows us to fill this entity with our concepts, for this entity does not cling to the past nor think greatly on the future. It is within the present moment that each of you exists. Memory and prophecy are irrelevant to aiding the planet or to living in the most spiritually appropriate way of service to others that you can possibly devise.

We also realize that each has aspirations and hopes. Each hopes to be able to contribute and because of the culture in which you live you see these

contributions as those which can be held, seen, measured and given to others as objects. Indeed, each of you may feel quite appropriate, wishing to serve in these ways. However, it is well to realize that that which is a creation of yours is that which has been given to you because you have honed your consciousness, begun the process of choice which more and more refines the self, the emotions, the self-images and the journey itself so that there is no outside authority that may say to you that "This and this is what you must do." Only you in your inner guidance may come to a sense of peace and creativity, a feeling that needs no outside affirmation, a feeling that this is right action. This occurs when the entity simply allows the Higher Self within to make known to the self the environment in which the gifts which each has are to be created and presented.

Behind all of these objects of creations, or may we say more accurately, co-creation with the infinite love and light of the Creator, is the infinity of Oneness, the primal beingness of which your consciousness is at this time an individuated field. Yes, each of you is unique. But each of you is created of Love, created with Love, created from Love, and within each of you is that which is pure, infinite, compassionate Love. Not the romantic love or a gentle sort of love, but a dynamic and creative love that burns away the dross within, that burns away the petty concerns so that you gently, quietly, allow that dross to be burned away, little by little, never judging the self, never allowing discouragement to last longer than is necessary to express it to the self.

When one feels discouragement, when one does not know what to do, one is generally used to blaming the self for this impasse. We would specifically encourage each to allow those feelings that are appropriate to a disappointment in the self, but to realize that they are but the disappointments of one who has made a mistake in spelling, and so the eraser is taken out, and the spelling corrected. There is no more weight to be given to such errors than errors of any kind. That which you have not yet learned you are not responsible for. It is only as you learn things that you do become discouraged. Yet the discouragement is predictable. Therefore, we ask you to cherish yourself and nourish yourself during these times of change, for as you seek you shall find that change has sped up, and change is painful to the mind that is distinct to the consciousness that all have in common.

You are asking your mind to refrain from being critical, whereas all intelligence is based upon the making of choices. You make choices each moment of each day. What you shall hear among all the things that come into the ear—when you are concentrating upon this instrument's voice you do not hear the cars, or the furnace, or the birdsong, or the gentle sound of the unpredictable wind. Yet your ears have heard them. You simply have chosen to focus the attention which is finite upon the most interesting thing in the environment. Each time that a seeker comes to the realization that it wishes a transformed experience, it is wishing for the pain of becoming the butterfly. The pain is left behind with the chrysalis in the cocoon and the butterfly is free and beautiful. This is the process of change. The change itself will seem to the physical vehicle and to the mind of the physical vehicle very painful and it is considered appropriate within your culture to allay or palliate any kind of pain or at least to be disgruntled because there is pain.

As spiritual beings we ask you to realize that your situation is that you are a field of consciousness. You are using a second-density creature which has offered itself up to you that you may use it for an incarnation. It does not have the same priorities of consciousness. It is more of a creature that is capable of fear than the consciousness, and that which is fear is also that which is desired. When one moves either in fear or in love to desire or to not desire, either is seen as a desiring. Thus, that which you desire positively comes to you, and we always remind each to be very careful of what you desire. However, that which you fear will also come to you, so we ask you also to be very careful about what you fear.

Now we shall begin with the question about specific ways of working in order to midwife the coming age, as it has been called. When one is dealing with a culture that is not one's own it may be seen in many different ways depending upon one's goal in aiding the planet as a whole to become more harmonious with the change taking place. If the desire is to be utterly accurate in detail then the requirements of both the mind of your physical vehicle and the requirements of your consciousness must needs be addressed. If a point is to be made in a completely fictional manner it matters only that the consciousness be allowed its intuitions and hunches.

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Thus you may see that there are as many ways of determining the level of history compared to the level of intuition with which one shapes one's gifts as there are entities who may choose this form of service to others.

In the healing sense, also, there is the information which may be funneled into the mind from sources within the illusion which you share at this time; there is also the possibility of allowing intuition and intuition alone to aid one in finding one's own voice as a healer. Any combination of these two may again be considered appropriate by one's unique character, vibration or harmonics.

To one who wishes to use an object skillfully in order to aid in the birthing of the new age, again, one may go to those written words within your historical documents and find layers and layers of thought which have been crystallized in your writing. One may also simply sit with the object for it to offer that which it is and allow the intuition to arise to meet it. Any of these variations is acceptable. The place between one extreme and the other, between intuition and intellect, is equally acceptable as long as it is your true balance, that which you can stand behind and say, "This is I, this is the way I felt the need to do this."

Until you have settled upon that much it is well to ponder the self itself. For it is your self, your consciousness, that which is in the end in union with all that is, that will be the vehicle which is able to aid the planetary consciousness. All of the tools of the intellect are just that, tools which may be respected and used but only in ways which do not create fear. May we say that fear is indeed a denial of the oneness of consciousness and an acceptance of the illusion.

Now, each of you is aware that science describes this universe, this room in which you sit, to be specific, as a great emptiness within which, just as the night sky sparkles with stars near and far, the atoms and molecules of your bodies, of that upon which you sit, that of the air and of the floor, look back at you winking in the cosmic flow of energy. Each of you is galaxy upon galaxy, creation upon creation. There is in fact nothing but illusion and who you are is in the end that consciousness, that light being that is and was and shall ever more be, whether it is activated or has chosen to come once again into an awareness with the unpotentiated Creator. You are you. You are also all that you see and the Creator Itself. Within this illusion, however, each of you has made the vital choice that is the purpose of this entire density of learning, that choice being how to relate to the one infinite Creator. Shall you love the Creator by serving others, or shall you love the Creator by keeping others at a safe distance while you make yourself more powerful and thus more able to control your environment?

It may be seen that in one way you express unity, or that which is. In the way of separation you may see the acceptance of that which is not, the illusion that there is anything separate from anything whatsoever. There is in fact no separation at all. And as you rest back into this awareness you find no room or place for fear. It has never been a welcome visitor. We encourage you to bid it leave you when it wishes, not fearing fear, not judging fear, but simply saying, "This is fear. I know that voice." This allows you to become more and more skillful at making choices seemingly large and seemingly small. The greatest choices that you have to make are simply the choices of how you wish to be and this is indeed the heart of our simple message to you this day. No matter how you wish to be a midwife, no matter in what way you wish to assist the birth of a new vibratory rate of consciousness, the work that needs to be done is work within the self, for it is in your being, and not in those things that you do, that by far the majority of your service lies.

Think back to someone you have known. It may be a person of any age, sex or degree of estate in life, but that person, regardless of its race, intelligence, or color, or age, was lit up, illuminated from within. This entity somehow made you feel that hope was possible, that things were OK, that you were safe. That is because this entity had learned how to be a servant, had learned the hard lesson of disassembling the reliance on the rational thinking enough so that it was able to place more emphasis on the moment by moment considerations of the catalyst that it is being offered in every present moment.

It is in the present moment, as we have said, that one meets the infinite Creator, there and nowhere else. The present moment is always the intersection with eternity. You move in a river of time and space, and it is inexorable within your illusion. It is an excellent illusion. However, there is that x-axis and the y-axis, the x-axis being the inexorable movement of the river of illusion intersected by the y-axis of

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infinity so that each present moment has extravagant possibilities of resonance and of resonant, euphonious living and being. It is to those who dwell in the present moment in praise and thanksgiving regardless of the estate which they have within the illusion who are able to channel through themselves that infinite love that no humanity can ever engender.

For within the illusion you are indeed finite. The patience wears out. The temper snaps. The love is embittered by disappointment. It is only when one seeks to live a life in resonant faith—and this can be done only blindly and courageously—that one is able to tap into that endless love that rains upon each and wishes only to move through each and manifest within your illusion as only you with your specialness can do. No one else can bring this energy into manifestation but you. For although all light is one basic vibration, yet it is your choices through many, many lifetimes that have made you able to receive in just this way, and for just this way you may radiate it.When you come to the working of the various objects in order to produce a desired service for others then you are necessarily dealing with distortion and somewhat imperfect memory. We may say that a good deal of that which is written is written in so biased a way as to not only camouflage the spontaneous moment in which something is being described but even to change its nature in such a way that it seems like something else entirely. Thusly, when one does the research among those artifacts of your culture one must be prepared to deal continuously with those facts that seem to contradict or in some way modify that which you would wish to be the way you would wish to express to others that verity which you are seeking to express. In this we encourage each to use its special gifts by allowing them to do their work without interference of will, for when one has been hollowed out by this consciousness of fiery and creative love one is then precisely such and such a vessel, and that vessel more and more, as you allow it to be so, has its own wisdom, its own ways, and will be able to communicate those ways to you.

The allowing of a life in faith, then, is the primary resource which each entity may use regardless of its path of service in order to aid the infinite oneness which is more and more perceived as you enter a new area of the space and time river. This river has occasional bends in it, shall we say, occasional changes literally of the area of space through which the planet itself is traveling, this great spaceship, this island of yours you call Earth is rotating into a previously unpopulated vibratory pattern. It is doing this naturally and economically and the difficulties that you have spoken about are those difficulties of a difficult labor wherein the Earth itself must be able to continue its balance while receiving as the living being that it is these new cosmic influences and the new ways in which other cosmic influences from outside your sun system may come to you.

It is fortunate for those who wish to serve others upon this planet at this time that the most skillful way to serve is indeed by being. Each prayer, each moment in which you have thought of the one Creator becomes resonant and light-filled and the joy and light and peace of that contact with infinity moves through you along the x-axis of time and space and illusion, and beyond all illusion entities may be greatly touched and greatly helped simply because you are. Your consciousness is the greatest treasure which you hold within the hollowness of your Earthly, physical vehicle. Know it for its sanctity and purity and see that as these emotions and desires arise they arise repetitively again and again and each time you have the opportunity to move into resonance and into infinity and to make a more skillful choice, not out of fear, not out of worry that you may not be doing the right thing, but in perfect allowing of this moment to be this moment, of allowing that which you can never understand, that mystery which is the Creator to flow through you. Love flowing through Love into Love, fullness through fullness into fullness, all perfect, all beautiful and all one.

You may say to any who may say something like this, "This is not true. There are wars and rumors of wars. There is hunger. There is pain. Why are these things there, and how can we fix them?" that it is precisely for such experiences as these that you incarnated. It is precisely the forgetting of oneness that you wish to accomplish in your incarnation here. You did not want to remember the truth. You wanted to forget the truth and then find it again, for within an illusion where you cannot know even scientifically the root cause of anything you most certainly cannot know the root cause of those things which are invisible and which are immeasurable by the instrumentation of your peoples. You wished to be confused, chaotic and scared. Why did you wish

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this for yourself? Were you in some way mean to yourself? To the contrary. You were giving yourself an opportunity to live a life in faith alone. Nothing can be known, but you have all inside, each of you has all inside. And as one approaches the self, more gently, more quietly and more aware of the true nature of the self, one is able to see that one is indeed born again, as so many of your peoples have been distressed to hear the phrase. Born within as a self-aware, eternal light being, to aid the Earth that you so love, to aid the changes that must come. It is simply necessary to find who you are and then be who you are in the very most truthful way, the most honest way that you can. All else will follow.

When one accepts the higher wisdom of this mysterious love one is a servant, yet one is for the first time entirely free of the prison of flesh and bone, life and death. One has become a citizen of eternity. Give respect to that part of yourself that is being born with the so-called new age. Love that child within. Nurture it within your heart's womb. Talk to it. Cherish it. Nurture it. And as you cherish the growing awareness of who you truly are you open your eyes at the present moment and there is your service before you, precisely there. It may distress you. It may be a pile of dirty dishes. It may be a discipline problem with a child. It may be digging a hole. It may be anything whatsoever. If it is done in love and compassion and respect for this experience right now, it is the greatest service you could ever perform. For you are being an entity that approaches the illusion fearlessly and lovingly.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and in love and light transfer. I am of those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We realize that we have not spoken in a precise manner concerning some portions of your query for this evening and we would ask at this time if there are any questions whatsoever that remain upon your minds to which we may speak? We would also preface any responses by saying that we wish to give that which is helpful to you in your journeys of seeking, but we do not wish to be seen as those which are infallible, for, indeed, we are not infallible, and we give that information which we have found to be useful in our journeys. And we ask that you take that which is useful to you, leaving behind that which is not.

Is there a query at this time?

Questioner: I am still quite interested in the Mayan connection to the Pleiadians. Is this what was responsible for the beginnings of their peaceful culture?

I am Q'uo, and am aware of your question, my sister. As we look into that culture which has been called by many of your peoples the Mayan culture, we see that these entities through their desire to know more of that which you call the truth and their desire to progress as a people upon the evolutionary journey drew to themselves a variety of influences that were both of this planet and entities that had their location both within this solar system and beyond it.

(Tape ends.)

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Special Meditation
March 20, 1991

Group question: Special Meditation for R and S in the area of long-term serious life-threatening illness. What does a person who is very much consciously aware of the necessity of maintaining balance in the life, of working out lessons, of facing the lessons, what does such a person do when there is an illness that continues to come back with various manifestations that puzzle doctors, that puzzle the person, that puzzle friends and family? What does such a person do in the way of realigning the thinking, the attitude, the being when everything has been exhausted, it would seem, in attempting to deal with the illness and the distortions of mind or emotions that have caused it? When all of the research into the childhood, the experiences of a traumatic nature during a life, and the lessons that one feels that are spiritually set before one have been explored in-depth and have been gone over very carefully? Is there a surrender and acceptance? Is it possible to push away the healing and the wholeness that we seek, by seeking too much? What would you say to such a person who is in need of the peace and the healing that comes with finding the wholeness and the integrity of the life pattern and how does such a person go about healing the mind/body/spirit complex?

(Carla channeling)

We are those of Q'uo. Greetings to each of you in the love and in the light of the one infinite Creator. It is a great privilege to be called to this group and we thank you for the intensity of your seeking and the harmony of your meditation. Both are great blessings to us and great teachers of us.

You ask concerning health and ill health. This is indeed a subject to which many approaches may be taken. If it is acceptable to each of you, we would find a somewhat different approach to be useful as long as it is acceptable to each that the material offered herein not be offered to other entities.[23] We will pause, while each considers this and if there is an objection, we shall speak in a more desired way. I am Q'uo.

Jim: No objection here, Q'uo. Continue.

I am Q'uo. Very well. We ask each to gaze upon that which has been accepted by each as a subjectively known truth. That is, that the experience of this particular density is not an experience which is the experience of a native of this density. It is, rather, the experience of one who moves into an incarnational experience in which the very vibrations of the entire culture are somewhat, shall we say, distressing subjectively to each. In other words, we are speaking to those whom the Confederation has often called "wanderers."

[23] We are grateful that S has granted permission to share this transcript with others.

Each of you knows a good deal about the transparency of third density illusion. To the various reflections, illuminations, and resources of the deep mind. Of the help available to and through the deep mind and of the continuing urgent necessity of being self-forgiven and self-accepting, being able to gaze, not only on all the world, in forgiveness and acceptance but upon the self. Because each of you has found this incarnational experience challenging, the aforementioned resources have been used to a great extent and we may simply go forward from there.

When a wanderer makes a decision to serve by moving into an incarnational experience amongst the people which it hopes to serve, it carries with it that desire for service which is beyond the description of normal desire. It is so deeply heartfelt that it is more of an instinct than a desire. Because this sort of service takes a very balanced structure or fundament, each within the group has agreed to have companions along the way, most especially, the companions called mates.

Thus, although each is equally sensitive, equally loving and equally willing, as the incarnational vibrations begin to wear away at the very fabric of the physical vehicle, this erosion is mirrored more by one than the other of the entities in the mated pair. It may be seen, for instance, that in the work that was the life desire of the one known as Don, the one who now acts as instrument acted not as the one who sacrificed, but as the strong right arm that could enable this wanderer to move through that ministry, that witness that unspoken evidence of love which each of you is not only capable of showing, but indeed does show. Without speech, without indication, without expression.

This entity, then, became polarized towards being that one which bore the vibrational difficulties in a more obvious way, and as the mated relationship with the one known as Jim occurred, there was more and more the polarization of the one who seems to serve physically and in a mundane way, and the one who seems to serve in a more directly communicative way. This may be seen also to be the case where, in the one known as R, there is the capacity for and the opportunity for much communication, while the one known as S balances this gift with the gift of sacrificial, physical, mundane responsibility. The more that is hoped for by the spirit that each of you is, the more intense will be this polarization so that each of the mated pair may experience as much of an extreme of difficulty as is possible while retaining an unbiased observational viewpoint whose nature is love.

It is to be reckoned with, with wanderers such as yourselves—and we are only able to say this to you because each of you has reckoned with and accepted that classification—that there is an additional burden that may be carried and that is carried by those who are able for as long as they are able and that is a far less personal, a far more planetary distress. Each entity in this room is an equal partner in a healing, not of one person, but in attempts to heal the planetary vibrations of those whom you came to serve. It is a great privilege, greatly treasured by each before this incarnation, to be offered the opportunity to carry not only a personal suffering, but also a deep, pure sorrow that is the pain of the planetary sphere which you came to love and to serve. It is well for each to realize that the one seems to be well and the other ill. This is, in fact, illusory and is an artifact of the masks which each chose to wear during this particular portion of the incarnational experience in order that a situation where there was love evidenced amidst difficulty could occur. Without the balancing mate, the vibrations of healing for the planet could in no way be carried by the one who has offered to take this part of the experiential catalyst which is, as we said, as artifact of each entities own high hopes and love as each gazed at this very difficult birthing upon the planet which you call Earth.

We are attempting to move each entity's mind from the concept of illness to the concept of suffering impersonally. We are aware that each questions how much suffering should be allowed; how much should it be fought; at what point shall it be completely accepted. To give each entity specific information would cross that fine line and move us into direct confrontation with the law of free will.

Therefore, there are those things which we cannot offer you. What we can offer you is a careful view of the situation which you are experiencing from the point of view of one who is not incarnate and not moving through the extreme physical experiences which are shaping and honing the faith and the will of those who came to aid planet Earth in the most direct and loving way possible. You may easily gaze upon the crucifixion scene and see not simply the two that seem ill, but the four to whom we speak

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upon the cross, gazing at the planet. Gazing upon the people. Seeing weddings and funerals and families from the perspective of the cross. Seeing with compassion the imperfections and iniquities of all entities in third density including that third-density self, which each of you must somehow manage to engineer a way through the incarnation for.

Yet, to grasp the nature of your situation it is necessary to move beyond the curtains of space and time. Move deeply within and touch the heart this is you. Find the I AM within the center of your being. Ask I AM, "How much shall I hurt?" and listen to the I AM for your I AM is true and that I AM says to you, "Sit. Feel. Listen." Become aware of the love that is the I AM. Know because you feel it, because you can touch it, that whether the physical body lives, dies, or does something in between, this I AM within you has only one ambition and that is to carry as much sacrificial love as is possible.

In order that the energies of the planet may be stabilized during what is indeed a fairly intense period of sorting out those who are harvestable, both positively and negatively, it should be no surprise to any that there are many very negative seeming events occurring at this time. There is also a negative harvest and there are those attempting to gain that harvestability.

We are aware that each wishes very much to ameliorate the illness, to become physically strong again, fit and seemingly far more ready to be a spiritual warrior. But the spirit has ever used those who seem weak in body, for the seeming weakness of body is instead a strength of spirit that does not wish to end the incarnation, that wishes always and in every place to give thanks for the opportunity to serve and like a true servant, hopes, no matter what the situation seems to be, to multiply the gifts and the talents of communication to those of this planet. To add a voice of compassion and humor and love and to subtract from this illusion as much judgment, prejudice and narrowness of view as possible, by picking that up too and carrying it into the light that wanderers are so aware of and feel with such reality.

My brothers and sisters, we are aware that this may not give you comfort, for we are not speaking of healing your bodies, but we ask you to look at this situation of healing. Gaze, not at the physical for a moment, but turn your gaze to the degree of "I AM" that has been expressed and experienced by each mate from the other.

Ask yourself how important that wholeness is? And how many entities of whom you are aware that have a whole, healed mated relationship? You see, each of you moves into relationship with a knowing. A knowing that is beyond explanation. A knowing that it is that natural way to grow and learn. This you cannot share with entities. This you can only celebrate with the mate. This is the spiritual health, the wholeness, this relationship, for with it you stand, yoked and pulling together and the ordeal of pulling this wagon of love and concern and care and treasuring and nurturing is pulled uphill and the more that it becomes steep, the more is the spirit fed with ever more refined fire, until there is actually a burning away of physical substance, the desire to help, to sacrifice, and to love is so very strong. An entity cannot do this alone. An entity can do many things alone but it cannot pull that wagon within which the Creator is the passenger. Thus, we ask each to respect the incarnational experience, which seems so hopeless. For each of you is indeed a living hope, a kind of sigil, the stamp of something far greater than you shall ever know that you are able to share.

We would say just one more introductory thing before we open to questions. The cooperation or lack of cooperation with an illness that is manifesting within the body is always a concern for those who wish to liven an impeccable life. We are able to say that at the point at which all speak to us this evening with their hopes and thoughts it is an acceptable and appropriate time to gaze at a cooperation with a destiny which you came to fulfill. Where is there fear? Examine that fear. Is there fear of loss? Move into your heart and sense what lies beyond fear and loss. Is there fear that one is not doing all that one could to work for health? Move into your heart. Touch that self and discover true weariness, true acceptance, and a readiness to be a consolation that is unspoken. This is not resignation. This is not giving up. This is not choosing death over life. This is choosing a present moment and determining that insofar as each is able, each shall appreciate, explore and care about the present moments that are the link betwixt the illusory bodies that your spirits now use and the eternity to which your spirits belong. Oh, how you yearn for the light of home, for the rest of eternity, for the peace of

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infinity, for the simple joy of living in truth when all about you in this incarnational experience is illusion upon illusion, all of it telling lie after lie after lie.

Be respectful of the duty you chose to shoulder in this incarnation. Realize that very few wanderers awaken to the extent that those present have awakened and then see that the illusion is going to seem for those who are this much awake ever less harmonious, ever more deleterious to the sensitized, physical vehicle.

Why this and not that mate? Why the illness here and not there? Think not upon that, for the mated entity, the "I AM" of the two, have this illness. It is manifesting partially by one entity seeming weak, partially by one entity seeming strong; by one entity seeming to be unable and the other seeming to be able. But we ask each who seems to be so able, how able do you feel? And at the same time, we ask each who seems to be so weak, how weak is your spirit, now?

We ask you simply to gaze upon the remainder of this incarnation in peace. The only thing you need ask of yourself is to work on harmony with the mate as first priority among all things. To ask of the self, not what the world would ask of you, but to touch the "I AM" within you and move in accordance with that wisdom, no matter where it seems to lead you. For your strength as wanderers is knowing, accepting and rejoicing in the opportunity for servanthood upon a planet that is dark and much in need of the light and the love that you convey beyond all words and actions.

We are aware we have not settled anyone's problems, but we cannot without infringing upon free will. We may say, however, that although we seldom experience an emotion, we do experience an emotion at this time and that is sympathy. Each of you has been very greedy. When you came to this incarnation, each of you chose to fill the plate full with every problem and difficulty you could imagine, because you wished to be a witness to the light and to the love that is the true reality, that is the infinite creative Thought. Now you are here and you are doing this. Sometimes better, sometimes subjectively, but so much better.

We ask you to cease judging and simply live in the moment without concern. When the incarnations of each are over, each will be so unbelievably pleased that the opportunity to express this kind of love and to communicate it in light and gentle ways has been taken and has been used. You will be saying, "What fun we had! What a wonderful time! Yes, it was tough. But, oh! What a time we had!"

For you see, you are warriors—old, old warriors. Not against anything, but for love, and the love that you offer in this incarnation is the love which this density needs to understand; that is, sacrificial love.

Gladly split yourself open and bless the splitting. Worry not [about] the outcome of this or that and insofar as you can, remain aware of the reason you came. Of the joy of service. Of the great sympathy you deserve from yourself as the animal, which has given itself as your vehicle, suffers because of the mismatch of spiritual vibrations betwixt the wanderer self, and the third-density vehicle.

We salute you, my brothers and sisters, and we do indeed express sympathy. May you encourage each other. May you express your love and faith for each other and in each other and may you bring each other ever more close to that awareness of the "I AM" that is the center of all that there is. That place that is closer to you than your heart or your mind. That temple within which your spirit sits, while upon the physical plane all sorts of things are happening. Rest there in peace. We bless each and we thank this instrument for the care it took in challenging and for the trust it showed when it was asked to channel that which was not to be offered to others.

At this time, we would transfer this contact to the one known as Jim. I am Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time, we would offer ourselves to those present in the capacity of attempting to speak to any queries which may be upon the minds. Is there a query at this time?

R: Yes, Q'uo. First off, for the message. There doesn't seem to be much left to say that you haven't said. I have one question. I'm wondering if my recent urge or compulsion to just let it go and let it happen, is it more a feeling of helplessness, or am I finally just realizing that I'm just here for the ride and then stop trying to control it, just let it happen. It's going to happen either way, whether I try to effect the outcome or not.

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I'm just curious. I've recently been feeling almost lighter with the realization that I should just stop and let it happen. I'm sure you know what I'm trying to say, but I am having a hard time verbalizing it.

I am Q'uo, and am aware of your query, my brother. The ability to live one's incarnation in the present moment in the face of great discomfort is an ability which works its way to the conscious awareness by a circuitous path in many which find themselves in a situation such as that one which you now experience. Deep within one's subconscious mind and memory of that which encompasses this life pattern is the sure knowledge that all is well. As one lives the life and encounters the catalyst, this sure knowledge that all is well makes itself available in those ways which the entity is able …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. The efforts that you make, seemingly in your own behalf, then, are those that extend in their effect to that environment which is this planet's third-density illusion. Thus, it is well to be of a light and accepting frame of mind and to offer oneself as that entity which gives light and love in whatever form is available to it.

Is there a further query, my brother?

R: I don't think so, Thank you, Q'uo.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: I'd sure like to follow up on that one. Then the thing to do is to go ahead and accept whatever and to realize the healing is taking place simply because of our love of the planet. Is that a fair paraphrase of which your *(inaudible)*?

I am Q'uo, and am aware of your query, my sister. We would agree that this is a relatively accurate interpretation of our intentions. We do not wish to place your feet for you upon your path or to choose those actions in which you shall engage or those actions in which you shall engage, or those actions which you shall not take part in. These choices are those which are of most importance to each entity.

However, the attitude in which any attitude—we correct this instrument—in which any action is taken, is that attitude of acceptance and that placement of the attention within the moment that is before one, allowing that moment and its own urgencies to direct the feet upon the path rather than placing the feet according to a future or past determination or approximation.

Is there a further query, my sister?

Carla: Yes. I have a couple of things I wanted to ask and I think they'll probably be pretty brief. One thing I've wanted to ask for a long time that I haven't felt the vibration *(inaudible)*, is that when Don Elkins died, I felt as if it would *(inaudible)* … but that was part of what we traded. I was learning wisdom and he was learning compassion and compassion killed him, and he didn't heal in this density.

It has been my feeling that's gotten surer, since I have been able to heal that *(inaudible)* been able to forgive myself for somehow not being able to keep him alive. That as I heal that mental image in myself, that *(inaudible)*. Could you confirm that?

I am Q'uo, and am aware of your query, my sister. Because of the nature of your own surety in this area of your own investigation we may confirm that the exchange of energies that occurred between the two of you, prior to the death, as you would call it, of the one known as Don, that the one known as Don transferred a portion of his personality to you so that it became necessary for you in your own evolution and attempt at balancing the lessons of your life pattern, to undergo the same manifestations of the mental complex as did the one known as Don. Because this entity's personality resided in some part within your own mental complex, this then was a necessity, if you were to find your own mental balance once again. Thus, that which you have surmised is in the large part correct.

Is there a further query, my sister?

Carla: Yes, I have one more. When … well, Jim and I have been calling it "ill spouse/well spouse." When the ill spouse is feeling rotten, it's not too difficult for the well spouse to do something to comfort. To touch, a cool washcloth, some words of encouragement, but I am puzzled about what the ill spouse can do to somehow ease the burden of the one who has to deal with *(inaudible)*. Is there a word? Is there a sentence? *(Inaudible).*

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I am Q'uo, and aware of your query, my sister. As you have correctly determined in your own query, a word, a touch, an expression of that love which is truly felt with the heart has a great transformative ability so that there need be no great display of gratitude other than the heartfelt offering of that love which truly resides within your heart.

Love is the great healer and enabler in all illusion. Call upon that quality of love that wells up from within you. Give it whatever form is possible.

Is there another query, my sister?

Carla: I do have one final one. I know that my systems are weak enough now that just about any illness could be fatal to me *(inaudible)* and it tears at me that I would be leaving somebody who would be *(inaudible)* quite devastated and devastated for the rest of the incarnation. How can I forgive myself for putting him in this position? I have no choice.

I am Q'uo, and am aware of your query, my sister. You can do only that which you can do, my sister. You cannot take another's burden, in most cases. You have borne much in your incarnation. Worry not about that which is projected from the present moment into that which shall be a future moment. Do and be in this moment and allow each succeeding moment to be created from the harmony of this moment. It is natural for entities within your third-density illusion to move from the present moment and to reminisce about those previous experiences and to project those that may occur in your future, for the present moment is that which is the most illusory and difficult to comfortably place oneself within, for all of one's life, then, is contained within that immediacy of experience which the present moment surrounds. And for most entities who have not consciously considered the purpose of the life pattern, the present moment is that which shall be escaped from. Thus, we would recommend that you share your love at each present moment when it is felt and allow the moment to be enough unto itself.

Is there a further query, my sister?

Carla: No, my brother, I thank you very much. And I guess we'll just *(inaudible)* memorial statement. *(Inaudible)*.

I am Q'uo, and we again thank you, my sister. Is there another query at this time?

S: Yes, Q'uo, I have a question. We've been doing a lot of discussing about the childhood and working those things out. And it seems that problems in the childhood that aren't worked out sometimes tend to contaminate the present moment and working things out, apparently, is going to be a very difficult and very painful process. My question is, is the clearing out and balancing of all of these painful experiences and feelings and dusting out cobwebs beneficial to allowing the present moment to be experienced with more purity or perhaps more clarity?

I am Q'uo, and am aware of your query, my sister. We feel that you have a good grasp of this concept, for it is the early experiences within each entity's incarnation that prepare the entity for those lessons that shall be laid out and those trails that shall be followed in order that an overall balance within the mind/body/spirit complex might be obtained. The clarity of vision of which you spoke is increased as one is able to see those factors and forces that have shaped one's attitudes and which yet echo within the present moment of each entity. A portion of one's efforts is well spent when one attempts to understand the formative years and their effect upon the perceptions and life pattern. The ability to enjoy each passing moment is enhanced, as one is able to balance the distortions that have been borne for these many years. This is not an escape into the past as one is attempting to enhance one's ability to express the truest nature of one's personality as the clearing of these early imprints is completed.

Is there a further query, my sister?

S: Not really. This was something I was concerned about and was having a hard time getting *(inaudible)* in the proper way. I would like to ask if there is anything that I can do help R better, to support him better to make this less difficult for him.

I am Q'uo, and am aware of your query, my sister. We realize that each entity present would wish to improve in the effort that is offered in service to others, especially to those that are the mated entities in the relationships and we look upon those efforts which are being made and see that there is little left for suggested improvements for each gives with an whole heart and would give any more that was asked, if only it could be described. We commend you, each of you, for your whole-hearted giving and receiving of love. It is important not only to give the

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love which you feel, but to receive the love which is offered as well. We would make one general suggestion to each entity in this regard and that is that when the effort has been made, that the worry that attends intensive opportunities for learning be discarded and that whatever efforts are made, be made with as light a heart as is possible, for the worrying, as you call it, the overconcern for any situation, tends to debilitate the offering of service and to drag, as it were, the air speed, if we may utilize the terminology for flight, for each present is indeed an entity that attempts to soar ever higher in the realms of love and service, therefore, be of good cheer, looking at the moment as that opportunity to share the love that is within, freely and creatively.

Is there a further query, my sister?

S: No, thank you very much.

I am Q'uo, and again we thank you, my sister. As we assess the energies of this gathering, we feel that we have spoken to those concerns which were the focus of this group and for the time being, would suggest the pondering of that which we have been honored to share with you. Take those thoughts that are of value to you and leave those that are not.

We should be happy to speak with you again upon your request. At this time, we shall take our leave of this group leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation

March 22, 1991

Group question: Happy Spring! Could Q'uo describe the learning process … their learning process. Is there any regression in this learning process? Do we assist Q'uo's learning in our communication with them?

(Unknown channeling)

I greet each of you this day in the love and in the light of the infinite Creator. We thank you for calling us to be with your group and, as always, appreciate the opportunity to be of service in the humble sharing of our opinions with you. As always also, we enjoy being with this group. This level of purity of dedication to search for the truth, for the mystery, is high and we enjoy the feeling of blending our vibrations with yours. We also enjoy experiencing the awareness of your third density surrounding us, for it gives us not only stimulations of memories of our own third density experiences, but also enhances our understanding of the illusion in which you now work.

You wish information this morning on our own learning process. This process is no different from your own, my friends, for we seek the same mystery which ever recedes before us and our journey upon the path is but the placing of one foot in front of the other, no more, no less than your own.

We have but advanced a little further along this path, as you currently view your time/space continuum. For us, all times are the same. We realize this is perhaps a simplistic answer to your question and shall endeavor to give more information on the subject. However, we would say at this point, with regard to the question of regression in learning, that we feel there is no such thing as regression for each moment of time brings new learning experiences and the degree to which these experiences are incorporated into the life pattern perhaps measure the progress that is made. However, progress will always be made regardless of the efficiency, shall we say, of the learning.

You are aware that learning and progress cannot be measured on a conscious level although your peoples are greatly biased toward this opinion and constantly seek to monitor both themselves and others. In terms of progress on many levels, indeed, performance in your societies is certainly measured by certain achievements which are consciously measured and analyzed. It is therefore perhaps a natural tendency that this same process be applied to spiritual progress and the measuring of this.

However, spiritual progress can never be measured in this way and those who cling to such methods of measurement are merely buying into, shall we say, the illusion in which you dwell.

We realize it is a difficult thing for your peoples not to attempt to measure the progress made, especially

in a spiritual sense. For the seeker who is devoted to the search for the mystery to continue to advance along the path, being aware only of the present moment, of the step that is taken now, not of the steps that were taken yesterday or those that may be taken tomorrow, or the mountain that is ahead, or the ravine or other such obstacle, but [focusing] only on the current step, [this] is a very difficult step for many. And yet, is this not the simplest step way, my friends?

You burden yourselves with so many things that are unnecessary to you. You burden yourselves with memories of the past, with anticipations and fears of the future. These do not belong to you in this present moment. We realize the difficulty of laying down these burdens. We would not mean to suggest that it is an easy thing. However, it can be done at any moment and the freedom known to one who has done so is unsurpassed by any thing.

We apologize for being shy of information with regard to our own learning process. Wherefore appearing to be so, however, it really is no different from your own. There are no techniques or pieces of advance knowledge we feel we can impart to you that would be of any help to you in your journey for each seeker will draw to itself those things that are compatible with the self that will aid the self in the learning process. These are unique to each and for one to share indiscriminately with another those things which are found to be helpful may often prove to be harmful to the one with whom they are sharing.

This may be done more beneficially between those who have walked a path together for some way, are familiar with the idiosyncrasies of each, and in these situations indeed the sharing of the learning experiences and of the companionship may be most beneficial and while we walk the same path that you do, we walk in a different location, shall we say, and what we find is helpful to us is simply that: it is helpful to us.

Each of you will find for yourselves that which is helpful to you. We have thanked this group often for the opportunity to work with you and have stated that you do us a great service in requesting our help for our service is our learning and our growth. Thus, by offering us the opportunity to be of service to you, you offer us the greater service that we may receive. For this we once again extend our thanks, our gratitude, and our love.

We feel these words are sufficient for a beginning treatment of this subject and would be happy to answer further questions on this or any other subject at a later time.

At this point, we would transfer to the one known as Jim for the purpose of answering any further questions which may be on the minds of those present. We leave this instrument with thanks, in love and light. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and light through this instrument. May we ask if there is a query to which we may speak?

Carla: *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. We feel that we have shared what is the heart of the learning experience, not only for ourselves, but for any entities which yet seek the mystery and the unity of the one Creator and that is the interaction between entities. The opportunities for communication, for misunderstanding, for the wounding, for the healing, and for the transformation of entities in mind, body and spirit through the relationships that develop between entities. These means of learning are those which are most important. Not only to your own peoples, but to ourselves and all others of whom we are aware for the Creator shall learn from Itself. We, of course, as do other entities of those densities beyond your own third-density illusion, partake in individualized means of enhancing or working with this learning process.

Just as you utilize forms of meditation, visualization, prayer, ritual and so forth, so do we partake not only of these kinds of means of working with catalysts, but we also have developed other means which, though useful to us in our way of thinking and modes of perception, have little that may be offered from them to those of your people for there is enough difference in our personalities and our means of exploring our personalities that it would seem either incomprehensible to you, or seem that we were so different or other from you that the qualities that bind us as one and unite us as equal seekers of the one Creator would be overwhelming.

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Thus, we do not find it is completely helpful to share in complete detail that which is our refining process. Rather, we have chosen to emphasize that we share with you the learning that is born of the interaction between portions of the one Creator that seek the identity of self, of each other, and of the one Creator.

Is there a further query, my sister?

Carla: Just a very small one that you might be able to answer. For the last two sessions I have been experiencing extreme heat. Can you comment on this?

I am Q'uo, and we aware of your query, my sister. As you have progressed in your process of the vocal channeling, the sensitivities that allow you to be aware of the conditioning vibration and of the narrow band transmission, you also are sensitive to this vibration in a way which affects your body's heating element, shall we say. You experience the light and love that we offer through you and through this contact even when it is being voiced by another instrument as a kind of heating or radiance that expresses itself in an analogous fashion in your physical vehicle and produces that heating of which you speak. This is simply an outgrowth, shall we say, or side effect of this contact and your increasing sensitivity to all stimuli.

Is there another query, my sister?

Carla: No, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Questioner: I have sort of a general one. I may have more specific formulations although I know that you can only answer generally. With regard to the situation with my parents and my brother, both that I experienced in greater depth just this weekend, I am beginning to be able to feel greater compassion and acceptance for my parents, where they are. At this point, I'm not able to feel that much for my brother and not feeling it a whole lot for my parents either. I know that this is a long process and there are things I am aware of that will aid that process.

My question is are there any general comments you can make or suggestions that you feel that would be helpful in being able to extend greater compassion and acceptance at this time?

I am Q'uo, and am aware of your query, my sister. We examine your recent memory and that which is your long-term memory regarding these entities that have offered themselves as your parents, as is the custom to describe such entities that bring or provide an entry into this illusion for others that they may learn and seek the One within third density.

We may suggest that insofar as it is possible for you that you take a, shall we say, an inventory of what you are able to remember of your experiences with them, and as you are the observer of these images passing through the mind, look first with that objective of the observer [and] record mentally that which is observed, and then attempt to enter into the experience from the perspective of the ones known as your parents on an individual basis. That is, gather that which you know has formed each entity, become that entity, participate in the experience that you remember as that entity, then feel those feelings that come to you as that entity in each experience.

This is a process which may take as much time and effort as you are willing to invest and which you feel is fruitful to invest and which can give you the beginning approximation of these entities' means of perceiving and of these entities' life pattern as a whole.

Then you may begin to perceive how these entities have chosen to learn various lessons, how these entities have found a difficulty or ease in various expressions in their selfhood and begin to understand and have compassion for that which is the heart of each entity and begin to explore how accessible or inaccessible is the journey that each entity makes from its heart to your heart and to any other heart by becoming these entities insofar as it is possible for you. Then you may begin to experience their reality, shall we say, or illusion, and through this experience have a bridge formed between the hearts of each of you, that you may travel mentally and/or emotionally at those times of your choosing so that this process may become internalized in a fashion that then is offered to the subconscious mind and may through the working with the subconscious mind provide those images to you through either your dreaming process or through meditation that may enhance and enable further compassion from you to them.

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This is a means of experiencing the life pattern or flavor, the tone of another which may aid you in your overall understanding of any other entity.

Is there a further query, my sister?

Questioner: Not for now. Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. Without moving past the boundary of infringement upon free will, we may suggest that there is a family of kindred souls that is well known to each of you, the combinations of which would provide the harmony that would enable those of our social memory complex and other contacts known to this group to work with this group in a fashion which would be helpful to the understandings of each entity, much as the harmony of the group now gathered provides a stable basis upon which we may construct various concept-complexes that may be more or less useful to you and to others who seek in the same general fashion as do you. Thus, there are many combinations of entities that would provide the kind of harmony that is necessary for a clear opening to be made into the group by entities such as ourselves.

Is there a further query, my sister?

Carla: No, Q'uo. Thank you very, very much.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and we again thank each for yet another opportunity to blend our vibrations with yours and to speak from heart to heart those thoughts that are called by the desire to move ever closer to each other and to the one Creator. We move with you upon this journey and thank you for the opportunity of giving voice to our thoughts. We shall leave you at this time, though ever do we walk with you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
March 24, 1991

Group question: The question this afternoon is: From the Ra contact we learned that there was a price to pay for each service-to-others opportunity that was in a direct ratio: the greater the purity of the desired service, the greater was the price to pay for it. As a related principle, we also learned in the Ra contact that the use of any gadget to enhance evolution, such as meditating in a pyramid or using biofeedback equipment to deepen the meditative state, or using marijuana to enhance the perspective, necessitated the seeker's use of the enhanced evolution for greater service to others, or the use of the gadget would become negative. This is the Law of Responsibility.

Would you speak to the fact that both an increased desire to serve more purely and the use of gadgets to enhance our own evolution bring about a greater price that the seeker will have to pay in the quantity and quality of energy expenditures? Would there be any other kind of price to pay other than an increase in the kind or quality of quantity of energy expenditures, the efforts on the part of the seeker as a result of utilizing either gadgets or finding an increased desire to be of service. What I am really wanting to know is, why there is a direct ratio that requires greater effort on the part of the seeker when the seeker either wants to serve more purely or uses some gadget to enhance the evolutionary progress?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a pleasure to join your meditation and to offer our very fallible opinions. We thank you very much for allowing us to be of service to you in this way, for it is in this way that we ourselves learn more of wisdom and compassion. We are especially pleased to address a question on service and the cost of service to others. Upon this day which is an holy day in the liturgy of your Christian church, that day called Palm Sunday, when a young man with dusty feet rode willingly to meet his passion, his false judgment, and his death, all counted as nothing in his consideration, when held against the privilege of doing the will of the Father.

Let us examine this portion of the story which Christianity tells about one man, a countryman, a peasant, a scholar, and depending upon whom you would ask at the time, a prophet, a savior, a political upstart, or a religious fanatic. This entity came into its incarnation with very little idea of the destiny it was to experience. Simply by following its own interests and disciplines it was able to unfold before its face those things which were important for this entity to be made aware of. He did not know, when he was studying the religious lore of his particular cultural group, that he would be an instrument of change for that group. He studied because he was in love, in love with the Creator that gave the law.

Through long years which are unrecorded in most history, this entity studied and journeyed in Africa, India and many places which now are called different names, Asia Minor, the northern portion of east Europe, and then back to the Galilean home from which he had sent himself in search of wisdom. There was a period during which this entity known to you as Jesus simply grounded himself in hard labor, working as his father had done before him as a carpenter and a worker in wood. His heart was at times full of love, full of romance, and full of an ever-increasing force within which began to guide this entity into the ways of an ideal which he could not find in the world about him, or in the testimony of his forefathers.

There was not one day when this entity awoke and said "Eureka, I now know what I must do, what my destiny is. I see every step and I am willing to take it." Rather, this entity was moved by a spirit and a voice that spoke not of the larger picture, but of that which was to be accomplished in the immediate present. It would be unwise and untrue to consider that the entity known as Jesus had a grand overview and simply observed the many changes and transformations which occurred during the entity's active ministry. This was not a god; this was a third-density human being, with every possible potential, both for the light and for the dark side of third-density human nature.

However, this entity had long loved his Lord. Day in and day out, year after year, beginning when he was but a child, he had turned every spare moment to the consideration of his own nature and the nature of the Lord he knew he loved, but wished very deeply to know how to serve. He received many, many guidances from the spirit that is with the Father, and, as his destiny came upon him, there was no Abraham to take him off the fire of sacrifice. In order to transfigure the written history of the Lord which he loved, the Father of which he knew he was the son, he found he must recreate a covenant, a spiritual covenant betwixt the Lord God and the people of the Lord.

Gazing at the strictures of the ten commandments given to Moses, he prayed for years to know the truths of what he found as shadows in those laws. And as he prayed, so did guidance come to him who prayed so deeply, so that he was able to say what he felt that new covenant was, not a list of things that were not to be done, the tale complex and infinitely separating one from another of the children of the Creator. This entity chose to place these same laws in a simpler and positively oriented perspective. The first commandment remained the same, to love the Creator with all of one's energies and talents, gifts and abilities. But in the second law, he erased a dark, gauze veil of warning and fear that had hung over spiritual teachings within his culture for a millennium and more. The second commandment dispensed with all the "do nots," and offered two things to do: to love the neighbor, be that neighbor a stranger, a friend, or an enemy, under all circumstances, just as an entity loved himself. He specifically said that these two commandments, love of God, and love of all other selves as the self, fulfilled and replaced all the law and the prophets.

He did not deny the history of his people, but when he felt, through intense years of prayer, the guidance of a voice which he trusted, he made himself available to do that which the Father had sent him to do. In the name of love, truth and life, he endured hate, lies and death itself. It was faith alone that allowed him to say, "Though these bones be dust, yet I shall be risen from the dead," a spirit clean at last before the Lord God, clean of humanity, clean of trouble, clean of the depth of confusion that the incarnational experience inevitably offers. And he did, indeed, keep the promise he had made in faith. In that story lies the path to eternity for many millions of your peoples. He created a life worth the telling by the purity of his desire to serve his Father, the Creator of all that there is.

Now, let us bring this discussion to all of third-density humankind. We may see that there is a certain percentage of those who, though alive within their bodies, are dead unto their spirits. These entities, because of their lack of desire to serve either themselves or others, experience the pleasant life insofar as it may be experienced, for life is always filled with loss and private anguish. Yet a simple, sunshiny day is enough for those who sleep to feel at one with all things, and the next day, if it rains and clouds and storms they should feel completely out of sorts and unhappy. Those who sleep blow with the wind and do not desire a path.

We speak to those who do desire to serve with excellence and purity. Gaze upon your desire. Do you burn? Do you hope? Do you desire more than anything within the illusion the opportunity to serve the one infinite Creator? There are many whose

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desire is simply to be with the infinite One. These are not lives which make great stories, although the light of those lives is very strong. There are others to whom we speak who desire not only to experience oneness with the Father, but who wish to follow that second request of the one known as Jesus, to love other selves as the self is loved by the self.

Now, you have asked why those who desire most keenly to serve purely experience difficult incarnations, and why those who use gadgets, such as pyramids, crystals and magical rituals, also run into a good deal of difficulty in the life experience as perceived subjectively.

Let us take the case of those who are using gadgets such as drugs, or shapes, or methods of focusing concentration, in order to aid their service to others, for their difficulties arise from a different level than others. Those who are willing to use a crutch in order to vault themselves upwards into the light, whether the crutch be drugs, or magical rituals, or whatever other occult science may be used as a gadget, have literally pulled themselves to a place for which they have not worked, and for which they well may not be ready. Whether or not they are ready to experience the wisdom and light, the love and compassion, of intercourse with the deity they must reckon with the falseness of their position in the light. Drugs wear off. The magical personality may crumble between the grocery store and gas station. Occult wisdom may leave one without resources when something occurs that is completely against that particular dogmatic method of perceiving the archetypical mind. And alone at last with itself, this entity who has no crutch now, finds itself committed to dispensing actions and words and the very beingness of its self in a way congruent with what it has learned. The crutch is gone, but the entity is responsible for the light that that crutch has gained.

Thus, it may be seen that those who by any means other than natural move themselves to transformation, must needs be responsible for that which has been gained long after the crutch has been thrown away. The more effective the use of the crutch has been to an entity, the greater will be the disparity between that entity's awareness of truth and that entity's ability to show it forth in the life experience.

Thusly, we have always encouraged entities who seek spiritually to do so honestly and naturally, having infinite patience for the wayward, conscious self. It is in fact a breach of the love of self to use any crutch whatsoever to gain knowledge of the most high, for it is an action of one who does not love or trust the self as much as it loves and trusts other selves. It finds itself quite unworthy, and must needs use this crutch to gain access to spiritual awareness. Entities, therefore, that have experienced difficulty because of using a crutch of any kind that alters the consciousness of the self, will find themselves in a difficult position, for they have attempted to serve others before they have learned to love themselves, and therefore to love others without stint.

Now, for those entities about which this question was asked, the path is honestly walked, the desire is felt within more and more the central portion of the activity of thought, intuition and action within the incarnational experience. Such an entity is hungry for good works. If it could be a fisherman, it would wish its nets to overflow, as with Jesus' aid the fishermen experienced the great catch. Even with meditating, focusing the self, learning to love all portions of the self, and wishing most intensely to serve others, to share with them the love and the light of the one infinite Creator, they will find that inevitably they have perhaps been too greedy for gain.

You see, gain is not only a gain of money or power. One who wishes to gain for the kingdom of truth and love as many entities as possible also has a very human third-density ambition that pushes that entity, causes that entity's orange and yellow rays often to become muddy with impatience, and the desire to save all of the planet's people, if possible, within the next twenty-four hours. While this ambition has in many cases been the foundation of a beautiful spiritual life which is of great aid and comfort to other seekers along the path of truth, it is far more common that seekers who have piled their plates full of intended good works shall find themselves full in the middle of the meal of incarnational life, that there is more to be done, more to be digested, more to break and bless and give, and for many the heart wavers, the soul stands aghast at the job before it, and it asks itself, "Why have I been given this guidance and these desires, only to find them the rose with the thorn, the bed of nails, the crucifixion as well as the resurrection?"

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In the case of those who genuinely love themselves and wish to serve others, because of their understanding that they are of the light and love of the infinite One, they will be at some point within the lifetime in a position where there is seen what to do, and how to do it with the energy and joy of spiritual comfort, while the physical body, which has been inundated with the powerful experiences of spiritual transformation, begins to fail in one way or another because the energies that are being taken into the web of consciousness are those which are beautiful to the self which is infinite, but destructive as a fire would be to the physical animal which is the vehicle of each third-density field of consciousness.

It is important to note that the Creator allows an entity before incarnation, who has gained the right to choose incarnational patterns, to choose as many lessons to learn and services to offer as it wishes. Some entities have a beautiful simplicity about them, and are happy with an humble life, a simple witness, an ever-prevailing spirit of love and peace. You will find these saints in menial jobs, in highborn houses, and in all places in between. What marks them out is their peace of mind and their lack of ambition; they have desired only to witness to the Creator through the normal practices of living, raising children, having relationships and treasuring them, and moving to a peaceful incarnational death, in every expectation of eternal life.

These souls are rare because of the headlong impetuosity of young souls, and each soul is young no matter whence it comes when it enters into incarnation. By far the majority feel that they can handle the absolute utmost of personal lessons, and the absolute utmost use of the gifts and talents which have been given them. Is it any wonder, then, that when spiritual eyes are larger than the spiritual stomach, the physical vehicle which is finite begins to burn away because of the mismatching of vibrations between the incarnational, outer experience, and the inner vibrations of practicing the presence of the infinite One? Always, such an entity continues to burn with desire to serve regardless of circumstance, and it is quite usual for such entities to lose their health, and their incarnational lives, as they press forward ever onward to a more perfect use of their talents, a more perfect expression of the love of the Creator.

What shall we say to those who are experiencing this? We would suggest firstly that entities who are seeking spiritually begin to become aware of the power of humility. The greatest error made by those who wish so much to serve is that they are too impatient to listen to the guidance within. Thusly, they well may not note when their time has come to witness, and when it is time to remain silent, when it is time to burn with the glory of the infinite One, and when it is time to rest the physical vehicle from all the vigors of transformation that occur in the spiritually oriented life.

The spiritual polarity may be understood to be in direct proportion to the strength of the field of consciousness, that is the I AM of you. The more polarized and sacrificial the life, the stronger the field of consciousness, the greater the spiritual gravity, and the more appropriate and seemly appropriate rest shall be considered.

So, we ask those who are burning perhaps too quickly with the love of the Creator and of service to all to spend time, not asking what more they can do, but allowing the Creator to minister to them, for love from the Creator flows through them, why should it not include them? So many entities drive themselves as if their vehicles were used cars, unrespected and unloved. Consult the physical vehicle, all of you who seek. And when the physical vehicle, with its emotions, its thoughts, its fears and its plans, are crying out for rest, know that the one infinite Creator is guiding you to pay attention to that need to rest, for is not the primary service of those who love simply to be love? Is there not great virtue in resting in the tabernacle of the most high? In walking through second-density woodlands, exulting in the sheer majesty of the Creator? Would you not give even your worst enemy a rest when he is tired? Yet how you drive yourselves, those who seek, to accelerate the pace of their spiritual evolution, and how unnecessary it is for you to drive yourself.

Those who have caught fire from the love of the one infinite Creator will do their utmost, and cannot be accused of laziness because the physical vehicle must rest. We suggest that respect and love and compassion are not those gifts that you give only to others, but primarily and firstly to the self, for you must honor your physical vehicle. And if you have piled your plate too high, and feel quite unaccomplished because you have not been able to do everything you intended, cannot the spirit within you see that if you attempt your utmost when you

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are strong, that you may also attempt a quiet love that knows no surrender, and needs no ambition, while you are still? If you wish others to receive heavenly food, shall you then deny yourself that perfect rest, that gentle light, that fullness of being?

We ask those who have begun to burn out upon the spiritual path to quench that fire with the gentle water that slakes the spiritual thirst forever. Imagine the self standing beneath a waterfall of heavenly rain, rain that renews and refreshes, that honors and respects all that it touches, that connects the heavy chemical body back in appropriate working order to the desires of the field of consciousness that you are. In other words, there is no spiritual law which says that you must, at all times and under all circumstances, do one particular thing in service to others. How narrow would be the capabilities of the spirit of the living I AM if this were so. It is indeed not so, so we ask spiritual students to reckon honestly with their own spiritual ambitions. Ask yourself how do you wish to serve? What do you wish to learn? And how deep and full of grace is the consciousness that is doing these things? It is easy to reckon with the first two questions. Reckoning with the third tends to be seen upon the part of spiritual seekers as a way of admitting weakness, inadequacy or failure.

My brothers and sisters, you have given yourself a lifetime. You see before you the present moment. If you see in that moment a high ambition, and ideas upon how to serve, and what gifts to use, which are bouncing forth from you before any consultation with the spirit within, then it is that you must have compassion on yourself, and love yourself by letting ambition and service go for the moment, for to serve, and to hope to serve, are steps which are taken after reckoning with the self.

Have compassion on the clay that carries you. Have compassion on the soul which was not reckoning with the limitations of incarnation, who asked far too much. Know that there is not the one test given to all, the one body of service of knowledge that must be known by all. Know instead that insofar as you have trusted and have faith in yourself and hoarded yourself as a miser would, so that each gift and talent may be offered as directed by the spirit, so the seeker has learned to use more and more clear and lucid polarity, not asking that self be negated, but asking that the self be used to its utmost capacity.

If you can rest in the peace of stopping when you are tired, and starting when you are inspired, you shall be at all times learning as much as you can, transforming your field of awareness in positive ways to the utmost, and honoring the Creator of all. If there seems to be something that you wish to do that cannot be done, avoid frustration and judgment, and instead speak to yourself, this body that has carried you, in words of love and comfort and divine peace. In this way your sacrifices shall be those guided by the spirit of infinite wisdom, and you will know when your time is upon you, and when it is far better to rest and recoup your strength for the ordeals to come.

We would not in any way suggest that there is a way in which a spiritual life can be lived with particular ease. It is an increasing difficulty to change, and change again in the pursuit of positive polarity. The vibrational mismatch begins to take its toll upon the physical vehicle. Entities whom you love may no longer love you, and almost certainly will not understand you. And as you gaze upon your gifts you know that the stewardship of them is a great responsibility, ever greater as the gifts and talents are perceived as greater. And so the spiritual seeker strives, struggles, loves, breaks itself, and dies to the world, entering larger life as a warrior of peace and love, in a field of consciousness much transformed by the rigors of manifestation.

May all who seek and all who wish to minister to others ask first of the Creator, "What is Thy will for me?" This simple meditation will create a wealth of rest.

We are sorry that we have talked overlong, but felt that it was necessary to use as much time to express the complexity of the question in some way which seemed to us to focus on helpful answers. As always, we ask that you be aware that these are opinions, and to be taken as such. We would now close this working through the one known as Jim. I am Q'uo, and leave this instrument with thanks, in love and light.

(Jim channeling)

I am Q'uo, and great each of you again in love and in light. May we ask if there are any queries at this time to which we may speak further?

Carla: Did you wish to speak more on this topic at another time?

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I am Q'uo. We feel that we have addressed this query as it was presented to us in sufficient detail at this time, and would reserve any further response to those further queries which you may have for us that would seek to refine your understanding.

Is there another query, my sister?

Carla: No, Q'uo, thank you.

I am Q'uo, and we are most thankful to you, my sister. Is there a query at this time?

Carla: Not from me.

I am Q'uo. Therefore, if we have exhausted the queries we shall extend again to each of you our extreme gratitude of the opportunity to join you in your meditation and to offer those words of information and inspiration which you may find useful in your journeys of seeking. We cannot thank you enough for this great service you offer to us. We hope that we have offered to you that which gladdens your hearts as ours are gladdened by your invitation. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one glorious infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Special Meditation
March 27, 1991

Question from S: Question dealing with the concept of what sort of effort to make of a novel that would incorporate the qualities of the wanderer entering this Earth's planetary sphere in order to be of service and how the development of identity using various concepts that have been put forth in metaphysical writings, how this would be accomplished to best get across the idea of an entity of light wishing to aid a planet that is in the process of being born. And then any words that Q'uo might have to say to S in greeting in general and specifically concerning her desire to be in contrast and in balance to the great amount of doing that she has been doing.

(Carla channeling)

I am Q'uo. Greetings to this group this day. May we express our extreme gratitude that you have in your own love and your own life in the name of the infinite Creator called us who are messengers of love and light to you. Together we praise the one infinite Creator, the mystery that is always [invented] and always mysterious and yet always the bedrock of the incarnational experience for those who have the hearts to understand.

We also would like to express that we of Q'uo is of a principle or combined energy offering consisting of the ones known as Latwii and the ones known as Ra. Each of us in our memory blesses, thanks and offers you love. We wish you to know as we wish all who would seek us to know that to experience our presence in your meditation you need only ask and you shall never be alone. We speak this to the one known as S especially, for it has been our privilege many times as Latwii to be with the one known as S.

Now we would say a few words about this principle, for these words are not those of Ra. The ones of Ra have been our teachers as well as your own. We are much more progressively guided by the ones of Ra than we would normally be in working with this group because the vibrations of this group are such that those less orthodox and introductory teachings are not the desire of this group but rather the desire is to explore further. And as that desire puts out a certain call and as both the ones known as Ra and the ones known as Latwii have permission from the Council which governs entering into your energies within this sphere we banded together, that we of Latwii might use more of the teachings of the one known as Ra.

So, we speak to you with Latwii's voice but with far more ability to have access to the teachings of the ones known as Ra. There is not a partnership here. You are listening to those of Latwii. It is simply that we have collaborated with those of Ra and we use our own discrimination in guarding the free will of each. It is indeed a blessing to do this work as we

very much enjoy and love each other's social memory complexes.

Now, on to the questions at hand. When a body of work is being written concerning metaphysical truths it is completely up to the author as to whether to fictionalize information or to work with the highest and best information which you have, using it literally and without alteration. This would not be true if by such writing the free will of any would be infringed upon. However, it is impossible to infringe upon someone in book form, for there is no difficulty whatsoever in closing a book. Those who do not wish to see the information or the emotions therein within their own experience will simply find your book quite invisible.

Therefore, it depends completely upon the sensitivities of one who is attempting to become a carpenter in words, building with these structural members an area around those infinite concepts and possibilities that can never be put into words. There is another reason of why it is not necessary, unless it is simply desired to alter the truth of that which you know at this time. Entities who are not ready for this particular material, even if they find it helpful, will assume it to be fiction. For it is stranger than things that are created in the mind of man.

The peculiarities, shall we say, of a truly lived spiritual path are such as cannot be reduced to cliché without considerable practice. Consequently, we feel the issue that is truly being asked here is an issue concerning free will and the potential for an author infringing upon the free will of the reader. We do not feel that this is possible. Therefore, we encourage the one known as S to recruit her own inner wisdom, her own personal truth, and to write fearlessly, carefully and with absolute bravado. For all the tools that are placed within the reach of entities so that they may see them are those works of inestimable service.

In closing out this question, we would add that no matter what the physical fruits of a life lived in faith are, the life itself is a far greater gift to the planet and to the Creator than any artifact of this love and wisdom imparted in things which can be measured and seen. Higher gifts are always unseen.

This brings us to the question about being and doing. And in this question we find each within this group to have a poignant and deep confusion concerning the appropriate way to live a life in faith. We find in each case that each is by nature expressive and radiant, [each] one strongly polarized towards service to the Creator and to other selves. We find that each has been raised in a culture which praises the fruits of labor, whatever they may be, which finds virtue in such things as making money for the sake of making money. In other words, the concept of doing is not only corruptible but is constantly being corrupted. That is, positive polarity service to others is constantly moving into neutral or negative services which catch one upon, shall we say, the blind side. This is a matter of personal discrimination. We do not feel we have to talk about the doing except to express that in a metaphysical or spiritual sense the core of a realized action or doing is that expression of faith which is, "Not my will but [Thine.]" So that as you do that which you do you are grounded in a dedication of that doing to the love of the infinite One. It is said in your holy works, "I am the vine. You are the branches." In your doing realize that your roots are in the one infinite Creator and that the fruit that you bear is fruit that has come through the Creator like sap up to the inspiration of the self within and there it is fertilized by third-density catalyst so that it is unique to you and to your situation but in all ways beautiful and good to the taste.

Being, although it seems very simple, is very much put aside within your western culture. This culture is overstimulated, distracted, irritated at the extraordinarily close contact each must have with the other in most circumstances. How does one be when one is constantly being fed stimulus after stimulus after stimulus? One way to experience that being in a very vital way, and also in a very harsh way as concerns your physical vehicles habits, is simply to, as this instrument had suggested earlier, move to a retreat situation where there was the silence of the self to be explored with the companion that is also silent. This would entail a good deal of mental and emotional discomfort, for a desert experience, whether it is natural or contrived, is never particularly pleasant. In the desert, in the silence, one meets the self in all of its aspects. Yet it is in this desert and in this experience of the self that has both its light and its shadowed sides that the self learns finally to accept all of the self and thereby learns a compassion that cannot be learned in any other way. For when one sees oneself to be so far from what it wishes to be it is humbled with a good humility, a

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humility that realizes that within this density it is impossible not to err and be deceived repeatedly.

Beingness moves into the life experience as it is given space. The meditation is the beginning. Other tools which encourage being are those tools which also offer solitude or company with like-minded entities. In gardening, in hiking, in walking, in contemplation, in reading ideas are brought before the eye, the ear, and all the senses. And the being is allowed to expand beyond the quantity of flesh and bone until it is felt securely the nature, the essence of this field of consciousness that you are, each of you. What beingness does for this field of consciousness is to amplify the positive polarity of the entity who is being in a way that attempts to express with more and more compassion the self that is loved and accepted and forgiven and therefore is able to experience all entities as loved, accepted and forgiven.

The deep layers of being include purified emotion, worship, adoration, faithfulness and an unshakeable and unquenchable love for the one infinite Creator. None of this need be spoken. None of this need be obvious by word or deed for the work of beingness to be done. This offering that is directly to the infinite greatly aids the planetary consciousness for it has no object except simply to be, and by that being to channel love and light. Indeed, being is the most strenuous activity possible, for in being there is no past, there is no future, and there is no solidity to the form of the one who is. The strength of the field of consciousness is your strength. The nature of that field of consciousness is your identity. You cannot see results from things that are not actions unless you watch very carefully and then you shall see the power of authenticity in beingness.

We would at this time transfer this contact, with thanks, to this instrument, the one known as Jim. I am the principle known to you as Q'uo. Love and light to you.

(Jim channeling)

I am Q'uo, and greet each again in the love and the light of the one infinite Creator. At this time it is our privilege to offer ourselves in the attempt to speak to any queries which may be upon the minds of those present. It is with great joy that we offer ourselves in this sharing of that which we have found helpful upon our journeys and we desire that your journey may be enhanced to some degree.

Is there a query at which we may begin?

Carla: *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. As we look at the entity that is your planet in its present state of transition we see that there is much confusion among a great many of your peoples who are more conscious of the process of growth and that of seeking which you might call the pilgrim's path. For many of these entities have become aware of how their own life patterns are evolving to the point where there is the necessity of giving greater and greater amounts of attention to what seem to be the tedious details of the day; that is, the very basic nature and level of living and continuing in this pattern in a manner which is stable and productive. Many find that there are difficulties which are more intensive and in need of attention than any previous time within the incarnation. This is [due] in large part to the current experience of the planetary sphere itself, as this may be seen to be the most critical period in this birthing process. We say critical in that there is movement towards polarization in both the positive and in the negative sense, so that those entities which are able to welcome and enjoy the more intensive vibrations of love and light are doing so in the manner which is helpful to each entity as an individual in that its choice of polarity begins to be apparent.

This choosing and polarization process, as it is reflected in your mundane world, is seen as that which is traumatic, for much of progress within your third-density illusion is the product of that which you call trauma. It is often the case that those who have been for a great period of time slumbering or nearing the wakeful period of their seeking will be nudged into greater polarity of seeking and consciousness of the process by that means of resolving the difficulty of, as you would say, dealing with the traumas that are increasingly a part of each entity's incarnation. If your illusion was less, shall we say, encumbered with the veils of forgetting there would not be the necessity for the loud and long ringing alarm to awaken those that wish to be awaken. However, this same nature of intensive veiling also allows greater progress in the spiritual journey. For each step is far more valuable and carries a great deal more weight within the total beingness as each step is taken with less surety and the need for greater will and faith to continue and even to begin this conscious journey of seeking.

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Thus, we see upon this planetary sphere that there is the seeding of light in many places where light has not been in predominant expression, shall we say, but has only flickered briefly. And at this time we see that there is a great deal more light beginning to shine forth from many areas, entities and groupings of entities upon your planet. However, as with all transformations within the third density this is a process which must partake of the breaking or shedding of the older ways of perceiving, of thinking, and of doing so that there might be made a place for a new way of perceiving and of bringing forth that quality of compassion and understanding that has long been hidden within the hearts of many who have incarnated with the desire that they may show forth this energy of love that will aid, not only their own evolutionary growth, but will enhance the opportunity to be of service to others and will also lighten the planetary vibrations as a whole.

Thus, we see the difficulties that many have yet we see that this is the portion of this birthing process in which difficulties may be expected. Further polarizations, both towards that which you call positive or radiant and towards that which you call negative or that which absorbs the light, may be expected to continue so that there is as it would appear to be a movement in the mass consciousness of the planet in the direction of both of these poles with the great majority of entities remaining between these polarities yet also feeling this movement of polarization.

Thus, the time is critical. The time is that portion of the process during which the process gains what you may call a momentum and continues towards both the positive and the negative vibratory rates.

Is there a further query, my sister?

Carla: I am acutely aware of the wall being placed before me. Is this a point where I have to stop and wait for a teacher, although I am very suspicious of a physical teacher … I know I know that thought. Just wondering why I can't get past that wall.

I am Q'uo, and aware of your query, my sister. As the conscious seeker moves further upon its path using those tools which it feels are appropriate to continue the journey there is a process that occurs within each entity that may be likened to building the shell around the young that is to be born, seeing the seeker at any point in its journey being both the father or mother of that which shall be its new self as what you have learned is put into practice in your thinking and in your being. You find that there is constructed an area or field of reach which becomes more and more familiar to you as you construct the qualities, the concepts, the relationships, in short, the philosophy of your beingness and your relationship to the one Creator.

In its fullest flowering and expression this philosophy provides with a means by which you may move each step upon your journey up to a point which becomes increasingly difficult to approach with the existing philosophy, requiring, therefore, that there be a new means of penetrating the mystery which has again symbolically solidified around you in that form which you call the wall, which may also be seen as the egg through which the birthing entity will chip a new way through, a new path, a new perception as this entity is transformed by its own desire to seek and by its previous success in seeking.

Thus, you may experience the feeling of being before the wall for a significant portion of what you may call time. As there is then the necessity for that transformation which many have called initiation that will in some fashion allow the "new you" that is waiting to begin again at another level in this process to find the tools that will allow you to move through, around or to move beyond this wall which seems to restrain but which is more accurately a threshold that requires a greater degree of what we may call an intensity or increased desire to penetrate. There is often aid given by those whom you may call the guides or teachers. This aid may or may not take a form which is recognizable as that which would proceed from a guide or teacher. The aid in many cases is the inspirational dream or continuing series of dreams or line of thinking that develops within the prayerful, contemplative or meditative state so that a trail is laid and there is the accumulation in a step-by-step process of the tools necessary to penetrate the wall and begin again at a new level of understanding, shall we say.

Patience is that which is a paradoxical recommendation at a time when there is also the need for the renewal of inner determination to continue. Thus, if one is able to await patiently yet alertly and with firm intent one has prepared the self as well as one can for this time of a transformation.

Is there a further query, my sister?

Carla: *(Inaudible)*.

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I am Q'uo, and aware of your query, my sister. We walk carefully in this response, wishing not to step over the boundaries of infringement upon free will but we find that you are querying concerning you own powers of discrimination and we would advise you or any seeker on this journey inward to value highly the discrimination that is borne …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and again with this instrument. We are pleased to make a time to pause so that those of Latwii may join you in your meditation. We shall pause at this time.

(Pause)

I am Q'uo, and am again with this instrument. Those of Latwii greet each in love and in light and wish to assure the one known as S that there is never a separation between us. We are always near and walk with joy upon the journey. Seeing the heart of love inspires each step however difficult the steps may become or however confused the process of thinking may become. There is always support. We are honored to be available in this manner and would be most happy to join you in any of your meditations for the purpose of deepening your meditation.

At this time we shall take our leave of this group and this instrument, leaving each, as always, in the love and in the light of the one infinite Creator. We are those known to you as Q'uo. Adonai, my friends. Adonai. ❦

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The L/L Research

Channeling Archives

Transcripts of the Meditation Sessions

Volume 12

March 29, 1991 to May 29, 1993

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1991

March 29, 1991, to November 17, 1991

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Intensive Meditation
March 29, 1991

Group question: Carla would like some information on the spiritual principles that she should keep in mind as she attempts to determine just how much she should do, or can do, realizing that when she does anything, whether it is writing a letter, or feeding the cats, or making a trip in the truck to a doctor, she will pay a price that will come later. She feels that there is a mental anguish, an emotional anguish that comes both to her and to me, and she would like to know what kinds of considerations are well to keep in mind as she attempts to discover the limits of her ability and just how far to take them.

(K channeling)

I greet each of you here this morning in the love and in the love of the infinite Creator. It is, as always, felt by us to be a great privilege to be able to speak with this group, to experience the joy of your presence with you, to share with you a brief time of your own journeys upon the path, the path that we tread with you, though you may not always be aware of our presence. We are, however, available to you in your awareness at any time you request it.

The one known as Carla is requesting information on a portion of the path that she is traversing that is being experienced as particularly difficult at this time. There are many obstacles on this path, and we see her traveling by light of the moon or utter darkness when the moon is obscured by cloud cover, encountering many sharp objects in which to bruise the shins, over which to stumble and fall and injure the body. Yet, each of you, when this happens, picks yourself up once again after whatever period of recuperation is deemed appropriate by you and continue on the path.

This is stated allegorically. As you are aware, however, much the same thing is occurring to the one known as Carla in the third-density illusion that she now experiences, that is, the experience in the physical body of those obstacles encountered on the path. There is no good or bad in these obstacles that are encountered. They are simply there. They are catalysts, as is all else you experience, and the gain that one receives from encountering with these objects is determined by the attitude with which they are approached and the degree of assimilation that occurs following the experience.

We are aware of the difficulties in traversing the path in darkness and of the strong desire many of you have for the illumination of the sun, so that obstacles may be seen, dealt with appropriately, or avoided altogether. The illumination of the sun on the path occurs, however, only when the veil does not exist. You are aware of the necessity of available work done in the illusion. As a result of this, there is rarely perceived any clear direction along the path. It must be taken one stumbling step at a time and that which is encountered will be encountered and dealt

with according to the current state of being of the seeker. It is the continuation on the path that is the important thing. The particular manner with which the various obstacles are dealt is of secondary importance. The learning that is acquired as a result of these encounters is an accumulative process and at the end of your incarnation, as you are aware, the various experiences are distilled into further refining of the biases each has encountered and has been developing through many lifetimes.

Each of you in third-density illusion has a tendency to place great importance on the details of your life experiences. This is natural as these details are what your conscious mind must, of necessity, be concerned with as you function in this illusion. They are the stuff of which this illusion is made. However, and we know that you are aware of this also, they are not important in the grand scheme of things, shall we say, but only what is distilled from your experiences with them. This is difficult to keep in mind when the encounters with obstacles are seeming to be overwhelming and especially when they are of a nature perceived as people, the result of which is to draw the attention strongly to the encounter with whatever obstacle is there. The purpose of pain, as you are also aware, is to focus the attention.

Again, at these times, we know the desire is for the glimpse of the sun, the lightening flash of inspiration of clear direction. These may from time to time occur. We would suggest to the one known as Carla that at these times, she focus her concentration and awareness on the deep self that lies beyond the illusion, that she contact that spirit known as the higher self, or the Holy Spirit, that speaks to her most personally and allow whatever awarenesses lie deeply there to seep out to the outer layers of consciousness. And in this way formulate her plans for encountering of further obstacles along the path.

We appreciate the difficulties inherent in such a course of action, and laud the perseverance of the one known as Carla in the traversing of this difficult path she has laid out for herself.

(Pause)

We feel that these words are sufficient for an answer to this question at this time and would now transfer the contact to the one known as Jim in order to close the session of working and answer any further questions that may yet remain with this group. We leave this instrument at this time. In love and light, we are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each in love and light once again. We would offer ourselves at this time in the attempt to speak to those queries which you may have remaining for us. If there is any way or means by which we may be of service, we are happy to do so. Is there a query at this time?

Carla: Yes, Q'uo. You may not be able to answer this, but one of the complications that a solution *(inaudible)* is how to evaluate this extremely open-hearted and generous attitude as against the humanness of both myself and *(inaudible)* it is hard for me to distinguish where service, in terms of my feelings *(inaudible)* goes into a less-important and unbalanced state with regard to the amount of the stress that I get from my *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. The means of communication which you have utilized to a great extent throughout your life experience is the greatest means by which you may obtain the information necessary to make your decisions. This you have done. This you have recorded within your memory and as you have stated in your query, know well what [are] the desires of those about you, most especially the one now serving as instrument, in relationship to you.

Thus, when the activities are undertaken or are planned for, and there is any difficulty ensuing, there must again be the communication that attempts to clear the confusions and to once again set the straight course. It must be accepted by each of you that when you are suffering the physical pain and discomfort that accompanies your overall condition, that there will be the momentary shifting from the balanced harmony that is so often present within this household, as the catalyst is confronted and begins to work its way through the mental processes.

Each of you in this situation is possessed of the most refined of sensitivities that serve you well in the appreciation of your environment and of the creation of the One in general. However, these sensitivities will also be able to allow you to feel more intensively difficulties as well as beauties. That you are human enough to experience the difficulties and feel the anguish, not only of your own pain, [and] the of the pain of the other, is the nature of

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the human condition that wishes to be informed as to the nature of service to others. It must be realized that each entity within this or any situation is entirely human, though it may hold its sight to the highest of ideals.

The fact that one partakes in a situation in which another has difficulty may be seen by either of you as the responsibility for that difficulty in the other entity. However, each would do well to remember that each is responsible for the use of each entity's catalyst. That is to say, you are responsible for yourself and for your own use of catalyst. If the other entity has difficulty, let that entity be a human being with that capability, that responsibility, and make oneself available in that instance in a manner which is as supportive and understanding as is possible without the feeling of guilt or providing catalyst of responsibility for healing, but having only the opportunity to serve in that moment by support and as much understanding as can be found within oneself.

This, in general, is to say that the purpose of your incarnations is to utilize your catalyst together and to move through it as harmoniously as possible, realizing that individual growth is a personal matter. One can only support another. One cannot solve another's problems. This is true for each of you. It is true for all of your kind upon your planetary sphere. As each works with personal catalyst and clears the way towards feeling the love and the light of the one Creator, and being able then, through feeling it, to radiate it to others, then is your illusion lightened and inspirited with that light of the one Creator, which is available to all, utilized by all in the working through of catalyst, yet blocked in some degree, greater or lesser, by all as catalyst is used, reused and eventually harmonized and balanced to the degree that the light is able to pass further up through the energy centers and find its way toward that center within the heart and that center, more especially, within the throat, where there is the beginning of the radiance of this light to others.

However, the path to that point is one which moves through ground that is, as we spoke through the one known as K, littered with the stones, the sharp places, and the opportunity for stumbling. You, my friends, are here, not only to stumble, but to pick yourselves up and to help pick each other up and then continue on this journey, for there is light, both from within and from without, that may shine its clarifying influence upon this journey. As you seek so it, so shall you find it.

Is there a further query, my sister?

Carla: I have been having difficulty with these decisions *(inaudible)*.

I am Q'uo, and am aware of your query, my sister. We look upon your statement and your overall energy pattern in attempting to speak in a manner which avoids infringement and find that you have found for yourself a central portion of this relationship of yourself to any other which would attempt to aid you and, in this aid, provide you with that service for which you may feel or not feel worthy and able to receive. For as one who wishes to serve others, you have learned well how to consider catalyst in the regards of being of service to others and utilizing your catalyst for that purpose.

The receiving of service for one who wishes to give it so whole-heartedly is that which is the more challenging of the opportunities offered within your illusion. For within your illusion, those entities who have been able to activate and to move through the green-ray energy center then do well if they are able to begin the activation of the blue ray, which offers the true radiance of being from Creator to Creator to those that are before one and for whom one may wish to perform a service. The indigo-ray opportunities are those which are explored by those entities who begin more and more to open themselves to the feeling of the indwelling spirit of the one Creator so that the physical vehicle, the mental vehicle, the spiritual and the emotional component of the intellectual vehicle, then are all seen as channels or vessels which are inhabited and utilized by the one Creator. This is a lesson which is advanced significantly beyond that of third-density experience in general. That you have some difficulty in feeling this infinite value and worth and, therefore, feeling as a result no difficulty in receiving the love offerings of others is, as you have ascertained, that upon which you now work.

We encourage your work in this area and note that it has progressed at a significant pace as you continue to see more of yourself as that which is acceptable. This kind of work we spoke of at length with the one known as Aaron[1], as we spoke upon those

[1] Aaron is a discarnate entity channeled by Barbara Brodsky. See www.deepspring.org.

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concepts that are formed in the thinking as the basic concept of fear is explored. The fear of rejection from one entity or another according to what is thought or done by yourself is the kind of fear that is developed in the early experiences of the incarnation as one is prepared by these early experiences to continue upon that journey which has been set previous to the incarnation.

You now work with what we may call the cleaning-up phase of the indigo-ray work, which works with those attributes which you find less than desirable within yourself. You work to appreciate their nature, to appreciate yourself for having them working within your being, and as you work with accepting those, what you would call shortcomings, then you begin to accept the final portion of yourself that has heretofore remained outside of the sphere of your love and appreciation. As you are able to fully accept all characteristics within your being, and as you are able to see them as those portions that are appropriate as are all other portions within your character, then you will see yourself in a balanced configuration and will see the hand of the Creator moving within each sphere and characteristic of your life pattern.

Is there another query, my sister?

Carla: I have, not everyday, but quite regularly when I see the difficulty for not just me *(inaudible)* wondered if I should pray that the Lord take away *(inaudible)* and I have even sat down to pray that, then found myself *(inaudible)*. I can't sort it out. Do you have anything *(inaudible)*?

I am Q'uo, and am aware of your query, my sister. Indeed, for the greater portion of your life pattern, that quality which you know as "will," yoked with that quality which you know as "faith," has provided you with the means by which you would be able to continue in the incarnation and with the service that you wish to perform in this carnation. Your strength of will has been that which has moved you through great amounts of difficulty and pain, much like the noble warrior's horse would carry it through many, many battles. This quality of will is that which continues to offer you the strength of your beingness. Through the will, the infinite power of your being moves to enliven your physical vehicle. There is also much work done in this regard between you and the one known as Jim as you engage in the sexual energy transfers.

However, the will is the greatest factor which enables your continued existence within this third-density illusion. As you look about yourself, you see that the world of affecting things recedes and becomes small for you as you are able less and less to partake in the doing that most entities of your illusion enjoy. This causes you to wonder if there is purpose for your existence. This wondering is directly related to the query which we previously spoke upon in regards to the seeing of the self as that which is of infinite worth, and which has a value in its beingness without any doing whatsoever. We would encourage you to continue in the work upon the seeing of the self as that which is of infinite value and which may simply exist and be, and have reason enough in your measure to do so.

Is there a further query, my sister?

Carla: It has occurred to me *(inaudible)* pretty sturdily *(inaudible)* that it might be a good teaching technique for all of us to have the question, or to allow the questions to move on *(inaudible)*. You have a far better perspective than I do of how useful a training tool this is to the one who is attempting to discern *(inaudible)*. Do you feel that this particular method has any special aid to offer all of us as students *(inaudible)*?

I am Q'uo, and am aware of your query, my sister. In this regard, we would comment as follows. The one known as K is indeed finding that its channel is opening every more surely and stably to our contact, and that she is able to voice our thoughts with more facility, more complexity, and is able to perceive the finer and finer nuances that may be perceived by the strengthening instrument. In general, for this kind of work, we would recommend that which you have been doing. That is, the longer messages that require the continued concentration, the continued exercise of the instrument, and the continued offering of the opportunity for the expansion of the concepts and the ability to move with one concept to its completion before moving to another.

However, for the continuing nurturing of the interest of any new instrument—or, in this case, the intermediate instrument—there may be added the kind of moving of the contact from instrument to instrument that you mention, so that there is a variety of experience that is offered to the student which has progressed well and far upon the local channeling process. However, over the longer run,

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shall we say, at this point in the one known as K's work, we would continue to recommend the messages being delivered over a longer portion of the contact.

Is there a further query, my sister?

Carla: Just a comment that you made, Q'uo. I grasp what you are saying, and what you are saying is that K still needs the confidence that can only come from *(inaudible)* had to do with blending her energy, so if it's all right with you, I'll ask the same question *(inaudible)*.

I am Q'uo. We find that there is a sufficient understanding of our point that we need speak no further. Is there another query at this time?

Carla: No, Q'uo. I really thank you for *(inaudible)* I think I have enough material now to think about *(inaudible)*.

I am Q'uo, and we thank you, my sister, as well. Is there any another query at this time?

K: I feel that during this past while you been working with me, complex is perhaps *(inaudible)*. Can you comment on that?

I am Q'uo, and am aware of your query, my sister. We have been blending our vibrations with yours in a manner which utilizes both the indigo-ray energy center and the blue-ray energy center while attempting to stabilize or harmonize the overall green/blue/indigo energies for the purpose of being more able, that is, allowing you to be more able to stably receive the concepts which we impart to you. The work upon the indigo center, again, is more of a stabilizing of the work which you are there accomplishing. We may not work for any other, but may work with an instrument such as yourself, and may utilize the efforts which you have made in each center in order to facilitate the initiating and the continuation of our contact.

Thus, it is most often that you will notice this effect within your meditations, and especially within the intensive meditations in which you are serving as an instrument for our thoughts and words. However, at any time during any meditation or contemplative or prayerful period that you wish this kind of assistance, we are honored to offer it and to help blend our vibrations with yours for the purpose of deepening your meditation and for the purpose of stabilizing and harmonizing this triad of energies.

Is there a further query, my sister?

K: No, I thank you *(inaudible)*.

I am Q'uo, and we thank you, my sister, both for your queries and for your continued desire to serve as an instrument. We are most pleased with your progress and encourage you to take heart, shall we say, and to continue as you have with your dedication and your practice. We thank this group, as well, for its dedication and its persistent practice of the local channeling process. We are able, through your efforts, to offer a service which we give with a whole heart and which is that which allows us to know more of the Creator [and] to know more of ourselves as we see ourselves within your experiences and within your mind/body/spirit complexes.

At this time we shall take our leave of this group in joy, in peace, and in power. We leave each in the love and the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
March 31, 1991

Group question: The question today has to do with the concept related to Easter concerning the phrase that is given in the Apostles Creed and the act which is recognized by most Christians that Jesus, when he was crucified, was then dead, he was buried. He descended into hell and after three days he rose again to sit at the right hand of God the father almighty. I would like to know what it means when it is said that Jesus descended into hell. What has that to do with our own lives and our transformations? What did Jesus do when he descended into hell? What do we do when we do the symbolically similar act?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. What brightness glows upon your planet this day. We thank each for calling us here and allowing us to share in your meditation and in the offering of our opinions. As always, we remind each that we are fallible and ask each to pursue his own judgment and discrimination.

You ask that we focus on this working upon the three days spent in the tomb [by] an humble, poor man, tired and worn, pierced, crucified and dead, lying in his anointing oil and the wrappings of the grave. We are aware that you do not feel this entity remained lying within that cave and you wish to know what there is about these three days that is so important to the story of the one known as Jesus, that it is at the heart of each Christian profession of faith.

First of all, let us remove the relatively shallow purpose of the number three. There are three points to a triangle. There were three wise men. Three women came to the tomb on Easter morning. The Sanctus is sung three times. And in the story of Christianity that has devolved into a body of dogma the one infinite Creator is divided into three things: the Creator, the savior and the accompaniment or angelic presence that guides each entity in everyday life. The number three is a way of expressing all that there is, not in fullness but by emblematic intentions. Three is the number that expresses an entire class or genre of a particular quality or action, yet universalizes the particular.

Thus, you may see that in the three days this three is intended to mean symbolically the completeness of one kind of activity, that is, death itself. Thus, you may see the one known as Jesus expressing a completion of deadness, a superlative, a universality of that state which those of your density call death.

Let us now move back into more subtle considerations in this matter. In part, this three day journey was that which was required by prophecy before the one known as Jesus. This entity was extremely devout and in the Jewish faith it was written that the temple could be destroyed and

rebuilt in three days. Thus, Jesus' death, he being the temple, the holy of holies, remained away from manifestation within this density you call third in simple fulfillment of the prophecy.

Now, let us look a little deeper. Each entity who comes into manifestation in an incarnational experience has a subjective perception of the changes and chances of mundane life. Many things occur which do not alter or disturb the entity and some few things disturb the entity greatly, offering it catalyst for learning and growth. It is no accident that the three-pointed pyramid is the symbol of transformation for those of an ancient culture which is still valued and practiced in varying degrees of faithfulness by those who consider themselves to be illuminated by wisdom.

Each change that occurs that is in any way important to the individual will be experienced only after the pain of changing has been accomplished. In a metaphysically literal sense the process of positive spiritual change may easily be seen to be the tearing down of the previous temple of truth and ethical and moral justice, in order that a greater truth, a greater justice, a greater ethic, may find manifestation.

Some entities call this experience initiation. By whatever name it is called there are certain characteristics which mark it. Firstly, there is the pain of death itself, as the entity strips away the smaller truth and asks for all the tendrils of that truth which have moved into the many, many opinions of the self. Then there is the greeting by those who would contest the goodness of this change, this alteration towards the positive.

When one is in the process of tearing oneself down, in part one is uniquely vulnerable to voices which have power in the spiritual world, both positive and negative. The positive entities do not intrude in any way which is subjectively apparent to one experiencing transformation. However, those who are powerful in the negative path find this an excellent opportunity to challenge and test the faith of the entity that is willing to undergo this pain in order to experience a larger and more spacious life, one more informed in compassion and wisdom. The more profound the alteration of opinion or of bias the longer those three days become when experienced in the everyday world. The three days that are completeness may be for one entity a matter of minutes; for another a matter of many years. They are hidden in earth, in darkness, in heaviness. They are in a prison where they are powerless to do anything but remain spirits of faith.

During this period negatively-oriented experience may taunt, tempt, flatter and terrify the transforming spiritual entity. Insofar as there has been any doubt or any of the old truths held to one so that there is resistance to change, just in such measure shall the challenges and temptations of negatively-oriented spiritual entities have an impact upon the self. This impact is felt without recourse to anything but faith, for when one has removed the program from your biocomputer and has begun going through the process of creating an improved program for the biocomputer, the spiritual entity itself must wait.

How shall that waiting be done? When they offer suggestions waiting is that which needs to be respected to the utmost. It seems within the physical incarnation that the process of change from a small truth to a larger one goes on past all endurance, past all ability of lasting throughout the transformational period. It is often likely that in the deepest part of the night watches, the self going through initiation shall be awakened and shall feel nameless and formless fear. This is the loving greeting of those upon the negative path who would if they could persuade the entity not to transform itself, not even to claim the smaller truth but to become a victim of fear, hiding the soul of the self in layers and layers of armor, becoming numb, bitter, disheartened and lost.

The one tool that an entity going through change has is blind faith. Let us imagine that there is an operation to take place. Doctors tell the patient that it is necessary to become unconscious and to be cut upon, something, perhaps, removed that was not healthy. Certainly something altered. There are dangers in becoming unconscious. A few in ten thousand do not wake up, [ending] their incarnations during that procedure, perhaps leaving the physical body unviable, perhaps leaving it in the suspension of eternal coma. Yet the brave soul who wishes to embrace life to the fullest accepts these dangers and risks and moves through that very physical three days of change knowing only by faith that it will wake up and that the change will be for the better.

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Now, you may think of a portion of yourself that is deeper and wiser than your conscious mind as a kind of healer. It may gaze upon you and say, "You must tear down this temple, for there is a greater temple to be built here and you shall tear it down and build it up in three days." To put it in other words, the intention is to move universally and completely past that quality or opinion which was the substance of that small truth which is being removed in order that the larger truth with all its ramifications may be built by the great builder of all things with the free will intentions of the self as the architect and the spirit of the infinite Creator as the miraculous laborer.

Gaze at yourself at this time. What is your situation this day? How many changes have you begun? Are you in the three days in the tomb? All are in some small sense at all times. For the nature of free will is constant movement. It is love that gives a vector to that movement.

Each of you and each to whom we could possibly speak to in third density is also in a far, far deeper way moving through transformations that are like the change from blue to green or the change from a peach to an apple, so profound and fundamental are these changes. Most commonly the changes have to do with that portion of the learning of love which is connected to the self as it relates to the self. For time and again the third-density entity judges itself and rushes to its crucifixion and burial without having an idea of how to rebuild the temple. It is this courage, the facing of the unknown, the facing of annihilation, that marks the act of crucifixion.

Many question whether the infinite Creator can be all good when there is suffering, hunger, lack, pain and death. Yet we say that if one gazes at the resurrection day one must reckon with the death that of necessity must precede that day of feasting and joy. See yourselves now upon the cross in pain, dying, lost and buried. Shall you rise again? This is the example of Jesus' resurrection. This entity expressed in the clearest and most literal way possible the power and the sacrifice of transformation. As each polarizes, these crucifixions, deaths and resurrections shall continue to occur. The spiritually led life is a life best led by those tough and hardy in spirit, strong warriors who can endure all for the love of the infinite One.

In closing, we would ask each to respect that portion of the incarnational experience that expresses itself in the completions of dying daily. If you grieve or sorrow let that sorrow be poignant and pure. Let the losses you feel be passionately felt, intensely experienced, and gratefully respected. Let there be thanks and praise in your dark tomb for within that cocoon of seeming death rises the phoenix of illumination, resurrection and new life.

We would at this time transfer this contact to the one known as Jim that this entity may continue to express that which we have to offer of opinion. With thanks to this instrument, we now leave it in love and light. We are those of Q'uo.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue. Within this kind of attitude regarding the scripture there is the need for stability and certainty so that all questions concerning belief have a certain answer. There is little room for mystery for there is at the subconscious level the recognition of mystery everywhere which is unsettling to the entities who have recently begun the conscious spiritual journey.

Is there further query, my sister?

Carla: I will simply say that I continue to pray for guidance *(inaudible)* in my right use of my body during the portion of my life in which it is always in pain but *(inaudible)* more than pain. There is nothing new to this question but in the name of Jesus *(inaudible)*.

I am Q'uo, and aware of your query, my sister. We recognize the great difficulties through which you travel and through which you have been traveling for a goodly portion of your incarnation. We would take this opportunity upon this particular day to suggest to you that there are some who offer themselves for the service of suffering as a portion of their overall incarnational service so that there might be the offering of every portion of the incarnation including that which you call suffering that might be a glorification of the one Creator, finding within the depth of despair the ability to praise and glorify the gift of life and the opportunity to serve under whatever conditions are present, rejoicing even in the most extreme difficulties and tragic situations.

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Is there a further query, my sister?

Carla: I would just note that [Jesus] does not say anything even by inference that the choice of whether to travel the path of devotion or to ethical *(inaudible)* doesn't sit with me very well.

I am Q'uo, and am aware of your query, my sister. It is quite true that we do not speak upon this particular portion of your concern for that indeed rests firmly within the area of your own free will choices and we find that there are opportunities approaching that will aid you in this decision. More than this we cannot say at this time.

Is there a further query, my sister?

Carla: No, Q'uo. That's very well. Thank you very much.

I am Q'uo, and we once again thank you, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and we observe the silence within the sound of hearts singing praise to the one Creator and we join in that inner singing with you as we take our leave in the outer sense from this group's devoted seeking of truth and service, thanking each, as always, for the opportunity to speak, to listen, to rejoice, and to walk a few paces upon your journey. We are known to you as those of Q'uo, and we leave each at this time in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ❦

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Sunday Meditation
April 7, 1991

Group question: The question this afternoon has to do with possibility that the Earth energy, the level of vibration in general, seems to have intensified in the last six months to a year. We are wondering if this general level of tension, anxiety, more intense experience of catalyst that many people are reporting, is a result of some cyclical rhythm that the planet itself might be undergoing. Do we move through different levels of vibration as we near the end of this density, and if so could you describe their effect upon us, and in particular this level of energy increase that has been reported of the late six months to a year?

(Carla channeling)

We are those of Q'uo. Greetings to each of you in this circle this evening in the love and in the light of the one infinite Creator. It is a great privilege to be called to your group and to be allowed to share in the oneness of your meditation and in the harmonies of your unique personalities. It is such a privilege for us to be able to hear with your ears and see with your eyes and feel with your skin, to remember so graphically just precisely how persuasive this third-density illusion and how courageous each entity is in attempting to see through all the illusion that which is beyond this illusion.

We are aware that you wish us to speak upon the signs of the times. We would preface this response by two things. Firstly, we ask each to remember that we are not all-wise or all-knowing and are perfectly capable of error. We ask each to listen with discrimination and to allow no authority but the authority of one's own response of recognition to be the way of acceptance of any of our thoughts which we share. Secondly, although we shall speak to some extent upon the specific question which has been brought forward, the particular information which is sought within the strict confines of that query are relatively unimportant, and it is in looking beyond the measurable and noticeable phenomena of the mundane illusion that one may begin to take a more spacious point of view. Thusly, as we answer this question, we shall attempt to be clear. But that which we speak of, which may seem an extrapolation beyond the information required, is given because of our feeling that these extrapolations are in the end more helpful than information having to do with phenomena.

There are several elements which are producing the noticeable changing of consciousness within all of your planetary cultures at this time. The first is that the living entity upon which you enjoy incarnation, that which you call Mother Earth, and which this instrument calls Grandmother, is cycling and circling along with the entire solar system or galaxy of your star and its planets, moving as an whole into previously uninhabited space/time. This is, indeed,

that which is at the heart of the so-called New Age. Not the changes within the entities, but the changes in the environment of these entities.

It is precisely time, within your illusion, for this planet to cycle into a portion of space/time which is more densely populated with what we would call illimitable light or the light of the Creator. This cycle has already begun and the planet is, shall we say, most pregnant with its own birth into this new portion of the space/time illusion which supports the incarnational experiences of all sparks or portions of the Creator which have been outflung into illusion in order to gain in experience and learning and make ever more clear to the Creator the vast and yet simple nature of the Creator.

Thusly, each upon this planet is responding without being aware of it to an increasingly variant vibratory rate which is the steady state of the space/time which shall be the appropriate environment of positively oriented fourth-density entities.

A second contributing factor to this perceived intensification of both light and darkness is due to the instinctual awareness of each creature upon this sphere to the changing environment. To many it has been as sparks of hope and light that, because of the changing and intensifying amount of light available, causes those who are preparing for this light to feel energized by the increasing richness of the metaphysical environment, much as the physical vehicle which carries your consciousness about would be gratified to breathe a richer mixture of oxygen in the atmosphere. This, however, has a more or less unpredictable effect upon a large portion of your peoples who have not found it necessary, desirable or interesting to seek for answers outside of the ordinary stream of living, working, resting and seeking contentment and happiness. These entities who have not polarized are, in the main, unpredictably uncomfortable, and at other times unpredictably energized by these vibrations which are not measurable, except in terms of subatomic particular anomalies by instrumentation of your scientists. This is in some cases an unsettling influence; in other cases an inspiring influence. And in this middle group of entities both occur as one experiences the various cycles of body, mind, emotion and spirit.

Thusly, a large number of your peoples are greatly confused. They feel this increased fullness of light as an unpredictable energy, unpredictable because of their own lack of decision to be aimed at a steady increase in polarization one way or another. Thusly, you may see the light of freedom moving through large populations of your nation states because of the focused and prayerful hopes of those who perceive themselves in bondage by a government or ideology.

Those who are upon the path of negative polarization rejoice in this intensification of limitless light just as those who are consciously polarizing positively. However, in their case the expression of the use of this fullness of light shows in more acts of negativity as perceived by your peoples. That is, more self-absorption, more violence, more lust for power. If you may consider with us the inevitable movement of the planetary sphere itself into this fuller density of light, one may see that both positive and negative thought and action, as you may perceive negativity and positivity, are quite predictably more polarized and more active at this time, as you call it.

The third factor in the changing electromagnetic vibratory rate of the planetary sphere as measurable by your scientific instrumentation is work done with the energy of the Earth itself by those in several nation states whose mind is set upon conquest. The planet itself balks at this use of its energy which is intended to make anxious, unsure, paranoid and over-concerned about small things the populations which it wishes to weaken. What those who have worked with the energies first noted by the one known as Tesla are attempting to use for ill are in an instinctual sense not acceptable to the planet itself, which is both alive and aware.

Thusly, as it has been used at the approximate rate of eight hertz to entrain the thoughts of entities and the conditions of the planetary entity, these have in large part come back as an echo more deleterious to the source of these negatively intended actions and have wreaked what may seriously be called havoc within the populations of those nation states which wished to control that which in third density cannot be controlled.

Thusly, you may see an instinctual variation in the energy grid of third density upon your planet and the antithetical result within many nation states of the peoples of those states yearning and hoping with persistence for freedom from precisely the mind control that has been over-used by the governmental

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structure of these states, thus echoing back to the source of these uses of energy in a way that promotes the yearning for freedom and the dissolution of ties which were unnatural, created as an artifact of hostility and war. Any governmental entity which misuses the instinctual energy of the Earth itself answers not to those cosmic influences of the changing density but to the planetary entity which is instinctually of the Logos, or Love, in an undefiled and pristine sense.

The Earth is solidified by its inspiration to be a nurturing and healing place for the entities of the Creator to learn and to grow. When it becomes aware that these pure energies are being tapped for controlling and debilitating uses there is the simple instinct of a loving grandmother to arrange itself in order to prevent further misuse of its purity.

In years to come all of these factors shall become more and more noticeable and the Earth itself may seem in its birthing to be a giver of negative experience, in that it is not being a particularly easy birthing into the energies of fourth-density service to others. This is regretted by the entity you call Earth, but, just as a mother has the pangs of birthing, so is this planet at this time by instinct cleansing itself continually of the negative emotions and intended actions of those cherished beings which dwell upon this sphere. In the deepest sense it is most helpful to the labor of your planet that the negative emotions be taken from the sphere of activity within the illusion and instead given to the planet in renunciation of these forces within individual consciousness.

The Earth can heal any thing to any degree if it is respectfully asked. Thusly, we urge each not to condemn the self for its inevitable humanity and lack of perspective, but rather to realize that many energies not desired need to be taken to the Earth itself and lain down upon it or within it as one would lay down any heavy burden, for this entity is a pure healer and there is no perceived ugliness that cannot be healed by this beautiful planetary entity which has never strayed from oneness with the Logos, or creative Love.

Beyond these considerations we would like to move at this particular moment. To begin with this second portion of, shall we say, our testimony, we would pause that each within this group may share in our joy and vibrations for just a little while. We do not intend discomfort for any speaking, and would simply ask each to allow gentle contact that we may share in a more personal way the love and the light of the Infinite One. We are those of the principle known to you as Q'uo, and will pause at this time.

(Pause)

I am Q'uo. We must say it was difficult to come back to the strictures of language. It was a great privilege to rest with each seeker within this circle. We are greeting each again in love and light and would speak to some extent of those things which, while connected to considerations of changing electromagnetic properties of the planetary entity, are at the heart those things which are concerned with the actions of those selves who wish to aid themselves and others as this process takes place in the most efficient way.

You each have seen in your experience that often the beautiful entity is an humble entity, one which is obscure. However, there are also many within the public cynosure which, with all of their hearts, also live the life of one who wishes to do the good deed, share the felt love, the subjectively perceived light which is within them. Thusly, we urge each more and more to monitor the self, not simply in behavior or even thought, but in the basic intentions and hopes of the inner self.

The third-density illusion is one created to maximize the impact of pain, suffering and other seemingly negative distortions. This illusion does not grip your planet except insofar as the entities turn away from the intention to polarize towards the beautiful, good and true, which are qualities largely unperceiveable within the illusion. Insofar as entities fail to keep the light of hope alive, the basic vibration of negativity is allowed to vibrate through the planetary entity which then, in order to heal these energies, will express the fever, the symptoms of healing disease, the efflux of, shall we say, the planetary influenza brought into the Earth itself by the unrecognized germs of hopelessness and helplessness which the entity whose hope has failed will place within the Earth.

Your peoples are for the greater part unaware that they have given the planet this fever and ache. Consequently, they cannot aid in the healing which would be desired if they realized the power of thought. Your positively oriented entities focus upon the perceived physical damage done to the planet.

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However, it is very slight damage, although it looks considerable to the citizens of its surface, compared to the damage done by those who have lost their hope and therefore their ability to exist as loving creatures aware of their power.

In essence, we urge each who cares for the planet to reckon with their personal power. Far from being powerless, each entity has access to great amounts of power for weal or for woe. All good entities which wring their hands and pass the judgment upon those who do not appreciate their beautiful environment, are damaging the planet in a metaphysical sense by losing hope in the healing of the Earth sphere. What these positive entities do not realize is that the illusion is the illusion is the illusion is the illusion. It will continue to produce possibilities for catalyst. It, itself, is not in difficulty. It mirrors the lack of hope and feeling of powerlessness of positive entities in a more damaging way than all of the environmental obscenities practiced by those who are insensitive to living in harmony with nature.

And we would close this beginning message with the plea to each positive entity to realize that the environmental pollution is not nearly as serious an illness to the planetary entity of Grandmother Earth as the lack, and increasing lack, of certainty among these positive entities that all is well and all shall be well. Not in the illusion, but in the reality, relatively speaking, of the imperishable fields of consciousness that each of you is with relation to the imperishable spirit of unconditional and creative love that is the metaphysical planetary entity. It is good not to pollute the streams and forests of your planet, but this is within the illusion, and you shall come and you shall go. However, outside of illusion both the Logos of the planetary entity and of yourselves lie in potential, mated, loving, faithful and hopeful relationship. And if there is judgment in the attempts to heal the physical Earth, then the judgment harms the metaphysical entity of your planet more than the attempts to teach the love of Earth in a judgmental way could ever help.

At this time and with our apologies for speaking overly long, we would thank and leave this instrument in love and light and continue this working through the instrument of the one known as James Allen. We are those of the principle of Q'uo. We transfer now.

(Jim channeling)

I am Q'uo, and greet each again in the love and in the light of the one infinite Creator. At this time we would take the opportunity to offer ourselves in the attempt to speak to any queries which may yet remain upon the minds of those present. We would again remind each that we offer that which is our opinion. We offer it gladly and we offer it freely but wish no word to serve as a stumbling block. Take each word, therefore, that has value to you and use it as you will, leaving behind all those that do not have value to you. Is there a query at this time?

L: I have a personal question concerning this new healing technique that I've been learning. Should it stay separate from the Reiki that I've learned before, or should I think about synthesizing them, and should I think about using the Earth for healing energy also, using them all together?

I am Q'uo, and am aware of your query, my brother. We scan your recent memory for this information, and we may suggest that the heating—we correct this instrument—the healing modality of which you speak, as you are already aware, is efficacious in your particular case and will be of aid to many who seek its entrance into the untangling process that often moves from the mental to the physical vehicle in what you call the form of disease. As to your path of joining, or blending, the various kinds of healing techniques, we would suggest that this is that process in which you are presently engaged, for you have been drawn by your own desires to those areas which are of most importance to you. This is not by chance but by the design of your own conscious and subconscious minds working in harmony so that there might be a balance brought forth from those distortions that have served as the arrow pointing the way in which your progress lies. Therefore, we do not feel that we infringe upon your own free will as we verify that which you presently suppose. Is there a further query, my brother?

L: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: *(Portions inaudible.)* I'd like to follow up on L's to ask if there are any techniques or visualizations in which Earth's energy can be used for healing, most appropriately … I know I can feel the energy of the Earth any time I put my feet down on it. Is it

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as simple as that awareness that one's feet are upon the Earth and the Earth is a healer, or is there a more skillful way to realize that within the healing process …?

I am Q'uo, and am aware of your query, my sister. This is a large field of inquiry, and we shall make but the barest of beginnings, for we are aware that we have spoken overly long and do not wish to overtire those present. The Earth energy is quite helpful to those who wish to serve as healers, for it is an energy that is ever present, an energy with which each is familiar, if not consciously then on the subconscious level, for each entity is a child born of this Mother which you call Earth, and is an energy which is accessible to each entity through the desire that each entity expresses in wishing to utilize this energy for healing.

As to the technique of such utilization, this is the area that is large, for each entity will find a method of utilizing the Earth energy that is most efficacious to the entity. However, there are some generalizations which may be of aid here. It is well to create a form or focus, a channel through which this energy may be tapped as it is used in the healing process. Whether the form is that which is created by hand and may consist of some form of shape or shelter in which the entity may rest as it accumulates the focused Earth energy, or whether the form is smaller and is of a crystalline nature that may be worn about the neck and may rest upon the heart, or whether the form is that which is mentally envisioned as focusing and intensifying the Earth energy, then passing into the area or entity to be healed, matters not for the beginning healer that is using the Earth energy for the first time or is attempting to do so.

The important point is that the desire is used to fashion a focus through which this energy may pass. As the healer becomes more practiced in its art the form or focus may begin to change according to the experience and the findings of the healer. It is well for each entity desiring to utilize Earth energy, or any energy, for the purpose of healing to first begin to purify or heal the self in the more gross or noticeable distortions so that the energy of the Earth or whatever energy is being utilized may flow in a manner which is least distorted and which allows the fullest expression or manifestation of this energy towards any other entity that seeks the healing service.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: I have a question, Q'uo. To what extent—or is there a limit to the amount of service to another that one would appropriately offer?

I am Q'uo, and am aware of your query, my sister. The extent of any service to another entity is limited by the amount of service that is desired and requested by that other entity, for service is not possible if it is not desired or requested. Thus, it is necessary for the one desiring to be of service to others to operate first upon the basis of a request, then to continue in as clear a communication as is possible with the one being served in order to ascertain whether or not a continuation of service is appropriate.

Is there another in—we correct this instrument once again—is there another query, my sister?

Questioner: When there is a difficulty in communication between the one to be served and the one offering service, there would seem to be a difficulty in determining the service to be desired, even if desired. Can you speak on that?

I am Q'uo. In such an instance we would advise that the first concern is the clarification of the communication in order that those areas which are not distinct or well understood might be understood more clearly. This avoids the confusion of that which is desired by the one who wishes the service and that which is desired by the one who wishes to serve, for many times we find among your peoples those who are of a service to others orientation are so full of the desire to be of service that the offering of service is often done in what might be seen a blind manner, where it is hoped that that which is offered will be seen as service and will function as service, whereas if more time and effort were invested in obtaining the true desires of the one to be de—we correct this instrument—the one to be served, then there would be seen another avenue perhaps would open up.

Is there another query, my sister?

Questioner: No, thank you very much.

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I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Carla: Just a clarification. I am assuming that it is never an infringement on anyone's free will just to love them.

I am Q'uo. This is quite correct, my sister. Is there another query?

Questioner: I have a query. I was wondering as the Earth, this planetary body, changes I sense that other planetary bodies in our system are also changing and perhaps the Sun itself. Can you address this situation, especially with respect to the Sun?

I am Q'uo, and am aware of your query, my brother. Indeed, change is truly said to be the one constant in all of creation, for all of this and all creation is made of the energetic, vibrant and ever-present love of the one Creator seeking and turning in order to know Itself. Each planetary body within this solar system, within this galaxy and within this universe moves in a manner through a process of evolution that is, though quite distinctly different in many ways, is also quite similar to your own as well. Each experiences cycles and rhythms, so that the interaction of each planetary entity with those populations that may be upon it or may be in some fashion in communication with it is affected by these relationships and communications.

The very core of the vibrational nature that is the photon within each portion of each creation vibrates in a manner which expresses a relative harmonic with the planets and Sun bodies that are near and also with those that are what you would call distant. There is what might be seen as a three-dimensional nature to this relationship as regards time so that the revolving and evolving of these planetary and Sun bodies moves into areas of the solar system, of the galaxy and of the universe that offer new opportunities for the perception and the expression of the intelligent energy of the one Creator.

Thus do all planetary and Sun bodies find accelerated means of experiencing and expressing the nature of the one Creator as is uniquely offered to them by their vibratory frequencies and placements within this three dimensional clock face that has a striking upon the hour as cycles change, much as does your clock strike upon the hour.

Is there another query, my brother?

Questioner: *(Inaudible)*.

I am Q'uo, and we would ask if there is a final query before we close this session of working?

(Pause)

I am Q'uo, and we would take this opportunity to thank each entity present for your invitation to us to join your circle of seeking. We especially would thank and greet those who are present for the first time in one of these circles, and would also greet an old friend who has returned again to this circle. We thank you with all of our heart, for through your invitation we have the ability to walk with you in a more conscious fashion upon your journey of seeking and to learn that which is of service, and that which is the Creator speaking through you to us. This is a treasure to us which is beyond any measure.

We shall take our leave at this time, thanking each again, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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Intensive Meditation

April 12, 1991

Group question: The question is from S, who asks, "Could you tell me the difference between space/time and time/space? This was a question that was covered in the Law of One but I would love to hear Q'uo talk about time/space for I still do not understand it very well even from an abstract point of view. When entities live in time/space, what is their life like? We move freely in space but move slowly in time. Do entities in time/space move freely in time and slowly in space? We do not control our movement in time. Do they not control their movement on space?"

(K channeling)

I greet each of you here this morning in the love and in the light of the one infinite Creator. As always, we are pleased to be called to this group. When you seek that which we also seek you chose to know more and ever more of the mystery which surrounds us and expands infinitely in which direction we choose to go.

We have spoken many times of the path of seeking, of the mystery we see before us along this path. But the path of seeking is not a straight line, my children. If you wander off any line that is not straight you are still on your path of seeking. For to the one who seeks the mystery the entire life is a path. It contains many seemingly circuitous roads. But when it is realized that each present moment contains infinity, that each point in space/time or time/space contains all that there is, the concept of a straight line being the way the path is is recognized to be only an analogy.

You wish information this morning on the concept and the nature of time/space. Time/space is that which surrounds you at all times and in all spaces, shall we say. In your present illusion you are consciously aware of space/time and it is that in which you conduct your daily activities. It is that with which you are most familiar. Time/space permeates all of space/time and you move within this as well, although you do not have as great a degree of awareness of this.

You are aware that space/time is the home, shall we say, of the illusion of incarnation and that when an entity is not conscious of being within the incarnational illusion, whether between incarnations beyond the process of physical incarnation or in some other way aware of the dimensions of space/time—whether in the dreaming state or other means of alterations of consciousness—then the field of time/space is that of which the entity has primary awareness.

Time/space is that realm within which we are able to be with you at all times, that we may inhabit space/time as well. The movements which are possible to make in time/space are variable as are

those in space/time and perhaps more widely variable because of the greater divergence of types of entities that inhabit time/space. There are entities of more differing densities that inhabit these realms and their abilities to move vary according to their individual development. [This] is also true of space/time which in your current illusion is inhabited by the first, second, third and beginning of fourth-density entities. And you may see the divergence of the abilities to move in, for example, the rock entity which moves very slowly in space as compared to the third-density entity which moves about in space seemingly at will, limited only by such physical laws as the entity is aware of.

There are similar laws governing the fields of time/space and similar divergences in the abilities of varying entities to move therein. We ourselves have developed abilities to move much more freely, shall we say, than the time/space counterpart of the walking entities of which you are familiar. Each entity that has the appearance of solidity in your illusion also has the time/space counterpart which exists in a superimposed, shall we say, manner. This time/space counterpart is discernible to some of your entities who have developed the capacity for this type of perception.

The time/space counterpart is that which is worked with very often by those with healing abilities. Each here is aware of such instances. Thus, the separation between time/space and space/time is not such a clear-cut distinction as you may have thought, although it is possible to move purely in the realms of time/space without being a part of space/time. It is not possible to be in space/time without also being part of time/space or the time/space realm containing, shall we say, those of space/time.

We notice this instrument's struggle with the various terms used and apologize for the limitations of language and speech for we are attempting to communicate complex concepts with a very limited amount of words that may be applied to them and thus of necessity reuse words in slightly different applications when the meaning would be clearer were there different words available. However, this being the illusion we must all do the best we can, shall we say.

I am Q'uo, and we feel that these words are a sufficient beginning upon this topic and would be happy to respond to further questions should they arise among those here or others that participate in seeking with this group. At this time we transfer to the one known as Jim and will close the session of workings with this instrument. I am known to you as those of Q'uo, and leave this instrument at this time.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. It is our privilege to offer ourselves at this time for any queries that you may have for us. May we speak to any query?

Carla: I have a question *(inaudible)*.

I am Q'uo, and am aware of your query, my sister. The question of praying in a manner which is helpful and efficient, as you may say, is a question which could be answered briefly if one were willing to accept a synopsis, or a question which could be answered at great length for it is one that, as do most questions concerning the spiritual journey, could be answered infinitely, for it is one which also touches upon and reflects the entire spiritually oriented life. For as one learns to live in a conscious fashion one is learning to pray. And as one learns to pray, as you call it, one learns to live in a consciously oriented fashion. For to pray and to live the conscious life is to become aware of the central feature of all life and that is love. To live consciously in love is to see the Creator in all and this includes, of course, the self. To learn to pray is to learn to address the love within oneself and to speak to that love which resides in other individualized portions of the one Creator. And to ask that love [to] move and use its forming abilities to aid another self or system of selves or situation.

As one becomes aware of the relationship between the Creator and the creation one sees that the power of love is that which moves all things and all entities in patterns or in rhythms, cycles and in seasons, that this enabling function of love may be hindered or blocked by thoughts and attitudes that express themselves in behaviors that stop up or block the free flow of love. This alteration of the power of love in any life pattern allows for a more varied experience, for it would not be thought of by any entity who lived in perfect harmony with love to stop its movement.

However, as each entity within the creation desires to serve the Creator by providing experience that

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allows the Creator to know Itself so then does each entity alter to some degree this basic motivational power of love. Altering or distorting the flow of love causes the necessity for a balancing action that will once again allow the love to move freely. This process of blocking and unblocking the flow of love is that process which you call experience or evolution. This is a simplistic description but [one] which we feel is basically accurate for each portion of the Creation. Thus, as you pray and seek to intercede or call for another's intercession on behalf of one you feel is in need you ask that the power of love to move freely be restored in an area where it has been blocked.

As you are more in touch or in tune with this power of love within your own life pattern you are able to appreciate and manifest this power in your own life pattern and to offer a catalyst or way by which love may be offered to others. Engaging in the process which you call prayer is one way which you may open a door or gateway for another entity by calling upon individualized portions of love to share their love with the one for whom you intercede or seek intercession. Your own awareness of this process and your own desire to be of service to another are those qualities which enhance the prayerful attitude.

As you call upon entities such as Jesus the Christ, various saints or archangels, the mother of Jesus known as Mary, or any angelic presence to intercede for another you are providing the purity and intensity of your own love as a request, a call which is heard because of the purity and intensity by the presence whom you seek and this presence hears the call no matter how weak and responds according to its strength, purity and sincerity. The response is in a form which the one whom you wish to aid can accept, whether it be an immediate healing, as you would call it, which occurs in some few cases, or the sending of the general quality of healing, love and light energy that the entity may utilize in a less immediate or more diffused manner according to the entity's own ability to contact those qualities of will and of faith that may open the door to the healing power of love for it.

Is there another query, my sister?

(No further queries.)

I am Q'uo, and we are pleased to have been able to utilize both the one known as K and the one known as Jim. In this session of working we feel that each entity has been able to open itself to a wider range of concept and we are pleased that each has continued to improve the desire to serve others in this manner. We applaud the perseverance that is necessary within your illusion to penetrate the great wall of mystery that surrounds all third-density entities. Your perseverance and your desire are likened to small but brilliant lights that illumine a portion of your way so that you may continue your movement in seeking and in service.

At this time we shall take our leave of this group, thanking each for once again inviting us to join you in your journeys in a way that is immediate and effective in expanding the limits of perception. We are known to you as those of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 21, 1991

Group question: The question this afternoon has to do with the general qualities as a light center that the area occupied by N would have as a center for individuals and for individuals that are seeking to work out their own ways of learning and of being of service to others by what they learn. What kinds of energies are necessary for such a center? How are these energies being expressed there now with the opposition that has occurred in this area and how can people who wish to partake in the center help as individuals in producing the light that might be of service to others? And how can the center, as a grouping of individuals, be of the most service to those whom they would wish to serve?

(Carla channeling)

I am Q'uo. Greetings to each of you in the love and in the light of the one infinite Creator. We are very grateful to be able to share our thoughts with you and to share in the beauty of your meditation. And we thank you for calling our particular energy to your circle at this time. There is a peace, a quality and nature of peace, that is seldom grasped or understood by those who have not suffered from its seeming loss, and it is that peace that we share with you and which we thank each of you for sharing with us.

To begin to answer the questions that you have asked about spiritually helpful places to be—in the body, in the mind, and in the spirit—we would begin by gazing at the question of energy points or grids, places of power, as they are sometimes called among your peoples. The third density places of power are not particularly close together. The energy web does not have as many nexi of concentrated energy. With each level of vibration, each sub-octave of awareness, the energy grids become more tightened and numerous. Thus, if one were to superimpose over a chart of third-density energy centers, the selfsame chart of fourth-density energy centers of the planet would fit into it but would also greatly elaborate and expand the number and kind of places of power.

This potential web of power or energy is available not only in third density, but a third-density entity may, by its own spiritual work in consciousness, become able to discern more and more the multiplicity of places of power if one is seeing from the standpoint of the love of fourth density, the ever-multiplying wisdom of fifth, and the immensely bright and universal pattern of energy grids of sixth density. Consequently, we would answer the question about the placement of any spiritual center by saying that it is as light-filled as is the awareness and crystallization of the entities upon whose soil these entities wish to grow, to learn and to manifest whatever fruits come from the journey of the pilgrim.

Thusly, we would simply remove from the question the idea that we could in some way judge energy or power in any one place, for it is quite subjective in terms of how the power of any one place will aid an entity. This information must be learned in a subjective way, in a way of experiencing and feeling the tug of heart which in its wisdom knows a great deal more than the mind can ever find words to express. There is no place that is closed off from the love of the one infinite Creator. There is no place which is not holy ground.

Now, let us look at the situation in other terms. The journey of the seeker is from its Source to its Source. It is a circular journey—or, rather, a spiral journey—of learning, awakening, manifesting and gaining the strength within each part of the field of consciousness that is your true self that in time, as you would call it, enables an entity to have the spiritual mass to be affected by spiritual gravity, which becomes more and more nearly irresistible until, ultimately, there is no interest whatsoever in manifestation, but only in becoming the unthinking, unsolidified, infinite and unself-conscious Logos or Love, that is, the nature of the one infinite Creator.

As you begin your experience as a being, you find yourself first in a very simplistic kind of environment where the Creator's hand visibly moves, as this instrument would say from her holy work, "upon the face of the waters." Earth, air, wind and fire form many, many places where there is more and more the possibility of solidification from spirit to a very simple manifestation of some kind. This manifestation is a process that continues, and, as each entity grasps the conditions and the learnings of one particular school room, it moves to another.

The bodies that you carry about with you are good examples of the work of second density. It is always an error to assume that that which is your physical vehicle is in any way yourself. The physical vehicle which you enjoy is a creature, valued and valuable to the Creator. It has come from the unsolidified ethers before manifestation to the point where, were we talking in terms of normal circles, the nadir or lowest point in the cycle of spirit and manifestation occurs.

This is your position at this time. You shall never see this particular kind of manifestation, this excellence and thoroughness of illusion, when lessons within this density have been learned. This is the density of confusion, suffering, loss, risk and choice, for the spirit that is you is now able to manifest through its physical vehicle the most of which each is capable in terms of the fruits of the spirit, in terms of the silent witness to spirit that may be seen within the eyes and the auras of those who have taken up their choice. This particular state has been called "maya," illusion.

The irony of the Creator's humor is never more present than in calling the third density one in which one is able to do great things, for, indeed, at the point at which you are within the conceptual framework of maya, you are least able to do spiritual work. It is in this environment that you must do the foundational spiritual work upon which platform, builded by you, you shall stand as you refine, and refine again, and refine again the concepts which you have of the Creator, of the nature of the creation, and of your responses to the Creator and the creation. Thus, as each of you believes in the illusion that this is the place to express and manifest and do work that can be seen by others, it is joyfully and humorously true that you are at your least sharp, your least keen, with respect to spiritual journeying, for this illusion is extremely good. And that which you learn within this illusion is learned through a surrender you shall never have to make once you have made it now.

The surrender of which we speak is the surrender of the life, the perceptions, the gifts and the talents, the troubles, the woes, the beauties, all of these things surrendered to the energetic and infinite one Creator. As you sit in your seemingly very solid supports, as your ears, your skin, your eyes, all of your senses, feel and hear and see so many things, it would seem as though this was the realest of all possible environments or experience. However, the illusion is intended to be seductive; that is, it is intended to move the attention away from invisible and infinite things. It is an illusion in which it is a feat of great difficulty to experience the deepest truth about oneself, which is that each self is not solid, is not permanent, does not have an ego, does not have a form, does not have blue eyes or brown, golden hair or dark. How can one refute such a seemingly silly point of view about third density, for there it all is in front of your eyes, in front of your ears, in front of your heart? Things which seem good; things which seem not good; things about yourself which you would judge; things about others that you would judge. All of these ephemeral and useless

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activities being made possible by the excellence of the illusion of this density.

In meditation, in sitting with the self and allowing the self to be, just to be, there is a process which goes on within each, below the level of conscious awareness for the most part, where the spirit is preparing itself for the surrender of all that it thinks it is in order that it may do the will of the one infinite Creator in all situations.

You seen so solid to yourself. Yet, if we were to suggest to you that there was a microscopic animal which dwelt in the vicinity of your bed clothing and lived off of the flakes of skin dropped by the sleeping entity, you would dismiss the importance of knowing about such a small being. Yet, could you not also be one of the molecules of such a creature, being fed by one which would seem to you to be so gigantic that it would create a universe? It is well to remember that size and all manifestations are illusory. You could be that small entity which lives in the mattress, and you can allow yourself to feel that smallness at this time.

Be aware of the smallness of your solidified self. Look at that self in relation to this gigantic being which, of itself, offers you food. It is no mistake or coincidence that the universe that is seen by the greatest telescopes and the universe that is seen by the greatest microscopes in cyclotrons seem identical. Relax that solidified self at this time. Allow the spirit within you to feel the consciousness which you truly are, to release itself from the judgments and condemnations of humankind. Feel yourself as the servant that you are, as the prodigal who wished to move forward, to climb that great arc which is the second part of the circle of being, finally to come to the house of the infinite One, to be greeted and fed and rejoiced over as prodigal sons and daughters.

Now, what we have been attempting to do is to give you some idea of the actual environment in which you live because that which each wishes to do to praise the Creator's name is within each, has been placed within each by the self before the incarnation—not the solidified self, but the field of consciousness that you truly are. Consequently, this incarnational experience is all about making choices. You may call them choices between darkness and light, hate and love, discord and unity, or any of the numberless theses and antitheses that bark your shins as you walk through the waters of experience.

So, what can you do in one place and yet, not in another? You can do that which you allow yourself to do. Do you feel weak? Examine this. Do you feel strong? Examine this. For what are you feeling—the illusory environment or the love and the light of the one infinite Creator? We ask you to see that all things, from your environment at its farthest distance to the intimate environment of your conscious mind, all things are illusion. This is the worst possible environment for you to make sincere, heartfelt and loyally kept choices having to do with the path of service which each wishes. It would not be an effective environment for the maturing spirit were it not completely believable.

You are working in the darkest of nights and there is a sliver of moon which is your only illumination, besides that star of hope, to guide you as you seek to become spirit again, in no way displeased with the entity, the creature, that carries you around so sacrificially, but that you begin to see that the spaces you wish to explore are other than the commonly understood spaces of time and space. Because this is the worst possible condition for you to make your choice of service, this is where all entities must make their choice. We do not say that it is an easy school room in which to learn, but, rather, that you were put in the most difficult situation in order that you could begin to distinguish between the things that occur, that happen to you and around you, and the response which you give to these things. Any number of things, positive and negative, occur to entities. Yet, it is within each entity, and each entity for itself alone, that each choice is made.

We ask each, as you sit upon this illusory furniture within this illusory house upon this illusory earth, to allow yourself to release the illusion and to feel the strength of your field of consciousness, to surrender this incarnation to that field of consciousness that you are, that, in surrendering the illusion—that which can be measured—you open yourself to eternity and that which cannot ever be measured. For, within the spiritual seeking, it is those things that are immeasurable and infinite which draw one onward and ever onward to the greater and vaster beauties of the immeasurable that are to come. It is in this seeming battlefield of negative emotional states that the pure spirit within you must allow itself to be born.

How frightened each of you is during this birthing process. How often you wish to move back into the

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measurable, into that which can be handled and controlled. But the choice that you are making as a spiritual infinite being of light is the choice to express, first of all, a recognition of the infinite love of the one infinite Creator, that Creator which loves you personally, intimately and infinitely. The choice then seems to become easier: to give back that love, to allow oneself qualities and not quantities of love.

And when one has realized itself as the servant of the Divine One, as the channel through which infinity, light and love may be channeled, one prepares oneself for the basic choice. Having experienced the immeasurable beauty of the Creator, having experienced those things that cannot be measured by any instrumentation, you prepare yourself for this choice: to love the Creator by serving other entities in the Creator's name, or by serving the Creator by controlling others in order that they will be able to move along the path which you have found to be helpful. The difference upon the surface between these two choices seems not so wide. In actuality, it is the greatest abyss imaginable, for those entities whose paths and service are positive and those who are negative have within themselves, first, the way they gaze at the self and at what occurs day by day and minute by minute.

There is every possibility in the beginning that it may not seem that you have made much of a choice, for the first job of those who seek to serve is to fall in love with themselves, not as creatures who are perfect, not as creatures who are elite or in any way better than anyone else, but as creatures who have, quite reliably, a dark side. All of this you must fall in love with, for it is written within this instrument's holy work that the one known as Jesus said, in eradicating the Ten Commandments, that there was a new covenant, a new agreement, that each entity was to love the Creator with every possible part of the self and to love others as one loves the self. So you see, when you have become aware of the Creator, you must then become aware of the beauty of the self, for only insofar as you love the self can you have true compassion for other selves.

And while you are learning to love yourself with all of your imperfections, it seems somehow as though there were a selfishness to this process. This is incorrect; it is the learning process. In the Creator all things are perfect and all things are one. In manifestation, all things are imperfect and all things are several. You stand at the crossroads upon the greatest illusion that you shall ever experience, and you must allow yourself to love yourself, to forgive yourself, to accept yourself, so that you may go forth rejoicing and then gaze at the illusion with new eyes.

If you have fallen so completely in love with the self that the self becomes the universe, then the path upon which you tread will be more and more negative as you attempt to show other entities just how wonderful it is to experience the Creator and the self as do you. This is a path of that which is not; this is a path which celebrates that separation that the world of maya offers to the discerning observer.

The other choice, once one has learned to love the self, is to move beyond the self, not in judgment but in compassion, loving this way or that way, whichever way one can, accepting inevitable, seeming barriers as well as seeming successes because of the realization that you shall never know within this illusion how well you have done, how close you have come to the mark which you set for yourself before this incarnation. You have no control, no power over circumstances such as which occur within the illusion. You do, however, have enormous power to choose that which you shall pay attention to, that which you will assimilate deeply, and that which you will allow to be shed from the back as if you had on the raincoat.

So, your situation is that you are, as far as possible, in the great realm of eternity from spirit and more full of illusion than you have ever been or will ever be. This is a bright, flashing moment—a parenthesis in eternity—during which you make the choice of how you will proceed upon the great road which wends its way at last to the Source and Ending of all things.

We would ask you to be aware in all things of what the choice truly is, how deeply it begins. You don't simply choose your actions; you choose your perceptions. If you are a stewardship of the love of the one infinite Creator, you will gaze upon all circumstances without fear and simply plumb that situation as deeply as possible in search of options which are loving both to the self and to other selves.

So, all places are places of power if that place is your geographical, topological home in this illusion. We would not have entities dashing off to the "Mt. Shastas" so prevalent within your literature. With all those well-meaning entities in one spot, surely the Earth itself would tip and be unbalanced! Your

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home is where you are; your place of power is where you stand; and that which you receive is as pure and complete as you may allow it be.

We ask you to keep this joyous story of heartbreak and larger life gain nearby to the self and not in any way to brag or boast about the exciting process of nurturing that small spirit within you and protecting it from the illusion. For, as one speaks of those things …

(Side one of tape ends.)

(Carla channeling)

… for all are going to the same home; all are submerged in illusion. And the loving heart that will open to the infinite love and light of the one Creator is that entity which shall witness to a quality indescribable within your illusion: absolute and unconditional love.

There is more material upon this subject. However, this instrument requests that at this time we move to a question and answer period, for the energies of this particular instrument are somewhat depleted. And so, with thanks to this instrument and to each of you, we leave this instrument in love and light and would continue this session of working through the one known as Jim. We are those known to you as the principle of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to any queries which you may have. Is there a query with which we may begin?

Questioner: *(Question is difficult to hear. It has something to do with meditation with one's focus being the sun.)*

I am Q'uo, and am aware of your query, my brother. For many, many ages have peoples of your planet, and others as well, worshipped that entity that you know as your sun body, for it has been known by many peoples in a variety of your cultures that there is great energy that is life-giving embodied within this spiritual being that manifests as your sun. This entity is that which you may conveniently call Love or Logos, for it is with the one Creator a co-Creator of this portion of the one creation and, as a being of completeness, offers itself wholly, that life in all forms might be nurtured in the area of its care.

Thus, you may offer yourself in meditation to this being in any manner which expresses your connection to, and appreciation of, the creation or any portion of it in which you move and have your being. There is great depth of awareness that may be awakened as you continue to offer your honestation or devotion to those principles of unity, of love and of light which are perfectly embodied within this sun body. Thus, you may with benefit contemplate, before your meditation, those qualities which you wish to nourish within yourself and to radiate in an outward fashion to others as a result of your communion in meditation with the sun body.

Is there a further query, my brother?

Questioner: *(Question is difficult to hear. It concerns planetary information contained in the Vedas and whether this information is accurate, particularly with respect to descriptions of "hellish" planets where punishment is given.)*

I am Q'uo, and believe that we have a grasp of your query. We would refer your thinking to the underlying symbolic nature of all inspired writings that seek to impart those truths that lie beyond the boundary of words by using the vehicle of words in a fashion which describes relationships and the various levels of relationships of one portion of the creation to another, in order that the student of the evolutionary process may begin—and we stress begin—to appreciate the vastness of the creation of the one infinite Creator.

We would speak to the particulars of your query by suggesting that there are many, many inhabited planets that are at a level of evolution that is not as accelerated, shall we say, as is your own at this time, that have experiences which are of a more gross or unrefined nature that would appear to many of your own people to be of what you describe as a "hellish" quality. However, it must be kept firmly within the mind that each environment or planet has its own perfectly revolving system of entities, relationships, experiences and possibilities. Each fits perfectly within its own evolutionary scheme so that there is no punishment or reward, in the absolute sense, other than that which is contained within the mind of any seeker, for as you are well aware, that which many would see as the greatest of difficulties or punishments may be seen by one who has a broader perspective as the greatest of opportunities for advancement, just as it can be said that what would

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seem to another entity to be the most fertile grounds for advancement would seem to another to be narrow and restricted in possibility. The breadth and depth of the perspective is that which allows an entity to see greater or lesser opportunity.

Thus, it is well said that the area that you call Heaven could easily be destroyed if occupied by a fool and the area that you call hell could be enlightened if occupied by a saint.

Is there another query, my brother?

Questioner: Is it important to accept our sensuality and sexuality in this density or illusion in order to develop a sense of wholeness? In other words, is there a danger in denying that aspect of this illusion and thereby missing the lessons that the sensuality and sexuality of this density have to offer?

I am Q'uo, and am aware of your query, my brother. It cannot be said to be a, as you would call it, "hard and fast rule" for all entities, for each entity is unique, and a pattern of incarnations previously completed may require of an entity certain particular lessons within the current incarnation. But there is the path of the kundalini that, traveling through the energy centers or chakras, is a necessity for all entities at some point or within an accumulation of incarnations, so that the red-ray energy center, which deals with the reproductive and sexual energies of the entity, may be seen as that which is the foundation stone upon which the rest of the building of the personality shall be placed.

Just so, this energy must also move in a balanced fashion from the red ray and proceed upwards to the orange ray, where the individual power of expression is manifested in the incarnation in a fashion which allows the uniqueness of the individual to express itself, using that same energy which has moved through the red ray and which continues, if unblocked, to the yellow, the green, and so forth, so that when an entity has been able to activate and balance each energy center the intelligent energy or prana of the one Creator moves through each center to be met at the indigo ray center or brow chakra, allowing the union with the indwelling love and light of the one Creator and the opening of the entity to the fully experienced presence of the one infinite Creator.

Thus, it is necessary at some point within each incarnative pattern that all energies and their manifestations shall be experienced and balanced so that the prana will have free access to, and movement through, each center of energy.

Is there a further query, my brother?

Questioner: Are there teachings—are there stones, in the center of this planetary sphere that have information for each individual entity on the surface of this sphere? And is there benefit to contacting these stones for information that can help us understand the lessons that we are learning?

I am Q'uo, and am aware of your query, my brother. There are many resources, including the stones of which you speak, that await the exploration of the seeker of truth so that as each seeker progresses upon its chosen journey there may be the opportunity to accumulate knowledge and experience at all levels of its being. There are enough resources of this nature that there is, what you might call, a redundancy factor inbuilt into not only the third-density planetary sphere which you now inhabit, but also inbuilt into its inner planes, as you call them, so that as a seeker calls for assistance in attempting to understand and balance those lessons that are before it, it might receive information and inspiration from those resources or areas which its previous experience and current desire have prepared it to be able to hear with that inner hearing that is necessary for the discrimination of those messages which are received in many, many different ways.

Is there another query, my brother?

Questioner: No, not right now. Thank you very much for your response.

I am Q'uo, and we thank you, my brother, for your queries and your devotion. Is there another query at this time?

Questioner: I have one that follows up on what's just been discussed. It's been my personal experience in this life that lovemaking is a magical ritual, like Holy Communion in the Christian church. And that has been supported by more and more feeling through the years until the point now where I realize not just the pleasure of myself or the sensuality of myself but that it is offered as a prayer to the infinite One. I know a lot of people don't see it that way. I was just wondering, could you comment on that?

I am Q'uo, and am aware of your query, my sister. As you are aware from previous study, there is a path

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to the one Creator that may be traveled by utilizing that which you may call the high sexual magic or ritual magic where the energy that enters through the root chakra is built and stored until it is allowed to move upwards through the centers of energy and is released through the brow and crown chakra at that culmination which you call the orgasm. And, at this point the energy then moves into the energy web of the planetary sphere to be harmonized with by the realization of the unity of the small self with the great Self which is the one Creator.

As the small self reaches, then, with this experience of ecstasy, the one Creator begins to reach in return in a fashion which allows the harmonic expression of the creative power of the universe to reverberate in the sine wave fashion within the small self which has offered itself and its experience as a means by which the one Creator might be known and glorified.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: The energy that rises in the base chakra—is that Earth energy? And how much of that is unlimited and can be stored? Are there unlimited vast amounts of this energy that can be stored?

I am Q'uo, and am aware of your query, my brother. If we understand correctly the definition of your Earth energy, this is not the energy which moves through the system of chakras or centers of energy during any experience of energy exchanges of your third-density population. Rather, the energy which is moving through the system of chakras is that which may be called intelligent energy, or the prana which gives life to all creation, and which may be opened in the ability to receive by any seeker as the seeker balances those distortions that exist within each center of energy, and in this balancing crystallizes or regularizes the centers of energy so that they may traduce the prana of the one Creator in a clear and lucid fashion, losing not one iota of energy to distortion, but allowing this energy to be stepped up in each center until it joins with the indwelling intelligent infinity that resides in each entity as the identity of the one Creator expressing itself as the small self.

Is there another query, my brother?

Questioner: When the energy rises up through all the chakra centers, and if lost—or the centers have any distortions—does that cause blockages to that energy flow?

I am Q'uo, and am aware of your query, my brother. This is correct, and this is the reason that the work upon one's distortions is the path of the seeker, for the path is quite literal within each system of energy centers or chakras, and as one studies the nature of these chakras one may place one's distortions within the proper center of energy and gain an overall perspective as to the nature of the lessons, and the blockages that represent these lessons, that awaits the attention of the seeker.

Is there another query, my brother?

Questioner: Do these blockages usually manifest in pain in the physical?

I am Q'uo, and am aware of your query, my brother. The blockages of energy within any energy center may manifest in a variety of ways, depending upon the amount of awareness that the seeker has gained regarding the blockages. When there is an increased awareness of a blockage and there has been work offered upon removing the blockage, the tendency of catalyst in this area is to repeat until there has been a balancing of the energy, or a removal of the blockage, as is another way of describing this process.

If there is relatively little awareness of a blockage, the blockage then has the likelihood of being given to the physical vehicle by the mental vehicle so that it may be symbolically represented as a form of what you would call disease or malady within the physical vehicle that then has the purpose of catching the attention of the mental vehicle which previously did not notice it. Pain may or may not be a part of this learning process, depending upon the needs of the seeker at a particular time. Pain is a very effective way of gaining the attention that has long been lacking.

Is there another query, my brother?

Questioner: The instreamings of energy that come in from, what we may say, is the sky or the heavens and through the crown chakra, is that intelligent energy, and is its function to raise the consciousness to a higher state of unity and nourishing the body? In other words, what is the function of these instreamings of energy and what would you call it?

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I am Q'uo, and am aware of your query, my brother. The intelligent energy of which we have been speaking is also known as that called prana, is also known as love/light, for it is the enabler—that which has created all that is and that which gives life to all the creation. It is the Creator in Its active mode, and enters each third-density physical vehicle through the feet and the base or root chakra, and attempts to move upward through the system of chakras to its mating point with the indwelling intelligent infinity, or whole Creator, which resides within.

Thus, you may see the intelligent energy as a feminine aspect of the one Creator seeking Its mating point with the masculine aspect of the one Creator that is indwelling within each entity as the intelligent infinity that waits in the brow and crown chakras.

The point of meeting or mating of these two energies is determined by the level of awareness of the entity that seeks the one Creator, and the success, shall we say, that the seeker has experienced in learning those lessons or removing those blockages in balancing those distortions that it has placed, itself, within each center of energy before the incarnation began in order that there might be experience gained from the discovering, the balancing and the harmonizing of each center of energy.

Is there another query, my brother?

Questioner: Not at this time. Thank you.

I am Q'uo, and again we thank you, my brother. We feel that there is energy remaining for a final query. Is there a final query at this time?

(Pause)

I am Q'uo, and as the only remaining query is one for food from the second-density creature *(the cat meowed)*, we shall with great gratitude thank each entity present for inviting us to join your circle of seeking this afternoon. We are overjoyed at this opportunity, and cannot express our gratitude to you in terms that are sufficient. We have no beingness within your experience without your call and without your sincere queries, and we are blessed, indeed, this afternoon with your presence and your queries.

We shall take our leave at this time of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 26, 1991

Group question: The question today has to do with how one can use the heart chakra, the opening of the heart chakra, as a springboard to the acceptance of self that is a process usually found or engaged in the indigo-ray center. How can one, by learning more compassion and understanding, begin to accept the self in a way in which the self has previously not been accepted?

(Carla channeling)

I am Hatonn. Greetings to each of you in the love and light of the infinite Creator. We are extremely pleased to be able to be called to this group today to be able to share our opinions with you, and at the same time to learn so much from each of you as you receive our opinions and work with them in that way of choices which is the purpose of your density. The drama of your work and the choices at this time is quite apparent to us, as the vibration in which we work has far less drama and far more precise work in refining those dramatic choices which face each of you. We would like to thank this instrument for allowing the one known as Hannibal to rest in this group during this experience. It was quite suitable that this instrument announced this entity which otherwise would be unknown. This is an entity which does not speak and does not teach but has it's own place in the Confederation, and we are pleased to find this group open to these who come in the name of the Christ.

You wish us to speak about the opportunities offered to the seeker by the open heart with regard to developing an inner strength of consciousness which is equal to the task you set before yourselves. Perhaps our best approach to this question is to discuss the way of the unopened heart, for it is that way which most among your peoples have used and continue to use in your density, in order to do work in consciousness.

We must pause while this instrument gets a drink of water.

(Pause)

I am Hatonn, and I am again with this instrument greeting you in love and light. In speaking of the subject, we wish you to be aware that we are using the system of the energy centers, the root energy center of survival, the orange ray of dealing with the self and dealing with individuals other than the self, the yellow ray of social or group dealings, the green ray of the heart, the blue ray of communication, the indigo ray of inner work, or work in consciousness, and the violet ray which is, shall we say, the readout of the balance of all those dynamics that are in an integrated individual entity within the life experience.

In the case of most seekers and the case of most entities whatsoever upon the planet, whom you may not call seekers, and who may not call themselves

seekers, but who do indeed seek to make more skillful choices, the heart is not allowed to open, because there is judgment of the self. Consequently, no matter how extremely good the intention and how determined the attitude, there is the entire life which is filled with the process of failing, and holding that in the heart. It is thought by these who do this that they are quite correct in assessing their faults as well as their virtues. Perhaps it would be expressed that it is the feeling that it is not humble to ignore one's failures, although each entity identifies a slightly different field as that of failure. Almost without exception those upon your plane judge themselves, and this judgment is remembered in the heart.

One of your poets has called the heart "a rag and bone shop." This is precisely the nature of the unopened heart. It is far less common to see people hating others or disliking them than to find the self holding in the heart judgment against the self. Consequently, the learning over a period of most of an incarnation is the repeated experience of failing in a way important to an entity, until finally the mind becomes weary of thinking, puzzling, musing and analyzing in relation to the various failures. This process is excellent. It is safe to say that in most if not in all incarnations which entities have chosen upon this planet which you enjoy, there will be life enough, which you would call time enough, for you to work as a seeker through the unopened heart and by the end of the incarnation to be able to forgive the self rationally and to allow compassion to flow to the self.

The difficulty in doing this remains not just equally in these who follow an orthodox religious practice. It is even more marked among those with a specifically orthodox religious practice. Even though these practices teach that the Creator forgives and redeems, there is also the fear of judgment. There is the sense that there will be an unfair test which the seeker will not be able to pass because he has failed, and that imagined voice of the Creator becomes the voice of the self, judging and condemning without mercy. That is the way of justice among your peoples.

It is not the way of balance or truth. Now, you may see each in your own life patterns that you do indeed have enough time to experience failing to the point where you shall become tired of judging, of thinking, of reasoning about the imperfect self. You may see it in your older entities who become mellow and tolerant and charitable, for they have seen that not only they, but all seem to themselves to be extraordinarily imperfect and much in need of fixing. Were you to be able to live the lifetime your physical vehicle was originally created for, this process would be nearly fail-safe. Indeed, you leave your incarnations while the spiritual search which you have begun within this incarnation is only just underway.

Yet, still you may harvest in this manner an increase in compassion, as you become old enough and experience enough to see that there is nothing unusual or fatal about failure, and that all failures eventually become part of a healing. We say all this to preface speaking about the open heart and work in consciousness, or indigo-ray work. As each in this group is already aware, the process of opening the heart is a process of letting go of those things in the lower chakras which are clouding, blocking or overstimulating those centers. Therefore we will not go into this in detail, but simply say that keeping the heart open is simply a matter of noticing and paying respect and attention to these times in which a blockage, an overstimulation or a distortion is noticed in a particular area of life corresponding to a particular energy center.

If there is a failure of direct communication, for instance, between yourself and another entity, opening the heart involves not only speaking with that person to the full extent of one's capacity to communicate, but also forgiving the other self, yourself and the situation which arose betwixt the two which did not partake of the open heart. The blockages of each lower chakra are fairly easy to pinpoint, since as the energy is blocked there is also a feeling tone within one, an uneasiness, which speaks as loudly as any words, and certainly far better than any rationalization of behavior or thinking.

The work of opening the heart is the work of letting go, of surrendering, of realizing the true importance of the details of any blockage, that is to say, of realizing that what is important about a situation which has caused a blockage is the forgiveness and the healing which may now be evoked by the learned skill of paying attention and respect to the incarnational experience that is going on.

When one first attempts to open the heart one may feel that it is impossible to forgive the self enough

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times to keep that heart open. That is not the heart speaking, that is still the mind. And the mind complex suffers from the either/or of your illusion. There is no "either/or" in an open heart. The open heart is "an/and," an "a/a" unity. To the open heart all things deserve compassion, all things deserve food, physical and spiritual, all things deserve love. And to refrain from opening the heart to the self is not something that occurs to the heart's wisdom. However it makes no sense, it is important to realize that the way of the open heart may begin in clearing the way to the open heart, but it ends in accepting that the open heart is all-compassionate, all-loving, all-giving. There are no second thoughts to an open heart. There are no true thoughts in the open heart, but only the endless and impersonal compassion, but one who stands not on sense, not on things known, but on the thin and unpredictable air of the abyss of the unknown.

As we said, most among your people attempt to preserve a balance in that abyss of the unknown, *(inaudible)* attempt to think their way through this blockage. This is slow work but it is a perfectly good path. The way of the open heart is simply a shortcut, a more direct route to the ability to do work in consciousness.

How is the heart kept open in such a way that the experience of the open heart will be the steady state? We would, in looking at this aspect of this question, remind each again that the offering of praise to the Creator, and the offering of thanksgiving for blessings received, constitute a continual touching into divinity, a constant song heard by all that there is. The steady state of open heart is a state in which each flower, each blade of grass, each thing that is beautiful that is seen says to you, not only, "This is pretty, this is lovely, this is beautiful," but also "I praise the Creator for this beauty." It is a way of claiming that mystery which is the Creator, a way of relating to the Creator which is unseen, invisible, unheard, unknown, for we are aware that the Creator is not obvious to all, nor is His will seen to be very beneficent in many cases. Yet, if there is the faith to continue to praise the Creator and to bless the Creator when your experience blesses you, the relationship with that which is holy becomes more and more real by habit and replication of sincere praise and thanksgiving.

Now let us look at the advantage of working with an open heart when doing work in consciousness. In the previous way of working, energy is constricted in the heart and the work is slow and hard, for not only is the heart short of power, but it further reduces the power which moves into the communication energy which an entity needs to speak with itself, just as much as it needs it to speak with others. Often, if the green ray is constricted the blue ray would also be constricted, and each entity must judge for itself whether or not it has things said in the heart that have not been said to those who should hear them, so by the time the energy is received by the indigo ray, it is not only much reduced, but it is hampered by a lack of skill and energy in communication with itself.

Communication moves higher and higher into the surface mind, becomes bogged down in speculations, rationalizations and considerations of details that do more to obscure than to illumine a particular thing about the self that one is doing inner work upon. Contrariwise, if the heart chakra be open, then it is likely that there will be more honest communication, because absolute love is something which fear cannot touch or bias. So that the fear that entities have in communicating, either with themselves or with others, is reduced to the extent that the heart is truly opened.

The truly opened heart often appears childlike because it is blindingly honest, speaking that which it thinks without judgment in an attempt to understand the self as well as other selves. In this configuration, the communication is at its most effective, given that there are those which can accept and communicate in return while hearing those blunt truths that may not be as pleasant as the euphemisms, rationalizations and clichés that surround most timid and tentative communication.

An entity with an open heart is likely to speak the truth in a desire to express the compassion of one who does not care whether or not this speaking will gain any advantage, but cares only to offer the entity with which the difficulty is experienced the chance for the healing that is possible only through sincere honesty and fearless communication. The open heart is the ultimate optimist. That is the wisdom of the heart. The heart does not lose hope, even if the end is not in sight and not known. The open heart gives every entity in every situation the benefit of all possible ways of gazing in compassion at that entity, be it the self or the other self. The open heart is not a compromiser, for it does not try to get anything for

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itself. It is ready to move into adaptation, it is ready to change if that seems wise. It is ready for anything, and since anything often happens, it is the skillful heart that is the open heart.

When the heart is open, it is well first for the seeker to work upon communication. This is the primary and strong means by which your people may offer the most love, the most inspiration, the most clarity. Those who communicate well, those who communicate in love and without fear may find themselves often told that they are wrong in some way, but this will in no way disturb one with an open heart, for the compassion of the open heart is as much for the other self as it is for the self, and there is no fear that one is right, or not right, or definitely wrong, for whether one is right, or not right, or definitely wrong, the heart has compassion and all is well.

As one becomes able to communicate honestly and skillfully it becomes less important to communicate skillfully because it has become natural. There is no fear of reprisal, for the reprisal is coming from an entity that is loved with compassion of the open heart. Consequently, there are no entities to be feared; there are no failures to be feared. Part of the blue-ray opening is the development of a sense of humor, so one finds ways to say things in a light way, in a gentle way, in a way which shows a spaciousness of prospect, and for the purpose of this discussion, most importantly in ways in which the entity is enabled in its inner work, for if full living light is able to move into the indigo chakra, that chakra will have the maximum opportunity to do work in consciousness. The open heart regards the personality. It enables the blue-ray chakra to communicate from the level of the heart, that is the place of wisdom, to the self that is attempting to effect changes in consciousness by faith and will.

When the tongue of judgment is quieted, the tongue of joy and peace is loosened, and one may speak to the self while working on the personality, attempting to understand it and see the balances that are desired. In words of comfort and support from the self to the self, the open heart creates the opportunity for the entity to fall in love with itself, to love it dearly, not simply as a perfect expression of the perfect Creator. That is relatively irrelevant to the experiences of choices made. It falls in love with itself with all self-perceived imperfections thriving gloriously. It sees the self in all its rambunctious childishness, and nods happily, saying, "Yes, that is humanness, I recognize it and I embrace it."

The heart is no longer, then, the "rag and bone shop," the place where sad memories are wrapped in tissues only to be opened again, that the scent of failure may be relished. The open heart has itself a yard sale, and sells off all of its rags and bones to the universe, to the Mother that is your Earth, to the deep healing essence of your planetary caretaker, the Earth itself. It is often well when one is attempting to achieve the open heart to take all the judgments and name them, and take a stone for each one and name the stone and name the judgment, and bury these stones and the judgments that they carry in the breast of the Mother, the earth of your planet. And then hold the hands on high, and say, "Mother, take this for I know not how to heal it, and I know you do."

Let these failures become impersonal, let compassion roll in, experimentally, put aside your disbelief in your own lowliness for a little while each day and feel the love rolling in. Feel the freedom, the space, the joy of simply suspending your disbelief in your own failures and imperfections. As you offer praise and thanksgiving, as you communicate, often in difficult ways at first, to open up that great primary communication chakra, the inner work begins to do itself, for, dear entities, you are entities of habit, the habits you begin eventually become automatic.

If you have the habit of praising each beauty that you see, there is no effort to continuing to praise those things which you see. If you have the habit of gazing at a challenge which you might also call a difficulty or a trouble with an eye to the most positive action or thought which is an available choice, then when difficulty overtakes you unawares, that habit will move as instinct or muscles do in reflex, and some of your work will be done before your mind can make sense.

The eventual priority of compassion over intellectual acceptance is a key process, for many choices are made instinctively. When you open the heart, when you clear the communication energies and when you can rest in the work in consciousness which simply requires one to gaze without judgment at the self, you have achieved a configuration which will greatly accelerate both your process of spiritual evolution, and your effectiveness as a being of light and an agent of the Creator to those whose lives you touch.

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Most of what entities see of the Creator is seen in your faces and in your outstretched hands and in the compassion with which you listen and communicate with entities about those things which trouble them. The simple listening with an open heart is in …

(Side one of tape ends.)

(Carla channeling)

I am Hatonn. You act, then, as the Creator, not as your imperfect self, for as you forgive completely the imperfection of your self and toss those considerations aside in order to have more time for praise and thanksgiving, so you cleanse yourself of the need to deal intellectually with these difficulties of others which do not make sense but which are causing difficulty, whereas you listen and allow the love to flow through you to the other person in an accepting and loving way. The work is being done through you. It does not tire or weary you. And this is true whether the work is upon the behalf of another or upon the behalf of the self.

We realize that we have spoken overlong. We are sorry. This instrument seems unaware of time, and we usually depend on the instrument to let us know when the time is sufficient. However, it does now tell us that it is time for us to leave. There is more upon this topic, however, we are satisfied that we have done a good deal of what those of the density of love and compassion may do in regards to this question, which is, in many ways, a question answerable only by those of fourth density, yet in other ways, far better answerable by those of fifth density, for there is a balance in true love which is achieved when compassion is balanced with wisdom. However, both portions—that is, love and compassion and wisdom and compassion—need to be addressed separately, and that is why we were called to your group.

We very much enjoy being here with you. We thank this instrument both for accepting one who comes in good faith, and for being fastidious about the challenging process. We would close by saying that because of the work each of you does in consciousness, each of you is far more prone to the influence of psychic reading or enhanced registering of any negative thought or emotion than those who are moving more slowly along the path of evolution.

Remember always to respect what this instrument calls loyal opposition, and when one is greeted in some way, we ask each to remember to take time to dwell in love, to take the hand of the one who comes in psychic greeting to create fear, or dislike or despair, take that tortured entity's hand and sit with it in love, and when it has received all the love that it can—and that is not overmuch—it will have to depart. But meanwhile there is a service in acknowledging the presence of what is called evil, and acknowledging the agents of that path with respect and love and compassion. You cannot get rid of negative entities by loving them so that you can be rid of them. You must love them truly and have compassion upon their pain and their misunderstanding. Realize that these entities are taking the long and slow road, and that they must pass through much more than you who are on the positive path.

Never be afraid. These entities may seem large and bullying as they enter your thoughts and your dreams, but, my friends, they are sad souls and fully worthy of compassion. Can you cleanse the lepers sores, can you nurse the afflicted of your generations' leprosy which is AIDS? Can you gaze upon a dying child and gently sweep the flies from the sickened and closing eyes? There is passive evil, and there is the Christ. When you gaze upon the rude address of negativity, think of the sick child and reach out your hand in compassion and take cool water, and comfort that negativity with compassion and great feeling of brotherhood. You are that negativity just as you are positive, and to heal negativity is to take it into the open heart and love it. All that is not love will fall away.

In terms of negative greetings, the entity will indeed run away quickly, for this type of love is as fire to them, painful and deadly. So, my friend, stop making sense; allow the heart to open to the self. And when each impropriety occurs, judged by the self, take it not into the mind but into the heart first, that the wound may be healed quickly and the scar may be small. Only after compassion is achieved is it at all sensible or effective for the seeker to analyze the imperfection. Let your heart speak first.

As always, we remind each that we come as brothers and sisters, not to preach but to share our opinions with you, for we are seekers on your same path, and though we may have more experience, we have no more authority than any other seeker. We ask you to discriminate among those things which we have said, choosing those truths which are yours, and

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neglecting the rest. We are humbly grateful for allowing us to share our opinions. We would close through another instrument. We are those of Hatonn, and we transfer now.

(Jim channeling)

I am Hatonn, and greet each again in love and light through this instrument. We would ask if we could address any queries at this time which would add to your understanding. Is there a query upon any mind that we may speak to at this time?

Questioner: Is Hannibal the traveler a single entity, such as the one we have *(inaudible)*?

I am Hatonn. The entity Hannibal which greeted this group at the beginning of your session, is indeed an individualized single entity which has found its way to your group because of the nature of your seeking. The identity of the entity is not one which is known in your history but is an identity which has found its full flowering in the concept of compassion, and moves to those areas where compassion is helpful in healing wounds which have long been untended, shall we say, by the conscious mind of those suffering the wounds.

Is there a further query?

Questioner: Yes. Does this entity wish to be of service by being with those who are attempting to *(inaudible)*?

I am Hatonn. The one known as Hannibal is desirous of sharing the compassion that it possesses and sharing the compassion that this group possesses, much the same way that the traveler shares company with those that it finds in faraway places around the friendly campfire.

Is there a further query, my sister?

Questioner: No. I would just like to thank Hannibal for *(inaudible)*.

I am Hatonn. And this entity is grateful for this opportunity and accepts your good wishes with joy, and returns them as well. Is there another query?

(Pause)

I am Hatonn. We again thank each for the great opportunity that you have afforded us by seeking information which is within our provenance. We are always glad to speak to this group, for we have long cherished this group. We are with each upon request to aid in the deepening of your meditations. We shall take our leave of this group at this time. I am Hatonn. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. ♣

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Sunday Meditation
June 2, 1991

Group question: The question this afternoon has to do with the concept of "Not my will but Thy will be done." When a seeker wishes to know what the will of the Creator is for him or her, how does a seeker prepare for receiving that information? How do you know when you are doing the will of the Creator? How do you meditate upon that concept? How do you get from "Not my will but Thy will" to actually discovering what the will of the Creator is?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. We are most pleased to be called to you. We are strictured by the circumstances of this particular session of working to allow the instrument to more deeply rest in what you would call sleep, so that we may speak upon the question of how to recognize the will of the One Creator when wrapped about with the physical vehicle. Were we to have worked with this instrument in the waking state, we would have been unable to express our humble thoughts without significant distortion.

The question of finding the Creator's will is in a way self-defeating, and for most who wish to follow that will the skill lies in that which this instrument has always done, that is, to surrender the personal will, and then express the gift of faith, love and unconditional support when and in such manner as the opportunity appears to the lucid inner eye. To ask what the will of the Father may be is in its own way predisposed to looking at the creation as a place where the Creator's will is manifest, largely or wholly in physically observable ways—the speaking, the manifestation of right action.

Therefore, when a seeker wishes information from the infinite subjective consciousness that is the Creator, many times the seeker will receive directions which it cannot process, for its biases are those which see inaction as slacking of one's desire to serve. This is due to a lack of ability to gauge in an accurate manner, or to skillfully value, those messages in which the only instruction from the Father is to abide.

In the state in which this particular instrument exists in the physical vehicle at this nexus, for instance, the will of the Creator has been fulfilled, this instrument having called again and again upon the deep reservoir of its spiritual will. It, like many doughty and powerful spiritual warriors upon your plane, is using more than the strictly safe amount of vital energies than it would be wise to use. It, as many such, is biased towards the sacrifice of the incarnated physical complex in order to use its gifts to the fullest. As in many cases, the instrument is less interested in the continuation of the physical vehicle than in the amount of service it may offer. This is a quantifying of spiritual stewardship. Spiritual stewardship is more lucidly approached by regarding

the quality of that of its gifts which it can offer. This is to say, that the work ethic of your peoples is misaligned to respect things that can be seen and counted, at the expense of those infinite qualities of consciousness which cannot be seen or counted.

There is a line beyond which we choose not to venture in this particular offering of opinion. Already we have moved well over the line of free will in attempting to address this query. We have removed ourselves from this unacceptable invasion by encouraging this instrument to sleep. Thusly, were we able to speak at all—for although it is ever service to share our opinions—nevertheless, the strong will of this instrument could not hear the bell of rest and compline which its physical vehicle sounds within, whether it were mentioned or not. The spirit of love speaks as the instantaneous, emotional, attention-getting fire. That instantaneous light offered itself to the instrument as the rather precise readout of available physical energy. This reading was rejected by the instrument, serving as a perfect example of the situation in which the spirit speaks, but the message is rejected because of bias and the desire to use up all incarnational energy because of love of the One Creator.

This is more common than it would seem to the observatory powers of an observer of your environment who sees most entities in somewhat profound degrees of unawareness of the Creator, Its love, their nature, or their opportunities to worship in service to others and to the Creator. Most who discover the love they have for the Creator, no matter what the individual experiences of the palpable presence of that Creator, choose again and again to give all possible energy and intensity to serving more and more, without judgment concerning its own state of vital energy. Consequently, in the midst of the darkness of ignorance and unawareness among your peoples, there burn the torches of many who have chosen the path of sacrifice in order to burn as brightly and accountably as possible.

We do not have a clear resource for aiding an entity in the evaluation of its level of vital energy. When the path of service is consistently sacrificial, the entity who serves becomes unable to evaluate with any precision the state of its own energy. The usual suggestion offered by service-to-others entities is to ask those familiar with the instrument to aid the instrument in the decision to work as this group does now. It may be seen that it is not the instrument, but the harmonies of the working group which are the unity, both calling for the contact most beneficial and the degree of purity and intensity of the information offered. We have no choice, if we are to honor the energy dedicated to a session, but to communicate according to our best opinion on any question asked. Therefore, we cannot say we shall not communicate, for the energy of the instrument and of the group would be wasted.

In general, this response should be considered personal material. Although there are points of information acceptable for general use, this answer is highly anomalistic, as is the actual state of dedication which this group shows, is, although blind and suffering in darkness, still a towering faith and will. We chose to deepen the instrument's link with the consciousness of sleep and address the level of dedication which we here find.

The general run of seekers contains little enough acceptance of servanthood that the usual encouragement is towards surrender. The will of the Father—if we may call a co-created will of self and the All Self that—is instantly manifest, not when the query is asked, but when the time and place of service is matured. The greatest portion of the Creator's will is so interpenetrated by that which is unattached to space or time that it is in the present moment that the opportunity for service arises and is placed upon the heart of the Hierophant.

We ask such entities as you who together seek and who seek in harmony, to aid each other in encouragement of all kinds, including the encouragement of discretion. We may say that in the case of the questioner, there is no judgment, but there is the desire to give all. Each of you has this desire, but with the questioner it is also a lack of ability to estimate a state of energy, as there has been the stress of pain for a substantial portion of your time. Therefore, if the questioner is conscious, it estimates its energy as satisfactory. We do not criticize this degree of purity in any, but suggest that those with competent discernment aid the entity which wishes to bankrupt its vital reservoir.

We may conclude this query in considering that which we have described as fire. It does not come to one and not to another. It is explicit in the unfolding of circumstance. If an entity wishes to hear the voice of the Creator, to hear aloud the appropriate service

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described, it must wait for the rhythms of destiny to unfold in their spontaneous way. Nothing, including a surety of service, is intended for those within your plane of existence to hear and mark. Rather, the opportunity is instantaneous, and it is the entity who has surrendered all private desires to respond to the situation, not questioning whether it be one's service, but moving from a position of spiritual abundance and rest to trust in the spontaneous opportunity for service at the level of instinct. The appropriate meditation, then, upon the will of the one infinite Creator, is the trustful relaxation into apparent ignorance.

Those who feel that they have the experience of the presence of the one Creator, and those who have the experience of lack of perceptible union with the infinite One, appear to be in different situations as regards the choosing of how to manifest the love and the light of the Creator. However, the openness of both kinds of entities to being of service are identical. Some have the experience of aloneness, of loving the Creator but feeling isolated; others feel the consolation of the spirit always. These apparent differences are an artifact of the incarnational lessons to be learned. There is no true distinction between those who love the Creator. As the strength of faith and will is, so is the entity's true association with that great Self of which any atom of consciousness [is a part]. Each of you is the same, though your experiences vary. The dedication which is not apparent moves as the true measure of service.

Rest in knowing that many who are distressed in the search for the infinite One are beyond the illusions of the consciousness mind quite directly where they wish they were, that is, in communion with the loved infinite original Thought. Likewise, many of those who more vociferously state the closeness of the self and the Infinite are lacking true unity with any Creator except ambition and the creatures of ambition.

We find this instrument to be moving into awareness of muscle spasms, and would at this time cease to communicate, as the level needed for this session of working of sleep is soon to be finished. We again ask that this be considered personal material. We thank this group for its fidelity, and name you our friends.

We leave you in the love and in the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and in the peace of the one infinite Creator. We are those of Q'uo. Adonai. We leave you in love and in light. ♣

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Sunday Meditation
June 30, 1991

Group question: The question today has to do with the concept of how we deal with our emotions such as fear and anger, jealousy, feeling unworthy, feeling inept, any negative feeling that we have that has been with us for quite awhile and we've been working with. We're wondering if, according to what Q'uo and Aaron had to say to us, that the most appropriate way of dealing with these negative emotions is to be able to accept the self and the emotion that we have when we have them so that there is no longer any feeding into the emotion by holding on to it longer, hoping that eventually, by being able to accept ourselves and the emotions when we have them, that there will be a falling away of these negative emotions. Is this the most skillful or appropriate way of dealing with negative emotions so that we are able to be more harmonious and more productive and feel more whole and complete in our small selves in this illusion?

(K channeling)

I am of the principle of Q'uo. Greetings, blessings, love and peace to each of you in the love and in the light of the one infinite Creator. We are most pleased to be speaking with your selves this sultry, beautiful, greening day which you allow us to enjoy as we temporarily use the senses of your own physical capabilities. Yet there is no beauty outside of each of you that can even be compared to the beauty that lies within each questing soul. As each gazes at the challenges of the present moment it is well to lift that gaze as if one were upon horseback, lifting up to get a different perspective, a bit of an overview, and the means of locomotion through the processes of loss, change and transformation.

You ask us about the living in an apparently imperfect, entirely flawed crystallized [state of] being without yourself, becoming vulgar, splintered and uncrystalline. Many there are among your peoples who feel that they have been broken by circumstance. The one known as K refers to these as the walking wounded.

Let us begin with this concept then. Have you personal knowledge of any entity whatsoever that is perfectly sure, with no spiritual arrogance of the meanings and the lessons to be learned from each challenge? You could not expect this skill of anyone. Cast about in your mind, in your heart, in the experiences that you have read and seen and heard and ask yourself, "Did this person live in the heaven of bliss and peace and joy which shines effulgently from the great heart of the creation, that great Sun which lies deeply within each of you?" To answer our own question, it is not to be hoped for or to be desired in a non-relative way for one who wishes to proceed along this beloved and dusty path, not with slowness nor with haste but with utter respect for the processes we know, each of us, that are taking place. For just as the fish must move at all times to breathe,

so too the mind, having been fed its physical manna must then yearn for that divine touch of that heavenly food.

The attitude expressed in the question, that is, that one simply sits and accept the imperfect self in its apparent manifestation, is a good suggestion. Like many good suggestions from entities who know a great deal more that most third-density entities, it is, idealistically speaking, quite without error to say that the process of maturing is a process not of becoming better, not of becoming wiser, not of becoming more of any quality which you may judge within yourself or others but only of one thing: the patient persistence of faith.

So we describe each of us and you as being continually at the crossroads. To one who travels without imagination and without soul, streets, byways, lanes and highways are simply places for which to travel. However, to the spiritual seeker the ride is the experience not the destination. Each spiritual seeker has chosen to walk its own path with its own topography and terrain, its own blessings, challenges and seeming nuisances. Its own thanksgivings and its own pain.

To say that this is the human condition is vastly to overstate that generality. Yet it is true that if an entity is able to recognize more and more inwardly that the situation in this illusion will apparently be imperfection in memory, in the present and in the future, this creates a good start upon dealing with the pain and seeming destructive and negative characteristics of an ongoing spiritually based life. Each of you who is on this trail finds the dust beloved, finds the hard rocks and the wood splinters a cause for joy, for that person has found that which is worth the various inconveniences and seeming muddled confusion of the third-density illusion.

So firstly, my dear ones, each place yourself in this basic attitude of watching, observing and accepting everything about the self. Yet this is only a bare beginning from the first step outward into the abyss of mystery. There is often sometimes dramatically a shift in perception. To some entities this shift is extremely painful, for there is rigidity in character, and there are solidified opinions from feelings in the taking upon oneself of all the transient personality as if it were the character of the self.

So you see as you attempt consciously to live with emotions which do not seem appropriate to you there is only a small amount of spiritual work in consciousness that may be done upon the level of logic, analysis and hopes for doing better. Of these things alone is the mind and brain of your beautiful analyst equipped. Consequently, the hope of achieving comfort within, peace and self-assurance is a lost cause if it is pursued by the intention of attitude alone. For attitude is, until it has become you yourself, a piece of clothing to place between the vulnerable and naked self and the world which impinges so harshly many times upon the wounded seeker. Yes, all seekers are wounded.

The need to examine mystery goes not well with an attitude of complacency, comfort and mundane peace. Even as you ask yourself why so many seem to slip through life as if they were greased lightning while you the seeker, each of you, must again and again and again find oneself stuck, stopped completely by overwhelming catalyst. Catalyst which, because the world knows it not for the most part, is catalyst unique to you in a far more precise way than some superlatives. For each of you is unique in his or her way. Each of you, though aiming for the same destination, have plotted carefully to ensure, no matter how many detours are mistakenly taken, that within this incarnational experience the seeker will have ample opportunity to learn each lesson of love.

Thusly, as we move into the second part of our thoughts we simply suggest that each of you take away the cutting board upon which you slice yourself. Place the knife, cleansed and oiled, back in its sheath, for you are not now working with the tools, the power or the values of the mundane society in which you have chosen to experience this illusion of humanhood. Gaze as we leave the conscious minds dealing with spiritual progress as one would gaze upon the last days of a summer in childhood. These days are precious, yet they cannot be stopped or controlled. There would be the school the student must go back to. The job that the entity on holiday must take up again upon return from that holiday. There is, as far as we know it, no way past the ego, or perhaps more accurately, a self perceived as self without ego.

So in our quest to gaze at the most appropriate way to aid ourselves in our seeking for an attitude not skin deep but within the very marrow of each bone, within each pore that opens to the sunlight and the rain, within each sense that tells you of beauty,

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destruction, peace and confusion, consequently, the seeker must gaze beyond, beneath and around the negative emotions such as anger or fear. Gaze at them unblinkingly. Gaze at them lovingly. Yet how can an entity, no matter how much meditation, study, desire and training, really have a certainty and a surety that there will more and more be the feelings of wholeness and harmony of which you have spoken?

In this entity's mind there is a quote from a poet named Yeats: "It just is that there is"—an almost bottomless and infinite self which each seeker is attempting carefully to build the roads that may take the feet to that place of rest amongst the discomforts, sorrows and losses of a life lived in faith.

Again and again the Creator calls you. Again and again you call for the Creator. And again and again you are distracted by the pains of living intensely. Because each is already a poem, a chosen path within this circle, we may be general and say that this is itself sufficient preparation for further work in consciousness.

The distinctions we are making are subtle and we ask for your patience. Indeed it is true that it is extremely helpful and informative to each seeker that he look carefully, humorously and undauntedly at each apparent lapse in faith, loss of hope, or disappointment within the life experience, be it with relationships with the society or as is most common, with the self. Your conscious mind simply cannot tell your subconscious mind that you are worthwhile and of the mistakes that you make are as much a virtue as the apparently unmistaken ways of acting which are part of your being and ours.

There is a life independent of the conscious mind, that part of the self that is a hologram of all of infinity. That self is as a sun and the experience of living the imperfect and wounded life is the experience, if we may use one of your myths, of Icarus flying too close to the sun. The feathers drop off, the structure melts, and the sun has been not benevolent but unwittingly destructive.

After one has properly devalued the information given by the analytical and curious mind of your physical vehicle, you may then place that attitude which governs behavior just where it should be: upon the behavior shelf to be brought out and used carefully and sincerely in gazing at various concepts which endear themselves to each of you. Then in order to grasp the means of coming to forgiveness of the self must needs be seen to be so far below the [level] of consciousness that there are no mental or emotional stairs which one may use to move from the house of illusion to the house of the infinite Creator.

Between this great central Sun and the experience of mundane living lies a great river of blessing, healing and pain. The structure of the subconscious mind, as you would call this portion of your field of consciousness, needs to be evoked layer by layer, layers as thin as the skin of an onion and sometimes layers that have a markedly saddening effect upon the seeker who is living through the inevitable changes and feelings of perceived failure which constitute the conscious perception of catalyst.

What are these intermediate subconscious levels? We chose to borrow the words of the one known as Aaron. There is much that occurs before a consciously generated mental formation may occur. The one known as Aaron simplifies this in a way which we feel is helpful so let us look at this process. Become aware now of your attitude posture, that is your true physical, mental and emotional states. Gaze at them. This is your unique beingness at this time, at this very moment. If this is who you are and if you are of the Father that is love, then you as a seeker know in some deep way that the apparent challenges of the incarnation are much like the scenery of the play for which you are the star.

As an actor expresses its lines again and again in front of your theater audiences the actor begins to become more and more aware of the true nature of that character or person which the actor wishes to portray. So that after repeating the same two hours or three of lines said, movements made, and emotions expressed, the wholeness of this mentally and emotionally crafted persona becomes more and more nearly complete. Cast yourself therefore as an actor. You do not need to change the play, to alter the script. You need simply to be as faithful to the character you perceive as yourself as possible. This acceptance of the self, although it may begin intellectually, begins to open the doors into that portion of the subconscious mind that may aid you in dealing in a joyful and peaceful manner with the many things which within your illusion seem to be challenging, difficult or even despairing.

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Sit now and feel your body, your head, your gently resting eyes, your lassitude as you wait alertly but patiently for the hope of some germ of truth that we may offer to you that may be of help. This is your play. We have a far subordinate position in this play. It is yours. Each occasion upon which the self sees itself as angry or in fear, one—we correct this instrument—each then moves back into the reading of the script so far, into the nuances that have been found so far within the message of the play in between the lines and the emotions generated by the drama which is neatly tied up in a play in five acts or less.

Upon your own stage it is far better to see that the play will run indefinitely and that you will have every chance every day to create an openness and spaciousness of spirit and glee that allows the Creator to play in the summer sunlight of your open mind and heart.

Let us move back to perception. Again we thank the one known as Aaron for creating a simple way to express ourselves in terms of dealing with disappointments. Imagine that you are seated in the midst of a busy public place, perhaps awaiting one of your modes of transportation in its scheduled departure. You have brought with you something that is absorbing and as you sit amongst the hubbub and turmoil of the many, many unsettled entities and the many, many emotions, these do not confine you. In you there is no turmoil, no hubbub. You have the correct time. You have your ticket. You are ready to climb aboard for your journey. And so you read your book or do something else which is equally absorbing and the hubbub and turmoil is not there.

Were you to be regressed, as you call it, by hypnotism to that scene, you would be able, in a deep enough state of trance, to remember precisely all that has occurred while you were reading the book. However, as far as the conscious mind is concerned, there has been no stimulus but the book. So the first flaw in hoping that by taking thought one may become more skillful, one may see that there is no hope of beginning from the outside in, in a truly objective way.

Now let us say that the book has been absorbed and you have the consciousness of reading that book. Do you yet have an attitude? We suggest to you that you do not yet have an attitude. For you have been impressed with certain thoughts and certain feelings, certain resonances and rhythms which are at one level or as many as you wish to embrace. But firstly, there is the choosing amongst all sense impressions of that which will come at highest priority into the consciousness of your heart and soul. The perception itself is a narrowing of the infinite Creation.

(Side one of tape ends.)

(K channeling)

With the experience of polarization what opinions and biases have each brought to the naked perception already clothed somewhat? It can only add further clothing, further coverings, further defenses, and further distortions. For each entity is intended to be biased. These biases, though they cause a great amount of pain, are spiritually desirable. Not that one would seek out difficulties or challenges, but that in a challenging situation one may see clearly that one's own previous biases, one's own prioritizing of consciousness and one's own sense impressions do a tremendous amount of distorting to what each would hope to be a life lived in full consciousness of love.

The last thing which occurs in this process as it moves up through the subconscious mind is the formation within the mind of a response to this heavily flawed perception. At that point you are again dealing with the conscious mental formations familiar in the mundane world. However, if you have been careful to see the processes which precede actual mental impressions you may gauge them lightly without rancor or judgment. Not because you wish to advance, not because it is wise but because it is a kind of habit, a way of stepping just a bit back, of getting just a bit of height. And seeing not only that mental formation that feels so painful but seeing also with utmost compassion, the weary, weary walker who must heave himself up in the saddle from time to time and say to itself, "I am grateful for this horse and grateful for this body and grateful for these pains and joys and I wish to look at each of them as a good part of myself."

We have focused today on the details of perception, for your query has to do with the process of perception. Entities realize, for the most part, that they cannot anticipate or understand other entities' every action and word. However, in terms of you within this physical incarnation, you are in the position of attempting to understand and accept an entity that is noticeably distanced from your true

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self. This standpoint or point of view is not helpful in terms of its being used as a tool to create the desisting and the ceasing of painful emotions so that one may somehow come out upon the pleasant valley of enlightenment. Can you see now what folly it is to expect or even consider the possibility of, by taking any thought whatsoever, releasing the self from the fears and the anger with which it has fueled its very seeking?

Thus we may say yet consciously observe the anger, the temper, the emotional dyspepsia. But at the same time open the door of the threshold of the deep mind by whatever means creates in you the sense of approaching and going through a door that is holy, a door wherein you are protected, bathed in light. And whether you can feel it or not, be healed little by little of each and every perceived pain. Keep that door open. De-emphasize to the extent appropriate for the individual personality all consciously received data and move beyond words, beyond judgment, and beyond the self into the point of view that sees all things as acceptable and not only acceptable but glorious. Each of you is an epic. Each within third density chooses some form of drama. Some are stuck with charades for they know not how to be but only to behave.

And so some move through the incarnation creating behaviors, speeches and attitudes designed to manipulate the environment for comfort and security. This is not your path. In your path you have truly broken yourself and offered that sacrifice of heart and soul and mind to the one infinite Creator. As you rest back in that relationship know that the "I Am," "that is all that there is," is you.

Know that you are not simply a pawn moving about on some cosmic checkerboard—we correct this instrument—chessboard, this instrument is not good at games. Take the mind off of the moving pieces, the stratagems, and the ploys. Gaze at your situation more and more without judgment, indeed, embracing the seemingly difficult, negative or challenging situation. This positive action of love is as a healing balm as the true nard[2], the true salve, the true healing ointment of [Gilead]. This is not a gift you can give yourself. You can only open yourself to the opportunity.

Each of you, each entity within the third-density physical being, will experience a vast and constant irritation if that entity is a seeker and a sensitive one. Yet you have, day upon day, week upon week, and year upon year, a rising to the play. Each day the performance is unique; the audience sometimes cold and sometimes sympathetic; the lines felt not from the heart or felt completely from the heart. How various experience seems, my friends. Yet you are simply doing the day's work in consciousness by giving this seemingly hypocritical persona the very best work that you can do as an actor, learning the motivations, gazing at the patterns, reading between the lines of your lifetime.

Let a time fall upon you as twilight falls upon the grass at the end of a golden summer day. Let your selves be as lush meadows, welcoming and drinking in the feeling of love, loving and being loved, for in love we are without judgment.

We realize that this has been a bare beginning but this instrument is requesting that we close this session before too much longer. We are afraid this will be an ongoing difficulty with this contact, that is that this entity is in a state where it does not have an awareness of a time flow but is rather in a place of utterness which does not have the characteristics of time and space. If this is acceptable to you we shall simply continue until we hear through this instrument's ears the recording equipment stating in its unthinking way that forty-five of your minutes have passed.

Perhaps we may learn to be shorter in our seeking. But for the most part we ask your patience in allowing us to, in order to leave this instrument on its stead in its sincere work free from the necessity of attempting to keep part of the consciousness upon the level upon which time holds sway.

You stand, each of you, upon a play stage—we correct this instrument—upon a stage. What is the nature of your play? How long has this been running? Has it been a success on Broadway? Did it die in Boston? Are you on the road with it? Over the hill touring the provinces? Appearing in Saskatchewan? It is still your play and you have every reason to attempt always to move through that play so authentically that the play becomes a poem and the poem becomes a life, and the life becomes a presence of love to love. May you encourage, exhort, support and cherish each other. For you have chosen

[2] Nard is an ointment prepared in part from *Nardostachys Jatamansi*, an East Indian plant of the Valerian family.

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the high road. The road that is the wisest. The road that is the most seemingly barren.

May you make peace with your decision to join the confederation of all consciousness. May you find yourself, even when most weary, ready to lay down that particular load and rest. Not to a place where you may be consoled and healed and have your work finished, but so that you can get a restful kind of consciousness unrivened by the carings and strivings of mundane difficulty.

These things are among your choices in each moment. To some we would say it is well to use the intellect to attempt to spot and work with mental formations before they become toxic. But remember also that each of you is already toxic. For there is in earth not sterility but a growing living soil for both the good and the bad vine. What is your choice? Which part of that vine of self that begins in the Creator and moves only up to you as the fruit of the vine will be for you at that moment the way in which to ventilate the pain, difficulty or the darkness with the spacious light of a faithful life?

We would now close this session and would offer the communication to the one known as Jim and if that entity does not wish to work this day we are most grateful if the one known as K would wish to use more discussion time. We shall attempt at this time therefore, with many thanks to this instrument, to transfer the contact to the one known as Jim. We leave this instrument in great joy. We will transfer now. We are of the principle of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again through this instrument. We realize that your patience, your ability to rest comfortably in your positions have been tested by the length of our *(inaudible)*. We would ask if there may be any queries to which we may speak before we take leave of this group?

Questioner: *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. Each, both consciously and subconsciously, already does this but the sending of such energy to the most efficacious would be done in a carefully conscious fashion where the energy does seem to be entering through the crown chakra and moving through all centers of energy for the instrument. This done as a visualization will aid the contact in that we also move through the crown chakra and activate primarily the blue-ray center. The balanced configuration of the entity seen in the visualization and seen to be receiving the energy entering through the crown and moving to all portions of its physical vehicle would be a means whereby the instrument could be aided not only in its physical comfort but the contact could be aided as it moves through the instrument.

Is there a further query, my sister?

Questioner: *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. We would recommend that this energy be seen as that which is universal, is drawn from the ethers or the cosmos as you may term it, but that would be seen to be flowing from infinity into the crown chakra, moving through the physical vehicle in a downward fashion so that each center of energy was bathed in light and the energy was also seen to be exiting as it travels through the arms and legs to exit the hands and the feet. And this seen as a washing of the instrument's physical vehicle in general and, in particular, a washing and energizing of the energy centers or chakras.

Is there a further query, my sister?

Questioner: *(Inaudible)*.

I am Q'uo, and we are most grateful to you as well, my sister. Not only your patience and your persistence but also your querying in this area for it is an area that is not unique to you but is shared by all seekers who travel this journey long enough to find that there is the necessity of facing the self and accepting the self with all of the characteristics that have been added to the experience for the purpose of enhancing the learning, the tempering, and the serving.

Is there a further query at this time?

Questioner: *(Inaudible)*.

I am Q'uo, and am aware of your query, my sister. If you feel with urgency that this is a portion of the workings then we would recommend that you follow that feeling and undertake to create such a circumstance. However, it is our observation that if these sessions are to be offered to any entity which walks through your door, that you not undertake such efforts. For this could easily be misperceived as that activity which sets you apart from those who

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join you for these sessions. If it is your desire to work only as a triad of working, this would be well.

Is there a further query?

Questioner: No, thank you very much.

I am Q'uo, and we thank you as well, my sister, for offering yourself with such ample heart. For these workings we are honored and greatly overjoyed at the opportunity of speaking through this group and for the ability to utilize your instrument. We shall take our leave at this time thanking each again and leaving each in love and in light. We are those of Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
July 7, 1991

Group question: This is a continuation of the session from last week in which we were discussing the query of how to proceed on the path of, shall we say, perfecting the self: working to the point where we're able to accept the self and the distortion—whatever feeling one has—whether it be anger, jealousy, depression, covetousness, greediness, laziness, overachieving … We'll stop there, and proceed into the area of a certain attitude or perception that Q'uo talked about last week, where we see the world around us as a blessing, as a means by which we learn what we need to learn. How do we now proceed when we've begun to accept ourselves and the distortions that we feel? What is the next step in order that we can more easily and fully achieve the balancing of all of these distortions, so that the light moves through us in a way that allows us to radiate it to others, rather than hold it in the distorted form in one particular energy center?

(Carla channeling)

I am of the principle known to you as Q'uo. Greetings, love, light and blessings to each of you. We have gently aided this instrument's physical vehicle into a far more relaxed configuration than it was able to achieve consciously, and so we shall be somewhat measured in our speaking; however, we are pleased to be aware that this does not create any difficulty for this blessed group of seekers after the truth.

The central question of consciousness is its definition, and the central concern of those who wish to work in consciousness is to be enough aware of that definition that the quest becomes centered and focused. When we spoke last concerning the spiritual path, and moved seemingly backwards into underlying material concerning the processes of perception, our intention was to begin a dialogue in which each [seeker] may gaze at the mechanical, as well as metaphysical, means of prosecuting a plan of development as a seeker in the most lucid way possible. Consequently, we felt that we needed to stress to each seeker the enormous subtlety of the process by which each gathers the information which is then put to use in grasping where this consciousness moves, where it lives, where it is exultant and alive beneath, above and beyond all perceived limitations.

It is common for those who are seeking to assume that their role in the seeking has some intended emotional bias that would appear as noticeably metaphysical or spiritual. However, we pin you to the spot where you may gaze at the mechanical process of perception; for, if consciousness is, but is not perceived, this consciousness is infinite and intelligent, but without any form.

Each seeker senses an enormous framework of form and substance, not only about each organ and bone and muscle of your physical vehicles, but also of each

tender sprout of new thought, each seemingly larger truth. It is well for serious seekers to begin squarely gazing at the impossibility of, in any final way, becoming able to control perception. If spiritual seekers or any who experience third density, put within their intelligence the estimate that intelligence will deliver correct answers, this entity has made a fundamental error. Each seeker perceives poorly. Each seeker planned to perceive poorly.

Thusly, as we begin this day, we ask that you see yourself in compassion. For every truth that you may feel you know, there are a thousand biases that have moved into the web of your energies and become solidified, in some way that only dimly reflects the actual consciousness that each seeker is. You are not shoddy materials. The improvement of the spiritual quest is not particularly dependent upon the accuracy of the perceptions noted, since all perceptions will be, to a very linear and mechanically seen extent, biased and imperfect. Thusly, as one works consciously to form an ever more authentic and true life experience, one must move into an authentic humility concerning the nature of this particular classroom which you now enjoy.

Let us rest in peace and in self-compassion, in the truth that is most nearly true; that being, that there is no intention or necessity for becoming wiser, more mature, more special, as your harvest and bounty of lessons learned is brought in. You do, indeed, have harvest each day in your experience. You do, indeed, store it and work with it. But start from this point: that you are aware that the work that you can do will be done as well as each can do it, and it will be imperfect perception.

A choice fundamental to the third-density experience is the decision to become individual in an apparent and gross fashion. When two hands meet, they do not join organically to form a being with four hands and two bodies. No individual touches another in the deepest sense; yet, all individuals are you, so that as you perceive others' paths you are then at your most skillful in ascertaining your own spiritual sensibility. The third-density entity cannot perceive, because it is imperceptible that there is only one being and that each of you is the "I AM." So you gaze at the dark mirror of yourself, and find the need to refresh the self as one sees one's self in the endless series of distorted and flawed mirrors which one may find in a carnival. You may see yourself tall or short, fat or thin, strange or lovely; but all the mirrors of the self are flawed. That flaw continues as the entity gazes at others. However, as the seeker gazes at pilgrims upon the same road, the artificial separation creates a spurious but helpful clarity, in seeing in another a far less distorted mirror. Consequently, a tool that can be used at any time to center and focus the self upon learning is to gaze at that seemingly separate self with your more impersonal viewpoint, and thusly, see yourself.

What have you said about others today? What have you thought about your companions? Whatever it may be, it was only apparently a consideration of an other self. It was, far more deeply, an examination of the self in the mirror which another self has offered you. This leads us to suggest that, although persistence and determination are absolutely fundamental to working within spiritual consciousness, there is far, far more that moves into the equations of learning. Take the self, then, off of the barb, away from the hook of one's own judgment. You did not come here to memorize lessons. You came to this arena of choice to be a choice, not simply to espouse a point of view. The espousal of a point of view is cerebral. The beingness or essence or vitality of the self is without words. It simply is.

It, of course, is a difficult task to learn anything, and doubly difficult when all the books are open but there is no illumination by which one may read the simple, generous and lovely answers from the textbook. You can only hold that Book of Truth that is your heart's wisdom in a trusting awareness, and so give up yourself to yourself by your self-compassion, that this beloved wisdom begins to soften that which is you, not that which you think or that which you feel or that which you do, but that which is. You are a verb, not a noun. You are not a thing. You are. The simplicity of this beingness eludes the mind, and refuses to obey any particular form of behavior. As the seeker moves along this self-perceived path, it acts and thinks and talks and believes that it is those activities, there being no evidence to the contrary; but, as you turn and face the inevitable distortions involved in the process of perception itself, it is easier to see that the path of the seeker is not going to fall along any planned or consciously desired outcome, unless that happens to be a natural fruit of your particular being.

We ask all seekers to remove from themselves the request to have more or less comfort, more or less

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perceived awareness, or more or less of any valued quality, for each of you is now infinite, and in this moment is all things.

Imagine this all-ness of you. Your consciousness is attempting to pack the baggage that you may carry along this path of seeking. Can it put in the sky, the moon, the stars, the universe, the question, the mystery? Can any suitcase of selfhood hold the burden of imperishability? No, my friends. This classroom will continue, while each is willing to put one's self to the task to offer falsehood after falsehood and trouble upon woe, in addition to all joyful things; for, the suitcase you carry is a suitcase full of your masks, but you are not in the suitcase. You simply carry about in this classroom a collection of personas, of masks, of behaviors that have seemed helpful and hopeful in past choices.

When one enters the first grade, one expects to have some difficulty learning the alphabet, the handwriting, the simple mathematics of your childhood days. It is, within the scholastic system of your peoples, recognized that as each entity moves towards the study leading to the getting of a diploma indicating a skill in study—more and more complex, difficult, challenging and interesting lessons—perhaps the graduate student cavils at the increasing difficulty at producing what seems to be excellence; yet, the graduate student does not feel betrayed because higher learning is harder than memorizing sums or the spelling of words. The incarnation, as it moves forward, sideways, in a circle or whatever model your truth tells you you're moving, will be constantly offering puzzlement, difficulties and many, many unanswered questions. The hope of one who hopes to know the truth is simply that.

Within your third-density illusion, it seems that if one becomes wise, in just such measure will one become more comfortable; yet, true learning has as its hallmark, discomfort. Look gently at the body that bears you. Feel the points of pressure as you sit. Feel the breathing, the musculature, the saliva in the mouth, the noise in the ears, all the many, myriad sensations of this particular environment. Feel the weight of the thoughts that do not go away, even in the most interesting discussion. Feel the self wishing to delimit itself, to make boundaries, to define differences, to express uniqueness. See the uneasiness that this will cause consciousness, for, insofar as each perceives itself as unique, so does it perceive itself with distortion.

We wish to give you tools that you may use in order, more nearly, to love the Love that is you—that is all other things whatsoever that, indeed, **is**. You are as a small vase, perhaps beautifully made, perhaps made with some clumsiness, but a good watertight vase. You see the vase. You are the flower. You will never see yourself in flower. You will see the vase, the tending of the vase, the watering, the cleaning, the movement towards the light …

Thus, the first tool we would offer when an entity perceives discomfort and agony, is to suggest that the entity drop all known facts about the self, that the entity allow that structure, that vase, to be just that: that which holds an ineffable, singular consciousness, and holds it in common with all the creation.

You may, without spiritually defaming yourself, be critical of the vase. You may choose in this non-physical vase of which we speak, to beautify in your own unique way that vase. You may hallow and honor the privilege of being the container of self-perceived consciousness. But to know the flower that is your consciousness is not part of your choice-making experience; for, if you knew beyond any doubt that you were the flower, why would you need the vase? Why would you ever have cut this flower away from the root of all that there is? Why, but to regard not your flower—for you are blind, "inly"—but the flower that is all other entities, that is **you**.

Look again at all you have seen this day. Do you see the vase? Do you judge the vase? Do you notice the bloom, the flower, that which is in each face that you see? This choice-making density is intended to move as quickly as the seeker wishes through the various lessons of learning to love the flower of consciousness, and to embrace consciousness …

(Side one of tape ends.)

(Carla channeling)

You are the beholder and you are beheld. When emotions run high and spiritual exhaustion is deep, you may wish that you were not this vase and you do not have to be the vase that you are. The flower is unchangeable, immutable and everlasting; and you are learning how to value that flower, not because it is you, not because it is something that you have called the Creator, not because of anything, but because that is all that there is. And in these choice-making lifetimes, you are shaping that gift to

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yourself that is the most beautiful receptacle for love that you may create.

Each hardship, each disappointment, each perceived difficulty is, in its own way, true. Vases crack, break, must be made again, must be scrapped and started over, must be retouched; but you are not working on love, you are working on how to honor love. Let this be your first tool when your emotional vase seems crazed and twisted and altogether out of round: know that you can throw that pot back into the wet, soft clay, take the slip cut, and re-cut and re-cut your pot anew. Line it as you will, paint it, enamel it, fire it, stud it with jewels, or be unassuming, knowing that love needs no decoration. But you are safe; these things are occurring to the vase, to the vehicle that carries the blossom of ineffable and perfect consciousness. Vases may bump together, and clang and crash and nestle in so many, many configurations. The blossom is always the blossom.

Do not fear loss, for you have only clay to lose. You are the blossom. Rest, beautiful, beautiful blossom; rest.

We are glad to continue as you wish, at a later time of working, and we are honored, as always, to be called to you for such discussion. As always, we ask that you remain within yourself, feeling the thoughts we give you, to know if they may be for you or not for you. Retain your powers of discrimination, but remember that you can only discriminate about the vessel of infinite consciousness.

We would now leave this instrument and conclude through another channel. We are those of Q'uo, and we transfer now.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time, we would ask if we may aid any entity present by attempting to speak to those remaining queries that may have value to each. Is there a query at this time?

Carla: *(Difficult to hear.)* I would like to express a situation, if you could comment about … not without saying that I truly do wish to preserve free will. I have had a puzzle lately. My body doesn't seem to want to work, and it's painful. My spirit seems to be fairly heavy, and I don't know, frankly, why I'm having all of this difficulty, unless it happens to be dealing with my life. I feel that a dream that I had recently expressed for me the reality that I've experienced for about seven years, of basically becoming a person again after the death of Don Elkins; and I am very interested in knowing any way in which I can use the realization that I did, indeed, die in a very literal sense, as far as my personality goes … and have been building it since … how I can use this knowledge to aid myself in being more centered and less crazy with the pain of … I would like very much to use this as a tool, and I don't know precisely how to go about it. If there are any comments which you could make, I would greatly appreciate it.

I am Q'uo. We look upon this query with an eye that is set toward the preservation of that free will, which we see you also hold in great esteem, for the query is one which explores fundamental qualities of your incarnation, which are most valuable to the seeker when they have been discovered as a result of the personal efforts upon a continued basis. We shall speak upon some points of your query and your observations.

Your difficulty within your digestive system is one which has been echoing through your incarnation, dating from the time of the psychic greeting. Some of your years ago that was possible due to your creating an opening that, though quickly and effectively healed, provided a target of opportunity for your friend of the negative polarity. This situation is one which has continued to present you with great difficulties of the physical vehicle, and the attending concern of the mental and emotional complexes. It is a situation which we find you are attending to with all due care and respect—one which we find has continued to provide you with catalyst that suggests to you the need to place accomplishment upon a physical level above the appreciation of your beingness. For, this is a central theme, shall we say, not only of your incarnation, but of almost all entities who inhabit this illusion; for, within this illusion, it is seemingly the case that one's mastery of manifestation and accomplishment of details is most important for the gaining of value and the storing of the wealth of this value.

The dream, as you have remembered it and utilized your understanding of it, is indeed an experience that has summarized your healing process in relation to the one known as Don, so that there is, upon that level of your experience, a completion that will free further energies for your use in whatever manner you choose to utilize these energies. The application of

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that message from your subconscious mind to your current abdominal distress is an area where we find that we may not tread, due to the joint desire to maintain free will.

Carla: Is that … *(inaudible)*?

I am Q'uo, and we slipped that one past this instrument for your pleasure. To conclude our remarks upon this query, we would suggest that your straightest and strongest course at this time is that course which you have followed faithfully, and that is the attempt to see and experience the love of each moment no matter what the challenge before you, to pursue the understanding of your beingness with faith, with will exercised by, as you call it, an happy heart. No entity may know the end of the story, for the future is indeed mazed to all eyes, including our own. We recommend to you that you continue this journey with the joy of the seeker who walks with the Creator in the garden of the creation, experiencing the delights of the moment and keeping the eye inwardly ever upon eternity, for all within your illusion live a life that is but fleeting no matter how the measure of your years may quantify it, and yet, live a life that is eternal in its choice of what we find you have called "the attitude"—the attitude that sees the illusion before one and feels the Creator within one. And though there may be little of understanding the illusion before one or the Creator within one, yet, there is the sure faith that the Creator may be known in all illusion, and that one is never alone or without purpose and guidance. Always are you cradled within the hands of the infinite One.

Is there another query, my sister?

Carla: I would like to thank you for the beauty of that answer. Yes, I have another question on another thing. I had an experience this week which I did not know precisely how to deal with. It was a situation in which I was put in a position by students who needed to have somebody to admire. Not being an admirable person or guru or teacher, people sat at my feet and I was afraid they smelled … no, they just were worshipping my feet; and nothing that I could do or say could sway these people. Now, this isn't the problem—I know that's their problem, not mine. My problem is, they take something from me that I don't know how to give so that I am still comfortable. When these people leave, I am always feeling as if I have been sucked on by a vampire, and I know they don't want to do this to me. I know they have no intention of doing it to me. I know that there is something about myself that is giving too much, and giving heedlessly, which is not at all what I intended as a teacher. If you could comment on that in any way, I would appreciate it.

I am Q'uo, and we may comment by confirming your conclusion that you are of a nature which gives without stint, in many cases giving to the point of bankrupting your own energies, for at this time and for some time as we have previously spoken, you have been in deficit. As an entity which seeks the fullest expression of love, you have little of the what we find have been called "boundaries of the self," which are utilized by most third-density entities in an automatic holding or confining of the personal energies that may flow to another at the request of the other for assistance. You perceive requests for assistance that are both spoken and unspoken, conscious and unconscious, on the part of the entities that join you.

In the fashion in which those of whom you speak joined you in the previous week, we are not aware of a strong possibility that this central feature of your personality can be altered significantly without altering your concept of service, and are further unsure as to whether or not this would be the most efficacious choice—we correct this instrument—even if it were possible. However, leaving this choice to you, we can suggest that before you are joined by such a grouping of entities again, or before you join such a grouping of entities again, that you construct about you a sheathing of light that allows the energies of your mind/body/spirit complex to circulate freely within this field created by the sheathing, and that there is a transparency to the sheathing that allows radiance of light to be emitted, but that retains the energies for your complex as necessary to maintain mind, body and spirit at a basic or fundamental level of functioning.

This sheathing of light is created mentally, much as you create that circle about you across which no thoughtform may move, as you bring your hands from the touching position in front of your body in an arc so that they complete a circle, touching behind your body. This may be done mentally, and may be reinforced at any time that you feel that there is a significant draining of energies from you by those who call both consciously and unconsciously for that which you have to give.

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Is there a further query, my sister?

Carla: I know precisely the prayer and the practice that you speak of, and I thank you for that. My only other question is of curiosity. There is a similarity in a part of the gospel, an alleged story about Jesus the Christ, where a woman who has had a hemorrhage for twelve years—crawling along the way—finally manages to grab Jesus' robe, and he says, "Who is getting healed, because I perceive virtue is going out of me?" Obviously, he didn't have his shields up either, and I just wondered if there was a similarity. It seems like there is quite a bit of similarity, and also a similar weakness, in that he wasn't very much on limits either.

I am Q'uo, and this description of the one known as Jesus is a central feature of your personality structure, and is the feature to which we referred in our previous query, as a feature which we feel is unlikely to be altered to a great extent upon your part, due to your feeling that this is of great importance, that is, the serving without stint.

Carla: Thank you so much, Q'uo. I have no more questions.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: *(Inaudible)*.

I am Q'uo, and we are most grateful to those who sit within this circle of seeking, once again, for inviting our presence which we share as fully as is possible for us, and through this sharing do we take great joy, for it is the means by which we may be allowed to know and serve another facet of the one Creator, and thereby enrich the experience of ourselves, of the Creator, and we do hope, of those we serve as well. We shall take our leave of this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation
July 12, 1991

Group question: The question we will deal with this morning has to do with anger. Where does anger come from? How can we use it and how can we heal from it? There is a feeling of being out of control that people who are sensitive to other people's feelings fear. There's the fear of the injury that would be caused by the anger. There's the fear of the actual feeling of the anger, the feeling of not being able to control it, that there would be some damage done. There's the great unknown of where does it come from within ourselves. Is there a value to anger? Can we use it constructively after the anger has passed? How can we use it to heal up whatever wounds were caused before or during the anger?

(K channeling)

I greet each of you this day in the love and in the light of the infinite Creator. We bring greetings to this group also from our brothers and sisters of Hatonn who are called to be with this group this morning and yet prefer not to speak, but simply to aid in the meditation process of those present.

You request information this morning about anger. Each in this group has given much thought to this subject and has done work in this area and there have been queries upon this subject both directed to ourselves and to the one known as Aaron who has also worked with this group in this area.

We are pleased to see that this working continues, that the interest of those present in such matters is not simply a shallow and passing interest but that answers to questions upon such subjects provoke further thought and introspection and further experience which again generates more material for thought and reflection. This is the nature of the process of knowing the self and it is this process upon which all seekers are embarked.

There may be consternation experienced by the seeker when a subject such as anger is studied in that depth of the self hitherto unknown well plumbed. The resultant knowledge is not always experienced as either pleasant or comfortable to the one who seeks, either because the information thus uncovered is judged to be of an unacceptable quality to the seeker or simply because it is unfamiliar to the seeker as being part of the self and thus the immediate response is one of rejection and judging it unacceptable.

This process of discovery of the self and of accepting the unacceptable is known to each in this group as part of the seeker's lot. However, it is always disconcerting to discover these things close to home, shall we say, rather than dealing with perhaps the same subject in what you perceive of as an other self at what may seem to be a safer distance. The reality is that there is no distance and whether anger or any other uncomfortable or undesirable emotion is

discovered in an other self or in the depths of the self is no different. It is always the self that is being explored and experienced.

We know you are [aware] of this and that it is a function of the nature of the illusion to foster such differences and indeed to aid in the learning process. For it is for the beginning seeker often far easier to deal with these matters in a manner that is perceived as being more distant and somewhat less contiguous with the self. As the seeker continues in the journey the awareness of the unity of all becomes more apparent and more felt and experienced within the life. Therefore, more and more frequently the seeker will discover directly in the self what is needed to be learned, rather than needing mirrors of other selves for this process.

Each seeker is also unique as to the biases that have been accumulated over the distillation of many lifetimes and the processes which are most helpful to each will differ. Therefore the experience of each will differ accordingly.

You wish to know about the source of anger. The source of anger or any other emotion which the service-to-others seeker may be tempted to judge as negative or unacceptable lies in the misperception of the separateness of entities. For in order to feel the emotion of anger there must needs be an object of the anger and this object is necessarily seen as being separate from the self. Therefore a very simplistic answer would be that if all things were realized in their true unified form there would be no anger for there would be no separate objects.

This is a gross oversimplification of metaphor. It would also serve to disintegrate the entire illusion in which you dwell and other emotions which are judged as positive or helpful would also be dissolved for they too require an object in order to be elicited.

However, if anger or other such disquieting emotions is the subject of discomfort at the time then we may suggest that meditations on the true nature of each, that is, the unity beyond the illusion, may be helpful in both the understanding and the dissolving of the same. The dissolving not being a process of elimination or eradication but of absorption and acceptance of the existence within the self and the other self and the acknowledgement that there is a place for this within the self that does not of necessity bring harm. It is the concentration of such matter that may be used in what is perceived to be a harmful manner.

In a similar way that a concentration of what you may view as a harmful chemical that may exist harmoniously in nature is brought into a concentrated form and as such is considered to be what your peoples would call a toxin and may then be used to bring harm to different types of entities, this is a same type of process that operates with emotions such as anger.

The uses of purposes of anger and of other such emotions may be varied according to the desire of the one experiencing them. Their primary use to the seeker is of course to foster further investigation of a knowledge of the self. The uses of the outward expression of such anger may be used also variously. So the expression of such usually takes place in a concentrated form as we spoke of. They are most often utilized by those on the negative path for they are very useful in affecting a greater separation in situations of manipulation and control. So [anger is] that which the negative path uses.

For the positive entity we would suggest that the deliberate and intentional use of such anger would be most probably realized by the positive entity to be not of a helpful nature and therefore would not be likely to be chosen as a manner of expression but more likely would occur as a spontaneous expression of that which is felt within the self in an overwhelming manner. We would suggest that the most likely cause of such a concentration and eruption of this substance, shall we say, would be the lack of awareness of its existence within the self in its more quiet and nontoxic form, shall we say, and that a greater awareness and acceptance of the existence of this emotion in its more natural and absorbed, shall we say, state would be most helpful in the work of the seeker that has concern about the possibility of the uncontrolled expression of such.

The question of control is another issue altogether and quite separate from the process of anger or other emotions. We are aware that control is one of the primary tools of the negative path. Yet to the positive seeker chaos is surely not the desired state. Therefore this is an issue also that will certainly be investigated by any who delve deep enough into the self. We would suggest that the issue for the positive seeker is not so much one of control but one of choice. That choice is only possible when there is

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awareness and that therefore the path to the availability of choices lies once again through the ever-deepening knowledge of the self and the subsequent awareness and acceptance of what is found in the self.

When the seeker has reached a point of awareness of, to use the current example, the anger that exists within the self and has accepted that as being a part of the self even as the various chemical components run through your various strata of rock then the seeker will have also a greater awareness of the process of concentration of these substances. These processes then may be observed and the choice will be available as to the continuation of the process and the various means of expressing the same.

You ask also about a process of cooling what damage may be caused when such an eruption may occur. The healing of each entity is again another subject which may be plumbed in depth and we shall comment but briefly at this time. Each entity serves as catalyst for the other and the process of knowing itself. When entities, especially those such as are in this group which are embarked upon the conscious efforts of knowing the self, act as catalyst upon each other the results are never, shall we say, completely unasked for. That is to say, the entity receiving the catalyst is aware of the need for such although this may not be a conscious awareness and is thus given the opportunity for greater knowledge of and acceptance of the self. This is not to attempt to foster any sense of irresponsibility but we feel no danger with that with those of this group for each here is most conscientious about such matters.

The healing process, in essence, lies with each individual. The one who feels they have caused harm have need of healing and the one who feels they have received harm have need of healing also. Ultimately each entity must do the work of healing the self. It may be possible for entities who work together in harmony to extend to the other the open heart, the understanding mind, the statement of loving intent that may facilitate such self-work in healing. But ultimately the responsibility is with the self.

The popular, shall we say, concept of healing seems to imply a reversal of whatever action has taken place so that the effect is as if it never happened. We would suggest to you that the true nature of healing is rather the process of absorption, acceptance and ingestion, shall we say, into the self of whatever concept is being offered. This dissolution and acceptance into the self then is the nature of the process of healing rather than the eradication of the perceived harm. We realize this concept is somewhat at variance with those concepts commonly held within your society and would suggest that each look within the self for the verification of such, as always.

We urge each to take from our words only that which rings true to the self and to set aside all else, perhaps for another time, perhaps never. We would at this time transfer the contact to the one known as Jim and will be happy to continue with any further questions upon this subject or any other. We thank this instrument and this group and leave this instrument now in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time we would ask if we may further speak upon any topic if there is a query yet remaining upon the mind.

Questioner: First of all, thank you. There is an aspect that especially interests me because I'm used to being very honest, even to the point of bluntness and I discovered that when the anger hit me that I had two choices, either to sulk and pout and be silent and repress it. I mean I couldn't keep it in check. There was no way I could do that *(inaudible)* but I wanted to say things because I wanted to express my opinion on it. I wanted to hurt somebody else. It's a real foreign feeling for me. And there was nothing true that I could say that would do this for me so the only thing that I could do was to think things that I virtually knew at the time were untrue and I played the victim but it was a means of taking this thing that felt like a real poison and getting it out of my system. When the communication is definitely not going to be true in terms of the *(inaudible)* it seems like it's better to say false things than to say nothing and let it go on longer. What is the best way not to tell the truth if you don't have any choices but to tell a falsehood if you're angry because whatever your trying *(inaudible)* true. Is that still better? It seems to be still better than being silent and sulking and not being able to *(inaudible)*. But why is there a need to say lying hurtful things when the anger is there? Why doesn't the truth, which is just that a person's upset, why doesn't that satisfy the *(inaudible)*?

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I am Q'uo, and are aware of your query, my sister. The emotions that culminated in the expression of anger for you yesterday are emotions that have taken some time to find their fullest flower, shall we say. It was not just the experience of just a moment but the experience of a lifetime of feeling that you had been abandoned and that there was no other entity that could give you the comfort that you sought.

When one feels emotions that are of such a deep nature and which have been worked upon in a conscious fashion for a significant portion of the incarnation and when there is a trigger that is seemingly unrelated it is well to go, shall we say, with the flow of the emotions and to speak in a spontaneous fashion so that whether what is said makes sense or not, it is said with the true feelings that generate the words. This allows a beginning, an entry, into the deeper emotions which are more to the point or the heart of the experience.

It is well of course in such situations that one have at one's disposal or at one's service an other self which is willing to work with the self in this matter. The great fear of each of your experiences of anger is that there will be a further enraging of the experience, not only for the self but for the other self, and a further confusing of the catalyst that has brought the both of you together in this culmination of emotion. It is very, very helpful to be able to express freely to another self that which is upon the mind or of one's heart, shall we say, and to explore the ramifications. For in almost every instance your conversation and thought processes proceed upon a symbolic or surface level so that what is really the genesis of the feelings may be hidden both to the one who speaks and to the one who listens. This is the great value of communication and dedication: perseverance of communication.

This will allow you to uncover other areas of your experience that are more fundamental that have been sown with a certain seed that has not been fully exposed to the light of the sun that it might grow in a natural way and produce a fruit that is obvious and easy to appreciate. The emotions that are deeper and which are often the true cause of an outburst of anger are those seeds which have not received the full light of the sun, the full light of one's conscious attention and recognition of the kind of seed that has been planted. Who has planted the seed and who has tended the seed as the gardener? Thus, we do not recommend the repressing any emotional experience, even that of anger unless the entity with whom one is expressing these energies is, because of being a stranger or being too young to understand, unable to partake in the experience without suffering on its part great confusion or misapprehension of a gross nature.

We find that the experience of the anger is fortunately in this case that which is experienced with those that are more closely known to and aligned with the self as the self and other selves seek to relate in a manner which is intimate and compassionate and is so on a stable basis. Thus, we would recommend that the spontaneous expression of all emotions is that which is most helpful in what you call the long run so that these expressions of emotion become the point at which you begin to delve more deeply into the experience with an other self that is compassionate and understanding concerning your needs and your fears.

Is there a further query my sister?

Questioner: *(Inaudible)*. Would doing something like saying, "I know these are all lies," *(inaudible)*.

I am Q'uo, and am aware of your query, my sister. We find that in your illusion it is difficult in the great coloration of emotion called anger to operate at such a rational level as to be able to discern that which is true and that which is not true in the moment that the anger is experienced. Or if one were able to do this, the great energy of the anger would be blunted insofar as the realization of what was being said was untrue. Whether what is felt and said is true or not is relatively unimportant in the moment of the expression of the anger. It is well to express that which is, shall we say, on the tip of the tongue and that which wishes to rush from the mouth and from the heart. Then the process of sorting and evaluation may begin by looking at all that was said, even those areas of expression which one later determines to be untrue. For that moment of anger in that particular experience may yet hold some value for the self as one relates these speakings to earlier experiences or other experiences within the incarnation, so that there may be a kind of following of a trail of that which was spoken so that there might be a possibility of gaining greater understanding as this trail is followed and discussed and shared in open fashion with the other self.

Is there another query, my sister?

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Questioner: No, I really thank you *(inaudible)*.

I am Q'uo, and we also thank you, my sister, for your query and for your dedication. Is there another query at this time?

(No further queries.)

I am Q'uo, and we are once again most grateful for your invitation to us to join your group and to work with the instruments that are present. We find that the one known as K is becoming more flexible in her ability to receive and to transmit our thoughts, doing so in a manner which suggests that the confidence in this process is building even upon the subconscious levels in spite of any conscious doubts. This is due to the basic trust in …

(Tape ends.) ❧

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Sunday Meditation
July 19, 1991

Group question: We'll be looking at the question today of how does one look at and interact with people, especially friends and family that you are closely associated with, that you have disagreements with and perhaps even a dislike with and for. I would hate to leave all those prepositions at the end of a phrase, but I don't know where else to put them, so, I guess that'll do it.

(Carla channeling)

I greet each of you this morning in love and light. We thank you once again for the opportunity to be called to this group and to work with you, for we feel a great sense of harmony and comradeship with those of this group who, as we, are focused in the will and the desire to search for whatever truth may be discovered out of the mystery. Each is aware that this is a progressive process. That truth is not static. That as each portion of the mystery is seemingly discovered other vast unknown regions are disclosed, apparently beyond the nature of those seeking.

So that the process, or the goal, is not one of attaining the truth or discovering the mystery, but rather becoming aware of the harmonies and balances that exist within the self at each moment. These vary from moment to moment. The apparent nature of the self, in terms of perceived awareness, varies from moment to moment. Thusly, there is much flexibility required of the seeker, for when a particular truth or belief system or particular awareness is grasped tightly and applied to each situation that is encountered, then it becomes dogma and force is required in its application over a much wider area than was intended. This has been experienced and encountered in various ways by each here. Therefore we request, as always, that those hearing our words sift them as a grain that is harvested, taking to the self those truths that resonate with your harmonies and balances at the present moment, and allowing the rest to sift through the fingers as the chaff, as that which simply does not apply.

You ask for information this morning about how to deal with those other selves which are encountered in a close fashion in life. In any relationship with an other self there is even more room for variance in truth than in dealing with just the perceived self proceeding from moment to moment, for not only are one's own ever shifting balances to be contended with, but there are also the equally shifting and much less known balances of the other self. Therefore, we may only offer information of a very general nature in this regard, for the specific dealings with other selves will always be unique to the self and the other self involved and the very moment of interaction.

There is information which we do feel may be of help in this regard. First of all is the knowledge of

the true nature of unity that is beyond the illusion within which you now work. There is no separation between self and other self. Secondly, each self and other self is within the illusion a manifestation of a portion or facet of the One. This portion or facet also contains within itself various portions or facets or blendings of energies, so that while the manifestation of the self may be perceived to be changing at various times, it is still reflecting different aspects of all that there is. Each other self is doing precisely the same thing though the appearance may seem to be completely different as the other self is like the self, reflecting aspects of the one, so the other self is also reflecting aspects of the self.

Each here is aware of the function of self and other self as mirrors for the other in the process of the seeker of knowing, accepting and balancing itself. Thus, when one encounters an other self with which one has difficulty, the ultimate cause of the difficulty will always be the difficulty in perceiving the absolute unity of all and, more on the level of the illusion, the lack of ability to accept the self fully, as manifested currently by the other self.

When one encounters another self with whom one is having difficulty we would suggest, on a more long term basis, shall we say, meditations on the concept of unity, and specific concentrated periods of contemplation on the aspects of the self called up by the other self that are experienced as unacceptable, and the specific exercises in balancing and accepting that each has found most appropriate for one's own use, for these differ with each entity.

In the case where one experiences an other self as draining the energy or continually presenting those types of negatively perceived energies that are difficult to deal with, we may also suggest that it is helpful to protect the self, and again there are varying ways of performing this task.

At this time we will transfer this contact to the one know as Jim as this instrument is having some increasing difficulty maintaining this contact. We are known to you as those of Q'uo, and leave this instrument in love and light.

(Tape ends.) ❧

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Sunday Meditation
July 21, 1991

Group question: Questions were asked about how any seeker of truth might use various ways or techniques to know the Creator. So what we would like to know is what techniques to use, what any being may use to mirror the supreme presence of the Creator within his or her consciousness and how does this mirroring of the Creator within the individual consciousness aid us in our service to others, or how is it a part of that service to others that is really the determining factor for the harvest? Elaborate upon the techniques that beings may use to connect with or to mirror the supreme presence.

Carla: OK, the chant that I will teach you is … you can use all different words with it; and I'll say a few and if anybody has a few we will just go on for a while. I like to chant for enough time that it does change the vibration, maybe nine, ten, something like that. The words to it are:

Love is flowing like a river
Flowing out through you and me
Spreading out into the desert
Setting all the cactus free.

And you can say "Peace is flowing a river," etc. Bliss, faith, hope, light and so forth. Anybody that wants to sing one is welcome to stick one in at the beginning, otherwise I may just keep hitting back on "love" from time to time.

(Group chanting.)

(Lord's prayer.)

(Carla channeling)

We are the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is a great blessing for us to be called to your group at this time and we bless and thank each whose desire for the truth cannot be denied when we come together in one bright circle of light to seek that truth. We, too, are pilgrims on the path of truth, and we, as you, make many errors; we are not infallible. We ask you not to think of us as authorities but as fellow travelers. Perhaps our feet have moved through more dust, perhaps we have experienced more, but still the Creator is a mystery. So how can we ask you to trust us as an authority? Nay, my friends, trust your own hearts, for if it is your truth, you will not learn it; you will recognize it. If you do not recognize it, release it, for we would not be a stumbling block before you.

You ask this evening how we may better know the Creator, we being those of several densities. Let us go back to the assumption implicit in this question, that is, that the Creator can be known. What is it to know? What things do you know? If you gaze at what you know, you find yourself dealing in quantities and measures, things that can be touched and counted. Thus, you can say, "I know I have three apples," "I have a piece of paper." Yet, this

knowing does not satisfy the consciousness within the grasp of each of you. Each of you knows that that which is called knowledge is not knowledge; it is observation, and it can be used to create many, many gadgets, to fuel a technology, yet what does that technology know?

The basis upon which technology is built is observation. That which lies behind the observation is unknown. Mass has never been seen under the microscope. There is absolutely no way to explore absolute objectivity, for without an observer there is no knowledge of any experiment. No one has yet been able to explain or know gravity. No one understands or knows the so-called speed of light, why it is apparently a constant. Magnetism and electricity are also fields which are in some ways inexplicable.

What do you know? Let us look a bit deeper. Move, each of you, from the mind that is in your brain. Relinquish it and think courteously, gently, and with the skill of a suitor, to pay court to your heart, for it is the unconscious and silent wisdom of the heart that gives to an entity its closest experience to that of knowing. Within the illusion in which you enjoy yourselves at this time, nothing can be known. The sooner the seeker becomes aware that the truth will beckon ever onward, the sooner the seeker can set to rest the hunger for proof which so often leads to a debasing of the pure love of the truth. Relinquish your hold upon the need for proof, for that which is proof is proof within an illusion. Would you wish to know something in the illusion, for all that you know in the illusion is an illusion. Or would you wish, rather, to gaze straightway at the mystery that is not known and know that you are tabernacling with that mystery; that you live in that mystery and in a very central sense you are that mystery which is Creator and creation.

Listen with your ears to all that you hear at this moment in time: the subtle inhalations and exhalations of your brothers and your sisters in light, the songs of the small animals, the gentle whir of the cooling fans; for some who are sensitive, even the hint of a heartbeat heard in the ear, a pulse felt, the energies of this circle. How many things there are to apprehend in this one moment! It is normally thought that one knows what one knows by the process of observation. But let us look carefully at this, for we would ask you above all things to be stewards of your attention. How do you pay attention to your incarnation? All of these things that we described to you were probably not part of what you were aware of knowing at the moment at which we described all the sounds. They were not in any way important to your survival; they were only incidental to your purpose for conversing so kindly with us. Yet, all of those things lie in the matrix of your mind, not only now but eternally. All that has happened to you, all that you have taken in, and all that you shall experience are in a small part of the infinite being that you are, forever you. So is each of you a knower, is that the activity you would describe as yourself? Perhaps you would see why we would ask you to pull back from being one who knows, and ask of yourself if it is better to investigate being one who asks, for the answers have very little meaning compared to the questions.

What questions move you, my children? Can you not see that you spend your attention like money, yet, unlike money you are not often thrifty; you are not often listening with your spiritual ears open. Why is that? In this western culture we may suggest that one reason is the great emphasis upon accomplishing the visible tasks. This entity would call this distortion the "work ethic," and this entity itself is less and less a slave to the work ethic, but certainly still highly distorted towards valuing actions above essence—the essence of intention and desire, of passion, for there is a quest for truth. It is not the truth to be proven, it is not the truth to be trotted out, elegant and set before all, tidy and finished forever. Truths come and they go, and they are useful for one person only. Each of you will find some truths to last for years, incarnations; other truths to last a week or a month or a year.

So, let us move back to beyond the need to know and prove, and investigate the processes of perception. When you have heard, felt, seen, smelled, tasted, touched your environment, a moment has occurred, the present moment. You have chosen that which you will notice and examine. Day upon day, and moment by moment, you will notice what has moved you. This you will discover for yourself the kind of mind that you have to this point created. For you see, as fields of consciousness you are stewards of this bio-computer; you are stewards of what you perceive and stewards of your actions, whether they are creative or reactionary.

So what happens after you have heard all the things that you do not pay attention to? Perhaps someone

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has entered the door; this, then, is the next perception, this is your choice. You have chosen to observe this one thing. Before you can form a mental thought about it, you will, willy-nilly, be informed by all your biases concerning that which you have noticed. What is your attitude toward the entity who has entered? How has that entity been a catalyst for you? In what way have you distorted an emotionally neutral occurrence? There is a palpable pause between the first sense consciousness, and your consciousness' willingness to take on a mental formation in relation to the present moment. Has it occurred to you that you can be stewards to the extent that you may choose more wisely the sense perceptions to which you wish to pay attention? Have you thought, perhaps, to investigate those things which cause you to generate biased observations rather than emotionally neutral ones or balanced ones?

This is indeed possible and is part of the discipline of the personality that will deliver to you a more lucidly working partnership betwixt consciousness and the mental and bodily complexes which carry that consciousness about within your incarnation.

Perceive, then, that you are both less powerful than you think—in that you will not perceive all that you can perceive—but see also that you are more powerful than you may think you are, for you can be creators of those thoughts, attitudes and actions which you choose when you see the catalyst and sense perceptions and biases within yourself which resonate in the present moment.

Now, all of this has been discussion of activities. The portions of these exercises all take a great deal of practice, persistence and devotion. Yet, it is beyond them that the heart of your question lies. You are perhaps familiar with the words which the Master known as Jesus has been said to have said: "I am the way, the truth and the life." Let us look at the entity who said this. This entity spoke always in parables, never plainly. This entity taught by telling stories, by suggesting mental formations and biases that went beyond the words which were used. Moreover, this entity often said "When you hear me, it is not I who speak, but the Father within me." Would this entity then have said "I am the way," or would this entity have made a small pun, perhaps a slightly irreverent one, upon the name of the Deity as this entity knew that name? For the name of the unnamable Deity to the one known as Jesus was a word formation which translates, roughly, "I AM." In fact, it says it twice: "I am that I am."

Now, gaze back at this famous quote and see in a more spacious way the I AM that is the truth, the I AM that is your road and your path, the I AM that is your service and your life and perfect freedom. We of Q'uo are. We are an I AM, for we have come together, yet each of us also is an unique I AM, and each of you listening to this instrument is the only one of you in the infinite creation. You are utterly necessary, precious and perfect, for you are part of all that there is, part of an infinity which is from everlasting to everlasting.

How can you know? You cease asking to know, and ask to learn to ask who you are. As you move deeper and deeper in this quest, you become more and more authentic essences. You see, within your heavy, chemical, third-density illusion, what you see as your physical vehicle is seen by us basically as large quantities of water with some few chemicals in them—an ingenious design, indeed, but a second-density one. Yet, this second-density entity knows in every cell of its vehicle, "I AM," for it blooms just as a flower does. You, in your second-density body, are so beautiful! The Creator has made all things well and this includes you.

Thus, your relationship with this physical vehicle need not be one of scorn but one of thankfulness and praise, for this second-density entity could have had a perfectly good instinctual life of its own. The brain, the personality, all of those things which seem to you mundane are things which this animal which carries you about could sociably and naturally do, with grace and even elegance as is the way of things created by the infinite One which do not have the self-consciousness to be awkward, but move with the infinitely appropriate rhythms of growth, blooming, evensong and death. Treasure this entity that carries you about. Nurture it; love it; pamper it. Be a good boss to it, and know that there is a wisdom in every cell of that second-density body that your consciousness, infinite though it may be, is blocked from seeing because of the veil of forgetting between the conscious and the subconscious mind, that veil dropped specifically so you cannot know, and gaze at this creature who asks questions it cannot answer.

How is that logically possible? Here is the beginning of the mystery. You cannot help but know that you are other than you think you are, for you ask

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questions that you simply cannot possibly answer. You sense truths that you cannot possibly ever touch.

The genius of living consciously in an illusion that is heavily biased toward sleep is in paying attention, for you are an I AM, you are a creator experiencing itself. Do you strive to be virtuous? Thusly does the Creator know of hope and virtue. Do you strive to be aught else whatsoever? Thusly does the Creator know of aught else whatsoever. Have you served in your own opinion as a bad example? How valuable that I AM is you have probably learned by your self-perceived failures.

Knowing is a shallow thing. Asking in the heart is the beginning of wisdom. As you move deeply, deeply into your heart breathe, breathe full into your belly, into your abdomen. Feel the light, the energy that is infinite. Feel the love that expresses itself as your consciousness. Ask your heart, "What is this love? All these people, why are they so dear? Why are we so pointed toward the light we cannot ever know? Let yourself be overwhelmed, for this is the knowing that you seek—I AM, I AM, I AM. Every iota of the infinite universe, of the One Infinite Thought of Love which creates all that there is …

(Side one of tape ends.)

(Carla channeling)

… with you always 'til the end of the age. Move deeper in your heart. I AM. Breath again and again softly, deeply—I AM—and feel in the womb that is within any entity that bourning present, that birthing moment that is a brand new I AM. This is your essence. This holds your passion. This is you—I AM. As you tabernacle, know that the I AM that is at your heart is much closer to you than your breath, far nearer to you than hands or feet or face or stomach, or any portion of the physical vehicle. You are essence, you are all that there is, you are a quality that is infinite, a flavor not quantifiable, not measurable, but infinite. It will take you all the life that you are and that you will live in your subjective stream of consciousness to learn to focus upon your essence and not upon your activities, for activities may be done with or without love, with or without that great sense of I AM.

Let your intuitions, your intentions, and especially those intentions about which you are persistent form within you an ever more tangible I AM. How can we know the Creator? I AM. I AM. You are. We know the Creator partially in our essence and to a great extent in the essences of the I AMs that we perceive as other than ourselves due to our continuing distortions of understanding. How can you know the Creator? Precisely that way, my children. Learn yourself, love yourself, for you are love. What other appropriate response is there to love but love? As circumstances befall you, see them as love, for all things are the I AM, that one great idea, Love. It may be very distorted, the branches may have gotten twisted, seared, burned, ruined. Then you must look to the roots, for I AM is the root system. You have a good deal to do with the branches, but gaze at your roots.

Others will look at the fruits of your incarnational experience and say that you were such and such a person," but the I AM gazes at the I AM in you, and is one with it, and fullness of love is added to fullness of love in a mystery that has no answer that is known to us.

We shall at this time, with apologies for our length of speaking, open the meeting to any questions each might have. We realize that the hour is late and if it is decided that there is a need to end this meeting you have only to say so or to cease asking questions. We would at this time thank the instrument known as Carla for offering itself in the service, and would at this time transfer in love and in light and in such delight in your company to the one known as Jim. We are those of the principle of Q'uo.

(Jim channeling)

I am Quo, and greetings again in love and in light. Through this instrument we would ask at this time if there are any queries of a shorter nature to which we may speak briefly?

Questioner: I have a question of Q'uo. I channel, and oftimes the next day I get an imbalance of potassium, and I was wondering how that might be corrected afterwards or prepared for ahead of time?

I am Q'uo, and am aware of the query. We find that this deficiency is one which is easily rectified by the ingestion of your banana fruit, the ingestion of your potassium pill prior to the working.

Is there another query, my sister?

Questioner: Thank you.

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I am Quo, and we thank you. Is there another query?

Questioner: Once we understand that we are the I AM, how may we bring this understanding into manifestation in this density to help others?

I am Q'uo, and am aware of your query, my sister. As each devoted and diligent seeker has for so many, many incarnations attempted within the heavy, chemical, third-density illusion that you inhabit, you seek that I AM where the heart leads. In the silence of your meditation you reach as fully and firmly as you can to grasp the essence of that quality that you experience and bring it forth into your life as the attitude of your beingness, and attempt to see and feel and be and touch and smell and experience and share the one Creator that you find within, in whatever way is open to you. However well or poorly you may proceed at each moment that you experience in a conscious fashion, you try, you give, you offer in every instance of opportunity, and although you shall not fully succeed at all times or even in a majority of your attempts, it is the perseverance, the dedication, the continual reminders that you see about you and that you give to yourself, then, that are the refining qualities of the fire of experience that is yours within your evolution. Seeing but glimpses of the one wishing to know more purely, sharing but partially, becoming weary with effort, pulling together the desire again and again and again, it is this desire that is your most honored ally upon this journey.

Is there another query, my sister?

Questioner: I have one. I don't know why it happens, and I have no control over it when it happens, but sometimes for a moment, sometimes for an hour, sometimes for several days, I will be the light. I won't have any real awareness of myself as a being … I will just be the light … ecstatic. But it has about as much to do with language or telling people about it as a pumpkin. So I realize that this is part of being, what interests me is how does it translate into helping other people, because it's absolutely indescribable, nor can I produce it in other people.

I am Quo, and am aware of your query. Again, we remind you that the great desire to know the one Creator, and to serve that one Creator in all about one is that quality which works its wonders in silence and mystery at the heart of your being, so that as you continue upon this journey there is a tempering of the soul that manifests in various ways within the entity. You experience that which is appropriate at your time upon your journey, whether it be light or passion or devotion or any of those qualities that point one toward the unity of the one Creator, and you shine forth that quality as a natural portion of your being in any encounter with others without needing to form a way by which such may be done or understood mentally beforehand. Thus, it is your nature that shines forth from you without effort.

Is there a further query, my sister?

Questioner: Yes. Just to make sure I understand it. So, basically our knowingness is mostly achieved through seeing the essences in other people, in their unselfconscious spontaneous essence unknowing. Is that right?

I am Q'uo, and shall repeat for clarity that you have produced a fruit, each of you, according to your seeking and your desire to know the truth. This fruit is a quality of your being that shines forth without effort as you spontaneously engage in your daily round of activities and touch that quality in some form in each other entity and call it forth by that touch.

Is there another query, my sister?

Questioner: Well, no, I think that's really beautiful. What you are basically saying is we know by loving each other and supporting each other. Thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Questioner: I have a query. First I greet you in love and light, and thank you for your presence. In these accelerated times in this density of space/time that we are now in, how essential and vital is it that we rely on another person for our guidance, let's say in the form of a spiritual master? That is my question.

I am Quo, and am aware of your query, my brother. We do not mean to sound facetious with our reply, but the importance of such catalyst or any catalyst for any seeker at a particular time within the incarnation is determined by that seeker. Thus, the importance that you give to that which you call holy is importance that you have placed there, and have desired to use as an avenue to a fuller apprehension of the one Creator. Each entity must needs find a path of what we will call faith, a structure for the

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next step upon the journey that will expand for the entity the opportunity to know and experience the one Creator, the I AM within in a fashion that is more filled with opportunity, shall we say, to more fully apprehend the one Creator. An entity may find that this faith moves into foreign lands, and that there will at some point need to be the refining of that faith or the structure through which the faith is focused in order that the entity may go higher, shall we say.

Thus, it is the function of the mind and your bio-computer's channeling of the greater line of the one Creator to form for the self the idea or possibility of the idea of the one Creator and a more complete apprehension. So that this journey does indeed continue for a great portion of what you call time.

Is there another query, my brother?

Questioner: No. Thank you.

I am Quo, and we thank you, my brother, and, with apologies, must bring this session of working to its completion for there is fatigue within the circle. We cannot thank you enough for the opportunity to blend our vibrations with yours, and to walk with you upon your journey at this time. We are humbled by the intensity of your seeking and are thrilled at the joy of your being. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
September 22, 1991

Group question: The day before fall, a season ends, a new one begins. Our question is the same. We had a season of a threesome together here for a time. It seems, if we look in subjective terms, that there might have been a failure in the effort that the three of us put forth in this forming of a group to be of service for the life pattern. But, we would like to know from you at this time how you would look at a situation such as ours where three people come together with the desire to be of service to others and may have certain goals in mind of a specific nature that would allow them to consciously define for themselves the effort as being a success. First of all could you comment upon that type of a definition of a success, and could you also comment upon how we can move from this point where we are working more individually, with K moving on her own to study those things of herself that are necessary for her to continue on her journey, and how we remaining here, Carla and I, work on our own to do that which is ours to do.

(Carla channeling)

We are those of the principle of Q'uo. We greet you through this instrument in the love and the light of the one infinite Creator. We see you as you call to us with a sorrow of life upon your hearts, with the heavy burdens of living upon your back, with the stress and the confusion and the turmoil and the great inner travail of growth to which you have committed yourselves spiritually, causing you ever to feel uncomfortable. We see within this group those who would prefer to be uncomfortable and seek the truth, and we can only share with you our blessings to you as you search for that truth as you share with us the blessing of allowing us to speak with you in an attempt to be of some service, always knowing that our opinions are but as nothing compared to the overarching mystery and truth which we in poor, tattered *(inaudible)*, dance and strut upon our stages, miming and acting and singing and dancing and telling pretty stories, and doing anything we can think of to alert people who are ready to awaken to a new search for truth, that faculty of awareness of the mystery that lies between, around, above, beneath and beyond all things, the mystery that is in fact you, each of you and each of us.

We are aware that you wish to know at this time what some of the dynamics are which cause completely sincere seekers of the truth who wish to band together to be of service sometimes [to] work and sometimes not, in the critical subjective evaluations of each of you. We can begin by asking each of you to gaze at the moment of commitment to this task. Much emphasis has been placed upon promises given and commitments made. But we ask each of you, in all earnestness, when each of you first said, "I commit myself to a life of service in this particular way called L and L," was there some

special, permanent, unusual commitment, a commitment that took you from your humanity and made you into some entity with no capacity to do anything but keep that commitment? We ask you to look at this question very carefully. Can you not see, my friends, the absolute dedication of yourselves at that moment to the task of a lifetime, but the absolute ignorance, in that moment of dedication, of what sacrifices would have to be made to create a common path of service.

We of the Confederation in the Service of the One Infinite Creator, make such commitments and are able to keep them, because we are able to see, in a way that you are not, the harmonics of interpersonal relationships. We are able to see if there are tone clusters that can never be resolved. We are able to see if there is that within a twosome, a threesome, a foursome or a social memory complex that will hold, that will keep its centre, that will not fly apart. My friends, each of you is a third-density student, regardless of what you were before you incarnated upon this planet. As you came into this world you accepted darkness, spiritual blindness, and an unknowing so deep that it beggars the imagination. The only tools that you have, and the only tools that you do have now or will ever have within this incarnation, are the spiritual biases with which you came into this incarnation, and which have been worked upon within this incarnation. You do have comrades along the way, but that service that you wish so much to give is being given. It is simply that there are some harmonious threesomes or foursomes in a third density and there are many who are not harmonious, as this instrument would say, to the bone, and so must deal with each other and find it very educational, shall we say, to learn to deal with each other, trusting entirely in the good wishes of each other, having no fears that any will be rejected and simply continuing to do that which feels appropriate, knowing that as the work did not begin because of an event which you have called contact with the one known as Ra, so it did not end with the ending of that contact. Your service did not begin with your birth and it shall not cease with your death.

What you have achieved is something we wish you to gaze upon now. There are many levels of achievement in learning to live together in peace. Each of you has been learning lessons of respect, of charity when one cannot understand yet one must accept, of the strengthening power of being firm in friendship against adversity and in being loyal against discomfort. Please see these beauties. For these blossoms, though painfully born and raised in some season of drought, are beautiful to the Creator. This threesome has accomplished much. It has brought into physical expression words which each intended would be of service not necessarily to them alone but to any who might read them. But the main service we ask you to look at is that which you have felt less than excellent about, and that is functioning as a trinity in this world of darkness and moonlight that you call life.

See yourselves in compassion at this moment. See with compassion the pain within you. All the pain about these relationships, see it and bless it for it has taught each of you much. Gaze at the unquenchable spirit of hope that's shown when all else was dark at so many times within these relationships. Gaze at the courage that in blind faith you exhibited each, and working towards an ever higher goal of harmony together. Look at the adaptations and the flexibilities which troubled each of you in that you could not be flexible enough. Gaze and see what each entity is, who he is, and to deny that would be a far greater harm to you than to attempt to behave in such a way that there was apparent harmony. See this not as failure but as an honest effort, cheerfully and wholeheartedly given, with but a single mind between the three. And see that there are three pilgrims upon this path that shall always be safe places for each other. Within this incarnation, within this experience, within this illusion, the harmonics of the three gathered here today were extremely powerful, yet there was not the complete loosening of fear. There was always the feeling of some separation and this was because it was necessary. These feelings of separation among those who seek to be one cannot be seen in terms of failure. It must be seen simply that it takes an enormous spiritual courage to attempt to offer a life to the Creator, especially one in the context of other entities. Always each has his own ways to be of service to the infinite One, and for many that path of service suffices and more than suffices for it is a sacrifice of a life in love. So that it matters not that which you do, but the spirit in which you do that which you do.

We ask you to take these heavy loads of things you feel left undone away from your shoulders. You do

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not need to carry them. Those were constructions you placed upon yourself. You planned to go backpacking and you chose a high mountain. And though the flowers of the meadows were beautiful in their alpine bloom, the air grew thinner, the temperature colder and the rocks, crevasses and cliffs ever more difficult to climb. There was not, within this threesome, that harmony which is a gift and which comes from before incarnation, that enabled each of the three to carry the other two. No, my friends, there were different lessons for each of you to learn. For becoming a social memory complex is not becoming an entire society made up of mates who are able to pull well together. In fourth density the situation which you observe at this moment continues to be observable, but the archetypical mind and the realizations of your mind and other minds are open to you in a far greater way than they are in the third density. Within fourth density, my friends, you still would be the one known as K, the one known as Jim and the one known as Carla. You still would have the same harmonics. The same ways of expressing and of not expressing. The same choices and the same disagreements as well as agreements. The difference is that these things would not distress you because you would see them as perfect, and you would see yourself as being able to harmonize in this way and in that, if not in all the other ways. You would see those opportunities that now, in third density, you have a tendency to lump in with all of those things which you feel you have not done correctly. Yet indeed, my friends, there has been great learning between the three that sit here.

Each has been trustworthy, each has given, and each has suffered. Feel this, respect this and honor this. Things that you do not see are always at work in you, and if you wish to glorify that mystery that is within you then as these things work within you they work in such a way as to open the heart, to clear the eyes and the voice and the ears, to sensitize the heart to the wisdom it may feel but not explain. We ask you not to see any portion of this experience as beginning, middle or end. You did not begin, you are not ending. You have worked together before, you shall work together again. You have given the best of yourselves, you have done so before and you will in the future. You are comrades along the way.

Now I ask you to look in a slightly different way at the concept of being of service. The way entities feel that they are of service is the ways in which the counting may be done. The number of words offered as spiritual inspiration, the number of jobs completed so that others may see the published works that have been created. The gazing at the past and the gazing at the future for what can be done better to serve the Creator. What new things can be added to the pile and the quantity of things offered. My friends, we do not say to you that this is not only illusionary, but fruitless; that is not so. When one attempts to be of service to the infinite Creator, one is of service to the infinite Creator. That is in the eternal now. What we would ask each of you, and especially this instrument to consider, is where the service begins and where the service resides when something of quantity is not upon the centre stage in the limelight. Are these words of service or is it the personality and the determination of an entity to open itself to contact in the right manner for service? If these words were not here, would that careful tuning and intensity of seeking still be helpful? Yes my friends, it would indeed. It would not be something that could be shown to the world, but many, many things have been shown to your world, and many, many complexities have arisen as entities attempt and strive more and more to study the truth, so that the truth becomes more and more detailed, more and more complex, more and more studied. Do you truly see the greatest service that you offer adding to that pile of words, no matter how well intentioned or inspired?

Perhaps we can move to a slightly less quantitative kind of evaluation of service when we say to you what have you given of yourself? You have given the stewardship of time. You have spent time in seeking. You have spent that precious coin which can never be got again. Of the moments of service, of upliftment, of inspiration and above all in offering, in hoping, in begging in all of one's heart to be of service in any way which the infinite Creator intends for you. Yes, you are still working with thoughts of quantity. You are still saying, "I gave this much time," and so you know in a way that this too is hollow. Yet is it not closer to an honest evaluation of the self to say, "I gave of my being, I was not doing something else, I was doing this," and as you say that of yourself, to yourself, the Creator within smiles. And in that joyful smile the universe is suddenly infinite and you have transformed time into eternity.

But to move to the true value that you have been to each other, as well as the Creator and others for

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whom you intended the service, we ask you to look at who you are, what you have sacrificed to be with each other, what you have attempted with the best heart possible to you to offer. Soft words that have been spoken when harsh words filled the mouth and the mind. Trust that came from the heart while the mind was holding back saying, "I am afraid." You have been courageous with each other. You have trusted. You have gone beyond that which you thought you could do. My friends, each has grown. Each a teacher to each. Let the benediction of your love for each other, that you have had such difficulty in expressing, fill your heart. Pause in this moment and feel this great love that you share.

(Pause)

I am Q'uo. Remember this feeling, and this love, and this moment. You have been good and kind and caring, and you have struggled. But beneath it all you have been three wounded soldiers in arms, soldiers for peace, soldiers for love. Soldiers become wounded and sometimes die, whether they fight in hate or whether they fight by refusing the hate. Each of you has had wounds and the group has had its casualties [as] the war of love that is endemic to this illusion carries on. Look and see and rejoice that you have never stopped attempting to love and support and care, each for the other, and in the name of the Creator for service to others.

Was this wagon that you hitched yourself to a bit bulky? Sometimes, in a desire to do so much, entities move faster than their deepest selves can walk. So unhitch yourselves from this yoke. Let the wagon go, you have pulled it long enough. And come always together as new entities, new souls, newly dedicated as if at the very first of meetings. For each of you is new this day and will be new tomorrow, and the service that each of you does will be different yesterday, today and tomorrow. Do not write long sentences with periods as you describe this portion of your life that you have walked together in a certain way. But rejoice that you have had companionship and as you walk into your future, let the knowledge of a companionship that has been tried in the fire and has remained lovely be your strength and your armament. You have been soldiers. You shall continue to be so. Let those deep feelings within guide you to each new day and each new field of battle in which love and fear strive. And as you are unafraid, know with certainty that you are old soldiers, and that you can and will persevere. Not as you think the Creator has in mind for you, but as you receive from the Creator those opportunities which spring up day by day. You are in no way diminished by this time that you have had together, though you may have, as this instrument has, called [yourself] a failure. You have not failed. You have begun to attempt to become a social memory complex and you will continue in each relationship, and in the relationship within yourself, to be more and more harmonious as a comrade in arms. But remember always the great and sturdy team that you were and are in your honest and single-hearted desire for the truth, the desire to know the love of the infinite One, and to offer all that you are and all that you ever will be to that service.

Go forward from this meeting saying not farewell, for you are only moving into the part of the path in which you may not see each other so often You are all still working together.

We would ask you lastly to think about the implications of becoming a social memory complex. We have said one does not learn to become a social memory complex by the mating of individuals alone. Just as important is the relationship that you have with all others. Whether you experience that relationship as positive or negative, successful or failing, you are attempting to learn the mind that is yourself but not yourself, that mind that is hidden from you by the illusion of separation. And rest back in the knowledge that in addition to all guidance that is unseen, each of you has learned that there is a—we correct this instrument—totally trustworthy entity in each other. Someone with whom it is safe to speak of things that are painful. Someone who you know will not harm you in any way that is intended. Someone that you know will not be petty or mean. Someone whom you can trust to give its best not only on your behalf but in any concern that you might have.

These things do not take place simply in what you call marriage. That which you have attempted is almost completely impossible within the third density. That you have attempted this forming of the family of spiritual entities stands in its intentions golden and perfect, and we ask you never to doubt that that which you have done was truly beautiful and without blemish. Let all else fall away, and remember only this, that three entities loved the Creator and worked and prayed and gave of time and energy and will to the absolute limit of

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possibility in the attempt to serve. Know that that intention and that perseverance of attempt are the truths that will remain, are the truths which you have chosen to work on in this incarnation. And as you each have moved closer to some idea of what love is to you, for it is to each entity a different lesson, know that no work that you have done has been in vain. For you have under adverse circumstances loved and been loved, and that is the lesson of this density.

We shall meet again. The illusion which you call time will speed very quickly and we shall be with you. We bless each of you with our love and our admiration. We are aware that there is sorrow, but we ask you not to hold that to yourself, but to release it little by little, until all things between each are positive and free. For each has done nobly. So in the end we shall not say farewell to you but we shall say hello. Hello to each, you are new this moment, and we look forward to experiencing that new self that you are becoming in what you call the future. Our joy in meeting that which is becoming you is very, very great. And our deepest respect to that which you carry from the old self to the new is also very great, for you have chosen wisely. You have not released your faith into despair. You have not given up. You have not condemned yourself as being without the ability to serve.

(Side one of tape ends.)

(Carla channeling)

Hello, my friends. We shall meet again and we greatly look—we correct this instrument—and we greatly look forward to this delightful prospect. Meanwhile, we are with you and if you wish us to be with you in a way that comforts and quiets you, you have only to ask. We will of course not speak with you, for we would not interfere with your free will. But you may feel our love and our blessing and our support, just as you know the blessing and love and support of your friends in this room. You may have this at any time, you may have this at all times, you have only to ask.

We are those of the principle of Q'uo. Go always with the Creator. Be always the Creator to your friends and allow your friends to be Creator to you. This is the meaning of "adonai vasu borragus."

We leave you drifting from your ear's hearing, but never from your consciousness, in that one great original Thought—love. And in all the areas of manifestation—life. And in these two things we leave you with the sum and the substance of the one infinite Creator. As you feel yourselves move towards eternity, as time has less and less grasp upon you, we ask always, simply, that you meet your experiences, unafraid and with love. With love and with light. We are those of the principle of Q'uo, and with love of the morning when the sun shall shine upon all of our souls again. And that sun that is the kingdom of love and understanding. Adonai. Adonai vasu borragus. ♣

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Special Meditation
September 28, 1991

Group question: M has a couple of questions. One concerns an experience she had for about nine months of 1990 where she felt that her spiritual body was separate or apart from her physical body. She could see as the observer in her spiritual body that it was observing the things that were happening to her physical body, was like a 3-year-old child having a lot of people's negative emotions and difficulties thrown upon it, visited upon it, and she felt like the spiritual body was more an observer and was not in close contact. She would like to know if this is something that could be commented upon and what kind of comments you would make upon that, and then if perhaps there might be any relationship between what is happening to light workers, such as M, and what is happening in the world as far as the metaphysical evolution of our planet is concerned. Is there a comment you could make upon how our planet is evolving, and are there particular times that we experience certain changes in our vibratory rates that can be pinpointed, say, next January 11, is there some kind of time framework that has meaning for us. Can you comment at all upon the changes occurring on the planet and how they are occurring and when they occur?

(Carla channeling)

I Yadda. I greet in love and light of infinite Creator. We stop in only to greet the one known as M, to wish her laughter and light upon the pilgrimage. Shed all that is other people's clothing of the mind and the heart and the spirit and there shall be new clothing of light in your spirit, but only if you ask. We encourage you to call to us, that all be made anew each day, to feel the fullness of joy which is the joy of the servant who serves well. We thank this instrument for allowing us to speak, for this instrument also has the longer message that [she] wish to express. Our joy and blessings upon each. We are Yadda. Adonai.

(Carla channeling)

I am Q'uo, and I greet you in the love and the light of the one infinite Creator. We thank you for this blessing of calling to us for this wisdom which is not at all infallible, but seems wise only to those who have not yet come to where we are. But we assure you that we have very much further to go in our own development, and would not wish any word of ours to be a stumbling block for any who may listen. Therefore, discriminate in our source as in all sources, that your personal truth be remembered and recognized by you so that you may live the life that you hoped to live.

Let us speak about the visualizations of the child and the adult and the observer in the dreamlike state of being out of one's own body, and seeing this child also, not only out of its mental body, but its physical

one as well. Gaze at this child's eyes, for this child is your spiritual self. Gaze in compassion on the hardships and the difficulties of being a young entity, for no matter how very hard one tries as a newborn soul, one cannot exert its will in order to make itself comfortable or warm.

Now, as you gaze at the observer, look at the observer and ask what relationship this observer has to the self. We would be going beyond our boundaries of free will were we to solve this riddle for you, but can only say to you that, indeed, you saw a symbol of that which was occurring in heaven, occurring, the making of hardship for the spiritual self because of the feelings and emotions of the physical self.

Each entity has many roles: the observer, the audience, the critic, the players, those who paint the scenery, those who work the lights. And all these parts of you are still all of you, so that all that any secret does is inevitably seen at last in the mirror of the self. When the physical third-density animal which carries an entity's consciousness is not loved by the self or others, is not shown to be beautiful by the self or by others, there is a slowing down of the energies of the self. Consequently, the observer may note the entity upon the floor, very weak, very weary, very saddened, and completely at a loss as to what may be done better when one's best has already been done. And as you gaze at that situation, and as each gazes at such situations, we ask each to ask forgiveness from the self, for within you there is that critic that will not give the self its rightful place as a wonderful instrument through which each is learning the laws and the ways of love.

If this spirit child casts itself in vision in an inner plane to some distance from its own physical selfhood, its own womb, it is expressing a hunger and a thirst for love. And is there not in each of us not only the spiritual child but the human third-density child—(or for us, various densities, but still children—that yearn for attention and love and respect and care.

It is most common that one who is seeking with utmost might, in the main, moves quickly to the heart to begin doing work in consciousness when this occurs and [for] an entity [who] has not yet balanced the energies that move below the heart chakra into it, there will be some blockage of energy and a mismatch between the energy of the spiritual self and the energies that are coming in because of the request of that spiritual self, because one needs to live that which one has learned. It is most often the case that the one who too quickly undertakes the higher spiritual, almost discarnate skills, of devotion, may well have been leaving behind a neglected body, an unloved body, and without the knowledge to do any other, the neglect of the spirit child within which was born in each entity when each entity first chose to seek the truth with all of his heart.

The experience of being outside of one's own physical body is, in the strict sense of the available data on your plane, common. However, this vision was not given simply that you may see that there is a spiritual child and, indeed, a child, a simple human child, that was not given what it needed, that was hurt when it should not have been hurt, that was helpless to fight against or to balance the pain of living. And as long as this child remains within, the spiritual child has a great deal of difficulty growing because it is the child within that chooses not to love the self, not to love others, and not to love this that you call Earth.

So, in dealing with this clear memory we would encourage the swelling of compassion. Allow the upsurge of compassion for this child. No harm was meant, no evil or sin was committed, but only a simple unknowing, a simple ignorance of how very special, and how very helpless, the child within is.

We do not mean to suggest that those who have not become aware that there is an unhappy and grasping child within who constantly wishes reassurance should drop all that they do and pay attention to this child. The childhood of the body is now past. That child that was abused is no longer, for that which is occurring occurs now and for the first time.

Now, when a baby is born it is most important to nurture it, to feed it, to hold and jiggle it on the lap, so gently cradling it in the arms, sending it love, letting it feel the beat of your heart. So, without saying a word do you love that little child, and in general we would, in our opinion, advise each to see and recognize first that the human child must be balanced before spiritual work can be done safely. And secondly that the spiritual child that is, in Christian terminology, born anew through love of the Creator equally deserves nurturing, this protection. For when an entity is young even the smallest tree blown over upon it can hurt it, even the

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tiniest tripping, so many things can harm and hinder the spirit within from its growth.

So, in terms of those who realize the infancy of themselves as spiritual beings, to take that infant and cradle it in the heart, to protect it, to nurture it, to honor and respect and support it. For this child is more truly who you are than the entity which you see in the mirror, and it is in this density that this spiritual child makes its most important and its first choice, a choice for love or a choice for fear. Let the environment of your spiritual child be such that there is no fear, but only love and you shall have done your utmost to nurture your own spiritual evolution, not simply in this density but in the infinity of destinies that await the seeker.

As we leave this image it is well to thank the observer for the observer has seen what the eye could not see but what the heart can understand, and by [this] vision has given a picture, an image of the beauty of the perfect child within. Be maternal and fierce in your protectiveness. Do not offer these beautiful gifts that you have to those who do not ask. But simply move through your days honoring Christ consciousness, honoring love, and honoring that child within you which is the metaphysical being which is truly yourself.

We turn now to the question of psychic greeting and the movement from our first topic to the topic of psychic greeting is organic, in that the difficulties posed in the first question are some of the causes of a lack of protection in doing spiritual work. That is, that the lower energies, the energies of sexuality and survival, the energies of relationships with yourself, with other people one at a time, and your relationships with all the groups in your society, all of these things have been in many cases pushed aside, perhaps placed in boxes and tucked away in the attic of yourself. But these do not stay in the attic. These rags and bones climb back down the stairs and back down into the lower energies and recreate the blockage. These blockages are not to be overcome, they are not wrong, they are simply unbalanced, as if instead of standing on the fulcrum of a seesaw you were to stand to one side or to another and the whole side would go down.

Each energy expresses itself uniquely through each unique entity, so the balance in each ray for one is not necessarily the balance for another. The job of the seeker is constantly to attempt to keep those energy *(inaudible)* clear in whatever way the entity has learned. It is especially so in orange-ray difficulties, where not only does the entity have things about himself which he sincerely dislikes, but is being bombarded by others who also have a sincere dislike, distrust or fear of the entity.

The difficulty of doing profound and high reaching work in consciousness is always going to be apparent. For when there is true light generated, attention is drawn to that light, and there are those forces who wish to …

(Telephone rings. Pause.)

(Carla channeling)

I am Q'uo, and greet you again in love and light. Pardon us for the interruption.

When one has a great desire to be of service and wishes to work with powerful energies, [one] well may not know that it is not in balance. It may well feel that it is in balance, but that is the human cerebral, intellectual judgment, not the wisdom of the heart. So it is always well to ask the heart, "What is the work I must do upon myself this day to be in line with the will of the one infinite Creator?" And insofar as this question is not asked and higher energies are brought forth while the heart itself is constricted somewhat in its energy flow, there will be illness or nightmares or hallucinations or a conviction that a contact has been made that is indeed a negative one which is passing itself off as a positive one.

So, instead of moving quickly past those lower charkas, those who aspire to being holy among men must look first to the most common, mundane and everyday things for that is where holiness begins, that is where transcendence and courage begin. As you arise in the morning and when you look at yourself you think, "Oh, what a pretty face," instead of, "Oh dear, I don't want to look in the mirror." It is that simple. It is a matter of opening your heart to yourself, to others, and to the society. It is easier to do each time that you fail, because each time that you perceive within yourself that you have failed and make the subjective judgment that may not at all be true, it nevertheless teaches you the way in which you [are] to go, the way in which you wish to live a righteous life. So there can be no mistakes. You cannot feel guilty. You cannot feel truly a failure in

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anything because all things whatsoever in the mundane world are also holy.

So, the first requirement of one who wishes to do higher work is to fall in love with the self. Not in a selfish way but in a way of recognizing that within that strange body that the consciousness carries about lives a wonderful, everlasting and perfect spark of infinite light. If you denigrate yourself to some extent you also repulse the light that is within you and tell it to back away from you because you cannot see it. So we stress to those who wish to do positive work in consciousness the valuing and the hallowing of mundane and earthly tasks, for all things are of service and nothing is to be thought better than another way of service.

It very often does happen that when an entity skips through the lower chakra work and moves directly into the invocation of names and the evocation of power, that one may contain far more wisdom than it can possibly express. Consequently, the entity will in some way express the discomfort that it has put upon itself because it asks of itself those things for which it does not have the power. It is always well then in all work to ask to give the highest and best of which you are capable in a stable manner. In a manner which can be held steady for an indefinite length of time.

In other words, it is not necessary to make a brand new self to breathe the Creator. The Creator is already with you and loves you already and does not need you to be more beautiful, but needs only the beauty which you now are at this moment. And most of the beauty is seen in terms of intention and desire. The intention to help, the desire to help, the desire to be closer to the one infinite Creator, and to know true love. These desires are precious and are treasures to be held close to you, for these are the desires of the young physical child within. When you open carelessly—by ignorance, usually, not by design—the energies overwhelm the self as it is, energies which cannot be held stably in the daily life, that cannot be brought back into the work, the ordeal and the joy of living. Then that entity is simply opening itself more and more to the possibility of difficulties occurring, whatever they may be. And in each case where this happens we ask each first to forgive the self for doing this, for the self did not know and was not aware, but was only attempting its very, very best. And that attempt is what is noted, not the degree of success or failure, but that the intention was pure and persistent and as full of joy and laughter as possible.

We will leave any further questions to the question and answer period. As to the date "1-11-1992," it is to be noted simply that there is the master number of 11 which cannot be broken down, and which in its way indicates that it is a powerful time when everyone sees that one one. It is also to be noted that the eleventh day of each month in this coming year will be a master number. The reason for this is that if one adds together in the way of numerology the 11 and the 1992—we correct this instrument. It is to be noted that with the 1-11-19-92 there is a master number also, and one which is to be hallowed, not necessarily on this plane. As a matter of fact, probably not at all upon this plane, in terms of visual sensation or manifestation. But that there are many planes which interact within third density with your own.

See this master number, the 30 degree which this date represents, as a time of completion of certain things upon the spiritual level. Yes, of course, entities may help to rejoice in this energy, but it is an energy which falls like rain from heaven that shall fall whether one appreciates it or not. Whether one finds it good or unfortunate, it is simply that which vibrates in a certain way.

This day, then, may be seen to be a day for powerful or spiritual work and paradoxically for those who wish to relax the spirit, to regain the rest and the comfort that being with people who live spiritually can give you. Much is coming to an end in this particular portion of your race's history. Much is beginning. The mood need never be one of grief, but always one of celebration. We ask each always to remember to respect what other people see, what other people believe, and what other people hold true, not attempting to correct them but simply supporting them in whatever they do, for each has an unique path. It would be well upon this particular day to be more mindful, perhaps, than usual and more aware of the power of choices made and gestures of love extended and broken nets mended upon that day.

We would, at this time, wish to transfer this contact to the one know as Jim, if this entity desires contact at this time. We thank this instrument and leave it in love and light. We are of the principle of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each again in love and light. We would take this opportunity in speaking through this instrument to offer ourselves to further queries at this time. Is there a query to which we may speak?

Carla: I have a question *(inaudible)* from Susan *(inaudible)* her situation. First of all I would *(inaudible)*.

(Side one of tape ends.)

Carla: *(Inaudible)*.

(Jim channeling)

I am Q'uo, and am aware of your query, my sister. We cannot answer this query for it is that which infringes upon the free will. We are, as always, sorry that we cannot speak in a way which seems to be of the immediate comfort for we know that you and many like you upon your planet are suffering from distortions of mind and body which cause pain and discomfort. And there is much desire to be able, if not to be free from such, then to treat such so that there is at least a modicum of comfort. The comfort that we have to offer is a comfort that is not of the mundane world, but that undergirding reality which supports all creation, that Thought of love of the one Creator that expresses itself in your illusion in a manner which is mysterious and elusive.

We are aware of the confusions and the frustrations that attend attempting to penetrate the mystery of your illusion and we can only commend your continued efforts in this regard. For by persisting in your seeking in the face of all the difficulties which you encounter, you bring yourself to the peak of the Creator, humbled in worship of the might and the majesty that can create a universe that contains the stars, the planets, all the galaxies revolving in their time and in their turn, along with all of the energies of your life pattern that move about you as do the planets move about the stars.

There are those experiences of difficulty which you face which seem at times overwhelming and which seem to be beyond any comprehension according to purpose or plan. We can only assure you that there is much purpose in the suffering within your illusion. For suffering done in service to others and in the name of the one Creator is a kind of tempering of the spirit that strengthens and crystallizes this means by which the Creator may be known and may shine through your being.

Is there another query to which we may attempt a response?

Carla: Yes, a couple more *(inaudible)*. I have observed in my eating, not preferences, but in what is easiest for me to eat in that I am not able to eat very much solid food. If I can make this choice for myself of what to eat it would be all liquid or partially liquid or whatever. I realize you can't give me a diet, but, in general, gazing at someone with longstanding difficulties, could you confirm that the intelligent thing to do would be to eat even more sparingly, and even more sparingly until an equilibrium is reached?

I am Q'uo, and am aware of your query, my sister. We are aware that your intuitive capabilities allow you to discern those foodstuffs that are available to you that would be most easily assimilated by your body. And we would recommend that you utilize this intuitive capacity in the greatest degree during this time of difficulty for your digestive tract. We would recommend that there be a variety of foodstuffs, as great as possible, in whatever form, be it solid or liquid, that you ingest, in order that your body be given as much opportunity to take from those foodstuffs that which was offered and that which it needs.

The human body has a great deal of ability to utilize foods in the most appropriate manner, however, there is a certain variety that is necessary in order to allow the body to find those ingredients which are most helpful to it in whatever its given condition. Thus, we do not recommend one kind of diet that is liquid or solid, over the other. Rather, the blending of these in a fashion which feels to you to be appropriate according to the time and condition of your body.

Is there another query my sister?

Carla: Yes. I realize that I'm not the only channel who's ever been told that my body is weak *(inaudible)* and that if I continue channeling it will shorten my life. I'm also aware that in each of the cases of which we've heard both channels chose to continue the work. I realize that there is much to be said for the wisdom of being, and not attempting to add to the productivity. But I find it impossible to grapple with intellectually, and consequently to

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move into my heart, with a feeling of real worth in just being, instead of doing.

I was thinking, for instance, this evening and tomorrow of going to do more exercise and yet I have heard Ra say before, "You do not need the pain, you only need the limitation," which would suggest that I accept the limitation of being on my bed all the time. Yet it has only been since I have been on my bed all the time that my stomach troubles have become more threatening and I feel that there is a delicate balance there between the desire to live longer and the very way of living longer being an instrument which will lead to a shorter length anyway.

So, basically if you have an observations on that, in other words, exercise seems to be a fighting against my limitations. And, indeed, it does usually, if I am successful, enlarge my arena of possibility of action. If I do not attempt to go beyond my limitations at this point, I will be bedfast except for my walks, which may or may not shorten my life, simply because of the diseases or illnesses or whatever is, I think, the result of not exercising. Mainly the difficulty with the digestive tract. I can't think my way through this. If you have any comments whatsoever I'd appreciate them.

I am Q'uo, and am aware of your query, my sister. Again we find ourselves in the position of not being able to give a specific response for the confusion which you express is that particular condition which is a product, or shall we say the precursor of the exercise of free will. We are aware of your confusion, we are aware of your concern, and we can only recommend that you follow that which you feel is most important to you at this time, whether or not it is that which has been recommended previously. Follow that which wells up within you as the greatest desire amongst all your desires. Follow it to its completion, observe again, choose again. Whatever wisdom has been shared with you previously will prove itself or not by your own experience.

Is there another query, my sister?

Carla: Only how could I better serve the Creator?

I am Q'uo. We do not find a better possible, for each here in this dwelling place attempts to serve in every way possible. We instead would recommend the compassion that is given to the self by the self in order that that vehicle that you offer to the Creator as your means of glorification of the Creator, namely your very self, might be nurtured in a manner that would allow it to bloom to its fullest extent as a flower in a field, providing the beauty and aroma to the Creator according to the nature of its beingness.

For all the work that you do in your life pattern is that which adds to the beauty and the fragrance that is yours as a flower in this field. The work itself is not that which is of importance, though you are aware that many have expressed gratitude at the work which you have accomplished. However, it is not the work that is important, it is the enhancing of your own beingness as you seek to serve that is important. Your work in this illusion is a means toward that end and we commend each for the great dedication and sincerity with which service to other selves and to the Creator is attempted. We suggest that you appreciate yourself. The acceptance of self by self is that which builds the firmest foundation for any other service that may be offered.

Is there another query my sister?

Carla: No. As I search my mind I see that any questions I would ask you would have to say that *(inaudible)* unable to answer because of free will so I just thank you for coming to *(inaudible)*.

I am Q'uo, and we thank you, my sister, for the dedication to service that your queries indicate. Is there another query at this time?

Carla: I do have one last query which I'd almost forgotten. I repeatedly get mail from people who explain to me that I am very unhealthy and that something within me, by my own decision, has caused me to remain unwell, and I'm holding onto it and if I let go of it I will become well. I don't defend myself against people like this, there's nothing to defend. On the other hand I don't precisely know how to thank someone who has spent large amounts of time attempting to change me around so that I will be well, when in my own perception of myself, given my birth defects, my very, very bad sickness at the age of two, rheumatic fever when I was thirteen, all the things that have gone wrong with me since, I see myself as one of the most healthy, tough human beings in the world. I've survived all that. So my vision of myself is a very well, whole person. I do not know how to say this to people without causing them to feel that somehow they haven't gotten across to me my own wrongness and the error of my ways. And I have no wish to quarrel with anyone. Is

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there a more skilful way to deal with this sort of attitude towards wellness than I have so far discovered?

I am Q'uo, and am aware of your query, my sister. You may respond to each such entity as you have responded to us if you wish to go into the same amount of detail with each entity as you have at this time expressed. There is no need for the defense for each is as he or she is and each entity will in time discover that there are situations which confound and perplex each entity. That the old ways of approaching a problem with solution fail. That there is mystery all about and that there will be suffering, bringing forth the questions, "For what end?" and "How best to respond?"

Each shall face these challenges again and again, for your illusion is one of challenge. You are here to be challenged. It is challenging to live in a manner which does not directly partake of the immediacy of unity and seems to be cut off, each entity separate from the other. You may assure each that you are aware of the value of their suggestion, that you have valued that concept enough to have considered it carefully a number of times in your experience, and that you find that there is mystery and that you feel you share this mystery with all. And that sometimes there is the confusion that surpasses all efforts, and that this also is that which is to be treasured, accepted and worked with in the most loving and harmonious way possible.

Is there a further query, my sister?

Carla: No, I truly am through now. Thank you so much, Q'uo.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Carla: I'd like to ask on M's behalf that if physical people looked at her in a *(inaudible)* way, in a scary way, were in any way different from the metaphysical or dream type psychic greetings which come to many in the process of initiation, was there something special about these being actual physical people, or was it simply a matter of one person's character or personality being such that that was the best *(inaudible)* of teaching *(inaudible)*.

I am Q'uo, and am aware of your query, my sister. To those who work for the spreading of the light upon the surface of your planet, there shall be attracted those entities and energies which are desirous of controlling that light or, if necessary, to put that light out. Most of these entities are of what you would call the discarnate or unseen nature. However, they are able to work their efforts through a variety of means so that they might utilize incarnate entities with certain mental and emotional distortions that fit their purposes for a specific working. Thus, all is seen by such a negatively-orientated discarnate entity as a tool or target of opportunity that may be pursued at a specific time and in a certain way according to the desires of the negatively-orientated entity.

Thus, such entities may utilize other incarnate entities, the circumstances of a certain pattern of activities, the various distortions of the mind/body/spirit complex of the entity that is being greeted, and so forth. Thus, there is much interweaving of effort of such negatively-orientated entities, as there is the same kind of interweaving of effort by those entities of a positively nature which also seek to aid, as they are called, and to guide as is possible.

Is there another query, my sister?

Carla: *(Inaudible)*.

I am Q'uo, and we thank you yet again, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have completed the queries for this session of working we would take this opportunity to thank each present for inviting our presence in this circle of seeking this afternoon, as you term it. We are most grateful to be able to blend our vibrations with yours and to walk with you yet a few steps further upon your journey of seeking. Your journey and our journey is one journey that does not partake, strictly speaking, of time or space, yet is that which always continues, for always does the One seek Itself through the many, and always do the many seek the One through every breath, word and step that is taken.

We are known to you as those of Q'uo. We leave you at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
November 17, 1991

Group question: This Sunday's meditation has to do with the practice of astrology. And we're wondering if it is a helpful thing to look more deeply into the practice of astrology, to get more of an idea of the patterns and the rhythms, the opportunities and the lack of opportunities that present themselves on our path, or if it's just as well to content ourselves with a passing knowledge of astrology. In other words, do you think astrology can be used in the seeker's daily life and, if so, how?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a privilege and a blessing to be joining in your circle of seeking this day. And we wish to thank each who has called us for the purpose of transmitting information, for by so doing, each has enabled us to perform that service which we seek at this time to do. We are most happy to share our thoughts on astrology with the disclaimer that our thoughts are to be heard as the thoughts of a friend rather than those of an all-wise teacher, for we make errors. The request we have of you is that you simply leave behind any thought which does not seem worthwhile to you.

We give this instrument the picture of the world that lies in a darkness, a kind of waiting or anticipatory darkness such as the eve of a great holiday. The present period among those upon your sphere's surface at this time is an increasingly exciting one as there has been more and more of that consciousness among all of your world's peoples that some great event seems to be in the offing, so that the coming of the night is more acceptable. It is into such a frame of consciousness, if you will, that we bring the discussion of astrology. This instrument wonders what we do, but we ask it to relax and go with us on this.

There have been centuries in which it would not have aided most to look more closely into the archetypical mind. These centuries have passed. For this third-density experience which you enjoy at this time, the end truly is near, if you will. Not physically, but more and more mentally and spiritually. There is that subconscious or unconscious amongst your peoples that there are special reasons to look more deeply into natural phenomena and their possible effect upon the self, be it body, mind or spirit that is affected.

Astrology offers one way of learning more about the deeper mind, or what we have called the archetypical mind. It is a complex and detail-driven technology, if you will, the system of ephemeral, mathematical constructs having to do with configurations of heavenly bodies. To the student who wishes to probe more deeply within the self, to become more and more familiar with those uncharted regions of the self represented by the marker in consciousness

which you could call sub-awareness, there is this sub-awareness that the deeper studies at this crux may be those which have fruitful results. On this level, let us say, the awareness of specific and personal detail is not that which we speak of at this time, but rather the archetypical mind finds explication by the relationships of heavenly bodies to each other and to this planetary sphere upon which you presently enjoy incarnation. At this level much deep awareness can be encouraged by immersion in that complex set of relationships of star to star, and star to the system of star and planets which you call home.

On another level, the personal level, the yield of useful information from continued study of, and awareness of, the progression of one's own—this instrument would use the word "chart"—is, shall we say, a good way to develop both an instinct for inference and a relatively authentic feeling of control over the continuing life experience which is so precious to you.

To one entity, such a study would be work—a difficult chore done in order for the learning. To such an one, we would suggest investigating other avenues for becoming more attuned to the environment and for aiding in the feeling of control over the life experience. Astrology, then, is that for which some entities are well suited, others not.

To the entity which feels positively or affirmatively concerning keeping up with the chart's progression for the self, astrology can become that aid in consciousness which creates for the seeker a vantage point in consciousness which can act as a collecting area for the amassing of one's psychic self. The gift of being psychic or aware in non-physical ways is within all persons. The means of developing this gift are tremendously large. Infinite, we would think. However, to a fairly large percentage now seeking to increase the rate of learning, spiritually speaking, a substantial number would indeed find in astrology that place from which to continue to learn how to gather more and different information from the environment. For the environment is illusory. And more than that, is an illusion with many, many sub-illusions which further color the catalyst which is retained for use by your minds.

Now let us speak more in general, for there is a point to be made as regards the use of systems created by the mind and observations of mankind. Insofar as the system is internally valid in its logic, that system may be to the entity which plumbs its depths that crutch or aid which acts as the collector for the abilities and gifts of the seeker. In general, it is well to choose a system, whether it be astrology or numerology, the study of the eye, or head, or hand—and we could list systems for a substantial length of your time. What avails them to the seeker as efficient tools is that very systematic nature, for the mind within incarnation has the instinct for the pattern. Each entity in each experience is, in part, working internally to place the present moment into a context which will yield the maximum amount of information. This information is usually heavily biased toward comfort and well-being. However, the mind can be increasingly trained to retain catalyst which is presented to the mind, which perhaps has little, if any, survival use, but which does indeed aid in spiritual learning.

And the way to become more able to do this work in consciousness is to persist in experiencing and studying one system, be it of myth, science, philosophy or ethics, or any system whatsoever, which—we correct this instrument—to which the seeker is personally and individually drawn.

For you are, indeed, living on the eve of that which shall come to be. It is almost impossible to describe the nature of the shift of consciousness from basic third density to basic fourth density. This shift shall take you with it, if you dwell now on the planet Earth. Therefore we encourage the twin awarenesses that it is a good time to be watchful and that it is a good time to celebrate. That which astrology or any "ology" might do is aid in development of that sharply tuned hunger for the truth revealed within the present moment.

How we do encourage each to more and more dwell and marinate the complete entity in that present moment? It may seem odd that the mind's structure is such that the entrance to the present moment is often round about, moving not through the invisible door into the fully accepted present, but rather going completely around the entire structure of living to surprise the present moment only after the long walk has sharpened the appetite. Astrology is, shall we say, the *hors d'oeuvre* which encourages an entity to more aptly fit the intellect to accept an increasing number of inferences.

This ability to loosen the self from the physical, and move into an abstract system of gazing at the self, is

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key. What you do in gazing at astrology is to sharpen the intellect's ability to let go enough so that the gifts which are called psychic may express themselves intelligibly to that mind which has been softened to accept increasing numbers of inferences. For that which you seek cannot be deduced or reasoned. Discuss what you will, you cannot bring instrumentation, as you now know that, to bear on the nature, the power and the position of that Word or Logos which is the original Thought of the one infinite Creator.

We would at this time declare with regret that this is the substance of our discussion at this time, unless there is a query which would take this line of reasoning further. Might any have the desire to proceed further at this time with this particular query?

(Pause)

In that case, we would close this particular session through the one known as Jim. We leave this instrument in love and light. We are known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to ask if there be any queries upon any other topic that we may attempt response to?

Questioner: I have a question, Q'uo. Prior to the session, a situation was discussed about helping ourselves to *(inaudible)* the disadvantaged within our particular society, and my observation was that the feelings that came to me during that *(inaudible)* were unexpected. I wonder if there is any use for logical reasoning in trying to observe one's own reaction in giving aid or helping another, or if it is more useful for a seeker just to accept it as it is and sort of try to do the best every time with the situation that comes up? I wonder if you could comment on it?

I am Q'uo, and am aware of your query, my brother. The situation of which you speak is one in which you were offered the opportunity to be of service to another in a very direct and immediate fashion. This quality of immediacy is that which catches the seeker, shall we say, in an off-guard position, as you may put it. The spontaneous response of any entity to any stimulus is to act in this off-guarded moment in a pure and unpretentious fashion. To look at this experience as it has been completed, and to review one's reactions, thoughts and emotions is the archetypical path of the seeker, for the examination of the life pattern is the seeking of truth.

The illusion exists for your seeking and your learning. Thus, we applaud the care taken in investigating one's responses to significant stimuli. The significance is chosen by each of you according to that which moves your inner rhythms, those patterns programmed previous to the incarnation. Thus, is it well to spend time daily reflecting upon the day as it has passed, to note those experiences of significance where there was movement in your own consciousness that felt and left behind a strength and a mark upon your memory.

May we speak in any other fashion, my brother?

Questioner: I will take it further by saying that when I agree to help, I have some expectation of the way it would feel, and it did not feel that way. So I would ask you, what kind of experience does a seeker set himself up for when the approach is giving aid with some frequency of idea of what it might be like, or what it should be like? If you could comment on that in any way you feel you can.

I am Q'uo, and am aware of your query, my brother. To have a preconceived idea as to the outcome of any event is to confuse the perception of that event when it occurs. This provides additional catalyst to the seeker, and it is not inappropriate to have these preconceptions; however, it may be noted to be inconvenient. It may also be noted by the seeker that there are a great many responses possible as a result of the giving of service, and each response may be carefully noted and investigated so that the connection with giving without condition can be made.

Is there any further query, my brother?

Questioner: No, Q'uo, thank you.

I am Q'uo, and we thank you once again, my brother. Is there another query at this time?

Carla: Well, this is personal, but I was talking with Jim the other day and we were wondering what had changed since the readings that I was given by Ra that had enabled me to do things that at that time I simply could not do. If this is not a subject you can speak upon, that's fine. If you can comment, great.

I am Q'uo. We first ask if we spoke too soon?

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Carla: Well, Q'uo, only because I always have something else to say. I was just going to say I'm just asking in general.

I am Q'uo—still. And we give this instrument the image of the steel door locked carefully, and apologize for the lack of information. Is there another query, my sister?

Carla: Would it aid my understanding of the energies at work in my life for me to mediate on this door?

I am Q'uo. And we would suggest that the query itself be the focus of meditation.

Carla: Very well.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

Carla: No, thank you.

I am Q'uo, and we thank each for your patience, and most especially for your invitation to us, for we are always filled with joy to receive it and to have the opportunity to blend our vibrations with yours. We are most grateful to walk with you during this portion of your journey and assure each of you that there are many such as we who walk with you always, and there are those who rejoice at your every step. We shall take this opportunity to leave this instrument and this circle of working, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
March 7, 1992

(Unknown channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and the light of the infinite Creator. My friends, it is our great pleasure to perform this small service of addressing you this evening. And it is our desire that it be known that if our service be desired at any time by any member or members of this group, you need only ask, mentally request our presence, and we shall be with you.

My friends, tonight we would share with you a few thoughts on the subject of purity. It is difficult to conceive of purity within the realm of your illusion, for, as your illusion is permeated with indecision, as your illusion is the point at which the individual must select—correction—elect to polarize in one direction or the other, there is a strong tendency to accept a proximity to purity as the totality itself.

At this point, my brothers and sisters, the question occurs to a number of you, "What type of purity is being discussed?" My friends, in using the word purity, we refer to the non-resistance to the outward reflectance of light from the individual. As you well know, every molecule, every atom, every portion of substance within your universe, being a facet of the Creator, is imbued with the light of the Creator and is capable of projecting that light in all directions. However, the influence of the individual—correction—individualized consciousness which organizes the various molecules into a physical vehicle for the purpose of experiencing this density exerts a controlling influence over the amount of light emitted from the total vehicle.

More briefly, my friends, you have the ability to restrict the amount of light which you are capable of emitting. The ramification of this act is that the energy level of your planetary sphere is being controlled by those entities upon that sphere—yourselves. And [in] restricting the amount of spiritual light and energy which you are capable of exuding, you reduce the amount of energy and therefore the vibratory level of your surroundings. When taken in terms of your race, the effect is to reduce the vibratory level of your planet which results in the physical and emotional traumas that your planet and its populace continually experience.

My friends, the statements in your holy text which decry the attempt to hide one's light beneath a basket refer to this type of choice. It is within the realm of your abilities to restrict the light energy that you would choose to return to the Creator. It is also within the realms of your ability to restrict your own growth and that of your brothers and sisters. My friends, we are aware that on your planet there is pressure from those about you to conform to avoid standing out in a crowd. But we would request that you consider whether [there is] a greater service to be

performed in willing to be brave enough to allow your light to shine forth fully.

[This] service that you would perform for your brothers and sisters in attempting this in your day to day actions [is immense,] for there is no being in existence who is capable of resisting the beneficial effects of this action. We would suggest, dear friends, that this be an object of consideration as you live within the confines of your illusion.

At this time it is our desire to transfer this contact to another instrument that we may accomplish the exercising of those who have made themselves for this purpose. I am Hatonn.

(Unknown channeling)

I am Hatonn, and I am now with this instrument. I greet you once again in the love and in the light. Within your illusion one who stands out from the crowd is often isolated, scorned, ignored, but each is unique, each has their own rate of growth, each has the choice. As you progress you will find that times you will be alone in the crowd for as you grow and gain knowledge, become more aware that which you've learned *(inaudible)*, you shall find that you will be more intent with your particular place upon the planet. Each works upon oneself, each self between. As you become more aware, you begin to see that though they are experiencing difficulties in relating to others on the planet that they also become closer for they will begin to see that which makes them, and others, one in the love and the light of the infinite Creator. Though you will experience difficulties, they will be but lessons in the acceptance of others, but mainly, acceptance of self. The light is ever within, without, it is all things and it will shine, it will glow. As one becomes more aware of its presence, the knowledge that you gain, increasingly guided *(inaudible)* feels more and more comfortable within your being.

My friends, as you grow, as you sit within meditations, allow yourself to feel, experience, the light; allow love. Be that which is you. Allow yourselves to be. My friends, we are with you and shall be whenever asked. But we wish whatever of the way we can to aid you as you search to seek to experience, to become aware and grow. We are one with you as all are one with you. We are known to you as Hatonn. We will now leave this group so that another of the Confederation may be with you. I am Hatonn.

(Carla channeling)

I am Latwii. I greet you, my friends, in the love and in the light of the Creator. We speak briefly through this instrument in order to thank each of you [for] the privilege of being allowed to share our humble thoughts with you, and with our brothers and sisters of Laitos and Hatonn to offer as wide a variety of the types of the Confederation energizing which we can at this time. We are aware that there are those who would wish to use this vibration for aiding and deepening the meditative state; others who simply wish to feel the sensation of our presence; others who are working to become vocal channels. Please take from this band of vibrations that which you personally would find most helpful.

We shall pause at this time and *(inaudible)* on you that you may become aware of our presence and may be aided insofar as we may aid you with our vibrations. I am Latwii.

(Pause)

(Carla channeling)

I am Latwii, and am again with this instrument. We are sorry that we are heating some of you up. We will attempt to adjust for your comfort and close the message through this instrument that we may transfer to another. We would like for you to notice that we are not shouting through this instrument. We are very proud because we have finally figured out how to do that.

My friends, we would offer only a few foolish thoughts which we ask you not to take any more seriously than necessary. We would like for you to think of what has been said by the brothers and sisters of Hatonn. The concept of purity is one which pertains not to all of those foolish things that your peoples find so interesting but rather to a quality as simple as light. If you will gaze out of your window, my friends, in the early morning hours, you will find the tiny crocuses moving upwards towards the still cool spring sun. They are few. You will find these squirrels chasing the birds from the seed you have put out, their bright eyes darting back and forth, their tails moving quickly and cleverly as they maintain their balance. You hear the song of the birds and all these things, my friends, are pure. They are pure because they are not conscious of themselves. They are creatures of the creation of the Father and they are what they are without question.

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(Inaudible), my friends, have you not been given a complicated task? To find again that beingness, that feeling of being a part of the creation with no effort while you are conscious of yourself. The greatest task, my friends, is to stay out of your own way, for that which you are will shine. And all that might obstruct it is that which you might do. Some obstruct the light on purpose, but, my friends, many, many others in their efforts to increase their helpfulness actually confuse the quality of that vibration of beingness which we have so often described to you as the original Thought of the one infinite Creator.

You are already a being of perfect love and light. So staying out of your way is a tremendous service to yourself and to others. [With] all of the intelligence and analysis that you can produce through the time of your incarnation, you cannot yield up one more iota of light. That is the totality of your being to begin with. So, my friends, go within and trust that that which you are to be [or do] is least of all a function of that mind which analyzes and far more [truly] the function of your ability to feel comfortable being one who is loved totally by the Creator. If you are loved, you can then love, no matter what other function you may have in this illusion. Love, my friends, is the heart of your gift to those about you and to yourself.

We are very happy to have used this instrument. We do not often receive the requisite amount of call to offer a little sermon but are most grateful to you for allowing us to share these thoughts with you. We would now transfer the contact to another instrument in order that we might attempt to field any questions that you might have at this time. I leave this instrument in the love and the light of the infinite Creator. I am Latwii.

(Jim channeling)

I am Latwii, and am with this instrument and greet you all once again in love and light. May we at this time attempt to answer any questions which those present might have for us.

Questioner: Latwii, I have a question. If you are willing to *(inaudible)* for you to get me some feedback on the effectiveness of the channeling on the Friday night sessions? Specifically, the accuracy of the channeling?

I am Latwii, and am aware of your question, my brother. May we say in this regard that your attempts to be of service during your meditations on the evenings have been quite successful. We have been very pleased with the quality of thoughts transmitted and received by your group. We have found an unusually receptive audience at your Friday evening gatherings and for this reason have been able to provide information which has been called for and which has been transmitted with accuracy.

May we answer you further, my brother?

Questioner: Yes, is there any advice you can offer as to the manner in which we could improve?

I am Latwii, and am aware of your question, my brother. In this regard, may we say that the seeking, the desire of each entity within your group, is that quality which, when taken as an unit, is responsible for the quality of both your meditation and information which is received. The desire which has caused this group to be formed is of a high quality. Therefore, to suggest the improvement of tuning, shall we say, this desire might be at this time too much to ask, for we feel each does present to the group the fullest amount of desire and will to seek the one Creator which is possible at this time, though it is always the nature of the pilgrim to continue the journey in ever a greater degree of depth and purity. [And this refining of your purity shall we are searching also continue.]

May we answer you further, my brother?

Questioner: You answered me fully, thank you.

I am Latwii. We are most grateful to you.

Questioner: Are you the same entity that has been contacting us in Nova Scotia by a *(inaudible)* group leader.

I am Latwii, and am aware of your question, my sister. We of Latwii have had the privilege of making contact with your group on some few occasions. We of Latwii have not been able to make a contact with many groups upon your planet for the information which we have to offer is not often sought by such groups as this. We have been honored to join you on these occasions of which you are familiar and do offer our thanks and our appreciation for this opportunity.

May we answer you further, my sister?

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Questioner: No, we offer our thanks to you for joining us.

I am Latwii. We see that there is …

(Side one of tape ends.)

Carla: … is not actual purity or that it is not conducive to the development of actual purity or it is just not relevant or what?

(Jim channeling)

I am Latwii, and am aware of your question, my sister. May we say that, in general, you have expressed some degree of our perception of purity. Those of your people who have considered the concept of purity have quite frequently chosen to whittle away at their being in order to find the purity which they sense must be achieved by the removing of, shall we say, the catalysts of your illusion. By this we mean to say that the world which surrounds the self is too often seen as being of no value and is too often removed from the experience of the entity so that the entity seeking purity does isolate the self in what might be described as rigid and strict guidelines and frameworks and perceptions of the way purity must be expressed. This, of course, is the free will of each entity and does have the lessons to teach.

The concept of purity which we have perceived as being, shall we say, more natural in its beingness is that concept which recognizes that you are pure and perfect as you are without removing any ingredient from your experience. That, indeed, each experience about you has a value to you for it can teach you. And you, a pure and perfect expression of the one Creator, are quite capable of learning each lesson that is made available to you by the world in which you find yourself immersed.

We do not, in our perception, see a need for living what might be called the monkish existence of the aesthetic. For this type of perception quite frequently does further confuse the seeker, for if the world about one is seen to have no value, then part of the Creator is seen to have no value. If the entity is aware of the self as part of the Creator, the feeling of worthlessness then does intrude upon the consciousness and the perception of the entity seeking union with the Creator which has part of its being that is of no value.

We instead would suggest the seeing of the Creator within all creation, within each other self that one encounters in the daily round of activities, and within the self as well. And we further suggest the attempt to discover the value of each experience, the lesson which does wait within each experience which will point ever more accurately to the heart of your being which you seek; the heart of your being which is perfect, which is pure, and which, when allowed to express itself to its fullest, will purely reflect the one infinite Creator.

May we answer you further, my sister?

Carla: I think I understand pretty much exactly what you're saying, Latwii. What you're saying is, for instance, instead of removing sex from one's life as do monks, you would instead request of yourself the most careful search for the Creator and the truest of love within this experience. And instead of removing money from the experience you would instead accept whatever amount of supply that you had in your station of life and see what you could do with that money to be of service as a part of the creation. Is this what you're saying?

I am Latwii. My sister, we have indeed attempted to express thoughts similar to these. We would also add that we cannot speak specifically for any entity, for each must make these choices as a result of the free will and, in this regard, we can only speak in general and express these thoughts which you have accurately reflected.

May we answer you further, my sister?

Carla: No, thank you, Latwii.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

Questioner: I am curious about angels. Are there angels or beings who would help the choice that we've requested, that can help take care of us, or guard us, be with us to lend support and love if we request it? I've always felt there were, I'm just curious.

I am Latwii, and am aware of your question, my sister. There are beings within the inner planes, shall we say, of this planetary influence which many of your peoples have described as being of an angelic nature, for their nature has been perceived of great and intense love and light. These beings do serve, shall we say, as guardians for entities upon this

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planetary sphere. Each entity upon this planet has a number of such angelic presences which have as their honor and duty the guidance of individuals who have incarnated within this third-density illusion. Each entity may therefore call upon a variety of beings which reside within the inner planes.

Each entity may determine the means by which the call is made and the light and the being is evoked. It may be a simple ritual of prayer, of meditation, a simple sentence mentally asking assistance. It is helpful for each entity desiring this assistance to meditate upon the guides and beings which are in charge, shall we say, of the protection of the entity. Attempt then, in your meditation, to discern some aspects of the entity whose assistance you seek. Whatever aspect you are able to perceive, be it their form, their face, their color, shall we say, their tone, their quality, or their purpose—use this aspect as a part of your calling for their assistance. When this technique of seeking their nature is refined to a great enough extent, you may receive additional descriptions, shall we say, of such beings and may eventually come to know their name and their form and be able to call them by the visualization of either.

May we answer you further, my sister?

Questioner: Are they allowed to work with us unless we request it? What form of aid are they allowed to give?

I am Latwii, and am aware of your question, my sister. The assistance which such beings render is that assistance which is called for by the entity, either consciously or subconsciously. Each entity upon this planet does call for some type of assistance, whether it is consciously recognized and verbalized, or whether it be subconsciously expressed; each calling is answered. The degree of desire, the conscious seeking and strengthening of this desire is that key which shall determine how the call is answered.

Many calls, shall we say, are answered in sleep and dreams, providing inspiration and answers to problems. Many calls are answered by intuitive hunches or inspirations of the moment which seem to occur and appear out of the blue, shall we say. Other answers are of what might be called the coincidental, or synchronistic nature where you may wish to proceed along a certain path, to undertake a certain activity, and do not know exactly how it shall be done, and within a short period of time an answer appears in the form of another self with a proposal, or with a part of your solution, or a situation which fulfills your needs. Many are the ways in which calls are answered. Each entity which calls does take part in the answering of the call by making the call, by desiring the answer, and by arranging the, shall we say, landscape of the inner being so that the proper sequence or scene of events might be painted upon that landscape.

May we answer you further, my sister?

Questioner: So the more in harmony you are with the creation and with the Creator, the more of a better landscape we provide for working with these entities?

I am Latwii. We perceive this statement to be basically correct with the addition that at all times is each entity in harmony with the Creator. That variable which does change is the conscious awareness of this harmony and the ability to learn those lessons which have been provided in each opportunity.

May we answer you further, my sister?

Questioner: One more question. Do you ever work with these entities in your service here on this planet to us?

I am Latwii, and am quite happy to answer that. At this time, we do so.

Questioner: Thank you.

We are most grateful to you as well. Is there another question at this time?

Questioner: Yes, I've read a lot in the last few months, and, in fact, sometimes it's given me a sense of real joy and bliss and my question is, should I try to share this? At this point I don't really know anybody whose got a very listening ear and I don't know whether I have any responsibility in this respect.

I am Latwii, and am aware of your question, my sister. In this regard may we say that the experiences which each entity such as yourself encounters are those experiences which have been programmed by the self so that certain lessons might be learned for the evolution of the mind, the body, and the spirit of the entity. Part of this process of learning includes not only the evolution of the self but at some point

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within that the radiating of this information, this inspiration and this feeling of oneness to others. The sharing of such inspiration with other selves is that experience which then allows additional learning to become part of the experience of growth which each seeks.

The sharing of this information does require a careful balancing, shall we say, for few are the entities you shall meet that will request which you have to share that is of a spiritual nature. To share such information when it is not requested is not the most efficient type of service to provide. Therefore, as, shall we say, a simple guide we might suggest the full experience of this illusion in the way which is most beneficial to your own growth and the natural flowing of this exuberance for life through your being when you feel the proper moment has presented itself to you.

May we answer you further, my sister?

Questioner: In other words, unless there is a request or a fairly obvious opportunity, then I don't make any real outward attempt at sharing what I experience?

I am Latwii, and am aware of your query, my sister. To refine our previous statement, may we say that each moment in your existence is part of the one Creator, as is each entity. Each seeks the union with the Creator. Each moment then does present an opportunity to make the self available for the sharing of that which is most dear to the self with an other self, [and] is that which is most helpful to the growth of both. To become the evangelist which requests and requires the open ear and mind is that activity which shall prove to provide more results. To make the self available at each opportunity is most helpful, whether the opportunity be a simple smile, the granting of the right of way at one of your intersections, the listening to the sorrows of a friend or stranger, the sharing of your deepest insights, or the offering of a simple piece of advice when asked for. Each is an opportunity to share that which is the love and compassion for the self and each that the self will meet.

May we answer you further, my sister?

Questioner: No, that's an excellent answer, thank you very much.

I am Latwii, [and] we thank you. Is there another question at this time?

Questioner: I have a quick one. What causes and what are actually déjà vu experiences?

I am Latwii, and am aware of your question, my sister. Each entity upon your planet, as we have said many times, is a part of the fabric of the one creation and the one Creator. And by their very nature, therefore, have the ability to become aware of other parts of the creation. Within your third-density illusion, the forgetting is in sway and this unity with the creation is, shall we say, a more foggy part of your being. There are times, however, as the rhythms of your being change frequency that you may become aware of a possibility which does exist for what you would describe as a future occurrence. This is one of many possibilities.

Each entity does have such insights, shall we say, whether they be the dreams during sleep, daydreams during waking consciousness, or random thoughts floating through the mind. Most do not occur for they are possibilities which were not taken, roads which were not traveled. There are, however, times when the thought, the daydream, the dream during sleep, does coincide with that road which was taken in what is perceived to be the future. It is at such times that the entity then becomes aware that the previous conscious knowing has transpired. This you have called the déjà vu experience.

May we answer you further, my sister?

Questioner: Yeah, but on another subject. This is a pretty much personal question. I spoke of a *(inaudible)* of dreams and I didn't ask this question. In such a dream I spent time with an individual that I did not know but it was a one-to-one contact and it would teach me lessons. I was wondering if you could enlighten on me on who that was?

I am Latwii, and am aware of your question, my sister. To speak specifically to your query would be, in our humble opinion, infringement upon your free will, for the seeking of the solution to this riddle is, of necessity, for you at this time to accomplish through your own efforts. You have been quite successful in remembering these experiences. Your dreaming experience can be quite valuable if you wish it to be so. If you wish to return to this place and this entity it is quite possible for you to do so, for the dream experience is one which offers a wider latitude, shall we say, for the entity which seeks to learn certain lessons. These lessons might be more difficult to experience within this third-density

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illusion and are more easily expressed and perceived in the state of consciousness which you have called the dreaming state.

May we answer you further, my sister?

Questioner: Another question. When dealing with people in school I'm trying hard to be myself around them and in doing so am getting rejected by many. I am at the point of quitting and not trying to work with them anymore. I'm having a hard time figuring out what's right.

I am Latwii. We have listened to your description and assume that your question is whether you should proceed in one direction or another, and find that we can not give this advice, for to travel your path for you is to remove the opportunities for growth that wait upon it for you, and this we do not feel to be a service at this time.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

Questioner: When we see people that we know in dreams and deal with in working out problems, are we actually speaking to that entity on a different plane or is it just working out problems in our minds?

I am Latwii. My sister, may we say that each possibility which you have mentioned is indeed possible. The state of consciousness which you call the dream state, as we have mentioned before, does lend to the entity a greater scope of experience. Most often the experience of the dream state does include realms beyond that which you might consider the normal range of being. These realms do include the conscious awareness of other selves which you are in contact with during your daily existence. In such dreams the work of experiencing the catalysts of this illusion might be more easily accomplished and the conscious mind might therefore be apprised of those lessons which are most in need of concentrated effort.

In many such dream experiences the conscious mind is seated with the necessary information which will allow the waking entity to experience those lessons which are, shall we say, pregnant within the being. The conscious mind, then so fertilized, shall we say, does provide the focus of attention in these areas by its very consideration of the dream and its possible meaning. The dream state is far more varied, and, shall we say, multi-dimensioned than it has been imagined by most of your peoples. To give an accurate description of what is possible within this dream state is, in our humble opinion, not possible, for the possibilities are infinite since the conscious mind does not have its limiting perceptions to reduce the effectiveness of the learning, shall we say, during this dream state.

May we answer you further, my sister?

Questioner: No, thank you.

I am Latwii. We are most grateful to you as well. Is there another question at this time?

Questioner: I read a book written by a psychic who talked about walk-ins: people who wanted to leave this Earth—this is nothing personal, it doesn't apply to me—but people who wanted to leave this Earth and beings who had something to accomplish who did not want to go through childhood would take their place and fill out their [life] and then grow into doing things that they could accomplish in this particular body. Have you heard of walk-ins?

I am Latwii, and am aware of your question, my sister. This phenomenon which you have described as the walk-in is indeed that situation which has occurred upon your planet but which is not usual, shall we say. The integration of the mind and the body and the spirit in the evolutionary process of union with the Creator is that process which is most necessary for each entity to accomplish upon this planet at this time. This process is most carefully watched over by those entities we have previously described as being the guides, the guardians, the angelic presences. There are rare occurrences in which an entity incarnates with many lessons to learn. The lessons are of such a nature that the integration of the mind, the body, and the spirit is not harmoniously achieved. Such an entity quite frequently upon your planet will then engage in that activity of which …

(Tape ends.) ♣

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Sunday Meditation
March 29, 1992

Group question: The question this afternoon has to do with relationships in general, and in particular, when we find ourselves in a relationship that isn't exactly to our needs or specifications, how we can accept that portion of the relationship that is other than we would have it be, if it is to be the spouse, or ourselves, or the situations that we find ourselves in, whether they are financial or social or any situation that we would like to change and seems to be unchanging, or perhaps changing too quickly? How can we find within ourselves the acceptance and the support that will help us to help our spouse and to strengthen the relationship so that the relationship and the ideals for which it stands will endure?

(Carla channeling)

We are those of Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is an enormous privilege and blessing to us to be called to your group this day, to be able to share our humble service with you, to offer our opinion in sure knowledge that you shall not take us as authorities, but as companions upon the way of seeking the truth, for we have no authority that you do not also have—just do we have a few steps more along a very dusty path that, as far as we know, has no ending.

It is a joy to speak with companions upon this path, a beauty to us to feel the companionship of your seeking, and to share in your beings as you meditate in one circle of seeking. You ask us this day about that which you know not, that you ask, for you believe you are asking an active social question, a question concerning a relationship. You wish to know how to be better at relationships, at the important central relationship of mates, of dearest friends and companions, of lovers and those who hope together and despair together, and share the deep places of life together. Yet without knowing it, you have asked about yourselves, and how you may achieve that which is yours by nature, but has slipped your mind. That is the balance of a quiet and sure peace, a gently quiet mind that is staid upon faith and confidence in the balance and appropriateness of each occurrence in each present moment of the incarnational experience which you now enjoy at this point in which you call your time and your space.

This little experience of life, my friends, is set about like a gaudy gem, full of brilliance, but quite without the purity of true crystallization. The lives you experience consciously are rhinestones—false and beautiful, part of a complex series of illusions of dreams within dreams. Is the Creator, therefore, the carnival master who delights in fooling His sons and daughters? We do not believe this to be so. We believe that every puzzlement, every confusion, every distortion that is part of the house of mirrors that is a perceived life, is given to you that you may have

pain and pleasure in great intensity, so that you may look at the distortions and say to yourself, "What lies behind this distorted mirror? If I had a true mirror, what would this experience be?"

Yet all about you, whether it be sought by science, or mind or feeling, is perceived with significant and persistent distortion. This is not a life experience in which you may depend upon knowing anything at any time with any provable or objective surety. That which you think should be, and that which you think should not be, whether it seems to be about the self, or about the self as seen in other selves, is in actuality misperceived to some degree and in several ordered and hierarchical ways.

This being a large subject, we merely indicate these directions and move back to the heart of the query, for this query about manipulating relationships so that one may be more metaphysically or ethically correct and skillful and free of fear in giving all one can to a relationship, is in actuality a question about the inner balance of an individual with no relationship whatsoever to contact, communication or manipulation with or of another entity.

Let us step back at this time and view one relationship more mysterious than any other, that which has been spoken of by the master known to you as Jesus the Christ, as the relationship of a metaphysical father and son. In the holy work known among your people as the Holy Bible, a question was asked this rabbi or teacher having to do with prayer. "Teach us how to pray, Teacher," asked those who truly cared to know. And after this teacher gave to those who questioned that which you know—with some distortion—as The Lord's Prayer, he asked the simple question about the relationship of father and child. If a child asked for something good to eat, would his father give him a poisonous snake to bite in? You see, this teacher had a sense of humor, and asks people to look at things with a light touch. After all, is a father's relationship to his child so complex? Does a father not simply wish to keep the child alive, to keep it fed, to keep it comfortable if possible and to preserve its life until it can take hold of things for itself?

You have this relationship metaphysically, each of you, with an indwelling and eternal father, if you wish to think of this, shall we say, in [local?] or archaic relationship in terms of that which you know, that which you have experienced within this incarnational time and space. You have been supported, you have survived into mature years physically, yet spiritually you are but children, and spiritually your father wishes also to feed you. Yet, when does a father feed his children? Yes, he does the work, he has the groceries, and is the same father as mother metaphysically is, in the terms of your people's culture, prepared with a meal, with a feast, with all the food and drink needed for nourishment. But does a father and a mother prepare the table when there is no hunger and no request? And do children always know when they are hungry, if they do not have habits of regular times to ask for food and drink, to expect it, to look for it, to find it and consume it with blessing and thanksgiving and happiness of heart?

We speak to you about prayer, for this is at the heart of any query that has to do with dealing with the mirrors that other selves offer to you. Any—shall we generalize—any question concerning the lower energies—and by this we mean dealing with the self, dealing with any other self, or dealing with groups of other selves—has reference either to being energies that are blocked within the self, energies that are distorted by over-action within the self, or energies that in some way do not find it possible to move into the open and loving heart, that great energy center which is the first energy center capable of unconditional love.

Moving from this center, the first communication is, "Lord, teach me how to pray." Everyone's Creator is different. Everyone's mode and method of prayer and hope and desire is different, often radically different, yet each path is utterly appropriate for the person to whom it is natural and the part that is appropriate to an entity must needs be respected by that entity with an authority that is above all teaching, all outer authority and all discrimination that is not one's own, for the truth that is yours is not heard, but heard and recognized, somehow remembered. If it is not recognized, if it remains in the head and does not move to the heart with a feeling of recovered memory, it is not your truth, and no matter who says it to you, it is to be laid aside gently and with respect, but with a firmness that allows no stumbling block to enter your path.

So when we say to you that questions about relationships are actually questions about how to seek and to pray, we offer this as opinion, and we ask you to subject this and all opinions to your

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discrimination. Let us look briefly now, as briefly as we can look—this instrument has just said, with some irony—at the nature of prayer, at the nature of asking.

As it is also said in your holy works, "Seek and you shall find, ask and you shall be answered, knock and it shall be opened to you." My friends, there is so much more truth in these words that we ask you to be careful what you seek, what you ask and what doors upon which you would knock, for you will learn the answer that fits this particular moment in your seeking, that opens to you the understanding—if we may use that word—that may be available and useful to you at this moment, and this is a heavy responsibility for that which you have become aware of, that seeking that has ended in a desired response, becomes for you a ribbon to wave in a very courtly battle against the dragon that caused you to ask this question. It is something to take up and work with and live with and sit with in silence, not asking, but only listening, allowing the ground about you to become holy ground, allowing these answers of the moment to become part of a metaphysical muscle memory, if you will. Fundamentally, you are asking for a change in consciousness, and this is uncomfortable in the progression which brings about the seating of the change desired, the seating of the information desired, so it becomes part of who you are.

How can you pray? How can you seek? You simply put aside the time—thirty seconds, a minute, five, twenty, there is no time in metaphysical seeking. There is only intent. You seek with the attitude that you are aware that everything in this illusion is mirroring to you, with more or less accuracy, the processes of your own balancing and centering and seeking. You sit and you spend time as you would spend precious, precious money, for you have so little time, my friends. And all that occurs after you sit, after you learn, and as you are undergoing the discomfort of spiritual change, you become aware that all that occurs to you is a reflection of the processes that are occurring as the spiritual child that you are grows, sometimes jerkily and awkwardly and sometimes with unexpected grace and freedom.

Love one another, my friends, for it is the outward expression of being in love with yourself. All that you wish to know, and, indeed, the Creator in all of It's infinite intelligence, lies in mystery within you, and you shall not know anything. But you shall seek and you shall learn more and more about loving and allowing the being loved to occur as a reflection of an unjustified and utterly appropriate spiritual oneness with the Creator.

Relax into unknowing. Find the faith to seek without ever hoping to know and prove it, and in mid-air you shall find the relationships that are so central to your comfort and peace becoming more and more full of the love that is the special and exquisite freedom of a quiet and faithful mind and heart.

My friends, it has been a great joy to speak with you. We cannot express how much we have enjoyed meeting the one known as M, greeting again the ones known as C and Jim and Carla, and using this instrument. We thank this instrument for making itself available to us and we would close this meeting if the one known as Jim will make itself available at this time through that entity. We leave this instrument in the love and in light and in unity. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which may remain upon the minds of those present. Is there a query with which we may begin?

Carla: I have one to start this off. When two people are talking together and both feeling confused and maybe frustrated, what active thing besides going into the silence—which feels passive and like going away from each other—what thing in the moment can two people do to clear and sort of clean the air?

I am Q'uo, and am aware of your query, my sister. It may be that such centering and clarification could be aided by selecting a passage from whatever source of inspirational information is pertinent and has meaning for you that would become a focus for your attention at those times when you seek to bring yourself and your mate to a point of receptivity. Choosing such a passage, whether it be written prose, poetry or perhaps even the song that is played upon your recording device, would be a symbol for the centering that you wish to achieve and could be a triggering device, shall we say, that would give each of you the opportunity to allow your confusion to recede as the waves upon the ocean, and to focus

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upon the inspirational passage that you would make together at a time when you feel centered and whole and without confusion that causes misdirection and miscommunication at the moments of crisis.

Is there a further query, my sister?

Carla: Just one follow-up. I've always noticed, as a person sensitive to poetry and to music, that if you think something or if you read something, it has a certain amount of power, but if you, well, I would say vibrate it, if you say it out loud or if you sing it, it has not just more power, but it has a different order of power. Would you say that something that is not just listened to or read together, but is said together or sung together, in addition say, to being heard or looked at, would have that kind of difference in getting into the real heart of both people?

I am Q'uo, and am aware of your query, my sister. This is, of course, possible in just the manner in which you have described it, but is also possible that the confusion of the moment could be of such a degree that participation would be difficult. If this is so, then the listening or more passive participation would provide the easier entry into the reading or the musical passage. If it is possible to actively participate and to read or speak together that which has been chosen for the centering or the focus, then this is also recommended.

Is there another query, my sister?

Carla: Just to confirm. Probably, if two people are confused together, they can get a whole lot more out of listening, in general.

I am Q'uo, and this could well be the case. Each situation has unique characteristics, and must be dealt with uniquely. Follow that which feels most appropriate in the moment, my sister.

Carla: Golly, Q'uo, you mean I can't make another rule? Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: What about if just one person is willing to do the work? Can it still work with that one person, can it still help?

I am Q'uo. We believe that this is so, my sister. As one entity finds the center of love and acceptance, then this energy of love and acceptance is radiated to the other entity and the possibility of calming the storm is increased.

Is there another query, my sister?

Carla: One, and then I promise I'm done. Do you feel that if we listen to this or read this and have more questions that this is fertile ground for further examination and questioning?

I am Q'uo, and we believe that if there are further queries upon your part upon this topic, there is fertile ground always. Is there another query, my sister?

Carla: No, thank you, Q'uo. Thank you very much. I really appreciate your time and your effort.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we would like to take this opportunity to thank each present for inviting our presence in your circle of seeking this day. We are honored to have been invited to join you in seeking clarification for your journeys as you travel together that great road that leads into the mystery of unity and into the experience of the love and the light of the one infinite Creator.

At this time, we shall take our leave of this instrument and this group, leaving each, as always, in that same love and light. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 5, 1992

Group question: The topic this afternoon has to do with communication, especially communication between partners or people who are very close in their relationships, where we would expect that such a situation would lend itself to clearer and easier communication than one with perhaps a stranger. What occurs frequently is that there is a difficulty or a baffling in the communication, where even though both people try to their best abilities to communicate clearly, there is something that injects itself in the communication that causes a difficulty or a muddying of the communication. What would be the advice in such a situation? Would it be better if we attempted to stick it out and work as hard as we can with the person and to finally achieve a mutually agreed-upon clear communication? Or, when you find such difficulties and they recur, perhaps as a pattern, is it better to look at yourself in the contemplative or the meditative state to see if there might be some kind of an internal blockage or problem that you are working with in that particular area where the communication is unclear? Would that be an avenue that might provide clarification, not only to that particular communication, but in your ability to communicate in general? What would be the advice in such a situation as a way by which we could clear our communication?

(Carla channeling)

We are those known to you as the principle Q'uo. Greetings to each of you in the love and in the Light of the one infinite Creator. What a privilege it is to be called to your group this day and to rest in the beauty of your vibrations as you sit in meditation. We would offer to you our opinions this day upon the subject of communication, more especially, the problems of communication with those with whom an entity communicates most frequently, those best known, those most familiar other selves within an entity's environment.

As we speak of communication in this light, it is well we begin by pointing out that the difficulties of communication with strangers are far more easily addressed by linear linguistic analysis than those difficulties in clear communication harbored by those whose interactions are numerous and have taken place over a substantial period of what you call your time. If there is a misunderstood word betwixt oneself and another self which is a stranger, there is either the prejudice which is generic—the one not knowing the word feeling the other is a snob, the one knowing the word feeling that the other is ignorant—or there is a querying as to the meaning of the not-understood word, and communication resumes quickly. If there is a point of view that does not make sense to another's point of view, strangers may well say they do not understand. Again,

communication breakdown is not at all probable, for it is more obvious that there needs to be a question for information.

There are many cases where, because of deeply ingrained distortions in concept about the nature of certain kinds of entities, whether the prejudice be racial, or economic, or social, or intellectual, breakdowns in communication will follow more closely the pattern of breakdowns in communication amongst intimates. The more heavy the bias or distortion, the more frequent the breakdowns and the more characteristic is the underlying cause being a distortion of mind which refuses to admit certain information from certain types of people as judged by the communicator. Now, let us move into the area of your query this day.

Moving back beyond the beginning of a relationship, moving to a time before there was a relationship, each entity within the relationship was an entity unto itself, yet beneath that truth lay substrata of influences carried into the incarnation and further distorted by early experiences with other selves in the intimate family circle. When two entities meet, they are seemingly to each other fresh out of the bandbox:[3] sparkling, virginal and new. Yet in each case, the surface appearance deceives, for each carries a tremendous baggage of previously held biases, some of which might be contradictory to the self, yet equally strongly held, many of which may well be self-destructive. These biases and distortions of opinion are as much a part of what is to be called good about an entity as those things which seemingly would be more apparently good, clear and positive traits such as honesty, judgment and fairness. For each eccentricity, each distortion creates a catalyst with regard to the reflections given to the other self in an intimate relationship, a catalyst that the entity would not have if there were no distortion whatsoever within the intimate mate or companion.

So, as the one known as Jim was thinking and feeling earlier it is indeed true that miscommunication, as well as communication, is good and proper and to be appreciated. Even with clear communication and no bias, errors in transfer of opinions, concepts, processes of learning and ideation will occur. There is not such a thing within your density as perfect communication, certainly not while words are being used. So we do not suggest devaluing the self because of biases that seem to thwart easy communication. Before any relationships have importance enough that they constitute that to which attention must be given, lies the attention to the self, to the grasping of the generalities about the self, while respecting always the infinite mystery of the self.

The life experiences need to be examined, not simply analyzed, but felt and considered, somewhat out of focus, in their relaxed and reflective manner so that patterns will appear, so that dream material can be correlated to events of the day, so that all of the parts of the mind and the deep mind may, in that relaxed state of mind, merge together to form new possibility, new avenues of thought, and a grasp of situations, so that new ways and tools may be found to forge simpler and more lasting bonds of word in body motion, making communication lighter and clearer and more lucid. So, as always, the work with another begins within the self and communicating with the self. When your feet are on solid ground in regard to the self, there is then the placement of the pivot, the point of balance, the fulcrum, the place from which one may move without losing the balance, without toppling too heavy a load, and without toppling as a life experience as one falls completely away from balance in a traumatic situation.

So we assume as we go on that it is understood that always the work by the self, for the enlightenment of the self, be undertaken in a humble but daily method or manner. Emphasis being given not to the length of the experience, or the perceived depth of the experience, but rather to the purity of intention to seek, to desire to know the infinite One, to feel one's ground as holy ground, and to discover the will of the infinite One for the self in service to all other selves. If this be daily, it need not be elaborate, and the elaboration may come as each entity finds its own path and its own most efficient way of processing information, insight and depth of worship.

Now let us see two selves: A and B, shall we say. As they meet each other and begin to build a bridge of communication, the first efforts at communication may well be very unsuccessful, but may also be quite undervalued if A and B are extremely fond of each other. It may not seem to matter so much what is said as the fact that there is the sound of the voice

[3] bandbox: a usually cylindrical box of paperboard or thin wood for holding light articles of attire.

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wishing to speak, and that feeling of one who wishes to hear what you have to save. This communication level is so satisfying that there is very little editing of information, and all kinds of information are allowed into the mind's memory without editing or rejecting. This is a very efficient way to communicate, for a large base of data is gained.

The secret to this type of communication is the refusal to interrupt that which another is saying, upon both A and B's parts. This joyful type of communication bubbles forth when each experiences the other for the first time, when history must be learned, and it is particularly exhilarating. More than entities realize is communicated during this period in which the subjective evaluation of information transfer is that much has been lost because of the bedazzlement of infatuation, love or friendship. However, insofar as this has been the first and imprinting information, it does remain the very most important and deepest of the information base and is the basis for communication with the other entity until such time as any misperceptions in the original communication base have been discovered and work has been done to reprogram that misperception so that it reflects more accurately the true nature of the other self.

We may look at the base of information, then, as a kind of bottom of a pyramid. For as the time moves by in its perceived stream in your illusion, fewer and fewer bits of information transferred seem new to the self about the other self. A knows more and more of B, and begins to predict more and more of those things which B will tell. B does the same with A. A and B discover they have swapped their history to the point that there is less and less new to be learned. The base that was once so broad has been built on and built on until all of those things which are central and predictable within the terms of that special relationship begin to overshadow the entirety of the information base, and the useful bits of information are now perceived to be fewer and simpler and larger.

A and B begin to predict that which the other will think, begin to assume that they will have a certain reaction to a certain question, each from the other. We are not talking here about those times when A may be upset or angry with B, or B depressed or upset in some way. We are speaking of two entities of good will who have begun to assume that he or she knows the other entity.

This is the central difficulty in communication between intimate companions. Each entity has very riveting experiences, certainly, and much behavior is predictable, certainly, but the possibility of depth, eccentricity and nuance is prominent in any exchange of information which deals with deeply felt things, especially. And it is skillful not to assume that anything is known. It is skillful to listen precisely to what is said, and not to what is assumed to be true if that is said. This is a subtle point, simply because entities do not realize how many assumptions they make about their intimate companions. Such assumptions may be in general true, but all spiritual truths contain paradox. And no paradox is plainer than that every rule has its exception. Every generality that you use to predict your companion's way of thinking and behavior will have substantial exception, and this exception is most important and needs to be given pride of place, needs to be given that blank space where there are no assumptions yet, in order that a difference may be explained.

How then does one move into an awareness of the assumptions one is making? And perhaps should not make? We may suggest, not the walking away from the conversation, nor the working harder at the conversation, but a shift in the direction of the conversation. For in conversation entities normally tell each other things. In the midst of perceived breakdown of communication, we would suggest for those who are in deep distress, that perhaps a brief song, wise word, or some brief seconds-long ritual of centering, even in silence with held hands, provide a new base, a new place for two spirits to begin a different kind of communication. When this has been achieved, then we would suggest this general approach: Let either one begin by saying, "This is my reality. I know I have created it myself. And I am aware that there are things in it that are misperceptions. Otherwise, we would not have trouble communicating. Let me tell you the world that I, at this moment, create, and how in my world I am seeing myself in perceiving you." This is done without interruption. Then the other takes the responsibility for the self, too, and says, "This is my universe. I am aware I have created it and I allowed and am alone responsible for it. In my universe, I have created my feeling this way, and feeling that you feel this way."

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These are not declarative statements alone; these are statements that are also requests, requests that the other not only state its reality that it has created, but also that it speak quite directly to those things about the creation of that entity, which is the self, that the other entity feels have biases that are not justified by that which the other entity's creation contains. It is a feeling of the way, a moving back from an addiction to fact. One moves away from knowing what one knows when the blockages of communication between two intimates are to be cleared away. For it is not only the words themselves, it is the assumptions that have been created through years of repetitive actions that can destroy communication so effectively.

If there is the expectation, and it is not owned, if there is the prejudice and it is not owned, if it is not brought out into the open, how can the other entity do anything but respond to the feeling that lies behind the statement, which is seemingly innocent and harmless. So when there is a blockage that is inexplicable, it does not have to do with vocabulary or amount of information given. Then it is that one begins anew at another level of communication: a telling of the story of the self, a speaking of the legend of the moment. "This is what I have created. Respect this, but tell me what you have created, and I shall respect that." And from this exchange, all differences in perception may be communicated back and forth, back and froth, until the two creations have a consensus reality, special to those two entities at that moment in the combined myth of two entities upon a journey of seeking together, thus unifying what was broken, and healing that which was sore and painful.

This does not mean that agreements can be reached in which each party feels the same, for each entity is unique and each path is different. Yet, if free will is respected, we feel that it is always possible to come, if one is humble enough, to express one's perceptions and misperceptions as one who is responsible for them, to come to some mutually acceptable pleasantness and unity, wherein each respects the other's points and sees what preferences caused the other person, who is quite honorable, to continue to hold a varying opinion.

Agreements do sometimes occur, but this is not the goal of communication. The goal of communication is the exchange, in freedom and peace, of information. To have an addiction to agreement is the same with the answer as having an addiction to fact in posing the question. Fact is to be released, for there are always exceptions. Agreements are to be released, for there are always possibilities of two unique points of view, both of which are correct in the personal truth of each. Thus, free will is preserved, mutual respect is given, and respect to the self is also given.

Now we would only touch less centrally upon what would seem to be clear, that is, that other disturbances in the life pattern, changes in work, in geography, in circumstance, the loss of friends or family, these and many other things can cause one to be quite erratic in communication skills. There are two ways to deal with this truth. One is less efficient but more merciful. The other is more efficient, but does not partake much of tenderness.

It is the nature of each entity to move as he will between these two types of coping with special problems at special times. The merciful way to cope with an entity which is under tremendous strain is to move away from speaking of serious things, to attempt to give support, and to attempt to share the laughter, and to attempt to find ways, always to make merry and to, in the deepest sense, distract the entity from gazing at the situation which is so difficult and so puzzling because of its newness, and because of the grief and pain of loss. A far more efficient way to deal with this type of situation, which is special, is to continue to communicate as if both entities were not under stress. To continue to take responsibility for creating the universe in which each is living. This will lead to a large volume of communication. It is, however, a very efficient means of assimilating and aiding each other in assimilating the processes of change, wherein much old information is found no longer to be useful and must be, as this instrument would say in computer language, "dumped," and that energy of the dumped program used then to create a new program, if you will, a new software program that will work in the new reality, which is perceived as true by the self.

Neither way is more correct than the other. How one deals with special circumstances, how one deals with self-pity, with sorrow, with all of the tragic sentimental and enfeebling emotions connected with the reactions of loss, pain, and limitation are equally acceptable. The less self-destructive that they are, may we say, the more efficient. Consequently, if one perceives oneself to need to cry, to feel self-pity, to

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feel weak, and to feel helpless, then by all means we suggest feeling this way; but feeling this way when it does not infringe on communication with others. And if one must feel this way in the company of another, it is well to communicate simply that one is incapable of clear thinking, thus again taking responsibility for the inability to communicate clearly before difficulties have arisen because of these special circumstances. Some entities need very badly to act out all of the anger, pain and frustration of loss, whatever it may be. Others find themselves more invigorated by distracting the self, and moving positively in any direction while allowing the work of change to be done more or less subconsciously.

This information is known only to the self. And it is the skillful spirit which knows the self well enough to allow it the tenderness it may need or to give it the action in all directions that it might need, but in each case being responsible enough to say to the companion with whom one must communicate, "I am being unhappy now." Or, "I am behaving in a manic way now, because this is how I need to deal with this trouble and sorrow. Consequently, I will not communicate well, and if I become troubled, I ask you please, to [for some] hug me, [for some] reassure me, [for some] leave me alone." Each entity may fill in the blank.

However, my friends, most communication problems between those who are intimate are those of assumption and the lack of knowledge of the programs that the self is running. As you sit in meditation each day, if you find yourself coming to the end of your meditation and you see that there may be time for prayerful quiet thought, and something is puzzling you, set your mind upon it gently, lightly. Don't worry about it or attempt to untangle it, but gaze at it. There it is, this thing that seems rather fearsome; this place where one cannot communicate with another. There it is. Look at it. Do you fear this? What do you fear in this? Do you fear abandonment? Do you fear a loss of love? Do you fear being completely understood? Do you fear being right? Do you fear being wrong? Where there is a blockage, somewhere there is fear. Rest and gaze and sit with this companion of yours that you call a blockage, and when you again come to that state of mind, move to that again and rest and sit and admire it. And one day, it will burst into a candle flame and lucidly, clearly show you the untangled, the clear situation. For you ask, and so you receive, not in the time of humankind, but in the time of knowing, when you are completely ready to accept responsibility for the knowing. Be patient in these searches of the self, with the self, for your time of knowing may be now, or it may be some time from now, but once you ask, you may be sure that you shall know.

May you have the faith and the grace to have that patience and to seek in that steady persistent manner, regardless of circumstance. It is to the humble persistent seeker that doors are opened, questions are answered, and desires are given. Often not as you would expect it, but in the end in ways that always seem to contain so much more than you ever thought possible. May glory be with you in the harmony of the process of pilgrimage. In darkness and in light, in pain and in joy, love one another, my friends, and realize that you are never alone, that you always have the help of those friends who are unseen, those energies which are those of grace and clarity, beyond all human understanding.

At this time, we would transfer this contact to the one known as Jim, if this entity would accept it. And we would leave this instrument in love and in light and in thanks for this instrument's willingness to serve in this way. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time we would offer ourselves to the speaking to further queries, if there be further queries upon the minds of any present. Is there a query to which we may speak?

Carla: Well, I guess the thing that puzzles me the most is that you are into a communication blockage before you know it. The kind of work that you were speaking about seems like you are like two blocks ahead of the place you are supposed to turn off before you figure out that you should have made a turn. How do you get back to where you can say, "Wait a minute, this is the way it looks to me. Is this the way it looks to you?" You have already gotten stuck. There are emotions, not just words, but there are emotions.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We are aware of your query, my sister, and would

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suggest that when you become aware of the turn that was made at some point previous to its realization, that you state that fact as soon as you can, so that there might be a reevaluation of the conversation. All of your interaction with others is that which is of the moment, that which is inspired by the thoughts that spring both from your own mind and from the mind of your fellow creatures as you attempt to communicate and act together in a certain fashion. As there is a movement away from the desired objective, the noting of this movement is that which is most helpful in bringing both entities once again into the alignment that each has desired, whether the desire is spoken or consciously recognized, or not. For you are more than you think you are as you interact each with the other. You have your histories with you, both that which is known and that which has become unavailable, shall we say, to the conscious mind, and these histories are a kind of momentum that are colored by experience so that there is an unknown factor in all intercourse, the factor of the creative expression inspired by that which is within the experience of one or both entities. As you find your interchange of energies, of ideas, of directions, of feelings, moving in a fashion which becomes uncomfortable or unfamiliar to you, then it is your responsibility to note this deviation and to move again toward the desired objective that you have set before you.

May we speak in any other fashion, my sister, to this query?

Carla: I have one more question. It may not be worth anything, but I was thinking about the model of the triangle shape that you showed, or the pyramid, and I was thinking about our actual situations, which is that, although we do get a broad base fairly early in life, still, if we don't limit ourselves to that base, we use that broad base and we get even broader if we don't insist that we are this kind of person or that kind of person and hold on to those early things, then we do what the model was in the renaissance of man, and that was just to have more and more options of ways of thinking and ways of processing information and so forth. And that's true of other people, too, so that instead of the model being a pyramid, it would be more like a trapezoid, I guess you'd call it, with the top side broader than the base, but not an upside-down pyramid because you don't really start with just one thing as a very young child. You get everything at once, but always with that kind of pulsar center of the essential self, so that it is not that we are getting more scattered. Do you see what I am saying, and does that make any sense as the kind of model that we might be trying to keep in mind for ourselves and other people to open up the possibilities? They might be different this time than they were yesterday, or last year.

I am Q'uo, and am aware of your query, my sister. Indeed, the triangle shape is one of the simpler models that can be used to describe an entity and its base of experience and information upon which it shall draw and build further experience in the life pattern. It would more nearly be correct to look at each entity as a faceted gem with many sides and many angles or perceptions on a number of topics, for each entity has within it the ability to pursue interests in a wide variety of fields of endeavor that will enrich and influence the further learning and growth of the entity. So that when entities gather together to share that which is theirs to share and to learn that which they desire to learn, one may see the shining of the light of this desire through the facets of the gems which each entity is, and as the desire is moving through the different points or angles of perceptions, there will be a light that is bent in a certain way as your white light is bent and separated into the colors of the spectrum as it moves through the prism. Just so is the desire to learn and to share, in its movement through the faceted gem of each entity, bent and colored by the experiences, the information, the desires and potentials that are within the entity and which make it a multi-layered being. Thus is intercourse or interchange between your entities enhanced and enriched.

May we speak in any other fashion, my sister, to your query?

Carla: First, let me thank you for that answer. I'm going to have to read it to get it all, but that really sounded rich, meaty.

I had one other question that just came to me as an image. The triangles again. I was thinking about how we do have an essential self and if it was a triangle, then it would start at the point and not get very far out before it began the line through the very essential middle of the shape of the triangle. And if you took the triangle of one person with the point upward and the triangle of the other person with the point downward, and you moved them together

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until they sort of clipped into place with that central essential point in alignment and agreement, then you would have a six-pointed star which is the symbol of the white, Western, Christian magical tradition. I was wondering if there was truth there of the magical way that people can interact if they are linked together, because if you can follow the image, when the six-pointed star is made of the two triangles that move together with one point up and one point down, the essential selves would look like a pencil that is sharpened at both ends within the triangle, and it would also then look like a common crystal, a quartz crystal, which is known to be magical, but only when it is charged by a magically oriented entity who holds it in the hand and is itself crystallized. Are we crystals to and for and with each other? And does our communication, our coming together, have that kind of absolute magical nature, if we can find it?

I am Q'uo, and am aware of your query, my sister. There is much within your query that is fertile ground for communication and we shall chose only the most basic portions to comment on at this time. Returning to your original image of the two triangles coming together in a manner which creates the six-pointed star, one may look upon each entity as having the mind, the body, and the spirit sides of the triangle, both in the conscious and in the subconscious realms, shall we say. So that each entity is both that which you may call male or conscious, that which you may call female or subconscious, in that the functions of each of these portions are somewhat different but complementary. Blending the two together in a balanced fashion creates that which you have called the six-pointed star that makes available to the entities all of the experiences during the life-pattern so that there is very little that remains in the shadows, shall we say, or in the distant memory, yet affecting the present experience. The entity that has been able to gain a knowledge of itself to this degree is the entity that has increased its crystallization, shall we say, its regularization so that when it desires to move in a certain direction, it has at its disposal all of the energies of its incarnation, both those that are normally conscious and those that for many remain subconscious. Thus, its resources are greatly enhanced and it may move with more certainty along any line of desire that it constructs for itself due to the regularization of its mind, body and spirit complexes on both the conscious and subconscious levels. Thus, each of you is truly a crystallized being, becoming more and more crystalline as you discover those facets of yourself that have heretofore been unavailable to you as resources upon which to draw for further problem-solving, shall we say.

Is there a further query, my sister?

Carla: No, thank you. That's more than enough. I take it that the question about that general line thinking might be a group question at sometime.

I am Q'uo. And this is correct, my sister.

Carla: Very well. Thank you so much, Q'uo.

We thank you, my sister, once again. Is there another query at this time?

Questioner: Yes, what suggestions would you have for stubborn pride that keeps people from taking responsibility for themselves and communication?

I am Q'uo, and am aware of your query, my sister. If that, as you have called it "stubborn pride," which blocks one's ability to assume the appropriate responsibility in communication and relationship, resides within one's own being, it is well to take that concept as an image into your meditative and contemplative or prayerful states and look therein the silence within at that quality, observing how, as the pebble thrown into the pond, it ripples outward in all its affects and effects within the life pattern; to see a trail of its experience within one's being and to trace that trail to its source so that whatever impulses or experiences were the genesis of this trait may be looked at and reexperience in a safe environment, perhaps within this same meditative state, so that the entity which experienced this need to behave in this manner might have a chance once again to re-respond to this situation and fashion a more helpful means of response to others.

If this trait is within one that is close to you and not within the self, there is far less that can be done, for the desire the work upon those qualities which are seen to be hindrances to affect teaching and learning need to have an inner motivation in order for any actions to be effective in removing or balancing such traits. One can make the suggestion that such a trait exists, and can be worked with in a helpful manner. Various suggestions can be given, as we have suggested to you in the working with such in a quiet place and quiet moment within. One may suggest that such work may be accomplished together if the

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other entity is in relationship to the self in a close enough fashion to allow such work, and for it to be appropriate. In most instances, the general run of the day, shall we say, the interaction of entities in a normal way, as the daily round of activities moves in its pattern and each entity within that pattern will provide the periodic mirroring effect where this trait of pridefulness will show itself, and at those time there may be a gentle reminder made that will allow the entity with this trait to note its presence and also note its effect upon the interaction that is being mutually experienced.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: No, I don't think so, not from me. Thank you, Q'uo.

I am Q'uo, and again we thank each for allowing us to speak to those topics which are of importance to you. And we would take this opportunity to remind all present that we do not wish our words to provide stumbling blocks upon your own journey of seeking. We suggest that you take those that have meaning to you, and leave behind those that do not. We are those of Q'uo, and at this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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The Aaron/Q'uo Dialogues, Session 6

April 9, 1992

(This session was preceded by a period of tuning and meditation.)

Q'uo: We are those known to you as Q'uo. We greet and bless each in the love and light of the one infinite Creator.

If the one known as Barbara and the one known as Aaron are sufficiently prepared, we should enjoy commencing this session of working. We would wish to express our deep enjoyment of the opportunity to share our thoughts with each of you and to work with the entities which may express through the instrument known as Barbara. As we would prefer to allow the one known as Aaron to begin the working, we would at this time content ourselves with the expression of our joy at the beauty of this circle of seeking, and for the moment leave this instrument in love and in light. We are Q'uo.

Aaron My greetings and love to you all. I am Aaron. The energy of spirit, not just disincarnate spirit but of all spirit in this room, is very lovely to behold. Barbara is bursting with joy inside at the heightened frequency vibration she is experiencing; and experienced secondhand through her, that energy is still very brilliant. It is a great joy to speak in this way and share a conversation with my brother/sister Q'uo.

The last time we did this we were making an attempt to move back and forth with more frequency, rather than for one of us to talk at length and then the other to speak at length. And if Q'uo and Carla are willing, I would like to suggest that we do it that way—no long monologues, but a more flowing conversation between us. There will be no difficulty in this. I will know when Q'uo wishes to speak and will simply pause, and Q'uo will know when I wish to speak.

No decision has been made as to the nature of the questions or the direction of the channeling tonight, and it is not my place to direct this; but I would like to offer a suggestion that it feels relevant to me that we speak, at least to some extent, about the nature of service and the misconceptions that the incarnate being may move into about the nature of service, which create a distortion in that service and give rise to fear. I would pause here for your responses to this suggestion. That is all.

(Pause while Aaron's suggestion is considered.)

It is not necessary that you hold to this idea of service at all. It feels to me to be something relevant to all of you, but I do not wish to impose my concept on each of you. Is there a totally different area that you would prefer to explore?

Carla: Why don't we take this opportunity to form a group question on service? What is it that we wonder most about service? The thing I notice most frequently that people ask me is how to be of service

to other people when they have not yet learned how to love themselves as human beings with faults, so that they can have compassion on themselves and therefore have compassion on other people. So, my first question about service would be, "How can people be encouraged to see themselves as people worthy to offer service to others?"

Barbara: I understand Carla's question. I feel a different discomfort with service. I think it's a question partly of being versus doing, but it seems more a question of the arising of fear; that as soon as I get into wanting to serve, I separate myself from that part of me which is already serving. I can't really explain it. I wonder if you can explain it. I don't know how to get past that. I know my question is rather vague, but there's a sense, not of aspiring to serve but at grasping at service that gets in the way of actual service. Can you speak to that distortion and how I can move past it, how any of us can?

Q'uo: I am of Q'uo, and greet each again in love and light.

Ah, to be upon the road and
To forget that the feet are walking,
To become numb to the dust,
To smell not the heat of the damp
Of the dew upon the dust as you trudge
In the morning light of young and unskillful pilgrimage;
To carry your brother and your sister in your heart
And think that they are upon your back;
To be numb in the feet, in the heart, and
To feel burdens that are not there.

This is one way to describe one who serves with every heartbeat, yet believes that one must carry a load, one must show weight and effort in order to serve. Is not every step an effort? Are those feet not dusty and sore? Is the heart not full to bursting with compassion and love and will? What is this fetish about the showing of burdens? About the suffering that is visible? Is this carrying of burdens what each thinks that service is?

Let us move back from this scene and think of the heart of each entity who desires to serve. Is this heart active, defined by action? Is it completely passive, asleep, and incapable of action? Or are both sleeping and waking, dreaming and acting, informed by an unsleeping and ever-living consciousness that merely and utterly is?

Any determination to be of service begins not with dreaming and not with acting, but with consciousness itself. And that consciousness is that which is purified by a fire of desire which tempers consciousness, cleanses it of the confusing, self-deprecating, or arrogant emotion so that one is neither consumed with unworthiness nor battened by pride, but merely is, as is the Father of all things; merely is, as is the Nurturer of all things; merely and utterly is, as is the spirit of love that is the nature of all that there is.

One serves because one is of a certain nature. If that nature be impure, the service shall be impure. If that nature is undisciplined and unguided, the service will be undisciplined and unguided. If this consciousness chooses negative ways of distorting itself, its service will express itself in manipulation and control of others. And if the purified consciousness has been purified towards love without any hindrance, let, or stint, then the service of such a one will be beyond description. Whatever the action, the essence of the service will remain within the beingness that informs the service.

No one can keep from serving, no entity whatsoever. Thinking upon this may begin to take the emphasis off wanting to serve, for that desire is after the fact. We would transfer this energy to the one known as Aaron at this time. We are known to you as Q'uo.

Aaron This is Aaron. Q'uo spoke about unworthiness and pride. These are both manifestations of ego. I would suggest the usefulness of beginning to regard service in a different way, not as a strained giving or even as an eager giving but as a gift. There is no joy that I know so deep as that of serving, and a part of the joy inherent in service is the emptiness of self that one comes to when one truly moves out of oneself in order to serve.

So much of your pain comes from the illusion of a solid self. Without that illusion, neither ego nor pride can exist. There is no unworthiness. There is no grasping. Service is truly your path beyond ego, because as you walk that path of service you see constantly how that illusory self arises, see the seeming solidity of ego as you become bound in fear.

What you see is a magnification of what exists. We have talked about this at length, and I believe we spoke about it a bit last year when we were here. If you offer something 99% percent purely and 1% percent with the impurity of ego, you are aware not

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of the 99% percent but of the 1%, and you condemn yourself for that. You forget so quickly that this service is offered by a human. The spirit is unlimited, but the human does have its limits. Thus, you tend to become lost in that small percentage of the service that is guided by ego, rather than the much greater percentage that is guided by true aspiration to serve God and the deep love for all that to which the servant feels itself connected.

As you move into that minute distortion of fear, you start to feel yourself unworthy; or in an effort to override the fear, you move to pride—the latter more rare than the former for those of you who serve in the ways that you in this room do. You are more prone to unworthiness than pride. When you can remind yourself that the path of service is a gift wherein a reflective mirror shows where ego still exists, it gives you a very different perspective on that ego.

At that point you may turn with compassion to this human being that is doing its best to serve despite the occasional arisings of fear, and use the path of service as a constant reflection of the arising of ego so that you may allow that illusion to dissolve. If you were not given this catalyst of service in the way that those in this room ask themselves to serve, you would not have the strong promptings that you each have to purify yourselves. Yes, you are here to serve others; but the wonderful gift of that service is that in the course of it, this aspect of the one that you identify as self must be allowed continually to dissolve and dissolve more fully until all illusion of separation is eradicated.

I would like to relate this thought to Barbara's question. Barbara spoke of the arising of fear and the distortion created by the desire to serve, by grasping at service. Can you see that the grasping is a manifestation of unworthiness? When you know that you serve simply by being, there is no longer need for grasping.

Last month K shared a very beautiful poem with us, a poem she was taught as a child by her grandmother. I do not know if I have it completely accurate, but as I recall it, the words were:

I am the place that God shines through
For God and I are one, not two.
God wants me where and as I am.
I need not fret, nor will, nor plan.
If I'll just be relaxed and free,
He'll carry out his will through me.

This is truly the essence of it: relaxed and free, not willing, not planning, just being and trusting that you will be placed where you need to be to serve as you are asked to serve. You do not need to set up such situations of service so much as to allow them to happen. You allow them to happen by purifying your own energy, by constant work on yourselves, by prayer, by your constant offer to be of service without grasping at that service, and by deep awareness that when you say, "I *need* to serve," that is a manifestation of unworthiness and of ego—"I need to serve so I can feel better about myself." Well, fine, but first feel better about yourself and then all the service you want will pour through you. It really is as simple as that.

I believe the important thing here is to become aware each time that "I need to" arises, that there is a sense of unworthiness behind it, a sense of fear. The first step, then, is mindfulness, deep awareness, each time that sense of fear arises. The second step is acceptance of this human who sometimes feels fear; just a smile and a, "Here is fear again. Come in fear, I have been expecting you." Give yourself a hug and return to the act of loving, of worship of God, of extending your loving energy in whatever ways you can, not just to others but to yourself. With the acceptance of that small arising of fear, it will not grow into distortion.

You do not have to get rid of fear. You only have to recognize that it is there. The fear does not interfere with your being a clear channel, for example, but your relationship with fear interferes with it. If you wish to serve others in any way—serving food in a soup kitchen, working in a homeless shelter, counseling others or whatever ways you may choose to serve—you need not eradicate fear but recognize it and find mercy for this human who sometimes feels fear, and in that way change your relationship to fear.

Until you change your own relationship to the fear that sometimes moves through you, you cannot clearly serve another because you will always be in some amount of judgment of his or her fear and the distortions that fear creates in another. There will also always be "he who serves" and "he who is served" as long as you are not friends with the fear in you. But when you can make friends with that and

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thereby befriend fear and all its distorted manifestations in another, you remove the separation of self and other. And then there is no longer "servant" and "served." Both are servant and both are served.

Do you think that when you serve another by offering them food, that does not serve you? Here is the distortion of pride: "I am the servant." And again it creates separation, and such separation cannot serve anyone. When I offer you food and you offer me the opportunity to offer you food, I thank you for that. You give me a gift, truly.

I offer you my thoughts right now, and I cannot express the deep gratitude in my heart for the opportunity to speak to you all and the ways that you serve me by giving me your listening and your open-hearted attention to my thoughts, because when you listen to me, it makes me be more responsible for the purity of those thoughts and thus stretches me and aids me to grow.

So, I ask you to remove the duality in your mind between served and serve and to look closely at your discomfort with the arising of fear and see it more clearly for what it is. Truly begin to understand that the fear does not create the distortion in your service, but your relationship with the fear creates that distortion.

I feel that Q'uo would like to speak at this point. There is more I would like to say but I would prefer to turn this over to my brother/sister for comment, and allow us to move back and forth. That is all.

Q'uo: We are those of Q'uo. We greet each again in love and light and apologize for the brief pause, but we were conferring with our friend, Aaron.

We hope that each has listened to these words concerning desire, for desire purified does not partake of fear, is not separate and does not create separation. Remember two things which this wise entity has said: The path of service is a gift. The path of service is a reflection.

Let us look from a slightly different perspective; from a slightly different set of opinions, at these statements. These statements can be pondered over and over.

The path of service is a gift. What is the path? Is it something you walk, or is it you? Are you the path and the gift? And are you by your very nature serving and served? For if you are of love, and if you have consciousness aware of itself, is this not the only undistorted transaction of which you are capable: the giving and the receiving of that great service which is loving?

Can you conceive of yourself as a gift; perfect, immutable, whole and complete, yet transitive—the self as a verb? Only those selves who see that they are not only *on* holy ground, but they *are* holy ground, can move from being a "he"; a "she"; an "it"; a noun, into being a verb—a transitive, acting verb that connects love with love; that acts as catalyst between subject and object, because it knows that subject and object are one. Subject is love/object is love if the subject is self and the object, other self.

One who is the path and one who knows itself as holy knows that self and other self and all that there is exist in a ground of love; and love speaks to love, serving and served, loving and loved. And as distortions are released; as fear becomes less necessary; as this process gradually takes place, the self becomes the path, the gift and that servant which is finally transparent to love flowing through it, never from it, flowing to it but never remaining, for love flows as endlessly as the sea.

The path of service is a reflection. This is simply the same statement turned backwards so that one may see that one is served as one serves. We would not belabor this point but only wish each to ponder it. You are a reflection to others, just as others reflect you to yourself. What, my friends, shall you reflect to others? Is your mirror transparent? Are you love? Can you allow love to flow through you and allow the images that you show to others by reflection to be clear and lucid and shining with the light of a truth that is beyond you but can only flow through you?

We ask you to ponder this second statement as a corollary of the first, for it does deepen and aid understanding and grasping of the nature of the self as a servant of love; and thus, in serving, served; and thus, when served, serving.

We would at this time again move to the one known as Aaron and the one known as Barbara that we may have the pleasure of listening and learning and enjoying Aaron's opinions.

As always, we ask each to know that these are opinions that we offer. We have no authority over

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you. Know that we are your friends and perhaps your teachers, but not those who ask any to refrain from discrimination. For you know that which is the truth. And if you hear it not through these instruments, we ask you to put it down and walk on without a second thought, for we would not be a stumbling block before you.

We leave this instrument. We are those of Q'uo.

Aaron I find it a great joy to share in this way with my brother/sister of Q'uo. I would like to look at a distortion of service that was inherent in both Barbara's and Carla's questions. In your human form it is so easy to lose track of what you are doing. This is natural to the human, which is not perfect and is not expected to be perfect. I am not condoning unskillful choices here, but only asking you to have mercy for this being that is sometimes unwise in its choices.

At times many of you have a fixed idea of what it means to serve, an ego attachment to one type of service or another, and you forget so quickly that, as Q'uo just explained, service is a type of *being* not a *doing*. When you fully allow yourself to be transparent, and allow light and pure energy to move through you—both into you and out of you, giving and receiving—then you *are* service. You are not serving, you are service.

When Barbara phrased her question, she had in mind a kind of distortion. Let me give you an example. On Wednesday evenings she has a channeling session. Her family comes home at 5:30. They are hungry. They have things to tell her and to share with her. She feels a need to get them fed and to get the kitchen cleaned up and to sit and meditate and prepare herself for the channeling session.

She is almost never short-tempered with them in actuality, but she sometimes feels impatience although she does not manifest that impatience. She feels a sense of wanting to hurry them through their dinner, wanting them to get their dishes washed, and so on. If she goes in to meditate and her youngest son comes in and shares his homework with her, she looks at her watch and is aware that "A houseful of people are going to appear here in half an hour and I need to meditate. Get out of here with your homework!"

Now, she does not say that. She sits him down on her lap and she looks at it, but she is feeling that impatience. And then she feels anger at herself and says, "Who am I serving here? Am I ignoring my family to serve others?"

She has learned that when she can let go of her fear; when she can feel compassion for this human who is feeling fear so as to allow that fear not to solidify, then it does not matter whether she is sitting in meditation or washing dishes or holding her son on her lap and admiring his homework. It is *all* meditation because at that point, as she washes the dishes or holds her son, she *is* service; she *is* love. What could be better preparation for channeling than holding a child on your lap and giving him love? But the voice of fear distorts that and says, "I must have silence to prepare," and then self-criticism arises because she knows that to follow up on that impulse would be to hurt the child.

It would be well worth your while to look at the ways you manifest this in yourselves. No being of third density is immune to this. No matter how aware you are, it catches you sometimes.

What does it mean to serve? A friend shared a story in which he was leading a large workshop, and a woman who had kept talking about her family of eight or nine children all weekend and the demands they placed on her spoke up toward the end of the weekend and said, "Oh, I want to serve! How can I serve?"

Many in that group had been talking about working with the homeless or those with AIDS or another disease, and so on. And this man, S, turned to the woman and said, "You want to serve? Get up in the morning and serve your family bacon and eggs."

What is service? It is not a doing, but a being, an attitude, a way of approaching the world and yourself with love.

Now, I know those are inspiring words, but the reality is that it is much harder to do it than to speak of it. Each time that you fall into that trap of mistaking service for a specific kind of doing and see yourselves attached to that doing, might I suggest that instead of looking critically at this human who has made that unskillful choice, you find acceptance for that human. What is behind that grasping at service in this specific way or that specific way? Can you begin to see the layer of fear under there? And as you allow loving self-acceptance to replace that fear,

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then you become love again and you become service, service to all beings.

We have spoken at length about negative and positive polarity as service to self and service to others. When there is not distinction between self and other, then service no longer takes on that direction. You become aware that when you serve others, you inevitably serve yourself because there is no self or other. And truly, even that entity which you think of as a negatively-polarized being in service to self, without having the intention of doing so, does serve others because there is no difference between self and other.

Thus, the difference is not in the direction of the service so much as the intention. When there is intention of service to self, it is because fear is present; and greed, needing, and grasping. The distinction, then, becomes intention to serve fear and the solidified self that grows out of fear versus intention to serve love and the deep connection that grows out of love.

Perhaps this distinction can help you clarify the direction you move your energy. When you think of it in terms of service to self and service to others, the whole direction becomes distorted, because those of you with strong positive polarity who think in terms of service to others find yourselves uncomfortable when you feel yourselves receiving from that service.

I would like to ask Q'uo to speak at this time as I hear very delightful thoughts coming from my brother/sister. That is all.

Q'uo: I am Q'uo, and we greet you again through this instrument in love and in light.

In this working we have grappled long with the concepts of being of service. This, obviously, in our opinion, is one of the more misleading phrases concerning itself with serving the one infinite Creator. Therefore, let us look at what we say to ourselves and let us look at what we feel that the Creator may say to Itself.

Does the Creator say, "I should; I need; I must; I desire?" Or does the Creator say, "I create and it is good?" What is the name by which the Creator in the Judaic system of myth and culture is known in its highest form? Is it not "I Am" or "I Am that I Am"?[4] Or perhaps, "I Am always becoming"?[5]

We speak individually to each within this unified circle, for each of you has a universe peculiar and unique to yourself. It is your universe, your creation, and you are co-Creator. No one creates this universe but you. It is your creation and the creation of the Father. All that is created and realized and sensed within your creation is yours, either by being or by reflection of being. Your creation is unlike any other, and all that you feel is outside of you is actually occurring within you.

We speak of mirrors. Yet do you realize that in actuality your eyes, your ears and all those things which you use to garner information are illusions also? Do you realize that the sense impressions which are filtered through to your conscious thinking have been through so many judgmental screens that they are in fact already myth and legend before you are aware of thinking, perceiving or realizing each sense impression? The depth of the illusion which you experience is infinite. You will not know anything within this illusion. You may have our permission to stop trying.[6]

You are becoming. You are creating. There is no "must."
There is no "should."
There is no "want."
There is no "desire."

What is your true nature? If you are a creature of the one infinite Creator, then the answer to that for those who feel that the Creator is love is that you are a creature made of love. Here you are. We speak to you in a limelight all your own even though you are one with all in this group. You are love and you are becoming and you are creating. Rest in this bright light, the surest sign of beingness.

This is your incarnation. This is your experience of being; of consciousness. This is your chance to examine the nature of yourself. And as you examine that nature and you say, "I need; I should; I want," stop and say to yourself rather, "I create. " And then look to see if you think that the creation is good! For that which is of the Creator within you will say, "It is good." And if you create and can say, regardless of

[4] *Holy Bible*, Exodus 3:14.

[5] JHVH, Jahweh or Jehovah is a name of mystery supposedly given to Moses on Mt. Sinai. The definitions Q'uo suggests for this unpronounceable name are some of those translations of JHVH given by theologians.

[6] Q'uo uses the expression "our permission" figuratively and light-heartedly.

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all imperfections which are apparent in this immensely deep illusion, "It is good," then you are upon the holy path of seeking and of service.

Are there any brief questions at this time?

(No further queries.)

Q'uo: I am Q'uo, and as we see there are no questions which those present wish to verbalize at this time, we would ask the one known as Aaron to close this session of working with our expression of profound gratitude for the delightful opportunity to share in this teaching, in this service, and, my friends, most, most deeply, in this being served by being able to blend with the vibrations of each of you the hope, the prayers and the faith of each of you. How beautiful you are and how inspiring is your steady and persistent gaze upon truth, beauty and love.

We leave this instrument now in the Creator's love and light, and transfer this energy to the one known as Barbara and the one known as Aaron. We bid you adieu at this time. We are those of Q'uo. Adonai.

Aaron This is Aaron. For those of you who are interested in pursuing this, I offer a bit of homework. In the coming evening and morning, watch yourself very carefully. Service is not just the big things, but the little: smiling to another, washing a plate or glass, petting a cat who is seeking affection, being love.

Watch yourselves very carefully. Watch for any arising of "I should." Begin to distinguish the movement of "I should" through the third chakra of will and determination and the "I Am" of love expressed through the open heart.[7] The more deeply you can move into awareness of these patterns in yourselves, the less control habitual pattern has over you.

You are so used simply to reacting, so deeply patterned in your responses, that it takes very careful attention to break those responses. It is like a habit of biting the nails, perhaps, or scratching, pulling at the hair, or whatever one may do when one is nervous. In order to change that pattern, one must begin to observe the nervousness. To change the pattern of moving from a place of "I should" into a place of the open heart, one needs to observe the arising of separation which moves one back from the open heart center to the third chakra and pushes one in the direction of "I should."

So, just watch it, holding no judgment about it. There is nothing bad in making that move. As you bring increasing awareness to it, you find freedom from reactivity to it—simply noticing, moving back to "I should," moving back to separation and coming back to allow the heart to open again through loving acceptance and compassion for this being who moved momentarily into fear.

I love you all and am filled with joy at the opportunity for this sharing. I thank Carla and those which is known as those of Q'uo for allowing me to participate with them in this teaching, sharing, and learning. May I suggest that we close with a moment or two of silent expression of our joy and gratitude to each other and to God for bringing us together in this way. That is all. ❦

[7] Aaron is referring to the chakras or rays of the energy body. This body interpenetrates the physical body during our lifetime. The Chinese call this body the electrical body. Acupuncture is based on working with this body. The chakras are points of energy focus that run from the base of the spine to the top of the head. There are seven rays, the colors of the rainbow, red through violet. Red is the first ray and has to do with survival and sexuality. Orange ray has to do with personal relationships. Yellow ray has to do with one's relationship to groups such as your family and work environment. Green ray is the heart chakra and has to do with loving unconditionally. Blue ray is the chakra of communication and acceptance. Indigo ray is the chakra of work in consciousness. Violet ray is a report on the whole of the energy body; a kind of read-out. Aaron is suggesting that one move from the use of the will and "should" in yellow ray to the use of love in green ray.

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The Aaron/Q'uo Dialogues, Session 7

April 10, 1992

(This session was preceded by a period of tuning and meditation.)

Aaron: My greetings and love to you all. I am Aaron. I would like to continue where we left off last night, to ask you to consider service in still newer ways. Service is a manifestation of love. We spoke last night about being service rather than doing service and of the ways that doing creates a distortion of self and other, of server and served. Being service is simply opening yourself and moving away from any duality.

Something I find very interesting is that those of you who aspire to serve, grasp so hard at something that is innate to you. It is not that you must work in order to serve. That is natural to you. When you are not "being service" there is a distortion. Your energy is being distorted into some misconception of separation. Therefore, the ideal is not to aspire to serve but simply to pay attention to where that pure "being service" is blocked by fear.

I spoke last night of intention, of moving away from the limiting concept of service to self and service to others—which is quite disorienting because service to others is service to self and vice versa—and to begin to see with clarity the ways that service to others springs from a ground of love and service to self springs from a ground of fear.[8]

When you begin to see the intention to offer love or to react to fear, to allow fear to direct your choices, then you can move away from the concept of service to self or other-self and towards the pure experience of "being service" or the pure experience of reactivity to fear.

Once you move away from the concept and into the experience, those of you with strong positive polarity will find the experience of "being fear" is an ample check in itself. As soon as you allow the reality of that experience to arise in you, something within you stops and pays attention and says, "No, this is not the way I choose to express my energy." You then allow yourself both to be aware of the fear and non-reactive to it, so that the aspect of "being love" and expressing service through the being of love can manifest itself.

[8] Reference to these two orientations, service to self and service to others, may be less confusing and more easy to understand when viewed from the perspective of their essential oneness; however, the two orientations are validly distinguished from each other in any objective discussion of the choices available to the seeker. The Confederations channels such as the Q'uo group, as well as Aaron, are oriented towards service to others, and that is what their teaching discusses.

The most important point to remember here is that expressing service through being service in love is natural to you. And when you do that, you are not doing anything; you are not creating anything. You are simply expressing your own true nature. When that nature is in full harmony with the external positive energy which may move through you, your energy to serve is magnified. At that point, you do not need to ask, "How can I best serve?" You simply choose the paths that lie right at your feet, whatever they are.

I shared a story at Christmastime of the one whose name was known to you as Jesus. I told how, at that time, I was part of a group that was with this being. This is a being known for his service. I want to use this story as an example of what service may really mean.

We came to a place where there were followers of his who welcomed him and prepared a meal—an elaborate meal by their standards; simple by yours. They gave the best of what they had.

It was a poor village. There were those who despised and feared him and they also were part of this village, but not within the group that sat to eat. He was served first; offered a bowl of food. As he sat there with that bowl in his hands, ready to begin, he saw children on the edge of our circle. An elder of the village got up to shoo the children away. He said, "This child is the son of one who disdains your teachings," and went on to say, "Get out of here! Go!"

That one child hung back. He was a young boy of nine or ten years; emaciated and with sores on his body. This being that was known as Jesus simply got up and walked toward the boy. The boy was frightened because he had been told to leave and here was this stranger walking toward him. And Jesus said gently to him, "Do not be afraid, I will not hurt you. Do you want food?" And he offered him that bowl. And while the boy ate, he asked for cloth and water and washed his sores. And then he came back very simply to his seat and took another bowl.

There was no lecture about service. There were no words, like "You should love your enemy." There was no verbal teaching. He simply served. He was service. He was love. He took, not the universe, but one child that needed to be fed at that moment, and fed him and washed his sores. Just that. There is no teaching in my many, many lives that I have received on service that has touched me as deeply as that one.

Think, then, about what service, being service versus serving another, really means. When you move into that distortion of seeking to serve another, begin to recognize it as a distortion. See that your serving makes them the one who is served; makes you separate and unequal. See that this is a violence to another.

Is that the course you really choose? How can you learn to express being service in ways that do not create separation? We will speak further on this. I wish to pass the microphone, as it were, to Q'uo. That is all.

Q'uo: We are those of Q'uo. We greet you in the love and in the light of the one infinite Creator.

The one known as Aaron asks, "Do you wish this dichotomy betwixt self and other-self, betwixt servant and served?" Each would, as a beginning servant, say, "Yes, I must have someone who needs my service so I may be a servant." Outwardly there seems no falsity in this reasoning. We, ourselves, have often thanked you for the opportunity to serve you, merely noting that your allowing us to serve is your service to us. Service by this chain of reasoning seems an endless loop. Yet how does the one desiring to serve enter this loop and become part of the infinite, upward, spiraling light and love of all serving all in love and for love's sake?

Many are the seekers who feel guilty because they must take time to work within their own consciousnesses. Many also are those seekers who pridefully state that mate, family, and all the mundane aspects of life must take second place to the self's work in inner enlightenment. Whether one feels guilty for taking this time for one's own purification, or arrogant and elite for taking time for this purification in an impure world, so they assume, still the concept of taking time to work within the self always is suggested and encouraged by any spiritual teacher.

Now, is this time taken for the self, by the self, in doing work in consciousness service to self or service to others? You may perhaps see by this question itself that the tendency towards dichotomy when thinking of service arises here, at the beginning of a student's preparing to start the journey of seeking to know how to serve. The immediate thought is, "I must do

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this work. Am I selfish? Should I take this time? What good am I to others?" And of course, the prideful will become absorbed in this inner process and neglect outward-gazing compassion.

The story of the one known as Jesus, told by the teacher, Aaron, shows an entity who has awakened to his own inner love. This entity has done his work in consciousness. The personality is disciplined. The emotions are purified and the response lacks either prideful humility or prideful arrogance and seems natural. We suggest that in our opinion it is part of a life lived in service to others to spend time as if it were the most precious coin or money, always budgeting a portion of this exchequer of finite time for work within one's own consciousness.

At this moment, do you love yourself without reservation? How can you know this? Examine your thoughts for the last hour. Were you nervous? Were you irritated? Were you impatient? Did you have any negative emotions? We speak not only within one's inner dialogue but also of mental responses to the actions of others, for those responses are your material, reflected to you by the mirrors provided by the presence of other selves.

That which you think of another, you think also of the self. If there is judgment, turn it upon yourself and analyze the root cause within the self. Here is material for this day's budget of work in inner consciousness: nervousness, irritation, impatience, anger, resentment, disappointment.

Make an appointment. Let all of them see the doctor within. Analyze and examine these responses. Let them sink into the self and find their root and their home. Then touch that home with your compassion, your love and your redeeming forgiveness of self by self.

Do you feel that the infinite One keeps a score, has tidy books and forgives not? We do not believe you think so, else you would not try to serve. Therefore, we ask you to do this work with the same fervor, intensity and respect as with the work you do for others, those whom you call other-selves, for work upon the self and work upon the other-self is all work on behalf of the infinite One whose name is Love.

To serve the raising of one's own consciousness is to worship the infinite Creator. To extend the beingness and consciousness of love to perceived other-selves is to be the clear and transparent extensions through which the Creator's hands may actually touch another human spirit in manifestation. Simply do not separate these two activities within the mind, but do both as two sides of one coin. That coin is serving.

We would at this time return this circle's energy to the one known as Aaron. We leave this instrument in love and in light. We are known to you as those of Q'uo.

Aaron: I am Aaron. There is another area of duality and misunderstanding of which I would like to speak. You identify those who bring love to others as those who serve others. The attributes of those who "are service" are gentleness, patience and generosity. And you identify those who cause others pain in some way; those who affront others and are greedy or arrogant, as those who do not serve others. I would like to explore this a bit further.

Most of you have heard me say that we are all beings of light, even those who manifest very little of that light; even those who are very negatively polarized and in the conscious levels of self would affirm their desire to serve negativity. Even those who feed off the fear and pain of others, at some level, are servants of the light. It is well to move past the duality of seeing them in such sharp contrast as good and evil; servants of love or ones against love.

Some of you have heard me tell a brief story about the spiritual teacher Gurdjieff, that in his community there was a man who was very unpleasant to others. He did not do his share of the work. He spoke in a harsh way to others. He was arrogant and prideful. He even smelled foul and did not take care of his physical body. Nobody wanted his presence. The others in the community were in great accord with each other and everything ran smoothly except for this one unpleasant being.

He got tired of the way people were treating him and one day he packed up and left. Gurdjieff went after him and asked him to come back. The man, of course, refused. Gurdjieff then offered to pay him to come back. Those of the community were aghast at this: "How could you pay him to come back? We were well rid of him."

Gurdjieff said, "He is the yeast for the bread. How would you learn compassion without a catalyst for

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that compassion? How would you learn non-judgment without a catalyst for that non-judgment?"

Granted, there are negatively-polarized entities. There are those who thrive on the fear and pain of others. There are beings that are mired in deep misunderstanding, and yet, even their negative polarity and misunderstanding is a service. How would you learn without such catalysts?

When you can begin to view such misunderstanding and negativity as another way of service to the light, you begin to view such individuals differently. For most of them, it is not their intention to serve the light, although for some that may be true. No being whose intention is to serve the light will willingly do so through causing harm and pain to others. So it is not their intention; but nevertheless, they do serve the light by offering you the catalyst that you need for your own learning.

When you can begin to find welcome for such beings, to move beyond your judgment of them and open your heart to them, to the very real pain that their misunderstanding causes for them, and to thank them for the ways in which they offer you the catalyst that you need, then you can begin to do the same for yourself in those moments when fear and other negative emotions arise in you. I have spoken often of the reverse of this, of coming to a place of non-judgment of yourself as a way of learning non-judgment of others. I am just offering the opposite side of the coin.

When you see yourself in a position of possible service to others and fear or any type of negativity arises, if you can remind yourself of something such as the story I just shared and allow that this fear in you is also a catalyst which may be transformed from darkness to light by your clear observation of it, by your awareness and acceptance, then you find that even the so-called negative emotions in you can give rise to purity of action, speech and thought. Fear becomes a catalyst for compassion. Hatred and the fear behind hatred can be clearly seen for what they are: not as an intrinsic part of you, but as a reaction due to certain conditions that have arisen and led to that fear. And the knowing that there is fear within you, in itself, becomes a path to clarify your energy so that your response to this being that is feeling fear, to this aspect of yourself, becomes even more loving, more clear and pure than it was before.

To do this takes deep awareness, a constant awareness of the ways that patterns of connection and separation, love and fear, move through you; noticing the conditions that give rise to each; beginning to break it down into small parts to see that you do not just suddenly become afraid; you do not just suddenly become jealous; it is a process that you have moved through, conditioned by old mind-patterns. You can break into that process at any time you choose with awareness and love and make the choice to move into a new pattern.

This is the crux of it: choice, responsibility. The being who acts in reactivity to fear, and thus acts in what we have called service to self and with the intention of harm of others, has either denied his responsibility and his ability to make a choice or is frightened of that responsibility and choice.

The being experiencing deep fear who watches the patterns of the arising of that fear and then makes a choice for love is acting with freedom from conditioned patterns and thus is able to make skillful choices. The more you see this in yourself without judgment, the deeper awareness you are able to have of that moment of choice: "Here I can act with conditioned mind and the old patterns of fear," or, "Here I can act with awareness of the patterns in which conditioned mind pushes me and choose to say no to that, to trust and move in a new direction."

I would like to take this thought around now to a very real, practical application. You are all beings who aspire to serve. You are all beings who aspire to offer love and non-harm to all else, and yet you constantly find arising within you old patterns of conditioned mind leading to fear, self-hatred, negativity, greed, jealousy and anger.

Each arising of such discomfiting emotions that have the possibility to harm another is a gift; a chance to observe the old patterns in yourself and a chance to practice. It is practice that you need over and over and over again. That is why you are offered it over and over and over again. As you work with these patterns in yourself and are aware that some of the response has been prompted by the negative energy of others, it gives you a chance to transcend the duality of negativity and positivity, and to begin to see the gift even of that negative energy in others and the gift of negative energy in yourself as a catalyst to

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learning; to moving deeper into non-judgment, compassion and love.

This is the wonder of being human. You are here with this emotional body for a reason. Even those emotions that you deem negative are not to be gotten rid of, but to be used as part of a transmutation process by which hatred and fear become the catalysts for love, greed becomes the catalyst for generosity and so on. When you really begin to know that, in a deep way within yourself, you will not have so much fear of the negativity in yourself. When you make peace with that, then you really can give an answer to Q'uo's question: "Yes, in the past hour I have not found anything I disliked in myself. I truly have loved myself, as my friend Carla is fond of saying, warts and all."

I would like to pass the microphone to Q'uo if my brother/sister wishes to add anything here. If not, we wonder if there are specific questions we may answer. That is all.

Q'uo: I am Q'uo, and greet each again in love and in light.

Our one addition to this examination of the service-to-others efforts and lessons of third density is a simple suggestion which may be summarized in two words, first heard by this instrument from the entity known as R: Go higher! Go higher!

Aaron and we have long discussed the painstaking, careful and subtle work of removing the perceptions of duality and thereby balancing negative and positive impressions and opinions. As a balance for this careful, analytical approach, we would suggest the concept of experience as a game sphere, a ball. This instrument has called such earthly balls "trouble bubbles." When a trouble bubble flies at you, to lose the game is to catch it and fall under its weight. To win the game is to leap towards it in joy, praise and thanksgiving. And as the bubble meets this sea of joy, praise and thanksgiving, it simply pops.

There will always be another trouble bubble, another conundrum to solve, another bump in the road. Leap towards them with affection and joy. If it be another self which is a decided irritant, instantaneously be that entity, and as that entity, experience all its sorrows. Then, as that entity, leap for joy in praise and thanksgiving. You are not infringing upon free will, for you are playing a game; but in this game you allow your mind to become that which you fear, and then give thanksgiving and praise for the joy of it.

Go higher! This is work best done when one is, as this instrument would say and as we trust you soon shall be, "full of beans," and not for those days when, like the cloudy, pearly skies, you feel muted and reflective. However, this technique makes a welcome and energizing change to the endless repetitions of analysis, understanding and acceptance of experience. It is a leap of blind, pure faith from immediate experience to immediate acceptance. Only choose this option when it is honestly within your abilities.

We feel the energy waning, and therefore would take our leave of all of you. May we say with the one known as Aaron how utterly delightful your company is and how very, very much we have been thrilled to blend our energies with yours as we all move from moment to moment in ceaseless and abiding love.

We thank you for allowing us to share our opinions and, as always, remind each that we are not final authorities. We leave each of you in the blessing and peace of the love and the light of the one infinite Creator. Adonai. We are those known to you as the principle of Q'uo.

Aaron: I would like to make only one brief remark, as I asked if there were questions, and as the principle Q'uo made its last statement there was a bit of a wrenching cry from somewhere inside Barbara saying, "Yes, all of these thoughts are fine, but how do I do this?" A moment of deep pain—this is the gift of being human. It is not going to go away. It is the catalyst which challenges you constantly to purify that energy that you are, knowing that it will never become perfect; that while in human incarnation you will never become pure service, constantly and without error.

And yet, each moment given with mindful attention and love brings you closer to that beautiful ideal of "being service."

And each moment of attention to the arising of fear in you brings you closer to the purity of non-judgmental acceptance of everything within the experience of mind and body, not mine or yours, but all of ours. It is this unconditional love that you are here to learn and practice and express in whatever ways you are able.

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I do thank you for the opportunity to share with you today. My love to you all. That is all. ♣

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Sunday Meditation
April 12, 1992

Group question: … or any transformation occur in both the metaphysical and physical sense. What steps can we go through to bring about change in our lives, particularly in respect to slowing down and enjoying each experience more fully?

(Carla channeling)

I am of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator. We find it to be a great blessing to be called to your group at this time to share our humble opinions with you. And we bless you in return, and share the love of the infinite One with you from all our hearts. We are bathed in a sea of love and light, walking forever supported in a net made of love, a metaphysical net that caresses one in all directions and supports one in whatever modality and vector each desires.

You have asked us about moving quickly through life, rushing through experiences during an incarnational period so quickly that the details of that experience begin to blur and some of that experience is, therefore, lost. As we listen to your chimes that sway and sing in the wind, we are minded to suggest to you that these wind chimes do not have a previous agenda. The wind moves them; they readily yield to the extent of their mass. And when mayhap two pieces of this metal touch, the pleasing sound is emitted for which this instrument was created.

So it is with a human instrument. There are, metaphysically speaking, winds that come sometimes and sometimes are still, that may move from one direction or another, at one speed or another. An incarnational experience is marked by its variety. The wind, whereby experience goes by, is not measured as your clocks measure time, but, metaphysical weather plays about the sea of experience as do ocean winds upon the liner. Certainly, the ship is big enough to withstand gale winds as well as calm and pleasant breezes. But the captain of that ship adjusts his methods of navigation according to the wind, the conditions of the ocean, and the weather in general.

Each of you exists in a frail barque, that physical vehicle which you call your body, and it does move through a physical sea and a metaphysical sea of experience. In sheerly physical terms, the winds of stimulation and the potential for experience are so numerous that they can best be described as infinite. No entity can process the information that comes through the physical senses. There is a thousand, nay, ten thousand times too much information to be processed. And so, a ruthless making of choices ensues. Those bits of information that come in that seem to apply most directly to survival and comfort are recognized and processed first. And the hierarchy

of those things which are noticed is individualized and put into place in what you may call your bio-computer very, very early in your incarnational experience.

Metaphysically, each entity also is buffeted about with the mystical winds of metaphysical chance and destiny. There are the strong trade winds of destiny, those that blow from forever; and there are the delightful, seasonal, unpredictable whims of spirit that offer the chance and change that marks the unique experience of being a conscious individual given the gift of free will. Metaphysically speaking, the dance between destiny and free will provides a way of thinking about those whims which affect the spontaneous, expressive self, that meaningful, substantive self to which that question about "hurrying up" has reference, for the blurring of experience through rushing too much is not simply a physical phenomenon, but also a spiritual one.

Let us attempt to gaze at why this may be so. We speak many times of the dynamic between service to others—or the radiation of light in a free and spontaneous manner—and service to self, which consists in control of the self and control over others for the benefit of the self in a magnetic, attractive kind of energy which pulls those things which are needed to it and orders them carefully for the self's best advantage. We see the way of love expressing radiantly without stint, often foolishly in the eyes of the world, as opposed to that which may seem to be very logical and civil in the same eyes of this same world, the ordering, the controlling of the self for the benefit of the self, and of circumstances and individuals, also for the benefit or convenience of the self.

It is not usual that entities who are rushing through life have any conscious intention of behaving or providing catalyst in a service-to-self or negatively-oriented manner. Indeed, the rationale for moving without rhythm, but simply as quickly as possible, is that of service to others, that the utmost be done, and all of the things that are done are intended to be of service to others.

My friends, the work of disciplining the personality and purifying the emotions is subtle work. The entity which is yourself is not all good, nor is it all negative. The more positively-oriented an entity is, the more quickly it will jump to the conclusion that it is behaving in a negatively-oriented manner, and the more judgmental it will be with the self. Therefore, as we show to you the basic negative polarity of rushing without rhythm, without consciousness of the winds, physically and metaphysically, we also say to you, refrain from any judgment. Do not assume that because you see the negative cast of this attitude you are indeed a negatively-oriented or polarized person.

Under no circumstances should a spiritual student who is seeking the truth attempt to monitor its rate of success or its place within its journey or pilgrimage. What value could such self-judgments have? One looks into and pulls out of the same informational system the question and the answer, for the Creator will not inform any entity of its spiritual score. We may say, as this instrument would put it, that the Creator grades on a curve. It is not yours to know or to be concerned with the relative positivity or negativity of actions or intents. It is yours to desire and to make choices based upon the deepest and truest emotions, biases and opinions which one is capable of finding within the self. And, at this point, we are observing the amount of awareness of the rhythms of life mundane and life eternal which each entity might have.

Now, those who rush through an agenda, crossing things off the list of the day, may well not be very aware of the mundane or metaphysical wind. Thus, they may well cut themselves off from the dance that enlivens the rhythm that blesses and makes spontaneous and joyful the thoughts and the actions of each moment. If one stands ignorant of the wind, gazing only at the compass and saying doggedly, "This I shall do now, then this, one step then another; I shall go north, I shall always go north, I have my compass and I shall go north," one shall not go long before one runs into a tree, a bus, a child or some wind of destiny that, if caught, if heard, if felt, could indeed transform the experience—not from the level of the bio-program, but from the level of the meta-program, that deep program within each entity which has to do with the unique patterns of one individual who has a spark of the infinite Creator within, and thus is set upon a lodestar that cannot be seen by the self or any other, but must indeed exist awaiting that moment when the wind of destiny does indeed cross the path.

Perhaps the most characteristic feeling of one who is dogged and determined and unrhythmical is the feeling that one is deadening one's own experience,

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numbing one's own enjoyment, killing one's own gift of spontaneity. How can one lift one's feet from the ground and not throw away the compass, but place it amongst other instruments which will read the mundane and metaphysical weather?

Perhaps what we may suggest in this amount of time, as you call this measurement, is that one ponder at odd moments how one feels about the rhythms of life, how one feels about missing the dances, how one might feel about the possibility that one is unwittingly behaving in a way that is apparently along the negative polarity and gives others catalyst that is along those lines? For you see, the greatest hindrance to changing oneself is the honest and genuine belief that one is actually fine just as one is, and that there are things about the way one is that are more worthwhile than what would be gained by change.

The consensus reality and cultural values among your people are those dealing with a deep and endless illusion. All judgments made of the effectiveness of action using the rules of the culture—and of the self that has been taught by the culture—shall reflect the values of that culture and shall deal exclusively with illusion. Now, each of you is here because you feel that there is something deeper than this illusory experience, something of another order of being, something which does not fade, which does not die, which has not been born, but which simply is. Stubbornly, as you gaze at the bone-white graves of the centuries of people before you, the ideas that have gone down to dust before yours, oh so stubbornly, you stand in that dust and you ask, what is truth? What is real? What is beautiful? What endures? And praise and thanksgiving well up within you because you know that this question is a question that has more substance than all of life as you know it, regardless of the answer.

So, as you ponder the rushing and imagine the joy of the rhythmic dancing, of the chiming with the wind's blessing and motion, think of that field of beingness that you know enough about to seek. Think of the mystery of that deeper reality, and of the inadequacy of cultural wisdom to rightly value such things as getting things done. This will not eliminate your ability to perform tasks or to perform them well. But, if such thoughts are mused upon over a period of time, you may discover within yourself a burgeoning attitude which allows, while keeping to the polestar of existence, for the metaphysical and physical windage and weather of the body and of the soul.

What can you *do* to change that program of rushing? We would not suggest that you *do* anything; you are already *doing* too much. What would you *not* do? We would not suggest that you *not* do anything either; this is more subtle work. The biases within your consciousness are available to you for self-knowledge. Analyze them. Accept them. And if you feel that they can be better informed, ask yourself to open a little to the possibilities of further work in consciousness, of the self by the self for the self, in order that one may become more and more an instrument that chimes in the wind and less and less a heavy metal object screwed down to consensus reality and dead to the chiming of eternity.

At this time we would transfer this contact to the one know as Jim. We thank this instrument, and especially thank this instrument for the care with which it challenged at the beginning of this contact. Some energy was required to purify the portals of contact from our end and we greatly appreciated the effort taken by this careful and cautious instrument. Such care is that which makes communications such as this possible. We leave this instrument in love and light and would now transfer. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time it is our privilege to offer ourselves for any remaining queries. Is there a query with which we may begin?

Questioner: In all that was said I didn't hear anything about how one may aid a companion or a loved one in this quest for feeling the rhythms of life. Am I to assume that it is not the place of another to do this sort of work?

I am Q'uo, and am aware of your query, my sister. It is appropriate to provide the atmosphere of support for a mate or a friend who is working, as is each seeker, upon some aspect of the self which is seen as less than balanced. Each entity must make the decision that work is necessary and then must set about to accomplish that work. One cannot work for another or change another, for that is neither appropriate nor possible. Each entity lives a life which is generated from those patterns of perception and experience that have been gained over the entire

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period of that life and, indeed, which have been set in motion by choices made prior to the incarnative experience. The free will of each entity is paramount in the pursuing of the life pattern and in the attempt to alter or transform that pattern in the desired fashion.

When one sees another that is close to one's experience, and, indeed, may be an integral part of the life pattern, and one wishes to offer the greatest assistance to that entity, we would suggest that one begin from a point of view that is as filled with compassion as is possible, so that understanding and support for the entity and the experience in all of its ramifications may be given without qualification. To give this kind of unconditional support provides the free and open reach for the entity seeking change and transformation and does not provide any other obstacle for this transformation, other than those that the entity may find within itself.

If one attempts to tinker, shall we say, with this process that is internal for the other entity, it is more likely that there will be the interference that becomes as the stumbling block where the desire to aid the other may become distorted into becoming a desire to change the entity in a fashion which meets your needs rather than the other entity's needs.

Thus, to provide the atmosphere and the freedom for the other entity's free will to operate is the greatest aid one can be in this situation.

Is there another query, my sister?

Questioner: No, but I would like to thank you for the clarity of that answer. I think that was really helpful to me. Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we would take this opportunity to thank each present for once again inviting our presence in your circle of seeking. We are most grateful for this opportunity, for it allows us to see how valiantly each of you struggle within this heavy chemical illusion in which the mystery of life is ever present and the rays of light and illumination are treasured as they shine in response to your desire to seek that which you call truth. We walk with you upon your journeys, and we value you as companions. We shall at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 19, 1992

Group question: The question this afternoon has to do with truth, personal truth in particular, when we are speaking to ourselves or to any other person and relying on what we feel is a personal truth or a general truth. Is there some way in which we can present this information so that the person to whom we are speaking can get the feel for what we see as a truth, and yet realize that the information may not be as particularly applicable to them as it is to us?

And, as another part of that question, how can we know just what our personal truth is when we dig down past habits, defense mechanisms, fears and other habitual ways of behaving that may be covering what really is the truth that we hold and the truth by which we act; how can we know what our truth is, and how can we share it with others in service to them?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings and blessings to each of you in the love and the light of the one infinite Creator. It is our privilege to be able to be called to this group and to have the pleasure of working with each of you, with energy, with your desire to know and with this instrument. We would say a preliminary word or two concerning the event mentioned previously by this channel. The perception of contacts during the process of challenging by a fastidious instrument is affected by subtle alterations in consciousness. One which affected the challenging this particular day of working was the song of tuning, as there was the focus upon the suffering servant. The tuning of the group was satisfactory, however, the tuning of the more sensitive, inner sensibilities of this instrument were gently affected towards perception of suffering. Consequently, that shining consciousness called Christ had taken upon it for this instrument the shadow of dark suffering.

When a challenge is made in the name of the consciousness of Christ the focus is upon the consciousness itself and not upon events to which this consciousness reacted. Therefore, the refocusing of the instrument's tuning was necessary in order to avoid what could be called a "voice of doom," in actuality not as negative as misled. We are grateful, as always, to this instrument's sensitivity to the process of accepting contact, for we would not have been able to speak through this instrument at this working had the instrument not accepted the contact as being less than that which it had tuned itself to discover, that being the highest contact it could stably carry.

We mention this at this length because you ask us to speak concerning the question "What is truth?" In something as central to this instrument as the truth of its most basic and life-giving faith, it had the ability to be swayed towards a perception of the

savior of this instrument's choosing that celebrated a behavior at the expense of the truth of the one known as Jesus the Christ that informed the behavior. That is, the one known as Jesus is not a man upon a cross, suffering unselfishly, but rather an entity willing to do the will of the one infinite Creator at whatever cost to itself. This is the essential Christ consciousness.

Let us examine this consciousness. Gaze upon a consciousness whose personality consists of one query—"What is Your will for me, beloved Creator, Father and teacher?" Immerse yourselves in the feeling of this consciousness. It lacks salt, it lacks personality, it lacks any persona or mask. It is infinitely vulnerable, infinitely willing, and infinitely desirous of serving the infinite One. Does this consciousness not feel full of light, almost a quality of floating, of being lighter than the air which you breathe? Yet to bring the circle back to what you call so well your Earth, let us point out that the circle is not levitating, the circle remains glued by gravity and humanity to the illusion in which there is personality, in which there must be the persona, the mask. Each of you desires to know the truth in an illusion which will forever deny knowledge of that truth. In your incarnation you shall not know a factual, provable, repeatable truth. All your truths shall be subjectively perceived, subjectively proven, and subjectively held. They are not transferable.

Why would the Logos, that Original Thought which created all that there is, that thought of Love, create an illusion in which people make serious choices, and create it in such a way that the choices must be made without sure and certain knowledge of any provable truth? Let us attack this question from a completely different vantage point. Each of you walks alone, and if there were no ground, if there were no bodies, if you were spirits, yet still you would walk alone, perhaps without legs but certainly as spirits unto yourselves, each unique. Not precisely the "Monet" of philosophy, but certainly in any apparent way, solitary.

What is the situation of millions and millions of spirits who move in patterns and out of them again, intertwining with one another and moving back out of a pattern, moving into other patterns with other entities, perhaps back to the first, perhaps real while alone, the combinations freely chosen, freely left? If each of you is a light then it could be said that each of you is a version of truth, a wandering, questioning mystery in which the truth is, yet cannot be reached consciously.

As each light is light and has the quality of unchanging reality, so are all spirits one, yet each is unique. Each is the product of one line of experience, one set of choices made that lead to other choices that lead to others. Where, then, is the common ground, where is the truth? We have said already that the only truth that can be held in common is the common mystery of the sure and common knowledge that there is a truth worth seeking, that truth shrouded in mystery in this illusion.

Each experiences the impulse to know the truth, that certainty that there is one somewhere that makes humans moral beings. That stubborn impulse is the hallmark of your species and the glory of your kind, and it opens to you the possibility of maturing into the light of a reality that you seek and will not find within this incarnation, within this illusion. You seek that which you will not know until you leave this illusion, yet you seek it all and all of you shall experience it.

What is the ground of that which you seek? Where within this illusion of yours can the truth be said to be hidden? We would use this instrument's knowledge of its Christian holy work and recount to you the parable of the vine. The one known as Jesus said "And I am the vine, you are the branches." There is something called the consciousness of Christ—which is personified for those who choose to follow the myth called Christianity by the name of Jesus the Christ—that lies deep within each. It is rooted in that one great creative Original Thought, that Logos, and it makes all one. From these roots grow a vine and as the roots are made of love, so the vine is love, and entities discover within themselves that root and nurture it until it springs forth into the conscious light of consciously lived, philosophical, ethical, moral or religious life.

We ask you to call it that which is most comfortable to you. Like a young and wondering child, that spiritual self that is born within this incarnation, within this illusion, within this density, wakes up in the crib of experience and looks around, and its first thought is "What is truth? What is happening? I see between the bars of my crib but it all is so loud, so stunning, and so much, where is the sense, where is the truth?" And as that spiritual self begins to grow it

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begins to make choices. It may choose one way or another, and that which is now above the ground of conscious living begins to make a bend in that branch of vine that is rooted and grown in love, and still is love, but now is love veiled and unknown.

How many twists and turns to the branches of that vine make each of you consider the twists and turns of your life, the spiritually, morally, ethically based choices that you made. The ways that you have turned your leaves to the sun or felt that you must shelter them from the sun that burns, that is too intense. Think of those pesticides that you have sprayed on yourselves because you felt a threat, other vines that do not seem to be lovely, other branches of that vine that threatened. Yet, do not all the branches of the vine have the same root? Are there male branches and female, you ask. We say to you, in your culture, in your learning—yes; in any spiritually based sense—no.

Yes, we have talked about the archetypical mind, but the archetypical mind is that which is held in the root, not in the branches. It is used as a blueprint for that which is the deepest treasure of the mind, its deepest and most primal distortions as it looks at itself against the vast background of passing experience. It is not the truth, it is a categorization of attitudes which may aid in influencing behavior. Is the truth about behavior? Each of you says inwardly, "Nay, in no way can the truth be behaved." But we say to you that there are shining moments when each branch of the vine finds the grace that illuminates the self and makes the truth visible to others for one bright moment. That often is enough to change the course of a relationship or of a personal understanding on a very deep level within the illusion, so that one comes closer and closer to accepting that there is a basis for seeking the truth, and that it can be glimpsed in the behavior of the self and others at gifted, illumined moments.

Now, how may one seek to dwell within the incarnation in such a way as to make these moments more accessible? We ask you, as always, to move to the inner closet of meditation, opening the self to the silence, sometimes, yes, to speak. You call this prayer, but, oh so importantly to listen, to listen to that silence, to accept it, to allow it to wash over the self until the self is full and more than full, until the self begins, indeed, to feel that light, heady effect of fuller light, fuller life, what we have called the consciousness of Christ. Open inwardly if you would wish to open outwardly, for the straightest road to the roots of being is bathed in silence and in the listening in a focused and caring manner, full of desire, to that silence, that silence in which the creative principle of love ever speaks without sound and without words.

The more grounded that a spirit becomes in this root system of love the more this grounding may inform the persona and the more transparent that persona may become to the love itself. This does not make an entity, now matter how spiritually aware, able to speak the truth on command, for, indeed, there is no such thing precisely, although one may live the truth of a straight branch, lifting itself to the sun of love and light that is eternal. That is essence, and there are no words and no behaviors that speak the truth which are essential. Yet, can you come ever closer to being the truth through the discipline of the daily turning within to being washed in silence. There the work is done.

As you treat with each other, may we say it is our opinion that the greatest truth that each may offer each is the truth of fearlessness, for when one abandons fear and speaks from as close to the heart as one may find the grace to speak, and this does vary, one is as open as possible to that which cannot thrive in fear—honest and open communication. Shall you communicate that which is subtly wrong, that which is inaccurate, that which is less than perfectly understood within the self? Very well, what is to fear in that? What is to fear in any communication? One must always tell some onion skin of mistruth if one is speaking at all. But if one speaks that mistruth as carefully and lovingly and honestly as possible, then somehow every distortion is lit with the obvious good intentions.

There is one last secret we would share with you. There is great truth in laughter. One who takes himself seriously and goes solemnly about the business of telling the truth will find himself with his leaves turned away from the sun, unfed by light and love. Take a light touch, each of you with yourselves. Love and care passionately, and burn for your highest ideals, but not for your own performances and behaviors. At these you may laugh, for to be human and to be foolish is to say one thing twice. You will be foolish. Enjoy the folly that allows you to care so much, too much, that you risk everything and leap into midair knowing nothing because of

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your love of mystery that you know only by faith and hope.

How glorious you are in your folly, oh humans! How glorious is your search for the truth and how telling are your choices. We commend each of you as you courageously seek to know the nature of love, to know the mystery of faith and to find the gifts that you have that may serve the one infinite Creator and each other. To others you are the hands and the voice of the one Creator. Treat yourselves and each other gently, humorously and tenderly and you shall not be so afraid to let the branches that each of you are become close, almost as close in consciousness as is implicit within the root of the vine.

What is truth? Each of you is the truth, yet to be born. Nurture yourselves, and smile as you wait in care and intentions the days of understanding that are yours in what you would call "a life yet to be experienced." We do not believe there is any final truth, yet at each juncture of your path, at each death and entrance to a new life, you shall discover a larger version of the ground of being that informs the branch that you are, of the nature of your essence, and this mystery is the truth.

May you love each other, may you love yourselves. We thank you once again for allowing us to speak upon this—we search the instrument for the word we wish—Jesuitical subject. Words to discuss that which has no words—that is, the truth—must of necessity be roundabout, intertwined and complex. We hope that out of this knot of reasoning and unreasoning you may have found the flavor of that legacy which we would hope to leave you with our opinion, that although the truth is not reachable it can be experienced and it can be your gift to each other when truth, that being love, chooses to give the gift of grace and illumine the self with sudden, essential meaning.

We would at this time transfer from this instrument, thanking it for its service, and as always asking each to value our words only insofar as they have meaning for each of you, for we are not authorities. We are those of Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the capacity of speaking to further queries, if there are any at this time. Is there a query to which we may speak?

M: Yes, I have some confusion about truth not being possible in this incarnation yet possible in another incarnation, but then the statement later that there is no truth. Can you help clear the confusion for me?

I am Q'uo, and I am aware of your query, my sister. Within this illusion, the life that each of you leads, there is almost complete covering over of those basic qualities or truths which are the foundation stone of your being. That is, those answers to questions such as who each of you is, how you are related to the one Creator in a very fundamental sense, and how the power of love moves through each life to shape and form it in a way which is perfect, and yet which to each of you may seem confusing and out of kilter, shall we say, from time to time. There is the possibility of approaching these truths in ways which words cannot begin to assume, through a kind of experience which many of those of your religious orders have called the transformative or unitive experience, where the light of truth fills one's being, and one for the extent and duration of the experience is able to become those truths.

There are these opportunities presented to each entity, perhaps not in the current experience but in one which shall follow it in another of what you may call incarnations. This illusion which you inhabit is one which is by its very fabric one which causes you to ask these questions and to begin to make tentative assumptions concerning the quality of truth, yet the very fabric of illusion is one which only permits the beginning, for here you are as the student who first enters school at an early age and you begin this process which shall take you …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and I am again with this instrument, as it was necessary for it to accomplish the tending of the recording device. The one known as Carla is asked to speak that which it desires.

Carla: Thank you, Q'uo. I'd just like to restate M's question. There were statements that in reality there is no truth, also that there is a truth that will be experienced later in our evolution, and a third statement that no truth is final. Could you clarify?

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I am Q'uo, and I am aware of your query, my sister. We can say that the means of transferring information which we use at this time—that is, words and concepts—are incapable of transferring that which is truth, and we can suggest that there will be opportunities offered to each as your journey proceeds for you to experience the truth of unity with the one Creator and All That Is, and we can say that as you continue upon this journey in that fashion that the creative power that is the one Creator shall learn from Itself those lessons that shall increase Its knowledge and experience so that that which was true shall be added to, shall we say, so that experience grows for all of creation as each portion of creation learns and seeks this one creative force, so that which has been true and which has become the foundation stone for one experience shall be built upon for further experience, further truth, and shall enhance that truth, so that in the ultimate sense, though all is one, all learns, all grows, all teaches and evolves in a fashion which causes truth to be enhanced, and in the sense of apprehending such a truth, there is no truth that can be apprehended and kept in a static and understandable fashion, for it is a dynamic universe and Creator in which we all live and move and have our being.

Is there a further query, my sister?

M: No, that's clear *(inaudible)* and involving God *(inaudible)*.

This is so, my sister, as far as we are able to ascertain, and we are but the humblest of messengers for such a dynamic Creator.

M: Thank you.

We thank you, my sister. Is there another query?

Carla: One last one. So that is the reason why, as the possibilities of one creation end and all coalesces back to the one infinite Creator, there is always another creation, and the branches are sent out again from the roots of the vine. That's why it never stops, because the Creator Itself is infinitely learning, infinitely *(inaudible)* is that so?

I am Q'uo, and I am aware of your query, my sister. Again, to the best of our knowledge and the knowledge of those who serve as teachers to us, this is so, for all entities gain from experience and produce a seed, shall we say, of knowledge, and when all such seeds have reached the final ground of being in reunifying with the one Creator, there they are planted to grow again into another creation that stands, shall we say, upon the shoulders of preceding creation and the one Creator harvests in a cyclical fashion those experiences from all of its portions and utilizes them in a learning fashion so that each succeeding creation becomes enhanced by all that which has gone before.

Is there a further query, my sister?

Carla: Not for me Q'uo. That's just a wide and wonderful picture, thank you very much.

M: And from me, thank you.

I am Q'uo, and we are also thankful and grateful to each of you for inviting our presence and presenting us with the queries which illuminate the journeys of all of us, for we also learn from you that which is of importance to you, and especially do you learn that great desire which you have for seeking that which you call truth. This desire also is felt, may we say, by all of creation, for each portion seeks to return to its source and that source of all creation seeks the knowledge and experience of each of its portions. Thus, this dynamic desire to seek, this yearning between Creator and created, is that force which propels all creation forward that the one Creator may be glorified by each of Its portions, and each of Its portions may know the Creator through each experience.

We are known to you as those of Q'uo, and we again thank you for this blessing and opportunity to speak with you. We shall join you again in your future upon your request. We shall take our leave of each at this time, leaving each as always in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 26, 1992

Group question: The question this afternoon deals with behavior that is intended to be of service to others but which seems, in the eyes of the one offering the service, to fall short because the one that one is attempting to serve is somehow impaired, either perhaps by old age and difficulty in remembering conversations and visits, or by alcoholism so that the memory there is also faulty, or perhaps just a pattern of behavior that has been set up through the life that makes it difficult to really feel like one is making a solid contact, that there is clear communication, and that there has been a recognition of the visit, of the service, of words, of conversations.

What kind of consolation can one take in attempting to offer such a service to another person, knowing that the person, for one reason or another, probably won't remember it, won't appreciate it, and may not be affected by it in any observable degree? Is there some value in continuing to attempt to serve in this manner?

(Carla channeling)

We are known to you as those of Q'uo. Greetings and blessings to each in the love and in the light of the one infinite Creator whose intelligence is the intelligence of infinite love. We would preface this discussion of service by informing this instrument as to the reason for the gathering of other discarnate entities at this working. This instrument usually prays for all those unseen friends symbolized by the archangels to attend in strength in the purification of the place of working. On this particular occasion, this instrument asked for all of its unseen friends and did not ask for the archangels as symbols but as those among others who would be present. Consequently, this is a very crowded meeting. Each and all thank the instrument and the group for the privilege of being able to share in this meditation. And we thank this instrument that we may through it offer our service, that of humble opinion.

When the question is asked, "What service is not such a good service?" there are two general ways of approaching the query. One is from the viewpoint of that entity who desires to be of service; one is from the viewpoint of the actual needs of the entity which is being apparently served. Because the query is more centrally that of the one serving, we would like to address the confusion generated by gazing from the viewpoint of the one who is apparently being served.

The needs of an individual entity are never completely apparent unless the entity is transparent to all that is beautiful and true. Entities seldom know their own needs or how to judge them. So, it is not surprising that the third-density servant becomes confused and loses sanguinity when faced with the task of attempting to determine what

service is appropriate, what service meets the real needs of the entity being served.

From the most general standpoint, we might opine that true service involves working with spiritual principles that will in some way aid in teaching the one who is being served about what spiritual evolution consists in and what the process of spiritual maturation might involve. This teaching does not necessarily have to be a teaching of words. Silence and actions speak loudly also. However, if one who is a servant is ruled by the calm logic of spiritual principles in the abstract, one is moving from a place of impersonal compassion, and this attitude is conveniently and comfortably separated from a deep involvement with, and fellow feeling for, the entity one is attempting to serve.

Thusly, we would not recommend that one approach each and every opportunity of service by using the calm and detached logic of the analysis of events in terms of spiritual principles. It is perfectly acceptable to inform oneself of one's opinion from this point of view, but it is the wisdom of the heart which moves the servant into open and full giving of the self without reservation, not the temperate demands of logic. This information may be helpful to ponder when one truly does feel that one is not of service. In this case, an analysis of the entity's situation in terms of the opportunities for spiritual maturation may yield telling results and we recommend it for this use.

The weight of the query at this working revolves about the consolation one might find when performing a service which one feels is a portion of one's duty, one's responsibility, indeed, as the one known as Ra would say, "one's honor." It is an honor, a responsibility and a duty to treat with perfect love those companions of family, and the informal family of deep friendships, with the dedication to being the mouth, the hands, and the lifting and carrying shoulders in manifestation of the one infinite Creator which is forever unmanifest. The very heart of service is the request of the one know as Jesus to love others as one loves the self.

If the self gives the self a bath or tidies its habitat or offers itself food, the need for thanks of self to self seems small. When one serves another self one does not interiorize the service, but rather perceives the service as moving from one field of energy, that being the self, to another field of energy, that being another separate self. This reach seems long to the servant and it is no longer of the relaxed mind of one who is hungry and so prepares itself food, or one who needs society and so calls a friend or goes to the amusement. Now it is one entity reaching out through space and time to a separate entity. It seems there is a transaction. The servant gives a service like a gift or a present to another self. Perhaps the reason is a desire to express love, to express loyalty, or to express some one or other of the many strands and kinds of emotion one feels concerning those things which one's personal character structure inform one's conscience that it is just, rightful, dutiful and honorable for the self to do.

In actuality, whether one who is served is a parent, a child, a member of the family or of the extended family of friendship, or of the nature of complete strangers, service is always service if it is given purely. The challenge is to love others as one loves the self.

When one is becoming spiritually mature, one loves the self without reservation, seeing in full the iniquity, the foibles, the insecurities and fears which it as a third-density illusory entity carries. Each self in third density does walk carrying a burden. That burden is its humanity, and that is a work which describes those things which the illusory self experiences as successful distortions of the truer, deeper nature of the mind, body and spirit as a unified being. The humanity contains all those energies concerning the self, the relationships with others and with groups of others, be they churches, nations or athletic teams, which affect the true entity—or may we say—more deeply true entity, by baffling, distorting, blocking or causing to be over-active the energies which must be penetrated by the energy of the Creator which is breathed into the being from the base of the energies and comes up into the heart to be used for spiritual work such as service.

Insofar as these energies of what we would call the red ray of survival and relationships with the self, of orange and yellow ray which concern relationships with self, other entities, and other groups of entities, all can be most confused. And insofar as these energies are allowed to remain murky, the power that moves into the heart will be less. It is only when one is able to release the so-called lower energies so that no grudges are held, no sorrows clutched close, and no fears ruling the nature, that the energy centers become clear and are able to pass on the full

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strength of the infinite energy which many call prana.

When this prana moves into the heart and then moves out upon the wings of service in full strength, there is no need for any concern on the part of the servant as to the relative success of the service. It is then that one may experience the treating of another as one treats the self. That which seems appropriate is done. If it is good food and is eaten and appreciated, very well. If the food is not that which can be taken and the plate must be refused, that is too bad, but not a reflection upon the service offered.

Now see where each is caught. It is at the point where one wishes for one's service to be successful that one finds oneself suddenly separated from the flow and the process of the Self serving the Self by serving the other self. That is, the flow of the Creator, the capital "S" Self serving the capital "S" Self. This is true service to capital "S" Self, service to the infinite Self.

Linguistics can become confusing, but it is a point trenchantly to be considered that the left hand path is service to small "s" self, and the right hand or positive path is service to capital "S" Self. The difference is in the definition of the self, and as a small self serves another small self and does not remember that one is serving the capital "S" Creator Self by serving another Self, that service will seem incomplete without the thank you, without the good feeling of success. But if service is offered with the firm memory that one is serving the infinite Creator, one intends by the greatest desire to serve the infinite Creator, and one is simply serving other selves as a means to this noble end, then one can free oneself of the misery of feeling unappreciated and unnoticed. Perhaps the service is appreciated, perhaps it is not, by the self which is apparently being served. But in the generation of positive intentions in the great and ever more purified desire to serve the one infinite Creator in all of Its infinite parts, one may more and more feel falling away from the self the need for recognition, the need for the thank you, for the justification of the service.

That extreme good judgment of offering only the excellent service is a butterfly too elusive to catch. Better it is to gaze at one's duties, one's responsibilities, one's honors, and the ever present strangers in one's midst as perfect opportunities for service to the Creator Self so that service is not scattered among people and places and categories but, rather, service is a way of life expressing the spiritual principle of offering love to one's Creator and Preserver, offering the self to the Creator Self, and in return feeling the Creator Self pouring through the self in infinite energy so that there is always energy for more service, until this way of life becomes, may we say, self-perpetuating and the life glows with love reflected in love.

Now, this we realize is cold consolation for us to say, "Do not expect any outcome when you serve, for your desire to serve is that which is relevant." This is not emotionally satisfying. We may, however, remind each to think in memory of all the unexpected gifts of service which have moved into manifestation in each of your lives: the bread returning upon the waters again and again tenfold, a hundredfold, until you cannot count all the blessings which come into the life. The energy for these blessings is begun in the self's desire to give of the self. As it gives, it creates an energy which is forever spherical, and returns and returns and lifts one higher and higher each time it returns. The way of service is a way of spiritual evolution. To figure out how to be unselfish in an illusion—and a deep illusion, for it is ours also—where service to others is the most efficient of service to the self if one desires to evolve spiritually, is somewhat marvelous, is it not?

May this bread returning upon the waters be a sign to you. When you see the manifestation of love given to you, hear that consolation, hear those energies being registered in the heart of the Creator Self, for all is one and as you serve one, those tender and merciful feelings, those gentle hands and soft, kind words, those strong supportive silences move out through whatever bafflement may seem to stop the service into the memory of your entire planetary sphere and become a part of that which is positive about your planet. No good intention, no desire to help is ever lost. Do not let the illusion's disconsolate, apparent nature cause you or any to stumble upon the path of service to others. But let it redouble your desire as you know that all your love has flown to the heart of the Creator Self of this planet and is immediately a portion of the light of the world.

We would continue through the one known as Jim with thanks to this instrument. We leave it in love

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and in light. For the vast company here assembled, we leave this instrument, saying greetings from all and blessings. We are known to you as those of Q'uo.

(Jim channeling

I am Q'uo, and greet each of you again in love and in light. At this time we would offer ourselves to those present for the purpose of speaking to any queries which may remain upon the minds or which have arisen as we spoke. Is there a query at this time?

M: Yes. I'm having a hard time posing my question. My thoughts are from my work, when I see a person who is an over-functioner in a relationship or in relationships, usually this comes from their need to either please and be acceptable or to avoid conflict and cross words or rejection. The relationship gets out of balance, because one gives too much and the other takes, and it's crippling for both. So, what I hear from Q'uo is if we can only find love, possibly through the red-orange ray—that being the chakra—so that our heart feels love, we can discern the difference. However, many people don't know how to do that and don't stop the behavior of acting out of the need to please, to find something else. Again, I'm not sure what I'm asking, but if you can clarify this, I'd be grateful for the answer.

I am Q'uo, and am aware of your query, my sister. Within the illusion that is your life pattern that each of you share, there is a tangle of mental and emotional relationships that has as its purpose the untangling and balancing of all relationships so that love without condition may move freely between entities. Thus, the tangle has value, and we suggest to each seeker of truth which wishes to balance relationships and release this power of love that the effort to do so be continued in the fashion which is most accessible to the entity, realizing that your life pattern is much like your ladder, where each succeeding step moves one upward to another point of viewing that is more comprehensive than the one previous.

When entities are confused as to how to proceed, then it is that we suggest that there be meditation without action so that the heart of each may be allowed to speak in the silence. The speaking may or may not take a verbal or conceptual form, but may express itself in a feeling …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and greet each again in love and in light. We shall continue.

The feeling that develops from the silence of the meditation and which proceeds from those levels of one's being that are accessible only when the conscious mind has been quieted may serve as a direction so that the entity may begin a step that may be new or may be taken with a new attitude. As one becomes confused in the daily round of activities, the confusion is usually of the mental or emotional nature, and then it is that the silence and the meditation is recommended so that some small part of the tangle may be worked upon by those levels of those beings which are aware of the path that is being traveled and the appropriateness of the next step.

Is there a further query, my sister?

M: Thank you. The archangels that were spoken of, I'd like to know more about what that was about.

I am Q'uo, and am aware of your query, my sister. Many there are of an unseen nature who cherish and watch over the activities of those of your peoples as each day's activities are accomplished. Each entity has those guides and guardians, friends and teachers in whose care the entity has been placed, in a metaphysical sense, so that there is for each entity a significant number of unseen hands and hearts that join in your journey. In addition, there are those whose honor and duty is more of a light-bringing nature so that your experiences are blessed from time to time according to the invitations, shall we say, that you make with your seeking, with your desire, and with your observance of certain rituals, such as the attending to the church service, and, most especially, the attending to the ritual of the Easter season which has just passed.

There are entities who are evoked and invoked at this time by this particular group in its gathering and seeking for information and inspiration. This group has many friends that rejoice at each gathering and which send wishes of love, light and healing as a normal part of their relationship with each in this group.

Is there another query, my sister?

M: Thank you, no.

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I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I just wanted to clarify something that M was asking before. If you're doing something to please someone, but you think you're doing something to serve someone, is there a desire to serve, and is that part of it still pristine, and still part of the good of the planet?

I am Q'uo, and am aware of your query, my sister. Indeed, this is so, for it is the intention to serve that is the heart of all service. It is said that the uninformed desire to serve is, at its heart, foolish in nature, for it is not informed by what you would call wisdom, for wisdom is a lesson that is learned in a higher density after the lesson of compassion and love has been accomplished. It is necessary that the foundation of service be placed upon love, with wisdom refining it at a later time, in order that that quality which is strongest and most important in the seeking and serving of the Creator be emphasized and placed in its proper place.

As you become aware or informed by wisdom, it may be that your service becomes more effective, but until one has the pure heartfelt desire to serve and to offer oneself in service at each opportunity available, wisdom is useless. The desire to serve is that which begins the process in a manner which is, in the overall sense, most effective. That your service may or may not be effective according to your estimation from what you call "hindsight" is relatively unimportant. The important factor is that the desire is generated to serve. This desire is that which you have incarnated to find and to nourish as the seedling which later becomes the great oak.

Is there another query, my sister?

Carla: Kind of a half query and a half confirmation. So the pathology of trying to please or trying to avoid conflict and therefore doing things meets its own reward of exactly what you fear happening. In other words, you don't please and you do have conflict because you never can predict what is going to please somebody or what is going to avoid causing conflict. But still, beneath it all, there is that germ of desire to serve, which is healthy no matter what pathology is there. I think that's very comforting. Is that true?

I am Q'uo, and am aware of your query, my sister, and we would agree that this is the summation of our previous statement, though there is still a long journey to be accomplished. To begin with the desire to travel is of utmost importance. There will be times of testing that desire. The discovery that one may not be able to please another, even with a strong desire to do so, is such a test. But, each entity has carefully laid the groundwork for these testings and opportunities to demonstrate the desire to serve, so that in the larger sense there is always a progression of possibility so that the entity will have the opportunity to learn from its own experience, and to discover that the desire to serve is the primary quality that it wishes to harvest from the life pattern.

There is time enough in all entities' experience for the refining of service. The generation of the desire is the most important portion of this illusion's experience.

Is there a further query, my sister?

Carla: No, Q'uo. I think I would prefer to let the session end with that gem. Thank you very, very much for being here, and thank all the guys.

I am Q'uo, and thank you once again, my sister. We would also take this opportunity to express, not only our gratitude for the invitation to join this circle of seeking, but to extend the great and joyous gratitude of those entities present who have offered their vibrations of love and light to this group as well. We all shall take our leave of this group at this time, leaving each, as always, in the love and the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 3, 1992

Group question: The question this week has to do with "why." Why, if there is a benevolent, higher force that we might call God or the Creator, is there so much sorrow, suffering, sickness, violence, disease and general disharmony in the world, in individual and in group experiences? Why do people have to go through so much difficulty in order to just survive in many cases? Why is there not a more active participation, either on the part of the Creator or the forces of light, the angelic beings, to intervene and to provide sustenance, relief, healing and so forth on all the levels—mind, body, spirit and emotions?

And, as an adjunct to that question, how does this interaction of the Creator and the forces of light in our personal, mundane lives relate to the New Age, so called, now dawning where we are supposedly ending one cycle and about to begin another experience. Is there a relationship in the sorrow and the suffering that is going on now on the planet in its intensity and its widespread nature to this supposed ending of one age and beginning of another?

(Carla channeling)

We are known to you as those of the principle of Q'uo, and we greet each of you in the love and in the light of the one infinite Creator. It is a blessing and a privilege to speak to this circle of seeking concerning the great "why?" of personal and planetary suffering, and the possible connection with the end of the age. We are the brothers and sisters of sorrow, and are part not of your answer, but of your query. We would ask each of you to weigh our words as those without authority; friends, but not divine friends, merely those of somewhat more experience than you have conscious memory of at this, your present moment.

Let us begin with our name for ourselves. We have called ourselves "the brothers and sisters of sorrow," for we are social entities whose members have decided to move far from our planetary home to speak to those who sorrow, who stumble, who are faced with deeply central choices, when the surrounding atmosphere is one which is profoundly lacking in accurate, trustworthy information upon which to base choice. We speak to one entity at a time. "We are not those who will save the planet." You may put that phrase in quotations.

We witness the suffering, and, although we shall proceed to speak upon some portions of the answer or answers to, "Why is there suffering?" more important is it to us to verify and underline the centrality of this question, for it is not the starving, the freezing, the sickening unto death alone who are suffering. Each entity who is born into your third-density illusion begins immediately a process of loss, suffering, increasing limitation and ordeal, followed by physical death. Each of you recapitulates in a

leisurely manner the misery of the starving infant. It simply takes many entities, born into healthier climes and circumstances, longer to complete the menu of suffering. And, oh, my friends, there are so many interesting entrees on this menu!

Why are you in the place of suffering? We ask this to bring each who listens into the same environment as those for whom one feels the compassion, to focus upon an instance of suffering close to this instrument's mind: each is the beaten, each is the one which wields the instrument of beating, each is the jury member forced to evaluate the incident, each is the rioter, each is the shopkeeper. Each of you lives a life that is seemingly personal, truly unique, but deeply planetary. Each entity's uniqueness lies not in the specific experiences alone or in the specific reactions in thought, word and deed to these experiences. But, rather, each is also part of a sea of consciousness shared by all who dwell within, upon and around your planetary sphere. You are beginning to become more and more aware of the connection betwixt the personal inner self and all consciousness upon your sphere.

The query, "Why is there suffering?" then can perhaps be brought back home [for consideration] to each of your personal journeys, as well as remaining cognizant of the [world's] intense and acute examples of suffering. The conversation earlier touched upon the term karma. Karma, in our opinion, is a kind of residual energy or momentum. An action which produces an imbalance betwixt the giver and the receiver creates a bond of imbalance. This is called a karmic bond. The momentum is often visualized as circular, and thus the term "wheel of karma" is used to describe the way that a balance is offered repeatedly to those who are imbalanced. Again and again, a situation will occur in which an entity may forgive the self and the other self involved in this karmic tie. When forgiveness is complete—that is, there is forgiveness of the other self and of the self in full and unstopped measure—the wheel of karma stops.

There is a planetary karma also, for nation states and large economic, social and, what you term, religious groups of entities have offered unbalanced action to other groups of entities. Thusly, the individual karma and the societal karma mount to the level of the heavens. The planet as a whole does not at this time have one karma. Thusly, there is the opportunity for entities which wish to aid in the societal karma to do so, and many among your peoples are those which have incarnated to do personal work in consciousness, to make choices which further refine choices, to work for the one infinite Creator, and to serve in a healing capacity upon the level of the consciousness which is deep enough in the roots of mind to be that consciousness shared by all upon all levels of native being within, upon, and around your planetary sphere.

Why is there suffering by those starving in foreign lands? We may suggest that there are many who have chosen to incarnate for the purpose of suffering as intensely and as long as possible before the inevitable death by starvation or illness, not only in less technologically oriented cultures, but also within each culture, for within the culture which is your own there are those with short, hungry and brutal lives. These, may we say, Christ-like entities are pursuing a beautiful, poignant and terrible service, absorbing the deadening, merciless, pitiless and ruthless service-to-self distortions which have caused motives of greed, revenge and slaughter to erupt into actions against groups of other selves through, what you call, your history.

Others there are among you who do a great deal of work within, calling it prayer or meditation or worrying or concern, sending love and healing to those who watch and suffer and wait and perish. There is a lovely orison sounding, with millions of souls blending at all times; your planet prays without ceasing. Always, in every night watch, there are those millions unknown to you who keep the watch for humankind. When others sleep, you may well be raising your internal voice in praise of the infinite One in thanksgiving and in intercession for all who suffer. And so, by lives lived in some part sacrificially, the societal karma is being, to some extent, alleviated through the heartfelt caring of very many of your peoples.

We know this query is far-ranging, but we would attempt a focus upon the heart of the query before we leave this instrument. Gaze with us at the pattern of the incarnation you now enjoy. There is the pain of the learning, the growing, the changing to fit new heights and weights and emotions. Then, seamlessly, there begins the long decline of the physical vehicle which carries your consciousness about from the first health of youth to the last breath before the physical vehicle is no longer viable. In the space between, one experience after another challenges, baffles and

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confuses the mind, the spirit and the emotions. Each may dream of utopia, of the Garden of Eden, yet each is soundly thrown out of it. This is your circumstance at this time.

Why does the infinite Creator place you so firmly and decisively in a milieu of loss, ordeal, limitation and eventual dying? We ask you, what gets your attention: the perfect halcyon day or the moment of toxin, the alarm, the adrenaline and the sudden movement to cope, to save, to defend? Each of you has two minds: one will keep you in this density forever; the other will evolve. Your two minds sometimes have very different ways of dealing with circumstances. The first mind is the intellectual mind. Its soul purpose is to manipulate the environment in order that you may survive, find shelter, be fed and have comfort. The other mind is that mind best described as the "wise heart." This heart's wisdom is that portion of the mind whose roots move into racial, societal, planetary and Creator mind. It is this mind that is always and forever.

The suffering, the ordeal of living, is specifically designed to grab the attention of the intellectual mind and then proceed to baffle it so thoroughly and completely that the intellectual mind gives up, and the thrust of inquiry moves to the heart. In the heart lies that beingness which gazes at this experience of third-density illusion and chooses, in faith alone, to be a part of the love—the good, if you will—of the personal, societal, planetary mind.

There is no "why?" in the heart's wisdom, nor is there any answer. The heart sees suffering and embraces it, for, to the heart, any entity who is thirsty is the Christ waiting for a drink. Any entity who needs clothing is the Christ waiting to be covered. Thusly, the ordeals become opportunities for service and are seen as challenges worthy of attracting one's attention.

We glory in the beauty of your sunny day and of the peace each has found within the heart. But more, my friends, we glory at the suffering that each encloses. We ask each of you to touch yourselves with loving and forgiving hearts, to be healers of the self, and to allow that healing which is from eternity to eternity to move into the ever-wounded conscious self so that each may become a healing expression and manifestation to those about each, not by word, but merely by the point of view. Let your hearts be those open channels of love, and may you love each other, for the suffering is part of learning how, truly, to love and, eventually, how to be love.

We are pilgrims with you in this quest. We thank each and this instrument for calling us to you in this matter. We are at this time happy to speak to your further questions, but find that this instrument grows weary. Thusly, we would transfer this contact to the one known as Jim. We are those of Q'uo, and leave this instrument with thanks in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time, we would offer ourselves in the attempt to speak to those queries which may yet remain upon the minds of those present. Is there a query at this time?

Questioner: I'd like to ask about the changes that will be taking place in this area around the year 2000.

I am Q'uo, and am aware of your query, my sister. We are not those who have the desire or ability to describe in detail those changes which are as the weather at your graduation. These changes have begun many of your years ago as the planetary entity itself is also making the graduation, shall we say. There has long been upon the surface of your planet populations of entities who have engaged in disharmonious relationships even unto the war, and have, through the heat of the emotions, transferred this heat into the crust, as you call it, of the planet itself, so that as the planetary entity attempts to make its own movement from this density of light into the succeeding density of light there is the necessity for the reharmonizing of the planetary garment that will allow for the release of the excessive heat in a variety of means in order that the planetary entity shall remain and retain in its whole nature; that is, shall proceed into the next density of light intact.

Thus, the release in a controlled fashion of heat energy is achieved as those natural, shall we say, catastrophes, as you call them, are experienced in the form of eruptions of volcanoes, the earthquakes, the heating and cooling effects of your geothermal forces, and other forms of the release of energy that will allow for the continual harmonization of this

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planetary influence as it moves through this period of transition.

Thus, there is much of choice on that part of the populations of this planet that will determine the precise location, duration, intensity and nature of heat release. As entities and groupings of entities are able to resolve difficulties and achieve a more harmonious perception of relationship, there will be less need for the drastic, in your terms, release of this heat of emotion energy. Thus, it can be said that these releases of energies shall continue. As to their location, etc., this is, as you would say, in the process of being determined by the movement of thought …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there another query, my sister?

Questioner: What visions do you have for the New Age which is approaching?

I am Q'uo, and, though the query is most general in its point, we would suggest that the nature of that which you have called the New Age is one that is quite different from the experience which is now enjoyed by the population of this planetary influence. We shall attempt to give only very general descriptions, for this is a large field of inquiry.

There is the graduation into and use of a physical vehicle which is more densely packed with light than the one which you now utilize in your current experience. This vehicle is that which is associated with the fourth energy center or chakra, that having to do with the heart, so that the primary influence of this body and its experience is that of learning the lessons of love, compassion, mercy, understanding, forgiveness and acceptance so that entities will have a greater opportunity to see the Creator in the creation about them, and to see and express that Creator within the self as well.

This perception and expression shall take the form of the communication that is more of the, as you call it, telepathic nature where the transmission of concepts is accomplished much as you would transmit the contents of your field of vision in a moment and this picture would include the feelings and responses that you would have to that in your field of vision. There is in such a form of communication no ability or desire to hide those feelings and thoughts which an entity may entertain. Rather, there is the great desire to blend the individual energies and abilities with others so that there is created what might be called a society of memory-complexes or social memory complex that allows each entity within the grouping access to the memories, talents, experiences and abilities of all others within this grouping.

The grouping of entities itself has chosen the means of further seeking the Creator in that there is the great desire of such groupings to serve others by utilizing the expanded knowledge and abilities that are experienced at this level of being. Further knowledge of and learning of the creation and the Creator is gained primarily by seeking to be of assistance to other entities who may not yet have reached this level of understanding. Thus, there is the waiting for the call from such entities, be they individuals or civilizations, upon planetary influences such as this one.

We feel that this is a good general description of that which awaits this planetary population, and would ask if there is a further query, my sister?

Questioner: If you talk on the subject of going home, returning home, and explain that, I would appreciate it.

I am Q'uo, and am aware of your query, my sister. We are aware of the feeling that many entities within this planetary influence experience of being away from home, and may suggest that there are many, many entities upon this planet that have journeyed here from elsewhere, that is, from another planetary influence. In the majority of cases, this journeying has been as a part of a grouping of entities that has sought to complete the cycle of learning that this third-density planet offers, and these entities have sought to complete that cycle upon this planetary influence as it was beginning its third-density cycle at the time of their joining it. This is true for the great majority of entities upon this planet, for you see you are not all of one source or origination as far as progression from a second-density influence into the third density, and this accounts for much of the difficulty in relationships between societies, nationalities, races, religions and so forth upon your planetary influence.

There is also another grouping of entities that has come from elsewhere, either within this solar system or outside of this particular solar system, that has chosen to return to a third-density planet in order to

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be of service to the entities upon this planet, even though those who return have progressed beyond this third-density experience. As we spoke to the previous query in suggesting that those who proceed into the next density of light seek to learn by serving others, there are many of these kinds of entities within this planetary influence at this time who have come from elsewhere to be of service in a certain manner as they join this planetary influence. These entities offer their light and love just as a portion of their very being glows more brightly with the honor of standing closer to the light of the one Creator. This service is offered, as we said, as a general kind of lightening of the vibrations of this planetary influence.

Each such entity also has a specific talent or service to offer that is accomplished in a unique way for each entity, whether this be by teaching, by healing, by communication, or by any of a number of means of being service-to-other entities. These entities also pass through that which you call the "forgetting process," so that as they enter this planetary influence they are completely the citizens, shall we say, of this third-density planet, and do not retain those abilities that would seem to this planet's population as being that of a paranormal nature in general, so that there is an equality of status, and no entity's service would be accepted without question simply because it came from one with abilities that were obviously in excess of what is the norm on this third-density planet.

These entities, however, have within them the distant and dimly lit memory of their origin as being from elsewhere, and in many cases this feeling is in the form of what you may call a kind of homesickness or alienation from the planetary influences and vibrations that are of a more disharmonious nature within this third-density influence. However, each entity in the heart of its being is aware that, though there is a home that may be located elsewhere, that the true home of all seekers of light and servants of the one Creator is within that service and within that light that comes from only one source, the one Creator, and each may take solace in knowing that the Creator resides within each entity and shines the light of love and service to all equally.

Is there another query, my sister?

Questioner: So, you were just saying that, basically, home is within us, is that right?

I am Q'uo, and am aware of your query, my sister, and this is correct, that the home is truly, as your peoples say, located where the heart is able to love.

Is there another query?

Questioner: When I was referring to home I was referring to returning to the First Cause … passing through Christ consciousness and returning to the First Cause.

I am Q'uo, and am aware of your query, my sister. This journey, that of returning to the First Cause, is more closely aligned to the latter portion of our response where each entity becomes aware that there is a Source from which each comes and towards which each moves after the great cycle of learning and experience has been achieved. For each portion of the Creator that becomes an individualized portion of consciousness moves out from this Source with the desire to seek and to serve the one Creator, for it is felt within the tiniest portion of each entity's being that it is the great desire of the Creator to know Itself, and that each entity is a means by which this Creator shall know Itself.

As each entity moves through the various densities or dimensions of light, learning each lesson that is possible there, much experience of a various nature in intensity and in type, all having to do with the qualities of love and light, are gained. Aand as these experiences are gathered, the individualized portion of consciousness that is each entity then takes on these qualities and widens the perspective or the "eye-shot," the point of view, shall we say, so that each entity, then, is able to see more of the other entities and experiences about it as the Creator knowing Itself.

As the final lessons are learned in the last of the densities of light, the entities begin to take upon themselves that which you may call a spiritual mass so that there is the great desire to move into complete union once again with the one Creator, and this union is achieved so that each entity brings each experience with it as an offering or glorification to the one Creator. Each such offering, then, taken cumulatively, becomes the seeding of another great octave of experience and cycle of beingness, as the one Creator once again sends out portions of Itself to gain in experience, to learn that which can only be

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learned by the giving of free will choice to those portions of Itself that venture out as pilgrims into what is to each the great unknown and mystery of being.

Is there another query, my sister?

Questioner: No.

I am Q'uo. Is there another query at this time?

Questioner: I'd like to ask a question. I'm trying to focus back down into what you were saying and trying to apply it to Rodney King and the events in L.A. and around the country. If I'm applying this correctly, please tell me, and if I'm not, just briefly tell how I'm not. The victim, Rodney King, and the victims—all the shopkeepers, the people whose places were burned—the people who, at some level, were accepting acting as a safety vent for energies that otherwise would have been worse, resulting in, say, a revolution within the entire nation … The ones who were doing the negative—the shooting and the beating and the burning and the looting—where those who had the impulse to do that but, also, at some level, who were accepting the karmic results of that, perhaps as part of the same equation …

I'm really fuzzy on this. And all of the people around the planet—and I know that they are all around the planet—who are praying for peace and for justice and to save the Earth, these energies were aiding in keeping the venting points open so that the energy, the heat, could be vented safely and not trouble the entire nation or the entire planet, in this case, the entire nation. Is that a fair application of what you were saying to current events? That's why the suffering—it's kind of like a safety vent?

I am Q'uo, and am aware of your query, my sister. We find that there is indeed some confusion in the interpretation in that which we have spoken, and would attempt to speak briefly to alleviate the confusion. The experiences of sorrow and suffering of whatever nature by any individual or groupings of individuals upon your planet is the result of those learnings and services that have gone before and which have been improperly integrated or incompletely assimilated within the individual or grouping.

All experience within your third-density illusion has the purpose of teaching some facet of love and acceptance. As entities move through various experiences there are those challenges or testings that further teach those areas that have previously been lacking in their balance or refinement. The more difficult the challenge or test, the greater the possibility for learning love and acceptance. The traumatic conditions, such as that of your warfare, offer great immediate opportunity for entities to see the possibilities of love and service to others, such as when a soldier would jump upon that which you call the grenade to save the life of a friend. This is the greatest service.

There is a variety of response available at all times to each entity in any experience. Each experience shall offer the opportunity for the entity to demonstrate his or her level of understanding, and this shall be demonstrated by the spontaneous response to each situation. Thus, the difficulties that may be experienced within your illusion are as the catalyst for a process of learning that occurs, in the larger sense, to the metaphysical or spiritual entity that each of you is. The experiences in your daily round of activities are those physical or mundane means by which metaphysical lessons are distilled.

The venting process, of which we spoke previously, is the process by which the Earth itself as an entity has absorbed the heated vibrations of disharmony and difficulty over many, many generations of many, many civilizations. This absorbing of disharmonious vibrations has created a difficulty for the planetary entity in its transition from third to fourth density, as those populations that have inhabited it for many, many millennia have had their own difficulties in reaching harmonious resolutions to differences between entities, races, religions, nations and so forth. Those difficulties are of an extreme nature at this time and require the periodic venting of this heat energy so that the planet may remain intact, shall we say, as an entity as it passes into that experience that you have called the fourth density of light, the transition into a new age.

Is there another query, my sister?

Questioner: So, people don't have the possibility of becoming part of a venting, a safety valve, to relieve pressure on the birthing process? Just the planet itself?

I am Q'uo, and am aware of your query, my sister. These processes are interrelated, and as entities are able to find, what you may call, a higher or more harmonious choice to each of the testings or

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difficulties that face them, each entity then adds to the harmonious vibrations of those who pray for peace and send light and healing thoughts to entities in distress. Each time an entity is able to increase the level of spontaneous, harmonious response to a difficult situation, there is a lightening of the vibrations of this planetary influence that aids the entity that is the planet itself as it also makes its transition into that density of love which now beckons.

Is there another query, my sister?

Questioner: Just one last one, because I noted something that you said and I didn't quite understand it. I believe that you said that we as a people had personal karma, societal karma, national karma, racial karma, but didn't have planetary karma. Is that just because we haven't blown the Earth to a cinder or actually blown it apart? Is that what it would take to have planetary karma?

I am Q'uo, and am aware of your query, my sister. All entities that will remain with this planet in its transition are a portion of the planetary population or personality, shall we say, that does indeed gather about it a certain quality or nature as a result of those experiences, those lessons and those services which have been learned and accomplished. This quality of personality may also be seen as a kind of karma, for as all karma is that which moves one in a certain direction, there is also the direction that is determined for the population of this planet by its own choices and experiences that are taken in a cumulative manner, shall we say. Thus, in a more general sense, there is indeed a karma or quality of being that adheres to this planetary influence.

Is there a further query, my sister?

Questioner: No, Q'uo. Thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we shall take this opportunity to thank each for inviting our presence to your circle of seeking, and we thank each with a glad and joyous heart, for we are greatly honored at your invitation, and especially at the queries that reflect the deepest desires of your heart to know that which is the nature of your journey, your beings, the Creator and the creation. We shall take our leave of this instrument and this group at this time, leaving each, as always, in the great love and ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Sunday Meditation
May 10, 1992

Group question: The question this afternoon has to do with the general topic of how do we cooperate with our destiny? How do we use our free will in making choices that when they are made will perhaps change us in very significant ways as we are all seeking, as portions of the Creator, to return to the Creator—each choice becomes a part of our path, a step that may be unlike any other step we've taken, but becomes as integral as any step we have taken? How can we make enlightened choices? How can we cooperate with that which is our highest and brightest path in learning and serving others?

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of the one infinite Creator, the one Intelligence, the one original Thought which is love creative. We greet you in all that there is, seen and unseen forever.

How blessed we feel to be with you, to feel the blending of your meditative vibrations, to experience amidst the complexities of each of your conscious minds the single-minded desire for truth. We thank you, for this is the call which brings us to you and enables us to offer our humble service—that of our opinions. We only ask of each one thing, and that is that our words be taken as opinion and not fact, for there is no authority in outer words, but if our words meet with your feeling of remembrance of truth, then you may trust your own authority. Otherwise, we ask that our words be left behind.

People of passion and courage sit in this circle, each desiring and hoping for the most lucid life of service and the most beautiful and rich life of conscious learning and spiritual evolution. Passion and courage should not be confused, and we shall speak to this.

The experience of moments which have added up to years constantly informs the mentality of a seeming continuity of direction, or a seeming discontinuity. When a possibility of discontinuity becomes attractive and provocative, then the mentality says, "Let us by all means cast ourselves into the new effort with all our hearts." However, passion has one central lack. Although passion seems to come from deep within the heart, the conscious mind untutored by certain practices is not capable of discriminating between the passion of the emotion, the passion of the spirit, the passion of the mind and the passion of persuasive circumstance.

Therefore, as any approaches a personal or services oriented cusp of decision, it is well to know that one has the requisite passion to accomplish what shall be and the courage to see it through. But then one may step back and ask the self to pause so that the spirit may go into the inner room and take all adornments off—all things of the world, all the trappings of circumstance, all of the aura of success renown, of

reputation and of desire itself. Lay it to one side and become of a quiet mind and a quiet heart, and say, "Here am I, what would you have me do? What is that highest and best that I may achieve and remain a stable person? What would you have me do?"

A few moments spent in this tabernacle asking this simple query aids one enormously in fitting into the regalia of life's circumstances, girded within with a promise to do that which has been desired in the highest way. One may then don the garments of reputation and success and be unswayed and unimpressed by the patter and the tap dancing that all of us are capable of achieving in one way or another.

When one faces that choice which seems to be the fork in the road, it is especially worth considering to move into this place of asking and dedication of self both individually and as a group, for you see, the attempt to desire well is that which is done by faith alone. The attempt as a group is also done by faith alone, and entities which converse consciously may not be aware of the power and utility of conversation in the silence of the tabernacle of asking and dedication, for no words are spoken, only "What is your will?" and "I am your servant, send me." Yet, as you sit together physically in the silence of this shared imaging, there is set up betwixt the group lines of communication that will not stop humming when the conscious minds leave that tabernacle of asking, for after the choice is made and destiny is being followed, yet still, there are choices every moment that work towards harmonizing energies or do not. And every shared moment in this holy silence together is productive of deepening and ever clearer channels of communication which are blessed with a more informed viewpoint, that of your higher selves, and aids in information, and that higher self that is you as a group. This may well be respected and time and attention paid to it.

We are aware that the personal portion of this query is just as important to each and so would turn to the query of service long enough to speak of the personal choices, the coming to them in the most appropriate spiritual manner.

In each personal spiritual evolution there is a repetition of information, a pattern to the individual lesson. If the seeker always got the message the first time, there would not be the repetition. However, your incarnational circumstance is a deeply illusory one designed specifically to addle the brain and confuse the mind totally, so it is not remarkable that almost no entity in your density understands the main thrust of incarnational work the first time the lesson is presented.

As an example, we would give the lesson which your culture feels certain entities should learn. Still within your peoples' cultural minds there is an opinion that males learn love by learning to provide physical safety and comfort for those whom they love. Females learn the lesson of love which involves sacrifice of the self to the life path of the provider. We use this specific example not only to express our direction of thought, but to express why one cannot generalize concerning personal lessons.

In your density, lessons all have to do with learning to love in society. The society begins with self. You are your main company. Are you a good friend to yourself? Do you treat yourself well? Do you care deeply about yourself? As you are able to fall in love with your, shall we say, human self, that is the persona or shell of personality through which your spirit expresses itself in this experience, just so will you be able to treat other selves.

When one is in pain, be it physical or spiritual, the instinct is to avoid it. However, compassion and love do not grow from avoidance or neglect, and trouble avoided is the unlearned lesson of love which shall even more surely and more clearly be presented to you again. The more times a certain pattern is avoided, the more marked will be the characteristics of that lesson presented the next time around. Consequently, it is well, we feel, to take situations where compassion is lacking into the meditation time of the inner room. Not only speaking and conversing with infinite intelligence concerning this situation which you dearly hope and desire to find a way to manifest love in, but also to bring it into the silence, for words unheard have deep, deep effects upon the conscious ability to manifest as you desire. The key is silence. The door that is opened is that door which you desire. You may not recognize the room on the other side of that door at first, but answers to prayers are various, though always to the point.

Thusly, the personal pain and trouble in relationship—be it with the self, with one other self or with a group self—is that in which the self is …

We must pause. We are known to you as Q'uo.

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(Pause)

I am again with this instrument. I am Q'uo, and greet you again in love and in light. We wished to allow this instrument to move to a deeper state. It is well.

Whatever the level of self you are dealing with, it is a self to which you wish to connect with love. Therefore, the pain and the trouble are those things which attract the attention and let the self know that here is an opportunity to learn and hopefully to manifest the results of that learning. Much has been learned by an entity, even a young entity, for much is brought into incarnation—biases towards certain choices and away from others. Yet here sits this intractable, irritating seemingly negative outer other self or aspect of self—a stone in the shoe, an aggravation. One wishes to take the walking staff and stomp away and say, "I go around this, I am not here to climb rocks." But each is here to walk a stony path, to experience the loss of much, the various limitations that occur, the ordeal of the pilgrim on the pilgrimage, and this entity is there not to please, but to be welcomed as an opportunity, no matter how challenging.

As you consider how to make a compassionate response, let the mind dwell on images of compassion; the wise old man in the desert who sits patiently aware that there is no escape from the merciless heat, and therefore composes himself in blissful meditation to await the change of consciousness from the life in the physical body to life in another body; the tears falling upon the body of the wounded as the nurse and medic attempt to save the life, tears of deep love, of frustration and of gratitude when a life is preserved, yet those tears bless those whose lives are not preserved.

Now gaze at yourself. You are an object of compassion. Does the sun not shine upon you whether you are happy or sad, feeling virtuous or distinctly unvirtuous? Does the breeze not lift the tendrils of your hair from your neck? Do the trees not give you oxygen no matter what your condition? You are objects of love and mercy and infinite compassion because you are part of love—part of a Creator. If you move from your humanity, from your shell of personality, you shall quickly run out of compassion, for you have it in small supply within your ratiocinative mind. But if you can open your heart and sweep aside the pretensions and blockages of self, of relationships, of all those things which would seem so important, and move to yourself as the object of love unlimited, free flowing and infinite, then you are merely that through which compassion moves, and you shine infinitely.

Now, this, this is the answer to both queries, for if you shine with that which moves through you, you are doing your utmost to manifest compassion in your personal evolution and learning, and you are also in the mental, emotional and spiritual situation, from which standpoint you are directly adjacent to the inner room of asking. How can you give more than infinite light? How can any choice made in this frame of heart and mind be incorrect?

We do not recommend sitting and waiting as one among you said before the meeting. We grasp the point of the working on one's behalf to ask to move forward towards the desire. Yet we ask each to consider the natural compliment to this energy, which is the utter receptiveness of the request to do the will of the one infinite Creator, whatever that may be.

As you open your eyes and greet the world again and move into your daily round of activities, the first challenge to your manifesting compassion may be an obstreperous child, a difficult co-worker, or a pile of dishes, none of which seem particularly central or worthy of all of the machinery of dedication of self to the loving way. Yet all services are equal. To love the dirty dishes is worthy, just as to offer instruction for healing to many is worthy. There is no quantity to right action or just service, but only the quality of unrestrained compassion.

We would at this time transfer this contact to the one known as Jim, thanking this instrument and this group and leaving this instrument in love and light. We are of the principle of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and in the light of the one infinite Creator. We would offer ourselves once again at this time to any who may have further queries upon this topic or other topics that are of interest. Is there a query at this time?

Carla: I have an obvious one to start off with. In J's case, before she said the word, there is somebody who simply doesn't like her. I know you can show compassion just by feeling compassion. Is there any way that you can address an already, you know, in

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place feeling from somebody else—that he just flat doesn't like you, other simply than forgiving him that and loving him anyway? Is that the extent of it?

Let me ask the question more specifically. Could you write the person a love letter and then drop it down a well and expect it to do any good? Is there anything active you can do on the personal?

I am Q'uo, and am again with this instrument. We are aware of your query, my sister. The writing of the love letter, as you have put it, can be effective if that letter is written in the heart's true compassion, for, indeed, all are one, and as you search your heart for the foundation of your feelings, you open a pathway to the entity that is the focus of concern, and offer to that entity upon the metaphysical levels the gift of your love, which will, in what you call time, so move both that entity and your own entity in the daily round of activities in a manner that will allow that love which has been found at the center of one's being to move to the more mundane and daily round of activities. There is the need, however, to be certain that the seeds are sown in true and honest compassion, thus, the need to explore one's own heart first.

Is there another query, my sister?

Carla: No, Q'uo, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: I have a query. I feel that I am on a … I am at a turning point, not only with my spiritual life, but I feel even in my everyday work I have, I am close to a turning point there also. I very much want to be aware and keep in touch, and perhaps I've come here today for some words of wisdom about this.

I am Q'uo, and we feel the concern and the dedication for your journey that you have expressed, and would comment by suggesting that when it is felt within one's being that there is the opportunity to progress upon the path and to become a new being in seeking and in service, that one be especially vigilant for the opportunities to serve and to see the Creator about one in those areas in which one may not commonly look or expect to see the Creator. This is to say, that in all transformations—or as they are often called amongst your peoples, in all initiations—there is the testing, the opportunity to express the quality of love and acceptance that are yours to express. These opportunities oftentimes present themselves in situations which are commonly viewed as difficult, confusing and disharmonious.

In such situations, it is easiest to respond in a manner which is, shall we say, of the world, in that there is the expression of hostility for hostility, anger for anger. When you become aware of any situation which is not as you would have it be, look carefully for the place that your love may be put so that that which is the highest and best of your offering may be that which you give freely. Look at those who seem separate from you, and see not only the Creator there, but see yourself there as well, and feel the compassion for that entity that you would feel for any honest and sincere seeker of truth that has for the moment closed its eyes to the heart of love.

In such a way, may you aid your own transformation, for as you are able to see yourself and to see yourself as the Creator in all that surrounds you, thus you aid the shedding of the old ways which were an useful step upon your journey, and thus do you aid yourself in taking a new step and in donning new garments of light.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we thank each for inviting our presence once again to your circle of seeking. It is an honor most great to be so invited, and we cannot thank each enough for this opportunity. We again remind each that our words are but our opinions, and though we offer them freely and joyously, we wish each to take only those words which have meaning and to leave behind those which do not. We are those of Q'uo and at this time shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 17, 1992

Group question: The question this afternoon has to do with coordination between the feminine portion of our minds, the subconscious, and the male portion of our minds, the conscious mind. How this interaction can produce a symbiotic relationship and create a wholeness of experience, a wholeness of being, so that we are inspired to move in the direction that is most appropriate by the subconscious, and inspired to accomplish the work that is before us. How can we gain a clearer, more stable access to that subconscious, feminine portion of our minds; how can we learn to appreciate this process? What exactly occurs in this process when the inspiration is given from the subconscious to the conscious, where does it come from, how is the subconscious aligned with our overall pattern of learning and serving that allows this process to occur? How can we, as we appreciate our own subconscious mind and ability to transform ourselves, how can we become examples or teachers or facilitators to others who may come to us seeking this kind of assistance?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. How blessed it is to be with you at this circle of seeking. We offer each of you blessing and thanks, for by calling us to respond to your query you offer us employment in the service of the one infinite Creator. This is our dearest desire and our chosen mode of learning, for as we teach, we learn, as we serve, we are given service by your beautiful hopes, ideals and single-hearted desires. You cannot imagine how manyfold are the blessings we receive, the learning we receive as we do what is called teaching. We share opinion, not truth, and would not do any the disservice of asking for the status of authority. Please discriminate among our opinions, choosing those thoughts which seem useful and discarding the remainder. This we would appreciate.

As we look for an entry into the wide question asked this day we find that we first would wish to examine the terms male and female as sexual terms, for these terms create a kind of stumbling block to grasping more thoroughly the actual goal of the seeking for the wisdom within. Each, as you sit in this circle, is biologically male or female. The self-consciousness concerning this is at a minimum, yet there is within each some distortion concerning the relative excellence of the body which carries sexuality, and the mind, emotions and spirit which are given masculine and feminine characteristics, seemingly somewhat separated from the consideration of biological sexuality. To lift the stigma of physicality from sexuality would be a well-conceived effort. The sexuality of the physical vehicle expresses very well, very beautifully, and sacramentally the dynamics which are seen in the mental, emotional and

spiritual journey. Yet, because of the vulgar use of bodies by their owners and by those who would possess bodies, the body is seen as beautiful in its sexuality or innocent of sin, if you would use such a word, yet this sexuality has much to study in its possibilities in this incarnational pattern.

To many cultures, the eroticism of hidden genitalia and physical forms in general is considered a positive beauty, a pure truth, and were each biological male and female to value the body sacramentally it would become clear that human physical sexuality is an information resource which like any other speaks of the love and the light of the one infinite Creator. Therefore, as one turns to face the mystery of the deep mind there is a close resource, that being the seeker's own sexuality. As each seeker moves along the highway of the Father's mystery seeking love and truth it is well to encourage the self to love and accept the self, beginning with the physical body, its sexuality, its every curve, dimple and seeming marred place or imperfect place. Loving the self within the skin is far more readily attempted when one has loved and accepted the skin, the shell of physicality which carries about the consciousness which you truly are and which manifests within this illusion your field of consciousness, desires, questions and often cryptic answers.

To this end, let us pause and let each feel the heavy, familiar physical vehicle. This is that which has given itself that you may think and feel and express your free will and your choices in this life experience. Feel the breathing, the limbs resting, the muscles as they are supported. You may perhaps feel as if you are driving a car all of a sudden. This is a feeling we would like for you to experience. You are not your body, but your body is a second-density form. Every cell of this body vibrates with the love and the light of the infinite One. Take this moment to thank this beautiful animal form for the sacrifice of its instinctually lived life. That life you have tipped upon the ear, and that life is not possible. This body of yours is living your life and dying your death.

Very well, if we have been able to encourage feelings of acceptance and respect and love for the gallant body, then it is time to move on to the seeking of that within which seems archetypically female. Within each culture the male and female dance a somewhat different courting dance, play somewhat differing roles. It is not well to generalize, and we hope to be accurate, but insofar as one can be general, the male feels that it has chosen a female. The female waits for the choosing. When one applies this to the seeking of the intuitive wisdom of the subconscious one may focus upon the male portion which chooses to reach for the chosen one, the pearl among all other and less entities, the very most nearly perfect of all possible choices. It is with this lover's delight in the right choice that the conscious mind reaches for the lovely, gentle and very powerful subconscious.

The subconscious is coy, hidden and not always immediately responsive. The first feminine characteristic, therefore, of the conscious mind's learning is patience. There is the reaching, but not the immediate grasping, not the rapid, obvious success, but the long, patient, tender courtship of these qualities within which are lighter, freer and more wise than conscious plodding thought. How difficult it is to be patient, how weary one is of the waiting. At this point the second feminine quality is evoked by need, that is, the faith that patience is deserved and appropriate. Faith is a fruit of the wisdom within the spiritual self of the deep mind, yet it cannot be reached except by faith.

Thusly, as the male portion of the self—and we are generalizing—as the conscious mind reaches for the unconscious, intuitive heart's wisdom it uses faith, that which it believes it does not yet have, yet the very reaching for this perfect bride of wisdom evokes that principle and faith is found and persistence is able to be sustained. In the journey of the seeker there are times or periods when the spirit within seems to burst into bloom and flowers appear in the conscious mind, the blossoms that are daughters of the patience, the faith, and the waiting. The farmer cannot say how the seed germinates and grows, nor can the seeker say how inspiration has come, yet the farmer knows to collect seeds of the appropriate type when it is planting season, and so the intelligence of the conscious mind chooses its seeds in the fastidiousness of its courtly, loving and patient approach to the fertile subconscious.

Let us use a sexual image to further focus upon the fertile aspect of the spirit of truth. The desire of the conscious mind for truth, for information about how to love the Creator, how to know the Creator, how to serve the Creator, may be further and further purified as seeking proceeds. The questions do not change but the process of seeking the answers can be more and more refined so that the lover of truth has

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ever more abilities to penetrate in a gentle yet fruitful way the recesses of the unconscious. The reaching becomes very single-pointed, very courtly and very passionate, and the fruitful wisdom within is made into a living being of new concept. Something is born, something that as a unit may rise through dreams, through daydreams, or for those whose thresholds of consciousness are permeable, simply through the limen of the conscious mind. The desire truly impregnates intuition.

There may perhaps be a figure which may explicate this feeling. The guide or teacher has been seen in your spiritual studies often as angelic, wise, without a body or with a light body, but certainly that which comes down from the higher planes to touch the hearts of seekers. See that consciousness within which is the spirit of truth, the unconscious as that which is touched by fire, that which becomes the fire so that as the seeker seeks within itself it is aware that that which it seeks within is a miniature, holographic representation of that highest truth which is the infinite Creator, the intelligent infinity which moving through ethers and ethers, dimensions and dimensions, stays true to its spirit as octaves stay true to their tone so that the subconscious or unconscious is in a fruitfully thought of way the Creator, the Highest Self, and this Creator may create, and you as co-creator may co-create and invent and manifest so that as you seek within, the unconscious organizes itself according to the gentle, loving courtliness it has received from the conscious mind, and becomes attuned towards wishing to give the outer or conscious portion of itself more information so that the way in which you approach wisdom creates the precise kind of information you shall receive. You are creating your own information because you are the spirit you seek.

Now, the other portion of this figure is that when information has been reached for lovingly and received with respect and molded to the self's person, or spirit, or character it may then have a strength which is not simply your own but which contains higher octaves of spiritual wisdom, so that as you are able to manifest the blossoms and fruits of the subconscious these retain a quality of infinity and are able to refresh and renew not simply the self but other selves as well, and this without tiring in any way the conscious self.

The more the conscious mind becomes impatient for knowledge, the more knowledge will recede from the spiritual seeker. The instructions are to desire greatly the wisdom of the heart, yet one is not rewarded for translating great desire into eager and impatient great desire. In this kind of desiring we ask each to consider the value of feeling the beauty and purity of this desire, appreciating it in and of itself, seeing its virtue and knowing that no matter how long it may seem that the search goes on before results occur, this desire, this stance, this way of being is in itself a witness to a life lived in the heart, for is it not a value of the heart to wait patiently upon wisdom, knowing that it cannot come at an appointed time but must always surprise the seeker? Dwell peacefully with the desire without taking away the intensity, so peacefully and intently await the impregnation of the heart by your desire. Seek and ye shall find. These words of your holy book are true. The time factor is not mentioned.

A portion of your query looked into how to aid others concerning the seeking and learning of and from the unconscious portion or deeper portion of the mind. In this regard it is well to reflect upon the entities which have aided the self. Perhaps within there was the need for reassurance, but insofar as the teacher took responsibility for your learning, just so did the teacher vitiate the progress made by creating a false dependency, so when one gives counsel and is able to act as an effective catalyst for deep learning, the overwhelming response of the client or patient is gratitude and the giving of credit away from the self to the catalyst.

The way in which this dynamic is handled by the teacher is potentially quite helpful and potentially quite disempowering. To empower the student, the client, the patient, one may do one of two things. Firstly, one may smile and say nothing. The lack of feedback will be catalyst for the student to work through the realization that a blank wall cannot be given credit. The other, and perhaps more seemingly humane method of dealing with this situation, is to explain the action of the self with the self when it strikes a catalyst. The catalyst remains unchanged, the work and the reward are both those of the reagent, in this case the mind and portions thereof of the student.

In either case, only so much can be affected by any means of communication. Entities which wish to be dependent will simply choose to be dependent. In those situations it is well to know the self well and to protect the self as if from the biting insect. The

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repellent is thought, a simple thought that catalysts are only that, that responsibility cannot be taken, that much as one would like sometimes to have effects upon others, one's work is always with the self. Dwelling in this realization, giving thanks for it, and praising the infinite One for the harmony and resonance of this aspect of the Creator's universe seats one in this fluid thought, marinates one in the precious well of self-knowledge. The limits are here and here, this is peacefully affirmed and known, and like balm upon the skin which insects will not choose to taste, so do the hungry dependencies of students find themselves unable to fasten upon you.

In the world of metaphysics, thoughts are your tools. We began with the sexuality of the third-density physical body because the process of spiritual evolution is sexual without the stigma attached to that word among your peoples. The wisdom of the heart is not touched but absorbed, and it does not move in a linear fashion to inform, it is born and its DNA is coded by the purity, patience and lovingness of your desire.

We realize we have barely scratched the surface of this interesting query, yet the instrument requests that we move on. We would leave some portion of this working for queries, however, this instrument is somewhat fatigued, and we would prefer to transfer the contact to the one known as Jim. We thank this instrument and leave it in love and light. We are known to you as the principle Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time we would ask if there might be any other queries to which we may speak. Is there a query at this time?

J: I have a query. I am curious as to the nature of restlessness, restlessness and always constantly needing to *(inaudible)*, boredom in things and this *(inaudible)* different work that I do, I do it for a while and become bored and must move on to something else, and I do that for a while and there never seems to be anything that I am settled in for very long *(inaudible)* is there something that I can do to become more rested and settled?

I am Q'uo, and I am aware of your query, my sister. As we look upon the characteristics of any seeker's life pattern we see that there are those which are understood in some degree and not understood in yet other ways. Each entity, as it journeys upon the path of seeking the truth, will find that there is a pattern that develops that will inevitably create the web of information and service opportunities that was desired before the incarnation began. Thus, we are cautious in attempting to give information that would infringe upon this process, in that there would be the loss of opportunity if certain characteristics were altered. However, as we look upon the query which you have offered to us, we may comment by suggesting that within the personality structure that you have adopted for this incarnation there is the need to gather a great deal of information in a variety of fields so that there is a resource available to you upon a very deep level of your own being that will allow you to create a mythology, shall we say, that is various, that is full, and that is of a balanced nature so that you are able to express feeling tones and emotions and desires in a way that is satisfying.

We can suggest that if you feel that this quality that you have described as restiveness is playing a detrimental part in your overall process of growth that you examine your desires to move from one endeavor to another very carefully within the meditative state, and that you picture that which is your current experience as fully as is possible and see this experience from a point of view that looks at relationships of self to others, self to concepts, self to the environment about you, and begin to see this experience as one portion or piece of a larger puzzle. Look at those areas that have been enriched by it, look at the possibilities that depend from it, and then look at that feeling that has grown within yourself that you describe as boredom and follow that feeling as it were a trail, exploring each turn and tangent that is touched as you explore it so that you come to a more complete understanding of its origin, its process, and its consequences.

Thus, as you accomplish this meditative examination you may inform yourself as to the step that you are taking and become aware of its significance upon a level which is more fully informed than would be possible if you merely moved upon the impulse with a more cursory kind of examination.

Is there a further query, my sister?

J: No, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

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Carla: Is there a principle here to look at? Is it probable that each time we think we have a fault or that something is inconvenient to us, if we follow it through we see that it's one side of the coin, the other side of which is our greatest opportunity?

I am Q'uo and we are aware of your query, my sister. In general, this is correct. It is easy within your illusion to see feelings and experiences as separate from the overall journey that is being made so that there is the possibility that one portion of value may be discarded as irrelevant when, in fact, it has a close connection to the primary program for the incarnation if more carefully examined. Thus, each portion of the experience presents the opportunity for discovery of the self and of the great Self from which we all come and to which we all return.

Is there a further query, my sister?

Carla: No, thank you very much.

I am Q'uo, and we thank you once again, my sister. Is there another query?

R: How does one find lessons for the self in frustrations encountered during the seeking?

I am Q'uo, and I am aware of your query, my brother. The lessons that are before one, oftentimes as they are becoming apparent, are in large part hidden so that what is necessary is the continued application of attention and effort by the seeker upon that which is the source of frustration, for there is within each frustration a trigger point or place of beginning which is the key to unraveling more of the nature of the experience that is before you. If you can look—and again we suggest the meditative state for this looking—at the experience which provides the frustration and look at that experience objectively so that it is but experience and see the frustration that comes to you as that which you have created and which is not inherently contained within the experience, then it is more likely that you will see the point at which frustration becomes the experience for you.

This examination will provide you the means, once again, of following a trail. The trail begins at the point at which frustration is noted. Look at the series of events, the relationships, the entities involved at each of the portions of the experience before you. Look at them not only in their practical and mundane senses of everyday activities but look at them also as symbols of higher principles that are at work within your incarnational pattern. The more carefully you have observed patterns of all kinds within your incarnation the more easily will you be able to connect the relationships of these patterns to the nature of the lessons that are yours to learn and the services that are yours to offer within your incarnation.

The point of frustration is as a sticking point, shall we say, at which time there is more that is not understood than there is that which is understood. If you can explore what qualities within yourself have brought about the response of frustration in relationship to the experience before you, you will have informed yourself of the basic relationship that can yield more understanding of not only the experience but of yourself as well. If you can, shall we say, cross-reference the various causes of this frustration you may begin to see themes repeating in your pattern of experience, and as these themes repeat you may discover that there is a certain quality within your character or personality that you are developing and that the feeling of frustration is a kind of friction that wears away those lesser qualities, those which are no longer useful to you and which provides you a more polished surface so that you may see yourself more clearly. Thus, frustration can be an indicator that there is an opportunity to expand one's concept of self, of service, and of learning within any particular experience.

Is there a further query, my brother?

R: No, thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Q'uo, and as we have exhausted the queries, we would take this opportunity to thank each of those offering queries and each present for inviting us to join your circle of seeking on this afternoon. We are most honored to do so, and feel a great joy of walking with you upon your journeys. We feel a great affinity for seekers such as are gathered here this afternoon, for the desire that is evident to know the nature of your paths and the desire to be of service as you travel them are most inspiring for us to observe, for we know that the paths that each of you travels during an incarnation in this illusion is a path that is filled with mystery, is a path that is filled

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with difficulty, and is a path that has much confusion, for most of the qualities of the one Creator that we all seek have been covered quite carefully by the nature of your illusion so that those lessons and services that you are able to discern are far, far more valuable than would be lessons and services within an illusion that were less heavy, less dense, and less filled with mystery. Your challenges are great, yet we see that your desire is greater, and we commend each of you for your stout-heartedness, your good will and your cheer upon this difficult journey.

At this time we shall take our leave of this instrument and this group. We are known to you as those of Q'uo, and we leave each of you, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 24, 1992

Group question: Our questions today have to do with how we tend to look at a new challenge before us with some fear, foreboding, dread, wondering if it's going to work out. No matter what the situation is, there is in many people the tendency to feel that the worse case scenario is staring them in the face and that there's a good chance that it will come about.

Is there a value to what we might call this fearful or fear-filled approach? To some apprehension? To anxiety? Is there some way that this might be used in a positive fashion by people who are preparing to set out on a new adventure, to undertake a new challenge or opportunity? Or is it better if the person completely relies upon what we might call blind faith and just has the optimistic point of view that everything's going to be all right no matter what it might look like to begin with, and that if we just believe that things are going to be all right that this is the proper attitude with which to meet any challenge? Or is there a dynamic tension between blind faith and anxiety that brings out the best in us? Is there a balance that can be achieved to increase our efficiency in problem-solving and in meeting new challenges?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We are grateful this day to be called to your circle and to be able to speak upon the subject of the usefulness of fear and pessimism as regards entities looking at situations and needing to make decisions. As always, we ask each to be aware of the paucity of our wisdom and the fallibility of our statements. We offer the best opinion of which we are capable, but this opinion is flawed by our own distortions, which do in some measure continue. We thank each for allowing us this luxury, else we could not in good conscience speak.

Our statement to you that we are fallible is an example of our use of pessimism. We find there to be occasion to use what seems to be pessimistic thought at times when we are dealing with ourselves or other selves in a way which may cause a difference to be made in the decision-making processes of spiritual evolution. It is not likely that any would consider our words infallible, but, as this instrument would put it, the worst case scenario is that an entity would take our words out of context and literally, and, using them rather than the entity's own discrimination, make a choice which would have an impact upon that entity's spiritual evolution. We hope to have the impact upon your people's spiritual evolution which your people choose to take from us, thinking for themselves. We do not at all wish to ask any to take our words on blind faith. Thus, you may see that we cannot give an easy answer to your question.

Let us consider the aspect, nearness of decision. Many are the times when one creates mentally a possible future situation. It may not be probable, and, if probable, it may not occur. And if it is most probably to occur, it will be long enough in coming that consideration of a decisive kind is premature. In this case, the use of consideration which could be called pessimistic of many possible scenarios is not recommended, as it is not utile. When there is simply a concern or worry on the horizon, it may be seen as weather—the storm cloud which is over someone else's land, some other farmer's crops, some other person's hapless head. It will not impinge upon you.

This concern or cloud is real. Far more real in the thought world—or, as some perceive it, the world of spirit—than it is within your continuum. However, only damage can be done by the application of rational intelligence to a situation which has not yet become susceptible to rational thought. In this circumstance, the appropriate frame of mind or attitude would be prayerful and affirmative. That is to say, that any storm cloud of difficulty not directly impinging upon one can, with good results, be placed in the heart, be taken into meditation, and be contemplated with affirmative visualizations concerning its eventual process of outcome. In the example we used, it would be appropriate to know that the cloud brought rain to the farmer and watered his crop well, but that lightning did not strike the farmer while crops were being so fed.

When a worry, anxiety or concern enters the mind, therefore, the first question to put to the self is, "Is this a concern which has come to the proximity wherein I must needs consider and choose a plan of action?" If the answer is "No, this situation is not proximal, but is further from the entrance into imminent illusion than that," then the persistent and gentle effort may well be made to downgrade concern until it becomes that which is the concern of one who prays in faith, holding all things up to the light and asking for light so that the possible situation dwells in thought in light, and the self possibly overly-concerned about this question dwells also in light in the beneficial rays of faith's connection with the spiritual riches of an inexhaustible Source of love.

There is another category of considerations which we shall mention, for those considerations are important; yet, they have but a slender portion of the percentage of room in an entity's usual considerations. These are general questions which one may have concerning keeping one's word, being a certain way, dwelling with a certain point of view, and then noticing that one has emotionally or mentally slipped away from this standpoint or point of view. We may use the example from your holy works of the ones who awaited the bridegroom, each supposedly a bride to be. Each had, in this story, a lamp which used oil. Yet, some who hoped to marry did not carry the fuel to light the lamp. Others were prudent and had both light and fuel.

In this case, it is always well to look most pessimistically and firmly upon one's perceived lack of forethought in fuel-carrying. One's principles are the result of choices already made. They are your lamp. They are what you hold up before you as you await marriage with the present moment. However, without the fuel to light this lamp, the bridegroom of the present moment cannot find you in the darkness. Your forethought, your energetic concern in backing up previous ethical and metaphysical choices with the fuel to keep them fresh and lighted, are your way of being prepared for the usually unexpected arrival of a present moment, the bridegroom of which has need of your light, your face, your ethical positivity, your polarity in consciousness.

One who seeks the truth cannot rest upon the previously found truths or previously made ethical choices of one's pilgrimage, but must continuously be prepared to meet that present circumstance which uses all past choices and demands then a living witness of your own polarity. Your choices without the energy of your will are like lamps without fuel and are not useful. Thusly, in your theoretical, abstract, metaphysical being, be very conscious that the entity who seeks shall be tested and the seeking shall go forward when the test has been passed, the passing of the test being the responsible and reliable remembrance and embracing of past choices which have increased positive polarity.

The third consideration in wondering about the wisdom of pessimism is the largest of the three considerations, for it is the one which needs balancing and which has an impact upon the decision-making process. As in many things, there is the balancing act. Let us divide this third kind of pessimism into two parts: firstly, the situation where a possible difficulty is intuited clearly as being

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present; the second, a situation which is proximate and has come to what may be called a "turning point."

Firstly, there are those things about which one may have lucid intuition. A well known example within your culture is also found in your holy work, the Bible. It is the situation in which Joseph of the Many-Colored Robe is asked to interpret the dreams of a ruler. The young Joseph does interpret the dreams of the ruler in such a way that the dreams seem to have an internal order and consistency and to point to right action. Therefore, the ruler and Joseph move upon this dream's suggestions concerning an unknown future. Seven bumper crops are first to be harvested and plenty is to rain. Then there are predicted in the dreams a like period of drought and consequent hunger and even starvation. The response to this clear dreaming is the preservation of enough food to buffer successfully a drought, should it indeed occur. This is a right use of what you might call fear or pessimism.

If there is a lucid and clear dream or process resembling clear dreaming wherein a precaution seems wise in the taking, and if this precaution is able to be done without destructive impact upon the integrated life of the self or family or society as a whole, then such a precaution is well made, as long as the effort is made not to dwell upon such a possibility being inevitable. The example in this instrument's mind closest to its surface is the placing of the matches and the lighting instruments such as candles and lamps in case your electrical power fails. It is not foolish to prepare for this possibility, and shows prudence rather than random fear.

In the case of being faced with the necessity for making a decision, we hope you may see that much of the concern evinced in this query is irrelevant. When a decision must be made, there is no fault either in blind faith or in worst case scenario spinning. The movement of a personality through third density provides each entity with various lessons concerning loving. What love is, how it may manifest through one, how it may come to one, how it can be discerned, are all questions which the pilgrim of the king's highway must needs ask. In some cases, an entity's lessons are those in which an entity must learn to be less wise and more faithful.

Let us give the example told by Jesus in your holy work where a master gives several servants money. One servant buries the money. The others create, through enterprise, interest compounded to the money. When the master receives again the money, those who acted in faith that their judgment in investing for their master was adequate were rewarded with thanks and more duties, more services to perform for the master. The one who buries the coin, the pessimist, has what it has had, that and no more. And then the master takes even that coin away. This seems, in your logical terms, to be a harsh penalty. However, within the parable, the point is being made that one who acts without faith will not progress in polarity. The use of faith as a portion of each decision is a central requirement. The faith may show itself simply as a compassionate way of expressing wisdom, but it is centrally important that this impulse be respected and nurtured in each and every situation.

Upon the other hand, many are the lessons of love wherein an entity moves foolishly and quickly, in blind and unreasoned faith, thereby abandoning tools and resources which have been given within the illusion in which each lives by the infinite Creator. These faculties of reason were not given in order to create excess. These abilities of reasoning and questioning are valuable tools. Thusly, when one must needs make one's personal choice, one first ascertains that the time has come to make the choice. If the time is not yet, the mind should remain out of gear and the concern given to the heart, to the inner room of prayer, and to the affirmative workings of an over-reaching faith in the rightness and goodness of all that there is behind and beyond the visible illusion.

The second consideration is that of one's principles, one's spiritual or metaphysical facets of one's gem of spiritual or magical personality. Are these principles upheld with the enthusiasm of one with the fire to light the lamp of builded, metaphysical structure? If such principles are in place and are not being subverted or denied, then this consideration may be closed. If one sees oneself slipping away from a truth which one has responsibly perceived, then efforts must needs be made to restore the firm potential of builded polarity for further evolutionary choices.

If a concern still rests within the mind, then there is a decision to be made. We can only suggest to each that when that self which is uniquely you sets out to choose, both the faculty of faith and the faculty of wisdom may usefully be invoked. If a balance can be

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achieved quickly, very well. If there is a continuing disquiet, then there are two ways in which one may learn more about one's true desires. Firstly, one may refuse any thought concerning this choice for a limited period. This neglect allows the deep unconscious roots of mind to express deeper wisdom. The other technique is to choose on one diurnal period to spend every free second espousing a positive choice. In the next diurnal period, one must then take every free moment espousing the wisdom of a negative choice. This over-stimulation of the mind's duality—yes, no, yes, no—achieves the same inner quiet within, and, again, a way is made for the wisdom deep within one to rise to the surface either through dreaming, a sudden feeling, or, as is more nearly the general case, a growing awareness which soon amounts to certainty that one particular choice is the appropriate one for the self at this crux.

We do not disparage the intellectual mind. We do not disparage the uses of fear. We do not disparage the uses of faith. We point out to one who wishes to be an ever more radiant person in the citizenry of the universe that both faith and doubt are necessary in the discovery of the true self and the truth of that self by the becoming, birthing being that is the universal citizen known locally as the self.

Each of you builds for eternity. Make haste, therefore, slowly, knowing that the safety of corrected error is absolute. Any self may feel, after the fact, that a choice has been wrong. Another choice shall come. The same procedure is available and the self-perceived previous error is that for which one may give thanks. It is the homework problem solved wrongly, explained to some extent by the teacher within or without, granting the self better tools and resources for making the choice again.

You gaze upon our perception of the entire point of the third-density experience which you now enjoy. Each present moment brings its burgeoning harvest of possibility. Some moments are over-burdened with the need to choose. Let your faith keep you as unflustered as possible. Let your skills at using reason keep you aware of mundane concerns. But, above all, realize that both are but tools. The decision, the choice, is best made when it is made not only by you, but by such a deep portion of the self that one is one who knows, one who has a quiet mind because there is an inner sureness, "Yes, I have opened the heart to faith, the mind to rational consideration. Decision is not mathematical. Beyond a certain point, I cannot defend my choice. However, I know and feel sure that it is the one I need to make."

If this luxury may be yours in times of hard choices, then truly have you done all that one in your life experience can do, for you have used your resources and then opened the self to the greater compassion and wisdom which lies within in that portion of the self which is a portion of the one infinite Creator's love reflected in love, as this instrument would say. You are all entities of love reflecting the Creator to each other. Be aware as often as possible of the nature of the self and other selves. This is one of the greatest resources for spiritual evolution which exists.

We would close this working through the one known as Jim. We thank this instrument and would transfer at this time, leaving this instrument in love and in light. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We realize that we have spoken overly long and wish to ask if there might be any queries with which we may complete our presentation this afternoon?

(No questions. All thank Q'uo.)

I am Q'uo, and again we shall take this opportunity to thank you, each one of you, for your patience, your dedication, and your desire to know more of that which you call truth. That which we have shared we share with great joy, and also share with the admonition that you take only those words which have meaning to you, leaving behind those that do not. At this time, we shall take our leave of this group and this instrument, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✣

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Sunday Meditation
May 31, 1992

Group question: The question is about our apparent separate realities and the delusory nature of reality itself, where we think we exist in the world and a universe which is quite solid, which operates according to laws we believe we understand; and yet when those who understand them the best, our scientists, look carefully they see fields of energy but no actual mass. We look in our individual lives and we attempt to discover the principles by which we live, and those which we would carry out in our daily lives, and we see metaphysical and spiritual qualities that we appreciate. We join with others and attempt to aid each other in groups, and yet we find that many times the groups have differences among themselves, within the group and from group to group. There is separation and division, and the unifying factors that we believed in don't seem to hold us together.

So, we would like some information today about the qualities within us and within the creation around us that are dependable, that are real, that are sustained, that we can look to in times of difficulty to support each other and support ourselves on the journey of seeking the truth.

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a privilege and a blessing to be with each of you, and we greet old friends and new in the name of the infinite One.

We speak to you this day upon a subject difficult to deal with by means of words, for any discussion of what unity is must needs be undertaken in the fragmentary sense created by your various ways of speaking. The letters of an alphabet are several, but the words of a language very many; yet each word tends to separate thought rather than unify thought. The language itself, then, tends towards divisive understandings. However we shall offer our opinions with the request that all that we offer be taken as opinion and not as authoritative fact. We do not have that sort of authority and are prone to error. However, insofar as our thoughts may be of use to you we offer them with gratitude and a feeling of honor that we are called to offer our service to you.

The pebble drops into the pond; the ripples flow out from it. So is each monad of personality, which you experience as a self, a pebble with its own ripples impinging upon the ripples of other pebbles dropping into the pond. This is the experience each has of interactions upon the social scene. The mate, the friend, the group does not know how to move in synchronized perfection, but rather each self and its energies ripple into the energies put out by others.

The way these energies meet has a great deal to do with how the two entities view each other, and what

information of themselves or of their opinions the two are liable to share. One is one person to self A, and seemingly quite another description to self B, and so forth; each entity receiving a somewhat different facet of the projected energies of the self and connecting with those energies in a way comfortable to the energies projecting from that other self. So no two of your friends know the same person in you.

Nor do you know yourself as the same person, even though you seem to be a pebble, a solidity which impinges upon the societal world. Yet, also within your self there are many pebbles being dropped at various levels of consciousness into that admixture of personae which make up the mask of personality which defines, refines and confines one within the illusion you now enjoy. Therefore, you define and redefine the self again and again and again, yet never do you even know the self in its entirety.

The crux of this point is duple: firstly, it can be seen that the same perceiver sees all of these differing selves within the self. Here lies the first unity. We shall return to this thought. The second corollary of this process of statement is that as each entity sees many differing views of other entities, and even in a simple small societal complex there are misunderstandings, confusions and disagreements as to events very commonly, it is not difficult to see the same tendency repeated in larger and larger groups of entities.

Why does a group form? Supposedly, a group forms because there is a vision, an ideal, or a set of principles which the group all wishes to express honor for and respect for. However, entities which place great emphasis upon things that can be known will have the chronic tendency to define the precise nature of those ideals, principles and so forth that they wish to honor.

That which begins in the generous outburst of honor, respect and devotion, soon becomes that which has been defined, and ceases its growth. It then has a hard carapace, a builded structure which will not accept expansion or the movement into different shapes.

Consequently, faith of all kinds periodically eschews and sheds the exoskeleton of dogma and doctrine, and begins retelling the great story or myth which is used to focus upon the great set of spiritual or metaphysical principles which each wished to honor. And so the faith, free in the individual urge, and free in the first communal urge and the moving together under the banner of a great principle such as love, soon becomes prey to the desire to nail down and put structure to a system of believing which can be built as a model airplane, and admired, painted, viewed and discussed.

In the moving from the first rapturous experience of love for this principle to the desire to codify it, the entity or group has moved from the open heart to what must always in the end be the closed mind. The trip is typical of your peoples, who are not encouraged by your culture to dwell, abide and trust in the wisdom and compassion of the heart, but have learned through many dealings with other entities to put up the structures which are ways of communicating belief systems easily, and are therefore capable of being discussed more easily. The intellectual discussions concerning belief systems is circuitous and tautological; however this only makes the pursuit more appealing to many who simply do not wish to change, but rather to consider endlessly the various delightful aspects of a certain and known truth.

Consider, as each sits in this circle, what each thinks of the nature of the self; of the nature of the environment about the self; of the path upon which the self is journeying; of the purpose of this path. Although there would be many points of agreement, there would also be radical points of departure as each entity has its own way of perceptions, its own way of weighting and valuing perceptions, and its own way of creating, recreating, or reacting to these perceptions.

It would seem thusly that for factions to occur divisively is inevitable in any group situation. The inevitability of this pulling apart is, in service-to-others organizations which remember their polarity, a dynamic which is matched by the adherence to, and overriding respect for, the free will decisions of each, and an underlying respect for the power of the metaphysical principle which has brought these souls together. Thusly, in a spiritual family there will always be the disharmony which can be tempered by daily, constant remembrances of the power of that great original Thought which brought the group together.

Though this thought is called by many names, and has many faces, may we simply call it love. The

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Logos, the creative principle, is in our opinion, love. Not the dead love of fixed romance, nor the friendship, or any definition which lies within the parameters of your experience, but love as a fiery creative principle which has dynamically created and set free the universe, which moves endlessly from its source back to that same source, dwelling always in what has been called a cloud of unknowing.

We gaze at what may be helpfully said about the eternal divisiveness of spiritual and all other groups, and can only refer each again to the inner divisiveness of the self. When the self has so far learned its own nature, and accepted that nature unconditionally that it can love the self, that self is then ready to become part of an unity of selves which shall remain unified; not in the deadened sense of agreement to a dry, creaking structure of words and creeds, but because of adherence to love. That love is diverse; each self which loves itself unconditionally is unique, yet each is love.

When entities can rest comfortably within their own skins, shall we say, then shall the peoples come together; not to become clones, all reciting the same credo, but gloriously various, with all the colored strands of ribbon imaginable, to fly together as the rainbow, strengthened by love and blessed by a lack of judgment.

Entities who fear the divisiveness within the self will also fear the divisiveness within societies, and will choose to adhere to one group within a society to which it can belong and with which it can be sure of acceptance. Then when another way of believing is offered this self, it rejects that other way for fear that it might lose its safety, its haven, its structure of faith. The faith that becomes one is the faith without structure, without an initial cause or reason which can logically be explained.

Entities may come together in faith in the mid-air of absolute faith. Not the faith that says, "I believe this and this and this," but the faith that trusts and believes that all is as it should be, all is truly well. This quality of faith survives war, disease, loss, limitation, death and the myriad other ills facing one in physical body form.

A faith which describes limits unto itself will not comfort the sick, the lost, the hurting, the pained; for there is, in any prescribed set of virtuous ways of behavior, the implication that other ways of behavior will be punished.

You see there is a marvelous richness of reasons for the divisiveness nature of your density's societal structures. That which is true for the self will reflect upon the society. As the self is divided over against itself, even so shall this be reflected in the dynamics of the social structure created by such entities.

Those who wish to be peacemakers may work upon the self, gazing patiently and without judgment at the activities of the emotions, the mind, the stirrings of conscience, and the desires of the physical complex. Over a portion of your time, such an entity shall learn that it is by its own set of standards quite iniquitous. This is a helpful realization, as it opens the way for true humility. Not that humility which abases itself, but the humility of one which knows itself, and without judging the self for being imperfect, acknowledges that being within incarnation, and being veiled from knowledge of the true nature of things, the self will necessarily be somewhat confused, and full of unknowing and doubts.

The first act of the peacemaker is to have faith in this dubious seeming self. When faith has been found in the self, then the entity has no more point to prove; no more battles to win; no preferences which reach the point of necessity to receive or promulgate. Such an entity then is a likely peacemaker, for with a humble heart such a self listens to divisive speech and by its nature finds the point of balance wherein each party departed from the unifying principle. The means of making peace then lie in an accurate observation of the spiritual principle from which two seemingly warring entities have departed. The path back to unity from discord lies in the calling to remembrance of this unifying principle.

We feel this is sufficient for the first general statement, and at this time would leave this instrument and move to the one known as Jim, that queries may be asked, if indeed any would wish to do so. We are known to you as those of Q'uo, and we thank this instrument and leave this instrument in love and light. We transfer now.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. May we ask if there are any queries to which we may speak at this time?

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Questioner: Yes. From what I understood of what you said before, it sounds like all systems, philosophies, religions and principles that we in our density follow arise out of the present moment and are presentations of that present moment. In order for us to be able to continually relate to these, in a certain sense we need to come back to the present moment and revive them from that present moment. As soon as we try to codify them, put them into words, and then study the words, we are no longer in the present moment and they loose some of their validity. Is that a correct understanding?

I am Q'uo, and am aware of your query, my brother. We would agree that you have well stated that which we have spoken in regards to this afternoon, for it is the great strength of your intellectual mind that it may analyze and observe many phenomena and relate them in an infinite fashion. Yet, in all this complexity, there is the tendency to move one's experience from the moment in which all occurs to a distant and objective reality that is created by this work of conceptualization and relation. Thus, we have suggested that it is well to leave that kind of mentation for a time in each diurnal experience for the practice of that which you call meditation, in order that the mind might be quieted, be brought back to its source and experienced in its new and untouched fashion, thus opening to the meditator the doors of perception of the present moment.

Is there a further query, my brother?

Questioner: Yes, but this is a question on something I have observed in the two sessions that I have attended. I noticed that in my first session it was very difficult for me to stay present with this experience, that my attention and consciousness would tend to wander, and that in some respects I felt that I fell asleep. I have felt that today I have had to make a conscious effort to keep bringing myself back to this experience, because in a certain sense I felt a loss of focus when I was present in this experience. In looking at the people with me today I felt that a similar process—although from the outside it is hard to know—seemed to be happening with them. I wondered if you could tell me what is going on that creates this kind of an environment that makes it hard to keep one's attention focused?

I am Q'uo, and am aware of your query, my brother. We must assume a good deal of the responsibility for this phenomenon, for our manner of speaking is that of giving information at a set and uniform rate, shall we say, which has the effect of causing some of that which you call sleep or the attaining of a hypnotic state, for the conscious mind that you possess is oftentimes easily led into a more relaxed state by such regularized input of stimuli, thus there is that portion of the experience for which we are of necessity responsible.

There is also the quality of what you may call a kind of spiritual fatigue that many bring with them to sessions such as these, for those seekers of truth which are attracted to these gatherings have long sought that truth, both within themselves and in the world about them in their daily round of activities, and are much worn, shall we say, by the persistence that …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am once again with this instrument. We would also suggest that there is the physical fatigue that also works upon the mental processes, and tends to lead one so fatigued to the state of sleep or drowsiness. And we have observed that the kind of personality that pursues the metaphysical quest with persistence, also in many cases pursues the physical experience with an equal amount of energy expenditure, thus wearying the physical vehicle, so that the sense of communion, peace and companionship that is offered in the group meditation is also a quality which allows the physical vehicle to relax to the point of drowsiness.

We commend those present for exercising the focus of the attention and the intention that is necessary in order to remain aware of the information and its direction. We are grateful to be able to speak to groups such as this, and willingly accept the, shall we say, drawbacks, that are necessary by the nature of your reality and ours blending at these times. We assure you that though you may find difficulty in consciously following the train of thought at these times, that your subconscious mind is absorbing many of these concepts in a more fundamental structure than the speaking of words allows. Thus, there is an understanding that is gained upon that more subtle level that can enhance the conscious apprehension of the information which we share.

Is there another query, my brother?

Questioner: No, thank you.

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I am Q'uo and we thank you, my brother.

(Tape ends.) ♣

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Sunday Meditation
June 7, 1992

Group question: The question today has to do with the concept of the ethics of control. When we are in relationship with friends or family, especially children, we often find ourselves in the situation of exerting some sort of influence over the person, oftentimes for his or her own good. We do this to friends, family and even to ourselves, controlling our behavior, our thoughts, our responses, in order to make them align with what we think is more appropriate or "higher" or better. And we are wondering today what the ethics are of attempting to affect our own, and especially other peoples', behavior because we think that the effect we desire is better or more appropriate or will be more helpful to the person in the long run. What are the ethics or results, metaphysically and spiritually, of attempting to affect other peoples' behavior in this fashion?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We are transformed with joy that you have called us to offer our opinions at this time. We do ask each to be aware that we are imperfect, sentient beings such as yourselves. Our store of memories and experiences is consciously greater than your own, but our opportunities for error precisely the same. Therefore, we ask that all of our thoughts be understood to be opinion and not fact. We ask that each discriminate within the self to take up those ideas which seem welcome and useful and to leave the rest behind. This would be doing us a great service.

You ask of the ethics of control. The foundations for such a question must move back to the larger view so that we may begin from a sturdy foundation of thought. It has often and often been noted in scientific, nonscientific, brilliant and foolish ways that the universe is in one way or another in balance: the stars in their courses, the galaxies in their huge orbits, the seas within their limits. All speak of the immeasurable amount of control with which the universe is created. The tiny fertilized egg has the life and the death of the body it shall become written in miniature within its tiny self, just as the seed knows precisely what form of plant it shall grow into, the manner of its blooming, and the nature of its fruit. Thusly, the universe is set upon its course with an intricacy the finest watchmaker could hardly conceive.

Against this fundamental dynamic is its echo and that which offers the opportunity for balance; that is, the freedom which all sentient beings have within the Creator's universe to choose that which they shall pursue, that which they shall think and choose. Were the universe to relax its discipline, there would be no universe. Yet, the fixed quality of stellar events and cycles is the backdrop against which is played out the choices of humans for themselves, for their families, for their communities, for their nation

states, and for the sphere, the world, at large. Therefore, each entity has both more power and less power than it may think it has.

No entity may stop the sun in its course. No entity may control the stars or the tides. Yet, the cosmic influences of star and planet and moon move the tides of the blood within each entity's veins. The various energies within an entity create cross-tides, cross-currents, the flooding of emotion, the desert of blocked emotion. These things are offered not simply by fate, not by predetermined laws, but by the series of free will choices which has been made by the seeking individual as the individual walks upon the path of spiritual evolution. That each free will choice is one's own means to each seeker that it is powerful in its choice-making. This power is underestimated.

The effect that entities have when controlling or attempting to control other entities is far from fixed, for the relationship betwixt the two entities shifts constantly as your experience and your time seem to pass; and the relationship, the connection, between two entities shifts and grows as constantly and restlessly as wind or tide. Therefore, the ethics of choosing to control another, or choosing to attempt to control another, are ethics of a corollary nature, the primary ethic being the control of the self.

The ethics of the control of the self may be seen to be a careful and subtle process of learning and making choices. The advent of consciousness into the physical vehicle, which is the body of those in third density such as you, creates a situation where a self-conscious, sentient being lies helplessly within a nearly completely useless physical vehicle. Thusly, from babyhood to adulthood there is a continuing spiral of the attempt to order and control one's universe: the small universe of the infant with needs for comfort and food; the larger world of the toddler, the world of parents and personal ability to say "no"; the larger still world of the young, learning, growing child with friends and teachers, and a growing sense of the self; until finally, one day, the culture in which an entity lives says to that entity, now you are legally and officially an adult.

At this point, the adult is the product of many, many choices which have been played out against the dramatic interplay of the child needing and grasping enough control of the self to be comfortable, and those who are concerned for that entity attempting to describe boundaries within which choices may effectively or safely be made. Suddenly, the shoe, as this instrument would say, is upon the other foot. This young adult moves into environments of work, of bearing and raising children, of mated relationships, of far more group participation, in that adults are more often asked to help make decisions for church or community or charity, or in some way take part in making social choices.

The, what you call, political system is an example of theoretical free choice-making. It is to be noted that the concept may become overburdened when too small at one end and too large at the other. Your societies tend to spin like tops because the balance point of power is small, those over whom power is held, many. In this regard, we may say that for the ethics of control to be more nearly applicable to yellow ray social decision-making, the communities in which decisions are made must needs be small, small enough that each entity choosing has some small idea of who and what sort of entity each person is.

We move back to our image of the young adult discovering that now, instead of being the radical or rebellious youngster attempting to be free from constraints, the situation now is that there are times when it is ethically correct to attempt to control others to some extent. This is a shock, indeed, to many a young parent in particular.

As an entity gazes at the choice between allowing another entity to make what seems an unwise choice, questions may helpfully rise to the mind in this process of ethically controlling or ethically refusing to control. The first question is, "Will my inaction prevent this entity from surviving?" There is no case where there is any negative karma, shall we say, which is accrued from the attempt to keep another from becoming unviable. To save another, indeed, is a hero's or heroine's service. But, usually, the questions are more subtle.

Ethics is a system of thought which describes those actions which are appropriate. So, one may ask, is this a situation in which I should attempt to control because of an appropriate end? Appropriate ends are suggestions that may aid someone in achieving spiritual maturity, suggestions that may aid another in a savings of time or other valued commodity. Perhaps you see the general tendency of this word

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"appropriate." If control is used when it is appropriate, then, regardless of whether the entity controlled is in fact able to be controlled or not, the choice has been well made. If, on the other hand, an entity desires to control another from fear—that is, the fear that another is not doing the correct thing spiritually, politically, socially or economically—then this choice of control may be seen to be inappropriate.

The term "war" may be seen as the largest written, broadest spanning, example of inappropriate attempts to control others. The choices for spiritual, economic political, and social movements that have only rhetoric and ideas behind them are those things which one need not attempt to control. Look at how much control is attempted to be exerted by those who would that others do as they do, believe as they believe, dress as they dress, behave and so forth.

When teaching the child what is appropriate, many are the choices made for the child. When gazing at an adult, it may be seen that these choices have passed from the need for outer control. When an entity has the discipline of the self and the personality is touched and quieted by the surrender to that great original Thought of love which is the nature of the infinite Creator then questions of control become far less necessary, for the more centered, self-knowing, and quiet-hearted an entity, the less fear this entity will have that entities seemingly different from him will in some way harm or hurt him or his sensibilities.

Intolerance, prejudice and the cant of religious rhetoric are based upon fear. The ways in which individuals with fear may see themselves controlling may well be that of love and concern for the other self. Yet, no entity can learn for another, be safe for another, or do another's work. Suggestions can be made. There is no harm in suggestions. If the expectation is that they will be taken, then the matter must be referred to ethics: is this desired result appropriate? Is this desire appropriate?

Leaning upon one word, love, one may learn a great deal about ethics. In your own way, you aid the infinite creation in its path. Each individual's consciousness, if it rest in love, is more and more a part of that infinite, eternal, constant creation of the Father. As the whirlwind within the mind and emotions of living calms itself, and spiritual maturity advances, that part of each self that is of the infinite Creator and is an holograph of the infinite creation begins to manifest itself without words. Yet, this manifestation of love, flowing through one in infinite measure, gives to those entities whose discipline has been towards maturity an authority that makes it unnecessary to attempt to control, in most cases. For, as one is more and more the authority over the vagaries of the human self, just so does the heart within that self find itself peaceful and open and, therefore, a shuttle through which the love of the infinite One may flow freely.

We began with the image of the planets in their courses. We would end with a view of the constellation of the self. Gaze within. See the starry heavens of your own fixed universe as an electron microscope would see it. Your physical vehicle, all that is massive about you, is as the infinite creation: tiny, tiny apparent specks of matter in a vast, vast area of space. Each cell of your body is unimaginably vast compared to the particles which give it, through their motion, a field of electromagnetic unity. Within each of you there are subsystems or galaxies: the heart, the stomach, the liver, the musculature, and so forth. Each has its instinctually given work to do for the good of the whole. The liver does not sit down and say, "I will not work today." Barring accidents of ill health, the liver will do what livers do, the stomach what stomachs do, the muscle what muscles do, all directed involuntarily by the primal mind, much directed by the conscious mind. All this space within, all these fixed orbits within, and you as controller over all.

You are a co-creator. Step back from the constellation of the self. See the constellation of your own mind. See the unimaginable number of choices that have brought you to this moment. And see that you will treat others as a corollary of the way you treat yourself. As you venture forth within this incarnational experience you are enjoying, see and feel the dance of interstellar space, of the constellations of the body and the marvelous structure of the mind, and realize that you enter the present moment powerful within yourself. As each fear is noticed, addressed, blessed, accepted and eventually dropped away, for it is unneeded, there will be fewer times that the constellation that unifies as yourself finds, through fear, that it wishes to control an inappropriate way. Look always first to the discipline of the self and the acceptance, blessing and forgiveness of the self, as the self is imperfect, so

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it seems. Then when you gaze upon a fellow being there will not be the blinders of fear to distract the thinking or blind the eyes of judgment. As this instrument often says, free will is paramount. Let this and love be your guides.

There is more material upon this subject if subsequent questions have a meaning to the group. At this time we shall depart from this instrument, thanking it for its service, and leaving each through it in love and in light, and would transfer to the one known as Jim. We are known to you as those of the principle of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time, it is our privilege to offer ourselves for any further queries that may be upon the minds of those present. Is there a query at this time with which we may begin?

Questioner: I'd like to ask how does one let go of one's self-control, to learn to contact personal guides like you are or just get in touch with your own feelings?

I am Q'uo, and am aware of your query, my sister. We would suggest that one possible technique would be for the entity wishing to release that which it sees as control that it does not wish to retain within its behavior patterns to enter into the meditative state and to look at the patterns that the entity has developed throughout its life pattern, and to see these patterns of behavior as a web of rituals or habits which have given comfort to the entity for a large portion of its experience. Look at this pattern and the barrier that it presents to further experience, in that there is the holding of the thought and action of the entity within the pattern. Imagine the experience that would ensue should the pattern be altered. Look to those areas where there is the desire for inspiration, for innovation, for the breaking of the patterns and the introducing of new experience. Feel how this breaking of old patterns and the introducing of new behavior would affect the life, the feelings, the concept of self. Imagine this process mentally.

Then, when you feel that you would like to experiment with such innovation, allow yourself a period of time that is unstructured so that whatever feelings or intuitive inclinations might wish to surface may do so. Move with these feelings as you wish, as feels appropriate. Explore in this safe arena of unstructured activity and thought all the attendant feelings and activities that move into the mind as you are experimenting. Repeat this process a number of times so that you begin to get the feel of releasing comfortable patterns and the feeling of accepting that which is new and unknown within one's self. Become aware of the intensity of feelings that result. Explore the feelings and their ramifications within your life experience and within your being.

Then, again, in the meditative state, look for other areas where there is the possibility of introducing new behavior or of releasing old behavior without knowing that which shall follow. As you become more familiar with the feeling of letting go of control, you will find that there is a kind of skill developing, much as you developed the ability to ride a bicycle as a young child.

The ability to release that which is structured and safe and accept that which is new and unstructured can be learned by any entity that has the sincere desire to release that which it has held onto for a great portion of its life experience. The meditative reflection before and after entering into this process prepares the deeper self for this experience, and, once the experience has occurred, seats the new learning at that deeper level of the self so that it can become a portion of the patterns of behavior that are your tools for processing catalysts, for learning, and for being of service to others by utilizing that which you have learned.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: *(Carla talks about how she has helped many people with such concerns as that of the previous questioner, and has noticed in her work that others give her more authority in their lives than she feels she should have. She asks Q'uo if there is something that she is unconsciously doing that she could learn more about so that she would not have inappropriate, unwanted control or authority in others' lives.)*

I am Q'uo, and am aware of your query, my sister. We would suggest that a large portion of your fear of assuming too much authority in the eyes of others can be quelled by simply reminding each entity that

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that which you share is but your opinion, and, though joyfully and freely shared, is but opinion. Once this is stated and understood, both by yourself and by the other self, then we would recommend the free sharing of that which is yours to share without further concern, for over-concern in this area may simply become a stumbling block for yourself.

Is there another query, my sister?

Carla: *(Carla follows up with the statement that with some people, the more one says that one does not have all the answers, the more respect one is given and the more people will take what one is saying with weight, and she doesn't know a way around that. She notes that Q'uo may share this problem as well.)*

I am Q'uo, and am aware once again of your query, my sister. This difficulty we find is that which resides not in the one seeking to offer assistance but in those to whom the assistance is offered. Not all learning or all experience of any kind shall be free of difficulties. Thus, we suggest the going forth bravely without over-concern for this feature of many student/teacher relationships, but continuing in the open-hearted giving without this concern. For, as one shares in a free and open manner the, as they have been called, "clay feet" will make themselves apparent time and again so that there will no longer be the necessity for the reminder to any that the feet are made of clay and the opinion is prone to error.

Is there a further query, my sister?

Carla: No. Thank you very much.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and as we appear to have exhausted the queries for this session of working, we would take this opportunity to thank each entity for inviting our presence in your meditation this day. We are most grateful for the opportunity to walk with you upon your journeys of seeking. We are always filled with great joy at such opportunities, for in this manner we are privileged to experience the depth of your seeking for truth and the intensity of your desire to be of service to others.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Sunday Meditation
June 14, 1992

Group question: The question this afternoon has to deal with the phenomenon of the visitation of a third-density human being by a negatively-oriented entity or energy that is sent from another third-density human being practicing what is usually called the black magical arts.

We are wondering how the person receiving this energy or another wishing to help this person receiving this negative energy would deal with it. What is the best attitude, the best actions and the principles that need to be considered when dealing with negatively oriented visitations, whether of an entity or an energy?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most blessed to greet each of you this day, especially welcoming one new to our circle, the one known as K. Those of Oxal greet the one known as H, and are with this entity in silent enjoyment during this period. We are honored to have the privilege of being called to your group to speak of negative entities among your own people, and to speak also of those non-physical principles and entities which may be called upon by those within your density who are polarizing upon the path of service to self or negativity.

Let us first define the term black arts or black magical art. The metaphysical—both of the service-to-others path and the service-to-self path—is that which takes place upon a field which appears to be dark. The background of metaphysical work for both polarities is a metaphysical environment of darkness, for the metaphysical consciousness of the living spirit within third-density illusion is hidden within the deep and unlit roots of mind. Consequently, both those who seek the darkness and those who seek the light begin in a common ground of darkness, the darkness of that which is not known.

Upon this level of seeking for energy or power the search for truth is conducted in night conditions. The moon's dimmest light is the brightest illumination as one seeks spiritually. It is extremely subtle and difficult work to distinguish truth from *(inaudible)* or outright falsity, to distinguish the positive leaning towards the love of the infinite One in service to others from the same activity which may seek service to self. Many are those metaphysical seekers who expect that the seeking towards the positive truth will be done in noonday sun metaphysically speaking; this is untrue. The metaphysical search is not clear, obvious or simple. Each of you here who listens to this voice speaking our thoughts knows of the case of mistaking apparent truth for truth, and can recall instances in which that which one thought one had discovered to

be a shining light was instead relatively valueless and not filled with light or power.

In the dim moonlight, shadows can be deceiving. The metaphysical search, then, is one in which faith is the great illuminator, that faith which cannot be given by one to another, that faith which each gestates within the spiritual part of the mind and body so that there becomes a faith which is personal, founded by the self.

Now we return to a view of how to deal with negative entities. As a positively polarized person living a life in faith, one is prone to feel safe in the arms of the good, the true and the beautiful. However, the entity upon the negative path feels that there is no safety, feels that there is no haven, feels that it and only it shall be the one to be counted upon, relied upon. Therefore, this entity wishes to build personal power with a greater initial reason and impetus for building a magical personality. Furthermore, this magical personality is simpler to build than the positively oriented magical personality. The negative entity need only attempt to *(inaudible)* to the self all possible power of any kind whatsoever without the need for discrimination or judgment.

The positively polarized entity instead is moving through processes of balancing the seemingly opposite of all things to ascertain the most careful balance of truth, of beauty, of goodness, for to the positively oriented entity it is clear that the illusion has the appearance of a bias toward negative events and circumstances. In order to clarify right action and the positive use of power, careful balancing of all stimulus needs must be done. Thus, each of you has the seemingly more difficult task in living a chosen life of faith, for both paths are given by the one infinite Creator. Although the Creator offers suggestions implicit in experience that the positive path of serving others is preferable and more to be desired, the negative path beckons and it too is *(inaudible)*, as this instrument would say, godly in that there is no energy [but] that of the one infinite Creator.

Further, the *(inaudible)* of your experience in third density offers simpler beginnings to a metaphysical base of power for those which choose negativity. What is not obvious is that the negative path becomes more and more difficult, until at last it is a road impossible to be walked, whereas the positive path is eternal.

Therefore, one who is assaulted by word, dream, feeling or other action by a negatively polarized entity of third density is dealing with not only a godly person but his own self, for all are one in the creation of the Father. In each mind, body and spirit which together make up the person there is all that there is. Each person is an holograph of the creation, the created and the Creator.

Thusly, when negative greeting is known or suspected the positively oriented person of power sits down and prepares itself to reckon with its own universal nature. It is fully capable and fully supplied with negativity. The perceived negativity from the outside in is successful when the positively oriented intended victim knows not that it is being greeted by its very self. If a ravening beast comes at one's body, one attempts to slay that beast to save the self. If a metaphysical ravening beast attacks one in the manner of magical arts, one reckons with this attack by visualizing this creature, welcoming it into the self, and accepting fully that this horrible monster is a part of the self.

When one chooses a path one has the full spectrum from which to choose precisely because one contains all that there is. The first defense, therefore, is to visualize this negative power and fearlessly to invite it to take up a loving absorption within the very heart, for positive power is power balanced by knowledge of the self. The decision not to attempt power over another is made when the entity grasps that there is no need to have power over others, for all of creation expresses its power in the self. All magical work, therefore, is done upon the self. There is no need to manipulate, teach, control, move or advise other entities. The need is only to do these things within the self, disciplining the self to a more and more balanced and clear acceptance of the universal nature of selfhood, and therefore choosing lucidly and clearly to serve others, to withhold judgment of or control over others, and to practice loving the self, accepting the self and allowing the errors perceived within the self to be self-forgiven.

As one forgives one's self, one then is able to forgive all. As the negative greeting is seen, then it is visualized and made materially real within the metaphysical world of thought as a creature of the night, a mythical creature which then is lovingly

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absorbed, accepted and forgiven. The forgiven selfishness becomes harmless. This alone is enough to dissuade most negative third density entities who are wishing to control others, for most are not particularly skillful. Being accepted is *(inaudible)* to a negatively oriented entity, who gains power by causing fear, anger, hatred, disgust and other negative reactions of emotion.

When this entity's selfhood is seen for its blackness, yet lovingly, compassionately accepted, absorbed into a strong goodness of self and forgiven, the negative entity experiences loss of all *(inaudible)* power and chooses to attempt to control others who will be satisfactorily afraid and terrorized by such. In the case of the very few who have the energy and endurance to pursue the path of control over others to the point where they are able directly to contact metaphysical sources of negativity, the situation, while no less solvable, is not as easy and simple to deal with from the standpoint of the one greeted. Again, in the unthinking person of third density, the response to perceived attack is counter-attack.

It takes a good deal of wisdom to be able to calmly and objectively gaze upon the face of metaphysical malevolence, for those who have contacted those metaphysical sources which are of fourth density have garnered to themselves two things. One is a third-density personality within incarnation of sureness and confidence. There is in such entity a true blackness of spirit, a honed hatred which sees no shadows. The positive path is full of shadows, of questions and doubts, of continual learning and balance. The choice for positivity is not the choice for simplicity of early lessons. The choice for negativity is a choice for simplicity of early lessons. Thusly, an entity which is negative has an apparent advantage once it has progressed to a certain point of being absolutely sure of the self without the need for faith, whereas the positively polarized entity is still dealing with the endless and confusing shadows of the spiritual landscape, which is lit by the dim star of hope and the thin, delicate moonlight of faith.

In this situation where there is not only the living incarnate negative entity who greets one but also the spirit of higher density cooperating in its peculiar manner in this negatively oriented entity, the positive path must be seen to be a place of hope and faith which are accepted without proof. The positive pilgrim takes into the heart a strong desire to leap foolishly into the abyss of the unknown, unprotected by certainty, facing in mid-air the seeming destruction of personal safety, clinging to nothing but a faith that all is well and that there is nothing to fear. Many are the loving and positively oriented souls who yet are not able to do this. When such entities are greeted by these relatively powerful negative sources the most—we search this instrument's mind for the appropriate word—practical solution is to find one among your people which is positive in nature and is steeped in rituals of positivity, which include in their language the seeking of the greeting of fourth-density or higher positive metaphysical entities. Such people are the so-called priests of various of your religious belief systems which believes in the war betwixt good and evil. This war is fought by fourth-density negative entities and fourth-density positive entities which still believe that a battle is appropriate.

Before we leave this topic we would focus once more upon the *(inaudible)* and fertile land of spiritual choice, the dark world within. Each of you gaze within. Do you feel magical? Do you feel powerful? If the answer comes too easily it is likely that there is that within you which would choose the easy way towards power, that is, the path of negativity, for each step upon the negative path seems from within to be positive: one wishes power so that one may help people; the way to help people is to give advice, give teaching; make sure that all is well by controlling various people and circumstances. All these things feel natural and good. Most beginning negative entities have no idea that they are embarking upon the path of negativity.

Contrasting with this is the positive path, where power is accrued by being the weakest, *(inaudible)* greatness is achieved by being the servant of others, where advice and teaching are given only when offered. How many among your religious systems, caught up in the fervor of rightness and righteousness, judge, condemn and control many for their own good? How few there are in your belief systems of religion who *(inaudible)* doctrine and dogma and seek to serve each entity according to its requests when it can, and offering only benediction, forgiveness and acceptance when it cannot. Yet to those few who know themselves well enough not to judge, not to control others, but to work on the self, to these few come strength, magical power and illumination of incandescent light which shoots through that darkness of metaphysical field like

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lightning. The world, as this instrument would say, cannot see that lightning. Only each individual pilgrim upon the positive path who moves into a life in faith, a life without fear, may be illumined. It moves through one, it does not stay with one. And such entities are channels of joy and peace.

Whether the greeting of negative entities seems, or seems, or seems not to succeed, such entities are forever safe in spirit. We are those of the positive path. We are also dusty pilgrims who have searched long in the shadows of hope and faith. We do not expect third-density entities to be without fear. We simply ask entities who wish to live in faith not to be afraid of their fear, not to be ruled by their fear, but to accept this fear, to love this fear, as part of the universal self, and to move on, leaping foolishly into the next step in blindness and in faith. May each of you find each step to be one which is offered to the infinite One as a gift, a testimony of love, for if the Creator is love, then the choice of fearlessness is always correct.

We encourage each to be patient, [forgiving], accepting and slow with each fear that keeps it from progressing. Take time to work through the balancing of that fear, overcome it never, but take it within the self, love it, accept it, and gently, strand by strand, part the curtain that keeps the self from progressing fearlessly. This is slow work but it moves one ever towards the truth, the good, and the beautiful.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and the *(inaudible)* and in light. We are known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We are aware that we have spoken long and apologize for the length of our delivery. We are aware that we have fatigue in the circle *(inaudible)*. We are, however, privileged to offer ourselves at this time for any further queries that you may have for us. Is there a query at this time?

(Pause)

I am Q'uo, and we shall take this opportunity to thank each once again for inviting our presence into your circle of seeking this day. We are most filled with joy to be able to walk with you upon your journey at this time. We shall now leave this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Intensive Meditation

July 4, 1992

Group question: The question this evening has to do with the concept of gurus. In many of the eastern traditions a guru is seen as an indispensable part of the seeker's journey, that no true enlightenment can occur unless the seeker follows the footsteps of the guru, and puts him or herself under the guru's guidance and instruction. In the west we have various religious traditions, the protestant and the catholic focusing around the entity Jesus Christ and this is a kind of guruship where there is a model or there are footsteps left, patterns and rituals, the use of faith and will to live a life as described by Jesus. How important to a seeker is the concept of the guru, the dispeller of darkness, the one who makes the model or lives the life that is patterned in a fashion that can aid a seeker along the journey of evolution? How much of that quality of the guru can we find within ourselves and how much of that finding is made possible or only possible with the assistance of a guru?

This evening we have Jim and Carla supporting the work of S's intensive meditation channeling …

(S channeling)

[I am Laitos.] We greet you in the love and in the light of the infinite One. We are most happy to have been given this opportunity to speak through an instrument which was not prepared for our presence but had anticipated instead the presence of another with whom it is more familiar. It is the mark of the maturing instrument that it shall recognize the nature of the call it is offered, and it is the—we correct this instrument—it is the mark of an instrument that is willing truly to serve that it place itself in the arms that are proffered.

We have come to offer a kind of comfort that [we] feel we are able to uniquely to offer to this group at this time. We wish to offer this comfort in a preliminary way and then to make room for those of Oxal who are also prepared to speak. We wish to give encouragement to a group which has known much ordeal in the past brief measure of your time and which has nevertheless courageously persisted in its seeking and its intent to serve. This kind of dedication offers opportunity upon opportunity for those of us which are, as you would say, discarnate, to serve in the small ways which are given us to serve through the instrumentalities not only of highly concentrated efforts like that which you undertake today, but in the myriad ways of everyday life dedicated wholly to service. We ourselves are comforted by your dedication and would offer this our blessing to you in love and in light, a brief silent offering. We pause.

(Pause)

I am Oxal. We feel now the instrument has profited by the steadying influence of our friends of Laitos.

We greet you in the all embracing love and in the purest light of the infinite Creator. It is our privilege this evening to be called forth in response to a query that weighs upon your minds, this being the question of the nature of the role of the spiritual teacher. We most happily would address this question, but first we would ask that all present be aware that we ourselves are spiritual teachers only in a very, very limited sense, for all too well we know our own feet to be of clay, and we ask that you too be aware of this and use discrimination in taking in and weighing each of our words, for our words can have no greater effect than to resonate with what each here already knows and is willing in some measure to examine more closely.

The function of the spiritual teacher cannot be separated from the more general process of spiritual seeking. In the density that you enjoy this process of seeking spiritually has certain features that are unique to it, for in the third density seeking occurs from a position that is unknown to the seeker. The seeker gropes blindly and has but what is, at first, the faintest of inner lights to guide it. The process of seeking is one of allowing this inner light progressively to illumine more and more of the path, until the path, though it is never fully mapped out, seems sure and certain to the footfall as you walk ever more in faith, ever more in a dedication to service.

We find, however, that this experience can be a very lonely one and that the temptation arises again and again to seek in the reassuring words of one who would lead one to find more than comfort, more than solace, but also direction. Now, it is the best of our understanding that, in truth, direction can never be gathered from another. There is, indeed, the wonderful mystery of paths of seeking that cross and intertwine and run together in a mutual love and compassion which gives great comfort. We find, however, that all too often it is the case when one doubts one's own way one relies rather too heavily upon another, which one puts before one as the teacher.

Thus, one has arising amongst your peoples traditions of religious worship which set the teacher so far above the seeker that the seeker has effectively abandoned all native power and given it over to the teacher. When this occurs, it is but a short step to hardening the words of the teacher into rock solid doctrine, which may then be slavishly followed and used as a basis for judging self and other. This leads inevitably to a loss of seeking. Like a stream bed no longer fed by the flow of water, dry and barren the seeking becomes.

Having said this, we wish to add, however, that in the relation of pupil to teacher, disciple to guru, there can be something of value and of spiritual importance. We address this point in light of the concept of sacrifice, for if the student/teacher relation is maintained with the most delicate of balances, the teacher being scrupulous to keep in perspective the fact the teacher, at best, is a gateway or a channel for that which lies beyond the teacher and which is as—we correct this instrument—which is as accessible to the student as it is to the teacher, and, in addition, the student must keep in perspective the point that the teacher is but a mutual seeker which has perhaps a certain steadying influence upon the student that contributes to a more stable pattern of seeking, within the context where these cautions are scrupulously observed, the student may look to the teacher in such a way that the teacher inspires within the student a certain highly potentiated kind of humility which the student expresses by deliberately setting aside those known personality features which may tend to distort or disrupt the seeking process.

When this process is being consciously directed and intensely perused in a sheltered environment, the teacher or the guru in this respect may accept the sacrifice or the laying aside of the Earthly personality in a symbolic way, understanding that what there is to be offered coming through the teacher is further empowered by this act. Now, this process can be successful only when the teacher has similarly laid aside the Earthly personality and is willing to join hands with the student in a fashion which allows each to participate in a sense of a greater reality to appreciate the unity that is all embracing. The strength of the teacher flows back to the student even as the student's gift of its devotion to the teacher further empowers their function of the teaching.

We find then that this group was quite correct in its surmise that the greatest gift that the teacher has to give is the beingness of the teacher. As soon, however, as this beingness is contracted into [mere] personality which the teacher may claim as its own, it has been lost and lost as a source of inspiration to the student even though the student may continue

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to take it as such. There are connections of energy that connect student to teacher, though we find in principle that these connections are not different than those connections of energy which prevail from one loved one to another, and just as the lover must be prepared also and equally to be the beloved, so must the teacher be prepared also and equally to be the student. All are fellow seekers in the spiritual world. All of the distinctions which can in the veiled experience seem so important vanish into utter nothingness, leaving but a full democracy of spirit. One seeks, then, with all of creation, and the seeking of all creation is within one.

We ourselves seek with you as we attempt in reaching out to you and in reaching within ourselves to touch this center of seeking, and to allow it beingness that it may be the more our beingness, which we most happily share with you as you have most happily shared your beingness upon this occasion with us.

We find that there is so very much more that could be said upon the topic of the guru, but what we have said serves as a sufficient beginning, and we would ask if there are more specific queries to which we may address ourselves in response. Are there queries at this time?

Questioner: *(Inaudible)*.

I am Oxal. It has been our very great pleasure to be given the opportunity once again to speak through this instrument which desires to serve, but finds itself frustrated in this capacity. May we offer the encouragement that what has happened, is happening, and will happen, is but part of a much larger process, and the entire process can be viewed as a mode and a moment of the same service. We thank this group for its dedication and its persistence. At this time we take our leave, leaving you in the love and in the light and in the all embracing glory of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
July 5, 1992

Group question: The question today has to do with the concept of nurturing self-love. How do people who are naturally oriented towards being of service to others, and perhaps even serving beyond the ability to fully care for the self, take the time and energy and effort to nurture themselves? What is a way in which people can look at the nurturing of the self as a natural part of service to others? What kind of suggestions can you make as to how we can become aware of our needs for nurturing, and fulfill those needs as we go about the process of serving others and learning and growing in our daily activities?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We find great joy in joining in your circle, blending our vibrations with your own, and experiencing the unity of your seeking and the beauty of your meditation. You ask this day if we have some thoughts upon how to nurture the self, as well as nurturing other entities. The service-to-others path through the fourth density of love asks the question in this manner, and by this way of asking, points directly to the core of confusion. For the question, when wisdom is applied, becomes "How do we nurture other selves, if we are those who nurture the self?" Yet, we do not encourage you to feel foolish by putting others before self in thought or action.

We wish to note for your benefit the stance which you rightly and justly, as developing spirits, take. The lesson of compassion is learned first, then the larger lesson of wisdom. You are those seeking in the school of love, therefore this query is central. The beginning of grasping the way of nurturing the self is, however, implicit in the question. We have said to this group before that the one known as Jesus taught that there was a new covenant, a new set of commandments, which superseded the commandments given to the one called Moses. The commandments were two: to love the Creator with all one's heart, all one's soul, all one's mind, and all one's strength; and to love the other selves within your environments as you love yourself. The second of the commandments was not to love yourself as you love others, but to love others as you love yourself! Thusly, this master of compassion suggested the turning of mercy inward upon the self, prior to asking the self to expand the manifestations of mercy outward.

The way of those within the illusion wherein one cannot usually hear the thoughts of others is to take others at their word in trust, and to take the self not at one's own word, but with each and every thought which is unexpressed held like a load upon the back. Thusly, it seems appropriate to serve others, but there is a chip upon your shoulders in your attitude toward yourself.

One set of suggestions concerning the nurturing of the self is nurturing systematically each chakra by vivid visualization, and not only by meditation, but by contemplation also. Let us demonstrate using this instrument to avoid infringement upon free will of others. Each needs must make assessments of chakra strength and clarity for each. The first chakra is always the root or red-ray energy center. Gaze at this center which loves life, which breathes the air and has appetite for preservation and procreation. This root energy is anything but base. It, as this instrument is fond of saying, contains the first sacrament, as all energies are potentially sacramental. This energy gazes—we correct this instrument—this instrument gazes at this energy and finds it very strong and clear.

There being no visualization to do, this instrument proceeds to the orange-ray energy center or chakra. Here there can be seen those muddied energies which, though small, yet block some energy from moving into the open heart. How can one gaze at the shadows that dog one's path? If one turns about to look at them, they shift. They cannot be directly confronted, for they are shadows, yet the more firmly excellence is striven for, the darker will seem every small imperfection. This instrument then must contemplate indirectly the cause for shadows. This is the area of relationships person-to-person. Whom is this instrument not in good relationship with? The answer comes by reflex. The instrument is not in good relationship with the self. There ensues a forgiving process. Why should this instrument forgive? Intellectually, the instrument can say, "I am forgiven because I am a child of the Creator." To the heart, no reasoning is necessary. One evaluates the self. First, may we suggest that the self be visualized as being held in the arms of the infinite One, lovingly, firmly and comfortably, rocked in eternal rhythms and loved with infinite love. When one can see oneself as the child of eternity, one can see oneself at the correct distance.

How important the instrument finds the environment of the present illusion, and how typical this is, indeed, how necessary to the growth of each spirit. Yet, in the nurturing process the reestablishment of the point of view of infinity, eternity and mystery is central, and can bring order and simplicity out of chaos.

We linger at this energy center because in your particular nation state, the outer forces which compromise free will are comparatively lesser, so that the most common blockages and over-activations of energy which confound the open heart are those of orange ray.

Now, this instrument is willing to forgive the self, and we know that each is willing to do so for the self. However, this willingness is time limited because within the experience which has become memory of your peoples, it is almost without exception that this state of self-forgiveness is lost. The attention shifts, the polarity is lessened and forgotten for the moment.

The instrument moves to the yellow-ray energy center, and gazes at the energies which deal with the societal groups which affect it. This energy in this case seems fairly under-energized, but quite clear. This is normal in general for entities to have certain energies which are not the *forte*, not the strong point of an entity's service. Yet, they do need to be visualized to be sure that, though relatively small in influence upon the learning process, the energies are clear.

Moving into the heart chakra, the green-ray energy center, the instrument visualizes a nearly fully open, very strong heart energy which is normal for this instrument. The entity finds it sparkling at this time, and realizes the effect of those in a group which love one another, causing the heart energy to dance and shine. This is the portion of the nurturing of the self wherein others move in help from whatever other energy center is being used, the blue ray of communication, the orange ray of interaction in addition to communication, and so forth. All then comes through the heart chakra to others and from others.

It is to be suggested by us that when one sees the heart fully open, one then may do well to suggest to the self the beauty of giving and receiving of love. The reception of love, it has been noted this day, is often very difficult. When the orange-ray center is blocked by self-judgment, then the shining love of others is blocked from entering the heart. Loving gestures, thoughts and words may batter against the heart closed to itself in vain. Until the entity is willing to open the door to comfort by ceasing to judge the self as unworthy of comfort, no comfort can move into effective service.

Thusly, service to others directly denotes the allowing of others to love the self. This is often the

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most difficult relationship lesson of all, for if one is not in love with the self, how can one believe or have trust and faith in the illuminating light and love pouring into one's heart from another? There is no basis for trust, for the self is not willing to trust the self. It is an irony of the third and fourth-density illusions that more and more energy is consumed in the desire to love, to open the self to more and more complete service to others, while there remains the grudge against the self. It is as though each were running away from the self, throwing the self into as many seemingly good actions as possible, in an attempt to even the terribly lopsided score of unworthiness of the self.

However, worthiness is not a quantitative matter, and is not available to the point grading system. There is no amount of service one can be to others to offset one's own self-judged lack of worth. Until one forgives and accepts the self, one's service will be stunted; one's heart will be darkened, even in the fullness of the most loving service. Perhaps this points to the centrality of the learning of self-nurturing ways.

Moving into the blue-ray energy center, this instrument sees its strongest center working well, and not in need of further balancing or energizing. This is the center of communication. It is most often blocked by those who would communicate that which has not been requested. It is well to have opinions and thoughts on every conceivable matter; this is the fruit of an active mind. It is not loving, however, to answer questions or address seen problems which have not been asked about or advice sought upon by the one to whom the entity is attempting to communicate. Service to others is very much a matter of waiting and having the patience of being the quietness of mind to feel and respect other entities' freedom to make choices.

If there is a great desire to communicate without there being a request, it is possible to enter into conversation about whether the entity you wish to serve would be glad to hear an opinion. If the other self agrees, then an appropriate channel has been opened. If the other self does not agree, then woe betide the spirit which plunges ahead regardless, for this is specific infringement upon free will. Remember that other selves and the self come into the valley of the shadow of death that is third-density life, not to be comfortable or correct, but to make mistakes and thereby learn the lessons of how not to express love and how to express love; how not to accept love and how to accept love; and most of all, how not to conceive oneself that is as unloving, unlovely or unloved, or how to picture that same self loving, lived and love itself.

The violet ray is fixed, and can simply be assessed as a good indicator of the balance which is present in the energy of your own self as a whole. If it seems weak, then meditation upon power, that is, the aspect of the self which expresses power, is recommended. Although, as in the material this instrument has recently read, it is recommended that meditations about the power aspect of the self not be accomplished more than once in a row, rather, if the power aspect needs work, then one works upon the love aspect and the wisdom aspect in two subsequent meditations before returning to the power aspect. This is recommended, as in the work of the one known as Butler, to avoid the distortion of the personality which is the spirit's own attempting to find itself on what this instrument would call the King's Highway.

Now, this is one way in which the nurturing of the self can be done. This way is important in that it is completely inner in the nature of its work. Just doing this work, that is, taking the time and the energy to do this series of visualizations, is a way that moves deeply into the self's perception web of saying that the self is indeed considered worthy of attention. Often the service-to-others path is strewn with those who have paid attention to every opportunity to aid others' needs, but have not given the self the same gift—the gift of time, the gift of energy. Outer ways of nurturing the self—the new dress, the new car or computer game or trip—is a very kind and good gift to the self. But nothing moves more deeply into the area of the self which deals with self-judgment than the self sitting down and taking time to pay attention to the self's spiritual health. This is subtle work.

Now, you may note that we moved from blue to violet. That is because that of which we are speaking, the time to work with the self, is the function and the only function of the indigo ray! This ray works completely within the self, and only upon the self. To find the discipline to spend time upon the self's spiritual welfare is more of a challenge than finding the time to attend to another's spiritual or bodily or emotional or mental welfare. We cannot stress enough the importance of this point. Think you that

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one of the highest of energies possible within the self, in terms of subtlety and strength, is somehow to take the very back seat, nay, even the trunk of the automobile of life? Please see and honor the instrument that you are, no matter what outward way you treat yourself, you love yourself, you give to yourself.

The first gift of the spiritual wayfarer is the time and the energy to move within, to work upon the discipline of the personality, that more and more of the personality may be imbued with the indigo ray of joyful accepting love of self. Consider the usual indigo ray of the underdeveloped student as a pool. The polarity of service to others fills this pool, but it is simply rain falling into a conserving receptacle, a still pool within one, until it has been enlivened by the acceptance of love that is beyond the possible love when judgment remains. Until this block is removed, this pool of polarity remains still and lacking in appropriate propinquity to the …

(Side one of tape ends.)

(Carla channeling)

… There's a moment when the pool of polarity within is opened to what lies beyond acceptance of the self. Then it becomes a truly potent force within the life, as though a fountain or spring came forth from that still pool, and sprayed and dropped like rain into each present moment; so that no key must be turned to start up the engine of self-acceptance which opens the door to unconditional channeling of infinite love through one. The key is already inserted. The work is being done within in such a way to genetically affect the energies of polarized beingness.

Thus, if you now feel that you are accepting yourself over and over and over, the secret may be that the gifts you give yourself do not include the appropriate concern for inner loving work. Not so that discrimination becomes judgment, but so that the powers of discrimination within you may help you to become that which you are, but have not realized or allowed yourself to be. And why? Because you fear to look too closely. You have heard those thoughts. So, all becomes fearful at a deep level.

We ask you to free yourself from this fearing of thoughts deemed unworthy. We assume in general that entities in service to others have largely mastered the techniques of avoiding manifesting of unacceptable actions, and so we concentrate on what is considered by the self to be unacceptable thoughts or intentions. Let us gaze for the last of these thoughts at this fear. The one known as Aaron, as spoken through the one known as Barbara, has said in this group that fear is not a bad or wrong thing; it is therefore a reason, it is a good protection until the self is ready to deal with it. Then and only then, may one sit down with the fear, gaze at it, picture the self within the cave with the—we correct this instrument—opening to the cave blocked by many bands that hide the light from one.

This is the fear, and no fear is greater to the good, gentle and kind of heart than the fear of finding the canker within. It need not be thrown away from the mouth of the cave all at once, for this might do damage to the fearful self. Take one band away, and see if that much freedom from fear is comfortable. When it is, move to take another, and another, but have the patience with the self to accept less than perfect deliverance from that fear of unworthiness at any one sitting. You have infinite time to do this work, but in each present moment, you have only that moment to do this work. Therefore, be importuning for the present moment, yet patient in the long view. If the self cannot or is fearful to do this work now, return to the image of being held in the arms of the infinite One, and rocked and lullabied and loved, for this is your true state at a deep, deep level. How you are loved! How you are loved! Feel that. Know that. Spend time with that. When you feel how much you are already loved by the infinite One, how treasured you are, then you can gain courage to go ahead and walk the King's Highway, and do the work of falling in love with the self, even in its illusory rampant imperfection.

What an illusion you have, my dear, dear ones. What a magnificent bubble of utter confusion. You are brave souls to sail forth in this chaotic illusion. May you be to each other the beacons that bespeak love for and to each other. We send our love and light to you through this instrument, and would at this time transfer this contact to the one known as Jim, that it may conclude this working. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time, it is our privilege to offer ourselves in the attempt to speak to

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any further queries which those present might have to offer to us. Is there a query at this time?

Questioner: I would like to know more about the polarization *(inaudible)*.

I am Q'uo, and believe that we have a grasp of your query, my sister. The polarization of the mind, in brief, is the process whereby the desire to be of service is set forth as that which is foremost of all desires that one may have and exercise during the incarnation. The means of clearing the centers or chakras of energy by the use of the polarization of the mind is that process whereby you take that desire and move through each chakra in turn, utilizing this desire to find those distortions or imperfections of manifestation within each center of energy, and seek for that moment to visualize or imagine the balanced expression of energy that is appropriate for you at that time in that center, assigning to each center those properties that are appropriate for each center, beginning as we said, with the first, or root center, and looking at this center as that which is the love of life, the expression of the desire to be, to move, to breathe, to do.

Moving to that center of interpersonal relationship next, that of the orange ray, where you put yourself in balanced relationship with one other being at a time, so that there is the one-to-one exchange of energies.

Moving therefrom to the yellow-ray center where you are in relationship with many others, with groups of beings with whom you share interest, energy and activity.

Moving from this center to that of the heart, the green ray where your love of others extends beyond any group that you may have association with to all entities simply because they exist.

Moving from this center to that of the throat and the blue ray of communication, where the love that you feel for all creation is expressed in a means of communication that is freely given, and which speaks in inspirational tones to those about you as a result of your feeling of the love of the green-ray center.

The indigo-ray center being that of the brow, where there is the work in consciousness that each seeker achieves when it begins to use the force of its will and faith to move its attitudes and perceptions into alignment with the ideals that are its guiding star.

Therefrom moving to the violet-ray center where the totality of the being is expressed as a measure, a mark, or a register of the entity. By utilizing this desire to serve others in balancing and harmonizing each center of energy, you have cleared this path for the flow of the love and light, or the prana of the one Creator to move cleanly through your centers of energy, in order that you may be a smoothly functioning reflector and creator of the love and light of the one Creator.

Is there a further query?

Questioner: *(Inaudible)*.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: I have one, but it might be a question that needs its own time, and that is that the times that I get maddest at myself, the times that I get the most aggravated and judge myself the most harshly, are times when I'm repeating errors. Not only do I see the error that I've made, but I think to myself, "Again? You know that you're not supposed to be doing this, you know that that's self-destructive and self-defeating and you're doing it again." I see the pattern, yet I don't change the pattern. We have this phrase "Forgive and forget." Does the Creator forgive and forget both? Is there some way we can not only forgive ourselves, but forget the pattern? Could you comment at all?

I am Q'uo, and am aware of your query, my sister. This is a query to which a great deal of information could be given as a subject of its own, or a query to which a brief response may be given as food for further thought. As we are aware that you have exercised a great deal of patience as a group this afternoon as you listen to that which is a significantly lengthy discourse, we shall give that briefer query to suffice for the nonce.

As you see yourself repeating those patterns of behavior which you have designated as non-desirable, or as those which you wish to change into a more harmonious configuration within your being, you may take note within that portion of yourself that sees and observes all your behaviors that there is once again an opportunity to refine that which you feel you have learned. For as the dancer moves through each part of the choreography attempting to reproduce each step as it has been designed, there is the need to repeat this dance a great number of

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times, so that there is no need for thought when the time to perform the dance arrives. There is the need to put these steps into the, as you may call it, body memory, so that there is the automatic moving through each portion of the dance without thought. When you see yourself repeating behavior patterns that you wish to change, notice that there is the chance now to express the pattern in a new fashion, beginning at the moment of notice, so that you have in effect a biofeedback device before you, noticed by your observer, commented upon and altered accordingly.

There is a great deal of work in the metaphysical sense that is necessary in the changing or transforming of any perception or behavior so that it becomes automatic within your being, so that it becomes seated at the deepest portion of your being, and available for future reference. Do not be discouraged when you see the need for further repetition, for this repetition makes the groove, shall we say, somewhat more deeply etched and engraved in a manner whereby you shall have it as a resource to call upon.

Is there a further query, my sister?

Questioner: No, thank you very much, it was wonderful to hear.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Questioner: Yes, if I may follow up on that just a little bit. Sometimes one finds within oneself, in addition to a weakness, perhaps, that causes one to repeat a behavior that is not desired, something amounting even to a resistance or defiance almost. When one finds this within oneself, is the same course of action recommended, or is there another possibility in dealing with this kind of *(inaudible)*?

I am Q'uo, and am aware of your query, my brother. Each of you has a number of aspects to your being. Perhaps it could be described as portions of personality that have been gathered about you from different times, during this incarnation especially, and perhaps previous ones as well. You look at these facets of your being if you look with the broad view, as the parent looks at the child or the children that are in its care. At some portion of your life experience there has been that imprinting of experience which has caused whatever kind of resistance you feel, whether it be the stubbornness to accomplish the task, the anger at being forced, the sadness at the not understanding, or whatever the resistance might be, there is that imprint which carries a charge, a power, shall we say, within your being.

When you find it, it is well to look at that portion of yourself that is as the child that has been somewhat damaged by an experience and needs a certain understanding from the parent at this time. It is well, then, to look at this child in the meditative state so that you may see where this child was born, shall we say, and how the birth occurred, looking at those events that formed this response in this child. Perhaps there will be the need to look into the subconscious through dreams, through hypnosis, or through your deeper meditations to discover these experiences.

It is well, however, to follow whatever memory you have of these experiences as fully as possible in order to achieve the understanding of how this resistance and this child came to be. When this understanding has been achieved, then you may look with a clearer and more compassionate eye at this portion of yourself as you seek to learn, relearn, balance or harmonize certain behaviors or thoughts that you are working upon as a portion of your journey of seeking.

Is there a further query, my brother?

Questioner: No, thank you very much, that's very helpful.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Q'uo, and we feel that we have exhausted both the queries and this group's attention for this circle of seeking this afternoon. We are most grateful to each for the invitation to join your circle, and we thank each for this great opportunity to walk with you upon your journeys and to speak that which is our opinion, hoping that in some fashion we might be able to serve you by sharing that which is our opinion. Since we do share opinion, we wish to reiterate that we do not wish to place a stumbling block before any seeker. If any word we have spoken does not ring of truth to you, leave that word behind quickly, saving only those that ring of your truth. We are known to you as those of Q'uo, and we shall take our leave of this instrument and this group at

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this time, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
July 12, 1992

Group question: The question this afternoon deals with the concept of change and transformation, and the confusion, the anger, the frustration that comes when we don't feel that we're changing in the way that we wish to change. Most students of their own evolution look at their lives, and, at some time, attempt to match the life with the ideals that they hold, and feel that there are certain things that they can do. But most of us look at our attempts to change and feel that we are inadequate in our change and that we are perhaps not even moving in the right direction. And as we begin to change and have this confusion and anger, we become further befuddled when we don't move as we wish.

It seems to be a self-perpetuating cycle, and we're wondering if there's a way that we can make the process of change one more easily accomplished; or is there some necessity for change, in order for it to be seated in our being, to become a tumultuous sort of experience? Are we supposed to be in turmoil? Is there some benefit that we can gain from being in turmoil? Is there some way to deal with the turmoil that is erroneous? Can we communicate with our higher selves through dreams? Can we do exercises? Can we watch our diet? Can we meditate more? What can we do that will make our perception of our change more balanced and harmonious? How can we accomplish change in the most efficient manner as seekers of truth?

(Carla channeling)

We are those of Q'uo. Greetings and blessings to each in the love and in the light of the one infinite Creator. We wish you the peace of heart and mind that seekers have, yet often know not that they have, and would offer our thoughts in reaction to your query upon the ways of dealing with confusion when the changes in life feel as though they were coming too quickly to understand or guide. As we offer our thoughts, we remind each that our opinions are fallible, and, if any thought disturbs any of you or feels misplaced, simply to omit it from your memory, as we would not offer even more confusion of an unhelpful kind.

We imply that change can be helpful, confusion can be helpful, and do so on purpose. There is a difference between discomfort and injury. The confusion of incarnate life, in general, is massive, and was meant to be so in order to challenge and successfully baffle the intellectual mind, which thinks in black and white, yes and no. The point of this baffling effect is to coax the seeker into opening the heart to the processes of thinking, evaluating and decision-making. Those with unawakened hearts may reason perfectly, yet come to inappropriate or inefficient decisions and conclusions relative to their own deeper desires. The spiritual journey is many things, but is not linear or logical.

Earlier this day, this instrument was thinking of a story within its holy work. It is an apt tale to share at this time. It concerns a traveler who was robbed, beaten and left upon the road. He was passed by a very well-placed gentleman who had an appointment. The man left the traveler on the road, as did another wealthy man. But there was a stranger who found the man, and although he was not from this particular region, the stranger took up the robbed and beaten man, carried him to a place of safety and succor, and made sure the beaten traveler had what he needed to recover.

In the context of the Holy Bible's story, this was an answer to a question concerning who one's neighbor is. The answer indicated that all were neighbors, not simply those clustered geographically around one. In the context of the query concerning confusion in a time of change, the story may be seen to be an inward representation of a frequent circumstance which occurs when the seeker attempts to monitor, review, analyze and interrupt the process of change in order to make it more like the picture the seeker has in the mind.

When a seeker becomes an actor—not only of desire, but of grasping the life as it is being lived, and attempting to help the process of change along—the seeker is standing athwart what may loosely be called "desire-driven destiny." The resulting cross tides of confusion are a mechanically-created artifact of this stance. Yet, each seeker wishes to so live the life and so cleanly make each choice that it is in charge of the life experience and gives it up to the infinite One as a beautiful gift.

Of course, seekers wish to help along the process of transformation. But if the seeker can pull the point of view back far enough to gaze upon the conscious self living through the confusion of change, which has been put in motion because of purified desire, this seeker may see that once the desire is honed and tempered then there comes the time of faithful patience. The intellectual mind may rush ahead and seem to predict accurately outcomes which are not actual outcomes, thus creating confusion on top of the necessary initial confusion which accompanies any change.

How much better to respect the work in consciousness which has been done, and then to see the self as the first neighbor, the nearest one to the observing portion of the self. The conscious seeker moving through the frustration, pain and anger of not yet understood changes is a weary, broken, tired and needy traveler. Yet, there is a portion of the self which may remember to forget the rush towards the next appointment, to let go of the control of happenstance, because there is a neighbor, a self—which happens to be the self, rather than an other—which needs aid and comfort in his travail.

The seeker is so eager to go through the process of transformation, yet, it is a long, subtle process. The implications of any one decision seem, on the surface, limited; but, when one is transforming the being, the seemingly limited ripples of effect give way to a much more complex field of interwoven options or varieties of tone and color in the, may we call it, "sub-programs" within the mind, which are in fact effected by seemingly simple changes in the way of being.

To change an action is relatively simple in its effect upon the essential core meta-program of beingness. It often does not touch any deep programming to change a behavior. But you are asking about changing a beingness, changing the way of perceiving and experiencing one's own essence and this is endlessly subtle work.

You can, and may well, take the uncomfortable self and visualize the giving of healing and love to this self. You would do just such for another. You also may do this for the self. When the self is somewhat comforted, the gaze again may be turned to the observation and watching of the working out of the destiny requested by the purified desire already spent. Faithfully and trustingly place the deeper observational self, with eyes clear and alert, at the right hand of all that occurs; but ask for the patience and the faith to remain an observer while a process seems to be working itself out.

All your work as an entity of spirit is groundwork laid in before confusion overtakes one. Once the cloud of confusion is there, the realization simply may be maintained and remembered that this was asked for, this is occurring, and this is a time-bound phenomenon. In this way, you are able to affirm your own desires, to comfort your own discomfort, and to position the heart open and lovingly addressing the confusion in tones of faith in the process and trust in the kindly nature of the Creator, which allowed you as co-creator to create this vortex

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of transformation and to go through it, powered by desire.

You ask, "What can be done to aid the process of change, to ameliorate the discomfort of the confusion?" Firstly, we do not recommend attempts to become comfortable. If change is comfortable, it is likely not to be effectual. One wishing change is dealing with power which is moving in one direction. This power and all its ramifications are being asked to alter their vectors. In any study of movement of things with weight, one can see clearly the mechanics of turning to be those of the braking, the balancing, the changes in the steering, and so forth. A good deal of dynamic work is done when there is momentum to overcome and a new direction to be taken and then to be accelerated in the new direction.

So, too, when doing work in consciousness, you have a certain amount of spiritual mass which has a certain amount of momentum. When change is desired, prayed and asked for, visualized and preparations made, then there is a very graceful moment available when the realization may come that the spiritual visualization preceding change has been completed, and now the spirit, along with the conscious self in incarnation, must hang on for a bumpy ride, for there will be the braking to overcome momentum, the proper shift in direction which takes several adjustments, and then the process of gradual addition of power to the direction so that the pace is accelerated once again. The one who attempts to wrest change too quickly is doing work against the self and subverting his own spiritual, purified desires.

The various helps mentioned as possibilities—such as working with dreams, changes in diet, and so forth—are valuable individually insofar as they offer to a seeker a comfort. What is most uncomfortable about confusion? It is the disorder. It is the feeling that one is out of control. Those who seek tend to see this feeling, which is natural, and say "I should not be feeling off-balanced; I should be clear." But "should" is not an helpful word. The way one should be is the way one is. We do not mean to split hairs, but to take one word out of the language would be perhaps rewarding to those moving through change, and this word is "should." The heart has a wisdom concerning time which the mind lacks. Thusly, it is well to let the heart choose what form of comfort it may appropriately and skillfully take to bolster the endurance while going through transformation.

Such things as the cleansing of the diet may well give one a feeling of more control. The keeping of the dream notebook is a way of glimpsing the material which the deeper mind is discovering, recovering and restructuring, and this may give one a deeper sense of some control in understanding the process. But, intrinsic to the process are two things: the willingness to endure through discomfort, and the faith that invokes unlimited patience, for the time of change is, in spiritual terms, timeless. Yet, that instant which in time/space exists for so long, being fully potentiated to come into manifestation in space/time, occupies a variable amount of space/time in the experience of one in incarnation. Thusly, there is not a standard waiting period, and patience needs to be given without limit.

One thing we do recommend for all who experience confusion is a very well-encouraged sense of humor. The most helpful point of view for a changing spiritual seeker is light-hearted irreverence. Play with that which is occurring. Be playful. Allow the vision to relax, the eyesight to become less than entirely single-mindedly keen when the pressure mounts and the anxiety builds, when frustration and anger begin to accumulate. Lighten your own load with laughter. And if you can laugh with another, the strength of this joy is doubled. Part of the service spiritual seekers may be to each other is to exhort and encourage each other to take it easier with the situation and the self.

Many are the times when a serious seeker feels very inadequate to that which he wishes to accomplish. The earnestness begins to become more tight and urgent. The seriousness is taken further and further until this *beau geste* consumes one. To a point, this intensity is helpful. Beyond that point, it always needs to be remembered that the most serious things in a life experience are made more clear and understandable by the enhancement of turning the spotlight off the seriousness of the situation and onto the beauty, the praiseworthy beauty, of the overall plan.

When one may praise the plan and give thanks for going through the necessary confusion, one is then taking very seriously and single-mindedly the transformation itself, but has let up the pressure on the self to do "such and such" or not do "such and

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such" in conjunction with this transformation. To take the principles, the ideals, seriously is excellent; to take the self seriously is folly. Let the self be human. Laugh at this humanity. Love it and see that it is perfectly normal to fear that which is painful.

In this group there is not the holding of the fear to the self, for which we would need to request correction; there is only the judgment of the self by the self as the self sees that it has fear. May we say that, in our opinion, fear is a normal and healthy reaction to pain. When you were small you recoiled from the touch to the oven. This was wise. Now you put yourself to more subtle testing of the boundaries and nature of your journey. You will frequently touch something very "hot" and have the healthy fear which allows you to recoil and remove the self from spiritual or mental pain. Allow yourself to move naturally and vulnerably through the unknown. Accept and love the fear, the frustration, the anger. Note them. Honor them. Comfort the self experiencing them, but do not deny them their appropriateness.

Why should you not feel the difficult process happening? Why should the changes not cause many bumps, stops and starts, and discomforts, which express themselves in manifestations of fear, anger and frustration? When the unknown has been penetrated by desire, the new country cannot even be seen. A transforming individual is mapping for the first of many times the new and changing territory of its road. The way is mazed and muddled, and, in many ways, the sensing self is blinded by so much incoming data concerning a novel situation. The computer mind of the physical body gives many, many alarms when receiving this kind of data from the meta-program. The resulting fear, anger or frustration is completely understandable and acceptable, at least to us.

We hope we have enabled you to have compassion upon yourselves. You have asked a question which can only be asked by those who are consciously working within themselves and who have accomplished to have purified the desire and begun to co-create a life in faith. We speak to experienced wayfarers and we say to you: When did you expect to be perfect, comfortable or settled if you wish to be a pilgrim on this particular road to infinity? You know well you expected none of those things. Comfort yourself, therefore, through the frustration. Love yourself through the anger. And cherish yourself through the depression and the grieving at the loss of the old, familiar ways. Above all, release the spirit pilgrim from the strictures of perceived time and know with every fiber of the being that the Creator's time will become your time at the absolute moment of manifestation of transformation. Watch, wait, pray, praise and give thanks. Always give thanks. And this thanks and praise will inform to a great degree the attitude that must lighten up the load of negative emotion.

We cheer you on in your desires and we are sympathetic with the painfulness of transformation, but we realize you wish to know not only comfortable words, but uncomfortable ones, if we feel them to be true. We do feel that it is just to experience negative emotions in an illusion which seems chaotic. We exhort you to lean on praise and thanksgiving, and then, filled with this buoyancy of spirit, gaze again and again with compassion on the weary, weary traveler that is your outer conscious self.

We apologize for taking this much time with this query, but we felt that there was no quicker way to express what are a fairly complex and subtle series of points which attempt to ground you in a new way of perceiving the spirit self in transformation. We would, at this time, thank this instrument and transfer from it that the one known as Jim may conclude the session. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the capacity of attempting to speak to any further queries. Is there a query at this time with which we may begin?

Questioner: When one is cycling in the negativity, understanding that there may be a judgment of self occurring, a lot of times that manifests in the physical. One can feel it through tension headaches or through difficulty with stomach or intestines. It will affect you in the body in some manner. There's concern as to whether that negativity that is festering … obviously it's turning into internal damage in the physical body.

How do you define the difference between healthy negativism and negativism that actually goes deeper, and, in effect, ends up being destructive to that self

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who, in essence, is only trying to heal the self? It seems to be a paradox. Are there ways in which you can either attempt, through that period of negativity when you don't seem to be able to get to your higher self and understand the higher concepts … is there some other way or other methods that you can work towards healing the physical aspect of what you're feeling and what you're doing to yourself in terms of being able to block that from happening so that you don't further self-destruct with the negative patterns while you are attempting to heal yourself of being negative?

I am Q'uo, and am aware of your query, my sister. The overriding concept, in our opinion, as regards this query is the feeling that is at the heart of the entity as it is attempting to move itself into a new pattern of being, perceiving and doing. There is that fear of not living up to the ideals that is a kind of angst, which we have suggested may be utilized by the seeker in a manner which will have the overall effect of enhancing the transformation. This is that small, quivering fear that remains at the corner of the mind reminding one that there is the need to give the best effort at each moment. This kind of fear we find to be not deleterious in the usual sense, but that which spurs the entity on to its best effort.

The kind of negativity that takes center place upon the inner stage of being and thinking, and tends to cause a gathering about it of further fear, is the fear which begins to rot, shall we say, various connective points within the mind/body/spirit complex, and eventually causes physical degeneration of those organs connected to the emotional bodies, as you have been studying them. This kind of fear is that which is indulged in by those who have either little reign upon their inner doubt or who have a tendency from time to time to indulge in self-destructive, as you would call them, behaviors and thoughts, tempting the good intentions of the entity itself, so that the entity becomes divided within itself as to how it shall expend its energies, attempting for a good portion of time to affect those positive changes in which it has invested its ideals and its concept of self, and, at the same time, seeking to undermine those ideals and the effort to match the life pattern with them.

This darker side of fear is that kind of fear which has given a certain sort of pleasure to the entity in its previous experiences, a kind of punishment of the self which the entity has seen as necessary according to those experiences with the parental and other authority figures within the early life experience, so that the entity does, then, when there is the challenge that presents itself in the form of transformation and change, is to behave in a split fashion, so that one portion of the self exhorts the self to move to those high ideals, and the other portion of the self, for a variety of potential reasons, assumes the punishing parental figure and punishes the self with the kind of fear that not only undermines the desire and effect of the change, but also can cause the physical disease as well.

For this kind of fear, and any other behavior or thought that moves one into the areas of disharmony and imbalance, we recommend the daily meditation and use of the balancing exercises which each in this group has utilized for some portion of time in the past. This looking at the inventory of mental and emotional experiences for each day can find the roots of such fear and remove them by balancing them with their polar opposite in the manner which those of Ra gave as the balancing exercises. We recommend the daily review in the meditative state of all thoughts and behaviors that have passed through one's being, as the water moves through the river channel, so that disharmonies may be detected as early as possible and balanced in a manner which makes more whole the entire range of experience of the seeker.

Is there a further query, my sister?

Questioner: I think I understand what you're saying, and the split I well understand. The only other question I have, I guess, are fears that I seem to have and confusion in reference to being able to identify them. I will certainly attempt to do so during my meditations. The only other concern I have is, are some of these fears so deep-rooted that I may not be able to consciously find them in my day-to-day experience? Are they things that will come up in the future as I do these practices? Or are there certain fears that are innate and part of the incarnational experience that will eventually cause this continued split? Is there a way to mend the split in this particular incarnation or is this going to be part of the learning lesson that I must experience? And are some of the negatives that I seem to be experiencing—are they "old" negatives that I seem to be harboring or are they just a continued perpetuation of a lot of little things that seem to add up and turn into a pattern, that seem to coagulate

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into this big huge pattern that then seems to self-perpetuate itself?

I am Q'uo, and am aware of you query, my sister. Within each entity there are fears, not because there is the necessity for fear to be a fundamental portion of this illusion or any incarnation, but because that which is mysterious, hidden within the depths of the self, unknown and which has obvious effects upon the conscious seeker, is that which poses the potential threat.

The seeker which moves upon the journey of illumination and which moves into the depths of the self is well advised to look at the overall perspective of each incarnation, and the creation as a whole, as that which is made of love. Any deviation from that love is, in some form, a distortion of love which may be discovered by the persistent application of daily meditation and the review of the experiences of each day's round of activities. There is no fear buried so deeply that the love-inspired seeker of truth cannot uncover and balance this fear with love.

We do not mean to seem to be naive in this regard, for our recommendation in many instances where seekers feel confusion and fear is to focus upon the fundamental quality of love. We continue to recommend this focusing upon love as the foundation stone of all creation and all incarnation, not only because this is so as we have experienced it, but because it is well for each seeker to look for that love within the life pattern in order that the desire to see and to seek this love may perform its part in attracting this love to the seeker. For it is a metaphysical principle that you shall find that which you seek. We recommend, therefore, that as you plumb those depths of mystery within that you remind yourself that you move within a creation of love, a creation which is in harmony with itself and with you.

These fears that motivate from the depths of one's being have power only because they are distortions of the power of love. When you are able to untangle the distortion of love, then you shall see how this distortion was first caused. The cause is almost always within the early portion of this life experience in accordance with choices that were made before this life experience regarding that which one wished to learn.

Is there a further query, my sister?

Questioner: Not at this time. Thanks.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I have an observation and a query. Being the channel, I couldn't really catch everything, but it seems to me that in describing the way you go about getting through transformation it's a lot like the way you go about channeling, in that all of the work that a channel does is done before the channeling ever begins, and it has to do with cleansing the self of human opinion and world opinion and just the junk of everyday thinking, and trying to tune oneself to the highest and best in one, but then also to ask for the highest and best that one can carry in a stable manner. And when you were talking about change it seemed to me you were saying that the work that you do is done before the change really begins—it's when you desire to change something about yourself and that desire is purified to the point where it actually starts a change occurring. And, at that point, your work is over and what you need to do is, in the midst of your desire, to say that you want to approximate your ideals—the highest and best that you're capable of—and the change that you're capable of in a stable manner. Is this a just observation and is this a valid point?

I am Q'uo, and am aware of your query, my sister, and we can agree wholeheartedly that you have made a point that is quite valid. For each seeker of truth is a channel for the life experience, and when one finds oneself in the midst of change or transformation, this experience is the result of much desire previous to the beginning of the change, for first must come the recognition of oneself as one is at a particular moment. Then there comes, or perhaps does not come, the desire for change in a certain area of the life experience. Only after these recognitions have been achieved is the seeker able to undertake any portion of the change, which then may be manifested to the eye, the ear, or the emotions of the seeker undergoing the change.

By the time the changing and the frustration that comes with change is noticed, most of the work of the seeker has been accomplished as regards setting the change in motion. The work that remains for such a seeker, noticing the change within its being and experience, is the work of moving in harmony with the change. For this reason, we recommended the lighthearted approach which tends to see that all

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is well, that discomforts can be humorous and certainly can be survived, and can be survived most efficiently when there is this lighthearted approach.

Is there a further query, my sister?

Carla: No, Q'uo. Thank you very much.

I am Q'uo, and again we thank you, my sister. And, as we appear to have exhausted the queries for this session of working, we shall take this opportunity to thank each seeker present for inviting our presence into your meditation and circle of working this day. We are very happy to be invited and privileged to partake in your seeking. We offer our words and opinions freely, with the only admonition being that you take those which ring of truth to you and leave behind those that do not. Again, our great gratitude for your desire to seek and for your invitation to us that we might seek with you.

D: Wait! Before you go, can I ask another question?

I am Q'uo, and we are happy to entertain another query from the one known as D.

D: Okay, great. We were discussing earlier about tones and things that we receive here, and I guess as we become more aware, at least in my own experience, I've become more aware of certain things that would not seem to be the norm to most people. The discordant tones that I heard in one particular instance—which were all very loud and buzzing in my ears—I wanted to know why that occurred? What was happening when that did occur? What happens on other occasions when just one single tone occurs? Does this have something to do with discord always, or are there various reasons for these particular things?

And the other thing that I've been lately experiencing which was the freeze-frames of patterns which I see, which have only happened in the last couple of months. Is that just another awareness happening? They're interesting when they happen. They seem to crop up more and more as I become more aware, and I was wondering if you could define these? And, if there are reasons for the discordant tones, is there any way that I could work with them when they do occur so that I can either rebalance myself when it occurs, or is there another reason that it occurs?

I am Q'uo, and am aware of your query, my sister. To begin, we must speak carefully in these queries, for we do not wish to infringe upon your own free will discovery of the symbols which your subconscious mind provides to your conscious mind as a means of focusing the attention. Those tones which sound disharmony are often utilized to signify just this. Look at that experience which was most important and which preceded such tones in your previous experience and correlate those experiences with these tones. As the number of tones of disharmony increase, look at this symbol of increased disharmony.

The query concerning the freeze-frames is one which we must be most careful with, for this means of communication from the subconscious mind is one which is more specific in its indication of the need for attention. Look at the frames. Meditate upon the images. Make the correlations which appear within your inner view as you meditate upon the images.

Was there a further query, my sister?

D: Just in reference to the freeze-frames. Right now, at this time, they appear to be so fast I can't grasp them, perhaps because it is just meant to be an attention-getter, seeing as my attention is not always there in meditation. Should I focus on attempting to draw them out so I can recognize those as patterns, or is it just occurring because my attention span is not where it should be when I am meditating? It's not just when I'm meditating though, it happens all the time now. So, when I close my eyes, and whether I eat or go into prayer or just attempt to close my eyes for a few minutes, they occur. And they occur quite frequently, so I take it as some kind of signal that I should be doing something, but I can't seem to grasp it. And I can't seem to grasp the patterns because they are so instantaneous. They're almost quicker than a second. I'm just not sure as to how I can do as you said and take those frames and meditate upon them, when I can't even seem to catch them.

I am Q'uo, and am aware of your query, my sister. To meditate upon that which moves quickly before the inner eye is perhaps to move into a different kind of meditation. That is to say, that as the images move quickly, rather than attempting to stop the movement and capture an image, it would be helpful to feel the feeling tone that such rapid moving images leave as their residue. Perhaps an image will remain with a feeling tone. Perhaps just a feeling. Perhaps just an image. Perhaps a series of images.

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Whatever is the residue, the charge, the power of the experience, then, take that residue and meditate upon it and make whatever correlations present themselves.

In this way, we feel that you may begin to follow a trail, shall we say, which is being left for you by your subconscious mind which has been alerted by the conscious mind, through your intensity and desire of seeking, that information is desired in regards to a certain kind of level of seeking. This trail is that which is of importance. Follow the trail to the best of your abilities, realizing that the methods used are those to which you are the most susceptible or most able to glean information from.

Is there a further query, my sister?

D: The only other query I had was in reference to the dreams. You had mentioned earlier that we were a series of complex illusions of dreams within dreams. In reference to the [framework] of information between my self and my higher self, how can I go about deciphering what seems nonsensical dreams? I find patterns that I begin to recognize. Carla has been a great help in reference to helping me to decipher some of these. But is there a better way, is there some kind of thing, seeing as I have a tendency to work in the dream field … It's very natural to concentrate on something before I go to sleep so that I may be able to attain the highest clarity of connection between myself and my higher self, so that I can begin to also work in conjunction with meditation and prayer. When I do this, is there a method of visualization or something that I can do just prior to sleeping—while just on the verge of going to sleep—so that I can mentally attune myself to receiving the highest or the best work, for either that particular day or for the particular situation that I'm in where I need help?

I am Q'uo, and am aware of you query, my sister. We feel that you have well prepared yourself for the work with dreams, and can only suggest that you provide yourself with the tools for recording your dreams as soon as you have experienced the dreams as is possible. The repeating and reminding to the self that you wish to remember the dreams is most important. And the preparation for the dreaming by mental contemplation upon the topic of most concern is also recommended so that the brain will have access to as much information as is possible to feed into the dreaming process. This is helpful as a preparation at all times.

Is there another query, my sister?

D: Yes. I've experienced, in the past, hearing telepathic messages through my dreams from what seems to be various different entities when I've asked certain questions. One of the reasons I've refrained from doing this for the last year was the caution involved. But there were times when I telepathically received things. Was that coming from my higher self? Was that coming from guides? And should I continue to attempt to work with those who have obviously worked with me in the past through dreams, or should I really within the next year continue as I have been doing, working directly with the higher self and from the higher self into God?

I am Q'uo, and am aware of your query, my sister. We must apologize for being unwilling to give advice in this regard, for it is in the area that is of most importance in the exercise of your own choice-making ability to determine those practices which are more helpful than are others in your seeking. Thus, we leave these choices to you, reminding you that you are aware that your higher self portion does indeed communicate with you in your dream state.

Is there another query, my sister?

D: No, but thank you very much for all the information.

I am Q'uo, and we would ask if there are any final queries at this time.

(Pause)

I am Q'uo, and once again we shall thank each entity for the honor of spending time and opinion and inspiration with you. We are inspired by you as much as we hope that you are inspired by us, for you seek within the illusion of the third density, where so much of the Creator must be sought in darkness and in mystery. Brave and courageous souls are you who so seek …

(Tape ends.) ♣

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Sunday Meditation
July 19, 1992

Group question: The question this afternoon has to do with how we accept those retrograde moments when the world around us does not seem to respond in a way in which we would either want it to or expect it to—whether it is a desire we have to control a situation and make it come out the way we think would be favorable; or relate to another person in a way we think is most harmonious, and yet the person or the situation does not seem to allow us to do that; or when we wish to live according to our highest ideals but find ourselves falling short, and we tend to make ourselves feel guilty because we have not done that which we feel is within our capability to do. How do we deal with our own feelings of falling short, how do we accept the moments when we are in the midst of anguish, and what is the most effective way of handling these moments where we find disharmony within ourselves or another and we feel that we have been responsible for that.

(Carla channeling)

I am Q'uo. Greetings to each of you in the love and in the light of the one infinite Creator. We are gratified to be called to this session of working and especially greet the one known as C and the one known as J, who have not been with this group for some of your time. We are honored to offer our humble opinions on the topic of some of the balancing of relationships appropriate to those seeking polarity in service to others, and ask only that you be aware that our opinions are prone to distortions, as are all opinions. We therefore ask each to use the inner discrimination in evaluating our suggestions and thoughts; we would prefer you to forget that which we said rather than attempt to accept an opinion of ours that did not feel right for you personally, for you and you alone recognize your own truth and we would not put a stumbling block before any.

We shall begin the consideration of the balanced and non-controlling handling or treatment of seemingly disharmonious situations with some suggestions for consideration. We suggest that you retreat in mode of thought from the conscious self that sits in this circle, retreat until you have gained a stance outside of your circumstances, outside of your personal conditions in life, and gaze at the phenomenal illusion which you incarnated to enjoy and are enjoying. See that distance between that which phenomenally occurs and the way you construe in thought formations those many things which have risen in the phenomenal world. There is, shall we say, a world of difference between the two. We suggest that in your considerations and from this stance of increased objectivity you look at the long process that is long in description though seemingly very, very quick in your time, that proceeds from the original sensations by the physical body and its

senses of the phenomena that are arising and the thought formation.

Many, many things arise in each moment. Feel with your senses now the sense of touch responding to the slight breeze of the fan, the pressure of gravity upon you as you sit in meditation, the comfort and discomfort of the position held. Listen, there are vehicles moving at a distance from this dwelling, there is the drone of the fan, the calling of a bird and so many other small sounds, even those within your own body. Follow this thought through the senses not covered by sight, through the sense of smell, the sense of taste. All of these sense impressions are thrown at you moment by moment, millions and millions of bits of information, ninety-nine percent of which you automatically tune out because they do not impinge upon your needs for survival, for comfort, for courtesy, or for those other qualities that you have prioritized in your own programs of what you will pay attention to.

We suggest that each thought that is formed within you is in actuality the result of many, many calculations based upon sense impressions largely ignored, the one percent of sense impressions remaining being distorted by the somewhat biased attitude of each seeker, including yourself, towards the issues of survival, personal comfort, and so forth. When put in this way it may not seem outrageous for us to say that in a very substantial way your thought formations are not experience but recent memory, not that which is occurring but the carefully worked out summary and recapitulation of that which has occurred.

As each knows, when four people witness a traumatic event there will be four different versions of what occurred. They will agree on some points and disagree on others. Those instances wherein there is disharmony between people, part of the disharmony lies in the basic distance between the arising and dissolving of phenomena and the arising and dissolving of thought formation. That which you sense is not that which you live. In some we are suggesting the consideration that life and the experience of living is a story which you tell to yourself. Even in the most clear minded, quiet and objective individual this will hold true to some extent, therefore, that feeling of absolute surety that is the basis of righteous indignation and certainty of various kinds is, though useful and sometimes needed, also less than completely accurate, for if life is a story told to the self then there is the haunting knowledge that all thought formations coming into your mind are already biased.

When two biased entities interact, a portion of any seeming harmony or disharmony will be what you might call real, and what we would call less of an illusion. Then the portion that is already distorted, which we might call an illusion within an illusion—or less real, thusly—if there is the need to deal with disharmony it softens the heart and makes more fertile the ground for harmony to move in realization that in the simplest illusion things are simply arising and dissolving and that you have got a portion of what is arising and are dealing with it as it dissolves. But you are not getting the whole picture, you are not responsible for getting a whole picture; you are not getting it entirely accurate, nor are you responsible for such.

In this way you may already take a short moment to smile at your predicament, for you don't have all the facts, you are not hearing anyone else's sum total of all his facts. There is no possibility of perfect communication because there is no possibility of perfect realization within the illusion. There are those who seek perfect realization, but within the illusion we have the opinion that the purpose of the illusion is to present you with difficulties and frustrations in order that you may test the wings of your love and desire to serve, and test also the structure of your belief system of ethics, how you put into action the tools and resources you have gathered about you as ideals, ethical points of view, and tenets of faith.

Now, when one is asked to accept the self or another self there is fundamentally, precisely the same difficulty, but because of the self-consciousness so important to your learning experiences within third density the work done in regard to the self and in regard to the other self will differ somewhat. When working with acceptance of the self there is the push towards a complete self-honesty. This is not so difficult for the spiritual seeker to accomplish. Then there is the desire for acceptance of and desire for the self. This is very difficult for all entities in third density to achieve. The ability to accept the self is hindered by the feeling that since the thoughts of the self are ever imperfect it seems reasonable not to accept the self totally but to continue to judge the self.

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In your density you are not privy to the private thoughts of other selves. You may think that other selves have more pristine thought processes. This assumption is likely to be false, yet you are able to forgive and accept other selves a hundred times more easily that you are able to accept the self. We say to you that you do not need to accept the self all at once. Since you are home to yourself at all times you have a long relationship with your own student persona. Trust in that relationship, and be to yourself as the excellent teacher, one who encourages the student, one who accepts the student's errors, pointing them out and then giving another quiz or test which the student now may pass with honors, having learned the facts as opposed to erroneous and mistaken facts of a given situation.

Lean into the persona of the nurturing teacher to the self, the nurturing parent, the nurturing authority, and in the end, the nurturing Creator, and realize that you have no need to consign yourself to some perdition because of errors. The moment for an error comes and dissipates, and the process of healing may begin as soon as you allow yourself the charity that must needs accompany the beginning of such healing. This is important to your polarity in service to others for you have been told by the master known as Jesus to love others as you love yourself.

Learning to love the self in the midst of perceived imperfection then is, we suggest, a key to going about the steady work of one who is of service-to-others polarity.

Now, gaze at another self which has assaulted the senses with unexpected hostility or simply has presented some situation which is awkward or in which there is a high degree of possibility for miscommunication. If the life is a story, then it is well to tell the story to each other when there is the possibility for missed signals and confusing conversation. If there is an accepting ear and a willing communicator on the other side of the equation of the self and other self we suggest taking the time, and time is most valuable, to communicate in vulnerability and honesty with the other self, allowing yourself to be shiningly clear. This means not defending the position that you find yourself in but simply stating it and asking for clarification from the other self. When there is such a one there is formed at that moment a true bond. Two entities have entered into a heart-felt transaction, and that which was difficult has become clear, for there is open communication, there is an open heart, and where there are two open hearts there is always exchange of energy and the healing of breaches which were experienced.

If the entity which is the other self is not at this moment ready to communicate openly and clearly but rather continues to be accusatory or frustrating or simply puzzled in some deleterious way then the matter is imperfect yet concluded, and the rest of the work is done within the self, forgiving the self for being unable to create apparent harmony, forgiving the other self for the same, and accepting in the self the desire to control the harmony of the situation even though this control is positively intended and ends up seeming to be a negative value since control exercised without resolve is more apparent in its manipulatory aspects.

Gaze at that seeming manipulation and realize that with self-consciousness comes the manipulation of objects and of thoughts to understand, to accomplish. The manipulations are not all of the same kind nor are they to be judged the same way. Negative manipulations are carefully to be recognized, but the attempts towards harmony, if not carried beyond the first attempt, are certainly not negative, except that each entity has the responsibility to manipulate the world of illusion, to mold it in love and in light. Mistakes may seem to be made—simply keep the intention high and the efforts to understand the other self intensive and persistent.

As for the recalcitrant-seeming other self, we suggest the use of prayer; realize that one which runs from love and compassion is a sorrowing and hard-pressed entity. The root causes of this sorrow or misery are not necessarily known even to the other self, yet you may pray that light may bless this self, that love may touch the heart of this self that you have no way of understanding unless that self speaks clearly to you, yet always is there the strength of praise and thanksgiving for the opportunity to hold another in the heart and offer that held other self up to the love and the light that streams infinitely from the infinite One.

Energies in a confrontation feel like jagged lines. What one wishes to do as a positive entity is to attempt through clear communication and the right use of compassion and compassionate manipulation

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to cause a mutual feeling of dancing in one spiraling circle, upwards in the light. When this is not possible you simply continue this dance by yourself, swirling and dipping in the rhythms of the eternal with a keen and loving ear to the music of love and light. This way of speaking of prayer is hardly literal but this is the sort of feeling we encourage in the prayers. One does not always know for what to pray for another's needs, yet one may, when in the flow of the eternal, pray those abiding prayers of love, praise and thanks for each and every experience which has been experienced with this entity, thereby offering this entity to the Creator in order that the Creator's love and light may be felt more and more in that other self's life to the end known best by the other self and its Creator.

At this time we would transfer this contact to the one known as Jim that it may conclude this session of working. We thank this instrument and this group again, and would at this time leave this instrument in love and in light. We would transfer now. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the capacity of attempting to speak to any further queries which those present may have to offer us. Is there a query with which we may begin?

Questioner: Yes, I have a query. Is channeling—the way Carla and Jim do that here—is this something for everyone, is this the way of the future, or is this something that derives out of the desire upon the entity *(inaudible)* to do?

I am Q'uo, and we are aware of your query, my sister. Each seeker upon the path of truth seeks that which is most helpful upon the journey, and by far the great number of seekers is that kind of seeker which you would call unaware that there is a journey, and these entities utilize the daily round of activities in a sense which is less efficient, shall we say, but more filled with the mystery of the journey, and these entities utilize that which circumstance provides as they attempt to find a sense and a center to the life pattern.

Those seekers who are conscious of the journey and who place themselves there in faith and in love utilize tools, methods and teachers which are drawn to them according to the manner in which they seek, some finding great comfort in the process which you have called the channeling and which we at this time partake in. This kind of catalyst is of an unusual nature in relation to the great number of alternate …

(Side one of tape ends.)

(Jim channeling)

We are again with this instrument. We shall continue.

The unusual nature of the channeling process makes this kind of method of seeking difficult for some to utilize and makes it more attractive for others, for there is much notoriety which has been associated with this phenomenon through much of your recent past. We find as we observe those not only within this circle of seeking but the great number of conscious seekers upon your planetary sphere that the movement into the utilization of channeled information has as its natural continuation the opening of each seeker's channel for finding the personal and internal sources of information so that each seeker is more nearly an instrument of a purified and rarefied nature, which is to say that all catalyst—such as channeling, astrology, tarot, numerology and so forth—serves as an intermediary for a certain portion of time for the seeker. Thence there is the movement towards refining that channel which is ever and always available to all seekers, for each entity upon your planet channels the life, channels the responses, the activities, the words, the thoughts, and so forth. This channeling of the life then provides the basis by which each entity may refine this movement of energy and inspiration through the life pattern.

Thus, we would respond in short to your query by suggesting that channeling as a life endeavor and as a personal process is far more important than is the channeling in which we now engage, for we wish to serve as catalyst, and as each seeker channels his or her own journey there is where the treasures are truly found.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

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Carla: I have one. I was surprised a little bit, even though I was the one channeling—when we talked about the question beforehand, I had thought to myself that there is probably going to be some channeling on, oh, just surrender to that which was required of one or desired of one by the infinite Creator, just a faith in that, and I was sort of surrendering to faith instead of trying to work with things, and I noticed that in talking about how to deal with this particular question there wasn't any talk of surrender. It was really pretty well focused on the ways and means that we can work within our own minds and our own parts. I wonder if you can speak to that.

I am Q'uo, and I am aware of your query, my sister. As we spoke on the query for this session of working we observed that each entity present was well aware of the value of the surrendering to the undeniable circumstance, for each has journeyed long upon the path and has felt the force and momentum of the daily round of activities, so that the need to surrender to that which seems inevitable and right is obvious to each. We wish, therefore, to build upon the concepts of action considered in the light of surrender, for all activities that you accomplish within your life pattern are of a nature where there is a necessity for interaction of some kind. The conscious seeker of truth will wish to give the effort that is of the highest quality, reflecting the essence of its deepest being and wishes, to know how to form the response that is loving, intelligent and flexible in any situation.

Thus, we spoke to activity and response as those means whereby entities may gather their resources, shall we say, and utilize them to the fullest within the boundaries of the illusion in which you move, and with the recognition that the surrendering heart and mind are the attitudinal components, shall we say, by which all such activity may be accomplished. Thus we thought to provide the paradox how one may act with the attitude of surrender.

Is there a further query, my sister?

Carla: Let me just sum up and have you say "Yes, you have an understanding" or "No, you don't." You say that it is the living of a life in faith or the attempt to live a life in faith which is continuous surrender that enables one to raise the question "How can I best find honesty and acceptance in my personal interrelationships?" Would that be a fair summary of what you just said?

I am Q'uo. Not only would we suggest that is a fair summary, but an eloquent one.

Is there a further query at this time?

Carla: No, you old charmer, thank you very much. Q'uo, it's a pleasure to talk to you.

I am Q'uo, and I thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and as we assess the energies and lack of queries at this moment we feel that we have spoken for the appropriate length of your time, and we thank each entity for providing us with the desire to know that which we have to offer and with the patience to listen to what we are aware has been a somewhat lengthy discourse. We are always grateful for the opportunity to speak to this group and to any group which seeks so wholeheartedly for the love and light that will illuminate the journey yet one step further. We cannot express our gratitude enough to each present. We thank you, my brothers and sisters, and we shall take our leave of this group at this time, leaving each, as always, in love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
August 16, 1992

Group question: The question this afternoon has to do with the concept of releasing our mental plans and control enough in our lives in order to either in general channel alive and be in the moment and experience the moment as fully as we can, for what it has to offer us, or in some cases to specifically be able to verbally channel from other sources, our higher selves or perhaps guides or other entities that would wish to communicate information of spiritual evolutionary value to us. What would be your recommendation as to how we can be enough in the moment to be able to do any kind of channeling that we wish whether that would be to channel alive, a relationship, a job or a message from another entity?

(Carla channeling)

Greetings, my friends. We are known to you as those of Q'uo. We greet each of you in the love and in the light of the one infinite Creator whose property is to be infinite, invisible, everlasting and intelligent. We greet you in the love and in the light of this everlasting intelligence because that is all that there is, love and manifestation. Love in a manifestation built with light. We ask you to pause momentarily as we wish to take this instrument to a deeper level, so that we may speak more clearly through this instrument. We shall pause for a moment. We are those of the principle of Q'uo.

(Pause)

I am Q'uo, and we are again with this instrument. Again, we greet you in love and in light. It is our great privilege to be called to this circle of seeking to speak upon the question you have posed. Indeed we are with your peoples for this purpose alone, and you give us the precious gift of an opportunity for us to serve and to learn. For we in our density also have lessons to learn. Ours are those of wisdom, whereas yours are those of the student learning to love and be loved. We ask you to realize firmly that we are prone to error, not great or exalted, but pilgrims upon the dusty road of spiritual seeking. You seek an accelerated pace of spiritual evolution. All beings evolve; that is their destiny. It is within each seeker's control to choose the rate of learning and the rate of changing or transforming. We happily share our thoughts with you; but use your discrimination. Any thought that you find not to be useful, we ask you to discard it. For you will not learn from us. We are only the catalyst for you to remember your personal truth. Thus, take only those thoughts of ours which you recognize and feel "Yes, I knew that, I only forgot!"

All in third density begin with a vast forgetting, then see only those things which are visible, hear only those sounds which the ear may transmit to the brain—and so forth through the senses. Your physical vehicle was designed to deal with this

illusion, this grand illusion, this carnival which passes in third density for reality. However, at the very heart of all that is visible is both metaphysical and physical awareness that nothing can be truly understood on its larger terms. That is, telescopes show to the eye that which the eye cannot see, yet those scientists which use those telescopes always stress how much more there is beyond the limits of their measuring devices. Similarly, as the microscope becomes more and more powerful, it begins to see smaller and smaller particles.

The cyclotron throws the atom, seeking the sight of the first particle which has mass. Yet, we hear from these scientists that only the path of energy of these electrons can be documented. Mass itself can not. This is because all things are created by light, by the revolutions and buildings of revolutions of the unit of light, called the photon, which has never yielded any suggestion of mass—only the wave of energy. Your illusion is perfect. It offers you that which you need to act out the learning which you came to this lifetime to receive.

You are old, old souls and you have given yourself your own choices of those relationships and environments which you feel will give you the most opportunity for learning. This is done by the friction of difficulty and trouble, frustration and other seemingly negative reactions, those things which trip up the attention and move your consciousness off the balance upon which you walk, balancing the various positive and negative catalyst which you receive, so that you may work with this catalyst and at your own pace continue the evolution of spirit. The evolution of third-density physical vehicles is at its end. Further evolution is all spiritual.

It is written by one who was close to the master known as Christ through vision that you should look not at those things that are seen but at those things that are unseen. For those things which are seen are temporal, while those things which are not seen are eternal. Let us look at this thought, spoken by the one known as Paul, the Apostle. When you wish to work with spiritual evolution, you take that which is before you, say a mismatched relationship apparently or a great chasm betwixt boss and employee. There is a tendency to focus upon the physical, chronologically arranged events which have caused the disharmonious feeling of being swept off of balance, of being tumbled by [lies].

It is much more difficult to look for the heart of the dilemma. To gaze not at the topology and chronology of the disharmony but rather to penetrate the illusion to move by faith alone through the veil of forgetting. And to by faith ask for help from the world of the spiritual on the level of those things which are not seen. The workings of the heart are not seen. The self-acceptance or lack of it is not seen. The love or hunger for love in relationships is not seen. Circumstances only are seen. There is, my friends, a reason for this. The design is to so baffle, frustrate and confuse the intellect with all the data of the senses that the student will be forced to move the center of investigatory energy from the intellectual mind, which is a creature of this illusion only, to the wisdom of the deep mind, which is vastly more informed and which resides in what you would call the heart energy center. This center is the gateway center wherein, when the lower energies have been cleared, the gate becomes opened so that you can effectively focus the heart's wisdom upon the situation you wish balanced within you.

Each of you is aware that it is well to keep the mind's eye upon the moment which is now. And many are those who feel guilty that they do not spend more of your time in the meditation, contemplation, prayer and simple reading of inspirational material that has been valued by you. The world, you say, is so much with me I cannot do these things which take too much time. We ask each to release the self from this judgmental frame of mind and firstly to realize that there is no physical time to seeking but only the energy of intention and desire. Secondly, that this can be called upon at any moment during which you are aware enough of how to judge and discriminate to choose what to look at. This meditation of the moment is not a will-o'-the-wisp. It is the dipping into the deep pool of peace in a moment, so that you may turn again and face the illusion without being drowned and overwhelmed by the information pouring in from your senses. Your body's mind would, if it could, speak only of the illusion. Thusly, it is only by conscious choice of the point of view that you may have the option of looking at what forces shaped the situation at the present moment.

This, my friends, is not a theoretical training ground for soul! This, your third-density illusion, is boot camp for souls! You see, in third density you have one choice to make. It is the choice between service

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to the self and service to others. Upon this choice depends millions, of what you think of as years, of future evolution. For both the service-to-self path and the service-to-others path are viable ways to become one with the one Creator which is the source of all that there is, and indeed is all that there is.

Again, we shall pause as we find this instrument going to sleep. We shall bring the level up a bit. Please allow our apologies for another pause. We are Q'uo.

(Pause)

We are again with this instrument. We cannot wake this instrument up. Therefore, we feel it best to speak only a bit longer. For while this instrument is perfectly safe, we wish not to intrude upon this instrument's free will. And as we are in trance with this instrument, she has no free will. This constitutes an unacceptable contact, for we believe above all things in the free will of each individual and would not speak our thoughts to any which did not ask. Nor would we enter into the trance state with an instrument without the prior agreement. Therefore, we simply will sum what we have said and then transfer.

Whether in channeling or in living, the focus upon the principles governing that which occurs rather than [on] that which seems to be occurring will yield to you the more accurate point of view from which to use your personal powers of discrimination and choices of action, so that you stop reacting to the illusion and begin the freer and more transforming activity of acting as you believe in the present moment to be your deepest understanding. This process is guarded by the one who loves you very, very much. The protection of the seeker is grounded in love. You are loved infinitely, and you are channels for infinite love. We thank this group for allowing us to speak, and we thank this instrument and would now transfer to the one known as Jim. We leave this instrument in love and in light. We are Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and in the light of the one infinite Creator. At this time we would offer ourselves in the responding to any further queries which those present would have for us. Is there a query at this time?

Carla: I have a question. Could you tell me what happened? I was channeling and then suddenly Jim pulled the microphone away from me and so I assumed I came to a dead stop. What happened?

I am Q'uo. I am aware of your query and your confusion, my sister. We were unable to bring your level of consciousness up to a sufficient degree away from that level you call sleep, so that we were of necessity bound to complete that portion of our message through your instrument. We can assure you that you did not stop and could have continued if we had wished to infringe upon your free will by utilizing the trance state. Since we had no prior agreement with you to utilize the trance level of communication, we found it necessary to give a summary of that information which we had been transmitting through your instrument and then transferred our contact to this instrument in order that questions and answers could be entertained, as is the practice of this group in its relationship to us.

Is there a further query, my sister?

Carla: Yes, Q'uo, could you please speak to me what I did incorrectly, to bring about this situation. This has not happened before.

I am Q'uo, and I am aware of your query, my sister. We find no error upon your part. Only the body's response to the opportunity for rest as it is suffering of that which you call the infection, which has weakened it significantly, and we applaud your desire to serve under these conditions, and that which occurred is not unusual in this instance. Therefore, we do not suggest any corrective action or further concern upon your part.

Is there another query, my sister?

Carla: Yes, a last one. Is there a desire, is there a need in your opinion for any, let's say, series of special sessions in trance, such as we have done before, or is conscious channeling that which the Confederation prefers at this time, through me?

I am Q'uo, and I am aware of your query, my sister. We do not recommend the utilization of the trance level of contact for your instrument at this time but would continue with the conscious channeling as you have called it.

Is there another query, my sister?

Carla: No, Q'uo, thank you very much. I appreciate it.

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I am Q'uo, and we thank you again, my sister. Is there another query at this time?

Carla: I do have one more before you stop. Do you wish to speak upon this subject again, to finish what you had to say?

I am Q'uo, and we find that as with all topics *(laughter from Carla)* there is an infinite amount of information available. At your request we feel that we have given a good beginning upon this topic, one which offers each food for thought shall we say and we shall be happy to speak further if it is requested of us.

Is there another query, my sister?

Carla: No, Q'uo. And I thank you and am glad to talk with you as usual.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Questioner: I have a query. First of all, are you familiar with my … inquiry or … ah, earlier what I was speaking of as an experience which I had in California in which I …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We are aware of the information which you shared with this group, my sister, but do not choose to read further before you have given information, for we do not wish to infringe upon any entity's free will and therefore will respond only to this information which you have spoken and to which you wish further response. How may we speak, my sister?

Questioner: My query has to do with … getting in touch with … whether this is something with which I might continue or should continue?

I am Q'uo, and I am aware of your query, my sister. Our response, in order to assure your free will in its action, is of necessity general. We may suggest that, if there is an interest in this kind of information and its method of transfer that indeed you may pursue this type of seeking. We would suggest that if there is a question or doubt upon your part that this is a topic upon which meditation would be helpful. For those areas of inquiry, which are of value to the seeker, will cause a feeling of rightness to rise from the subconscious to the conscious mind where it will become apparent that the next step upon the path is the one in question.

Is there a further query, my sister?

Questioner: I feel the doubt is only in my own ability, because there is definitely a desire and an interest in pursuing this.

I am Q'uo, and we would respond by suggesting that it is appropriate that each seeker feel a certain amount of doubt as it approaches a new experience upon the spiritual path. For this kind of doubt or questioning is that which prepares the seeker in an inner sense to take the step from the cliff not knowing whether the foot that steps shall rest upon firm fundament or not. Thus, if there is interest upon your heart and doubt in your ability, we recommend that you rely upon that desire which you feel and that you put aside for the moment the doubt in order that your journey may continue along that path which is designated by the passion and desire within you. Is there a further query, my sister?

Questioner: No further query, and I thank you.

I am Q'uo and we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and as it appears that we have completed those queries which have formed in the minds of those that are present, we shall take this opportunity to thank each entity for inviting our presence in this session of working. We are most grateful to be able to join you and to walk briefly with you upon your journeys of seeking. We applaud each entity's efforts at moving through this illusion which is filled with mystery and confusion, for it is a valiant effort which you make within such a heavy chemical illusion.

Each has friends, guides and teachers that walk with each, whether seen or unseen. And we can assure each of you that you are never alone upon this path though each will feel a loneliness many times during the journey.

Each time you are calling inwardly or outwardly for assistance, your calls are heard and if you will listen carefully with your inner ear, you will hear the response, for the one Creator cares for each of its children and hears each call. We shall take our leave of this group at this time, leaving each as always in the love and in the light of the infinite Creator. We

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are known to you as those of Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
August 30, 1992

Group question: The question this afternoon has to do with voices and emotions that we hear as we go through our daily round of activities, that might speak to us of fear, of memories of the past, of feelings of abandonment, of feelings of joy and peace, of anxiety, of wondering exactly how we fit our lives into the larger picture of the world scene. When we hear these voices, is there the need or any benefit to bringing the voices under any kind of supervision or control? Is it well to allow each voice to speak its own message and then determine what value the message has for us?

What value do these voices have as we go through our daily round of activities, and how can we make reliable decisions concerning our service and our growth as we listen to the variety of voices in our heads and in our lives?

(Carla channeling)

I am Q'uo. Greetings to each of you in the love and in the light of the one infinite Creator. How precious each of you is and how grateful we are that you would wish to call us to share in your meditation and to offer our service of speaking upon the topic of the inner dialogue and its reason for being, its way of working, and its relevance to your spiritual journey. To say that we are offering a service is true; yet, we also wish to say that we are fallible. Therefore, if any opinion of ours does not seem right to you, it would be very gratifying to us if you would leave it behind and keep for thought only those things which seem helpful and right to you, for each has a personal discrimination which is far wiser in its instincts than any outer authority.

As foundation for this collection of thoughts, we would ask you to visualize the seeker that you are in meditation with the entire universe of meaning, both without and within you. You are perhaps more used to thinking of an inner and an outer experience. Yet, the outer experience is, at a deep level, formed sometimes decisively by the inner self. Thusly, the visualization of the self in meditation, bringing the outer world within by allowing, accepting and forgiving outer experience, becomes half of the self's realization that all of the infinite creation is within each seeker, each self-conscious entity. The outer struggles seem light except when those outer influences come too close, and resemble too much, the difficulties of the self within. The outer experience is most usefully thought of as a mirror reflecting to you your inner situation and the joys and challenges of it.

Within you lie all qualities: those that you think of as contradictory, those you think of as good and as bad. All imagined possibilities of self lie fallow within each person. Each is completely universal. You are all that there is. Within your consciousness lies this knowledge. Yet, as you come to your work

of spiritual seeking, it is not usually one's desire to begin with the broad and untamed bewilderment of self-contradictory forces. Far more natural to one seeking is the urge to move into a positive service and love-filled environment.

This is a good instinct, and for the student who is beginning to be aware of the choices that can be made, it is a functional and practical point of view. The decisions are normally fairly simple in an ethical or philosophical sense. Faced with a choice between loving behavior and self-serving, lying or other negative behavior, the student will either choose, usually, to do the positive thing or to fail to do the positive thing but to remember the preference in 20/20 hindsight, as this instrument would say, looking at the undone thing that would have been positive or the error that was not positive and saying, "I will remember to affect future decisions because this decision did not satisfy me."

However, the query that you have asked is about those times when there is no obvious positive choice. That control of choosing the positive thing is a kind of artifact of one doing work while attempting to open the heart. The choices at that level bloom like flowers and are often irresistible. The virtue of service, the joy of giving, the desire to make those you contact feel better—these are the choices made easily, lovingly and freely by those moving to open the center of heart energy.

Yet, the spiritual path of evolution becomes like the planet that you rest upon—creatures of night as well as day—and after the heart is first opened on a reliable basis there yet remains the traversing of the twilight and evening and midnight of the spiritual journey. As you advance in your choices, they become less than obvious. The deepest, most profound darkness lies upon the advancement of the spiritual path. Within this darkness there is one light: the reflecting light as of your moon to this planet of yours. This spiritual reflective essence may be called your higher self, the larger self, the all-mind. It may be called the Christ within or simply guidance. Whatever it is called, it does not cast a clear and bright light, but casts an often deceiving, very subtle moonlight of the spirit. And in this light, with only your guidance to have faith in, you make the more subtle, more difficult, and very important choices having to do with the energies of communication and inner work. Most of the inner work is done in this spiritual, deep-shadowed twilight.

Why is this so? The gates to learning the truth open only to those who are able to use the keys. The first key is the silence of meditation. And after the resources of meditation, contemplation and prayer have aided the seeker enough to open the heart, then the choices become those focusing into the universal nature of the self and an archetypical understanding that allows the seeker to have more keys minted and placed in the spiritual grasp.

Each period of learning at this level is called initiation by your people, and it is, indeed, the beginning of a new subtle pattern which you shall choose. Yet, this choice is not simple, for it is a choice of an entire pattern, a pattern of thought, of intuition, certainly not a clear-cut process. Rather than working upon opening the heart to all that there is in service, the initiatory lessons have to do with solidifying the nature of the self, of envisioning and seeing the more desirable pattern or way of being the self, and, overarching all, the pattern by which the seeker chooses personally and only for the self to discipline itself.

The personality is a magical thing at this spiritual level. It is not the personality of your culture, the right word, the ready joke or laugh. We speak rather of focusing into the true unique nature of you, this one seeker. For you, the joy that awaits at the end of each choice is an enlarged vision, not only of the self, but of the nature of service. You know in your open hearts that you love very, very deeply, to the core of your being, the one Source of all that there is, the one great Thought that initiated and continues creation. You wish all good things. This is always so.

Yet, the later lessons are often tedious to the impatient spirit who wishes to get on with being of service. Yet, as you gaze backwards and see a completed initiation and testing and feel the enlarged strength and stability of your compassion, you feel that all the subtle inner discussion was, indeed, not pointless and not irritating and certainly not a sign of laziness or personal weakness, and you are encouraged by a feeling of inner strength. You see yourself not only open-hearted, but free, for the open-hearted one has not yet dealt with the murderer, the thief, the traitor, all of the negative possibilities that lie within, except by closing the door upon them.

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The last artifact of negativity in the open heart is the unforgiven universal self. You think you are serving all those you meet, and you are; but, in more advanced learning, you discover that you serve and are served with no breath between the two, that service is another way of saying praise or thanksgiving or intercession for forgiveness, and you begin working on the universal self within.

Now that we have described the basic path as we feel it to be, we can zero in a bit upon the so-called "voices within." Let us place them in three categories. Firstly, there are those voices within which are memories from very early times within this incarnation and sometimes having the feeling of experiences not limited to this incarnation. These voices of parents and those in the early world of incarnational time come plangently and persuasively across any number of years to tell you the first things that you heard regularly again and again. These voices may have been wise or unwise, or, as in most cases, a confusing mixture of acceptance and non-acceptance, of forgiveness and of punishment, of stability and abandonment, of security and insecurity. The tangle of emotions wells up within those who are parents and the child remembers so well.

In this first category of voices within, the voices are often fairly easy to pick out, for you hear almost the voice of that early authority speaking. It is fairly clearly not your voice, although you allow it to be so. In this first category of voices, it is well to examine the thought welling up within you for any possible aid. And if there is no real justice, fairness, or help in this voice, it is well to remove it regularly and for a period of time by saying, "You are my mother; you are not me," or whatever the entity and its relation to you is. These voices may be respected, but need to be taken very lightly, for now you are making these choices and that voice speaks to a young child no longer in need of harsh measures of protection.

To allow these voices full sway is the equivalent of failing ever to pick up the matchbook when you are cold and could start a good bonfire on a forest journey because the father or mother said, "Do not use matches." You are now in charge of your equipment for life. The use of any fire to warm body, soul or spirit can be both helpful and destructive, so you must be careful in your choice. Yet, to fear to pick up the tool by which you create the light and warmth is to refuse to move further upon your path.

The second category of voices within is the category of, shall we say, the stray negativity which surrounds and envelops the third-density illusory experience which you call life. Within your density you are specifically guaranteed to be kept off-balance, continuously to encounter situations that baffle and confuse your mind and make it necessary to abandon the intellectual logic and move into the feelings of the heart wherein lies wisdom. There is always the illusion of more negativity by far than positivity, for in the illusion it is often so that loss and limitation cause the spiritual seeker in its pain to do more good work in consciousness than it does during easier times. The easy times, so-called, are seldom well used. May we say that many of those issues which have been brought up this day at this working are of this type.

When the time is fairly joyful, the spirits and will to serve are high. Within this period of experience many entities slack off in their spiritual work. Each of you is expressing an extremely good aspect of spiritual seeking by focusing in, for the purpose of learning, on those motifs that keep reappearing in the inner life that are exceptions to your basic joy. That you not stress these difficulties is good. That you realize them and respect their value enough to do work in the indigo ray or brow-level area is that which will bring you more sharply into the position of initiation where a new key, an enlarged realization of the clarity of the pattern of the self, may begin its process of transforming you by enlarging your stable point of view. We hope that each values these voices that are not parental but are those inner portions which observe the self and speak to the self of patterns not yet fully realized, not yet fully conceived.

You see the pattern by the incompleteness which moves into manifestation in conscious life as the "fly in the ointment," the inner ambivalence, the something not quite comfortable. There need be none of this process, but, if there seems to be the need for some fear, then allow and accept that you have a concern, that there is something that makes you feel the negative rather than the positive. Allow this, for it is a part of the process. Only end always with the realization that the process is positive, and the resulting seeker—that is, you—will learn from this quiet, constant testing, not any large detail of

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spirit, but, rather, the undergirding patterns that support continued spiritual evolution.

As you evolve, the race which you are a part of evolves. You are all entities within your planetary sphere in that, as you evolve and are able reliably to be more of a clear, transparent channel for the infinite waters of love, so you shall be both less yourself and more yourself. You are attempting to move from the personal self to the magical or impersonal self, and these small voices within tell you of the pattern that you are just missing.

This is subtle work. Do not be discouraged, but move forward, and in forgiveness of self—not the forgiveness of one who may confer from the outside, but forgiveness of the universal self by the universal self. To serve love is truly freedom; yet, to perfect that freedom, you move into and through the large choices involved in opening the heart in non-judgmental compassion to the realization that beyond all these choices there is a universal nature which includes all things, and as all-self there is forgiveness of the forever incomplete all-self being perceived as becoming. The more you become, the more freely and gladly you will take on this subtle and essential task.

The third category of voices within is peopled by those presences to which you become sensitized. These are not, in your way of speaking, parts of the self. They seem to be people, entities, energies which are apart from you, which have their own lives, their own bodies and their own thinking. It may be useful for you to think always of your inner guides or the Holy Spirit, or whatever you find to be your guidance. If that be so, then stop right there, for that is an excellent way to relate to these essences, these energies, these people. They truly are here to serve you as a seeker, to aid you in attaining that perfect clarity which lets the Creator shine through undiminished and undistorted.

There are, however, many who find it useful also to feel kinship with or to find themselves to be part of these presences. The way to consider them then might well be that there are energies, essences and traits within yourself which draw and attract these entities, energies and so forth to you. It is well always if a new voice is heard—and all voices are new until challenged—to be clear about being in charge of either accepting these voices or requesting that they leave in no uncertain terms. If you find a portion of guidance—one of the guiding voices—to be destructive, then you must do that which is natural for you to do to remove that voice from the opportunity to speak further. To do this is a matter of knowing where your essence lies so that you can stand solidly upon the spiritual rock upon which you have placed your journey and say, "By this imperishable ideal which I take most seriously, I command you to go and stay gone."

You are not without power. Your thoughts have power. But for them to be full of your true power you truly need to become clear within your heart about your choice of path, for there are many, many paths to the one infinite Creator. For instance, we are such a voice through this instrument. This instrument spent some of your time in moving carefully over its basic faith, its basic way of relating faith theoretical to life specific. This instrument challenges us in the name of Jesus the Christ, and because, to this instrument, Jesus the Christ is the way, the truth and the life, we may then say to this instrument, "We come in the name of Jesus the Christ; Jesus is Lord." We can say this because this is this instrument's true heart. There is no equivocation. This instrument has chosen.

If you were to form your spiritual life upon conversations with your bedpost, we would have to come into harmony with what you and your bedpost conceived to be the way, the truth and the life, and we would see that this bedpost had given you the energy to move into serious consideration of the infinite nature of your spirit. And for you and you alone, we would, silly as it may seem, need to come to you in the name you had given your bedpost. This is very simplistic. However, we are attempting to crash through the barriers of words to express that when you speak to guidance, you must test it.

And do not think that, because you know the energy of your guides, that they are necessarily your guides. There are negatively oriented, spiritually advanced entities who are excellent mimics, shall we say, who work with as much light as do your guides, and their guidance moves in to those who do not take care, first fooling the instrument with positive information, then gradually de-tuning the instrument, asking it to turn from imperishable ideals to specific dogmas and doctrines, be they obviously spiritual or tangentially so, as in thoughts about the diet and the ways of being healthy or unhealthy. Eventually, an untested voice may well

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become quite negative. This occurs only to those who are already listening to the silent wisdom of guidance. This protects those who have not moved to a magical point, a powerful point, in terms of the infinite spirit, the journeying seeker within; ignorance is truly bliss.

To each of you, more knowledge has meant more care, for as you become powerful, you attract attention. As you serve and create light and radiate love of the infinite One, you also cast an ever sharper shadow. You become harder upon yourself, setting yourself up for the forgiveness of the universal self. My beloved ones, know that this query is one asked by those who already love and are already upon the path. Know that you now are working with the discipline of your universal personality. You are beginning to set archetypical habits for yourself and building, ever more polarized, a channel for compassion.

As you do this work, we hope you have the light touch, the sense of humor, the ability to take yourself lightly, for attaining the keys to learning the correct and appropriate use of personal power is a long, long process. You have moved into an area that will be continued in your development for many, many incarnations, and through at least one more density. This situation of loving, serving and trying to become the forgiving universal self, and, therefore, the forgiven universal self, is a sacred and a monumental task, and you are working in the all too dim light of inner work.

You now plumb the depths and wait for the flashes, rare though they are, of perfect realization. May you have faith in this process. May you help each other to bear the burdens and to meet the testings of this process. And may you see always before you the love that surrounds you, the support of that infinite love, and the utter clarity that is possible to achieve when once you have freely forgiven, forgiven and forgiven.

We know that we have spoken overlong, and this instrument has been very formidable in her disapproval; however, this was a subtle query and we could not leave it until we had said at least our outline. We thank you for allowing us to keep you in this circle, and at this time, if there are any queries that you wish to raise, we would answer them. However, we find that this instrument is very willing to transfer this contact to the one known as Jim, and, therefore, we shall take this opportunity to thank this instrument and transfer. We are known to you as the principle of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time, it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there a query with which we may begin?

Carla: Can you give us some kind of insight on how to hold onto the humor and to not get so intense that we can't see where we are?

I am Q'uo, and am aware of your query, my sister. The sense of humor that is so valuable an ally upon the spiritual path may be described as a sense of proportion which allows you to see beyond the moment in which you are experiencing one motion, event, experience or another. This perspective allows you to place each individual experience within the larger continuum that moves ever onward as the river flowing.

Look then at any moment in which your humor has seemingly evaporated, at the entire situation in which you find yourself. Look at the world about you, seeing those entities and events which are momentous and powerful. See yourself placed within the context of a Creator which has made an infinite variety of entities of Itself which seek their identity and the nature of the Creator through myriads of interactions that may or may not make what you call sense, and which may reveal to you the humorous nature of the human creature.

This creature is one full of desire to know the truth, full of the energy of inspiration, full of the confusion of the illusion, and yet which moves valiantly forward, sideways, up, down and around in order that it might progress yet one step further. See the anguish, the confusion, the joys, the determination, all of the emotions that comprise the resources upon which you draw. See them moving with you as colors of the rainbow. Look at yourself upon this rainbow journey and remember that that which is of value is the love which you create in each moment and all else shall fall away, having little of impact in your future. As time progresses, only the love remains.

Is there a further query, my sister?

Carla: No, thank you, Q'uo.

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I am Q'uo, and we thank you, my sister. Is there another query?

Carla: To follow that one up, I would like to ask if there is a way that we can trigger remembrance of all that you have said in the middle of having a fit of some kind, being intensely, overly involved, the way we all do get sometimes, and not seeing anything funny about anything? What kind of trigger can we use to get out of that intense and ever-inwardly spiraling kind of way of concentrating and frustrating ourselves?

I am Q'uo, am aware of your query, my sister. We are of the opinion that it is well for each seeker to experience fully the emotions of the moment without contrivance or control, for it is in these spontaneous responses to life's "slings and arrows," shall we say, that the truer nature of your inner self is revealed. And, as this nature is revealed, then you see those areas of strength and those areas of weakness and may work more successfully upon your weaknesses having them thusly revealed.

Thus, we would not suggest that one attempt to impose a sense of humor, or of any other kind of control, upon the moment in which the experience is "hot," shall we say, and the emotions are turbulent.

However, to remain with such turbulence overly long provides the difficulty, much as the electrical circuit that has had too much voltage in the weakest point [and overloads]. Thus, it is at this time that we would suggest that the humor be invoked by any means which has value or shows efficacy. These possibilities would include the making of a taped reminder to yourself while you are feeling the inspiration of the overview and have with you the ally of humor. This tape could then be played back to yourself as a reminder that that which you have experienced has value. And when the value has been determined, then the humor may be invoked.

It may be that you find there are others in the field of consciousness expansion which have written upon the subject of humor and which give an overview that is felt by you to be valuable and which could be referred to at the appropriate moment. It may be that there are certain moving pictures that bring you this sense of humor and relief from the difficulty of the moment that might also be utilized. Find that procedure or method which has value to you and use it when you feel that the time is appropriate.

Is there a further query, my sister?

Carla: Just a clarification. I take it that you mean not to attempt to move into that which is going on in your thoughts, not your actions. You're not talking about the world of manifestation here, you're talking about the world of internal thought, right? Because you obviously wouldn't want to allow yourself to give into your impulse to kill your employer or something like that.

I am Q'uo, and am aware of your query, my sister. You are in the large part correct, for we do not advise the losing of the self-control to the point of infringing upon the free will of another, but were suggesting that the internal experience which moves you so mightily is that which must needs be expressed in order to be examined at a later time for the fruits of such experience.

Is there another query, my sister?

Carla: Not at this time. Thank you very much, Q'uo.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

Carla: Yeah, one more. No prejudice intended—could your answers not possibly be more direct and to the point, being as we here on the Earth plane think that way? Do you understand?

I am Q'uo, and we are not certain that we grasp your query. Could you find another means of stating it?

Carla: No. Thank you anyway.

I am Q'uo, and we shall speak to that which we feel we grasp. Our responses are tempered by two features of this illusion, the first being the limitations of the instrument and the language with which it is familiar; the second, being more important, and that is the free will of each entity, so that as we speak in response to any query, we give that which will inspire thought, rather than that which will completely sate the hunger, wishing not to do another's work for that entity, for it is the work that is the value of the decision-making and the choosing.

May we speak in any further way to any other query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you. Is there another query?

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Carla: I have one more. You're talking about having already opened the heart and working in communication and inner work, but I don't feel like my heart's open all the time at all. I feel like I'm frequently screwing up and blocking energies or over-spiking them so that they're overly active and so forth, and that my heart isn't always just great. I don't really feel that I could really say, "Well, yeah, I'm doing lots of inner work now because I'm all done with that open heart stuff." I'm not. Could you comment on that, because I don't feel like I'm "here" and not "there." Maybe I'm "there," but I'm also back down in blocked personal relationships and stuff, too.

I am Q'uo, and am aware of your query, my sister. As you learn any skill, whether it be how to open the heart in unconditional love, how to juggle, or how to cook a certain meal, there will be those expressions of the skill which are better done, shall we say, than others. There will be the dropping of the ball for the juggler. Yet, if the juggler can accomplish a certain skill or procedure, the ability is present. And it is to the entity that has moved into the opening of the heart that we speak in relation to the seeking of truth and the serving as an instrument or vocal channel. If an entity has the ability to do this, called "loving without condition," it is not important that the entity is not always able to express this loving without conditions, but it is important that the entity has the desire to do so and will examine its experience with that desire foremost in the mind.

Is there another query, my sister?

Carla: Just sort of a left turn into the question about why can't you speak more simply? Let's see how to put this. I realize that you want to teach and not do our learning for us. There are often teachers around that give you a very simple—and something you can hold onto—type of answer, and they seem to have real success in being able to deal with spiritual questions a lot of times. Does the infringement of free will sort of "catch up" to you after awhile, is that what you're saying, when the spiritual student goes over these own issues himself, looking basically at what you have said just for principles that he can use as resources … that the student has then done a better job than if the student just heard somebody that was absolutely brilliant just telling him everything, and said, "Okay, I'll believe that"? There is a difference between those two? If you both have the same belief in the end?

I am Q'uo, and am aware of your query, my sister. In a large part, you are correct. However, we are as we are and we must, in order to remain true to that which we are, speak in the way in which we speak when given the constraints of the language, the ability of the instrument, and the free will of those to whom we speak. There are many teachers. There are as many teachers as there are entities and experiences, and each will teach with a certain voice, a style that will be unique to that teacher. Those words which have value to the student will find their way to the student's heart. This is why we always recommend that each student discriminate those words and concepts which we offer, and forget those that have no meaning, saving only those which ring of truth for that entity. We recommend that each student find those teachers with which the student is comfortable, for all teach and all learn.

Is there a further query, my sister?

Questioner: No. I thought that that was a really helpful answer. Thank you very much.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we feel that the queries have been exhausted for this session of working, and we would take this opportunity to thank each for inviting our presence in your meditation this day. We are greatly honored to be so invited and we cannot express to you the joy that we feel at the opportunity of walking with you upon your journey, even but a step, for as we walk with you, we walk with the Creator, and are overjoyed at the opportunity to learn from you as we share with you of that which is ours to share.

At this time we shall take our leave of this instrument and this group, leaving each as always in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
September 6, 1992

Group question: The question this afternoon has to do with changes and transitions and the use of faith in making these transitions. The issues or lessons of our lives seem to be the lens through which we look at our lives, and we're wondering if, as we continue to walk on our path and go through the various changes and learning of lessons, if we are able to provide our own inspiration for this journey by simply making the journey—a kind of perpetual motion machine—so that we gain the confidence of being able to make transitions and to solve problems by doing it. And yet, we find that these issues or problems are with us at deeper levels, showing other aspects and requiring the continued application of faith and will in order to continue on the journey.

So, what we would like to know is how this process actually works. Is it true that we can provide our own inspiration for this journey? And do we continue to work with the same kinds of issues as we make transitions in our lives, simply making them on different levels or with different applications?

(Carla channeling)

We are those of Q'uo. Greetings to each in the love and in the light of the one infinite Creator. It is a great privilege to be called to your group for this session of working by seekers such as you. We so enjoy sharing in the meditation of your circle. We would greet those from places distant upon your sphere to this domicile, and wish each love, peace and many blessings. You offer us a wonderful opportunity for service by asking for our opinion. We make mistakes; consequently, we would stress that these words must pass the authority of each seeker's own inner discrimination. If any thought we share is not your personal truth, we ask you please to lay it aside.

There are two truths concerning the inspiration to will and faith. We shall offer them both. They contradict each other, which we have found to be a sure mark of true spiritual territory, for that which is mystery is self-contradictory and illogical, as all enigmas are. Yet, there is a resolution, if not solution.

The first truth is that you inspire others; others inspire you. In your holy work called the Bible, the master known as Jesus spoke of sowing where one did not reap. There is no possible way to avoid taking others' fruit from them. This is a central lesson of love. When love is given, it is given away. It seems quite often not to be returned. That is due to the illusions of time, space and personal identity.

The love coming to you can be thought of as the light of stars. The light of the nearby star which is your sun burns hotly from such a relatively close distance, and, perhaps, within the wisdom of this light, there seems also a danger. But the light from

the distant stars is cool and moves through your time to shine upon your upturned face years after that star has disappeared.

The gift of love and light radiates to you from elsewhere and from other selves. You, in turn, radiate in essential being and in your thoughts and actions to serve as a channel for that light and love that inspires, comforts and soothes others. There is no way to keep an account ledger to be sure that what is given out is again received—not because there is not balance, but because love and light do not contain in themselves quantity but only quality. They are essences, not things to be measured: infinite qualities, rather than finite forces of a certain magnitude.

Each is personally aware of the many inspirations received from others. We would reassure each that as each attempts to be of service, the attempt fosters and encourages the essence of each self so that even when efforts to serve and love seem to fail, yet that desire, that will, that love is effectual. It not only moves others' hearts in ways you do not ever know, but adds to the planetary transparency, to the limitless light of the one infinite Creator.

Thusly, we encourage each to offer thanksgiving continually for blessings received, for inspiration received, for all blessings are that which comes to one. By no amount of exerted control can one control one's infinite source of all good.

This instrument has, at this point, asked us to move on as this instrument feels the energy would be better spent in a shorter transmission. Therefore, we shall move on to the second truth concerning inspiration, towards loving and serving in new and expanding, changing ways. The door to the deep self is fairly carefully closed when a spirit enters into manifested third-density incarnation. Vision fails, awareness recedes, finely tuned senses within are muffled with flesh, and the incarnation grows darker as the child grows to be the adult. Yet, the small being survives in the growing complexity of the personal universal awareness that is the self's awareness of a subjective universe.

In that first look at one's universe, the outcome is dim. Things look dark, difficult and dreary. There is work in all directions to support the physical self, to corral the emotions, to find the truest heart of self amidst all the vicissitudes of change. Yet, there is within a universe of suns, of, shall we say, energies that represent, and in a holographic sense are, the vibrations of wisdoms represented by the outward sun and stars.

This door to the deep mind where this universe revolves and can gradually be seen is opened by the self and the self only. That is, it cannot be opened by another person in incarnation. Yet, in the inner room of meditation, when silence is truly reigning and the spirit somewhat freed, the desire to find inspiration taken into silent meditation yields an inner guidance. Inner resources come into more and more developed usefulness.

This occurs over a long period of time, and though one may sometimes feel one has made a breakthrough, yet always the most effectual ally is persistence. Patience, dogged persistence in practicing one's way of approaching infinite values and truth, becomes more and more clear with time, for the effort necessary to put aside that time says to the outward being that this being values the resources of the deep mind. Thusly, inspiration is felt by the self's efforts as the asset of the deep mind. It begins to be used constructively through looking at dreams, through ways of listening to one's own hunches and intuitions. Faith, then, does breed faith. The use of will aids greatly in the next use of will.

We spoke of a resolution to this seeming paradox, and there is truly the most lucid resolution; however, it is not logical in the usual sense. Those other selves that inspire and teach you are also allowing to move through them the same energy that is the energy of the deep mind's wisdom. In your illusion, you may look at all other selves not only as teachers, but as mirrors also, reflecting yourself to you. Thusly, those things that inspire you in someone else equal those things that would inspire you from within if you were able to have access to the appropriate depth and location within the deeper mind. When inspiration comes from another, you are listening to that which you have already thought but were not able to bring close enough to surface awareness to deliver to yourself.

The desirable way to look at this is perhaps to be thankful and grateful and full of praise for those you feel teach and mirror to you well, while allowing these teachings that enter your awareness to stand not as the teachings of another given to you only, but also as the goad, the encouragement, or

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exhortation which coaxes you into a more persistent and regular attempt to work within the self to find deeper and deeper stability of awareness within the self. For the more work done within the self by allowing the infinite guidance to speak to you, the more you have your incarnational time free so that you may spend more time gathering new information and offering this awareness of yours, so long sought after, to be shared with others.

The query ended by asking whether there was a recurring cycle of circular nature or a spiral of cyclical nature. We agree with each in this group that the lessons of a particular incarnation are largely of the spiraling variety. When a lesson has truly been learned in an incarnation, then it may not appear in that same form. However, the undertones and overtones or connotations of a lesson concerning how to love unreservedly are such that the layers of meaning are always capable of being added unto, and that original lesson seemingly learned moves into a challenging stance regarding the next seeming lesson. Look carefully, ask lovingly, for guidance. Listen to teachers and see yourself in the faces of others, and you will find that the learned lesson has become the jumping-off place for the present challenge.

We feel that all is one. That is so simple that most cannot understand it. The faces, voices and all sensed impressions from the outer world and you are one. The guidance from those sources which aid you—whether they be called the spirit, the inner guide, or any other name—are you. Your nature seems limited; your life, abbreviated, begun and ended in the wink of an eye, cosmically speaking. Yet, you did not begin and will not end, and the learning goes on infinitely, with the truth always receding before one.

So, we encourage each to rejoice in the faith gained. Some has been due first to the inspiration of others; some has been the product of patient courting of the resources within one's own heart. All are of the one infinite Creator and partake in Its nature, which is love. May you love one another and love the self just as much, for inspiration comes from both places and is still of one piece.

We would leave this query and this piece at this time, and open the meeting to any questions that you might have. Are there any queries at this time?

(Pause)

We find that we have no "takers" for our wise answers, so we had better get on our horses and ride back to our own identity. How we have loved being with you, dear ones to us. We thank you for your courage, and encourage you to see changes as parts of an ever-rising spiral into the light. We leave you in that love and in that light. We are known to you as the principle of Q'uo. We leave you in the Creator's peace and bid you adonai. Adonai. ♣

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Sunday Meditation
September 13, 1992

Group question: The question today has to do with accepting the limitations that are put on us by our own point of view, by physical illness, and by physical limitations. And we're wondering if there is a value to feeling the frustration of limitation, or if there is instead a need to separate oneself from the illusion, not be so affected by it—to be more, shall we say, at a distance? Or is it better for us to be immersed in the illusion, to be moved by it, to be emotionally swayed, and then to look at what results and do our balancing according to how the illusion has moved us?

(Carla channeling)

We are those of the principle known as Q'uo. Greetings in the love and in the light of the one infinite Creator. How blessed it is that we are invited to your circle this afternoon. Our enjoyment of your vibrations is surpassed only by our humble delight in accepting your invitation to share with you our opinions. Please remember to use your personal discrimination as you hear these fallible thoughts, and together we shall serve and we shall learn.

We would ask you to come with us in your imagination as we take a mental journey. Begin in the seated consciousness that sits in your circle. Absorb the experience of feeling the energy, moving around the group, the sounds spilling into the ear, the many details that would meet the eye, were it open. Now move with us in thought away from the seated physical vehicle. Remain in the dwelling, but gaze at the seated figures below. See the postures, the way the hands fall in unconscious emotion and desire. See the quiet, waiting figures that house your consciousness.

Move again now with us to an imaginary place somewhat above the dwelling in which you now are seated. Gaze down upon the abode in its nest of trees. Is the dwelling as large to the eye seen from this perspective, as large as it felt when your consciousness looked through your physical vehicle's eyes? Move again, far enough into the ethers to observe the village as a whole. And again, move until the topography of the terrain becomes clearly visible. No longer can one find the small village, much less the abode, much less the physical vehicle's awareness. And continue now, moving faster, until you can see the sphere upon which you dwell as it moves like a spinning ship through the ocean of what you call space.

Now move still farther away from this planet of your nativity until it disappears but the sun is still visible. Stop and reflect upon the particular essence of light and love that is the gift of your sun being. And now move, once again, away until the surrounding stars eclipse any one small star and the galaxy gradually becomes visibly conjoined; and further back, until you have no reference point. Stay there. You have no

reference point. This your mind can give you, this degree of removal from detail. This process is helpful to remember to use when reference points seem to be confusing. For fast, fast relief from the agony of unacceptable confusion, we may suggest this alternative to counting to ten, for it not only allows time to elapse, but also space.

We would bring you now back into the manifested universe through myriads of stars, galaxy upon galaxy, until the sun system of your Earth is entered and the speed of travel is slowed to allow a gentle reentry into the planetary energies, those energies so colored by the unique beingness of your sun. Move into the atmosphere, and as the planet rotates upon its axis, gently enter into the arena of your particular life stream once again. There is your nation state, there your village. Slowly now into the energy vortices of home, friends and kindred. And, so gently, rolling, rolling softly, move into the physical vehicle and again take up the experience of sensation. You are now again aware, to a greater degree, of stimuli and of your individuality.

What have you learned? What has the distance taught you? Perhaps you may see that although distance is that which offers relief from confusion and frustration, it is not the teacher that speaks loudly. Indeed, that which teaches was simply quiescent during this expansion of the viewpoint—merely observing, merely recording, not coming to a cusp where a decision should be made. A great many things are to be honored about having a very wide point of view, but the clearing and crystallizing of desires and the schooling for choices perhaps may be seen not to reside in the distant, observing consciousness which gazes in safety at the tiny time-bound confusions of a living entity. However, there is likewise little of immediate value to confusion deep enough that it stops the mind and the heart from thinking and feeling in a coherent manner.

Now come again with us to the imaginary ability to stop the process of time. Imagine that this instant is captured in a photograph, or, shall we say, a frame of your film. The instant is, and is no more. Look at the picture. What is there in this picture to cause all this confusion? Let us again choose this instant, take a picture, look at this picture. What in this picture is causing the confusion?

You may profitably consider time and space to be illusions, for it is our opinion that confusion lies in the illusion of motion. In this motion, you learn and choose and learn again. But to value the process is one thing, to use it maximally as a resource is another.

When you allow the self to move on, choosing and feeling very intensely and continuing not to resist the seeming flow of catalyst, the spirit is often weary and battered. However, when the catalyst is resisted, the resulting confusion and pain is far worse and less helpful. So, we do not advise the moving back from the situation as a kind of "doppleganger" that is wiser than the actor in the midst of the catalyst simply because neither point of view is more revealing of deeper wisdom than the other.

In the close point of view, you often must act and make intuitive guesses far beyond any logical ability to reason correctly. Yet, the process of transformation occurs better and in a way more attuned to your heart's desires. The pulling back from experience to control or affect the chosen actions taken, though sometimes necessary to solve ethical questions, removes from experience the richness of observed catalyst that can be retained in what you would call the matrix of your mind.

However, the deepest reality that we ourselves see is that there is no motion, but the present, rather, is. The still picture of each moment is as close to manifested reality as that moment can manifest. This means that if you perceive something happening, the truer statement is that this something is. And, rather than observing a process, you are, in the deeper sense, observing the essence. Nothing is occurring, nothing is happening. This is the standpoint from which you may most helpfully work with your own understanding of the self as it reacts to and creates more catalyst.

The truth is that all that is, is all that there is. Nothing comes into consciousness; nothing leaves consciousness; nothing is happening. You are experiencing an illusion. When you can see, in the moment, that a complex stack or series of levels of feelings and actions is at this moment adding up to a very rich tapestry which is being observed and recorded, and, at the same time, can sit and simply allow this tapestry to be as it is, you have within you what we would suggest to be a useful asset to use in moving, as one who is graceful, in the motion within the manifested illusion of time and space.

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All the intensity of desire and emotion may be honored. You are here to honor as well as observe and experience the incarnation. That which occurs so often seems cantankerous, wrong-headed, deliberately cruel, or simply confusing beyond words. Can you allow this richness to abide? Can you allow the illusion and also allow that it is illusion? It is this dynamic that enables you to choose which of the avenues of action is appropriate to this particular moment. Perhaps this moment is one where distance is needed for relief from too high a level of stimulation. If you allow the fullness of this moment to enter deeply into you and engage you, you shall perhaps know when you need the protection of distance.

We suggest it is better to stay distant until you are not overcoming any resistance as you walk into close, intimate experience of catalyst. As long as there is fear, the fear that produces all of the confusion, you may do wisely to honor that feeling—to allow protection, the protection of mental distance. Perhaps at another moment, you find you can move closer in mind to the present moment, for you are no longer threatened and off of your center, your balance. Then move closer.

The closer, the richer the experience; but the need is there to be able to experience and not to close the mind and say, "No, no, it is too much." Find your own balance, moment by moment—the balance between being too distant to feel the wealth and infinity of the moment, and being too close to experience this wealth as any quality but injury. You do not wish to be without experience, nor do you wish injury. You then use this technique of remembering to poise the self at the threshold between fear and its precincts, and chaos and its wilderness.

It has often been said that contemplation, meditation, the listening to the still, small voice within, is the greatest asset to one who wishes to accelerate the process of spiritual evolution. Why is this force within—which one finds access to in meditation or prayer—called "still," but that it is a descriptive term which applies to the source of aid and comfort which you find in the love and light of the one infinite Creator to which you have access through this technique. It is from infinite intelligence that the still, small voice broadcasts its silent message of harmony and peace.

We encourage each to refrain from judging the self as it moves off balance into fear or into unwise haste. These are illusory movements within an illusion, dreams within a dream. Allow this dream to remain fluid. Allow as much motion as you find optimal for comfort and desire. See the ideal of the balance, always. And take comfort, not in your judgments of your own progress, but in your focus upon observing and paying the infinite gift of loving attention to that which seems to be occurring with you.

In reality, nothing is occurring, but this fact gives the Creator no information. The Creator infinitely loves you and feels enlarged in Its infinity by the burden of information that comes to It through the receptor of your unique consciousness. From the close point of view, lean into the wind of catalyst when you can freely and lovingly. When you cannot, remove yourself to the place where you can receive the most information, however distant that needs to be. But remember always that the gift you offer the infinite Creator is the still photograph of each moment.

How well do you observe? How deeply are you moved to praise, to thanksgiving, to new awarenesses? Or to pain, to horror? If the former, then we have no more advice on this topic. If negative emotions, so-called, continue to be part of the rich photograph that is this moment your complete sum of awareness, then perhaps you might wish to examine more closely each negative emotion to find the source of the discomfort. See that discomfort as an area which dependably exists because there is a fear …

(Side one of tape ends.)

(Carla channeling)

… only to observe it. Allow this observation to remain nonjudgmental. Allow yourself this fear that is. See it. Rest in it. Gather and collect your consciousness. And when you are moved by positive feelings to explore once again the unprotected consciousness beyond the cave of fear, allow that impact upon the senses to be felt. Is there fear now? If so, again honor it by paying attention to it, loving it in you. As you allow love to flow, you may find the need for fear to be less. Thus, you can observe and note more of your moment, and your tapestry of experience is thereby enriched. Little by little, you may lead yourself into the heart of right action, even

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as you become more and more aware that nothing is occurring, but all is.

You and we, my brothers, are alike: those who move and experience only by accepting illusion. This illusion is a brilliant and kindly way for that which is infinite to be reflected to Itself in some finite, dream-like form. Welcome to a dream so beautiful, so brilliant, and so crystalline that we could sing praises forever and never express our awareness of the wonder, the excellence, and the beauty of the illusion. But we share this joy with you insofar as we can and welcome you to the tenuous, lovely dream of becoming.

At this time, we would open the session of working to questions.

Questioner: Sometimes cancer is said to be caused by holding anger. I wonder if there is some cause, in general, for colds?

I am Q'uo. The energy that is in motion, shall we say, when the cold is experienced is, more often than not, the manifestation of intense requests upon the energy of the self, which in some way seems uncharitable to the body complex or to the spiritual complex. The body—or in some few cases, the spirit complex—then reacts by lowering the immune response to bacteria, for it is experiencing reluctance to move at that intensity. Thusly, it physically slows down the mental processes and requests a less intense configuration of all energies.

It may be seen that in any illness and its treatment, care may profitably be taken gazing at the energies in motion with regard to one's own movements. Evaluate each request made of the self. From what point of origin comes this request for action? What honing mechanism sharpens the desire to intensity with this particular energy? If this analysis is assayed when the body complex is expressing imbalance, insights often may occur.

May we answer further, my brother?

Questioner: No. Thank you, Q'uo.

We thank you also, and may we say how much fun it is to answer a query from the one who usually has all the answers.

Is there another question at this time?

Questioner: My query concerns feelings of fear and emotion coming over the physical body. Do they manifest as feelings of tightness in certain parts of the body that are where the energy centers are? Could that be used as an indication of where the work needs to be done? And is the disappearance of such a feeling an indication that progress has been made?

I am Q'uo. Rather than these two being always together, it is truer that sometimes the blockages of a certain chakra may affect the physical vehicle in the same general location. To diagnose and treat the self, judging the illness by its position in the body and working on the difficulties within the emotional and mental complex which apply to that center, is to oversimplify the nature of the physical vehicle. Secondary energy centers create many subtleties. Furthermore, when any of the centers is going through a certain kind of process—for instance, the desire for control of a process—then that which is affected, whether it is work in red ray or in indigo ray, will be of a control position in the yellow ray of the mental emotional vehicle and will often show as difficulties with the stomach. We mean here to show that a stomach problem may be caused by any of the chakras that can be worked upon, being in the midst of a functional process.

May we answer you further, my brother?

Questioner: No, thank you. I'll have to think about that. But I want to also thank Q'uo for answering the original question in such a way which seems to reply so exquisitely to that which is in my mind at this time. I express my appreciation.

We are those of Q'uo, and we find ourselves simply wishing to close the circle of love. Please know that as you find our opinions excellent, so we find your desire exquisite. We thank you for your single-mindedness, for your passion, and for your persistence. Merrily together, we move within stillness, we go forth within a circle, we exalt in illogical and infinite love of the fictional, yet all-important, road onward in our joint pilgrimage to light and love, and, ultimately, to the Source and Beginning of all that there is. Thank you for your companionship. May each of you be good, loving companions as you are at this moment. No more could be asked.

We leave you in the infinite love and light of the Logos. May you gird yourself in that love and light and go forth rejoicing. We are known to you as

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those of the principle, Q'uo. Adonai. Adonai, my friends. ♣

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Sunday Meditation
September 20, 1992

Group question: With today's question we are asking what kinds of service that the Confederation of Planets in the Service of the Infinite Creator has to offer the population of our planet. We are aware, of course, of the channeling service we offer here, we are also aware that there are inspirational dreams where people are helped with the direction in their lives and the services they are to offer, and the lessons they are to learn, with coincidental meetings, with people, books, ideas that are important for the person to be concentrating on … and we are wondering if there are other services? In what ways does the Confederation offer itself to the people of our planet, and are there cycles or seasons of certain services so that it is felt that some are more helpful at a certain point in a person's or population's evolution and other services are more helpful at another time? For example, with so much channeling going on today all over the planet, and there being so much that is of questionable value, does channeling or any other service after a while tend to lose effectiveness so that there is the need to move on to other kinds of services?

(Carla channeling)

We are Q'uo. Greetings to you in the love and in the light of the one infinite Creator. We greatly thank you for requesting the presence of the Confederation at your meditation, and are honored to share in your vibrations at this space/time. As we answer your question we, as always, request your appreciation of our fallibility and our hope that discrimination will be used in assessing the worth of our opinions in your own seeking for the truth.

As we begin the consideration of what our service to humankind consists in, we feel it wise to express that we and you who listen alike have the same service, that is to do the will of the infinite Creator, to live in such a way as to be continuously focused upon that will, surrendered to that will, and willing to either act or wait as the spirit makes itself known to you to do. That being said, we may turn to details of our particular service to humankind at this space/time.

We have chosen for a season to attempt communications with your peoples. The communication is of several levels, and these begin with the level of introductory material having to do with the infinite love and light of the one Creator being all that there is and the author of all that there is, concluding with the need for daily, regular and persistent meditation, contemplation or prayer. This is perhaps to be considered as the kind of instrument such as this instrument's so-called telephone answering machine. When there is a request for this information which is below a certain vibratory quality, the automatic information begins flowing. This is, shall we say, in place about your sphere and has been for some of your years. It is only when entities begin attempting to realize their universal

self aspect that we begin to be able to communicate more advanced material, whether it be in thoughts or images.

By universal we mean that there is a distinction between personal sources of information and inspiration and universal sources, such as we. The inner planes of your sphere have many greatly wise inhabitants—and many not so wise—all of whom are moved to at times become involved with a living—that is, incarnationally lying—entity. These inner plane beings and energies have a right as those of a native land to be very frank and personally helpful to the extent of their knowledge with those to whom they may speak. We may speak to those whose vibratory level and ability to receive information is of a certain quality. Let us then look at this quality.

The path of seeking moves each seeker through the trials of regularizing, crystallizing and clearing out the basic and central energies of self, self-love, love in relationships with others, and relationship with the society in groups and as a whole. The clearing of the heart and its opening is exceedingly important and usually much of a seeker's time is continually spent in keeping this heart energy flowing and radiant. The work turns, then, from the obviously radiant to a more tightly focused radiance in the development of communication skills which are based upon a certain depth of personality or depth of a point of view, that is in the blue-ray center.

We do not say that an entity has blue-ray energy simply because the entity speaks a great deal. The communication of one working in spiritually vibrant blue ray is of a certain quality or order. This in turn is based more upon work done in the brow or indigo-ray energy center than simply upon the open heart. Thusly, we are able to address this instrument in its highest tuning because we worked with our energies to find a harmony which was euphoniously interactive with this instrument's ability to receive in-depth information. This energy is one which will not endure beyond this particular channel's use of us as we formed this union in order specifically to work with this particular channel.

We see the concept of the universal self as one which may bear some interest to you. When you receive a certain level of, shall we say, initiation or transformation a peculiar thing begins to occur. The self that has many, many details to concern the self with begins a little at a time to receive from the deeper mind—that part of the deeper mind which speaks consciously. You may have noticed the growing tendency of your own mind to have a kind of knee-jerk response in terms of how one looks at events and occurrences. Spontaneously, there begins to be a larger part of the self which sees each thing occurring as being part of an universal experience, that is, one common to all beings.

It is to this energy that we communicate. We have no right to interfere with your free will. For those who wish personal advice we have only spiritual principles to share, and often this is not satisfactory. However, we can only offer that which is rightfully ours to offer. It may be said that we who have been among your people have the right to be in your inner planes and speak from that standpoint. However, we see one kind of information as being, shall we say, horizontal and the other as vertical. The inner planes attitude is level with the mundane experience but has, in addition to the mundane, further mundane-oriented information which applies and somewhat crystallizes thinking about situations. We chose as each of two planetary groups to refrain from inner planes' work for our, shall we say, gifts lay more in the vertical or the transformative, universal information. The worth of this information, as all sorts of information, remains at the level at which it was delivered. Truth seen through various biases of contact and channel does not go out of fashion. It is a matter of entities choosing to continue to improve their abilities as channel which limits the excellence of the channeled material, not the cosmic rhythms which have to do with the perusal or use of such material. There are more entities attempting to create teaching tools and resources at your space/time present than at other earlier or later times. However, the material is timeless insofar as the channel has held to the universal viewpoint while preparing to make contact.

If, for instance, this instrument asked us if we came in the name of Christ but did not love the universal Christ as well as the specific entity Jesus the Christ, we could not use this instrument. An inner source could, however, use this instrument very well. For us to accept a call the necessity is for the instrument to be aware of the omnipresent, omnipotent Creator, ever invisible and ever mysterious. This instrument has this point of view at a strongly fundamental level, thusly the contact is stable and we have

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enjoyed the privilege of communicating through this instrument for some time.

Do you then wish to be universal entities? This question is valuable to consider at this time, we feel. Are you able to look calmly upon the gradual decrease of a strongly personal service and judgment of service in favor of a nonjudgmental and nonpersonal attempt to be, in a spontaneous enough way that experience will be tempered in their formation by inner gifts of universal awareness?

In this regard we remind each of the request of the one known as Jesus the Christ, that if a man were to follow this entity it must hate its mother and father. This is what we speak of. The spirit of universal love and service speaks in silence, yet its urgings are strong and the time inevitably comes when the seeker must choose between personal preference and doing the will of the infinite One. This decision does not have exceptions for family, friends or convenience. It merely is offered without any tangible reward for turning one's back upon sources of financial plenty, emotional comfort or other excellent mundane benefits. It offers only the impersonal satisfaction of being totally willing to do the will of the infinite Creator.

Not all entities aspire to this type or quality of service. It is especially frustrating to those who seek a feeling of truly being of service that there is no one service more beneficial or high than any other service; the service is completely within in the total loving dedication of heart, mind, soul and strength to carrying into manifestation the Creator.

Consider that which this instrument does to prepare to channel. It always asks that it be completely transparent, so that all that flows from its mouth may be the words given by the spirit of the infinite Creator and not the instrument's own opinion. This seems an act of self abnegation, yet it is the key to this instrument's ability to receive fairly advanced material. Were the instrument to be requesting very wise-sounding material, wishing to be thought of well, inner planes energies would then be attempting contact with this instrument. We do not deal with those whose personal—or what you would call egoic—nature is the primary mover causing the entity to seek contact. We are able to make good communication establishments only with those who have surrendered to the will of the infinite One, to the point if nothing occurs the entity will simply carry on without any feeling of being less of a channel.

For those who are living in continuous prayer or meditation or are truly attempting to do so our help is ever present as a kind of keel underlying and strengthening the ability to be stable which each entity has in its seeking. This is perhaps the most used of our ways of communication, and we are not identified as a source other then the self. That is because selves who can receive us in this enspiriting manner think of themselves in a universal way.

At this point we would ask if there are questions which may help to clarify this material. Is there a query at this time?

Questioner: Not from me, thank you.

I am Q'uo, and am again with this instrument in love and light. Perhaps the heart of this session's query is a consideration of the nature of service to others. It is obvious that this instrument serves as it channels. It is not obvious that this instrument serves as it observes and reacts to sense impressions by creating mental formations which bless charitably those events observed and reacted to. In each entity's life pattern there is the inevitable assumption that dramatic services are more important than non-dramatic services, that those who are healers or teachers are somehow more advanced than those whose service is to tend machines or to aid other entities in menial and mundane tasks. The truth is that what is most of service is the attitude of the heart. Each entity must work within its own self to create the holy of holies within, to become aware of that occasion within the self and to move gradually, a little at a time, the heart and the seat of the mundane self into the holy of holies that is being prepared within so that the life experience is mundane experience seen from a standpoint which is stably spiritual in its structures of perception.

As we have said, this is subtle work. We feel it is an appropriate direction, and encourage each to contemplate what true service is. Is there truly a necessity in order to be one's very best? To be obviously a leader among humankind? Or does it feel more likely to you that true service is involved in the surrender of the self, moment by moment, to the inspiring energies of the universal self. The universal self is all of you, yet you are the universal self alone. You are holy and profane, you are as much a mystery as is the Creator. Your mystery and your service may

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be contained, convenient and finite, or you may choose the high road of attempting to universalize modes of perception so that you move more and more into an acceptance of that which the mind brings. Full and loving action in the face of circumstance is your path of service. Each is on that path. Sudden changes take place in such paths and the scenery changes. As long as the attention is kept upon the will of the infinite One whatever service lies before you will feel most blessed. It may also feel inconvenient, uncomfortable and not at all fun. The persistence and even stubbornness of entities as they move through paths of service which have encountered difficult terrain …

(Tape ends.) ♣

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Special Meditation
September 27, 1992

Group question: My name is K, and I will give a preamble to the basic question by giving some details on why I am interested in this question. My interest is in the Law of One, especially as it pertains to the manifested world. Current science states that many manifested variations are caused by multiple forces and laws, and is the outcome of compartmentalization brought about by specialization and the many scientific disciplines. There is but one law and one cause. Walter Russel produced the most comprehensive study of the Law of One and some of his writings are in this room now. Nicola Tesla, or Tesla's inventions, gave most practical demonstration of this law. Tesla's work was performed when the electrical applications were in their infancy, hence were somewhat crude and cumbersome, yet functional. Russel suggested the use of vortical coils to generate heat, and the details of that are also in the documents that are available in this room. The current need to find alternative power generation methods due to environmental pollution and … crystal technology is not appropriate at present, although it is the preferred solution, therefore there is the need to investigate Russel's suggestions to determine the viability of vortical coils. Three possible solutions from vortical coils are as follows: the first is the one suggested by Russel which is to produce steam from water cooled centering units which are placed in the center of the vortical coils. One could also use the increased electrical energy at the vortical coils centers. The third possibility is to use vortical coils to generate torque to drive alternator shafts. Please discuss the viability of these options.

(Carla channeling)

I am Yom. Greetings to each present in this circle in the love and the light of the one infinite Creator. We thank you for the privilege of this invitation to share our opinions with each of you. It is a service to us that we cannot overestimate, and we are grateful for the opportunity to attempt to be of service. We ask that it be accepted that our opinions are fallible and that each use his own discriminatory faculties.

We are limited in what we can verbalize using this instrument, however the contact is stable and we shall proceed.

The concern for methods of healing the effects of the indulgence of naturally destructive actions of humankind is certainly understandable. We find that what you might call destiny has rather overtaken the energies of those entities who have heard the sorrowing cry of the Creator's second density creation manifest before you. Further, it is greatly to be appreciated that there be visionary entities whose education and patterns of thought are scientific, focusing into issues concerning the removal of manyness from what is called scientific

research. We shall come back to this thought but would like now to address the specific query insofar as we are able through this instrument.

It may be understood in our opinion that the key to the use of vortices for [weal or woe] depends in part upon that which overarches and overshadows the illusion which you now enjoy. The nature of light is such that within this density we have called third a relatively sparse degree or amount of radiant light is received into the gridwork of natural vortices within and upon your sphere. A portion of the information that is necessary to use the quanta of energy from vortices is unavailable to entities whose intelligences, shall we say, accept, recognize, appreciate and thrive under light that is denser than the light available within this density.

Given that this crystallized channel were to be found to speak to the essences which are full of life energy at each vortex, the crystallized entity must bid farewell to much, however, given that such a facilitator were present, some considerations might be interesting. The concept of the vortex, though not congruent in many minds with what is called pyramid energy, is indeed the same quality of manifestation. It may be helpful to visualize the shape of the triangle balanced upon triangle, both having the same base, then at the perpendicular to other triangles of the same base. When these four triangles are moved together, the outside of the figure is the square, indicative of the manifested illusion of third density, or, in many cases, of types of manifestation in other densities. The inner shapes are interesting, but the inner-most bears consideration.

The use of water connected with what you have called vortical energy, given the transducer of denser light, is benign, and it is probable that consideration of the crystalline properties of water and its interaction with qualities of light might prove helpful. The use of torque, while certainly practical in some ways, may be found to be not the dead end but the least desirable avenue of inquiry. We find considerations which cause us to refrain from speaking further at this moment.

However, we shall accept queries when we have finished our consideration of two things. Firstly, we ask each to consider the depth of the illusion. To a non-scientist it seems that the world which is inhabited is secure and permanent. To the careful scientist this picture alters due to considerations of the ultimate total lack of knowledge of first principles. The unlimited and infinite beings that each entity is contribute to the waking consciousness the urge or impulse to question that unknown area left by authority. This is a consideration to be pondered.

Our second concern is to speak of the preparation necessary to be a what may be considered a crystallized channel. We speak as those of the Confederation of Planets in the Service of the Infinite Creator when we say—not without regard or sympathy—that the key to the Law of One in its manifested form is, to our knowledge, not, nor will it ever be, any thing. Things may be created by a crystallized entity which would in history's memory overshadow that servant's identity or renown. However, the greatest single manifestation of the Law of One remains each of you. If you cannot master the universal self which you are, then other secondary manifestations will accordingly suffer.

To become crystallized is the work of an infinite number of incarnational experiences, no one number being correct. Even though the disciplines of personality are nearer to hand than the breath, yet such is most difficult to discover within one's self. Nothing that one may learn from another is sufficient to ignite the ultimate realization that places an entity in a state of purity of discipline within which allows all things to occur as the forces and tides of happy circumstance unfold. Much of what feels as though it were one's personal identity is stripped, not from the exterior of the worker in consciousness, but rather from the interior structure of self-perception.

The releasing of effort is difficult for humankind, for it seems as though the harder one worked, the more one would prosper. In our understanding, the deep bio-programming alterations necessary to enkindle and engage the pure love within are those things which are sensed as deeply threatening to the outer consciousness. The time, as you realize this illusion, needed to move in one's inner life into a choiceless, compassionate position which transparently radiates a fullness of available light is long in coming. When it arrives, it is a probability that the crystallized seeker will then find laid before it the manner of its service, which in great probability will be unexpected.

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We would enlarge upon that spoken, or entertain other queries at this time. Is there a further query?

K: I thank you for your deliberations, and I fully appreciate that in order to fully understand the Law of One, one must become the Law of One, and only then will one not need to ask these questions.

I am Yom. My brother, we do not perceive a question. If there be one, please restate.

K: There are no further questions at this time.

I am Yom. As we leave this circle we pause to thank each for the intensity of seeking which brings you to this domicile to offer this call to us at this time. Knowledge seems to be that which contains truth, yet that which is known is not truth. To move this seemingly endless paradox is the rightful work and learning process of the children of paradox, those within the creation you now dance through. To each of you fan out the paradoxes which create the dynamics for causing each in his own way to hunger for the truth. Hold to that divine hunger.

One last clue, as the one known as K would say, is this: light is the first manifested thing, moreover, light is all manifested things. However, the energy that creates the whim of manifestation is inadequately but best described as love. We regret the nearly useless term, but feel each grasps that the one original Thought, the Logos, is unmanifest and remains the sole receptor of truth. You may embody that truth and then, through the quality of reflected love within the self, may open doors in service to one or a few or many entities. When light is considered, consider also that it is [not an] artifact of time and space nor does it transcend the illusion in the way logically or intuitively available to the educated mind. We encourage the consideration of … We must pause.

We are those of Yom. We are again with this instrument, and find it has become uncomfortable enough to be less than adequate for good contact. Therefore, we thank and bless each with great affection. Thank you each for seeking with persistence and passion. May your journey be one which is irresistible. In the Creator's infinite love and light we leave this instrument. We are known to you as those of Yom. Adonai. ❦

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Sunday Meditation
September 27, 1992

Group question: This afternoon we have talked about topics ranging from the feeling of the loss of control over the environment around us to the fear within ourselves that we might not be able to survive economically. Rapid change, frustration, learning how to balance various positive and negative aspects of our lives yet remain within an equilibrium that we feel is the quality that is most helpful in dealing with most of these various forms of catalyst and stimulus and also is the fruit, shall we say, of successfully balancing the opposites in our experience. We are aware that this centeredness and this feeling of equilibrium is important to incorporate into our lives. We are wondering if there are suggestions that you would have as to how we could more easily incorporate or find ourselves with that feeling of centeredness, equilibrium and balance. Are there certain attitudes that would help? Humor, meditation, or anything else?

(Carla channeling)

We are known to you as those of Q'uo. Greetings to each in the love and in the light of the one infinite Creator. It is on wings of joy that we obey your call at this session of working. We so appreciate the blending of your meditative spirits and feel privileged to mingle our vibrations with your own. As we speak, kindly remember that we are not without error. Use your own discrimination and accept nothing that is not your own personal truth.

We shall speak a story taken from one of yours religious systems. There was once a seeker who found a guru in a small village in the mountains. This guru recognized the student and without much discussion took the student to a cave, and bid her to sit until she had learned all she needed to know. Each day he came to the cave and asked her if she had learned all that she needed to know. She replied in the negative, she had not learned all yet. At this the guru's hands raised high, holding a stout stick and the teacher firmly rapped the stick against the student's hapless head and went away.

One day he came into the cavern and asked again, for perhaps the thirtieth time, "Now, have you learned all you need to know?" "Yes," said the student, and ran from the cave. "Ah," said the guru, "that is all I have to teach."

My dear ones, the energies of the biochemical mind are not all of your consciousness. The mind which lives and dies with your body complex is one geared towards knowledge which enables one to control its environment, to maintain survival and comfort, and to pursue goals within the reach of the horizon. It is your consciousness which neither lives nor dies but is infinite and eternal which asks the questions it cannot answer, which aims the incarnate self at goals which the self cannot encompass in total.

And the role within incarnation of this consciousness which is infinite is quite often reduced in efficacy because the intellectual mind complex is fairly [sure] that it may know and be sure of anything which it sets out to know. How confident you are in the efficiency of the intellect. Yet the experience of incarnation as it passes shows again and again the error made by any which assumes that because it knows truths it will be able skillfully to propagate those truths in a life pattern.

We ask you to gaze inwardly at the physical vehicle. Is the head, the neck, relaxed or do you strain for truth? Is the abdomen, the breathing, relaxed or is there tension? We ask you to breathe deeply and feel how the tension goes to a lower level with each breath. Allow the belly to become soft, allow the neck, the shoulders that carry so much thought to be relaxed and know in a completely non-mental way that you are receptive.

Feel that emptiness that few of our words have created within each, that delicious, restful feeling of the empty cup. No leaves in the bottom of some forgotten, previous drink but all clean and ready. Ready for what? Ah, you are ready to accept and allow the fullness of love. Feel that sweet wine filling your cup as the many workers in the spiritual realm that are concerned passionately with you bend to you lovingly, faithfully, continuously, freshening that living vine of love within. Now, allow this visualized self to be held up to the light and feel the energy, the creative power of quickening, enlivening, space-giving light.

You have friends you are not using, dear ones. You have covered your half-empty cups because of the fear engendered by the realizations that you shall not manifest the vision or ideal that lies within your faithful, open hearts. Why do you have this darkening, closing fear? You have it because it is needed. Your mind, the mind of the body, has said "This and this must be if I am to be as I wish," and then the mind judges because of a perceived error or a falling short of the ideal exists. Could it be that the self takes the self too seriously, and the irreplaceable, infinite ideal too lightly? To love the highest truth is very, very well. To love the self as the perpetrator and controller of this unlimited truth is a judgment error. Thusly, hold to the ideal but not to the extent that there are forces of judgment within which take the self into the cave of fear and thereby stop further catalyst from occurring.

Now, let us return to the student coming from the cave. Into the sunlight comes the student, not perceiving any truth except the desire to avoid being beaten about the head. This is your situation. Into this situation come a great company of those who would aid, not far from you or unavailable during activity but as near as memory. You are required to ask for help. When help is requested, mentally, that help flows and the open heart receives it and feels its healing touch in every cell. As each knows, so to speak, it is not the vision that fails, not the love, the compassion, the ideals, but that self which cannot empty itself of the dregs of used up experience. Trust the plangent cords of memory to sustain the learning implicit in each and every perceived error and block. Then allow the self to open slowly, slowly, until the feeling of relaxation is such that you are not threatened by the act of will of uncovering the self within and allowing these dregs to be poured out. Visualize even if this helps that you are giving this distillation of disappointment, frustration, and other seemingly negative emotions into the all-healing Earth energy which is all about you.

Now, thirdly, empty and cleansed, having released the fears of failures, accept the love and compassion of those mystical beings, essences and energies of spirit that wish to support you to aid in filling the pot with new, living compassion, its liquid crystalline, sparkling beauty, soothing, invigorating and enlivening the small human self so that this self may take its place in the full identity that you are, for you are all of these manifestations, concerns, and thought patterns, and you are pure consciousness as well. This help from guidance moves into the portions of the deeper mind, not the conscious mind, so that help from without, in your way of discernment, finds the appropriate nodal [resonance] point which is the receptacle for that particular guidance form.

All that comes to you, those blessings that touch the spirit with healing, touch not a human as you know yourself, but that portion deeper than the conscious human mind which profoundly resonates with the conscious mind if this is allowed, and enables you to see through moments of intense activity, as well as peaceful times, that all things truly are well. Allow your sources of help the invitation needed for you to be touched innerly and you will feel at the moment you ask the aid that is given. Gradually, the path winds as it will, difficulties and tests mount as the

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capacity to learn increases, but in those who have learned to pour out and leave behind now useless, inanimate dregs of exhausted experience, the marvelous, sparkling joy of one who is accepting of the gifts and blessings of and infinitely transforming energy of love.

This love created, this love destroys. All that is is within that which we must for lack of other words call love. This awesome and terrible love shall test and stretch each of you. That it does so with sure purpose is very hard to see. When you are emptied and the filling of your cup has begun, rest in the hollowness within, and allow the open heart to feel the peace of this one moment without fear. May you be sustained. As you are you shall be; transform the face of the Earth.

We would at this time transfer this contact to the one known as Jim, if the one known as Jim would wish to receive this contact. We shall attempt to transfer at this time. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to ask if there are any further queries of a briefer nature to which we may speak. Is there a query at this time?

Questioner: How would you go about asking for guidance *(inaudible)* at the spur of the moment?

I am Q'uo, and I am aware of your query, my sister. For those who have little or no experience in requesting guidance from those whose honor it is to provide such, we would recommend that there be those times of meditations reserved for opening the heart in this seeking to the inner guidance, and during this time we would recommend that the seeker begin to familiarize the self with those sensations and feelings that rise up from within as this request is made. Thus, the seeker will come to feel the response to this request, and will come to recognize the feeling tone, shall we say, of those who respond.

During these meditations it is helpful if the seeker is able to begin the meditations by centering the self upon those qualities of the self which are, shall we say, more securely set and which can be used as the building block. By centering upon the qualities that are stable the seeker offers its call and is in a position to remain open to the response according to the stability of centering qualities, be they humor, balance, care, devotion, intensity of desire or whatever the seeker feels are the most stable and available characteristics. Then, when the seeker has become familiar with the feeling of the response, it is then possible to ask for such in the normal round of activities, outside of meditations.

Is there another query, my sister?

Questioner: Not at this time, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I have one final one if no one has anything. I would like to have your opinion, if there is any opinion that you can offer, as to whether the longer group question is a better teaching tool at this time for this group, or questions that are answered in a shorter manner and then each question being answered leading to another question. Are you able at all to give some indication as to … how you feel about the efficacy of these two ways?

I am Q'uo, and I am aware of your query, my sister. We are, as always, happy to serve in whatever manner is requested if it be within our abilities. As we look at the changing faces within your group we can see that there may be instances in which the shorter query would be more efficacious, other instances in which the group question of the longer nature would be more helpful.

We must leave this determination to your group, as its personality is formed from session to session, according to those entities that join your seeking and the concerns that each brings with him or her. However, as a general practice it is well to offer this segment of questioning at the end of your session so that those queries that arise in the mind may be offered for our opinion.

Is there a further query, my sister?

Carla: No, that was helpful. Thank you very much for being here today.

I am Q'uo. Again we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and as we are aware of no further queries we shall take this opportunity to thank each, once again, for inviting our presence and our opinions to your circle of seeking this day. We are most honored

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to have been able to join your group and walk with you always upon your journey of seeking as do many others, unseen to your physical eyes, but who wait for your inner call to lend their assistance and support on this arduous journey that you find yourself upon.

At this time we shall take our leave of this group, leaving each as always in the love and in the light of the one infinite Creator. We are known to you Q'uo. Adonai, my friends. Adonai. ♣

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Special Meditation
October 3, 1992

Group question: My name is K, and my first question is as follows. In our previous session the advice to the entity known as K was terminated due to the discomfort of the instrument. Would you kindly continue from the point as follows: "… you may embody that truth and then, through the quality of reflected love within the self, may open doors in service to one or a few or many entities. When light is considered, consider also that it is [not an] artifact of time and space nor does it transcend the illusion in the way logically or intuitively available to the educated mind. We encourage the consideration of …" *(Contact was terminated at this point in the last session.)*

(Carla channeling)

I am Yom. Greetings in the love and in the light of the one infinite Creator. We are most happy and pleased to have the privilege of meditating with this circle at this working, and thank you for calling us to your session to offer our humble opinions in response to your call. As always, please use your powers of discrimination, as we are fallible. The clue which we had intended to offer was this: consider whether manifestation is a creature of the powers of manifested physical energies or a creature of what you know as mind.

May we respond further?

K: I have a further question, which is as follows: Is the vortical electrical coil suggested by Walter Russel worthy of research, or can similar effects be obtained using the triangular or pyramid forms?

We are those of Yom, and appreciate your query. In our opinion it is equally fortuitous to experiment with the vortical coil as the one known as Walter has discussed and to consider the pyramid energies if it be seen that the pyramid shape is the replicated shape of the downward portion of the gathering force of the pyramid. The physical, shall we say, pyramid then would be that which received the windings of both clockwise and anti-clockwise spirals as the unmanifest reflection or gathering or blessing portion of the coil then be able to use the reflected grid to complete the same double-phased energy as expressed by the windings of the vortical coil.

May we say that it is, in our humble opinion, the work of the inner discipline whose moment in your space/time and time/space has arrived and that these energies shall meet with representational mind capable of ethical usage of power, not at this juncture but in the fourth density or density of the love or compassion vibrations more harmoniously and predictably being in balance.

Is there a further query?

K: Yes. I appreciate the need to become a transparent radiator of available light. Am I correct in believing that a closeness to nature will in my case aid this process?

I am Yom. We answer in two portions. Firstly, the creation of the Father, as this instrument calls the second-density sphere and biota upon which you enjoy incarnation, is full and replete in undistorted love, therefore the Earth and its creatures are helpful whether or not the individual entity is aware of this aid. Secondly, to one whose spirit rejoices in the creation and the energies of this harmonious and beautiful creation these positive effects are many times magnified. We may note in this regard that the impulse to seek nature can be somewhat wayward when one finds oneself in a position athwart the forces of this natural, harmonious and sometimes inconvenient world of nature. Therefore, it is well consciously to pause in good weather and evil days alike, sun and rain, to give praise to the infinite One for this perfected manifestation, and to offer thanks for beholding Its face.

May we answer further, my brother?

K: I have no further specific questions at this time.

I am Yom. My brother, we are limited in that which we may relate to you. This we realize you understand and accept, further, we feel that your intentions are pure. Consequently, we encourage your heart to remain pure, your goal to become more pure, and your manifestation shall indeed surprise you and delight as well.

With our farewell we clear the way for our brothers and sisters of the principle known as Q'uo, as this entity is waiting to speak also. We leave this instrument and group in the love and in the light of the one infinite Creator. Adonai.

(Carla channeling)

I am Q'uo. We greet each in the love and in the light of the one infinite Creator. As our brothers and sisters of Yom have said before us, the honor of sharing this discussion with this group is keenly felt and your service to us in calling us to you is greatly appreciated and hopefully deserved, however, we request that our error-prone nature be considered in evaluating our thoughts.

We are called to this question not because of specifically physical work, physically oriented information which we have to share. We have nothing of that nature to offer; however, the structure of the empowering intention or desire of the one known as K inadvertently to this entity calls for a type of inquiry and way of viewing which we might share with some efficacy.

The manifested world may be viewed in a terseness and plangent depth by study of that portion of the deep mind which you and we have termed the archetypical mind. The myths of the Titans, of Lucifer, and many other mythical examples of light bringers show the bringing into manifestation of this light which allows the consciousness within incarnation to expand. As the gaze turns to the archetypes of the mind and the archetypes of the body it may be suggested that the powers progress through the vortical coil, for example, might be seen to involve the archetypes of the Matrix and the Potentiator of the mind or of the body.

Let us gaze at the archetypes of the mind. Firstly, the Matrix of the mind. This essence or energy is the untaught seeker, the beginner's mind, reaching, reaching and again reaching. For what? The Potentiator of the Mind is that which receives the desire and enables it by a process of reflection and blessing. The Significator of the Mind is then the result of the Matrix entity or archetypical figure reaching or intending that which can only be potentiated by the seemingly passive Potentiator, that seated figure which has within the bosom great wisdom.

Thusly, the Matrix of the Mind is able to record incoming data, and through the Potentiator once again is able to deliver to the archetype of the Catalyst of the Mind the catalyst which shall become experience.

In the archetypes of the body the process is reversed, the matrix of the Body being even-functioning or balanced. This equilibrium is moved one way or another by the interaction with the Potentiator of the Body which may be called informed judgment or wisdom. The Matrix then is the blessing, is, indeed, manifested perfection which moves it away from balance and the pattern repeats in reversal until we see in the Significator of the Body the entity which is completely suspended upside down, thus showering the manifested body energy with its treasure as it falls from the clothing of this archetypical figure.

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This has a relevance due to the triple—we correct this instrument—the three-fold cycle which is the pattern within the thought of the one known as Walter, that is, the first cycle which is not until it is manifest by the second cycle and recorded in the third cycle.

We are having difficulty speaking upon this topic through this instrument and would ask this instrument to move a bit deeper that we may have a firmer contact. We shall pause. We are those of Q'uo.

(Pause)

We are again with this instrument. Within the context of the questioner's concerns we would suggest the consideration of a fourth cycle, which may be called the cycle of blessing or enabling. The Matrix, then, of the Mind would equal, archetypically speaking, the voided first stroke; the Potentiator of the Mind, the second stroke which makes manifest; the matrix of the Mind is then again the third stroke, as it has become enlivened by the Potentiator. However, until this is moving through the Potentiator's blessing or enabling it cannot become catalyst, or, in terms of physics, it cannot work. The fourth cycle, then, is that area which may be profitably considered, not for windings of coils manifested, but for the personality of the facilitator of such designs. For in order for these to work the potentiating position must begin within the mind of the observer or facilitator of the process. This intangible set of mind, body and spirit, but for beginning study the mind, is necessary in order that the device that effectively works might be conceived and manifest.

These words are as slippery as the stem of a water lily, and we grasp them as one would who believes that where there are lily stems there are also water lilies in bloom. Before, during and after all attempts to manifest truth lies a shining, loving, powerful and wise mind which is in each of you. We ask that more and more you learn to rejoice not because of any one thing but because the true nature of creative love is more nearly truly expressed in joy than in most other states of emotional mind.

Let the point of view remain as closely [attuned] as comfortable to the nascent spirit to remain with this joy, for it abides within and is not simply a response to that which is without or beyond the five external senses. Seek always this steady state of balanced joy and the mind that is the higher mind will more and more find itself at home and more and more shall the small one that each apparently is become graced with the overshadowing unity of a larger oneness.

We, as always, emphasize the patient, persistent practice of inner silent listening which is generically called meditation. And, further, encourage the use of those who guide, not for outer information but for the homing towards unity which the disciplined personality seeks to become.

Are there any queries at this time?

K: No, there are no specific queries.

Does any have a query?

R: I don't have a query.

Jim: Not I. Thank you very much, Q'uo.

R: Thanks for the elaboration.

We are those of the principle known to you as Q'uo. It has been like riding the tiger to get this transmission through, and we ask that care be taken to keep this instrument quiet until the next diurnal cycle. As usual, this instrument would not quit when it became discomfited, therefore we needed to use the proper energy. However, though we thank this instrument, we would encourage it to be careful when it is uncomfortable with an acute difficulty in your future. We smile at this instrument's desire to continue, for it is charming. May wisdom more frequently accompany such charm.

Each of you, how blessed we feel by you, and in return offer our love and like blessing. Truly you and we are loved and all that we do in return is only that which has rippled through from you to return. This is your love, our love, your, our, your, our … until there is one. In this oneness greet each other, always.

We leave you and this instrument in the love and the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
October 4, 1992

Group question: In an out-of-body experience—which is the question this afternoon—when the exit is via the crown of the head there is impression of movement, at great speed, as if one were drawn up through a tunnel or a funnel. Please describe this process and account for this impression. We would like to know, in this area of out-of-body experience, if this feeling of movement is actual. Does it take place in time/space? Is it a movement in consciousness or is it simply a feeling of movement that accompanies a more profound experience or process?

Also, what would you recommend that the seeker of truth take as the attitude or position regarding out-of-body experience. Of what value, in another words, is it to a person to experience out-of-body experience, and what would one think of such?

(Carla channeling)

I am Q'uo. Greetings, my friends, in the light and the love of the one infinite Creator. Thank you for asking for our participation in your session of working at this time. We are honored to be called to your circle and bless each with a whole heart. As always, we ask that our words carry no authority except that of opinion.

The out-of-body experience about which you ask is a subject which many are focused upon because of an underlying desire to be shed of the heavy chemical machinery of the third-density physical vehicle, or body. The spirit or consciousness of an entity is bound by choice to its physical vehicle in order to persevere throughout an incarnative experience. It is no wonder that the consciousness often may yearn to be free of the seeming tyranny of flesh. However, there is much to be said for the consideration of that which is uncomfortable and inconvenient being also far more useful in the production of catalyst.

Let us look briefly at the experience itself, of moving from within the physical vehicle to observing the physical vehicle through the eyes of the finer bodies which are within incarnative stricture, however are not necessarily tied within the physical vehicle permanently. The consciousness, as it were, in the most natural or easy way of egress from the physical vehicle may visualize the tucking and rolling motion of certain practiced falls or yogic postures. When the physical vehicle is exited and entered with this visualized method the trauma is minimal.

The experiences spoken of in the query, of the squeezing feeling and the tunnel, are those feelings associated with a less skillful method of exiting the physical vehicle. The imagination, if we may use that term, is helpful to those who would wish not to experience the less than optimal symptoms of exit and entry, by visualizing the tucking and gently rolling, both leaving and entering the physical vehicle.

In most cases of unintended exit of the physical vehicle, the finer bodies carrying the consciousness are within the same illusion, or, depending on the vibratory patterns of the individual, there may be the precise location which one enjoys in the third density but the out-of-body experience may be in fourth density. This still appears to the consciousness senses as a normal, solid, seemingly third-density illusion, and though the electrical nature of energies between people is far more apparent, nonetheless the work which might be done in this out-of-body environment is no more or less effectual in creating new polarity than experiences within the third-density physical vehicle.

There is a very old tradition amongst your people of spiritual quest involving work done without the physical vehicle. For this type of moving out of the body a very precise and lengthy tradition or school of training has been followed by the aspirant to, shall we say, holy or magical orders. Within these orders the discipline of the personality is labored upon by visualization and austere practices which begin to reclaim the linkage between the physical mind and the mind of consciousness.

Perhaps we could use the term "brain" to indicate the natural thinking capacity of a second-density animal which your physical vehicle is, to differentiate it from the term "mind," the mind being that of infinite consciousness. The linkage betwixt brain and mind is normally set within incarnation in a matrix which allows free communication from brain to mind and limited communication from mind to brain. The magical training—which may be called cabalistic or white magical traditional—attempts often quite successfully to restructure the matrices—we correct this instrument—the matrix so that the points of connection are denser between the mind and the brain so that subconscious material is made more available to the brain or that which controls the day-to-day living.

This application of out-of-body experiences is a form of information gathering. In and of itself we do not find it to be useful, however, when a desire is formed to examine the surrounding inner planes and the consciousness which is sent forth is carefully laden with instructions which move it into inner planes, then such a spiritual scientist may make notes and learn more of the subtle inner environments which in total make up the inner structure of the deep mind or deeper aspects of the self. We do not encourage entities to move out of the body without there being a spiritual goal involved, for as many have said before us, it is a crowded universe and many of the citizens of it are particularly interested in those whose life force of spirit and will dims before the life force of the physical vehicle.

The danger here is that those who do not yet value or respect the incarnation may yearn so to be spirits that the emphasis upon finding holiness and worship within the physically bounded experience is lost or tossed away, and instead the entity simply wishes to escape the bounds of the physical body. We encourage each to contemplate the manifold opportunities within the confines of the physical vehicle to be a spirit, that the house of flesh involved does not limit the desire to experience as a spiritual entity, a magical entity, but rather offers to such spiritual questing the sharpness and substance of experience which cannot be had outside of the physical body. This incarnation which each now enjoys is a rare gift. We encourage each to respect and love this gift of intense time, of intensive actions, of deeply difficult choices made perforce in the darkness of illusion. To escape the bounds of body is also to deeply blunt the efficacy of precious incarnational time, space and time where the questing spirit may make blind choices. This blindness, this darkness is precious, for choices made herein strike deeply into the infinite self.

I am Q'uo. Is there a further query?

(Pause)

I am Q'uo. We find many questions in this group, but none of them spoken aloud, so we are not allowed to answer them. We own the terrible pun. What can we then do, having exhausted the queries, but bid you every possible blessing of love and light in your journey towards the One. We leave this instrument with thanks and this group ditto, in the love and in the wondrous light of the one infinite Creator. Adonai, adonai.

(Carla channeling)

I Yadda. I greet you also in the love and in the light of one infinite Creator. Greetings and salutations to so many solemn minds today. We ask you who are here why are you so serious? Be less serious. The importance of your work is like clothing; you have on too many clothes. Take off some solemnity! Yes?

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A vest of serious, a tie of responsibility. Away with these things! And when you are naked and no longer so solerm … solmn … solenn … so solemn—haha! We got it!—when you are not so solemn anymore then bounce and jiggle and jump for joy and feel the waters of love that you so solemnly seek now.

You know you keep yourselves from your own bliss by holding too tightly to the clothing of righteousness. We thank you for allowing us to share our thoughts with you, and would say good-bye with much blessing … blessing … ha! We are Yadda. Adonai. ♣

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Special Meditation
October 14, 1992

Question for S: The question we're considering this afternoon for S is why things seem to have gone so far astray from the path that allowed her to provide the most service to others, and that was when her husband R was alive she had the opportunity of being in a mated relationship and of helping a family to communicate and to live together and to grow together and she felt that in that role she was able to provide services that were hers to provide. Now that R is dead she is faced with possibilities that just don't feel like they are right—going to school and taking classes that she has no interest in and pursuing a career working outside the home, which also seems to be a dead end as far as interest and opportunity to be of service. The picture of her life seems to have a number of dead ends and we are wondering this afternoon what kinds of considerations should be foremost in her mind, what opportunities are presented by the seeming dead ends, is there something that she's missing, is there something wrong with this picture, and if so what is it?

(Carla channeling)

I am Q'uo. Greetings to you, my special friends. We thank you for calling us to this circle of seeking and are most privileged to offer our opinions, with the understanding that we are not imbued with perfect knowledge. These thoughts are our opinions. Please choose those thoughts which aid and leave the residue behind.

Once, as the saying goes, upon a time all of those things in heaven and Earth, as this instrument would say, were one, and yet all existed in chaos. Into this chaos came one great creative Thought: love or the logos. At this timeless time each of you and we were already created, the manifested universe no less than your manifested selves is the intimate abode created to house and offer an environment to the spirit that each of you is. For millennia your peoples have sought and sought to discover by what means they might find a comfortable, pleasant and productive existence, they have sought help from inspirational words and from the myths of their cultures, yet none who has awakened to a realization of the nature of evolution are very comfortable in this house of Earth created so carefully for spirits to dwell in and learn.

How could this extreme discomfort be a part of the plan whereby love itself created an abode for those infinite parts of itself which it wished to offer experience to? How could such an unimaginably pure love create such pain and suffering? Once upon a time there was a point in your planetary sphere's development when it became able to support third-density beings such as yourselves. The gift of self-consciousness was offered and accepted and the human animal form based upon instinct was sacrificed to the third-density consciousness. This

consciousness is your infinite self. It does not work logically or sequentially but rather by deep feelings and the persistently held desires of a seeker. However, there are no outward signs which may tell you when your second-density instinctual brain is thinking and when your infinite consciousness is running the show, only by hindsight can a guess be made as to from what part of the complex being that you are this thought or action came from. The experience of loss, of overwhelming confusion may be received either by the brain which thinks in black and white and is forever subject to duality.

We pause to move this instrument somewhat deeper.

When the brain copes with pain and difficult suffering, it wishes either to attack or to flee or both. In contrast, the consciousness which carries with it eternity looks at the same catalyst, it functions as all self-conscious things do, to observe, to analyze, to figure out what is occurring. Once this has been done, the way consciousness works is to take all of this ideated material and let it sift down through the roots of the deeper mind so that at some point dreams, visions or certainties will be clear, clarifying in lucidity beyond words, not the particulars of transformation, but the feeling of surrender and acceptance of the catalyst which occurs.

As we blend with your vibrations we find that we need not spend long portions of our precious time with you in speaking of meditation and other spiritual disciplines. Indeed, we must turn about and encourage the consideration that short, even momentary times spent asking for the Creator and It's silent messages are extremely effective. The time spent in company with the infinite One is timeless. The purified desire that leaves the seeker to the momentary thought of the Creator is the powerful portion of the meditation. The long sitting meditations are far more for the purpose of becoming a fairer observer, not becoming one with the infinite One. It is desire that moves each to that close relationship and continuing conversation with the Creator.

It is often assumed by those who are not on a spiritual pilgrimage that the greatest boon of living a spiritually oriented life is the peace of having made such a deep choice and, indeed, there is that peace of commitment to a life in faith. However, what those not on the path often forget or do not know is that the pilgrimage towards eternity, while greatly speeding up the pace of spiritual evolution, is terribly uncomfortable and inconvenient.

Each in this circle is already aware that he does not come from around here; that is, each is aware of being a wanderer. Into this particular experience come entities who must plunge into the darkness of illusion and live through an incarnation to be of service by the quality of consciousness. Each of you volunteered to be here. From the point of view beyond the third-density environment the suffering which each has gone through or now goes through seems to be a very small thing. Within the illusion it swells and seems to become overwhelming and as deadly as any disease of the body. We can only encourage each to turn from the questions of "why" long enough each day to spend a few moments or minutes with the infinite Creator. The answers are within and there is far more help than each here can imagine which is available to those who call upon loving positive discarnate energies.

We encourage this leaning upon the invisible company of those who would support you. As you ask within you will feel that sympathy in the depths of your heart and so will know that truly no one suffering suffers alone. The invisible company of those who love is there just as close as the breathing or the thinking.

Once upon a time two entities lived happily ever after. We know that few in the third density ever experience this fairytale, yet it is beyond all joy when such occurs. When one seeks hardest, on the other hand, for the fairytale romance then it comes that this is denied. This then places each, whether having loved truly or knowing no true love, in the position of wondering "Why?" May we remind each that it is well to seek the Creator's will and in that seeking there is guidance available. This guidance may be found in any of your planet's holy works. We would use this instrument's Christian bias to state that it is said that those whom the Creator loves best are those who are tested.

As wanderers, you came for two reasons: to serve and to be tested. If there is comfort in knowing that the path that is in front of each now is the appropriate destined path designed by yourself then please take comfort in that. There is always in the illusion the feeling that to be without the heavy body and heavy experiences of third density would be greatly desired, yet as soon as the incarnation is naturally over the

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seeking spirit gazes backwards and thinks, "Why did I not learn more? What a great opportunity!"

Once upon a time, there was to each seeking soul a moment. For each here this moment has come, the great incarnational decision has been made, the positive path will be striven for. Now that each is committed to love the source of all and to love the self and all other selves there now remains only acknowledgement of any emotional feelings, recognition and respect for the unique suffering of your own lives and the true peace which is not a comfortable peace, that peace which is the knowledge that the path of your destiny is true and its aim is straight towards infinity.

When this path is through desert wastes and bleak wilderness there seems no hope. We urge each to encourage each other in the faith that this seemingly disharmonious and painful situation is the correct and worthwhile path. The grass, shall we say, is in truth not greener elsewhere.

We will come back to this instrument. However, we would wish to yield our speaking position in this instrument's energy web to an inner planes entity. Please accept the pause necessary to open this particular channel. We leave you briefly in love and light. We are those of Q'uo.

I am Michael. In love and light I come to you to speak those words of comfort which we may offer. We would wish to share the acceptable to free will information that we can concerning the one known as R. This entity may now speak to some extent through this instrument …

I am so glad to talk to you, sweetie. Hi, I am with you. I am so pissed that I had to go and you had to stay. I wanted so much to stay if one of us had to stay. Why couldn't it be me? I want you to know that there is never a single, single minute that I am not inside you, where I always wanted to be anyway. I am in your heart and I will never leave you. I just wish that Carla could make some cigar smoke and you could see me but this girl does not have that ability so I will just say, honey, you hold on and just flow because things are going to turn out. We did everything OK, and I know you will keep on doing that. I have to go but you know I am with you. Can I ask a favor?

S: Yes.

Will you talk to me sometimes and say the special things? I would really like that, just tell me what you feel and stuff. Good-bye for now.

I am Michael. We could not use this instrument further this day for inner planes work. We are sorry we had to cut the one known as R short of expressing the immense love and unity he feels. Yet he is well and the waiting will be only as a few minutes, so he is happily awaiting the one known as S when her learning is done in this incarnation and together there will be a new experience, new lessons, and new suffering so that the Creator may learn and learn and learn.

We would leave this instrument at this time that the one known as Q'uo may receive queries. If the one known as Jim wishes to channel, we shall transfer to this instrument at this time. We are those of Q'uo, and leave this instrument in love and in light …

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time we would ask if there are any further queries to which we may speak?

S: Yes, I do talk to Ron a lot, I'm bothered by the fact that I feel so cut off from him, when he was here I was able to feel his presence, whether I knew he was there or not. When I kissed Ron for the last time in hospital he was still alive, I knew he was not in that body, he was gone. I no longer felt what I knew [as] Ron to be in that body, he was not there. And now I'm expecting, I think, to feel something when he's with me and I don't and that scares me, and I know on some level that he's with me most of …

(Side one of tape ends.)

(Jim channeling)

… to approach you in the dream state and to communicate there his love and unity with you. There are many such dreams which are not in your memory but in which you and he have moved as one. If it is possible for you to again open a channel in your heart of the love of this life and experience there will be an easier means by which the one known as R may make himself known to you.

Is there a further query my sister?

S: That's a tall order. Yeah I have another question. I'm really confused as to where … I feel unable to go

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on, and basically that sums it up in a nutshell. I lack the ability to go forward, I lack the desire, I feel a real strong sense of wanting to die, I don't know where, I've tried to … oh god, this is going nowhere. I feel like I'm lacking the ability to continue, it almost seems as if life has come to a point where the test is am I or am I not going to kill myself, which I really don't believe I will because I know there's a big price to pay for that one, so I find myself praying and hoping … you know, it's really strange that I watch a show on breast cancer, I'm thinking, gee, I hope I get that soon, you know, and I've just, I don't know where to go from here, I don't know where to get what I need to go on. I'm so confused and no direction seems right, but at the same time in practical manners, I don't feel like I can sit back and wait for something to be shown to me, you know. I don't want to wait to the point where I'm a bag lady, to hopefully get an answer, if it gets that bad, I won't be around for the answer. If you could make any sense out of that?

I am Q'uo, and am aware of your query, my sister, and aware of the great pain and sorrow which are yours to bear at this time. We feel great sympathy for you, for the experience of love which you enjoyed with the one known as R seems at this time to have been cut short, when in the larger view of the lives which continue before and after this Earthly illusion there is but a moment's experience to complete within this life, though it may take what you call years to do so.

We may suggest that you re-examine those basic beliefs which you shared with the one known as R. We are aware that you have brought many of them into question as a result of the death of your beloved, but we would recommend that you look to that faith most especially that each of you shared, that lives do continue, that there is a purpose, however seemingly absurd in this life for this life, and that you, in general, begin to build again the foundation of attitude and ideals that were your foundation with the one known as R.

There will be suffering and confusion throughout this illusion, for it is by such testing that these basic principles are forged in the fire of experience within each entity's heart. Be gentle with yourself, not expecting too much, yet placing before yourself the goal each day of renewing faith in the fact that there are truly no mistakes within this illusion. There are great puzzles and riddles and experiences of confusion and doubt which each seeker of truth will find placed upon the path and with which each seeker must grapple.

We encourage you in your struggle and would hope to give comfort with the suggestion that as this experience of sorrow and grief continues, that there will be born within you the ability to withstand it and even to overcome that which seems to overcome you at this time. There is a great plan within each entity's life which is the pattern, the dance within the illusion. Each entity has before the incarnation chosen this pattern in order that it might balance and intensify and refine those qualities gathered before this illusion that are felt to be of primary importance in learning of the mystery of creation and in the honor of service. Each entity must trust the destiny that has been chosen and fuel that trust with the will to persevere, knowing that even if confusion and sorrow and suffering have their day, there is the resolution at some point within this illusion so that each seeker will find the indication that it is truly upon the right path.

We know that a great deal of anguish has been your lot for this past year in your time measure and we cannot express enough our sympathy, for few within your illusion have had the harmonious, loving, honest relationship which you have been privileged to experience and to lose such is to lose a great, great deal. But we encourage you, my sister, to persevere beyond confusion, beyond doubt, in whatever way you can find to do so, realizing that you have chosen well the path you travel, though it moves at this time through a deep and dark valley. It is only the shadow of death that haunts you, whether it be yours or your beloved's. There is truly no death, there is only life and the experience in this illusion has the purpose of verifying and ratifying the unity of the one Creator that can withstand even the most difficult of challenges.

You are not alone, my sister. You move not only with your beloved in your heart and in your mind but with a great company of lighted souls that rejoice at your every determination to continue and who offer support when your determination flags and seems to fail.

Is there a further query, my sister?

S: Yes, just briefly. Along this line of making decisions and things like that, I'm having trouble figuring out what criteria to follow. It seems like

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every decision that I make feels OK for the moment, but then comes to feel not OK, it doesn't feel right. I think this was a bad decision, this isn't working, this isn't … I don't get any good feedback from the decisions and I'm sensing that when I make a right decision I will get some sense of "Yeah, this is the right thing to do." I haven't really felt spiritually great about any decisions I've made—other than to stay on the planet, that I know is the right one—but if I make a decision and it doesn't feel right and I want to back away from the decision, I'm confusing myself, you know, and what's the best way to approach this decision-making process?

I am Q'uo, and am aware of your query, my sister. To make decisions is the great experience of this illusion, to use each opportunity to choose the light, to choose the love of that which is before you. This we know is difficult in itself, even under what you would call the best of the conditions that are to be found in this illusion. When you find yourself as you have with great sorrow and confusion, the making of decisions is even more difficult, but with this increased difficulty comes also the opportunity to reap the greater metaphysical benefit from even attempting the decisions.

As to how those difficult choices may be best made by you at this time, we can say very little for it is these very choices that will form your experience in what you call your future and will thereby provide the greatest opportunity for you to learn that which you have set before yourself to learn and to be of the greatest service to those about you.

To approach each decision from the aspect of seeking to serve and seeking to love is that suggestion which we find is most appropriate at this time. As you look to those whom you love and under whose care they are awaiting, shall we say, these choices is to place the welfare of these entities in the greatest position of responsibility. We perceive some difficulty in interpretation and shall find additional words for this concept. Those entities which are yours to care for are those whose welfare we see is of primary importance in your life, as is your own life's journey and direction. Seek at each opportunity that presents itself to choose that opportunity which is most filled with love and service. This we find you are already attempting with a whole heart and we would reiterate our previous suggestion that if it is possible for you to once again open your heart in even the smallest degree of love for the life that is yours to live, then it will be easier not only to feel the presence of the one known as R, but to feel the direction that is yours to take, for it is the symbiotic love of life relationship—your love of life and life's love for you—that will allow you to feel that your movement is guided and is appropriate.

We may suggest the taking of time in the beginning or end of your day or at any time when you can sit in an uninterrupted fashion, meditating upon the feeling within your heart and visualizing a channel of love opening there and feeling the connection with your life and the opportunities and challenges before you, opening so that you are able to move not just from the intellectual assessment of possibility, but more importantly are able to feel and move from the flowing of sensitivity of love from your heart and to your heart. If you can be regular in this meditative practice you can begin to build once again the feeling of connection to this life that has been severed by the death of the one known as R.

Is there a further query, my sister?

S: No. Thank you very much. I'll work on that.

Carla: I have one. I would like to know something about an expectation that I didn't have met. I expected if we did hear from R at all, that R would be like Don was after his suicide, that he would be laughing at how seriously he had taken everything and be in really good shape, but I felt an entity that was deeply enraged and really angry and a lot of things about having to leave S. Does that mean that he too has not been able to let go, that he is just holding on really hard? What's going on here? Is it a personality shell that's holding on like that? I'm just totally befuddled by the fact that he was experiencing a lot of negative emotions? I just wonder where is he, what form-making body, the between incarnations thing, what's going on?

I am Q'uo, and I'm aware of your query, my sister. We are having some difficulty with this instrument but shall attempt a brief response. The one known as R spoke through your instrument in a manner which he felt would be of the greatest service to the one known as S, for the one known as R is of the awareness that the one known as S has great sorrow and suffering at this time and though he is well aware of those principles of love, light and unity which both shared during his incarnation, it was his opinion that the one known as S would be more comforted to know that he also felt a great splitting

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and loss when it came his time to depart the incarnation, for each of these entities had plans which did not include such an early departure, shall we say.

The one known as R resides within the green-ray body this time, that body that is imbued with love and compassion and great passionate emotion. This entity is busying itself with the refining of those lessons that it was able to learn and process within its incarnation and awaits, as the entity known as Michael mentioned, the movement of the one known as S from this incarnation and awaits this rejoining with great joy, knowing that should the incarnation of the one known as S last many, many years in your measure, it will be but a brief moment as time is reckoned within the illusion now enjoyed by the one known as R. This entity has fulfilled its purpose, yet wished, as most positively-orientated entities, to do far more and to be of even greater service and sorrows that this was not possible. Yet, this entity knows that all is truly well and offers its encouragement in its own way at this time and shall continue to do so.

Is there a further query, my sister?

Carla: Just a follow-up. Is he with Don?

I am Quo, and I'm aware of your query, my sister. We find that the ones known as R and Don are members of a great grouping of entities of light that serve this planet at this time in a manner which is likened to a group consciousness, though each remains individualized in intention and ability to express love and to serve in a unique fashion.

Is there a further query, my sister.

Carla: No, thank you Q'uo.

I am Q'uo, and again we thank you, my sister, Is there a final query at this time?

(No further queries.)

I am Q'uo. It has been our great privilege to offer our selves and our opinions at this circle of seeking. We are grateful to be asked to serve in this manner and we cannot express enough the joy that such opportunity gives us. We thank you, my friends, and we hope that some of the words spoken this day may bring comfort to each heart present. We can only remind each doughty seeker that this illusion will test each fiber of your being and will refine your desire to seek and to serve. That is what this illusion is constructed to do and though it seems that it is a long and torturous journey it is in your larger span of life but an eye-blink in eternity and you shall be most grateful to have had the opportunity to experience this illusion when the opportunity has gone and you have found yourself on the other side of this illusion, shall we say, rejoicing for what you have gained, rejoicing even more for what you have given, for as the one known as R was well aware of, the love that you take with you is the love that you make.

We are those of Q'uo, and we leave you at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✤

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The Aaron/Q'uo Dialogues, Session 8
October 29, 1992

(This session was preceded by a period of tuning and meditation.)

Aaron: Greetings to you, my dear ones. I am Aaron. Q'uo and I are practicing being polite and each waiting for the other to speak first. Our hearts are full of the loving energy that you send out, full of the joy of your meeting. I wish that you could see with our eyes the radiance growing out of this room.

Barbara, K and I spoke a bit in the car about what subject matter you might wish to discuss tonight, about what direction you might wish this to go. Of course, the questions must come out of the deepest questions of your hearts, but I also want to remind you that what we share is not new. You know that we are not teaching you anything, only reminding you of that which you already know.

For those who might be drawn to read this work at a later time, I feel that the greatest value lies not in our conceptual answers to your questions, but in this shared energy itself. You are approaching a time when Earth will become fourth density, when many who are presently third-density energy will graduate from this plane. You are approaching a time when each of you will be fully telepathic to others, when there will be no holding back and no clinging to another, but just sharing that which is. At that point there still will be an emotional body. You will still feel emotions but there will be equanimity about that which arises, and thus, no need to fling it at another; total compassion toward what you feel from another, no fear or closing, no sense of being attacked by another's pain but compassion to that pain.

What is it like to be that way? Each of you is approaching that more and more in your life so that now it is possible for five humans and two spirits to just hang out together, to enjoy each other's energy. The humans have reached a level of consciousness where, when there is some reactivity, it is noticed quickly and worked with, with love. I wonder what inspiration that might give to those who walk this path and aspire to reach that point where they can share so openly with others without the heart closing, without the reactivity that may lead to pain to beings.

Thus, while the content may be of intellectual interest and also help to inspire and teach in some ways, it feels to me that our very working together is of supreme importance. To that end, to whatever degree it is natural, I would suggest as much of a moving dialogue as possible rather than long talks. When two of you converse, you understand when the other is ready to speak. You finish that immediate thought and stop. So, if the principle known as Q'uo finds this appropriate, I would like to see our working together move in that direction as much as is possible.

We tossed many topics around in the car, as I am sure you have here. I feel not only Q'uo ready to speak here, but many of you. What are your thoughts? That is all.

Q'uo: I am Q'uo. We, too, greet you in the love and in the light of the one infinite Creator.

We approach this meeting with the greatest of joy and echo the one known as Aaron's exclamation of delight at the beauty of the energies of this circle of seeking. How much of each of you is brought together in new ways each time there is a meeting, a joining of not only minds and heart, soul and spirit, but seemingly humdrum contraptions you are carried about in! The strong effect of physical nearness is its possibility for spontaneous communication, a combustion of spirits searching, sharing and encouraging each other together.

We pause for enough time to elapse that all may sense and feel the connections of harmonizing energy swirling circularly about this group. Feel the aliveness of this fresh-forged unity. We pause.

(A pause for group meditation.)

In gratitude, we of Q'uo ask for a first query.

R: Would Q'uo suggest a way of looking at turmoil in one's life that is very emotional, to find a way to balance all that seems to be negative and pressuring, happening seemingly at the same time? Is there a general principle that can be extracted from feelings unique to me that others would enjoy too?

Q'uo: I am Q'uo. The beginning of a more friendly environment is light. When one sits in darkness, one has no perspective, no reference points. The feeling of claustrophobia surrounds the timid soul. So it is with emotional and spiritual feelings that are dark. Like the body itself, the spirit feels overwhelmed by dark emotions. Yet how to lighten the darkness and the burden of concern? We move to Aaron. I am Q'uo.

Aaron: My dear ones, first you must look at the erroneous assumption that the turmoil and darkness are your enemy. When you experience turmoil, that is just turmoil. When you experience fear, that is just fear. Then there is the secondary reaction to that turmoil or fear. It is not fear that closes your heart and sends you into the darkness, but your reaction to that turmoil or fear. Can you see the difference? It takes a great deal of practice in awareness to begin to notice the process. First is the arising of fear. With that first notice of fear, you are still in neutral about it. You are not frightened of the fear. Then you move to the stage of feeling attacked. At that point, there is a change in the chemical balance of the body and a change in the vibrational frequency of the light body. It is seen by me as a constriction in your energy field so that the light that was moving freely through you and out of you and into you suddenly becomes trapped in this physical vessel, bouncing back and forth, truly in turmoil. It looks a bit like a pinball machine with the ball going *bing, bing, bing, bing, bing!*

You are not here to get rid of anything in your life. If turmoil or fear is what is experienced—confusion, whatever—you do not need to get rid of it, but to learn how to greet it as a friend, to allow the experience of it with your heart kept as open as it can be; no judgment if it is closing a bit, but consciously making an effort to stay open. Then the aversion to the emotion does not cause closing. Then all the old-mind matters, the remembrances in this body and other bodies of this kind of fear, the projections into the future, none of that becomes part of the issue. You are just here with this moment of fear.

Are you familiar with those sticky burrs that catch on your pants' legs as you walk through the field? The pants are the material of your fear. The burrs are all the added burdens of the past and the future. As they knot together it becomes an unworkable mass, and that is what closes you into darkness. Being mindful of that pattern in yourself, you find that you can ask yourself to stay in this moment with this very workable and much lighter bit of fear or turmoil or confusion and allow the experience of it. It takes courage. It takes sharp awareness.

When you do this, you come back to your connection with the light. This is not something you have to grasp at or create in yourself. You are not, for example, naturally depressed or frightened. The lightness, the openness, the loving-kindness, the generosity and patience, the energy, the courage. Those are all qualities that are natural to you. They are small seeds within you. But if you take a small seed, put it in a pot and then put it in a dark closet, it cannot grow. It needs light.

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Your mindfulness of your reactions to fear is a way of opening the closet door and inviting in light, a statement, "Fear is not who I am. I am experiencing fear at this moment, experiencing confusion, experiencing perhaps the outgrowths of fear as anger or greed, but that is not who I am." As you learn to do this, you start to see that each of those catalysts is in fact a gift offering you the chance to practice just what you most need to practice, which is how to be with a painful catalyst without pulling the closet door closed behind yourself, without needing to seek that protection; in essence, how to allow yourself to stay open and vulnerable. This is your deepest connection with the light, this deep knowing: "In essence, I am spirit. I am divine and connected with the Divine. The body may be vulnerable, but I cannot be harmed if my heart is open and loving."

This is the way of opening the door: remembering your connection. Through countless times of practice, you deepen your ability to keep your heart open no matter what comes. When you heart is open, you no longer have the illusion of being in darkness. Rather, the turmoil, the anger or greed is seen more clearly as the illusion that deepens the sense of separation.

I am not suggesting that it is easy, but it is workable. My brother/sister Q'uo wishes to speak. That is all.

Q'uo: I am Q'uo and give thanks to the one known as Aaron.

As you consider the words of excellent advice, you may wonder that you seemingly already knew that which has been addressed. The question then becomes, "Why can I not put these truths into practice?"

Consider that you have two intelligences. Your first intelligence and the one which you largely use is the intelligence which came with your physical vehicle. The second intelligence is of another order. You are one of an infinite number of stations, shall we say, that in computer language runs a metaprogram which you would call a primary distortion of the One who is all: infinite Mind or intelligent Infinity. The answers come from essences bathed in this second environment, this mind with its perfect infinity, its absolute awareness. The hitch lies in running the answer back into the first animal intelligence.

There is an excellent connection between the metamind and the individual idiosyncratic mind, which you carry just for this incarnational experience. It, however, is a connection made deep within the roots of the first mind. This lies in the domain you call the subconscious. This connection has been characterized as the still, small voice. And still it is, silent to a profound level. Small it is, if it is evaluated by intellectual standards; for the metaprogramming, shall we say, of Love that is the Logos, is that which enfolds and becomes one with the listener to this blessed, silent communion.

How often has each sat to meditate and felt no realizable touch of the great Mind. Yet stubbornly, again and again, midst self-implications for being foolish and shallow do doubting seekers such as all here go again to the table of silent heaven's fare and hold up the self like a dish, saying, "Feed me. However this works, I wish to be one with this bread of heaven that is found when least expected in the course of regular meditation." The dark feeling from judging and fearing the emotions experienced is not easily lightened by pursuing logical, data-consuming thoughts and opinions. Far more skillful is the seeker which decides to move from the incarnational program into the overarching metaprogram.

Do you see, my brother, that you already are aware of perceptions concerning fear and are stuck, shall we say, more in how to place the truth in a position which will actually affect that dark-feeling mind?

(A pause while Q'uo's question is considered.)

We gather by the silence of the one known as R that he may not precisely see our query to him. That is all right. We speak to the generality of your condition.

We also have two kinds of mind as we have incarnations also. We share in the wonderment that all our seeming knowledge does not automatically become manifested in our thoughts and actions. It is, however, the more skillful use of the concern about dark-seeming situations to do something like that which we did to begin this session of working: We all sat and felt the spontaneous circulation of harmonizing and encouraging vibrations, each offering love to each, each feeling the love of each.

In times of ghastly turmoil there is the incarnational instinct to cringe, to back away or to explode into defensive action. Remembrance of an essential moment of flowing harmony moves the mind's eye

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to gaze and move toward that subconscious linkage into All-Mind, the spontaneous, essential feeling rather than intellectual thought processes which yields a true moment of the joy of Love itself, being placed like the light in the closet which gives you the courage to remain quietly observant, neither running away in the mind nor grasping the problem seen with such constrictive and fearing bonds.

The one known as Aaron would say, "View the situation with neither attachment nor aversion." Do you wish to query further, my brother?

R: Yes, with my intellectual mind. I would like to thank both of you for offering your thoughts. I wish to give others in the circle a chance to ask questions first. Thank you.

Aaron: This is Aaron. I wish to return to Q'uo's clear statement that your heart understands and your brain, the human incarnation, cannot follow. It is this precisely that gives you such grief, because in the wisdom of your heart you understand your connection, that this, what Q'uo has called, metaprogram is the reality and that the brain's frantic fear is illusion. And yet, you find yourself moving to the illusion. At that point anger often arises at the self. At some level there is a knowing: "I am responding to this mindless illusion. I am like a mouse on a treadmill and I cannot get off." The only way to reconnect yourself with reality is to notice the judgment that is arising and return love to the self, to have love for this being that is running around on a fear-created treadmill so that it cannot hear the deeper wisdom, that small, still voice within.

Simply put, the light is always there. When you find yourself in darkness, you must ask, "Why is it that there is this illusion of darkness? Why have I closed myself in?" You are light. You know that you are light. Yet to fully express that in the human incarnation is a very, very difficult thing. And this is precisely the way it needs to be. If it were easy, what would you be learning? I am not suggesting that your lives need to be difficult or painful, but if you were already perfect you would not be here in the incarnation. If the heart was always open and there was no reverberation to the chords of fear, then you would not need to be here in incarnative state.

When you notice the arising of that fear, if it can become a catalyst to have compassion for this being that is feeling fear, it begins to crack open the door—just a tiny bit of compassion, just a tiny bit of light coming in. It serves as a reminder: "I am stuck in the illusion. This is reality, this tiny sliver of light. Follow it. Trust it."

As my brother/sister reminded you, you have two intelligences. Habit has dictated to you that you follow the human intelligence while in incarnation, and you become very unused to following the higher intelligence. The physical body has built up the catalysts of so many lifetimes into habitual, unskillful patterns. We talk about this fight-or-flight idea. As my brother/sister said, you cringe at it or strike back defensively. But that is not natural to you, not necessary to you. It is learned behavior. It is precisely that learned behavior that serves as the tool for learning. You cannot simply decree, "I will not run in fear. I will not fight back." Yes, you can develop a strong degree of self-control, but that does not change the harmony or lack of harmony in the experience. That does not bring in love.

Can you have some compassion for the being who has developed this mindless pattern of fleeing or fighting? Can you begin to understand that your awareness of that pattern is the beginning of the path free of it? The pattern in itself is not a problem. Yes, it leads to unwholesome karma. It leads to hurt for others. In that sense, of course, it is a problem. But when you relate to it as a problem, you relate to it as something to fight against, to get rid of: "I am not going to act this way anymore." That is just more judgment to yourself, more hatred. You are involved in the resultant fear and not attending to the causes. When instead you see this being whose fearful brain has developed this fight-or-flight mechanism and feel some kindness for the being caught in a very tight place, then you allow yourself the possibility of hearing the deeper voice within, of hearing the deeper wisdom that whispers, "You are safe. Keep the heart open."

There is something else. When we know something is good for us but we do not do it, it is logical to ask why. When I say that the fight-or-flight mechanism is not natural to you but learned behavior, it was learned so many lifetimes ago when the creature that you were sought to defend itself. To continue to survive and do what is necessary to survive is natural to you, so you learned unskillful behavior in order to allow the continuity of that particular life form. As soon as fear arose, there was a sense of separation and you lost the clarity that you were connected to every other life form. Instead it became a protection

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of the small ego self. This was part of the distortion of self-awareness.

You have been running with that pattern ever since, each of you. Your work here is not to get rid of anything in yourself, not to change anything in yourself, but to begin to know who you truly are and to allow that reality to penetrate so that you can more fully live it rather than living the illusion. You need the illusion. It is what helps to point out the reality. It is the practice with the illusion that strengthens the reality.

By way of example, if you never knew fear—"My needs might not be met"—a fear that leads to greed, to hoarding and clinging, then what would connection and generosity mean? If you never had the sense, "I could be hurt. My needs might not be met," then of course giving would be very easy. There would be no sense of self or other, so you would give and give and give. It would be very beautiful, but what have you learned? You are here to grow, so you are constantly handed those catalysts which you need for that growth. The illusion is the catalyst. That is why you have this "veil of forgetting" that separates you from clear seeing of your spiritual reality when you take birth. Otherwise, the incarnative state would be simply a matter of self-control: "How strong can I be in this situation? How determined?" But you are here to learn faith, not self-control; to learn love, not the expression of willpower.

I said that you have learned the behavior long, long ago that you needed that fight-or-flight mechanism to defend the self. Now, when you are in that dark closet seeing only the existence of the egocentric self—"me against them" separateness—when you are in that space, then it is very difficult to see that what you are experiencing is illusion. You stay defended.

So, first there must be the awareness: "This is defended behavior. This is casting me deeper into the illusion of separation." Then you may notice the judgment arising: "I should not do that." But, my dear one, if this were a small creature, a squirrel perhaps, and you chased after it with a stick and it turned and ran, would you say, "It should not do that. It should trust me"? If such a small creature attacked you in its fear, would you say, "It should not do that. It should trust me"? Or would your heart reach out to this small creature whose fear was so intense that it had to flee or attack? You would feel compassion for it.

Can you look at yourself with that same compassion, simply seeing the patterns of so many lifetimes and knowing that now you have reached a level of consciousness, a level of growth, where you no longer need to blindly follow those patterns? But the freedom from reactivity cannot grow out of the judgment of the self that has been reactive, only out of compassion to that self. Compassion allows the light in, allows the remembering of the deeper reality of the metaprogram of love. That is all.

Q'uo: I am Q'uo. As the teacher known as Aaron states, you are in incarnation to grow from the inside of the nearly always, somewhat dark interior of the mental and emotional closet. You may question the probability of achieving growth; however, you cannot avoid growing. The illusion works with mechanical force, call it friction, wearing away at the sensibility. All you need be concerned with in terms of growing is that you honor and respect that which is occurring, focusing more and more lucidly on the delineated structure of the present moment. You, in observing the present moment, are doing all you can with the incarnational mind. Once observed, the catalyst will grow acute. There need be no further action except to turn and bless the incarnation with all its meandering, winding destinies and unexpected occurrences. We ask you to cast a warm and loving attention on yourself in the incarnational closet of flesh and limitation of viewpoint.

Into this configuration open the inner memory to the light of companionship, the light of memories which contain joy and the use of affirmative imageries such as the light of the sun dancing upon the water. This is how the metamind thinks. It cannot be termed logical. To this mind sunshine is a song, a poem, a dance, a zephyr of cool air on a hot day. So it is that many find sunshine in the midst of confusion and self-compassion in the midst of judgment by singing, as does this instrument, reading inspired writings, gazing at visual and tactile art created out of those moments of clear visionary sunlight shining through the artist to show what love is, and more, how terribly perfectly unified all is. As the plangent tones of a truly heard piece of music pierce the incarnational mind with sweetness, so can you use these non-logical images and practices to enhance and multiply the effect of silent meditation and communion.

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You are light to others. Others are light to you. Beyond all else you are loved. It takes the breath away to, for even an instant, ponder the totality of this love; and it is love of All-Self by All-Self. It merely flows through you. You need not deserve it. You cannot own it. It is your real identity.

May each smile when next each discovers the self sitting in that emotional, closeted darkness. Yes, my friends, smile and reach the finger of attention to flick on the light of non-judgment and compassion.

We are those of Q'uo, and we leave this group at this time, rejoicing in being once again able to share the teaching which teaches us so much. With the master known as Aaron, may we rejoice that each gentle being who is here, has come. How miraculous the alphabet soup of shared life! Love one another and release that terrible need to find the sunshine while holding on to the limited point of view of the incarnational mind. We leave you in love and in light. We are known to you as those of Q'uo. Thank you and farewell. Adonai.

Aaron: This is Aaron. I would like to offer a few brief, practical tools for your consideration. As my brother/sister of light said, you may picture yourself in that dark closet and have compassion for this being who is afraid of the dark. It may help to take it further, to think perhaps of a child who is afraid of a dog. You walk down the street holding the child's hand, and suddenly there is a large dog in your path and the child cowers behind you. If you push that child and say, "Now pat the dog. You must," the child may conquer his fear enough to pat the dog, but he is never going to enjoy patting the dog. He never will choose to do it if he is not pushed. Or you may say to the child, "I see how afraid you are. I think this looks like a nice dog. He is big. I am going to pat him. We have become friends." And you pat him, shake his paw perhaps. The child watches with no pressure. It may make take a dozen meetings before the child is ready to come up and pat the dog himself.

You offer patience and compassion to the child. Offer yourself that same patience and compassion. Know how many lifetimes it has taken you to build up these patterns of fear and separation. When you acknowledge your own suffering, your own fear, and greet it with compassion instead of judgment, then you offer yourself a pathway back to the light. It is something that you can practice constantly in all the small catalysts of your life, the moments when somebody says or does something that irritates or offends you, just the brief moments of impatience. You do not need to practice it with the very heavy emotions. You practice with the small things. You would not ask the child to pat an elephant or a tiger before he has learned to pat the dog.

Then, of course, there are ways of bringing more awareness of light into yourself. One that I would suggest as a useful exercise for many people is to plant a garden in your mind, to think of all of those small sprouts: generosity, patience, loving-kindness, so many, many, many more … Some of them are strong flowers in yourself already and some of them you see as small seeds. Choose one that you can watch in yourself.

Now, it is very hard to measure such a one as loving-kindness, so you might want to choose one that is more easily seen in its physical form, one such as patience or generosity. You notice how often you are impatient, how often you are frightened of giving. Do you notice how often you are patient and generous? I do not speak only of material generosity here, but generosity with your time, with your energy.

Begin to watch just one small sprout in yourself. When there is momentum to be patient or to be generous, for example, and then you hear that small voice that says, "No, I am afraid," acknowledge it. Not, "You should not be afraid," but, "I hear your fear. It is okay." Just the way you do with the small child: "I hear your fear." And then make the skillful decision, if it is at all possible: "I am going to be patient. I am going to be present with the fear that says, 'My needs will not be met here,' or, 'I could be hurt,' and I am going to ask myself to be patient or to be generous. And then I am going to watch the results."

As you move into practicing that on a daily basis, you find that you can change the old-mind patterns, that you can be present with fear and reach for the light switch, that you can keep connected to that deepest truth and beauty that is you.

Another tool that comes to mind: This is an ancient Tibetan meditation practice called *Tonglen*. It is a very simple meditation. I would ask in closing if you would join me in it. First, simply be aware of yourself sitting in a cylinder of light. Breathe in. Feel the light descending through the crown chakra and

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down to the heart center. Exhale and release it, just the way it came in. Inhale, light descending to the heart … exhale, release … Feel yourself expanding with that light. Open to that light. Notice if there is any resistance to letting it in and soften around that resistance.

With this light filling you, bring to your heart and mind the image of a being who is suffering. It may be someone you know or a stranger across the globe; not a whole world of suffering, just one person or one life-form of whatever sort you choose. Breathing in this time, allow that light and loving energy to move to the heart center; and then, breathing out, direct it to that being who is suffering. Breathe in light and love … direct it out to the being who is suffering. Inhale light. Exhale to where it is most needed, just allowing that light and loving energy to channel through you … allowing that being's suffering to touch your heart with the wish, "You are suffering. May you find peace. May you find an end to your suffering. May you be healed," allowing yourself to be a channel for that loving energy. Please try it for a moment on your own and then we will go on to the last step.

(A pause while the group meditates.)

That being's suffering is so heavy. You may begin to see it as a dark cloud of blackness—a heavy, sticky kind of blackness. Your good wishes are felt, but the darkness is so heavy that they can not fully penetrate. We expand the meditation now. Inhale love and light. Exhale, releasing it to that being who is suffering. Now, inhale that darkness that you see, letting that, too, run through your heart, but not holding it in you in any way. You are simply the channel for its release. Exhale and release it to God, to ground of Being, which is far more skilled and able to handle that heaviness than you are. Inhale love and light, and release it to the one who is suffering. Inhale the pain and release it to the Eternal. Inhale light. Direct it to where it is needed. Inhale that suffering in whatever form you envision it. Notice any resistance to letting it touch you, to letting it come into your heart, and soften around that and then release it.

As you practice this meditation, let it bring you back into your connection with all that is, let it remind you that you truly are a channel for love, for light, for healing, and that you are also a channel through which suffering may find its release, that those who are your brothers and sisters may not carry that weight unsupported. I am going to be quiet now for several minutes and ask you just to practice this on your own.

(A pause while the group practices.)

When you feel alone, frightened and in darkness, make the conscious choice to open the door of illusion which holds you confined in darkness, and to bring in light. I know no better way of bringing in light to yourself than to wish to share that light with others. It helps you to know who you are and to remind you of your connection with all that is. The serving of others in that way, the joyous willingness to serve, helps connect you to the light and divinity in yourself. It helps you express that joy that begins to move through you. With that increasing lightness, the clouds that surround you become more and more transparent and the storm begins to blow away.

It has been a joy to share with all of you this evening and, as always, a deep gift to share energy and thought with my brother/sister of Q'uo. I thank you all for your joyous participation in this circle and for the light and love that each of you brings to your search. My love to you all. That is all. ♣

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The Aaron/Q'uo Dialogues, Session 9
October 30, 1992

(This session was preceded by a period of tuning and meditation.)

Ariel: This is Ariel. I greet you with love, my brothers and sisters of the light, and with gratitude for your willingness to allow me to join your circle. It is a grace to be here in this room from which so much light emanates. This instrument spoke last night of sensing a very old and ancient energy, one that seemed in her senses to transcend all duality. There was/is/will be, indeed, such an observer.

Please understand as I speak that it is not the spirit that speaks. The spirit would be incapable of such speech, but it must come through the mental body. When there is mental body, I am imperfect. What I express to you, then, is merely my opinion with as little distortion as I am able to give it. I humbly ask that you take whatever I say with that recognition. It is not offered as Truth with a capital T, but the clearest seeing of which this one is capable. And that is all I can give you.

I once spoke to a group in another of your cities about the origins of the Earth as I had understood them and experienced them; that there were those on the immaterial planes who were stuck in some way and in need of greater catalyst for their learning; that it was understood that this must be a plane of love; that certainly negativity would enter, but that those who saw the need were willing and eager to give of themselves to lay the foundation of love. I will not speak of this in more depth here. I believe a written transcript is available.

My dear brothers and sisters, you have learned. This experiment that we have called Earth has been successful beyond our wildest imaginings. Of course, there is negativity on this plane. There would need to be. You understand that it is part of your catalyst for learning and that there is no duality, no difference between the positive and the negative in the long run and that, at the same time, negativity must be resisted with love because of the suffering that it creates.

What has occurred on this earth plane that has seemed so wonderful is that those of you of third density who are learning these lessons of faith and love graduate with far more depth, also, into the fourth- and fifth-density lessons of compassion and wisdom. Of course, there is no time pressure, so you may well ask, "What difference does it make if we learn the lessons ahead of our grade, so to speak?" The difference is that compassion and wisdom are not finite skills. The being who moves into fourth density already with deep compassion and wisdom expands those qualities far beyond what has come to be expected on other planes of learning. Our experience, then, is that those of you who move through this earth plane, working skillfully with the catalysts of this plane, have moved into an expanded

sense of compassion and wisdom by the end of seventh density, and in that way expand the Infinite.

While the compassion and wisdom of that which we might call God or the Eternal are infinite, they are also ever-learning and ever-expanding. And those of you who move into seventh and finally eighth density through this plane and return to that spirit which is your essence bring a far deeper wisdom and compassion that expands the Eternal and Infinite.

That you on Earth are capable of this as you move beyond the earth plane on your journey, of course, makes this plane a target of negative energy. You understand that there has been a quarantine, as you phrase it, against physical contact, against the visitation by negative energy. And yet, of course, we must respect the free will of all beings. There has been effort, then, among those of positive polarity to help to strengthen as many as we can and teach how to work with negative energy.

Love is a gift, but it also may become a distortion. One must learn how to balance that love with strength, with faith. I have said that the learning of wisdom and compassion on the earth plane has awed us, in a sense. And yet, great care must be taken that wisdom and compassion are not learned before faith and love, but simultaneously or after. Distorted compassion can lead to a distortion of wisdom which does not oppose negativity with love, but rather, feels need to hear it out; and in that way, negativity may play on that compassion and wisdom and manipulate the, as yet, immature faith and love.

We who profess to be guides and teachers can only share what we see with complete respect to your free will. We see a situation on Earth now whereby with your own expanding understanding, your own curiosity, you are reaching out to the universe with such as these microphones with which you hope to pick up outer space signals. You are reaching out to take your true place in the universe. We cannot protect you any more than the wise parent strives to protect the child as he moves out of the sheltered home. We can only alert you to caution, not to fear but to awareness.

Many watch this experiment we call Earth with a deep sense of hope because of the power of the light that comes from this plane. It is especially groups like this that draw the attention of both positivity and negativity. You know that. The question that many of us have is, are you ready for this move into fourth density? Are you ready to deal with the onslaught of negativity that will be experienced on Earth if there is no longer a quarantine to that energy? In essence, have you developed that faith yet?

Much of the work that your groups do is the deepening of wisdom and compassion. Do not neglect the deepening of love and faith. It is harder to talk about. You can suggest skills, as the ones who are known as Q'uo and Aaron suggested last night—strategies, in a sense—for working with the catalysts of your density. Do not forget the power of prayer, of connection to that light. I know I do not need to say this to this group, but there is nothing I have said today that you do not already know. I only hope to remind you of the importance of tempering your wisdom with faith and with love so that you do not become imbalanced and more susceptible to negative influence through the distortion of love that is not yet firmly understood.

I thank you for allowing me to share this with you today. I know that my brothers/sisters of light, those that you know as Q'uo and as Aaron, would also like to speak to you and to speak to your questions. With my joyous love to each of you, I leave this instrument at this time.

Aaron: This is Aaron. My love to you all. Barbara is still in a very deep trance. You cannot call her name to bring her out of it as she is deaf. I would ask that you direct your energy to her, simply calling her in your minds as I will also do. That is all.

Q'uo: I am Q'uo. Greetings to all in the love and in the light of the one infinite Creator. The privilege of speaking with you is appreciated; and as the one known as Ariel has said, we offer opinion only.

The difficulty of aiming for an absolute is that in your universe of relativity, one may approach but never reach the absolute. Yet still, we encourage each to comfort, protect and give support to that pilgrim within which hungers for a more nearly pure experience of being transparent to eternity and the limitless light of the Logos, which offers embodiment to eternity and infinity.

Earlier there was speech concerning the long and difficult path which demands an endurance. Each wonders, perhaps, why endurance would seem to call first for faith and then for understanding and wisdom. The archetypical feature of wisdom is its

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ability to regulate. This is seen in the body wherein the potentiator of physical energies is that which controls and manages rather than that which is fully open and uncontrolled. However, the need for regulation of energy cannot precede the development of a firm and persistent compassion. Compassion is a corollary of faith. Thusly, the first persistence is to working with your consciousness to exhort and encourage the self to be foolishly faithful, foolish in the eyes of a pusillanimous world.

The quarrelsome world turns to one who is attempting a persistent devotion to a life in faith and says, "You have not got the picture. You do not have a clue as to the realities of the grimy situation which you call civilization and societal interaction." However, those who do attempt the living by faith are often more nearly entwined in acceptance with those viny, dark energies which curl about your illusion than those who are so cynical and worldly-wise. You see, they attempt to regulate an unforgiven incarnation.

The seeker must first, in faith, face every encyclopedic, universal kind of being that makes up the whole Self. It is to this universal Self with as much of negativity as positivity experienced that the seeker embraces. The seeker who wishes to have faith embraces all without regulating or judging the phase or facet of the whole of nature's ways. Thusly is the incarnation redeemed and forgiven by the self. This process is only hindered by the wisdom which says, "You must flee from spite and scorn, from the dirt and discordance of negative thinking, and move instead in mental, emotional and spiritual lands of light and joy." Wisdom would divide the self against the self if that self moved to learning wisdom before it had forgiven the whole Self first. How can one forgive those precincts of personality which are capable of murder, theft and a multitude of regrettable activities, except by faith?

What is faith? Can you catch it from another? Can you learn it as at school? We might suggest that it is by far the quicker entry into a faithful life to begin accepting what is precisely at that moment. If you at that moment when you decide to commit the self to faithful living are in the midst of traffic, then your first act of faith is to experience the beauty of all that is seen in the hustling, bustling street. By faith you suddenly experience sitting more lightly in your car, touching with love and reverence the steering wheel, the gears. It simply needs to be deeply accepted by the self. Then comes the long, long pilgrimage of deepening that faith of living, ever aware that faith, not words or manifestations, offer the truer suggestions and solutions to the very complex and often troublesome living environment of the incarnation. Only when the pilgrim is solidly and firmly devoted to a life in faith so that the open heart's energies flow and flow and flow without stop or hindrance is it time to consider wisdom.

May we, that is, Aaron and we, invite a query?

Aaron: I am Aaron. My dear friends, may I invite your questions, not specifically about what has been said, but whatever question is closest to your heart this morning. That is all.

Carla: As we who have been working in the spiritual path for some time go through our days, it seems that we don't become very much more intelligent in our use of affirmations than we were in the beginning. I think that praying without ceasing is the ideal, but I seem only to be able to approach it just so far.

D: Carla, you just asked a question that's been on my mind for a week.

Carla: Q'uo, how can we get closer than that to being faithful?

Aaron: I am Aaron. There is a difference between the concept of prayer without ceasing and the experience of it. When you move into it as concept, it becomes another "should," something else to grasp at. I ask you to consider in what ways you may more deeply allow the experience of it, transcending thought and concept. That is all.

Q'uo: I am Q'uo, and we shall leave you with a few thoughts and allow the energies to flow once again through Aaron and Barbara.

We may say that in learning of faith, your greatest strength is each other. We know you value each other and we encourage each to have a light and loving but utterly persistent devotion, each to each. In any relationship, each may teach, may learn, may hurt, may heal, may do together any thing which occurs, better and more efficiently than the solitary soul. Therefore, we encourage communication by your letters when there is distance between so that when all come together there is already the full and loving interplay of energies which potentiate each and, more than that, the growing Oversoul, if we

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may use that term, of the group by focusing upon the being as part of this or other groups. You form and reform small beginning attempts at the life of a social memory complex. You, at this juncture in space/time, are beginning to find the company of others more helpful. This is the natural progression towards your fourth-density experience. Welcome to the beginning of the New Age.

We leave this instrument and this group, glorying in the love and in the light of the one infinite Logos. Farewell and peace. I am Q'uo.

Aaron: I am Aaron. There is only so much to be said about faith itself. I do not wish to be repetitious; rather, I wish to speak from a different perspective, one that my brother/sister Q'uo brought up last night. After I spoke about opening the heart and being compassionate to oneself, Q'uo said, "You aspire to that but find yourself blocked." You also aspire to a life of faith and find yourself blocked. Many of you have high intelligence, and at times you use that intelligence as a way of grasping at understanding because you feel frustrated. You want to feel faith, but you cannot force that, you cannot create faith in yourself. You can only gently remove the blockages to faith so its natural appearance may expand in you.

What I wish to point out is that you may grasp at understanding, and in a sense that is a grasping at control. It grows out of a place of fear. Love does not deal with concepts, but with penetrating all concepts and all appearances to get at the true nature of things. When a catalyst in your life creates pain or confusion and you strive to understand it, to deal with it in an intellectual way so that you may give yourself a program—"I could do this and that and that"—that takes you further from faith. When you can notice the fear arising in you, founded on those uncomfortable catalysts, when you can notice the desire to control that grows out of the fear, then you may move back to the open heart.

I cannot say what faith is. I can only speak about how it manifests itself, and perhaps the prime manifestation that I see is the open heart. This is what I would call the heart of surrender, the heart that knows, "I am not in control. I am not running this show. I do not really understand anything, but I will try to greet with love whatever is put before me. I will try to attend the fear with compassion and allow that fear to dissolve so I may move back into love." This is the demonstration of faith, not the thinking about faith but the living in faith.

In this way, faith precedes wisdom. You do not need to know anything, just to follow the guidance of your open heart. When you follow that guidance, let go of all need to control and are simply present with whatever catalyst is there in that moment as lovingly as you can be, then the mind ceases thinking about, grasping at, planning, controlling. Then the mind is free to penetrate beyond thought and really understand at a level to which thought cannot take you.

If surrender is a manifestation of faith, then courage, willpower, determination, energy, are all ingredients which make surrender possible. How much harder it is to face the unknown than the known fear. Surrender does not mean saying, "I give up," and ceasing to express your energy. It means expressing your energy in a direction of love with no understanding of where you are going. You cannot foresee, in your human shells, where your path is taking you. You cannot know what it is that you or another needs to learn.

I would like to use an example here, a being that Barbara has seen as a past life, one that she has agonized over and for whom she has finally found real forgiveness and great love. This being was a Native American medicine man. He taught peace and organized a peace conference of sorts at the request of many others. Beings from many tribes and other races attended. There was one tribe that had great fear, and they came in and massacred the whole group. And then white soldiers on the hillside swept down and massacred those of that tribe, even the women and children.

This being that Barbara was survived all of that attack. He sat on the hillside and asked himself, "What did I do wrong? I brought this together. Somehow I should have known it could not have worked. Look at all the death, all the devastation. Am I responsible?" He had not yet learned the lessons of faith, and so he blamed himself and punished himself in his mind with guilt and remorse, with self-hatred. He forgave the others but he could not forgive himself.

What he did not understand was that this massacre in some way was necessary for them to learn peace. Had those beings come together and formed a peace treaty and signed it, it would have been a very fragile

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kind of peace. There was not a tribe there that did not suffer from the outburst of fear. There was not a tribe there who could not take those experiences home and say, "If we had peace, this would not happen." There was no one to blame. Everyone's fear was involved in it. This was what they needed to learn. They had tried gentler ways of learning and not been able to learn. The peace that was created some few years later was built on that experience of loss, of pain. That loss and pain was an exclamation of the need to open their hearts and trust one another so as not to continue to destroy each other.

Now this Native American, this being, sat there; and he did not have faith. He thought he knew what they needed to learn, which was peace. And he was right. That is what they needed to learn. But he thought he knew *how* they needed to learn it. You never know. You do not know what another needs to learn. You cannot take another's lessons away from them. You can only clarify your own energy as much as you can and offer as much love as is possible in any situation and then surrender: "Truly, thy will be done. I do not know anything."[9] Can you see how your efforts to understand conceptually, to pigeonhole it all and make logical explanations, offer an escape from the far harder task of having faith?

Compassion can also be misused in this way. I have spoken very, very often with people about compassion and codependence, that it is hard to have faith in a situation and give loving energy to that other being whose energy is distorted into unskillful patterns, but to say no to those unskillful patterns, that you will not aid them. Compassion becomes distorted into, "I want to help." But as soon as you say, "I want to help," you must ask yourself, "Why do I want to help? Is their pain too uncomfortable for me so I want to fix their pain? Can I trust the whole situation, come back to faith and to love, attend the fear in my own heart, seeing how my pain reflects their pain? What do I find when I get in touch with that fear in myself? Who is it that I want to fix—them or me? Do I want to fix them so I will not have to pay attention to the distortions within myself, because the mirror will have been removed that reminds me of those inner distortions? Can I have faith that this friend or loved one is in a painful situation, that I am in a painful situation, because there is something to learn? Can I truly say, 'Thy will be done,'[10] and stop trying to make anything special happen, just be present with whatever *is* with as much love as I can?"

I said before, this does not mean no energy, no effort. But where is effort given: to fix, or to surrender and offer love? To let go of the need to control, to see the fear that it springs from and let go, is one of the hardest of human experiences. Yet it is only from that place of deep faith that undistorted wisdom and compassion can develop, wisdom that penetrates into the depths of reality rather than thinking about reality, compassion that grows out of connection to all that is rather than the concept of compassion which puts a bandage over your own pain.

How do you find that kind of faith? It takes practice. That is why you are here. Remember, each of you is, in essence, an angel in an earthsuit. This body infolds the true nature of you and allows it to move through the earth-plane situations which offer you learning. The more you can allow yourself to be aware that both are real—the spirit and the physical—that you are learning on both planes at the same time, the more you can live your life in faith. When fear grabs a hold of you, it is so easy to forget who you are. Your prayer without ceasing helps you to stay connected.

When I hear the phrase "prayer without ceasing," what I think of is awareness of that flow of brilliant light, that umbilical cord, so to speak, that connects you with the Divine so that you never lose track of who you are. And when you never lose track of who you are, you cannot lose track of who anyone else is. They are just another part of you, another part of God. So that is one tool to deepening faith, and the other is awareness.

They are part of each other: prayer and awareness. Here, awareness speaks of what blocks faith, encourages a willingness to reach out for that hand of the Divine, to take that energy into yourself; and with that opening of heart to lovingly greet each catalyst, to transcend your fear and keep your heart open so that you may truly say, "Thy will be done.[11] I am not in control here. I surrender. I offer my loving energy in whatever way it can best heal this situation, in whatever way learning may best happen.

[9] Reference to *Holy Bible*, Matthew 6:10; Luke 22:42.

[10] ibid.

[11] ibid.

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But I do not know what that is. Instead of trying to figure it out with my brain, which is the seat of fear, I will try to understand it and listen with my heart." That is the best way I know to begin to live a life in faith.

I would ask if there are questions at this time.

(There were no questions.)

It is such joy to share the loving energy in this room. I thank you all for the opportunity to speak with you and offer my thoughts. And I offer thanks to my brother/sister of Q'uo for the opportunity to pass this back and forth, to learn and teach from and with each other.

I echo the words of the one you know as Q'uo: When your hearts are open, when you are in deep sharing and communication with one another, you are coming as close as the human can come to fourth-density group experience. While you know there is no need to practice that which will be learned in another density while in this density, yet you are all making that shift. You are beginning to understand that you can keep your hearts open to one another and how much greater is your energy when it is shared, how much easier it is to have faith when that energy is shared. Enough words. My love to each of you. That is all. ♣

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Sunday Meditation
November 1, 1992

Group question: The question this afternoon deals with how we really accomplish whatever it is we accomplish in our lives. We know we have feelings that come from our heart, that direct us in certain ways, and we know that we can analyze with our minds any feeling or possibility, and we are wondering, particularly in Carla's case let us say, where she experienced what seems to be a rather miraculous healing, whether this kind of healing or growth is a product of chance, of luck, of application of the intellect, of the following of the heart, of the balancing of the intellect and the heart? How anybody in general can use the intellect to assess all of the possibilities in a situation, among them being the feeling that we have in the heart, the desire to be of service to others, and to express compassion to others at all times. What part does the intellect play, what part does the heart play, and is there a balance really possible? Or should we always go with the heart?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a privilege, as always, to share our opinions with you. Please remember, as always, that our teaching has no authority past that of the opinion.

The confusion which is the environment of your query at this opening working is considerable but completely understandable, given the position in space and time which those in third-density incarnation experience. In reality or, shall we say, in a more transparent illusion there is no distinction between the analytical and the heart-centered working upon catalyst. The two are seen from the broader viewpoint as resources belonging to an unique entity, which entity has its unique point of balance betwixt mind and heart. The healing or other changes, depending upon the individual, might be aided by a larger dose of the heart's wisdom than analysis, or exactly the opposite. Each spiritual individual is moving along a path within the infinite creation which has a three-dimensional reality. In other words, each entity has its own creation. No two internally perceived creations are alike, although many will find comfort when sensing a kinship to another's way of approaching the experiences of incarnation, both limiting and expanding in nature

Let us look at this particular instrument's situation, working toward generalization while doing so. It is commonplace among those who have chosen the manner of their incarnations that there should be more than one stopping place, shall we say call it, within the incarnation. The balance of wisdom and compassion in the mind of the entity before incarnation is automatic. It is a portion of the personality. The wanderer is likely to be wise enough

in a balanced manner to offer to the incarnated manifestation of self before birth one central lesson on the personal level, and a series of attainable goals within the impersonal life in service. It is grasped by the individual before the incarnation that during the forgetting process the cold, clear logic of all the goals to be met will be greatly muddled if not obliterated from any conscious knowledge. Therefore, there are the stopping places, for it is not known before it is experienced how much of the lessons learning the spirit self may tolerate without needing healing beyond that which can be offered within incarnation.

In this particular entity's case the stopping place was offered more than once up to this point within incarnation. At the younger ages, twice, and as a more mature entity also twice. This is due to the preincarnated realization that each attainable goal or lesson of love to be brought into manifestation was adequate learning for one incarnation. Therefore, it is as though those who are spiritually hungry are like the cat with more than one life. Indeed, it is not unusual for entities eager to attack the plateful of incarnational fodder to generate the potentials for more than nine lifetimes of learning.

You see, my friends, your incarnations are so much more precious than is usually palpably felt by entities during the incarnational process. Each moment of your illusory experience has been bought, shall we say, by much, much refining and preparation on the finer planes. When incarnation occurs the clock begins running down. Like a time bomb, that clock will one day ring and set off the explosion that opens the door for the entity, now without the physical form, to move through into a larger life, the life that you would call that of the spirit self.

When an entity approaches the end of an incarnational lesson, if that entity has been exhausted by this learning it will be given the opportunity either to embrace life with all of its confusions and distresses or to embrace the dropping of the physical body and the movement into whatever healing modes the learned lesson has created the need for. When this moment occurs the choice is freely offered in silence, and the love of life of the entity, or the disdain of life, create the potential for greater health within incarnation and a new lesson to be learned, or the gentle or rough path to the passage into larger life.

Neither analysis nor the wisdom of the heart create the convincing argument or balanced thought process which generated further incarnational life or the end to the incarnation. What is more vital is the simple hunger or appetite or gusto felt for the rough and tumble of incarnational life, with all its buffeting and confusion. With enough enthusiasm the persistent seeker may go through many initiations, learnings, and then the experience of the fruit of these learnings.

When the words "wisdom" and "analysis" are set up as a dynamic it is as though there were an observer apart from the owner of the analysis and the wisdom which judges the way decisions are arrived at. What this observer self often fails to realize is that the observer self is a creation, a persona developed by the internal use of both wisdom and analysis. In the subconscious, or the roots of the mind, the two have an authentic, unique balance created by all that has accumulated throughout all incarnational previous experiences. It is difficult for the intellectual mind to grasp how little it truly has to do with the deepest choices in an incarnation. Yes, it may block the rhythmic, natural action of destiny, but in blocking that it simply stops a forward motion. If it appears that another course has been taken it may seem that analysis and/or wisdom provided a choice which changed the whole life. However, along both paths, seen at the crux lie the same lessons in variant forms.

The choices you work on making skillfully are choices in substance and quality of beingness. This beingness informs whatever choices are made. We are not in any way saying that it does not matter whether one makes choices; it truly does greatly matter. We simply wish you to grasp the thought that these choices are those which have to do with one's stance or attitude towards that which is facing it rather than having to do with one situation chosen over another. There is a saying in this instrument's mind, "You can run but you cannot hide." The destiny which you skillfully offered your future incarnational self before this experience holds sway in the amphitheater of your brief existence in this one incarnational opportunity. You need not attempt to monkey overmuch with the tendencies or basic given of your incarnation. What you are here to do is refine and refine again and again, the choice of focus, of attitude, which—we correct this instrument—with which it faces the present moment which is destined to be just so.

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How can we express to you the importance of your accepting the gifts of both intellect and heart's intuition and wisdom except to suggest that if one trusts one's destiny enough and if one trusts one's basic universal nature enough the balances will be offered in ways which engage both the intellect and the heart. Therefore, we suggest to you several things. Firstly, we suggest the entity respecting both tools, the intelligences of the mind, both shallow and limited, and deeper and broader, and the wisdom of the heart. Also, we suggest the focusing upon the worshipful side of the human, shall we say, nature. How natural it is to respond to the beauty about one, to flower under the kind attentions or smiles of friends or acquaintances or strangers. The more that trust in one's destiny and one's validity as an eternal and infinite being are taken as sure, the more sure-footed the entity shall be at utilizing in a skillful and graceful manner all of the assets which it has. The mistrust of self and circumstance create very nearly all of the confusions within one's incarnation. With enough trust and faith, that which is becomes transparently joyful and vital.

We may say, to move back to this instrument's very different experience at this juncture from the experience of the past, that when an entity is repeatedly tested and has made several choices to learn more, to serve more, and to be more in the same incarnation, there comes to the process a somewhat smoother or more speedy or more apparent alteration, change, or more correctly transformation. It is as though having trusted blindly, repeatedly, the next occasion which calls for the greatest trust, though it be one degree more difficult, it is also met by a more tempered incarnate entity, and, therefore, if the entity consciously realizes that there is a choice to be made, a new lesson to be taken up, it can then affirm its appetite for the vital push and shove, confusion and disturbance of the lesson to come.

Thusly, in the more mature spirit there may be radical, seemingly quick changes in circumstance. This is due to the entity refusing to resist the change and instead deciding to back the change, to even accelerate the rate of change, to welcome the next muddle and confusion of new lessons to be learned. This may be a comfort to those who at the present time feel that transformation is all too slow in coming.

We ask you to consider the manner of being that you are. You seek to become aware of your basic nature, you seek to go beyond what can be known either by mind or heart. You are, shall we say, children of the one infinite Creator; no less than that are you. Shall a spark of fire choose the manner of its burning? See yourselves in relation to the infinite Creator, sense the back-pressure of the Creator's love of you. Can you know the Creator with either compassion or analysis, either intellectual thought or intuition? In no way shall you know the Creator. Through you the Creator knows Itself. You are precious for you are being that which the Creator experiences, you are experiencing the Creator being, both of these locutions being equally so. Sense your natures, give praise and thanks that this nature is, beyond all dynamics, unified.

Before we close this, as this instrument would say, cosmic sermonette … I am Q'uo. This instrument was correct in refusing to channel further, as there was a momentary lapse of concentration, and this instrument felt correctly that it was not channeling our thoughts but its [own] diluted opinion. We have said that which we can say without further queries. Are there further queries upon this topic?

Questioner: Not from me Q'uo, thank you.

Very well, my brothers, may we work upon any other query at this time?

Questioner: No, thank you.

I am Q'uo, and we gratefully acknowledge that we have exhausted this subject for this time and place. We ask you to look in two ways at the mind and heart. Your skill in working with this dynamic is very important in learning who you are. The seeking for ever deeper roots in the mind, the blending of …

(Tape ends.) ♣

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Sunday Meditation
November 8, 1992

Group question: The question this afternoon has to deal with the relationship both between males and females and the male and female portion of our brain/mind complex. We would like to know what you could tell us about this dynamic relationship, wherein the subconscious mind—the female portion—seems to be the potentiator, the one which sets into action the male portion of the mind, and in our human relationships, the male and female come together in a relationship and seem to go through the use of catalyst whereby the female undertakes the task, shall we say, of civilizing or training the male so that there is the opportunity for the male to learn the harmonious relationship and communication and sensitivity to emotions that is provided by the female, and the female has the opportunity to learn the abilities of the male to physically accomplish tasks, to go out into the world and, shall we say, "bring home the bacon."

We are wondering how this process really works at its heart, how it helps each of us, both male and female, to become whole individuals, to add that other portion of ourselves that is exemplified either by the High Priestess, the subconscious, or the Magician, the conscious, for the male and for the female. And we would like for you to give us whatever information you feel is helpful, because most of us are engaged in relationships that provide us with a great deal of catalyst and a great deal of opportunity to learn compassion and to learn communication. These are the qualities that seem to bring us together and to keep us together in relationships. What can you tell us about them, and the male and female relationship in general?

(Carla channeling)

We greet you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Greetings and many blessings to this group. We are privileged to be with you and to have been called to your gracious selves. We see the determination of those who have much catalyst and much stirring and busyness, to come together as those who seek the truth. And we are grateful that you so choose to lead your incarnation that it becomes possible for us to be of service to you. Blessed are those who remember the true center of being and who continue to seek it out in the hustle and bustle of busy times. This persistence and dedication will serve you well, not only in this illusion but in all illusions to come.

This session of working is to be devoted to consideration of the nature of the so-called battle of the sexes. We would begin by considering the actions of the mind as opposed to the actions of the body complex, seen archetypically. Whereas in the archetypes of the body the potentiator is wisdom, which produces careful choices of action and

inaction, within the mind complex it is the feminine principle which regulates, or potentiates action or the manner of inaction. The entity which finds itself to be male shall usually find itself to have a power within the body complex which cannot be explained simply by the size of the physical vehicle compared to the size of the feminine physical vehicle. There is a quality of the essence of power within that bodily strength which the female, biologically speaking, usually does not experience in the same way.

There is an intuition or sixth sense, if you will, which has a quality of power or of truth which the entity born biologically female usually experiences, not simply at a higher level than the male but often in a different quality of energy. The choice-maker for the physical complex can be seen to embody wisdom, whereas the power of the potentiator of the mind has as its power a kind of depth of the wisdom of the heart, or compassion. And it is this compassion, in its many subtleties, to which the mind reaches for a depth of understanding of what the path of the seeker for truth might find helpful.

There is a large portion of an incarnational experience wherein one is not living the archetype, at least not consciously. Yet these same dynamics continue to rest like the pillars holding up the tent of the illusion for both male and female entities. The converse and partnership between male and female is the way in which it is most efficient to discover, experience and learn from catalyst within third density. It is not the only way. However, when the partnership between male and female is not at the head of the organized method for dealing with the relationship central to an experience, the experience will seem quite skewed. The entity, however, who has had a primary relationship which partakes strongly of this male/female partnership may rely upon the lessons of a former partnership and thusly move very nearly as effectually through catalyst, using it wisely, if the partnerships already experienced are continually given the respect which suggest to the deep mind that the lessons learned have been accepted.

Now, let us move closer and gaze at the questions of using the dynamic balance betwixt male and female energies. One way in which it is possible to use the partnership of male and female is that both male and female remain deeply defended, shall we say, in the relationship against contamination from the dynamic other, be it male or female. In this type of dynamic there is very surely a true battle betwixt the sexes, for if the male is not interested in the strengths of the female mind and sees only the inconvenience of dealing with it, it will become more and more distant from the female energy, and less and less able to experience female energy in a positive, or fertile, way. Similarly, the more the female moves further into the intuition, and, shall we say, love for love or romance which marks the female energy, the less able the female will be to understand or experience the strengths of the archetypical male.

Thusly, the battle is joined betwixt two mountains' populations, shall we say—the mountain of maleness and the mountain of femaleness. When a society moves as a whole in this direction there becomes the coarsening or roughening of the paths of peaceful interaction, and the attempt to enslave the energies and regulate the energies which are seen to be alien and threatening become a part of the societal picture. Insofar as your nation states have as populations tended to differentiate sharply between men and women and have dedicated the judgment of worthy of respect to the archetypical qualities—either of only male or only female—so the society shall show the imbalance of this hostility which creates sexual distancing.

Within the culture which you now enjoy, for instance, the male qualities of power and wisdom are seen to be, shall we say, more than equal to the more archetypical feminine qualities, and to that extent the society is impoverished by losing the close working or partnership of societal male and female. This may be seen to reflect the archetypical choice of conquering the subconscious by strength, no matter how brutally used, rather than by courtship. In a heavily matriarchal society, however, the same imbalance would exist, but those powers of physical and emotional toughness and intellectual strengths, or logical strengths, may be seen to be forced into a prostituted roughness.

Thusly, neither the matriarchal nor the patriarchal model for societal balance is accurate. The appropriate model for third-density illusion, however, may be seen not to matter in society nearly as much as in the individual, for it is the individual which is now choosing how to express love in relationship to others. The reason this query about balance between male and female is central is that it is in wisely, compassionately using this balance that an entity, whether male or female, may wend its way

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more and more to the "golden mean," the middle of the path of truth wherein, by becoming more and more whole within, the path becomes more and more telling and interesting as well as more productive.

There is not the necessity so much to overbalance into the opposite sex's strengths as it is good to trend—we correct this instrument—to tend more and more towards automatic recognition of the assets and willingness to use the assets of the opposite sex's strengths. For instance, the male begins, when choosing a mate and setting out to live a jointly lived life, to be more and more the archetypical patriarch, the provider, the judge and the decision making leader. However, the decisions made by the male shall become more and more truly wise as the male learns from its partner in learning, not only to appreciate the female strengths and wisdoms but to find sympathetic resonance betwixt those strengths in the female and the deeper portions of its own female side or nature.

Thusly, men do not need to become creatures of intuition and vagaries, however, if the wooing of the physical female partner is then extended, not only to wooing the female's subconscious or Goddess-like side but also towards courting the same energy within self. Thusly, the male which is alone or the female which is alone becomes, within itself, able to seek, woo and to court the subconscious, or in the female's case, is able to place intuition and whim which has the authentic ring of true punch in it, not simply into direct practice but may lean upon that portion of the deeper self which is male and may justly and cautiously work with the male energies, the male strengths, which may seat intuition and hunch into a plan of action which is logical and which has the strengths of intellectual structure to enable this compassion and wisdom [be] a more balanced expression.

The male/female partnership of mates is intended to be central. However, the centrality of this relationship is echoed in any male/female relationship where energies are moving freely and without prejudice. Thusly, even those who live in the nunnery, for instance, may work with the male and female balancing because of the many relationships within any life between a father and children, a mother and children, various relatives, friends, teachers and all of those whom one meets in the course of life. Those who are willing to rest in the atmosphere or ambiance of the male or female energy, whichever is dynamically opposite of its own, may move ahead efficiently, although not as potentially quickly as the very powerful central male/female partnership which you often call marriage.

It may be seen that the lack of skill possessed by most at accepting a feeling of vulnerability to another or alien energy creates in both sexes a fear: the fear of the unknown, the fear of the different or alien. This fear is only intensified by the maturing of the physical bodies of male and female if the physical bodies of the entities adjoining in physical—we look for the correct word and find there is not one. We shall begin the sentence again. If female or male carry these fears into their sexual relationships these fears will become deepened and more and more fixed, for the power of sexual attraction is such that both male and female feel at risk and vulnerable at this insistent demand for nearness which the body complex has. Insofar as this nearness disturbs, the intimate experience shall be accounted a dangerous one, and its fruits, to an extent, will be squandered because of the profound fear of, shall we say, losing control, not only of the situation but of the very self.

What entity with this fear has not approached the sexual act feeling more and more, in the midst of pleasure, that it is somehow using a vital energy? This is true of both male and female. It is only in the atmosphere of shared trust that the energies which are indeed put out and lost in that way by both male and female in sexual release are taken in and used to balance both male and female. Fear stops this energy exchange, and in more subtle movements of male/female energy, the same kind of fear limits and distorts the experience and causes imbalance to progress within the entity which has fear.

Now, how can male and female, which have such complex powers over each other, find a way to be fearless in a relationship and therefore begin not only to be able to express the self in its conscious way, but also to begin a more inner balance? We might suggest above all other things any exercise between male and female in which the strengths of each are together used. The male which has been able, for instance, to express an idea in such a way that it is heard because it has listened to those with more intuition speaking about how to approach the matter in communication, has given respect to the female intuition. Likewise, and we realize these are

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simplistic examples, the female which is able to ask a stronger, more powerful male to aid in some situation, not needing to defend against that difference but being willing to accept it enthusiastically, awakens that portion of the self which is deeply male.

For men and women in a culture, in general, to make fun of the stylized role differences betwixt male and female is an act of fear. Those who are supportive, not in a sense of *(pause)* but in the sense of true partnership, are winning for themselves that prize which is a growing inner balance, for within your query was a sure sense of the heart of the teaching. The battle between the sexes is only dimly seen as men and women in your culture play out the roles the culture offers them or seek somehow to find roles which are comfortable and sensible for them.

The true treasure lies within each of you as you express the continuing effect of communications with the male and female strengths, each hearing each, so that eventually the male knows and respects without fearing its own deep and excellent intuition. The female in the same way is far more balanced when it has been able to find a comfortable way to express authority, a provider's way of thinking, logical and sound judgment and reasoning.

Often the true riches for inner balances are not seen by two within what seems to be the perfect match. Because, in the more extremely romantic relationships, it is quite often true that the dynamic betwixt the male and female has been so persuasive as to be seductive, turning the male ever more male, the female ever more female, and each being very archetypically splendid, yet each remaining distant from the other to the extent that the balancing strengths of the opposite polarity in sex are not loved, accepted, assimilated and used within the self.

This only begins to work with this complex of energies and does not constitute a very full coverage of this central query. However, we find this to be a beginning. May we ask if there are queries before we leave this session of working?

(Pause)

We are known to you as those of Q'uo. The mystery remains a mystery, my brothers and sister. In seeking, in questioning, the great work of incarnation is accomplished. If the solutions subtly evade in a maddeningly long stream of half-learned lessons, do not let this apparent situation discourage or cut short the querying, the questing and the desiring, for it is in knowing your own desires and seeking clearly that the lessons of love shall find full sway for the outworking of circumstance in a commendable teaching situation.

We are those of Q'uo, and thank you. We would leave you now, cautioning you that we only offer opinions. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
November 15, 1992

Group question: Today's question has to do with our attitude. We have various attitudes, each of us, that help us or cause us to look at situations in a certain way. We would like to know a number of things about attitude. First of all, does the attitude that we have have a direct relationship to the lessons that we wish to learn if we wish to affect our attitude in order to change the way we experience our lives on a day-to-day basis? Is this something that is worthwhile doing? If so, how can we affect our attitude in a way that is meaningful rather than in the usual judging ourselves by how much we do, what we do, or how well we do it [the accomplishment factor]?

And just in general, what part does attitude play in the way we learn our lessons and live our lives?

(Carla channeling)

We are Q'uo. Greetings to you in the love and in the light of the one infinite Creator. What a blessing it is to be with you this day, and to share in the creations of each of you, for each of you possesses and is a complete creation. That which you have within you is continuous with and equal with and not separate from all that there is, yet as long as you have a personhood, your creation has a subjective component. We salute and celebrate the subjective components of each universe here, for within your creations, the mystery of faith and faith in the mystery is central. And each of you seeks truly.

We feel so privileged to dwell in this meditative state with the energies of this group and are very happy to speak on the subject of attitudes with the disclaimer that, as always, we wish each to know that we are fallible. We can and do make mistakes. Therefore, use the discrimination within your own subjective universe, for you and you alone are responsible for that creation which is a co-creation with the one infinite Father of all that there is. You create in fine company, as do we.

We are speaking, we perceive, to those who have approached the living of the workaday life with vigor, energy and willingness to work. This basic positive attitude serves you well. Yet the attitude of those who work needs adjustment as the daily routine varies according to the individual needs of each person and the changing time allotments available for your work as the subjective river of time moves with you. Were we speaking to those who truly wished not to work, we would have to begin elsewhere, but the basic attitude which each has is productive of positive polarizing. However, this potential for the good can and does, if not watched, turn and become that which creates confusion and depolarizing effects.

However, we wish each of you to see your basic energy here. Let us pause a moment while you feel within yourself this positive enjoyment of what you would call work for the good. We see each of you lighting up, shall we say, from thoughts of enjoyable labor which is of service or bears a productive fruit which then can be used for service, be it a financial aid gained by earning money or free time which can be used like the money. This is the essential attitude for those who expect to learn positive lessons through the use of daily work. It is efficient to have this positive attitude. It is productive. And by itself, it does not have the kind of contact with the deeper roots of mind that enable this basic attitude to be more informed.

As you walk about, as you do your duties, as you spend your time, where does the attitude come from? How is it that one can move within the being in such a way to affect the attitude? Firstly, we suggest that the seeker when thinking about attitude realize firstly that the attitude on the outer level is a simple vision created by complex movements of data called up from the roots of mind. This calling up is done often subconsciously to the greater extent to the extent that a person wishes quick changes in attitude. For deep changes there will be a frustration. We feel you are hoping that we can tell you a way to change attitudes, that is, spontaneous attitudes quickly. However, this is not usually swift in its processing.

The seeker who wishes to move quickly often will seize upon the quest and attempt to change the programming, to change the thinking in the direction considered helpful or appropriate for one polarizing in a positive way. However, the opposite is true. The one who fears and worries will grow closer and closer to the difficulty that is being perceived. The person who is not fearing does not hold on to the circumstance or piece of thought or programming which is or is not causing fear. Can you see how the tendency to focus on a problem simply moves you closer and closer to a surety that there is indeed a problem? The faith and will grow smaller, and the problem or difficulty grows larger. The seeker ends up feeling helpless and discontent. The fearless entity moves along and turns the attention to each thing before it, accepting it.

Now there are many things about third-density entities that predictably will not sit well. The Catholic or universal nature of humankind promises a lifetime of introspection followed by some disgust, revulsion or horror, for all possible traits of personality are potentially there in every being within the human family. The tendency, then, is to attempt to think positively and emphasize the positive. This is taking the basic attitude of "I am living; I am glad to take action," and adding some supporting structure for the emotions, that is, in thinking positively about each task, one accepts and blesses the task.

However, an entity may go a lifetime attempting, through this method, to improve an attitude or widen its outlook and not find itself satisfied. The deepest influence upon attitude is the willingness to turn from the world picture and pay attention to the mystery, to stop time and space in the mind. And in that stopped moment, worship and adore, praise and offer thanksgiving. Then in the next moment turn to the world again.

The Creator is seemingly far away. Seemingly, this wondrous mystery has created and then left the universe in which you exist. For all any can prove, this is the case. However, when the heart and emotions form the habit of turning momentarily or for a longer time to the infinite One, to the mystery of unity, there then opens a very, very primary and deep channel within the roots of mind, and joy, hope and kindness flower upward to blossom without fanfare or ado in the forefront of the mind, offering that inner home, the sweet smell and freshness that the flowers always do. Stopping to remember the Creator is like planting a seed within the self. It flowers and bears fruit in time.

Now, there needs to be patience when attempting any spiritual work. We have said often that persistence, regularity in the habit of turning toward the Creator, is the greatest virtue, the most effective trait. That which each wishes is the experience of a loving, giving self. How can you find this attitudinal posture and find it to fit the self? We have spoken before about the way females and males *(inaudible)* each other in learning the lessons of love. Consider how those seekers who have lacks perceived, and find these lacks to make them feel isolated and alone may by the technique of moving the point of view find the answer to the question.

In other words, if an entity is unhappy, because of a lack of companionship or lack of a right work to do, the focusing upon this is the first thing not to do.

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But then what can be done to ameliorate the situation while the fairly long process of attitudinal change, of praise and thanksgiving, [that] is going on can be effective? We would suggest taking the "I want" statement and gazing at it as if you were the one hearing this from another. For instance, if one says "I want a companionship," turn this around and you hear a voice saying "I want companionship." Now where are voices like this one in the surrounding neighborhood or town? What entities are alone that you may *(inaudible)* with your presence? If there is a lack of supply and the attitude is poor because one feels financially poor, turn this 180 degrees. You are listening to someone who is poor. Where are the poor people in your vicinity, and how might you help them?

We suggest this reversal when a lack or limitation is perceived. If it is simply thought, it will not be very effective. If, on the other hand, one who perceives a certain lack continuously decides to serve from a feeling of abundance of love within and finds a way to serve those who are alone or those who are very poor, the activity will be coming from a place of plenty where you have forsaken the thought of being alone, and instead asked, "How may I serve those who are alone?"

In brief, we may say to control the attitudes is a poor idea. To note them and pay attention to them is an excellent idea. When fear is part of the thought, do not hold that fear unless you need it. Whatever you can look at and accept makes your faith and will larger and the lack or limitation smaller. Then turn the self towards the Creator at every possible moment, simply allowing the momentary burst of praise and thanksgiving to rise. This refreshes in the present and has fruit in the future. And finally, when you do perceive a need, find the way to express abundance as regards that need in service to others, for that which you feel is that which all feel in some way. All are of one family. There are no true strangers. Nothing is alien to you. Allow the self to relax its boundaries of thinking and this shall sharpen the observational skills.

Lastly, we would suggest that if you keep the basic attitude toward action positive and find delight in movement, then move. Do that which feels appropriate to do without worrying overmuch. Take the rough and tumble of living the everyday life and be rough and tumble with it. Let things be incomplete, imperfect and unfinished. See and accept all the errors and mistakes of judgment or of any other kind. Just see and accept and go forward. And in the middle of it all, you will find now and then that a threshold has been reached.

We would use the example of two of this group, both of whom had found a threshold passed within the same twenty-four hour day. Each entity had decided to accept some very basic things concerning the life pattern. This bore fruit in fearlessness, for what is accepted can be forgiven. The healing of the incarnation is this process of coming to accept life as it seems at all times, not necessarily the things in the life, but always and everywhere giving thanks and praise, simply because consciousness is either consciousness of something, of nothing, or of everything. We suggest simply that praise and thanksgiving move the mind and heart out of things into the absolute of all that there is.

We have found again and again that we speak with this group on one aspect of a central subject, and that is perfecting or attempting to perfect the life experience. We can only say to you that this area of consideration will continue to deepen as the life patterns of each become fuller, not only with experience, but with the vital energy which creates the appetite for more intense or full experiencing. There is only so much space in a life experience, however, that space may be filled with different qualities of light, different qualities of understanding, of compassion, or of wisdom.

Thusly, seek not only the obvious or evident improvement of the life behaviors, thoughts, and feelings, but seek in a directionless way to be more and more able to accept a fuller and fuller space within. The light within you can transform, and as you allow this quality of light to intensify, so you become as the lighthouse. The light within is not the light of self, but that limitless light which is of the one source and ending of All. Deepen your cup to hold delight in the mystery.

We would ask if there are further queries at this time.

(Pause. Comments not transcribed.)

We thank you also. We find this instrument's weariness such that we would therefore, since there are no further queries we can address briefly, leave this instrument at this time. May we say again what a delight you are, what a delight the circle is. We

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circle it with you, and as you bless us with allowing our service, we bless and thank you for the energy and persistence of your seeking. We leave this instrument and you in the love and in the light of the one infinite Creator and the joy we …

(Tape ends.) ♣

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Sunday Meditation
November 22, 1992

Group question: The question this afternoon has to do with the general concept of how do we deal with loss, in a conscious manner, so that we are able to get the most benefit out of the experience? How do we either exercise our will or move our will aside or find a harmonious way of using a sense of grief of loss, of separation that comes when relationship ends, a relationship that has been emotionally satisfying and nurturing for us? That is the specific question, and, in general, how do we allow the greater will to move through our lives so that our small will, that may or may not be informed, can become a part of the movement of the pattern of our incarnation that brings us eventually to the realization of the unity and acceptance?

(Carla channeling)

Greetings. We are those of Q'uo. We come to you in the love and in the light of the one infinite source and ending of All. How privileged we feel to be called to speak to your group at this occasion and to have the blessing of blending our vibrations with this circle of seeking.

Your query involves the merging of two kinds of illusion. When one is dealing with those deep emotional memories and desires that stem from the roots of the being, one is dealing with the infinite and eternal consciousness that each of you is. When one is asking about the manifestations of these desires in the present illusion one is dealing with the third-density mind of the physical vehicle which offers you the opportunity for incarnation. The first mind is often called the subconscious mind, although more accurate would be the term roots of mind. The latter mind is the—we correct this instrument—in the first mind we find the roots of mind to be the location which you may consider these thoughts and emotions to stem from. However, the higher subconscious and conscious mind are involved in all mergings of these deeper desires and emotions with the moment-by-moment transient mind of new actual experience which is being observed by the entity which you are.

Therefore, we first ask your attention be drawn to the situation whereby most of the feelings which run through the stream of consciousness are dealing with the surface of the passing experience and observations which enable you to use, to control, and to shape the passing experience in a manner which conforms to your preferences. However, like deep melodies which surface again and again, those deeper energies excited and born from the entrance into the conscious mind, of fated or destined persons or events, cause the experience being overtaken by these deep desires which then move into a position of dominance in the mind and which then color for a period of time the passing experience with the deep tapestries of emotions and desires which you have

created for this incarnational experience in order to learn the lessons of love which can only be taught by moving through the catalyst of entities or events processing themselves through the day-to-day experience.

As had been discussed previous to this sitting, one of these portions of personal destiny is sometimes the relationship which seems to be over. Now, in this case the relationship is over in the framework of the conscious mind of the entity which lives and dies within the flesh and personality of this incarnation. However, the relationship is anything but over from the standpoint of learning the lessons of love, for which reason both entities within this relationship chose to meet, to exchange desires, and to part, thus only beginning and setting up the conditions under which the lesson may be learned in a way which creates a lasting bias in consciousness which will polarize the consciousness that is infinite within you towards the unity with the love and light which is the Source and Father of all that there is.

Let us look at the experience narrated within your the holy work called the Bible of the one known as Jesus the Christ. When this entity was upon the hard wood of the cross with arms outstretched to welcome its destiny there were two occasions when it is recorded that this entity dealt with relationships. In the first exchange a criminal which wished to turn from its behavior and find a deeper desire asked the teacher known as Jesus to pray for it, and the teacher spoke without hesitation. Dying though it was, it turned in compassion and acceptance and faith and said "This day thou shalt be with me in paradise." There was no confusion because the teacher was suffering, for this entity has learned hope and desire only to surrender the will to the will of its Father, as it thought of the infinite Creator.

In the second exchange the teacher viewing its own mother pointed with name to a beloved friend and in a brief sentence realigned relationship away from accidents, shall we say, of birth and adjusted this relationship for a loving and compassionate opportunity for both mother and friend, as each then might comfort the other. From the sorrow of the apparent loss in both cases there may be seen to be an absence of fear, of self-pity, and an abundance and acceptance of the way destiny moves.

Let us move back onto the *terra firma* now, and gaze at the situation of lost love. Now the lover of the past is a memory. Were it a lesson learned, the memory would not come up to disquiet or sadden one. That it haunts one is a good indication that there is a deep and destined lesson of love to learn. There are three ways one might work upon this lesson. Firstly, there is the work of forgiveness. Most seekers are far more willing to forgive the other self in a relationship than to forgive the self, whether the self feels that it could have changed destiny by an action or feels that it could have changed destiny by eschewing an action. The case is that often the lack of forgiveness of the self stems from the belief that things ended wrongly. May we offer our opinion that there are no true accidents or mistakes in the metaphysical life, only opportunities. Therefore, the greater part of the work of acceptance and forgiveness is allowing the self to feel all right, that and no more, simply all right.

The second way of working upon moving into a better framework from which to view and work with deep sorrows in a life path is to focus upon the opportunities for mulling over the treasure gained during this destiny-filled relationship. That which one did not have before one has now, a center of energy, a vortex of power absent before has now been made, allowing the merging of deep life path needs with the day-to-day manifestations of destiny and accident.

You see, the sorrows of the lost love are not a negative quality but rather a praiseworthy, hollowing out and deepening of the capacity to love without expectation of any return. The reason that the lost love haunts the everyday experience is that there is still much work to do in praising and seeing the treasure in the learning of how to love so deeply in the first place. Only in this kind of sorrow does the incarnate spirit become tempered and transparent to infinity. Only in the darkness of seemingly negative emotions of loss and limitation does the deep prayer, the soulful song of love take wing and sweep the incarnate being to a point of view where the breadth of love, once felt for one entity, may be turned at world dying and yearning for your deep love and compassion. Thusly, one does well not to turn from sorrow but to turn towards it, to merge with it, and to carry this loss as a shining ornament which honors the infinite Creator.

The third thing which is skillful to do when dealing with any seeming negativity is simply to, as this instrument would say, "Praise God from whom all

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blessings flow." We would change it in this case to say instead "Praise the Creator from whom all sorrows flow." The turning from the self and the concerns, whether shallow or deep, of the self to the infinite Creator in praise and thanksgiving is an orientation in intelligent infinity, that is, in the Creator, or what this instrument would call Christ consciousness. This consciousness is the essential portion of both the consciousness which is infinite and the incarnate being with the bio-computer which makes so many hasty judgments. Calling forth in the conscious mind the holy, worshipful attitude in which only the Creator exists reestablishes a center within the being which merges unconscious and conscious beings together in a useful and balanced way.

It is not in any way easy to do that which we have suggested. The more intensive the desire has been to find love the more intensive the experience of love, the more the yearning for love, the more it will seem very, very difficult to so center the mind viewpoint that all these acceptances and forgivenesses and reorientations may have their just process. Therefore, we urge each to see that this is the work of not one but many incarnational experiences to deepen the source within during the incarnation. In a star-crossed, shall we say, relationship both entities, whatever the outcome in this experience, have been working with this balance for many incarnations. But allow the normalcy of day-to-day experience to move you until the next occasion when this haunting desire for a known or an unknown person or relationship looms so largely before the conscious mind that it colors all of one's thought. Then see this occasion as the treasure it is. Let the fears fall, let the heart speak all it wishes until its well of words and threnaldy of pain is fully expressed. Honor and respect the deep emotions and give them full expression. Rather than feeling them as an ending of a real life experience and only a memory allow the feelings to become living. Birth them with your awareness of the beauty of love. You have desired truly, you have loved truly. This you have experienced. It may now be separated from the constraint of belonging to one entity and the self and become that potential for love and for acceptance and compassion which may be universalized by being aware that this love is an energy unto itself.

You are able to accelerate the process of spiritual evolution whereby you are learning from the deep expressions of personal destiny and in all you do. To offer thanks and praise in any moment is your way of moving quickly, instantaneously to the mind or consciousness of unity wherein you may see that there is no loss, there is no lack, there is no separation, even in the case of a loved one which has died or been permanently separated. This love is an entity unto itself, a vortex which may pull forth either a bitterness of a judged loss or a smooth vine of a judged treasure. It is always your choice.

Two things before we open this meeting to other queries. We are error-prone and request that each use any thought each may from that which we say and leave the rest behind. And also, to accelerate the process whereby one is more observant of that merging process between deep emotions and day-to-day experience, it is well to move into silent communion with the one infinite Creator, listening to the silent voice of love unlimited and inexpressible. To spend time wisely, spend some each day with the Creator.

May we ask if there are any additional queries at this time?

(Pause)

We find that there are no queries upon this subject in addition to that which we have said. Therefore we would now ask if there be any queries upon other subject that we may address briefly at this time?

Carla: I have one about the trumpet. I would like to know about the functioning, or how to get it to really work.

I am Q'uo, and we may speak in general upon this subject, my sister. We thank you for this opportunity. When one has opened the channel to useful work with entities of the inner planes which move into the energy web of your planet and yourself, one has basically established a way of being of service as a tuned instrument. When an instrument is played it is not the instrument alone which must be excellent. The excellence of the instrument being assured, then there is the allowing of the best possible, shall we say, contracted or focused line or channel between the two and through the instrument so that the most compelling music may be played.

In working with the energies which make the trumpet move, the voices speak, the *(sounds like "aports")* appear, and the other materialization

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phenomena which you are familiar with, the instrument which you are must be activated in a certain way. This is like unto the polishing of the inner surface of a reed, for instance, so that the energy moving through this reed may come forth or materialize in the manifested world with unabated vigor or energy. Any, shall we say, rough spots, any blockings, any ways in which the inner surface is not smooth will baffle and frustrate the energy or breath moving through it and add limit [to] the materialization phenomenon.

There is a kind of energy which allows the materialization phenomena to occur, and this lively energy is one with each is familiar. However, it is not this energy which moves the trumpet. This lively energy is expended in poising the self without let or hindrance, without any reserve in such a way that the spirit moving through you, as the instrument, may use that generated potential for materialization in a crystallized and finely focused way. It is as though your personal, deeply felt commitment and substantive energy given to this liveliness of will may be seen as a broad spectrum potential which the breath of spirit moving through your vortex of self may pick up more and more powerfully the less tightly you personally are holding onto this energy.

We might refer the mind to the Zen parable this instrument has within its experience of the archer who spends his entire concentration upon the focusing perfectly the visualization of the target, but does not at any point while drawing the bow and releasing it open the eyes to look at the physical target. The careful medium's focus of attention is upon this static, permanent ideal of bow, of the powerful drawing of the bow, and of the releasing of the arrow, not when the personal will suggests but when the breath of spirit creates that choice.

Thusly, we suggest the encouragement of generation of this deep desire and this lively will, and then the utter and focused surrender of this and all gifts and talents to the one infinite Creator, that the breath of spirit may move through you in such a crystallized way that the personal energies become universal. In a way, it is the same objectification of deep emotions of which we spoke in talking of relationships, honoring the ability of the self to become capable of carrying those communications or attitudes which may benefit all people, and then surrendering this to the highest and best spiritual contact which is within your energies and which comes to you from that portion of the Creator, shall we say, which embodies for you your highest service.

May we answer further, my sister?

Carla: Do you pick up that I have the ability to do that?

I am Q'uo. It is our opinion that there is within each this potential, and it may be further said that deep desires are there not by mistake. The gifts and talents one has are not false; that which you desire you can do. Yes, my sister, we feel that you have this ability.

May we answer further?

Carla: Right, you are saying everybody has that ability or that potential, but … I mean, like everybody has the potential to play music, but again, some people have the talent. Everybody can learn to do something, but some people have certain talents that they learn more quickly in their development of … like music or art, where another person would have to work a lot harder, put a lot more energy into it. I am trying to feel out more in the sense of … I mean, I realize that I have, that everybody has that potential, but I am trying to see, is this something that will happen quickly for me, or is it something that will take years to develop? I am trying to see exactly about my talents or ability in that area of spiritual development.

I am Q'uo. My sister, there is a respect which we have for your free will which inhibits us from describing to you those energies which you ask about. However, perhaps a more general statement might enable you to think further upon this. We would say that when there is, as in your case, a deep desire to serve as a channel, that this desire is true. The manner of manifestation of this desire is not fixed. Destiny does not say, "You shall do this and this," it says "You shall be put in this situation wherein you may attempt to learn of love and to be of service." We encourage you to move ahead with the learning while being extremely alert for indications from spirit as to the finer and finer choices which determine the direction of learning and service so that you may find your own unique way of serving and of loving.

Thusly, in the area of channeling, for instance, some channel as healers, some as teachers, some as prophets, some as those channeling this or that spiritual resource of an impersonal nature, some channeling from a source of a more personal or

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individual nature. So at each juncture be on the lookout for synchronistic occurrences, for those small signs of happenstance which may seem coincidental to others but which are subjectively interesting to you. Notice and remember these occurrences and pay them attention, for it is by these signs that you will change and change again the seeming direction of your quest to serve so that as your personality within this life matures and ripens it may be informed as to its best avenue of service.

This is for all entities a process which has the characteristic of both occurring over a long period of time and of coming to a central crux, at which moment a great deal is made clear within you subjectively as a palpable realization. Therefore, surrender to patience and a complete lack of expectation in a day-to-day search, simply doing your inner work, and when the moment comes wherein you find your true voice as an instrument you will know it with a certainty which is beyond time and space, and it shall feel right for you. When that moment has come, cleave unto it and stand upon this rock and do not look back.

May we answer you further, my sister?

Carla: No, thank you very much.

My sister, may we share our great joy in speaking with you. It is a true pleasure, and we are full of love for you and for your devotion.

Is there another query at this time?

(Pause)

We are known to you as Q'uo. Through this instrument's perceptors we feel the deepening of the evening upon your planet, the world is becoming less busy and more quiet about you as the energies of the day and the light put themselves gently to rest. It is a precious time, that time when the energies of your planet are very quiet, those of the daylight going to their rest, those of the powerful and magical night only just beginning to stir. Into this parentheses in time insert yourself, viewing the light and the darkness as one thing. Feel the unity of all that seems light and dark, sad and joyful, feel with us the perfection of the mystery-filled Creator. We know not this mystery but we rejoice in it.

We leave this instrument and you in this love and this light, this one great original Thought, for that is all that there is. Until we speak with you again, we say to you adonai. Farewell in the Creator's love and light. We are Q'uo. ♣

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Sunday Meditation
November 29, 1992

Group question: The question this afternoon has to do with our expectations. It seems like we're always expecting, usually, more of ourselves than we actually accomplish and feeling poor about not having accomplished everything that we had in our expectations. We are wondering today what it is appropriate for the seeker of truth to expect both in the mundane everyday life and of the self in the spiritual life, the metaphysical world. What kind of expectations are reasonable, are helpful and are appropriate for the seeker of truth in both of these areas?

(Tape ends.) ♣

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Sunday Meditation
December 13, 1992

Group question: The question today has to do with the general kind or level of angst that we each find in our lives no matter what the particular experience, whether we are not being able to fulfill our creative identity and desires we know we have, or the ability to find the balance in our lives so that we are able to move through our lives without being swayed overly much either towards the sadness or the joy, the ability to find balance between being and doing. Each of us seems to have some kind of angst, some necessity for dealing with a situation that is difficult, that provides us with worries, with fears, with challenges, with work of some nature that needs to be done. We are wanting to know if there is some level of changing this angst or this way of perceiving our experience so that we are more in line of what we feel is fulfilling our abilities, of walking a balanced life, of being of service to others, and wonder what you may have to say to us in that regard.

(Carla channeling)

We are known to you as those of Q'uo. Greetings in the love and the light of the one infinite Creator whose blessing is upon us all. We feel most privileged to be sharing in this circle of seeking and thank you for giving us the opportunity to be of service to you. We ask that each seeker realize that we are not final authorities, we make mistakes, and are as you, seekers along an infinite path of learning and becoming more and more that which we seek. Therefore, we ask each to use his own discrimination to take up those thoughts which have an interest and to leave behind those which do not, for only in this way may we feel free, without infringing upon your free will, to offer our opinions.

You ask us about the pain of living. What is the necessity of it, how can it be transformed? We must begin with a larger canvas, so if you would, come with us in mind. We take you to the point at which the infinite and eternal consciousness which you are chose to come into manifestation or an incarnational experience. What were you co-creating with the infinite One when you created the opportunities and overarching destiny which you did indeed co-create? It seems logical to assume that the choice to come into manifestation in this manner was based upon an advantage to be gained from so doing. There are things which entities in incarnational, physical bodies can do which discarnate spirits cannot. Those in incarnation cannot know. Those not in manifestation cannot escape knowing that all things are one, that there is one Source, one great original Thought in which all exist and which is in everything. In the illusion of manifestation this truth is escaped, cleanly and completely. There is no way of knowing while in incarnation that you are one with anything or anybody. All things seem to have

limits and seem to be separate, whether these things are people, relationships or ideas.

The darkness of the valley of the shadow of death, to quote one of your culture's holy works, is the setting of the stage for your journey through this incarnation, for are you not all born with the life sentence of inescapable death? Therefore, you live in the shadow of that known outcome throughout the incarnational experience. So you have chosen to enter into an illusion which blocks all knowledge of unity from the conscious, logical mind. Further, you have come into an illusion which is eternally mysterious; that is, nothing is known no matter whether one seeks to the limits of the microscope or the telescope. One cannot find the basic reason "why," a basic method of "how," or a good definition of "what" the essence of the experience of manifestation might be, for as telescopes grow more powerful infinity is simply seen in more depth. As microscopes grow more powerful all that may be seen is the path of energy left by your electron particle. Now, if you are fields of energy, interacting in an illusion whose trademark is mystery and shadow there must be a reason not immediately obvious for your choice of coming into this illusion.

We shall pause.

(Pause)

This illusion is the third such level, shall we say, of learning for the infinite portions of the one Creator. To experience the first being the level of the elements, the experience of being rock, sea, air. Those experiences are simple yet move deeply and slowly, and consciousness then graduates to another level of illusion. In this illusion, for those portions of consciousness which now know that they exist and begin to move in order to seek the light, the easiest example of this movement is the turning of the flower and leaf to the sun to receive light. In these two illusions there is not self-consciousness, but with graduation into the third-density illusion which you now experience, you as co-creator are in a physical vehicle which has the ability to be conscious of itself experiencing the illusion.

There is a purpose for this particular illusion, in our opinion. Just as the purpose in the first density is to experience manifestation at its basic level, and just as the second density's purpose is to experience and learn the movement, the choice towards being fed, being comforted, being warmed, finding light, so in third density the individual seekers of light become self-conscious and decide to interact. Your illusion has everything to do with learning not only who and what and why you are as you are but also in learning how to interact with those about you. Upon graduation from this density the next series of lessons starts with learning to be a complex of entities which have all memories in common. In the next density this veil of mystery and forgetting which you now experience is gradually lifted, and, once again, you know that you are all One.

Only in third density is the unity hidden. This is in order that each may make an all-important choice of how to proceed with the evolution of the spirit, for there are two paths to the one infinite Creator in general. One path is radiant, giving, loving and unifying, and is called service-to-others path or the positive path of seeking. The other path to the one infinite Creator is magnetic, attractive, charismatic, and may be called the path of service to self or the negative path. Each of these two paths is a valid path to follow and will bring the seeker to the growing awareness of the nature of the mystery of Creator and self. We are those of the positive path, as we find it to be the more efficient path, and in our opinion the more agreeable one to follow.

Therefore, as you approach the choice of which path to follow, nothing can be known for sure, for it is all important that this choice be made in faith and not because of any proof or fact, for only in faith, only in the mid-air of that leap of faith is the choice truly made to love. Once the pilgrim's soul has made the choice to learn to love by attempting the positive path of service to others then there shall be the unfolding of the destiny which you co-created. This does not mean that free will is abridged thereby; it is as though you have furnished yourself with a place to begin a journey and a place where that journey ends.

See, you begin in Louisville and go to Chicago. In the journey there you may well travel through China but you will end up in Chicago. This is what you experience as the rough and tumble of the frustrations of your days. You have a destiny at work in you. The more clearly you make and remake the choice of polarity, the more you have the emotional calmness to be aware of whatever hints and synchronicities that are around to offer you the nudges you need to choose this or that way to be, to act and to respond to the seemingly good and

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seemingly bad things which occur to you. So you see, rather than your angst being a suffering without a context, this angst is as the ballast, the weight in your frail barque of being.

As you sail across uncharted waters your only rudder is your basic faith that all is well, that you have not misplanned these things which are occurring. The more you begin to realize that there are no mistakes the more you can move past wondering why the suffering was necessary and, therefore, the more time you have to take to pay attention to the situation in which you experience the suffering. Is this suffering necessary? Well, my friends, we may say that the discomfort of pain is necessary.

Now, the more the discomfort is resisted the harsher the discomfort. As we are on the journey of the mind and the spirit you shall constantly be changing and transforming because of your experiences. These changes are uncomfortable and, therefore, there is pain. To the extent that you cooperate with these energies of transformation, then to this extent the discomfort may not breed fear. You can look at the suffering and say, "I must be changing pretty well," but if you need the fear, allow it. There is nothing wrong with protecting your delicate and sensitive inner self. It is possible to allow this fear and then try just a little less fear, and then a little less, and move slowly, supporting the self, not discouraging the self by railing against the lack of courage or railing against destiny for the discomfort which change brings.

Perhaps what we would leave you with in this portion of this working is the thought that if you are learning lessons of love your first lesson is to love, accept and forgive yourself. In one of your holy works it is written that there are only two laws of being, to love the infinite Creator and to love all others as you love yourself. What entities often do not realize is that they are loving others more than they are loving themselves. How hard are you on yourself, my friends. Attempt to support and refresh your own self in your pilgrimage just as you would any friend. Attempt not the courage but the lack of discouragement. When you feel discouraged, find that portion of your spirit which cradles you and comforts you, and allow that comfort to fill and calm the rough seas, the rough seas of emotional pain. Then simply open your eyes and gaze upon that manifestation which barely hides the imminent glory of the one infinite Creator.

My friends, you are loved so very much by the infinite One, you are so precious. You are unique. Your nexus of experiences and biases is irreplaceable. Feel that jewel within yourself grow and glow and allow the Creator to move through each facet of this jewel of essence, and this shall be your rudder on the uncharted sea.

We would at this time open the meeting to any questions that any might have. May we take a first query?

Questioner: Yes, Quo, in the negative polarity, do they view themselves as being of negative polarity? Do they have a concept of polarity?

I am Q'uo. My brother, there are very, very few which, having no concept of polarity, are nevertheless of the negative polarity. However, the negative polarity is far more difficult than the positive polarity to do work in consciousness using *(inaudible)*. This is due to the fact that in order to graduate, shall we say, from the third-density illusion in the positive path it is necessary for an entity to be working in service to others at least 51 percent of the time, whereas in order to achieve graduation along the negative path of polarity it is necessary to be working in service to the self 99 percent of the time at a minimum.

Therefore, those who follow the path of negative polarity are almost always quite well aware of the process whereby all energies and entities about that person are subsumed and consumed by that person in order to bring added strength and power to the self. The times of slavery, shall we say, of which negatively polarizing entities are capable is large, however all are to one extent or another conscious.

May we answer you further, my brother?

Questioner: Yes, do the negative polarity people or entities, do they view us as positive polarity and themselves as negative, or do they not use this terminology or way of thinking? Perhaps I am not asking that clearly, I am not sure.

I am Q'uo. We believe we have the gist of your query. From the standpoint of the negative path the positive path is naive and weak. From the standpoint of the negative path the negative entity feels that it must look out for itself, and shall take all opportunities to take advantage of others who are naive and weak. It further feels that if these entities which are naive and weak learn from this experience

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to protect the self and use others who are naive and weak, then they have been of service in teaching a previously naive "babe in the woods" the nature of "the real world."

Indeed, almost no negatively oriented entity wishes to use such prejudicial language about its path. The language is more often couched in terms of affirming the self. This is not to be confused with the process of accepting the imperfect and universal self as a heart of preparation for loving others as you love yourself. Do you see this, my brother?

Questioner: Yes, thank you.

May we answer you further?

Questioner: Yes, I'd like someone else to have a turn.

Questioner: I have a question for you, Q'uo. What is the role of comfort—physical comfort—within the illusion, on the path of learning? If you can answer that question, what is the role of comfort in the metaphysical sense?

I am Q'uo. My brother, there is no inherent virtue in discomfort. The difficulties into which one falls by wishing for comfort have to do more with an addiction to a certain expectation than with comfort itself. One may indeed be comfortable, happy, wealthy or other seemingly good things, and be quite miserable because of need, for some form of discomfort lies within the soul. The notion of comfort, further, is one which suggests that there is a place in which one is comfortable. This invariably is not so. The true comfort is in accepting and cooperating with the destiny in which one flows like the raft in the torrent of the river.

May we answer you more specifically?

Questioner: Is there then a place for wishing of discomfort, as far as, metaphysically speaking, wishing for learning? As opposed to wishing for comfort and being couched within the illusion?

My brother, the fine joke of comfort and discomfort is that at the beginning of any learning there is tremendous feeling of discomfort while there is very little seeming work being done. The wheels, shall we say, are spinning, and even the slight bit of change which is occurring is causing tremendous amounts of emotional, mental or physical discomfort. As the lesson begins to sink in, usually the fourth or fifth time the genre of experience has come around again and the seeker is getting the hang of this particular lesson of love, the strides being made towards transformation are far greater, change is occurring at a far more deeply biased level, yet the experience of discomfort is somewhat less because comfort actually lies, as we said, in accepting one's place in the flow of change.

As the end of any lesson approaches, this realization of the flowing nature of learning and destiny is clearer and clearer. Finally, one is somewhat comfortable, and then of course it is time for another lesson to begin. Thus, there is always the discomfort, the angst, but the amount of angst is not necessarily consonant with the amount of change but is rather more nearly consonant with the amount of resistance to or standing athwart of that change because of preconceived ideas about what one's path of destiny is. It is well to release all expectations beyond a certain point in order for the play of the wind of destiny to aid rather than to seem to hinder.

May we answer you further, my brother?

Questioner: No, Q'uo. I thank you for your patience with me. I appreciate the different viewpoint and will take time to think about it.

I am Q'uo, and we appreciate your patience with us, for we attempt to give answers on several levels at once in order to speak to each within the circle, and this, while perhaps helpful, at least we intend it to be, certainly does little to keep us simple.

Is there another query at this time which we may obfuscate and confuse you with our answer to?

(Pause)

I am Q'uo, and we find that our sense of humor has run away with us again. We shall put it differently. May we answer another query at this time?

Questioner: Yes, Q'uo. I do not want to monopolize the time here because I am so full of questions, but I am curious as to … We had so many reports of people having encounters with reptilian-type humanoid forms. I was wondering, this is just a thought that occurred to me, seems to make sense, if there could be a planet which would [have had] reptilian life forms, perhaps a third density or a fourth density, and their body forms made good vehicles for negative polarity entities to reside in. Does it work like that or is it somewhat different? Is that clear?

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I am Q'uo, and yes, the query is clear. The physical vehicle which carries consciousness is not ever biased towards positive or negative evolution, for this is evolution of consciousness. This consciousness is infinite and eternal and uses physical vehicles in order to come into manifestation and experience the limitations which allow self-knowledge. This consciousness can use any vehicle. It is this consciousness which has the ability to choose, to learn, and to love the infinite Creator, either by loving others and serving them as the self or simply loving the self and serving the self.

The reason that both polarities are acceptable ways to move towards the infinite Creator is that the service-to-self entity is quite correct when it sees that service to self is the service to the infinite Creator. Nothing that exists is not the infinite Creator, there is nothing to be of service to except the infinite Unity. However, the consciousness can choose to separate the self from others and use others or it can choose to attempt to unify itself with all others in service as if each entity were the self.

Does this answer your query or may we answer further?

Questioner: Yes, it answers it somewhat. I guess that I am still not clear. Do you not think that there are races … perhaps I should state it this way—when you are in a negative polarity, when this is your choosing, do you form societies, do you all live together or do you intersperse among the populace of the positive polarities?

I am Q'uo. My brother, both polarities exist at this time upon your planet. Some examples of more or less negative polarities are the corporation where the credit for the work goes to the leader of a team, and those who are within the corporation attempt to use others in order to advance, and the married state in which each partner attempts to gain control over the other. You see, we are not speaking of negative races, of beings, but of negativity itself. The actual look of a predominantly negatively oriented society is handsome or beautiful, neat and tidy, the hallmark of service to self being control and order.

May we answer you further, my brother?

Questioner: No, that is all I have right now.

Is there a final query?

Questioner: I wonder if there is any query that we may answer for you, Q'uo? *(Inaudible)* joke is on me.

I am Q'uo. Your queries are to us a great blessing. They enable us to pursue our own path of learning. As we attempt to share our thoughts with you we learn a great deal from you and we are most grateful for that privilege. We would at this time rejoice in having been with you all. As you go upon your way may many blessings befall you and may you be merry with one another. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. ♣

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Sunday Meditation
January 3, 1993

Group question: How much can we either consciously or subconsciously affect the way we look at the experiences in our daily round of activities and what we can do to sow seeds of a wider perspective, a lighter perspective, one that takes the broader view and gives us the opportunity to go through our lives with less turmoil, less of the up and down, or if this is even advisable, is it better for us just to work with the way we go up and down—do people really have an effect upon their attitude or is it a figment of our imagination?

(Carla channeling)

I am known to you as Q'uo. My greetings to you in the love and the light of the one infinite Creator. We feel our thoughts streaming to meld with yours in a unison of peace and praise, and we are most appreciative of the privilege of sharing the comfort of meditative awareness with this circle of seeking. You ask us this day about the effect one's attitude has upon one's life, whether it does, how it does, and so forth.

To begin to answer that query, we would turn it around and say that the experiences which constitute an incarnation affect one's attitude and are designed to do that, so one cannot begin with a blank slate in speaking of attitudes, for there are lessons to be learned, catalysts to be experienced and reacted to in the life regardless of which attitude these programs of material or lessons are received.

Let us spend a bit of thought upon this before moving forward. You are already aware of so much in the field of metaphysics, having focused upon it intensively. However, sometimes the basic fundamental of a cosmological system such as the one we offer can seem fresh and new, because the material has not been dealt with in just this application. Such is the case with the plan which you as co-creators, with the aid of your higher self, set out to experience during this particular incarnation. There was a destiny, shall we call it, of kinds of human experience—that is, experience which can be had by humans or third-density creatures—that was the helping of food on the incarnational plate. These lessons of loving were meant only for your own learning and growth. There was not in your minds as you planned these lessons a mischievous or wicked impulse, but only the ambitions of the seeker who wishes to stretch and grow within while offering service in the name of the infinite One. Consequently, you gave to your future incarnational self a potential for incarnational experience that you yourself felt was the very best possible.

Now, we all know how the eyes can be larger then the stomach, how that incarnational plate may have been loaded generously. Nevertheless, it is to be remembered that there is nothing intrinsically

mischievous or wicked about the lessons that fly before you in the gale of experience as you experience it. No matter how fierce the winds and storms may seem they are as you yourself wished them to be in terms of that which was inevitability going to be dealt with as you lived through this incarnational time. When the difficulties seem overwhelming it is always easier to malign destiny than to buckle down and do the laborious work of digesting the catalyst instead. However, as a beginning to speaking of attitudes we may say that these attitudes do not address a random life plan of catalytic experiences; rather, they address the stuff of which lessons are made. The fractional broken pieces of a whole lesson come bit by bit into the net of your personal energies and are there for a blessing and for learning and growth.

This having been said, we ask that you take some of your time when reflecting simply to put your being carefully within the awareness of yourself as an infinite and eternal being who wishes both to serve and to grow in the love of the infinite One. Into this arena where free will meets destiny and chooses its reaction comes that called the attitude. An attitude, we may note, is etymologically a word meaning "the way of leaning or tending." To take an attitude in the dance, for instance, is to turn the foot and leg sideways while raising it upwards instead of raising it straight. The attitude is the slant which you may put upon the straightforward march of life events. And, yes, the attitude one takes does have a great deal to do with how rough the incarnational experience seems as you progress through it.

The attitude of those who hunger is that they wish food now. We say this to remind each that the consideration of an attitude is a luxury brought about by having a full stomach, a warm shelter, and comrades in arms, as it were. Those simply attempting survival have only the background attitude of desire for life. But most within your culture have the luxury of experimentation, with the inward turning of the mind as it meets new situations. We would say to you that that which has ripened within you will come forth as an attitude, and you may feel as if you have consciously done great things, when in fact the choice of attitude has been a small one in the present, the greater part of the work on that particular lesson being done beforehand so that you could respect and accept the incoming data as recognizable. It is the old lesson unlearned which becomes the new lesson, where the novelty of the experience catches one flatfooted, or with an old and still unlearned lesson. The boredom and distress which has accompanied past failure causes the attitude to change.

So, we would look first at new lessons and then at the true culprit which you are after. In new, or novel to you lessons of love the remembrance that you are in tune with your own destiny is often enough of an attitudinal adjustment to allow you to accept and process new material without undue difficulty. However, when you are revisiting old tangles of emotion, you are attempting to let light, air and warmth into that which is dark, cold and closed. The very process of accepting the data is painful because it is recognized that this is difficult, that is, unlearned material and there is the feeling of "Oh no, here we go again!"

Look for a moment at the fear at that turn of thought and see the dulling, freezing, darkening effect of fear. We do not encourage you to go forward as if you had no fear if your distress is considerable, but would indeed encourage you if you can do this at any crux, to recognize and accept these older and seemingly more painful lessons even though they are painful. The barriers put up by fear could seem to be an attitude barrier through which truth simply will not flow. So much of the work of having a positive attitude is clearing away the inevitable irritation that grows upon one at life itself for handing you your own failings, as seen by your self, then asking you with those failings to tackle that which is too hard for you.

The first adjustment, then, is simply to accept difficult material. You may work in another density on accepting it with total and unconditional love. In terms of the choice made in third density for the light, it is well that you focus on the basic choice, of saying "yes" to whatever the incarnation brings. Accepting difficult material is in itself difficult. Simply to accept is excellent work for you as a soul, for in accepting this difficult lesson of love as it manifests to you you are expressing faith in the nature of this material. Do you see that in order *(inaudible)* this material you would have to say to life itself, "I do not believe that there is a reason for this suffering, limitation and loss. I do not believe I am a loved child in my Father's care."

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Now, in seeking the Creator we so often assume that, of course, we accept that we are children under the one great original Creator's care. However, in the day to day experience this seeming unconditional acceptance is refused and ignored by the thoughts of doubting the goodness of a destiny which would so bombard you with difficult situations and emotions. Once you have seen this portion of your attitude come into focus, that is a simple and profound faith in the system of learning lessons in your density. Then you may choose wisely how you may approach the sense impressions which make up the daily experience. If all things are good but often unknown, then it is with eager interest and positive hopes that one would take up every new thing that came forward to the sinecure of attention.

Yet this remains not so, because the nature of one who is cut off from the processes of the deep mind cannot stay consciously at all times in the deep rhythms of existence. The feeling of being lost on the sea of troubles is quite literally cut off from the sea of consciousness in which all that is separate comes into one unified stem or root, and is ultimately lost in the mystery of Godhead. So, persistently you shall, even though affirming the goodness of all experience and affirming the goodness of your lessons, come up again and again against the outrageous, unacceptable, painful experiences which, by subtle or bold means, shake your comfort apart and force you to deal not only with the situation but with your own feelings about that situation.

You see, you can know that all is well and know that everything is for you to learn, but this does not keep the unruly emotions of a deeply sensitive being which has been cut off from the resting place of eternity from feeling many, many painful things, and seemingly having to feel them in the darkness of solitude, whether it be total solitude or simply the deep loneliness of inner solitude. You cannot expect any attitude whatsoever to buffer you from feeling emotions. This, we feel, is where your query was aimed. We hope you can see that all we said before stands as the foundation upon which we can talk about having attitudes.

Yes, my friends, the practice of a particular bend of attention and way of consideration is a tremendous force in shaping your learning experiences and in performing the service which you came to offer. Part of the work of any wanderer is the living of the life itself, for when (that) which has been in a more compassionate vibration, or wiser one, has all of its forces in harmony inwardly then the breathing in and breathing out of everyday living is in itself the central portion of the service which you came to offer, that service being to enable consciousness within this planetary sphere to be lightened. Insofar as the eyes of your heart are lightened, so is the planetary vibration lightened.

Now, as you go forward you may feel that this seems very easy: "I will just take what comes with good humor." However, the incarnation will turn around and surprise you as soon as you think thusly. Again, what is important in the creation of an attitude is largely that fundamental way in [which] you as a servant of the good are ready to deal with destiny. In doing this you shall again and again find in theory that you are doing well, but what are all these unhappy and turbulent emotions, why must you suffer? This is where we came in, this is what you asked and about this we may say that building upon the foundation of faith which undergirds all of your existence you may focus upon your emotions, not upon the events causing the emotions, with good results as far as aiding yourself by attitude.

If you focus on events you are lost in meaningless detail. If you focus on your emotions, you see that when you have pain in the emotional body, you resist, tighten up and say "no" in a speechless, silent way. Now, step back from this knot of negation and see that the work of the attitude is concerned with holding, loving and forgiving that self that is in a knot of pain. The attitude is not relevant to the facts in the way you meant it. It is relevant to how you deal with the emotions which you feel as you move through this lesson. If you are angry, a good attitude cannot make you not angry. However, it can kick in like the afterburner and say, "I accept myself angry as well as calm."

In this self-acceptance lies the compassion and love which the lesson was intended to teach. The events themselves do not teach, and one's reactions to the events do not fully teach; but the way one deals with one's unredeemed and lost emotions make a great difference. The attitude can be adjusted by daily, silent meditation. This is a good foundation upon which to build each day. However, much of the day is spent in a far more active and less contemplative mode. Within this active mode there seems little time for the reseating of one's consciousness into the

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center of a life lived in faith. However, one small word is enough to change the attitude, whether it be "Love," or, as this instrument prays often, "Jesus," or any other short expression of truth. This is enough to feed the flame of balance within.

This, shall we say, balanced fire can pilot one emotionally. The fire is the fire of love. This engine which moves the attitude is fueled by love. And this love comes into the painful emotional reactions and accepts that painful, twisted, knotted self. It also accepts just the same the times when you are not in pain but feel wonderful, and then the acceptance is that of the fond relative which sees the children playing on the grass on a summer day and glows with the joy of it. You can be pleased with yourself, this is a good attitude. Just let yourself be equally pleased when you are having unlovable and unpretty reactions. Let your compassion flow to yourself. This is the best attitude.

There are other ways to affect the attitude besides prayer. A song upon the lips or in the mind always helps. The joking with oneself or with another is almost always helpful. The attempts made to soften another's pain, when another comes to you for aid have a profound positive effect on you. So that we encourage each to rejoice in the outworking of destiny and to attempt to allow your frame of mind to be that which it must be because of what is happening, so that you are not thrown, or dismayed, or judgmental with yourself when you stumble and fall. Let your attitude be that all is well even as you pick yourself up again and yet again, dust yourself off, as this instrument's song goes, and start all over again.

The crux of having a good attitude is in that moment of recognition and forgiveness of the self by the self. May you rejoice in your destiny and find it within yourself, faithfully and persistently, to cooperate with it, for as you attempt through having an attitude to do these things the puzzles you encounter will be simplified to the extent you have ceased judging yourself as you do your lessons.

At this time we have finished with the direct communication to this one query. Are there further queries at this time?

Questioner: *(Inaudible)*.

I am Q'uo. We find this sentiment hilarious, and wish you the same. Are there any further queries?

Questioner: Thank you very much.

And we, my friends, thank you as you sit in the gently descending early darkness of winter in your pleasant domicile. We find ourselves, as always, reluctant to let go of this channel, yet we must. Please know, however, that although we have different concepts of time and space as our illusions are different, yet we are with you in your time and space in a faithful and stable way, a strength for you to call on. We are most happy that you do call upon us, for we can give one thing, and that is our unconditional love. And we do so enjoy being with those who call upon us not to share information, but just to be able to send the vibrations of love and support that are the other part of our service to you. We may speak to you of many things, but the vibratory connection between us is that carrier wave of love, and this is never away from you simply because we do not have a voice. No words are necessary. Love is experienced in love. We let you now go away from the quiet of meditation and into the world at large for some more helpings of catalytic experience. May your attitude be full of joy and compassion, and always, my friends, good humor. Be merry with each other.

We are known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite and glorious Creator. In that shining light we say adonai. Adonai. ♣

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Sunday Meditation
January 10, 1993

Group question: The question this afternoon is from V in San Diego, and she would like to know a little bit about some books, a group, and a contact that she has been getting information from, and inspiration from, and would like to know what Q'uo has to say as regards the nature of the information that she's been getting from Metatron, who's been working with her on an inspirational and a channeling basis, I believe. She would also like to know about a book called *The Keys of Enoch*, and her study of this particular book has been closely linked with her work with Metatron.

She would also like to know about a book called *Love (and Love): Through the Doorway*, written by Solera. It has to do with the date that passed in 1991, I believe … January 11th … At any rate, it was a time during which a special doorway was supposedly opened into the New Age so that there would be a greater intensity and variety of spiritually awakening experiences open to people.

She'd also like to know about a group called Starborn Unlimited. This is a group that I believe concentrates on people who believe that they are from other planets and very likely other densities, what Ra calls wanderers … a group formed around that concept that shares information about those from elsewhere and the nature of their mission or work upon this planet in being those who help to lighten the vibrations and aid with the birthing of the New Age upon this planet.

And lastly she would like to know about a little book called *E. T. 101* that is published by the Intergalactic Council Publications and written by Master [Jho]. And they are supposedly related to the Council of Nine, and this also has to do with the nature of entities that are from elsewhere, and those, such as Q'uo, who have offered their services in the aid of growth of mind, body and spirit on this planet during its time of transition.

We would like to know what you have to say to V on these topics and any other comments that you would care to make.

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are known to you as those of the principle Q'uo. It is our privilege to share your meditation and to speak with you concerning questions having to do with the correctness or authority of various entities and written volumes. We begin by saying that we do not have any authority over you. We are prone to error. Our opinions, though offered because we feel them to be worthwhile considerations, do not constitute error-free information, but rather careful opinion of one who is on the positive, or service-to-others, path. Each individual entity, each group of entities, in the

end all the unity of entities, insofar as they have the capacity to activate, evaluate and judge have no capacity for logically, rationally proving any authority from the outside in. In our opinion, neither any entity's self, higher self, nor any teacher that still speaks or thinks or considers has knowledge of the mystery of the infinite Creator.

By saying this we wish to establish a basis upon which we may build. The foundation of the right consideration of an entity's position as judge of its own creation depends firstly upon there being no authority that is final. No hand or word has the master's authority over servants of the infinite One, for the infinite One has established that in all manifested creation there be no final, provable answers. As entities discover what seem to be definitive answers, the edge or furthest limit of knowledge is pushed back, and it is discovered that beyond that new pioneering frontier of knowledge there lies still an infinite mystery.

Now, it is well for a student of any subject or field to do research, read, and gather tools and resources for coming to understand that field of inquiry. Those who seek along a spiritual path are not so different from those who seek to learn how to work one of your machines or learn a previously unknown skill. There is the studying, the processing of many facts into subjectively formed categories and organizations, and in the end there is [you] with a more enlightened point of view concerning the field of inquiry which has been studied.

We encourage those who hunger and are not yet filled by spiritual food to seek out experiences with entities visible or invisible and to read that which they consider helpful. All of the information on each page of written work, each thought from a channeling source, is to be enjoyed. However, this is not to say that all is simply to be accepted. Nor are we saying that if many things seem wrong about a source there is no good in it, for even the most inaccurate contact, dealing with the most fear-driven subjects, are attempting to serve the one infinite Creator. And those which listen to or read these perhaps wrong-headed thoughts may be offered much erroneously fearful information. Still, there is at least the gathering together for reasons of spiritual inquiry. And as this energy brings entities together to seek, so no matter how faulty the group may seem there is the effect of help from each consciousness present to each other as all form a circle of seeking.

There are several ways to consider how to form one's own opinions and value them. We might suggest that when information is being evaluated the seeker stop to reflect as to which energy center or centers are being activated by this information. For instance, information which focuses upon matters of survival is driven by the instinctual energies of the red ray, [all in] the reflection, naturally, from the yellow ray physical existence. We speak of inner rays here, rather than densities.

If information is offered concerning the moving together of some who are different from others, or simply if there is information about groupings and joining or avoiding groups it may be seen that there are many energies of the yellow ray. And if there is information concerning this or that messiah or special chosen entity, then it must be left to the entity itself to evaluate whether the attraction of this savior is resonating with the red, the orange, and/or the yellow ray.

All of this sort of information tends not to activate or enhance the healing powers of the opened heart or green ray. It is within the more abstruse and abstract regions of theoretical considerations that the inspiration of words or thoughts might be offered which open the heart or the powers and energies of communication. And it is within the student only that the indigo ray is activated by any material whatsoever.

For work to be done in consciousness, the consciousness must have its attention upon doing the work. We might take a different tack in this matter of personal discrimination. Now, we are saying simply that each spiritual seeker, having its own universe, must and shall evaluate for itself all stimulus which comes into the sensory net of awareness. From the first impressions to the end of the most involved and recondite argument all that is processed by a spiritual student is accurate to that student, and the only authority is that student, for the infinite Creator Itself, while offering constant love and support, does not wish to influence the experiences of any being. All beings are free to experience what and as each chooses. This is that which is the seeker's gift to the infinite One.

No outer authority may be considered, in our opinion, a satisfactory substitute for an individual's inwardly moved framework of opinion. So we encourage each student to think of itself as

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responsible in that the will of the infinite Creator is that there be love. Each is love, and each experiences love. This is that which is the truth insofar as we know it. Putting this truth into manifestation is a task whose characteristic is polarity or apparent difference. Without this, there can be no manifestation, for love experienced as love is an eternal tautology when considered as a way of knowing as opposed to the way we grasp being[ness].

So each of you is sovereign—the judge and jury of those things which come to each entity's attention. If that is accepted, then it can be seen that there is a certain desirable character, or group of characteristics, which may be attributed to a responsibly working spiritual student. The teacher known to you as Jesus the Christ spoke of this when it said to its students to be wise as serpents and innocent as doves. The serpent is a symbol for wisdom, and it is wise in apparent manifestation also. The first sense is that of the symbol. This symbol of wisdom is expressed in your cultural myth by the gift of the serpent which was making available the knowledge of good or evil. In other words, wisdom has to do with a personal ability to judge whether something is good to that person. This kind of decision is strictly personal, and cannot and should not be offered in dogmatic fashion for others.

The other way in which the serpent is wise is that when an enemy or possible enemy comes into hearing or sensory range the serpent removes itself cautiously. These both are good ways of being wise. When one considers the innocence of doves and asks how that can be applied to the judgment of information, we can only suggest that each entity knows of those individuals to whom all things are signs of disappointment, trouble and doom, while others with the same basic situation find much to make merry about and much to give thanks and praise for. The innocence, the purity, the untouched nature of the open and loving green-ray energy center—the open, loving, compassionate heart—can see beauty in almost any situation, for as it speaks to itself it hears the outer world.

We find that this is a good beginning upon this topic and invite further queries both now from this group and, in the future, from the one known as V. We hope that this transmission has been clear in why it refrains from offering opinions considering the validity of sources.

Before we leave this topic we would simply say that there is much, much of fear in any human experience. The physical vehicle is fragile, and it is known that it is mortal. Many of the fear-driven topics, which may be considered by many such as this instrument to have little effectual truth, have a truth in a larger or archetypical sense, for there is a wonderful urgency about this present moment, about this present cycle, about this present year, and so forth. These are the minutes, the last minutes, of each of your incarnations. There may be millions of these last minutes, but they can be counted. Thusly, there is a deep and natural capacity to fear, for one's worst fears, those of annihilation, stand starkly, and without evidential answer, before each seeker's life. At the end of that last minute of the incarnational experience, that consciousness that is the seeker goes through a door and it closes behind that entity, leaving those who are still experiencing the illusion of third density to remain ignorant of that which occurs thereafter.

The more compassionate way to deal with this existential fear is to realize and affirm the wonder and blessing of each present moment. If disaster or catastrophe is to be part of an entity's destiny, it shall occur, regardless of planning attempts to protect the self from such a fate. If all is to be peaceful concerning a seeker's last days in this illusion, so it shall be, although the seeker stands within a hundred which are slain. The attitude of gazing with a full and loving heart at whatever is occurring is the more compassionate and loving approach to the quandary of existence without answers. Appreciate and attempt to inhabit fully each moment, each minute and hour of each day of this experience, one at a time, and whatever the outer circumstances, the inner spiritual journey shall be as full of light and blessing as the experiencer can hold.

We would at this time ask if there be any queries? May we have a query at this time?

Questioner: Not from me, Q'uo. Thank you very much. That was very helpful.

Questioner: Not from me, either, Q'uo. Thanks for *(inaudible)*.

I am Q'uo, and we have enjoyed being with you also, my brother, and are grateful that you allow us to be of service. We always wish to linger with this good company, but it is time for us to go. And so we caress each beautiful spirit in hugs of brotherhood

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and offer always our love and blessing in the name of the one infinite Creator. We leave you in that Creator, in love and insofar love is manifest, in love and light. It is the season of the growing light. May each ray of the Creator's love and light that enters your heart find a happy home. We are those known to you as Q'uo. Adonai, my friends, Adonai. ✣

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The Aaron/Q'uo Dialogues, Session 10

January 17, 1993

(This session was preceded by a period of tuning and meditation.)

Group question: Concerning codependency and compassion, "How do I live more lovingly for others and still live with respect for myself?" This question relates to the following statements from Aaron: "You aspire to perfect service and to prayer without ceasing. The being cannot pray without ceasing while it is moored in judgment and confusion. The heart and energy are not open. It can pray without ceasing when it notes the arising of fear and allows fear to be a catalyst to compassion and connection. Heartfelt prayer arises from that connection. Primary is the question of making friends with your own humanness and imperfections in the incarnative state."

Aaron: My greetings and love to you all. I am Aaron. I phrased this question some weeks ago because it seems to come from so many of your hearts. I wonder if it would be useful for you to offer any additional thoughts you have about this question. In the rephrasing of it as it comes from your own hearts, there is sometimes that twist that helps you see where the distortion lies. I would pause here for a moment, then, and ask if there are any additions to the question. That is all.

Carla: How can we be of service to others without dumping all over ourselves, using up our time, talent and treasure and not having anything left over for our little special projects? Others are asked to clarify or add to this question.

K: I think it is right to the point.

Aaron: I am Aaron. Let us first speak about the word "codependence." All beings are, in fact, codependent. The word has picked up bad connotations in your language, as if there were something negative about being codependent. But, in fact, it is not codependence in itself that is negative. The negativity derives from fear. When codependence is acknowledged as part of your connection with all that is, it is a wholesome state.

You breathe in the air. You are codependent with the trees that help create the atmosphere. Your bodies are largely water. At your death that water in your body moves back into the soil. In your breath there is moisture. The moisture from your body helps the trees grow. Codependence, then, is not the problem. It is simply a statement of your non-separation, your inter-being. Rather, what we need to address is codependence as separation; that is, that state of fear which leads you to acts and words and simultaneous resentment about those acts and words, or the fear that leads you to encourage others in unwholesome acts as a protection to the self.

When two beings interact and wish mutually to serve one another, certainly that is codependence.

But it is a skillful codependence where each being learns that it is part of a greater whole and honors its interactions with other beings. The right hand does not withhold comfort from the left hand. They know themselves as part of the same body. Yet within the extended earth-plane experience, you view others as separate from self. Then negative codependence arises. We define negative codependence, then, as acts and words based on an illusion of separation. Within that illusion of separation, fear has arisen and also a lack of clarity of the being's highest purpose.

Each of you has within you places of deep fear. There is some preference not to look into those places, a need to not confront that fear in yourself. When another's demands upon you allow you escape from that confrontation, a part of you says, "Oh no, incessant demands," and a part of you says, "Thank you. Thank you for the protection of your demands."

Last month I talked to a mother who wanted very much to write. That was her expressed desire. She had a baby, perhaps a four-year-old child, and that baby had a tendency to whine, to pull on her constantly for attention, which tendency I noticed as we were talking. The child's self-entertainment was that it constantly came over and interrupted. Of course, the mother has unconsciously taught it this behavior. When you use the term codependence in a negative way, it grows out of this type of relationship where the mother insists that she wants to write, wants her child to become more independent so that she has freedom for her work, and yet surreptitiously encourages that dependence because it protects her from writing. At a much deeper level, the writing terrifies her. This, then, is what we might define as unwholesome codependence.

As with everything else in your life, negative codependence is an invitation. When you see a repetitive pattern that seems to hamper you in some way, it would seem wise to ask yourself, "What does the continuation of this pattern protect me from? Is there any way that I am encouraging it?" Then you may begin to look at the fear that has led to continuation of that pattern.

At first it seems almost impossible to change it, to say no. There is self-discipline involved here. At some point, as you look at the patterns which seem discouraging to you, you need to ask yourself, "What if I just say no," and then watch very, very carefully to see what happens. Now here is another area of confusion, of distortion perhaps, because many of you do get this far and decide, "I am going to say no," but you are not really aware what it is you are saying no to. In your mind, you think you are saying no to the other and to their uncomfortable demands. That *no*, then, has arisen from a place of anger. You still do not see that what you are saying no to is your own fear.

For this mother I just described, she might say no finally to that child: "No, you must sit down and entertain yourself. Here are crayons. Here is a book. Here are blocks. I am not to be disturbed for half an hour." But it does not come out that way. Instead it comes out as, "No! You sit down and play with your toys! I have had enough!" That kind of anger pours out. Who is she really angry at? What is the anger really about?

When you are very clear in yourselves that you need to do something a certain way and that your choice is not harmful to another, it is not hard to say no. It becomes hard when there is no clarity, because you do not know whether you want to say no and end the behavior or whether you want to allow the behavior to continue. So, some of you get to the point of saying no but your no is said in anger, which escalates the tension between you, rather than speaking with love.

I have a good deal more I would like to say here. I feel Q'uo wishes to speak and will turn this over to my brother/sister. That is all.

Q'uo: We are those of Q'uo. Greetings to all in this circle of seeking in the love and ineffable light of the one infinite Creator. It is such a thrill to blend our vibrations with your own as we allow our energies to merge with your own and become a hymn of praise and thanksgiving to the one Source and Creator of all that there is.

We are most especially glad to have this opportunity to work with the one known as Aaron. This is unique in our experience of inner- and outer-plane cooperation; and perhaps you could say that Aaron and we are codependent in teaching our best for service to you, as you are codependent in sharing what we offer and using that which you find useful. We do not claim authority over you. Please use your discrimination and leave behind any information which does not meet with your needs and opinions.

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We would not be a stumbling block before you. This being said, we would like to state our opinion of the portion of this large query upon which we have begun work, for there are several portions to this issue.

Firstly, there is the portion of codependency which works with the Creator, Its design and Its and your co-created agenda for this incarnational experience. Secondly, there is the portion wherein the seeker is working to find the heart of its own self. Thirdly, there is the portion dealing with relationships, not central but rather having to do with the self or the society in regards to the hook which hooks you into so-called codependent behavior. Fourthly, there is the portion devoted to the consideration of the seeker in relation to its central entities: the mate and the family; and in unusual occasions, a special or another acquaintance.

Perhaps you may see our feeling that in dealing with the central relationships of one's incarnational experience, you are dealing with the Creator's plan, your work within this incarnation and your generalized buttons, shall we say, or sensitive places wherein connections with the self or society are found to be frustrating in this codependent way. Before we can consider fully the central codependency, however, let us begin with this latter, for it shall prove to be the way we move back into this series of discussions.

Here you are: you, the seeker. And although the life-mate or family member has seemingly associated with you in an unskillful way, and you with the other, there is still a full travel of free will. What force moves within your heart that causes the exchange of hurt and emotional pain? Let us look at the force of need.

Do you see, my friends, you are entities who wish to be of service to others? Therefore, just as we, so you need others in order to be of service. This flavor of need undoubtedly played a role in your choice of this partner as a co-Creator, and again within the illusion in manifestation. This other was chosen because this other needs you. Now, this works very well in bringing together entities, both of which have planned to work upon changing fear to free joy, for did not the other entity also choose you because the other needed to be needed also? Thusly, a loving symbiosis wherein each helps the other and each happily acknowledges the need for the other becomes cramped and crushed by the seeming demands of space and time, for those who need express desire which will take up all space and time.

The need to be needed is likewise unlimited. And, my friends, each other portion of the manifested personality also makes plans upon the available time. And that which worked so perfectly as symbiosis when there was time enough and many fewer complexities of personality hits the crunch of a far more complex agenda for living. Symbiosis is turned into codependency.

The fear has several flavors. Perhaps the most acute is the fear of running out of time. There are other fears here, too: the fear of not being appreciated, the fear of abandonment, the fear of the month! These things change, but the tendency to react to your own fear does not change its flavor like the content of this month's fear, which will inevitably give way to your changing journey in consciousness.

So, we ask you to begin looking at the contexts in which you live and give and love and attempt to serve others. We move back to the one known as Aaron. We leave this instrument in love and in light. We are those of the principle of Q'uo.

Aaron: This is Aaron. Jim, I can see the thought patterns forming in your mind; but with Barbara's eyes closed, I cannot see whether those patterns find a continuity to your fingertips and to the keyboard. Thus, my question: Is this still too fast?

Jim: Yes.

Aaron: I will slow down as much as I am able. When there is a gap between the continuity of my energy, Barbara drifts in and out of the state needed to most clearly channel me. It will take some practice on her part to sit there for some moments with a blank and trust that the next thought is coming.

I appreciate Q'uo's distinction between living symbiosis and codependence. Symbiosis is alive, a flowering of the energy of each to each, where perhaps codependence has its emphasis on the fear and need of dependence. To be codependent on another there must be two. In fact, that is how you perceive yourselves. You are not your beloved friend or family member, you are not the water you drink … That is conventional reality. But in terms of a deeper reality, there is no separation.

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When you care for a loved one with the sense, "When my work is done for this one, then and only then I can attend to myself," this is delusion. This is seeing through the eyes of conventional reality. When you see that your service to your loved one is truly also meeting your needs, that your needs intermesh so perfectly, then you are seeing with clarity, with wisdom. This understanding of your fundamental connection with all that is, is essential to your growth.

We speak about love and fear. If you watch yourself carefully, you can see yourself drift in and out … fear and separation … love and connection … Observe it in yourself as you tend to another's needs. Are you looking at your watch? "How much more time need I give? When will I go and do what I want to do?" My dear ones, what did you come to do? To build this or that building? To drive to the market? To tackle this or that goal? Is that the purpose for which you incarnated? Even what would seem to be the lofty purpose—to write this book, to help that friend—are they the purpose of your incarnation? Yes, the book may be a gift to many or the conversation with your friend a gift to that one. The walk through the woods may bring joy to your heart. But you incarnated for one basic reason: to deepen your experience of faith and love; to move away from delusion of a separate self; to move into such deep awareness of your true nature that your acts, words and thoughts most consistently reflect that awareness.

Do you know what you need to do in order to best practice that clarity, faith and love? In a sense, the practice of faith deepens faith. First there must be clear seeing that you do not foster dependence to avoid your own fears. Once that is established and you are able to move from a space of clarity, much of your confusion will end. You will begin to see that what you most need to do in service to others is exactly what is most needed for the learning of the self.

I would suggest that as you ask yourself to have faith in that statement and observe it carefully, you will find that much of the clamor, "I need/I want", simply dissolves. Did you really need to do that project? Would not a shorter walk do as well? Yes, you must attend to your own needs. You must care for this human body and nurture all the aspects of you. But how much of the clamor to constantly be *doing* grows out of deep self-nurturing and how much from fear?

What happens within the heart when you watch the arising of "I need"? What happens when you watch that arising and smile at that solid, separate self? What do you really need to grow beyond the delusion of this small ego self, to understand your true nature, to manifest your energy in service to all without differentiation of self and other? When you serve the divine energy, either in your divine manifestation or in human manifestation, without distinction of self and other, it is then and only then that the spirit finds true freedom. This freedom is the fruit of the practice of faith and love.

That practice takes self-discipline, but not the discipline that you perceive. And here is where you often get into trouble. Your self-discipline often takes the form, "I will do this for *him* or *her*, for *another*." Can you see, my dear ones, that resentment rises with that separation? With "I will do this for *us*," there is no resentment. As I serve you, I serve myself. As I help you to find healing, I find healing. As I help you to understand, I learn.

Some of your projects and busyness are the ego's wild attempts to escape from this ultimate reality of connection. The ego does not die easily. It screams. It kicks. With attention we learn to hear both voices. The contented baby, pain eased, falls asleep in the mother's arms; and that mother looks tenderly at her child, so glad that she was able to ease its pain. But there is still the small voice in that mother that says, "But I did not get to finish the chapter in my book," or, "I missed the end of my movie on TV." Then she squirms with guilt and discomfort.

Can we learn to smile at that voice? As she cared for her baby's voice of pain, can we offer compassion to our own voice of pain? Can we learn to hear it for what it is: ego making a last-ditch effort to assert itself? Then we may bask in the beauty of a deeper level of being, of the connection that grows out of actions and words that are clearly not for you, but for *us*. As you smile at the ego self that does not want to give up, you shift your perspective from fear to love, loving even that ego self and letting it be. Then the heart is free to connect into that deeper level of being, and the heart knows, "I have just done exactly what I needed to do."

We spoke about faith. You all know that in third density your prime lessons are of faith and love. In

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our last joint session with Q'uo, the one known as Ariel spoke of the impetuousness with which older third-density incarnate beings sometimes prefer to overlook the learning of faith and love and move into the pathways of deepening compassion and wisdom. If faith and love are learned simultaneously with this deepening of compassion and wisdom, it works well. But when faith and love are overlooked, there is often distortion, even physical distortion of the body where the upper chakras are open and attention is not given to the blockage of the lower chakras.

One aspect of deepening faith that is overlooked by many of you is that when you watch this shift in yourself—service to other versus service to self—as you watch yourself shift in perspective, faith grows from blind faith to a verified faith. Intuitively you know that you are moving deeper into connection. Your heart knows that you are doing the work you came to do, not getting rid of ego but allowing ego to dissolve in the light and energy of ultimate reality. That reality knows the self as unlimited, divine, connected to all that is. When you bring your attention back to this deepening of faith, you may simply remind yourself, "This is why I am here."

This is the self-discipline that is called for. It is not a voice that says, "I *must* meet his needs." It is not an intellect that says, "You *should* have compassion." It is not judgmental in that way. Rather, it is the voice of the heart. It is the voice that dissolves all boundaries, dissolves all fear, and brings you into that wondrous knowing of your own true Self, of God and of the self's true nature as part of God.

Can you allow each arising of "What about me?" to become a reminder: "Can I observe this fear? Can I smile at the ego kicking and screaming and let go? Can I really trust that if something needs to be done there will be a way for it to be done?" No, that does not mean you can lie back and let someone else take care of it. Effort is required. But what is the doing about? Is it an assertion of ego, at least in some part, or does it take you closer to connection and deeper love?

I thank you for your attention to these thoughts. I expect that we will be delving into this question and its many ramifications for several days. May I return you now to the energy of my brother/sister of Q'uo? That is all.

Q'uo: I am again with this instrument. I am Q'uo. We would leave you with one focus. The one known as Aaron asked, "Can you laugh and love the entity you are?" This query is central. In the context of relationship, we ask you to reflect upon the persistence of desire that is not analyzed or understood. For instance, if you think, "She is so angry with me," you may well be thinking, in truth, "I am so angry with her." The very need that was perceived as an occasion for service becomes an affront to the waking consciousness of third density when the service is rendered and no appreciation is offered. The greater the perceived service, the greater the unrealized need, often, for thanks and validation.

Now in truth, you truly wished and did wish to serve purely with no expectation of any return. But this is the point with which we wish to leave this session: Seldom can an entity offer itself so purely that the incessant, persistent and continuing arising of desire does not make more than pure the consciousness that has come to serve.[12] Can you love that self that continues very naturally to desire?

We shall pick this up with great glee at our next session of working. Meanwhile, we congratulate each of you and your various numb body parts and consciousness, and we perceive a level of fatigue in the group. We hope that you may wash that aftertaste of weariness away with companionship, some food for your physical vehicles and of course the praying without ceasing that you do not yet know that you are already doing. How we love you, my friends. We do look forward to our next opportunity to work with your queries. Meanwhile, we leave you in the joy of the love and light of the one infinite Creator in Whose name we come. We are known to you as those of the principle of Q'uo. Adonai, my friends. Adonai.

Aaron: This is Aaron. It seems redundant to add anything to that statement. My blessings and love to you all. ♣

[12] Clarification of this statement is pending.

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The Aaron/Q'uo Dialogues, Session 11
January 18, 1993

(This session was preceded by a period of tuning and meditation.)

Aaron: Good morning and my love to you all. I am Aaron. In relation to this focus that Q'uo has offered, there are two areas I would like to bring to your consideration. One is as this instrument has just summarized and the other is to look practically at those places where you get stuck, to look with examples, real life examples, so that you may begin to pinpoint in each of you where distortion arises.

The arising of desire to serve another grows out of aspiration to be of loving service. There is a pureness and love to that aspiration, yet you find yourselves in a situation where others are making unskillful demands upon you. Perhaps they are releasing their anger to you or are asking you to do that which you know they could do for themselves.

Yesterday I spoke of the places where you allow their anger to be thrown on you or where you do for them rather than asking them to do for themselves, out of a place of fear in yourself. That is one segment of the confusion. A different segment grows out of the heart that truly wishes to serve but does not understand where that service lies. When you see another stumble, your instinct is to reach out and help; and that is a loving gesture. What of the one who stumbles, continually stumbles, because he does not want to walk on his own feet?

There is a desire to serve the other. If it was all one way or the other, if desire to serve was either 100% pure or 100% egotistically distorted, there would be no problem discerning which way it was. The struggle that you move into grows out of the fact that it is never 100%. It is rarely even 90%, but usually much more of a balance. You see the real workings of compassion in yourself, the Pure Heart connected to the pain of the other and wishing in some way to release that being from its pain. But, my dear ones, you cannot take the pain of another. You can help another learn to let go of its own pain. You can offer the love, the support, the kindness, that gives another the strength to face its own fear. But it must do that work by itself.

Here is where compassion becomes distorted. There is deep compassion and desire to alleviate suffering. But there is more. When you see another stumble and feel you must move to end that being's pain, to support them more than you already have, whose pain are you addressing? Look at this carefully in yourselves. What is the desire? Whether it is to barge in and fix their life for them or simply to lift and carry them a bit, where is that desire coming from? Is it too painful to you to watch their stumbling? Is it too close a reflection of your own stumbling? Then you see that reflection of yourself, you get just a glimpse of it, and you turn on yourself as if the very pure love and desire to alleviate suffering were

nothing more than your own selfishness. So, you swing from one extreme to the other and find it so difficult to accept both are happening: "There is genuine compassion in me, a deep empathy for another. There is also fear in me."

Compassion, my friends, is that level of empathy where you so clearly understand the fears and pains of another's heart that there is truly nothing left to forgive, for there is no longer judgment. Each of you has the innate ability, the seeds, whether sprouted or not yet sprouted, for that kind of compassion within yourselves.

Another necessary part of compassion is clear seeing. Compassion is not maudlin. It penetrates into absolute reality. It knows fear when it sees it. It does not seek ownership of that fear. It is not *his* or *her* fear, just fear, *our* fear, the fear in the hearts of every being that our needs will not be met, that we will be hurt, that we will be lost or in pain.

Codependence, in its unwholesome aspect as we have defined it, is not a problem. You've heard me say there are no problems, only situations that need your loving attention. This definition is the clue. When you pay loving attention, it allows that natural seed of compassion in your heart to sprout and blossom. With compassion there is no self or other. Loving attention allows you to see where self is brought in, where fear arises and leads you to inappropriate and unskillful choices, perhaps trying to fix another or mis-serve another so as to alleviate your own pain.

What I have done so far is merely to present the situation in which you all often find yourselves. I have really said nothing that you do not already know. Hopefully, I have presented it in a clear enough form that we may now begin to address the questions, "What do I do with the fear that leads me into unskillful choices? How do I (as Q'uo challenged you) learn to love myself, to laugh at the fears that arise and let them go, and move back into that joyful connection?"

I would like to pass the microphone, as it were, to my brother/sister of Q'uo. That is all.

Q'uo: Greetings in the love and in the light of the one infinite Creator. We are those of Q'uo. May we briefly say how pleased we are and how privileged we feel to work with the one known as Aaron in sharing our thoughts this morning.

This being that is you, the seeker incarnate and manifest as human, finds itself awash in its human characteristics. The desire to control situations for an increase in comfort and security often prompts you into actions and reactions seemingly lacking in compassion. And when two together are so functioning, the term for what occurs is sometimes codependent behavior. We would like to focus in upon the seeker you are and begin to gaze at resources which one may find useful in dealing with the pain of that desire which is not fully grasped or well stated, which involves you so often in these feelings of fear and then anger and guilt at the beholding of the unskillful expression of humanity.

Remember that the way the seeker relates to another has its roots first in the seeker's basic incarnational biases; secondly in the seeker's more fundamental biases, which are the fruit of many incarnations; and lastly and most deeply in the relationship which the seeker has with its so-called higher self, or that infinite portion of self that is in common with the one infinite Creator. From the very beginning of consciousness, whether within the creation or within the incarnation, the seeker's first experiences of compassion are those of the nurturing attention of the Creator or parent. In the beginning of life as a cosmic entity or as an incarnational manifestation of that entity, the baseline of first experience is total attention and all needs met, although as a soul and as a human being, it is soon discovered that the needs and desires proliferate too quickly and thickly for the nurturing creation to answer each need in full. Yet still, the ideal of being treasured, cherished and fully nurtured remains a standard hoped for in the seeker's heart.

Turn and gaze at that heart. Do you have mixed feelings about this hungry heart with its incessant desires? How does the seeker move towards the learning of compassion for its heart? How can you as a learning and maturing soul bring understanding to bear upon your own greedy heart? We ask you to think of the infinite creation with its infinite and seemingly vastly wasteful expenditures of energy, each star blazing and consuming itself down to the smallest visible sight where the atoms move in a perfect frenzy of energy constantly moving, constantly attracted onward. The entire manifested creation of the Father hungers. You, yourself, are the object of the Creator's hungry heart. The Creator desires to know Itself, and you have been sent

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outward, given free will in order that the Creator might learn of Itself because of receiving your harvest of experiences. You are here to enlarge your experience, not to control it but to enter fully into it. It is not by taking thought that experience is deeply felt, but the opposite. It is by allowing deep experiences without so much control that learning eventually occurs. The thought is well taken by reflecting upon that which has been received. Thusly, you may see yourself as a natural portion of the Creator, whose hunger for safety, attention or comfort is not despicable but inevitable.

When this first vision of the self as being natural in its seeming imperfection is fully seated within your mind and heart, then you may begin to unravel the tangled thread of compassionate clarity that has become caught and twisted by the attempts you have made to escape your nature. Yes, each of you is quite pure, innocent and untouched within the deepest portion of that which is you. Now you may focus on how the relationship you have with the Creator, with your Higher Self and with your incarnation can inform and guide you well towards the shining source of that thread of pure compassion which you wish to knit up into the fabric of your lives and relationships. This is a journey from head to heart, from fear to love, from meekness to an acceptance of the eternal untidiness of catalyst, perception and experience.

We would move back to the one known as Aaron, as we find the basis in theory which we offer is far better followed by more concrete observations. We happily yield to the one known as Aaron. We are those of Q'uo.

Aaron: I am Aaron. My heartfelt thanks to my brother/sister energy of Q'uo for the wisdom with which it speaks. Yes, precisely, this is the journey from fear to love, from brain-oriented choice to heart-centered choice. But, my dear ones, you do not have to be perfect at it. You do not have to get it all at once. If you were already perfect, you would not be here in incarnation. You are learning. This sense that it should have already been learned is the source of so much suffering for you. You struggle and there is pain. Can you begin to see that all of the situations through which you move are part of the learning?

Have you seen a young child build with a pile of blocks? Perhaps the second block sits on the first, but with the placement of the third, the stack topples over. There is not yet understanding of balance. The child experiments on and on and finally begins to understand that the center of the weight of the third block must be over the other two; and then it adds a fourth.

Your situations are the building blocks on which your learning is based. Yes, I know that when a block is unskillfully placed and that block connects with another's heart, there is pain. And I know and you know that you are responsible for that misplaced block. Here is an area of concern for many of you who are older seekers: Deepening awareness of responsibility creates a new form of fear. You know that you are responsible, and thus you become increasingly impatient with your mistakes.

I certainly do not advocate irresponsibility, nor would I suggest that it is okay to harm another. But remember that you are learning, you are all learning; and one of the things you might practice is patience, patience combined with honesty which looks clearly at unskillful choices so that they need not be repeated. You are not a two-year-old with blocks. When the block is placed and topples, it needs topple once or twice and then the lesson is learned. There is no need for the self-chastisement into which error is often distorted, but simply for observation: "I keep repeating this mistake. I need to pay closer attention. Then I can do it more skillfully."

So, you are all embarked on this journey from fear to love, from the contracted heart to the open one. But it is an infinite path. I cannot speak about eighth density nor anything beyond that. I can only speak of those beings moving into seventh density by my own observation, so what I say here is conjecture; but my conjecture would be that perfect love is still being learned, even at those levels. It is not something you have to do today. Can you be a bit more patient and kind to yourselves? Can you simply remember: I do not have to perfect it today—not only do not have to, but cannot—only to improve it a bit, to understand it a bit more clearly, to take one more step.

My dear ones, on this journey of yours, this search, each step that brings you closer to unconditional love is a step taken in unknowingness. You are blind. When you believe you are not blind and think you are in control, you are walking in circles, you are not going anywhere. The next step to your growth

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always involves letting go of everything you thought you knew and moving out into the unknown. Can you begin to cherish yourselves for the courage and faith to keep letting go of that which is known, safe and controllable, and to launch yourselves into deeper exploration of the Infinite?

Let us shift course here and work with some concrete examples. I do not choose here to invade anyone's privacy by using set examples from the lives of those in this circle. Let me instead use hypothetical examples, but those with which you will be intimately familiar through the circumstances of your own lives.

You are each in intimate relationships with others, or have been. This may be your partner, a parent or a child. It may be a sibling or a dear friend. Q'uo has spoken about your being drawn to each other in part by the desire to serve one another and by recognition of the deep possibility of service. Sometimes this service seems not quite equal; and one, seeing its own fears arising, begins to resent the other. Sometimes one is less compassionate to the other. Sometimes one is more reactive to its own fear.

To make this concrete, I will use an example of partners of either sex. But please fit this into your own life in whatever situations you find yourself. One being strives to be ready to go out at an agreed time. The other being is always late. Let us call them being A and being B. I do not want to assign the lateness or promptness to one sex or the other. A understands that B is irritated when A says, "It is getting late. Why aren't you ready?" A sees B's need to go at its own pace and not be rushed. At first A feels anger about this because hosts and hostesses are a bit perturbed by the late arrival, and A feels, "I am being blamed and it is B's fault." At first A may make excuses and say, "Well, I was ready but I was waiting for B."

Finally, A begins to see through that fear. It needs no longer blame B. It continually asks itself, "Can I have compassion for B?" It sees the fear of fast motion in B. It sees the ambivalence of putting itself into social situations which leads B to be late. It speaks to B about all of this. It makes peace with the situation, readies itself on time and then sits and reads a book, simply waiting for B to be ready. At that point there is no quarrel between them.

A is acting compassionately but also allowing B to dwell in its own fear. Its responsibility extends only so far as pointing out to B, "It seems to me that this fear exists and is leading you to unskillful action which is disrespectful of others who are waiting for you. I can wait patiently, but I see that when our friends must hold dinner for half an hour, it is uncomfortable for them. Will you consider why you choose to do this? Will you consider an effort to be on time?"

"Consider" is the prime word here. If A says, "You must be," that is a violence to B. Can you see that? It is attacking B's pattern, attacking B's fear. It is trying to fix or change B. But it is responsible for A to point out what it sees to B very gently and ask it to consider what it might do, what it might learn, by changing the situation.

What happens when there is a bit of a shift in this pattern? As A has become comfortable with B's choice and able to leave B alone with its choice, B begins to be later and later. B is looking for a reaction. It wants someone to light a fire under it, to get it going; and A has refused to do that any more. So B becomes aware, "I must do something to provoke A." Perhaps B is even later. Perhaps A is fully dressed and ready to go and comes to see where B is, and B is still reading the paper and says, "Well, I will go shower now." At that point, A feels the arising of anger again. Perhaps B has a different approach and is almost ready but then picks an argument with A, for example. Perhaps A is the last one out the door; or as they are going out the driveway, A asks B, "Did you lock the door?" and B explodes, "You were ready all this time. Why did not you see the door was locked?!" In some way or another, A is attempting to provoke B.

Again, I ask you to fit this situation into more familiar ones in your own life if this does not mesh perfectly. I am trying to use a situation that is common enough that you all may have some familiarity with it. I understand that it may not be the most pressing codependent situation in your life.

Here A is pulled back into the fray by B's becoming more extreme in one way or another, by B's provocation. That provocation asks A to focus more clearly on its own reaction. A has reached the point where it is okay if B is late. Is it okay if B yells at A out of guilt for its own lateness or out of its own fear? Is it okay if B is twice as late? Where does A say no? How does A say no?

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Now, obviously, if you have two cars, there is no problem. A can simply be ready on time and say, "I will be leaving at such and such a time. I will see you there," and leave B to its own resources. But let us assume that in this situation there is only one vehicle. Perhaps A is aware of the feud that would ensue if it called a cab and makes the decision, "I am not willing to provoke B in that way." What options does it have? How does it say no? Can A simply get into the car at the appointed time and drive away? Is that also a provocation to B? Where is it provocation and where is it an aid to learning?

I would suggest that the line is drawn not in the act itself but in the intention behind the act. If A gets into the car and drives away in anger, that is strong provocation. If A says to B an hour before the time needed to leave, "I understand you need a lot of time. We need to leave in an hour, which you have told me before is the time you need to get ready. At 8 o'clock I will be driving out the driveway. I hope that you are in the car with me. There is no anger in me as I say this. Here is ten dollars that I am leaving on the desk so that you can call a cab if you need to, but I feel a need to be on time."

In loving, non-violent movement with another being there must be a willingness to suffer the anger of another and ask another to consider your viewpoint. The strength of the soul speaks its truth, be it a major issue or a very small one. It does not speak it in hostility to another, but with the deepest compassion for the pain of the other. Nevertheless, it says, "This cannot continue. Your actions cause pain to other people, be it lateness, drinking, helplessness or displays of rage with cursing or throwing."

It is not the action of saying no, but the way no is said that is most important. If there is any intention to enrage the other further, to provoke or find revenge for past pain, no matter how that no is said, that seed of anger is still planted. You must look deeply into your own hearts. You must also remember that it cannot be 100% pure, but see if it is largely pure.

If you look and uncover some anger for past humiliation, for past discomfort, then you may ask yourself, "Is my real intention in saying no to seek revenge for that past by creating discomfort in the other? Or is my real intention to serve us, the other and myself, and lead us both into learning?" Having uncovered those subtle, unskillful intentions in yourself, you are far less likely to act on them. You may rest assured that there will be a greater amount of purity to your choice.

So what does A do here? It first must become aware of its own anger. B is abusing it. If it is able to release that anger sufficiently, it may point out that abuse to B. In some situations that may be enough, but rarely. If B had that need to abuse, unless B is very clear, it is going to repeat the situation of verbal abuse for not locking the door, or by being later and later and later to see when it finally provokes A. With the saying of no in the example we gave, saying, "I am leaving at this time. You have adequate time to be ready," A is making a clear statement of its intention from a place of non-fear.

Perhaps A might even have brought it up the day before in saying, "I think this is an awkward situation that we need to move past and this is what I plan to do," so as to give B warning. B may be threatened by that warning. And part of the next afternoon before the leaving, B may be hostile to A. Can A have compassion for that hostility it has provoked? This is part of that willingness to accept another's anger, to ask another to consider your viewpoint when you feel so strongly that your viewpoint is more skillful and love-based. It is the only way you can ask another to consider your viewpoint without doing violence to the other.

So A might ask itself ahead of time, "If my choice threatens B and B acts in a hostile way, am I willing to allow that hostility? To what degree am I willing to allow it?" When it becomes uncomfortable, A has the right to say, "No, I cannot allow it any further." But why is it uncomfortable? If B is calling A names and A can see the fear in B, would not A anticipate that fear? A has even catalyzed the fear. Why would A need to personalize it? Need A ask, "What if I am *this* or *that* that B is calling me?"

Is it disappointment, perhaps, which catches A? A may feel, "I really thought B could be clearer here, could be more mature. I feel saddened, I feel betrayed, because B is unable to meet my needs for a more mature partner." What is the pain about? Again, more clarity, more honesty, are called forth. It is A's learning as much as B's, because A must be aware, "In what way am I feeling attacked here? What am I saying no to?" When B understands that it cannot pull A into its issues, that A is going to act lovingly, non-judgmentally but firmly, then and

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only then is B forced back into itself with loving support from A, without hatred or criticism but with awareness, "I need to clean this up in myself."

For each of you that see yourself as A in this sort of situation, the questions to ask yourself are, "In what way does B's behavior threaten me? In what ways do my reactions to those threats lead me back into conflict and violence with B? How can I manifest my own energy more purely, with deeper awareness of which buttons B pushes, so to speak? How can I move to that point where I can ask B to consider my viewpoint, and accept that my request is a threat to B and that B is liable to react with fear? Am I willing to accept the ramifications of that fear as I ask this consideration of B?" In other words, "How do I get myself clear? What do I have to do?"

This brings us back to the spiritual perspective. You are not B's teacher if you are A. You are each other's teachers. You are not in this situation solely to teach B something. B is also here to teach you. You have joined together because you recognize the possibility of mutual service to one another and, of course, the loving connection between you as well. You are always precisely where you need to be. If the situation is very uncomfortable and makes you squirm, stop and ask yourself, "How did I get here? What learning might there be for me in this situation? What seeds have I planted in the past which have helped to create this jungle that surrounds me now? How can I transform this jungle by my loving choice, by my awareness, back into a fruitful garden?"

There is always learning in it for you. Please remember that distortions are not "bad" but merely uncomfortable. They also may be the catalyst for learning. You may come to love even these distortions. If you find yourself in conflict and with hatred arising, with bitterness arising, then you are not paying attention. If you find yourself with frustration and fear arising, that is fine. Fear and frustration do not need to be catalysts for hatred. They can also be catalysts for deeper compassion. Fear can be a warning signal, a red light flashing that says, "Pay attention!" And as you pay closer attention and find compassion for the places in yourself that feel threatened by these choices, then you move into deeper compassion for B and into intuitive wisdom of the open heart that knows how to say no to unwholesome demands.

As you see yourselves go through this cycle again and again and again, be aware, my friends, of where you wish to avoid the lessons of the incarnation. Ask yourself, "Can I embrace even this? Can I make space for it in my heart so that I can learn?"

I would like to pass the microphone back to my brother/sister of Q'uo. I also feel that there are some questions among this circle. I do know that Q'uo wishes to speak, and then perhaps we can attend to your questions. That is all.

Q'uo: We are those of Q'uo and are again with this instrument. Obviously, you did not enter incarnation and choose your family in order to become angry together. Your Higher Self and the Creator did not plan the emotional details of experiencing incarnation. Rather, as the incarnation was planned, the focus was upon the offering of the self as a rough-cut stone to the refining abrasion of circumstance, designed to polish and make beautiful and clear each facet of the gem that you truly are. You and your B, shall we say, planned to come together to be of service.[13]

Before incarnation and after it, it seems only vaguely humorous that all of the emotions felt are even possible. For when the veil of illusion is not in place, the differences between entities are healed with joy, and full travel is given to free will for each to harmonize with the other. In social complexes such as ours, for instance, each entity within the complex is unique, and the distinctions and dynamics are infinite. This is hailed as a great advantage for mutual support and interest, each learning from the harmonization process a bit of each other's uniqueness; thus building a larger harmonious uniqueness; thus becoming an energy and essence fully harmonized, and becoming infinite in energy by the full acceptance and multiplication of each uniqueness. So, too, you enter incarnation ready to learn. It is certainly a rude shock to awaken within manifestation and discover that the veil of illusion is opaque and harmonies are not visible.

We are working in this series to uncover ways of valuing and loving the self while harmoniously loving and living with others in a fully compassionate way. It is well to look to the intention of incarnation in general. There was no wickedness

[13] As did Aaron in his address above, Q'uo is using the letters A and B to describe the dynamics of relationship between two persons.

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in each entity's choices of partners with whom to share learning and service. As each abrades the other by the dynamics betwixt them, it helps to lean back against the sure awareness of a kindly and efficient incarnational plan. Then each can turn to a clearer effort at communication with the Creator, the self and the other self, B; for there are many Bs in every A's incarnational experience. In the next working we would share further upon the clearing of communication by means of seating oneself within a faithful awareness of the intention of the self as it came into incarnational manifestation.

We would end our portion of this working at this moment, thanking each and leaving each in the love and in the light of the one infinite Creator. We turn the microphone back to the one known as Aaron. We are Q'uo.

Aaron: I am Aaron. It is indeed a joy to share this speaking with my brother/sister of Q'uo. I believe I speak for both of us when I offer thanks to the humans who have made the physical effort to come together for this sharing. I am aware of questions that have arisen from what we each have said, and also of some level of stiffness and fatigue. We will leave it to you. Do you wish to ask questions now or do you wish to end this session? This instrument's energy is adequate to continue.

(There were no questions at this time.)

My love, blessings and gratitude to you all for this opportunity to share with this loving circle of beings. Either Carla or that of Q'uo had wished yesterday to end the session with a releasing of energy. If they would like to do that now, I offer the microphone back to them. If not, we will conclude here. That is all. ♣

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The Aaron/Q'uo Dialogues, Session 12

January 18, 1993

(This session was preceded by a period of tuning and meditation.)

Group question: The topic continued from this morning's session, concerning the true meaning of compassion and clearing of communication by means of sealing oneself within the awareness of the intention of the self as it came into incarnation.

Q'uo: Greetings once again, my friends, in the love and in the light of the one infinite Creator. We are those of Q'uo, and wish again to express our and the one known as Aaron's joy at being called to your circle of seeking to offer our humble opinions upon the subjects of interest to you at this time and place in your journeys along what this instrument calls the king's highway.

Upon this highway you are neither old nor young, male or female, wealthy or impoverished. You are one who journeys as the prodigal son and daughter, having been flung far from your source of being. Now you move through illusion upon illusion in the twilight dream within a dream which is incarnational experience. As you sit here, each seeker has the sorrows of unfulfilled hopes, expectations and love. Each feels the pang of suffering. And yet, each is still attempting to find solutions to the suffering rather than finding space and time within to allow each portion of experience, including suffering, to have a hospitable room to dwell in while it visits you.

The illusion boldly states that you are here to find solutions to your problems and puzzles. It is our opinion that a more realistic view suggests that solutions are irrelevant to the process of journeying along the king's highway. What is much more important is that you ask better and clearer questions concerning this journey. This journey helps define your relationship with yourself by suggesting that there is a loving, nurturing home from which, at some point, you have departed in order to gain experience. The process of gaining this experience is, at its best, a messy one and one which persists in being contradictory, enigmatic and unsolvable. Your position as seeker, then, is one of remembrance of home and hope of return to this home. Between the beginning and the end of this journey, here each is.

As the moment comes for you to suffer, we can suggest that this model of beginning, middle and ending insists that there is a nurturer connected intimately with home, which accompanies you and is a deep portion of you. It does not offer surface comfort, but by its beingness within you it offers a context within which you may see your right relationship to your suffering self.

You chose carefully the incarnational destiny you now are in the process of experiencing, adding to

your curriculum those courses or lessons concerning love which you and the Creator felt were appropriate. Thusly, you have created for yourself a destiny, or rather a destination or series of destinations towards which you inevitably shall move. Free will is maintained within this general destiny because you have the choice at any time as to how you shall travel. For instance, from this place you can reach Indiana across a bridge in about half an hour; or you can visit the Greek Islands, stop over in the Orient and return over the pole to Chicago, driving thence south to Indiana. Your Indianas are destined, but not the duration or complexity of your travel.

Knowing that your relationships are of one nature, whether they are with the Creator, discarnate entities, strangers, friends or your nearest and dearest ones, you may perhaps see that both within the illusion and within your own internal cosmology there exist many models for nurturing. When the moment of suffering occurs, your nurturing part can say within you, "I hold you with deepest love and rock you in the cradle of my love." The parent does not only hold and comfort the quiet or good child, but offers nurturing and comfort in difficulty as well.

Can you refrain from self-judgment when next you begin to be out of tune with yourself, and instead allow the nurturer within to cradle you in your distress? What we are suggesting is that living as you know it will always be a messy, difficult affair. And the spirit within wishes to nurture that very confused entity just as it is—spots, dabs, stains, dust and all. Its reaction to seeing you hurt is not to ask if you should be hurt. The nurturer goes for the Band-Aid and the cleansing swab. Then that nurturer gives you a pat and sends you back to play again. Beyond any solutions to interpersonal relationships, this nurturing is all-important for the seeker to have faith in and rely on. This being said, we would like to take a look at the ways in which one may maximize communication to others by communicating with the Creator and with the self on a continuing basis; for the unclear communications are frequently as much a matter of ignorance as they are a matter of actual difficulty.

At the beginning of this series of sessions the query boiled down to, "How can we serve others without extinguishing our own needs?" Let us look at those needs.

The need of the eternal being which you are is to continue to gather experience. All experiences are equal to the eternal Self. Much difficulty has been deliberately placed before each by the self. A grounding in this aids in communicating with the self, for there is that voice of the little child self which asks, "Why must I hurt? Why must I change? Why must I be disturbed?" When the self can answer, "This is your job. You have to be disturbed in order to learn something new," then the attitude with which you enter into the sometimes less than joyful experience of gaining experience may be softened.

We would at this time yield to our brother, the one known as Aaron. We are those of Q'uo.

Aaron: I am Aaron. My joyful thanks to my brother/sister Q'uo for the clarity of its teaching. At the end of its words, Q'uo has chosen to remind us that you are here to gather experience. Some of that experience is painful. Some is joyful. Some is comfortable and some distinctly uncomfortable. We have previously discussed the difference between pain and suffering. When it is painful, that is not pleasant; but there is only suffering when you become stuck in the illusion and begin to grasp at changing what is. It is not the discomfort of an arising physical or emotional sensation that causes your suffering. It is your aversion to what arises.

You are each asked to live with one foot in the illusion and one foot in ultimate reality. You straddle a threshold like actors in a play. You play a role here. And, like actors, you must play that role as if it matters. You must involve yourself in the illusion if there is to be learning, otherwise you might as well not have chosen incarnation; and yet, there still must be awareness. Just as the actor must have awareness that he plays to an audience so as not to turn his back on that audience, not to muffle his speech, so you must maintain awareness of your true Self while performing the myriad functions of the human personality.

When you are stuck in the small ego self, then connection is lost. That ego screams and kicks, as we spoke of earlier, fearing that its needs will not be met. If you dismiss that as illusion and disassociate yourself from it, there is the comfort of dwelling in the spiritual plane but there is no learning. And there is still duality because, at some level,

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disassociation is created by a separate self seeking to protect itself.

As you straddle this threshold, there seems to be a wall, an infinite wall, that divides day from night, fear from love, separation from connection. With practice you learn to allow this wall to dissolve and begin to transcend the duality which is the product of delusion. Then you learn to be in this discomforting situation without struggling, skillfully looking to resolve it in the ways in which that is possible, but also allowing the experience. You watch with the wisdom of your Higher Self. You find the ability to smile at this ego that keeps re-emerging. In short, you find the ability to be with the whole span of your being, not to prefer the physical and its sought-after pleasures, not to prefer the spiritual form nor to seek the bliss of merging yourself in that oneness which is the spirit's foundation. Instead, there is a coming together of the whole, an integration.

In October we ended our sessions speaking of faith and prayer without ceasing. We spoke of living in faith. As you allow yourself to move beyond the limits of the small ego self and recurrently experience, through meditation and through awareness, your connection with all that is, you stop struggling like a fish out of water with the experiences that life brings. As you relax into the incarnation, faith does deepen. Increasingly you find the ability to be more undefended when you are threatened. It is a matter of practice. Could you catch a ball the first time it was thrown to you? Sometimes a human child is afraid of a ball; and instead of reaching out its hands to catch, it simply bats it away. It moves to protect itself. Practice teaches it the skill of collecting that ball into itself.

As you relax the struggles with the incarnation and make the skillful decision to let go of some of the fear, as you allow yourself to experience this undefendedness, those seeds of deeper love and wisdom, of compassion and loving-kindness within your heart, begin to flower. So much of the frantic kicking and screaming—"What about me? Will I have time for what I want? Will attention be given to me? Will I be nurtured?"—so much of that frantic activity simply winds down. You begin to see from a higher perspective. Then, as Q'uo has suggested, you begin to embrace rather than condemn this human incarnation, this actor on the stage that is sometimes caught in the illusion.

I ask you to remember that the qualities of compassion and loving-kindness are natural to you. They are your natural state. When fear arises, it blocks the natural expression of love. It is neither useful to grasp at the love nor to attempt to get rid of the fear.

Coming back to a concrete example, suppose there is one who makes requests of you that seem, in your mind, to lead you to deny your own need. There you are with one foot on each side of the threshold, one foot in the illusion, saying, "I can't do this!" or, "Why does he or she keep demanding this of me?" Back to our A and B—it is simpler than constantly saying he/she, and I do not wish to assign any specific role to one sex or the other.[14] "B keeps asking this of me. B is so frightened. Why does not B do it itself? If I keep serving B, I will not have any time left for me." Anger arises, fear arises and, like that fish out of water, it just plops about. On the other side of the threshold is that level of clear seeing that says, "This is illusion. I am spirit. I am connected." Compassion arises for B. But there is distortion because there is no connection seen between the two perspectives. It becomes an either/or proposition to give or to receive.

When fear arises, self-discipline and courage may lead you not to act on that fear and greed. Here, awareness may dissolve this wall so that the human with its fear and greed and the spirit with its high aspiration merge, so that you see the whole range of your behavior. This clear seeing allows a level of faith: "No matter how much I dislike the situation I am in, it is just where I need to be. I am safe. I can experience this discomfort without closing in my armor, without further protecting myself." You remind yourself over and over, "I am safe. I can allow the fullness of experience." The fear of the human combines with the deep sorrow and loving aspiration of the spirit, which sees its perfection but because of its human aspect cannot manifest that perfection. What deep sorrow is there. But the more you keep your heart open to all of it, the more struggle falls away.

It is here that the heart begins to notice the prayer without ceasing. As Q'uo said yesterday, you already do that, you are just not yet aware of it. The divine aspect of yourself is always in deepest connection

[14] As in the previous session, Aaron is using the letters A and B to refer to two individuals in relationship.

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with the Divine. How could it be otherwise? When you allow the presence of fear and discomfort, have faith that you are where you need to be and allow yourself to be open and vulnerable, to let go of security; then the heavens open and you come back in intactness of a body, mind and spirit to your connection with the Divine. Here again is the place where the question does not need to be asked, "What shall I do about B's demands?" A simply knows from the wisdom of its own heart.

I do not mean to imply that this work is simple. It is anything but simple. But, my friends, it is the work of all of your lifetimes, this steady progression from government by fear to response of love. Each small step you take on this, to use Q'uo's terminology, king's highway is wonderful. You, in your race, are only concentrating your attention on the road. If you would lift your head and look around you, you would see the cheering multitudes watching your every step, indeed, throwing rose petals on the road before you. They may not cover all the jagged rocks, but they are there. Can you open your eyes and begin to see yourselves as we see you?

I would like to transfer the discussion to my brother/sister Q'uo, with my thanks for this opportunity to share my thoughts. That is all.

Q'uo: I am with the instrument. I am Q'uo, and greet each of you in love and light.

We turn again and again to the moment of suffering in relationship, asking each to look with new eyes upon this frequently occurring center of experience both of joy and of sorrow and suffering. Each is A. Each is also B. This is helpful to remember when there is the suffering within relationship.

Clear communication can be of three kinds. Each is skillful, each is useful, according to your own judgment. The first clear communication is to sit down with your B and state each messy and confused feeling using sentences which begin with the word *I*. In this communication you are not attempting to break loose of the illusion but are expressing, with words which picture and mirror the illusion, the feelings and impressions that you have of the situation which has resulted in your choosing to suffer. This sharing ends with the request for the B to express similarly its own *I*, its own unapologized-for ego self. Egos are useful things to you. They run your physical vehicle, keep it warm, clothed and fed, and deliver you to the doorstep of each spiritually vital experience. They are to be honored and respected, both yours as A, yours as B and others whether they be your B or not.

Now if the B in your soap opera or drama is not willing to express its ego self, the next way of clear communication is of the self with the self, saying to the self all of the "I " statements. Allow all of the intense realizations of this suffering to be expressed, then respect that within yourself. This, then, can be that which you turn to your B: the face of one who suffers and is willing to abide its ego self, respected and allowed its voice. It is a lonelier form of clear communication, but it enables As which cannot speak within the illusion to Bs to stay within the illusion within a nurtured state, one buttressed and strengthened by the sympathy of the nurturer self within so that whatever the communication of a verbal nature may be, it is not liable to the desire for destruction which the unrespected ego self is prone to. This leaves B able to deal with its own ego self without feeling the pressure from A which would ask B to redeem or love A. This is helpful to both and clears the way in your future transactions for the increased possibility for verbal open communication because of the perceived lack of back-pressure.

The third way of cleared communication is that which takes place at all times and that to which you may become privy as you allow time, space and suffering to be what and as they are or seem to be. This does not mean withdrawing from experience; rather, it turns the order of things about. Instead of doing the various services of physical life and then having the time available in the remainder of your day to meditate, contemplate and pray, allow the mind and heart to be more and more aware that although the illusion is being visited, is useful, is vitally important and is interesting, your fundamental nature is at home and has never left. Communion is constant because there is identity. You are one with the infinite Creator. You are prayer without ceasing. It is not an activity; but rather, the praying without ceasing seems an activity until it is realized that praying without ceasing could well be your name. Your very nature is an unceasing hymn of love.

In the deepest sense, the key to moving from codependency to compassionate symbiosis in relationship is seeing yourself, both as a being in process and as a being beyond all time and space with nowhere to go except from love to love. In

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another way, this awareness allows you the luxury of placing neither great importance nor lack of respect upon the details of each moment's considerations. How can you find the way to have your needs met? The solution as usual is not present, but rather, is beyond the presence of illusion. It lies in knowing that much occurs which seems unfair; yet each unfairness passes and the attention is drawn elsewhere. Rather than attempting over and over to break a pattern, then, think of the relief of seeing as an A to a B, "Here is the pattern again. Here it is." The reaction of B then determines the next clear communication. If B wishes to learn and act upon the lessons of the incarnation, then both can sit down together, knowing that this is the work that they have come to do together among other services, and share the sorrow and pain that seem to be A and B's, but are A/B's in the reality that is known in the less deep illusion within your incarnation, which is the feeling of the heart.

Now if B is not yet ready to work together with you as mate, then there is the generosity of spirit that is the harvest of A's nurturing of B that allows B to say whatever it can without feeling the need to justify, condemn or defend. If even this degree of communication between entities is not available, then there is the relaxation of the illusion in the mind and heart and the allowing of the nurturer to place one in a cradled, loving space within which it is safe to become aware of the entity within, which is eternally prayer without ceasing.

None of these three modes of communication necessarily offer a solution, but then the solution would be momentary anyway. Experience moves on. Perhaps that which we would leave you with before we turn back to the one known as Aaron would be simply to suggest that when suffering arises, the clear communicator will turn to the one with whom it has transacted that suffering and begin a sentence with the word *I*, not allowing the suffering to sour and bleed and become the fine wine of old anger. If you can keep the utterance of the ego self current, you are giving yourself the maximum opportunities to become more and more clear.

This takes a kind of courage born only of blind faith, the faith that communication is effectual. We hope you may nurture that faith, because it is in relationships that the most accelerated pace of learning and spiritual evolution is possible within this illusion you call living. We know you wish to advance your learning. It is in the fire of the forging process of relationship that your opportunity for learning is maximized. Thusly, we hope that you not be discouraged and turn from the difficult relationship. If each can feel good about expressing the ego self's feelings as they arise, there is so much of freshness that airs out and aids in the amelioration of that suffering entity that is you. Thusly, what seems to be the display of ego is actually a generous offering of clarity within confusion to the one who is learning to give and live. Do you see how this love twines and winds about, seemingly separate but always one heartbeat from showing the true nature of union within?

We leave this instrument now and, with great appreciation for this marvelous adventure, turn the microphone over to the one known as Aaron. We leave each in love and light. We are those of Q'uo.

Aaron: I am Aaron. Q'uo has offered some very useful and concrete suggestions. As I listen to the thoughts offered by my brother/sister, I am struck with the idea that to use these suggestions you must be very aware: Here are three tools.

Is there anything within you that argues with the skillful use of these tools? Let us say that it seemed necessary to drive some nails into a block of wood. Let us further project that at some level this being that needs to drive the nails feels resentment about driving the nails. Perhaps every time a nail must be driven, this being must assume that responsibility and feels there is a lack of balance. Perhaps it simply hates the act of hammering because it dislikes the way it stresses its muscles. If you offer this being three hammers, it may well choose the best tool for the job; but because there is resistance to the work at hand, upon the first blow it is likely to smash its thumb, thus rendering it impossible to continue.

Thus, it would seem useful to ask yourself before you move into these three very useful steps, "Is there anything within me as A that hopes B will not respond? What part of me uses lack of communication as defense against knowing my own self more deeply? What fears have I tucked away and am carrying around with me as a burden, but fear drawing them out of my pack to examine them? If I come to B with Q'uo's suggested "I "—*I* feel hurt; *I* experience fear," whatever it may be—is there a part of me that subtly twists that communication in some small way so as to provoke rejection from B,

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therefore insuring that I need go no further in this communication but that I can handily blame B and say, "See, I tried; and B has shut me out"?

In step two, knowing your anger, knowing your fear, knowing your feeling, is urgent as Q'uo has suggested. But is there any desire to twist that again into blame so as to absent yourself from responsibility because of your own fear? Do this work with careful awareness, watching for the arising of the fear in yourself, for the arising of desire to protect. Can you greet that, too, with non-judgment? Can you smile at it as just part of the whole drama? Step back a step, remember who you are and then dive back in with a bit more clarity. Know that this fear is okay: "I need not be reactive to the situation. I need not be reactive to B's fear of the situation, should that occur. And I need not be afraid or reactive of my own fear." There is room for it all to float, space for it all.

If it is acceptable to the group, I would like to lead you in a brief guided meditation, asking you to move beyond the limits of the perceived self, to open yourself to the energy of the others in this loving circle and, as you become undefended with others' energy, to notice the arising of fear and touch that arising fear with compassion—just that. Is there energy and interest in pursuing this? That is all.

(Everyone agrees.)

I would ask you first to visualize yourselves sitting in a circle of light. Experience the fullness of your own energy. Draw your hands together before you, palms touching. Feel the energy pulsating from palm to palm. Slowly separate those hands, just a bit, and feel your energy radiating outward. You know that you do not end at your skin. Allow yourself to feel that.

Take in a deep breath and at the crown of that breath, just before the exhalation, expand outward.

(Pause)

Allow yourself to feel the energy body, the astral body, the light body, the Higher Self, all that moves beyond just this physical self, expanding outward … inhale … expand … and stabilize that expansion as you exhale. Inhale … expand … stabilize … Do it at your own pace for a few moments.

(Pause)

Allow yourself to feel the energy fields of the others in the room also expanding. You are light, you are energy, you are thought … expand outward and begin to feel the overlap of the energy that surrounds you.

(Pause)

Let that energy touch your own, and your own energy reach itself out.

(Pause)

As penetratingly as possible, notice any fear, any desire to retreat back into yourself and touch that fear with gentleness.

(Pause)

Know that you may retreat. That is not a failure. There is no "should" here, only a desire to stay as open as possible, to feel undefended in this very loving circle of friends. And yet in that undefendedness to know that the excesses and stray thoughts that you condemn in yourself may be felt by others. Can you trust another's compassion for you as you move deeper into your own compassion for them?

(Pause)

I am with you in this circle, my friends. We are, none of us, perfect. The fear which leads you to seek to armor yourself is not a contemptible trait, but is simply the manifestation of human conditioned mind. In a sense, it is a by-product of the incarnation which may be released with your loving practice and effort.

(Pause)

Again, I urge you to expand outward, just a bit more. It may help to turn your hands upright in your lap, palms up, to feel the others' energy. I will be quiet now for two or three minutes. Watch each arising desire to defend and touch it with gentle mercy.

(Pause)

Can you watch yourselves opening and closing, opening, closing a bit, opening again? May I leave you tonight with this bit of homework in whatever your relationships with others: Until we resume tomorrow, will you watch for this opening and closing? Watch also for any judgment of it. In this way you may begin to approach Q'uo's suggestions with more clarity about your own readiness to come

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to such communication undefended and thereby non-threatening to yourself or another.

I ask you here to reverse the process. Draw your energy back into yourself and allow it to settle. If your hands were palm up, turn them palm down on your lap. If there is any surplus energy, visualize it as a golden ball and, using your visualization or imagination, simply snip it with an imaginary scissors and let it float loose. Look for the stray bits of energy of you and gently draw them in. This is not armoring of the self, but skillful work with the energy within the illusion. To further draw your energy in, I would ask you to bring attention to your feet touching the ground. This is the human, its feet on the earth, one aspect of your entirety. Allow yourself to come back from the expanded spirit experience to the human that you also are.

I honor each of you for the courage, the sincerity and love that you bring to your seeking and your work. I thank you very much for inviting me to share my thoughts with you. I wish to return to Q'uo and Carla, who may wish to close this session. That is all.

Q'uo: I am Q'uo, and we greet you postscriptly in love and light. We find we do have the *one more thing to say* which is so typical of grand friendships.

We would leave you to merriment, comradeship and good food for your physical beings with the hope that each may listen to each and know that each is teacher to each. And as you rest into slumber this even, we encourage you to visit the ego self. There it is: you being laid to rest, yet not all of you. Allow that ego self to be the size it is right now. That is how much you need. As you continue to respect the process which engages ego and spirit, that balance shall continually shift. And it will happen that eventually you find a very small need for the ego self, for you have become independent within eternity. This experience awaits you. It is not now. Now it is just right that you have the ego self as you experience it now. It is you. It is not all of you. It is all you meet, yet it does not define any of you. Then say, "God bless this mess," and go to sleep, my friends, and rise to greet another day. Adonai. Adonai. We are those of Q'uo, and we leave you in the love and in the light of the one infinite Creator.

(Carla leads a meditation for giving back to the Creator the light that was felt by the group and included a group member's personal need for employment. The meditation ended with, "The image goes up and the rains fall down.") ✤

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The Aaron/Q'uo Dialogues, Session 13

January 19, 1993

(This session was preceded by a period of tuning and meditation.)

Aaron: I am Aaron. I wish you could see this room as I see it. Through these three days, more and more light has radiated out. From my perspective, this room is a small sun situated here in the middle of the landscape.

When Q'uo and I speak to you as we have done these past two days, there is only so much you can process. Obviously, we could talk about this endlessly. As we have spoken, questions have arisen in each of your thoughts. For some of you there was a sense, "I have a question but perhaps I am not quite ready to ask it; I cannot phrase it clearly enough," or, "If I had been listening more carefully, I would know the answer," or even, "At some level I already do know the answer; I do not need to ask."

This is all fine. But perhaps it would be most useful to begin today not by hearing your one group question so much as hearing the extended questions or thoughts that have grown out of these past two days of work. Your questioning is a way of clarifying your thoughts, and also most clearly expresses to Q'uo and to me what it is that you most need to hear.

Some of you have some distress with what has been suggested these past two days, some vague discomfort which may be hard to articulate. I urge you to try. It is through expression of both that which is comfortable and that which is uncomfortable that the real questions may emerge. That is all.

(A period of group sharing and discussion followed.)

Aaron: I am Aaron. Would it be acceptable to you for us to focus more on compassion today than on codependence? I think we have pretty well covered codependence. How do you deepen compassion for this being that you are, who does move back into fear? Is that acceptable to you as a focus? I wonder if my brother/sister of Q'uo has anything to add to this. That is all.

Q'uo: I am Q'uo. Greetings once again in the love and the light of the one infinite Source and Ending of all that is.

Indeed, we do feel that the one known as Aaron and we have covered a good deal of material. It is more than sufficient for much consideration. Words are most helpful, yet insofar as there are words, there is the distance or lack of immediate sensation of being in union with the Creator, Whose very name is Love. This Love is a name which has created power. Its nature has descended throughout all levels of manifestation and constitutes your pith, your very core; Love which has been turned, shaped, or, if you look with jaundiced eye, twisted and bent into each

portion of thought and feeling which each of you experiences.

As you listen to our words, realize that we, as you, have no way to tell or to perform the act of pure centering. Somehow the failure after failure after failure which each perceives in spiritual journeying adds up to a miracle of learning to love; and in spite of every feeling of failure, and perhaps because of it as well, you find yourselves where you were not before then: more capable, more sensitive to seeing your own vulnerability and imperfection.

As we come to the end of this session and speak of compassion, we ask each of you to stop thinking, to accept the mystery that is in front of us as well as you, and then we ask you to join us in turning to face this mystery. Gaze at it. Feel the stunning glory and majesty of the infinite Mystery. There, in that awareness, lies the protection that embraces vulnerability. There, in the shadow of the Mystery, lies the infinite wealth of love which feeds even the you that suffers most, even at the darkest hour.

The compassion comes not from the words. It simply takes many words for the Logos, the Love that is without words, to be approached by the incarnational self. So use all our words that have aided and clarified your situations, your progress, and have helped to define the process of becoming independent within the symbiosis with the one infinite Creator. But then to find the compassion, let us turn to the tabernacle of the Most High, as this instrument would say, and invite the awareness of the union that already exists.

We would pass the microphone to the one known as Aaron at this time. We are those of Q'uo.

Aaron: I am Aaron. Yesterday we defined compassion—a rather cold and clinical definition. As Q'uo has pointed out, words offer only concepts and not the experience itself. To speak of compassion, to probe it with the intellect, is not to experience compassion.

My dear ones, do you understand my meaning when I say that full compassion, full connection and undefendedness, are your true nature? Of course, you do not always experience that. You are human, and to be human is also part of your nature. But you are divine. How could it be otherwise?

I have described you as angels in earthsuits. These earthsuits are necessary to the incarnative experience just as a space traveler needs that which protects him from an otherwise alien environment, offers him safety from pressure, air to breathe or protection from temperature extremes. So these bodies of yours offer the spirit a situation in which it can move through those situations it needs in a semi-protected way. The Pure Spirit Body cannot dwell on this earth. The physical body that is home to the spirit bleeds when it is cut. The emotional body feels pain when it is attacked with hostile words.

Truly, we come back to faith here, to your faith in the experience of the incarnation, to the deepening of verified faith, "I am just where I need to be," working within the illusion with awareness that it is illusion and simultaneous awareness, "I must treat this illusion with respect." Perhaps respect is a key word. As you respect the physical, emotional and mental bodies, you become less judgmental of the retreat those bodies offer when confronted with pain.

You have heard me say repeatedly that you are here to learn love, unconditional love, which cannot be learned perfectly in human form, but to which you may move as close as is possible for the human. You, as an integrated whole, are learning; but also the Higher Self/spiritual body is learning. It is easy for the spiritual body to know its perfection. If it never sees imperfection, what opportunity does it have to practice non-judgment and unconditional love? Thus, the spiritual body moves into this house of the physical, joins together with the emotional and mental bodies that it may practice non-judgment, practice unconditional love toward that which was previously judged and found wanting.

One of the illusions in which you dwell, and which you rarely see, is that all of your reactivity against another is truly reactivity against the self. This is an unqualified statement: All of your judgment against another is judgment against those faults perceived or manifest in yourself. You may judge another's impatience while you do not portray the quality of impatience; but somewhere in your heart you feel the arising of that impatience, and so another's impatience is judged and found disturbing to you.

Is there anyone in this circle who has never felt hatred? Who has never felt greed? Can you see what a gift all of these discomforting emotions are? They are the constant catalyst which reminds you: Have mercy. This does not imply condoning unskillful

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and harmful acts and words which are reaction to emotion, but you can only find unconditional love and non-judgment through the repeated experience of working with the arising of that which has been judged in yourselves.

Yesterday Q'uo spoke of the value of the ego self. Its value is not only to remind you to watch for cars as you cross a street. The illusion of self is vital to your growth, as is the reality of no self. They are part of each other and there is no contradiction between them. If you would attend school, there must be a school and a being to attend and teachers. This is what your incarnation hands you.

As you enter repeatedly into those situations which lead to the arising of fear, the pulling in of the armor, the desire to defend, you do not move past that fear and those unwholesome responses by trying to get rid of them, but by reminding yourself, "Can I have compassion for this being that I am?"

There is a wonderful story about a Tibetan saint, Milarepa. He sat at the mouth of his cave meditating and, as the story goes, the demons of anger, of rage, of fear, of greed, appeared. They were hideous creatures. They exuded a foul smell. They dangled bloody knives and swords. Their bodies were made of decaying flesh and bones that rattled with a hideous sound. Milarepa took one look at them and said, "Come in. Come sit by my fire." They said, "Aren't you afraid of us?" "No," he replied. "Your hideous appearance only reminds me to be aware, to have mercy. Come, sit by my fire."

This instrument has asked the question, how can she retain this openness she is feeling? How can she stay undefended? One does not stay undefended, one simply notes the arising of defense each time it appears, the arising of fear, and says, "Oh, you again. Here is fear. Come, sit by my fire." Your relationships will continue to inspire fear and a desire to defend. You do not move away from that need to defend by denying it nor by wishing it away, not by judging it and saying, "I should not feel this. I should know better by now." You transcend that need to defend by embracing the ego self, comforting it, noticing the fear and inviting it to sit by the fire. You cannot transcend what you do not accept. To transcend ego, you must accept ego.

It is only then that the true manifestation of what you are can emerge. You are divine. The divinity strives to express itself constantly, but is often suppressed by your fear-based reactions. As you learn to look fear in the eye and that you need not be afraid of fear, you find you do not have to create that undefended stance. It simply emerges as natural to you. You do not have to search for connection. You experience your true connection because the blockages to that experience have been, I will not say removed, but laid aside. Like a throng of people that blocks the road before you, if you stamp your feet and say, "Get out of my way!" they taunt you. But perhaps when you smile at them and say, "Please, may I pass through?" they may step aside.

It is in this way that you learn, as a process, to keep your heart open. Keeping the heart open is not an event, but a process. Each time you do it, you become a bit more skilled at it, a bit more skilled at seeing where you have invited fear in and then challenged fear's right to be present and wanted only to be rid of it again. You become a bit more skilled at saying simply, "Here is fear. Sit by my fire, but I will not be reactive to you. I need not be reactive to you."

There is a vast difference between the experience of fear and the need to separate or defend, which is reactivity to fear. Watch that process in yourselves and you will learn how to experience it, invite it to sit by the fire and not need to be reactive to it. Your compassion for yourself deepens as you see this human submerged in a constant turmoil. One situation is no sooner resolved and comfortable, but a new one emerges creating new discomfort. How can you not embrace the courageous you that willingly moves into this incarnational turmoil to serve, to learn, to grow? Thus, your fear ceases to be a reminder for reactivity and defensiveness; and instead, when you see the arising of fear, through your skillful work with that arising, you create a new pattern, a new habit. Seeing the arising of fear becomes a reminder for compassion.

That compassion is the key to being undefended, allowing full connection between yourself and the people in situations of your life. As that level of compassion manifests itself in your own relationship to the self, it is easily transferred to others. Then, and only then, does the small ego self begin to dissolve. Then, another's fear is seen as no different from your own. There is nothing to protect because there is nothing that is not part of you, nothing that can really threaten you. Slowly, you learn to open your heart in that way to another: *our* fear, *our* pain,

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our compassion. At this point, the brain has stopped directing your choices, and the heart, with its deep wisdom and innate compassion, does the choosing with wisdom and with love. It is a most wonderful process, a process of which I stand in some awe.

I would like to pass the microphone here to our brother/sister of Q'uo. That is all.

Q'uo: We are with this instrument once again. We are those of Q'uo.

A visualization often makes clearer that which we would say. We would like you to imagine with us the house of your spiritual self in manifestation. You dwell in a culture which has a high regard for freedom. This is the highest worldly ethic: the respect for freedom of will. And so you begin by putting above the door to your house, "I have free will," or, "I have my rights." However, this house has a higher floor. The upper story of this house has a different legend over the doorway. It says, "The earth is the Lord's, and the fullness thereof."[15]

This upper story houses that *you* that knows it is in the infinite Creator and the infinite Creator in it. It knows that all things are the Creator's. Spend the time with this awareness. Climb the stairs to this second story and sit upon your own mercy seat, if you only enter for a moment, and open to the consciousness of all. When you climb down the stairs to your ground floor of everyday experience, you will find the sign above your front door changed to read, "I am worthy."

You, my friends, are worthy to receive all good things; yet if you do not receive a good thing you are still worthy. It is only your feelings and emotions bruised and battered by rude experience that communicate unworthiness. This is a false communication. Do not accept this communication, but rather, know your worthiness, your loveliness, and feel compassion rising naturally within the portion of you that remains in the second story.

We can only thank and bless each soul within this circle. It has been such a privilege for us. We bid each farewell in the love and in the light of the one infinite Creator, and turn the microphone back to the one known as Aaron that this wise teacher may also make his farewells. We are of the principle known to you as Q'uo. Adonai. Adonai.

[15] *Holy Bible*, Psalm 24:1

Aaron: I am Aaron. May I offer you a bit of homework with which to practice until we meet again? Watch the arising of fear. See the process as clearly as you can. First, there is sense consciousness of that perceived threat. You may feel it in the physical body as tension in the belly, the throat or elsewhere. Note it as "tension, tension … " If it is a seen or heard perceived threat, know there is seeing or hearing. From that perceived threat, a sense of fear arises. Then comes need to defend. See that the need to defend is not the same as the fear itself. Watch it very carefully. The need to defend is reaction to the fear. Fear is so uncomfortable. There is the desire to get rid of fear, and out of that aversion arises either need to defend or need to fling the fear on another … anger, resentment, blame. Bring this wise teacher, Milarepa, into your heart. When you see fear arise, take his hand quite literally and say, "Fear, come in and sit by my fire." Just that. Begin to observe what difference awareness makes, that it is not fear, but *fear* of fear that leads to your defending and thereby being pulled into this unwholesome codependence. Watch it very carefully, even take notes if you wish. Do it as an experiment in consciousness.

As a second step, notice that there is sometimes reluctance to do this work; that even when you have proved to yourself that you can let go of fear and stay open, at some level, sometimes there is a desire not to do so, a part of you that feels, "I am not ready to be that responsible. While I want to love and feel connection, I am not sure I am ready to do it this time. A part of me wants to blame, wants to continue this unskillful codependency rather than moving into that living and loving symbiosis."

What voice is this that wants to continue the old, unwholesome patterns? Can you see that small ego self kicking and screaming? Can you smile at it? The more you fear the small ego self and strive to get rid of it with judgment, the more solidity you allow it to assume. When you smile at it with that same, "Oh, you again. Come and sit by my fire," then it allows you to reopen to the spirit that you are.

I suggest and hope that you will practice with this, and hope you will share your findings with me when we next come together. May I also ask you to keep in your minds the image that I offered yesterday? You are all spiritual warriors; and with every step that you take, every small step of growth upon this magnificent path, there are a great many loving

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beings on all planes that bow to your courage and strew flowers on your path. That is not said to inflate ego or make you feel that you, as an individual, are special. All beings are special, and there is nothing more valued in the entire universe than the increased opening into love of the individual spirit.

I thank you again for allowing me to share my thoughts with you. Please remember to take what is useful and discard the rest. My love is with you. That is all. ♣

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Sunday Meditation
February 7, 1993

Group question: The question today has to do with the balance one seeks to achieve between accepting what the universe or the life pattern of catalyst has given one in the way of experiences and people, and then balancing that with using these very same situations, the catalyst of a life experience, and manipulating them in such a way as to attempt at least to achieve the goals which we feel are important, the learning of lessons, the loving and acceptance of others and so forth. How do we balance accepting what the Creator and the life pattern has given us and using it to progress along the evolutionary path?

(Carla channeling)

We are those of Q'uo. Greetings and love to you, my brethren. It is in the mystery of the infinite One that we come to your calling. We thank you for asking us to offer our opinions and shall endeavor to make our words as wise as possible, asking each to discriminate as to those things which we say according to each entity's own light, for we are prone to error.

In speaking of the best way to enable your mind and heart to be satisfied with the balance between surrender and active change we find we need to move to a larger canvas and ask each if there is a serious question as to the wisdom or the charity inherent in the life pattern which is now being enjoyed more or less by each. This decision is critical, for if the seeker finds a faith and a trust in the overall plan and agenda, metaphysically speaking, for this particular incarnational experience, then much of the obfuscation which shadows the clear path may be taken out of the way, for if the incarnational plan or agenda is accepted as one which yields lessons in love and opportunities for service, then the outer picture from day to day has less ability to shake the basic steadfastness of attitude and temperament.

In any given situation there is always free will, and one is free to choose not only how to act but also how not to act. When there seems to be a difficult choice to make the seeker may sit with this situation asking only that light may be given. We suggest no more direction than this, for the direction of the Christ-conscious self or higher self are silent, sometimes subtle, and movement of mind and emotions does obscure the ability of the self to place inside the heart the true model of that which is occurring. During this period of waiting it is well to refrain from thought, and when thoughts occur, to allow them to go their way.

This is a description of meditation in general to some great extent. However, when an entity is looking for resources which inform concerning the will of the infinite Creator one needs to become very quiet … inside. One needs to request of the self a

freedom from the timetable, for the first task of a seeker faced with a choice is to sit with the situation, to bathe in its feelings and its shapes and so move into it that the situation itself is clarified. We cannot offer a suggestion as to the time limit of waiting for clarification. However, we may say that the waiting time is often the opposite of that which is expected. That is, there may seem to be a very complex and difficult situation which the waiting and listening period clarifies all in an instant. Or there may be what seems to be a cut and dried arrangement or situation which has a fairly obvious either/or, asking only this or that, which may upon reflection be found rather to contain unsuspected complexities or layers of choice or decision-making.

When the feeling has come that this situation is characterized in the heart and mind in an accurate, subjective manner then there comes a time and space for evaluating for the self the foreseeable spiritual or metaphysical pattern or shape of the road down which each of the options shall lead. In this evaluation one is not considering the surface qualities first. One does not seek, shall we say, contentment, for the path of the seeker is the path which goes onward and is often uncomfortable. This reflective period needs to be long enough that an unbiased or as nearly unbiased as possible evaluation of each option is attained.

So, firstly, you have surrendered to the still, small voice in order to receive a clarified picture of your situation. Secondly, you have turned to the intelligence and deeper intuitional faculties of the mind and heart and have actively applied the self to envisioning the benefits of each option, spiritually or metaphysically speaking. This ends the mid-part of your work.

The third portion is to move back into the contemplative or meditational phase of mind energy and again allow this still, small voice its place. Its place is always with you, in you, and of you. You are not exterior to your situation. You offered this situation to yourself. Now you have received it. There is the often quoted phrase of which this instrument is aware, in the form of a short prayer. It is "God, grant me the ability to see the difference between that which I can change and that which I need to accept." Often, when all three portions of the decision-making process have been accomplished, it shall be very clear that one alternative will tend more towards the learning by the self of love and the opportunity to be of service to others in a way which is spiritual or metaphysical. In short, you are looking for the highest proportion of any opportunities to experience helpful catalyst and to offer these gifts and talents which are yours to offer on others' behalf.

We feel that at this point a further direction in the form of a further query would be helpful, as we are through generalizing. We would therefore ask the one known as R if there is a further query on this topic?

R: I will mention a line of thought that is coming to me, and will ask Q'uo to comment on it. When catalyst is experienced and is considered and an action or an active change in a direction comes to mind, when it stays there and seems to be harmonious, is it then appropriate to make the change within the illusion? To be more specific, how do you metaphysically know, feel or recognize the manifestation of reaching the point where there is a need to do rather than to surrender? Is that clear enough for a further comment?

I am Q'uo, and feel that sufficient amount of questioning has occurred for us to grasp your query, my brother. Perhaps in speaking to this point we may offer our opinion that either doing nothing and continuing with experience as it flows in the present moment, and making a change are viable and good options. The lessons of love which are yours to be exposed to shall be yours upon either path. Where skill can be learned is in the evaluation of the opportunities in each situation, based solely upon the feelings which come together in a moment during which the choice becomes perhaps not clear but distinct, in that whether you can explain it or not, you have found a peace, and this peace is the satisfactory validation of your end decision.

The emotions are treacherous if experienced only at face value. However, the emotions contain and can be refined so as more to contain enormous, infinite stores of wisdom. When the issue at hand has come into a place where one option makes all of the heart rest in an emotion of purified, dynamic peace, then you may feel you have done that which you needed to do. The decision is made. If there is no discovery of any peace, then the conservative suggestion would be to stay precisely as you are and continue doing that work which lies before you while awaiting that moment of inner insight which renders the whole

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entity—soul and body, shall we say—peaceful and relieved.

To act when the situation is not enough clarified within to bring one to peace then you simply realize that you may have chosen a more crooked and bumpy detour upon your path. This does not mean that you have lost your way, but only that you may choose the harder or rougher or more catalyst-heavy road.

The free will seems just a joke, and a cruel one at that, when one is looking at one's limits. However, when one moves within to the point of present infinity and can see the starry heavens rather then the place two inches in front of the nose, or even the city or nation state, then one has become larger within and has given the self more room in time/space in which to allow this decision to become obvious.

It is well to do nothing until some insight into the fears and other emotions concerning this choice have become part of self-knowledge that can be first gazed carefully at and then surrendered. As long as any portion of the seeker is withheld from the inner surrender there will be that proportion of things occurring with extra bumps and fits and starts. Thusly, if one were able it could be said that the best way to make decisions is to wait and continue doing that which you are doing, while opening the self regularly and repeatedly in simple offering of thanks and praise and the desire to be sent forth to allow light to shine through you. As you ask for this light to shine through, you begin to have the feeling that any road is good as long as this light is shining through you, as there is no exhaustion of spirit as long as the heart lies open and the incoming undistorted light is then able to move through the transparent personality and out into the waiting and thirsty world. You yourself are thirsty for the light, yet that thirst in itself is a beginning of the deepest service.

May we answer further, my brother?

R: I would ask for one additional comment along the line of … When this process is going on and there is apparently another entity involved, to which extent is it appropriate and helpful to communicate with the other entity of the process, of the work that you do, the work that you have to do on your own? I am looking for a comment on how this [work] affects another being. Is that clear enough for a comment?

I am Q'uo. My brother, there is not a decision you can make which holds for any other person besides the self. When decisions are made they need to be considered upon the merits of the situation for the self and for maximizing the self's opportunity to learn love and to offer love in service to others. If there seems to be another or others involved in the decision then the decision has not yet the maturity to be ready for the decision-making process. Before one may seize, shall we say, the moment and act in a spiritually wholesome way one needs to focus upon the self and gaze at those things which in freedom of will are options to one. In other words, as each seeker is responsible for the self, decisions are, shall we say, in our opinion better made focusing upon the direct and simple situation which is the harvest of removing, one by one, those things of which you as a seeker do not have control. Only those things which are yours alone to control come under the provenance of your own decision-making process.

May we speak further, my brother?

R: No, Q'uo, that is a lot of thinking to do for me, and I thank you very much for your comments. I would yield my place to other questions, if there are any at this point. Thank you.

We thank you also, my brother, and can express only encouragement and our love as you seek to become more clear and more filled with the true freedom which is wholehearted service to the infinite One. If that service and that center are maintained the result will be a calm and steadfast heart in the end.

May we take any other queries at this time?

Jim: Thank you Q'uo. I don't have any. I appreciate what you have to say.

I am Q'uo. Thank you, my brother.

It is our great pleasure and privilege to speak to you this day. We realize that choices are the essence of third density and that they do not simply disappear. Passive decisions are also decisions. However, we would ask each to reflect upon freedom, the freedom of the self, and attempt to see where this freedom comes from. If one is free in a chaotic way one will either be random or somewhat destructive, than somewhat positive. However, if a deeper singularity of self is sought, a deeper connection with unity,

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then many puzzled pieces which are not relevant to your decision-making can fall away and the true nature of the decision lies then uncovered in far more simplicity. The connection between freedom and the basic decision of serving the infinite One shall give your heart a strong structure and the best possible way to seek the understanding to move forward in support of your own spiritual evolution. Because this is far from obvious we simply wish to emphasize this consideration.

You have your homework now and we thank you once again for allowing us to so tease you. Although we are, as always, reluctant to leave this group it is indeed the decision which we have reached, that it is time for our service to withdraw from this instrument and subside into that passive carrier wave of love to which each may avail itself during meditation. We are with you in silent love and support when you ask, and we feel very blessed that you do ask. We leave you as we began in the love and in the light of the infinite Creator …

(Tape ends) ♣

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Sunday Meditation
February 14, 1993

Group question: Well, the two issues that I have in mind are, first of all, if we can obtain a definition of life that would certainly be applicable to all creation and simple enough to be understood at our level. That is the first question that I had. And the second (it is the simpler one in the group), is why the rainbow colors are sort of upside down, with the purple on the bottom and the red on top. You and I spoke extensively yesterday and today, so you probably know better than I do what else I would like to ask.

And as an addition to the question on what the definition of life would be, in a form that we could understand here, we would also like some information on how the death and removal from this illusion of any one of us would affect the others that we have incarnated with who don't remember the pre-incarnative plan; and who especially if, say, a child dies at a young age, the loved ones that are left behind may engage in some expression of grief as a result of the death, that would have effect on their karma. How does the life that we live affect other people, as we remove ourselves from this illusion through the death process?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. What a pleasure and a privilege it is for us to be with you in your meditation this afternoon. The mingled vibrations are such a blessing to us, and it is a privilege to join in your circle of seeking and light. As always, we are sharing our opinion, and ask that each use his discriminatory powers in listening to this or any material offered for spiritual seeking. Trust in your discrimination, take what is for you—what seems remembered instead of learned—and leave the rest behind you, for we would not be a stumbling block for any.

We speak to your query about a definition of life. My friends, the subject, like all metaphysical subjects, defies the use of your words. However, if this be understood as a necessary limiting factor, then we may proceed in good humor, tripping over the nouns and verbs of your illusion. The most comprehensive definition of life is this life, is manifestation. To put this another way, life is movement. Because we do not feel that this basic a definition is helpful, we shall go further, but it is well to remember that all that is, is alive—that all was created by a thought which was the character and nature of the infinite Creator. This thought we call Love, for there is no appropriate designation. However, this Love is as terrible as it is filled with wonder, and loves as passionately destruction as it does creation, for the love that is the nature of the Father, shall we say, is a love that embraces the

creation as a whole process, so that all phases of this movement are equally lovely.

To focus more in on a definition of life that might be helpful, we would consider the way in which third-density entities come into the energy web of a physical vehicle. In terms of human existence, the human life is joined when the vibratory nexus of what you may call the soul enters into and mingles with a permanent bonding with a physical vehicle. There is a life of the body complex. This is inextricably enmeshed with the life of the spirit or soul, and the resulting harmony of vibratory patterns becomes a living being.

Similarly, when the movement of the spirit has ceased and separated itself from the energy nexus of the physical vehicle, that human being is not living. This occurs sometimes before the physical death and sometimes at the moment of physical death, and in some rare circumstances where there is a soul very tenacious of consciousness within this particular illusion, there remains the clinging of the soul to an unviable physical vehicle. This is usually described as a ghost or a haunting, and is a result of the spirit being unwilling to move forward.

Because there is the energy for more directed querying possible, we would like to open the meeting to a series of questions, if this is acceptable to each. We ask now if there is a query to be asked, or if each would prefer for us to go on with our, shall we say, sermonette, on our own. Is there a following query to guide our giving of information?

(Pause)

I am Q'uo, and we see that this circle wishes us to proceed. We shall. As each rests within this illusion, the questions of, "What is life?" and, "How fully am I living?" seem bright and obvious and pointed. The life looks to be obvious. If a person moves and thinks and expresses, this person is alive. If this person is not breathing, not thinking, and not moving, this person is not alive; however, this is not the simple truth. The truth is simpler, though still a mystery to us, and that is that all which proceeded, is proceeding, and will proceed from the one great original Thought or Logos of Love, lives, and this life moves with an ever more characteristic energy pattern as it moves through sub-densities of incarnation and experience, moving into matter or space/time coordinates with time/space coordinates within, and by your science largely unexplored.

We would if we could suggest in a specific way, that, "The key to further grasping the life that is within the illusion which you enjoy …" however, we cannot. We can only point the way for those who would consider and do investigatory work along these lines; and that is that the so-called "inner planes" are time/space coordinate areas, shall we say, in the twin illusions of time and space, which are precisely out of phase in a sequestered but complete harmony which echoes the manifested space/time life, so that there is a strong bridge, a common center, shall we say, which connects space/time catalyst and time/space beingness, in such a way that that which occurs in the incarnational experience of the living being is able to have a skillful and complete interfacing with the appropriate coordinates of time/space, that is, of the metaphysical or inner bodies and beings of the entity, or spirit, or soul which is living this incarnational experience.

This is an enormous aid to the ongoing and eternal spirit, for by this conjoining of the inner illusions and the outer illusions, material may be refined and refined, again and again and again, until the mystery begins to be seen—that mystery which is beyond all definitions of life, and yet a mystery which gives all life and absorbs all spent life within itself, with no loss of coherence or energy, so that in no way, regardless of the passing pageantry of changing existence, is there any iota of beingness lost, no way of learning and loving and giving ceasing or at an end.

The tools which humankind has to work with during an incarnational experience are those which can limit one. The tools of the intellect—or to use a more neutral term, the intelligence—the intuition, the learning by experience, are all good, sound tools which will be faithful workers for the entity which, in seeking, remembers to focus first upon the mystery which is Love, so that the incarnational experience begins to be pointed towards allowing the living to become the being, and the being the living. Or, to put it in more emotional terms, to allow the manifestations—whatever they may seem to be within the illusion of which you as a seeker are conscious of within yourself—to become the living, so that you are not living "this and that" in life, but rather, you have become the purified, refined essence of the incarnational experiences, which, by faith and persistent request, have become more and more

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deeply grounded within the energy nexus of both physical self and spirit self.

In this way one ceases being the questioner and becomes the question, and within that question knows that it is also the implicit answer. Thusly does the creation roll itself up until it is complete within you. Each seeker has its own infinite creation, and all of these unique creatures, in turn, are rolled up until there is no further manifestation and all has coalesced beyond that which knows or moves or manifests.

We would wish to focus briefly upon the query concerning the rainbow and why its spectrum seems backwards. This instrument wishes us to go ahead with this thought, so we apologize for the bad joke. No, we think it is too bad to tell. We shall move on. "Now, seriously, folks," as this instrument would say, consider if you will, the tree: its roots moving down gathering food, nourishment coming up into the tree, the leaves turning to the sun, pulling life from the surroundings, turning to the light … Now, consider the tree of what you may call life, for that is a technical term used in your white western magical tradition. Its roots are where it gets its nourishment. The Logos, descending through the bole or trunk of the tree, [be]comes light in all of its manifestations; and the most articulated of this light becomes conscious of itself in third density, and begins not only to turn towards the light but to turn in whatever way it might choose, gaining its light, its nourishment, leaf by leaf, not by instinct alone but by free will.

That which you know as light comes from the Logos, and is the first manifestation of love of the infinite Creator. It draws its life from the center of love and moves into all of the vibratory quanta which comprise the arrangement of the universe which you behold; thusly, its frame of reference is not yours. To the metaphysical way of thinking and expressing Truth, this which you now experience is the final fruit of love's traveling into manifestation. Thusly, as through a mirror you see a reflection, so your living, your experiencing, is by reflection; and all that you see, in a metaphysical sense, is, shall we say, upside down or backwards. You see, feel and think by reflection, not by direct perception.

Now, this is a large area and perhaps it would be well to stop before we begin another entire subject, and again ask if there be any queries at this time. We are those of Q'uo.

(Pause)

I am again with this instrument. I am Q'uo. We thank each for the energies brought to this circle this day. We have spoken of life. All is life. We have attempted to focus into the way of thinking about being a living human being. Firstly, the seven grosser aspects of life that is its basic definition, and secondly, the living of a life to the fullest, metaphysically speaking. We can share your hope that entities in the appropriate time/space shall decide to manifest within your illusion, to create instrumentation to measure those conjoining points between space/time and time/space which show to the eyes of those who can see what you call the aura, the existence of a human being as opposed to a physical vehicle whose silver cord has been severed. In a living being whose silver cord has been withdrawn, the aura lacks the motions characteristic of space/time time/space juncture—these junctures moving with emotion and thought in such a way that the resonating energy centers within the physical body are affected either by being regularized, spun more quickly, given more energy, given blockage, or given a glut of energy which creates its own interference difficulties.

These things can be seen by those who have become aware of their ability to see the inner plane bodies, most especially the electrical body as you have called it, or as we would perhaps prefer, the form-maker body, which is so often worked upon by those who work with the aura, with color and so forth, in their healing modalities. The instrumentation for this will, undoubtedly, bring great relief to those who wish to know objectively and in a stable and provable manner the estate of the soul within a physical vehicle. In the meantime, we may simply say that there truly is no incorrect choice when determining life or death in the medical sense, for so much is beyond the ken at all times. When faced with what seems to be a life and death decision, it indeed feels crucial to be right. The intention of being right is central. The accuracy of rightness is acceptable in its variability. Because this is so much upon the heart of the one known as *(name)*, we include these hopefully comfortable words. The following of the hunch, the knowing within and waiting for validation—these tools will aid. The use of what you call clairvisual entities to determine

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whether or not space/time and time/space nexi are still conjoined …

(Side one of tape ends.)

… that clairaudient ability, like any other ability, has its good and its not so accurate moments. Instrumentation rather than psychics, shall we say, will alone satisfy the mind of the scientist.

We would move on now to some brief consideration … This instrument laughed at us … perhaps a "not-brief" discussion, of the query concerning the karma and what patterns it assumes when a young one is removed so quickly from incarnational experience. Instead of focusing upon a mother and child, we would wish to look at the term "karma." A misperception which seems quite widespread among your peoples is that karma is a way of keeping metaphysical books, that karma is a ledger which must balance—debits and credits equaling. However, this is not our considered opinion of the concept karma. It seems to us that karma is the energy of action. An action accelerates an energy within some combination of energy centers, and creates within the incarnational experience a conjoined movement betwixt the body, mind and spirit complexes. It is for this that each came into incarnation.

You see, my friends, you are here to witness to the light and the love of the infinite One. Yes, there are more and less skillful ways to witness this love and this light. Those with a certain lack of metaphysical rhythm or harmony may well spend an entire incarnational experience off-guard, behind, and confused, and without any seeming learning taking place, but rather simply aimlessly buffeted about by catalyst. This person would be seen to be collecting much karma, for its acts towards itself and others might or might not be centered in love and compassion. However, this, as well as the wisest sage's life, is full of witness.

Now, certainly such an entity asleep within the dream of living shall awaken, and see that it has accelerated itself in a non-cohesive manner and is scattered in its energies. In the next lifetime, then, this entity shall co-create with the higher self or infinite One, an incarnation which addresses the illusion in such a way as to go over the same material again. Entities do not run out of chances to learn a given lesson of love; further, when all that has been accelerated within has been grasped, the lesson taken, and the impetus of karma ceased, yet still, there is a—we correct this instrument—an irretrievable and permanent karma or acceleration which is the movement from source to source or from the Creator to the Creator.

Mistakes appear to be numberlessly numerous, endlessly occurring, and it seems most risky to enter into the veil of illusion, to live the life and attempt to learn the lessons of love with no true knowledge or remembrance of the agenda. However, there is a keel, a rudder within which knows surely its destination; and from whatever place any seeming imbalance or karma might take this entity, from that precise place lies a straight and sure path along the lines of the lessons desired to be learned within the incarnation, so that what matters, metaphysically speaking, is not whether one chooses more correctly or skillfully one's actions; rather, what matters is the purity and genuine authenticity of the desire to express as a channel of the love and the light of the infinite One.

Begin to allow yourself to see that you are the Creator when you are in any emotional distress or state of anguish, just as much as you are when peace is a loving, living river within, and you have the uplifted knowledge that all is well. The report card, shall we say, is not dependent upon your abilities as choice-maker, but very much dependent upon your desire to love and serve the infinite One. This opportunity does not cease under any circumstance, and there is always an equal, whole opportunity in the present moment to choose life, and not the life that comes into manifestation and leaves, but the life that is One, and is infinite and eternal.

It is in that life, that love, and that light that we would leave this instrument and take leave of this group at this time. It has been a true pleasure to work with your queries, and we thank you for calling us to your group. If it is desired, we are very happy to be with you in meditation as a carrier wave, and that, too, is our pleasure. At this time we would leave so that our brothers and sisters of Hatonn may speak briefly. We are those of the principle of Q'uo. Adonai. Adonai.

(Pause)

I am Hatonn. Greetings in the love and in the light of the one infinite Creator. How beautiful your mingled vibrations are. We join you in joy and rest within each of you, for you do give us rest. The

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giving of service is our rest and our freedom, and we thank the one known as *(name)* for hoping that we would be with you at this time. Each of you is so radiant, so full of love. You do not know what you do as you seek and hope and love, but you are lightening the consciousness of your entire planetary sphere. We encourage each of you to consider yourselves worthy, to consider yourselves helpful, to acknowledge that you are channels of light. We do not say this to puff up the pride, but to stay the heart in trust and faith. We encourage you to make valid to yourself your nature, to know and affirm again and again that you are in the Creator and the Creator in you, and that as you breathe in and breathe out your entire creation is changed.

How delicate, how fleeting is your evanescent life within this beautiful illusion. Be of good cheer and merriment, my brothers, and share love with yourself and with each other, for that is your nature, and you simply are chipping away that which lies outside the radiant portion of your nature just as the gem is embedded in the living rock. Within the rock the gem lies whole, complete and fully functional. It simply is not seen. Then someone mines it, chips away what seems to be dross, facets the gem according to its makeup, and lo, it becomes obviously radiant. You are gems embedded in the rock of living flesh and bone, living thought and intellect of the body's brain. Graciously, gracefully, as you feel the losses and limitations of life, know surely that dross is being melted away, and the gem within will be that much closer to being visibly radiant.

Know that this process takes many lifetimes. Know that you are as you are—perfect, entire, whole and invisible—most of all to yourself. You see the rock. Breathe in, breathe out love, and though your vision shall always be clouded as you view yourself, perhaps to the world, you shall more and more by your desire become a light that truly lightens the consciousness of your beloved planet and of all creation. May you rest in the peace of that knowledge, and forgive yourself for being born into rock with the gem tucked safely within forever.

We are those of Hatonn, and we thank you for calling us to you. We make errors, so we ask, as always, that our words be taken lightly and used when they feel correct. We are those of Hatonn, and we leave you in the love and in the light of the infinite Creator. Adonai, my friends. Adonai vasu borragus. ♣

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Sunday Meditation
February 28, 1993

Group question: Today our question concerns moderation. Carla is concerned as to how she can modify her physical activity to avoid the kinds of injuries that her arthritis has been bringing about through sewing, singing and crocheting and needlepoint and all these heavy physical activities when over-doing in any particular area can bring about an injury. She would like to know what moderation would be in her situation, and R is wondering more generally about moderation in the spiritual seeking, how one can continue persistently and consistently on the spiritual path without becoming overly concerned about the situation that one is in and working so hard to be this or that that is considered ideal that you start working against yourself and start getting frustrated and begin taking your spiritual temperature and judging yourself.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the light and the love of the one infinite Creator. What a privilege and a pleasure to join our essence with your own in the warm and embracing circle of your meditation. We thank you for calling us to you this day, and hope that we may offer something of benefit, but as always, we wish for each seeker to choose carefully that which is taken in of what we or any may offer, for none that speak words is without error.

You asked us to speak of moderation. To set the stage, we move to your myth of the Garden of Eden. Within this garden all was of a plain and pure vibration. The mother and father of the race of humans was described as being tillers of this perfect paradise. The so-called fall of humankind came about because that described as Satan, or the Devil, suggested that the pure, innocent tillers and gardeners of this place could know of good and evil and yet still live. The choice of humankind was in this parable to know of good and evil. It is into this arena of dynamic opposites that humankind is, therefore, all born. The very foundation of third density is based upon what is described as a mistake; that is, a choice to know good and evil and, therefore, to die. All of the third-density environment is necessarily founded upon dynamic opposites and the choice for or against the radiance of living and dying as opposed to the magnetic pulling and grabbing at life and the fearful pushing away of death. It may seem that this choice to live and die, to be imperfect and to choose between imperfectly derived essences may be a foolish choice, but it is this very environment which creates the test conditions for the growth and the learning of that within each which may be called the seeker or the higher self, that is, that self which aspires to move more and more fully into the radiant energy of the one Creator.

This first pair, then, were immoderate, and the spiritual journey as well as physical, mental and emotional journeys of humankind may be seen to yield the greater fruits to those which seem immoderate. Examine, if you will, each his own story within this incarnation. The most productive of the choices made can be seen in retrospect to be immoderate, full of passion, and deeply, strongly felt. So our first point is that the essence of third density is dynamic balance between two extremes, and progress upon the seeker's path is aided by immoderate, full-hearted action moving towards choices which polarize the seeker's heart towards reaching out for the light and being a transparent conduit for that love and light that is the Creator.

This being said, we move to the examination of what virtue moderation might have. Perhaps we could define moderation as that activity within which there is expressed an awareness of the limitations which pertain to the sort of moderate activity being sought. If an entity, for instance, is very, very strong a moderate exercise might be the careful, evenly paced climb to a great height of one of your mountains. Moderation, to one physically limited, might be walking for a short length of time. The mountain climber and the ambler through a field or two have nothing in common about their rightness. Moderation, then, is a subjective thing. Similarly, moderate activity for one of extreme intelligence or creativity might completely ruin the mental abilities of one whose resources are limited, and that which would be moderate to the latter would be starvation for the former.

Perhaps you may see the same as being so of emotional and spiritual capacities. Moderation being always subjective, judged only by one entity which is in command of the knowledge of itself, its native capacities and its rate of enlargement or learning or development. Addressing the specific query of the one known as Carla, we point out that the activities which have been obviously immoderate for this entity are not, in and of themselves, immoderate. For one of perfect health, these activities would barely be noticed and would not be more than just and moderate.

When entities are self-destructively immoderate what seems lacking may be the willingness to accept and use the accurate evaluation of the limits of one's capacity. It is this inaccuracy with regard to the self which sets the stage for those discomforts which come from having done so far too much of an activity that the abilities of the self are not only stretched but broken. The result of this lack of accurate evaluation of the self, then, is a further limiting of that particular capacity, thus requiring a new accurate evaluation of capacity. Failure to be accurate in the self-estimate causes the cycle of being able to do less and less. Finally, at some point, the seeker is forced to reckon with the failure to be an accurate assessor of the limits of capacity.

Looking with these eyes at the spiritual life we may see that the seeker's goal, then, is not to press so far beyond the bounds of the present ability, but rather to move to the limit of what the instrument which has been given to the seeker in this incarnation can bear without injury. Thusly, the one who moves persistently, taking the small but frequent steps towards enlarging the spiritual capacity is that entity whose heed of moderation has allowed it to continue slowly but surely to press the envelop of personal limitation so that there is a maximal movement towards more and more discernment, compassion and transparency which allows the radiant energy of the One to flow most freely.

Now why would entities wish to abandon accurate sense perceptions? Why would entities reject their own situations? Why is there intoxication, that is, great immoderation resulting in lack of function? The reason for this, basically, is that always that which may be termed the Devil or the negative principle delights in suggesting to the seeker that one can do that which one wishes as much as one may fantasize, even if it be forbidden, for this will not kill; this will aid in greater expansion, in greater expansion of living. This temptation moves deeply within the sea of consciousness of each. It is the energy of spiritual greed. And it says to the conscious self, "Eat of this. You will not die." And so those who heed this siren call do the equivalent of getting in one of your automobiles, moving the gas pedal to the floor, and when hitting that curve or that cliff or that rock which cannot be maneuvered around, the crash does kill, and there is an overwhelming sense of loss.

We suggest that it is well, then, to heed [the] estimate of one's own abilities, neither puffing them up nor underestimating them. One last thought. There is one avenue in which moderation is not suggested. That is in the area of what you may call moral or ethical judgment. When faced with that

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which from within speaks to one of right and wrong, this sense within may be heeded without moderation as one searches for the choice which will polarize. In your holy work there is the admonition to let your yes be yes, your no be no. This immoderate firmness reflects not upon any subjective limitations of capacity but, rather, is the examination of the abstract principle. When this feeling of right and wrong is awakened, respect that ethical sense within and allow the yes to remain purely yes and the no to remain purely no. The importance of respecting this ethical impulse within cannot be overestimated. It is the foundation stone of the whole world of spiritual principles which simplify themselves more and more as experience is gained in trusting that sense of ethical rightness or justice.

Now, when one moves from the examination of a principle to the consideration of the application of this principle, then it may be seen that moderation again becomes a valid and central concern. Yet, even in the application of the principle there is virtue in immolating oneself because of the sense that the incarnation itself has moved to its center and martyrdom of some kind is necessary in order to witness to the spiritual principle. So even when one attempts to live a strongly felt life holding one's convictions and expressing them moderately there is virtue in having an accurate enough sense of one's destiny that one may know when immoderation to the point of loss, or martyrdom, is appropriate.

The tool most handy for use in applying the principle of moderation may be as simple as the use of the clock. To set the beginning and the end of activity of one kind or another. But any tool must be used by the self so that the self needs first and foremost to come into the accurate awareness of the capacities of the self. That this awareness is avoided is, shall we say, human, and those most immoderate by nature are often those whose capacities in some senses are extreme so that no effort seems to be immoderate. However, this sense of the self as indestructible must be avoided in favor of a more accurate gaze at the various kinds of capacity which make up the complex of activities of the self. Above all, this search for accurate perception takes the light touch. There is humor inherent in limitation. It is starkly compared with the joy of utter intoxication. One wishes to move somewhere between that intoxication and a lack of any use of an inherent capacity.

We ask again that that which we say be considered as opinion, and would ask if there are further queries before we leave this instrument?

All: No. Thank you very much.

I am Q'uo, and we too are filled with joy at being part of the give and take of spiritual seeking. We have found this instrument to be somewhat fearful about channeling concerning its own queries, its own concerns. Insofar as this has escalated to a fear of being a poor instrument this concern has been regrettable. Why is there a fear of getting it wrong? Why not the giving up of the self in complete trust? In each seeker's life there are times when the answers seem very, very important. Yet there need be no fear concerning the gathering of information about this matter, whatever it may be. Wherein this instrument, the lack of fear has worked against it in its evaluation of physical limitation, its fear has worked against it in the gathering of information about how to correct its behavior.

We ask each to embrace an attitude that does not partake of any fear, and further ask that in each spiritual seeker the moderation employed in moving toward spiritual goals not be the result of any fear but rather be the embracing of freedom. As the prudent and enthusiastic course is chosen and the choices made never decide through fear, but, using the subjective knowledge of the self, choose by means of the illumination of spiritual principle and the confident application thereof in the activities of the loving and radiant life.

We thank this group and this instrument for this opportunity to share, and may we say, reluctantly leave this vibratory nexus. We are with you in supportive silence at all times in which we are mentally called. This, too, is our abiding joy and we thank each for these opportunities to serve also and will be with each in meditation as requested. We leave you in the love and the light of the infinite One. We are those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
March 7, 1993

Group question: The question today comes from N, and it is as follows: Q'uo mentioned the aura as the outward manifestation of the form-making body or electronic body perceivable by those aware of their time/space capabilities while in incarnation. It was also mentioned, or at least I understand that the form-maker or electronic body belonged to the inner planes and that the inner planes were in a space/time continuum that has its corresponding realities in time/space existence. Since I believe that the aura is a product of the emanations of the energetic vortices or nexi generally known as chakras, and these organs constitute the etheric body, can I conclude that the ether—not the gas used in anesthesia)—is the synapses between reality and the illusion of the three-dimensional life?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of Q'uo and feel most privileged to be called to this working to offer our thoughts upon the subject of the juncture betwixt the illusion which you now inhabit and that of reality. A couple of introductory comments seem appropriate. Firstly, as always, we ask all our opinions be considered with an open mind but not taken as authority. Your discrimination is your authority. Secondly, the format of querying is acceptable.

As we approach the question we note that the wording of the question moves our reply towards a vector probably not intended by the questioner, for the juncture of three-dimensional illusion with reality is within the spiritual complex only, and it is that direct linkage through the shuttle of intelligent energy to intelligent infinity. To move to intelligent infinity is to enter reality, however, it is also to cease being aware of the self or anything whatsoever. Intelligent infinity is all that there is with no variation within the infinity. Though there is unlimited intelligence, there is only the one Thought, or Logos of love. All other states whatsoever are illusory.

To move from this statement, we go to what we consider may more be the intent of this query and that is where the juncture might be betwixt the space/time, conscious awareness of third density and the time/space or inner planes [levels of awareness] which contain the light bodies which govern the physical vehicle in space/time [This non-physical awareness] is partially a creature of the illusion itself, that is, [it contains] the resources, both physical and mental, of the creature which is your physical vehicle. There is, however, an overshadowing influence upon this physical vehicle and its life which is of the infinite and eternal creature which is your consciousness. This consciousness is carried in time/space during the space/time in which it is

connected to the particular physical vehicle of this incarnation by an inextricable connection which is popularly known as the silver cord. The energies of the chakras, then, are a blending of the natural health or lack of comfort of the physical and mental state of the being in incarnation with the complex additions of those resources and biases brought by the consciousness into manifestation during the incarnation, so that the aura, as seen by those with clear inner sight, displays not only the physical, mental and emotional state of the entity, but to a variable degree, shows the native density of the wanderers, and overtones, shall we say, of vibration which belong not only to one incarnation, but to the continuing pattern of this image [or] being which goes through many incarnations.

The connection is not broken except through death. It may be released at some point slightly prior to physical death or shortly thereafter. However, the nature of this connection is such that it simply withdraws from a non-viable physical vehicle.

Before we can speak further to this we shall require a further query. This concludes this discussion, however, we would open the meeting to any other queries which might have the interest in asking.

(Pause)

We see that there are no queries at this time ripe for the vibration. We therefore thank each. May we say that although sometimes the questions seem to be working upon a subject which has little inspiration in it, it is our opinion that there is no subject which cannot be viewed with a feeling of reverence and love. When those who attempt to be healers come to the study of spiritual principles of healing, they often are trained to be very accurate in a scientific manner. The ways in which your culture's medicine work are detailed and mechanically and biochemically complex. There is the concept of exactitude and a tremendous respect is given to detail. When someone working from the spiritual consideration of life or eternity then turns to the consideration of spiritual healing, such an entity moves as a poet or a dancer, expressing in generalities of grace, rhythm and aesthetic beauty. These two approaches harmonize to become synthesized as one broad holistic way of viewing health concerns.

The physical body is the child of the form-maker body, which is the creature of the infinite and eternal unique consciousness that expresses the "I Am" of one entity. This entity's disease may be approached through latrogenic measures—we correct this instrument—through allopathic measures, through the workings of such remedies as laughter, meditation and visualization, or by fasting and prayer. What we hope may be seen is that all disciplines can work together harmoniously and cooperatively, not one being greater than the other, but all being used as appropriate. As each approaches its own health concerns, remember that there is virtue in the whole circle of ways of affecting consciousness, but above all these things for the greatest health of all turn always towards the infinite One in praise, in prayer, in silence and in thanksgiving.

Questioner: Can I come up with a question for Q'uo before we leave?

You may, my brother.

Questioner: I just thought to ask you to comment in general on this thought, and that is how people who are in the medical profession in our illusion, be it a general internist, or a doctor specializing in a certain field, or a nurse or radiologist, when they come to try to synthesize what they are trained in with helping people on the spiritual sense, is there some line of thought or contemplation to consider that they can fruitfully use towards increasing their service to others, not only within the training they have but also merging it with their metaphysical belief?

I am Q'uo. My brother, the overriding hope of all true healers is that the infinite One may smile upon such efforts as can be made by the practitioner to the patient. Those who believe rigorously in any particular regimen, whether it be chemicals used in medicine, or visualizations of thought forms, will find that this dependence is not always rewarded. Happy is the doctor whose patient has a destiny still upon this plane. Happy is the doctor whose patient has some awareness of this destiny. The tools aiding healers the most in general besides being expert at their fields, include the glad awareness of a higher power and a recognition of the value of the patient's vital energy and will to live.

May we answer a further query, my brother?

Questioner: This is a general concept for me. Let me try to move the direction somewhere else a little bit. If you were a doctor who for the first time was

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coming to realize that the illusion is the illusion, would you recommend using meditation at first to clear up what kind of service he can blend with what you are already doing? Is that clear enough to comment on this? I am just trying to feel my way through a question which I feel may bring some inspiration to whoever may read what you are saying.

I am Q'uo, and we were not able to make sense of your query all together. Would you please query in another way?

Questioner: Perhaps I do [need to] think about it myself before I ask a question. There's not really anything that comes out specific … out very clearly, to ask a question that [may] not be the best way to ask it. I will decline to be more specific, and not ask a question at this point.

I am Q'uo. We are aware that the one known as N has asked the session question. It is our thought that the direction of questioning be left to this entity as it shall be moving with regard to examining some of the details of how vital forces are conjoined, inner to outer planes. We then await the next query to be well pointed in our responses. However, as we believe, my brother, that your concern was for the one known as N and other physicians to feel the inspiration, we would simply say that it is our understanding, if we may use that term, that physicians such as the one known as N are inspired to ask queries of sources such as this group because they already have an insight which gives a vision of the great potential of an universal healing center or combination of all of the various modes of healing so that entities which come with disease may through more than one kind of doctoring receive a more complete or more whole healing.

We would at this time thank each, especially this instrument whose faithfulness we have often noted. It is such a privilege to work with this group and to share love with you. We leave you in that love and in that light. We are those of the principle of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
March 14, 1993

Group question: The question this afternoon concerns spiritual pride. We would like to hear some information about the kinds of spiritual pride that both groups and individual seekers could be aware of. From Q'uo's point of view it is probably easier to spot spiritual pride. We would like to know some of the pitfalls as well of spiritual pride and what a seeker or a group can do to balance the spiritual pride and regain the humility which seems to be such a great ally of the seeker.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. How privileged we feel to be called to this group to share our opinions with you on the subject of spiritual pride. We have many group memories of this continuing topic and the concept is chosen well in that it is a lesson that is not learned once but, as far as we know, continually, again, again and again throughout the densities with which we are familiar.

When entities speak of pride there is usually an emotional bias to the term. Pride is considered as a synonym for arrogance. It is not considered appropriate to think too well of one's self. Yet before we speak of pitfalls of spiritual pride we would point out that a just and fair estimate of one's assets is a work of lucid observation and cannot be said to constitute a spiritual pride in and of itself. Indeed, the balanced seeker moves upon the seat of knowledge of the self and this seat serves it well as it does the toe dance or the high wire act through all of the situations which provide interesting food for thought and action in your day-to-day world. It is not spiritual pride accurately to estimate one's abilities or lack thereof in a given situation.

Now, spiritual pride is focused upon both by your eastern religious systems and your western religious systems. For instance, the one known as the Buddha is said to have found all of the various items of doing such as serving as a prince or king and loving and being loved to fill him up not with the fullness which true worship brings but with the growing observation that all of each activity and way of expressing the self within the life pattern was prideful folly. In this mythical story the Buddha at last is cast as a ferry man rowing other seekers across a river from one side to another, a man content at last with the fullness of everlasting change.

Within the western tradition or myth the one known as Jesus speaks often concerning entities which may feel that they are doing well. There is the example of the man who was extremely virtuous in observation of each and every commandment, yet when this seeker asked the teacher known as Jesus what more he could [do] to follow him the one known as Jesus suggested that this wealthy man sell all that he had and thus be free. This parable has

made entities which have a comfortable living nervous ever since these words were heard and written down.

The parable is not so much about money or other kinds of wealth as it is about one's relationship to that which comes and goes. The body, for instance, is born and dies, yet it is not prideful to care for it that it may be comfortable and serve well. So with one's estate in life; it is not a crime to conserve one's wealth and to so use it that one is comfortable. Yet, if one wishes to hold onto the body by avoiding getting old or avoiding death, then there is the question of what takes precedence, the body or the soul? With the wealth of money or power this same question holds true. Is there the relationship of conserver or steward with wealth so that it be used prudently or with charity, or is there the grabbing onto or owning the wealth or influence? If there is the latter, then there are some possessions to be sold so that you may follow the mind which this instrument often calls Christ consciousness.

Spiritual pride is about ascribing ownership about absolutely anything at all to anyone except the infinite Creator. Examine what there is in the universe. There is one great original Thought. This Thought is the love of the infinite Creator. This living thought of love is the Logos which, potentiated by free will, has created and is creating all that there is. This creation is made of the first fruit of the Logos, the first manifestation, which is light. Out of light love has created, is created, and will create forever the infinite unity of all that there is. If this be so, each seeker is of love, made of love, made for love, made by love, made to love. To love is the infinity of a verb. So all entities may truly be seen not as nouns, not as persons or as objects, but as energetic words which activate and enable love to be expressed and received, from love to love for love's sake.

Indeed, the creation is made of mirrors, endlessly love reflecting love. Where, then, fits any individual expression? Each individual possesses its own subjective conscious awareness and is as that awareness gives it to be. Every gift, every talent, every seeming liability, every lucky and unlucky accident of fate that has shaped who you are is an occurrence drenched in love. Thusly, the way out of being caught in spiritual pride is not as one might think, to call upon humility, for humility is a kind of pride. If one is conscious of being humble it is because there has been a choice to tell oneself or to behave to others to tell them that you have the consciousness of humility. Rather, true humility is of the one who, without thinking either well or ill of the self has the impulse to serve under any conditions whatsoever. While another is seeking to be humble the truly humble entity has already found a way to be of service, perhaps by listening to the conversation of the one who is seeking to be humble. Humility, in its balanced state, simply moves with the occurrences which come before the vision in the passing moments of your day-to-day experience.

There is the challenge, then, to find a way off of the Ferris wheel or the merry-go-round of judging the self to be prideful or striving to be more humble. How, when one has felt one's prideful ownership of that which is the Creator's, does this seeker step off of the merry-go-round which rolls between the dynamics of pride and humility? It is a daring suggestion, but we do suggest that there is sometimes a need for the benign neglect of one's powers of inward perception. Thinking about being less prideful is merely an engraving mechanism for etching even deeper into the consciousness the concept of one's being prideful and seeking humility. Once one feels one has become humble that very statement is a prideful statement. Like all dynamic opposites of the spiritual life the way away from the dilemma is by turning from both extremes towards the infinite Creator's love, allowing the train of the mind to chug away into the far distance and be gone so that the silent inner countryside of the heart and the spirit may be full of the silence into which love comes. And from which the seeker may be transformed into that which love shines through.

This transparency to the infinite Creator is a product of one who continuously turns from too much examination and study to the mystery. In turning to the mystery seekers finally face their life as unknowable, as hidden within an unknowing which is absolute. Yes, much may be gained by the study of inspirational works, by listening to those whose spiritual seeking has produced fruits which can be communicated. Yet, no matter how many riches of knowledge and wisdom the seeker piles up, no final gain can be said to be produced in this way. Only in the silence of the listening and harnessing spirit is there the realization of the crystalline, shining, transparent self that is merely a sun-catcher, merely there to act within manifestation as a servant of love.

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You ask what pitfalls there may be for individuals or groups. The first pitfall is to worry, to be overly concerned about such things as spiritual pride. This falls somewhat under the category of taking the spiritual temperature. The other pitfalls are those created by circumstance wherein there is the opportunity to communicate with others, not strictly attempting to voice thoughts of love but attempting in some way to defend or impress. The impulse to defend, when communicating, is that fear-driven impulse which is motivated by characteristics within such as pride. It is the desire to have another or even the self think well of who you are or what is being done by you. The desire to impress is a special kind of defense, an offensive defense shall we say, where one is moved to attempt to bedazzle or otherwise impress others with the qualities which you, yourself, consider impressive. Whether those qualities include humility or whether they are simply a list of degrees or achievements the impulse is the same and is prideful.

It is not ever necessary that others grasp who you are or what you are doing. It is acceptable, in our opinion, to be misunderstood, misvalued or misestimated. It is acceptable for others to think better of you than you think appropriate just as it is acceptable for others to think less. Release ownership of who you are. You cannot fly away from who you are, yet how closely you clutch and cling to this identity and attempt to torture it into ever more excellent details of behavior, appearance, conduct and thought. Yet, you are asked only to love and worship a mystery and to embrace others just as you embrace, forgive and accept yourself. Seek to put your life in the Creator's hands and the Creator's life will be in your hands. You then will be the perfect mirror, transparent to the light and the love of the infinite One so that there is no flaw in the backing of your light mirror. Seek simply to know your identity in love. Turn from any other consideration as frequently as possible and spend precious moments with the love that you are, with the love that you then may share.

We thank this instrument and would, at this time, move to the one known as Jim, and may we say we are grateful that this entity wishes to receive our contact at this time. We are those of Q'uo and we leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and great each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there a query at this time?

Carla: Well, maybe it will be cleared up when I read it, but in trying to listen to what you had to say I just kept thinking of how it felt this week when it occurred to me that I had acted as if I owned this virtuous prayer group and that, somehow, I had been doing this. There was a feeling there of distaste and I judge myself like that a lot. I judge myself all the time. I understand that you just turn from your wickedness and live, as it says in the liturgy. You just turn and behold the mystery, but at the same time there remains that voice within that will pop up again and again and tell me that that really is prideful. Could you speak to that?

I am Q'uo, and am aware of your query, my sister. It is, of course, the great strength of each seeker to look with the critical eye at all experience seeking to discern that which has value and that which does not. This critical eye, when turned upon the self, as it is most often for the conscious seeker, lends itself most frequently in the careful examination of the experience through which one moves, the responses, both mental and emotional, to each experience and continues this reflecting process over and over until there is a resolution that is acceptable to the seeker. When one attempts to view the inner and emotional response to perceive spiritual pride one is bringing to bear this critical process upon a topic which is frequently overlooked by many, for the feeling that one is proceeding well along the spiritual path is, in itself, a feeling which can both encourage and mislead. Thus, we advise each seeker to look carefully at that experience, to examine the details as they occur, to make the discriminations and choices that will alter one's perception and perhaps one's behavior. And then to move onward as one would in learning any discipline.

All learning requires practice. All learning requires a certain amount of what you would call failure, for it is the failing to hit the mark that teaches one where the weaknesses lie in the discipline. Then we advise further that the seeker should release concern for this area as it is well to release over-concern for any area of learning in order that the concern does not

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become over-exercised and cause a kind of blocking caution that would inhibit further progress. This is where the lightness of touch is recommended, the sense of perspective and humor with which one views the self and the world about one, for there is indeed much humor in each learning process: the attempt that is well intentioned and full of the vigor of fulfilling an ideal, the falling short that is inevitable with all learning, the recovery as [with] the kitten [that] has almost landed on its feet but stumbles somewhat as it regains its balance, and the assessment of the situation with the puzzled look upon the spiritual face, and the moving on to again tackle the ball of yarn, shall we say, in this great untangling process through which each of you moves.

Is there another query, my sister?

Carla: No, that was just splendid. I appreciate that answer. Thank you very much, Q'uo.

I am Q'uo. And we thank you, my sister. Is there another query?

R: I have a query, Q'uo. I wonder what you would say to the seekers who try to stay in touch with this particular group, who live far away in our environment, to participate in the meditations and who feel that they are frustrated being too far out to be in touch. How would you comment on those feelings that I think many of them have?

I am Q'uo, and am aware of your query, my brother. To those who feel there is inspiration in the words which move through this group and who feel physically removed at a distance, shall we say, and who wish to feel a community of purpose and who wish to walk more closely in spirit with this group we would say that we walk with each of these entities and are available to each upon their request as those who would aid in deepening their meditation …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and we shall continue. We seek to aid each in the meditative state upon request and we offer ourselves there without words but in the joining of vibratory levels of beingness. We are also aware that those in this group are most happy to respond to queries and comments of those who read and hear the words of love and light that are available through this particular group. There is much of community that may be shared through the written word that communicates the spirit of comradeship and exemplifies the seeking of the many portions of the one Creator.

Is there another query?

R: Let me just restate for clarity and see if I understand correctly. When someone in silent meditation requests your help in deepening the meditation you are with that particular entity. Is that correct?

I am Q'uo, and this is correct, my brother. We gladly offer ourselves in the joining of vibrations with all who ask our presence in their meditative states.

Is there another query?

Carla: I have one more. I have a letter that I just sent off yesterday to a guy in New Orleans who wanted to know if there was a teacher of channeling in that area that I could recommend. There wasn't one that I could recommend, and I said to him, "Don't listen to people who tell you that it is perfectly safe to channel, because it is a crowded universe and there are all kinds of entities out there who wish to speak to you of various vibrations." And then I said, "If you wish only to contact your inner guide, perhaps I can help you by tape." Could you comment on both the first and second part of what I said to this person. Could I have answered better? Could I have answered more accurately?

I am Q'uo, and am aware of your query, my sister. To the first portion of your query we would heartily agree that, indeed, the universe [teems] with forms of life and at all times there are those that observe your illusion and who offer themselves in one way or another in the speaking through those who are seeking to serve as channels or instruments for love and light. Because the array of entities is so widely variant, from the negative to the positive polarities, we agree that it is greatly recommended that those who would seek to serve as instruments undergo a process of training that is rigorous in the preparation of the instrument so that it may offer itself in the highest level of desire to serve and be able to tune itself at each serving as instrument in order to receive the contact that it is able to withstand in a stable fashion and be able to offer its self that is well known as an instrument.

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This is to say, the study of the self to gain the knowledge of who one is is important in order that this self be offered at each working and be offered at the beginning of each working as a kind of filter through which a contact may speak after this contact has been challenged, shall we say, by the instrument that knows itself well enough to offer the self as instrument.

As far as being able to aid other entities in contacting their guides, as they are called, we would suggest that this is a practice that also needs guidance, shall we say. It is well that you seek your own inner guidance as to the techniques by which you would instruct another in this process so that there is the flexibility to utilize the strengths of each seeker, be it in visualization, in working with dreams, in the meditative state, or in prayerful contemplation. Thus, your ability to serve another will be dependent in large part upon your ability to ascertain the qualities of the seeker and how best to guide this entity to utilize the qualities which are strong.

Is there a further query, my sister?

Carla: So, instead of moving directly to a technique that I know will open up an awareness of some form of guidance I should more skillfully find out what I need to know about that person and focus my own attention and that person's attention in developing that person's awareness of himself first. Is that what you are suggesting?

I am Q'uo, and am aware of your query, my sister. Yes, you are correct in your summary of our advice. It is well for each seeker to carefully study the self in order to ascertain the most effective avenues to travel in furthering the knowledge of the self and the Creator which is the great Self of all.

Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and again we thank you, my sister. Is there a final query at this time?

(No further queries.)

I am Q'uo, and we take this opportunity to thank each present for once again inviting our presence within your circle of seeking. It is a great joy and honor for us to walk with you with words and concepts which are but our opinions and that which we have distilled from our own journey of seeking. We ask that you take each word and use it as you will, leaving behind any words or thoughts which do not ring of truth to you.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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The Aaron/Q'uo Dialogues, Session 14
March 21, 1993

(This session was preceded by a period of tuning and meditation.)

Group question: How do we open the heart?

Aaron: I am Aaron. My greetings and love to you all. As always, it is a great joy to feel the energy and light in this room and to feel the purity of your desire to serve and to learn. We are offered the question: How do you, living in this illusion as you do, keep your heart open through the many catalysts that your life offers you? If you will forgive the pun, may I come to the heart of this question by reminding you the heart never closes. You may build a wall around, but it never closes.

There is a real difference here, subtle but important. When you think of the heart as closing, with that closed heart you are totally separate from your deepest reality, which is that of the Divine within you. The heart is the center of that divinity. So as soon as you ask, "How do I keep my heart open?" at some level you are captured in the distortion, "How do I retain my divinity?" But the real question is, "How do I express that divinity, remembering that it is always there?"

If you think of the heart as a place of the purest light, truly reflecting that divine light, then you realize that the light always shines. When you build a wall around that light, you might think it is the same thing as closing the heart; but you have not turned off the light, you have just walled it in out of fear. If you hold that image, you will remember the light is still shining. Constant awareness of the presence of that light can be an important tool in the work to dissolve the wall.

The wall is going to be built over and over again as you feel threatened, as you experience fear. When there is such a wall, the external light cannot move into you; and thus, you feel yourself cut off from that divine light. And the conscious human cannot experience the divinity in itself, and thus feels itself hemmed in by the illusion.

Knowing that the light is there instead of focusing on the fear that prevents you from experiencing the reality of that light, you can focus on the light. By doing this, you avoid a dialogue with fear. You are no longer saying, "How do I get rid of the fear?" Rather, you are simply moving back in to focus on the light: "This is reality. This is what I am and what we all are." Can you hear the difference? "How do I open my heart? How do I deal with the fear?" which may get you into a war with the fear. Or, "Here is the light. Pay attention. It's harder to see today because there's fear. Focus on it. Let it blossom. Let it become real for me."

As you move back into the clarity that focus on that light allows, the wall dissolves by itself. There is no self taking down the wall, nobody *doing* this. There

has simply been awareness: "Fear is present. It is blocking the light. I need to find that light and look a bit harder for it because of the presence of fear. As I let love in, fear naturally dissolves."

This process opens you to a very strong statement of who you are. You are not your fear, you are not your negativity, although that does reside in the human form. You are not the heavier densities of the body, although that is part of what you are. You are divine. You are angels.

What I suggest is not a matter of denial of that part of you which is fearful and negative, nor is it an unwillingness to allow the expression of that part; rather, it is a coming into wholeness that knows that the fear is just fear, and that allows the full expression of all the beauty in you: the loving-kindness, the generosity, the caring, the energy. It is the reminder of your true being.

This still leads to the question, "How do we do this?" It is fine to say that the heart is always open and that the focus is on the wall that closes out the light, to make that distinction. But what do you do with the wall? What do you do with fear? The heart opens and closes in the illusion which you are experiencing. It does not matter how you say it, what you are experiencing is the cutting off of light and moving back into light. When you are cut off from light, it feels very, very dark. What I have suggested is only one of the many tools you may use; this recollection, "The light is within me. I am an angel. Even if right at this moment I am not experiencing that angelness, I am still an angel."

I would hope that through these next days we can get into the many different tools with which you may work with fear or with whatever it is that closes you into that darkness. I wish to keep this opening talk short and allow my brother/sister Q'uo to speak. That is all.

Q'uo: I am Q'uo. Greetings in the love and in the light of the one infinite Creator. It is most blessed to mingle our vibrations with your own as you sit this afternoon in your circle of seeking. We thank each for this privilege and bless each in return.

To begin speaking of tools and resources, we would first establish that we use a certain model of patterns and centers of energy in-streaming and within the third-density expression, both manifest and unmanifest; that is, both space/time and time/space. That model is the rainbow body with the seven centers of energy, the first being the red or base energy center. The energies there have to do with the vitality of the mind, the body and the spirit as they are working together within and manifestly.

The second energy center moves physically up the physical vehicle from the joining of the legs to a spot close to but below the navel. It is the orange-ray energy center or chakra, and energies there are expressing how the entity is dealing with relationship of self to self and self to another entity. This is a commonly blocked or partially blocked energy.

The next center can be described as being at that position within the physical vehicle where if you were punched you would bend over. This yellow-ray energy center expresses how the entity is managing and using the relationships of self to groups such as the nation state, the basketball team or the family.

Then the green-ray energy center is seen. This is the center about which this question has to do. Here is the first energy which does not require any energies instreaming but that of the one infinite Creator. This is the first energy which may be transferred to another's aid and assistance.

Beyond this heart chakra, within the physical area of the throat, is the blue-ray energy center or chakra. Its expression concerns communication, whether that be communion with the Creator and learning therefrom, any communication in words to others or the non-verbal communications of song, poetry, art and all alternative ways of sharing the self without stint.

At the brow is the indigo-ray energy center or chakra. This is the seat of energies expressing the entity's work in consciousness, as the entity works and strives to learn how to discipline the personality in order to be a true or authentic expression of that which one is. This energy center, though quite high upon the rainbow and upon the ambition or hope scale, is specifically the energy that tends to bring entities to call upon those like us which may offer some opinions or thoughts that may be helpful. This is to be noted, because working with the indigo ray, communicating through the blue ray and attempting to keep open the all-loving and all-compassionate heart is an effort which greatly suffers because the lower energies are not much liked—to the point that entities often choose to do most of their conscious work within the upper energies while choosing not

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to address issues which are unclear within the expression of energies in the first three energy centers.

To finish our rainbow we add the violet-ray energy center or crown chakra. This center is a reading or readout of the state of the expressing energies of the entity, and does not do work in and of itself. It functions as an up-to-the-minute report of the status of the blended energies of the entity.

Therefore, because seekers so often dream and hope and reach without being clear with themselves or the humdrum world, we would begin our discussion of how to keep the green-ray energy center spinning, vibrant and brilliantly radiating, with a look at the more common blockages lower than the heart, with an eye to instilling in the seeker a strong compassion towards the self, towards the illusion that startles and creates seeming outrageous insult to the self.

Have you been in a conversation where an entity wished to impress you with one skill or another that it had accomplished? So does the energy expression of the lower chakras wish to hog the internal conversation and speak of those things it does well, so as to eliminate or at least greatly diminish the need to communicate or focus upon those things which, if thought about, would muddy, slow and dim the energy. To have the patience and the self-acceptance to move in thought each day to the examination of where the seeker has been caught, where the seeker has been hurt, is a job which seems never-ending. Yet the more one is able to accept the humanity of the self enough to look in the picture of profoundly imperfect expression without blinking, the more the seeker will gain greatly. Yes, it is dirty work to affirm one's sexuality; to accept one's seeming lack of skill in dealing with the self and others is humbling. It seems as though one could not sink into one's own persistent imperfections of expression without becoming so discouraged that one retires from spiritual seeking. Yet if one is able to think of this humanity, this heavy incarnational illusion, as acceptable, the more one shall be able to be balanced and clear enough that the energy of the one infinite Creator may flow upward, circulating happily in the imperfect but balanced expressions of energy that you have as a seeker created by your work in forgiving the self, forgiving and forgiving again.

You may think of yourself in two ways. The first is to think of yourself as a prince or princess, delicate in feature and form, beautifully attired in royal robes and seated upon a huge, lumbering, beautifully decorated elephant. In this model you are working at the indigo-ray level while leaving unaccepted the more obviously earthbound portions of the self's energy. Or you may think of yourself as the elephant. This large, physically awkward looking animal contains, given that it is a human elephant, a subjective beauty which has nothing to do with form. The physical body, the mental complex, the spiritual complex, are in their energies of no-body, no-form; yet the form must be there within this illusion so that the spirit which is yourself may learn and serve and choose how to serve. In the second model, the prince or princess rides within the elephant and is that which truly is the accurate violet-ray readout or summation of the combined energies at any particular time. You must be of a form, of a set of limitations, in order to do the manifesting portion which brings to the unmanifest portion of the incarnated self all of its food for thought. Thusly, one tool may begin to be described as that which reckons with the outer elephant without becoming discouraged, disgusted or exhausted.

We would transfer the microphone to the ones known as Barbara and Aaron. We leave this instrument for this time period. We are those of the principle, Q'uo.

Aaron: I am Aaron. I take delight in sharing this work with Q'uo because our mental bodies are different, and we each offer the same teachings with different examples. One image speaks to one being's heart, another speaks to another because you are each unique. I enjoy Q'uo's image of the elephant and rider. If I may offer a different kind of image here …

You are what I call angels in earthsuits. Both are real. You are in a physical body. Without that physical body, without the emotional body, the angel would be deprived of the catalysts that this incarnative state so readily offers. Without the angel, the earthsuit is sterile. As Q'uo has pointed out, it is far easier to focus on the angelness and look with disdain on the earthsuit. There is a sense of wanting to move to a purer level where the earthsuit is no longer necessary; and in this way you grasp at graduating from this plane, rather than just being on this plane where you

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are and trusting that this is where you need to be. You are each exactly where you need to be.

Each of your bodies has its own frequency vibration, like a stringed instrument with four strings. The physical and emotional bodies have a heavier, lower vibration. And yet, a stringed instrument that is in tune plays beautifully and in harmony with itself. There is no need to rip out the lower strings because they do not play as high as the upper strings. Your entire being can express this harmony. The physical body and the emotional body are never going to be as highly pitched as the mental and spirit bodies. And that is fine.

One place where you shut out light is when you look with disdain on these emotional and physical bodies. You see the imperfections, and you strive to get rid of those imperfections rather than finding love for the being that you are.

The angel is perfect. The angel is unlimited. But the angel's wings can get a bit tarnished. The angel stands on the earth and its feet get caught in the mud. If the angel does not set foot on earth, where is it going to learn these lessons of love, of faith, of compassion? That is why you have taken incarnation. You are here to learn in human form and to serve in human form. To do that work you must begin to embrace the incarnation rather than treat it with impatience and disdain.

This is perhaps the hardest part of being human, especially for those of you who are old souls. You reach a time in your work where you see the light so clearly and the impurities in the lower bodies seem so solid, so heavy. You aspire to the heavens and your feet are in the mud. It makes you want to cut off your feet rather than bring a hose, lovingly hose the mud away and just watch for the next mud puddle.

Those beings who do not so clearly penetrate the illusion, who do not truly know their own angelness, do not have the same contempt for the emotional and physical bodies. They do step on others' toes. They allow themselves to express their physical and emotional imperfection without self-hatred. I am not suggesting that this way of being is good or bad, only saying that it is a unique problem with the being that reaches the end of third-density experience that it becomes increasingly impatient with its human manifestations, which it judges as lesser than the spirit manifestations. You increasingly ask perfection of yourselves, but it cuts you off from the sense of compassion for this human.

I would like to offer an image that may be of some help. You are actors in a play. As with any actor, you must read your lines with convincing honesty. They must be real for you. No matter how deep, how profound they are, if you come on to the stage and just say to the audience, "Well, this is just a play and I'm going to move through these lines quickly," the audience is not going to learn or grow from that reading. It will not be convincing, it will just be somebody up there tossing out words. In order for there to be growth, the audience must become captured by the illusion. It must become a reality for them. And yet, the actor cannot forget that he or she is an actor, cannot turn its back to the audience nor hold its hand over its mouth to muffle its words or the audience will again be deprived of the value of the play through being shut out of it.

In terms of your incarnative experience, you are actors and this is an illusion, but it must be treated with respect. It must be treated as real because you are also the audience. That part of you which is audience cannot learn if the actor's back is turned or if the actor treats the play as frivolous. This is where it gets so hard to find that place of balance where you put your whole heart and soul into the illusion while remembering, "I can't turn my back on the audience. I must be aware of the spirit body, of the reality of who I am, while I work within the illusion as fully as I can."

Coming back to this question, "How to keep the heart open?" or, as I would prefer to put it, "How to allow that light that is your true Self to shine through?" As Q'uo said, "How to keep the heart chakra spinning, the energy channels open, so that you do not become lost in the illusion nor caught in the spirit and disdaining the illusion?" How do you find that balance? You must constantly be aware. Remember that the physical and emotional bodies are gifts of the incarnative experience, not burdens that you have been asked to carry to make your learning difficult. When you relate to the elephant, to the physical and emotional bodies, as gift, you change your relationship with them. It is this remembering why you are here in these bodies that allows you to keep focused on that light of your angelness while simultaneously allowing the full experience of the incarnation.

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I do not suggest that this is easy. The actor gets so caught in its lines that it forgets there is an audience there for awhile. It becomes totally trapped in the illusion of the play; and then it remembers, "Oh, there's an audience," and turns itself to play to that audience again to make sure that the physical and emotional experiences are offered openly to the Higher Self so that the mental and spirit bodies may grow in whatever ways they are offered to grow.

I have just offered Barbara a complex thought which was not channeled with complete clarity. I wish to explain this a bit. The spirit body is this spark of the Divine. It is perfect. It needs nothing beyond itself, and yet it is just a spark. It is capable of infinite expansion. The divine essence of it does not change, but its power changes so that you move from that small spark of God into a brilliant sun. This essence of divinity within each of you is not separate from God, nor is it in itself God, but is a part of that infinite energy, light and love.

If you had a vast ocean, an infinite sea, and you took a drop of water from a dropper and dropped it into that sea, no matter that it was already infinite, it would expand. You add that drop to it. Each of you is involved in this process of expanding and enhancing your own energy and light, which does not belong personally to you, but in eighth-density experience moves back fully into the Eternal and thereby expands the Infinite, expands the light and love in the universe.

So, the soul itself is not learning, but the soul within what we call the Higher Self is accompanied by the mental body. As soon as there is thought, there is distortion, because with thought there is self-awareness. As soon as you are aware of a self, you move into the distortion of self and other. This distortion is part of the illusion and is useful, even necessary for a certain distance on your path. But there is also the level of awareness that there is no separate self. Pure Awareness knows that this which has perceived itself as separate is truly of the essence of the Eternal.

Here is where you move into and out of illusion. The Higher Self then moves into the incarnative experience, manifesting form and taking on the heaviness of the emotional body so that it can work with the earth catalysts and clarify this energy that you are.

The ideas of love, compassion—what do these mean? If there was never any pain, it would be easy to feel love. You would never feel threatened. You would never close or build that wall. But what would this love mean? When you are offered the heavy catalysts that you are offered on this plane and can still forgive, still find compassion, still love, can you see that you are expanding that original spark? The light grows purer.

In effect, this small spark within you is fed by the fuel of earth's catalysts, and two responses are possible. One is that those catalysts feel so heavy that you shut the doors, thus enclosing that flame within and not allowing it to return itself to God. The second choice is that you watch the process of closing and opening, fear and love, and find compassion for the human who is experiencing this physical pain, this emotional pain. This growing compassion serves to add fuel to the spark so that it burns more and more brilliantly. The shadow falls away, and what is finally returned to God has become a sun in its own right.

So, you are in this illusion and yet being asked to relate to it openheartedly with balance, working with all the catalysts of the lower chakras, welcoming these catalysts, not preferring the upper-chakra energy, not preferring being angels to the experience of the earthsuit. This is your greatest challenge, because it is so painful to keep coming back to that earthsuit when the heart yearns to be free and back on that plane of light and love where there are no distortions of fear.

There must be constant awareness, a noticing of the beginnings of a dialogue with fear, a willingness not to get caught up in that fear and be reactive to it. Certainly there is so much pain that you experience that there is good reason to get caught up in the fear. All you can do is to remind yourself each time fear arises, "Trust. Trust even this fear. Can I allow myself to enter this illusion fully with as much love as I can bring to it?"

In a sense, it is not the pain of the illusion which causes you to build walls and close in the heart, but your fear that there will be pain. There is a difference here when you are afraid of the catalysts of your learning; that is, when you begin to shut out the lower-chakra experiences and grasp at the spiritual. But this is precisely where you are being offered the opportunity to practice compassion for the human,

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to see the human, this angel with its feet in the mud, and give it a hug instead of trying to chop off the legs and free the angel.

I know that these sessions will be continued, that we will have three more sessions in the next two days and do not need to cover this whole matter now. In essence, what Q'uo and I are doing today is laying the groundwork. I want to speak at length about how you work with fear, speaking in two directions: mindfulness of all the heavy physical and emotional experiences—working with your anger, your jealousy, all of that which tends to close you and create the illusion of separation—and also how you may nurture the angel.

This is what I started with today: the importance of recognizing that the light, that angelness or divinity, is always there, and remembering that you may keep focused on it. No matter how severe the darkness, you will still sense the inner light that lights that darkness if you will remember what you are. I pass this teaching to my brother/sister/friend Q'uo and will speak again to end with a brief guided meditation of bringing in light. That is all.

Q'uo: We are those of Q'uo and are again with this instrument. Greetings once more in love and light.

As the one known as Aaron says, the fuel for incarnational learning is that which affects one, usually by disturbing it, sometimes by seeming to do it injury or harm, even sometimes seeming irreparable damage. Life hurts. Change is painful. It seems as if the light of spirit is no more than a candle against the great elephantine darkness of living within physical incarnation. Welcome to the world which the cliché calls *the school of hard knocks*.

Spirit is not something which you can lose. It is your being and nature. It cannot be lost. Only the subjective awareness of the spiritual nature of the self is obscured and sight of it lost as one turns and flees from the frightening scene where pain or grievous insult seemed offered. Within every cell of your elephant, shall we say, there is spirit in manifestation. Yet it is difficult to communicate with the cells of the body that seem to be in pain or ill or hurt in this way or that.

To move in mid-metaphor to another metaphor, let us put the elephants back on stage. They rumble about in each act of your play. You are acting as well as an elephant can, yet you also wrote this play. You are also each character, hero, villain, the butler, the friend … All of the characters are you as is the critic sitting in the audience, just waiting for a poorly delivered line, a poorly developed plot or tasteless costuming of elephant girths. All is self. Need you then each day, each hour, dwell in the always chancy, often difficult concerns of relationship of self to self, self to other, self to all?

It is infinitely advisable to embrace this constant grounding in your own story, in your own drama, in each facet of relationship which has caught you this day. You cannot run out of spirit in doing this work. You can only multiply the time which you have available for having accepted that which you see this day, turning in thanks and in praise to that portion of the self which authored this play, which set this stage.

Before we leave, we would ask if there be any queries about material covered to this point.

(Pause)

We take your silence and R's statement to be a sign that so far we have been intelligible. O ponderous pachyderms, proceed. Lumber on. Find a laugh in your heart. Smile at your beloved elephant that gives its life that you might learn better to be.

We leave this instrument for this session, rejoicing in your beauty and all beauty. Thank you for this great honor. We share these thoughts with but one request, and that is that you toss away all thoughts of ours except those that you find useful, for we offer opinions, not authority. We leave each in the love and in the light of the infinite One. Adonai. We are those of Q'uo.

Aaron: I am Aaron. I would like to leave you with a brief exercise that you may practice. First, I would ask you to move into the heart center and therein to find that spark of the Divine, that place of infinite beauty and love within you, that place which is undefended and has no reference point of self. Visualize or feel that light shining out of you. If it is helpful, visualize the being who, for you, is the embodiment of truth, and merge your heart with that guru or master. As fully as you are able, allow yourself to rest in this space, empty of all self, and to radiate that loving-kindness which is the true essence of your being.

Now I ask you to turn your memory to some moment today when you felt a bit threatened. It

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does not have to be a big issue; it might be just a very minor slight, but some moment when you felt fear and the small ego self moved to protect, made the strong statement, "I am here—me, ego self." As you remember, see if you can feel how the solidifying of that small ego self moves you away from Pure Awareness, empty of self. As much as is possible, allow yourself to re-experience that move from center to what would seem to be the closing of the heart in protection.

What I hope you can experience is that the light does not fade. It is simply blocked. Each time this small ego self solidifies, it blocks the light. You are left with two choices then, both of which we will explore in depth tomorrow: how to work skillfully with that which blocks the light and how to return the focus to the light.

For now, let us leave working with the blockage, just put it aside until tomorrow. What I would like you to do now is to work within the frame of your present experience, feeling the self threatened, moving to protection, feeling the separation from God, the separation from your true being. I want you to simply remind yourself, "A cloud has come between me and the sun. It feels dark in here. The darker it gets, the more fear builds. But the sun is still shining. Instead of getting caught in the darkness, I am going to focus on that sun." A simple reminder: "I need not dialogue with fear, but may give myself permission to move back to my true Self. I am not denying the cloud, just letting it be and coming back to focus on the light."

This is a skill, a learnable skill. Most of you have created patterns whereby as soon as the cloud appears, you raise an umbrella, enclosing yourselves in further darkness. You must first notice the raising of the umbrella, that sensation of the heart's closing; and then you must remind yourself, "Every time there's a cloud, I don't need to raise an umbrella, only to look beyond the cloud and reconnect with the sunshine."

With great gentleness to yourselves, I would ask you to practice this through the evening and the early hours of tomorrow until we meet again. Each time there is closing and a wall being built, notice that it is happening. Give this small ego self that is feeling fear a hug. Let it know it is okay that fear is being experienced and consciously refocus on the light. No judgment about the arising of fear, no grasping at the light. You are not reaching for something that has fled, only allowing your focus to come back to what is always there, to this place of love, infinite wisdom and compassion and deepest connection with God.

I thank each of you for being a part of this circle and for the profound earnestness and love that you express by your presence. May all beings everywhere open into the light of their true being. May all beings transcend the illusion of fear so that they can more fully manifest their true nature of love in every expression of their energy. May the work of each of us help all beings find their way. My love to you all. That is all. ♣

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The Aaron/Q'uo Dialogues, Session 15
March 22, 1993

(This session was preceded by a period of tuning and meditation.)

Group question: The group continued with the topic of how to open the heart center, with a special focus on how to work with the lower energy centers in preparation for the opening of the heart center.

Aaron: I am Aaron. Good morning and my love to you all. How have you done with your homework? Did you experience those moments of separating, window shades drawn tightly closed? It is a painful experience and not necessary to incarnation. Let us look together at the process. When you enter the illusion in which you feel the heart closed so that you are separated from that beloved source of light and that your own light does not shine, what is really happening at that moment?

When there is careful looking each time the heart is experienced as closed, you see the presence of fear. That in itself means nothing. Who is afraid? Afraid of what? There is a cycle in which you experience fear and separation. There must be the illusion of a solid self, separate, subject and object. As you experience the self as solid, the fear becomes more solid, enhancing the sense of separation and bringing you further from your true Self.

There is a poem by Rumi that Barbara encountered this morning. I would like to ask if K or C would read this. It is on the right-hand page of the page marked:

The moment I heard of his love, I thought
To find the beloved, I must search with
Body, mind and soul.
But, no. To find the beloved,
We must become the beloved.[16]

I would ask you always to remember that you need not seek God elsewhere. The Divine is within yourself. To me, this awareness carried deep within you is the key to working with the heavy energies and catalysts of the earth plane. As soon as you experience yourself as separate from the Divine, then self solidifies. Then fear increases and becomes stronger. Then the darkness closes in further and you become more and more enmeshed by your sense of separation, of vulnerability and of fear.

We spoke of this a bit earlier this morning; and I asked those who were listening to envision an expansive blue sky with a brilliant sun and here and there some small wisps of clouds. As the winds shift, the clouds are brought together and slowly form what seems to be a storm cloud that blocks the sun. You have two choices: to react as if that cloud were solid and move to protect yourself by fetching your jacket or your umbrella, or to remember the sun is

[16] Reference is pending.

still shining—"There's nothing solid here, just bits of that same material I've seen floating through the sky. They've simply come together."

Because you are human and must function at both levels, of course if it begins to pour, you put up an umbrella; but is the umbrella to protect you from harm or is it to keep you warm and dry? There is a difference. When you relate to the clouds in your life as threatening you personally, then fear solidifies, self solidifies, and your response to those personal clouds becomes one of fighting a war with them. You believe they must be gotten rid of at all costs so that you can return to the experience of the sun!

When you can, note the existence of those clouds without feeling personal threat, just clouds coming through; but because when clouds do come together it may rain, you note, "I could get wet and will then be uncomfortable. So I will very skillfully put up my umbrella." Here there is no fear, there is no personal threat. You always know that the sun is shining above the clouds. The energy does not contract with fear and prepare to do battle.

If your own personal cloud in some moment involves another being that is angry at you, raging at you even because of a self-perceived threat to itself, your fear leads you to strike back at that being verbally or even physically, or to move to protect yourself in a way that connotes your own anger. When instead you can see that being's fear and pain, you may still, figuratively, put up your umbrella. You may step back out of its reach. You may choose to leave the room or the vicinity of this angry being without reacting with fear.

There is that one moment where the self begins to solidify and you experience perceived threat. "I could be hurt. My needs might not be met," whatever the fear is about. There must be attention to that moment when there is suddenly self and other, and the other perceived as threatening to the self. There must be attention to the arising of anger, should it be there, against that perceived threat. With strong mindfulness, that first perception of solidified self, of fear and of any other heavy emotion becomes like a waving warning flag: *Pay attention!* Can there be compassion for this seeming self that is feeling fear? "Turn to the light within me, open up to the Divine within me, remember the sun is still shining."

This is a tremendously powerful tool. It takes much practice to learn to do it skillfully. And before you even begin the practice, it takes much honesty to look at the places in the self that want to respond with anger so as to get even with that which seems to threaten. Once you do that work and can pay attention to the arising of fear, and even pay attention to that which wants revenge and just treat that as more fear, give yourself a literal hug with the thought, "It's okay. Whatever I'm feeling is okay." As you offer that compassion to yourself, you begin to be able to offer it to the catalyst. Then self and other dissolve, not immediately but slowly. The more practiced you get at it, the faster the dissolution of separation. And it is no longer *my* fear, but *our* fear, *our* pain. In this way, the first arising of fear becomes a catalyst, not for hatred, but for compassion. A reminder: The heart is at risk of closing; keep it open; remember the light is still shining.

When we look at what leads to the sensation of the heart's closing—of separation from God, from others, from self—we see that need to protect. This is another area on which you may wish to focus, another tool: releasing of fear. If you pay close attention, you can literally feel the closing of the fearful heart, but you remember the light is still shining within it. You might envision the heart as a rose. Within its core is the most brilliant light imaginable, comparable only to the light of God. Sit in meditation and feel your connection with the Divine. Visualize the opening of this rose. It cannot be forced; but the allowing of the experience of loving connection opens those petals, and you experience the radiance flowing into the heart center and the radiance flowing out.

As you come out of your meditation and re-enter the active stages of your life, watch carefully. What happens when there is a catalyst which seems to threaten? Can you see the sun seeming to be cut off and the petals closing? If you remember, "This is illusion. Fear is illusion. It seems solid, but it is created out of my own delusion of a separate self," then you can ask yourself, "Is there a desire to get caught up in this fear?" Sometimes that is easier. It is very beautiful to feel your connection with all that is, but it takes a great deal of responsibility to live that connection constantly without giving in to your anger. You are human. I am not condoning giving in to anger, only suggesting that for the human there is a constant struggle to remember your connection

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and ask yourself to express that connection in your choices rather than to express separation.

So, you note the illusion of fear and how solid it seems. Come back to the heart center, that place where the light is still brilliant. If the fear is so intense that like the storm cloud it seems to have totally blocked out the sun, then for that moment you are going to have to be the source of light. You may not feel God's presence, and although your intellect tells you, "God is still present and I am only cutting off the experience of that," still you are not feeling it. So, where is the light and love to come from that opens this blossom, this rose, and allows reconnection?

It comes from your deep practice of loving-kindness and compassion with yourself. When you see this being sitting alone and afraid, can you reach out with love to it? What if you wandered down the street protected by your rain gear in a heavy storm and there was a child alone, sobbing on the curb? Would not your heart reach out to this being, to shelter it, to protect it? Can you not do the same for yourselves when you find yourselves soaked in a storm, hemmed in by heavy rain clouds so that you cannot experience the light?

Yes, the fear is illusion. Now you are recognizing "caught in illusion," but also changing your perspective to *know* that this is illusion: "The sun is still shining. I am going to keep myself open to that sun even if I cannot seem to experience it. And then I'm going to give love to this being that's caught in the storm, this being that wants to revenge itself, that wants to scream out its jealousy or its sense of betrayal or greed. I'm going to love that being." It is very hard, but it is the deepest gift you can give, not only to yourself but to God. For to love that which is easy to love is far less of a gift than to love even the angry, jealous, bitter parts of yourself and of all beings.

I want to speak more about different ramifications of this work, especially in connection with the specific questions you have raised. Before I do that, I would like to turn the microphone over to Q'uo so that this brother/sister/friend may offer you its own wisdom and thoughts about this work. That is all.

Q'uo: I am Q'uo. We greet each this morning in the love and in the light of the one infinite Creator. We keenly feel the pleasure of your company and gratefully respond to your call for information.

As the one known as Aaron says so clearly, the separation of the self's consciousness is an illusion. The physical vehicle is an organized illusion within the grand scheme of illusion that is sensory haven for all of third-density work. Each is aware that this is a dream. However, each knows, too, that this is a purposeful dream, a much-desired and desirable illusion—a delusion with which each seeker learns to cooperate, so that learning the lessons of love may become more and more harmonious and the spirit within more and more harmonized with.

It is easy to dismiss one's pain. We may use pain or fear to mean the whole range of defensive maneuvers and postures taken by the self as catalyst bursts upon the conscious awareness. We find, however, that the entire process is effectively weakened in its efficient functioning if the seeker looks down on its own suffering. This suffering is not the product of weakness. It is a product that is as strong as it is weak, as informative as it is repulsive. The emotions that are negative are described as heavy, yet this suggests that there needs to be a lightening of the weight of emotion. We suggest that it is the seeker which turns to the negative emotion and allows it to remain seemingly heavy, just keeping it company for the moment, who will more speedily and comfortably find itself able to allow this weight of energy to begin its natural movement, spiraling upwards from the momentary affliction or suffering experience.

We wish to borrow a tale this instrument has read to illustrate what we intend to mean. There was once an old sage who dwelt in one simple room, meditating and praying. So this sage lived for all of its fullness of years. In the twilight of its incarnation, a young, beautiful stranger burst into its humble room with a newborn child, naming the old sage as the child's father. The sage did not spend time and energy attempting to make it known that it was not the truth. Rather, the sage took the babe and straightway began to work as a shipyard laborer so that it could feed the child. Several years went by with the old man creaking and suffering as he worked the long hours. The babe grew to be a small child. One day this woman, the child's mother, entered again this sage's dwelling place and took the child away, saying that it was, after all, her child. Again, the sage did not argue with the woman but simply began again its interrupted life of meditation and prayer.

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To resist one's pain is to intensify it. The pain is a lie, just as the mother lied about the sage being the child's father. However, when some catalyst strikes a resonance which causes the fear and pain of suffering, to spend effort and time objecting to the situation as a lie is to miss an important point. Yes, negative emotions are a dream within a dream, a lie within another larger system of lies or illusion; yet there is purpose here. As the one known as Aaron has put it, the moment of feeling that impulse to pain is a red flag saying, "Pay attention." Do not look away, but look attentively at that impulse. Allow that impulse its rightful focal position. Look with attentive caring. Enter into the darkness, the small death of negative feelings. If not at the moment, as soon as possible go down into the darkness of your own perceptions and listen to your own being. It suffers to change, to become new, to move on. A portion of that which you are expressing must die. Let this be as it is.

The verb *to communicate* is extremely important in this work. Allow heavy feeling to communicate, to become intelligible. Do not swat it away or cover it up. If time must pass before this acceptance of the self can take place, then that is well. But to most efficiently use the goodness of catalyst, the intensity and seeming reality of the nuances of this dark emotion need to be remembered and respected. This acts like a benediction. The suffering of self is thus forgiven by the self which respects these seemingly unacceptable feelings. This allows the energy in these feelings to resume the natural spiraling upward. Denial and resistance attempt to control and abate the suffering. Acceptance and attentiveness within the very darkness is a way to allow the self to be transformed naturally. You have often, perhaps, considered how the child is born into incarnation in pain. Yet the mother is, in the end, totally accepting of this pain, for it has brought about a beloved new life.

In the matter of the spirit's learning the lesson of love, you are both mother and midwife to the growing child of transformed consciousness that is your continual identity within the chances and changes of illusory incarnational life.

We would at this time turn the microphone back to the one known as Aaron. We are those of Q'uo.

Aaron: I am Aaron. I find deep joy in sharing this teaching/learning with all of you and with my brother/sister Q'uo, especially joy in the ways that we may enhance each other's thoughts. That which Q'uo has just expressed might be capsulated in a specific spiritual principle: Do not dialogue with fear. This does not mean "get rid of fear." As Q'uo has pointed out, there must be respect for the suffering. There is no *getting rid of* here, only being present with what is, with all of what is: the joy and the suffering, the separation and the connection, the illusion and the reality.

When I say, "Do not dialogue with fear," what I mean is, do not give fear permission to be in control. When you relate to those catalysts that lead you into fear and separation with more fear and a need to get rid of them in order to come back to some place of connection again, some place of love, then you are dialoguing with fear. Fear is controlling you then because there is still this part of you that wants to get rid of *this* and grasp at *that*. When you become able to simply be present with what is, then you are no longer reactive to it. There is just fear. There is just pain.

Yes, it may be terrible fear. It may be agonizing physical or emotional pain. It no longer has the capacity to shut out the light. You allow its presence. You move with compassion to the being that is experiencing that catalyst and immediately you are in the light, suffering whatever fear, pain, grief, bewilderment there may be, but still in the light. There is no *getting rid of* here and no grasping. The energy in the lower chakras becomes blocked when fear assumes such solidity that you begin to fight back. With the second chakra, for example—the spleen chakra—there may be a sense of a self and an other self, a sense that the other is in some way attacking you. Then need to defend arises. The energy becomes distorted at this second chakra and you begin to act, as I have just said, in a dialogue with your fear. At some level, you are aware of the distortion whereby the second chakra is no longer open and spinning freely, whereby energy is not moving through. Fear is intensified. The sense of self is intensified. And there is a grasping to get rid of this catalyst and to reopen one's energy.

We were asked about Q'uo's statement about the cells in the body. I will let Q'uo enlarge on that if my brother/sister wishes, but wish only to say to that, that each cell reflects the whole. When there is energy distortion that creates a sense of the second chakra being closed, that distortion is duplicated in

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each cell in the body. What I am saying here is not technically correct, only an attempt to provide a visual image that may help guide you. If you visualize that second chakra being blocked, the back, the abdomen, the head, the neck—all reflect that blockage.

Each cell in your body, in a sense, has all of these seven chakras within it. Each is a reflection of the whole. You know that there are many energy meridians through the body: organ meridians, junction meridians and so on. They all interrelate. Each reflects the whole. You do not cure the distortion of the back or neck or head or abdomen by grasping at the release of blockage any more than you cure that blockage itself by grasping at the release of blockage.

Each of you has a physical body and a light body. The light body is the more pure reflection of the spirit body, of the soul. Within the light body the energy is always entirely open. The physical body energy is heavier. It replicates that light body as best it can, but is moved and distorted by the play of physical sensation and emotion. When you focus on the perfection of the light body, there need not be grasping at that perfection, but a reminder: "I am this light body as well as the physical. I have compassion for the mud puddles into which the physical illusion leads me. But I also remember my perfection."

You might sit in meditation with awareness of where there may be distortion in the physical body and in the chakras of the physical body, and focus on the third eye, allowing yourself to begin to visualize there the entire light body. Focus on that as clearly as you can with no grasping, only an awareness, "These are both part of all I am." The seed of perfection is real. The physical body is very capable of healing itself of distortion, both energy distortion and the physical ramifications of that energy distortion, if it is simply bathed in love and allowed to reconnect with the perfection of the light body.

All of you who do energy work, such as *mudra* meditation or polarity therapy—many different names for different specific kinds of work—what you are really doing is allowing a reconnection of the physical body with its distortion and the light body, using your energy in one way or another to help forge and strengthen this connection. You do not heal another. You invite the situation in which the body may heal itself by reconnecting with its source.

This is a large topic. I will be glad to speak further on it if there is request to do so. I only want to skim the surface now in so far as it relates to working with the distortions of the lower chakras and to the physical distortions of the body.

Can you see the difference when your focus is, "I must correct this physical distortion?" You are grasping at that. The universe gives you that which you focus upon. This is the nature of the universe. When your focus is the seeming closedness of a specific chakra, and there is a grasping—"I need to fix this in myself; I need to change this, get rid of that, become that …"—the universe hears your fear. On an ultimate level there is no duality. To attain this and to get rid of that are heard as part of the same thing. When you shift your focus, the universe reads you differently.

Thus, instead of asking, "How can I get rid of my fear? I must become a more loving person, which means getting rid of my fear, getting rid of my anger" … Instead of that dialogue with fear, when your focus becomes, "How can I express this energy that I have in service to all beings and for the greatest good of all beings?"—that focus *allows* the experience of fear or anger or jealousy if that is what is present. There is no need to get rid of anything then. If your learning to express your energy more purely involves, at this moment in time, the experience of discomforting physical or emotional stimuli, so be it. You do not have to like that stimulus. Can you simply allow the presence of it and send love to the being that is experiencing it?

It is this refusal to get caught in a dialogue with fear that becomes the most important part of the reminder for compassion. It takes awareness because it is a trap that you so easily fall into because your habit of dialoguing with your fear has been so constant. I feel some confusion in all of you. I am going to give one very concrete example.

A being perhaps wants to learn to give its energy with generosity to others, and yet is aware that often when it is asked to give in a material or energy form, there is a contraction, a sense, "What if I need this time or energy or resource?" It may then state an affirmation, "I can be generous," and try to remind itself, even convince itself to be generous. It may even skillfully note the arising of fear and still say, "I

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will be generous." But at some level there is grasping to the generous and aversion to the fear. Instead of making the affirmation, "I will be generous," which strengthens this grasping and aversion, if the being's focus becomes, "I will work as lovingly as I can with whatever emotions are present in my experience," then the intention is very different: not to "fix" but to relate to with kindness.

Please note that I am not arguing over the use of skillful affirmation. One must ask, "Is this affirmation a way of keeping me grounded in the aspirations of the loving heart, or is it a way of disguising my fears or aversions?" When one knows one's fear of giving and returns gently to the center of the open, loving heart, one touches that core space of generosity. Then, through skillful affirmations, one reminds oneself that the core exists and one can dwell within it.

The seeds of generosity, of patience, of loving-kindness, of connection, of energy, of truth, of morality—all of these are within all of you. This is not something you have to go out of yourself to find. You only allow those seeds to express themselves. So to be generous to another you do not have to affirm and cling to, "I will be generous," only to attend to what blocks the natural impulse to generosity. Here you are not getting caught in conversation with your fear, only noting, "Fear is present," and offering it the love and compassion that it needs to begin to dissolve enough that the natural generosity may be expressed.

You will find the same principle is true with any emotion that you are experiencing. When fear leads you to shame or jealousy, a sense of betrayal, rage; when you can offer love to the human experiencing that emotion and let go of grasping at, "I shouldn't be raging. I shouldn't be jealous. I should be giving in this situation. I should be patient"; when you can see all of those judgments and just note, "Here's judgment again," and come back to the focus, "I wish to offer my energy, to manifest my energy as purely as possible for the good of all beings, including myself. I wish to touch each being with love. I *intend* to touch each being with love"—this process gives the universe a very different message. But it must be honest. You must really look into yourselves to see, "Is that the message I'm ready to offer? What fear is blocking my readiness to offer that message?" and attend to that fear over and over and over again; because each time you think fear is gone, it re-emerges. It is not a burden laid upon you, but a gift of the incarnation. Fear, pain, whatever you are experiencing, is precisely what you need in that moment to lead you more deeply to paying attention, to give you the opportunity to practice loving-kindness and compassion for yourself and all beings.

I know that there are some specific questions here. I also would like to give Q'uo further opportunity to speak so I will pass the microphone over to Q'uo, offering that Q'uo make the decision whether it wishes to speak itself before your questions or ask for those questions. That is all.

Q'uo: I am again with this instrument. I am Q'uo, and greet each again in love and in light.

To end our portion of this session of working, we would ask each to move with us in visualization. Each entity please choose the situation which first comes to mind wherein you have felt your senses thrum with the running of the energy of heavy negative emotion. Feel the first impulse hit your consciousness—this striking of the self, this violation of calm and serenity. Allow it to seem, as it does, a wrenching, tearing, pulling of the self in a descending gyre until the body is flattened on the dust of a barren land. Taste that acrid dust. Know this dust is made of self-condemnation. Feel the body as it is flattened by this suffering moment. Call out within yourself:

"The world is a trouble and a sorrow. The world is a trouble and a sorrow. The world is a trouble and a sorrow."[17]

Feel the intensification of that sorrow. Feel the healing enter into this celebration of sorrowing self. Take this body into your arms, self crooning to self, self comforting self. Rock with this poor, pained child. Sing the lullaby of faith, of hope:

"When I carry my title clear to mansions in the sky, I'll bid farewell to all my fear and wipe my weeping eye. I will wipe my weeping eye."[18]

Let the child stand on its own now. It hopes. It knows it is on a journey home. Homeward goes the sorrowing, healing soul.

[17] "The Only Bright Light is Jesus"—Negro Spiritual; passage was sung.

[18] *ibid.*

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Breathe the fullness of that rising natural realization of the exact opposite of the original pain. Feel the strength build as the realization is allowed to bloom that this, too, is of the nature of the one infinite Creator. This, too, is of love. This, too, is holy. And rise in spirit singing, "Holy, holy, holy …"[19]

Are there any brief queries before we close our portion of this session?

(No further queries.)

We would then leave each, until later, in the love and in the light of the one infinite Creator. The one known as Aaron, we believe, will also speak not now but this afternoon, as you would say. So for now, Adonai. We are those of Q'uo. ⚘

[19] "Holy, Holy, Holy, Lord God Almighty"—Hymn by Reginald Heber 1783-1826 (lyrics) and John B. Dykes 1823-1876 (music); from *Christian Worship: A Hymnal*, Christian Board of Publication, The Bethany Press, St. Louis, Twelfth Printing, 1954, Hymn No. 107.

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The Aaron/Q'uo Dialogues, Session 16

March 22, 1993

(This session was preceded by a period of tuning and meditation.)

R and C: How do we know what it is that we need to be doing with our lives and energies in the spiritual senses, and how can we accomplish what it is we are to do? In our hearts we know that we are spirit, but we want to know how the everyday self that lives the life knows what to work on and how to do it.

How do the three lower chakras, which are clear and balanced like Jesus' were, show or demonstrate themselves in this third density?

Barbara: I am aware that no matter how clearly I offer to give my energy, my ego creeps in, and I become afraid that I can't trust what I am doing because I know there is distortion. How do we work with that—the distortion that humans create?

K: While becoming aware of fearing a meeting with another, I opened my heart to that person without any defenses; and then I felt the knot of fear dissolve and energy moved up to my heart. Is there any principle of working with the lower energy centers that this exercise took advantage of? What are the most effective ways of working with the lower chakras that will allow us to open the heart chakra? How would the same experience look from each energy center's point of view?

Jim: How do we maintain our passion for pursuing the spiritual journey after many years of seeing that things seem to happen as they will, and perhaps the most that we can do is keep a good attitude for all changes that come our way?

(The foregoing questions and comments will be used as seed for continuing on with the topic of how to open the heart chakra that the two previous sessions have begun.)

Aaron: I am Aaron. I rejoice once again to be with you. As we continue these sessions, your energy level grows higher and there is great joy and aspiration in your vibrations. All of the questions that you are asking come together. While I will not speak at length here of this honest question of spiritual vocation, I do want to begin by stating a common misunderstanding and offering clarification.

When you consider the blockages of the lower chakras, what comes to your minds are the heavy emotions, the desires for power or control, anger or greed or jealousy. You wonder how you may clarify those energies in yourselves. The common distortion among earnest seekers is that you must get rid of all of those desires and fears in order for the heart to open and in order for the lower chakras to be clear. But that very desire to be rid of this or that in your experience backfires. This is what closes the chakras.

It is not the arising of fear and its attendant emotions of anger or greed or need to control that

close the chakras, but your moving in one direction or the other from that first sensation of fear: either into action upon those desires or angers, or into need to get rid of them. Both are distortions. The arising of emotion in the human is not a distortion. It is not the fear nor the anger nor greed that keeps you returning to third-density experience, but your relationship with those emotions.

You are all spiritually sophisticated. Think of what you know of fourth-density experience, what you have been told of it. This is group energy experience where all beings are fully telepathic with one another. Everything is shared. The learning is so rapid because you have no need to hide your experiences from another nor to defend yourself from another's experience. There is total openness to whatever is expressed, with no judgment about it.

Where you each are presently, when there is heavy emotion you feel some shame about that. So there is some unwillingness to share that with another. When you hear of another's heavy emotion, there is some discomfort with it rather than equanimity. But it is total equanimity with emotion that denotes readiness for fourth-density experience.

You are not here in human incarnation to cease experiencing physical sensations or emotions. You understand that for the physical body. You know that if you stub your toe, it is going to hurt. When there is such pain, you do not try to deny the pain. You do not feel it is bad that there is pain. There is just pain. You may dislike the pain, but you do not judge it. There is simply aversion to it because it is uncomfortable. When you stub your emotional toe and there is anger or greed, you label it as "bad": "I should get rid of this or that and then I will be pure." The emotions that grow out of fear are uncomfortable. Part of your work is to learn to relate to those emotions with the same openheartedness with which you relate to that stubbed toe, without judgment of the self that is experiencing them and consequently without judgment to the other selves that are experiencing such emotions.

This is the foundation for the work of all beings in third density. It is through the constant judgment of what you experience that self solidifies and enhances the illusion of separation. You are here to reconfirm that there is no separate self, that the self solidifies through dwelling in delusion. The more you fight with the presence of an emotion, the more self solidifies, the more sense there is, "I must get rid of this or that to purify myself." What you have to do, then, is to change your relationship to that which arises in you.

This brings us back to the human living this life, feeling the closing lower chakras, feeling the arising of fear, anger, greed, prejudice, jealousy, whatever the emotion may be. Increasingly, you allow the perspective which finds compassion for the human tossed into emotions by the continuing catalysts of the incarnation. You become less and less reactive, more able to keep the heart open.

This brings us to K's experience whereby she found such compassion and connection with this other whom she was afraid to meet. When there is judgment against fear, it automatically enhances separation, which brings you back into the dialogue with fear that I spoke of earlier. Then there is a self feeling it should get rid of this and grasp at that. When you notice the arising of fear simply and with compassion to the human caught in that situation, self dissolves. There is no longer a *doer*. Then all these powerful energies I spoke of earlier, these beautiful seeds of loving-kindness, of patience, of generosity and ever so many more have the opportunity to flourish.

They are not seeds that can flourish in the self that grasps at them. No matter how much you attempt to be patient with a sense, "I should be patient," you cannot make that blossom grow any more than you can make a rose open by willing it to open. The warm light of love shined on it, the warm sunshine, is what allows the rose to open, is what allows generosity, patience, loving-kindness, energy, truthfulness, to express themselves through you.

At this point the lower chakras are open, not because you have willed them to open by willing a riddance of the issues concerned therein, but by creating so much space that the issues simply fall away. You find the ability to smile at this being that wants to be in control—not to laugh at it, not to mock it in any way or to take its pain less than fully seriously, but to hold it in love.

This is the work for which you incarnated. We have spoken of this before. The lessons of compassion and wisdom are valuable, and there is no reason not to start on those lessons in third density; but you are here to learn love and faith. And if there is not a firm

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foundation of those lessons of love and faith, then lessons of the higher densities will become distorted.

What does it mean to love unconditionally? What does it mean to have faith? That is another seed within you. How can you allow that seed of faith to blossom? By the constant reminder: Everything within this human experience, all the physical sensations, all the emotions, are acceptable.

Obviously, that does not give you free rein to be reactive to those emotions and harm others. But the reaction to the emotion and the experiencing of the emotion itself are two vastly different things. You are here not to learn never to be angry, but to find compassion for the human when anger arises, to find space for all your humanness.

We are asked about the one known as Jesus. The question assumed that this one's lower chakras were open, and asked, "How did that affect the upper chakras?" This one, of course, came into incarnation with the lower chakras entirely opened. And yet, even this one did experience human emotion. Even the Bible tells that at times he became angry. Certainly, he felt physical pain in his body and some aversion to that pain. The issue is not keeping the lower chakras open so that the heart center can open. The heart center may be opened while there is still some distortion in the lower chakras. The issue is, can one find such deep love for this human that one can see the distortion in the lower chakras without condemnation, fully embracing the human experience?

Jim has asked, how can one maintain a passion about this work? Perhaps one best facilitates the allowing of that passion to express itself by focusing on just this full embracing of the human. I would suggest that it is the judgment against the human that puts the damper on that sense of passion.

My dear ones, your earnest seeking and desire to express your energy with more and more purity, to do the work you came to do, so deeply moves those of us who have moved beyond the incarnative experience. Your work is a very real gift to us, as it deepens our compassion to watch you struggle and remember those struggles of our own. This is not only true of one such as myself that has moved through the earth plane, but is also true of those of Q'uo, of all beings that have moved through the different densities on whatever plane they have done so. This is your gift to us, and I thank you for it.

When you wonder what is your work here, what is it about, I ask only that you keep in your mind that the work you do is on so many different levels that you cannot begin to imagine the span of it. For now, you are human. Allow yourselves to be human. Work with the catalysts of this density. It is fine to acquaint yourselves with what comes next, both as inspiration for your work and to help you keep a balanced perspective. But you do not need to use this present incarnative experience doing the work that you will do in higher densities. Embrace this human experience and the human that you are. Cherish yourselves. If I could give just one piece of advice it would be that: Cherish yourselves.

A cry comes up from you, "Yes, Aaron, how? How do I cherish myself?" I will move on to that question in a while. I would like now to pass the microphone to Q'uo. That is all.

Q'uo: I am Q'uo. Greetings once again, my friends, in the love and in the light of the one infinite Creator. We join the one known as Aaron in thanks for the beauty of your seeking and the plangent cry of your call. It is indeed that which inspires such as we, and offers us the optimal opportunity for our own service and further learning.

May we now ask a question of you? As you followed the meditation with which we closed the previous session, did each feel the transformation of vibration that went from the impulse of negative emotion to its uplifting in the most sacred of healings? We suggest that this was one example of the process by which a way is found to work with one distortion at a time and communicate, with the purest voice of openheartedness, with the suffering portions of the self.

We said earlier that communication was a great key. There are many ways to communicate with one's distortions while within the distortion as an entity. They all partake in various ways of the use of those ways of communicating which go beyond words and intellectual considerations so that the spirit within the self may speak healing to the manifested self. If one attempts to bring into the heart chakra each felt distortion, one is violating the self, attempting to drag energy where it is not rising naturally. However, if one can see the heart as always open and allow the heart to be moved into communication with the lower chakra *in* the lower, then the combined vibrations, instead of the green muddied

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by forced portions of red, orange and yellow, remain crystalline—the green color shimmering upon the type of communication mentally or physically voiced. This, then, looks like a living stream of the most lovely light green, which shimmers and surrounds and gradually alleviates the blockage of red, orange or yellow so that the two colors gradually become equal in their radiance and power.

Prayer is one way of moving beyond words with words. If one can conceive of the prayer, "infinite Creator," as the Father/Mother which truly listens and truly cares unstintingly, then one may be moved to share one's confusions in the privacy of prayer. One may, for instance, as this instrument does, simply speak her heart: "Dear Creator, I am at sea. I feel frustrated. I do not know what to do. He hurt my feelings. I hurt." There does not have to be a lofty, beautiful, aesthetically pleasing quality to the prayer. Speaking one's truth when one is in pain is not likely to be pretty. It is obversely very likely to be the whine, the howl, the indignant, barbaric *NO* of the small, small child; for that which hurts is that which is not deeply understood.

The darkness is that of ignorance. Pain of incarnative quality, pain which blocks energy, is primitive pain no matter how sophisticated the source of that pain or the spiritual nature of its origin, which may be very far removed from basic, instinctual pain. So in prayer, communication is best when it is forthrightly honest, even and especially when that pain partakes of pettiness, foolishness, unjustified indignation and is full of errors in judgment. To howl your mistakes and the pain you feel is certainly to howl about that which is not so; for your pain, your self-judgment, all this is a dream within a dream, yet it is this exact dream which you wish to heal. Thusly, pray truth the best way you can.

There is a quality to other kinds of communication which, like prayer, use words to go beyond words: the reading aloud of those poems or passages of inspired writing which speak to one's distress focus and purify the heart's journey to the blockage below. Now each center is as the heart center, in truth, opening and functioning well; however, because the lower centers are concerning themselves with relationship there is no independence or spirit-driven movement available below the heart chakra. The green, blue and indigo rays, upon the other hand, are focused upon absolutes offered from the spirit within and do not depend upon any, shall we say, earthly relationship to be viable. Yet to spend all of the time in the higher energy centers with lower-chakra communication left undone is to invite the gradual attenuation of strength available for that work because of the unattended difficulties with relationships, the self to the self being chief among these.

At this point, the one known as Aaron may take the microphone, as we feel there is a natural shift at this point. We find this sharing of teaching most pleasant, and we thank each for allowing this combined use of these channels; for it is greatly heartening to both the one known as Aaron and us. We now transfer. We are those of Q'uo.

Aaron: I am Aaron. The relationship of the self to the self, how to learn to cherish this self so that one may fully cherish all selves—that is the gift of your incarnation. Can you begin to see, then, that the distortion that leads to not cherishing the self is part of the gift and not a barrier in the way of learning of this love? If there were not that arising of sensing the self as imperfect, of the arising of low self-esteem and all those many emotions that lead to less than treasuring of the self, with what would you practice? What if this self always appeared to be perfect? Somewhere on this journey of yours, you are bound to meet that which does not appear to be perfect. Without this practice, you would judge it and have strong aversion to it. All that which you judge within yourself is the gift for practicing non-judgment and unconditional love.

As humans, you work so strongly with habit and your habit says, "Judge! Get rid of!" You are so immersed in that pattern. First, you begin to see the pattern, to bring mindfulness to bear on the arising of judgment. What is this low self-esteem? You might ask yourself in a situation in which low self-esteem is present, "What if I really liked myself here despite whatever heavy emotions are arising in me? What if I really treasured myself?" When you ask that question, you may begin to see the ways that low self-esteem becomes an escape.

Unconditional love is very difficult. The human feels hurt and wants to fight back, feels betrayed and wants revenge. The human sometimes does not feel ready to be as responsible as some judgmental inner voice suggests that it should be. You have habitually used this pattern of moving into dislike of the self as

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an escape from the direct experience of the heavy emotions and the need to be responsible for them with kindness. It is uncomfortable not to like the self, but it perhaps is even more uncomfortable to recognize the true divinity of your nature and that you are capable of unconditional love. Here is the child pouting, "I want to get even!" The child wants to get in that one good kick. The child that is loved despite its pain and anger is far less likely to need to kick. When unworthiness arises, ask yourself, "If I were not feeling unworthiness, what might I be feeling?" What heavy emotions which are so terribly discomforting does the unworthiness mask? Can you see how much ego there is in unworthiness?

Look at the patterns that you have established. If what you see is a desire to be a bit irresponsible, that is okay, too. It does not mean that you need to act on that desire, just notice that it is there. "What if I can't really carry this off? What if my emotions begin to control and pull me into reactivity?" That is another fear. So, you back off and say, "Well, I won't even try." And then you move into that dislike of the self.

Watch unworthiness arise. Watch the way it closes off the lower chakras and then seems to give you permission to react, because any other choice becomes seemingly impossible with the lower chakras closed. You thereby hand permission to the child self to express itself. Your work is not to deny the existence of this child self nor to allow it to have its tantrums, but to hear the child self and offer it love. It is this continued remembering to love the self, whatever is being experienced, that provides full healing of the sense of unworthiness.

In a very real way you are each born, each come into incarnation, with this that needs to be healed. You do not need to be perfect to offer that love to yourself, but to learn to forgive your imperfections. You see this message in the life and especially in the death of the one known as Jesus. He told those who died on crosses beside him essentially that he loved them. This is that message of the Divine who said, "This is my beloved Son, in whom I am well pleased."[20] That is a message offered not only to the one known as Jesus, but to all of you. You are loved, not because you are perfect, not because you are without heavy emotions, not because you express your energy with perfect purity but simply because you are. It is that healing to which you are invited to come.

How do you begin to forgive yourselves? You cannot learn to cherish yourself until you forgive yourself for being less than perfect in this human form. You are not cherishing the perfect, but the human.

There are many practices one might use. As Q'uo suggested, prayer is very powerful. Ask for help. When you feel yourself condemning yourself, give that to the Divine and ask for help with it. "Lord, this human is fallible. I have hurt others and myself, and now I'm filled with condemnation of myself for that hurting. Help me find forgiveness and compassion for this imperfect human that I am."

Please notice that there is a difference between the sense of unworthiness itself and the relationship to it. When you experience unworthiness, you may then watch the arising of aversion to it and attend first to that aversion, asking yourself, "Can I just be present with the unworthiness and watch it? Can I be present with any emotions, voices, fears, memories within me which prompted the arising of unworthiness? Can I let the whole thing be and just watch it?" This gentleness brings in light and space. The heart opens. There may still be the remnants of the anger, jealousy or greed that prompted the unworthiness. There may still be an aversion to all of that, the unworthiness and the emotion, because they are uncomfortable. But they are attended to skillfully.

This is where Q'uo's image of bringing the heart center into the lower chakras may be seen. There is no force here, just a willingness to be present with all of the confusion without judgment, letting it all float. Then the unworthiness does not solidify, a self does not solidify to combat the unworthiness. Instead there is a gentle love offered to the self that is experiencing so much pain, including unworthiness. It allows a shift in perspective to this angel aspect of the self which is perfect and which you know is worthy. Within that shift, you begin to find wholeness. There is nothing left that needs to be gotten rid of. Just letting it be, allowing it to be present or to dissolve at its own speed while it is offered love.

What you will find is that your increasing ability to offer love begins a new pattern, a far more skillful pattern whereby, as I suggested yesterday with the arising of fear, the arising of unworthiness becomes a

[20] *Holy Bible*, Matthew 3:17.

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catalyst, not for the offering of more disdain to the self but a catalyst for compassion. This reconnects the lower chakra centers to the heart center. It reconnects the spirit body to the physical and emotional bodies, and you come back into wholeness and into balance. It is here where even a sense of unworthiness becomes seen as a valuable gift for your learning, and you embrace it rather than wage a war with it.

I would like to close with a guided forgiveness meditation, which is another powerful tool in spiritual work. Before I do so, I would like to pass the microphone to Q'uo to see if my brother/sister has that which it would like to add; and then would ask briefly before the meditation that you simply stretch, as many of you are feeling tiredness in your body and I would like you to be able to sit for five or ten minutes to participate more fully in the meditation. That is all.

Q'uo: I am Q'uo, and am again with this instrument.

In communicating from the heart center to the suffering and unworthy self perceived by the self, the seeker is healing its own incarnation one small symptom at a time. The infection called life is incurable and mortal. The small infections called error or sin or distortion are not fatal, merely greatly uncomfortable. When attempting to function as a healer, then, the techniques of healing which are not mechanical or chemical involve necessarily the first healing, which is the healing of the instrument which the seeker is who wishes to heal.

The heart is the seat of intelligent healing energy brought down, first into the violet ray which contacts the Logos itself of intelligent Infinity, as this instrument would say, and then through the indigo ray of intelligent Energy. This indigo ray is that which is your work in consciousness.

We do not mean to be confusing, for we wish you to feel comfortable with our teaching. However, in order to teach with words, we must pretend that each voice within you, or rather each type of voice within you, is separate and can communicate to other voices or types of voices within you. Since the universe itself and all that there is, is within you, it is inevitable that the communication skills we encourage for the healing of incarnation or those whom the healer wishes to serve require a splitting of the perceived self so that communication's requirement of one to speak and one to listen be fulfilled.

Work in consciousness is largely the moving of energy which is intelligent through violet; then, by intention, from indigo into the blue ray of communication, which then opens the heart, which opened heart may go forth arrayed in the bright colors of love and purified emotion. There is the bringing down of pure light into an intelligible form of communication which carries purified emotion to the relationship which needs healing or, when the self is healer, to the entity to be healed.

Now when the self is engulfed in a difficulty, the heart is defended by thoughts like, "Not trouble again. I can't stand it. I can't stand me." One cannot storm those defenses, so one uses prayer, song, praise and thanksgiving, which, unlike the prayer of the unworthy one, are focused upon the beautiful, the more real, the more true. To say in the midst of sorrow, "Thank you, O beloved Father/Mother. Praise you, O One Who is all," may seem not only dishonest but irrelevant. But we suggest that you see that this is how the voice of the heart is reached. The direction of the thoughts is changed by the purified emotion taken on faith and expressed in the song, the praise, the thanks, the prayer. Thus, passion is restored to that great seat of purified emotion, purified emotion being the essence of wisdom as opposed to knowledge. The procedure, then, is to suffer; to become aware of the suffering; to pay attention by spending the coin of time; to move purposefully into the prayer, praise, thanksgiving and song, which awakens the heart; to allow this energy to pour into the heart; to allow this potentiated healing energy to move into the relationship which is the conscious focus of the suffering, and then to allow the healing of acceptance and forgiveness to take place.

We of Q'uo confess our own planning ahead. It is not a good time now for us to address how this turning to inspiration can be aided by faith, so we promise on the morrow this shall be addressed by us. For now, we ask you to take it on faith that when you do praise and thank and sing and pray, there is a spirit of Love itself that listens and responds endlessly, fruitfully and fully so that each symptom of the infection called distortion or error or sin may indeed be forgiven.

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We would now turn the microphone back to the voice of Barbara, as this entity offers those meditational thoughts of the one known as Aaron. We thank each for this joy of speaking with you; and for now, Adonai. We are those of Q'uo.

Aaron: I am Aaron. I am very grateful to Q'uo for bringing in this topic of faith. It is of great importance and relevance to the subject, and it is my hope that we will both expand the communication on it tomorrow.

Forgiveness is not an event, but a process. You come to a cool lake on the first hot day of spring and desire to swim, to immerse yourself in that cooling water; yet, when you test the water, it is icy cold. With the process of forgiveness, you do not need to leap off the end of the dock into that coolness. You wade in to your ankles. How does it feel? If it feels good, you continue. If it is too cold and you cannot go any further, you stop and try again the next day, and the next and the next. I invite you, then, not to forgive, but to enter into the process of forgiveness.

To begin this process, I would like you to invite one for whom you feel love into your heart and mind, just holding them there before you. No matter how much love there may be between you, you have also caused pain to one another. Speaking that being's name silently and saying, "I love you, so it is hard to express my anger to you, but you have hurt me by something you did or said or even thought. Intentionally or unintentionally, you have caused me pain. When I look into your heart, I see that you have also known pain. I do not wish to put you out of my heart. I forgive you. I love you, even if there may still be some anger or hurt about that which was said or done. I wish to reconnect our hearts with these words and thoughts. I forgive you. I accept your pain out of which those words or acts arose. I love you."

I am going to be silent for a minute and ask you to continue this process silently with the one you hold before you, offering whatever words or thoughts feel most appropriate.

(Pause)

Gently now, allow that being to recede from the center of your awareness. In its place, invite in a being from whom you wish forgiveness. Speaking that being's name to yourself and saying, "I have hurt you through something I said or did or even thought. Intentionally or unintentionally, I have caused you pain and led you to put me out of your heart. It is so painful to be thus separated from you because I love you. Please forgive me. I also have known pain. I do not defend my words or acts, but ask your compassion for my pain, your understanding that the voice within me which spoke was the voice of fear. I admit my irresponsibility in allowing that voice of fear to dominate the voice of love. Forgive me for the ways that I have hurt you. Allow me back into your heart."

Again, I will be silent for a moment and allow you to work with this yourself, with whatever words feel most appropriate.

(Pause)

Feel that one's welcomed forgiveness. Feel your energies rejoin. Gently let that being go. Into the space that is left there, please invite yourself—this human that you are, whom you have so often judged so harshly, condemned and put out of your heart. It is so terribly painful to put yourself out of your heart in that way. So much anger, so much fear resides in this human who you are. The loving heart has room for it all. It is the fearful brain that judges and creates separation. The heart welcomes the self back in.

Look at yourself standing there, perched like a deer ready to flee because it expects the voice of judgment which it has heard so often. Speaking your own name to yourself and saying, "When did you last tell yourself, 'I love you'?" Can you offer that to yourself? Speaking your name and saying, "I love you. Yes, you are not perfect. Yes, you are sometimes reactive, frightened and unskillful. I do not love you because you are perfect. I love you because you are. All of that which I have judged about myself, I invite back into my heart. And I ask that judged part of myself, 'Can you forgive me the judging as I forgive you your imperfections? Let us be one again. Let us enter wholeness. For whatever ways I have hurt you, can you forgive me for the ways I have judged you? For whatever flaws you have manifest for which I have judged you, as you forgive me for the judging, I forgive you for being human and embrace your humanness.' It is so painful to feel this separation from myself. May I be whole. May I be healed. For whatever pain I have caused to myself, I offer forgiveness. I forgive you. I love you."

Again, I will be silent for a minute. Please continue to offer whatever wishes feel most appropriate.

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(Pause)

Can you hold this being that you are up before you as one who is truly cherished and beloved? Look at yourself, at how beautiful you are, and offer yourself that love.

May all beings everywhere learn to cherish each other and themselves.

(Bell)

May all beings learn to forgive and experience the grace of being forgiven.

(Bell)

May all beings everywhere find their way home and attain perfect peace.

(Bell)

My deepest love and gratitude to you all. I wish you a goodnight. That is all. ❦

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The Aaron/Q'uo Dialogues, Session 17
March 23, 1993

(This session was preceded by a period of tuning and meditation.)

Q'uo: I am Q'uo. Greetings to each of you in the love and in the light of the one infinite Creator. This instrument asks us to pause as the recording equipment is put into position.

(Pause)

I am Q'uo. We have adjusted the microphone so that more than those present may catch our hot air. The instrument says, "Written on the wind was not the idea."

We wish each to know of the depth of our gratitude that we have been able to dwell at some length upon the topic you have called us to your group to consider. Again, we ask that our thoughts be seen as offered without authority. Your discrimination shall tell you what is for you. Leave the rest behind without a second thought, for there is an abundance of guidance for those who trust their ears and their hearts each day as to the wisdom of that day.

We have been working with the way in which the seeker may find tools with which to understand the situation of the first three chakras and the pathways from intelligent infinity to the heart of each and every seeming blockage or confusion. We have been speaking as though the seeker, by its own mental processes, were responsible solely for the carrying out of the procedures of finding the attention turned to the heart, experiencing the heart moving the heart to the blocked heart energy and releasing and allowing that blockage to reconform to the upward spiraling line of light—that time/space pathway within manifestation which combines all energy fields as the whole spirit releases its bound energy to the limitless light whence all energy has come. However, although the seeker is solely responsible for the will and the desire to bring into harmony and ultimate unity all energies within the energy complexes of the self, yet still, there is strong and ever-present help for the seeker whose resources include a life in faith. Whether the tool of song is used, or prayer or praise or the giving of thanks when no thanks or praise seems to be appropriate, or whether the seeker chooses the great range of visualization techniques in order to more efficiently allow energy the pathway for movement, the process is given what one could call the carrier wave that creates a spiritual gravity or mass which enhances the tools and resources above mentioned.

Now a life in faith may seem to demand the acceptance of some culturally chosen holy or worshipped individual such as the Buddha or the one known as Jesus. This is not so in that such ones as Buddha or Jesus the Christ spoke clearly to indicate that they were speaking not of themselves but of the mystery which the one known as Jesus

called Father, or more familiarly, Daddy. This Father/Mother Creator has sent each inspired and inspiring historical figure into a troubled world to bear witness to the light and the love of the infinite Creator. The one known as Jesus said, "If you hear me, you hear not me but my Father who speaks through me."

A life in faith is built not on objective or provable knowledge, nor must it be built from a conversion experience, so called, wherein one entity is seen in its human form as a personal redeemer. This instrument moves within the distortions in which the one known as Jesus the Christ is acclaimed as a personal savior. For this instrument, this is the path, this is the life, this is the personal truth. Each seeker must choose, not that which works for another, but that which works for the self.

Let us move, then, to what Jesus the Christ said when this entity determined that it was the time appointed for it to fulfill its destiny and depart the earth plane. Its students objected strenuously to this plan, but the one known as Jesus pointed out that unless he left this lifetime, the spirit that could move into all portions of the world scene could not come among men. So even if a personal savior is chosen, that very savior demands that the seeker move beyond the form of one blessed incarnation to seek that Spirit, that Comforter, that which the music heard this day has called the holy of holies and which this instrument knows as the Holy Spirit.

We would suggest the term guidance. Yes, each must be responsible for cherishing again and again the self, to learn to love the self that one may, for the first time, know how to love the neighbor as the self. But there is the Comforter which moves within each life. There is always guidance available. There is always the carrier wave that strengthens the will and desire to be and, in that beingness which is full, to so move in consciousness that the fragmented self which suffers is healed by love.

We would, at this point, turn the microphone to the one known as Aaron and the channel known as Barbara. We are those of Q'uo.

Aaron: I am Aaron. I greet you all with love and wish you a good morning. My thanks to my brother/sister Q'uo for leading us into this exploration of the role of faith in allowing the heart to remain open. You are beings of light. That is your nature. Even those amongst you on the earth plane who are of negative polarity have their source in that light and will eventually return to that light.

When the heart center is open, you experience that light. When you rest in the experience of that light, whatever work may be necessary with the lower centers, it feels workable. Whatever issues there may be, they are just issues and do not overwhelm. When the heart center feels closed so that you experience absence of light, you feel yourself cut off from your spiritual roots. And whatever personal issues there may be that are focused in the lower chakras, they feel overwhelming, enormous; and there is just you, this self, to deal with it.

You know that a plant grows in the sunshine. Even a shade-loving plant must have some light. You would not take a plant, a bulb perhaps, and put it in the best soil, offer it the fertilizer it needed, water it and then put it in a dark closet and expect it to grow. But you do this with yourselves. How do you bring yourself out of that closet?

First, one must be aware that one is in the closet. "I am living in darkness. I have shut myself off." Seeing that, you make the skillful decision, "I'm going to open the door. I need light in here." No matter how dark it appears, you may then begin to pray, to seek, to read inspired readings and poetry, to speak to a human friend whose faith is deep. This is not grasping at the light. It is simply opening the shades so that the light that is already there may come in. It does take the skillful decision to emerge from the darkness.

This brings us back to some of the unique patterns of the human. There is this small ego self that we talk about. It is illusion, but within the human experience it feels real and solid. This illusion has one purpose as far as it knows, and that is to maintain itself at all costs. Why? If you are that angel I spoke of yesterday and truly connected with God, why would you want to maintain the illusion of separation? What purpose has this illusion? When you incarnate, you agree to experience this veil of forgetting, an opacity that cuts you off from the clear seeing of your true nature. Again, why? Why agree to that?

For reasons I cannot easily explain, the primary lessons of third density are faith and love. What will teach you faith? If you incarnate with full awareness of who you are and what you are doing in this incarnation, with clear seeing of the divinity in

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yourself and in all beings and the clear experience of God, where is faith to be learned? But that faith is a foundation. Without that faith the later lessons of wisdom may so easily become distorted and move the being into negative polarity. So these muscles of faith must be built by practice.

You know that there are many planes of learning and that this earth experience is a somewhat new experiment insofar as the entire history of the universe. Perhaps the greatest success of this experiment has been the profundity of the way faith is learned, of the experience of faith on this plane. This is a gift, this veil of forgetting. Because of the veil you cannot take your divinity for granted, but must always move deeper into the experience of it, must always work to separate illusion from deeper reality. And yet, no matter how clearly you experience that deeper reality, as human, it still must be taken as a matter of faith. You are not given proof.

One thing that is occurring here is that you are strengthening the will to express your divinity and to be of service to all beings. If there were clear seeing with no veil, you might come into incarnation and say, "Yeah, I'd like to serve. Sure, why not?" But it would not be a strong decision from within the heart, not a deep answering to a call, just following the pattern: "This is what everybody's doing; I'll go along with it." Can you see the difference? Intention is all-important.

We emphasize that you have free will. We emphasize responsibility. In essence, this veil and the matter of faith offer you the opportunity to exercise that free will and responsibility without clearly knowing what you are doing, just trusting that light within you and the way it connects you to all that is. Through each incarnation lived in faith you grow into deeper readiness for that responsibility. You are responsible for what you know. To know, to have deeper wisdom and understanding, carries deeper responsibility. Without the deep support of faith, that responsibility would seem too great a burden.

When you see clearly who and what you are on the astral plane between your human lifetimes and after graduation from this plane, then your decisions to serve, for example, grow out of a strong place only of will. Because you know who you are and are ready for that responsibility in the upper densities, there is no problem. On the earth plane it can easily become distorted so that will twists itself into judgment and self-judgment. Rather than expressing love, one would simply express self-discipline. One would move into a sense, "I came to do this and I'm going to do it, and nothing's going to stop me!" But you are not here to learn that level of self-determination, not here to use force and judgment as guidance for your choices, but here to learn love as guidance for your choices. To express your energy with love, there must be that sense of connection that grows out of faith.

So, you open your closet door. You experience that light. One moment, please. We will continue in a moment.

(Pause)

Aaron: I am Aaron. Barbara and I were both experiencing the presence of some negative energy. We are comfortable that it is no longer making any effort to intrude and is welcome to listen if it would learn from our teaching. We ask that all present send love to anything that wishes to learn from the deep love expressed in these sessions.

When you open this door and allow light into yourselves, something very wonderful happens within these lower chakras. You no longer feel alone and helpless. You have been like a generator, a small generator, trying to light up a large house and aware that there just was not enough power to do so. Suddenly, you are plugged into the source. The generator is still working, but there is far more current coming through. It recharges the generator and draws the current necessary to bring light to every dark corner. Then you look at your issues with relationships, with need to control and fear, with desire for power, survival issues, whatever they may be and it no longer feels like a huge burden laid on your shoulders. Your relationship with it changes, not because you have willed that change, but truly because you have opened the door and allowed in the light.

There has to be a moment of decision: Do I want to linger here in darkness or do I wish to move into the light? Why am I clinging to the darkness? What safety have I found in the darkness? And there is some illusion of safety in darkness. It is a place to hide.

I spoke at the beginning of this talk of the small ego self's desire to maintain itself. You have grown into

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the pattern in your human form of thinking of the strength of this self as your protection from that which is thrown at you. "If the self is strong, if *I* can be in control, then *I* can control the pain in my life." But it does not work that way. These catalysts will continue to arise over and over again. You only move yourself into more negativity and fear when you allow the self to act through fear to assert self.

When you become aware of the pattern whereby self wants to be dominant in order to keep this being safe and you send love to that fear, open to the reality of that fear with no need to get rid of the fear, then you begin to rest in faith. "Even the fear is offered as part of my learning. I don't have to get rid of anything in my experience. My spiritual path is right here in this relationship, in this job, in this political issue. Each is an opportunity to draw in light, to offer service and love."

It is sometimes very difficult to keep track of this. Fear keeps closing in on you. In effect, all of these lower chakra issues—it does not matter what they are, issues of physical health, of money, of relationship, whatever they are—they are offered for one purpose: They give you an opportunity to change your relationship with fear by the very simple act of coming back to who you are, to affirming with faith, "There is that of the Divine within me. If I draw on that tremendous source of energy and love, then I have the ability to work lovingly and skillfully with this catalyst. I no longer need to wage war with this catalyst but can use it as an opportunity to practice expressing my energy more purely and lovingly." Then all of these situations in your life take on such a different perspective. Faith is strengthened each time you work in this more loving way.

Picturing that being in the dark room the first time it opens the shutters, it may not even have realized that there was light outside. The light seems so bright it feels blinded by it and must close the shutters again quickly. But it soon learns to enjoy and trust that light. It becomes a pattern. When it looks around and sees that the room is too dark, it remembers, "I can open the shutters."

This remembering is a major part of your work. This is part of the reason why I so emphasize mindfulness. Know when you are sitting in the dark. Know that you have the option to open the shutters. Know that you also have the option to remain in the dark. But if you do so, you have chosen that. Why are you choosing to sit in darkness? Why are you hiding in the darkness? What illusion of protection does the darkness offer as it strengthens the small ego self? Do you really need to continue that pattern, or are you ready to be kinder to yourself and allow yourself to experience your true being?

I know that there are questions at this point. I would like to turn the microphone over to Q'uo that it may speak as it chooses or, if it prefers, may ask directly for your questions. That is all.

Q'uo: I am Q'uo. Greetings again in love and in light.

The one known as Aaron asks if you are ready to experience your true nature. The living of a life in faith is the living of a life in which you are willing to practice the presence of your true nature. So many times you have heard us and any other spiritual counselor suggest the meditation, the sitting, on a persistent daily basis. The advantages of such a practice are physiologically persuasive, and many are those who practice this technique in one form or another with no intent other than the relaxation of the physical body and the slowing of the frantic stream of thought. However, we say to you, is any silence empty in a universe that is full of the unity of the nature of love?

The information which fills the silence of the listening heart is the wordless and unknowable nature of the mystery of all that there is in its full hallowed sanctity. Practicing this meditation, you open your self to your deeper, truer, mysterious Self, the very heart of all that there is. And because this mystery has been potentiated to communicate within illusion, each time you move into this silent presence it speaks a new mystery, a new message of life and wholeness. It does not take a specific credo to move into the pregnant, mysterious silence. It takes a desire to seek the truth which is great enough for you to choose to spend the precious coin of time in listening to the silent voice of your true nature, which guidance enunciates wordlessly to the resonating seat of mystery and holiness within you.

You choose not to have a faith; rather, those who live a life in faith choose to be faithful in their practice of the presence of truth, their practice of the presence of love. The one known as Jesus was accosted by temptations from the voice of fear known in this myth as the devil, Satan, in the

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wilderness. The one known as Jesus would not converse with this principle of negativity and fear, but spurned each temptation and said, "Get thee behind me." The conversation that you seek, then, (for one must converse with the mystery) is the conversation with love. As you choose daily to be faithful, you choose not this and that, but rather, you choose to believe that all is well and all will be well. You are seated and grounded in this faith by the practice of the presence of Love itself, as guidance brings it to you.

This instrument prays each day words which have meaning to it. We find the sentiments valuable in this context and so repeat this personal prayer without intending that each learn its words, but rather find the concept to be more accessible. This is the prayer:

"Come, Holy Spirit, fill the heart of your faithful and kindle in her the fire of your love. Send forth your Spirit and she shall be created; and you shall renew the face of the earth, O Creator, Who, by the light of the Holy Spirit did instruct the heart of the faithful so may she be ever wise and enjoy its consolation."[21]

She prays through the one known as Jesus, but we say to you that guidance is the Consciousness of Jesus the Christ. This Consciousness is transforming and life-giving, and we recommend to your own guidance the seed which is at the heart of this prayer; that is, that there is an Intelligence moving through all that there is which does indeed create each of you day by day, perfectly, as much as you can allow it. And that as you bear witness in a life of faith to this true nature that continually transforms perfectly all that there is, you may see the face of creation blossom and expand infinitely in love reflected in love. So, as you bring down into the life of faith the energy, the spirit of love which strengthens the heart that it may move further downward into each darkened place within, so the reflection upward begins and the heart is informed by the energies originally locked in lower centers; and the heart frees this energy that it may make its return to the alpha and the omega of all that there is. So, all things from beginning to ending of creation are implicit in this present moment, and the cycle or circle which is process and learning and growth reflects in your faithful hearts the eternal present moment in which love is the whole nature of all unified consciousness.

May you remain and abide in patient and persistent blindness, accepting and blessing each darkness, each fear, each sorrow, each suffering unto death, that the work of creation may express through you the life of the self that is love, in this moment and ever. May you through this process day by day so seat yourself in loving acceptance and faith that all is well, that Love itself may flow through you as light through the panes of the lantern, so that those about you may see this light and turn to this light within themselves. You are witnesses expressing in a world which has need of witnesses. What shall you witness? My friends, love one another and for the first time, rest. You are home.

We open the session now to queries. Are there queries at this time?

C: Q'uo has spoken several times this weekend about the flow of light, the crystalline green mixing with the lower chakra colors, and has referred to the colors and the flow again today. Could Q'uo speak a little more to this topic of opening our hearts?

Q'uo: I am Q'uo. The use of the colors in our teachings is not only a true reflection of quanta of vibration and fields of vibration. On a more literal level, this device is an organizational tool which enables us to offer information by the use of an organized system of images which can be visualized. We use the movement of these colors to delineate the way in which one field of energy, which is a portion of a complex of energy fields which is each entity, may by its hierarchical position move into a position in which it benignly and benevolently overshadows the less strong and less true energy field which is the self in one particular distortion, whether that distortion be of the body, mind or the emotions or the spirit. Working with visualizable images, such as light in its coloration, we then are able to offer ways in which each seeker may practice these movements of energy to the benefit of the whole person, which may be symbolized by the unbroken white light.

Would you please direct us further, my sister?

C: I can't at this time.

Q'uo: And we would simply say, in response to a reminder by this instrument, that this kind of visualization is that which is helpful in working at

[21] Reference is pending.

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the cellular level with organisms and energies and essences within those energies which may not be native to those energies. Illness or disease is often that which is partially a product of the discontinuity or unnatural configurations of energy fields, or to put it more simply, a system of energy blockages which manifests as disease.

It is also common that in illness there are essences not naturally found within the energy complex of the self, but which are thoughtforms created by continually dwelling upon some fear or negative thought. This thoughtform then becomes independent of the entity and returns as an enemy of wholeness, bringing with it, if enough energy is involved, other thoughtforms which delight in suffering. To visualize the flow of light to each cell of the organism in each of its energy configurations from the lowest to the highest, from the most physical to the most metaphysical or non-physical, is an art in that each healer finds its own system of visualization, its own language, whether it be color or other ways of visualizing the movement and overshadowing nature of hierarchical energies.

This is not fundamentally different from that which we have offered concerning the healing of the incarnation of the self day by day, but may be seen to be an extension which, in those who feel the call and gift to heal, may be used and through experience refined as a way of loving.

Is there another query at this time?

(No further queries.)

Q'uo: We are those of Q'uo. As this series of workings draws to a close, we stretch out our love as arms of blessing and thanksgiving to each who has moved many everyday hindrances to one side in order to be together for this working. Our love and blessings to each, and our praise and thanks to the One Who is all that there is that we experienced this beauty together. May we all go forth to serve and to love, strengthened by this sharing. We would leave this instrument that the one known as Barbara may allow the one known as Aaron to offer benediction and a closing to these proceedings. We are those of the principle known to you as Q'uo. And rejoicing, we leave each in the love and the light of the one infinite Creator. Adonai, my friends, Adonai.

Aaron: I am Aaron.

Although it is a bit dissonant to the closing of this talk, I would like to offer one thought to C's question and Q'uo's answer about light on a cellular level. You see the chakra center of the body as a rainbow. If there is distortion, perhaps in the second chakra, the orange segment of the rainbow is muddied; the light not shining clearly, as the chakra itself is not spinning freely. You have many energy meridians through your body. Some of those are junction meridians and some lead off most specifically from one chakra or another. Thus, when I look at your bodies I see patterns of light. All the cells in your bodies reflect those patterns. If there is a cell in a part of your body physically distant from the second chakra but that is part of that meridian, the organ meridian of the spleen chakra, then the distortion in the spleen chakra is reflected in that cell. Each cell carries that same rainbow, but with a bit of difference.

If I might offer as example the idea of a color overlay of the body. First, color each chakra, just that point. Then with a transparent plastic overlay, lay over the whole pathway of the meridians of that chakra the color overlay related to that chakra. Do this everywhere in the body so that in some places there is the clear light of that particular chakra, in others there are overlaps of two or three or even more centers where the meridians join. Now take every single cell in that body and within it implant that same rainbow. Where there is the spleen-chakra meridian, the rainbow has an orange overlay. Where there is the heart-chakra meridian, there is a green overlay in the rainbow.

If the second chakra is blocked and that orange light is muddy, it will appear muddy in every single cell in the body. But the effect is doubled in those areas of orange overlay, those areas related most specifically to the spleen chakra, because you have muddy color over muddy color. The distortion from that chakra may manifest itself in any cell in the body, but is especially prone to manifest itself in those cells where there is double effect: muddy orange over muddy orange.

I share this with all of you in the hope that you may begin to understand the interconnectedness of your thoughts, emotions, physical sensations, cellular body and the state of your spiritual awareness and openness. You cannot clarify the lower chakras only by the openness of the upper chakras. However, when the upper chakras are open there is simply

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more light brought into the whole body. You must still be willing to move into the specific center where there is distortion and to work with great courage with that distortion, to work with the specific issues that create distortion.

But all of these centers are connected. If you work to correct that distortion while ignoring the upper centers, you are merely working on a body instead of an intactness of body, mind and spirit. The more awareness you can bring to this being that you are as a whole—as this angel in its earthsuit of divinity and humanness—with each moment, the more lovingly you can bring healing to where healing is needed.

There has been one unasked question amongst you to which I wish briefly to attend. You hear us speaking of these pathways to faith. From deep within some of you comes the memory of that pain in this or a past lifetime when the darkness seemed so all-encompassing that it felt as if prayer or song, reaching to God, were impossible. So there is this question: "When there is a glimmer of light, I can remember that the light is there and reconnect myself to that light. What, when the darkness is total? Where do I find help in these moments of my deepest fear, of my deepest immersion in the illusion of separation?"

My dear ones, I would ask you to remember in that heaviest darkness of your deepest grief or physical or emotional anguish that the night is always darkest before the dawn. This will pass. It takes only the smallest opening of the heart to reconnect and to begin to allow light to flow once again.

Most of you are familiar with that beautiful writing, *The Dark Night of the Soul*, by St. John of the Cross.[22] You must pass through this dark night. You each experience it in a different way. It is not offered as burden nor even, as some of you are wont to think, as quiz. It simply is: darkness, illusion, fear … Finding yourself in that darkness, you have been offered the fullest opportunity to practice. If it is impossible at that moment to practice faith, simply practice being.

In that moment of darkness you are wont to ask, "Why this darkness?" You have a sense that if you could but understand the darkness, you could protect yourself from it. Such thinking only further strengthens the illusion of self. Can you sit there in that darkness and simply know, "Here I sit in darkness and I will wait. I needn't fight with the darkness, needn't try to push it away. I needn't grasp even at faith."

My brother/sister Q'uo has spoken of prayer leading into the experience, not just of faith but of the truest knowing of yourself as the divine Self, of meditation leading you into that experience of the divine Consciousness within yourself. But sometimes meditation just leads to more silence. The seeker wants to reconnect with the Divine. What, when a meditation experience does not offer that and the darkness seems to close in?

Time and time again, the seeker goes to sit at the table of the Lord, knowing that sometimes a banquet will be offered and sometimes the table will remain bare. It is not the seeker's place to choose which will be, only to sit with as much love as it can give at that bare table and trust that this is the experience that is given and it will suffice. It is not the seeker's place to cling to the banquet, only to fully enjoy that experience of deepest connection when it is experienced and then let it go.

If you would cling to penetrating the illusion, allowing the experience of faith because of the beauty of the connection, then faith becomes dependent on those experiences. But faith exists independent of experience. Faith resides within your heart. It is the clearest statement I know that the Divine is within you, that you are angels. Just faith, faith expressed as the willingness to sit in darkness if darkness is what is there, without need to grasp at the light, but willingness to open the doors and allow in the light. Do you see the difference?

There is night and there is day. If you open the door and it is still dark, can you sit and wait patiently until the dawn? I know that this is, as your saying goes, far easier said than done. When you sit in this dark night filled with anguish because of some very deep pain in your personal life, it is very hard not to want to get rid of that pain, not to want to grasp at feelings of comfort and the presence of God. True faith just sits, knowing that God expresses itself through the darkness and not just through the light, and knowing that the dawn does follow the darkest night.

Yes, there is preference for the light. It is more comfortable. But when you huddle in fear and grasp at the light and then say, "If the light is not given,

[22] Reference is pending.

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that denies faith, that denies God," then you are truly enclosing yourself in deeper darkness. Then you are closing the doors and shutters so that when the dawn begins you cannot appreciate its arrival.

I understand how hard this is for the human. I have been through the process of incarnation and have strong memory of the pain of such darkness. I can only tell you that the route out of that darkness is your willingness to be patient and trust: "There is that in this darkness which can serve and teach me. I will wait patiently with it, keeping my heart open, keeping the windows and doors open until the light reappears."

Q'uo has spoken several times this weekend of an upward spiral. I would ask you all to remember that all beings are on this upward spiral—not just positively-polarized beings, all beings. This is very hard for you to understand in this present third-density state. You see that of negativity in the world and feel that is a distortion, pulling away from the spiral and going downward. All beings are on this upward spiral. Negativity is a distortion, and yet even those beings that are most highly negatively polarized are sparks of the Divine and will eventually find their way fully into the light. The darkness that they draw around them and into which they entice others may be a sidetrack of the spiral, used for that being's particular path. But it is still a sidetrack that is spiraling upward.

Remembering this allows you to find more tolerance for the negativity that is seemingly external to you in the world, and for your own fear, anger and other heavy emotions. When you create the duality of good and evil and see the darkness as a spiraling downward, it enhances not just resistance, but a lack of compassion for that darkness. It enhances the fear that closes the heart. When you see negative distortion in illness of the physical body or the loss of a loved one, or some other great grief or pain, remember: "This is part of the spiral to the light. Can I embrace even this distortion and offer love to it? Can I just be patient with the experience of it? I don't even have to understand it, just to allow its presence without hatred. The presence of negative distortion does not need to be a catalyst for hatred in me. It can be a catalyst for remembering to offer love."

(Pause)

Aaron: I am Aaron. Remember your divinity, my dear ones, through prayer, meditation, whatever connects you. I earnestly hope that you will allow yourself the experience of that divinity on a daily basis while remembering that if you sit in prayer or meditation and experience only this human sitting in prayer or meditation, then that is what you need to experience. For that moment, that is your experience of divinity. Trust it will unfold as it needs to. You need only be present.

I believe that in some of your gambling centers you would find a sign hanging that says, "You must be present to win." You must be present to win: present to win out over fear, present to deepen faith, present with whatever this mind/body/spirit complex is experiencing in this moment, present with as much love as is possible. And then you cannot help but win, and find your way home.

I echo Q'uo in offering my deepest thanks to you for your presence with us in these three days, for sharing the deepest questions of your hearts and inviting us to speak our thoughts. I again re-echo Q'uo: What we have shared is our opinion and not authority. We offer it in loving service and ask that you take what is useful to you. My love to each of you, and I bow in deepest honor to each of you for the love and purity that you bring to your work. That is all. ♣

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Sunday Meditation
March 28, 1993

Group question: The question today has to do with "If only I had done such and such in a certain situation, in my past, in a situation about which I now feel very badly, it would probably have turned out differently." We tend, as seekers, to beat ourselves up frequently and badly by this kind of thinking. What we would like today, Q'uo, is perception and perspective on what positive impulse it is in the seeker that causes him or her to say "If only I had done this" or "I should have done that." Is there some positive quality that we can accentuate, is there some negative or self-defeating quality there that we can be aware of to de-accentuate, and do seekers of truth really have too much to be concerned about in the way of psychic greetings or attacks in this area? How much of our worries of "I should have done that" or "If only I had done this" come from psychic greetings or are most of these of our own creations?

(Carla channeling)

I am Q'uo. Greetings in the light and in the love of the one infinite Creator. We are very glad to be called to your session of working this day and to join in your meditation and share the vibration of your circle. We thank you for the privilege of being asked to share our thoughts. In doing so we ask that each preserve its own free will and discriminate between those thoughts which aid and between those which do not, leaving those that do not behind.

We find that your query at heart is one which concerns that principle which is the—we correct this instrument—which is perhaps the most difficult spiritual principle for entities in third density to grasp. That principle is the charity of forgiveness. When any query comes concerning regrets of the past, the regrets themselves and the emotions and mental formations concerning these regrets circle about the third-density misunderstanding due to the heavy illusion of third density of the principle of forgiveness. It is felt that though one may be forgiven by the infinite Creator, that one is not thoroughly or completely forgiven by the self or by another for there remains the memory which, according to the distorted understanding in third density, would disappear or transform itself if the forgiveness had truly taken place. This is a misconception.

The great call of third density for objectification of forgiveness, acceptance and control of one's surroundings has been answered at various points in your third-density culture's long history by a series of those who came to forgive, redeem, accept and transform. We feel none of these was truer in its Christhood than the one known as Jesus the Christ which is the pattern or mythological structure into which each entity present was born. Each has made widely varying use of this mythological structure, however, it is real, for example, to this instrument

that because it was absolved after a confession during this Lent season, it has begun a new life and is forgiven. This, however, does not stop this instrument from the repetition of regrets, thoughts of "if only," and desires that the past could be played again.

So we have the situation where forgiveness is intellectually considered as being accomplished but within the emotional portion of the mind, body and spirit the forgiveness is not believed because the self deeply rejects the forgiveness since there remains unhealed memory. You have perhaps heard us before speak of something we call "healing of the incarnation." In your third-density incarnative experience this is the heart of work in consciousness, for if the incarnation be healed the potentiated and polarized servant is then free to offer with purity the life to the infinite Creator. As each looks upon its "if onlys" we ask that each consider that these unhealed memories dim and make tenuous the pure light which is the manifestation of love, which empowers each servant of the one infinite Creator.

Let us turn and look at the workings of the mind complex, the phenomenon of remembrance of unhealed memory on a continuous basis. That is, when the same regret or kind of regret keeps recurring without being solved or dissolved you may turn to your computers to grasp the nature of the error. To the computer it is not an error. The computer gives to the view screen that which has not been cleared from the view screen. When the situation is such that an entity thinks a series of thoughts frequently enough to create a kind of program the accidental or aided entry into any portion of the program will cause the program to run itself through. If the program is not cleared after it has run it will repeat. If the program is preempted by looking at other material that is not cleared then when the other material is cleared the program immediately again appears on the screen. It has not ever left; the computation has not been completed.

So we are describing to you a situation in which the sorrowing or grieving entity creates a thought-form which can be triggered into appearing seemingly at random, whenever portions of the initial part of the program are run. If one can think further perhaps each can remember times when not only did one set up regrets [to] run but before the appetite for such a regret had been satisfied other regrets came into the program and were also run. Thus, if this program is not cleared it can gradually take precedence over all other programs and in extremity can cause the mind of an entity to become diseased. This is all due to the difficulty entities in the third density have at forgiving themselves.

Now, each has had experience with complete forgiveness of others by the self. Each has achieved forgiveness with regard to others who have seemingly caused catalyst to occur for the self which was painful. With the passage of time the words "I forgive you" become entirely and wholly true. The memory remains but it has been healed. Why then is it difficult to imagine healing one's own memories? We feel that it is largely because the self, if privy to the self's constant displays of, shall we say, humanity, not meaning to insult the creature that humankind is but indicating that it is a flawed or distorted or relativistic portion of a flawed, imperfect, or relativistic illusion, all manifestation whatsoever then are flawed.

This is difficult to accept. The thinker wishes the self not to be flawed, not to be relative, the seeker wishes to be whole, to be absolute, and so the seeker in truth is beyond the realm of the illusion. Yet each came here to pay close attention to the illusion, with all of its difficulties, and one of the points of business for each seeker in its work in consciousness is the work on achieving the healing of memories, the acceptance of the stream of incarnative experience as it has been experienced, and the forgiveness of the illusion and the manifested self for being flawed. The hardness of heart comes because there is not the instinct to move directly into the heart and open the self to the wholehearted request for forgiveness. Though the religious expression has enormous amounts to recommend it, the dependency upon religious expression to objectify the process of forgiveness to the greater Self—as an objectified and solidified other-self—numbs the inner sense of truth to the fact that this process of forgiveness is not external to the self.

The forgiveness by the one infinite Creator may be religiously expressed by another self to one, yet the effects of true forgiveness of memories are inconsequential unless it is also realized that this external expression of forgiveness reflects, and is only a reflection of, the actual process that has been transacted upon the metaphysical or time/space planes in the portion of the being in which energy is blocked and the computer is stuck.

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Therefore, we ask that those with unhealed memories see this as an order of business to be addressed. The self must in some way open the heart to the self's need and ask with no reservation for forgiveness, and more than that, be prepared to accept that forgiveness and to drop that program and allow its spiritual energy to dissipate, allow the past to become the past. We recommend that this kind of work be done promptly and persistently and be given priority, for sorrows and hard-heartedness may make poor combination of guests, and though they speak much they do not make a good company. The time which is precious in each incarnation need not be spent with such guests if the work be done.

There are reasons that this work is work well done. Firstly, to allow any thought-form to have control over the screen, if you will, of the mind's eye is to release the stream of experience to flow into limited pools of stagnated, situational experience where nothing new is learned. Thought-forms take the place of acquiring new and transformative information. Third density is for making choices, not for repeating the same program over and over with no clearing or solution or moving on.

Secondly, if held in mind with enough tenacity and allowed to run within the mind's eye, such programs can cause the need for another self which then must go through the entire trail of manifested learning, every density. To send a self and a universe off into a parallel or split existence weakens the strength of existence now being experienced, removes some portion of the limitless and eternal self which had been the spark of the manifested self which you are, thus making the process of spiritual evolution more complex and more baffled, that is, less open to pure experience.

Thirdly, there is, when an "if only" has taken the mind repeatedly away, a kind of scarring which is obvious [and which] entities of either polarity from other densities can see, and if there is for some reason an entity or entities which does indeed have reason to greet an entity, such regrets are excellent targets for the temptation to become lost in them and take the rhythm and the impetus away from that polarized and potentiated action which has generated inner light to attract what this instrument calls the "loyal opposition" in the first place.

My friends, sorrow and sighing are deep within each entity just as laughter and glee are deep within your makeup. The purpose of incarnation is not to avoid either the tears or the laughter, either the sorrow or the joy; the goal rather circles around the respect and compassion which one may offer to each emotion felt without preferring one to the other, without denying any pure emotion. We ask you to love, accept and forgive yourselves and be brave and bold enough to open and allow the healing of the self, the healing of memories, the healing of the incarnation. Into such concerns does the light of love's spirit move.

One who seeks healing, who seeks loving, is never alone. There are strong forces which come in the name of love to aid, support and strengthen the attempts of the self to realize and know love. Express within the self the request for such help and you shall have, as this instrument says, a crowd of witnesses whose only hope is to deepen and strengthen this healing effort. Relax into that ambiance, feel the energy of those who truly come to serve those who seek the truth and the light and let your heart become easy.

We do not sense any queries at this time. If there are no queries we shall take our leave of you. Are there queries at this time?

(Pause)

We are those of Q'uo and thank each again. We wish you many blessings, we wish you good work within your consciousness, we encourage you and give you a hug of the heart, and leave you in love and in the infinite light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai, adonai. ♣

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Sunday Meditation
April 25, 1993

Group question: The question today concerns how we get ourselves back in balance when we feel out of sorts, both physically, emotionally and metaphysically. What techniques could we use to regain our center so that we can get a sense of purpose and direction in our lives when we feel there are difficulties, whether it is illness, or money problems, or insecurity about what the next day will bring? What can we do to regain balance, or is it possible to live in a metaphysical balance; is it necessary to be somewhat out of balance to continue making progress? If so, this "angst" as it has been called, is the driving force, but then what is the proper proportion? Is there a need to be concerned in the area, when we are out of balance, is there an action we can take to regain this metaphysical balance?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are so delighted to be within your circle of seeking this day, and to be sharing in your fellowship and in the experiences which you have at this time of your year as the blooms fill the garden.

For us to discuss being in balance is to move first into a perception of the balance of the sphere. It is only human, shall we say, to think of balance as having the characteristic of balancing between two legs, as you do when you walk. In actuality, balance is more a characteristic of realizing the center of one's orb of beingness so that all of the happenstances of incarnational catalyst simply cause one to roll with the energies which are being manifested and expressed by the environment in the self. It is helpful for you to place that model of the self as the sphere in the mind simply in order to see that, metaphysically speaking, balance is not a matter of falling far, for the metaphysical being, when self-realized to any extent, is infinitely curved and not that with protrusions which catch one and bias one.

Perhaps one may see the stresses and harsher experiences of incarnational catalyst as being that which tends to more and more compactly press into the center all parts of the circle or orb of being. Perhaps from this beginning you may see that we do not have the opinion that to be in balance is to be static or fixed in position. Indeed, when all is well there is the feeling of process, the experience of ongoing energy flow. This feeling of beingness constantly moving and evolving in kind is the hope of one who sets out to know peace while seeking the truth. Such a nature is certainly not going to be fixed even if value is still held in the kind of peacefulness which is stationary. The desire to seek the truth quickly removes the probability of remaining in metaphysical place for long.

So we offer you the image of yourself as a spiritual being, as a sphere of energy which will always be rolling, yet whose center is more and more accurately and gracefully sensed so that as the abrasions of experiencing the illusion more and more refine the near-perfect roundness of your spirit you become more and more of the nature of the Infinite and less and less of the nature of that which is concerned with limitations.

What keeps a sphere from rolling? What would cause the seekers of truth to find themselves stuck? There are two categories of difficulties, the first being the declivities of the happenstances of your incarnational catalyst. There are small and large valleys into which this entity moves, only to find that there is no further downhill route and happenstance alone shall not aid in the process of moving onward one iota. Then it is that it is easy to fear, for in order to smooth the metaphysical self and be able to roll with the punches, as it were, work has not then been done on being disagreeable with circumstance, the impulse having been trained over and over to see what is occurring, to cooperate, to adapt to what is occurring and to act within the situation as you find it. Occasionally this excellent behavior lands one in a hollow and fear is very quickly offered a place around the campfire with you.

Not to feel fear when feeling trapped by circumstance is unlikely. Therefore, let us look at what kind of companion fear may be. If fear be seen as an enemy, then it must be fought, and there are no true winners in a fight with fear, for it feeds upon itself, and if great attention be paid to it, it grows even greater. If fear be seen to be a guest, then the trappings of civility are found to be wise as well as courteous, for fear is after all a familiar friend, one to be greeted, offered a drink, a bite to eat, a warm place by the fire. "Of course you are here, fear," you say, "Welcome to my world." Fear then flowers into a true friend and says, "Thank you. You see me and honor me. For that, thanks. In return, I communicate to you that you may stay here for a rest, for you may get ready to climb out of this hollow, and I will help you." Then brother fear can get behind that rolling self and aid in the climb out of that hollow circumstance.

(Pause)

I am Q'uo. We are having difficulty with this instrument. We ask your patience. We would appreciate a further tuning as this instrument deepens its state. We are those of Q'uo.

(A tuning song is sung by all.)

(Carla channeling)

We are those of Q'uo, and we thank you for aiding this instrument. We are again with this instrument in love and in light.

There are also those times when within the self there is the inner hollowing with inner stagnation or distress, the feeling of being stuck, this having not to do with circumstance or any outer manifestation. These are seasons of the soul and although they seem difficult and endless, they are extremely productive or potentially so. During these times, there is no true sense of balance, for the simple reason that the inner balance point, after a great deal of catalyst has been processed, is changing.

Often it puzzles those who experience these seasons of desert within, for the outer planes are halcyon and lovely, yet within all is certainly an arid waste. The negative reaction to this is often not true fear but rather a cold and *(inaudible)* discomfort, a feeling that one is truly unworthy, thirsty and unfed, in the spiritual sense. Again, it is well to make a friend of this discomfort, even to allow some focus upon the discomfort, a writing in a journal, or telling to oneself of just how this feels, for by doing so, by being attentive to these feelings of discomfort within, one helps one's own process of recentering according to one's emerging character.

We are attempting to give this instrument a vision of how the incarnational experience compact more and more beingness into the sphere of being so that the balance point does shift as entities become more polarized. We can only go so far with this imagery, and apologize for the limitations of this form of communication, but if you will picture a ball or field of energy in which there are shells of more and less density, and then see that this sphere has its cross-hatchings of energy and focuses of energy where lines cross, one may see that the learning that is done in an incarnation may compact one set of nodes of experience-gathering or another at different times, putting those portions under more pressure, and thus changing to some extent the way the sphere gets balanced.

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The hope of entities who attempt to accelerate the rate of their evolution in spirit is to so live that the maximum amount of pressure is exerted upon the orb of self so that more and more and more of love may flow into or within the sphere or field of that which is your unique spiritual entity. Were you upon the path of service to self it would be important to study how to manipulate experience so that the balance point was not moved, but rather all energy would go to the perfection, or sheen, and the regularity of the sphere of being, these being attractant qualities. Because we speak to those upon the path of service to others, however, we assure each that it is not the point to attempt to look graceful or to seem centered, rather, dealing with times of feeling off-center or unbalanced the point is to make friends with this situation and involve the self in accepting and assimilating the growth, not with an eye to appearances but solely with the goal of so accepting and loving this discomfort of self that the stage is set for the process continuing.

After all, if you are scrambling out of a huge pothole in your spiritual road you cannot hope to look very graceful. Consider, you are being pushed from behind by Brother Fear, you have grown what little legs spheres might hope to wear so you may scrabble your way up to the surface of your spiritual path again. Where is it written that this posture is graceful? No, my friends, laugh and accept the sometimes grimy nature of the spiritual road with all its potholes. We mean by this to affirm that there is great use indeed in the disquieting experiences of being off balance, of being upset with the self, right up to the point where you as an entity have absorbed fully the material of the discomfort, have chewed through those issues that were part and parcel of removing you from your center. Indeed, to the spiritual seeker the straight and level road is a lovely thing but if it is endlessly peaceful and there is no perceived challenge the seeker turns and questions its path: is it learning enough? And it does well to do so for the seeker that asks, "Am I learning?" or, "Am I taking it easy?" is also moving into a potentiated desire for further catalyst, and that which is desired shall be received.

We encourage each to rejoice at the broad and pleasant landscape when the spiritual path is such. We encourage questioning this peace as means of potentiating any further learning that may be available. This is the way of accelerating the rate of spiritual learning. When difficulties strike and one is in the potholes of the spiritual path we encourage moving in a very conscious way into a closer rapport with the difficulties of that pothole, whatever they may be, and a friendly alliance with fear. See it, accept it, and it will not limit you but be your friend.

Above all, whether on the broad and beautiful sunny path or in the depth of a dry, rocky waste we encourage the consciousness that the Creator is with you, for this is the true center at all times in or out of balance. The seemingly smooth and the seemingly rough both alike are manifestation of perfect love. No matter where your curiosity and your sense of adventure move you in spiritual seeking you are the same distance from love that is no distance. All you experience is love, all with which you experience is love; you are love perceiving love. Yet within your illusion there is subject and object and the verb between. Use this illusion, use this separation and allow the verb between to be love, allow [yourself] to enter into loving relationship with good times and with bad, with positive and with negative. Become involved and active within each portion of your spiritual seeking. The more you can embrace your condition the more you shall radiate that love which is of the essence of you, of the situation, and of any and all agencies whatsoever.

And my friends, what a service this is. To be able to bear witness in good and in bad weather, to the sun which forever shines, to the warmth of love which never grows cold, this is to be a sun to those who may share your circumstances, this is to radiate through your physical, mental and emotional beings that spiritual truth that you are love and you are surrounded by love.

This instrument is asking us to finish our speaking, and we realize we must do that. We thank each for the privilege of speaking with you and encourage each in the sometimes difficult process of seeking the truth. We are with you in that search and we share love with you in each and every moment. We would close the channeling for this session through the one known as Jim. We would now leave this instrument. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. It is our privilege to ask if there may be may any further queries to which we may speak before we

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take our leave of this group. Is there another query at this time?

Carla: So my feelings of pretty severe self-criticism during this time are a season where I am trying to assimilate some kind of changes, is that right? Is it important that I know what that change is?

I am Q'uo, and I am aware of your query, my sister. Eventually, within your total beingness, it is necessary that you understand each change so that the total spectrum of your experiences will have meaning and integrity. However, at this time, as you are in a midst of such change, it is not as important that you know the specific nature of the change as it is that you prepare yourself for change by opening your attitude and your heart to that which is being born within you. You welcome a new being. This kind of change is that which occurs a number of times during the seeker's life experience. The conscious seeker will be more prepared to endure the rigors of change than the entity who is as yet still seeking in an unconscious or automatic fashion. Thus, it is important at this time to simply open the self in love and acceptance of all those difficulties you face, whether they are generated from without your being or from within your being, for in truth all that you perceive you personalize in a fashion which blends perceiver and perceived.

Thus, your experiences become a part of you and as you progress in your journey of seeking you will find that this blending of experience occurs most easily when there is as little resistance and as great vulnerability to it as you can stably withstand and accept within your being. It is not easy to place oneself within the swirling waters of change, for it is easy to believe that one may drown or be washed ashore in a distant location unfamiliar to the present self. However, we can assure each of you that you have placed within your incarnational patterns these opportunities for rebirth of this child-like self that laughs with glee at all catalyst that it perceives, looking at the world as a place in which there is endless opportunity for experience and excitement.

This child-like nature is balanced and focused by the maturing sensibility of a seeker. This is the strength of experience, catalyst which has been processed and placed carefully within the personality as a secure building block is placed within any builded structure. However, this maturing and adult-like attitude can also be an inhibitor to further change, in that it wishes to maintain that which it has and that which it is, for it is difficult enough to accept oneself as one sees the self, and to be asked to accept that which is perhaps more unknown within the self is an added challenge, which again requires the attitude of the child, looking at all about it without fear and with complete acceptance.

Is there a further query, my sister?

Carla: Just when … when I am in a state like this, any good that I ever was at meditating—and I don't have the experience at meditating and I am not even sure I should call it meditation—I did notice you did not talk about meditation too much this time, you talked more about just remembering. Could you address the problem of not being able so well to meditate?

I am Q'uo, and I am aware of your query, my sister. As we spoke previously, the experience of change, especially when this experience is enhanced by a cyclical movement within the deeper being, is one which is felt to be chaotic and confusing, irritating and almost unable to be borne. Thus it is not surprising that one's meditations would also be affected by this confusing and chaotic experience, however, be assured that as you place yourself in a position to meditate and to open yourself to the experiences of love about you, that no matter what your perception of your experience of meditation might be there is work accomplished there, not just in the intention to meditate nor in the actual practice, whether perceived as well or poorly accomplished, but in those deeper portions of yourself to which contact is made during meditation, in order that these portions of your deeper self might be able to have their influence upon your perceptions in even the subtlest manner is the opportunity that is most helpful to the seeker of truth. For as you travel through the deeper portions of your mind and open yourself to any experience that you find there, you conduct an harmonizing expedition, shall we say, bringing together various resources that are uniquely yours, and applying them in a manner which is as mysterious as the heart of creation itself seems to each. Yet, in all the mystery and confusion, the intention, the practice, and the contact with the deeper portions of the self will provide you with the metaphysical food to fuel your journey further.

Is there a further query, my sister?

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Carla: No, Q'uo, thank you very much.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

Questioner: I am just curious, Q'uo, if it is correct to say that when there is a great deal of change going on the inside then what seems to be happening on the outside is stagnant or calm. Also, the opposite of it, where there is stagnation on the inside that is mirrored by a great deal of catalyst happening to the outer self. Is that a correct observation or would you comment on it?

I am Q'uo, and am aware of your query, my brother. In the general sense, we would agree with your summation of the experience of change, for as you perceive change occurring within yourself this change has in many cases already seated itself within the deeper portions of your being and this change is now making itself apparent to your emotions and your senses, and you begin to analyze with your mind that which you experience. It is much like the aftereffect that you see as the change within the daily round of activities. As you experience the calmer waters in your daily activities you may also assume that there are inner preparations being made for future change as current catalyst is accreted, and as it is well or not so well processed there is the building of momentum so that at what you would call a future time there can be another shifting of perception that will allow you a clearer view of your path to love.

Is there a further query, my brother?

Questioner: I will ask your comment on this concept. When a change is occurring that is already being processed by the deeper self, and it only comes up to manifest as an aftereffect through the conscious mind, is it then to any advantage trying to use the conscious mind to process whatever comes up in it? What is the place of those concepts coming up in the conscious mind in the overall picture of experiencing and processing this catalyst?

I am Q'uo, and I am aware of your query, my brother. As in so much that you experience in this illusion, acceptance is the key in all of your growth and service. Thus, as you experience the washing about and spinning chaos that change brings to the outer self and which is perceived by the conscious mind, this conscious mind is best used which opens the self to acceptance of that which is occurring. There is little that the conscious mind can add to the deeper changes that occur within. The conscious mind can inhibit and make more difficult the seeking of change. The conscious mind is much like the entity—we give this instrument the picture of the one who surfs the great waves of your ocean upon a small board, and which places the self at the crest of the wave when it begins, and shoots for the tunnel of the breaking wave in order to continue the experience of surfing the wave. The conscious mind, as it accepts the balance necessary to remain on the board and the board within the wave, can enhance the experience by moving with it. To fight or overexert the analysis is the equivalent of shifting the weight to inappropriate position upon the board, and to risking potential capsizing, shall we say.

Thus, it is well to be able to move with any experience, whether one feels that a valuable change is occurring or not. One does what one can and what feels right and well and balanced within the heart of the being, then one releases all responsibility for action and reaction and moves with experience as the swimmer upon the board moves with the power of the waves.

Is there another query, my brother?

Questioner: No, Q'uo, I would just add that I appreciate your tireless encouragement and kind words that bring in light, especially to me sometimes when I seem to be falling off the board all the time.

I am Q'uo, and we are extremely grateful to you as well, my brother, for the opportunity of speaking to those areas which are concerns in your path of seeking.

Is there a final query at this time?

(Pause)

I am Q'uo, and we thank each of you for inviting our presence to your circle of seeking this day. We realize that each of you is a diligent and conscientious seeker of truth, exerting every effort, applying every resource, and experiencing all that confronts you with the greatest amount of courage and honor. Yet we know that you feel, from time to time, that failure is your lot, and that you miss the mark far more frequently then you hit the mark. We would suggest to each of you that this may or may not be true, however, it is unimportant, for what is important is that you engage your experience with a whole heart and attempt to make some sense of all

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that occurs, knowing that all that occurs and all that exists exists within the greatest mystery one can imagine, and that there is at the heart of this mystery infinite love and support for all children of the one Creator that seek to return to their place of beginning, never knowing for sure until they have returned that they have never left.

Your experience is your glorification of the Creator and the food for your own soul that you engage your experience with a whole heart and with all of your strength is the most important quality of your illusion and is that which shall serve you well in all of your learning and serving.

At this time we shall take our leave of this instrument and this group, leaving each as always in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai my friends. Adonai. ♣

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Sunday Meditation
May 2, 1993

Group question: The question this afternoon has to do with the concept of the new mind, the unblemished, the virgin mind, the mind that exists before experience has made any mark on it. And we're wondering how this new mind could be called upon or used in our daily round of activities to help us process catalyst, make decisions, or simply be in the moment. What is the value of the new mind to each of us as we live our third-density lives?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. How radiant all of you seem this day and how very glad we are to be called to this circle of seeking. We cannot thank you too much for allowing us to share our thoughts with you. We would ask, however, that each be fully aware that we speak only our opinions. We would ask each to choose from our offerings only those thoughts which have a personal ring of truth to you and allow the rest to fall aside, for we would not be a stumbling block because of our supposed authority, but must insist that we remain travelers upon the long and dusty road of spiritual seeking and the evolution of spirit.

We come to you to speak concerning the value of a certain attitude of mind. Let us speak first of the value of attitude. Consider if you will, how removed from innocence each of your actions and, indeed, your very thoughts have come. What a long trail of judgments and processes of perception go into your becoming aware of any single thought or bias. Consider how bland the texture of life as you experience it might be were you not to have this loss of innocence of the senses, and how each bias, each peculiarity of your particular mind-set or attitude has had to do with a realizing for you a way of experiencing which has, only to a minority extent, to do with the raw facts or unjudged data of any ideation or experience.

What gives the flavor to your menu of sense perceptions is an attitude. For so many among your peoples, the deeper attitudes, as you have been discussing this day, toward the self are attitudes of judgment. As you treat yourself you also treat others. There is all the difference in the world between experiencing the self remaining without opinion in relationship with another entity or an idea, and reacting to that person or idea. The attitude, then, is that which moves seemingly from the virgin or untried mind and toward a characteristic signature of a certain matrix or cluster of builded opinion which functions as a basic attitude towards life typical of spiritual principles. It is a paradox.

The value of new mind is that it is untested; yet to approach living the incarnational experience with this mind-set is to choose and intend to carry out living with an attitude. That which you seize upon

as spiritual resource is, at the same time, your entry into polarity. The archetype of new mind is that which is as the struts and concrete and steel members of a structure, or like the skeleton of a structure. The archetype of new mind or the matrix of the mind is a solid structural member which is part of that structure which holds the potential for experiential process. Or to put that another way, it is a diagram in ideas rather than lines of drawing, of the processes of perception. The new mind is all about where perception begins and all about where perception ends, because new mind is that which begins each onset of experience.

Stop here and pay attention to your environment for a moment. We shall pause. We are those of Q'uo.

(Pause)

We are again with this instrument. We are those of Q'uo. Did your number of thoughts exceed one hundred? Perhaps. The possibilities, however, for noticing were almost endless. The hum of the busy electrical appliances, the various barely perceived scents of lilac and other flowers; of incense from earlier this day, of the newly cleaned floors, the smell of rain, the various sounds made by a circle of seated people breathing and making the small sounds; so much, just in physical sense perception. Then add to that the greedy amount of perception which is reached for by the mind, the emotions and the spirit's desire for truth. All of these things in one present moment and it is already gone, and there is another fullness to contemplate. If we are to praise attitudes—and we do indeed affirm that—then we must reconcile ourselves to defending or postulating the paradox of choiceless awareness which the phrase "new mind" denotes, and the value of choiceless awareness in making choices, which is what attitudes are about.

Let us illustrate. One entity approaches a fence. Because the entity is inwardly looking, the entity does not mind where it goes, so it turns and walks along the fence. This is not only choiceless awareness in that there is a graceful and seamless acceptance of a change of direction to cooperate with the electromagnetic fields of wood and metal. There is another entity which is determined to go towards something on the other side of the fence. This entity is choicelessly aware of the fence and nonetheless climbs over it. Depending upon an entity's attitude, however, it might be considered unfortunate to have the necessity of going along the fence line. It might be equally offensive to another to climb the fence. The more sharp the choice, the more precious the attitude of choiceless awareness. The more challenging the circumstance, the more useful is grace.

Each seeks beyond all reason due to what can be called a spiritual instinct. That instinct for a spiritual truth that endures is so strong that no system of distraction has kept each here present from attending to its demands. You by your very nature seek the source that is the key to your nature, seek to align yourselves squarely and truly with that which is most deeply true. The sum total of this, hopefully, is to create more and more awareness within the self of the abundance which your experience holds, for it is your nature, spiritually speaking, to open wider and wider as your experience deepens and accumulates, until all of creation is whole and entire within you, moment by moment.

In the concept of new mind, there is the connoted concept of the wholeness of that which comes before the processes of perception, and again is summed up as the end result of all working through of the processes of perception. In effect, then, the source and the ending of wholeness provide the basis for an attitude which then disposes the seeker to approach each present moment as if it were whole, entire and everlasting, which, by the way, each moment is. You live now in eternity, yet you are participating in a very deep and thorough-going illusion. This is not a particularly comfortable situation, of this we are fully aware. We remember this. Yet, how we regard with excitement each of your intense hopes and feelings, for without the illusion which you enjoy, with a much more light-filled and clear illusion informing us that all is well, we do not have the opportunity to live in blind faith. We have no particular value in choosing to think of ourselves as whole and not needing experiential processes to affirm our beingness, but you have the opportunity to express that blind faith that you actually are all right, that this or that destiny may befall you; nevertheless, your nature is whole. Experience merely tells you a story about this wholeness, and tells it more or less in order depending upon the amount of awareness of the process you have achieved and the amount of honesty towards the self and the self's true feelings that you have achieved.

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You can look at the value of new mind also in regards to freedom. The freedom to choose, the right to have free will is basic to the entire process of choosing that which you shall desire. Unless you are truly free, the choices of what to desire mean little or nothing. It is our opinion that each entity's freedom of will is complete. Each being which is here has chosen to be here, has chosen to enter upon the challenge of an incarnational experience. As you process the occurrences that arise you make thousands of choices, most of which you make automatically, yet those choices you do make are so deeply impressed by the choice that moves beneath, around and beyond the manifested choices.

How very important, my friends, is such a choice as to accept everything that the present moment offers on faith. Yet, do not each of you do this in living a life? Does the attitude not come to you again and again? Accept … allow … assimilate … seek again … And do you not feel hope and joy springing from that affirmation made in ignorance, that, "Yes, this shall be acceptable, this shall be well. I am whole and can therefore encompass all." How can we achieve choiceless awareness? Each knows its own best ways. Meditation, contemplation, prayer, these are just words unless they be seized and vigorously applied. At any level you may see the whole or untouched cheek-by-jowl with the most amazing wilderness of conflicting opinion and conjecture.

You may choose that line of thinking, then, which suits you. But who chooses? Allow that thought to dissolve the intellect. Who chooses? If you choose, you are not choiceless. Yet the one who chooses, chooses most skillfully, most humanly, most full of polarity, when the choice is made with the new mind of entirety and wholeness. The one known as Jesus said, "I am come that you might have life, and have it more abundantly." There is in the Christ consciousness that choiceless acceptance of the Creator's will. There is for each entity the same potential for being true to and complete within the personal line of destiny that accompanies the complete freedom of choice—another paradox.

You see, when speaking of spiritual matters, it is important to speak in such a way that the intellectual mind is buffaloed into surrender and the heart within, that is a far better representation of new mind, become ascendant. Move now in thought deeper and deeper. Picture the mind as a tree and move down the trunk through the roots, deeper and deeper until the tiniest particles of root are interacting with the soil and creating more abundant life. Down, down, down, until you feel the thousands and thousands of years your species has existed within these hills, these rocks, these rivers, and these oceans. How many generations, how many lives here amid the grandeur of your experiential home for this tiny portion of infinite experience that is yours within the present illusion. Feel the strength of the roots of mind and the security with which the archetypical mind enters into the soil of eternity.

Now picture this life as light being drawn up into the archetypical mind of your selfhood. See beyond that selfhood where there is eternity meeting the racial mind and, deeper than that, the archetypical, and then see how it acquires familiarity within the particular as you move into the subconscious and then the conscious mind. Do you feel that connection now with eternity? Can you feel how sturdy is that root of mind we have called choiceless awareness this day, and how it does inform your being? For in one sense you are thousands and thousands of feelings and thoughts and processes of perception. In another sense just as true, you are one with all, you are within the Creator, the Creator is within you, and there is only unity.

We have led you a merry chase this day. Perhaps you may smile when you remember the twists and turns of this speaking. We hope that the humor of choosing choiceless awareness sinks deeply into each. For truly, spiritual evolution is, among other things, extremely full of humor. May each laugh and love the self, and that selfless One which makes all one. May each love each other and share in the processes of learning and encouraging each other.

We now would turn to the questions. For this purpose we would transfer to the one known as Jim. We thank this instrument. We are those of Q'uo, and leave this instrument at this time.

(Jim channeling)

I am Q'uo, and am again with this instrument. At this time we would ask if there may be any queries to which we may speak more briefly?

Carla: I'd like to ask if it might be said that through choiceless awareness, through choosing that choiceless awareness, we become truly creative in our third-density experience, more consciously creative?

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I am Q'uo, and am aware of your query my sister. It is a feature, shall we say, of choiceless awareness that that quality of working with energy fields and ideas that you call creativity is given the greatest opportunity for expression, for this energy of thought and inspiration runs ceaselessly through each entity's life experience and is available for inspiration as the entity is able to open the self in an unguarded and vulnerable way to this energy. Whether this choice to experience awareness without choice is made in the conscious sense or in the subconscious sense, the entity is able to feel the pulse of its own being and to express this sensation in any avenue available, whether it be of the physical creation, or of the mental creation, or of the simple experience and expression of awareness internally.

Thus, in short, our answer is yes, my sister, your ability to become a co-creator is in direct proportion to your ability to open yourself to the possibilities of the moment, as you offer yourself in your beingness to each moment.

Is there a further query, my sister?

Carla: Thank you. I just wish to say that it seems that in our choiceless awareness we become—we realize that all of creation is something we do together and it inspires more honor and respect for our oneness. Thank you.

I am Q'uo. We agree with your eloquent statement, and thank you as well. Is there another query?

Carla: I would like to try. I didn't understand very much what I channeled. I had the idea that the archetype of the Matrix of the Mind, part of that image is that it's reaching out to the Potentiator of the Mind, so it seems like that there is a choice involved in the archetype. I'm a little confused. Could you speak to that at all?

I am Q'uo, and am aware of your query, my sister. There is in this first archetype the male entity, the magician standing, and as your cards show in their redesigned form, the entity holds a sphere. This sphere represents the nearness of spirit and the immanence of the archetype of the High Priestess, that is much as you would call the force which brings manifested spirit into the illusion as it potentiates thought and action in the conscious mind. The conscious mind has placed itself in this proximity with the hope, shall we say, that such potentiation shall occur. In this placing of itself in this proximity to the subconscious mind there is, indeed, a choice which has been made, much as you would make the choice for experiencing choiceless awareness. However, the choice in this case is made preincarnatively so that the Magician that is placed in proximity to the High Priestess has not of its own consciousness chosen, but has been, as are each of us, placed by the grace and creative power of the one Creator. The proximity, however, is that which presents the possibility of potentiation and the gaining of experience.

Is there a further query, my sister?

Carla: No, I'll have to read that, but thank you very much, Q'uo.

I am Q'uo, and we thank you once again, my sister. Is there another query?

(Pause)

I am Q'uo, and as we observe the depletion of queries, we shall take this opportunity to once again thank each present for inviting our company to your circle of seeking. We are greatly inspired by the dedication to seeking that each of you possesses and which each brings to this circle with such daring and creativity, shall we say. We look at each entity and see the valiant warrior walking carefully in the darkness of the illusion, examining that which surrounds and which moves within it, and offering that which is found with sincerity and a certain childlike glee. This is quite moving to each of us, for we are aware of the difficulties of your illusion and we appreciate the effort required to keep moving in the mystery and to offer the services to others without fail, each aiding each upon the journey.

At this time we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Special Meditation

May 6, 1993

Group question: The question this morning has to do with *(inaudible)* healing work with Carla. Her basic concern is that she not cause any difficulties for either Carla or herself. She is particularly concerned about various imbalances of a physical nature within her own body at this time; there are back pains, a growth in her vagina, and certain out of line areas in her spine, and she wants to be sure there's not any excessive flow of energy, either from her to Carla or Carla to her, and would like to know if there would be any difficulty in going ahead with the healing chelations, and would like to know if she could have more than one session with Carla or if one would be the most advisable? We would like your comments on these areas and the healing work, in general, D will be doing with Carla.

Let us pray together

(Carla channeling)

We are those of Q'uo, and we greet you in love and in light in the name of the infinite Creator. We thank you for the privilege of being called to your group during this working. Your queries concern the non-chemical body of learning—we correct this instrument—of healing techniques and see that you are concerned as to their possible damaging effect.

Perhaps the concept with which we would begin our commentary is concerning the situation when a healer attempts to offer to one which is considered diseased the catalyst which may be taken advantage of by the patient. It is well that the healer continue. No matter what the details and stories to the contrary point might be, the healer offers an opportunity. Within this opportunity there is for the one who wishes to be healed the choice that can be made to cooperate with and to affirm the healing that is being offered, thus doing the work itself, or it can feel that for some reason this opportunity is not one which is wished and then no cooperation is forthcoming.

In neither event has there been a difficulty because of a certain amount of irregularity in the various color balancings of the chakras of the healer. Neither healer nor healee must come to the eucharist of transformation already perfected. Rather, the healing ability moves through the one which has committed itself to be a healer. The healer's skill, then, is to a great extent involved in continuing to attempt to match the basic vibratory rate of the self with the vibratory rate of the one original Thought which is infinite intelligence or love.

It is well that a healer not consider its detailed picture of balanced health as perceived by the self. The more skilful attitude is to persist in whatever circumstances with the attempt to move the vibrational focus in tuning to as close to the original Logos as possible in any given circumstance.

Again, with that entity to be healed, the preparation involved is a surrender to one's own frailty as a being within incarnation, and to rejoice in the energy which is being shared, and to cultivate a willingness to experience change. None of this, however, has to do with the relative balance within. What we would like to make clear is that neither healer nor patient must need approach perfection. If the heart speaks its desire when the healer moves into readiness to heal, this energy of heart is the key empowerment which creates the open flow of the infinite love and light of the Creator.

So, healing being one more kind of channeling, you may see the same guidelines to apply: that is, purify the intention, be persistent in the practices, and refrain from judging the performance of the self or those worked upon. This is a beginning to the queries which are with this circle this day. May we ask more for more detailed queries at this time? We are those of Q'uo.

D: I think I'd just like to clarify my understanding of what you've just said, which is basically the error *(inaudible)* has been to worry unnecessarily about the preparations, and so long as my intent is solid within the heart and provided I am myself, which is maintaining the ability to align myself during the actual treatment, [that] is really all that is necessary. Is this correct?

I am Q'uo. Yes, my sister, this is correct with but one small addition. Among your peoples' food bears an important part. Much energy is given to the procuring and consumption of foodstuffs. Therefore, one way in which the deeper self is most easily notified that there are strong desires for purification or for the raising of the vibration is to institute some sort of care on a routine basis concerning the foodstuffs ingested.

The difference in the diet does not make so much of the difference up as the persistent daily taking of the care with the vitamins, perhaps, or with a certain part of the diet. This is a way to keep within the mind the desire to be a purified channel. It does not mean that one should deprive the self, but that it aids the field of intention of the healer to readily be reminding the self of the desire to be a better instrument for the Creator. This has the excellent side effect of creating within the mundane life a certain pleasing relaxation which is [dependent] upon one whose decisions regarding such things as foodstuffs are in a comfortable and at least subjective feeling of balance.

May we answer further, my sister?

D: I appreciate you discussing the feeding thing. That's been very much on my mind in the last few months, most especially with the intention of clearing this imbalance, to balance the diet. There seems to be a sabotage effort, if I may call it that, with an intense warning that goes within. I'm sure that many other healers experience this as they're attempting to find that inner balance, but it seems the more one pushes with intent to clear out and to become of a higher vibrational level in all areas including meditation and balance of diet and what not, it seems that the old habits maintain their forces at an even greater level.

Can you comment on this pushing/pulling process and is this just part of the process and it just needs to be given time, or are there, when you stir up with intent for positive, bringing more positive light into you and creating those positive things such as bringing in better foodstuffs, when you're attempting to bring that in to your lifestyle on a daily basis, what causes this great resistance and is it just a matter of time in which one will work itself out or are other factors involved within a particular healer itself that prevents this from occurring naturally?

I am Q'uo. We struggle to give a concept to this instrument. Let us begin at the middle. The service a healer does for the one to be healed comes utterly through the healer and through to one to be healed and represents a potential where, shall we say tangled light may resume its proper arising of hues. Because the healer wishes to create a channel where this light of love moves without hindrance it works upon the food and upon the attitude.

The main part, however, is involved in something which almost gets lost in the considerations of diet and meditation. That is, that the perfect channel has a life of its own to some extent. Before, however the healer opens this channel, whatever the level of work on the self beforehand, the channel then requests the most excellent flow of healing energy which it can carry in a stable manner. By requesting this privileged energy in this way, whatever the imperfections of the channel, the energy will be such as not to be too much for the channel to carry.

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Could you please question further to point us in a more specific direction, my sister?

D: Just give me a moment. Then, in reference to the clearing done this morning, I was fairly on target. Can you just tell me yes or no on that, and I'll go further?

I am Q'uo. We affirm that that which you did was good work.

D: OK, there are certain directions I would like to go, I'm just not sure which are the proper directions and the proper order for directions, so I will start, I suppose, with the pendulum leading on karma, which I would like to know whether it would be more effective to do this, just prior to treatment and after treatment, and if you would be able to take me through the procedure of guiding me how to take the proper measurement as I go down through chakra centers, so that I can get the best and most accurate reading. After that I would like to follow up with some questions in reference to the chakra centers, and go from there. Is this acceptable?

I am Q'uo. We are not able to do your learning for you. We therefore do not feel it wise to share our opinions with you upon a specific set of readings from the pendulum, shall we say. We leave you high and dry there. However, when this has been done and you as a student of this technique have thought concerning your experiences and have drawn queries from them, then those queries constitute a portion of your own struggles to learn which we may respond to without interference in free will. Is this alteration acceptable, my sister?

D: I understand completely and I apologize for asking that. I'm still educating myself in reference as to how to ask the specific questions. That's perfectly acceptable with me and in which case I would like to ask, there are two things I would like to do. I would like to ask in reference to doing meditational practice on myself, because it has been done, and I am concerned with the incorrect directions I am giving myself in reference to clearing.

You have made reference quite a while ago in another session in having to do with … we are as a people basically redundant and very detail orientated, and the general idea here I'm getting is that for all of the detail carrying out that we do, those details are basically for us to work out so that we can come to a higher concept of what is really occurring, in which case some of these questions I ask in reference to my chakra clearing may be very detailed, but they also might be helpful for me to be able to come to that higher point, and I ask if that's acceptable with you?

I would also like to review, then, that work which was done on a friend of mine who is now not within this realm, and find out … I do not want to go beyond the law of free will or confusion, but I'm curious as to whether or not I can ask certain questions in reference to those chelations in order to be able to determine either errors or mistakes that might have been made, or [are there] things that I might be able to do correctly in the future for others, having done that experience, and that's my question?

We are Q'uo, and are aware of this last query which we find difficult to make into one question …

D: There are many …

May we just say that if your queries stem from experiences and those experiences already part of your healing experience bring queries to bear, we are gratified to listen to them and respond as we may, my sister.

Is there another query to follow-up?

D: Yes, in that case, may I begin with the questions that I wrote?

I am Q'uo. Proceed.

D: OK. First I would like to know whether I can [have] permission from the entity known as E to release this information to this group. He was very willing as a patient during the time that we did work on this. It was great learning for me, and I need to know if it is necessary to ask permission and is it acceptable to be given, because much of these questions are going to be directly related to work done on him.

I am Q'uo. We find that the entity released hindrance to you at the end of the time period wherein it was receiving aid, therefore you may query.

D: Great, thank you for that. In session one, there were three sessions, in session one I realized that the preparation work was quite inadequate and during [which] many mistakes were made. The first error was in skipping over the placement of the hand upon the ankles and then again I overlooked the first

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chakra when I went back. I then went back to try to rectify this. Does the order in which one moves make a significant difference when practicing or clearing in a generalized manner, and also when an error, and you make a mistake and move, is it best to continue moving upward, or should the healer retreat back to the area which has been overlooked, in which case, what is the proper procedure for backtracking and inserting this step?

I am Q'uo. My sister, the ways that various healers choose to enter the body field are variously efficacious. Some have a knack of finding one way for all patients and this is good. Others feel sensitive to a specific patient and alter a routine for that reason. Routines then vary greatly. To some extent it does not greatly matter. Perhaps we would say simply that it is well to work either up the chakras or down the meridians. That is, working from the bottom up, the first work would go into working with the back and the trunk of the torso first, the head coming up at the top of the chakras and then all the muscles worked.

The other most used technique is to begin with various movements and polarity work at the head and move slowly down the torso, arms and legs. To the extent that such order within the session gives to the healer a good feeling of having not left anything out, this is excellent to the healing forces within. A regular technique is also excellent because it allows the patient's emotions to remain calm as it knows where it shall be touched next.

Therefore, you are quite wise to have a technique that usually does not vary. When something is forgotten with the technique however, it is perhaps the more skillful option to fall back to that which has been forgotten, do it, and keeping the hand always in contact with the body, move gracefully and slowly and with confidence to the place where you left off, and begin again. The key here is slowness and calmness for the patient if the patient [that] is attempting to be a part of the healing process is relaxed and used to that rhythm which you have set up. Therefore, if the rhythm is broken the slow touch moving back to reclaim that portion of the healing technique and then the slow touch trailing back to where one left off keeps that patient's emotional and mental bodies open and receptive. Whereas if the hand were jerked off the physical vehicle of the patient and haste taken in running back to redo the left out portion, the harmony of the session would be broken and with that some of the potential the healing work in that session might have.

May we answer you further, my sister?

D: You answered that one perfectly, you covered everything I had running through my mind when I did that. Due to the poor conditions in which we were operating, oftentimes I found myself uncomfortable and out of proper alignment due to the fact that I could not maintain my body vertically for very long without slumping forward or backward for better comfort. What happens when a healer cannot maintain this vertical posture? Does the incoming energy reflect off the body instead of going through the body and how does it affect the healing?

Listening to you this morning I am now going to interject this into the question, I am guessing that the energy we are working with is so intelligent that, so as it knows not to do harm to either one, and because the intention is there regardless of the moving back and forth or the incorrect positioning, if the energy will still flow properly and accordingly and in which case should the healer concentrate on personal comfort and intent alone, and disregard the fact that this vertical positioning may be off?

I am Q'uo, and yes, my sister, you have penetrated that problem easily. The goal in being a servant is to offer a service. The better the posture, the better the attitude, the better the frame of mind, the better of any attribute chosen, then the better the experience for the channel or healer. As to the feelings of the patient, it does not bear any meaning whether the healer is more or less totally comfortable or erect or not erect. So most thought then may always be taken for the work and only secondary thought need be taken for a passing discomfort. Of course, if there is a strong element of discomfort present it becomes very difficult to clear the mind and heart in order to tune and be a channel for healing. So you may see that this is one judgment call a healer must responsible for making.

Is there a further query, my sister?

D: Just a confirmation then. In which case, if a healer becomes extremely uncomfortable, provided the healer moves slowly, with intent as to not to disturb the patient, the healer may, if the healer wishes to continue the treatment and not just adjust either a chair or whatever, provided the hands are

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kept on, or the healer goes through the drop/disconnect procedure and then moves the chair to better comfort, and then proceeds with the healing, this is perfectly acceptable provided the healer takes the care to do this slowly and so as not to disturb the patient. Can you choose to at that time discontinue the treatment, in which case, this is the second question, if that is the case and there is too much discomfort can the session be ended right there or does a clearing need to be continued through? Can you stop in the middle of treatment and will that leave the patient high and dry, or is there some procedure in which you can quickly close so as to remove yourself from the patient and allow the patient to absorb whatever energy has been given and the patient will be alright after that procedure has been cut in half?

We are Q'uo. When there is sufficient discomfort to end a session in an untimely manner [and] there is the energy which has been called for, it is appropriate to consign that energy which carries healing back to the one infinite Source. The ending without the completion of a certain series is acceptable. However, to stop, shall we say, cold is unwise. Better to take these energies, move them with hand to the last position and from this position ask these energies to move back to be released into the infinite light of the one Creator, thus sealing and blessing both the patient, the channel, and the mutual work.

Is there a further query, my sister?

D: You answered that one fine, yes. When the procedure was completed E was very anxious to get up and I neglected to offer him a glass of water which was her instructions from the sessions that I had attended with Barbara Brennan I was curious as to the anxiousness on his part, if it was strictly due to his personality or was his insistence to get up a reflection of some of the healing in part, and it was also recommended that the patients rest a while after treatment. Can you comment on the purpose for this resting, as well to explain why the water was included as a required step. Also, should this water be previously charged as well prior to treatment and the drinking of it, and how does the water interact with the energetic healing process. Also if the patient does not rest immediately after this treatment will this in any way …

(Side one of tape ends.)

(Carla channeling)

Not only is water an excellent thing to use, but oil is also excellent. Both of these substances carry electromagnetic charge, and therefore are helpful in the seating within and without of changes offered at the cellular level. When such are forgotten, it simply jolts this newly offered body memory and therefore it may not be well seated or as well seated in body memory as those things which then were given a nice space of quiet in which these energies could take hold.

May we answer you further, my sister?

D: E experienced a great deal of dizziness for days afterwards, and mentioned that his taste buds were registering foodstuffs as hot. Was this due in part to the healing or the energy activating certain things within him, or were these at this point just other symptoms of his disease?

We are Q'uo. My sister, we find that this constitutes a question for your inquiry, not ours.

D: OK, we'll move on. Did any movement whatsoever during those treatments cause injury to either E or myself. Understanding now that intent and everything that you've explained this morning, I'm just curious. At the time I did not have that complete understanding, and was concerned about backflow. I experienced afterwards dull burning headaches and what not, and again you may refer this back to me, but I am guessing that that was due to non-cleansing afterwards, in which case I'd like to move to cleansing procedures after chelations to find out what would be the best method to cleanse oneself of such energies as I found just treating oneself from the energies that it has been using. Are there other methods aside from taking a bath that a healer may use to clear oneself of the energies that have been exchanged during a session?

I am Q'uo. My sister, it is most important to your work that you do indeed form a very regular habit concerning cleanliness with laying on of hands. One such as yourself which is sensitive to the electrical body vibrations of entities, in working with the body you are working also with the finer bodies. It is the simple truth that when you work upon other being's pain you pick that up within your physical vehicle through the hands which you are laying on. Prior to a session there needs to be a moment, however long you personally feel it should be, where you protect

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the self and ask for angelic help for each, you and the patient. You then ask for this same white light within which no negative error may occur, to cover not only yourself but also the patient in the working itself.

After such a session again you must needs cleanse the hands at least with the soap and the water. Any cleansing technique which you personally find symbolically satisfactory is a good way of symbolizing your desire to be a perfect, clean, clear channel. The portion that is physiological in the hand washing and so forth is a far more [important] consideration after a session than before.

May we answer in any more detail, my sister?

D: If the healer is working on several patients that particular day, I'm assuming it would be wise to symbolically cleanse oneself after each patient. Would that be sufficient, and after a full day's worth of work, is there additional work the healer must do in reference to cleansing from all of the sickness and varieties of sicknesses that the healer has come in contact with, or is this basic cleansing after each patient sufficient considering that before it works on each patient it will certainly ask for the light to protect itself?

I am Q'uo. For most entities which work to any substantial degree with such do prefer the bathing after the day's work. In fact, it is not strictly necessary, however, the water does rinse some remaining accumulated, shall we say, thought form grime from the finer bodies within the energy nexus of the physical body and there does seem a feeling of lightness that showering afterwards does bring.

May we answer you further, my sister?

D: In adding particular salts to *(inaudible)* and what not, does this make a tremendous difference as opposed to just taking a regular shower, or are all of those procedures no matter what one adopts, no matter what one finds comfortable for helping the self, I'm assuming and I'm guessing that no one thing is greater than the other. It is really a personal choice one makes in reference to how one chooses to bathe and what materials one chooses to bathe in, am correct in this assumption?

I am Q'uo. Yes.

D: OK, I just need a moment here to review. I want to recover some stuff to do with that session. Is there a degree of illness so progressed that it's wise for a beginner such as myself to refrain from attempting to give energetic healing? Are there danger signs one should heed during these treatments to avoid, well, I'm going to mix that question, I'm just going to say is there a point in which a healer should refrain from attempting to give energy to another who is in either terminal illness or very, very ill and the energy levels are very, very low, or is it perfectly acceptable to give healing right up until to the point of their passing through this incarnation, strictly due to the fact that you are offering that energy to the patient and it their choice no matter what they choose to do with it, therefore there should be no harm to you. I'm trying to determine whether or not there are certain levels that are too dangerous to work with, or whether you are really buffered by the intent of what you are doing throughout the entire process no matter who you work on?

I am Q'uo.

Carla: I'm sorry. I've got Q'uo, but Q'uo's not saying anything. Just repeat the question and maybe I can …

D: I am concerned about the degree a patient may have, is there any danger to working with any patient with any degree of illness whatsoever, or does the entire procedure working with intent and understanding intelligent energy as it exists, does that buffer the healer from any negativity or darkness from the illness that may be within a patient?

(Carla channeling)

I am Q'uo, we are sorry for the pause but this instrument was too deep, and we simply had to bring her back forward. It is to be borne in mind that nothing is being done to engage the ill health of the entity, no outcome is intended when doing healing work. Let us specify, if someone comes to you with AIDS, say, and asks for a healing, [and] after the healing then continues to deteriorate, yet shows an improved spirit of charity ,one may say that this entity is not cured, however it has been healed.

No healer or patient can truly judge the precise nature of an illness, nor is there any necessity to do so, rather the effort is made to create a bridge whereby a higher truth by grace and force of destiny may overshadow and thus transform some disease

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into a condition of ease or wellness. Therefore, no concern need be taken no matter how seemingly ill an entity is, for picking up, shall we say, severe illness from such a person. The realized or crystallized healer simply offers a catalyst with no outcome in mind and the prayer, "Not my will, but thine."

May we answer further?

D: That answer fairly summed up many, many questions, I just need a moment. I want to make sure I don't neglect anything here. Just a concern I had as a healer while working on the patient. My concentration was fairly there, I attempted during those sessions to remain as aware as I possibly could and in touch. As a healer in the state that I am at present I have much difficulty determining when to make a next move, due to the fact that I'm either not practiced enough or not sensitive enough to judge from the energy flows within my hands to know when to move on. During those chelations I relied on my guides to work with me and attempted to remain open enough to know when to move, but we're still basically in the dark, understandably. I understand that, but are there any other methods that as a healer I can incorporate while this procedure is moving along that might help aid my sensitivity to be able to understand when to move onward, or is this something that must be developed through many, many chelations and must be left up to me to determine?

I am Q'uo. Firstly, much must be left up to the student for its own good. To offer the easy shortcut is to cut you off from your own wisdom.

D: Alright …

Carla: Was there another part to that question because I seem to keep going to sleep …

D: No. Carla, don't even worry about it …

Carla: OK.

D: They're doing a great job here in being able to cut out a lot of the detail in that I needed to move through to get to the basic point. There is a point in, oh yes there is a point in which when I worked on E, and there was a dramatic release of pain when I touched his feet during the beginning of his chelations, he requested that I redo it because I guess the relief felt so great at the time. I did not feel good about doing this but went ahead due to his request anyway. And as I had finished the complete chelation treatment, went back to again place my fingers upon his feet and insert new energy. This caused immediate pain within him and I realized that this was not a correct thing to do. Under those circumstance was it best to do what I had done which was just attempt to withdraw, and can you give me any information whatsoever in reference to how going back over once treatment has been given to a patient, how this may hinder or hurt the treatment that's already been given, in the example that was given to us for clearing?

I am Q'uo. In terms of the psychological portion of such healing it is well to move with dignity to an ending and allow that ending to be just, not thereafter going back to offer an encore on one particular portion. This creates a better atmosphere for healing, whereas going back to do this or that creates the atmosphere of not enough. If it is simply the back rub then one can go back and forth depending on what needs to be rubbed, but in healing one is not simply pressing muscles and asking them to relax, one is working at the cellular level in creating opportunities for the transformation of a life-form as a whole. Therefore, it is well simply to refrain from going back over that which has already been offered, completed and blessed.

May we answer you further, my sister?

D: Just a moment here. At a certain point in the third session I requested that E's guides [work] along with mine. As my hands were placed on his second and third chakras I left them there, that if Ernie would accept it and if it were agreeable with all that his guides come in and do internal work that I was not adept at doing, which might further enable him while I was there acting as a channel, in which case because I had great difficulty determining how long to stay, or understanding, or being able to feel what was occurring, I had to use my judgment, in which case I felt inadequate in judging how much time was necessary for any particular guide to do anything without being able to communicate with those guides in some way, shape or form, sensing or feeling, emotionally knowing, I felt that I was rather blank in this area.

Also, when I retrieved some mucus from his chakras and lifted it up and gave it to the guides, again I questioned how much time was necessary to be able to give the guides the necessary time to neutralize

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that mucus. Are there tips or anything that I might be able to work with, knowing that I am working in the dark and I'm most concerned with not cutting off the efforts or the workings of those guides. If in the future I work on patients, how much time should I allow for these particular healings, knowing that I am completely in the dark, and having difficulty with accepting my own judgment in this area. Can you comment on this?

We are Q'uo. In dealing with the guides we suggest the practice, when there are no patients, in a form of address to the guides. Perhaps the visualization of greeting guide or guides, as you may feel them to be, giving them respect, bowing to their help and thanking them in a visioned way within. Then placing in the mind's eye so that the guides may move into this situation the condition of the patient as you find it. Then the requesting that this patient's guides move in their wise ways into the situation. Then an inner affirmation that this indeed is being done and that these essences are indeed now working to alleviate the illness. Once this has been respected, seen into the beginning of the functioning and thanked and blessed, that then need not be repeated in that same day at least, for that would indicate that there was some lack of faith that this had indeed had taken place.

Indeed, in general terms, it is important that a healer begin to accept its hunches, for no healer ever knew a bell to ring in the head when some energy work was finished, rather the healer of this kind of energy simply has a feeling that the energy has stopped, then it moves on. Over time experience brings not only the awareness of the energy flow and its surcease, but also the awareness that you were very close to being accurate before you had enough data to begin to perceive more clearly the ebb and flow of energy.

May we answer in one final query at this time?

D: Yes. In all of my closings I felt inadequate before doing procedures, I had great difficulty determining the orb field, how far that extended. I, reading in the *Hands Of Light* book, Barbara describes this process most carefully as moving with the heart towards the infinite oneness, and then this process cannot be mental. In the sessions I was working with, though, I was only able to at best create the mental picture of my interpretation of what the heart feeling might be, because I could not move into the heart and feel the emotional feeling, so I did this rather intellectually. In moving back to a session I worked on with an entity called S, when I worked on this procedure with her she did indeed remark that she saw angelic beings which was also described in the book and in which case I was also very mental at that point, or felt I was being mental.

Therefore, in comparing my intentions with those which are described in the book and attempting to do the best efforts that I can, I wish to have you comment on the difference between heartfelt rising and mental rising and perhaps you can offer me some tips in reference in being able to connect more closely to the heart and working around mental, or comment on the fact that the mental workings of my mind at the time were sufficient enough to create the closing. And that is my final query.

I am Q'uo. My sister, the closing of the door of opportunity is an event at the end of a healing which has a magical function. There are those who actually create a noise such as a clap when such magical activity has been finished. The insistence of the one known as Barbara that the healer's perceived ending move from the heart is based on the magical aspect of the heart as opposed to the intelligence. A closing which has been perceived by the self as coming from the intellect may well be that which does not contain enough resonance to properly seal the working.

Thusly, the descent into the heart, if as a whole the ending is mixed between brain and heart, then perhaps while learning is taking place the student may offer what closing he may make at that time, but before leaving the ending move deliberately into the heart and give an unspoken or spoken thought along the line of "This is done, this is finished," or blessings that this may be well, and then the hands clap together once or simply the foot quietly stomped against the floor, thus preserving the form which respects and recognizes the magical that is the unusual portion to this form of healing.

We thank the one known as D for having these interests and asking these most interesting queries. We thank each in this group for calling us and offer each our blessings and love. We leave you now in the illimitable light and love of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation

May 8, 1993

Group question: Our question to start this session off with is, since it seems that we on the edge of the Milky Way galaxy have evolved in a pattern that includes very concrete and minute and complex use of the conscious mind, we are wondering if it is necessary in our continued evolution for us to utilize any of the creations of the conscious mind that we have come up with that have furthered our evolution and if it's necessary to recapitulate this journey in an orderly fashion, take back in all of the creations of our mind and of our culture as part of our continued evolution, or is there another avenue of evolution that is more effective. Is the work we have done as a result of the veil dividing the mind to the conscious and the unconscious work that is useful in our evolutionary process?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are thankful that you have called us to this session of working this bright and lovely morning.

We feel blessed and privileged to blend our vibrations and our thoughts with your own. We shall embroider together. Your query is one which we shall attempt to take care to answer because queries along this line deal with matter which is slippery and not readily reduced to words. The query stands athwart one set of suppositions and looks at another kind of supposition. We [will] deal with each separately.

Firstly, we deal with the matter of colors. The taking back of the omega of all that was implicit in alpha in a universe of perceived motion is achieved by quanta. Thusly, although the group consciousness or individual consciousness does not have the ordering of it, the various colors, if you will, or emanations of light which are the basis of all structure follow the laws of motion, this is so.

To address the other set of suppositions involved in the query, although the methods of learning about the self and the environment within third density involve a vast array of setting down of details, this method of learning about the self is not a method of learning that endures to a significant extent beyond your fourth density. There are other ways of learning about the self to which the third density begins to be privy that are expanded in the next density of experience and that rather take the majority of consideration thereafter.

This is not to denigrate the scientific method, so-called by this instrument, or indeed to look down upon any means whatsoever which self-conscious entities use in the attempt to order and understand their environment. We do find the various earnest numberings and detailings of order counted off by your peoples in some wise humorous for facts are

seen by some among your peoples to have the effect of a magical charm or protection. There is the addition of one fact upon another in a way which seems to us to be the intoning of familiar and safe and secure things, as if entities were made more and more solid and real as they enumerate details concerning the self and the environment.

There is in this detailed ordering of the environment much to recommend. We recommend the suitable dependence upon such sets of facts as your biology and other life sciences. We recommend such orderings of your culture as may be found in your social arts and in your fine arts. The scientific fact and the scientific systems of your peoples are monumental achievements of the intellect. The creations of artists are another ordering of the firmament of ideas and concepts. The latter method of ordering has one portion which is that which is the birthplace of methods of ordering which you shall develop in further densities. This being the whole self or melding style of adding detail in which details are compressed into emotion and this emotion given subjective color and form, thus creating a fused statement of essence or existence.

Thusly, it is not so that the endless ordering of fact which may be proven is that system of ordering the self and environment which will produce the path of spiritual evolution through to the last beat of this creation. However, it is not to be scorned. We find the amusement you have noted creeping into our usually augustly calm minds when facts are held before one as a shield, or when it is felt that the correct ordering of facts shall in itself bring about an evolution in spirit.

We find much to recommend in the nascent skills of artistry and intuition which each seeker has also, and we encourage each to use the visual and auditory senses inwardly in creating ways of expressing the essence of the self as artists do when they produce the picture, the song, or the spoken performance, such as the play, the poem, or the dance.

We would now ask for [any] following query. We are those of Q'uo.

D: Confirm what you just said, speaking, detailed speaking *(inaudible)* is not perhaps as directly flowing back towards oneness as the feelings and movement that we perceive, as we create *(inaudible)* in speaking of those facts as almost the shield in front of us which perhaps helps to blind us towards that feeling of going back to oneness *(inaudible)* the natural movement that generally flows through us when we do not think so much, that we just do. This is a more natural a more elevated way of moving back towards oneness, am I correct in this?

We are those of Q'uo, you are right, my sister …

D: Then we must concentrate as seekers on pulling ourselves backward from that typical tendency of the mind to categorize and chart and detail and remind ourselves on a regular basis to remove ourselves from that activity more often and it would be more advantageous to focus within meditations on the whole general feeling. This concept which you introduced yesterday alleviated immediately a lot of questions that I had put together within my mind and I noted that when you spoke I resonated with what you were saying and the detailing somewhat disappeared and I understood the whole.

The question that I and other young seekers have when so honestly seeking, we have a tendency of not accepting that general feeling that wells within us, that wholeness, and I'm assuming that if we maintain that wholeness more within us, that flow, that comes more within us, we would be able to view our surroundings and our environment and our lives in a more removed way which would allow us to feel more light as we move through this seeking.

I'm assuming that this is correct and I wanted to thank you for doing that for me because it is quite helpful to come here and remove myself from the meticulous line. So, in essence, I am thanking you and I am also asking you if this correct, a correct manner in which to move?

I am Q'uo. Yes, my sister in some the moving of the integrated self with feelings of wholeness turning always all of the self over and over again is the most efficacious way to most accurately record and memorialize in fitting tribute of emotion and manifestation the quanta of light and love that the entity moves through in the incarnational experience.

We would, however, state that there is no prejudice against the detailed study of the third-density physical environment and state further that this intellectual means of learning does constitute not only in the large sense a dead end, but in the closer sense it represents also that which furnishes the culture in which you live with those abilities to have

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personal leisure time which constitute the ability to spend the incarnational time working to integrate and fuse the expression of life so that these petty details needs must be honored as those learnings which produce the opportunity of the whole self to move forward metaphysically.

However, the basic sense of our answer is that yes, indeed, to work to enlarge within the self that integrated expression of one's essence in manifestation is, shall we say, the high road towards what may be called compassionate understanding and if you will but think of entities which you have thought wise you will touch upon memories of those simple and unintellectual entities whose spirits were not at all enhanced by detailed knowledge, but whose metaphysical natures expressed themselves as those of the wise and masterful spirits, not because they understood any detail, or because they were able to speak to this wisdom, but because their nature was grounded in the whole life experienced unily or in a unified manner.

We welcome a following query.

D: Before I move with any of my questions, does anybody else want to query further about that?

For the purposes of exploring some of my own perceptions here, I'm going to ask a few questions having to do with the aura and the chakra system *(inaudible)*. Within our physical mind/body/spirit complex—and I would appreciate if you feel I am moving with that shielding you just spoke of, I would like you to know that, and I also understand that if there are things that are best left for me to further study I will accept that as your answering.

The first question I have is that researcher have [divided] our aura and chakra system into seven layers for the purpose of labeling, into which resemble our concept of consciousness and light moving into physical manifestation. The chakras, then, have these seven layers which have been defined many times by many researchers. If I'm correct, the reality is that these layers, in fact, really reach out toward infinity, but in the limitation of our logos it holds us to viewing only the seven layers or concentrating on the seven layers, since our concentration within third density lies within clearing the first three layers to allow the universal light to flow from the seventh layer inwards. Is there purpose to exploring beyond the seven layers which would then prove useful in aiding in our healing techniques, or is this a diversion or unhelpful to the purposes of our third-density experience?

I am Q'uo. My sister, the subjective nature of a healer's individual method of perception create for that one healer the needs and requirements of that healer's work. One healer might find the need for the grasp of a system of visualizing which involves only seven colors in seven simple bands. Another healer might find that the seven times seven, as you mentioned, of the bodies, each color existing in a band of ever finer material, one for each chakra, to be that visualization which makes that healer feel able to heal and therefore this is necessary information.

In effect, as long as the healer has a consistent and compelling individual method of visualizing the movement of light this system of visualization is virtually and functionally accurate. We are not attempting to be obscure but are saying that almost any consistent method of visualizing the passage of energy will work for the one which has healing gifts and the desire to manifest these gifts. The healing ability is not raised by these visualizations or managed or controlled in their nature because of this system of visualization, rather the healing energy is channeled through the instrument, and what occurs as the healer does its work is that the healer discovers a way of visualizing the procession of this light in motion or this energy in such and such a way which does not interfere with the healing energy's own intelligent movement.

The goal here is for the healer to become transparent to this energy so that it is completely calm and is functioning as conscious catalyst. However, in order that the mind of the healer be stayed and comforted some method or system of visualizing the traduction of this energy is necessary. Therefore, we urge that each healer—however modest or great the healing gift, each is a healer—that each healer find that level of detail and informative embroidery which is wholly sufficient and satisfactory for the self, knowing that the purpose of this visualization structure is to so secure and quiet the instincts of reason and so sweeten and make cooperative the nature that the infinite energy of the one Creator may flow freely and intelligently to do its work.

(Pause)

We are those of Q'uo. We are those of Q'uo, and find that this instrument feels that we were not clear.

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We move over, we perceive that there was in the query a concern about how subtle the levels of colorings could be. We affirm that there is possible a detailing of sub-colorations which approaches infinity. We were saying that only as much of this detail as was necessary for the healer to feel a quietude of understanding was appropriate. We welcome a following query.

D: In pertaining to the two chelations I did on Carla, in which case I experimented with them myself, in the first session, more intent, more nervousness, more of that seeking of visualizations of *(inaudible)* attempting to bring myself to more awareness, the clues or things that may help me in my system.

The first time I did the chelations on Carla and I had experienced this other time I felt an uncomfortable heat and I would visualize energy flowing, which at this point I'm not able to determine a pattern yet but I understand that that needs further working. The second time I attempted this chelation I removed myself from this attempt to find detail or find symptoms of what was occurring and I placed myself in a acceptance of what was occurring, utilizing love as more of the energies that were flowing through me and more of the essence of myself slipping through me and what I experienced was less of the censuring but still an overall feeling that the healing was somewhat complete.

I could not determine between the first and the second whether or not this new awareness and understanding without this deep searching and just channeling through acceptance, whether this might have been of a higher level of channeling due to my own acceptance of what was occurring. My question, I suppose is, is the seeking and searching and attempting to learn while I'm doing these chelations in this instance hindering my ability which is flowing from my natural essence to Carla. I felt that I could not determine which was a better healing or whether it was necessary that I determine if one was better or not. I felt good about both just because the intent was there but I was curious as to if you could comment on the quality of each of those healings?

I am Q'uo. We can comment …

(Side one of tape ends.)

(Carla channeling)

… And the qualities of alertness and exactitude in the stance of watchfulness bring about a keenness of desire felt within the self. The session of healing approached from a whole self or integrated standpoint when the energy is allowed its work …

(A noise is heard. Carla laughs.)

Carla: It's OK, I've still got her I just need to get back down …

(Carla channeling)

I am Q'uo, we remark at this instrument's sense of humor. The healing session done from the standpoint of one who accepts and allows the free flow of healing energy and which trusts and has faith in the intelligence of this energy is effective to perhaps a deeper degree than the session done from the standpoint of keen awareness, however, the keenness is especially useful in preparation for a healing session to bring the nerve within to a fine tuning so that the healer is fully awake and aware within the self. Then in the actual session this keenness rests ever so lightly on the unified ocean of serene calm in which metaphysical healing takes place. So, each attitude is effective, one more so before the session when preparations are made within the self, the other for use within the session when the energies of faith are most appropriate.

Carla: I think that they're waiting for you to ask another question …

D: I do have another query. In relating to the white light experience that I had a year and a half ago where I saw a clear band, I wonder if you are referring to when you speak of a healer attempting to become clear and transparent. Was this visualization that I saw the actual reality of that transparency and can a healer or myself be able to utilize that transparency in my practice towards becoming transparent? I also notice that as I speak to you I get a lot of light flashing as we are speaking and I'm assuming that I'm registering the communication pattern here.

I am attempting to learn how to develop the inner eye to a greater degree, and need to know whether or not what I witnessed a year and a half ago can be utilized in my attempt to become clear, transparently clear, and I should use that as a tool to aim for or

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whether or not this is a product which just occurs and I should not concern myself with what occurs.

For instance, yesterday when I was doing my chakra clearing with the intent to be more whole and more pure and accepting, when I got to the upper levels clearing my charkas I noticed the movement was much faster, the light was moving much faster than it had ever before and these seemed to be products of my, perhaps, more mature attempts at clearing oneself. I am trying to determine whether or not I can utilize what I visualized in a prior session as a tool for aligning myself with that transparent core which I saw, and if this would be useful in the future to being able to maintain that alignment as well as being able to use that inner eye to see further into either the patient or into the situation at hand while I'm healing?

I am Q'uo. We are aware of your query and at the same time find it impossible to answer simply. We shall attempt to be clear. The inner vision is such that were we to tell you a self-consistent system of seeing and were you to believe us you would thenceforth see innerly in the manner which it had been made possible for you to perceive. This does not mean that the visualizations of a healer are unreal but that the nature of actual consciousness is so plastic and so unaffected by the laws of motion that they can adapt to any set of expectations and can move intelligently within the sensing entity to fill in any blanks, as it were, that the system pulled to one had left out.

Therefore, were we to give a positive vote to your vision of transparency you would then feel it was a good image and a teaching or good for teaching the self-image. Were we to ask that this image not be followed then another way of sensing within would need to be found. The wiser, we feel, of the two ways of responding is to suggest that it be realized within that there is a dissolving nature to a true transparency, that as the healer seeks within for a more and more unified view of the self and a more and more generous view of the potential of the balanced self in offering as a healer, [one could] use such transparent energy as was visualized by you in your past as a reminder of that universal, penetrating, dissolving quality of transparency, so that the small roughnesses or unevennesses of personhood when viewed during preparations for a session may be then subjected by the self to that penetrating, dissolving light of transparency, so that the self [and] it's various personal rough edges and uneven bits may be seen to subdue themselves into a non-interference with the work of the service which you wish to render.

We ask that the healer not be limited by that visualization achieved already, but rather we would ask of the creative healer that he open within in each preparation for healing to any newly manifesting systems of perception or kinds of perception. If the healer feels comforted by one system of seeing energies and essences then that healer will be very effective along the lines of stress created by that structure. However, if a healer can be flexible in allowing new visualizations to occur and to allow thought to pour in on them only after such experiences are completed we feel that this latter path is the more creative and the more designed to maximize the path of service.

We welcome following questions at this point.

D: I was just a little confused in reference to some visualizations I was having and I'm going to attempt to remain aware. There are two questions, actually, I'll start with. I don't know whether you can describe this or not. When I feel the uncomfortable heat throughout my body, can you explain in the metaphysical sense what is occurring and what is this sensation that is being felt, what exactly occurs within the body? I know the energy is running through and it is causing an effect. How is this effecting the organs and the skin so that I feel this somewhat burning from inside out that makes it highly uncomfortable at times? Is there any way that you can describe what is occurring in a better fashion than I am able to perceive other than the fact that light is flowing through me and I'm feeling hot?

I am Q'uo. If you perceive this heat as of the nerves and then allow an analogue to the physical nervous system in the form of the nervous system of the electrical body then you may see this heat felt as being a measure of the amount of electrical energy which is expressing in the physical analogue as pain in the electrical body analogue which is moving into your healing apparatus, shall we say, as heat. Basically, you are feeling a measure of heat equal to the measure of physical pain.

This would, if allowed to go undealt with, create difficulties for you as a healer, for stress on this nervous system of the causal body allowed within the healer can create pain for the healer. Therefore, we

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strongly suggest that such heat or any other way you may have subjectively of recording stress or imbalance be visualized then as moving from within the healing apparatus, both physical and non-physical, and being shunted out along the exterior of this healing apparatus and given back to the source, this strongly visualized during and after the healing work, especially afterwards.

As before, we would again recommend the washing of the hands or other ritually done actions which seat within the emotions the fact that the connection made during healing has now been broken, and any effects picked up from the subject or patient shunted harmlessly away from the self and given back to the one infinite Creator.

We would ask for a closing query at this time.

D: My closing query is, I guess, would have to do with the color seen from my fingertips, which registered as an apple green, and I have with practice to a very small degree been able to stretch this energy outward and I know that this through intent can be stretched for long distances and what not. Again, must I rely on that intent alone to stretch that healing from the fingertips?

I also am curious about the coloring of that, because it is not the deep coloring of the primary colors, it is a very light tinted, and I'm just curious as to whether that is because it is a combination of white light that emanates in combination with the green heart color. And if you can somehow elaborate on those healings that occur, I know that from Barbara Brennan book they are able to, some healers are able to channel different colors through their fingers.

This may be a little advanced for me at this point, but I was wondering if you could comment on the procedure, basic procedure, how this actually occurs. As a healer, would I be drawing down the higher energies, and would I concentrate on a particular color coming through or is it best to leave that at this time and just concentrate on allowing the energy as it intelligently moves through to heal others. Is it best at this point just to leave that as is.

The other question I have in reference to orb fields, is in noticing in photographs and attempting to view orb fields within photographs of individuals, the movements that I visualize or see, are they the state of the entity at the time the photo was taken? I understand to a degree that you can move deeper and see beyond into, I guess, further into that orb field of the individual, but I was just curious as to what it was I was viewing in those photographs, whether I was viewing something that was taken at the time or whether I am able to visualize that orb pattern of the entity in the present as well. That maybe a slightly confused question, but if you could make any sense out of it I would appreciate it.

I am Q'uo. We shall attempt sense, my sister. Firstly, in the matter of the energy from the fingers this radiation may be affected by sharp intent. However, we would suggest a slightly different approach. We suggest that the sharp intent, the desire to stretch and to move further be applied to the self in preparation for this donning of a mantle of healing, shall we say. You—we correct this instrument—you may visualize, for instance, the self moving into a bath of white light, receiving from that bath a cleansing and purifying so that you are more and more one-pointed in service to the infinite One.

When the mantle of healing is donned and that healer becomes the self, the transparent self then may be felt to have the lid taken off and the energy of self simply allowed to move to its real strength. This relaxation of visualization in the event shall find that healer self radiating far greater a strength of field, far more penetrating a field than the field of the healer that is still attempting to control, attempting to stretch, attempting to go further. These forceful emotions point the self and hone the spirit, however, the more relaxed or more feminine of the mindsets in allowing that radiation to swell produce a much more efficacious field in the actual healing work.

Concerning the matter again of working with colors, the power of healing is limited only by an entity's considerations of how powerful healing is. We speak here not of curing or changing manifestations but of whether there is power available to heal or to make balanced that which is unbalanced. The more detailed color systems work for entities because they have built one visualization upon another and have found this system to make it possible to visualize very detailed work. We suggest that these color systems may be seen to be subjective and to represent choices made by entities which are attempting to order the bewildering universe of subjective perceptions.

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Now, it is well not to be foundered and rendered helpless by one's own subjective or interior perceptions. It is nothing but the sense of self which demands that this inner wilderness be ordered and we fully accept that there is virtue in any good internally consistent method of visualizing the various fields and levels of energy using color. What keeps us from telling you that one way is more accurate than another is that in our opinion no one way is more accurate than another. For instance, there are a very complex series of color visualizations connected with the tree of life of the kabala. These color systems represent a ten chakra system which many find to be more useful than the seven chakra system which we have used. It is our feeling, however, that much can be learned by the one or by the other means.

This alarming and perhaps reckless seeming attitude on our part is due to our perception that within each possibly described color field there lies the potential color field, there lie the potentials for all colors, and the shadings of the colors then affected by everything from the energies of heavenly bodies to the interpenetration of all color fields by a succeeding system of energies which are of a higher order so that any color can be taken apart to see the sub-colorations within that density or level of energy, not to mention those energies which are subsumed under it, yet color or tint it somewhat, or those overarching energies expressing themselves as colors which color the whole because of the overarching nature of that field.

We realize this is frustrating information, however, we do wish to affirm the use of some imaging system and encourage that any individual healer choose a system such as the one given by the one known as Barbara, and work with it on a continuing basis using the color structure described therein until such time as this system is felt to be in any way lacking. In other words the working with the colors is all work in the area of the healer dealing with the healer's mind. The healer functions as a catalyst which offers healing to the patient. The energy itself is intelligent. What the visualization of the healer does more than anything else is so arrange the mind that the work of healing may go forward unimpaired.

It is not that a visualization of color through the hand does not in some way help psychic surgery as described in the query, but rather that the psychic surgery and all other manifestations are created by the intelligent energy itself and are allowed that creation by the faith or certitude which the healer has achieved with regard to the lightness and goodness of this energy. Thus, if visualizing sub-colorations will in the future serve to aid in the building up of faith and a feeling of doing precise and fastidious work, then just as we encourage this instrument to pray to the one known as Jesus the Christ, we encourage you to work with these color visualizations in the way given in one particular system …

(Tape ends.) ♣

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Sunday Meditation
May 9, 1993

Group question: We'd like to know this morning about the flow of energy that moves through the healer in a couple of different situations. Number one: when the healer is either attempting to clear his or herself and wishes the energy centers to be the most brilliant and active for the offering of the service of healing, where does the energy flow? Does it flow top down in the energy centers or from the bottom up, and when the healer is attempting to offer itself as a healer, does the energy flow in the same pattern or is it another pattern? Could you tell us how the energy flows in both situations where the healer wishes to purify itself or when the healer wishes to offer itself as a healer?

(Jim channeling)

We are those of Q'uo, and greet you in the love and in the light of the one infinite Creator. It is a pleasure to be called to this early meeting of your group and we are excited to be asked to share our thoughts on the subject of arranging the tuning or the vibration. We request, as always, that individual truth only be recognized and other statements we may offer which find no home be discarded.

The practice of cleansing one's vibrations and tuning and purifying them in preparation for spiritual work is a very simple process, yet one which lends itself to great varieties of adaptations depending on the preferences and the belief structures of the cleanser. The basic, shall we say, technique that this instrument uses suffices as well as any, and we would suggest it is the beginning of our answer. In this practice, the entity ritually cleanses the mouth, the hands and empties the bladder, thus expressing the desire to be washed thoroughly of all wickedness. It then asks to see within the chakra colors in their configuration, beginning with the red, or lowest center, working first with the red, the orange and the yellow. These may be viewed and adjusted separately, then seen together and regulated. Then the heart chakra is called for, and the first three chakras, reanimated if necessary to form a more apt base for the actual size of the green energy center. Then the blue and the indigo centers are viewed, again spending enough time with each to achieve a visualization of all the chakras moving evenly and easily.

The heart of the tuning process is just this much, however, in order to make this procedure more beautiful in offering of the self in service to the one infinite Creator, each entity which prepares develops its own system of progress and requests for help and protection. Many create movements which touch in some ritual way the four directions about the place of working, saluting each direction and calling upon that direction's power for protection.

For instance, with this particular channel, the myth of the Christ is used and the archangels are called to

their four stations, which are the four directions, and then [asked] as symbols of the heavenly host to stand as protection of the contact, the channel and the session of working when the time has come for the energies to be used.

We suggest, rather than a directional visualization of energy flow, rather, the visualization of the awareness of the whole self in every cell all ready and empty, awaiting the flow through the self. In this awaiting, there need be no feeling of urging a direction, and when the hands are used to point the energy, it may be firmly visualized, not that the flow is quick or slow, but that the appendages are lightened of every normal burden of weight or substance and are become hollow receptacles through which the infinite Creator may work.

We would welcome queries in more detail at this time, that we might be of more specific service. We are Q'uo.

Carla: R, do you have any questions? I do, but I can wait if you have some.

R: I don't have a question at this time.

Carla: Okay. When attempting to clear blockages that one is aware exists, and in doing so, not for the purpose of healing others, but for the purpose of healing self, oftentimes the energy feels stagnant in one or two chakras, and I feel difficulty in releasing or understanding what is occurring, in which case, I don't understand if the energy is unable to move through and therefore it is creating backup and does not know where to go and I can feel that pressure in the physical sense. I am quite unsure how to release this energy which has somehow gotten stuck and do not know how to do it either through thought or emotion, and I was wondering if you could give me tips in reference to either diverting the energy or helping it to move through the blockages or sending it back out to release the pressure.

I am Q'uo. My sister, we would suggest two ways of working with these experiences. Firstly, your particular inner nature is profoundly affected by visualization, therefore we would suggest that this ability to visualize be harnessed for your own good use. In cases where stagnation of a center is perceived, there needs the feeling that one may but sit and become able to separate from this blockage enough to have effect upon it. The method of doing this is in a rough way described, to move into a posture of request and mentally request the aid of your guidance and with that guidance felt some subjective way, then you with guidance might be suggested to establish a place for you both in time/space from which you together may visualize a prolonged process of clarifying, speeding up, regulating and brightening the energy center in which blockage is perceived. This way, you are able to harness the impersonal side of your own ability and use it upon the self.

Carla: That was very interesting. I'll certainly try that. The only other question I have in reference to the chosen path of self healing through the evening with asked guidance … is there anything I can do to perhaps aid, either in visualization or in chakra opening, to aid the guides as they work with me through the evening to help clear this?

I am Q'uo. My sister, your greatest aid to guidance is a repeated inward affirmation to their existence, to their power and their desire to serve the one infinite Creator on your behalf. The more firm and sure the foot of the one who stands to serve in the name of the infinite Mystery, the more sure shall be that aid, for in work with this mystery, all feet stand firm on nothing, and that nothing is called faith. Allow that faith to become more conscious, to become more part of the momentary experience. Allow the floor of faith to be under your feet along with the floors of Earth and carpet.

This establishing within the inner world of self of the holy of holies is the beginning of a life truly lived not in the world. If only Earth be touched, those not of the world must still be in it. When the fair carpet of faith is overstrewn upon the mundane ground of experience, all of the mundane experience becomes charged with potential, for what would be called by this instrument magical work, that is, work which creates changes within your own consciousness.

May we speak further, my sister?

Carla: Ha! I'd love for you to speak further always … um … running out of questions here. You are answering everything with such greatness. You've been wonderful for me these last few days, and I want to thank you for that. If there is further info, you can go into that. I think I am beginning to truly grasp what you are saying, and if there is further information, I'll take it. If not, I will leave the room open for other questions.

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(Pause)

My sister, there shall always be further information as long as there is the inquisitive ear and the inquiring mind We are also feeling most privileged for having been able to spend this time with your circle of seeking. It has been a great privilege and pleasure, and perhaps you know we do not speak fulsomely, but only honestly. We lift our hearts to the one Creator and know you stand with us with all love and amaze[ment], rejoicing in this mystery that calls us forth from dust to behold we know not what, yet must we continue to be about this business, seeking always the infinite Creator and Its service. We leave you in the love and the light of the one infinite Creator, and know that this love is bestowed each to each. We encourage all attempts to love and support each other.

Carla: Q'uo, can I ask you one last question?

You may.

Carla: It's just a curiosity of mine. In the friend that passed, who I know is full well taken care of and is on another journey wherever, due to the circumstances in which he left and the great love I felt towards that entity, I've wanted to know if it is common for those within an incarnation to offer a service to those who are not incarnate, and wanted to know if it was appropriate to offer the service of asking that entity if there was anything, while I am here, that might be helpful for his peace of mind or whatever, that I might do in reference to his loved ones. I don't expect to step beyond things which are beyond me, but if there is a way to offer that service, I would like to do so and as well wish him on his journey, that it may be well and full of love and light.

We are those of Q'uo, and in our opinion the highest service for one who has moved recently into larger life is to intercede, that this entity may more easily look and see that which is hard to see until much is accepted. Prayers interceding for the orientation of the newly arrived friend are very much in order so that this entity may know where it is and be quickly moved within a comfortable set of circumstances seen subjectively.

This instrument informs us we must depart, and so we shall, leaving …

Carla: Thank you for that.

I am Quo. We are rude not to say "Thank you, my sister," however, we shall indeed take our leave of this instrument and each of you now in love and in the infinite light of the one great Mystery. Adonai. Adonai. We are those of Q'uo. ♣

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Sunday Meditation
May 16, 1993

(S channeling)

I am Hatonn, and I greet you, my brothers and sisters, in the love and light of our one infinite Creator. It is a great joy to us to join you this evening, for so large a gathering of your peoples in the seeking for which you have come together is a wonderful sight for us, to blend our vibrations with yours, to become one, and to share in your oneness.

My friends, this evening we would share a few thoughts on the subject of becoming one with your brothers and sisters, with your other selves. There comes a time in each life when one will experience doubts in their seeking. One might wonder at the path that has been chosen when one struggles with the concept of seeing a brother or a sister who is not quite as one would expect, and still within the self would realize that though there are conflicts, there is still the oneness, the sameness, the reflection of the self in the entity that is causing the conflict.

My friends, this opportunity which has been made available at a certain point in many lives is indeed a great step, one which with love, with the sharing of the heart and mind and the spirit will perhaps cause some of the doubts to be allayed. The path you have chosen, my friends, as you well know, may have many bends, many curves, but the blessings which are bestowed are so beautiful. The lessons you have chosen in the preincarnative state to undergo are those that have the capability of becoming one within your self, bringing the lesson home so to speak. As the harvest becomes closer, my friends, these lessons of love and of sharing yourselves, the learning, the experience of becoming one with those that you perceived as being troublesome to your spirit, are great lessons and are ones to be thankful for.

At this time we would like to transfer this contact. I am Hatonn.

(Carla channeling)

I am Hatonn. I greet you now through this instrument once more in the love and the light of the infinite Creator. We shall continue through this instrument. Let us compare perception of other selves by consciousness as a type of mirror. The type of mirror which the illusion surrounding you provides for your use is the type which is used in your carnivals. Far from receiving an adequate reflection, each mirror is purposefully warped in order that an imperfect and distorted image is seen by the one who goes to the carnival. Some mirrors seem to reflect a jolly and harmonious image, and cause one to laugh. Other mirrors seem to reflect to us a looming and menacing shape. And so you go through the illusion, day by day perceiving and categorizing the images from the mirrors as good and as evil, as friend and stranger and enemy, as

harmonious and inharmonious. And you do not realize that you are in a carnival and that, my friends, is the only reason that the carnival mirrors are in place. The more emphasis that is placed upon the distortions by the carnival-goer, the more distorted the images will become, the more complex, the more interesting. Each carnival-goer chooses the nature of his entertainment by choosing to see the image he prefers to see, by watching for it, by finding it, by naming it and calling it his own.

At some point in the carnival, either by good fortune, by inspiration, or by the cold use of intellectual gifts, it may become apparent to the carnival-goer that there is an exit from the house of mirrors. And so, the carnival-goer which has decided to seek the exit leaves the hall of mirrors. Behold, he has entered another hall of mirrors. Those you discard are discarded; those you do not recognize remain a portion of the reflecting surface of your consciousness. And so begins a new carnival, and at the new level of awareness that the seeker has found and cherishes and nurtures by imitation the carnival goes on, the flags wave, the merry-go-round plays a merry tune. And still you see a distorted image of each other self, less distorted than before in many cases.

Until one day, by good luck or inspiration or the cold use of intellect, the carnival-goer again finds the exit. There are many, many mirrors, many rooms full of them and many exits, for your seeking and your learning is a process. We cannot offer to you the instantaneous realization that will last. We can promise you that such moments will come to you. The mirrors are blown away in the wind and you see clearly, as if through glass with no lead to keep an image reflecting, and you look at yourself in every one you see and you are indeed one with all that there is and you say again and again, "There, too, am I." And this realization is wonderful and joyful. But we cannot promise to you that you will keep it, for you are within the illusion which you inhabit in order to work with mirrors.

For a great portion of your incarnation you will be dealing with the carnival. It may be possible in a life-long friendship of mate, of bosom friend, that all the mirrors be vanquished and that you may see yourselves face to face, and rejoice that you have known the Creator. It is more likely that you shall only be able to do this intermittently. But to know what you are after is the key to seeking. As long as you seek, you shall find. This promise written in your holy works is not part of any lie. We can only ask that you take care in what you seek, for you shall find it. We ask that at any time you become discouraged you stop at the first available moment and look into the one mirror that you carry with you that will give you a true image. We ask that you look into the silence, for there is a center and a hope, a joy and a love in the midst of that silence that can create a new kingdom for you, and for your family. Let your desire be turned to that which you have a proper need to attend to—your own consciousness.

My friends, when you lift up your consciousness into the great mirror of light, you offer a gift to yourself, to all those about you, and to your planet, the nature of which is indescribable. You can leave the carnival—there is a way out. And while you are gone, and have raised yourself up into a focus too fine for this illusion, you may descend once again and join the carnival and ride the horses on the merry-go-round, and eat the cotton candy and laugh and choose to find in your hall of mirrors good and kindly images. How do you choose to see yourself is your illusion; it is your choice. We do not deny any of those things which are negative, seen against the positive standard of a healthy, smiling, vibrant evolution. We do not deny hate or death or jealousy, pain or anguish or loss. We only say to you that they are a part of that which is an illusion, and that at the heart of each of these things is a transformation which is so positive that joy leaps from every tear that we may shed in the learning of these lessons.

Therefore, whatever face you see, it is your choice. Put your name to it and do not let world opinion of any type or degree sway you, for you can be a messenger of light, and you may give that message to anyone whose path intersects yours simply by seeing that other self as the Creator. We ask that you begin always by attempting to gain a true reflection of yourself, for it is only when the carnival-goer is lifted from the hall of mirrors that the mirrors become part of a manageable, reasonable and loving consciousness. This day has the carnival become a bit hectic. Do you wish more for yourself? Very well then, my friends, begin that process by utterly forgiving yourself, by loving yourself most dearly, and by lifting yourself through meditation to the light. What consolation there is in that light. What healing there is in that love.

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We are aware that there are questions in this group, and therefore we would pause only to offer our vibrations to those who find that it deepens their meditative states. If you would be patient we shall pause briefly to share our blessing on each of you. I am Hatonn.

(Pause)

I am Hatonn. I leave you, my friends, through this instrument but never in the unspoken sense. We are always pleased to be with you if you so desire. We ask that you be most discriminating as you listen to us as we are imperfect and fallible, much like yourselves. Use what thoughts we have that are of help to you. Discard the rest. Our own selves, our greater selves, we greet you and bid you farewell. We are those of Hatonn. We leave you in the ineffable love and the infinite light of the one Creator. Adonai.

(Jim channeling)

I am Latwii, and I greet you, my friends, in the love and in the light of our infinite Creator. It is with great joy that we join your group this evening. Again, it is our privilege to be asked to provide our humble service of attempting to answer those queries which may be of value to you in your seeking. May we then ask for the first query?

C: Latwii, in another meditation I channeled the one called Nona, and as I channeled vocally, I began to feel my hands beginning to move and gesture, and I had not experienced anything like this before. Could you make any comment about what was happening?

I am Latwii, and am aware of your query, my brother. As various instruments take part in the process of vocalized channeling, there is frequently an abundance of the energies being transmitted that requires some outlet so that there is not an overloading of the normal means of transmission. In your particular case, this outlet was the use of the manual appendages to serve as a diversion for the excess of energy that the ones known as Nona were providing that evening. Your particular sensitivity allowed what might be viewed as a mismatch in the energy to be transmitted as compared to the receptivity or normal level of receptivity of your particular instrument. Therefore, the one known as Nona found the use of your, as you call them, hands to be most efficacious in relieving your instrument of the excess of energy.

May we answer you further, my brother?

C: No, thank you very much.

We thank you, my brother. Is there another query at this time?

K: Yes, Latwii. Are there more clairvoyants and psychics and healers now or at this point in time than there were, say, twenty years ago?

I am Latwii, and am aware of your query, my sister. You may notice an increase in not only the absolute number of such entities, but also in the percentage as a proportion of your planet's total population.

May we answer you further, my sister?

K: So the answer is yes to my question. Is that right?

I am Latwii. This is correct.

K: Thank you.

We thank you, my sister. Is there another query at this time?

Carla: Is this due to third-density, fourth-density kids being born, or to wanderers or what?

I am Latwii. There are, my sister, not only these factors to be considered but more as well. Not only have those known as wanderers incarnated with latent abilities awaiting activation in service to this planet, and not only have the children of the harvest of other third-density planets begun early incarnations on this planet which shall be, as you know, a positive fourth-density planet …

(Side one of tape ends.)

(Jim channeling)

I am Latwii. We shall continue. There are also those native to this density planet who have by what you may call seniority of vibration incarnated with hopes of achieving what you may call the harvest or the graduation into the next density of being. These entities have through many incarnations upon this planet developed certain abilities that are now available to be used in greater ease and facility than at any previous time, as you call it. You may also consider the increase in the vibratory level of the catalyst which each entity faces in the daily round of activities. This increased level or intensity of opportunities for growth allows many entities to be able to use the catalyst in a fashion which develops those abilities which may be called psychic or of a paranormal nature.

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May we answer you further, my sister?

Carla: No, thank you.

I am Latwii. We thank you. Is there another query at this time?

K: Yes, just one more question along the same line. I was talking with a clairvoyant yesterday, and she said that I had a healing aura about me, and I had not really heard of such a thing before. And, well, would you comment on that, about a healing aura about anybody?

I am Latwii, and am aware of your query, my sister. To one who is sensitive to the energies which surround each entity, the perception of those energies may vary according to the, shall we say, the depth of sensitivity of the clairvoyant, as you call it, entity. One may see the ease of the melding of the mind, the body and the spirit reflected in the aura and interpret this balance of the being as a healing aura, for, indeed, such an entity, having balanced the self to a certain degree, is able to generate the feelings of peace, serenity and joy which are most soothing and quite healing in their manifestations.

Another entity of the clairvoyant nature may look at the same auric energies and note that, indeed, within the field of energies lie the specific abilities of this entity to serve as what your peoples call the healer, having incarnated with these abilities either in potentiation awaiting the activation or in partial activation.

Therefore, it is both necessary to look at the one who is perceiving the auric energies and its ability to so perceive, and to look at the one being perceived to determine if there are those specific abilities defined as the healing abilities contained within the auric field or if there is a more general configuration of mind, body and spirit which in some also provide the faculty of healing.

May we answer you further, my sister?

K: No, that's fine, thank you.

I am Latwii, and we thank you, my sister, and greet you after your absence.

K: Thank you also. We missed you.

Is there another query at this time?

K: I have one. This morning my message was to forget what I feel are earthly moral responsibilities or obligations, and to let myself go on my path freely, not to tip myself down to one area. Can you expand on that?

I am Latwii, and am aware of your query, my sister. We may speak in a general sense about the nature of such a message but cannot be specific, for when the self at its deeper levels begins the communication with what you might call the conscious waking self, there is the direction from the inner being which is being reflected as clearly as the conscious self can perceive such reflection, and the necessity in such cases is that the conscious self seek more and more to perceive more and more clearly those messages which arise from within.

The concept of allowing the self to move along the path of evolution in a free and open manner is a concept which has meaning to an entity which works with the blue-ray energy center of the throat. Such a configuration of energy is then experienced by the seeker in a manner which promotes the clear communication of the self with the self and with other selves, accepting the self and other selves, and freely expressing the self to all which surround the self. In this manner, the giving of freedom and acceptance to others springs from the giving of freedom and acceptance to the self, for you are also a mirror and reflect that which is your being to those about you.

Therefore, as you seek to move freely along your path of evolution, you shall also give that freedom to others and shall inspire such freedom to those who come in contact with you. It is therefore helpful to consider the deeper ramifications and implications of such a message as you meditate upon it that you might continually refine that journey that lies before you and which you have long traveled, making refinement upon refinement. And as you continue upon this journey, you shall find those messages arising from within your deeper self to be more and more frequent, more and more clearly perceived.

May we answer you further, my sister?

K: No, thank you, Latwii.

We thank you, my sister. Is there another query at this time?

J: This is a hard question to get into words but I want to try. A friend and I this last week or week and a half have been experiencing a sense of pressure, of tension, almost a sense of reverberation from the planet, as if the planet itself was in some kind of

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especial pressure or tension, just a number of symptoms. And we wonder if there is a particular reason or cause. Could you comment on that?

I am Latwii, and am aware of your query, my sister. The planet, the entity upon which you walk, is also partaking in the process of evolution, for all portions of the creation are one and move with the Creator as it becomes aware of Itself. As you know, the cycle which is now ending upon this planet is very close at hand, and its transformation has not been what you might call smooth, for many upon this planet have had difficulty in realizing the love that exists in each moment, each situation and each entity. Therefore, the seeming inharmonious expression or perception in the mirror has been experienced by many upon this planet's surface for a great portion of what you call time so that these vibrations of disharmony have entered into the planet itself. And as the planet begins its transit into that density of love, there is the momentary mismatch of vibratory frequencies. This mismatch becomes apparent to those who are sensitive in many ways, but we can assure each that the mismatch or stress suffered is but momentary, and in its way also offers a greater opportunity for each entity upon the planet and for the planet itself to find that love in the moment which has not been found previously. For love is at the heart of all creation, and no moment is without its own infinite share of that love.

Therefore, when such distressing feelings are felt, rejoice that the planet is giving birth to itself and each entity upon it, and that the birth is attended by love.

May we answer you further, my sister?

J: No, thank you. That is what I expected.

We thank you, my sister. Is there another query at this time?

K: Yes, let me go just a little bit further. These vibrations that are more intense now, that you mentioned a moment ago, are they beginning now to sift down to, well, say, the average person who has been going about his life totally unaware of what's happening?

I am Latwii, and am aware of your query, my sister. This is correct with the qualification that for many upon your planet who do not yet feel with the sensitive inner being that the vibrations' intensity are reflected in a more gross or general manner; that is, many will be found to speak of what is called the "good old days," when times were more peaceful and there was time to reflect and a feeling of ease was more apparent. You will see the return to such days in mind, in entertainment, in clothing, and in the various ways that your peoples express their inner being and feeling. Therefore, such intensity of vibrations are—we correct this instrument—such intensity of vibrations is noticed by each entity upon your planet, yet noticed in an infinite variety of ways.

May we answer you further, my sister?

K: No, that makes sense. Thank you very much.

We thank you once again. Is there another query at this time?

J: Well, just a little follow-up question on that one. When I first was asking the question, I was thinking that this is like a labor pain, but I didn't want to say that, but then you said those words. When human beings give birth, labor pains usually increase in frequency and in intensity. Is that going to be the pattern for the planet?

I am Latwii, and am aware of your query, my sister. Though the future is not known, we can look upon the direction in which your planet and its various populations are moving, and can suggest that such shall be most likely the case, for the planet has for a great portion of what you call time known its populations by their hostile expressions of power over others, and these vibrations have created an inertial residue which seeks to be balanced in the short period of time which remains. In order for the balance to be achieved it is most likely that it shall be allowed its full run, shall we say, and the intensity of catalyst shall continue to increase so that the use of catalyst in the remaining time might be most efficient.

You might consider the great learning which comes with the situation which you call traumatic. In but a brief span of time great transformations can occur when the entities involved in the situation are, shall we say, made aware of the need to call upon the great and deeply held inner reserves with which each entity enters each incarnation, but which each entity is but faintly aware exists within.

May we answer you further, my sister?

J: No, thank you, that's fine.

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M: Latwii, to what extent can one person send positive vibrations to another person?

I am Latwii, and am aware of your query, my sister. Depending upon the entity's clearing and balancing of the energy centers, the degree of ability is variable and ranges from most ineffective to infinitely effective.

May we answer you further, my sister?

M: No, thank you.

I am Latwii, and we thank you, my sister. Is there another query at this time?

Carla: How's the instrument holding up?

We find the instrument somewhat weary, but able to continue for another short span of your time.

May we ask if there is another query?

Carla: Well, as long as you've got a query left, Latwii. I ran across a very unusual situation recently. I met a friend's wife who had the most unusual thing happen to her twice. She became pregnant and a heartbeat was discovered and she went quite a ways with the pregnancy, four or five months so that she was big, and then the pregnancy disappeared. You would think it were an hysterical pregnancy except for the fact that her husband's a doctor and he heard the heartbeat of the child. What type of entity needs this form of nurture, and where are these children going? Let me add that I do not doubt this woman's word or ability of her husband to use his stethoscope.

I am Latwii, and am aware of your query, my sister. In the situation of which you speak, you may see evidence of the entity which needs but a short span of time within your third-density illusion in order to accomplish the task which it has set before it. It is most common among your people's perception of the way of the incarnation that the incarnation shall begin with a, as it is called, normal pregnancy, birth, childhood, adolescence and some portion of the adult years experienced before the passing of the illusion is accomplished. Yet if one could look with unfettered eye at the experiences which are truly occurring within your illusion, one would see a great array and a variety of means of being and learning those lessons which this density has to offer.

The experience of which you have spoken is not as uncommon as one might believe. Many are the entities at this time in your planet's evolution which seek but specific and short term experiences within your illusion. The lessons which are then learned are of great value, for most usually such lessons are of the nature of completion, that is, the graduation is at hand and but one course credit remains.

May we answer you further, my sister?

Carla: Just one thing. These children were not stillborn. There was no physical evidence that they were ever there. Where did they go?

I am Latwii, and am aware of your query, my sister. These entities move into this illusion as each has moved into this illusion, and leave this illusion in the same manner, though the entities living, as you call it, within this illusion have not become totally aware of their presence.

May we answer you further, my sister?

Carla: Do you think there's any chance at all I could understand what you're saying or do you think that it's probably beyond me?

I am Latwii, and we shall attempt clarity. The concept is so simple that we apologize for assuming that the questioner was familiar with it. We suggest that all exits, shall we say, from this illusion are exits in which the third-density yellow-ray physical vehicle, whatever its degree of manifestation, is left so that the etheric or indigo-ray body may be entered, the incarnation reviewed, the lessons discerned, and the further needs for incarnation determined. Therefore, the exit is from the yellow-ray body to the indigo-ray body in each case, whether the incarnation has been what you call long in years or hardly apparent at all.

May we answer you further, my sister?

Carla: So, what you're saying then, is that in the case of this unusual woman, she is capable of absorbing the physical material used to house the child which had such a short incarnation so that it did not have to be spontaneously aborted and gotten rid of all at once, but simply absorbed into the body of the mother. Is that what you're saying?

I am Latwii, and am aware of your query, my sister. This is partially correct. The entity exiting the physical vehicle also provides some degree of assistance in the absorption of that vehicle which it exits. There are in other cases entities which may be seen as what you would call the guides or angelic

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presences which also provide such aid, as does the entity's higher self or oversoul, as you may call it. Each situation is unique and each situation will be provided the aid which is appropriate, that aid having been preincarnatively chosen by each entity involved.

May we answer you further, my sister?

Carla: Well, was this great service that R is performing the key to her inexplicable weight gain?

I am Latwii, and am aware of your query, my sister. We find in this instance some bar upon the distance we may travel in attempting to reveal the nature of this situation.

Carla: That's okay, I had a hunch about it anyway. Just checking. Thank you.

I am Latwii. May we ask if there is another query at this time?

J: This feels like a personal question, but I'd like to try it anyway. Latwii, are you presently embodied in a space/time location?

I am Latwii, and am aware of your query, my sister. The nature of our existence at this, what you would call, time is such that we inhabit the analog of a space/time physical vehicle within the density of light. Therefore, the vehicle which we inhabit, though it is an analog of the vehicle which you inhabit, would not be able to be perceived by the great majority of your peoples in any way because of the, shall we say, density of light contained within it, which to your physical senses is quite without substance or perceptibility. When we communicate through instruments such as this instrument, we transmit in a time/space or thought form so that our space/time physical vehicle generates a form of thought that may penetrate the interlocking densities and planes within each density to reach the instrument which opens itself to our thought form.

Therefore, to answer your query, our normal, shall we say, existence is within a space/time physical vehicle of light, but when we communicate with groups such as this one, we partake in the analog to your meditative state and transmit our thoughts in a thought form vehicle.

May we answer you further, my sister?

J: No, thank you.

I am Latwii. We thank you, my sister. May we ask for one final query at this time?

L: Thank you, Latwii. Where is it best to bring a new way of medicine into this society?

I am Latwii, and am aware of your query, my sister. We find that there is no place which does not call for the type of healing of which you speak, for the sorrow and suffering and ignorance of the truth of unity within each is great upon your planet at this time. There are many who seek wholeness, and do not know that already they are whole. There are many who seek love and acceptance, and do not know they are love, they are loved. There are many who exist within the illusion and believe that the illusion as they perceive it is all that there is, and they call in their subconscious mind for an exit to the illusion however it can be found. And yet they are unaware that to look within the self is the exit into unity.

Therefore, as one seeks to be that known as the healer in whatever form that healing may take, we may suggest that you cannot miss the mark, for all about you are those who call for that healing that you have to give. And may we humbly suggest to each that the greatest healing is that love which is at the heart of your being and may be shared at each moment of your existence with each entity you meet. There is no greater magic nor healing than the love, the forgiveness and the compassion for those who walk upon the path of evolution with you.

Therefore, give as you can, be as you are, and those gifts which are yours shall shine as beacons in the night and shall be noticed by all who call and the healing shall occur. For such is the way of the one infinite Creator that all cycles shall be completed, all the pieces of the creation shall be reassembled into one, and all who seek love shall find it all about them.

At this time we feel it appropriate to take our leave of this instrument, for we find that this instrument is somewhat weary. We thank each present for calling for our humble service, and we remind each that we are but your brothers and sisters in light, fallible and imperfect. Take that we have offered which is of value to you; leave that which is not. It is our privilege to be with you whenever you call in your private meditations or in your group meditations such as this evening. We leave you now in love and light, in the power and in the peace of the one

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infinite Creator. We are known to you as those of Latwii …

(Tape ends.) ♣

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Sunday Meditation
May 23, 1993

Group question: The question today has to do with why entities who incarnate in this particular illusion choose one sexual orientation over the other. Is there an advantage or are there opportunities to choosing male over female or female over male in dealing with the various catalysts and learnings that are available in this third density?

(Carla channeling)

Greetings and welcome. We are known to you as those of Q'uo. We greet you in the love and in the light of the one infinite Creator. It is a privilege and a blessing to join this circle of seeking and to share our thoughts with you. We thank you for calling for this type of information, and are most honored to be here. We do request that each seeker accept our lack of authority. We are fellow travelers rather than authoritative sources, therefore, we ask each to keep those thoughts of ours which may aid, and allow any that do not seem appropriate to be forgotten, for we would not represent a stumbling block for any.

The query concerning the advantages of male or female sexuality begins with the note that sexuality itself has advantages. The advantages of being polarized are a fruitfulness which one cannot gain without polarity. This may be seen to be literally true in human sexuality, wherein male and female come together to allow the opportunity of a pregnancy to occur. In the sense of working with one's conscious awareness of the passing moments of experience, polarity is that which actively encourages the self to move into relationship. The sexual polarity creates a bias towards seeking companionship. The companionship may then move in any of a number of ways, all of which bear fruit in terms of an increased rate of catalyst, and therefore, an increased opportunity to learn from the catalyst.

Archetypically speaking, this sexuality can be seen to be that difference between the Matrix of the Mind and the Potentiator of the Mind, in that the male energy is seen as that which reaches, as does the Matrix of the Mind. The female may be seen likewise as that which awaits the reaching. In the cultural roles prevalent among your peoples, these roles are seen to hold somewhat towards true; that is, to the male of a mated pair, there is given the most affirmative training towards the bias of feeling a responsibility to provide for a family, to nurture and tend a wife and children by working and offering the fruits of that labor. The cultural feminine archetype, as opposed to the archetype of the deep mind, is considerably clouded and complex compared to the cultural role of the feminine gender, say, one hundred of your years in the past. However, there is a tendency still, and an inevitable one, towards the female's perception of the self as one which nurtures and supports by the presence, by the loving and

intuitive caring, by the qualities of compassionate gentleness, and intuitive hunching or guessing.

In broad strokes, then, it may be seen that entities which wish to learn the lessons of unselfish service through labor away from the family are drawn to the male sexuality. Those wishing to work in relationships and to learn the lessons of unselfish loving and serving through presence, may well choose the feminine gender. However, at a more goal-oriented level, these goals having to do with what you may call karma, male or female gender may well be chosen regardless of the implications of any sexual bias in order to set up the appropriate relationship wherein lies the work of the incarnation.

Thusly, if one with whom you have a tie which is karmic has the need to establish the sexuality as male, then in order to come into a desired mated relationship, for instance, you would choose the female gender in order to arrange the niceties of convention so that it would be possible to choose during the incarnation to take on this relationship. Within this relationship, you, as a woman, might be needing to work in what seems to be a more masculine series of lessons of responsibility and provision. However, the sexuality would have been chosen only in order to set the stage for the work in relationship.

It is quite common to choose gender for the purpose of aiding destiny, for most work done by men and women within incarnations this late in third density are working with the balancing of relationships, so that harmony and the kind of balance required to ride the bicycle with no hands might be achieved, not for one but for both. Thusly, one will see many relationships, none of which seem to be particularly similar, one with the other. This is because the soul choosing to do this work has acquired many, many lifetimes as both sexual choices—the biological male and female—and now are refining understandings gained in previous work with these relationships.

It is to be noted that the refining process, though it takes place in a much smaller arena than the first learnings, is nonetheless as difficult—or usually more difficult—and intensive work. We find this to continue beyond your density, that is, that the work of refining the choice for service to others begins with one decision and then becomes more and more complex, decision by decision and relationship by relationship. This continues as far as we know, becoming more and more detailed and difficult or intensive, until that moment when all detail is first glimpsed clearly as irrelevant, and the face turns for the final time to gaze in infinite love at the source and ending of all that is.

Each entity has the capacity to take advantage both of male and female orientations within one lifetime of experiential catalyst. We encourage seekers to investigate and deeply consider the perceptions from the standpoint of the opposite sexual gender. For instance, it is certainly reliably interesting for a woman to encourage those qualities the culture encourages and the archetype suggests: the bearing and raising of the children, the nurturing of the loved circle of family and friends through thoughtfulness and presence, the qualities of attractiveness and charm. These are most fruitful to investigate. Often the society and culture do not insist that the male viewpoint be included in this role-playing, yet how much more aware does a female become which has actively pursued the consideration of the male within the mated relationship?

Two queries are relevant: Firstly, "Were I a male …"—that "I" being the female—"Were I a male in this situation with these necessities, what pressures, what sensibilities, what cultural expectations would I then have access to that I do not as a female?" Conversely, although it is excellent for the male to wholeheartedly enter into those biases which the culture and archetypical mind suggest, it is very catalytic to focus upon creating adequate supply for the self and the loved ones, to be the leader and the tender of the physical plant of home and assets; yet, it is also fruitful for the male to ask himself, "If I were a woman, how would my perception of my role and its requirements be altered?"

We bring to this instrument's mind the suggestion of an image from your holy work. In this scene from your Bible, there is a woman who has been unclean and very ill for many years. This woman strives merely to touch the hem of the robe worn by the teacher known as Jesus. The entity, Jesus, becomes aware that this woman has indeed touched the hem of his robe, for this entity feels the healing energy moving through him, and he asks, "Who touched me?" The woman owns her action and explains that she wished to be healed. The teacher known as Jesus then says, "Go, for your faith has made you whole." In this instance, the entity known as Jesus stands

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waiting as the female, and is literally reached by a biological female functioning as a male in reaching out.

We may encourage each to feel within the self the full range of male to female qualities as they arise within, for *all* aspects of polarity teach. However, it is especially helpful to move in mind to the extreme that is the antithesis of the self, and so attempt to furnish the mind and the spirit with a more and more universal perspective. This perspective is certainly reached partially by swinging between male and female. However, in each case where an entity is more markedly in the cultural stereotype of its sex, therein lies the opportunity to increase one's depth of compassion by moving firmly and regularly into the opposite perspective.

Note within the mind's conversations as well as conversations with others, instances wherein generalities are made stating that women are such-and-such or men are such-and-such. It will be seen quickly that the generalizations cover, but do not obliterate, uneasiness and even fear of some aspect of the otherness of the other sexual gender. In terms of the red ray, marked polarity is greatly beneficial betwixt the two biological sexes. In terms of orange and yellow-ray relationship potential, it is as helpful to be devoted to considering the antithetical point of view as it is to be an advocate for one's own gender.

As one gazes at the third density, one may see a movement which seems, and in many ways very deeply seems, to tend more and more towards the feminine principle, for the goals of third density are the choice of how to serve the infinite One and how to become more and more a witness to and a co-creator of love. Lessons learned revolve completely around love, not around wisdom but around love. The one known as Jesus expressed deeply feminine approaches to the challenges of hostile environment and relationships. The qualities of verbal submissiveness and reaching in love to encourage peace and great tolerance were emphasized in this incarnation. Indeed, the principle which this instrument calls "Christ consciousness" is one of unrelieved compassion, that is, compassion unrelieved by wisdom.

Thusly, females in their cultural training find themselves more cognizant of what may be called, "the Mind of Christ," and find sacrifice more tolerable and acceptable, thereby creating much energy available for potentiating love and the learning of loving. It only awaits the male's decision, however, to work with attitudes of inner peace for this to be available to males as well as females.

In the end, at this level of discussion, we come back to the benefits of having sexuality. We celebrate the fruitfulness of this polarity which brings entities together to learn, to love together, for the giving and accepting of love and all its fruits, advantages and disadvantages, is the proper business of humankind. Each knows the depth of the illusion of sexuality. Each is aware of the self at levels which do not alter because of being male or female. This Personhood is infinite, and from this standpoint, we encourage each to be aware of one final thing, that is the person within that is the self, that is one with that great Self which is love embodied and incarnate in the great original Thought or Logos. The Creator is not male. The Creator is not female. Yet, the Creator is reached by both equally within illusion. When a point of view is needed, and the biases of male and female … *(inaudible)*.

We encourage each to move through considerations as male and as female, and then to reach within the self to that level where all selves are persons equally, and stand firmly and confidently gazing from that point of view to look at the biases brought about by gender, by birth, and by relationships.

Although this instrument wishes to have had more aid to channel upon this topic, we find that sexuality is relatively shallow in terms of its ability to create unique perspective. Certainly from within the incarnation, women easily see men as generalities, and men see women as generalities and experience great differences betwixt the two. However, free will is such that these differences simply create alternate forms of the same catalyst, so that biological sexuality does not have deep reasons for being chosen. We consider the outworking of relationships to be focal and most central to learning of love. Yet, in each mated pair, both entities shall don and discard both male and female type roles depending upon the energies necessary to be expressed in order to balance the relationship.

We apologize to this instrument for disappointing it, and we thank this group that it has allowed us this opportunity to share these thoughts. At this time, we would take any questions that any might have and close the meeting. We would prefer to transfer at

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this time to the one known as Jim. We are those of Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to any further queries which those present may have to offer to us. Is there a query at this time?

Carla: Well, I noticed that at no time did you say that there is any actual difference between the two sexes. Did you intend that, and simply mean to say that all of the differences were apparent and shallow?

I am Q'uo, and am aware of your query, my sister. Let us begin by suggesting that it was our intention to speak to the strongest qualities of each of the sexes and not to move into areas of difference at this circle of seeking. There are qualities of the archetypical mind which gravitate to each sexual orientation which provide avenues of service and opportunity for learning to each of the two sexual possibilities. This is a study which is, in our opinion, one of great depth and breadth as well, and it was our intention at this working to move more upon the general nature of each of the two sexes, swimming, shall we say, in more shallow waters than choosing to dive deeply into those qualities which are significant to one or the other sex.

Is there another query, my sister?

Carla: No, I can accept that. Thank you, Q'uo.

I am Q'uo, and again we thank you, my sister. Is there another query?

Questioner: I have a question, Q'uo. I just wonder if the reason that so many prophets or enlightened ones seem to be in a male form—the archetypical concept of wisdom and seeking being the male—or is this concept that I am raising here misguided?

I am Q'uo, and am aware of your query, my brother. There is the seeds—we correct this instrument—there are the seeds of truth in that which you have observed. However, there are also other factors to be considered, these also related to the quality of the Magician, or Matrix of the Mind, which is potentiated into the activity of seeking by the High Priestess, the Potentiator of the Mind. Thus, as this quality of seeking manifests in your illusion, especially within the more recent centuries of your illusion and its various cultures, there has been the predominance of the male influence upon most of the recorded histories of these cultures, which has had the effect of displaying the achievements of the male members of the culture, and, indeed, in making opportunities for them.

This is a more, shall we say, common or traditional way of reflecting archetypical energies and has not always been the mode of cultural expression upon your planet, but has been more recent, shall we say, in its histories of culture. Thus, the feminine quality which potentiates the seeking has been less apparent than the masculine quality, which has been potentiated by the feminine qualities of both the subconscious mind of the male and of the conscious and subconscious qualities of the female in what is generally called the supporting role.

Is there another query, my brother?

Questioner: Is it correct to say that in order to progress along the spiritual path in conscious seeking seekers must find a way how to fuse the masculine and feminine qualities inherent within each, to go on seeking?

I am Q'uo, and we find this statement to be correct, my brother. Is there another query?

Questioner: No, there is no query from me. I just wanted to say that it has been great sharing company with you again, as it is always.

I am Q'uo, and again we thank you, my brother, and may take this opportunity to express our great gratitude at sharing your presence as well as the presence of each entity in this circle. We take great joy in so doing.

Is there another query at this time?

Carla: Not from me.

I am Q'uo, and we are greatly full of the joyful feeling that comes from sharing the spiritual journey in this manner with each of you. We are especially grateful to be able to utilize each of the two instruments and to be able to have our humble opinions expressed in your words. We hope that you will remember that we are but your brothers and sisters in seeking, and we would ask that you take only those words which ring of truth into your hearts, leaving all others behind.

At this time we shall take our leave of this instrument and this group, leaving each, as always,

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in great joy in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Intensive Meditation
May 29, 1993

Group question: The question this evening has to do with the definition and explanation of the concepts of guru, teacher and guide, the teacher and guide as are used in the terms of inner plane or spiritual and angelic presences that look out for us or have guardianship over us in some fashion. What is the difference in definition in guru, teacher and guide?

(Carla channeling)

I am Oxal. Greetings in the love and in the light of the one infinite Creator. It is our privilege to be with you this evening, and we greet gladly each in love, in light, in harmony and in seeking. We especially greet the one known as S and thank this instrument for allowing us to work once again in that grand collaboration on behalf of the infinite intelligence which bears inadequate names such as love. To attempt to harmonize together in the service of the infinite One is not only, we feel, of service to those upon your sphere who call for this kind of information but also to us, for we are here to serve yet cannot break the laws of free will and are able to speak through instruments such as this one and the one known as S.

We do not say that we only can speak through instruments but rather that we prefer the most careful and fastidious observance of the law of confusion and do not choose alternative ways which in your past we have tried and have found wanting because of breaches in free will. Therefore, each instrument bears our thanks for allowing this collaboration and harmonization of the treasures of time and memory and service.

When the student approaches the quest for truth he finds himself upon that which your song discussed, the long journey, the journey without foreseeable end, the quest for truth without final or certain results, for in that spiritual walk the truth recedes infinitely before the progress of consciousness. We are not authorities, we simply have walked, as you would say, longer along the path of spiritual evolution. Our opinions and our thoughts are precisely that. Therefore, we ask each to take from our discussion those thoughts found personally helpful and to leave without a backward glance all other thoughts, for we would not be a stumbling block before any.

We thank each for grasping the centrality of personal discrimination with regards to spiritually orientated information, and each, of course, requests helpers in the search for the truth. The student has a certain kind of character or personality and to each student the way is unique. Therefore, to some one kind of second voice may offer the best communication and dialogue; to others another different style or different level, so that each kind of spiritual counselor, teacher and guide has its appropriate

place and function. In this discussion please bear in mind that we do not offer judgment as to which path is appropriate, but recommend rather the individual's increasing knowledge of itself, its personality biases, and therefore its preferred kind of teacher, counselor or guide.

We would at this time transfer this contact to the one known as S. We leave this instrument in love and light, we are those of Oxal.

(S channeling)

I am Oxal. Most humbly we speak to you in the love and in the light of the one infinite Creator. We have been some time away from this contact with this instrument who even now is about the process of adjusting its energies to ours once again. We feel it important for this group to understand the process which this instrument has just undergone and which we would like to express our gratitude to this instrument for its fastidiousness and attending to. This is the process of challenging the contact. No less than three times were we challenged by this instrument in the name of what it holds highest. Most humbly and gratefully were we able to meet this challenge, for indeed the seeker who reaches into the darkness within third density for information which may avail in a spiritual way must be most scrupulous that the information that is obtained is used for the very highest purposes and in the very clearest way that the student of spiritual evolution is able to manage.

We ourselves have been long upon this very same path and as we lean back a little in the saddle, as this instrument would care to put it, to reach a helping hand to those who request it we are most acutely aware that no two requests are alike and that each student is ultimately its own master. Oh, the little that we have to offer to you who in some sense upon this evening are our students in comparison to what each has within, for each is the bearer of a light and a love which is that of the infinite Creator. Each has worlds wrapped in worlds wrapped in worlds without end within. This glorious divinity is accessible to all and to each, so the poor pittance of information which we may have to offer is only by way of pointing haltingly towards the one light that is the life of all.

We have been asked to address the question of the nature of the student/teacher relationship. Indeed, this is a question which can hardly be avoided for the teacher/student relationship is all about you. This instrument regards as teacher the one known as Carla and the one known as Jim. In this respect we would hasten to point out this instrument to a great extent expresses its own personal biases. Now, these biases have great use for this instrument. They are in fact quite precious to the seeking which this instrument undertakes. Nevertheless, the biases work in part to obscure the natural relationship to other selves which to this instrument are equally teachers.

Brother, mother, father, friend, colleague, wife, husband, child—all of these and many more relationships involve the teaching function. Each and every experience [of] self to self is an experience of holding up the sacred mirror which can be shared in the precious experience of mutuality, which is in some way uniquely possible within the third-density working. Each self offers to one a reflection of the one self that one is. So even if it should be the case that the social and experiential nexus in which one relates to another self suggests a certain asymmetry in the relation, such that one is in the role of teacher while the other is in the role of student, even so it needs to be understood by both parties that in the very measure that one is teacher to another, one is also pupil.

We realize that this is a very difficult concept to work within a functional way within a density which is very conscious of social standing. It is nevertheless a central point and must not be neglected. The types of teaching function do vary considerably, however, and when it comes to the question of the type and the nature of the teaching which is offered it is necessary to take into account differences in the approach to the teacher/student relationship, differences which may for a time indeed involve the appearance of asymmetry.

Thus, for example, should one wish to acquire the skill of working with the machine you call the computer, one would search out another who had already acquired such skill and was willing to pass on this information. Now, to the extent that one wishes to learn the information which the skilled computer operator has to offer, one opens oneself to the teacher of the computer, and avails oneself of the wisdom which is forthcoming. Now, this is a rather easily circumscribed function even within your social complex for it is generally clear to most that there is a relatively easily circumscribed area of expertise in which the teacher of the computer works. One does

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not, for instance, feel compelled to use the same teacher that teaches computers for spiritual counsel or perhaps for counsel upon the athletic field. These are different areas and in this regard, a difference in the relationship teacher to pupil may well be appropriate and given the appropriate circumstances may well emerge.

Thus, the first point that we would make upon the issue of the differentiated teacher/student relations is that they are not absolute relations for the most part, but involve regions of development. This end can be—we correct this instrument. The same thing can be said in the nature of spiritual work, that is to say that there are areas of spiritual development which each may be working on differentially at a given time and depending upon the nature of the spiritual development being worked upon, it may or may not be appropriate to put oneself in an apprentice relationship to another who serves as teacher.

We come then to that more highly potentiated teacher/student relationship you have called the relationship to the guru. We have found as a result of our work with your peoples that this guru relationship is one which prevails within a particular cultural interpretation which is not primarily your own, that being the oriental tradition. This is not to say that some similar functions are not to be found within your own more immediate traditions. There is, however, a point of principle it is appropriate to address when considering the nature of the function of the guru. A guru is first of all a fellow human being and a fellow seeker. The guru secondly can well be regarded as a teacher in a special sense, that is, a teacher that has a particular kind of spiritual understanding which the student would acquire, but, thirdly, the guru offers itself as a teacher in an unique way when it takes charge, if we may put it in this way, of the spiritual development of the student.

We have found to our own experience that the question of free will is at issue when the guru too willingly takes charge of the spiritual development of the seeker. There are many different kinds of gurus and many different levels of development among gurus. Some, indeed, appreciate the value, even at the cost of a seemingly slower or more confused spiritual path, of allowing the student to find its own way. The guru all too often finds it easier to operate within a framework of belief, a framework of practice, and even a framework of faith which seems to work well enough for it, but does not necessarily translate into effective working for the student.

In fact, no matter how well matched may be student and guru there comes a time in the life of every student when the guru must detach itself and allow the student to find its own way. The guru does this without judgment, without expectation, but only in a genuine and heartfelt desire to seek and to assist in the manner which is most befitting the nature of the relationship that has uniquely evolved between that particular student and that particular guru.

Thus far we have spoken primarily to those kinds of teaching which take place within third density with both the teacher and the student being incarnate mind/body/spirit complexes functioning within third density. There are other modalities of teaching as all those within this circle must be aware. Such a modality is that which we share with you this evening, and such a modality is that which other instruments channeling other sources likewise share with you upon the occasion of the assemblage of other circles of seeking.

In order to more clearly speak to the nature of the distinction that exists amongst many of these forms of service which the discarnate teachers engage in, it is useful to note so that we may be clear about the distinction between the inner planes and the so-called outer planes of your experiential nexus. Those planes which we designate inner are planes which are part of the third density of the current incarnational cycle now completing its revolution within the Earth planetary sphere. The inner planes are planes which are occupied by many, many, many other mind/body/spirit complexes, not presently incarnate. Many of these mind/body/spirit complexes have chosen as a mode of service to assist in those small ways it is possible to assist those who are currently working in incarnation within the third density.

How might this service be availed you ask? It is as simple as listening for the chirping of a beloved bird upon a new spring day. One's inner guidance is always available to one for each here is an infinitely precious part of the one infinite creation, and each has a veritable host of loving administering spirits deeply caring about one's own personal destiny. Such spirits occupy themselves offering love, offering what gentle nudges and suggestions as may be given in silence, and let it be said that these spiritual ministers to the struggling self are infinitely patient,

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for well they are aware how seldom it is possible to hear the beloved chirp of a single bird in the great cacophony of sounds that fill up your density. So rare is it for any to heed and yet the administrations continue unabated and undiscouraged.

Yes, there are a great many who speak through into your density via the channel from the inner planes. Some are greatly wise, some are less so. There is great love and comfort to be availed for one who allows the inner guides to have their say, to have their sway.

Now we come to an area which is perhaps somewhat more difficult to grasp. We ask as you consider this material that you bear in mind the nature of the task at hand, not just for you individually, but for all who have begun the great quest of being an individual consciousness. All seek, and the goal of all seeking is the one Creator. It happens that within the course of the development of the creations that there have evolved patterns for this seeking to find expression. These patterns we may express by means of the concept of densities. Seeking is not complete when one has achieved such focus, such balance as permits the completion …

(Side one of tape ends.)

(S channeling)

… and we are again with this instrument. Of tasting it to the fullest and of beginning to understand the need for a sense of direction and focus within this experience of all embracing love. Even when this task which is by no means easy is achieved, there still lies before the evolving spirit still other densities.

In the fifth density wisdom is developed. We ourselves are a social memory complex which has come together from many different sources representing many and various experiential nexuses in convergence with one another at the point that we are ready to transit to the density which is the sixth. For us, those who have worked long within the wisdom density, the task, as strange as it might seem to you is to be less wise and to rediscover the sources of compassion we originally encountered so long ago. Our task is to blend this compassion with the many wisdoms we have acquired. We feel more and more the call of this task and as we are called into this task we seek the opportunity to serve. For us your calling is a great and wonderful such opportunity and thus it appears to us that you who call from within the dark faith of third density seeking have so much you may teach us by your dedication that we who offer ourselves in service as teachers to you find that you appear to us as teachers to us.

So we find that the question of the proper relation between student and teacher is a very complicated one indeed. There is no formula for right teaching; there is no formula for the proper [way] for right teaching; there is no formula for the proper way to go about being a student. We would prefer to say that the teacher/student relationship is ephemeral and is essentially an event that is of the order of an opportunity. It is an opportunity or mutual sharing in a way that does not bias in advance the outcome of that sharing. Only teaching which is given without expectation and openly is teaching which partakes of this unique and seemingly paradoxical effect whereby the student is simultaneously teacher to the teacher.

We speak to you by the grace of the Council that sits in protective concern keeping an ever watchful eye upon the doings within this planetary influence. We have been given permission to attempt to achieve within this planetary influence at this time that unique balance of teaching and learning which shall simultaneously permit the growth, the evolution, of those mind/body/spirits incarnate within third density Earth and ourselves. We ourselves are equally at risk in the offering of this service as you are in performing the service, for us, of requesting it.

This is our understanding of the nature of the balances at work within the teacher/student relation. It is a most complex and compelling relation, this teacher/student relation. We ask that you consider well and consider deeply when broaching the subject of entering into such a relation with any other, for it is a sacred bond of mutual seeking which is thereby established, is it not?

We feel that we have said enough upon this inexhaustible topic to make a beginning. For us this will suffice for the narns. May we, however, offer ourselves in response to any queries which those present may yet have upon their minds? We are those of Oxal.

Questioner: I will pose a question for those of Oxal, and the question concerns a seeker who wishes to avail himself or herself more in the listening to the guidance from within that is sometimes called angelic presences or the inner guides or personal

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guides. Would you comment on ways to increase one's sensitivity, if you just desire for this communication to come through to the conscious mind and not fall, if I can call it that way, [into] common pitfalls or distractions that also lie along the way of this type of seeking. Is that query clear enough for comment?

I am Oxal. We are again with this instrument. My brother, your query is amply clear and we will comment to the best of our ability. It seems to us to be appropriate to point out at this juncture that the most important single task facing any seeker is the task of knowing the self, for if the self is a babble of voices struggling to be heard it is not likely that any clear sense of direction shall come from attending to one particular voice within the babble.

Observe, if you will, the experience of taking a stroll upon a pleasant sunny day. One is surrounded by plants in full bloom, the soft leaves of the sheltering trees rustling gently overhead, the thousand different sounds, many of them too small to be singled out, in the plant life all around; the light slanting softly through the rustling leaves forming patterns upon the ground that change like the shifting colors of the kaleidoscope. Surrounded by all this beauty the walker nevertheless takes in so very little of it, for the walker is beset by an internal dialogue, thoughts which seemingly posses the mind, going where they will besetting the attention with a continuing bombardment of concepts, associations, desires. How then does one learn to see the shimmering light, how then does one learn to hear the rustling leaves, how then does one learn to watch for or listen to the thousand subtle sights and sounds that are part of the minute kingdom all around?

One must listen past the internal dialogue. It does not help to propose another dialogue running counter to the first in the hopes of achieving victory over the first and thereby gaining access to the sights and sounds. One needs only to let go. One does not even need to let go, one needs only to listen, to watch.

A similar experience happens in relation to one's inner guides, the angelic presences and the higher sources of inspiration. They are constantly available. There may even be a word inserted edgewise into one's internal dialogue. Listening back to these voices may be likened to that reaching back after the vanishing dream upon the awaking and the reintroduction into the round of daily affairs. The more one tries often the less one succeeds in reaching back for that dream that has eluded one. The more one merely allows the dream to once again have its sway the easier it becomes to explore what has transpired within the dream.

This, we realize, speaks somewhat indirectly to your query, but we desire to observe the law of free will in responding to such a query and therefore must needs limit our response to the general principle of allowing oneself to open to one's very rich inner resources of which the voices of guides and angelic presences are some.

Have we spoken to your query, my brother?

Questioner: Yes, you have spoken well to my query and I thank you for offering more food for thought, so to speak …

I am Oxal, and we thank you, my brother. Are there further queries at this time?

(No further queries.)

We find that we have spoken rather long, it being for us a pleasure once again to be reunited with this instrument which so gladly serves. At this time we leave you growing in the love and light of the one infinite Creator. I am Oxal. Adonai, my friends. Adonai. ♣

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The L/L Research

Channeling Archives

Transcripts of the Meditation Sessions

Volume 13

May 30, 1993 to July 6, 1995

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Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

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Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

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Year 1993

May 30, 1993 to December 19, 1993

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Sunday Meditation
May 30, 1993

Group question: This afternoon we would like to know how we can balance our concerns for worldly survival and spiritual perception of the real nature of things; how we can discern what of our concerns deserve our attention and those which are perhaps a waste of time and cause a lot of excess worry. When we have concerns, what kind of a yardstick can we access to determine where we need to place our attention?

(Carla channeling)

I am Hatonn. Greetings, my friends, in the love and in the light of the infinite Creator. It is a great blessing to come into your circle of seeking, to enter into your vibratory harmonies, and to rest with you in seeking and faith. As always, we ask that each of you choose those thoughts which aid and discard the rest.

Your question about how to judge your own concerns about provisions for the physical well being and continuation is one which is important simply because in the pursuit of third-density lessons, all of which have to do with learning how to love, the issue of providing a supply of those things needed can be a key one. Your density has the strong tincture of yellow-ray concerns; that is, of concerns which involve the seeker in his participation in groups or institutional relationships. The going out to find work is a going out into the society, moving into and out of groups, other families, institutions who employ, and in each of these forays the mind is guided by that attitude which points like the arrow at the prevailing wind of attitude and internal bias.

The prayer which you repeated says, among other things, "give us this day our daily bread." Focus upon this request and see how simple and limited this request is. See, too, where the weight of attitude is shifted. The prayer is a reaching to the Creator, not to the institutions of your society and culture.

We would at this time transfer to the one known as Jim. In this particular channeling working we shall omit our signature at the end of each portion and simply begin with our identity. We ask each instrument to continue to be sensitive to the tuning and we ask each in the circle to aid in the clockwise energy flow of light, the light of desire, so that each entity's desire to seek further may blend into a constantly energized stream which feeds the contact and aids in the channeling process. We would now transfer to the one known as Jim. I am Hatonn.

(Jim channeling)

I am Hatonn. The attitude which prays that the daily bread be given as it is needed is an attitude which is not available to those of your peoples who

feel that the world in which they live is one with which they must contend and wrest the …

(The second page of the original transcript is missing.)

(Carla channeling)

… become ladders and thoughts become structures, structures of logic upon which the entities which dwell in the darkness of flesh attempt to use those imprecise items you call words to express the relationship between the self and the Creator.

All of those within the Confederation of Planets in the Service of the Infinite Creator are those who are people of this mythology and people of this history. Yet time and space are not as they are in space/time when one attempts to delve beneath the surface of the story of the race of humanity upon Earth. Thusly, while we are real, we are also metaphysical as opposed to physical, just as your thoughts have no flesh but are as they are. So are we within your space/time continuum.

That which the entity Jehovah or Yahweh did among your peoples was within history and yet also of the quality of the thought that has no place within history. We say this in order to deflect the intellectual desire of the seeker of truth from aiming directly into this matter as though it were logical or linear. That which has to do with the relationship of consciousness in the personal sense with consciousness in the creative sense or the sense of being the Creator will always fly before any gust of wind that attempts to chase it and the more words that are thrown at it, the faster it will flee.

So, at the very beginning of anything that we say at this time, we ask that you understand that we are using analogy, and we are mixing mythology and historicity because that is the way the creation is melded within your illusion.

The entity, Yahweh—as the one known as Jim surmised within his question—was indeed one who had the plan of enabling those who wished to transfer to your planet with that move. The concept seemed to them fairly direct; that is, to improve the intelligence and the curiosity and the physical and emotional strength of the type of physical vehicle which had been the native physical vehicle for those within the Martian sphere. And, as was surmised, this entity discovered, to its discomfiture, that it had caused great distortion—worse distortion, shall we say—than the distortions would have been without the aid.

This kind of situation occurs at all levels of consciousness. The mistake is made. There it is. One cannot go back. One simply learns and moves forward. However, this people indeed did crave and wish for a continuing source of, shall we say, God-given help. Its expectations were very high because there had been interaction betwixt a god-like being and humans. The remarkable nature of this history speaks for itself.

The entity which succeeded the first Yahweh, calling itself by the same name and using the same frequency of light to express, simply continued to offer aid and comfort when it wished but with the ever increasing distortions towards belligerency and aggressiveness that is the hallmark of a negatively oriented being or culture. The echoes of this action which was transmitted long ago redounds even now and shall continue to echo and re-echo as long as there are those within third density within this sphere who wish to claim power and who seek a god of power.

Now, let us look at the promise first made and the promise that took its place. The hunger which many among your peoples have had revolves around knowing what is right. It is instinctive within your physical vehicle to watch out for the safety and the comfort of the body, the mind and the spirit. The continual proclamations and greatly detailed taboos, prohibitions, and schedules of sacrifice that characterized the relationship of your so-called Old Testament God constituted an order, a structure, a logic within which entities felt comfortable living. Through this structure they knew what was right. The tendency was to enunciate finer and finer point of law until all possible actions with ethical consequences or consequences of safety and health were covered and the entities within this system were safe.

We ask you to look about you within your present world scene and see the entities about you looking for a way to be safe. Look upon your leaders who wish to prohibit freedom in order to guarantee safety. The spirit of Yahweh is strong and it survives. It is part of that mixture of light and dark which makes up all that is. In other words, we are saying that entities continue to have a choice between the many laws of moral rectitude in such a logic as

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Yahweh's. They can also choose a logic and a path which is not rational or linear, which does not hold, which does not insist, and which is not aggressive. This spirit was before the one known as Jesus the Christ. It exists, as does Yahweh, within each entity, for each of you is the universe. You are looking out at a world that is actually interior. Such is the illusion created by flesh.

In the testament of the one known as Jesus the place of the law is simply turned upon its head as the one known as Jesus is quoted as saying, "Man was not made for the Sabbath, but the Sabbath for man." The direction to love the one infinite Creator and to love each other self as the self is not a detailed, closed or encapsulated direction. It is specifically open-ended, and the one known as Jesus goes to some pains in the body of teaching that survives to impress upon those whom he taught that there is never an end to love. There is never the need to return to the old prescriptions and old taboos. These are not either/or situations but rather either/or processes, and as each student works upon its personal polarity perhaps it will aid the student to ponder and remember these two kinds of promises, these two kinds of ways of thinking. And perhaps this can be instructive in showing the way, the balance, when that way seems unclear.

We wish to tell you that your model of the universe is very, very limited. The attempt to nail down a history which is replete with metaphysical subject matter shall always be unending and full of lacunae, holes, gaps and spaces where there is no logic, there are no words, there is no road, there is no structure. Not that there is no structure, just that there is beyond all structure, love. The illusion is so very, very deep, for you are a dream, yet when you leave the flesh and enter a larger life you will still be a dream, for we also are but illusions, and ahead we see illusion. Yet always that siren call which beckons you and beckons us calls us all forward. And yet are we forward-going? We do not think so. We feel at this point the comfortable awareness that we do not know what is occurring. We only know how to be faithful to love. When it is accepted within the heart that nothing can be known and that a sea of confusion will always surround love, then the mind and the heart are better armed to take up the walk of the pilgrim who seeks truth, peace and love.

That call has come to many who wander within this world of yours at this time, listening for a sound, a tone, a letter from home, waiting, hardly hoping at some times, yet holding onto the faith that that which is within, that which is so hungrily sought, does exist. And we say to you, "Yes, love exists. Love is before, after, and around all that is." You do not seek an ephemeras. You seek that which is and that which exists perfectly. We encourage all lines of thinking which fascinate your minds, and we hope that we can, within your meditative periods, be with you as strengtheners of your own vibration. But we do continue to remark that the ways of seeking which are scholarly and of the mind yield a limited harvest. This is acceptable to us. We can look at what is possible within your world and see that it will be helpful and useful. And we encourage those who are drawn to this material, to this subject, to continue that process of thinking, meditating and reflecting, for these are helpful things not simply to the self, but in terms of service to others as well.

Let those truths that you seek remain small enough for you to remember that beyond all that can be understood or discussed is the truth, and that is a vibration which has created all that is and into which we hunger and yearn to move again. That should keep your intelligence and your heart on a sturdy road that has good perspective.

We would at this time transfer this contact to the one known as Jim. We do thank this instrument and leave it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries. Is there another query at this time?

K: I understand you to say that there were two Yahwehs? The original who brought the entities from Mars to Earth and then a second entity using his vibration?

I am Q'uo, and am aware of your query, my brother. This is correct, with the second entity being of a negative orientation and utilizing the name of the first as a means of gaining control of the entities to whom the first Yahweh had spoken. Is there a further query, my brother?

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K: The second Yahweh, then, gave the Laws of Moses to the people as well as the curses that attended them?

I am Q'uo, and this is correct, my brother. Is there a further query?

K: Ra said that the first Yahweh gave the Law of One in a very simple form to Moses. Is this the saying, "I am that I am," or was this the Ten Commandments, or something else? What was this exactly that he was talking about?

I am Q'uo, and am aware of your query, my brother. The entity, Yahweh, from the Confederation of Planets in Service to the Infinite Creator, was one who spoke with those entities from the Mars influence in a manner that reflected the unity of all creation and the attempt to be of service to others through this speaking, and intermingling, shall we say, the attempt was formed or fashioned in a way or in a philosophy that attempted to weave all experience, desires and expenditures of energy as portions of one great tapestry of energy, love and unity. All communications were based upon this simple recognition of the unified nature of all creation. It was the foundation upon which the interrelationship was built. Is there a further query?

K: The Ten Commandments were given by the second, negative Yahweh? Is that correct?

I am Q'uo, and am aware of your query, my brother. This is basically correct, for these commandments were seen as the pillars upon which would rest the many laws that would protect and guide the chosen people in a manner that was in accordance with the desires of the Orion-based Yahweh. These commandments included previous concepts given by the first Yahweh contact and then there was added unto those concepts a turning or twisting toward the negative orientation so that the commandments were, shall we say, then restrictions upon entities more than inspiration to affirmative or positive action and imaging of concepts. Is there a further query, my brother?

K: In the Old Testament we have this record of Yahweh speaking. It is a strong personality. Can we take this strong personality to be the creation of later editors or writers, or is this a faithful reproduction of the negative Yahweh?

I am Q'uo, and am aware of your query, my brother. We find in most instances there is, as you have surmised, the faithful reproduction of words spoken and recorded carefully. However, as in all recording by human hand there is the possibility of coloration or distortion which has occurred in some instances. Is there a further query?

K: Was the negative Yahweh responsible for the miracles on the journey out of Egypt such as the parting of the Red Sea, the manna from heaven, or the water from the rock? Or did these not happen at all?

I am Q'uo, and am aware of your query, my brother. We find here that there is some mixture of influence and there is some difficulty in interpretation, although much is carefully recorded and in a reasonably accurate manner. We would take this opportunity to remind each entity present that though the details of such an interaction are quite interesting upon many levels, that it is well to remember that the process of the evolution of the entities involved is one which is at its heart in accordance with the free will choices of the peoples of this time who, though laboring under dual influences, did have enough previous understanding of the heart of the evolutionary process being love and compassion that this positively oriented source of information was for the most part ignored by the majority of these entities who were evolving according to the energies set in motion …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. As we mentioned previously, these entities had access to information of a positive nature but chose through their own free will to move with those energies which had originated with their experience on the red planet known to you as Mars, and there was, indeed, much interaction and influence offered to these entities by both positively and negatively oriented entities who were interested in the evolution of these Mars entities. Is there a final query at this time?

K: I would ask about what Ra said about giving some visionary information to some philosophers of ancient Greece about six hundred B.C. Can you tell me what this information pertained to and how it showed up in Greek philosophy?

I am Q'uo, and am aware of your query, my brother. And we would answer by suggesting that the Law of

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One was the primary information given in the distortion of the ways of love and understanding, so that there were those philosophers within the Greek culture and experience which made this assumption the foundation of their philosophy and their view of the nature of creation, its purpose, direction and ultimate conclusion. Is there any further query?

K: Do we have time for some more?

I am Q'uo, and we would entertain one final query, my brother.

K: I am interested in Jesus of Nazareth. He often had the term, "Son of God" attributed to him. Is this to be taken literally or was this a reference to the Logos of Philo Judaeus of Alexandria, who often used that term for his Logos?

I am Q'uo, and am aware of your query, my brother. The phrase, "Son of God," or the phrase, "The Christed One," are means of expressing the kind of consciousness available to those who have been able to open the green-ray energy center in sufficient degree to feel and experience this creative force of love that has made all that there is. This quality of consciousness or attitude of beingness is the goal or opportunity which is offered each third-density entity as a means of passing from this illusion to the fourth density, where the study of this creative power of love is that which is the focus of all energy expenditure. Thus, the one known as Jesus was able to offer itself as a model or pattern by which entities could move their own consciousness to a larger view in which the acceptance of self and others as one being was far more easily facilitated.

We are those of Q'uo, and we would take this opportunity to thank again those who have gathered in this circle of seeking this day and who have graciously offered us the opportunity to speak our words and to share our thoughts in those areas that are of interest to you. We are always most grateful for this opportunity to walk with you upon this journey which all make together. At this time we shall take our leave of this instrument and this group, leaving each as always in the love and in the light of the infinite Creator. Adonai. Adonai.

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Sunday Meditation
June 6, 1993

Group question: The question this afternoon has to do with the process of worry and prayer. It seems that when one worries overmuch about a situation, one is really sowing seeds for allowing that situation to take root and to sprout, to grow, to become more likely to be a reality. And the suggestion was made that a form of prayer might be the more helpful of the paths to choose in dealing with a situation that you are quite worried about; that talking out your worry to the Creator, to an angel, to a saint, to your higher self, to whomever, is much more helpful in creating the internal environment that not only gives you a peace of mind and a feeling of perspective, but sows the seeds of greater possibilities, so that that which you are concerned about has more chance of turning out in a favorable fashion rather than in the way which you fear that it might turn out, and the way which you tend to worry about. And we would like Q'uo's comments on the concepts of worry and its effect upon a situation, and the concept of prayer and its effect upon a situation.

(Carla channeling)

I am Q'uo. Greetings in the love and the light of the one infinite Creator. We are gratified to be with you this afternoon and to be that source called to your circle to comment upon your query concerning worry and prayer. As always, we request that personal discrimination be used as you listen to these thoughts, for we speak not as authorities, but as your brothers and sisters.

In responding to your query, we begin by observing the estate of your species and your density. It has been written that man is a little lower than the angels. What separates the estate of third density from that angelic host is an illusion in which the truth is hidden, so that the generator of either positivity or negativity is chosen—we correct this instrument—is chosen in faith alone, not because the circumstances of any situation are or become clear.

The essence of third density is the striving for clarity in the midst of unremitting confusion and darkness. In this situation it would be miraculous for any not to worry. There seems to be a continual stream of circumstance which cannot be controlled; efforts to control are often useless. In the absence of action that is effective the concern and returning to the concern is natural. Yet, as your question posited, it is true that over-concern and worry cooperate with what may be called desire-driven destiny in such a way as to more nearly solidify the matter about which the worry and concern is expressed.

We ask you to sit for a moment with the sheer inevitability of worrying circumstance. You have come into this density and into this incarnational

experience fully aware of and willing to undergo the dropping of the veil of forgetting. Before your present physical vehicle was created, you chose this circumstance and this continuing line of circumstance. What about this was so valuable? The gem which you chose was this very veil of forgetting and the blindness of the choices you would be making within this density and this incarnation. It is to this present worrying moment that you have come, not by mistake or error and not by chance, but step by step you have moved hither in chosen blindness and each issue before you now is faced in this blindness.

What is the supreme value of this blind choice, but that it is blind. We emphasize this repeatedly because, although it feels as though those of spiritual discretion and learning will have a greater and greater ease and pleasantness of incarnational experience, yet, in terms of the matter which acts as catalyst, the reverse is true: the greater the activity of the seeker within incarnation, the more frequent the choices and the more heartily each choice is tested.

So, this situation which precipitates worry is the common coin of third-density incarnation, and as such, we recommend a quiet and contemplative consideration on each occasion in which worry arises of this fact. You did not come here to dispel worry and to be comforted; rather, you came into the arena of third density to strive in darkness. Your greatest sight is the blind but loving heart, for one sees with the heart the light which is not visible to the mind; for within the heart rests the spirit of love.

This spirit is a side of wisdom which has no words in your density, and it expresses its wisdom in the more and more purified emotions. When the seeker comes first to the conscious study of the processes of spiritual choice-making, at first the heart is less than optimally pure in its expression. The seeker begins, day-by-day and meditation-by-meditation, to empty out of the heart the less pure of that heart's contents, as though the heart were a pocket in which many things had been placed, some of which were not desirable. After a time meditating and seeking, the heart begins to be released from having to hold so much of that which is less than pure; and then the heart may begin to shed its wisdom upon the conscious mind. This purifying process is not short, and we do not wish to suggest that you must become consciously pure in heart. We simply encourage each to do the work of opening in meditation regularly and allowing the heart to empty itself of the petty trivia so that its strain may be deeper and ever more pure.

The path to the deep mind goes through what we call the heart. This is why we focus upon this word, "heart." We wish, centrally, to disengage the mind from the intellectualizing capacity of your brain, for although one may speak intellectually of spiritual truths, the truths are only true in and as a whole when they are felt rather than intellectually understood.

Now, we have placed you in the situation and legalized worrying to an extent. Yes, you shall worry; you shall not break this habit entirely. Yet, we have suggested that the truth of the situation is not best served by worrying.

What, then, is the manner of moving in harmony with desire-driven destiny in such a way as to make the most effective and positive choices? We ask that you recall from one of your holy works that the one known as Peter saw the one known as Jesus walking upon the water. Peter, it is written, was excited to see this miracle and leapt out of the boat to walk to his teacher. But then Peter realized that he was doing the impossible, and immediately he stopped walking upon the waves and began to sink; however, the one known as Jesus reached his hand to Peter, and Peter was again able to walk upon the water with his teacher.

This reaching of the hand to the infinite intelligence that is source and ending, is an image showing the essence of prayer. It is a direct communication with that which surrounds and makes possible the illusion now experienced. To pray is to organize the energies within the self and point them directly at communication with, and ultimate congruency with, the great Original Thought of Love.

Thusly, prayer needs not to be answered to be effective. It is not given that a seeker see clear answers to each and every prayer; rather, it is given that communication and interaction with the infinite and the divine is not only possible, but inevitable. Prayer organizes this direct communication and identification in a polarized way; worry makes the connection with the divine in an unorganized way. The very process of communicating with infinite intelligence causes the seeker to refine, reconsider, restate and begin to see

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the truer dimensions of that situation about which he has been concerned.

We do encourage more than prayer, however. The praying to be led is most helpful and efficacious; yet, there is also the great energy which dwells in this connection with infinity, which may then be released from intended communication as a reflex of this communication, as, if you will, an answer to prayer. To the open-hearted there comes that spirit which enlivens hope and faith; and in its turn, this faith organizes the intellectual mind so that it is more worry-resistant when next the situation causing worry arises.

The answer to prayer is not only the response of infinite intelligence to the matter for which intercession has been offered, but also a feedback which more and more informs the intelligence of that seeker who has prayed. Indeed, we would substitute for "prayer" the term "conversation," for prayer is a word which in your culture has many negative connotations concerning the feelings of lack of faith, lack of confidence, lack of worth, and similar shadows. It also is connoted with the concept of the elite, as though some were more able to pray or had more right to pray than others. We would instead call prayer a conversation with infinite intelligence. In this conversation, the seeker speaks his mind as it is given him to do. Infinite intelligence responds in silence and in power; and free will being observed, destiny moves on, affected to some degree by this interaction. More than this, he who converses with infinity grows more and more full of this energy which is the reflex of this conversation—the silent encouragement of the infinite for the seeker within illusion.

We would suggest that as the seeker moves through the illusion day-by-day, and repeatedly goes through the practice of worry, of noting the worry, and of turning to communicate this concern in an organized way to infinite intelligence, there is the self-contradictory need both to release the free will to circumstance and to enter into that worrisome situation in imagination, to turn and face that about which the seeker is worried. Again, this turning and facing of catalyst does not bring about simply an answer to prayer, but rather, it acts as a teaching aid, if you will, opening more and more the seeker's heart, enlarging the scope of the seeker's identity to itself, and bringing about more and more in the thinking patterns of the seeker an awareness of the self as a universal Self.

Much of what prayer and worry do is offer a definition or qualification of selfhood. Much of what seekers do in blind faith is seek and seek outwardly, reaching and reaching, yet learning more and more about the heart of the self, for the creation reflects that self, and those circumstances which are so obviously happening outside the self within the illusion are, in fact, reflecting part of the nature of the inner self.

Behold your own visions and all sense impressions not only as outer events, but also as a grand system of mirrors reflecting your own inner nature, for all that seems outer, all that seems divergent, all that seems to have this and that quality in and of itself, is that within the illusion which is positioned in a way that shall teach the seeker of his inner nature.

We join you in moving along this bewildering path. We encourage each in that cosmic conversation which shall reveal the seeker to itself, and the self to the infinite One.

We would close this sitting through the one known as Jim. We are those of Q'uo, and leave this instrument in love and light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time it is our privilege to offer ourselves for the further query if those present have additional queries. Is there a query at this time?

Carla: I have a question. Let me see. I don't exactly know how to frame it. First of all, I would very much like to know—did I get any part of what you were trying to give me? It was very difficult to go through some of those concepts; and if I didn't, could you re-say them—whatever I didn't get—another way through Jim?

I am Q'uo, and we are quite pleased that you were able to move through what was indeed difficult conceptual framework, shall we say. This is not material that is easily apprehended, and we are happy that you have applied yourself with such determination and …

(Side one of tape ends.)

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(Jim channeling)

I am Q'uo, and am again with this instrument. Is there a further query, my sister?

Carla: Yes. I think I grasp what you're saying about how worry is good to the extent that we need it to alert ourselves to the fact that we need to pray; and that prayer is good, or communication with the divine is good. But there is a trigger in there where you're worrying about something and you hope that you somehow could get a trigger in there, so that you move right on from worry to dealing with it in a prayerful and communicative way. And I think the original impetus for this question was, "What trigger can I use to point out to myself the fact that I'm worrying, and get me into a frame of mind in which I can do something about it?" What keeps us from just worrying and worrying and worrying? What kind of trigger can we put in our consciousnesses that alerts us to this in ourselves?

I am Q'uo, and am aware of your query, my sister. The threshold of worry, shall we say, varies from entity to entity. There are entities who feel comfortable only as they are able to worry about a situation. There are others who feel little distortion towards worry and allow whatever situation is occurring to continue with little concern for their part in the situation.

Each entity must determine when worry has begun to wear out one's ability to find peace and equanimity concerning a given situation. There is the necessity, as we have previously mentioned, of giving enough concern and worry to a situation to alert the deeper self that there is the need for creative problem-solving, shall we say. When an entity has thusly alerted not only the deeper levels of its own mind—reaching into that which is below conscious awareness—but has through this same process alerted those presences which serve as guides and teachers, then it is that these presences along with the more whole self must be allowed to present their comments, shall we say.

When these resources have been heard and whatever action that is possible has been taken—even if only to prepare for action—then it is that the entity must trust and have faith that all it can do and all that is appropriate to be done, it has done. By having this faith, the entity is affirming that all is, indeed, well, and has added that ingredient of faith into the mix of catalyst to serve as what you may call a kind of yeast that will affect the outcome, shall we say, in a manner which is most appropriate, considering the various qualities, energies and entities involved.

Is there a further query, my sister?

Carla: Just one. I sense that we could study this topic further to good advantage. Would you confirm that, if it's true?

I am Q'uo, and we agree that this is fertile ground for further consideration, for there is much of foundation attitude formation and its effect upon the external environment that reflects the nature of your illusion and the general field of that which you may call magic.

Is there a further query, my sister?

Carla: No, thank you, Q'uo. This has been an interesting session.

I am Q'uo, and again we thank you, my sister.

Is there another query at this time?

Questioner: No, not from me, Q'uo. It's been good to continue *(inaudible)*.

I am Q'uo, and we have also enjoyed this session. We feel that the queries which come from your mutual concern are those which are rich in possibility for study, and we study with you that which you seek, for are we not all One? We thank you, each of you, for your dedication, your courage, and your sense of proportion which you call humor. We are most grateful to be able to join you in your meditation and in your seeking of truth.

At this time we shall take our leave of this group and this instrument, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
June 13, 1993

Group question: The question this afternoon has to do with solitude. We would like to know what the value of solitude is to the seeker of truth and why it is that some people seem to need more solitude or others less, and are there any problems or pitfalls with too much or too little solitude? Is it sort of like dreaming in the sleep stage? Do you need so much of it?

(Carla channeling)

I am Q'uo. I greet you in the love and in the light of the one infinite Creator. Thank you for calling us to your circle of seeking that we may offer our thoughts to you on the subject of solitude.

(Pause)

We are those of Q'uo and apologize for refraining from speaking. This instrument is experiencing flares of pain which temporarily removed the instrument from tuning. We shall proceed but we'll attempt to be shorter than our usual lengthy discussion. This instrument feels that *(inaudible)* remains unlikely.

The uses of solitude are various. Thusly, there is not one clear answer to a question attempting to evaluate this condition. If the goal of the seeker is to assimilate truth, then certainly it may be seen that solitude has a part to play to some extent in this search. Perhaps looking at the question from the standpoint of what a seeker is working toward is helpful. If a seeker seeks to move its vibration more and more nearly into attunement with the one great original Thought whose vibration is called love, if the seeker already is feeling that it needs to seek more this growing attempt at a congruency between the vibration of the self and the greater Self, then the entity will look more favorably upon solitude and its right uses spiritually. If a seeker is considering itself as moving well in attunement, but needing the work of service for others, then the seeker will find solitude less spiritually appropriate. This is one clear and simple way of evaluating the spiritual uses of solitude in that, to be of manifested service to others, the servant usually must spend time with those others whom he serves.

However, within the cultural attitude—we correct this instrument—attitudinal ambiance which you enjoy at this space and time, it is very nearly guaranteed that those seeking solitude will not already be in a vibratory state congruent with the one great original Thought. It is probably that the entity may not even be seeking solitude for a spiritual reason, but rather seeking solitude as a surcease from suffering and pain of some kind. So let us look at the right use of this gift.

Perhaps the solitude which is often spoken of in your literature as the "desert experience," or "forty

days and forty nights in the wilderness," in this situation, the seeker is in crisis. The seeker has been stimulated and its sensory systems overtaxed by wisdom, by sense perceptions, by the opinions of others. In this crisis, the seeker often typically must needs walk by itself in terms of sharing with another third-destiny entity the verdance and thirst of this journey.

As the old folk song says, "You've got to walk that lonesome valley. You've got to walk it by yourself. Ain't nobody else gonna walk it for you." This, my friends, is true to the best of our knowledge. You walk though the valley of the shadow of death as your holy work is quoted. And although you have your higher self and the inner planes, [entities] who come to your request, although in fact you are not alone ever nor cut off from the love of the infinite One, yet in terms of someone to help with the burden of the learning, each seeker perforce must do this work for and by itself.

The next great category of reasons people yearn for solitude is the category which is a dynamic of sensitivity. There are many to whom relating to the self has been in some way blocked. This usually occurs in the younger years of incarnation. Part of the young experience has caused the entity to seek solitude in order to be comfortable, for there is perceived the discomfort in company, and this discomfort builds up within such an entity. When such a one reaches a solitary place, there is the feeling of safety and of relaxation. It is almost as though the mind and emotions constituted another organ such as the lungs, and as the lungs need to breathe for the organism to live, so the entity must be solitary in order for the emotional and mental faculties to remain acute, for if this need is ignored, there is the equivalent lack of oxygen to the brain—that is, oxygen to the emotions and mind.

Such an entity is correct in assessing the need for solitude. However, it is well for a seeker of this character type to look well to the right use of solitude, for the potential is there for distraction and the lessening of the impact of this gift to the self by a lack of considered thought as to how to create within solitude.

"Create what?" this instrument asks us irritably. However we leave this a blank on purpose, for those who seek solitude are often given within that solitude, when it is used well, creations and fantasies of the heart, the mind, the emotions, and of the spirit.

Thusly, we say to those seekers whose way is solitary, be aware of the joy of this gift and if riches pour into you, pour them through yourself and into manifestation, so that that which has been given you and you alone in the darkness of the sanctum sanctorum within you may open-handedly allow such creation to occur through yourself and bless all who may hear or see.

There is that to be considered which is inclined towards the negative path of service to self in most desires for solitude, and the threads or the strain of this can be picked out and discovered by the seeker, that the times of solitude may become more productive. And we use the term "productive" to include, first of all, the lightening of the planetary consciousness. These service-to-self portions or threads or melodies, entwined within the tapestry of incarnational experience in solitude, occur naturally. This tendency to desire to be distracted is an artifact of the blockage of energy which is almost inevitable within the dense chemical distillery of the human frame.

The exhaustion of living occurs frequently, and certainly more frequently as the physical vehicle becomes more aged and less able. This is not to say that it is always service to self to allow the self to be distracted. Occasionally, and more for some than others, such distraction within solitude is salutary and salubrious, for this method enables one who is uncomfortable to achieve a more pleasant state of mind. However, the seeker may look carefully at the service-to-self entity's habit and custom of considering the self separate from all else. Solitude, you see, is among many other things, an illusion. There is no solitude in a full, teeming, living creation. The force of life about all is unbelievable, literally. You cannot even imagine how crowded the universe is. It bursts with life.

You dwell within a deep, deep illusion. Out of the unknown, yet felt, glory of the great Self within, you come to a realization that you wish to walk what this instrument would call the "King's Highway." You put your pack on your back, your walking stick in your hand, and you set out with one tunic and one pair of sandals. Your situation grants to you one opportunity after another to so choose your environment and your actions that you may be the

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most aware of the love of the infinite One, and may be most able to be a channel for that infinite vibration to others. It is completely dependent upon each situation, each entity, as to the appropriate amount of solitude. There is no one best way, just as there is no one best path.

However, there is one form of solitary practice [which] deserves notice above all else, and that is the solitude within in which one turns to the holy of holies within the self. In meditation, a link is sought in spiritual solitude. Through that solitude the seeking soul stretches out its purified desire, and the silence answers in thought too poignant, too profound, too deep for words. Treasure those moments with the infinite One, and know that each moment wherein the Creator has been sought is lightening the consciousness of your people and doing needed work in establishing the generation of an ever fuller light upon your sphere.

We would at this time transfer to the one known as Jim. We are those of Q'uo and we leave this instrument with thanks in love and light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. May we say that it is a privilege to be able to utilize each instrument present in the dissemination of our thoughts and opinions in response to your queries. At this time we would ask if there may be any further queries to which we may respond.

Carla: You didn't say anything about when people are depressed and like to be off by themselves. I was wondering about that.

I am Q'uo, and am aware of your query, my sister. The second designation of the conditions that one may experience that would cause the seeking of solitude is that in which the entity is greatly sensitive to the movement of the world about it and feels, in a sense, easily jostled by the disharmonious vibrations, and which seeks the condition of solitude as a means whereby a refuge can be taken and the life pattern explored in a less threatening environment. The condition of depression, as you have called it, is a special example of this sensitivity that has been distorted by an imbalance of personal experience and the difficulty in processing a catalyst to clear the, shall we say, line to the inner self. When an entity experience—we correct this instrument—experiences the condition of depression, there is [at] the one time over-sensitivity and yet there is the distancing or numbness, shall we say, to hope and to faith which causes the entity to feel the despair that will, at some point, cause the entity to retreat into a smaller, safer and solitary environment, much as the turtle retreats into the shell when danger is perceived. An entity with the feeling of despair in the mental and emotional energy systems oftentimes attempts to lick its wounds, shall we say, by seeking solitude.

Is there a further query, my sister?

Carla: No. Thank you very much, Q'uo.

I am Q'uo, and we thank you, my sister. Is there a further query?

(Pause)

I am Q'uo, and we thank each for offering the support for this circle of seeking and for searching the heart for the part each has to offer in bringing this query to us. We are full of gratitude at the opportunity to be with you in your seeking and to share with you that which we have found helpful in our own journey. At this time it is our great and joyous privilege to please the instrument known as Carla with a shorter than usual session. We realize that we speak at great lengths more frequently than not and we are happy that we are able to, at this time, offer a more succinct answer to your query.

We shall take our leave of this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. We are those known as Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
June 20, 1993

Group question: The question this afternoon has to do with the metaphysical appropriateness, or value, in consciously choosing the more difficult path when we are aware of more than one path facing us in a particular direction. Is there a value, metaphysically, to consciously choosing more difficult paths or more difficult catalyst and being able to find joy anyway?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We greet you with undiluted pleasure and thank you for calling us to your circle of seeking. It is our pleasure to share our thoughts on the subject of difficulty and would—we correct this instrument—we would ask of you only that you hear our thoughts with the awareness that they are our opinions and have no authority over you except that authority you give them because you recognize them as your personal truth.

Move with us in your mind to the gardens outside this dwelling place and gaze about you at the various flowers, bushes, shrubbery, grasses and trees. Walk along the brick pathways looking at the perfection in each leaf, each blossom, be it clover or rose, green thing or colorful. Turn towards the light and visualize the beauty of this tranquil environment. Listen to the songs of the small birds twittering in the trees. The Creator moves through each fiber of each thing whatsoever that your eye can fall upon. Shall the lilies find some labor to justify their existence? Indeed, in your holy works the teacher known as Jesus asks to behold the lilies for they are so lovely not even a great king could be dressed in such splendid apparel yet they had done no work, put out no special effort to gain this glorious beauty. It was simply the Creator's gift.

Turn within now to look at the self. How, within, is your self arrayed? What clothing do you use to dress your thoughts, your personality, your character? Is the character that is your inner self that which has come to you by taking thought or is this self of yours that which you have by some effort chosen? We ask you to see yourselves as natural creatures like the lilies and the roses. There is a beauty and a virtue in the self that is natural. There is a truth within which is given and by no thought can this truth be duplicated. Indeed, all who seek truth seek out in the world only as a reflection of the seeking within to strip away the illusions of shadow which cover from one's own inner eyes the truth that lies at the heart of self.

The spiritual journey is a journey of taking away those things which are not natural until the natural beauty, the natural truth of the self is at last uncovered and is able to stand free of the fetters of darkness and radiate as the light bulb. Let us then

move to another image. The self is now the light bulb. It is in itself simply a clear, empty channel. When that which is exterior to the bulb places it in a position in which it can receive energy and then this pathway is opened the bulb becomes radiant. As the lily radiates in its fragrant color the love of the infinite One so does the creature of spirit, the natural man stand in its empty openness of heart and radiate the love and light of the infinite One.

You ask if one should choose difficulty in order to express love under more difficult circumstances. We say to you, rather, the circumstances are before each. There is a period where no choices seem to need to be made and the seeker expresses its nature in peace and harmony. Inevitably, however, the seeker comes to some choice. Say it is the choice of one activity over another. The activity, say, of riding the bicycle or the activity of listening to the concert of music. Shall the entity choose the physical effort of riding the bicycle or shall the seeker choose to sit quietly and listen to beautiful music? One is physically difficult, another is physically easy.

Do you then choose to ride the bicycle so that you may choose the difficult path? We suggest, rather, that the seeker consult its desire. Which activity is the more natural to it? Some would find the bicycling, though physically more difficult, yet still preferable because the nature of that particular seeker is to find joy in activity, in feeling the muscles working, the body moving and the harmonies and beauties of the natural second density creation of the infinite One delightful. Another seeker might well choose to listen to music and feel its inner nature expand in feelings of positive joy and praise at the beauty of the creation of the race of humankind in all of its harmony and its joyous expression.

This seeking for some way to intensify the offering of love to the infinite One has a long history among your peoples. There are those in every generation who seek to wear the hair shirt next to the skin, to make this creation uncomfortable in as many ways as possible so that joy will be found not in this world but in the Creator only and the world of the Creator which is not here. There are many seekers who instinctively attempt to find the hardest jobs, the most difficult and intractable people to befriend, all for the sake of the infinite One. To those who find this an expression of their true nature we say go and do that which is natural to you for the path to the infinite Love and infinite Light in its purest manifestation within your illusion is that path which is—we correct this instrument—which has attained most purely a realization of the natural self within.

There is no intrinsic value either in ease or in discomfort. There is no special learning in arbitrarily choosing the more difficult or the more easy paths. What the seeker is attempting to do is to attain the inner vibration which is most natural and true, which most expresses the core of the self, the heart of that which is infinite and everlasting.

Thusly, to one seeker one way is the most straight path to that original Thought. Each entity will have its own way of moving towards that vibration of love and light. Perhaps we would say that as each seeker attempts to vibrate in the vibration which is most close to the original Thought which is the Logos or the Love of the infinite One the attempt is aided not by questions concerning difficulty or ease but rather the seeking to express and echo the original Vibration is aided by those who are willing to become transparent to that original Vibration.

When one is transparent then all things whatsoever color one, touch one, affect one. When one opens in transparent trust and love allowing the radiance of the original Thought to pour through one then that which is natural to that entity simply is in front of that entity. The choice has been to bear witness to the infinite Creator. Thus, if this purely vibrating entity is offered either the bicycle or the concert the transparent entity simply gazes upon each activity with the question, "How may I serve in this environment?" If the entity vibrates more in love and praise while physically active then this is the greater path. If the transparent entity vibrates more radiantly as a passive listener then the entity joyously sits and serves in praise and thanksgiving for this beauty all about.

Now, when there are choices which are partaking of the incarnational level, such as the choice of life mate and the choice of worldly vocation, it may seem more difficult to determine which of two choices is the more natural choice, yet in this too we suggest the process of becoming transparent to the original Thought, becoming able to be a channel for that great original Thought, so that there is allowed the self the process of choosing that life mate or that vocation in which the entity might most deeply bear witness to the love and light of the infinite One. This takes more and more awareness of the true

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nature of the self. The Creator does not ask of its children that it choose those things which are unnatural. It rather allows complete freedom. However, it is our observation that the more a choice conforms individual nature with the more representative way of relating or way of working the more profound will be the expressions of praise and thanksgiving that become possible as this relationship or this vocational activity is pursued.

To all who may listen to the voice of spirit comes suffering, limitation, difficulty, loss and the experience of death. To any activity that the sons and daughters of the infinite One may move there comes the difficulty, the pain, the time in which stamina, nerve and determination are called upon. It is not necessary to choose a more difficult path for all paths will contain the difficulties which you have prepared for yourself. Each of you has great trials in the past and in the future. That is the nature of the illusion in which you have chosen to pursue the learning of the lessons of love. If you attempt to choose an easy path, difficulties shall come to you. If you attempt to choose the difficult path, difficulties will come to you. It is impossible to avoid them.

So the virtue lies not in choosing difficulty, for difficulty is inevitable. The choice well made is that choice which seeks the most opportunity for service to others. We do not find it necessary to encourage any to wear hair shirts and make themselves uncomfortable thereby, for each will be very uncomfortable and feel as though he were indeed wearing the hair shirt again and again throughout the incarnational experience. It is just as futile to attempt to avoid difficulty. Those who attempt to make their lives easier and choose the easier path will still find the same lessons learned and every single iota of difficulty experienced whether the attempt to avoid the experience is made or not. You cannot move from your own nature and your nature as you experience yourself will be that which recedes before your understanding's grasp.

We began this talk thinking of the flowers in the garden who turn towards the sun. Just so, we encourage each to consider itself as that which by its very nature turns towards the sun which is the one great original Thought. Unlike the lilies in the garden you in third density have legs, you are mobile, you can move and express with mind and heart by using your voice and in all of your communication ways, writing, singing, drawing and expressing again and again. In your expression seek to allow to drop away those things which you do not find to be congruent with the attempt to express that great original Thought. Sometimes this will occasion the choice of the more difficult way. Sometimes it will prompt the choice which seems the easier way. The choice, however, we encourage you to make on the basis of its rightness for you as you attempt to praise and serve the infinite One. Follow your nature and know that your nature is joy, light, peace and love. Yes, you shall strive, you shall find difficulty, you shall perform feats of overcoming difficulty and still bearing witness to the light, but in any choice between two paths follow your light, follow your joy, follow your nature so that you may be your own unique self, most wholly and most entirely.

As you give up yourself to service you simply seek to maximize that service by choosing those …

(Side one of tape ends.)

(Carla channeling)

We see that we have overspent our allotted time once again and apologize for this length. We sense a low energy within this group, however, we do thank each for opening this channel this day. Perhaps you may see in this activity the example you seek. There were two ways to work with that with which you came to this circle today. You came to this circle without a clear and intense desire to seek the truth. You could have chosen not to sit in this working yet you chose to be faithful to a practice which you consider a portion of your spiritual seeking, and you turned toward the light and sat in faith, hoping in faith that light would be given. In that energy you created that vehicle through which we were able to contact this instrument. Was it the more difficult of the two choices? We believe so, yet this is not why this choice was your proper choice but rather it is because the choice was made to be of service and to open the self to the seeking of truth. In this you fulfilled your nature as you understand it at this point in your development. We thank you for this attempt to seek to grow closer to the one original Thought. We thank you for allowing us to be of service by your seeking and allowing us to speak.

And as you leave this circle we ask you to look not for difficulty but for opportunity to bear witness to the light by your very nature. Thusly, may your beauty shine and the Creator manifest Itself in the outworking of your life. We leave each in the resting

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and abiding of that selfhood which is the true nature of all. We leave you in love and in light, holograms of the one infinite Creator. We are those of Q'uo. Adonai. Adonai. ♣

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Special Meditation
June 21, 1993

Question for S: The question this afternoon has to do with walking through the valley of the shadow of death in our daily lives, and in our metaphysical apprehension of our lives. Can you talk to us about what it is like, metaphysically, to feel the feelings of hypocrisy, of being worn out, burned out, angry, resentful, feeling that the Creator and the creation have, more or less, let you down? That things aren't the way they should be?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. What a privilege and a blessing it is to be with this group. To blend our vibrations with yours, and to welcome the one known as S. We are most blessed by this opportunity to share our humble service with you and thank you for calling us to this session of working. How radiant is this circle. How deeply does each wish to know the truth and to bear witness to it. The courage of those who choose to live a life governed by blind faith astounds us afresh each time we are able to blend with this dedication of self in a circle such as this one. We ask as you listen to our thoughts that you use discrimination and accept as truth only those things which seem to you to be your own personal truths.

We use this instrument's knowledge of the context of the phrase, "The valley of the shadow of death," to quote that part of one of your holy works, "Yea, though I walk through the valley of the shadow of death, I shall fear no evil for thou art with me. Thy rod, thy staff, comfort me."

This psalmist whose works have praised the infinite Creator and given voice to many a desperate prayer, spoke most truly of third-density incarnational experience. Third density is the first self-conscious density; therefore, it is the density in which consciousness deals with the paradox of life and death.

To the flower, there is only the experience of the moment. The flower is whole and entire. Each moment of its life, its nature is fixed. It responds to love and to light; it is moved by these things and flourishes and thrives, or wilts and dies in utter contentment with its lot for it knows only the seeking towards the light. Though these second-density creatures have no wit and no voice, yet they manifest wisdom, which is lost in the migration into third density.

The tasks of humankind, then, are marked by the first consciousness aware of its own surcease. This life and death is the first of many self-contradictory and paradoxical opposites or pairs of opposites that

are met in this density of the valley of the shadow of death. The magnitude of this shadow and its complexity and reach is hidden from those of third density not yet ready to awaken to the call of the inner self, to make the choice of light or darkness. When a seeker first becomes aware of the hunger to know of the mystery it has apprehended then comes the time of the taking up of the journey of pilgrimage, which [is] the life lived in faith.

At each juncture, each pivotal choice, the entity who seeks first becomes aware of a new level of unknowing and then finds itself in the position of dealing responsibly with this new level of awareness. One word for this quantum move from level of awareness to a fuller level of awareness is called initiation. It may be called that or any other term as long as the seeker grasps that at this level there is the full flowering of previous work and study. The onset of a new awareness of the depth of the shadows of death is in this way a compliment which destiny pays to the seeker. For as the new level of unknowing strikes one, as one begins working with the raw materials of the universal self thrown up by this new awareness, all that has been learned before is now integrated into the wider and deeper awareness of that universal self. In this way, when a time of testing comes, this time, in addition to being a beginning, is also the servant well done, which resounds within the heart of self.

A seeker who has a keen awareness of suffering is also a seeker who has reaped the bloom and blossom of much effort before.

Do we then suggest you rejoice at the new awareness that bites like a sword at the consciousness? Yes, my friends, indeed, we ask you to turn to the one infinite Creator and offer thanks and praise. Then we ask further, that the seeker be aware that in addition to thanks and to praise there are those communications which the one infinite Creator delights in hearing. These are those confessions of anger, of disappointment, of sorrow, and of suffering. To share these gifts with infinite One, it is to give to this mystery the most precious of gifts, for as each emotion whatsoever goes through the continuing process of refining and purification, so does the infinite One become infinitely more than It was. This is the greatest gift, to share all things, seemingly positive and seemingly negative, in a continuing and honest, heartfelt dialogue with the infinite One.

This is a dialogue whose part is silence. This is the inner working of consciousness and it is a great gift that each offers, as each continues to seek steadily, doggedly, persistently, unwaveringly for the truth, the light, the fuller awareness of life moves to the heart.

We wish each of you to do this now. Focus the attention upon this energy center. Touch, if you will, into that pool of sorrow. You are a stranger in a strange land. You seek amidst the deepest illusion. You are lost in solitude of spirit, feeling abandoned, stranded upon an alien shore. Allow this sorrow to become intense and then give it to the infinite One.

We pause briefly …

(Pause)

We are again with this instrument.

As you allow these feelings their silent expression, there was the answering expression … silent and unmanifest. Truly, each sorrow is a treasure and the thankfulness and love of the infinite Creator speaks directly to that deep heart within, wherein lies a true intelligence and true knowledge.

This walk through the valley may be seen with the eyes of faith as other than it seems. It may, if the seeker chooses, gradually begin to seem not only the valley, but also the high place. Not only the dark path but also that path which streams, full of light, *(inaudible)*. Both perceptions are equally true and to refrain from seeing things both ways is to refrain from wholeness.

This instrument spoke earlier of a phrase we have used, "The healing of the incarnation." We feel that as a third-density incarnational experience begins to mature and to be shaped by the growing consciousness within one distortion is added to another. Until, bias upon bias, the life has attained its characteristic shape. Within this shape, in virtually every instance, there is a fairly regular system of distortions which need a certain kind of healing which is unique to each biased yet balanced entity.

As the self does enough work in consciousness to have the capacity of looking upon the life experience as an whole, then the opportunity comes to offer a new level of commitment to the spiritual path, or what this instrument would call "The King's Highway."

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We do not urge any to make commitments that do not feel right to the seeker, but we suggest when that time of testing comes and the new lesson of love begins, there is the opportunity to turn deliberately and with greatest desire to the mystery of all that there is and say, "Yes, I accept this lesson and through harsh experience, rediscovering the joy at the heart of my self." Do not do this quickly or before there is the inspiration to make this commitment to the forces of life, evolution and destiny, but when there is that moment when the grand Quixotic quest is clearly seen and there is that foolish, heartfelt impulse to accept, again, the process of healing and self-forgiveness, then we encourage each to leap in joy and faith with that affirmation that through long experience can be carved out of what would otherwise be a wilderness of sorrow.

You cannot, of yourself, create order out of the chaos of suffering. Any manmade order imposed upon such, in order to avoid pain, also avoids further knowledge of the self and diminishes the self's capacity to know and heal the self's balance within.

The road recedes before each. It shall continue, as far as we are aware, to do so infinitely.

Turn in mind and heart so in strength then to that companion that is never absent, the higher self or spirit within. Welcome all those, such as we, who move in thought to love, support and undergird the seeking strength of those who call upon our names and turn ever and again to those precious ones whom you serve and who are for you companions upon the way. To love one another. To share one another's sorrows and to walk hand in hand, rejoicing and singing upon that precious, dim, shadowy walk through the valley of the shadow of death.

Life and death are but shadows. The Creator is all that there is. Rest then in shadow and in sunlight, and feel compassion flood you in your innermost being for your own courage, as you struggle with light and darkness and choose again and again, in blind faith, the manifested light.

We would at this time transfer this contact to the one known as Jim. We thank this instrument. We are those of Q'uo, and leave this instrument in love and light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is a privilege at this time to ask if there might be any further queries to which we may speak. Is there another query at this time?

Questioner: I have a comment and see what you can say about it. A feeling this whole year has been that it has not been my third density personality, fourth density, whatever density personality that is going through the difficulties that I, in the past, have always gladly with light heart and, as Carla would say, as "keeper of the watchtower" offer back to the Creator gladly the hardships that I would travel and meet. But something has happened this year that has, I feel very firmly about, has affected my magical self, a part of me that I never really thought would ever be attacked, because of my utmost naiveté and faith and automatic turning to the light.

The valley and the shadows that I have been walking through have shaken the very foundation of my magical place, something that I find frightening. It's only been because of the habit of turning to the light that I have held on. Because I have heard self say, "No." And that in itself … something has happened, and it's only been in the reservoir of having led the life on the magical path that has kept a darkness at bay, but I am concerned because I am finding myself, my magical self, growing less purposeful in experiencing and giving back to the Creator the experiences of my magical identity, the purpose for my being here. I need to know more than just giving back to the Creator the experience that seems very arrogant, the purpose of my magical identity, because the price this year has been incredibly high and the pain, incredibly deep.

I am Q'uo, and we listened with great sympathy to the pain and anguish which you describe and we feel a great kinship with you, for each of you who walk through the valley of the shadow of death that is the third-density illusion walks with great courage and as you have said this day, a kind of naiveté, that is at once a shining light and a protection to those who walk in the valley of illusion.

We would hasten to suggest that it is not your magical personality that has suffered the blows that you have felt, for each entity such as yourself that has come to this illusion to serve in the light has a magical personality which is unblemished, as is yours. That which you have experienced as your

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magical personality is, in relation to your true magical personality, but the barest beginnings of a description of its fullness.

For as you work in magical sense in this illusion, you establish a contact with this personality that is truly magical in its essence. This contact is made of but the finest fibers of light and love, constructed with the greatest of efforts by you in your work that is metaphysical in nature. As you continue to travel this pathway, this light and love woven thread leading to the magical personality, you strengthen this pathway, Even the strongest of magicians, shall we say, in your third density illusion, touch only a portion of that personality which resides, safely and securely, within the six-density level of experience.

What you have felt in this past year, as you have described it, is more the pathway becoming less and less accessible, or so it would seem to you in your experience. Yet, may we also suggest that this pathway is accessible though it may seem to be not so accessible as previously. This is as because as you go through those experiences of difficulty which we have described as initiation, there is the changing perception of your third-density personality as it seeks for that which it once knew as a pathway, and finds brambles and stones and dryness of experience.

This is a part of this transformative experience which, when completed, will have served to temper even more precisely and finely that pathway which you travel to the magical personality, but there will be a new you, for the third-density entity which you have been, and are now, is that entity which is being transformed by the difficulties of the experience. Thus, the tempering is by fire and seems to destroy that which once was.

As the …

(Side on of tape ends.)

(Carla channeling)

I am Q'uo. We shall continue. Those of your friends and your guides and teachers are with you always and are aware of your difficulty and give aid where they can and guidance where it is possible. However, this particular kind of transformation is that which requires the one undergoing the transformation to seek with one's own efforts, as fully as possible. Thus, the darkness seems far more black and full of difficulty than has any previous experience.

However, we assure you, my sister, that there is aid at hand, and even though you feel there is no response to your call for assistance, there is the love and the light sent by all those whose honor it *(inaudible)* is to walk with you upon this journey.

We counsel you to have faith and take heart that in these times of trials and testings that you will survive. You will make the feeling of unity that once was yours become again as the steady state of your experience. This testing is a great gift that is given, both to you, as you experience it, and given by you to the Creator, as you are victorious in your testing.

We can say to you that you are doing well, though it may seem such is not the case. Be of good spirits, my sister, for we walk with you, always.

Is there a further query?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query, at this time?

Carla: I have one. You said, "Don't be afraid." You said it somewhere. "Take courage," I think you said and the verse says, "I will fear no evil." But it is scary. It is terribly frightening. It's terrifying, especially when you feel like the negativity's right within yourself and it's you and you're sort of attacking yourself, in the end.

I had that after Don died. I really just felt very suicidal and hopeless and the only thing that kept me going was, like S said, the habit of turning to the light. I just was determined to keep my faith, but it didn't make it the less hurtful or terrifying and I had lots of nightmares.

Is there some way that you can reduce the terror factor while you're having to go through it? I mean, I realize what you're doing is building a whole new personality that takes in the fruits of everything that was learned before and I know that means pain, because change always mean pain. But how can you get comfort when you're so wretched?

I am Q'uo, and am aware of your query, my sister. We must suggest that there is but little comfort in this transformation experience. There is the strength that comes from faith, continually exercised. Faith that there is an end to this experience. Faith that there is strength within to overcome that which seems to be overwhelming, and we can assure each of you that as you move from this illusion and look

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back upon your experiences here, you shall rejoice at those areas of darkness, that you have been blessed with light, with love, and with the faith in your journey and in your efforts and in the unity of all things.

Is there a further query?

Carla: No. Thank you very much for that.

I am Q'uo, and we thank you, once again, my sister. Is there another query, at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce, we shall once again express our great gratitude at being invited to join you in this circle of seeking. It is not often that we are able to bathe in these vibrations of harmonious interaction that are born at the meeting of these entities present. We especially are grateful for being able to speak with, and walk with, the one known as S.

At this time, we shall take our leave of this group and this instrument, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
June 27, 1993

Group question: We Earth-dwellers are exhorted to praise and worship our Creator by both our earthbound religions and extraterrestrial sources alike. It is inconceivable that the Creator would perform the stupendous feat of the creation simply in order to provide an adulating audience. Can you please explain this seeming enigma?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. It is a privilege to be with you and to be called to respond to your queries. We thank you for this beneficial request. That is, we express that it is beneficial for us to be able to attempt to serve you in this way. We ask that if we do say that which you feel is beneficial to you, that you may consider this thought, but not the thought which you do not find helpful. Those thoughts which are not recognized by you, by your inner guidance, are thoughts to be left behind. With this understanding we may begin.

When in the primeval unity of the creation the Creator chose through free will to express Itself the creation was articulated. The proper response to this Being has in your culture formed around itself a large number of ways and means which are deemed to be appropriate so that one gives one's rightful response to a Creator which has chosen to manifest that which is the seeker. Each of these instructions seems wise and proper to some and inappropriate to others. Therefore it would seem that there is no consensus as to what the Creator Itself might want from Its creation.

This seems to be the situation; however, the Creator, as we feel this mystery, is unworldly and incompletely grasped by us, [and] seems to us not to desire any response over other responses, but rather, the Creator acts and continues in action rather than reaction. The seeker wishing to address the infinite One in most cases is addressing a logos or sub-logos, the love manifest, or some expression of love manifest, such as the higher self. To this higher self, still, no one mode of address is preferred precisely, rather the praise and thanksgiving are accepted without emotion.

Questioner: Then why do so many sources state that it is good and just to offer praise and thanksgiving to the infinite Creator?

I am Q'uo. The Creator created a great original Expression or Thought. This we have called the logos or love. This principle, this love, created all that there is by the quantizing articulation of light. Yet all that is created is of the nature of its parent source, which is love. The reason for offering love, appreciation, a blessing and thanksgiving to the

infinite One is that the entity within incarnation is attempting to form its vibratory frequency more and more like that of the vibrational frequency of the one great original Thought, which is love. The closer the seeker comes to matching that vibratory frequency, the more that entity will be perceived as offering praise and thanksgiving. This is true far beneath any articulation of words or even what you consider thoughts. Rather, it is in the nature of the way creation is built. That is, original Thought expresses in love, thanks, blessing, praise and rejoicing. Thusly, it is not a Creator hungry for praise and thanks that requires homage of its worshippers, but rather it is love, it is reflected in love, and in that infinite reflection lies truth.

Questioner: We are also encouraged to fill ourselves with inner joy. To maintain a state of inner joy whilst entombed in the physical body and being constantly inundated with horrific scenes of worldwide death and destruction is far from easy. Would it be correct to say that we must endeavor to convert our feelings of anger and despair to those of compassion, for we do not experience these dreadful acts directly and we upset our equilibrium by becoming emotionally involved?

I am Q'uo. As the seeker moves into the world scene, it moves from that inner pathway which at times seems shadowed and at times seems a wonderful King's Highway into a theater, if you will, wherein there is all sorts of entertainment. Reliably, some of this entertainment will be terrible, horrific and pitiable. Provision is made within each of your cultures for sheltered places wherein the gentle entities, there protected, may not have to deal with the seeming ugliness of the world. Good and loving persons move into these cloistered environments and the purity of love generated by these protected ones is beautiful. However, some hardy souls there are, who though not personally starving, or hunted, or otherwise in terror and desperation, still allow these experiences occurring with others to have a substantial place in the waking consciousness.

Many of those who are riveted by the grisly side of the world scene are those which are attracted to the negative clustering emotions surrounding these events. This in turn makes more metaphysical darkness to appear around these happenings, which makes it seem even more appealing to protect the self, or those which are deemed most delicate, from having to experience, even in thought, these horrors. However, it is our opinion that when the seeker feels called upon in its rhythms of being guided to bear witness to the universal nature of the self, the addressing of the self to the universal nature of the world which it inhabits is a very good entrance point into the challenging business of seeking to address the universal self, which must be done by those who wish to graduate into the density of compassion.

It seems foolish and inappropriate even to consider gazing with thanks or rejoicing upon such suffering, yet this too is a portion of the one infinite Creator. This too is perfect.

We would suggest that when the seeker is struck by this situation, it may be productive to enter into the life experience of an entity within that war or that starving population which has drawn the attention. In thought, the seeker may become one of those suffering. We suggest that it is helpful then to move deeply into that persona, to experience as intensely as imagination allows the suffering and horror of this situation. Not simply touching into the thought and then leaving, but staying with this suffering, keeping company with this suffering, embracing this suffering, exploring and affirming this suffering, until the whole vibration re-echoes with this suffering in its fullness.

When this is done to the extent possible by the seeker, then allow this frame of mind to be offered as the offering of money to the one infinite Creator, for this suffering has been suffering in love of the fellow self. This is a goodly presentation to the infinite Creator. Each time the seeker re-experiences this horror, the feelings of helplessness and powerlessness, being unable to aid the situation, then we suggest repeating this, embracing the full extent of this suffering.

It is well also to send light to these situations. This is work well done and we do not wish to discourage this practice in order to encourage the embracing of the unrelieved and unchanged and unhealed situation, rather we wish to enable a seeker to use the resource of its own structure, that is, there lies within each the deep mind structure as part of the archetypical mind, wherein each may suffer as each, each may experience anything whatever as each. There is that deep within the mind in which all entities within one influence are together, and the change from individual-to-universal-to-individual is but a blink or thought away. To move in sympathy

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into another's illusion fully is to take this black and bitter harvest, and in the way possible only to one which does this consciously and deliberately, to embrace the full travel and extent of suffering and so relieve by that imagining the bite of pain for all.

Questioner: In an earlier session, Yom commented on the fact that humankind finds the need to adopt a choiceless, compassionate position as deeply threatening. Is this sensed threat, that of loss of identity, brought about by the need to do the will of the Creator, or as Jesus said, "not as I will, but as Thou wilt"?

I am Q'uo. To those who do find the attitudes of non-judgment a threat, we would say that it is so, that these so threatened fail to perceive that the attitude of choiceless compassion can possibly express the truth, for within the incarnational experience it would seem that all things have some positive or negative aspect, that is, seldom do entities experience people and situations without some bias governing the way the situation or entity is perceived. To let go of this judgment and embrace non-judgment seems if not actually threatening, at least poor judgment. The entire world of observed data is based upon choices and judgment. This, not that, is the way to proceed. That, and not this, is the way to react skillfully. Indeed, an entity which embraces non-judgment may certainly be seen to lack the appropriate cultural responses.

Within the processes of creating and transforming one's consciousness there are paradoxical requirements for the seeker who is asked both to choose the manner of its seeking in polarizing and to attempt to apprehend all incoming data with no bias. Entities within incarnation will almost surely fail to express a complete lack of bias, but the paradox we wish to point out is that the seeker needs both to choose decisively the system of biases it wishes to encourage within the self and is at the same time attempting to see its catalyst more and more clearly, which involves removing both attraction and repulsion from the processes of perception.

To choose to be choiceless seems ultimately nonsensical, yet in the process of perception this is precisely what is required, and then, when perceptions have been formed, the seeker is required to move in a positive, purposeful way, either towards the light, metaphysically speaking, or towards the darkness.

The mind and metaphysical vehicle which is your second-density self does not involve itself with these niceties. Its instinct is to sort and catalogue all incoming catalysts and to give it importance in accordance with its agenda. That is, said impressions having to do with the survival of the physical vehicle are given priority over all other stimuli, and so forth, until the instinctual needs of body and brain are satisfied. To this entity it seems excessively poor judgment to withhold bias to maintain choiceless awareness. It makes no sense, and more than that does seem to represent a way of perception which could result in the cessation of life for the physical vehicle. If something is obstructing the air passages in a physical vehicle, it does not make sense to the physical vehicle to note this fact choicelessly. Action definitely seems necessary.

The threat of which the ones known as Yom spoke stems from this portion of the seeking entity. It is when work is beginning to be done in consciousness, when the second-density creature begins to work in harmony with the third-density consciousness which is your infinite selves, that the requirements of spiritual seeking begin to apply. Many there are among your peoples which at the present moment have no clear perceptions of their own infinite nature, or their eternal span of being. And to communicate from the spiritual being aware of non-sensation with that entity which is completely aware of its probable dissolution and ending of self seems impossible. Many entities attempting to walk the spiritual path are still deeply involved in that second-density consciousness which knows of its own dissolution, and the third-density consciousness then is much taken up with material having to do with catastrophes and difficulties, those things which we see in this instrument's mind labeled as "conspiracy theories" and the "last days syndrome." This is the effect of third-density consciousness, whose natural rhythms are based upon a choiceless awareness, interacting with, and acting as, second-density consciousness which has become aware of its forthcoming end.

The two consciousnesses, each of its kind, are excellent and express divinity. The mixture is confusing and creates confusion within the seeker. As the seeker becomes more and more familiar with how third-density consciousness actually feels, it may

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become more and more skillful at timely notings or notation of those thoughts which seem to be less than the desired third-density level. The seeker then can turn and gaze upon that which has been created in fear, that by which the consciousness without choice seems threatening, and can move to embrace that fear.

It is not skillful to drag one's consciousness into a fuller expression of compassion or understanding. It is far more skillful to stop when the threat is perceived, when the feelings are engaged that are called fear and other negative emotions, to turn and go to meet that fearful or threatened entity, to metaphysically put the arms around that entity and to witness with that entity each iota of pain, to accept this limited entity and to be one with it.

When this has been done the seeker may then move forward in praise and thanksgiving until it next finds its processes of perception in a snag or snare, feeling threatened and fearful. Then the same process may be begun, completed without hurry and the journey continued.

This constant turning back to keep the straggling portions of the self-awareness at one with those which would march ahead, is most diligently encouraged by us, for we are of the opinion that when the laggardly portions of the recording self are offered the same compassion offered to others in pain, the actual rate of spiritual learning is greater than the rate of true spiritual learning which is achieved by those entities which leap forward from good thought to good thought and ignore if possible any portions of the self which will not come along for the ride. This is living in a judgment of the self, and in the long run does hinder and seriously slow the seeker's steps.

We encourage each, therefore, to turn back again and again, always attempting to practice toward the self's fears, be they light or very deep in nature, with that love which is felt from the infinite Creator. Ministering to the self in this way, the universal nature of the self may in a graceful way, which is full of rhythms of compassion, be put forward and practiced more and more.

Is there one more query before we leave this instrument?

Questioner: No.

We are those whom you call Q'uo. It has been our pleasure and our privilege to work with this instrument and this group. We thank the one known as K, who has made it part of his practice to be a witness with this group. We thank this entity and are thankful for these queries which allow us to be of some humble service. At this time we would leave this instrument and this group, wishing all the utmost awareness of the love and the light of the one infinite Creator. Adonai. Adonai. ♣

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Intensive Meditation
July 10, 1993

Second Session

(Carla channeling)

I am Hatonn. Greetings in the love and in the light of the one infinite Creator. We are privileged to be called to your group this afternoon and we thank you very much. For it is greatly enabling us to perform our service that you call upon us to share our thoughts.

We are especially glad to be working with the one known as M, for as our brothers and sisters of Laitos have noted, each voice which collaborates with our Source adds one more universe of potential ways to state the simple truth we come to bring to your peoples.

We would say a few words concerning the conditioning, so-called. The stronger conditioning can occur, spontaneously, however, we have used it in order to satisfy a channel who wished to have some indication that there was a contact.

One may request the conditioning and we attempt then to intensify its effect. It is, however, a byproduct, rather than something to which one can attach true importance. Its simply the effect of one life stream being overshadowed, or undershadowed, or combined with another energy nexus, such as ourselves.

In the case of a new channel, it can serve as a focal point when the conditioning is felt that can become to the instrument who chooses to use it that which is focused upon and deepened by attention. This adds to the self-confidence of the channel and it is our intention that its use might relax the channel which may be somewhat concerned about whether it is indeed receiving a contact.

You will notice that this instrument does not request conditioning, although it occasionally will receive a mouth movement or something of that kind. However, this instrument has much experience in learning to trust in the contact once the work of tuning and challenging has been done and perhaps we would encourage the new instrument to think of conditioning and indeed the concern about whether there is a contact, as part of a process whereby the instrument simply gains experience so that the process becomes known and the rhythm can be felt as the channeling continues from the first phrase.

However, for now, we are most happy simply to work on the basic fundamentals. The instrument needs to be very conscious of the tuning process and very interested in learning enough about the self to begin to find those techniques of tuning and becoming more purely desirous of service. The more carefully the instrument amasses knowledge of the self and the mental, emotional energies are exalted

and raised, the better able that instrument shall be to hold a stable contact at the higher reaches of the range at which the instrument can relax as a steady state of consciousness within.

We ask about this circle to continually envision the light energy moving clockwise about the circle. For this functioning like a battery, if you will, does aid the new instrument and indeed any which are instruments in maintaining that steady contact which is so much at the heart of good channeling.

We ask the one known as M to relax and insofar as it is possible do as has been said this day several times, "go with the flow." This instrument would say, "Rome was not built in a day," and neither, my friends, are channels. So we, at this time, ask the one known as M to open to our presence and we would, at this time, like to transfer this contact to the one known as M. We are those of Hatonn.

(Inaudible)

(Pause)

(Carla channeling)

I am Hatonn, and am again with this instrument. This instrument was impatient to begin again, but we wished to work with the one known as M at some depth and we thank this instrument for allowing us to continue for a while.

We find that although we have a seemingly stable connection within the one known as M there is the desire to be sure that the contact is accurate and actual, and the desire not to guess. This is a praiseworthy attitude, which, in the case of one which is too closely attached to the desire to be sure, becomes that rigidity within which [one] can never be sure.

We would suggest that the first several times the contact is exercised, that the new channel begin with the greeting, "I am Hatonn." As the one known as S has said, although much can be greatly doubted about the experiences it is certain that we shall begin with our humble identification and the careful greeting in the name of the infinite One in love and light, in joy and in power beyond.

This certainly, the feeling of security slips away quickly, however, this beginning can be taken in—we correct this instrument—on faith and perhaps as has happened often before, something about the experience of venturing forth with these opening greetings may break that dam of concern which has hardened into too much strength for the needs of this circumstance. The group is a good protection against any real error and working with more experienced channels there is the certainty that a wrong step shall be quickly pointed out and repaired.

This instrument indeed is willing at any and all times to stop the session completely if that seems to be desirable and indeed this instrument has done so occasionally in the past.

So there is much support within this environment. This being said, we would again like to transfer this contact to the one known as M and say only a couple of sentences through this instrument.

We would now transfer this contact. I am Hatonn.

(M channeling)

I am Hatonn, and I greet you in the love and the light of the one infinite Creator. I have some difficulties … *(inaudible)*, but the connection is a stable *(inaudible)*. There are some principal difficulties that need to be addressed.

I leave this instrument, now. I am Hatonn.

(Carla channeling)

I am Hatonn, and am with this instrument, once again. We are most pleased and gladdened that the one known as M has indeed taken that leap from the cliff. We thank this instrument for its courage and feel very positive that although the contact is always a subtle thing, the one known as M begins now to be truly aware that thoughts do come into the mind of one who is willing to say one thing quickly and then hear another, say another, and so forth.

We would appreciate the circle's patience, because we would like to spend a bit more time working with our connection with this instrument to alleviate any discomfort …

We shall pause at this time. I am Hatonn.

(Pause)

I am Hatonn, and am again with this instrument. We have adjusted the connection and would ask the one known as M if the change was helpful

M: *(Inaudible)*.

We shall continue to work with this tuning as we speak briefly through each instrument. Now we

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would enjoy the opportunity to speak further, though the one known as S. We leave this instrument and transfer at this time. I am Hatonn.

(S channeling)

I am Hatonn. We greet you again in the love and in the light of the infinite One through this instrument. It was with some amusement that this instrument greeted us. For it felt that had been thrown the "curve ball," so to speak, the normal pattern being that this instrument receives the contact from the one known as Jim. This instrument is accustomed to ready itself for this contact by focusing particularly upon the effort to control the material at hand.

To some extent, this is a crutch this instrument has requested and which we are most happy to cooperate with. However, it is the mark of a maturing instrument to be willing to take up the task of speaking with less and less expectation concerning what precisely it is that lies ahead, what precisely it is that will be said. There is always some degree of anticipation involved in the process of being an instrument as a certain horizon unfolds within the process of supplying words for the concept which blossom in the deeper or less conscious part of the mind.

This instrument is currently in the process of developing that greater faith and confidence that the concepts shall indeed continue to blossom even when a clear structure of thought has not been delineated or laid out beforehand.

This blooming of concepts within the deep mind is the manner in which our thoughts came to you, in the blended energies of our two selves. Thus, if one reaches down to the source it is not wholly possible any longer to distinguish self from self, as indeed within the process of this greeting we do not distinguish ourselves from those embracing energies of All That Is, the infinite and creative love which is source to us and to you all alike.

The fear which separates self from self shall gradually, my brothers and sisters in the light, fall away as do the petals of a spent blossom, even as the blossom closer to its heart continues to unfurl.

We encourage each in the process of tuning and of allowing this deeper self greater and greater access and greater and greater voice within the life experience, which is your gift to be able to enjoy at this time.

We now would transfer this control to the one known as Jim.

(Jim channeling)

I am Hatonn, and greet each of you in love and in light through this instrument. It has been a great privilege to be able to utilize each instrument this afternoon. We are especially gratified to have been able to initiate contact through the new instrument known as M. It is a great honor for us to be asked to provide our services in this regard and we wish to thank the one known as M with all our hearts.

At this time, we would ask the new instrument or any other entity who may have queries for us.

M: At the present time, I'm experiencing moods … *(inaudible)*.

I am Hatonn. We shall look at our vibrational harmonics and readjust, momentarily.

(Pause)

I am Hatonn. We would ask the one known as M if there has been any relief?

M: *(Inaudible)*.

I am Hatonn. We see that there is some discomfort from the position of the head and neck area that has resulted from the initial experience of voicing the thoughts transmitted. This is not unusual for a new instrument to find that the position of its body has, due to unfamiliarity, became a stress point. We shall work with your instrument and our contact with you in future work to attempt to alleviate this side effect of the newly experienced contact.

Is there another query?

Questioner: No. Not at this time. Thank you Hatonn.

I am Hatonn, and again we wish to thank each in this group for inviting our presence into this circle of seeking. We are overjoyed at this opportunity and thank each of you. We would take this opportunity to greet each again with our conditioning vibration and would at this time leave this instrument and this group in the love and in the light of the one infinite Creator. We are known to you as those of Hatonn. Adonai, my friends. ♣

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Sunday Meditation
July 11, 1993

Group question: The question this afternoon has to deal with the fact that life seems to be composed of gains and losses, and we're wondering about how we can use the losses that we feel in our life as means by which to increase our spiritual seeking or our service or our knowledge of ourselves. In a world of dualities, how is this duality of gain and loss, especially the loss, of help and of a tempering quality, shall we say. How does it aid our spiritual evolution, or how can we use it to aid our spiritual evolution?

(Carla channeling)

I am Hatonn. Greetings to all in the love and in the light of the infinite Creator. It is our privilege and blessing to be with you this day. We are most grateful to be allowed to share our thoughts with you and to enjoy not only the blending of our vibrations, but also the beauty of your surroundings as we see them through your consciousnesses. You ask us to speak about a certain kind of harvest this day, that plenty which is reaped, and garnered, and treasured when the seeking conscious self is faced with loss.

We would at this time transfer to the one known as S. I am Hatonn.

(S channeling)

I am Hatonn. We give to this instrument the concept of passion, and we would note that passion has its sorrowful side as well as its joyful side. We find that a life lived with an eye only to joy is a life which is bereft of half of life's full passion. The task, not just for the conscious spiritual seeker, but for any who walk upon the highways and byways of this existence you now share, is to fully immerse oneself in the process of living, to accept life in all of its many colors and all of its many hues, to feel the full brunt and carry the full weight in all earnestness. To live a life of passion means to love living, and this includes even one's sorrow.

At this time we would transfer the contact to the one known as M, expecting that M shall give our greeting and then pass the contact to the one known as Jim. In the love and light of the one Creator, we are those of Hatonn.

(M channeling)

I am Hatonn, and greet you again in the love and the light of the one infinite Creator. Transfer now to the one known as Jim. I am Hatonn.

(Jim channeling)

I am Hatonn. The passion with which one lives the incarnation is that energy which assures one that

there shall be the joy and the pain combined in full so that one may experience the total vibrational frequency of this illusion and have at one's disposal the full range of responses that one makes and which one may utilize in the formation of the character of the conscious spiritual seeker. Were there less range and choices, the seeker would have less to utilize in this construction. It is for advanced work, shall we say, that the seeker remembers that all is one, and that there is no true loss or gain, but a realization of unity that becomes more finely tuned as one feels the joy and the pain.

We shall now transfer to the one known as Carla. I am Hatonn.

(Carla channeling)

When the seeker beholds the harvest of joy, it seems natural and right to give praise and to offer thanks for the bounteous harvest which one may embrace with all of one's passion. However, this passion seems to grow weak and ineffectual when presented with the bounteous ingathering of deep and deeply felt loss. The passionate heart cannot reason how to embrace, to praise, and to give thanks for this plenty, although that same entity may easily observe how much this harvest is an aid to the seeker of truth and love as it looks back in memory to reconfigure for the mind's own understanding of self how the path to a new level of awareness was first graded and made passable by that very difficult harvest of loss.

We now transfer to the one known as S.

(S channeling)

I am Hatonn. The sense of loss bespeaks a separation. It is a separation, in the case of one who has died, that is easily understood, for one is no longer able to communicate in those old familiar ways with the beloved one. At a deeper level, however, the sense of separation registers as a kind of disharmony with all that is. One perhaps feels torn out of the sense that one may have had of being rooted in, or belonging to, an environment that is nurturing and welcoming, staring now at a hostile and unforgiving land. The separation then cuts quite deep.

We would at this time again transfer the contact to the one known as M, expecting once more that this instrument shall give our greeting, express whatever thought may come to mind, and then again pass the contact to the one known as Jim. We are those of Hatonn.

(M channeling)

I am Hatonn. I greet you in the love and light of the Creator. I would again transfer this contact to the one known as Jim. I am Hatonn.

(Jim channeling)

I am Hatonn. To feel the pain of loss is to feel, firstly, to awaken those inner sensing qualities that are also the same qualities that may experience joy. Loss is a way of sensitizing one's fine perceptions, shall we say. This, of course, also includes the necessity for healing the self that feels torn and overly sensitized to pain. The healing that works upon the pain comes when the feeling of loss is placed within a larger framework for the mind, the emotions, and the spirit to feel as whole, thus placing the entity within a harmonized universe, yet retaining the increased sensitivity to all stimuli. With this increased sensitivity, the seeker then goes forth to renew its gathering of the harvest of catalyst.

We shall now transfer to the one known as Carla.

(Carla channeling)

I am Hatonn. How hard it is for those in your illusion to become able clearly to perceive any sense of comfort or nearness of truth or spirit when this cutting edge has cleft the world that was in twain. It is as though the seeker were suddenly stranded upon a hostile beach, from which stretched forward mile upon mile, mile upon mile, nothing but heat, dust, dryness and the thirst and starvation that comes to one far too long unwatered and unfed. How to grasp that larger picture which sees the true value of this dark bounty? How to stay within that desert in authentic mindfulness, and from that desolation bring forth that thanks and praise that is, seen in retrospect, the faith at this point [that] is truly, utterly and completely blind.

We now transfer to the one known as S.

(S channeling)

I am Hatonn. Though the vocation of the wayfarer involves an inveterate blindness, yet still the seeker yearns to see; and through the tears of anguish and the groans of pain may make out a sense of a greater meaning lurking and looming behind the events, the very events, which seem otherwise so dark. The

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seeker, bereft of all comfort and alone, finds yet there is some prospect of help, some prospect of solace in knowing that there is a meaning and a value to the experience which is currently endured, though the precise nature of this meaning lies just beyond the outstretched fingertips.

While it would often seem, oh, so easy to have resort to the wisdom that this experience after all is but an illusion, the sense of loss but a temporary blip on an ephemeral radar screen, yet to resort to this feeling overmuch is simply to anesthetize the self and to rob it of the very experience which it seeks.

There is a universal passion that one may aspire to. Did the teacher known to you as Jesus the Christ not have a passion which reached out to the very sorrow of humanity itself? In order to appreciate the enormity of the task of this teacher, however, one must realize that the passion of the Christ was not a comfortable experience. It was not a wise experience, but it rather was an experience in which a humble seeker reached as deeply as it could reach into a compassion which opened as on to a floodgate of pain. The pain, my brothers and my sisters, was there to be felt. It is not to be circumvented.

At this time we would transfer the contact to the one known as M. We are those of Hatonn.

(Pause)

(Carla channeling)

I am Hatonn. We thank the one known as M and assure this instrument that the amount of seating or grounding that has been accomplished during this time of working is quite excellent. The new channel being opened is still delicate and the energy of the beginning of the message is much like your starting load upon your electrical appliances wherein a great deal of energy, more than is needed for running, is needed for starting to run. This opening intensity which is required at the beginning of a contact has fairly thoroughly numbed the channel, and this is quite normal. We therefore encourage the new instrument and suggest that each attempt at bearing this starting load, as it were, refines and deepens the channel which has been opened in a tuned and focused manner so that there comes the time when that starting load is easily borne and is not that which takes the full focus and energy of the instrument.

We would at this time transfer to the one known as Jim.

(Jim channeling)

I am Hatonn. The loss of any portion of that which is perceived as important within the life experience makes one equal, shall we say, to all those who have suffered such loss. It is hoped that by working with loss the seeker will develop compassion, first for the self and the healing of the self for the loss, then in compassion for others who feel the same kind of loss. Eventually, this will hopefully develop compassion for all entities who suffer any loss. And as the seeker looks deeper within its own being at the many experiences gathered during the incarnation, it begins to see that all entities share the same in this illusion: the joy and exhilaration of being alive and of gaining those things which have value in this illusion, and the use of such for the growing and serving of others then balanced with the pain of loss, the removal of that which one thought was irreplaceable and of inestimable value. To realize that all is but temporary and illusory causes the seeker to find a means to understand, to use a poor term, the meaning of the life as it is lived. This impetus to search is yet another great fruit of loss.

We shall now transfer to the one known as Carla.

Carla: Could we please sing "Row, Row, Row Your Boat"? Chocolate Bar *(a cat)* has just caught my attention and I'd like to retune.

(Song)

(Carla channeling)

I am Hatonn. We thank each for aiding this instrument in reestablishing the depth of contact that this instrument prefers. The purring of the kitten that shall mystify the scribe which places this message upon paper is that joy which rejoices in the …

(Side one of the tape ends).

(Carla channeling)

There is beyond this joy a passion and joy which contains a fullness which is the eventual realization of the great blessing of those desert times, those seemingly insufferable limitations, losses and agonies which take that which was the awareness of the self by the self and remove, while still living, that tissue of personal structure that seemed quite necessary.

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The hollowing out of the rock by those forces of nature which cause the caves to be made, the hollowing out of clay which makes of the lump upon the potter's wheel the empty and waiting chalice … this hollowing, this refining, this harvest of that which shall be transformed—how painful, yet how full of the terrible beauty that is that which we greet you in—the one great original Thought which is love, love that is seen in creation, love that is seen in destruction, love that speaks with thunderclap, as well as flower and tree and bird. How blessed are those who suffer. With what riches are they furnished. Only the one who has found the strength to offer praise and thanksgiving, not in spite of but because of suffering, may speak the greater and transforming passion and joy that endures throughout experience.

We would, if we could, spend your time in whatever amount you allowed us. However this instrument requests that we move onward. May we say how exhilarating it is for us to be able to work in this way, to be able to use the mind's experience of each channel as we express our thoughts. We do thank each, and especially the one known as M, for the acceptance of our contact, and also for the desire each has to become ever more carefully and aimlessly aware of our contact, allowing our thoughts to flow throughout the group. This is indeed an advanced lesson, but we do feel that the results of such work are those which have the strong tendency to more and more balance those who function as channels in their willingness to be without need for knowledge of the portion of the information which is yet to come.

We would at this time open the meeting, therefore, for queries. If there is a query, please ask it at this juncture. I am Hatonn.

(Pause)

I am Hatonn. Again we thank each, and would at this time close through the one known as S. We leave this instrument in love and in light and transfer now. I am Hatonn.

(S channeling)

I am Hatonn. It is a source of tremendous joy for us to be able to participate in an offering which is like that of a table spread before a robust company of hungry guests. There are many servers at this table, and it is somewhat tempting for each who would serve to offer all that bounty the table has to supply. Yet it takes a certain faith in the greater process of serving and being served that one serves only that portion which is most readily available to one and leaves for others that service which is theirs to give in the conviction that all that shall be served shall in this manner find its home. We are most pleased.

We are most especially pleased to be able to greet the one called M into this robust company of guests and servers, for all serve. Those who remain silent serve just as surely as those whose tongues wag the most eloquently, vibrating with the joy of overt service. We, too, serve as we may, and we feel that it is most propitious now for us to serve again in silence. We are with any who request our presence in silent meditation. You need only ask. We are those joyful servants of the one infinite Creator, Hatonn. Adonai, my friends. Adonai. ♣

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Sunday Meditation
July 18, 1993

Group question: The question this afternoon has to do with relationships and how we choose relationships. We think we know things about emotions, and intellect, and perhaps family before we get into relationship with people, but, in general, is there another level to the reason why we might choose to be in relationship with those people around us, something that would have to do with other parts of our being, our learning, our growth?

(Carla channeling)

I am Hatonn. Greetings to each of you in the love and in the light of the infinite Creator. We are most grateful to have been called to your group this afternoon and to be asked to share our opinions with you. This is of great service to us, for sharing our thoughts is the nature of our path of service at this time in our development and this opportunity is one for which we are grateful. We do request that each discriminate in listening to our thoughts and choose to consider only those thoughts which seem to the seeker to be of truth. We ask that other thoughts which do not find so happy a home be dropped and left behind, for each entity is his own best judge of what is true.

In speaking with you about relationships, we would begin with the concept of the vine with many branches. The branch that may represent one entity seems to have little to do with a far flung branch of that same rambling vine. And only as the path of growth is traced backwards to these two branches' common root can the branches begin to grasp the nature of the union which is the true nature of each entity's relationship to each. For there is truly one being and one great self, one great Thought which is love, (and in that creative love are all, and all of that love.)[1]

Yet, within that illusion which you now enjoy as your incarnative experience this union seems of the veriest folly and to be palpably untrue: how could two entities' deepest reality be union? None of this is at all apparent. And this is the very purpose of the illusion you now enjoy. It is important to you in your evolutionary path that you grasp no deep commitment to union, for it is in the illusion of differences and the working with situations in which the spiritual principles are tested that the lessons of love which you have incarnated to learn are brought forward and laid before each in patterns which engage the mind and heart and launch one, as it were, upon that road which you may call the spiritual path.

[1] The brackets enclosing this sentence and several others are in the original transcript.

(The seeker, having once begun this walk, attemp[s] to grasp what is true, attempt[s] to learn consciously to help the self along in this spiritual quest, and in this walk each spirit has its own solitude, its own pace, its own unique lessons to learn.) Each choice which comes before the seeking self is a new crux, a juncture, and from this juncture there are at least two and perhaps more paths which can be chosen. In making these choices the relationships which the seeker has shape and focus the seeker in the most efficient way in order to enable the most lucid choices to be available.

Each has expressed thoughts this day concerning the mystery of the call to relationship: why this branch of the vine? Why not another? Yet the path of each is a long one, and in its time—if we may use that term—the entities with whom each has relationships have been in relationship perhaps many times. Each time, each incarnational opportunity, the two, the seeker and its relation, have worked in the tips of the vine, as it were. And as each lifetime's choices deepen each entity, the two entities in relationship move about, being in different relation to each other, yet still working upon the harmonic, the euphonious, which more and more might be found to exist between the two seemingly separate entities. And each time the relationship deepens, each time the two selves involved are able to move farther down the vine whose identity is the common root, [both self and other-self come] a little bit closer to that unity which exists in the very heart of the root of this vine of being or consciousness.

Thusly can one entity so move one that the seeker finds itself in the deepest and most wrenching of emotions. "How could this depth be?" the seeker asks. "Why am I so vulnerable, so easy to wound, so easily happy, so desperately sad because of this one being?" Yet that one being and you may have worked many, many incarnational times in order that this depth of pain, of joy, this level of choosing love may be reached.

Each entity, in its relationship to others, has some degree of ability, depending upon previous history to some extent, to encourage, aid, exhort and support each in that entity's attempts to seek the truth. (And each entity which you, the seeker, faces may find in you that power to aid and change.) This is in the ideal sense love reflected in love, which is then reflected in love, and in each variation love speaks the same truth of unity.

I am Hatonn. We must pause as this entity is most dry in the mouth.

(Pause)

We may continue, and we thank you for your patience. One may look to the heavens, to the universal and seemingly far away level at which all is ideal, all is clear and there is no illusion, and think that there is no way to proceed to that level where all things are clear. How could each step, one foot after another on a slow and often uncomfortable path, lead to perfect light, perfect realization and unity? What does this cosmic grandeur have to do with the plodding human self?

Yet we feel that each of you is in truth a universe, a creation within, as infinite as can be imagined. That which you see outwardly, that which seems clearly to be real, is in the metaphysical sense far less real than the universe within. And it is in that inner universe that each may best position the self to attempt to maximize the opportunities to grow and to share the journey towards greater realization.

If you as a seeker can be aware of the goal of relationships, that is, to aid each other in learning the lessons of love, then each as seeker may have the beginnings of an idea as to how to proceed. For if each is seeking the truth of relationship, the truth lies in commonality. If a branch speaks to another branch of the same vine and says "You have poor leaves; your fruit is unacceptable; that twig is out of the question," you speak not only to that other twig but to your very own twig self.

Grasp, if you will, the thought that relationship is basically with the self. Each entity with which you are in relationship is basically a mirror reflecting to you your face, your nature, your, as this instrument would say, issues, your lessons. That which you admire and encourage you are encouraging in yourself. That which you judge and question in another you are questioning in yourself.

It takes much pain out of dealing with another if you can take responsible realization in the knowledge that that which you say to another is also true of the self. The more you are able to see and hold this dear the more clearly and purely may your service flow from you, for then if you are angry or upset, that issue lies within yourself, and you have removed from your speaking and actions to the other self the bitterness and the judgment. And that

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which flows from you then, even if it is a (home) truth, flows shiningly and clearly without the taint of anger or disappointment.

The lessons of love are infinitely many, yet, in each lesson the love is the same: one Principle, one Thought, one Logos. We call it love to you, yet that word is pallid. For the love that created all that there is is a thought infinite in intelligence and expressing itself in one creative nature, bound into manifestation by free will, and then seemingly many, infinitely many.

Yet each of you is as the hologram of this one original Thought. And as each seeker attempts to learn the lessons of love that previous biases have brought that seeker to, the goal is one. All entities seek from each unique viewpoint to grasp the same basic thought. And each is attempting more and more to express as consciousness in the vibratory rate of unity, unity in one thought, one love, which has birthed all that there is.

Each relationship consists of two entities who have so plaited their consciousness together time and time again that each is more able with the other's help to come a little closer to an approximation of some awareness of love. As you attempt to be of service in relationship allow that seemingly far away perfection that ideal love seems to be to color your thinking so that regardless of what you choose to do or say you have the sense of proportion which allows you to form, as well as possible, responses to each other that contain the openness to love that enables each to be a channel through which infinite love may flow.

The human heart, to use the instrument's language, has a very limited amount of love. The energy which created each and which is each entity's true being has infinite love, for love is the nature of consciousness at that level. More and more may you feel transparent to that infinite love and may each so open the heart that each may serve shiningly.

We thank this instrument for its service and would now transfer to the one known as Jim. We are those of Hatonn.

(Jim channeling)

I am Hatonn, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the capacity of attempting to answer any further queries which those present may have for us. Are there any queries at this time?

Carla: I have one. In choosing whether to speak or whether to be silent, there are things to be said for both avenues. Is there one way to look at choices like that where you could either speak a good word and maybe spark some thinking, or you could just be silent and pray about it, say, worry about it, whatever. Is there one way of doing that's better than the other?

I am Hatonn, and am aware of your query, my sister. In this regard we can only recommend that the path be taken which one feels is drawn by love. Whatever action or inaction is possible, imagine love being that which is most helpful to include. If you can move in love, then so move. If love would keep your silence, then remain silent.

Is there a further query, my sister?

Carla: No, Hatonn, that was a very succinct answer. Thank you very much.

I am Hatonn, and we thank you once again. Is there another query?

Carla: Well, I have—I have one more. We were talking earlier about how fragile relationships are, and I was especially thinking of a friend of mine that I've had since high school. In one letter that I sent her, I seemingly offended this person, and the relationship that had lasted for twenty-five years was suddenly no more. What's the purpose of that kind of heartache, spending so much time on a relationship and then having it break?

I am Hatonn, and am aware of your query, my sister. All experience has the purpose of extending those limits to love which you have within your being. Each of you feel pain, and each of you question the self as to whether there is love enough to heal. Thus, as you explore those reasons for pain, you will hopefully find reasons to heal. And this healing energy will have love as its primary force. Thus, each experience offers some opportunity for testing the limits of love, until the seeker at some point discovers that there are no true limits. However, this journey is long and offers much variety, shall we say.

Is there a further query, my sister?

Carla: Not for me, Hatonn. Thank you.

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I am Hatonn, and we thank you, my sister. Is there another query?

R: I would just say to the brothers and sisters of Hatonn it's wonderful that we walk on the path together.

I am Hatonn, and we return the gratitude for joining on this path with you to the one known as R. And as it appears that we have exhausted the queries and perhaps those present as well, we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Hatonn. Adonai, my friends. Adonai. ♣

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Sunday Meditation
August 22, 1993

Group question: The question this afternoon has to do with our spiritual focus, or our spiritual attention span. R was concerned that he was going through his days only occasionally remembering that he was in an illusion and most of the time getting so caught up in work that he was thinking about nothing but the work. When he would get home he would be more able to remember that it was an illusion but wanted to know more how focus could help in his life. Carla was concerned that she was focused on too many projects and energy expenditures and by focusing on too many projects might not be able to do what she wanted to with any one of them, and I was concerned about the focus that a creative person or a skilled artisan of any kind uses in order to bring forth the creativity that is their expression, and also the practical focus of hanging your little toes on the side of the roof so you don't fall off. So we would like to know something about the spiritual attention span and the focus of our consciousness as we go through our daily round of activities.

(Carla channeling)

I am Q'uo. Greetings to each, and in the love and in the light of the one infinite Creator it is our blessing to be with you at this meeting, and we gratefully thank you for calling for this information. It is a blessing to us, for we are by this means able to offer our service, that of sharing our thoughts and opinions with those of your density who wish to work consciously upon the study of spiritual principles which animates and enlivens the incarnation, and creates a far more intensified and accelerated rate of potential spiritual evolution and transformation.

You wish to know more about lengthening the spiritual attention span. You wish that the weaknesses in your natures, the places where you perceive yourself less skillful, can be made stronger and more crystallized, and these are the wishes of one who seeks to do the work of consciousness in a conscious manner.

Each entity in your density works upon these spiritual principles in an unconscious manner and if you were to bury the self and the consciousness in all manner of distraction and labor, yet still would you move forward along the path of evolution. There is no ultimate resistance possible to the truth, no matter how greatly the truth has been deleted and biased as it has traveled through the increasing distortions away from the infinite oneness of unpotentiated Love. However, there is substantial percentage of this journey which can be walked at a quicker pace, shall we say, and we do encourage each to continue to work consciously.

This conscious working may seem to be repetitive, your questions may be perceived by you to be less than inspired. However, we ask each to continue asking, for it is to the persistent questioner that the universe reveals itself. Yet at the same time it is equally true that when the revelation occurs it shall occur not as you expected it. The transformations of the third density almost always come from an oblique angle and are not possessed of those obvious hints that this instrument would call "telegraphing the punch."

So, the situation as regards the basic seeking is that it is excellent to seek intensely and to practice a regularity of meditation, contemplation and prayer. But it is well to widen the inner definition of environment to include that spiritual environment into which each is permanently imbedded, in and out of incarnation. It is from this bedrock of spiritual selfhood that the moments of transformation shall rise and the angle of perceptions of these transformations shall almost always be confusing at first but not necessarily obvious. The state of mind, then, that we can recommend is that of the utmost intensity, and at the same time, that of one who is dancing in and out of the steps of living, feeling the rhythms that murmur through the endless hallways of self.

Firstly, there is that energy to recommend which does indeed take one out of the world while one is yet quite active within this same world. Indeed, it is a useful practice to find the triggers in the daily routine which fire almost automatically and act as reminders of who the true self is which is perceiving the experiences which you perceive and experience. What sort of triggers which each can think of within the daily round? Perhaps there is the bell that strikes, or the clock which strikes the hour. Perhaps there is one symbol which can be invested—we correct this instrument—by the seeking self with a mnemonic meaning, for instance, perhaps there is a doorway through which the seeker goes quite often. This seeker can then create a secondary illusion for this door, and in the mind it becomes a magical doorway. Each time the doorway is passed the reminder becomes visible and tangible. Each time there is that momentary opportunity which reminders offer to center the self and to orient the self with regard to that overarching principle of truth which is love and service.

The second principle requires that each who listens turn the self around mentally so that the self is seated in the portion which does work in consciousness. From this point of view you are gazing at the incarnation strictly with regard to the primary environment which is a spiritual environment. This environment is within each but it must be named, expected and sought before it can be perceived. Yet, once it is perceived, this environment recreates the day-to-day environment so that whatever the environment within the illusion yet the consciousness is to some degree stayed, settled and rooted in spiritual truth so that the self continues to vibrate in harmony with the one great original Thought while it is in the midst of the busy, humming day.

You may practice for these attitudes in various ways. We shall discuss a very few. In meditation, you may with the out breath visualize the bringing in of the truth, the light, the love, bringing in the truth of love in every circumstance. With the out breath, you may visualize the releasing of all spent energies, including those judgments and self-judgments, those businesses and distracted thoughts, so that with each outbreath there is the emptying of darkness and fatigue and the inbreathing of truth, love, light. Each—we correct this instrument—we would request each to, at this time, take a few deep breaths and practice this technique. We are those of Q'uo.

(Pause)

We are again with this instrument. We are Q'uo, and greet each in love and light once more. Perhaps you shall have felt the health being breathed in as the out breath cleansed the self of that which was used up. This cleansing of the energies does indeed strengthen the stability and the spiritualized awareness of the seeker. Each is familiar already with the basic principles of working with the day's experiences in such a way as to balance these experiences, but we would mention at this time that this a technique which is very useful for consistent and constant realignment of the self in the direction which the seeker perceives to hold more and more of truth. That technique is to, within meditation, allow the mind to ripple through the day's experiences, searching for those things which have distracted or attracted, repelled or drawn the self during that diurnal period. Those things which were perceived as negatively oriented, then, would be brought to the conscious mind and the memory replayed.

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When the self feels that emotional distortion which was the initial reaction during the day's busy rush, this feeling or ideation shall be allowed to express and intensify within the emotional self, or more precisely, within that portion of complex of energies which is the self which deals with the emotional and mental perception, allow these feelings and ideations to become ever stronger until you feel they are well intensified. Then mentally lay down that emotion and sit with that emotion without any attempt being made to change it. Allow the complementary emotions and/or ideations to arise, allow the other side of the coin to become slowly visible. When the opposite of the first emotion is felt and has been respected and honored allow the thesis and antithesis, the original feeling and its complimentary one, to exist side by side within the mind's eye. Both of these things is you, for each self is universal and contains all that there is. If you see that you are both things then you may also see that you are neither. These events are then transitory, as is the entire incarnation which you now enjoy. Then all may be dropped aside, for by this route you have arrived at the position in mind and heart where you recognize that fundamental environment which is spiritual and which lies around, beneath, above and beyond any of your illusion characteristics, features or realities, so-called.

A third technique for increasing the focus is to choose to undertake a short visualization on a regular basis. Some entities prefer visualizations which are static, others those which flow. Whichever the seeker chooses, we recommend the object be simple. That is, if a specific object is chosen let it be a colored object, for instance a blue circle, or a red square, or a rose. One object. Demand of the self that it continually visualize this for, say, one of your minutes to begin with. At two week intervals, if the visualization is going well, begin to lengthen that time of gazing within at that visualized object. If the preference is for a flowing visualization let it be that of watching the waves upon the shore, or the clouds rolling past, or the gazing out at the passing countryside as though one were on a train, or in a small airplane within which one may look out and see the countryside. The time constraints are the same. This is difficult work, however, it has often had good results for those who are persistent.

A fourth technique is the technique of reduction. This is especially helpful when the seeker is facing more than it can do. The principle here is to reduce the point of view, the focus, shall we say, of attention until only the part which is in front of one is receiving notice. This often might be a matter of physical rearrangement of workplace, for instance, if the desk is full of several projects, allow the time to remove all but one project from the desk. This affects the point of view and makes it materially easier to do the mental work of reduction.

This should, for best results, be integrated with the meditative work on a daily basis for without this silent listening time the energy necessary to focus down upon that one thing which one wishes to do well now will often sorely flag. It is difficult to convince seekers how much work is done within those flawed meditations which to the seeker's own perception are not done very well. But we do assure each that it does not matter how one perceives the experience of meditation as being. What is perceived spiritually is the intensity of commitment of the continued attempt. Fidelity to the truth within one is won day-by-day, meditation by meditation, and distraction upon distraction.

The fifth and final of the techniques we would describe best as holy silliness or silly sanctity. Many are the third-density luminaries which have offered redemption to many souls by helping each entity spill forth the unhealthful tensions of perceptions, those perceptions which carry pain in their arms, burden and trouble each soul, and blessed is the entity which can learn to laugh. We recommend in the spirit of silly sanctity seeing any situation—we correct this instrument—of gazing at a situation which for some reason has involved you to the extent that you are exercising the emotions within you, and see this "gestalt" as a cartoon. Consider then what caption you would write under the picture of this moment. Allow the self to make a little fun of all of the emotions, all of the perceptions, all of the energies. It often will generate at first the kind of humorous caption which contains sarcasm, irony and bitterness. But as the work continues the seeker may well find itself generating gentler and more sweetly humorous captions as the lighting up of the whole environment begins to come more and more into [alignment] as the one great original Thought.

If you have difficulty feeling that laughter is holy, think back to the last time in which you laughed and laughed. Was there not a full feeling of receiving the expression of love, forgiveness and healing within the

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heart of that laughter? Laughter is the fire's communication with the Earth as mercy is the rain's communication with the Earth. Laughter first burns away pain, then it builds golden castles and offers to the joyous recipient the universe.

All of these techniques have in common the perception on our part, fundamentally, that there is a country within that is native. You are at home in this spiritual country which is reached only when one is willing to go deeper than the surface of things. With the will to recognize this comes the opportunity. We hope these techniques enable each to make use of the opportunity. Once this country within is truly sensed it can be re-entered in the split second that the thought …

(Side one of tape ends.)

(Carla channeling)

Work in consciousness tends to deepen feelings of isolation until it is seen that work in consciousness simply creates channels whereby memories and knowledge of that native land may be routed through the higher subconscious levels of mind to cross the threshold of consciousness and be perceived consciously as characteristics of whatever environment the seeker is inhabiting at any moment. There is nothing that is not full of glory and beauty and truth in the fundamental sense that higher truth, deeper truth, interpenetrates and shows the truth of all other environments of conscious living. By consciously becoming aware that as a seeker you are always in the native land of spirit and only visiting in the foreign land of incarnation, that incarnational web of perceptions shall be transformed. Where can the spirit not travel? It is said within your holy works "If I take the wings of the morning, yet you are there. If I go even to the depths of hell, yet you are with me." There is no unspiritual environment. It is only that instance of intent that lies closed between the seeker and the living of every moment in the presence of the infinite One.

We encourage each to seek the peace of moment by moment living. This shall serve you well as you seek your focus, and, indeed, this is the key to focus—to look not back nor forward except insofar as it is necessary to inform this present perfect moment. If the attention strays, then bring it back, and if you do this a million times in a day and still forget, then when you remember, bring it back. No judgment, no expression to the self of disapproval, just realign. The habit is hard to make but once made it is even harder to break. May the joy of this journey enliven and transform your daily experience.

At this time we would transfer to the one known as Jim, and would continue with this instrument. We leave this instrument with thanks and transfer now. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and in light through this instrument. At this time it is our privilege to offer ourselves in the answering of any further queries. Are there any further queries at this time?

Carla: I have a question, Q'uo. When I was on vacation, immediately that I started the journey, I began … the first time that I got involved in thinking about a spiritual question, I began getting a very strong signal. It seemed to be giving me very good information, but I had not tuned, I had not challenged, I had not asked for any channeling to be done. There were only two of us in the car and I did not want to channel without three. It was very persistent and that made me question its polarity. However, once I had explained this carefully within my mind the contact did stop as I requested, and has not resumed except on the way back. Again, I was relaxing in the car and I began thinking about some spiritual question and again this occurred. The strong contact, the very strong and clear flow of information, almost like I could read it, hear it. Very specific. Again I asked it to stop and it did, this time much less reluctantly.

I want to investigate what that was. Would it be in my best interest to work with it, using my own channel; would it be in my best interest to work with it using Aaron, Barbara's inner guide? Would it be in my best interest to let it go, as being most probably negative? And finally, the other option I guess is this … the way personal guidance is received, and should I now be looking at trying to more fully develop that inner guidance that I call the Holy Spirit?

I am Q'uo, and we are aware of your query, my sister. The response to this query is somewhat complex. We shall begin. Firstly, the inner guidance of which you have spoken is available to all entities through the serious and heart-felt seeking of information leading one along the path of spiritual

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evolution. The means by which any seeker is able to perceive the response of such guidance depends upon each seeker's avenues of opportunity, shall we say. The avenues of opportunity are those means by which any seeker has attempted to receive information or inspiration from those angelic presences which you may for convenience call guides.

Your particular means of perception moves along the line of your channeling ability, that is, your ability to clear a pathway through the conscious and subconscious mind, through which sources of information may move, be they the contact of Confederation entities such as we are or the movement of energies of those guides which look over your incarnational experience, or any other entity for that matter which may wish to communicate with you through this channeling ability.

The desire to know certain spiritual principles which you exhibited upon this recent journey, combined with your developing channeling ability, further combined with the substance which enhances your receptivity, allowed you to be aware of the response to your query in a much more immediate fashion than is normal, shall we say, for your experience. It is our opinion that it is indeed possible to work with these guides in furthering your own understanding, if we can use this misnomer, of your spiritual journey. However, it is our recommendation that the pursuing of this source of information and inspiration be accomplished under more normal, shall we say, conditions, such as those now utilized, that is, without the use of the enhancing substance that was a portion of your recent experience. The holding forth with the challenge is, of course, also necessary at each working, and it would be well that the group be numbered at least three. There is the possibility of receiving concept information using only your own tuning and energies, however, this information would remain in the form of concept rather than words being utilized to convey information. Thus, you would need to be able to remember the concepts for later elucidation and refinement in your conscious expression of them—words or images set to paper.

Is there a further query, my sister?

Carla: There is a query but I don't know if there is an answer right now, and that just has to do with why I would want to do this. I feel that I have in the Confederation entities an excellent source of information and I fail to really see why I would need a personal guidance, other than the Holy Spirit that I always trusted and that I probably felt was moving me around by hunch and by guess rather than by anything, kind of A, B, C … you know, out there where you can write it down and prove it. I always was satisfied to live my life that way and it's always worked so far. So for myself I never have desired to seek any further about guidance than just knowing that the Holy Spirit will guide me.

The reason that I thought to pursue this was monetary. I thought if I could in all conscience develop a good personal guide, as Barbara has Aaron, I could charge money for readings which I feel I cannot do with the Confederation's universal messages. So I kind of question whether I should move forward with this at all. I can ask your opinion, that is about as far as I can question on that. Do you have an opinion as to the excellence of offering people personal readings in general, and of my doing it specifically?

I am Q'uo, and I am aware of your query, my sister. We must withhold any opinion about this portion of your query, for it is a portion of your experience which must be left to your own discretion. We feel that you have already answered your query, and refer you to your own feelings.

May we respond to any other query, my sister?

Carla: No, I would just repeat the part in general. Is there in your opinion useful information, helpful information to be gained through personal guides that is unavailable to the universal guides? Concerning spiritual principles.

I am Q'uo, and again we move most carefully, wishing not to step over the boundary of infringement. For those who feel there is such value, indeed there is such value.

Is there any further query, my sister?

Carla: Are inner guides and universal guides one and the same?

I am Q'uo, and am aware of your query, my sister. In truth, are we not all one? We do not mean to be facetious, but refer you again to that which is the nature of your service and your journey.

Is there a further query, my sister?

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Carla: No, thank you. Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and we thank each for the inspiration of your experience. We are gratefully blessed to have been able to join in this circle of seeking. We walk with you at all times and enjoy the diligence, the humor, and the patience with which you grapple in this illusion. It is an inspiring sight and we cannot express enough our admiration for your efforts. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
August 29, 1993

Group question: The question this afternoon has to with destiny. We are wondering if our destinies are fixed, more or less, or if we can affect our destiny. And we would like to know just a little bit about how destiny works and how it manifests in our lives.

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most pleased to be called to this group to discuss destiny with you and we humbly thank each for allowing us to share our opinions through this instrument.

Our personal destiny, in the short term, is to await the call of spiritual seekers such as you, and to respond either through channels such as this one or in the dreamings of those who are seeking. Through this instrument's senses we feel the sun as its rays warm her and each of you through the window of your dwelling place. The light is golden and clear, the temperature balmy and warm. And it is easy to find—we correct this instrument—to feel that golden hours such as this shall never end. Yet each knows that the seasons will cycle around to the winter and where there is now golden warmth, there will one day, not too far away, be chill and cold where now the skies brim with light. This is the destiny of the home upon whose surface you live—to turn ceaselessly, moving through days and seasons and cycles.

So, too, it is with the beings which we could call heavenly bodies which are your true selves. Each, before the beginning of incarnation, has either of his own volition or with the aid of guidance chosen the lessons to be learned within the incarnation. This sets up one axis of event stream.

Agreements also have been made, before the beginning of incarnation, with each entity which shall be in key relationship to you—the mother and father, the brothers or sisters, the mate, the children. These relationships, be they informal—called friends—or formal—such as marriage and family—represent the perpendicular axis of what you could loosely call personal destiny.

Freedom of will is retained throughout the outworking of the long trail of a personal history. There is almost always far more than one option from which to chose at any juncture in which the seeker attempts to mold his destiny. One might, as this instrument has in the past, use the concept of a trip to Chicago. If three seekers go from Louisville to Chicago, they may well go three different ways. What is destined is the eventual arrival in Chicago. Within the bounds of this destination, free will may be used to choose the manner of conveyance and the

rate of speed with which this destination is approached.

To move into a somewhat deeper consideration, we would suggest that the destiny may be thought of as that which comes into and captures the heart and the spirit within a seeker so that, even though many other options may be available, there is a sense of gazing into a lane or avenue which is simply more appealing than other options. Although a seeker has his destiny, that—we correct this instrument—it does not follow that the seeker knows or can fully know his destiny.

Consequently, when attempting to cooperate with destiny, as you discussed earlier, it is well to attempt to become ever more sensitive to that feeling of rightness, of clarity, and the feeling of fitting well into one particular option. When once this feeling is followed, then for those willing to live by faith and the feeling of rightness, the life may feel that it is being lived more and more without effort, more and more like the well-oiled rifle which accepts the bullet and powers it most swiftly and straightly to the target through all the air in between.

The spirit within has the capacity to live as the bullet does: swiftly, straightly, accurately and with substantial force. Even those who are without any sense of personal destiny may well find events quickening and becoming more simple, simply because there has been, for whatever reason, a willingness to move forward without resistance when change of some kind is seemingly necessary.

So, we would say to you that the greatest skill which the spirit may offer, when working with one's destiny, is that skill which surrenders the intellectual and logical modes of thought, and instead adopts a willing and flowing attitude which allows the seeker to feel its way until that which feels right within has been discovered.

The permeability of destiny to accident is variable, depending upon how far from the target or hub of destiny a seeker may be. When a lesson has just been begun, that is the equivalent of being in Louisville and having enough supply of money to afford a variety of ways to Chicago. As choices are made and the lessons go forward, that is, analogously, as Chicago is neared, there are fewer uncertainties about how the next few occurrences will unfold, for there is less room in which to work, less latitude concerning the approach to the, shall we say, punch line of the lesson.

And in terms of living and cycling into the end of your particular incarnation, this holds true, so that at the beginning of the incarnation, there is at least one locus or point at which the opportunity to end the incarnational lesson shall be great. This opportunity may come, however, more than once, and this is due to there being not one lesson upon most entities' agendas for an incarnation, but more than one. And after a certain minimum number of lessons, which varies, has been reached, there is the choice to allow this lesson to be the last or to work through another lesson. So we cannot say that the time of an entity's death is fixed. However, in the sense that there is perhaps one extra choice or perhaps two extra choices to be made and know, more than certainly the destiny awaiting each may be seen to be inevitable.

We are having some difficulty using this instrument at this time and would appreciate the retuning of the group. We shall pause for this to occur. We are those of Q'uo.

(Singing)

(Carla channeling)

I am again with this instrument. I am Q'uo. We thank this group for retuning, as this instrument had begun to slip in its focus, and we wish to revivify the strength and depth of the relaxation into which this instrument is best suited to maintain during a channeling working.

So you may see each entity's destiny as moving as does the bullet, straight and cleanly. However, although this makes no sense in terms of your physics, at the same time that destiny is bullet-like, it also varies in its travel depending upon the strength of the relations—we correct this instrument—relationships which intersect and interweave other entities with their destinies with one's own. If a true loner chooses continually throughout the incarnation not to seek company, that entity's destiny is completely undisturbed except by those changes which learned lessons might make to him.

However, most entities are much involved with the family and the mate and the family made with that mate. The dance of two whose destinies are intertwined is also straight and clean, yet somehow the tracks of two become one to the extent to which

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the other has become important to the self. As the choice of mate especially is made, the two tracks become fused, as the two enter into the relationship fully. Much confusion among your peoples has been, and continues to be generated because the mutually planned learnings of lessons for two entities within a relationship are ignored and the relationship splits before the lesson has been completed. Thusly, it is in our trip to Chicago scenario, as though the two arrived at Indianapolis and began to back up, to turn around, and to attempt to retrace the steps. However, destiny is such that Louisville, once having been left, no longer exists and cannot be returned to. No, those who avoid the work of a cooperation with destiny find not the exact same cycle repeated as the lesson is posed again. Rather, they will find the lesson to have been made more pointed, the difficulties more pronounced, and the options fewer.

You may see the effect of this walking away from the hard work of learning the lessons reflected in so many of your people who find themselves within what they feel to be an empty existence without rhyme or reason. Once a sufficient number of lessons have been avoided, it is very difficult to get into the rhythm of the dance which destiny, in its outwork, truly is.

This is an interesting subject and there is much to say concerning it. However, we feel this is as far as we wish to go this day. We encourage queries, and would transfer from this instrument to the one known as Jim for the remainder of this working. We are those of Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time we would ask if there may be any further queries to which we may speak?

M: I have a question for Q'uo which concerns *(inaudible)* channel or getting *(inaudible)* seeker getting more *(inaudible)* to feeling *(inaudible)* in which case the factor I suspect that mediation would be used for *(inaudible)*. Are there some other ways or methods to encourage to make this feeling more obvious?

I am Q'uo, and am aware of your query, my brother. We can always be assured that to recommend meditation is to recommend a path that will eventually succeed, for in mediation all experience is available to the seeker for its examination and more full understanding. However, we may also turn the attention to utilizing the catalyst of one's daily round of activities. As one moves within the illusion and partakes in the destiny of the day, one may observe many opportunities to exercise the feelings in any fashion, whether it be to accentuate a certain aspect of feeling, or simply to open the heart to a greater sense of feeling in general. There is much that comes before the attention of every entity within your illusion upon a daily basis which can be utilized to expand the ability to feel and to sympathize and even to empathize with others and the plight that might befall them.

If you will look at the variety of catalysts that presents itself to you in any of your days, and concentrate upon any portion of the catalyst which calls from you the feeling of one emotion or another, it is as though the microscope has been applied to experience and all that is available in each experience is enhanced by your focused perception. This, done on a regular basis and aided by the further use of meditation, can allow the seeker to increase its appreciation of feeling in general and to refine its feelings of any particular nature.

Is there a further query, my brother?

Questioner: Yes. I have, like, this burr sticking out of my life. I have this thing about something that relates to what you talked about back there when there are two in a relationship and how their tracks, reaching Indianapolis, and then they try to backtrack. I don't get a clear question out of it. I'll just ask you if you can comment as much as you feel comfortable on that destiny as it relates to two entities who agree to work together in an incarnation. If it is too vague, just pass it up.

I am Q'uo, and we feel that we may speak briefly here. As two entities join their destinies in relationship there is the merging of two distinct paths. And as the work of relationship is accomplished by both entities when it is necessary, then the halves begin to merge so that eventually there is one path being traveled by two entities. Eventually, there is one path being traveled by one entity as the process is perfected.

Is there a further query, my brother?

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M: No, I thank you for the comment, Q'uo. I don't come up with any good queries at this time.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: Let me take a stab at restating the question that I think M had in mind. think he was wondering about what happens to a couple that splits. They can't go back and they can't go forward together. Either he was wondering how to avoid that or how to deal with it after it's happened.

I am Q'uo, and am aware of your query, my sister. When two entities find it impossible to continue in a relationship that has attempted to join each entity's path, there is the continuation of the journey for each entity upon separate tracks, shall we say. These entities then are as any other entities—that is, they have the choice of continuing as individual entities or of joining …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and I greet each again in love and in light. We shall continue.

Thus, each entity would have the ability to create a path that would reflect its own individuality. This would include the possibility of again joining the path with the entity from whom the spilt was made if there has been sufficient repairing of the perception of the journey that would again allow this joining. Each seeker has complete free will at all times to continue its journey as it is, or to alter that journey to include any other entity's situations or opportunities.

May we speak further, my sister?

Carla: Yes. It is implied, I believe, by you and certainly it's stated by channels from Ra, that there is an advantage to joining forces with a mate in order to better pursue one's destiny. Is that so? And I wondered how does it strengthen one's abilities or improve one's ability to perceive the right, the path of the right, the simplest, the clearest, the straightest destiny?

I am Q'uo, and am aware of your query, my sister. As that portion of our principle which is made up of those of Ra has stated previously, those who of like mind together seek shall far more surely find. As that portion of our principle that is made up of Q'uo—but we would paraphrase: two heads are better than one. Thus, what one misses the other may find.

Is there a further query, my sister?

Questioner: No, it was very clear. Thank you.

I am Q'uo. Again we thank you, my sister. Is there another query?

Questioner: *(Inaudible)*.

I am Q'uo, and we also appreciate the good humor with which this group accepts our contact, for we are often perceived as somewhat tedious and speak overlong as we have been reminded. But we can assure each that we take great pleasure in joining your group and we thank you with our whole heart for inviting our presence this day.

At this time we will take our leave of this group, leaving each in joy, in peace and in wonderment at the perfection of all creation. We are those of Q'uo, and we leave each in this great love and light at this time. Adonai, my friends. Adonai. ♣

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Intensive Meditation
September 4, 1993

Group question: The question this session deals with the doubt that all the instruments feel as to whether or not the contact is actually themselves making up the information, or are they receiving information from an external source and simply relaying it. What is the best procedure for a new instrument to use to deal with this doubt?

(Carla channeling)

I am Oxal. Greetings in the love and in the light of the infinite Creator. We are privileged to come to join in your session of working and to share with you thoughts concerning doubt and its place in the channeling process.

We ask each to take the step backwards and gaze at the self as it is seated within your domicile. Note that within the entire life of experience of this small, fragile being that walks upon the surface of your planet, note the vulnerability and the lack of knowing.

Each entity chooses to live with free will made manifest strictly because no moral course of action can be proven to be correct. Each individual seeker walks his own path, balancing between doubt and the rational mind, and overzealous faith and an irrational mind. On the one hand, [there] looms a petty system of small correctnesses; on the other, the chaos of feelings allowed to have full sway without discipline. However, although both the intellectual and the zealot believe and feel that they have the truth and know it, neither knows the truth, nor does any other entity know the truth.

Within your vibrational system your environment is such that each entity may hope to become a witness to the truth, that is, as close to knowledge of truth as there is within your density, and indeed, those of higher densities may have far more well developed systems, however, if the gaze is just, the eyes shall see not provable truth.

Each life is lived either without faith, or with faith. The choice of those who choose to have faith is the nature and character of that faith. Being true to the self is important and this importance is far more easily seen when one realizes that, in any event, there is no knowing. There are no shortcuts to truth. Truth shall bloom within each seeker as does the desert flower and we encourage each to treasure and cherish this inner self planted in the desert soil of deep mystification. Praise it and the Creator, when a glimpse of that precious bloom is seen.

To be more specific and to aid in the channel's development of its instrument, we ask the instrument to consider that there must be the start somewhere. The way which is far mellower and seemingly easier is that way which simply requires

that the new instrument sit in meditation each day and invite contact. However, we have developed opinions, as has this instrument, upon the subject through practice, and our current opinion at this point is that the one known as Carla is doing well to, shall we say, "Toss the new swimmer into the water." For no matter how long the interval is between deciding to take that first long step into the chasm of not knowing, nevertheless, when the first attempt is actually made, there will be that strong and substantial feeling of not knowing, feeling of alarm, even at the possibly or the possibly not glimpsed contact.

As this instrument has said, the experience of processing the words of a channeling message is quite like the process of ideation within an instrument's conscious mind. The concept of—we correct this instrument—the concept arises from the subconscious and passing through the threshold into consciousness is quickly or laboriously cloaked with logic and actual words, becoming a thought and then a spoken assertion or question. Consequently, there is no clear and provable way to know that a contact is positive and is the highest and best contact.

Also, this instrument has said a great deal of the total effort of an instrument is made prior to opening to channel as that instrument tunes itself more and more skillfully. Thus, in answer to the query concerning opening to channel, without sure knowledge, we may summarize by saying that there is no provable way to be sure one has made contact.

However, the most aid one can give oneself towards assuring itself that it will receive the appropriate contact is to focus and observe closely the results of tuning sessions. As the experience mounts, some particular ways or elements of a way of preparing shall show themselves to you as being the most efficient and efficacious means for you, personally. Note these and repeat the use of them until there has been developed within you a kind of awareness which is ritualistic. As you then go through the process over and over again, its ritualistic nature will reward you a familiarity of the deep mind. When the deep mind becomes aware that you are going through this ritual that deep mind will perforce open with much more balance and correctness of opening so that the way for the channeling is made well. Each entity, being on an unique path, will and must develop his system of or process of opening the channel in a protected way for himself.

We are glad to answer queries, before we move on, if there are any with regard to this basic point. May we develop this material further, my brother?

Questioner: No. I think that gave me enough to work with. Thank you.

We thank you, brother. Very well then. We would like then to move on to the portion of the session with the new instrument.

Very briefly, we remind the instrument that the way of moving forward in learning this skill lies in a balance between disciplined care at opening the channel and being able to take the process lightly enough that there is a relaxing and loosening of concern and worry, so that when contact is perceived, or hunched, the instrument feels free to make an error if it is wrong, and then simply begin.

We would also note that those of Latwii request that the new instrument be aware that there is no simple way for a discarnate entity to refrain from speaking if a contact is left open, consequently it is encouraged that when practicing the processes of tuning and challenging, that there be a polite request made, if necessary, after the greeting to move immediately to the closing, so that the channel is neatly and carefully guarding the conscious mind of the instrument.

The few sentences, perhaps, of other thoughts are not anything to concern the instrument about. However, it is more appropriate when practicing with three entities together that any message be politely, but firmly rejected.

This is, as we said, simply for the most respect to be expressed for the process of receiving a full message, that is, respect for the process of channeling and for the message itself.

We would like to speak at this time concerning love. The desire to speak of love to each present is always there, for that is at the heart of our message. We bring a simple message to your peoples, that love is. That "is" expresses its nature in all that there is and that each may accelerate the rate of its development and evolution by seeking more and more closely to match that original Vibration, which is love. However, this message is too simple to seize the minds and hearts of most of your peoples and so we

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speak in many ways concerning love. Therefore, we find this a good topic when the channel is exercised.

What we would enjoy doing, if it meet with each entity's approval, is simply to pass the channeling around, while each entity each entity receives a relatively short portion of the continuing message. We feel it shall give each the best opportunity to exercise its channel and also will give the somewhat more advanced channels the opportunity to work on their skills in harmonizing a message, which moves through several different sensibilities and frames of reference. This is a delicate and subtle skill once the initial practice opens this kind of channeling up within the mind of the more experienced channel.

"Love"—such a word in your language is almost guaranteed to become weak, for so many things are called "love" among your peoples. The word, therefore, loses more and more power as time goes on. However, the creative and sometimes terrible love of the infinite One is that strong and powerful love which we speak at love's bidding. All that you see was brought into manifestation and each when seeing the beauty of the natural world is gazing at a primary manifestation of love itself. For all beauty is wrought with that light which love created.

Many among your peoples walk down the lovely summer lane of trees, looking up at the sun which warms all, seeing no leaf, or small animal, or warmth of sun that might suggest that there is in the deity a most loving nature.

We would at this time transfer this contact to the one known as M. I am Oxal.

(M channeling)

I am Oxal. The beauty of nature has inspired many men and women throughout time. The love that flows through the trees and streams is the love of the Creator.

At this time, we will transfer to the one known as Jim. I am Oxal.

(Jim channeling)

I am Oxal. We shall continue. The love of the Creator enlivens all creation for there is no other thing than this love, formed in an infinite array of images, each exercising free will and moving in harmony with some with that same love. Thus, the dance of creation is the dance of remembering and experiencing this love.

We shall transfer now to the one known as Carla. I am Oxal.

(Carla channeling)

One way of looking at the process of learning to be of service is indeed the realization that the original gift, which any may give to another, is that gift of uncompromising and unstinted love. How difficult it is to move in one's mind from the many judgments and cautions of a people bound in fear, to relating to others as one who loves unconditionally, yet what a great gift this sheer love is. Somehow those who receive this gift recognize it, no matter how stumbling or seemingly imperfect the attempt may be.

We would now transfer to the one known as M. We are those of Oxal.

(M channeling)

I am Oxal. The love that is of the utmost importance is the love of self and to be free of self-judgment.

We will transfer at this point to the one known as Jim.

(Jim channeling)

I am Oxal. To judge the self is to place a bar against the love of self, and if one is unable to love the self, that one is, then, it is difficult to love any other self, for the connection with each other self is unity. Thus, it is important that each seeker discover that it contains not only what you may call the full array of human characteristics, both those thought of as acceptable and unacceptable, but the seeker must also discover that those portions of the self felt to be unacceptable are as acceptable as any other, for all are distortions of the one Creator set in motion that the one should know itself more fully with greater intensity and variety than would be possible should these distortions not exist. Therefore, it is to the seeker's benefit to begin the process of self-knowledge that will eventually lead to self-acceptance.

When the small self is accepted then this acceptance may move outwards, as the ripples in a pond from a thrown stone move outward, and begin to include entities within the circle of friends, entities beyond the circle of friends, until all is accepted as the Self, the one great Self.

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We shall transfer now to the one known as Carla. I am Oxal.

(Carla channeling)

I am with this instrument. I am Oxal. Although seekers may wish they were not such universal entities, yet still each is. The concern of the spirit within, filtered through biases of moral good and evil, express themselves as concern that the self is far too unworthy of love to be loved. As a seeker becomes more clear and honest concerning the true nature of the perceived self within, there are always those times when the seeker must wrestle with the feelings of unworthiness. May we suggest to each that the one who feels unworthy is heavily judging.

The judgment, then, bars that door to love of which we spoke and the clinging to this self-opinion of apparent unworthiness can then stop an entity still in its tracks and gradually, even cause the entity to begin to back up and lose some awareness …

(Side one of tape ends)

(Carla channeling)

… and allow that loving nature to forgive the errors that are inevitable and to heal that sense of frailty that might make the seeker stumble against its own perceived misdoings.

Beyond all action and reaction lies love. We would transfer to the one known as M. We are Oxal.

(M channeling)

(Inaudible)

(Carla channeling)

We are again with this instrument. We are those of Oxal. We thank the one known as M for availing himself of our contact and wish at this time to work to adjust for any discomfort. We ask the one known as M to mentally express any discomfort and we shall attempt at this time to begin to make the small corrections in what this instrument would call "the hookup." We shall pause at this time for a brief time and then would transfer to one known as Jim, in order that any queries which have come up during this session might be addressed. We now pause. We are those of Oxal.

(Pause)

(Jim channeling)

I am Oxal, and am again with this instrument. At this time, we would ask if we may respond to any further queries?

Carla: If no one has a question, I have a small one and that is, would you speak anymore at all on the subtleties of working as an ensemble in harmony with other channels as opposed to working to offer one message with one contact?

I am Oxal, and am aware of your query, my sister. We find that the, as you call it, ensemble method of offering information is one which benefits both the new instrument and the more experienced instrument for the new instrument is offered both the support of the other instruments and the multiple opportunities to perceive the contact and then speak the words that are given.

This, then, is a more intensive means of learning this part and because of this intensity, the new instrument is developing the skill necessary to be an instrument on a dependable basis. The more experienced instrument also are exercised in their abilities to allow their contact to move freely between them and to speak without reservation.

Thus, both new and old instruments can benefit from this method and thus we offer it for the exercising of any instrument.

Is there a further query, my sister?

Carla: Another small one. I can always encourage people who want some kind of proof, subjective proof of contact, to ask for conditioning. I wonder if you of the Confederation have any problems whatsoever with this. Is there any reason why I should not suggest this?

I am Oxal, and we cannot think of any reason why this should not aid the new instrument who would wish a physiological signal that would indicate our presence and our desire to exercise the instrument. Such training ids are valuable, especially in the initial stages of learning the channeling process.

Is there any further query, my sister?

Carla: No thank you, Oxal. That's just all there is today.

I am Oxal, and we thank each for the great opportunity to work with the new and the more experienced instruments. We are not often able to

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join your group for our vibration is somewhat more obscure and less requested and we are full of joy at this opportunity. We shall be available for any future calling and we at this time shall take our leave of this group leaving each in that great ineffable light of the one infinite Creator. We are known to you as those of Oxal. Adonai, my friends. Adonai.

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Sunday Meditation
September 5, 1993

Group question: The question today has to do with how we open ourselves to the awareness of non-dedication to an outcome. When we do anything during a day, whether it's attempt to apply a spiritual principle to a situation, or earn money, or reflect upon ourselves—anything that we do—we tend to have a yardstick by which we measure the outcome, so that we set ourselves up with expectations for how the things shall be done and the final product that we produce. So, we're aware that if we can achieve the non-dedication to the outcome—open ourselves to whatever comes through our experience—that things tend to turn out a whole lot better than we could ever imagine. And when we put expectations on outcomes, then we tend to find that our experience isn't so harmonious, and we tend to judge ourselves. So we would like to know something about how to open ourselves to the awareness of acceptance of any situation and any process that we find ourselves in.

(Carla channeling)

We are those of Q'uo. Greetings in the love and the light of the one infinite Creator. It is a privilege and a blessing to be called to this session of working to share our service with you. We are humbly thankful and are happy, indeed, to share our opinions and experiences. We do, however, request that as we are not those with perfect authority, but rather seekers of truth such as you are, that each here present use his own discrimination in listening and taking to heart that which each hears. We would not be a stumbling block before any. With this understood, may we say that this particular session of working is a real treat for us, as each present brings something new to the vibratory patterns which we have become more and more familiar with through what you would call the passage of time. We thank each. And so, to our subject.

Picture, if you will, the tree in the early spring. It has been bare of all foliage except a few dead leaves for the long sleep of winter. As the air and earth gradually thaw, there is created within the living tree that life-giving food which pours upward and outward from the tree's roots, systematically feeding and encouraging growth in the whole tree with all of its members. As each bud begins to be distinct and to show its tiny head on each limb of each part of the great trunk of the tree, does each leaf consider what it shall do? Each small creation, each bud, being of second density, has full unconsciousness awareness of the perfection of the enormously complex process of developing the leaflet to the leaf, and the process occurs perfectly.

When third density begins, those entities which have been individuated from second density and are harvested to third density receive great gifts, whereas

before, all awareness and knowledge was unconscious but full. So now, third density offers the gift of self-consciousness, of self-awareness, but there is a balancing gift as well, and that is that a veil is dropped between the conscious and the unconscious minds or levels of mind, so that there is no longer that perfect unconscious awareness of the perfection of processes which is occurring. The third density, then, is one which begins with the unconscious mind completely opaque.

Among your peoples, those entities which have by choice or by geographical design been left to form societies which are simple have been more successful in reaching a recommitted relationship with what we could call destiny, so that the attitude toward good and seemingly bad things remains one of cooperation and acceptance. However, a great majority of people within your culture do not lead and do not have the obvious opportunity to lead, simple lives—the life small enough to be lived in one place with the small tasks not associated with the earning of your money. These tasks become luxuries, and entities choose under great pressures to do so, to have ambitions and to pursue these ambitions, whether they be within the world of material supply or intellectual advancement or spiritual seeking.

The basic attitude is often that which seems obviously to be at work in the processes of the educating of the self throughout the school years—to read, to do, to learn, to gather, to amass, to become more aware. These ambitions create tremendous complexity. To relocate so that the living of the complex lifestyle is possible while retaining the attitude of one who lives a simple life is a seeking which is, we would say, close to universal among those entities who have consciously chosen to pursue the living of a life by faith rather than by words.

The one known as Jesus was a teacher whose words often addressed the process of choosing to be a pilgrim, seeker or disciple of truth during a busy incarnation. This entity often suggested the very difficult possibility—to look at, to choose—of actually becoming the whole and complete pilgrim, giving away all things of the world except one outfit of clothing, not worrying about money, taking to the road … And this is one good way to begin to simplify one's worldly, shall we say, concerns. However, the effects of an ethos or "cultural type" are subtle, and into any chosen lifestyle, no matter what its seeming simplicity, the cultural pressures to think along certain paradigms almost inevitably create as much complexity revolving around what this entity would call "chopping wood and carrying water" as they would create for a professional person with extended responsibilities. In other words, although choosing a simpler lifestyle may seem to aid in the development of a more harmonious attitude, any outer, physically described circumstance offers only the potential for such results. In each case, it is the mind of the seeker which creates that which it desires by desiring it.

What is the process of desiring? One, perhaps, could describe desire as "a falling in love with." Certainly, the desires of the heart are deeply felt and etched with the pen of love. The yearning for that centered, flowing, effortless living which each seeker has experienced at certain times is constant, and sometimes nearly overwhelming. How the seeker yearns to feel wholly connected with the wellsprings of life, light, love and truth! It is within each seeker's ability to so discipline the thoughts and the attitudes that, more and more, there is an increased potential for returning to a centered position of heart and mind, within which a true simplification of the improving of the centered stance is achieved.

Let us ask another question: What is each seeker's process of perception, for this question is the beginning of a more interesting way of approaching becoming that centered entity which each wishes to become. The processes of perception are enormously many. In order to perceive anything, the five physical senses are, at all times when an entity is awake, sending millions, literally millions, of bits of information all the time to that bio-computer which you call the brain. Your brain uses programming which it began receiving before coming out of the womb. In order to prioritize the incoming data, perhaps one or two percent of the combined total of all sense information is actually chosen for use in any moment, and the rest is stored in that very, very spacious storage which you may call the brain. Therefore, if an entity wishes to alter the attitude, it is a good idea, we feel, to address the question of what sense data achieves the priority to be considered by the conscious mind as the moments fly by.

How can a seeker communicate with that unconscious portion of the mind which filters sense perceptions? The entity simply communicates with

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that portion of the self. The beginning of this communication is silent meditation. This is different for each entity. Some are refreshed by one method of silent listening, another by a second, and so forth. Each path is good for that one entity; each is unique. To improve that communication, then, the beginning is to meditate in your own unique way, to be faithful to the remembering each in your own way. For you see, it is remembering who you are to sit in meditation for a few moments, and within that silence, however imperfectly you may feel you are keeping that silence, you are doing the equivalent of knocking at that door to the subconscious or deeper mind and saying, "Yes, I am ready for material from you, I hope, in this way, in this set of emotions and attitudes with which I come questing to this silence." And the deep mind hears and understands, and one more small step has been taken to move the seat of living from the brain and its intellectual circumstances to the heart, with its lack of justification and its purity of feeling, for the true wisdom lies within the emotions which are progressively purified by focus.

Once the habits have been set and experiences have been had of that feeling of life flowing freely, the feeling then can be, not created, but accessed by the seeker with more and more grace and ease, with simple repetitive—we correct this instrument—repetitive practice, for what you seek to be whole is already there, as each is truly aware. It is an allowing of that feeling to be there that is needed, an allowing that calls to your processes of perception and says, "I want information about love in this moment. Where is it? I want to be there working cooperatively with these energies."

We know that each will be self-disappointed many times. We encourage each to consider that this, too, is a lovely portion of a process by which change within is achieved for each grain of transformation, each new ability to choose spiritually based information rather than other priorities. Some that were priorities will be lost, and as the heart and mind change their habits, that which is old and stale must fall away. This is perceived as painful.

Consequently, what we are saying is that along with the flow of living life cooperatively with destiny, there is a continuing discomfort which comes from changing faster than other entities because that is what you wish to do. However, it is a simple choice to make for most who prefer being awake and in the conscious presence of the Infinite to being those who are asleep in a dream within the dream of incarnation itself, and do not ask themselves to do aught except flow along the lines of the society.

We do encourage each not only to partake in this speeding up process of conscious living, but we encourage and exhort each to find within the attitude a growing awareness of how love felt within is a channel through which the infinite love of the Creator may flow to others. Let that light within be. Let the self open and flow consciously, so that you may be part of the good in the lives of those whom you touch. Sometimes it is nothing more than a supportive smile to a stranger that makes the difference for that stranger that particular moment. As you are given grace to lift away from the stains of sorrow and toil into the ethereal beauty of that ever flowing love which is the Creator, remember to be generous, and know that that which comes through you is in utter abundance—completely unlimited in supply.

How, then, does this translate to not worrying about lacks of perfection? My friends, when one does remember that one is a portion of love, much begins to fall away. Work with these thoughts and be patient with the self. We believe you may one day look back and say, " Why yes, I believe I can feel the difference and see the progress." However, do not look for your getting better, but simply turn the heart and mind towards the infinite Creator, Whose creation expresses Its loving nature.

The trees now are in full leaf offering oxygen to each of you as you pass them offering to them, as you breathe, the carbon dioxide which the leaves need to grow. How loving and complete are the interrelationships of life to life! It is love reflected in love, over and over and over. The teacher known as Jesus said, "Let your light so shine before men that the Creator is seen, not you." We paraphrase, this instrument is reminding us. Let your light—let that light which flows through you—shine before all, and remember to enjoy that light as it pours through you.

We thank you for allowing us to speak, and we thank this instrument. We would at this time, transfer to the one known as *(name)* that we may offer questions an opportunity to be asked before we leave this group. Thusly, we do leave this instrument in love and light. We are those of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time, it is our privilege to offer ourselves for any further query which those present may have for us. Is there a query at this time?

Questioner: I have a question. How does grace come into our lives and into our experience?

I am Q'uo, and am aware of your query, my sister. The quality of consciousness which you would call "grace" is that quality that is nurtured in each seeker, as the seeker is able to open itself to the awareness of the perfection of all creation. Thus, it is also a process of realization. You may, in a moment of great desire, fling all predetermined expectations to the wind and become as hollow as the pipe through which the water moves, and this water for you is grace. The movement of the Spirit aligning with your open heart causes the feeling of perfection, purpose, place and identity with all to occur, so that your experience is the perfect reflection of the one Creator smiling through your face.

Is there another query, my sister?

Questioner: Thank you very much, but no. I'll think about that. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I'm having trouble moving from … I understand what you're saying about, "re-think what your priorities are," but moving from just a commitment to doing that and a commitment to regular meditation, to a place in life where you really are OK with letting things be … I'm not real clear on how you put that into effect—how you actually, positively do that. Could you give me some light here?

I am Q'uo, and am aware of your query, my sister. Again, the persistent practice of remembering is that means whereby you begin to uncover your relationship to all things, discovering that that relationship is balance, is unity, is harmony. The seeker looks and seeks and asks and knocks many times at the door of understanding, and receives many times a glimpse to remind the seeker that there is a relationship of unity. This seeking is like unto moving from the conscious mind through that veil of forgetting, blazing a trail that can be traveled backward and forward into the subconscious mind which is full of the feeling of wholeness and unity. Thus, as you knock and seek, and repeat in heartfelt persistence this desire to remember, so do you remember that reality of unity. The process in your terms seems slow and …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue. As you continue to seek and to ask, so do you remember and receive the inspiration of that wholeness that is the true reality of your being. The process is filled, it would seem to you, with the pain of missing the mark, the slowness of repetition. Yet, in truth, this process is seen by us to be one of great vividness, great intensity, and great persistence, occurring in but the blink of an eye when seen from the eye of infinity.

Thus, the seeker is well counseled to depend upon the faith and the will—the rod and the staff—as it moves through that valley of darkness that is your incarnation, seeking the light upon the way.

Is there a further query, my sister?

Carla: Just one small one. Perhaps that's why I really love to sing so much. I do find sometimes when I'm singing, especially sacred music, that—I don't know, things sort of feel better, as if I am accessing that place where everything is whole.

I am Q'uo, and we shall comment briefly upon your comment. It is so that each seeker shall find an unique pathway through the veil of forgetting, and perhaps shall discover a number of avenues or entrances to the feeling of wholeness and one's complete and absolute connection to that unity. Thus does each entity channel a life experience distorted in more or less degree, and fashioned by the uniqueness of its own personality. Thus, each journey proceeds apace from every direction homeward to the center of unity.

Is there a further query?

Carla: No, Q'uo, thank you very much.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and it appears that we have exhausted the queries for the nonce. Before we take our leave of

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this instrument and this group, we would wish to offer our conditioning vibration to the one known as *(name)*, and if this entity is willing we would speak our identification through its instrument and speak a few sentences following. We would at this time, then, transfer this contact to the one known as *(name)*. We are those of Q'uo.

(Pause)

I am Q'uo, and am again with this instrument. We feel that there is the work for us to do in adjusting our vibrations to those of the new instrument, and at this time we would leave this group and allow the complex known as Oxal to close this session of working, for this entity has already achieved some adjustment which allows more comfort to the new instrument. Consequently, we would bid this group hail and farewell, in the love and light of the One which is All. That All is Love, and all that comes from It is etched by light. Adonai. We are those of Q'uo.

I am Oxal. Greetings in the love and in the light of the infinite Creator. This instrument, you may note, has some difficulty with the strength of our signal; however, the one known as *(name)* finds it very comfortable, and this is why we are here. We wish to close this session encouraging each to put value in the self without reservation, for the love that is infinite can only shine through an entity which is comfortable enough to open a channel to that love. The heart engaged in clinging to concern has more difficulty opening to the love which is always present. If each could picture the inner self as a child which needs a hug, it would aid each in becoming able to love all that is. Those who attempt to do service work before they have successfully fallen in love with the self find themselves unable to access that flow which is infinite, and instead find themselves burning out and becoming exhausted spiritually. You are loved, each of you, and it is in that love that you truly reside. Finding that center is truly a matter of asking, and the asking is well to do each day if possible. We would now transfer to the one known as *(name)*. We are those of Oxal.

(? channeling)

I am Oxal. The love that we spoke of—the love of the inner child—is one which is close to the heart of the Creator. Have compassion for this inner child as you would any other. We leave this instrument now, and would transfer back to the one known as *(name)*. I am Oxal.

(Jim channeling)

I am again with this instrument. I am Oxal. As you begin to become used to ministering to your self, to that inner child, may each become aware, as if for the first time, of the universal inner child that is your common truth, for that which carries you about, thinks the thoughts of the world, and functions within the illusion is not the end of the self. Indeed, you may think of yourself as having two life forms: the second-density animal which faithfully serves and carries consciousness, thinks and makes decisions for the self is joined by the unlimited and infinite Self, which is the consciousness which is you and is also all others.

There is one consciousness. Yet, due to free will, that consciousness expresses within you in an unique way. As the little child is cared for, so is that awareness of what consciousness truly is. It is born within each. That spiritual self must be nurtured and cared for, for it is young. Each of you is, in one sense, an old soul. In another, in the sense that each is facing the lessons of third density, each is a new and untried spirit, newly conscious of self, newly conscious of the true nature of existence, and very hungry for more. Yet, this is a fragile child, and it exists in sometimes inhospitable climes. Therefore, love that inner identity and know those things that faith alone can give knowledge of. All is well. All will be well, and destiny will bring every harsh and sweet lesson which you need in order to grow. Turn to the sun which is love, and bloom gloriously.

Blessings to each as we, too, leave through this instrument. We leave you in love and in light, and in the care of each other and consciousness itself. My friends, you are not alone. Adonai. Adonai. We are those of Oxal. ♣

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Intensive Meditation
September 6, 1993

(Carla channeling)

I am Oxal. We greet you in the love and in the light of the infinite Creator. It is a privilege to share this morning offering with you and we thank you for requesting our service at this time. The bright new energies of the day are most to enjoyable to us as we sense the many small sounds of your creatures, the birds as they sing at your windows. To hear with physical senses such as yours is a keen pleasure.

Before we would exercise the new instrument, we would say a few words concerning the so-called "armor of light." Were we to suggest that you protect yourselves in the spirit of fear, we would be treating you to poor advice. For truthfully, there is not anything or essence to fear in terms of negativity. However, the energies which each instrument seeks to employ are those which are those which have been potentiated greatly more and more intensely towards the polarity of service to others. It is in this mode of intention that the work of channeling is undertaken.

This desire places the instrument close to the source of light, and when one stands in very bright light, one casts a very visible shadow, sharp and black. In metaphysical terms, this shadow is to be respected. This instrument calls it the loyal opposition. The energies of service to self which offer their service to this planetary influence are most delighted when they can sway a channeled messages content to the point that the original intention to serve others is vitiated due to the mixed and increasingly service-to-self content of the messages received. This is done simply by the negative entity aping, or imitating the way the positive source was channeling in terms of both the way the channeling felt and the way the message was worded.

When a positive channel has been compromised in this way, and has become avid for more and more specific answers, the negative entity or energy offering this service simply continues to give more and more specific information, which, however, becomes less and less accurate. Eventually, due to the inaccuracy of the channelings, that particular attempt to be a servant of the light has been foiled.

There are simple things which one may do. In addition to inner cleansing and purification or what this instrument calls the tuning process and we would suggest some form of this protecting effort be used.

We have found it easiest to work with the seven energy centers by color in suggesting a visualization technique which is fairly clear and simple to generate. Picture the spine, mentally, and see the chakra points: red, then orange, yellow, green, blue,

indigo and violet as those centers are located upon the spine.

Ask to see these energies and you shall see some representation of what your energies are like at that moment. If the energy is sluggish, ask it to spin, to rotate, and to brighten to clarify or in every way to suggest that is become clear and bright. And even insofar as that is possible with other energies, do this for each ascending energy center, until you see the chakras spinning like, shall we say, a beautiful, large roll of your Lifesavers.

After this has been visualized and you feel that your chakras are open and productive together, visualize the swirling together of the violet, swirled to the clockwise way to the red color and back to violet, so that you have a red-violet color, then visualize yourself being drenched in this red-violet ray, inside and outside every cell. This is representative of the body's protection of itself. Then move on to a visualization of the limitless light, or the white light that is pure and again drench yourself in this light, inside and outside in every cell. Breathe this white light in. Feel it move into every sense. Can you, as we describe this, sense even by one telling the clarifying energy of this procedure? If you do not feel brightened and strengthened by this visualization, we urge each to discover another representation which has this effect.

The use of the mind is poorly grasped among your peoples, yet we assure each that as entities work with visualizations such as these, these entities are using that skill which your minds, that is your consciousnesses, have in great abundance.

The benefit of such cleansing processes is perhaps best felt when one looks back upon an experience and is able to see that there was a positive addition of poise and peaceful feelings, which in turn aided the clarity of the contact.

We of Oxal have worked with few among your peoples for we are fifth density and are not often contacted, however, due to circumstances of, shall we say, kinship between the new instrument, the one known as M, and our particular vibration. We move into what, for us is a new area seldom visited, that being the opening of a channel.

We feel privileged to be offered this opportunity for service and express to the one known as M our affection and our enjoyment of this honor.

We also express that we feel our way here for we have not, as we said, become experienced at this most pleasant task, consequently, we do ask the one known as M to express mentally to us any discomfort or any other concern, which would be aided by the sharing … we must pause for this instrument to clear her throat.

(Pause)

This instrument just said to herself, "You talk too much." May we say to this instrument, that in terms of this contact, you talk just enough. We look for a way to more accurately aid in the new instruments perceptions of when to begin with a contact.

As we search this instrument's experience, we find that this instrument simply has a feeling, a sense of rightness. The equivalent in each instrument's way in sensing is what a new instrument needs to be looking for. Each time that the tuning and challenging procedures have been followed and a contact is initiated, allow some portion of the sensibilities to record, consciously, the way that induction of shared energy has felt and store this memory as high priority so that when that sensation is again experienced, it may be sensed in a quicker and heightened fashion.

Some who channel find it helpful to request some signal which this instrument would call conditioning, such as the involuntary opening of the mouth, or the movement of the tongue.

We feel this answers one persistent query in one way and we shall entertain further questions at the end of this session. As to what we hope to accomplish through channels such as this one and the one known as M, we hope to accomplish a witnessing of a very simple concept which we feel to contain all the truth we know. That concept is that there is one great original Thought, or vibration. That vibration is love. It created all that is, beginning with the first creation, the photon or what you call light. Graduated rotations of this light have articulated all physical phenomena whatsoever. Your world, your illusion, and all that you can imagine is made of light that is the manifestation of love.

When we greet you and leave you in love and in light, we carry with those words our feeling that this is all that there is. Now this is a very simple truth, but when we say you are love [and] that which you seek is love, become more and more conscious of

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that love and vibrate as that love vibrates, more and more closely resembling the vibration of the one original Thought, and all the paths to union with the infinite Creator shall be light and love. Entities say, "Yes, but how can I apply this in daily life?" and so we find our treasure in the storehouses of opinion and personal thinking, reading and evaluation which is in each instrument's mind. Using conscious channels such as this one, and the one known as M, we hope to tell our simple story in an infinitely various number of ways, knowing your that people are greatly individualistic in their needs and there cannot be too many ways to share this truth.

We pause to feel the energy dancing around the circle of seeking. The light which you gather is beautiful. We honor it as we transfer this contact to the one known as M. We are those of Oxal.

(M channeling)

I am Oxal. We again greet each in the Creator's eternal love and light. The love which is continually expressed from that which you call your sun in the form of light penetrates all that you see.

This light as it moves through the nature of creation can inform those entities who pay close attention to the seemingly mundane of life. The flight of a bird or the splash of a fish, when looked at closely, are expressions of that love.

(Pause)

(Carla channeling)

I am Oxal, and am again with this instrument. It is a helpful thing to remember that all form whatsoever, is love. If all is beautiful this is love, yet too, if there are things that seem unpleasant or harsh or difficult, this too is love. There is no escaping the unified nature of all that there is.

We would again transfer to the one known as M. We are those of Oxal.

(Pause)

(Carla channeling)

I am Oxal. We are again with this instrument and we say to the one known as M that this instrument has done well in sustaining the contact, in expressing our intended thoughts with style and accuracy. There is still the natural limit of ability to sustain the focus, however, we stress that this is peculiarly difficult work as is all work of this kind for the work of receiving spiritual information is abstract and metaphysical and takes place in utmost darkness. The light of what one may archetypically call the moon is the only light and this light is difficult that is it is difficult to see clearly in moonlight yet such is the way of spiritual teaching.

Therefore, be merciful to the self and realize that this work is careful and slow and in some ways never becoming easy. However, we believe that there is a call. We sense this call coming forth from your peoples for messages of light and love, words of truth and love, and therefore we welcome and hope only to assist such channels and we thank each who serves in this way.

We do not say that this service is greater than other services. We by no means suggest this yet this is one more way of sharing in the heritage of love with those about you and we thank each channel for without such, we could only speak in dreams and visions.

We would at this time transfer to the one known as Jim for the close of this session of working. We are those of Oxal.

(Jim channeling)

I am Oxal, and greet each again in love and in light through this instrument. At this time may we ask if there might be a query upon any mind to which we may respond?

M: I have one. As you were talking about protecting ourselves and the challenging process, I remembered reading in a newsletter about a challenging process, or even the voices that we hear and was wondering if I could get a little clarification on that because I spend a great deal of time speaking with my inner guidance and ever since reading that was a little confused as to how to approach that.

I am Oxal, and am aware of your query, my brother. When one hears voices or guidance from within it is well that you offer to these voices the challenge that asks if they come in the name of that quality for which you live most passionately and would die most willingly. This can be a simple process and need not take a great deal of your effort or your time, yet it is well that it be accomplished with a purity and intention at each communication. For as each seeker grows more fully open to the service-to-others polarity and gains in the power of this polarity, there will be attracted to the seeker those

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entities of a negative nature whose wish it is to control the power of this light now developing. The means by which such control is gained is that means by which we described at the beginning of this session, thus it is well to ask if whatever voice you hear comes in the name of [that] which you hold most dear.

Is there a further query, my brother?

M: Just a short one. Should this be done each time the voice is heard, or just the beginning of the conversation? And then assume that the person you are holding the conversation with stays the same?

I am Oxal. This is correct, my brother. At the beginning of each contact is the time for the challenge and the challenge then may respond as it will and be relied upon to be as it says it is for the remainder of that contact.

Is there a further query, my brother?

M: No, thank you.

I am Oxal, and we thank you, my brother. Is there another query?

(No further queries.)

I am Oxal. We give you our blessing and prosperity in your seeking, and we thank you again for asking us to join your morning offering and for allowing us to utilize the instruments here. It is a great honor to walk with you in this fashion. Know always that you are not alone for each has those guides and angels …

(Tape ends.) ♣

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Sunday Meditation
September 12, 1993

Group question: The question this afternoon has to do with the effect our constant pursuit of having enough money to survive and pay our bills causes in our spiritual seeking. We were wondering if that basic attitude of our working from 9 to 5 for most of the days of the week has an effect on our spiritual seeking, and we were wondering if there was another attitude that would have a more beneficial effect, keeping in mind that, well, I'll suggest that the Egyptians began some of their difficulties with disease and famine when they changed from the barter system and the common ownership of all things to private property and the institution of a monetary system. So we would like to know what the effect of our monetary pursuits have on our spiritual seeking and if there is an alternative attitude that may be more beneficial.

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We are blessed to be called to your group this day. The sun streams into the domicile in which you sit, touching this channel's body with warmth, and we feel the metaphysical warmth of your welcoming to us. Thank you for this privilege. As always, we request that each entity use his personal discrimination in choosing those of our thoughts which may seem interesting to you. Leave others behind, please.

You ask if your monetary system has an effect on the life of the spirit. We may start by saying that it is clear that your sphere has great feelings concerning this system whereby a symbol of wealth is used in order to purchase goods or services. The globe upon which you dwell has in some form a monetary system regardless of where, in which culture, or at what level you may look.

Earlier, the one known as R was wondering if the brain was capable of giving good information considering that its makeup is a portion of the delusion. The brain is quite effective at dealing with problems within the illusions. One of the problems it perceives is the need for a supply of your money which not only shall cover the daily need, but shall also extend beyond that need to some possible future need for which there must be a supply which is more than enough for today.

As your peoples' cultures become more sophisticated, the perception of your bio-computer brain grows continually so that in the technically sophisticated culture which you now experience there is the universal perception that whatever is being received is probably not enough, for there is not enough extra.

We could encourage each to take the mind and lead it into a more wise configuration. However, the

spiritual uses—we correct this instrument—the spiritual nature is not greatly linked with the bio-computer brain. The key, then, to a more elevated view of the relationship of money to the self is gained through the use of consciousness rather than the brain. To better gain access to a right relationship with money it is well to place concerns about finances within that holy of holies which lies within your deep mind. The consciousness of One is a consciousness of infinite plenty. The creation is full of all that there is. Every need has that which can meet the need. This consciousness of infinite supply sheds a welcome light upon the soul besieged by financial worries.

To backtrack, please move in mind to that prayer which began this session. You asked for daily bread. The teacher known as Jesus recommended that prayer include the concern over money. That is, that there be enough for today. If entities worried only when there was not enough for this day, a great deal of worry would cease and hearts would calm and feel soothed. However, though this is true, it is not definitively helpful because there is so much of world opinion which screams that enough for today is not at all a satisfactory end to concern.

But what if you were to alter the term "money" and subsume it in the term "energy"? When the term "energy" is used this may aid somewhat, for that which is energy does not need to be hoarded, but rather expresses its nature in its potentiation. Thusly, the general rule of thumb is that entities may do that which they must to gain enough energy to survive and be comfortable. This energy may be transmuted by those who see the spectrum of energies so that many things become money. And we feel sure that each can think of many instances where seemingly impossible things have occurred because of the trading of goods and services rather than the insistence upon some single form of energy.

Why, then, do entities feel that they must be concerned beyond today with money? For this is the place where concern over money does have a deep metaphysical result, [that is, thinking and worrying about the future.] Each is familiar with this habit of thinking, "Is there enough to pay this and this and this?" As each touches into this feeling, we suggest that each is gazing at a temporal being in fear that it may cease to exist, or that it may exist less comfortably.

Even with those who amass great quantities of money, the motivation continues to be at heart based upon fear. Indeed, money is but one example of the way persons within your culture perceive energy. We said earlier that the word "energy" would help those who hoard money, for they see that the use of energy is in being used, consumed or spent. But upon another level, those who have ambitions to gain power, for whatever reason, will amass as much extra power or energy as they can, there being no ceiling on the need for more.

In your culture, there has been more and more an unspoken assumption that there can never be too much energy, money, power, call it what you will, that there is literally no end to ambition or greed—all in the name of being more secure. Yet where is your security? In the bank which may fall? In the job which may cease? In the legal agreements which may be broken? Seek for that security, seek to amass energy saved against possible need, and feel the footsteps wander off the path.

The solution each day is to reorient the way of perceiving on a conscious level when you see yourself turning to that grasping concern for more than enough. Say to the self, "Let go of fear." We realize we speak to those who must work long hours in order to pay for food and lodging and all necessities and desired objects. Yet we suggest that those who do not need to spend long hours working are still just as capable of loosing sight completely of their true nature and of their true orientation with regard to plenty, if you must go to the place you would not wish, to do a job you would not choose. Yet, still, those who have no need but to please themselves spend at least as much of their time in fear.

The question of supply is perhaps the deepest chasm of irrational concern which seduces your peoples. In the face of this, we simply suggest that as the healthy regard for money is in being sure of the daily bread and then allowing concerns to fall away as appropriate, each simply move each day or each time he feels this concern into a conscious reorientation.

Step back now and gaze at the illusion. Money is a perfect symbol for this entire illusion. It is a polarized concept. Not only is it "more" and "less," but "all" and "nothing." To the prudent, there is more money and less money. To the large majority, there is the state called, "I have money," and the

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state called, "I don't have enough." It is all or nothing. Such is the radicalizing effect of fear.

Your situation surrounds you and seemingly would be obvious to you. Yet it is carefully structured, that is, the illusion is carefully structured so that you do not catch on to the depth of illusion. We praise this illusion in which you struggle, even though the struggle is not necessary in terms of sheer metaphysics. Within third density, each of you came to struggle, came to be confused and befuddled, came to develop fears, to do all the wrong things, to clutch and grasp at everything from money to ideas, feeling needy. And why? Because it is in working with these honest feelings that the entity within you, the spirit, the consciousness, may float about the being with all these concerns and may interact with it in such a way that consciousness is transferred into the working brain, the working mind.

Basically, your job here is to, within incarnation, begin to allow the programming of consciousness to replace the programming of your mind which deals with the illusion in a polarized manner. See the concern for money as the challenge it is. What consciousness does to this concern is to lend it the awareness that there is enough, for consciousness is infinite.

Celebrate your problems. They bring you to the point of desiring and seeking a higher truth. We encourage every discomfort of mind that leads you to seek and seek and seek again.

This entity just thought to itself that it tends to seek and seek and seek again to have enough money to spend. Very well, that seeking, too, may provide material for an entire lifetime. However, there is an alternative to seeking within the illusion. That is simply seeking the consciousness and its infinite plenty-essness.

We would at this time transfer this contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. We would ask at this time if there might be any further queries to which we may speak?

Carla: I guess the only thing that I would say—it's not a question—is that in my mind, anyway, the situation where you've got somebody who is spending most of his day at work and he gets really tired and he says, "Well, how can I have time to seek spiritually when I'm just wearying myself at work?" I just don't feel that's been addressed entirely, and I was wondering if you could go into that. Because I see where it's consciousness, if we had a consciousness of plenty we'd be a lot better off, and, still, how do you find the time?

I am Q'uo. And am aware of your query, my sister. The time, as you experience it within your illusion, is oftentimes lacking for the pursuit of the metaphysical foundation for that which occurs in your physical illusion. And too often, for those who labor from sunrise to sunset, there is no time to consider the meaning of the life that seems so hard and unyielding. It is for these entities that there is a primary purpose for the life that includes nothing other than dedication to a goal and honing the desire to survive, not so much because this is of importance, but because the entity needs to focus its spiritual awareness upon a single concept. And, perhaps, at some point in this persistent practice, it will feel the need to move its awareness to a higher goal.

But for those who have the ability to survive without expending all of one's energies to do so, there is the luxury, shall we say, of being able to pursue the finer ramifications of the focus of spiritual awareness upon goals that are more intricately delineated. Each entity has this life agenda that provides for it the opportunity of that which is most important in its overall soul pattern. Thus, [for] those who are able to find their purpose within the illusion of supply and survival, there is the constant repetition of this opportunity.

Is there a further query, my sister?

Carla: No. Thank you, Q'uo.

I am Q'uo, and we thank you, my sister. Is there any other query at this time?

(Pause)

I am Q'uo, and we are most grateful to each present for inviting us to join your meditation this day. We are grateful to be able to offer that which is ours in metaphysical understanding in response to your heartfelt queries. We appreciate the difficulty of your illusion and the confusion that is, of necessity, experienced. We wish each well as each attempts to untangle the confusions that are the threads of your life pattern, and we assure each that your work is

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being accomplished with steady and sure hands whose Source moves beyond this illusion, and the work that is done stretches far beyond this illusion.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. ♣

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Sunday Meditation
September 19, 1993

Group question: The question this afternoon has to deal with what is sometimes called the spiritual desert-like experience, in which one feels that one is in a wasteland and that the sustenance or the spirit in whatever way it was perceived is no longer present, that one is not connected to, or really partaking in that same experience; a feeling of being isolated and alone, abandoned even. We've noticed also that in the rushing through our daily round of activities we can also create something like the desert experience, in which we're not connected to what we're doing and we're passing by so quickly that things and people just seems to be barely marking our days, and we're wondering if the desert experience has a purpose, if it's part of a spiritual cycle, and how we can be in that cycle and not be overly concerned about it, and just wondering in general what you might have to say about the spiritual desert experience.

(Carla channeling)

I am Q'uo. Greetings to each of you in the name of the One Who Is All. In love and in light we and you exist, and in that one creative love we greet you. In that pure and limitless light we salute you. We are asked to speak about the spiritual desert experience and are most happy to share our thoughts. However, we ask that each listen to these thoughts with the ear that is tuned by personal discrimination, for each person has his own truth, and to each person who hears that truth it seems as though it were being remembered rather than learned. If our thoughts do not evoke this feeling then we encourage each to lay them gently aside.

As you rest in this domicile upon this sun drenched day, listening to the small sounds of silence, there is the sensation of, shall we say, deceleration, as though the mind and its thoughts, which had been racing, were now slowed by the inactivity. We recommend meditation often, and our reason for doing so is precisely its effect upon the spiritual seeker, for the incarnational experience is one of action, and yet, if there is constant action, how can the fundamental nature of the pure self be felt or perceived? And without that self-knowledge, how then can the seeker move skillfully back into action in ways which address the deep concerns of seeking? How can one become more aware of one's true nature unless one is willing to sit with the self, listening to that inner silence through which spirit and guidance speak to the conscious mind?

The feeling of being not present is a deadening and disturbing sensation, for the essence of your human experience is intense and continuing experience of action taken and choices presented and made to involve yourself in this process of perceiving choices and then making them is to be involved in the most

nearly central work of your density of conscious seeking. It fulfills a deep portion of your nature, both to focus upon these perceived choices and to find one's creative strength in applying choices already made. We say creative because this process of defining the self by its choices is peculiarly open to creative inspiration and insight.

When entities begin to feel hurried in the everyday life, there is the tendency to encourage within the self activities that numb the creative powers of perception. This is in order to avoid pain, for it is painful to spend the waking hours ceaselessly performing actions which the self feels are unimportant. Thusly, even when a meditation period is perceived by the self as being a failure because of an unremitting flow of inner noise, yet still the attempt to sit with the self and listen resensitizes the perceptions of self so that the self within feels stronger and more real. This in turn opens the inner door to the effect of that creative love which is the one great original Thought.

Thusly, one important way to approach the feeling of the spiritual desert experience is to place within the routines of each day those moments when the only goal is to sit with that inner reality and offer the self to the experience of being present with all that there is, for as you meditate you touch within that gate to eternal things, and the meditation becomes larger and larger until all the starry heavens dwell within the tiniest point of that meditative silence, and literally, the universe, the creation in totality, is tucked into the perception of self, and you are all that there is, and all that there is is part and parcel of your self.

For each of you perceives that he works upon the small self in the context of the day, the season, the moment, and these moments in the conscious mind seem to add up to a life too quickly experienced and are too soon over. When the self is feeling this disconnection, and the self feels less and less a portion of a beautiful creation, yet how to address the longing felt by one who does feel disconnected?

This instrument was speaking earlier of the feeling which her faith had given her within this spiritual desert experience, and we feel this is a good example of the ways seekers can use those choices already made. If one has the faith in one's previous perceptions and respects one's previous conclusions, this certainly aids materially in keeping an entity in balance. However, it is often that part of the desert experience is that one doubts and even rejects one's previous perceptions and feels to be—we correct this instrument—and feels itself to be stranded, having no continuing beliefs. It is not that the pilgrim soul wishes to turn upon its past and rend it, but rather that the experience of the spiritual desert seems to openly and lucidly delineate a self which has been taken out of all previous patterns which comforted, so that there is in the truth seeking heart of the pilgrim the solemn and sure belief that all previous states were now left behind. When one's context is not respected and a new one must be built, then there is a true desert experience.

Let us address this state of perception in which previous truths, previous patterns and previous emotions concerning spirit have been left behind, and the seeking self must be invented entirely. What would you do if suddenly you were not the sex you are, or the nationality that you are, the intelligence that you perceive in yourself, or the kind of entity you perceive yourself to be? Would these definitions of self, shall we say, then become irrelevant, or would the seeker need to reinvent each of these ways of thinking about the self? We suggest that the reason qualities such as nationality, sexuality and type of character are valued and are a part of each person's web of perception is that they are fundamental building blocks of that milieu in which you have come to learn the lessons of love. These are not things you outgrow in third density. These are tools you use often in attempting to better perceive the day-to-day nature of your world.

Thusly, the first thing to avoid when feeling annihilated and full of desert times is the casual flinging away of identity. The small changes of everyday identifications of self are not unspiritual. These homely truths of self are portions of the self which has come to learn those things which are greater than any description of that which goes into them can possibly encompass. You use these building blocks, and many, many other, not simply to distinguish the self from others or each entity from another, but to do work in consciousness in which words are given burdens greater than words can bear. This is the reason poetry and music are so compelling to those sensitive to the freight that they do carry, for the common places within the life do not remain common when one is sitting with them

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in faith that there is that nature of self which is more than its circumstances or its expression.

In music, the tones create words which carry more feeling, more deep emotion than could be explained. In poetry, the words themselves are twisted together until they make a rope stronger in evocative truth than the words used to make the rope. And when two hearts touch, whether silently or with words, a commerce is achieved from self to self that far outstrips the power of expression, for you are within an illusion in which every possible means of distraction is purposefully placed to allow the full travel of free will to give the self who seeks the largest stage upon which to improvise.

We do not encourage walking away from the world of too much to do. Not for long, my friends, for this is the world into which you came to learn the lessons of love, and this is the incarnation which is your present opportunity to, shall we say, achieve a state of realization which transforms the everyday into that which rings true.

The key here is to respect this incarnation, to respect the times of celebration and the times of suffering, however they may be perceived. You came into this illusion because you wished for these complications and distractions, not to look at them and then turn aside and move out of the world necessarily, but rather to so orient the self that the limitless and unbounded truth that overflows each moment may in the present incarnation be encouraged to express the deeper and deeper nature of the self which transforms all the everyday experiences into those freighted with that precious burden of the immanence of love.

When you feel most trivial, most dry and most disconnected, there is the natural tendency to turn away, to fill the time or the mind with something which may distract and release one from the uncomfort, the discomfort. Yet, we do suggest that these feelings be respected, that the time may be well spent, when the self simply sits with these feelings and honors the self as it expresses itself in these sometimes hard or uncomfortable feelings and thoughts. For you are here not to feel good all the time, but to attempt more and more to know the truth of each thing which is perceived, and to honor that truth. The sitting, the meditating, the high and holy words and work, yes, these are truth, but true too is the poorly done, the mishandled, the tumbled, the messed up, as this instrument would say. In the dirt and grime and struggling of day-to-day living lies the most transcendent beauty, the deepest passion, the most intense of perceptions of overarching infinity.

We therefore encourage each to continue in the desert times to hold in respect those positive frames of perception which temporarily seem to have been invalidated; but more than that holding of the past, to continue in a state of mind that does not contain the fear that this dry desert period will continue. If one may become fearless concerning one's state of mind so that discomfort is seen without fear, then the groundwork has been done for the present moment to touch the heart anew, so that that deep wisdom of the heart may transfigure the perceptive web and suddenly the self feels itself in green pastures, strengthened, straightened and strong once again.

We hope each may cultivate, not an indifference to the state of mind, but rather a willingness to appreciate the difficult times without asking that they be soon over …

(Side one of tape ends.)

(Carla channeling)

… *(inaudible)* is most fundamentally about respect. This incarnation is but a moment. You have treasure in your moments within this illusion. The unknowing of an incarnational experience is its most potent characteristic. Open your hearts without fear to these times and find yourself striding among the stars, yet still very much focused upon the daily life. You cannot do this by turning from the demands of the illusion, but in turning to them with love and without fear, for each perceives the nature as one who does work, and we say to you your first vocation is the creation and maintenance of your web of that which is true and that which is love.

We would at this time conclude through the instrument known as Jim. We thank this instrument and would leave it in love and light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to

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any further queries which those present have for us. Is there a query with which we may begin?

Carla: I guess what I didn't hear in the previous part was if you have—if you have any suggestions that you can use to refocus quickly if your mind is really bugged and really bothered.

I am Q'uo, and am aware of your query, my sister. Each seeker will have had experience with a variety of inspirational material, be it that of the written word, the spoken word, the words of music, or of the appreciation of paintings and the appreciation of the natural surroundings themselves which will have been helpful in focusing the essential quality of the spiritual journey for this seeker. Thus, any of these previous experiences, having been crystallized in a word, a picture, or any passage whatsoever may be recalled at those moments when it is felt that there is no center to the life, no fabric that holds all together. We would recommend that those most favored and inspirational passages be recalled at this time and utilized for the refocusing of the attention and the sharpening of that which has become diffused and depleted.

Is there a further query, my sister?

Carla: Yeah, on a completely different level. I had no awareness of time going past this time and I hear that click on the tape recorder and I just couldn't believe it. What was different about how you—was there anything different about the way you were working with me that I should ponder? Because I—it was a little bit different as to how I experienced the contact.

I am Q'uo, and am aware of your query, my sister. We would refer you to that cycle of experience that you know as the cycle of the adept and remind you that there are portions of that cycle during which you are more able to practice your art, and it is during these favorable periods that you will find such practice less of an effort and more harmonious, shall we say. You will discover that the passage of time seems to be that which is rapid during such cyclical and enhanced periods.

Is there another query, my sister?

Questioner: One last one. I have heard from other channels, I've read in the spiritual literature of the New Age here and there that time is speeding up, that there's a difference in time. Do you think that there is a difference in time now, or do you think that there's a difference in people? Or is there a difference at all? Is it just what people always say?

I am Q'uo, and am aware of your query, my sister. We find that the measurement of your time periods is as it has always been. However, it is a phenomenon of your aging process that, as you continue to gain experience and years, that the passage of time seems to accelerate, for you have recorded in your memory much experience and are able to process that experience far more efficiently than when you were in the younger of your years and experience was more, it would seem, drawn out and the learning time progressed more slowly. Thus, we find the aging of your physical vehicles and the mental notation of that aging and gathering of experience to be the responsible factors in this perception.

Is there a further query, my sister?

Carla: No, Q'uo, and rub it in, why don't you? That's okay, that's okay. Thank you, Q'uo.

I am Q'uo, and we thank you, my sister, once again. Is there a further query at this time?

Questioner: I have a question, Q'uo, [on some feeling] that I remember. It seems that when I watch weather patterns—a storm, or when I feel wind blowing my hair around—it resonates with something in me, and I seem to be fascinated or riveted by it … very powerful. Are there some suggestions you can offer that I can ponder about this experience [so vividly observed]?

I am Q'uo, and am aware of your query, my brother. We again refer you to those younger years within this incarnation, during which there was a fascination with the patterns of weather as they move through your natural environment. There was an affinity for the natural elements and the activity that they brought as you were able to appreciate the effect that the patterns of weather brought to the environment about you. This effect was internalized in the changing of your own mental and emotional attitudes as the patterns of weather moved hither and yon. Thus, we would suggest that the continued fascination of these patterns in your experience harkens back to those earlier and more expansive years, that is, expansive in the growing sense of appreciation that was developing in your life pattern.

Is there a further query, my brother?

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Questioner: No, not for now, Q'uo. I'd just like to thank you *(inaudible)*.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: This isn't exactly a question, it's an observation. As I was listening to the words today I felt that my chest was vibrating—around the center of my chest or my esophagus was vibrating with each word. This is a very unusual and strange experience for me, and one that I haven't experienced before. I just wondered what was going on?

I am Q'uo, and am aware of your query, my sister. The phenomenon of which you speak was one in which you felt that there was some resonance of truth, shall we say, or application to your own experience by the words which were being spoken, thus this was your means by which the feeling of harmony was expressed, since you have developed in your own life experience the ability to utilize that portion of your physical vehicle to speak and sing those words of praise that have been written and recorded by various authors throughout the history of your peoples. Thus, this was simply your unique means of feeling a harmony with the basic message that was being given.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there a final query at this time?

Carla: I'd like to follow up on hers and ask, I've heard of the rising of the kundalini and all that, and I've also heard a lot about the various energy centers, and I was wondering if another way to express that answer would have to do with that concept of energy rising, and for the blue energy center there, that center of communication … it almost sounded like it was being activated. It sounded like experiences that people have talked to me about that have had kundalini experiences. Can you relate those two, or am I on the wrong track here?

I am Q'uo, and am aware of your query, my sister. The experience of the rising of the kundalini is one in which the feeling of energizing would occur throughout the centers of energy, from lower to higher. Thus, this experience was more localized and was properly a portion of this phenomenon. However, in this particular entity, the throat and chest region are of primary importance throughout the life experience, and therefore we would suggest that their activation has been of a more normal and natural progression, rather than the momentary experience of the kundalini energy rising.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and again we thank you, my sister. We would ask if there would be a final query at this time?

Carla: No, I'm through.

I am Q'uo, and we would thank each once again for the great opportunity that has been extended to us in being allowed to join your circle of seeking this day. We are very grateful to be able to speak our humble words and opinions utilizing the instruments present. We would at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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The Aaron/Q'uo Dialogues, Session 18

September 24, 1993

(This session was preceded by a period of tuning and meditation.)

Aaron: I am Aaron. I want to introduce you to this tuning process by asking you to participate with me in a brief guided meditation.

Please allow yourself to follow along without concern for whether you can or cannot do what I suggest. Our emphasis here is not on getting rid of anything within you, but simply on allowing the barriers of ego self to dissolve so that you may move into the divine aspect of yourself and hear from that place of center.

Begin by taking a few deep breaths and releasing … breathing in … There is nothing external to you. As far out as you can go into the universe, when you breathe in, you take that universe into that which you call self. When you exhale, you exhale that which you call self into the universe … breathing in and letting go, each exhalation dissolving the boundaries of self. Inhale and let go sending any resistance to taking the universe into your heart, sending any resistance that wants to hold on to being "somebody"; just letting it go … If anything holds on, it is okay. It will go. Nothing to do, just being. Breathing in and expanding outward with the exhalation flowing into the universe, then breathing the universe into yourself … open … the heart is weary of its isolation … open … allowing yourself to come into the essence of who you are, letting go of all the concepts of who you always thought you were, just allowing that pure, clear mind/heart to be what it always has been: Pure Awareness, Pure Soul.

As you drop your boundaries, feel the connection to the joy and suffering in the universe. Be aware of the rising aspiration in yourself to be a tool, to offer your energy as tool, for the alleviation of that suffering—not my suffering or your suffering, our suffering. The aspiration to be a source of energy, courage, love, faith, healing, for all beings; to manifest your energy in such a way that it promotes peace and happiness in the universe—this is the primary intention, moving out of the fearful, small self. In your own words, silently state your intention to serve the universe and all that dwells therein, to be a vehicle of Love. I will be quiet for a moment while you phrase this intention in the words of your own heart.

(Pause)

Given that aspiration and intention, the next question is, "How do I implement this?" You alone cannot implement it. You connected to all that is are empowered to implement joy, peace and harmony So the next step is to invite in whatever help there may be, each in your own way, invoking Jesus or the

Buddha, asking God's help. Silently voice your prayer that you may become an instrument for healing and love in this world—not for your own ego, but in service to all; not for your own glory, but that your service may be offered back to God in grateful thanks. For you are but a reflection of that divinity—divine in your own right, but taking your light from that most brilliant and perfect light, and with rejoicing, returning that light, ever brighter, ever clearer. I will pause again, then, so that you may voice your prayer in your own words.

(Pause)

All beings on human and spirit planes contain some mixture of positive and negative polarity. None is totally negative, nor are any but those most fully enlightened masters totally positive. We do not flee from the shadow in ourselves, but aspire to touch that shadow with love and thereby to grow. In the same way we do not flee from external negative energy, but aspire to touch it with love. If there be any being within this circle, human or discarnate, that is of negative polarity, of predominantly negative polarity, that wishes to hear these teachings, we welcome it. It may not speak through this instrument. It is welcome to listen and learn the pathways of service to all beings, the pathways of love.

At this point Barbara will be silent with herself for a few moments. Her own process here is to make the firm statement of what she stands for and values, and that none may channel through her unless they are fully harmonious with her highest values. She uses this process, although 95% of what she channels is this energy that I am, simply because it is an important statement which gives her confidence in what she receives and allows her to relax into the channeling. I will be quiet now and allow you each to meditate in your own way for two or three minutes.

(Pause)

Aaron: I am Aaron. Again, my greetings and love to you all. My brother/sister Q'uo suggests that I begin this session, and I will do so briefly and then turn the microphone to Q'uo. Our topic is, "What is the spiritual path and how do we live it?"

My dear ones, you have been on this spiritual path since the moment when you, as what I call a spark of God, first came into awareness and sensed a separation, illusory but seeming to be real—a separation from that which we might call God. There is nothing you can do that is not part of the spiritual path. There are only more skillful or less skillful ways to walk that path. By skillful I do not mean evil or good, simply ways that bring pain to yourself or others, or ways that help to free all beings from pain. When you "walk" this spiritual path (I put that word, walk, in quotation marks), perhaps what you are really asking is, "How do I become more aware that I am a being on a spiritual path? How do I live my life with deeper awareness?"

Each of you is like a pebble tossed into a giant, still sea, an infinite sea. Each time a pebble splashes, it touches everything around it and sends out waves that affect all the other pebbles. When you send out loving energy, your inter-reaction/interrelationship with the world is far different than when you send out hateful or fearful energy. And yet you are aware (and many of you have often heard me say), as long as you are human, you are going to have emotions. Fear is sometimes going to arise—anger, greed, jealousy … You cannot stop their arising, but you can change your relationship to what arises.

From my perspective, there is a vast difference between the being who feels fear as the foundation for anger or greed and then either becomes reactive and acts in anger or in greed, or becomes hateful to itself because those emotions have arisen; there is a vast difference between that and the being who sees fear arising, sees the anger or greed or other emotion that grows out of the fear and just relaxes and smiles at it and says, "Oh, you again. Here's jealousy. Here's desire. Here's rage." The difference in what I am speaking of here is in the ownership of what arises.

This is the illusion we keep getting caught in: that we are a self and we own this or that emotion, thought or sensation; and once you own it, you are stuck in it. Do you know the story of Brer Rabbit and the Tar Baby?[2] We have used this to illustrate something different, but tonight I want to use it to illustrate this ownership.

Brer Rabbit saw the Tar Baby, thought it was mocking him, so he punched it. He reacted to his anger and then he got stuck in it. He said, "Let me

[2] *The Complete Tales of Uncle Remus*, by Joel Chandler Harris (1848-1908). Boston: Houghton Mifflin, 1955.

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go," and he punched it again. Two hands stuck! "Let's try a foot, two feet" … all his limbs stuck. Here is one very stuck rabbit! When you see an emotion arising or a thought, and there is aversion or attachment, and you grasp and try to hold on to it or kick and punch it to try to get rid of it, you begin to think that there is somebody who owns it. Then you are stuck in this concept.

This, too, is a part of your spiritual path. Even being stuck in it is an opportunity for learning, if there is awareness. But usually at that point there is so much fear and frustration predominating that awareness has dissolved.

It is never too late to come back. At any moment you can cut through that ownership and simply smile at yourself: "Here I am stuck in it again." Once more: "Oh, you again." Perhaps we could call this one, "Stuck in the Tar." A deep breath and a reminder: "This is not who I am; but I am human, and as long as I am human this is all going to keep arising. It is not given to me to fight with, but to learn from." Just relax and be with it.

Barbara spoke earlier this evening about the *Dzogchen* retreat and about *Rigpa*, or "luminous great perfection," which is just a fancy term for finding that space of the Divine in yourself and resting in it over and over and over. This is the essence of the spiritual path as taught by every religion that I have ever encountered in all of my many lifetimes. Some of them had it a bit distorted. Some of them were very clear about it. All of them aspired to that, to reaching that space of Pure Being.

We are not talking about specific religions here, but the spiritual path itself. The essence of that path is to learn how to come back again and again to this divine aspect of you, what I have called the angel aspect of you, to allow that to stabilize, to learn methods of recognizing that experience of angelness, of Pure Awareness. Until you recognize it, you can't do much about it.

Each of you is in that space far more often than you know, but because there is not awareness, it comes and goes without recognition. So, first you need to recognize that space within you. Then, you work to stabilize it, to be able to relate to the world more and more from that space of clarity and connection.

That, to me, is the spiritual path. As to, "How do we live it?"—that is what we will spend the weekend questioning. How do we live with our fear, our anger, our pain, our desires? How do we make space for all of that humanness in our hearts and find deep love for all of us as we exhibit that humanness? How do we let go of judgment? At the same time, we must be aware that while we aspire to let go of judgment, we are still responsible for our choices. We have here a relative reality and an ultimate reality. There is much that I wish to say about that, but will hold it until tomorrow.

At this point, I would like to pass the microphone to my brother/sister Q'uo. I use the term brother/sister because Q'uo does not offer itself as either feminine or masculine energy, but as a combination of both. I also am neither masculine nor feminine, but I have chosen to manifest my energy and put on a cloak of consciousness and being of that which was masculine.

All of you are a mixture of masculine and feminine. You are incarnated male or female bodies and more fully manifest the energy of that body; but you are all a mixture of both. Q'uo very beautifully balances that mixture, exhibiting the fullness of both the masculine and the feminine. And so I pass the microphone to my brother/sister/friend. That is all.

Q'uo: We are known to you as those of Q'uo. Greetings in the love and in the light of the One infinite Creator.

We thank the one known as Aaron for the masterful introduction, and would continue by noting that we are a complex made up of the thoughts and memory of what you would identify as male and female. We now study and serve as one. Our path to this point in our walk on the path of spiritual seeking has included your range of present incarnational experience. You are upon a path aiming towards an evolution of spirit, which you may intensify and speed up. Many among your people have no wish to learn more quickly the lessons of love; however, each of you does wish to assist that process of spiritual evolution of mind, as some call it.

For our part, we greatly and humbly thank each for calling us to your circle of seeking. For as we share our thoughts with you, we are learning and pursuing our chosen path of service; and your assistance both inspires us and employs us. We ask that each be continually aware that we are fallible. We make mistakes and would not ask that you hear us as the voice of authority. Take those thoughts which

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resonate within your heart and leave any others by the wayside, for we would not be a stumbling block for any.

So, as the one known as Aaron has said, you are here making choices. Let us examine this situation. It is our understanding that this, your density, is the density of those first self-aware; and in this self-aware state you begin to examine both your inner reality and the nature of your surroundings. Into the chaos of the untaught mind comes this illusion which you know as living. Colors, shapes, entities, relationships, shout out at the infant in incarnation; and the young years are full of the noise becoming signal, the chaos becoming increasingly ordered, the environment becoming internalized, the self painting the environment its own personal colors of meaning.

It is our opinion that the choices you face continue to be of a certain basic nature. Each choice has to do with polarizing or gaining a bias towards either that which is radiant, loving, freeing and expanding, or that which is attracting, pulling, grasping. We call this dynamic a choice of service to others or service to self, and assign the term *positive* to the service-to-others category, *negative* to service to self.

(The rest of Q'uo's statement did not record.)

Aaron: I am Aaron. There are a number of questions we will be investigating this weekend, but primarily it comes down to that which repeats itself over and over in your lives. To walk a spiritual path with awareness and love, one must be aware of when one has moved into fear and cutting off of love.

How do we find that awareness and deepen it? Fear builds walls around our hearts. How do we dissolve that fear? Where does faith come into it? When we have made the best decisions we can, thinking that we are acting out of love, and the results seem to boomerang and cause great pain for us, does that mean we acted out of fear without seeing it clearly or does it mean that we need to have even deeper faith? Sometimes it is one direction, one answer. Sometimes it is the other answer. How do we begin to differentiate that?

Is pain always a warning that we are doing something (I hesitate to use this word, but) wrong? Or is pain inevitable? Might there be pain even in wise choices at times? What is pain about in our lives? Is there ever going to be complete absence of pain in human incarnation or do we simply change our relationship to pain and end our war with it, certainly not inviting it in, but not hating it when it appears? I am not offering any answers here, just raising some of the questions. One can live one's life trying so hard not to harm others, but if one becomes a somebody trying hard to be harmless, does not that create its own kind of harm?

In a talk earlier this week, I gave an example of a situation that I have seen many times while in incarnation, where monks or nuns in monastic situations try to outdo one another at being nobody. Who can take the food last? Who can do the hardest work? You can make a career out of being a martyr and truly enhance this small ego self, solidify it.

So, it is not so much what you do. It might seem to be very kind that you always serve others and let others go first. What is the motivation for that? When you look, you will find there are multiple motivations. In every act, word, or thought, there are multiple motivations. You have an apple in your pocket and you realize that you are hungry and thirsty. Here is a red, juicy apple. You pull it out. Just as you are about to bite into it, there is a small child, big eyes, very thin, holding out its hand, "Please!" Your heart opens and you give the apple. As you give it, there is the small thought, "Didn't I do good? Did people see?" The giving of the apple is a pure, loving act. The accompanying thought grows out of a place of fear and wanting to be the good one. It is another aspect of somebody-ness.

So, we never act or speak or think fully out of love or out of fear. How do we get acquainted with our multiple motivations so that we may begin to understand our choices better, and thereby begin to choose more skillfully and lovingly for ourselves and for all beings? This, to me, is the focus of walking a spiritual path. And it is not only the resultant actions, words and thoughts, but the clarifying of motivation, the learning about how this small ego self does solidify, not being afraid of its solidification but using it each time it happens as a catalyst to remind oneself to move back into center, to move back into connection and into the Pure Mind, Pure Self.

We will explore all of this in depth through the weekend and also have time to answer your personal questions, speaking to your personal situations. There is sleepiness. It is late. I want to pass the microphone here to Q'uo. I thank you all for

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allowing me to share my thoughts with you tonight and very much look forward to our continued sharing through this weekend. My love to you all and I wish you a good night. That is all.

Q'uo: We are those of Q'uo and would echo the one known as Aaron's sentiments and would leave you with two thoughts.

Firstly, those who seek together to learn service to others shall, in each other, see how impossible it is to serve others without serving the self, for your actions are reflected; and as each serves each, each receives illumination. In your sister's heart is your self. In your brother's heart is your self. And you were not incarnated to be calm. Your choices are made in the midst of activity.

Secondly, there is for each outburst or outlay of your energy, the time to take in that food and drink of spirit that nourishes and rests. Begin to be more aware of these dynamics. See your self reflected, see love reflected and feel the outpouring and the in-gathering, one to another and all things whatsoever to the infinite One.

For this evening, we again thank each and bless each, leaving each in joy and in peace in the love and in the light of the One which is all. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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The Aaron/Q'uo Dialogues, Session 19

September 25, 1993

(This session was preceded by a period of tuning and meditation.)

Q'uo: I am Q'uo. We greet you in the love and in the light of the one infinite Creator and thank each for the blessing of calling us to share in the blending of vibrations in this circle of working. We share our thoughts as we, too, travel upon the ever-unfolding way which is the path of spiritual pilgrimage.

We were saying that your density of existence is the density of a choice—one great choice upon which so much is based. We were describing this choice as that between radiant service and grasping or magnetic service: service to others and service to self. To discern this choice in each moment is a substantive portion of that learning which you incarnated to pursue. The other part of this learning is simply to continue offering praise and thanks. That is the music which gladdens your walking. The choice made once in full awareness is the beginning. Each choice made thereafter strengthens and deepens the energy which you may usefully accept and allow to move through you. You see, the energy of all things is love.

When the Creator chose to manifest creation, that thought which is the Creator was Love—but Love unknown and unknowing, unpotentiated by the free-will choice to generate manifestations of Love. The first manifestation which this great original Thought generated was the photon, that which your scientists name a unit of light. All things whatsoever which can be sensed are manifestations created by successive quanta and rotations of light.

What you seek to do as you move through this school which is your illusion is to more and more faithfully approximate the vibration of this one great original Thought, which is Love. Those who choose the negative or service-to-self path are also choosing Love; however, it is a choice of path which bypasses the open heart, and therefore the energy or power which is created tends towards distinctions and control. This path of separation will eventually flow into a place where the negative choice becomes obviously inappropriate; and at that point, all entities which have chosen the negative path of seeking have the opportunity to reverse polarity and become again children of the open heart.

In your density, however, this choice is fresh and the negative path has its long and separate walk ahead of it. We realize that each within this group has chosen the path of love and service to others, and we may say that we feel that this path is the one which we prefer and ourselves have chosen. We feel it is more efficient and that it, in its use of power, is the desirable one; but we wish each to grasp that these choices are free. There is no final condemnation for

any who seeks in any way, for that seeking will be gathered in ripe harvest in its own time.

This gives a foundation or a continuing of foundation, for much has been done already upon which we as sources talking to this group may metaphorically stand when we speak of the spiritual path and how to walk it. The context is infinity, brought to one single moment in manifestation in each consciousness now; and that now becomes now and now, again and again.

We would at this time transfer the speaking to the one known as Aaron. We are those of Q'uo.

Aaron: Good morning and my love to you all. As spirit I find much joy in every moment of my being. But I must say that a gathering such as this and the light that is being emitted from this circle bring deep joy to my heart, because I am committed as my most fundamental value to the alleviation of suffering in the universe, to bringing light where there has previously been darkness; and the light that you send out does indeed do that. So it is very wonderful to share with you and to rejoice in this blazing fire, the warmth and brilliance of it.

My brother/sister Q'uo is generally more poetic than I am. I must say that this dear friend inspires me to more poetic speech. Enough. Let us get back to basics. Q'uo spoke of the free-will choice each of you has. I wish to expand briefly here.

There is no such thing as absolute evil. There are those beings who are negatively polarized in service to self and act in love for that self. The selfishness of that motivation, let us say the self-centeredness of that motivation, may cause immense suffering for others, yet one must still acknowledge that this being is motivated by some form of love, however distorted that love may be. Such a being may indeed even graduate from the earth plane, carrying that negative distortion; but it cannot return to the One ultimately, cannot move through the higher densities beyond sixth density with that negative distortion. It becomes a dead end. So, it may carry its negative distortion to a very high level, but eventually it must change its polarity to proceed.

We have transcripts available that detail this process of reversal of polarity. Should that interest any of you, they can be found and Barbara can provide, so I will not speak of it in depth.[3]

The difference in path, then, seems to be that the path of service to others speaks of awareness of the suffering of all beings and the deeply heartfelt desire to alleviate suffering. The path of service to self ignores that suffering because it accentuates the separate self. It cannot ultimately carry one back to full unity with the Creator because there is still the delusion of separation. It is therefore a truly more difficult path. Can one begin to have compassion for beings who are set on that path rather than fear and hatred of them? Their negative distortion causes as much pain to them as to others.

Having made the decision to live one's life in service to others, one is constantly confronted by that fear in oneself which leads to grasping and aversion to self-service. Service to others and service to self are not mutually exclusive. This is a misunderstanding. Let us return to that imaginary being with the apple, whom we introduced last night. The apple is offered, seeing the child's hunger. But what if it were the only food that the apple holder had, and that apple holder had also not eaten for several days? Is that thought, "I also am hungry," an evil thought? We chop the apple in half and trust that further sustenance will be offered to each.

The self is also an other. You are part of this great scheme of things. To simply become a martyr and offer yourself with no respect for the needs of the self is to make needless sacrifice. Indeed, one must begin to respect the needs of the self while distinguishing which needs grow out of love and healthy respect, and which grow out of fear. That being who has had a full breakfast and the promise of a full lunch has no need to take half the apple. Can you hear the voice of fear that says, "What if I need it?" and simply note, "This is old mind speaking"? "In this present moment, I am not hungry and this child is hungry. In this present moment, I have no need of this food. I can give it freely." But mind goes back to those past experiences of hunger or deprivation of any sort, and that old-mind consciousness wants to hoard because of the very basic human fear, "Will my needs be met?"

[3] For more information, please contact the Deep Spring Center for Meditation and Spiritual Inquiry, 3003 Washtenaw Ave., Suite 2, Ann Arbor, MI, 48104, www.deepspring.org.

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The person who lives its life in awareness will notice the arising of such thoughts and be able to identify what is the bare perception of this moment and what is old-mind habit. That same being, noticing that the desire to hold on to the apple is old-mind habit, that there is no present hunger or need—that same being will not scorn itself because that habitual reaction has arisen. It will see that reaction not as its own greed to be hated but as human fear which must be touched with compassion. So, it notices the old-mind habit arising in itself. It notices its movement toward contempt for that habit and it asks itself also to have compassion for the human with those fears, thus allowing space for it all to float. It then finds freedom to come back to the bare perception, to recognize in this moment, "There's no hunger. I can give this."

By bringing this level of awareness to each arising thought, emotion, and sensation, one begins to move away from the boundaries of old-mind habit, to live one's life in the present, in the now. It is only in this moment that one can live with love and wisdom.

What I want you to see here is that the choice of service to self/service to others is not clear-cut: "I'm generous!" or, "I'm selfish!" Rather, it is built on staying in this moment with a deep respect for all beings, knowing oneself to be part of this linked chain of beings, heart open to the needs of all, seeing fear as it arises and making the conscious effort not to live by the dictates of fear.

How to walk a spiritual path? This, to me, is the essence of it: to notice each dialogue with fear and have the courage to remove oneself from that dialogue, not hating one's fear, but also not owning one's fear nor being controlled by it. It takes much courage. As you work with this, you come to an intersection. You find that there is a, what I call, "horizontal practice of relative reality," living one's life skillfully and lovingly, moment by moment, but that there is an illusory self who is doing that skillful, loving living.

There is also a "vertical practice" which cuts through the illusion of self. Q'uo just spoke to you of this. When it is next my turn to speak I will elaborate on it, but first I would like to pass the microphone back to Q'uo, who would like to speak to us to elaborate on some of what I have just spoken of. That is all.

Q'uo: I am Q'uo, and greet each again in love and light.

As our beloved brother Aaron has so wisely pointed out, you are one of the other selves you serve. In fact, let us confuse you thoroughly and say you are the first other one whom you shall serve. And why is this? This is because, as the teacher known as Jesus has said, all the law is to love the Creator with all one's strength, heart, mind and soul and to love your neighbors as yourself.[4] If you do not love yourself, how can you truly love your neighbor?

Yes, each of you is all too aware of the missed steps, the erroneous conclusions, the impulses which do not do Love justice. Yes, you are completely unfinished. Is this a reason not to be in love with your self? Can your self, in all its distortions, depart one iota from the truth of Love? Yes, it may seem to, just as all whom you come in contact with may seem to. Yet the heart that loves knows that beneath, above and around all confusion, all missed steps, all seeming imperfection, lies the One—unblemished, unbroken, beautiful and perfect. Your nature is love.

The walking of the spiritual path is an opening of the universal Self within, to embrace more and more without distortion the heart of love in each entity and each moment. Your challenge is always to discern where the love is in this moment and to move—whether by attitude, thought or action—to support, encourage and enable that love. Giving that attempt your best effort shall occupy you well through this illusion which we term third density and through several densities to come, for we witness to our continuing pilgrimage through longer and more subtle illusions wherein the choice we made in third density is refined, first by attention to love, then by attention to wisdom, then by attention to the merging of love and wisdom.

These illusions to come are far different than your rough-and-tumble moment of choice. There is not the suffering, for there is not the veil of forgetting betwixt the conscious incarnate self and the deep Self that is aware that all harmonizes into unity. In your brave illusion, you face the dragons of darkness, rage, pain, war, starvation and all the dark and monstrous forms of dread, fear and ignorance because you cannot clearly remember that these illusions are only that. It is intended that you become confused. You

[4] Holy Bible, Matthew 22:37.

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are supposed to be knocked completely off of your intellectual mountain. And in that momentous fall into the abyss, in midair, you pluck faith, undimmed by any objective proof that there is anything to be faithful to. You choose to live your love.

This is your choice—not that you sit upon a throne, view the evidence and choose, but that you become utterly aware that you cannot understand this illusion. And in releasing that desire and embracing only your heart's desire to love, you pluck faith from that dash through the middle air.

This wisdom of the heart to abide and hope and have faith without proof—this is the glory of third density. And we must say that much as we enjoy our continuing journeys, in looking at each of you and being with each and seeing the courage and commitment of each to seeking the truth, our hearts fondly cherish the memory of that striving, suffering and believing in Love against all the evidence. What a part of the journey you now are on. How exciting!

We would at this time bow to the one known as Aaron and offer the microphone. We are those of Q'uo.

Aaron: I am Aaron. As you rejoice in sharing deeply with your friends, so Q'uo and I rejoice in being able to share this teaching with one another. It is simply delight to sit back and rest. Not that I need the rest; I am not tired. But each of us expands what the other can offer, brings new perspectives to it. So, it is a joy for me to feel Q'uo's energy responding to that which I have said, to hand the microphone to my brother/sister for response and expansion, and then to take that expansion back and again enlarge it.

Q'uo spoke of the line of love and wisdom, which is precisely that horizontal and vertical line that I have mentioned, and that eventually you must come to combine the two, living at the intersection of that horizontal and vertical line, the center of the cross, the Christ Consciousness or Buddha Consciousness or Cosmic Awareness that is God.

I would like to briefly define my terms here so that when I use language, you fully grasp my meaning. Within consciousness there is still self-awareness, still some degree of personal thought and memory. Pure Awareness is quite different and moves beyond all consciousness. There is also a ground in between, where that which I call consciousness is still present but is not taken as "self" but known as tool of the incarnation.

Pure Awareness is that which sees consciousness and knows it. What we may call Christ or Buddha Consciousness is found here: Awareness aware of its divine nature and yet also aware of the tools of the incarnation, the self-conscious mind. The Christ Consciousness finds no less divinity in the incarnation than in the ultimate perfection.

While the human cannot ordinarily move beyond sixth-density thought (the consciousness of the Higher Self), your meditation can take you truly into the experience of seventh and even beginning eighth density, that borderline between the two where all concept is dissolved, where there is total dissolution of the body and the ego, where there is no longer any thought at all, just Pure Awareness, no consciousness. So, I differentiate these terms. I do not use them synonymously, consciousness and awareness. When I speak of Pure Awareness, it is that awareness beyond any conceptual thinking or any perception of self.

To live skillfully on this human plane, you need some degree of consciousness. This does not mean identification with the self that makes choices, but simple acknowledgment that the self is a tool and a necessary tool to the work of this plane. If you disown that self, learning cannot take place. So, there's a very fine line between allowing the experience of what seems to be self and knowing that the perceived self is illusion, useful illusion and tool of the incarnation.

All of the experiences that occur to that perceived self are also tools of the incarnation. Your physical sensations, your emotions, your thoughts—they are not burdens that you are asked to carry, they are gifts through which you may learn. One can learn to work very skillfully and lovingly with these gifts so that one is no longer reactive to emotions, no longer reactive to physical sensation. That being begins to live its life with great love, yet it may also experience deep pain if there is still identification with that which arises. The non-reactivity becomes a form of self-discipline and training, but there is not yet wisdom which sees that there is no ownership of that which arises.

One may also move into the wisdom vertical direction, focusing on a path of deepening wisdom through moment-to-moment mindfulness. Such

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mindfulness begins to penetrate the delusion of a separate self. It begins to know all arising as empty of self, as simply the recurrent patterns of conditioned mind.

Wisdom develops to understand the impermanence of all that arises. Ownership of that arising ceases. But without the love or compassion that grows out of acceptance of the human experience, such wisdom becomes sterile. Within such wisdom there can be desire to disassociate with the human catalyst. What you are learning, then, is to come to this meeting of the horizontal and vertical, this center of the cross, where compassion and wisdom meet.

I want to digress here a moment to speak about the words *love* and *compassion*. When we use the term love, we are not speaking of a maudlin kind of love with attachment, not a manipulative love or a grasping love, but pure love that opens itself to all that is. Love is a hard term to define. I am somehow more comfortable with the term compassion, which is an outgrowth of that openhearted love, but is more easily recognized, less easily distorted than is the term love. We can use them interchangeably as long as we understand what we mean by each: love and compassion.

There are many ways to work on the horizontal practices. Indeed, you all are doing that constantly in your lives as you attempt to live with more love and skill, as you attempt to live with non-harm to all else and as you process the emotions, thoughts and sensations that move through you and work on non-reactivity. We will talk more specifically about such horizontal practice, offering specific tools that speak to your personal situations.

I want to speak for a moment about the vertical practice. In essence, when you work with a horizontal practice, you are using mind to tame mind. Mind moves into a turmoil of fear and reactivity and you use the relative practices of faith, of devotion, of mindfulness, to quiet that tumultuous mind. When you move into the vertical practice, you use wisdom to cut through the delusion of self and tame the turmoil with wisdom, in a sense like cracking the shell of a nut and allowing that hard shell to fall open so the soft inner core is exposed.

Now I would speak to you of a practice that will help you move into that wisdom, and later this weekend we will talk about coming to that place where compassion and wisdom meet. There are two specific practices I would like to offer to you, one to be done frequently, constantly even, and one that you may do for a few minutes during your lunchtime break. First, as ongoing practice through the weekend, when thoughts, emotions, sensations, arise, I would like you to note their arising and to ask yourself whichever question is more useful to you: "Whose thought is this? Mine? Who am I?" or, "From where did this thought arise?" As you ask those questions and allow an honest answer to emerge, you are going to see that the answer is simply, "It arose from old-mind habit. I don't own this arising."

Let me give you an example. This morning at approximately 7:12, Barbara was sitting here meditating and had a thought, "Not many people are here yet. We're not started. We're going to run late"—a small contracting and sense of fear. She asked herself, "Where did this thought arise from?" And she could see clearly that it was just old-pattern marking her need to be in control as a way of protecting herself; need to allow things to be okay for others, not as a way of gaining approval for herself but due to wanting to create comfort for others. And she saw that was a response of fear, just a conditioned pattern. So, she came back to this moment and asked, "In this moment, is there any need for anything to be happening other than what's happening right now, 7:13, sitting and meditating?" with the awareness of how that fear had arisen, that she didn't own that fear. It is like a bubble that is popped by a sharp dart … *poof!* The fear is gone. In that moment one comes back to rest in Pure Awareness—not consciousness, awareness. For just that one moment, there is no "somebody" doing anything. The ego is totally dissolved. There is just resting in Pure Being. It may only last for a second until the next thought arises. Each thought becomes an opportunity to pop that bubble again and come back to Pure Awareness.

As one does this persistently, one lets go of the habit of thinking of oneself as somebody doing, shaping, fixing, and moves more into the true understanding that what one is, *is* this Pure Awareness connected to all that is. One finds the ability to rest in that space. One ceases identifying with the horizontal.

I am only going to take it that far here. As I said, I will talk this afternoon about the ways that you may combine this cutting through of delusion with the

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horizontal practices which relate to the relative reality of everyday living and which do require the self to participate.

The second practice I would like to offer is one that I ask you to do as homework during your lunch break. Do it with me now, but quickly, and then repeat it at your leisure. I want you to sit, preferably outdoors. Look at the lake or the trees or the sky. Meditating with your eyes open, send your awareness out. Breathe out and follow that breath as far as it goes. What happens to your breath when you breathe it out? Is there any boundary out there? What happens when it reaches the end of the atmosphere? Does it stop?

Sit and follow your breath. Looking at the sky might be most useful. Let it expand outward and outward and outward to infinity, beyond the ends of the universe … nothing that stops it. Now breathe in. What are you breathing in? Is there a boundary beyond which you do not breathe in that substance? Visualize the in-breath also coming from beyond infinity moving into you, drawing in with each inhalation the core of all that is and breathing it back out into the universe, each exhalation a giant release … *ahhh* … releasing with an *ahhh* all boundaries of self … breathing in … Open your eyes and do this with me and with Barbara … in … *ahhh* … sending it out … in … *ahhh* … sending it out … You may close your eyes again if you wish, each *ahhh* letting go of the boundaries of self, feeling one's merging with the universe.

Here we are talking of drawing the physical plane into yourself. After you have done that for a few minutes and really feel yourself moving into the universe and the universe moving into you physically, do the same with awareness. Where has awareness picked up false boundaries, non-existent boundaries, let us say, that you claim as "mine"? Send your awareness along with your breath out into the universe and breathe in again awareness, universal awareness, the deepest contact with all that is.

If in doing this exercise thoughts cease to arise, as they may, and you begin to move into a level of awareness of deep connection, simply rest in that connection. If thoughts arise again, ask the question, "Where did it arise from? Whose thought is it?" And as it self-destructs, self-liberates, *poof!* goes the balloon of thought. Rest again in that Pure Awareness, once again releasing the boundaries and expanding into the universe physically and in awareness, and allowing the universe to move into you. Please spend ten or fifteen minutes with this—longer if you like—over your lunch break, and I would very much appreciate hearing the results of this exercise.

Q'uo may have something that it wishes to add here. If not, I would like to open the floor to your questions and answers. That is all.

Questioner: How many densities are there?

Barbara: Aaron speaks of [eight] densities, each of which has seven subdivisions, each of which has seven sub-subdivisions and so on. He defines it loosely as eight densities and says that some people may find it different. For example, he is dividing fourth and fifth density. Some people may group them together.

Once we move past the need to incarnate and move into fourth density, we move into a group learning experience by which he does not mean a fixed group. There is a coming and going, still a free will. We're not drawn into something that we can't leave. But once we stop being reactive to our emotions and thoughts, we're ready for fourth-density group experience. In this group we're all telepathic, so the equanimity with our emotions and thoughts, which marks the end of third density, is a necessity for fourth. He uses the example: If right now we were all completely telepathic so that we all knew everything that each other was thinking, would this be okay? Have you had some thoughts this morning that you really don't want to share? Once we get to the point where we have such compassion for ourselves and such non-judgment of our thoughts and non-ownership of our thoughts, we also have that compassion toward others and we don't judge others' thoughts. Then we're ready to be in a fourth-density energy where there's total telepathic sharing. There's no embarrassment and judgment. We learn, then, not just from our own experience but from each other's experience, because experience can be shared totally.

As we move through the process of that fourth-density energy group, we begin to move out more on to our own, coming and going from the group. Sixth density moves beyond the capacities of those which came before … deeper wisdom and compassion, and unconditional love. Seventh and eighth density—

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again, some traditions lump them as one and others divide them into seventh and eighth densities.

How many of you here, from reading Aaron or other material, are familiar with this whole scheme of the densities? Put hands up high. How many of you don't know anything about this? Okay, then we're not going to go into it in detail. There's a chapter in the Aaron book[5] that you could read at lunchtime that delineates each of those densities and what each is about.

Carla: Just briefly, first density is the elements. Second density: things that can't move yet, like plants and animals that don't have self-awareness yet. They're turning to the light. The animal knows its master and wants to love it a little bit, but it is not aware of itself yet. Third density is self-awareness. Fourth density: the awareness of love. Fifth density: the awareness of wisdom. Sixth density: the awareness of wise compassion, compassionate wisdom, the merging of those two. Seventh density: Ra calls it the density of foreverness, where you finally take one last look back, turn your back on all that and start gaining spiritual mass, going back to the source. The eighth density is the octave, and it dissolves into timelessness and becomes the first density of the next creation. And that's the cosmology of it. So, the whole billions and billions of years until the big, central explosion of the central sun is just one creation, just one little heartbeat.

Questioner: Extraterrestrials, as in the movie *Cocoon*, have these light bodies. Where does the physical fit in, in these densities?

Jim: Supposedly, from what we gathered from Ra, each of our chakras or energy centers has a body with a physical nature that corresponds to that center. The yellow ray that we are inhabiting now has this biochemical body. Another body corresponds to the heart center. If you've been to a séance where ectoplasm is produced by the medium, it is seen as a smoky sort of substance that is used by entities to form the astral body, which is associated with the heart or the green ray. And each succeeding energy center has a finer and finer body as far as physical mass that we can see, but it is more and more densely packed with light. So, they're more dense as far as light goes, but less dense as far as our physical matter goes. But each of the centers has a body.

Questioner: Isn't physical matter just a slowed-down vibration of light? So, how can this be? Aren't you just saying that each body is a more rapid vibration?

Jim: Yes, that's basically correct, but it has more light in it, more vibratory brilliance, more rotational speed, more active light.

Carla: It is a heavy chemical body. And one of the things to think about is that if you heal the light body, the physical body also will be healed because it is a lower octave vibration. "As above, so below."[6]

Aaron: I am Aaron. You have many, many aspects. Repeated use of the single word *body* makes it difficult. Your language does not give adequate choice of words. You are familiar with the physical, emotional, mental and spirit bodies. You also have what we call a light body, which is the emotional, mental and spirit body separate from the physical body. The physical body is, in a sense, a reflection of the light body, or we might say a manifestation of the light body.

To further define the light body … there is a higher light body, which, in essence, is what you know as the soul, the Pure Spirit Body. The lower light body is a manifestation of the higher light body and includes the mental body. This is sometimes called the Higher Self. There are gradations in between and beyond. Those beyond bring in the emotional body. You might visualize, then, the purest light, which is the light simply of the spirit body in its interconnection with all that is. This light is absolutely pure, totally unblocked in any way.

Just the slightest bit below that is what I would call the light of Christ, Buddha or Cosmic Consciousness. It has just the barest, very barest tint to it, totally transparent, not blocking the pure light in any way, but shaded with just that smallest tint of self-awareness.

One step down, one large step down (there are gradations) comes the lower light body. For purpose of visualization here, I'd like you to picture the heart, which is the physical body's light center. Picture it as a ball, radiant with light. Within that ball, add black dots of the different emotions and

[5] For more information, please contact the Deep Spring Center for Meditation and Spiritual Inquiry, 3003 Washtenaw Ave., Suite 2, Ann Arbor, MI, 48104, www.deepspring.org.

[6] *The Kybalion*, Anonymous.

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thoughts and physical sensations. Let us leave out physical sensations now. We are speaking of the lower light body and not the full human body, thoughts and emotions. There is still a mental and emotional body.

In the highest light body, there is nothing to deflect the light that shines out from you or the light that comes in … One moment please. I wish Barbara to draw something here.

Barbara: I am drawing a circle with the described flecks in it, demonstrating how those flecks block light from moving out from the center and in to the center. Our work in consciousness slowly allows this shadow to dissolve so that we move more and more (I am paraphrasing Aaron here), we move more and more into the living experience of this circle, free of those bits of shadow. Now, getting back to Aaron directly …

Aaron: The human body takes this one step further down because it adds the physical catalysts as well, and that which creates more shadow. If you take a being such as yourselves and put it in front of that perfect light, which I would call God, you see a sharp sense of shadow. If you take a being like myself, a sixth-density being, and put it in front of that perfect light, there will still be a distinction between that energy that I am and that perfect light. I am not fully merged into that perfect light. If you take a being such as the Christ or the Buddha and put the energy of those beings in front of that perfect light, they will be almost invisible, *almost* only because they choose to retain some degree of consciousness and have not yet fully moved into seventh density. I am not specifying, now, where these beings are in their evolution. A being that has moved into seventh or eighth density is not better than a being which chooses to remain at the borderline of seventh density so as to allow itself to be available to those of the lower densities, to allow its personal energy to be available. That is really a gift and sacrifice on the part of that being, holding back its own full merging with the light out of service to all beings and desire to offer itself as servant.

The distortions of the physical body are reflections of the distortions of the higher light bodies. Thus, as Carla pointed out, when you clarify the distortions in the higher light bodies, often there is physical healing.

There is disparity between the clarity of the higher light bodies and that of the physical body. You are here in physical form. Sometimes you create distortion for yourselves because you aspire to be something that you are not fully ready for. This is where you start to want to get rid of the heaviness of the physical or emotional bodies. You want to cling to being the Higher Self without having done the consciousness work to dissolve the shadow of the emotional and physical bodies. There must be harmony or you fragment yourself. You do not get rid of the emotions nor of any discomforting physical sensations. But as you find space for them and equanimity, non-reactivity to them, then you become able to work at the higher levels of light.

The frequency vibration of these bodies is different. They also must be in harmony, like the strings of a musical instrument. If the higher-level strings are perfectly in tune, but the heavier, coarser strings are out of tune, the instrument will play disharmoniously.

The physical body will be at a lower frequency than the higher light bodies. You tune it, not to bring it up to that high pitch but to make it harmonious to that high pitch, not by getting rid of the physical sensations but by letting go of fear of the physical sensations; and the same for the emotional body. Then you become a harmonious whole, and as that harmonious whole, the frequency vibration of the connected body begins to raise the frequency vibration of the whole. This can only be as clear as the frequency vibration of the lowest aspect of it. If one aspect is discordant, the whole is discordant.

So many of you have worked to clarify the energy of the mental and spirit bodies, but tend to want to disown the emotional and physical bodies. You work with the upper chakras and cast aside the work with the lower chakras, but it must come together.

There is more that could be said about this. Do you wish me to speak further, or is this sufficient? That is all.

Questioner: Today, while meditating and while Aaron and Q'uo were speaking, quite often I would go to a point where consciously I don't remember a lot that Q'uo and Aaron said. What can I do to keep that from happening, or is that supposed to happen?

Carla: I would say let it be. If you want to hear, you will hear, but you're getting it at a deeper level.

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Questioner: Yes, I do feel that I got it. But I couldn't tell someone that Q'uo said this, this, and this.

Carla: I think that sometimes you get to a point where you protect yourself from bearing it all at once, and your heart is wise and it puts you in a place where you'll feed it in to where it will come up gradually and you can deal with it better. There's a lot said, a lot of points made, and a lot of work done. Some of us can't bear it.

Barbara: One of the things that we suggest to people is to acknowledge some of this "screening out." Sometimes Aaron puts people to sleep. Some of this is resistance. Instead of saying, "I've got to get rid of this resistance," can you just acknowledge it? "There's resistance here. Can I be gentle with myself about this resistance?" Allow it to emerge. "What's the resistance about?" you know. Don't think about it. Just acknowledge and let it work out. I want to give an example.

A couple of years ago, my son came home from college with a pile of literature about recycling; and I already recycle paper and bottles, but he wanted me to recycle everything. It wasn't a very big stack of literature, but I kept putting him off and saying, "I can't read it now." Finally, I became aware if I read it, then I was going to have to be responsible for it and I just wasn't ready to be that responsible. I felt like it was going to be a big burden, a lot of work. "I don't know if I can handle this. Keep it at a distance. I don't want to know about it yet. I'm not sure I'm ready to be that responsible."

We each need to work that through. If we really hear what they are saying and try to live our lives that way, it is asking us to be very responsible, and there's some fear: "Am I ready to be that responsible? What am I getting into here?"

We need to be very gentle with ourselves, not push ourselves beyond where we are, because we learn as we grow. We don't have to be anywhere but exactly where we are now, just moving at our own pace. There's no speed with which we do this. People get into trouble when they aren't honest with themselves. Some say, "Okay, I'm going to take all this in and I'm going to do it." And then, instead of becoming a work of love and kindness and gentleness to ourselves, it becomes just another kind of fear: "I'm going to get rid of that and I'm going to be this." But that's not honest.

Questioner: So, how do we clarify the lower chakras?

Barbara: I think Aaron and Q'uo will both be talking about that at length, but let me just say, in working with this "screening it out," the first step is simply being aware there's resistance: "Am I judging that resistance or trying to get rid of that resistance, or am I allowing myself to bring my heart to that resistance?" Do you see what I mean? The other thing that I'd like to suggest is, both Aaron and Q'uo—their energy is at a very high frequency vibration that's not completely in harmony with where many of us are. It is very tiring to experience that energy. There is sometimes just a sense of screening it out because there's so much energy coming in. We need to be very gentle to ourselves about that. Through the weekend, your ability to hear this and take it in more fully will increase. One specific thing that Aaron has sometimes suggested to people is simply opening your eyes, not to look at us as we're channeling, but a kind of unfocused looking that helps to allow more awareness.

Questioner: Yes. I did that today. It helped.

Barbara: On the question of how to clarify the lower chakras, Aaron is saying that's too big a subject to do before lunch.

Carla: I wanted to say thank you for one of the things that you all helped me to do: By listening and being in circles, I just get so much energy. I feel better when I channel than any other time, and I just really thank you for the beautiful sharing of this incredible energy that goes around the circle. Yum! And, as someone who came to a workshop recently said, "It's yummy!"

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The Aaron/Q'uo Dialogues, Session 20

September 25, 1993

(This session was preceded by a period of tuning and meditation.)

Barbara: Aaron and I are discussing which of us is going to lead this session. Aaron is suggesting he led the tuning last night. He would like me to share with you directly the process that I use, which is not with a guided meditation from him. It precedes opening my energy to him. As Carla pointed out this morning, this is simply my own process which I'm sharing with you. I'm not suggesting that you need to use it, just this is how I've learned to work with Aaron.

The first thing I do is to focus on my breath, simply settle my attention. This is not a matter of creating stillness. Sometimes there's stillness. Sometimes there's occurrence. Meditation is not to be mistaken for stillness, but for deep awareness and being in the moment with whatever arises in that moment—stillness or occurrence; simply coming to attention and choiceless awareness, coming to a place of center, where, if there's stillness, there is no grasping at that stillness. If there's turmoil and busy mind—thoughts arising, emotions arising—there's no aversion to that. It is coming to a deeper place in myself where I can watch all of this and move past. That place is still, a still point uninvolved in any outer stillness or occurrence. So, that's the first step for me. I'm going to be quiet now for a moment while I work with this and let you work with it, just focusing on the breath as we did in the meditations early this morning before breakfast.

When I'm in that space, the boundaries of self come down and I feel myself surrounded by energy, by spirit. At this point (usually not with words so much as wordlessly, but obviously to share it I need to use words), I offer a commitment of my energy, a statement of intention of my desire to be of service. If I notice any self-thought, of pride in that "being somebody doing something," I just notice that's part of it, that's the part of it that grows out of fear; and I don't condemn that in myself but I also don't build that up in myself. I ask for help in channeling clearly despite that human fear that is part of my make-up because I am human. I recognize that it is not a big part of my motivation. I don't focus on the negative in my motivation, on the fearful in my motivation. I focus on the loving and openhearted in my motivation.

So, I simply state clearly my intention. I want to offer my energy in the service of all beings. I want to offer my energy for the alleviation of suffering. Please use this energy in whatever way is most appropriate. I then state the continuing intention that I offer myself as an instrument through which spirit may speak. And I speak to whatever array of energy I feel out there, making the firm statement, "I

will not allow anything to speak through me and use my voice which is non-harmonious to my own deepest values. I welcome any being that wants to be present to hear me, but it may not speak through me unless our values agree."

At this point I usually begin to feel Aaron's energy very strongly. I recognize it as Aaron's energy. When I'm simply talking to Aaron myself, we have a code that we use for a challenge. So, I abbreviate the challenge to that energy that asks it to identify itself. When I'm channeling with a group, I go through the full challenge to that energy.

At first I couldn't understand the reason for this because I said, "I know Aaron's energy," but then I became aware that a being that was negatively polarized to just the same degree that Aaron is positively polarized could feel very much like Aaron, the same wavelength of negative polarity that Aaron is positive polarity. Carla said to me a few times, "Challenge, challenge!" And I said, "I don't need to." And then once I experienced negative energy that felt like Aaron's, so I started to understand the wisdom of Carla's advice.

So, I offer a formal challenge to it; this, for me, being what I most firmly believe in. Each of us, in opening ourselves to spirit guidance, needs to use our own highest values and to challenge the energy—not only that which would formally speak through us in channeling, but that guidance from our own guides that we listen to—to challenge it by our own deepest values.

What I ask for myself is three challenges. First, "Are you that energy that I have come to know as Aaron, that identical energy?" I get a "yes" on that. "Do you come in service to the principle of love and service to all beings?" And finally I ask it, "Do you come as a disciple of Jesus Christ and the Buddha?" If I'm not channeling to a big group, I simply say three times, "Aaron?" and get a "yes" three times, so I don't always go through that procedure formally.

So, now I'm going to be quiet for a few moments while I work with this process of tuning that I use. I would ask you each to move through much the same process at your own pace, stating your intention that what you receive be of service to all beings and that as you lower your own boundaries and open yourselves to spirit you also challenge that spirit by your own highest values, which becomes a firm commitment of your own adherence to those values. A few minutes of silence now, and then we'll begin.

(Pause)

Aaron: I am Aaron. I call you angels in earthsuits. Your angelness is undeniable. This is who you truly are. With your incarnation, you have bound yourselves into these earthsuits, pulled closed the visor in the front which prevents clear seeing. Think of it as a coat of armor you have put on. Body armor would hamper the free movement of your limbs. And yet, in the society in which armor was necessary because of jousting and other such combat, the armor was both a burden and a tool, a necessary tool. Your earthsuits might by some be viewed as burden, but they are necessary to your learning. This earth is your schoolroom. And your body and emotions are the embodiments of the lessons you have come to learn, the tool through which you can learn.

The angel lives only in ultimate reality. It knows itself clearly for who it is. The being enclosed by the earthsuit can become so caught up in the tightness of that suit that it becomes its only reality. It forgets what it is like to live outside the suit.

My dear ones, here is where it gets tricky. What your incarnation asks of you is that you find the balance of both, fully expressing the angelness while in no way discarding or belittling the value of the earthsuit, paying attention to the earthsuit while aware that it is merely a covering that you put on—not owning it, but living it fully.

You are like actors in a play. When you come out onto the stage, if you look to the audience and say, "Oh, this is only a play. It doesn't matter," the audience is not going to get much from your lines offered with no sincerity. If you become so involved in the illusion of the play that you forget that it is a play, forget that there is an audience out there, you may turn your back to the audience or speak too softly for them to hear. The good actor must live its lines convincingly—live them, be them—while being fully aware simultaneously that this is a play, that when it walks offstage it no longer is the identity of that character. This is how the audience learns from a play. And you also are the audience, both actor and audience.

This is what your life asks of you: to live the illusion as full-heartedly as you can while still knowing this is

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illusion. Herein is the intersection of relative and ultimate reality, the intersection of the cross. You have one foot in relative reality, one foot in ultimate reality, and there is no separation between them. Some of you have understood that you have one foot on each side of this threshold, but you feel as if there were a wall, an infinite wall, dividing relative and ultimate reality so that you may only experience one at a time. It is very hard work to learn to blend them, to bring compassion and wisdom together. But that is what you are here to learn to do.

When we ask, "What is the spiritual path and how do we live it?" the spiritual path, for me, is one of awareness of the non-dual nature of relative and ultimate reality and compassion for the being who sometimes stumbles while trying to bring them together harmoniously; love and respect for these beings who keep brushing off the mud and moving on again, always learning a bit more about this balance and always learning a bit more about the desire to rest on one side or the other side of the balance; seeing the resistance to bringing them together because that requires such deep honesty and courage; and finding compassion for the being who cannot quite do it, but tries.

There is one very beautiful song from the play, *Man of La Mancha*.[7] I will not ask Barbara to sing it, as her voice is inadequate to the task. But one verse is the words, "To bear with unbearable sorrows, to go where the brave dare not go, to be willing to give when there's no more to give, to be willing to die so that honor and justice may live. And I know if I'll only be true to this glorious quest that my heart will lie peaceful and calm when I'm laid to my rest."[8] This is your path, a path of exquisite beauty. Honor yourselves for the humans you are, for the quest that you have undertaken and the extreme difficulty of it, and for the light not only at the end of the road, but the light that you emit with each step on this path.

I would like to change tracks now and move from the theoretical to the practical. Fine. We are looking for this balance of ultimate and relative reality, this balance of love and wisdom. How do we follow that quest in dealing with the very real and painful catalysts of our lives? I feel Q'uo wishing to speak. I do not know if Q'uo wishes to speak in answer to the question I have just raised, or wishes to add more that relates to the beginning of my afternoon talk here. I will simply pass the microphone to Q'uo for my brother/sister/friend to speak, and then we will move back to my own talk of the practical. That is all.

Carla: *(As a complement to Barbara's description of her tuning process, Carla's own process is provided.)* I begin in solitude by singing a hymn and continue with prayers, praying the prayer of Saint Francis and beseeching the Holy Spirit's presence. I invoke the archangels and all those whom they represent, who come from the world of spirit in the name of Jesus Christ, and ask them to help in maintaining the purity and safety of the circle and the contact. I then go through the process of looking into, and balancing, my chakra system of energies; and after balancing, I open up the energy system for potential channeling. Then I join the group, and continue tuning with the group. Before opening to a specific contact, I challenge the perceived contact in the name of Jesus Christ and ask that it say that Jesus is Lord. I repeat this challenge three times. If all three challenges are met, I open to channel.

(Pause)

Q'uo: We are those of Q'uo, and greet each in the love and in the light of the one infinite Creator. Greetings, blessings, love and peace. My fellow teacher Aaron kindly shares these teachings with us, and we stand humbly before this generosity.

Indeed, we wished to speak to the matter of how to conceive, if you will pardon the pun, of your physical, material selves being in the same physical vehicle with the infinite and eternal life form which you are. For you know that you are not your body, but were before the world had been and shall be long after it has been taken back into the unmanifest and unknown, which is infinite Intelligence that is the one great original Thought, which we label with the weak word Love, having no choice.

This instrument earlier this day spied an acorn, and picking it up, found half of it to fall away. The little pointed top fit nicely on the finger like a cap for a finger puppet. Consider the seed within this acorn's husk and the stature of its eventual manifestation. Can this tiny acorn conceive of holding such a seed? And each of you in your physical vehicles—fields after fields of energy held in articulated manifestation—to move as vehicles do through time

[7] Broadway musical of 1965, written by Dale Wasserman.

[8] "The Impossible Dream," music by M. Leigh and lyrics by J. Darion, 1965.

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and space, delivering the precious load of consciousness that it may be buffeted by all manner of catalyst?

Within each of you is being born (as you choose to walk this spiritual path) the physical vehicle, if you will, of light that you shall grow to be. But now, within incarnation, this physical form of light is tiny, incredibly vulnerable and protected only by your sense of its being as you go about your everyday affairs. Each choice that you make strengthens this infant consciousness. Each of you is like Mary, mother to Jesus, in that you are birthing your spiritual self, and you shall carry this within you all your days within this incarnation. Each hurt, each abruptness which shocks, each sorrow, each feeling of solitude and longing for a more native country, causes this infant child within to cry, and you may stand confused.

How can you nurture this inner child of light? Each of you can, in every moment, imagine, dream and intend this nurturing; and with the energy of this intention, you touch that tiny light-being with the Mother's and Father's love, seeing you are not alone, "for I have touched Love." And all that you feel and care and reach for exists in abundance, abundance that shall wash over your sweet beingness. "Here, feel my love." And because you, in all your dirt and confusion, have intended and dreamt and imagined this love, this abundance—*this* becomes truth; and the nurturing of infinite Intelligence continues as the great work that rose beyond all of the seemingly independent sparks of consciousness and, in the end, feeds not only that spiritual self within but the more conscious everyday self that may feel so poorly equipped to nurture and love spiritually.

Your secret weapon always is the parents' eternal secret: simple, honest love. Love that questing spirit within and you nourish that which shall carry you into eternity.

We thank our brother Aaron for sensing this teaching impulse which came to us, and hand the microphone back to his teachings with our love. Greetings, my brother. How wonderful it is to be here with you in manifestation through these lovely children.

Aaron: I want to move into some of the specific questions that we so often hear, the main one being, "How do I know when I'm following a path of love or a path of fear?" If you only had one motivation, it would be easy to know. What confuses you is the multiple motivations. In the giving of that apple, 95% of the motivation was pure generosity—no ulterior motives, no desire to be savior to one another, no desire to be somebody who gives, just openhearted compassion to the suffering of another and a clear, heartfelt response. But 5% of the motivation or 7% or 3% or 10%, it doesn't matter, was the voice of fear—either the voice of fear that says, "What if I need it?" and then judges that fearful statement and says, "No, I should give," compounding the judgment, or the fear that wants to be somebody "good."

The difficulty, then, is sorting out these voices in yourself and learning to trust the sincerity of the loving motivation and not get into a dialogue with the negative part of the motivation, but simply acknowledge that it is there. If you deny it, then it becomes empowered. If you acknowledge it and smile to it and turn back to the positive part of the motivation, you deny power to your fear. I call this not getting into a dialogue with fear.

You begin, through attention, to see how that arising fear ensnares you and draws your attention away from the angelness of you. There are some very specific steps to working here. First is to know that in every human situation there is going to be multiple motivation. Like the ivory soap ad, it may be 99 and 99/100% pure, but it is not 100% pure. Your fear is not a burden given you for combat. It is the fertile soil upon which you may build compassion. It is the garbage that you turn into compost.

So, first there must be acknowledgment that there is multiple motivation. When you are faced with a choice, you look at what grows out of a loving and connected place and what grows out of fear. And second, while acknowledging the fear, you refuse to get caught in the story of it. This takes practice. You are never going to do it perfectly and that is okay. But with practice, the skill grows: "I know this is fear and I don't have to get sucked into it." The more you practice with this, the more you trust the impulses of your heart.

What happens when those impulses seem to lead you into pain? I want to tell the story of a friend here, while changing the facts sufficiently so as to render this being unrecognizable, although it is not someone who most of you know or perhaps who any

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of you know. We have here a friend who was in a marriage which had its ups and downs, as many marriages do. This was a second marriage for both partners. I'm going to refer to them as partners A and B so as to avoid any designation of the sex of either being.

There was both love and pain between A and B. B suggested to A that since B was living in the house A had previously owned before their partnership, it felt excluded because it now contributed to that home. It suggested changing the mortgage, changing the bank accounts, whatever. It does not matter what they would change, but changing it so as to share more equitably. A agreed to that with some hesitation, but A sincerely felt, "If I want to live my life in love and trust with this being, the first step is to trust it." So, A offered to B half of its possessions, let us say.

After the papers were signed, B turned around, not immediately but soon after, and betrayed A. It doesn't matter how. But there was real betrayal, which led to filing for divorce, leaving A feeling not only heartbroken by the betrayal of B but also in a drastic financial situation. A said, "What did I do wrong? I followed my heart. I trusted and all it led me to is betrayal." A very painful story.

Let us look at what really might have been happening here. My follow-up here is hypothetical. The personal reasons why this happened are not something you need to know. There are many possibilities and I would simply like to explore them with you on a hypothetical basis.

Why do seemingly bad things happen to people who are trying to follow the dictates of love? That is the question. First of all, yes, this is a very painful situation, very frightening to A, who would now be both alone and having lost much of its support of its money. Is that bad? What do bad and good mean? Painful, yes, but there is going to be pain in your lives. Is pain always bad? Is it ever completely avoidable? You have heard me say that pain shouts at you, "Pay attention!" Now, A thought it was paying attention, but perhaps it needs to pay closer attention. When one pays attention, one's learning is still not always pain-free. There is no guarantee of that. The question then becomes, "Can I take this devastation that's been handed to me and make some useful learning of it, rather than having it send me into deep bitterness?" Perhaps that is part of what the whole issue was about. I repeat that these are hypothetical answers, all of them possibly real, but we have stepped away from the actuality of A and B's situation here.

It is highly possible that A is being offered the opportunity to let go of having to make things happen a certain way, being offered the opportunity to trust not only the "good" but also the "bad" in its life. It is very hard when one must go through that, but if one lets go of trying to make it come out a certain way and relaxes into what is, then one can find love and healing even in the midst of pain.

Part of this might also be karmic. Perhaps very specifically in a past life, A had taken from B. This is only one of the ways karma works. It would not even have to be from B that A took. Perhaps A did not take physically from B, but only could not share. You say it seems like a very backwards way to learn sharing, to be punished for sharing, but perhaps A needs to take sharing beyond reward and punishment, to move to a place where sharing is not for reward, but only to share. Perhaps the past misunderstanding was that A held on to sharing for its rewards, and if it could not see possible rewards, it was reluctant to share. So, perhaps that is part of the karma.

I am reminded here of a story of a Zen priest. This is said to be a true story that happened in Asia sometime in the last twenty or thirty years. The police came to this being and said, "You have been accused of this wrongdoing. Come with us." And they took the priest to jail. They asked, "Can you prove your innocence? Where were you that night when this deed occurred?" And the priest said, "I was alone. I have no witness." The priest did not fight the accusation nor did it agree with it. At first it said, "I am innocent," but it did not fight. So, that priest went to jail, was imprisoned and penalized to serve with hard labor. Six years later another prisoner, who was dying, confessed to that crime. They came to the priest and they said, "You are innocent. Someone else has confessed. Why did you not stick to your innocence which you proclaimed at first?" The priest said, "Because when I meditated that first night in jail, I saw that I had done this crime in a past life and I had gotten away with it, and another had been put to death for my crime. Now I have paid in my own way and I am free. I have lived these six years in prison with much love, serving my fellow prisoners. I am free."

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So, karma does enter into it. It is hard to understand that. You are not given the ability to clearly see your past lives. There must sometimes be much faith that even when life hands you difficult circumstances, you still can trust.

Another possibility between our A and B: Through A's ability to suffer this betrayal at the hands of B without moving into hatred of B, to allow B to feel his forgiveness, he is offering a very real service to B—opening a door. A may make it very clear, "What you did is totally inappropriate and I am very, very angry and hurt; nevertheless, I do not hate you."

To say no can be done with love. It does not have to be done with hate. Perhaps both A and B needed to learn these lessons, B being served by A's ability to work with this painful catalyst lovingly so that B might also learn and grow beyond its self-centeredness and fear.

Finally, A may be offered the opportunity to look at the multiple motivations in itself, that it shared its fortunes with B with a high degree of love and desire, aspiration to strengthen their relationship, but that there was also perhaps denial of any sense, "This being is not trustworthy"—denial of the fear in itself of letting go of a relationship with a non-trustworthy B.

So, one part of it is A's reluctance to be honest with itself about the realities in its situation, it is clinging to what love was offered rather than having the faith to say no. This is a hard one. So many of you have a hard time saying no with love. You aspire to be "spiritual," to be good and kind and loving, but sometimes you interpret that kindness to mean being a doormat to others. When you offer yourself as doormat, you are going to be walked on. Then rage builds in you and you erupt. And then you say, "Oh, I'm bad for having erupted," and you go back to doormat once again. But there is a place in between, when you have self-respect through faith in who you really are and in the loving-kindness of your heart, even while knowing that this is only part of what is there, that there is also fear and anger, jealousy and greed. But when you have faith in that segment of your heart that is loving and respect that in yourself, then you find respect for that which is loving in another. When you have compassionate non-judgment for that in yourself which is less than loving, you find compassionate non-judgment for that in others When you learn to say no kindly to yourself when the impulse is grounded in fear, then you learn to recognize that fearful impulse in others and say no to it with the same kindness. Living with non-harm to others does not mean never saying no; quite the contrary. It can be very harmful to another to allow them to use you as a doormat.

You must get this straightened out in yourselves by paying close attention to the multiple reasons for your choices, starting to see those motivations that are prompted by love and what part of it is prompted by fear, not hating yourself for the fear, but not being drawn into dialogue with that fear. This is what leads you not to be drawn into dialogue with another's fear, but to say no and to trust, "This is the least harmful thing I can do." Harming another by ownership is still harm. If you allow another to step on you, and hold your tongue, even if you are not hating them for doing that, you're still harming them. It is a very fine line.

A related question, one of choice of work is, "How do I know whether to stay with my present job, which is sometimes very painful to me, or when to move on to a new job? Am I copping out or am I being guided by love?" One might ask the same question in a rocky relationship. "How do I know when to stay with it? How do I know when to withdraw?" The same answer, my friends: When you start to allow yourself to experience the multiple motivations without needing to cling to being the "good" one nor to deny nor hate yourself for the places of fear, then you allow yourself to move into a deeper place of knowing in your heart, which very honestly weighs the balance and knows this choice is primarily motivated by love or by fear. It is never going to be clear-cut, which takes me one step further.

Please understand that there are only more or less skillful, more or less painful or joyful decisions. There is never a right or wrong decision. If you stay with the job or relationship and pain increases, you always have the right to leave. You ask yourself, "Am I still learning here or has the pain increased to the point where there's so much contraction of my energy that I can't learn?" If that is so, you forgive yourself for that humanness that creates that contraction and you let go of that work or relationship with the intention to look deeply at the places of fear when you are no longer so deeply stuck in it, and understand it, so you will not need to

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repeat it. If there is not that much contraction and pain and there is still much love and much joy in the work, and if you feel yourself learning in those situations, then you go on. There is no right or wrong.

There is much more that could be said about these questions which I would like to get into, but rather than working with hypothetical situations, we would like to hear your questions. I also sense that Q'uo may wish to speak before you get into your questions. What we will do here is pause for a brief break, come back and allow Q'uo to speak, if that is desired, or open to your questions. That is all.

(The session was paused for group meditation and tuning through story and song.)

Q'uo: We are those of Q'uo. Greetings once again in love and light.

We are happy to report that not only have Aaron and we spoken concerning the remainder of this session of working, but our instruments have also made their peace with our preferences, so all is well in hand. And this delights the one know as Carla, who enjoys arrangements.

We have looked at the walking of the spiritual path and seen that it is based upon the awareness that within the form which walks upon the surface of this sphere and dies and is no more, there exists a self which does not go down into the dust or in any way become corrupted, but which is infinite and eternal and unknowable, as the mystery of love shall always remain unknowable.

We have acknowledged that the beginning of this path may usefully be seen to be the first conscious choice of how to walk that path. Each here who hears our voice has committed the self to a pilgrimage of service to others on behalf of the one infinite Creator. We also have chosen this path, and this is why we have been called to your group at this time/space. We have suggested that beyond all questions of human motive, which keep intellects busy attempting to discern right, there is the actual center of this quest in the very body which is corrupt; for the consciousness which is Christ Consciousness, which is Buddha Body, dwells with a faithfulness that shall not cease, short of death.

In the midst of the physical vehicle which you know as your own body, no matter how its condition seems, it carries Christ within it. And this being, within which is your deeper Self, depends upon you to hope and dream and strive in faith amidst all difficulties and conditions whatsoever, to affirm this Self within, to proudly bear all the perceived errors of self as scars of a warrior who strives peacefully towards that inner Eden in which all physicality and confusion pass away. And the Christ within, well-launched from infanthood, may finally begin another voyage, another pilgrimage, in a lighter body within which this consciousness grows and has a larger weight compared to the physical body. You see, in all of your attempts to live, whatever you may think of them, they have been your best. How can any offer more than this?

Now then, we encourage each to feel the feet planted upon the path of pilgrimage. Yes, there are times when you may sit and drink in such beauty, whether it be of the eye or the heart, that you feel nourished and lovely and loving and well-equipped to do the walking towards the greater light. Yet, so much of any pilgrimage takes place when conditions do not seem favorable. And in these dry and desert times, it is central to pilgrimage that within your own processes of reasoning and consideration, you remember who you are, where you wish to go and how much you feel connected to this quixotic quest. It is when you are alone, without friends to encourage or understand, that the spirit within most needs your ragged, jagged faith—any scrap, any off-key rendition of the blues that still may praise the Creator within. Pilgrimages are difficult. But you would not find yourself upon this path if you did not hunger for that which gives meaning to difficulty. You wish to be wide awake and feel every stone, eat every mouthful of dust and sit at the end of any hopeless, empty day, rejoicing and giving thanks that you have been present at this miraculous disaster.

Of course, we can most well comfort each in these protected circumstances using channels such as this one and using the energy of each who seeks so that each helps each. But the testing and trying which tempers and encourages the growth of that spirit within is greatly fed by these difficult, desert moments or hours or days or, this instrument reminds us, years.

Sometimes, yes, each shall have losses, limitations and every discouragement. Indeed, each faces physical annihilation. One day this body shall be dust. None of this appeals or is easy to ponder, yet

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each of you shall walk along this path with the truth receding infinitely before you, never reached, always beckoning. And each day shall be new. Each situation, no matter how time-worn by repetition, shall be new if you choose to be fully the pilgrim. For you who wish to walk this path, wish nothing short of transformation. And one who successfully transforms oneself has virtually healed at least some portions of an older self, so that the new within has the opportunity and room to bud and flower and bloom in its turn, within.

The question, "How can one walk a spiritual path or have a spiritual vocation when one must labor at worldly concerns in order to provide food and shelter?" becomes less puzzling if you assign the value to labor that you assign to meditation, contemplation and all the good practices of the spiritual vocation.

We suggest to each that the spiritual vocation is to find love in the moment, every moment; and this makes no distinction between the worldly labor and the strictly spiritual practice. When an entity can gaze at the crowded day and see joy in the doing and Christ Consciousness in the very warp and woof of all labor, then a world opens up before that entity which is entirely drenched and marinated in Christ Consciousness.

This instrument has read the story of the nun who was asked how she could bear to wash the filthy, maggot-filled sores of infant children in your India which were soon to die, the odor and the look of putrefaction being so dreadful. The nun reportedly looked up at the questioner and said, "Oh, but this is the face of Jesus Christ. If I thought this was an Indian child, I could never do it."

My brothers and sisters, each of you is as this one. And no matter to what purpose you lend your hand, you touch Christ Consciousness. Do you doubt that there is this consciousness in one who does the taxes, goes to the grocery and attempts to park the car in a crowded lot with others jockeying for your place? If you do doubt, then praise and give thanksgiving to the one infinite Creator and go on anyway.

We shall speak to ways in which the spiritual vision may be tuned so as to be more fruitful in throwing out for your use tools and resources with which to meet Christ in the parking lot. But for now, we and those of Aaron, in the course of questioning, would like to address specific requests from you. We would open with the first query. Does any wish to question at this time?

Questioner: I've noticed in an experience that I had, and I've had it here today in listening to Q'uo, that as I get closer to God Consciousness I always feel a welling up of tears. I'm wondering why that is. They don't feel like bad tears.

Q'uo: I am Q'uo, and we agree that these are not bad tears. You have the sensibility to weep at the beauty, my brother. This beauty is called forth within you by words which you recognize, yet the beauty which brings your tears was within you all the time. Is there a further query, my brother?

Questioner: No. Thank you.

Q'uo: Is there another question?

Questioner: You indicated that all jobs are good. Aren't there jobs that are not so good, that are selfish and destructive rather than constructive, like developing atomic bombs or something?

Q'uo: The query about good and evil occupations assumes that one accepts good and evil occupations, yet we would suggest that each entity which strives to polarize towards service to others has the tendency to select a job for pay which is either helpful or not harmful. However, were a scientist put in the position of developing the atomic bomb, yet still this entity could invest every hope for positive use that it had, and with sadness accept such a development as a job. Given the circumstances in which the atomic bomb was developed, the intention of those who developed this was sad but firm commitment to stopping a war which was engulfing your sphere.

The worldly is seldom pure in its habiliments or circumstances. Good and evil are so plaited up and interwoven in the tapestry of living that it is almost impossible to do that which yields all positive and no negative. Those who have been given gifts must attempt to offer them with the very best of intention. And if there seems to develop negativity therefrom, then that pain and sorrow, too, must be taken into that place where forgiveness reigns, healing is real and the light does not waver. That place lies within each. It is a place as clear in location as Cleveland. You may not know its position within the body, but its position within your beingness is specific. It is your heart. And in that place there is no right and no wrong, but only love. Beyond all that occurs, all that dies, there is love A sorry race it is

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that each may run in terms of the outer appearances, yet each time that spirit within throws that metaphysical hand up and says, "Praise, love anyway. We'll work this out eventually, but now, praise and thanks that we are here to witness to love," that place is re-entered and the healing waters flow.

Does this answer the query, or is there a further query?

(Pause)

One final query, if there be one, then we would wish to transfer the podium, shall we say, to the one known as Aaron. Is there a final query to us at this time?

Questioner: I have a question. Is there any dharmic practice or service that you would recommend that would enhance, perhaps speed up, but at least keep one pointed on the path toward getting to this place in the heart?

Q'uo: Yes, my brother, there is. For each it is somewhat different. But perhaps you can see the slant when we say to you that the teacher known as Jesus, in attempting to describe its nature, said that it thanked entities who had fed it and clothed it and so forth. And when the confusion arose because entities had not fed Jesus, it explained, "Insofar as you have fed or clothed the least of these, you have fed and clothed me."[9]

There are entities starving. There are entities who are naked. There is always some soup to fix and hand to those who have no home. And for those who cannot achieve a sense of this healing place within by working upon the horizontal plane, there are those commitments of the spirit to pray and intercede and assist the consciousness of the planet upon which you dwell. For those who abide in love and thanksgiving, thinking prayerfully of the planet or the cause of peace, or any beau geste, any windmill which you may till at, the doing of this regularly, day after day, week upon week—this for those who do not see love in soup—shall furnish the love; for this, too, is food, a kind of food you might call manna or bread of heaven.

If you cook, offer soup. If you pray, offer prayers. And if you do neither, sit down in one place and give thanks and praise and then be quiet and feel the doors of the heart open. We do not suggest that this is easily accomplished, but only suggest that sometime in the rhythm of your own energies will be the time when all the waiting is over and you have that divine moment when Christ Consciousness thrills up your spine and through your very being; and for that instant, all is quite, quite clear. Ever after this first experience of the open heart, you then have this subjective memory which can shine within you, like the candle lit against all darkness, until your next moment within the open, full heart.

May we answer further, my brother?

Questioner: No. Thank you.

Q'uo: We thank you, my brother, and all here present. And we shall most happily speak with you again, but for now we would yield the floor in case any has queries which it wishes the one known as Aaron to answer. For now, we leave you in all that there is: the love that created everything and the light out of which all is created. We are those of Q'uo. Adonai.

Barbara: Aaron wants to speak for a few minutes before he opens the floor to questions.

Aaron: I am Aaron. I wish to briefly expand on a few things about which Q'uo spoke. First, before the floor was opened to your queries, my brother/sister spoke about living a life in faith. I want to pick up on this idea of faith.

One of the primary learnings of third density is faith. Sometimes your life hands you chaos, pain. The first impulse is to say, "What am I doing wrong?" or, "Why me?" It is very hard to have faith. I am not suggesting blind faith that takes whatever is handed you with no respect for yourself. This is the thinking that leads into "doormatism," if I may coin a word. This is not just blind acceptance which disempowers. Faith, on the contrary, *true* faith empowers because true faith comes from that part of you which cuts through the relative dualities of good and bad, right and wrong. True faith comes from that deeply connected core of your heart, and it is built on past experience of faith. It is built on wisdom, on looking back at this life and seeing that what you challenged with a bewildered, "Why?" turned out to have answers, turned out to be at times your greatest teacher. It is that grounded faith which grows out of connection and of love which enables you to deal with the bewilderment and occasional deep pain of your life, to cut through your war with

[9] *Holy Bible*, Matthew 25:40.

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that pain and confusion and take the next step. Put as simply as I can, if life never challenged you by offering you that which was difficult, how would you strengthen these muscles of faith? How would you practice faith without the catalyst which asks that of you?

Taking this to another place, we will look at such a situation as the making of the atomic bomb. Of course it is possible that there were some, even likely that there were some involved in the making of that bomb who did so with hatred in their hearts and the desire to kill others for revenge. There were also those who acted in the service of love and caring for others as best they knew how. You may question their wisdom, but you may not question their intention. If one says to you, "I truly believe that I can best preserve peace and sanity in the world by creating a terrible weapon," their reasoning may be faulty, but their heartfelt motivation is to serve.

Is the bomb, in itself, good or bad? Is anything, in itself, good or bad? What grows out of it? There is a story of the man whose horse broke free of its barn and disappeared. The neighbors all said, "Oh, what bad luck!" The man shrugged and said, "Bad luck/good luck, who knows?" The neighbors shook their heads with bewilderment at his response. But the next day this mare came home leading a wild stallion, a strong and handsome animal. And the neighbors all said, "Oh, what good luck!" Again, the man shrugged, "Good luck/bad luck, who knows?" The next day the man's son was attempting to groom this horse and the horse kicked him, breaking his leg. And again the neighbors all said, "Oh, what bad luck!" And again the man shrugged, "Good luck/bad luck, who knows?" Later that week soldiers came rounding up young men in the area to become scripts for the army, and they took all the young men in the town except this one with the broken leg.

Good luck/bad luck. What does "good" or "bad" mean? What are the motivations? What grows out of it? I am not stating here that it is acceptable to go out and murder people and say, "Well, there's no such thing as bad." You do live with one foot in relative reality. If you harm others, you are responsible for that harm; and it is never all right in terms of relative reality. But nothing on your earth plane happens without a reason, and nothing is without its karmic consequences.

What was the motivation of those who created a bomb? No, the ends do not justify the means. It is not okay to kill people to create peace. You will have to decide for yourself, however, if it is okay to do certain work if your intention is pure.

What are we weighing here, the work itself or the motivation? There are times when the answer is clear. So one, for example, who goes out to hunt for sport—killing animals perhaps as a guide, leading others to this killing—it is clear that this is action that harms others. But sometimes it is not very clear. Most of your work does not directly point to harm. And we also might ask, "Harm for what?" There is honest disagreement. Do we cut down rain forests, thereby killing the life therein? If we do not cut it down, what do we use for fields to grow food?

I'm not suggesting an answer here. Of course, I have my own views; but they are merely my opinion. The question is, "What is the motivation?" And here, we come back to faith. One can work as hard as one can to follow the path which one personally sees as relieving suffering in the world, but one also must have faith that one cannot fix other people, that one cannot grab other people and shake them out of their views. If people need to do that which seems to be destructive, one must simultaneously work as hard as one can to alleviate the suffering that grows out of that destructive path and also have faith that things are unfolding as they need to. It is not given to you on the human plane to see all the answers with foresight.

We come back to this same question, "Can I look at the multiple motivations within me?" Perhaps the difficulty is being with another being's suffering. So I want to take that suffering away from them because it is so painful for me. I want to fix that. But in so wanting to fix them, I don't give them their free-will choice, nor do I give them permission to be who they are and to learn in their own way. Do I have the right to do that?

You can open a door for another, but you cannot push them through. You can suggest to another, "I think that this is a path that will lead to suffering." But you cannot insist on another's agreement with your view. Here is where you need faith that you must speak up and act without attachment to results, where appropriate. And then you must let it unfold as it will, doing what you can, and then resting and letting it open as it needs to.

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A simple illustration here is the child that wants to touch a hot stove. You tell the child ten times, a hundred times, a thousand times, "No, it's hot!" But the child has no concept of hot. You don't simply shrug and say, "All right, touch the stove. See for yourself!" You continue to say, "No, it's hot!" But somewhere along the line, you know the child's going to touch that stove behind your back and learn for itself, "Yes, it's hot!"

You can open the door to another's learning, but you cannot know what the other needs most to learn. Perhaps those beings who built the atomic bomb and those who were involved in the bombing itself on both sides had lessons which you cannot begin to understand. We cannot judge others. That does not free us from responsibility for stating our viewpoint with love.

To shift tracks here, I would finally like to speak briefly to this last question of spiritual practice with one very specific suggestion, two actually: one all-encompassing and one specific. The all-encompassing: Whatever you do, do it with awareness; just that. Awareness is the key to all of your learning. The second: What is your own personal stumbling block? It will vary for each of you.

Awareness is the overall practice. There are many support practices which allow you to bring into your awareness the catalysts which give rise to that which you most need to practice. For the being, for example, who is very aware of the stumbling block of greed, of the fear, "Will my needs be met?" and the movement to hold on, to grasp—such a being might find it useful to move into a practice of always letting others go first, just to see what happens with that.

At a meditation retreat here last year, someone spoke of trying this: of seeing the fear in itself that it would not get what it needed to eat and of asking itself to always be last, to wait until everyone else had been served. In doing so, that being had need constantly to address that fear with awareness. And it also was given the opportunity to see that there was enough left. It began to see how much that fear was old-mind's habit and was not a fear borne out in the present moment. So, it began to find that it could let go, that it no longer needed to own and identify with that fear.

Jealousy: A practice here is to notice, with compassion for yourself, the arising of jealousy at others' good fortune; and then, very consciously, to allow the arising of gladness for them in yourself, to look as carefully as you can at that being's fear and pain, and at the arising of joy in what it had been given or accomplished. As you work consciously with such a practice, you find a very real joy in others' successes and happinesses. You allow a part of you that had been confined and not allowed expression to come out and express itself. And it allows for the disillusion of fear. You start to understand that another's gain does not mean your loss. You correct that misunderstanding.

Generosity: Another one, another part of holding on and fearing one's needs won't be met. If this is a predominant issue for you, another way to work with it is to practice giving. Start with very small things, seeing that another needs a fork or a napkin. You are not giving your own, you are just reaching and getting it for them. But it is a practice in giving. It starts to open your heart to how wonderful it feels to give and be attentive to others' needs. It starts to open your heart to that innate generosity of spirit. Then you increase the giving, not just of material things, but of your time and your energy. And you begin to learn that you do not lose anything when you give. Again, you correct the misunderstanding, not through forcing yourself with a "give till it hurts," quite the contrary: a gentle process whereby you learn that giving is joy.

I will not elucidate with each stumbling block that each of you may have. You have got the gist of it. There are a great many different spiritual practices. First you must identify the stumbling block and then you can find an appropriate practice that relates to it.

I would like to open the floor here to any questions that there may be. That is all.

Questioner: Aaron, do you have a practice for arrogance?

Aaron: I am Aaron. First we must look at, "What is arrogance?" Can you see that arrogance is simply the flip side of the coin of unworthiness? To be arrogant is to presume oneself "better than" or feel the need to express a superiority, and inversely, to put another down.

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Do not concentrate on the arrogance. That is dialoguing with fear. Move your focus instead to the sense of unworthiness. When you see the impulse toward arrogant response arising in you, let it be a flashing red light saying, "Fear is here," and move that loving heart immediately to the fear. "In this moment, am I unworthy?" Your answer is going to be no. "Have I ever been unworthy at those times when I experienced an impulse toward arrogant response? No. It is simply the way that this mind/body construct has dealt with fear of being inadequate or unworthy. I don't need to do that." The spiritual practice that might then be derived from that is to allow the arising of arrogance to be a reminder to be compassionate to this illusory but seemingly real self that is experiencing fear.

The person who experiences that which seems arrogant in itself undoubtedly also frequently experiences arrogance in others. Here is where a valuable practice comes in, of seeing the arrogance in others as their fear. You may begin to work with a forgiveness meditation, really trying to see their fear manifesting that arrogant reaction. As you forgive them, you forgive yourself. Is that sufficient answer or have you further question?

Questioner: Can Aaron hear Q'uo, hear what Q'uo is saying? Is it communicated to you so you can pay due attention to Q'uo?

Aaron: I am Aaron. I hear Q'uo's thoughts but not Q'uo's words. In other words, I hear the thoughts, but do not know the choice of words with which Carla has framed those thoughts, because Carla is not thinking the thoughts. They are simply emerging.

Interestingly, last night at a point when the tape was being changed, Q'uo's thought was, "We now will pass the microphone to Aaron," so I told Barbara, "It is time to speak," but Q'uo had not yet said that. It was simply the thought. Thus, this instrument held back.

I can hear all of your thoughts. I will not tell Barbara those thoughts. Barbara is responsible for her deafness in ways that she understands. I am not saying she went out and punched a hole in her ear, but in very real ways she is karmically responsible for her deafness and responsible for the consequences of the isolation and limited communication that forces upon her. And I will not simply remove that burden from her. She must live with it. I understand that it then places a burden on others to communicate with her. Perhaps that is also part of the whole karmic cycle of it.

I will tell her when there is something that could be dangerous. For instance, in a car, at one point she had begun to move from the left lane into the right lane because there was a car behind her that wished to pass. As she began to pull into the right lane, the car that was behind her speeded up and started to pull beside her into that same right lane to pass her on the right, the driver driving erratically, angrily. He honked his horn, but of course Barbara did not hear that. Here I did step in, simply saying, "Left, left," and Barbara trusted my voice enough not to pull into the right lane but to swerve back left again, and the driver sped past.

So, I will help with that which she does not hear when it is a potentially life-threatening situation, but I will not step in to simply supply the ears she has lost. That is her responsibility. Does that answer your question?

(Inaudible)

Questioner: This morning Aaron was telling us about what happens when we die, and it was very interesting. And we said, "Let it wait until everyone can hear it," about the transition period and so forth.

Aaron: I am Aaron. This answer will take at least ten or fifteen minutes. May I suggest that it be my contribution to our fireside stories? Will that be acceptable to you? That is all.

Questioner: Do you mean you are going to tell ghost stories now? Wouldn't it be fun to hear some Christmas stories.

Barbara: Aaron says, "That's another kind of ghost story: Holy Ghost stories."

(Group laughter.)

Is there one other short question?

Questioner: Should we guard our socks when we go home?

Aaron: I am Aaron. It is my firm belief that socks are given to you in pairs for the sole reason of offering you the chance to practice at non-attachment and to practice offering other beings a free will. I have told you before that on our planes we take your cast-offs gladly and have no preference as to whether they

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match. Perhaps eventually we will be able to finally tell enlightened beings on this earth because they will randomly wear socks that match or do not match, with no great attachment. That is all.

(More group laughter.)

Questioner: Is that how we get lint in the dryer?

Aaron: I am Aaron. The lint in your dryer comes from the material of your clothes practicing dissolution of form. That is all.

(The session was paused for a period of group meditation, singing and poetry reading.)

Barbara: So many of us get trapped in that being spiritual, being good, means never saying no, never being angry, never having emotions. Aaron says that it is harder for those of us who are old souls, as all of us here are, because we so much aspire to purify our energy—an intention that works against us because even if there's a little bit of negativity in us, instead of just taking it in our stride as younger souls do, he says that the closer that we get to getting ready to graduate from the plane, the more perfectionistic we get. And that's one of the last lessons that we learn: finding love for our very fallible human selves.

Questioner: What kind of being is the Q'uo? Is it a sixth-density social memory complex? And for what purpose did it become one; that is, a joined group entity?

Carla: Before the Ra contact began, I was channeling mostly a fifth-density entity named Latwii. It was a social memory complex, fifth-density wisdom. I really liked Latwii. After Don died, I did not channel Ra anymore at Ra's request, and went back to channeling Latwii and others. I got a contact from Q'uo soon after that … six months. We thought, "Q'uo, what an odd name." A couple of years later we finally developed enough wit to ask who Q'uo was. And Q'uo said that they were a principle made up of Latwii and one of Latwii's teachers who was also one of our teachers by the name of Ra. I could no longer channel the narrow beam which required trance, but I could channel fifth density. And Latwii could talk to those of Ra and be somewhat better able to focus on the question than they were before. So, Q'uo is a sort of new, improved Latwii and Ra. The purpose of their contacting us is because we asked for it. The purpose of their joining was to contact us.

Questioner: Have they ever identified themselves as to where they're from?

Carla: No.

Questioner: Have you had much contact with Pleiadian entities?

Carla: I have worked with people who have been channeling the Pleiades. I have not accepted that contact.

Questioner: Have you turned it away?

Carla: Yes.

Questioner: Why? Is that a personal question?

Carla: No. It is a question having to do with my judgment that the contact is mixed.

Questioner: Yes. That fits with what we've heard about the Pleiades. There are different purposes at work coming from that system.

Questioner: Could someone speak to what they are? I've never heard of it.

Questioner: The Pleiadians are a star formation, aren't they?

Questioner: Yes! And it's one of the oldest civilizations in the galaxy. Aaron gave some talks about how a lot of our culture was seeded from the Pleiades and that a lot of us came from the Pleiades.

Carla: It's very strong energy, but it's also capable of a good bit of delusion.

Questioner: Can you pick and choose?

Carla: I don't think you can as well, once you accept contact. You're going to get what you get.

Barbara: Last spring Aaron talked about the Pleiades, but I have not yet seen the transcripts from that. Does anybody know what he said? Does anybody remember? Can you share a little bit with us?

Questioner: As I best recall, the Pleiadians were a very ancient civilization that was made up, not of one race, but of many different kinds of beings who came together—physical beings and non-physical beings like water beings, air beings, more ethereal beings. And they had a governing council made up of beings who were incarnate and discarnate. That council and those beings were aware of the distortions that were happening on Earth due to extraterrestrial contact with the Earth—negatively

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polarized contact. And there was a debate about whether or not to intervene.

So, some of the beings from the council (it is not a governing council but a voluntary council, like a service group) came to Earth. They came, not as incarnate beings, but as shape changers, which is a way of simulating incarnation here in the physical but being able to leave at will and not be subject to the karma here. So, they were hoping that by simulating the negatively polarized extraterrestrials, they could give a different message of love instead of a negative one of fear. But what they didn't realize was that by taking the form of these negative beings, they had to copy them so precisely that they had the capability to even emulate the emotional body to such an extent they could not separate from the negative polarity as well.

Thus, they fell into negativity because they also, despite their very good intentions, had a very small amount of mixed motivations or negativity within them. They were very loving beings with very good intentions, but they overestimated their own ability and their own need to learn from the negative half to understand negativity within them. So eventually many of them took incarnation. And as the years and incarnations went by, many of the lessons from their civilization became seed-points of our own great civilization. They were bringers of culture and light.

So, they came to teach, but also ended up coming to learn, and many are still here working out their karma. There is still contact going on from the Pleiades, as Aaron has told us, but there is still a debate about this contact and whether beings from other planets should actively intervene.

This was an echo of previous history in which the makers of Earth had seen the negative contact with their creations—the people of Earth—and they tried to protect them somehow, not trusting people's ability to learn from this negative contact. And this protectiveness by these beings who founded Earth became itself a negative catalyst; and further … yes! … it was the birth of fear on Earth!

This was long before the Pleiadians saw the contact of extraterrestrials, which was far more negative by then. So, now I think some of the contact that Carla is talking about is some of these beings come to do good, but not to intervene. There is a law or agreement not to come to Earth unless it is by incarnation. But what about those beings who do not follow the law? Do you enforce control or allow those beings to go ahead with breaking this law?

Barbara: Aaron says two things. He says, "Thank you!" to you. (I'm paraphrasing here.) He's saying that there is a force field of sorts around the Earth. They cannot use fear. They use love as the energy of this force field to prevent encroachment by negative energy. There's a force field of love which prevents highly negative energy from encroaching, because they're repelled by this force field. But energies such as the Pleiadians are not negatively polarized, simply, in Aaron's viewpoint, have misunderstanding that the end justifies the means, and thus have intervened rather than trusting and having faith in those on Earth to work it out on their own; but they are not repelled by the force field because they are positively polarized beings. That is all.

Questioner: Has anyone here read, *Bringer of the Dawn*?

Barbara: Yes, I have. And I asked Aaron about it and he said to read it very selectively. It is both clear and fear-based.

Questioner: It does tend to create fear in a major DNA change in another twenty years. That sounds pretty fearful. But there are some things in it that I think are interesting topics of discussion.

(The group offered topics for the next session.)

"How do we move into the space of being unselfconscious?"

"Do we connect with each other vibrationally, for the most part?"

"Is there reincarnation in groups? How does that work? How do we find each other?"

"Did Christ and Buddha "hang out" together?"

"It seems that unworthiness really goes deep, like it is genetically encoded, almost like a catalyst. Is it genetically encoded? What is the origin of unworthiness?"

"Is it better to take it slow or to try to complete this density in this lifetime?"

"Hopi prophesies?" ♣

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The Aaron/Q'uo Dialogues, Session 21

September 26, 1993

(This session was preceded by a period of tuning and meditation.)

Aaron: I am Aaron. Good morning to you all. I want to share with you how much I enjoyed the spirited energy that rose from this room last night with your joyful gathering. Some of you forget that laughter is also a part of the spiritual path. We are asked please to open the shades. Laughter is one of the most effective ways—laughter, joy and lightness, the lightness that comes with deeply sharing your energy and opening your hearts to one another in playfulness.

There is no other plane that I know of where beings limit their playfulness, the natural playfulness of their light, as much as they do on the earth plane. It is part of your illusion of separation. So it was very beautiful to us, as your spirit friends, to feel and share in your joy.

There are a number of questions that were offered last night. While understanding the importance of each question to the seeker, it is of our mutual agreement, Q'uo and myself and also of those through whom we channel, that it is best to maintain the focus of the original question, "What is the spiritual path and how do we live it?"

Since our time is not unlimited in these particular sessions so that we cannot answer all the questions within each of your hearts, it feels most relevant to the entire group to limit ourselves to those questions which first drew you here, because we have by no means covered that topic. This does not mean that we do not value the other questions, but that we must answer them at a different space/time. Ones such as the one about dying and what happens after dying are easily answered on a Wednesday night.[10]

One thought in my mind is that in a future gathering, rather than starting with a specific focus, we could simply come together as curious seekers with questions. We can explore that route.

Q'uo and I would like first, then, to continue some of our discussion of, "What is the spiritual path and how do we live it?" coming back more to the question, "What is it?" and then to the second half, "How do we live it?"

Speaking to the particular distortions and confusions that offer themselves as catalyst in your lives, we come together here with a number of religious biases. I do not mean bias in a negative term, only in the sense of persuasions or beliefs. A bias might be considered a bend, a bend in the clear stream of light such as that bend that light makes when it hits the

[10] For more information, please contact the Deep Spring Center for Meditation and Spiritual Inquiry, 3003 Washtenaw Ave, Suite 2, Ann Arbor, MI, 48104, www.deepspring.org.

water, being bent by the mass of that water so it appears to the eye to have a crook in it. Your individual values, experiences and beliefs serve as deflector to the true light, so that the expression of that light becomes individuated into your own personal bias.

Your religious persuasions are not to be mistaken as synonymous with a spiritual path, rather they are the tools that you use to help you walk your path. There are hundreds of different religious beliefs in the world. We do not wish to favor some above others. They are all of value. Even those which have been viewed as negative in some way provide a value to the seeker.

Time limits us from speaking to the myriad religious persuasions of your many cultures, nor would that be relevant to you. We have here a group whose religious understandings are predominantly Judeo-Christian and Buddhist. There are those among you who have been influenced by the Hindu or Sufi, by Islam, by Native American cultures and beliefs. These are not any the less valuable.

The other reason why I choose to speak predominantly to, let us call it not even Judeo-Christian but Christian and Buddhist, is that the essences of these can be simplified into these qualities of mercy and wisdom. The beings who were the masters of these two faiths have become in your heart/minds the personifications of mercy and wisdom.

If we look into other beliefs, we will find other religious streams. We will find that those beliefs find some balance in these qualities of mercy and wisdom. Judaism, in its purest form, makes a very beautiful balance. Hinduism leans a bit more toward the qualities of love than of wisdom, as do the Sufi faiths The Native American traditions come to a beautiful balance.

While I speak of balance, be aware that a balance need not be 50/50. Each of you has been in incarnation so many times, you move into your religious bias because of what speaks most eloquently to your heart.

Mercy is one wing of the bird, wisdom is the other. Call it wisdom and compassion, wisdom and love. The bird cannot fly without two wings, but always one will be the stronger. Through the quality only of faith, one can find liberation. Through the quality only of precise and fine-tuned, awakened wisdom, one can find liberation. Could you see that bird struggling to fly with that one wing, the other wing at least held out for balance?

Your spiritual path lays before you the ways in which you find that personal balance. There is no right or wrong here. One cannot offer a recipe: 17% of this and 19% of that and 3% of this and so on. What do you start with? The stew that is too sour may need more sugar. The stew that is too sweet may need more lemon.

So, you must know yourself, know your strengths, relish those strengths and build on them, but not be afraid also to know the places of lack of strength and be willing to strengthen those muscles that are weak. The runner who works only on strengthening his muscles will lack wind in a race. The runner who works on his breath and lungpower and ignores the muscles will find the legs cramping and weak. And yet one runner may know the great strength of her legs and that it is what will put her ahead in the race, so she wisely strengthens her lungs so that they may endure through the race while the legs do the bumping and pushing.

What do you need to strengthen in yourselves? What are your weaknesses? It is always easier to strengthen that which feels most natural to you, that to which you are most deeply drawn. But I beseech you to look at your resistance to strengthening that which is more difficult to strengthen.

So, what are these paths of loving-kindness, mercy and compassion, and of wisdom? I spoke sometime this weekend about using mind to tame mind and using wisdom to tame mind. When I say mind here, remember that I do not mean the brain, but the mind/heart totality.

I want to speak here of stories of these two basic teachers and their teachings: the Buddha and the one who is known as Jesus. I have shared with you many stories from my own heart, from my personal memories of this being in that lifetime in which I was a poor shepherd and knew this being in the flesh, and the ways that he affected me deeply as teacher. Predominant in those memories were the stories of his deep loving-kindness to all beings, his deep sense of humility, his unwillingness to see another being suffer; and yet his deeds were tempered with wisdom.

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I have shared the story with many of you of a visit to him soon after that being who was my wife had died and my heart was breaking. I was injured on the way and my leg was broken—that being who I was. I know that he had the ability to heal it, but in his wisdom he saw that my broken leg was not what needed healing. My heart was what needed healing. I was angry at him at first. I said, "I have to go home. I have children and sheep to be tended." "No," he said. "Your son can tend the sheep. Your neighbors and family can tend your children. You must stay here until you are healed." In my ignorance I thought he meant until my leg was healed, and it felt to me that he was withholding his healing. But I was forced to remain there for some months, being tended lovingly, carried from place to place, fed and my soul nourished until that deep grief within me had healed and I was ready to go home and be both mother and father to my family.

So, he was not maudlin in his mercy. It was tempered with wisdom. But he did heal because he could not bear to see another suffer when it was within his power to alleviate that suffering.

The balance to the story is a tale of the Buddha. This is not a personal memory, but a story that has been handed to me and is known in the literature of Buddhist stories. A woman's young child died, and she was heartbroken as it was her only son. The Buddha was camped nearby with his followers. And some said to her, "He can help." So she carried the child there and said, "Lord, can you revive him?" The Buddha looked at this dead baby and said to the woman only, "I can help you, but first you must go out and find [a certain kind of spice that was familiar in that country in India]. You must bring me a pinch of this spice." "Oh, that's easy," said the woman. "But," said the Buddha, "there is one thing. It must come from a household that has not known death."

The woman was cheered by the prospect that she could help this dead son, and she went and knocked on a door. "Can I have some of this kind of spice?" "Oh, of course," they said. "But," she said, "it must come from a home that has not known death." "We're sorry," they said, "our uncle died here last month." She knocked on the next door. "Of course, you may have the spice." "But it must come from a house that has not known death. Have you known death?" "Yes," said the woman sadly, "Our daughter died here last week" … "Have you known death?" "Yes," the father died last year … "Yes," the grandmother died three years ago … "Yes," the infant died in childbirth … "Yes," the mother died in child birth … "Yes," the father drowned, and so on, door after door throughout the day until she finally understood: Death is part of the continuum of life. We cannot change what is. We must open our heart to it and continue to move on.

As dusk fell she returned to the Buddha, her tears dried, her heart open. She held her dead son one last time and bade farewell to him. And the Buddha helped her to bury him, cremate him as the case may be. This woman then ordained to become a Buddhist nun and a follower of the Buddha's, that through her new wisdom she might share with others.

What is "merciful" here? Was it any less merciful to help this woman find an end to her suffering through teaching her about the continuum of life and death and the suffering of holding on to that which cannot be held on to? Perhaps the child's birth and death were offered simply as a gift to the mother to help her move through this learning. Who are we to judge that?

What I want you to see is that the path of mercy contains wisdom and the path of wisdom contains mercy. And yet, each predominates in one direction or the other. Those of you who are drawn toward the Christ as your spiritual master are drawn more directly toward these teachings of loving-kindness and mercy and forgiveness. Those who are drawn more toward the Buddha as your spiritual master are drawn toward these teachings of wisdom tempered by mercy.

What does this mean in your own lives? Because each of you has strengths and weaknesses, it is easy to adhere to the strength and then hide the weakness, thus losing the opportunity to enrich yourselves and expand your path. Where there is firm adherence only to wisdom, not tempered by mercy and compassion, is there some fear of that mercy, some fear of letting your heart speak for you and following the whispered messages of that heart? Where there is attachment only to the teachings of the heart, is there some fear that if one moves into wisdom, one will also move into the dictates of the conceptual mind—an awareness that the brain cannot lead, that the brain is only a tool?

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Perhaps you swing to the opposite extreme at times, that some who in past lives have misused the brain and followed its dictates while screening out the messages of the heart have now become so wary of doing that, that you have swung to the opposite extreme, and vice versa.

In the fullness of your being as human, you are offered this beautiful mind/heart combination. They are one, not two. Both deep wisdom and the ability to love are offered you. May I challenge you to find the appropriate balance for yourselves and to see where fear blocks that balance?

I want to expand this heart/mind, wisdom/compassion talk by speaking a bit further about the relative and ultimate practices and the coming to this intersection of them. This is not quite the same intersection as wisdom and love. All relative practices are not heart practices and all ultimate practices are not wisdom practices. They are both a mixture of the two. But I want to make sure that you understand what I mean by relative versus ultimate practices.

You are faced with great suffering throughout your world. Those of you who are aware and openhearted are attuned to the suffering around you and have deep desire to work to alleviate that suffering: the suffering of those who starve or are homeless or suffer great disease or hardship; the sufferings of the Earth—the polluted rivers and lakes, the dying forests, the species of plants and animals endangered and facing extinction. You know that you must keep your heart open to this suffering and work in whatever ways you can to alleviate suffering. And so you become involved in these relative practices, both spiritual practices such as meditation and prayer, and quasi-spiritual practices such as volunteering your time to help others. When I say "quasi," I do not mean that it is any less a spiritual practice, only that one moves inward and one extends the energy out into the world. They are both important. Unless one moves deeply into the meditative space where one recognizes the emptiness of self in the doing, the offering of one's energy, one can solidify self by one's very work to help others because there becomes a doer and a receiver. If I am helping you, we are separate. Can I serve you without trying to fix you, without any attachment to fixing you as long as we are separate?

It is the inward practices, especially meditation, which help cut through the solid *I*, which bring in the wisdom aspect that there is really no doer or receiver, that there is really nothing that needs to be done on the ultimate level. This cuts through and allows help to be given without helper or recipient.

Does not the helper benefit as much as the recipient? If I am starving and you give to me, of course you save my life, but what does my receiving your gift give to you? As long as you see yourself as the fixer, you solidify ego and prevent moving into the depth of wisdom. Or are you that being with deep wisdom and a closed heart that denies the reality of suffering on the relative plane. Can there be balance?

There are stories told in the Asian tradition where there is deep belief in karma, of children who fall off of a boat and they cannot swim. No one reaches out a hand to help them. The teaching is simply, "It is their karma." And they flounder and scream and drown. What kind of closed-hearted being can allow such suffering? What is the denial happening there?

Ultimately we are not responsible for one another, because there is no one another. We are all one. But the wisdom-mind also sees that we are all always responsible for this one; and if an extension of this one is drowning, then its own hand must reach out to save it. Wisdom must always be tempered by compassion. Compassion must always be deepened by wisdom.

What is your own bias here? In which directions do you most need to open yourselves in order to best live this center of the cross of wisdom, of compassion-mind, mercy, and love-mind and wisdom-mind, of relative reality and ultimate reality? Think of it as a cross with a small circle at the intersection. You may rest on the horizontal or vertical leg of the cross, but can you keep yourself within the circle?

I thank you for giving your thoughts to this, my dearest ones, and challenging yourselves as to how you may reside in that circle. I now pass the microphone to my brother/sister, beloved friend of Q'uo. That is all.

Q'uo: I am Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a great blessing to be allowed to blend our vibrations with yours and to be asked to share our thoughts with you. As always, we ask that our words be subjected to your

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personal powers of discrimination, for we are in error often and would not present ourselves as any final authority, but only as those with relatively more experience.

As the one known as Aaron has said, it is well to come to a self-awareness of how one's inner makeup is configured. Whether the way of the heart more beckons or the way of wisdom, each may be taken. Each intersects with the other at every turn. The difference between them is that of the two sides of one coin; and of this coin, one cannot have too much. Yet every day the supply is newly infinite, fresh-minted in infinite Intelligence, sprinkled liberally into every waking consciousness by the graceful hand of Spirit.

Your need for this manna of love and wisdom is yours due to the circumstance of the veil which descends upon those in the third density, leaving each seeker in a relatively dark and subtly lit environment which has been called the shadow of death. Yet still, the spirit within remains moonlit and the spirit's walk is one wherein virtue must be scried out carefully, at length and with great patience. This is not unintended, but is specifically meant to be the case. For in the rough-and-tumble daily world in which you enjoy experiencing, innocent, sleeping youngsters still play, unawakened to the beauty and mystery of the call to faith and service.

There is a time which recurs cyclically within each seeker during which the seeker is plunged into a primary awareness of this moonlit landscape of the archetypical awakening mind, which is both mind and heart. These are desert times. During these times the bitterness may seem so great that there is no possibility of healing or redemption into innocence. Yet these are the desert sands which scour away that very bitterness which has plunged the seeker into this period. The going down into the darkness, the experience of spiritual death, of profound and sudden death, of slow and stealthy death—these are rich, not only in pain but in the fertility of new birth.

Enlightenment begins in this so-called dark night of the soul. And as you, the awakened seeker, move through this moonlit time, you drop away or begin the process of such precisely in order that your dearest wish may be followed. And as you emerge from this deep darkness, your new and transformed being is able to see more light, more beauty, more meaning and more of love. Then the sunlight is again yours, for you are a new and innocent child, and it is your time to gamble and romp and rejoice with your brothers and sisters. There is no one spiritual mood, no one best situation; but rather, the path wanders into the lightest and the most profoundly dark, into the most joy and increasing wisdom, and also into the most profound and sorrowful unknowing.

You have been forever and you shall be forever; and yet, not you, but Love that sent you—a spark of Love—out into materialization that you might experience and process that experience with your own peculiar and unique distortions, creating your unique beauty, your unique harvest of experience. How rich, then, is the Creator as It gathers more and more of experience into Itself, becoming more and more richly known to Itself. You cannot walk off of the spiritual path, for all experiences will be gratefully gathered by the one infinite Creator, who seeks to know Itself.

We would at this time turn the microphone to the one known as Aaron. We are those of Q'uo.

(The group paused and joined together in song.)

Aaron: I am Aaron. I want to attend now to some of the questions that were raised last night, questions especially referring to the catalysts of this earth plane and the question, "How do we walk this path with love?"

There are two different issues here. One is, "What is love and what is fear?" And having determined what is love, how do we choose love? What pushes us into the distortion of fear even though we recognize it as fear?

You cannot "should" yourself, force yourself, into taking the path of love when fear feels overwhelming. It is natural to the humans that you are to defend yourselves, and such defense is so often thought to be a movement of fear. But to act in care for the self may also be a movement of love. Thus the question is not *what* you do so much as, "What is the primary force behind those acts or words?" When you focus on the already present loving motivations, they will be reflected in the acts.

The ends do not justify the means of using force. If we are going to choose love, we must be consistent. Love is natural to you and becomes apparent when

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there is not fear. You do not need to create love in yourselves. It is already there. Fear blocks it. We do not look, then, at these two paths, fear and love, and say, "I will choose love," even though we quake with fear. Rather, we say, "What is this fear?" and attend to the fear lovingly so it dissolves, and then love is natural and open. I am not suggesting that it will not still take courage and determination, commitment and energy to choose love, but there is no force involved, just a loving aspiration.

You must, then, begin to see who you really are, that fear is an illusion, that you are Love by your very nature. When you penetrate through the illusion of fear, it self-destructs like a balloon popped by a dart, the dart of penetrating awareness which sees the illusion of fear each time it manifests and refuses steadfastly to be caught in a dialogue with fear; and yet does not disdain that fear but bows to it in respect for its presence, smiles to it but does not dwell in it.

So, how do we do this technically? There are so many possible areas that we could look at that we should need weeks to explore it all: relationships, work, all the various paths through which your life leads you.

I should prefer to look at basic emotions which distort your clear seeing along the paths of relationship—work, family, friendship, learning, religious following and so on—to look at two specific emotions which seem to offer the greatest degree of distortion and to talk about how you may more skillfully work with these.

Let me begin by saying that you have a wide gamut of emotions, but they can basically be broken down into fear and love. Within fear there are two basic kinds of fear: that you will be hurt and that your needs will not be met. The fear that you might be hurt brings up emotions of anger at that which might hurt you. This is a kind of defense. The fear that your needs may not be met brings up greed, sometimes seen as jealousy or grasping anger and desire, both offshoots of fear. Of course, there are many other emotions and they each can be fit into different places. Grief is a mixture of love and fear—a fear that your needs will not be met, that you will be hurt through this loss—and also a sense of deep sorrow which grows out of love for that which has been lost. Part of grief is not fear, but an expression of the depth of your love. It does not manifest itself in wishing to hold on, but it is an expression of the depth of joy that was there in the connection with that which seems to be lost. So, we want to be careful not to pigeon-hole too rigidly here, not to simply say, "This is love; this is fear." There is always a blending of the two.

Another kind of emotion, one that has been talked about here and about which we have written questions, is unworthiness. This is also some blending of fear and love. We were asked, "Is unworthiness genetic?" No. And yet, it is hereditary in a different way. It is, let us say, culturally conditioned and is especially prevalent in your society. Last year there was a gathering of western Buddhist teachers in India with the Dalai Lama. One of the teachers shared this story: The group was sitting around the table and one teacher asked, "What about those beings who despise themselves, who truly find themselves unworthy and inadequate?" (Remember these were all western teachers, the only easterners there being the Dalai Lama and his assistants.) The Dalai Lama was a bit puzzled. He said, "Do you mean people in mental hospitals?" The group of teachers turned and looked at one another, and the one who had asked the question said, "No, those who are sitting around this table."

Much of your sense of unworthiness is culturally conditioned. One would need to ask why; not only, "Why does it happen in this culture?" but, "Why did you choose to incarnate into a culture which is conditioned into the distortion of unworthiness?"

What is worthiness or unworthiness? You are divine. How could you possibly ever be unworthy? Unskillful at times, maybe, afraid or angry, a bit dull in your minds at times and creating illusory boundaries for yourself—but unworthy? Where does the story come from?

On the other hand, one might also ask, "If there is no such thing as unworthiness, is there such a thing as worthiness?" There is no duality. Can there be one without the other? Ultimately, there is no worthiness either. Worthiness is a meaningless concept because all beings are worthy. It is only your conceptual mind of duality which creates the concepts worthy and unworthy in balance to one another, and assigns yourself to one realm or the other and assigns other beings to one realm or the

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other, often assigning yourself to the unworthy category and everybody else to the worthy category.

How did you move into this pattern of distorted illusion, and why? Let us explore some of the reasons behind it as a way, perhaps, of providing some form of freedom from the ensnarement of the illusion.

Those of you who are old souls, which is true of all in this circle, have a very clear understanding of the Divine—of that perfect, unlimited light, which you may call the Eternal, the Absolute, or God, or Q'uo's term, the one infinite Creator. It does not matter what you call it. The name is but a label for that which cannot be limited by the labels we give it. We each have an understanding of what we mean by that which I prefer to simply label God.

In this dark night of the soul, we see the perfection of that energy and our own seemingly futile attempts to reflect that perfection. We despair. And out of that despair arises a sense of unworthiness. We despair that we can never fully merge with that light and love toward which we so deeply yearn. We despair of our own self-perceived limits and fear in our inability to transcend those limits so that a sense of unworthiness seems almost to become a necessary part of our path. Why?

Well, on the ultimate plane there is no worthy or unworthy and never was. On the relative plane, you must come to know your worthiness. And one of the best tools that can be offered to aid that learning is the pain of feeling unworthiness.

I am asking Barbara here if I may use her as somewhat of an example. At one time she spent some weeks at a meditation retreat in which she was looking at the residual feelings of unworthiness within herself. I asked her to use this analytic approach, which I introduced to you yesterday, when a thought arose. For example, simply seeing the being next to her immersed in meditation, the thought of her own unworthiness arose.

There were many senior dharma teachers at this retreat, by which I would mean highly experienced teachers in her tradition. So, the first few days as she sat next to these famous teachers, there arose in her mind a sense of comparing herself. And then she would look at that thought: "What is this thought? Where did it come from? From my old-mind patterns of unworthiness." And then I would ask her to ask herself, "In this moment, sitting here, all of us in this room, all seventy of us, is there anyone here who is unworthy? No. Am I unworthy? No. Have I ever been unworthy? No. Then what is this arising of a sense of unworthiness?" And in asking that question she could see that it was old-mind's way of handling a sense of separation or aloneness, perhaps an arising of anger because she couldn't hear or some other discomfort, and a way of old-mind's explaining it to itself. It was a way of dealing with her pain, a story of the mind which seemed to separate her from the direct experience of some pain. She could see that it had been more comfortable to simply put on the cloak "unworthy" than to look at the awareness of the pain. Unworthiness became an escape from that which was more painful to be with than the sense of unworthiness. It was very clear to her each time she looked that in that moment, looking with bare perception of the sense experiences of that moment, unworthiness was illusion. And yet, it yawned before her as a giant chasm.

As she looked, she could see into past lives and into this life the millions of times that she had enacted that process. She began to see it as a bare plain, just slightly inclined, onto which drops of rain fell. A drop of rain that could not soak into the ground ran off, creating the faintest scratch in the earth. The next drop of rain hitting in the vicinity of that scratch ran into the scratch, carving it a tiny bit deeper. Ten drops and you have an eighth of an inch of earth worn away … a thousand drops, a million drops: a river, and eventually the Grand Canyon.

But it is all illusion, an illusion heightened by each occasion of buying into the illusion. When it was clearly seen as illusion—that there has never been unworthiness, and in this moment there is not unworthiness and the process of clear seeing was not one of an hour or a day but of week after week of deep meditation, of constant mindfulness during the process of this retreat—suddenly something clicked into place: "This is all illusion. There has never been worthiness or unworthiness. I don't have to be caught in this anymore. It is just habit and has nothing to do with reality." Skillful or unskillful: That might have to do with reality. Patient or impatient, selfish or generous: Those may reflect the actual movements in our hearts, but were they unworthy?

You must work with this process over and over and over, each time cutting through the illusion of unworthiness, seeing how it has arisen. There must

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be a courageous readiness to deal with those emotions which unworthiness has masked. (I will get into that idea in a moment.) There must be a readiness to give up unworthiness, which means touching on the deeper pain that unworthiness has hidden. The reward is the awareness: There is no worthiness or unworthiness, there is only God.

What happened for Barbara, then, was that as wisdom cut through the illusion and as mercy tempered the pain that had led to grasping at the illusion, the thoughts of worthy and unworthy simply ceased to arise. The habit was broken.

I am not suggesting that she will never experience a sense of unworthiness again. But after she left that retreat, each time that sense of unworthiness has arisen, it has been clearly seen immediately as illusion, self-liberating … *pop!* goes the balloon, so that she is able to come back again to the clear perception that transcends worthiness and unworthiness, and then to ask, "What emotions have given rise to this illusion?" and to tend lovingly to those emotions.

Let us, then, look at what unworthiness does mask. There are many possibilities and I cannot cover the full range of them. I want to speak to two of the most common. One of the main catalysts that leads many of you into a sense of unworthiness is parental neglect or other abuse in your early childhoods. This does not need to be monumental abuse. Even the baby that is loved may be greeted by a grouchy parent at 3 a.m. The baby may feel the difference between that parent that greets it with love and dries it, feeds it, and that parent that stumbles in yawning, feeling a deep irritation because it is exhausted and its sleep is interrupted. The baby will feel the withholding of love at that time. Feeling the anger directed at it, the baby will often return a sense of anger.

So, we are not just talking about what you term abuse, but the distortion that occurs with the infant's or child's anger. The child is helpless and fully dependent on the adult. It needs to form a bond of love with that adult which parents it, singular or plural. It learns early that when it responds to the adult with anger, the adult, who was often less than fully cognizant of its own reactions, reacts with anger.

Back to the child: It needs to be loved. That is its overriding need. So, it quickly picks up the messages, "What can I do to be loved? If I play your game, you'll love me?" That game varies from family to family. In the worse cases, the child must allow itself to be a recipient of real abuse, and the only way it can do that is by denying its own rage. It learns that its own rage runs contrary to its overriding need to be loved. How does it deal with that rage? If the child is right and expresses that rage, it casts itself out of the boundaries of the adult's acceptance; therefore, the adult must be right.

Unworthiness becomes the tool by which a child suppresses the rage. It tells itself, "I deserved this abuse" because the alternative is unthinkable: "I did not deserve this abuse; therefore, this adult is wrong and I must contradict this adult, putting myself out of the reach of its acceptance and love." The child simply lacks the strength to do that.

So, unworthiness becomes the armor over the rage. Even in those cases of non-abuse, the same pattern is true, but it is harder to see. The child does feel rage toward that adult and it is usually not permitted the expression of that rage. It is told, "Your anger is bad." That is a pattern of your culture, the distortion of your culture.

When you are feeling unworthiness, then, a helpful tool for working with that unworthiness is to simply ask yourself, "What might I be feeling now if I wasn't feeling unworthy? Can I give myself permission to get in touch with that emotion? Can I forgive myself for feeling that emotion? I do not need to fling my rage at another and I do not need to deny it. If I was seriously abused and I feel rage at that, it is okay to feel that rage. It is not unspiritual. It is just feeling rage."

You cannot get rid of rage by denying its presence. The open admission of your emotions is the beginning of allowing yourself to transcend those emotions and cease your ownership and identification with them, to begin to view them simply as passing clouds which need no special reaction, only compassion for the pain they cause.

If you were not seriously abused, you may have learned unworthiness for other reasons. Perhaps you were raised by a very judgmental parent who always said, "This is bad; that is bad." Well, that is a kind of abuse, perhaps less serious than sexual molestation or hitting, but still is a kind of abuse. Or perhaps you were lovingly raised by a non-judgmental parent, but there was still rage and shame about that rage.

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Another reason for the arising of a sense of unworthiness is that fear, "Will my needs be met?" teamed with the solidifying of the ego self, the arising of jealousy or greed, and the harsh self-judgment that arises when one experiences that jealousy or greed. This, too, has been learned from the adult who said, "You shouldn't be selfish. You should share." Is there anybody here who didn't hear that as a child? Yes, of course, it would be good if we could all share. But to enforce on the child, "You shouldn't be selfish," is to tell the child that its feelings are bad. How much better if the wise adult can tell the child, "I know you're afraid that your needs won't be met. I know you feel anger and fear about giving this." Then, the child can make the decision with support to move beyond its fear, without judging its own fear.

But this has not been the pattern of your culture. Again, why? Because you have all chosen this sense of unworthiness as a catalyst to your growth. You have all chosen birth into this culture and into its particular distortions. You choose the conditions for birth that will offer you the best opportunities for learning. You do not choose incarnative conditions for comfort and convenience. Yes, it is painful. So, what else is new? Are you here to learn or are you not here to learn? You are not incarnated to stop feeling emotions, but to find equanimity with those emotions and compassion for all beings who have emotions.

Instead of waging war with those incarnative experiences which you have moved into, can you begin to embrace them? They are not garbage to be gotten rid of. They are, perhaps, the waste products to be turned back into the soil and become the nutrients for growth; not garbage, but compost. How can you make your sense of unworthiness into compost instead of trying to throw it out? How can you transmute your anger so that it becomes the catalyst for compassion?

So, you have heard the parent or adult say over and over, "You should share. You should not be greedy." But greed arises. Desire arises. Here is where we again move to the tools of meditation and the nurturing of wisdom-mind, which begins to see how greed and desire arise, thereby cutting through the identification with greed or desire as "mine," allowing them to arise and dissolve without dwelling on them or owning them. This wisdom becomes one of the nutrients for the arising compassion for that human that keeps getting caught in patterns of greed or jealousy, so that you cease to hate yourself when those emotions arise. They cease to become a catalyst for unworthiness, but become a reminder for compassion.

I could speak to each of you in this room for an hour or more about how these principles apply to your specific situations. We, of course, do not have the time for that, nor is it necessary. You are each very capable of understanding it for yourselves. Please know how fully you are supported in this work. It is truly the work for which you took birth and will lead you to the healing for which you took birth. I would pass the microphone now to Q'uo. That is all.

Q'uo: We are those of Q'uo. Greetings once again in love and light. We ask your cooperation at this time.

(The group is asked to shout, "Ha! Ha! Ha!")

Group: Ha! Ha! Ha!

We thank each for the instant rise in energy.

How does this organ of reason you call the brain work, which you are so desiring to work to your spiritual benefit? We have described the birth of consciousness of light within as the little Christ child, nurtured in the manger of your heart. Now let us describe this same situation using other ways of description.

The analogy of the computer is also fruitful. You see, you are not one but two life forms which cooperate to offer this rich experience you call the incarnation. The first creature is your physical vehicle. This instinctually-driven creature is at one with all that there is, for it is a second-density being. Each cell within your physical vehicle vibrates with the love and light of the infinite One, and its instinctual desires are for all energies to harmonize.

The intellectual organ of this creature is driven by distinctions, the basic program being very much the 0:1 [of binary operations], the dynamics betwixt the characteristics. The mind which you could realize as biocomputer has its priorities. These priorities are fixed by the computer within, based upon experience. Of the complete range of catalyst which assaults the physical senses, perhaps 2% of these sense impressions are used first. These sense impressions which have been given priority have to do with survival, comfort and finally what may loosely be called preferences or happiness. As you

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gain experience, these priorities may settle and change somewhat; however, they remain logic-driven.

You carry within you what could be called an operating system which works only with expanded memory. Its programs are deeper than the programs of the biocomputer operating system of your second-density creature. Within the programs of this operating system lie archetypical structures which only flash into the normal biocomputer like the haunting, with a melody which can so easily be missed. Yet within this expanded operating system's programs lie truth and virtual reprogramming aids which do far more to reprioritize the biocomputer than all the earnest study and effort you can galvanize to life within your increasingly reluctant self.

Now, how to trigger (this instrument would say boot) this expanded operating system? Each of you knows the answer. It is triggered by your meditation and contemplation. The key is silence.

We ask each to become aware of the preciousness of the moments of silence you carve for yourself out of the all-too-preciously-short material you call time. It is self-loving, indeed, to create these moments of touching into that bottomless well of silent listening into which is poured light without measure and from which you may drink until you have no thirst.

The expanded memory's gift is at once unique and utterly intimate, expressing your deepest authenticity and completely impersonal, for just a tiny bit beneath the surface of your uniqueness lies your universality. This is the second life form that you now seek to nurture and which now seeks to nurture you, for even from the cradle this Christ child reaches out and loves you, for the Creator loves first. Your love of any entity, including the Creator, is a reflection—love reflected in love.

How this baby consciousness loves to love. Let the cradle of your heart, then, be made soft and your breathing deep as you rock this consciousness to more and more vigorous life within you. This is the being which marries, even melds with this second-density creature to produce that unique being—the human—which is both of the earth, born and dying, and of the universe, loved and loving forever. This unlikely combination is perfectly suited to beholding a life and assigning to the impressions received as you go through that life, increasingly meaningful values.

The biocomputer is very useful in going to the grocery, in attending to the errands, in becoming a scholar, in furnishing you with the knowledge necessary to begin and continue ways of making the living and taking care of personal responsibilities which you have chosen to undertake. At the same time, these sense impressions received by this biocomputer are also useful in expanded ways to one who has become aware of this expanded Christ Consciousness which has sprung into life within your flesh, so that you become also a spiritual animal complete. Even within the flesh this transcendence is utterly complete. And the energies which are finite to systems run by logic may become infinite as the larger system is more and more accessed, until it is up and fully running, fully integrated into the biocomputer.

In addition to the use of silence, we encourage each to examine the self for its gifts, whether they be of the arts or the sciences or any gift whatsoever. For all things may be used to spiritual good in those whose gifts are dedicated to the infinite One.

And lastly, as the expanded system becomes comfortable within and when things begin to be seen with new priorities, that long and level plain which is the routine day may begin increasingly to be perceived in more and more of an upraised and joyful posture until this level plain becomes full of the foothills and amazingly craggy mountains which are so interesting, and which so rest the weary eye. Going to the place of employment, working through the day, coming home to do the chores and put the weary self to rest may well be all of the room you need in which to create the accurate perception of heaven with all of its glorious houses and mansions.

Here is high romance as well as greatest difficulty. Here is light inexpressible as well as spiritual moonlight. And as you walk the paths of your days, you may move up and down the scales of perception with increasing ease as you begin to find the pure freedom of that logic which transcends distinction and partakes more and more of the values of love.

We would speak more upon this in the final session. For now, we leave this instrument in the love and in the light of the one infinite Creator. ✤

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The Aaron/Q'uo Dialogues, Session 22

September 26, 1993

(This session was preceded by a period of tuning and meditation.)

Barbara: I'm going to share my tuning process out loud and then invite you to join me in it, substituting whatever differences you want, to make it personally appropriate for you.

Moving attention to the breath, coming to center, to that level of awareness that is aware of all awareness itself … not caught in any of it, just watching it come and go, resting in that space of Pure Awareness … feeling this that I call myself connected to all that is, opening, expanding outward, dropping away boundaries, breathing myself out to all that is and inviting it back in to me … I offer my intention for the session: to manifest my energy as purely as I can in service to all beings for the alleviation of suffering and toward the liberation of all beings. I invite in that spirit which would like to speak through me in harmony with that intention.

Feeling Aaron's energy, I challenge it: "Are you that which I have come to know as Aaron?" "Yes." "Do you come with a principle of love in service to all beings?" "Yes." "Do you come as a disciple of that which is an embodiment of truth for me, which is that energy that I have come to know as Jesus, the Christ?" "Yes."

Aaron: I am Aaron. With that collecting of our energies and mutuality of motivation and commitment, I return the microphone to my brother/sister/friend Q'uo, who wishes to offer you some closing thoughts. Then Q'uo will return the microphone to me to answer some of your questions and offer my own closing. And finally we will join together in a very brief and simple Sufi dance. To Q'uo … That is all.

Q'uo: We are those of Q'uo. It is time now to greet you for the last time in this weekend of sessions of working in the love and in the light of the one infinite Creator.

We who are of the principle of Q'uo cannot express to you how grateful we are for this extended and exhilarating opportunity to share our humble thoughts with you. Your service to us is extreme, for as we teach you, we learn from how you hear us; and this represents our means of growing in love and service to the infinite Creator.

We of the confederation of angels and planets in the service of the infinite Creator have been called the brothers and sisters of sorrow, for we were inspired to come to this planetary influence because of the great cry of pain and sorrow which you had been sending out during especially these past two hundred years, and more especially the past fifty.

We have seen how your factories and technology have encouraged in your culture the opportunities for leisure, the blessing of time which is given beyond that time in which you must make your daily living. We have seen how this same factory and technology-driven cultural system has thrown up for you a culture which attempts always to distract and trivialize the day-to-day leisure. This is, indeed, in its own kind of balance. *(The last sentence of this paragraph did not record.)*

We do not condemn nor suggest that you condemn technology or factories, or your media programs, newspapers, magazines, fashion and all the culture based upon artificially produced renown, but we suggest to you that you are in possession of free will in all matters. We encourage you to make judicious use of all your time, all your space, all your relationships, leavening all earnestness with high spirits and the light of sarcasm, irony, puns and bad jokes. Be reckless with your laughter and generous with your sarcastic comments. The seemingly trivial moments of self-parody and parody of others are like yeast, lightening the whole of the texture of your living.

We hope that you may practice the art of the spiritual vocation, realizing that whatever you do in your living to create the energy of money may or may not be an obviously spiritual task, yet this is irrelevant to the living of the spiritual vocation. For within you is the heart's eye, the eye of that great consciousness which you are nurturing into strong and vigorous life during this incarnation. This eye sees with care and compassion, moistening the dry duty with the living waters of spiritual significance and context. The spiritual vocation is that which puts into a context all of one's experiences within incarnation.

Do not attempt to haul yourself into some discipline where you will be spiritual, but simply attempt in each present moment to be yourself and to respond as yourself, not being defeated by the thoughts of, "I should … I ought to …" but looking within for where the love is and finding that thread opening to more of that material within, so that you are constantly finding new springs in the topology of your mind.

The Creator lies before your face and in your face. You open your eyes and see the creation of the Father. You gaze in your fellow human's eyes and see the Creator. It is a wonderful masked ball. We hope you enjoy the many dances of life.

And lastly, we wish you to know with assurance beyond any doubt that we are with those who call to us, not to channel as through this instrument, for that would be an impingement, but to be as the carrier wave of love so that you need never be completely alone.

(The remainder of this session did not record.) ♣

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Sunday Meditation
October 17, 1993

Group question: The question this afternoon comes from Session Number 41, *Book II* of *The Law of One*. We would simply like Q'uo to comment on any or all portions of this question.

QUESTIONER: In trying to build an understanding from the start, you might say, starting with intelligent infinity and getting to our present condition of being, I think that I should go back and investigate our sun since it is the sub-Logos that creates all that we experience in this particular planetary system.

Will you give me a description of our sun?

RA: I am Ra. This is a query which is not easily answered in your language, for the sun has various aspects in relation to intelligent infinity, to intelligent energy, and to each density of each planet, as you call these spheres. Moreover, these differences extend into the metaphysical or time/space part of your creation.

In relationship to intelligent infinity, the sun body is, equally with all parts of the infinite creation, part of that infinity.

In relation to the potentiated intelligent infinity which makes use of intelligent energy, it is the offspring, shall we say, of the Logos for a much larger number of sub-Logoi. The relationship is hierarchical in that the sub-Logos uses the intelligent energy in ways set forth by the Logos and uses its free will to co-create the, shall we say, full nuances of your densities as you experience them.

In relationship to the densities, the sun body may physically, as you would say, be seen to be a large body of gaseous elements undergoing the processes of fusion and radiating heat and light.

Metaphysically, the sun achieves a meaning to fourth through seventh density according to the growing abilities of entities in these densities to grasp the living creation and co-entity, or other-self, nature of this sun body. Thus by the sixth density the sun may be visited and inhabited by those dwelling in time/space and may even be partially created from moment to moment by the processes of sixth density entities in their evolution.

QUESTIONER: In your last statement did you mean that the sixth density entities are actually creating manifestations of the sun in their density? Could you explain what you meant by that?

RA: I am Ra. In this density some entities whose means of reproduction is fusion may choose to perform this portion of experience as part of the beingness of the sun body. Thus you may think of portions of the light that you receive as offspring of the generative expression of sixth-density love.

QUESTIONER: Then could you say that sixth-density entities are using that mechanism to be more closely co-creators with the infinite Creator?

RA: I am Ra. This is precisely correct as seen in the latter portions of sixth density seeking the experiences of the gateway density.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. The pause which you have experienced before this contact has been somewhat more lengthy than our usual time of adjustment with this instrument. However, this instrument was also picking up other signals and there was time needed, as you would say, for straightening out the traffic jam.

We always try to mention these bits of detail concerning the mechanics of the channeling process in order that those who study it may become more nearly able to use the practices more and more skillfully. It is always well to take any amount of time needed by a channel in order for that channel to assure itself that it does indeed have the desired contact. We cannot overemphasize the centrality of this concern to the practice of channeling.

You wish to investigate further into the sun-body which we shall call "sun," as that is your appellation for it. And indeed, you may well find this sun-body to be provocative and interesting, for it quite obviously and literally is the light of the world. All that each of you thinks of as a life within the Earth plane thrives because of the sun, its radiant warmth, and the energies which it and its co-entities in creation have upon the world as seen, as you would say, and indeed upon each of you.

Let us move to the beginning where there is only intelligent energy created by free will, which creates unpotentiated love, which in turn, it being the first articulation of singular characteristic, out of this singular characteristic, creates one thing—the photon.

This photon is timeless and spaceless. It is unity and infinity. It does not have number. It is solid, that is, in its estate as light limitless, it is solid. All that there is, dwells in *(inaudible)* of that one original Thought. And at the level of this one great original Thought there is, eternally, the endless creation of light or what you call the photon.

We refrain from calling the first emanation of the sun-body light, for we wish to distinguish between the timeless, spaceless light which is limitless and a child of this light which is radiation of the light as you experience it upon your level of existence and as others experience it in theirs.

At the photon level, light is all that there is. This limitless light is the background created by Love before any articulated creation made from Light. This Light Everlasting, shall be as always, infinitely creating in an infinite and eternal present. At this level, light is a thought. That is, it is a perfect creation of a thought. It does not contain error but is a creature of utter Love containing the infinite intelligence without distortion.

Within the context of third-density lessons of love, this plane of light has little substance in reference to questions of moving from third to fourth density, learning the lessons of love. It is to the light which interests your peoples as an ideal is to a philosopher. Yet this is the environment, shall we say, within which the infinite Creator has being. This is for that mystery which is the Creator.

The way entities seeking to love the one Creator may visualize moving into the highest of all tabernacles, pure, limitless light, there is this place where light is still, for it completely fills all that there is. At this zero time/space intersection, there is the seed of all infinity and all eternity.

Once free will begins to operate and that great Logos begins its creation, the interest of seekers in investigating light often moves toward that radiation from the sun. Each already realizes that we have said before that the light which seems to radiate from your sun-body is that which has builded all that you see. All things are made of light—this instrument, the microphone which this instrument has about its neck, the clothes, the furniture, the Earth, the sky. These things all are created of light.

The characteristic of light to your plane is such that entities cannot see or often imagine how literally all things are made of light. This is in part due to the fact that the functions of light operating within your density cause the formations to lack obvious resemblance to that which is light. The operation of light and building structures is such that light appears as magnetism or electromagnetism or fields. We apologize for this instrument's lack of proper vocabulary.

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Thus, when the intelligent light creates, it does indeed use light. However, this is seen as form, color, shading, size—characteristics measurable, visible and so forth. The objects are seen that they are in the way they are, that is, that they have the shape and form they have, [which] is known to be the result of each object having a field of energy that somehow keeps all together. In investigating questions concerning the use of alternative ways of healing, this point is well to remember.

A characteristic of light, which is indicative of the range of its metaphysical characteristics, is that light is inherently intelligent and, therefore, any amount of infinite light can grasp, as though it were an entity, the heartfelt communications made to it. This ranges from something as simple as the sun-body being aware when the radiation of the sun touches your skin and you praise the light and the love of the infinite One. You have communicated with the infinite Creator.

Entities who have followed sun worshipping practices have been known among your peoples for all of your history, the reason being that there is indeed that opportunity to converse with the, shall we say, as this instrument does, Lord of Light. And these conversations uplift the entity within. Again, when an entity goes into meditation and calls for the limitless light, and then remains in that light, basking in its glow, that entity is tabernacling with the one infinite Creator.

At this time we would have this entity open the meeting to questions.

Questioner: Could you tell me how the sixth-density reproductive function of creating light by what we see as fusion is accomplished and is there more there than what we see?

We are those of Q'uo. That which you see as radiation from the sun is an offspring of the mating by fusion practiced by some of sixth-density entities. You would more likely find accuracy in grasping that such who choose to become a portion of the sun-body to create offspring move to the center of that celestial body. The immediate offspring of this mating is more a "quality" than a "thing," more a tiny being than a measurable substance.

This tiny being, created as the Logos Itself has created, is a special class, shall we say, of light. Not all rays from the sun are the children of sixth-density love, however, that aspect of light which is healing is aided greatly by the working of the immediate offspring of those who choose to create their progeny by fusion within the sun. This is a sacrifice for the sixth-density entities in that they are not able then to enjoy the company and the living, shall we say, with their offspring. However, the offspring have the advantage of being only half way, shall we say, aware of free will. Thus, during their tenure within the sun-body, they may intelligently choose to drench the radiation, in general, which comes from the sun to those upon your sphere so that the maximum amount of healing energy moves into that sphere and into those locations wherein a prayer or pain has announced the existence of need for healing.

Is there another query, my brother?

Questioner: The rays of the sun provide light for the Earth which causes photosynthesis to happen in our second-density plants. It causes the cycle of rain and evaporation that continues to bring life. I'm wondering if these are some of the reasons that human beings from thousands of years in the past have worshipped the sun or have they also been aware of the metaphysical qualities of the sun as the reason for their worship?

We are those of Q'uo. In most cases, there is the sun worship because of the reasons you placed forth. In a few instances, some metaphysical material concerning the sun has been known in much distorted form, such as during the ancient Egyptian civilizations.

May we answer further, my brother?

Questioner: No, thank you very much. I appreciate everything you had to say.

Very well, my brother. Thank you for most interesting questions. Is there another query at this time?

Questioner: I was wondering, Q'uo, when our third-density fusion is achieved by scientists who manipulate matter to achieve it, is there a sixth-density entity involved in it? Can you comment on this phenomenon?

I am Q'uo. My brother, as you rest upon your seat within this domicile, you are immediately touching all densities. Every possibility lies directly at the zero point of your present moment. It is difficult to express in your language the fullness of creation. In a

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[man-]made fusion power [plant] there would be no more sixth-density entities than if that power plant were not there. However, there would be other beings, which also are children of light, sometimes called elementals, which enliven and particularize light and act as ambassadors, shall we say, to those upon whom light falls.

May we answer further, my brother?

Questioner: So what you are saying, if I grasp it in my thinking, is that thermonuclear fusion does not necessarily mean sixth-density beings are there as they choose to be in the sun. Is that correct?

We are Q'uo. It is correct that there would not be sixth-density mating within a thermonuclear fusion in a power plant. Nor would such be desirable, for some of the operations of entities living within fusion create in that fusion a perpetual motion machine, shall we say, in effect of an ever enlarging kind as seen within your relative mathematical picture. This would be extremely undesirable for one of your power plants, for it would blow up. Thusly, one would not wish to have that particular activity going on in a power plant.

Is there a further query, my brother?

Questioner: No.

We are those of Q'uo. We feel very full of gratitude that you have once again sat for a working with desire to seek and know the truth. We thank you for allowing us to speak our thoughts to you, knowing that you will subject them to your discriminative faculty. With you we feel the beauty of this occasion. The blending of vibrations is beautiful to us. And with reluctance, as always, we take our leave of you through this instrument, encouraging each to seek and keep the light touch, to hope and to dream in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
October 31, 1993

Group question: The question this afternoon has to do with how the average spiritual seeker who works for a living from nine to five and who has other responsibilities and who feels quite rushed and pressed for time, how this person can find time and space for spiritual seeking and for making contact with that sense of unity and self that can sustain the rest of the week, or how the seeker finds the spiritual self in the week or in the meditation.

(Carla channeling)

I am with this instrument. I am Q'uo. Greetings in the love and the light of the one infinite Creator. It is a privilege and a blessing to speak with this group of beloved entities at this time/space. We are most grateful for the opportunity to share our thoughts with you and appreciate greatly this company and chance to blend our essence with your own. As always we ask for the privilege of being heard as brothers and sisters, not as those with any final authority. We always encourage each to discriminate carefully and take in only those thoughts and perceptions which feel to you to be your personal truths.

We come to this question with a wry smile upon our faces for we frankly envy you the confusion and struggle which form the background for your query. We are able to expend a nearly infinite amount of time and space with things which in your density would be considered ecclesiastical or philosophical but certainly metaphysical. There is not the necessity for busying ourselves with the gathering of assets which occupies so much of your peoples' time and energy. And to the degree that we do not go, as this instrument would say, out into the world we lack the context from which we might put into vibrant action those truths of the heart which sustain the spiritual life of us each and all. It is in your density, in your thick atmosphere of confusion which your illusion so richly furnishes which has the great privilege and the great teaching situation of forcing souls into direct confrontation with time and space and the appropriating of those things that is time and space either to show forth that which is in the heart or not to show forth that which is in the heart.

This may be hard to appreciate and we grasp that, however, from our biased point of view we look at the crowded time schedules of your peoples and we see the opportunity for great witnessing in that. We witness at all times and in all places, one might say is so, yet we have no choice, actually, for in our density our thoughts and experiences are very much, not precisely had in common but held in common, each witnessing to each with every moment. To your peoples is given the blindness, deafness and dumbness of the, what you would call, flesh. You

cannot hear others' thoughts nor can you perceive the place within each other which you have in common which is the heart of common worship, shall we call it.

Without being able to say precisely why, your peoples have gathered together to express spiritual feelings since the beginning of your density as an instinct. Like all instincts, it is true. You do have every reason to gather at a time and place to express love, compassion, worship or whatever words you personally would choose to show forth your love of the mystery that is Deity and to anchor the outworking of this love within your environment.

Now, just such an occasion of common worship, shall we call it, is taking place and giving to us the opportunity to share thoughts. Let us express some of why this is efficacious or perceived by us to be so. It is within the context of your brothers and sisters that each seeker has his personal pilgrimage. No entity within third density is truly alone or isolated, spiritually speaking. This is foreign to your basic nature. The context for life as we understand it is social. When the purpose for gathering is the desire to express love and the desire to serve that occasion becomes a very big party in ways you cannot see. Many discarnate entities which this instrument would call angels flock to the planned site of this common gathering of spirit. This then strengthens and clarifies the energies which are coming to that occasion and enables those who do attend to feel differently. It is as though the simple room becomes the holy place, the empty church suddenly filled with invisible energy.

The first way, then, that entities who are too busy with things of the world, as this instrument would put it, the first way they can reclaim time and space for worship of the one infinite Creator and filling of the heart is by gathering. One alone who meditates and seeks is tremendously powerful. Two together are far more than their addition and three or more become the universe. It is difficult simply to express how the gathering of a precious few charges the occasion with such power. However, we assure you that as you sit and listen to these words you are in a vast and powerful company, witnessed each by many whose only hope is to strengthen the light and clarify the life within the combined energies of the group.

This entity is channeling at this time not in one of your usual religious places but in a small abode, a home, and yet this humble venue might as well be a cathedral, for it hosts a mighty company and indeed those who wish to experience common worship need not necessarily go to a place that has already been created or join where they may not feel welcome, for any small group can dedicate the treasure of time and position and begin to have such gatherings. The small gatherings do indeed gather and express an infinity of that which marks the uplifting or spiritual, that is, each feels the blessing of presence and intention and as these energies interweave there is spun a beautiful tower which stretches to your heavens which lifts all spirit within the charmed circle and as this energy is lifted to the infinite One the reflection of this energy rains down not just upon each present but upon all of the planetary energy into which each is grounded. So that the gathering together is not just for those present but indeed brings as witnesses all of those upon your planet who seek the one infinite Creator and lift their eyes to search [for] the light.

There are other ways in which that powerful treasure of time may be better spent but none is quite as powerful as the decision to set aside the time and the place to say, "First I will be here. First I will provide for my heart to touch its true home, to breath the air of things holy and innocent of the dirt of living."

Let us for the rest consider how time is used because a common meeting to worship is so powerful many times entities who so gather perhaps once within your week might feel that this one occasion will put into the energies of the spirit, mind and body enough to furnish good memories all the week. However, this is not normally the case. Normally, the morning does not automatically call the seeker to rivet its attention upon the Creator. Normally, the morning light calls the seeker to more mundane and daily considerations. What to be done? What to wear to do that which is to be done? Where to go in those clothes to do that which is to be done? How then to insert into this, shall we say, this running program of activities a time for stillness wherein that connection is remade with things holy and untouched by relativity and process?

There is the capability within each of you so to order the mind that a bell, shall we say, rings within every so often that says it is time to seek and know the infinite One. To make this occur within your mind there is the necessity for discipline. We suggest looking at the states of mind which you visit

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throughout the day, not an unusual day but the most normal and hectic of days and practice this looking at the self, listening to the self and ascertaining, gently but accurately, the most used states of mind. Find within this moving context of inner thought a comfortable place to insert the centering identification of self which is the marker for a location in time and space which is transformative, and when you have identified for yourself your subjective most favored state for inserting this centering then practice this repetitively.

The instructions are of necessity vague but we may be quite strict about this direction, that is, practice assiduously for this is the second way to move in mind into that identification of self in the context of seeking the one infinite Creator in all ways, in all things, which is the key to living the busy, hectic and seemingly confusing life of one who is active within third density and yet who has become able to remain within a spiritual context regardless of the physical location or the number of items which might be of necessity upon the mind of a daily and worldly nature.

There is much more that we can say upon this subject but for this working we feel this is enough material. We would circle about and close with that with which we opened, that is, our opinion that yours is a wonderful position to be in. It simply does not feel that way to you for you cannot see that which we can nor will you be able to discern the true nature of your condition. You simply must go on trust and faith and hope and that inspires all of us. We see you as love's witnesses within an illusion so thick that you do not feel each other's thoughts. This is something that we can only vaguely remember. For you to honor and love the infinite, original Logos and to so order your lives as to attempt to show forth your love and the Creator's love of you in all that you do is greatly inspirational to us for we know you are going on faith. You cannot see the beauty of your hopes, dreams and desires. You cannot know how successful you are.

It is our opinion that you in third density making the great choices between giving and receiving, between loving and risking, and being loved and not risking, we find your courage heartening and your hopes and desires and intentions beautiful and as each choice is made and that which blooms within unfolds yet one more petal we can only give thanks and rejoice. Please know that we are always with you, very willing to serve as one who meditates or as this instrument would say, prays with you, not in words but simply by our presence.

We thank you for your presence for together with you as we have focused upon this query we have been able to praise the one infinite Creator with a beauty and a joy that we could not have approached by ourselves. The blessing of humankind is humankind. The blessing of love is love and you are truer than you know or can ever know within your experience to the love which loved you first.

We would conclude this session through the one known as Jim. We are those of Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to ask if there may be any further queries to which we may speak.

Carla: I have two questions. Firstly, I would like to know your opinion on the possible effects that working as much as I expect I may have to this year for the church will have on my state of mind as a channel. Will being busier in the world mean that I need to do something different than I do usually in order to channel well? Will being busier affect that? Can you speak to that?

I am Q'uo, and am aware of your query, my sister. We can speak in general terms to suggest that as you are expending the energies of your mind, body and spirit complex in the increased energy required by experiencing the daily round of activities you will feel a certain need to feed yet another hunger and that hunger is the desire that each seeker has, to dwell with the One and to rest therein, that you may be nourished and supported in your life pattern. We would recommend that you keep your inner ear open that you may hear when the feeling for this nurturing is present and feed that hunger as it is asking to be fed. We can recommend only that you listen and feel as carefully as you work in the world of activity.

Is there a further query, my sister?

Carla: Yes, but I'd like to thank you for that answer because I think that's really straightforward and I am very much the kind of person that does do my work

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by thinking and feeling rather than thinking and knowing, so I appreciate that answer very much and I will …

Well, actually I have three questions because I just thought of another one, but along this same line, this week I have been more aware than usual of the people that depend on me to be a home to them. They're people that live all over the place and they have in common mostly that they are not particularly comfortable in the world and there is something about my nature that says to them, "This is a safe place," and I seem to function as a moving, living, walking-around home, in my being, in my having a big heart and I wonder—I can't be the only one and it can't just be women that do this. I know that some women and some men function as this kind of home.

Now, I was trying to think of a context for it and I couldn't, really. I know that it's like being a mother or a father, being a home. It's hard for me to know precisely what it is, but I do know if one of the people that needs me is thinking about something that's troubling them, whether it's S or whether it's N or whether it's D or who. Maybe this is a question for another time but as I get busier, still, when something like this, something like N's pain hits me this morning I have to respond. So I know that it works, regardless. That I guess that I have been concerned that getting busier I wouldn't be as good a home. Could you speak to that at all?

I am Q'uo, and am aware of your query, my sister. To some degree, we may speak, though we do not wish to influence your choices by speaking inappropriately. It is true that you have the quality of acceptance and freely given love that provides others with a safe haven and we are aware that there are many upon your plane who serve in this capacity. As you have surmised there are those of both of your biological sexes that offer themselves in this service as a result of their seeking …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. It is more nearly the case that those of the female gender serve more frequently in this capacity for it is, in your culture, the female who provides the first and the most encompassing nurturing for the infant child. Thus, as you enter your round of activities you will find that the connections that you have formed with those who are within your care will be more apparent to you in those times where you are quiet in mind and body, those times of the beginning and the ending of your days. Thus you will find that there is a kind of communications center that will be functioning at these moments and the calls that are made will be felt more frequently and more intensely then.

Is there a further query, my sister?

Carla: Yes, Q'uo. It's been a concern of mine for some time that the one known as Jim and I are not making the absolute best use of these contacts that we have with you and that it would be even better to channel as equals, going back and forth the way Barbara and I do and I wondered … well, let me just say this, too. Also, the one known as Jim is channeling right now, this is … so it's not very easy to channel, I'm aware, but when the one known as Jim is being Jim the person he has a human opinion that I channel better and that is due to the fact that, culturally speaking, I have more use of more words and am more productive … I use more words to say things whereas I am aware, because I am not the one known as Jim, of the value of his seemingly brief and economical sentences.

It is my feeling that the very best use of the channel that we have would be going back and forth and using both of our energies to the fullest rather than mine, largely. Without your having to take sides, I wonder what you could say that would eliminate us both on this subject.

I am Q'uo, and am aware of your query, my sister and we shall attempt to speak through this instrument in some degree, though there is some resistance. This instrument has certain qualities that could be useful in the channeling process as they are being utilized at this time. The one known as Carla has the ability to receive information of a finer and more precisely tuned nature that is expansive and quite intricate in its detail. The one known as Jim finds it more easy to channel both the life energies and the contact energies in forms which are more concrete and usable, as you may say. Thus, each instrument has abilities which are pronounced and which give each certain—we search for the correct terminology—talents and abilities are best utilized here.

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Thus, though it would be possible to utilize each instrument in an exchange of contacts as you have experienced with the one known as Barbara, it would affect the nature of our contact by giving it two flavors, shall we say. This is, of course, at your discretion and we seek always to serve as we are asked.

Is there a further query, my sister?

Carla: Can you give a value—relative value—to the channeling as we have it now and the channeling that we would have if we traded it back and forth?

I am Q'uo, and we are aware of your query, my sister. Again, we shall attempt to speak upon this topic without going past that point of encouraging a decision in one direction or the other.

Carla: I understand.

[I am Q'uo.] It would be as though one message were spoken in different languages or dialects, shall we say. Again, the choice is yours.

Is there a further query, my sister?

Questioner: Not at this time. Thank you. Thank you very much and then thank the one known as Jim for trying, really.

I am Q'uo, and we again thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we would take this opportunity to thank each present for again allowing us to join your circle of working. We are most inspired by your efforts and your dedication to continue upon this journey even though the journey seems difficult and confusing a great deal of your time.

Carla: Can I ask one more question that I thought of late?

I am Q'uo, and we welcome your query, my sister.

Carla: Bless you, Q'uo. It occurred to me just when I was letting what you said sink in, how would you rate the work that Barbara and I have done together because certainly we are coming at subjects from different points of view, certainly, yet I have felt very, very good about the … doing it together.

I am Q'uo and we are aware of your query, my sister. We are pleased with the efforts you have made with the one known as Barbara and, indeed, are quite pleased with all efforts which you have made for they have been made with a whole heart. We do not seek to rate any effort above another.

Is there any final query, my sister?

Carla: No. Thank you very much.

I am Q'uo, and again we thank each for inviting us this day to join you. At this time we shall take our leave of this group and this instrument, leaving each as always in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 14, 1993

Group question: The question this afternoon has to do with the concept of spiritual pride as it is balanced with an honest appreciation of your own efforts. We're all engaged in one kind of big effort, to earn money, to do a life's work, to complete a certain job or task and we were wondering just how much motivation one can hope for from appreciating your own efforts and where to balance the amount of appreciation with developing it into spiritual pride and being overly pleased with yourself and perhaps complacent and … who knows what else.

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. May we say what a privilege it is to be with this group at this session of working. We especially wish to greet the one known as G as this is the first time he has joined this particular group. We hope that our thoughts may helpfully inform and offer directions for further consideration. However, we as always wish to emphasize that we have opinions rather than the absolute truth. These opinions are earned, shall we say, by experience, however, we as each of you are pilgrims still seeking that mystery which we know not as it recedes ever before our approach.

Take those opinions which feel to you like the remembrance of that which was already half-known. Leave behind any thought which constitutes a stumbling block before your own discriminate—we correct this instrument—discrimination.

Let us begin focusing upon the query about spiritual pride and good works by looking at the various stories the teacher known to you as Jesus told concerning good works and money, the parable concerning the stewards who were given money to keep for the owner who was to be gone. This parable focuses upon the amount of energy put into using the gift rather than the amount of each gift in monetary value. The one with the five dollars made five dollars more and was considered equal to the one who had two dollars and made two dollars more. However, to the one who simply kept that wealth of spirit even that which that slave had was taken away.

So, we feel that the positive acceptance of spiritual responsibility is not only that which seems good but that which has great value. Nor would we encourage those who serve the Creator to, shall we say, slap down the rising feelings of joy in service. Given the amount of spiritual gifts which you have, the parable would suggest moving further, attempting more, striving to be even more full of service, using all that

you have to offer, ever more of that which is the bloom and blossom of your own inner spiritual life.

The currency of the spiritual life, the money, is the energy with which the seeker is willing to accomplish the attempt of doing that which the seeker's unique spiritual gifts suggest for his proper vocation. One entity may have a dramatic spiritual gift, a gift of healing, for instance. Another may have the spiritual gift of nurturing and spend the life dwelling with the children and the spouse and extended family. That one who has healed in its—we correct this instrument—in the process of living the devotional life has done the excellent thing. However, this excellence lies equally with that entity who has the modest gift, that does not shine before the eyes of all men, if that entity offers heart and flesh in the attempt to give that which he has.

Again, as we gaze at the parable given by the one known as Jesus, the Christ …

(Pause of sixty seconds.)

… we see that the sheer amount of labor when using the spiritual gift is not in and of itself that which makes one effort greater or better than another. That is to say, that in the parable concerning the payment of money to those who had worked all day and those who had worked a half a day and those who worked only one hour, all gained the same amount for their seemingly uneven labors.

We suggest that there is no accuracy in maintaining that one entity has done more than another because the effort was longer or harder. Rather it is the moving into the work which stems directly from the spiritual gifts given to the seeker that the assessment of value considers. The one who moves into service with the prayer of being used in accordance with the Creator's will, whether this entity wash the dishes or found the nation, it is the equal desire to serve which has the equal value metaphysically.

Now, what we are suggesting is that one cannot judge one's effort by the amount of time it has taken, by its difficulty or any other way except insofar as the consideration remains focused upon the opening of the heart in service to the one Creator. This instrument is often fond of saying that one should take something in life very seriously, some great ideal or truth. However, this something should never be the self.

Consider with us then how one can approach that greatly desired knowledge of "What are my spiritual gifts and how may I offer them?" The process of meditation, over time, is helpful in familiarizing the self with who that self is on the deeper levels. The whole process of attempting to become formally open to listening to the silent will of the one Creator is that which works many deeper levels to increase the flow of subconscious material through the limen[11] of consciousness so that more and more the meditator becomes aware of deeper truths or deeper gifts within its own self so that more and more it becomes easier to recognize the opportunities for service along the lines of one's particular spiritual gifts.

Once one has gone through this process and begun a life of service or perhaps simply begun serving in hopes of finding a life of service, [one] may simply open the consciousness to the fullest extent, having within that spoken desire that is spoken to the self to serve, not as "I will" but as "the Creator wills." This stance or posture of keen desire and open willingness will in time always produce not one but often several ways of moving into more service. It is to the one focused all along on spiritual value or quality that the circumstances will become clear as a pattern for good works, as this instrument would call them. In other words, it helps greatly when seeking proper spiritual work to know consciously that you are looking for it.

And again we say, spiritual service is the substance of all of those exchanges betwixt people and people or people and ideas wherein the seeker does attempt to witness to that point of view which is that of the servant desiring only to be called forth into service.

Now, let us suppose that all have found their spiritual service. This never occurs but for this discussion let us assume that one need look no further. Shall each seeker then be satisfied with the quality of good works it has produced? Perhaps by mentally answering this query in the head one can see that somehow there is no proper answer to that query. Somehow if one attempts to put the value here or there in work done by those who are serving one has again missed the point.

Those who pat the back after accomplishing spiritual works are not harming themselves in terms of the

[11] limen: a threshold.

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value of the work. The harm to the self has nothing to do with whether the work is good or not. The harm comes to the servant when it allows the work to be subjected to this reasoning process. Yes, it is incorrect and distinctly unhelpful for a spiritual seeker to be proud of its accomplishments but more, it is irrelevant. As each attempts to increase the polarity of one's service, one is always caught and stopped abruptly in one way or another when it attempts to quantisize [quantify] or qualify the particular value of any spiritual work. Better is it to release these considerations completely.

When one gazes within attempting to become a better servant think not of the greatness of accomplishment or the other characteristics concerning such. Simply continue to ask, "How may I serve?" for there is no entity given Brownie points, as this instrument would say. Each seeker works upon itself and no other regardless of the spiritual work. Strip all from the mind that would suggest otherwise. Naked are you. You cannot be clothed with righteousness. You are clothed, each of you, my children, by the light of your desire to abandon all except the desire to serve.

How then will you know when you have gotten it right, as this instrument would say? May we say that to each of you the moment when you are one with the work, or, to put it another way, when there is a feeling of complete freedom when doing that activity you hope will serve, then shall you be able, not to pat the self upon the back, but to turn and give thanks, for the feeling of complete liberty is at the heart of the state of mind which does often signify service well done.

Any pride whatsoever is, though understandable, not relevant to the spiritual walk which attempts to express the bias towards compassion more and more.

At this time we would deal with one detail and then would continue through the one known as Jim. The detail concerns that pause which occurred during this transmission. We feel that to point out what is occurring during the channeling process from our point of view may be helpful to those who attempt to understand this particular phenomenon. This instrument had moved too deeply into the trance state and the request needed to be made to move more into energetic alertness. When this instrument felt the difference in vibration it spent some of your time moving completely throughout the environment being sure that there was the appropriate protection of the place, the working, and those within the circle. Only then was this instrument prepared to move forward.

This process was important in achieving the appropriate—we search for the word here—this instrument's word is setup or arrangement. It was only after some period that the arrangement of connections between source and instrument was appropriately made.

We thank you for your patience during this pause. It is always the good idea for the instrument who feels some change in energy to investigate that change rather than attempting to override it and we thank you for your patience in allowing us to express these last thoughts.

We would at this time move to the one known as Jim for the conclusion of this session of working. We leave this instrument in love and light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any other queries which those present may have for us. Is there another query at this time?

Carla: If no one else has a question, I have one but it's not really on this subject. I wonder if you could comment, Q'uo, on the unusually strong feeling I had of being levitated during the time where I was waiting to find out what was wrong during that pause. The whole beginning of the channeling I felt like I was almost being lifted off my seat. If you could comment in any way, I'd be interested.

I am Q'uo, and am aware of your query, my sister. We find as the contact with your instrument and indeed with any instrument over a period of time continues that there are side effects, shall we say, that go with the prolonged intensive contact. That you feel the sensation of weightlessness is simply a portion of this process by which you give yourself over to serving as an instrument and move into that portion of your subconscious mind that is partaking of the time/space portion of your illusion more fully than is normal.

Thus you feel the sensation of levitation or of a floating that corresponds to a more malleable

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environment in which your physical laws have little impact. Is there another query, my sister?

Carla: Yes. Thank you for that answer, though. So, we're not supposed to slap ourselves on the back and say, "Good job, good job," OK? But encouraging and exhorting and empowering others is always, has always seemed a part of being a servant and it just seems to me that encouraging the self along those lines—I don't know, I guess maybe when you're encouraging others it's more obvious that you're really praising the Lord, shall we say. When you're patting yourself on the back perhaps you forget that you're basically praising the Creator. It certainly seems that someone should get the praise! Can you comment on that feeling? And I'm a little confused, I mean I do feel that it is a spiritual thing—definitely you're supposed to encourage people in their efforts, so why not yourself?

I am Q'uo, and am aware of your query, my sister. The encouragement, to be most effective in hitting the heart of the illusion and its opportunities, needs to be focused upon the one Creator as fully as one is able at any given moment, which is to say that as one is able to see the effort and the entities involved as the Creator and is able to give praise and thanksgiving for both then one is giving the highest encouragement. We realize that there are many steps to this point and encouragement may take any form and serve a useful purpose. We know that those here gathered wish to give the utmost in all efforts. Thus we give you the ideal, reminding each that one will always fall short. To accept whatever one can do is to give the encouragement that is appropriate.

Is there a further query, my sister?

Carla: No, Q'uo, there isn't. Thank you very much.

I am Q'uo. Again we thank you, my sister. Is there another query at this time?

Questioner: I have a question, Q'uo, and it is a sort of a personal question so *(inaudible)* could possibly to comment in any way that you feel appropriate, including not at all. I was just wondering about my difficulty to stay in meditation and concentrate that I was noticing lately. Is there a way that I can look at it to be fruitful or am I missing something just in seeing that it is difficult? How can I work with it somehow?

I am Q'uo, and am aware of your query, my brother. We would recommend that as any activity of the mind is noticed while you are pursuing the meditative state that you take one step backwards in your mind and observe the activity as a passing event, thus redefining your meditative position in a larger context so that you always are aware that you seek that metaphysical moment of unity while observing the activities of your mind. Thus, the larger perspective will allow you to move more in harmony with the moment of meditation which you seek. Is there a further query, my brother?

Questioner: When I think about meditation I think the effort going into it is important rather than the actual amount of time spent within the illusion, yet there is a period to be devoted to tuning so there, I assume, is some minimum, perhaps I could say, minimum time required to get in tune and then move into the moment. Can you comment *(inaudible)* that?

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. The most important portion of the meditative experience is cultivating the desire to meditate. This may be done in an instant. All other effort is an addition to this foundation effort. Thus, if you wish to tune or to practice any form of meditation after desiring to do so, you refine this desire and work with it in a specific fashion and this working may take any amount of your time. However, to desire to meditate can be done in an instant. Is there a further query, my brother?

Questioner: No, Q'uo, *(inaudible)* is … thank you for the answer. I appreciate your (*inaudible*).

I am Q'uo, and we thank you, my brother, once again. Is there another query at this time?

Questioner: I guess not, Q'uo.

I am Q'uo, and we would take this opportunity to express our great gratitude to each present for asking for our presence in your circle of working this day. We feel very privileged to be able to share our opinions with you and, as always, ask that you remember that we share that which has been helpful to us and we hope that you will take only those concepts that are helpful to you, leaving all others behind.

We, at this time, shall take our leave of this group, leaving each as always in the love and in the ineffable

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light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 21, 1993

Group question: The question this afternoon has to do with the forgetting process that each of us goes through as we enter an incarnation. Ra has suggested that lessons we learn here with the forgetting process in place carry so much more weight in our total beingness than lessons learned when the forgetting process is not in place—when we remember our total nature and the total unity of all creation. And we're wondering some about how the forgetting process works, how it is put into place, and then how our remembering takes place and the progress that we make in our lives that's due to a remembering of the purpose and the goals.

(Carla channeling)

We are known to you as those of Q'uo. Greetings in the love and the light of the one infinite Creator. It is a privilege and a blessing to join your group's meditation this day. We thank you and bless you for this request to share our thoughts with you, for in this request you aid us in performing that which we do to be of service to the one infinite Creator at this time. As always with those who have opinions, no matter how carefully held, it is well for each to discriminate in the thoughts chosen to take and use. We ask that only thoughts which are deemed helpful by you be retained. The rest may comfortably be left behind. Thank you for this courtesy.

We would say that there is an over-shadowing of this group at this time by the one known as Hatonn. This is in order that there be an appropriate confluence of vibratory patterns placed upon your taping machine. However, this entity has no desire to speak to this group at this time, but merely wishes that we express that they are with this group and also thank each for requesting Confederation presence.

Picture with us, if you will, a large mansion with many, many rooms as has been the style off and on for centuries. In this dwelling there are secret passageways and staircases, secret rooms and secret tunnels. A visitor might enter this immense dwelling and abide therein for a long time without ever being aware of the secret portion of the house. There would be, seemingly, all that was in the house to proclaim that this is all there is. Yet, this space would continue to exist on the other side of that secret door. That the visitor did not know the door was there would have no effect upon the door. It is in this kind of way that the forgetting process occurs.

When you picture an infant, newborn into the world of illusion, you see a tiny bundle of raw need and that tiny spark of life existing so purely and innocently; yet, this infant contains all of the space for its memories that it has ever had and ever will have. Some of these memories are from the many, many times of being incarnate in third-density

physical vehicles; however, some of the content of this memory is that memory which is gained as a portion of essential beingness given from the original Thought, which is divine Love. The truth, shall we say, is ineluctably placed within each entity as a portion of the basic consciousness with which individual characters are injected, shall we say, to form that which one could call the soul or the whole entity.

Up until the breath is drawn for the first time, this newborn infant is a functioning portion of second-density, in many cases. The consciousness which is individually an entity's may well hover about the forming physical vehicle rather than take its seat within the physical vehicle, so that there is often no presence there except the physical vehicle within the mother. However, when the time of birth approaches, then must the entity which shall use this functioning physical vehicle go into the physical vehicle and form that bond betwixt lighter bodies and the physical body which bind the two together until the cessation of the physical body. This represents a true marriage, shall we say, of Earth and heaven, or of the elements of that which lives and dies and that which has not been born nor shall die—that which is forever the Mystery.

It may seem a cruel joke that such perfectly formed and pure infants must be taken from that consciousness of the truth in which inhabitants of second-density dwell. However, as the query itself notes, the advantages of functioning without these memories are great. To the conscious mind there is given what is more a shadow than a substance of the actual memories which are stored within the deep mind. It is as though the very workings of the most essential aspects of each personality were necessarily so ordered as to leave many hints and innuendoes suggesting that there is such a thing as a more ethical way to live or to decide between two things. This bare instinct for the right is that flag or token or suggestion that there is much more of a metaphysical or ethical nature which forms a system of deeper truth.

This deeper truth is protected from that quick and easy access by the conscious mind which entities are used to having in general. It is neatly and cleanly cached, not merely out of sight, but secreted and truly hidden, for there is extreme power which is released when the truth is claimed; and it is a worthy goal to seek and find more and more deep levels of truth. Were this truth not so well hidden, it would not have the power to move and offer transformation to that entity which perseveres in ceaseless asking and desiring of the Creator that more and more of truth be opened to one.

You dwell in a deep and convincing illusion—this you know. Each has already discovered some degree of personal power. Each desires and attempts to use that power rightly. As each continues that pilgrim's path, seeking always the higher truth, the higher compassion and wisdom, doors do open, and to the entity who watches and pays close attention, each and every situation can hold revelation. Yet, know that it is only insofar as one continues to apply those truths already learned that these doors do open.

The nature of seeking is such that many attempt to speed up the process of discovering truth far beyond that rate at which they may reasonably expect to learn and retain information. Therefore, we encourage each to allow for reflection and reiteration of lessons and truths, for the process of imbibing these heady waters of truth is much longer and more subtle than a simple model of the memory of an entity might suggest.

We suggest that each of you is a marvelously complex creature, and that many times when you may be most aggravated at the delays in learning lessons are the times when it would be far better simply to allow the waiting and the process of seating these growing perceptions of truth in the stable connection betwixt newly opened subconscious material and its emergence through the threshold of consciousness into the fully conscious mind.

It is as though these secret places within the mansion of your beingness are the treasure trove which the dragon guards in your mythology. The dragon is that portion of the universal Self which aids the self in staying whole and entire, for that which you seek—that great original Truth—is powerful enough to have created all that there now is, and is powerful enough to end all that there is. Contact with this energy is a thing which it is well to allow to occur in natural ways with no heightened expectations. In quietness and in peace shall truth be yours, which you have earned through desire purified through discipline, through emotion purified by wisdom.

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Rather than moving forward from this point, we would pause and ask if there is a direction which any within this circle would have a desire to appoint.

Questioner: What would be your recommendation for the best way to aid this remembering process?

We are those of Q'uo. The door into that secret part of the mansion of your self has a key which opens it. This key is meditation, contemplation or prayer. These words suggest ways of expressing a relationship. We wish to use a term which points to that relationship, that truth within is to the self which functions daily as the bottom of a lake is to the bubble upon the surface. There is no actual touching of conscious mind to the ground of being, if you will.

When one meditates or in some way seeks to impress within the self its relationship to the one infinite Creator by whatever means, this intention to seek the Mystery triggers a kind of instinct within the conscious portion of the deep mind, thereby focusing energy and personal power around this mountaintop which has poked up from the subconscious into the conscious mind—that little peak which shows above the threshold of consciousness as the instinct for an ethical or moral right, or that little mountaintop which says that there must be a Creator. The act of meditation, then, not only works upon the mind and body to relax and open up the flow of energy, it also triggers a closer alignment of the self which is conscious with the fundamental or basic nature of that great mountain within the subconscious or deep mind which is the area which contains those deep and vast truths which have structured and formed all that there is.

You carry the blueprint of all things within, and the potential to activate any or all of this knowledge. That you are protected from burning yourself out in discovering these fiery truths beforetimes is to be expected in a universe where there is the possibility of advancing. The Creator has not hidden these truths in order to cause hardships, but in order to prevent premature awareness. Each entity is intended to open itself to transformation in this natural way, so that there shall be no loss of incarnation that is not necessary.

May we at this time request a further direction?

Questioner: No, that's very good. Thank you, Q'uo. I appreciate what you've had to say.

We are Q'uo, and we thank you, my brother. This instrument is asking us why we dally. We say to this instrument, "Relax." We rest in the harmony of this circle, reluctant to leave, yet, having fulfilled our function, we simply float within the vibratory patterns which are so beautiful to us in each of you.

We thank you again for requesting our service, and, reluctantly, we do at this time desire to leave this instrument. We leave each of you in the love and in the light of the one infinite Creator. We are known to you as those of the principle Q'uo. Adonai. Adonai. We leave you in love and in light.

(Carla channeling)

I Yadda. Hah! We take this instrument by surprise. She say love and light for you can speak. We greet you in love and in light. We look at your hopes and dreams and say to you, "Let no one discourage you." If someone seems to have authority yet discourages your efforts, then you must say, "He is not what he seems." Then to yourself you give encouragement. Perhaps there is not someone besides yourself to strengthen you, then you must stand on your two feet and encourage yourself. Be never faint of heart, and know always that energies such as ours are numerous.

We cluster about those who seek to hasten the day of perfect balance. Open the heart to that company which wishes to support you, and feel that wordless encouragement. We thank the one known as *(name)* for allowing us to share this thought, and now would leave. I am Yadda. I leave you in love and in light. Adonai.

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Sunday Meditation
November 28, 1993

(The tape begins in the middle of a reply to a question having to do with astrology.)

(Carla channeling)

[I am Q'uo.] … we seek at this time to do.

We are most happy to share our thoughts on astrology, with the disclaimer that our thoughts are to be heard as the thoughts of a friend, rather than those of an all-wise teacher, for we make errors. The request we have of you is that you simply leave behind any thought which does not seem worthwhile to you.

We give this instrument the picture of the world that lies in darkness. A kind of waiting, or anticipatory darkness such as the eve of a great holiday. The present period among those upon your sphere's surface at this time is an increasingly exciting one as there has been more and more of this consciousness among all of your world's peoples that some great event seems to be in the offing, so that the coming of the night is more acceptable.

It is into such a frame of consciousness, if you will, that we bring this discussion of astrology. This instrument wonders what we do, but we ask it to relax and go with us on this. There have been centuries in which it would not have aided most to look more closely into the archetypical mind. These centuries have passed for this third-density experience which you enjoy at this time. The end truly is near, if you will. Not physically, but more and more mentally and spiritually. There is that subconscious or unconscious awareness amongst your people that there are special reasons to look more deeply into natural phenomena and their possible effect upon the self, be it body, mind or spirit that is affected.

Astrology is a complex and detail driven technology, if you will, a system of ephemeral, mathematical constructs having to do with the configurations of heavenly bodies.

To the student who wishes to probe more deeply within the self to become more and more familiar with those uncharted regions of the self represented by the marker in consciousness which you would call sub-awareness, it [astrology] offers one way of learning more about the deeper mind. There is this sub-awareness that the deeper studies at this crux may be those which have fruitful results. On this level, let us say, the awareness of specific and personal detail is not that of which we speak at this time. Rather, the archetypical mind finds explication by the relationships of heavenly bodies to each other and to the planetary sphere upon which you presently enjoy incarnation.

At this level, much deep awareness can be encouraged by immersion in that complex set of relationships of star to star and star to the system of star and planets which you call home. On another level, the personal level, yield of useful information from continued study of and awareness of the progression of one's own—this instrument would use the word "chart"—is shall we say, a good way to develop both an instinct for influence and a relatively authentic feeling of control over the continuing life experiences which is so precious to you. To one entity, such a study would be work, a difficult chore done in order for the learning. To such a one, we would suggest investigating other avenues for learning more attuned to the environment and for aid in the feel of control over the life experience.

Astrology, then, is that for which some entities are well suited, others not. To the entity which feels positively or affirmatively concerning keeping up with the chart's progression for the self, astrology can bear that aid in consciousness which creates for the seeker a vantage point, consciousness which can act as a collecting area for the amassing of one's psychic self. The gift of being psychic or aware in non-physical ways is within all persons. The means of developing this gift are tremendously large, infinite, we would think. However, to a fairly large percentage of those now seeking to increase the rate of learning, spiritually speaking, a substantial number would, indeed, find in astrology that place from which to continue to learn how to gather more and different information from the environment, for the environment is illusory and more than that is an illusion with many sub-illusions which further color the catalyst which is retained for use by your minds.

Now let us speak more in general, for there is a point to be made as regards the use of systems created by the mind and observations of mankind. Insofar as any system is internally valid in its logic, that system may be to the entity which plumbs its depths that crutch or aid which acts as the collector for the abilities and gift of the seeker. In general, it is well to choose as a system, whether it may be astrology or numerology, the study of the eye or head or hand and we could list systems for a substantial length of your time. What avails then to the seeker as efficient tools is that very systematic nature, for the mind within incarnation has the instinct for the pattern. Each entity in each experience is, in part, working internally to place the present moment into a context which will yield the maximum amount of information. This information is usually heavily biased towards comfort and well-being. However, the mind can be increasingly trained to retain catalyst which is presented to the mind which perhaps has little, if any, survival use but which does indeed aid in spiritual learning. And the way to become more able to do the work in consciousness is to persist in experiencing one system, be it of myth, science, philosophy or ethics or any system whatsoever which—we correct this instrument—to which the seeker is personally and individually drawn.

For you are, indeed, living on the eve of that which shall come to be. It is almost impossible to describe the nature of the shift of consciousness from basic third density to basic fourth density. This shift shall take you with it, if you dwell now on planet Earth. Therefore, we encourage the twin awarenesses that it is a great time to be watchful and that it is a good time to celebrate that which astrology or any "ology" might do, which is to aid in the development of that sharply tuned hunger for the truth that is revealed in the present moment.

How we do encourage each to more and more dwell and marinate the complete entity in the present moment. It may seem odd that the mind's structure is such that the entrance to the present movement is often roundabout, moving not through the invisible door into the fully accepted present, but rather going completely around the entire structure of living to surprise the present moment, only after the long walk has sharpened the appetite.

Astrology is, shall we say, the hors d'oeuvre which encourages an entity to more aptly fit the intellect to accept an increasing number of inferences. This ability to loosen the self from the physical and move into an abstract system of gazing at the self is key.

What you do in gazing at astrology is to sharpen the intellect's ability to let go enough so that the gifts which are called psychic may express themselves intelligibly to that mind which has been softened to accept increasing numbers of inferences, for that which you seek cannot be deduced or received.

Discuss what you will. You cannot bring instrumentation, as you know that, to bear on the

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nature, which is the original Thought of the one infinite Creator.

We would at this time declare with regret that this is the substance of our discussion at this time, unless there is a query which would take this line of reasoning further. Might any have the desire to proceed further at this time with this particular query?

(Pause)

In that case, we would close this particular session through the one known as Jim. We leave this instrument in love and light. We are known to you as Q'uo.

(Jim channeling)

I am Q'uo and greet each again in love and in light through this instrument. It is our privilege at this time to ask if there be any queries upon any other topic that we may attempt a response to.

Questioner: I have another question, Q'uo. Prior to the session the situation was discussed of helping ourselves. *(Inaudible)* to be at a disadvantage in our particular society and my observation was that the feelings that come to me during that Sunday were unexpected. I was wondering if there is any use for logical reasoning in trying to observe one's own reaction in giving aid or helping another, or if it is more useful for a seeker just to accept it as it is and sort of try to do the best every time that situation or event comes up. I wonder if you could comment on it?

I am Q'uo, and am aware of your query, my brother. The situation of which you speak is one in which you were offered the opportunity to be of service to another in a very direct and immediate fashion. This quality of immediacy is that which catches the seeker, shall we say, in an off-guard position, as you may put it. The spontaneous response of any entity to any stimulus is to act in this off-guarded moment in a pure and unpretentious fashion, to look at this experience as it has been completed, and to review one's reactions, thoughts and emotions is the archetypical path of the seeker for the examination of the life pattern is the seeking of truth. The illusion exists for your seeking and your learning. Thus we applaud the care taken in investigating one's responses to significant stimuli. The significance is chosen by each of you according to that which moves your inner rhythms, those patterns programmed previous to the incarnation. Thus is well to spend time daily reflecting upon the day as it has passed to note those experiences where there was movement in your own consciousness, those felt and [that] left behind a strength and a mark upon your memory.

May we speak in any further fashion, my brother?

Questioner: I will take it further by saying that when I agreed to help, I had some expectations in the way it would feel and it did not feel that way and so I would ask you what kind of experience does the seeker set himself up for with the approach he is giving it? Would you give some preconceived idea of what it might be like? What it should be like?

I am Q'uo, and am aware of your query. To have a preconceived idea as the to the outcome to any event is to confuse the perception of that event when it occurs. This provides additional catalyst to the seeker and it is not inappropriate to have these preconceptions, however, it may be noted to be inconvenient. It may also be noted by the seeker that there are a great many responses possible as a result of the giving of service and each response may be carefully noted and investigated so that the connection with giving without condition can be made.

Is there any further query, my brother?

Questioner: No, Q'uo. Thank you for that.

I am Q'uo, and we thank you once again, brother. Is there another query at this time?

Carla: Well this is personal, but I was talking with Jim the other day and we were wondering what had changed since the readings that I was given by Ra that have enabled me to [do] things that, at the time, I simply could not do. If this is not a subject you can speak upon, that's fine. If you cannot comment, great.

I am Q'uo. We first [must] ask if we spoke too soon?

Carla: Well, Q'uo, only because I always have something else to say, I was just going to say that, in general.

I am Q'uo. Still … *(laughter from group)* and we give this instrument the image of the steel door, locked carefully, and apologize for the lack of information. Is there any other query, my sister?

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Carla: Would it aid my understanding of the energies at work in my life to meditate on this door?

I am Q'uo, and we would suggest that the query itself be the focus of meditation.

Carla: Very well. Thank you, Q'uo.

I am Q'uo, and again we thank you, my sister. Is there another query, at this time?

Carla: No, thank you.

I am Q'uo, and we thank each for your patience and most especially for your invitation to us for we are always filled with joy to receive it and to have the opportunity to blend our vibrations with yours. We are most grateful to walk with you this portion of your journey and assure each of you that there are many such as we who walk with you always and there are those who rejoice at your every step. We shall take this opportunity to leave this instrument and this circle of working, leaving each, as always, in love and light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 12, 1993

Group question: The question this afternoon has to do with what the Confederation contacts that we speak with think about our continually asking basically the same sorts of question. We seem to need a lot of repetition concerning "being and doing" in our lives, controlling and allowing things to work for their own ends, or, basically, the lessons of love. And we're wondering how this all looks to the Confederation contacts as they observe our behavior, listen to our questions, and see our concerns—our sort of orbiting in small circles.

(Carla channeling)

We greet you in the love and in the light of the one infinite Creator. We are those of the principle known to you as Q'uo, and the love and light of the One with which we greet you is our way of expressing all that there is, so that in this greeting we have offered to you all that we have to offer in service. We are in service to your people to promulgate this one deeply held opinion of ours: that is, that there is but one great original Thought, that Thought called Love which is the Creator and the nature of all that there is, with light being that instrument with which the grand tapestry of your world scene is woven.

We come to answer your query concerning repetition. We were unaware that we ever do any other thing but iterate and reiterate the one simple truth, that all that there is is one thing, that thing being a mystery which recedes before us as we move in that which we hope is a positive evolutionary way. Therefore, we have a very favorable opinion of that which you conceive of as your repetitive queries.

The admonition, "Be ye perfect as your Father is perfect," is attributed to the teacher known to you as Jesus. We, too, encourage the attempt to be perfect, that is, be perfectly loving just as the infinite Creator is infinitely loving and purely loving. Yet, this instrument himself was a broken and imperfect entity within the veil of third-density incarnation. [However,] this teacher encouraged this drive towards perfection again and again. However, this teacher, in the ministry which expressed without words the nature of this entity's love, chose again and again to bestow that love, charity and wisdom upon those which any civilized culture would call imperfect—the tax collector, the prostitute, the halt and lame and those possessed—a veritable rogues' gallery of failed and sinful entities.

These profoundly imperfect entities were those to whom the one known as Jesus expended the most care, going after that one in the hundred which is lost, forgiving all for faith. To one who had faith, this entity was able to effect healing. Was any who was healed described as perfect or deserving? Not at

all. We, too, encourage you to strive at your very highest level of effort to "fight the good fight," as this instrument would say, gazing upon the present moment and the future as the ever unfolding opportunity to become perfect. Yet, in this endeavor, we predict that the odds are great that you shall not perceive yourselves as being anywhere near to perfection.

This instrument earlier stated that she was in despair because she looked at the actions and thoughts of several different present moments, asking the self, "Is this the way you live in the Creator's presence?'' May we point out that this entity was, in each instance, thinking of the Creator, with the relationship of the self to Creator inevitably and intrinsically characterized within the heart of self, so that there was no chance for the entity to be away from the Creator's presence.

In each and every self-perceived imperfection of thought and action, each of you, as you criticize yourselves, gaze at who is criticizing and who is criticized. These are both the self. The dialogue with self would not be possible were not the self composed of voices which include that voice which calls to remembrance.

When the seeker begins the conscious portion of its incarnational work in consciousness, all is unknown. The desire to learn is great, and the first lessons are transformational, as the conscious mind begins to deal with our opinions of how, within incarnation, entities might speed up the rate of their spiritual evolution. They are able to make large changes quickly. The meditation is placed in a kind of routine, and the entity begins experiencing fairly rapidly the results of that daily meditation. The world of nature is seen with brand new eyes which gaze upon the creation of the Father, seeing that which we, too, see: the euphonious harmony of all things in the visible world, vital, alive and praising the infinite Creator. The rhythms of life are seen in an entirely different way as the processes of meditation and contemplation go forward, and it begins to be a world in which there are things which the seeker can see to do, in the way of their service towards the Creator and others.

These things are noticeable changes. The difference it makes to the living a life based on faith is palpable, but the seeker moves onward, and each step takes the seeker into that new world in which things have not yet been constructed. Soon the changes within, meeting and reacting with the environment, begin to cause that which one might experience as a dying away of some of the self, the turning towards a different or transformed view of how the spiritual journey shall be run, and more and more as this process continues, the seeker finds itself torn loose from all that previously maintained equilibrium. The path moves onward, yet, the self is transforming and is not any longer a set character. The seeker begins to wish to have some kind of structure within which to seek, yet, that structure is constantly being torn down to some extent by the progression of the spiritual evolution which was desired.

Thusly, as this desire for spiritual evolution is progressively satisfied, just so it becomes that which is not familiar. And in the middle of this seemingly effortless meditational practice, one finds the self becoming very full of effort, attempting to digest and inwardly mark all that is taking place in a balanced and truthful way. The self becomes less known, for much is in motion. And as the question itself implies, the odds are good that quite often within the stretch of years of a seeker's conscious spiritual walk the self will be, again and again, rather frequently out of balance, or shall we rather say, perceiving the self as out of balance, and there is the wishing and hoping for more balance, for more skill in expressing the life in love and in service.

Perhaps our greatest message to you in this regard is: keep walking. Do not be disappointed in the self because there seems to be the repetition of message. This simply indicates where in a particular group or circle, the rubber, as this instrument would say, is hitting the road.

Shall you wish for a pure heart? Then, inevitably, shall you notice each and every impurity which you perceive in the self. Do you wish to be always the one who offers love? Just as strong as this desire is, so is the strength of your ability to notice unloving acts. And if your desire is to balance being and doing, then you shall surely notice, again and again, that you wish to be given more tools and resources to aid you in combating and working with the self as it is perceived by the self to be acting out of balance.

So those things which concern or worry, like this repetition, are not in our opinion negative, but rather merely indicative of where the energy is within each of you in the circle. Please consider how

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long this spiritual journey is, and how infinitely fine the distinctions and the enlightenments become as the Spirit progresses through the densities to gaze at the long view. Not only are you attempting within incarnation to balance the being and the doing, the resting and the acting, but there are millions and millions of your years ahead in which you shall only tighten and magnify the scope of that which you observe, looking always not at what has been gained, but at what there is to do. These lessons, shall we call them, go on forever, until time itself becomes meaningless and spiritual gravity takes over.

We ask, then, that the heart rest in a peace which does not come from settling differences or realizing truths. We hope for each of you a peace that is full of the striving of entities to rest in the Creator. That Creator is not still. The Creator in which you rest builds up and tears down all possible avenues. Dwell within the precinct of this peace. This peace is not still. This peace may be full of noise and full of prayer also, yet, this peace is simply the awareness of the Creator in direct relation to you, and in direct identity with the heart within, which contains that spark of pure Love which enlivens the whole.

You are mortal, experiencing incarnation within a heavy illusion. Those things you came here to learn you are indeed learning; but it takes your time, not simply one lifetime, but again and again called into incarnation to repeat and repeat that lesson not perfectly grasped as yet. If we felt that we should not repeat ourselves, my friends, we would soon be out of talk.

We are attempting to show to this instrument the image of the ice which forms on top of the pond or puddle. The sheet of ice across the top is solid to the touch. It is strong and holds weight. It is one shape only, and can only be changed by breaking and scattering its crystalline nature. Yet, below the ice is living water, the habitat of beings—fish and plant life thrive beneath the solid ice. This is as you in incarnation. The form which you have taken is crystalline in its own way, and marvelously wrought, and each entity has its own beauty and cleanness of form. This solid entity which greets you in the mirror shall be your physical identity until you leave both the illusion and that physical form behind. Yet, that solid entity is not the end of you, but merely the surface of your form. Within you are deep and living waters in which the flora and fauna, shall we say, of archetypical images which live in those deep waters may thrive and bloom. Does the physical form change because of this life which moves within? Usually not, yet this is your self, mostly unknown by you except that you can feel that pressure of vitality coming from the depths within and you can experience this depth and fullness of being.

The crystalline form will indeed need to be battered with that blunt instrument called repetition, a hundred or a thousand times before the dent is made—the form changes, the mental formation changes, the emotional changes—the work is slow, and you feel pokey and petty and tired of not quite getting it yet. We encourage and exhort each in the regular allowing of the definition of the self to be consciously altered by the bringing into remembrance and awareness that living, breathing, vital part of the deep self. Breathe deeply of that living water. Inhale it into the form which is the physical health. Consciously irrigate and marinate the self in these living waters of deep mind, then allow that consciousness to fade, so that you may, once again, take up the attempt daily, hourly, moment by moment, to live the life of faith, as witness. And in that witness, whether by expression or aura or any word or deed, may you celebrate that imperfection which is the perfect outworking of a life lived in faith and service.

Do you seem to need repetition? Very well then, my friends, repetition it is. And with each repetition, the total of Love does not expand but simply intensifies, so that as each lesson is repeated, new and deeper graspings and understandings are found. The entity has not been dealt, may we say, that can do the same thing twice—not in the world of spirit.

We ask each to lift the criticism that is implied in being aware that you are working towards an unattained goal. Feel each day both the perfection which is the true nature of all things, and the imperfection which is consciousness expressing through a medium. The medium of third-density is that which consciousness can do very little about, comparative—we correct this instrument—compared to its action upon other densities. Therefore, allow the self its nature, and be at peace with the repeated lessons.

We would at this time transfer this contact to the one known as Jim. We are those of Q'uo, and leave this instrument in love and in light.

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(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time may we ask if there might be any further queries for our consideration?

Carla: I didn't understand what he—what they meant, when they were talking about the deep mind. The images … It was just unclear to me about the deep mind, and the living, almost like beings in that deep mind, which are living. Somehow there was the suggestion that they're not precisely us, they're living like fish in the water of us in the deep mind. And I couldn't make anything out of that so I didn't express it. And I wonder if you could try again through Jim, because I was interested in that image but I couldn't express it well enough to use it.

I am Q'uo, and am aware of your query, my sister. And we would agree that this concept is one which is difficult to comprehend within your normal reference points of existence, for there is little of the deeper mind that your peoples choose to investigate beyond the individual subconscious. However, if an entity is successful in traveling to the roots of the mind beyond that that can be called the personal subconscious, there is the racial consciousness of its own kind, shall we say, and here there are experiences that have been gathered by those of the same racial heritage that affect the individual entities of that grouping …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue. Beyond the racial mind there is the planetary mind that is different than the racial mind on this particular planetary influence. For, as you are aware, many there are upon your planet that have had their beginnings elsewhere upon other planetary influences, so that there are various racial minds which compose your planetary mind. It is possible for a third-density planet to evolve with only its original second-density population progressing to the third, so that the racial and planetary minds are more alike if not identical.

Moving further into the roots of the tree of mind, we come to that portion which is called the archetypical mind. It is here that the blueprint for your evolutionary process is found, so that the influences that you experience from this source are of a fundamental nature, and provide insight and inspiration into your daily experience only in the form of echoes, hints and shadows. At the level of the archetypical mind there is the participation, both of the individual entity such as yourself and entities of quite another nature, though all are one in truth. The creative forces or intelligences that are responsible for this portion of the creation in its very essence are those which work upon the level of the archetypical mind, refining that cosmic mind of the one Creator in such and such a fashion, so that there is the possibility that the Creator may know Itself with greater variety and intensity than if the cosmic mind did not experience further refinement.

It is here, at this level, that we were speaking previously in suggesting that there are concepts that are basic to third-density experience which have their origin at this level of archetypes. And because of this similarity of lessons to be learned there is the seeming repetition of experience for the seeker of truth within your illusion. Thus, you draw from the same well waters that nourish your life-being and give it its flavor, its *élan*.

Is there a further query, my sister?

Carla: No, thank you. That was fascinating.

I am Q'uo, and we are grateful to you as well, my sister. Is there another query?

Carla: Not from me, Q'uo.

We are those of Q'uo, and are aware that we have spoken for a goodly portion of your time this day, and we are most grateful to each of you for inviting us to do so. We are overjoyed at this opportunity, and we can assure you that though it seems there is repetition upon repetition within your illusion, that the effort you make to greet each experience with love and with light is unique, and adds its own portion not only to your experience but to the experience of the one Creator. And each effort, each breath, and each thought that you take is treasured by those who observe and have responsibility for this progress as your teachers, your friends, and your guides, shall we say.

At this time, we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 19, 1993

Group question: *(Inaudible)* … *(name)* concerning a dream he had, which he felt was an extremely enlightening dream. We will ask the questions in parts. The first one is: "Who are those who played the parts of my spirit mother and fathers?"

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We are privileged to attend your session of working at this time and gratefully thank this group for calling us to share our opinions with you. It is our privilege and we are most heartily pleased and blessed by the company, asking only that our opinions be accepted as just that. So we ask each to consider what we offer, rejecting those things which do not immediately seem to aid in your particular spiritual journey, and if there remain any which do aid you, then we are most delighted.

We speak this day concerning the interpretation of a dream. Such is often the platform upon which information necessary to a spiritual seeker is offered, the dream state being marvelously outfitted and equipped to handle complex and shifting values and concerns which are being considered by the seeker on many levels, some conscious and most subconscious. This dream state, then, is marvelously wrought for maximal lading or layering of information. To one who is not yet working with the dream state, dreams may seem ephemeral, nonsensical and useless. However, to the seeker who spends the care and attention to prepare for remembering and considering dreams this resource of the mind is a stout friend and a wise teacher to the conscious self, expressing in rich detail the tapestry of deep energies which move through the self within the incarnation.

The denizens of dreams have various identities when gazed at from various points of advantage. In a very real sense, and perhaps one of the most important, all figures within a dream are the self. This seems confusing at first glance, for if all figures in a dream are the self, then where is the dynamic which expresses thought and carries instruction? Yet the self is a large entity, an entity of a level or order of complexity which is difficult to express. Within each self there exist the pre-traces or foreshadowings of all potential possible states of mind, all feelings and emotions, indeed, all situations.

In a dream in which all entities are the self, then, the interpreter of the dream is looking at the characters of the dream with the hope of penetrating the symbol or figure or motif which the figure represents. In this regard, it is helpful to have some familiarity with the archetypical mind in one of those disciplines, such as the tarot, which attempt with some degree of success to capture the complex

and many-layered values and colors of this tapestry of the self.

When one gazes at a mother, within the dream, looking for the archetypical match for this particular entity one may perhaps find some degree of success holding each archetype in mind and allowing the dream figure to be matched to it. The figure of mother contains, shall we say, the essence or heart of the dynamic called female. Those incarnate—we correct this instrument—incarnated in physical vehicles which are female contain the world within them, for to their wombs and through their wombs all must come who come into manifestation.

The female is the doorway through which all life essences stream. Within the heart of the father, then, is that which acknowledges the high position or ruling standard of the feminine. Before that door, that gateway, all men kneel, all give homage. Toward the female, then, is felt an irresistible love, often experienced as a darker or more convoluted love bearing in its folds the pain of that within the male which is not alive as is the female.

Thus, we encourage the one known as *(name)* in its consideration of the various female archetypes to illuminate this search for self and further to illuminate that within the self which now stops searching.

(Pause of thirty seconds.)

The three images of father—that which is rough, that which is strong, that which is wily—are not mutually exclusive images, yet what, archetypically speaking, within the male is rough, is wily? What depths do these words suggest? What divisions within the self do the unification of these three characteristics foreshadow? We suggest consideration of the mind, the physical vehicle and the spiritual self, moving always back from the detail to the essence, from complexity of detail towards unity of wedded understanding.

To the student which has achieved comes the clear dream which points both to the completion of one season of the self and to the moment of beginning, the next season of the self. In what way, then, does the incarnation, as its events lie in the present moment, provide resonances with this dream of mother and of fathers? These considerations may well produce further queries.

May we answer further at this time?

Jim: The second part of the question is: "What of an helpful or clarifying nature could be said regarding my spirit mother's answer to my question about the constancy of my experience of being?"

Carla: Could you read that again?

(Repeated)

(Carla channeling)

The metamorphosis that occurs in some life forms is far more striking than transformation within the third-density consciousness. When the tadpole becomes a frog, there has been quite an obvious change. When the pupa becomes a butterfly, there is an obvious change, but when a seeker has unwittingly fulfilled an archetypical task, the transformation is not obvious or even visible, necessarily.

Further, this transformation takes place at two very different levels of being. In one level, the subconscious level, time/space holds sway and there is no veil, so that clarity of color and detail is seen. However, the portion of the personhood, shall we say, which is conscious is like that of the iceberg. The conscious self is often tempted to think of itself as it sees itself in the mirror as the whole self. However, most of that which makes a seeker that particular and unique seeker lies forever hidden, and as an entity continues to do work in consciousness, great magnitudes of change are seen below the threshold of consciousness and rainbows of colors detail this marvelous melodrama of evolving selfhood, while above the threshold of consciousness the changes are muted and the desire to see these changes, be it ever so keen, must make itself comfortable working largely with the palest and dimmest of hues compared to the richness of color in the time/space portions of consciousness which lie below the veil.

Thusly, it is well that there be in a seeker attempting to learn new ways the willingness to accept upon—we correct this instrument—on faith alone that the work done faithfully and persistently is indeed creating new selfhood below the veil of forgetting, even though that which appears within the conscious experience may not at all times have the brilliance and clarity which is instinctively felt as the work of seeking revolves and moves the seeker in its orbit of evolution.

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It may be seen, then, that on one level a state once experienced becomes the basic state and further evolution holds this value as its ground value. On the conscious level, however, the value which is stable subconsciously seems to be anything but stable as the conscious entity working within this shadowed valley of existence which is your normal waking consciousness must work to understand what it can amid the ever changing emotional mind-sets which bias most entities' web of perceptions according to those defenses and adjustments which have fed into the increasingly eccentric and individualistic web of characteristics which is the evolving personality of the conscious self.

Thusly, there is always change, but the fruits of these changes, the completion motifs of cycles within incarnation, though steady and stable within the deep self, will not seem stable at all within the conscious life. How to evaluate oneself with regard to this holding of the steady state? We encourage any seeker with this kind of query simply to lay it aside, for the least among your peoples can judge the self but the greatest among you cannot judge wisely. Therefore, we encourage the lack of the taking of the spiritual temperature and also the releasing of the opinion concerning which state it would be best to be in.

Certainly one wishes to always run the straight race with a pure and full-hearted effort. Yet we suggest that the running of this race is in itself that satisfaction which truly endures. The grasping or holding on to that which has occurred, we suggest, is not necessary, for such clear dreamings generally signal the ending or completion of one cycle of learning and the momentary or new entry into the next cycle which shall be the next lesson of love.

The entity which began the cycle, now ended, is no longer that which calls itself *(name)* and now that this cycle begins, to turn back and reach for these experiences felt within the dream queried about is just a holding on to that which is rather a signal, a fairly complex signal, which suggests without specific delineation the nature of what may be called the initiation which has been gone through.

May we ask if there is a further query?

Jim: The third portion asks: "How did the nature of my question to my spirit mother constrain the form that her answer took?"

Carla: Could you read that again?

(Repeated)

(Carla channeling)

I am Q'uo. This instrument is not aware of the content of this particular part of the dream, so we shall have the difficulty of working without this instrument's awareness of what we refer to within our words. Therefore, this response is less than complete.

Let us consider the archetype of the two women, one of the negative polarity and one of the positive polarity. The central figure which is male has his hands crossed across the breast holding in each hand one of the women's. The moment comes when the choice between these two women, between that which they represent in all of its richness, must be made. The particular energy which goes into that moment of choice constrains or configures the shape of that level or way which opens before the male which has made the choice. Therefore, we suggest a consideration of this archetype known to this instrument as The Choice, one of the tarot images.

May we ask if there is a further query?

Jim: The fourth portion asks: "Why did the experience occur in the dream state instead of during waking hours?"

We encourage the one known as *(name)* to rejoice, for the dream which has been given is of a certain level or kind in which what may be called reality or ground of reality is enhanced so that there is a reality to the dream which is greater than the waking reality.

In actuality, the subconscious is always far more fully conscious than the waking entity. So the, shall we say, syntax and vocabulary which in …

(Side one of tape ends.)

(Carla channeling)

… which informs these images is of an order impossible to contain within the waking state. Were this material to be given with this degree of clarity within the waking state the consensus reality which the self depends upon would tend to be greatly shaken, the energy of this harvest being that which the waking self could not bear.

Thusly, were this same information to be given in a waking vision, there would of necessity be some bias

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within the self which would form the pattern for the translation of these bright images into the grays, the pearl, off-white and tan of human experience as you know it, all the shades of gray and tan, the colors of shadow, rather than substance. Yet that which is so gray seems to the physical eye quite bright. Imagine the impact of that which would make the colors of your sky and your sea, your land and your earth, seem drab. Such brightness pierces the eye and blinds it. Thusly, the dream is skillfully knitted up for the self by the self in the way which allows the self to remain sturdily within the incarnational set of biases which define the perceptions of self to self at the moment.

Is there another query?

Jim: The last portion asks: "My own opinion on how to best appreciate this experience is to continue to meditate on the observations and items of experience that depended from it. What else, either in my considerations or actions, might be beneficial in this same quest?"

We are those of Q'uo, and we suggest, first of all, that the skill which is able to move forward from such a dream-vision is encouraged, for to stay with the lesson, which is today, tomorrow and tomorrow and tomorrow is that energy which is baffling the natural flow of ongoing experience. Thusly, in the most general sense, it is well for the mind to open the hand, as it were, metaphorically speaking, to release from any bondage or prison that great gift which has been given to the self by the self. This self will continue to supply to the conscious mind that material which ennobles and illuminates the experiences now causing catalyst or material for the self to push and wrestle against and learn from.

It is more efficient to cooperate with that ongoing flow, to open the self forward and gaze into the present moment and the near future, having faith that that which has been harvested and accomplished within is safe and cannot be denied or stolen from the self.

In terms of those studies which move positively from this recorded group of images called the dream, we again suggest pondering and musing over the archetypical male and female roles played by each, whether reluctantly or gladly, throughout the incarnative experience.

Let us pull back then, and gaze at this experience. What is it to be male? What is it to be female? What power lies within the female? To what, within woman, does man bend the knee, and rightly so? And what within the present experience mimics these archetypical images in quality or feeling?

May we ask if there are any queries from those present?

Jim: None from me, Q'uo. Thank you very much.

We thank you, my brothers.

As we take our leave of each for this working we rejoice with you that you are able to pursue that spiritual quest which is every man's with joy and faith. We applaud the courage it takes to persist beyond any limitations in intending and desiring with a whole heart to learn the truth, to witness to the light and to live serving in love for love's sake.

When dreams occur there is a glamour cast over the experience. The dream is fantastic, immediate, the speaking a reality beyond that which you may see with the physical eyes. Yet this waking world into which we speak at this time is the place where, as this instrument would say, the rubber hits the road. This frustrating, confusing, chaotic, ongoing experience which entities rush through, calling it life only if it is thought about, this is the ground upon which lessons are learned, love is taken in and given out and all of worth is collected through the webs of perception.

When studying something like the dream about which the queries were asked, always keep in mind that respect which one has for a teacher, no matter how difficult. This illusion is your teacher. Your ability to learn is enhanced by information such as is within this dream but this information always turns back into the waking self, pointing the way for further service, defining the nature of passages of seasons within the learning self.

Above all things, respect the incarnational self. Respect and offer homage to the intransigent and often negatively seeming face of everyday life. The mind turned towards the present moment with respect and charity is that mind which is ever closer to the veil of forgetting. That which accepts and reaches for the conscious life with gusto, though that gusto were for seemingly petty and everyday life, expresses great wisdom. You need not cling to any information but allow the information to travel as it

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will, occurring and recurring, and when recurred, thought about.

Yet, what does the entity hope for from the physical incarnation but the opportunity to make and remake the choice of how to serve?

Unbind the mind always and ask it freely to ramble. Then each day do some reflective considering of the flavor of the day's perceptions. By such means the material of the day is seated and works down into the roots of mind. The unexamined in life is far less likely to be used by the subconscious to teach the conscious self, so look to the perceptions. How are the biases of the seeker that you are in mind affecting the priorities which order the perceptions which are allowed into the conscious mind? Look always, when reflecting upon experience, towards ways to improve that gathering of perceptions so that there is better information given to the self which makes the choices. And always, as always, we encourage the steady, persistent, daily meditative times, be they short or long, for these meditations seat and stabilize learning and open the door into the silence which births the creation.

We leave you in this silence, above all things. It is made of the love of the one infinite Creator. And we leave you in the builded and constructed universe, which is all light. We are those of Q'uo. Adonai. Adonai. 2

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Year 1994

January 2, 1994 to December 25, 1994

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Sunday Meditation

January 2, 1994

Group question: The question today is from N. The first part is about the cycles. Since "as above, so below," only by understanding the universe, cosmos, celestial bodies and finding correlations with the activities of the mind, the human body, cells, tissues and molecules, atoms and subatomic particles, down to the etheric body, can we comprehend the whole. Could you comment on the correlation between cycles and the relationship to the human body?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We feel pleasure that we have been called to this session of working in order to share our thoughts with you. Thank you for this honor. Please, as always, take what is meaningful from our opinions, discarding the rest.

The physical makeup of your visible universe is most impressive, the systems, seeming rigidly hierarchical until there is a closer look, at which time anomalies begin to mount. The part of the crystallized creation which is withheld is great. This withholding is not in order that visibility be restricted, rather the withholding is due to the lack of sufficient sight, or opportunity for sight. In other words, neither the third density physical vehicles nor the consciousness inhabiting these physical vehicles is at your present equipped with receptors capable of assimilating the amount of data which exists.

We say this because the attempt to match perceived cyclical hierarchies is made non-useful by this fact. It is indeed so that that which exists, as you say, above, is indeed reflected in that which is, as you have said, below. However, that which is above is other than can be conjured or mentally figured out. That energy which created all that there is may be seen to be the center of all that there is. This field of love is of a nature which is reproduced and is the stuff of all levels of vibration which stem therefrom.

This nature is an essence or a fullness of field. The energy is saturated, that is, there is fullness of love. You seek in understanding cycles to better understand healing. However it is an understanding, shall we say, of fields and of the amount of saturation or fullness of love in the fields, in field strength, shall we say, that aids in the efficacy of healing. That is, the more saturated the awareness of love is the more fullness of health there is.

To work on the influences of heavenly objects, as you call these, is instead to do fairly subtle work in the area of the archetypical mind. The influences upon these archetypes from celestial objects varies according to the native ground or earth of a particular entity and the study of these correspondences yields a wealth of detailed information in each individual which undertakes such study.

This touches only tangentially upon healing information in that it is so that in working with the archetypes and their relationships there is much opportunity for the skilled student to take fire from a newly perceived gracefulness of relationship that clarifies in some way the student's thinking or, as you so often say, understanding.

May we ask if there is a further query?

Jim: A minor harvest cycle is related to the solar year which is the amount of time it takes our sun to go around the zodiac, about 25,000 years. The master cycle is said to be 75,000 years. Is there a star around which our sun or solar system moves that is the center of this 75,000 year cycle and, if so, can you tell us is it Alcyone or some other star?

We are those of Q'uo. While it is so that the numbers 25,000 and the turning of sun about solar system—we correct this instrument—Earth around solar system are similar, there is not the importance placed upon the connection between these two similar numbers. The timing, shall we say, of cycles of spiritual living or advancement are as they are because of quite sensitive factors involving the energies of the group of entities moving through third density. In other words, since your Earth sphere has certain populations of entities from various planetary influences the timing of these cycles of spiritual evolution is set in such and such a mold. As the group populations' biases collectively are altered through what you know as time the timing of the cycles also evolves.

The setting of these cycles is ever liquid and is regulated quite, quite precisely according to every single entity and thought of each entity. This energetic whole has a nascent life which expresses its times of blooming and learning in such and such a way while stars wheel above in the heavens according to your physical sight, the constellations of thought and intention infinitesimally added until a towering largeness and fullness of information has been assimilated. This living entity expresses as a field and this entity's expressions create the exact timing of the cycles of learning.

The cycles of learning have only tangentially, again, to do with the concerns of healing which we believe we understand these questions to be directed to. It is difficult to express how this perfectly logical seeming set of correspondences actually has an effect because the archetypical mind is most deep and for that reason most difficult to penetrate. We are happy to work upon the metaphysical implications of cycles concerning the archetypical mind, however, it is our feeling that this is not germane to a study of healing except as a rather advanced and subtle portion of healing which has to do with abstract or mental body healing at certain levels. We would suggest working from other assumptions than the assumption that cycles of spiritual learning are correlated with the cycles concerning healing.

Is there a further query?

Jim: He also mentions a 206,000 year cycle and he would like to know if there is any relationship between this 206,000 year cycle and Arcturus or Aldebaran and if there is a metaphysical significance to this cycle.

We are those of Q'uo. We do not find the comparisons listed to be useful.

Is there a further query?

Jim: Yes. He would also like to know if there is any significance in a 26 million year cycle and if it has any relationship to a specific star or location.

We are those of Q'uo. And again we do not find a significance to the 26 million year cycle. Perhaps we could suggest that the center of the universe is the center of each entity's heart. The open heart of the great Self which each self is is that center which is a unity. All of the portions of the Creator, shall we say rather misleadingly, seem to themselves to be in time and space each unique, each separate and each apart. Yet, in truth, the center of the constellations is the open heart. All measurement, all numbering, all ways of detailing and patterning the observed creation fall to dust before the open heart. Love is of a certain nature. The fullness, breadth, depth and height of the nature of love is both revealed and concealed by its visibility and ready accessibility for each self contains this center without distortion within the open heart.

It is both blessing and curse that those who seek so longingly and yearn so profoundly for scientific information to aid in being of service must have their hopes thwarted by the illusive and ever receding face of spiritual knowledge, for this knowledge is not that which has to do with the kind of measuring which is used to calculate the hierarchies of the observable, physical universe, but

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love moves and its traces dwell within all things. The keys to healing echo the ways or nature of love itself.

We find that to speak further at this juncture is to infringe upon the free development of the awareness which would ask further queries upon this healing subject and consequently we feel that to speak further at this working is not appropriate. We thank this instrument for bearing with us while we attempted to use some concepts which stretched the instrument's ability to understand, if we may again use this term. We also thank the questioner and encourage study and further queries on this interesting subject. Our hearts are full of a love and desire to be of service, as always, and we are most thankful for the energy and desire and longing to be of service that this group expresses with these queries. It is truly a privilege to be able to blend our energies with your own and we cannot thank you enough.

Is there any other query at this time?

Jim: Not from me, Q'uo. That was very good. I'm sure he appreciates that a good deal. Thank you.

We are those of Q'uo, and we greatly appreciate your kind words. May we close by simply spending a few moments stating the wonder, the marvelous wonder of hope when hope is not logical. The wonder, the miraculous wonder of faith, when the faith is not logical. May we encourage each to live in hope and in faith, forgetting not one iota of the darkness perceived but knowing that no darkness eradicates light. Live, then, in light, for [inwardly] you may always be standing beneath the bright sun.

As your spirit basks in its intelligent warmth the body is most positively effected. So may the time of cold and darkness be for you lighted within by the sun of hope and faith. We leave you rejoicing in this faith, in the love and the light of the one infinite Creator.

We are known to you as those of the principle Q'uo. Adonai. Adonai. ♣

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Sunday Meditation

January 16, 1994

Group question: The question this week has to do with how we accept change and the attitude that we can best utilize to meet change. Then we would also like some information on what it is exactly that changes. What is this sense of ourselves that changes and uses various tools like the mind, dreams, archetypical mind and whatever to change?

(Carla channeling)

Greetings from the love and the light of the infinite Creator. We are those of Q'uo, and we are privileged to bless you in the love and the light of the infinite One. We thank each for calling us to your meeting this afternoon and cannot adequately express our feelings of honor, for it is privilege indeed to be able to blend our vibrations with your own and to share our humble opinions with you. As always, we remind each that we are fallible beings prone to error. We need to request that each choose those opinions which seem to resonate within the unique web of energies which are your evolving self and to lay the rest aside, for we would not be a stumbling block before any.

This concept of change is interesting. Imagine if you will the unity and infinity which characterize the creation and all within it. That which is various is infinitely various. That which is infinite is made of one thing. Where, then, is the change? Where the manyness? Each entity focuses within itself every energy within the unified creation. Within each unique and infinitely precious soul lies all that there is.

Thusly, the changes and chances of incarnation take place against a grand backdrop. You now see this backdrop as though it were the universe; you cannot see the stage beneath your feet for it seems to be Earth, nor can you see the self within each character that you play, nor can you see each character that you choose not to play, for you are of tho[se]—we correct this instrument—within the train which spends its speed into gathering twilight, the cars filled with light, the travelers talking and drinking and eating and sleeping and gazing out the windows at the passing scenery.

How much of this landscape that you see have you made yours? This image is intended to funnel your conceptual mind into a configuration within which you may see that the incarnated experience which to you seems greatly various and changeable is in a more light-filled illusion—which is your metaphysical counterpart at this space/time—straight as an arrow. The change you perceive is just that: perception of change, not change. You are on the incarnational train. It is not a local. It does not stop until you disembark. The concept of destiny is *(inaudible)* to most who chase under its heavy hand. Yet, we say to you that this *(inaudible)* destiny is your greatest ally. This train which shall keep you on

track regardless of what scenery you view will ride through its destination well in mind, all the curves, and mountains, valleys and great chasms that seem to toss and fling you through life are the scenery of your spirit's learning, the visual aids of the great college which is your incarnation.

To focus upon change is skillful for the one who works to accelerate the rate of spiritual evolution, but we greatly encourage each to couch this focus upon change within the larger picture in which you may see that there is a strong and substantial reason to trust and have perfect faith in destiny.

You have put yourself on this train. This trip is planned by you. You did not ask yourself to be happy or sad, to do well or to do poorly, not at all. You asked yourself to experience this exact incarnation. This is your responsibility, to experience as fully as possible each moment—to be hungry for food, that food being all that you can pay your attention to.

Therefore, the first thing we would say about change and the entity changing is, remember that the changes are apparent as great and sweeping *(inaudible)* changes in direction, but in a more true sense you are simply moving from car to car on that train of destiny. You are beyond all changes secure, safe and held with the greatest tenderness by the love of the infinite One. When all overwhelms you it is well to remember that you need do nothing but rest in those arms. As change occurs the disoriented and torn consciousness which is often experienced can be most unsettling, yet there is always beyond the unsettling emotions the comfort which you may claim, that comfort of the one who loves, the one [whose] love is greatly *(inaudible)* of you. Love created you and love loves you.

This resting and abiding certainty can heal the most tattered spirit, but the gaze must be shifted away from the torn and bleeding circumstances, relationship or whatever is perceived as changing and making vulnerable and afraid that self which is your conscious self. To attempt to get a true grounding from the other passengers, shall we say, is not to invoke the higher or more overarching energies, rather, to turn to the infinite Creator for solace and comfort is the effective action, for consider that each entity who you interact with is also on that train which his destiny has chosen.

Let us now gaze at who it is that changes, and who it is that records or witnesses change. Imagine the self standing in the desert at night. The entity you [are] imagining reaches one hand to *(inaudible)* sky. Moving finally from this *(inaudible)* attitude this figure begins to dance, and as this figure dances and spins, the stars above begin to whirl *(inaudible)* until all of creation is drawn star by star into the self. This figure, then, has all within, all of star, all of space, all of emotion, all of life, all within. This is the entity which witnesses change. You see the manifestation of yourself, it seems to have dimension, to be the daughter of time and space, or the son of time and space.

We say to you that in actuality all that you have experienced as rock, as tree, as human, as what you call angel, as sun, as Creator, all of these things are the witness that flings the hand to beckon the stars. All that moves moves and has being in an instant and within this instant the millions and millions of years of a whole creation beginning, *(inaudible)*, and ending has taken place. You now experience the instant before the Creator coalesces once again. Time is an illusion, space is an illusion. The witness knows at some level the depth of this illusion, and through all change it keeps its feet steadily upon the desert floor. There is that within you which has such power that you could not image or believe this selfhood to be yours.

You ask how to meet change? We say to you the second thing that is you do not have to meet change. You have only to remember who you are. You are the witness; pay attention. Remember the desert floor and the out-flung hand, remember the stars spinning into your consciousness and meet change with love, for you have nothing to fear. You commanded this change.

The third and final thing we would say about change is most skillfully taught by the one known as Jesus. This teacher said to worry not about what to eat or what to wear or what things to say, for food and clothing and words will all be supplied as the destiny kindly arranges one day at the time, as this instrument is fond of saying. Yesterday's change is moving away behind you, tomorrow's change is not imagined. You need only focus upon the present moment as you perceive it.

The impulse of the manifestation of yourself which is human has the instinct to grasp and hold those

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things which are perceived as being needed. There is the stretching and the reaching for enough to withstand what might occur. Yet change does not happen well to entities which are holding on to anything. What if in this instant the gravity you experience was reversed. Would you do a somersault or would you fall all over yourselves while explaining that this was impossible. How much of change is painful because it is resisted? There is in the makeup which you have supplied yourselves with a great tool; as always, we mention this tool, that being meditation. The levels upon which are lived the life are several. You see, to unite the spirit, the mind, and the body to promote that unity which appears as health, that health may be greatly aided by the frequent remembrance of the ground of being during meditation, even if it is only for a second. The various pieces of self are knitted up in that opening to the presence within that loved you before you ever hoped to love it. How precious each of you is.

It is as though within the meditation, regardless of how scattered it seems, there is a pure and distilled waterfall of light which irrigates and illumines cell by cell the body, mind and spirit. It is like being rinsed and polished to relax into that presence which is holy. And do not simply confine the self to one kind or form of meditation, for various experiences request various kinds of coherent illumination or meditation. Sometimes you may wish to contemplate a certain eye-catching thought or question, sometimes the meditation may be very active, the sacred dance, the sacred song. Sometime the true need is for the self to rail and complain bitterly to the infinite Creator, to say, "This does not seem to be a lesson in love at all. This hurts, this is painful, and I don't like it." Complaining is allowed, my children, complaining is encouraged. Too much is made of the wonderfulness of the infinite Creator and not enough said about the intimate love of this love itself that engages you in conversation and responds caringly and intricately to the way you speak your experience and tell your story to [it].

We encourage each, especially in times of dislocating change, to tell your story either mentally or out loud to the infinite One. The infinite One is never happier than when being addressed, and you, in addressing the infinite One, receive reflections you cannot imagine, reflections of the highest of truth and beauty. Each of you is waiting to flower and bloom from moment to moment. To most ably assist the self in [blooming] through change we encourage each to remember who you truly are. Remember the true magnitude of your infinite self. Remember the impossibility of ever judging a circumstance or combination of feelings in any accurate way, and shed the responsibility for that. You are responsible only as you will yourself to pay attention to that which is before the eyes and then to address that situation, curious to find the most love within the self and the most appropriate way to share that love—first with the infinite One and then with the self and others, looking in times of change for ways to love and ways to be love, and accepting all with a brave heart.

(Inaudible) in the deeper and deepening consciousness of the witness self that watches all change yet remains the self within the rock, the self within the Creator and all points between. Then may you be tossed about by experience only a little, only to the extent that you accept with a high and courageous heart. We feel you cry out in this change's occurrence. We feel the pain within the voices that ask "Why?" and we do not wish to be cold-hearted. Yet, it is the perception of the animal within that change is dangerous, and that mind which is the mind of the second-density animal which carries your consciousness about in this lifetime resists and demands a cessation of change, for it does not have faith, is not self-conscious. Its instinct rule and its intellect rationalizes instinct. Yet, you are not this life-form but another. You are consciousness, and you have accepted partnership with this entity which walks and talks and moves about.

It is not wise to be driven by this animal or its very capable mind. Retain the awareness of that consciousness that does not resist destiny, and school yourself as far as possible to create the response to stimulus which is positive and says, "Yes, I will accept this change and will be sustained in it by the presence of love." Call upon your own faith, feel strongly the hope which abides, and attempt to remember that all those changes have to do with lessons about loving. You are experiencing manyness; you seek infinity. You are experiencing concern and questioning doubt and worry. Bring in, too, remembrance, love. All things will pass away except love. You are love, you just don't know it yet. Give yourself and the illusion time.

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We would at this time leave this instrument and transfer to the entity known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. It is our privilege at this time to ask if there may be any further queries for us from those within this group. Are there any further queries at this time?

Carla: I just—I have one question. Is there something within women that is fundamentally different than men, in that woman seem to want so much more than men … comfort. Is that part of the archetypical nature of woman, that they wish for reassurance more, comfort, reassurance, hugs, approval, that kind of thing, or is it training?

I am Q'uo, and I am aware of your query, my sister. This is a query which reaches deeply within the nature of the biological female within your third-density culture, and indeed beyond and before as well. We shall speak briefly and rely upon further queries for specificity.

The female of your peoples is that entity through which the force of life manifests itself, and knowing this both consciously and subconsciously the female nurtures that life force in every way possible, seeking as all mothers to guarantee the circumstances of the birth and rearing of that life force in manifestation. Thus, the female is more disposed to seek and preserve those situations which shall enhance its abilities to give the life force manifestation through its being as are all such *(inaudible)* or distortions within your illusion. This distortion also has those echoes and ramifications that attend to each individual female's interpretation, both that which is conscious and that which is subconscious, so that the desire to nurture the life force may occasionally express itself as the desire for the more comfortable environment that will allow it to do that which is its destiny.

Is there a further query, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo, and we thank you, my sister. Is there another query?

E: I have one related to the male/female difference, that is, given that females are inherently more nurturing than man, why is it that all major cultures on this planet are dominated by males?

I am Q'uo, and I am aware of your query, my brother. Again, we do not wish to oversimplify that upon which we speak but we may in brief reply that the male of your peoples is an entity that has its part to play in the preserving and the enhancing of the life force as it manifests in succeeding generations. Thus, as the male finds itself physically superior in most cases, it has the task in symbolic form, if not always in practical form, of finding those shelters and food sources that it shall provide for the family, that is the means by which the evolution of the species is accomplished.

As we mentioned previously, this protective aspect of the female nature to provide safe surroundings for its young has the distortion that can be personally expressed; so does the male have the personal and somewhat more profound distortion of taking that nature of providing physical sustenance and distorting it in a fashion which allows the preeminence of the male to be expressed. Thus, each function of male and female, and indeed of any entity, may be echoed in various portions of the environment that is created by the interaction of individuals and groups. Thus, the physical strength may be overemphasized to such a degree that the male claims physical dominance, or a dominance in any number of avenues. This quality is one which sets up the dynamic tension, shall we say, that works many times in [retrograde] nature, as the male does not always see how it may relate in a more civilized sense with those about it, both the male and the female.

The tendency to view the self as superior because of looking at one quality only is a common feature of many of your peoples. Thus, there are individuals who judge themselves well because of mental brilliance, because of physical strength, because of creations of one kind or another for which they give themselves credit. These are means by which distortions maybe noted and may be set up for balancing, shall we say.

There have been other times upon your planetary influence when the male was not in all cultures in the position which it finds itself at this time. However, you may note that the cycles of relationship move and change and there is much of this change evident now within various cultures at

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this time, moving as always from the pioneer individuals, shall we say, to those about it, and spreading as the ripple effect to others as well.

Is there a further query, my brother?

E: No, thank you. That was very helpful.

I am Q'uo, and we thank you, my brother. Is there another query?

Carla: No, Q'uo. Thank you.

I am Q'uo, and we seem to have exhausted the queries at this time. We are hopeful that we have not exhausted your patience as well. We are most grateful for your invitation to join your circle of seeking and we rejoice with you at every stop upon the journey, for indeed we and many others walk with you, perhaps unseen but forming a goodly company nonetheless. We shall at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✣

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Sunday Meditation

January 23, 1994

Group question: The question this afternoon has to do with the phenomenon that we've noticed over the years—a number of people have read the *Law of One* books and have become interested enough in the information to want to come visit us, and have indeed done so for a period of days, or even just a few hours, so that as time goes on we collect a growing family of very close and harmonious spiritual seekers, all of whom are focused around the *Law of One* information, and when they're here they feel like there is some sort of transformative experience, of some kind, in differing degrees of intensity, I guess you'd say, and we're kind of wondering just how this works.

We know that we don't do anything in particular—we just live our lives here and people come and feel very much akin to everything that's going on and become a member of a family. How does this work? Do you have any comments on this for our group and for any group that seeks to be of service to others?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most privileged to come to your circle of seeking this evening to share with you our thoughts concerning your question. We thank each for the gift of presence and the further gift of direction to our remarks. We enjoy being able to address a certain topic or question and thank each for taking the care in shaping your query that you do. As always, we ask each to take from our opinions those that seem to have that personal ring of truth and let the balance go, for we are fallible and prone to error.

As we focus upon this question of what it is that is occurring with entities making the pilgrimages to your dwelling, we find we need go no further than the present moment to begin the discussion. At this present moment there is a small group gathered expressly to seek along lines of spiritual inquiry. To this modest gathering have—we correct this instrument—has come myriads of what you would term inner planes and outer planes entities, which flock to those places where light is being generated by natives, shall we say, of your sphere in order both to join in the joy of the experience and to lend their limitless light to the light which, by your seeking together, you have also begun to create yourselves.

In this present moment, then, your small group has fulfilled that for which a group would exist—that is, that there has been aid given to those who are in this circle, for each entity alone could be prayerful, or meditative, and certainly do much beautiful work in consciousness. However, when the small group gathers, the one and one and one become more than two or three, they become, indeed, the entirety of creation. And to that universe, so well represented by

so few, comes the one infinite Creator in the active or energetic mode.

If we were to ask any of those present how well they could attract the love and the caring of the infinite One, perhaps the answer would seem to be along lines of hard personal spiritual work, prayer and fasting, or some difficult task, such as the silence over an extended period. Yet we say to you that when even the smallest group gathers, seeking the Creator, the Creator is immediately present, and listens carefully to the requests made by seekers.

A light center, then, fulfills that quoted from the one known as Jesus: "When two or three are gathered together in my name, there I am in the midst of them." To this small group, then, of the one known as R, the one known as Jim and the one known as Carla, come countless hosts, some which you would call angels, others which you might call extraterrestrials. All who seek to add to the lightening of this sphere—all these come and lend their aid, seeking, as you seek, the presence of the eternal within the finite—that magic point of flame where spirit touches matter and the creation is forever altered by that light.

When entities such as yourselves decide to live lives of devotion and service, there are many, many avenues for how to proceed—we correct this instrument—avenues along which one may proceed. The organizational questions seem important, and indeed to some extent they are, for in the, shall we say, legal skeleton of such a group as yours, it is well to align the legal organization along lines of ethical and general impeccability.

But there is much more to the organization than the framework on paper. There is that living edifice which walks upon two legs. Each of those which associates itself with such an organization is also that which is always intended to be most clean and without lie. With these requirements carefully met insofar as humanly possible, the organization then has simply to abide.

The power of abiding is deep, and its roots lie solidly within the archetypical. We are aware that you seek more information along this archetypical line of query, and would say that in grasping just how the entity called L/L works one may see the archetype being called upon. The way of this group has been to sacrifice this or that within the personal lives of those who began it in order to create the sure and certain time when the meditation, the study, the questioning might be trusted and counted upon to occur. Even within the physical dwelling which houses both the personal and the organizational portions of the existence of the ones known as Jim and Carla [there] have been sacrifices, the former living room becoming office and so forth.

Each having done what was necessary in order to bring L/L into manifestation, each now may simply abide. We look to the archetype of the Hanged Man. This is your archetype. Into manifestation you offer the self and all the life, knowing that it literally turns one upside down. This you accepted, and so it comes into manifestation with plenty and bounty as its characteristics.

Insofar as these sacrifices of time and money and talent have been given purely, and indeed we do find this to be so, just to that extent this nexus of spiritual light and energy may then be used as that beacon to which other spiritual seekers may set their course.

Now switch with us from the point of view of the lighthouse to the point of view of those who seek to come to that place of light. Those who set sail upon a spiritual journey or pilgrimage sail in trackless blackness. The winds blow the thin cloud before the moon, and the spiritual sea is never quiet. Where is the North Star for those who sail so? To most no direction is found, no star may guide. For most there is only the faintest of directions which can be counted upon.

Yet when an entity seeking in this sea manages to come across the work of a positively oriented organization, such as yours, there is the aid or push from what we might call kind destiny. It is as though the sailor, having known surely that there is no direction to be found, settles itself down upon the dock and simply says, "All right. I know there [is] no outer answer, no visible direction. This is all of me, all that I am. I lay it before my Creator. Yield to me in your good time the star of hope. Show me a way." This prayer does not have to be aloud or in words, but it must be heartfelt and single-minded.

To one who holds up this hope, the star of hope does appear, and sometimes that star has the label "L/L." And destiny has kindly given a direction.

What do entities who find L/L, and come, find when they arrive? Perhaps now you may see that while outwardly they find simply the one known as

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Jim and the one known as Carla and a living room office, yet inwardly there is the certainty which comes from experiencing the tides and ways of destiny, that herein lies the infinite and the eternal, touching into manifestation.

We are aware that the ones known as Jim and Carla are amazed at the fire that is ignited when seekers find L/L. Yet they may put aside amaze and likewise put aside that inner guilt from feeling that they are not worthy, insofar as all are unworthy—that is, prone to error. Certainly each contains much error. Insofar as entities perceiving them without error, we suggest the concern be removed, for as entities see the ones known as Jim and Carla they see not Jim and Carla, for these entities have gotten themselves out of the way and it is the spirit within, the Creator present within, which is seen.

When entities create a place with a physical address which has as its only and heartfelt purpose the aiding of spiritually oriented seekers seeking the one Creator …

(Pause)

We are sorry for this pause. The one known as Carla went to sleep. We are those of Q'uo, and are with this instrument.

We are with this instrument. However, we are having some difficulty bringing this instrument to a working level of consciousness, and we were very close to the end of that which we had for you this day before asking for queries, therefore we would go ahead and transfer this contact to the one known as Jim in hopes that this entity is somewhat more alert than the one known as Carla, who is somewhat fatigued.

We would at this time transfer. We are those of Q'uo, and thank this instrument.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. Thus it is that [for] each entity which comes through the doors that are opened to L/L Research there is the fulfilling of the destiny for the one. And those who find this experience with those of L/L are those whose vibrational destinies, shall we say, resonate in harmony for the experience that is shared, each thus teacher to each, learning as the preparations have allowed, providing opportunities for further experience.

We who speak with those who gather feel the greatest of honor, for we know that the love and light of the one Creator which we are privileged to share is that which attracts all, and as each entity on the path of seeking moves from light to light, there is the growing union with all light everywhere. Thus does each seeker and each group provide light for the great unveiling of unity that all consciousness partakes in.

At this time we would ask if there might be any further query to which we may speak?

Carla: Q'uo, when people come here, quite frequently I end up listening and sharing and doing some teaching, and I wonder, is there a way that I could improve my listening ability or my openness to offering right counsel, because these people give an enormous, and really kind of a scary, amount of authority to people like me and Jim, and of course we really try to be really careful about what we say, but you can just be who you are and do the best you can, and I certainly feel there is room for improvement here. Do you have any suggestions or comments?

I am Q'uo, and am aware of your query, my sister. We would not wish to play the mechanic and tinker with various portions of this finely tuned engine, but would simply recommend that you do as you have done, that is, to live as you are and to take advantage of those opportunities to witness or share as they arise. There is no need to be concerned about what will be said or how it shall be spoken, for there is the flow of energy that is apparent to each, and as the life is lived more in accord with the flow of experiential energies that are all about, then those opportunities that are appropriate for sharing present themselves as surely as does the leaf to the light.

We would ask if there is any further query, my sister?

Carla: Not at this time, Q'uo, thank you.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

R: I have a query, Q'uo, that concerns something that is on my mind when I come and join the circle, and that is that I wish to bring in as much love and

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light to the circle, with—and minimize the flaws, so to speak, that come from my personality. So my question is if you can comment on how to improve on it, or if it is something that I need not worry about.

I am Q'uo, and am aware of your query, my brother. Again, we would simply recommend that you do as you have done, for it has been well done, and that is to join in the circle of seeking with as happy a heart and as clear a mind as is possible, and we find that each within this circle is diligent in this regard. Thus, removing worry or concern for improvement is the only suggestion we can make at this time.

Is there a further query, my brother?

R: No, Q'uo, that is all I have. Thank you.

I am Q'uo, and we thank you, my brother. We would ask if there is a final query.

Carla: I do have one query, and it is just—I have been hearing more and more people getting AIDS, and as we pray for AIDS, and as we pray for aid for people who have AIDS, is there one image or one kind of healing that we could yearn for, because it's just—it's just a horrible problem. So many of the most kindly and beautiful souls that I know—earnest, seeking souls being just laid completely down to the earth and just killed by this.

I am Q'uo, and am aware of your query, my sister. We can only recommend that prayer for courage, for strength of faith, and for the purpose of the life well lived in the opening of the heart be offered, for all within your illusion shall find its end, and each will walk through the door of that you call death, and for each, the experience completed will be that which was the destiny of the incarnation, and each shall look upon that experience as that which is most cherished. Pray for the happy heart to come soon, for soon it shall come, indeed.

We would at this time thank each again for inviting our presence. We are full of joy at each such opportunity and give thanks to the One for the blessings of your queries and your desire to seek that truth which we seek, too.

At this time we shall take our leave of this instrument and this group, rejoicing with each step and with each word spoken, leaving each in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation

January 30, 1994

Group question: The question this afternoon has to do with facing the truth, telling the truth and feeling a balancing or release of limitations of fears, and we're wondering how the facing of fears, the telling of truth, affects our growth either mentally, emotionally, spiritually or physically. It is said, "Know the truth and it will set you free." How exactly does this work in our daily lives as we're trying to recognize the truth and tell the truth?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is our pleasure and privilege to join your circle of seeking this evening. We bless and thank each of you for calling us to your group to share our thoughts and opinions with you. As always, we ask that our words be listened to as you would listen to any friend, taking that which seemed to you to be helpful and leaving the rest behind, for we do not claim infallibility, but rather assure you that we are far from perfected. There is much for us to learn. We are as you, those who seek the truth.

Perhaps that is where we shall start to discuss the concept of healing by the truth. This instrument's mind is furnished with much detail concerning the practice of the religion which you call Christianity. Consequently, we find the nearest example available to us is often, when working with this instrument, one which comes from the scripture which you call the Holy Bible. In this particular instance, the scene within which truth is sought is that scene of the one known as Jesus' trial, scourging and crucifixion. While the process of the trial was working itself out, the civil authority having to do with the one known as Jesus—the one known as Pilate—pondered long that which the one known as Jesus offered and this entity's comment was, "What is truth?" This entity could not find within the true statements made by each entity an overriding truth which would create choice. Consequently, this entity walked away from the debate giving control over to others rather than answering that question.

One truth seemingly obvious was the sincerity and the ultimate dignity of the one known as Jesus. The one known as Pilate wrote a sign for this entity as this entity suffered and died. The sign read, "The King of the Jews." This was Pilate's truth. Those who wished this entity stopped, if not killed, saw that this entity known as Jesus had the capacity to rouse his countrymen to civil rebellion. They feared that this entity would indeed ascend to an Earthly throne, disturbing greatly the peace and tranquility of the empire of Rome.

The one known as Jesus also possessed a truth. The scope of this entity's truth was overarching a truth of another level of beingness and witnessing to the truth. For the one known as Jesus, the truth of its

being was not applicable to the world of temporal affairs. Yet to witness to this truth that was otherworldly, this entity saw virtue and value and truth in the sacrifice of all Earthly energy and this entity moved willingly and deliberately towards that cross upon which it was indeed crucified. This truth was that for this entity, there was a freedom. That freedom was complete service. This entity felt that it was given the job of so dying and then showing itself to bear life that the world would come by this truth to its own truth and ultimate freedom.

To find the truth in this story is impossible, for there were several levels of true feeling, true fact, true intention. The truth is most slippery. It recedes from the attempt to pin it down, for that which you experience is not truth. That which you experience within your own consciousness is seldom truth. Truth is living and truth alters constantly in its appearance as the processes of perception circle the concept of truth, looking for a way to settle upon a complete surety of truth.

Now, let us pull back to a position where we examine simply what brought each here. Each feels within an identity and that identity is felt by each to be authentic and true. Each comes to this circle of seeking hoping to encounter the truest part of the self, for within the energies of a group lie tremendous power, that power of hope and intention of desire and yearning. We come to share our perception that all things are one, and that one thing is love.

The love that created all that there is is a concept, an original Thought of such a powerful nature as is unimaginable. This articulated thought or logos called love has a vibration. This vibration is the truth, for it is all that there is and each of you is at heart that vibration and that vibration alone. The rest is illusion.

We speak to groups like this simply encouraging each to more and more attempt to vibrate in accordance with the one original Vibration, and as the vibratory level rises from the sea of confusion which is the life experience, it partakes more and more of vibration closer to that one original Thought.

Each of you is not the God in some conscious sense but love, and you hunger for the freedom of your true nature and seek to move into more and more close vibratory similarity to that true vibration or nature which is love. When the truth is a vibration, perhaps it can be seen that the truth is a very difficult concept about which to speak, for after one says the simple truth, so called, that there is a vibration which each intuits within and seeks and hungers for, after this each entity moves out of the original concept into manifestation.

Before your incarnational experience begins, already you are isolated from the truth because you have self-consciousness as a spirit or entity with a soul. Before you entered your mother's womb, already you were a stranger to truth, hungering to return to that vibratory configuration in which truth is known but the self is lost. And then, illusion already completely surrounding and filling you, you entered into a heavy chemical body, a physical vehicle which moves your consciousness around and generously supplies that consciousness with that which the senses pick up and report to the brain. Each impression is a true one, yet each impression is biased by your perception of it.

You have perhaps heard the old adage that no two witness' report an accident the same. What is truth? Yet you seek and experience a growing amount of truth. The energies within you bring that present moment in a cyclical manner so that each entity will have its cycles, times when—we correct this instrument—within which they are more well suited to do work in consciousness attempting to find a higher truth and times when it is better to simply shower the self with compassion, for compassion is a truth regardless of the object of that expression of self.

We encourage each to loosen and free this concept of truth from any rigid limitations, for the seeker on this journey towards truth walks with much aid. Each seeker has cooperation and support from the world which is unseen. There are guides and essences which live in order to serve the seeker and to further that seeker's search, so that instead of there being the truth here and then the truth further on, lesson one and lesson two, rather there is a process whereby each step the pilgrim takes has a point of balance which is graceful and skillful. The seeker then simply attempts to sense where that beam lies, how that ray falls, that ray of light unseen, for it lies directly down the middle of the spiritual path.

We would encourage you to think of the levels of truth as you go through your moments, your hours,

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your days and your years. There is the light and the momentary truth. The fact, the schedules and processes of your worldly life contain vast numbers of these facts, these simple truths. "The garbage is picked up on Monday. I am supposed to be at work at 9 a.m. The Superbowl is today." These are truths. They are not truths which in any way better equip you to live according to spiritual principles. There is no healing in them, yet they are the truth.

At a deeper level, there is a true self. That true self within has its vagrant moods and there is emotional truth in hewing with fidelity to these inner moods. It is excellent practice to know what is going on within, to be as aware as possible of the deeper energies, the emotions which underlie the experiences. Without judging the self, there is great healing in simply acknowledging the nature of the self as it is self-perceived. The acceptance of the emotional makeup of the self is very freeing if it is wholehearted, for there is great difficulty in altering that nature if it is not first completely accepted, yet the truth for which each seeker yearns is that truth which cannot be accessible, not by words, not by converse, but only by the inner experiencing of things far too inimitable to be available for description.

The hunger within the seeker is to see the face of the infinite One, and there is no face for that infinite intelligence, rather that face is your own, and that face is the entity next to you and that face is the face of nature. Everything that you see both displays and completely obscures that face of deity. Spiritual seeking is a process in which the attempt is made and made and made again to be honest with the self, to submit the self to the disciplines which strip away illusion, how the seeker strives to clear the mind, to become more authentic, to become more self-aware, to confront the self where it is hiding from the self.

You speak in your query of fears in attempting to speak truth to those fears, yet we suggest that these fears are also a truth and fear is not something to be rooted out before its time. Each of you has an infinite amount of time in which to seek and find the one infinite Creator. You have no need to rush. The Creator will not leave. The creation may fade away, yet you and the Creator shall seek each other until, in the glory of final awareness, the self is given away so that that separate self might become a portion of the only portion that there is in reality: intelligent infinity or love.

Now let us come back from the ethers to the self struggling to know more of the truth, struggling to face the fears that hold the self captive. We spoke earlier of compassion being a truth. It is well to equip the self with the awareness that compassion is always truth. When entities such as you attempt to be, as you call it, "too nice," yet in this attempt is truth. It is not a truth that makes you feel good, for in expressing compassion, you are allowing the other to see only the truth of love in its unabridged form. You become a witness to the truth that nothing matters as much as loving.

Over against this truth is another truth that is involved with where you are as an entity in your cycle of expressing and not expressing. If you are in a strong and powerful place in your spiritual cycles, it is possible that manifesting the truth of compassion is more satisfying to you than expressing your emotional feelings. At a weaker or more transparent part of this cycle, it is actually harmful to you as an entity—or we could perhaps say self-sacrificing—to express compassion, for there is the emotional lack of ability to give up the truth of another color which would be the truth of the emotions which may have the need to express seemingly negative information. Therefore, it is not always skillful to be compassionate. It is well to know the self well enough to see when compassion alone is the truth to tell and when instead it would be more skillful to speak seemingly selfishly but honestly in expressing the limitations and the needs of the self.

The truth, it is said, shall set you free. This was in your query. How does it set you free? We hope that you may see that there are levels of truth. The more deep or profound truths set the spirit free at a more profound level. The use of the intelligence is encouraged in the attempt to accurately estimate the capacity of the self to be at any one level of the truth. For instance, in the one known as Jesus, this entity's truth was at the profound level which moves beyond all fear of death or dissolution. The truth this entity saw was that it could embrace the grave and willingly go down into it because the entity's true nature was the Creator and this entity's true place was eternity. This is your highest truth also, but you will note that the one known as Jesus did not go to his death before the various levels of truth of all others so coagulated and combined as to be that time destiny had provided for the one known as Jesus to in one moment express that truth.

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Each of you do well to open your sensing mechanisms and look to your perceptions. Certainly it is well to seek that truth which lies in and beyond the fears of each, but more than that, know yourselves as pilgrims which have many, many levels and be not harsh with yourself when you find yourself expressing that which you perceive is not entirely true. For the freedom truth promises is involved in that release from trying, seeking and making things happen. The truth, in a way, is a process. That process is one in which we often encourage each to come to the place of ultimate quiet within, that all the worlds tears and hopes and untruths and fears may at last cease and a door open within. Across that threshold each walks into the silence of the heart. Within that silence lies all that there is and it is all holy. Each of you now stands on holy ground. The truth of your being is within your silent heart. Listen each day if you can to that silence. Within that silence a silent voice speaks love to you. This is truth. All your fears shall fetch up against this rock and flow away.

We would at this time thank this instrument for its service, and transfer this contact to the one known as Jim. We leave this instrument in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time we would offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there a query at this time?

Questioner: I am still interested in the physical manifestation in our bodies of the … perhaps the tension that's produced by this seeking of the truth, or the time when you're searching for the truth. Can you speak to that further?

I am Q'uo, and am aware of your query, my sister. We shall attempt to do so. As an entity perceives the life experience moving through it and before and around it, it has those means of dealing with this basic element of life that you would call the belief system. This is a means of containing that which is perceived as truth but which has been in some ways distorted by the very attempt to perceive it and define it in such and such a way so that it will be useful to the entity as it grows. Such distortions are necessary in order to be able to utilize the life experience in a certain fashion that is congruent with what you would call preincarnative choices or lessons.

Thus, as a means of setting the stage, shall we say, each entity defines, confines and refines the truth so that the opportunities it desires are likely to be presented. To hold that which is true, that which is love without end and with complete compassion in a confined or compacted way that you would call your own illusion, the stage upon which you move, is to invoke or require a certain amount of what you have called tension—mental, emotional, physical and spiritual attention, shall we say. The belief system that has been chosen, then, confines in a, shall we say, intense or restrictive fashion, that which is limitless, that which has no bounds. This takes an effort on all levels of energy; this effort you perceive as tension. This is why a great feeling of relief and release is experienced by those who are able to extend or in some cases remove the boundaries of definition upon that which is love.

Thus, your physical vehicle takes upon itself various conformations that are symbolic representation of mental belief boundaries. There are possible an infinite number of bodily responses that you would see as a disease of some form that are a result of the mental configuration. As the mind/body/spirit complex that each entity is makes choices to move in other belief directions there is often the release of the tension, the configuration of the body corresponding to that release of the mind, the emotions as well. Thus, you see in many cases that the change of belief system or component of that system affects the actual configuration of the physical vehicle.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: D had a question that I was interested in, and it had to do with when you have experienced a feeling of release—a place where you have gotten at a truth and seen a true, purified version of what held you in thrall in times past, and you've seen that and you've experienced that—how can you complete this release so as to finish most appropriately that energy and really, really release that whole complex of held tension that has really sort of been an untruth …

Questioner: Actually, also, after listening to what you have just said, I'm beginning to question as to

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whether or not the intensity was the actual holding onto a belief system and perhaps it wasn't even a releasing but it was, rather, a battle of wills between the mental belief system still holding on to something and another kind of truth attempting to come through, and perhaps that was really inappropriate tension felt as opposed to healing tension that would have been released.

Questioner: Can you make anything of that … can you comment?

I am Q'uo, and we have sufficient information for a response, we believe. We give this instrument the image of a stream full of rocks of various sizes which divert the flow of water according to the size and the placement of the rock. The freeing of one's belief system, the removing of the boundaries, is much like removing of the rocks one by one from the stream so that the full force of the water's flow may be felt without distortion.

Thus, when one moves in consciousness to alter the beliefs, one allows the intelligent energy that is love and life itself to move in a less restricted fashion which is more freely able to express the power of love to transform. Thus, the release can be seen as a harmonizing effort that allows energy to be more available to the entity to be—we correct this instrument—to be consciously used. The seating of this release or healing may best be accomplished by observing in the meditative state the condition as it was, the nature of the distortion, the removal of same and the giving of thanksgiving to the one Creator for the opportunity to more fully experience and express the energy of love.

Is there a further query, my sisters?

Questioner: Not for my part, thank you.

Carla: I'm still a little confused here. I still can't determine whether or not there are a couple of boulders in that stream, and although I may be consciously attempting to allow that stream to flow, there is an unwillingness to allow that due to the belief system, and although I can go and meditate on such a situation, I'm just a little confused about how to go about that because I don't quite understand if what has occurred was a healing process or was the exact opposite, in which case I need to know which it were, so that if it were the exact opposite I would be able to go about healing that in another way than I attempted to do so with Jim earlier. I would be … maybe less tense on my physical vehicle. Can you comment in any way without infringing?

I am Q'uo, and we may speak in a general fashion to suggest that the experience which you describe is one which heals, that is the facing of fear, the recognition of truth. There is the removal of restriction which is a portion of the realignment of mental beliefs; as each pebble is removed from the stream there is the healing, as you would call it, however, it must be recognized that each pebble, rock or boulder allows water to move around in such a fashion as to carve, shall we say, a certain groove within the entity's mind/body/spirit complex that is in accordance with preincarnative choice so that the analogy which you mentioned earlier holds true: if one can experience great pain carved by much experience in the life pattern, then one can also experience its opposite, the great joy as well. Each entity has come to incarnation to be able to move from chosen parameters to other chosen parameters. The parameters for each incarnation include greater and greater opportunity for experiencing and expressing love. However, there must be the distortion of that which is whole into that which is many for the many to be able to choose the path back to the One.

Is there a further query, my sister?

Carla: The only other thing I was just curious about was what happens energetically when your physical vehicle does go through such a jolting thing? How does the energy as it is pulsing and raging through your physical vehicle—what does that do? Does it kind of vibrate off, what has been held in? Can you describe the process energetically, speaking of what happens when what has otherwise been termed as a healing crisis comes through? We experience the trauma in order to be able to release it. Can you explain that process briefly in an energetic way?

I am Q'uo, and we shall attempt this, my sister. As the energy is allowed to flow more freely, the vehicle that is physical and the vehicle that is mental and emotional as well tends to vibrate more harmoniously, that is to say, there are less discordant vibrations. It is as though a loose nut or bolt within your automobile has been tightened so that there is less jarring vibration upon the road.

Is there a further query, my sister?

Questioner: Then what is the jarring that is experienced—is that a result of releasing? Why do

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we feel the exact opposite of what you have described has occurred? To the human physical vehicle, it feels like uncontrollable vibration … it feels as if this is fully electric and cannot … or is that the potential for being able to hold that kind of energy? I just feel the opposite of what you have just said is occurring.

I am Q'uo, and am aware of your query, my sister. The process by which the physical vehicle comes into greater harmony and less jarring vibrations is one in which the mental configuration which has been holding that which we have called love or truth in a confined manner, allows that truth now to flow by removing the boundary. The boundary belief is that which has been, shall we say, out of place in the true alignment of energy and has been holding the energy of love in a difficult position, shall we say. To release that energy requires that which held that energy—the mind and emotional components—to fall into a new alignment.

This falling into place, even though it is from that which is less harmonious to that which is more harmonious with energy flow, yet is a jar to the system which was held in such and such a fashion; however, the energy of love will eventually allow this new configuration to express itself in a more harmonious fashion which then is the new steady state of the mind/body/spirit complex.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you again, my sister. Is there another query at this time?

Carla: One other thing, and it may be irrelevant and you can certainly say if it is. R and I were attempting to do some healing work and we only had a concern that what we were attempting to do might have been insignificant, or invalid or transient or just not worthy of our attempts, and we were wondering if you could comment on the purpose or if there is validity to uniting through dreamwork purposefully to be able to rebalance and heal more with the power with two as opposed to one individually. And whether or not that reverberated out in any direction other than just the two working on that, if there was any purpose or any reason that we should see continuing in that direction?

I am Q'uo, and am aware of your query, my sister. We find that the desire to be of service to others through the healing process is one which has great merit within your illusion. The task which you have set for yourselves is one which is difficult enough and which requires the mastery of many skills, is one which through the practice through these skills will reverberate to other areas of your incarnation and perhaps others as well. The practice of each of these skills will require the intensive dedication of effort. This, in the service of others, is quite helpful in the polarizing process and in the disciplining of the personality in particular.

Is there another query, my sister?

Carla: I guess we picked a tough nuts thing to do, huh, R? I don't think so, not for me.

I am Q'uo. Again we thank you, my sister. Is there another query at this time?

Questioner: Are you aware of my discomfort at this time?

I am Q'uo, and we are not specifically aware of your discomfort, however, if there is discomfort in the perception of our vibration we would ask that you mentally alert us to this fact so that we might change our approach to your vibrational field.

Questioner: I feel like I am the one that has to change because I am resisting out of fear.

I am Q'uo. We would ask if there is some fear to which we may speak or some way that we might be of service? Could you speak more of your fear?

Questioner: Well, I've had this really hard time hanging on to myself, like I feel like I am being lured away and I was wondering if there was someone like you that was trying to speak through me?

I am Q'uo, and am aware of your query, my sister. We have not attempted to speak through your instrument nor are we aware of other entities attempting that as well, however, we are aware that you are a sensitive instrument which is open to impression and we perceive that you have felt our vibration in a more accentuated manner than most entities are able to perceive. We would recommend that the request be made that we reduce the amount of the conditioning vibration which we make available to those who sit in the circle of working with us.

Questioner: So I need to tell you guys to turn it down a little?

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I am Q'uo, and this is basically correct.

Questioner: Okay. I am really uncomfortable. You spoke earlier about beings who we can't see but who help us. You said that there are those [who] are only [here] to serve. Is that what you do?

I am Q'uo, and am aware of your question, my sister. The entities which serve the third-density population of your planet as guides are those who are much like yourselves in many cases except that at this time they are not incarnate and have chosen a means of service that is the guide, the teacher, the helper, the unseen hand that aids in the helpful coincidences, shall we say, within each entity's life pattern.

We are those which come from elsewhere other than your own planetary sphere who answer the call of many upon your planet for information pertaining to the nature of the creation, the one original Thought that we see as the one Creator. Thus, we answer a call and serve as we are asked in the name of the one Creator.

Is there a further query, my sister?

Questioner: Do you ever get bored?

(Carla begins laughing.)

Carla: I'm sorry … *(chuckles)*.

I am Q'uo, and we may assure you, my sister, that the creation is varied enough that we find no opportunity for boredom, as you would call it. We are overjoyed at the opportunity to observe the one Creator in the process of knowing Itself in as many ways as any entity could possibly imagine. We see the one Creation as a great field of energy playing with energy.

Is there a final query at this time?

Questioner: Can you hear us thinking our questions or do we have to speak them?

I am Q'uo, and we ask that entities verbalize queries so that we do not infringe upon free will by, as you would say, reading the thoughts.

Is there a final query?

Carla: I would ask as a final query that you give suggestions on ways to put one's mind at ease when one does feel somehow invaded by energies which seem to want to invade—even if that perception is incorrect, there is still stress. Could you just suggest some resources for when that would occur, how she would perceive?

I am Q'uo, and am aware of your query, my sister. If any entity feels that it is being, as you would say, invaded or overtaken by any other entity of an unseen nature, that the one feeling invasion request the entity invading to leave, and that this request be made in the name of that concept, entity or quality which the entity being invaded holds most dear in the life pattern, be that the quality of love, of truth, of service or an entity such as in the name of Jesus the Christ, the name of the Buddha or the name of any saint or angel that an entity may feel affinity, for that if this request is given with the whole heart that the entity invading will be required to leave, and then the entity giving the request would be advised to circle the self in light and in love so that the shield of light and love might be in place.

At this time …

Carla: Wait, Q'uo! Could we stop for a sec'? I really need to drag this back to this point. I just had this question that was bothering me. Just stepping back to the chakras, and the experience that you had described which was the releasing of the mental belief system, which is the yellow ray, as I believe. How come the upper portion of the body was what went through the "trauma," as opposed to the lower rays which were being adjusted? Why would the vibration be from, say, the heart up, as opposed to … from what was felt from the heart up, not from the lower rays? They seemed to be rather relaxed.

I am Q'uo, and am aware of your query, my sister. However, we must apologize for being unable to answer, for we find that the answer would be an infringement upon your own choice-making ability and responsibility. We do not wish to do that work which we find you have set for yourself.

Carla: I gotcha. Thanks anyway.

I am Q'uo, and we thank you once again, my sister. We find that we must leave this group and this instrument at this time, for we have spoken overly long and have wearied many here, and we apologize for the length of our discourse but we are overjoyed at the opportunity to be with you and to feel the intensity of your desire to seek that which you call the truth. We seek with you that same truth, and walk as brothers and sisters, offering a hand when asked and offering love at all times. We are known

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to you as those of Q'uo, and leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation

February 6, 1994

Group question: The question this afternoon is from N and it's concerning healing disease. The basic statement is that it appears that illness or disease, not chosen pre-incarnationally, are the last resources of evolution for the processing of catalyst during incarnation. This basic imbalance is addressed by the healing modalities in one or both of two ways that depend on the degree of Christ awareness possessed by the one to be healed.

Then N lists two different possibilities: the one to be healed may be aware that the illusion has presented the disease as a means of showing a deeper imbalance that can be healed, with the one to be healed working on him or herself and receiving assistance from a healer. The basic change would take place mentally with the realignment of beliefs.

There is also another chance for healing by a person that is not aware of the relationship of disease to the spiritual journey and in this case the one to be healed would go to an allopathic healer and surgery or medication or some sort of an allopathic treatment would be given and it would seem that this removes from the one to be healed the chance to grow, the opportunity being removed by the allopathic treatment.

The first question, of four that will address this area, is, "How does the learning occur, the unbalance addressed and the catalyst processed in the unaware person?"

(Carla channeling)

We are those of Q'uo. Greetings in the love and the light of the one infinite Creator. It is a privilege and a pleasure to commune with this group. We thank each for calling us to your presence to share our thoughts with you on healing. Please be aware at all times that we give not dogma nor doctrine but rather opinion and thoughts to consider. Those which help any, each is free to choose. Any thoughts or concepts in which the receiver is not interested may quickly be placed aside for each shall recognize his own personal truth. Therefore, we leave these opinions to your discretionary use.

In addressing the stated question we find we would make introductory remarks. This step is taken because there are assumptions within the introductory paragraphs which we find to be other than our own understanding. Consequently, we will back up, as it were, from the stated inquiry and later ask that that query be read again, if this is satisfactory to this circle.

Jim: Yes, that's fine.

We are those of Q'uo. Very well, then.

It is a distinct privilege to be able to view the light of your sun using this instrument's eyes which, needless

to report, perceive much differently that other physical vehicles belonging to other densities. In such a beautiful, glowing creation it is difficult from a long distance to realize how much of the total of an incarnational experience is involved with issues of healing. Indeed, healing is a much misunderstood concept for healing and cures are not the same. Furthermore, the term of healer suggests a definition which is incorrect. That is, the healer does not do anything. The healer does not heal. The healer presents to the one requesting healing an opportunity.

In healing which has been termed psychic healing or absent healing or many other noninvasive healing procedures, the opportunity which is tendered to an entity is created from the crystallization of the healer's personality, shall we say, so that the healer becomes the equivalent of the healing chamber within the Great Pyramid. When surgery or chemicals are used by a healer this represents a physically objective means, visible to the eye, touchable by the hand, of offering the self-same healing opportunity. In every case the actual healing is a process which involves the unmanifested self.

Therefore, to the healer, we would always suggest the surrendering of that personal agenda which is natural for any healer upon viewing an illness or the physical evidence of an illness. It is so easy to feel that one shall do this and that and it shall operate in a healing modality. Actually, it is well to remain humble as a healer for the healer works upon its own self and in no case does the healer heal.

The strong and invasive avenues of affecting bodily health do in most cases affect the physical vehicle of the patient in the way expected by the healer. However, these are means of curing or masking the symptoms of ill health. They work to make a body function differently and, hopefully, more normally. In no case can a curing by invasive means function as a healing of the imbalance which the ill health is addressing. It is well to make a careful distinction, therefore, between the objectively provable change in health between before a pill was taken or an operative procedure applied and afterwards. This remains in the precinct of curing a physical condition.

Thusly, at all times, the one who wishes healing makes good use of the service rendered by a physician or healer but remains completely responsible for its own processes of healing. To the healer, therefore, all patients are the same. The processes of actual healing are in each case the same. This is hard to see for healing modalities range from the work done in thought by spiritual practitioners to the most obviously invasive and life changing healing modalities of your allopathic practitioners. Yet, in all cases, the healer offers an opportunity and in all cases the healing is the choice and the business of the patient.

It may indeed aid in the attitude of healers who find themselves frustrated by seemingly uncooperative patients to realize that the patient's seemingly nonsensical complaints do make more sense when the struggle of the entity to heal itself, which is going on beneath the threshold of the conscious mind, is actually taking place. There are often strong unconscious motivations which drive a patient to alter and often worsen the medical picture. This is not the healer's concern and the failure to groom the patient so that it does all that it should is often not a battle the true healer wishes to win. When given the choice between a cure and a healing, which would each choose as patient? Which would each choose as a healer serving the infinite One? To whom, or to what agency lies the responsibility for asking these questions?

We would at this time request the first query.

Jim: The first query concerns, "How does the learning occur, and how are the unbalances addressed and catalyst processed in the unaware person?" It seems that you've spoken to this topic which means that we could ask the second question about, "Does the healer who's aware of the spiritual aspects of healing incur any karmic debts? Does the healer who is not aware of the spiritual aspects incur any karmic debts by helping with the healing process?"

We are those of Q'uo. There is no karma involved in the work of healing, per se, for the healer works upon itself, attempting so to balance and empower its personality, if you will, in such a stable and open condition that the opportunity can be offered to the patient for healing. The concern of the physician, then, is with its own spiritual situation. We refer not to the mood of the day or to surface frequencies concerning subjectively perceived spiritual states. One may be, as this instrument would say, in the desert, where the spiritual topography is alien and

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mystifying or it may be in the most exalted of subjectively perceived spiritual states. To the healer which is mature and therefore efficacious, this will make no difference for the healer who is mature has become aware that the Creator is always present, that the power of the unnamable mystery is always infinite and that this power exists in every location, at every time and under any and all conditions. In other words, the healer learns to tap into that which lies beneath the experiences of the desert or the oasis. That deep level is as a sea which once tapped into offers the absolute inner subjective surety that faith is real and hope exists to save. The healer, in other words, turns from all appearances within itself before it turns away from the appearances presented in the patient.

Karma is a phrase [which is overused] by those meaning various things by it to the point that we feel it may be helpful to state our grasp of this concept. We see karma as a kind of spiritual momentum, [where] unbalanced acts concerning another, and unforgiven by the self and perhaps by the other as well, remain in motion in an entity's incarnational experience. Energies which have not been balanced on the level karma was incurred, or above that level, are carried over into another incarnational experience. This, then, provides for distortion of that experience in such a way as to provide for the entity the opportunity to balance this energy, to stop the momentum of this imbalance. The …

(A loud crash of something toppling over is heard.)

(Laughter)

Carla: OK. OK. A little bit of retuning here.

(Singing)

(Carla channeling)

I am Q'uo, and am with this instrument again. We actually did not leave this instrument, however, the instrument's ears seemed to be much disturbed by the noises of your feline playmates. Therefore, we are glad to make a fresh start, as it were.

We were saying that perhaps it can be seen, then, that there is no karma between healer and healed. The actual predictable difficulty or incorrectness of perception for healers is that it is easy to forget that the healer is actually working upon the self. Then the healer takes responsibility where there was none. Now, in the matter of curing, the healer applies the skill, whether it be with the surgeon's scalpel or with the specialist's detailed knowledge and pharmacopoeia. To cure conditions the healer which chooses also to cure has the responsibility to apply this curing as sensitively and well [as possible]. There still, however, is no karma between the healer and the one who is cured, for the healer has but altered some personal circumstances of the entity needing healing. Another opportunity will replace the opportunity for healing which seemed to be taken away when the condition of the patient was cured.

Thusly, the healer simply needs to do that curing work it chooses to do in a spirit of joy. Joy that there is some way to reduce suffering. Joy in being of service, but not joy at changing a patient's experience for the patient itself will change its experience in response to its own inner agenda. It is well for the healer which is an allopathic practitioner, then, to speak to this when the healer finds it helpful, that is, stating that these are ways in which the condition presented can be controlled or altered to some extent but that the true work of healing will come from the patient as it deals with its new circumstances.

Is there another query?

Jim: I believe you've just spoken to whether or not the healer abridges the free will of the patient so I guess we can move to the last one and that is, "If the person seeking healing dies are these imbalances that it dies of worked on in the astral plane or is another incarnation necessary or how effective can the person do healing after the incarnation is over?"

We are Q'uo. There is healing which takes place outside of the environment of the physical incarnation, however, that healing is on a level of metaphysical wholeness and does not address physical, mental or emotional conditions as experienced while the entity was alive. Between incarnations, within the form-maker body, the spirit or soul will undergo much healing, not of the—we correct this instrument—not of this condition or that condition, rather inter-incarnational healings address the process within which the entity, shall we say, looks through the book of self, missing no pages, and then reintegrates the substantial significant self in a way which more accurately and lovingly places the various distortions and patterns within the unique entity, gradually preparing that

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entity for its next incarnation. It is within physical incarnation, not outside of it, that questions raised or imbalances, shall we say, within a previous incarnation are taken up again.

The work of inter-incarnational healing, that is, the healings between incarnations, is, indeed, most necessary and does constitute a vast array of healing modalities. However, these do not shine through to those within incarnational experience unless the entities deliberately pursue the creation within incarnation of a, shall we say, window whereby the entity within incarnation can climb, shall we say, into a special place which has access to the higher self, as the form-maker body does between incarnations. This can be done in some cases by what this instrument calls regressive hypnosis.

My brother, is this the last query?

Jim: I believe that was it, Q'uo. We appreciate your responses and I'm sure N does as well. Thank you very much.

Thank you for your thanks. Is there a query which any would make which has come as a result of that which we have offered at this time of working?

Jim: Not from me, Q'uo. Thank you very much, once again.

We are Q'uo, and thank each for the kind words. We would speak finally requesting the continuation of queries concerning this area. We realize the difficulties involved in asking questions from a distance and because of this instrument's thoughts shared fully with us earlier we know that the one known as N is full of regret that it cannot put these queries to us in person. We would address this.

Within this instrument's mind are many stories from her holy work called the Bible. There are many, many instances within this work in which healing occurs. The one known as Elijah demonstrated the extent to which a healer will go to express a literal understanding of healing …

(Side one of tape ends.)

(Carla channeling)

… asked to heal one who was dead, lay upon the body of the patient, hand to hand, foot to foot, mouth to mouth, literally breathing life into the patient. The one known as Jesus healed even when it was not aware it had been asked. We refer to the incident where a woman who was ill touched the hem of the one known as Jesus' robe and was healed. The one known as Jesus knew healing had taken place for it felt the power go forth. It did not intend this personally. It was an instrument through which healing came.

We would ask simply that the healer to whom we now speak, the one known as N, if this entity would find it desirable to allow the concerns, and there are many, to recede on a daily basis, perhaps there is energy for a good meditation, perhaps there is not. We ask in this latter case, then, that the one known as N simply begin to contemplate a few concepts. Primary among these concepts is the practice of the simple presence of the infinite One. How can one practice this presence without the meditating? In the case where meditation has become difficult or impossible to the self as it perceives the situation we would suggest some physical means, however momentary, of dwelling within the creation of the Father. Contemplate the sun, which gives so generously that life and light which is so welcomed as the springtime nears. Stand beneath the tree which is generating itself from light and offering oxygen to its companion upon the earth plane, the human and all animals, while all animals move about their business, breathing out just that which trees and plant life need, your carbon dioxide. Observe the way in which events fall, seeming, when looking back upon them, so right, so inevitable. Gaze about the self to find any arrhythmic or out of place detail in the creation of the Father. Is there any except that which man has imposed upon the creation of the Father?

The nature of faith is that it is what one claims it is. Questioning faith is useful only in the context of a life in faith where the seeker has become able to posit faith as the promise that never becomes a lie, regardless of all appearances. Thusly, faith is often quite incomprehensible. However, faith is served by the simple act of will, the refusal to stop believing. We commend this to the attention of all seekers. The simple assertion of a life in faith creates, when persistently invoked, the life in faith. Harder and more rewarding work for the spiritual seeker cannot be conceived.

May each, while crashing upon the craggy reefs of doubt and disbelief, confusion and inner anguish, stand firm on one thing: that is, love. You may call it faith or love or truth or, as this instrument often

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does, Christ, but the claiming of this precious thing is a most creative choice.

We leave this instrument reluctantly. We so enjoy these workings, so enjoy the converse with each dear entity. We bless each, thank each and leave each as always in the love and the ineffable light of the one infinite Creator. We are known to you as those of the principle of Q'uo. Adonai. Adonai.

Carla: If you don't mind waiting just a little bit more, there's a lot of pressure here. Is that all right? I think there may be … OK, thank you.

(Carla channeling)

I am Hatonn. Greetings in the love and in the light of the one infinite Creator. We wish to thank the one known as Carla for being aware of our presence for this instrument is somewhat fatigued as is its nature and practice within this particular incarnation and could easily have missed our request. We have no need to speak at length at this time, however, we are aware of the call of the one known as N. We simply wish to confirm this entity's knowledge that it has our constant company when we are so requested, not to give answers but to aid in what this instrument would call practicing the presence of the one infinite Creator.

This is all we wished to communicate and would therefore leave this instrument and this group, thanking each and praising and thanking the infinite Creator. May each comfort himself with the knowledge that all desire and seeking for that vibratory level which is the love of the one infinite Creator is felt and does indeed change the inner balance. Therefore, we do encourage a steadfast desire for love, truth and a life of service. No matter what the outer appearance, these thoughts result in the desired inner changes.

We leave you in love and in light. We are Hatonn. Adonai vasu. ♣

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Sunday Meditation

February 13, 1994

Group question: The question this afternoon is from N and it is, "How would Q'uo go about designing a healing strategy that would encompass all of the needs of third-density entities if Q'uo were itself a third-density entity, here with that purpose in mind?"

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the infinite One. We are most pleased and privileged to be called to your circle for this working and would thank each who has come to this opportunity for the sharing of thoughts.

Your query addresses the concept of healing in a provocative way in that the question asks what we, that is, we of another density, would do within your third density in order to best maximize universal healing. It is one thing to be where we are, looking upon the Earth scene and philosophizing concerning the prospects of improving that world scene according to our views. It is quite another to be within that third density which you now enjoy, for not we, with our experience, but you, with your limitations and challenges, are the ones called to service at this particular juncture.

Were we you, we also would be equally limited. Let us rephrase and say that were each of you to be able to have access to that portion of your totality of self which vibrates within our range of vibrations in our density you, then, would find yourself completely unable to take those understandings and attempt to affix them into the net of third-density illusion reality. Perhaps the best way to say that is there is always the 20/20 vision of hindsight, yet it is to those who have no hindsight but only the situation as it appears who act. It is you who are called to act and to serve, you with all of your self-perceived limitations.

The Creator encapsulates Itself within each, so the true self that you are is in one sense beyond any limitation, beyond any distortion, beyond any impurity. Within each of you does lie truth, does lie healing, does lie grace, beauty and justice. And we would have to say that were we one of you or many of you, we would, as do you, feel profoundly confused by the illusion of third density. You have no easy task, you who seek to serve. So one response to your query is that your fine, hard-earned understanding does not translate into a master plan for third-density healing. Only those who are within third density have the right to attempt to create such conditions as universal healing.

We see the concept of healing or health having to do fundamentally with not the physical vehicle nor simply with the mind or mental vehicle but, rather, we see healing as that which creates a broader or deeper faith, for what is health but the just proportion or balance of energies within the

individual self. Health is not simply a matter of sickness and curing sickness. Health has to do with the balance of energies within the self so that the self is tuned, shall we say, as much as can be achieved by the seeker to a continuing awareness of the self as a child of the infinite Creator. Healing begins with the realization that love and loving constitute wellness.

More than any one method of medical treatment the philosophical, metaphysical or religious paths of service offer a way to teach those who wish to learn how to call inwardly and move toward that inner room wherein the heart of silence speaks its blessed and hallowed chant: love praising love, love thanking love, love having any emotion whatever to love. The soul which seeks persistently this inner sanctuary, the mercy seat of the heart, is as the one who chooses to go into the grand hall and to set the table for a sumptuous banquet. To the human eye the banquet hall may not exist. To the heart within, beating in faith, the hall shall fill to overflowing and the feast shall take place.

The over-arching energy which heals is accessed through faith. Then what each seeker does with that open channel of love and faith is very much dependent upon that seeker's particular journey. Many are the ways to teach faith. Each who is a parent teaches, by the way it deals with its children, the ways of faith and blessed indeed is that child whose parents have retained a strong sense of the importance of living faithfully. Blessed indeed is that child who learns not only to value knowledge, wisdom and power but also to value the ways of faith and the ways of service.

Those within your churches who preach according to some religious system have great opportunity to teach in healing ways. Indeed, when one discovers any path of service one may see that this too is a way to bear witness to the forces and energies of wellness or healing. Let us gaze at the simple concept of wellness or health here, for it is our perception that the third density is not intended to be universally healed. The perceived imperfections of the illusion are innumerable and it is a virtue of third density illusion that it continues rough, unfinished and unhealed. These are the conditions which promote rapidity of learning. The real health of the soul is not risked by the third-density conditions, whatever they be. It is necessary and desirable, in terms of the opportunity to grow and to go forward upon the journey of seeking, that the physical conditions, mental conditions, and emotional conditions experienced be perceived as broken.

This is a difficult concept to grasp. Why would the Creator allow, much less determine, that suffering on a continual basis be part of the excellent and beautiful plan for spiritual seeking? This does not have an obvious answer, yet we feel it is true. The virtues of your environment contain none greater than that virtue of predictable imperfection and limitation. What the Creator has in mind, we feel, is not an increase in health of the body or of the mind or of the emotion but rather a continuing possibility for improvement in the balancing and aligning of mind, body, emotions and spirit.

Health, then, can be seen to be within third density that state in which the entity—and each is unique—has achieved a stable balance within the self so that each energy has space for clarity and focus, much as you would see a color become more pure so one could envision the energies of the entity becoming more true, more just in balance and proportion, one to the other. This point of balance is unique for each unique entity.

Were we to attempt to teach perfection, that concept might, in one powerful moment, dismiss all illusion. However, we cannot move into your perceived reality and hook perfection out of the sea of confusion like a fish, nor would we be doing the Creator's work to attempt to lift any bodily into perfection. We count ourselves most blessed if we are simply able to suggest to even one entity that a stubborn focus upon infinite perfection will take the energies as they are and will, through time, produce for that entity such visions and clues concerning balance as are necessary for that individual's progress.

How does this relate to a concerted attempt to put in[to] manifestation the ideal healing environment? This question is a large one. We would suggest that there is no higher standard than that which is implicit in this question. It is to—we correct this instrument—it is a call to a great adventure to seek with great energy to materialize such an environment. This environment shall be visualized more and more frequently as your time moves forward for many entities now have become aware, both of the many, many ways of affecting cures and healing and also of the supreme place that faith has within an entity's individual health. These two

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concepts are ones we would suggest for contemplation.

We would wish to allow this response to be received by the one known as N before responding further, if that is acceptable to those within this circle. We pause for communication.

Jim: That's fine with us, Q'uo. Thank you.

Very well, my brother. Then we would ask if there is a query upon the material given or another line of questioning at this time.

Jim: I have no other questions myself, Q'uo. I appreciate what you've said.

We are those of Q'uo and we thank you, my brother. We are not quite ready to leave this delightful gathering and would speak a bit further but did not wish to move forward in that which we specifically gave in answer to the opening question.

We would speak to this entity's question, for we are aware, of course, when a channel such as this one questions whether it is still being of service. We encourage each to ask questions such as this. It is not wise to be smug or to feel that one has gotten the final answer. It is quite healthy, shall we say, for this question to come up when the world does not beat a path to your door, when meetings are small, when, as we see in this instrument's thinking, that physical parameters are unmet, such as money for the publications, it is perfectly logical to question one's path of service.

We then must say where is the heart of service, for you? Where is love, for you? Where are your gifts? Which gifts do you wish to use? When seeking answers to questions concerning service we encourage the exploration of one's own gifts for each entity moves into the third-density illusion with all of its woes and wonders with a certain package of gifts, a certain combination of virtues and darker virtues, which you call vices, and out of this broken and seeking existence blooms forth all of the beauty and generous harmony of that same entity's blossom of selfhood.

So we ask the instrument to take the time in the following days to contemplate its gifts and to seek an inner feeling of certitude concerning the service which is desired to [be given] so that the service may once again be made calm and unruffled by self-doubts. Always, it is not the outer appearance which determines the success of employing one's gifts but, rather, one must simply move as one feels to move, always being aware that the service is service to love, in love, for love, by means of love alone.

We would encourage each to lift the heart, lift the mind, lift the viewpoint, just as the sun seems to lift the flower bud, lift the grasses and the leaf. Attempt to give yourselves the freedom within to turn to …

(Side one of tape ends.)

(Carla channeling)

… [towards] the light, as that light is most deeply and purely perceived.

To sharpen these perceptions, again we say, spend time contemplating. Certainly it is good to have the meetings together, for those who seek together band together in a way which improves the hearing, shall we say, of all involved and creates a much improved atmosphere for seeking, but more than this, spend the time alone seeking, whether in prayer, meditation or in the joy, the laughter and the fellowship. Spend time praising and rejoicing.

Why rejoice? Why give thanks and praise? Because the greatest energy of all is always the same: love is always the over-mastering power and creator. No matter what the experience, praise, joy and thanks are appropriate. When one can, even for a moment, see and feel the truth of the turning to love above all things then shall healing truly multiply.

We would at this time leave this instrument and this group, apologizing for the lack of satisfactory answers. However, we are dealing, when we deal with healing modalities, in an area in which, through this instrument at this time, the information we may share is, and will continue to be, of a nature more abstract than practical. However, we would not wish to employ this instrument differently. And there you are—a situation.

As we close, we would say to the one known as N, that portion of us which is Latwii greets and blesses the one known as N and thanks the one known as N for enjoying our jokes.

We would leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. We are those of Q'uo. ♣

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Sunday Meditation

March 13, 1994

Group question: This afternoon our question is: "How is it that the Creator steps down His, or Her, or Its conscious being in order to occupy a physical body and utilize the various rays of the bodies and have an incarnation?"

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the infinite One. We cherish this opportunity to share our vibrations and our thoughts with you. It is a privilege to be able to respond to your call and we most thankfully do so. As always, we ask that each use his personal discrimination in hearing our opinion, releasing that which is not part of your personal truth at this time and taking only that which has touched a sympathetic chord within you.

You ask this day how the Creator has stepped down its selfhood in, and to experience as, a third-density entity. The shortest and most bluntly accurate answer to the query is that the Creator has not stepped down this selfhood in anywise, in any density, or circumstance. The truth is the Creator; the rest is illusion.

All that you strive to comprehend, you already know. All that you strive to be, you already are. However, free will so dances with each entity in this Creatorhood. Thus each entity becomes unique within illusion and the oddity and peculiarity through illusion is valuable. However, let us move back to the point that the Creator is manifest in you and in all whom you see. Similarly, as regards healing. The healing is already perfected. Insofar as the entity wishing can lay hold of the vibrations which are those chosen to the original Vibration, just to that extent has the individual opened the self to a new reality with illusion.

The vibration of selfhood is seldom grasped. The basic vibration of a self, or entity, is the vibration which is identical to the vibration of love. This overlaid by the range of vibrations presently enjoyed and [which] contains undertones begins the history, shall we say, of accumulated vibratory processes. An entity, then, is as powerful metaphysically as the degree of awareness of the original Vibration which it can lay hold of and sustain an intimate relationship with.

It is difficult, we know, to even contemplate or ideate the situation in which you, in all of the glorious imperfection of hastening life, are yet the Creator. This truth is basic and many paths to the Creator posit this in one way or another.

Each within third density is conscious of himself. This self-consciousness is a great prize. The awareness of self is at one and the same time a great burden. Prize and burden. Self-consciousness opens the door to entities working consciously upon the

self to the end of becoming more wise, more secure, more filled with charity and many other human reasons. This self-consciousness is a kind of anguish, the looking in the mirror. It is the great tool of third density.

If an entity should be able to within manifestation to focus fully within the consciousness of self this hypothetical individual would feel the full force of godhead or creatorship. Needless to say, few there are who have even touched that quality of self-awareness while in manifestation.

Indeed, the plight of humans dealing with their creatorship is much like that of the swimmers in the ocean which is a mile deep. That of which the swimmer is aware barely even scratches the surface of the sea. And so it is with consciousness that all the highs and lows of thought encompass merely the surface of selfhood, for that surface is the surface whose depths cry out in praise of the one infinite Creator.

Does the Creator, then, praise Itself? Yes, this is so. All of creation sings a hymn of praise and thanks. This is the vibration of being; this is your nature. Insofar as one may lay hold on this truth and allow it to be described within, some learning shall occur.

In other terms, for we are aware that this query was asked for various reasons, the identity or vibration of love at the moment of creation was given all of the densities and sub-densities, those coming into being in an inevitable pattern representing the settled view of the infinite intelligence which regarded the creation prior to your own. Thusly each of you walks a trail which was improved and embellished by selves walking before and in the unimaginable time when time has stopped and started again, another creation shall experience the Creator with densities and sub-densities now improved, because of the experiences of selves at this time, in this creation.

We would wish to speak of an experience this instrument had earlier in this day. The situation was grave. A soul lay close to dying. The priest with that soul was reading the prayers of ministry to the sick. With each prayer and affirmation, the sick man became calmer, but he could not hear well, so the priest raised his voice, reading the Twenty-third Psalm.

"The Lord is my shepherd. I shall not want." The patient became comfortable and as the last verse was spoken, "Surely, goodness and mercy shall follow you, all the days of your life and you shall dwell in the house of the Lord, forever."

The man simply stopped breathing. It was a good death. This entity knew that he was in the house of the Lord, forever, and fear had no more place within him and the healing took place, instantly. It was a healing death.

Insofar as each of you is aware that you dwell in the house of the Lord, forever, so also have you encountered and taken in a great truth.

The mind is far more powerful than any other force within your experience. What you know or think you [know] creates your illusion. Therefore, it is well to know what you know, to build only what you personally have experienced and know from an organic and involved viewpoint. For the deepest part of what you know is what you are, not what you do or say.

In this situation where there is illness and the heart cries for healing, the healing is that intangible process where the mind becomes aware of a more powerful field of energy than that expressed by the sickness. The physician may work upon the mechanical and chemical aspects of a body, tinkering with the mechanism and oiling the dry spots, as it were, but the actual state of that body is quenched by what the entity knows, or is.

To put it another way, the highest energy an entity can access either consciously or unconsciously determines how much the ills of flesh shall move according to the rules of manifestation, in general.

The more sure awareness an entity has of the illusory nature of an illness, then the less this illness can actually create in the way of sickness. If there is a basic key to healing as opposed to curing, it is this: the awareness of the entity moves to that place where that entity feels sure this is reality, where that energy is when the entity states to itself, "This is who I am." This is, indeed, who that entity is, where that entity will move, what limitation this will attend for learning and what suffering it shall enjoy as it learns.

Each of you controls the degree of healing within by that which you know, that which you are, that which you desire, those three things. We encourage each to make a practice of knowing the Creator in self. The Creator is all. We encourage each to be that loving vibration first, and words and actions second.

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We encourage each to desire only the most high truth, to desire far beyond that which can be stated or imagined, for as you seek, your thirst is expressed in the outstretched call of soul to all that resonates with it. So is attracted to that entity ministers of light, shall we say, drawn to you justly and appropriately in accordance with that [for] which you have desire. Therefore, lift your desires even higher. Seek to know that true and real vibration which is your identity. He who can vibrate with this desire is moving as quickly as possible along the trail of the pilgrim.

We would stop at this time and ask if there is any query, now that we have given this much material?

Jim: Not from me, Q'uo. I appreciate very much what you said. There is a lot to think about there.

Questioner: I don't have a question, Q'uo.

We thank you, my brothers. We are unwilling to speak further upon this topic until there has been the mulling over and perhaps the direction taken for further querying. Therefore, we shall leave the subject. Before we leave the instrument, however, we would simply say a few words.

This instrument has **no** *(emphasized)* idea what we would have to say, so we shall have to ask this instrument to quit thinking, or we shall not be able to speak.

(Pause)

We ask each to breathe deeply. Take three or four breaths.

(Pause while this is done.)

My brothers and sister, we would speak with you concerning relaxation. Each of you is a keen and careful student of the mystery of life and eternity. You are concerned, metaphysically, to know and to understand, to grasp and to accelerate your learning, spiritually. Further, each of you is a careful and studious worker, always attempting to do the best. In relationships with people, each attempts always to give the best. This is all admirable and we do not fault this, however, it is a common and understandable error of the earnest and idealistic entity so to enmire the self within the strictures of desire and learning the heart forgets how to skip, the mind, to sing. All entities need and crave not only the metaphysical truths, but also the immediate experiences which in their authenticity outrank the highest understanding.

We ask each in the days and weeks to come, to deliberate—we correct this instrument—to be deliberate about releasing the self into an immediate appreciation of the environment of your earth. To breathe in and breathe out, knowing that partnership with all living things. To feel the heart lift because the sun is golden, or the moon serene and beautiful. Even within the dwelling that earth and health and energy may be instantaneously pulled upward into the body and the body's awareness by the direction of the will.

Each entity has their feet upon the floor. We ask each entity—we correct this instrument—we ask each entity whose foot is on the floor to think that foot into contact with earth. Can you feel that energy now coming in the soles of the feet? It is your surety that this is possible that makes this possible.

You do not have to be amongst the trees and the grasses to get the energy of the earth to strengthen you, but you must be able to, by your will, assert that relationship and send out that attraction of desire. It is not wise to attempt to be too serious. It is wise to be the fool and be foolish regularly. For there is truth not just in the earnest and serious things of metaphysics, there is also much truth in the playful, in the energetic fun.

Therefore, we ask each please to attempt to open the self to lightness, merriment, fun, relaxation and the deep breathing that expands the mind, the soul, and the point of view. Hurry not. Cease rushing. Spend more time being. These things we encourage this circle, for the circle is very serious *(humorously)*.

Balance in all things, my dear ones. We thank each for this delightful opportunity and would, at this time, transfer the contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would ask if there are any queries remaining upon any mind before we take our leave of this group?

Carla: Well, yes, I do. Are you aware of the situation of which I talked earlier, about a woman at church that I simply cannot talk to because she's not respecting the truth?

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I am Q'uo, and we are aware of this information through this instrument's memory. Is there a query, my sister?

Carla: Yes, Q'uo. I just simply ask if you have any comments, or suggestions for this situation, where there is a disagreement between people. Not because there is an actual disagreement, but because one of the two simply will not look at the truth and clings to the point which divides. I feel frustrated because I cannot resolve this situation, but at the same time, I realized I have to respect her and allow her to carry on as she needs to, but it is causing me hurt.

I am Q'uo, and am aware of your query, my sister. We give this instrument an image of a fulcrum point that may represent the truth. All entities move about this point. The relationship between any two entities may be seen as that straight line which you would call the "teeter-totter" or "see-saw" upon your playground for your children.

Each entity will find itself in a relationship with another moving about that which is the truth. In some relationships, the entity may find itself closer to the truth.

(Side one of tape ends).

(Jim channeling)

I am Q'uo, and we shall continue. However, each entity must move in that fashion which brings it into closest harmony with the concept of love and acceptance, for it is not clearly known within your illusion where this point of truth resides, though each sees it with what seems to be a clear eye. Thus, it is not truth or wisdom which is of importance within your illusion, for they are concepts which are beyond your illusion. It is instead that which accepts the Creator in all faces and then does what it will in the face of love and with the motivation of love.

Is there a further query, my sister?

Carla: A kind of confused one, yes. You say simply act in love, and I think it is wonderful advice. It's very hard for me to see where that love takes me. There's something that I have to call politics involving this woman's ability to talk to people and I hear back around from other people that she has said this and people are believing her. And part of me wants to continue to say nothing and take the high road and I just don't know where the most helpful action lies, not in just context of myself but in context of this organization that I'm trying to help. You see the question that I'm asking, and I simply don't know how to value the truth, whether speaking the truth at this point is helpful or not. Is speaking the truth a loving thing to do? Is not defending yourself still a loving thing to do if people would be helped if they heard your side? I'm just really stuck. I'm having trouble making decisions.

I am Q'uo, and am aware of your query, my sister. Because of this confusion and because of the importance of your decision in your own evolutionary journey, we must not infringe upon this choice and can only suggest that when you have prayed or meditated yourself to a point of loving acceptance, then the choice will become more apparent.

May we answer any other query, my sister?

Carla: No, Q'uo. Thank you for that.

I am Q'uo, and we thank you, my sister. Is there any other query at this time?

Carla: Would you take a short question about something that I don't know anything about and that is these "rays of incarnation"? I've heard about them twice. Do you feel that this is a fruitful subject for further exploration?

I am Q'uo, and am aware of your query, my sister. We would recommend that these queries having to do with so-called "rays of color and manifestation" be more carefully considered and organized, for their present form is somewhat chaotic, shall we say, for there are many ways of looking at the bodies and centers of energy and their manifestation within your illusion for you are entities of a complex nature. That of mind, body and spirit and the relationship between each as well as the nature of each are manifested in various ways and are described by your peoples in far more [detail].

May we ask if there is a final query at this time?

Carla: I'm done.

I am Q'uo, and we thank each once again for the privilege of your company and your call. We are honored to join you and to share our humble opinions with you and we ask that each remember that opinion is that which we share. Take the concepts and words which have value to you and leave behind those that do not.

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We are know to you as those of Q'uo. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation

March 27, 1994

Group question: …information about the nature of our spiritual seeking in general and perhaps the role that those such as Q'uo have to play in that seeking and how you are a service to us and how we might be of service to each other in this seeking.

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of Hatonn. We thank each for calling us to your group this day. It is a privilege and a blessing to join in your meditation and to blend our vibrations with yours.

We are those who come to your peoples at this time in hopes of being of service by providing information and opinion concerning spiritual evolution. It is our understanding that this present period which you now enjoy is part of a season of harvest or completion upon your Earth world. In this time of transition to a more densely lit illusion there is great opportunity, we feel, for entities who are seeking to accelerate their process of spiritual evolution to do so. We are those who wish to assist, as we may, those who request our opinion and presence.

We are those of the Confederation of Planets in the Service of the Infinite Creator. Institutions equivalent in general nature to ours among your peoples might include the Peace Corps or those who work with Vista in the inner city. Not missionaries, not religions do we present in ourselves but, rather, counselors attempting to inform those who request our service of our understanding of the basic nature of the creation, the Creator and each seeker's place within this cosmology or world view.

In many, many ways through the years which we have spent speaking to your peoples, we offer again and again a very simple message: the Creator, we feel, is of a nature which is unified which may be summed up by a vibratory level. This vibration we call love. The Creator, to us, is a mystery. We know, or feel we know, that the Creator is indeed the Creator, that this Creator is possessed of an infinite intelligence. This infinite intelligence is expressed in that vibration which is love. Each entity also has a vibration, indeed a complex of vibratory levels harmonizing to make your unique signature or pattern of vibration.

The teaching we offer is this: as each seeker moves its vibratory complex closer and closer to the vibration of love, so does the infinite self within each seeker begin to sound its true note and identity. Thusly, as it is written in your holy work, one might say as did the teacher known to you as Jesus, "Be perfect, even as your Father is perfect." That this is an unreachable goal within the illusions we both experience is undoubtedly so. However, as the seeker sharpens its desire for and its hunger for more harmonious vibratory patterns, as this seeker then

persists stubbornly in seeking again and again to move the personal vibratory complex closer to the pure vibration of love, so does desire create the perfect work within.

In any human terms these attempts to be as the Deity are useless. In the metaphysical world, where intention and desire are as real as a chair or a person, such seeking is effective and as the seeker persists in seeking this vibration the seeker begins to experience more and more spiritually-based coincidence or synchronicity which acts as a kind of feedback, letting the seeker know that it is cooperating with its destiny and has begun to accelerate the rate of its spiritual evolution.

We come not to move people away from paths of seeking which are satisfying to the entity. We wish to place no stumbling block before any. However, in many cases among your peoples those who seek most fervently are themselves alienated from the traditional, cultural, religious systems. To those entities we present a general and non-dogmatic way of looking at creation, the Creator and each seeker's place within that creation. By doing this we hope to be of service, by affording those who may need a home, spiritually speaking, such a home. We hope for no church nor do we hope for any power within your world, rather, we simply make ourselves available through channels such as this one in order to present that alternative for those who may find it useful.

It is our understanding that each who sits within this circle existed in perfect potentiation before the world you know as Earth was formed. Each unique spark of love, each entity, was already loved and cared for before all that you see as the creation came to be, for the essence of each of you is a thought. The manifestation of that thought, your flesh and blood, bone and sinew, is as a garment. You clothe yourselves for your few years of incarnation in this flesh and wear it until you have truly worn it out and then, like a garment, it is laid aside and that unique spark of love which is you moves onward and where you move onward to is dependent upon how you have dealt with those issues which you chose for your own learning within this incarnative experience. You are love and you seek love, yet this love is biased and distorted in many, many crazy ways. Crazy, we say, like the images in the fun house of mirrors at a carnival.

Why would the Creator place each entity within such a heavy and crazy illusion? What is the point behind all of this manifestation which seems to offer suffering, loss and limitation at least as often as it offers those things which you think are good? We see each of you in a very, very long view. To us, you belong to infinity, for we see each of you as eternal. We also see that the great glory and purpose of your experience is that you shall suffer as you learn and in that suffering you shall be transformed.

Now, not all of your peoples wish to hear our words and this is entirely acceptable. Many there are who do not yet wish to take control of their own spiritual evolution. They do not yet desire the responsibility of considering the possibility that it does make a very real difference how one chooses to be and to act. To those entities we bow with respect and say, "Sleep on." But we say to those who are awake, "Watch and pray for you know not the hour when that which is yet to come shall arrive."

Now we quote again the teacher known to you as Jesus. This entity spoke of a wedding feast. To this feast were invited the high and the mighty, the comfortable and the well-off. Yet one must have business here and another there and so the wedding feast had empty places. Therefore, the father sent out people to comb the neighborhood for anyone on the street to come to the feast. There is a feast and we do invite each to come. That feast is love and each of you may be more and more one who dwells in the presence of that divine love.

In terms of the practical—for this instrument requested mentally that we be more practical—we suggest a commitment of some of your time and attention to the process of seeking the one infinite Creator. This commitment of time need not be a great one but, rather, it needs to be regular. We suggest to each what you might call silent prayer or meditation. Now, there is much good in prayers of thanksgiving, praise and intercession. There is much good in speaking to the infinite One, to having a relationship with this infinite intelligence. Yet does not a part of any relationship depend upon listening? Just so, we suggest that each seeker spend some time each day, if it be only a few moments, actively practicing the listening to that still, small voice which your Bible speaks of. For the Creator speaks not with thunder or disaster or great noise but rather the Creator speaks in silence. For there are no words which may carry the energy of the infinite One.

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Therefore, the infinite One's relationship to you is one of being, is one of presence. We encourage each to spend a few moments each day practicing the presence of the infinite Creator, simply allowing the self to realize that the ground upon which he sits is holy ground, for the Creator is everywhere and all things come within that holy orbit.

When we speak of love we do not speak of the love of friends or the romantic love of men and women. Indeed, we realize that this word, love, is itself confusing for it means so many different emotions, not one of which has the power or purity of the one infinite Creator's love. This love is as a creative thought and energy which has literally manifested all that there is. The nature of the universe is love which affects light in ways which build all that is manifest. You gaze at a creation builded entirely of light governed by love. When we greet you in the love and in the light of the infinite Creator we ground ourselves and you in all that there is.

We would at this time stop and ask if there are questions at this time. We are those of Hatonn.

(Thirty second pause.)

We are those of Hatonn, and would then go forward.

Questioner: I have a question, Hatonn. I have a question concerning communicating with others, those that we are meeting in everyday life and sharing with them the world of seeking and our feeling about it in such a way as not to infringe upon their free will. I wish if you would comment about talking about what is important for me, for example, with somebody else who doesn't ask. Do I wait until they express desire to hear or what is a harmonious way to go about doing this, spreading the light?

We are those of Hatonn, and grasp your query. Service is one of the more difficult things to accomplish well. The attempt to be of spiritual service to another, we feel, must depend in the first or primary place upon the free will of the individual to be served. It is well to wait until an entity asks you for your service before you attempt to render this service for if that which you have to say has not been requested in some way it is very likely that it will be considered irrelevant by the one whom you seek to serve. More than that, it may constitute a stumbling block for the entity you wish to help. This is sometimes frustrating for it is as though you see a child who will burn itself on a hot stove, yet the child must learn just that way what "hot" means, and if you see an entity bowed down with grief or trouble and you feel this entity could be helped by your opinion we encourage you, then, to see that you have, by offering what is not requested, confused and baffled energies that need to be felt as harmonious and sympathetic.

The service that is rendered by overtly speaking is easy to understand rationally and therefore it looks like the best way to serve. However, it is hard to underestimate—we correct this instrument—it is hard to overestimate the effect that a silent witness may have. There is a witness which each gives by the way it lives, by the way it moves through the being and the doing of everyday living. If you are practicing the presence of the one infinite Creator, if you are living in faith rather than seeking and scrabbling for proof, if you have hope and trust and love and a smile, these things will speak for you, without your doing anything and this silent witness may bless without invading for it is primary that each entity freely choose that which it chooses for the choice made is so very important.

What choice would that be but the choice of how to love? There are two ways of expressing more and more love. One is the way of the sun, the radiant energy of free giving. In this way of accelerating the process of spiritual evolution the seeker attempts at each point of choice to make the choice which is of the higher amount of service to others, feeling that in each face which it sees is the face and nature of the Creator.

The other way of accelerating and progressing spiritually is to take all the light around and attempt to hold it to the self. This way of being and learning has various names among your peoples, such as the left-hand path. We often call it the path of service to self. When you see an entity relating to those around it depending upon what use they might be to it then you see an entity operating along the lines of service to self. Perhaps one might call entities such as this negative or selfish and perhaps one might call entities who are following the path of service to others those who seek along the positive path, but these are simply names.

The entities who are still asleep to spiritual seeking dwell in the middle of a great arc of energy. For them the energy remains at the bottom of the energy

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well for they are not creating or amassing power by how they live …

(Side one of tape ends.)

(Carla channeling)

… are of the Confederation are seeking along the lines of service to others and we come to those who are seeking along this positive path.

We are very willing to aid and if you wish us to aid in your meditations you have but to mentally request our presence. When we are with a meditating entity we do not give messages or attempt contact. We simply move into the meditative vibration, sharing with the seeker in this meditation. It is as though someone else was singing along with you: the note is more firm and steady. This is the benefit we offer, that your meditations might be somewhat deeper. We are pleased to do this if you wish and would not infringe upon you unless you ask.

We have thrown a lot of ideas out this day and before we leave we would again ask if there are any queries.

Questioner: I have another question. I don't … I wonder if you would comment on a particular feeling that sometimes I experience but perhaps others also feel it, and that is during meditation when the energies are shared sometimes I feel some energy running up inside that is pleasant and yet it often brings tears into my eyes, it feels like a great wave of emotions sweeping over me and then it fades, and I wonder if that is a conditioning wave or if it simply indicates some blockages, energy blockages, in whoever feels this during meditation, such as this one.

We are those of Hatonn. We believe that the experience of which you speak is that of an entity dimly sensing that which is beautiful beyond description, the love between two seekers. This love is close in vibration to divine love for the love of those who together seek is completely selfless. The goal for both in such a relationship is each to aid and encourage the other in spiritual seeking. This partakes of the nature of love itself. Thusly, there is the great feeling of emotion because of the beauty which is sensed. May we answer you further, my brother?

Questioner: No, thank you, Hatonn. That answers my question.

We are those of Hatonn. We are grateful to you also, my brother. Each time this love is shared back and forth it blesses infinitely, does it not? Is there a final question at this time?

(Twenty second pause.)

We thank each for allowing us to share our opinions. Take only those words which have meaning for you and leave the rest behind, for we are not authorities but those who come in friendship and love. We love you and bless each of you and thank you for the great honor of speaking. At this time we take our leave of you, rejoicing merrily in the love and the infinite light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation

April 3, 1994

Group question: N has asked us to ask for specific and particular information on the topic of the rays, the energy centers, and the bodies associated with the energy centers. We are aware of the difficulty Q'uo has in giving such information if it infringes upon people's free will, and we would like to ask what Q'uo could tell N or what direction Q'uo could point N in since he is a healer with a great desire to be of service to others? How can N get more expansive responses from Q'uo?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of the principle of Q'uo, and we thankfully bless each for asking us to share our thoughts on healing. It is this instrument's day of rejoicing. The Eastertide, as it is called, the time when the ultimate healing, the resurrection of that which is dead into new life takes place within this mythical system of faith. It is most appropriate, for a question upon healing is at base a question about death, transformation and resurrection.

That which is considered among your peoples, as we have said before, is far more often the curing of a condition. This in no way breaks into the storehouse, the treasure house, where each soul's totality of living is recorded and saved. Rather, it manipulates a manifestation. To focus upon the healing systems is most efficacious for the medical practitioners, and the detailed information which is collected by the various processes of medical investigation are also most efficacious at altering the manifestation, the clothing of flesh that the human body, so-called, is in essence.

For us to move into a mode of expressing or assigning various phases of medical practice associated with various items within the body, or your so called subtle bodies, is simply more of the same. However, we continue to be most eager to serve. This is an interesting subject and a fruitful one. We cannot be those who shape another's answers for them or learn for them, for that would be infringement upon free will. However, perhaps since the query was asking us to express any comments we might have, perhaps we may be able to find some solid ground upon which to get a firm stance. We shall attempt to bridge the gap between where we, as this instrument would say, are coming from and where the one known as N comes from.

It is our perception that healing takes place when the integrity of the field which is the soul or spirit—that is, the essence of an entity—is maximized. This maximum integrity of field occurs at an unique position within the nexus of the various bodies, wherever within that nexus that that one entity is at that one particular time. Not only is each entity unique but each entity is continuously changing between vibrations. Rare is the individual in third

density that can attain and maintain maximum integrity or health, even for a moment. Those who come the closest are those whose balance is seen by others, perhaps, to be above the ordinary.

We use the term, balance, to convey a situation in which the various energy centers of the physical, mental, emotional and so forth bodies are at a state where there is a clear strength or center and a comfort in the, shall we say, fit of the energy distribution. An entity which is in this kind of balance may be thought to have attained a high degree of wellness or health. When entities become ill, the physical aspects of this situation are more clear or evident than other portions of the situation causing illness. When work is done upon the physical body, then, the manifestation may change. However, if the entity has not had the process encouraged wherein that entity moves towards balance then the physician has done work only skin deep.

Now, we realize that the modest aim of most medical practitioners in your society is to do precisely that—to cause the mechanism to work properly once more. It may seem that we continually retreat from talking about healing because we are continually retreating from changing the physical manifestation of illness. When we wish to consider healing we then must orient ourselves and you to whom we are attempting to share some of these thoughts to a new emphasis, that emphasis being upon the essence of a person, as you would call it.

We do not distinguish in a way that makes psychiatrists more able to cure than the surgeon or the general practitioner. No, indeed, for the outpourings of the mental/emotional complex within an entity within incarnation are of much the same detailed and non-unique kind as physical symptomology. It is not mind or emotion or body that is healed in healing work, but, rather, the entity, whole and full of integrity. You hear of the phrase, "integrated personality." This perhaps catches a notion of that to which we point as a starting place.

What psychologists and psychiatrists may mean by a well integrated personality is along the lines of symptomology. That is, the ego this and the id that. However, it does fasten upon the concept that all the various parts of the mental/emotional complex of thoughts form a kind of energy grid, a pattern of usual associations which have been used in concert enough that the entity has become comfortable and in balance as a personality with this particular way of expressing.

What the healer does in healing is provide, on some level, catalyst which will alert the higher self of the entity to be healed. The more powerful and effective the healing the closer to the heart of essence of self that the healer shall come. In other words, the more effective the healer, the more accurate the touch upon the point of balance is, that is, the healer meets the entity to be healed where that entity to be healed is not yet. Healing comes from a new perspective, not from moving about to find one which is already pursued.

How can the healer do this? Each healer works differently. For some there is the healing touch. For some the healing word. For some the skill of various of your resources such as the gems, the massage, the—we cannot give this concept to this instrument well—the plumb line, shall we say. This is not the correct term … that which dangles from the held string and moves eccentrically—the dowsing, shall we say. These skills vary from healer to healer. What each healer has in common is a gift which the healer simply shares with the one to be healed. The work is done, not by the healer, but by that entity to be healed's own self which, because of the catalyst of the healer, has the opportunity to select in an integrated fashion a more balanced configuration of energies.

In each case this configuration and its change is unique. The human animal, shall we say, is wired eccentrically. By this we mean to indicate that each entity has an unique pattern, not simply to the physical body, but to all bodies. Each wiring system functions a little differently from any other; some to the extent of functioning backwards. Consequently, the strength of healing is the strength of the field within which the healer and the one to be healed rest during that time when the interaction between the two essences creates that moment which allows new choice.

We thank the one known as N for continuing to hope and to have faith that there is a better, more universal way to heal. We are glad to continue to work with this entity. However, we would express that we simply refrain from certain levels of specificity, for when an instrument such as this one seeks repetitively to attain specific material when the

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same query is asked several times and there is not the new awareness to the questioning, when this situation exists there is in the relationship of questioner to the truth of, shall we say, the hangman and the one to be hanged.

(Carla stops channeling and challenges what was just channeled.)

(Carla channeling)

I am Q'uo. We thank this instrument. We are having some difficulty with this information. There is some interest in this particular session and we have good contact but it is to be noted that when the specificity of information is requested, especially more than once, there develops a kind of specious interest which attracts those who would mimic our thoughts long enough to detune the channel. If the one who is channeling continually accepts such assignments and within its own self continues to ask for this information we are then unable to continue holding to a truly protected channel. And the general course of such is that we lose that particular channel who has been turned to other uses by those who seek other than as we do; that is, those who are interested in service to self.

This is not particularly easy to understand. And we would be glad to work with these questions as long as necessary. However, we applaud this group's awareness of this particular pitfall and we encourage this group to continue in its fidelity and its willingness to fail, if failure is the higher truth to witness to.

Are there any queries at this time?

(Pause)

I am Q'uo. To the one known as N may we say that the ones of Hatonn greet you. We thank our brother again for the purity of its interest and we hope we may aid. We have so enjoyed this quiet hour with each of you. May we bless each once more and thank each for the level of desire and purity of intent. We leave you only in voice, in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation

April 10, 1994

Group question: The question today has to do with communication, and what is it that we really communicate when we are speaking with each other. We live in an illusion. We experience the catalyst to help us grow. And we're wondering … beyond the words of small talk, and the intentions and the emotions and the concepts and the way we say things, there seems to be something else of a deeper nature that is communicated when we really communicate. And we're wondering what it is that is communicated, and how this works through the various forms and means of communication that we use.

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of Q'uo, and we are most grateful to have been called to your session of working this afternoon. The topic is communication, and since we are communicating on communication, perhaps we have a theme this particular session.

Think back, if you will, to your experiences as trees, rocks, sunlight. In all of these states of beingness you have experienced the essence of the infinite Creator without reaching for any word or, indeed, any thing. The first and second densities are certainly filled with sound, however, there is little conversation. It is in the third density when the self becomes self-conscious, that the desire to communicate is born as a basic instinct and urge. Even the little child new to manifestation seeks for the sound of the parent, which communicates. The tiny infant has the instinct to select and prefer the sound vibrations made by the mother and the father, those figures who give sustenance and improve comfort. Already, before the infant becomes aware that words carry specific messages, this third-density entity instinctually is reaching for that sound, hoping for that comfort—the human voice. Beyond all meanings of words, the human voice sings its way through life. Although few hear the music of spoken words, yet, nevertheless, they do have tune and cadences. Subtle though these patterns may be, they carry the breath—the air which is breathed in and exhaled.

The essence of manifested third-density life is breath. This breath is that which signals the aliveness of the present moment. One who is able to breathe is that one who is alive now. The breath of life is deeply intertwined with the spirit, both the spirit within and that spirit which strengthens. In a way, each time the human voice is heard, the tune is that of the infinite Creator Whose property alone it is to give life.

This is the density wherein entities such as yourselves appear like flowers to bloom, blossom, bear fruit, wither and die. During this natural

process which is instinctual to your flesh, the life within focuses upon the lessons of love which third density brings. These lessons are those given by each to each, shared back and forth across the seemingly uncrossable chasms betwixt entities.

It is in this density that each has the opportunity to make the choice between service to self and service to others, and in the process of creating that first choice and then deepening that choice with successive ones, the human voice is everywhere.

Each entity spends much breath upon its own self, perhaps talking out loud even to the self, or if not, certainly carrying on internal conversation. In the attempt to discover the true point of balance that lies patiently within each and every human situation, if we may call it that, there is a kind of solitude native to third density that is never before and never afterwards experienced with the same intensity. That solitude, that feeling of aloneness, is due to the veil of forgetting having been dropped, so that those within your density simply cannot recall the unity betwixt the self and all others. This is the density where teachers are more and more important—those who are able to use their breath to speak support, comfort and challenge to those whom they would aid.

What is that essence which the human voice, then, carries? It is the essence of love. Each voice you hear is the voice of the one infinite Creator, experienced through distortion upon distortion, yet, nevertheless, unmistakably alive, clear and vivid. Each voice is the voice of the one infinite Mystery.

To relate to others within your density is often a difficult matter because the voice of the infinite Creator is a spontaneous one, whereas within your illusion it seems that, in many cases, events conspire to remove spontaneity. Then, the manners and the rights and rituals of words take over. The spontaneity drops away and the politeness, the courtesy, the cultural amenities take over. Yet, even with these meaningless conversations there is the vital essence of love carried within those sound vibrations, for love is not that which can be experienced directly. For the most part there is an indirect experience, the sensor web of the perception making choice upon choice concerning what is heard and what is said; yet, faith and fellowship can be carried along the most meaningless conversation. Fellow feeling is most valuable in a world in which each cannot know that another is a safe person to be next to. The darkness of the veil has dropped upon you, and though you can remember dimly how it was not to have to explain, not to have to do aught else except simply exist to be in full communication, still, those dim memories do not serve to carry one through the seemingly endless meetings and cycles of meetings and greetings that go on within your everyday existences.

Know that the human voice has great power. Know that when you vibrate your voice and speak, you are expressing beneath the words the essence of life as you are experiencing it. That is, you are expressing your breath—that which, when it is gone from your physical vehicle, shall signal your absence. How precious that breath! How short the time to use it well. Know that when you hear the human voice, you hear the infinite Creator in all of Its love. Remember when you speak that the essence of that sound you make needs to be the love of the infinite Creator. Your breath specifically expresses that love. What shapes shall you place your sound vibrations into, then, to harmonize with that tune which is love? May your speaking be a blessing. May you be blessed by an overwhelming number of voices of love, for, truly, all you meet are love.

Do we need to say that often this love is in deep disguise? Therefore, may you always have the patience to wend your way through the dry and brittle valleys of difficult communication-clearing. May you have the faith to continue communicating past anger, past tears, until the words you speak are shapes that again harmonize with love.

We would close this meeting through the one known as Jim. We thank this instrument. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time we would ask if there are any queries to which we may speak—those thoughts upon your minds which have arisen during our speaking.

Questioner: I have a question for Q'uo. I wanted to ask, as we attempt to be of service to others, can we help others communicate? Can we help them with improving their communication … not really having a good grasp of it ourselves?

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I am Q'uo, and am aware of your query, my brother. As you speak and exchange experience with those about you, you are aiding in every aspect of each entity's evolution, for there is no other thing that can be done. All experience is the Creator experiencing Itself. Thus, you may partake more and more fully in this identity as the Creator as you are able to engage more of your own being in that which you experience.

We realize that you ask about ways to serve others, and appreciate the dedication that you express. We wish to give you the comfort of knowledge that tells you that you aid others well by each activity you undertake, for there are indeed no mistakes. And we encourage each to continue to seek the deepest level of communication with the self and with all other selves. Thus, you consciously move yourselves in the direction of your realized unification.

Is there another query, my brother?

Questioner: Yes, I would ask you if … I'll say the question this way: as you, as I, as someone who attempts to be of service tries to communicate with another, is it possible to do this by just opening yourself inside to the unspoken words and questions of the other person, and perhaps say no words and yet still communicate your desire to help, just by listening? Are there any … do you have to actually speak the words, because of free will, to be of service? Is that a clear question?

I am Q'uo, and am indeed aware of your query, my brother. We would take those words which you have spoken well—the concept of opening the self to the desire to serve—and suggest that this is a foundation stone upon which your service to others may be built, and indeed in some instances this may be the only activity necessary. However, in most of your endeavors with other selves you will find it is also helpful to offer one's self when the need is seen in a more outward fashion. However, the beginning of any service is that opening of the heart to the concept of service and to the desire to serve.

Is there another query, my brother?

Questioner: No, thank you, but that is all for me and *(inaudible)*.

I am Q'uo, and we thank you once again, my brother. Is there another query?

Questioner: Yes, I have one. Aside from the physical communication human beings have, is there something deeper that goes between two people when they're talking? Aside from … I know you spoke of the love, or breath … Are there other energies that are being communicated during conversation?

I am Q'uo, and am aware of your query, my brother. Indeed, at the heart of each communication and all experience there is a portion of the Creator which seeks Itself. Thus, there is the yearning between those portions of the One which have traveled outward from the One, traveling through the One, seeking the One, and becoming again that which is One, while realizing that there has always been only One.

Is there any other query, my brother?

Questioner: No, not at this time. I think I'll give that one some thought.

Carla: So, each conversation is a love song. Is that what you're saying? The yearning to … The voice is actually that expression of not having made it back to unity yet, and there's a yearning. Is that right?

I am Q'uo, and you are quite eloquently correct, my sister. Is there another query?

Carla: No, but thank you. That was a great thought there.

I am Q'uo, and we agree that there is no greater thought than that which posits the song of the Creator as the great chant of the Universe.

Is there a final query at this time?

Questioner: I'll just say that I wish to communicate that you have communicated *(inaudible)* to this group *(inaudible)* Confederation. Thank you very much.

Questioner: Thank you, Q'uo.

I am Q'uo, and we again give our great gratitude to each present for sharing with us your seeking, your questions, and your sense of unity. We appreciate your effort immensely, and walk with you upon this journey, rejoicing with each step, each experience, each exchange.

We shall take our leave of your group only in an illusory fashion at this time, for in truth, we shall always walk with you. We are known to you as those

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of Q'uo, and we leave each in the love and in the light of the one infinite Creator. Adonai. ♣

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Sunday Meditation

May 1, 1994

Group question: A question about relationships this afternoon. We have noticed that people in relationships that seem to have the best time, to stay together the longest, and who enjoy each other the most are people who don't let the little oddities of their partner's behavior bother them all that much. Some people can actually get so upset over these little things that they divorce, and I guess that a lot of divorces come from the cumulative experience of a lot of little things that one can't stand about the other. We are wondering what kind of transformation has to take place within the self for a person to move from where the little oddities in their partner's behavior no longer bother one, and in fact become a lovable part of the other person's image, and how does one move from the rejection of another to the acceptance of another and how does this happen within the self?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a blessing and a privilege to greet you on this day of transition from your cold to your warmer season. We thank each for calling us to your circle of seeking, and we share our humble thoughts with you most thankfully, asking only that you listen to our thoughts keeping that which seems of worth and truth to you and disregarding the remainder, for while we wish to be of service, we do not wish to become a stumbling block for any. Therefore, we ask that you invoke your own discrimination, for you will recognize that truth which is for you.

A query concerning relationships is always most welcome to us for the essence of third-density learn/teaching and teach/learning is that there are other selves, to which one must relate in choosing the manner of that relationship with others. The choice of polarity becomes first recognized and then made. The third-density physical vehicle was designed to function only in what you may call the family. By oneself one cannot reproduce and create new life. Without other selves working in cooperation, your own self will be unable to create a meeting of all needs. The essence of what you may call human is an absolute need for relationships with other selves.

Now, we have often pointed out that the other self in its interaction with you acts as a kind of a reflective surface or a mirror, reflecting back to you your own image, for that to which you are drawn or from which you are repelled in others is a somewhat distorted image of that within the self which has not come to the light of self-perception.

Thusly, when one sees that which is good in another, one does well to contemplate this positive reaction to discover that which one may by reflection of the nature of the self and the self-

perceived virtues. Similarly, when one is disturbed by another, one does well to reflect upon this event to discover what it is within the hidden self that the self perceives as wanting, unworthy or in error. Yet these descriptions would almost create the image of the self as actually separate, a "Monet" if you will. Within a universe created completely of mirrors this is not the case, although the work one does is upon oneself, if it be excellent work. Yet still in the process of working upon the self, other selves offer the opportunity for service, the service which you offer to another and the service which you offer to another by being needy and needing that from another which will help you. It is as important to be able to receive love and kindnesses it is to offer love and charity.

So the other self is the self yet not the self. The reactions to the other self are the business of the self. That which is proactive, not responsive but creative with regard to another self is often that service which you may best offer that particular other self. We speak always about love. Our message continues to be simple, to the point of confounding the wise. We ask you to open to the love of the infinite Creator; we ask you to become aware of the presence of this love as the center of the life; we ask you that you work towards creating within the self a channel for that infinite love so that this highest truth may be attested to by the solid witness of your being.

Now, could you accomplish this, you would be dwelling within the fourth density at this time. It is expected and appreciated that the nature of learning is the attempt and often the failure to manifest the infinite love of the infinite Creator. This is not the sort of test wherein one must study, memorize and accomplish a right answer. Living as a witness to an infinite Love is the kind of test that occurs when one is being observed but not stimulated by a teacher. The teacher rather watches as the spontaneous and natural rhythms of life are created and expressed moment by moment throughout the incarnation.

The watcher of your life is your own self in its higher manifestation, and at the end of this test, upon the dissolution of the bond between physical and spiritual self, this higher self shall dwell with you, gazing through the record of the days and years of this incarnation. There will be the center of the balance of this particular incarnation perceived. Its perception will be accurate and precise. As the spiritual self walks what has been called the steps of light, those who stop at a certain level shall be within third density again, those who stop and feel comfortable at a somewhat fuller light shall be those who take up higher density lessons for the next incarnation.

Therefore, one cannot maintain a mentality of a spiritual homework beyond a certain point, for the homework is for a test that will not be held within your lifetime. You see, the self seldom has any very accurate notion of its own essential issues, needs and excellences. Rather, the self tends to perceive the self in a fairly distorted pattern because the self is so hidden from the conscious mind, and because the self within the flesh cannot truly see the self within, there is that veil drawn.

So, to begin to be able to make the transformation about which your query spoke one must first begin to allow the judgment of the self concerning the self to fade away and become unimportant, for there is no possibility of accurate judgment of the self by the self. It is well to examine the life as much as is possible but only in that [it] enables one to see into the uppermost layers of selfhood. Certainly this is valuable, however, it does not make you a judge. When one is able to lay self-judgment aside and instead to take up the solitude and the dust of the spiritual path taken on faith then is one beginning to be able to dwell and abide with others in a creative and living way.

Each self carries a great and terrible burden, that is, the self-perceived difficulties and errors and mischief which the self has seen the self think, speak and do. No other entity who dwells with you will ever be able to share this burden with you, for even if you were able to talk, confessing every sin you could think of, every error you could remember, yet still would the self feel that such was not truly enough to wash clean human frailty. This is an accurate perception. You did not come into this incarnation to get everything right but to be a witness to love and light. You are not going to become right or better or finished but will remain one who seems to sow seeds in the wind.

The phrase, "casting one's bread upon the waters" comes from your holy work, the Bible, and that is what each self is intended to do, to cast the love and light and being a witness unto the ever moving, ever disappearing waters of life. Indeed, one may rejoice and offer thanks when one is simply giving away

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love and light, for within this image in your Bible it is pointed out that if one achieves a true release of gifts, a lack of holding them in memory, then does the Law of Plenty move into action and the self becomes conscious of receiving one hundred and one thousand times the blessing back upon those moving waters of life.

So, to become able to make the transformation from tolerating another to celebrating another—to use this instrument's phrase—the first step is to become detached from self-judgment and unattached to one's thoughts, words and deeds. In that you do them, think them as well as you can and then forget them and move onward to the next creative moment. Each entity vibrates within a certain range, this basic vibration is as a—we correct this instrument—each entity is an unique vibratory signature. It vibrates as it is, completely whole and completely clear no matter what muddle you may feel you are in. That basic vibration is completely identifiable as you and only you. This vibration, this basic signature is that which you are attempting to affect by the way you live your life and the lessons—we correct this instrument—the way you live your life and the way you concern yourself and deal with the lessons of love you encounter along the King's Highway, as this instrument would put it.

By choosing again and again to serve others, by choosing to seek the Creator in the self, in others, in creation, and in the center of the being, you attempt to affect the narrowing of the gap between your vibratory signature and the basic pure vibration which created all things, that infinite Creator's Thought or Logos of Love.

So you have a relative vibration, that is, relative to the Creator. A great many incarnations are consumed in the slow and inevitable progression and narrowing of that gap betwixt the self and the All Self. This vibration may be seen to be that which is of love and of fear, these are the two basic dynamics within the vibratory levels. To be simplistic we would say that there is always some ratio of fear to love, however the greater the love, the greater the life, the greater the fear, the greater the death, for that which is alive, creative and moving is of love, and that which is judging and defending and inwardly focusing beyond a certain point is of death.

When one attempts to learn tolerance of another one is attempting to be able to accept another in complete love and lack of judgment. To the extent that this is accomplished there is a great benefit to the self, to the other self, and to the Creator. When one finds that one must engage in judging, in defending against and so forth, then one is dealing with emotions which may be identified with the death, or the forces of death.

We speak now of death not in the sense of your living things which bloom and die, but rather we are speaking of that which is of the Creator and that which is separate from the Creator. That is, all things are of the Creator but within your illusion and, indeed, in many illusions beyond your own the—we correct this instrument—there is an apparent choice between energies which move to a fuller life and energies which separate one from life.

There is a great and intensive battle within for your attention from both your deeper self and from the energies which surround you. Constantly you move within a spiritual atmosphere which is flowing and continuous, which never stops in its movements, and which is greatly affected by desire and intention. It is within this intuitively perceived sea of being that you swim, shall we say, or sail, either towards the unity of love which is the Creator or towards that archipelago of perceived self and other selves which is the seascape of the service-to-self entity who perceives the self apart from all by choice, and controlling all for the best good.

The battle is fought for the heart of the self and sometimes a seeker may begin to think that he has more than one self within him, so full of contradictions does the wandering vagaries of selfhood seem. Thusly, to move from tolerance to celebration of others, the first challenge is to begin to perceive the self within this larger view which does not judge but rather uses energy in a positive and creative manner, in self-acceptance, self-forgiveness and self-[em]powerment. To keep faith, continue in hope and do all such good works as open before the eyes.

When this has been perceived as a goal towards which to move, then it is that the self becomes able to extend this charity to other selves. We would offer the model of the way things are that the one known as Jesus offered when this entity described the situation where the sower sows a crop which another shall harvest. When this crop of love and positive desire is sown with a glad and merry heart it then

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becomes more and more possible to begin to see through the veil, to perceive for the first time the extent to which others sow for you to reap. How rich each is in the harvest given by others to the self, and how much richer shall the self be as it learns more and more to sow those seeds of love and virtue with a careless and generous hand, not waiting for the self to applaud but moving on, practicing the presence of love.

Lift the eyes from the page of life and you shall see far more between the lines.

At this time, we would ask if there are continuing queries upon this interesting subject?

Questioner: Not from me Q'uo, but I really enjoyed what you had to say, thank you very much.

We thank you, my brother. This has been a very good group.

Questioner: No question from me Q'uo, I just enjoyed … *(inaudible)*.

We humbly thank you, my brother.

How we love you! How beautiful you are to us! We see you wanting so much to cherish each other. Cherish yourselves, and then turn the eyes towards the infinite One, and your instinct shall more and more be that which does celebrate others, that which does have charity and wisdom towards others. These are natural ways. You are simply relearning them. Never doubt that behind the veil of suffering and limitation lies a land where love is visible. But hold fast to that faith and let it be the rock upon which you stand, with arms open to receive love … and hearts open to give it. May you truly celebrate and enable each other as you walk along the King's Highway.

We thank each again for the joy of your company and the beauty of your shining hope. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation

May 22, 1994

Group question: The question this afternoon has to do with wanderers. What does Q'uo have to say to those who have discovered that they are wanderers to be of service to others and what would Q'uo have to say to those wanderers who have not discovered that they are wanderers?

(Carla channeling)

We are Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank you for calling us to your circle of seeking. It is our great privilege to share our thoughts with you on the subject of wanderers. As we speak, please feel free to take those thoughts which appeal and leave others behind, for we are not without error and would not wish to be a stumbling block in your path.

We are aware that this instrument has been much concerned with this subject. We would express to this instrument that it would aid the contact were the instrument to completely release the fear of contributing too much to the channeling. This is not a problem from our point of view, and the releasing of worrying would relax the instrument and improve the contact. We also would say, before we continue with this subject, that the one known as Hatonn is with this group this particular day as there is a desire for this entity's basic vibrations which will be imprinted upon the tape.

When the term "wanderer" is used the basic meaning of this word is that one is traveling without reference to a goal or destination. There is, implicit in this term, a feeling or emotional/mental mindset of aloneness, restlessness, shared solitude, and indifferent scenery. The winds blow cold and harshly for the wanderer. The sun beats down mercilessly for the wanderer. Few there are who use that term who feel that it is desirable to be a wandering spirit. All of the third-density instinct is towards putting down the roots, securing the home, and protecting the home and family. The wanderer is uprooted when gazed at in the cultural context that you enjoy upon your sphere. Therefore, it is natural that this term be chosen as descriptive of those who have come into the Earth's sphere of influence and incarnated to become as one with all citizens of your Earth.

So, at the heart of being a wanderer is that feeling of dislocation, of being in the world but not of the world in which you find yourselves. Because this situation seems full of discomfort many who have wandered here are simply miserable without finding any comfort. To respond to that need for comforting some who have responded have leaned in their discussions heavily towards comforting wanderers by encouraging a sense of separation from native Earth humans. We do not encourage this line of thought because each wanderer, in coming into your Earth's sphere of influence, took upon it the

responsibility of citizenship of this Earth. As much as any other native inhabitant, wanderers will be expected to walk the steps of light when this incarnational experience is at an end, and, just as much as any native inhabitant of Earth, if the steps are walked to a point of comfort within third density the wanderer shall not return to its home vibratory nexus but, rather, shall continue in third density until graduation is achieved.

Therefore, we greatly encourage all wanderers to take up the burden of a dual existence, for that is precisely why you have put yourselves to this task. As difficult and disagreeable as it sometimes is to live with this double vibratory pattern, this difficulty is worthwhile and one hundred times worthwhile, for the basic vocation of every wanderer is to bear witness to the light and the love of the one infinite Creator. Therefore, the life may be seen to be full of everyday matters, yet offer ample time and space for the spiritual vocation to which wanderers have called themselves, that of bearing witness.

And how does a wanderer bear this witness? It might seem that witnesses are best when they are expressing by words that witness to which they hew, yet this actually is not so. Rather, wanderers may best bear witness by being most fully themselves, for it is the basic vibratory complex carried in the violet ray by each wanderer that is witness by its very essence. Therefore, the wanderer's job in everyday affairs is to keep the channel of selfhood and essence clean, clear and pellucid. This is in many ways a passive spiritual vocation. It is easier to make the mistake of attempting to speak this witness and not being understood or of service than to refrain from some activity and, therefore, fail to bear witness.

The planetary consciousness is drinking in your essence. It is lightening the planetary vibration and is acting as an ameliorator of birth pangs within the planet itself and within the great congregation of entities which now approach your millennium. Inconvenient and difficult times beckon. Within these confusing times the silent witness of being shall more and more be needed as the planet reaches for a new point of balance.

We encourage each so to arrange the daily habits that the center of being is given respect and pride of place within the daily life. As always, we suggest a daily meditation, a turning in and out of season towards that infinity which is the inarticulated love of the one infinite Creator. The challenge for each wanderer is to be able to dwell in this particular illusion, to enter fully into the processes of becoming a transformation yet remain at the center of being, consciously turning again and again to love itself.

To those who feel somewhat dislocated and alienated by the outward environment but who have not yet decided for sure that they are wanderers we say to each that it is well to act as if you are a wanderer, for that which wanderers came here to do is that which all may help by attempting to do. For at heart, all are wanderers. We, as well as you. All have wandered from that inarticulated love which is the one infinite Creator. We have wandered through many, many creations and have experienced manifestation upon manifestation. Within each place we have found eventually the one infinite Creator, and as we have found the Creator we have felt that homecoming. Yet as soon as that is felt the new challenge arises, the new day dawns, a new lesson is to be learned, and once again the restless wandering begins within.

May each wanderer find comfort in the knowledge that it cannot help contributing positively to the planetary vibration. Even with what seems to be gross mismanagement of time and energy, yet still in that very basic alienated mindset there dwells that vibration which is fuller with light. This very alienation is simply a surface symptom of a deep and spiritual gift. Comfort yourself when the heart is heavy and the feelings bruised with the knowledge that you are being of service. You are doing that which you came to do. You may find ways to do it better, but you are not failing no matter what it seems like.

In the great circle of creation we salute each brave soul who has chosen this sacrificial honor. The one known as Brother Philip has said, "The crown shall weigh heavy upon the head, yet you shall wear it and you shall serve under it." May this be most truly so for each.

We would, at this time, ask if there are any queries.

(Pause)

We thank you. The ones of Hatonn wished only to place the basic vibration upon the tape in order that comfort may be given to one who hears.

We once again thank each for gathering to seek within spirituality for that ultimate reality which

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beckons. How confusing it is to have chosen to become manifestations of love. At the point at which we all are it seems very strange that we as Creator chose to become co-creators, moving in and out of illusion after illusion. Yet that which is infinite calls for more and more and each carries that eternal stillness and the eternal free will within. The combination creates that which is just and right and good. Yes, you shall suffer, but this suffering is infinitely worthwhile.

We leave this instrument and this group in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai, vasu.

(Carla channeling)

I Yadda. This instrument wishes to challenge and not trust the vibration, so we must stop and challenge. We accept this instrument's anal retentiveness, as she would say, understanding that she is in earnest in the attempt to receive only positive information. We, too, say of wanderers, "Go to it, and stop complaining." You came to work, so work! Where is the joy unless you sink your teeth into the vibration of your Earth? Feel that strength within and stop namby-pambying. We exhort you—have fun!

We leave this instrument in the love and light of the Creator. We thank this instrument for allowing us to bare our barbaric "yawp." We leave you in the love and light of the infinite One once again. I Yadda. ♣

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Sunday Meditation

May 29, 1994

Group question: The question today has to do with healing. Many of the newer and more holistic means of healing deal with the body that has to be healed, the mind and the emotional system that has an effect upon the body, and then each one attempts to deal also with the spiritual aspect, which has ascendancy over both the emotional and the physical realms. We are wondering how a healer who is using any particular holistic method to heal might aid the patient to engage the spiritual aspect of the healing so that the healing has a better chance of being successful and so that the roots of the problems are dealt with. Could you give us some information on that?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is indeed a privilege to be called to your circle of seeking and we humbly thank each for offering us the honor of sharing our vibrations and our opinions with you. As always, we request that those thoughts which seem helpful to each be retained and that those which do not appear helpful at this particular occasion be released, for we are prone to error, being those who journey with you, but perhaps a few steps further in that infinite journey. With this understood we may speak freely.

The difficulty in speaking about spiritual healing and cleansing is the difficulty common to all attempts to put faith into words. Whereas physical and mental, emotional—we correct this instrument—emotional problems have a large vocabulary of closely fitting words to work with, the issues of spirit must depend upon words such as love and faith which have no objective referent that is at one's hand to pin down and to create as a fully meaningful term. Words like faith indeed do refer to a real thing, but that reality is at best approximately symbolized by language, for the level of this truth is beyond the reach of words created as tools in dealing with one's environment.

The entity who is attempting a life lived in faith is perhaps the closest one might come to a fully meaningful symbol of faith. A person who is attempting to love is perhaps the soulful expression of love itself. When that verb which is the seeker seeks to attain the objective of spiritual health, then, there is no set of words that can bring about healing, for the health of spirit is at once always within that entity seeking help, regardless of the outer appearance. However, this health is also most suggestible when there is attained within the seeker the releasing and balancing of all energies which can be felt, and then the simple willing belief of a believer who believes not in the words of faith, but

who believes that faith is the appropriate energetic balance.

This is difficult for us to give this instrument but we would ask each to picture the entity who rides upon the bicycle or the entity who flies the airplane. When the various moments of motion are moving harmoniously, the balance is effortless. To achieve an approximate balance, however, for the newly—we correct this instrument—for the new practitioner is very difficult. The beginner does not know what true balance feels like and has not the ready instinct usually for that point of balance. So it is when a seeker begins to reinvent the life so that the life becomes a life lived in faith.

Structurally speaking, there are two clear portions to working upon spiritual healing or health. The first energy which needs to be worked with by the entity and by a healer who wishes to assist is that portion of the self which could perhaps be seen as muddied or roiled in terms of energetic patterns. The torque of spiritual disease is such that the unhealthy entity that one could say knotted or twisted and then held in that pattern by the energies which wish to untangle that unhealth, but yet each attempt to untangle just (close) the knot tighter.

This darkness, shall we say, is a darkness which is in the midst of the light which is also perceived as darkness. Therefore, there is no vision within which can tell what of the shadow world of spirit is of health and which is that of disease. Therefore, in the combing out of these tangles the dependency must be not upon precise visualization, but rather upon the willingness of that seeker to lay down all judgment of both disease and health, or of both the darkness which is knotted and that great darkness of spirit which is the rightful realm of the healthy and balanced spiritual seeker.

The right ways of working to release these tightly held points of disease are those which heavily move into symbol, both the use of symbols and the general willingness to work with parallel healing modes, with the realization that the cleansing of the mode used is specifically intended and desired to be reflected within the patterns of energy of the individual as spiritual counterparts. So that perhaps an entity seeking to release old mind and old unhealth of spirit might put the self upon some sort of fast or diet, this being specifically stated within and repeated often as one form of cleansing which is reflected into the spirit; as the parallel of the body is cleansed, so the paralleled spirit also becomes more cleansed and less full of substance.

As a healer wishing to aid this process, one may work within one's experience and thought to achieve methods found by one particular healer to be efficacious. These might include, for instance, the aiding of that patient to achieve a more suggestible state, or hypnosis. In this state, then, the healer may take the entity to a point between incarnations where the higher self is [a] voice available to and able to respond to questioner and questions so that the healer might gently request the higher self be asked by the patient if this entity is indeed ready to experience healing. In other words, is that lesson for which this distortion was necessary now learned; if not, may there be some thought upon this. Thusly, that entity's higher self may give impressions and words within the hearing and control of that patient.

Alternately, a healer might choose, when a hypnotic state was achieved, simply to speak in terms of lessening fear by means of extending the range of the viewpoint. This entity recalls the story told her of a patient whose ulcers were life-threatening. In hypnosis this entity was told that the entity sat on the side of a large planet, a ball whirling in space. The scope of time, the reaches of spaces were piped into the inner world of this entity. Those [concerns which] seared and burned within could more and more be seen to be of less import because of the widening of the viewpoint from this moment and this place to an infinite sweep of time and space.

Another entity might wish to use the conscious technique, that is, the patient remaining conscious of the tones sung or the prayers offered. In doing these chantings or singings or sharing energy in some other way, the healer and the patient are together seeking to release the disease by these energetic displacements, not of thoughts but of tones and so forth which have for the healer the ability to carry prayer, the energy of prayer. For what is a prayer? When one wishes to aid the spiritually ill one truly needs to be able to speak of prayer in a way which is flexible, but yet which holds for the healer that ring of authority which indicates experience, which the healer does have. So perhaps it is well to look at prayer.

But this moves into the second portion of the material we hope to share at this working. Before we

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leave the first there is a bit more to be said. What is this knotting that indicates that the shuttle of spirit is not in good working order? The simplest term is fear. The spiritually ill entity has moved into an isolation, a place alone within which the entity is unforgiven and unnurtured. This isolation is crushing and once entered is very difficult to see, much less to work with. So, the energies of the healer pour like a blessing over this wounded spirit, lessening the isolation. However it is an infringement on the free will of the spirit being healed to substitute one's own faith for the faith of the patient, so the healer who wishes to be of benefit must work on itself, offering, too, itself those energies of forgiveness and wholeness. And in this offering to self, opening and sharing this purifies emotion of an at-one-ment with the patient.

Simply to say, "All things are love and love casts out fear," is in almost all cases inadequate. Perhaps one entity might hear and understand in a moment of realization that truly love casts out fear, but to the ailing spirit, such encouragement usually is received as if it simply constituted another pressure which was painful, the feelings of inadequacy and helplessness continuing and perhaps even growing. It is well to be humble and silent before or in the face of the temptation to overstate or speak too much. However, there are an infinite number of ways to create within the self of the healer that dynamic balance to forgiveness and love which may far better speak to the spiritually ill.

This instrument is concerned that it is not picking up all that we are offering, but we ask this instrument to quit being so picky and move on please. We are teasing this instrument.

Once that fear that isolates and anguishes the patient has been addressed, once the way has been to some extent cleared, then the healer moves to the darkness of spiritual hell, still in that place of mystery where faith is born, but now is free because of having addressed and bid farewell to fear. Into this environment may prayer come.

The one known as D has offered the information that although the spiritual illness can now be to some extent determined or found, yet there has not been a corresponding mode of healing with the exception of prayer. Again this is because the spirit, while acting as a shuttle for energies into the physical and mental and emotional bodies, is not in direct contact with energies within the instinctual body and mental frame of individuals upon planet Earth, but rather can be reached roundabout, or so it seems to those within third density. The praying seems roundabout because one is praying to forces or essences within the world of spirit. And then that energy which lies without the sphere of Earth is persuaded to enter into the tangle to breathe balance into it. However, in actuality prayer is the most direct way of healing, for true healing is the restoration of all energies to their rightful balance.

But how to pray and how to aid patients in praying? Firstly, we would suggest that it be told to patients who are interested in helping themselves in this wise, concerning the physical place where he or she might pray, where in a specific environment shall the prayers be, how long shall they be given, of what shall they consist, thereby aiding the seeker in its growing ability to visualize this as a real and efficacious healing mode. For those among your peoples, for the most part, do not have the daily prayers, do not have the praying without ceasing, and if neither the daily repetition of prayer, or the constancy of prayer are things which the patient is familiar with then the suggestion to pray leaves the patient in a vulnerable position, feeling alone and inadequate. Thusly, the healer aids by making a place in time and space where the outer form might be observed. Thusly can a healer move the patient into that mental and emotional feeling of "I can do this."

It is seemingly merely working with details to get down to basics to decide which chair to use or what time of day to make for prayer time, yet these down-to-earth details truly do aid in the formation of faith. Now, prayer could be said to be that tune which, though unheard, is the tune of hope. Prayer can be said to be that inner flower which bears the scent of love. Prayer can be talked about indirectly by speaking of the beauty of a poem or a rose. Prayer is a form of communication whose object is one with its subject. The prayer, in reaching to the infinite Creator, reaches within. The self talking to the greater Self, this is the structure which seen from the outside may be said to constitute the house of prayer. The actuality is that that seemingly far away source of unity which love itself is, lies within, so the journey of prayer is a journey from self to the greater Self within, then circling back to form the unending

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circle between prayer and prayer, that is between the one who prays and the object of prayer.

It is not that we are saying that people pray to themselves, rather we are saying that …

(Side one of tape ends.)

(Carla channeling)

… to which people pray lies within, for as the illusions of manifestation are progressively cast aside, that which is uncovered is already holy ground, and that far away Creator of one who fears is in reality that imminent presence which is the internal truth of all, shut away from the heart's awareness by that door which the seeker is always able to open but has not discovered the way to, or the key for it.

Thusly, it is well for the healer to speak some words concerning this practice of the infinite presence of that one great original Thought, that logos which is love and which is the One infinite Creator. In your Holy Bible it is written that the one known as Jesus states, "I am come that you may have life and have it more abundantly." This abundance of life is that which is the healthy spirit. When you have been able to, as healer, to place within the seeker's hands these basic concepts, then the healer's job is done insofar as communication with the seeker. From this point onward the healer may pray and know that presence within and offer this state of prayer to the infinite Creator on behalf of the patient, and the seeker who is the patient may begin to create for itself a life which is transformed. But this transformation shall come not visibly, not plainly, but rather from inside out.

There is much which might be added upon this interesting subject, however, we are aware that we have talked overlong, and at this time we would move on in this session by transferring this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and am with this instrument. I greet each again in love and in light. At this time we would ask if there are any queries which have arisen in the minds of those present to which we may speak?

Carla: When you are talking about prayer, is it just that any prayer will do? I mean if people know certain prayers, for example the prayers of St. Francis of Assisi, or is it more … what you are trying to say is this energy of knowing that all is one. I mean, I am not really getting what you are saying that prayer really consists in so that you could tell somebody else how to do it. Where am I going wrong here?

I am Q'uo, and am aware of your query, my sister. The quality which the prayer most beneficially offers the one to be healed is the avenue through which to express the heart, and the heartfelt desire to be healed, this, then, expressed in a manner which for this entity allows the most open and clear expression to be healed. For some it may be that prayers which exist in your literature are most helpful. For others it may be that the prayer of the moment is the one which is most helpful. Thus, it is not important whether or not the prayer is structured in such and such a fashion, rather it is important that the prayer provide an avenue for the heart to be expressed.

Is there a further query, my sister?

Carla: Well, and also not just for the seeker, but if the healer wants to pray, is prayer just totally unique for each person, that that person would then feel the clearest contact with love? I mean, is basically what you are saying is whatever the person can do to express that faith in unity … like silence for some people might be the best prayer? I guess I am getting hung up on the word.

I am Q'uo, and we would respond by suggesting that for the healer it may be more efficacious if this entity who regularly seeks to aid in healing constructs a prayer, a ritual which allows it to express those qualities which it feels are important in this process, or it may be that the entity serving as the healer is one who feels that the spontaneous prayer of the moment is efficacious. For the healer it is often helpful to ritualize the prayer since it is often used. But again the needs of the moments and the nature of the healer will determine this.

Is there a further query, my sister?

Carla: Not at this time, thanks.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: You spoke of dealing with the person's fear. Do you mean the fear of letting the disease actually go, because they've had it, or what did you

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mean by dealing with the fear that the person actually has, because I know it is important.

I am Q'uo, and am aware of your query, my brother. An entity seeking healing is seeking relief from a pattern of thought and belief which brings it disease of one nature or another. To face the situation that is internal to the entity is often difficult for the entity, for the pattern of thought and behavior that has resulted in the disease is one which has, until the point of healing, remained for the most part hidden and a mystery.

As the desire to be healed grows within the entity and more especially as the entity seeks the healing, the entity actually in the metaphysical turns to face the problem, the structure of thinking, in full light. This is often painful or fearful for the entity seeking healing, for the experiences which have been a portion of the entity's formation of the diseased patterns of thought are often traumatic and to face this once again in light is for many a fearsome proposition.

The healer may aid the one seeking healing in the facing of the fear by reminding each who seeks healing that the healing is a natural process for a disease which is also a portion of a natural process of growth, that the entity is not alone, that many have gone before it and have been healed of that which ails it, that far many more walk with it unseen to aid the healing. In these ways and many others may the healer aid the one facing the fear and seeking the healing.

Is there a further query, my brother?

Questioner: Not at this time.

Carla: Is it possible that the reason that we are getting a lot of spiritual disease is because a lot of people are here from other vibrations, other densities, wanderers coming to help planet Earth, and they just bring spiritual difficulty into this illusion as they get born because their vibrations are just fighting with our vibrations? Is that part of it? Are people being born with spiritual disease all ready to kick in because of that vibratory mismatch?

I am Q'uo, and we believe we grasp your query. Please query further if we have not. The spiritual unease of which you speak is often the result of precisely the situation which you have described, that of entities who have journeyed to this sphere for the purpose of aiding its birth, shall we say, into a new level of vibration. The blending of vibrations that are more harmonious with the vibrations of your planetary sphere as it suffers some difficulty in the birthing often causes a jangling to the spiritual complex which is likened to the feeling a traveler has in a distant land of not being a portion of that population. The healing that is of the body and the mental and the emotional complexes is for many entities more a product of the utilization of this density's vibrations for the working out of an incarnational pattern which had its roots in many lifetimes previous.

Thus, the healing of such entities is that which often is accomplished by means which are similar to that which is offered to the one seeking spiritual healing as well, for all healing must have the foundation set in the etheric or form-making body which is that more closely aligned with the spiritual complex of any entity.

Is there a further query, my sister?

Carla: So what you are saying is that you are in prayer, you are reaching and saying let this higher truth eliminate my condition, basically.

I am Q'uo, and am aware of your query, my sister. You are basically correct in your assumption. The prayer serves as a means whereby the earthbound portion of the entity's personality addresses that portion which may be called the higher self, the form-maker, the etheric body, which then will respond to the heartfelt prayer by opening the waters of the spirit that they may wash the entity clean in one area or another according to the purity of the desire to be healed and the efficaciousness of the ability of the one serving as healer to aid in the opening of this pathway.

Is there a further query, my sister?

Carla: Just one, and that is I really feel that a lot of people are very sincere about asking for healings, spiritual healing, and they don't receive what they consider to be spiritual healings. So there seems to be something really desiring something, but does not always fire right, does not always come out right … What is there? What is the difference between one who thinks that he desires that just totally, desperately wants to healed, yet is just knotting it up, and the person that truly does desire and doesn't knot it up but is releasing the knot. It is really critical.

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I am Q'uo, and we believe we grasp your query, my sister. There are many explanations for why entities who seem to seek wholeheartedly their healing do not receive that which they seek. Oftentimes there is simple desire without previous work that has the purpose of uncovering the roots of disease. There is the need for each entity to seek the basic understanding of the distortion that is to be healed.

Carla: And that's why the change in diet or something that goes along the lines of cleansing you suggested first before you talked about prayer? OK. Thank you.

[I am Q'uo.] We wish to add in addition to this that this seeking to illuminate the self according to the causes of the disease may indeed be expressed in a number of ways—the change of diet, the change of behavior, the looking at a situation in a new attitude, or any other means by which an entity may seek illumination of the distortion. There is also the need for each entity, no matter how desirous it is to be healed or illuminated it has become concerning its distortion, to realize that the primary attitude that underlies all attempts at healing or seeking healing is the attitude of "Thy will be done."

When there is no healing one must look at what opportunities are presented as a result of the seeking of healing and the seeming lack of healing. The will of the Creator that moves through each entity's life pattern is that which always presents to the entity that which is most efficacious to its present growth. Whether that includes healing of distortion or continuation of distortion, there are opportunities available for praising and giving thanksgiving to the one Creator and these opportunities are that which the entity might look to, who has sought and seemingly not received the healing.

Is there a further query, my sister?

Carla: So, are you saying that if the person acts as if the lines of healing are opened, that the person generates faith by this action?

I am Q'uo, and you are correct, my sister. The quality of faith balanced by the exercise of will are the rod and the staff which can comfort the seeker. By continuing to exercise faith and will that opportunities are available for the seeker to grow, to serve and to know the Creator then such opportunities are indeed available.

Carla: OK. So you are praying not to heal anything but just to give praise and thanksgiving and to offer the self in any way that you can to do the Creator's will. That's the basic plan?

I am Q'uo, and this is correct, my sister. Whether the entity seeks knowledge through one practice or another, seeks healing through one means or another, the entity, in order to be most in harmony with its own life pattern, must needs seek these things that it might be of greater service to the one Creator. Thus, the entity says, "Whatever Thy will be for me at this time, that is my will as well."

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there a final query at this time?

(Pause)

I am Q'uo, and we would take this opportunity to thank those present for inviting our presence to your circle of seeking this day. It has been a great honor and privilege to blend our vibrations with yours and to walk with you upon your journey of seeking. We would remind each that we are but your brothers and sisters who walk this same dusty path with you, and we have gladly and joyfully shared our opinions with you. Remember, please, that we share opinion.

At this time we shall take our leave of this instrument, leaving each in the love and the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Special Meditation

June 12, 1994

(Round robin channeling.)

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank you for the privilege of being asked to offer our opinions at this session of working. This humble service that we provide is a sharing of what small understanding we have. We ask each seeker to realize that we do make errors and are not final authorities. Therefore, we ask that each who hears choose for himself those truths which he has found and disregard the remainder, for we offer thoughts which are of aid to the various entities within the circle and each may find her own truths there. Always, that which does not seem right to you, please know that for you it is indeed not right. Your own power of discrimination will aid you as you seek to remember that truth which you have temporarily forgotten.

Each member of this circle has come to this moment as the culmination of years and years of seeking. Always the present moment is the intersection of enormous energies and possibilities. Each has suffered and experienced that anguish which lies beyond suffering, and therefore each comes to this present moment full of grief, sadness and well-earned wisdom, and each comes to this circle seeking still the highest good, the absolute which lies beyond the chances and changes of the mortal life.

Were any entity here present to express in depth the nature of his own suffering, she would astound the remainder of the circle. In an illusion life is experienced. In an illusion seekers must craft as best they can their ship and their direction, and each within this circle has gifts to give of support, understanding and silent companionship. Greetings, brothers and sisters of love and light. Each has earned this title. We would now transfer. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again through this instrument. As brothers and sisters of love and light you are also brothers and sisters of sorrow, for as you serve the light by giving of your love you find those whose need is that you tend their sorrow. There are those whose experience of the one Creator is not as filled with light as is yours and who, as a result, move in somewhat erratic patterns and experience the difficulties of moving in darkness, propelled only by faith and will in whatever degree. The very being of those who seek the One, yet who know not precisely how to find the One is as a call to those whose hearts are listening. Thus, you move in your experience and your attention to those who give the call for whatever it is that you may have to offer. Oftentimes it is but a listening ear, the gentle touch, the shared tears that one can offer. Yet each offering

is given wholly and freely as that which is yours to give.

We would transfer at this time.

(S channeling)

I am Q'uo, and we are with this instrument. Even as it happens that one is upon a happy chance able to offer solace to a fellow traveler, so does it occur that one's fellow travelers are able to offer a gift to one in return. Sometimes this gift is of the nature of solace, sometimes it is of the nature of catalyst of a different kind, sometimes gentle words meet with words less than gentle and when this occurs it is often enough to cause one who would serve to recoil in pain and in horror at the realization that one's own gift has not been received in the spirit in which it was intended. We would speak to the question of what one who has intended to serve might do in response to a service which is rather, we might say, more darkly rendered. For it is our understanding that all service is mutual in the sense that the legacy of the attempt shall remain with all parties until such time as a clarity of response has been achieved by all.

And so it does come to pass that once one's attempt has been put forth whatever is received in return becomes the new focus of the service effort. And it often is the case that one who has received in return a painful reply may need to do a kind of work that is work upon the self rather than work in immediate or obvious relation to the other. This we would assure you is work that is still of the nature of serving others, for indeed it has two characteristics that are notable in this respect. The first is that a self that has become displaced [decentered] is not a self that can sally forth with its hands offered in service. But, secondly, there is a more subtle point which is to be noted, and that is that one who has truly and earnestly offered themselves in service and received in return a pained reply has this pain now as a gift to be worked through, and it is indeed a gift that one gives not only to the person from whom the person has received this gift but to the entire planet that one takes gratefully the gift which has been given to one and works assiduously and patiently to balance this gift and often surprising and often difficult energy.

At this time we would transfer this contact.

(Carla channeling)

We are Q'uo, and are now with this instrument. Words are necessary within the illusion you now enjoy. Yet words are quite limited in their ability to convey spiritual truth. Hence it is that we stumble about speaking of one entity offering gifts to another as though the universe were created of individual, unlike things, each entity an island universe. The spiritual truth lies in the direction of the obliteration of distinctions betwixt subject and object. Consequently, when the work is done upon the self the work is also done in an universal sense, which redounds to the lightening of planetary consciousness.

It is always a temptation to be of service to others and consider such active and overt instances of service the superior or, indeed, the only type of service. However, there is a much deeper and much simpler avenue of service available to each and that is, as each is undoubtedly aware, the entering into the silence which contains the voice of the infinite Creator. This unheard voice, this unfelt footstep into our hearts is the silent witness of light and love. As each seeker moves into that silence which lies beyond all words it enters holy ground indeed. And each moment in which you are able to practice this silence will be a strengthening and informing moment.

We would transfer this contact at this time. We are Q'uo.

(Jim channeling)

I am Q'uo, and am with this instrument. As you enter into that silence which is beyond words you move into an area in which there are many benefits for your being and your efforts, for there is the rejuvenation of the being which occurs in the center of the heart and the time spent there is cleansed of those minor worries and details that tend to tie your feet and hands with the small knots of details during the day. In this silence you find again the center of self and its connection to the great Self. This practicing of the presence realigns your energy centers and meridians so that the universal love of the one Creator may move in a more harmonious pattern through your centers and become that energy that you expend in your efforts to learn and to serve.

As you experience the centering effect of the presence of the One you also will discover that this peace is that power which then begins to more and more find a place within your daily round of activities, having an effect that is of an harmonious

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nature; that is, allowing you to blend your vibrations with the intelligent energy and also allows you more the ability to blend your vibrations with that work and those entities that are within your daily reach of experience. We heartily recommend daily practices of meditation in order that you may find a place that sustains you as you serve others. This place is truly holy ground and it is most sacred in that it is the temple within the physical experience. To this temple, then, retire frequently for there is great sustenance within that will aid your being within the experience of teaching, of learning, of serving, and accepting the love and light of the one infinite Creator.

We would transfer at this time.

(S channeling)

I am Q'uo, and I am now with this instrument. The practice of the daily meditation is in relation to worldly activity something of a retreat. It is where one goes for that kind of nourishment which is not of this world, and we cannot stress enough the importance of allowing this world to be imbued with a coloration which reflects all that is holy in the life of the spirit. There is a warm welcome that always awaits within the inner temple, and yet over and over again one finds within this inner temple doorways leading out, and, my brothers and my sisters, it is given to you as those who have volunteered to undergo this experience and this density that is the third that you shall go forth and that you shall bare your breast to this world. There is not a plan which we can recommend that will solve all problems you encounter here. There is not a solution which can be bought, studied, practiced and perfected. There is, however, available to you this one constant resource, and that is your intent to heal, to be healed, and to allow the effect of your healing to radiate outwards. This requires a kind of vulnerability which runs counter to practically everything one learns of the necessity for self-defense within the world.

The world does seem such a dangerous place and it does seem folly to expose one to it with the fullness of intent we are recommending. But it is just this folly which is at the core of the creation itself, for in the creation the Creator has exposed Itself in a way which is inconceivable and utterly unpredictable. Within the chaos of a seething creation the one steady factor is the intent. Your intent is a power which accrues to you as your birthright in the Creator, and it is through your intent that you participate, for better or for worse, in the drama that is the creation.

When your intent, as we can assure you it will, vacillates and loses itself in the many divergents and confusions of daily life, this is not something for which you need to stand judged but it is something of which it behooves you to be reconciled, and—tirelessly, meticulous, assiduously—to draw this intent back into that safe room where it may be looked at and it may be allowed to undergo that process of self-adjustment which it will undergo if it is allowed to do so.

This is what we would recommend for those who would seek communion with that part of their being which is of a higher and more spiritual nature so that this communion may be taken as the source of an inspired offering when one does again turn back towards the world of illusion which always seems to present an unexpected face.

We are those of Q'uo, and would at this time transfer this contact.

(Carla channeling)

We are Q'uo. So there comes to be a familiar rhythm to the centering process, the turning within to touch the awareness of the sacramental nature of the creation, then the turning outwards to a world which awaits that centered gaze. It is in the minds of most seekers to request of oneself the perfect offering of service, the perfect meditation, the perfected realized awareness. Yet we say to you that you are equally effective when you do not know whether you are centered, when you do not know how to serve, for the striving to know is in itself a holy business and the world recognizes love and compassion whether or not that compassion is couched in what you would consider to be your most skillful efforts.

Indeed, the living of a devotional life is the simplest thing in the world, shall we say, for love may be given every which way and it may be received in every which way. The most stumbling attempt is still love. The most error-filled attempt is still full of light. The mistakes are simply mistakes. They do not change the nature of your gift. In your holy works the prophet known to this instrument as Isaiah cried out to his Lord, "How can I go forth for you? I am a person of unclean lips and my people are a people of

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unclean lips." But the Creator speaks to this entity and to each by saying, "I need a witness."

The appropriate response, then, to this realization of the need for the Creator to have witnesses is that of the one known as Isaiah, "Here am I. Send me, Lord. Send me." May each of you continue to have the courage to offer this precious witness.

At this time we would ask if there remain any queries of a somewhat shorter nature that we might attempt an answer to at this time?

R: Can you comment on my tendency to drift in and out of what you are saying? Is this normal, or is this just me?

We are those of Q'uo. My brother, it is typical of the human condition to vary from moment to moment in the skill to concentrate. The conditions which provide the instruments with the appropriate calm needed to continue to focus upon the channeling process create an atmosphere in which it is easy simply to move into a deeper state of meditation where words simply sound like rain upon the roof, pleasant and lulling. The consciousness itself, that which is truly you, has picked up all that was needed.

However, it may perhaps be restated for your conscious mind in the following few days as things rising from the mind within the waking hours or through dreams within those hours in which your physical body rests. Consequently, when you perceived that you might have missed a point or two it is skillful to pay closer attention to the dreams and bright ideas which seem to come up spontaneously, for by those further channels within yourself you offer the truths to yourself which you may have missed this particular session.

May we answer further, my brother?

R: Thank you. Can I help the instruments in the circle do what they are doing?

We are those of Q'uo. You are correct in assuming that you may be of maximum help in offering energy to the circle. When every hair is pointed to receive the next glorious word which we may endeavor to get through this channel, perhaps you may see from our sarcasm that we feel that the true service is not in being the perfect circle participant, but it continues to reside rather in your being most truly and authentically yourself, with all your dirt, with all the imperfections of attention and composition of attitudes. Demands come upon you within the illusion from all directions to conform, to move hither and yon by appropriate means. The culture has many demands. Love has but one. All you can give is acceptable.

It is well, then, to strive to be your best, but far better, when you feel you have not given your absolute best, to realize the value of that which you have given and to take any thought which may be self-critical and turn it so that the other side of that thought shows, that side wherein you take to yourself the self within which feels imperfect and allow the love of the infinite Creator to flow through you into this spiritual child, for each of you within this illusion is a spiritual infant.

The awakened spirit makes many cries, yet it needs so much given to it, like any infant. Is the infant's job, then, to be wise? We suggest rather that it is your job as the caretaker of your own consciousness always to offer mercy, kindness and unconditional love as you perceive it in all conditions and situations, as best as you can. The imperfection you perceive is literally true, yet it hides the infinite perfection which lies beyond appearance.

May we answer you further, my brother?

R: No, thank you.

We appreciate you as well, my brother, and we thank you.

B: Thank you for being my friend for all these years. How can I help others that I love better?

We are those of Q'uo. We shall attempt to speak to your needs, my sister.

Picture, if you will, the star-studded sky with its unimaginable numbers of points of love and light which shine infinitely forth, and know that the brothers and sisters of sorrow are as these stars. And each entity is as a star. When the desire to serve is felt within and a channel is opened to the infinite Creator by means of praise and thanksgiving to that infinite One then it is that this infinite mystery may flow through you, and as a star shines out into the infinite reaches of the one infinite and unified Creation there is no time or space. There is no size of large or small. Each speck of consciousness contains the Creator. Therefore, the wish to serve followed by the dedication to the mystery which is

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the one great original Thought, that Creator whose name is Love, know and take comfort in this truth as we understand it: you are effective. As you desire to serve, so do you serve. That soul whom you touch may never know you, may never be on the same continent as you, yet that universal love which you channel forth in that silent witnessing finds its target, for it is called and it goes where it is called. You have only to sit and know the truth that all is love.

That infinite intelligence will take that energy which you breathe forth and will touch the hearts who are in pain. Know this truth and rest in it, just as we hope to serve by our words yet we know that we cannot serve beyond a certain point person-to-person. To be our most deeply effective we move into meditation, into that silence where the Creator is felt.

May we answer you further, my sister?

B: No, thank you very much.

We are those of Q'uo, and we thank each very much for this great privilege. Your vibrations are most beautiful. We encourage each in love and in light, and thusly do we leave you in that mystery which is the one infinite Creator. We are those of a humble service. Adonai. Adonai. We are Q'uo. ♣

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Sunday Meditation

June 19, 1994

Group question: One way of progressing on the service-to-others path is by biasing our balance and then balancing our biases. These biases are brought to our attention by our perception of events and offer catalyst for processing. Eventually one profits by seeing the Creator in all and radiating love and acceptance in that reality. It appears that the construct of the mind is of such a nature that processing painful catalysts are engraved in the subconscious in a much firmer and more definite fashion than those learned by experiencing joy or happiness. Why did a loving Creator allow the constructs that learn more effectively with pain rather than with joy?

(Carla channeling)

I am Q'uo. Greetings in the love and in the light of the one infinite Creator. We are those of Q'uo. We greet you with joy as you rest in meditation this day to speak with you concerning joy and sorrow, gain and loss, illusion and truth. It is, as always, a distinct privilege to share your meditation, to blend our energies with your own, and to join you in the circle of seeking for this working. As always, examine our concepts with the ear for the recognition of personal truth. Lay any thoughts which do not seem appropriate for you to one side. For this we thank you.

The nature of third density is primarily dictated by the lessons which have been prepared for each seeker to walk with. And for the goal towards which these lessons point, that basic nature of your illusion is division into opposites, for yours is the density of choice. Yours is an illusion rich in either/or. The raw material which you bring to this illusion is itself duple. On the one hand, you bring to these lessons a physical, mental, emotional complex of great instinctual beauty, symmetry and harmony. The physical vehicle of third density is unimaginably rich in sense perceptions. At all times the inner eye is filled with an enormous variety of sense perceptions. These are instinctually prioritized and held in an instinctual state of balance. This is that second-density creature which has accepted the role of carrying your consciousness about for this incarnative experience.

In return for all of the unimaginable wealth of sensations and perceptions the physical body asks in return that it be tended, and this tending is established as a large and pivotal activity throughout third-density experience. The right use of this instinctual vehicle constantly remains an issue to the seeker.

To this density has been brought also the infinite, eternal, creative consciousness which is within the Creator and which, as you hear these words, is experiencing that which the instinctual body offers

and then perhaps having the awareness to reprioritize the wealth of sense perceptions made available by the instinctual body. Thusly, your very physical situation holds a dichotomy which may be seen to be peculiarly vulnerable to choices. The beginning of third density rests in the either/or of spiritual or physical, eternal or time-bound. At this level one does not view good or evil, positive or negative. Rather, one is viewing the temporary as opposed to the eternal.

The Creator—that creative principle of Love in which all reside—rests within the infinite intelligence of unpotentiated love. However, each individualized spark of this love experiences time, space, and within your density, choices, whereas the truth rests always in peace. The seeker of truth, time and space-bound within the physical incarnation, must place one foot ahead of the other, moment by moment, day by day, revolving about that truth which lies imminent within each moment, constantly having the opportunity to gaze into the present moment in such a way that sense perceptions are reprioritized in order to maximize the effectiveness [of] the choices available in that moment.

Always, there is the choice between that which lies upon the surface and that which lies beneath, beyond and through the surface unto the deepest profundity of awareness. We have often said that the journey of the seeker is one from the head to the heart. When the perceptions of the moment are evaluated by one drifting upon the surface of the moment there is fairly constantly the making of choices which maximize comfort. We do not imply that there is something wrong with comfort. We simply point out that comfort or happiness is neither joy or sorrow, but simply comfort. That which most entities call joy is actually no more than a surface degree of comfort and ease within which one may rest and enjoy the illusion. With this we find absolutely nothing amiss. It is only that the state of mind which is comfortable runs directly counter to that state of mind in which the seeker may make choices.

It is not that sorrow, loss and limitation are the only [effective] means of learning the lessons of love and polarizing towards the infinite Creator's vibration, but, rather, that few indeed are the entities which are willing, in the absence of pain, to do the intensive work which is needed to attain an acceleration of the polarization process using joy as catalyst.

Here is how to be joyful. Upon the arising, turn to the infinite One and instant by instant turn again to the infinite One, again and again, in all things giving thanks, in all conditions rejoicing. Turn again to the infinite One and rest in that peace which truly the world does not know. Joy is a living energy as powerful and as effective a teacher as sorrow. However, it demands of the seeker a self-imposed discipline of the personality which looks beyond ease and comfort and energizes and exhorts the self again and again unceasingly to rejoice, give praise and offer thanksgiving to the infinite One.

One of your teachers known as Joel Goldsmith has called this joyful path "practicing the presence of the one infinite Creator." The path of joy is equally as effective as the path of sorrow. Yet, if the seeker is truly upon the path of joy there is the same degree of creative unrest in this process that there is while undergoing the catalyst of losses, limitations and grief. This is the road not taken, the path of joy. If you would be good at this path, learn to be dissatisfied with happiness and count all things as loss except turning again to praise and give thanks to the one infinite Creator. If the intensity of desire can be maintained while there is an absence of negative catalyst, then the negative catalyst is not necessary. You may see that, indeed, few there are who are able to walk this particular path to the infinite One.

The path of sorrow, then, is that path which nearly all experience nearly all the time within incarnation. Misery, anger, grief—all the uncomfortable emotional and mental states—create a necessity for seeking some means of relief. The limitations are there because the nature of the choice is such that the surface illusion can be seen by the seeker to be an illusion. And it is through the growing discomfort of catalyst, of loss and limitation, that the wayward spirit is finally alert to the need for discipline.

That which needs to be grasped may perhaps be seen to be held in the concept of sacrifice. The seeker is born into a world which offers great riches. These riches are apparent: health, possessions, power. All that which is seen, however, is the illusion. If the world thinks well of something, it is almost sure to be that which is illusory. So, how then to get the attention? How to make the self work, spiritually speaking? The infant comes into the world in a state

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of unrestrained joy. This is the path upon which entities begin. Often before the entity has opened the eyes to the physical world that joy has been compromised. Certainly within the first year or two of incarnation that native joy will be compromised, and the entity plunges into the myriad catalysts of this rich illusion which you now enjoy. As one watches the growing child one can see this joy more and more compromised by circumstance.

Where are the teachers of the path of joy? Why is this path [not] more used? There is a simple answer; that being that the path of joy is the path of the adept and to the adept all things are loss, except the infinite Creator and serving that love which is the Creator. All things whatever may be counted as loss except that service. It is for this that each has come into this incarnation, to learn this path. This shining goal waits for each and becomes the path of fourth density. But third density still is being processed by each. This joy is still to be experienced fully except in many moments for each seeker where there is the click of sliding into that presence which is electric, which is the Creator within.

So, we welcome you to this path of sorrow, loss and limitation. We encourage each to practice the path of joy, to practice the presence of the one infinite Creator. But we say to you that most of you shall, again and again, fall away from joy into comfort, happiness and eventual sorrow. And we say that it is well that these sorrows then occur, for this is that which teaches at this particular stage of awareness. The primary choice, we say again, is toward the absolute, the infinite and eternal as opposed to all things temporary and illusory.

We encourage each seeker to practice this joy as much as possible within the framework of an authentically lived life which grapples with the sorrows of an incarnation. Encourage and exhort each other to practice the presence in all ways which are meet and appropriate, one to another. Encourage the self, whenever the mind may turn to awareness of self, to turn again and again to that center within in which all things reside, abide and have their being. Give thanks always and for every blessing, including the most unimaginable loss and pain. Rejoice in hardship and suffering. And let your heart be glad in life, in death. Then you shall not be troubled with sorrow. But, dear ones, if you cannot achieve this state of vibration, know that this is no more than what was expected for third density. You now walk in a shadow land where nothing is what it seems. Within each atom of this shadow land resides an infinite, absolute reality. The journey takes no time, no space. The answers lie within. Do not begrudge your sorrows their place, for the path of joy does await.

At this time, we would transfer this contact to the one known as Jim. We thank this instrument as we leave it. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time we would ask if we may speak to any further queries which those present may find value in the asking. Is there another query at this time?

R: Could you restate the comment that "all things are loss which are part of the illusion"? Could you say that again?

I am Q'uo, and am aware of your query, my brother. When we say that all things are loss we mean that there will come a time when all things that are made shall not be made, for the creation of things evolves and changes until there is another vibratory pattern that replaces the old. In each incarnation there is the experience gained that is reserved or kept according to its quality and kind rather than the details of the makeup of the experience being kept. Thus, distillations of your incarnational experiences become that soul essence that is you as you progress through the octaves of light. That essence remains and is eternal, whereas the forms that were utilized to provide experience that is later distilled to essence, these all fade away.

Is there a further query, my brother?

R: No, thank you.

We thank you, my brother, and we would also thank the one known as N for providing the focus for our working this day. We are with this entity in meditation, upon request, as we are with all entities who request our presence in the meditative state. We are happy to blend our vibrations there and to aid in the deepening of your meditation.

At this time we would take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation

June 26, 1994

Group question: The question this afternoon is from N, and after listening to a lot of our tapes, he says that it looks to him like there are three selves in incarnation: the higher self, the incarnational self and the illusional self, which he describes as basically the genetic material biased by the culture, and he would like to have a discourse on these three selves, and their relationship to each other, and I think we might want to correct the incarnational self and the illusional self as being sort of aspects of the same self, and we might want to add the soul that exists before the incarnation. If Q'uo would like to add any other selves, or subtract, we would be happy to listen, and … that's it!

(Carla channeling)

Greetings. We are those of the Confederation of Planets in the Service of the Infinite Creator. We are known to you as those of Q'uo. Greetings in the love and in the light of the one infinite Creator. May we thank each for calling us to your circle of seeking this working. We are humbly pleased to have the opportunity of sharing concepts with you concerning your question.

As always, we request that each who hears or reads may identify for the self those things which we have to offer to that self, for each entity has its own set of personal truths which speak to that place where that one spirit is at this particular moment. Therefore, take that which is of use at this moment and leave the rest behind.

When you ask us to speak concerning the various selves of a third-density human you ask us to take on a story of movement in well conceived and fastidiously executed patterns which describe what could be seen as an elliptical or circular process, in which tremendous amounts of time and space fall away from the present moment for incredible stretches of time and space. The relatively short period of the third-density cycle is preceded by tremendously long, unimaginably lengthy terms of space and time. And, similarly, after this third density experience, the continuing refining of choices made in this density are the agenda for millions of years of learning and service.

The first self, of course, is the great Self which is the one original Thought, love itself, that infinite and creative principle from whose riches all who are self-aware have drawn not only the outer trappings of Creatorhood, but indeed the inmost essence of the infinite Creator. This great Self has no way to communicate Its essence. Consequently, in the fullness of free will, there comes that time of creativity wherein an octave of creation is begun with the sending forth of that which is one, that it might take upon itself the partnership with manifestation which is the very fabric of space and time.

Out of space and time, then, is created by light all that may be called so, and all that may be used by the self to move forward in that lengthy journey away from that great source of all that there is into more and more thickness of illusion, until that great Earth plane which you now experience is reached and the stuff of earth, air, wind and fire becomes self-aware and self-determining.

Thusly, the first self is your true self, and that is the great Self. However, since the experience of self as the great Self is not available to most within third density, the examination of it is in this context unnecessary. Certainly, when that which you now perceive as self is born, when that impregnating of consciousness with self-awareness occurs, and the seeker as a new, self-aware consciousness—we correct this instrument—point or spark of consciousness enters the first of many incarnations within third density, that new self represents all of the instinctual selfhood of the creature which is the physical vehicle for humankind, and as the process of living, feeling, and sensing and experiencing begins, various distortions come to be within that selfhood in a repetitive manner, so that at the beginning of each birth, there is a self-entering birth which has already been biased and distorted in a lasting way by previous choices made during previous incarnations.

Each incarnation, then, is not only an opportunity to learn lessons of love, it is further an opportunity to emphasize those biases found within the self which are considered by the self to be positive or helpful. The self also has the opportunity to look again at each and every distortion which is preincarnative, which seems to have sprung from birth, rather than from incarnational experience, and to decide differently, thus loosening the framework of thinking and ideation, and reshaping it in small or large degree.

Thusly, there is the opportunity, as a conscious being within incarnation, to use the consciousness that has been attained to look at the self, to look at the harvest of self anew and to have such an openness of mind that it will be possible for the self to work effectively upon the self.

Now, the eternal or spiritual self, to use a general term, is only to a very small extent differing from that self which the query called the illusional self. The difference, however, seems quite large to the self-aware being, for it seems that there is an enormous chasm between the infinite self and the self within incarnation. However, there is the continuing difficulty of the subject observing itself. Selfhood tends to keep the self from seeing clearly into its own nature. Thusly, each entity may be of service to others by reflecting honestly and clearly for others that which is being received. Others have the gift to give you of this reflection.

Thus, we always encourage the listening ear and the understanding heart when entities are attempting to communicate, especially concerning relationships. For it is the gift of each to each that in communication a more objective or unbiased viewpoint might be had by all. Each has gifts of this kind to give, and each has much to receive, even from those who seem to be negatively impressed and critical. Open the ears always when this occurs, for perhaps truth may lie there, and perhaps freedom might come from a new perception of this truth.

For with each other's help the incarnational self attempts more and more to conform its vibrational pattern to that one original pattern of great Selfhood. This is the object, to match the vibrational characteristics of the one infinite Creator. All of self-perceived selfhood is an illusion. All of creation is an illusion. There is nothing here. There is nothing there. There is only everything, and it takes up no time, nor space.

So, the distinction betwixt the self between incarnations and the self during incarnations is in fact a subcategory. An even smaller difference exists betwixt these two. But in terms of the work of incarnation, the difference is, of course, most telling. The times of meditation which we encourage are those opportunities wherein the self within incarnation is able to link up with those selves before, those lives before, and that self which more and more has become articulated through the continuing process of reincarnation. That self's great desire is to move back into unpotentiated great Selfhood.

So, as incarnational beings, as incarnational selves, we relate to the self between incarnations as one who knows no secrets would relate to the twin, shall we say, or the fellow who knows all the secrets. So much within an incarnation, especially toward the end of a cycle, is already determined by the great weight of previous choice, that [the] memories of all that has

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gone before almost have more confusion to offer than riches to consider. However, we encourage the use of both meditative periods and sleeping and dreaming to more and more easily link into the self that exists between incarnations. While it is not the great Self, being a biased entity, it does nevertheless have much of wisdom which it aids entities to link up with within incarnation.

It is not so much the knowledge of what has happened in past lives that helps as it is the seating and grounding of the self from the part which blooms in incarnation down to the roots of that being which lie within that portion of your consciousness which carries all memory of previous lifetimes and other deep awarenesses such as the archetypical.

So we would encourage a model in which the incarnational human may be seen to be the bloom that arises and shall return to the elements which are used to create the personhood and walk it about on two legs. This blooming of self is related to its roots which feed and nourish it. That root is the abiding self, not yet the great Self, but that unfinished but heavily biased self which has learned, and relearned, and relearned many lessons already. There are things within this bloom which the roots wished to extirpate from the entire plant. There are ways of blooming which the roots hoped would become clear to this particular bloom, and that root of being roots down through all the illusion of all the incarnative selves and all the incarnations and becomes all that there is.

At this time we would transfer this contact to the one known as Jim. We thank this instrument as we leave it. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. It is our privilege to greet each through this instrument and to ask if at this time there may be any further queries to which we may speak this working period.

Carla: Do you have any suggestions as to how someone who would like to work on the bloom, who would like to make some changes in the way the self expresses, could go about using the relationship between the self and the higher self, or the between incarnations self—beyond meditation?

I am Q'uo, and am aware of your query, my sister. We feel that the entity which is able to accept that which is the self in all of its detailed analysis and enumeration is one which has, shall we say, the leg up on the incarnation, for the energy of the incarnation is that which expresses itself as the seeker. The seeker who wishes to change some portion of itself is one which wishes to approximate the ideal, in most cases, more closely. We would suggest that rather than feeling that there is the possibility of changing the stripes, shall we say, that greater freedom comes to those who are able to accept the self with equanimity and to work as a full-blooded self, shall we say—that entity which realizes more of that which it is as a result of accepting that which it is. This provides a truer range of expression, for it builds upon that which is solid.

If one attempts to manufacture a change which has no foundation, the change will not weather the storms of everyday experience that beat about one in a certain sense and cause a reverberation, shall we say, in those expressions of the self which are temporary and which are of the fleeting moment, as it were.

Is there another query, my sister?

Carla: I have one more. When one is trying to counsel or teach and to give an accurate and objective reflection of what something that someone else is doing [that] seems to have the patterns, is there any resource the teacher can call on to make sure that teacher is not … to make sure that that teacher is being an accurate mirror?

I am Q'uo, and am aware of your query, my sister. The same discrimination that we suggest exercising is that which will determine the feeling tone of another's teaching. That which reminds one of that which one knows deep within the heart of being is the discrimination which is necessary for the choice making.

Is there another query, my sister?

Carla: No, Q'uo, thank you very much.

I am Q'uo, and we thank you very much as well, my sister. Is there another query at this time?

Questioner: I do not have a query, Q'uo, but I do want to take this opportunity and thank through you to all the brothers and sisters of the Confederation, because I seem to draw inspiration

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[from] the various subjects channeled through this group and it helps me to stay on course.

I am Q'uo, and we appreciate your gratitude and the opportunity to be of service to you. We would thank you for allowing us to speak to your queries and concerns and would like to add that we feel you are doing well and we are inspired by your efforts as well.

We are those of Q'uo and at this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Special Meditation

July 14, 1994

Group question: The question this morning has to do with the difference between the Tree of Life, mentioned in Genesis of the Bible, and the Tree of Knowledge, that is also mentioned in Genesis. We would like to know what part these play in our spiritual evolution and any information Q'uo could give us about them.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most privileged to be called to your group for this working and wish especially to greet the one known as S. All of those within the principle of Q'uo send many greetings.

As always, we ask that our thoughts be treated not as those of authority, but rather those of a fellow seeker.

When one is investigating the resonances of racial symbology or ethnic symbology, one must be prepared to treat the symbol or symbols involved upon more than one level. Both the Tree of Life mosaic, or figure, and the Tree of Knowledge figure are masterpieces of condensed, yet articulated, concept. The dynamic betwixt these two is an integral part of their nature. These symbols open far better to the heart of the mystic than to the tongue or pen of the intellectual or scholar. However, insofar as words can attempt to explicate these symbols, we are glad to comment.

The Tree of Life is a cabalistic configuration which, in general, describes a universe or cosmology wherein only the tiniest or end part of reality, as such, is in any way visible while the seeker is within the valley of birth and death, that is, in the body of flesh. The great preponderance of this reality is firmly rooted within the concept of heaven or ultimate reality. Within this figure, this tree may be seen to be then upside down as far as mortal eyes might behold, that tip of the tree being the entire physical universe as seen by mortal eyes. The unity of this symbol is preserved through the creation of a harmonious array of dynamics which can loosely be called male and female or positive and negative. Within this system, then, all is harmonized into a unity, so that even that tiny tip of reality which is the physical universe has, as in a holograph, a complete idea of reality. Each tiny spark of this limitless reality, then, contains the pattern of the whole and unity is preserved throughout the figure's dynamic system of archetypes.

Over against this figure is brought to bear another complex conceptual figure which is thoroughly divided, clearly delineated, just as the figure either/or is clearly delineated. Within this figure is the concept of eternal brokenness. This figure sees differences and claims this difference. It sees the

either and the *or* as having no resolution in harmony. Thus, this Tree of Knowledge is a figure betokening that activity within the time/space portion of the incarnate seeker which demands to know which of two things is preferable. This is the figure encouraging entities to make choices between opposites.

Within this system it is expected and desired that the seeker play judge and decide, or deem, what is appropriate and what is not—hot over cold, or cold over hot, light against darkness, attraction against radiance, and so forth. The "evil" then, which is seen within this figure by one defending the Tree of Life, is the implicit suggestion within this figure that seekers can relate to dynamic opposites only by choice. This truth is, shall we say, one which effects only the third-density experience, that experience which is of life lived beyond that veil of forgetting.

In this human state of forgetting, then, the figure of the Tree of Knowledge holds sway and entities must indeed play God, choosing right from wrong, choosing positive from negative, making those choices which define and increase polarity towards the goal of graduation from this universe steeped in illusion, in which there is an operant—either/or.

If the entity were, then, to move beyond the illusion of incarnate third-density life still thinking that it must choose, then, indeed, the Tree of Life would be shaken, for this overriding symbol holds the true nature of reality, if we may misuse this term. Perhaps we may say that the lesson here is that as the Tree of Knowledge figure suggests, seekers do indeed have a quest for truth, that truth which does choose, yet within these choices, there needs to be within the entity's heart that portion which praises, gives thanks and blesses that mystery which lies behind and beyond all that seems and configures all that there truly is.

When a seeker goes too far with the knowledge of good and evil and begins to attack and fragment the basic unity of all things, then that entity must needs, either by personal choice or by catalytic action, be made humble once again and aware of the over-arching unity of all that is.

The difficulty humankind has in accepting the limits of its knowledge is amazing to us. There is much pride within the hearts of your peoples who feel that all things may be known. This pride is fatal, for within the life of the spirit all that seems so in the world is indeed far otherwise.

The many, many spiritual writings of your peoples continually suggest that strength lies in weakness, wisdom lies in lack of knowledge, and so forth. The Tree of Knowledge is that tree, that figure, that attitude, towards the living of a life which gets the seeker started upon the road towards the acceleration of spiritual evolution. However, when that seeker has indeed begun to walk upon that dusty path, and when it has gained experience along this path, then it is that the seeker does well to remove that figure from the mind and replace it with the Tree of Life. The choices possible to make within an incarnation having to do with polarity are rather quickly done, in that it becomes easier and easier to adjudge the polarity of various responses to certain catalyst.

Beyond these choices, however, lies the true ground wherein work in consciousness is done and into that ground it is unacceptable to bring this consciousness that is divided. Once upon the service-to-others path, then, it augers well for the seeker if he chooses to observe creation as the Tree of Life suggests, the "as above, so below" of ultimate reality being implicit in this cosmology that is seen, as well as that which is unseen.

We would pause at this point to inquire if there are queries from the material which has been given. We are those of Q'uo.

S: Is it correct to assume that the Tree of Knowledge is—that we interpret [it as]—the intellect, the symbol for the intellect to get the seeker started in this density, and that the Tree of Life is the subconscious? That is, one follows the path on the Tree of Knowledge and then chooses the deeper symbols of that intellectual choice, so the seeker moves from the intellect through the subconscious in the deeper regions of the heart—and the Tree of Life is reality and the Tree of Knowledge is the illusion.

We are those of Q'uo. My sister, this is quite correct. The Tree of Knowledge is, shall we say, the necessary evil and it is the place of those beginning the path of spiritual seeking to focus upon differences and make those great ethical or moral choices for the soul's health and for further learning. Just as you said, when the seeker is established upon that path, then it is that the time comes when the seeker acknowledges its lack of understanding and

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accepts, instead of demanding clarity, that vision given to the heart alone, in which the whole of the infinite creation is felt to be imminent, though noumenal, in every instant of perceived consciousness.

May we answer further, my sister?

S: How does one balance becoming split—or is it simply that one of the initiative stages between living or seeking as completely as possible the Tree of Life—while it is still necessary to function in the world which we acknowledge. That is where I find, and perhaps then it's just something that all seekers have to go through, as an initiative of living two distinct lives, not only physically but spiritually.

We are those of Q'uo and, my sister, indeed this is a working which continues throughout third density and into fourth and even the fifth density. The dynamic betwixt that which is manifest and that which is ultimately real is acute and continuing. Perhaps the concept of one who lives on two levels at once may be helpful. In many things there is an inner and an outer reality or way of being. The outer practices of most of the world's religious systems are often divided into those prayers and services shared with all of the people and those prayers and services offered only by, shall we say, clergy or those of the religious life. It is the burden and the glory of those who do live a religious, spiritual or devotional life to live on two levels at once, for the level of the outer world is, indeed, the either/or of service to self or service to others and the dynamics of that life are unforgiving. Yet still, within these outer appearances lies an inner reality which only the heart of humankind can know or experience.

The joy within this illusion you experience flows most freely when it is consciously accepted and visualized within each daily period that these levels are not contradicting each other but rather are the inner and the outer layers of that which is being experienced. When—we correct this instrument—whenever it is perceived that the seeker has focused overmuch upon the Tree of Knowledge then the seeker does well to pause momentarily in order to remember that inner reality, that inner universe and open a shuttle from that inner universe through the seeker's own part so that while the seeker is dealing in a practical and intellectually appropriate way with either/or dynamics, yet still that seeker's heart is open because of that vivid memory and remembrance, which is renewed each moment, of the overriding and overarching reality within, which illumines, transfigures and reconfigures the whole.

This is most difficult work and we commend each for striving to reconcile the depths of the illusion and its dynamics with the undergirding reality, so-called.

Is there a final query at this time?

S: Just one. You know of the symbol of the Tree of Life that I have at home, the Indian rug. Is it—or can I transfer the archetypes of either the tarot cards or the kabbalah to this Tree or will I need to adjust them more subjectively?

We are those of Q'uo. The figures are such that you may use them as they are. You also might find that you begin to wish that you could create your own system of relationships and interconnectiveness and leave that Indian, or any other version, to another. It is of aid to the seeker to work with these archetypes regardless of the designed interrelationships. Therefore, we encourage students of the archetypes to have the feeling of freedom to reconfigure according to the personal experience and truths of each seeker.

We, again, thank each for calling us to your session this morning. It is, as always, a most blessed chance for us to be with you and to mingle our vibrations with your own. We leave each with the utmost of love and light in the one infinite Creator. We are those of Q'uo. Adonai. Adonai vasu. We are Q'uo. ♣

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Sunday Meditation

September 11, 1994

Group question: In our world today it seems like most people are overstimulated with information and distractions and busyness. How can the seeker who wishes to remember the Creator do so in this kind of world today? How can we remember our harmony, our unity, and our place in the world and in the Creator?

(Carla channeling)

Greetings in the love and the light of the one infinite Creator. We are those of Q'uo. It is a privilege indeed to share in this meditation with you and to be called to your group to discuss the subject of having time enough for the infinite Creator. We thank and bless each of you for having the desire to seek the truth and we bless each in the spiritual journey which we share with you as those brothers and sisters who have perhaps walked a bit longer on this path, but who are still pilgrims. We are not authorities, and we ask each seeker to test our words or any words against that discriminative faculty which is every seeker's and encourage each seeker to leave behind those thoughts of ours which do not seem useful and take those thoughts that seem to have a resonance within. We thank each seeker for exercising this discrimination. Each seeker's truth lies within, awaiting the rediscovery, the remembering. When your truth does come to you, this is how it feels, as if you had remembered that which had slipped your mind.

The speed at which things become old has a profound impact upon the intelligence of those who are witnesses of this phenomenon. In your far distant past things became dated and obsolete at a snail's pace, for it took great reaches of time mechanically to explore, to come across new and strange ways. As the technology of humankind's creation was first added to the experience of living, the globe began to shrink. Geographical distances were suddenly able to be traveled, not at the pace of the wind-driven sail, or the sturdy horse and wagon, but with motorized travel over water and land. Things began to change at a quicker pace.

Now, as each of you experiences incarnation that which is new becomes old quickly. In the atmosphere of constant change there is not the rest and relaxation available from the surroundings. The environment has become geared to the handling of constant-seeming progress, and within your culture this situation is seen to be as most beneficial. The age of information has arrived amongst your people. The seeker now routinely is aware of an enormous array of situations around the globe, aware of fires and earthquakes in far-flung places, aware of wars and rumors of war from near and far, aware of the suffering and starvation of displaced nations of peoples—aware, aware and aware.

Now that we have flattened this instrument with the horror of the present day we shall attempt to give

some pointers as to how, in this very trivia-ridden existence, it is not only possible but inevitable that the infinite Creator shall be discovered at the very heart of this tight-wound world. Each who hears these words has a universe of its own. In each seeker's universe the center lies deeply within, opening like a flower to a melange of sense perceptions, infinitely rich and varied, infinitely full, infinitely profound.

Within this web of sense perceptions, within this inner universe, seemingly the self is at the center and events impinge upon that self from without. The telephone rings. The mail lands upon the desk. The door opens to bring more concerns, more things into the environment. Each seeker alone is not trapped but certainly encouraged to remain within that perceptive web, seeking the infinite One as best it can.

However, the Creator's plan for your particular illusion contains one essential adjustment to this personal world view. That adjustment is in the perceptual shape of the realization from the inside rather than from the outside that others, other selves besides the self, are those who are able to express lucidly and clearly the presence of the infinite Creator. At first the seeker is involved in the perceptions having to do with seeing the self without regard to others. As this attempt deepens, the seeker begins to collect the memories of those entities which said just the most helpful, the most correct thing in order to open the door within the heart which invites the Creator in. And we find that we become for others that same witness to the light. Perhaps we, ourselves, might not feel like the mirror of the infinite Creator, yet another may find within what we say that encouragement and support that turns the seeker's heart to remembrance.

The role of the seeker is often seen as an isolated, lonely role, and in many ways it is. The quest for truth places each seeker in that wilderness of spirit in which the testing and tempering of the spirit may most fruitfully take place. In this instrument's mind is the old refrain, "You have to walk that lonesome valley by yourself. No one else will walk it for you. You must walk it by yourself." This remains true. However, as the seeking moves forward, as we said, others seem to appear at just the right moment to offer to you that realization for which you hunger. So each becomes to each a teacher, a supporter, a strengthener.

Realizing that each person you see bears this precious gift of presence, the seeker may then begin to practice regarding those who come before the eyes as that instrument of the infinite Creator that they truly are, showing to you the deepest truths of creation implicit in the connection between self and other self. Imagine each of you upon the globe, each within the infinite reaches of its own universe, yet each able to reach across that chasm created by space and time and illusion and touch heart to heart and hope to hope, each seeker strengthening the other.

We have a simple message and we repeat it endlessly. The goal of the seeker is, shall we say, a vibration or a state of being which is the vibration of the Creator Itself, the one great original Thought or Logos which is Love. Each seeker attempts to form that vibration of self more and more like that vibration which is infinite love. Each movement towards that primal vibration of being is a step out of the sea of confusion which the everyday illusion offers. And as each seeker attempts to correct the many, many distortions of its own vibratory patterns, the greatest gifts that the Creator has to give are those paintings on the path which intend service to the infinite Creator and to all of those upon the planet within which you dwell.

So a great resource, then, for the seeker intending to become less fettered in time is the readiness to listen to and to admit the words, the expressions and the actions of others. For you were not incarnated for yourself alone. That which has been prepared for you involves other entities inevitably. The lessons of third density revolve about other selves. This is the time of choice for each emerging, unique consciousness, and each lesson which enables the seeker to make those choices more deftly and accurately involve relationship with others.

Perhaps the simplest way to attempt to remember that entities are first spiritual is to practice gazing at another person and seeing for a split second the reality of that entity, for that entity is the one infinite Creator with a few rough edges that a millennium or three might work a little more magic upon. Each of you is as a hologram of the infinite One. This is the deepest realization. Yet at the point at which that realization is accepted, at that point the seeker no longer carves out great boundaries between the self and other selves. The seeker fully open to the possibilities of third density knows the great value of other entities.

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The second way in which the mind may be, shall we say, encouraged to find that awareness of the Creator is the meditation, the contemplation, the prayer. We are aware that each does attempt to spend time with the infinite Creator within the daily round. We commend each for this effort and encourage its continuance. It is as though there were a hunger within which nothing within the illusion can satisfy. Those who are not on a spiritual path, those who are happy with life as it is, gaze at the seeker in amazement wondering why, in the midst of a happy life, this seeker must spend so much time and energy upon that which does not even make the entity more happy. For certainly the spiritual quest does do many things, but it certainly shall not make you happy.

To explain to this non-seeking person the reason for discontent is difficult, yet to one to whom this spiritual hunger has been awakened lies the responsibility of foraging for something to eat spiritually, some wisdom or intelligence that informs. Where to find such information? My children, it will not surprise you to hear us say that it is not in the noise of your culture but, rather, in the silence of your meditations. That listening within which meditation encourages is the activity which allows food and drink to come to that spiritual self within. The more times during your daily routine that you can find a way to work in just a moment or two of meditation, this is a helpful thing.

This instrument, for instance, has worked in a school where the bell marks the changing of the period, and when that bell sounded the instrument's effort was, for one split instant, remembered. Each of you has within the day certain repeated experiences, the ringing of the bell, the ringing of the telephone, the marking of the hour by a chiming clock. Whatever it is that you find within the environment to use as a key or trigger, we suggest that the seeker target this and train the self to use these found moments to turn once again to the infinite perfection of the mystery that is love.

The third thing that shall teach each more and more to dwell in the presence of the infinite One is time itself, for as the experience of the incarnation mounts there comes that point wherein the seeker has experienced enough time to have become somewhat desensitized to that mechanism within which rings the tocsin[12] of alarm. As the incarnation becomes full, it is not that maturity overtakes the seeker but rather that the entity becomes able to care less about those things which it cannot affect. To one who is relatively unmoved by his own imperfections, to one who has begun to accept the imperfect self, is given a state of inner peace which is a healing gift. Beyond all other lessons, finally the seeker in third density grasps and accepts its own lack of perceived perfection, seeing the myriads of issues the world offers for consideration. The entity which has accepted and forgiven the self for being human has a greatly enhanced opportunity to remember the infinite One and practice Its presence.

Those who come to third density plunge from innocence into confusion. Within the brightly colored illusion which time and space have given, the seeker moves to find that infinite love which is at its heart, moving always within utter chaos and confusion. The seeker must choose its own way. We urge each to hold out the hand more and more to life as it is on the surface, to embrace the multiplicity of the tales, the boisterous comings and goings which seem to distract and fritter away the time. For it is not that the time has sped up, rather it is that the nature that beholds that time at this moment in the ending of an old age and the beginning of a new one is more transparent to catalyst and stimuli. Each begins to see the vainness and emptiness of surface life, and each becomes more and more willing to let go of the demands to be such and such a way.

(Side one of tape ends.)

(Carla channeling)

… that things are so changed, but rather in wonder that we have done as well as we have.

Each of you is so courageous, my children. Gazing at illusion, stubbornly you know that there is an infinite love. Oh, you who are of this stubborn faith, we bless and embrace each. As you attempt more and more to practice the presence of the infinite One use these tools as they help you. Use each other and grasp that that is appropriate. Joyfully seize those moments that you can turn for even an instant to contemplation. Rejoice in and encourage each other, for each shall show the Creator. The only question is what aspect of that Creator shall you choose to give as gift to the infinite spirits all about

[12] tocsin: a bell used to sound an alarm.

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you? And when the time comes when the emotions and nerves are tired and worn by suffering, rest back in the strength of heart that lies within one who has suffered and affirm the perfection that shall never be sensed by the self for the self, but which is the higher truth for each.

As always, we again encourage each to lay aside any thought of ours that is not useful. We are most happy that we have had this opportunity to be with you. How we have looked forward to this event. We would like to transfer the contact to the one known as Jim at this time. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet each again in love and in light through this instrument. At this time it is our privilege to ask if there might be any further queries to which we might respond. Is there another query at this time?

Carla: I have put aside channeling for the last two months because I felt I needed a break. It's good to be back. Could you evaluate taking a break? Is there a better or best way to remain fluent in the channeling work while the actual channeling practice is being given a rest?

I am Q'uo, and am aware of your query, my sister. We are unaware of any technique by which an instrument might maintain the fluency while resting from the practice. However, we are very well aware of entities' needs for the variety of experience that taking a break from one's work will provide. We are aware of how intense the experience which entities such as yourselves encounter each day, and we do recommend that you do take those times of rest and peace which allow you to become reinvigorated, as the newness of your experience becomes, shall we say, seated in your pattern and is then able to alter the flow of energy in a fashion which becomes refreshing rather than becoming more of a weight to bear.

Is there a further query, my sister?

Carla: No, thank you. I always yearn for a closer connection to a spiritual life and it seems that we always fall short of what we desire in that regard. And you are saying that we always have that connection and we just need to open to it. Could you comment on that?

I am Q'uo. It is that feeling of falling short that is both the blessing and the curse of the seeker, my sister. For the desire to move even closer and move in more purity in the work that you do is that which allows the progress in the work, yet can also become the source of the over-critical self. Thus, we salute the desire to increase one's purity and purpose of work. Yet we suggest the gentle hand as the estimation and criticism is given to one's work by oneself.

Is there another query, my sister?

Carla: No, thank you.

We thank you, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we thank you all for your kind words. Since there is no further query we shall take this opportunity to express our great gratitude for allowing our presence in your circle of seeking. We would, again, ask that you take only those words which we have spoken which ring of truth to you, leaving behind all others. We do not wish to become a stumbling block to any but would walk with each upon the journey in whatever way is possible, for together we seek and reveal to each other the one Creator. At this time we shall take our leave of this group and this instrument, leaving each as always in the love and the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation

September 18, 1994

Group question: The question today has to do with the concepts of anger and sorrow since they seem to be so common to our experience. We're wondering if there's any good way of opening ourselves and allowing the processes of anger and sorrow to pass through, to be broken by the experience and to be healed so that afterwards, we are stronger or wiser or more loving or will somehow benefit from having had this experience. Could you talk to us about anger and sorrow?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those known to you as Q'uo. And we offer this circle our thanks and blessing for allowing us to blend our vibrations with your own. And to be called to share our opinions with you on the subject of dealing with trouble and woe.

As always, we respectfully ask that each who hears these words employ discrimination, accepting only those thoughts which ring true to you and allowing all others to pass by, for we would not wish to create a stumbling block by sharing our mere opinion. We, like you, make mistakes and share with you as fellow seekers after truth, not as those who are in authority.

In order to speak of this subject we must back up and begin from the general standpoint, looking at the whole being and its purpose as seeker in experiencing incarnation in this third density of yours at this particular time. As it is the latter portion of the cycles before the phenomenon this instrument calls the coming of the New Age, all—we correct this instrument—many of those who are seeking at this time are those who have by seniority of vibration been given the opportunity of incarnating at a time when both the positive polarity and the negative polarity are attempting to increase the intensity of their distortions toward service to self, for positive entities and service—we correct this instrument—service to others for the positive entities and service to self for the negatively polarizing entities.

In this environment both the positive and the negative of polarization shall naturally seem more extreme and so it is that within your culture at this time there are many whose seeking of the truth is outstanding and whose efforts to learn the lessons of love are substantial and persistent. At the same time, those involved in seeking negative polarization are attempting in a marked manner to create negatively-polarizing situations, which may express the utmost in negative orientation. Consequently, there are legions of those who think nothing of stealing, or killing, some for a holy reason, supposedly, but many for no reason except the attraction of power.

It is against this backdrop in your history that the seeking for truth now goes on upon your sphere.

The rules, shall we say, have not changed but the experience is more intense for all upon your sphere. We, therefore, have the ability to speak to this circle and say that each within this circle has won through to the present incarnation by virtue of much labors of love, shall we say, done prior to the present incarnational experience. Therefore, each feels fairly strongly that the seeking of the spirit, the seeking of the heart, the seeking for a greater understanding of love, is properly the center of the incarnation. Each is attempting to live according to the positive path and attempting to polarize positively. Therefore, we do not have to coax any to do the work necessary to continue working on that polarization. Each has some grasp of why he or she is here—to learn the lessons love has to teach.

The questions that remain are more along the lines of wondering why it must be so confusing to seek the truth, why the Creator so often seems hidden within a situation. To sum up many thoughts—why does it have to be so hard, for the heart remembers perfect ease and harmony. Contradicting all experiences within the incarnation there lies the heartfelt feeling that the normal way to live is not available in this incarnation. The memory stubbornly persists that harmonization between people is second nature, and we say to you that, indeed, except for third density experience, harmonization betwixt any two entities is not just possible, but to some extent in positive polarity, inevitable.

The question then becomes, "Why did I leave that pleasant estate to come into this intensely difficult environment equipped only with the limited and confused biases which all seem to fall wide of the truth, so-called. What is the great goal seen that made me come here?"

Perhaps you already have the answer. You came here because you wished a challenge and because you wished to serve. The challenge for each is unique to each and was set by you before this incarnational experience. Each entity wished to take particular courses over again in the school of life, as this instrument would call it. Each wished to drive home one way of learning to love.

Now, each also wished to be of service and that is another topic. We speak now of that entity who came here to your orb, not because it was pleasant, but because it was difficult, confused, and very dark in many cases. And because each wished to immerse the self within this difficult and baffling set of conditions so that the lesson would be enduring, deep and thorough. Each wanted to work very hard. Now, before an incarnation the self remembers that incarnations are more difficult than they seem beforehand, but just as the student remembers the joy of learning and forgets some of the agony of change involved in learning and adopting amended ideas, so each has an element of surprise and even betrayal. Each argues to some extent with the judgment of that higher self that chose these lessons.

In addition to the services which each came to offer, there are, indeed, tools which one may use to work with one's own grief, anger, disappointment and rage. The first tool is the one around which we have been throwing up a structure of words to rather enclose. That reason is a stubborn faith that you came here to work, so now, let us work. The first tool, we are saying, to use when you are working with negative emotions, is simply remembering who you are and why you came here, why you are here now. For there is, in each case, good reason for you to be precisely where you are. As the one known as Ra has said, there may be surprises, however there are no mistakes.

The knowledge that you, yourself, judged these lessons possible to be learned can be a cheerful knowledge to recall. Not only would the Creator not offer you more than you could bear, also neither would you, yourself, before this experience place yourself in that kind of situation. Therefore, if you are to be overwhelmed by these negative experiences, we encourage the allowing of this being overwhelmed. If there are the tears, cry them—cry them all and respect each drop, respect and love those mute expressions of grief, anger, sorrow and rage. Accept the excesses of feeling that shake and seemingly hurt you. Know that these feelings are justified, that these feelings are protected, that there is time for these feelings to express. And work with the self to encourage the eventual completion of expression of the feelings involved.

We encourage each to nurture the self through these difficult times, allowing and even encouraging those tears, the raised voice, the angry motions, all the silly, childish, acting-out that is involved in being overcome by emotion. For within this opaque, deep illusion, there is no other way to complete and then balance negative emotions. The only way through

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the feelings of negative emotion is directly into the midst of them.

So, attempt, if you would be good to yourself, not to turn and run from painful feelings, but rather to choose a time to nurture the self and within that nurturing time alone look at, accept, and offer respect to the bruises, the hurt feelings, the pain that is going on. For these emotions, when accepted and respected, can scour and scrub much material that is ready to be taken off of one's shoulders, emotionally speaking, and rinse those ripened, matured evidences of pain away. In many ways, sorrow and its tears, anger and its loud voices, are healing to the troubled soul. The anger, the sorrow, these are not things to fear; they are experiences to go through in the way that is most true and real for each.

The second tool, which may be used when these feelings are seen, is the turning to the one infinite Creator, for these feelings are taking place in an infinite creation. Within this infinite creation there is one thing that is true. That thing is love. Love expressing as truth, as beauty, as goodness, love expressing as mystery. It is not necessary, you see, to remain in the sea of confusion, paddling about in the frail *barque* of flesh that is your own upon this infinite voyage. Once the reality within the illusion is addressed, once the sorrow and anger have been owned, accepted, respected and the entity within all that feeling nurtured, then is there wisdom in turning to praise and thanksgiving of the one infinite Creator, to turning once again to love.

And this is not done in a way which denies all that seems imperfect, but merely setting those painful emotions into the most true version of a universe which you can find, and that is, that infinity of space and time against which the troubles of a day begin to seem somewhat small. For, within the self lies all that there is. The portion of the self dealing with the surface emotions within a particular incarnation is most small. It does not belie the agony felt to place it against the backdrop of infinity and see that it does not take up the entire creation, but that there is a deeper and surrounding environment which goes beyond space and time and of which each is more a native than this present Earth. Each is a citizen of infinite and eternal creation, moving into praise and thanksgiving, readjust[ing] the point of view, biasing it towards truth and polarizing it towards service.

When the object of anger or sorrow is another, there is a type of meditation or experience this instrument would call prayer, in which prayers are offered for the entity which has been catalyst for this sorrow or anger. Praying for that entity which has harmed you also reorients the deeper mind and biases the deeper mind more towards truth.

The last of the tools we shall speak of this day is the tool of the one Self. When the mind can settle upon the unity of each self with all other selves, then it can more readily be seen that each entity outside of the self is simply a mirror reflecting your self back to you. Those things which anger you are angering you about yourself within some portion of your inner, larger, self. The sorrow felt for others is sorrow felt for the self. It only seems to involve others. Taken upon the surface, this statement seems patently false. However, in the deeper sense, and certainly in the sense of working spiritually with emotions, it is true, as far as we know, that all that you see is your Self. You are in common with all that there is.

The one known as J, whom we greet for the first time today, has spoken concerning these issues and we wish to encourage this instrument to go right on with that thinking, for we feel there is much merit therein. Allow these common experiences their rhythm and their time.

We would at this time transfer this contact to the one known as Jim, for we find that this instrument is somewhat fatigued. We will leave this instrument at this time in thanks, love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time, it is our privilege to ask if there might be any further queries to which we may speak. Is there a query at this time?

Carla: I'd like to make a quick one. I abruptly lost the contact and when it came back it just said to go to you. I wonder what happened, or is that beyond the …

I am Q'uo, and am aware of your query, my sister. We felt that we had utilized your instrument to the fullest extent, given your physical weariness, and had spoken the greater portion of our message which was, as usual, of some length. Thus, we felt it was well to make our usual break in the working by transferring our contact to this instrument so that

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your instrument might rest and those other selves in the circle listening might have the opportunity to query with specificity any point not understood or ask concerning any other area. Thus it was convenient all around, shall we say, for the transfer to take place at this time.

Is there another query, my sister?

Carla: No, that's very well, I just do not usually have such an abrupt leaving. Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: When dealing with others who express their anger for me, or directed to me, other than prayer for that person, is there any—the question has to do with other people's anger and other people's sorrow, that seems so overwhelming to them, that to share what I understand, hurts, rather than helps, and, other than prayer, is there anything that can be done with those people, for those people?

Also, I'd like to ask about the idea of beings being of the Earth, and how to best utilize that, how to get to a growth, a growing through. Is that enough?

I am Q'uo, and we are aware of your query, my sister, and shall endeavor to speak to this topic.

The process of growth is one in which all entities participate. Whether one experiences the anger of another or of the self, the experience is of anger and the spontaneous response instead of, shall we say, the studied response is most helpful to all concerned as this process continues, for the spontaneous response is that which is nearest to matching the ability of an entity to give or receive [the] love in a particular moment.

Whether there is difficulty or ease in this process will depend upon the entity's previous experience at learning to give and receive the love of the moment and of the heart. Thus, as you mirror each other's emotions you mirror that which is within yourself as well, for not only are you all seekers of the same truth, you are seekers who experience much the same catalyst of pain and of sorrow in making the great journey which you call seeking the truth.

Thus, to do that which is within your heart is that which is most helpful at the moment and who can say what that will be before the moment comes. Trust always that inner feeling, that heartfelt movement, that moves through you as you experience the catalyst of your incarnation. Share these emotions with those about you who have shared their experiences with you. Thus, you are seekers of a like mind who seek together and have, as a group, far more opportunity of progressing than would each of you individually.

Is there are further query, my sister?

Questioner: No, thank you, Q'uo. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

P: I have a question. I want to ask if you could explain about the process of setting boundaries, how to do it in our *(inaudible)*, different relationships, friendship involved, etc.

I am Q'uo, and we believe that we grasp your query, my sister. If we are incorrect, please requery.

We do not necessarily feel that there is the practice of boundary setting that is what we could recommend, shall we say. For we are aware that there is a portion of your mental health profession that feels that boundaries are of necessity for each individual and in some cases there may be the situation where the boundary is …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue.

It is well to remember that all is, indeed, one being with many perspectives in experience. Thus, if an individual feels that there is the need for a boundary or a definition in a relationship which does not presently exist, then it is the honor and duty of that individual to speak with clarity to those with which it is in relationship and to speak those thoughts that are heart-felt concerning the definition and nature of this relationship.

This is the great work of this illusion in which you move at this time—to come into relationships with those about you, to communicate concerning the shared experience, and to be willing to work again and again with all of the catalyst that appears, with the inevitable misunderstandings and miscommunications that are the grist, shall we say, for the mill of your life experience.

Thus, it is the decision of the seeker, indeed of each seeker at all times, to find those balances of

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relationship that are most meaningful and to work in a clear and compassionate sense in order to share with others in relationship this perspective that will hopefully enhance the overall experience of relationship.

Is there a further query, my sister?

P: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I don't precisely get angry, but there are times when—I mean I do get angry—but what I'm talking about, what I'm asking about is—it's a time when I click over into a program having to do with my father, and to some extent, my mother, having to do with having to defend myself and explain myself, and nothing ever quite being acceptable. No one in my life now does this to me, but sometimes, if I feel as if it's happening to me, I'll go right into that old program and it's not real, it's not responding to the situation that's actually—now, I don't know how to break into that programming. Is that a question unto itself?

I am Q'uo, and am aware of your query, my sister. Again, we would suggest more of the working with the spontaneous eruption of emotions than would we suggest the breaking into this programming, as you have called it, in order to stop its movement. Though many programs, responses, emotions and inclinations are difficult, painful and confusing, it is well to allow oneself to be in the midst of these emotions for their duration in order to experience the fullness of their effect, for all experience has the potential to change or to transform the being which experiences. It can become confusing if an entity looks at its behavior as that which always needs correcting. It is far more helpful to look at the behavior as that which shall be experienced at the moment of its inception, allowed to run its course, then looked upon and analyzed at a later time with the objective eye that may be able to glean from the experience that which is available for the learning.

Is there a further query, my sister?

Carla: Yes, let me work with it just a little bit. There's a part of me, when that happens, that there's a witness to it—just watches it. Is there some skill involved in leaning more into the witness, while allowing the program to run? Is this witnessing a helpful part of the self, at that time?

I am Q'uo, and am aware of your query, my sister. The faculty of the witness is a portion of the process of experience which is later to mature, shall we say, for each entity is the witness of all previous selves and behaviors and can look with an objective eye more at this time than at the time of the experiences occurring.

Thus, as you are able to become a witness to your current experience, you are able to observe it more for the movement of energy and the patterns created, than be moved by it and become unaware of the direction of movement. It is helpful to be able to see these energies in motion, yet it is not that which one strives to achieve. It is that which one becomes, as a natural part of the process of learning to accept one's destiny, shall we say, or to work with one's catalyst in a clear and open-hearted fashion.

Thus, we again recommend the allowing of the experience to unfold as it will, including the experience of the witness.

Is there a further query, my sister?

Carla: No, Q'uo. Thank you very much. I'm *(inaudible)*.

I am Q'uo, and again, we thank you, my sister. Is there another query, at this time?

Questioner: I have a query. I've heard that I'm too analytical, and how does that fit in with the emotions? I had another question that I can't think of, but maybe it will come back. But the analyzing, the intellectual, perhaps, interpretation of—attempt to process and understand the emotion is what I think is meant by "too analytical," and how does that balance out?

I am Q'uo, and am aware of your query, my sister. The intellectual ability to review or to analyze previous experience is that faculty which is much like the surgeon's scalpel, in that it seeks those portions of experience that are valuable and need to be preserved and removes from them those portions of the experience which are of little or no value, so that there is, from each experience, a certain harvest that allows one to improve, shall we say, the balance of mind, body and spirit. This balance is that which each works towards and makes an attempt to equal or live up to, shall we say, the personal ideals or standards of excellence—that which one believes in.

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The analytical ability allows one to compare the experience of the day with the ideals of the life. Thus, it is best to utilize the analytical mind at a time that is set aside for such, rather than attempting to apply the intellect at each moment of experience, when one is in the midst of it, shall we say. Thus, the analytical ability balances the emotional experience by gleaning from it that which is helpful for the overall balance of the being.

Is there another query, my sister?

Questioner: No, thank you.

I am Q'uo, and again we thank you, my sister. Is there a final query at this time?

R: Thank you for answering my unspoken query, Q'uo.

I am Q'uo, and we are grateful, my brother, to be able to serve in any way that we can.

At this time we shall again thank this group for inviting our presence. We are most filled with joy at each opportunity to blend our vibrations with your own. We assure each that we walk with you on this journey and that no entity walks alone, for each has those friends, teachers and guides that walk with it as do those brothers and sisters within your own illusion walk with each in spirit.

We are known to you as those of Q'uo and we shall take our leave of this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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The Aaron/Q'uo Dialogues, Session 23

September 23, 1994

(This session was preceded by a period of tuning and meditation.)

Group question: What is the true definition of a wanderer?

Aaron: I am Aaron. My greetings and love to you all. I would simply like to ask you that as a group you offer the intention that the work of this group is for the benefit of all beings.

Each of you has your own areas of pain. It is fine that a part of this motivation is to alleviate your own pain. But it is important that you not become stuck there. Thinking of all beings who wander in darkness and confusion, may the work of this group be a lantern in that darkness, helping all beings to find their way. May each of your energy help to brighten that light. That is all.

(Pause)

I am Aaron. It has been decided that I will begin. We begin with the question, "What is a wanderer?" I heard you ask before: "If I am of a higher density and come back to Earth, what is my role there? Am I both teacher and learner? Why am I demoting myself or accepting demotion?" My dear ones, it isn't demotion. Let us get this concept straight: You are in an open-classroom school. Each of you begins as what I call a spark of God, just a small bit of that energy and light moving into self-awareness. I will not explain how you move into self-awareness; simply, it happens. You begin to perceive the illusion that this self that is aware is separate from that of which it is aware … God is out *there*! … and thus begins your journey. The only way out is through, through the illusion of separation. This illusion is not a burden that you must carry, but a gift. Would you remain that small spark forever or would you blossom into a brilliant sun in your own right? The passage must involve a journey.

That first self-awareness is part of the gift. At some point awareness notices itself being aware, and with that first notice there is a shift, something which feels itself to be aware. At that point awareness chooses a direction in which to begin evolution. I emphasize *begin*, because nothing is ever fixed. You do not move into a path and stay on that one limited path until eighth density. There is always choice. Some of you will choose material planes and some will choose non-material planes. I will explain later in this weekend some of the factors in that choice. For now, it is sufficient that there is a choice.

There are innumerable planes, both material and non-material. In some planes you have only spirit and mental body. In other planes there may also be emotional and, if it is a material plane, physical body. The earth plane is the only present material plane that has a foundation of positive energy and

love, and in which all four bodies are brought together. As such, it is a very powerful experience.

Time is not the factor that leads one into the emphatic learning experience of the earth plane, but a deep aspiration to learn. Some beings choose to move into that earth plane immediately. Others, for one reason or another, are led in different directions. Again, later in the weekend we will talk about some of the material and some of the non-material planes where beings evolve.

What is a wanderer on the earth plane? As simply as I can put it, it is a being that has begun its evolution on a plane other than the earth plane and at some point in its learning has made the decision to incarnate on Earth. It may have been in a physical form before on other material planes or it may have only existed previously on non-material planes.

To say material and non-material, in itself, is a bit confusing. Light is energy, so one tends to think of the light planes as non-material; but all material substance is made up of bits of energy, molecules of energy. What we are speaking of here is simply the degree of tightness of cohesion of those molecules. At a certain point we call it solid and move into the illusion of that solidity.

You are not solid. You only think you are solid. It is the illusion that establishes material body. Thus, the difference between material plane and light plane is less in the form itself than in your belief that the form is what you are. All of you are simply energy and light with enough density of molecules that you may become convinced of your form. At a certain level, the physical body and the emotional body are illusion. They are the gift of the incarnation.

Moving into Earth incarnation, you become actors in a play. The actor that walks onto the stage unprepared says to the audience of which it is also a part, "This is illusion; just a play, not real life." That actor deprives the audience of the opportunity of learning from the script, from the play. The actor must believe in the play if the audience is to feel the meaning with its heart, yet that actor must not be lost in the illusion to the point that it turns its back to the audience and forgets that it is a character in the play.

This balance between relative and ultimate reality is what allows the deepest learning on the earth plane. Some beings incarnate here become lost in the relative, blind to ultimate reality. Others find it very difficult to stay in the body and live the relative-plane experience. Wanderers have an edge here because you have lived, dwelt is a more accurate word, on other planes on which there was no veil of illusion. Many wanderers, then, are able to penetrate both realities. The difficulty you find, many of you, is that there is some aversion to the illusion, some attachment to resting in that ultimate reality, which is so spacious and joyful.

A helpful tool to learning to more fully enter the incarnation is to understand why you came. Each being that moves to the earth plane is both teacher and learner. This is true of every being, not just the wanderer but also those who move directly from that first self-awareness into the earth plane. Even those small sparks are teachers, which I will explain at a later time.

The wanderer is not set apart, then, in being both teacher and learner. This is true for every being. What more clearly sets the wanderer apart is the clarity that it has entered the illusion. This clarity may manifest simply as awareness: "I came here for a reason. I don't know what it is, but I came for a reason." Eventually, every being breaks through this veil, wanderer and non-wanderer alike, and awakens to the spiritual truth of its being.

The wanderer moves into the incarnation, bringing with it potent tools to pierce the illusion. It is far less likely to be lost in forgetting. It is far more likely to feel a sense of frustration and confusion: "Who am I, and why am I here?"

I said that every wanderer—every being, but we speak here of wanderers—is both teacher and learner. I also said at the start that this whole process of evolution, these eight densities, is an ungraded classroom. On the earth plane there is clear distinction between first, second and third density. At present, when you graduate from third density you cease to incarnate on the earth plane. This will be changing and is something we will speak of further this weekend.

There are some planes where third-density experience is minimal. The lessons for each plane remain the same. The foundations of faith and love support the learning of wisdom and compassion in fourth and fifth density, but they are not necessary to that learning. The process can be reversed. Some of you, for example, at some period evolved on a

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non-material plane in which there was essentially an open classroom: third, fourth, fifth grade. The material was learned in whatever order one was ready to learn. There is no upper limit to how much faith, how much love, wisdom or compassion can be learned. This school offers these lessons; that school offers those lessons. If you wish to study music and your school has no orchestra, you join the band or choir. You may still wish to go somewhere else to learn to play the violin.

Thus, some of you evolved on planes where you moved into deeper lessons of wisdom and compassion before fully penetrating the lessons of faith and love. You learned much that could be gift to the earth plane, each with your own special skills. Feeling stuck in some way, you made the decision to more fully enter the illusion through human incarnation. Another way to phrase this is that your karma drew you here. Because you learned to play in a band and sing in a choir does not put you ahead of your neighbor. You learning the violin, you simply have a different background. You have highly refined certain skills and understandings. There is still much that you need to learn or you would not be here. There are very few beings in the history of the Earth's evolution who have incarnated only to serve; and even those few, of course, have also learned. The difference—I think of such a one as Jesus here—is that this teacher did not need to come to the earth plane for its own evolution. Being here, of course he learned.

I would suggest a figure of 98.6% of wanderers need to incarnate for their own learning … please rephrase that … need to understand something for their own learning, and choose the earth plane as catalyst for that understanding. That 1.4% is those beings which are fully evolved, usually into high sixth density, and incarnate simply with the desire to serve and in order to return with fourth- and fifth-density beings. They do not need to incarnate as they are past the need to incarnate. For those who come back as wanderers, the third-density lessons could be learned elsewhere; but because there is something they could teach on this plane and they could learn the lessons as well, they might as well come here.

The sixth density has completely shed the emotional body and is not attached to the mental body. It understands the mental body to be a tool. This is the being that has no need of the teachings of the incarnative experience, but will wisely make use of the teaching when offered that opportunity.

Those that come as wanderers are most likely to be of third or fifth density. Fourth density is occupied with its group learning experiences and less likely to move back into incarnation, although it may occasionally choose to do so. Most wanderers are third and fifth density. The lower sixth-density wanderer has shed the emotional body but it may still have some attachment to the mental body. This being will be helped to release this attachment through its incarnative experience. Only the upper sixth-density energy is completely free of the illusion of ownership of the mental body, and makes the skillful and loving decision to incarnate solely as servant. As I said above, it will also learn.

I want to emphasize, then, the wanderer may be highly evolved in some areas—an outstanding French horn player with great understanding of musical theory—but he or she still must learn the correct hand position to hold the bow or place the fingers on the violin. What he or she brings to the incarnation is that advanced skill for which a need is perceived. For example, a wanderer of our acquaintance who is in his first human incarnation is what you might term a computer wizard. He is offering skills and understandings gained on other planes for which it was clear the Earth was ready. There are two ways to bring those teachings to Earth. One is channeling. One is for a being to incarnate into human form and teach it. Neither way is better than the other.

I have no need to return in incarnation to the earth plane. This is not to say I would not learn in incarnation; but I have no need, so I teach through an instrument. This friend of whom I speak was drawn to the idea of incarnation because it was clear that he had lessons that could well be learned on this plane. He has incarnated now, rather than fifty years ago, because now the earth plane is ready for what he offers.

In summary, a wanderer is a being who has evolved on other planes up to a certain point of high second density or beyond. Beings below that level of density are not yet evolved enough to make the decision to move into the earth plane. Wanderers are beings of high second density or beyond—third, fourth, fifth, sixth—who make the decision to move into the illusion of earth plane to teach and to learn. That

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they thus choose indicates that they are spiritually awakened, not fully so but enough to choose. Regardless of what density they have been, as soon as they move into incarnation they are third density and they are fully human. They may think they do not wish to be third density and here on Earth, once they wake up here to the fact of their decision; but some higher wisdom within them has agreed to it. Whatever skills they may have had, whatever wisdom and understanding, there are still compelling reasons why they have chosen incarnation; there are necessary areas of learning. We have barely touched the surface. I lay this before you as background.

I wish at this point to pass the microphone, as it were, to my brother/sister/friend of Q'uo, that it may offer its continued thoughts on what I have presented. As always, it is great joy to share this teaching. That is all.

Q'uo: We are those of Q'uo. Greetings and blessings to each in the love and in the light of the one infinite Creator.

May we thank each for calling us to your group. The privilege of blending our vibrations with your own as this circle sits in meditation is great. We encourage each to discriminate in choosing those thoughts which may seem to be of interest and value to you. These thoughts and opinions are our service and our gift to you. We make many errors and are not infallible. Consequently, it is well that each lay aside those thoughts of ours which are not recognized as a portion of your personal truth, for we would not be a stumbling block to you in your seeking.

This instrument knows a song, *I Wonder As I Wander*[13], and each of you has wandered into this precise situation, wondering, seeking, hoping, yearning for love, for truth, for beauty, for peace. We, too, have wandered. We seek with fervent hope the truth receding before us always, infinitely.

Each age, each culture has its wandering spirits. Within the framework of your present civilization, the scope of wanderers may be seen to have been extended, as the consciousness of the vast universe as native land and home becomes more and more a portion of the cultural ethos or setting of mind. Once the wanderer was one who literally walked, being upon a path of seeking, moving from one wise teacher to another. Within your present experience the wandering is often that only of the mind, of the heart, and not of the weary feet.

As the days of your millennium grow most short, the seeking and hungering for truth has increased, activating a great process of transformative birthing. Each who seeks may now rest in the knowledge that he is no longer alone, for many awaken now to wonder. And in that wondering, in that searching—first intrigued, then fascinated and finally transformed—the nascent seeker of truth arises from the peaceful condition of acceptance of consensus reality, shakes the dust of sleep from foot and eye and starts the journey, the wandering, the leaving of one home which is no longer home. Upon this dusty path lie, oh, so many marvelous and frightening events. Adventure is the companion of the wanderer. Joy and sorrow aplenty rest within its quiver.

What is the definition of *wanderer*? Beneath all specific details, the wanderer is one upon a journey without an ending, seeking a home in a land where there is no home, sailing upon a sea which has no port, no land, but only infinite voyaging. Upon this sea, this ocean, the rudder that stabilizes and steers the ship is the spirit within. Within this inner heart or spirit lies home. How to move through this vast ocean of sense experience skillfully is always hidden within the very air you breathe, within that which you hear and sense and think. To the seeker who pays attention come myriad clues and cues. Listen! Hark! The call has gone out.

There are many beings with each of you, hoping and wishing to serve by strengthening each servant of the light. When each goes into that inner sanctum in prayer, in meditation, in contemplation, we ask each to rest in the knowledge that those who seek to serve the infinite Creator wait to support and nurture by sharing vibrations within meditation, by sharing that seeker's own meditative energies. We have no complex scheme to offer you so that you may know more about yourselves. We are here as companions in this wandering. We, too, seek and hope and wander still.

We thank this instrument and this group for asking for our service. We look forward to working with your queries throughout this series of sessions. We salute our brother Aaron, and once again bless each

[13] Appalachian folk song; music and lyrics collected by John Jacob Niles, 1933.

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of you. How we love you, you who are in the fog, in the mist, wondering, "Is any of this worthwhile? What is this for?" Thank you most heartily for your attention.

We leave each of you in the love and in the light of the infinite Creator. We are known to you as those of the principle of Q'uo. Adonai.

Aaron: I am Aaron. It would help this instrument if the fabric which covers the monitor would be placed over the monitor. Thank you. I will be brief. Time is an illusion but your energy is not. The spiritual energy and love that you bring to this session is very high, but the physical bodies are tired. I wish only to offer a metaphor suggested by Q'uo's speaking of the mist that beclouds your journey.

Last month Barbara spent several days on a canoe trip in a very remote wilderness chain of lakes. In early morning's light, she emerged from her tent each morning and found the lake covered with such a dense mist that one could not see beyond eight or ten feet. These were big lakes: eight miles long, a mile across. She found much joy paddling out into the mist where she sat in her canoe and meditated, drifting in that opacity. There was no sense of direction. Since she had only visual balance, even up and down lost meaning except for her weight sitting in the bottom of that canoe. There were no visual cues at all. She experimented, first paddling out into the lake with some vigor, then stopping and sitting, looking around and seeing the slight arisings of fear when all was obscured around her. She knew she was safe. There were no motor boats on this lake to run her over. If for some reason the fog did not lift, she could call out for help and one of her sons would come in another canoe. She knew she was safe. She found it wonderful to rest in this illusion of total obscuration. She found much parallel to the illusion of incarnation, the sense, "I don't know where I'm going. Can that be okay? Can I just rest here and enjoy the wonder of watching the mist rise off the water?"

As the canoe drifted in total silence, occasionally it drifted into the field of a loon, duck or goose, as there were many waterfowl on this lake. Since Barbara does not hear, she had no auditory warning that their presence was immediate until they entered that ten-foot circle around her and she could see them. At first there were fears: "What if I drift into something?" Slowly fear was relaxed: "I am safe. I don't need to see far ahead or far behind. In this moment I am safe, and the wonders of the universe will unfold right here in this small circle of vision." What intense joy she felt as fear relaxed and she allowed herself to be fully present in this small circle where the illusion was penetrated, where the water and mist met.

She found that each morning as the sun rose (and it took several hours before it got high enough), it burned off the mist and the circle of clarity expanded. She watched herself grasping at that clarity at first, wanting the mist to rise, wanting to be able to see. And then she found as days passed, she let go of that desire, found that she could be present with the mist without hurrying it away. Can you hurry it? Can you force the sun to rise? When the sun finally got high enough, the mist burned off quickly. Within a quarter hour of your time, the horizon expanded all the way to the shore, mist still dwelling at the treetops but the lake now visible.

I ask you each to draw this metaphor into your own lives. Part of your incarnation is agreement to this veil. It is wonderful that you come here to seek answers for yourselves and all beings. I deeply honor you for that. But I ask you to ask yourselves, can you metaphorically sit in the bottom of this canoe and trust that the mist will rise when it is ready? I ask you to trust your lives, not struggling in fear, within the illusion that is meant to teach you.

You also wish to penetrate the illusion but not to deny the illusion. This relative reality *is* illusion. Those of you who are wanderers tend to want to deny that illusion, to return to shore, to return home with a clarity; but you entered the illusion with your free will, and with great wisdom you opened your heart to the illusion and asked to become teachers and learners in that illusion. Trust that illusion, my dear ones.

I echo here Q'uo's statement: I am not infallible. What I offer you comes from my heart, and I offer it in loving service. If it in any way is not harmonious with your own deepest truth, please put it aside. My deepest love to each of you, and my gratitude that you have joined together for this teaching, learning and sharing.

May I ask you, whatever meditation you may enter tonight or in the morning, will you visualize yourself in that canoe literally? Note the arising of fear as your canoe moves away from land and you cannot

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see. Sit there in the bottom of that canoe, arms and paddle at rest, allowing whatever drifts into your presence to be there, neither grasping nor pushing away. Sit with the simple reflection: How can I more fully open my energy to the incarnation, complete with its illusion? That is all. I return you to Q'uo, should Q'uo wish to speak.

(Q'uo recognized the group's fatigue and the session was ended.) ♣

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The Aaron/Q'uo Dialogues, Session 24

September 24, 1994

(This session was preceded by a period of tuning and meditation.)

Group question: What can a wanderer do if he or she wants to remember lessons? Are there preplanned services? Is there a difference between lessons for a wanderer and third-density entities? How do we connect to the earth and ground ourselves, instead of only using our higher energy centers?

Q'uo: We are those of the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator.

We are most privileged to be with you this morning, and have enjoyed those humorous and yet profound considerations which your group has offered. Truly, for those who seek to serve, the way becomes far less severe and difficult when there are companions upon that dusty path. To serve together is to serve far more ably and effectively than each one separately. This instinct towards cooperation which we see developing within your numbers—this is an art and a skill which is key in the creation of the enhanced being, offered within what is so often called the New Age.

Fourth density is not separated from third by a great chasm, but merely by the resistance of third-density entities when faced with the need to become a part of a unified and euphonious group. Know that each of you is most valuable in your unique way; and if there is never the opportunity to function steadily with a group, yet still, the service provided by living a life of faith is infinite in value. Yet when the opportunity arises to serve the Creator as a portion of a circle or group, we encourage each to seize that chance with glee.

We find the term *wanderer* to be one which has many layers of meaning. Certainly those who are upon the earth plane having come from other earths, other densities, have wandered far, yet consider how each entity in incarnation has come not from Earth but from that mystery which lies behind all appearances and substances. The earth cannot breed spirits, but can merely offer a home to the spirits' physical, mental and emotional bodies during the processes of incarnation. O dear souls, each of you has a native land far from the earth plane. This home lies beyond space, beyond time; and each is indeed a wanderer. For most entities there is a degree of comfort, a great ability to enjoy and feel at home within the earth experience. Those who call themselves wanderers or are drawn to that term are those whose natures are such that the present environment of third density simply does not feel comfortable or native.

Let us look at the shape of a wanderer's story. There is the rising into an awakened awareness of difference from the normal run of people. Often,

within early childhood even, there is for the wandering spirit a feeling in the heart that, "I do not belong here," and so the wanderer sets out upon a trek; whither, she knows not; why, he cannot perhaps say. "What shall I take? What shall I leave? What are the rules of the road?" each questing spirit wonders. The answers fade and evade precise capture, yet always the inner nature calls the wandering spirit onward into the unknown, ruthlessly asking the personality who seeks to lay previous structures aside to become uncomfortable and discordant in emotion, upset and overwhelmed with change and transformation; and all the goods of the earth plane fly away. The traveler has no luggage. Sore, weary, puzzled, the wanderer may sit by the side of that road oftentimes. Finally, with all resources spent, with no end in sight, the wanderer turns—no longer reaching, having given up—and then is the moment when it becomes so clear, so apparent, that the wanderer is incredulous: "How could I have missed this signpost?" This signpost points inward.

It is so necessary to move outwardly, to wander and travel and reach in order to hone the desire, in order to temper the personality. Yet at the end of each trail there is the bare signpost: "Go within … go within … Enter thine own heart and know for the first time that you are at home and one with all that there is, that there was and that there will be."

As our esteemed and beloved brother Aaron and we speak concerning various aspects of the experience of discomfort and alienation, isolation and hunger, yet always keep within the heart our reassurance that you truly are at home within. The road to infinity, to greater reality, to opened awareness of love—these are the gifts within each being. To them you shall always come at the end of the day's sorrow and struggle. There is joy. There is comfort. There, within, may each tear be dried. And from that hearth of home and love and wisdom you may wake refreshed to move into the dance of divine play which you experience as life.

We would at this time offer the microphone to the one known as Aaron. We are those of Q'uo, and leave this instrument in love and in light.

Aaron: I am Aaron. My love to each of you.

What is the difference between the experience of the wanderer coming to the earth plane and the third-density being who has evolved fully on the earth plane? Is there any difference beside that recognition that you have been someplace else and the seeking of that someplace else as my brother/sister/friend Q'uo has just described it? For all of you, that someplace else is carried within you always. For all of you that are evolved fully through the earth plane or have passed through other planes, a keynote in your evolution is to come to discover that you need not seek home, that it is within; God is within, not the entirety of that unlimited light and energy, but your own personal piece of it.

Picture a child's drawing of a sun: a round disk, glowing and gold. The child puts assorted triangles on that disk. That is its drawing of sunbeams. One may say that the sunbeam projects from the sun. Take that sunbeam with its pointed tip and push it inward. Is there anything there which is not of the same nature as the sun? Wanderer or non-wanderer, once you discover your true nature is divine and never separate from all that is, then you are ready to live on any plane with love and wisdom, with compassion. The earth plane offers all beings the opportunity to discover their true nature.

Each being on any plane has its own particular skills and experiences that it brings to the next moment. I ask you here to enter into an envisioning with me. Let us visualize a somewhat primitive farming culture: people living in great harmony with the land, creating the food that they need out of the earth, and feeding themselves and each other. There is not chemical understanding of such subtleties as crop rotation; but there is a feeling for the earth, a sensitivity to the vibrations that the earth emits, so that the earth is treated as companion and not as slave in the venture of creating food.

This culture finds itself in some trouble at some point because there is a lack of rain. Within this extended drought, crops are bad, people are starving. Word of this drought comes to one in an advanced technological culture across the sea. This one desires to serve and also feels that he or she could benefit by learning the ways of this culture that works in harmony with the earth. This one is disturbed, perhaps, by the ways its peers treat the earth as slave rather than as companion and co-creator. This one sets out, then, on its boat with a plan in mind: "I will teach them the technology to bring water to their fields, and I will learn how they live in harmony with the earth." This one comes from a highly advanced technology where combating

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drought is simply a matter of harnessing power, pumping water through conduits. It cannot bring thousands of miles of conduit with it. It cannot bring electricity with it, nor atomic power. So, it arrives barehanded with an understanding of how this may be done, but without the tools. It must fully enter the culture it has come to, fully accept the culture's limits:

"What if I see an image that those within the culture do not have?" it wonders. It knows that it is possible to bring water to these fields. How does it do this in a manner consistent with the culture's knowledge and values? But it knows that it can be done! To do this work it must fully immerse itself in the culture. It must pay attention: "We cannot make copper pipes. What will we do?" In paying attention, it notices some of the vegetation in the forests, that some of them can be hollowed and connected. It notices the windmills whose power can be harnessed to draw the water up into the fields.

In a sense, this is what a wanderer must do. Before your incarnation you have clarity: "Here's the job ahead. I will help to teach this." What would be a simple matter on the astral plane changes vastly when you enter the illusion. To teach what you came to teach, you first must fully ground yourself in the illusion, must accept your humanness.

For this being we have used as example, in finding that the earth does provide everything that is needed, that it did not need the technology to create copper pipes, it comes to a deeper respect and harmony with the earth. What could better teach it what it came to learn about working in partnership with the earth? When you separate yourself from your experience—dismissing the earth as mundane, disinteresting even when you are reluctant to work with the lower chakras, to work with the emotions and survival that are part of the earth plane—you cannot learn. If you cannot learn, you cannot teach. It is as simple as that. You must fully enter the illusion.

We began with the question, "What differentiates the wanderer's experience from the experience of that being which has evolved fully on that plane?" Let us re-enter the metaphor: A traveler from across the sea may move through these forests, watching, looking for something to carry water, but be unaware of the nature of this particular tree, that it is hollow. If he keeps his quest to himself, the conduit may never be discovered. When he tells his friend who has dwelt in this place, "I search for that which can carry water," and draws a pipe, then his friend may say, "Ah hah, *this* tree!" and cut one down and show him: "Do you see the hollow space within? We can connect them up." This is a matter of cooperation. The wanderer does not come to the earth plane and simply hand information to the earth plane on a silver tray. The wanderer must come in cooperation with the earth and all that lives there.

Those of third-density earth who have evolved fully through the earth plane have their own deep skills and understandings. The wanderer may bring skills, insights and energy from another place. Pooled together, learning grows; and within the experience of that pooling-it-together, prior boundaries fall away. To work together you must look at the fears that arise as you let go of your separation. To look at those fears and begin to evolve beyond them is the essential process of your growth. It all comes together perfectly.

No matter how advanced this wanderer (perhaps it was sixth density, had great wisdom, great compassion), it still must learn as well as teach. To learn, it must fully enter the illusion with one aspect of awareness, while knowing with the other that it is entering an illusion and that this illusion is not to be taken as the sole reality. I spoke of this yesterday with a stage metaphor and will not repeat it here.

Perhaps the greatest pain for the wanderer is the pain of fully entering the illusion. It wants to maintain its separateness because it has the misunderstanding that in clinging to who it was on some other plane, it is strengthened or more wise. I am not suggesting that it does not want to get its feet dirty on the earth plane so much as that there is a sense of fear of losing its clarity, as when an actor steps out on the stage and is so deeply moved by this part that he or she is afraid to give itself fully to that part for fear its heart will break.

I wish to return you here to Q'uo. Thank you for your loving presence and attention. That is all.

Q'uo: We are those of Q'uo, and we thank the one known as Aaron.

Yes, each has the sorrow as well as the joy, the heartbreak as well as the elation of romance. Each, often, may wonder whether there is profit in

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relationships. We say to you that our opinion is, it is for relationship and all that this discipline teaches that you have come into the earth plane.

Each gaze within now. Look at the energies of what this instrument calls chakras: red, orange, yellow, green, blue, indigo, violet. Can you feel the difference in these energies' balance within your being from the configuration that they were in when each arrived at this gathering? Perhaps each may see that the accepted presence of each to each has been the support necessary to come into a new and more harmonized configuration of energies; not merely the higher centers, not only those gifts of heart, of communication and of work in consciousness, but also and equally those energies of survival, of self-to-self and of relationships one to another. Rejoice, then, in that golden net which grows daily upon your planet's surface as those seeking to lighten the consciousness of the planet called Earth reach out to new entities, forming networks of networks which, in turn, may reach out to find more and more threads of this wonderful net to weave together until all of the sphere upon which you enjoy life is wrapped and sheathed in an embrace of love and acceptance.

This planetary consciousness and its creation are the primary vocation of each spiritual seeker. There are many possible ministries or vocations which may seem more vital or important in the eyes of the world. The wanderer may look at a healer and feel insignificant in comparison, for she may not have a gift of healing or of speaking or teaching. He may only be able to be who he is, yet this one ability becomes paramount, this one ability to exist whole and complete within the cradle of the present moment.

We would move aside to welcome back the one known as Aaron into this discourse, with most great pleasure, my friend. We are those of Q'uo.

Barbara: Before Aaron talks I just want to say I am in awe of and very much enjoying feeling the shift of energy, reading this on the computer screen from Q'uo and feeling the thought in their mind from Q'uo, "Do you want to talk about this?" and Aaron's, "Yes," and the shift of energy. It's beautiful.

Aaron: I am Aaron. Q'uo just spoke of the evolution of a planetary consciousness as primary vocation to all seekers. This does not mean that the evolution of planetary consciousness is more important than the evolution of individual consciousness, but they are a part of each other. This earth was created with highly positive vibrational frequency. Its foundation—the foundation of the earth, the soil itself, this first-density energy—is permeated with love.

As Q'uo stated, there is no barrier between the third and fourth densities. As you find more spaciousness around the judgments and opinions of the emotional body, as you find equanimity within yourself when fear, anger or greed arise, and a lack of judgment of others when such states arise in others, then you lower your barriers. With the barriers lowered and judgment falling away, you are ready to enter the fourth-density experience.

Earth is in process of becoming a fourth-density planet. There are those of more negative polarity who would wish to see it become a negative fourth-density space. I lay aside for now an explanation of what negative fourth-density experience would be like. Should you wish, we will talk about it at a later time. Simply put, as each of you does this work within yourselves, as each of you opens to the infinite potential of your being and shares that without grasping for self-inflation, each of you creates the deeper possibility of the Earth evolving more smoothly, more harmoniously, into positively polarized fourth density. Yes, this will be a space where beings are telepathic. We have talked about what that means in terms of one to another, but you will also be telepathic with the vegetables you eat, with the trees that you cut down for lumber for your home. There must be full communication both of each being's need and each being's desire to serve others, without any disdain for its need but with respect of that essence.

The beginning of a fourth-density Earth does not mean there will be no more fear. You are still going to have emotional bodies. You are still going to need to work with fear; rather, there will be a spaciousness around fear, a sense of compassion that allows fear to be touched with loving-kindness rather than judgment which would seek to shut it out.

You are learning at many levels. This one I spoke of before was not only finding ways for the more primitive culture to bring water to its fields. At another level it was learning and teaching respect for the environment, and full communication with and participation in the environment as partnership.

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Those of you who are come to Earth with some technical skill to share—and healing skills, deep wisdom, deep loving-kindness—that is what you may share on one level. On a deeper level, you bring this energy which helps all beings to lower their boundaries, to come to the direct experience of God within each, animate or inanimate, and to live in loving reverence of the God in all that is.

The force that will be generated on an earth that has moved to this degree of highly positively polarized energy will exert tremendous influence throughout the entire universe—a source of immense energy, of love. While you ask yourself, then, "How can I be a better healer or teacher, a better mechanic, a better friend?" do not neglect to ask yourself, "How does the learning of these skills help me learn more fully to love? If I keep myself separate in any way from the incarnation, in what ways is that a disservice to this deepest aspiration to bring love and light where there has previously been fear and darkness?" When you ask the right questions, my friends, you will find the answers appear in your heart and the strength to act upon those answers, the clarity of your path.

I pass the microphone here to Q'uo, with much joy in this sharing. That is all.

Q'uo: We would at this time thank the one known as Aaron. We are Q'uo, and greet each once again in love and in light. This greeting is not merely a courtesy. We repeat and repeat it because it is our humble understanding that this is all that there truly is: Love, the one great original Thought or Logos that created all and creates infinitely; and light—love made visible—which has builded all that is manifest in all densities of the infinite creation. In this love and in this light we open the communication for queries. Are there any questions to which we may offer a thought in an abbreviated manner at this time?

Questioner: Q'uo, if I might ask, you spoke of the archetypical pattern of the hero's journey. Is that a pattern that is found reserved for a more initiatory level of experience or is it a pattern that can be found in our daily lives as well?

Q'uo: We are those of Q'uo, and we feel that this circle of experience, this moving outward and returning inward, is a cycle or circle which may be found in many, many ways, as in the circle of the seasons: the sprouting of new life in spring; its flowering and blooming in the heat of summer; the maturing and ripening and gathering of the great autumn harvest; and the time of bare trees and brown grass, the time when all life sleeps, rests and reconstitutes the vital energies by acceptance of the limitations of the darkness, the innerness, the contraction of the cold and the winter when all seems dead or dying.

Once the circle is seen the first time, it appears again and again to the seeker who has eyes that may see and heart that may understand. The seeker's work shall always be given to the circle and will often seem to be a loss, gaining nothing for that seeker. Yet this offering comes to another who offers to another; and in the fullness of the circle, that seeker who first gave until he was poor shall become one who has received tenfold, a hundredfold and a thousandfold.

May we answer you further, my brother?

Questioner: Thank you, Q'uo. May I ask you what you can comment on the idea of the holy breath?

Q'uo: We are those of Q'uo. In one of your holy works it is said that man's life is but a breath. So it is when a spirit leaves the plane of physical existence. Your doctors call the event of death an expiring. This, perhaps, may be seen to be humorous, as your culture most often says that subscriptions to magazines expire and we realize that you are more than your present current issue. However, it is so that the incarnation seen before and after is a breath, a moment, one glorious intense moment when the soul has the opportunity to choose to serve the infinite Creator with all the heart, all the strength, all the mind, all the self. Beyond this moment there is no need for breath. Within this moment of incarnation breath is all, so breathe in life and breathe out life deeply, gratefully, lovingly; and the devil take the hindmost.

May we answer further, my brother?

Questioner: No. Thank you very much, Q'uo.

Q'uo: Is there another query at this time?

Questioner: I have a question. What sort of initiatory experiences are wanderers likely to have?

Q'uo: Ah, my sister, initiation. How painful. How awkward. Anyone who has gone through puberty knows the anguish of initiation. In fact, your peoples would do better with this initiation of the physical body if they allowed the suffering involved to be ritualized so that each who became adult experienced

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sharp and keenly that pain of piercing. It is not considered a good idea to abuse the body, yet those who are considered savages, who ritually cut or pierce the chest or some portion of the anatomy while becoming the man or the full-grown woman, are far more able to know and accept the burden of responsibility and suffering that go with full adulthood.[14]

Initiation, in general, is the occasion of sleeplessness and inner disquiet. The self seems to have become *other* somehow. The way seems lost and there is no light. There is within each initiation a fire that burns, a source that hollows the pipe as it passes through. Initiation is anguish, yet at its end lies the beginning. So, when the self becomes full of this anguish, we ask each to meet that anguish with resolve and good nature. The gift of faith is that it does not have to make any sense. When one decides to live in faith, one can be silly, one can be foolish, one can say, "I haven't slept. I can't eat. My head hurts from all the confusion; but thanks be to the infinite One and all praise for this anguish, for this pain, for this teaching, for this time." Does this make sense? No. Is this fun? No. Is this necessary? Yes. Will you be glad when it is ended? Oh my, yes.

We ask each to be sensitive to each other's times of awakening and birthing of Self. Reach out the hand to the grumpy bear. Reach out the heart to the nagging pain of complaint. Accept the variant behavior of one who suffers, for you see as in a mirror that side of yourself which you shall, and you may count on this, one day be inflicting upon your environment.

The more you desire to seek and serve, the less comfortable your life shall be. We offer no softening comfort except that it is just the acceptance of this hardship, emotionally and spiritually speaking, that finally opens the tempered soul to a joy and a peace that is not in any way happy but only purely joyful, so that you are companioned with joy and can truly give thanks and praise with awareness that this is the deeper ground of being, this is the truth of being. May we answer further?

Questioner: This is the truth.

Q'uo: Is there a final query at this time?

Questioner: Is the mirror the answer to finding the other wanderer? And what is going on there?

Q'uo: We are those of Q'uo. My sister, you are most perceptive. This is so. You are the gift you give to each other. How infinitely precious.

We shall rejoin you, Aaron and ourselves, soon, and look forward to that with joy and happiness; for we, too, enjoy happiness as well as the truth of joy. For now we leave each in love, light, blessing and peace. We are those of the principle known to you as Q'uo. Adonai. Adonai.

(The group sings.)

Barbara: This is Barbara, and at Aaron's suggestion I want to tell a very brief story that my son told me. At a church gathering, a young parent stood up and told this story: She was expecting a baby, and her three-year-old said, "When the baby is born, can I have some time alone with it?" And the parents said, "Well, we'll see." And she kept asking. They talked to the pediatrician and the pediatrician said, "It certainly seems important to her for some reason. I would try to monitor what goes on for safety, but give her time alone with the baby." So the baby was born, and after a few weeks the little girl asked again and they said yes. They left her alone in the room with the baby. They closed the door but they had turned on a walkie-talkie so they could hear, and they went and sat in the living room. They heard the little girl say to the baby, "What is it like to be with God? I'm already forgetting." ♣

[14] Clarification of context is pending, with regard to balanced participation in ritual practices as a path to maturity.

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The Aaron/Q'uo Dialogues, Session 25

September 24, 1994

(This session was preceded by a period of tuning and meditation.)

Group question: Everyone seems to want to go deeply into how to do the work that we have come to do, as it pertains to wanderers especially. Do wanderers have more issues of forgiveness, for example? And perhaps tomorrow, if not today, we would like to know how we can take the energy that we have as a group here, back with us to our homes and continue that work there. We are interested in how we gather our information as individuals and use it, together and at home.

Aaron: I am Aaron. Regardless of where you came from, many of your reasons for being incarnate are the same: to learn deeper compassion, deeper love; to move beyond judgment; to move beyond attachment to your opinions and to the small ego self and come more fully into the group consciousness; and as one mentioned earlier today, to learn forgiveness. The learning of these things takes you into working with the many catalysts of your life: with loss, with relationships, with work. Q'uo and I would like to know how much you would like us to go into these questions.

"How do I do the work I came to do?" This has been the subject of many other of our meetings with Q'uo as well as of our ongoing teaching. It is never a waste to repeat it. And yet, you are here to focus on questions pertaining to wanderers. Please decide amongst yourselves how much you want to stay with that narrower focus and how much you want to move into this question of, "How do I do the work I came to do?" That is all.

(The group engaged in further discussion and tuning.)

Aaron: I am Aaron. You have joined me here, coming out of the sunshine of a brilliant day. I enjoy seeing that the sunshine that you carry in is in your own hearts.

You ask, "How do I do the work I came to do?" and, "What differentiates the work of the wanderer from another?" Each of you has come with different work, but related. And there is one area of work that is true for all beings: You are here to learn to love more fully; you are here to move beyond judgment and beyond the illusion of your limits and of separation into self and other.

When you move into fourth density, all beings will be fully telepathic. Are you ready for that? A question I often ask is this: If everyone in this room were fully telepathic, not just during the session but all day, would that be okay with you? Or have you had thoughts about which there might be some sense of shame? Have others had thoughts about which you might feel some judgment or some threat?

You are not incarnate to get rid of the emotional body but to learn equanimity with the emotional body. When there is a sense of spaciousness that sees how emotions arise when certain conditions are present for their arising and how those emotions pass away, you no longer need to dwell on those emotions. You no longer fear them, so there is no need to deny them nor to be reactive to them. When you have learned that degree of non-judgment, you may move deeper into the learnings of compassion because the open and non-judgmental heart can truly hear your own and another's pain.

What does compassion mean when there has been no judgment? Some of you have moved into the higher densities before coming to third-density earth. Supposedly you learned compassion. Now you come into the earth plane and find heavy emotions arising, which lead to judgment of one sort and another—to fear, to the desire to protect. My dear ones, can you see that this arising of judgment is not something to be met with disdain and hatred, but to be embraced and used as catalyst for learning?

The wise gardener does not cut away the dead growth from its garden and throw it in the garbage, but turns it into the soil and uses it as nutrient for new growth. You do not want to throw away your emotions but to make space for them, that you may move deeper into love and into compassion. This work, of course, is true for all beings of third density. The question is, "How do I work with judgment and the various emotions carried by fear?" Here is where there is a distinction, not only for the wanderer but for any "old soul"; but it is experienced certainly differently by the wanderer.

Many of you suffer from what I call old-soul syndrome. When you are a young soul, you excuse yourself for treading on others' toes. You shrug and say, "Well, everybody does it." As an older soul, you so deeply aspire to oneness with God, so deeply are motivated by the desire to come home. You have the erroneous idea that to do so means you must be perfect. Every arising that does not manifest itself as loving-kindness must be demolished; and so you become more and more judgmental to yourselves, more perfectionist, more judgmental to others.

As with every catalyst on the earth plane, this increasing judgment and push toward self-perfectionism is both painful and useful. When there is minor discomfort, you squirm a little. When you begin to feel yourself bashed by that proverbial "four by four," you finally need to pay attention. The very pain of your self-and-other judgment pushes you to pay attention. It is only then that you become truly ready to see that what you have viewed as imperfection is another side of the perfection of your being. This does not mean that you practice greed, reactivity, anger toward others; but when these arise within you, you begin to treat them differently—not with that hard-heartedness which would drive them out so that you can be perfect, but with a kind acknowledgment, "Here is human fear manifesting itself again. I offer it my love." It is this constant practice of offering love to that which you have judged negative which frees you.

I said that this old-soul syndrome creates more discomfort for wanderers. This is because many of you have memories of being largely free of the emotional body. It was not there so you could not use it as a tool for learning, but you also did not have to worry about it. Some part of you wants to deny this emotional body of yours: "Let's throw it in the garbage and go back where we came from!" The beauty of the incarnative experience is that you cannot do that. You must attend to it and you must learn to attend to it with love. The being who has moved solely through the earth plane has memories of being on the astral plane between lifetimes, but still with an attendant emotional body. It may suffer this old-soul syndrome, heeding its judgments, striving ever for more and more perfection, and finding itself feeling deeply unworthy because it cannot express that perfection that it wishes to express. But it is not haunted by memories of being free of the emotional body.

This is not a problem for you as wanderers. There are no problems, only situations that ask your loving attention. For those who have aversion to the emotional body and to the arisings of the emotional body, and have attachment to being free of that so you can feel more "perfect," I ask you simply this: Can you begin to offer some mercy to this spirit essence that you are, which has so courageously entered into an illusion of form and emotion so as to learn? Instead of saying, "It's too hard. When I saw the ground I didn't realize it was going to get muddy when it rained. Now I'm knee deep in mud. I want to go home where there is no mud." Instead, can you just know, "Yes, here there is mud. That means I'm going to be muddy. Can I allow that to be okay?

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My deepest truth is not expressed by being clean of mud, but by the deeply loving and courageous ways that I work with the mud I am given."

Later in this session I would like to hear your specific questions: "How do I work with the mud I am given? Is it different for wanderers or non-wanderers? How do I open myself to my emotions? How do I learn non-judgment?" Whatever your questions may be. We could spend a session on each of these areas. We do not have that time. So we would like to know of what is the area of greatest interest for you.

At this time I pass the microphone to my dear friend of Q'uo. That is all.

Q'uo: We are those of Q'uo. Greetings once again in the love and in the light of the one infinite Creator.

We shall continue our brother Aaron's discourse upon mud. You see, wanderers gaze with a more jaundiced eye at that mud because it is not as familiar and it seems unnecessary to that witness within. If the wanderer is fourth density, the mud will tend to be along the lines of what is right and what is wrong, what is moral and what will help. There is a kind of desire to battle the forces of negativity. When the wanderer has come into the cycle of reincarnations from fifth density, the mud is likely to tend towards sticking in the area of life dealing with intimacy, for the wisdom density has the hard-won opinion that the war of good and evil is not necessary. Whereas the fourth-density wanderer will speak in terms of relationship, the fifth-density wanderer will speak in terms of self and Creator, certainly a relationship beyond all others but not a relationship easily practiced upon the family and acquaintances one meets at first glance. If the wanderer is sixth-density, the likelihood tends to be that both of these areas: the right/wrong issue which so often polarizes relationships between entities, and the issue of lack of ability to allow intimacy. These energies of compassion and wisdom are being balanced in sixth density. So the wanderer who comes to the third density to aid brings through the veil of forgetting unrealistic expectation, both in the areas of relationship with others and relationship with the Creator.

Now, the wanderer is also a convert in that the wanderer did not have to come to this party. The wanderer chose to come here, so that entity who is a wanderer has outsized, larger-than-life feelings that she came here to serve, that he must find the service, whether the scope and direction of this service is in finding the Creator in other people or finding the intimacy of family with the self and the Creator. These desires will be exaggerated beyond that which is normal for those who "have to be at this party, have to pass this test—*now*." The wanderer, indeed, is in a precarious situation until he can lay down his armor, his differences, his pains; and grievances that bind her to her body, her situation, with ribbons of "should" and "must" which tie us in knots.

So the first step in constructing a life in this alien camp is the creation of a safe place where you can lay all your burdens down, even if you have to prostrate yourself on the floor where you can weep until you are dry, where you can ask and wait until you have an answer or until you die. When this place exists only within, then it is more difficult to do the work. It is desirable that there also be a physical location for this safe and sanctified place. Some feel the need to lean upon the truth found in beauty. These entities will vibrate most harmonically and resonantly with a place in which there is ritual, whether it be the ritual of a tea ceremony; the ritual of creating a bonsai plant; the ritual of meditation, prayer and contemplation; or the spare ritual of *zazen*, the sitting or walking, merely that: sitting, walking … For some this is quite sufficient to alter and transform into that being which is self-forgiven.

This entity has a high opinion of one close to her who merely gardens. Whereas this entity's needs place her within an elaborate community of worshipers of the myth of the Christ known as Jesus, whereas this entity spends time and energy treating that congregation of brothers and sisters as the Christ, this gardener accomplishes all and more by turning the earth, by gazing at the sky, by being one with each flower and each planting, by feeling the changing needs of this kingdom created of tree and shrub and stone and water, which has become a builded entity holding personality, purpose and passion.

There is no best way; but the wanderer has, along with the many aggravations of being unfit for the climate of Earth, many, many wonderful things which are treats not often given to the natives. There is within wanderers a sharper ability to grasp the truth when it is felt; therefore, once the wanderer has developed a safe place and is using it conscientiously and regularly, the potential for true self-healing is

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actually greater than for the native who has not yet experienced anything "better" than the current world scene.

Once this sacred, private and inviolable space has been created, there is much self-to-self work to accomplish. The tools for learning more about the self include the study of dreams, the keeping of a journal in which the thoughts of the day are faithfully recorded, the seeking out and giving time and energy to what this instrument would call birds of a feather; for as the wanderer reaches out to help another, as that other expresses its tale of suffering, who is helped more, the sufferer who hears a little comfort or the healer who is given the great gift of hearing, of being heard, of being able to be present with such a precious gift as the confidences exchanged? It is no mystery why those who are willing to teach, learn twice as much; for when that hand is stretched out and the ear is opened, the invaluable and incalculable treasure of trust and faith is given. What beauty there is in this. What strength we can draw from each other. For all beings suffer, wanderers as much or more than most. Yet those who wander, those who wonder, are also those who receive.

The asking that is so vital comes naturally to a wandering soul. She is uncomfortable; she must speak up. He is lost; he must ask direction. There is the tool called "practicing the presence" which is most helpful to some. In this practice, the wanderer may simply move through each moment without attempting to solve or to understand as much as to witness, and to remain with that witness no matter how the picture might change; for the center is again and again called into being by this practice. When there is joy, the wanderer may speak of it to the infinite One. When there is sorrow, the wanderer may speak of it to the infinite One. Anything whatsoever may be experienced, and the response being praise and thanks to the Creator remains relevant for each and every possible situation.

The edge the wanderer has is this very discomfort coupled with the typical, enlarged certainty that this is not the way it has to be; this is not necessary. The wanderer can pull from its subconscious those gifts allowed through the veil of forgetting, the heightened sensitivity that so often erupts as allergies and food sensitivities, asthma and other illness. These manifestations are the shadow and flip side, as it were, of the ability of the wanderer to trust that remembrance of a life made of light in more harmonious configurations of energy betwixt beings who are more obviously beings of light.

We would at this time pass the microphone back to our brother Aaron. We leave this instrument for the present in love and in light. We are Q'uo.

Aaron: I am Aaron. Q'uo has just spoken to you of the importance of finding a clear place to rest in the deepest truth of who you are and has pointed out that there are many paths to that clarity.

There are two aspects to your incarnative work. First is the work with that which you perceive as shadow arising in yourself: the angers; the desires; fear and all of its manifestations and the judgments about those manifestations. The greatest gift of the physical plane is that you must learn to work skillfully with this arising. No matter how much you may wish to deny anger or greed, you cannot do so. To deny it is to bury it and torment yourself to prevent its re-arising someplace else. To act it out is not a viable option past a certain place in your spiritual path. You forget that you have a third choice, which is to find a spacious presence with this difficult energy, neither denying it nor manifesting it further. You see it as a result and bring attention to the causes, to fear itself and to the delusion of separation, but with compassion for the human who knows fear, who is caught in the illusion.

There are many ways of working with this discomforting arising. They all have one thing in common: opening the heart. Eventually you may become quite skilled at making space for that which arises in the emotions, at making space for physical sensations and thoughts as well, without reactivity or fear of any of these.

You are still caught in the illusion. You are busy being somebody who possesses sensations, emotions and thoughts … being somebody who works skillfully with them. Eventually you must let go of the illusion without denying the illusion its place as learning catalyst. You must come to know who you truly are when you are not somebody who is being busy learning to be skillful. This opening to your true being is the second aspect of your work.

I want to show you something here, something that your eyes can take in. Would somebody please hand Barbara an unwrinkled sheet of paper, and may I have your visual attention for a moment?

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We have here a perfect, unwrinkled sheet of paper. Look at it. This is symbolic of the perfection of your natural state. I ask Barbara to crumple it, then uncrumple it. Wrinkled, yes?

Questioner: Yes.

Aaron: Wrinkled. Let us call them wrinkles of anger, of greed, of jealousy, of impatience, all the familiar wrinkles of your lives. Can you see that the perfect, unwrinkled sheet still exists? It is right here. Where would it go? Your perfection is not something that you find when all the wrinkles are gone. Your perfection is something that is constantly within you—your divinity. Look once more before you settle back down and be sure that you can see the perfect, unwrinkled sheet that lies within the wrinkled sheet.

There is a balance in your work: working to learn to deal skillfully with the wrinkles and learning to rest in that divine perfection which is what you truly are. Those who are not wanderers tend to work hard at dealing with the wrinkles, but it is harder for them to recognize their innate perfection. Those who are wanderers find it easier at times to rest in the innate perfection, and want to take an iron and cross out, uncrease, all of the wrinkles and pretend that they did not exist. Both exist. Relative reality exists within ultimate reality. You are perfect; you have always been perfect; and there are wrinkles …

A very helpful practice for many, then, is to use whatever practices are useful in learning to work with the wrinkles without reactivity, and simultaneously to find what Q'uo has just spoken of: that safe place where one may rest in one's own deepest truth, where one may know its intimate connection with the Divine. From this space you have a different perspective. You relax and open to those wrinkles as the compost of the incarnation. What is compost, but composed literally of shit, of garbage, and yet containing the needed elements to support new growth? When you are certain of this, you no longer have need to get rid of it. You no longer fear it or push it aside because you think it will stink, but become more able to embrace it with a merciful presence.

You must not hide in ultimate reality and fear the physical, emotional and mental wrinkles of the incarnation, which is the temptation for a wanderer. Another way of phrasing this would be to say that you must work with the lower chakras and not just the upper. You have a clear sense, many of you, of yourselves as spirit even if you cannot fully acknowledge your own divinity because you see the flaws in the human manifestation. At least intellectually you recognize your perfection. Come down to earth; ground yourselves; play in the mud. Forget that your mother told you, "You are bad," because your hands were muddy and you must scrub them clean. You are not bad or unworthy. You are gardeners, and a gardener does get muddy. But the gardener also remembers that its purpose is not simply to turn the soil or make mud pies but to grow the greatest blossoms of creation.

I do not wish to repeat here, what on the one hand would take weeks to teach and secondly has already been taught. Past transcripts, both loose pages and books, are available that would talk of these teachings of balance, of relative and ultimate reality and of the energy and meditation practices you may do to help you move more fully into both relative and ultimate reality.[15]

I want to pass the microphone back to Q'uo, and when it comes back to me again I would like to hear your specific questions. My friend of Q'uo has that to add which will enhance this teaching. That is all.

Q'uo: We are Q'uo. Greetings again in love and in light.

Indeed, we call each wanderer away from perfection, away from ultimate reality. We call each wanderer to service on behalf of the people and the planet of Earth. You have suffered much, sacrificed all memory and lived through many years in a strange and foreign land. You had to want badly to come here. Your intention before coming into the earth plane was clear: to lend your vibrations to the lightening of the consciousness of planet Earth at its birthing into that fourth density which moves steadily through the process of fecundity, growth within the womb and manifestation. How upset you would be to discover, after an entire laborious incarnation, that you had spent your time complaining about not being a native and expressing disappointment in the quality of people and concepts.

[15] For more information, please contact the Deep Spring Center for Meditation and Spiritual Inquiry, www.deepspring.org, 3003 Washtenaw Ave, Suite 2, Ann Arbor, MI, 48104.

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Dear ones, you came to be servants of Earth. You came to lay all aside and give yourself fully to the cause of love. You came to suffer and to manifest throughout your suffering your faith and persistent devotion concerning the Creator and those other selves which you know are the Creator. Your biggest stumbling block is that veil of forgetting which causes you to repine at these discomforts rather than rolling up the sleeves and pitching in to a very unsanitary, untidy, but wholly natural process of growth.

No natural function is tidy or clean. Think of the act of love: sperm lubricant, strange postures … Was there ever a less dignified, more earthy way to create the opportunity for a human soul to come into this sacred earth? How could it have been made more low, more basic, more messy? Think of birth: the open, yawning gate of the womb; the spread legs; the pain; the blood; the water; the worrisome, mumbling medical personnel. Where is there dignity, cleanliness or neatness in birth? Consider death if you can—the getting old, the failing health, the vomit, the urine, the excrement—all going wrong until you praise the Lord for a good dump and thrill at relative ill health because you are still alive. This is the world you came to change. You cannot do it if you think you are doing it. Your only hope of being of service, as you meant so wholeheartedly to be, is to embrace this messy, untidy life with each and every portion taken in, accepted and known.

You are servants. This will weigh heavily upon you, for you feel as those somewhat superior, for you have faith in better things, you can see further. Give these gifts away … learn humility … ask for suffering … ask to be the last one served … go hungry … cry … Allow the pain of living to be real, acceptable, even lovely. Get dirty with this boisterous, bubbling, infinitely energetic process of breathing in and breathing out, seeking always to serve love within situations, truth within falsity and people, regardless of how they present themselves. Await the order, the command, from those you came to be slaves unto. Bow before these commands and lean your shoulders to the work.

What is your work? The first work for a wanderer is to engage in the process of life as it is. When you attempt this beginning, again and again you shall fail. This is how you shall learn. Rejoice at each perceived failure. Rejoice at your failings. Rejoice at that portion of you that would kill, that would steal, that would rape or at least have as many as possible, if not by force, by seduction.[16] When the pride falls, rejoice the most; for truth, beauty, justice and mercy are learned only in the dust. Suffer, and praise the infinite Mystery for the opportunity; and when you can do nothing but give up, rejoice, for now you have the idea. Now you are onto something good.

We have such love for each of you. How noble are your aspirations. Know that we are here for you, that our presence is ready to support, to comfort and to accompany any who call upon us. We will not speak words, we will not attempt to be obviously there. But lean into the silence and the solitude when you have called upon us, and feel our love, our total and complete support; for each of you is the infinite One, experiencing and harvesting for the Mystery which created us all. Harvesters of Earth, brothers and sisters of sorrow, place the crown upon your head, then throw it and you into the dirt and do your best. *That* is perfection.

We would at this time transfer the cynosure to the one known as Aaron. We leave this instrument and this beloved group in the love and the infinite light of the one Creator. Adonai. Adonai. We are Q'uo.

Aaron: I am Aaron. Q'uo has just suggested the importance of learning humility, of learning to embrace the mess of incarnation. While you embrace that mess you must also not deny that there is pain in it. How do you learn to embrace that which is painful? Ask to be served last, Q'uo suggested. What do you do with the voice that says, "What about me? If I am last, will my needs be met?" You must not throw away fear, but allow it to dissolve when it is ready. It is the very arising of this fear which is the compost for growth.

We are left, then, with the major question: What do any of you do, wanderer or not, with the threatening experiences of the incarnation? I am not going to seek to answer that at this time in a generalized way. I would prefer to hear your specific questions

[16] Clarification of context is pending, with regard to rejoicing in using such portions of being as catalyst for loving thought and action. It may also be helpful to reference Aaron's second address in Session 20, dated September 25, 1993, concerning the question, "How do I know when I'm following a path of love or a path of fear?" and including the statement, "Your fear is not a burden given you for combat. It is the fertile soil upon which you may build compassion. It is the garbage that you turn into compost."

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addressed to me or to Q'uo, or simply tossed out at random to whichever of us would choose to answer. Are there questions? That is all.

Questioner: I have two questions. My first question has to do with the frustration of wanderers regarding the veil of forgetting of the subconscious memories of greater unity and of the apparent separation experienced on Earth (in other words, how we humans tend to treat each other), and of course the need for compassion and understanding. So, any comments about that and also any instructions in particular Q'uo might have or perhaps Aaron on penetrating the veil as much as possible: what we do to remember what we are here for or seek guidance.

My second question relates to the material that Barbara brought, a question I've always thought about because I identify very strongly with that (some of that information was channeled to me directly); and that is on how wanderers are trapped in earthly karma. We have talked here about how we're volunteers, but some of us also get the sensation of doing time. And it might be useful to know what common things such as spiritual pride tend to entrap us, how to work with them and how to support one another in that feeling of entrapment, which I personally find to be a very strong experience. Thank you.

Questioner: Is this directed to Aaron or Q'uo or either?

Questioner: Either and both.

Aaron: I am Aaron. The veil is also a gift of the incarnation. You do not want to become lost in the forgetting; but do not forget, my friend, that you are here to learn faith. If the veil is entirely torn aside so that there is absolute clarity of who you are and why you are here, then your work on this plane becomes more a work of determination and willpower rather than the learning of faith which was your intention. Thus, the veil serves a purpose. Your quest is to punch holes in it, not to tear it aside. You may learn to punch holes in it by paying more attention to those moments when you are truly resting in a space of egolessness, a space of deepest connection and Pure Awareness. Each of you has moments of this: the times when you are listening to a symphony and there ceases to be symphony and listener, no self or object, just symphony happening. You see the sunset; and suddenly there is nobody watching that sunset, just Pure Awareness with the barrier of subject/object fallen away.

To use a simple example, if you wake up and your stomach hurts, you notice that experience of discomfort; but when you awaken pain free, you fail to notice the natural space of no pain. Similarly, you do not notice when you rest in Pure Awareness, which is the natural state of your being. You notice when you are shunted off into a separate self, because it is painful. The practice, then, involves paying attention to these arisings of Pure Awareness and connectedness. As you more frequently recognize this space of total connection, you begin to allow that experience to stabilize. You come to a deeper, ongoing awareness of who you are. When you are not busy being somebody else—being the doer, the observer, the wanderer, the friend or lover—who are you?

There are many practices that can be done to come to rest more fully in that space of Pure Awareness. Two of the simplest that I know, I will teach you quickly. We will not take the time to practice them here in this room, but you may wish to try them on your own after our session. The first is a breath exercise. Breathe in … breathe out … in … out … in … out … Begin to notice that there is a pause between the inhale and the exhale, and again between the exhale and the inhale. Just a *(Clap!)* small break when the first part of the breath is complete and the next part has not yet begun. When you are breathing in, you are moving into the future. When you are breathing out, you are letting go and looking for the next breath. This space between the breath, often called an aperture in the breath, is *(Clap!)* now. Try it just for a moment here. In … *(Clap!)* … pause … out … *(Clap!)* … pause … I am emphasizing the pauses. You'll find that one is more comfortable for you than the other between inhale and exhale, or exhale and inhale. I suggest that you not try to notice and rest in both, but only one, whichever feels more natural. Let's try it this way for one minute. In … pause … out … in … pause … out … Do not hold the breath so long that it becomes a strain. Just enough pause to be fully in this moment.

(Pause)

When you are experiencing that within relative reality which is discomforting to you, try this breathing. This is not to escape from relative reality

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but to make more space for it by allowing yourself that shift of weight, balanced between relative and ultimate, coming back more fully to that Pure Awareness which never has borne a veil.

The other practice I would have you try is a very joyful one. Go and lie on the grass or on a porch or terrace where you can see the trees and the sky. Breathe in, breathing in the infinite space that surrounds you, feeling yourself filled with all that is. Breathe out and allow your energy to expand outward. Feel the borders of self that you have set and just gently relax. You are not trying to expand outward. You are *allowing* the experience of that natural outward expandedness, which is a deeper truth, simply letting go of borders, moving into the infiniteness of the sky. These are simply tools that can help reconnect you to a deeper truth of who you are. From that place of truth, as it stabilizes, you are more able to punch holes in the veil.

Do you wish further elaboration on this question from either of us, or is this sufficient? That is all.

Questioner: I have a question, which I offer to either Aaron or Q'uo. In the earlier portion of this life it seemed to me that doing something of value was the primary purpose of existence in this body. Over the decades I have shifted my opinion to where I believe that it is relationships that are, in fact, the treasure of this life. My question is, is this a factor of maturity or age, or have I simply stumbled onto what is already so?

Aaron: May I? I am Aaron. May I reply quite briefly here and then pass this to Q'uo who also has an answer?

Questioner: Please.

Aaron: I would raise this question, my friend. Is there any difference between doing something of value and establishing relationship?

Questioner: Doing connotes the creation …

Aaron: To establish relationship and enter into it fully is to let go of your boundaries and fully merge your heart in beingness with others. It seems to me that what you have learned is the real value of opening the heart, that this is the greatest gift. I pass you here to my friend Q'uo. That is all.

Q'uo: We are with this instrument. We are those of Q'uo. We believe we may say a bit upon this point. The seasons of the year have much in common with the seasons of an incarnation. The early creations of mind and brawn—will and steel and thought—are often used with most efficacy by the younger, less experienced entity who does not yet know that life is vain, work is empty and all passing in an instant. Knowledge of this kind greatly cuts into that "eager beaver" mentality necessary for creating whatever dam or distortion might seem desirable.

In the summer of a life, the being expresses the epitomes of youth—the physical beauties, the keen sensing, the indefatigable energy, the beauty of form, the excellence of learning—like flowers. The summer's children, embracing each other and life, create the seeds and in the blossom create the bait which catches the forces of procreation, inner creation and creation with others.

The prime of life is an autumn season where the entity reaps, harvests, winnows and then goes back to the threshing floor, seeking yet again until all has been harvested that was seeded in the youth of years, leaving the winter of life a seeming cold and undesirable time. Yet to the mature entity this is the time of realized being, the time when the sense of proportion is most informed, the time when the most plain and skeletal truths may be seen, shared and preserved. The winter is the ripening of doing into being, the ripening of solitude into willingness to go in any direction to form bridges between the self and anyone who wishes to learn from and give to the entity. All of these seasons have their wisdom. They all have their drawbacks as well.

There is a good partnership in most entities betwixt the inevitable lessons of time and those lessons learned about love which are special to just you. This great gift of self is most easily seen when the fire of ambition has been quenched by achievement, when the unbalance of ambition has been balanced by inevitable loss, so that each choice—in season or out—is, in a sense, precisely equal to all other configurations of thought or priority. The genius of all seasons is the inner awareness that this, too, is the Creator. May we answer further, my brother?

Questioner: No. I thank you both very much.

Q'uo: We thank you very much, dear brother.

Questioner: I would like to ask Aaron if he could speak on the practice of dissolving that he

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mentioned, using the emotional judgment as an example.

Aaron: I am Aaron. I hear your question.

Emotional judgments will arise. It is a necessary element of the incarnation. These will be judgments of good and bad, right and wrong, wanting and aversion. These judgments do not arise by chance. Consciousness moves into contact with an object or with a thought. It finds that thought or object pleasant or unpleasant. The quality of pleasantness or unpleasantness is not inherent in the object or thought, but is contained in the relative relationship with that which has arisen. For a simple example, to plunge into a cold lake on a hot summer day is quite pleasant. To plunge into the same water in midwinter is quite unpleasant. It is not the object that changes but your relationship with that object. When attention is brought to each stage of this process, you will find that while the emotional judgment may still arise, all identification with it begins to dissolve. Then you no longer become caught in the stories of these judgments but see them simply as passing, conditioned objects.

Questioner: Does Q'uo have a response to that … because I have a question.

Aaron: I would speak a bit further. The move from pleasant/unpleasant to like/dislike is common. If you watch carefully you can begin to observe how your energy reaches out to grasp and hold on to that which is pleasant and to push away that which is unpleasant. There is nothing wrong with this. It is very natural to you. If, in that grasping and aversion you are pulled out of the present moment and into old-mind condition, then you are no longer free to respond directly to the object, thought or emotion with which you have been presented. For example, if as a child you often experienced rejection by your peers, if you were in a situation where you came into a coffee shop and saw friends sitting at a table together, you walked to the table and they said hello but did not invite you to sit down, old-mind conditioning might move you into gear, into a sense of being rejected. Anger may arise, judgment at that anger may arise and you become ensnared in all of these heavy emotions.

Using various relative reality practices, one can begin to see how those emotions arose without need to deny the emotion, nor need to be reactive to it. Nevertheless, the emotion still has arisen and it contracts your energy field. The first part is to be able to recognize the arising and to know this is old baggage: "I don't have to carry it around anymore. I don't have to be reactive to it or discomforted by it." Seeing clearly this is old baggage, one can do practices such as the in-pause-out breath, something to bring you back into a space of Pure Awareness, a space of resting in your divinity. From this space you see the contractions of your energy field as the illusion that they are.

Each of you has a light body that is perfect. We spoke earlier of a child's drawing of the sun and the projecting sunbeams. The light body template is and always has been perfect and undistorted. The distortions in your energy field are these wrinkles in the sheet of paper. They exist in relative reality. They have never existed in ultimate reality; therefore, you are given the combined work of handling those distortions skillfully on the relative plane by acknowledging aversion, seeing any desire to be rid of them because they are discomforting, and knowing this is all illusion. You must come back, not hide in ultimate reality, nor to deny the pain of the relative experience but simply to recognize, "This is old-mind condition. In this moment I am not being rejected, and even if I am I need not fear it." You do not get rid of the illusion of contraction of the energy field. You simply release that which is clearly no longer needed. On the relative plane you recognize old baggage and then you make the skillful decision to come back to that truth of who you are, to reconnect with the perfect light body, to release that contraction from the energy field so it may no longer create the illusion of distortion.

You have been practicing the distortions over and over and over. Releasing the illusion of distortion is not the work of an instant, but a continued practice. As a continued practice, it must be done cautiously; there is no getting rid of the distortion. If there is aversion to the distortion, then one must move back into their relative practice, finding mercy for that being that is feeling the pain of rejection, for example. But when there is clear seeing, "This is old-mind, just old habit, and I don't need to carry it around," then you release it. There are many practices that are useful here. They all center on releasing of boundaries, expanding energy outward, coming back into that place of your own divinity and perfection.

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I would offer one more image to help clarify some confusion in the group. I'd like you to visualize a perfect, brilliant light shining on a piece of paper. Let us call the light the perfect light body template for your being. Let us call the piece of paper the physical body. If you take a sheet of cellophane similar to the sheet of paper we crumpled, clear cellophane, and hold it in front of that light, the perfect light will still fall on the sheet of paper. It will not appear distorted. If you wrinkle the cellophane and hold it in front of the light, the wrinkles will manifest on the sheet of paper. Then you think, "Oh, I've got to get rid of the wrinkles," and you begin to try to unwrinkle the sheet of paper; but the sheet of paper never had wrinkles. The wrinkles are an illusion of the incarnative process. Finally, you turn your attention to the cellophane, try to iron the wrinkles out of the cellophane. Eventually you come to the truth: "The perfect, unwrinkled sheet of paper is still there. What I am seeing on the white paper of the physical body is simply the illusion of wrinkle. Attending to it skillfully on the relative plane, I must look at the light of the incarnation and find the perfect, unwrinkled sheet of paper and allow my identity to rest there." Then the distortions which are no longer practiced will go, just as the wrinkles will fall out of a piece of cloth when it is left alone. But if you keep picking up that cloth and giving energy to the wrinkles, they will become more solid. This is the teaching in capsule form. I would be glad to expand on it if you have questions. People are becoming tired. If there is a brief question now, we will attend to it.

Questioner: This may be a real simple question, and if it is I would appreciate it if it were agreed upon just for the sake of the group. I just wanted either a clarification or a correction of my understanding of emotion. And I was wondering if Aaron could give a brief description of emotion. Is emotion strictly the relation of one's reaction either positively or negatively to an object? And is it strictly a tool, or are there other qualities in emotions that are helpful, possibly, to our awakening to our distortions?

Aaron: I am Aaron. I hear your question. Each of you has an emotional body distinct from the physical or mental bodies. All three bodies are connected to what we would call consciousness, which I will not attempt to define in this brief explanation. When there is a physical or mental catalyst which is perceived by the small ego self as something that will enhance or diminish, help or harm, there may be a contraction of the energy field toward or against that catalyst. The experience of this contraction, not the contraction itself but the relationship to the contraction, is what I mean by emotion. Does that sufficiently answer your question or would you like me to speak further? That is all.

Questioner: I may need to think on that.

Barbara: Aaron asks if there are any questions to be considered later.

Questioner: Okay. First of all I have a question on the table still that didn't get answered about "stuckness"; and I'd like to hear from Q'uo. And even more so I'd like to hear from Q'uo about the harvest: What will happen? What we can do to help people prepare, if anything, and maybe some more technicalities and specifics about that. That was your question also?

(Group comments that is will be a good session tomorrow.)

Questioner: I think my last question is personal, but I'm interested in the phenomenon of physical contact with our brothers. Maybe I can formulate a question more specifically tomorrow.

Questioner: I might have one for tomorrow: A commentary from both Q'uo's point of view and Aaron's on what is actually going on when a group such as ours gathers that is not visible—interactions between and among the group.

Carla: And I have a final consideration. It's not a question or an answer, but it's a consideration; and that is that because of the schedule of L/L, we will be having a meditation at four o'clock tomorrow afternoon in addition to the session in the morning. Probably Barbara will have to leave, I don't know. But you all are welcome to stay. Barbara of course, if she stays, will co-teach as channel with me and Jim. So, if things don't get wrapped up and if you are going to be here longer, panic not. We will be glad to dedicate the four o'clock session to working further with questions that you came with and don't want to leave unanswered in some way.

Questioner: Well, I've got one from out in left field. In Santa Fe we get all the strange and wonderful ideas like changes to the DNA, that there's some evolution going on in the DNA, that kind of thing. I

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want to hear about that and see if that's true; and how that might come in with the harvest question.

Questioner: DNA/RNA … you can modify it to DNA/RNA.

Questioner: Yeah, what kind of modifications; and what we could do about it, if anything.

Barbara: Aaron would like to say something very briefly.

Aaron: I am Aaron. One of the questions just raised is, "What's happening here under the surface, beyond these sessions?" Each of your vibrational frequencies has raised considerably since you came yesterday because of the nature of these sessions and your own inner work. Rejoice in that energy. Share it joyfully, and please be as aware as possible. None of you are here by chance. Allow each to be catalyst and serve you as you serve each other.

Catalyst is both joyful and painful. Embrace both the joy and the pain. My conjecture is that there will be far more joy than pain in your presence with one another, but that others' questions and issues may raise some pain in yourselves. Embrace this opportunity for deeper learning. With this in mind, much later this evening I would like to offer a brief ten- or fifteen-minute guided meditation before bedtime for any who would like to participate. It may be a loving-kindness or forgiveness meditation. It may be one of letting go of boundaries. I will wait through the evening to feel the energy I am receiving from you and note what would be of most use. If none of you choose to participate that is fine. Any who would like to are welcome.

Once again, I thank you *(Clap!)*

Questioner: What timing!

Aaron: … the movement of love that has brought you to this gathering and enabled you to participate; and my deepest joy, that—the sharing between Q'uo and myself and all of you. That is all.

(The group paused and engaged in song.)

Aaron: I am Aaron. I have been reading your energy tonight. I have the idea of two distinctly different kinds of meditation. One, to generate a deeper sense of loving-kindness toward yourself and all beings. The other, to work with the boundaries that arise within you. While I see the value of either to most of you, I think we will work with the falling away of boundaries, as it is more directly relevant to what we have talked about today.

Visualize yourself walking through lovely woods. You come to a small clearing where there are wildflowers growing, and just beyond the clearing, a stream. To the opposite side from the clearing there is a rocky wall, a cliffside of ten or twelve feet. As you contemplate the beauty of this scene, suddenly someone across the stream starts throwing rocks at you. The first whacks you on the shoulder and you turn and look to see a large, menacing person. You have noticed there is a cave in this cliffside, so you retreat into it. This is an unusual cave, more like a bowl—a soft, lined container. It is very dimly lit, enough so it is not total darkness, but not what you would consider light. It is shaped like a large balloon. The mouth has the quality that when you push it aside, it remains as open as you desire it to be until you take your touch away; and then it contracts, closing completely—a magic cave. Allow yourself to enter. Feel its softness. Feel the sense of safety within. You can hear the rocks still bouncing off the walls, but nothing can harm you. After some time, the rocks stop. Minutes, hours, years, centuries, pass.

I said this is a magical cave. You are fed. There is air. Your needs are met. You are enclosed. You spend eons dreaming in this softness. Finally the light comes to your awareness. A very dim light within this cocoon touches memories of a brilliance you had known. There arises the desire to remember and re-experience that brilliance. Tentatively you reach out to the mouth of this cocoon, remembering how the walls will expand with your touch and hold that expansion, but with the magical quality that as soon as you say, "Close," it snaps shut. Reach out from this place of utter safety. Touch that doorway and allow it to open just the smallest amount. Allow light to stream in. It is springtime. Allow the sweet smell of the air to enter. How long has it been since you have opened yourself to that freshness? What made you close yourself off here in the first place? There is the dim memory of danger. What if that being with his rocks is still there? But it has been an eternity.

Acknowledging any fear or resistance, ask yourself if you can open this doorway just a bit further and come out into the light and the fresh air, not moving out of your safe spot but allowing an opening big enough that you can truly look out. Here is the

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meadow, just as you remembered it, filled with wildflowers. There is the bubbling stream with small waterfalls over rocks and lovely pools where one could sit. The trees sway in the breeze and are alive with songbirds and their own whispered melody of the wind. You are safe. Open the armor just a bit more.

Can you see how terrifying it would be if someone were to slice into this cocoon with a magic sword, cutting it in half so it fell apart? You would be free but you would be in terror. It would be a violence to you. One is not freed by being forced into freedom, but by choosing freedom when one sees that the armor which was chosen for its safety is no longer needed. We honor that armor. It served a purpose; but we recognize, "I do not need this anymore. Whatever illusion of danger there was from which I sought safety, it no longer exists. I am safe.

The memory of the man with rocks does not die easily. The dim memories of the many horrors you have experienced through your many lifetimes does not die easily. You are not attempting to rid yourself of those memories, but to allow them to take their place as part of the catalyst that has brought you to where you are today. The armor served its purpose; now it is old habit. I am going to be silent for a few minutes. What I would like you to do is to enlarge this opening as much as you feel comfortable. Remember, a light touch of your hands will ask it to grow bigger. Simply the thought, "Close," will lead it to snap shut, and you will be enclosed and safe again. Here you can experiment; you can look into your fear in a safe way. You do not need to emerge completely. You may choose to open the doorway enough that you may sit in it, like a doorway, knowing that you are still within. Or you may find that you are ready to come out and smell the flowers, to play in the pools of the stream.

With great gentleness and kindness, allow yourself to move out of this armor and to be touched directly by the world around you. There is no right or wrong way to do this. Simply emerge as far as is comfortable and investigate the nature of the fears which hold you back. We will be silent now for five minutes.

(Pause)

As you open to the world beyond your armor, you become aware that there are others emerging, each from their own armored shell. At first you may startle at the presence of others' energy and want to withdraw. If there is any sense of needing a shelter, allow yourself to withdraw a bit until you feel safe. See that the others do not threaten you, that this is old habit which wants to pull itself back in. Then you can simply acknowledge old habit, old conditioning: "I do not need to do this anymore." Touch the walls and come out again. As your armor falls away, you will find it natural to make contact with others. If it is appropriate to your own emergence from your shell, reach out your hands, feet, whatever limb can make contact to one or more neighbors—those sitting beside you in this room. Very carefully and mindfully, see how it feels to allow yourself to be fully vulnerable and open to another's energy field and to release your own energy field out to them. I ask you to do this now quite literally, if you feel it appropriate, reaching out hands or feet so that you contact at least one other person. Gently explore the nature of this opening. Know that there is no force; you may retreat at any time. This practice is to help you experience the nature of that armor as old baggage, to more fully experience the nature of the presence and that you are safe and may continue without your armor, without the illusion of limits and boundaries.

You may wish to drop the hand you touch and then take it again, to feel how it feels to separate yourself from the other's energy and then rejoin. I will be quiet for one minute.

(Pause)

It is quite late, so we will end this meditation here; but I would like you to carry this practice with you to bed and through tomorrow. Each time you feel threatened, notice the contraction of your energy field and the way that pulls you back into a sense of armoring, perhaps seeing two people talking together and feeling rejected by them or hearing something which threatens you and asks you to look deeper at fear. Watch each contraction and the way you pull into your armor and then ask yourself, "Is this old habit? Can I allow these boundaries to reopen? Can I allow myself again to emerge? And again and again …?"

May all beings everywhere come to know their infinite nature and their limitlessness. May all beings everywhere emerge from their self-made prisons and find the true freedom of their connection with all that is. May that knowledge of your freedom and

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infinite perfection bring you home. I love you all and bid you a good night. That is all. ✤

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The Aaron/Q'uo Dialogues, Session 26

September 25, 1994

(This session was preceded by a period of tuning and meditation.)

Group questions: Should we begin with all or one of the questions that we came up with at the end of the session yesterday? The feeling is to put all the questions on the screen and let Aaron and Q'uo speak to them as they will.

M would like to hear from Q'uo about the quality of the harvest, what will happen then and what we can do to help to prepare for it, if anything.

There is information about DNA/RNA changes that are occurring, and we would like to know if there is information on this topic that would be helpful to know.

What is actually going on when a group such as ours gathers that is not visible, as interactions among and between everyone in the group? How do we use that energy when we go home to continue to grow and serve?

Q'uo: We are known to you as those of Q'uo. Greetings in the love and in the light of the one infinite Creator.

Upon this morning dedicated by your peoples as a Sabbath, we embrace each in holy joy and thank you for calling us to you in these sessions. You have made it possible for us to offer the service that is ours to give. There is no greater help to us than that precious call for information. Without this we could not serve in the way we have chosen to offer service. It is only in the work of serving you that we may learn those lessons which are before us as a people at this time. Therefore, we most humbly thank each for the enormous service you have done for us.

As each relaxes about the circle, we ask each to pause and simply look within, asking to see in some symbolic, mental visualization your energy nexus. How do the harmonics, resonances and balances of this present moment compare with that system of energetic displacement with which you came to these sessions of working? We suspect that each may see the brightening, regularizing and balancing of energies far beyond the system of energy with which each entered this environment.

Each entity is as the radio. There is the ability to vibrate at various speeds and levels of rotation or vibration to send out to other receivers, and there is the receiver which may take in those vibrations sent by other senders. When a group such as this converges for a united desire, the energy available to each in the group skyrockets exponentially because each is as the flower turning to the sun. Each basks in the others' radiant warmth. Now we realize this work is done for the most part without conscious intent; however, the conscious awareness of this process is not necessary in order that this adjustment process occur.

Now, to each entity there have come the new faces, the new personalities. There has been the opening to that first meeting of the mind and heart. In the natural way of third-density beings there has been the instinctual movement toward groupings, these groupings shifting and further harmonization taking place as each spirit deepens the lines of communication with the various other entities so that over the period of these few rich hours of companionship and heartfelt love, a community supporting each has evolved, complete with stories to tell of laughter and of tears. For wanderers, this gathering of like souls is especially poignant because of the extended spiritual families or clans which make up the chosen groupings of entities into community in higher densities. When each departs this crystallized, new entity of light, each may carry within the memory of the heart, this supporting and enabling group ethos or spirit.

You wish to know how to use this incalculable, priceless gift. Firstly, we ask each to gaze often into this memory, for there is comfort and validation in this group, each for the others. This simple remembering is potent and is one occasion which maximizes the development of faith; for each has the faith for the others, each falls down in faith when the gaze turns inward. Therefore, this community of seeking, devotion and faith that has been born here may withstand the plangent, painful doubts and fears that will come to each. Further, when this memory is seen as that crystallized gem of offered and accepted love which it is, that gem may be scried as the seer's glass; and within its light the Creator itself lives, accessible in that intimate, personal way in which family members all have the same remembrance of loving parents, loving father, loving mother. So, each may see the memory both as invaluable in itself and as a clear glass in which each may become transparent to the one great original Thought, which is Love.

Now, each has its own network of friends who also walk upon a path of faith, attempting to live a life of devotion to the Creator. Thusly, each may link this group with others. In this way, that golden net of which we have spoken is more and more finished, the strands covering more and more of the globe's inner spheres. This is a time of beginnings, the dawning of a new millennium. In this new day, your riches shall be each other. How much you have to give each other, my friends! Yourself, you cannot save; another must reach the hand. Yet, what you are not able to do for yourself, trust and know that you—imperfect, broken and sorrowing—yes, you, just you, only you, can do great service for others. Just, merely, only you, as you are, are of infinite, infinite value to each other. This is the way of salvation for all peoples: love reflected in love until your entire environment moves as though to one great music, even the flowers and trees swaying to that dawning, enhanced consciousness which is coming gradually even now to each questing spirit.

We would at this time, turn the microphone to our beloved brother, the one known as Aaron. We are those of Q'uo.

Aaron: My greetings and love to you all. I am Aaron. My beloved brother/sister of Q'uo has spoken of the ways you may draw your energy together to deepen love and faith as you reside within this illusion. That foundation of love becomes a strong source to draw upon as you work with the sufferings of the third-density experience.

I wish to speak to these sufferings a bit more specifically, especially as they occur for wanderers. Each of you is unique. I do not wish to categorize you and in that way minimalize your pain. What I describe here, then, is a map, and you will need to fill in the details yourselves; but I offer the map as guidance through your confusion.

I see three basic areas where wanderers find themselves struggling. The first is the physical distortion. When you enter a density which is disharmonious to your own frequency vibration, it is not only discordant with the physical body's frequency vibration, but often has the illusion of discordancy with the emotional and mental bodies' frequency vibrations. Each of your four bodies has its own specific frequency vibration. You can retune, but must also acknowledge the heavier vibrations of the physical and emotional bodies and not try to force a higher resonance before the human is ready.

The second area of distortion comes here. Rather than trust your situation, you may use grasping and force of judgment to attempt to penetrate the veil. The third area of your discomfort lies just on the other side of that veil: "Home; I want to go home." You cannot say it more simply or poignantly than that. Let us speak to these three areas and begin to look at how the discomfort itself may become tool

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for learning and enrich your readiness to serve on this spaceship we call Earth.

I said that each of these bodies resonates to its own frequency vibration. When you strum one string of a stringed instrument, sometimes the nearby strings will vibrate as well. While each has its own vibrational frequency, the harmonics involved set up accompanying patterns of vibration. Many wanderers come into the incarnation out of tune with the vibrational frequency of third-density earth. The feeling is as if you were a giant violin string wanting to sing out your music to the world, but every time the string that you are begins to vibrate, something clamps down on it, preventing the fullness of that vibration. The more you fight against that which stills your string, the greater the illusion of discordancy. The hand that touches the string and string itself can come into harmonious interaction. The earth plane and the physical vibrational frequency of the wanderer can come into greater harmony when one relaxes into the environment in which you've incarnated.

It is common for wanderers to suffer from allergies/asthma, reacting to both the natural substances of the earth and the distortions of those substances. I do not suggest that such allergic reactions are mental. Certainly, it is the physical body that is finding disharmony; but part of the disharmony comes from your fight with the incarnation.

I want to go into some specific detail here. There is not specific vocabulary to discuss this. Let us use metaphor. I return to that example I gave yesterday. We have the perfect light, the perfect light body template, shining down on a white sheet of paper, which is the physical body. Let us adapt a term that we will call *sub light body*. This is not sub "dash" light but sub light body, slightly lower than the light body. Let us envision here a piece of perfect cellophane. The light that shines through onto the paper of the physical body is perfect. When you wrinkle the cellophane and unfold it, the reflection of those wrinkles shows up on the piece of paper. When you identify with the wrinkles and start to believe they are real on the piece of paper, you act in certain ways as if they were real. When you remember that the perfect, unwrinkled sheet lies within the wrinkled sheet, your attitude toward the reflected wrinkles on the lower page, which represents physical body, will change. You look at the wrinkle and you say, "It's there, or appears to be, but I don't have to act as if it's real." When you can dwell more fully in the ultimate reality, what happens is that your energy field does not contract around each wrinkle. There is spaciousness around what has arisen.

Let us bring this picture back to the situation of the wanderer with physical-body discordancy on the earth plane. The light body template is always perfect and in full harmony with all that is. Here sitting in this room is the ever-perfect physical body which carries an experience of distortion. Focus on that pain or discordance, seeing it literally as a reflection of a wrinkle in that sheet of paper: the painful back, the stomach problem, allergies, whatever it may be. I am not suggesting that it is not real within the relative reality in which you dwell. If your stomach or back hurts, your stomach or back hurts. If there is allergy and watering of the eyes, that is happening; you are experiencing it. But it is not the only reality. A higher reality is the innate perfection which is also there.

We move into the same two steps I discussed yesterday, acknowledging the real, uncomfortable experience and finding openheartedness for the discomfort, that there is no longer such strong aversion, no longer such fear of it. The pain and/or aversion themselves are part of all that is. Do not create a duality here.

The second part is to move back into this perfect light body template. Instead of allowing the physical body to reflect the discordancy which mental and emotional bodies have created, and in which you have pain, come back to your perfection and rest in it. In a sense it is a kind of wordless affirmation. You are not denying the relative plane of reality, but choosing to more fully ground yourself in the ultimate reality of who you are.

No, you will not wipe away all your physical ills with this practice. They are gifts of the incarnation. Through your own pain on the earth plane, you learn a deep sensitivity and compassion for the pain of all who suffer. You are meant to fully experience this as third-density human. So this practice is not going to get rid of all physical distortion, but it will considerably lessen the intensity with which you experience it. All you need to do is to sit for a few minutes in meditation when this physical distortion feels strong, send deep compassion to the human

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which is suffering its stuffed nose or back pain, and then allow yourself to connect to the light body template and relax into the perfection of your being. Remember, the light body template is not disharmonious to this density. You create the body disharmony through the contractions which arise out of your struggle with the heavy density experience. When you relax and rest in the spaciousness of the ultimate, the disharmony resolves.

Work with the emotional and mental bodies is much the same. I will not repeat the details of the practice. When I look at you I see light literally streaming down from this light body template, light that surrounds you not just as your aura but as the entire energy expression. The silver cord is a metaphor for what I see. Of course, it is not a silver cord in ultimate reality, but there is this seeming silver cord that connects through all the energy chakras of the physical body up through the sub light body and into the light body, and through that perfect light body into that which is the source of the light body. Here is that child's sun and triangular sunbeam of which I spoke yesterday. The energy comes from the sun through the sunbeam, through the reflection of the sunbeam, which we called the sub light body, and down into the physical body. The energy field radiates out, not just from the light body and physical body but from this whole connected cord.

When your energy is open and relaxed there is no hard edge to it. Picture it as billions of dancing molecules of light, denser toward the cord of the physical structure, more disbursed as it moves out. The energy of that which you contact moves in because there is no skin, no edge. When you freeze up inside, as wanderers especially are prone to do, this has a different vibrational frequency and it is going to hurt. You put a shell or hard edge around your being and move into an illusion of separation. But my dear ones, how can you help but smack into the various illusions of this plane when you create a hard edge against which they will smack? We keep letting go of that edge, then. First, you must see that you've built it. Each time you feel the edges, you ask yourself to let them down. Then you will no longer feel the physical, emotional and mental densities of the earth as a hand clamping down over your string that wants to vibrate. You will begin to experience them as sister strings; perhaps no longer a violin, but a base and a cello. But you can begin to vibrate in harmony with them. First, you must allow them in.

Finally, we come to the deepest pain of many wanderers: "I want to go home. I feel so alone, so isolated, so abandoned. I want to go home." I said yesterday—Friday, pardon—that all wanderers, 98.6% of you, come equally to serve and to learn. We cannot specify and say this and that and that are what each wants to learn. You are each unique; however, a common chord in your learning relates to that of which I spoke yesterday. I called it old-soul syndrome. It is not something that applies only to wanderers; but because wanderers generally are old souls, we find that it does apply very deeply to most wanderers: "God seems to be out there and it is perfect. I am here, separate from that divine energy and I am imperfect. I can't go home until I become perfect." That is the misunderstanding. You strive to become perfect instead of simply looking deeper into yourself and understanding that you are and always have been perfect. What you seek is not out there, it is right here in your own heart. The Divine is no place else … please correct that … the Divine is every place, but needs to be sought no place else than right here. This is the greatest misunderstanding and threshold to the greatest gift this incarnation can offer you: to begin to know your own divinity.

If you were already perfect you would not need to be here in relative terms. The relative human is never going to be perfect. The light body template of which you are a seemingly imperfect reflection is and always has been perfect. That light body template is none other than a projection of the Divine, in which sunbeams beam back into the sun. There is nothing there that is not of the same nature as the sun.

You are trapped in the illusion of the wrinkles. That is not a problem. It is your catalyst for remembering your divinity. Allow it to teach you. When you finally understand who you are, you understand that you have always been home. How could you leave that which fills you always? How could you have ever been separate from that? What a joyful moment it is when you understand what you truly are. The healing of that delusion of separation and flaw fulfills the learning for which you came into form and frees you to offer your energy with a greater focus and greater clarity to the service that you came to perform.

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I pass the microphone at this time on to my brother/sister Q'uo, with much joy in this sharing and the way we may elaborate on each other's thoughts. That is all.

Q'uo: We are Q'uo. My brothers and sisters of sorrow, long ago as you measure time, we and others came among you. When we left, we had salted the way within your planet's inner worlds the fair fruit of our peoples, those who loved so deeply and heard the cries of Earth so clearly that they were willing to sacrifice present pleasantness for the difficult and painful, challenging and worthwhile mission, if you will, of sowing within your peoples' awareness those seeds of harmonic understanding or awareness that might hopefully assist those of your sphere and the sphere itself, your beloved planet Earth, to weather the crossing of that channel of birth that looked as though it would be a difficult earth. Now the time ripens, the fields of the Earth's spirits are white with harvest. Now the harvest of Earth begins.

Wanderers, sorrow's own folk, you have come here to serve. We call you all to service now. Take up your crown of thorns. Lift the burden of your humanity and walk forth unafraid. We encourage each to trust destiny. Your basic vocation is devotion. Work with your moments of conscious awareness in your own way, at your own speed, taking rest and comfort as you need that refreshment. Allow each morning's light to form within you its own agenda for your day and your night; and study patience, for in addition to this great central vocation that even now regularizes your planet and its steadying light, you will come into, grow into those apparent and overt services that have been prepared for you.

To many, the service of devotion is the complete service required. If this is occurring within your life, come to an informed understanding of the value of being, for it is because your ground of being is remarkable that this lonely job of keeping the lighthouse burning has been given you. Tend, then, to this light within, hollowing the self through anguish, pain and initiation until you are transparent to the light. This may be your destiny: to act as radiator and regulator of the light of planet Earth. To others shall come ministries, as this instrument would call them. Those who begin to develop as channels of some form of healing, move along the path of your gifts. Look always to the true shape of the gifts within.

Perhaps, in addition to being the light that shines upon the hill, you may also have what the world and the illusion know as vocations. Entities such as this instrument, the one known as Jim and the one known as Barbara have developed such vocations; and there seems, perhaps, a glamour or desirable charisma emanating from these services. Yet in truth, these entities are but channels. The glamour, the charisma, exists within the channel, the space which these entities have created by their faith. When such an opportunity arrives for you, you may embrace it, being completely unworthy in your own eyes; for in such service the actual job requirement is willingness to sit with that light that has been given, reaching not, striving never, but ready to accept the souls given into their care. Never accept the opinion of others when praise is given, but always know and offer credit to that which has flowed through your channel. This is so difficult: to remain open and accepting when it appears that you are successful in helping. What a difficult trap to avoid, yet each shall keep the other's balance through communication and mutual support. Each may encourage each to true humility, true servanthood.

You have sacrificed much for this opportunity to serve. Take, seize, grasp this opportunity, not to rush forward with it but to sit embracing it, asking it: "Change me as I must alter to do the will of the infinite One. Humble me; comfort me; give me companions along my way. Give me persistence, stubbornness and courage. Let me love insult and misunderstanding. Let me embrace criticism and shame. Let me become empty." These are the prayers of the brothers and sisters of sorrow. These are prayers of tears and joy beyond all knowing.

We would at this time transfer the microphone to the one known as Aaron. We are Q'uo.

Aaron: I am Aaron. I want to speak to this term *harvest* and what it means. This is a word that is often used. Perhaps you flinch at the term and your energy quails because the word implies force to you, that someone goes out into a field and harvests the grain and fruit to take it for its own, as if the grain or fruit were being used or manipulated. Think of the small energy that moved into that stalk of wheat, into that apple or bean. When energy moves into that which is used on this plane as food for others, its greatest will, at whatever level it is conscious, is to learn how to offer its energy to others and become part of the greatness which is universal

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consciousness. When you pick an apple from a tree and express gratitude for the nourishment and sweetness of that fruit, that honors the apple's greatest joy: to serve. Its free will is not being violated by being plucked to be eaten. If it did not want to be eaten it would have invented blemishes of one sort or another that would make it unappealing. The richer it appears, the more vibrant its energy field, the more it wishes to offer itself and make itself attractive.

Just so, the evolving human that has become ready to move beyond this density becomes vibrant in its desire to be a tool of the Divine. It becomes radiant in its selflessness. Its greatest wish is to be of service and, as my brother/sister Q'uo just said, to allow its will to be offered to the greater will of the Infinite: "Not my will, but thine be done[17]; not for my glory, but for thine. It only comes through me. I am simply a channel."

Think you of this. Barbara, here, is a channel. She channels this energy that you have come to know as Aaron. Do you not think that I am also a channel? What I offer you does not originate with me. I offer you divine wisdom and tell you nothing that you do not already know in the depths of your own divine wisdom. I am a channel. I am empty. When you come to this, what Q'uo has referred to as harvest, it is not that your being is snatched up with no accord to your own will, but that the greatest gift that you can offer is to allow your energy and light to evolve to the point that you are ready to move beyond the limits that you've previously believed, to be "harvested" into the next step of your evolution.

It may help you to think of it with this image. Within each being is an intense light, unlimited in its power. Around each being are many layers of shielding, like an onion; but place that intense light in the center of the onion. With each giving up of fear, with each bit of clarity of the truth of that inner light, layers of the so-called onion fall away; you become translucent. At a certain point you emit so much light that you are ready for the so-called harvest, to move into another plane where further layers may fall away. With higher densities, more and more layers of shielding and separation fall away until finally that brilliant and intense inner core is exposed and offered into the service of the Infinite, of God.

What is this harvest about on the earth plane? I spoke yesterday of the move of Earth from third to fourth density. In fourth density you are part of an energy group, not forced into that and not fixed in your placement, but desirous of that deepening contact. In a sense, the connection between you this weekend is rehearsal for fourth density. When you let your barriers down and allow yourself to be both more telepathic with each other and very open in your energy fields, with thinned shielding, you are practicing for fourth-density experience. The illusions of separation will fall away.

Fourth-density Earth may appear not much different in some outward aspects. There will be seas and mountains and forests. Yet, there will be a new understanding of the deepest interconnection of all that is, both upon the Earth and outward from the Earth. You will be co-creators with the soil in the creation of your crops. If you choose to eat solid food rather than to dwell simply on the light and energy, that which you eat will be thanked graciously; and as Q'uo thanked you for the opportunity you give him to serve, your food will thank you for its opportunity to serve by nourishing your body. You will understand your codependence on others in a positive sense. You will not be ashamed of that which arises in you. Since there will be no shame over the arisings of the emotional body nor any need to fling those emotions on others, you will deeply share your joys and sorrows much as fourth-density energy does now. Fourth-density energy now is fully telepathic within its group. The learning of compassion is so profound because you fully experience the unshielded emotions of another: its pains, its sorrows, its joys. You no longer are limited to learning from your own experience but become able to learn from everyone's experience; and because you no longer guard your own experience out of shame, you offer it to others for a source for their learning. This is what Earth is in process of becoming.

People ask me: "Is this really going to happen? What about the arising negativity I see on the earth plane?" My dear ones, if you fear and hate that negativity, you simply add to it, and it will become the source of your own stagnation. This is much as a child learns lessons in school and asks, "Am I ready to go on?" If he or she does not study for an examination and does not pass the test, he may not go on. The focus is not on progression but on understanding.

[17] *Holy Bible*, Luke 22:42.

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The work must be reviewed until it is understood. There is no time pressure. If you continue to return fear to fear and hatred to hatred, you have not understood and the work will be repeated until it is understood. The Earth will continue to offer you catalyst. When enough of you understand the lessons and can return kindness and love to fear, can allow fear to become a catalyst for compassion rather than hate, then you will be ready to shed the illusion and move into fourth density.

Many of you will continue on fourth-density Earth. Others will move back to non-material planes from which you came and find whatever other ways you may choose to serve and to learn. The radiant fruit that you have become will find its next place in the universe, its next place to serve, to grow and to love. I would like here to pass the microphone back to Q'uo. That is all.

Q'uo: We are Q'uo. The time has come for us to bid each dear spirit here farewell. We cannot express our humble thanks sufficiently for calling us to you to share our opinion with you. Our most deep wisdom, my friends, remains: Love the Creator; know that the Creator loves you and brought you into being to delight itself; dance as the child of the stars that you are and always know that the key is to love one another, to share each other's joy, to bear each other's burden of sorrow, to bring each other home. We of Q'uo leave each in the love and in the light of the one infinite Mystery which created all that there is in unity and harmony. Adonai. Adonai. Adonai vasu borragus.

Aaron: I am Aaron. I would like to close by teaching you a very simple meditation practice, drawn from the Tibetan Buddhist tradition, which may be used to open up your own hearts and to more deeply offer your energy and service to another. It has two parts. I am going to teach them to you one at a time and then we'll put it together.

Feel yourselves seated in a cylinder of light. Breathe in, feeling that light enter through the crown chakra and coming down to the heart center. As you breathe out, feel that light stabilizing within you, filling you. Breathe in, visualizing some person or place of suffering. It may be used with a friend, or perhaps when you are watching your television and see the victims of war or famine. It is best to hold one image in your mind here and not to scatter your energy. So you have breathed in that light, breathed out and let it fill you, especially moving into the heart center, breathed in and visualized suffering. Breathing out, allow that light to move out, directed to that place of suffering. That is part one. Let us practice it several times. Breathing in the light … exhale, feeling the light expand within you … breathe in, visualizing the person or place of suffering … breathe out, sending that light out to suffering … breath in light … exhale, expand the light … inhale, visualizing the suffering … exhale, sending the light out … inhale light … exhale … inhale … send the light out.

Now we add the second part. After you've sent that light out to the one who is suffering, visualize that suffering as a heavy, black, tar-like mass. Breathe in, allowing yourself to breathe that heaviness into your heart. Breathe in … exhale, feeling the weight of it … breathe in, opening your heart and awareness to God … breathe out, releasing that heaviness … just let it go … breathe in light … exhale, expanding light … inhale, visualizing the suffering … exhale, sending the light to that place of suffering. Visualizing that suffering as a heavy, black mass … breathing, feeling the weight of suffering in your heart … breathe in intention to release … breathe out and release. That is it. I ask that we do it for two or three minutes. I ask that you do it at your own pace.

(Pause)

This practice may be done at double the speed, simply breathing in light with the inhalation, sending it out, breathing in the suffering and darkness with the next inhalation and releasing it; or it may be done at half the speed with a full inhale and exhale for each step. Suit the speed to your own temperament. It may also be done with yourself as subject and object when you are in much pain. You may become a channel of light, bringing light into your heart, and a channel of release of your suffering, reminding yourself through the offer to take that suffering from yourself and release it. It is a way of expressing your energy, of truly becoming that servant of light; and expressing your willingness not to hold onto that light in service to self but to offer it out to where there is pain; and your willingness not to bar yourself and separate yourself from pain but to be a channel through which that suffering of the world may be released.

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I thank each of you for calling us to speak with you this weekend. I thank each of you for the beautiful being that you are. Each of you I see as a rose opening into the sunshine, with each new day or each new incarnation of your being more fully expressing your glory. Please know how deeply you are loved by beings of all planes and that you are never alone, but are surrounded by loving energy which would assist and nourish you on your path. That is all.

Carla: I want every single one of you to know how privileged we are to have had you this weekend. It is such a blessing to us that you are here. This is what we are here for and it really feels wonderful. If there are times in the future when you need to come back, don't think twice, just give us a call to let us know you're coming. We know you will bring your healing with you when you come; and we are always here to welcome you and answer any questions we can about the mechanics of living, while you have the healing that you came to have. We hope you shall keep in touch with us, whatever happens to you, because we love every one of you very much. Thanks for your company. It's wonderful to suffer with such great people. Perhaps Barbara would like to say a word or two.

Barbara: Just, thank you.

Questioner: I don't know how my, and I'm sure shared by others, sense of gratitude can be expressed to Carla, you and Jim, and Barbara for coming as well, but thank you for holding this space and time apart that we might come and sit together with you and listen and be filled. Thank you so much.

Group: *(Sings)* "Love one another, love one another, as I love you. Care for each other, care for each other, as I care for you. And bear each other's burden and share each other's joy. Love one another, love one another and bring each other home."[18] ♣

[18] Reference is pending.

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Sunday Meditation

September 25, 1994

Group question: The question this afternoon has to deal with the comparison of the concept of the wanderer, an entity from a more harmonious illusion, moving into this one to be of service to those here, and the Fool, the twenty-second archetype, which walks off the cliff with the eyes covered and with seemingly a lot of danger on all sides, and we would like to know if there is a way that you could compare these two, if they have relationships and if there is some information that might be helpful for us to consider in applying to our daily lives as we wander about and appear to be fools.

(Jim channeling)

I am Q'uo and I greet [each of] you in the love and in the light of the one infinite Creator. We are most pleased to be with this circle once again and are honored that you have called for our assistance in your seeking of that which you call the truth.

We again would remind each that we are but your brothers and sisters who have walked, perhaps a bit further upon the trail which you yourselves walk and we share with you our journey with joy but with the realization that we are fallible journeyers and we have made missteps and wish that you would assess all that we say with your own eye of discrimination, taking that which has value to you and leaving that behind which does not.

This instrument asked for tears. They are that which the heart feels when the seeker opens itself completely to those about it. It is painful, my friends, to feel with a whole heart in your illusion for there is much that seems dangerous and threatening and yet, when the seeker looks within its own heart and finds that there is love there that is a gift of the one Creator, the seeker is filled with joy to give that which has been found if but the fear to open can be overcome. There is much in your illusion, my friends, which causes you to believe that it is well to remain closed to those emotions which are available to those who live a full and open life and who are willing to share the essence of their being with their brothers and their sisters about them.

You each move, as the one known as Aaron remarked, in a kind of shelled existence, where it is more nearly the accepted practice to remain behind the shell and to send out feelers, shall we say, from time to time, testing to see if it is yet safe enough to open the heart a little further to another.

We would at this time transfer this contact to the one known as Carla.

(Carla channeling)

We are those of Q'uo, and greet you again through this instrument.

There are so many obstacles within to this opening, so many sensible voices within, encouraging caution, suggesting the wisdom of silence, offering support for being discrete, being the observer, being wise. Your culture is not the culture to appreciate the wanderer or fool, for it values the shell, the discretion, the distance kept between. Why would the culture, created by spiritual beings, come to be such a deadening influence? Why does not this culture of yours support spiritual fools?

There is the strength of the world to consider. That strength is that it is safer and more pleasant to remain within the shell. It is easier to govern entities who are complacent and willing to be led by mass communication media. Woe betide the entity who reaches adulthood still choosing to be inwardly alive to new possibilities, for the culture is geared toward efficient working. This efficient working is far easier to make reliably present when entities follow like sheep. That is the strength of the illusion: that it is set up to discourage folly. The parents tell their children not to be foolish but to look ahead, to know the right people, to get in the right situation. The consideration is towards security and against risk.

We would transfer.

(Jim channeling)

I am Q'uo, and am again with this instrument. The risk, my friends—what is it that is risked? As each seeker moves through the daily round of activities the path of least resistance, shall we say, is that gliding upon the surface of things in a more functional manner than would be expected from one who seeks the truth. The surface appearance, or personality, is that which has been builded over the course of the incarnation and which has as its portions of self those elements taken from family, friends, teachers and the community at large which expects the conformation of the entity to equal that which is generally accepted.

Thus, the same palette of colors is offered all and the seeker who chooses the newer colors, the differing aspects of self to express, the point of view that disagrees, the action that moves the self from the crowd, the choices that are not understood, cause the seeker to place itself in a position of being ridiculed by those about it—the ridicule, or threat of it, being the means by which compliance is gained. Thus, the seeker risks that which it comes to know as the self but which is but the veneer of personality. To break through that veneer is a great risk for there is no sure knowledge, it would seem, of who exists behind the veneer. And if it should be suggested to any seeker that the entity there may be different than expectations, then there is the fear of ridicule and reprisal.

Each entity, then, seeks to break through this veneer by discovering what exists behind it. In the search for the self, the seeker finds this self in all others about it when it is able to open its heart and break through that veneer to the love which is the self. By opening more and more to those about it the seeker discovers that the self within is full of variety, the creative energy of love expressing itself in myriad ways, each of which is a glorification of the one Creator.

Thus, as the attempt to break through this veneer and to seek the heart of love is carried on by more and more of the seekers within your planetary influence, the difficulties faced by these seekers rises as a crescendo of pain from the heart that wishes to beat freely and this pain is a call that is heard throughout all creation. There are those who hear such calls and who wish to serve, realizing that as they give that love of their own being to another in service to that other, do they also find more of that love within their own being. Thus, they move to the source of the call for assistance and offer themselves with a whole heart.

We shall transfer at this time.

(Carla channeling)

We are Q'uo. The veneer, the shell, feels at first of security, the master, and the growth within is comfortable. When the time comes for the entity within to burst that veneer, to break the shell, to, in a real sense, be born, the difficulty of breaking that shell can be great. The structure of a shell is purposely designed to be resistant to breakage. Direct assault may well not work. The new entity within, which could be considered to be that spiritual self, born not of man and woman, but of the questing heart, is so feeble, so new, so tiny, so fragile, it cannot break the shell of its own accord. The most joyous sound in this entity's world, then, is the tap, tap, tapping from without, which occurs because there are those who listen for those cries and who come to aid the birthing process.

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Perhaps the most difficult part of attempting to become that fool of spirit who opens all, accepts all, gives all, and wills all, is that there is not enough of self. The self which is attempting to nurture this spiritual child within becomes exhausted and it is so tempting to turn the back upon that very real, heartfelt desire to become spirit's fool, to be able to claim the true nationality, the true citizenship of self, as not this world, not this illusion, but an illusion known only to that spiritual child within, that foolish, untaught, instinctual child who cannot express clearly, for it has no words.

The self which interfaces with the outer world continues to find little aid from the very outer world which seems to support it and all within the culture. The challenge, then, is so to develop patterns within of deliberate exposure to that spiritual environment sought by the child within, that little by little, inch by inch, the spiritual child may grow and may begin to speak to the bumbling, fumbling idiot of the society whose personality interfaces with that outer world, for the will of the self is to grow and the hunger for that growth, once discovered, places that foolish child within on a path from which it cannot waver, no matter how tempting it seems to stop and turn and deny all of foolish spirit.

We would transfer.

(Jim channeling)

I am Q'uo, and am again with this instrument. This young spirit is the seed of a new being, that being which lies waiting within each and which through the nurturing is able to grow stronger in the sense of itself as it ventures forth from the safe grounds of its beginnings and moves as a voyager onto the uncertain seas, knowing that there will be challenges, yet wishing with all its being to move forward and explore all possible sense of self that calls it forward for the Self of the one Creator everywhere seeks the union with all other portions of this one great Self, that is Itself a voyager, an explorer, through each portion of Its creation.

Thus, it is only natural that other portions of this same Self would hear the call for assistance in this process of discovery, this journey onto the uncertain seas. Those that you have called wanderers, then, are those which have moved far enough along this journey of discovery to understand that the call for assistance is a call from another portion of itself. Thus, the answer is automatic. The wanderer journeys forth and enters into the illusion from which the call has emanated, taking upon itself the cloak of third-density humanity, and walking with uncertain feet within your dusty illusion, with only the desire to offer the self to the Creator seen in all other selves, walking as does any other entity within your illusion, walking as does each seeker which attempts to learn the lessons of love.

So often, my friends, as you know well, these lessons of love contain much which does not seem loving, for in this way is the seeker given the opportunity to strengthen its ability to love, for what value is there in loving that which is lovable? Do not all do so? No, my friends, you will be given those opportunities which are filled with uncertainty, with pain, with confusion, with doubt, and if you can love here, then, have you done something that will make its mark within your soul being.

This is the challenge of each seeker, this is the challenge of the wanderer: to love that which is painful, confusing, fearful—that which is difficult in every way that you can imagine and in many that you cannot.

We shall transfer at this time.

(Carla channeling)

We are those of Q'uo. Within that glowing sense of spiritual self does lie a divine folly. Its first and hardest choice of entities to love is the Earth-bound personality of self, that second-density creature that carries consciousness about for you, your body and that mind that was furnished with that body, the bio-computer, if you will, which thinks in either/or terms, yes or no, hot or cold, good or bad, right or wrong. Consciousness has little to say to this self, this surface of self, for there is the strong feeling within, quixotic as it may be, that this is not the correct solution, that there is more to the creation than either/or, that the creation is both/and rather than either/or.

It is the journey of a lifetime for the spiritual self within to take as it seeks love and seeks to give love, failing at first almost always to be able to have love for the obviously imperfect surface self. The spiritual self within looks for companionship, someone who is more bright, more illumined, more spiritual, someone to relate to upon that journey which is inevitable once taken, that it be a lifetime walk with destiny. And it attempts to embrace first one, then

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another entity as friend or mate or working partner and each time the entity finds one to love and one who loves it, all is thought to be well, for that surface self is so easily convinced that the outer appearance is satisfactory and enough, yet always the spiritual self will begin to see the cracks in the surface—the wrinkles that Aaron talked about—and one after another, other people disappoint. One feels let down, abandoned, unsatisfied, betrayed and looks further and moves through that dance once again. For the mirror insists upon reflecting the self and each other entity whom the wanderer meets is the wanderer itself, precisely angled to catch and reflect the light to offer a better image, a clearer reflection of self.

The mind is finally overcome; it knows at last it cannot understand and at this point, at this point finally, when it lets go, when it gives up, when it walks into mid-air, then, and only then, do the scales fall from the eyes, and for a little while, the pressure of that decision, the release of that drop into the abyss of unknowing, forces open the heart's knowing eyes and the air is suddenly filled with angels, love bursting from each beaming countenance, hands beneath and around, supporting, loving, holding, keeping safe, yes, in mid-air, keeping safe.

Nothing is as it seems. To be wise, it is most wise to be foolish for love.

We would transfer.

(Jim channeling)

I am Q'uo, and am again with this instrument. At this time we would offer ourselves in speaking to any further queries which those present may find value in the asking. Is there a query at this time?

I: Q'uo, you have spoken in such a way as to already intertwine the image of the wanderer with that of the Fool and the archetype. Are there any other resonances that you could speak about at this time between those two images, seeming so similar?

I am Q'uo, and am aware of your query, my brother.

This process of seeking which we have described in our previous words is one which is universal for all third-density entities which live within the illusion of the separation of conscious and sub-conscious mind. To penetrate the veil of forgetting enough to love without expectation of return is a process which has steps, or as you know them, the archetypical images, that reflect the seeker's journey.

We have been speaking this day of the choice that is represented by the twenty-second archetype, known as the Fool. The entire process of seeking within your third-density illusion is one in which you become that fool. It is a process which contains the, as your Bible has called it, the valley of the shadow of death. There is in this process a rod and a staff which comforts those who walk through the valley of the shadow of death. These are the will and the faith components that ring throughout each archetypical image and are as the guiding star, for the faith that this process will end well must be fueled by the will to persevere. Thus, there is the threat of the falling to one's death, the being eaten alive by the illusion, the inability to see the danger about one, for it is all about one in darkness, it would seem.

Thus, the image of the Fool is well suited to your illusion and is given as that motto by which each might look for inspiration and illumination of the heart. We speak of the heart for there the love of the Creator may be found and experienced for the self and for all other selves as the self which is the seeker continues to place itself in positions similar to the walking from the cliff, willing to be vulnerable and to give without expectation of return.

Thus, you see this image again and again invoked by the seeker in the daily round of activities and, indeed, within this circle of seeking, as you have begun your meditation, each placed the self in that position to share openly with all others gathered here that the effort of seeking might be enhanced by the open-hearted sharing of what was in each heart.

This archetype is the most active archetype, shall we say. Though it is the last to be mastered, it is the first to be called and the one to be called most often, my friends.

Is there another query, my brother?

I: Yes, Q'uo. I have considered the archetype of the two lovers, also one imbued with this idea of choosing the two paths, and would like to ask your comments on its difference from the twenty-second archetype and its similarities, as I have had little success in commenting on that to myself.

I am Q'uo, and am aware of your query, my brother.

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The archetype known as The Lovers is the archetype which, as you have correctly surmised, best illustrates the choice of your illusion: the path of radiance, which shines the love and light of the one Creator freely to all, or the path of the magnetic attraction that seeks the love of others to use for the self. When this choice has been made, then we see the twenty-second archetype, the Fool, being fully invoked, the seeker, then, having made its choice, becoming available for the opening of the self to love in the complete sense—that is, to give love as a response to all catalyst.

Thus, the Two Lovers present the choice; the Fool journeys on, having made that choice.

Is there another query, my brother?

I: Thank you, Q'uo, no, not at this time.

I am Q'uo, and we thank you once again, my brother.

Is there another query?

(Pause)

I am Q'uo, and we feel that we have exhausted this group with information this day and we apologize, in one sense, for overloading the seekers of truth with too much of a good thing. We are most grateful to have been able to join this group this weekend and this session of seeking. It has been, as it always is, a great privilege and joy for us to work with your hearts and your desires and your great seeking for light and love. We are most pleased to be with your group on its journey.

At this time, we shall take our leave of this instrument, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation

October 2, 1994

Group question: The question this afternoon has to deal with the energy centers and how we can balance the activation and the energy that moves through the centers, whether it be red, orange, yellow, green, blue, indigo or violet. We would like some information on how we can use the experiences that we feel at those centers in our daily meditations to balance that experience and to help the energy move through in a more normal fashion without distorting it by our own personal wishes.

(Carla channeling)

We greet you in the love and in the light of the one infinite Creator. We are most happy to be called to your circle of seeking at this time, and thank and bless each entity whose vibrations are so beautiful. It is a true joy to mingle our vibrations with your own, and we do join you in that meditation circle. We are offering our opinion on the question that you have asked, though we wish always to remind each that we have only an opinion. We do not grasp the ultimate and absolute truth, but rather are as you, those who seek the truth and who follow this desire with a full and dedicated heart.

Thus, we ask each entity to use his or her discrimination with these words or with any, for that which is your personal truth shall be recognized by you at the time that you hear it and you shall feel as though you had just remembered something that you already knew.

The balancing of energy within the mind and body and spirit of an entity is not the work of one week or one year or one lifetime, but is a process that is as natural a function as growing up physically, going through puberty, opening to the forces of insemination, pregnancy and birth, and being, in good time, shut down gradually from these energies as the spirit moves on through the incarnational process. The balancing of energies is then an on-going concern, an on-going process, one which we would not expect to end but rather we would expect from our own experience that this process moves on infinitely until such time as the spirit chooses simply to release and relinquish these concerns. At that point the self is becoming the Creator and moving back into that great, unknowing, unconscious well of infinite intelligence which is the infinite Creator.

In terms, then, of actually working day by day to balance the energies within at their optimum is not to solve a problem but rather to allow a natural function to be molded to some extent by either the opinion of the self as to what that balance should be or by the dedication of the self in whatever capacities might be required in order that the will of the Creator be accomplished for this one entity. As the one known as Carla was suggesting earlier, the goal in balancing is certainly not to attempt to climb that

ladder of energy into the treetops of the highest spiritual seeking, but rather to observe without judgment those energies which exist at the present moment, to look with compassion upon this inevitably imperfectly balanced configuration of energies, and without blaming or causing grief to the self by judgment suggest to those energies those activities which might more closely bring the desired confirmation of energy—we correct this instrument—energies into the lucid focus which is always the hope of one sensitive to these energies.

This is not a simple or short project. However, the beginning is one word long and that word is "accept." The first job of one who comes to work in consciousness is to accept the 360 degrees of selfhood. This 360 degrees of complete humanity is also a 360 degrees of complete divinity. The energies of each are necessary to the other at this time and this space. This intersection is your selfhood. Thusly, you are accepting yourself as you murder, steal, lie, commit adultery, take holy things in vain, and all the other heinous crimes connected with grocery shopping, doing chores, and living the day to day life. There is much catalyst for anger, irritation, even rage, in the bumping up against other entities which mirror back to the self the self's dark side.

How painful it is to see that dark side of self, yet when this is seen, should the heart not rejoice, for this is a portion of a perfection. That perfection is shrouded in mystery. Why it is perfection to have both the virtue and the vice is a question forever unanswered except by internalized experience. It is difficult, indeed, to accept the whole self, to love and nurture that very self none other, none better, or wiser, or sweeter, but that self at that moment. The acceptance of self by self is perhaps the most difficult, and yet the most fundamental work in consciousness one can do, and you shall do it time and time again for there is no lack of opportunity to gaze into the mirror of other selves and see the criminal mind at work.

Forgiving the self, accepting that self, in its imperfection and error as perceived by the self, is difficult precisely because the self knows what it is thinking at all times. The public speech often does not reflect the inner thoughts, yet these thoughts are, metaphysically speaking, real, valid and, as this instrument would say, "out there." Simply because they are not spoken, much is preserved of harmony for other entities. However, within the self, there is much work to do to humble that self that does not want to have a dark side to the point that in all humility the self may say, "Dear, dear self, I do accept you and I want to nurture you and love you and comfort you." This acceptance of self by self is absolutely fundamental to work in consciousness and you shall be working on this one always, for the truth recedes infinitely directly in front of the gaze of the seeker.

When the self-acceptance has been addressed for the moment, then there is a kind of housekeeping that can be done that is quite helpful in the short run, and is a good habit to get into. This uses the ability to visualize, which we find in this group is exceptionally good, except for this instrument, therefore we shall instruct this instrument as well as the rest. We apologize for any extra time.

For this instrument it is well to visualize the chakras as a roll of candy, a roll of Lifesavers. This is a familiar visual aid, and the seven colors, then, would be visualized—red, orange, yellow, green, blue, indigo, violet. For those with more experienced visualization ability—we correct this instrument—more developed visualization ability the visualization may become much more subtle, involving brightness, degree of rotation, a degree of color, and whatever other subtleties come to the consciousness of the one visualizing.

The goal, firstly, is to simply become in touch with what is occurring in that energetic system at the moment. There is the recommended time of silence before beginning this work to quiet the waking mind and to awaken the sleeping subconscious, for the intuition plays a great roll in visualization, and it is well to request that the mental ground be cleared and a degree of awareness be reached concerning the work being done. The dedication of the self in any work with consciousness to the service of the one infinite Creator is recommended.

Firstly, then, one wishes to simply see into that system of energetic displacements, to see the energies as they are. Then, imbalances as perceived may be addressed, either mentally or verbally, asking a sluggish energy to rotate, a clotted color to brighten and elucidate, to ask an overactive center to become more congruent in energy level with the other energies. This visualization can be done not once but several times during a diurnal period if there is the need to pursue this concern, for this is a short term

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solution to the problem of feeling temporarily out of balance, and is a resource for the worker in consciousness.

Now, notice that we have not encouraged an actual change in the energy system, but, rather, an adjustment of one energy to another to bring the system more into a comfortable balance as it is. Once this practice has become comfortable then there are, indeed, ways in which one may further work to improve and energize the entire system, but this work is not done chakra by chakra. The work which informs this energy system and improves it is work on the whole self, for it is always the balance of energies which expresses the nature of the self, rather than the most active or most developed energy center. Consequently, work such as the silent meditation, the prayer, and the contemplation, works which address the whole self, these are the more advanced and productive techniques for further developing that energy system and encouraging its degree of evolution.

For, dear ones, beyond the perceived experiences of the energy of the self there lies beyond perception the infinite Creator expressing through the self. The ground of being, which the energy system informs, is fed by time spent with the infinite One, whether in meditation or in the rush of everyday life. Know yourself to be whole, to be complete, and to be unified beyond all harmonization. This knowledge, this faith of wholeness creates the atmosphere within which the evolution of the spirit is accelerated. The result of this meditation, or prayer, or contemplation, may manifest in many ways: healing, loving, a channeling such as this instrument. There are so many gifts, most of them quite unappreciated, such as the mothering, the parenting in general, the chores, the cooking, the cleaning, the driving. Each activity done by the whole self becomes a devotion, and the practicing of the presence of the infinite Creator becomes constant.

To this end do those within this density of the flesh seek to come. To this end, to this choice, to love and serve were each born. This very incarnation is the one into which each was born to seek the infinite Creator. All is ready for the present moment. May each open the heart and say, "Yes," in whatever way is most true to the self.

We would at this time transfer this contact to the one known as Jim, realizing that we have barely scratched the surface of this interesting topic, but realizing also that, as this instrument has reminded us, we speak sometimes too long. Thank each—we correct this instrument—we thank each for allowing us to ramble on.

We are those of Q'uo, and would transfer at this time.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there a query at this time?

Questioner: I have one.

I am Q'uo, and we would be happy to speak to your query, my sister.

Questioner: Why—when … Why did I get a sort of a heat rush, and get sort of dizzy *(inaudible)* …

I am Q'uo, and we are aware of your query, and will attempt to speak in a general fashion concerning this experience of the heat rushing through your physical vehicle.

The heat is a byproduct, shall we say, of the energies with which you work as you are offering yourself, or attempting to offer yourself, as that known as a healer. These rushes of energy will not only appear at the opportunity for offering yourself as a healer, but will from time to time be experienced even when there is no opportunity to serve as a healer present before you. This is much like the testing and clearing of the system that is your mind/body/spirit complex. Thus, you have these pulses, and may expect more in your future as you are, shall we say, fine tuning your vehicle for the service that is yours to offer.

Thus, we would recommend no concern that is necessary for this experience. It is a portion of that which is to come. Is there a further query, my sister?

Questioner: I wondered why I got so dizzy when it happened.

I am Q'uo, and am aware of your query, my sister. As your physical vehicle becomes aligned with these healing energies you will find that the dizzying effect leaves slowly. However, at this time the physical vehicle is, shall we say, at the limit of its ability to experience and express these energies. Thus, the byproduct of such is, again, the dizzying effect and the heating effect. Is there a further query, my sister?

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Questioner: No, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I'd like to follow up on hers, by asking is this analogous in a healing channel to conditioning in the kind of channeling that we do, 'cause I can relate to that better if I understand that that's the same kind of thing.

I am Q'uo, and am aware of your query, my sister. This is a good analogy for each is, indeed, an instrument through which energies move and each vehicle that has been offered in service needs the tuning, the conditioning, the preparation for the greater service that is to follow, so you may expect that this will continue, and is an effect about which there is no need for concern, but is simply a portion of that process of offering the self as an instrument for service to others. Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query?

P: I have a personal question. I've been noticing an energy in my throat chakra and—for a while—and it feels like a blockage at times. Would you be able to speak about this?

I am Q'uo, and am aware of your query, my sister. We find that due to our desire not to infringe upon your own free will that we can only affirm that which you have assumed, that the energies of the blue-ray center are those which have some need for expression within your own experience at this time. For us to specify the nature of this expression, or with whom it may occur, would be, in our opinion, inappropriate and we must apologize for leaving this portion of the mystery to your own discrimination.

Is there a further query, my sister?

P: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we feel that we have exhausted the queries for the nonce, and we would at this time take this opportunity to once again thank each present for the great honor of being invited to join your circle of seeking. We are always overjoyed with this opportunity for we are allowed at these times to move more closely with you upon your journeys and to experience that which you experience through your questions, your comments, your concerns. This allows us to see the action of the one Creator knowing Itself through Its many portions in a way which we are not usually privy to. It is a valiant effort that you make in accomplishing your daily round of activities, remembering the one Creator as you move each foot in front of the other. We know, my brothers and sisters, that this is not an easy task, for the illusion in which you move has been so constructed to obscure the unity and love which binds all things and which is an easy reminder for those such as ourselves. We realize that this experience of the third-density illusion is one which is most confusion—we correct this instrument—most confusing to many of your peoples, for it works so well, does it not, my friends, to hide the one Creator where one would not think of looking—into the eyes of a friend, a stranger, a situation which seems most out of harmony. Yet, there the Creator also resides, my friends, waiting for your seeking, waiting to reach a hand as you reach yours, waiting to respond to each moment, to each breath. We commend your persistence and take courage from your efforts.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Sunday Meditation

October 16, 1994

Group question: The question today has to do with the concept of pride. We've been talking about being honest in relationships and how we behave and how we sometimes build a persona, whether it's used positively or negatively. It seems to be used in the way we feel like we will get what we want out of a relationship or communication, whether it is a harmonious experience or being honest or maybe telling a little fib and just letting that go. Our pride seems to be the motivating force behind a lot of the things we do and why we do them and we would like some indication as to perhaps the description of pride, how it arises, if it has any beneficial uses, if pride has a balance to it that we can come in contact with in our daily lives.

(Carla channeling)

Greetings to you in the love and in the light of the one infinite Creator. We are those of Q'uo. May we say how privileged we are to be called to your group this day. We bless and thank each for seeking and for attempting to discover that which is called the truth. We also seek that illusive perfection and are your comrades on the way. Therefore we ask that each listen to our thoughts, retaining only those which have use for you in particular.

To gaze at the pride within an entity is to gaze upon that portion of the self that has been created by the self for the purpose of self-defense. That is, one who has pride has attempted to discover a good, right or noble way to think or behave or speak. Then one adopts the mask that is most efficient, most in line with the desired making of an impression on others. It is as though a man with a modest garden were to put a wall twenty feet high about the garden, certainly more than the garden needs in order to be a protected plot.

The one known as Jesus pointed out that when the spiritual seeker attempts to do everything right in order to become worthy of the kingdom of what this instrument calls heaven—we shall start that sentence again—when a person attempts to reach what this instrument calls heaven by piling up and accumulating good deeds and appropriate attitudes, that path is the center of the emotion or emotional imbalance which can be seen as pride. In the person of pride there is the unspoken assumption that there is one right way. And that by *(inaudible)* to that right way, the self may maintain the attitude of pride, an attitude which functions as an armor against the encroaching world so that the self may hide behind its good works and appropriate attitudes and not uncover that truth which each entity within third density, becoming more conscious of the self, becomes aware of, and that is that there is no possible way to become worthy of the nature which the Creator has shared with each and every entity within the limitless creation.

Now, why is pride considered such an inappropriate emotion or imbalance or distortion for the spiritual seeker? The seeker within the spiritual or metaphysical world is creating itself, nurturing itself within just as the physical self is born with flesh and blood, so the spiritual self may be seen to be born within the consciousness of the seeker when that first choice to seek and to serve is made. The beginner is humble knowing that it is a beginner. This attitude tends quickly to wear off for many seekers and the balance of inquiry and contemplation is overset by each choice which moves away from inquiry and answers new questions with old answers. For the truth or the ideal is actually far more subtle than one truth, one ideal. There are currents and movements within truth which the seeker moves into and out of repeatedly throughout the process of receiving essential input and choosing the portions of that input that the self shall react to in first priority.

If you would characterize pride in a simple way, it could perhaps be seen to represent the Earth itself and the kingdom upon it which humankind has built. In this model or way or parable of seeing pride, the world becomes a worldly, corrupted and imperfect world, whereas the world of the spiritual is seen as that which is better, non-material, a higher way. Spiritual pride may be measured by how far from the everyday experience the seeker has placed itself, by which we mean that if an entity decides it cannot worship or seek or meditate or learn spiritually in the everyday world, then to that extent the entity is dealing with spiritual pride. For the energies that are metaphysical are energies that move as the wind into any situation and burn like fire, tempering and refining in the very crux and heat of the everyday.

Now, we are not saying that those who choose to be solitary or within religious orders and seek spiritually are all filled with pride. We simply say that insofar as an entity seeks, eschewing and looking down upon the world without it, and feeling scorn for that everyday world, to that extent the entity is dealing with a false image or idea or paradigm of what spiritual seeking is about. For the service-to-others seeker the path of seeking lies squarely through servitude and servant ministry. The more of humility and the less of grandeur that seems to adhere to a position or line of investigation, the greater chance that line of investigation has of being a good and appropriate model to follow.

The teacher known as Jesus offered a simple parable which may aid this discussion. This entity pointed out that there was a wealthy man who was very, very careful to say all of his prayers, to cover himself with ashes in the public streets, to show the depth of a religious penitent. This sort of man, then, was seen as one who would say to himself, "I am glad I am not as other men are, thieves and robbers. I have two fast days a week. I give much money to the temple." Then there was another man beside this proud man who only knelt upon the ground and said, "Lord have mercy on me." The one known as Jesus then asked, "Which of these two men went home justified?"

Dear ones, we know that you know the answer. That entity who asked for mercy had a clear and honest awareness of its position, spiritually speaking. For any of the infinite Creator's creatures, the honest evaluation of self shall inevitably include a request for mercy, for there is no way an entity within illusion can build perfection. This is not a goal that we would recommend to any. The striving for perfection is seen by many, and certainly this instrument, to be an important goad, urging the self always onward to a more wholehearted effort, a more total attempt to be perfect. We suggest that a little of this thinking will be adequate. In other words, it is acceptable and wise to keep the ideal in mind, to aim for. However, to give the self the hard time if that perfection is not reached, or to give oneself the patting upon the back if the self perceives perfection has been reached, these are not the ways that shall produce learning.

We find that there is a true desire within each to relate the self back into the society in a way that produces more love, more compassion, more understanding, to make the world a better place. While this is certainly a good attitude, the center or middle way that this entity spoke of earlier must move back into that place where the self is seen as a servant and the question is, "Not my will here, but Thine needs to be known. So Creator, what is Your will for me?" Then if the impulse or inspiration moves to small or great success, neither matters, for the attempt given in wholehearted and single-minded effort is the total and sum of that which metaphysically matters.

To bleach the pride from this attempt to strive towards perfection, simply remove the editor and judge of the self from the picture so that you are free

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to do your best and then let that be good and sufficient. The pride will take you back many times looking for how the perfection could have been more closely approached. These deliberations are seldom fruitful, for the self shall not build a stairway to heaven by any good works or appropriate attitudes or systems of knowledge and understanding, but, rather, all that you shall judge of yourself after this experience will be held within that basic vibration or thought which is yourself. No works shall you take with you, nor thought, nor attitude, nor behavior, but that vibration that is you, integrated, unified, harmonious and whole. You cannot, by any knowledge or work, no matter how good, affect this vibration. You can only empty the self as often as you can, hoping always to become as the window through which all may see the Creator and all may feel Its love.

You cannot be proud or embarrassed about that vibration because you cannot get at it. You can only work on those things which are beginning, just beginning their descent into the roots of mind. You can only fuss around with responses. It is that sum total that is never seen in your illusion which shall be sum and substance of who you are always forever. It is that which is you. And what is there to be proud or not proud of in something you cannot ever, ever see?

We encourage each to take up the dance of life, dancing around judgment, moving away from vanity and glory and pride, seeking to serve, seeking to be servant. For every entity whom you meet is love itself, and, if you speak always to angels unawares, let your heart be humble, your hands be empty, your heart at rest that you may seek to love, and reach the hand to touch, and lift the heart to share love.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and in light. We are those of the principle known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time we would offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there a query at this time?

(Pause)

I am Q'uo, and we are satisfied that we have for the [nonce] spoken that which those present need to hear, and we are most grateful to be able to join your group at your invitation. We remind each of you that we are available for aiding the deepening of your meditations during your week, as you call it. A simple mental request is all that is necessary for us to join you in the presence of the one Creator. We, of course, will not speak at that time, but will blend our vibrations with yours that your meditation might be deeper and hopefully richer as well.

At this time we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation

October 23, 1994

Group question: Our question this afternoon has to do with the situation that so many of us find ourselves in from time to time where we have a disagreement with someone else and even though we give our very best effort at communicating clearly, being compassionate, and of doing everything that we can think of to bring everyone into harmony, these efforts seem to do nothing other than throw kerosene on the fire. It seems like the negativity and hostility seem to have a life of their own. It seems like one can do nothing to affect the situation, and we are wondering if there is something that can be done. Is there an attitude of mind, of heart, of spirit that we can invoke at these times? Is there some deeper lesson or process going on that we don't really have any idea about? Are we destined to be victims in these situations, or is there something that we can do to bring harmony to the other person, ourselves, and to the situation as a whole?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is our privilege and blessing to be sharing this circle of seeking at this time. Your afternoon sun shines so beautifully on this pretty autumn day, and we relish the sights that we see because of our interactions with you. Your planet is most fair.

We thank you for this privilege, and request of each only that you listen with an honest heart, leaving behind any of our thoughts or opinions that do not ring true for you, for we are not infallible, but, rather, travelers upon the Pilgrim's path, as are you.

To begin a discussion of anger within your density one might well move backwards in your historical time to the time when the physical vehicles which carry you about were developing to be opportunities for consciousness of third density but had not yet achieved that third-density link and were completely instinctually second-density beings. You would call these the animal and it is that physical vehicle which transports you and gives you sensual input that is the source of what you call anger, and the source, too, of negative emotion in general.

This animal that carries your consciousness about is a proud and rather noble animal in that it attempts social cooperation. It forms lasting attachments in mating. It cares deeply for its young. This great ape, the featherless biped, makes decisions for its survival. When occurrences overset the plans made for survival the reactions are in place instinctually to alert the mind of this animal that it needs to act. We wish to be sure you grasp the difference between that portion of mind that is the mind of the animal within as separate from and distinct from that consciousness that you truly are. The brain of this animal is a fine one, skilled in making choices. The

apparatus for thinking is built around these choices and their prioritizing. This mind begins and ends. It copes with the living it does.

Immersed in this web of flesh, this field of instinctual consciousness, is an eternal awareness. Sitting as the bird in the cage, the awareness that you are and that you will be in ten thousand or ten million years sits rather placidly, for the most part rather unaware of the extent of its confinement in the world of sensual input. This awareness attempts to express its true nature. The awareness that is you shall always attempt to express its true nature. However, this nature has no anger, has no fear, and is free.

Contrariwise, the mind of the body has instincts towards anger which exist because they are needed, or so that animal within is certain. The instincts, those instantaneous responses, ungoverned by logical, reasonable awareness, work usually quite well, landing the seeking pilgrim repeatedly off the beaten track of devotion and lovely thoughts, taking that awareness and flinging it aside in the rush to defend territory. For that animal which you are, which carries your awareness about, is territorial. It measures and sifts. "This is good." "This is mine." "That is bad." "That is not mine." "That should be mine." "That will be mine because I deserve it."

There the anger comes in—the hunger for possession, the hunger for safety, the desire to defend. The search for peace, dear ones, is a search for true identity. Who are you? Are you that limited mind that must protect against unseen danger with the same gusto that was used to defend the self from a predator? Or are you that awareness that gazes unblinking on the human scene, knowing all things as love?

The difficulty is that these two kinds of mentation, this double mind, is supposed to be working together to create maximum confusion. You are supposed to be baffled; you are supposed to be confused; you are supposed to feel that there is almost no hope. This is planned in order that you may do work in consciousness. The great spiritual drives, the great religions [of] your kind, revolve about suffering. Your Eastern strain of religions looks at suffering and, as this instrument has thought recently, says it is not real. The Western tradition looks at the suffering and flings the self upon the cross so that others might not suffer. Both of these paths work for those to whom they are suited.

Each path will have to deal with this issue of suffering. In dealing with the self and the self's anger we encourage each seeker to be patient and to realize and re-seat within the deep mind, over and over again, the dichotomy betwixt the temporal and the eternal. Have mercy upon yourselves for your anger, for indeed that which you see is the mirror, the anger directed at you is within you, like the werewolf baying at the moon that only comes out when the moon is full. Know and accept this part of the dark side of self. There is a price to life. That price often is that one wishes to prolong life, and, therefore, attempts to control all elements so that life is safe, secure and protected. See this within the self. Love this self which has so little time to live, and when it is seen in another, attempt that same degree of understanding. See the fear, the true desire to protect, in the negative emotions of others, for however distorted these emotions are, they are distortions of love.

The energy within anger is so close to the positive extreme of freeing the self that it actually tends to feel good to be angry, for it is in this kind of fire that life is created. The creative principle of love is also the destroying principle of death. Passion has its inevitable counterpoint in tragedy. Life and death go together as concepts. Anger is the other side of the coin of love within limitation.

Let us, then, move back in concept, moving away from the particular, seeing the fear, the suffering, all the negative emotions. See them within the context of life abundant, yielding its harvest of wisdom and compassion to those who simply persist at gazing at that which goes before the eye, comes before the ear, arrives at the nose or the skin. For the creature that you are is most special. We encourage each again and again to touch into this space where love may be felt in the silence, where comfort moves deeply within, opening the heart, relaxing the grip of circumstance. Move away from the particular often within your days and nights, moving in mind to the more profound ground of your being, that eternal, undying awareness beyond all distortions. It is love. You are love. This is the deeper truth.

We would at this time transfer this contact to the one known as Jim. We are those known as Q'uo, and leave this instrument in love and in light.

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(Jim channeling)

I am Q'uo, and greet each again in love and in light. We would, at this time, offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

S: I am wondering if people who come to this planet who have what we call disabilities—what is their special place, and what is their purpose on this planet?

I am Q'uo, and am aware of your query, my sister. It is not an easy task to move within your illusion of third density and to be able to love under the circumstances which one finds here with so much mystery surrounding the basic qualities of your life patterns and interactions betwixt peoples. Yet, one may look at this illusion as one would look at a school which has many grades and many course offerings, all with the purpose of enhancing the student's abilities to give and to receive this most precious quality of love.

Each entity, before the incarnation, will set about reviewing those lessons which have been learned and those which await the learning according to previous incarnational experiences. As each entity is unique, and as the interrelationships enhance this uniqueness, it is difficult to generalize in every situation and yet be accurate. But we can assure you that each entity which incarnates has some, what you would call, a disability—that is, a difficulty or blockage in the free flowing experience of love.

Many have blockages that are from previous incarnational experiences and are expressed in the present incarnational experience and are expressed as a distortion of one kind or another. Each distortion, whether it be of the physical, the mental, the emotional or the spiritual complex has as its purpose the allowing of the learning of love. When love has been absent in some facet of the entity's life pattern the opportunity for adding it to the reservoir of information is usually programmed as a, shall we say, a difficulty or blockage, a distortion in some facet of the being that serves much as the sand for the oyster which will eventually produce the pearl, yet with some irritation in the process, shall we say.

The process of learning to love is one which will oftentimes be experienced in a difficult manner, a traumatic manner, a manner which is intense and rich with opportunity for growth. Only when this type of intensity has been experienced can that which has been learned from it carry a weight in the totality of the being that will enhance that being's total nature. Thus, to learn is to experience a kind of pain, for one is enlarging a portion of the self in a manner much like giving birth for your entities within this illusion. The process of the birth is filled with pain, yet the joy which comes from the birth of a new entity is great; so it is with each entity within your illusion as each continually gives birth to a new portion of the self.

In order for this entire process to make its mark, shall we say, upon the soul, upon the total being, there needs to be the exertion of great effort. Those with what you have called a disability of a physical, mental, emotional, and in some cases, a spiritual nature have increased the degree of difficulty, shall we say, for that learning process. This increased degree of difficulty has as its reward an increased level of learning to love and of allowing others to learn to give love to the self.

Thus, if you look at this illusion as the laboratory in which the student seeks to put to the test those ideals which it holds dear prior to the incarnation one may then see all that occurs within the incarnation as the conducting of the experiment to see if love can be found in this situation, in that situation, in even that situation. For there is an infinity of possibility and opportunity that awaits each entity within the mystery of this particular illusion, for as you seem so separated from each other, from the Creator, from the environment, from those principles of love, truth and beauty and all other principles that are valuable to you, feel yourself isolated, alone and perhaps at times unable to make sense of all that is about you and much that is within you, yet just this dilemma, just this confusion, doubt, anguish and pain is that quality of angst that shall push, provoke and prod you further. These are the ways that the soul has to remind itself in the incarnation that there is yet more to do, and each portion of the incarnation offers the opportunity to give and to receive this precious quality of love, and each circumstance that one finds one's self with is yet another opportunity to give or to receive or perhaps to give and to receive love.

Is there another query, my sister?

S: No, thank you very much for answering that.

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I am most grateful for your query, my sister. Is there another query at this time?

A: Can the sensual or animal being be the total person where the spiritual part is not recognized?

I am Q'uo, and am aware of your query, my sister. The nature of the animal which we spoke about earlier which carries each of you about so faithfully is indeed one which has the senses which are rich in their ability to perceive and to bring information into the brain/mind organism in order that the entity may learn, may choose, may grow, and may be able to offer itself eventually as a servant of the one Creator, and, indeed, may realize itself to be the one Creator at some point in its evolutionary path.

The various qualities that compose each entity are always available for utilization of this process of growth. One may see the self and all other selves as being what we have heard described as the 360 degree entity, that is, with all potential, all abilities latently available. As an entity pursues an incarnation with a certain set of lessons revolving about the central quality of love it is possible for an entity to focus upon any set of abilities or even to focus upon one particular quality in preference to all others and for the time of that focus to seem as though it has no other dimensions. This is an intensive form of practice for an entity and will aid an entity in balancing an area which has perhaps been less than fully utilized in its previous experiences.

It may seem to the entity itself and to those which observe it that it has perhaps become overly stimulated or interested in some facet of its being, whether it be the sensual nature of the animal that is each entity's beginning or basic self within this illusion. It is possible for entities to move so far into a portion of the self that it becomes blinded to other portions of its self. However, we see the cycles of your lives moving endlessly as a spiral through time and space and can assure each that there is ample opportunity for the balancing of all distortions and the experiencing of the self as a true 360 degree being, which is another way of saying experiencing the self as the Creator.

Is there another query, my sister?

Questioner: *(Inaudible)*.

Is there another query at this time?

R: In the moment when you feel the anger pulsing through you, is there anything that you can do to benefit from the anger or to deal with it?

I am Q'uo, and am aware of your query, my brother. It is our suggestion that as you experience all of the emotions including anger which are available to you that you allow them to spontaneously …

(Side one of tape ends.)

(Jim channeling)

… Only if the expression of your anger has the possibility of injuring another person would we recommend that you damp it down, shall we say. Far better is it to experience the emotions as they occur and then to work with them later in your meditative times, balancing the anger with the love that naturally replaces it when one sees the object of the anger as the other self and as the Creator as well.

It is well at that time to investigate the complete ramifications of the situation which brought about the anger and to use the mental faculties then. To do so at the time of the experiencing of the anger is to confuse the process that is moving through you and is to pull the reins too tightly upon the animal upon which you ride. Far better, as we have said, to do this analysis at a later time which, as the process continues, may allow you to find more harmonious means of relating to the entity for which you experienced the anger previously.

The efforts to rectify difficult situations can oftentimes lead to breakthrough experiences with the other self as hearts open honestly to each other. That this does not occur often makes the desire for it all the greater in those who wish to give and to receive love within your illusion. The constant desire and effort made in this direction is that which builds within you the metaphysical or spiritual power which is much like the power of any battery which stores energy. As you increase the positive polarization the battery has the ability to do more work.

This is so in conscious[ness] as you intend, and intend, and intend and work without stint to attempt to find love within the self, within others, and within the situations that you share. That you shall feel that you fail most of the time is not of central importance. Of central importance is that you continue to try.

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Is there another query, my brother?

R: No. Thank you.

I am Q'uo, and we thank you, my brother. Is there a final query at this time?

(Pause)

I am Q'uo, and as we observe we have exhausted both the queries and some of the physical vehicles present from sitting overly long, we shall, at this time, thank each once again for inviting our presence. We are most grateful for your invitation and for your dedication to learning. We walk with you upon your path and rejoice at the opportunity of sharing our opinions with you. We shall take our leave of this instrument and this group, leaving each in the love and the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Sunday Meditation

October 30, 1994

Group question: We are going to take pot luck on our question this afternoon with the feeling that all of the conversation we've had previously concerning how people with 180 degree opposite realities and interpretations from ours in our experience can help us to look within for a direction for our own seeking that is neither too stubbornly consistent with our own thinking in spite of other people's opinions and which would take other people's opinions too much into account so that we are constantly changing our course. We would be interested in hearing what Q'uo has to say about this and the other topics that we talked about this afternoon.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We apologize for the delay, but this instrument was challenging a spirit which eventually had to leave. We commend this instrument for its care. Accepting that particular vibration was well not done.

The vibratory complex of this entity was very like a well known and familiar contact. However, this spirit was of the service-to-self polarity. This describes the kind of difficulty each seeking spirit has in attempting to learn from other selves who, as you were speaking of earlier this afternoon, show a façade of behavior which seems to vibrate in a positive manner. The actual vibratory complex of one service to self seems on the surface to be robust and strong, full of energy, and when a negative [spirit] wishes it so, the imitation, shall we say, of that familiar light vibration is almost precisely as positive energy on the surface.

The challenging of spirits, then, is a process of digging deeper within the self to find that ground of being which rings so true within the self that that which does not ring true within and below the surface of that spirit's façade is detected and isolated so that it can be sensibly decided whether or not to accept that particular spirit. This is not the work done quickly, and we confirm this instrument's suspicion that it shall be learning for as long as it continues to avail itself of the opportunity to do that which is called channeling.

Each entity, each self that you meet is just such a spirit as that which was discerned accurately by this instrument, and each of you, each in your way, is capable of the same challenging of spirits dealing with those other selves with whom you interact day by day. The truth of an individual is a unified vibratory complex, a state of being. The exterior of this state of beingness might be seen as a ball or orb. Now, this orb has the surface and that within. The surface tends to be regular and unblemished. Within that sphere of being, however, the various internal connections made by choices chosen and re-chosen over a period of time will come to differ in various

ways from the seeming truth of that smooth-surfaced orb.

Now, the way in which the seeker attempts to grow may be seen in one way to be simply a matter of the seeker looking at the vibratory complex which is the Creator or intelligent infinity brought into manifestation, so that the goal of each seeker is to so act and think that the vibratory complex which is the truth of that seeker becomes more and more like the vibration of love, the Logos, the great original Thought Itself. The spirit within seeks and yearns for deity, unity and rest. This completely natural process of spiritual evolution moves on instinct within the life of the seeker so that there is a ground of being within which becomes slowly, gradually awakened as that attempt to move closer to the love and wisdom of the infinite One is followed persistently.

Now, if a seeker finds that it is experiencing turmoil and difficulty with several entities at once or over a period of time then it is that the entity does need to gaze into that mirror and ask why this image so painful to see keeps recurring. However, in those remarks made previous to this session of working, it was said between each in the group that these were occurrences within the life path [were] remarkable for their rarity, that it was remarkable that such and such occurred. When this rare occurrence happens and it is not often repeated, then the seeker may relax that question within, "Is this my vibratory complex which I am perceiving?"

However, even though the seeker looks into the mirror and sees no true reflection, yet, still that too, for all its rarity, is part and parcel of the self, and it is well to open consciously to the task of accepting and reintegrating into the full self, that shadowed, darkened portion of self which can be seen to be grossly distorted so that the mirroring effect is that of the carnival fun house, or "house of mirrors," where you may be two feet tall and four feet wide in one mirror and ten feet tall in the next.

However, these entities have gifts to give. They are people, as you, suffering as you. That suffering has overwhelmed them, just as suffering overwhelms all entities in your illusion from time to time. We see that none has chosen in the personal experiences under discussion to seek revenge or to correct or judge the other. This is well. However, more than this also may be done. Refraining from judgment is well, but there is still that suffering that has come to your attention. Given this information, the seeker then has the honor of responding to that suffering. It may be the response of one who holds the entity in the mind to send light to it. It may be that the personal style of the seeker is such that prayers within each daily offering might be included for that suffering soul, but whatever the way chosen to nurture, support and tend that entity in thought, in silence, in that which is divine within each, this is the work of consciousness with regard to others.

The challenge always is to see distortion without being distorted by it to the extent that balanced action becomes impossible. It is the work of many years, as this instrument would measure time, indeed, the work of many incarnations to begin to respond to the suffering that is given to the self as though the self were responsible for that suffering. That presents the prime challenge, for the self wants to correct that misperception, "Oh, no, I am innocent." However, in such an entity's mind the ways of thinking and behaving have become hardened or crystallized and that entity is a prisoner within those distortions just as each imprisons or frees itself again and again simply by how it chooses to think. It is well to see that each entity creates its own prison and chooses its own freedom. The prison walls are felt when they limit and hold an entity where it wishes not to be limited or held. To one who is blaming others much is lost of sense. To one who works rather with the constant attempt at new or non-crystallized mind the limits are not immediately there or obviously there. So the more the seeker refrains from distortions in making judgments, the more freedom that seeker creates for the self.

As the seeker working with service-to-others polarity develops, many, many opportunities are given that test, teach and help to develop the values and choices that seeker has made. Distortion [is] to some extent due to the illusory quality of the face of reality within your incarnative experience. All is distortion seen from the viewpoint of intelligent infinity. It is not then necessarily a bad thing to be distorted, it being impossible to avoid. The wise seeker, however, attempts so to make choices that it does not become boxed in and bound up with judgment and opinion which more and more hides the eye from the full range of present and continuing change.

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In sum, we would encourage each to seek within always that Creator's perfect original Thought, to seek that state of being which is deity, and to find within that relationship the energy which moves one to seek more, to hope more, to offer the self with less reserve to the work which is prepared by the infinite One for each day of the incarnation. Moving upon that plumb line of connection with the Creator, the seeker finds it increasingly easy to be persistent in practice, in seeking the good, the true, the beautiful, in seeking to express love. As the seeker becomes more loving it may find it must work upon receiving love, and then when an entity such as you have spoken of comes to you to share its suffering with you, you might not need to pull away from this distortion, for you have not the fear that blinds you from seeing this suffering spirit.

In your heart hug this suffering soul and bless it as it moves along its life path, for much sorrow and suffering shall be for that entity, and by its choices it is more and more isolated. Let your heart become softer and softer, more and more open and willing to love when the surface picture is no longer beautiful, good or true, for just as within the self who attempts to make the impression, the surface is gleaming but the interior may not be. With the unhappy soul who screams and abuses, even that surface has become marred, yet within there lies in perfection the one infinite Creator, and the truth of this entity remains deity. As you love, as you serve, look always to that infinite, original Thought which is love and see the life fall into place.

May you love each other in good and in evil times. May you redeem each other by forgiving, and may you allow suffering to occur with your sympathy, for these are the sorrows of one who is growing and learning, and from these mean beginnings shall come great heights of learning and service. Nothing is truly as that which it seems, for there is one truth beyond all appearance and that truth which unifies all can be seen by none in fullness. Yet, as you seek and seek again, over and over and over, so shall you become free.

This instrument has a prayer within her church with the phrase, "in whose service is perfect freedom." My friends, as you seek always to serve that highest truth within know that each seemingly slavish action, each act of humility, is that which increases freedom. Find that simplicity as you move in the dance of your days and your life.

We would, at this time, transfer this contact to the one known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We are honored at this time to be able to ask if there is any other query to which we may speak as a portion of our service with you this day. Is there another query at this time?

P: I wonder if you could give me any insight as to what I have been experiencing for the past three years in my relationship with my ex-husband?

I am Q'uo, and we would need a more specific type of query in order to respond in a fashion which does not infringe upon one's free will. We are not free, by our own decision, to pluck those concerns of most importance from your mind and from your heart without your first delineating them yourself. Is there a more specific manner in which you may phrase this query?

P: No. I think I will think about it. Thank you.

I am Q'uo. And we are grateful, my sister, even in the general form which we may make a small response to, since it is so general. However, the broad nature of the response may not satisfy and thus may bring forth a more specific query.

The nature of any relationship is a placing in dynamic tension, shall we say, of two different points of view that have enough points of agreement in common that there is the attraction, one to the other, for the purpose of further illumination of that which is mysterious. The points of commonality, then, which form the basis of the initial attraction are the first areas to be explored in any relationship and are those areas which shall begin the process of providing catalyst as each entity moves from that which is known to that which is unknown within the self and within the relationship. As this movement continues for each entity, other areas of the self and of the relationship become available to the light of shared consciousness. As these other areas are explored and are added to the catalyst-producing process, the relationship is continually altered and there are changes in the perception of the other self for each entity, and in the relationship itself as well. As this process continues, it is the question of the strength of the original attraction, those areas of commonality, that will determine

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whether there is the continuing growth of that acceptance of common ground, shall we say, within each entity.

As this process continues there develops the quality of harmony or the quality of disharmony depending upon the basic areas of agreement and the primary desire of each entity to be able to open the self enough to each other so that each entity is offered the opportunity to accept not only one's own self but the other's self as well as a part of the growing self of the relationship and the growing desire of each entity to place that relationship self before the smaller self.

As you can surmise from this model of relationship that we have constructed, there are numerous opportunities for each entity to reject either a portion of the self that is one's own or a portion of the self belonging to the other or a portion of the greater self being created by both.

The desire of each entity to truly be in relationship and be willing and able to undergo this process becomes the true strength of the relationship.

(Side one of tape ends.)

(Jim channeling)

We shall continue, with thanks to the one known as P for the assistance with the recording device.

To continue—each entity will have continuing opportunities to choose to give that which the relationship needs at the moment, or to continue to hoard for the self that which is felt to be needed.

This is a dynamic which all entities partake in as they join in groupings with other selves. This is the illusion of third density where the social self is explored as an extension of the smaller self that exists within the family structure, and, indeed, with the individual self that exists within its own perceptions. The continual expansion of the self outward is a preparation for the process of becoming what you have called the social memory complex, where each entity, although quite distinct and individual in its expression and experiences, willingly blends the vibrations of its soul self with others of its own kind or desire for seeking.

Thus, the relationships which you experience within your own illusion are preparation for that which is to come as well as a continuation of the process which has been ongoing for this entire third-density illusion, that of the development of the self to the point it is willing and able to become a greater self.

Is there a further query, my sister?

P: This is not a question. To restate what you said—to transform our smaller identities into larger ones to become ready to establish a social memory complex. Is that right?

I am Q'uo, and this is quite correct, my sister. Although it is also well to make note of the individual process of growth that occurs in any relationship due to the mirroring effect, there is also the opportunity for the self to expand into a greater and greater self.

Is there a further query, my sister?

P: No, thank you.

Is there another query?

(Pause)

I am Q'uo, and we are most grateful for your invitation to us once again, and we cannot thank you enough for the honor and joy of blending our vibrations with yours as you seek your own paths of truth and light, my brothers and sisters.

We would, at this time, take our leave of this instrument and this group, leaving each, as always, in the love and in [the] light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation

November 6, 1994

Group question: The question this afternoon has to do with healing. We would like to know what are the prerequisites for healing, when is healing appropriate for an entity, when would healing not be appropriate for an entity to experience, and just anything in general that you can tell us about the healing process and how we can partake in it.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the infinite Creator. It is a blessing to be called to your circle of seeking, and we thank each who joins this circle for the privilege of being asked to share our opinions with you on this subject of healing, reminding each, as always, that we are fallible and prone to error. Therefore, we request that each person listen with discrimination, rejecting those things which do not seem fruitful for you, and retaining only those truths which have the quality of being remembered rather than being strange, for those truths which are yours are as those memories which are awakened.

As we gaze at the substantial subject of healing we find that perhaps the first item on our agenda is the crystallization of a common grasp of the term "healing," for not all who are cured are healed, and not all who are healed are cured of any indisposing illness or condition. When a cure is effected there is a clear and physical process involved: a diagnosis of pathology is made; harsh chemicals are often given; the physical body sometimes is cut into and adjustments made to the various processes of the physical vehicle. The patient, then, is pronounced cured, for that illness has been vanquished, or that condition has been fixed, as a mechanic would fix a car.

A healing, on the other hand, is a state of balance within the entity. Illnesses and conditions are sometimes evidence of imbalance, blockage or weakness. At other times that illness or condition which is not cured is, on the other hand, balanced. This is true of those who carry an illness or condition in order to learn a lesson concerning love, and many there are who do choose some indisposing condition, not for the joy of it, but for the precise kind of suffering which shall ensue.

Next, we would gaze at the fear which your people understandably express concerning illness, severe illness, and death itself. As this instrument is most familiar with those teachings of the one known as Jesus, we would move now into some of this teacher's sayings. Most people know these sayings as the "beatitudes." "Blessed are the poor in heart." "Blessed are they who are reviled or persecuted," and so forth. Each blessed entity is blessed because of its suffering. When illness comes, suffering does also come, yet it is from the suffering that the blessing is received.

So, where does this great fear come from concerning these illnesses and this ill health? Certainly, it is easy to see where a great deal of fear is engendered. One need only gaze at the passing of the seasons to see that the seasons of decay and death are within each living entity. As each was born, so each shall pass from this illusion. However, the physical vehicle does not wish to decay or to die. There is a deep and primal instinct towards the continuance of living, the prolongation of the breath. That is a necessary portion of the physical instinctual net of reactions and responses to stimuli. Although this is instinctual, it need not be the attitude which a seeker might choose to work with within the daily life, for the entity that each seeker is is infinitely more than the physical vehicle.

The forces of finity and limitation are here for very good purposes, but they work upon the consciousness of a being that is eternal and unlimited, either by space or by time. This consciousness and awareness which each has in common is that which endures as though there were no space or time, but only infinity and eternity. This being which each seeker is is a being of pure love, that primal and original energy which created all that there is. When this awareness, which is the deepest portion of your identity, is first housed within the physical vehicle which carries you about, the limitation and frustration of being in that heavy chemical vehicle is immense.

The awareness of the total being, then, begins the incarnation on bad terms with the physical body. The awareness that you are could not make its arms and legs move or its tongue speak for such a long, long time, and, indeed, the awareness never seems to completely embrace the physical vehicle. This distance which is perceived between the self and the ills of the body is an imbalanced perception, and we encourage each in the daily meditation and contemplation which each may offer to the Creator to do work which more and more creates that bond of unity between consciousness and physical vehicle. Much of illness is due to the disrespect paid to the physical body as that which is not holy.

So, if the physical vehicle has the aches, the pains, then we suggest and encourage giving this situation respect and attention. This attention may be simply seeing the physical vehicle as the perfect mechanism, which it is. It may be sending light to those portions of the physical body which are perceived as hurting or ill. Each seeker may find its own way of coming more and more into loving relationship with the physical body, but it is work which will aid in the balance or health of the body, mind and spirit together.

We can give no clear or provable way to determine whether or not an illness or condition is ready to be dropped from the experience of the awareness. Consequently, the seeker must pursue this question for itself, for it is a fairly important question. If the seeker has no idea what the illness may be working upon it may ask for the clear dream, or it may go to the hypnotherapist, and ask the higher self to give a reading on whether or not that illness or condition has done its condign work and is ready to be dropped. Once the seeker has decided for itself that the illness is ready to be dropped, then it may choose the manner of its healing.

For some few entities the only healing necessary is the seating of the realization of why the illness had virtue and was needed. Perhaps the seeker feels that the lesson has been learned. Then the seeker becomes ready for the next step in healing which is to gaze carefully into health and wellness, seeing if the self is ready to take responsibility for the work of living which is given to each healthy entity. For there are times when the lesson has been learned but the healing will not prevail because the seeker is not ready to take up that lesson which full mobility and lack of limitation shall surely offer.

We ask each to see the subtlety of the process of healing. Each entity responds to different stimuli. One entity might be healed because of another entity which was able to create the atmosphere within which the seeker could indeed take responsibility. Much of the therapist of psychologists and psychiatrists is involved in bringing such material before the seeker and aiding in the grasping of this material. Some there are who will find changing the diet to be helpful, for others this would not have the effect. Each entity has an unique balance. Each entity, then, shall need to find its unique healing. What works for another may not work for you.

The energies within the physical, mental, emotional and spiritual bodies are infinitely, carefully, lovingly arranged so as to express a central vibration which is the essential self manifesting at this space and time. The higher healings, then, will more and more

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pinpoint that essence, that essential vibration, and find ways of increasing the harmony with which that vibration may move. The best of the techniques for opening this essential nature and clarifying it remain meditation, contemplation, prayer, and as this group was speaking before, the remembering of that context of sacredness within which all of what is known as life and all that is known as death involve. All is sacred. That which your feet rest upon this moment is holy ground.

Pause to feel the breath that moves in, the breath that moves out. The health begins with the breathing deeply in and deeply out, and feeling the peace of breathing in and breathing out, for no matter what an entity may do, it shall breathe in and breathe out. No matter how complex the life of the mind and emotions becomes the physical vehicle expresses the infinite Creator by the living breath—in and out. You breathe into you the love of the infinite Creator and breathe out of you all that is tired, old and ready to leave. So you take in health with each inhalation, and express the detritus of imbalance with each and every exhalation. Healing is not a process which stops. Rather, each entity is constantly in a state of healing, balancing and strengthening that energy web which is your essence.

At this time we would transfer this contact to the one known as Jim. This is indeed a substantial subject, and we have not exhausted it by any means. However, this instrument is beginning to give us signals that we need to move on. Therefore, we leave this instrument in love and in light and with thanks. We now transfer to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our honor at this time to offer ourselves in the attempt to speak to any further queries which those present may find valuable in the asking. Is there another query at this time?

P: I have a question. I would like to ask, how can you help a person who you perceive may need healing without infringing upon their free will?

I am Q'uo, and am aware of your query, my sister. Many times in the history of this particular planetary sphere have those of Confederation origin asked that same query, for there have been many, many instances where there were groupings of your peoples who were much in need of healing, yet we were not asked by them to offer healing. Thus, we have found in our own experience that to send these entities love and light and the wishes for the regaining of the whole balance is the most that we can do without infringing upon an entity's free will, for in order to be of service to an entity in an overt manner one must be invited by that entity to attempt to serve.

To attempt to serve without invitation is not a service, in our humble opinion. Thus, even though the desire may be great to reach out the hand in service to another, without the invitation it is only possible to send these entities love and light for the use that they may have for it, whatever that use may be.

Is there another query, my sister?

P: No, thank you, Q'uo.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: I have a question. If the individual finds this balance, and, will they be open to healing?

I am Q'uo, and we believe that we grasp your query, my sister. If an entity is able to find a balance within itself in an area which has been imbalanced, then this finding of wholeness becomes the foundation stone upon which the healing of the entity is built, for it is true for each entity that as wholeness, unity and perfection are realized deep within the self, then that which is in need of healing is indeed healed.

An entity may seek the healing process from any number of sources, yet there shall be no healing until the entity itself—through the catalyst of others, perhaps—finds this wholeness and this perfection. Thus, the healing follows the finding of this wholeness.

Is there another query, my sister?

Questioner: Yes. *(Inaudible)* speak of regarding this wholeness, or feeling of wholeness. Are there any other tools?

I am Q'uo, and am aware of your query, my sister. There are many tools, as you have put it, that are available to an entity for the finding of the wholeness within. There are, for example, the uses of meditation, contemplation, the prayerful attitude, which are most helpful in preparing the entity for

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healing. There is the examined life, shall we say, that looks at the need for healing and sees many behaviors, perceptions, thoughts and attitudes, which flow from the distorted being that is in need of healing. These behaviors and attitudes may be worked upon by the conscientious seeker to bring them into a balanced state. The entity may seek the healing catalysis from one of your medical profession that may utilize any number of healing modalities that themselves become tools for the healing to occur.

The entity, in the long run, shall we say, will rely upon an inner faith that will take form in whatever manner has meaning to the entity. This faith will then provide a channel, or a doorway, through which the healing efforts of others may move into the life pattern of the one to be healed. Thus, you may find that there are many, many tools available to an entity seeking healing, yet the attitude of this entity and its ability to exercise its own faith, coupled with the entity's work in consciousness focused upon its own patterns of thought and behavior, are those tools which are most efficacious in this healing process.

Is there another query, my sister?

Questioner: No, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: Yes. There are people that seek to help and heal others, yet the reception is not there, especially among the *(inaudible)*. How much effort and energy does one put in to reaching out when one sees and realizes that they are pushing you away. It's done out of love and concern for these individuals. What *(inaudible)* to do?

I am Q'uo, and am aware of your query, my brother. When the healing and loving efforts offered to another are not accepted, it is well, then, to leave the door open to such entities that they will know that they are welcome always to move through that door and to accept that which is offered. More than this is not possible to accomplish without the infringement upon the free will of another, for it is necessary for entities to seek in order to find. It is not usually possible to find for another that which it does not seek. Thus, to remain open in the heart, to remain open in the offering, and to continue to give that of love from your heart to the other's heart without expectation of return is the most that can be done. This is difficult for many who seek to be of service, especially to those that are loved dearly, yet it is that which must be accepted, for the free will of each entity is of paramount importance. For any progress to be made, the steps must be taken by each entity for the self.

Is there another query, my brother?

Questioner: No, thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: Yes, I have one more question. What *(inaudible)* an entity to be a healer—would perform healing?

I am Q'uo, and am aware of your query, my sister. In order for an entity to serve as an healer it is necessary in most cases for the entity to have worked enough upon the self within the energy centers or chakras that its centers of energy are in enough balance that the energies that may be used for healing can move through them with minimal distortion. These healing energies, then, are utilized as a means by which the one to be healed's auric field will be temporarily interrupted in order to allow the older, more distorted pattern of thought to be replaced by a newer, more harmonious pattern of thought that will allow the healing to occur. This is the process, whether the entity needing the healing seeks such from one of your orthodox medical professionals or from an entity that offers the healing catalyst from the more metaphysical background, or modality, of healing. It is necessary for the healer, then, to be able to assist in the interruption of the older patterns of thought that exist within the aura of the one to be healed.

(Tape ends.) ♣

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Sunday Meditation

November 13, 1994

Group question: The question today has to do with the attitude that might be most helpful when in our daily round of activities we find ourselves in the position of having to change our plans and having to surrender to a new set of circumstances. We wonder if there is a value to this being out of balance, to this learning by trial by fire, if there is a way that we can adjust our perception or responses and our thinking to help this process go more smoothly. Is it helpful if it does that? What can we do to help ourselves in such a situation?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the infinite Creator. How pleased we are that you have called us to your meeting this day. It is a privilege to be asked to share our humble opinions with this circle of seeking and we greet and bless each who has thought this day to seek the truth, for surely there is no greater desire, no better hope than the seeking of that truth which is not transient, for years and millennia pass, yet above all space and time the truth remains perfect, whole and utter. All else, all in manifestation is illusion. But, oh, what an illusion. And into this illusion come entities across the timeless into this particular coordinate system. What unimaginably long journeys has each spark of consciousness traveled and, oh, how long the journey ahead still lies waiting.

You wished this day to ponder ways to deal skillfully with the untoward catalyst of the daily life. May we say that we also work with this catalyst, that higher densities as you call them remain nonetheless the native land of impatience and frustration, for we too seek the truth, and yet that truth recedes in front of us infinitely, so that we always are reaching and never grasping. Yet we suggest to you that this reaching has independent merit, that is, a merit independent of an outcome.

Now, as we share these thoughts may we please ask each to use discrimination as each hears these concepts, for we would not constitute a stumbling block for any. Therefore, if that which we say seems good to you then you are most welcome to these thoughts. If, on the other hand, anything which we say does not ring true then leave that thought behind, for this is not your truth. Always we urge each seeker to safeguard its own powers of discrimination when listening to any opinion, no matter how authoritative it may seem, for truth has two faces. One is hidden, the other is an illusion. You dwell now with an illusion, yet when you leave this illusion, no matter how many truths you can name, yet still the truth itself shall not be in these things, but [merely] the shadow which the truth invisible and eternal creates. Beyond all imagining lies that mystery, that collector of paradoxes, that is the one great original Thought, Love or Logos.

Move as we pretend that we are living one of your days. Come with us into your third-density illusion. The morning dawns, and the seeker awakes. Shall it remember the Creator this morning? The day stretches ahead unsullied, pristine, without any flaw apparent to the eye. Those with the orderly minds immediately begin sorting through those duties and chores which are first to do upon the usual long, long list of things to do. A structure begins to take shape within the mind. Then the seeker moves into the quick paced rush of full morning and broad noon and by early afternoon the schedule has been first changed, then changed radically, and then perhaps discarded entirely.

Another seeker, one who does not have the orderly mind, awakens in the morning with the dawn. Does it remember the Creator? This entity moves into the day, its mind responsive to that chore and duty that first comes to greet the eye. This entity begins to work with that concern until a second item catches the eye, and for this careless one the day is quickly spent in moving between this and that chore or pleasure doing a little of this and a little of that.

We say to you that each of these ways is a skillful way to move through the day. The Earthly personality that you are should indeed follow its nature. If one is orderly, then make the list; if one enjoys freedom, seeing it not as chaos but as the liberty to do that which feels right, this entity has at the end of the day completed perhaps the same amount of the orderly one. Yet have they thought of the Creator today?

We now ask each to seek within the self. As you awoke, what thought you? Did you think of the Creator first or last or in the middle? You seek skills and resources for learning better to flow with the catalyst as it is presented to you, and there are certainly many ways in which the self may remind the self that it truly wishes to transform its stale, stiff and seemingly deadening over-regularity. Yet, beyond all these skills lies a basic attitude which, once grasped and persistently returned to, shall substantially transform each experience which occurs within the consciousness of the one who remembers. You see, beyond any logical, linear plan for improving the flow of events lies a simple attitude that contains more wisdom than all learning placed together. That wisdom is a point of view which includes as its primary relationship a real, living, conversational relationship with the one infinite Creator.

The key phrase that addresses the whole ray of questions concerning right use of time, energy and talent, is that which the teacher known to you as Jesus stated: "Not my will, but thine." You see, you and your consciousness are as the tip of a great iceberg. Your self, that profound and illimitable self that you truly are, has only a small amount of selfhood showing. That selfhood is wrapped within your personality, or your ego, if you will. It is not supposed to show, for indeed that true self is to you a goal towards which you strive in consciousness, for when your consciousness is awakened fully, then you shall see that you have held the truth safely within your deep mind all of your existence. Moreover, this silent wisdom, that spark of love within, moves into and transforms pain, suffering, misunderstanding and each and every negative emotion. It is as though the seeker dug within the earth of selfhood, making the garden of self broken [up] into smaller and smaller clumps of self, until the self has become broken up completely and lies ready and fallow for the seeds of new transformation.

The earth within you, your sticks and stones of expectation, must be broken up so that good seed may be planted in the soil of your lives. This plowing of the self in order to plant new awareness is painful. It feels as though the self were being torn down like an old house, and that old self is being torn down. Yet we have a promise, and that is that that which is being torn down shall seem to you in the future not a self. When service to others is attempted, you serve not only that personality but primarily you serve the Creator self within that is the truth of that entity. Therefore, pour yourselves out in service to others, worrying not whether you have succeeded, but only working toward more purity of desire to serve.

Above all let not your heart be troubled. This is under your conscious control, if you choose to claim the mastery over the self. Work when you can towards that point of balance, within which you are able to see clearly, not removing yourselves from the thick of things, but rather bringing into the thick of things that sacred aspect, that relationship with the Creator within. An attitude is only one word, yet this attitude is the key to the spiritual devotional life, for all things are sacred to the one who has the eyes to see, the ears to hear, and the heart to understand.

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We would continue this channeling through the one known as Jim. We would leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege to be with this group this day and we are most grateful to be invited to enjoin you in your seeking for truth. At this time we would ask if there might be any other queries that those present would have for us.

E: I'd like to ask if it is possible to stay with another by leaving this incarnation when they do.

I am Q'uo, and I am aware of your query, my brother. We are aware of many of your peoples who do this very thing. The process of evolving in mind, in body, and in spirit is a process that is much aided by grouping of entries undertaking this effort together so that there is the sharing of many, many life experiences that together are able to offer the appropriate circumstances for pursuing the balances that each entity is desirous of achieving. It is often helpful for such grouping of entities to exchange the positions within your illusion that have been shared in previous incarnational experiences, so that in one experience there is the assuming of the identity of perhaps a sibling to another, and in a further incarnation, these entities shall perhaps be friends or mates, or be related in another fashion that has meaning to each that is relative to previous experience and also to the present objective of learning.

Indeed, we find that it is more nearly the common case for clans or groups of like-minded entities to move together through the third-density illusion and those which follow it. Oftentimes these groupings will enlarge themselves as further contact is made with other entities that will enhance this process for each grouping. It is well for those entities comprising the groupings to be able to rely upon fellow travelers, shall we say, to provide the appropriate assistance, catalyst, challenges and support for this process of discovering the heart of love within each entity and to enhance the expression of this love in each succeeding incarnation.

Is there a further query, my brother?

E: No.

I am Q'uo. Is there another query at this time?

P: Yes, I would to ask about the point of surrender. How to know when to remain in control and when to surrender?

I am Q'uo, and I am aware of your query, my sister. We feel it is an important point that one be aware that though one might give great value and effort to the quality of control, that it is not possible to retain control in the ultimate sense within your illusion, for there is the necessity to offer oneself to the moment of inspiration. This is to say that surrender in the fullest sense will prove to be a far, far better friend than any ability to control events or entities about one. It is even difficult, my sister to be in control …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Again we would thank the one known as P for the assistance with the recording device.

The surrender of the self at each opportunity is far more helpful than attempting control, though we do understand the need to feel that one has a definite effect upon the surroundings and the situations that one finds oneself in. However, it is more helpful to examine and experience the spontaneous responses to each situation, rather than to construct the desired outcome and then attempt to cause the situation to fit into this desired outcome.

The reason that surrender has far more value to the seeker than does control is that in surrender to the spontaneity of the heart one may get a truer reading, shall we say, as to the true nature of that portion of the self that one is attempting to balance. As one allows the spontaneity and love within to express itself outwardly to others, one is able to feel and experience a fuller and truer representation of one's position, shall we say, upon any particular point that might be of any importance to the self, this being the greater self or the soul which inserts a personality into each illusion and experience.

Thus, though each might feel that a certain amount of control is necessary in order to give coherence to one's experience, we would suggest that one always be open to the surrender of the moment as the moment requires. In this way one moves more in harmony with those lessons and balances which are being pursued for the purpose of the evolution.

Is there a further query, my sister?

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P: No, thank you, Q'uo.

I am Q'uo, and I thank you, my sister. Is there another query?

R: I don't have a question, but I want to thank you for being a source of inspiration to me. Again you did it.

I am Q'uo, and we are grateful to you as well, my brother, for the response to that opinion which we have offered. We are grateful to have been of service and can assure you that you have served us just as certainly. Is there another query at this time?

(Pause)

I am Q'uo, and as we observe the exhaustion of the queries we shall again …

(The last page of the transcript is missing.) ♣

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Sunday Meditation

November 20, 1994

Group question: Realizing that each person comes into an incarnation with sort of a plan of lessons to learn and services to offer, we are wondering if it is possible to do what could be called the "healing of the incarnation," which would be doing everything that you had planned to do and then going on to "Plan B" since you had accomplished "Plan A." Is it possible to heal the incarnation to the point that you are able to simple improvise from that point on and put frosting on the cake, shall we say? We would like whatever information you could give us on the healing of the incarnation.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. As always, it is a pleasure and a privilege to speak to you. We thank each for calling us to this circle and ask only that our thoughts be considered. Certainly those that do not seem correct may well be left behind, for our service is to offer our thoughts and our opinions and to do this is truly a pleasure, for it is our way of polarizing at this time.

As you speak of healing we feel that you speak of balance. The healing of an incarnation, then, is the genuine crystallization of the fruits of an incarnation at a given point that has created [such] a depth of equanimity within the spirit that it becomes free to create further harmony in ways that, until the incarnation is seen as being in balance, are impossible.

For instance, if one has created the hoped for actions within an incarnation but has been unable to balance relationships created or taken up again in the process of offering the service to the creation, there will not be the clarity of perspective necessary in order to effectuate further healing. For many entities, then, the incarnation shall not be healed within the incarnation because there has been created within the seeker no firm rock, depending solely upon the relationship with the Creator, upon which that balance might be viewed clearly. For you see, you cannot precisely cause the self to come into a balanced perspective.

Work in consciousness is work without an object. However, [it is] this work, done in the bits and pieces, which creates the miracle of continuing consensus reality among your people. The confusion which reigns universally within your density is simply too thick to penetrate. The mind attempts to create balance within the self and certainly there is work which the mind can do, and do well, which adds to the balance which may be achieved by a seeker.

However, although it feels, when one is ideating and thinking about balance and about healing, that this process should be able to be done mentally, for it is

seemingly quite logical, however, this is only apparently so. Deeper and closer to the truth lie ocean depths of bias and prejudice which function subconsciously as a natural portion of the process the spirit is going through within the incarnation, but on the metaphysical or time/space level or dimension. There is no mental access to these subconscious processes which have far more to do with the archetypes of selfhood than with any conscious logical or developed line of reasoning. Therefore, one is relatively helpless to heal one's own incarnation consciously.

However, there is a clear and lucid path towards aiding one's self in the balancing of an incarnation. That way is the way of faith. The most vivid blossoms along that path are those of self-forgiveness, forgiveness of the Creator and forgiveness of all those whom the heart has held in thrall with anger. Once these dusty cobwebs of past negative emotion are swept from that subconscious place then forgiveness may blossom and then the seeker discovers almost by reflex that the circumstances of the incarnation have been transformed. The first few epiphanies or times of transformation within a seeker's experience are those which free portions of the self so that various energies are sequentially set free within the individual, clearing the channel on a higher and higher level.

Entities who work with healing the incarnation are those which have gone through those times of testing which may be seen to be partial and, therefore, have come to a place where the next time of transformation is that one which was the final transformation within the life or incarnation which has to do with oneself only, and at this time of final transformation, or initiation, the whole self, the whole life becomes soft and malleable, if the seeker is at that time perfectly willing to forgive all.

Therefore, the way of faith being followed, in due time the healing of the incarnation becomes a gift given to the self by the subconscious levels of self, aided by what this instrument would call the Holy Spirit and what we often call the higher self.

As the energy is very low in this circle, we shall limit our remarks to these very few, thanking each again for calling us to this circle. We would open the meeting to queries before we leave. And, in pursuit of this, would transfer to the instrument known as Jim. We are those of Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. May we ask if there are any further queries at this time?

E: I want to know how two people can prepare to leave this incarnation together. I want to know what spiritual preparations two people can make to leave this incarnation together.

I am Q'uo, and we are aware of your query, my brother, but as it is one which requires a great deal of consideration in order to answer properly, we may only speak with some notations and thoughts which we hope might be of service to you.

We do not expect to be thorough in this particular area, for it is the work of each entity within this illusion to progress along a certain path of seeking and of service that has been chosen for its excellence in balancing those weaker areas within the total mind/body/spirit complex of each entity. There are many entities within your illusion who are so well attuned to the mate, shall we say, for want of a better term, that the paths coincide to a large degree and may even end at the same time as each exits the illusion together.

However, it is more nearly the case for seekers within this illusion to pursue paths that, though they may join for a great portion of the illusion, may also find individual points of departure, for within the larger frame of reference, looking at this illusion as a small portion of the experience that is available to mind/body/spirit complexes, the actual timing of the departure from the illusion is seen as relatively unimportant, the important portion of the incarnation being those efforts to find the talents which have been inlaid and perhaps hidden, to find those services which are in the provenance of the seeker's abilities and talents, to find those lessons that have been secreted in various latent potentials and meetings with others that are incarnating for the purpose of the meetings and the catalysts that can depend therefrom.

However, there are many entities who are so well attuned, each to the other, in pairs or in larger numberings, that there is the melding of the seeking and the serving to the degree that the incarnational

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patterns become more or less congruent, including the departure from the illusion itself.

We would recommend to all seekers that in order to make, shall we say, the grand and completed exit, that there be the attempt within each portion of the consciousness to give what can be given, to forgive all, and to seek to learn all that is within the possibility of the incarnation. This is not a simple exercise, for it requires the constant attention and the attending to the moment to the degree that one is fully able to realize the possibilities of each moment in seeking and in serving and in reflection, to learn that which can be crystallized as the seed or fruit of each effort at seeking and at serving.

May we ask if there is a more specific avenue that you would wish us to speak upon, my brother?

E: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Q'uo, and we appreciate your words and your heartfelt gratitude, and are on our equivalent of the little rock as we begin to say our farewells to this group. We realize that there is an energy deficit at this time, for there has been the expenditure of much energy this past—what you would call—week, as many have given the experiences and efforts towards making one from a distance feel at home and feel nurtured. This is a good effort, my friends, and we can recommend to you that you always see each other as the dear friend from afar that appreciates the love and support of its close friends and family.

Each of you is a portion of a greater family that moves within the illusion at this time, helping those that need help, inspiring those that are weary, and lending assistance to those who walk with difficulty. This is a grand illusion and a grand journey that you are upon, my friends. There are many adventures that await you and many moments that may disappoint you, but you may always take comfort in knowing that the love of the one Creator resides in full in each and but requires the smallest of need or inspiration to be kindled into flame.

We can tell you from our own experience that there is no greater joy than to share the flame of love of the one Creator with those kindred souls that walk with you upon this dusty path. We take great pleasure and feel a great privilege to be some of those who walk with you. There are many, my friends. There are many.

At this time we shall take our leave of this group, thanking each for inviting our presence. We are those of Q'uo, and leave each in the love and in the light of the one infinite Creator. ♣

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Sunday Meditation

November 27, 1994

Group question: We're going to take pot luck this afternoon. We have no particular question. We'll see what Q'uo has to say from what all the information was that we had to offer beforehand.

(Carla channeling)

We are those of Q'uo. Greetings to each in the love and in the light of the one infinite Creator. It is, as always, a great blessing to be called to this circle of seeking. We bless and thank each who has so desired to seek the truth that this circle has been formed. We especially greet and bless the one known as D, who is new to this particular group. It is a privilege and a pleasure for us to offer our opinions and thoughts. We ask that each seeker evaluate these thoughts for himself, for many are the personal truths within each entity, and that which does not ring true to an individual may easily be left behind. We are not authorities and we are fallible. Therefore, we call each to discriminate for the self.

We are those which have been known to your people as the Confederation of Planets in the Service of the One Infinite Creator. Our desire and purpose for being within your planes is communication, for there is, shall we say, a great call upon your planet at this time for truth. More and more of your planet's peoples are crying out within, seeking a truth that they cannot find, for all the places which are traditionally considered as sources for spiritual food have, in one way or another, been spoiled and made unpleasant as paths of seeking, and consequently the seeker must seek without the structure created by another and must instead create that structure within which the seeker feels best positioned to accelerate the pace of his own spiritual evolution.

What we have to offer such seekers is at base, as this instrument said earlier, a very, very simple truth. It is in that truth that we greet you, and in that same truth that we leave you each time we visit with your sessions of working. This thought that we bring is a living, creative and vital force which also encompasses the powers of darkness and death. This force, this one great original Thought, this Logos, is Love. Your word "love" does not in any way fulfill a satisfactory position as a symbol for that which we speak of. However, love is the closest which your language has to describe the nature of the Creator. This Love, this Logos, is that which has created all that is.

In untold amounts of what you call time, each of you has gradually developed as a consciousness, and all that has come before has fallen in such a way that you are experiencing the dance of living, the incarnational experience, together at this precise time and place. Each has walked a crooked path to be in this circle this day. The seeking has largely been isolating, lonely, alienating and difficult. Yet within each seeker's breast, we are quite aware, the

hardships have not been counted. The suffering has been accepted, either gladly or with complete resignation.

From this circle each shall again move into what seems to be the ocean without direction. Love creates, love is, and each is that love. Yet, you are that love clothed in flesh. Your heavy, chemical, physical vehicle ensheaths that which is light, created of love in such a way that you may walk about within the illusion that is your third density. You gaze about at your second-density friends—the trees, the birds, the grass—and you can see in these simple things clear and lucid examples of love. The trees offer to the seeker the oxygen which aids that seeker. The seeker itself is offering carbon dioxide to the trees, a food they need to eat. All within this second density tends toward the perfect order. Not that it is neat or tidy, but that it is in balance.

Now, you exist within the sheathing of your physical body, a flower opening toward the sun. You came into incarnation from the seed and as you blossom, so shall you surely perish from this illusion. And that which was earth shall again become earth. Yet the spirit within flies free, both within incarnation and on each side of that parentheses in eternity which is your lifetime.

And if you are creatures of love and light, then what shall you do to fulfill the truth of your being? This instrument has worked for the last several of your years to bring itself into the physical condition necessary that it may do physical work within this incarnation. The hunger within, that desire which controls, was that which it was taught, that which the culture teaches: to become worthy is to work. Many among your peoples are moved into the situation of labor not simply for that which is salary, but also to fulfill the desire to seem to be worthy, busy and productive. We have been glad to see this instrument moving towards a more natural attitude towards right vocation.

Each within this circle searches for that right vocation, but we say to you, and we know this is not at all original, that the first vocation of each of you, by your very nature, is the vocation of living a life of devotion and faith. In this way, the deepest portion of your true nature is also the basic portion of the outer experience. When this attitude of mind, this bias or prejudice, shall we say, is realized within as a true desire, that which is within you of love has, for the first time, a voice. That voice is a voice which speaks in silence.

Consequently, we encourage each seeker to devise for itself that ritual or period of time which feels most appropriate to each individual seeker for a spiritual practice. We always encourage each to include in that practice a period of silent meditation. If this can be done daily, we encourage each to make that commitment, and turn each diurnal period to that silence within, for within the heart of self, within that vast creation which lies within your consciousness, there is a holy of holies, and within that room waits the Creator. The door is guarded and locked against intruders, and yes, you yourself are an intruder to yourself if you attempt to storm that door, to wring something out of truth. The key to that door is silent meditation. It may take five minutes, it may take years. However, there comes the time when the seeker knows that the door has been opened, for within that entity the incarnational experience becomes transformed.

Within this transformation lies a tremendous degree of surrender, and because this surrendering feels like dying, the path of the seeker is often perceived by the self as difficult, painful and awkward. However, we encourage each to consider that there is a natural tendency to resist change. Within each cell of the body and brain there is a tendency towards holding on to the status quo. The spiritually directed life lacks not in joy, however, it does increase suffering as it increases the rate of change within the entity.

Consequently, we ask each who wishes to know the truth, wishes to find true vocation, wishes to truly serve, to gaze unblinking at the cost of walking this dusty seeker's path, for it shall cost all that you are and all that you have to become that truth which you are seeking. We say to you that as far as we know you cannot know the truth; you can only become true.

As each hews as best as he can to the seeking of that one great original Thought, we ask each to realize that each may teach each, each may support and encourage each other. Truly, the seeker's path is lonely. The hard choices made must be made alone. Yet, how much empowering strength does the fellow traveler give the weary pilgrim?

You each have chosen to be seeking within this incarnation. A destiny awaits you. Your choice of how to fulfill it is always your own, and upon that

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fathomless, directionless sea of consciousness there remains much confusion. Yet, the love within others shines to light your way, and the light which moves through you from the infinite One is a lighthouse to others. Your being, your essential self, is your main service to the one Creator and to all of those upon your planet.

As you enter this silence again and again, as you seek and seek again, you hollow out within yourself an ever smoother channel for light, for love, for the Creator, so that what is seen is not you but the Creator which shines through, and when those moments occur in which the self realizes that it has been that lighthouse, then indeed does that entity finally feel the joy of right vocation.

You dwell in a sea of confusion, whose chief characteristics are distraction and sorrow. Yet overarching all the tawdry precincts of your Earth world lie shining—we find we do not have this word within this instrument's vocabulary, so we shall remake our sentence. This instrument is thanking us for doing that. Know that that which overarches your world is more deeply true than that illusion which you now perceive with your senses. We would indeed liken the truth which overarches and surrounds your illusion to that program within a computer which controls programs which are subprograms to it.

There is within the deep mind of each of you an archetypical self which often is objectified by your people as the Holy Spirit, or the guide, or the inner teacher. There are many names for this source of wisdom and compassion. When a seeker is able to access this program, then it may do much good work in reordering the priorities with which sense impressions are received. So when there is that time in which the seeker enters meditation and listens to that silent voice within, much is occurring which acts as does yeast within the life experience. Small though that yeast may be within, shall we say, the loaf of life, yet it does create a complete transformation of the dough, and you too are made of a malleable material, which can indeed become [instinct] and honeycombed with life and light.

At this time, having given all of these thoughts to you, we shall transfer to the instrument known as Jim, to continue this contact. We are those of Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time we would ask if there might be any further queries which those present may have for us. Is there a query at this time?

Questioner: How does a human break through the wall of fear that we all have in order to do new things? The wall of fear which demands security, false security, since human life is so fragile anyway?

I am Q'uo, and am aware of your query, my brother. We find that much of the existence which your peoples experience, especially at this time in your cultural evolution, is filled with fear of one kind or another. This fear, as you have described it, is that which keeps the mind and the spirit confined in smaller quarters than are normal to these complexes when they are fully functioning. The fear that each entity feels within the life pattern may be likened unto the weight that one who builds the muscles of the physical vehicle would lift in order to strengthen those muscles. One may see this fear as a kind of barrier that increases the value of free choice and action as it is attempted by those who choose to either ignore the fear and go forward, or to accept the fear and to work with it nevertheless.

It is a basic human quality that is derived from the fight or flight mechanism, as we observe your peoples to have called it, and it has its effect in each entity's life, for there is much of your existence that is comprised of building a safe surrounding in which one may move quietly, without the bother of fear. To break forth into that which lies beyond the safe environment is the challenge of each entity in each daily round of activities. However, we find there are many who choose not to accept such a challenge, and choose rather to remain within the safe confines so constructed for the safety.

This is acceptable to each entity insofar as this is necessary for a certain portion of time, until what we may call a ripening within the entity occurs. This ripening may have as its potentier—we correct this instrument—may have as its potentiator any of a number of sources, be they curiosity, boredom, fearlessness, the desire for more or whatever may be the stimulus that provokes or pushes the entity forward. We observe that this quality of breaking forth is that which must come from within each entity's existence, though it may be in some cases inspired by another. Yet each must for the self decide

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to take a chance to surrender the description of the safe environment, to surrender the self to the unknown, to give of the self to a higher principle that will offer an avenue of expansion of that concept of the self which one has held dearly for so long.

This decision, this movement towards breaking the boundaries of fear, is that necessary ingredient that will allow the doughty seeker to go forth regardless of fears, in spite of that which has held one in place for as long as one has been held. Thus, it is a decision made by the entity itself to try that which has not been tried and to venture forth, to accept whatever comes, to see that the environment is that which responds to fearlessness, shall we say. That as one does go forth, there is a kind of momentum of exploration that tends to align the experiences awaiting one in such a fashion as to offer to the seeker those treasures and fruits of the journey as one can only begin to imagine before the making the first step. Thus, there must be a willingness to be foolish, shall we say, a willingness to surrender, and a certain spark of adventure that takes one out of one's ordinary self.

The timing for such experience is that which is the mystery of being for each, for one cannot push forever against the river. One cannot speed the process for another or for the self. One can only intend, and attempt, and try, and go forth with as much faith in the process and in the self as possible. And add to the faith the will to persevere against the disturbances and distractions that hinder such efforts.

Is there a further query, my brother?

Questioner: No.

I am Q'uo. Is there another query at this time?

Questioner: Yes, I have a question. Would you please comment on the use of sexual energy for a spiritual seeker, by oneself or with a partner?

I am Q'uo, and am aware of your query, my sister. We must preface our response with the notation that this is a large field of inquiry, and we can only make the barest beginning for an answer at this time. However, we may suggest that the sexual energy exchanges between the mated pair are one of the most powerful means of advancing the spiritual journey that is known to your peoples, for as each seeker is able to clear each ascending center or chakra of energy, there is therein released the energy that has been holding the consciousness in a certain place, and this freed energy then can allow each seeker to move the level and quality of perceptions higher and higher within the centers of energy until each is able, either individually or together, to move into the brow center, the indigo ray as we have heard it described by this group, and is able to experience the one Creator in full and without distortion.

This holy experience has been called by many names in various of your peoples' cultures: the enlightenment experience, the samadhi, the [akensho], the nirvana, etc. The overall effect of the sexual energy transfers is to so align the energy centers of each entity as to create an harmonic resonance between them that serves as a kind of generator of energy that pulses one forward so that the physical orgasm that is experienced then releases the mental orgasm, which then frees the spirit to serve as a shuttle and a connector to the experience of the one Creator.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Tape ends.) ♣

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Sunday Meditation

December 11, 1994

Group question: The question this afternoon has to do with the so-called mirroring effect, where if you notice a feature, characteristic or behavior of another person that you do not like and you dislike the person for that behavior, what really is happening is that you are disliking some behavior or portion of yourself that is reflected back to you in the other person's behavior. This could be an indication to you of an area where you have some work to do in acceptance of yourself, and what we are wondering is as you are more and more able to accept yourself for various types of previously unacceptable behavior that you have seen in yourself and in others, do you then begin to see others and the rest of the world and are able to accept yourself and others more easily. But is there a point beyond which you are observing correctly and the behavior is truly repugnant or that which deserves criticism and stands objectively by itself? How does one look at the self with this mirroring effect in mind when determining what is acceptable and what is not? We would appreciate any information that you could give us on this mirroring effect.

(Carla channeling)

We are known to you as Q'uo. Greetings and blessings to each in the love and in the light of the one infinite Creator. We are most honored and privileged to be called to speak with this circle. We thank you for the beauty of your vibrations, for the dedication of yourselves to service and seeking the truth. We thank you most of all because we are those who have offered themselves in service by this communication as those upon your sphere begin more and more to awaken and find the heart hungry for truth and wholeness in a broken world, in a crumbling religious group of systems, in a fragmenting cultural nexus. We join many other energies and essences in our concern for your people, for there is an agony of the spirit that moves outward from those who are seeking, as do the ripples of the wave moving in time from one continent to another. So these ripples of distress came to our ears and we responded with this effort at continued communication through instruments such as this one.

We have only one truth to offer, one thought. All the rest is embellishment and various ways of discussing that thought and its implications. This thought is that which is a Logos, a Thought so creative and so primary that it forms that which is both Creator and created. That one great original Thought is Love. Within the system of organized religion that you call Christianity there are the words, "In the beginning was the Word." This is the Word of which we speak. That word that created all was and is and shall be love, yet love as you understand it is most pale and weak compared to that vital love which both creates and destroys.

Within this love are all things visible and invisible. Each consciousness listening to these words is a complex which is love and which manifests in various forms of love. Many are the distortions of that love, yet the energy within them, no matter how great the distortion, is that of love. Often in the attempts to progress either emotionally, mentally, physically or spiritually various things are attempted, tested and tried to see whether they be resources or be found wanting. And so as the seeking soul moves through the moment by moment living out of that love which is all that there is, many structures are tried within which the experience of living makes more sense.

The query this evening concerns one such structure. Within this structure which is not original to us but [is] an amiable portion of the perennial philosophy [that] that which meets the physical senses is to be seen as the reflection of self, your medical doctors consider that various people are seen by the self to be, as the one known as Jim said in his query, projecting onto others that which is actually within. This can be taken too far quite handily, and we would suggest a tempering of the ease with which generalities are made, for indeed all possible actions, motives and ideas whatsoever are a portion of each consciousness which hears these words. All things are one. The self seems to be separate and seems to have a certain personality. This is largely an illusion, the illusion having been created so that the consciousnesses within it could do work and thereby progress spiritually. Within this illusion other entities shall almost always seem to be other, for it is only within the intimacy of intense catalyst, the love-making or the shared creative experience or the laughter that ends in tears, that hearts become so close as to perceive their actual unity, one with the other.

It is not necessary for progressing spiritually that there be the continual focus upon the judgment of how the self is doing, and we find in the attitude of seeing all that comes before one as the mirror that generalization which has moved beyond its heart into that rarefied area which logicians are pleased with but the heart does not find useful.

Let us redirect our thoughts to see where this mirroring effect might be the best tool to use for the aid of the self. In the working of self with self it is frequently useful to take that which sticks within the mind like a burr, that which will not stop bothering the mind, and examine it. Gaze at it as if it were a mineral mined out of your soil to be gazed at and evaluated for its purity, its type of mineral, and so forth. Just this kind of eye may see a fairly accurate version of that mirroring effect if the mirror is not seen to be too large.

In other words, when there is an entity which has, over a period of time, continually created aggravation as catalyst for you then it is well to gaze at that feeling complex regarding that entity with the eye to see where the true source of pain and fear is that is creating the need within to make the separating judgment, for one cannot truly judge another or the self. However, it is a portion of the seeker's life work to attempt to discriminate for the self, avoiding judgment in the pejorative sense if possible, but focusing carefully to attempt to draw the inner picture which has the least distortion in it. However, when one experiences the reactions within to that which a stranger or a passerby might do one is doing work where there is no work to do. For the truth, whatever that mysterious word is, is not within the chances of desire-driven destiny.

We attempt to give this instrument a concept which it is having difficulty putting into words. If you may allow us a pause. We are those of Q'uo.

(Pause)

We show this instrument a bright and shining hall. The aspect of this hall is grand and mirrors line both sides and both ends. Into this stage in the dress of the costume ball walk ladies and gentlemen in their finery. The conversation is brilliant. The lights glitter, and images repeat themselves endlessly, depending upon this location within this hall of mirrors upon which one stands. Where lies the truth in this gathering? In the flat images within the mirror? In the conversation? In the clothing so grand and lovely? We suggest a turning from all mirrors that seem to reflect and let the discrimination within you choose that time in which you shall invoke the simile or the parable of the mirror.

Choose carefully that time in which you are involved in judgment of others or of self and keep within logical bounds and intuitive baby steps the tendency to destroy that within you which is unfinished by creating harsh or over-generalized judgment. The desire to judge remains compelling throughout the experience of your third density. The ability to judge correctly is not given to any which draws the breath.

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There is no spiritual use in judgment. When that desire to judge comes upon you, attempt to see it for that which it is, the small self within incarnation attempting to put into order the chaos of perceived stimuli. Release, when possible, that desire to control which has you judging, and turn instead within to that fire which burns at the heart, at the holy of holies, locked within you by silence.

When you can be silent enough to enter that heart, there lies the truth that can only be expressed by the living. Let that journey begin each time the effort is made to look at the self in the mirror of a projected opinion. Yet, always, turn at the end of such logical discourse to that which is underlying and overarching all logical considerations: the infinite love of the one infinite Creator. Intelligent infinity calls each locus of consciousness to live vividly, to open the heart and to choose the manner of living to begin to seek to be of service. We ask each to be gentle with the self while attempting to seek the truth within, to be gentle with others as they mirror to you some portion of the universal self out of which pot all soup is drawn, that is, each variety which comes in the physical can you call the body.

My dear ones, that which is within you is impossible to express yet we feel that each has experienced that essence of self which merges with all and becomes the created and the Creator. Always, at the end of such discourse, turn to the Creator which tabernacles within you and within all. Warm your hands at the flame of this source, for beyond all attempts to grasp the truth there is that consciousness which is the truth, and into its silence you may dip. It is yours to choose when and how, whether it be the contemplation, meditation or prayer. Take the time within each day, if it be only thirty seconds, to turn to the truth which lies within and which all that is without merely suggests, and open the self to the being that is that which you seek, but with no words.

(Tape ends.) ♣

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Sunday Meditation

December 25, 1994

Group question: Today we are going to take pot luck. We have been talking about relationships, communication, understanding and [epiphany]. And we will see what Q'uo has to say to all of that.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank and bless each within the circle for gathering to seek together and for calling us to you by your desire to know the truth. Although we ourselves do not know any absolute truths, we believe we do have opinions that may function as a resource for those who may wish to consider them. As always, however, we ask that any thoughts of ours which jar or distress the *(inaudible)* of any seeker be immediately placed aside and left behind, for we are not here as authorities, but rather as those who share the path with you.

Much of the discussion previous to this session of working contained the joy and sorrow of each, and in that shared breath of conversation there is the immediate presence of the one infinite Creator, working always as the spirit of love to harmonize, realign and reposition this or that aspect of the mind, body or spirit in its complex form and with its interrelating energy fields. Perhaps you may have even felt tension released as concerns perhaps not even your own were discussed in a sympathetic and supportive atmosphere. Whatever the interactions between any two entities, the sweetness within the stream of moment by moment living is dependent greatly upon the selves' ability to open the heart both to giving and to the receiving of information, communications and shared emotions such as affection, love or appreciation.

It may seem, indeed, that some things never need to be said. Yet, if there is a kindly opinion, a good thought, or that which occurs in the impulse of the moment which seems fair and loving to be shared, let that be shared, for when the breath is expanded in speech concerning the desire to love, to understand, to support, or to strengthen another, that energy is as the healing that moves between the words, between the lines, between the thought, conceptions and intellectualizations of the rational mind.

Language, indeed, could be well dispensed with were it not for the need to communicate, for that which most deeply uncovers and cleanses the self is most often not the rational, logical or common sense, but rather that speech or action which is intuited by that portion of the self which dreams and receives information from the subconscious, for that portion of the self which is visible is but the tip of a very large iceberg which is completely submerged beneath the surface of that water's edge which is the alignment of the deeper mind, or subconscious mind.

There is a particular energy which creates certain combinations of feeling which are fairly recognizable to help to inform the seeker as to when he has accessed this well of true emotions, that is, emotions which have undergone refining and purification. Trust that feeling which says this feels right, and do not overstretch the rational mind's burden with requests that all be rationally seen or logically arranged, for often that which is the saving and healing key within one's impulse is that which cannot be explained except by the feeling that there is indeed such a thing as intuition and that this faculty can be honed.

In speaking of attempting to converse and communicate on ever clearer and deeper levels we speak truly, yet we wish also to point out that anything which can be said in words is not the truth, indeed, our very concepts [of] that which is below the veil in your density are not the truth. They are true, but we continue to feel that there is an absolute truth which we may experience but never ever understand or control.

Therefore, the process of living a life of the open heart in service to others creates situation after situation in which the seeker is moving to the rhythm of a drum it itself does not fully comprehend. There is a special art to being willing and able to trust the flow of experience. This instrument's mind immediately says "No, 'the flow of catalysts.'" However, we are speaking of how you learn at this moment, but rather how you can open the heart and in that state communicate one with another. It is impossible to convince any one that the spiritual search is real, or true, or desirable or that the faith in the goodness and the rightness of the creation as it is can be explained. Always the seeker must rest in the security of mid-air. The seeker who dares to venture greatly simply walks over that archetypical cliff into the abyss of unknown things. Is there then the sensation of falling? Indeed not. But that leap must be made first, before any knowledge has been gained by experience.

Imagine then, if you will, the feet planted firmly upon the earth. Yet ahead of you lies the infinity that you have come so far and sacrificed so much to behold, to study, to begin the attempt to grasp, to understand. How precious is this realm of shadow and confusion which each has been speaking of and laughing about, for it is these very shadows that enclose the Creator, and were one to move into the brightest day, one would not find truth. Truth is not attainable from the position which each now occupies. It can be intrinsically experienced, but it cannot be known, held or told.

Indeed, this instrument has frequently experienced the light in its undiluted form. Yet when this entity moves back into the everyday mode or frame of mind, by no exercise of its skill with word can it generate an explanation of what has been experienced, or a description of it, or any way whatsoever to translate that primary personal experience into a teaching tool for others. Each entity is indeed its own teacher in terms of experiencing truth. Yet that feeling of having experienced and lived a truth has occurred to each within this circle of seeking and, indeed, to almost all of those who at this time, if you will, feel that they are awakening to a deeper truth about who they are and where that pilgrimage that they then take up shall lead.

Treasure each and every experience of this kind that has been given to you as a gift. Remember these moments, for many are the times when only the memory of faith is available to the conscious mind. Yet that sweet memory is so over-arching and so transcendent that the one instant of union with the divine is infinitely more than enough to justify a lifetime of faith, sacrifice and service.

Each has treasures within that cannot be seen by the inner or outer eyes. These gifts open to the pilgrim who sets itself to watch and pray and trust in that which it does not understand, yet recognizes as spiritual food and drink. When such a moment comes, then the possibilities multiply, and in that heady experience of light or love there is the opportunity to sow for the future self those seeds of desire which shall best aid that seeker in its long, indeed, its endless journey.

Be mindful, therefore, in remembrance when such a moment occurs. If it is possible even for a moment, stop, and give thanks and praise and ask the self to remember, for in that experience is truth. And as those moments slowly accumulate and the memory becomes thickened and fertile, enriched by memory, the pilgrim self gains those small bits of sense of truth or confidence that support and sustain the persistent, unflagging orientation towards seeking the deepest desires within that spiritual self within which must speak through the veil.

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This is slow and subtle work. However, this is only the beginning of a very long process of refinement. The rough materials lie within; many, many permutations are possible, and as the experiences revolve, as the self revolves in its cycles, there is the increasing capacity to perceive within the self.

Those patterns which speak to the individual's path and those resources which shall be of the most aid upon that path, these aids can be written, they can be those teachers which speak or embody wisdom or compassion. All possible experiences are fallow, with treasures to be mined, to be found in the roots which underlie those blossoms of experience which the conscious mind perceives. Can the beholder of a beautiful tulip or iris see that homely bulb or seed which has created the blossom? Never. For that root lies deep within the dark and rich soil. And light and warmth had acted upon that which you cannot see in order to put forth the shoots of manifestation and the bud of experience. Realize that that which you consciously perceive is but a clue, a hint or an [inkling] of that substance which lies within the ground of being, perfect in every way and absolute in its union with the Creator and the utter totality of creation.

We realize we are speaking a bit longer than this instrument would appreciate. Yet there is within that heart of darkness which you now experience upon your planet a great deal of riches. This is a very magical time, a time when that spirit which is the true life of all is seen to be naked, stripped and bare. Just as the trees without their clothing of leaves look skeletal, standing in their rarefied beauty severe and stark against the winter sky, these are times within the self as well for moving into the roots and ground of being. There is that within you which is the seed of new life. Huddle yourself to support and love and cherish that self that is being born each moment. Bide impatience, release expectation and know for this little time of darkness and shorter day that there is a condign and worthwhile function which the darkness and inclement weather create an enhanced possibility for the seeker to enjoy. Flow into that darkness, move into the solidity of earth and cold and contraction, and allow the rest, the sleeping, the rekindling slowly of hope, desire and courage for that which is to come, for days there shall indeed be, and all too soon, when that which you have stored up in the winter shall be called upon in the day. May your winter thoughts be sweet, for spring is soon to be with you.

We shall at this time transfer this contact to the one known as Jim. We are those of Q'uo and leave this instrument with thanks in love and light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time we would ask if there are further queries to which we may speak.

R: I have a question, Q'uo. I just wondered if it is correct to say that when we sit here in the circle, and I in particular try to open up to your energies, that if it is agreeable at some level that you help release some blockages or tensions within me. I was thinking about it because I noticed I have a very runny nose this time, that did not come until we started. I don't know if I am seeing things or if there is something to it. I noticed at other times too, I come up with emotions and tears. You don't have to answer that, but if you can I'd be interested to hear what you have to say.

P: I would also like to add to this. I was wondering about the thoughts and images that come to one's mind, hearing these channeling meditations and how they are related to the teachings.

I am Q'uo, and we believe we grasp your queries, my friends. We shall attempt our response, please re-query if we do not speak to your true question.

As we are able to utilize the instruments in this contact, we also share our conditioning vibration with each entity present in the circle of seeking. This conditioning vibration has its purpose, the deepening of the meditative state that each has achieved. This meditative state has various components for each entity that are unique to each entity. If there is within the seeker present in this circle a desire to move into those areas which would release the energies held in place by what we would call the spiritual inertia, then the conditioning vibration aids in this process as well.

Thus, one may feel a greater fluidity in the thinking, the feeling, and the willingness to receive new insight. If there is a concern that may be captured in an image, or a thought, then the conditioning vibration will aid in this process as well. We do not set out in any meditation to invade any entity's thoughts or emotions, for this we see as an

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infringement upon the free will of the entity. However, if the entity wishes to use the energies at its disposal, including our conditioning vibration, for any particular purpose, then the conditioning vibration shall allow the entity to do this much as your magnifying glass will aid you in enlarging the print upon a page.

May we speak further to either?

R: I will expand in the second direction and that is … Let me put it this way, when I am in a meditation I assume that as I try to open up to your energy or the particular entity that comes through either of the instruments that if there is a real intent to add and open up, I assume that it may enhance the contact somehow. I wonder though if this helps the instruments that are actually channeling to be more stable, or whether that is really a function of the particular instrument in tuning. And I don't know if you can really say anything about it because this sort of affects the contact, but I am just curious if this is the right feeling about it.

I am Q'uo, and I am aware of your query, my brother. Indeed, your intentions are most helpful in this contact, for it is the desire of each entity for our words and contact that aids such an occurring. This is most helpful, and we thank each for this desire to hear our words and to seek our service, for by such desire and intention we are invited and a place is made for us in your beingness.

Is there another query, my brother?

R: No, I guess not. The desire was a Christmas present for you.

I am Q'uo, and we thank you, my brother, for your delicious present of desire.

Is there another query?

P: I have a question. It's a thought in my mind. Actually I didn't talk about it during our conversation prior to the channeling. The thoughts are about the usage of narcotics, drugs. I have been thinking of maybe taking LSD, and wanted to know what Q'uo could comment on the usage of such substances, and how it would be of help for a seeker in opening windows of mind?

I am Q'uo, and am aware of your query, my sister. We find that we are limited to a large extent in the response which we may give, for we do not wish to influence another in a course of action which may have ramifications within the seeking. We may suggest that whatever ingestion of chemical substances an entity may consider, it is necessary for any seeker to have a great desire for the seeking of light and to prepare for this most carefully, for any substance which speeds up the normal process of perception for an entity also carries with it the greater responsibility for that entity to use the occasion for an opportunity for seeking the light, for there are many entities and energies that are made available at such an opportunity that the seeker must be most fastidious in the preparing of the self for this experience.

Is there another query, my sister?

P: No, thanks very much for your comments.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: Not for me Q'uo. Just thank you and Merry Christmas.

I am Q'uo, we greatly appreciate the warm wishes of this season of renewal, that we feel offered to us not only by the one known as Carla, but by each in this circle. We are quite aware that each views this particular season in an unique fashion, and we see also that each offers us the purest of blessings and good wishes that are associated with this season. We are aware that the time of the birth of Christ has various meanings to various entities, and we can assure each that there is a Christ within each that responds to this time within each entity that occurs, whether it be at your Christmas time or at any other time during your year. There is the babe within that awaits the birthing; there is the attending of this babe by those portions of the self that are wise and which bring gifts to this young self that is being born. We see within …

(Tape ends.) ♣

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Sunday Meditation

January 15, 1995

Group question: We have been sitting and talking about things we have been affected by in our past, things we are looking forward to in the future and planning for, and adjusting our present according to, and realizing the value of all these things. We are just wondering if there might be some way of focusing more on the present moment and what it really means to be here right now, emotionally, mentally, physically and spiritually.

(Carla channeling)

I am Hatonn. Greetings in the love and in the light of the infinite Creator. May we thank you for calling us to this circle of seeking. It is a great pleasure to once again experience the blending of our vibrations with your own and we feel most blessed to be sharing in this meditation. As we offer our opinions, we ask that each entity take what seems good and discard those thoughts that do not seem appropriate, for we offer our opinions and are your error-prone friends along the path, rather than any absolute authority.

It has been some time since we spoke through this channel and we enjoy that also. To stay in the present moment is to stay in eternity, for the fully realized present has infinite depth, and breadth, and height. To be present in that moment, in a full sense, is possible to third-density experience, but highly improbable, for the aim of third density is towards creating a sea of confusion within which entities may exercise their free will in choosing the manner of spending time and attention. So if you feel again and again that you are spiritually lacking because of dwelling upon the past or hoping overmuch for the future, step back from judgment of the self and remember that you did not create this illusion so that you could best it, defeat it, or win from it the prize of perfect conformation to that infinite present moment. Rather, you came to, shall we [say,] the party, in order to be intoxicated with life, and to stray from the path that is straight, drawn instinctively by those interests and biases which you brought with you in such a way that the dilemmas of reconfiguring and re-aiming the path might be set up just precisely in that way which shall instruct, reform and teach most accurately, pointedly and profoundly.

As you stray and [wander] the weather of the emotions blows through the experience of the self by the self. There are times when it seems possible to become fully aware, centered and present. There are often times when the self perceives its nature as hopelessly foolish, scattered and inefficient. The full gambit of these judgments of self by self may be upon the surface true and may seem helpful, however, beneath these surface experiences of self that portion of the self which does indeed dwell eternally within that present moment is alive and

well within you. You cannot escape the perfection out of which you were created and into which you now are maturing.

Have we confused you, my brothers and sisters? We do not mean to confuse, but rather to put into a perspective this quest for righteousness or right thinking. These attempts are indeed important. It is well to strive towards the ideals of being present and practicing the presence of the infinite Creator. It simply needs to be pointed out that this, like other states of conscious existence, is that which is upon the surface of the personality of the life experience, whereas the work of an incarnation redounds to the very depth of the self, to the roots of mind, the last thirsty roots of consciousness that reach into that which is deity.

You see, your nature is such that the striving, the activity of an incarnation, remains in a sense frivolous or unimportant, the many self-judgments being not only frivolous but inaccurate and inappropriate. We suggest that each encourage those thoughts which refrain from judgment and discourage the self in its desires to castigate and rebuke the self for its shallowness, its lack of appropriate awareness of the present moment. This we say in order that those many times when the self is perceived as being out of harmony with eternity, that the judgment will be not chosen, but rather a shrug, a laugh at the human condition, and a turning once more to thanksgiving and naked praise for the infinite One which fills the days, the moments, the years and the life with such beauty that it is beyond description.

Now having said this, we do encourage each student to muse often within that sacred tabernacle within, to sit mentally and emotionally down within that holy ground of being, where lies truth and eternal things; to sit with bare attention, knowing that silence which speaks of the mighty presence that is both Creator, creation and created. For these are moments out of time, out of space, and rather eternal and infinite. These moments of practicing the presence of the Creator may be keyed according to your individual needs and circumstances. This instrument has often used the ringing of the telephone or the sounding of a bell, heard from a neighboring church, to remind the self to turn to offering thanksgiving and praise. This reminder aids and in each life experience there is a structure of habitual use of time, wherein there are predictable moments, which might be best laid aside for a quick visit to eternity. This does not have to be formal or long. Indeed, it can be, if you chose, most frequent.

You see, when seekers speak of living within the present moment, they are attempting to describe within the illusion and using [as] the tools of the illusion that which does not take part within the illusion. When entities are struggling for a personal healing, when they are in some kind of therapy, there may be suggested another structure within which one may attempt to discipline the personality and the habits of the mind and emotions.

Whatever the language, the student of truth is basically looking for ways to stop thinking, and instead allow the nakedness of pure attention. Feel for a moment that incredibly powerful love that is the Creator. Sense this love within you as the sun warming the heart, radiating throughout the physical vehicle. Within the curtain of flesh lies deity, and that vessel that you are is being hollowed out to receive ever more fully that love which is all that there is, which wraps up eternity and infinity in a tiny ball, and, throwing it, creates the universe.

We would leave you at this time in the love and the light of the Creator. We are with you in eternity and bid you joy of your party. May you seek most purely, forgive most completely, and love each other with all your heart.

We are those of Hatonn. Adonai vasu borragus. ♣

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Sunday Meditation

January 22, 1995

Group question: The question this afternoon has to do with the incarnation into various races and cultures on this planet. We are wondering if people tend to incarnate into only one race or culture and move as a unit or group within that race or culture and maintain their identities from incarnation to incarnation as members of a particular race or culture or tribe, or if people are more likely to incarnate across racial or cultural boundaries and have a multitude of different types of experiences, and if this experience is what the soul experiences. Does the soul experience many different kinds of racial, tribal or cultural incarnations, or does the soul have identification with particular races or cultures?

(Carla channeling)

We are those of Q'uo. Greetings in the love and the light of the one infinite Creator. Our thanks to this circle of seekers for calling us to your session this day. We are most beholden and thankful for you who seek and by your seeking serve, for we have no ultimate answers but, rather, are partners with you in refining those questions which lie ultimately shrouded for both of us in mystery. It is the continued focus upon these questions that create the vibration that is purified desire and the truth that is purified emotion.

This day you would seek knowledge of how the spirit moves through the incarnative process with regard to what populations it may choose to be a portion of, and you ask that which has not a difficult answer, but, rather, a clear but complex answer. Thusly, we shall need to work at several levels, not that one is deeper or more spiritual than another but that there are various facets of relationship which we shall view with you.

The first portion of the discussion will revolve about the basic spirit or what you would call soul. Each spirit is in essence the same, for each spirit is a mobilized, potentiated phase of infinity, or an infinite nature, or self. This basic self is one, and this is true across lines of race, nation, planet, galaxy and creation. Each seeming monad or unit or spirit or soul is an holographic representation of one original unified Thought, Logos or Force. That we have given the name of Love. Each is Love. Each was always Love. Each shall always be Love.

The creation began and shall end. Your galaxy began and shall sooner end. Your star system began and yet sooner shall end. Your planets began and shall end. And each entity began its manifestation and shall shed it ere soon. That which seems different and unique is an illusion. It is easier to speak this unity than to communicate that unity. However, we shall pause for a moment that each may sink into love, and we shall attempt to aid in that feeling that you may in some small wise find this feeling within that is unity. We are those of Q'uo.

(Pause)

We are those of Q'uo. Feel that wind of spirit that has allowed you the creation of your unique personality. Personality can be seen to be shallow, that creature of one incarnation. However, the more basic personality is the child of many, many incarnations. And so as with all that is manifest, you as an unique personality first found life a thing of reality by virtue of being slowly more and more aware of, not yourself, but your surroundings. And the process of individuation began.

Imagine that you, spirit just born, sprung from the Creator's fertile love, sailed through many, many universes and saw many, many beautiful stars, constellations, vibrations of beingness and through many, many densities, many, many experiences you moved that infant soul until there was a choice, a preference, a bias. This star, this constellation, this planet. And one day you were water, or earth, or rock, or rain, or wind, or sand. And your incarnations had begun. Was this unity then forgotten? Not in the deep mind. This essential unity remains that truth which for all, moving through the densities, cannot be denied, for it is felt within as a heart's truth. It is not that you are like others—rather, you are all that there is. This is your foundation. This is that plinth upon which you build that creation which turns stone to statue and form to life. This is the rock upon which you may stand. You are one.

The second way which we wish to look at this question is that way of naming. We need not go through that process by which you have come to third density. You may simply accept, if you will, for the purpose of this working, that you did indeed rise in consciousness through various forms in first and in second density; that is, as elements and as plants and as animals and then came to the dawn of third-density experience. Once again, you may have wandered far from sun to sun, looking for third density. Or you may have chosen this particular planet to begin third density with. Choices are possible, not conscious ones as you know them, but rather like calling like.

However you chose, the planetary influence and the racial influence with which you began the long process of learning through incarnations remains that which has had the first biasing effect presenting the first catalyst giving you that turning of the archetypical mind's themes and biases which are most deeply rooted within. For the Logos expressing as your sun body touches each planet differently, and, indeed, each portion of a planet somewhat differently, so that large masses of entities which are of a single racial origin or national origin may be more probably biased similarly than those whose minds contain etchings of another set of planetary, racial or other influences.

Thusly, there is, to some extent, the experiencing of like calling like that expresses within the conscious mind as a feeling of comfort and of being at home with certain people; that is, with certain national groups of people or certain religious or spiritual groups of entities. Within these large divisions those within the same body of influences begin the work of learning what love truly is. And in doing this together, over many lifetimes, ways are created, and over more and more time, embellished upon and strengthened so that each culture, shall we call it, with its characteristic ways of dealing with ever eternal situations common to all of humankind, become more and more handy to the mind and useful to the commonsense, everyday spirit.

Just as national or spiritual groups of entities tend to speak one language or a language in a characteristic sense, so do different cultures have unspoken language and ways of communicating which do not travel well. The one known as P, for instance, spoke to this group concerning an American who does not take the hint and stop being a nuisance, for this entity, brought up within a culture which simply shuts the door and does not answer the communication by telephone or by mail, has no innate ability and certainly no desire to leap across the cultural divide which separates this entity from one who has been reared within a culture in which hospitality is an holy thing, and the bad company must needs figure out by hint and the tone of words that he has overstepped the bounds of courtesy.

Thusly, entities do indeed often incarnate again and again within one planetary and one racial or spiritual group.

Thirdly, the thrust of the question, we believe, centers about whether there is a spiritual value of one culture against or relative to the spiritual value of another. And so we must ask you to, again, wipe the mind clear. Now, each of you within this circle has experienced incarnation with a substantial

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percentage of incarnations upon one third-density planet, and within that planetary influence one nation, spiritual, or other group of that kind. However, in the fullness of time, as entities grow, as they wake up, spiritually speaking, and discover that there is much more to know about love than has been understood, shall we say, by any one group these entities naturally choose to begin the process of gleaning from other cultures, other nations, and other spiritual groups those subtleties of insight, those inner structures that lie behind the spoken word and conceived thought, each of which educates and trains the mind in certain patterns. Each pattern has its place and is its equally valuable teacher. Just as the physical entity which you now experience yourself as wishes to travel and broaden the understanding of what humankind is, so the soul or spirit chooses again and again to travel in other shoes, other bodies, other races, creeds and color, for each has something to offer.

To be humble in one culture educates. To be humble in another culture offers a completely different education. To be proud in one society is one kind of distortion of self unlike pride seen from the subtly but crystallinely different colorations of another culture's way of pride. We ask you then in this third way of seeing to imagine, if you will, the vast extent of time and space within which the soul first becomes familiar with one family at a time. Then, after many, many incarnations, one larger family, one national or spiritual group, and then one begins to travel, choosing those situations which shall fill out and energize that awareness gleaned so far. For in all of these learnings, in all of these environments, the spirit within expresses its essence in a desire for a return to the awareness of unity which was life and shall again be life without manifestation. The manifest spirit yearns endlessly for that zero within which all is one, for that and only that is the true nature of all who may hear or read these words. There is one original Thought. Each of you is that. Each of you has wandered far. Each of you seeks with grace and rhythm to complete the journey so long ago begun and perfectly encapsulated within each incarnation as that spiritual hunger within which always seeks the source of life, the truth of being.

As the harvest approaches, you well may find yourself within a family which cuts across all lines, for, again, like calls like. Certainly those who are wanderers are one such group. Those who have wandered from different planets to this one may seem obviously different from each other as they have incarnated in various races and so forth. Yet that bond of shared experience, shared hunger and the biases that lie beneath words create spiritually oriented families which are service oriented and offer service instinctively, not only to each other but always there is the desire, however well or ill nurtured, to reach the hand of service to any other who may be served. It is in these often unusually varied groups such as your own that the heart of the lessons of love may begin again to become unified, as each soul now has sufficient experience in seeking the truth of self and the way of service to find commonalities that move beyond race, religion, nation and culture, and instead find residence in a common foundation of self within which that deep mind which is the archetypical mind of self has had sufficient experience in combining self with other selves across all boundaries that the unity beneath all distortions is dimly sensed.

Yet even the dimmest of inklings of this underlying unity act like the explosion or the fireworks, tossing the entity experiencing this unity into a kind of excitement that only the experience of love itself can engender. And once this underlying unity is sensed personally the days of the personality that you now think yourself to be are numbered. The soul which has awakened to the truths that lie beyond the archetypes now has the energy to work through those rich sources within of wisdom and of truth, now has the sufficient reason to attempt to penetrate each and every archetype, becoming one who can assume characteristics which are archetypical in a cleanly pure way, finding within these time-worn structures not only the elegance of internal logic within these systems but also the doors which shall open when one comes at last to a realization that is at the end of each and every archetype or leitmotif.

For instance, in many, many experiences of grief it is an experience and then an experience, and so forth. The experiences add up. They are as they are; but in a course of a million incarnations, at some point the pure and undiluted tone which is grief within you sounds, and suddenly you have experienced for the first time a true grief, a grief which lights up grief incandescently. This tone sounds through all of the infinite creation and is a thing of utmost beauty, and this rich experience retires within that soul the need

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to experiment with grief, for it has been purely experienced and is no longer that which must be studied.

Is there a spiritual connotation, then, to races? All races have great spiritual treasurers to share, both what you would call positively and negatively. In all things, however, the spirit of each remains equal, and thus all cultures, all nations, all groups are equal. All contain the same love. You shall experience that which you choose to until nothing calls you into flesh.

We would at this time urge you to gaze gently upon all beings and to give to each your best attempt at service, not weighing one against another, yet at the same time we do encourage you to follow the heart, for when like does find like then learning may be swifter for both. And the group which learns together becomes a blessing not only to itself and to its members but as it reaches out from that home within a certain and sure blessing to humankind.

At this time we would transfer to the one known as Jim. We are those of Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. We are privileged at this time to offer ourselves in the attempt to speak to any further queries which those present might have for us. Is there a further query?

P: Yes, I would like to ask a question which was put to me by another person. The question is about a situation where a person feels very strongly what we may call love or a certain attraction to another entity but that person doesn't have the same feelings. Could you shed some insight about that situation, what it may mean how the two entities help each other to reach a certain level of harmony?

I am Q'uo, and believe we have the gist of your query, my sister. Please query further if we do not satisfy you.

If entities have a desire to experience love to the best of their understanding of this concept then the desire will be to give love without expectation of return, for that which is love is that which gives rather than that which takes, though it is true that love, when fully experienced, is that which both gives and receives. However, the concept which you have spoken of here is that which is felt by one and not another, and in this case there is the participation in what is felt to be love by one and not the other. Therefore, the one who feels the love, if it be love indeed, then this entity would desire to give to the other that which the other wished and this entity would seek, then, to know the desires of the other, and, once having ascertained what these desires were, would bend every effort to satisfy these desires.

For entities to truly know love it is necessary to surrender whatever idea the self may have as regards the nature of love and then to be moved by the power of love. In most cases, in our opinion, upon your planet at this time entities perceive only portions of love, those portions which are more to their own desires and definitions, those aspects of love which are more likely to feed their self-identified needs, and, therefore, the experience of love is only partial. If one wishes to truly be of service to another by loving another one must determine what service is desired by the one loved.

Is there another query, my sister?

P: Not at this time. Thank you.

I am Q'uo. And we thank you, my sister. Is there another query?

Carla: I would like to follow it just a little further. If the person who doesn't love wishes to serve the person who loves, the surface impulse is to say that the way to serve that person is to allow that person to love you, allow that person to fulfill his desire. Now, practically, I feel this is a wrong answer, but I don't know how to untangle free will and service and just how to put it clearly. Could you comment in a way that clarifies?

I am Q'uo, and though we are aware of your query, my sister, we also agree that in the situation in which you are describing there is some complexity and lack of clarity which makes a clear and definite answer difficult, for there are circumstances within your culture which require certain behaviors and commitments that put a kind of boundary on love so that love may be experienced more purely by those who are entered into the mated relationship that you call marriage. Thus, love is not freely given to all, but finds the need to be given in such and such a manner within boundaries which entities have agreed to.

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Thus, in a mated relationship when an entity moves beyond the boundary to share what is perceived as love with a person other than the mate, then it is that the difficulties and confusions arise, for it is not the accepted practice within most of your cultures for entities to share the full ramifications of love with any but the mate. So it is a situation in which each entity must use the personal and most profound, shall we say, moral standard to judge what is acceptable to be shared of love with one who is not the mate.

We find that the purest form of love which requires no return or action of any kind may be shared with all, for this is the love of the Creator within the heart of each for every other portion of the Creator that is recognized. However, when entities find a need to make conditions and requirements and desire certain returns from their expression of love to another that is not within the mated relationship then we have the confusions of which we spoke. In this instance we cannot give direct advice, for this is, in our opinion, an infringement upon free will. But we can suggest that entities that are in a relationship with another look deep within the heart to see where love resides for another and find within the self the small voice that is speaking the known truth, shall we say, for each entity knows beyond all rationalization what is love, what is its truest expression within each situation. And, while recognizing all cultural boundaries, will be able to affect this true loving, even if the true loving is to reject a portion of that which is offered from another.

Is there a further query, my sister?

Carla: I'm just working on this one point and if you will forgive me I would like to go a little further. Is that all right?

I am Q'uo, and we are quite ready to speak to any query, my sister.

Carla: Thank you. The way it feels to me reminds me of when Don was asking Ra how he could serve our fifth-density negative friend. He wanted to find some way to be of service to this friend who wanted to stop our communications with Ra, and Ra couldn't get through to him that the very essence of the service that he wanted was to stop the contact. Besides stopping the contact there was no other service from Don that he actually wanted. It just feels like this situation is one where what the teacher wants infringes on P's free will and is a desire for an object rather than the love of a person, because in getting what he would want he is walking all over the truth and asking P to be untrue to the feelings within her which say this is not the one. I just don't know any good way to line it out in a simple way, but it feels like the same kind of situation. If you would comment on that to any extent I think that's the end of my thoughts on the subject. Thank you.

I am Q'uo, and we would agree that this subject is one which requires a good deal of thought. Indeed, this is our recommendation that the meditative state is the means by which the true voice of each may be heard and the most appropriate expression of love experienced. We realize that there is a certain purity to the naiveté that the one known as Don expressed in the queries to Ra concerning serving the negatively oriented entity, and there is a certain purity and naiveté in the situation in which you speak, if the one known as P would receive the offerings of love from the entity that is in question. However, there is also the need to respond to the cultural practices that we have mentioned and the need to seek within for the deepest form of service, for all services are not equal.

This was the point that those of Ra were attempting to make to the one known as Don. What is the deepest service? To simply open the self to receiving love from any entity that would offer it in any form that the entity would offer it, or is there the need to consider other ramifications? Is the highest form of service to allow an entity to break its word to another? Is the highest form of service to simply reject another entity? Is there the need to find another means by which love may be expressed? These are queries which we know each has considered this day, and these are queries which we may not answer for you, for there is value in finding answers for yourself that we would not take from you.

Thus, we must bate our answers as we have, but we may recommend to each the value of seeking within meditation the answers for the self from the self, for we assure you that they are there within your very heart, and though the answer may be difficult to put into experience and into action there is value in so doing.

Is there another query at this time?

(No further queries. Thanks from all expressed.)

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We are those of Q'uo, and we add our thanks to the pot. We are most grateful, my friends, for your invitation to us this day. We know that the struggle to be human and to move in flesh is not easy. We salute your valiant efforts, and we remind each of you that there are truly no mistakes. There are only opportunities to learn and to know the Creator. Undertake each opportunity with the full gusto of the life that moves through you and which brings the energy of the Creator into your being as you pass through your daily round of activities.

We would, at this time, take our leave of this group and this instrument, thanking each once again for the opportunity of sharing our opinions with you. We are known to you as those of Q'uo, and leave each of you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation

January 29, 1995

Group question: The question this week comes from N and has to do with the concepts of service and love. It is his observation that the basis of all creation is to serve, one portion of the Creator serving another, and that the substance of the creation is love, everything is made out of love, the creative energy of the Creator. Now, N feels in our daily lives that service is more obvious and instinctual. We are able to recognize our opportunities to serve as they come about. We just see what needs to be done and do it. Love, however, seems to be of the nature of that which needs to be worked on. It takes will or an effort to do it and we are never really sure of how well we are doing it. Whereas with service we are aware of what we have done and can at least be sure that something was accomplished. In loving, it is not so obvious, and we would like Q'uo's comments upon N's observations.

(Carla channeling)

We are those of the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. We apologize for the length of time that the challenging process took, but this is always necessary work which needs to be done meticulously and we attempt never to fail to mention this when it applies. We thank the one known as Carla for pursuing this process until satisfied. The discernment was necessary, in our opinion.

We are called to your group by your musings upon love and service. We thank you for this call, this opportunity to share our humble thoughts with you. As always, we encourage each to use his discrimination at all times and with each thought we may offer you, for we would never wish to put a stumbling block in your path. Therefore, discard those thoughts which do not shine with a kind of recognition within your perceptions.

Discussing love is our favorite occupation. No subject rings with the purity of that primary Logos, that mystery, the great original thought of Love. Here the mystery begins and here there shall be its embrace when all distortions cease. Love the beginning, and Love the doom, or ending. Before we embark upon words which shall surely fail to create full truth we pause to worship that mystery. We are those of Q'uo.

(Pause of thirty seconds.)

We are those of Q'uo, and are once again with this instrument. We greatly appreciate sharing your vibrations at this time.

It can certainly be seen to be evident and true that service is easier to attempt than love. True, also, is it that the boundaries between qualities pertaining to the divine shall always be weak, for love is, and is all that there is. Thusly, service is the visible

manifestation of the invisible and primal love. Let us work first, then, with service.

The questioner labors diligently within, what this instrument calls, one of the helping professions, being a medical doctor. It seems obvious that those who come before the gaze have need of a certain sort of help that is then gladly given. However, serving in the clear and everyday ways people relate to each other within their professions there lies a vast territory of very complex and shadowed landscape wherein discerning true service remains an attempt made by the follower of mazes and puzzles. It is sometimes very difficult to discern right service and the efforts of a seeker to move beyond the limits set by the culture so that solutions to questions concerning true service may be found, for what is the service in a given situation wherein two souls wend their way, moved by destiny? That destiny is inward and its ways are felt only by the seeker herself, not the one who attempts to help from without.

Or there is often that entity who asks for service but for whom such service may well not be good to give. Those sensitive to this dynamic wherein service finds its nature in truth have a goodly work to do, for what is the service of an entity but that gift of love which has been his to give?

The one known as Paul the Apostle suggested that in terms of service one might well think of the body which has many members: the stomach aids by being a stomach, the ears by being ears, and so forth. So each entity has his gifts to share. Yet, if each offers a different gift how infinite must the body of love be! Then, is service visible love? Is the service of an entity to share its gifts? Indeed, that is so, but there is the level beyond this wherein the seeker realizes that the purest service is the realized or illumined being, that joyful self that has been nurtured and allowed to bloom in the light of faith. This is love. This is service, to be. Then, the entity may share each gift, yet knowing that the breath that fills the service with meaning and value is love.

Now let us return to love. We agree with you, my brother, that the ways of love are ways of mystery. This mystery is the nature of all manifestation driven to its point of entrance into manifestation. Examined physical phenomena end in mystery. Metaphysical concepts may be followed far, but always end in mystery. Unknowing is the *sigil motto* of the spiritual warrior. Yet love feels a certain way, touches and transforms each entity in ways which tell that entity of the overwhelming and primary strength and force of that invisible quality.

Within your density true love has no voice, yet there are many voices which strive to express love. Each seeker is that which is love, yet which is creating sound and motion constantly striving to discover that which it is.

Turn the gaze inward, and gaze steadfastly at that which the one known as William Yeats called the "rag and bone shop of the heart," one of this instrument's favorite lines of poetry. Gaze at that illusion, that imperfection perceived, that undeniable self. You look at love. Continue always to seek love, how to express love, and how to be of service. Know these efforts as the often subtle arts that they are. Respect right use of power in being of service, in attempting to manifest love, and develop always little by little, step by step that place within which is engraved with the print of your feet, that place wherein holy things reside. Know this sanctuary daily. No moment of visiting this holy of holies is in vain. To all who are weary we extend the encouragement of the fellow traveler. Within the suffering does always lie perfect blooming and fresh the one infinite Creator whose nature and being is love.

We thank this instrument and leave it in love and in light and transfer to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time we would offer ourselves for the further querying, if there are any further queries.

P: Carla is having a hard time dealing with physical and mental/emotional challenges. I wonder if there is anything that can be done to help the instrument? Thank you.

[I am Q'uo.] We find that this particular entity is not a stranger to that which she experiences at this time and indeed from time to time periodically. Whenever an entity feels the weight of the incarnation upon the shoulders and is able to bear such weight in good humor, [with] faith for the effort and the next opportunity, then an entity has become aware of more of the nature of the incarnative state, for too often are the senses dulled

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to that which is of importance, being the central focus of an incarnation. Entities are easily distracted and incarnations are often used less than optimally by such avoidance of the catalyst placed for the progress preincarnatively.

Thus, we offer this preamble as a kind of recognition that [it] is a worthwhile achievement for a seeker to recognize that [that] which is of importance in the incarnation, whether there be great difficulty associated with it or not, is an achievement in the spiritual discrimination necessary for development of the personality, metaphysically speaking.

Thus, for the entity itself we cannot speak any more helpfully than to commend the recognition and discrimination and the faith-filled perception accompanying these recognitions. There is always assistance that it is possible to offer another in prayer and in meditation, for the prayers of each entity are as the rays of the sun to the growing flower.

Is there any further query, my sister?

P: No, thank you.

Is there another query?

(Pause)

I am Q'uo, and we are aware of the fatigue that is present at this time, and we would use this opportunity to thank each for making a great effort to join this circle of seeking, for we know that it was not particularly easy for a number of those present. We are always thrilled at this opportunity to join your gathering, for we are able to be with you in a way that is most satisfying to us in that we blend our hearts and minds with you as we speak with you and listen to you. In this way we have our beingness in your illusion, and we thank you for the invitation at each opportunity.

At this time we shall take our leave of this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

(Carla channels Nona in song only.) ✤

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Special Meditation

February 5, 1995

Group question: How do we recognize what we are supposed to learn from our catalyst? Can you recommend any techniques or procedures that we could use to learn from our catalyst?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most thankful for your call to us, and, indeed, we hope that we might share our thoughts with you in a helpful way. If any thoughts which we offer are not pleasing, we encourage you to lay those thoughts aside, for we speak not with ultimate authority but as your brothers and sisters within the beautiful path of spacious existence which lies open to those who seek the spirit within each moment, the life within each instant, the eternity within the now.

To speak concerning catalyst, it is well to gaze first at the way in which the physical, mental and emotional relationships of persons to others or to themselves are designed, for there is a logic to the moving forces of destiny which lies far beneath that literal logic which distills questions to a proof of an answer. The truths of the seeker are not usually clear, for the mystery that is at the base of all systems inevitably becomes the view in front of the face of one who gazes deeply enough into that which is occurring at any given time and space. This arrangement of logical alternatives cannot be pinned down because each incarnation has a basic plan in terms of areas of learning to love or learning to accept love, and these goals are fairly clear to the seeker who has persisted in inner work for any length of time.

The means of going after these goals, however, is usually very much a free will choice so that there is not one right or correct response to incoming catalyst. The attitude of the seeker in this wise might, perhaps, be skillful to choose the far-seeing eye when gazing at a situation in which there is catalyst, not moving upon impulse, not concluding quickly concerning issues, but, rather, remaining serene in the sure and certain knowledge that your destiny will provide continual opportunities to follow through with the lessons that you have identified for your own self.

Now, what consists of catalyst? To what characteristic should the seeker look to identify it? We might suggest that the experience of discomfort, whether it be physical, emotional, mental or spiritual, is a hallmark of catalyst, for catalyst, by definition, will create changes although it, itself, is not altered. Therefore, when the seeker finds itself fretting, worrying and hesitating concerning an issue the student simply steps back and takes note that there is this discomfort. Therefore, there is catalyst.

The next question within the mind of the seeker is, "How shall I respond to this discomfort? Shall I

attempt to alleviate my distress? Shall I preserve patience and see what happens?" Again, there is no one answer, for that wind of life within which blows about the inner heart and cleanses the atmosphere of the spirit has a blessed and intimate connection with the discomfort caused by catalyst. There is an instinct deep within that connects in a graceful and grace-filled way with situations in which discomfort is a symptom of the transformation for which the catalyst was supplied in the first place.

There is the model of the world which sees questions and answers in neat compartments. This model of the world works well within your culture. However, it does not work at all well when the seeker is prosecuting that long, long process of seeking to find the heart of self and, therefore, the heart of catalyst.

Perhaps the shortest way of expressing or suggesting a way of dealing with catalyst is to say that each experience is a new one. The type of catalyst becomes ever easier to identify as the seeker continues with the dogged patience which is the hallmark of spiritual health. Eventually the link between the spirit within—which this instrument often calls grace—and the heart of discomfort begins to be perceived ever more flowingly and less rigidly until the happy state becomes possible wherein the seeker is upheld simply by doing the dance of life, and then gazes at all that moves him or her with a trustful and cheerful eye.

For suffering and pain, while being necessary concomitants to learning the lessons of love, do not need to be clung to or held within the mind, emotion, body or spirit. A child playing upon the seashore goes through many instances of temporary discomfort. The sun is too hot. The pail is washed out to sea. The shovel gets broken. The child swallows salt water. To the child these events mean very little, for this young spirit is still being surprised by life itself. That spirit of newness, that allowing of catalyst to move you as if it were the first experience, is a key to finding your own balance within the processes of change and transformation.

Using catalyst is something the seeker cannot avoid. This illusion of yours is created to make evasion of catalyst impossible and full use of catalyst improbable. This illusion leans upon imperfection and forces the mind and the emotions to gaze at that which is not perfect in appearance. This false world-view is designed to be that backdrop against which the common life with its suffering may become a life incandescent with the seeker's joyful acceptance and eagerness to pursue the processes of change.

So we would suggest that you be eager and hungry for those processes of change. Recognize discomfort as the hallmark of inner work being done, and recollect at all times that this work is not mental. You may think and muse endlessly concerning catalyst, but the way that catalyst is seated in the experiences of the seeker is, for the greater part, functioning within the deep mind of which you are not conscious. The key, then, in this regard is allowing time to pass until the heart feels and senses truth. It cannot be rushed. It cannot be figured out. Although these processes do aid in a growing grasp of the incarnational pattern that you have, they cannot take that essence that is you to a more truthful or genuine expression of self. You are not here to understand and know the self beyond a certain point. You are not here to become perfect. You are here within an illusion which forces you to seek beyond the limits of that which is visible or knowable.

The hungry man has a sore stomach and when the seeker awakens to the call to walk the path of pilgrimage there is that overriding hunger and the spiritual appetite is keen. Treasure this discomfort. Allow it to continue. Allow the self to see the self with a bit of distance and let that editor or critic of the self reassure and remind the everyday mentality that when one is following the spirit surprises often occur, and the one thing to keep watch on is where the attention is placed, for there is that place within, that inner sanctum sanctorum, wherein that which is holy rests. Moving into this space is that which is the wisest of all resources to choose, for in the end all the catalyst can do is offer you opportunities to learn your own nature and to begin, just begin, to grasp infinite love, eternal life, beingness forever.

And we encourage each to find the light touch, to share the laughter and the silliness of such idealistic and spiritual goals. There is rich humor in every fiber of your density. The less you blink, the less you are overcome by the seriousness of situations, the more humor you shall find, for the Creator is most playful. So allow that spirit within to romp and play, and, above all things, to reach out to others as they ask, as you can serve. For the love you bear each other is that fruit which the other cannot create and

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love is the great gift, the inner and deeper truth of all being and all relationship.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. We are privileged to offer ourselves at this time to those who may have further queries for us, and we would ask if there might be a further query at this time?

R: I wonder if you could talk some about accepting the darker part of the self?

I am Q'uo, and am aware of your query, my brother. You are many things which you are not aware of, for you are indeed all things. This is the great mystery of creation. We worship with you this mystery, my brother, and can only shed a limited amount of light upon this topic, for the Creator which has set all energy into motion and has pleased Itself by giving fields of energy which are called entities free will to choose the manner of their being and the way in which they express this being as a manifestation of that being.

We are aware that each seeker feels an affinity for entities that are other than the self or seemingly so, and especially feels affinity for entities which suffer. Each seeker also wishes to accept those portions of the self which are suffering and which may be hidden in their origin. We can only say to you, my brother, that as you move through the various influences in your life pattern you will find that there is a new way of looking at yourself that is developed by the processing of catalyst. There are discoveries that one makes when one finds oneself in new circumstances. There are abilities called forth, perhaps for the first time, or in a more accentuated form of manifestation that a new set of stimuli will request or evoke.

As you continue to process the catalyst that forms various patterns in your life you will find that there is more to yourself than first imagined. In this way you can begin to see the circle of your being, shall we say, that of which you are aware of consciously and dimly aware of in your deeper mind. This circle is lighted by your consciousness and your attention to it. It increases its circumference with new experiences. That you are unable to imagine what it would be like to dwell in terrible darkness and delusion, that of the murderer, that of the thief, and so forth, is only testament to the present circle of your being that it includes certain experiences and does not seem to include others.

Yet, we can assure you that as you explore more and more of this beingness—the beingness of the one Creator—in incarnation after incarnation and density after density, you will have covered a great deal more of this total being than you are now aware of. You shall set for yourself in various of your incarnations and portions thereof a variety of parameters, expressions of energy, intersections of entities, and you shall immerse yourself in the moving tides of your kinds' history.

In this infinite march of the One to the One, by the many portions of the One there is available the infinity of opportunity that is the Creator. At various times you shall choose hither and yon and shall choose widely disparate selections of opportunities that will teach in a variety of ways that which you seek. Thus, though your present experience may seem small we assure you this is so that you can focus more clearly and sharply your attention upon those lessons which are currently before you and not dissipate your precious conscious working focus on many and sundry issues.

Thus, if you are well focused the experience of the current incarnation is also in a sharp focus or distinction that allows for efficient working. Other incarnations shall focus in other areas, my brother.

Is there another query?

R: What you are saying is that I should feel through my heart and focus on what is in front of me and work on that while allowing all of the other mystery that I cannot grasp to work as it will? Could you comment on that please?

I am Q'uo, and we feel that you have a basic grasp of that which we have attempted to share, though we would amplify in a small way by suggesting that the feeling through your heart of the acceptance of that which is is another way of stating the concept of faith, which is a great enabler …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. You must have faith, my brother, that you are well placed

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within the one Creator, at the very center, for there is no other being or place to be, and if you walked quite literally in the shoes of your fellow seekers, you would walk as do they for reasons that are well or poorly understood, that have results that are more or less helpful, seen in a relative sense, with the cause and ultimate effect of all thoughts and actions being rooted in that great mystery that is the one Creator. And that as you do indeed walk in each shoe of every brother and sister that you know and do not know, you do indeed walk where only the Creator treads.

Is there another query, my brother?

R: No, thank you, Q'uo. That gives me a lot to think about from a different angle.

I am Q'uo, and we thank you, my brother. Is there another query?

P: I would like to ask if there is another reason for existence besides the Creator knowing Itself?

I am Q'uo, and though we are aware of the query which you have asked we are not aware of any other reason or indication that the Creator might have for this experience which we all share, though we do not say such a reason could not exist. As far as we have plumbed this great and infinite mystery the only reason we have found for this experience is that it is our portion of the one Creator's pattern of beingness, that is that we should become that which is and should find a greater and greater expression of ourselves to be the same as the Creator's self.

Is there any further query, my sister?

P: Yes, could you clarify the notion of time? When you talk about the concept of becoming it suggests a forward moving direction oriented in time. On the other hand, we are told that everything exists at the same time. Could you comment on this aspect of creation?

I am Q'uo, and am aware of your query, my sister. We utilize the terms that are most easily understood—if we might use that misnomer—within your illusion, for to speak the ultimate truth would not only be impossible in words, but would be confusing in practice, for as you have correctly surmised it is true that all does exist in a simultaneous fashion in regards to time. However, within your illusion the focus of consciousness has been constructed in such a precise manner that the illusion that you experience does its work in what seems to be a linear progression of time and experience. However, that is not just within this illusion but is a portion of the greater experience of all that is that has been, shall we say, been segmented or focused upon in such a way that it seems that your life patterns move on after the other and in a sequential manner within each, whereas in truth there is the greater self that is your higher self that exists at this time with a complete expression of that which you are, that which you shall become, that which you have been, together with other expressions of your self as well. These you are. These you move toward. These are a portion of the great paradox and mystery of creation.

Is there a final query at this time?

P: How is it possible in our present experience of third density, with our five senses, the simultaneous existence of time … How can we experience it in our lives, that we exist at all times?

I am Q'uo, and am aware of your query, my sister. The great veil of forgetting which each passes through upon the entry into this illusion insures that this far-seeing ability that recognizes all time as simultaneous is that which awaits discovery only in those moments of grace, shall we say, which present themselves to you at various points within the incarnation as a kind of implication, shall we say, of that which truly is a guidepost or sign along the way. Many such experiences are achieved in the meditative state, the fasting, the prayer, the dream in which the future or the past or both are blended with the present. Thusly, the door to the greater experience is only cracked a tiny bit within your illusion so that your focus remains carefully placed upon those lessons which you choose for each incarnation.

Is there a further query, my sister?

P: No, thank you.

I am Q'uo, and again we thank you, my sister. We thank each present for allowing us to share our opinions with you again. It has been our great privilege to join in your circle this day and we are always hopeful that we have been able to share with you some small portion of our thoughts that might be of service to you in your journey with each other and with the one Creator. We walk with you and give praise and thanksgiving for each step.

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At this time we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai. ♣

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Sunday Meditation

February 12, 1995

Group question: We would like to know why suffering is necessary, and, in light [of the fact] that so many people in the world suffer so much, how is it that suffering is a service either to the people who suffer or to the Creator who watches the suffering as part of Itself?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are grateful for your call to us. As always, we answer this call as your brothers and sisters of the path. We are fallible and make errors. Therefore, we ask that each listen and chose those thoughts of ours which appeal, leaving the rest behind. Always we would ask those who appreciate our council to use and value the personal discrimination within. This is not easy to do when the seeking is for a mystery and a purity that seem impossible to reach without help from outside. However, both past and future are within you, and no amount of reaching from without or outside of the self can ever be equivalent to those truths which are realized internally through the process of discovery.

We consider ourselves blessed to be able to function as those who remind you of truths you already know. We do not bring news. That is, we have nothing new to astound you with. We are simple, and our message is simple. To achieve the simplicity of nature we now have has taken a great deal of work or suffering or experience, whatever name you wish to call it. The truth that we see is that the process of spiritual evolution is slow beyond your wildest imagination. Yet, this work remains fascinating. And we do not regret one iota of the time and energy we have spent in reaching this place. Nor do we quail before the challenges we now face, for we are eager to learn and hungry for that source which is our and your all in all.

In speaking with you about suffering, we would begin by looking at what we just said. It took us a long, long time and a great deal of careful work—work of the mind, work of the heart, and work of the intuition—to achieve the awareness which we now enjoy. We have removed brick by brick the walls between us who are of Q'uo. We have removed before that brick by brick the walls within ourselves which kept us from allowing ourselves the surcease of that suffering which we so needed to experience. Suffering is a word biased substantially in the negative sense. When one suffers one is considered to be bearing pain, difficulty, and trouble. Yet to suffer is actually to allow, and what is allowed in suffering is fear. Any experience may be suffered or allowed to occur, yet it is the experience which is not resisted which brings a lack of suffering.

We do not speak of the suffering of hunger and nakedness and imprisonment when we say that

suffering is a choice. In those cases also suffering is indeed a choice, but we would deal at this moment with the normal suffering, day by day, which strikes at the heart of most entitys' life experience: the suffering of a self which is resisting the flow of that which is occurring in front of the eyes, the suffering between people, the suffering at a job, or doing some work, the suffering because of what one does not have, the suffering because of that which one has and cannot be rid of. These are a measure of the resistance the seeker has, usually subconsciously, to the drift of that destiny which always lies before one, which one spins out as does the spider its web from the nexus within which experience is recorded.

Let us look at the suffering of the rock. First, it becomes rock by being cast out of the fiery molten core which is beneath that which is rock upon your planetary sphere, flung into space, tossed away by that which was its home. It now thrusts upwards through an atmosphere of air. Nothing is as it was, and through your time this rock is worn, slowly and steadily, eroded, pitted, roughened and crevassed until little bits of earth cling to its surface, and gradually it is covered by earth which then grows plants whose roots reach down into the rock, breaking it, further wearing it away until perhaps this rock is upheaved by another burst of molten energy, becoming broken, falling down in splinters and shards, rolling perhaps into the bed of some stream and washing, century by century, until it has become a million pebbles, a billion grains of sand. The rock has a long life; from its first identity as rock until its last dissolution, it is constantly worn away, broken and re-broken that earth may come to it, that it may support growth and blooming, and that it may eventually dissolve.

Because the rock has no self-consciousness, it does not suffer. It experiences. It is not that rock accepts the erosion which eventually dissolves it. It is that its nature is as it is and that which occurs is that which occurs.

For the animal, the life is that which is, for, again, there is no self-consciousness except that which is implanted within it by its human caretakers. If it has the cut or the lame paw it simply has this. It endures it without suffering. It experiences the pain, the discomfort, but it does not suffer, for it does not reflect within itself but rather seeks the sleep which frees it to dream of days when it was chasing game and being that which it is as a young one.

However, within third density lies that great gift and that great burden of self-consciousness. You, also, as the rock, as the animal, from the first moment of being thrust out into the atmosphere to that last moment when breath expires, experience and suffer through every change, every new discovery, every phase and stage of development, both physical, mental, emotional and spiritual, and insofar as the experience is not resisted and is entered into faithfully, there is not the suffering. Few there are among your peoples who have achieved a lack of fear sufficient to claim no suffering from fire, torture, sudden death, or a million smaller mishaps of circumstance. For the great millions suffering is a fact. The resistance to discomfort and pain on whatever level is instinctive. The creature seeks comfort. This is an instinct.

This instrument was reading this morning concerning those who chose not to suffer less but to increase suffering in order to pay homage and worship to the one infinite Creator, for these ascetic individuals, often called saints among your peoples, felt such great love of the one infinite Creator that the desire was to ignore any and all impulses of the body which kept the soul from thinking on the one infinite Creator. We do not say that these saints are correct in the lengths to which they take an embracing of suffering. This was their path. It worked for them. We do not suggest it for any except those for whom it is desirable.

However, we do encourage each seeker to gaze without fear at the troubles of the day. When resistance is felt, when the suffering occurs, this is a puzzle for later contemplation, not to stop the flow of suffering but rather to allow a portion of the self to observe it so that it may be accurately remembered. When there is a distinct lack of suffering it is well also to take note of that which constitutes the enjoyment experienced, for there is much to learn about the self from the simple reactions or responses which the self has to various stimuli. The path to self-knowledge is one in which reflection and contemplation upon one's own inner workings does bear a substantial part.

Why is suffering necessary? We would change this question to "Why is experience necessary?" For as we have said suffering is not necessary, even for those who starve, for those who are naked, suffering is not necessary. The experience, the pain, be it ever so deep, does not necessarily bring suffering. For

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entities to turn and embrace their troubles it requires much, much learning, much grasping of the true nature of experience. The experiencing is necessary because you have chosen to manifest and to manifest one must accept space and time in a structure which creates a process through time or through space and in that process through time and space the reason for manifestation develops itself, which is to say that as each experience is processed within choices are made which advance the uniqueness of that entity's identity. These experiences are as necessary as the text books of your classrooms. There must be some way of learning the lessons which are given in the school of life, for your incarnation is, indeed, a school, and it is a school which you enter in each incarnation with great hopes of achievement. Yet when the semester begins the work is hard, painful and inconvenient, and it is only natural for the student to protest that inevitable grind of one project after another after another. Is there no end to learning? No, indeed, there is not.

This school of incarnation is most generous in offering as much experience as you wish to take on and as deep a probing into the nature of it as the seeker has the resources to mount. The Creator wishes to experience Itself. Insofar as each of you suffers, so the Creator experiences as suffering. The Creator is most grateful for these experiences and does not judge or condemn an entity for having a hard time with the subject. It appreciates the effort. It appreciates the experience.

In truth, we might say that the goal of the suffering seeker is not the end to suffering but, rather, an increased or enhanced sense of the sanctity, the hallowed nature of these processes of learning, of changing, of evolving through experience. Each seeker chooses the degree to which it shall suffer as it resists or does not resist the beckoning call of its own destiny. Each is co-creator of that destiny. Each has chosen the classes it is in in this school of incarnation. Therefore, all is well, metaphysically speaking, whatever the suffering looks like, for it is simply a portion of experience allowed to be suffering through the resistance and fear of the changing that the learning creates.

When one steps back and thinks again of the rock, one sees that if the rock were self-conscious it would suffer, for it is blown into manifestation and eroded and perhaps blown again into smaller and smaller pieces until it is ground down completely and disappears into sand and dirt and elements.

The nature of living is that it is fullest in the first instant of life and is steadily eroded until its end in death. It arises. It falls away. That is the nature of incarnation. Seen from this standpoint it may be clearer why suffering is the common lot. Each arises on the Earth scene full of a life and the nature of that life's manifestation is that the coin of time, the treasure of attention, is spent and eventually the personality is completely bankrupt and out of time, out of treasure, out of lessons, and out of school. And the incarnation ends. Loss upon loss, limitation upon limitation until that final expulsion of breath and the ceasing of existence within third density.

The Creator does not need your suffering. The Creator wishes your experience, and if suffering is involved the Creator may gladly take that also, for that is your truth. It is accepted without judgment. It is loved. It is blessed. It is not desired. All that is desired is that the unique spark which is yourself do as it pleases to find out to the deepest level possible what that essence of self is. The journey of discovery lies within and it is a long voyage.

We would, at this time, transfer this contact to the one known as Jim, as this entity runs low on energy. We leave this instrument with thanks, and in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We have felt a great deal of sympathy for those of your peoples who must move through this third-density illusion fraught with so much that causes suffering, for we know from our own experience the difficulties that are inherent within your illusion. There is no obvious unity which binds all entities in a supportive community upon which to call for most of your peoples. There is instead the seeming fragmentation of all that is unified into the manyness of a creation which seems most of the time to be at odds with itself. We feel a great deal of sympathy for those who are in the midst of famine, of disease, of loneliness, and of that dryness of spirit that turns to bitterness in the view of life. Yet, we are comforted in our feeling of sympathy by knowing that each of these experiences shall make a mark upon each entity which is one stroke of the artist's brush upon an eternal canvas of complete harmony.

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There is the offering of each entity laid at the feet of the Creator by the very nature of the illusion, that which begins and ends, that which you call the life and the death, and each entity shall give over to the Creator the harvest of each incarnation which shall allow the Creator to experience that which has been experience by the entity and so enrich the Creator by the choices made and the joys and sorrows known.

At this time we would offer ourselves in the answering of further queries which those present might have for us. Is there a query at this time?

P: Concerning the truth, absolute and relative truth. Most of the time what we experience seems to be of relative truth. What is the relation of relative truth to absolute truth?

I am Q'uo, and am aware of your query, my sister. In this great octave of experience which we all share there is that which can be seen as the ultimate or absolute truth and that which is relative, and we would utilize the portion of the deep mind which is called the archetypical mind as an illustration of that which is, for this octave, an absolute truth, for it is the architecture of the process of evolution. It is the journey upon which we each find ourselves moving upon. It is that which we all shall fulfill, each in our own way, which is that which we would call that relative truth.

As we move through this pattern of expression of the one Creator we do so in a way which is a function of our unique choices, a way which is a function of memory and experience. The archetypical mind is not affected or changed in any way whatsoever by memory or by experience of any entity moving within its patterns and opportunities. Thus, each entity provides an—we search for the correct word—interpretation of this journey which is relative to all other entity's choices. Yet the architecture of the Logos, that source of Love, is absolute. In truth, there is one great Absolute as far as we are aware and that is the unity of all things and all entities, for even the archetypical mind is that which is expressed by an infinite number of logoi throughout the one creation.

Is there another query?

P: We as individuals seem to be the builders of the archetypical mind, so aren't we the builders of absolute truth?

I am Q'uo, and am aware of your query, my sister. In the deepest sense, that which recognizes each entity as the Creator, this is so. But in the sense of entities which move through the illusion as portions of the Creator this would not be so, for there is no choice which you can make as an individual entity that changes any portion of the archetypical mind. This is given by the Logos. You may choose an infinite number of manners to move through this mind, but it is ever and always the same.

Is there another query, my sister?

P: No, thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

R: I am curious. What makes you sometimes come up with a little joke in the end? Is it the energy that we put together at that moment?

I am Q'uo, and am aware of your query, my brother. We are those who have blended vibrations of those of Ra and those of Latwii. Each of these social memory complexes have an appreciation of that which you call humor. This group is well aware of the humor of those of Latwii. Humor, as we are able to see it, is the view of a situation with a sense of proportion about it. As one looks at the entirety of a situation that may, from one point of view, may seem difficult and distressing, may when seen from its entirety or when the entity experiencing it is seen in a more full view there is often the opportunity to balance the situation by seeing another characteristic which, when taken in comparison characteristic, adds a sense of comic relief, shall we say. The difficulty is relieved by the larger view, and we feel that humor is an excellent means of restoring the larger view to entities who are perhaps a bit over-stressed by one portion of a picture.

Is there another query, my brother?

R: No, thanks. I appreciate that.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Q'uo, and since we observe a lull in the querying at this time, we shall assume that we have, for the nonce, spoken to those areas of concern and we are grateful to each entity for presenting us with these opportunities to share with you that which is

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our experience and our opinions. We are most happy to do so and can always count on this group to query in a thoughtful and profound manner.

We shall at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation

February 19, 1995

Group question: The question this week has to do with the "Who am I?" question that each seeker asks. We are wondering about the incarnational personality as a focus as to who each seeker might be. The incarnational personality, of course, has connections with the soul identity that has been through many incarnations and has connections with the one Creator as a portion of that Creator. We are wondering if you could tell us something about the incarnational self, who that self is, and use it as a vehicle for evolution.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most pleased to have been called to your group this day. There are also those energies about which you know as those of Hatonn. However, as this instrument ascertained, the energies of Hatonn are simply to be placed upon the circle of seeking and in a very subtle sense upon that tape recording device which records these words. That carrier wave, shall we say, of meditative quiet and stillness is an helpful one, and those who listen to such a recording such as this one may be offered that silent gift. In addition, we shared a joke with this instrument which caused the challenging process a little longer to deal with. We are always hoping that this instrument will not be too earnest about her challenging, so when she asked us if we came in the name of the one known as Jesus we said, "Oh yes, we stop in the name of love." But this instrument would not accept that. However, to our minds the one known as Jesus is the one known as Love, for this entity managed during incarnation to express that energy in its fullness.

As always, when speaking with a group, we request that our words be taken with a grain of salt and that the personal discrimination be used. We do indeed thank this group, and deeply, for sharing these moments with us and allowing us to share with you what humble service that we may offer at this time.

The question of self-identity is indeed the signal question of a density devoted to the exploration of self-consciousness. The other experiences gained in first and second density, as powerful and all-encompassing as they have been, are as a simply elementary school class compared to the complexities of self-discovery and self-perception. Being aware of the self being is in many ways confusing. There is confusion because of each entity viewing itself through the passing kaleidoscope of circumstance and event about which one spins one's life's threads.

The child, that young soul whose mind is infinite and eternal but whose body is clumsy and small, must determine what of his body makes him who he is and what not of his body but of the mind or of the emotions. This is most puzzling and the questioning

begins for each entity as that soul becomes enough aware of itself within its little world that the focus becomes inward.

Those of young ages are frequently viewed by their parents and teachers as those who do not have native wisdom or the ability to think upon abstractions at the age of pre-school, as this instrument would call the years of four and five. Yet by this age the larger part of your people are philosophers in their own small way, picking up questions of life, death and being and looking seriously and probingly at them for clues as to identity and that ineffable and indescribable sense of belonging that is yearned for but not entirely felt with those identities which the world sees and passes so to the young self.

Each year, indeed, each season, which adds to the child's life its burden of days, yields also a crazy quilt of perception and misperception, accurately perceived and inaccurately perceived memory and the drifting of memory and thought through those inner seasons which color perception so profoundly, usually without being themselves perceived. The burdens that the child has taken up often become invisible yet still are burdens carried, yet carried not within the conscious mind but stowed safely as in a ship's hold for the long voyage which shall occur before that self is able or ready to open the cargo doors and work with that burden which has laid patiently awaiting such a visit since the childhood.

These hidden storage areas of the self are hidden for good reason. The self is a living entity in a way which transcends current definitions of life, for there is not the embodiment or the gross manifestation in many forms of vivid life which entities upon your sphere tend to attach life to. The life within, as has been pointed out by this group, moves through incarnations, one upon the next, in a journey unimaginably larger than the journey through incarnation. Yet that journeying and questing self that is infinite and eternal is only taken in full realization and seated or embedded within that infinite self through the processes within incarnation through which the mind comes to be more and more acquainted with the self.

Therefore, sitting down and taking the pen and writing upon paper those things known about the self, and those things logically assumed and attempting to infer identity in some mental way—this process is not useful, for the self is not built with the logic of the mind. That self which is the deepest self is a distortion of love and the heart as it opens simply becomes more and more able to resonate to the pure emotions which are that unique distortion of love which is each entity. Thusly, one better feels and intuits one's way towards a deeper understanding of the identity of the self than work with the logic and the mind can ever produce.

These are subtle matters. And using words is a clumsy option when working in this area, yet we do not have a choice other than these words, so if you will forgive us and this instrument who must, in a way, translate our concepts, we shall continue attempting to throw some light upon this very central subject.

When the entity that each is comes into incarnation it is aware ahead of that time that it will lose its way; it will not remember that way; and it will need to wake up in the life in order to begin that journey of self-discovery. Those such as this circle now present were awakened by the call of that nature which as each grew it uncovered within its self. So each has gone through several generations of thought concerning self-identity and has discarded many self-identities, finding them too limited and not enough evocative of self-perceived spiritual advancement or evolution. It is good to have started this searching, this pilgrimage, for as entities seek the light, as they are drawn to love, they are also seeking their identity.

The ideals and philosophical arrangements which work to create a more spiritually aware life experience must hang in mystery and in veiling much that the self would know yet cannot know within incarnation. There is no use in incarnations if the work done within incarnation is over and if the puzzle, shall we say, is completely and perfectly solved for an entity, then this entity has just transcended third density and will soon depart from this planet and its physical third-density existence.

It is a prerequisite, shall we say, of incarnation or the continuance of incarnation that the person be working to discover truth, the truth of self, the truth of love—the truth, however that entity describes or phrases it. When school is out the Creator simply allows that entity to move on. So the one sure thing about entities within incarnation upon your planet at this time is that they are imperfectly known to themselves. This, then, being a prerequisite for life as

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you know it may be counted a good thing by some although one would not expect a universal "yes."

It does, however, seem to most entities somewhat unfair, in that the deck is stacked against being able to know the truth that is so hungrily sought. Yet we say to you that the spirit within incarnation that is still seeking is that spirit that has the right to manifest within the illusion those gifts that may help that illusion. No on upon your sphere, native or wanderer, is fully realized. Each entity is upon that journey, and so are we, and for us, as larger truths have appeared, things have fallen away and new mysteries have appeared. So it has been also for you and so shall it continue to be.

One may gaze at this identity at the level of its programming and see a very mechanical aspect to self-identity and by this we mean that there exists within the melding made between consciousness and the biocomputer of your brain those ways of perceiving which have been chosen throughout incarnation so far, which have re-written and distorted the way and the priority with which incoming sense data is received and processed. Thusly, on one important level the seeker may find its identity to be an amalgam of those programs which run when the self is presented with sense data. A simplistic example of this would be the cliché which this instrument is aware of concerning the glass of water being half full to the optimist and half empty to the pessimist. By such judgments the self accretes a system for judging incoming perceptions, and it decides and makes choices concerning this incoming data based upon choices previously made which have biased the incoming perceptions before they have arisen to the conscious mind.

So that it is very fruitful to move back into inner work gazing at those things which grab the attention throughout each day, and working with that harvest of daily knowledge of self by observing and contemplating what has been observed. Much healing might be done by the entity who goes back into those early experiences which biased the program, discovering those centers of pain, anger, disappointment or whatever negative complex of emotions caused that crystallization which distorted the programming in the first place. And we encourage those efforts to know the self by working with the memory and with the dreams which may offer memories which have been forgotten. However, it is equally helpful to surrender all knowledge of self as being utterly irrelevant to the self that wishes to become one with the one infinite Creator, who wishes only to lose itself in that presence, who seeks to tabernacle with the infinite love that is the one Creator.

Each entity has an identity. Looked at from the highest level each entity is an illusion. And as the densities mount towards the end of an octave those self-realized entities which were so full of emotion in earlier densities and who experienced such ideal states of compassion and wisdom find themselves releasing layer after layer of illusion until in the final gesture of individual personality the self is released into all that there is by desire. We cannot at this point in our own learning imagine what it is like to yearn so for the infinite One that the personality is completely released, but this does in the end occur, as far as we know.

Theoretically, then, if one took no thought at any time and simply stayed comfortable when in incarnation and avoided worry it might be possible never to be concerned with self-knowledge, simply choosing to love the Creator. No entity has as yet taken this shortcut, however, since the physical senses in any density are such as to give the individual clear subjective proof of existence and self-awareness.

Perhaps the best way to advise a seeker to look at the incarnational personality is to suggest that each allow the self the freedom of semi-permeable boundaries, allow the self to go deeply within, encourage the self to move deftly and deeply within the self as the opportunities, the moment come to each. This is not something one can do with a schedule. These moments of clarity come when they will, and we simply urge each to appreciate them and to yield to them when they come, for these are good opportunities to learn. And when the self is not in such a state we encourage each to allow the questions to rest, for self-discovery is a process which needs time. It is not something which is grasped in a crystallized and gestalt way, but, rather, lies too deep for such experiences. And as long as the self is allowed its natural freedom to be profound at one mood and shallow at another, to be light one day and heavy another, and so forth, this is the best way to study the self. It is a matter of catching it unawares. One cannot gaze forever at the self with profit. One must look away and become spontaneous.

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There is that balance between the work and the rest which fuels and feeds the work which we would encourage each to keep in mind. The mundane tasks of everyday life may not reveal the self to the self, and certainly one is not what one does. Yet washing the dishes, teaching, or any activity whatsoever may one moment may mean nothing and another moment reveal profound truth. So the wise seeker is one who is alert to those moments when the present moment ceases being a moment in time and reveals the infinity of depth and width and breadth that is the truth of each present moment, for the present moment is the only one which exists and all present moments exist simultaneously. Do not be surprised to find realization occurring in the midst of the smallest and most routine chore, for the inner mountain tops of experience are not those which seem high in the outer world but rather those which have there being and their altitude deep within the self.

As we said, this is a difficult subject, for the truth of personality is a shifting one, yet we honor it greatly, for from it has come all that has been needed by us to evolve to where we are now, and we feel secure in saying that for each entity. This is also tending to be true, that within the everyday and ordinary daily existence lies not one way but many ways to pursue self-discovery. No truth you find of your nature shall ever be complete within incarnation, for there is not the amount of material available to the waking self.

However, we have offered enough for a beginning and welcome future queries at a later session. We would at this time transfer this contact to the one known as Jim. We are those of Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again through this instrument in love and in light. We would like to thank the one known as Carla for allowing us to speak our thoughts through her this afternoon, for we know she suffers some discomfort.

At this time we would ask if those present might have another query to which we might provide a small answer?

P: How does the process of individuation differ from the process of separation that the service-to-self entity would practice?

I am Q'uo, and am aware of your query, my sister. The entity which has chosen the service-to-self path will in the process individualize itself as you have mentioned in a fashion that will utilize the intelligent energy gift of the one Creator in a manner which sets entities and events about it in the influence or control of this entity. Thus, the energy that it receives on a daily basis and from moment to moment is utilized in a fashion which causes others to serve this self.

The entity which has chosen to proceed on the evolutionary path in the positive sense utilizes the same daily gift of intelligent energy in a fashion which attempts to share this energy with others and to seek with them the mystery of creation and its subtleties. Thus, the use of energy by each polarity is opposite. The individualization process for each polarity is that process in which the seeker will utilize the intelligent energy of the Creator in a fashion which either reveals the unity of creation in some degree for the positive entity or which reveals the power of the entity which has chosen the negative path.

Is there a further query, my sister?

P: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I want to follow up on P's question. How is the person who is self-aware different from the person who is serving the self as a choice of polarity?

I am Q'uo, and am aware of your query, my sister. We shall attempt to clarify. The entity which is self-aware, whether it is on the negative path or the positive path, is an entity which is seeking to utilize the energy of the one Creator in a manner which reveals more of itself to itself. If this entity who is becoming more self-aware has chosen the negative path then the use of this energy to become self-aware is utilized in a fashion which tends to cause others to serve it, thus bringing them under the control in more or less degree of this entity. If this entity which is becoming more self-aware has chosen the positive path, it shall further refine the use of the intelligent energy of the one Creator in a manner which reveals the Creator to those about it and thus offers this energy as a kind of gift to others.

Is there another query, my sister?

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Carla: No, thank you.

I am Q'uo, and we again thank you, my sister. Is there another query at this time?

P: I wonder if the archetypes have an effect in shaping national identities of a large number of people and have an effect in shaping history and how nations interact?

I am Q'uo, and we believe that we grasp your query, my sister. The archetypical mind of the one Creator represented in this portion of the creation by your local logos has an effect upon all experience within the illusion that is, shall we say, in its care. There is the calling upon archetypical influences in each instance in which entities interact. In most cases this calling is not done consciously. However, the nature of the relationships and the choices which are made by all entities within them determine the kind of influence which is called upon by the very energy expenditure that is made in each relationship. The effectiveness of the calling upon archetypical concepts and influences is increased by the more and more conscious and willed calling upon these archetypes.

There are few who do this in a conscious fashion, for most of your peoples pass through their incarnational patterns without becoming aware of the basic architecture of the great Mind of which they are but a small portion. Yet each entity in its daily round of activities does move in a fashion which, by the expenditure of energy—its nature, intensity, purity and so forth—does call upon larger and larger influences that may redound to the very nature of the archetypical mind itself, for the nature of your creation is one in which there is a simple structure, a relationship to the Creator which is logical and all-pervasive and which resonates when a small portion of its being is set in motion by its own free will choice in a certain fashion.

If you can see the experiences that you share with each other being likened to a song, a great chorus, if you will, each note of the interrelationship sets up an harmonic response from larger and larger or, shall we say, more and more basic portions of the one creation, the most basic in many ways being the archetypical mind, the most basic in a fundamental sense being the universal mind of the one Creator.

Is there another query, my sister?

P: When a nature engages in war what kind of archetype is it fulfilling and does it need to do that in order to grow? How can they help themselves to find peace?

I am Q'uo, and though we are aware of your query, my sister, it is of such a large nature that we could not begin to answer it, for there is much complexity within the process of evolution for each individual entity and each group entity and the historical relationships that are built over thousands of years of experience. Yet you may rest assured that all archetypes are available and utilized in some fashion in this entire process. It is most helpful in the study of archetypical imagery and influence, in our opinion, for it to be reserved for the individual entities that are the seekers of truth. This is not to say that any entity would be excluded from this group but that the archetypical mind is most effectively seen and utilized by individuals in their own incarnational experiences.

Is there a further query, my sister?

P: No. Thanks so much.

I am Q'uo, and again we thank you, my sister. Is there a final query at this time?

Carla: Might we ask that query again as a main question?

I am Q'uo, and we are of the opinion, my sister, that the query concerning the relationship of the archetypical mind to the movement of nations is a query which asks too much explanation for how the archetypical mind would move through each entity within a country that has had generations of entities moving through its borders and within its influence. Thus, we would suggest that queries concerning the archetypical mind be reserved for the experience of individual entities and how the influences of the deeper levels of mind might be brought to bear within that sharper focus.

Is there a further query, my sister?

Carla: No.

I am Q'uo, and we would ask if there is a final query at this time?

(Pause)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce we shall take this opportunity to express our complete gratitude at

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having been invited to join your group. We feel that we have been blessed with a great honor and we are always glad to respond to the call of this group, for when we walk with you we are enriched in our own journey as well.

We shall, then, at this time take our leave of this group. As always, we leave each in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation

February 26, 1995

Group question: We would like to know about the formation of the social memory complex on planet Earth. Does our technology such as television, computers with internet, radio, music, etc., aid any as training wheels in the formation of our social memory complex? And are there more subtle and efficient ways that this formation of our social memory complex is accomplished in our everyday lives?

(Carla channeling)

We are those of Hatonn, and greet all in the love and the light of the infinite Creator. We come but briefly to speak through this instrument those words of care, of affection and support that may perhaps be appreciated by those who seek with such hunger that truth which lies in that far country of truths not yet known. We encourage each to take courage, to care for each other and always to know that if our carrier wave is desired to aid in your meditations we are glad to come if you mentally request our presence. We would not intrude but are glad to respond to a request for our presence.

We appreciate this instrument's willingness to separate our call from the ones known to you as Q'uo and would express our great pleasure at coming into the visible or manifested portion of your illusion to experience with you for some of your moments the joy at blending our vibrations with our own. We thank you and this instrument and leave you in the infinite love and light of the infinite Creator. We are those of Hatonn. Adonai.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet each in the love and in the light of the one infinite Creator. We thank each for inviting us to join you in this working on this day of new growth and new hope as the light lengthens each day and the atmosphere becomes slowly warmer and your planet stirs its roots in search of new food and reaches its leafy arms to the life-giving light. We find your cycle of seasons most beautiful in each stage and most evocative of the lessons of life and death which revolve about love and learning about love inevitably.

As always, we ask each to use his and her own discrimination to test those things which we say by the standards of your own heart so that our contributions may be your resources and never your stumbling blocks. Those ideas that we have that do not fit in with that that you know of as truth we ask you to leave behind. And we greatly appreciate your doing this with us and with any words which you may hear, for the true authority on truth is the heart of any self which has begun the process of becoming known to itself.

This day your question is one which is difficult to get, shall we say, organized with as the concept of social memory complex as the ultimate computer is at the same time a wonderful metaphor for what the social memory complex has as its resources and at the same time a guide which is easily misread, in that the social memory complex is of a transcendentally different nature from that of the computer, no matter how complete the information upon it. Let us look first at the metaphor of the global intelligence which is made available through the internet, as this instrument calls the rapidly expanding system whereby mass quantities of information are made available to masses of people.

No longer does the seeker of information need to spend large amounts of time physically moving from place to place, searching out materials to study. More and more those who wish information simply turn on their computers and access the information desired either through the internet or through what this instrument would call software which may be placed upon the memory of the computer, especially as those completely familiar with computers become able to use them with skill. The model of the computer with its global connections certainly is a promising and substantial metaphor for the golden net of love which the social memory complex is.

Now, that very description of a social memory complex may easily uncover the element lacking in the metaphor of the computer internet, for this computer, no matter how complete its store of information, cannot express the concepts which move into emotion; those shadowy concepts which are so deeply a part of truth cannot be carried by that which is not living, for there is no logic to emotion. There is no expression outside of words, numbers and other symbolic notations which can be carried with the structure of the computer. Rather, the nature of the social memory complex is one of less intellect and more—we confess we find no words in this instrument's vocabulary to express fully the dynamic between the mind's intelligence and its way of organizing material and the heart's intelligence and its way of organizing and prioritizing the same material.

The computer, then, has no heart. The seeker may well find the heart within to be more like the computer, yet as the seeker moves along its path, more and more, catalyst shall come which gives the seeker opportunities to move from head to heart. This is a necessary step: the relinquishing of knowing, the surrender to unknowing, and the acceptance of truths which are felt and known in every cell instead of those truths which are learned, memorized and repeated.

The social memory complex, then, is a net that is as alive as are those which have contributed to that infinitely great network of connections from person to person to person. When a member of a social memory complex wishes to know something then that intelligence or information is indeed accessed, as this instrument would say, yet it is accessed through the heart, through a knowing which is like instinct once it has been awakened within. This insight or intuition as a way of knowing is that which the computer, no matter how sophisticated, cannot replicate.

However, much can be learned about the self and about the process of spiritual evolution by paying attention to the ways in which those about each of you are more and more beginning to relate to each other. There is an eagerness and an openness about such grand global concepts as the internet, which offer a kind of hope and promise which is most salubrious at this time for those among your people who wish to make connections and have begun to awaken to their true position. That is, that they are not truly native to the soil which they trod, but are, instead, beings of quite another kind than it would appear to the naked eye.

What we see occurring is a two-way dynamic in which environment entities have constant stimulation which may lead to awakening. The desire of entities to conform and to be distracted moves as a negative influence which tends to break down the process of reaching out and making fearless connections with those about one. Insofar as the mass media of your culture focuses upon the portion of human activity, shall we say, that carries a heavy, negative emotional charge—such as the war, the murder, the rape, and so forth—there is that which builds fear and raises walls betwixt entities. However, the same mass media also contains much that is yeasty with hope for those who are hoping to find some place to belong, some place that does not feel alien. And with the greatly enhanced capacities of entities to make connections with one another that the age of information—as this instrument calls it—brings, these same mass media are gratefully applauded harbingers of the capacity of entities to

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make these connections, to strengthen that golden netting of love manifested in light that will become internalized in time. And, therefore, that are the parents in a real way of the social memory complex.

Much shall occur within your culture which may seem full of strife as the peoples upon your sphere are rocked to their foundations by the change in consciousness which is even now occurring. The service which entities provide who do actively use the resources at hand to make connections shall be those which help this planet in its birthing process. We simply caution each that in making these connections no outcome be held in thought, no limitation placed upon the possibilities of any connection.

Those who wish the most sometimes to aid a culture or society or world are drawn by their concern into rigid conceptual structures concerning ways and means of arriving at the goal desired. We would encourage each who wishes to press forward along this path of making connections to continue seeking that intuition and sense of the heart rather than making great plans and carrying out this or that campaign conceived irrespective of connections made spontaneously. For the social memory complex shall be builded one relationship at a time, just as when entities seek peace as a nation they must first seek peace within the self. The great desire to see the global self emerge is most productive when that vision does not lead to impersonally conceived and organized attempts to contact everyone.

We encourage each to continue to trust that connections that need to be made shall be made as they come to a ripeness and a readiness. Trust and faith are those resources which shall see good use here, for the instinct of those who breathe and know that their incarnation is short is to plunge ahead, to take the bull by the horns, as the saying goes, and to move as quickly as humanly possible towards a desired end. However, the deepest desires of the human heart are those which cannot be shoved, pushed or prodded. Rather, the skillful seeker and worker in light is he who is able to surrender to the rhythms of his own destiny and to act in such a way as to magnify those internal connections in the heart and mind which keep the seeker from beginning to direct the flow of events according to some preconceived plan.

For those who are destined to create the larger catalysts of this birthing time are those who shall not be able to do aught else. Do not, then, be concerned that you are not doing enough to press forward in the path of evolution for this planet, for there is a rhythm to these affairs and all seems to be going well. The rhythm seems strong and the planet is slowly but surely awakening to its true nature. Each and every day can extend that circle of relationships if it is desired simply by leaving the private dwelling and moving among the people of your planet. Simply place the self in the way of relationship when the opportunity is there, and when that results in a new connection, rejoice. When the day does not bring new connections, rejoice. There is no strain to the tempo of spiritual evolution.

We see this instrument wonders why we speak about seemingly a side issue of computers and other mass media. However, as we said in the beginning this is kind of a sideways question, for the computer model is so like the social memory complex in some ways. Yet, perhaps we have been able to express the dynamic involved. The social memory complex lives and has the soul. No collection of facts or expression of them has that same quality of being organic and alive.

We encourage each to continue making those connections that each is already consciously attempting to make. Your culture is really speeding up. We encourage each to enjoy this often uncomfortable process of transformation and to remain open to the connections that are destined to be offered to each. See each with the eyes of love and the connections shall be true.

We would transfer this contact at this time to the one known as Jim. We thank this instrument, and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and am again with this group, greeting each in love and in light through this instrument. We would at this time ask if we might speak to any further queries which those present might have for us?

P: I would like to ask about the timing of the transformation from the third to the fourth density and the format of that. Ra had spoken about this transformation, saying in the first stages that third

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density could not coexist with fourth density. Could you comment on these two concepts?

I am Q'uo, and we believe that we grasp your query, my sister. The transformation of this planetary influence into that grouping of entities which is called the social memory complex of fourth density is a work in progress, shall we say. There are many signposts available. As to the beginning stages of the fourth density, past the period of transformation we can see that this is likely to occur within the next few hundred of your years at the most, a time which is but a twinkling from our perspective. And from the point of view of those within your density this is a time which is variable according to choices being made now by each entity as each becomes more aware of the nature of the illusion and the place within it for each entity.

Thus, the artifacts of third density are now being used to enhance this process in many ways as those entities of inspiration bring their light to bear upon the drama now being experienced in every area of human endeavor. The exploration of the mind is under way by many who have never before considered such as a portion of their experience. The continued expansion of the interest in mind, in consciousness, in purpose for each is that motivating and central force within this entire process.

May we speak in any more specific fashion, my sister?

P: Could you comment on the difference between the hundreds of years which you just spoke of and the decades that many writers speak of as the time during which radical changes will take place?

(Side one of tape ends.)

I am Q'uo, and am again with this instrument. We would comment thusly. In the essence of this experience—that is, from the metaphysical point of view—whether the time period be that of decades or longer is but an instant of difference and we may suggest that there are no entities, ourselves included, able to accurately predict or indicate the exact timing of this process of change, for there is much that is in flux. Even the growth of those of a positive nature in numbers greater than anticipated earlier by ourselves is a phenomenon that can slow this process, in that the catastrophic nature that has been anticipated by many would then be alleviated in a degree in a direct proportion to the intensity of the positive polarity and the effect of its lightening upon this process.

There are many who are changing in ways which are fundamental to consciousness in the groupings of entities within various cultures, subcultures and movements of thoughts which explore regions of experience that are breakthrough areas, shall we say. Thus, there is no reliable way of determining the progression of this change. Only the movement of love within each heart has any hope of indicating to entities the nature of this change.

Is there a further query, my sister?

P: No. I really like your comments.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I have a personal question. I have experienced a continual exhaustion that I have not previously experienced that coincides with the accident in which I broke my ankle. My explanation is that I am not exercising as I normally do and a lack of exercise can make one tired. But this does feel like a more profound tiredness having to do with the body. I don't know what other kind of tiredness there is, but it feels different. Could you comment?

I am Q'uo. We feel that we grasp your query, my sister, and shall speak as we are able.

There is a weariness of the will which occurs as an accumulation of the exercise of the will is experienced by an entity such as yourself, one who is strong in will and uses it to motivate a physical vehicle that is somewhat weaker in the native physical energies than most of your peoples. When the will has been the primary motivating force for a physical vehicle over a long period of your time there is a weariness which is an irreversible kind of process, the price, shall we say, for being able to energize the physical vehicle time after time when it is itself without sufficient reserves. This is valuable and efficient as a means of polarization, for it is done in your case in service to others. It is detrimental in the short run of the physical incarnation for it tends to wear the physical vehicle and its connections to the spirit and mind complexes as well. Thus, there is a price for each action within your illusion, a price for each entity and each action. The cost, shall we say, for your efforts is the weariness.

Is there a further query, my sister?

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Carla: Is there a way that I can be kinder and wiser to myself?

I am Q'uo, and we find that in this instance we must refrain from comment for reasons that are all too well known to you, my sister. We encourage your nature as that of one who wishes to serve.

Is there any further query, my sister?

Carla: No, thank you.

Is there a final query at this time?

(Pause)

I am Q'uo, and as we observe a lull in the questioning, we shall take this opportunity at expressing our great gratitude at having been invited to join your group this day. We thank each for the dedication and the desire to seek and to serve that has brought all of us together. At such meetings we take a great joy quite literally away with us, hopefully leaving as much as well as some words of information and inspiration that might be enjoyed by you. At this time we shall take our leave of this instrument and this group. We are those of Q'uo, and we leave each in the love and in the ineffable light of the one infinite Creator. Adonai. Adonai. ⚘

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Sunday Meditation

March 12, 1995

Group question: If there is a different quality that a minority group has it will be ostracized by the majority group. The differences can be sex, race, color, length of hair, creed, dressing, ideas one has in one's head, and we would like to know if this is an innate quality of humans, mammals, animals in general or whatever. Is there a way that we can look at this that would help us in dealing with the world around us?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. How precious do we find the opportunity that you have given us to come and dwell within the nexus of your combined vibrations. We are most honored and we gratefully thank you. As always, we ask that those things that we offer as our thoughts be considered by you with a discriminating mind and heart, for our opinions are simply that and we would not wish to presume to know that truth which is each person's, for truth wears many clothes, yet all tends toward that truth that lies in mystery which is beyond all paths to it. If aught we say is of help to you then we are most satisfied and we thank you for this opportunity.

As we sense through this instrument's physical senses the warmth of the afternoon sun, the feeling that the sun brings is very nostalgic for us. We remember, with pleasure, our own third-density experience and our feelings of joy when the season which you would call summer approached, that wonderful feeling of life stirring and moving out from the winter's sleep into the fulfilling of the destiny that lies within each seed. Each of you, also, is a seed which has lain within the dark ground and the winter cold of times contracted and forlorn, times when there was darkness and within that darkness the chill of solitude. Each of you is a seed of infinite love and infinite light, yet your blossoming shall be a long one in coming, and you shall have many bodies and move through many densities before that blossom is finally perfect and in that perfection is lost into the All.

It is quite a journey, with many revolutions. As your planet revolves, so shall you revolve through cycles of warmth and cycles of seed time and cold. As we approach the question which you have asked us, we ask you to remember that these concerns about which we speak are those of a seed just sprouting. That seed that lies within you is expressing in this density which you enjoy at this time as self-awareness or self-consciousness. You are young in experience with self-consciousness, and so much of your attention in an inward sense is placed from that early age of childhood within the evolving attempts of the seedling to grasp its nature.

Now, the second-density animals from which you sprang in terms of your physical vehicle does indeed

have ways in which it responds to threats from other selves. These responses are part of a genetic imprinting, and, shall we say, a cultural imprinting on top of the genetic base, for the mothers of the great apes and the fathers do indeed teach the young which they have born between them that this species is a threat but this one is not. And so there is for the animal, for that physical vehicle, a fairly clear-cut response: those who are not to be feared yet who are not a portion of the clan are simply ignored; those who are to be feared are avoided. Yet this response is not one in which there is the concept of the self and the other self. Rather, responses are made instinctively and appropriately. Thusly, you may see that the physical vehicle which carries your consciousness about has gone quite beyond that sensing of those which are dangerous and sensing those which are not.

As the self-aware and individualized person experiences those young years of life it begins accreting to its mental/emotional complex a growing list of entities and types of entities which impress the self as natural enemies. Your people has no natural enemies except each other. There is no animal or group of animals which threatens by its existence any human life. Yet one upon another the young soul accretes those to fear, those to avoid, those to distrust, and so forth, generalizing from one or two particulars theories which allow some entities into the charmed circle of trust and which shut the door against others.

As the person grows and has more and more experience the person acquires more and more baggage in the shape of what this instrument would call prejudices, what we would call biases. Manifestly, this is not an instinctive process, for there is no instinct towards cannibalism within your physical vehicles. There is no natural enemy in that sense amongst your peoples. The impulse to determine the degree of safety with which one may greet another has in most entities, by the time they reach their teenage years, as this instrument would say, the basic prejudices, biases and wayward opinions that form the basic floor of the prejudicial system within an entity are formed, not, shall we say, set in concrete but nailed together fairly well and ready to be used as a base upon which to build an ever more articulated system of biases and judgment.

So, there is no bodily instinct for separating from other selves. However, there is a characteristic tendency which may be seen to be close to an instinct in third density entities to develop shortcuts that aid in making quick judgments about the safety and security of any present moment. There is that instinct gone wild. The instinct, itself, is to determine for each self, "Who am I?" Yet in the process of determining the key nature of the self, the tendency is to identify the self over against others who are different.

The first prejudice is that prejudice of the very young entity who, for the first time, realizes that it is not a part of the mother or the father. Entities at this young age discover the word "no," and that impulse to negation is the crux of a process which has given your world one destructive and annihilating conflict after another. The initial impulse has no vice within it. That impulse to know the self, to define the boundaries of the self, and to become more self-aware is allowed to lower itself again and again by making judgments about others which make the self feel safer, more secure, or more comfortable. The basic point of conflict lies within the self as each self goes through repeated generations of "I am not this but that, not that but this," again and again.

There is that anxiety, that tension of the unanswered question, for each entity remains a mystery-clad being, as this instrument would say. Even, perhaps especially, to itself. This creates a primal discomfort which in some becomes anger, in some becomes pride, in some becomes an illness, or a perceived limitation, and in almost all entities defenses begin to mount. Walls to hide behind begin to seem comfortable and entire sections of the family of humankind are judged not as useful, not as important, not as good, not as smart, not as wise as the self or some group which the self identifies with.

This primal anxiety, this hunger to know the self, has within it the seeds of many densities of progressive learning and harmonizing and coming to an ever more full blooming, yet along the way humankind and all its peoples have, shall we say, legislated the necessity of projecting upon others that anxiety, that inner anger of not knowing, which is truly the business of the self with the self. Therefore, perhaps it can be seen that it is well to do whatever the individual might find useful to bring that anger, that judgment, that not-this-but-that, not-that-but-this back to the interior of the self. Those who seek peace amongst peoples first must go into the cave of the self and take the fight to the place where the

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arena is prepared, for the heart within is wise. And when an entity ceases judging others and accepts the responsibility of living with the dynamic of not knowing then much may be learned, much may be healed.

The job of taking the glance, taking the attention away from others which are perceived as causing judgment and, rather, putting that energy and that judgment, if you will, within the self is a powerful technique and one we encourage each to rely upon on a regular, perhaps daily, basis, for that which is outside of the self, no matter how separating or how close it may feel, is as a mirror which shows the self a dim reflection of the self to the self. Any trait or nature which is perceived as being characteristic of others or other groups is a reflection of disagreements within yourself. This is a truth which does not thrive when taken literally, for often the logic of the heart makes use of symbols, but in general it may be said that the business of humankind is the self and the numberless attempts of the self to know the self by comparing the self to other entities or groups is less useful than the practice of moving within to see the self against the backdrop, not of others, but of the one infinite Creator.

Those who seek the answer of the riddle of human nature by moving amongst humans may make any number of conclusions and offer any number of fascinating and learned narratives, yet these shall not tell the self of the self with the same depth and relevance as the self turning within and opening the heart, for there is within the heart the awareness of that seed which is the one infinite Creator. You see, you bloom not for mankind but for the one infinite Creator. As the sun shines upon you know that your greatest relationship, your central dynamic is that between the self which is individualized in you and that great Self which is the one original Thought, Love.

When the self has become content to study itself within itself, when there is no longer that running wild of the desire to protect the self from danger from without the self, then shall there be the dawning of the next density of experience for those entities who wish to move forward in their spiritual evolution at this time, for the great genius of humankind, the great gift of self-awareness is the talent, the gift, the endowment of the one infinite Creator for connection. The desire to connect, the desire to communicate, the desire to enter into communion with others, other selves, and other groups, this is the instinct, this is the true instinct of humankind, and this instinct has been trampled upon and tossed in the corner in order that entities may play those games in which masks are worn, sides are taken, and the conflicts within are given overt expression with other selves standing in for those dynamics within the self which the self has not yet accepted.

The desire for purity, for excellence is so easy to corrupt, and in that desire it is most easy, mistakenly and innocently, to project those dynamics upon the world at large instead of taking the responsibility within the self. My friends, your destiny, that which you have the deep instinct for, is unity, one with the other. Yet stumbling blocks abound, for within most of your cultures upon your planet it is accepted that there shall be groups against groups, person against person, and it is counted as folly when entities reach out too often to connect without regard for safety, security and appropriateness. The eyes of world opinion shall always see the mask, the clothing, those illusions which it wishes to see.

As each entity awakens at last from winter's sleep and knows itself once more to be a seed that shall grow, as each decides finally to disagree with the self rather than with others and to work that out in the interior safety of the self, then person by person by person consciousness shall be raised and the group that is waiting to form shall more and more begin connecting in a golden net of commonality, connection, and communion. Once the desire to disagree within the self has been accepted, grasped and loved then shall that self be ready to turn outward without fear and, little by little, shall your people take down those bricks which have built such high walls. Peace within your world must start within each heart.

There is great freedom, my friends, that awaits you. Freedom to know and to harmonize and to share the gift of life and consciousness with those other sparks of that same love which, like all seeds, are unique, each one adding a slightly different flavor to an ever-growing self. This is your destiny. We encourage each to use those resources and tools which help each in its own path towards inner unity and inner peace, for this instinct for mischief is indeed a portion of free will, and you may indulge it for as long as you wish, for as many lifetimes and as many

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cycles as it seems fair to do so. There is all the time in the world, yet when the self does wake up, oh, much joy awaits, and fullness of heart.

You are lovely blossoms, even as seeds. Your nature is written clearly within and you have but to free yourself to grow.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would be honored to ask at this time if there might be further queries which any in this circle would have to offer to us. Is there another query at this time?

D: How do you contend with other entities which will not accept you?

I am Q'uo, and we believe that we grasp your query, my brother, and our response must be somewhat confusing in that the manner in which one contends with those that do not accept one is the pattern or destiny which each individual has chosen for the incarnation. The destiny, the goal, for each is to find an harmonious resolution or at least to attempt such within the being. How this is accomplished is a function of the unique nature and set of priorities in learning that each soul makes upon entering the incarnation. Thus, the means to achieve the goal are many. Again we would recommend to each that with that goal in mind that the, shall we say, intuitive capabilities be looked to for the inspiration as to how this shall be accomplished.

Is there a further query, my brother?

D: It would appear that we are all connected. It is an illusion that we are separate. Our separation is basically due to belief systems and so forth, but we are all interconnected, but there is a wall to get over to get to other individuals. And certain groups you cannot get to. What do you do to communicate with them? There is fear to get over. How do you convince other people that you are not their enemy and that you are just different than they are?

(Side one of tape ends.)

I am Q'uo, and am again with this instrument. We would suggest that the process of seating oneself within one's identity is the manner in which one can determine direction. If you retire within your own mind to the clear perception of who you feel you are and allow the inspiration of the moment that comes from this knowledge to make your direction clearer, then you will be able to move in a pattern that is in harmony with your own internal energies, which is to say that as you are true to your own self the path will be made clear to you. It may not be made easy but it shall be made clear, and the result of your efforts may not have value in the larger sense of the group that you deal with but has a greater chance of fulfilling your own pattern so that you make the effort that is appropriate and which expresses the energies that you wish to express in the manner in which you wish to express them.

Is there a further query, my brother?

D: No, Q'uo.

I am Q'uo, and we are grateful for your queries, my brother, for they touch at the heart of the experience which each of you share at this time.

Is there another query?

Carla: I was thinking about how Jesus always was quoted as saying to turn the other cheek and I was wondering how the incredible energy that he released by turning the other cheek to the point of dying has as its source the fact that he did not prejudice himself against any other person at any time. He kept the dialogue within himself for the most part.

I am Q'uo, and we believe that we grasp your query, my sister. The one known as Jesus the Christ is an example of one who has been true to the greater Self from which each springs to the degree that the words which this entity spoke were the ideal which was realized in this entity's life pattern. This entity set the goal, shall we say, in such clear statements as many others like this entity have done as well. For those who value such entities and their words and lives these goals become as the beacon which guides the journey. However, there may be many missteps upon the journey before the goal is achieved. This is the stuff of your illusion and the grist for your mill, shall we say.

Is there another query, my sister?

Carla: No, thank you, Q'uo.

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I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

R: I just want to say thank you for being with me when I meditate sometimes.

I am Q'uo, and we are filled with joy to be able to join you and all who ask our presence in their meditations, for in this manner we are able to share with you the essence of your experience within this illusion, and are able, thereby, to taste the many flavors of experience which are available to each portion of the one Creator.

At this time we would, again, thank each for inviting our presence this day and would take our leave of this group and this instrument, leaving each, as always, in the love and in the light of the one infinite Creator. We are know to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation

March 19, 1995

Group question: Our question this evening has to do with absolute reality and relative or personal reality. We are wondering if it is possible for a person to transmit his/her reality to another person or if it is even wise to try to do so? Is it possible for us to transcend our personality, to take part in the ever-changing nature of the way we perceive the universe about us? Is there a value in this? Is there any way that we can know with some degree of certainty that what we are dealing with is true or real? And what is Q'uo's preferred perspective on reality and truth?

(Carla channeling)

We are known to you as those of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is our privilege and our blessing to be able to blend our vibrations with your own at this circle of seeking. We are grateful that you desired to call us to you, for by doing so you enable us in our chosen path of service to the one infinite Creator. Thus, you give us precious treasure and we humbly thank you. If those opinions which we share at this sitting do not sit well with you we request that you leave them behind, for we are not authorities. We are neighbors walking the same path, perhaps a few steps ahead. That is all.

Thusly, we ask each to use his own discrimination and to accept truth for the self when it comes with that characteristic feeling that this is something that you knew all along and have just now remembered.

May we say that the topic which you have chosen for this sitting is a difficult subject about which to speak plainly. The structure of your language, the words which make up its arsenal of weaponry for reaching the truth, are weapons or tools created for conquering decision-making within your physical world. They become quite blunt instruments when one is attempting to speak concerning metaphysical reality or any consideration of apparent reality and real reality. With apologies for those limitations we cannot help and your continued discrimination we shall attempt to share some thoughts concerning this interesting subject.

The first level, that of apparent reality, is the level which those within this room would call consensus reality or life as it is. This manifestation, as intricate and rich as it is in texture, is but the onion skin skimming the surface of an infinite well of being. As each opens the eyes upon that common or consensus environment one finds the match of senses and objects; the creation into which humankind is born is that one which has been made relevant to humans. The creation of the Father, that second-density creation of love, in third density becomes a co-creation between Creator and yourselves. And as humankind has worn the round trail in walking many cycles of experience those many, many

footsteps of manifestation again and again have worn certain biases smooth with age that they seem more real, more deeply relevant than other common experiences of humankind.

And as each sits within this domicile listening to these words each is a repository of perhaps [one] half simple sense impressions and the other half constructions upon those sense impressions created by what this instrument would call "world opinion." In other words, the onion skin of the visible and seen existence, though very tough and resistant to puncture, is quite thin, and the entity with a sharp needle of selfhood simply pierces that onion skin to move into the depths of that ocean that is being or consciousness.

Now, there are clues and hints in plenteous supply even within your everyday reality, if you would call it that. There is enough information that lies like litter about every doorpost in the ordinary of things. To create catalyst which produces the most excellent manifestation, the most complete transformation, the most satisfying epiphany for those seekers who are called to such a ministry, the everyday and ordinary surface holds every tool and resource necessary for utter realization and clarification of being.

However, most seekers prefer not to work with the ordinary and everyday but, rather, to seek that which underlies or overshadows or surrounds the everyday and the ordinary. The depth and reality of the being below the surface fascinates and attracts the seeker who is not content to be lost in bliss, gazing at the dust, at the leaves, at the air, but wishes to know more about himself or herself, which is to know how deep that self may go. Is she truly other than the everyday? What is his truth? What is his mission? The voyagers attempting to sail into that ocean which is the deep mind are seeking a truth that moves beyond limits into the ineffable. Within each seeker's mind and heart these voyages are chosen in a darkness, a blackness of shadow, and as sails are set they are set through faith or hope. And the voyager must trust the wind, must simply raise that sail which is desire and then wait patiently for the wind of spirit to fill that sail and to determine the course and the weather of the journey.

The seeker within metaphysical or time/space reality is as the miner who wishes hidden treasure. In fact, that treasure is cunningly and cleverly hidden within the self, within deep memory, yet that which is true of the metaphysical universe is true in a systematic or processional way so that the seeker who travels in this dark and shadowy sea becomes more aware only after much experience of simply sailing about metaphysical waters. The truth comes into consciousness more like a scent. An aroma is detected and the nose follows that scent and takes you to the bubbling pot of delicious food. Seeking within the metaphysical realm is of that nature. You simply must follow your intuition which is the olfactory organ of the metaphysical universe.

And we may say to the one known as N, we certainly hope that we have a pleasant smell.

Now, the one who seeks upon the onion skin of perceived reality and the one who seeks delving deeply into infinity and eternity have in common that they are dealing with illusion. We also deal with illusion. It is our limited and perhaps faulty understanding that all is illusion except the one great original Thought which is Love. If there is a "you" which is seeking, that collection of energies which is "you" is an illusion. If there is no illusion and only reality, that reality does not know Itself, for It is One. Ironically enough, then, free will dictates that anyone who seeks, by virtue of being an entity seeking is seeking an illusion. Each sees illusion, but, further, each is illusion. The manifestation that is each is an illusion. The personality that seems so deep and strong is an illusion. The photon itself that builds out of light all of the physical universe is illusion. We are illusion. All that can speak is illusion and distortion.

What we believe occurs is that through the densities more and more of the whole or entirety of all that is becomes known and the seeking soul familiarizes itself with progressively denser illusions; that is, illusions more filled with light and more articulate of truth. Yet at the point where the entity has balanced love and wisdom and integrated those blessings to become one, then it is finally that such entities turn away from manifestation and release all personality in order that they may become again the Truth, not that a seeker may know it, but that it may be it.

To move back into the density in which you now find yourselves, each in this room is aware that it has come seeking the center of things, seeking truth, yes, seeking balance also; and seeking companionship, for truly companions along the way are the greatest

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blessing of the spiritual path. The object of third density is, we feel, the making of a certain choice, a choice of paths. This choice is not simply a verbal one or a mental one.

In order for this choice to be made so that the entity within has truly chosen, that choice is made within the fire of unknowing, within that chasm where there is no footing but only air. The process that seekers go through in order to attain a firmly made choice is not an intellectual process nor even an intellectual/emotional process, but, rather, it is, as this instrument would say, a journey from head to heart. So that it matters not so much whether one sees clearly as it matters more that one may desire more clearly. To hone the edge of the thirst for truth is to improve that search in its efficacy.

Again, it is not what the seeker knows but what the seeker desires that creates the character of the distortions that the seeker is likely to settle upon as that which is the least distorted version of truth. Once it has been accepted that all truths are to some extent distortions of a truth that is ineffable and unknowable then there is perhaps an easier and more relaxed attitude towards this process of knowing the truth. If all things are shadows, if all things are to some extent not what they seem, then the heart is free to open in pure desire to whatever truth it may pick up with its various antennae which it does not know it has but which the being which lies within knows well how to use.

Thusly, the great tool of intuition and hunch and feeling is to be praised within the spiritual seeker, for these whimsies often are the result of the mind's making connections intuitively that make no intellectual or logical sense. Consequently, we encourage each to follow the hunches and to refrain from being concerned particularly as to whether or not that hunch is a whim or a true intuition.

It is our bias to feel that for each entity this searching for a more real reality is an entirely private matter. Each entity's journey is unique, for each entity is unique. Thusly, entities such as yourselves may sit about the circle and find many points of overlapping concept but find also that in each entity there are concepts and constructs or processes of concepts that are not repeated from person to person to person. Yet, those differences are not only acceptable but desirable, for the work of each entity and the truth of each entity is unique.

The entity that you now are has processed millions and billions, untold amounts of sense impression and through many cycles of experience, many incarnations, and not one or two densities, but three, each tiny building block of self, each input that changed the contents has sifted and compacted and built up through the many, many incarnations of a long life to the point where you are you, sitting now listening to this instrument's voice. Your path has its own characteristics and you will find truth in a way shaped by the choices you have made.

We cannot advise any as to whether to choose the deep, deep delving for self and then truth being found or that process of seeking which this instrument often experiences which is the seeing of the sacramental in the ordinary and everyday. What is important in each seeking is the validity and the purity of the choice made whenever there is an issue involving service to others versus service to self. So we do not feel that one view of reality will intrinsically place one in a better position to know truth than another. It is the usual way for entities in third density to do the seeking and the delving into the depths of self and it is at the same time quite valuable and a valid path to follow the ordinary and to find within it all that there is: the Love that is the one great original Thought.

Let your personality and your preferences [guide] you, for it is, as we said, not important that you go this way or that but only that the choices made are made with a full heart and a love in the doing. And always, when dealing with these relative matters, we encourage the glance away. The more serious and caught up that one gets in pursuit of the perfect ideal or the absolute truth the more knots that one is likely to tie in one's own mind and thinking. Therefore, let your intensity be balanced by what this instrument calls the light touch. And always we encourage each to respect the paths of others.

This is not the same thing—that is, respecting the constructs of others—as attempting to transmit one's own vision to another. In fact, the respect for another's viewpoint may well cause one to listen to what that entity has to say rather than attempting to improve the other entity's thinking, for that entity may have much to offer to you. Needless to say, the service-to-others entity is looking for a way to serve others, and often it is a real temptation to share with others some crystal vision or beautiful picture of things that may help another as it has helped you.

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And it is not a mistake, precisely, to go ahead and offer advice. However, there is an innate respect which we would encourage for the free will of others and the rightness of the prohibition against infringing upon free will. When attempting to share the truth with others who are seeking, let the attempt be to remain fully open and vulnerable to the other entity's thoughts.

This frame of mind creates a place of safety for the other person in which that entity may communicate her feelings to you, and in allowing her the space and the ear to hear this verbalized inner dialogue or monologue you have aided that entity in understanding herself. Such is the value of the truly listening ear. It is far better to restrain one's self to that practice than to jump in and attempt to proselytize. However, when questions are asked it is perfectly acceptable to give all of your energies in giving your best answers, for there is great blessing for both when two are vulnerable to each other and thus able to aid each other and to become closer.

We realize from the sound of your machine that we are being wordy again and this instrument is asking us to wind things up. However, we wish to make one last point and then we shall certainly do so.

And that point is this one. The creation or world into which you came, this very one, with its apparent differences, is the environment within which you shall find the truth. This world and no other. This illusory dream world, this twilight is the absolute best environment possible for creating the opportunities for entities within third density to learn what it is to be aware and to learn what it is to love and be loved. Graduation from this density occurs when the entities have chosen how to love, how to relate to loving and being loved, and that is something which may be arrived at, as we have said, through the mystical appreciation of the ordinary and/or through the deep delving into those regions of the mind which are more profound than the conscious state of mind.

So, as always, the Creator offers a palate of many, many different colors and ways to arrive at the point of love and, breathless with it, to find that the self is loved, has always been loved, always shall be loved by Love Itself, and in that perceived love each pilgrim soul may more and more dare to love wholeheartedly, indiscriminately, and gloriously. The deepest truth that we know is love. The Creator is love. You are love that has become visible and you are able to express within the medium of your world that love which you have found within. Love each other. Care for each other. And in that giving and taking each shall know the truth.

We would at this time leave this instrument and transfer to the one known as Jim. We thank this instrument and would leave in love and light through this instrument at this time. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to ask if there might be any further queries for us from those gathered here. Is there another query?

P: How can we distinguish temptations that come before us?

I am Q'uo, and am aware of your query, my sister. We recommend that when the seeker feels any kind of confusion as to whether there is temptation or opportunity upon its path that it look as clearly as it can with the conscious mind at that which stands before it. Then, within the meditative state, look again with the deeper, intuitive, feeling mind and ask again if this is what is appropriate as the next step upon the journey.

Is there a further query, my sister?

P: Since we are talking about reality it seems that sometimes in third density we may interpret an experience one way at first and then later seems quite opposite. We have change through time, it seems. Could you comment on that? How can we distinguish what the third-density personality desires and what actually comes upon the seeker's path?

I am Q'uo, and we believe that we grasp your query, my sister. Please query further if we do not.

We would suggest that all which any entity perceives, as we said previously, is illusion, for if there is the perceiver and the perceived there is illusion, for all, in truth, is one. As each seeker moves through its own personal illusion seeking that which it can of truth it will perceive as best it can. We always recommend retiring to the meditative state for the clearest possible perception and indication of direction even though we realize that here, as well, lies illusion.

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The nature of this journey seems to be moving from the greater to lesser illusion in what you might call the long run or way of viewing experience. In this process, when it is functioning efficiently there is the clarification of experience, of perception, and of desire to seek further. Thus, it would be expected that one could look, as you would say, back upon experience and see more clearly the nature of the experience as being more or less or partaking of that which is real.

Thus, we say to each seeker, value that which you have experienced, build upon it as best as you can, and seek always the heart of love within each entity and experience, knowing that you shall, even with the best and greatest of efforts, misperceive greatly and frequently. This is why we say that the qualities of faith that there is a greater reality, and will to persevere in sifting through the lesser experiences of reality, are those qualities which shall be of most aid along the path of the seeker of truth.

Is there another query, my sister?

P: Not at this time. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query, my friends?

K: Is it true that there is a material soul? Is this what we are in our innermost beings, souls?

I am Q'uo, and we believe that we grasp your query, my brother. We can say to you, my brother, that each entity that moves with free will has moved along patterns of incarnation for eons of time, as you would measure it, and in this movement has had what you would call soul or [individual] spirit's experience which has gleaned the harvest of each incarnation and has grown by each harvest, and, in addition, sends forth itself into countless further illusions in order that it might accrete to it more of the one Creator's attributes which it feels are necessary and helpful in returning to the unity of all that is.

Is there a further query, my brother?

K: In referring to the returning to the unity of all that is, are you referring to the returning to the seventh-density merging of the unified body with the one Creator?

I am Q'uo, and am aware of your query, my brother. We have been referring—as you are mostly correct in assuming—to the journey that entities take through the densities of light and experience that are the path of the Creator to the Creator. These densities of light offer larger and larger arenas, shall we say, in which each seeker might seek, know and express the truth of its own beingness. When this experience has been carried out to the extent that the density of foreverness has been achieved, that in your numbering is seven, then the entity begins to turn in full to the rejoining of the one Creator, leaving the personality gained as a seed for further growth by the one Creator. The movement into total unity is that movement into what we see you have called the eighth density or that which is likened to the black hole which draws all into it in a manner which is completely unified and begins again that great cycle of creation upon another level of vibration.

Is there another query, my brother?

K: Yes, are you saying that the universe will coalesce and form a black hole, or are you giving this as an analogy to the spiritual realm of that physical process?

I am Q'uo, and if we are correct in grasping your query, my brother, we would say that both assumptions are correct, for the phenomenon which you know of as the black hole is but the completion of experience in one octave of densities that is the seed for a further octave of densities on, shall we say, the other side of the black hole, so called.

Is there another query?

K: In what sense are we all one?

I am Q'uo, and am aware of your query, my brother. We would suggest that the nature of this unity is complete. You are likened to actors upon the stage who, though remembering their lines, forget their true personality and at some point in the drama shall aid others in their remembering by their very essence and the nature of their being.

Is there another query, my brother?

(Inaudible)

I am Q'uo, and we would ask if there is another query at this time?

N: Knowing that everything is illusion, including these queries, and knowing of free will, yet knowing that there is no freedom, how you prefer to look at this situation?

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I am Q'uo, and am aware of your query, my brother. Our preference as a point from which to view our experience and our universe is what you might call playful curiosity. We are infinitely amazed at the intricacy, yet the simplicity, of all creation.

Is there a further query, my brother?

N: No, thank you, and it smells very nice.

I am Q'uo, and we are grateful to you, my brother, and would also say that the scent of this group is most intoxicating to us as well.

Is there a final query at this time?

(Pause)

I am Q'uo, and we shall add our gratitude to that which has been so generously offered to us. At this time we shall take our leave of this instrument and this group in the love and in the light which has been brought forth by each. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✣

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Sunday Meditation

March 26, 1995

Group question: How to communicate honestly and be true to the self when people you talk to are restricted in their point of view? How does Q'uo do this with us, for example? What about white lies? The absolute truth may hurt feelings.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We greatly appreciate your calling us to your group this day. At the time of your springtime explosion of blossoms and leaves we are ravished by the beauty which comes through your senses. Truly, those of your Earth have a fair and lovely world.

Your topic this day offers us much rich ground for comment and we would share our thoughts with you with the understanding that each of you is to choose those thoughts which seem good to you and leave the rest behind. We greatly appreciate your using your discrimination whenever you read our opinions or hear them, for we, as you, are those who seek and yet have not found all the answers.

When one attempts to communicate the truth one can be sure that if the matter has substance the full truth shall not be revealed. The arbitrary and contrary nature of this intangible called truth is such that while one may asymptotically approach truth from many angles, one cannot arrive at it in time and space. Consequently, all efforts that we are aware of to define, capture or communicate pure truth are attempts which this instrument would call quixotic, errands of the soul doomed to a noble and worthwhile attempt and failure. It is against this backdrop that the seeker comes to grapple with the issue of communicating truth to others.

The one known as Jesus the Christ, whose life this instrument is fairly familiar with from her practice of the Christian religion, tended to work with truth not by speaking plainly, but, rather, by offering little stories which had some of the characteristics of a riddle or puzzle, and which certainly were those parables which contain self-contradictory notions. One might infer, then, that this compassionate entity wished to speak a more accurate truth than could be achieved by the use of plain words. This entity, one might infer, considered the feeling behind a parable or story as the carrier of truer communication than the specific words themselves.

This was, may we say with confidence, a successful effort at communication of spiritual principles to large numbers of seekers. Was it successful at communicating due to the power of the speaker, or due to the cleverness of the parables? The effort was successful because of both of these ingredients and because of the relationship between the one known as Jesus and the material which it was presenting. The one known as Jesus felt proprietary and generous with the principles themselves. This was an

entity which did indeed know itself and was able within its own mind and heart to speak accurately concerning itself, who it considered itself to be, what it considered its mission and so forth.

When an entity is comfortable with the basic questions of who she is, what she basically believes in, and where she considers her mission to be leading her, then such a person comes to the task of communication with a feeling of self-confidence. This underlying feeling is that which is to be prized and that for which it is well to work, for pure truth lies always in the area between any two entities rather than in the one or in the other. Even if they agree, yet, still, the truth itself cannot be captured.

So what entities are doing when they attempt to speak the truth to each other is relating themselves to the other through the area of concern or question. The actual truth these entities communicate is in part the truth of themselves and only in part the truth about which the words are speaking. This is how central a part personality and relationship play in the business of seeking to speak truth. Before the mouth opens on the first effort to speak, a significant portion of that which is to come has been either ratified or nullified by the being of the person communicating. Thus, that member of your group which suggested the wisdom of communication by listening is to be commended. This is, indeed, a powerful resource for communication and one, indeed, whose practice has never been enough praised and cherished by your peoples.

The words which your peoples use produce seeming clarity of meaning many times. However, each entity is aware of the slippery and often false nature which words seem to take on as they are asked to bear the weight of substantial thoughts. The great majority of entities upon your sphere have not the patience nor the personality nor the inherent gift of precise or accurate language and this is in part due to the nature of spoken language. The great efforts of your scholars, humanists and authors of every type have produced works within your cultures which continue to communicate what seems to be a deeply insightful or truth-filled body of work. The written language is as that which can be pinned down, placed upon a shelf, and referred to again and again. Spoken words have not that luxury. There is no referring back within the usual conversation.

Since the language was created by those who needed to deal with each other as a society, language is most free of confusion when dealing with those day-to-day transactions of people to people. The choice of what to eat given to the waitress is clear. Conversations concerning a specific topic which must be dealt with are usually quite clear. As long as the sensitive, emotional and spiritual nature of entities communicating is not stirred and awakened language is strong enough to bear the truth at that level. Plans can be made. Journeys can be conducted. Errands can be run. A schedule can be kept. This is what the language was developed to accomplish, and this it accomplishes.

However, as entities awaken and begin to hunger for that home which is felt to be somewhere that is not here, as these entities awaken, stirring and rousing and stretching themselves, they begin to hunger for something that is not the bread and butter of life, something that is not practical, but something that seems all the sweeter for being impractical, and that is the deeper truth, the wider perspective, the ground of being.

As this concern or galaxy of concerns matures and ripens within the seeker's mind and heart the inner landscape becomes ever more lucid and full of clarity, and as the seeker makes one mistake upon another and continues undiscouraged, layers of confusion seem to fall away within the seeker and that which is true is dimly sensed. Yet, in that dimmest sensing lies a great faith and a heightened awareness of the reality of the concept of truth. And so each as he matures spiritually and emotionally becomes more and more that which contains truth, that which holds precious gems within the earthen vessel which is the physical life. There is something about this process which makes those who would be strangers intimates upon meeting for the first time, as those who have begun to inhabit the truth, shall we say, find themselves recognizing fellow travelers whatever their background, whatever their diversity of story.

And so it is that the truest communication within the illusion which you now enjoy tends to be that shared between two seekers who recognize each other as comrades along the path, and who then are able to listen and respond with a light and free heart, not asking words to bear much but allowing words to wash over and touch upon that which is the felt and present truth. The greatest confusion lies not

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between two who are awakened and not between two who sleep and enjoy the illusion together in happy ignorance of its illusory quality, but rather the communication that takes place betwixt one who has awakened and one who still sleeps, and in that sleeping dreams the life.

We consider that we speak with those who are awakened. We feel that our communication with you is privileged and we assume that those listening to us take our words more as the flavor of that which we are attempting to express rather than the literal, absolute truth. We feel comfortable in fumbling for words in offering images to the channel that the channel must interpret for itself. We do not concern ourselves beyond a certain point with trying to find the right word or the right way of expressing a point. We leave that to the channel. We leave that—we should say more accurately—to the process by which the channel communicates that which has been communicated to it. We consider these communications privileged. We do not go into the marketplace, the business, the school, the church. We do not seek people to talk to. We await those who wish to communicate with us. This is our solution to the question of how to offer our truth in service to your peoples. We do not wish to change people. We wish to be there as a resource for those who are undergoing change already, and who, therefore, are seeking tools, resources and friends that may help them in their hunger and thirst after truth.

Now, when one attempts to communicate to one who is not yet awake to the spiritual journey or who feels that it already knows all that it needs to know, there are bound to be frictions and miscommunications by the score, for in this instance, no matter how pleasant the tone or how gentle the way in which points are made there is the situation where one entity seeks to improve or aid in another entity's awakening. Now, this is the prerogative of all with free will, that they have perfect right and reason to speak persuasively in the attempt to seek truth and to share it. Yet, in terms of the truth itself there is a null contract situation when the two entities do not actually have a mutual desire.

In the situation where one entity is aware of a larger viewpoint than the other, if the other has not requested communication on that point, then there will be the inevitable friction which comes from the attempt to persuade. No matter how sugar-coated this attempt is it will still be interpreted in a frictive way by the one to whom the gift of understanding is being so hopefully offered. The way to clear and pure communication, then, is the way of expressing that which one is asked concerning.

Now, if an entity sees that there shall be the inevitable friction and still desires to get the point across perhaps the best ally is the light touch. If such communication can be made in a humorous or light-hearted way which charms and disarms the hearer then the inroads might be made with the listener all unaware of the gift of larger truth it has received. So when there is the opportunity to share a truth with one who is perhaps unwilling it is well to be playful and perhaps a little silly within creativity so that ways may be found that charm and delight and then leave the taste behind of that thought which may be revisited and thought upon.

The greatest single communication which an entity ever makes is the look, the stature, the beingness, the way the seeker is. The way that expresses through the body, through the eyes, through the hands, through the expressions. Your bodies, your beings, these that you dress and wash and feed and tend, these are your wisdoms. Your inherent vibratory expression communicates more deeply, more searchingly than you shall ever know, than you shall ever be aware of, for the truth, as it becomes purer, is that which we are. And that is far beyond words.

This is a fascinating subject but we feel that we [have] gone far enough for one sitting, so at this time we would transfer to the one known as Jim that we may gather other queries at this time. We leave this instrument with thanks, in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time may we offer ourselves to those present for any further queries which might be on the minds.

R: I have an observation which I would like you to comment on. When I listen to the words of the channeling I find that I often drift away. I feel that I am getting the communication on a level other than the words.

I am Q'uo, and am aware of your query, my brother. As you are in the circle of seeking adding your desire and curiosity to the circle's calling for information

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you partake in a basic sense serving much as does the grounding device that anchors the signal. As a portion of the anchor for this signal you are, indeed, open to receiving the general sense or essence of our message upon a level which you might call the subconscious where the absorption of information takes the form more of the gestalt, shall we say. The entire picture of what we offer in our words and tones is available to your subconscious mind in a way which is not easily expressed yet which includes the foundation qualities of the message which we bring.

If you are concerned that you are not enough aware on a conscious level of the message which is being provided we can recommend that for a portion of the working you may open your eyes and listen in the normal waking sense. This shall bring you more easily remembered information for the conscious mind that then can be worked with on both the conscious and subconscious levels.

Is there another query, my brother?

R: No, Q'uo. I thank you for the suggestion and want to express my personal gratitude for your willingness to communicate.

I am Q'uo, and we are most grateful for your willingness to communicate as well, my brother.

Is there another query at this time?

(Pause)

I am Q'uo, and it appears that we are getting off easy today. We, however, are most grateful for the queries that have been offered to us and we hope that each will take the …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We offer opinion and do not wish any entity to take our words too seriously, but to take those which feel familiar and which feel appropriate and use them as you will, my friends.

At this time we shall take our leave, leaving each as always in the love and in the light of the infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation

April 2, 1995

Group question: Today we will take general questions from our group, which has come from all corners of the planet.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is our privilege and our blessing to join this circle, and we thank each for seeking to discover that truth that lies within and for coming together to further this divine curiosity. For truly, there is wisdom in each, yet when those of seeking mind together ponder and together discuss that truth that lies within each often becomes more accessible from each to each as those who are seemingly not at all you pluck the truth out of the thicket within those things which you have said and thought. Truly, it is a help to have friends along the way and we are honored to be among those friends.

We believe that you wish this session to be question and answer and so we shall not give you a sermonette, as this instrument would call it, but simply remind each, as always, that we are not infallible. We have our limitations, and our opinions are just that. We greatly appreciate each seeker subjecting our thoughts and all others to the personal powers of discrimination that each has. We thank you for this great courtesy. We may begin with the first query.

K: Concerning what Christianity and other groups call the mind of God, I would like to know what is the mind of God? Does it exist?

We are those of Q'uo. There are various levels of sense to possible answers to your query. Firstly, upon the level of literal word for word reality, the mind of God, as many have termed the Godhead, shall we say, is not a thing but rather a construction of the human mind which is determined to inject space and time into considerations of that which is infinite and eternal.

Perhaps a more substantive response would be to suggest that all lies within the mind of God, shall we say. That is, all that you could name and all that you might forget to name and all things whatsoever remain one thing and that one is all that there is.

Thusly, you who ask the query are the mind of God. This instrument who channels the impressions which we offer her is the mind of God, and each and every bit of stuff there is is the mind of the Creator, for it is our impression that the creation is the Creator.

And this Creator is not confined or retained within an image or form but, rather, is an infinite intelligence, what many among your peoples have called the Logos and what we have often called Love. This great original Thought or Logos which is Love is then perhaps our closest suggestion to a concept

which approaches that which you have suggested as the mind of God in that it contains within its concept all unmanifest and manifest creation. However, it is well to note that within the illusions which you call the densities each of you is the mind of God in potentiation and the work done within the densities is in great part clearing away the various levels of confusion for each seeker, and in third density this clearing away is the clearing away of each seeker's self-definitions so that each may find within itself more and more the willingness and the instinct to take upon the self the role of that Love, that Logos, which is the original Thought, realizing that within the illusions the only manifestation of this Logos shall come from your words and your hands.

May we answer you more fully, my brother?

K: Is the mind of God what you would call intelligent infinity?

We are those of Q'uo. This is so, although the reverse would not be so. May we answer you in another way, my brother?

K: I can't think of a way to pursue this at this time. I do have some questions of a historical nature that relates to Christianity. Can you answer these for me?

We are those of Q'uo. It is our specialty, shall we say, to address questions concerning tools and resources that may be helpful for seekers in a metaphysical sense, those who wish to accelerate the rate of change within their own spiritual evolution. When we receive questions that ask for specific information sometimes we cannot answer because we do not know; sometimes we cannot answer because there is infringement upon free will; and sometimes we chose not to answer or to answer in a limited way because to pursue a certain point would be to allow the tuning of the circle and the instrument to suffer. With these limitations understood we are glad to have at whatever you have to discuss, my brother.

K: I appreciate what you say, and with that in mind I will ask these questions and leave the answers up to you at your discretion.

Could you describe the nature of the resurrection body that Jesus appeared in after leaving the tomb?

We are those of Q'uo, and believe that we grasp your query. We look within this instrument's vocabulary for technical words which we might make use of but we find that terms such as electrical body, astral body, and Buddha body have been so often and so variously used that we cannot call the resurrection body, as you have called it, by one of these terms without expecting confusion. However, let us say that the body which rose and walked from a cave was that body which this entity and all entities inhabit when they have not become incarnate and they are yet within the inner planes. The closest we might come to a general description would then be the electrical body or the metaphysical body. It is a body which is far more densely filled with light and therefore is able to co-exist with the third-density illusion.

Most bodies of this type are never visible to those within third-density incarnation, mostly because the entities do not know how to so clothe themselves with third-density material that they may become visible. The body of the one known as Jesus during this time was that body from which his earthly body had been made, the pattern-making body, that is. And this pattern-making or electrical body was simply picked up and put on, shall we say, but with a degree of faith that created manifestation.

You may relate this kind of body to—we search this instrument's knowledge for the closest manifestation and find that this entity has seen the so-called psychic surgery and has seen such manifestations of electrical or form-making occurrences. They are indistinguishable from normal, physical, illusory bodies. However, their actual arena of living and working is within what we would call the metaphysical universe.

May we answer further, my brother?

K: Did you say that Jesus of Galilee never incarnated but merely took on a third-density body for his work? And, also, how would that relate to what happened on the Mountain of Transfiguration?

We are those of Q'uo. No, my brother, we did not suggest that the one known as Jesus had a birth in other than the usual way. We were saying, rather, that this entity picked up and put on the form-making or electrical body in a far quicker and more decisive frame of reference than is usual for those who have left third-density incarnation by death. This was done because the one known as Jesus was aware that it was going through the processes of death and it grasped ahead of time, shall we say,

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what its part was, and, therefore, the faith and surety that this entity had earned allowed it to move through this process as history [has] written it for your peoples.

Do you still wish to ask the remainder of your query?

K: I do, please.

The so-called transfiguration was an event that was important to those who saw it rather than the one known as Jesus. To the one known as Jesus there was simply that basking in the light. To those who gazed upon him at this time there was the fairly articulated manifestation of earlier prophets and teachers, each of which had a ceremonial structure created about it. This was created by the great desire of those disciples who saw this to understand more clearly where the one known as Jesus fit, shall we say, into the long-standing and respected teachings of their peoples.

May we answer further, my brother?

K: Was there a UFO in the luminous cloud, or was there another meaning?

We are those of Q'uo, and we find that this instrument is aware of several luminous clouds. Do you speak of one specific instance, my brother?

K: Yes, the Bible speaks of a luminous cloud above Jesus on the Mountain of Transfiguration and a voice came out of the cloud, and I was wondering if this was a UFO or if this was a psychically projected voice, or did it not occur at all?

We are those of Q'uo. My brother, this was indeed a psychically projected manifestation and voice, yet it did occur, at the same time that it did not occur in terms of its being a flesh and blood creation rather than it being a thought form. In that particular instance there was no UFO.

Is there another query?

K: Were there two Yahwehs in the Old Testament? Or was there just one?

We are those of Q'uo. That which you have called Yahweh was, within the framework of the culture to which it came, as was understood then, God Itself. However, that personality which often was termed Jehovah or Yahweh was perhaps what you might call an angelic entity. This entity was responsible along with others for looking after the development of self-consciousness upon your planet and to aid in that development this entity chose to concern itself in the affairs of those within third density.

As the centuries passed and this very wise entity learned more about how to serve it chose to re-invent itself and did so along lines which created the possibility of the coming of the so-called Messiah. The Yahweh which many worshipped was the Creator rather than this personality. However, throughout most of the beginning, shall we say, or the Torah of the Old Testament the Jehovah character is a personality.

May we answer further, my brother?

K: Then you are saying that there was just one entity that chose to reinvent himself and that there were not two entities, one a negative and one a positive?

We are those of Q'uo. This is correct, my brother.

K: Thank you. Could you speak again on the subject of how we are all one? Could you speak without analogies and speak to the heart of the matter—how are we all one?

We are those of Q'uo, and we are most happy to attempt to speak upon this subject so very dear to our hearts.

Let us begin with things known by this instrument from her school days. The illusion is that which is real to those upon your sphere and this illusion is created of that which you call atoms. These atoms are treated as though there were little particles that, put together, become things. However, no scientist has been able to see any mass or substance when gazing at atoms or particles thereof. All that science has discovered are various fields of energy, so that the one known as Carla is a field of a certain kind of energy. The one known as K, just such another, and so forth.

These various fields seem very real, yet scientists can explain that there is no mass involved, just an arrangement of energies. Each self-conscious person is an energy field, then, which vibrates at a certain complex of levels in a characteristic way. The metaphysical identity of each person is this complex of vibrations which is the signature of each evolving self-conscious entity. So, within your density it is impossible to see that there is no separation between the clothes and the body, the body and the seat, the seat and the chair, the chair and the floor, and so

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forth. All these things appear separate. However, in any sense beyond energy fields there is no separation.

Now, within the mind, within the thinking and the feeling, as the mind gazes upon the creation it thinks it sees many different things, yet there are certain entities who are able, because of great similarities between them and you, to transcend the apparent separation between them and you. And such entities have been those who have supported and strengthened you. The energies, then, that seemingly separate persons from persons are those dictated by the senses which your physical vehicles have. However, as we have pointed out, these senses sense illusion, an illusion which your scientists have penetrated.

May we answer you further, my brother?

K: At your own discretion, Q'uo.

We would at this time transfer this contact to the one known as Jim, thanking this instrument and this group and leaving it briefly. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would ask at this time if there might be any further queries from any within this circle of seeking.

Questioner: What can I do to help boost my mental, emotional and spiritual energies?

I am Q'uo, and am aware of your query, my brother. We would recommend, to begin, that you review those experiences in your past that have been helpful in the revitalizing of these energies. For many entities it is helpful to find those written words of inspiration which might remind one and in the reminding may aid one to adopt a larger perspective that brings the unity and harmony of all creation more into focus for the present moment experience. The songs of inspiration are also of aid in the same regard. {As] the moving within the season of the springtime begins to make itself felt within your illusion, there is much of inspiration and revitalization that is available from your second density. There are many entities of an inspirational nature that are hidden, shall we say, within each entity's daily round of activities. To keep the inner eye open in anticipation of such entities moving within one's own path is always helpful, for the guiding hands, shall we say, that are with each entity in an unseen manner will often take the opportunity to reawaken the passion for existence and the living of the life by moving one to cross the path of such entities in what seems to be a coincidental manner.

Is there a further query, my brother?

Questioner: No, thank you very much.

I am Q'uo, and we thank you, my brother.

Is there another query?

P: Could you comment on the relation between space/time and time/space?

I am Q'uo, and am aware of your query, my sister. We hope that you realize that this is the topic which can fill volumes, my sister, for it is that which encompasses all that is. The illusion which you inhabit at this time is a reality which is constructed of the energy of love with many forms or personalities moving through the interaction and interplay of the Creator. Within this experience or classroom, shall we say, the emphasis of the Creator is upon the experience that is possible to be gained from those who momentarily create a situation in which they forget the basic truths of being and set for themselves the task with space/time of rediscovering these truths within the veil of forgetting, thus adding great weight of meaningfulness of such discoveries.

Thus, within space/time the plans created before incarnation, within the realms of time/space, are set into motion so that there is much self-awareness and awareness of all that can be gained by exploring the great darkness or seemingly so with the tiny candle of consciousness. The weight of the experience within space/time is more upon the shoulders of space so that there is movement there more possible than in the more inflexible time as it moves, or shall we say more correctly, as it is perceived in its linear fashion.

Within the realm of time/space the weight is more on the shoulders of time where more flexibility is there appreciated, movement in time being as easily accomplished as movement in space within the physical space/time illusion. Thus, the freedom and wider perspective of time/space offers the more fully experienced presence of the one infinite Creator but with less, shall we say, ability to progress along a path which is more obviously unified than is possible

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upon a path which is seemingly less unified as it is within the space/time illusion.

Is there any further query, my sister?

P: Am I correct in thinking that our conscious mind is in space/time and the subconscious is in time/space? Is the veil of forgetting what separates the two?

I am Q'uo, and am aware of your query, my sister. The veil of forgetting is a phenomenon which is occurring and is utilized only within the third density so that a choice of paths might be made at this point in the evolutionary path. Thus, the existence of a divided mind, that which is conscious and that which is below or subconscious, is possible only with the veil of forgetting in place which occurs, as we have mentioned, only within the third density.

Is there a further query, my sister?

P: You still didn't answer if the conscious memory is in space/time and the subconscious resides in time/space.

I am Q'uo, and believe that we grasp your query, my sister. Though it is somewhat difficult to answer in a concrete fashion, we would suggest that your assumption is in large part correct. Although it is also possible for those who are trained to travel in time/space to do so in a conscious fashion.

Is there a further query, my sister?

P: Two more questions. To do conscious work in the subconscious is what we call the sorcerer's tradition. Is it necessary for third-density people to be able to do that work?

I am Q'uo, and believe that we grasp your query, my sister. It is not necessary for third-density entities to be able to move consciously within the subconscious realms of their own minds or the time/space realms of their local creation in order to be able to be graduated from this third-density illusion to the fourth. What is necessary for such a graduation is that the entity be desirous of serving others in a loving and compassionate manner, more in a percentage, shall we say, than it desires to serve itself.

Is there a further query, my sister?

P: As we move from the third density to the fourth do we move from the present space/time into a time/space continuum?

I am Q'uo, and am aware of your query, my sister. We would suggest the pondering of the densities containing space/time and time/space from the third density through the latter portions of the sixth density so that there are experiences which can be seen as incarnational and experiences which may be seen as pre- and post-incarnational as well within each of these densities.

Is there a further query, my sister?

P: No, thank you.

I am Q'uo, and we thank you once again. Is there another query at this time?

R: Sometimes I share an inspirational image with you and I wonder if you are actually able to share it or is this just some kind of mind construct that I put together?

I am Q'uo, and am aware of your query, my brother. When a gift is offered to us it is as a calling to us and we are there and appreciate the sharing which you so generously offer and [which] gives us a taste, shall we say, of your experience that we would not have without your dedication of it to us.

Is there a further query?

R: No, thank you.

I am Q'uo. We thank you for your gift, my brother. Is there another query at this time?

P: Sometimes we receive voices, inspirations, etc. and sometimes they are of the ego and not true. How can we determine the true voices of the Creator?

I am Q'uo, and am aware of your query, my sister. We would recommend that you find that place of peace within you, whether you utilize meditation, prayer or contemplation, that you move within to that sacred room and await there the answer until it comes.

Is there a further query, my sister?

P: No, thank you.

I am Q'uo, and again we thank you. Is there a final query at this time?

Carla: I seem to have been blessed with the desire to do a whole lot more than I can do. Do you have any comments on this situation?

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I am Q'uo, and am aware of your query, my sister. As we observe the well-known and well-stated preincarnative predisposition to activity and observe the choices made for the incarnation which were for the purpose of dealing with this very issue, we see now that the choices have been made conscious and you have before you much of that which you had before you before this incarnation. Thus, you are in a place of total free will where all that you desire to do lies before you as flowers in a garden, to be picked or sniffed for scent and left as they are.

Again, that meditative state is that place wherein the greatest clarity for each seeker is possible to be achieved and we would recommend that you make a time for this consideration that would coincide with a rebirthing ritual that [is] much like unto the springtime season that moves within your local environment at this time. And during this time of contemplation, prayerful thought, and the gaining of a sense of the self reborn, we would suggest that this is a means by which the subconscious mind might be alerted to the desire to know more of what is appropriate for this time for your experience within the illusion.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and thank you once again, my sister.

We would take this opportunity to express our great joy and gratitude to each within this circle of seeking for inviting us this day and for giving us the gift of your queries, your concerns, and your desire to know that which is helpful on your journeys of seeking. We move with you on this journey and appreciate the desire that fuels each present and salute it as that force of motivation that is most important within each seeker's journey, not so much each experience or thought but the process of the seeking seen as a pattern, as a purpose, as a direction.

We are those of Q'uo, and would at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation

April 9, 1995

Group question: The question this afternoon has to do with sexuality. We would like to know a number of things about sexuality, Q'uo. We would like to know what the natural expression of both the male and the female sexuality is—what are the archetypical images or forces that aid or cause this expression to be as it is? And we would like to know how it is most appropriate for us to work with or handle, to perceive these sexual energies in ourselves and in each other. And we would like to know if there is a way in which sexual energy exchanges can be used to experience the unity of the creation and the Creator. Is there a pathway there for evolution? And is the intelligent energy that is the creative force in the universe the same in us as sexual energy, or does it set this sexual energy in motion within us?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of Q'uo. As always, it is a distinct pleasure and privilege to join this circle of seeking. We bless each that lends its complex of vibrations to this circle. The combined energy is most beautiful. We ask that each use its discrimination in listening to what we say. We ask that you not accept any of our opinions unless it seems to strike a chord of response within you, for truth is a deeply personal thing, and we ask you to guard your own truth carefully.

As we speak to you concerning sexual energy, we need to speak in a context so that we do not isolate this energy in thinking of it in an artificial manner, but, rather, a way that enables each to see and to feel the perfection of the sexual gift. Indeed, gifts that are large and contain great power are also those responsibilities which are equally great, for each guards and appreciates and shares this energy among others.

The wellspring of your physical vehicles is the sexual activity. The fructifier of inspiration is often the sexual activity. The healer of pain, even deep pain, is often sexual activity. And all those energies of friendship and the reaching of people unto people as societies—these need to be seated within strong and healthy sexuality in order for there to be depth to the processes by which energy moves toward that perfect light of infinite energy.

Archetypically speaking, then, sexuality for third-density entities such as yourselves begins with that dynamic between the male who reaches that outstretched hand and the female which awaits the reaching. Now, this is an archetypical structure, an archetypical logic. In truth, male and female both reach and await the reaching. But in terms of finding a way to grasp and understand the ways in which this energy arises, it is central to see this dynamic of the male which reaches and the female which awaits the reaching.

The difficulties that those who are seeking truth find in that seeking often seem to have nothing to do with sexuality, but rather with things holding one back: the spouse or something about the home situation begins to be seen as being so limiting that the seeker must leave to be free to seek unfettered by what seems to be a sea of negativity. Quite often, however, what is occurring is that the seeker has begun working upon the higher energy centers—the heart, the throat, the brow—those energies that we would call those of compassion, communication and work in consciousness. Certainly, these indeed are those energies which beckon. And oh, how hungry the student is for more wisdom, more knowledge, more insight, and more understanding! Yet, any plant begins its life within the soil, and although you no longer are attached to the earth by roots that are visible, yet the physical body which carries you about has its origin, its life, and its energy because of its oneness with the Earth plane.

The amount of sheer energy vibrating betwixt earth and physical vehicle is astounding, yet it cannot be acknowledged and used nearly so well by one who is working upon upper chakras unless that entity has the patience, the humility and the determination to come into contact with that earth, that soil of self, for the sexual identity is as powerful and as completely unique a part of the individual spirit or soul as any other incarnationally expressed energy. This is the energy which creates a healthy plant, a healthy body—the energy that gives a primal "yes" to being. This is, moreover—as are all energies—a sacred, a holy energy, and the sexual intercourse is as the Eucharist of red ray, the holy communion of the body. This union capitulates—we correct this instrument—recapitulates the oneness of earth and sky, the oneness of male and female, the oneness of reaching and waiting.

Now, when we speak of sexuality, we do not simply speak of sexual acts, for this energy is constant, and though its appearance in the conscious mind is cyclical, its place in the scheme of things, shall we say, is constant.

Now, how does one work upon the red ray? First, one simply has to become able to express to the self precisely what the attitude is, for we find among your peoples a great ability to gloss over uncomfortable subjects with generalities and half thought out concepts. There is inevitable damage done, if one would call it that. There is, shall we say, inevitable distortion that has taken place for each and every entity within incarnation, for, like the rest of the incarnational tools and resources, sex is intended to cause great catalyst, to cause entities to feel all kinds of befuddlement, anger, grief and so forth. That is one of the great virtues of sexual intercourse and the relationship between two entities concerning their sexuality and their expression, one with the other. One is intended to find this a difficult thing, at least from time to time, for the journey from head to heart must be taught at every level of energy.

So, one may work on the issue of becoming more balanced in red-ray energy whether or not one is in relationship, whether or not one is sexually active. In terms of doing one's homework, shall we say, it does not matter what the situation is, for each entity's sexuality lies at the very heart of its individuality and each entity must needs work upon its own issues, its own sexuality. It is well to attempt, then, to gently part the strands that are tangled in the process of perceiving one's relationship to another sexually, so that the other entity's issues stay with that entity, so the self works completely upon the self, and perhaps its reactions may offer that catalyst for thinking which does create lessons learned and the strength of vital energy improved.

As the Creator intended, third density is always concerned with the dualities of dynamic opposites, and the male reaching is the strongest dynamic, the female waiting is the strongest dynamic of red ray. So, let us look briefly at the reaching and the waiting.

It is not just the mind and the spirit that are involved in the processes of reaching, for the physical vehicle has instincts that are very clear. The perpetuation of the species, as this instrument would call it, is completely dependent upon that male necessity for reaching. Thus, it is that the body itself has the instinct to reach, and of course those females who have an abundance of male energy shall also find themselves involuntarily reaching out to the sexuality of a male that has caught the eye. This energy can be perceived as being very negative because it can be confrontive and because the deepest instinct of one who awaits reaching is protection.

Now, what is it for which the male reaches, beyond, that is, the obvious? What is it that is at the heart,

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spiritually speaking, of this energy? As always, it is that unity. The prize is great for those who wish to purify and strengthen this energy until it finds balance within the self. Thusly, males have the necessity of dealing with the catalyst of attraction to any attractive and available female. Indeed, that male energy is capable of reaching in fantasy, in thought. There does not even need to be the stimulus of the female which is present. This ensures that the species will survive as long as the planet is viable.

Meanwhile, for the female energy, there is the opposite side of this dynamic—unity there is, but an articulated unity. Males who have much female energy also find themselves involuntarily drawn into the contractions of one who protects oneself. This energy is so powerful that it—this instrument is having trouble finding a word for what we wish to say—the power of this energy is so great, that there is the necessity for the female or negative energy to be watchful, cautious and protective. Not for the female energy the indiscriminate reaching, but rather the careful protection, for the unity that is articulated betwixt male and female is that mystery which is the one great original Thought.

Female energy potentiating male energy equals subconscious energy run through conscious channels. So, each becomes a channel for the one great original Thought which is love. And in the sexual mating betwixt two who grasp the profundity and centrality of the energies of lovemaking, there is the possibility of touching intelligent energy, and in this fusion, the two truly are one. And from this rise male and female, blessed, balanced and healed.

We ask each to consider the archetype known as "The Lovers." In this figure, a male stands with a female on each side; to one side, the virginal; upon the other side, the worldly and prostituted female energy. It is the first choice, the most obvious choice, for the male who comes into possession of that sexuality which shall be its catalyst for a lifetime, to reach for that sexuality in the female which is obvious; and, indeed, there is that portion of any male energy which shall always be attracted to the prostituted and the shallow. This is natural. Yet, to the man who seeks until he finds that female which he feels he can work with in all humility, to this entity is given a great deal of aid. For, if male and female wish equally to work together at this energy level, then there is for both a constant supply of transferred energy—to the male, the inspiration, to the female, that vital energy—each giving what each has in abundance and receiving what each has not enough of.

We mention this archetype because there is a continuing need for entities to reconfigure and rebalance themselves, for there is little probability that a seeker may become perfect in this or any practice of disciplining the self again and again. That male energy which is such a blessing in its abundance and its strength may well fall into a season wherein images come and come and come into the mind and it seems that there is nothing but lasciviousness within. And for the female there is that tendency to allow the protectiveness that is appropriate to degenerate into bitterness and fear, and the separation that occurs because of these things is substantial.

Therefore, in working with each other in relationship, that energy we would call forgiveness is most important. This energy, as all energies within this illusion, has been set up to cause confusion and befuddlement, again and again. And while it is natural to experience negative emotions in response to the frustrations of failing, as one perceives one's self to fail, it may seem that the subject of sex is not worth all the work. Women have an archetypical tendency to be what this instrument would call "bitches." Males have the archetypical tendency to be what this instrument calls "pigs." These are pejorative terms. This instrument uses them because to speak them aloud takes some of the sting from that inevitable truth, for that element which seems bitchy is only the outcropping of that healthy tendency of protection. The female fights with words. That to which it is reacting is that male nature which reaches indiscriminately, and no matter how far a male has come spiritually, the physical vehicle of that male will continue to reach indiscriminately.

The student of metaphysics will, for the most part, attempt to ignore the promptings that are random and to continually re-place the attention upon the mated relationship. The male shall always fail to do this perfectly. The female may attempt to be forgiving, understanding and so forth, but again, failure is inevitable. My friends, in this way as in all others you have each other to help each other, and it is most encouraged by us that each attempt to see that dynamic that sexuality offers with a merciful

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and ruthful gaze, to be quick to forgive and to be willing again and again to attempt to trust.

When there is discord at this level, much energy is blocked, and it is usual for students of metaphysics that they will be blocked to some extent at this level. We have spoken to you before concerning the dangers of working in consciousness without first clearing those lower energies, and we remind each again: the first work is that work which is the lowest, the basest, and the most fundamental. The first holiness is here, where feet meet earth, where spirit meets flesh. Here, at the level where entities are born. Here, where entities express their deepest physical nature. Here is the beginning of a good work.

Working with this energy center shall last the lifetime, but we encourage each to work intensively in this level of energy until a balance is perceived by the self. Then, the process is to work upon the self's mental relationships with itself and then relationships with others, and then relationships with groups. And only when this work of balancing has been touched upon should a student move into working on opening the heart, into communicating, into work in consciousness, for the energy has a natural vector from the lower to the higher and the student needs a strong foundation.

So, we ask each to see working on sexuality as a holy occupation and part of a holy life. Let it be wonderful and fun. Free the self to rejoice in the beauty of this energy. This is a long process sometimes; however, there is much pleasure in the work.

At this time, we shall transfer this contact to the one known as Jim. We thank this instrument, and leave it in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the speaking to any further queries which may be upon the minds of those present. May we ask if there is another query at this time?

Questioner: OK, I'll ask a question … *(inaudible)*. I was thinking about the lovemaking of whales. It seems that the whales are intelligent beings and I just thought it's such an enormous thing for these huge beings. And could you please comment on the energy exchange between these beings? Is it … do they experience a total energy exchange besides just the physical … do they feel the love … for them is it an act of also reaching out besides just the progression of the physical evolution?

(Pause)

I am Q'uo, and am again with this instrument and am aware of your query, my sister. The pause in our response was due to the need for this instrument to again offer the challenge and for the process to be completed. We beg your forgiveness.

In response to your query, may we say that the entities which you know as the whale, in many of its species—though not in each species—resides a kind of consciousness which is much like your own, but in some ways is more, shall we say, advanced in that the entities are able to sense, each with the other, the nature of what you would call the emotions, the motivations, and the natural expression of them.

When this expression of energies is in the area of the red ray sexual energy exchange, there are many of these entities who have more than the red and orange and yellow centers of energy available for the moving of energy and the sharing of this energy, so that such sharings are oftentimes expressions of the unity which these entities feel with each other and with the creation about them. In such expressions, there is little of the confusions and distortions that so oftentimes plague their two-footed brothers and sisters who live upon the land surfaces. The expressions of energies are much more, shall we say, pure and clear to the point; and with clarity to the point, then there is the movement of the consciousness beyond the immediate point of the reproduction of the species and the satisfaction of the red-ray sexual urges.

Is there a further query, my sister?

Questioner: Yes, could I extrapolate from your comments that the whales are the third-density, the self-aware species? Are they also like wanderers—beings of high density who incarnate in third-density physical bodies?

I am Q'uo, and am aware of your query, my sister. This is incorrect. The achievement of the species, in some cases, of this species of whales as you call them, is a result of their own evolution upon this planetary surface.

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Is there a further query, my sister?

Questioner: I would just clarify then—they are self-conscious entities who originated from Earth. Right?

I am Q'uo, and this is correct. Is there another query?

Questioner: Not at this time, thank you.

Questioner: Q'uo, I have a question. It's on another subject. I'm thinking of the nature of the soul that I asked about in a previous session. I'd like to know what is the nature of the soul and how it originates.

I am Q'uo, and am aware of your query, my brother. This query is one which spans the entire breadth of the evolutionary process as we understand it, and we would attempt to respond to your query by suggesting that the soul is that constant awareness or constant consciousness within an individualized being that is the library or repository of all experiences which this entity has accumulated in all of its incarnative expressions throughout all of its densities of progression. Thus, there is much information and much of character, shall we say, that is gathered into that concept complex which you have called "the soul."

It is as the actor upon the stage, if we may borrow again from this analogy, that has played many parts and has been moved by portions of each of them to the degree that there are characteristics or perceptions within the soul essence that are a direct result of such marks upon experience. Thus, the soul is the pilgrim upon the journey that begins with the very simple awareness of its own beingness, and begins to define its personality or identity according to those experiences that it passes through; and as the accumulation of experience, incarnation after incarnation, builds, then the soul is richer and has more to call upon for future efforts in this evolutionary endeavor.

Is there a further query, my brother?

Questioner: Is the soul created out of intelligent infinity to which it returns, or … how is the soul created? Or did I misunderstand you?

I am Q'uo, and we believe that we understand your query, my brother, and would respond by suggesting that the soul is created from that intelligent infinity from which all of creation is made, and as it is able to gather experience within one illusion after another, then there is the identifying of this soul essence as a personality of a metaphysical nature.

Is there a further query, my brother?

Questioner: Yes. Ra used the term, "the buddha body," and also "the higher self," for one of the aspects of individuals. Is the buddha body a sheath-covering for the soul? Or, what is the relationship of the buddha body and the higher self and the soul?

I am Q'uo, and am aware of your query, my brother. In the attempt to speak to this query, there is the difficulty of your language and your linear perception of time that we must deal with, for the higher self, as it is often called, is the soul at another portion of its experience in a succeeding higher density. Thus, that which is your soul—that essence of self around which all experience orbits—becomes aware of its fullness. It becomes the higher self.

This is also in close relationship to that which you have called the "buddha body," that body which is associated with the violet-ray or crown chakra energy center. This expression of the self is that portion that stands within the light at the graduation to determine the ability of the soul to accept a greater and greater light and thus be, shall we say, graduated to the fourth density. Thus, you may see a loose identity between buddha body, soul and higher self that begins to become a closer and closer equality as the soul progresses from density to density.

Is there another query, my brother?

Questioner: Q'uo, I was thinking of the soul as a kind of tablet of white paper, a mnemonic substance that was cast out of the central sun or intelligent infinity and gradually took upon identity through incarnations. Is this concept wrong … of the origin of the soul and its nature?

I am Q'uo, and we find that this concept is basically correct and thus is usable.

Is there a further query, my brother?

Questioner: Yes, thank you for that, Q'uo. I just have one more. And during this religious season I am thinking of the … what we call "the gospels" in the Holy Book: Matthew, Mark, Luke, John. I am wondering if you would speak to the people who … about the people who wrote these books and the years in which they were written. Could you do that?

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I am Q'uo, and we are aware of your query, my brother, and may respond by suggesting that the entities which are responsible for the authorship of those books of your Bible called "the gospels," are entities who were working in the recording of their experiences with the one known as Jesus the Christ some two millennia previous to this present date, and who were able to glean a small portion of that entity's teachings in a manner which had meaning to them, and which they were desirous of sharing with others for that reason.

Is there a further query, my brother?

Questioner: Could you give identities of these authors?

I am Q'uo, and we are aware of your desire to know the precise nature and identity of the authors of these books of inspiration, and we are in the desire to remain without infringing upon ones' free will, and thus must withhold the specific identification, for there is some discrepancy with the accepted authors and their identity, which we find is necessary to maintain.

Is there a further query, my brother?

Questioner: I don't think so. Thank you for that. That'll be all for me. Thank you, Q'uo.

I am Q'uo, and again we thank you, my brother. Is there another query at this time?

Questioner: I have one. I had a thought, a stray thought, about sexuality … was that it kind of had a theme to it of sacrifice … a woman sacrificing, obviously, her virginity. Males used to sacrifice their virginity, too, but with the big practice of circumcision, males no longer have anything to sacrifice. But to the female it is more of a sacrifice, because of the fact that she then becomes able to have babies. And yet, to the male the sacrifice is of the whole life. Because of the sacrifice of the woman willing to give to the man, the man gives to the woman children which then he sacrifices the life to protect and support. And I wondered if there was a significance or if I was on the wrong track. It just seems to me like, almost like a woman is a priest in that ritual of sexuality.

I am Q'uo, and we are aware of a wide range of possible responses to this query, for again, the field is a large one and we cannot begin to do it justice with a short response. Thus, we are relegated to offering what must be a somewhat unsatisfactory answer.

The female of your species, indeed, does make a sacrifice which is great, for there is much of responsibility that rests with the female in that it will be the one to bear the fruit of such a joining, and must nurture and suckle this young entity for a significant portion of your time. The male makes a sacrifice in that it is desirous, in its higher motivations, of aiding in this process and building with the female the family unit that will be the teachers to the young entities born from it. The male then sacrifices what may be seen as its freedom to roam among the other female entities. This is somewhat difficult for the males of the current populations of your sphere, for there is much of confusion that follows any discussion of sexuality in all cultures upon your planet.

There are various areas of intense experience which have provided and will continue to provide catalyst of an intense nature, and the area of sexuality is, indeed, a basic area of power—and power misunderstood—within many of your cultures. Thus, there is the diluting of the sexual energy exchanges which plagues many of your peoples.

Is there a further query, my sister?

Questioner: No. Thank you, Q'uo.

I am Q'uo, and again we thank you, my sister. Is there a final query at this time?

Questioner: If no one else has a question, I'd like to ask about energy exchanges that go on in this channeling. I'd like to ask … well, the service that you provide for us is obvious *(inaudible)*. What kind of service is this to you in your spiritual growth? What kind of energy do you take from these channelings? How does it help you in your spiritual growth?

I am Q'uo, and am aware of your query, my sister. And in this query we are happy to say that the answer is quite simple, for we are served by you as you allow us to be of service to you. It is as though one hand of the Creator gives to another a touch of life, and in so touching receives that which it gives.

Is there a further query, my sister?

Questioner: That's it, thank you.

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I am Q'uo, and again we thank you, my sister. And at this time we would take our leave of this group, for we are aware of the length of your time that this working has assumed and we do not wish to overtire those present. We are known to you as those of Q'uo, and we leave each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation

April 16, 1995

Group question: This is Easter Sunday and it is also the time of spring where the new flowers and new grass and plants start poking their heads out of the ground. We are all feeling rather inspired and inspirited, we [would] like to have some information upon this general concept of resurrection or rebirth, the coming into being of a new self, the inspiration bringing a new being, a risen being, more inspired and full of light. And we would like to have whatever information you could give us on how this process happens in our own lives, how it happens in the world around us, the interrelationship between the two and anything that you could say on rebirth or resurrection.

(Carla channeling)

We are those of Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is both a privilege and a blessing for us to be sharing in your vibrations. We would thank each which has come to this circle this day for the quality and depth of the preparation of desire, for considering new thoughts and looking for new truths. Truly, when desire has been so purified that it becomes a fine instrument, then it is that the call sent out becomes clearer and stronger. And this aids us, for as the preparation is, so the energy is; and as the energy of the circle is, so the communication is. So those hours spent in thought, in prayer, in review, in contemplation, in meditation and as this instrument would say, in the sacred practice of chilling out and taking it easy, each of you has done good work, and work that enables us to do our work better. And we thank you for this most profoundly.

As we view the thrust of your opening question this day, we reflect upon how to lay the groundwork for that which we have to offer in the way of opinion. As always, we ask that each discriminate carefully and choose those things which we have to say that are useful, leaving the rest behind. Perhaps we shall begin in the dark. For the preparation for light is all important to the appreciation and resonance with that light that comes at the end of a period of watching and waiting. How necessary it is that the concepts of spirit first be nurtured and fed within the earth and ground of being.

That spiritual self that within the mythological system you call Christianity has its beginning at the birth of the Christ. The small child is deep within that darkness of winter. The beginning of spiritual seeking, or perhaps we should say spiritual learning, is always in darkness. This is quite necessary, for much ground must be laid within that darkness. Much development of the spirit takes place only within the shadows of that inner darkness which so fructifies and feeds the spirit that it gains the energy, which it then can use to seek the light.

So, as always, the beginning of discussion of equality includes its dynamic opposite. Those opposites, that seem so different one from the other, and yet are each other as two sides of the coin, in truth one object. All opposites may fruitfully be seen as unified. This practice is instructive. Now when the light lengthens upon your planet, when the sun rises earlier and sets later, the effect upon your Earth world is astounding. It is a food to green and growing things, that light which seems intangible and yet is literally food and drink to your companions of second density, that reach their leaves to the light of the sun as it rains down in a golden shower. And in that plane of the Earth world, indeed your entire planet is moving at this time within a new and previously unexperienced portion of space/time. As the inevitable cycles move, some cycles are very brief, others ponderously long. But at this particular time in your Earth history, this present moment is witness to unprecedented amounts of spiritual light and this shall continue to expand, as the cycles of time and space move relentlessly and benevolently to create ever new opportunities for seeking, for learning, for the giving and receiving of unity by unity, love by love, any quality whatsoever by its reflection in all that is seen and felt.

In a universe in which the creator moves with such order and precision it is not surprising that the rhythms of human beings move in sympathy with the rhythms of the planet and its seasons. Many of your planet's peoples celebrate a resurrection of that which was dead and is now alive. This choice, of that religion that you call Christian, of the spring as the time in which to celebrate death and resurrection of the Christ is peculiarly apt and very accurately placed, is that date that so coincides not with the rhythms of created mankind but with those fey and restless rhythms of moon and tide, of earth and the dark heart of the womb. Now is the time when that which has been in the womb, whether it be seed or embryo or spirit, has the opportunity to respond to the enlarging of the light. This is a precious time, a time to celebrate the self that is not yet unfurled, to celebrate that which is in bud, young, vulnerable and infinitely tender.

The exercise of celebration is deeply helpful to the spirit as well as being most helpful to the body and to the life of that body. For it is possible to experience the catalyst of the increasing light in such a way that there is no heightened awareness which results within the being. The preparation in the darkness is the key to the use of light. Why is that? We feel that it has to do with the nature of evolution. In the seeking for truth that which is new cannot come, cannot be realized until that which is in its place has been released. Through the cycles that are within, each seeker has moved through periods deep in the mire of personal misery and pain. And whether this has been accounted as suffering or as nothing, yet still, the work has been done. That which is dead has been released, making room for evolution. The pain of change feels like a death. The releasing of old opinion feels mortal. And the wound of leaving behind old ways of thought is fell and fatal. There is literal truth in death and resurrection in terms of the spirit. There must be the willingness to die to the old in order for that which is written already upon your heart to become visible, to become illuminated, to be in the light. Even when that which is old is a rending and separating truth, even when the new is gentler and sweeter, the death of the old is very hard to bear. And we do not wish to quibble with how hard it is to progress in relation to the letting go of that which is dead.

It is into this atmosphere that the one known as Jesus the Christ deliberately sets out to move into utter darkness, as this entity willingly and knowingly walks to its Jerusalem, to its Golgotha, to its own resurrection, which comes only after a death—a crucifixion of the entire mortal man—a going down into the darkness of the grave then, which no darkness could be blacker [than] in human consciousness. This is the fear that is beyond all fears, human: that terror of the dark which does not end. It is into this infinite darkness that the one known as Jesus moves. And when this entity again rejoins the creation of light, this entity simply expresses the normalcy, the everyday quality of the conquering of death. *(Inaudible)* life—the battle—one of darkness by light.

It is not only that there is no longer within this mythological system any death to fear, paradoxically it is also that this entity moves completely into the human condition of mortality, so completely that it accepts and undergoes the death. Now for all this entity could prove, for all that any entity can prove, this entity gave itself up to a death that had no end. Yet, words of life were given by the one known as Jesus, and it is well to heed them. The key to

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moving from darkness to light was given by this entity when it said of those who crucified it: "Father forgive them, for they know not what they do."

The key to using the light is forgiveness, mercy, charity, love. One may walk into the light and yet not see light. If one has confusion and puzzlement upon the mind, one can move through an entire beautiful day and see no light. And just so within. One can walk into one's own season of blossom and yet blossom not, nor see the sun, nor take food and drink from it. If one has closed one's heart, the light cannot survive and will simply be reflected and used elsewhere. Think of the darkness of winter and feel the contraction that occurs as the roots of being curl down into the earth, seeking water and nutriment. So are the roots of the self contracted and turned and curled inward, seeking and not finding nutriment. And then light comes, and the decision is made to let go of all things, save the reaching toward that light. There is expansion of self, there is the opening of the heart with these magic words: "I forgive."

Each seeker has its own seasons within, its own time of darkness and its own time of light. It is well to be most respectful towards and sensitive of these inner movements of the spirit, these trustworthy and helpful times within. As you move through your days and nights, try to remain sensitive to those rhythms, those ripples in the pond of self, those changes of weather. For all seasons, from the coldest to the hottest, from the most contracted to the most expansive are equally useful, not equally comfortable, but equally useful. However, as this instrument has said, it is possible to experience a lengthening of that inner season of light, and this instrument, however, did not find the second key to enjoying more and more light. This instrument had noted that the more one gives praise and thanksgiving for the good times the longer they are likely to stay around. But there is another truth also here.

This instrument is creating a blockage for it was concerned it would not be able to channel the other idea which it did not personally know and this has made this instrument come out of its tuning, and so we would appreciate the circle re-tuning, by perhaps singing the "Row, row, row your boat." We are those of Q'uo.

(All sing "Row, row, row your boat …")

(Carla channeling)

We are again with this instrument and we feel that perhaps we may say what we have to say another way, and so allow this instrument the luxury of not having to know what the other part was. For the enjoyment of the good times has its basis laid in the enjoyment and positive possession of those times when all is dry and dark and without merit, seemingly. How precious it is when entities can gaze upon their pain and suffering and enter into the darkness without fear, knowing that all is illusion, knowing that both dark and light are useful, knowing that there is no place that the light is not, knowing that there is no light in which there is not the darkness of some degree of illusion.

For we ourselves are illusions. We are developed and articulated and our experience is vast, for we have been since the beginning and we shall always be, and yet we are illusion. For all that can be spoken, all that can be self-realized is by definition illusion, fields of energy, that come and go, while the Creator is in the one momentary now, that eternity in actuality is. Yet, the journey made each time the Creator flings out of Its vast and infinite potentiality those sparks of being that have become each of you, It receives in the end of that journey such a gift of whole and integrated consciousness that to the infinite riches of creation are added infinite richness more. The gift of that journey to the one infinite Creator is a perfect gift, a gift of love, that which has been reflected from love reflects at last to love and becomes One again in that sweetness of unity in which all sense is lost.

We would at this time transfer this contact to the one known as Jim, leaving this instrument with thanks and in love and light. We are those of that principle known to you as Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. At this time we are honored to ask if we might speak to any further queries which those present might have for us. Is there a query at this time?

Questioner: I would like to ask, there was an issue that several of us spoke of before the channeling today and a *(inaudible)* nervousness in preparation for *(inaudible)* task, that it's almost an agitation with yourself before launching on a project or before

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starting something. Would you comment how the self can use this particular energy in doing this work, how to best use this agitation, this nervousness?

I am Q'uo, and we believe that we grasp your query, my sister. The quality of feeling which you have mutually described as that of nervousness, is a means by which there is a contact with those portions of the conscious mind and perhaps for many of the subconscious as well, which wish to direct energy towards an expenditure of this energy that will be of such and such a nature, that nature described and defined by the conscious self. Thus, an entity which is preparing to give of itself in a manner which it hopes will be helpful and perhaps even of an inspirational nature, will begin to alert those portions of the deeper mind which may aid in this process by providing what you may call the creative motivation, the spark of energy which sets the being aflame with that which is in alignment with its nature, its passion, that which …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and I am again with this instrument. Thus, the avenue to these deeper portions of the mind and of the self is one which has the general characteristics of the personality of the seeker, so that there is energy and inspiration available in whatever manner has been inbuilt into the patterns of the personality. This instrument has had information that describes this avenue as being somewhat indirect. This is so for each entity, because each entity has those blockages to energy flow which are in the form of lessons to be learned, tangles to be untangled. Thus, the knotted or stopped flow of energy that reaches to the deeper portions of the self is like unto a fingerprint, if you will, for the entity itself. The process of balancing which each seeker undergoes can be seen as a process that makes this way straight rather than crooked, narrowed, blocked or weakened. However, each has this access available and can utilize the inspirational and intelligent energy from the deeper portions of the self in whatever manner of self-expression is chosen.

Is there a further query, my sister?

Questioner: I just wanted to ask one short question. By balancing, then, you mean by unblocking of blockages, is that right?

I am Q'uo, and this is so. Is there another query, my sister?

Questioner: No, not at this moment. I leave it to others.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: I just want to … and I have no question … I am just happy to be here and I don't have one.

I am Q'uo, and we are happy as well, my brother, to rest in your vibrations. For this is a gathering of energies that are at once quite potent and yet quite placid. Is there a query before us at this time?

Carla: Yes, a couple. First of all, I was wondering why it is that I was getting word by word communication for quite some time. Yet in the last couple of sessions, it's been given, ah, just by concept and not words at all but just concepts, that I have to do the words for. Is it possible for me to know why this is or what is happening in my learning of how to channel that this is been different, or any comment that you might have?

I am Q'uo, and we are aware of your query, my sister. In the channeling process there is a need to be able to move in whichever modality is most appropriate for the more advanced transmission of more complex concepts. Thus, in areas where your personal experience is somewhat lacking, we would choose to use the word by word transmission, so that the movement into the more abstract area would be accomplished with less concern than if the conceptual means of the transmission were utilized and would cause an instrument to, shall we say, panic in some degree when the concepts were unfamiliar. However, given these generalities which have been utilized in your case from time to time, there is also the desire on our parts to balance the means of transmission, so that your instrument remains able to, shall we say, play either piece.

Is there another query, my sister?

Carla: Yes, I wondered what exercise or discipline I might work at, what I ought to do I guess you would say, to work on not repeating my error of becoming concerned and then frightened, because I didn't have an idea of what was coming.

I am Q'uo, and I am aware of your query, my sister. The image which we give this instrument is to simply keep hanging your rear out on the line.

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Carla: Oh, very well *(laughing)*.

Is there a further query, my sister?

Carla: Was the content that you were trying to say said to your satisfaction when I returned or is there a matter that it might be useful for us to go back and question about in a future session?

I am Q'uo, and am aware of your query, my sister. Now the student would like the grade. Well, *(Carla laughs)* perhaps there shall be some time after school. No, we are just having a bit of fun with both this instrument and yourself, my sister. We are pleased with your efforts and would not seek to alter them.

Is there a further query, my sister?

Carla: One more. Was the information that was missing having to do with one person being able to be a light to another person in darkness?

I am Q'uo, and this is well said, my sister. *(Carla laughs.)* Do you have a further query?

Carla: No, no, I am happy now. It's nice to hear the old humor, that part of you which is Latwii. I really, really enjoy that when this shines through.

I am Q'uo, and we are happy as well to be able to share in the mirth of the moment, for truly all about there is a great rejoicing and a laughter that echoes through all creation. May we ask if there is a final query?

Questioner: I would like to ask a question on how you perceive time. *(Carla laughs again.)*

I am Q'uo, and am aware of your query far more than aware of an ability to respond in a manner which would make sense. For we are aware of that which you call time when we are in the, shall we say, frame of reference that calls for the use of time. In many of our experiences there is the flow of the river of time and we may cast ourselves upon this river in whatever experiential raft that we care to construct. So that we may experience time much as do you. For we may experience a movement of time in more than one direction, at a time, if you will. Our experience is one which partakes more of the, what you may call, gestalt of the moment, where all of the factors, which are in our experiential continuum, offer themselves in the fullness of their being, which is to say, in the completeness of the experience of time; so that we are able to utilize the resources of the one Creator about us in a way which is more limitless in its nature. We may explore an avenue of time as you explore the streets of your city. We may remain in any particular street for as long as we wish or as long as is necessary. Upon the cessation of that experience we may move to other experiences and, indeed, in many instances may explore multiple experiences at once, viewing time more as a, shall we say, array of energy directions rather than a single direction. We hope that we have been able to give some indication of this experience, [as] we are aware that it is very difficult to express in the limited ambiance of any language.

Is there any further query, my sister?

Questioner: No, thanks. But I do appreciate your explanation.

I am Q'uo, and again we thank you, my sister. At this time we shall express our great gratitude, as always, for this offering of your desires, your queries and your very essence to this exploration of consciousness with us. We are thrilled at each such opportunity, for the lands through which we travel in the mind of each present are rich and fertile with a varied topography, always offering the surprise of the moment and of the experience.

We are those of Q'uo, and we would leave this instrument and this group at this time, as always, in the love and in love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation

April 21, 1995

Group question: Travelers at the crossroads. A question from P, R1, R2 and K, from various locations on the planet, and we would like to know how to be a journeyer and how to make decisions on the road, both exterior and interior-wise. How to be open to the inspiration of the moment in order to reach the destination.

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of the principle of Q'uo, and we are called to your group to speak with you, to share our thoughts, our opinions, and our presence and to blend our vibrations with yours. We greatly thank and honor each of you for this privilege. May we say that the crystalline beauty of your blended vibrations is substantial, and we thank you again and again for the opportunity of sharing this time together.

Our thoughts are not new, nor are they original. And it is important, we feel, that we express to you that we may make mistakes and we may speak in a way that does not come anywhere near your own personal truth, so as you listen and as you ask questions we ask that you continue to discriminate and use your own judgment rather than taking our word or the word of any so-called authority, for deep within you lie all your answers and, more importantly, deep within you lie all your true questions, those concerns, desires, hopes and unknown ambitions that shall create, step by step, the continuing tapestry of your experience.

This day you ask concerning ends and beginnings, times of cusp, times when there must be decisions made and vectors chosen on many levels, and indeed you are in harmony with the energies of your surroundings, for in the physical plane the energies and essences that strengthen and nurture your growing plants are in the midst of transforming that which was dead into a riot of leaf and blossom and bloom. And echoing this natural rhythm of your planet your great religions find this a beginning, a resurrection or a Passover, both being in the most literal sense great crossroads for one entity or for a people.

When one has come to the end of a pattern and one feels that itch to move, it is salutary, shall we say, both to honor that impulse and to use that impulse as a point from which to reflect. It is useful when the seeker perceives that there is a true ending to sit with that awareness, not attempting to figure anything out, not attempting to intellectually break down a situation into its logical parts, but rather allowing that situation into the full eyeshot of mind and heart and simply being with that situation, for oftentimes the things that one needs to know in order to be graceful and skillful with transformations is that peace which comes when one listens to the silence

that holds the Creator's voice. Perhaps when one sits one feels nothing occurring and then comes a dream or a vision, or perhaps simply one wakes up knowing what thing it is that will balance the past and allow one to walk strong and straight and towards the light of a new horizon, with all in order as one leaves a dear and blessed situation, no matter how challenging, for that which is to come.

And as one says goodbye to times in one's life, to things which one has loved, to relationships that have changed beyond recognition, we encourage each to find strength and courage to praise and give thanks for each and every experience that has created within perhaps much pain and suffering. In the process of transformation there is almost always a great deal of sorrow and feelings of loss, for when change is going to occur naturally it simply takes one as destiny will and almost never is it a completely smooth road from that one way which was to that other way which has yet to be worked out. And yet we encourage you to have the faith to praise that which is past and to open the heart to that which is, was and shall be.

The keeping of silence, the keeping of the listening ear as part of the daily round of activity is always, we feel, an excellent practice, for in the silence, in the listening lies the key that unlocks the door of your own wisdom, that which is within the deep mind, that whose voice is silence and which can only be heard by the open and listening heart. If you can trust destiny enough to release the attempts to control it the natural waves of energy moving out from the center of that kindly destiny which is each seeker's will gradually take that seeker upon the path and in the direction which is deeply desired.

We do not need to tell you how difficult a practice it is to maintain the silent and listening receptivity to destiny in a world in which intangibles and invisible things are often given no worth or value at all. Yet, this practice is most productive of peace of mind and is very efficient in its own way at keeping the seeker upon the path chosen before the incarnative experience. It is not that your life was predestined, but, rather, that certain things were chosen by you. Certain patterns were chosen by you in order to focus on certain lessons concerning love. The energy that has moved you through various stages of life has been an energy which feels natural impulses towards some lessons and complete indifference towards others. No one else has your path. No one else has your lessons. You need no one else's lessons, so each pilgrim that is walking upon this highway is walking alone in a very deep sense.

Yet we say to you that after meditation the most important resource upon the spiritual path is the company of those who are also seeking, for one person cannot give to itself the truth. Yet the truth is in all, and entities may be instruments through which truth may travel to others. Thusly, even though you cannot offer yourself enlightenment, you can become a channel which is transparent and through which love itself may shine for others to see and to be inspired by. Your own poor opinion for yourself—for you are so into self-judgment among your peoples—has no bearing upon how other seekers may perceive the light that comes through you.

So as you feel those transforming energies moving within we suggest that you keep an awareness of the one infinite Creator, of the center of that awareness which is your conscious mind, for this clarity which is a kind of humility will allow you to be transparent so that others may see the Creator through you, and you do not get in the way but are simply the bowl in which this precious gift is offered.

There is a time for each energy within your breast—for the dark side as well as the light side. There is a time in which it is good to experience even the darkest of emotions, even the most sad failures, self-perceived, of virtue. And, likewise, there are times so lit with the golden essence of love that it seems that time and space stop, stunned by the wonder of the present moment. Such a time can occur upon a very large scale, and, indeed, your entire planet is now transforming little by little by little into a fourth-density positive environment. This shall be several centuries in the making, but the process has begun, and little by little, both positive and negative that are ready to move on are moving on. And those children being born at this time upon your planet include both Wanderers who have come to aid in this crossroads in this new beginning and those who have come from other third-density harvests to begin their fourth-density experience early on. Many of your children have both third and fourth-density vehicles of the physical kind activated.

As people feel that their children are more and more remarkable we remind each that there are many beautiful souls who seek life upon your planet at this

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crucial time, for all wish to aid in the birthing of the fourth density of your planet, and many have come to help, and you among them. So we ask that you continue to meditate and listen to the silence. We ask that you encourage your own faith and your own spirit of strength and joy and that you remain transparent to a destiny which is full of the grace of perfect rhythm. And if you feel, now and again, that you are moving too fast or that you are moving in the wrong direction, stop, take a deep, deep breath and say to yourself, "There are no mistakes. My lessons will come no matter what I do. My service will come no matter what I do." Say it and know it, and then let your hearts be merry and full of praise and thanksgiving, and let your arms reach out to the pilgrims that come your way upon this highway of love.

We would transfer this contact at this time to the one known as Jim. We leave this instrument, with thanks, in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet you in the love and in the light through this instrument. At this time it is our privilege to ask if those present may have further queries for us that we would be happy to give our attention to. Is there a query at this time?

R1: Why is one so affected by the changes in weather as I am? Is there a spiritual reason for it?

I am Q'uo, and we are aware of your query, my brother. [You are] all one in truth. The seasons of your planet at this time are changing over the entire surface as is the case at all times, yet there are cycles which begin and flourish and wane and end. And as you find yourself one portion of this great planetary consciousness you are moved much as the seasons move your flowers and trees and birds and seeds, moving into yet another expression, not only of the Creator or planet or area in which you reside but you are moved also as a portion of the one Creator which seeks knowledge of Itself in a manner which is likened to the rhythm of your music. The movement of energies occurs most naturally in pulses or rhythms, harmonic blending of vibrations which in a upward-spiraling fashion match light and love emanations of the Logos of this portion of the creation. Thus, you respond to light, to its intensity, its duration, its permutations as it is formed into one field of energy after another. So you also within your own being are moved by these pulses of energy which seek their source.

Is there another query, my brother?

R1: Is that why when I feel the wind moving past that I want to jump up and fly with it?

I am Q'uo, and am aware of your query, my brother. In short, this is so, for the movement of your air masses is a localized phenomenon that is the result of various gradients of temperatures which themselves are moving in rhythm with the changes of your sun's energy as it strikes your Earth's surface, releasing this intelligent energy in various and infinite ways. The movement of your air, for most entities, is an invigorating experience, for it seems to stir the collection of expressions of energy in a fashion which is exciting to the soul itself.

Is there another query, my brother?

R1: No, thank you.

I am Q'uo, and we again thank you, my brother. Is there another query?

K: Sometimes I talk out loud to try to communicate with my father but I don't know if he is there. Is he aware and does he understand?

I am Q'uo, and am aware of your query, my sister. We find that you are, in the central portion of your being, aware that this is so at this time, for you and the entity which served as your father upon this planet are portions of a family or, shall we say, a clan which has chosen to work in consciousness upon this plane in service to others, and this work is that which is accomplished in a manner which is difficult to describe but which is shared by many such groupings or families of entities. There is a support at the most basic level of love, shall we say, that continues between the times of incarnation as well as during the incarnation that ties each together in a manner which is most harmonious and which allows the offering of services which are not usual in that they are often intangible, of the emotions, of the intuition, of the subconscious mind. These pathways of energy which tie each are always intact so that when the heart speaks a feeling or the mind speaks a thought there is an instantaneous communication as though one portion of a body was speaking to another portion of the same body.

Is there a further query, my sister?

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K: Yes. Then when I have dreams that he is in and he is talking to me, is he in fact in my subconscious mind speaking to me?

I am Q'uo, and am aware of your query, my sister. This is a reasonably accurate way of approaching or looking at this relationship, for the deeper levels of the mind offer access to those who are not of this third-density illusion at this time, much as the channels of a television will offer entry into consciousness of various images from elsewhere.

Is there another query, my sister?

K: No, thank you, Q'uo.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I would like to follow up and ask if Don and Ron and others of our family who have died, are they together waiting for us?

I am Q'uo, and am aware of your query, my sister. Though this is so, it does not mitigate these entities also experiencing other existences and other energy expressions upon other levels of being. With this disclaimer we would answer in the affirmative to your query.

Carla: Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

R2: Yes, I feel your presence. I would like to ask if being in the light is sufficient to protect against what is commonly called psychic forces?

I am Q'uo, and am aware of your query, my sister. And we would respond by suggesting that this is the greatest protection and is sufficient for those experiences which are usually described as the psychic attack or greeting. It is important for the entity upon the path of service to others to attempt to see the Creator within all beings at all times, to give praise and thanksgiving for the light of the Creator that exists in all, to seek and know that Creator in each, to offer within the meditative state the heartfelt love for all who send greetings or attacks, and to surround the self, then, in that love and light of the infinite Creator.

Is there a further query, my sister?

R2: Yes, please. You mention a couple of centuries would be needed for this consciousness shift into the fourth dimension. I know that time is man-made in a way. Is there a way that we can speed up this process even though I know it is going the way that it needs to be going? If more people tune into the light would that promote a quicker shift?

I am Q'uo, and am aware of your query, my sister. And indeed this is the experience of this planetary sphere at this time, for there is even amidst the obvious agony and suffering of many of your peoples at this time over the surface of your planet a great deal of light that is being generated by those who seek and bask within its energy at this time. To attempt to speed a process which is already moving with great rapidity is a noble desire, yet perhaps as you yourself have suggested, one fraught with a degree of impatience.

We would suggest to each that as you continue your own seeking within in order to untangle those knots of confusion and to balance the distortions from light that you aid this process greatly, and as you witness to this process to those about you in your daily round of activities there is much beneficial effect also given with this simple interchange and interplay of energies between entities.

Is there a further query, my sister?

R2: I have concern about a person who mentally knows about this process but seems to dwell in hardship for himself. Are these lessons still needed by people who are so close to lightness?

I am Q'uo, and am aware of your query, my sister. The suffering that so many of your peoples experience is likened to the tempering of the metal that gives to it its integrity, that burnishes it with a brightness and a sheen that is able to reflect great amounts of light to others as a result of the tempering. The lessons that are available within this illusion are many and are quite varied, most existing within the clouds of mystery for those who witness and for those who experience them.

The mysterious nature of all the various kinds of lessons that aid in the overall increasing of the ability to give and receive love have mystery as their salient feature in order that there be an effort necessary to penetrate to the essence the main foundation of each lesson. Thus, the effort that is necessary to deal with mystery involves many other kinds or qualities of being such as patience, perseverance, humor, joy, acceptance and so forth.

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Thus, the stuff of your illusion seems to have much of grime, grit and gravity about it but is in fact the forge in which the true spirit is fired by the inspiration that is at the heart of each seeking portion of the one Creator to find again the source of its own being, the destiny of the soul.

Is there a further query, my sister?

R2: How important is a balanced, wholesome diet in elevating consciousness?

I am Q'uo, and am aware of your query, my sister. The value of such dietary procedures and selections is one which reflects, as do all such rituals and experiences that are regularized within your illusion, the ability of the experience to [express] the level of concern and respect for the nature of the experience [which] aids in the overall spiritual evolution. For as the body is shown the respect that providing certain foodstuffs offers so does this respect become available in other areas of the incarnation.

Is there a further query, my sister?

R2: No, thank you very much.

I am Q'uo, and we thank you, my sister. Is there a final query at this time?

K: I am concerned about my path. Will I find the best way to serve and will I recognize it when I do find it and stay with it?

I am Q'uo, and am aware of your query, my sister. We must be somewhat careful in giving response to this query so that we do not step over the boundary of infringement of free will but can suggest that each entity will, indeed, find the path of service that is most important to it. Whether the entity is able to recognize this path is not as certain.

Is there any further way in which we may speak, my sister?

K: No, thank you.

I am Q'uo, and again we thank you, my sister.

At this time we would thank those present for inviting us to join this circle of seeking. It has been a privilege and joy which we treasure greatly, for we walk with you on this journey and to be able to share more fully that which is your experience and to offer that which is our opinion gives us the most complete sense of joy that we have yet found as we attempt to be of service as we are called.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation

May 14, 1995

Group question: The question today has to do with our darker sides, the part that is unknown *(inaudible)* is mysterious, sometimes it's perceived to be fearful or destructive or angry or in doubt or full of jealousy or rage or whatever. We are wondering whatever you can tell us about the darker side, how it functions, how we can shed light on it, if there is a way of becoming friends with and understanding what we see as the darker side. Is there another way of perceiving it, does it have a purpose that it plays in our spiritual evolution and how can we go about accepting ourselves and the darker side as a part of our overall growth?

(Carla channeling)

We are those of Q'uo. Greetings to each, blessings, and welcome and thanks for calling us to you. We greet you in the love and in the light of the one infinite Creator. To share in this time of meditation and thought is a most precious thing to us. And we are most appreciative of the call of that desire which each has to seek that which is the highest and the best in truth. That desire to refine and purify that which is the truth known within, that yearning, that hunger is a treasure more rich than we can express. It is riches to you, the seeker. It is riches to us and to all those who interact with you and blend their vibrations with yours. And it is a great treasure as well to offer the infinite One. We are happy to speak with you concerning the so-called dark side of personality. And we would ask, as always, that each recognize that these are our opinions. They do not carry the weight of authority; they are offered freely as flowers for the taking. Make your bouquet as you will and leave the rest behind.

We thank you for availing us the chance to learn by serving. This is our service at this time and you make it very easy for us, and for that we most heartily thank you. We are going to offer you a metaphor. This is not something to take literally but we feel that perhaps this metaphor may offer a structure that may be helpful. In this metaphor the Creator goes to sleep and in that sleep dreams. And in this world-view those dreams are peopled by all of those centers of light that we call beings or souls. It is not that the Creator sleeps in order for each of you to be awake. But in terms of the level of illusion which you now enjoy, this metaphor does a fair job of placing the experience of incarnational life in a context which makes it easier for each of you to see. That much of what is taken as real within a life is instead that which appears as on a stage and does its skit, its sketch, its scene for you, so that you are moved and shaped and given a variety of things to feel and to look at.

Now, in a dream this instrument feels that all characters are actually herself. And with that we would basically agree. In the dream which you call incarnational life, all the characters are indeed the

same, they are the Creator. For it is the Creator's dream you see, and each of you is a distorted fancy that is teaching the Creator about Itself. It is in this wise that each of you is indeed precisely the same. Each comes into incarnational life from a fullness of being that includes the loss of personality and the reabsorption into the Creator. When the veil lifts, each is aware although not able to penetrate that instantaneous present moment, that instant of Creator time, shall we say, when all the billions of your years, and all the thousands of your beings occur together. The likeness of entity to entity is a congruency. You have heard so often from Confederation sources that each is the Creator, that each is a universal being. That each contains all that there is. Yet, it is difficult to make these words resonate. It is difficult to make any set of words resonate, for they are but symbols of symbols. For each of you is like a symbol, a train, a character upon the stage. Much of that which is most truly you lies safely tucked within you, accessible to you only for the most part through creative effort, not necessarily complex or occult effort. For the self reveals itself to the self that has begun a process of purifying the emotions of facing of the self as it is. It is to this basic task that each of you came here to address.

Now, if each of you were obviously congruent with each other, there would be no way for information to pass. However, since the very essence of manifestation is duality and therefore illusion, this is not a problem. The illusion is intended to be a thick soup of confusion. And we encourage each to drink as heartily as he can, with good appetite. But also, we indeed do confirm that that which you have called the dark side is the hero, or perhaps we should say the anti-hero, of the play. For all the characters which you have within, it is the villain that places the soul in the situation into which faith may come and be the deliverer, and hope the handmaiden of that deliverance. You are steeped in duality. And all that is in manifestation is steeped in that duality. As this instrument was saying earlier, it is you that label the sweet and sunny side of personality as the good side or the light side, and the bad-tempered and ugly and mean and hateful the dark side or the negative side. This is an illusion. That which is truly negative is not those angers, those frustrations or those sorrows. But rather how the entity chooses consciously to express those bitter feelings, those strong passions that are indeed dark.

Now, all of those feeling states, if we may call them that, are equally beautiful to the Creator. They are pure expressions of a self that is universal, and that universal self contains every duality, in every level, in every way that anyone has ever dreamt. How full you are, how complete and whole. And so you are plunged by choice into a school full of illusion, in which there is no text book save the self. In which there is no teacher to give homework, only teaching assistants who give vague instructions and faulty [booklists]. You are adrift upon an ocean of thought and feeling and experience with only an intermittent star to guide the way.

Now, why would the Creator choose this illusion as a way to express the love that is the Creator? When one is within the illusion it does not seem remarkable that entities are born, that they gather experiences, develop and change and then die. It seems perfectly natural, if undesirable in the end, for who wishes to die? Yet, there is hidden treasure in this being born and this dying. It is the nature of manifestation that it can only be seen in illusion. Yet in this dim illusion rivers of beauty flow. To the Creator they shine like gold. Each sorrow in each heart is felt. Each joy is shared. Each bitterness and woe is riveting to the one infinite Creator. What the Creator sees, we cannot know. But we believe, that included in that eyeshot is enormous and unending compassion for the hopelessness of manifestation ever to become correct, full or perfect.

Yet, the senses, the emotions of those who have indeed purified their personalities express truth in ways that seems beautiful to the Creator. And therefore the Creator loves most greatly each pilgrim's spirit, regardless of its circumstances, whether they be physical, mental, emotional or spiritual, for each entity is authentic in itself. Each entity expressing a unique distortion of unmanifest truth in the imperfection of manifestation. This paradox is one which can fascinate those which love riddles, for there is a deep riddle here: the riddle of manifestation itself. Yet love, that great original Thought, must use its free will, must create and so must love.

Now, within incarnation the seeker experiences itself as a good person under certain circumstances, which usually includes traits or actions or thoughts which are considered to be positive. One becomes happy at oneself if one feels that one's nature has become sweeter. When the dark side reveals itself, when

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there is behavior coming from mind or lips or actions that do not seem kind, that seem bitter and unlovely, the seeker naturally tends to condemn the self. And yet, each is expressing in the light and in the dark the nature of the one infinite Creator, the universal being.

Now, you do not have to like your dark side. We do not encourage that. What we do encourage is a continuing desire to know the truth and a constant willingness to separate, when thinking of the self or another self, the beingness of that dark impulse from the choices made in the expression of that darker emotion. The Creator loves to the point of no return. Entities within incarnation find that sort of love impossible to sustain. Yet, you are your first and hardest target. Loving yourself is a central and entirely difficult goal to reach, for you know those thoughts that crowd your heart, those impulses which somehow you do not act upon.

And while the world may smile upon you, yet you frown and glower at yourself for being a universal creature. Ask yourself instead: "How shall I choose to express these emotions?" For each entity has them all, no matter how pervasive may be the effort to repress and deny one or another of the traits of human nature, shall we say. And so we encourage each to refine and refine again that which you do, that which you make manifest and real within the illusion which you now share. Inwardly, we encourage each to forgive and forget, taking only the learning and leaving behind that husk of self that was shed in the learning. And as the self becomes smaller, the inner power of the self shall grow, for with each name which you cease to call yourself, more love may move through that lighter being. Beyond all punishment and debt lies a forgiveness in which all debts are paid.

This entity moves within a mythical system which is called Christianity and central to this system of thought is the concept that sacrifice is a sign of great love. And we say to you, you have made that sacrifice: you will die. You are dust and as dust you are indeed unworthy, you are indeed imperfect. You are indeed the good and the bad and the light and the dark. And you will surely die. And between the birth and the death you shall plumb the depth of every sorrow of which you fear. And you will experience those few things left beyond the touch of fear as the mountain tops of life.

The dark side, when it comes up, when it shows its head to you, is saying how would you like to change, how would you like to try to learn this lesson. That dark side is meant to get the attention of the consciousness which lies within quite beyond all duality. For you do have enough of that infinite self at your disposal at all times in order to be able to process these feelings, these thoughts and these impulses which come to you, as you receive sensory input and process it and by your choices of priority distort that incoming stream of love in this way and in that, in a beautiful dance which is spontaneous and instinctive, so that when the seeker allows itself the time to learn the rhythms of the present dance, incarnational life begins to wake up within that illusion. And the life within pokes its little head out, like a tiny chick emerging from the shell and says, "Remember me, I am you and I have lived forever and I will forever live and I am everything, every emotion, every state of mind and all of these things are love."

So we encourage each in forgiveness of self and at the same time in asking great things of the self, in asking that the self turn to the Creator and say, "Here am I, show me my destiny and I will say yes." For you planned this with the Creator before you came and it is a matter of trust and faith to take each thing as it comes and attempt to find within yourself that response which expresses love. My friends, we have a very simple message. It is always the same. Each of you is love. Each of you has a core vibration of absolute pure love. That which is consciousness is love. That which is love expresses itself in consciousness. Each of you also has heavy overlays of distortion, chosen by each over a long period. Each is rich in distortion. And these distortions are also beautiful to the Creator, each one perfect in itself. And as you mix and mingle with yourself and your various roles and with each other in the delicious and bewildering array of humankind, the love that you can share with those you meet, beginning with yourself, is the fruit and the blossom that is truth.

So, love any way that you can and praise the love that you see, and know that in loving one is never foolish, one is never wrong, one is never too naïve, for all things are beautiful and lovely in the core which is the truth. And each time that you claim that truth, you claim, yes, you claim an illusion. Yet, the illusion that you claim is indescribably more

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accurate in its representation of the actual truth than that expression which does not include love.

Love is often seen by your people to be a pallid emotion that contrasts to earthly love, which is not romantic, and not possessive, and so forth. Yet, we say to you that love is a beautiful and terrible thing. Out of love the Creator manifested this illusion. And out of love this illusion must end. Out of love one of your young is conceived, and in great pain oftentimes is given the chance to breath and die. But within that theater of incarnational life lies the opportunity in every breath to know the truth and to be free to turn to the one infinite Creator and to become one with that love and that light which is divine.

Love is not a nice or a pretty thing. Love is an anguished dream, a yearning, an expression that shall surely fade and fail as the rose dies, as each being has its season only to vanish. Yet in that temporal, evanescent environment comes an opportunity to believe that which is not seen and to follow the leadings of the heart, which are never logical and often resist interpretation or analysis. What wondrous love lies within each. How infinite is the richness of each and every connection that can be made between those who seek to serve. Let yourself be imperfect and focus upon the loving and the seeking of how to love better. This is our opinion, and we share it with you. For all else will die, but love is infinite, for it is all that there is. When you are engaged in seeking, you are engaged in asking how to love. It is not an easy thing. But you can help each other. You can reflect to each other honestly. You can simply be with another as that entity faces its dark side. And where that entity might not find forgiveness, you can, for you see clearly when the self is another. And the other may see clearly when you cannot see.

(Side one of tape ends.)

(Carla channeling)

So, know the treasure that you have within you when you love, and more know the treasure that you have when you do not love. For it is then that your dark side has emerged to teach you once again. Honor and praise all of yourself and know that it is your choice of how to play the instrument of self which matters. For each has the same instrument. And each has all of the abilities necessary to tune that instrument. With our hearts full of love for each, and our desire to encourage you to be easy on yourselves and forgiving of yourselves very keen, we leave this instrument in thanks.

We know that we have raised more questions then we have answered. Yet, that is inevitable for the very character of spiritual seeking is two impossible things at once, that somehow are possible. Paradoxes abound. Riddles are the very stuff of spirituality, for each is the enigma that love is. And we do praise that divine mystery that lies in the consciousness that we all share in the selfhood that we together make up.

We would at this time transfer this contact to the instrument known as Jim. And we leave this instrument in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

Questioner: I would like to ask you a question about the polarity of the entity known as Bhagwan Shree Rajneesh. Would it be possible for you to comment on the polarity of this entity and possibly those around him, those associated with him?

I am Q'uo, and we are aware of your query, my sister. So we fear we must disappoint, for we are not desirous of sharing information which may affect the decision-making of any who values our words, and we find that there is the desire upon the part of one that feels kinship with us to know that which we feel is best left for the unknown at the present time.

There are many entities who revere the words and the life of those spiritual leaders who have for them provided a pathway to truth and to knowledge and to the opening of the heart in true compassion. That each entity has those attributes which are enlightening, and also contains those attributes which are upon the topic of this evening's address concerning the darker side of the illumined self, is also without doubt a truth. We must remind each that all seeking is holy, and each entity is a teacher to another as well as being a student to yet others. If any entity can find the place to place the faith and can be inspirited and inspired by another to move forward in the evolutionary journey then who can say whether there is negativity or a positivity within the self which inspired such a step, no matter what

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other elements in that entity be considered. Thus, we would choose to leave this particular query unanswered, for we find there is more of service in so doing than in speaking in a specific sense.

Is there any other query, my sister?

Questioner: Not at this moment. I leave it to others. Thank you.

I am Q'uo, and we thank you my sister. Is there another query at this time?

Questioner: I would like to know, given that it seems as polarity increases, harmony increases, does it work the same in both directions, that is, if one polarizes more negatively, does that increase harmony as it does when one polarizes more positively?

I am Q'uo, and I am aware of your query, my brother. And to the best of our knowledge, which is limited we admit, as the entity who has chosen the service-to-self path becomes more efficient in this service, there is more of that which you would call a disharmony produced. For the, what we could call, the natural order of things, that is, unity of all, is broken or fragmented into manyness in order that a small portion of that manyness may govern and manipulate a larger portion of that manyness, then the natural harmony which binds all things together is seemingly shattered upon one level of existence, that is, the illusion of the creation where the many must without question obey the few who feel it is their duty to set the universe in order. Thus, we find that the quality which you would call harmony is one of the first casualties upon this path.

Is there a further query, my brother?

Questioner: Ah, on negatively polarized planets do they have more problems than we do with environmental destruction?

I am Q'uo, and I am aware of your query, my brother. It is the general run of this particular path of service that the quality of disharmony and difficulty within the illusion is experienced upon all levels of the existence, though there is more expression of the disharmonious elements within the interpersonal relationships, for it is here that those who seek power over others find the avenue to its attainment.

Is there a further query, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you again, my brother. Is there another query?

Questioner: If I may ask, OK. It's not on the topic we are talking of tonight. My question is actually about fourth density. A notion came up recently about the disappearance of nationhood befalling—of the walls between nations. I wonder if that's a necessary stage towards forming a fourth-density social memory complex of this planet. Would it be possible for you to comment?

I am Q'uo, and I am aware of your query, and we believe that we may respond by suggesting that to many entities who are experiencing the pull towards a cooperative or collective consciousness that the dissolving of such boundaries is indeed of significance along this line. There are many, however, who in their own personal journeys of seeking see such occurrences as a continuing strain or strand of confusion and disorder, which is a reflection of their own personal lack of unity in choosing a path of service. Thus, those who see with clearer eyes, those who look beyond their own personal boundaries and seek that which binds all beings into one, are those who are more able to see events about them as being significant in the achieving of this unity.

Is there a further query, my sister?

Questioner: Could we be applying what you answered to other realms of this physical *(inaudible)* reality in terms of this social/economic situation of people?

I am Q'uo, and we believe that we grasp your query, my sister. And we would suggest that this analogy may be applied in any realm or segment of third-density existence, for all of this illusion is as a mirror to the one who seeks within.

Is there a further query, my sister?

Questioner: No, unless *(inaudible)* do and so can't think of any *(inaudible)*.

Questioner: OK, I was wondering about the state of consciousness seen in literature known as nirvana, enlightenment, oneness and so forth. From what I understand in all discourses is that we as third density are here to polarize either towards service to self or service to others and that is still on the journey of duality, and yet there are people on this

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planet of third density, people who are beyond duality in the experience of enlightenment, the oneness. Would it be possible for you to comment on the seeming apparent conflict that I see in these two different notions, either for us as third density to polarize, say to a service to others or to surpass that, to just go beyond being part of that duality and just be one. Could you comment on that?

I am Q'uo, and we feel that we may speak most appropriately by suggesting that there is the glimpse, the taste, shall we say, that is available to any seeker of the truth that will give the inspiration of the fully experienced presence of the one infinite Creator at those times when it is most important for the mind/body/spirit complex to understand to the core of its being that the journey of seeking and polarization, as you have called it, that it is upon, is a journey which is undertaken in the full protection of the one Creator; that all in truth is one, that there is in truth no right or wrong, positive or negative, that can match the complete unity of the one Creator. Thus, the seeker is from time to time upon its journey given these moments of inspiration and unity to bolster its being and remind it that it is a participant in a great and joyous dance that has as many faces as there are units of consciousness within the one creation.

Is there a further query, my sister?

Questioner: One more. Do entities that polarize towards service to self also experience such moments of enlightenment, of oneness?

I am Q'uo, and am aware of your query, my sister. These contacts with intelligent infinity do indeed occur for those upon the negatively or service-to-self oriented path. However, the experience is one which moves past the green-ray energy center from yellow to blue, then to indigo, in order that the negatively oriented entity, who sees compassion and love for all as folly, may experience a contact with the one Creator that is in accord with its chosen path, that which sees the power, the control, and the setting in order of those about it as its duty and as that which is most desired.

Is there a further query, my sister?

Questioner: Not at this moment, thank you.

I am Q'uo, we thank you once again, my sister. Is there another query at this time?

Questioner: Is the duality of positive and negative another illusion?

I am Q'uo, and am aware of your query, my brother. And we would suggest that all is illusion, except the unity of the one Creator. All creation, all things, all other seeming entities are an illusion or distortion or portion of the one Creator which must be distorted until there is the complete realization and reunification with the one Creator.

Is there a further query, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you once again. Is there another query?

Carla: I have one. I have been assuming for years and years that the people that come to me were, let's put it this way, many people come to me and feel that they recognize me or they know me and with some people, I just … I am able to key into them very easily and it has that feeling of destiny about. Is it true that we come in what somebody has called "soul herds"?

I am Q'uo, and we are aware of your query, my sister, and can affirm that there are indeed families, groupings, clans, tribes or whatever description is considered appropriate to describe the groupings of entities that move as souls together upon the journey, having spent a great deal of time previous to the present incarnation determining the future experiences, as you would call them in your experience of time, so that the efforts that are planted in one incarnation may produce the fruits in a future effort. Thus, one builds upon another and together those who are of like mind are far more certain to discover that which they seek.

Is there a further query, my sister?

Carla: No, I just, I felt that that was the truth and that I could trust destiny to bring me the people that I want to care for. That's a very comforting thought, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: My turn, I have a question, Q'uo, about *(inaudible)*. For some reason why did you say, that it is like a joyous dance to be in the circle of seeking … I hope that *(inaudible)* see as much light as I see in

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love to being together like this. Thanks for commenting.

I am Q'uo, and we also are much and truly pleased by the invitation which is offered to us at each enjoining of this group. We dance with you and listen in awe at the music of the spheres, that is always with us and this group.

Is there a final query at this time?

Questioner: Can I have the final question? I'd like to ask you if you could comment when … maybe I should ask this as a personal question. You know, when I feel something in the third chakra, you know, like a blockage or a shortness of breath of sorts, what is the best way to look at it and how to know the best way to learn from this catalyst and what?

I am Q'uo, and we are aware of your query, my sister. We can always recommend the meditative state for the place in which to accomplish this work. There is great benefit in the regular setting aside of time so that one may review the daily round of activities and explore the centers or chakras, so that there is then the possibility of discovering where openings or blockages may exist. And when these are discovered in any form such as you have mentioned, that there be a surge of those recent experiences where efforts in any particular center were offered, what the results were, how the emotions were affected and so forth, so that you look at your own experience as your guide to what centers have received the inspiration or the blockage. Looking then to see if there are deeper or connected issues that may explain or shine a greater light upon the feeling that is associated with the center, thus one can begin to set up certain avenues of exploration within the self that can be called upon to continue to offer insight, connections and a larger point of view to that which is usually experienced in the daily round of activities.

Is there a further query, my sister?

Questioner: No, thank you very much, I will meditate on that.

I am Q'uo and we again thank you and commend the regularized meditation to each entity for it is in these times of communing with the deeper self and the greater self that the vicissitudes of the daily life may be explored and experienced in their essence, that the detail of the day falls away reviewing that which is of the most import.

At this time we would express once again our great gratitude to each present for inviting us to join you in your circle of seeking. We realize that the hour is late and that there is much tiredness in need to move the muscles at this time. We shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai, my friends, Adonai. ✤

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Sunday Meditation

May 21, 1995

Group question: The question this week has to do with the difference between what we hold as our ideal and what we experience as our actual experience. We would like to know the most efficient way of looking at that difference that would help us most in our growth, and what Q'uo's opinion about that difference would be?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We apologize for the delay in speaking. Our instrument was confused because the one known as Oxal and ourselves both answered the question of who was to channel from the Confederation to this group. The instrument then had to challenge each entity separately. The one known as Oxal has agreed to speak last.

We thank each person in this circle of seeking for turning to the solace of the search for wisdom and truth and meaning. The faith and tenacity of this group is commendable. And you make it very easy for us to perform our service by your unflagging concern and dedication for and to the devotional life.

The question which plagues all entities who wish to excel is the question of the human failings to which the spirit does not have to be heir. The physical vehicle is an oddity, that way station betwixt nothing and infinity, that shadow world of limits and quantity. This shadow world is delicately and elegantly aligned with the needs of your density, the need to be confused, the need to strive, the need to associate with other human beings while the far reaches of intuition and dreaming discover great new galaxies every day of thought and structure and imagination.

The physical vehicle that carries this consciousness moves through one decision after another. In that gray area in which most human functions seem to take place the polarity of much of the daily round is not obvious to the physical eye. The seeking soul then moves through each day without sensing the quality which is its most fundamental, that quality which perhaps you would call ideal but we would rather term metaphysical, for it is the same quality that within the mind furnishes the touchstone, that imaginary perfection. And yet what does this perfection have to do with the everyday?

The mind is a curious tool, a great resource. Its powers of discrimination are usually well developed in humankind, and this is as it should be, for of all the incoming sense data, the trained mind selects according to priorities and judgments that have been hard won. It is only natural that there would be judgment turned towards the self, that there would be distance seen between ideal and actual. Yet the truth is neither with the judge nor with the one who

refrains from judging, but rather the truth lies ineffably in the present moment.

It is difficult in words to express this concept but if you can conceive of that present moment as full of light of all that there is, full to bursting with all that ever has or that ever will be. This moment of orgasm, this moment of delight, this is the closest we have come to a knowledge of reality—no time, no space, no judgment, but pure white light, a naked manifestation of love. This is a truth available to each seeking entity, and yet the door into this present moment is locked fast against those who would judge the self or others in such a way as to injure or harm, for a judgment is in many cases an injury, whether it be inflicted upon the self or upon another. It is not to say that judging and expressing that judgment are not perfectly normal activities, and within the worldly purview judgments are expected and necessary. But if you wish to work upon yourself at the highest degree of purity then it is that the eyes turn away from the self that dangles betwixt eternity and eternity, a parentheses of manifestation within illusion. Your situation while incarnate is that of a soul who has to leave the room for just a moment. You have such a tiny instant of time in your incarnation. This is the higher truth.

Now, we would not take the power of discrimination from any, for the ability to have insight is a valuable one and it is hard-learned. However, we do encourage each first to examine judgment for kindness and compassion and then to apply that judgment sparingly and accurately, for each within incarnation is a bruised reed, a wounded and fragile living being, and to place the burden of unflinching judgment upon such a precariously alive creature is a cruelty.

We ask each to learn the value of mercy, of pity, of softness of heart and humbleness of spirit, for the judge is a proud entity, yet wisdom lies in accepting a humble, even humiliating estimate of self and self-importance. It is most healthful to abandon that effort to judge accurately the self. Or, if not abandon, moderate, de-emphasize, for you are seeking to become lighter and emptier. You are moving through a thick etheric medium, breathing the life-giving air. Metaphysically speaking, that breath is labored and thick compared to metaphysical experience. It is not at all easy to turn from the judging to look away from that comparison betwixt that which is hoped for and that which has occurred. Yet wisdom, we believe, lies not in examining that distance but rather in turning to the light and abandoning judgment for praise of the one infinite Creator, for you are equally praiseworthy when you have achieved the ideal and when you have utterly failed to achieve the ideal.

For what is more basic, more over-arching, than the sense data and all that spins therefrom is that consciousness which has half an eye upon the incarnation and the other half upon the Creator. Great peace of spirit comes to the one who is able to locate the other half of the self, the half that does indeed dwell in eternity, the half that is beyond judgment and exists rather with the eyes turned to see what may be done to serve and not that mind which looks back upon the self to find what the score was, what percentile of achievement has been achieved.

We are aware that much value has been given throughout your experience in third density to achievement, to the achievements of far-seeing men and women who have seemed to achieve their ideals, to experience and express excellence. Nor do we deny that there is value in seeing with the eyes of the world, but we ask you to consider whether or not that value is as fundamental as the turning to the present moment, to the one infinite Creator, to love, for love is the overarching truth. And if the emotional self can turn to that love and bask in it for one moment, that moment of truth shall cry, "Peace, peace," to the self-judgments of the one who wishes to run the straight race.

This instrument knows a poem that goes: "Run the straight race with God's good grace. Lift up thine eyes and seek His face. Lay hold on life and it shall be thy joy and crown eternally." My friends, we feel there is wisdom in those lines. Lift up your eyes and seek His face. That face is love. It is personified within this instrument's religious system as the one known as Jesus. This entity knew that its life was symbolic and conformed himself to that symbology. There are many other faces of that love. We encourage each to seek the face of that which most centrally symbolizes to the self that present love, that overarching compassion, that resounding cosmic "yes."

The physical vehicle, the physical brain and much of the surface of all of the bodies which you possess within incarnation are tuned to give you a certain

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kind of data in such a way that you shall inevitably become unable to do that which you see as perfect. The entire structure of your physical environment has as one of its characteristics the inevitable tendency to demonstrate the uselessness of the attempt to remain logical, sensible, rational and malleable. Although it is natural for humankind to try to control the environment, the personal behavior, and so forth, energies inherent within third density inevitably steer the seeking spirit into a trackless, directionless and utterly confusing frame of reference, for that which is prideful must be cast down, and that which is humble and lowly within must be lifted up.

The spiritual journey is a simple thing, yet it confounds intellectual examination, for it is, among many other things, the yielding up of that pride of self which manifests as the excellent worker, the hard-striving soul. There is an inevitability about the fall of each and every hoped for ideal, and all of this mental and emotional suffering has as its condign purpose the pulling of the energies towards the heart in order that the heart may open. Open to the present moment and to the love that is all that there is.

Honor your ideals. Honor yourself as you continue to seek to come as close as possible to those values set for the self. Yet know and allow yourself to truly to know that the actual virtue lies in doing what the Creator has called you to do, that which is in front of your face, with gladness, with a single mind and with a light heart. That lightness of heart is a gem of immense value. When you feel the sunshine pour into the heart, when you feel the heart straightening up, no longer bent under a heavy load, then you feel and know truth. The deepest truth of your human nature is love.

My friends, move in the great race. Do your best, and be glad as you fail, for there is joy in accomplishing one more step of the journey from the head to the heart. Open the hand of your compassion. Release that fluttering bird that seeks the light and the love of the one infinite Creator, that bird within the heart that your poet, Emily Dickinson, saw as hope. To hope, to trust, to abide in faith and in peace; these are the characteristics of one who has seen through judgment and pride and has released the self into that present moment. May you open that door into the present again and again.

We would at this time transfer this contact to the one known as Jim. We are those of Q'uo, and leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in the love and in the light of the one infinite Creator. At this time we would ask if there may be further queries to which we may speak.

Carla: I would like to ask if I received accurate information about Oxal and Q'uo?

I am Q'uo, and am aware of your query, my sister. And the response is in the affirmative. We are happy to perform our regular task of speaking to the subject of the query offered us and sort of, as you may say, cleaning up with final queries. Then we will give way to the ones of Oxal that they may speak the closing for this circle through the one known as S, if this is acceptable to the one known as S.

Is there a further query, my sister?

Carla: No. I was just concerned that I had received accurate information.

I am Q'uo, and we thank you, my sister. Is there any further query at this time?

(Pause)

If there are no further queries we shall take our leave of this instrument and allow those of Oxal to speak a brief closing through the one known as S. We leave each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo.

(S channeling)

I am Oxal, and we are pleased to be given the opportunity to take up within this group a relationship which we have had for some time with those of Ra and our brothers and sisters of Latwii. We have been for some time asking of Ra a question, or series of questions, similar to the one asked by this group today, for we are those who have traveled long in the ways of wisdom and have used the judgment as a tool with which to register for ourselves those distinctions and discriminations which permit action to take place in an informed way.

And we are those who have learned the art of refinement over a long course of what you would call time and have come at last to discover that the pathways that we have followed have come back

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round full circle, leaving us with a sense, not of accomplishment, but of paradox. It was compassion that won us access to the world which we have since come to explore and articulate through the many wisdoms that we have made second nature. It was only when we as a social memory complex have come to see that these wisdoms are so much dust and straw that we turned in need to those who, like Ra, have found a way and a means beyond wisdom to a compassion which is a healing. We ourselves seek this healing at this time and we appreciate the dilemma in a most acute way faced by those who feel a need to act, who feel the need to refine and habituate action so as to give a stable reflection of the self to itself.

And we feel most deeply the sense of confusion when this reflection comes back shattered and incomplete, such that even the seeking out of the reflection itself must be called into question. We are beginning to learn the art of release, release of judgment of other which we have found to be rooted in judgment of self. We have begun to learn to strive without striving. We would say to those who similarly look to a higher compassion, the one truth which we feel we can add to those words of Ra which have been inspirational to us too and that … asking that is at the same time a receiving and yet again at the same time the giving of a gift. This is the grace that permits one to look at the self which in all of the ways and measures one has learned fails again and again to measure up, and to find in this self the kernel of a holy and spiritual being which could never, under any circumstances, fail to measure up for it always simply is what it is: whole and perfect.

At this time we would ask that the meditation be brought to closure by returning to the one called Carla and those of Q'uo who may bring this magical event about. We are those of Oxal.

(Carla channeling)

We greet you once again in the love and in the light of the infinite One. As the sands of the sea, as the stars in your sky, just so infinite are the shining spirits which are embodied within this creation who turn their glowing faces toward the Creator in praise and thanksgiving. At this time many, many of those not incarnate in physical vehicles flock within the inner planes of your globe. To those who ask for help they flock by the millions to offer their candle power to heighten the inner light of those in need. Yours is third density. Ask for help and help will be given you. Reach out the hand and it will be full of invisible but real love. You are loved, not because you have achieved but because you exist, a child of the infinite Creator. You are enfolded, snuggled, by invisible nurturing arms. Every cell of your body is perfect. Your truth is that all is perfect. There is no striving necessary, for all is well.

We are motes that dance in the sunlight, but we love you with our whole heart. Ask for help. Serve each other. And the light generated shall be beautiful indeed. As you suffer, as you experience loss and limitation, all is well. Turn often to the perfection, to the integrity, and to the healing health of praise and thanksgiving within the present moment, for all that you see and know and do is done upon holy ground. That is the floor beneath the scenery.

We leave you in that ground of being, in the love and in the light of the one infinite Creator. We are those of the principle known to you as Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
May 28, 1995

Group question: We would like to know how learning actually takes place for humans, especially how it can happen in a positive manner for a seeker of truth. Can it be aided by paying attention to it?

(Carla channeling)

We are those of the principle known to you as those of Q'uo. We greet you in the love and in the light of the one infinite Creator. As always, it is a great blessing to us to be called to your group, and we thank you for this kindness and for your desire to seek the truth, for in answering this call you give us a way to be of service and a way to learn, and we thank you for both of these as well as for the simple joy of blending our vibrations with your own and for enjoying through your senses that physical illusion that is so beautiful and dear.

Your question this day is a broad one and in order to speak words of sense we find we need to establish a concept first. That concept is the nature of your being, for the being who learns, by its very nature will require certain kinds of learning. Now, this being that you are is like a two-story building with many basements, shall we say. The top story is something we would call consciousness. The first floor is something we call mind or brain. The basements, and there are several of them, belong some to the brain and some to consciousness and all to the blending of consciousness with the living brain so that into the incarnational experience of that consciousness which is using the brain there may come material that is useful not only to the brain or mind but also to the consciousness that overarches and undergirds and permeates your Earthly mind.

Consciousness learns in a different way than the human mind. Let us look first at the way the mind learns. We ask you to remember that these are our opinions and to choose those thoughts that seem good to you and leave the rest behind. When a spirit or consciousness fragment chooses to come into incarnation, among the things that it chooses is the acuity and ability of the physical mind. For those who are within this circle that choice has been to use a very intelligent mind and to allow that mind its prerogative of enjoying its environment. So we shall look at those whose minds are normally capable or are more intelligent than normal and more capable than normal.

These choices are made always for good reasons. However, it cannot be known by each entity what these reasons are. For some the lesson lies in the use of the mind as a skillful and precise instrument. For others the lesson is quite the opposite, and that is experienced as the entity whose mind is excellent and whose decisions are logical but whose life is constantly being overset by those things which are illogical. For the one, the strong use of mind brings

more balance to an entity who has great intuition. For others the lesson is in having an excellent mind but yielding that mind to the growing awareness that that which is to be learned in life is not to be learned through the brain. Therefore, each entity must decide for itself as to the lessons of an incarnation.

Now, the way this mind works is by accretion of detail. When the entity first touches the hot stove it learns before the recoil has finished not to touch a stove when it is hot. The mind learns by repetition. The same fact told over and over and over eventually becomes a part of muscle memory, shall we say. The mind learns by sequence. First one, then two, then three and so forth. These are logical, structural ways that the mind accretes and prioritizes that which it has learned.

As these logical processes go on, another type of learning takes place within the mind which is not particularly logical but which has to do with the emotional and emotionally related portions of the mind. The emotions experienced in the course of learning about any subject affect the way that this learning is seated in the mind. Further, the bias which is gained thusly predisposes the mind to giving that subject the same priority as has been assigned to it previously. Therefore, if one has a prejudice, one is predisposed to increasing the strength of that bias. Thusly are the priorities set up by the mind.

It avoids pain and seeks comfort. It attempts to create sense or order out of randomness or disorder and it attempts to assign importance or value to each thing that it learns. This process begins immediately as the incarnation begins and the infant comes mewling from its mother's womb with prejudices in place, prejudices gained from the time within the womb. Thusly, that innocent child that breathed the air for the first time in the incarnation has already been removed from its paradise, even before that first breath.

The whole process of learning within incarnation is heavily biased, then, and is heavily subjective. Now, we speak not so much of the learning that is by memory and by rote as we are speaking of the mind's ability to configure and assign meaning to experience as it occurs. The mind was made and has been honed to make choices. And thusly the mind tends to attempt to structure things in such a way that a choice can be made and movement can be felt. When there is no good choice, when there is no way of knowing enough to assign sense or assign priority to incoming data, the mind simply rebels much as a computer will stop all action when that which does not compute at all has been fed into it. And much of that which goes on under the threshold of consciousness as far as the physical brain is concerned has to do with the emotional reactions to being frustrated in the desire to be certain concerning choices and so forth.

This creates a kind of chatter betwixt subconscious and conscious mind, and a good deal of that which is not useful in the dreaming is the conversation which the physical vehicle's mind is carrying on with itself concerning things that do not make sense, things which do not resolve into a clear choice, things that defy logic. Now, while all this activity is going on there is at the same time and using the same physical vehicle a consciousness which was not assigned the job of making choices but rather the job of being. This consciousness is an absolute. It is eternal. It is infinite. It is all that there is. And it resides and rests in all that is. Your consciousness is a microcosm of the creation. And a macrocosm in relation to love, that still point that defies all emotion and into which all that moves yearns to go.

This consciousness learns within incarnation through harvesting the net results of the processes that the mind moves through. Within consciousness there reside what can be called archetypes of meaning. Each is familiar with the concept of the archetypical mind. This archetypical mind has two levels for the benefit of this particular consideration, the two levels being that portion of the physical mind into which memories go and that portion of the unconscious to which the larger memories of universal value go, so that there is that deep resource of the mind which holds racial memory and that deep resource of consciousness which may be approximated dimly by consideration of archetypes.

This portion of consciousness learns through the harvest of emotion and insight which has become purified or refined by the fire of experience. Usually it takes a great deal of experience to affect consciousness. There are considerations which can be taken up, which can improve the mind's use of the resources of consciousness. These techniques involve becoming aware that consciousness has a structure; that is, as the consciousness has interacted within the racial memory it has created archetypical

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programs, shall we say, considering the physical mind as a computer. It has created programs which when applied to conscious experience create new connections and promote the balancing and healing of distortion. These programs are archetypical. Shadows of these archetypical systems may be found within some religions, some mythologies, some philosophies.

Each entity's experiences and previous choices create an unique situation. There is no one way for minds to work. However, consciousness itself remains a constant value. However, each entity will access the great programs, or should we say, metaprograms of consciousness according to that way in which that entity alone has become used to doing. So the learning of how to make it more possible to invite these metaprograms and their wisdom is somewhat different for each person who seeks, even though the truth, the mystery of consciousness is single. One might consider consciousness itself the elephant which many people touch but cannot see. To one who touches the trunk it is a long and snaky thing. To one who touches the ear it is a big flapping thing. To one who touches the foot it is a tree trunk, and so forth. There is only one elephant, but there are many places to touch the elephant. So it is with these metaprograms.

Now, we always recommend meditation. Among the reasons that we recommend this practice is the fact that when the desire to remain silent has been potentiated by action and the effort is physically made to become silent within, a metaprogram immediately and automatically starts. A connection is made with a source outside the capabilities of the mind. There is a connection made with those archetypical metaprograms. This instrument has recently experienced the computer's e-mail and internet and we would say that it is something like being able to access the internet from one's own computer and thus be in instant touch with global resources. This is the kind of power and potential that consciousness has for that spark of consciousness that is within incarnation. The mind is local. Consciousness is universal.

Thusly, each time one goes into meditation or prayer or simply sits letting the silence be, one has automatically accessed universal mind, racial memory, archetypical structures. Suddenly there is no end to the resources available. We suggest daily meditation and we think that each entity shall, though always feeling that their meditations are no good, yet still experience that balancing and lengthening of the point of view which occurs when one has the universal perspective as opposed to the local perspective.

This entity was earlier pondering what the one known as N asked concerning passive learning. Meditation is passive learning. Tabernacling with the one infinite Creator is passive learning. It is the learning from listening to the voice one cannot hear which answers questions which one cannot ask. The process cannot be known and cannot come into consciousness in local sense, yet the learning is there. And the strength of spirit and will which comes from this learning is helpful.

We feel that we have given enough information for one lecture, shall we say, and would at this time open the meeting to further questions. We would, however, like to transfer this contact from this instrument to the one known as Jim that we may also exercise this instrument. Thusly, we transfer now to the one known as Jim, in love and light.

(Jim channeling)

I am Q'uo, and greet each again in the love and in the light of the one infinite Creator. We would at this time ask if we may speak to any further queries which may be offered to us?

Carla: I was a little puzzled by the picture I was getting of how the racial memory was partially of the mind and partially of the consciousness. Could you talk a little bit about that?

I am Q'uo, and am aware of your query, my sister. The mind is that portion of the complex of an entity which affects its evolution and adds to it through the process of learning and remembering; that is, to reconstruct from the memory experiences previously had. The consciousness of a race of beings has also within it the given, shall we say, that is from the Logos that makes a race of beings what it is to begin this third-density experience. For the case of most third-density plants, there is the graduation from second density of a group of entities that has learned to give and to receive love in sufficient degree to become enough individualized that the mind complex is able to take upon itself much of the weight of the responsibility for directing the continued evolution of this group of entities which shall become a race or a kind of being that inhabits

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the third-density experience. Thus, each racial mind has within it that which is given as its own kind of consciousness from the Logos and continues to develop as individualized portions of a grouping that which affects the evolution in a conscious and intelligent manner.

Is there a further query, my sister?

Carla: Yes, I'm grappling with this whole concept. When we pray, not asking for anything, just praying, are we learning? Are we accessing something about consciousness? Are we moving into an archetypical structure?

I am Q'uo, and am aware of your query, my sister. When entities engage in that process of petitioning which is called prayer there is the giving over of the self and its desire to that which is greater than the self and which has the ability to add to the knowledge of the self according to the repetition of the behavior which has associated with it certain components—the beginnings, the results.

We beg your pardon for the moment. This instrument has some difficulty. We would ask that we have a moment to work with this instrument.

We are those of Q'uo. We thank you for your efforts. This instrument was having difficulty concentrating.

I am Q'uo, and am again with this instrument. Is there a further query, my sister?

Carla: Yes, when a metaprogram kicks in is it that it makes you smarter, intensifies your intelligence, or is it that it offers alternate priorities, or is it that it offers different logical structures, or is it all three?

I am Q'uo, and am aware of your query, my sister, and suggest that each was a potential for the situation, and more as well.

Is there a further query, my sister?

Carla: Then is this a field in which we could learn more about how to use this resource skillfully?

I am Q'uo, and am aware of your query, my sister. Each of you as you seek in a conscious fashion do just this. There are layers of what you call metaprograms available according to the intensity of seeking and [that] shall be released as a kind of, shall we say, time release capsule, but more in the desired release nature.

Is there a further query, my sister?

Carla: Not at this time, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

R: No question, but I got this image of a blank piece of paper which I would begin to sketch upon and this would represent learning during the life.

I am Q'uo, and we would suggest that as you continue in your own seeking that the picture you have of your own journey, your own self, and the environment in which you move will continue to become more defined with color, with breadth of emotion, of potential, of inspiration, of joining with other pictures, so that the entire experience does become a richer experience, more filled with information and inspiration but [also] with the emotion and the passion that one feels in one's heart for the process of seeking and of becoming, realizing the unity of self with all of creation. The colors become more life-filled rather than life-like and have within them a kind of glow and depth that continues to grow with the seeker.

Is there a final query at this time?

(Pause)

I am Q'uo, and we are most thankful as well to each in this circle of seeking. At this time we shall take our leave of this instrument and this group. We are known to you as those of Q'uo and we leave you in the love and in the light of the one infinite Creator. Adonai. Adonai, my friends. ✤

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Rock Creek is a non-profit corporation dedicated to discovering and sharing information which may aid in the spiritual evolution of humankind.

ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
July 6, 1995

(Carla channeling)

I am Q'uo, and I greet you in the love and in the light of our infinite Creator. May we thank and bless each of you for inviting us to share in your combined life streams at this time. To be so invited to share our thoughts is a very great privilege, for it is by attempting to be of service to you that we gain in polarity and advance along our own path. We ask that you remember as always when hearing any opinion whatever that the truth is already seated in your own spirit, and if you do not recognize it in our words, it is well for you to release it from your consciousness, for we would not be a stumbling block before you to retard you in your spiritual growth. Indeed, that is far from our purpose.

We find the consciousness of those present this evening to be much aware of the day you celebrate in what you call your nation as the birth date of your nation's independence and each his own personal freedom. We find the phrase, "All men are created equal," to be written large upon your hearts and your pride at this time. Thus we would speak to you about how love, and wisdom, to a lesser extent, function through illusion to facilitate and offer tools for the facilitation of individual spiritual growth.

Each knows that the phrase, "All men are created equal"—men, of course, meaning humankind, men and women alike—to be not only an ideal but truth, for all have the same birthright, own the same Godhead in potentiation and possess all that there is within themselves. We would in no way argue with this truism, and, indeed, wish to underscore its accuracy in the sense that each of you is the Creator. And thus do you each function as each other's catalyst, for each of you is a mirror in likeness, not similar, but same, so that your other selves may gaze within your glass and see what they need to see about themselves. Indeed, it is often among your peoples that you see things in other people, not realizing that you are seeing the reflection of yourself.

However, this evening we would stress that in the illusion, which is your so-called third-density reality, all men are manifestly created unequal. In the illusion of personality, each entity is unique. This illusion is a deep illusion which will continue to hold sway through several densities of existence and many millions of your years and far, far into your spiritual development and your journey back to the one original Thought. It is an important illusion. Why, indeed, does it seem so clear that in this illusion of personality, each is unique and obviously different and therefore unequal to and from each other?

Let us consider one individual spirit. There are two basic influences which shall govern what occurs within the life experience of this individual, the first, shall we say, the "law of finished beginnings." This is

not a law, but an influence. We use the term "law" advisedly and ask that you understand it as a pervasive influence rather than an unshakable law. Your vocabulary does not have such a nice word, so we must use the closest in meaning. This pervasive influence is that which indicates that that which has been previously unfinished in an entity's experience in other lifetimes shall be once again brought before the attention of the entity in order that the entity may work, consider, meditate and do whatever seems to be advisable with these pervasive influences which are familiar.

Many difficult relationships are the results of previous unfinished beginnings, and the difficulty of the relationship is much like the difficulty of a person that receives that which seems to be fresh from the grocery but which when taken home, though sweet and fresh to every physical sense, yet seems still somehow aging and putrefying. There is something ancient, something one cannot put one's finger upon, something which smacks sometimes of *déja vu*. This is that with which you deal as lovingly, compassionately, and may we say, dispassionately with in this life experience in order to finish that which has been begun, that all may be balanced with that particular relationship, or in regard to that particular point, that the entity has been attempting to learn and has yet not completely gotten, shall we say, under the belt.

As each is familiar with the so-called karmic influence, we need not dwell upon this influence, but would note only that it is well to take such influences seriously in that each entity give such challenges careful and persistent consideration, but also that the entity employ the light touch, the laughter, the seeking of joy, the discovery of love within each difficulty and each challenge.

And the other influence, although equally pervasive, is not an influence that is much noticed, however it is equally important to your development and to your understanding of the process of development. You understand already that that which you seek will come to you. This follows the basic law of finishing the beginning.

However, there is a balancing influence and [that] is the influence of finding that which has least been sought. Each of you will repeatedly during your incarnation have a new experience, [an] experience to which you come as a virgin comes to her first love. You will have no previous experience to guide you within the incarnation or within your memory, for what is occurring is a balancing process. If you have sought and sought and sought again that which is good and perfect, it is a just balance, and one with which the Creator is generous, that that which is painful shall occur to you, not because you deserve it, but because the way to transformation is the way of balancing. And for every familiar line of thought which you work upon in order to progress spiritually, there will be a brand new circumstance which has been not called for which shall occur to you also and for which you have no previously molded personal tools. This offers you the chance of assimilating new catalyst without incurring what you would call karmic responsibility or debt.

If there are very difficult lessons in your life and one thing after another has been a half-remembered nightmare through which you wearily but determinedly move in order to stop forever the wheel, as you would say, of karma, or as we would put it, to finish that which has been begun, then it is that something utterly, unexpectedly marvelous and wonderful shall occur. Not because you deserve it, but because a balance needs to be brought. And so the Creator has gifts for you to aid in transformation, to surprise you and to offer you the opportunity to teach yourself that which you have begun to learn but have not yet finished and that incalculable something which the balancing law offers as a teaching but which has been rarely spoken of and even less rarely grasped, and that is that there is such a thing as grace. There is that which rains when there is drought, and which shines to brighten an interior dim landscape. There is an inborn keel which shall manifest itself within your life experience—not when you expect it, but always as a gift. And whether these occurrences are happy or unhappy, you may find within yourself the blessing of lessons which are more simply learned because you have been learning their opposite.

When you do not recognize in a situation or relationship any half memory of any past association, when you have no personal feeling of attachment to a challenge, then it is perhaps well to consider whether or not this may or could be a gift from the Creator, that which you already have the tools to understand, if we may use a term that is incorrect in your density. Each of you has this balancing influence on hand at this time and we encourage

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each of you to look to such lessons with gratitude for grace which offers the easy lessons once in a while and with determination, for even though these lessons are easy, because they come as gifts, it is easy to waste them.

Therefore, be meticulous in acknowledging each gift, in seeing the balance which is internal to your own development and no one else's. Thus shall you use the illusion which makes you seem unequal, one to another. We encourage you to rejoice in this seeming inequality, for the Creator so rejoices. You are the glory which the Creator could only realize by reflection, you are the manifest of that which is and always shall be unmanifest. And while you are manifest, you are not only Creator and co-Creator, but also creation, and the Creator finds you lovely.

We ask you, my friends, to allow all those concepts which you may be learning to become seated in your consciousness by the process and discipline of regular meditation. We encourage the daily meditation, for seeking within without words is analogous to returning once again to the truth that all men are created equal, for you move into that portion of your being which is co-equal not only with your brothers and sisters, but with the Creator. And it is in this portion of your being that learning shall be seated or it shall be lost. That which skips along the top of the water does not influence the deep. Let that which you are learning sink, as the stone shall do when it ceases its headlong flight along the top of the waves.

I am Q'uo. We would like to experiment with moving this channel in order that we may answer some questions, if there be any this evening. Therefore, we shall transfer this contact at this time, thanking each of you again for requesting this particular vibration and thanking this instrument for its service. We shall transfer. I am Q'uo.

(Jim channeling)

I am Q'uo, and greet you once again in love and in light. We are pleased to have been able to make contact with this instrument and would at this time ask if we may be of further service to this group this evening by attempting to answer queries which those present may find value in the asking. May we begin with a query?

Carla: Q'uo, you feel like a fifth density contact. Are you?

I am Q'uo, and this correct, my sister. May we answer further?

Carla: Not unless you have anything that you wish to say about yourself—or yourselves.

I am Q'uo, and we have little to offer as biographical information, as you would term it, for we are as you are, that which is and that which seeks the one Creator.

May we answer another query?

L: What can you tell me about an event in our history known as the French Revolution?

I am Q'uo, and we would need to move with this instrument to deeper levels of its consciousness in order to speak in any detailed fashion concerning the event that you have called the French Revolution, for we are not historians and do not study this facet of your planet's history, as you call it, and in order to move beyond our abilities and desires to be of service in those ways which are ours to offer, we would need to be able to transmit information which was totally unfamiliar to this instrument.

That which is of the philosophical distortion, shall we say, is that which we are most able to offer, for the philosophy of one's existence and the attitude concerning the meaning in one's life pattern and life in general is that common factor which binds all who seek what you have called the truth. Therefore, we may speak upon this topic with far less difficulty than we would encounter should we move beyond these limits.

Is there some particular aspect of this event which you have called the French Revolution that we may speak upon, for as you are aware, it is an event with many, many facets and to speak in even the most general terms would be a great distortion of any one facet.

L: I think at this time I would prefer to withdraw the question. Thank you very much.

I am Q'uo, and we thank you, my brother, for your understanding and acceptance of our obvious limitations.

May we attempt any other query?

Carla: I would like to take up L's question and work with it a little bit because I think that there may be something of substance that you could answer. So what I'll do is guess at the direction that he was

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going, supply you with some background and then ask a question that is philosophical, if that is acceptable to you?

I am Q'uo. We are quite pleased to attempt our service in this manner.

Carla: About the middle of the eighteenth century, Europe rather exploded with revolutions having to do with freedom. Middle European nations and—I suppose England actually started it all in 1660 to 1680 with a civil revolution that didn't work out, but it started things off. In the later 1700's America declared its independence and its freedom and the idea of liberty and freedom really took hold in people's hearts. And when this came to France, it was in the 1790's and it was a rather bloody rendition of revolt, as I suppose revolutions tend to be, but there was a particularly nasty cast to this one—people got beheaded instead of merely having to go back to the old country. Nevertheless, the goals were liberty, equality, fraternity, and it has often been surmised and has been stated by some Confederation members that some within the American revolutionary movement were very, very wise souls who had no home contact with Earth. This was not their home planet, they came here as wanderers.

Jefferson, for instance, was one who was a wanderer, and who came here in order to aid the entities of this particular part of the planet in affecting a transformation of thought. The same could be said—the same could be surmised—of some entities within the French revolutionary movement, and certainly the goals were laudable. The philosophical question is: there seems to be an interweaving of souls not of this planet who come to share an increased radiance of spirit with those who may still be sleeping and who will waken to a brighter beacon. I feel that wanderers have a far more organic tie with their adopted planets than is usually thought, in other words, that wanderers to this planet take from it as well as give to it. And I wondered if you would like to comment upon the intertwining of energies of wanderers and those who are native or at least have spent many, many incarnations on this particular planet which we call Earth.

I am Q'uo, and we thank you for the opportunity to speak upon this topic, for it is one which is central to the lessons and purposes which each entity upon your planet's surface has incarnated to learn and to offer. The population of this planetary influence, being a third-density population, is one which attempts to learn the lessons of what may in general be called love. There is no better word in your language, yet it falls short. This lesson, as it makes itself apparent to those attempting to learn it, manifests in differing degrees and through various stages that one may liken to the growth of the tree which produces a fruit, and may also be likened within each human entity to the movement of light to higher and higher centers of energy within the mind/body/spirit complex.

Thus, there is a season when the gardener, shall we say, may do its work and a season when the natural evolution of the tree may take its course. Those you have called wanderers, then, have incarnated in various periods of your planet's historical past in order to aid the overall growth of the tree of mind, or of your planet's population, as it has proceeded through those stages of growth which precede that aspect of love which may be seen as manifesting in the form of the ideals of liberty and freedom and equality.

We must pause.

We shall continue. This instrument was concerned that its contact with the one known as Carla was incomplete. To continue. As the entities which comprise your population have moved through the understanding of a racial …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and we shall continue.

As then, your planetary population has moved through the identification with groups and the giving and taking of energies between groups, and has evolved in the individual sense, as well to the appreciation of the ability to express one's own thoughts and actions without restriction, then this becomes the signal to those that you have called wanderers that there is the need and the call for assistance in aiding those who have begun to appreciate the individual expression and who now are in need of finding within their being the ability to allow that expression within others as well.

As the energies of the light move through the lower three energy centers and begin to approach the heart energy center or chakra, and that which is known as

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love or compassion begins to be activated within the individual and group consciousness, the ideals of liberty and equality then become paramount in a form which begins in a distorted fashion, for those who have long labored under the bonds of some form of slavery or have found themselves in a service to others [which] was not chosen but which was, shall we say, dictated to them, the desire for freedom and equality bursts forth in a fashion which first is quite gross and unrefined in its nature, thus the various tendencies towards retribution in the form of revolution begin to develop, and within this framework of transformational change that is somewhat of a chaotic nature, then those gardeners, or shepherds, shall we say, that you have called the wanderers move in order to lend their assistance in a fashion which does not infringe upon the free will of those whom they have come to serve.

Thus, the incarnational entrance into your illusion is chosen in order that only the bias to serve be remembered, and thus the service is offered as an equal to those who call for it. Thus, the concepts of liberty and equality are born in a season that is the result of a great span of experience of both the individual and collected consciousnesses of the peoples of your planet.

May we answer in any further way, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I'll ask one more and then shut up. What is the nature of infatuation compared especially with love? And what is its function?

I am Q'uo. We find that this concept which you have called infatuation is the mental and emotional analog to the natural attraction of oppositely polarized biological sexes. This may be likened unto the magnet and the iron filing. There is no thinking required to bring the two together, thus when an entity notices an attraction to one of the opposite biological sexual nature, the entity may seek further contact in order that the attraction may be explored. When further contact reinforces the initial attraction, then the mind and the emotions begin the processing of this catalyst and the beginning of what may later develop into that which you recognize as love is at hand.

The so-called infatuation period, then, serves the purpose of drawing entities of similar vibratory complexes together in order that they may proceed upon the evolutionary path in a manner which is efficient and appropriate to each, that is, in the utilizing of the daily round of activities as catalyst, that when pondered to a sufficient degree allows experience to be born and recorded within the significant portions of the self. Thus does the infatuation propel or, more correctly, provide the potential for the entities to propel themselves further along the path which each has chosen before the incarnation.

May we answer further, my sister?

Carla: The portion of the question left unanswered, perhaps deliberately, was, "What is its relationship emotionally to the human emotion that we call love?" although I understand that the creative principle, love, is not what we mean by the kind of love that people have in their eyes on their fiftieth anniversary—that's the emotion that I'm talking about.

I am Q'uo, and we see here a paradox, my sister, for in one way of looking upon infatuation, it is a pure form of love, for it accepts totally another without condition. The other, at this point in the relationship, is so desirable that the one feeling the infatuation will, shall we way, go to any length to please the one with whom the infatuation is felt. All of the self and the attention of the self is given without reservation in order that the feeling of infatuation may continue. Thus, in this sense, the period of infatuation is a pure form of love, pure, however, in the sense that it has not been tested. It, as yet, lacks the depth of experience.

When the two who have become infatuated continue the relationship and begin the processing of the catalyst which is inevitable within any life pattern, the opportunities then arise for the love to gain in strength and depth and richness and purity, for there will be many, many times in the processing of catalyst that one or the other or both entities will feel less than acceptance for the other and will need to find within the self the ability to accept that which was previously not acceptable; to forgive that within self and other self that which was unforgivable; to have compassion for that which held little interest or perhaps even dislike.

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Thus, the lessons of love and acceptance make themselves known within the relationship born of infatuation and with the faith that the relationship will endure and that meaning may be found for both within it and the will to persevere in finding that meaning and growth. Thus does each entity grow in acceptance and in love, and thus does the relationship do likewise, and thus is love strengthened by testing through catalyst that each brings to the relationship. Thus, the love which results is a love which has greater strength and depth and variety of experience, shall we say.

May we answer further, my sister?

Carla: No, thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query?

Questioner: Yes. You've basically covered this, so please answer briefly, but you seemingly place more importance upon the broader definition of love which is compassion, as I understand that as acceptance of people and situations and self as they are, allowing them room to grow in their own way. So for an entity who is attempting to develop love as we know it, probably the most expeditious way for them to do this would be for them to work on acceptance of others and themselves, and this is—I know this is something that I believe I know, but a simple yes or no would suffice.

I am Q'uo. This is basically correct, my brother, for within your illusion of seeming separateness and limitation there is much which offers the challenge to be accepted, much which seems traumatic, tragic and filled with sorrow, distaste horror, anger, jealousy and so forth. Yet, each entity and event is the Creator, knowing Itself in a way mysterious to most. Yet, each in any portion of the experience may increase its evolutionary progress by finding the joy, the love and the light of the Creator within that person, that moment, that event, that thought. When this can be done in a relationship, then the relationship has served as the means by which the continuing ability to expand the point of view and the acceptance, the love and the compassion for that which falls within the point of view then is also increased and the entity has moved itself further along its chosen path of evolution.

May we answer further, my brother?

Questioner: No, thank you. That was quite sufficient. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

(Pause)

I am Q'uo, and we find that we have exhausted those queries which have been offered to us this evening, and for each query we are most grateful, for in our attempt to answer your heartfelt questions, we find further ways to know and to serve the Creator in all. We are humbly grateful for this opportunity, and we would remind each present that we are those who seek as you seek, fallible in many ways. Take those words and thoughts which have meaning to you and leave those which do not. Thus would we offer that which we have found helpful in our seeking to you in your seeking. We shall take our leave of this group at this time, thanking each again for allowing our presence. We leave you in the love and in the light of the one Creator. We are known to you as Q'uo. Adonai. Adonai.

(Carla channeling)

I am Nona. We thank you for requesting healing, and we greet you in the love and the light of the infinite Creator.

(Lovely vocal healing melody channeled by Carla from Nona.) ❦

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The L/L Research

Channeling Archives

Transcripts of the Meditation Sessions

Volume 14

September 3, 1995 to December 20, 1998

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1995

September 3, 1995 to December 17, 1995

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Sunday Meditation
September 3, 1995

Group question: We would like to know if when we try to be of service to others are we doing anything other than working on ourselves? Are we really being of service to others? Is there any way of being of service to others other than by providing catalyst that could be provided to that person almost in any way. That person is going to go through that catalyst with or without us. So, what is our role other than working on ourselves?

(Carla channeling)

We are those of the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator. May we say how happy we are to speak to this group this day. It has been some time since we have spoken with you and your presence delights us. We thank you for the privilege of being a part of this circle. We bear greetings also from those of Hatonn and those of Oxal, for they wish, as well as we, to thank each who has asked us to meditate with them in the period during which there were no formal meetings held. This also is a great privilege for us and we count it as a substantial part of that service which we have come here to offer you.

This day you ask us whether teaching has any value other than that of working upon the self. You will notice here the paradox that is endless. How can one serve another since all that one does to serve another serves the self? This paradox is only apparent. It is not authentic or genuine, yet it is to be noted that paradox seems an essential and necessary part of any spiritual question or line of questioning. And when one runs head on into a paradox, an enigma, a riddle, one has a kind of sign that, yes, this is spiritual work. There is nothing more baffling or more complete than the mystery that is the Creator.

The difficulty with teaching among your peoples is that difficulty which one finds in the use of words. Were teachers silent, were there no concepts traded from one to another, yet still the teacher would teach and that teaching slowly absorbed would be that which hewed closer to truth. We point this out because it is apart from the main thrust of what we wish to say. However, it is a problem that weighs heavily upon both teacher and student, this relationship both have to the words they speak and the words they hear.

We would turn to the main thrust of this query with the statement that we are here as a kind of obvious symbol of our own opinion that teaching is possible and that one is doing more than teaching the self. Wise is the teacher who waits for the student to ask to indicate interest in a subject, a concept or a train of thought, for what the teacher essentially is for the student is a kind of catalyst that bears a weight, a heaviness, a bottom which balances and makes stable for that student the point of delivery for the catalyst given. All are teaching each other. Sometimes

intentionally. Often unintentionally. But when the entity teaching is not self-perceived as a teacher the teaching that comes to the other is interpreted for the most part by the other as having no weight. It is not a kind of teaching that attracts because it is completely random, each person responding to the other and each teaching each.

When the student perceives that an entity is a teacher, when the student then gives weight and respect to and for that teacher's opinions, then there has been made a stable connection. The student becomes ready to open. The teacher, likewise, becomes ready to share, and that which is offered is offered in a stable and careful manner. This is the advantage of intending to teach. The disadvantage of intending to teach is that there are expectations upon the part of the teacher and upon the part of the student and these expectations, while benign for the most part, sometimes block the student or the teacher from paying attention or being completely aware of all that is transpiring and all that is being communicated. Directions can be missed by teacher and by student.

Perhaps we would say that the ideal between teacher and student is a union wherein each shares what each has brought and the other listens in a way that does not distort and together there is the plaiting of one strand of thought with another and another and another in a rope or string of new connections and new facets to the subject that both are focused upon. This is the kind of teaching which gives both new strength and a new awareness and a continuing desire for more.

At the same time we need to look at the fact that is so well known to this instrument and to each of you and that is that there is only one self. There is only one Creator and insofar as the deepest levels of truth that we know may go, the basic truth is that all centers of consciousness alike work upon the self, for what is not the self?

Let us turn back now to the teacher for a moment. Let us gaze at this structure, this place or position and the ramifications of it. What does the teacher teach? Within third density it is popularly and generally perceived that the teacher teaches a subject. "What do you teach?" is the response to discovering that an entity is a teacher. However, students are well aware, whether teachers are or not, that a great deal, sometimes a majority, of what a teacher brings to teaching is not on the subject that is being taught, for teachers teach first of all by who they are and how they allow entities to come within their gates of acceptance. Those whose teachings affect students most are those who allow the students to learn the teacher [as a being] as well as the teaching, for each is a teacher in that each presents a certain complex of vibrations to the world. And those fundamental vibrations are as clearly perceived by a student as are the words spoken. So that the teacher who has truly been called to be a teacher has a store of being that it is willing to share. This beingness, this way of living and of presenting the self is a catalyst to the student on a deeper level, shall we say, than the actual subject matter which has been discussed.

And this is each entity's gift to give to the world, this way of living that allows the world to see into the self. This is a way of each teaching each that is unparalleled in its ability to transform and rejuvenate those who receive such unspoken instructions.

Within third density talking, communicating, expressing the self and even the arguing, the disputes, the dynamics of difference are the meat and drink of those who wish to learn and those who wish to seek the truth. We encourage each to know within the self that the way of being, the way of living, is a great offering, we feel, the greatest offering and the first job, shall we say, of those who wish to serve. Everything springs from your beingness, so the first career of any seeker is that career of one who seeks to live devotionally throughout a lifetime. In terms of students and teachers this dedication to a life of devotion and faith makes one the eternal student and the eternal teacher. Again, the paradox.

In the end there is not a great deal of activity that does not teach and certainly that which is worthwhile, that which is worthy of being taught has many, many witnesses and needs many, many more. The condition of mortality is one which encourages some illusions more than others. One illusion that being within incarnation does create well is that sense of beginning and ending which is exemplified by each birth and each death of a being that comes into incarnation and then leaves it again. In this context it is easy to question the value of teachers that are teaching that which will not put bread upon the table, give the worker the job, or present to the society one who is capable of fulfilling the mundane

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requirements of one position or another. Yet that kind of teaching which looks to a life well lived rather than a job well done is the teaching that will open for the student the greater amount of life and give the teacher's eyes to the student on a deeper level.

Before we leave this instrument we would like to say again how pleased we are that this group continues and seeks new life, new learning, new catalyst for contemplation. We feel that truth is new every day and that there is always the way that has not been found that waits for the one who wishes to sing a new song. Truth is never exhausted and teachers shall never be unemployed.

This student and teacher reminds us that we need to be aware of time and so we would transfer to the one known as Jim at this time, feeling that we have made a beginning on this interesting question. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. Again, may we say that we are full of gratitude to be able to utilize each of these instruments this day and would ask those gathered about if there might be any further queries at this time?

Carla: There was something that you were offering me that I didn't quite get at one point and it had to do with the students teaching and the teachers learning. If you can comment on this I would appreciate it.

I am Q'uo, and we are aware of your query but are not quite certain as to the portion which you did not understand so we shall attempt to speak thusly.

The student, when considering instructions of the teacher, takes that which is the self which it is at its heart with it upon a journey that the teacher offers by presenting the concepts and considerations which are just beyond the student's current level of understanding and integration within its *(inaudible)*. As the student walks with the teacher on this mutual journey of teaching and learning the teacher becomes aware of the student's response according to its own observation of the student's feedback and the intuition that develops in any relationship that involves energy exchange. Thus, the teacher is being taught how to teach as the student learns what is given. The teacher finds new areas *(inaudible)* so that there is no possibility of teaching without learning or learning without teaching for those engaged in this process of changing the self. All change is learning. All learning is change.

Is there a further query, my sister?

Carla: No, I think I hear what you are saying …

(Rest of recording is inaudible.) ♣

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Sunday Meditation
September 10, 1995

Group question: We would like to know more about worry and fear in their relation to faith. Can one create faith, or must one wait for a gift of faith, like grace? Does worry or fear ever help us by giving us the motivation to protect ourselves from injury?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. May we say what a blessing it is to be with you at this time, to share our thoughts with you and to blend our vibrations with your own. That which you ask this day is a question of much substance, for in learning the lessons of love the development of the faculty of faith plays a central role. The worry and fear which move through the awareness of those who seek is not so much that which is a mistake or error as that which reacts rather than responds and in developing the faculty called faith the lesson learned of responding rather than reacting is key.

You also ask if there are any positive aspects to worry and we say that, of course, that which is loosely termed worry can be foolish and mean nothing but it can also be wisdom or intuition which senses the need for concern. The entity who worries that the house has not been shut properly before leaving will turn off the light, will check the locks, will secure the dwelling in as many ways as is necessary. Worry gets the bad name because entities do not always focus upon the central question of whether there is in the concern any area or portion of that concern which lies within the purview or control of the one who is concerned. When there is no avenue open for action which can address a concern the worry has no function within the physical illusion. Its function in the inner life then becomes that of moving the entity off center, removing the peace which lies within the one whose heart is clear, and sets up catalyst. This function is useful. It is a way by which the mind focuses itself upon that point of inner distress. Over this inner universe, unlike the outer manifestation, the seeker does have resources to which he may turn.

The question was asked during your study period—this instrument needs a moment to deepen the tuning and we pause that this may be done.

(Pause)

We are again with this instrument. The question that was asked earlier was what is there to choose to do instead of worrying, and we suggest to you that worry is disorganized and random prayer. The deepest inner dialogue is with the great Self that overarches and undergirds all that is. Worries and fears not only stew and seethe within the mind, they also register with the infinite One as cries of distress. However, the energy used in worrying is tangled and mazed and the Creator, although reaching within always to comfort, simply cannot move through that

tangle that has stopped the inner hearing, the inner vision, the inner sensing, of that peaceful, creative and wise self.

Thusly, when the seeker sees itself in a muddle, worrying and fretting, we suggest that one resource that may aid is the memory, the remembrance of the fact that one who worries may also be one who prays and enters into conversation with the infinite Creator, that greater Self of which each is an ineffable and unique portion.

Now, each knows within the heart that worry founded or unfounded is only effective when there is an option open, something that can be adjusted or controlled. The one thing over which the seeker has constant control is the will, and it is the function of the will to aid in the establishment of a life in faith, for worry may be contractive to faith. So we come to the question of what can be done to increase faith.

Now, the faith, when taken hold of by the seeker, creates an area of control in all situations within this or your illusion, indeed, within any that we know of. How to lay hold upon that natural function? How to encourage it? We have often said that faith, when first chosen as a way of living, is nothing more than a leap into space. Faith creates itself in the mid-air, when the will of the seeker has been surrendered. That first so-called leap of faith is a beginning. It could be nothing more than the conscious decision, the promise to the self, "I will live by faith." This is a good beginning.

The will is invoked by such an affirmation. Each time the seeker subsequently [finds] itself mired in useless and cyclical worry the affirmation may be repeated, "I will live by faith." Sooner or later there comes a moment when the repetition has bred a new and positive habit of mind and in that moment the seeker finds that she has skipped the usual habit of worry and been inspired spontaneously to affirm, "I will live by faith." That moment of peace is as precious as your rare metals and should be stored carefully in a special part of the memory, that memory that lies just behind the surface of things.

Now, the faculty called faith stems from an infinite sureness, a knowledge of self that rests deep within the roots of mind. All that the seeker does when invoking faith is to reach towards the root of mind where that faculty lies waiting to be encouraged to grow. Eventually, faith does become a habit, and during periods of the incarnation when an entity is experiencing those things which are perceived as pleasant, she may rest and experience the peace which passes understanding. Yet there shall, in the natural cycle of light and dark that is your illusion, be times when there is no comfort. There is no spontaneous feeling of faith. And then it is that the wise seeker is content to live upon the bare memory of those winsome, glad times when the spirit is high and the faith flowed like water. These memories are true and they are as the talisman that protects the entity suffering through change and transformation even though no sense of faith remains.

Faith is indeed a gift in that some entities have a clearer line or connection with their own unconscious mind. Faith is also a built-in, inherent and native portion of the deep mind and thusly it can be developed and pulled up into the conscious existence by one who works to form the habit of turning to faith and faith's ability to give one the opportunity to create that area of control which changes the fear and fret of daily worry into an occasion to invoke faith. Once that feeling has been experienced of the support given by faith, then it becomes more and more natural to turn from the small circle of worry to the upreaching of prayer, intercession, praise and thanksgiving.

Those things which aid in connecting the faith deep within to the conscious mind include first of all the regular meditation, for in the silence of meditation connections from within the deep mind are being made and information is flowing. Also, we suggest the encouragement within the self of praise and thanksgiving for all, large and small, or the ephemeral world that may meet the senses. Prayer, praise and thanksgiving are three resources that add and strengthen the connection to faith.

We feel that this is a good beginning upon this interesting subject and would ask at this time for any questions that you may have. Is there a query at this time?

R: This instrument has a new computer. Is there something that the instrument can do to make sure that the computer keeps working, or is there some effect she has on it that we should know about?

We are those of Q'uo. We feel that the instrument and the instrument are compatible. The energy which creates disturbance within sound-producing equipment does not produce the same distortion

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with the computer. Indeed, the instrument has, shall we say, a beneficial effect upon the computer.

Is there another query?

R: To be sure, then, the computer would not have any deleterious effect upon the instrument as far as using hands is concerned?

We are those of Q'uo, and if we grasped your query correctly it is the instrument's choice to martyr the self in some degree that lies prior to any handling of any equipment that requires fine motor motion.

May we respond further, my brother?

R: To restate: might the computer emit any harmful energy fields for the instrument, since she is sensitive?

We are those of Q'uo, and we grasp your query now. We do not see a deleterious effect upon the instrument from the electromagnetic field of the computer.

Is there another query?

P: Two. First is a personal question. I am having a child and I want to know how the development of this child affects the energy centers of the mother?

We are those of Q'uo. As a woman accepts within the physical body the new physical entity she finds the energies within the self to be moving into harmony with the nascent and developing energies of the child within. This creates, at first, a dimming or lessening throughout the energy centers of the mother as the system adapts to and balances with the incoming entity's energies. Because of the fundamental nature of conception and gestation the mother will often find the red or root ray energy center becoming stronger. During this strengthening it is easy to experience imbalance within that center because of the relative rapidity with which this process affects both child and mother.

So the energies involved in living, breathing, eating, sleeping, those creature comforts, those natural sexual functions, may seem to be very strong but confused or muddied. Likewise the green ray energy center tends to run very hot, shall we say, for the natural faculties within the mother are opened as a flower to the sun by the process of nurturing and creating the life and all that that great opportunity brings with it. The remaining energy centers have a tendency to be dim and not particularly well balanced due to the immense amount of energy which is being devoted on the red ray and green ray levels by the mother.

Therefore, it is helpful in attempting to balance the energy centers to use the visualization of that more balanced and even flow of energy, visualizing this, even speaking of it aloud to the self in affirmative sentences may do much to even out those energies and create more vitality and sense of comfort to the mother.

May we answer you further?

P: When do the energy centers of the child develop?

The energy centers of the child are already developed. The energy centers of the physical vehicle are in an inchoate state until the entity decides to come into the physical vehicle. When that melding of spirit and flesh takes place the physical body then takes on the basic energy balances of the entity taking advantage of the incarnational opportunity. As the entity settles into the physical vehicle the physical energy centers are invested with the entity's energies which are as a complex of vibrations expressing the self and its personality. The resulting harmonies of spirit and physical vehicle create the energy centers in the configuration which the child begins the incarnation with.

We may say also that the child whose mother consciously seeks cooperation and balance between her energies and the incoming spirit's energies creates the better atmosphere for the child to be in. The function of the thinking about or brooding about the child to come is that it creates a more and more comfortable pathway for the child as it is welcomed into physical existence.

May we answer further?

P: You spoke of the melding of spirit and body. A certain time?

The incoming spirit chooses its unique moment to enter. It may be very early in the pregnancy. It may be almost identical to the moment of birth. Some life paths need to begin with catalyst within the womb and some therefore choose to dwell within that environment and experience suffering. Others may choose to come in early because there is a tremendous attraction between mother and child. And such a child experiences great communion and unconditional love during this time so that an entity

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begins life perhaps already burdened with sorrow or with unreasoning optimism and joy. These are very individual choices and there is not one selected moment for all but, rather, each chooses for the self.

Is there another query?

P: Is there a sign or indication that the mother would know when the spirit begins to interact?

I am Q'uo. Often there is indeed that moment of recognition, that moment when the mother knows the child within. The more tuned in to the self and its true feelings the mother is the more sensitive and vulnerable to such contact that person is. We would suggest that it will always have a beneficial effect to the child when the mother communicates with that entity; whether that is talking out loud to it or simply thinking to it, such efforts at sharing and communicating are often rewarded.

Further queries?

P: Would you be able to suggest any method of meditation for the mother that is helpful to the child? Thinking and talking are good. Should she refrain from certain activities that may be harmful to the child?

We are those of Q'uo. To the entity coming into incarnation the world is at first a disorienting place. It picks up and takes as its own any strong emotion or state which is the mother's. If the mother's life is that which creates a deep unhappiness this has a tremendous effect upon the child within. Similarly, the child will drink in joy and peace and love to the fullest extent, finding this gift as natural as the mother's blood which flows through its veins. As the physical fetus develops the child begins to have independent feelings, but this is not marked until after the birth.

May we answer you further?

P: No, thanks.

My sister, we thank you also. We do find that the instrument is tiring and so we would at this time leave our blessing, our love, and our faith with you, and take leave of this instrument and this group. We leave you in the love and in the light of the One Who is All. We are those of the principle known to you as Q'uo. Go forth with joy. Adonai. Adonai. ♣

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Sunday Meditation
September 17, 1995

Group question: What part does wisdom play in our lives as seekers of truth attempting to learn compassion, forgiveness and mercy? Is there anything that we can do to inform our actions with wisdom? What is wisdom in this density?

(Carla channeling)

We are those of Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is such a blessing for us to be called to address your circle. We thank you and assure you that the honor is much prized and appreciated by us. We have come to feel a kinship with those of this group and this privilege rests in our hearts.

As we speak, as always we ask that each recall that our truth is opinion, not fact, and though we offer those truths which we have learned carefully, yet these may not be those truths of your heart which you must lay claim upon. Each thought that we offer is as a gift. Place those aside that you do not respond to with recognition and a feeling of remembrance, and take those that may fit you and your circumstances. We thank you for reserving your own powers of discrimination. This enables us to speak freely and share with you those opinions which we have earned.

We might begin by saying that there is a sense in which wisdom is a term describing an illusion within your density, for the concept of wisdom implies that there is a right or correct way of thinking or acting. And while in things of your third-density illusion there are a nearly endlessly supply of right or correct answers, within the spiritual search, within that world which is walked within the heart and within the mind by those who seek to accelerate the rate of their spiritual evolution, there is often no correct solution to a perceived situation or difficulty. As this instrument was saying earlier, the tendency of the rational mind to search for a correct solution and to think in terms of solutions can sometimes lead the seeker astray.

Let us look, if you will, at the wisdom of your world. Its structure, through your recorded history, has been that logical structure which so arranges and subdivides the multitudinous phenomena absorbable in daily life in such a way that the mind may contain a working picture, if you will, of the contents of the environment around the thinker. Wisdom is seen to be a structure of logic and thought into which one may place the various learnings and systems of learning that comprise the well-rounded mental atmosphere. One might almost think of wisdom as the housekeeper of the house of light, each kind of thought and area of endeavor having its own room, shelf, or closet. The wise man can be seen to be one whose house stands befor the blast of random circumstances, able to take new information and fit

that within that logical structure which has these thoughts in that room, those thoughts in the other.

In the eyes of your world, then, the wiser man is he who, when faced with new and challenging information, is able to restructure or, shall we say, remodel the house of thought so that the new furniture fits with the old. It is, however, the case that wise as the wisdom of your world is, it reaches to the limits of the spiritual walk and not beyond them. We wish, however, to make a point of saying that. A seeker whose worldly house of logic and thought is untended and unkempt shall have unnecessary difficulties in the spiritual seeking. Perhaps the wisdom of the world is greatly limited, but the physical being that carries your consciousness around is well served by one who takes the time and energy to develop that worldly kind of wisdom which is mostly the application of logical analysis to the constant stream of in-coming sense impressions that gives that hungry mind fodder to eat.

The seeker whose house is in order, then, has the inner sense of freedom to address that spiritual walk which is so dear and so necessary to those who have awakened to that hunger for truth that marks the seeker in a metaphysical sense. We see the sadness and the reluctance that this instrument feels when it gazes upon the turning of the season from warmth to cold, and we would compare the wisdom of the world to the experience of the physical vehicle in summer. The world invades and encroaches upon the self. It curls about one. There is a feeling of abundance and richness, and as this instrument would say, "the living is easy." Hard as the decisions the world asks of you are in a worldly sense, they are of great comfort and ease compared to the often chilly choices and challenges facing the metaphysical seeker, for in the world of spirit there is a far colder kind of wisdom. It is the wisdom of one who gazes upon illusion and is able to see through the illusion to the mystery.

Thusly, the spiritual wise man is first the world's fool. That ability to gaze at the richness and fullness of life and see its vanity is infinite is that ability which reaches into the beginnings of spiritual wisdom. Perhaps each is familiar with the concept of the sight which sees that which is becoming that which is not and, finally, becoming again that which is yet known more fully, [and] will be able to move up a step or two; each time the realization turns itself inside out and then reverts once again.

Let us look at the reflection of the wisdom of the spirit. One reflection is the activity chosen by the seeker known as inner listening, practicing the presence of the one infinite Creator, meditation or prayer. One may see that an entity has laid claim to wisdom as that one surrenders the mind that is so capable in the worldly sense and takes up instead the silent mystery that speaks the one great original Thought. There is a reflection of wisdom in one who opens the hand and releases some necessity, some urgency, letting it go, releasing worry and concern, placing the feet solidly in the mid-air of faith alone.

One may see the reflection of wisdom in the one who leaves the presence of good times and good company in order to be of service to one who is lost and has asked for aid. One may see the reflection of wisdom shining from the face of one who is laying hold of some infinite virtue, [who] stands unafraid and submits to whatever the world wishes to do regardless of the inconvenience of the outcome. One may see the reflection of wisdom in one who lays down the life for the cause of another. The key to spiritual wisdom is a kind of seeing.

Now, the physical sight is beautifully created and gives to a seeker windows upon an incredible and amazing physical universe, full of beauty and rhythms and perfect harmony. Each seeker has nascent, often inchoate inner vision as well. One may think of this faculty as the eyes of the spiritual body. These eyes, too, are wonderfully created, yet they lie dormant within the physical illusion until the seeker awakes to that clarion call of the spiritual walk. Then it is as if the worldly self has birthed the spirit within and as with all infants that eyesight of the inner spiritual entity is unfocused, untaught and very, very limited in its ability to see.

As the seeker begins to gain experience it discovers that the worldly sight, excellent as it is for the things of the physical universe, can tell lies if the physical sight is taken to equal spiritual sight as well. The spiritual self will look at the situation where all the things of the world are had in plenty and be able to see those imbalances, lacks and hungers that lie just below the surface of the illusion and that greatly change the truth that is seen. The spiritual self sees the riches of the world as poverty and sees the naked

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and vulnerable spirit in all its poverty as riches. To the spiritual eye the concepts such as death, limitation, emergency, catastrophe, fear and terror are not necessarily bad things. The riches for the spiritual self lie in every circumstance, those perceived as negative perhaps more than those perceived as positive by the physical self.

Strictly speaking, wisdom is a null word within third density. If it is striven for the result is a greater and greater ability to see the truth of the physical existence. That is, the man counted as wise is the one who seems to see most clearly, yet we say to you that the utmost clarity of awareness of [an] entity's true motives and so forth is still that which contain great distortion.

In a non-relative sense we may say that wisdom is to be embodied rather than contained within the mind. A great amount of work is done within the density of wisdom to improve the spiritual eyesight. Foreshadowings of this density of wisdom fall across the seeker's path in third density daily, and the seeker does well to give a good effort to striving to attain a measure of wisdom even though that effort is doomed to certain failure, because the desire to seek wisdom in itself contains the wisdom of third density. If you burn to be truly wise then focus upon that burning, that yearning desire. Seek to penetrate the mystery. Ache and reach for the heart of truth. The result is that to the extent you have purified that desire you have embodied wisdom such as it can be in your present illusion. The prelude to spiritual wisdom is surrender.

When we greet you in love and in light we greet you in love or compassion and light or wisdom. Wisdom is concerned with the structure that tells its story within your awareness in such a way that you are best equipped to consider the mystery in all its stunning totality. If you seek to be spiritually wise then know that love and light, compassion and wisdom, are the substance and form of the Creator and the Creator's universe. Wisdom builds the house of thought within which one may think upon the mystery. Love is the only solitary quality that can fill that form and create out of emptiness all that there is in its rejoicing, exulting splendor.

This is a stunning universe. This is an amazing mystery. We cannot express our excitement and our joy at the simple contemplation of the Creator. And beyond all seeking for light and knowledge there lies the golden, living, powerful and ever-penetrating fact of love. Your form is spun of light, your nature of love.

We leave this instrument in that love and light and would transfer at this time to the one known as Jim. We are those of the principle of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time we would ask if we may speak to any further queries which those present may have for us?

R: *(Inaudible).*

I am Q'uo, and, my brother, we grasp that your query is clear yet we would suggest that there are mysteries aplenty and that each entity will find the appropriate response to all catalyst.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there any further query, my brother?

R: No, Q'uo. Thank you.

I am Q'uo, and it is our great honor and privilege to share with you the catalyst of words, of thoughts, of desires and of the path of the seeker.

Is there another query at this time?

P: *(Inaudible).*

I am Q'uo, and am aware of your query. The one known as Chocolate Bar, as all things in this illusion, has utilized its catalyst well and now approaches the removing of the garment of this incarnational experience, the physical vehicle which begins to deteriorate and to indicate to all who observe the ending of the incarnation. The giving of love to this entity and the rejoicing in its presence is that which is always most helpful, whether the entity chooses to remain or to go further upon its path.

Is there any further query?

P: *(Inaudible).*

I am Q'uo, and we are aware of your query, my sister, and may speak in the affirmative in that this entity has through its many years of devotion to those about it been able to gain that ability, to give and to receive love in a manner which will allow it to choose whether it shall go forward into the third-

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density experience or whether it shall return once again as a second-density being so that it might dwell with those with whom it now shares its incarnational experience.

Is there a further query, my sister?

P: No, thank you.

I am Q'uo, and again we thank you. Is there another query?

Carla: Is it possible to answer whether Chocolate Bar is the reincarnation of Jim's dog, Trixie, from his childhood?

I am Q'uo, and am aware of your query, my sister. We find that it is best, in our opinion, to leave this possibility as a possibility.

Is there any further query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we feel that we have spoken to those concerns which those present have offered to us and we are most grateful for this opportunity to be with each of you, and we further affirm to each that we are with you at any time at which you request our presence. We walk with light and gladsome feet and move where we are called, rejoicing at each calling and each journey of movement and we thank those present for offering us the possibility of service. Though we are never certain of service, we are always certain of the desire to serve and it is with a whole heart that we answer your call.

At this time we shall take our leave of this instrument and this group, rejoicing in the presence of each, feeling great joy for the One who shines forth in all. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
September 24, 1995

Group question: The question this afternoon concerns the topic discussed this afternoon. Many religions and philosophies have as one of the basic tenets the dropping of all desires, because the desire is seen as that which ties us to this world, and if we wish to transcend this world and go to the next, better world, or a better state of mind, then we need to drop the desires that are tying us here.

Don said many times that it was a good idea to release the dedication to an outcome for any action we were undertaking, to simply do whatever it was we wish to do or thought best to do but to not be dedicated to however it came out except whatever it was that was the result, without great joy or sorrow.

Ra speaks of balancing distortions or desires, so that you allow them their spontaneous action; you do everything that is a natural part of the situation, and then later on, without imposing anything on the situation, you attempt to balance the situation so that you have a full range of experience. Many of the Confederation have said over the years that is a good idea to accept that which is, to accept those failings in ourselves and others and the world around us and to attempt to give love, compassion and forgiveness and mercy instead. Yet, if we continue to accept everything that is we would be accepting what would seem to be a lot of injustices and difficulties that are putting people at a disadvantage … disease, and a lot of difficulty.

So, we would like for Q'uo to comment about this entire range of dropping desire, reducing the dedication to an outcome, or loving, accepting and yet working for a change so that we continue to strive for an ideal, and to improve, to grow in mind, body and spirit … and if that's too long Q'uo, you can just pick any question you want.

(Carla channeling)

We are those of the principle of Q'uo, and we greet you in love and in light in the name of the one infinite Creator. As always, we express a great appreciation to those who diligently seek from day to day, from week to week, from year to year, walking the way one foot at a time in front of the other, steadily, faithfully, hewing to that which is held in the heart the way that truth lives. We share those footsteps with you and as we speak with you concerning desire we assure you that our desire to serve is both deep and pure. The opportunity your desire for truth gives us is a great treasure for us …

(Carla asks for a drink.)

We are those of Q'uo, and we apologize for the pause while this instrument wets her whistle.

Gazing at the nature of your density we may safely remark that desire is the fuel that runs the engine of your illusion, both the portion which is shadow and that portion which is form. That is to say, that desire

is intrinsic to the awareness of being individuated. Desire is inherent in a consciousness of the self and the not-self. Whether it be wise or foolish, profitable or unfortunate to desire, those enjoying incarnation within your density will experience the proceeding and issuing forth of desires. One desires, for instance, oxygen, because that is the food for the blood that gives life to your organism. Not to desire oxygen is from the bodily point of view nearly unthinkable and certainly were one to achieve the cessation of a desire to breathe that entity's life as a non-desiring being would be short. It is not, then, unwise to desire food for the physical vehicle, or the mental, emotional, spiritual vehicles, all of which bodies have natural functions and desires.

However, hidden from the first glance amongst rightful desires lies the exercise of what we have sometimes called the will. Each surely has experienced that energy of willing something to be so or not to be so. The personal will can take a part in desire which distorts desire from natural and even functioning into skewed values and incorrect or incorrectly perceived ways of thinking and processing information. Now, we say that we have called the faculty the will or the self-will. We might also call such distortion in natural desires the function—we correct this instrument—the action of prideful will or simple pride, for pride over and above the natural feelings connected with desire is that—we search this instrument's mind for an appropriate word—and find none. Therefore we shall begin again.

Pride as it interacts with natural desires is as the cancer which takes over natural cells and begins multiplying them without stint. Growth, desire is considered an excellent thing but prideful growth in the form of the cancerous tumor can kill the organism which experiences it. So we would say that perhaps it might be useful to think of the desires that one has, asking oneself whether the pride is stirred up in the expressing of this desire, whichever one that the seeker is considering

This is subtle work, but as each desire comes forward the mind may entertain it, gazing at it to find those places where prideful will has puffed up the importance of obtaining that which one desires. To desire to be in the presence of the one infinite Creator is in our opinion the most basic and true of desires. Nor would we suggest that any discourages the hunger and thirst for the life-giving presence of love. We would not suggest that any relinquish the desire to be of service, for the purity of that desire is what works to accentuate the polarity of the seeker and that which will give the seeker continuing and helpful catalyst which acts to feed back support into that desire to be united with the infinite One.

As we look over the many instances that you mentioned in your query where various religious and philosophical systems have encouraged the cessation of desire as being wise we can certainly understand the feelings which prompt such wise advice, for truly to relinquish desire is to relinquish discomfort. There is a valid path towards the Creator, following this simple advice. However, the choice of path does not stop with this, shall we say, simplistic a solution to the question of desire. While this relinquishing of desires seems all one, there are an infinity of alternate paths, paths which are more complex but which do lead to the same one original and central Logos. Within third density the likelihood is that one within the cultural nexus within which this group finds itself will not find the path of self-effacement to be as helpful or available as paths in which desire is not shunned but rather dealt with in a way which enables the seeker to strip from desire that pride of self which would puff up. Each is seeking, as it were, to refine those things which are natural.

The skin, for example, is cleansed and the lotion placed on it to alleviate dryness; the desire for friends and companionship is refined and subjected to enough examination and to the journey towards finding the ways to refine that need for company so that the desire is not for the company that feeds the self but rather the desire becomes purely the hope to serve a beloved other self. To the increasingly quiet mind from which pride is systematically being discouraged, little by little the pride becomes easier to spot. The emotions associated with impure desire become more transparent to the eye and to the ear and to the heart.

It is very likely, we feel, that which you call desire is implicit within the process which the Creator is engaged in this present moment. That sensing of the self which is the Creator's relationship with all of its parts is a relationship full of desire. The desire to know the self is that which launched the universe in all of its infinity. Without this freely chosen desire on the part of the Creator there would be all that there is but there would be no awareness of it. The

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Creator Itself, then, is expressing desire—else we, you, and all would not exist. Every tiny mote of consciousness in the infinite creation is loved, desired and manifested because of that desire.

Now, we cannot say that all those systems are wrong to encourage the removal of desire, for truly much of life as you experience it, as it responds to unconscious and deep desires runs directly counter to one's conscious desires. The instinct of the seeker is often to [fight] against the way the experience is going, to desire a change, whereas the deeper desire of the self may well be to experience loss, limitation or some difficulty. We would ask you then to think of your desires as those things which are natural and good in their essence.

However, because the illusion is thick and because there is the veil drawn between the conscious mind and the unconscious mind many times it seems impossible to embrace that which is occurring, even though the deep mind does indeed embrace this seemingly negative situation. The task of the seeker is simply to place the self within the fire and allow the catalyst to burn away that pride of self which suggests that the desirerer knows the way to purify desire. You have within you the capacity for great faith and we may suggest that one way to exercise this capacity and so enlarge it is to reflect, when faced with that which one does not desire, with the quiet mind which is willing to open the hand and say "Here is all I feel. Teach me what is the pure desire and what is the husk and chaff of pride."

Now let us step back and gaze at the unity of creation and know the sweetness of perfect harmony, harmony that is not still but which carries desire in its arms, but in a rhythmic and graceful fashion. To desire love and light is an instinct in the human blooming just as it is instinct which turns flower to the sun. There are words that aid in the gradual working away at that pride which says "I know better." Words such as "surrender," "allow," "accept." These are words of health when used carefully. We suggest that a great tool to use in working with pride is kindness towards the self. You are within an illusion which insists that you begin with impure and cluttered emotions.

All the wisdom and passion that there is lies within, yet because the spiritual child is young it is clumsy and awkward. It feels so much love and yearning and wishes so much to be more comfortable, more light and spirit-filled. Yet we say to you that the path that is appropriate for each, no matter how wise, who comes into incarnation is the path of impure and confusing desires and it is within this puzzling atmosphere of emotion and thought within which each is intended to do the work and find the learning within the incarnation. The Creator to be found is found here, within that sea of confusion and prideful desire that mask the rightful and pure emotion that is hunger and thirst for truth, love, and for beauty.

This is not an easy topic to discuss, for as you pointed out in your discussion earlier, even the desire not to have desires is a desire. So we say to you—desire! Go ahead with that emotion but subject that emotion to self-examination, seeking always to prick the puffed up pride of self that insists it is the holder of the keys to righteousness. And meanwhile, expend time comforting and supporting that spiritual child within, whose yearnings are the breath of life itself for the evolving spirit. Comfort, succor and cherish this being within that is stirring and growing and beginning to see within this illusion through your eyes, that spiritual self, the one child each shall have regardless of the sex or the age. Love and support that evolving self and look for ways to purify the emotions that drive and teach and give opportunity for learning within this life, this incarnational experience which you now so briefly enjoy. There is peace in purified emotion, there is comfort at least, and the home within the clear and lucid desire.

We would at this time transfer the contact to the one known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would ask at this time if there may be any further queries to which we may speak for the service of those in this circle?

Questioner: I have a question. I have been experiencing difficulties in my relationship with an acquaintance who is trying to serve the Creator with me. I find it difficult to deal with her because she is not reasonable and I wonder if there are thoughts that you could give me to work with as I try to be part of the good in her life while retaining my own peace of mind.

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We are those of Q'uo, and are aware of your query, my sister. We scan your mind in order to get a fuller background on this situation and are aware that you are desirous of being of service of not only the Creator and to this entity but to the many who will be served by you and by this entity and we feel this is most important point, that is that you desire to serve without imposing your will on any, even though another or others may attempt to do that to you.

It is a difficult situation for those who wish to serve to see that there are others whose desire to serve may be as strong and yet these may find that their desires are overlaid by personal concerns and the details of the day that are seen as paramount at the moment. We can only recommend that you hew to the higher road, if you will, and maintain the desire to serve the Creator as the first and strongest desire within you. Seek to the best of your ability to give love and understanding to those who demonstrate the need for such in their own difficulties and wrangling. It is often the case that work of an important nature can be done in such situations where one who seeks to serve gives of the self without knowing any particular outcome, casts the self-bread upon the water, as it is stated in your holy works, knowing that the heart is full of love and gives this love freely …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there another query?

Questioner: Q'uo, I have a question. You spoke of pride early on, through the other instrument. Is it possible to say pride is the same thing as ego, and do you distinguish it?

I am Q'uo, and am aware of your query, my sister, and we would agree that these two terms are basically interchangeable, for each is an illustration of an entity who wishes to impose its own will or desires on those about it in some fashion, not seeing that there is a larger picture, if you will, into which the entity fits as a much needed portion yet a portion which is not to be placed everywhere, for there must be room made for others within the thinking of entities who truly wish to be of service, and to serve in whatever way is asked without judging whether the means is dignified enough, important enough, interesting enough, or any quality enough to fit one as important as the self. The focus upon the self in the means of balancing distortions and looking for ways to understand more of what is occurring within the self is an activity that may seem to some to be full of pride and ego, yet we would suggest that such a concentration of an entity's attention upon its own self in that manner is a means by which a seeker grows, for it needs to be aware of the activity of intellect, of emotion, and of the spirit that moves within one's own being. Yet that information is used only to temper the steel, shall we say, the character of the entity, and not to impose this character upon another.

Is there another query, my sister?

Questioner: Yes, another concept from an earlier channeling was the difference between a smaller self, the personality, and the deeper or what is called the higher self. You spoke of a deeper desire of the self, the unconscious desire. My understanding is that perhaps one way that a seeker should be aware of is the distinction between the smaller self and the higher self, try to follow the voice of the higher self. Am I right in this concept?

I am Q'uo, and am aware of your query, my sister. We would suggest that you have a correct appraisal of the relationship between that personality which inhabits one particular incarnation and the deeper portion of the self that is often called the higher self, the oversoul, shall we say, that oversees each incarnation and sends into each incarnation a portion of itself which develops its own personality for its own purpose of learning and serving.

Is there another question?

Questioner: Well, my next question is rather personal and if you cannot comment on it, I understand. I wonder if you would be able to say anything about a friend of mine who just left his physical body, incarnation, this morning. Would it be possible for you to tell me if this person fulfilled its life's purpose, in this lifetime. Had he suffered a premature death?

I am Q'uo, and we are aware of your query, my sister. Though we are desirous of aiding you by giving you the information which you seek we have a difficulty in the type of instrument we use and its access to information of this kind. However, we shall attempt to give something of that which we perceive.

In this entity's case, as in the case of a great majority of those who pass through the doors of what you see

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as death from this life, there are indeed no mistakes or premature leavings of the incarnation, though it may seem so to those who remain behind, as it were. This entity has striven to meet the pre-incarnational choices and has done so in a manner which is to the design of the entity, in that those challenges desired were met with the kind of attitude that was hoped for before the incarnation began, for it was the choice of this entity to balance certain aspects of its overall identity or soul-self that it felt were somewhat lacking and in the incarnation just completed was able to achieve the kind of response to life, if you will, that was planned.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Questioner: I have one query Q'uo. I am working with the desire for companionship and I wonder if you could suggest some thoughts for me to work with, as I try to strip the ego out of the desire and see with more clarity.

I am Q'uo, and am aware of your query, my brother. This instrument has difficulty speaking the first line, however we shall give it again … we know a nice little Jewish girl …

(Laughter)

We are Q'uo, and wish to speak seriously now …

(More laughter.)

We are glad that we can partake in your mirth, and we would recommend that this kind of attitude, that which takes the self lightly, is that which is most helpful in such an endeavor, for the feeling that you have in your heart and in your mind, that is, one of lightness, is a feeling which is seen and felt by all about you, and when there is the opportunity for the meeting of those who may fulfill your desire the perception of yourself as the one who takes the life in a lighter sense and can find humor in many situations is a vibration or attitude that is most attractive to those who you would desire to share your time and energies with.

Thus, our only suggestion to you is that which sees the self as whole and perfect and attempts to expand upon that perception with the experiences such as you are undertaking at this time, those which expand your range of activities and the people possible to meet, and to do this with the light and gladsome heart.

Is there another query, my brother?

Questioner: No, thank you, Q'uo, that is a nice answer.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: I do have a question. Actually I am not sure if it is appropriate to ask. I'd like to ask about catalyst that I am experiencing with my parents. Would it be possible for you to offer any insights, suggestions, comments on what would be the best way for me to approach the situation, on the desire of a person who seeks to live the truth, to seek truth, and what would be the best way for me to approach such a situation?

I am Q'uo, and we are aware of your query, my sister. We shall comment in the following way. We would suggest that it is well not to plan or scheme in a manner in which one would hope would be successful in winning over the approval and support of those who you call your parents or friends but to speak that which is true for you and to speak it with a strength that is built upon love, to give freely of your thoughts and your self in a manner which speaks as close to the heart of this experience as you can. If you build upon truth and love then your foundation is strong and it will be apparent to those about you.

Is there any further query, my sister?

Questioner: That was a very good answer, Q'uo. I really appreciate it. Thank you.

I am Q'uo, and again we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and we would take this opportunity to thank those present for allowing us to join with you on this day in which you seek the One within the beauty and joy and love in the One all about you, for we are aware that your seasons change now and that [the] light becomes bright and the days grow short. The desire to seek burns strongly, and all about each are challenges that await. We walk with you as you meet each challenge and are happy to lend our conditioning vibration of love to you

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whether you are meditating or mediating, shall we say.

We shall take our leave of this instrument and this group at this time, leaving each, as always, in the love and the light of the one infinite Creator. We are known to you as Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
October 1, 1995

Group question: We would like to know how to balance having the light touch with ourselves with being a serious student in using our catalyst. What quality is there in laughter that is healing and helpful in the metaphysical sense?

(Carla channeling)

We are those of Q'uo. Greetings to you in the love and in the light of the one infinite Creator. We find our dear gathered group in the country this day with the birds and trees and stream running wild and yet moving along in the routine of their ways. We are most happy to speak with you concerning the question of the light touch and as we speak we would ask that each of you realize that we are your neighbors and your friends but we are not infallible. So although we are sharing with you our heartfelt opinion we ask that you realize that it is just that, and that you take what resonates to you and leave the rest behind. We thank you for this privilege of sharing these thoughts. It means a lot to us to be able to offer this service and we humbly thank you.

In the life of one who is seeking to live a spiritually directed life the opportunities to move from the periphery of a life lived in the spirit more towards the center of that desire are many. Indeed, each diurnal period is bursting with windows of opportunity for the experience of resonating with the heart of all things. This is because the universe is the Creator as well as the creation and whether one's milieu is that of people and relationship or that of nature and those relationships, all of these experiences of relating beyond the inner self are as glimpses in a changeable mirror. For one who does not pay the attention the mirror simply reflects a flat image. For the one who by a lucky or careful coincidence is paying attention that mirror of otherness can become that through which one sees the Creator. And so in the life of a seeker there is always the pressure to remember, to focus, and to center the self upon that firm rock of deity, that mystery which we call the one great original Thought of Love.

This being so, it is no wonder that the seeker can become so absorbed in improving his ability to center the self upon the Creator that he may lose sight of the fact that this center that is sought is not only within the small self but is echoed and iterated redundantly throughout all of the experiences of your illusion. Because so much of the creation is perceived as otherness the tendency within the illusion is to stay firmly within one's own self. This tendency is that which is instinctual to the second-density creature which functions as your physical vehicle. The physical vehicle wishes at all times to establish and maintain boundaries within which lie safety and comfort. This agenda works upon the seeker in an unconscious or subconscious manner,

and that seeking for safety and comfort quite often adds to the tendency of the seeker to turn more and more inward.

As this occurs—and it is, we repeat, a natural occurrence—the seeker finds itself within a trap of its own making, for it has used that instinctual tendency to create a zone of safety to think about the spiritual and to act upon those thoughts. Consequently, even though the seeker knows it is doing spiritual work, yet still the seeker considers this the kind of work which entails labor, time and intensity.

Now, let us look at the way a student begins to learn the craft [that] contains the infinite. Let us, for instance, gaze at the student who begins to learn how to play the piano. The beginning student must focus and concentrate intensely in order to begin to master the fundamentals of piano playing. The beginner does the scales and does them over and over and over. This is effortful, heavy work to all but the very gifted, yet it is necessary in order to make the unfamiliar into the familiar and the impossible into the possible.

As the piano student moves through the years of apprenticeship of its craft it gradually begins to get a sense of what lies beyond the finite notes that it has been reading off the page of the music score. The student begins to hear in a different way, a way which has an expanded awareness of the whole. Armed with this hard won resource the student at last opens the door to mastery of its craft, for the true instrumentalist plays not the notes but the music. Even the best must play the scales to warm up, but there is that moment when the instrumentalist realizes the shape of its craft and sees how it may serve as an instrument to pour forth the heart of the composer. Then the instrument knows how to make music.

Now, the seeker has a craft to learn and there are the scales that must be played again and again and again. There are scales which teach the notes of patience. There are scales which teach the notes of devotion. There are other exercises that teach the spareness and the reserve of true service. And these exercises must be repeated, and certainly for the seeker to become inward and inwardly focused and moving in a small circle is completely understandable and acceptable. And we say to those who feel they are indeed too serious, too solemn, too earnest, we say that this is the stage that the student does the basic work to learn its craft, for seekers are artisans and artists of a certain kind. The closest perhaps we might come to expressing the nature of this craft is that of aesthetics, for in the philosophical tradition known as aesthetics the goal is to discover what true beauty is and what the seeker wishes to discover is what the deepest and truest beauty, truth and love is, for it wishes to clothe itself in that armor, and then it wishes to sally forth in service and in love.

So we ask that you think of the earnest self as a lovable, respectable, acceptable self and to see that there is a stage in spiritual seeking where effort is made, and it seems heavy, lonely, and sometimes empty. And we say that this naturally will yield in time as the seeker himself begins to hear that which silence tells so well and begins to sense the shape of things, the form of that undergirding reality, the true nature of love, and once this occurs the universe changes. And it begins to spark into a life that was hitherto unseen, for the soul and the heart are expanding and the center is not only that place in the heart of the self where one has opened the door to love but also is expanded to make a center of the whole creation, with all included and nothing omitted, nothing irrelevant, nothing wrong, but all, all one shade or shadow or another of infinite love.

Now, while the student is playing the scales of daily meditation, daily contemplation, while the student is seeking earnestly, it may if it chooses open a window to larger awareness. How may that occur? That occurs when the student drops whatever is upon the mind and asks the self, as this instrument is fond of saying, "Will this matter in ten thousand years?" There are things within your incarnations that will matter, no matter how many millennia pass. These things are precious. These things do not comprise a large percentage of what is in the perceived sea of confusion within which all of you paddle about at this time. It is most likely that when the student is tightest and most weary and most disturbed the issues will not matter in ten millennia and this is the key that unlocks that corset of tightness and allows the weary student to expand its consciousness beyond the perceived, opening simply to enjoy the breeze, expanding as a flower in sunlight, turning to the sun.

It does take, for most entities, a conscious decision to choose the larger perspective. But we say to you that it is worth the effort it takes when one perceives

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that one has become straightened, closed, and narrowed simply to affirm the enormous breadth and depth of the possibilities of any and all situations. The energy that is moving when there is laughter, when there is the light touch, is a mixture of the green-ray energy center being full and open, the blue-ray energy center working within its center at self-expression and communication and the lower three energy centers agreeing to lessen or cease their demands.

This is not something which one should do to the denigration of the lower energy centers. It is always important to affirm, to trust, and to do all one can to balance these all-important energy centers. But within these three energy centers there does not exist a light touch. It takes a mixture of the agreement of the lower centers to rest and allow the heart to open and allow the self to communicate with the creation, with the mystery which is the one Creator, and with that Creator within the self.

There are some who have a gift for the light touch. These are the entities you will find saying just the right thing to break the ice to make people laugh and find comfort in each other's company. But for most this skill of asking the self to stop and open to a larger view must be learned as any habit must be learned. Now you "oof" and "grunt" and try, and find it hard to do, but we say to you simply continue to "oof" and "grunt." This is good work. At some point, your own self will begin to yearn for and to seek the stoppage of that earnestness and will begin to hunger for the music behind the notes of the devotional life. Trust yourself through these practice periods, for cyclically, as lessons are learned, each seeker will go through learning periods which seem quite adverse. One cannot gain a certain amount of wisdom and then coast for the rest of the incarnation, for the Creator and your higher self hope to learn as many depths and resonances of the lessons you came to learn as time permits. So you will find seemingly the same material coming in again to cramp your style and make life hard and earnest, yet you are not repeating but rather learning at another level of subtlety and profundity.

We hope you can take the perpendicular route out of that little circle walked by the earnest soul and that you choose to take time out for a laugh or a smile, with all compassion for the self, for that earnest toiler who truly wishes to learn and to be better, wiser and more loving than before. Yet these things are reflections of something within that are so precious that there are no words to express the gemlike quality of this crystalline heart of self that is the Creator.

So know that the human experience is driven by instinct and at the same time there are opportunities every instant to grow into a spiritual body and a spiritual instinct and when this begins to occur you shall find meditation and contemplation flowing easily and quietly in natural ways throughout the life pattern, and the muscles of spirit will have learned these notes so that now they can work subconsciously, naturally, so that one does not have to think about the process but can enjoy the music of spiritual consciousness and can turn that consciousness upon a world that is all too short on love and laughter. Each of you can be of service to others in this respect, of lightening other's loads, of offering that light and caring touch, sharing that laugh, and spending time together easing each other's burdens.

We would at this time transfer this contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. We are, again, privileged to be able to utilize both of these instruments this day and would thank all gathered for inviting us to speak our thoughts and opinions. We would ask if we may speak to any further queries at this time?

P: When you are dealing with intense bodily catalyst life seems to overtake the entity. How can she keep the light touch and remember the spiritual path that she is walking while everything else seems to be consumed with just the maintenance of the body?

I am Q'uo, and am aware of your query, my sister. And being aware as we are of the situation in which you find yourself, that is where your physical vehicle prepares to bring forth new life, we are well aware that the catalyst which you face is much more intense than that which is normally faced, for the experience that your physical vehicle and, indeed, the intellectual and emotional aspects as well, now undergoes is one which is more challenging in that the affirmations that could normally affect an entity are now less able to have sway, for the changes in your body's functioning are so basic to its nature and fundamentally overpowering that you will find that

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there is great difficulty in programming an alteration from this experience.

There is much of metaphysical value in attempting to do so, however. Much catalyst of this illusion is of that nature, although most within this circle do not experience it as a day-to-day experience. There are those experiences within your illusion such as this one which you now encounter that will require the simple persistence of the exercise of your will and your faith on a daily basis. The one known as Carla has had many of these experiences as its physical vehicle was malfunctioning. Your vehicle is not malfunctioning, but is functioning in a manner that is so far deviated from the normal functioning that you experience much of the same difficulties as the one known as Carla has experienced in her past.

And we would recommend, as in the case of the one known as Carla, that you find those small pleasures that feed you in any way that you find helpful, whether these are certain foods, certain music, inspirational readings, the company of certain entities or whatever means is available to you, that you utilize them to feed yourself that which is nourishing on whatever level you may find nourishment. And remember always that this process is one which is holy. Give praise and thanksgiving for it and find within each of your days a means whereby you may give this praise and thanksgiving so that it might build a kind of momentum in your life experience and begin to have an effect upon the mental, emotional and physical aspects of this process which your body now is undergoing.

May we speak in any further way, my sister?

P: Should one entertain moments of depression or should one try to fight against it?

I am Q'uo, and am aware of your query, my sister. We would recommend that all such moments, whether up or down, be experienced as spontaneously as is possible for the length of the emotion if this is possible, for to battle against the feelings of depression, the feelings of hopelessness, the feelings of loneliness and the feelings of despair is to deny another portion of your experience which has value to you, for it deepens your ability to experience in general. It is as though a deep hole or well is dug even deeper, yet when this is dug by the emotions there is made within you both the ability to experience that which is difficult and that which is joyous. All of this together shall create the tapestry of this particular experience. The difficult, the joyous, the hard, the soft, the light, the heavy, the bright, the dark—these experiences may be difficult, some of them, in what you may call the short run, the moment …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. May we speak in any further way?

P: No. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

Carla: I have a comment. I would have answered P's question differently. I would have talked about faith and I was surprised when the channeling went as it did. Why did you not say more about the faculty of faith and its perspective?

I am Q'uo, and am aware of your query within the comment, my sister. As we spoke of the quality of perseverance we were beginning that avenue of which you speak, that being of faith, though not clearly stated. You are quite correct about the quality of faith. The quality of faith is that which when joined with the quality of will are the two most helpful aspects of the attitude that a student may exercise at any point within this illusion, for all that you see before you and all that you see about you is born of mystery, much in the pain of birth and much must be taken on faith, for there is no other quality which may sustain one through the difficulties which any seeker will encounter within the incarnation, and we thank you, my sister, for clarifying the necessity for relying upon faith, for indeed it is a great ally for any seeker.

Is there another query?

Carla: I wondered whether the reason you did not go that route is that it is easy for people to feel that they do not have faith or do not believe in a system that includes faith. Was that the reason that you did not go into faith?

I am Q'uo, and am aware of your query, my sister. We would simply claim an omission. This instrument does not always pick up that which is given. Is there another query?

Carla: No, thank you.

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I am Q'uo. Again we thank you, my sister. Is there another query?

R: Just a comment. I enjoyed your view of the subject. As I read through the channelings from Yadda and Latwii, [they] always bring forth a light touch on a serious subject for me and I just want to thank you all for that.

I am Q'uo, and we appreciate your comments and are grateful that we and our friends of Yadda have been able to add a certain light touch.

Is there a final query at this time?

(Pause)

I am Q'uo, and we are aware that we have spoken to those queries which are available at this time, and we are grateful for each, my friends. We listen to the sounds of the wind in the trees through this instrument's ears and this sound gives us a great feeling of peace, for the revolutions of your planet about the sun body move in a cyclical fashion and as your Earth revolves those entities upon its surface are subject to the movement of the planet, of the seasons, of the sun, and of the quality of compassion and love that is evident in the one Creator Who makes all move in this motion that is as a dance for those of us who are witnessing the experience of the one Creator moving in all.

The wind, as it moves freely through the leaves, through the field, and through the hair upon the head of those upon the planet, is a reminder of the freedom of movement of thought, the movement of thought of the One as It moves ceaselessly throughout the one creation. We are thankful that we are able to share this with you.

We would at this time take our leave of this group, moving about you as the wind, leaving each in the love and in the light of the one Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Intensive Meditation
October 6, 1995

(Jim channeling)

I am Laitos, and greet you, my friends, in the love and in the light of our infinite Creator. It is our privilege to join your group again for the purpose of working with the new instrument known as K. We were, before contacting this instrument, attempting to initiate a contact through the one known as K. From time to time we use this technique with an instrument who has progressed to the point of being able to speak a phrase or two after identifying our contact. It is always helpful to be able to make one more step upon this journey by expanding the abilities whenever possible. We do not wish to rush any new instrument past the point of confidence, yet we shall always provide the opportunity for a new instrument to continue to expand its abilities.

This is true for all instruments, in fact, for even with an instrument which has practiced its art for many of your years, there is the constant opportunity to expand such an instrument's capabilities by presenting concepts of greater scope and, shall we say, intricacy, though we do not mean to suggest complexity.

At this time we would attempt to transfer our contact to the one known as K, and when this new instrument is comfortable with the conditioning vibration which we offer, we would then speak a few words through this new instrument. Again, we would remind the one known as K that we are happy to adjust our conditioning vibration if it is not comfortable to begin with. As always, we remind that new instrument that refraining from analysis is most helpful in speaking those concepts which appear within the mind. We would transfer this contact at this time. I am Laitos.

(K channeling)

I am Laitos, and greet you, my friends, in the love and the light of the one infinite Creator. *(Inaudible)* for the purpose of transmitting our thoughts to you at this time. We do not wish to see you [hurried] *(inaudible)*. It is our wish to convey as much as possible through this instrument. At this time *(inaudible)*. I am Laitos.

(Jim channeling)

I am Laitos, and greet each of you again in love and light through this instrument. We are very pleased with the progress which the one known as K has made since our last session together, and we continue to applaud this new instrument's efforts and willingness to take one further step and to move yet further upon the limb which continues to hold this instrument firmly.

At this time we would pause for the opportunity to respond to any queries which those present may find

value in asking. May we attempt any query at this time?

K: I don't think I have any questions now, thank you.

Carla: Nor I, thank you.

I am Laitos, and we thank each of you for affirming that which we had discovered ourselves. We are always happy when there are queries, for this allows us the opportunity to discover how the progress in the new instrument's learning of vocal channeling is taking form, for queries are those gifts which we honor due to the new avenues of thought which they open. We are also pleased when there are no such queries, for in that situation we may assume that what we have offered has been utilized to its fullest and is ready for further expansion, shall we say.

At this time we would make one final contact with the one known as K in order that she might perhaps discover another facet of this ability. We transfer this contact at this time. I am Laitos.

(Kim channeling)

I am Laitos, and I greet you again in the love of the Creator. We wish to make known to you that there is progress being made even though you may not feel it at this time. We also wish to say that we thank you for your presence here, for it provides us with an opportunity to be of service with you. We ask now that you put aside your own thoughts of analysis *(inaudible)* and take [part] in [the] continuing adventure which is *(inaudible)* is [of] the Creator. We ask you to rejoice with us, for it is a merry life if you choose it to be, and we wish you happiness in your in *(inaudible)* difficulties and hardships. *(Inaudible)* understand [that]. We perhaps have more perspective [on] things that are happening to you [than you]. *(Inaudible)* journey *(inaudible)*.

[Undertaking of this adventure] which you are on. It is not easy to understand and in fact you are [not asked to do so] but only to love, for in this way *(inaudible)* for *(inaudible)* together it is wise lending cohesiveness to all [that you do] *(inaudible)* for what you are and do. Love is the connector to *(inaudible)*. [Such as we consider it to be] and *(inaudible)* the action that one may take.

At this time we leave you loved ones rejoicing in the love and in the light of the one infinite Creator. We are [pleased] for having two *(inaudible)*. I am Laitos. Adonai.

(Tape ends.) ♣

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Intensive Meditation
October 7, 1995

(K channeling)

[I am Laitos,] and I greet you, my friends, in the love and in the light of the one infinite Creator. It is a great pleasure to be here with you this evening and *(inaudible)* working with this new instrument. We are quite pleased with the progress that she has made since yesterday. We thank her for her friends, and are glad for the opportunity to be here again. [At this] time we will say a few words through the one known as Jim. We transfer this contact at this time. I am Laitos.

(Jim channeling)

I am Laitos, and greet each of you once again in love and light. We look upon this opportunity to speak to this group as one which offers great possibilities of service, for we see each instrument likened to a seed when planted within the consciousness of the peoples of your planet. Each of you as you serve as vocal channels begin a kind of growth that may be likened unto one of your trees.

The trees that you call "oak" begin modestly, as any other seed. When planted within fertile ground and when there is the proper nourishment of the water, the sunlight and those nutrients of the soil, the seed sprouts and begins its growth that will culminate in a great, spreading oak. Many are the travelers that may pass beneath such an oak, and if the day is hot and the journey has been long, perhaps the traveler shall take the time to rest beneath the tree, to recline at the base of the trunk, and to relax in the shade provided by the great spreading limbs and leaves. Thus does one of your trees provide a service to those who travel in its vicinity, it being the traveler's choice to seek shade and rest beneath the arms of the oak.

So each of you as a vocal instrument may be likened to the oak, providing a rest, and more, perhaps an inspiration to travelers upon the spiritual journey who come within the reach of your branches. Such travelers make their own choices as to where they shall seek shelter. Your service is to be there when shelter is sought and to share what is within your ability to share. The oak does not provide oranges or apples, but provides shade and rest and a calming effect that is its own to provide.

Many times in your services as vocal instruments you will be asked to provide services which lie outside of your abilities. Be not concerned when this occurs—and it shall—but rejoice in your ability to give what you have to give and to give it freely. This is the essence of the vocal channeling experience, that the desire to serve others is strong and that [there is] the ability to hollow oneself out sufficiently enough to allow concepts and inspiration to move through one's instrument in a free and flowing fashion. This is what is yours to share with others, and your sharing of serving of others is most efficient when

you give away that which you have to make room for more to follow.

At this time it our desire that we ask if there be any queries to which we may reply in order to aid in the intellectual grasp of the process of learning to be a vocal channel. Are there any queries at this time?

Carla: I have a query. I wonder if you could enlighten me in any way about the relationship between performing spiritually oriented services for others and the accepting of money? I've been pondering that problem because of writing the book on channeling.

I am Laitos. We see in this instance that the query points toward the heart of the polarity of service to others, and includes in this direction the necessity of viewing the metaphysical journey as a whole as well. One who seeks to serve in the positive sense is one who engages in a practice which many who have not chosen their polarity would think quite foolish, for to be of the most efficient polarity in the positive sense one must be willing and able to give freely enough of the self that one is not concerned whether there be a return for what is given. One rather seeks to share that which is greater with the self with all those who are equal to the self, and in this service the one so serving trusts in that which is greater than the self to sustain the small self in its daily round of activities that it might be nourished and supported in a fashion that will allow its service to continue.

This is not to say that one would refuse gifts which are freely given, even if those gifts be given in response to that which one has shared with another or others. The salient point in our humble opinion is that such gifts are not sought. To be able to give without expectation of return is the essence of the positive polarity. To be able to receive freely offered gifts without feeling the necessity to reciprocate points more toward the essence of the metaphysical journey itself.

For when one sees the universe and all that populates it, including the self, as portions of one being, then one begins to see that boundaries between entities, and systems of dealing in a fair manner with portions of one entity are illusions that aid each portion of the one Creator to gather experience that will glorify that one Creator, and to become aware that all is a portion of the one Creator, the self and each other self with whom one may share experience.

May we answer further, my sister?

Carla: Only if you can indicate to me anything helpful I might say to people whose question is not whether they should charge, but how much?

I am Laitos, and given the assumption that some to whom you speak will be asking this query, having already decided that the charge shall be made, it is, we feel, a difficult matter to determine the price, shall we say, for how much does one value the service when they offer another? Could it be sold for any price? How much does one value the ability to serve another? If the information which is freely given through the instrument is heeded or not, is the price the same? We cannot answer this query, my sister—we can only respond to it with further queries, for it is a difficult thing to put a price and a limit upon that which has no price and is infinite.

May we answer further, my sister?

Carla: No, Laitos. You sound as confused as anyone. Thank you.

I am Laitos, and, indeed, my sister, it would be a confusing thing to have to make this choice and to assume that one would indeed make such a choice. Thus, we apologize for not being able to guide you in a more coherent fashion.

Carla: Don't think anything of it. I haven't been able to figure out what to say either. Thank you.

I am Laitos, and we thank you again, my sister. Is there another query?

Carla: I will say you outlined the question real well. Exactly the problem [as I see it]. You don't have to respond. I have no other question.

K: I have no questions.

I am Laitos, and we thank you for those queries which were offered as gifts to us. We would at this time attempt to speak a few final words through the one known as K. We feel that the progress that this new instrument has shown from one session to the next is exemplary, and we are overjoyed that we have had the opportunity and shall continue to have the opportunity to work with this new instrument. We would transfer this contact at this time to the one known as K. I am Laitos.

(K channeling)

(The recording is mostly inaudible because of a recording problem.)

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I am Laitos. I am with this instrument again. We wish to thank you again for your presence here for it is an opportunity for service for you and for us, and we appreciate it.

(Inaudible) cause to rejoice [with you. For this is the] time of thanksgiving with us, and we wish to share it [with you]. At this time we wish to [say] this instrument is progressing well, just like a [computer]. We ask *(inaudible)* again. *(Inaudible)* continue this work *(inaudible)*.

(Inaudible) attempting services which are not always clear to *(inaudible)* we continue to *(inaudible)* for the purpose of service. In spite of the confusions we may feel …

(Side one of tape ends.)

(K channeling)

I am Laitos, and am again with this instrument. To continue with [this] to rejoice *(inaudible)* service. We are *(inaudible)* as you lead your [lives] *(inaudible)* until our journey into the light is complete and [whole]. In the meantime, my friends, we offer ourselves as best we know how with what capabilities we have to offer. We rejoice that *(inaudible)*. We thank you once again for all you are the opportunity to *(inaudible)* you again *(inaudible)*.

(Tape ends.) ♣

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Sunday Meditation
October 15, 1995

Group question: We were talking about changes that occur through synchronistic events. Is there a way to prepare oneself for such synchronistic events or is one wildly and wonderfully taken by it and at its mercy when it comes? And the other thing we were talking about was how our growth seems to be enhanced when we gather together in groups, whether just to talk or to meditate or worship, and we are wondering how that works, its value, etc.

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and the light of the one infinite Creator. It is distinctly our privilege and our blessing to be sharing in your circle of seeking and in your communal vibration. We are so thankful and appreciative that you wish to consider our thoughts on these interesting matters. We ask only one thing of you as we speak and that is to realize that we are not final authorities, for we make many errors. Therefore, we ask you to take those thoughts which ring a bell—as this instrument would say—with you and to leave the rest behind without a second thought, for each person has a path that is unique as the person is unique, and upon each unique path there is a line of logic that can be called personal truth. This truth is unique. Some personal truths are long-lasting, through many lifetimes and densities. Others are less permanent, but each has its place in your unique path.

Thusly, to best cooperate with the destiny you have set for yourself it is very helpful to use the feelings associated with hearing that which is instinctively known from the heart to be true and keeping that truth special. This way will encourage a speedier process of change and transformation. The discrimination is all in this wise. So we greatly thank each for using his and her own personal discrimination, for each has the knowledge within, and when it resonates the effect is unmistakable. Wait for that resonance and take no authority without question. If you would do this for us then we are free to serve with the best of our humble ability.

We must remark before going further at the beauty of your combined vibrations. This is truly a good group and we are most happy to be here. We greet each who has not been with this group in the flesh, shall we say, before with especial delight. But each brings to us a special delight, new and old alike. Indeed, the harmonies within this circle are very beautiful, which brings us to your questions concerning synchronicity and change and groups such as this one.

Let us begin by setting a few basic suppositions. One supposition which we use is the feeling that the incarnation, the experience of having a life in your density even though the illusion is very thick, is a magical experience. This magical depth or side of

incarnative life is for many among your peoples unknown. It is as though they were asleep too deeply to be aware of this potential. What awakens entities to this magic is in one form or another the awakening of awareness that the deeper self is not what it seems to be, but rather than being a creature of flesh, blood, sinew and limitation is instead a creature of infinity, eternity and unity with all that there is. This can be a dim sense at first, but it is that sense of being other than in the illusion, of having a reality that cannot be seen, that is the key factor in awakening the magical potential of life even within the best and most thick illusion.

As entities stretch and yawn their spirit selves awake within incarnation there is within your culture a decided bias towards discouraging further awareness of the magical type. This is not deliberate but is rather an artifact of the sustaining strength of the illusion and of those whose sleep has been undisturbed and who wish all things to remain as they are. Many of these entities are perhaps in your religious groups, yet the magical side does not open because such entities are focused upon absolute truth, absolute faith, absolute adherence, whereas the creation which lives beyond this illusion is various, indeed, infinite in its potentials and its possibilities.

To the world of humankind these considerations are null for they cannot be tracted, measured or reproduced, and so many so-called religious groups do not experience the intensifying of magic. On the other hand, to be anthropomorphic, many of your spiritually oriented groups are aware of the delicious and pervasive magicalness that can be experienced within this illusion. And it is within groups such as yours and many others that entities can come together and more surely seek, more lovingly find, more intensely knock at the door of further—we look for a word—further development, we shall say. Yet it is more of a flowering, a blooming that takes place when entities of like mind seek together, for within such groups each is a mirror which shows the Creator to the self and the self to the self. Each face that is seen has the wonderful capacity to surprise us with a side of truth that we had not guessed before.

As we gaze into each other's eyes, as we touch each other's hearts, whether we are in incarnation as are you or are speaking from other levels of manifestation as are we, we bloom together and that blossom is taken away by all, strength added to strength, weakness shared with weakness, and love in all things found and felt in ways that do not harm, but rather support. These gifts you can hardly help giving around such a circle such as this, and this is a gift that you give yourself, to come together.

The reason that synchronicity seems to occur more in groups is simply that as more and more entities who are spiritually awake come together each individual's path being synchronous with its own destiny, when the group joins and shares its thoughts and experiences the commonality of synchronicities becomes remarkable. The strength of a group as opposed to an individual or a couple who work together is that the group universalizes each entity's unique path so that instead of being caught within the biases created by the long path which has lead the individual to this moment, each individual remains free of the limitations of self and of the dynamic betwixt one and another of a couple, so that each has wisdom that becomes available to all, and in this atmosphere each can somehow gain light and strength. This is a completely natural and highly-to-be-encouraged event or process and we do feel strongly that the awareness of each is nurtured by regular dwelling within a group of those like-minded. Blessed indeed is the entity whose path has brought her to a place where this option is available.

Now, the individual who does not have the luxury of a spiritually oriented supporting group may still accelerate the pace of his own advancement upon the path of spiritual evolution, but may we say that companions make the way merrier and the stones smaller and certainly the smiles more frequent, for that exhaustion which each may feel within the self over issues which it has been working upon for as long as it can remember does not have these biases where other's troubles are concerned. The fresh ear, the new perspective is what can be expected from a group. This is most helpful.

Perhaps the most important thing which the individual does, in our humble opinion, is to become completely aware of itself being itself. This essence of self is your gift, moment by moment to the infinite Creator, and are you not most yourself when among those who see you and care for you as yourself? When those whose lives have become spiritually based arrive at a common meeting place the one thing that is so isolating is not present. That isolating factor in terms of the general environment of your culture is that many entities are asleep to the true nature of their own consciousness. In a group

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such as this each is aware of the common basis of spirituality or metaphysical reality and each gives that a credence without thinking or concerning the self with such thoughts. It is taken, shall we say, for granted that the basis of the living is the spirit and the basis for striving is to know that great truth that is the one great original Thought which is the Logos which is Love.

So each comes to this group dwelling in love, seeking tools and resources that will help us learn how to love, how to accept love, and each wishes to learn these intangible and inexpressible skills: loving and being loved. You see how the environment becomes charged and magical simply by the unspoken assumptions or biases which each brings to this circle.

We come to share one simple, basic thought; that thought is love. We are not terribly clever, but we simply use instruments such as this one to find within each instrument's nexus of thoughts, experiences and emotions those things which we can use to say in a slightly different way that all is love. The ramifications of that simple statement, as far as we know, are infinite. We do not see the end of our path. So there is no reason for us to tell you that there is an end or a place of achievement to your path. But we can say that in our opinion as one strives to become more of that mystery that cannot be expressed it is well to choose your companions [with care], for these companions will help you to suffer that which you have wished to suffer in a more acceptable, comfortable and pleasant way.

The illusion promises the suffering and we feel that those who are attempting to block out or repress or run from the suffering are missing the point. You did not work so hard to gain this incarnative experience in order to become all spirit. You came into this opportunity in order to be refined and that refining or purifying or distilling of the essence of self is necessarily a rough business from time to time as all change is difficult and goes against the second-density instincts of your physical and mental vehicles. So in this group or in any group spiritually oriented you have the capacity to embrace transformation more easily, more comfortably, and more pleasantly while still doing the work on the refining of the self's personality that you have wishes to complete.

Now, the reason that each came to this particular planetary sphere is for service to that sphere at this time of transition. But you also each did come with a personal agenda, so we encourage each to relish the process of suffering and to know that it is this very seemingly difficult experience that you so wished before in order to make vivid to the self those lessons of love which you felt you could learn better. When it comes to the service each came to perform, this service is one simple to speak of but very difficult to make sense of, for each who came to this particular place at this particular time came to aid in lightening the consciousness of your planet.

You do this by being here, not by doing any service such as healing or channeling as this instrument is doing but rather by living. Being is your great gift and your first occupation. It is the hardest job you shall have within your incarnational experience and again the group together aids each in that process of individuation. Here are hearts that wish for you to be who you most deeply are. Here is where there is a lack of fear for the you that may emerge as transformations occur. Here is a home which one needs not to be at in order to feel at home. The spirit of a spiritual group is enormously powerful, metaphysically speaking, and each senses this. As this instrument has often said, no individual is the reason that a light group such as this offers a magical place, a metaphysical home that works and functions, but rather the faith of all who have come to such a place, the knowledge within those that come that this is a safe place. This is what makes the power of such a light center.

The entities who dwell here simply keep the doors open. Each of you has brought the magic with you, and each shall find solutions, tools and resources here because you have already known about the magic of this place. It is a mystery as faith is always a mystery. How did faith in something called L/L Research begin? How has it grown? Person by person by person, a net of gold, that gold being love, faith, the desire for that which is higher and more lovely. The open heart of each has given this particular center its character, person by person by person. And each has then gone out into the larger world and has touched person by person by person and so the net spreads and other centers hear about this center and communicate and another link has been established.

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This process of what many call networking is radically changing the basic consciousness of your planet. We are happy to see this take place, for it has been our concern that the transition this planet is already moving through would be far more difficult than it is being. We can only thank each individual whom we have the pleasure of meeting, as we have met each of you, for the love and care you give to the cause of love.

Remember as you touch each other's lives and as you go forth and continue this process, that the magic of life is much more obvious when each finds the groups or the new people that have a commonality of attitude and interest in the metaphysical. Be able to reach out in faith to those who are new …

(Side one of tape ends.)

(Carla channeling)

… for this is truly a path in which companions are the most help and the least difficulty.

This instrument is telling me that we have once again spoken too long, and we are not sorry but we should be, so we shall muzzle ourselves to transfer this contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which those present may have for us. May we ask if there is a query with which we may begin?

K: I really enjoy being here again. Over the past several months I have encountered several sources of information coming onto the planet. It's all helping. There seem to be several different sources. This group, to my knowledge, primarily receives information from the Confederation of Planets in the Service of the Infinite Creator. I have also gotten information from a source called the Essansani channeled to us from an entity known as Bashar, from that relatively small group of Pleaidians channeled through Barbara Marciniak and through an entity known as the Kyron. The Essansani state that they are part of a group called the Association of Worlds. It is very clear to me that all of these are positively oriented entities who have answered the call of those requesting help with the transition. I am curious if all of these work together. Do those of the Confederation work with those of the Association or others, or are these various groups doing their own thing in answering the calls of those needing help?

I am Q'uo, and am aware of your query, my sister. And may we say that we are most grateful to be able to share your vibrations once again, my sister, though we can assure you that we are always available to you upon your request as we have been numerous times.

The many sources of information are in truth, and from that truth we begin. Each source, entity or group has the desire to be of service to others, to serve the one Creator in many or any of Its manifestations. Thus is the path of all made clear by the heart of the desire of each. And many times do these paths intertwine with each other so that there is not so much a need to consciously coordinate the giving of information, the serving of *(inaudible)*, as it is what you may call, as you did before this group began, a celestial synchronicity of service.

We have passed the way of service many times, meeting others upon this path, finding that as the threads of this group have woven a beautiful and loving tapestry, just so is such a tapestry woven by all those who seek to serve the one Creator. If one could see the metaphysical reality of these paths of service, planets such as yours would seem to be bathed in light as many tracings and trails of light converge at this point that you call Earth. We and our brothers and sisters of the Confederation of Planets in the Service of the One Creator feel the kinship in our hearts with all others who serve as do we and those who serve in ways which may not be easily comprehensible by those who observe, yet there are many who are enriched and nourished by service which is as unique as each entity which seeks. Thus, the fabric of creation is one and is traveled by each portion of the one Creator, from density to density, from home to home.

Is there another query, my sister?

K: That's all for now, and I want to say that I have been aware of your presence many times and have appreciated it.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

B: It has been my dream to sit here in a session for many years, and I offer my gratitude for being here.

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Many do not have the luxury of seeking in such a group and how might such an individual continue his advancement in awareness by one's self even though we are all one?

I am Q'uo, and am aware of your query, my brother, and we are as gratified and humbled to be in your presence as you are to be in ours. We share with you the great joy of the blending of our vibrations, and we can assure you that all seekers of truth are able to pursue the path that their desire opens for them, for it is always the case that an entity will find about it that which it seeks and that which it needs for the next step on this infinite journey of seeking. It may take some effort of recognition, some facing of inner truths, yet when a seeker utilizes the daily round of activities as a focus for thought, prayer or contemplation, then this entity opens wider the door of opportunity, of possibility before it that the teacher, the fellow seeker which it needs will be presented to it whether in a physical form such as a person, a book, a program, [or as] a thought, an experience, a coincidence of events.

Just so, each seeker will find that the day which it has lived is fruitful in the catalyst presented for possible growth. The simple desire to seek, the opening of the self to new experience, is all that is necessary. Groups such as this, of course, aid that process by providing the support necessary to encourage continual seeking, and the mirroring effect where entities may speak in terms understood by fellow seekers to be helpful as means of seeing the self in new ways. But all who seek shall find, for what is sought is a deeper, greater portion of the self within [each] seeker *(inaudible)* the outer or personality self with as much desire as the small self which seeks the One.

Is there a further query, my brother?

B: Not at this time. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

P: Today is an election in Iraq, and the population there has one choice to choose from. I wonder about the social structure of our societies in the face of a major transition from this reality to a larger one, from the third to the fourth. How much would it help in the direction of social liberation to raise awareness in consciousness in such a milieu?

I am Q'uo, and believe that we are aware of your query, my sister. We would suggest that the events within this third-density illusion are meant to serve as a kind of catalyst, a kind of motivator so that entities may begin to think and be in terms greater than this third-density illusion. There is, of course, a path of service through each level of experience, including the social awareness, the political rights, the democratic freedoms, and many there are who serve with shining brilliance in these areas doing that which they feel strongly is their part in this dance together with the One.

However, we have also suggested previously that those who are most helpful in any regard or manifestation are those who seek first to love and to give in that attitude of love that which is theirs to give, seeing beyond the illusion of limits and the seeming prison that many upon your planet inhabit in systems of governing that do not allow certain freedoms. These boundaries can serve as the cell within the prison that causes the entity to move within itself even more deeply that true freedom might be found as the shackles of the mind are dropped one by one, the thought for such being the seeming chains surrounding the entity everywhere.

Is there a further query, my sister?

P: Yes, but I will need time to develop them. Thank you.

I am Q'uo, and we thank you, my sister. We would ask if there is a final query at this time for we know that we have spoken for a great portion of your time and do not wish to overtire.

V: For several years I wished to get here to this group and it is difficult for me to express my gratitude at being here. My understanding is that as we move closer to fourth density there will be a higher frequency of visual and personal or physical contact with extraterrestrial entities, and I myself have searched the skies almost nightly and daily to recognize some visual contact with those of Q'uo or any other extraterrestrial entity. Will the frequency increase with contact with humans on this planet and will you be part of that contact in the near or distant future?

I am Q'uo, and am aware of your query, my sister. We would suggest that this enhancement of the frequency of contacts with those of your planet has been in effect for some of your time as you measure

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it, and this may be expected to continue apace, yet perhaps in a manner that is less obvious than the actual sighting of one of our physical craft, for each seeker is approached in a manner which is most comfortable to that entity, many occurring in a meditative or the sleep and dreaming stages, to be remembered at a future time, much as the laying of a trail or the signaling of the lights as the one known as R spoke of previous to this session's beginning.

We do not deny that there may indeed be further extensive sightings of craft in your skies and messages delivered through instruments such as this one, but would also suggest that the contacts which are most helpful to entities will be less visibly noticed and will have their effect upon the level of the soul, shall we say, so that those who have prepared themselves for service to others and the growth that this implies on a physical level will find the avenues of their expression of this service and growth to be enhanced in ways that are touched by, shall we say, unseen hands. There shall indeed be a greater and greater contact, and it shall be from heart to heart.

Is there a further query, my sister?

Carla: She wanted to know if you were going to be one of those who will show themselves on this Earth physically.

I am Q'uo, and we are aware of this portion of this query and when replying as we did implied that we would be those who speak as we do. We are not those who move about at this time in a craft in your skies, though that may become a possibility, though it is a contact of hearts that is of paramount importance to us at this time.

We are those of Q'uo, and would again thank those present for inviting our presence in your circle of seeking. We are greatly filled with joy at this opportunity and cannot begin to express our great gratitude, for by inviting our opinions and thoughts upon your queries we are able to respond in a fashion which gives us beingness in your illusion and the opportunity to experience yet another facet of the jewel of the one Creator.

At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. ♣

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Sunday Meditation
October 22, 1995

Group question: We have been talking about two concepts, the preincarnative programming that allows us to learn the lessons we have chosen and the free will of the incarnation that blends with the supposed predestination of the preincarnative choices. The other question concerns the blending of the planet's religions, cultures and philosophies and we wonder how these can be reconciled to achieve peace. We would like Q'uo's comments on whatever seems to be of value to our evolution in these areas.

(Carla channeling)

We are those of Q'uo. We greet you in the love and in the light of the one infinite Creator. We are most pleased and happy to be with you this day and we greet and bless each of you. We thank you for calling us to your circle.

It is our privilege to serve by offering you our thoughts and we ask only that you take the thoughts that ring true to you and leave the rest behind, for each has his own path to follow and each path is correct for the one person that is following it, and each has discrimination and knows what is true and right for him. If you will do that we then feel free to offer our honest opinions. They are not infallible; we ask you to realize that. We are the Brothers and Sisters of Sorrow. We come when there is a call. Your planet has a great call at this time. We feel that we have good news and we share it with you with a whole heart and a humble spirit.

Your queries this day are most interesting. We shall attempt to speak on this subject to some extent but we ask you to realize that this is a large subject and one which can be explored certainly further than we will this day.

Perhaps we shall begin by looking at the way that entities come into being in your density. Your density is the culmination of the first two densities, those being the density of elemental awareness known by your rocks and earth, your sea and sky, and the second density of animal and vegetable growth with its turning to the light and feeding from the light. In your third density you come into third density fresh from the creation of the Father as a flower or a tree or an animal. Consciousness is one, both the consciousness of the species and the consciousness of the place and the creation and the nature of creation. There is a tremendous intercooperation, even to the killing of the weak and diseased of one species by another while the others are allowed to escape. There is an intimate and instinctual awareness of the Creator, yet there is no awareness of the self.

The second-density entity gradually becomes aware of love because of human energy invested in the second-density creatures such as your pets. The

awareness of self and the inward-turning gaze are the hallmarks of third density. As each density has its lessons, so the lesson of third density is that lesson of finding ways to love and to be loved, not only in relationships of one person to another but also in relationship of groups of people to other groups. Yours is a density that begins with primitive, small and scattered communities and by the end of the cycle becomes an environment of great, clearly defined and very conscious groups of entities.

The energies that are being worked on in third density are potentially all energies, from the basic red-ray or sexual energy center through that rainbow of energies. However, it is the function of third density to complete work on that orange ray of personal relationships and to study and attempt to absorb ways of learning to love within the yellow-ray energy center, that ray which is involved when group-oriented energies are shared between individuals. The instinct to gather together in groups is deep. The instinct to include some and exclude others is very deep. And it is extremely easy for the seeker to become quite lost in the sea of confusion in which all of these energies are experienced, for your world is indeed a sea of confusion.

Now, if it is understood that the primary work of third density is in tuning and balancing those lower three energy centers of red, orange and yellow and then of opening and finding ways to maintain an openness and fullness of the heart, then it may be seen that those energies are not instinctual. The refinement has begun, for you stand as a third-density entity as a kind of rough diamond with unpolished edges and without sparkling facets, and through lifetime after lifetime within your third-density experience the self that is inherent within, that crystalline entity that you truly are, begins to become visible as the friction of everyday living works to smooth and refine that crystalline self.

Certainly, some of the abrasive and cleansing experiences of your illusion seem unlucky and unfortunate, yet it is precisely that friction that does the work of exposing the crystal that sparkles within, and the work that is done by the seeker is work upon the self. The seeker wishes to balance red ray, for that is the basic and very important beginning of energies, and that which is not freed and flowing within that root energy center constitutes a primal blockage that will slow and distort the pure light energy which you are receiving from the Creator.

Then it is that you work upon the relationship chakra by working within the self to come into more awareness of what you are feeling and thinking concerning the self in relationship to the self and to other selves. Often it is that an entity that truly does not wish to advance or finds it too painful to advance further will turn from yellow-ray work and move back into orange-ray work, that which is strictly between one entity and another or between the self and the self, in order to be more comfortable.

However, at this end time of your present third-density cycle it is entirely appropriate that each set the self the task of finding new ways of coming into harmony with other cultures, other races and other structures of thought, logic and being. The end result of this planetary effort to come into spiritual convergence shall be that social memory complex that is the basic structure for fourth-density work. You are attempting to learn how to be one people, sharing each other's thoughts, hopes and fears, carrying each other's burdens as naturally as breathing, sharing each other's joys as if they are your own.

There is much work in fourth density, but once one has become able to be able to be part of a social memory complex one is no longer veiled from that which is most true. Each of you, then, is in the situation of coming close to the ability to merge with all other people. And so there is a yearning and a desire to go further, to become more spirit than flesh, to cease striving after the way of third density. Yet the fact that you are within incarnation is sufficient to justify the opinion that this is precisely where you think you should be, for places within your world for incarnation are very rare compared to the number of entities who wish to come into the Earth plane at this time in order to aid in the transformation of your planetary sphere.

You are the one who chose this foggy, barren landscape, metaphysically speaking. It was your desire to place the self within this thick and dim illusion that is the Earth world in order that you might forget that which you know instinctively, for one cannot learn as one does in third density unless there is the physical stimulus, the emotional battering and so forth that constitutes catalyst for the individual as it goes through its daily round. So no matter how difficult things may seem, it is our opinion that the situation remains perfect, for it is

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the outworking of the self's plan for this incarnation that is being experienced.

Let us look at this plan. The entity who gets the opportunity to incarnate within your density upon your sphere first goes through the process of creating the scenario or the screenplay, shall we say, for your personal movie of life. You choose the cast. You choose who shall play mother, father, spouse, lover, friend, enemy and so forth. You make agreements with these entities, not within the Earth plane, but within the finer world which this instrument calls the inner planes. No matter how difficult the relationships seems or how much pain has been experienced, this was part of your own choice. It may be difficult to believe or to understand how you would wish to choose to ask yourself to suffer, yet we can only say that when one is outside of the illusion that you now enjoy it seems like child's play, and a good kind of playing at that, to plunge into the sea of confusion and to swim about in its waters.

Perhaps you have had the experience of thinking something was going to be fun until you have done it, and discovered that that was not fun, that [it] was horrible, scary, or some other negative feeling. This is the situation of man on Earth. He cannot believe that he has done it to himself. Yet, my friends, you have. You have asked for personal lessons and you have asked for the chance to serve. Perhaps it may aid you in dealing with these difficulties simply to remind yourself that this is a part of the play, or as this instrument would say, the situation comedy of life. If you can find faith within yourself, faith that believes and knows that no matter what occurs that you are on track and the deeper goals are being met, perhaps that may alleviate and soften the harshness of lessons.

As your third density further draws towards its conclusion you shall experience more and more of the yellow-ray or group-to-group catalyst. That solar plexus chakra comes in for much use and abuse in working with these lessons. This is the time when one discovers what it feels like to be pulled at emotionally, mentally and spiritually. These are the times when you find out how to cut the cord that develops between two people or two groups that limits their freedom. If you can approach dealing with groups with faith then we feel it is not so long away until you can observe the dynamics of the various groups of entities upon your planet and see all peoples as one.

One thing that greatly disturbs and puzzles seekers is the persistent friction betwixt races and peoples. This is not a reflection upon any civilizations' or individual's integrity, maturity or honor. The reasons for this instinctively felt friction lie in the fact that there is more than one race of entities populating your sphere. Your planet in this third-density cycle has been a place which has accepted many other planetary third-density entities who graduated into third density or were in third density yet were not able to dwell upon their home planet.

Now, each civilization or race throughout your galaxy, shall we say, has a slightly different archetypical consciousness, for it is the work of each sun or Logos to add the details to the basic plan of the one infinite Creator. When an entity or a people move from the heart, then, they are moving from an archetypical environment that is other than that archetypical environment enjoyed by those who have come here from places other than the one you have come from. Because of the thick illusion it seems that one way of experiencing or perceiving incoming sense data must drive out another way of seeing or perceiving sense data. As the times roll on and as each entity gains maturity these differences in archetypal mind will begin not to repel but to fascinate entities. And as they lose fear, having become more secure in their own individual self, they will be able more and more to embrace those distinctly unlike themselves in appearance, in manner and in thinking.

Mostly to be remembered in this regard is one simple rule: you are here to learn to love. Find within the self at any time where the love is, where it can shine. Open the self to that opportunity and you shall have acted well indeed, for each is a spark of the one infinite Creator, capable of healing, forgiving, embracing and transforming each other. The one known to you as Jesus said to you, "Love one another." As you love one another you are loving the one infinite Creator, for this spark is the basic essence of all conscious entities. You are love. There is just a very heavy coat of flesh upon that lightening spirit born of love that is you.

As you have your daily periods of meditation and contemplation, spend a moment reaching out to embrace all of the self's catalyst, all that the world has to offer, both war and peace, both heat and cold in so many ways. Be or practice to be unafraid of trouble. Find ways to be serene while you are not

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understanding, for this lack of understanding will continue and is irrelevant to the process of spiritual evolution. When the heart is opening a tremendous strength fills the spirit. Whenever this is not felt and you become aware that the heart is closed we ask that you touch in to your own faith, to the guidance that surrounds you, to the love that overshadows you, the mystery that made you and claims you for its own, and rise refreshed and peaceful.

You have much to learn. You will make mistakes, but they are not metaphysical mistakes. The mistakes are part of your learning, part of the illusion, part of being human. Forgive yourself, for in forgiving the self you become able to forgive all and the redemption in the eyes of a peaceful person is a blessing indeed to those who behold it, and to the planet in general, for love lightens the planetary vibrations. This love does not come from you. We would not ask you to attempt to develop such a thing as infinite love. We ask only that you open the self, allow pain to hollow you out and make you a beautiful and transparent instrument through which infinite love can flow. You are a vessel, a precious, precious vessel. What shall you hold? What shall you offer?

We would at this time transfer to the one known as Jim. We thank this instrument and leave it in love and light.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any other query which those present may have for us. Is there another query?

B: My question concerns Bosnia-Herzegovina. What are the karmic patterns of the groups involved?

I am Q'uo, and am aware of your query, my brother, and we would begin by offering our great gratitude and thanks to you for allowing us to speak our thoughts to you. We also feel great joy at this privilege. We feel that it is appropriate …

(Side one of tape ends.)

(Jim channeling)

We shall continue. We feel it appropriate to speak in a general fashion about the entities of which you speak but are not able to give specific information about their particular development and the forces which have them as they are, for in truth, my brother, all peoples of this planet and indeed all entities within this creation, share the formative powers of love. These creative forces have made these entities individualized as they are, for these forces have included not only the love of the Creator and the light of the creation but the free will of entities working as races, as groups of entities that have for many incarnative episodes chosen to move along a certain path that would make them unique, that would give them identity, that would give them purpose, that would give them direction, that would give them inspiration to continue upon this infinite journey of seeking, of learning and of sharing that all portions of the Creator has chosen as means whereby each portion shall glorify the Creator by that which it is, by that which it becomes.

Thus, each race, each culture, each religion offers to the entities that are grouped within it an identification that makes them who they are and what they are. In order to become individualized from the larger realms of creation and of consciousness more and more specific choices are made, much as the sculptor removes a portion of stone in such and such a fashion so that in the end there remains that which began in the eye of the artist. And this which remains is only that which remains and no other. That it is so identified gives a certain strength, a pride, a power and purpose to the entities. This enlivens the group as a whole and each individual as a portion of this group, so that it is helpful in the individuation process for such choices to be made, for the choices to be vivid, colorful, much likened to the peacock's tail when spread, revealing colors that are very, very bright and individualized.

However, this great strength can also become like unto a weakness when those who are within the particular grouping are unable, for a portion of experience, to move beyond these boundaries and see a larger identity that is shared with others who in the smaller identification seem quite separate and perhaps even at odds with the original grouping. There are, however, within each culture, each religion, each philosophy, those far-seeing individuals who are like unto the hero in any journey or story, that can open up new possibilities to the people by their far-seeing vision.

Thus, within each grouping is seeded the potential for the expansion of the vision that includes a larger

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definition of the identity so that the evolutionary process may continue upon a new level of experience and understanding. It is the struggle of each culture and grouping to break free of that which makes them what they are or what they were and to become more than that. It is like unto the chick inside the egg pecking at the shell that it might break free and become a greater being. This is often a painful process in terms of your third-density illusion as this breaking free and breaking through the shell of identity occurs. Thus, there is much opportunity for reconciliation, for forgiveness, for mercy and indeed for compassion.

The great healing power of love, then, is that which aids all in this process and those which are far-seeing in each grouping will become aware of that healing power, for all spring from it. Some see it and feel it and experience it before others, and these are the way-showers.

Is there another query, my brother?

B: Not at this time, thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

P: To follow up, is the emergence of a new identity a portion of the fighting that is going on in the Balkan states?

I am Q'uo, and am aware of your query, my sister. It is our opinion, and we offer it as opinion, that the emergence of a new identity is most important for all cultures of this planet at this time, for it is the divisions between entities that fuels the animosity that one grouping feels for another as one grouping holds its religion, its philosophy, its history, its experience against another which it has opposed for a great portion of time. When entities can move beyond the boundaries of previous identity and see themselves similar to others in a larger grouping then the lines which divide are removed and the environment which all inhabit is seen as home to all.

Is there another query, my sister?

P: Many groups do not wish to share histories or experiences. Do entities reincarnate within the same groups?

I am Q'uo, and we speak now in generalities as there are always exceptions to each rule and situation. But in the main, we may agree that entities tend to remain with those whose beginnings they share, for there are families or clans or groups who have had shared origins upon other planetary influences with experiences that are distinct from those who have reached your particular planetary influence from yet another planetary influence and these energies are appropriate to be worked out together so that the evolution of each individual entity aids the evolution of the group and the evolution of the group aids the evolution of the individual. Thus is the great plan of evolution undertaken as a means whereby these groups may evolve and aid the evolution of others as well.

(Tape ends.) ♣

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Sunday Meditation
October 29, 1995

Group question: Our question today deals with the foundation self that we attempt to know, to build a path to, to solidify with faith throughout our lives. It seems that catalyst either peels away layers of our being so that we get closer to this foundation self or an adding unto the various experiences and personalities that we have so that we approximate this ideal or core self, whether it is faith or soul essence that comes with us from incarnation to incarnation. We would like information about how we work to know this core of self, how we balance various aspects of this self that seem at odds with each other, how we get to know mysterious parts of this self that make themselves known from time to time, how we find messages from that core self in our dreams that come in archetypical images.

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of the principle known to you as Q'uo, and may we say what a privilege and blessing it is for us to share in your meditation and in your seeking for your own truth.

We are within your planetary sphere specifically to aid those who would wish to ask us for our thoughts and we only ask that you evaluate our opinions using your own discrimination, for each seeker has an unique path to the one infinite Creator and therefore each has an unique point of view which creates personal truths that you hear and resonate to. Keep those that resonate within your own being and leave the rest behind. This favor allows us to share our humble and often incorrect opinions with you without infringing upon your free will and we appreciate your understanding this, for we do not come to teach, but rather to share. We are those upon that same path of seeking as you but a few steps further on. We know not the mystery. We yearn for it as do you.

As we gaze at the subject of the core being and how within incarnation to find access to it to know the self we ponder which tack to take in discussing this seminal and interesting question, for in one sense the core being of all that exists is the one great original Thought, that unit vibration, shall we say, known as Love. Indeed, this love is your essential self. Due to the Creator's adopting free will, the original Thought created that which you know as light and those photons, as you call them, which are the particles, shall we say, of light have built all that you are aware of and all that exists in manifestation, either in the inner or time/space planes of existence, or the outer or space/time planes of existence.

To be transparent is the most apt skill that can be created within your practice in terms of becoming aware of the ultimate essence of who you are. This transparency is, shall we say, not a state of being which is primary on the agenda of lessons learned

within your density. However, those who seek the one infinite Mystery often yearn to be transparent to the surrounding illusion and wish mightily to experience that lightness in transparency of being which is associated with being pure spirit. The most calm and the most busy of times alike offer moments or windows of opportunity wherein suddenly the illusion crystallizes and shimmers, and the transparency of being can be felt. When these moments occur, find time to give praise and thanks for these experiences of a truth that lies within you.

We, however, would not choose this level of core beingness to discuss primarily with you at this working because it is our opinion that each density has its purpose. Now, we would preface this line of thinking by pointing out that the seeming progression of densities is an artifact of time and space and is not the deepest truth of the cosmos and its makeup. In a deeper reality, or shall we say, a more shallow illusion, all time and space is one and as an entity, therefore each seeker is working simultaneously upon all densities and sub-densities. However, within incarnation there is time, there is space and there is progression. Therefore, we use the concept of densities to indicate which lessons are learned first, which lessons are the foundation for further lessons.

In first density the lesson is simply consciousness. In second density the lesson involves the turning to the light, the beginning of choices. In third density, which you now enjoy, the lesson is in learning how to love and how to accept love. These lessons are two sides of the one coin of love. You have entered into this incarnative experience because you felt that there was room for improvement in your understanding of love. Now, there are other reasons which cause you to wish to come at this time having to do with service to this planet and its peoples in this time of transformation on a planetary scale. But each also has lessons to learn, and so we would focus upon the core beingness of the self as it can in a stable manner be experienced helpfully within incarnation.

You have heard us speak of meditation, not once—except for the one known as J—but again and again. We use this term meditation because it is what this instrument is used to calling it, but often in meditation people visualize, pray and contemplate. However, the core of being within incarnation, we feel, can perhaps most purely be sought within the concept of listening. Each is aware when someone physical speaks and the sound vibrations carry to the physical ear. Even if the language is foreign the entity knows that communication is being attempted. There is within each seeker an instinct for hearing within. However, this instinct is latent in most entities within incarnation, and it needs to be encouraged over time on a regular basis.

Your holy work known as the Bible talks of the "still, small voice." We would characterize this voice as that of what this instrument would call Christ consciousness, or the spirit within. Within each entity there lies a country that is a holy high place. You spoke earlier of geography of the self and we would say that this high place exists within a dark continent of the subconscious mind. Into this place comes the seeker who opens the inner ear and in this place dwells the Creator in fullness and in mystery, and the silent speech of this mystery is food and drink to the eternal self within. Each condemns the self for not meditating well and yet we say to you that the attempt is all. Each experiences usually the subjective feeling that a meditation could have been purer or less cluttered with the errant thoughts of a foolish and shallow personality that seem to drift and rush through the calm and silent chamber within with undue rudeness and haste. Yet we ask you to be very patient and compassionate when looking at the performance of meditation or silent listening.

You see, within incarnation, within the progression of youth to age and day-to-day, each has learned to value performance and production. Each has the internal checklist of things to do and there is an uncanny delight in crossing off those never-ending things to do, and yet your beingness depends not one whit upon your crossing off the items on your list. Rather, your value depends upon your vibration. If you are in love with life, if you embrace the present moment, then your core vibration is expressing at its best, shall we say, at its most harmonious, at its clearest and most lucid. And this is what people receive from you louder and more impressively often than what you are doing at the time. This nexus of vibratory patterns is that which you came to share with this planet so beloved to each of you. This is the gift you have to give to your fellow beings at this time—yourself.

Are you thinking that you are not good enough? Let us square away and tackle that thought, for the self-

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judgment, while useful in Earthly pursuits, is peculiarly disadvantageous to one who seeks to give the self in love. There is a sense of proportion that comes to one who has touched that core being which is tabernacling with the one infinite Creator. Beyond words, beyond actions, this essence is your gift and it is worthy. How beaten down each entity is when he attempts to judge the self against the yardsticks so eagerly accepted.

Now, we are not suggesting that good behavior is not appropriate. Indeed, each action and each thought can be examined and each can profitably learn about the self as she contemplates the actions of the day and sees ways to do things more as she would wish to have done them. This learning is legitimate and is part of why you are here. But in judging one's own value it is very easy to spend time tearing the self down, which could better be spent in holding that dear human self in the arms of the love within and comforting and being with that dear child of Earth that tries so hard and fails so often. It is appropriate for each of you to fail often, to fall down and to pick the self up.

This is why you came into such a heavy, chemical illusion. You wanted to fall down and go boom, as this instrument would say. You wanted to be a baby and to learn in the illusion, of the illusion, for the illusion because within this thick illusion the forgetting of who the true self is can take place so that each entity feels alone and each entity has the chance using nothing but free will and faith to choose to come face to face with that core self you all seek, and to within that self make the decision of how to serve the infinite Creator. Each within this room has chosen to serve along the path of service to others. And so you seek by will and faith alone to make choices that place you to the best of your judgment and ability increasingly in mental and physical states where you are dwelling within the love of the moment and are able to serve others.

Were you not dwelling behind this veil of forgetting these choices would be easily made. Within this illusion, however, the choice to give, the choice to make expressions of love, especially in the face of a perceived not-love is precious, for choices made in the darkness, in the absence of knowledge, go very deep. You are working upon that core vibration more efficiently, shall we say, within this illusion than you ever will in all of the illusions that follow, for once you have graduated from this third density the veil of forgetting shall be lifted and you will know that you are one with the infinite One but that all others are one with that infinite One and with you, and there will be the strength of the group who together seek that shall aid greatly in the basic awareness of a more solid illusion, shall we say, one more filled with light.

Never again shall you build the foundation of all that is to come. This is a short and intense experience during which you have marvelous opportunities to transform the self. These chances shall come in a cyclical fashion. Just as you have learned one lesson and are feeling secure, as the one known as B was speaking earlier, the next lesson shall come forward and all shall be out of kilter again, and in the initiation into that next level of the lesson of the incarnation much will seem disjointed and difficult. And then the lesson begins to be learned. The experience smoothes out, perhaps, for a time and then another time of learning begins.

Each portion of this cycle is equally useful and we encourage each to appreciate the easy times and the difficult ones, for in each state of mind there are many, many lessons that can be worked upon. It, for instance, is easier to work on thanksgiving when all seems to be rosy. However, there is equal work in thanksgiving when things seem difficult. This is a chance you worked hard for, this chance to dwell in dimness of perception and challenge the self to find the light. When you are listening, know that you are at your most precious time, that listening within is as the key that unlocks the door to that holy ground which is, in truth, in all places, in all times, and in all things.

We would at this time transfer this contact to the one known as Jim. We would thank this instrument and leave it in love and in light. We are known to you as those of Q'uo.

(Tape ends.) ♣

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Sunday Meditation
November 5, 1995

Group question: We are wondering how change and new growth seem to come from confusion, pain, anger and all sorts of negative emotions frequently. How can we open ourselves up to such difficult circumstances to aid positive change?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the limitless light of the one infinite Creator. It is a great privilege to be called to your circle of seeking at this time and we wish to extend to each of you our thanks and our blessing. As we share our thoughts with you we would ask each to remain very able to discriminate in those thoughts which you wish to take and those you wish to leave behind, for we are fallible and are not those who speak with great authority, but rather those who care deeply to be of service to those of your planet who would wish to know what we have to say at this time. We trust you to use that discrimination which is your unshakable gift.

Your third-density Earth experience could be said to be of a certain nature or kind. Basic to that nature is duality. Your illusion is rich and redundant in its dualities and opposites. This two-sidedness is the result of the very kind of illusion which has been prepared for you. It was prepared thusly for a purpose. That purpose is the using of individual free will to make choices concerning how each wishes to progress along the lines of spiritual evolution. As each comes into the incarnative experience upon this Earth plane …

We apologize for this instrument who says she has a frog in her throat. We do not find any such creature to be inhabiting this part of her anatomy. However, if you will bear with us we will bear with her.

Even the infant begins to differentiate and choose who shall best supply its needs. And as that young spirit becomes familiarized with the illusion, and as the veil of forgetting drops, that infant soul prepares for what we might call a long school year, for your incarnative experience takes place in a beautiful and plenteous classroom, that orb upon which you dwell. At the heart of the new experiences lies a consciousness. This consciousness has many parts. There is a great range of awareness to which each of you is privy and the number of choices that is made by you in even one hour of your existence is vast, for as each dwells in this moment, for example, the senses are being bombarded by the noises the ear can hear, by that light or darkness and the images which the eye can see. There are several different sorts of odors which make up that which can be smelled or sniffed in the domicile which each now enjoys. There are literally unlimited numbers of impressions which enter into the nexus of your physical, emotional, mental and spiritual being all the time, and far below the threshold of consciousness about

ninety percent of that which is taken in does not come into the consciousness mind.

The young soul upon your planet works upon the surface of experience. This surface experience fills the being completely, for everything is new. But very quickly the choices begin being made, and by the time the youngster has become even a young adult the choices have become solidified into a structure of personality and character which preordains or biases the way sense impressions are taken into the being and used. Along the way in this continuing learn[ing] process the experiences of love and of fear have gone deep, penetrating the surface of the personality, penetrating eventually even the deeper character traits. Those experiences when one has experienced love have provided each with times of transcendent joy, and this is the gift of love, that when experienced purely it brings with it a freedom and a lightness that is ineffable and that is precious and to be trusted as a real experience.

Those experiences wherein one has sounded the depths of fear have also shaped the life experience. This experiencing of fear is what we would look at at this time, for it serves a great and useful purpose and yet it is also that which solidifies and weights experience with what we would term unnecessary poundage. Now, when one looks at fear one first needs to express that there is an appropriate reaction to many hazards which can be called fear. Fear is not always the bogey man or the villain. Often fear is wisdom, but also quite often the action of fear is counterproductive. So let us gaze at the way fear works.

The child touches the stove and receives a burn. Thereafter the child sees the stove and still finds it attractive but the mind and the emotions contract about that seeing and keep the child from hurting itself. However good fear can be, it also is that dark side of the self in its more subtle expressions and as that shadow self it serves the seeker ill. Now, we would not ask you to extirpate this fear. We do not suggest that you become full of fearlessness, ignoring the environment in which you find yourselves. We do, however, encourage each to spend the time each day to reflect upon those times when you have felt that contracting which fear invokes, for often that reaction of fear, that contracting, creates a knot, a tangle of the beingness so that the consciousness is narrowed and straightened and limited unnecessarily. It is good, then, we think, to reflect upon whether you have used fear well in the day or whether in the events of the day fear has used you, for what you were describing in your question was the way fears create pain.

Now, the basic nature of your illusion, that duality of which we spoke, is as it is in order to provide a structure within which the student of truth may work upon itself in the refining and the disciplining of the personality. Basically, you are attempting, through the choices you make, to become more aware of who you really are and what your personal truth consists in. When you are moving from an attitude that is free and relaxed you have the capacity to be more aware in a conscious way of the rhythm of life than when you are contracted through various kinds of fear. When one is unsure, uncertain, tentative and holding back cautiously these contracting feelings create a friction and this friction makes the seeking so vastly uncomfortable. And since there are so many ways in which a sensitive consciousness can be hurt it is no wonder that the experiences of living seem to have much pain in them.

But you see, as you came into this incarnational experience you were looking forward to the opportunity to enter into the transforming of the self alchemically with great enthusiasm and gusto, for the veil of forgetting was not yet in place and you saw the incredible opportunity to learn and to serve in the name of love. And like all those who are not in the thick of things you thought it would be easier than it turned out to be and this is inevitable, for does any of us have the strength of imagination that is capable of becoming fully aware of a situation never experienced?

And so it seems that the times of suffering are those times which give us the gifts of learning. Now, the amount of pain and suffering, emotionally speaking, that a seeker must carry is entirely up to that seeker, for that seeker has set for itself, and this is true of each, certain goals. Each came into this incarnation determined to learn certain lessons. These lessons were chosen uniquely by you and address those areas in which you felt you could become clearer, purer and finer, and you wished to work upon the consciousness. And you chose to come here not only to help this dear planet as its consciousness is transformed but you came also for your own agenda. And this agenda [is] always to do with love, for you see this is not the density of wisdom. This is the

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density of love. And you seek, when you think you are seeking wisdom, confusedly.

We must share with you that it is our perception that one within your density will not become wise, for the illusion was created specifically to confound wisdom. Perhaps we may say that your journey is the journey from the head to the heart, from reason to feeling, from rigid structure to rhythmic and flowing structure, from holding to letting go. And, paradoxically, as you allow each strand you hold so tightly to be released you do become more wise as you release fear, release undue concern about those things which are to come.

One can feel a victim very easily as one seeks to live spiritually. One can feel the weight of all that has been given up. One can drown in the hopes that have not happened. One can be deafened by one's doubts. And we say to you that all this is satisfactory. All this is acceptable. For truly you did not come here to be happy. You did not come here to be satisfied. But, rather, you came here to work, and to learn, and to serve.

So we encourage you to go on, day by day, and hour by hour, not asking yourself to be wise, but asking yourself to be loving to yourself, to the world around you, and to your other selves which [are] the very essence of your being. We ask you to allow yourself to be foolish. We ask you to get to know yourself in all of your impulses and little eccentric ways, to have a childlike feeling of exploration as you find yourself responding to the catalyst that the world brings to your senses. We ask you to put your arms around yourself within and to give love and support to that pilgrim soul which sails the seas of life, seeking hungrily, yearningly, constantly for that which beckons, that which calls.

Your heart is already full of all that you seek. All that you wish is possible, and yet it shall always come unexpectedly, sideways, as you have not prefigured it. And it shall come in uncomfortable ways, for when anything changes there is the adjustment to be made, and this, perhaps, is the heart of what we wish to say, that it is your desire in coming here to change, and change means movement. And if you have ever attempted to stop something that has momentum you know that there must be force applied in order to make that momentum cease and another vector begin.

This is what you have asked of yourself: to change. Each wishes to accelerate the rate of her own spiritual evolution and this involves change. And the natural reaction to this change is contraction and resistance, and this friction hurts. Can you learn to allow change without contraction and concern? Perhaps, on a good day. Not on a bad day. And this is acceptable. The less you worry about how foolishly you worry the less you condemn yourself for fearing that which turns out not to be scary, the less in the end you shall have suffered.

We encourage each to be patient with the self. It is not a characteristic of your illusion that things be clear, and yet there lies within each a heart that is full and fair and perfect. And there is a door into that holy place that is within. We encourage each to knock upon that door each day and say, "Good morning. Today I am with the infinite Creator. Today I am love made visible. Today I am. I am. I am."

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light.

(Tape ends.) ♣

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Sunday Meditation
November 12, 1995

Group question: We are taking potluck today.

(Carla channeling)

We greet you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Thank you for calling us to your meeting on this day. It is a great privilege to have offered to us the opportunity to share our views with you. As always, we ask that you use your discrimination, for we are fallible creatures as are you.

The vibrations that this group has, in its melding together, are heavy with the weariness that is of the spirit rather than of the body, although each here also has some degree of physical weariness as well. And this being the case in a group which is often very high in energy we would take some time to work with the concept of having the lower spiritual and emotional energies, for as in all conditions or estates of living such a situation has much to offer in the way of learning and in increasing the capacity for personal compassion.

Energy is the most fundamental of ideated structures within your physical illusion. The shapes and forms of manifestation are illusory, they being instead fields of energy. Even your physical body can usefully be viewed as a field of energy which contains multiple energy fields which work in cooperation with each other within the structure of the shell energy of the physical body. So that when the seeker experiences low energy it is experiencing a symptom which points deeply into the structure of the manifested being. If the energy of the field becomes untenably weak the physical vehicle simply ceases to function. A breath is expelled and another is not taken. Even if there is nothing physically wrong with the physical vehicle it is possible to cease viability strictly because of the disintegration of the energy field.

This is quite rare among your peoples as a cause of death, but it can be seen to occur in the case of the entity who has lost a mate after having a long and mutually beneficial experience together. When one leaves the physical plane the remaining mate not infrequently chooses to turn the whole being towards the day when he or she may be reunited with the loved partner and this affects the energy levels within the physical vehicle to the point where any illness which is encountered is embraced and used to effect the ending of the experience which is desired.

When the kind of weariness that a seeker feels is spiritual in nature it often signifies a time in which the experience of incarnative life will seem very difficult. Small matters seem to take on a larger aspect, and therefore any small change or unexpected occurrence triggers catalyst far in excess of what the seeker would usually expect of itself. It is a condition

of vulnerability because weariness sensitizes the perceptive web which alters the level of information given to the physical mind and to the consciousness within. Small efforts seem to become major. The mind turns from tasks that normally would be accomplished easily, for it sees these tasks with the jaundiced eye and the discontented heart of the weary seeker.

The sense of self is disturbed and the level of comfort of mind drops. Into this weakened web of perception can come extremely helpful—this instrument is not able to find a word for the essences that are available within the deeper mind. But the state of low energy, because it increases sensitivity, offers the opportunity to go more deeply within the self, reaching towards those essences that can be called archetypical, those essences which this instrument would call hope, faith and charity.

So we ask each to gaze upon the weakened self, not with impatience but with, as far as possible, an undismayed peace of mind, for you have come into this illusion to be affected by it. Yours is not the path of evenness and spiritual perfection. Yours is a path that is full of dimness, confusion and perceived difficulty and suffering. Above all things we would ask you to retain the concept of what is fundamental, spiritually speaking, in this experience. That which is fundamental is the one original Thought which is Love. In a weakened state one has difficulty in reaching out to others in love, reaching to the self in love, and reaching to the Creator in love. However, in this weakened state one is more able to allow the self to be ministered unto by these essences which dwell, irregardless of the surface consciousness within, deeply seated within the unconscious mind.

The instinct sometimes is to thrash about mentally attempting to affect the energy state, to bring it into what is seen as a more advanced or acceptable state. Insofar as you can be aware of this tendency, we encourage you to say to the self, "Peace, be still and stay where you are. Abide. Rest. Release the effort to better or improve your situation," and allow the deep self to open into the consciousness. Allow that essence that is the Creator, that is love itself, to minister unto you. There is no need to thrash or wrestle. There is no need to give sermons to the self. There is no need, in fact, to alter the state you experience. The need is simply to remember love, for all things shall pass but love. Moods shall come and go. Incarnations bloom, wither and die. Love remains.

Those who strive each day, each moment, walk a razor's edge. On the one side of such intentional living lies a golden land of ideals and promises, dreams and heartfelt emotion. Your garden of Eden, your Elysium, and your heaven lie within those broad expanses of psychic energy. On the other side of the razor lies the bleakness of despair, the darkness of midnight and the hopelessness of those lost within the sea of confusion, rudderless, suffering, questioning and doubting. Is it any wonder with two such contrasting experiences available moment by moment that an even, steady life is difficult to arrange? And yet we ask you to gaze at your ups and downs and see that you did not come here to walk the razor without falling, but rather to see that balance and aim towards it.

Give it your best effort and when you perceive yourself falling off of that evenness into rosy idealism or bleak despair allow those emotions and know that all states of mind alike have as their basis, love. See the self, the consciousness that dwells deep within as a kind of tree of life. Or perhaps we should give it as a vine, for the vine itself, root and branch, is the Creator, and you, each, are a branch off of that vine. By your own free will you choose to graft various other plants, shall we say, other kinds of vine onto that vine and so your experience is a kind of hybrid.

Some grafts take the self towards the ideal and seem most fair and beautiful. Some grafts do not take well at all and the vine that issues from that graft is sour and bitter and difficult to digest when that fruit is plucked. And when the mouth is bitter with the taste of despair it is difficult to remember that the basic vine is love and that one needs only to travel back down to the roots to ground the self in the Creator. In times of difficulty, goading oneself towards enthusiasm and inspiration is not our suggestion. We indeed would suggest that you avoid pushing the self around except when it is deemed absolutely necessary. Rather, attempt to come into a relationship with the momentary self in which that self that is suffering is seen as a child, a child that you can take within the embrace of your own heart and rock and comfort and strengthen.

You can take that child and open the doors of your attention to love and let that love dwell, beaming, radiating that one great original Thought until that

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child within is permeated and completely saturated with that love that dwells so perfectly at the center of your being.

As you learn to work with your own moods without judgment, without reproach, but with love and patience, so you shall begin to learn peace, for peace is not the removal of all that is not peaceful. Peace within is a fruit of regular, repeated, consistent and thoroughgoing willingness to experience the self as the self and to regard it with love, for all things in their time shall certainly occur within you. The best and the hardest of experiences alike shall come to you and flow through you and recede at last. And so the surface shall always be confused to some extent, but it is in the grounds of your being that the work you wish to do shall be done. Be patient in that work. Be quiet when you try to judge. Remember, and refrain. And as you find charity for yourself, so shall you be able to be part of the good in other people's experience. The peace begins within.

We would at this time transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet you again in the love and in the light through this instrument. At this time we would offer ourselves to any further queries which those gathered here may have to offer us. Is there another query at this time?

K: I would like to ask about the original Thought. This is a product of the Logos that created the universe? How do we experience this one original Thought at this time?

I am Q'uo, and am aware of your query, my brother. The one great original Thought that has set all into motion is the creation itself, that which you experience at this time and that which is beyond your current ability to perceive but which shall become more and more available to you as you progress in your own evolutionary journey. To say that the one great original Thought is the Logos is to somewhat misapply the term "Logos," for the one Thought of the Creator was the thought that It would know Itself. This is the concept of free will as you know it.

The means by which the Creator decided to know Itself was to employ the great creative energy and power of infinite numbers of Logoi so that each Logos is as a star or sun body and is an entity of completeness with all densities represented within it. Each Logos has within its care some form of planetary system that also offers the opportunity for what you know as life to be created and supported therein and to move upon the evolutionary path utilizing the free will embedded within all creation by the Creator in Its one great original Thought.

Is there another query, my brother?

K: How were you able to perceive the nature of the one great original Thought if it was in the mind of the Creator or within the Creator?

I am Q'uo, and am aware of your query, my brother. As we all are a portion of this one Creator, cells within the one great body of Being, each may through the process of meditation retire in a single-pointed fashion to that sacred room within and in those special moments of illumination become aware of the nature of the self and the nature of the Creator and the nature of the creation as being One.

Is there a further query, my brother?

K: You speak of yourself as the principle of Q'uo. Are you not a collection of unified souls—what I would call souls—in your present state?

I am Q'uo, and am aware of your query, my brother. As a principle, in our particular experience, we are a blending of two of what you would call social memory complexes that have united their efforts to be of service by offering our contact to this group. Thus, the blending is as a principle.

Is there a further query, my brother?

K: I would like to clarify. Was there a single Logos that created the multiple Logoi of which you speak to make the Big Bang theory of the universe? Is the Big Bang theory correct, and what the Creator used to make the creation?

I am Q'uo, and am aware of your query, my brother. We would suggest that this one Logos was indeed the one Creator who then created the infinite number of Logoi that you may see in your night sky as a representation of infinity. Each Logos, then, has a various strength or capacity for creation, some having created a solar system, others having created an entire galaxy, each being one of an infinite number of Logoi.

Is there a further query, my brother?

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K: Some spirits say that they can travel by thought between galaxies. Is there a medium required to travel between galaxies by thought, or is this a consciousness or mind that would allow that?

I am Q'uo, and am aware of your query, my brother. We would call this a discipline of the personality that would reflect what you would call the level of one's spiritual understanding that would allow entities to move throughout the one Creation in thought and in what you would call zero time. Most entities of the third and the fourth density vibrations move with the aid of mechanical devices that allow the physical vehicle to be transported in time through space. As these entities continue upon the evolutionary journey and improve their means by which they seek union with the one Creator then are opened to them the disciplines of the personality that allow movement without the necessity of mechanical devices.

Is there a further query, my brother?

K: What happened in Roswell, New Mexico in 1947? Was there one flying saucer in Soccoro, New Mexico, or were there two? Were they from the psychic dimension, fourth density?

I am Q'uo, and am aware of your query, my brother. And though we find this is an area of great interest, especially at this time, among many of your peoples, we must refrain from working this riddle, for it is of importance to many to find this answer for the self and we would not take from them the fruits of this endeavor.

Is there any other query?

K: No, thank you, Q'uo.

I am Q'uo, and again we thank you, my brother. Is there any other query at this time?

R: No question, but could you say "Hi" for us to Hatonn?

I am Q'uo, and we are pleased to report that those of Hatonn are always with this group in spirit and lend their aid and love to each.

Is there a final query at this time?

(Pause)

I am Q'uo, and we are greatly filled with joy at the opportunity of joining our vibrations with this group once again. At this time we shall take our leave of this entity and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

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The Aaron/Q'uo Dialogues, Session 27
November 17, 1995

(This session was preceded by a period of tuning and meditation.)

Group discussion: *(The group agreed upon the topic of living the devotional life in all of its variety and dimension. Thoughts from the group are presented below.)*

We had originally thought that we would talk about living the devotional life.

R says he is thinking about the fact that he takes himself too seriously.

G is thinking about the oneness of all and yet feeling different as well.

Barbara said that many in her group were feeling the "two by four" between the eyes to learn lessons, and I. says that this is not always the case.

Carla says that just deciding to live the devotional life is the only way to do it.

Incarnation as the devotional body is a statement that I. would like either Aaron or Q'uo to speak on. This life, this job, is devotional, no matter what we are doing. Do we have information on being too hard on ourselves, or could we focus more on that as well? The devotional life is not so much what you try to do as what you are able to do; and we get angry with ourselves for failing time after time.

G enjoys reading what Barbara has to say about living her normal life, because that is practical.

Q'uo: We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is both a blessing and a great privilege to greet each of you this evening. We are humbly privileged to be called to share our opinions and thoughts with you. We would ask, as always, that you use your discrimination as you hear what we have to offer. If the thoughts ring within your resonant heart then we offer them freely. If they do not ring true, then simply leave them, put them aside and move on; for truth is a personal and intimate matter. And each person will recognize her own truth.

We are blending our vibrations with yours; and as we weave our way through the ribbons of your thoughts we sense the energy of birth and transformation within each who sits in this circle of seeking. Each seeker sincerely wishes nothing more than to find truth in the self, in the environment, in the thoughts, and in each other. Each has a burden that is carried at some cost, and each has a yearning that cries within and yet is deeper than tears can express: to love, to be loved, and to be of true service.

Each may well and justly consider himself a devotee, an adorer of that which is of ultimate truth. The level of anguish that has been experienced as each

walks along the path of seeking is sometimes quite high. And as we speak concerning the living of a life in faith—that is, the devotional life—we cannot promise that any of you will find in our words or in any others the goal that you so desire. For within the classroom of earthly life the questions are far, far more important than the answers. And the desire, the emotions of yearning and hope, are in themselves more highly to be regarded than any knowledge that can be expressed in words for the life of the seeker within your density's journey from the head to the heart, from knowing to loving; nevertheless, much in the way of tools and resources that may aid in seeking can be expressed. But as we move through many considerations and details, please remember that your keen thirst for an inner reality that pierces the illusions of earthly life holds within their invisible field a strength and a truth that shall, one day, be a revelation. And in that day, knowing no more than you do now, you shall yet be satisfied.

At this time we turn the microphone over to our beloved brother Aaron. We leave this instrument in love and light. We are those of the principle of Q'uo.

Aaron: I am Aaron. My greetings and love to you all. I ask your forgiveness for my intrusion on your planning session. Of course, this is your human choice, because this concerns your human experience to which we properly respond.

There are many of you with slightly different needs. I will attempt to extract from the expressed needs, the commonality of need. You all wish to lead your life in love; and yet sometimes incomprehensibly to you, you end up living parts of it in fear. Sometimes you judge that fear and say, "I am no longer living the devotional life. How do I get rid of my fear and return to love?" Others of you understand that both the love and the fear are expressions of devotion. But still your strong choice is to live your life in love, and there may or may not be subtle judgments about fear.

I do not want to go too far here, only to express that my perspective is that simply to incarnate is a devotional act. It takes tremendous love and courage to move into incarnation. To live the devotional life is not to be rid of fear; but to even offer that fear is part of the devotion—to learn that everything is an expression of God so that the love is found within the fear, for fear is merely a distortion of love.

My brothers and sisters, if it feels appropriate to you, my brother/sister Q'uo and myself would choose to focus on this question: "What does it mean to live the devotional life?" And how do you run askew of that meaning when fear prevents you from seeing the truth of fear and you find yourself moving into a stance of self-contempt for the fear-based actions or need to get rid of fear?

I make this statement in an attempt to pull together those threads of commonality, not only in your verbal questions but in your thinking. Please feel free to redefine the question and put aside my suggestions if they do not feel appropriate. I thank you. That is all.

Aaron: I am Aaron. Please take my words and consider them within your own heart. I am not omniscient. I can only speak to you from my own perspective, which I offer to you lovingly. If my words ring true to you, please use them. If they do not ring true, discard them. If any words that are offered to you do not help you to live your life with more faith, more skill, more love, you must always put them aside.

I wish to speak about living the devotional life. First we need to ask *who* wishes to live the devotional life, because there are many aspects of your self. The soul knows that it always lives the devotional life. It does not live behind a veil, so it sees clearly. But once you walk into human awareness, it is a struggle to live the devotional life. You struggle with that which seems inconsistent with that life.

I wish to offer you an example. Be a fish with me, twenty yards down under water. Feel the heaviness of the water, the darkness below you. Look up and see the light. Seen through the density of water and then through the atmosphere is the sun. It is hard to see this orb. Certainly there is something called light, but there is no clear perception of the source of that light. Now please emerge from the water; and when you arrive at those last inches, suddenly, "Ah! There it is! The sun! This has been the source of light."

This act of looking through the surface, this moment, is akin to the spiritual awakening that each of you have experienced in your lives. Some of you clearly perceived the spirit realm as children, so there was no moment of awakening to the truth of the

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spirit realm. But even for those of you who experienced that realm as children, there was a time when suddenly you understood, "This isn't concept; this is real. This is the deepest root of my being." There are some of you who were further under water and had the precise experience of looking through the surface, seeing the sun, and coming into the belief, "Now I am seeing clearly."

But my dear ones, what about Earth's atmosphere? You still do not have a direct experience of the sun. Your meditation and other inner work bring you into that space where finally there is nothing to distort the direct experience of the sun; but still you are seeing at a distance. Then you must go into the heart of the sun. "I will be burned up, destroyed," you say. Yes, "I" will be destroyed. The self cannot exist except as concept in the brilliance of that sun. Self is seen only as the tool, having no other existence other than as the tool; and yet it must be cherished because it is the tool of the incarnation and you need it. But you wear it only as a cloak; there is no identity with it. It is a tool!

When you come to the readiness to release even ego self, then you are ready to dive into the heart of the sun—no water, no atmosphere, no distance. Here, at last, is the direct experience of the sun. And what do you find there? One has to laugh as one enters that moment because you find that you have always been there, that you have never left, that the rest was all illusion.

The soul knows that it always lives the devotional life, because it knows the reality of itself as spirit. Those who live in the heaviness of Earth's atmosphere (never mind those under water who are not yet aware of the sun) become caught in thinking there is something they need to do to experience the sun. And from the relative perspective, indeed, there is. Here is where confusion lies.

The doing is not to wage war with the ego, which solidifies the illusion of relative reality. The work is to bring even the ego self into the Divine, to the divine Self. You cannot transcend ego until you accept ego. The work is not to wage war with ego self until the Higher Self wins, for that is an impossible task, self-defeating from the start. The work is to embrace the ego self so that it becomes transparent, becomes seen as a serviceable tool of the incarnation.

You, as human, have a challenge, which is to move in both places at once: within the relative structure in which ego seems solid; and within the ultimate structure, which sees with absolute clarity. Relative reality lies within ultimate reality.

My friends, think of a carton. Set yourself down inside it. The lid is closed. Here is your relative reality. You think that is all there is. May I ask you to take a finger and poke up the lid. Slowly raise the head just enough so that the eyes can peer out. Aha! There are a thousand; no, a million; no, ten million or far more cartons which beings inhabit. And around them is this infinitive space which we call ultimate reality.

You can never leave ultimate reality, and so you can never cease living the devotional life. And yet the relative human must, in part, give its effort to the living of the devotional life, not because that effort is needed for the devotional life to be lived but because the offering of effort is part of the teaching tool of the incarnation. I wish to turn the microphone over to my beloved brother/sister/friend Q'uo. That is all.

Q'uo: We are those of Q'uo. We wished to wait until the competition for sound value went a little more towards our favor, as the sound of sirens somewhat overmasters the human voice.

It is just such moments when the pilgrim soul identifies the sound of a passing siren and thinks, "What an intrusion it is into my peace," and yet you also dwell within that siren's wail. You are the entity in the ambulance. You are the child trapped in the fire. And the siren may be equally, justly, seen as the aid, the tocsin which rings, to remind the heart of the love it bears for that portion of the self caught in pain, in fire, or in the ceaseless athanor of the alchemist's lore.

"Who seeks the devotional life?" asked our brother Aaron. Who, indeed, should stand up and say, "I am the real person"? What portion of self can represent that seeker? We ask each to look within and estimate how much the self has been included as an object worthy of devotion. Those who seek along the path of service to others can more easily see and recognize those efforts poured out upon friend and stranger far more so than they can look within and see there, those portions of the self that need support, comfort, reassurance, and that ineffable quality you often call mercy.

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Why is the self so often not an object of devotion? Perhaps in part it is because the seeker hears its own thoughts and sniffs the dark side some dark thoughts suggest or even reveal. And how righteous is the self in judging that dark side, that "hue-manity"? Now, it is our perception that it is entirely appropriate for the self to be more and more aware as it goes through the incarnational experience that this dark side of self exists. We ask you not to flinch away from that portion of your human nature you perceive as dark.

You are a whole and completed entity bearing all that there is within the mystery of your consciousness. The illusion that you enjoy presents the night and the day, the dark side and the light side, as the entire globe of your Earth turns again and again … light following dark, following light, following dark … This is the nature of the dance you now are enjoying to a greater or lesser extent.

Perhaps the greatest single stumbling block to the self's perception of how to live devotionally is this vein of judgment that the human lode contains. As in all ore, you are miners digging through useless rock as well as precious. Do you judge the material surrounding a vein of valuable metal because it is not that valuable substance? Or do you simply process the ore to refine it and to purify it?

Truly, as that precious metal within you—that pure consciousness—is refined in the furnace of incarnation, it is very helpful for the self to learn to minister to the self within that is undergoing transformation. What age are you within? What age is the shadow side of self? Is not your isolation—your feelings of alienation, this whole constellation of painful lacks and perceived limitations—the product of a young child's agony as it attempts to grow into that which it was not? We suggest to you that when you begin to turn to self-judgment that you perhaps turn again and take up that self within that you perceive as misbehaving and embrace that being, showering it with compassion, for it does no more than express its nature.

You judge not the slag, the dross. It simply does not make it into the ring, the ornament, the coin … Just so, love all of the self. This seemingly imperfect instrument is in fact perfectly created to give the seeker the maximum degree of potential for learning. Sometimes lessons come hard, but it is precisely your confusion and perceived lack of understanding that place you in so exquisite a rightness of position to meet and to learn to embrace and cooperate with the destiny that you have planned for yourself within this incarnative experience.

We would at this time turn the microphone back to our beloved brother. We leave this instrument in love and in light. We are those of Q'uo.

Aaron: I am Aaron. Q'uo picked up the words, "What aspect of the self is the real self?" Have you seen a small child playing in costumes? Perhaps it picks up its mother's briefcase and pretends to be a businessperson, or picks up a cooking spoon and apron and pretends to be a cook. It is very easy to see that each masquerade the child moves into is an expression of the true Self.

Just so, in incarnation you wear many masks. Is one the true Self? They are all expressions of the true Self. Which true Self is that which is no self at all, but empty of ego identification, the transcended Self which rests fully in its own Pure Awareness, in its own divinity?

You are familiar, of course, with the lines in your scripture known as the Bible that God created man in his/her image. I beg your pardon. I ask that you look for a moment at that sentence. This which we might call God is infinite love, infinite wisdom and intelligence, always thinking to expand itself and to express itself. The individuated awareness is one expression and furtherance of the Divine. It also moves into myriad experience as the child that masquerades. It is all part of its coming to know itself.

My brother/sister/friend of Q'uo has spoken eloquently of what happens when that which is being expressed in the self is that upon which judgment arises. For example, when that which has arisen is anger or fear or greed, Q'uo has suggested that you are pulled out of the experience that you are living the devotional life. When fear solidifies as judgment and in effect closes you into that box which I described earlier, from which place you lose perception of your divinity, then you cease to see the larger Self which is no self and how self is offered these myriad expressions as part of its learning opportunity. And instead, you move into a pattern of fixation on what arose in experience and into a relationship with that expression in which you must either call it good or bad, to be kept or to be gotten rid of.

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There is nothing wrong with discriminating mind. In fact, you need such mind for the incarnation. The judgment that flagellates the self is unnecessary to discriminating mind. Discriminating mind can simply observe, "This is unskillful." But the energy field need not contract around that discernment. It is made from a place of Pure Awareness which sees the human slipping into fear. *What* slips into fear? Fear slips into fear. Do not go with it! It is only a problem when there is no awareness that one is slipping into fear. Then the energy field contracts and it is as if the box lid were shut. Then you forget who you are. You begin to believe the masquerade, to believe, "I am the bad one who's feeling cheap, who's been cruel," or whatever else may have arisen. You forget that there is a soul out there, and this moment of feeling fear is simply one expression.

Fear is not to bind you in a box of hatred. Fear is to teach you compassion. That was the whole reason for your incarnation: to move into a situation where you find the catalysts which help to open your heart. You do not have to get rid of anything. When you do not need it, it will go. As long as there is an attack on what has arisen in the human self, there is separation from the self and from the Divine of which that self is expression.

I want to ask that you begin to observe this contraction of the energy field. When a fear arises—anger, desire, impatience, pride—then, as Q'uo pointed out, judgment arises that says, "I shouldn't be feeling this," and with that judgment you move into a space of strong self-condemnation: "Fix it. Get rid of what's broken." But, my dear ones, nothing was ever broken.

Does a mathematics teacher put a hard problem on the board to convince you that you are inadequate or to help you learn how to solve the problem? Does incarnation hand you the heavy emotions which give rise to judgment in order to confirm your inadequacy or to teach you compassion? The question is not that these heavy emotions arise, but rather is wherein identification lies.

With the emotion and the clarity that can observe the emotion arising without ownership of it, here is the hole poked through the box so you can see the space, see the angel that you are. "Ah, yes. I am here experiencing this heaviness for a reason. I don't have to hate myself for experiencing it, only love and respect the experiencer of it. My aversion, then, is against the unpleasantness of the experience; but I don't have to attack myself that it came into me. Instead can there be greater compassion for this one?" This clarity is one essence of living the devotional life.

On the ultimate plane you are always living the devotional life; but on the relative plane, in order to live that life there must be a willingness to stay in touch with the divine aspect of the self, to create that spaciousness whereby the true Self can be seen through the clouds of delusion.

To live the devotional life is to be willing not to attach to fixing the self, but rather, to aspire to loving the self. There is effort involved. It is the effort to learn that the box is transparent. As long as the box seems solid, it provides both barrier and safety—barrier to protect the small self and safety to that which is "outside" and may seem threatened by the negative thoughts of the ego self. And so you hide in the box.

To live the devotional life is to love the Divine so much that you are willing to put holes in that armor, to give up your fear or at least your ownership of that fear. When you poke holes in the box you cannot help but see the brilliance of the light that shines beyond, shines through even into this expression that we call small self. Can you love this small self that falls into mud puddles? It is easy to love God; but can you love this that quakes in fear, that sometimes lies, grasps or abuses as expression of that fear?

Q'uo: We are those of Q'uo and are again with this instrument.

In closing we would ask that as you lay your frail barque of flesh down between the soft, cool sheets of your bed, think on all your attributes and shower them with your affection. "Ah, sweet feet and legs that have carried me where I chose to go this day … ah, dear back, strong, bent under the burdens of the day … kindly stomach, hard-working heart, sweet tongue spouting such folly … ah, dear, dear pride, lovely vanity, elegant sloth …" Do not fear these attributes. They are yours to command, to use in understanding more. They all are yours—precious, precious gifts. Without all of your attributes you could not swim so well in the sea of confusion that is breeding new life within you.

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Tuck yourself in with love this night, and cast all your burdens into the powerful and compassionate arms of the Creator, whose nature is love and whose love is nearer than your breathing. The Creator does not care that you perceive yourself as imperfect, for the Creator knows your heart and dwells therein in perfect contentment.

Good night, each weary spirit. Our joy at being given this opportunity to share with you this weekend is too great to express. We love and bless each of you, and for now leave this instrument and you in the ineffable Mystery of the love and the light of the one infinite Creator. Adonai. We are those of Q'uo.

Aaron: I am Aaron. You are weary and I will be brief. No more words or thoughts; but I want to bring your bodies into this because you learn with these bodies. Both Q'uo and I have raised the question, "What do you do with this judgment? What about these contractions of self-condemnation or of heavy emotion?"

There is an exercise drawn from Tai Chi called "pushing hands." In this exercise, two people stand face to face, one foot behind the other and arms resting, forearm against forearm. A pushes sharply. B's usual reaction to that push is that its body's energy contracts. If it is deeply aware, it may go only as far as that contraction; otherwise, it will push back or resist.[1]

A is not just another person. A is all of those conditions of life which push at you. When life pushes you, you have two choices. The traditional choice is to push back, but you can also learn to dance with that force, to absorb it; and when the force releases itself, take it back. It is quite powerful to practice this and watch that which wants to resist arising, to see, "I can't just will that the resistance fall away. I can wish it would go, but I can't make it go. I can pretend it's not there, but that doesn't mean that it no longer exists. But when I soften around that resistance, not trying to make it go away any longer and not acting it out, but just making space for it, then I become able to dance with that which pushes at me, be it internal or external. And with the worst hailstorm falling on my head or an emotion arising, I give it more space and become able to dance with it."

I want Barbara to demonstrate this to you that you might practice it tonight and in the morning, so that we may talk a bit about the exercise and what it means to dance with life.

It is such joy to rest here in this circle of sincere and loving seekers. I express a gratitude that you have invited me into your circle. I love you all and wish you a good night. Barbara will show you this exercise when my words are concluded. That is all. ♣

[1] Aaron is using the letters A and B to refer to two individuals in relationship.

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The Aaron/Q'uo Dialogues, Session 28
November 18, 1995

(This session was preceded by a period of tuning and meditation.)

Aaron: I am Aaron. Good morning and my love to you all. I hope you have had a restful night. A few of you are aware of dreams in which you were observant of the movement between contraction and opposition to it, and to dancing with that catalyst and the resultant contraction about which we spoke last night. We have been talking about this balance between the ultimate being—which is whole and knows its wholeness, which experiences no veil separating itself from the reality of its wholeness—and the relative being which perceives itself to be less than whole and is struggling to become whole.

You are not incarnated to get rid of that struggle, but to live it out and learn from it. You must cherish the experience of the incarnation without getting lost in it. This, to me, is another aspect of the devotional life: the willingness to work in an ongoing way to keep both doors open, cherishing and living the incarnation from a perspective that sees it clearly.

You are the mother tying the child's shoes before it leaves to march in the parade, straightening its collar, adjusting the outfit, smoothing its hair. And you are simultaneously on the tenth-floor balcony observing not only the whole parade but the infinite landscape through which the parade marches. From that perspective you cannot see whether the child's shoe is still tied; but if it is not tied, if you had not given that care on the relative plane, then it might stumble and fall, disrupting the entire parade behind it. And that disruption you would see from your balcony.

So, you must attend to both, attend with infinite care to the details of relative existence. And that attendance is what I name as devotion—attending but without fixation, with the spaciousness which sets you up on that balcony. You might even move to the sixtieth floor where you can see all the neighboring villages and all the other parades.

I want to invite you to do a small inner exercise with me. Walk into a bathroom with me. Turn on the faucet and observe the water filling the sink. Suddenly it threatens to overflow and the faucet that turned it on does not turn off. It seems to turn in only one direction. The water is up to the top lip now and here it comes over the top, running down onto the floor. Try to turn it off again; it will not turn. Feel the tension building in you. It is streaming over the top now, a literal waterfall, and you know that this bathroom is directly above the living room. It will leak through. Quick, gather towels. Mop up the water. Toss the saturated towel into the bathtub and take another and another. If you go fast you can keep up. Can you feel the tension of that? "Me against this water." This is the

relative human. And now I walk into the bathroom and pull the plug. *Whoosh!* The water goes down the drain. Feel the tension relax?

Life constantly hands you its barrage of overflowing sinks, of problems to be solved; and your energy contracts into a self that will handle those problems. This, my dear ones, is not devotion. This is control. This is fear.

Even if that sink was above not your own but your neighbor's living room in an apartment, and if your desire to stop the water was so that no harm would come to your neighbor, implying focus on service to another—when you are meeting the issue with that contraction of fear, you are simply moving into a perpetuation of an old pattern which believes that the ego self must be in control. If it must be in control, then there is something "other than" out there of which it must be in control.

So, you move into the myth of strengthening the self, being the powerful or capable or good one. There is nothing "other than." In the moment when you symbolically pull the plug, you shift tracks from the fear track to the love track. You come back into harmony. The universe is not throwing mud on you in order to make you feel small or inadequate. If the universe does fling mud on you, in some way you have invited participation in that experience because the soul sought the experience—that 4X4 beat over the head that we talk about—sought the experience because there was a higher area of learning which it sought, and it did not know how to open to that area of learning.

I want to offer a brief example of Barbara's experience here. She did not ask for the tendonitis in her shoulder or the hernia in her belly. The conscious self did not want these distortions. The conscious self wanted to be healthy and free of pain. The higher wisdom sought the experience of moving into full harmony with the universe and was aware of the use to draw to itself the catalyst needed to make evident the areas of delusion, so as to allow the fullest possible expression of this intended harmony. The personal self agreed, without knowing the details, "This learning is the highest priority. Whatever it takes, I agree." It was offered milder lessons of the truth of harmony and was unable to pay attention to those. It truly needed something either life-threatening or physically painful to catch its attention.

And so, the body began to manifest these symptoms, these symptoms rather than other symptoms, because they grew out of a karmic stream, because there had been past injuries to the body in these areas and there is a cellular level of memory which perpetuates that distortion until it is released. My intention here this morning is not to explain how karma works in depth, so I will leave off that particular track and be glad to answer any questions about it at another time.

Simply put, here was the human frantically mopping up the floor, and it needed to be reminded that the water is not "other than." You need not attack it. Instead of perpetuating the practice in which you find yourself in opposition to it, stop. Use whatever practices are necessary or useful to release the tension of these old patterns in the ways that you practiced in the dance last night. That is one type of practice for coming back into this sixth-floor perspective; and then you see all of the other possibilities, nothing in opposition to you. Pull the plug or open your heart or whatever is appropriate in that circumstance—"Nothing against me."

To do this over and over and over is to live the devotional life. This is coming back to the memory, "I am divine and everything is divine, and I do not need to live my life in fear and disharmony." To do this is so difficult because the personal self is so attached to its fear, attached to its perpetuation of its mythical separation. It has felt safe, albeit alone, in that separation. And you are constantly asked to give up that mythical separation which has held you alone but safe, to offer your fear of the Divine—not getting rid of it, just releasing it/offering it—to offer your unworthiness, another illusion; to offer the myth that you are bad or broken.

My dear ones, all of those myths served a purpose to the personal self. You come to one and then another and you ask, "This one, too? Must I let go of this?" Yes, all of it. With each letting-go there is resistance. When you learn to greet that resistance with a gentle kindness, it is not so hard.

After some time, you find that you can be observant of the parade on the ground level from a basement window that watches the feet go by and sees all of the untied shoes. And you can watch the parade from the sixtieth floor at the same time—a spaciousness which reaches out and ties each shoe as it passes by, but without any fixation on any of this

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passing parade as "self," without any self to protect, just love which comes up to the highest floor and watches the whole process.

At this time I would like to pass the microphone to my brother/sister/friend Q'uo. I want to state here that it brings much joy (I speak for myself here but I know that Q'uo would echo my words). It brings me much joy to share with you in this dialogue pattern, each adding the richness of our own perspective. We speak as two souls speaking to this gathering of souls, all of us gathered together. I thank you with loving and grateful heart for wanting to share with this circle in this way. That is all.

Q'uo: We are those of Q'uo. And we, too, greet you with love, light, and joy in the infinite Creator.

How pleased we are to be exploring that great Mystery which is the ground of being with you. To us it remains an inimitable and ineffable Mystery; and at the same time, as we become more ripened as spirits, we become ever more deeply in love with this Mystery. We know not at what point we shall move beyond distortion, but we care not; for the delight of consciousness is like the odor of remembered flowers, a scent of supernal beauty that stays with utmost clarity in the memory.

We have been talking about the core of the art of living well, shall we say. That core being the establishment of a truly peaceful and non-judgmental attitude with regard to the self in all of its human vagaries. We have encouraged you to have mercy on yourselves and to allow healing, to touch the jagged edges of the wounds that the self's reaction to catalyst have caused. But how to do that? We are not speaking of releasing the self from the processes of self-determined ethics. We do not discourage the seeker from creating personal standards or from attempting with a whole heart to fulfill and honor these ethical commitments; but rather, our concern is that the sense of self not be diminished in the self's regard by the straying from the subjective structure of perceived righteousness or justice.

This work is important to the emerging metaphysical being. To enter into these processes with healing is for many difficult due to the self's disappointment with itself. We might suggest as a tool to be used in moments of self-judgment, the visualizing of a scene upon the stage of consciousness in which the Creator's hand is downstretched, open, palm upward—that hand being as tall as you, you being just able to reach into the palm to give to this outstretched hand of love the gifts of your humanity; for we assure you that the Creator finds these gifts precious. Here is the thing not done. Here is the thing done in error, omissions and commissions that you perceive as erroneous. Give them up. One by one let them tumble into that palm, one upon the other. Here, envy and pride … all the sorry gifts of the undisciplined self.

Now look upon these bits of colored stone that are the form of these metaphysical gifts. To you, when you gave them, they were gray, ugly, broken pieces of self, fit only for the trash. Look now and see the beautiful colors of these shards of a life broken as they gleam and shine—blessed, accepted, and transfigured by the love of the infinite One. These are gifts indeed.

When these gifts have been given, when you see these colors, retreat a step at a time from the visualization and come back to the self—forgiven, blessed, renewed. You are loved in every tiny iota of the fullness of your being. There is, then, the opportunity to begin anew; and truly this chance is always real, not a mirage. For metaphysically speaking, the one who turns over its perceived errors is doing substantial and blessed labor. Take the deep breaths of the light that dwells as plenum in all that there is and know that you are made new.

We would at this time turn the working over to our beloved cohort, that prince in monk's robes, our Aaron. We leave this instrument in love and light for the moment. We are those of Q'uo.

Aaron: I am Aaron. As there will be a fourth session, my choice is to keep the next body of material separate and offer it this afternoon, and to focus our attention here for now. One of you has spoken to me of the questions of the human as teacher and learner. Each of you is always a teacher to other. At times, that which it teaches is the personal ego self. At times, that which it teaches is the Pure-Awareness Self. She states that it would be ideal if all who taught could teach from that highest level, but of course you cannot. Thus, your teaching of another is a process of discovering and analyzing that highest awareness in yourself.

For many of you, because you are aware that the teaching comes from the ego self, you become frozen, afraid to offer that because of your

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abhorrence that you will offer distortion and thereby defile another. I bring this up as one area about which we would like to hear your concerns. Please offer any other questions that come to your minds and to which you would have us speak.

M: In the exercise that Aaron described last night, is there a way to do this without anyone else with us?

Aaron: I am Aaron. I hear your question. You may constantly do this. There is always a partner, although often not a human partner. There is the sink that overflows.

This instrument showered this morning and found some water on the floor. Immediately her energy contracted against the water. Then you must offer that small, whispered, "Dance with it. The water on the floor is not my enemy." If you stub your toe and there is pain, you can fight with that pain or embrace the pain and soften your energy field around it. If the letter which you sought was not in the mailbox in the incoming mail, feel the contraction—wanting, wanting, grasping—and remind yourself, "I am not in opposition to the universe nor the universe in opposition to me. That letter not coming is the catalyst … this is the water on the floor by the tub …"

What is your relation to the catalyst? You will see it constantly at every red light, at every wait in the supermarket line. Noting the contraction, you make the skillful and loving decision to move back into harmony, to observe the contraction with a certain spaciousness and kindness. You are not getting rid of the contraction. If you are late getting across town and hit a string of red lights, you may note at each one that there is contraction.

If you walked across a graveled driveway strewn with rocks and your feet were bare, many of them would prick your feet and there would be pain and contraction. You would not say, "There should not be contraction," but you, out of kindness to the body, might feel anger towards the driveway. "Why does it have to have sharp rocks?" You might think, "Next time I will bring shoes to cross this road," but you do not think, "I shouldn't feel pain." You do not think, "My body should not contract. My body should like the pain." There is kindness to the body.

With emotional catalyst—the red lights as you drive across town—the energy contracts in the same way. Just come back to, "What is tense?" Come back to harmony with the universe. "The universe is handing me precisely the catalyst that I need. Can I sit here with each light, on the ground floor with the human squirming, wanting the light to change, while from the top floor, awareness is observing how much tension this human is feeling and offering it love?"

As you nurture that higher perspective, you begin to keep the door open so that you can come into painful catalyst, observe the painful contraction, and not fixate on doing anything about the contraction—not getting rid of it or flinging your anger about it on another, but just noting, "Here is contraction," and dancing with it.

As Q'uo just pointed out, this does not stop you, for example, from putting on shoes and going out and removing the sharpest rocks from the driveway. You learn to act skillfully from a place of love; to relate to the world in ways harmonious to the human's value system; to bring about change, but from a place of love and not from a place of fear. May we hear others of your questions directed either to Q'uo or to myself, or else simply thrown out loosely for us to decide who will answer?

Carla: Usually when I channel I can feel that the energy of the circle is upholding me perfectly. Occasionally I can tell that in addition to this energy, my essence is somehow being tapped and I am spending a lot of my own energy. Can you give me any insight into whether this is random or whether this is as it should be?

Aaron: I believe we would both like to speak to this question. May I speak first? This is not random. It is the place where the ego self has become more solid, where there is tension—perhaps internal tension about the answer or some thought that the self should know the answer, so that the self ceases for that moment to be a perfectly clear instrument and offers also its own opinion or need or fear into the workings. And this is fine, although uncomfortable and certainly less clear in the resultant channel. But it is your catalyst, your opportunity for learning.

There is a level of mind present in you which is observing this tension. My sister, may I suggest that when you experience this tension, you simply begin to note it as "Tension, tension …" I would suggest that you use a very non-judgmental label. To say, "Ego is present," becomes a judgment. Your observance of this situation in yourself simply points

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out the presence of some tension within you about the question or about the receiving of the answer. And as you note it, "Tension, tension …" you find an infinite spaciousness opening to that tension and you find yourself coming back to the clarity which is your preferred way of channeling, both for the clarity of the answer and to not drain your self's energy. I believe Q'uo would like also to speak to this. I pause.

Q'uo: We are with this instrument. We are those of Q'uo.

We would say to this instrument: My child, you remember the parable of Peter in the boat at night on the Sea of Galilee[2], how Peter saw his teacher walking upon the waters to him. Recall how Peter leapt from the boat and walked to meet his beloved rabbi. Only when Peter became aware that he was doing an impossible thing did he begin to sink. And then Peter remembered to reach out his hand to grasp his teacher's. Always your beloved's hand awaits your reach. Always the turning to trust will not be in vain.

We are those of Q'uo. May Aaron and we have the next query, please?

I: When Barbara and I danced a bit last evening, there seemed to be several stages of release as we did. The final stage caused a different sort of contraction because I seemed to perceive flashes of some immense, bright space. But the sense of personal me couldn't find itself there, so it kept retreating. Is it so that there is perceived these stages of release?

Aaron: I am Aaron. I hear your question, my brother. It is hard to think of it as stages so much as continuum from utmost involvement in the personal ego self with no notion of the expanded self to total resting in the expanded self. There lies a vast continuum. Because the mind cannot experience the subtleties of that continuum, it may see it in terms of plateaus. But in the reaching of each plateau, there is a continuum.

Ultimately you open into that space of light. There is no personal self there and there need not be a personal self there. But that does not mean the personal self has ceased to exist. On the ultimate level it never did exist, but was simply one expression of the Divine. But on a relative plane it does not and will not cease to exist.

If you have a screw to set in a hole and you go to your toolbox and get the screwdriver, turn the screw, and then put the screwdriver down—five minutes later has the screwdriver ceased to exist? It does not exist in that space/time, but it still exists. When you reach that place of infinite spaciousness and innate clarity, the personal self simply has no need to exist in that space/time. You will come back to it when you need it.

There are very valuable meditation practices which teach you to rest stably in this infinite space and Pure-Awareness Mind, to rest in the divine Self, and to reopen skillfully to the personal self when you have need to do so. You cannot take out the garbage merely from the soul self. Your humanity is needed. I would pass the microphone at this time to Q'uo. I pause.

Q'uo: We are those of Q'uo. My brother, we ask: What now remains as the direction of your seeking upon this planet within this pattern?

(Pause)

We are those of Q'uo. And in your silence lies a gift that you give yourself. For skill can wane and heart can fail. Yet upon the sea of consciousness there is that spirit which abides, moving over the water to create and alike to destroy. It is in the opening to and allowing of this overarching energy that the seeker will find answers that have no words, but only open the door into that purity of emotion within which lies personal truth.

We are those of Q'uo.

I: Thank you, Q'uo and Aaron.

Q'uo: Is there a further query at this time?

G: I have been working with anger in my partner. I understand his pain and why he lashes out at me, and yet am hurt by this. I don't understand why, if I can see with compassion that his road is different and I can learn from him … how can I be hurt? When I think about this it makes me sad and teary. That's my question.

Q'uo: We are those of Q'uo. My sister, was it the immortal bard which asked, "If you prick me, do I not bleed?" It is appropriate to hurt or to be hurt when there are negative emotions directed upon

[2] *Holy Bible*, Matthew 14:26-32.

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your hapless head. This is his gift to you. To the world it is a kind of abuse to be tolerated. To the spirit it represents, as do all catalysts, an opportunity to respond rather than react, to allow the self to feel mourning, grieving, returning anger and resentment, and every iota of reaction. And at the same time it remains a viable option to decide to create a response that bears feeling from the heart and that turns from pity of self to peace in the end, and from anger to the sender of these errors to an embrace of the arrows that wound and the anger that smites. Until that entire energy is seen as the self, confusedly striking out at its own self, this friction seems hot and very physical; yet the issues underlying this catalyst are old and cold as stone. The challenge is to warm—with your allowing—that system of karmic friction, by your honoring of pain and your utter willingness to suffer until all is balanced.

We are those of Q'uo.

Aaron: I am Aaron. I would also speak to this question. Amongst those of you who place high value on offering your energy lovingly to others and who look with abhorrence on the possibility of offering your energy in ways that will hurt another, there is popular misconception that when you are abused, you must be doormat to that abuse.

The partner offers its anger in seemingly inappropriate ways. There is indeed real compassion seeing the fear, the pain, and tightness out of which the partner's hateful words have grown. There is the understanding that the partner's highest intention is not to hurt you but to defend itself, and that it simply does not know how to defend itself without hurting you. As Q'uo has clearly stated, of course there is hurt, especially as you grow in understanding and in ability to control that which would fling out of yourself in harm to others. The hurt is that the partner is not willing or able to grow in that way and so perpetuates its own pattern of offering hurt to you.

There may even be compassion about that, seeing that this partner is stuck there. So, there you are with your compassion and your sense of hurt, and a stoicism which says, "I will abide. I will tolerate." And, as Q'uo has said, to be willing to suffer as the karmic threads work themselves out is an essential part of this.

But also, there is a time to speak your own truth, not from a place of fear which would defend in the same pattern that the partner defends, but from a loving place to both of you which says, "This is enough." The statement is not offered in condemnation of the partner, but offered in the same way that a loving parent picks up the crying two-year-old who is having a temper tantrum and who has begun to pick up items, such as pots, and fling them. The parent does not condemn the two-year-old; it understands that the child is exhausted. But it wraps it in its loving embrace and prevents it from doing further damage. It holds it lovingly until its energy has quieted.

It is important that the parent does not say, "You are only a two-year-old." It respects the force that is moving through the other, but recognizes that it is not skillful nor appropriate to allow that force to fling itself out at the world. Sometimes the two-year-old will cry all the harder for a bit.

When you say to your partner, "I understand that you are angry, but your statements do cause pain. Is that what you want to do? Is your priority here to defend yourself and cause pain in me, or is your priority to help us learn to communicate better? But you see that neither of us knows how best to allow that communication at this time. If your real wish is to communicate, can we wait until your anger settles itself a bit? And can we then attempt that communication?"

In such a way you begin to allow the partner the right to its anger, the right to its fear. There is a certain respect for its processes. But there is a clear statement, "While you have a right to your own processes, you do not have the right to pour the energy of those processes on me in hurtful ways."

Of course, it is more complex because sometimes the partner does not seem to be ready to hear that statement. I do not pinpoint the question here; but in certain circumstances you will find that the other wants to perpetuate the pattern of its fear and cannot tolerate your invitation to move beyond its fear, and so it becomes necessary that you part ways. In that situation you will have to ask yourself, "Am I willing to allow the continuance of this pattern of fear and continue to participate in it in order to have that which I value from this other person, or am I no longer willing to allow the perpetuation of those patterns?"

Most often if you are patient … it will not happen all at once, but if you are patient through weeks, or

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months, or even years, the other will open to your invitation. When I say patient, it is not that you will have to wait years for the beginning of opening, but for the fruition.

Both instruments are becoming a bit tired. May we ask for just one more question? And we'll continue your questions in the afternoon session. I pause here.

I: In the bathroom meditation Aaron was speaking about, he said that when we move from a place of control, we contract into a self that can handle an overflowing sink. He also called this moving from a fear track and not a love track. Obviously this is not truly effective; but there is the habitual thought that to be effective in a situation that we find overwhelming, we do have to take personal control. Love is unlimited. Why don't we find it easy to trust that?

Aaron: I am Aaron. I hear your question. You say there is a habit that, from a place of fear, you do have to take personal control. What does personal control mean? The small ego self is one piece of personal control. The higher self is a different aspect of personal control. This is partway on that progression from enclosure in the small ego self to resting in the Pure Heart/Mind, the Pure Spirit Body that is the ultimate level of your understanding, and unrelated to the personal. The higher self includes the mental body, but it is a place that is free of fear.

My friends, you like your problems, even though you claim to dislike them. You invite them back over and over and over. If you do not have a problem in yourself, you go out and find a comrade whose problem you can solve. To be a problem-solver helps you to feel strong, safe. You repeat the same patterns over and over and over.

If indeed there are infinite solutions, if in fact there has never been a problem, only a situation that needs loving attention, then you must begin to ask yourself why these "myriad solutions" elude you. What is there that does not want to find the solution, because to do so is to give up being the problem-solver, to give up studying the problem?

I would ask you to begin to work from a very different place. Here you are in the bathroom with the sink water rushing over the sides of the sink. Your final goal is a dry floor. You had a stack of a hundred towels, but now there are only four or five left. Clearly this is not going to work. What if you stop this mad rush to be in control and begin instead to visualize just what it is that you want to have happen?

What if G were to begin to visualize a loving and harmonious relationship with her husband? What if she sees how that experience of mutual fear can become two people treating each other with respect? Several things may happen. She may begin to have insight into why she is attached at some level to the perpetuation of the pattern of disrespect, the ways that this pattern keeps the ego safe even though the heart-self longs for communication and light. As she comes into awareness of the ways she has perpetuated the pattern, the heart's deepest wisdom intuitively will provide the pathways leading into harmony. I said before and I repeat, you must be willing to offer up that which holds to disharmony for ego-centered or defended reasons.

As Q'uo pointed out, you must be willing to take that hand which offers to you the strength, the courage, the love to follow in the path. It is not easy. But within those two movements—to offer up that which has so long been held and to seek the Divine without and within—within those two movements is the doorway to growth, to healing, to peace.

At this time I would pass this microphone to my beloved friend Q'uo for final thoughts and the conclusion of this session. I thank you all deeply for allowing me into your circle; and also, on behalf of all who live for the greater opening of love in the universe, my thanks to you for the courage with which you continue to seek those openings of love in yourself. That is all.

Q'uo: We are those of Q'uo. Dear ones, vampires and vampiric energies, those spears which assail and wound, seem to come from the enemy. Yet you are always wounded by your very self. You cannot go around such energy. You cannot escape from this energy, for like an ill wind, it will blow where it will. Yet you can enfold such wounding energy in an embrace which accepts the energy, honors it, and takes it in without fear. Love does abide—not your love, but the Creator's love.

You cannot overspend the love that comes through you. The task lies in allowing the self to become transparent so that the love flowing through creates that glow that recreates the face of the earth. You tremble on the brink of miracles. Lift high your

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hopes and live by faith. We shall speak again soon. Meanwhile we leave each of you with great thanks in the love and in the light of the one infinite Creator. We are those of the principle known to you as Q'uo. Adonai. Adonai. ♣

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The Aaron/Q'uo Dialogues, Session 29
November 18, 1995

Session 29

(This session was preceded by a period of tuning and meditation.)

Aaron: Good evening and my love to you all. I am Aaron. With much joy I rejoin this circle of light. We have been speaking of different aspects of the devotional life. We come to a large aspect, which is ego's desire to blame. Somehow this that recognizes itself as entity may have experienced pain or felt a sense of humiliation or experienced a heavy emotion. Any of these arisings are uncomfortable and make ego squirm.

If there is perceived threat, there is desire to pinpoint the cause of that threat so as to feel safe. If there is blame, there is desire to explain the self and cast blame elsewhere. If there is hurt which has come to the self through another's words or actions, there is desire to raise the shielding of anger. These are all natural responses of the human. They are not necessary responses, such as the response of the body to bleed if the skin is punctured, but still they are natural accompaniments of the emotional body.

To feel anger is not the same as to hold on to that anger. To wish to defend is not the same as to attack another as enactment of that defense. To hold another out of your heart insures the continuance of the karma around which the issue revolved. To live in devotion is to be willing to reflect upon your fear, your anger, your pain, and the ways that the holding of these have served to solidify the ego self and allow it to feel safe.

To reflect upon the attachment of maintaining the anger is the beginning of the consideration that anger or blame might be released. To release that blame and anger is to forgive. To live the devotional life is to learn how to forgive. Forgiveness cuts karma, dissolves it entirely.

At the place where that karma was formed, we find always an energy contraction. The karma is not about "A did this to me," but it is about the way self solidifies around "A did this to me." It is about the misunderstandings that "I must angrily confront A or be doormat to A."[3]

G. spoke earlier about the arising of compassion for her husband. She spoke about seeing deeply into his fears and into what drives him to rage. She spoke of the fact that, although she understands the roots of his rage and feels compassion, she still feels pain. When we feel pain, there is natural desire to return to safety by moving into the illusion of control over the catalyst for that pain. To forgive is to become willing to suffer that hurt, to acknowledge, "I am

[3] As in previous sessions, Aaron is using the letters A and B to refer to two individuals in relationship.

human. I will feel hurt, but I do not have to hold myself separate because of that hurt."

Then you change your relationship with the entire catalyst. Compassion is there; the ability to skillfully say no to abuse is there. And the compassion touches your own condition, your own hurt, as well as the pain and fear which encompass the catalyst. It is not your compassion to him for his pain nor your compassion to yourself for your own pain. Your pain is a part of each other, and compassion is just compassion. It opens your heart and allows the possibility of forgiveness.

Ultimately, with deepening compassion, there is no need for forgiveness, for there is nothing left to forgive. But until that point, forgiveness is a very powerful practice. And, as I have said, it cuts through karma by totally changing your relationship with the catalyst.

Forgiveness is a process and not an event. You enter lightly into the forgiveness. Liken it to the way you enter the cold lake on the first hot day of spring. The air is warm, giving rise to desire to swim; but when that toe touches the water, it is still frigid from the winter's ice. In just such a way, the heart may still be frigid from winter's ice. Kindness does not ask you to go to the end of the dock and leap in. Wade in slowly. If it feels good or even possible, go in. At the point where the feet are numb and there is discomfort, it is time to get out and wait until the water may be warmer. Tomorrow the heart may have thawed just a bit more. So, forgiveness is a process.

To consider the possibility of forgiveness is to touch the deepest hurt places in the self with an honesty which acknowledges the wish to enact pain in return for pain, acknowledges the enormity of the desire to be safe and comfortable. And it is not enough to acknowledge these forces, but one must do so without judgment. Thus, the process of forgiveness begins with the self.

Fear is an illusion. It is an illusion to which the small ego self has become attached. It is a habit. To live the devotional life is to love the Divine enough to take that hand that is offered, to offer up those brown stones that Q'uo spoke of and allow the Divine to turn them into shining gems; to release fear, to observe and release attachment to fear. It is to look deeply at the ways in which the illusion of fear has been used as protection.

You then come to the truth of your being: that the divine Self has no need of protection. You may cut yourself loose from this illusion of fear and have the love and faith to come back and rest in that divine truth of your being, which is fearless. This is not a statement of condemnation of fear. It is simply a statement of a higher truth.

When you practice forgiveness, it must come from a place of opening in the heart which aspires to approach ever closer to that truth, and not from a place of judgment which says, "I should not fear. I should not blame." To do this takes much practice, practice at noting judgment as it arises, practice of simply opening the heart in the myriad of small ways the universe invites you to open the heart.

At this time, I wish to pass this session to my dear friend of Q'uo. Later this evening I would like to lead you in what I term a forgiveness meditation. I thank you for your attention. That is all.

Q'uo: We are those of the principle of Q'uo. Greetings once again in the love and in the light of the one infinite Creator.

Perhaps you have noticed that we have not given you a set of instructions, a doctrine of things to do in order to live the spiritually directed life. This is because it is our opinion that there are as many ways to live a spiritually directed life as there are people who wish to do so. We cannot tell you to spend this number of hours in meditation or that number of hours in prayer, because for one seeker two minutes would be the conservative estimate of how much is necessary to maintain the attitude desired, whereas for another the time would be twenty or thirty or sixty minutes. Indeed, we offer you our thought that there is a very real danger to those who go overboard, as this instrument would say, with spiritual disciplines.

The Creator is not tame. The love that ignited creation is also that which destroys. Intimate contact with Deity can be fatal. And there are those mythical and also very physical and real entities throughout your history whose difficulties and deaths tell their own story. The custom of coming together in order to worship and to focus upon Deity is a most practical safeguard; for the dynamics of the conversation between the Mystery and the group is universal, touching each unique psyche gently, the energy of contact buffered by the group of like-minded seekers. We do not wish to frighten you but

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only to express to you our bias that it is well to be moderate in spiritual discipline and to make haste slowly. For you have an infinite amount of time to progress, whereas you have only minutes, hours, just a few million days, and then you are through the experience. We correct this instrument. It would indeed be a long-lived entity who had millions of days! Our sense in this was that this life experience is precious, and it was not any entity's intention to come to this illusion in order to ignore it or to preserve itself from social contact.

Work in consciousness is something which the spiritual seeker tends to think of as working with the higher energies, and certainly this can be true. However, the most common mistake of the spiritual seeker is that, in its eagerness, it moves into the higher energy centers to do its perceived tasks without maintaining the health and balance of the all-important lower energies.

Faced with weakness, blockage, or stress in the energies which are involved in the self's dealing with the self and with others, the spirit rushes headlong into communication and work upon the inner planes. It is as if the owner of a house with cracks in its foundation set about building another story onto the house. The foundation not being secure, the loftier and heavier weight might very possibly crack the foundation further and the entire structure might end up in pieces.

We would encourage each of you to view the work within these lower energy centers—and this does include work with those close to you in relationship—with great respect and with the awareness of what this instrument has called the one-hundred-and-eighty-degree rule; that is, that if something feels or seems right to the wisdom of the world, it very probably is wrong. If you yearn to back away from dealing with something, it very well may be time to deal with it. If the seeker cannot wait to have an outcome occur, the wise seeker may take that heady desire as a sign that more time is required to evaluate the situation in spiritual terms.

The core of devotional living is an attitude of mind and heart. One way we could describe this attitude is remembrance; for the one who remembers who the self is—that is, a child of the infinite Creator—will respond to catalyst within the structure of that identity. To the one who has the attitude of devotion, all moments alike are moments that take place upon holy ground.

The hundred-and-eighty-degree rule applies also to those things which the world feels are important. The world does not value the laborer who washes dishes, but rather, values the surgeon who successfully excises diseased flesh from a patient, thereby prolonging life. And yet if the surgeon has not a love within its touch, there will be curing but no healing. Whereas if the seeker who does the dishes has that remembrance of the holy nature of all life, it shall be lightening the consciousness of the planet as it lovingly cleanses, rinses, and appreciates each dish; and the very dishes themselves shall lift their tiny voices in praise.

It is the small things of everyday, as this instrument would say—the *chop wood/carry water* of life, the chores, the repeated tasks—that hold the most potential for being part of the training wheels for the seeker who is striving to learn to ride the bicycle of devotional life[4]. Things that are done daily are those things which the seeker can practice daily. And it is the nature of the human mind to form habits; that which is done daily becomes habitual, and through repetition over your years such homely routines can become permanent.

This instrument is having trouble voicing our concept. The closest word we can find is *ganglia* or *node* which acts as a memory jogger, bringing that remembrance before the attention many times in each day. Each of you has had much mental enjoyment contemplating times when the life can be made simpler, and we would encourage such thoughts; for what this instrument has called the little life, the life of obscurity and modest attainments, is that life in which the quality of daily remembrance is more possible, whereas the seemingly brilliant life can often be the husk with no seed within.

The world thinks in large terms and is ambitious for gain, for power, and for authority, whereas the most fruitful path for the seeker does not contain the great ambitions. Those things which create the large or brilliant life sometimes are that which one has incarnated to do. But in the case of the well-oriented spiritual seeker, such a worldly success will simply

[4] *Chop Wood, Carry Water: A Guide to Finding Spiritual Fulfillment in Everyday Life.* Rick Fields with Peggy Taylor, Rex Weyler and Rick Ingrasci. New York: St. Martin's Press, 1984.

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blossom, developing naturally and without the contraction and push inherent in ambition; for ambition in the worldly sense and desire to seek the Creator are polar opposites. For one who seeks the Creator, the refrain of all the facets of living is, "not my will, but thine …"[5]

It is into the heart that is not being shoved about by ambition that the consciousness finds itself bubbling up with joy. We do not mean to suggest that any run away from success of a worldly nature, for it is not success but the drive towards success which influences the attitude. You have often heard the phrase, "in the world but not of it."[6] Brothers and sisters, this is each and every Earth-person's situation. Many feel that they are wanderers from another planet; but we say to you that you are all natives of eternity, and you have all wandered to this place to be together and to help each other to see the Creator in the self, in others, and in each and every mote of manifestation. The living flora of your planet sings in everlasting rhythms the songs of its seasons. As we speak, your great tree creatures lift their skeletal arms to the night sky about your dwelling. As the energies within them tuck themselves away for the winter's sleep, there is the evensong of praise and thanksgiving. It is possible to touch into this energy simply by remembering that all things are alive and aware and loved by the infinite One.

We would at this time hand the microphone to our dear brother Aaron. We leave this instrument in love and in light. We are those of Q'uo.

Aaron: I am Aaron. My dear friend has made many important observations. Especially I would emphasize the importance of the strong foundation before you build. He also spoke of living the simple life and not grasping at attainment, if one would live a life in spiritual consciousness. I want to expand a bit on this statement and also on Q'uo's statement that intimate contact with Deity can be fatal.

I would precede my remarks with this statement that on fundamental issues we speak from identical voice; but of course we each do have our own bias. We are not afraid of that bias, but we rejoice in our diversity. Where diversity exists in our biases, it does not lead us into irreconcilable difference but rather into expanding, each of us moving also to encompass each other's bias as understanding deepens. Finally, neither of us ever has a need to be right, because we know we are not speaking here of wrong or right but of interpretation of experience.

Q'uo says intimate contact with Deity can be fatal. Yes, it can. But I would expand this statement with the observation that intimate contact with Deity can be fatal if there is not the foundation laid, because the high frequency vibration resultant of that contact must have foundation to support. And that foundation is established by the daily workings of your life, as Q'uo pointed out—the working with the lower energy centers, with relationships, with the physical body, and so on.

Intimate contact with Deity, or any grasping at spiritual enlightenment, lays a fatal crack in the foundation when such grasping at contact or enlightenment is grasping from a place of fear rather than opening from a place of love. When the foundation is strong, when the homework has been attended and the opening to the Deity is a natural opening of the loving heart from a place of no fear or grasping—then it is never fatal, but expanding and wondrous. However, you are still in the incarnation. You cannot sustain the intensity of that contact. To seek to do so is to encourage another fatal crack. There must be willingness to come back into the relative human.

I spoke some moments ago about a difference in bias. I speak from the bias of a being who has worked its way through the lower densities on the earth plane. I am quite in agreement with Q'uo that there is no rush. And I know that Q'uo is quite in agreement with me that each moment of incarnation is a precious gift and not to be wasted. And yet from my human experience, I do feel an intensity which Q'uo does not feel. Neither of us is wrong or right. We merely each speak from our own perspective.

That intensity must be handled with caution. If it becomes the grasping of which Q'uo spoke, then you have the fatal crack. When the intensity derives from a loving heart that so deeply aspires to purify its energy, so deeply aspires to move itself into harmony, then that intensity becomes a powerful lifting device, moving the seeker forward on its path. When the intensity derives from the voice of fear that would fix that in itself which it sees as defective,

[5] *Holy Bible*, Luke 22:42.

[6] *Table Talk: On Living to One's Self.* William Hazlitt, 1821 - 1822.

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then it is striving to build that third floor over the cracked foundation.

And so, there must be deepening awareness of which voice is predominant. Usually both voices will blend. It is rare for the human to act solely on one voice or another. But that motivation comes both from the heart of love and from places of fear. You do not need to get rid of fear in order not to be reactive to fear. You do not need to get rid of fear to speak and move from a place of love. But you need to be honest about fear's presence and learn to make space for it so that it does not control you.

A wise man in your nation's history said, "We have nothing to fear except fear itself"[7] … to fear *fear*, to fear falling blindly into the grip of fear. But when we learn to relate lovingly even to our fear, then it no longer controls. It does not need to go away; simply, it no longer controls. It no longer has the power to urge you to build that third story. It allows you to tend to the foundation.

Here I would pass the microphone to my dear brother/sister/friend of Q'uo. That is all.

Q'uo: We are again with this instrument. We are those of Q'uo.

We have spoken of several challenging concepts and would at this time pause to ask if there are questions concerning those things that the ones known as Aaron and we have offered. Is there a query at this time which we or our brother Aaron might answer to make our concepts more lucid or more in focus?

R: Are you saying that we should strive for the best effort but not for the best result?

Q'uo: We are Q'uo. My brother, we are saying that when one is striving to be one's best, there is skill in taking the self lightly. And when there is the lack of striving, then there is the opposite possibility that not enough effort is being made to live that moment to its utmost. The tendency is to strive for the visible or substantial goal and to gaze at the small homely details of life as that which keeps one from the business of living spiritually, whereas it is precisely in those time-consuming, personal chores that the greatest opportunity for spiritual work comes. For each action, each relationship, each detail and nicety of the day, is ripe with the blossoms of love, beauty, and truth.

One who can see the holy in the homely has the greater life than one whose accomplishments are brilliant to the world but whose personal orientation towards large portions of the humble side of life is to get them done in order to get to the important things.

May we answer you further, my brother?

R: I think I need to wait and look for the light side. Thank you.

Q'uo: We are Q'uo, and we thank you, my brother. Is there a further query at this time?

I: You mentioned high frequency vibration with the spirit coming into contact with the mundane mind. I would like to understand that analogy better. Higher frequency in what respects?

Q'uo: We are those of Q'uo. My brother, are you familiar with the concept of octaves? The entire gamut of densities and sub-densities is as the keys upon the piano, equally beautiful and worthy to be praised; but some notes are low, others high. The various energy centers of the physical vehicle and its attendant finer bodies are as the piano in that there are octaves of resonance between the so-called higher and so-called lower energies.

When the trine of lower energies is being attended to, then it is simple and natural to move up to the next octave and the next and so forth. When the lower energies are out of tune, it is as though the musician took the string to touch the half to make the octave. That octave also is out of tune with the creation, having become distorted at the base. Thus, all of the spiritual realm rings badly out of tune unless the foundation is first tuned.

May we answer you further, my brother?

I: The image I get is that we in a way are participating in the building of a home for the spirit, and that the building of the foundation firmly allows that home to be well laid. There also seems though to be a point of raising the point of habitation to a higher level of comfort. The cracks that might appear with incorrect placement or perception are really cracks of kindness as opposed to flaws. I'm sorry, Q'uo, I can't formulate a further question. Thank you.

[7] *First Inaugural Address* by Franklin D. Roosevelt; March 4, 1933.

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Q'uo: We are those of Q'uo. Perhaps it is a clearer analogy to compare the housekeeping of the house that the vehicle of flesh inhabits. The upper rooms are delightful; but there is no dining room, no kitchen there, so that the inhabitant of the house must first cleanse and make acceptable that lower floor, stocking the refrigerator, having the appliances which create your cooked food in order, tidying and sweeping and dusting and making the windows shine. When that lower story is peaceful and in order, then it is the time to ascend the staircase and to enjoy the den, the room of rest, the gazing with the higher and longer point of view out the windows that give so much broader a view.

We mean simply to suggest that the humble and earthly things in your experience are precious, and that this is far too often not realized; and in the lack of this concept, the unskillful soul can make itself rather uncomfortable. Then the self thinks, "How can I fix this? I shall meditate more. I shall contemplate more. I shall read improving works." But the actual point of departure instead lies often in going back to those simple things and giving them the honor and respect that you give to that which is obviously spirit.

There is a great shift of attitude that we are encouraging each to consider at this time. In the metaphysical world, thoughts are things; and this truth, being of the higher octave, overarches the smaller truth. You perhaps have heard the old maxim, "As above, so below."[8] The humble details of life are Deity, many octaves lower; but touch those lower notes and all the octaves resonate.

Is there another question for Aaron or ourselves at this time?

K: Q'uo and Aaron, can you speak to the topic of the coming Earth harvest and any purpose we may have towards care in that future harvest? Or does this interfere with free will? And is there presently on the Earth or affecting the Earth a greater proportion of opposing force because of the harvest (or whatever that may be) interfering, or that may make it more difficult for us to be balanced and stay in tune?

Aaron: I am Aaron. May I speak to your question, my sister? Yes, there is indeed a greater opposing force. This is not a problem. This is not bad/negative. When you lift weights, if you practice with increasingly heavier weights, you develop stronger muscles. When you practice returning love to increasingly heavy catalyst, you strengthen the ability to love. And it is the strengthening of that ability to love which will offer the universe the ability to move into its potential of light.

The darkness is not your foe; it is your teacher. In the approaching harvest, the universe has the potential to arrive at a new balance. Please remember that not only positive polarity but also negative polarity is harvested. But please also remember that at a certain place within sixth density, negativity becomes a dead end.

The concern is that between third and sixth density, negativity can be force for much suffering and so much harm. Therefore, your increasing ability to return love to negativity and not to heed it is one major force that will shift the balance. Negativity that cannot engender fear has no place left to go. This is your work. This truly is the core reason for this harvest: to bring all of the mature, loving, and wise energy into as strong play as possible—saying no to negativity, not with fear, but with love.

My friend of Q'uo would like to speak further to this question. I pause. This instrument returns to a deeper tuning. Please start the tape.

Q'uo: We are those of Q'uo and are with this instrument. The … we must pause, for this instrument needs to retune somewhat. We are Q'uo.

(Pause)

We would ask that you revibrate the query.

K: I required deeper understanding of the urgency that I and my partner and many others around us are feeling presently with respect to our service, our purpose, towards the coming harvest.

Q'uo: We thank you, my sister. The vibration allowed this entity to come fully back into the tuning that it was seeking.

Perhaps you have heard the phrase, "The fields are white with harvest, but where are the laborers to make the harvest?"[9] The field of your planet has become ripe with harvest, and the time of change has begun. It is a process which will take quite some of your years, perhaps as much as two centuries to fully express.

[8] *The Kybalion*, Anonymous.

[9] *Holy Bible*, Matthew 9:37, Luke 10:2.

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Those who have come here to aid in this harvest are activated if they are sensitive to the beating of their own heart. By this time there is the sensation often that there is some specific task to accomplish as a harvester. And sometimes there is. But the primary task of each who has come to serve is to be who you are; for this essence of being is your greatest gift to this planet at harvest. As more and more harvesters are activated, there is the acceleration of the cumulative effect so that it is as if one touches two, and two four, and four eight and so forth.

By being yourself, by seeking to be more authentic and more that unique entity that you are, you are working in the field. For this harvest is a metaphysical one; and as the planetary vibration lightens, the strength of the positive orientation grows. The one known as M. who sits within this circle recently said to this instrument that after a long struggle to know what was its service, it finally realized that it was in the spiritual reserve and was content to wait until its activation notice.

May we answer you further, my sister?

K: Thank you.

Q'uo: We thank you, my sister, most truly, and encourage you to wear that crown which lies heavy upon your head.

We would leave this instrument for this evening and transfer the microphone to the one known as Aaron, only pausing long enough to thank each for the beauty that you share, as you share your essence with us.

We are overwhelmed. For now, we are those of Q'uo. Adonai. We leave you in the love and in the light of the Mystery that created all and is all.

Aaron: I am Aaron. We pause while this instrument returns to a deeper tuning.

(Pause)

Aaron: I am Aaron. I had earlier requested the opportunity to lead you in a meditation into the opening to the practice of forgiveness. I invite you here to join me. I know you are weary and I will be brief.

Please bring to your heart and mind the image or presence of one whom you love and who loves you. No matter how much love there may be between you, there are times when this one has hurt you and there are times when you have hurt this one.

We begin by asking forgiveness, speaking with open heart to this loved one. Can you offer the words, "I have hurt you, whether intentionally or unintentionally, through something I said or did or even thought. I have hurt you. I love you and do not wish to hurt you. It was my fear speaking. I am responsible for the speech of my fear and sorry that my reactivity to my fear led me to hurt you. I ask your forgiveness. Through the depth of your compassion, your kindness, can you forgive me?"

As much as is possible, relax and feel the forgiveness offered to you. Feel yourself allowed back into this one's heart. It may say to you, "Yes, for the ways you have hurt me or what you said or did or even thought. Yes, I forgive you and I welcome you back into my heart."

And he will ask you for the same opening. Think of the ways that this being has hurt you, intentionally or unintentionally. You might wish to tell him or her, "Love has been there between us, but also pain. Through something you said or did or even thought, you have hurt me. I forgive you. I understand the depth of your pain and I forgive you. I invite you back into my heart."

Can you feel the wonder of the healing when that wall between you comes down? There is so much space in forgiveness. We now turn to someone harder to forgive, which is the self. Please look at the self as you just looked at this loved one. What needs to be forgiven: the manifestations of fear as need to control, as anger, as greed, as pride? Observe the way the fearful self has moved on the basis of that fear and caused pain, not only to others but to the self. Observe the ways that self has hurt itself by not manifesting the fullness of self, but hiding instead in a small place.

Here I would ask you to say your own name to the self and bring into the heart that which has been done that seemed difficult to forgive. "How have I abused myself? In what ways have I condemned myself or pushed myself so hard that I could not stably endure? These movements were prompted by fear's voice."

Saying your own name to yourself, state, "I invite you in. You have been afraid and have acted on that fear. I love you. I hear you. I forgive you." It is

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difficult to say those words to the self. "I love you. I forgive you." Yet, these words become the basis for laying a firm foundation. They become the basis for the eventual dissolution of the myth of fear, like wading into that icy water on a warm day.

Enter this water of forgiveness and feel the peace in it. Say your own name to yourself, "I love you. I embrace you. I forgive you, and I will explore the further depths of forgiveness that I may open my heart ever deeper to myself and to all beings."

My friends your energy is low, so I will conclude. There is a third part in this process which I would ask you to experiment with on your own. As you become able to extend forgiveness to the loved one who has hurt you, to receive forgiveness from that loved one, and to extend forgiveness to the self for its seeming imperfections, can you then reach out even further into the icy water to one with whom there has been deep pain? Can you ask for forgiveness from this being? And then, if only for experiment's sake, can you breathe in and try the words, "I forgive you"?

Remember, it is a process. You are touching the possibility of forgiveness as you open your heart to the immensity of your pain and the infinite nature of your love:

May all beings everywhere love and be loved.

(Bell)

May all beings know the infinite spaciousness and joy of the forgiving heart.

(Bell)

May all beings follow this path of letting go into the deepest truth of their own being and therein find perfect peace.

(Bell)

I thank all of you for inviting us into your circle. I love you all and wish you a good night. That is all. ♣

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The Aaron/Q'uo Dialogues, Session 30
November 19, 1995

(This session was preceded by a period of tuning and meditation.)

Group discussion: The group suggested a question and answer session with possibly more discussion regarding the forgiveness meditation.

Q'uo: We are those of the principle known to you as Q'uo, and with a light and merry heart we greet you in the love and in the light of the one infinite Creator. It has been such a blessing to spend these few hours with you in seeking together a more lucid distortion of the one great original Thought, which is Love.

It has been such a pleasure to speak about living a life in faith and devotion. The one known as Aaron speaks for us when he says that he could discuss this subject at almost infinite length, for living devotionally is as much our hope as it is yours. And as the logicians have it, we keep getting halfway to the goal, then halfway to the goal, then halfway to the goal, closer and closer; yet still the goal is before us, surrounded in sublime mystery.

There are relatively easy spiritual practices such as meditation, prayer, contemplation and the reading of inspired works, the listening to inspired music, and the sharing of worship in groups such as this that light up your planet especially on this Sabbath day. And there are relatively difficult spiritual practices such as standing in the checkout line at the grocer's and scrubbing the toilet bowl. The life of devotion is lived where you are or not at all. It is a common hope of those upon your earth plane someday to retire to a pleasant and secluded place where finally you can devote yourself to worship; but we suggest to you that the life of devotion is lived now, wherever you may be. It is the confidence and focus within that turns bare earth into holy ground, blazing with the incandescent light of love supernal, limitless, and whole.

It is your challenge to find ways to open the heart to the present moment and the love therein. You shall fail according to your cruel judgment, again and again. We ask you to know deeply and surely that each mistake, each error, each missed opportunity, is a gift to the infinite One just as much as each moment when you judge yourselves to be, as this instrument would say, "on the beam/in the groove." Clumsy or graceful, awkward or flowing, your spirit is utterly beloved.

Begin to allow yourself to feel that you are never alone, never isolated, never alienated, in the world within that is as real to each of you as the world without. In that world you have many companions: those unseen which you call angels, those such as we who accompany those with the desire to ask for us as they sit in meditation or as they go about the small business of the everyday life. May you encourage yourselves when you forget where your center is.

May you rest in contentment and praise those sublime moments when you can feel the rhythm of creation and the rightness of all that there is.

You are the universe in little, and as a holograph you are as whole and complete as the infinite illusion in which you and we dwell. Know that as you serve either by disciplining and refining yourself or by being a part of the good in another's life, you serve the light.

Thank you for this great privilege. The one known as Aaron and we can never express adequately our love for your pilgrim souls. Blessings. Blessings. Blessings. How reluctantly we come to the end of our time on the soapbox. Ah, the soapbox, the pedestal. We spout truth and then we come down and roll down the hill with you into the warmth of the water, splashing, playing in the sunlight. May you play together like otters. May you be merry with each other. May you share each other's burdens and joys. May you know that you are about the Creator's business.

We now open the working to your questions. As our beloved Aaron says, simply express which of us you wish to respond, and we shall go from there. May we have the first query, please?

I: I have one I would like to ask Aaron. This is a statement of my understanding of something he spoke about last evening. I will read it and ask for his enhancement to my understanding. For the incarnate self, forgiveness is a process; but forgiveness radiates as an aspect of the whole Self, so the process of forgiveness is part of the movement from a thought-point to a known space, a going nowhere. Could Aaron comment?

Aaron: I am Aaron. Does the right hand need to forgive the left hand? If the baby, the fetus, is kicking in the night and wakes the mother, does the mother need to forgive the fetus? In the first example, the right and left hands are clearly a part of the same being. The mother and fetus still experience that state of non-separation.

The angel aspect of yourself knows it is not separate and never has been separate. It knows the crystal clarity of its oneness, which could never become tarnished. To move into incarnation is to accept the illusion of separation, to agree to this veil of forgetting of your true being. Thus, you move into the illusion that there are spots on the wings, that the body and the mind are unclean in some way.

You have all heard me call you angels in earthsuits. Yes, I, from the human perspective, you practice forgiveness because there has been the experience of pain for the human and the practice of forgiveness opens the heart. It is not just bringing you back to where you were; you are then Love. And there is no limit to the amount of love that you can express. If there were a limit, there would be no reason to move into incarnation. As you are aware, the universe does not run on linear time; there is no rush, no schedule. So, you would rest in the astral planes, picking up those lessons of love easily as they came until you had reached that point where you could say, "I've learned it."

As Q'uo just expressed, that shining light is always ahead. One has never finished, even in sixth density. I am not finished. There is always more to learn about love. You have entered incarnation in faith that this is a tool that will help you to learn about love, not to a finished point, but to continually enhance the process of loving.

We find that the wonder and beauty is that those that have graduated through the earth plane teach love and compassion to the rest of the universe. Truly, the masters of love in our universe are amongst those who have moved through Earth's catalyst. It is a very powerful teacher. Yes, I like your image: the spot expands.

There was never anything to forgive, but from the human perspective you have practiced forgiveness. And that practice expands you out of the small ego self and into the heart we all share, into that place where there is no individuated self taken as real, but only the illusion of individuated self, as you are learning, too. Thus, you practice forgiveness not so much to forgive, although that is the idea within the relative mind, but to stretch the heart, to move out of your illusions of separation.

You are unbalanced. I said to some of you this morning, you come into incarnation and you immediately pick up thick glasses that serve as microscope. They allow you to tie and untie the knots, to see what you do. But they close you off to the vast perspective that you had before you came into incarnation.

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If somebody lifts these microscope glasses for a moment, you look out and say, "Wow! There is all that space." Then the glasses slip back. How quickly you forget that space. When you practice entering that space regularly through any spiritual practice, you learn to rest very stably; but the knots still need to be tied and untied. If someone has stepped on you and asked your pardon, you still need to work with the pain and hurt and come to the place where the human can offer forgiveness, can let go of its fear, anger, and separation.

The practice of forgiveness leads you repeatedly back to the angel. But the practice of forgiveness is also what allows the human to put back on its microscope glasses and work with the knots of incarnation in a much more skillful and loving way.

Does this answer your question, I, or may I speak further to it? I pause.

I: There are some new ideas. I have the feeling that I am substituting the idea of the angel state to erase the incarnate-self idea, and I don't believe it's correct. Aaron is speaking about a partnership, a balance.

Barbara: A balance between the relative and ultimate self. Aaron says a partnership is a perfect word.

I: I am currently walking between the two.

Barbara: Aaron says (I am paraphrasing Aaron), at first one tends to leap back and forth. He says picture yourself alone on the seesaw trying to get it to balance. First you run from one end to the other, and then you begin to understand how to keep your weight balanced equally on both ends. He asks you to also remember his image of the box in the infinitely spacious room. The relative rests in the ultimate. You cannot leave the ultimate, only forget about it for awhile.

Aaron: I am Aaron. Of course, for the angel there can be nothing to forgive. How could there be? Of course, for the human, caught deeply in its own small ego self, forgiveness is almost impossible. You are living in a balance, a partnership between, so that the human does not hear there is nothing to forgive, because for the human there is something to forgive. But forgiveness is possible because you recognize that the angel exists and that you are both sides through from human to angel, the balance always changing slightly depending on the needs and clarity of the moment. I pause.

I: I like the idea of forgiveness as a spiritual practice.

Aaron: I am Aaron. Only watch for pride and self-righteousness, which are apt to crop up when you become the one who is forgiving. And if they do crop up, then shift the forgiveness practice to find forgiveness for the human who has found pride in its path. I pause.

May we hear your further questions? I pause.

K: Please Aaron and Q'uo, speak to us further with more depth regarding pride. We are angels. When we discover this, how can we also not be clothed in pride?

Aaron: I am Aaron. I hear your question, my sister. To be clothed in pride is just to be clothed in pride, just as to feel anger arise is just to feel anger arise, just as to step on a tack until the blood flows from your foot is just to step on a tack and have blood flow. Certain conditions give rise to certain inner circumstances. Yes, eventually you will reach a point where anger and pride do not arise, at least not nearly so often or forcefully, but this is not done through will power.

There is a deep humility and understanding that you are human; and as you realize your angelness, pride has arisen: "Here I am being the angel; and suddenly here's pride. So what else is new? I do not need to act upon that pride nor to get rid of it, only to note, here is pride."

Pride is part of the distortion of fear, part of that which wants to be somebody, to be safe and in control. How can the loving heart not open to the human who wants to feel safe and in control? When you embrace the fearful self that does not feel safe, the circumstances that gave rise to pride begin to diminish. And in that way, pride begins to dissolve. When there is nobody left who feels unsafe, then pride and anger and other such emotions will cease to arise. May I pass this further to Q'uo? I pause.

Q'uo: We are those of Q'uo. My sister, perhaps you recall the parable of the teacher known to you as Jesus concerning the Pharisee and the tax collector. The parable goes that there were two men in the temple. One was a Pharisee, the other a tax collector, which in those days was tantamount to the dishonest, greedy, and altogether undesirable. The Pharisee prayed thusly, "Lord I thank thee that I am not as other men are: robbers, thieves, hypocrites. I fast two times a week. I tithe to the temple." The

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publican on the other hand was on his knees, praying, "Lord, have mercy on me, for I am a sinner."[10] Which of the two prayed well?

The issue of pride is going to be yours and every seeker's intimate companion for the foreseeable future. We ask you simply to view the self as if you were a rough, huge planetoid with deep ridges and valleys—an elephantine chunk of jagged roundness, tiny in the infinite reaches of space. The influences and essences of the cosmos beam and radiate in a refining fire, lamentably playing over those mountains of pride and all the associated errors of the soul in manifestation. In the fullness of time, to use the least distorted word, those ridges shall be smooth; and through eons of lifetimes, with painstaking thoroughness, the path or orbit of your consciousness shall become smooth and then smoother until at last the mantle of rock that covers your surface as flesh covers the living being within shall finally be polished away, and the immense jewel that your consciousness is shall emerge and become as the sun. And this sun body at last will have no pride, for it shall simply be. Do not hurry towards that destiny. Enjoy your crust of imperfections. They shall not harm your spirit, but only give it the catalyst that your consciousness seeks in order to buff and polish and slowly erode the parts of your self that are least true.

Know that all things are acceptable. Each entity sees its own shadows; and the more the spirit wishes and longs to be free of humanness, the more that humanness shall be unable to serve you and teach you what you came to learn. We suggest you simply stop resisting these untoward and wayward tendencies. These are the shadows made dark because you are beginning to shine. The taking of the spiritual temperature is judgment; and as you find yourself caught in pride and judgment, smile. Take those broken shards of your being and hand them on up to the infinite One. They shall be transformed in that mighty hand and return a hundred blessings as you yield them up with an honest and contrite heart. Meanwhile this is the very creation and the exact moment into which you came to find your Creator. Drinking your coffee, you bring the world into balance.

May we answer you further, my sister?

K: In this painstaking thoroughness we find ourselves entering into perfectionist behaviors, striving to reach what we already know we are. And knowing seems not to help very much. We become frustrated with this awful veil. We cannot be perfect, and yet we know we are. What a struggle!

Aaron: I am Aaron. I hear your pain. Yet, if you were already perfect in human terms, why would you have incarnated? The veil is not burden to you but is a gift, not a very pleasant gift at times; but it is precisely the catalyst that you need.

I ask this instrument to move deeper into a trance state. There is a story told about the spiritual teacher, Gurdjieff. There lived in his community a man who was rude. He did not do his share of the work. He even smelled badly because he did not bathe. He became tired of others' negativity toward him and he left. Gurdjieff went after him and asked him to come back. While others paid to live in the community, Gurdjieff said to him, "If you will come back, I will pay you." The man was reluctant at first, but he was greedy; and since Gurdjieff offered to pay him, he agreed and returned.

Those in the community were aghast. They said, "How could you invite him back? How could you pay him to come back?" Gurdjieff said, "He is the yeast for the bread. Here in this place where everyone is kind and generous with one another, how else will you learn compassion?"

Child, this yearning for perfection in you, this self-striving to become what it already is, the fears, the patterns of reactivity, pride, all of it—these are the yeast for your bread. In the astral plane and beyond, you will practice discarnate skills, practice your perfection. Why seek to practice that perfection within the incarnation? This does not mean that you do not aspire to perfection. But understand that the human is perfect in its imperfection.

I would speak also to the strength to your aspiring. There is such pain in many of your hearts because you see this brilliant light of the Divine and you see the shadow in the self and feel, "I can never be worthy of that." You then wish so badly to be rid of the shadow. This is a piece of every seeker's path, that dark night of the soul. But when you pass through the dark night, you begin to see the truth of what Q'uo just said—that the shadows are seen only because of the inherent luminousness of your being. The brighter you shine, the starker are the shadows.

[10] *Holy Bible, Luke 18:10-13.*

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Just let the light shine. Be the light and give kindness instead of contempt to this being who has agreed to also carry shadow. May I further answer your question or is this sufficient? I pause.

K: Is loving more deeply one way to move out of perfectionism?

Aaron: I am Aaron. It is the only way. I pause.

Q'uo: We are those of Q'uo. My sister, you shall progress. You shall not know in this your present illusion how or because of what stimuli. In fact, the whole point of this illusion is to so confuse and addle and aggravate the sentient self that eventually you stop attempting to make sense of it all and move from head to heart. We ask that you employ that which you have in abundance: your sense of humor. Is your life not a marvelous situation comedy? In music you have many times experienced that when the conductor calls for the hush of singing quietly, the chorus begins to be heavy and instinctively begins singing more slowly and losing the pulse. The effort of creating the pleasant piano sound weights down that sense of rhythm. The answer to perceived error is not adding wisdom, but rather lifting away into the rhythm. Lift when you experience this frustration and pain. Lift and laugh at the well-termed human comedy. There is great humor in the infinite Creator.

May we speak further, dear friend?

Aaron: I wish to inject something here. When I said love is the only way, I do not mean that you must find a love switch and flick it from off to on. The offer of love is a dimmer switch. You have found the switch. You keep nudging it up through many of the practices we have spoken of this weekend—through prayer and meditation, through the practice of generosity, through mindful awareness of how negative and harmful emotions arise, through reaching that hand up to Divinity and taking the help that is offered to lift you, through cultivating faith and patience.

Like the one who has walked a long path in the dark night without clear sense of where she has walked, but at dawn she finds herself higher in the mountain looking back and able to say, "Ah! There's the ravine where I stumbled, there's the steep place, there's the place where there was mud; and I have come through them all." And then you turn and look, and notice that the mountain goes up and up and up. You are in process.

The love that is inherent to you cannot help but manifest itself if you give it the opportunity to do so. May we speak further or is this sufficient? I pause.

K: I thank you both.

Q'uo: We are those of Q'uo, and we seem to linger on this issue with you my sister; but we simply have such a love of talking. We have one last suggestion in this regard, and that is that you adopt for yourself the motto, "God bless this mess." We are those of Q'uo and are open to further queries at this time.

K: I have a recurring dream of being in a situation where people are all standing around a huge trough of slop, and I find that it is mandatory that I dive into this trough. I have no choice. And as I go through this slop I feel no pain; and I suddenly arrive in an L-shaped, white room with those around me robed in white. I am feeling grateful, as these are my brothers and sisters, perhaps colleagues and teachers. Is this the school in which we learn while we're sleeping and not in the Earth?

Aaron: I am Aaron. I hear your question, K. First, may I state that this dream is as perfect an illustration of the process of incarnation as I have ever heard. A pile of slop … yes, as Q'uo said, "Bless this mess."

There are two different types of dreams: that which is symbolic and that which we call a teaching dream. This would seem to have portion of both—the diving into the trough of slop being the symbolic part; and the awareness that only when you move through the messiness of incarnation, the messiness of a body and emotions, do you emerge into the angel that you are.

You stated that they seem to be teachers, but perhaps also colleagues. K, likely these are teachers, but teachers are also colleagues. One cannot teach without learning. It is a mutual participation.

The dream does not seem to me to represent only a wish to arrive in this room, but also a statement of readiness. We on the upper planes use teaching dreams when the meditation practice is not sufficiently developed to allow you to hear us in a more conscious state, so we bypass that conscious state into the dream. It is a very effective way of reaching you. The only problem with it is that often

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there is not the practice to retain the dream after, so it is not as clearly integrated into the incarnate state as it would be in meditation. Those who have further developed the ability to hear their teachers while the body is in the state we call awake as opposed to asleep find that teaching dreams seem to slacken off.

What I hear from you, K, is that there is a readiness to enter this realm. I would like to suggest that if this is a repeated dream or in meditation itself, you allow yourself to open to the experience of that room and then you make the very firm statement, "What do I need to learn? I am open. Please teach me," and just see what you hear. May I please pass this question now to Q'uo? I pause.

Q'uo: We are those of Q'uo and have little to add to what our brother has said, except to say that the kindest thing that you can do as the white-robed one who has taken on the mantle of earth is to trust in and cooperate with the rhythms of your unfolding destiny. Allow the falling away of things in their own time. Allow the contradictions, opposites, and riddles that characterize spiritual matters to tangle you up and to be untangled in the natural way.

We fear the hour grows late. We would ask for a final query at this time. We are those of Q'uo.

(No further queries.)

Aaron: I am Aaron. In the process of moving through your incarnation, there are many times when there is simply pain in yourself and in others. And I am often asked, "What helps? What allows me to touch that pain with more kindness?"

There is a very powerful practice taken from Tibetan Buddhism. It is called *Tonglen* or "giving/receiving practice." I find it a very powerful tool to use in case of suffering within the self or without. I would like to teach it to you.

I ask you to bring into your heart and mind the image of someone who is suffering. They do not have to be mired down by suffering, but someone who's experiencing pain. It could be someone in this room, someone in your family or your circle of friends, even someone whose face you have seen on your television screen, a victim of a disaster of one sort or another. Normally, before we do this practice we ask the person, the Higher Self of the person, "May I do this practice with you?" We do not impose our need to serve another on the person. So, the first step is to invite this person into your heart and mind and ask, "May I do this practice with you?" Visualize or feel yourself sitting within a cylinder of light. This is not something you need to imagine since you are already sitting in a cylinder of light. Simply open yourself in whatever way is appropriate to the experience of that light. If imagination is what works, that is fine. But remember, you are not creating by your imagination, you are merely allowing yourself into a different level of reality.

Breathing in, allow that light to come through the crown chakra and down to the heart center. Breathing out, feel it centered in the heart. Breathing in, intention to send it out to where there is suffering … and exhale, sending it out either as a ray coming from the heart or you may feel it as a ray coming through the third eye or even with the breath; wherever it feels most natural to you, send it out. Breathing in, light coming into the heart center … breathing out, let it stabilize … breathing in, intention to release … out, release … in, light … out, stabilize … in, intention … out, release … in … out … in, release.

Now we are going to add the second part of the practice. With this next exhale, note the suffering as a heavy, black, tar-like mass. Breathe it in, taking it into the heart center. Notice any resistance to allowing that suffering into the self. Out, feeling the heaviness of it. You do not need to carry this. You are merely the vehicle through whom it passes. In, intention to release … out, release it up through the upper chakras and crown chakra and back up to the Divine, letting it go … out … Again from the beginning … in, light … out, feeling it fill the heart … in, intention to release … out, release … in, the big, black mass … out, feeling the weight of it … in, intention to release … out, release …

You may do this practice at this speed, at double, or at half speed. In other words, in light and send it out … in blackness and send it out. That is double speed. Or: In, light … exhale … in, feeling that light filling, and exhale … in, noting the intention to release … exhale … in and then releasing it with the exhale … in, drawing that heavy blackness into yourself … exhale … in, feeling the heaviness of it … exhale … in and out with the intention to release … in, feeling it gathering from the heart center and rising … and out, send it out.

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I am going to be silent for several minutes. Please work at the speed that feels best to you. Please choose one and stay with it for the duration of these few minutes. Now, I will be silent.

(Pause)

(Bell)

May the love and light within this room shine itself out into the universe.

(Bell)

Everywhere in this universe may all beings come to know their own infinite capacity as instrument for light.

(Bell)

With the continued expansion of that capacity may all beings find their way into the light and come to know their true being and thereby find perfect peace.

There are no words for my boundless love and appreciation of you. As you walk this path and sometimes feel alone, please remember how deeply you are cherished and be aware of all the hands that extend themselves in love to accompany you on the path. I pass this to Q'uo to have the opportunity also to say farewell for a while, because, of course, there is never a good-bye when one soul speaks to another. That is all.

Q'uo: We are those of the principle of Q'uo. Bon voyage. We are with you on the waves. Adonai.

We leave this instrument and you in the love and in the light of the one infinite Creator. We are known to you as Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
December 10, 1995

Group question: For the group question this week we are taking pot luck and will be glad to listen to whatever words of inspiration Q'uo has to offer.

(Carla channeling)

We are those of the principle of Q'uo. We greet you in the light, the clarity and the love of the one infinite Creator. We are pleased indeed that you have chosen to call us to your circle this evening, and we are most grateful for the privilege of sharing our thoughts. As always, we ask that you evaluate these thoughts as you would any other person's thoughts, taking what you feel is worth your attention and leaving the rest behind, for we are not infallible but seekers like yourself.

As we merge with your vibrations at this time we can feel much of the yearning of all of those present for the light that is so absent from your days as the planet you now enjoy moves towards its farthest from the sun. These dark days that weigh upon the spirit are challenges for all who enjoy your density of existence. Those who have distortions towards physical weakness find it harder to shake off those difficulties and enjoy life. Those who have sorrows find the sorrow is greater as the days grow shorter. The physical instrument which you call your body is carefully aligned and attuned to light, and just as do plants, the spirit needs the light for its health.

There is also a spiritual difficulty as the days grow short, and that is that when one is less comfortable, huddled in upon the self and responding to the increased darkness, one is also apt to become hungry for the food of spirit, for the light that appears as love itself, warmth within the heart, secure openness to the being. These things are more difficult to achieve. The balance is more difficult to find. And as we paint this picture we are hoping that you can see yourself in this picture and see in better context those concerns which you have brought to this circle. When spirit is turned in upon itself as darkness urges you to do, there is within the self that turning to the shadows of uncertainty and hesitation. Those energies which create the shadow that always follows faith, that shadow is inextinguishable, for the light that casts that shadow is consciousness itself, and that sun does not go down. And yet in dark days it feels as though the inner sun itself has set.

In this atmosphere it is easy indeed to wonder, "Who am I," and, "Where am I going?" Hopes and dreams seem somehow frivolous, for the energies are heavy and quiet. All this is as it should be, and we do not intend to suggest that the questions of identity and the path of the future are questions that have any negative import, for these are the questions into which you took incarnation to address. Indeed, all the knowledge of self was deliberately laid aside by

you before the beginning of this incarnation, for you wished to be affected by the light and the dark. You desired to come among the people of this planet as one of them to experience all that you could and to ask yourself those things which sprang up in the course of the daily life. You had hopes of this bold venture called incarnation. You hoped to serve in the name of love. You hoped to learn those lessons of love which you felt were worth refining and emphasizing in your deep personality. You wished to form relationships with those with whom you have worked before to enjoy companionship with them, to learn with them, to share catalyst together. And each of you is doing all those things.

So, from the standpoint of the work of the spirit all is well. The doubts and inner discords are not only acceptable but also of value. Only the self can dig so deeply into the substrata of a busy and complex personality. Only the self can ask the self these questions with such desire to know. This is, then, a positive and a necessary portion of the rhythm of living an incarnation—the questioning and probing, the lifting up and gazing and putting down again and then lifting and looking from another angle. These things are well. This is good work.

Perhaps you hear our reserve in saying this. Yes, there is also another side to be considered in this issue. And that is that the Creator has placed humankind within the paradox that affects the deep personality and that is that the self sees the process of learning about the self as one of delving into and clarifying what the self really thinks and feels, thereby adding unto the beingness a higher degree of self-knowledge, while at the same time the Creator has so arranged the processes of learning so that the path to self-knowledge is actually the path of turning the gaze beyond the self and being able to allow the falling away of self. And in spiritual terms this losing of self is also a positive and wise effort to enjoy.

It is not logical that the way to self-knowledge is the allowing of that which may fall away. Yet that entity who knows itself most deeply is the entity who has given much of the personality away. We do not suggest a solution to this paradox of addition and subtraction. The self remains unlimited, being part of all, positive and negative, existing before time and space and existing within time and space so that there is wisdom in working upon the self by addition, by naming the characteristics of the self. And when the rhythm of life is such that the mood is one of peace and relaxation of the personality, that work also is good.

We would ask you to think about who the self is in relation to the teacher known to you as Jesus. This entity's sense of self was such that when the entity was but a child it studied and learned from its teachers and by the time it was a teenager, as this instrument would say, it was already considered a teacher. This entity had a sense of self that enabled it simply to do what it must, even when those about him did not understand. That sense of self carried this entity through a wandering ministry that was remarkable for the purity of its teaching. And yet when the one known as Jesus was asked to describe the self he said that "He who sees me sees not me but the Father." This entity had learned subtraction as well as addition and he was content to be impersonal and to relinquish much of the Earthly personality. Yet there can be no more sure-footed identity than that attitude which the one known as Jesus had.

We would perhaps encourage, more than working one way or another. Rather, encourage the seeker to flow freely and gladly along with those currents and rhythms of life which put one in a certain mood or state of receptivity. We encourage each to trust the intuition of self, that feeling that says, "go here," or "go there." We would encourage the sense of proportion, the sense of humor so that one takes oneself seriously but also finds the light touch. The entity that each is is the one infinite creation and the one Creator. Due to the illusions of time and space those fields of energy which comprise each entity vibrate, not perfectly in tune with the vibration of that one great original Thought, but rather in some distorted fashion; that is, distorted from perfection. This is as it should be. However, if we were to discuss our own idea of who the entity truly is we simply would look at the vibration, for each self has a vibratory complex which is as distinctive as your finger print. You are, before you can think about who you are. You are not inventing yourself, but you are asking yourself to become more than you were. And it is right and good to seek to progress.

We hope that we can aid in some small way as each goes through that eternal cycle of questioning and resting in faith, moving and being still that yields to you a life well-lived and service well done. We would continue through the instrument known as Jim. We

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leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again through this instrument in the love and the light of the one Creator. At this time we would ask if we may speak to any other queries that are present among those in this circle?

Carla: I sensed some kind of sadness in the contact, Q'uo. Could you speak to that?

I am Q'uo, and am aware of your query, my sister. The topic itself, which deals with the condition of entities upon your planet, is one which feels to be somewhat heavy in that it speaks of beings of light lost, it would seem, in the darkness of the illusion and the confusion that this illusion generates. And this particular aspect of existence is one which has resonance, shall we say, with each in this circle of seeking and therefore there is the feeling/tone of what you would call a certain sadness.

Is there another query, my sister?

Carla: No. Thank you. I was just curious about that.

I am Q'uo, and we thank you again, my sister. Is there another query?

R: I just wanted to say that you are helping me much with your words of inspiration and for others I am sure, too. Knowing that you are there somewhere in the background when things are bearing down heavily is also a comfort to me as a seeker. So I just wanted to say thanks.

I am Q'uo, and we receive your kind words with a great joy in our hearts, for these words are a confirmation to us that we have made an effort which has born fruit, and for this we are grateful.

Is there any further query at this time?

(Pause)

I am Q'uo, and as it appears that we have exhausted the queries for this time of working together we would again express our great appreciation for the invitation that is so freely and consistently offered to us to blend our vibrations with yours and to walk for the moment with you upon your journey of seeking. This is always an opportunity and occasion of great happiness and joy for us, for it gives us the opportunity to exercise our great desire to serve and to work with those such as yourselves whose desire to serve is also great. We cannot begin to thank you enough for this privilege and our humble words and thoughts are mere tokens of the great and bounteous appreciation which exists within our being and resonates with the harmony in this circle of seeking at each working.

We would take our leave at this time of this instrument and this group, and yet we do not truly leave, for all who are of like mind and heart in the seeking and the service of the One are always together in that seeking and in that service. Thus, we only leave in an apparent fashion, and in that leaving we leave in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 17, 1995

Group question: We're talking about grace and where it might come from: the Holy Spirit, the Creator, the intelligent energy that enters through our feet and base chakras, to guides, spiritual teachers, etc. And we are wondering if the expression of grace is some means of communication from the metaphysical life that we live to the physical life that we live? Is this a way by which we are given a gift? Is this something that is with us always? Is it with us only at particular moments? How can we interpret the experiences of grace that come our way? Is there any way to use grace consciously in our spiritual lives? Is there a way of responding to it appropriately, or is it something that we are simply caught up in?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. It is our distinct privilege to be called to your group and we greet and bless each who sits in this circle of seeking. We greet you as your fellow pilgrims who have traveled your path and who are still traveling, seeking still the one Mystery Who created us, in whom we have our being, and to whom we now return, step by step by step. We ask only that you regard us as your brothers and sisters rather than as authorities. We gladly share our opinions with you. We do not claim them to be infallible. And so we ask that you use your discrimination, choosing those thoughts that you would further consider and leaving the rest behind.

You have asked for us to speak on the concept of grace. We find often when presented with a topic that much of the energy connected with the topic is baffled or biased because the words of your language are imprecise. One person means one thing by such a word as grace. Another person has another related but somewhat different idea. And, consequently, there is some difficulty is speaking to the heart of this concept. Perhaps we may discover a more precise way of describing what we see as the concept of grace.

We see grace as a state of mind, a state of mind that is natural to the self-conscious entity who is in balance, whose energies are moving freely and in a balanced manner. This state is a kind of level which is natural to each entity. For each entity, then, grace is a vibratory level which reflects a lack of movement in attitude away from that state of nature with which the entity is blessed. On a computer, then, grace would become the default setting for being in good form.

Now, the mind of the self-conscious entity tends to cause this state to become unavailable because the mind has the tendency to leave its natural balance because it is not aware of a natural state and instead is seeking something which is outside of and not

controlled by the self. To sound the archetypal roots of grace we could say that the state of grace can equal that Garden of Eden or that ideal state of nature into which humankind is naturally born.

The training of the young entity in your culture tends to develop a state of mind or an attitude which is geared towards the accomplishment of mental and physical goals and the attempting to fit into the various ways of thinking, acting and being which are regarded as appropriate by your culture. The young child is taught to be civil, to share, to obey the direction of authority, and on and on. And as the young child grows, virtue is seen and taught to be coming into accord or compliance with an ever-growing set of standards to be met, of behaviors to pay attention to and to offer when appropriate.

And consequently the growing entity does not have a way to come into the concept of that state of mind or attitude which is that entity's natural gift. Rather, the entity tends to drift further and further away from a feeling of wholeness and appropriateness which comes from the heart outward. And most entities move through the incarnative experience only becoming aware of that state of grace in which the universe is kindly and in which all things which are needed appear from time to time. Thusly, most entities see grace as that which occurs episodically, now here, now there, and then again elsewhere.

In actuality, these times when grace seems to come near and touch the entity are those times when the individual has been able involuntarily or consciously to allow the self to be completely natural, to rest in the center of being and to allow the natural flow of energy. It is as though the self were a receiver that only intermittently worked. In simplistic terms, then, the way towards maximizing the experience of grace in the incarnative experience is to attempt to come to a feeling within of balance. We would encourage seekers to think upon and ponder the concept of self with regard to the nature of the basic attitude that is given as a natural gift by the Creator to each entity, for the maximizing of the experience of grace can be accomplished by increasing the allowing of the self to rest in the natural balance.

This requires that the entity gradually uncover within itself an awareness and a growing familiarity with a kind of trust in the self and in that part of self that goes beyond self and connects with all that there is that is not commonly taught among your peoples. The young child is repeatedly taught what it must do to obtain the approval and the satisfaction of those whom it wishes to please and of the self, for each entity talks to the self and communicates with the deeper self as if it were another person. Thusly, when one talks with another person one is talking to the projection of the self.

Many things will attempt to unbalance the natural poise of a seeker throughout the daily round of activity. There is the constant ebb and flow of the personal and individual rhythms of self, and we are not suggesting that it is easy to become aware of the deep and unchanging portion of the self that is perhaps best described in emotional terms, or rather in terms of emotion. Emotions are given short shrift by your peoples. Those who are emotional or considered to be emotional are those who seem unbalanced and out of control, whereas from our point of view we would say that those who feel emotion are moving into truth as they begin to purify and refine those emotions. The entity who becomes able through the discipline of the life and the personality to express and manifest pure emotions is the one who shall be closer to balance and nearer to the constant awareness of that state of grace which abides for each entity below the level of confusion which clutters the surface of life and of the mind of each seeker.

Grace, then, is seen by your peoples as a visitation that occurs from time to time. It is seen in various cultures as coming from various outside agencies—angels that come into the life pattern as messengers of grace, personal guides, entities such as we, many, many different ways of thinking about the experience of coming into a state of balance and harmony with the outworking of personal destiny. And this is as it should be, for within each culture there are somewhat different ways of perceiving the same states of mind, but we would ask you to consider the vagaries of language, the limited nature of words, and the deeply illusory environment in which third density finds itself living, for this is a concept that, more than most, asks the entity to open up the mind and to empty it of concept. Grace is that which is beneath the superstructures of conscious thought, and indeed all the structure of metaphysical thought may be seen to be structure of a mechanical nature in which logical connections are made which enable people to think about spiritual things.

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We are part of a logical structure by which you as a conscious individual attempt to address the deeper metaphysical questions. Are we real? Do we come from a physical planet to you? Are we a portion of this instrument's deeper mind? Are all things outside this instrument's mind illusions? All of these questions can be answered positively. It is difficult for your minds to grasp. Nevertheless, it is deeply true, in our opinion, that all spiritual circumstance is simply aimed at by word and concept. The truth, the reality, of who we are, who you are, and what your basic nature is is beyond mental acquisition. Those who seek the truth of being are those who are destined to follow a mystery, and much is gained by the entity who simply decides to trust that mystery, to trust the basic nature of the self, and to ask not to become something he is not, but rather to become that which he most truly is, for each of you has the pure and perfect light within. Each of you dwells in a state of grace at a very deep level at all times in all places whatsoever.

Can you by thought or conscious action increase the experiences of grace? We find this a difficult question to answer for each entity will have its own way of dealing with deep illusion. Each entity has a unique natural balance and each has an unique nature which causes the experiences of grace to be gotten to or arrived at in a unique way. Meditation is always helpful, but we might suggest also the conscious attempt to experience thanksgiving when all is going unexceptionally, for this is that blessed state that is so often missed by the spiritual seeker, the state of doing and being that flows throughout a normal day. Within this quiet flow of energy dwells tremendous power, joy, and deep emotion.

Always these rivers run through the depths of being. When the conscious mind turns and gives thanksgiving for this normality, this normal day, this thankful, grateful opening of the heart causes the balance within to strengthen and to normalize. Beyond this practice of thanksgiving we cannot say that there is a way reliably to achieve the awareness of the state of grace, for the illusion in which you dwell was designed not to give one the experience of balance but rather to give one the feeling of imbalance, bafflement and confusion so that the self has material against which to push and from which to learn.

This instrument is suggesting to us that we allow more time than usual for questions and answers, and so at this time we would transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. We are those of Q'uo.

(Jim channeling)

We are those of Q'uo, and we greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to the possibility of speaking to further queries. Is there a query with which we may begin?

K: I would ask first of all, the state of grace existed in us prior to our incarnation and was not enough in times past to make a choice to serve others or to serve ourselves because in this state of grace we were feeling oneness with the Creator, and this caused us not to do work? Is this correct?

I am Q'uo, and am aware of your query, my brother. We would compliment the clarity, for this is a perception which is quite correct.

Is there a further query, my brother?

K: I am interested in the origination of souls. How did our souls first originate and what is your view of them?

I am Q'uo, and am aware of your query, my brother. The origination of souls is the story of the evolutionary process whereby the one Creator has utilized the beginning or basic densities of this octave of creation to bring about that which you call the mind, that which you call the body and that which you call the spirit, that together these complexes will form that which may be called the soul, the essence of the entity which has become individualized enough from the one Creator to be able to pursue what would seem to be a quite individualized path of spiritual evolution.

The mind portion is formed in the large extent within the first-density experience where the awareness, the very simple awareness of all being, is the salient feature associated with earth, wind, fire and water.

As this process of spiraling light leading upward continues, the second density offers the mind complex a more individualized focus in the form of second-density creatures of the plant and then the animal nature. This provides a more individualized experience as the consciousness that is moving forward moves towards the light ever more certainly in the grouping known in second density as the

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flocks of birds, the schools of fish, the swarms of bees, and so forth.

As the line of light continues to move upward, the spirit complex is added to those individualized portions of the one Creator which have been able to give and receive the concept that you know of as love in sufficient degree to so individualize the entity that it is ready to add the spirit complex and thus have the completion of complexes available for the free will choice of third density as to the positive or negative—so-called—paths of continued evolution. At this point within third density, in most cases, the soul then comes into being in its fullness.

Is there a further query, my brother?

K: So you are saying then that the soul does not come out as a living, conscious, thinking entity from the Creator, that it has to develop through the processes of the densities in order to become an actual soul?

I am Q'uo, and this is basically correct, my brother, for the process begins with total unity, moves into seeming separation to the point of seeming complete separation in the third density and then begins the movement back into the unity of all things.

Is there a further query?

K: Yes. Then the soul is a type of consciousness? Is it a type of spiritual material would you [say] that separates from the one Creator and then becomes available for the densities' experience? Just what is that nature that first comes out of the one Creator?

I am Q'uo, and am aware of your query, but aware of no sure means of describing the nature of the soul with words that can be understood, for the nature of each soul is the essence of each soul is the essence of the one Creator and this essence at its heart is mystery. There is energy. There is intelligence. There is infinity. There is unity. All these are a portion of this soul essence.

Is there a further query?

K: One more. In thinking of evolution and the development of third-density bodies on this planet from the second-density prototypes, I am wondering why every third-density body developed the same, with the same features. This is universal on our planet. How did it happen that all third-density bodies developed the same?

I am Q'uo, and am aware of your query, my brother, and again we must remind each that the answer to most queries with depth such as this query is mystery. Why the one Creator chose the bipedal, opposable thumb, ape-like creature to enspirit is truly a mystery, but we can surmise that the one Creator felt that in this instance this form was the most liable to allow the expression of those energies of third density that would lead to the continued evolution of this consciousness. This form is universal upon this planetary sphere and upon a number of others as well, yet within the One Creation, to our knowledge, it is but one of many forms chosen.

Is there a further query, my brother?

K: Just a quick one. Do we have extraterrestrials who helped to engineer the human form in our distant past to help create what we know it as today?

I am Q'uo, and am aware of your query, my brother, and must respond in the affirmative for there have been in distant and ancient times of your species' evolution such involvement by entities who were seeking to aid in the evolutionary process of the species with whom they felt responsibility.

Is there a further query, my brother?

K: No. Thank you. P, you had some.

P: As we were sitting here and listening to you I noticed activity in the child that I am carrying. I just wondered if this activity is random or if the child is responding to the energy of the group? I have noticed this at other times when I thought it was responding to my thoughts, but I could not say whether this was random or is really a response. Could you comment on this?

I am Q'uo, and am aware of your query, my sister. We would respond by suggesting that this young entity is one which is sensitive to the vibratory frequencies of the environment which surrounds it, not only the immediate environment of your physical vehicle but the environment of what we would call the feeling-tone or, less accurately, the emotional environment of this circle of seeking.

Is there a further query, my sister?

P: Thank you. That was reassuring. My questions concern the history of Islam. Would you be able to comment on the origin of the Koran?

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I am Q'uo, and am aware of your query, my sister. We are working with this instrument to give it the image of the answer, shall we say. The means of transmission and point of origin of this holy work is the inspiration that the one known as Mohammed was able to open itself to receive at various times during its life experience which it had offered to the one Creator as a gift or glorification, for this entity had many experiences of the unity of all things and was desirous in a great extent to bring back this inspiration that those of its peoples might also be blessed as it was blessed.

Thus, the information that has been gathered in this holy work was that which was divinely inspired and though difficult to describe in the languages of the time, yet this entity set itself to this purpose and was single-minded in its pursuit of this mission, shall we say.

Is there a further query, my sister?

P: Yes. In the book itself it says Mohammed was inspired and that the message came through Gabriel, that the work itself is the word of God Itself and was absolute and had no flaw. Could you tell me the density of Gabriel and the identity of Gabriel? And what do they mean really when they say this is the word of God and is absolute?

I am Q'uo, and am aware of your query, my sister. We will attempt to respond. The entity, Gabriel, was one of a number of entities that assisted in this transmission, being the focus of the effort, was one which worked with the entity known as Mohammed as this entity had dedicated its life purpose previous to the incarnation to working with those of its own kind, shall we say. Thus, the effort was put forth by those of the density of love and light in balance, that being six, working with those of the same vibratory level who had taken incarnation for the purpose of such a mission.

Is there a further query, my sister?

P: When you say those of the same vibratory level do you mean then that Mohammed was a sixth-density entity who incarnated as a third-density entity?

I am Q'uo, and this is correct, my sister.

Is there a further query?

P: Could you comment on the amount of negative or Orion influence in the book itself?

I am Q'uo, and am aware of your query, my sister. As with all such efforts of light and service to others the power of the polarity puts forth an attraction and is, shall we say, noticed by those in the vicinity. There is often notice by those of the so-called Orion Empire that they be able to utilize the balancing efforts of this planet's quarantine system to offer some form of their own information wherever possible and to make this offering to appear as the same as that which first attracted their notice.

Thus, with all such efforts there is some infiltration of the signal with other information at odd moments or targets of opportunity that exist in all entities that are mortal. Thus, all such inspirational information has this feature whereby there is attracted to it the balancing efforts by those of the so-called loyal opposition.

Is there a further query, my sister?

P: I wonder where in the Koran it says that the book is the absolute truth and should be followed absolutely instead of giving a way for self-transcendence to the work. I wonder if that part particularly is Orion work?

I am Q'uo, and am aware of your query, my sister. But with this query we find that the response lies beyond the Law of Confusion, for it is at this point that all entities must look at that which is offered and choose for the self that which is at the heart of the work.

Is there a further query, my sister?

P: After Mohammed received the inspirations and came to be of service and delivered the Koran and left the work and left the incarnation would you be able to estimate the balance in the struggle between light forces and the dark, shall we say? In the history of the development of Islam is there a way of saying which force had the upper hand or currently would it be possible for you to estimate the power of the two forces? Which is stronger?

I am Q'uo, and am aware of your query, my sister. And again we find a difficulty in a specific response for this points to the heart of the matter of discrimination and we can only suggest that when even the most holy and pure work of divine inspiration falls to the mortals below there will be human error entered at some point, whether it be by chance or by design, as the various levels of relationship and interrelationship work to bring

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entities with personal incarnational lessons into touch with that which is divine. Thus, there is opportunity for distortion and the use of the inspiration for purposes other than the original intentions. As the cycles of human reincarnation occur from time to time and culture to culture there are overriding issues of relationships of groups and their purpose for incarnation. Thus, there is always the opportunity for interpretation.

Is there a further query, my sister?

P: If an entity wants to be of service helping those in Islamic cultures and has to deal with such fixed influence such as the Koran and its history which has been crystallized in the society as a set structure, and one wants to offer a way for people to realize or live the truth, freedom and happiness and joy in that way, what is the best way to go about working in such a society where you cannot challenge the authority of a work such as the Koran? What is the best way to deal with the distortions and keep one's own clarity and be of service?

I am Q'uo, and am aware of your query, my sister. We would recommend the path that moves to the heart of the matter. Look to that which is the integrity of the work. The one known as Jesus replaced the many laws of Moses with but two: to love the Lord, the God, with all the heart, the mind and the soul, and to love one's neighbor as oneself. This entity moved to the heart of the work and gave itself in completeness in this effort and allowed itself to be used as a vessel or an instrument—not its will, but the will of the Father, the one Creator.

If you will give yourself in such dedication and move to the heart of all creation and to the work which you revere then you will be moving in harmony with all that is and will offer yourself as purely as possible.

Is there a further query, my sister?

P: You see moving to the heart of the matter and I see that as coming from the heart and Jesus' statement is one which comes from the heart. There also needs to be a balance in working from the heart and working from the mind as well. Could you comment on the balance between working from the heart and from the mind? I guess it's really a balance between wisdom and compassion.

I am Q'uo, and an aware of your query, my sister. We would again recommend that you begin in the heart and end in the heart. That is, do all that you do because you love. Consider with your mind how you shall do, what you shall do, when you shall do, with whom you shall do. Make those plans. Do what you can. Then give over any dedication to an outcome by the surrendering of your will to the will of the One and receive that which comes with as much joy as you would any other gift.

Is there any further query, my sister?

P: I think I have two. From what I understood from what you just said that the way of the heart is the way that we are traveling and the mind seems to be an instrument much like the stick that the Fool in the Tarot carries to distinguish. Is this analogy correct?

I am Q'uo, and am aware of your query, and would suggest that the analogy is a good analogy, for the mind in its intellectual capabilities is able to refine the great outpouring of love from the heart in a manner which may be more effective in serving others as it takes into account that which they ask.

Is there a further query, my sister?

P: The next question has to do with the earlier concept of grace. The first state of grace is like the Garden of Eden, you said. I had the image of the Tarot card, the Sun, where the male and female entity are facing each other in a circle and holding hands. Is there a relation between this card and the concept of grace being much like the Garden of Eden?

I am Q'uo, and this is so, my sister. We would suggest that you have found a correlation that is of significance in precisely the manner described.

Is there another question, my sister?

P: Thank you so much, and thanks to the group for all the inspiration, help and clarity.

I am Q'uo, and we would echo your gratitude for the very same reasons. The aid that you and each in the circle give us by asking those queries which are heavy or important upon the heart and the mind is a gift for which we are most grateful.

At this time we would ask if there is a final query for this session?

K: One thing about fourth density. When Ra says that in the fourth density we are every experience and every feeling, everything, if we are everything

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and every thought why would it be necessary to form a social memory complex …

(Tape ends.) ♣

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Sunday Meditation
January 14, 1996

Group question: *(No group question.)*

(Carla channeling)

We are those of Q'uo. We greet each of you in the love and in the light of the one infinite Creator. It is a great privilege to be called to your group and we thank each for seeking the truth and for being willing to allow us to share some thoughts with you at this time.

We are not those who speak with perfect authority. We are souls such as yourself. We make mistakes and still are learning and truly know very little. But that which we have thought and learned we gladly offer to you with the understanding that you use your discrimination. Accept those thoughts which ring true to you and leave the rest behind.

As you have given us permission to speak in any way we choose, we turn towards the heart of that which we came to share with your people. We come to encourage each who seeks the truth to open the doors of your attention, to behold the present moment. It is our opinion that the physical body which you now enjoy and the world which you now live in is a passing thing. In time it was created and in time it shall disappear, changed into that which was not. Yet there is that which was before the worlds were made and which shall be long after your sun has gone nova.

There are many words among your peoples to describe this basic inalterable reality from which all things spring. Among those words we choose love. The love of the one infinite Creator is a vibration, a logos, if you will, and that pure love has generated that which you call light in order to create a manifested world. You are made of light which has been regularized and built upon. Within your essence, unchanged and unchangeable, resides this vibration, this logos. This is your true self. That true self peeks up into the passing days like the tip of a great iceberg, barely clearing the water, yet being a mighty mass below the surface. Indeed, all that your people's tend to think of as their identity, all were created and will cease to be.

When we say open to the present moment, we speak of that present moment which is eternal. Within time the attempt to grasp the present moment is constantly doomed to failure for your mind—that is, your earthly intelligence—and the illusion itself were created so that things would occur in an order. In the eternal present moment, all things exist simultaneously. That which is, is, and in this fullness of being resides the peace that is so eagerly sought by those who weary of the passing scene.

How can one find this present moment? We suggest often the practice of regular contemplation or meditation, for within silence there is that key which unlocks the doors of attention. And into that

sanctum sanctorum of the open heart, silent and listening, there resides the Creator whose name is Love.

We encourage each to form the habit of silence on a regular basis, for that voice which speaks in silence is that which gives life and peace. We do not say that it gives wisdom. Rather, we suggest that it works little by little to open the heart and the awareness to the presence of love. There are other ways to find love. If you gaze into another's eyes, truly looking into those remarkable depths, you may see the Creator. Even if you look within the mirror at your own eyes and look *into* them, you shall see that which you do not know or recognize as personal, for you carry within you a consciousness which is love. It is a matter of uncovering and recognizing that which has always been there, that presence which is closer than your breathing, more intimate than your hands and your feet. It is that which abides. And if you may find that center for just a moment in each day, the passing scene changes in its appearance, for the heart has changed, and so the eyes change.

We are here within your inner planes at this time because there is a time of harvest approaching. Indeed, this harvest has begun. There is a time when entities may choose how to continue in fellowship with each other. Your creation is expanding and changing as your entire solar system moves into a new area of space and time. Your scientists have begun to study many new subatomic particles which are native to this new area of space. Within the instreamings of light into this particular portion of the infinite creation, the physical illusion which you enjoy as your life, your incarnation, will change. The physical vehicle will become lighter. The experience of dwelling in a physical reality will be quite a bit easier, for within these new vibrations there lies the opportunity for sharing of thoughts and experiences which is now, within your illusion, not possible.

Not all entities, however, will move into this new vibration because some there are who do not find themselves at all weary of the present world scene. Those who are pleased with this present world scene shall continue to work on the lessons of love that your illusion provides so generously. Those who wish to accelerate the process of their spiritual evolution will find that they wish to make a fundamental choice. This choice is the choice of how to manifest that love. The two paths of manifesting love we have often called "service to others" and "service to self," for if one looks into another's eyes and sees the Creator, if one can gaze in the mirror and see the Creator, then to serve the self is to serve the Creator and to serve others is to serve the Creator. We are those who have chosen the service-to-others path. This is what we know and what we share.

We encourage each to spend some time contemplating the implications of service to others and service to self, for in one path there is the giving up of the energy of the self to others. In the other path there is the attracting and magnetic pulling of others' energies so that they may serve you. The ability to chose is the hallmark of the Creator. This Creator loves each spark that It has flung from Itself. You are loved in a way far deeper than you can imagine, and whatever path you chose, the Creator abides with you. There is no time limit upon this process of evolution, so we encourage you to rest and gain confidence and from the practicing of that centering presence, you may find at any moment the door opening to the present moment. And we are with you as you go.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to ask if there may be further queries to which we may speak. Is there a query at this time?

Carla: I'm going in the hospital in about a week and a half and I wondered if you could comment on anything I might do to prepare for that experience that would enhance it.

I am Q'uo, and am aware of your query, my sister. We can only recommend that you see yourself and those about you as the Creator that is experiencing Itself and enter into this work upon your wrist area with the quiet confidence that the plan of the One is being worked out well and that you shall again be available for service to those who request your assistance.

Is there a further query, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo, and again we thank you, my sister. Is there another query?

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Questioner: I have a question, Q'uo. I have noticed that my meditations have changed. I seem to be having reluctance to continue meditating the way I have been. I wonder if you could speak to the ebb and flow of finding the moment of silence. If you can generalize about how it works, I'd appreciate it.

I am Q'uo, and am aware of your query, my brother. Each seeker of truth will find that the path it travels is one which has those places which are wide and through which passage is easy and those places which are more narrow, making passage difficult. When you find your practice of seeking in the way of meditation beginning to flag, you may be aware that the faith and will, which are the rod and staff of each seeker, may need reinforcing, for there is much to distract an entity from completing the practices that it has set for itself, and these distractions are also a part of your journey. As you are able to see afield and redirect the changing energies of your own commitment, your own faith, and your will to persevere in the face of distractions and difficulties, you will be learning the kind of perseverance that will give you that peace which passes understanding at some point in your seeking, for if the journey were always easy then the pearl of great price would be much devalued and easily acquired by all.

The continuing beyond confusion, beyond distraction, beyond the difficulties, is much likened to the tempering of the metal in a tool that gives it strength, burnishing it that it might shine brightly and continue in its service with a renewed strength because of the difficulty, confusion and so forth. Thus, as you see the difficulty in motivating yourself to complete your meditations, this in itself is likened to a meditation where the focus falters and moves from the one point so that it must again be returned with patience and love to that one point. As you continue to accept the difficult portions of your journey and of your practices you will find that there is an underlying strength that you build. To persevere and persevere and persevere is perhaps the most common and at times difficult portion of any seeker's journey, yet to be aware that such is occurring within your own experience is an illustration of your own dedication upon another level. Thus, we can only recommend that you continue as you are with faith, with forgiveness, with acceptance.

Is there a further query, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you. Is there another query at this time?

(Pause)

I am Q'uo, and as it appears that we have exhausted those queries which you have for us, we shall again take this opportunity to thank those present for inviting our presence in your circle of seeking this day. We are always overjoyed at the opportunity to blend our vibrations with yours and to walk but a few steps upon your journey with you. You are not alone, my friends, even when you may feel great isolation, for there are those such as ourselves and many, many others who walk with you and rejoice at your every step of seeking the light, the love, and the truth of the one Creator.

At this time we shall take our leave of this group and this instrument, leaving each, as always, in the love and in the light of the one Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation

January 21, 1996

Group question: Our question this week concerns the affiliation between the Yahweh entities and the Mars population that rendered their planet unlivable. Yahweh became like a shepherd or god and this seemed to open the door for negative balancing opportunities. A negative entity from Orion claimed to be the original Yahweh and made a covenant with them so if they obeyed his laws their enemies would be laid low by Yahweh and they would prosper.

We are wondering if this covenant made with the Jewish race, and perhaps the Arabs too, was why Jesus made a new covenant focusing on love rather than the eye-for-an-eye nature of the old covenant, and we are wondering what Q'uo might have to say about that subject.

(Carla channeling)

We are those of Q'uo. We greet you in the love and in the light of the one infinite Creator. We thank you for calling us to your circle for this working, and we bless and greet each who sits within your circle. There is a heavenly light that shines from groups such as yours, not only because of the people that are there in person but also because of those who link up with these meditations. Each center which gathers for the purpose of seeking the truth and finding light and love is a kind of lamp that turns the darkness into dawn. This is a service that you perform for your peoples as well as for yourselves, and certainly this is a service for us, for it allows us to use instruments such as this one in order to communicate with you concerning principles that we hold dear and opinions which we have to share. As always, we ask that you take nothing from this meeting that is not truly your own, recognized, remembered and fitting with those things which you seek at this time.

We are aware of the many questions that those at this meeting do have, and as you have requested information on that entity that you call Yahweh we shall attempt to speak along these lines to your satisfaction. When we finish that which we have to say there shall be time for more detailed follow-up questions.

Your question concerns history, the history of your people. And yet this history is also a mythology and the one function is as important as the other. Because of these historical and mythological coincidences of meaning and value it takes a careful and subtle intelligence to find one's true and clarified way through the many by-lanes of cultural detail and distortion. We say this because your query concerns that which your peoples see as a god or the God. Within another mythological system—that being the extraterrestrial model—this entity is a Guardian. The god-like qualities of each entity are precisely those of the entity, Yahweh. The qualities

of Creator within all beings are the same. When the intelligence of consciousness attempts to grasp that which lies beyond rational, physical, Euclidean models of space/time, facts become ladders and thoughts become structures, structures of logic upon which the entities which dwell in the darkness of flesh attempt to use with those imprecise items you call words to express the relationship between the self and the Creator.

All of those within the Confederation of Planets in the Service of the Infinite Creator are those who are people of this mythology and people of this history. Yet time and space are not as they are in space/time when one attempts to delve beneath the surface of the story of the race of humanity upon Earth. Thusly, while we are real we are also metaphysical as opposed to physical, just as your thoughts have no flesh but are as they are. So are we within your space/time continuum.

That which the entity Jehovah or Yahweh did among your peoples was within history and yet also of the quality of the thought that has no place within history. We say this in order to deflect the intellectual desire of the seeker of truth from aiming directly into this matter as though it were logical or linear. That which has to do with the relationship of consciousness in the personal sense with consciousness in the creative sense or the sense of being the Creator will always fly before any gust of wind that attempts to chase it and the more words that are thrown at it, the faster it will flee.

So, at the very beginning of anything that we say at this time, we ask that you understand that we are using analogy, and we are mixing mythology and historicity because that is the way the creation is melded within your illusion.

The entity, Yahweh, as the one known as Jim surmised within his question, was indeed one who had the plan of enabling those who wished to transfer to your planet with that move. The concept seemed to them fairly direct; that is, to improve the intelligence and the curiosity and the physical and emotional strength of the type of physical vehicle which had been the native physical vehicle for those within the Martian sphere. And as was surmised, this entity discovered, to its discomfiture, that it had caused great distortion, worse distortion, shall we say, than the distortions would have been without the aid.

This kind of situation occurs at all levels of consciousness. The mistake is made. There it is. One cannot go back. One simply learns and moves forward. However, this people indeed did crave and wish for a continuing source of, shall we say, God-given help. Its expectations were very high because there had been interaction betwixt a god-like being and humans. The remarkable nature of this history speaks for itself.

The entity which succeeded the first Yahweh—calling itself by the same name and using the same frequency of light to express—simply continued to offer aid and comfort when it wished but with the ever increasing distortions towards belligerency and aggressiveness that is the hallmark of a negatively oriented being or culture. The echoes of this action which was transmitted long ago redounds even now and shall continue to echo and re-echo as long as there are those within third density within this sphere who wish to claim power and who seek a god of power.

Now, let us look at the promise first made and the promise that took its place. The hunger which many among your peoples have had revolves around knowing what is right. It is instinctive within your physical vehicle to watch out for the safety and the comfort of the body, the mind and the spirit. The continual proclamations and greatly detailed taboos, prohibitions and schedules of sacrifice that characterized the relationship of your so-called Old Testament God constituted an order, a structure, a logic within which entities felt comfortable living. Through this structure they knew what was right. The tendency was to enunciate finer and finer points of law until all possible actions with ethical consequences or consequences of safety and health were covered and the entities within this system were safe.

We ask you to look about you within your present world scene and see the entities about you looking for a way to be safe. Look upon your leaders who wish to prohibit freedom in order to guarantee safety. The spirit of Yahweh is strong and it survives. It is part of that mixture of light and dark which makes up all that is. In other words, we are saying that entities continue to have a choice between the many laws of moral rectitude in such a logic as Yahweh's. They can also choose a logic and a path which is not rational or linear, which does not hold, which does not insist, and which is not aggressive.

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This spirit was before the one known as Jesus the Christ. It exists, as does Yahweh, within each entity, for each of you is the universe. You are looking out at a world that is actually interior. Such is the illusion created by flesh.

In the testament of the one known as Jesus the place of the law is simply turned upon its head, as the one known as Jesus is quoted as saying, "Man was not made for the Sabbath, but the Sabbath for man." The direction to love the one infinite Creator and to love each other self as the self is not a detailed, closed or encapsulated direction. It is specifically open-ended, and the one known as Jesus goes to some pains in the body of teaching that survives to impress upon those whom he taught that there is never an end to love. There is never the need to return to the old prescriptions and old taboos. These are not either/or situations but rather either/or processes, and as each student works upon its personal polarity perhaps it will aid the student to ponder and remember these two kinds of promises, these two kinds of ways of thinking. And perhaps this can be instructive in showing the way, the balance, when that way seems unclear.

We wish to tell you that your model of the universe is very, very limited. The attempt to nail down a history which is replete with metaphysical subject matter shall always be unending and full of lacunae, holes, gaps and spaces where there is no logic, there are no words, there is no road, there is no structure. Not that there is no structure, just that there is beyond all structure, love. The illusion is so very, very deep, for you are a dream, yet when you leave the flesh and enter a larger life you will still be a dream, for we also are but illusions and ahead we see illusion. Yet always that siren call which beckons you and beckons us calls us all forward.

And yet are we forward-going? We do not think so. We feel at this point the comfortable awareness that we do not know what is occurring. We only know how to be faithful to love. When it is accepted within the heart that nothing can be known and that a sea of confusion will always surround love, then the mind and the heart are better armed to take up the walk of the pilgrim who seeks truth, peace and love.

That call has come to many who wander within this world of yours at this time, listening for a sound, a tone, a letter from home, waiting, hardly hoping at some times, yet holding onto the faith that that which is within, that which is so hungrily sought, does exist. And we say to you, "Yes, love exists. Love is before, after and around all that is." You do not seek after ephemera. You seek that which is and that which exists perfectly. We encourage all lines of thinking which fascinate your minds, and we hope that we can, within your meditative periods, be with you as strengtheners of your own vibration. But we do continue to remark that the ways of seeking which are scholarly and of the mind yield a limited harvest. This is acceptable to us. We can look at what is possible within your world and see that it will be helpful and useful. And we encourage those who are drawn to this material, to this subject, to continue that process of thinking, meditating and reflecting, for these are helpful things not simply to the self, but in terms of service to others as well.

Let those truths that you seek remain small enough for you to remember that beyond all that can be understood or discussed is the truth, and that is a vibration which has created all that is and into which we hunger and yearn to move again. That should keep your intelligence and your heart on a sturdy road that has good perspective.

We would at this time transfer this contact to the one known as Jim. We do thank this instrument and leave it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries. Is there another query at this time?

K: I understand you to say that there were two Yahwehs? The original who brought the entities from Mars to Earth and then a second entity using his vibration?

I am Q'uo, and am aware of your query, my brother. This is correct, with the second entity being of a negative orientation and utilizing the name of the first as a means of gaining control of the entities to whom the first Yahweh had spoken.

Is there a further query, my brother?

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K: The second Yahweh then gave the Laws of Moses to the people as well as the curses that attended them?

I am Q'uo, and this is correct, my brother. Is there a further query?

K: Ra said that the first Yahweh gave the Law of One in a very simple form to Moses. Is this the saying, "I am that I am," or was this the Ten Commandments, or something else? What was this exactly that he was talking about?

I am Q'uo, and am aware of your query, my brother. The entity, Yahweh, from the Confederation of Planets in Service to the Infinite Creator, was one who spoke with those entities from the Mars influence in a manner that reflected the unity of all creation and the attempt to be of service to others. Through this speaking and intermingling, shall we say, the attempt was formed or fashioned in a way or in a philosophy that attempted to weave all experience, desires and expenditures of energy as portions of one great tapestry of energy, love and unity. All communications were based upon this simple recognition of the unified nature of all creation. It was the foundation upon which the interrelationship was built.

Is there a further query?

K: The Ten Commandments were given by the second, negative Yahweh? Is that correct?

I am Q'uo, and am aware of your query, my brother. This is basically correct, for these commandments were seen as the pillars upon which would rest the many laws that would protect and guide the chosen people in a manner that was in accordance with the desires of the Orion-based Yahweh. These commandments included previous concepts given by the first Yahweh contact and then there was added unto those concepts a turning or twisting toward the negative orientation so that the commandments were, shall we say, then restrictions upon entities more than inspiration to affirmative or positive action and imaging of concepts.

Is there a further query, my brother?

K: In the Old Testament we have this record of Yahweh speaking. It is a strong personality. Can we take this strong personality to be the creation of later editors or writers, or is this a faithful reproduction of the negative Yahweh?

I am Q'uo, and am aware of your query, my brother. We find in most instances there is, as you have surmised, the faithful reproduction of words spoken and recorded carefully. However, as in all recording by human hand there is the possibility of coloration or distortion which has occurred in some instances.

Is there a further query?

K: Was the negative Yahweh responsible for the miracles on the journey out of Egypt such as the parting of the Red Sea, the manna from heaven, or the water from the rock? Or did these not happen at all?

I am Q'uo, and am aware of your query, my brother. We find here that there is some mixture of influence and there is some difficulty in interpretation although much is carefully recorded and in a reasonably accurate manner. We would take this opportunity to remind each entity present that though the details of such an interaction are quite interesting upon many levels, that it is well to remember that the process of the evolution of the entities involved is one which is at its heart in accordance with the free will choices of the peoples of this time who, though laboring under dual influences, did have enough previous understanding of the heart of the evolutionary process being love and compassion that this positively oriented source of information was for the most part ignored by the majority of these entities who were evolving according to the energies set in motion …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. As we mentioned previously, these entities had access to information of a positive nature but chose through their own free will to move with those energies which had originated with their experience on the red planet known to you as Mars, and there was indeed much interaction and influence offered to these entities by both positively and negatively oriented entities who were interested in the evolution of these Mars entities.

Is there a final query at this time?

K: I would ask about what Ra said about giving some visionary information to some philosophers of ancient Greece about 600 BC. Can you tell me what

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this information pertained to and how it showed up in Greek philosophy?

I am Q'uo, and am aware of your query, my brother. And we would answer by suggesting that the Law of One was the primary information given in the distortion of the ways of love and understanding, so that there were those philosophers within the Greek culture and experience which made this assumption the foundation of their philosophy and their view of the nature of creation, its purpose, direction and ultimate conclusion.

Is there any further query?

K: Do we have time for some more?

I am Q'uo, and we would entertain one final query, my brother.

K: I am interested in Jesus of Nazareth. He often had the term, "Son of God," attributed to him. Is this to be taken literally or was this a reference to the Logos of Philo Judeas of Alexandria, who often used that term for his Logos?

I am Q'uo, and am aware of your query, my brother. The phrase, "Son of God," or the phrase, "The Christed One," are means of expressing the kind of consciousness available to those who have been able to open the green-ray energy center in sufficient degree to feel and experience this creative force of love that has made all that there is. This quality of consciousness or attitude of beingness is the goal or opportunity which is offered each third-density entity as a means of passing from this illusion to the fourth density where the study of this creative power of love is that which is the focus of all energy expenditure. Thus, the one known as Jesus was able to offer itself as a model or pattern by which entities could move their own consciousness to a larger view in which the acceptance of self and others as one being was far more easily facilitated.

We are those of Q'uo and we would take this opportunity to thank again those who have gathered in this circle of seeking this day and who have graciously offered us the opportunity to speak our words and to share our thoughts in those areas that are of interest to you. We are always most grateful for this opportunity to walk with you upon this journey which all make together. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
February 4, 1996

Group question: The question this week has to do with the possibility that it might be as hard for service-to-others oriented people to accept the love offerings of others as it is to give love in service to others. In fact, many of us have the feeling that we like to be able to reciprocate in kind as soon as possible when somebody helps us out and gives us a helping hand because we want to be sure that we give more than we receive, that what we really want to do is to give. So, we would like to have some comments from Q'uo or anyone from the Confederation on giving and receiving and the importance of each, the difficulties of each, the advantages and anything you would care to say.

(Carla channeling)

We are those of the principle known to you as Q'uo and we greet you warmly after a winter's holiday. We have enjoyed gazing at the scene among your peoples as the gift-giving and resolution-making of your culture's ways had their merry rhythms and rippled outward through the deep mind of your, shall we say, racial and planetary minds, creating light and space and leavening the whole with good vibrations. Your peoples are capable of the greatest degree of love and kindness and we rejoice in seeing that in that season when those things are hoped for, they also occur.

As we come to you we bring many thanks, as always, for your careful asking of us. The opportunity to share our opinions with you is an enormously profitable one for us, for we are able to be of service to you and we truly do give that service with a whole heart and an unreserved love for each of you and for the light that each comes to and yet brings within him or her to this circle of seeking. We ask you only one thing and that is not to take our advice as gospel, for it is only the thoughts of your neighbors, and we are glad to share them, but we must tell you that we often err, and when in error we do not know it, else we would have not done it. So take those thoughts from us that ring with the peculiar inner ring of recognition that is reserved for your own personal truth and leave the rest behind.

This instrument just told me that she felt like W. C. Fields in getting a drink from her inside jacket pocket. We thought that was worthy, so we passed it on. This instrument is saying to us, "Hello, Laitos," and we say, "Hello, dear one." We also say from Hatonn, "Hello, dear ones."

Now to your topic of the day, which is receiving the love offerings of others. Ah, my children, how you will laugh when you rise from the safe confusion in which you now play and amuse yourselves and look back upon the giving and the receiving that you have done within this Earth world that you call your home. It will surprise you to some extent, but

perhaps not, for perhaps you already suspect that things are not as they seem.

We invoke the one known as Don's "180 degree rule." Receiving the love offerings of others is the greatest gift you can give and is won by giving in service to others. When you reach the point at which there is no difference between receiving and giving absolute and unreserved love, then shall you be ready to learn the ways of wisdom. Until then, you must learn these lessons that seem so opposite: how to serve others, how to accept service from others. Yet are you not looking in a mirror when you gaze upon another? Is that entity not looking at the Creator when he gazes back at you? Is this not the essence of your being?

Now, let us look at the values of your culture. The emphasis is always upon that which carries what this instrument calls the green energy of money. Some have more; some have less. Needless to say, this is an illusion, for all things belong to the one infinite Creator, and as you give and as you receive, you are simply moving the energy around.

This instrument is fond of saying, "Keep the energy flowing; don't resist." This is an excellent piece of advice. When it is time to accept love, learn, my children, to say, "thank you" with an open heart and a clear mind. The reciprocity is in accepting love without reservation or any evasion that would create an invulnerability between you and the other self.

Similarly, when you give, give wholeheartedly and you shall experience that event as if you were being fed by heavenly food. You see, it is not money, or places, or times, or any event, or object, or any occurrence whatever that is given or received, for what is actually occurring [is], you are a thought. That thought is love unreserved, complete, utter and whole. This love chose to manifest itself and created light. That light in all of its rotations and degrees has built the universe in its infinity, and all that you see and all that you are is light. All manifestation is light in heavier and heavier outer garments.

Yes, but always each iota carries the signature of the one original Thought, which is love. All you give is love. All you receive is love. The rest is masks, symbols and placeholders. So, gird your loins to accept with joy when it is time to accept and to give with equal joy when it is time to give and know that what you give, you give to yourself and what you receive is what you have given away. All is balanced in the one infinite Moment which is all that there is in reality.

Because this instrument has somewhat low energy due to inconveniences of the physical type, we would at this time terminate this part of the working and request perhaps two or three short queries, that the energy not drop too low. We thank this instrument as we leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would at this time offer ourselves for those queries that may be present upon your minds. May we begin with a query?

Carla: I would like to ask if you have any advice to give me as I go into a mode which is not my natural mode, for I don't want to use my right hand for absolutely anything. I'm having real problems with that.

I am Q'uo, and am aware of your query, my sister. The choice which you have made to have the surgical procedure upon the right hand is one which has the hoped-for result of aiding the further functioning of this appendage and it is quite understandable that the desire to serve and to function as a servant would continue even though the hand would be incapacitated and wisdom lies on the side of its rest rather than any use. So, our first suggestion is that you see yourself and your response as one of normalcy.

Secondly, we would suggest that you provide for yourself a reminder that this hand is to remain inactive. Perhaps you could carry a pencil in this hand and let that pencil remind you upon any attempted use of this appendage that it is to remain at rest. Any reminder would be helpful; one that you carry with you continually would be most helpful.

Is there any further query?

Carla: *(Inaudible)*.

We are Q'uo, and we again thank you, my sister. Is there another query at this time?

Questioner: I just noticed that you sound a little different today. The image that came to me usually feels like a brother or sister in the circle and today it was more like an old, kind uncle sitting next to the fireplace with kids around it, with a beard, speaking,

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and I wonder if it is my perception or it there is some different energy mixed into it.

I am Q'uo, and am aware of your query, my brother. We of Q'uo offer our vibrations as a blending of your own, so that each in the circle adds to that which is the shared vibration of our work as all entities change and move. As their own seasons change and move there is a blend between us that, though familiar from session to session, also has alternating characteristics, if you will, so that that which we experience is a function of the totality of ourselves. This being, as all beings, changes and grows according to its own rhythms. There are times when each within the circle is perhaps more sensitive to these changes, to the basic nature of the sharing that we undertake, each with the other at these workings.

Thus, the experience of this session of working is likened to a microcosmic view of that which is the larger experience of the incarnation. Each incarnation has its own rhythms and is affected by all that one experiences. Each entity will have the opportunity to open itself to new experiences of itself experiencing all experience. Thus, upon the river of consciousness each of us ride and share that which is uniquely ours to give and to receive that which is uniquely another's. We are always honored to partake in this sharing.

Is there a final query at this time?

Questioner: I have expressed to the members of this circle of seeking how I feel that this is an entirely new life, my coming up here and the way I feel within myself and what I experience, etc. I feel that I have been given a great gift, if you will, almost as if I'm starting all over in thinking. And I was wondering if you'd care to comment on that or if you have any advice?

I am Q'uo, and am aware of your query, my brother. It is said among your peoples that each day is a new beginning. And indeed this is so, yet some beginnings are larger than others, for as we spoke previously, each entity has cycles and seasons of growth, of harvest, of quiet time, of renewal, of beginning again this great cycle of experiencing the one Creator in many forms and yet seeing how all dissolves to one concept or quality called love.

As you begin this, which for you has been an obvious new beginning, our only suggestion is the suggestion which we would make to all entities at all times—that is to give praise and thanksgiving, for that which is all seasons and all cycles, all experience, whether that which you call good or that which you call bad, difficult or easy, happy or sad, will pass away. And yet all will dissolve into this quality of love. And it is this unifying energy of love which seeks to express itself at all times and in all guises.

Thus, for one who begins a new journey, there is love. For one who ends a long journey, there is love. For one who feels confusion in the midst of what seems like a difficult journey, there is love. To be able to accept that which is in one's incarnation at the time of the experience is love revealed.

May we speak in any further way, my brother?

Questioner: *(Inaudible)*.

I am Q'uo, and we are most honored and filled with joy at the opportunity of [talking] with you and welcoming you in this circle of seeking, for we are always glad to welcome what may seem to be a new friend and yet what may be an old friend to our common circle of seeking.

At this time we will take our leave of this group and of this instrument, for we do not wish to overextend the one known as Carla, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
February 11, 1996

Group question: We have a two part question. First, why Hatonn has been overshadowing our group and why Carla felt the need to challenge Hatonn a few sessions ago, and, secondly, could you give us the principle why the seniority of incarnation by vibration is in effect? It rewards those who have done spiritual work successfully but makes it more difficult for those who have not been successful. Even that which they have is taken away, and the lessons become more difficult. If you can't do the first set of lessons well then it seems unlikely that more difficult lessons will be done well either. When we feel eager to grow and yet there are restrictions around us does that mean blockages from other lives or is that the nature of this illusion to have restrictions around one even when ready and eager to grow?

(Carla channeling)

We are those of the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator. It is a privilege and a blessing, as always, to move among the harmonizing energies of your circle and to share with you in the desire to seek the truth. We happily share our opinions with you with the one request that each keep the powers of personal discrimination sharp and allow only those of our thoughts which find an answering recognition in your hearts to stay with you and to allow the rest to float away on the wind.

We shall deal with these several questions in part separately. We shall speak concerning the instrument's question about those known to you as Hatonn. The principle which speaks through this instrument, as each knows, is a created collaboration between those of the social memory complex known to you as Ra and that known to you as Latwii. This combined fifth and sixth-density vibration was that which was called to your group at the time of this instrument's reception of our signal. However, as the one known as B made a decision to establish the residence in order to be a part of this group, week by week, there was a call for the compassion and loving attention which the ones of Hatonn so beautifully personify.

This is the adjusted balance which we feel shall be the appropriate mixing of information and that which you have no real word for in your language that we can find but that this instrument would call the emotional tone. The call for the one known as Hatonn had been such that it was always, shall we say, aware of these transmissions, for it has a long established contact with this group. However, we have been pleased with the way the new blending of energies matches the call of your particular group as it is made up at this time. The portion of this collaboration which speaks through this instrument is the voice of Latwii. However, both those of Hatonn and those of Ra are able to share in the

process of creating that which we offer this instrument.

The perception that this instrument has had of the ones known as Hatonn is, in our opinion, a sign of this instrument's fastidiousness. We are pleased that this instrument is careful and does challenge those energies and essences which she perceives, whether or not she grasps the reason for their approaching your circle of seeking. We would commend this instrument for its care in attempting to retain a precise tuning. This is greatly appreciated by us.

This instrument requests that we move on to the other topics at this time and so we shall. The subject of seniority by vibration is a concept which is easily misperceived by one who is attempting to think upon it in a logical manner. This is due to the improper emphasis which your culture places upon the direction of catalytic energy. The principle of seniority of incarnation by vibration is simply that as an entity takes hold of those gifts, talents and resources with which it entered the incarnational experience and works to maximize the giving of those gifts through the manner of living the efforts and intentions to serve and to offer the perceived gifts as fully as possible, it creates a rhythm of learning, changing, consolidating and preparing for more learning. This cycle, once perceived by an entity, can be cooperated with by that entity, thereby doubling and redoubling the polarity of the incarnational experience and the efficiency of processing the catalyst received.

This process has virtually nothing to do with the Earthly values. That is, the lessons given for which the gifts are prepared are lessons in loving, in becoming more able to accept love, in the patience that is love's steely center, and so forth. These are Earthly gifts but in spiritual terms they move towards the metaphysical processes of spiritual evolution so that the entity which gazes at the world scene and attempts to make sense of the gifts that it has been given with regard to the world scene will surely be confused and stymied, for those things which are accomplished in the career, the working of the daily job, and so forth, are those actions which take place upon the surface of the illusion, whereas the spiritual work is being done through these everyday experiences but tending towards the building not of a worldly success but of the what the one known as B called the discipline of the personality.

So, one who has gained seniority by vibration is one who has taken those gifts that it was given and has attempted wholeheartedly to use them in order to work upon those inner lessons of love, patience, mercy and compassion. These are the actual riches to be gleaned from the Earthly illusion. The purifying of emotion, the cleansing of the processes of perception—these are the work that tends towards seniority by vibration. These gifts may seem to express in many manifestations, many fruits of labor, many accomplishments, yet the actual vibration of the entity experiencing these processes is the thing at question.

For instance, the one known as B pointed out that while inwardly this entity is experiencing a fairly rapid expansion of the array of tools consciously realized and recognized, its outer experience has been one of needing to be the youngest, the least experienced, and so forth. In Earthly terms the atmosphere of work conducted under these restrictions seems completely against the rhythm of the expansion of consciousness and yet it is in working with the guise of humility while remaining able to keep the expanded viewpoint that shall make a difference in the entity's vibration, not any success of an outer nature [that] could change that vibration, but rather the work done while the outer illusion dances merrily by. This is the heart of the work.

So, gazing upon the outer circumstances and making judgments is guaranteed to be an exercise in folly, metaphysically speaking, for the illusion is designed specifically to confuse and trap the intellect in such a way that eventually it must give up the attempt to make sense of the illusion.

We are aware that this group is desirous of serving to the very, very best of its capacity and we feel that this is the intention to be encouraged, that the attempt personally and the attempt as a group to share in love and service is the heart of that which shall indeed speed the processes of the spiritual evolution of each. For when there is the group that gathers together there is the additional energy generated by the combination of the entities which, as each in this group is already aware, is an energy that is doubled and redoubled far beyond simply the addition of one entity to another.

We are pleased with this group that offers itself in service at this time in terms of its sincere and honest

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attempt to be the best it can be. We can assure each that the world scene offers a story that has its most helpful points fairly well hidden in the folds of many and various details. It is almost impossible to dwell within the dream and know what lies beyond that dream. This is your situation at this time. This is not a situation we encourage you to escape. This is your appropriate position, not to know or to understand why destiny has offered this lesson or that but rather to gaze at that moment that is the present and to look with complete attention at the wonder, the depth, the infinity of that moment. Love lies within each and every moment of this infinite creation. If the seeking soul can keep its eyes upon that love, if the fainting heart and the overtired brain can remember that love, then the work which will encourage seniority is being done to the best of your capacity.

We encourage each to love, respect and enjoy the dream life that is the incarnation in the shadow world of Earthly life, yet not to expect it necessarily to make sense. We suggest that each not be fooled by what the world view may think in terms of the station you hold in life or what is actually going on. We encourage instead that living desire to seek, to love, to serve. Taste the keenness of hope. Rest in the fullness of faith, and keep the eyes upon the goal, and that goal is the realization of love.

We would at this time continue this transmission through the one known as Jim. We leave this instrument with thanks in the love and the light. We are Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time, as is our custom with this group, we would offer ourselves to those who may yet have a query for us. Is there a query at this time?

Carla: At the meeting last week I experienced great flows of energy which just [went] storming up my spine and falling like cascades of water off my head, my fingers and toes. It went on for most of the night and it was delightful. I couldn't actually do anything with it, and I felt it was coming from B. I feel better when he is around. Could you say anything about it? Is there something you can say as to why it occurs? How can we offer it in a balanced way?

I am Q'uo, and am aware of your query, my sister. We have some difficulty in speaking directly to this query, for there is the experience which is unusual that has a significance for the growth of at least one entity within this circle of seeking. The experience of the energy moving through your physical vehicle is the experience that has been made available both by the receptivity of your vehicle, its ability to respond to the desire you have shown for a new beginning, and the energies in this circle that have been opened to you through this desire.

There has been the choice upon your part to restrict certain activities and to adopt a new attitude. You, by this choice, have made available the opportunity for assistance, shall we say, from in your estimation any source which offers itself in service. Thus, the one known as B has been available for adding his own energies to this circle of seeking by his own choice and through this mutual making of choices has come the opportunity for each to be available for the further energizing of this group's seeking in these meditations, each choosing to give and receive that which is most appropriate for each at this time.

We find that beyond this point of our speaking lies information which must at this time remain unspoken due to our desire to maintain the free will of all.

Is there any further query to which we may speak, my sister?

Carla: Yes. I'll ask Aaron about previous lifetimes and I imagine that he will be glad to speak about that. I had some feelings that I probably, if this was a balanced energy exchange, then B was probably getting energy also but it was of a different type and this was probably the inspirational kind of energy—or "new motherboard," as he called it—being set up. Am I thinking along balanced lines here?

I am Q'uo, and am aware of your query, my sister. As we spoke previously there is interesting information available which is of somewhat the nature you have mentioned and does include the feeling of the one known as B that there is a new foundation, shall we say, upon which to build the remaining incarnation and this new beginning has aided in your own energizing as well. Beyond this point we find a difficulty in speaking further for the aforementioned reasons.

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Carla: Yes, let me ask in a slightly different way and see if I can get an answer. Are we doing everything that we can to offer this energy clearly and in a balanced manner?

I am Q'uo, and am aware of your query, my sister. We feel that you have been most conscientious in attempting to balance and use these newfound energies, and will find further refinements available.

Is there any further query, my sister?

Carla: No, I am done. Thank you very much.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

B: I am curious about Hatonn's calling to this particular group. I am curious as to the origination of the call. Was it a call resulting from the blending of the energies of this particular group?

I am Q'uo, and am aware of your query, my brother. The call was the addition of your presence to this circle in a more, shall we say, stabilized manner. It is those of Hatonn's estimation that the compassion that they have to offer by their very nature is a quality which would be helpful to your own beingness. Thus, they have responded with their presence.

Is there any further query, my brother?

B: No, not at this time. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

R: Was it the same when I joined the circle? I am curious.

I am Q'uo, and am aware of your query, my brother. It is the case, my brother, that when entities who seek the ability to give and receive that quality of love that is most closely aligned with compassion that the entities of Hatonn respond, for it is their hallmark that is able to meet most sufficiently the desire of a new member to feel the inspiration and the compassion together in the kind and quality of messages offered by Confederation contacts in this group, this call which was indeed offered by your presence in this circle some time previously and which those of Hatonn were happy to offer.

Is there a further query, my brother?

R: No. Thank you. I greet the brothers and sisters of Hatonn.

I am Q'uo, and we thank you as well, my brother. Is there another query at this time?

(Side one of tape ends.)

B: *(Question not recorded.)*

I am Q'uo, and we are gratified, my brother, that you have found a home within this circle of seeking, for we and those of Hatonn value beyond measure each entity which chooses to work in a conscious fashion in a group such as this one, for it is by such combined efforts that each progresses most rapidly in the gaining of the service-to-others polarity. Thus, we join you in the feeling of gratitude.

Is there any further query at this time?

B: No, not from me. Thank you.

I am Q'uo. In closing, then, we would thank each entity present for blending their vibrations into this circle of seeking, for the energies of each present, though at this circle somewhat lower than usual, are yet a glorious sight to behold from our point of view. Such energies may be seen for their variety, their intensity and their brilliance.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
February 18, 1996

Group question: Concerns red-ray energy transfers and how they are accomplished, whether by sexual energy transfer or just by being in people's presence. Does it differ from second to third density? What would the lack or abundance of red-ray energy look like in a person?

(Carla channeling)

We are those of Q'uo. We greet you in the love and in the light of the one infinite Creator in whom there is no variation or shadow. We thank you for calling us to speak with you this afternoon, for it is indeed a great privilege for us to join this circle of seekers of truth. We, too, are seekers of truth, and yet we do not have the final answers ourselves, so as always, we ask that each listen and take from those things which we say only those ideas and conceptions that ring true for you personally, for we would not want to put a stumbling block in your way. We wish only to aid. Please know that you are aiding us, for allowing us to perform this service for you is great generosity on your part. We have only one reason to be here, and you are allowing us to further that hope of ours to lend what aid we can to those upon your sphere at this time who seek those lessons of love which lie beyond the present Earth world.

You have elected this day to focus upon a very, literally, basic portion of the energy distortions which form the structure of your mind/body/spirit complex, as this instrument would call it—those rays that feed and inform the physical bodies, the mental bodies, the emotional bodies, and the spiritual. And so let us look at that first incoming port of call within your personal energy field, for there is a field about that entity which is you.

It is the kind of field that holds together. If you see it on the top of a liquid you would call this field a meniscus. It is that which holds the surface and allows it to form a shape. Such are the complex of fields that contain your consciousness and allow it to manifest within that world of shadows in which you live at this time. The energy which is received by the physical body is infinite and perfect and without distortion. It moves into the body, rushing in from the earth, from the air, from the sky, in through the feet and at the root of the spine. And the welcome that it finds at that base chakra or energy center at the root of the spine places the limit upon the energy that can be transformed as it moves through the remaining energy centers of your body, your mind and your spirit.

When entities wish to think about what you have called red ray it is natural that the consideration tends towards that of identifying red-ray energy with sexual energy. And certainly sexual energy is a manifestation of red-ray energy, just as the functions of the parasympathetic nervous system are functions

of red-ray energy. As you have suspected there is a scope, a range of ways that the pure base chakra energy may be distorted, and the sexual expression is only one of those ways.

Perhaps the most skillful expression of strong red-ray energy is the allowing of the self to rejoice in the feeling of health and life, to feel the vivid energy of the blood moving through the physical body, of the organs doing their balanced working, and of the nervous system opening and relaxing and turning towards the light of the physical world or that world of entities in which the expression of light, perhaps the lamp in the window or the smile that lights up the face, can express, for the red ray is in its pure form the energy that created all things, moving in its first expression into the individual splinter of the love and the light of the one infinite Creator that is each of you.

Certainly the expression of red-ray energy in sexual activity is an appropriate and helpful expenditure of this valuable energy and the transfer of energy which can be exchanged in the sexual act does create what this instrument would call the Holy Eucharist of this energy, that expression of unified praise and thanksgiving that in uniting two bodies unites also the adoration of the one infinite Creator and becomes a hymn of praise. And yet, as this instrument has suspected for some time, because of its own experiences at receiving such energy from others, it is entirely possible and natural and certainly helpful when entities which have good polarity meet to allow the free exchange of red-ray energy.

Depending upon the polarities involved, one entity in such an energy exchange is able to fall into an open circuit which allows the two entities who are polarized to circulate the shared energy back and forth, around and around. In this expression one of the polarities will be sharing physical energy. The other will be sharing its excess of spiritual/emotional energy. Although it is most often true that the biological female will share the emotional and spiritual energies whereas the male will share its excess of physical energy, this is not always the polarity which two entities will discover, for many biological males have the excess of spiritual energy. Many biological females have an excess of physical energy.

When two females or two males find the energy exchange opening to link their fields, one will have the polarity of the opposite sex. This does not mean that the biological male is actually a female if it has spiritual rather than physical distortions of excess energy. It simply means that each entity, whether biologically male or female is both, has been both, many times, and contains within the self the entire range of expressions, emotions and feelings. So there is not a state of complete blindness which separates the two kinds of energies which are transferred, but rather there is the great desire of the everyday culture to keep things simple, and to that world view which expresses within your people's culture, the man is the man and the woman is the woman, and the two natures are irretrievably opposite.

It is our opinion that this is an immensely overstated truth. There is the tendency, rather, for the sexual biases to be as the culture thinks them. The truth is that each has all of the available distortions within a vast memory that lies deep within the mind complex, and within this deep memory lie recollections of being many, many things, many plants, many animals, many minerals, elements and states, for this protean, plastic, endlessly reforming material that houses the energy that is consciousness is that which, like the various parts of the sea, may seem to split into this wave and that, this bubble and that froth, and yet it is all one. It is all the one water, and there is in truth no differentiation, and yet you have come out of that sea of consciousness. You have dressed yourself in a body of flesh and you have deliberately come into the land of the shadows, there to face the choices that a person of energy can make, for this energy comes to each as a gift of the one infinite Creator.

The energy that gives life is also the energy that can limit and kill. It is up to each individual so to mold the thinking and the attitude and the processes of perception that this perfect, precious, infinite energy may flow through all the energy centers unimpeded, unforced, spiraling upward naturally and back to the infinite Creator as it leaves the physical top of the body, the head, the face, and the fingers.

In order to best allow the free passage of energy through the red ray it is well to sit with the self and contemplate to one's satisfaction what it is to have life, what it is to have the beating heart, and the in-taken breath. What it is to be caught between the Creator and nothingness, what it is to have the eyes

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open upon the present moment. That gift of life, if perceived for one instant as the infinite gift that it is is stunning, breathtaking, miraculous, unbelievable. And yet it is yours, each one of you. This energy, this indrawn breath, this moment in space and time to form as you will, to express just as you choose to do.

As you contemplate this energy of life know that it is but a shadow of something that is within each of you that is even closer to the Creator than the light that you welcome into your energy field. For light is a manifested thing, yet that which lies closer than your breathing, nearer than your hands, is that which you are: the great original Thought of Love. One may identify with the body, or one may identify with the consciousness that is the one infinite Creator. And depending upon whether the person identifies itself as body or as consciousness much may be affected. We encourage each of you, while loving the body, to see it as the shadow of the true self, that true self that took this second-density physical vehicle to be its home within the Earth world, that consciousness that shall drop the garment of the body, lovingly, gently and with thanks when it is time to move on through the door of death.

You are love, and you have chosen to come into the builded universe, that land of light and dark, and to enter into a vast round of experience, from the primeval blackness through the dim forms of earth and fire, through all the ways of the life stream moving through vegetable and animal and now you stand at the threshold of self-knowledge, self-awareness, self-consciousness. And it is your precious task to take these gifts that you have been given and to offer them back up to the infinite Creator with as much increase of love and service, compassion and caring, as you can. The second-density red ray which is the environment which your body enjoys selects those entities which may aid it in promulgating the species and in creating a safe place in which to bring up young. The third-density red-ray energy adds to that the energies of self-conscious love which opens this energy up to embrace all, male and female, which takes that red ray and chooses to allow it to flow naturally, not only in the act of sex but in the act of living.

Perhaps a good model for this would be the boomerang. As you release this energy of selfhood, this energy of basic health, as this instrument would call it, there is the comfortable confidence that this energy shall return with gifts in its arms from a universe which has all the polarities possible within it. Any two entities may share third-density red-ray energy to the extent of their dynamic. It will always be that certain pairs of entities will happen to have particularly good dynamics and thus will experience a more remarkable stream of energy transfer. But the open sharing of this energy with all is certainly that which aids the red ray in the remaining open, powerful and pure, thus ensuring that the maximum amount of energy moves through red ray and into the next.

We find this to be a good stopping place and would continue this transmission through the one known as Jim. We are those of Q'uo, and we thank this instrument as we leave it in light and love. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet you once again through this instrument. At this time it is our privilege to ask if we may speak to further queries which those present may have for us. Is there another query at this time?

K: You mentioned that we are on the threshold of self-consciousness. As third-density people is it true that we are only on the threshold of self-consciousness and have not attained it? What is your concept of self-consciousness that we have yet to attain?

I am Q'uo, and am aware of your query, my brother. The self-consciousness of which we spoke is that consciousness of the greater self which may be likened unto the higher self, revealing itself in stages, shall we say. This is that kind of compassion which includes the universe about one and not just those other selves which are in close proximity or in an interactive relationship with the self. The self-consciousness of which third-density entities are so proud is that self-consciousness which each feels as an individualized portion of the one Creator. That is the great achievement of this density's work: to give the individualization a chance to work its transformative ways upon the consciousness of the second density which has much in common with that greater awareness whose threshold you now begin to pass through, for each is partaking of the great consciousness of all that is—the second-density entity moving from it into an individualized awareness available in third density, the third-density entity moving from this individualized awareness

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into a consciousness which partakes more of the one Creator once again, yet does so in an informed manner, one which has chosen for itself the path to this threshold.

Is there a further query, my brother?

K: The energy that you spoke of coming through the feet and the red-ray chakra, is this light energy or another kind of energy? If it is light energy, how is it changed from the light that we know so that it may enter the chakra and the consciousness that is enclosed in the plastic matter that you mentioned. Is there a relationship between the energy that enters the chakra and this consciousness that is the soul?

I am Q'uo, and believe that we are aware of your query, my brother. The energy which enters the feet and base of the spine is an intelligent kind of energy that is most likened to what you would call love, that creative energy which enlivens all creation. It is the enlivener, the energizer, and is the daily gift of the Logos to all within its care. A kind of manna, shall we say, which each entity will use in an individualized fashion. This is a tool of the soul, as you have called it. The soul essence of each entity is that focus of consciousness which exists from time immemorial and moves into the evolutionary process as a portion of the one Creator. It utilizes the various densities and incarnations within each density to achieve certain levels of awareness and expressions of energy within them.

Thus, the intelligent energy or prana of the Logos is that which propels the creation. The soul is that portion of consciousness which can use this universal energy for personal evolution.

Is there a further query, my brother?

K: Does this love energy come from the sun as a Logos or from the one infinite Creator as Logos?

I am Q'uo, and am aware of your query, my brother. It comes from the One as does all come from the One, for there is only the one infinite Creator. This infinite, universal, cosmic mind of the one Creator is refined and varied in infinite ways by each Logos as means by which to glorify the one Creator and give It the opportunity to know Itself that would not be present without the individual refinements by each Logos to this cosmic mind or energy.

Is there a further query, my brother?

K: How is the harvest brought about as a mechanism? What determines the time for the harvest to occur? Does the harvest depend on a certain point of the zodiac transiting the center of the galaxy and, if so, what is the exact mechanism by which that harvest takes place?

I am Q'uo, and am aware of your query, my brother, though perhaps somewhat less able to express it in the precise terms which you request, for though such precision would be possible with other instruments we must content ourselves with the general statement that there is a clock-like mechanism, indeed, that is the cause, shall we say, for the harvest to occur as it does. For each energy focus, be it planetary, be it that of the Logos or any entity which exists as an individualized portion of the one Creator, will move in a spiraling fashion towards the light and the love of the one Creator. This movement is a progression of increasing awareness and expression of this awareness by the entities undertaking this process.

For those within your third-density illusion, the planetary progress, as this sphere which you call Earth moves through its own unfolding and position in the cosmic web of creation, will have those times during which the entities upon its surface and within its care will have the opportunity to demonstrate the level of apprehension of the unity of all things. Within this illusion the lessons of love and the ability to open the green-ray energy center to the experience about one and the identity, indeed, of oneself is the kind of energy expression that will find the opportunity to be harvested at regular intervals that are determined, as we stated, in a general fashion by this planet's own progress and position and will be offered as well as each entity is able to become more consciously aware of the evolutionary process. So, for the entity which has been more successful in untangling the illusory nature of its own existence in this third density there is always the opportunity to harvest the self at any point within this density's progress. Such entities are most likely, in the positive polarity, to remain with the planetary sphere until all of those of its kind are also harvestable …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am once again with this instrument. Is there another query at this time?

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K: I have one more. What is the nature of the fifth-density body that can be materialized into our third-density illusion? Does it have any physical substance to it? Or is it a manipulation of light in some way?

I am Q'uo, and am aware of your query, my brother. Though there are few instruments within your third-density illusion that could measure any physical qualities of the light body of fifth density there would be, to the most sensitive, some small register of that which could be called matter, or could be called energy within a field.

However, the light body is indeed constructed of that which is light and can be manipulated in any fashion that an entity of fifth density or above desires, for it is the ability of light to be formed in such and such a fashion that allows the creation to exist, and as an entity moves into more and more harmony with the unity of all creation there comes the ability to be co-Creator and to move into the light, and become the light, and form the light as the will directs.

Is there a further query, my brother?

K: The light from the being in fifth density could be changed into physical matter here in third density so that we could see the entity?

I am Q'uo, and am aware of your query, my brother. This is correct, although the matter formed would not be that which could be expected to exist for a lengthy portion of your time measurement, for the focus necessary to maintain the third-density illusion of matter is one which is quite concentrated and requires a certain grounding and dedication to this density which entities of fifth density or above would not have as their native makeup, as their illusion at this time is of a much finer quality.

Is there a further query, my brother?

K: Thank you.

I am Q'uo, and we thank you again, my brother. Is there another query at this time?

Carla: I would like to ask three things. What was going on when last week I first got energy from B? It spilled over and B said he would just send it around the circle. What was that? After that I seemed to have good energy when B was around. It didn't build up and I didn't feel extra energy around. Third, is there something about my vital energy that makes me able to use pure red-ray energy better than most people?

I am Q'uo, and am aware of your query, my sister. The one known as B has a natural ability, the nature of which he is beginning to discover. The discovering of this nature allowed the modifying of the experience. The connection between your spiritual expression of red-ray energy is that which enhances your ability to receive that which the one known as B is beginning to understand how to modify.

Is there another query?

Carla: No, thank you.

I am Q'uo, and again we thank you, my sister. Is there another query?

B: I was wondering if there is a difference between a second-density yellow-ray expression and a third-density yellow-ray expression?

I am Q'uo, and am aware of your query, my brother. There is a range of expression for each of the rays or centers of energy. For the second density to express the beginning grasp of yellow ray is to become enough individualized that the entity can give and receive that quality known as love. A primary example of such would be the pets which many within this culture enjoy, each pet becoming more individualized with the loving care of the third-density entity.

The third-density expression of the yellow-ray energy, taken to the more advanced end of the scale, would see entities working harmoniously with each other in the groupings of the daily round of activities, each moving into more and more harmony, compassion and understanding of those with whom the illusion is shared, this done in a more and more conscious fashion.

Is there a further query, my brother?

B: Not at this time.

Carla: Would the second-density animal finding its place in the pecking order be an example of second-density yellow ray, or is that part of third density?

I am Q'uo, and am aware of your query, my sister. There are many expressions of energy and behavior patterns within the second-density illusion which may be seen as being of the orange rays expression even though the observer within third density can

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see great similarities between those actions which you mentioned and the third-density experience which sees entities doing much the same under similar circumstances. Yet, within each illusion there is also the undergirding quality of the experience that shades it towards the orange ray for the second-density creature and the yellow ray for the third-density entity, even though there may be instances within the second-density illusion where second-density entities may indeed be demonstrating more behavior toward the yellow-ray spectrum within their orange-ray environment. This is the natural progression of the second density towards third so that at most times in the evolution of second-density entities there is the preponderance of orange-ray activity with the movement toward the yellow ray of individualized behavior.

Is there another query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you again, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and as it appears that we have evolved in this session to a lack of queries we shall thank each for walking with us for these few brief moments this day. It has been, as it always is, our great privilege and pleasure to be with you and to be allowed to speak our thoughts through these instruments. We hope that you will always remember to take only those thoughts which have value for you and leave all others behind. We are known to you as those of Q'uo, and we would leave this instrument and this group at this time. Adonai, my friends. Adonai. ✣

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Sunday Meditation
March 3, 1996

Group question: Today we will have a session of questions and answers from those in the circle.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a vast pleasure and a doughty privilege to share in this circle of seeking and to share our thoughts with you at this time. We thank each of you for coming together to seek truth and we only hope that our thoughts may prove to be a resource that has a way of being helpful. If there are thoughts that we share that do not seem valuable at this time we do ask that you leave them behind and do not take them with you to worry them over as though you should believe or think in the ways that we offer, for this is not our grasp of our relationship with you. We do not see ourselves as being wiser than those within third density but merely in a somewhat different illusion, and, therefore, in somewhat different circumstances. Yet we, as you, seek to know and yet do not know. We simply have come to hold fairly settled opinions, and as is the way of things spiritual our truths move constantly into the unknown, as do your own. Thusly, there is always the contradiction, the tangle, the knot of attempting to understand that which can only be embodied.

As this is a question and answer session, we will save our philosophizing for the queries themselves and would ask at this time if there is a beginning question?

B: Yes. I have noticed recently and periodically throughout my life that I have been absolutely full of energy and there is a floating in and out of a semi-lucid state wherein in my daily activities I am going through the motions but my consciousness is in a different state of mind, if you will. Can you comment on this experience in terms of what its nature is to myself and to seekers in general?

We are Q'uo, and would be glad to comment upon this thoughtful question. There are ways in which we must avoid speaking in order to preserve for you the free will of your own learning. However, we may comment upon two phenomena which often occur when those who work metaphysically make contact with new people who are the so-called birds of a feather that flock together, as this instrument would say.

The first phenomenon is that of the energizing by situation; that is, when a seeker moves into an environment in which it perceives spiritual power, that perceived power functions not only as a blessing of a place but can also set up resonance within the individual seeking so that which energizes the location energizes also those within that location.

This is quite common to those of your people as they begin what this instrument would call the conversion or the beginning of new fundamental concepts used to enhance the personal spiritual journey.

The second phenomenon which is also fairly common is that of the awakening of and flow of energy which is energized by contact with entities with which one has a particularly good dynamic. The energizing, for instance, of this instrument about which we spoke at another of your workings occurred immediately within this instrument when it opened to the energy of the group. It is not always so that the energy which moves from one to another is successful in moving circularly from that other back to the original sender which creates the open circuit between two such individuals. When the level of dynamic is sufficient this phenomenon continues to occur; that is, the circuit continues to be open. As long as this circulation or mutual transfer of energy is found to be a useful tool or resource each for the other, then the experience of feeling the energizing is well. If such a feeling seems to be too intense to be useful then there is simply the matter of moving back into the meditative state and asking within that state for the higher self or the guidance that you may think of as your own to adjust and stabilize such energy flow. It is not the place of this energy to lead the seeker, but rather it is the seeker's place to accept and to attempt to regularize those energies which are incoming.

May we answer further, my brother?

B: That was very enlightening. Thank you. Related to this I have noted prior to today that when we offer a group question you respond in the framework of those gathered. The thoughts seem to be specifically fashioned to include the personal experiences that we have shared as a group. Is there a reason that you respond in this way, if my observation is correct? Is the preservation of free will related to this?

We are those of Q'uo and believe that we grasp your query. That which we give this instrument is given based upon that which lies deeper than words within the group or circle that is asking the question. That is, when there is a group question it is our hope to be able to, for want of a better term, understand that question with as many nuances and layers of depth as resides not only in the words of the question but also within those complexes of thought which each present proceeded through in order to arrive at just that query.

Thusly, we are responding to emotional/mental configurations of energy and this colors, shall we say, the bare words the instrument offers as it processes the concepts received. There is further coloration as to the specific individuals within the group due to the instrument's own mind complex which she plunders in order to, as she would say, nail together the structure of words which she uses to contain the concepts which we offer, for we do not offer words usually. Most usually we offer concepts and these concepts are then clothed in words which the instrument chooses. The instrument thusly may use examples from its own experiences or thoughts which have been flowing through the mind prior to the contact. On these two levels the distortion increases from universal wisdom to that which is received from a particular essence or source through a particular instrument at a particular nexus in space and time.

May we answer you further, my brother?

B: Thank you. Two weeks ago in one of these sessions as you responded to the query you responded very specifically to a question that had been on my mind which had to do with Hatonn's presence in the group responding to a call from the group. My thoughts had to do with feeling gratitude and wishing to offer service in return to Hatonn but I did not verbalize that question, but you responded to it anyway. The only reason that I ask is that I am becoming aware of my gifts which I seem to have; that is, thoughts having power such as wishing to send energy to Carla and it occurred. I ask that question because I would like to become aware of this gift so I might be more responsible with it. Could you comment, please?

We are those of Q'uo, and we fear that we have missed the thrust of your query. Could you restate its essence quickly, my brother?

B: Were you aware of the question that I did not speak, and, if so, how were you aware of it?

We are those of Q'uo, and grasp your query at this time. We thank you for being patient with us. As we said before, what we respond to is not just those words which are brought to meetings such as this one but also those things which are upon the mind,

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spoken or unspoken. It is not that we read the mind, for the mind is not a book, but rather that we sense the gradations of desire and when desire has a vector we can sense that which it aims at, shall we say.

These desires are that which we call "the call." When we thank the circle for calling us to a meeting we are speaking as those who dwell within a certain vibrational range and broadcast within a certain range. And that which we pick up is that which is aimed at our range, not that one number on a dial is more advanced or better than another, but that there is a range of possible contact that is quite broad. When a new dynamic enters a group—and this is not difficult to see in a group that numbers less than ten—that new element then creates a new summation of call, and as the one known as Bob moved into harmony with this particular group that which it blended was a desire whose coloration included that of our brothers and sisters of Hatonn so this call was heard just as a radio that was set to a certain number on the dial would pick up broadcasts from that number.

The difference between hearing the desires and emotions of the group and reading the mind is that we are able to pick up that which is of the emotion without infringement upon the privacy of one's thoughts. We do not move into the phenomena of mentation that go on within the mind and simply read them off.

Does this answer your query, my brother?

B: Yes. When I find myself in these semi-lucid states there are times that I find myself in a flow of information that deals with everything from things going on in my personal life to people around me, and in some instances to flashes of supposedly past life experiences and how they affect what is occurring today. Can you tell me what the source of this information is? Am I establishing contact with my higher self?

We are Q'uo, and believe we grasp your query, my brother. We give this instrument the picture of the starfish who reaches out and touches the sandy bottom of the sea this way and this way and this way, each tentacle or point of the starfish reaching in a different direction. The starfish may be thought to consider itself as reaching out into all parts of the universe, for it reaches in a complete circle. The consciousness that each entity carries about during each incarnative experience is that consciousness which has points that reach out in all directions on one level and then on the next, and then on the next, and then on the next, so that there are universes within universes within universes which dwell within that which you are.

Indeed, not only does the entity carry within those understandings of the incarnation with all of that depth and breadth of experience within incarnation there is also carried within memory of all that has been experienced and this memory is contained in progressively deeper and more spacious containments or structures which hold one level of information. There is the high subconscious, that which feeds the dreams and so forth, that is the easiest to touch into while at the conscious state.

The phenomena which you experience at this time is to a great extent coming from that high subconscious level. There are some who consider that there dwells within this level of mind that higher self or guidance which can move from the subconscious up through the threshold of consciousness into the living day of conscious mind. This is a process to be encouraged. Further, there are levels of mind progressively more profound and progressively more spacious in terms of the amount of light which illuminates and fills consciousness. These levels are of the lower subconscious and contain that racial history which is the consciousness of the second-density physical vehicle which supports and carries your consciousness. There are inner guides within these darker and more obscure levels of consciousness. There in the deep portions of mind exist the mind of the archetypes, and, indeed, ultimately the ground of consciousness becomes that which is and that which is is the Creator Itself.

Thusly, it is as though within the mind there lie temples whose doors are carefully guarded, and as one moves into the process of seeking the truth in a persistent and sacrificial manner one begins to trigger or put the key into some of those temple doors. It is, we feel, helpful to experience such flows of the information which lies within and to keep some record of such trains of thought when they occur. For the most part these trains of thought are subconscious material which the practices of meditation and contemplative analysis are encouraging and enhancing.

May we answer further, my brother?

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B: No. Thank you for your answers and your patience with me as I attempt to ask these questions that are often hard to phrase.

We are Q'uo. My brother, we have the same difficulty with our answers and we throw ourselves upon your mercy as well.

Is there a further query at this time?

R: Greetings in the love and light. Could you restate what you said earlier about trying to learn the truth that can only be embodied in another way, and perhaps add to it?

We are Q'uo, and are glad to speak more upon this concept. There are many ways to think about the spirit, the life of the spirit, and its evolution. Because of the condition of physical incarnation it is only natural to look at any process of learning as a process of gathering facts, making inferences, proving postulates, and then using these new axioms to create further knowledge. However, the world of spirit is specifically and thoroughly non-rational. It does not build from one fact to two and from two to three. Rather, it exists and those sparks of it which are walking about differentiated by energy fields which are called bodies …

We find we have started a sentence we cannot finish through this instrument, so we shall drop back and try again.

Those who seek tend to put a great emphasis upon learning the truth. However, that which is true lies already as the heart and soul of all that depends therefrom, including the energy field which is each seeker's location or body in space and time. Thusly, one may add fact upon fact upon fact, all in the name of spiritual seeking, and become an entity whose head is filled with many, many facts. However, the journey of spirit is a journey from head to heart and that which comes from or through the consciousness of an entity in the way of the basic vibration, the basic way of perceiving, that is the clearest indication and gift of self to spirit which seekers are capable of offering.

Far more high, if you will, or exalted are the puzzled, confusing thoughts of one who loves with the whole heart than those words, however wonderful, which build an intellectual house for truth or have a central place for the heart. It is the heart that holds truth. It is the heart that can be disciplined to show those truths which now seem murky to the mind. It is the heart from which will, hope and faith journey into expression. It is the heart that gives meaning to the whole. The function of the intellect is the prosecution of that which needs to be done in order to make the physical being comfortable and happy within the world.

We do not denigrate the use of the intellect. We were simply affirming our opinion, which is that the truth embodied by the seeker is a far more whole and full truth than any words, however brilliant.

May we answer further, my brother?

R: Could you express in another way the comment to discipline the heart will show the truth that is already in there?

We are those of Q'uo, and shall attempt to do so, my brother. Picture, if you will, the color and energy of anger. Not anger at an object, but that emotion. Perhaps you might even see within a certain color—or complement of the color—this is the coloration which you as an entity at present give to a truth which is called emotion. Picture, then, that color and texture which is the shape of love, of joy, of healing, of grief, and so forth. These deep feelings, shall we call them, are truths. And they are not in their pure state either limited in any way, or of negative connotation, or positive connotation.

Much of metaphysical thought has been given to creating logical structures which explain spiritual concepts throughout the history of your peoples, and this is a universal bias in favor of that which can be seen and measured. It is difficult for entities to perceive of their own emotions as pure, and indeed they are not normally experienced purely. Normally, the experience of emotion has strong moral, mental and emotional reservations, limitations and colorations.

As the seeker grows in experience throughout the incarnation, it may choose to begin to look at that which is being experienced as it is being experienced with an eye to lessening the emotional biases which are coloring and often creating pain through that emotion, for once such coloration can be perceived by the seeker it can be grasped and gradually laid aside so that we experience, for example, grief and can move from [it] being a rending and tearing inner experience to an experience of channeling, as this instrument would say, a purer and less limited form of that emotion.

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Once one takes the bars down that hold perceived emotion in one particular structure, that emotion can begin to express more purely, and as the seeker grows in self-knowledge more and more those imposed limitations can be dropped away and the deeper emotions can then be channeled through the functioning, living mechanism in less and less difficult ways and more and more deeply true ways.

May we answer further, my brother?

R: This is difficult for me to grasp. Are you saying to encourage the heart to work with each coloration of emotion to distill it to more pure and universal light of truth as you work through it, and in the process dissolve the contractions and blockages associated with it?

We are those of Q'uo, and you grasp the gist of our answer, my brother.

R: Thank you for that answer. It is very interesting. It would be great to hold hands and run from star to star and jump all over the place.

We are Q'uo, and thank you, my brother. We shall meet you as you dream and explore.

We are those of Q'uo. Is there a final query at this time?

(Pause)

We are those of Q'uo. What a thing it is, dear ones, to open the heart. What great adventures lie before each. What great puzzlement, bewilderment, as well as joy await each. We thank you once again that of all the places upon your Earth you chose to come together to share with us hope and love and the desire to know the truth. You enable us to serve and we most humbly thank you.

At this time we would take our leave of this instrument and this group, leaving each in the love and the light of that which is wonderful, the one infinite Creator, that Thought of love that created all that there is. We are those of Q'uo, and we bid you adonai. ♣

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Sunday Meditation
March 10, 1996

Group question: We would like some information about the darker self, or side, of our self. What is the shadow and how should we relate to it? What is the most positive way to deal with it?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is, as always, a great honor to be called to come among you at this time. We cannot emphasize enough how much we appreciate your kindness in asking us to share our thought with you, for by doing so you enable us to serve the infinite One, and in the garden of the Father there is always great pleasure in the budding new leaves that spring forth from thoughts of things heavenly. We are so happy to be a small part of that process for each. We do request that our information be regarded as opinion rather than fact, for we are often incorrect.

This day you wish to speak about the shadow self. Each seeker comes to a point where it decides what path it shall follow. Sometimes the choices seem shallow. Sometimes they seem profound. The choice is always between the perceived light and the perceived dark, that which is the higher road as opposed to that which seems less honorable. And in the making of these choices the seeker hopes to bring forth the light and to dismiss the dark. The hope is to become light itself, all that is good and correct and of the spirit. This is not a hope that bears fruit, for the light and dark are the two sides of one coin, that coin being the very essence of that seeker.

As the process of graduation from third density continues each shall walk the stairs of light with each its own dark side firmly integrated into that self which walks for eternity. Therefore, the paradox that is the sign of all spiritual truth is laid bare. The challenge is so to acknowledge, accept and balance the shadow self that the total being is ready to gaze into that light which blesses fourth-density existence, for you can leave not one whit of self behind. Now, how can this be done? How can that blackness within which expresses within the self in ways of hurt and pain ever be a part of the love and light of the one infinite Creator?

Each entity walks upon two legs. When the spirit finds its legs, one is the light, one is the dark. Together they make one holograph which is identical to the infinite Creator. The shadow self is to be related to, then, as one of the two legs which cause the spirit to stand within the illusion in which each finds itself. One relates to the shadow self as to the musculature, the connective tissue, the power and the strength which enable the spiritual seeker to stand fast through times of difficulty and woe. The shadow that seems so heavy and dark is also that which grounds and sustains and makes secure. The will is part of the shadow self. This will animates,

informs and vivifies those ideals, hopes and dreams which the light portion of being so loves to dream. The shadow side is that which persists until all has been accomplished.

If your shadow self could be objectified, what animal would you choose to represent it? Perhaps we might suggest that to the naked eye, to the uninformed person, the dark side might be seen as a dangerous wolf, ready to savage and to tear those treasures which the seeker would protect. To the more informed eye, the dark side might perhaps have become half wolf and half dog and well-trained. That which feels like the dark side has tremendous, infinite vitality. It blesses the spiritual seeker with that night which envelopes as an eggshell does an egg, the newborn spirit, velvet, soft and black as midnight. It couches and sustains eternity and gives its gift to time by allowing the separation of light from dark. The evolution of spirit takes place within that night and as graduation dawns, so dawns that spiritual night at last.

We are aware that the demands of the physical vehicle may seem to be dark and inconvenient. The belly calls for food. Sexuality calls for the mate. The body demands to breed, and chaos threatens if these needs are not met. Then it is often that the seeker must deal with the shadow. May we suggest the taming of the wolf, the learning of discipline for the dog, and the love of master for a faithful companion and servant.

We feel that this is sufficient for the main query and since the one known as Jim is quite involved in attempting to record that which is being channeled through this instrument, [may we] ask if there are any further queries at this time?

B: I have a question with respect to a concept having to do with darkness and would ask you to comment on this. Is darkness from a positive entity's perspective simply the lack of awareness of the one infinite Creator?

We are those of Q'uo. My brother, we were using the image of darkness not as an absence of anything but rather as that fertile blackness of night wherein the spirit has its birth.

May we answer you further, my brother?

B: I am a little confused about something that you said early in the session. It had to do with pursuing or seeking the shadow as not bearing fruit. Could you please elaborate on that concept?

We are Q'uo. We were speaking of the desire to lose the darkness of the nature as not bearing fruit. We were suggesting that the seeker does not need to remove the dark side of the nature in order to progress. Rather, the seeker needs to come to an inner understanding of its particular workings, looking for ways to achieve such a discipline of the character and personality that the darker images are disciplined and allowed to move through appropriate channels. We are suggesting that once the dark nature of the will is grasped, the positively oriented seeker can then begin to see that shadow self as an asset rather than viewing it as an enemy.

The processes by which one becomes able to discipline this dark side is individual and each seeker shall wrestle with those dark angels as each continues to discover, accept and discipline new aspects or newly perceived aspects of that dark genius. We are asking each seeker, then, to take into the heart the full spectrum of self and to love each and every aspect and yet to find ways to express only those things which are intended. We do not wish you to run away from what is one of the great strengths of the self.

May we answer you further, my brother?

B: Thank you. In my present experience there are two characters on the stage with whom I interact daily. I look at them now after this last week of exploring various memories and I see blackness around them. I do not feel any ill will towards them. I simply see the blackness and know that they're there to teach as I am to teach them. I would ask for your opinion on an appropriate way to deal with these two souls.

We are those of Q'uo. My brother, we would suggest that you see each soul as the one infinite Creator.

May we answer you further, my brother?

B: No, thank you.

Is there another query?

R: I noticed that I would ask questions often as I joined this group. And now I observe that the desire to ask questions faded. And I am curious about the process. Would you comment please?

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We are those of Q'uo. My brother, when one first climbs into the boat one determines to row very quickly to the opposite shore. After one has rowed the boat for a while one becomes more calm. Each stroke is no longer brand new. In time one has rowed all over the lake. Just when the scenery becomes familiar, just when the questions are beginning to be less, something occurs, some critical mass within and the seeker realizes that he has no oars, that there is no shore and that faith alone shall move the barque within which he sits. How can one ask questions of the ocean?

May we answer you further, my brother?

R: I have no further question. I will say that it is a great joy to know that you sit in that rowboat for those who ask.

We are those of Q'uo, and we thank you for your thoughts. We and you, my brother, are bubbles upon the sea.

We would at this time ask if there is a final query?

B: If there is anything that we in this circle may do that we are not already doing to assist the instrument with her current physical pain?

We are those of Q'uo. My brother, the sending of love to this instrument is already being done and there is no greater gift or help for this instrument than that. We thank you for your concern and thank each within this group for supporting this instrument.

As we take our leave of you we encourage each to feel that balance point within which holds all the illusion of light and dark in calm and peaceful equilibrium. Third density, and fourth as well, move deeply within the ways of polarity and duality. There are many lessons the dark and light alike can teach. We ask each to rest in the essential and eternal goodness of that foundation which is the one infinite Creator. Light and dark alike find their source and ending in love. Know that you are loved, and allow that truth to sink deep within. Each entity is fragile. Each life is tender. Be tender with [each] other. Share love. Share burdens. Share encouragement. And we shall take our leave of you in love, in light, in the service of the one infinite Creator. Adonai. Adonai. We are Q'uo. ♣

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Sunday Meditation
March 17, 1996

Group question: This week we are going to take pot luck.

(Carla channeling)

We are those of Q'uo. We greet you in the love and in the light of the one infinite Creator. We come to you as you call us. We are most privileged to be called and we thank you very much for this service that you give us in allowing us to serve you. As always, we ask that you use your discrimination, for we are error-prone, as are you.

And yet, though we are prone to error and though each of you is prone to error, though our experience is illusion and our thoughts are those which are about the illusion, there is that which binds us together. There is that which makes us one. And that is the nature of each of us, of each of you. Many things seem apparent and *prima facie* and these generally take that which they can see and construct the structure about which you were speaking earlier, that house of life which is created by the everyday and ordinary things that, in toto, add up to an incarnation.

It is interesting that those who seek, to the point of knowing clearly and lucidly that all is an illusion still continue to process the catalyst and to be affected. It is interesting and it is valuable that the desire to understand, the desire to figure it out, creates the continuing sense of insecurity and causes us each to dig deeper, to look further, even though we know that all is illusion. Yet, do we truly know, especially do we know what our illusion, and do you know what your illusion, is? We seek to move beyond self, yet we have not moved beyond self, and this is your situation. The thought of moving on to higher densities is that there will be a surcease of gaining catalyst, being affected, and changing. Yet this is not so. But the alterations and changes that each of us hopes for and desires with the greatest of purity is that which is between the lines, in the margins of life.

We seek. We yearn. And we desire to move beyond self, and yet that to which we move is self, that great Self that is the Creator. Indeed, moving up the ladder of evolution can, from one standpoint, seem like a process of things falling away that we thought we knew rather than our learning more things to hold onto, for each and every thing that you can hold onto will fail you. The only thing that does not fail is love itself. Love remains, passes each test, and waits for the weary to finish the current round of tests and questions, wonderings and murmurings, waits patiently, waits with all the love, literally, in the world. Our self awaits us between each word, between each breath, between each bone within your bodies, between each synapse in your nerves and brains. Love awaits.

Are you in the desert? Love will find you there and will hover about you with living water, waiting for you to open the door to the present moment. Are you in the garden, the oasis of life, where blessings abound? Then love is everywhere. Then it is easy to forget that the feelings, the emotions that run high are not those deep emotions that are the tide of the heart, for when times are good it is easy to be lazy and to move away from that holy of holies again, for all is so beautiful and so lovely and so pleasant. It is easy to be content with playing in the garden.

Yet, the love that awaits is not that full sunshine of noon, is not that fountain of water that satisfies physical thirst, is not even those emotional structures, if you will, that accompany that blessed state of contentment. Love gives life and yet also it is a call for more remembrance. Love calls to itself from within the good times and bad as experienced by you. It remains the same in bad times and good. It can be perceived only fitfully by the incarnate spirit and yet those moments of inner awareness, of holiness, of that presence of self in its wholeness are enough and more than enough to exalt and strengthen and inspire.

We encourage each to move into remembrance as often as it can be thought. The remembrance shall be of love. That love, in its power and strength, in its grace and beauty, has created the harmony of all the illusions that there are, an infinite and infinitely complex system of fields of energy, an illusion created by a Self that wishes to know Itself. It loves each field of energy that It has born within Its mind. It nurtures moment by moment that infinite and eternal consciousness that is Itself within each of you. We call you to a deeper awareness, the awareness that is in the grounds of being, beneath the surface of good times and bad. We call you to remembrance of love.

Ask yourself to remember, to give thanks and praise. We ask this, knowing that it is nearly impossible in the midst of the illusion to have a constant and faithful memory, yet if a desire is honed and sharpened day by day that faculty will create a rhythm of evolution that is accelerated, for that within you which is deep enough to remember moment by moment is that self towards which you yearn, that slightly more aware and then slightly more aware self that is opening its consciousness up to the infinite depths of the love of the one infinite Creator. When this love is realized in memory within it is as always when one is in love, the outer illusion becomes extraordinary and each and every trick of the weather and happenstance of the day can be seen to shine with excellence and beauty.

We know that you seek to deepen the self and your awareness of self. Let that energy have its ground in remembrance of the one infinite Creator, that original Thought which is and which all else is becoming.

We would at this time transfer this contact to the one known as Jim in order that he may speak to the ending of this session of working. We are those of Q'uo. We leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light. We are at this time honored to offer ourselves in the attempt to speak to any further queries which those present may have for us. At this time we would ask if there is a query with which we may deal?

Carla: I have been thinking lately that I am just massaging my ego with these channeled messages. I know that you say each time that you come what a privilege it is for you and how much we are helping you. I wonder if you could give me some things to think about in seeing myself as being of the same use that I have been before. It just seems like by now have we not covered everything by now?

I am Q'uo, and am aware of your query, my sister. Over the years of your time during which this group's efforts have been offered in the form of service to others in the channeling there has indeed been a great array of topics covered, for there are many, many ways by which love may be approached and it is our great privilege to assist any who wishes to know more of this power of love and the one great original Thought that produced love in all its infinite forms. Though the sharing of this information in many forms so that the mind may consider and the heart embrace more fully the concept of love is a great service to offer, it is not the heart, for the heart of this blending of our vibrations with yours at each working is the seeking of love and the sharing of love, the birthing of love that did not exist before the blending occurred.

Each time that we are able to utilize instruments such as these present we are able to give and receive not only information and inspiration but the essence of love, the seeking to know, the seeking to share.

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The seeking, this is that which is most fundamental to our times together. This is much like the carrier wave of the radio stations that infuse messages upon this primary wave of energy. Thus, at each working we, with you, are able to create another form, if you will, which love may take in the attempt of entities to apprehend it. It is a joy and a pleasure to see what interesting and intricate forms we and you create. Yet it is a blessing that each is made of love. Through the opportunity that you offer to us and we offer to you, thus the treasure is the time together. We thank you for each such opportunity and bless you as you sit and ponder the possibilities of your purpose and your gifts.

Is there a further query, my sister?

Carla: Would you, from your standpoint, rank both silent meditation and channeled meditations as equal as ways of sharing the presence of love?

I am Q'uo, and am aware of your query, my sister. And it is a difficult distinction to make as to whether there is more or better love created through one form of meditation or another, for each is potentially full of that quality that we call love. Some entities are more biased, shall we say, or appreciate the silent meditation, for it speaks not to the mind but more directly to the heart and the foundation of one's being. Whereas with other entities it is necessary to go through the doorway of the mind, shall we say, in order to reach the heart in a fashion which is appreciated by that entity, though the heart may be reached without the entity's appreciation in silent meditation. Thus, the choice is yours. We could suggest trying each and assessing your own appreciation.

Is there another query, my sister?

Carla: To tell you the truth, I have been continuing on with the channeling because the people around me are still wanting it. Do you think this is a way of thinking that is accurate as far as my motivations are concerned or should I spend some time examining this? I have no feeling one way or the other.

I am Q'uo, and am aware of your query, my sister. We would comment thusly. It is oftentimes that the most helpful information comes through an instrument that has little desire to be an instrument at that time but answers a call. We answer your call. You answer the call of others. This is the way of service.

Is there a further query?

Carla: No, that pretty well does it. I was hung up on that because I really *(inaudible)* being able to help these people. OK.

I am Q'uo, and we again thank you, my sister, and would suggest that true cause for concern could come about if you experienced that experience of the Maytag repairman with no call.

Is there a further query?

Carla: Not from me. You know that I have always been a reluctant channel but I do answer a call.

I am Q'uo. We are most grateful for your efforts at questioning the channeling and most especially at living the life.

Is there another query at this time?

(Pause)

I am Q'uo, and we are aware that we have exhausted those queries which have been offered to us so carefully and lovingly and [which move] to the center of our being for we feel that they come from the center of your being. We thank you for your dedication. We thank you for the care with which you enter these sessions of working and the honest effort that each makes at offering the self in service to others. We are known to you as those of Q'uo and shall take our leave of this instrument and this group at this time, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
March 24, 1996

Group question: We would like to know about [how] the balancing process works. Should we be spontaneous in each experience to reflect who we are, or should we try to bring light consciously into each situation so that we affect it more positively? How can we use the catalyst of each situation to partake in the balancing process? How can we be the best mirrors to people?

(Carla channeling)

We are those of Q'uo. We send greetings through this instrument in the love and the light of the one infinite Creator. We are most happy to be with you this evening, and thank you for calling us to this blessed assembly of souls.

As always, we ask that each take from those things we say that which seems helpful and disregard those things which do not seem so. In this way we feel more able to share our humble opinions with you, knowing that you can discriminate between that which is your personal truth and that which is not.

You ask concerning the processes of balancing. There is much to say concerning this interesting topic. Perhaps we should begin by stating some assumptions which we are making. The primary assumption that we use as the basis for balancing is that there is a center to things, that there is a sense to be made of the universe. This ground of being is difficult to talk about because its mode of being is that which is in process. The living processes of self relating to self and other self cannot be pinned like the butterfly on the collector's exhibit. It cannot be stopped, for when it is halted it ceases being living. So the basic picture, shall we say, that we have of the illusion is that it does make sense. It does add up to a unified and complete whole, but that sense is not linear and that whole or totality holds each pair of opposites in a dynamic balance.

Our second assumption is that it is the business of humankind to experience and to bear witness to that experience. This is confusing to those who desire to become perfect, for it is not our way to hunger after perfection. Rather, it is our feeling that it is the depth and quality of perception that is the desirable quality. The seeker of truth can be seen as that witness which makes the fallen tree make a sound. It is the tenuous, half-grasped witness of the imperfect entity that is precious to the infinite Creator, not the polished conclusion of a scholar or aesthete, but, rather, the diamond in the rough, if you will, of the person as it is, bearing witness to that catalyst which has struck it.

Therefore, it is not important to create perfect responses. Rather, it is important to allow the most deep felt truth of one's being to thrive.

Now, there is a kind of understanding which we have shared before many times within this group

that there are successively more light-filled kingdoms of thought, if you will, each reality comprising a truth, yet each succeeding density of truth being higher. This instrument is familiar with this concept from its reading of cabalistic literature and the phrase with which it is familiar with, "as above, so below." In terms of a point of view for the seeker what this means is that a catalyst can be perceived truly on successively more lucid or profound levels.

One can see this, for instance, in the physical act of movement. When one is very, very close to an elephant it is possible only to see a portion of dark leathery skin. If one were able to pull oneself up and back, as if being taken into the atmosphere by a helicopter, one could move a very few feet back and see, not a patch of skin, but an animal recognizable as an elephant. And this is a truth which does not contradict or deny the first truth, but adds to it and clarifies it.

Now, if one continued moving up and back from this elephant one would see the elephant become a small dot surrounded by the myriad truths and dwelling places of your peoples. And this truth, not contradicting or denying the elephant, yet adds the context within which that animal abides. Now, if one continued pulling away from this scene one eventually would see the planet upon which dwelt that elephant, spinning in space with the precision of clockwork. And, again, this would be a setting of the elephant in its larger context. If one continued to pull away one would eventually see empty space and stars. And this too would be the greater truth.

When one seeks to balance the self a great deal of the necessary work is a learning of and a claiming of the larger point of view, not a specifically larger or a specific point of view, but rather a point of view which has pulled back from the previous view. In this, as in all things a spiritual seeker does, truth is relative. Progress is relative, and to judge the self's balance by gazing at another is only to confuse the processes of spiritual evolution, for each entity truly has an unique path and on that path is where that seeker is. Each seeker must needs wrestle continuously with those angels which show the face of the Creator to the seeking self.

The skill with which one handles situations involving other selves is a good resource to encourage in the self, for one who seeks to serve others naturally and organically wishes to be helpful and positive in the effect one has upon others. And we congratulate each when each has treated an entity with compassion and kindness in excess of what one may be feeling internally, for it is well to treat others kindly and with love. Yet this activity of social intercourse needs to be seen as one which does not demand a balance but rather demands the most—this instrument would say—Christ-like response or rejoinder. Being true to the self by being kind even when one does not feel kindly is a polarizing and positive choice. Yet, if this unbalanced action is not taken into the self in some way and balanced or assimilated it will drain the entity of energy for the entity will be speaking a lie. In order for the self to gather its energy anew there must be the process of looking for and seeking the truth of that imperfect and polarizing experience within the illusion.

Much of health is involved in this process of balancing, for the self is as the soldier at the line of battle. Often there is incoming fire that wounds the self. This wound needs to be attended to. The wounded self needs healing. The healing takes place due to the seeker's willingness to open the self and its imperfections to the centering influence of the largest perspective. Now, the largest perspective is that of love. In love the opposites are reconciled. This love is the seed of each of you, the truth at the center of you. It can be realized, not by taking it, but by releasing self so that that self which has suffered during the unbalanced actions of self can be bathed in the living water of truth.

It is easy for humankind to perceive spiritual evolution as a building process, going higher and higher and building one's intelligence and wisdom so that greater and greater things are understood. Yet, it is our perception that it is somewhat the opposite that is the case. That is, that as the seeker evolves the seeker becomes more and more able to release self, to let go, to surrender that part of self which wishes to be perfect or better or wiser.

What then is balance and how can one balance? This group has received information concerning exercises for balancing having to do with the technique of reviewing the day's perceptions, noting when the self has been swayed positively or negatively. Each point of experience then is felt, intensified and then held while the mind allows that which has been felt to take its place within the range of that feeling and its opposite. This reconnects the distorted self with that

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truer self which contains the entire range of each and every emotion.

To be truest to the self it is well to reckon with that self and doing so on a daily basis is recommended. The key in balancing is the remembrance of the larger viewpoint and it is a skill which is good to work on to develop the ability to see the self from that higher perspective which sees the whole range of the human comedy, as this instrument would say. Now, this large viewpoint does not come easily to most, and that is the challenge to each: to so live that one is bearing witness to one's truth, knowing that that truth is in process and will not stay the same, for each entity will grow along the lines desired most deeply.

There is certainly one thing which is helpful and that is the sense of humor, for the use of this gift can take the sting from difficult experiences, not by denying pain, but rather by seeing the pain of living in its larger context of sorrow and joy.

To those in third density the intellect seems the higher faculty within the human consciousness and the stirrings and feelings that arise making little logical sense or offering little structure seem to be less useful. Yet the balance which each seeks is a balance within the open heart, not an intellectually precise balance between two intellectual concepts, for wisdom is not an aspect of your density. There is little use seeking wisdom. There is a great deal of wisdom seeking that center of feeling which is absolute.

Let us pause to allow each present to open the heart to that center which is the Creator: love. We pause for a moment.

(Pause)

Now, as we speak keep this center, this heart of self visualized, see it as the glowing ball of perfectly white light that is dwelling within the darkness of flesh, as the sacrament within the cathedral which, within its place upon the altar, expresses and identifies that huge structure [though] it is only a small wafer of bread. This perfect light cannot be brought into your illusion, but it can be distorted by each heart that bears witness to it imperfectly. Love abides within each. Light dwells in the very heart of each. This is your truth. All else is language.

The way to pursue being a witness to the light is to live today. The hopes for tomorrow, the regrets or memories of yesterday, aid in many things but do not aid in bearing witness to the love and the light within. By the time the impulse has reached the manifested expression it no longer bears witness to truth but to the judgment of the individual who is editing the self. Therefore, go ahead and edit the self, for such is the way of service to others. But allow the self to heal from these expressions by spending time and attention just letting go of and releasing the pains and joys alike to the infinite One. These are the harvests that the Creator desires. These are the expressions of love that the Creator appreciates. Just as you are, you are loved, and this is the thing of the moment, for each moment, each instant is as that point from which a universe of possibility depends. Each moment is a moment of choice. Each moment is an opportunity for witness. Each moment is infinite.

We trust we have confused you, and to celebrate this fact we shall leave this somewhat befuddled instrument and transfer the contact to the one known as Jim. We leave this instrument in love and light. We are Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is now our privilege to ask if there might be any further queries from this group to which we may speak?

Carla: Earlier this week I was conscious of feeling energy within identical to the energy transfers from B when he is here. Are there any suggestions you could make as to how I could regularize this kind of energy or any comments you could make at all?

I am Q'uo, and am aware of your query, my sister. We find in this instance that there is a sympathetic connection which has been set up between the one known as B and yourself that operates upon the metaphysical level and allows you to feel the essence of energy, shall we say, that is offered to you by the one known as B in its desire to be of service. This desire is that which allows the transfer of energy as well as does your own need for it. The nature of the connection is that which is preincarnatively chosen, as there are many who offer themselves in such a fashion. The means of affecting this opportunity for transfer is that which must remain within the realm of your free will choice and experimentation.

Is there a further query, my sister?

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Carla: Yes. In a way. My hope is that if I am receiving a transfer of energy that B is also receiving a transfer of my kind of energy. Also, that it not be depleting either of us but being like a completed circuit. Would you have any comments about this?

I am Q'uo, and am aware of your query, my sister. In the large part, as you would say, this is correct. However, it is the closed or closing circuit with which you deal, for when this circuit is completed there is the possibility of mutual transfer.

Is there a further query, my sister?

Carla: So what you are saying is that I could not even receive that energy as I am were it not mutual. Is that correct?

I am Q'uo, and this is correct, my sister.

Is there another query?

Carla: No. Thank you.

Is there another query at this time from any other source?

B: In my recent experiences I have felt some very distinctive physical effects. Is it of any value to the seeker of truth to make note of these physical effects? Spiritual value, that is?

I am Q'uo, and am aware of your query, my brother. It is helpful for the pilgrim upon the path to make notes of the nature of the journey in order that some glimpse of a larger reality be made available to it. There is not the need for great detail but to make note of the salient features that accompany those experiences that are felt to be of a metaphysical nature.

Is there a further query, my brother?

B: Yes. But I forgot it!

I am Q'uo, and we are not at liberty to remember for you.

Is there a final query at this time?

B: Words seem to mean less in my interactions with others now and an energy seems to be becoming more prevalent. Could you help me with this a little?

I am Q'uo, and am aware of your query, my brother. We may comment by suggesting that this experience is an enhancement of your ability to perceive the world not only about you but more importantly that world within you, the lens through which you experience that which is your incarnation. As you begin to allow more impressions to arise within your own being it becomes somewhat more difficult to describe with any hope of accuracy that which grows within, yet the desire to do so grows as well. Thus, one is frequently left with the feeling and few words to describe it. This is not to be concerned about for there will come in its own time the ability to put into words more accurately the experience which continues to increase.

The entire effect is one much like exploring new terrain for the pilgrim on the path of moving into the lands which are more exotic and mysterious than those through which the entity has previously moved. Thus, there is a time of acclimation which is of necessity experienced at the beginning of this feeling and arising of more impressions internally. We would simply counsel patience and the honing of the desire to understand into a kind of awaiting with joy.

Is there a further query, my brother?

B: How might I cooperate with this more fully?

I am Q'uo, and am aware of your query, my brother. Our only suggestion is that one may profit greatly from learning to accept not only the self but the new territories through which the self moves and the responses from the self without feeling overly whelmed or insignificant to the point of inaction, allowing the experience to develop as it will. Patience, tolerance and the light touch are always good allies upon such a journey.

Is there any further query, my brother?

B: No. Thank you.

I am Q'uo. Is there a final query?

(Pause)

I am Q'uo. We again thank each for inviting our presence in this circle of working this day. We are most honored to have been able to join you and remind you that we speak that which is but our opinions. Take that which is helpful to you and leave all else behind.

At this time we shall bid each a fond farewell for the nonce. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Sunday Meditation
March 31, 1996

Group question: Our question this afternoon has to do with our tapes, our individual behavior patterns that we notice, hopefully, at some point in the life experience. They, we think, have something to do with what we are here to learn. And we were wondering if Q'uo could give us some sort of idea about how these behavior patterns work, how we set them up. Most importantly, how do we recognize them? And how do we begin to change them if we feel that change is a good thing to do?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the ineffable light of the one infinite Creator. It is such a pleasure to respond to your call for our thoughts at this working and we thank you most gratefully for this privilege. To blend our vibrations with yours is a precious experience and to be able to share our opinions with those who seek the truth is a great privilege and you offer us great service allowing us to attempt to serve you. As always, we ask that your powers of discrimination guide your intake of our thoughts or any thoughts. Listen to no man's truth except your own, for, for each seeker, there is but one path. That path is ready, prepared and waiting, but it is an individual path. It may be in concert with others, in harmony [with] others, or quite different than others, yet it is unique. And we encourage each to listen to the promptings of that inner recognition that is almost like remembering something already known. Thoughts that do not have this ring of personal truth we ask each to lay aside.

This day you wish to discuss the tapes that play in the mind when things occur in the outer manifestation. You wish to know where these tapes come from and how to deal with them. Before we move into detail, we wish to establish our picture of the third-density experience because there are two sorts of ways we wish to discuss which can work on these tapes. Each has value, but each is a separate resource from the other.

Our model of the experience of humankind upon third-density Earth is that of the second density physical vehicle with an instinctual life of its own which carries a consciousness that preceded the first spark of life within that physical vehicle and that lives on into infinity after the expiration of the physical vehicle's second-density life. This image of the so-called naked ape carrying truth, love and infinite values is a useful model because it offers a way in which to think about the human experience of the self that is in the world but not of the world.

This is the spiritual truth for all within third density. These physical vehicles you now enjoy are native to a particular time and a particular place. The consciousness they carry has no address and is a citizen of the universe and a child of the infinite

Creator. This being said, we may gaze first at the way in which the so-called tapes are prepared and have their being.

When the physical vehicle emerges from the womb, the consciousness within it is mature, responsible and has a fair degree of crystallization. However, the infant physical vehicle is helpless, helpless to communicate its thoughts and concepts, helpless to take care of itself. This infant being is utterly dependent upon others for its survival. And when the tapes are made, they are made by very young entities who perceive that the way to more healthy survival is to heed and to react to certain key stimuli that are repeated again and again in the small life experience of the young one.

The world of this young being considers those who provide the necessity of life to be, shall we say, titanic or god-like. Therefore, instinctively, the young mind stores information of things that have aided comfort and continued survival. Often perceiving difficulties where none actually exist and not perceiving where the difficulties are coming from in reality, the young self begins more and more to distort the incoming data and sense impressions because triggers, as it were, have been laid into certain thought and speech patterns. The mind of second density files away all information concerning survival and keeps it at the ready in order to enhance each opportunity to respond in a timely manner to that which affects survival.

The consciousness that this struggling young physical vehicle carries may have almost no relationship to the self that is attempting to survive, or the consciousness and the second-density mind may be very close. Various entities bring various characters and what you call the personality with them. However close or distant that relationship is, in general, it is not feasible to the younger entity to ask the consciousness within to affect the second-density mind. The work of that path is considerably different from the first way of working with these crystallizations or tapes. The way of the mind from second density, then, is our first target for finding a resource. That resource is locked within memory. Whatever the distortion, whatever the tape that is being played, observation will gradually inform the entity who seeks the solution to these discordant tapes.

There is a specific beginning to each crystallization, a certain trigger, if you will, that begins the tape. What triggers the distorted reaction may be usefully noted and over a period of your time you may build intelligence concerning each tape or crystallization. Then the goal of this second-density mind is simply to move back and further back until the original experience which started the distortion at the young and tender age is exposed. When the root of the distortion is uncovered, it will often have a phrase or a sentence that the seeker gradually learns to identify. These are the triggers and by moving back into those first experiences, those crystallizing, tightening, hardening, shielding reactions, it is possible to encapsulate those distortion roots, and by mechanical redirection of thought when the triggers are recognized, gradually remove the distortion from the interior tape library, if you will.

This form of work is exacting, largely intellectual and often very useful. Even though the work requires intellectual analysis and would seem to remain upon the surface, it is possible to move into an aura or atmosphere within which the brain chooses to move into the untying of knots, the releasing of strictures, and when these are done even intellectually, the emotional release is often great.

So, there are these things which the seeker can do, simply by sharing with another or with the self, those moments of unguarded reaction that tell the tale of where this crystallized, fear-driven tightness has its roots, and from where it distorts experience.

This is painstaking work and work often better done under some direction from another, for the intellect is almost inevitably blind-sided by the depth of self-awareness. It is difficult to stand outside the self and see that self whole. Thusly, we encourage those contemplations when it is desired to work upon a particular tape, spending time and attention looking into what is felt and what is thought, as well as what is heard on that tape. We suggest working with another simply to regularize the process of following the truth within these examinations. One outside the self may quite often speak very little, but move a wandering thought back into the path that will lead to a greater grasp of what survival issue drove the self to build this distortion system in the first place.

This is one resource and it works at that level which is conscious and full of mind. There is a way to work upon these same experiences from the standpoint of

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consciousness, that consciousness which is your infinite and eternal Self which has only adopted a manifested symbol of self for a little while. That self that is truly you connects into the deep mind of the second-density mind, that perfectly good bio-computer which makes the choices that improve chances of survival.

The entry into individual expression of love that is each questing itself is that which can be trusted. There is a true engagement of consciousness to this spark of flesh that houses it. It is secure, and it represents a vast foray of awareness that is not thought-driven, but is rather driven by love, with love, to love, for love's sake. Unlike the individual with the delineated face and body and ways of speaking, there are no set limits to self at the level of consciousness. The program, shall we say, of that infinite self is non-logical, nonintellectual, nonphysical. It is as that which sings the tune. It is that bell which is struck, and when struck rings in a certain combination of tones that is unique to the self, that has evolved itself within your infinite consciousness. Unlike the mind of second density which accretes knowledge and holds it against further need, the self's infinite mind simply moves between the various—the closest word you have is "emotions." There are true states of emotions that have purity and clarity and the self that is the citizen of the stars swims within this infinite sea of feeling and that which is felt is automatically seen with thanksgiving for this is the way of love itself.

This consciousness does not work upon a particular tape or a particular problem. One could look at this consciousness that is infinite as a metaprogram that the computer that is the living mind can access by opening certain doors between the conscious and deep mind. Each is familiar with our constant recommendations for periods of meditation and contemplation within each daily period. Within those times of silence within, the Creator speaks those words that have no words, those thoughts that have no concept. And yet, because they move from love itself, when invited they come into the interior conscious life with healing in their hands.

We cannot say enough about silence. The silence within is a precious gift that you give yourself. When you open to the presence of the one infinite Creator, wonderful life-enhancing energies can flow into the sore and aching cracks and crevices of the conscious life, offering that strength that is love, offering that higher and deeper truth that is love, offering a larger and yet again larger perspective, for that is the way of love.

We hope you are very charitable to yourself and do give yourself that wonderful endowment of time to be still and know that the place whereon you stand is truly holy ground.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to you for any further queries which those present may have to offer us. Is there a query at this time?

B: Hi, Q'uo. I have a question related to a *(inaudible)* experience. I would ask that you provide some insight into *(inaudible)*. I've noticed in my experience working with an individual who seems to have an effect upon me *(inaudible)* to the point where I feel physically. I was wondering if you could comment on this experience?

I am Q'uo, and am aware of your query, my brother. There are those comments which we may make and those which we must refrain from making in order to assure the integrity of your free will. Firstly, your ability to give and to receive the energy-filled love is that which you have begun to discover in your own experience. There is the necessity upon your part to continue to investigate the nature of this ability, for it is at present functioning at a level which far exceeds your grasp of it and this is something that does have an effect upon you. We may also suggest that the suggestions that have been made to you previous to this session's beginning may prove of assistance in a practical manner.

Yet, to these suggestions we would add that any action taken needs to have two prerequisites, shall we say, that the desire to seek be honed in your meditations, that you seek within your meditation to understand not with the mind alone, but also with the heart, the nature of this experience which you share with another. The second suggestion follows closely upon the first, that being that any action be built upon the foundation of heart-felt love, for this is not only the greatest protection for any entity, but is also the greatest healing effect that one can provide

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for the self or another. It is helpful in all third-density experiences to attempt to grasp the parameters of the experience and to contemplate and consider carefully the experience which you share, and this we also suggest, but in a role which is subservient to both the meditation and the imbuing with love of all actions considered.

Is there a further query, my brother?

B: No, thank you, Q'uo. I feel enormous [gratitude].

I am Q'uo, and we also feel the same gratitude for you and your concerns, my brother. Is there another query at this time?

Questioner: Q'uo, I have a question. It's regarding a problem I have with insomnia. Would you comment on this, I guess, and what causes the problem, what I might do to correct it?

I am Q'uo, and am aware of your query, my brother, and in the same vein as that which we have just shared with the one known as B, there are those comments which we may make and those which we may not. Firstly, we would recommend that you consider in the meditative state the components, shall we say, that comprise the problem of being unable to sleep, that is …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue.

That you attempt to discover during the periods where this difficulty in sleeping is most active. What are the components or experiences that accompany and precede the difficulty? Is there a pattern that you can discover that will give an indication of the origin of this difficulty? As a simple and potentially helpful suggestion, we might recommend that, in the short run, while you are investigating the underlying features of this experience, that it might be helpful to include a program of exercise that would bring you to a true physical weariness, to be included at some point in your daily round of activities. That would help the physical vehicle be pointed, shall we say, in the right direction, for in a portion of this problem we see that there is the storing of a certain kind of energy that needs expression so that it does not cause an overactivation of the wakefulness of the mind and body complexes.

Is there a further query, my brother?

Questioner: Thank you, Q'uo. I think that will be helpful.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: I wonder if I could follow K's question. I've heard recently that there's a switch inside our brain, a sleep switch, and if it's not switched, you can't go to sleep regardless of how tired you are. But if it's switched, you can. I was wondering, why is this valuable? Why is this a part of our nature? Do you have any insight into this, Q'uo?

I am Q'uo, and am aware of your query, my sister. It is valuable for entities of your density and others as well to be able to rest the physical vehicle that it might be recharged, shall we say. And in this resting and all other physical functions, there are physical features that are operated, not so much physically perhaps, but by the mental and emotional intentions of each entity. These mental impulses and intentions, however, have the ability to be affected by many different energies and patterns of thinking that make a direct ratio or relationship difficult to describe with precision. Thus, it is helpful to explore those forces that move within one's being in order that one have a grasp of how the mental, emotional and physical complexes are interrelated.

Is there a further query, my sister?

Questioner: No, thank you, Q'uo.

I am Q'uo. Again, we thank you, my sister. Is there another query?

Questioner: Q'uo, I have one. Q'uo, I have this feeling, impression that *(inaudible)* I've been thinking about asking the question for three weeks *(inaudible)* meditation group. I wonder if there is some sort of balance achieved when there are a similar number of males and females? If there is … let me back up. Does the number of males imbalance the group *(inaudible)*.

I am Q'uo, and am aware of your query, my brother. Firstly, those of Hatonn are always with this group and send their greetings to each, for they are a part of this group. Secondly, the makeup of this group in the male and female energies present is, indeed, affected by the biological nature of the entities present in most cases. However, there are those of the biological male in nature that are also able to

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offer the female energies, for each entity is working upon an inner balance which will be able to reflect both the male and female energies, that which reaches and that which awaits the reaching.

There are in your culture those forces and habits which are dependably able to cause the biological male to focus primarily on male energies and the biological female to focus primarily on female energies. Thus, the present configuration of this group is indeed swayed in a large extent toward the male energies. This tends to operate in an unseen fashion where metaphysical energies are concerned and not so much in the actual or practical operation and functioning of this group.

Thus, we find that each group presents its own kind of balance of energies and each is unique in its composition, its interests, desires, and tensions.

Is there a further query, my brother?

Questioner: *(Inaudible)* this question, it appears that perhaps *(inaudible)* strike a balance by trying to somehow balance the males and females, because I have a feeling from what you said, it is the [intention] of the group coming together that counts more than the actual makeup. I'm not very clear on this subject, so if you comment on this, that's all right, if not *(inaudible)*.

I am Q'uo, and am aware of your query, my brother. We do not feel a necessity for there to be an actual balance between the either biological or the metaphysical energies regarding male and female. It is, as you have observed, more important that those who are here are desirous of seeking that which you call the truth and offer themselves in a clear and open fashion in this seeking. In such an environment there is the opportunity for all energies to be nourished in their development, in their movement, and in their ability to blend the personalities of each present into one seeking entity that offers itself in service to others and calls for those such as ourselves to aid in this effort.

Is there a further query, my brother?

Questioner: *(Inaudible)*.

I am Q'uo, and we do indeed smile when we speak to this group, my brother, for we feel that there is underlying each entity's experience a great joy of being, and we are honored and happy to blend our vibrations with yours in the same seeking.

Is there another query at this time?

Questioner: Q'uo, I'll venture this question. I've written a manuscript. I've done a great deal of work. I'm wondering, from your perspective what would you comment about it? Do you see anything that I should reconsider? Is there anything else that should be done with this book? Can you say anything about this?

I am Q'uo, and am aware of your query, my brother. We would not choose to play the part of the technician that would turn one dial up and another down in order to achieve a certain sound. It is rather our estimation of the effort which you have put forth that it has been put forth with a great deal of love and attention to the desire to be of service. This is the critical feature. You have done the equivalent of planting the seed and providing it with water and the appropriate environment in which to grow. We are of the opinion that this is all any can do. That which you have done has been done with an whole heart and is in itself its own reward as far as you are concerned. That it may also be of service to others is a possibility which will become a reality in its own way and in its own time, for there are unseen hands which work to aid each in the service that has been chosen, and the ways of the assistance being put forth are many and mysterious.

Is there a further query, my brother?

Questioner: Would you suggest a publisher that I should try to send the manuscript to or would this be *(inaudible)*?

I am Q'uo, and am aware of your query, my brother. We are not able to make such recommendations due to our desire to preserve the free will of not only yourself but of others as well. Thus, we can only recommend that the effort is good.

Is there a further query, my brother?

Questioner: I appreciate that Q'uo. I'm wondering if … in our recent talks we were mentioning first density and second density. I was wondering if there was a [quantum] change of the Earth between first density and second density, or is this one process that grows out of another due to the necessity to have a new sphere around the Earth? Is there a separate sphere that is formed around the Earth to facilitate second density from first?

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I am Q'uo, and am aware of your query, my brother. There are in truth seven different densities of Earth that are present at all times, though at this time only one through four are in activation, the fourth beginning its activation in a fashion which is perceived by those who are sensitive to these changes in a gradual or step by step fashion, so that there are small indications that are notable as each stage builds upon the last to move the planet itself into a new vibrational frequency.

Is there a final query at this time?

Questioner: If you would, Q'uo, I'd like you to comment on Jesus Christ and why his death is considered a martyrdom. In what exact way was Jesus' death a service to humanity so that it could be called upon?

I am Q'uo, and am aware of your query, my brother. We shall attempt to respond to this most thoughtful query by suggesting that the one known as Jesus or Jehoshua was an entity which was able to gain a great deal of understanding of the nature of this illusion in which all which an entity has of a physical, mental and emotional nature is sacrificed in order that the entity of third density might be reborn to a new level of being. This density was seen by this entity as that which offers itself in sacrifice to all who move through it. All the illusions, the experience and the very fabric of this density exist in order that each entity which moves through it might be able to become transformed by the experience.

Thus, the one known as Jesus wished to offer itself as one who provided a pattern or model of beingness that delineated the nature of sacrifice and transformation, that there was indeed no death which would end the experience of consciousness in this illusion, that there was the possibility of using the illusion about one as a means by which one could give and receive love from all other entities according to the desire or choice made within one's own being, no matter the circumstances without the self.

Thus, the one known as Jesus was able to offer its own life as an example of the kind of transformation possible for each entity within this illusion. Thus, this entity used the illusion for a greater purpose than becoming any kind of king or power within the illusion. This entity offered a means through the illusion and beyond the illusion as it explored and shared the love of the one Creator in a pure and undistorted fashion.

At this time we feel that we have spoken long enough for the patience and comfort of those present and would thank those present for inviting us to your group once again in your circle of your seeking. We are always honored to do so and would, at this time, take our leave of this instrument, leaving each, as always, in the love and in the ineffable light of the one Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 7, 1996

(The beginning of this transcript is missing.)

(Carla channeling)

… To that which one has hoped he would be. Yet, each daily dying is simultaneously the day of resurrection. As within the curtain of flesh, each capitulates in the daily cycle and in the yearly cycles of light and darkness the seasons of spirit. There is a revolving wheel of being that moves the planets in their courses and the hearts of men within its daily cycles and seasons; always moving, never still. Life and death tumble like puppies with each other, experiencing endlessly limitation, expansion, darkness, light, sadness, joy. And each emotion is a truth. How often have you met the resurrected Christ consciousness upon the road and not known that it was Creator.

We encourage each to lift those blinders as often as possible to lift the self into faith, into hope, into peace, by thinking upon these things. Thinking upon the concept of sacrifice, concept of a love that would give itself and spent itself to the point of death. Each has known great heroes and read of mighty deeds, but each is a hero within his own creation. In one season, it is easy to see the self as together, efficient, able.

Each has many, many times, perhaps sometimes overwhelmingly so, [judged the self] as unworthy, inadequate, not coming up to the expectation of self. We ask that you seek again and again [self-forgiveness and self-worth] whenever in the course of the daily activities you remember to move in mind to that tune that is the Earthly heart.

There if you have the eyes to see, you will find that the stone has been rolled away and that the light has claimed the tomb for its own.

My dear ones, you are the light of the world. It is from hearts such as yours that the light of your planet comes. It is from lives such as yours that the great procession of life and death is [imbued] in the passion play of life on earth with honor, dignity, compassion and deep caring. You have within you every [force of death] and every [force of light]. Nothing has been left out of your makeup. It is the way of the spiritual sojourner to live that uncomfortable life that is aware of these matters, that is aware of the great wheel of evolution working through time and space to bring consciousness to that infinite present moment, where that great love that created all that there is suddenly explodes into light infinite and indivisible.

We would at this time transfer the contact to the one known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to ask if we may speak to any further queries. Is there another query at this time?

Questioner: Yes, Q'uo, could you describe please the Law of Responsibility, how does *(inaudible)* that all *(inaudible)* on a spiritual *(inaudible)*?

I am Q'uo, and I am aware of your query, my brother. Each seeker in the process of seeking will find those resources that are of assistance in the revealing of the heart of love and the nature of truth to the seeker. As the seeker becomes aware of more principles, shall we say, that are applicable to the life pattern the seeker has the responsibility of utilizing these resources in the service to others and in the enhancing of the life pattern. If the seeker is unable or unwilling to use that which it has learned, then it will find greater difficulty in its future seeking in discovering further principles and resources that will assist in this process. Thus, the Law of Responsibility simply asks each seeker to use that which is learned to the best of its ability in the life pattern, in revealing love to self, love for self, love to others, love for others.

Is there a further query, my brother?

Questioner: You spoke once previously about if a catalyst were not processed, or something along those lines, that it ended up draining the entity. Does this relate to what you have just spoken of?

I am Q'uo, and I am aware of your query, my brother. And this is correct. For if the entity has a catalyst which is yet to be processed, and if the entity is aware that that which has been given to it it is capable of processing, then the entity will find itself in a situation of what you may call inner turmoil or confusion, until it utilizes those principles which it has gathered thus far in the processing of the catalyst which is before it.

Is there any further query, my brother?

Questioner: Not from me, thank you, Q'uo.

I am Q'uo, and we are grateful to you as well, my brother, for your heartfelt queries. Is there another query at this time?

Questioner: Yes, Q'uo, I do have one other question. Prior to our beginning this meditation we had a group dynamic issue specifically focused on my own feelings, that rose rather sharply, based on a comment that was made, and I was wondering if you could tell me—tell us the condition of the group energy dynamic effect that our discussions had on that?

I am Q'uo, and I am aware of your query, my brother. We were observing this experience and were pleased to find that the group dynamics, as you have called them, were greatly enhanced by the discussion which ensued concerning the difficulties which you were feeling and appreciating [regarding] your own experiences. It is not the presence of difficult feelings that causes a problem for the group energy, it is the lack of attention given to them that can cause holes, shall we say, in the wall of light that surrounds this group. Thus, we were greatly pleased that each present was willing to share what each had available at that time, which is the fruit of one's being in the service of others. This is a greatly blessed event, when the vision of sorrow is replaced by the vision of hope as a result of the efforts of those present to support each other in any situation, especially those which are difficult.

Is there a further query, my brother?

Questioner: I don't think so, thank you, Q'uo. I feel relief hearing your words on that subject and great joy *(inaudible)*.

I am Q'uo, and we also feel great joy, my brother, and are greatly appreciative for your efforts this day. Is there another query?

Carla: I'd just like to follow up and ask if there is anything that Jim and I can do to help make this place a safe place to be *(inaudible)*?

I am Q'uo, and I am aware of your query, my sister. We observe the efforts of each present and can only commend each within this circle for offering all that each has. There will always be more that can be done, for the journey which you travel is one which is infinite in nature. If you choose to look at that which is not yet done and judge the self accordingly, you will always come up short, shall we say, and the estimation of the self will seem small. If, instead, you will look at that which has been accomplished, and each has done much, then there is reason for rejoicing and we recommend rejoicing, my sister.

Is there any further query?

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Carla: That's all.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

(Pause)

I am Q'uo, and we are most grateful to each for the offering of those questions which have been given to us in love and in true desire to know the truth, and we again thank each for the being which each brings into this circle of working, for it is your being which is of inestimable value, though most are unaware of the value or the being, for it is that which is at one's center of heart, and this is the journey my friends, to move to the center of the heart, which would seem to be a quick and easy journey. For do you not carry it with you? Oh, but, my friends, this is the infinite journey, for are you not all things and are you not the one Creator? So when you seek the heart of love, you seek the heart of self and you contain and express the heart of self in ways which even you do not begin to understand. Have faith, my brothers and sisters, for this is a journey that you each are well set upon. There shall be difficulties. There shall be challenges. How else shall you learn that which you do not know? But if you have faith and continue with a strong will, you shall find the heart of yourself and the heart of the one Creator in the same place.

At this time we shall take our leave of this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends, Adonai. ♣

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Sunday Meditation
April 14, 1996

Group question: Each of us here is a seeker and we would like to do whatever is necessary to make the harvest by being of service to others in whatever way necessary. We would like to know what the steps or stages are that are necessary to make the harvest and for walking the path of the seeker of truth. And where does this desire to walk the path and be a seeker of truth come from?

(Carla channeling)

We are those of the principle of Q'uo. Greetings to each of you in the love and in the light of the one infinite Creator. It is our privilege and our blessing to be called to this circle of seeking, and we thank each who has allowed us to come to share our thoughts with you at this time. As always, we ask that it be remembered that we are not infallible, that we are not all-wise, that we are not authorities, but travelers on that path with no steps that is the spiritual path. And so we ask that each respect his and her personal truth and take those thoughts of ours which seem good to you, leaving the rest behind without a second thought, for each seeker has within that compass that tells when the direction is right and we ask each to use that discrimination and that guidance and to trust that feeling within, not any authority, for each is the authority of his own path. Each is truly the captain of her own ship in an ocean whose tides are not known and upon which there is no land. Each spiritual seeker sets out upon a voyage of discovery. And yet each island of truth, each continent of discovery, is within the seeker. The journey across perilous waters is an illusion necessary because all within third density dwell within a heavy illusion and the way to grasp the nature of that illusion and to use it is also illusion, for is not all the shadow of one great original Truth: Love—that which is ever unmanifest, invisible, ungraspable, unprovable. Such is the nature of the spiritual journey.

This day you have asked for our thoughts on what are the steps for achieving harvest, the harvest of third density, those specks of light which we have talked about. How can seekers learn to bear the intensity and fullness of the light that illumines fourth-density illusion, for you see all within our grasp is illusion, yet each harvest delivers the seeker into an illusion that is fuller of light, that light which is the first manifestation of love.

So when we say that all is illusion this is not to suggest that there is a way out of illusion. No, rather we suggest and encourage each to contemplate the seeking of that illusion which contains that fullness of light which can be accepted and borne through the circumstances of each day, each hour, and each moment.

This instrument was saying earlier that none is worthy, and the one known as Tom suggested that

all are worthy. And we say to you that as with all paradoxes this is the mark of the spiritual, this is a sign of the metaphysical: paradox and puzzlement—for each statement is quite true to the best of our knowledge. No one is "worthy" if worthy means that one has accomplished a certain number of understandings so that one is able to pass the final test. None, by learning, no matter how abstruse, shall be able to accept fullness of light through knowledge. None is worthy to enter into fuller experience and larger life by what striving that entity has done. It is also very important that each realize that beyond and throughout all illusions that each entity is perfect. Each entity is loved by the Creator. Every iota of flesh, every thought, every emotion is loved, accepted and forgiven by Love Itself. So there the human experience balances between complete unworth and complete worth. Between is that pathless path which each seeker treads.

As we speak to this instrument we ask each to breath deeply, feeling that inspiration, that life that dwells in each breath. And as each breathes out, let that life that is given back be felt. As each breathes in each breathes that which the trees and the plants have given, and as each breathes out each is giving to the atmosphere that which feeds second density plants, trees and so forth. There is a depth of interconnectedness between third and second density, and in between all second density entities that articulates without words the way of service.

Indeed, do plants consider themselves other than trees? Do trees consider themselves other than animals? And so forth. Indeed, these entities for the most part know only that all is well and that all will be well. And instinct, growth and desire for the light lead each into the paths of living and of releasing that light. It can be, although it is not [often], the same for third-density entities, and for a lucky few the instinct to serve and live by faith [is such] that there is not the need or the use of the so-called spiritual seeking. But for the great, great majority of those who enter third density there is a tremendous need to find the path that is one's own, that speaks to the feelings within.

We said earlier that your density is one of illusion, and indeed each has that garment of flesh that carries about the consciousness that is infinite and eternal. While this consciousness dwells within the physical vehicle each has one great gift which overshadows all other gifts and that is the gift of what has been called presence. Each is aware that he or she is conscious. This self-awareness opens a door which, once opened, cannot be traversed in reversed; the door shuts upon those who have been awakened to the call of their deeper nature.

Now, not all entities are on a consciously spiritual sojourn. Not all entities are ready to awaken into the responsibility of knowing that they are spiritual beings and that they wish to accelerate the rate of their spiritual learning or evolution. For those who are asleep we ask each to rest easy. There is a time and a season for each entity and when that time comes that entity shall awaken. That entity shall begin to investigate what is true, what is real, where he is, and where he is going.

For those who have come to this realization, for those who have embarked upon that journey from which there is no return, we say to you that your greatest gift, your most precious gift, is your incarnation. Each of you has chosen to be in this illusion at this time in order to learn and in order to serve. These two are interconnected, two sides of one coin, the being and the doing. The attention so often is on what one is doing, where is the ministry? What do I do to be more spiritual? And yet, it is the sheer identity of each that is the great gift each has to offer this dear planet upon which you enjoy incarnation at this time.

Let us look at what we mean by consciousness, what we mean by presence. Consciousness is, in truth, consciousness of love, for love and the distortions of love is all that there is. Each then has a native vibration that is completely congruent with the Logos that created and formed all the millions of infinite universes. And each, through the process of taking on an incarnation, have, shall we say, signed up for a difficult yet rewarding term of service.

That consciousness, then, that some have called Christ consciousness or cosmic consciousness, dwells within that vessel of skin and bones, muscles and thoughts. Each rattles around in this somewhat alien configuration, a spirit trapped, or just visiting. Most entities spend some time feeling very trapped, and yet this is an opportunity you wished for very much. This was a trip you planned for, setting up for yourself relationships that would help to focus your own heart and mind upon those lessons of love you yourself deemed to be the most telling and critical for you at this point. And so the basic vibration of

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each is love itself, distorted, contracted, controlled, shall we say, by the various ways which, by free will, the entity has chosen to limit or shape consciousness.

The way to climb the steps of light to a fullness that is fourth density is actually not to take on learning but to release learning, to release those strictures of contraction which you have placed upon consciousness in order to defend the self. When entities pull themselves away from the fully open heart it is usually not from a motive of anger, bitterness or offense but rather it is a move to defend the vulnerable self within. Little by little, then, the path towards graduation into fourth density involves discovering, balancing and releasing those things from which one pulls back and contracts the self in order to survive.

You see, each is as the note, tone or complex of tones which makes up an harmonic. Each is a perfect yet unique jewel, a gem with facets that have been cleaned and polished and shaped by the tempering of those furnaces which consume distortion. These furnaces burn brightest during times of initiation into lessons, when all seems dark and there is challenge and struggle within. In these times we say to you, "Rejoice, for you have joined forces with your destiny. You have come to a time of transformation. Take courage and know that sorrow, sadness, suffering and grief, anger, rage, disappointment and all the negative emotions that are felt are gifts which hold in their hands hours of despair, days, months, even years of isolation and pain and tempering." The oven of the alchemist is one designed to refine gold, to cleanse from it those things which are not gold. You may see the alchemical process working with consciousness as that refining fire in which dross is burned away, leaving that precious original Thought, pure, shining and untouched. You carry within you the sea of consciousness. All that there is within you. All that you seek lies waiting to be rediscovered.

Now, the third density lessons are lessons in love, lessons in connecting with other entities in loving ways. When one has spiritually awakened one becomes aware of a world suffering, an enormous cry of pain that is all about one, that not only exists within the self but is found whenever the entity reaches out here or there. Touch that place. Gaze into that interest and you will find that the human heart has suffered there too, and in this suffering all are one, just as all are one in the perfect joy and peace of love. And so each seeker dances amid distortions, choosing whenever possible to find the love that is there.

Each hopes to serve and we assure you that this is both simple and nearly impossible. It is simple in that simply by being who you are you are expressing love, for that is all that [can] be expressed. The question is always, "How shall I give love?" And we say to you that if you attempt to give love of yourself with your own energies you shall quickly run out of love, for it is in short supply within your illusion. However, it is not necessary for any to give love from the self. It is only necessary that the one who seeks to serve move the self out of the way of that love which comes in infinite supply from the one Creator.

That love can be poured through the instrument that is open and empty, and the world shall feel that light and shall not know whence it comes. Yet the one who is able to be a witness of light, the one who is able, if you will, to be a channel of love, that effort and that desire to serve has reached its greatest apex. If one wishes then to accelerate the speed or rate at which one evolves spiritually then one simply attempts to spend time and attention on love in daily meditation, listening to the silence within. One enters the inner sanctum of one's own heart, and one feeds there on that life-giving water that ends thirst. And as one becomes able to, one attempts more and more to see each moment as a moment in the silence, to see that all is perfect beneath that surface noise and confusion that characterize mortal, human kind.

We find that this instrument wishes to be politically correct and so we are attempting to remember both sexes in what we say but we must say that your language is not very well formed for this, so please pardon our many stumblings as we attempt to find a word that indicates that male and female alike are one with the infinite Creator.

Now, service to others is, again, as always, paradoxical, for if one serves others is not one serving the self, and vice versa? Perhaps one way to think about serving others is to ask the self to wait, to listen and to become aware in more and more fullness of what that other entity desires. And when one wishes to serve that entity then one asks the self, "How can I express love in serving this entity?" There are many times when the only way to express

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love is to be silent, and in that situation that is the most loving thing to do. Where there is perhaps a request from another, then one simply responds to that request as best as one can.

This willingness to take time to listen to another is in itself a service and we encourage each to open those inward ears that hear what that consciousness is saying upon the level of depth at which the self and the other are most truly expressing, for some request those things which seem fair but which, within the self, are found to be wanting and in those situations one serves best by turning to prayer to find acceptance and love.

We give this instrument the vision of the starry skies in midsummer on a clear, clear night. As you breath in, you breath in the universe, and as you breathe out, you create it again. Each is so precious. Each so beloved. Feel that rightness, that perfection that is the basis of consciousness. Breathe in and feel the heart expand. Breathe out and feel that love pour through. You are the light of the world. You are the Creator's hands, the Creator's voices.

We would, at this time, transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of the principle of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and the light through this instrument. At this time it is our privilege to attempt to speak to any further queries which those present may have for us. Is there a query at this time?

Carla: I have two questions from P. She would like to know if she and the child will be all right, and what she should do regarding waiting for the natural birth of the child and risk her own health, or whether she should do as the doctors suggest and give birth now by C-section and reduce the risk to both her and her child. She is grateful for anything that you can tell her.

I am Q'uo, and am aware of your query, my sister. We send our love and our greetings to the one known as P and to the life that grows within her and readies its entrance into this illusion. It will not be a surprise to any that we cannot directly address this query with a specific response concerning the choices that the one known as P is faced with making, for to so choose for another would be to learn for another and affect that entity's discrimination and future in a fashion which is not truly of service when seen from the metaphysical point of view.

From this same point of view it may be said with certainty that the one known as P and her child are well and will be well for all is truly of the one Creator and the will of the one Creator works its way into each entity's incarnation in a fashion which is appropriate for that entity and which is in accordance with that entity's choices, both previous to the incarnation and made during the incarnation.

The one known as P faces a great challenge in her incarnation, one which is at the core of her very being. The blending of one's vibrations with another to the point of bringing a new life into this illusion and becoming the guiding force in this new life's experience—this is never an easy choice for any, for the responsibility is great. Yet with such great responsibility come also those rewards which are beyond enumeration.

We would recommend that all who feel concern and love for the one known as P send this love upon the wings of thought which binds all things together as one being to this entity that she might be inspired by this support. We encourage the one known as P to retire within itself to that sacred room in meditation where she can feel and experience the presence of the one Creator, that she may rest within this presence and be nourished by it in her time of need. That after resting there, that she ask the questions of her heart within this sacred presence and feel the response growing within her as certainly as does the life force grows within the child that grows within her now.

Each entity may take refuge in this sacred room and feel the presence of the one Creator there. Within this sacred room there is protection, there is love, there is light, there is unity, and there is direction through the maze of choices that this illusion offers that both confuses and illuminates, that opens doors and shuts doors. Within this sacred room there is the clear inspiration of the one Creator which moves through each entity's life patterns, for the most part unnoticed because ignored. If entities seek regularly within this place of unity there is support and direction.

We cannot speak more specifically but can send our love to this entity as well, and this we do.

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Is there another query, my sister?

Carla: Yes. Thank you on behalf of P. As for myself, I thought you would answer the first question by suggesting ways of increasing one's polarity to gain harvest but you concentrated on one's being and on serving when one is asked. I wondered if you could comment on that? Is it necessary to try to serve more or want to serve more?

I am Q'uo, and am aware of your query, my sister. Each seeker previous to the incarnation has laid a plan or created a pattern, shall we say, that will encompass all such steps that are necessary to be traversed for the harvest. The desire to seek and to follow this path is thus a gift of the self to the self. Each portion of the one Creator seeks to become one again with the one Creator. Thus, this basic desire is embellished in a fashion that is in accordance with the desires of the entity that has become individualized to the extent that it is able to choose its own path. Thus, during the incarnation it is well if one attempts to be oneself, to be that pattern, to be that choice, to be true to the self, for the self to which you are true is the greater self, the higher self that has laid the path before you in a fashion which allows for the free will interpretation of many, many details and yet which assures each entity that the path has been laid and laid clearly.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and again we thank you. Is there another query at this time?

B: Yes. I have a question concerning the Law of Responsibility. I am confused by the concept of forgiveness. My experience teaches me that forgiveness has many strings attached to it. Could you give me a higher perspective on forgiveness?

I am Q'uo, and am aware of your query, my brother. To forgive is, shall we say, to give love for whatever has been given to you. Thus, there is no condition other than a relationship and an interaction between entities. The desire to forgive is enough with which to begin. If one places conditions upon the forgiveness then one is beginning in a fashion which will yet require refinement, for to truly forgive another one must erase all conditions. There is the giving of freedom by removing conditions, the allowing and accepting of free will by removing conditions. The gift freely given is the one with the greatest value, shall we say.

Thus, if you are able to wipe the slate clean within your own heart and mind then you have truly forgiven. There is much of one's own experience at being forgiven that conditions one as to what it is to forgive and to be forgiven. If you feel that you have accepted another's definition that no longer fits that which you wish in your own life pattern then you are free to construct your own definition and to put it into exercise by applying wherever appropriate. And we are aware that within your illusion there is much opportunity for practice.

Is there another query, my brother?

B: No. Thank you, Q'uo.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: *(Inaudible)*.

I am Q'uo, and we would be glad to entertain one or two more queries before closing this session of working, if there are any further queries.

T: How may I best be of service to my son in raising him so that I do not interfere in his spiritual path and yet teach him what I know in the spirit of love and guidance for whatever is best for him?

I am Q'uo, and am aware of your query, my brother. We have found that it is well in teaching another who seeks your assistance to first set the pattern of your own behavior in a fashion which exemplifies the basic principles which you wish to share. In this instance we feel that you desire to share in large part the seeking of the one Creator and the serving of that one Creator in all that you see. This shall be the greatest teaching to the young entity: that which he observes in the daily round of activities shall teach him far more than words and patterned instructions, though words and instruction are indeed important.

It is well to realize that even a small entity is an honored seeker of truth, one who has traveled as many trails as has any, and who seeks within this incarnation to move with you in your seeking and to learn from you. Thus, to observe, support and appreciate the free will choices that such an entity makes is most important while balancing this appreciation of free will with your own guidance given in a fashion that respects the entity rather than confining without explanation.

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This is a great honor and privilege: that of teaching the young child and one which cannot receive too much appreciation from any, for the responsibility is large but, as we have said before, the rewards are as large, at least.

Is there a further query, my brother?

T: No. Thank you for what you have shared.

I am Q'uo, and we thank you, my brother.

(Pause)

I am Q'uo, and as it appears as though we have exhausted the queries for this session of working, we would once again thank each present for inviting our presence this day. We are most gratified to have been able to blend our vibrations with yours and to speak our thoughts and opinions in response to your queries which we have found helpful in our own patterns of seeking.

We would at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 21, 1996

Group question: Traveling the spiritual path, it seems that many get burned out after a while, and we would like to know what it is that burns out—our inspiration, our desire, our will, what is it, and what is the best thing to do to get our inspiration again? What is the wisdom of resting along the path?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the infinite light of the one infinite Creator. We thank you for calling us to your group this beautiful day. Your springtime has cycled around again, that time of expanding light, and even in the purely physical illusion your colors bloom and blossom rejoicing in the increase of light. There is the palpable lifting of vibrations among your peoples as the light increases in its daily amount each of your days. The self-aware life of your planet actually increases in its fidelity to the original Thought. As light increases so does remembrance of love increase.

This is as a blossoming on the metaphysical plane, so springtime redounds very much to the finer densities and is not at all simply a surface phenomenon. Indeed, each individual, each kind of thing, has its seasons and its cycles of being and for the spiritual seeker such cycles are to be expected.

We do not wish to forget to remind each, as always, not to take our words as those of authority but as those of fellow seekers, fellow wanderers upon the spiritual path. We are not infallible. Indeed, no source is infallible, for to speak is to err. It is only possible to approximate understanding or truth at the level at which words and symbols have meaning. Truth lies behind all appearance. This includes the finer densities as well.

As we ponder how to discuss this interesting topic we find ourselves moving to the consideration of that which is the essence of each individual seeker. That essence is, in all cases, the perfect vibration of love which is the great original Thought distorted in a way chosen by the individual into patterns which are unique to that one individual so that each entity is congruent with each other entity and at the same time, and antithetically, each individual is entirely separate and different from any other, for truly, as with the snowflakes, there are no two entities just alike.

Just as each entity has the fingerprint that is unique to it, so the individual spark of consciousness that has coalesced into that sub-sub-Logos that is each seeker, that coalesced entity has its unique soul-print or signature of self. This means that each entity has, in addition to the commonly held cycles of time, of season and so forth, additional cycles unique to that one individual. There are tendencies that are common to seekers, but in the deepest sense each individual seeker must chart its own cycles and come

to penetrate the mystery of those cycles for himself, for that which is perfect for another is not likely to be the optimum way of dealing with these spiritual cycles for the self. One can pick up many, many good tips, good tools and resources to use in searching out the deeper truths of one's nature, but one must always depend upon that discriminatory faculty that lies within the self.

This power of discrimination is not a passive power entirely. That which fuels the power of discrimination lies within the precinct of the deep mind and can be seen as potential memory. In other words, implicit within the essence of self, truth articulated within what you would call your past lies stored; not only the universal spiritual truths but also and more importantly the way in which these spiritual truths have come to have meaning for the infinite entity which is your consciousness.

Much, much work has been done by the being that you are. Much has been stored. Within the subconscious these potential memories lie as hidden treasure. The key to that treasure is the process of affirming the self that begins with silence, with meditation, with the opening within of the door to that inner sanctum, that holy of holies where beyond time and beyond space you, the consciousness, dwell with the Creator in an eternal tabernacle of adoration, praise and thanksgiving. Within the archetypical self lies this deep identity, and it is into this portion of this identity that you wish to move. From this sacred place comes the faculty of recognition of that which is your own. When we or another speaks to you in ways that resonate with that deep faculty of discrimination it is as though that potential memory has been given permission to move into the conscious planetary self which is your waking personality.

The use of meditation, silence and the practices of contemplation that are various is to open the avenue from the deep mind into the conscious, temporal, incarnational mind that is in cooperation with infinite consciousness, living and giving structure to the living within your illusion. Each entity will have fairly regular cycles of enthusiasm and a lack of enthusiasm. Now, each has been calling this lack of enthusiasm "burnout," and this is one name for the point in the cycle in which the seeker feels unexcited. The truth of the essence of the self is not much connected to these seasons of enthusiasm and seasons of burnout. That which each is learning can be processed by the self which puts itself into the silence regardless of the emotional weather taking place at the surface of the mind, for even in the stormiest ocean the movement beneath the surface is far profounder and far less obvious, and this is also true of the deeper processes of consciousness.

You are learning in season and out of season and what you do in terms of emotional response to surface condition is actually relatively unimportant if in season and out of season you simply remember, in a non-dramatic way, who you are and what you seek. You do not have to wax poetic to be a seeker. You do not have to sustain enthusiasm to do your work as a seeker. It is not necessary for each day to be a carbon copy of each other day in terms of a rule of life. Each seeker will need to adjust its rule of life according to its surface weather, its felt needs at the level of the surface, at the level of time and space and connections within the illusion. It is not only satisfactory but recommended that each alter the rule of life as needs, hungers and desires are felt.

Let us attempt to clarify this. Just because one has ceased to feel enthusiasm for a given practice that does not suffice as a reason to alter the practice. As long as one is not hungering for another specific practice it is well to be persistent in enthusiastic weather and in the reverse weather alike. However, as long as the seeker moves into that listening, that silent listening regularly, the seeker can feel fairly confident that it will have the inspiration and the desire to alter its practice when that alteration is appropriate.

If an alternate practice, then, moves the seeker, by all means let that seeker alter its practice in accordance with this new enthusiasm. But when the nature is simply dry and the spirit feels isolated, arid and generally in the desert spiritually, this is the time to persist. This is the time to ask of the self that in memory of those deeply held desires that still seem fair, though the yearning is missing, it is extremely well done to rely upon those memories. And in the absence of another practice continue with the practice that has seemed fair up until this point.

This instrument would suggest that it has said in the past it is easier to find a good job if you already have a job. In seeking also, it is well to persist and to be loyal to a practice that affects daily life and causes the self to come into remembrance of the Creator, regularly, inevitably, daily. So if there is the practice

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that no longer feels new this is still an acceptable practice. Those periods of regular silence and asking are all-important, for the Creator and you together have crafted an elegant plan for your incarnation. All those things that are needed for learning and for service have been prepared. Thusly, it is to the entity that has learned to abide that the fruits of a deeper contentment and a deeper commitment may come.

There is an art to seeking the will of the one infinite Creator. That art is grounded in the faith that you do have a proper path. And we do say to each that each does have a very appropriate path. Now, each path is open to the free will of the individual, but as that path unfolds each will be unable to avoid following the path, for it is not a straight path. It is often a roundabout and complex path, but all variations of your path lead you to the infinite love of the one infinite Creator. No matter what general permutations of your path you choose you still are upon your path, for the path is more a journey of self than a journey within time and space.

These concepts are almost impossible to share using your language. We apologize if we seem to be vague. But it is deeply so, we believe, that you cannot ruin your path. You cannot fail to continue to have constant feedback from all experience that offers a constant and self-renewing source of catalyst to the self.

In the terms of movement there are times it feels well to race upon one's path and then we urge your feet to have wings. The cycle will contain those times when the body of emotions has been beaten and it needs to rest and recover, and in those times there will be the pausing upon the path. But all of the various moods that consist in the emotional weather of self are acceptable.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

We are those of Q'uo, and we greet each of you again in love and in light through this instrument. At this time we would ask if there are further queries to which we may attempt to speak?

R: Could you give me a suggestion as to how I can maintain the silence when I sit down to meditate?

When we are asked to join any entity such as yourself in the meditative state it is our ability and our honor to attempt to blend our vibrations with yours in a fashion which tends to reduce the peaks and valleys of alertness, the beta waves of your brain's working. This allows the perceived environment to move by your notice in a much more peaceful fashion. It is as though we were taken upon the back of your brain activity and given the opportunity to ride the waves, bringing each more nearly to the point of harmony or that which would be seen as more of a ripple than a wave in the physical sense.

When we do this blending of vibrations we tend to work from the violet ray or crown chakra down to the heart chakra and work with the reservoir of accumulated love that is the essence of your being by blending our love vibrations with yours and aiding the opening of the meditative state or the reduction of the conscious state. We then hope to offer a more calm and peaceful environment in which you may practice of the one infinite Creator. The responsibility that you and we share in this blending of vibrations is the responsibility to use this blending in service to others. Whatever essence or kernel of love you may feel and connections you may make in your own understanding is a fruit, shall we say, that may be of service to others as you put it to work in your own life pattern. The same is true for us.

Is there a further query?

B: I want to know how to deal with a person at work that I often seem to battle with. How do I keep from battling?

I am Q'uo, and we may comment. We are aware that this other wishes to be confrontive and gain the upper hand in each encounter so that there is a system of dominance established, and when you are required to be in this entity's presence it is difficult to refrain from engaging in the conflict which this entity appears to enjoy with not only yourself but others as well. There are many, many kinds of personalities which have formed around free will and individual expression of this will. It is inevitable that there will be conflict and confusion, for the free will expression of personal identity is an activity that third-density entities are liable to use with or without discrimination and yet the expression of this free will is central to all choices made and most importantly central to the choice of polarity that is

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the gift of this density. Thus, each entity is in its own way attempting to carve out that vehicle of personality that shall carry it to those places it wishes to go.

There is, however, as you are well aware with acute sensitivities intact, much of friction or wasted energy it would seem that occurs when entities inhabit an area of work that is the place where the personality shall find its fullest play, and the play of more than one personality conflicts with others. This is the very stuff of your density, my brother, for whether the interactions are long or short, intense or not, there is always the opportunity to give love for whatever is received from another, each instance offering a certain degree of difficulty, yours being more challenging than most for you at this time. Yet we can assure each entity that each personality and opportunity to interact with them is given in a way that is possible to achieve, to give love rather than conflict. We can only suggest to each entity that the meditative state be used as often as possible in order to return one's own desires and intentions to the proper tuning.

(Tape change. During this time, Q'uo finished the previous answer and B asked another question.)

(Jim channeling)

As you have observed previously this day it is difficult to be vulnerable. When one is wishing to give love and acceptance in place of any conflict offered to the self, one is placing oneself in a vulnerable position, for there is not the attempt made to protect. To protect is the more common or natural response from entities who are working their way towards understanding. It is not easy, as you are well aware, yet it is always possible and it is for the possibility of such a breakthrough that such efforts are made.

Is there a further query?

B: Sometimes I wish to serve and find no one to serve. It is very frustrating. Do you ever find yourself in such a position?

We have felt great desire, as have you, to be of service to others. However, we are somewhat more accomplished at feeling the opportunities and answering in a manner which is appropriate, for it is always possible for us to simply send the vibrations of love, light and healing to those who are in pain and who call for such healing with their anguish. It is not so easy for you to do this, yet it is also possible if this is a ministry that one would wish to take upon one's shoulders.

There are many entities that one meets in the daily round of activities and even the smallest smile or offer of assistance can mean much to any entity. To give even the smallest amount of time and energy to another is to assist. To wish to assist is to lighten the vibrations of this planet by the simple desire to serve another in love rather than to bring difficulty and grief to another through machinations of the mind and the random thoughts that accompany such random desire. Thus, the tuning of one's own mind/body/spirit complex in the desire to be of service to others is in itself and in its essence a service. Where there is desire to serve, there is always the opportunity to serve.

Is there another query at this time?

(Pause)

I am Q'uo, and we are most grateful, as always, to have been with each entity this day in this circle of seeking. We feel that when the queries are from the heart the depth and power with which the desire to know is [enhanced]. And we are grateful to each for allowing us to be a part of this most personal sharing of concerns, ideas, inspirations and confusions, for all of these are a part of the one Creator in each entity. [Each] entity has a portion of a great puzzle and when we come together in sessions such as this we see and feel and are much more than any individualized portion that we were before. For this opportunity to grow and to serve we thank you with all of our hearts. At this time we shall take our leave of this instrument in the love and the light of the one infinite Creator. Adonai, my friends. Adonai. ❦

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Sunday Meditation
April 28, 1996

Group question: The question this afternoon deals with wanderers and the problems that they face. Ra mentioned at one point that wanderers were more likely to have psychological problems fitting in with the vibrations of this planet. We are wondering if Q'uo could speak about the kinds of difficulties that wanderers face that might be specific to them as opposed to the kinds of difficulties that natives of this planet might face, and special recommendations that Q'uo might have as to what wanderers might do to harmonize their situations.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. Thank you and bless you for calling us to your circle of seeking this day. We are most grateful to have this opportunity to blend our vibrations with yours and to offer our humble opinion. We ask only one thing, and that is that you take with you that which you feel is useful of what we say and leave the rest behind without a backward glance. Trust your discriminatory ability, not another's authority, for you have your wisdom deep within you and we only help you remember parts of it. That is what we hope is our service to you, and we thank you for your great service to us, for without those who seek and hunger and desire to know the truth we would have no right to share our views.

You have asked us this day about a subject that is very dear to our hearts, as this instrument would say, for we have been wanderers and have dealt with the experiences of being one who is not native to the vibration of birth. We know the call to serve as a wanderer and we know of the tremendous effect the veil of forgetting has on the young wanderer that [is] so, so far away from any vibration that feels native, and yet we have not regretted in any way our service as wanderers, and we hope that each of you can come to feel that the service that you wish to provide is worth the sacrifice of comfort and the many feelings of difficulty and isolation that a wanderer is almost bound to experience.

This is a large subject and [at] this particular meeting we would like to speak using the organization of energy centers to allow us to share our thoughts in a somewhat more logical way than simply taking the various challenges of the wanderer one by one.

We are aware that each has a good understanding of the various energies that lie on the path or pole line from the entering energy at the root or red-ray energy center and that move upward through the body's [energy centers] to exit finally at the violet-ray center, moving, as does each of you move, from the basic to the more advanced lessons of love which you have come to learn anew as if you had never known them before. Remember to turn in thanks and look

once more to find what depth you have not yet plumbed in each energy. In each, shall we say, division of incarnational lessons there is an unending subtlety and refinement of what we may loosely call understanding or balance. There is no end to awareness and there is no end to the path each of you shares, but only an ever more profound allowing of the natural balance to come into manifestation from that great well of potential that is the human heart.

We would begin with the red ray, that great and powerful …

(Carla deals with Mo the cat wanting to climb into her lap.)

As each wanderer comes into being in an incarnational body the very cells of that physical vehicle, having been inundated and marinated in that consciousness that it now carries for a lifetime, shrinks and quivers with the mismatch of vibrations between the physical body of that consciousness and the energies which can be called public opinions, those cultural entities which mold and control, for the most part, the surface beliefs and habits of a culture. Your peoples, by their very basic ways of moving through their days, their seasons, and their years create a tremendous and powerful ethos driven by fear, driven by hunger, driven by need and desire that many of your peoples truly believe can be satisfied through the attainment of money and power.

These beliefs, so native, so normal and so very widespread, simply fail to ring true to the wanderer on the most basic of levels. And so that red-ray energy center is challenged first by the very instinct for survival, for it feels to the consciousness of that body as though it will not be able to survive.

Perhaps the most basic corrective of this feeling is the observation that each has in fact survived, and we may not create joy by telling you that each will continue to survive until all that you have wished to do is done, all that you have desired to learn has been learned. Being a wanderer does not condemn the body to an early grave. Rather, it promises a chronic situation of mismatching vibrations. This is often expressed, manifested, or shown in allergies, illnesses and mental and emotional difficulties.

Now, what can each do to open and strengthen this all-important first ray? We ask each to spend the time when the self is grooming and bathing and clothing that physical vehicle to care for it, nurture it and do those things that you feel will help it. In all ways find the way to give the most respect and love to this fragile, hard put, physical vehicle. Rock it in your mental arms. Hold it and tell it, "I love you. I love you. Rest easy, for I love you." You are that body's only human connection. You are that entry way where consciousness of self meets self, and you have been given this precious physical, chemically driven body. It has offered itself freely, given its instinctual life over to that consciousness that has never been born and will never die. This is a complete sacrifice of the body which, until recently, lived the instinctual life of the great ape. Know that you can nurture this body and that it needs your love.

The other way that you can open this energy center is by coming to grips with the sexuality with which this physical vehicle was supplied. Gaze at experience and come into ever closer awareness of the sacramental nature of this energy. That which is called sexuality is only the surface expression of that driving force which has created the densities. It is as though each of you had within the self a port upon the ocean of eternity, for through the physical vehicle of woman flows the ocean of life and to its shores come each male energy to enter and know infinite love, infinite energy and the miracle of birth from the forever into the now. And to the male has been given that driving enthusiasm that is manifested in that seed which is fertile and which takes hold and offers life within the ocean.

And male and female, energy and energy, come together and flow into each other and create all the polarities, all the densities, all that you can think of. All polarity has its first expression in red ray, so whether you express this energy or are celibate, it does not matter, for if you know and respect the goodness of that basic energy it will well up within as the never-failing spring, always life giving, always life enhancing.

That second energy which is often associated with the belly is the orange-ray or second chakra, and within this energy come the difficulties and the dynamics of the self's journey with the self and the self's interactions with other selves, one at a time. For the wanderer whose experiences of other selves are often difficult, the orange ray presents the challenge of remaining open in a hostile

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environment of, as this instrument would say, taking the slings and arrows of challenging fortune and still remaining eager for further contact with people.

It is often true that the wanderer will not be completely aware of its difficulties of accepting itself. Therefore, the wanderer will project that difficulty outward and it will then feel that it cannot deal with other people. Yet other people are the mirrors which reflect the self to the self. It would be possible to work through the lessons of love without other entities but it would not be probable. It is the mirrors that touch your life that give you the information you need to turn within, and, little by little, find ways to deepen the love that you have for yourself.

Now, each would say, "Of course I love myself." And yet there is the self that criticizes self, that asks the self for more, that is never satisfied with what has been done. This instrument would call it being hard on yourself. Yet this is not an adequately deep expression of the kind of damage most wanderers do within themselves because they do not have mercy upon themselves. Somewhere, dimly remembered, each wanderer feels there is the possibility of giving, serving, doing, being more.

We do not deny that there is always more, but we ask each to see that this is not at all the point. To aid the orange-ray center we ask each to work at becoming more able to accept, forgive and support that self that is living by faith alone in a difficult environment, that is hungry for food that they cannot find and that becomes weary with every passing revolution of the sun. As each becomes older the weariness increases and yet this is not necessary for the one who has learned to accept the self as it is, with its dark side intact, not regenerate, not born again, but the self in all its dirt, with every mole and wart and running nose showing proudly.

Beloved ones, know that your physical vehicles will always be challenged. Your reactions to other selves will always contain the inevitable biases which handicap you in physical and emotional ways but enlarge your area of action in other ways. So, perhaps the one word that expresses our advice on dealings between self and self would be mercy. Compassion and forgiveness heal. They heal the self and they offer others a place wherein they too can chose to heal themselves. Let your witness with this strong energy be that of the loving and the merciful. This instrument would say shepherd, but that is not the concept. We simply cannot give this instrument a more accurate word.

Moving up into the solar plexus we find the yellow ray that is the primary ray of this density, that is the ray within which the greatest work of learning and service can be offered. This is that ray within which wanderers must learn to work within various groups and institutions of your peoples. The yellow-ray difficulties mirror and extend those difficulties of orange ray. However, dealing with group dynamics is in one sense simpler, but in the normal sense far more complex than the dealing of one person with another.

Within this energy nations are built and destroyed. Religions are started and abandoned. Peoples move across continents and cultures evolve, mature and fall away. And within each group there is the more balanced and loving and compassionate path. Within this large assortment of groups that each entity will encounter within a lifetime lie the matings, the marriages, the belongings, the revolutions that shape the present and the future. In this energy each comes into deeper contact with the group mind, the national mind, the racial mind and the archetypical mind. This is the seat of power within the entity. This is where the instincts of control and influence dwell. This is the place where the spider builds its web or decides to become another entity. This is the crucible of your lessons in love.

Perhaps the most common and challenging of these groups is the family. Within this small group entities have the most steady, deep and lasting opportunities both for weal and for woe. Each is capable of becoming a portion of the so-called good of another's experience or becoming the nemesis and the avenger that can destroy another. This family is so deeply a part of the experience of third density and so fully fertile with opportunities for service to self and to other self that we cannot overstate the opportunities for polarization that lie within the challenges and circumstances of the self dealing with groups.

Community is something wanderers understand instinctively. That much almost always comes through the veil of forgetting that marks the beginning of an incarnation upon your planet in your density. The remembrance of a loving,

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supportive and steady family. The remembrance of men and women and children that are not only connected by names and by association but also by commonly held beliefs in service make the wanderer's plight very, very lonely within what this instrument would call the nuclear families of your Earth, for within these families there does not seem to be a constant and steady atmosphere of love, for when faced with challenges of yellow-ray energies many entities, wanderers and natives alike, move back into orange-ray energies and remove themselves from groups insofar as possible, or, alternatively, entities can choose to immolate themselves within a certain group or "ism" that there is no longer the necessity for making personal choices.

We encourage each to catch those feelings of retreat and even panic and to express to the self the word "remembrance," for if the wanderer can but remember that there is a good reason for having come, there is a good reason for dealing with these entities, these groups, then there is still the weariness, still the pain, but also courage and strength that comes from the knowledge of who you are, why you are here and where you are headed.

Now, this triad of energies is difficult, is hard work for any, native or from elsewhere. In fact, we may go as far as to say that it is well for the wanderer to realize that in choosing to come to offer this service at this time the wanderer has put itself into the situation identical with that of the native of your Earth. That is, to graduate from this plane of existence it is necessary for wanderer and native alike to walk the steps of light that offer with each step more fullness, more density of light, and if the wanderer becomes caught in the pain of living and creates a lasting imbalance in energy, the wanderer will then as surely as any Earth-born native need to remain within third density until that wanderer has again become balanced and polarized sufficiently to bear to endure that fuller light that is the experience of fourth density.

Now, in fourth density there is the dropping of the veil of forgetting. There is the greater awareness of each as the self. There is the lifting of limitations and boundaries so that each is unique, yet each shares the thoughts and experiences of each other in harmony. This sounds paradisical to the Earth entity yearning for manifestation of unity. Yet we ask each to remember that each density has its own challenges and lessons, so that there is never an end to the learning. There is never an end to challenge. Within manifestation there is always the awareness of self and the awareness of other, and as the densities refine that awareness the consciousness asks with more profundity the nature of oneness, the nature of unity.

Moving into the heart, the green-ray chakra, that heart energy center, we stop and ask each to think upon the way in which energy works. Now, if there is a tightness, a stringency or a blockage within red, or orange, or yellow, to the extent that that energy is baffled, energy into the heart will not be as much, for there will be the energy bleed-off before the energy of the one Creator reaches the heart center. The energy that reaches this center is, in practice, that energy that the self has available to begin to work upon consciousness. The disciplines of the personality—learning to communicate, learning to find the sacredness of all things—these lessons of love are not well undertaken by those who have not come to some degree of balance within the lower energy centers, and this situation is perhaps the most typically devastating to the wanderer of all situations we could explore, for wanderers yearn so for the vibrations, the feelings and associations of home that they do not have the spirit and the energy to clear those blockages to allow confusion to reign as it will without becoming enmeshed in that sea of confusion.

We are being told by this instrument that we are taking too long to speak with you this evening and that the energies are somewhat flagging. And so we would simply halt at this point, realizing that perhaps at another session the circle may wish to explore this interesting subject further. We ask each to know that each is perfect and whole and in total unity with all that there is. This is reality. The rest is illusion. For each his star. Know hope and faith as you know your fingers and toes, and dwell in love. As the one known as Jesus has said, "Love the Creator. Love each other." Dear ones, if you can but remember these simple things each day will [be] doable, each night a cause for thanks and praise.

Because there is some energy for questions we would wish at this time to continue this contact through the one known as Jim. We would leave this instrument in love and in light. We are those of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time we would ask if there might be further queries that we might address. Is there a query at this time?

R1: I would like to ask how we as wanderers can better serve the Creator and the creation?

I am Q'uo, and am aware of your query, my brother. Whether one is a wanderer on a distant sphere or an entity of third-density illusion which has grown from roots on its home sphere, to love is to serve. To seek ways of serving more completely fuels this desire and the opportunities then present themselves to one who wishes to serve more fully. Thus, my friend, we say to you to desire to do so is to begin the process.

Is there a further query, my brother?

Carla: I have a follow-up. I know R1 is talking about helping people to network via computer and so forth and to make a place where wanderers can get together to combat the loneliness. Are these kinds of things useful or is our service mainly just living?

I am Q'uo, and am aware of your query, my sister. These many choices are but mechanics and detail. The desire to serve is the foundation upon which all shall be built according to desire. Fuel, then, this desire. Seek to serve in whatever way is yours and those ways which are yours shall come to you and through you.

Is there a further query?

E: I would like to know if there are entities that actively work against the progress of wanderers, and if so how does one recognize them?

I am Q'uo, and am aware of your query, my brother. There are indeed those which you may call the dark angels which serve in their own way by providing the catalyst of which you speak. Any crystal shall fracture along its most flawed line. Thus, look into your own pattern of beingness to see those opportunities presented that tempt you away from love and service to each entity that you meet. When these opportunities present themselves it is your free will choice as to how you shall proceed. Perhaps the choice is made in action rather than in thought, thoughtlessly rather than in contemplation, seemingly by accident [rather than] a choice, and upon the foundation of this choice the dark angels, or loyal opposition as they have also been called, may offer the intensification of that choice which has been freely made. Then the wanderer who is like unto a light is tempted to dim that light of love and service. If possible, the dark angel would seek to put out or control such a light. Thus is their service offered and thusly do they evolve in the negative sense of the service to self, the putting into order, and the gaining of power over others. They are a part of the illusion as surely as is the light, for the one Creator blinks neither at the light nor at the dark that makes up the nature of the creation itself and its expression in this third-density illusion.

Is there a further query, my brother?

E: As one becomes more aware, does karma become more instantaneous?

I am Q'uo, and am aware of your query, my brother, and feel that you are most perceptive in your recognition of this principle, for as one becomes aware of what it is that one wishes to accomplish and clears the way for such activity and is successful in achieving it, so then are the challenges more intensive and the feedback more immediate. This is efficient learning, though its disguise is often pain and suffering and confusion. Yet [by] persistence, utilizing the faith and will that are the rod and staff of the seeker of truth, one may move through this pain, suffering and confusion.

Is there a further query?

R1: Can we erase karma while we are in the third-density illusion?

I am Q'uo, and am aware of your query, my brother. We would suggest the [word], perhaps, balance because to erase karma is to erase those lessons which have been programmed previously to the incarnation and this would be like erasing a portion of one's existence, whereas to balance those lessons programmed is to remove the effect of the karma which ties one to the incarnation until the balance is achieved or until the will is depleted.

Is there a further query?

K: Do wanderers have to remain within the third density until they have achieved a balance in their own light at the fourth-density level?

I am Q'uo, and am aware of your query, my sister. The wanderer, as with any other third-density entity, must meet the same standards of giving love, of

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offering compassion, of opening the heart to the unconditional kind of love and compassion that are the fourth-density hallmark. Thus, the wanderer must meet these same standards.

Is there a further query?

K: Do wanderers get to go back to their home density after completing the harvest here?

I am Q'uo, and am aware of your query, my sister. The wanderer may do so if this has been the agreement and may do otherwise if the agreement has been, for example, to remain for a certain portion of the experience of the planet that it has chosen to serve.

Is there a further query?

R2: I am curious if you, after the meditation is over, stay sort of in the background and eat food with us?

I am Q'uo, and am aware of your query, my brother. We are always delighted and filled with the love and light of this group as it meets in workings such as this one. And as you disperse from this circle and share your light and love with each other in meal and conversation we are able to partake by experiencing this light and this love in its movement between you.

At this time we would again thank each for inviting us to this circle of seeking, hoping that you will forgive us for speaking overly long but we are not aware of the passing of time as we speak with you, and we are always glad to be with you. At this time we shall take our leave of this instrument and this group. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✣

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Sunday Meditation
May 12, 1996

Group question: We would like to continue the session from two weeks ago where we were discussing problems that wanderers have in this density. We were working on the energy centers and we had gotten up to the green, and now we would like to complete this information.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most privileged to be asked to offer our opinions and to join your meditation for this session on this lovely springtime day. The energies of your growing things are most active and excited at this time and their light is beautiful to behold. As we share our opinions we ask each to take that which is of help and discard the rest of what we have to say. We trust your discrimination and ask that you be careful to trust it yourselves, for there are many who would like to replace personal discrimination with group discrimination. Yet all who seek spiritually seek uniquely and the world views of your culture do not always ring true. We simply ask that you pay attention to that ringing of truth. Trust it when it comes. Trust yourself when it does not come.

In working with the challenges that wanderers might especially have a tendency to face upon your planet of third density we have been making generalizations and will continue to do so. Each entity seeks differently and so we encourage each to question and work with this material actively, asking for further information on points which seem unclear so that we may be more able to be of service to each who is present.

We had begun to discuss the green-ray energy center and its special challenges as the, shall we say, dissertative part of the previous gathering ended, and so there we shall pick up the subject, noting that with the heart energy comes, in one sense, a fruition, a place of rest and repose where one can gain an overview of the nature of being, the nature of being in an incarnative body, and the nature of that great road which the heart walks.

The heart is that seat of wisdom that is bathed in compassion. That is its eventual destiny, and often the wanderer is able to feel that deeper centrality which is the property of the tuned heart. Yet the heart energy is also very vulnerable to mismatches of energy which block, over-activate or in other ways distort the red, orange and yellow ray energy centers. Furthermore, even when the seeker has become balanced to a high degree in the lower three chakras, still the heart, in offering information to the senses, does in most instances generate a good deal of noise along with those deep and true signals that are the essence of the open heart information.

We pointed out previously how vulnerable the green-ray energy center is to low energy coming through the lower three chakras. This is a cardinal point, for each wishes so deeply to experience that blessed open heart energy and to move into the higher energy centers that the wanderer has the natural tendency to wish to move on from the work of the lower energies into the heart, then into those energies of communication and work in consciousness which offer so much blessing and are the balm to so many wounds experienced by the wanderer.

And so there are two reasons why it is well for the seeker to go slowly and to monitor the self so that the self does not spin its wheels, shall we say, attempting the work of higher energy centers while experiencing low energy into the green-ray center. The lessons of love seem to be more uplifting in the higher energy centers. To the intellect especially this is true. However, it is our opinion that the advent of true openhearted energy takes place only when the seeker has begun to value each energy center equally and begins any conscious work with a brief examination of each center so that imbalances can be seen by the self and attended to before the self takes the consciousness into those higher centers and asks it to function.

This group has spoken often of the feelings that the self has the dark side and each has worked with this dark side, seeing how it can unhappily distort red, orange and yellow-ray energies. We encourage each, then, to find more and more appreciation of and tolerance of those lessons that seem so basic, for in truth each energy center has the same degree of preciousness. Each ray of self is beautiful to the infinite One. So the task becomes that of attempting to clarify and refine the sense impressions that arise from catalyst as the present moments seem to pass. If there is work to do with self or with other self in clearing these lower energies, we encourage an attitude of enthusiasm for doing the work it takes to get to the heart of whatever distortion or blockage has taken place.

Judging not but only nurturing the self, finding out what you truly think and feel and then, without judgment, turning once again to the open heart. Each within incarnation shall make many errors. The illusion was set up to force errors, to bring about helpful challenges. The catalyst that seems so heavy is an expensive gift of the higher self to the self. When one can take this, shall we say, on faith, one has overcome a great stumbling block that stands in the way of the open heart.

Now, once one has made peace with the first three energy centers, once one can feel that full energy is moving into the heart, there is another consideration to deal with before further work is done. This is a subtle, careful, work. It is the sifting and winnowing of the feelings and thoughts within the heart. Each entity has within the heart center all the expressions of love from the most refined to the most inchoate, unorganized and distorted. All feelings of the heart are true at some level, but the upper levels, the surface emotions of the heart, can be as the red herring in a mystery story, clues that lead in the wrong direction. If each can see itself as a kind of distillery and can see emotions as the raw products which go into the creation of the wine, there might be a good analogy of what it is to explore, refine and purify emotion, for the grape, with its skin, its fungus and its stems, the sugar with its impurities, the water with its impurities, [these together] are wine. However, they do not yet manifest as wine but rather as a collection of ingredients, mishmashed together, not yet finished. These are the emotions that the heart receives to begin with when new catalyst comes. Seldom is the entity receiving catalyst able to listen, see, touch or feel clearly. Usually, there is some degree of confusion in the response.

Therefore, it is not well simply to advise the seeker to follow the heart and no more than that be said, for truly one needs to follow the heart, but first one needs to allow each experience to be refined and be purified by that distillery that is carried within that heart by each. It seems that each is a prisoner of time, and yet in the sense that we are using this analogy it is only in the freedom of the illusion of time and space that this first purification of self-aware emotion can be accomplished. These raw feelings that the heart senses instantaneously may be already pure. But it is well to ask the self to refrain from impulse and to honor all feeling by moving back to it when one can contemplate it, and in that centered and balanced mode allow the deeper truths of what has been felt to move through that refining fire which distills pure emotion from the dross of ingredients that are no longer needed.

In other words, the heart puts out a lot of garbage which needs to be placed where it can be removed. Let us say that you have within your heart a curb.

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Place the can at the curb, and when you feel you have found the dross of some feeling, that which was not fundamentally clear, the wanderer can visualize the action of physically placing those stems and skins of raw emotion into the trash to be removed by time, while the precious and pure emotion is filtered into the deep heart that contains purity, compassion and its own wisdom. Discrimination is such a valuable activity. Each has it. We encourage each in its frequent use.

Now we stand within the open heart, gazing backwards at those powerful energies that make us strong, and gazing forwards at those energies which more and more merge with the metaphysical. This green-ray center has but one true polarity, and indeed those who seek in the path of service to self must needs bypass the green-ray energy center. So, for each who wishes to serve the Creator by serving others, we say spend as much time as you can within the open heart, for it is central and the light that it sheds moves backwards to the root and forward to the crown of all possible energies. The word passion, like the word love, has far too many connotations to be a pure word, and yet we say to you that the passion-pure heart is the greatest power within the universe. It is that seat where manifestation moves from within your incarnational experience. Its keeping clean and clear is a task that cannot be overdone.

Now, with the movement into the throat chakra, or the blue-ray energy center, we move into that area wherein gifts of the Creator have often been given generously, for wanderers are communicators. It is ironic that the usual experience of the wanderer is one of frustration at being unable to communicate. This is, however, not because the wanderer cannot communicate, but because the wanderer is not speaking on the level at which others may be listening. The skill of communication is certainly in a large part simply the thinking and expressing of thoughts, knowing what is thought and finding the way to say it. However, the penalty for communicating in ways in which the other is not presently thinking is a failure to communicate.

Therefore, a signal skill of a communicator is the listening ear that is able to distinguish just where the other entity is dwelling within its own mind and heart. It is obvious that one cannot communicate to most six-year-olds as one can communicate to a sixty-year-old. Yet the differences between the consciousnesses of various entities within your density is such that a six-year-old wanderer may be able to understand what you say better than a sixty-year-old entity who sleeps still in third-density unawakened bliss.

Therefore, we encourage each to practice the skill of listening and of attempting to tailor that which is communicated to the needs of that particular entity. This is careful, subtle work, yet we feel that it is a good discipline and one which is badly needed by the wanderer, for it is a wonderful gift to share one's essence with another. Yet if that speaking does not hit the mark because the entity has been careless in giving to that individual to whom it is speaking, then those powerful energies have to some extent been misspent. Therefore, we do not say simply hold the tongue, but seek to assess the needs of that entity to whom you speak and then attempt to communicate directly into the heart of that energy. That gives the other full respect, and it shall aid in effective communication.

As we move into indigo ray we find that perhaps the greatest problem wanderers have is an obsession with and hunger for spirit to an extent which cannot be held in a balanced manner within the full range of energies. Work in consciousness seems like the hardest work possible to those who have not awakened. To the wanderer, work in consciousness is likely being done piecemeal, whether or not that wanderer has awakened, simply because of the various mismatchings of vibration between the spirit and the culture into which it has come. The great attractiveness of indigo-ray work is seductive. We encourage each to the great work of disciplining the personality and of doing that work in consciousness that better refines the self and its awareness of self, but we encourage each to do this work slowly, carefully and reverently, taking small steps and setting small goals, for work in consciousness is something that shall be more and more refined in higher densities.

Third-density work is largely within those first three energies, so that while we encourage each to work in consciousness as the opportunities are given, at the same time we also encourage each before starting into work in consciousness to turn and gaze at the self and its alignments, energies and energy transfers, and if there is work of a refining nature that needs to be done to tune to that work not with the feeling of having been punished but with the feeling of

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gratitude that here within this illusion of space and time you have the opportunity to move back into that open heart that you have just attained, and from there see the balance between that which is considered basic and that which is considered exalted, for it is truly said within your holy works that the first shall be last and the last first. All that you see as base is in fact that which is powerful. The right use of power is truly basic work in consciousness but it expresses through improvements through the lower rays.

What we are attempting to communicate is that third density is not the place from which to take off into the ethers. Rather, it is the place to refine your basic choice of paths: service to self, or service to others. This seems a simple and basic choice, one easily taken and out of the way, clearing the way for important work. Yet, this is the chief work of your incarnation, the purification of that choice for the light. Into that light you will take your entire universal, as this instrument likes to say, three hundred and sixty degree self. You shall not be judged on the contents of your heart, for all have light and dark within. You shall be judged by the self on your capacity to accept an increase of light. Those who truly think of others first are automatically increasing their ability to withstand the more dense light of the next density.

Therefore, wanderers, just like those native to this third density, need to see the chief importance of making, and remaking, and remaking this choice. It is not made once for all. It is made again and again and again. Temptation to shut down that open heart, to go away from the light, comes every day you dwell within your illusion, so that you can go through this process of refinement which has many temptations and tests.

Perhaps to say that there is a shortcut would not be incorrect, and that shortcut to which we refer can be summed up in two words: praise and thanksgiving. No matter what is occurring within your life experience, within the experience of your groups or of your planet, it is a gift. Many of these gifts are brutal: death, pain and suffering seem like dark presents indeed, and yet each situation is a chance to choose praise and thanksgiving.

If one can take that imagery of the distillery, we can say that often the darkest of grapes and the mustiest of fungi and growth and stems, when given time and allowed to sweeten, can offer the most profound blessings. Thus, we encourage each in all emotional weathers to find the faith and the will to offer praise and thanksgiving for the time and space in which to be conscious, aware and making that great fundamental choice: the darkness or the light.

(Transcript ends.) ♣

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Sunday Meditation
May 26, 1996

Group question: Today we would like some information on addictions, whether the addictions be of food, drugs, friends, rituals or whatever. Is there any value to addictions? Almost everybody has some addiction. How do we work on addictions? What is the proper attitude to take with an addiction? Do you try to solve it, correct it, or accept it? How do you know that you are getting anything done when you work with an addiction? Is there any value in working with addictions or in addictions themselves?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of the principle of Q'uo, and we greet you in the unstopped love and the limitless light of the one infinite Creator. We wish to thank each of you and to bless each of you for calling us to your circle this day. You have given us a precious gift in asking us to blend our vibrations with your own and asking to hear our opinion concerning addiction. As we speak through this instrument we will offer you some thoughts, and we ask that as you listen to them you take those which please you and which have the subjective ring of truth to them and to leave the rest behind, for each is upon an unique journey. Each has an unique path and each has his own personal truth. Your discrimination is all-important. It is well always to trust that instinct within that knows and recognizes its own truth, for others may feel strongly that their opinion is correct and yet you are the only one who actually knows what is correct for you. Some truths last a month, some a year, some a lifetime, yet all will one day be overshadowed by a higher and broader truth. So the relationship betwixt the seeker and all of those opinions that come from the outside is that of the connoisseur who chooses just those fruits and vegetables that are ripe. You know which truths you are ripe to receive. So shrug off any thought whatsoever that does not satisfy you.

In speaking to you about addiction we would like to begin by working with the word "addiction," for this word is to your people what the word "vice" was in a previous age. Both describe the condition wherein an entity feels driven to do or use or be some thing, or some way. This calling of vice addiction makes it sound more vulnerable to, shall we say, the quick fix, and, indeed, for specific addictions there are quick fixes. However, the nature of addiction or vice can be seen to be that which takes a good thing and simply overdoes it. What drives entities to addiction very simply is the instinct that the body, the mind and the spirit has to seek comfort, enjoyment and peace.

As each spirit enters incarnation it is without preference because it has had no experience. Immediately a soul is born into flesh and breathes the air it begins to weep because it is cold,

uncomfortable and hungry. All of those needs were met within the womb, but now here is life given to a baby in full complement with all of the ins and outs of the character that it will learn how to express as it grows older. But in the short run this entity is helpless. It knows only when it lacks comfort, and when it lacks that comfort it learns to express displeasure and need. And when the parents hear that innocent cry they quickly learn to feed, or bathe, or change the infant that is squalling and thus upsetting the peace. The only tool that this young entity has to work with in the manifested body state is its inarticulate voice, and so the trials of incarnation begin with the sobs of the newborn.

(Transcript ends.) ♣

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Sunday Meditation
August 25, 1996

Group question: Most people feel totally overworked and pressed and we are wondering how we can refill our batteries to do all the work that lies before us. How can we keep our spiritual balance in the world that requires so much worldly things of us?

(Carla channeling)

We are of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator. We thank each for calling us to this circle of seeking at this time. It is always a delight and privilege to be asked for our humble opinions and especially since it has been some time since we contacted this group. We bless each who comes looking for truth, looking for the path that is that path which is destiny for each. We too pursue our destinies, and as the road ahead is a mystery to you, so it is to us. Just as each of you must live by faith and not by words, so must we. We are your brothers and sisters, not infallible authorities, and as we share our thoughts with you we ask that each take those concepts which have that ring of personal truth from that which we offer and leave the rest behind. Always use that discrimination that reflects your own faith in yourself, for each knows all that there is to know already. It is simply that the veil of flesh has dropped for each of you. You have, shall we say, signed up for a few moments, a few years, within incarnation. You chose to move into this flesh, this abode, this animal of second density that carries your consciousness about and allows you to have hands that serve and legs that walk upon the dusty road of your illusion.

This instrument once heard a visiting preacher talk about his experience as a missionary in Africa. The story went that this person and his wife, both doctors, had gone to a country in Africa that was very poor, a place in which there was much suffering. A few years after they came to this post the country experienced both drought and an outbreak of disease, and these people worked so long and so hard they did not know how they could go on. Because these doctors were also priests they decided to get up early and pray, and this they did, taking two more hours from their small allotment of sleep so that they could pray to strengthen their faith, and for them this worked. They became energized and found more than enough power within to move through their days in grace.

Now, this is an extreme example of how the way one lives and gazes upon reality as it appears before the eyes can affect changes in consciousness that bear fruit within manifestation. Several of you were saying earlier that the culture in which you live encourages the doing rather than the being, and this is a true and substantial point. Take a moment and gaze at the expectations which each has of the self. There is the expectation of enough supply to be able

to amass a dwelling, vehicles within which to drive to various far-flung locations, numerous responsibilities having to do with duty to family, to loved ones, to friends. There is the requirement of collecting the various gadgets of your people, the what this instrument would call electronics that make the life both simpler and infinitely more complicated by their use—the telephone to be more in contact, the various parts of the computer that this instrument is so fond of that offer new efficiencies in storing data and require more and more hours of work in offering this machine its daily bread. Yes, you live within an environment of consuming, collecting and doing. And, yes, you have absorbed these values.

Now, let us back up from gazing at the outer world, that world of flesh and bone and deeds. Let us call upon the deeper reality, that structure within the self that is infinite and eternal. It is this consciousness that is not a part of space and time that chose to move into just this perverse environment, just this materialistic society, just exactly this one and no other. Why? Why feel that it is a prize to achieve an incarnation of such suffering, such distraction and confusion? Sit with this "why" and know that only one answer will suffice, and that answer is love, for love is the beginning and the end and all things in between. Love it was, that one great original Thought of Love, infinite love, creative, powerful love that bore light. Each photon, each particle, if you will, of light is a pure manifestation of love and of this light are builded all the vibrations and nexuses of energy that form the universe and all that is within it.

And into this infinitude of worlds beings of light come, sparks of the heart of the infinite Creator—you and all of the family of humankind. Each of you unique as a snowflake. Each of you infinitely beautiful and valuable. Each of you powerful and able to serve, for you are love. Yes, within this veil of flesh each has distorted these structures and ideas and thoughts of love so that they do not shine like the diamond but are rough. And so within the flesh each feels the frustration of knowing her own imperfection. And this is a treasure, this awareness of the self in its illusory form as imperfect. This treasure is so precious because within this illusion, this seeming imperfection, entities have the greatest chance of choosing to live in love by faith alone, for there will never be any proof that there is a spiritual reality beyond that which can be seen, felt, heard and tasted.

It is just this difficulty, this confusion that you have sought so that you may play your part in the shadow world of Earth. Each of you comes as a messenger of light, a vessel full of love. It does not come from you. It only comes through you. You are not responsible for loving the world but only for allowing space within yourself so that a channel of life through you may be made from the infinite Creator. Through your smile, through your eyes, through your outstretched hand to the world flows the infinite love of the one Creator.

Yes, each of you has, shall we say, bogged down in the mire of too much to do. Yes, each of you is weary and this is exactly what you hoped would happen. This very suffering, this crown of thorns that the too short days are, is the destiny you have hoped to achieve, for it is in this very place, this very time that you can both learn the most about service and love and offer the most powerful service and love.

When all seems confusion and energy seems gone we encourage each to take a moment to say to the self perhaps just one word: love. This instrument, being a follower of the mythical system of Christianity, says one word: Jesus. Others might say Christ-consciousness. Whatever this love, this principle that has created all that there is is named. It is an infinite source of energy and calling upon love you shall be strengthened.

Beyond the attitude of love and service and faith that all is well the tool most likely to be useful when energy is low is the sense of proportion that enables each to see that they are tiny creatures standing upon a ball in the far reaches of an unimpressive galaxy in the midst of an infinite creation in which ten thousand years is an eye blink. Truth is eternal. The knower of truth is eternal. Each of you is an infinite spirit. The more you can remember who you are the more easily shall you be able to find that center, that place of knowing that is the holy of holies within. That place where the Creator waits for you patiently, hoping that you may stop. Open that door and tabernacle with the Most High. Feel that heart within you open as you think of love and know that the most important thing you will ever do is find that place and live there. It matters not whether you follow your head or your heart; there are no

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mistakes. But if you wish to cooperate with destiny you will consult your heart first.

We would at this time transfer this contact to the one known as Jim, thanking this instrument. We leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet you in the love and the light once again through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to those queries which those present may have for us. Is there a query to which we may speak briefly?

J: Would you speak a little about the dynamic of love and faith. I think of love as active and of faith as being passive. Could you talk about them?

I am Q'uo, and am aware of your query, my sister. Love is in our way of thinking and being an activity which when experienced in its fullest is shone about much as your sun shines the light throughout the system of planets which is in its provenance. When one loves one is engaged in an activity that is the heart of being itself. Yet, one loves with the faith that to love is that which is most appropriate, most helpful, and is at the center of one's being, that this is the reason for which incarnation was taken; that throughout all of the experiences that one may accumulate within an incarnation that there is the distillation of how well one has loved that is the measure of the success of the incarnation. Yet, as we have said, there is the faith that also permeates this experience of love. Faith in the self to love, faith in those about one that are loved, faith in love itself to be able to transform one's own being and often the life pattern of those about one.

Thus, we see love and faith much as the tresses of a maiden, plaited up together and inseparable, if one is to be fully aware of the ramifications of love. There is the faith to continue when it seems that any response but love would be appropriate. The faith that to make oneself seem foolish and love when other, less harmonious, responses would seem to be called for is the situation in which the seeker of truth will find itself frequently as one loves in the face of all that comes one's way.

Thus, we can recommend to the seeker of truth no qualities higher or more difficult to achieve than having the faith to love and loving in spite of all obstacles that would seem to hinder or obliterate the possibility of love.

Is there any other way in which we may speak to you, my sister?

J: No. Thank you very much.

I am Q'uo, and we thank you very much, my sister. Is there another query at this time?

(Pause)

We feel a great joy at the opportunity to blend our vibrations with those of this circle, for it is in such serving that we are able to share that of our love with you and to feel with you the journeys that you travel, the steps that you take, the missteps that seem far too frequent and the lessons hard-won from all steps that are taken. We would wish each here to know that there is no step taken in any incarnation that is taken alone, for not only do we walk with those who call us to walk with them but each entity within your illusion is surrounded by friends that may not be seen or felt in any physical or mental way, yet there are those teachers, guides and friends who have been called to you by your own seeking and the nature of your experiences who watch you walk and who walk with you, and who hold the hand in the metaphysical sense when those moments of stress and trauma appear.

Call, then, upon these unseen friends whenever you feel that you are alone and need the support of another. Know that all such calls are answered, perhaps not in the exact way that one would imagine but in a way that has substance and lends support to the journey that is taken, for each of you here has made agreements with many who are also here and also with those who walk with unseen treads and who find great joy and meaning in assisting you on your journey, for this is a journey which all take together and none arrives home without aiding and assisting the journey of another. This is the way that the journey is accomplished.

At this time we would again thank each for inviting our presence and would take our leave of this group, leaving each as always in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
September 8, 1996

Group question: The question this afternoon has to do with how to contact that still, small voice within when we are dealing with our catalyst and are confused about what to do. What might we do to reestablish contact with that voice within?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those known to you as the principle Q'uo. As always, we are most grateful to you for calling us to your circle of seeking this day. To allow us to share our opinions is a great service to us and we most heartily thank each of you for the opportunity to share in your meditation and the process of seeking the truth. We too seek that which is truth and we too continue to seek, for that which is truth ever recedes before us as we approach it, so there seems no end to the seeking or to knowing in love, for we find that this mystery and all metaphysical mysteries come at last to that by which we know no other better name than love itself.

As always, we ask each of you to take what thoughts may aid you in your own seeking and please leave the rest behind, for we are not infallible but those simply upon the same path as you, filled with the same hope. It is a pleasure to be here through this instrument and we just thank you for this opportunity.

Your query concerns how to know what your greater Self knows, and so we would begin to answer this question by commenting upon the true size of the individual soul or spirit. When entities upon your world gaze upon each other they see a curtain of flesh which covers that which cannot be limited by time or space. It is the normal reaction to gazing in the mirror to see the self looking back. And, indeed, for the duration of your present incarnative experience that image, for all outward intents and purposes, is you. However, that which dwells within that habitation of bone and flesh is an entity of such power and strength that one of the ways of expressing the self in densities to come will be to participate in being a star. The strength and power which is you is an infinite quality. We do not limit you to even the most extravagant measure of power, for each of you recapitulates that great original Thought of Love which created all that there is.

Your roots lie in eternity. Your hopes for this incarnation lie in focusing that power and strength by disciplines of the personality learned under the conditions which you now enjoy. Now, let us gaze at these conditions. Why would an infinite quality known to itself as a soul leave the full awareness of Self to adopt a personality shell and a physical body and a process of forgetting all that it knows? Why would any of us seek to draw the veil over all of the information that gives us a full awareness of the self?

Gaze in mind about you, about your environment, the home, the workplace, the meeting place, the stores, all of the environments into which you walk, with which you interact. All of these environments place you cheek and jowl beside a great many different, equally powerful entities, likewise dwelling in human form, likewise unaware of their true power, and likewise seeking in each his own way to find the just right place in time and in space, each for himself.

This process of unknowing, of forgetting, is something that those experiencing the full Self gaze at as thought it were a summer camp full of the most enjoyable and interesting activities, for when you are your greater Self and not within one or another incarnation you become aware of all of those little strings and tatters, little imperfections, little places of weakness that you perceive in the fabric of your very vibration, and you look at those things upon which you yearn to make progress. And you are aware that the fastest, most efficient place for sharpening and honing those skills of discipline of the personality are found in the deep illusion of third-density incarnation. This is in addition to the desire to serve that has brought each of you to this planet at this time. You also wished to aid your own progress upon your spiritual path, and this your Earth world is by far the most skilled teacher. And if each student can find the way towards her own center this experience shall indeed yield for you all that you hope.

For the most part, this illusion works upon you not in spite of the veiling process but because of it. It works because it throws you continually into confusion. It works because it causes you continual frustration. It works because it knocks you from your center and sends you spinning. You, as a higher self, wanted this spinning, wanted the frustrations, wanted this aggravation of not knowing. Why? Because only in the ignorance of unknowing can a person choose to operate solely by faith. All the wisdom that the mind seeks pales before the wisdom of simple faith. All the ways of gaining what you have called control, good as they might be, pale before the efficiency and efficacy of the employment of faith.

Once one is aware that one is being apparently limited but with great resources which lie beyond space and time, that seeker can choose much more consciously and much more on a daily basis to make use of the various catalysts that cause confusion and to see these experiences as positive opportunities to exercise faith. The exercise of faith is simply that willingness to believe and to act upon the belief that there is a plan that is in effect and that cannot fail, and that that plan will constitute a destiny that is a safe passage regardless of the many twists and turns that always occur.

It is not that one must have faith in a destiny that is absolute, for that is not the way the world of spirit works. The lessons that each came here to work on are not lessons to be learned literally. They do not constitute specific wisdoms. Rather, they are lessons of the nature of, perhaps we might say, a seminar upon one issue or another. The issues are always about love. Some must work more on how to love. Others must work more on how to accept love. Some must learn how to love without possessing. Others must work on how to love with commitment and possession. But always these lessons are a theme. If you do not choose to go one way and get the lesson there that lesson will simply follow you along the path that you have chosen. One path might give you a more easily understood or more rewarding example of a way to learn this lesson than another. But always we ask you to keep in mind that you cannot make a serious mistake. The reasons that you are here will follow you faithfully, and you shall have ample opportunity to work upon that personality that you experience as yourself.

The goal here is not to be full of the self. Rather, the goal is to be familiar enough with the self that you exhibit at this point of space and time that you become transparent to that infinite love which flows through you which brings you the energy to live and which flows through you to the world as undiluted, infinite love. You are seeking not to consolidate as much as to know the self. It is not that you wish to push this self around. Rather, you simply must learn that essence of self that is most truly you. Once you have come into a relationship with that self that is most deeply you you are in the position to open to infinite energy and to allow yourself to be a channel for that energy. And thus each can become that light upon the hill that the one known as Jesus spoke of. The bushel that you are hiding your light under to some extent is that consolidated sense of self that is opaque to love and to the changes that spirit always brings. For spirit grows constantly. Love moves without end. Its very nature is a flowing and a

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vibration. There is nothing static about that great original Logos that is Love.

When that solid self is most confused and when you seek to find the way that is for you we might suggest that your first activity might be to affirm that you live in utter faith that there is a way for you that is prepared. You do not know what it is, but you can ask in meditation and in prayer for that awareness to come to you. Now, where is this awareness coming from if all are one? You may conceive yourself to have within the subconscious mind all that there is. The top of the subconscious mind is full of distortion, but as the roots of mind move downward into the cultural mind, the national mind, the racial mind, the mind that is Earth, as you move down through these levels of awareness to the very roots of the archetypical mind you come upon purer and clearer and more lucid conceptions and awarenesses of that unspeakable truth that expresses itself as emotion.

And so in meditation what you are doing is moving down to that subconscious mind, opening up that conscious mind by not using it, allowing the self to sink down, down to those roots where the information is clearer because it has no words. That still, small voice is truly silent. It is a rare entity which hears a voice which says, "Do this. Do that." What you shall hear is nothing. But for the one who waits in faith in the tabernacle shared with love itself there shall come a feeling of peace. It shall be either the peace which knows, "This is what I shall do," and can point the finger just there and knows its place and is content. Or it may come with that peace which says, "I shall cooperate with whatever happens because I know that what is mine will come to me." Both of these awarenesses are emotional feelings and both of these awarenesses contain great personal truth. We encourage each of you who seeks to know the next step, the next way, to move into meditation seeking that next step, asking humbly to become aware of that which is destiny for you.

We encourage each to allow time to pass. Sometimes there is an immediate apprehension, an immediate peace and it only takes a few seconds to become aware of the next step. At other times one must invoke faith and patience again and again. These times of waiting, though difficult, are as the times of fertilizing the ground. And if you are waiting, wait happily, we encourage each, for in this waiting much is taking place. The ground is being prepared. Faith is not something that you may buy or something that you may work towards. Faith is something that comes to you after you take the leap into empty space. Once you are falling you feel that [emotional] parachute and you know what faith truly is, but you must jump first.

This instrument is encouraging us to move ahead, as we have a tendency to use too many words, and so at this time we shall transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet each of you again in the love and in the light of the one infinite Creator. At this time it is our privilege to offer ourselves to attempt to speak to those queries which those present may have for us. Is there another query at this time?

P: Is there any other way to know faith besides jumping?

I am Q'uo, and am aware of your query, my sister. We are aware of entities who are able to express the quality of faith as a gift of the incarnation and for those who are blessed with the gift of faith both the expression of the faith without jumping and the expression of the desire to jump and to know faith more closely is more easily accomplished. We know of no way to gain faith other than to become vulnerable to your incarnation and to your destiny within your incarnation, for as you face the uncertainty of this or that catalyst at various times during your life pattern, it will come to you that the only road to travel with any confidence is that road that has faith as its milestone and marker along the way.

Is there a further query?

P: When do we know it is a temptation to jump as Jesus was tempted to jump by Satan and when it is an act of faith?

I am Q'uo, and am aware of your query, my sister. This is the central question of this meeting, for it has been asked of us when and how to know that still, small voice, and it is this voice that we could suggest that one listen to in order to know those times when it is appropriate to jump and those times when it is appropriate to wait. Thus, in all situations in which there is doubt it is our recommendation that one practice meditation. Meditate upon the action or

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inaction, for as long as it is necessary for you to hear that voice and to feel that impulse in one direction or the other. As we stated previously, it may happen in a moment. It may take a great deal of time, and while this process is going on again we counsel faith that the process itself and the action itself and the entire incarnation will unfold as each should, for this is not a universe in which chance plays a significant part. It may seem so for many, but in the overall scheme if one could look with far-seeing eyes outside the incarnation one would see that there is the hand of the Creator in each event. That, indeed, not even a small sparrow falls to the ground without the knowledge of the Creator. Thus meditate, my sister. Meditate and have faith and go forth confidently.

Is there another query?

B: How can we find the balance between being vulnerable and protecting the self?

I am Q'uo, and am aware of your query, my brother. We can only counsel that you surrender to your destiny. This instrument has heard it said frequently. And by this we mean that you must, as all warriors of consciousness, go forth into your daily round of activities and experience that which is yours to experience. In some instances you will feel that you can become more of what you call vulnerable. In other instances you will feel the need to withdraw to some degree behind a certain safe construct or wall, shall we say. As you move through your daily round of activities experiencing and experimenting with each possibility you will find that some feel more fulfilling than others and you will find this balance yourself. You must learn to trust yourself, your inner impulses, this small voice of which you have been speaking, until it speaks to you as often and as clearly as your best friend, for indeed it is such. And as you seek to hear this voice, and await the words, await the feeling, await the intuition, it will become more easily accomplished and you will indeed be apprised of the situation by this best friend, this small voice that is still within where peace resides at the heart of your being.

Is there a further query?

(Pause)

I am Q'uo, and as it appears that we have squeezed the last query from the tube of queries, utilizing this instrument's imagery, we shall again thank each for allowing us to join your circle of seeking and to express our thoughts and opinions that have been helpful to us in our own journey of seeking. At this time we shall take our leave of this instrument, leaving each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
September 15, 1996

Group question: The question this week has to do with the feeling that we won't have enough time to do the work that we came to do. When is this work really done in relation to time? What is occurring when we worry? Talk to us about time, worry and spiritual work.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet each of you in the love and in the light of the infinite Creator. May we thank each for coming to this circle of seeking. We are so grateful to have been called to your meeting and to speak to you on the subject of time and some of the implications that lie in that concept of time. As we speak we ask each to use his own discrimination, for each of you has the power and the wisdom to recognize the truth that is yours. It is as though your truths lie waiting for you to rediscover them and to remember that which is already known. If some of our thoughts have that ring of remembered truth then by all means we offer them to you with a full and happy heart. If we do not hit that mark, then we ask you to simply drop those thoughts and go on.

Talking about time is talking about one of the prime distortions that makes up your illusion. Let us then start with our concept of time and space. Although we cannot be sure of this, it is our opinion that time is a building block that exists in order for the illusion of sequence to offer the Creator's children a seeming sequence of events, small and large. It is half the basic building block of your perceived consensus reality, the universe as your culture and science know it. It is as though the Creator took the Logos, which is Love, and paired that great original creative Force with the means to make it into a perceived illusion. The means of this impregnation of love to create a kinetic universe is light, the basic unit of light. The photon, we feel, is combined with one unit of love to create space and time. It also creates time and space.

Now, the perceived physical creation about you we have labeled space/time, that is space-slash-time, indicating the apparent ascendancy of space over time. That is the illusion in which you dwell during an incarnative experience. There is a universe which this instrument prefers to call the universe of spirit or the world of spirit. This metaphysical universe is created of time/space, or time-slash-space, or time over space. Within this creation it is the illusion of time that has the ascendancy and in this illusion conditions are much different. However, both the physical universe of space/time and the metaphysical universe of time/space are equally illusory and are created for a combining and overarching purpose, and that is, as we said, to create an illusion of sequence. As far as we know the least illusory state is that state in which there is no space or time. This is

the truth in which all are rooted and all are members of that which lies beyond space and time entirely.

However, without the illusion the creation rests in unity. It does not dream or talk to Itself. Indeed, one might somewhat whimsically call space/time and time/space as the dream of the one infinite Creator, and in this dream the Creator hopes to know Itself. The Creator hopes that each unit of Itself, each being that is love, which each of you are, will experience those things which add to the knowledge the Creator has of Its nature, for it has generously given Its complete nature to each co-Creator of the universe. To us, to you, to the highest, and to the seemingly lowest of creatures that has an awareness of the self is given one nature and that nature is love. Through the machinations of time/space and space/time choices are made. Each unit of love finds itself progressing, finds itself offered any number of actions and thoughts and avenues and directions. And there is no attempt to control the thoughts and reactions of any, for each is treasured as it is. The Creator loves so completely, so utterly, so purely that It loves each and every tiny thought or kind or state of being whatever, including all of those facets of the self which this instrument often calls the dark side of the personality.

Loved as you are there is nowhere to go, nothing to accomplish that can create between you and the Creator any greater approval or any more vehement or intense love. Before any thought of you was visible to the most metaphysical eye, you were already created and loved, for the units that have been sent out to experience and to come back into unity have gone out and come back many, many times and as far as we are aware this is an infinite universe.

Now, what is the nature of this grand illusion, space/time? How can you use it? What is the nature of time/space, and how can you use that? Firstly, we ask each to consider the possibility that the right use of time is first of all the right use of consciousness or attention. Within your culture the weight of importance is generally given to actions undertaken and completed. There is much spiritual encouragement along the lines of "by their fruits you shall know them," which entities almost always take to mean the fruits of time and attention which are money or projects completed or services offered in love, and surely all of these achievements are excellent and show that stewardship of talents and gifts that is, as far as we know, the right use of those gifts.

However, what this point of view misses is the far deeper importance of the way your consciousness is aligned with respect to the vibration of the one original Thought which is Love. Indeed, you may grade yourself, firstly, on that tuning with which you meet consensus reality moment by moment. To our mind, we cannot conceive of running out of time to do one's main job because one's main job is to experience in as clear and undistorted way all of those catalysts which come before you with that vibration which is most essentially yours which is closest to the tuning of love. This tuning, which one may think of as a constant such as the speed of light—let us say, the speed of love—is the same for all entities. However, each entity is unique, and so each entity's path is unique. And each entity's way of tuning the self moment by moment must be his own and not something taught to a group by rote, each person doing precisely the same as each other. The path to the clearest self-awareness is unique for each seeker.

However, we encourage each when thinking about the right use of time to remember to consider before all else whether the self is tuned to match the vibration of love. Each feels this constant within and we would pause for a moment at this time to allow each person to move into the heart, move the attention into that place within that is the metaphysical equivalent of the heart, the green-ray energy center. Here is the seat of love coming into the created body. Here is that holy of holies where love dwells fully, undistorted and pure. Moving into this sacred place within, open the heart and feel the love of the one infinite Creator.

Like the sun lights up the sky, the Creator rests in full strength within you, lighting your way. The key to this door, the key that opens the door into your own sacred heart, is silence, a turning within to listen to the silence. And this habit of turning within, of centering first upon the Creator which is love, shall stand each in very good stead as each attempts to seek the truth of its own being and its own journey.

Thus, one can finish an incarnation and only then realize that one has run out of time [for that] which one has come to do. Yet that [for] which one took flesh is available to be done in every living moment.

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We would greet the one known as O, as he squeaks happily and high, and assure this smallest of our circle that we rejoice with him.

Moving from that place within which contains truth, which contains love, one may begin to feel an energy—which has nothing to do with how much sleep one has gotten, or how healthy the physical body seems—beginning to enhance and energize not the body but the spirit which moves the body about. Each may find this a very present helper as she goes upon her way. This aid will enable each to know, recognize and acknowledge those gifts which have been given to each, for each has come with at least three things, at least, to do: to experience, to learn personally, and to use one's gifts in service to each other, for in serving each other you serve the one infinite Creator.

We ask each to see each other as the hands, the voice and the face of the Creator. The Creator cannot smile upon any nor reach a hand to any, nor feed nor clothe any. The Creator's voice, hands and actions are yours. You represent and give meaning to love by your service to the Creator within those with whom you share your fragile island in space. It does not matter whether these services are small or great or considered important or unimportant by any society or way of thinking whatever. What matters is that you are attempting to open the heart, are attempting to use your gifts, and are attempting to make what sense you can of your experience. These are your basic commitments in incarnation. These you may do minute by minute and day by day, and to the world you may be doing nothing useful. But each who has come within the glow of your smile or the friendliness and cheer of an open handshake or hug knows that more is going on than just passing the time.

When entities attempt to think of time as a value inevitably they become completely frustrated. The reason for this is that time is illusory. It is tied into space as space is tied into time to create the illusion that something is happening, that there is a past and a future. In actuality, it is our understanding that we are all without space and time, without separation. All is occurring within this one instant that ever has or ever will occur. It is one whole. It is love. Through the illusion of time love is articulated and mirrored back to its source, and this is deeply, deeply satisfying to the infinite Creator.

So when you think of how you spend your time release yourself from the judgments of those who have strictures of what constitutes service and love, for by the way your being meets the world that it perceives through its senses each of you is giving the greatest gift of all to the Creator, to each other, and to the planetary vibration, and we feel this is worthy of being emphasized. For as your planet and as the entire solar system of which your planet is a part rotates into a never before entered part of time and space, it is nearing, closer and closer, true fourth-density space/time.

The nature of space/time is beginning to alter. The nature of the way each perceives time and space is slowly altering. Even values that your physicists attempt to understand, subatomic particles and new—we cannot find the word for this instrument, but those things which are newly discovered by your scientists—are various new particles which are part of space/time in fourth density. Your planet is being prepared to enter this environment as are all of the global inhabitants, and at this time we are very pleased to say that much progress has already been made in lightening the planetary consciousness.

Wanderers who come to this planet from other densities have served as beacons of light through song and art and government and through all of the little-known and seldom understood ways in which simple vibrations aid the planet. And each of you is as a beacon of light. That light will grow dim or grow bright as you allow the infinite love that comes from the Creator to all to move freely through the ever-opening heart and out into the world. You cannot love, for your human love will be very limited. There comes a time when the effort must cease and no matter how firm the intention, love cannot any longer be expressed in a human sense. It is only when one quits trying to be love and allows love to come through the self from infinity that one becomes able to withstand that great force and to be able to offer it on a continuing basis.

So, each is encouraged to think of the self as a kind of light house or radio station with the light being brighter or the tuning being higher the more one's heart is stayed in love, and is open to love, and is open for loving. All of these things are yours to give before you rise from your bed to begin the busy day. And no matter what gift you give the world during those daylight hours of commerce and satisfying accomplishment, that which is the deepest service

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shall always be your vibration, your signature that we would recognize from any other entity in the creation, no matter in what density or under what circumstances we met you. You are yourself, full of glory and full of a life that is unending.

There were concerns about the use of time and the use of energy and what effect worrying would have upon the service that one offers in time, and we can say to each that there is no need to worry about using time poorly. If one worries, if one frets and takes up the time in the mind, then one is vibrating at a certain rate. Perhaps it may be true that worry affects the open heart to some extent, contracting it, holding some of the light within because of over-concern. But this is acceptable. It does not alter the basic vibration.

What alters the basic vibration of any entity are those thoughts that one has and that one moves back into time and time again. Thoughts of "not enough." Thoughts of "unworthiness." Thoughts of "fear." These keep that heart closed. However, when one gazes at whether one who does great things in the world is superior to one who does nothing greater than re-diaper the baby or take care of a pussy cat or simply get through a difficult day without complaint, [one finds they] are doing completely congruent acts because what is important with any act is the love with which it is done.

The one known to you as Khalil Gibran, in one of this instrument's favorite quotations said that work is love made visible. Whether your love is invisible, except when you smile, or whether your love is incredibly visible with a thousand accomplishments, that love is that love and it is that vibration, not the acts which accompany it, that are your true gift to the infinite One.

So, if you worry, by all means get it all out of the closet. Number your worries. Revel in them. Roll in them as Scrooge McDuff in his money piles. Do that which concerns you to do whether it seems foolish or wise, whether it seems useful or useless. Your intuition may sometimes suggest to you odd things. To the extent that they do not interfere with your health or another's freedom, by all meaning do those things which you have a hunch which are the right things for you. And worry not about whether you are centered if you are worrying, for truly we say to you that if you are a loving person worrying, then your vibration is very little affected by worrying or by anything else that does not close the heart. Each of you remembers a better way, and we would call that way the way of the open heart. Compassion opens the night and makes it daytime. Seek always, then, to center in love to revel and enjoy being loved by the infinite One. And that which your love is to do, those places where your love is to shine, will come too and you will know them.

We would end this instrument's part of this first larger question with a look at faith which is simply that quality that enables those who cannot see into the metaphysical world to act as though they could. In the metaphysical world which your spirit rests in at this precise moment and at all moments, you are a larger being by far. You have chosen many, many things about your present experience that have deep reasons for being as they are. Faith is a matter of trusting that this experience is on the track that you intended it to be before you came. But you will never receive an objective proof of any of [the] thoughts that we are sharing because it is essential that each entity within these illusions make the choices that they make without the advantage of knowing that they are right. It is always your free choice to love and serve the infinite Creator and to do it in this way or that.

So, know that you are underpinned, bolstered by a Self that is as sturdy as you are frail and as wise as each of you feels foolish. When one feels secure in one's moments, when one feels that one is on the track, is in the right place and so forth, then a great weight is lifted off the attention, and one is not nervous or concerned that one has missed the boat. Allow little seeds of faith to grow in your garden of thought. Invoke faith without knowing that it is reasonable to do so. Live as though you had perfect faith, that your destiny will come to you and all that is for you will simply be attracted to you as it is time for it to appear. Live as though it were true and notice those subjectively interesting hints and suspicions and suggestions and synchronicities that say to you, "Yes, you are on the right track." Each of you will have various experiences that, for you, grow to be the signal for, "Yes, you have got it right. Yes, this is what you should be doing." And you will find greater and greater satisfaction in these subjectively interesting coincidences.

We thank this instrument for the services which it has provided and would leave this instrument in love

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and in light and would transfer to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would ask at this time if there are any other questions from this group that we may speak to?

P: Concerning the change to fourth density on our planet. How is it affecting the lives of the children?

I am Q'uo, and am aware of your query, my sister. The young entities upon this planetary sphere are those who have by seniority of vibration chosen to enter incarnation at this time of harvest. Thus, these are entities who are old upon this planetary sphere for the most part although there is a great influx of those you have called wanderers. So that those who are taking incarnation at this time are those who are full of the essence of life, shall we say. These entities have come with a full agenda, with much history, with great expectations, with talents both active and latent that will add to the richness and the variety and the intensity of experience upon your plane for many of your years to come. These are entities who will seem to many to be of another breed, a different race, as it were, for the energy awareness at their disposal is great and is like the sack of seeds that is ready to be sown by the great Sower. The harvest, indeed, draws nigh and many are those who shall partake in it.

Is there another query, my sister?

P: What can we do to ease and aid their work? There seems to be a discrepancy between the old mindset of the world and the work that they are to do.

I am Q'uo, and am aware of your query, my sister. We would recommend that interaction with these entities is most important, that the relationships of the family be emphasized and be supported in all their many expressions of excitement, interest and dedication. These entities, as each generation notes, seem to be of another order so that the ways of the culture, though providing many foundation stones for the new building, yet do not fit in every instance, so that there is the need for the individuality of each entity to be recognized, nourished and directed with a means of giving praise and thanksgiving to the one Creator in a regular fashion and in a way which gives the young entity a sense of wonder for the immensity and the infinity of all creation. The young entity needs to find his or her place within this infinite creation, and as the family and friends of each young entity provides support, the young entities are able to test their new legs in a safe and supportive environment. Give each entity those values which are most important to you, those means of discipline that show it that there is a way to approach any situation that takes into account the individuality of the entity and the rights of others as well. Make your discipline that which is both loving and firm that the young entity be made aware that it is indeed surrounded by those who care.

Is there a further query, my sister?

P: From my classes I was shown a picture of a race in Egypt with larger craniums and I wondered about their history. Could you comment on them?

I am Q'uo, and we would need more information as to the time and the place of any entities that we would attempt to identify for you.

P: I'm not certain of the time. The place of Egypt and time of the pharaohs at least 6000 years ago. They seem to have a skull about three times larger than ours.

I am Q'uo, and am aware of your query, my sister. There are among the Egyptian peoples the interbreeding and intervention of other sources and places of origin that are other than this planetary sphere. Many have referred to these entities as being those who were representing the sun and have made drawings and statues of these entities and passed these records as lore to succeeding generations so that there is a mixture of places of origin for these particular entities of whom you speak. Thus, the folk traditions and historical records are mere remnants of the appearance of these entities amongst the Egyptian peoples a great portion of your time in your past. These entities have been known by various names, the name most similar to this group being that of Ra. However, we again caution that there has been much cultural overshadowing and infusion of sources, shall we say.

Is there another query, my sister?

P: Not at this time. Thank you.

I am Q'uo, and again we thank you, my sister. Is there another question?

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Carla: Yes, O'B's friend, R, who has just had had a kidney transplant. Could you give her a special message?

I am Q'uo, and am aware of your query and the request. We would say to the one known as R that the surgery and transplantation which has been effected is that which is designed to lengthen the span of life in this incarnation, for this entity is yet full of that which is the desire to serve, to know the Creator, and to learn that known as love. We would assure this entity that there is no power upon this planet that can remove it before its time and when its time has come, with rejoicing it shall go. It is also appropriate to inform this entity of that about which it is already aware, and that is that there are many upon the inner planes that move in rhythm with this entity, lending assistance where necessary, inspiration where asked and guidance at all times.

Is there a further query, my sister?

Carla: No. Thank you, Q'uo.

I am Q'uo, and we thank you. Is there another query at this time?

(Pause)

I am Q'uo, and we shall take our leave of this instrument and this group at this time, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 6, 1996

Group question: The question today has to do with our darker side because each of us have thoughts of injuring another who has wronged us, and that makes us uncomfortable. We would like to know how to deal with this darker side because it is part of us that needs some kind of recognition. Could you talk to us about how we could relate to that darker, shadow side of our selves?

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most happy to be called to this circle of seeking, and we thank and bless each whose search for truth has led you to this place at this time. As always, we ask that it be known that we are not infallible. We make mistakes. We have opinions. We are those who walk with you. We are not those over you, but pilgrims such as yourself. And we share a royal road together, for there is a kingdom whose head is Love itself, and on that highway to Love we are comrades. We thank you for the company and for your great desire to progress and become more of who you truly are. This is the great journey to the heart of the self.

At this session you wish to have some thoughts from us concerning the darker emotions, more especially anger. We are aware at even this remove from your density at the power and attraction of that magnetic emotion that you call anger. If we needed to put a more accurate term to it we would call it a kind of fear. However, upon the surface that emotion is anger. It is … as we say, we do remember that it is very uncomfortable. It is extremely difficult to ignore, for regardless of whence the anger has come, its base is in the survival chakra, the red-ray energy center. One who is enraged is fighting for survival. That is, the body and the second-density brain of the creature that carries your consciousness about is honestly, genuinely concerned for its survival.

The second density is not a density in which reason has a great part. And those instinctual angers that come from a feeling of being invaded or threatened have as the natural response deeply held emotional consequences to the individual moving through incarnation. Anger and the darker side in general are not things which we would encourage you simply to ignore or to brush aside, for you cannot tell your physical and emotional second-density body not to be angry because it is not spiritual. This does not make sense. It is only in that consciousness which is abstracted from the incarnation that one has either the ability or the right to work deeply with this dark side.

So, the first thing that we would say about the darker emotions is that they deserve a place, that they deserve respect. They deserve attention. If such inner pain is not addressed and honored it can shrivel the most robust nature.

Now, let us look at what we said earlier, that anger is a kind of fear. In your language you use words that are approximate and we cannot find words in your language that satisfy us in speaking through this instrument to distinguish between various aspects of anger and fear. However, generally we would say that love, that original Thought that created all that there is, is of a nature that is purely expansive, moving outward and radiating in all directions from every point. It is the great celebration that lasts to infinity. When that love pours through the vehicle—physical, emotional and mental of the entity within incarnation—that love moves into the field of the body at the base or red-ray chakra, that survival chakra, and if it is blocked there by contraction, by fear, not much energy can come through to move into higher energy centers. The same is true for each energy center.

Therefore, the first work upon the self having to do with anger is to see its place and to forgive the self for having this nature, this nature that contracts against threats, that defends against the enemy. That which is not love is illusion, yet that which is love is also illusion within your density. So when you as a seeker find yourself radiating within in hostility, aggression, anger, rage or resentment your first duty is to yourself and it is to validate and support that dark side, for that dark side is very concerned with your health and welfare and it needs to be reassured, comforted and held as gently and lovingly as the baby at the breast.

The response of the seeker to its own dark side needs to be, in the beginning, an acceptance of what seems to be a less attractive portion of the self. The objects of anger and resentment, spiritually speaking, only seem to be other selves. Actually, you may look at each other self with whom you interact as a mirror which reflects to you those things you like about yourself and those things you do not wish were a part of yourself, and the angrier that you are at that other entity, the more a part of yourself you are recognizing and responding to.

It is as though the anger were a vampire type of spirit threatening to take you over, to suck from you your life and strength. And yet how does one cause vampiric activity to cease? There is only one way, and that way is to accept into the heart that vampiric energy, to cradle it and to know it as the self, and to say in compassion, "This, too, is me." Yes, you shall have fear. Yes, you are worthwhile. Your illusion was created so that you could not but help but respond blindly to incoming catalyst. It was not intended that an incarnation in third density be without conflict and suffering. Indeed, that portion of you which is your higher self rejoices when you feel that catalyst of rage, resentment or anger, for now you are doing the work that you came to do.

The source of a great deal of anger is the dynamic betwixt two entities, yourself and another, and so although all fear has a red-ray blockage, many feelings of anger also are generating orange-ray blockage, as that is the ray in which you an working with yourself and one other self. That is the relationship chakra, the belly chakra, the chakra where many entities will try to control from. The person that has a lower belly tension is often reacting to another being who is attempting to control or is reacting because the self is attempting to control another. In either case, not only the red-ray but also the orange energy center is experiencing some blockage and when the anger has to do with anger at society or at the culture or at groups, this anger is also generating yellow-ray blockage.

What this means is that you as an energy user are put suddenly on short, short rations so that although the energy coming to you is infinite, the energy that is making it up to the heart chakra where it can open the heart is much diminished, so once you have accepted yourself for having this dark side you have the basis for a long program of work doing what we might call coming out of a hidden place. We gave this instrument the vision of a closet. It is as though your fear, your blockage, as you experience the catalyst that creates anger, contracts you into a crowded, small space and you feel that you would explode if you could to make that place larger, yet the skillful way to work with this anger once it has been identified, accepted and forgiven in the self is to see that there is a real concern which can only be addressed by love itself.

In this work of addressing fear it is well, as this instrument would say, to maintain the baby step and not to attempt to walk out of the closet into brightest noon saying, "Well, I am out of that closet and I'll never go back." Because no matter what your station, circumstances or vibratory nature you will again be in that space as long as the veil is drawn between you, your conscious mind and that great store of information which lies below the consciousness mind.

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It takes faith to gaze at a situation in which you have gotten angry again and again and still be able to say, "I will open the door just a little more. I will not try to become a person without anger, but I will try to become a little more light, a little more lifted from fear, a little freer than I was a year ago, a month ago, a week ago, or an hour ago." Do not try for the dramatic breakthrough. These things do occur, but they cannot be forced. Try, instead, to pour your compassion into that closed place and allow the compassion itself gently to move the being back into the light. Baby step by baby step. See the darker emotions as a darker color and the peace of compassion of service as the light, and see your being moving gently and slowly two steps forward, one step back, throughout the lifetime, and feel good about that, for work in consciousness is a maintenance program. It is not a college one graduates from.

All the created universe exists because of opposites. It exists because there is light and dark. The dark side within each of you is as it must be in order that you may manifest at this time, at this place. You cannot get over your humanity. You cannot become an entity without polarity. You must be that which your nature is. You are top to bottom and side to side entities of three hundred and sixty degrees, the full circle of personality from lightest and brightest to the deepest and darkest. The skill lies in seeing your emotions as information bearing energies, offering to you the fruits of your own past and the seeds of your transformation into an ever emptier, ever lighter, ever hollower self. The earthy part of the self, that soil in which the dark nature hides, is a heavy thing, and it is that soil in which truth and beauty and those mysteries which call you forward grow out of this very soil.

So, we encourage each to gaze unafraid at those dark emotions within, to love and accept them, and gently and persistently and with humor to work with them, putting them in perspective, seeing them for the vampires that they are and allowing compassion to flow as you enfold your dark side in your heart. The goal here for each is to open the heart.

We would at this time transfer the contact to the one known as Jim. We thank this instrument and would leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again through this instrument in love and light. At this time it is our privilege to open ourselves to any further queries which may be upon the minds of those gathered. Is there another query at this time to which we may speak?

P: How can we help another person who is enraged with anger?

I am Q'uo, and am aware of your query, my sister. It is a situation in which one's intuitive capacities are often called into play, for it is a most fluid situation to experience the anger of another, especially if one is the focus of such anger. We can recommend that one attempt to accept the other entity for having such anger and through this acceptance to seek communication that might clarify not only the present situation in which the anger is being expressed but which might also move more deeply into the origin of the anger within the other entity. This kind of communication is that which is most easily accomplished with those who are close friends and those who are willing to explore with you a portion of the self that is not pleasant to expose. If the entity does not wish to speak of the anger at the moment it is being expressed then it is well to wait until there is a time in which the entity is willing to speak upon this matter, the emotions having been drained away concerning the situation. We recommend, first and foremost, however, that acceptance is the foundation upon which all further communication and interaction may be undertaken.

Is there a further query, my sister?

Carla: I would like to follow up on that. I've watched a couple of relationships which were like this. One person refused to communicate and was simply abusive. This can't help but hurt. Is there any way to defend oneself against being personally hurt by such abuse? Even words really do hurt.

I am Q'uo, and am aware of your query, my sister. The most effective means by which we have found that one may deal with such a situation is to work internally upon the self for the building of the confidence that one has not truly generated such feeling but that the entity experiencing the anger has the responsibility of generating that anger, for as those known to this group as Ra have mentioned, there is truly no emotionally charged situation.

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There are only emotionally charged responses, and each entity will respond to each situation in the way that the entity has biased itself in consciousness previously to this incarnation.

Thus, the one experiencing the anger and expressing the anger has the responsibility of dealing with that anger and its causes. The one feeling the anger has the responsibility of dealing with the emotions that come up as a result of experiencing the anger. Thus, if it can be kept in mind and in perspective as to who is responsible for what, it is most helpful, for if the entity that is around another expressing anger takes that anger into the self and feels one way or another, the feelings are this entity's with which to deal.

Is there another query, my sister?

Carla: I just wish I knew some technique which wouldn't shut out the other person but would make the person getting the abuse safe.

I am Q'uo, and we would ask if there is a specific query to which we may speak?

Carla: I'm just concerned for P, who is a strong person and who is reduced to rubble when exposed to the anger of her spouse.

I am Q'uo, and am aware of your concern and your query, my sister. This is the stuff of the third density illusion, the interacting of entities whose motivations, intentions and talents are varied, whose paths cross and re-cross bringing into play all of the pre-incarnative catalyst that was intended to be looked at in each incarnation. There is confusion, there is anger, there is doubt. There are many emotions that come into play as each relates to another and to others. There is in one sense no safety, for one is vulnerable at all times when one opens the heart in love to another. And in another sense there is only safety, and no damage can be done, for each is an eternal entity and all seeming damage is only that which exists in the moment to be worked upon as catalyst for future growth and the strengthening of the concept of the self.

Is there another query, my sister?

Carla: No, thank you.

(Tape ends.) ♣

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Sunday Meditation
October 20, 1996

Group question: We would like information on the concepts of being in a rut or accomplishing ritualized behavior for a specific purpose and expanding our horizons and learning new things. Our own subconscious, the High Priestess, seems to be the means by which we are led into new directions. Male and female relationships seem to be characterized by the female being more willing to learn new things, whereas the male is happy to be in a rut. So what we would like to know is the strengths and weaknesses of ritualized activity and expanding our horizons.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank you so very much for calling us to your session this day. It is such a blessing to us to be able to share our thoughts with you and we thank and bless each of you for allowing us to share our opinions with you. As always, we ask that it be remembered that we are often in error and are not authorities but rather pilgrims along a limitless, timeless path, as you are also. And so we are companions along the way that is always the same and yet is unique for each and every seeking spirit.

This day you ask us concerning the achieving of balance, that balance of yin and yang, of reaching and waiting, of being bold and being quiet, of being fond of the usual as opposed to being fond of the novel. May we say that there is no one correct balance that persons should aim towards achieving, for each spirit has its own stored harvest of previous distortions which means that each energy center, each line of, shall we say, electrical-body impulse is wired or arranged in a pattern unlike any other, so truly that which is balance is balance for one entity at a time. Each entity shall have its own strengths and its own weaknesses. However, there are some general principles which a seeker may attempt to follow in seeking that point of balance that signifies a level of physical, mental, emotional and spiritual comfort, that feeling of being comfortable within one's own skin, and pleased with one's own company.

If you are an entity which enjoys itself you have achieved an enviable state of balance. It is the work of much compassion and hard-won wisdom to fall in love with the self, to be a support to that self in all of its uniqueness, with all of the quirks that signal and trumpet the imperfection of self. Each entity is uniquely distorted and each should celebrate and enjoy those distortions while keeping the weather eye out to find those quirks whose laughter is not kind and to work with those portions of energy until the same stimulus triggers, not a different response in terms of emotion, but rather a sense of

compassion which embraces and accepts that which is seen as distortion.

The entity in balance is one which has achieved a state wherein judgment of others or of self has accuracy tempered with gentle kindness.

One of the ways in which entities within third and fourth densities tend to gauge balance is by placing one set of—this entity does not have the appropriate word. She would say "symptoms," but we speak of ways of thinking and ways of reacting—that should be given to the female and the opposite given to the male principle. In fact, although it is so that the second-density physical vehicle that carries men's and women's consciousness about in those densities have distinctive sex related patterns of behavior, it is emphatically not so that the infinite and eternal spirit that is the true self is bounded by or even very conscious of these instinctual behaviors.

Gazing upon the young of your species, it is fairly easy to see that the male and the female children tend to play differently regardless of the toys which they are given. Each within this circle is aware of lifelong patterns of behavior which have been taught by those of good character and strong morality throughout their childhoods, so that the adult seeker not only has the built in biases of the biological body which it has for the space of this incarnation, but it also has a very thorough and often crippling grounding of what it means to be a biological male or female.

Even taking these two sets of distortions into consideration we may note that it is certainly not true that all entities respond in the same way to the various conditioning experiences of their lives. There is, then, no fixed limitation as to how a spiritual seeker must express its own being. However, the choice of sex as well as other major choices concerning the incarnative period were made by each seeker before incarnation with an eye towards setting up an appropriate and fertile learning situation for the incarnation. This is especially true as the great cycle of evolution rolls around to a whole new and beckoning density, a time of harvest, transformation and what this instrument would call resurrection. As this scenario unfolds sensitive entities such as yourselves are more and more eager to find and to be the best that they can be, the most balanced, the most alert, the most aware that they [are] personally able to be. There is a great hunger for that feeling of poise, that comfort of self that is able to view, to respond and to be without the agony of self-recrimination and self-doubt.

For those who are of the biological female in body it may be said in general that the lessons which have been chosen are likely to deal with increasing the ability of the self to accept, to nurture, to forgive and to understand the self and other selves. For those who are born in the body of a male, the lessons in love frequently revolve about being one who can fulfill responsibilities and duties without recrimination or ill feeling.

The simple differences are deep and we hope that each can see that one cannot take the differing lessons of males and females too far without losing sight of those things which are deeper, wider and broader than the entire spectrum of sexual differences. However, if you are female, often the quiet of meditation shall bring to you new ways to accept nurturing of a passive kind, and for men, the same offers the burden of accepting in an active way. In other words, the female principle flames brilliantly with dreams of many colors, and it is the work of a lifetime to find roots for all the wings of imagination. For a man it is the work of a lifetime to allow imagination to become powerful.

Certainly the most efficient way for spiritual seekers to work upon themselves is to be in relationship, especially the primary mated relationship. This is a great advantage for those who are aware of the process of spiritual evolution to accept in a conscious way the burden of communication so that differing viewpoints about commonly witnessed catalyst can be shared without judgment and with mutual respect. It is also valuable to have any relationship, regardless of sex, in which there is open and clear communication, for each entity has within the self an unique balance of yin and yang, the male and female, if you will, within the self regardless of the biological sex of the entity.

We look upon the attempts of each of you to make sense of the lessons of the incarnation and we see within each a persistent lack of charity in dealing with the self. Often this lack of charity is projected outward and it is felt by the self that there is judgment upon others. However, the other selves are as mirrors to the self, and whether an irritable point has caught the aggravated eye of self from one's own

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behavior or another's, the message given to the deep mind is a judgment against the self.

It is so easy, my friends, to have judgment and so very difficult to refrain from that judgment which does not stop at being accurate in describing but rather moves on to evaluating the morality, ethics or beauty of a situation. It is well for all beings to attempt to gaze upon the world with sense wide open, attempting ever more an efficient prioritizing of incoming catalyst.

This is a key way of working upon the balance of the self. Each hour offers much to see and sense, and it can be arranged within the mind in many, many ways, several of [them] perhaps equally valid. In working upon one's balance one is seeking to find the point within the self where there is poise, comfort and calm within so that the seeker may be ready to take in more rather than being swamped with what has already been taken in.

Now, let us look at the question of the male and female within the self. Again, we do not feel that there is any one way which is the correct balance for all entities. Indeed, there is a complete 360 degrees of possible balance for any seeker, male or female, in terms of the kind of energies and combinations of energies that run the electricity of the personality, shall we say, that work those emotional bodies that express self in the more finely tuned inner densities of light, for each entity's existence is at the same time that it is upon the Earth world also existing, learning, working and evaluating on other unconscious inner levels. So much of what you actually do within an incarnative experience is completely unknown to the entity within incarnation. You in your conscious state sense dimly the movements of forces that are within you, and yet we say that deep within you lie the energies that created all that there is.

So, perhaps to sum up, we encourage each to discover the self new each day, to find those areas which seem to be blocked or over-eager or in some way out of balance and to attempt to find time for silence and listening and reflection, time in which to open the self to that possibility of a better configuration of energies. It is a small thing to the conscious mind to pray as this instrument does, "Lord teach me Thy ways." This sentiment can be said in many other phrases. However, that simple desire to know the better way has much more efficacy than the attempt to know precisely what to do next upon improving the self. The true work of spiritual evolution is done below the surface of consciousness, so you as a conscious being are working with your personality, working with your balance, working to aid your own evolution. When you choose to disengage the machinery of mind from the ephemeral business of the passing hour to the point where you become aware of the nature of the creation and of the self, when you can know that all is love at the same time you are expressing distorted views, you have indeed become wise.

(Tape ends.) ♣

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Sunday Meditation
October 27, 1996

Group question: How can we really know what is happening in our relationships with others in this illusion? How do we know how to conduct a relationship, by planning or by intuition? Should we be true to ourselves even if it seems to hurt another? If we are always changing, so do relationships. Could you give us some clarity on relationships?

(Carla channeling)

We are those of Q'uo. We greet you in the love and in the light of the one infinite Creator. We of Q'uo wish to bless and thank each within this circle for allowing us to have the opportunity to share our thoughts upon the broad subject of relationships at this time, and we are most happy to do so and simply request, as always, that our words and all words be evaluated by you, for you have the ability to recognize your truth. And if our words have not your truth, then we ask you to pass them by, for we would not wish to make you stumble but only to offer our thoughts.

When speaking of relationships, it is well to begin with the self as it comes to relationship. The one known as B was speaking earlier of knowing who you are and what your situation is as being a foundation for spiritual work and spiritual evolution. This is indeed so. Each who comes to relationship comes first to relationship with the self. Indeed, it can, we feel, be said that each and every relationship which you experience upon the Earth plane is in an important and basic way a projection of a relationship you are having with yourself.

The question mentioned that there was a good deal of mystery left to the detective wishing to know the self more completely. This is inevitable, for the self which your culture and your Earth world sees is actually a shell of flesh together with a metaphysical shell of personality. The incarnate human upon Earth is experiencing in a conscious way only the shadow of what is actually transpiring as each self walks through the moments of space and time that contain those precious moments of incarnation betwixt the date of birth and the date of death.

We notice that among your peoples that these dates are placed after the name of one who has gone on, and find it interesting to note that the whole of the human experience is expressed by the dash between the two dates. It is a little precious gem of a life and within this gem-like construction in which you experience incarnation your personal goal, that with which you arrived into life in the physical body, is to experience more and more truly that which is occurring. Thusly, the one who wishes to know the self becomes an entity who pays attention to the movement of energy within the body, the thoughts and the emotions.

These tides of expression within mental, emotional and spiritual bring with them gifts which cannot be gazed at over a long period of your time, but rather your moments pass with blinding speed. And suddenly, all too soon, your time of learning and growing within the Earth plane and its school of learning lessons of love is all done. And yes, it is a summer vacation when the death arrives, yet it also closes that precious door within which there was confusion and movement and passion and life such as you cannot know outside of the chemical distillery which moves you about and which you call your body.

So, in the beginning of attempting to perceive more accurately relationships one must attempt to move ever more deeply into the business of choosing what you will pay attention to and how fearless you can be in maintaining responsibility for that which you perceive. Now, as you go through these few moments of life an enormous amount of information comes at the self through all the senses of the physical body and the finer bodies as well. Consequently, the choice of what to heed and what to pass over is on a continual basis crucial and the chances and changes of your mortal life occur with great speed. It is more than any entity can do to know the self. However, the attempt needs to be made.

Now, we would say a few words concerning knowledge itself, for it feels to you within incarnation as though you wish to know, to be sure, to pin it down. And we must say that in our opinion that which is called knowledge is, itself, an illusion. We ask you to consider, for instance, those within your culture who are absolutely sure that they know the spiritual facts of life. They then cling to that knowledge and often in such a way that it precludes loving all of those with whom you might be in relationship, for some might not agree that the way that you know is right is for them also right.

The entity who wishes knowledge will penetrate illusion after illusion, and yet each penetration shall uncover another illusion. Knowledge—may we say that which will help you in your quest for the balanced, the loving, the simple, the pure in relationship, and we know that is what you crave, the truth which lies behind that which binds any two entities together—knowledge will fail you. However, we ask you to step back to the beginning, to that impulse which brought each of you to this point, that great overwhelming of being awake for the first time, and feeling for the first time the craving for truth, the hunger and the thirst for love, for that which is true and that which is love are congruent and identical. And the truth which cannot be got at by knowledge can be attained through love, for each of you is love. Each of you is created as love, in love, for love.

That which is you, that which is most deeply yourself, is that portion of self that is love. That ground of being for each of you is the same. There is only one life. There is only one being. There is only unity which expresses and manifests in distortion within your density, within each succeeding density, though each succeeding density is more densely filled with light and the lessons become finer tuned, yet still we move from illusion to illusion, growing and learning. And as we grow, giving and evolving until finally the last realization occurs, not to just one, but to all, and there then becomes that time of resting between creations in an infinite progression of awareness and experience and harvest and coming to breathe inward again the wonderful sweet water of duality and illusion and motion and life and experience.

These times, then, are very precious and [are] art. And you hoped when you came to this illusion to become more able to stand firmly upon the ground of your person, upon that being that is at the bottom of it all and be able to love and be loved with the least possible distortion.

Now, let us ask you this: What do you have in common with everyone whom you meet? We are aware that we have given you the answer. What you have in common is love. Yet, you cannot relate to another by saying to yourself "I am love. She is love. We are love." You simply have conjugated the sentence. You have not got to love yet. But when you realize that the ground of your being is love, you can turn to love itself and know not the being but the love. The love is that which holds you and another together. You can depend upon the love. You can know that that love is true, that this is the truth of any relationship. It comes to you through love, or it comes not to stay.

We feel that entities who face each other without the awareness that what is between them is love find it of varying efficacy to relate, and because of the nature of illusion even the most earnest attempts to

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connect with another shall often fail in any human sense. However, if you can remain aware that the connection is not between one and one but between one and one with another one so that there is the go-between, there is the middle man, and that middle man is love. That entity between is the truth, distortions move into that, shall we say, globe of metaphysical light and love that speaks as the entity that is the two is relationship.

When you can envision that which is between you and the other as standing not between you and you but between each and that us which is in love, which is in the Creator, then you give yourself and the other the space, the time, the patience, the permission to relate imperfectly, to misunderstand and work things through very slowly. It is inevitable that the illusion will fool all of its children again and again. This does not change the truth of love. And love will express through distortion. It is not fazed by imperfection. It is simply a matter of your being able to keep a constant awareness of love, for there lies truth.

In all else it is as though life were sometimes effervescent with trouble, as a bubbling glass of your liquid that storms and rages and blows bubbles into its being until they burst forth from the charged water and reach into the atmosphere and explode and then are gone. That is the experiencing, that is the catalyst, that is the movement. That is the life. And when the bubbles are gone, still the drink is what it was. It has simply bled out all of its charged water. The bubbles have popped. There was that experience and that experience. There were trouble bubbles. There were joy bubbles, and they are gone and then there are no more bubbles. There is simply the essence that is you.

We are aware that casting life as a soft drink may not be the most exhaustive analogy. However, we wish you to grasp that each of you is the soft drink. Each of you is a delicious, delectable mixture of all that you have experienced and all the distortions that you have chosen and all of those attempts that you have made and think that have failed and those [you] have made and you think have succeeded. One is almost never accurate within the illusion, but as we have said, the illusion is not about being accurate. It is not about knowing. It is about loving.

When those entities to which we have referred to before within your religions have judged all others because of whether they believe as you do or not, have they loved all entities? When you choose to separate yourself from someone behaving poorly, are you still acting in love? You see it may be that to love most clearly and most purely it is the time to sustain a painful relationship, giving yourself the opportunity to remember love as the true bond betwixt, or it may be exactly the opposite and it is not in knowledge, it is not in thinking, it is not in planning that one can come into a sense of whether it is time to stay or time to go. Rather, it is in that moment when you can let yourself be bubble-free, when you can stop the effervescing, get into your essence, become aware of that silent voice that speaks with thunder to those who can listen with the heart open, that the truth will come out and you will feel it, not think it. It will be that feeling within that feels just right, that feels loving, that feels peaceful. And you may come to that feeling about relationship in a moment, or a month, or a year. And so much of wisdom lies in waiting, in not attempting to make decisions but rather attempting to flow in cooperation with the energies that you sense from moment to moment.

You see, getting at the true nature of relationships through the mind is not efficacious. Moving from heart, moving from the open heart, is far more efficient.

There is more to say upon this interesting subject. However, we feel that there is sufficient material here for this particular time of working, and so we would transfer the contact to the one known as Jim. We hope that you may by your queries fine-tune our responses and that if you wish to move into more information upon this topic that you consider these things before you query again upon the same subject.

We thank this instrument and would leave it in love and in light. We are those of Q'uo.

(Tape ends.) ♣

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Sunday Meditation
November 3, 1996

Group question: How can we work with relationships and feel safe in doing so?

(Carla channeling)

We are those of Q'uo and are again with this instrument. We find ourselves much amused by your difficulties with the crying baby and the crying tape recorder. We send best wishes to both sensitive media and hope that all is well.

We were speaking of those text books that you are to each other, learning those lessons of love that you have come here to learn, for, indeed, each of you has come here not only to serve others. The call to the Brothers and Sisters of Sorrow who have become wanderers upon your plane of existence have truly hoped to be of service but also each who incarnates within your Earth sphere as a wanderer comes with a hope of doing work in third density that may lend clarity and crystallization to that entity that you have evolved into through the vibratory levels to that of your home density. You see, each goes through this school of love in third density without learning everything, without achieving perfection, but merely tending toward the direction of service to others and unconditional love to the point where you may enjoy and bask in that fuller light that characterizes each succeeding density. So each of you has been through the school of love before, some upon this planet, others upon other planets. But wherever in the infinite creation you have matriculated into third density, you have graduated from it without attaining perfect understanding. And as the densities succeed and as you progress upon your path you find yourself feeling the lack of one or another of those inner strengths, those cores of steel that constitute a real experience of realization of one or another aspect of those lessons of love. So each of you has asked of the self in incarnation at this time that it go back and attack with appetite and enthusiasm those remaining little tangles of feeling and emotion and sensitivity and self-awareness that have knotted and been snarled throughout succeeding densities, lessening in confusion through time, and yet the self is aware that it has work to do, and in the higher densities there is not the opportunity to work through faith alone that there is in third density. In higher densities the veil is lifted and you are able to remember all that you have done, all incarnations that you have enjoyed and experienced, and so you do seek to refine that choice of service and love that you made in third density.

And yet you have not been able to unsnarl that lack of understanding. And so each of you has a real hope at the unconscious level that you will undergo the ordeals which set up the situation for learning about loving and about being loved, about possessing and about being possessed, about caring and not caring. There are many seeming drawbacks to third density,

specifically, the veil that traps the conscious mind within the context of a life bound in flesh, able to move only one step at a time, able to think only to the self and not in communion with others. It is as though in third density you are dumb and blind and numb and all the sensations that are so clear in the mind have a confusion in the experiencing of them. And, we hear you say that, "This is a good thing?" And we say to you, yes, the confusion, even the terror of living without proof, without knowledge, and by faith alone is a good thing, it is in fact a thing so prized that there are, shall we say, lines waiting to get into your third density at this time for the opportunity of service and personal growth is excellent among your peoples in your culture at this time.

Now let us explore what it is to live by faith. The floor under the entity that is yourself is hidden from you. We have heard the one known as R speaking of the difficulties of getting to know your own self well. There is tremendous confusion that would hit any entity when he cannot see his feet before him, when he cannot see the terrain through which he is traveling. An entity within your density cannot see the lines that link person to person to person, cannot see that flowing oneness that takes the illusion of flesh and moves through it as through the medium of your air. The fact that you cannot see the connections betwixt yourself and other selves is certain. The fact that, nevertheless, each entity is one with all that he meets is also true. The only way that the seeker then can walk is without looking at what the appearances of things are, for the appearances are that each entity is a monad. Each entity walks alone, and this feeling of isolation is a tremendous source of suffering among your peoples and yet when an entity stops looking for his feet and simply moves ahead, step by step, an unusual and unpredicted thing occurs, and that is that the steps of one who has stopped trying to see connections are more assured and livelier than those who are pressing with urgency against that envelope of blindness that surrounds the metaphysical self. So the suggestion of the one known as R to relax, to allow, to let things be, is an excellent suggestion. It is, in fact, the only procedure which gives the element of faith its proper centrality.

To live at all is to live by faith. Now consider this, what if one day your system decided that it did not wish to function. Does your heart simply stop beating? Do you simply forget to breathe? Never. For that second-density body which has offered itself up to carry your infinite consciousness, untroubled by self-awareness continues. It does not forget to make the heart beat or to make the lungs breathe, or to make the blood collect all that it must collect and take it to all of those places within the body that calls for each element. Nay, you can have faith that you shall breathe, that your heart shall beat, that your sense of balance and so forth will allow you to move about your illusion anywhere your free will chooses for you to go. And this total trust, this complete unerring dedication to that nature of self, has the potential of working within seekers such as yourselves in much the same way except then that you are working with your mental, emotional and spiritual bodies, and with the emotions, with the mentality, with the spirituality the entity who wishes to know the self must first make connection, make contact with the sense of rightness and trust and faith in those finer bodies that are part of the complex of vibrations that is you.

It is not to those who speak many things and write many words, necessarily, that self-knowledge comes, but rather it is to the one who has learned to trust in the energies and sweeps or ranges of energetic cycles that self-awareness shall come. Perhaps we could use this instrument's example of the watched pot that never boils. Living in faith is turning on the fire under the water and trusting the water to bubble when it is ready to bubble. There is the human desire, perfectly natural to an entity imprisoned in flesh, to wish to control the processes that have to do with survival and comfort, and certainly there is tremendous discomfort in the processes of learning those lessons of love which you have come to learn. The natural reaction, when there is pain, is to draw back, to contract against it and to guard against further contact with it. And yet the process of learning is one which does cost the entity learning that energy which it takes to apprehend and work with and grasp that changes are taking place. There is, as far as we know, no way to avoid some degree of suffering. Indeed, it is one of the beauties of your density that you are in confusion and pain much of the time, at one level or another. And, therefore, are more open to rapid learning than one who is not in pain, is not suffering, and knows the score, shall we say.

We speak from experience, for we had in our third-density an unusually easy time of it because the ethos

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of our people was more loving. Therefore, there were depths which we did not learn in fourth density because we had not enough difficulties and confusion to take our human pride, shall we say, and break it. For you see each of you has an inner idol which needs to be cast down and broken. You can name it one thing or another. This instrument would call it pride, and this instrument works upon its pride very consciously. However, it has to this moment found no answer to its difficulties, for pride seems to grow upon itself.

Each of you has this sterling opportunity to break through the defenses, the shells, the masks that each has gathered about itself to defend itself from those pains which it fears. And the answer to these pains and difficulties is simply to accept them, to embrace them, to walk through them by faith, working in each case to see the love that is in the moment and to be a part of that which is good for all those whom you meet. You see, the confusions, the difficulties, the suffering are symptoms, shall we say, of the process of change or transformation when you have incomplete information. Each of you has woefully incomplete information in the conscious mind.

There comes a time when an entity has disciplined the personality to the point where it sees its own suffering. It sees the pain and the confusion and at the same time rests in peace and in faith in the knowledge, that knowledge that comes to the open heart without proof that beyond all of the appearances the one thing to focus upon is love. This is at its most important when the entity faces itself, for only when an entity has learned to love and forgive its own self can the entity turn open-heartedly to embrace another in intimacy of spirit, of mind, and of body. Until the self is seen for that creature that it is, with dark and light mixed together, can the self move from self-absorption into radiating as does the lighthouse, as does the fire upon the hill. Your lighthouse self, that self that you came to share with Earth, awaits that moment when you turn from all the confusion and simply embrace the moment, looking at that moment with the realization that all is well and that all shall be well, whether it be life or death, good times or difficult times. Still and always you are loved. You are held in infinite care in the tender arms of the Creator whose nature is unbounded love.

We ask each to see the self as a fortress, that fortress of flesh that defends and guards and has fears. And to see the hope of the incarnation being that process of dismantling the armament, of taking off one mask and then another, one layer and then another until the self is transparent and empty, and is a vessel through which love may flow.

The deeper that you are able to take this process of becoming naked the more intimacy you shall be able to endure, the more of love that you shall be able to channel through yourself. The controlling, fearful seeker wishes to give love and receive love. The entity whose pride is dust simply is and in that bare being lies infinite unbounded love. So when the striving is over and the heart has room and time to open, there is love itself and in that love there is all the awareness and understanding that is needed. So, indeed, the next time the seeker feels itself reaching and grasping or pushing away and defending we ask that seeker to remember that nothing is as it seems but all things are full of love, even those which seem the darkest. There are many distortions, but beneath and above and around and penetrating all distortion is perfect love and there is within that holy of holies, within that open heart that each of you has in potentiation, that perfect instinct for love.

You may think of your life in faith as a process of mining where you bring up the ore and sort out the dirt from the gems. Each of you is a marvelous, beautiful gem. You are simply in the process of tapping away the dirt that surrounds it. And that tap, tap, tapping will continue as your years increase. That tap, tap, tapping of life working upon you to refine you. This is what you came for. This is what you thought was a glorious chance, though there is pain associated with this learning. We encourage each to allow the pain to be, for it, like any other sensation, is your sister and your brother. And as you are able to open, to be fearless, to be simply yourself, with no masks, so shall you come closer and closer to that center of self which is infinite and eternal.

We would at this time open the meeting to questions. Is there a query at this time?

R: You seem to be with us before the session begins. Do you also stay with us after the session is over?

We are those of Q'uo, and we certainly can share comment on the process of speaking with each other for we find that each is of great aid to each other within the circle, and we encourage the sharing that you do within your group. We are pleased that each wishes to invest time in seating these thoughts that

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we share and we wish all of you much fortune in enjoying each other's thoughts and company. You are correct, my brother, in thinking that we are with you as you gather and speak before we channel. We, indeed, are often with those within this circle of seeking, for all that we need is the mental thought and we are there. That is one of the pleasures of being within other densities of creation. The ability to be intimately aware of each other is very much enhanced and we do make use of that ability to be with each as we are called. Because it is an infringement upon free will we are not with entities until they request or think of our presence, but if it is requested we will be with each at any time. We do not attempt to share concepts with our presence but rather function as a kind of carrier wave undergirding and strengthening the basic vibration that is the essential entity.

May we answer you further, my brother?

R: I see you as different from my guides but all still of one source. Could you correct my thinking there?

We are those of Q'uo, and believe that we grasp your question. The character of a personal guide is much like the character of a Confederation entity, so it is easy to think that they all are the same. However, shall we say, inner guides and ourselves have a different address. The guide that is a personal, shall we say, angel or advisor to you lives within your planet's inner densities and comes to you as one who has experienced the Earth plane and is in relationship to you and has been in relationship to you at other times. These inner guides have the perfect right to infringe upon your free will to the extent of giving information specific [to] subjects such as other incarnations, the problems with diet, and other kinds of specific information that would be to us an infringement upon free will. We are one of many entities and groups of entities that comes to your Earth plane from elsewhere and do not and cannot claim Earth as the home of our particular spirits. Because we are not of the Earth we have clear guidelines as to that which we can offer without detuning the contact which we have with this or other instruments.

May we answer you more fully, my brother?

R: I still have some confusion. I'll think about it and ask more later.

We are those of Q'uo. We also wish to thank you and encourage you in these approaches of thoughtful inquiry, for these are fruitful areas to ponder.

Is there a final query at this time?

B: In the upcoming Aaron/Q'uo workshop how can I help Carla maintain her energy levels?

We are those of Q'uo. We would say to you that by your concern there is automatically a conduit opened which this instrument may draw on without any conscious thought upon your or her part. Beyond this basic aid which is the greatest part of being the battery there is simply that loving attention which suggests rest when it seems appropriate.

May we answer you further, my brother?

B: Do you mean rest for myself or rest for Carla?

We were referring to the one known as Carla. However, it is a good point that to care for another is not so helpful if one is not caring for the self also.

May we answer you further, my brother?

B: No. Thank you.

We thank each as well. We would encourage each to go forth rejoicing, for love is all about you, and you can walk by faith with a merry heart. We leave you in the light and the love of the one infinite Creator. We are of the principle known to you as Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
November 10, 1996

Group question: We would like you to speak to us about how we might develop the proper relationship or perspective on our darker sides.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank and bless you for calling us to your meditation this evening. It is our distinct pleasure to have the opportunity to share our humble thoughts with you, and we do so as always with the clear understanding that each of you shall take only those things that appeal to you from the thoughts that we offer and leave all the rest behind. We would not wish to be a stumbling block to any of you and encourage each of you to use your own excellent power of discrimination.

This day you wish to consider the proper relationship of the self to its own dark side and any thoughts that we might have on how to appropriately relate to this portion of the incarnate personality shell. Perhaps the first thing that we would wish to observe is that the duality of light and dark is not, in our own opinion, the ultimate reality but is, rather, an artifact of incarnation, for in the world of manifestation in order for there to be observed manifestation there must be duality.

Unity, when it is absolute, is without awareness. Each of you is a portion of that unborn and undying awareness, that heart of all creation that is the one original Thought. Within that thought of infinite love there lies no shadow. However, we as well as you walk the path of duality and exist within a series of physical vehicles, enjoying the experience of living within various densities and conditions of body, mind, emotion and spirit. In all of these densities of unimaginable variety lies duality.

Thusly, it is well to remember that the light side and the dark side of your self alike are portions of that shell of manifestation which represents the totality of your self. The learning, the experiencing, the growing that is done within incarnations throughout the densities is a growth hemmed in on every side by limitation. Within this world of finity the light and dark create a tremendous dynamic. Within this dynamic rest all of those who sleep; that is, all of those who are within incarnation yet who are not yet aware of themselves [as] consciousness experiencing itself. Those who are spiritually unawakened rest in the center of that dynamic betwixt light and dark.

Some of the things such sleepers think and say and do carry some positive charge. Others carry some negative charge. However, to the sleeper this is not interesting information. The question of how to be simply does not arise until that moment [when] the self perceives the self as larger than life, as that which is beyond the limitation of flesh and human thought.

To the sleeper who has awakened this dynamic is useful and very fruitful, for in striving to accentuate and increase the rate of learning or evolution in a spiritual sense the polarity of intended action can carry a very strong message to the deeper mind and the more difficult it is to find a positive polarity, that is, the more the dark side of the self is engaged in working through catalyst, the greater the opportunity to polarize positively the seeker has.

Thusly, when things seem the darkest, when the self sees the self as that darker side, this situation in itself is a gift and the way to open that gift is simply to accept and absorb that awareness of the self's darker side while allowing the heart to remain open. When that open heart approaches the darker side of self its gift is to be able to know the light while gazing into darkness. Thusly, in the spiritual or metaphysical sense there is no such thing as a disaster or a catastrophe. An old hymn this instrument knows is, "The Body They May Kill, His Love Endureth Still."

When the darker side roars within and the self feels the power of that darkness there is the opportunity to exercise that muscle that you call faith, for in faith there is the sure and certain awareness of the light. The light, metaphysically speaking, can shine in any darkness. It only takes the bringing to conscious awareness of that truth to place the dark side safely within the bounds of self that it may not cause the self to infringe upon the free will of another.

This instrument is aware of that which the one known as Don called the "180 degree rule." We find this phrase pleasant to use, for it is succinct and accurate. One's relation to one's dark side should be one of gratitude and love, for the dark side is that which strengthens and enables the light side. Each experience of the darker side of self is that which burns away pride and what this instrument would call egotism. It is well when one sees that side of self which has those vices and sins, if you will, in abundance not to turn away but rather to embrace, to love, to accept, and to forgive that part of the self for being.

In grasping the necessity for having a 360 degree range of personality lies a peace that will serve you well. When the myth of Christianity that this instrument is familiar with addressed the beginning of creation, it stated that the first act of the Creator in the manifested world was to separate the light from the darkness. This says it well. There is, in the manifested world, that duality which enables each of us to wend our way back to the Creator, for we did not come from the light or darkness if we speak of true origin. Rather we are, with no past and no future. Before all created things that which is each of us at our base is. Each of you, each of us, is consciousness itself. And within the purview of those interior rooms lies all that there ever was and all that ever shall be.

How else could each of us be one with all but that we are all holographs of each other? We speak here of mysteries that we do not know the answer to. But we have, indeed, found a tremendous strength in coming to know, to love, and to discipline all portions of self, be they considered light or dark.

There is infinite energy which moves into the system of mind, body and spirit, physically speaking, from the base of the spine upwards. Within each energy center, where the dark side of self has created unresolved catalyst, there the instreaming light of the one infinite Creator must stop and dwell with that darkness. Therefore, the hope of each seeker is to balance and allow a clarity to move over these tangles of self-judgment and self-criticism and to smooth them away with love and tenderness. Sometimes it takes many of your years fully to address a tangle in one of the centers, a place where repeatedly the self has come up against its darker side and has found self-judgment to be unavoidable. And we say to you to be patient with self. Take each day as a new, unique and one-of-a-kind experience. Do not accept those thoughts of, "I can do nothing with this energy." For each of you is Creator and co-Creator of the experience of your incarnation. Each of you can remember the light and allow that memory to shine as the lighthouse in the stormy sea of difficult days.

You will find the great allies of this work in consciousness to be the sense of humor and the ability to appreciate other selves as they too struggle to become that which they hope and cherish they might be. Each of you can be the light for another when that other's light is lost. And each of you in turn shall find a time to accept with humility the light of others when you are lost and forlorn.

We would, at this time, transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to ask if there may be further queries to which we may respond.

Carla: We have a workshop coming up in a couple of weeks and we would appreciate any thoughts that you might have about that service.

I am Q'uo, and am aware of your query, my sister. In attempting to serve others it is well to give that which is wholly from your heart and from the desire to be of service. We are aware that there is much of administrative detail in being certain that attendees are well taken of. We would recommend that each simply move with the desire to serve and to make those preparations which you know to make. Then with a light heart allow that energy of desire and love to work its way through you at the appropriate moments, giving little care or worry about outcomes, for there there is that entirety that is the group that shall gather of which you are a part. Each will play a role. Allow the full expression of each energy.

Is there any further query, my sister?

Carla: No. Thanks for that, Q'uo.

Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have for the nonce exhausted the queries that are upon your hearts and mind we would again thank each for the great privilege we feel at being asked to join your circle of seeking this day. It is an honor that we cannot fully describe but can feel within our hearts. We would at this time take our leave of this instrument and this group, leaving each as always in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ❦

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The Aaron/Q'uo Dialogues, Session 31

November 22, 1996

(This session was preceded by a period of tuning and meditation.)

Group question: Since we are all channels, how can we bring our energy through more purely? What would be the appropriate techniques to aid in becoming more clear?

Aaron: I am Aaron. My greetings and love to you all. I cannot overly state the joy it gives to us on the spirit plane to gather together here, incarnate and disincarnate, to share our energy, our thoughts and our deepest seeking together. I thank you.

I smile at the way Jim has written this question because it reflects a primary distortion. Your deep concern as humans is always, "How do I do it with more purity, with more clarity?" The question might be better phrased, "How do I do it with more love?" More love will probably bring that greater clarity and purity, but not necessarily. If there is fear which is creating distortion and you bring love to that fear, in the long run it will help to resolve the distortion. In the beginning it may not.

What bringing love in will do is not to guarantee absolute purity but to enhance your compassion. My dear ones, if you plan to allow the universe to channel through you with absolute purity, then why are you in incarnation? It is very easy on my plane. Here is the greatest gift: to allow the expression of the Universe filtered through the human! You are not here to learn perfection. You are here to learn faith and love. You are here to learn compassion also, although that is mostly the lesson of fourth density; but each of you is moving into that density.

The human is never going to be perfect. These fears that arise in you which create some sort of blockage to your work are not problems; they are gifts. They are reminders to have compassion for this human vehicle with all its complex mechanisms. This does not mean you are not responsible for what comes through you. If it becomes increasingly distorted, you are responsible for recognizing that distortion and doing the inner work to clarify the distortion to the point that it is again adequately clear. I stress *adequately*. I can channel the universe with absolute purity, but it lacks the gifts of human interpretation.

Can you see that it is only fear that drives the desire for perfection and not love? So may we phrase the question: "How do I learn to become a channel which offers what most is needed in the deepest spirit of love which is possible for me; and secondly, when I experience distortion, how do I greet that distortion with love?"

It does not matter what form your channeling takes; there is going to be distortion. And that very catalyst which creates distortion is the greatest gift, because only through that distortion can you really practice compassion and kindness.

It was our idea that my dear brother/sister/friend of Q'uo would open this session. So with joy I hand the microphone to Q'uo. I pause.

Q'uo: We are those of Q'uo, and we greet you in the love and the light of the one infinite Creator. May we add our thanks and our gratitude to the one known as Aaron, for each within this circle of seeking has sacrificed much to come to this circle; and we are aware in our memory of the seeming lack of time when in incarnation in your density.

The choice of where to place the attention is a choice full of weight within the incarnative scheme or nexus or arrangement of priorities; and scheduling of time simply to have come to this circle creates that opening, that opportunity, that cannot be purchased at any price. You have given yourself this chance and have given us an enormous gift, for you enable us to be of service. Sharing our thoughts with those who might find them interesting is our chosen form of service, and you enable us to progress in our own destiny. You could not give us a more precious present; and we cherish this occasion, asking only, as always, that each seeker use her own powers of discrimination and retain only those truths which resound within as if she had already known those truths but had forgotten them. Those are the truths that are yours personally. Allow us to share all our thoughts, but allow those thoughts which do not echo of recognition within to be left gently behind.

Let us then begin by gazing upon what this instrument would call the human condition. Each dwells in two distinct worlds, if we may oversimplify for the sake of discussion. There is the physical portion of existence within which each has a physically difficult time of second density, of what this instrument would call the great ape variety and what one of your philosophers has called the featherless chicken.[11] This earthly, mortal, limited vehicle contains brainpower designed specifically to solve problems, to make choices. This is practical and useful within the Earth world. We do not scorn the human brain. We simply note that it is either a servant or a master. Those who would advance spiritually are well advised, in our opinion, to reduce the dependency of the consciousness on the choices and intellectual structures which the human brain is so good at creating.

[11] *Lives of the Philosophers, Book 6*, Diogenes Laertius, third century A.D.

Within this earthly plane you are still completely a citizen of the universe. You are infinite, eternal, omnipotent, omnipresent. You are what has been and what will be. You are a child of the Creator; and indeed, we all seek together for that place in space and time when we shall cease to be citizens of duality and move back into the heart of the one original Thought, which has created all that there is. That Thought is love, and each of you is love. Consider yourself within the earth plane as one who is upon a journey, sent forth from the beginning of time and space to gather experience—and always, always returning, circling back to the source, to love. And at the same time that you are upon this plane, you are perfect, pure, unblemished, without error; and this identity remains absolute no matter what your perception of yourself or your progression might be.

When you as a seeker, then, begin to desire to clear the channel for more clear channeling of the love and the light of the infinite One, there is the tendency to think in terms of working from the viewpoint of the one who wishes to take from work in consciousness that which does not belong. However, the concept that may in actual practice do the most to clear the channel is to go against logic and instead move back into those energies that, were the human structure as a house, would be in the basement. The clearing of channels continues in the progress made in joining the self with the lower energies in a loving and non-judgmental way, through gazing with care upon the arrangement of what this instrument would call the dark side of personality—that side wherein reside those instincts for survival, sexuality, human relationships with self and other selves.

The feeling is to get away from the body and its millions of complaints and needs, yet in actuality you worked hard to deserve the opportunity to come into your physical body and into physical incarnation. The nuts and bolts, the nitty-gritty of bodily awareness, is continuingly important to attend to and embrace. The confusion that swamps the entity because of the sensory input of the physical vehicle is a problem, for in confusion nothing can be known. The physical body is a blanket of confusion; and by dwelling within it you are removed from knowledge of the truth as to what your energies are actually doing. In the body you have no choice if you are spiritually oriented but to find faith and use that faith in order to make your

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choices, beginning with how you relate to your self: to your intransigent need to continue to survive, to continue the species, to attend to all of these things.

Do not brush these things aside, for the greatest of choices begins with these choices; and as you embrace and involve yourself, so do you open the way to that center within called the heart chakra or the green-ray energy center. The opening of the heart is possible only when the seeker gives up on the intellect and moves in unknowingness. The seeker lives in faith. What does this mean? As this instrument would say, we'll talk.

We turn over the microphone to our friend, our beloved brother Aaron, with great delight. We leave this instrument for the nonce. We are those known to you as the principle of Q'uo.

Aaron: I am Aaron. As I begin to speak, I wish to echo Q'uo's thought. Please take what is useful of my words—that which rings true to your own deepest truth—and allow it into your heart. As for the rest, discard it without a second thought.

Q'uo has spoken of the two aspects of your being, what I call the angel and the earthsuit. You are angels in earthsuits. If you wanted just to be angels and manifest perfect clarity, you would not have chosen to incarnate. Any can manifest its energy with great love and clarity as an angel. Can you do it in the earthsuit? Even more important, what happens when you bring the balance of these two together? For you are not only the earthsuit; no, no, no! You are the angel *in* the earthsuit.

It is through this balance—taking the constant catalysts of the earth plane and drawing them into the heart of love—that you not only learn for yourselves, but that you manifest your energy into the world with increasing purity and love and thus offer that energy to all beings. Very often you become lost enough in the earthsuit catalyst that you lose view of what you are really doing. You are simply forging ahead blindly, and yet sometimes one has to do that.

Speaking of her drive to perfection, once, with this instrument, I asked her a simple but difficult question. I said to her, "Imagine that you are with a group of people on top of a mountain. You are walking, when suddenly the weather turns, clouds roll in, it begins to snow. Where you had been hiking was very steep, with many precipices. You feel that you cannot walk because of the density of the weather, and yet you recognize that you must get off the mountain. What you really want is someone to come along from the group and say, 'I know this mountain so well. Follow me and I will lead you down.' But no one comes. Everyone sits down and shakes from fear and from cold. You are fully aware that in less than an hour of this treacherous wind and cold, people are going to enter into hypothermia, people are going to die. You do not know the path. You only had a glimpse at it as it lay ahead, just as the clouds rolled in. What are you going to do? Are you going to wait there for somebody else to say, 'I know the mountain. I will lead us,' or are you going to do it yourself? What if you are not perfectly prepared?"

When is it ego to say, "I will lead"? When is it love? More correctly phrased, when is it the voice of the small self who acts in service to that self, perhaps to enhance or self-inflate? When is it the voice of the large self that acts in service to all beings?

First, you must allow that both voices are going to be present. You are this angel in an earthsuit. While the angel's voice may come through loud and clear, the human voice also must be present or else you are not having a human experience. Perhaps the angel's voice says, "I think I can do this. If I move very carefully, I think I can do this." Then you hear ego's voice saying, "Oh, won't everybody make a fuss over me when we get safely to the bottom." Hearing that second thought, you may surmise, "This is not my deepest truth that says it can lead the descent. This is only ego." If you strike out in anger against that ego's voice, then you cannot hear love's voice. You become so much at war with the small-self aspect of you that you shut out the existence of anything else.

On the other hand, you can hear that small self's voice and just say, "Aha, here is self that wants recognition. Here is self that feels pain, and it wants to be a hero. *Shhhh,* I hear you. I hear how afraid you are, and I hear the ego self grasping at this opportunity for some notice." When you treat the small self with kindness, its voice quiets. Then you have the opportunity to reopen once again to the greater self, that voice that is still whispering insistently, "We must get these people off the mountain or people are going to die. It will take courage from all of us, but it can be done."

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When you ask, "How can I become a purer channel?" that absolute purity is always accessible within you. Confusion and distortion are also always there. If my friends who have heard this example before will pardon me, a very simple illustration of your being is to take a very smooth white sheet of paper with absolutely no wrinkles, wad it up into a ball and squeeze it tight so it becomes wrinkled. Then open it out again; the sheet appears filled with wrinkles. Look at that sheet of paper. Can you see that the perfect sheet of paper still exists? It has not gone anywhere. The wrinkles also exist. We are not denying either truth. Which do you choose to practice? Do you choose to practice the wrinkles or the perfect sheet of paper? To practice that perfect sheet does not mean to deny the existence of the wrinkles, only not to need to enact them—and even further, not to fixate on them in any way. This is of tremendous importance.

This shadow aspect of the self will exist. Do not fixate on it in any way and do not deny it. You do not need to be ruled by it and you do not need to fight against it. Your work is to draw it into the heart of love. When the conditions have ceased which gave rise to that particular wrinkle, it will go if you are not relating to it in a way which gives it further conditions from which to perpetuate itself! It will go. You do not need to push it away. To fret over it is a way of practicing it—can you see that? When you are busy attacking the wrinkle, you are giving solidity to it. In karmic terms, your energy contracts around that particular wrinkle and it plants the seeds for the next moment.

I think it is very important to understand how that works. Let us use as a hypothetical example, the thinking of the self as unworthy. This concept is the wrinkle. To strive to become a worthy person sets up a pattern of contractions every time there is an opportunity to be generous or kind. The generosity and kindness are gifts to another, of course; and yet if there is a strong *somebody* being generous and kind, it sets up reverberations which solidify the self. That somebody who is struggling not to be unworthy is struggling to be worthy. In either case, it solidifies this self who must push away unworthiness and grasp at worthiness. It does not acknowledge the deeper truth that there is no such thing as unworthy or worthy. How could any human—any being on any plane—be unworthy or worthy? Generous maybe, wise/unwise, skillful/unskillful; but worthy/unworthy?

Even such a movement as generous or greedy can set in motion this pattern of solidified self. You may see yourself as clinging, greedy, and make the decision, "I'm going to defeat this wrinkle. I'm going to become generous each time fear arises"—and with it a clinging pattern. You castigate yourself and say, "Look how bad I am to have this fear energy. I'm going to be generous," and you push yourself to give.

So long as you are fixated on being the generous one, you are going to continue karmically to enact situations in your life in which clinging or giving are primary. The mastering of this lesson does not involve only giving freely even when there is fear. That giving will come naturally when there is no obstruction to it. The idea of the generous self here serves as obstruction. The entire notion of the self as giver or clinger, of self which must be "fixed," must be released. Freedom from perpetuating this pattern comes when you can release fixation on the whole movement of clinging and giving.

Note the fear from which these patterns arise. Note that certain conditions give rise to that fear. Observe the self which is fearful with a great deal of kindness and compassion. Then this solid self is no longer the one who is giving or clinging; then the heart knows what to do. There is no more giver; there is no more clinger; giving happens. There is no subject and object, no one who gives, nothing which is given.

The fear does not disappear automatically any more than our would-be guide on the top of the mountain loses its fear when it says, "Follow me," and takes the first step. The fear may be immense. That is just it! If you were just spirit, Pure Spirit, giving or leading people down the mountain, there would be no fear and there would be no challenge. The challenge is not to be fearless. The challenge is to bring love where there is fear.

The work is to cease to fixate on getting rid of anything—fear, jealousy, greed, anger—but instead to draw all of these emotions and the causes for them into the loving heart. Then you can watch these patterns come and go in yourself; and a loving heart knows what to do. As Q'uo said, the brain stops directing the show and the heart becomes the ruler.

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At this point I would like to pass the microphone back to my brother/sister/friend Q'uo. I pause.

Q'uo: We are those of Q'uo, and are again with this instrument.

We can sense all of you experiencing these thoughts, feeding them back into your consciousness and sorting through them as through items at a rummage sale, and appreciate the bewildering effect of so many old and new ideas countermingled. But have faith; there is a part of yourself that overarches and interpenetrates all of your self and experience, which you can rely upon. You already know that which is needful for you at this particular juncture, so relax the desire to comprehend and practice that trust in your own deeper intuition that constitutes one way of expressing things.

We would like to describe for you an entry into that portion of self that has its selfness in faith. It lies within the heart center, is literally and figuratively at the heart and of the heart. As the energy moves into the physical body through the feet up into the root chakra or energy center at the joining of the legs, it encounters a beautiful, crystalline … we give this instrument a picture of a geodesic dome, a structure in time/space that enabled that energy of red ray to express the energy from the red through that co-Creator's ready energy center. And as the energy gathers, that energy becomes more crystalline and transparent to that love/light that is expressing into manifestation from unmoved love. Moving upwards it encounters another beautiful crystalline structure that resides in the belly itself, that contracts against dangers of association with the self and with the complexity of dual and triple, completely unusual and conflicting needs of the self and one other self. As the seeker gathers experience, the choices made can more and more energize this nexus of energy; and the energy allowed through moves up to that place where belly meets chest, that omphalos of power. This is the plane of your Earth. This is the social energy center where the self deals with society and its associations, whether experiencing as a member of a family, as a citizen of a country, in any group in which you are working with distortions of the yellow-ray energy center; and again, the choices that you make can, through the incarnative experience, help to crystallize and make transparent this center.

As one works with all of these energies to balance them, one is literally making more room for energy from the Creator to pour in its original strength into the heart center. The problem with attempting to work in consciousness with ascended masters or entities such as we is that one is working from the top down, whereas the stable basis of energy shall always first depend upon the amount of energy that comes into the heart from the root chakra upward. No matter how much energy is called into the system from the heart, it must move downward to the place where the energy from the Creator has originated its entrance into the mind and body complex. Thusly, you see seekers who find themselves in desperate straits because they are attempting to open the heart by inspiration, and yet they have no home in which to place this inspiration; and so, like a bird, all that is felt from contact from that source flies away like lost hope and is gone when the eyes open and the entity is once again within the busyness of everyday life.

But come with us into the heart, just for a moment, where we feel that there is the need to experience love; and we wish to tell you that you can do this at any time. But come with us now. Feel that energy coming through those distortions in each center, yet moving upwards to the heart. See that energy coming from above, as it were, that calls for inspiration and flows like liquid into the heart; and these two meet where lions guard the door. And you bow to the lions and you do not say, "I deserve to be here"; you say, "Have mercy on me, for I seek love." And the lions bow to you and the door opens and you walk into this room, this holy of holies. This is the open heart. Sit down. Take your shoes off. You are upon holy ground. Now you are with the Creator, who can give you rest. You are loved with a passion that creates and destroys worlds. Oh, how you are loved. We turn the microphone back to our beloved friend Aaron.

Aaron: I am Aaron. Where is that place of most brilliant light and love? Is it somewhere out there? Is it something you must attain through self-purification or other types of pursuit? No, it is within. It is that perfect sheet of paper that still exists, even though the wrinkles are also there. That Pure Heart-Mind is always available to you, my friends. It is not the existence of the wrinkles, of the shadow, that keeps you from that brilliant inner

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light. It is your relationship to those wrinkles, to that shadow.

I am back to the same point. The wrinkles will come and go. You are human. If you step on a tack, there is going to be pain and contraction of the physical and emotional bodies. If somebody screams at you insultingly, rudely, there is going to be a contraction of the emotional body. If you are very hungry and somebody takes away your meal, there is going to be fear. These movements do not prevent you from resting in that light nor manifesting from that brilliant and loving heart. They are simply fear, desire, anger, confusion. They need no reaction from you.

You cannot get rid of these by forcing them out. By strong will power you can rid your outer experience of them; but they still lie hidden in the ground, simply waiting for a break in your fierce suppression so that they can sneak through. But if you learn to allow these kinds of emotions and confusion, which are the human experience, to move through you—and never lose that place of center—then you need fear them no more. You know will never lose the awareness that you sit in the light. The Pure Heart is always accessible!

I would offer an example of what I have just said, and even more, of what Q'uo said preceding me. Returning to our guide on the mountain … you are this guide, and you have said, "Stand up and walk with me. I will lead us to safety." For a while you follow the path. The snow has not yet obscured it. Then the snow drives harder and the wind is stronger. You become aware that you have lost the path. What are you going to do? You stop and acknowledge, "I've lost the path and don't know where I am."

Fear may come up very strongly for those of you who aspire to live your lives with love. It might be a very fierce self-critical fear which said, "You knew you couldn't do it. It was all ego that said, 'I'm going to lead.'" So what are you going to do, just tell everybody to sit down in the snow and die because you made a mistake?

What if it was fear that said, "I will lead"? Are you denying that there was also a deep wisdom which said, "We must make an attempt to get off the mountain"? It is certain death versus a possibility of survival. As soon as you open your heart to yourself, as soon as you hear your pain and fear, you reopen into the wisdom and clear heart. And the clear heart says, "Okay, I made a mistake; I got lost." That does not mean that negativity was leading, even if negativity was there. The loving heart was also there. Coming back to the loving heart, you simply pick yourself up—trail or no trail—and begin moving slowly down the mountain. On the trail it is easier; off the trail it will be a little harder. The task is the same: You have got to get down from the mountain.

There is a teaching in both Buddhism and Christianity which I find useful here. This instrument has been reading a very clear book, written jointly by a Zen master, Robert Aitken Roshi, and a Jesuit priest, Brother David Stendl-Rast. It is called *The Ground We Share*[12]. The focus of the book is to explore the commonalities. Aitken Roshi speaks of a Buddhist teaching given the very technical name, *Three Kayas*. The word *kaya* means "body." It talks of the "truth body" or *dharmakaya*, the everperfect; and at the other end, the "form body" or *nirmanakaya*. This is not just the material body; by form I mean any kind of a form. A thought is also a form, as is an emotion. This is the outer-expression body. There is a bridge that joins them, called the "wealth body" or s*ambhogakaya*. I call this the "transition body." Think of the everperfect; think also of the final expression. The wealth or transition body is a bridge of intention, of karmic force and other elements, which serves as vehicle for the everperfect to express itself into the world.

A very simple example would offer the sun as a metaphor for the everperfect. The expression of the sun on the earth plane might be the heat that you feel on your back when you sit in the sun, or a patch of sunlight on the grass. The atmosphere, the clouds, and so on carry the particular qualities of the sun and permit them to be expressed onto the physical plane. It is not a perfect metaphor, but you can see the two ends and center of it clearly.

In Christian terms, within the Trinity we can substitute Father for everperfect, Son for the form body, Holy Spirit for the wealth or transition body (the intention energy level). This is not a perfect match but quite adequate. You may think it uneven because the Son contains God, is direct expression of God. Yes! And the nirmanakaya contains the dharmakaya, too, and is direct expression of it! I find this a very valuable teaching for this reason. No

[12] Shambhala Publications, 1996.

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matter where one looks on your physical plane, you see the self-display of the divine.

In the teachings in the languages of both Buddhism and Christianity, the inner core and outer expression are not separate: the Son is voice of the Father; the Son is the expression of God in the world. In Buddhist teaching, everything on the form level or in outer manifestation is expression of the everperfect. You cannot separate them. This is vital.

In the transition body, we pick up the many energy streams which may offer distortion of the absolutely pure core. *Please remember that within this core are the possibilities of distortion, or distortion could not occur or would be dual with the core itself.* The negativity in you is not in dualistic opposition to the divine, it is simply a distortion of the divine. Love is also a distortion of the divine.

Some distortions, when you play them out in the world, may do harm. Then clearly you are responsible for that harm. You must clean up your spills. Some distortions may be of great service to others; nevertheless, they are distortions, carry adhering karma and must be attended. They are all a display of the divine. My dear ones, you do not have to be afraid of what moves through you. There is nothing there but God. When you ask, then, "How can I manifest my energy more purely in the world?" remember that there is nothing there but God, sometimes being expressed with distortion, or even great distortion. "How can I come to a reduction of distortion?"—by offering forgiveness and kindness. Hatred will never dissolve hatred and negativity. Only love will dissolve negativity. Only love will dissolve confusion and distortion. Whatever distortion expresses itself, you must bring it into the heart of love.

Ah yes, the question is, "How do we do this?" Perhaps that is best left for tomorrow's discussion. I would leave you tonight only with this thought: *There is nothing which is not God*. Therefore, when you see in dualist terms, that is an invitation to remind yourself that what you are seeing is itself a distortion and is the voice of fear. Instead of trying to chase it away with a big stick, do as this instrument would do: Hold out a goody in your hand and invite it to come and take a taste of it. Offer it loving-kindness. Embrace your fear in that way; do not hate it and order it away.

The distortion-free place is always accessible to you. When you are reacting from a place of fear, which is creating increasing distortion in the outpouring of the energy that flows through you, that is not a statement that absolute clarity and love are not available. It is only a statement that you are increasingly practicing the wrinkles. Then you must come back to the everperfect. As I said, I would prefer to leave the *how* of how we do that to tomorrow so as not to overtax here with too many different thoughts.

At this point, and with great thanks for your willingness to hear me and open your hearts to these thoughts, I turn the microphone back to Q'uo. I pause.

Q'uo: We are those of Q'uo, and would give you farewell fairly briefly.

We would make a request of you. We are aware of the questions within the group, and we and Aaron naturally planned to open the dialogue to questions on the morrow. It would be helpful, we feel, if the circle spoke together before the next session to work out what the group feels it wishes to offer as the next input to this dialogue. That we would appreciate, for the more total the group's comfort with each other and with the activity comes our own greater ability to communicate with a corresponding focus.

We would leave you this evening with a brief return to the one known as Aaron's topic. We would take you into the office and place the paper with the wrinkle on the machine and make the copy. On the copy you may see every wrinkle. Turn the paper over. It is clean. This is actually more like what your situation is than the simple paper, for you yourself are as a shell of personality. As the mark of that toner upon that paper describing those shadows of wrinkles, that shell of personality that is living your incarnation and interacting with your human function is only as thick as a sheet of paper. All that you are resides in fullness. Each wrinkle, each shadow, is sacramental. Each energy center is holy. The trick is to know each energy as a sacrament within.

Dear ones, we wish you deep sleep, joyous dreams, and a fresh day beginning oh, so soon. For now, we leave this instrument in the love and the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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The Aaron/Q'uo Dialogues, Session 32
November 23, 1996

(This session was preceded by a period of tuning and meditation.)

(On this occasion, Aaron and Barbara presented practices.)

Barbara: I use this practice to remind myself that I have the ability to become a purer vessel and to remind myself to tend to all three areas of my extension into the world—body, speech, mind.

The positive precepts—traditional Buddhist.

With deeds of loving-kindness, I purify my body.

With openhanded generosity, I purify my body.

With stillness, simplicity and contentment, I purify my body.

With truthful communication, I purify my speech.

With words kind and gracious, I purify my speech.

With utterances helpful and harmonious, I purify my speech.

Abandoning covetousness for tranquility, I purify my mind.

Changing hatred into compassion, I purify my mind.

Transforming ignorance into wisdom, I purify my mind.

If it were not possible, I would not ask you to do it. Abandon what is unskillful. One can abandon the unskillful. If it were not possible, I would not ask you to do it. If this abandoning of the unskillful would bring harm and suffering, I would not ask you to abandon it. But as it brings benefit and happiness, therefore, I say abandon what is unskillful.

Cultivate the good. One can cultivate the good. If it were not possible, I would not ask you to do it. If this cultivation were to bring harm and suffering, I would not ask you to do it. But as this cultivation brings joy and happiness, I say cultivate the good." (The Buddha[13])

Barbara: Aaron will lead us in guided meditation and prayer.

Aaron: To begin, draw in and exhale several deep breaths.

(Pauses are indicated with ellipses.)

…

Relax the body, tension leaving with the exhalation, mind letting go, coming into *this* breath, *this* moment.

…

[13] *The Anguttara Nikaya: Book of the Twos, #10.*

Make yourself at home in the universe, resting in that space which truly is yours.

…

Be present for this one eternal now.

…

Open totally.

…

If something hangs on or if there is aversion, it is okay; it will go on its own. Nothing to do but touch all arising lightly with choiceless awareness.

…

Opening into this precious moment, allow to arise in yourself the awareness of your connection with all that is—no longer your joy or your pain but *our* joy, *our* pain.

…

Seeing the joy and pain of all beings, allow to arise in you the aspiration to serve all beings, to move beyond your own small fears and troubles; and instead, to use energy, courage and awareness to alleviate suffering throughout the world.

…

This statement of intention is important, bringing awareness from *my* suffering to *ours* and offering the self as instrument for the alleviation of suffering.

…

Rest in that intention for several minutes, allowing awareness to spread, moving beyond the small self.

…

As you expand outward and come to rest in the divine self, the eternal and pure awareness, feel the presence of the divine in all its aspects.

…

Rest in the nature of pure awareness, pure mind.

…

Allow yourself to rest in that space, feeling the energy which surrounds you.

…

Now the second step: to ask for help from all that surrounds you. Open to the spirit plane and to the divine in your own nature.

…

In your own words, ask for the ability to hear that wisdom and to share it for the alleviation of suffering of all beings.

…

Offer yourself as a receptive instrument, not for your own benefit only, but for all beings.

…

And rest in that space, open and attentive, heart unbounded, ready to listen with that loving heart.

…

Finally, offer thanks for whatever you will be given. Then sit for several minutes in silence.

…

Aaron: I am Aaron. My love to you all. Bring yourselves into your body. I request that you allow yourselves the experience of the inhale and the exhale—to come deeply into your body for this particular meditation. I would like you to feel that inhalation and exhalation in the belly. Breathe in … belly breath … feel the breath coming into the abdomen and then breathe out. Let the body be soft and open. Now, let attention move upwards from the body to the heart. This living heart is the core of your being. The brain is the servant. It is in the heart where the true Christ or Buddha self dwells.

The body may experience pain and react by distorting itself or contracting. The brain may experience fear or discomfort and turn to what it is good at, which is directing the show so as to protect the organism from that which it fears or finds discomforting. The heart can watch all of that movement and know that it is merely the superficial movement of waves on the surface and does not affect the true being.

It is in this heart that I invite you to rest. Whatever physical sensations may arise, you can attend to them skillfully, without fixation. Whatever thoughts or emotions may arise, you can attend to them skillfully, without fixation. From a loving heart, we offer the deepest affirmation of our being. Please join me silently in offering that affirmation if it feels appropriate to you:

Today may I offer my energy in a loving-kindness to all beings, including myself. If judgment, fear, greed, anger, or any such contracted emotion arises within

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me today, may I greet it with love and invite it into the heart where kindness may soften and transform it. I offer myself fully as a servant of the light. To be a servant is not to be somebody but to be nobody. I simply offer my energy that the divine may make use of it in ways that the divine itself determines, not the ways which I determine. As much as possible, I offer my energy in that spirit and my whole being in service of God, of love, of light. I ask for whatever help may be offered to me by all loving beings on every plane to help me express and nurture this resolve. Through allowing myself to be an instrument of light, may I help to bring more light into the universe so that increasingly all beings everywhere may be free of suffering, may be happy, may find perfect peace.

Barbara: The last writing on the page is also from a traditional Buddhist prayer. Please read it with me if you would like:

"By the power and truth of this practice, may all beings have happiness and the cause of happiness, which is loving-kindness. May all be free from sorrow and the causes of sorrow, which are fear, hatred and delusion. May all never be separated from the sacred happiness, which is sorrowless. And may all live in equanimity, without too much attachment and too much aversion; and live, believing in the equality of all that lives."[14]

It is traditional in these teachings to offer outwards whatever merit comes from this work, not to take it for oneself, but to offer it back out to all beings. The offering reminds me of Jesus' words from the Bible, "not my will, but thine."[15]

May whatever merit comes from this practice go to the enlightenment of all beings. May it become a drop in the ocean of activity of all of the Great Ones and their tireless work for the liberation of all beings.

Group discussion: *(A question was formulated to address the concern that, while there may be no intention to harm, harm does sometimes occur: How do we work with this harm and with our own distortions so as more clearly to offer our energy with non-harm?)*

Aaron: I am Aaron. My love to you all. We are talking of how we serve others and of purification of the self to be offered in that service. I would toss a question into your stew pot here. Some years ago C. and Barbara met with a man from their church. He was very negative and expressed tremendous fear. He was violating the spirit of the meeting by bringing his fear in and publicizing it out to the meeting, condemning and judging specific people vocally within the meeting.

The three of them spent a number of hours talking together about what he calls his righteous anger and need to denounce these others who had done him harm. The women were able to hear his pain. He was not really able to hear them and their suggestions that he bring love rather than hatred to these places of perceived harm.

One would have to say that this man was bringing in a very distorted channeling of his own negative bias. He was being a channel for fear and dissension. It caused much pain for many members of the church. C. and Barbara experienced his fear and negativity, not with pain or fear, but with a sense that they really could not speak to it. Yet this man opened so many doors for so many people through the catalyst he offered. Was he being a good channel or a bad channel? Was what he offered of harm or of benefit, or some of each? What does "good" mean? What does "bad" mean?

Clearly you do not intend to offer your energy with the intention of harm. And yet, even when there is no intention of harm, sometimes harm is what comes out. This man had no conscious intention of harm. He felt it a moral necessity to let people know that he felt they had harmed him, not to let them continue what he perceived as *their* distortion. That does not release him from responsibility for the great pain that he caused. But the negative bearing of his attack on others ultimately served as catalyst which brought much insight for many. So it needs to be understood that there are many factors which determine the labeling of "good" or "bad." That is all.

Q'uo: We are the principle known to you as Q'uo; and we greet each of you in love and in light, those lasting and active principles of the one Creator.

We come to you as brothers and sisters of sorrow, for we hear the call of your Earth. We hear and are pierced by your sorrow and distress; and we thank you always for this call, this willingness to work with the catalyst which comes to you, not cynically, but

[14] *The Tibetan Book of Living and Dying*, Sogyal Rimpoche; Harper San Francisco, 1992.

[15] *Holy Bible*, Luke 22:42.

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hopefully. The deepest sorrow and the greatest pain are as fallow fields within which is sown the kingdom of love. There is the parable within the holy work known as the Bible, of the kingdom of love being one precious pearl buried in a field. The one who seeks the pearl sells all that he has and buys the field.[16]

We hope to help each of you relate to your humanity. But there are subtleties involved when the self-aware seeker turns within. The mind sees the self. It sees the self watching the self. It sees the self who is watching the self who is watching the self. When the self perceives negative emotion, it sees the self seeing negative emotion and the self seeing the self seeing negative emotion. This creates the crowded universe and does not enlarge mercy. And so, we would suggest that as you watch yourself, as you perceive dealing with seemingly negative catalyst, that you remain within that first self-awareness which observes—the observer in a court room typing out what is said and who is responsible only for getting the words set down aright. There is no judgment involved in reporting what occurs. Last evening the one known as Aaron and we worked with that crumpled piece of paper; and it is always helpful to remember that no matter what you are perceiving, it is still no more than a temporary chimera, a shadow flashing upon a sheet of paper whose other side remains completely clean and untouched.

In working to become better, may we suggest that what each is actually responsible for is becoming more oneself. The urge to be better is answered within your earth world by a list of preferred adjectives: worthy, generous, loving … You could think of desirable qualities for a good long time and create wonderful, inspiring lists of good qualities. However, you are an unique being. You are like the snowflake, that crystal that is quite obviously snow, yet whose kaleidoscopic patterns are unique. Only you in all of the created and uncreated universes is you. Therefore, we ask that you encourage within yourself the perceptive ear that notes those moments when you can feel yourself being who you feel you are.

Each of you within this circle has by seniority of vibration earned the opportunity to incarnate at this time. Each of you has two main goals: You wished to move through the intense incarnative experience, repeating for yourself your lesson of loving, which you felt could use more polarity; and you wished—for you, too, are brothers and sisters of sorrow—to lighten the planetary consciousness of this sphere you call Earth.

Your instrument is your self. Learning to play this instrument involves doing those practices, those scales if you will, which enable you to develop a sweet melody as you live your life. If you can see the flute or recorder or any reed instrument, perhaps you can see your energy centers as those buttons which you press to make your melody. Thusly, you wish in each case to clarify the energy that is there, to make it more itself, to make each energy true—not another's truth, not a teacher's truth, but your unique note of sound. For example, let us take the note of any ray, say the yellow ray. Your hope is not to make brighter or larger that energy, but rather to find the truth, the balance that does exist. Once all the energies are played upon consciously, they begin to adjust and balance themselves.

We would at this time transfer the microphone to our beloved brother Aaron. We are those of Q'uo.

Aaron: I am Aaron. Q'uo's example of the melody of the flute brings to mind another image, which is that of a pure spring giving rise to a series of streams running in different directions, eventually drawing together again as they enter the sea itself. The water that enters each stream from the pool around the spring is absolutely pure.

Think of yourself as this streambed; this pure water flows through you. Some streambeds have accumulated a good deal of debris. The purity of the original water never changes. If you add something into that pure water and then lift it out, the water is unchanged. If silt falls to the bottom of the clean, rocky streambed, it will affect the water until the streambed is cleaned again. Then the water will once again be pure. Even if you add chemical pollutant into that water and then filter it out, you have the same pure water again. But for some periods of time it will be affected by the quality of the streambed or the additives.

As you experience that pure water moving through you, you bring different ingredients into it. Figuratively speaking, you bring chemical pollutants into the stream of Pure Awareness through fear, greed and anger. If you do not attend to the

[16] *Holy Bible*, Matthew 13:44 - 46.

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pollutants, do not then filter them out, the person downstream who wishes a drink will receive water that is chemically impure. The pure water is there, but somebody has got to filter out the pollutants.

You have two areas of work, as I see it. One is consciously to deepen your intention to offer your energy with love. This means to pollute the water as little as possible or not at all. And second is to understand that because the human is what it is, it is going to pollute the water at times. Then you must be responsible for what you have created.

The problem is not that you occasionally pollute the water, but that when you do so, you then turn on yourself with shame and judgment instead of turning your energy to clarifying that which you have polluted. You let the pollution go past because you are so busy condemning yourself that the water became clouded in the first place.

My dear ones, if you were already perfect, if you did not occasionally offer your energy in distorted ways that give rise to cloudiness, you would not be here in incarnation. The more you can stay in each moment, noting the various contractions of mind and body which give rise to the distortion of fear—which distortion tends to pour pollutants into the water—the less you actually have to pour those pollutants out into the stream of life.

By way of simple example, your intention is to offer your energy with kindness. Somebody who is feeling much fear and pain approaches you and belligerently attacks you with his words. When you notice your own arising defensiveness—arising of discomfort and desire to attack that which is the source of your discomfort—the more present you are with that arising in yourself, the less you have to act it out. Noting how much discomfort there is in the self, you might also note the discomfort in your assailant. Allow your heart to open in compassion to that assailant. Then you respond from the heart, responding to his pain instead of reacting only to his words.

This response may be the statement, "No, you cannot attack me like that." The *no* is offered from a place of love, not from a place of need to defend, not from a place of fear. There is no ego involved in that *no*. It is the kindest thing you can say at the moment for yourself and for the assailant, who is creating a great deal of negative karma for himself: "No, you may not speak like that to me; and I will not stay here and hear it."

To be loving does not mean to be a doormat to negativity. It means to speak the truth from the heart. Step one, then, is to practice being present as much as is possible. Within that presence, you watch the conditioned arising of the body and mind and understand how you move into negative mind states which wish to cling or defend, and which thereby poison the situation.

A very useful practice is what I call "clear comprehension of purpose." This practice has several parts. I would speak here only of the beginnings of the practice. First is to understand your primary purpose. To defend yourself against that assailant is a purpose. It is not bad to wish to defend yourself. But there is a higher purpose, which is to create increasing harmony and understanding. Will you look at these two purposes and your choices of words or action that lie before you? Which choices are most suitable to the attainment of the highest purpose?

In this practice of clear comprehension in a given situation, we note our highest purpose and we ask, "Is this proposed speech or action suitable to that highest purpose?" If it is not suitable, and yet the intensity of the catalyst is such that you enact that unsuitable movement and offer outward whatever reactivity may have been called forth by the catalyst, then you will have a new catalyst and may again examine the highest purpose: Is it to save face and lay blame elsewhere or to accept responsibility for what you have wrought?

Let us return to our metaphor: The water is polluted; do you have the courage to be responsible for it? Your self-judgment, even your sense of shame, are not ways of being responsible. They are deterrents to responsibility. What are you going to do, sit there and condemn yourself while others drink your poisoned water? Or are you going to go and clean it up?

You clean it up in very simple ways. You observe the source of the pollutant and close it off. If the source is great anger, you close off the anger by opening your heart to it, making a bigger container for it within you so it does not need to pour out of you into the world.

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Anger is not bad; anger is just energy. When there is a lot of it, it needs a big space. If the source of the pollutant is seen as pride or jealousy or greed, you attend to each of those in the same way. There are many specific practices that are available to help you create this bigger container. One of my favorite comes from the teacher Thich Nhat Hanh.[17] It is very simple: "Breathing in, I am aware of my anger; breathing out, I smile to my anger …" and again and again until you feel that space enlarging.

You must both acknowledge the heavy emotion and also offer a willingness to embrace it instead of attacking it, thereby to invite it into the ever-spacious heart. That is one way to become responsible for the pollutant that is already pouring out of you. The other is simply ask for forgiveness. You cannot ask for forgiveness while distortion is still pouring out. You have got to attend to it first, and then you mop up. Mop up by asking for forgiveness. If you are clinging to your shame and self-judgment, then those mind states are what need the bigger container. That is where the poison is coming from.

Remember that the pure spring is always there. Remember that in human form, you are never going to be a perfect channel for that pure spring. There is always going to be some distortion. Deep mindfulness will reduce that distortion; and a sense of loving responsibility will mop up and readjust the flow, will clean up whatever distortion has been created.

Do you think you teach more when what flows through you is absolutely pure? Would it just be possible that you teach more when what flows through you does become distorted, and then you very lovingly attend to that distortion, thus helping others also to learn that they do not need to be perfect—they need to be conscious, loving and responsible? Your distortion also offers a catalyst to others through which they are given opportunity to practice with their own fears and distortions. This learning is, after all, the primary motivation for incarnative experience. This is not justification for poisoning the waters; but when the entire movement is deeply considered, it may be better understood that as long as you are human, there will be spills, and they are all part of the learning process of the incarnative experience.

[17] Reference is pending.

I would ask the same question also in a different way: In which way do you learn more? What would self-perfection teach you? This is the old story. One does not need pain to learn; but pain says, "Pay attention," and that attention allows learning. The pain of your mistakes does not teach you, but it does catch your attention.

My friends, you do know all the levels on which you are working. You can never excuse great intentional harm to another by saying, "Well, it's their karma," or, "I'm working on a different level." When you are working to the best of your intention, noting the arising of fear within you and attending to that fear with skill, cleaning up after yourself for the bits of fear that have sent themselves out into the world, then you have got to have faith that, while some of this fear did escape and created a pollution, out of that situation can come some good because of the heart's great desire to offer its energy with love.

This highest intention to offer your energy for the good of all beings is of utmost importance. It is not up to you to determine how that good is going to come about, only to constantly ask yourself, "What is my highest purpose here?" and to work with clear comprehension of this purpose.

You know that the highest purpose is to offer the energy with love. Remember, you are in third density largely to learn faith and love. If you did not have this veil surrounding you so that you clearly understood exactly how different movements of energy through you became distorted, why they became distorted, and in what ways that distortion might actually be of service, you would be denied the opportunity to learn faith around these distortions. This is not to be taken as instruction to consciously perpetuate the distortions; but if they occur, both trust them and ask how you may purify them.

You wished for a clear-cut question and answer. There is no clear-cut answer, except for one: Pay attention and act with love. Be willing to be responsible and to learn. Do not be afraid; but if you are afraid, do not be afraid of your fear. Give that also a bigger container so it does not need to pollute the water. Where it has polluted the water, clean it up.

Whatever flows through you when your primary intention is to offer your whole being in loving service to all beings, the divine will take and use for

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holy purpose. It is that in which you need to have faith. Let the loving heart offer its intention for service. Act, speak and think based on this intention and with awareness, and offer that which is prompted by fear and the notion of separate self to the divine. Trust the divine plan for even your fear.

I would turn the microphone over to my brother/sister/friend of Q'uo. I pause.

Q'uo: We are with this instrument. We are those of Q'uo.

The loving energy that is you is impossible to dissect. It has an integrity unique to your system. Often seekers target one or another aspect or energy center for renovation, and feel that this energy needs to be improved, cleansed, or altered. This is a less skillful model than that approach to improving the instrument which sees as its first goal the balance of the instrument as an whole. Some entities have little strengths compared to others, yet because they have somehow found the balance within and have harmonized that scale of being, that melody arrests the listening ear with delight. To have a more powerful indigo ray, for instance, has less virtue than to have an indigo ray which is euphonious and promotes travel between it and the other energy nexi.

In working with the self in this regard, we find it helpful to ask that which the one known as Ra first offered to this instrument: "Where is the love in this moment?" By turning to this universal question, by asking, by desiring that quality, that question, you open doors within your deeper Self—that self which abides in the awareness you do not have access to in your conscious mind. This deeper Self knows where the love is. Therefore, by asking that question and then by abiding in faith with patience and an inner knowing, that which is sought shall come to you. The thousand and one specific details of everyday occurrences are taken from that world of manifestation and handed up as a noble and holy offering to the Creator: "Here is my confusion; here is my pain; here are all my emotions; here is my confusion; here is my mental anguish." And that great Being which lies within embraces the self, the concern, the anguish of unknowing, and responds in silence with love.

Within the moment of asking lies the perfect and balanced response. The skill of the seeker is to trust that process and to keep the mind upon the question, "Where is the love?" and to keep the mind upon the moment wherein the question is asked. If you can come to the present moment and know it, you have entered eternity. If, when you come to that present moment, your question is, "Where is the love?"—in that moment you have entered love. The concern about articulating and beautifying or crystallizing the energies can then be set aside, for in the moment-by-moment-by-moment succession that the illusion of time offers, your instrument shall be aided; and rehearsal always helps. Each moment is another rehearsal. The whole of your life removed from the illusion of space and time is a song. You can no more know the song than know your life. You are in the middle of creating a life which is a gift to the one infinite Creator.

The way the question is asked is far more important than what is asked, for the attitude that asks the question is that point of view which will limit the answer. Thusly, abide in love and look in all things for love—even with rage, with fury, with the strongest and heaviest of emotions. There is at the heart of that emotion a purity and an essence, a color; and there is the same beauty in those dark colors as there is in those dark colors that create variety and depth in a tapestry. All things you experience are as these threads going into the tapestry of your life. To identify this or that thread, then, is to lose sight of the picture, the whole of your tapestry.

At this time, we give our farewell to you for now, unless there be queries after the one known as Aaron has completed the material that he wishes to share at this session. As always, we ask that you hear us with discrimination. Thank you beyond our ability to express through this instrument for this wonderful chance to share love with love. We leave you in that love which is all that there is and that light which manifests in all this world of duality. We are those of Q'uo.

Aaron: I am Aaron. I would like to share one thought with you and then ask for your specific questions. Last night we spoke of the wrinkled sheet of paper, of the relative reality that the wrinkles existed and the ultimate reality of the ever-perfect sheet. We suggested that both realities are true and that it is useful to stay balanced between the two. When you are working with the wrinkles, with the so-called negative distortion of your being, are you any less perfect? Are you any less whole?

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Most of you relate to yourselves as broken. When you ask, as Q'uo suggested, "Where is love to be found?" can you see that the love is to be found in both the idea of brokenness and in wholeness? The love is always there in the wholeness—that is easy to see. The sense of brokenness is catalyst which sets you looking for the love. Therefore, the love must also be in that sense of brokenness. The love is in the inspiration which inspires you to seek the love, and that inspiration is often the negative and painful distortion. Nothing is dual here. Within the shadow is found the sunshine!

When you begin to experience with more clarity that love is in everything—not just in the ultimate perfection of you but in every expression of that perfection—then you do not need to worry so much over distortions nor to enhance judgment and shame about them, but simply to attend to them. Recognize, "This distortion does not separate me from wholeness, nor from the divine. It is simply a distorted expression of that wholeness."

When you work conscientiously in this way, instead of each distorted expression becoming something that grabs at your energy so you must frantically go and fix it, each distorted expression just becomes a reminder to ask, as Q'uo suggested, "Where is the love? Where is God in this fear, in this anger, in this judgment? Can I find God right here?" If you look, you will find you can.

When the expression is distorted and causes discomfort to self or to another self, it must be attended; but regardless of its effect, it is still expression of the divine. I would ask you to visualize a crystal. If you hold it up to the sun, the sun plays through the crystal and creates a rainbow of light. That rainbow is direct expression of the sun. When you look at that rainbow of light, can you see that the sun is there? If the light is shining in somebody's eyes so that they are uncomfortable, then you must attend to the crystal; but there is no good or bad to it, just sun and its various expressions.

Using a different metaphor, when you sit in the sun and feel its heat on your back, that is a direct experience of the sun. It is of a different intensity than if you could fly up into the heart of that sun, but still it is the sun. Sometimes the heat on the back feels warm and gentle. Sometimes it may burn. We do not say that only the pleasant experience of the sun is the sun. Every experience of the sun is the sun.

When you ask, "Where is love to be found?" especially when involved in a painful experience, it is a way of reminding yourself, "Even right here is God." With that reminder, your energy field opens. When you are closed and defended it is very difficult to learn. When you remind yourself, "This is okay; it's workable. And the divine is present even in this," you allow that opening of the self which is willing to be present with the experience with all its discomforts. Then love announces itself.

Here is where you become increasingly willing to offer that which has arisen, to let it be and allow the divine to use it as it will. To offer it does not mean to get rid of it. It does not mean to say, "This one is bad, God, please take it"; rather, it is a statement, "I haven't the faintest idea what's going on here, but my deepest intention is to use all of this turmoil and confusion and everything that is coming through me as a way of offering service to all beings, for the good of all beings." You can say to yourself, "I don't know how to transform this mess. I don't know what to do with it. All I can do is offer love." It is this way that you offer it.

There is a discarnate energy which is a guru to this instrument. He comes into her experience on occasion. During this summer she was on an extended meditation retreat and experienced the presence of this one. In offering her instruction, he offered the suggestion, "Let go of everything; give everything away." At first she misunderstood: "Am I to give away my house, my car? What does he ask of me?"

Through the following months she moved to a deeper understanding of what "give it all away" means. Are you identified with your fear, with your unworthiness, with your shame, with your judgments? Give away the identity with it. You may say you *want* to be rid of it, that it is very painful and unpleasant—fine; but nevertheless, you are invested in being that person who is fearful or is self-judgmental and who is going to be the one who improves. There is so much "somebody" in these notions. Be nobody; give it all away.

Within this rising intention to allow whatever comes into your experience and offer to God—not to hold on to any of it—lies the ultimate path to service, because with that offering "somebody" disappears

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and "nobody" remains. In more precise terms, that which is contracted can stay contracted or can open itself. This process means not making anything special happen, just allowing an open heart which watches it all moving through and continually offers whatever moves through with a trust that the divine will make good use of it.

I would ask of you during your afternoon and evening to watch closely something which arises in your experience. In very simple physical terms, if there is a loud noise, such as a shout, *"Hey!"* do you feel your body energy contract around that noise? Fear and the energy of fear contract. There is nothing bad or good about the contraction; it is simply a knee-jerk kind of reaction of the body. You may feel the reverberations of that contraction for a bit, and then eventually it will dissolve again. If, instead of a physical noise like a shout, what you experience is an energy catalyst such as somebody else's sorrow or anger, there will also be response. You have emotional nerve endings as well as physical nerve endings. Your energy field will contract.

What if, instead of one shout, there was an ongoing unpleasant noise and growing discomfort with that noise? The contraction changes from contraction as reaction to pure hearing, to a contraction around the feeling of strong aversion to what is being heard. That pure sense awareness, hearing, is not the aversion to hearing. The relationship to the hearing is not the hearing itself. In hearing there is just hearing.

Each mind or body experience will have its own energy movements. Can you feel the difference as I demonstrate it here, how in that one shout, *"Hey!"* there is that momentary contraction, which then may continue with some reverberations and then release? It may have been unpleasant, but it is passed; there is nothing holding it. When it continues, then fear may arise: "How am I going to get rid of this?" Then there is a contraction around the contraction, a secondary contraction. Or perhaps there is contraction and then judgment around the contraction, a different sort of secondary contraction.

What I would ask you to do is to deeply observe the movements. Note the physical or mental catalyst, the physical object contacting the physical sense or the thought touching the mind. Note that there is a contraction carried in the body when this occurs. The contraction in itself is just a contraction. There is no adhering karma in it. There is nothing that needs to be done with it other than to relax and observe it, just to know that it is present. Smile to it! If it is a difficult experience, do as Q'uo suggested: Ask, "Where is the love?" with a truly open heart and mind.

If there is some relationship with the contact and the resultant contraction, note that as a new contact. For example: Judgment or aversion, each, is a thought; they have touched the sense base of the mind. With that thought there will again be a first contraction, just the wind rippling the water, so to speak. Again, note it as contraction. Is there anything which follows?

It is not the experience of hearing, seeing, touching, knowing and so forth that pulls you out of center and into a place of self where adhering karma is created, nor is it the contraction around that touch. It is your relationship to that contraction. It is this truth that I would ask you to observe for yourselves this afternoon and evening.

My deepest thanks to you for allowing me to share these thoughts with you, and for your willingness to attend to your experience and do this deep work. That is all.

Questioner: Q'uo spoke about energy entering the being from below, through the feet, and from above, and that there was a meeting place for these energies that is somewhat dependent on the allowing of energy through the lower centers. Could Q'uo speak about what this meeting place is; and is this a place where energy entering into the illusion enters in a different way than the light issuing from the other energy centers?

Q'uo: We are those of Q'uo, and believe we grasp your query.

The meeting place of the upward spiraling light and the instreaming inspiration has been known within your cultures as the kundalini; and the ability of the self to become transparent to whatever distortions exist within the energy centers leads to an increased ability to experience a freely flowing upward motion so that the kundalini, in your culture's terms, rises. This involves being friends with the various energies of the mind, body and spirit; not the perfecting of those energies, but the balance of them in the acceptance of self as self without explanation or

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apology—that relaxed self-confidence that this instrument would say makes one comfortable within one's own skin.

Does this answer your query, my brother, or may we speak further upon it?

Questioner: So it is that the distortions in the centers do not limit the rising of the upward spiraling light, but rather the relationship, as you said earlier this morning—the relative harmony of the entity's acceptance of the aspects of self.

Q'uo: This is so, my brother.

Questioner: So this is … this sounds to me like what Aaron mentioned earlier when he asked us to consider the possibility that the distortions provide us with opportunities to learn and to enhance our abilities to offer learning experiences that help others, through our loving attendance to those distortions.

Q'uo: The entity who loves self, who loves self as it is in all its dirt, is an entity with mercy to offer to others in all their dirt.

To allow a knot to be a knot, a tangle to be a tangle, is the beginning of the end of that tangle or knot. To ignore is not to allow; but to see, to love, to accept, to forgive and to move on, knowing the whole—that is helpful.

Questioner: So, it is the distortions that allow one to increase polarity?

Q'uo: This is perceptive, my brother. Polarity is exquisitely central to your task here upon the third planet from your sun. You have one great choice to make: Shall you radiate or shall you contract and hold, giving it all away or grasping all for self? That polarity of radiance is the service-to-others path. It is what we came to share, and we say to you that it is your radiance within all the suffering of every day that expresses this polarity of love.

May we answer you further, my brother?

Questioner: No. Thank you.

Questioner: I don't understand the seeking polarity. Selfish or unselfish what?

Q'uo: To serve others is to serve the self. To serve the self is to serve all that there is. There is no answer to your question. The attempt to separate selfishness from unselfishness works upon a false premise. The self is an whole, so polarity is expressed moment by moment as you choose to forgive, accept, allow and look for the ability to do this in difficult situations; and is that which will move you into a finer degree of awareness. Thus, the very time of difficulty where you see that the love energy is sacrificial and painful—that is time to rejoice; for in loving the unlovable, you are truly choosing to polarize in service to others.

We are those of Q'uo; and as the energy is moving away as we speak, we would close this meeting with the promise to ask for further queries at a future session. We leave you and yet leave you not. We leave you in all that there is. In the company of each other, see the face of the Creator. Adonai. Adonai, each light. We are those of Q'uo. ♣

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The Aaron/Q'uo Dialogues, Session 33
November 24, 1996

(This session was preceded by a period of tuning and meditation.)

Aaron: My greetings and love to you all. My joyous welcome to this circle of seekers, and in gratitude for the invitation to join you in your circle.

I want to return to this aspect of your experiences as a balance between human with its physical body, which has aches and pains; its emotional body with its joys and sorrows; its mental body with its mix of clarity and confusion; and its spirit body. The balance is between this human expression and the ultimate essence of love that you are.

You speak of taking incarnation and experiencing a veil of forgetting of who you are—a veil which pushes you deeper into the seeming confines of the human. This is just as it needs to be, because through this human come the greatest expressions of compassion, generosity and love.

I give you a very simple example. If I had a vast apple orchard, literally thousands of healthy, vibrant apple trees, what if a being knocked on my door and said, "Please sir, would you give me an apple?"—and I gave him one? One might say that was an act of generosity. If I gave him a whole bag of apples, one might say that was an act of even greater generosity. Certainly it is; I have freely given something of mine to another. But there is a clarity within me of the infinite abundance which lies behind me. There is no fear which prevents my giving or in some way influences my giving and makes me pause. Yes, it is still generosity if we define that word to mean a free giving from oneself, but what a difference if I have but one apple in my pocket and no access to more. I know this is my supper. I have walked for ten miles and just sat down under a tree in the shade, pulled out that apple and polished it on my shirt; and I'm looking forward to its sweet juiciness to quench my thirst as well as my hunger. Then you approach me and say, "Please, would you give me your apple?" Fear now may arise: "If I give, what will I eat? Will I be safe? Will my needs be met?" Through that fear, the voice of love must speak with resounding clarity in order for the apple to be offered. It is the force of this voice of love that I define as true generosity.

You can offer that apple for many reasons. You may practice self-discipline: Push the fear and annoyance away and give the apple. Or the fear may remain—silent, unspoken, beneath the surface. Then the apple is given but not with joy. To give the apple with real joy, you must have acknowledged and transformed your fear. Within fear is generosity. Fear, transformed, is generosity.

Here we have a different experience of giving. It is not just that joyful giving which comes out of the strength of knowing infinite abundance, out of ten thousand apples. There is a deep joyfulness because you have moved through the fear with love. You

have not allowed fear to control you, but been able to give despite the fear and to transform the fear. It evokes faith that your needs will be met, although you still may not understand how, because that was the only apple.

There is a different possible scenario. If the other is grasping, punishing, in order to shame you into giving the apple, there may be anger but also a fear that says, "I *must* give this apple in order to feel good, feel generous." Here the primary fear is not whether one's needs will be met but is the desire to be "good," to please another. One need not be slave to that fear. "I *must* give" is a harsh judgment which considers the self to be less worthy to receive than is another. That is also a fear which love can transform. Here the outcome is to say no to fear and to the asker, to keep and eat the apple, or perhaps to share it. One does not act to punish the other but to affirm that the self's needs are also to be honored. There is nothing wrong with this response. It is a different practice of generosity, responding lovingly to the fear by kindness to the self. The point is that when fear is not the master, the innate generous heart will know how to respond. Fear is the catalyst offered to the human, which prompts it to learn how to transform that fear into loving-kindness or generosity.

This is the love which the earth plane offers you the opportunity to manifest and express out into the world. I do not want to talk about degrees of love here, but love which is manifest in the face of fear is a far more transformative love, transformative because it touches that fear with kindness and teaches you the ultimate lesson that there is nothing to fear. Only through practice with fear do you learn that you do not have to be reactive to your fear but may relate from the ever-opening heart.

Your earth-plane experience constantly offers you such lessons because you live with this veil of forgetting. Of course, as you reach a point of deeper spiritual awareness, the veil has holes poked in it. It becomes translucent in parts so that the light shines through. It is even quite transparent on occasion, but as long as you are in human form it will never be continually transparent.

Your fear is not an obstacle. Your fear is wisdom itself when you abide with it, smile to it and are not ruled by it. It is then that the heart develops, then that you truly begin to live in the heart and express from that heart out into the universe.

You are in incarnation for a purpose. That purpose is not to have discarnate experience—not even continuous discarnate clarity—but to be incarnate and to work with the catalyst of your incarnation with love.

Here I would like to turn the microphone over to my beloved brother/sister/friend Q'uo. I pause.

Q'uo: We are those of the principle known to you as Q'uo, and we greet you in the love and light of the one infinite Creator. Let us give thanks to you one more time, each of you in the circle, for this opportunity to be a voice to you upon the path. We find your companionship heartening. We marvel at your courage, for you must express within this veil of unknowing.

There are two distinct ways to proceed upon a heartfelt path of learning and serving; and as we were saying to the one known as J. last evening, either technique or method of seeking is fruitful. However, the seeking with mind and opinion is that seeking that takes place in the shadow world of night with just the dim moon to offer its mysterious light to the darkness. In this dimness it is very easy to misrepresent to the self that which is seen. Discernment is difficult. Upon the other path, the path of the open heart, the light of noontide is offered to those who can surrender their small will and their hopes and expectations set upon defining that which is developed and manifest in the future.

Let us give a concrete example of the mix of these two ways. We describe now the way the one known as Jim came to the conclusion that he should join this instrument and the one known as Don. The one known as Jim had lived a simple and monastic life for some years before he encountered the ones known as Don and Carla. He also was a good friend of another teacher who lived some 2,000 miles from his home in rural Kentucky. He had decided that it was time to embark upon a path of service to others instead of remaining alone. His mind said to him, "I shall go 2,000 miles and offer my service." Thusly, this entity packed his worldly resources in the back of his truck and drove the 2,000 miles. When he arrived he found good work to do, but his heart kept knocking at the door of his awareness, saying, "Is this your place?" Finally, this entity honored that knocking on the door and determined to sit in silent

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meditation for the period of the weekend. He completed all his chores having to do with the service to the teacher and retreated for a long weekend alone. After all this preparation, he went into meditation and immediately he knew he was to drive 2,000 more miles back to Kentucky and join this instrument and the one known as Don.

Could the one known as Jim have come directly 70 miles down the road to L/L Research? We say to you, no; he could not. He was too sure that he knew his way. He had plans in hand, and therefore he had to work through these concepts and opinions. The miles were not at all wasted. There were no errors in this roundabout journey.

Now each of you seeks the most efficient way to serve. And whenever the grace comes upon you to stand in the noonday of that sun within, then we say, "Wonderful, exquisite," yet it is not often the case that sufficient surrender to the spiritual forces molding your destiny is enough completed that the apparent short cut through can be taken. Most often there is the mixture of the self attempting to predict and control the flow of energy with that openhearted surrender.

What we wish to impress upon you is our honest belief that the longer and seemingly roundabout route is not merely acceptable as a substitute for the blazing purity of surrender, but offers valuable catalyst which enables that sun within to begin to manifest within the inner consciousness. It is for this seemingly roundabout journey, this peering into the folds of velveteen night, that you donned what the one known as Aaron has called the earthsuit. We hope you may find it in your heart to embrace this walk in the shadows of mortality. We hope you may come to value and enjoy your swim through the seas of confusion, and may find play and sport in the swim and flow of inner tides. You shall be tossed about in these currents of unknowing; and as you suffer, you may often doubt the efficacy of your own seeking. This is the very situation you came to Earth to experience. Within, at noontide, you claim your wholeness easily. But you hoped to come into the shadow world and act as if you saw the noonday sun. Faith is that throwing of the self into the midair of complete surrender.

Against all logic, there comes in cycles the time of blind choice. At those cusps there is the desire to do right; and the instincts of mortality are to hold, to control, to reach and pull. The muscular take of those who choose to develop these cusps is that brave decision to release and surrender, and to claim the surety that all is well, that all will be well, and that for the moment it shall be given you what to do.

We would at this time offer the floor to the one known as Aaron. We are those of Q'uo.

Aaron: I am Aaron. Can you see that efficiency is often the voice of fear? There is within the human that which wishes to stay in control, not only for its own safety but also for the safety of those around it. It wishes to pattern the universe and make it predictable.

On the astral plane there is never a sense of being unsafe in the way that the human experiences such danger. It is clear on the astral plane that there is nothing that needs to be ordered or controlled, but that disorder has its own delicate and lovely order, and you can just let it flow.

Who wants to be in control? Often your reasons may be the highest: wanting to offer one's energy in service to all beings, wanting to alleviate suffering. But my dear ones, life is chaos; life is messy. Thoughts and emotions do not arise only when invited, and like good little children reporting themselves and then stepping back into a line. Thoughts and emotions are a class of rowdy children raising their voices out of turn. This is human incarnation.

It is easy to keep your equanimity in heaven. You are here incarnate to learn this equanimity regardless of the catalyst and even regardless of your response to the catalyst. Then, while you are shrieking, *"Eeek!"* and running from the mouse, there will be that within which is centered, still and knows its safety.

In very practical terms, in fourth density you are going to move into telepathic energy groups. Every thought or emotion that arises in you will be telepathically received by your peers in the group. Every thought and emotion that arises in them will be heard by you. This is the nature of fourth-density experience. Thoughts and emotions are not going to cease to arise just because you are fourth density. If this circle was fully telepathic now, would that be okay with you? Is there something that has been said or thought which you would not wish to share with the whole group? Did you glance at someone across the room and think, "Her hair or clothing looks

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frazzled today," or, "Why did he frown at me?" Certainly each of you has had what we would call negative thoughts or emotions in the past three days. Would it be okay if everybody heard this, or would there be a sense of shame? What if you heard this from your neighbor? Would there be discomfort with that hearing?

You are not incarnate to stop thoughts and emotions from arising but to find equanimity with them so that when you enter fourth-density experience, everything within you can be shared, everything from without can come freely to you. And judgment does not arise, shame and embarrassment do not arise; rather, there is complete equanimity with those thoughts and emotions so you can fully hear each other.

Now you are limited to learning from your own direct experience. What if you could totally empathize with another? Can you see that, then, others' experiences also become very viable tools for your learning? This is why compassion is learned so deeply in a higher density, and wisdom also, because so much more experience is directly accessible to you.

So, here you are in this third-density form, experiencing this wide array of thoughts and emotions, of confusion, joy and sorrow. Your first instinct is to wish to order this madness, to force it to stand in line and salute; and report, one at a time, and only that material which is pretty. But you cannot do it. That is not the nature of human experience. The nature of human experience, while it is often beautiful, is also dirty, smelly, chaotic. You are here to learn equanimity, to learn to open your heart to that chaos. The chaos is not your enemy; the chaos is your teacher.

When you ask, "How can I be a clearer channel in the way I wish to channel?"… The fear of which Q'uo just spoke wants to order experience. It wants efficiency: "Cut out that four thousands miles; go straight to Kentucky." It does not leave room for the great journey in which you are immersed and which purifies you, which teaches you.

To desire order and efficiency is not bad. Of course some of that desire is from a place of love, which wishes to release disorder to alleviate suffering. Only some is fear-based. Can you distinguish? If it is fear-based, can you observe that movement with kindness and without fixation on it? This instrument has a magnet in her office which says, "Bless this mess." It is precisely that attitude that you need to bring to your lives.

I would share a brief story about efficiency. Some years ago this instrument worked one day a week as a volunteer for a service organization known as Seva. She worked in the office, where her job was to receive the order forms for donations offered as gift in another's name, such as to commemorate a birthday. She would send a thank you to the one who had paid for that particular donation and send an announcement of the donation to the one in whose name it was made. These were all very loving donations in support of many beings. They were financial donations; merchandise ordered for self or other; and service donations, such as a cataract operation offered to a blind person in Nepal or a goat offered to a woman in Guatemala, which goat would provide her some means for a livelihood.

Barbara sat down one day with a great stack of these forms to be sent out. She saw how many thoughts she had, which slowed the process. She said, "This isn't efficient. What I'm going to do," she thought to herself, "is to go through the whole list and write all the donor address envelopes, then choose the appropriate card that says, 'Thank you for your donation', and slip it into the envelope. Then I'm going to go through the whole pile again and write recipient envelopes. I'll simply pull out the individual card: 'A cataract operation in your name'; 'Happy Birthday'; 'Merry Christmas'; 'A hundred dollars in your name'; 'With blessings to you'…" So she started separating these gifts, creating an efficient order of replying. She spent a day on it. By the end of the afternoon she was weary, and she had not really covered more ground. She took a walk and asked, "Where did I go wrong? Why didn't it go faster?"

Suddenly she realized the heart had not been present. Her previous process was slow because she would read the words and feel happy about how Mary Smith in Seattle offered this cataract operation with great joy to help another, and how much love Mary had for her mother to honor her and offer this gift in her name. When she wrote the cards, then her own joy at such generosity was a part of the writing. She was involved in the whole process and honoring the process. The cards were done more slowly but with love.

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My dear ones, it is so easy to fall into the trap of cutting out your heart, finding a mechanical path that does not have to feel the pain of the Earth. Mechanism insulates you against chaos, pain and disorder. You are never going to create perfect order; you are not here to do that. You are here to find equanimity and love.

I am asked sometimes, "Aaron, if this disorder does in fact add to suffering, then why is it bad to attempt to order it?" To attempt to order it is not bad, but attachment to ordering it creates the suffering, not the disorder itself. When there is attachment, the motivation is largely fear-based; "I've got to fix this" is the stimulus. When there is no attachment, there is a willingness to go into things the way they are, to feel the wind blowing and pushing on you and the trees, to sway back and forth, to feel the currents of the river ebbing and flowing, to feel the whole movement of life.

When you feel in this way, in connection with all that is, then the loving heart can respond with an intuitive awareness: "If I offer love here, it will shift that current so beings are not drowning in it. If I offer kindness there, it will gentle the push of that wind so beings are not blown off their feet." Then that movement comes from a place of deep love, which trusts the ways of the universe, which does not need to fight a war with the universe but offers its deepest love as co-Creator of the universe. Offering that loving force, which the universe may draw into itself and use in the best ways, you are no longer saying, "This has got to be fixed." You are saying, "Here is love, which can apply itself as it is needed."

This is the greatest skill you can master. You master it first by observation, by seeing how fear serves as a giant pusher, how your energy field armors itself and wants to push back. As these pushes keep coming fiercely within this realm of chaos, you learn to dance with the energy. It pushes and you yield a bit and observe it; as the pushing stops, you let the energy flow back. There is no longer anyone who yields or pushes, only the play of the unconditioned, the play of God. It is a dance of love, not fear. It is a very masterable skill. In order to learn it, you must first of all be present. You must observe the way that the physical world of material objects and thoughts pushes at you. You must observe the discomfort with that push and the small ego self that wants to be safe, wants the others it holds dear to be safe. You observe the one who wants to fix the push or fight it.

As you observe the flow of these movements in yourself, increasingly you will see how much choice you have. The heart of love opens! You will cease to need to attack the voice of fear in yourself, but instead will offer compassion to it. This is the second phase after presence—a nurturing of the deepest truth and resolve to live that truth until each moment of the mind and body cannot help but reflect truth. Thus, the lessons offered you by that arising fear will be mastered, because fear will become increasingly a catalyst for compassion. And you will become a force in the world which is centered and offers love. Not less important, you will ready yourself for fourth-density experience.

Each of you has some kind of mindfulness or meditation practice. It is very useful to use this time of practice, at least in part, as a way of observing your relationship to the aspects of life which push at you and at fear's reaction to fight back. To all of this you offer love, both to that which wants to fight back and to the catalyst itself. The more you practice this, the easier it becomes, and the more freedom you have to live with great joy and peace within this chaos that we call third-density experience.

I would like to offer the microphone to Q'uo. Whenever Q'uo has made whatever statement it wishes to make, I will open the floor to your questions. I am Aaron. I pause.

Q'uo: We are those of Q'uo; and before we speak, we would suggest the time is right for the seventh-inning stretch. We shall be with you when you have stretched. We are those of Q'uo.

(Pause)

We are those of Q'uo, and would offer to you last thoughts before the question period. To know yourself as human, as the featherless biped, may seem a great restriction, a great inconvenience. But no, know and trust that the moonlight is glamorous and deceiving, and that your wandering steps are all perfectly as they need to be. Take yourself lightly. Take love with profoundest dedication. Know that your greatest treasure, your central purpose and your patience are all wrapped up in the everyday life lived devotionally. In the world of the Father, all things are featured. Persist in your attention to the daily; for each task, each tale, each silly piece of paper in

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the paper mountain of your culture is full of learning for the one with ears to hear and heart to understand. Know that as you touch others, you meet yourself. The one known to you as Jesus offered two rules of life: to love the infinite Creator and to love the other self as the self. These suggestions encompass all you need for your journey.

This instrument sang this morning, "To give and give and give again, as God hath given thee; to spend thyself nor count the cost; to give right gloriously to the Lord of all the worlds that are and are to be."[18] May your worries be blessed with quietness, your concerns touched with grace. May your heart open.

We would at this time open the meeting to queries of Aaron or ourselves, or both. Please proceed with the question.

Questioner: Q'uo, I am interested that the path to equanimity seems to be anything *but*. It is not a process. How much of the instructions that we garner are just keeping us busy or stopping us in our tracks, and how much a ladder to our goal?

Q'uo: We are those of Q'uo.

My brother, all of the seeming missed steps and mistakes are necessary. This instrument has a memory: the story from a friend whose cat, upon finding her mistress at the front door, would race around and around the living room, run between her legs, dash into the kitchen, jump up upon the counter top, run around the counter, dash around the floor, jump at the refrigerator and then walk to her bowl. The cat knew that only after she did these things would her mistress provide food. The human mind says, "But it simply took that long for the woman to reach the storage place for the food. All the running was for nothing." We say to you, did not the cat enjoy the exercise, enjoy the time between the coming of the mistress and the food?

You must do something between this moment and when you die from this planet. You can choose when you rest and sit and await without motion. How this defeats the desire for which you entered this veil of illusion! The times of your life are instructional. They give you exercise; they give your emotions opportunity to refine. That process creates the beauteous and clear emotion, the mellow and harsh tones of the various positive and negative emotions. And so, it is the work of incarnation to begin to listen to and appreciate the dance of the emotions and mind and habit and encountered parts, confusingly and seemingly wrong-headed as these things must be; for it is in the fires of these steps of learning that realization of wholeness is found. So embrace the seeming trading of goals for mistakes, for seeming roads wrongly taken, and see that, truly, you cannot waste time as long as attention persists. Simply keep paying attention. Pay that treasure of time and talent. Pay it without concern for whether it seems worthwhile. Simply give of yourself as you see aright to do. And the moment of *samadhi* shall take you in the midst of that sea and never leave it for a moment, that confusion.

May we answer further?

Questioner: No, thank you.

Aaron: I am Aaron. I would like to add an illustration to the thought that Q'uo has just provided, taken out of the experience of this instrument.

At one time she took a walk in the woods, in a lovely wooded park. Since her last visit, the trails had been changed. She knew from prior walks that there was a shortcut that led to the beach. She walked down a path that seemed to go in the right direction, but it became narrower and narrower. Then ahead she saw what seemed to be a dirt-covered clearing—a patch of dirt, not quite as big as this room.

On the far side she saw the continuation of a trail. She stepped out into it and sunk literally up to her armpits in mud. She had the presence of mind to fling her arms out as far as she could. She was quite alone. Her feet were not touching the bottom, so there was nothing solid to push from. Slowly she grabbed the sticks and leaves that were within reach and built some kind of cushion for her body. Slowly she inched her way out of that mud, certainly not without fear. She crawled out to the other side, literally covered with black mud from head to toe.

She decided she needed to go back to the main trail, to stop looking for shortcuts, so she sought a way around this patch of mud. She tested with a stick and saw that the patch of mud was not an isolated one but was a strip of marsh which cut off the land nearer the beach from the land where she had at first been walking.

[18] Words by Geoffrey A. Studdert-Kennedy (1883 – 1929); melody, "Morning Song," attributed to Elkanah Kelsay Dare (1782 – 1826).

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The undergrowth was very dense beside the trail which she followed. Thinking that eventually it would take her to a passage across this strip of marsh, she walked and walked for perhaps two hours. She found herself walking in circles, came back and said, "But I was just here. Was I, or was it just a look-alike?" She began to leave a small mark and proved that she was going in circles.

At first there was anger when she observed the circles. "I am wasting my time," she thought. She was not concerned about getting into serious trouble. She knew she could push through the dense thorns to the beach and simply come out with some scratched skin. She knew if she did not return by nightfall, people would set out to look for her. By morning she would be found; but the night would be very cold, and all she wore was a bathing suit.

All of these dark and dreary thoughts went through her head as she came to the same tree for the third time by a different route and said, "I'm still going in circles." It was only after she had been around four times that she finally had the wisdom to simply sit down. She walked a bit until she came to a patch of sunshine where there was a clearing in the trees. She sat in the sun, which warmed her a bit, and began to meditate.

When she opened her eyes, finally now at ground level, she saw before her a deer trail. She had only been walking on old human trails. Clearly, if anybody knew how to get through this, it was the deer. So she proceeded again but this time crawling, following the deer trail, which took her across that strip of marsh by a very thin ridge of solid land and back to the main trail. She recognized the trail itself. The way back was but fifteen or twenty minutes.

Were those first few hours wasted? She could not have come to the readiness to crawl and thereby find her way out via deer trails until she had explored the human paths. I find this a perfect metaphor. Perhaps as you become more wise and experienced, you cease so strongly to be reactive to the voice of fear and begin to hear the voice of love earlier. Maybe then you only have to walk the unnecessary but once before wisdom steps in and says, "Settle down and listen." Part of being human is not only learning how to listen, but how to listen *through* the voice of fear when it is going to set you walking in "meaningless" circles for awhile.

As Q'uo was talking just now, this instrument said to me, "The question is that I waste so much time walking these meaningless circles. I seem to learn so slowly." But, my dear ones, you learn as you learn. However many times it takes before you finally learn, it will take. Once you have learned it, that is it. Then the next division in the trail appears.

Again, you practice the same thing: It is very easy to hear love when fear is not shouting. When fear is shouting, you must quiet yourself enough to hear the whisper of love beyond the shout of fear. As Q'uo just said, no time has been wasted. You are learning to hear better.

May we speak to your further questions? I pause.

Questioner: Aaron just said that we come to the same lesson again and again. This is the lesson of love? And the teacher is always fear? A question: Is the teacher always fear?

Aaron: I am Aaron. Fear is nothing but a distortion of love. Please do not think of the teacher as fear. Think of it as love in one of its many guises. I pause.

Questioner: Aaron has often said that whatever we choose to do is our own free will, but we will learn to make more skillful decisions. Q'uo said that there is no way to waste time. We learn from our mistakes. I have a belief that we may ask for guidance from God or spirit as to which path is the clearest or most skillful path at any moment. Could either Aaron or Q'uo speak to that? Is that correct?

Aaron: I am Aaron. Both Q'uo and myself may wish to address this. I will speak first.

In accordance and full agreement with Q'uo, it is *impossible* to waste time. It is not wasted time. You are learning; and yet when you do not pay attention because of the force of your fear, your learning takes longer. This is not to be viewed as wasted time. It is what you needed. Yes, your learning can be less painful and more in accord with the paths of love. With that aspiration in mind, yes, you certainly may ask for help.

Your asking is a statement of your free will, a statement of your readiness to receive. In the story I just told, Barbara dashed in mad circles before she was finally ready to sit down and say, "I need help." Fear was directing her, and it took her an hour and a half to settle her fear enough to simply realize that there had got to be a better way, to sit down and

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meditate and ask spirit, "How can I get out of this? Where is the path?" The time was not wasted precisely because the next time she came into a figuratively similar situation, she remembered the lessons of this situation and asked sooner.

What was driving her in the beginning? First there had been real terror in that pit. She screamed for help. There was nobody around. She realized that she literally could die in that mud hole, which was over her head, and that she had to get herself out. When she finally got herself out, then she allowed herself to give way to the terror she had felt and which she had pushed aside in order to find her way out.

If one were to find oneself in a similar situation, literally or figuratively, and remember how one had learned to bring kindness in, how to ask for help, then increasingly one will walk an harmonious, clearer path. Your primary question here is, "How can I become a clearer channel?" Everything you need for clarity is within you. Everything that prevents clarity is within you.

Clarity is only one goal. Learning, growth and the expansion of the path of love are equal goals integrated into the whole tapestry. To grasp at clarity is to negate the other goals. I hesitate to use the word goals. I think a better word would be fruits—clarity is just one fruit. To grasp at clarity is to turn your back on the other fruits. At what cost, then, is that clarity attained?

You have stated your belief that we may ask God or spirit for clarity as to the most skillful path. Yes, of course you may, but the most skillful path to what end? In the desire to avoid pain and confusion, do you wish clarity for comfort? Do you wish to cut out some of the loops because you are exhausted? Do you wish to cut them out to impress others or to feel like a "good" person? Do you wish to cut them out even because they seem unskillful in their impact on others? But perhaps those extra loops are precisely what is needed, as in the case of Jim's trip west before he knew where he must really go or this instrument's circles in the woods. The path is a treasure hunt. Clues are everywhere.

To ask is to acknowledge your confusion. It is to state your highest purpose, which is to enhance love and harmony. But what is the primary motivation for asking? Is there still desire to control and fix? Asking cannot be fruitful if it comes from a place which merely seeks avoidance of pain. To ask is not to request clarity about the path itself but to seek equanimity with the discomfort of the confusion. You open your heart to that discomfort. When the heart stays present, then as you just suggested, you open the heart and pray for guidance. It is not that the time would have been wasted otherwise. It is simply that you are now ready and expressing that readiness through your prayer. So the answer you requested becomes more available to you. Do you see how it works? I pause.

Questioner: There is an aspect of fear … Specifically, J. and I may work in Detroit in a hospice community. We have had one conversation with staff there. The opportunity came through a friend of mine. After one conversation we set a time for another. I know there is no necessity to do this work. It has come to us in a way. Part of what was discussed was teaching a class of staff members about how to meditate, how to work with their burnout. We are still looking at what will be taught, what is needed. Nothing is set. I see the fear rising in me saying, "I can't teach that kind of class," yet there are many things I know that can help those people. My question is that I am aware of many places where our service would be appreciated and needed. I have been praying for guidance about this. When I hear Q'uo saying there is no way to waste time …

I am not motivated by fear. My motivation is, "What is the wisest path? Is this the path to follow at this time?" Comments from Q'uo about making this choice wisely and not primarily out of fear?

Aaron: I am Aaron. C's fear suggests that there is a certain goal, which is to offer the self in service and for others to benefit from that service. Fear suggests that anything that sidetracks from that is a waste of time and energy. To offer the self in service and for others to learn and have some of their suffering alleviated by that route is a fruit. For you to learn about the fear in your self is another fruit. If the first time service is attempted, it falls short of what you would desire in terms of the final offering, if you thereby learn what you still need to practice, if you thereby learn to relax and allow your great wisdom to flow out of you, nothing has been lost. Such learning is a great fruit.

Can you see how you are clinging to what you believe must happen, looking for a specific result? You are not being a co-Creator with the universe,

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you are trying to direct the entirety. Instead, you may offer your intention that you and all beings may benefit by this situation as much as is possible. You must acknowledge that there is also motivation to be the "good servant" and fear that you will fall short—even motivation, if such exists, to be helper to others or win approval. Noting all the motivations and that love is primary, you may enter into the situation with an attitude of surrender of control, without expectation that something special is going to happen for you or anybody. You take these multiple motivations and with loving and earnest heart offer the entire confusion to God while reaffirming the primary motivation. Then, whatever happens can be taken as learning. I pause.

Questioner: I have the same question. Is there guidance? I see that it is okay to go ahead with it. What I am asking for is, are there wisdom and guidance around in making such choices? No fear, just love. Is that available?

Q'uo: We are those of Q'uo. We are with this instrument, and, my sister, we believe we grasp your query.

Of a certain, guidance is about you and about all at all times. The world of spirit greatly desires to support and strengthen each beloved spark of the infinite One. It is indeed a skillful and loving thing to ask for guidance. This instrument has a short phrase which it uses constantly within itself: "Lord, show me thy ways." It prays daily, "Lord, in all we do today, help us to serve you."[19] This passionate embracing of guidance does not in any way fail. However, sometimes the answer from guidance is a silence and a lack of further information. Sometimes the answer is even, "No."

One who passionately embraces equanimity is upheld from moment to moment, and of this you have been the witness many times. However, when the guidance is negative or simply silence, then it is that the human must move forward without that feeling of being supported. The support is there; but at that crux, the guidance and support is opening by its silence the opportunity for moving in confusion. One may move for months or years, sensing into and cooperating with the outpouring of one's destiny. But inevitably for some entities there comes the desert experience where the air may be full of night, the heart is blind and the fear is joined by doubting. At that time when the seeker feels most alone, when guidance seems gone, the act of love is simply to persist in faith in that memory of how it is to live with guidance. In those times when spirit seems silent, we suggest persistent attention to the subject coincidences and synchronicities of the moment-by-moment experience; for all of the creation is alive and is connected with you, and your hopes and desires.

There is much time and skill behind your query. And we feel that you are aware of the guidance to a point that denies the possibility that there is none or that it is unwise to rely upon the support network of spirit. Certainly, always open to the help available. But when that revolution of cycles comes and suddenly you find yourself riven, then it is for you the opportunity to walk by faith alone, untroubled by seeming flaws and disasters, large and small.

The human experience seems to be about doing things well. But you are not here to do things. Primarily you are here to develop an attitude, a core vibration of being, shall we say, that is as close as possible to the original vibration of love. As you live through confusion, the way to maximize the proximity of your vibration to that of love itself is to surrender any holding on to the web of support and in allowing it to seem to fail without becoming upset. You then have the chance to express a shining faith that says, "*Whoops.* I know nothing. I haven't a clue. But all is well and all will be well. And embracing that health that demands that I am whole, I have no clue at the moment, but I still know that I am precisely where I am, and it is good." To view the mess that sometimes occurs and to dance in the tatters and in the cleaning up, and to joy in all of it—that is faith.

May we answer further, my sister?

Questioner: Thank you. No.

Q'uo: Is there a final query for Aaron or us?

Questioner: My observation is that as we experience this equanimity, we can have joy despite turmoil. Guides that work with us provide a short cut, and part of their gift is quiet—letting us learn patience and love at a deep level. I really have no question, just my observation of what has been shared these past few days.

Q'uo: My brother, we could not say it better.

[19] Reference is pending.

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Questioner: Thank you for your gifts.

Q'uo: We truly thank you. We bless each. Enjoy your dance, my sisters and brothers, and know that no sorrow is wasted, no joy unheard. We are those of the principle known to you as Quo, and we leave this instrument and you in the love and in the light of the one infinite Creator. Adonai.

Aaron: I am Aaron. I would also thank you for the great gifts that your seeking brings to all beings, and the gifts of your sincerity and loving hearts.

When there is confusion in your lives, can you remember to greet that confusion with love? The one known as C. said about this upcoming work, "I don't have a clue." That is a highly accurate statement for most of you at most times in your life. You often have no idea of what you are really doing while you are busy doing what you think you are doing. What can you do but smile and trust and take the next step? And when you do, you will find love there, I assure you. My blessings and love to each of you. I am Aaron. That is all. ♣

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Sunday Meditation
December 15, 1996

Group question: From the Law of One information we have the statement from Ra that "It is the way of distortion that in order to balance distortion one must first accentuate the distortion." We are wondering if this is done consciously or subconsciously. How does this work in the daily round of activities? How does this work with emotions? Can or should we attempt to control our emotions when we are attempting to balance catalyst?

(Carla channeling)

We are those of the principle known to you as Q'uo, and greet you in the love and in the light of the one infinite Creator. We thank each of you for calling us to your circle on this occasion, for thereby you enable us to serve, for communications such as this one through this instrument constitute a large portion of our present way of serving others. We have this in common with many positive entities who surround your peoples at this time, ready to offer the love that lies within them to those upon your planet who in their heart are crying out. We hear the sorrow of your planet and it moves us greatly, so we feel privileged to be able to share our opinions.

We are aware that you wish us to speak of balance and of emotions. Perhaps we should begin with gazing at emotions and the role, shall we say, that they play in the shadow dance of life within the veil of flesh which each of you enjoy as those in third-density incarnations. The emotion that is pure is as a note upon a scale upon your musical instrument. The entire range of notes or tones of emotion create what has often been called the music of the spheres, for the purified emotion has the deep level of truth that moves from unknowing to unknowing. Within the illusion of your daily lives emotions are almost never present in a purified manner. The incarnation begins with the seeker already possessed of many basic biases in thought. These biases create ways of perceiving incoming information in a distorted manner. Some distortions are slight, some are substantial, and some are so exaggerated that it is difficult to recognize where the truth within that emotion lies.

However, no matter how biased the emotional attitude or presenting of self to the moment with regard to the material seen in the moment, all emotional feeling bear truth. It is just that because of the distortions present within each these truths are clouded or impure. You may think of emotions as being of a crystalline nature and of impure emotions as being of a nearly crystalline structure but with the impurities which create the cracks and faults within crystals. So each of you has your unique instrument. The notes of all emotions from the most positive to the most seemingly negative. Each of these feeling

states is a truth of your being, but insofar as you dwell within the body of flesh the veil has dropped so that you do not have a good example of pure emotions to emulate. For all within the illusion partake in that illusion and many distortions are built into the being that presents itself to incoming information.

So you may look upon the disciplines involved in purifying emotions within yourself as that job that the piano tuner does when it takes its vibrating instrument which, when struck, vibrates the A below middle C, and then attempts to tune the corresponding note upon the instrument to that precise vibratory rate. Each of your emotions has a perfect crystalline nature. It is buried within the distortions that keep you from seeing and hearing the beauty of that note of feeling, that emotion. So when you experience emotions, know that you are receiving information from a deep source, that is, from that large portion of your consciousness that resides at a level below the threshold of conscious awareness. Where words cannot go, emotions become vocabulary.

So as you gaze at yourself reacting emotionally we ask that you realize that it is not at all your job to remove emotion. Nor is it desirable, in our opinion, that the emotions be altered because you feel they should be altered. Rather, we would suggest that [with] these emotions that strike you as being less than pure, to sit with that emotion, to re-experience that emotion, to move about in that feeling state, and to gaze without fear and without haste at that experience that you have collected. As you spend the time to contemplate that situation in which the emotion became embedded, perhaps you can begin to see some of where the distortions are within your own vibratory complex. This is valuable information, but not to the conscious mind. Rather, it is the subconscious mind which reaps the benefits of your contemplating those things which have moved you.

We have often said that your third-density incarnation may be seen as a school in which the illusion's purpose is to drive the third-density seeker from the head to the heart, whereas intellectual thoughts have light energy, shall we say. It may be said that emotions have heart energy, and because of this the emotions contain more profound information than any wisdom which the brain can encompass and speak concerning. For emotions move in waters too deep to contain words, and it is at this depth that the changes that you desired to make prior to this incarnation may be affected. Thusly, even though it seems as though reflecting upon one's emotions is the work of analysis and intellect, indeed it is actually exercising that muscle of faith and allowing that opening between conscious and subconscious mind to be kept open while you do what you can to open the self to a wider and deeper grasp of the situation in which the emotions were concerned.

The way to work upon that balancing then, that balancing of the emotions, the balancing of energies, is to allow that door between subconscious and conscious awareness to be allowed to keep open while the play that you have just finished can play again within the being. And in that review of the soap opera of the day, let us say, there is the opportunity to allow through the threshold of conscious thought the whole range of that particular emotion. For you may see that each note, for instance, upon the piano has its octaves. It also has its harmonics, and it is of these notes, tones and harmonics that the emotional tone poem of your particular vibratory nexus is built. So you may see the balancing exercise as a beautification project, working with what may seem like slums of feeling with that faith that does not judge the self for having distorted emotions. [The more] the self softens and allows the space for that dynamic between the polarized emotion and its opposite, the more the individual becomes as a clear tone and is able to have a more and more tuneful instrument.

Because of the tendency of entities within this heavy illusion you experience to avoid the work upon difficult emotions and because it is well to allow time to pass in your illusion before dealing with this difficult material we do not suggest, in general, that the time to work upon balancing emotions, thoughts or actions be as soon as these have occurred. But rather we would suggest that the sun be allowed to go down and come up again and then perhaps go down again, before you personally and subjectively feel that you are ready to work upon this particular experience. When you feel that you are ready in a good and stable place and able to do work in consciousness, then is the time to reexperience that situation which caused your conceptual feeling of a knot or tangle of emotion to occur. Move back into that caught or knotted place. Envelop it. Be it. Not

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only remember but allow the feeling to come again and allow it to be strengthened. When the bicycle approaches the corner[20], those who ride their bicycle will tend to lean the other way when turning that corner. To turn right, there is the lean to the left. This is because if one did not lean to the left when making the right turn one would lean inevitably and perhaps catastrophically to the right. Sometimes balancing means not just gazing at it to grasp it in its splendor but rather to see that corner turning, see that dynamic of movement where you lean into the way you wish not to go in order to give balance and stability as the turn is made into the right way or the way that you feel is the opposite of that knot or tangled emotion.

We have spoken of your beings as having the characteristics of instruments and we wish to emphasize that this is true to the best of our limited knowledge. Each of you has an unique signature made up of all of the tones of emotion, truth and beauty that make you up as a metaphysical personality. The vibration of perfect love, the vibration of the great original Thought is that perfection of which each of you are possessors. That is, the great thought of Love lies perfected within you, not outside in a book, in a teacher, or in any experience, but, rather within awaiting the patient and persistent seeker who is able to wade through distortion supported only by faith. You may see yourselves as being a grand chord of being with notes that create just your signature, and you may see your work in consciousness that balancing requires as the working out within illusion of your personal polarity. The one who is not attempting to polarize may work upon his emotions, may work upon her experience, or she may not. It is simply whether she feels as if she might do this work. As long as the efforts are now and then, sometimes yes, sometimes no, the person will find continuing difficulty in maintaining polarity.

Now, polarity is extremely important to your third-density experience. The unpolarized entity is as a pendulum which has no emotion. In a busy emotional individual the pendulum gets moved about, back and forth, back and forth, but there is no net gain in positive or negative. The challenge of one who wishes to become a metaphysical being, an awakened consciousness within this illusion, that entity must begin to move that weight which is as a pendulum in such a manner that it does not return to the zero point. This take patience, persistence and faith. As you work with your emotions there will be many, many temptations to stop the work. The faculty of judgment has been talked about during your conversation previous to this session, and each of you judges the self for playing bad notes upon your instrument. The piano tuner does not become upset because B-flat is not at pitch. He simply adjusts the string until it vibrates an accurate B-flat. You have these pure, truthful, truth-filled emotions within and simply need to see them, all of them, as valuable precious, priceless objects which hold clear and crystalline truth. Even the deepest notes of terror, pain and all of those ways of suffering that flesh is err to, as this instrument would say, these notes too contain enormous beauty, earth-shattering intensity, and in the melody of your existence you may see yourself attempting to purify those notes. This is indeed an effort worth maintaining, for to the one who persists shall come that tremendous inner peace that spreads over the consciousness of one who has stopped judging on appearances and is willing to listen to the most distorted feeling complex with the steady and sure faith of one who knows that beneath the distortions that hide the crystal there does lie the virtue of perfect emotion.

We believe that this is sufficient for this particular session and would at this time transfer the contact to the one known as Jim. We leave this instrument with thanks, in love and in light. Take those thoughts helpful to you and leave the rest behind. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to ask if there might be further queries that we may speak to. Is there another query at this time?

R: I have a question to clarify the previous channeling. You used the example of leaning into a turn when riding a bicycle when balancing an emotion. You used the example of leaning opposite to the turn, but that will cause a crash. Was that a miscommunication. Is that right?

I am Q'uo, and am aware of your query, my brother. Indeed, it was our intention to suggest that one must lean into the turn, to lean in the direction of the

[20] See the first question by R for further clarification regarding this section.

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turn in order to accentuate the distortion upon which one works. We did not mean to cause a crash, my brother.

C: I have a question in relation to spirit guides and ones like yourselves. I wonder if you could speak more upon the different types of guides available.

I am Q'uo, and am aware of your query, my sister. There are guides, as they have been called, teachers and friends available for each seeker, and a great variety at that. There are for each entity at least three of those in whose care each seeker may rest. There is the guide of the masculine nature, the guide of the feminine nature, and the guide of the balanced or androgynous nature. These are primary to each entity and will work with each entity according to the needs or level of work upon which the entity has focused its attention within the incarnation. In addition to these, there may be those such as ourselves that move in service to those who are what you would all wanderers within your illusion. Thus, we serve as a guide, or what you may call a Comforter, to many of those who are in harmony with our vibration and from a level of service which seeks to aid those upon this planetary sphere.

In addition, there are those friends or teachers who are called to a seeker's service at specific or intensive times within the incarnation of the seeker. These entities may have a more narrow or specific purpose to fulfill in guiding the third-density entity. Many times those who are creative within the fields of artistic expression will feel a guidance from such an entity at particular periods of production or creative inspiration.

There are also those friends who may serve as guides who are of the third-density entity's family, shall we say, and when we speak not only of the Earthly family and one who may have gone through the doors of death and rebirth before the entity to be guided but also of the family of the entity which works from incarnation to incarnation, perhaps one serving as guide or teacher while in the discarnate state and the other in the incarnate state, these trading positions from time to time or incarnation to incarnation.

There are other types of guides as well that are far less usual, shall we say, and of these we can say little except that they do exist and may give a kind of guidance or inspiration upon request, such as that of the prayer, the contemplation, the heartfelt emotion that cries out to all creation and elicits the response of such entities such as these.

Is there a further query, my sister?

C: No. Thank you. That was very helpful.

Is there a further query at this time?

Carla: I felt there was a time when something got away from me where you were talking about the one original Thought. I would be glad to hear through Jim anything I forgot to say.

I am Q'uo, and am aware of your query, my sister. At various times during the channeling process for an instrument such as yourself which is most sensitive there are those crossroads which will augment the understanding of the information we are giving. If one is able to travel each road successively, oftentimes the concentration is so well focused on one road, there is the beginning of this road, the traveling of this road, and then the continuation upon that portion of that explanation rather than the returning to the crossroads to give another aspect or viewpoint of the information. There are, in fact, many, many roads or aspects of any point being discussed which could aid in the elucidation of the point, but the ability of an instrument to perceive all of that which is available must be focused and one-pointed in order for any information to be transmitted. Thus, an instrument must not feel too discouraged if some aspect is omitted. That one has become aware of such omission or deficit merely is an indication of the increased ability of the instrument to function as an instrument.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there a further way in which we may speak, my sister?

Carla: No. Thank you.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

R: I have a question about guides. I listen to your words, but when I try to open a channel to my personal guides, I wonder if it is appropriate to try to consciously open a channel or whether a thought is enough?

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I am Q'uo, and am aware of your query, my brother. The desire upon your part to be guided in the seeking of love and the service to others and the growth of the self is all that is required for such guidance to be received. To become aware, consciously aware, of the guidance is yet another task. For one may move throughout the entire incarnation with the faith that guidance will be received and indeed shall be correct and shall be guided without perhaps ever becoming aware of exactly how the guidance worked. For those who wish to be more closely aware of such guidance it is well to pick a manner of receiving. Some are able to perceive thought concepts such as those which we transmit through these instruments. Some are able to perceive concepts through writing within their own journal where they are able to give over the control of the manuscript. Others are able to utilize implements such as the pendulum and work in this way to become aware of guidance. Others may utilize the tarot deck of cards containing images and meanings, energies and directions. Others may find more personally tailored manners in which they can become aware of guidance, each technique dependent upon each seeker's personal preferences and talents, whether they be through some endeavor which will allow a certain kind of feeling to be transmitted, perhaps through music, movement or some game of chance, shall we say, the falling of cards, the ball through the basket, the technique dependent upon the individual's selection firstly, and secondly and most importantly upon the individual's continued utilization of this technique on a regular basis so that a channel is set up that may be utilized again and again

Is there any further query, my brother?

R: One more point. I assume that as you ask for guidance the guidance will be given appropriate to your stage of development. You walk your own path and when you receive guidance, this does not mean that someone else walks your path for you. Is this correct?

You are correct that another cannot walk your path. As one receives guidance you are always free to accept or reject all or any part of the guidance. The feeling of recognition, of rightness, of being in the flow of energy, shall we say, is often the signal to the seeker that the guidance received is good and perhaps shall be adhered to. However, one is always able to choose one's own path, for at every turn there is always guidance whether it comes from another or from the self.

Is there a further query, my brother?

R: As one asks for guidance, there is a responsibility to use the guidance well. Is that all the responsibility?

To that responsibility we would add one further and that is that one seeks with a whole heart in each endeavor in which one asks for guidance. It is not always possible for the seeker to listen clearly, to hear clearly, or to act well, but a seeker can act with a whole heart and seek with the intention of knowing in order to serve and to grow.

Is there another query?

R: No. Thank you.

We thank you, my brother. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for this session of working, we would at this time wish to express our great gratitude at the opportunity of joining this circle of seeking. At this time we would take our leave of this instrument and this circle of seeking. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 22, 1996

Group question: We would like to ask about discernment. We are aware that we know whatever we know through the intellect, through the experiences that teach us, and we know through intuition, through the subconscious mind, through any entity that might communicate through the subconscious to give us an indication of the rightness of a thought, direction or action. We are wondering how to find or discriminate the highest knowing, the best knowing, the way that we can act according to what we know that we are doing the best we can, both to know and to act? How much of this is dependent upon faith?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet each of you in the love and the light of the one infinite Creator. What a blessing and privilege it is to be called to your circle of seeking on this day of chill and grayness, when the days are so short and the longing for the light is at its greatest. We greatly appreciate this opportunity to share our thoughts, to share with you those things that we feel that we have learned. We ask, as always, one thing of you and that is, if we may use the word, discernment. We do ask that each of you trust her powers of discrimination, for there is within you a very powerful knower. And that keeper of your own personal truth awakens when you hear that which is true for you, that which is of use to you. It is a feeling of remembering or recognition of that which was already dimly known. Then that is yours. If you have no such recognition of those things which we say then leave them behind, for we are not speaking as authorities but as those who walk the same path as you and those who have perhaps in the illusions of time and space walked a few more paces than you have.

The wish to obtain and purify the faculty of spiritual discernment is surely a common one because of the nature of the spiritual journey. It is not given to any to have proof of rightness. In other avenues of your daily existence where the world of the physical holds sway there are ways that seem to approach exactitude, of knowing and measuring quantities and qualities of those things which are manifest within your illusion. One of these things which is manifested in your illusion is the physical, mental and emotional bodies that you have taken upon yourselves as one would don a suit of clothing in order that you might have a beingness within your world of illusion during your incarnation here. That body is at once a wonderful gift and a gift to be grasped and understood as a part of but not all of that which is yourself. In particular, that mental and emotional mindset that comes with the body that you have, that follows the instincts of the body that you have, is also that which makes it very difficult to

see into that darkness in which spiritual things are always hidden.

The hallmark of the spiritual inquiry of the seeking and searching after truth, of the thirsting for righteousness, is the darkness, the perversity, the inability to see clearly that is typical of a world that is in darkness in which the only light is the light of stars and of the moon. The one this instrument knew as Don used to say that the moon was more important that the sun because it gave light in the night, when you need it. This is very true. It is into the spiritual night that the light, so dim yet so precious, of discernment must come. It is not in the noonday of consensus reality when choices seem clear, but rather at the midnight, the dark night of the soul, which in some levels goes on all the time beneath the tempo of your everyday life.

It is as though the greatest of treasures was hidden in a darkened theater, or a darkened field. If within a theatre, then, it is not simply the audience but those upon the stage that gaze about and look for that hidden gem that is truth. If within the field of night, then, we might bring that parable that this instrument has from its Christian education of the merchant who sold all that he had to buy a pearl of great price. That pearl lies buried with the field, and it is the decidedly unglamorous job of the seeker of truth to dig in the dirt. Now, each of you has a different way of approaching the dichotomy which is sometimes not clear and is sometimes excruciatingly obvious betwixt the second-density great ape physical vehicle with its attendant mind and emotions and that consciousness which was before all began and which shall continue after all has ended in the stream of time and space.

To most entities it is very difficult to move from the choice-making, comfort-seeking mindset into that consciousness which has no characteristic of time or space or momentum but rather which exists in the eternal, in the infinite, in the unknowable. All that is unknown in spiritual discernment does indeed lie safely, most deeply within the heart, within that great center within which you may visualize as a tent of meeting, the tabernacle, the holy of holies in which resides the Creator, that great original Thought, unconditional Love. That power that is the Logos is absolute.

When there is that golden moment and the self somehow moves into that space where one is tabernacling with the infinite One, one is in the light, and one becomes the love. When those moments occur we suggest that you write them down in your memory and know that you have gleaned a precious gem from that field which you are digging in. Or know that one of the characters upon that stage has come to life because somewhere in that theater that little bit of truth was found. Those moments are absolute. They cannot be transferred to another, but for the self they are tremendously important, for very often, while in the physical illusion, the seeker must run on faith and hope alone. And when this is the case, it is memory that feeds faith and sparks hope. Memory of the self is a blessed gift of the moment, and another and another, and as the years of your incarnation roll by there is a growing collection of precious, precious gems of moments in the light, moments when love and the self were not bounded or separate.

This instrument has often attempted to write of these moments of ecstasy in a way that would spark others to find the fullness of joy in the Creator, and yet there is no communication that can transfer this kind of moment of pure awareness. So the seeker, as always, is upon an unique path. There are no two sparks of love, no two souls, shall we say, that have the same path, though many may say, "Oh, I have a Christian path," or, "I have a Buddhist path," or whatever path is named. Yet one path is not equal to another. Each is unique. The difficulties of sharing and helping each other when discernment is being searched [for] is monumental because one path is not just like another, regardless of how two people use words to describe that path.

Your nature as an entity is at the same time unified and extraordinarily complex. If the soul that you are works better moving from feelings it is perhaps desirable to cue to the unitary nature of experience that all is one and that in experiencing any one is experiencing one experiences, in the end, the All. For the one who is more aware of the internal workings of the mind, that one who is aware of the layers of meaning and of consciousness, the image of a subtle and complex network of mind works better. The mind has great depth, moving ultimately into that Self which is All. There is a kind of geometry to the mind. There are pathways within it. And there are entities within your culture, within each culture upon your planet, who have moved deeply into subtleties in discriminating betwixt one level and

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another, betwixt one tone poem of a mood and another, between one awareness and another.

Either of these kinds of path will work. It is simply that one must find the path or the combination of thoughts that will yield to the self that which is sought, which is an increased trust that all shall be made clear in good time.

The simple use of time is recommended to those who wish to work with the processes of perception. When an entity takes time with the self it is a great help to the inner workings of that self. Some find that the greatest gift that they can give to themselves is silence, and we do recommend, always, the daily silence, the listening within to that still, small voice that speaks in that silence with thoughts beyond words, with food that feeds the deeper person. Some find conversations with the Creator very helpful. These are often cast as prayers, but any conversation with that mysterious higher power qualifies as prayer, as this instrument has often done, getting very angry with the Creator, complaining and otherwise getting negative emotions expressed. Sometimes yelling at God is suitable and appropriate for what someone has been through and what someone is attempting to integrate into that combination self of awareness and mortality that each is within your illusion. Certainly allowing time to pass, allowing sequences to build up, is extremely helpful when one is attempting to discern and there are subtleties that cannot be voiced. The simple allowing of time to pass can bring into your awareness those subjective signals that work only for you, those little nudges that you begin to get when you turn your life over in complete surrender to that truth that you seek and that you wish to be.

There is a freedom that comes with the surrender to that higher power, to that attitude that says, "Not my will, but Thine. Teach me Thy ways. I want to know how to fulfill my service to you. Give me a hint. Give me a sign." Then allowing the time to pass, asking the question, and waiting. There are times when the waiting period is very, very short. There are times when one waits for years. However, always these questions continue to work within you until you have found your way. Fortunately, it is in how you meet the conditions of life that the quality of life inheres, not in the events or circumstances themselves. It is easy to forget that consensus reality is illusory because everything looks very real and seems very solid. Scientifically speaking, you are aware that within each piece of furniture and within your own body there is far more space than anything else, with electrons dashing about as tiny little galaxies. Almost all space. No real matter. All an illusion. How hard it is to wipe out, sometimes. And to find that patience that seeks more deeply, that is not impressed with seeming success or put off by seeming lack, that sees beyond the appearances and the chances of a mortal existence.

But discernment is all about moving into that uncomfortable darkness, where things are almost impossible to see aright. The colors are hidden, even the shapes. Oh, the light could not be dimmer without going out entirely. This is your spiritual situation, and that is why the faith with which you meet the good and bad fortunes of your existence is such a signal and powerful portion of a walk that can be termed spiritual or devotional in nature. Since nothing can be known, one must choose either to stop trying to understand or to invest in faith.

If the seeker is able it is very helpful in pursuing truth to work with those entities with which you come into contact, for as long as you are thinking internally and turning the gaze inward, the mirrors which others offer to you are not used. It is very difficult for one within the tangle of life that each entity creates in his incarnation to see that tangle in a balanced and helpful way. However, those others with whom you share your environment have the happy faculty of being mirrors without effort, for you shall catch off of their mirroring only those images that provoke reaction within you, and as you react to those entities seemingly outside of yourself you may know that you are now working in an area where there is something to work on. Your interest has been awakened, perhaps rudely. Perhaps you do not like what you see. Perhaps you love what you see. Either way, you as a seeker have been served by the mere being of the other, who without any effort whatsoever is able to show you the truth that is hidden within you. When you have the untoward or the negative reaction, take that gift and look it over, for it has much to tell you. Perhaps in the end, when speaking of spiritual awareness, we must admit that in terms of final things we as yet do not know anything. The mystery continues to recede before our eyes in an infinite and spacious way.

And this seems to us to be satisfactory. We are content at this point in our own evolution to serve according to that which we value and that is why we

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thank you for allowing us to speak to you. For to us, the cries of those upon your Earth for understanding, illumination and peace are gripping and make us feel much sympathy. We feel the sorrow and the desire for the higher way, for the loving way, for the truthful way, for that quality of life which turns the everyday into an object of beauty and truth. We feel these desires within you and praise them. As you move in response to them you are accelerating the rate of your spiritual evolution and beginning to live a life larger than yourself in that as you attempt to live from moment to moment, fastening upon those things of greater importance, the vibration of your being lightens, and as it lightens the planetary consciousness lightens also. It is as though with your being, with that essential you that breathes in and breathes out and yet remains beyond all breathing, you have the power to change the world. And indeed, quite literally, each of you is changing the world to the full extent of your choices in respect to how to serve.

The great choice, as you know, is between the radiant, the giving [of service to others], and the attracting and holding and controlling of service to self. Each of you has chosen the path of radiance and each of you is making a difference.

There is perhaps nothing greater that we could say than to love one another as you have come to love yourself, and if you have not learned to love yourself, that task is your first one. For it is difficult to do work in consciousness until one has become at peace with one's being, in its full nature, with all its shadows and its dark side. So we ask you to love, to find ways to love the self, and to nurture that self and appreciate and respect the sacrifice of that second-density great ape being which has given you the opportunity to walk upon the earth and to make a dent in it and to live and to choose. This is a very precious thing, this incarnation. Each is aware of how quickly it is going. We wish you every blessing and shall be with you at any time that you request our presence, not to speak but simply to sit in meditation with you.

We are aware that there are questions that remain and so we would transfer to the one known as Jim so that we may probe further in this interesting area. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Transcript ends.) ❦

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Sunday Meditation
January 5, 1997

Group question: The question for this afternoon has to do with discipline in the sense of the disciplines of the personality that Ra spoke of in the Law of One information. We would like Q'uo to give us a little better idea as to what this discipline of the personality amounts to and how it is arrived at and the attitude one has when one exercises it as opposed to, say, our normal idea of discipline which is an idea of doing something rather out of the sense of duty or being ordered to do so or because you think it's right, then it doesn't have a very pleasant connotation about it, and we would like to have Q'uo talk to us about disciplines of the personality.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is, as always, a privilege and pleasure to be asked to share our humble thoughts with you, and we are honored to do that, asking only that discrimination be used by each to pick up those things which appeal to you and to leave undesired thoughts behind.

You ask this day concerning the disciplines of the personality. May we say that this is a large subject. The question entails gazing at the stuff of which humanhood is made, for it is within the human situation that the discipline of the personalities becomes challenging. When one is between incarnations, or when one is within densities where the truth is not veiled, the disciplines of personality are a much more straightforward challenge because there is that simple measuring stick of the vibration of the one infinite Creator against which to view the considerable material of that personality which is your unique gift to the Creator and to the creation.

It may be more difficult to achieve meaningful progress when the truth is not veiled, but it is more difficult within the third-density strictures to perceive the directions in which one is well-advised to proceed, and it is just for the sharpening of this challenge that the veiling of third density was chosen by the sub-logos responsible for the structure of your particular physical universe.

Each of you is, shall we say, a new and improved product, since much has occurred in creations before yours which has suggested to the newer sub-logoi that this veiling take place. What is the personality? This question, this concern has generated millions of words among your peoples. Always it seems that your culture is fond of the list-making, that the personality is Number One this, and Number Two that, and so on. The shape of the truth, however, is athwart [of] the list-making tendency of your peoples.

It is easier, shall we say, at least for this instrument to conceive of the personality and the structure of

the mind that fuels this personality as an instrument of musical kind. An instrument is that which is to be played upon; an instrument can produce many tones within the limits of that instrument's nature. This instrument is familiar with musical instruments such as the piano and the recorder, which is a kind of flute, and, in each of these instruments, the way the instrument has approached [it], the nature of the particular touch of the fingers is quite substantially important, for it is the production of lucid, pure tone that the player of the instrument is attempting to achieve.

You may look upon the structure of your mind, emotions, mentality and spirituality as an instrument, that each is a different kind of instrument. Some personalities are those which must be struck, such as the piano or the drums. Others are entities who have various strings of character and nature that individually can be tuned and then plucked or vibrated in such a way as to produce tone by friction. Other instruments require energy, the pressure of breath forced into a shape and then air opened and denied in order to produce various notes. Each spark of the one infinite Creator that is each of you is an unique instrument with the ability within its potential to produce pure, clear, beautiful tones.

Thus, one may perhaps see that the first concern of one approaching the self and wishing to do work in consciousness is to investigate the nature of one's own instrument. Because of the veil, this is excruciatingly difficult without help, for it is hard for a person to see its own character. One may most accurately see into one's own personality by reflection. It is no mistake or coincidence that your third-density experience is determinedly social, for it is in the interactions of personalities with each other that the truth is projected to each from the other.

When you relate to a sub-logos such as yourself, those things that you like in the other are likely to be those things which you like within yourself, and vice versa, those things which offend you in someone else reveals to you those considerations and issues which are far from settled within your own self. Moving deeper into this heart of consideration of personality, one may attempt most successfully with other entities' help to penetrate the outer forms of personality and to move into that subterranean spring of personality from which you are as a fountain bubbling up into manifestation.

The personality that you are, may we say, is an artifact of distortions that have been created by the choices that you have made in pulling from the archetypical and racial mind those elements which you have decided to work upon within your incarnation. Although each entity is unique, then, each is standing from material that is very deep within the unconscious mind that links all sub-logoi with the identity of the Logos. The Logos in potentiation cannot be said to have personality. By the action of free will, the potentiated Logos becomes that intelligent energy in which the seeds of personality are sewn. Each of you springs from one soil. More than this, each of you springs from one kind of seed.

Through the circles and cycles of life after life and density upon density, through the processes of seemingly slow moving time, you have created the distortions that identify you as unique. So, part of the goal of one who wishes to play that instrument of personality is to move through each distortion to find the parent stem that all share; then, when one has more of a feeling of those things which are congruent from person to person, one may then move back up the trunk of consciousness into those branches of conscious thought that ramify into the personality that you express at a present moment such as this one.

Were each personality not to have come from one source, it would be an entirely different thing to learn the disciplines of this particular instrument that you possess, that you have created up to this point in your cycles of manifestation. But you can stand upon firm ground in receiving information from any other human source, because each is most assuredly and truly a distortion conglomerate whose roots are identical to your own. This is why so much can be learned in the interaction of person to person. Moving deep enough, one treads common ground with all entities. It is equally important to grasp the common ground and to grasp the peculiarities and specialties of your particular instrument.

Now, when you have more or less begun to identify the tones that your instrument can produce—and this is the work of many lifetimes—you can move forward. These tones are emotions, so-called by your culture. The music that personality plays is a music made of pure emotions when the discipline of the personality is somewhat advanced. However, as in any entity attempting to learn to play an instrument,

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the sounds produced by one who has not practiced can be discordant and unpleasant to the ear, and, in most cases among your peoples, those who have not yet learned discipline produce many unpleasant tones.

There is the feeling of one sitting down at, say, a piano but knowing not where the keys are or how to make harmony, and, unless certain keys, certain key information, that is, is made available, the piano continues to be a large physical object which produces nothing that is pretty. When one sets oneself to learning to play the piano, one practices each piece to find the harmonics of that particular key. Then, and only then, can one begin to make music.

So, as you have emotions, as you experience emotions, what you are first attempting to do is find that purity that lies within the distorted feeling that you have concerning this emotion. For the most part, emotions come upon one in a way that is blind, and one spontaneously discovers oneself vibrating on a certain note or a certain kind of emotion. The usual non-practicing person assumes that, however this emotion has hit, however this emotion has felt, [it] is instantaneously the true tone. It is the concern of those who wish to work in consciousness to hear that tone in all of its distortions and to treat it with that reverence which finds the center, shall we say, the good of that emotion, the true heart of that emotion. Once one has begun to grasp the notes, one can begin to allow the discordant distortions to fade from that particular tone or emotion.

This is the work, as we have said, of lifetimes. It is slow work. However, we think that each of you as seekers will find this work enjoyable. It is not an intellectual process but rather a sensing or feeling or intuitive process to find the heart of emotion, and we would simply suggest that each of you, as it feels right to do so, begin to sense into the emotions that spontaneously arise, loving, supporting and respecting them as they come to you and, at the same time, allowing the heart within to search for the heart within that particular emotion, for the purification of emotion is very central to the process of working with your consciousness to achieve the discipline of the personality.

Your personality, your character or nature, your essence—we correct this instrument. Remove "essence"—is a group of manifestations stemming from the vibratory complex that is you. What you are attempting to do, then, is express your true nature, become more yourself. You're searching for the truth of your being. You're not attempting to end distortion within yourself, you are attempting to see and play with the beauty of each of your feelings or senses.

So, we have given you two steps. First, beginning to name your own personality, trait-by-trait and nature-by-nature. This done, you are attempting then to practice the self, practice the being of the self, play with the self as it experiences incoming sensory data, begin to play the scales of the instrument. One thing there is that the musician must have, and that third thing is music, and each of you is seeking that music, is certain that there is music written for your instrument. Each of you hungers and thirsts for this music to be laid before you, and this music is the path that you choose to take and the choices that you make in hewing to the chosen path.

The musical pieces that you play with the instrument of self have a significance and a depth that comes from that free will that blows the spirit hither and yon. There is no end to the music of the spheres, and there is no end to the music that you can play once you have learned your instrument.

We would at this time transfer the contact to the instrument known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time, we would ask if there might be a query with which we may begin this portion of the working?

Questioner: Yes, Q'uo, if I understood correctly, I'll use an example *(inaudible)* describing what I think I heard you say with respect to disciplines of the personality, discipline with disrespect … I find it very difficult to *(inaudible)*. The discipline aspect really doesn't have anything to do with saying to self either, well, I'm going to do this anyway, because I know it's good for me but rather indulgent, if I might use that word, the emotion to determine … well, indulge the emotion feeling in all of its aspects and then find the heart of it. Is this correct? Is this the essence of discipline? *(Inaudible).*

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I am Q'uo, and am aware of your query, my brother. We are, in large part, in agreement with that statement which you have made. We would add to it by suggesting that the discipline of the personality would have an effect upon your decision to meditate or not, an effect upon the attitude with which you viewed your decision in that it would be that heart of yourself which would entertain all these thoughts. It would be that primary stance that you assume as you encounter or meet any situation in the life pattern. It would be the expression of that heart of self, that personality, if you will, that would undergird all potential responses to this thought. It would be the flavor, shall we say, the distinctive mark, the impression that would be the guiding factor in your choice of actions or responses to this thought within the self that one should meditate.

Is there a further way in which we may speak, my brother?

Questioner: No, thanks, Q'uo.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I was kind of surprised that I didn't receive anything concerning love or faith or meditation. It occurred to me thinking about that after I finished channeling that, perhaps, when you talk about the ingredients in a personality, you're talking about something that's already there and that it's just like an ingredient *(inaudible)*, but I guess one conclusion that I might draw is the discipline of the personality is equally important for negative and positive polarities, but where does this learning to play the instrument intersect with love and faith? Is that in the lifestyle chosen or the path of life chosen?

I am Q'uo, and am aware of your query, my sister. The entity which seeks to discipline the personality, to become a metaphysical being, to exercise the way of the magician in attempting to arrive at changes in consciousness, these things are done primarily through those qualities which you have spoken of when you spoke of faith and love.

The entity which seeks to become a metaphysical being and to exercise the expression of its personality finds in the positive polarity that the ability to love comes forth from the primary faith that the entity has been able to nourish and to cause to grow within the self. All of these elements of the personality and the ingredients that make up the multifaceted being that each is find the necessity to give and receive love the primary building block and energy of all creation with each portion of the life experience.

Thus, the entity who wishes to be a metaphysical personality stokes its internal furnace with faith, and the energy which is output is likened unto love, the means by which it is done, the many facets of the personality that has been disciplined and is available as a resource, that one may [write the tone poem] of life with an unique and distinctive flourish, that gives a glorification to the one Creator in that it is a means by which a metaphysical entity begins to express its nature as the Creator.

Is there a further query, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

Questioner: *(Inaudible)*. This falls within the context of today's subject, and *(inaudible)*. I've really been experiencing a great deal of feelings [of] very, very deep sorrow and sadness *(inaudible)* particularly with respect to this group and with you, and I'm absolutely certain *(inaudible)* felt this way before. In dealing, can you speak *(inaudible)*, please towards working with this *(inaudible)*?

I am Q'uo, and am aware of your query, my brother. Most positively-oriented entities who wish to develop that quality known as compassion in a larger degree will program for the incarnation the seeming lack of this quality of compassion. For the positively-oriented entity, this programming of lack of compassion will be for the self rather than for others, for it would not be appropriate for a positively-oriented entity to enter an incarnation with the programming of lack of compassion for others.

Thus, internally the entity works upon the palate that [is personal]. These feelings of lack of worth, of lack of compassion, a feeling of a loathing for the self, are a kind of angst that is meant to cause the entity to dig even more deeply into the self than the sense of selfless or less worth would indicate.

To state this in another way, the entity with the lack of compassion for the self would do well to look upon that self as a child within one's care and attempt to give it that love and support that any child would need when learning new lessons, realizing failures will occur and are most valuable,

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for they teach much about what is workable and what is not, what is helpful and what is not. Thus, if one would take under one's wing that semblance of self that has such small value, such lack of worth and love from self, there could begin to be …

(Tape ends.) ♣

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Sunday Meditation
January 12, 1997

Group question: We are taking pot luck today. No particular question.

(Carla channeling)

We are of the principle known to you as Q'uo. Greetings, dear ones, in the love and in the light of the one infinite Creator. We thank you, as always, for inviting us to share our thoughts with you at this time. And we must say that the topic this time is interesting.

As we chat we ask, as always, that you please take only that which sounds good to you and leave the rest behind. Use your discrimination. We thank you for doing this, for we offer our thoughts to you freely, knowing and trusting that you will not allow them to be a burden or stumbling block but only to use them as possible tools and resources in your path of seeking.

The term "pot luck" is interesting, the connotation being that of the meal, the choice of food, for truly we are those who deliver a kind of grocery. There is the food for thought that definitely fills an appetite, and perhaps today we would talk a bit about that appetite for more, that thirst and hunger for the truth. How hard it is even to find the truth of the self. Each of you sits within a framework of flesh and bone, apparently limited and mortal, fenced about by circumstance, with only a marginal degree of control over much of the experience of the incarnation. And as the seeker awakens, as the spirit within stirs and rouses and rubs fists into sleepy eyes and looks about the manifested world, at first glance it would seem to know the self is a simple thing, and yet as the being within incarnation grows in stature, in age, in years, there is that moment when the unthinking child becomes a seeker. There is that moment of awakening, that movement of awareness as if someone had suddenly opened a door and the fresh air from the outside came in and beckoned. And suddenly you do not want to be indoors anymore. You want to be out in the world seeking the truth, looking for it as if one were a traveler searching for a lost homeland.

And who is that person who has awakened, who has walked out of the comfortable, sheltered life of those who sleep? One of the penalties of awakening is the realization that you do not know yourself. And so the seeker seeks to know the self, and each journey that the seeker makes reaching outside for learning, going to the classes, the seminars, the workshops, each of those experiences offers a tantalizing glimpse of a variety of those who also seek, perhaps one or more who teaches, who has a point of view that seems to beckon and have truth, rubbing shoulders with other seekers that have points of view that seem enticing, provocative. Soon the new seeker can be swamped in the projected thoughts of self from

teachers, from fellow seekers, and from various portions of the being within that is awakening.

And so awakening often brings not a simpler or more peaceful mind, but an awakened, searching, uncomfortable mind that is looking for deeper and more lasting truth. What is that self that is seeking the truth? Let us go in search for that self at this moment. Scan that which sits and listens, the skin, the hair, the clothing, the weight of the body. It is this outer shell of manifested being with which each of you meets the world. And for those who sleep it is that simple. That is that person. "I recognize that person's face, that person's clothes." That is that person.

Going a little deeper, we find the roles that each has played: student, teacher, brother or sister, mate, friend, lover of this or that hobby or interest, the froth upon the waves of being. That also is you. Now let us move further into that interior of being. Let thoughts of body go. Let thoughts of roles go. What remains? Allow the mind to ask this question. What remains? And as naturally as waves beat upon the shore the truth comes—love, love. That is your truth, your deepest truth of being is that you are a creature of love called into being by love, chosen by love to manifest that the Creator Itself may experience the illusion of a dream. If you have thought recently that life sometimes has a dreamlike quality, we say that you are very much in tune with the way we feel that things are. For even that which lies at the heart of the manifested universe is still an illusion, and the only thing that is not illusion is unknowable, for in the dualism of known and knower the truth has already been abandoned in its pure state.

Yet, if the hand that cast each of you forth has meaning at all, and we feel that it does, then that illusion that holds the most light serves as the truth. And that, I think, is what each person does seek, that truth that is deepest for that person at that particular time and that particular place. When the seeker has at last relaxed into a sure and certain awareness that the truth will come bit by bit, little by little, realization by realization, then the heart is at last free. What frees the self from its agonizing search for identity is a surrender to the realization that knowledge of the self and knowledge of truth shall always be partial, with the mystery forever receding before one's grasp. This realization sets the soul free to play, to reside in peace, and to rest in the natural joy of being aware.

When it is winter it is not particularly obvious that nature is a world or a creation which dwells in a state of pure joy, for the trees seem barren and bitten, the blossoms of winter are sticks and dried berries, and it is not clear how joyful the creation is. The winter chill brings that movement of contracting, pulling in the radiant arms of summer and nestling in that period in which rhythms are slow and the resting is paramount. And yet we say to you that in all weathers the natural creation dwells in a state of joy. This level of joy is available to the seeker in third density. However, as was spoken earlier today in your conversation, in order to experience this one must let go.

We give this instrument a vision of the starry sky, of that depth of space in which no planet or sun is near, and we say to you, "This creation is inside you." This experience of creation that seems outer is actually taking place within your awareness and is an experience which not only comes to you but with which you interact. When first the seeker sets off on this journey of seeking the truth there is that concept of some place to get to, and yet the seeking pulls you out and out and out further, only to disappear into the self. Whether one studies the outer or the inner world, one is studying the same thing.

But it is valuable to be aware of the space and of vast distances with the self. Literally, on a microscopic level, you are a creation with billions of star systems. Even the physical illusion that builds the chair upon which you sit and the body which sits in that chair is largely, if not altogether, empty. What is there is light, and that is what manifests all things. And that which calls light into being is the love that you are.

We have walked you about the universe with these foolish thoughts of ours, and yet always we bring you back to the heart that rests within, within which the Creator resides in glory and holiness and in utter truth. All of the reaching outward ends within the realization that you already have and already are the truth. That truth is always and ever the same. All that there is is love. You are love. And because you are a spark of manifested love you have the opportunity to become one who deals lovingly. It is as though to those who seek and simply go about their day there is a woodenness, a deadness. It is that quiet of one who sleeps. And to each who sleeps

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there is an alarm clock set, and when it is time that entity, each entity, shall awaken, so it is not a concern of any to bring another to wakefulness. But only to know the self as having awakened to a life that does not begin with birth and end with death but is eternal, infinite, unitary.

As you breathe in this depth of union, this oneness, it is a life-giving intake. Each of you hungers and thirsts for the truth of your being, and yet the end of all your journeys of seeking shall be your own heart, and you will learn to warm yourself at the fire of creative love which dwells within you. A tremendous hearth, a blazing fire of being rests in that holy place within where love resides. There is no cold within the illusion that the warmth of that fire cannot thaw, for the worst that the world can do is render lifeless the body that limits you to time and place. This is a realization that enables the weary seeker to laugh and relax and take the self lightly.

We would at this time transfer this contact to the one known as Jim. We thank this instrument for its service and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and in light through this instrument.

The taking of the self and the experiences of the self lightly is the work of a lifetime, and each entity who engages in such work will find that there is much of effort and much of that which you might call a lack of effort, that is required to take oneself lightly. There are those times in which one finds it easy to be down upon the self, shall we say, to berate the self and to list in detail those difficulties one has faced and the shortcomings one has felt in dealing with them. And yet in this illusion of limits each entity finds that there is a limit beyond which he or she seems unable to go. And when there is this limit then it is often easy to expend the energy one would wish to expend exceeding limits in berating the self for being unable to do so.

This is the kind of situation in which the forbearance [to refrain from] berating the self is laudable yet difficult to achieve. The ability to hold back self-criticism, the ability to see the self as whole and perfect in a situation in which the self seems to have been revealed as quite disjointed, imperfect, unable and wholly lacking in the effort necessary to achieve success by one's own terms. There are those times where it would be well for the acceptance of the entity if the entity would speak for the self, engage in an effort to offer the self as that source of inspiration and motivation which not only the self but perhaps another would benefit by experiencing, to put the self forward, to engage another entity in simple sharing of being, the give and take of the ordinary daily routine. And yet one holds oneself back because one does not wish to make such an effort. It seems perhaps to be either doomed to failure, to be too much of an effort to make, or there is something easier that one can do instead. It is a form of self-acceptance to put one's self forward in instances such as these. And yet, as each knows, there is often a lack of the attempt to do so.

Yes, to take the self lightly and to take one's daily round of activities lightly does seem in many cases to be just beyond the grasp. And yet the effort to do so, we suggest, is worthwhile however many times it needs repeating or reminding. To pick one's image of oneself up from the floor, to dust it off, to try it on again, and to move forward, the effort is often too much to make and we understand this, my friends, for the illusion in which you live is indeed one which is constructed carefully by all who enter and who partake within it to offer you just these opportunities, for as many times as you have been unable to put the self forward, to take the self lightly, to feel whole, full, and perfect, as many times more shall this opportunity be offered, for though this is an illusion and has its limits, there are no limits to the opportunities each of you have offered to yourself within this incarnation to take that moment of inspiration and run with it, to take that moment when one feels whole and full and to allow the self to express this exuberance and this unity, yes, these are the moments which each remembers, for they are unique. And your incarnation has been engaged in order that these moments might present you with the opportunities that you have wished for,

to face the challenge as is necessary in order to find a smile where once there was a frown, in order to find one small measure more of acceptance where before there has been none. These steps forward may seem small when one looks at the long run of things and the picture that seems to get larger and larger with opportunity. Yet we assure you, my friends, that each of these opportunities, however small that they may seem, can become the turning point, the axis,

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shall we say, upon which a new world turns for you. For as one is able to develop the light touch, the sense of humor, the tolerance of the self, then can become a new beginning for each of you. By just such small measures can the fulcrum point be turned and the momentum of the life path shifted.

So, as always, we recommend to each seeker that perseverance can become one's greatest ally when seeking tolerance and acceptance of the self. Continue, my friends, for one never knows when that moment will come that will offer the turning point of the incarnation, the opening of new vistas, the filling of a heart that felt empty, and the movement of a point of view to a wider perspective that sees and experiences more and more compassion, love and acceptance from and for others, from and for the self, especially the self, my friends. Do not neglect to have compassion for yourself. May we assure you that each of you does indeed deserve it, and when you, yourself, are able to give it then you will find a new and risen being within your midst.

At this time we would offer ourselves for any further queries which those present may have for us. Is there another query at this time?

(A cat is heard mewing in the background.)

Carla: It's too bad that you can't answer Abbey's question.

I am Q'uo, and we would take this opportunity to suggest that each of you is like the small creature that calls for love and protection. This second-density creature does not know not to call and not to ask for that which it needs, for its perceptions are quite clear and simple. Each of you can become as clear and simple in the perceptions.

Is there another query at this time?

Carla: No. Thank you.

I am Q'uo, and at this time would thank each of you for offering us the inspiration of the incarnation that each of you lives, for to live within the seeming darkness of your illusion is a valiant undertaking, and we are aware of the difficulties within this illusion. Do try, with all your might, to take the self more lightly every now and then, if only as an exercise. Perhaps, as with meditation, you will find that there is a value in so doing and will wish to engage in this activity upon a daily basis. We do not mean to suggest that there is not much that can be learned and that there is not much of value in the learning. However, we do suggest that the earnest seeker needs a rest and deserves compassion from itself, and will find the learning is much easier to accomplish with the light touch, with the sense of humor that sees a sense of proportion in the life pattern of the self and in the greater pattern of events and entities about it. For all are individualized portion of the one infinite Creator. You do not deal with anyone else, ever, within the incarnation. It is only the Creator and you. Speak kindly and lovingly to each Creator that you see, including the one in the mirror.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 19, 1997

Group question: How can we live from the open heart?

(Carla channeling)

We are known to you as those of the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator. We thank each of you most profoundly for gathering and calling us to share our thoughts with you at the gathering. It is our blessing and our privilege to share these thoughts with you. As always, we ask that you remain careful in what you take in from that which we or any source might say, for you are the guardian of your temple. You will recognize the truth that is your own. The rest you may leave behind without a second thought.

You ask us this day concerning how to live with the heart opened and vulnerable, and we say to you that this question is central in attempting to make the choice of service to others or the choice of service to self that this incarnation that you are now experiencing is so much concerned with. There is always an abundance of ways in which we may speak of the ways of service and the ways of polarization, and yet nothing is more direct a way of addressing the issue of polarity than to speak of the open heart. Those who wish to serve the Creator by serving others are those who truly wish to open the heart. Those who wish to follow the path of service to self find a closed heart necessary in order to polarize negatively. Now, as we speak of polarization in consciousness it might be helpful to think about polarization in more familiar terms.

If there is a weight hung in space it is, first of all, going to respond to gravity and will hang directly downward. If the pendulum that this represents is very heavy it might take a great deal to get it to sway from side to side. And the first time that the effort is made to swing towards one or the other extreme will most likely be barely sufficient to break the lack of momentum of the downward hanging pendulum, and there will be just a slight movement. What happens with most entities, and this includes those who seek most earnestly after truth, is that [with] the effort made to polarize towards a radiance of being, a generosity and an openness of being, there is an equal and opposite reaction that contracts against fears and makes separations betwixt one thing and another in order to feel more safe. This brings the pendulum back so that there is a slight movement towards service to self. And the pendulum never gets very far in either direction.

What you hoped to do as you attempt to work with you own consciousness in order to accelerate the rate of evolution of your own spirit is to be enough consistent in opening and radiating love that the pendulum begins to move more and more towards the extreme. The more polarized the reactions, the more obvious it will be to you when you make an

error. And this means that it can be very poor judgment to become involved in gauging one's polarity or assessing one's progress. You have heard that a watched pot is slow to boil, and the over-concern with how one is doing in polarizing will actually be a brake upon the very activity that you had hoped to emphasize.

So the first thing that we would suggest to those who wish to open the heart and to live in the open heart is to refrain from attempting to give the self a spiritual grade. Avoid thoughts of how you are doing. They will come regardless of whether you encourage them or not, but it is your choice if you are wise to allow those thoughts to come and go, for within the illusion that you have worked so hard to enter it is almost impossible to be aware of how one is actually serving. One must simply serve in faith and allow that faith to be sufficient.

There is within your earthly condition a great array of choices which face you every day, every hour even. And it is easy to begin to look at the things that occur and to think these things have no spiritual nature. "These things are of the world and do not need my attention but only my activity." And yet we say to you that all things are full of the Creator and by this we mean every stone, every bit of earth, every iota of the wind that blows, and the rains that fall, every diaper changed, every dish washed, every chore, every onerous task, all of these things are instinct with the magical, utter life and that life is love. And the life within you is love also.

When one is attempting to live with the open heart every missed step seems to be a difficulty, and this is because the attempt to live with an open heart is neatly and fully circumscribed about by the perils and tests and round robins of a very active spirit that watches over each with the firm intent of offering the maximum amount of helpful catalyst. When this catalyst hits the sensory input of your being the earthly, normal thing that one does is to contract around that thing, assess it, and decide what to do concerning it. These actions tend to close the heart. This is not to say that the way of the open heart has no input from intelligence or thought but, rather, to emphasize that much of one's care in assessing incoming data has much to do with the lower energies of the body, and as one gives these concerns priority the self tends to continue acting from a place within what this instrument would call the head. And, using that terminology, we can say that the spiritual life of third density is a journey from head to heart.

And we have noted before that the energy that comes into your being is infinite, but that there are ways in which each of you, by the choices that you make, contract and narrow and limit the amount of energy that can come into the body and move up the spine. The first center—we will simply summarize—has to do with issues of life and death, breathing, eating, the sexual polarity. These are the concerns of red ray. The concerns of the next ray, the orange ray, are those that the person has with himself or herself, and the person in relationship with one other person, the dynamics betwixt self and self, and self and other self, without reference to groups, but just one person and another. These are the concerns of orange ray. The concerns of yellow ray, this being a yellow-ray density, take on a good deal of centrality of importance. This is the heart, shall we say, of third density—the relating of self to groups, the opening of self that will in fourth density become the social memory complex when thoughts are shared, private thoughts simply skirted about, seen, appreciated, respected and left alone. There will be other lessons to learn in fourth density, but this lesson that you now work upon, of opening the self without fear, this one you will work upon until you are able to feel that contact with other selves as an identity of one to one, heart to heart, and love to love.

Now, those issues of red ray, orange ray, and yellow ray are neatly designed and most tidily packaged to maximize your confusion and to limit the power that you may bring and allow up to the heart center, the next one after red, orange and yellow. Each time that you put yourself down, each time that you are harsh, each time that you feel so isolated and alienated that you deny your brotherhood with all that is, you close down a little bit of that channel which is bringing in infinite creative energy to your body, and each time that occurs there is less energy into the heart. So, basically, those who have not worked through the issues that confront them at these three levels—self, self with another, and self with its groups—each time that you allow these issues to come and to be feared you have shut off some of the power that you need in your heart in order to live the life that you wish to live.

May we say that the conversation preceding this message was, we felt, most enlightened, for each was

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speaking of the being as opposed to the doing. You see, it is the love with which you do things that radiates; it is not the things that you do. Among your peoples this has been much misunderstood, for people look to see if there is some service that can be their spiritual gift to the world. They are looking for a dramatic role to play, to teach or to heal or to prophesy. And yet these things are forever secondary to the primary mission of each of you upon this particular planet in this particular density at this time. The mission before each of you is simply to address all of that which comes to you with an open heart, just that. And yet just that is the work of lifetime upon lifetime, for how can a person in a heavy illusion such as you now enjoy be fearless? It is not within the physical body to be fearless. It is not within the earthly brain, that choice-maker, to be fearless. Indeed, only the foolish are fearless, and yet the teacher known to you as Jesus the Christ has said that it is only to the foolish that the wisdom comes. It is only to those who live as little children that the kingdom is inherited.

How can a sensible, sane person, gazing upon a rather dangerous world, feel no fear? This is the crux. Here is the center. Just here, where fear shuts the door of the heart, here lies the opportunity to learn. This instrument has moved past the death experience and returned. Consequently, this instrument's life since that experience has been relatively fearless. We bring this up to emphasize that what each fears in an archetypical sense is the cessation of being. When one feels threatened those emotions which do not have intelligence but are simply instinctual rise up to defend and protect. And it takes a great deal of care and discipline and perseverance to teach the self to lay down its arms and to be peaceful with the self.

Each of you has the issues of all the world within you. This instrument is concerned for the peace of the world and prays for it often, and yet if this instrument prayed for peace within itself, it would be the same prayer. Indeed, it is our humble opinion that the most efficient way to bring the world to peace is to learn peace within the self, for as you think, as you are, so your universe *in toto* is also, for your consciousness is as a field and each bit of fear that you are able to let drop, each time that you find your heart expanding, the consciousness of your planet is being lightened. There is no lag time between the open heart of self and service to the planet, that lightening of the consciousness of planet Earth. You came among these entities of flesh and bone. You took that flesh upon yourself and buried yourself in a world of shadows because you wished to make a difference. You heard the sorrow of those who dwell with you now. And you wished to stand among them as a witness and as one who was a channel for love. This is your great chance. These are the days you hoped and prepared for, and now the time is upon you, and how quickly, my friends, it is going. Is it not?

You have sped through childhood and adolescence and adulthood, and each is thinking to the self that, "Well, it's all downhill from here." And yet we say to you that as the physical vehicle hews less and less to the electrical body's blueprint, so the heart, so much more experienced [than] when new to the planet, has its time to open and flower and blossom. You see about you so many entities who have maturity but without joy. Who have wisdom but without love. Who have become bitter rather than sweet, and tart rather than mellow. Learn from these people how not to be, for these are the entities who are forever attempting to move out of the gravity well of neither service to self nor service to others but just back and forth, good days and bad days. You are hoping through your life to bear witness to a love that loved you first. You are hoping to be as the keepers of lighthouses, that your love, that love that flows through you, not from you, may shine upon that sea of confusion in which all are swimming and might warn entities of those rocks of despair, and anguish, and hopelessness.

There is suffering involved in each door you open in life, wherever you look, in whatever land, in whatever subject you find that those who would be true servants have made tremendous sacrifices, even unto giving up the life for others. You find people in each situation whose heart has remained open regardless of the circumstances. And you feel the strength of inspiration from those entities, those people who make the news for a day or two because they have leapt into the water and saved five people before they drowned or went into a prison and released the prisoners, paying with their lives. And these stories touch deeply within your being and let you know of the depth and profundity of love that you have within you and [that] resonates and exalts and expresses the light and joy for knowing the beauty of those spirits and their great gifts.

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But we say to you that there are many, many millions more whose sacrifices and suffering you never see, for they suffer emotionally, and mentally, and spiritually, bearing witness to love, being givers of light regardless of the circumstances that would fell a lesser being. And each of you has opportunity after opportunity to meet situations without fear, to open to any catalyst whether it seems positive or painful. The faith to remain steady is to be prized for there is in steadiness a vision, clear sight, and in persistence of openness, healing and forgiveness. And these do not come from you, for from you can come very little until you run completely out.

These things must come through your channel. You simply have to allow that channel within not to get clogged up with the lower energy concerns. If we could leave one thought with you this day it would be not to despise your lower self but to love, support, respect and make allowances for the instinctual behavior, the needful behavior of that being that you are, part animal, part angel, and rather a hash between the two, holding you together. Love, care for, and nurse this physical vehicle of yours. Know that this is the building wherein the Creator now lives, and the ground on which you stand, or upon which you sit, is holy ground; not somewhere else, not when you were better, but now, exactly as you are. This is your moment of holiness, and all moments are potentially sanctified, and what sanctifies but the recognition of love in all things.

We do not want you to think that we consider this easy. We do not. We remember most keenly being in third density, living without the memory of things as they really are, and having only that yearning of desire and that movement of faith to rely upon. In this you are wise to encourage relationships with those who have the same concerns, for the gift of one entity to another, both being spiritually concerned, is the gift of the clear mirror that lets the other self see what it is doing, how it is coming across. You cannot see yourself. You must depend upon others to help you, and this is profoundly the work of third density.

We would like, before we open to questions, to address a concern which was given in the conversation preceding this session. And that is the concern that perhaps we of the Confederation of Planets in the Service of the Infinite Creator get bored or tired of saying the same thing over and over. We assure you that we do not. Each group that calls to us is in an unique position, even if you are the same group time after time. The point at which you are within moves and the combination changes each time so that while there is a stability of recognizable dynamic in the interplay of each of your vibrations which makes up this circle, there is also something new each time that the circle meets, for you are other and more than you were before. That is what the illusion of time is for: to enable entities such as you and we to have that illusion of sequence and to see, if only illusorily, that progress is being made.

So each time that the question is asked to us that may have been asked before, we speak to entities who are in a new place, who are looking at the same subject but from a different level. And there are as many levels of being to you as there are to an onion, and you are a big onion with many, many layers, and as you peel each away it looks so smooth and whole and clear. And yet it too falls away, and there is a deeper truth, and so forth. And this goes on, as far as we know, infinitely.

Each opportunity that we have to speak is unique. And we ask you never to fear that we are weary of your concerns. This is why we have come among your people in the inner planes of this planet. This is why we have placed ourselves here, simply to talk with those who would find what we have to say possibly useful. This we do with an open and loving heart, and we assure you that we shall not tire of speaking about love.

Before we would leave this instrument we would ask if there are any questions that you might have at this time?

B: Does it interfere with your service to us if we hold back on expressing our concerns?

We are those of Q'uo, and, my brother, service to others is a very ticklish business, and the key, we feel, is that service may be characterized as a response to a request for service. That is, we identify our service as that of answering those concerns which you bring to us. If the concern is not ripe within you and is not ready to be plucked but still has growing to do in order for that concern to develop its final nature, then that is not a question that is ripe for the asking, and we do not feel inhibited or limited because we cannot answer that which has not been asked. We feel that this opportunity to share thoughts [with] you is that which you …

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(Side one of tape ends.)

(Carla channeling)

… We feel that by your coming together you ask us to share thoughts with you, and that defines our service. We would not be able to preserve the free will of those to whom we speak were we to take up concerns whose help you have not asked for.

May we answer this concern further?

B: I'm looking for whatever way I can find to help you accomplish your service. Is there anything that any of us can do to assist you in your service?

My brother, we would simply ask you to hone your appetite for the truth. This is your service to us.

May we answer you further?

B: Hone the appetite for the truth? I don't understand.

[I am Q'uo.] That which is love within your density may be described also as desire. The desire that brings each to this circle of seeking is the desire to know and to share love. That hunger, that thirst for righteousness, as this instrument would say, that desire to be a positive in the balance of life, that hope that there is a greater meaning behind the suffering that seems inevitable. These are the desires and hungers that call us to you. And as the desire is sharpened and the appetite is whetted for more, then that contact with us becomes stronger. And the keener the desire, the better the contact.

Does this make sense to you, my brother?

B: Yes, it does. My image has always been that I come here in need of help myself. But now I see that I can work with you to help serve others. Does that make sense?

We are those of Q'uo, and yes, my brother, this makes sense. Remember always, that in the spiritual sense all is already perfect. All is as it should be. It just looks weird. So in order to get at the heart that lies beneath the often uneven surface of ordinary happenings one simply looks with eyes of love. And each time that you find yourself looking upon a world with eyes of love you will know it, for a world seen with love is a place of surpassing beauty.

Is there another query at this time?

R: *(Inaudible)*.

We are those of Q'uo, and yes, my brother, that is the usual way. The excitement of that which is new, over time, fades and the work that is not obvious at first blush begins to take the center of the stage. Actually, my brother, in this instrument's way of measuring time we can say that your fidelity to seeking is unusual, for many who have come to these sessions through the years there was a place perhaps five or six months into the experience of these meetings [where] there was no longer the will to attempt to live the message that was heard, and when the attempt to continue fails, then it is that we must repeat and repeat. And then those entities who did not wish to hear of work the first time wish even less the second and the third, and so there is that natural parting of the ways, and that entity has gained all that it can. Therefore, we commend you for your faithfulness and note that it is the big flashy beginning that looks so wonderful, but in truth it is the quiet, persevering heart that continues quietly but persistently to love that is the true star, the true flash, the true victory.

May we answer you further, my brother?

R: *(Inaudible)*.

We are those of Q'uo, and we thank you, my brother. Can we scare up any more queries by our speaking, or shall we call for a motion to adjourn? This instrument has been at a church meeting today, and she is full of it. Our apologies to this instrument. Yes, my friends, how good it is to laugh, to take the self lightly. We leave you in the wonderful sense of rightness that laughter is, in the love and in the light of the one infinite Creator, now and always. We are those known to you as Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
February 2, 1997

Group question: How should we deal with negativity in our daily round of activities, from situations that we perceive as negative, to people who would like to control us? What is the best way to deal with negativity, a situation, a person or even a thought in our own being?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you each in the love and in the light of the one infinite Creator. We thank you for this privilege of being called to your circle of seeking. We thank each of you for the seeking, the desire, and the persistence that has brought you to this place at this time. We thank you because you have blessed us with the ability to serve in the way in which we have hoped to serve by being within your Earth's spheres at this time. To be able to share our opinions and our thoughts is all that we could ever hope to do. We have been limited, and will continue to be limited, by those who offer us their service as channels. And so when there is a group and a channel and we are able to be among you to enter into your sense experiences, to feel and sense anew the courage and the stamina that it takes to seek by faith alone, we are overcome by appreciation, and we thank each one of you for all that you have endured in order to be able to seek and to hope and to wish to live in faith, for that is what we come to suggest to people: that there is a center to that life which does not end.

There is heart to the truth. And that center and that heart is love. Love is a pale and useless word, almost, because your peoples have used it in so many, many ways. We use it in the sense of unconditional and freely given love, the loving that persists when there is no return, when there is no obvious reason to continue to love. This is the love in whose vibration we come and in whose vibration you each have also come into incarnation because all that there is, is love. The raw material of your universe is love interacting with light in order to produce energy fields. Each of you is an energy nexus, a complex of vibrations and fields of energy. And this complex of vibrations is as your name or your signature. We do not need to know the names that you are called by in order to recognize each soul, for as you come to us, as you sit in meditation, you are as the song that is sung, or the painting that is before the eye, every detail, every nuance so beautifully collected. We are aware of how rattled and how chaotic you find your own selves. The heavy illusion in which you now enjoy living is specifically designed to promote confusion and being lost and at sea and unable to order the universe by means of your intellect. This is what your illusion is supposed to do, to pull you off that intellectually safe balance point from which you may carefully judge and logically grade all incoming

sense date, thereby insuring that your universe shall continue to be as you have set it up to be.

The Creator, wishing to aid in developing each spark of love in each unique way, is delighted to offer each entity those confusions and difficulties and losses and limitations which shall involve the seeker in learning those lessons to do with love and loving for which you took incarnation, for each of you here has personal work to do. Each of you came to incarnation carefully choosing your relationships, your gifts of personality and character, and aiming that self within incarnation at the kind of life and the kind of learning which you and your higher self felt would be the most helpful use of your incarnation, for this time within physical incarnation is rare and valuable. The opportunity to live by faith alone is given only to the density in which you are now enjoying the experience of living.

So as you ask the question about dealing with those entities which come into the experience with seeming negative service to offer, our first comment, shall we say, is to move back to that beginning [of] all things which is love, the one original Thought, that Logos that is Love Itself, that Love that is the All-Self, the Creator. It is well to move back always to one's basis for being, to be sure the feet are standing upon solid metaphysical ground. Starting with unconditional love is always correct and accurate as a mental or logical beginning. Now, as sparks of that original love, each of you has, through many incarnations, distorted in various ways this original vibration. And each of you basically yearns to more and more closely approach the original vibration which is unconditional love. So in that sense each of you is seeking to become the Creator, seeking to be lost completely in unconditional love. This thirst and hunger that you have to be closer to the source and the ending of all things is that thirst and hunger that the awakened spirit feels.

Once you have awakened to your spiritual identity, you cannot go back to sleep. You have to see your life and your priorities from that point on in a way which deals with the fact that you are now on a journey whose end you do not know, whose next steps you may not know. And you are on this journey with nothing more than your hopes and dreams and some companions along the way.

So as you interact with the people about you it is well again and again to move back into the awareness of the self as a vibration of metaphysical self, as that self which overshadows the illusion and the problems and concerns of that illusion. Whatever the day-to-day actions, behaviors and thoughts concerning dealing with negatively oriented entities, it is well always to come back to the remembrance of who and what you truly are, for in realizing more and more fully your own nature you are becoming more and more aware of the nature of those about you. Many are the entities in your world that prefer to gaze upon the self with different priorities. Those priorities may seem very negative. In actuality, most entities upon your planet are neither [very positive] nor very negative but, rather, are in a gravity well, in between those two polarities, neither working hard enough to serve others to polarize towards that path, or working hard enough to gather power and control over others to progress along the polarization towards the negative path.

The great temptation for one who is seeking to serve is to forget that all other entities in your creation are identical to you, in that both of you are of the one great original Thought. No matter how deep the imperfections of that entity may seem, the basic nature of that entity is congruent with your own, for each is perfect. The distortions are apparent in the illusion. All those who go through incarnation in third density distort the vibration of infinite love. The one you know as Jesus distorted this love. It is impossible to live and experience a lifetime in third density without distorting appreciably that original vibration. It is for developing these distortions that you came to this experience.

From the level of soul to soul, then, whether you are gazing at someone whom you feel is acting in a petty way, or you find someone being critical in a small way, or you find someone being righteously indignant, or you find someone willing to massacre thousands, no matter how widely distributed along apparent diversity the souls you meet are, each of them is an image of you. Each of them tells you something about who you are, including that dark side entities may not wish to explore. And so, from that soul level, the question of what to do with this entity becomes less than difficult in that from that level each entity is to be loved as you love yourself. To love the Creator, to love the self, and to love others as the self; these are very simple suggestions,

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and from that soul level they are fairly comprehensive instructions.

Now, it is often not on the soul level from which entities wish to move. And when one leaves that safe ground, shall we say, metaphysically speaking, of loving from the soul level unconditionally, the ground becomes rapidly much less simple. The terrain can be very puzzling, and so if one does not wish simply to express love or to feel love for another, or to move lovingly without disturbing another, one then has to take some responsibility to look at the self, to look at the gifts of the self, to look at the lessons that you feel that you are working on as a seeking entity, to see, as this instrument would say, to see where you are coming from. Are you objecting to this entity from a red-ray point of view? Do you find the negative actions of this entity to threaten yourself, or someone else, or people in general? Are you coming to the question, "How do I deal with this entity?" from an orange-ray energy where you do not know how to relate to this one entity that you feel that you have to make a connection with as an individual? Or are you coming to dealing with this entity from the standpoint of a person being in a group; that is, using the yellow-ray energy? Or are you coming to this person from the open heart? Or from that level of communication or even from that indigo-ray energy of work in consciousness?

All of these levels of connection with other entities have their own best ways of expressing, and I think that it aids the entity to grasp exactly where the energy [is] moving from and where you would hope that it would go to.

Once that you have fairly well become satisfied with your own self-knowledge of why you have singled this entity out to practice on, shall we say, then you can look at the gifts that you have. Do they include more nonverbal or more verbal skills? Is your gift more in the line of praying for an entity or speaking with an entity? The gifts that one has are important. It is well to think [of this] when you are seeking the highest and best way that you can be with someone else and very helpful to know what you have that might be of service. So often the gifts that one has, if used well, create a life experience that is utterly different than that entity who, gazing at its gifts, chooses instead to move in a way in living and working in relationships that is logically or mentally thought out and makes good sense but may not be a comfortable habitation for that eternal creature that you are.

Let us think now in terms of what that entity that is acting negatively would wish of you, for in giving service to others entities find themselves in very confusing waters. Perhaps the most common mistake that positively-oriented seekers make is the mistake of feeling that they know what another entity needs. Indeed, it is the work of some patience to come to that place where you are willing to wait until you are asked in order to attempt to be of service. This sounds very simple but is very difficult when you feel that you have something to say that will help another. When this feeling hits there is the urge to share, and we do not say that this is wrong. We simply say that it may not be service to others, for what entities desire they shall ask for, and it is when that other entity asks that that precious gift of service may then be shared.

In truth, we do not feel that there is one way for all people to treat all people, for if each entity were perfectly in harmony with each other entity this would not be third density. Before the matter is investigated it would seem obvious that the better that each entity treats each other entity the more harmonious and beautiful the experience of living. And yet the collisions that occur when intimacy is sought either with the self or with others are not harmonious and from the standpoint of each individual within the illusion of mortality and space and time it simply seems impossible that one will ever know enough. And one comes to the conclusion that one does not know much at all. And when one comes to this realization it is a great gift because the great mistakes are made by those who think they know exactly what to do. And there is great healing in the awareness that not only do you not know but that you are not supposed to know, and you are not here to know the right thing. But rather you are here to experience and to learn and to share the essence of yourself with the planet that you came to love and serve. And this is not that which is spoken. This is not that which begins with working with another entity. This is that which begins with breathing in and breathing out. Here is your vocation, in the living, in being, in the breathing, in being where you are with your senses alert and your heart open, paying attention to that moment that is the only such moment that you ever shall have.

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So, again and again, one comes back to the fact that in the illusion you must follow your gifts, know yourself as well as possible, and then share the self as honestly, as lovingly, and as much in accordance with those gifts that you have as possible. In this you shall again and again fail. You shall find that you have said what you would not say. You shall find that you shall allow moments to go by when you wished you had said something but could not find the courage. See all of this, if you can and when you can, as nothing more than the grist for the mill, as the one known as Ram Dass has said. And when you perceive negativity, see yourself and say to yourself, "I am that also." For each has that dark side that is so shiningly mirrored for you. And if you see this again and again then that gives one pause for thought. "Why have I invited this? Why did I feel that [I] needed this rasp roughing up the surface of my life? What does this image of myself tell me that I need to know?" For you are that self and the appropriate emotion is always love.

When inappropriate emotions are felt, however, we cannot say that it is wrong to express those feelings which may sound negative, for it may be your gift to that person to take away the mask and give that entity another way to think about the negativity that that person is doing. There is no one way to relate. You must simply toss upon the waters those actions and those words that you would most want to be shared. And know that each word that you say and each action that you do is not what it seems, and that the ripples of each action and each word will become confused and will tangle in to other actions and other energies that you have set in motion.

There is an art to becoming clear enough within the self that the self becomes almost transparent. The art in this is that when the self becomes enough transparent then the self does not any longer relate so much to the mirror images that come within one's view. If that dark side of self is seen clearly enough already, then the emotions arising in response to that negative person coming into your purview is perhaps a small disturbance, an awareness of disharmony, perhaps not even that. The more work that you do in knowing, forgiving and accepting yourself, the less work that you shall have to do *vis à vis* other selves. And the more powerfully you defend, understand and respect that dark side of yourself, the less you shall have to defend against the dark side of others.

Each within the group has had experiences with negative energy, had run-ins and painful times with disharmonious entities, and each has that sense of wishing to make it all better. And you may do precisely that at any moment that you choose by stepping back into the remembrance of the one great original Thought. You are doing nothing more and nothing less than vibrating in the original vibration that is your true nature. The rest is details. May you enjoy the details of your life. Knowing them to be temporary does not make one less fond and appreciative of the opportunity to live and love and seek in a world in which by faith alone can one find one's way. May you love as you are loved. May you love each other, care for each other, pray for each other, carry each other's burdens, tell the truth to each other, and bring each other home.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in the love and the light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves to speak to any other queries that those present may have for us. Is there another query at this time?

Carla: We were talking before the meeting about how positive channels go awry, and I was wondering if there was anything that you wanted to add to that discussion?

I am Q'uo, and am aware of your query, my sister. We find that you have covered those external appearances and experiences which groups such as this group have suffered in the loss of their original contact and its replacement by sources of information that are perhaps other than desired. The only further comment that we would make would be that those who have the honor and responsibility of serving as instruments for contacts such as ourselves would do well to examine carefully the qualities and responsibilities of such an instrument. The exploration of this service is that which is often not undertaken by those who seek to serve as instrument. It is too often the case that entities are so overwhelmed by the experience that they seek only to continue as they have previously in their efforts at being instruments and channels for information, whereas it is most helpful for each

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entity serving as an instrument [to] become aware of the necessity for preparing the self for this work, not only in the daily round of activities and in the type of standards that one wishes to keep for the self, but in the actual performance of the service, that is to say in the tuning of one's own internal mechanism, the setting of the desires of the personal nature aside for this time of service and the exercising of the tuning, as we find it has been described by this group, the setting of the internal radio dial, if we may use this radio analogy, to the highest source that one can stably maintain.

The ability to discriminate between spirits is also an exercise which is well undertaken by all who would serve as instruments, for it is indeed a crowded universe and many are those spirits who would seek access to those instruments that they might speak and do as they will with or without regard to the welfare of the instrument or the group to which they speak. Thus, one wishing to serve as instrument finds that quality within the self that is the foundation stone upon which they stand in the discrimination between contacts. It is well for the one serving as instrument to find that quality for which it lives and for which it would die if necessary, and in the name of that quality, or entity, or concept, challenge those contacts which wish to speak through it; that they ask if they come in the name of—for this instrument in particular—the Christ consciousness, for others, perhaps, Jesus the Christ, for others, perhaps, the quality of love, of service to others, and so forth. When those who wish to serve as instruments have mastered the ability to tune the self and to challenge those entities who wish to speak through their instrument, then we feel that the one who wishes to serve as instrument has prepared itself well and is then able to enter into this service in a fashion which can be sustained and in a fashion which may truly be of service to others.

Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you once again. Is there another query at this time?

B: I would like to serve as an instrument one day. How can I practice discriminating between contacts?

I am Q'uo, and am aware of your query, my brother. The practice of the discrimination between contacts is undertaken best when done with the assistance of an experienced instrument that will work with you on a periodic basis so that it is able to assist you in this discrimination in its initial stages.

Is there a further query?

B: Yes. Perhaps later, since I forgot what it was.

Is there any other query at this time?

V: Are you speaking of working with someone in the physical or in time/space when practicing this skill?

I am Q'uo, and am aware of your query, my sister. For the vast majority of entities within your third-density illusion we would suggest that entities work with teachers within the third density who are themselves instruments and who are willing to work with those who wish to learn this service.

Is there a further query, my sister?

V: No. Thank you.

I am Q'uo, and thank you, my sister. Is there another query at this time?

Carla: I would bet that P would love to have a message from you. I am pretty sure that she is scraping the ground in low spirits right now.

I am Q'uo, and am aware of your request, my sister, though it is somewhat difficult to speak to an entity who is not present within this circle of seeking and who, herself, has not requested a speaking for her.

We are aware that this entity and others as well suffers its own form of anguish in its current experience. To all those who feel the suffering and the difficult circumstances we would ask that each take a time during the daily round of activities each day and sit in meditation, releasing all the fears, the doubts, the worries of the day, letting these fall aside for this moment, and within this moment seek the presence of the one infinite Creator. Rest therein for as long as one is able and feel the unity once again with all that is. Feel the center once again to the self. Feel the feet upon firm metaphysical ground. Feel again the hand of the one Creator moving within the life pattern. Feel the love and light of this one Creator coursing through one's being. Feel those special touches of heart to heart that are available in these times of seeking the One. Rest in this nourishing flow of experience, and when it feels appropriate move once again into your third-density illusion. Feel the quiet and peace of the meditative state moving with you and ever available as a

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resource within as one moves in this daily round of activities that brings the challenges, the catalyst, the opportunity to use that which one knows in the heart, the opportunities to love where it does not seem that love would go, to bring light to those who move in darkness, to become as a beacon, one who gives the love and light of the one Creator to all those about one. In such situations, many are the doubts, shadows and fears that will fall by the wayside as one continues to seek the inspiration of the one Creator in daily meditation.

We would remind each that all that lies before you you have placed there for a purpose that is of a service-to-others orientation. There is light in each doubtful situation. There is love in each fear-filled heart that can erase the fear and remove the doubt. It is not an easy journey, nor would you wish it so, for there is much to be gained by bringing love and light where there is darkness and doubt. We wish each seeker a good journey through this illusion, for there are many sideroads that can distract, confuse and fill [one] with fear. But there is always love and light from the one Creator available to each within one's own heart. Never could it be closer. There seek to find the nourishment that will carry each of you that await on your journey of seeking the one Creator.

Is there a further query?

V: I am aware that dreams give us needed messages from the subconscious, but if one is not able to remember these messages in dreams, is there a way to work in the conscious state to aid their remembering?

I am Q'uo, and am aware of your query, my sister. The subconscious portions of each entity's mind are filled with the patterns of the incarnative experience and send various portions of these lessons and experiences to the conscious mind in the form of the dream, that there might be a dialogue with the conscious entity seeking to uncover the treasures of the subconscious mind. In order to be able to work with these dream images it is well that the seeker send a message to the subconscious mind that it is ready to work upon those messages in dreams. This may be done by reminding the self before bedtime to attempt to remember one dream this night, to further reinforce this desire by placing the appropriate instruments to record the dream whenever one is able to remember the dream, whether it is shortly after the dream or upon waking in the morning. It is through the constant repetition to the self, the subconscious mind, that one wishes to work with these dreams that the subconscious mind will become convinced that the conscious self is serious and serious in this desire, and will then begin to release to the conscious mind dreams which will be able to be remembered.

Thus, it is a matter of setting up a dialogue with the subconscious mind and to express one's sincerity to continue this dialogue by the continued repetition of remembering the recording devices, whether they be the tape recorder, the pencil, the pad, the flashlight or whatever. In this repetition, then, lies the building of a bridge betwixt the conscious and subconscious portion of one's own mind.

Is there a final query at this time?

B: Is the setting aside of the personal worries as one is about to serve as instrument the same as activating the magical personality?

I am Q'uo, and we would answer in the affirmative, for when one wishes to work upon the experiences and services of an instrument, one is indeed working in the time/space portion of the magical or metaphysical self. Thus, when one is able to see the concerns of the day, label them as they are, see them put in their box, see the box set aside, then one is entering into that portion of the unmanifested self that is called by some the magical personality or by others the higher self. Thus, one is also with this work establishing the bridge betwixt the space/time illusion in which you find yourself now working and the time/space portion of this illusion in which one works as a metaphysical personality.

Is there a further query?

B: Should one work on that during regular meditations?

We feel we grasp your query. If one works in the meditative state to set aside the waking consciousness and its concerns in order to establish the magical personality to serve as an instrument it is well that this be done only in a circle of seeking such as this one so that the new instrument has the experience and protection of the experienced instrument and the circle of seeking as well. An individual doing this work alone would be unable to make the initial discriminations to serve in a stable fashion for positive contacts.

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Is there any further query?

B: No. Thank you.

I am Q'uo, and thank you once again, my brother. And at this time we would thank each once again for inviting our presence to your circle of seeking this day. As always, it is a great honor and privilege for us to be invited to join you for during this time we are able to partake for the moment in the intensity, the variety, and the vividness of your illusion and are able to serve in our own humble way by offering the opinions and experiences that we have found helpful in our own journey of seeking. We would, however, advise each to use personal discrimination to decide which words we have spoken that are useful to you in your own journey. Please leave behind any word or concept that does not ring true to you. If any word does not ring true to you it is not useful at this time no matter how much it may shine.

We are those of Q'uo, and we leave each in the love and light of the one infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
February 9, 1997

Group question: Today we are taking pot luck for our general question.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings and blessings in the love and in the light of the one infinite Creator. We thank you for the privilege of sharing in your meditation, more especially we thank each for calling us to speak with you and to share our poor thoughts with you. You allow us to be of service and that is that which means so much to us, for without those who seek we do not have any possibility of such sharing. So we thank the instrument and each within the circle and ask of you all just one thing, and that is not to relate to those things which we say as if we were an authority but, rather, offer our opinions as any to your powers of discrimination, for deep within each entity lies that sure and certain indicator that will, if listened to, let the seeker know when she has come upon a thought that has personal value. When that reaction does not occur, then we ask you to let our opinions slide away and be lost, for we would not wish to cause anyone to stumble. We hope to offer thoughts which might prove to be resources, assets or tools for the use of the seeker who wishes to accelerate the rate of spiritual evolution within his own being. This is our goal and we know that it is your goal as spiritual goals go.

The common goal is to seek and to know truth, and yet, ironically, in the way of all spiritual truth, that which is held on to is as rust and ashes, for truth within illusion is that which flows and has its own rhythm and motion. Indeed, we would ask each of you to consider that you are like the radio with a beacon that sends out a signal, that sends out desires into the universe that is listening to prayers, hopes and desires. And in the natural way of rhythmic living, that which is desired is drawn to you in the fullness of time so that that which you see before you as the present has its beingness deeply within those patterns that you have completed in the past. The faculty of free will so often seems somehow abridged by the circumstances of destiny, and yet it is your sending out your desire that has called your being into manifestation in this present lifetime. And on that preincarnative level it is the desires that are deepest within you that have organized and carefully arranged in series that you can survive each and every lesson you hoped before birth to learn.

So you are as the magnet and that which is yours comes to you at the proper time. Woe to the heart that is not listening to the silence, for it is within the silence, within the quieted heart, that that illusive truth abides. That which is outer in experience is a projection and manifestation of that which is occurring completely within your heart, within that center that is opening little by little as it learns not to

fear, as it learns not to panic, finally as it learns simply to listen in faith that the silence holds that illusive truth. And that clinging to that unfindable truth in that silence is the key that activates the patterns that you wish to call forth into your experience for your further development. We encourage each of you to become ever better at listening, for as you listen the quality of your listening reveals to you that level of truth that you are ready and willing to bear.

We are aware that there are several concerns within your minds at this particular time, and we are very glad to work with what this instrument calls potluck, just as we are equally glad to take the group question or to go from question to question. To us, the format is not important, because to us that which we truly are offering lies beneath the words that are channeled through this instrument, because what it is that carries these words is the energy that in sharing becomes our service. We offer thoughts but our value lies in our being with you and allowing our energy to mingle and merge with your own. The wonderful dance of harmonization is beautiful to us, and as we move through the group energies and the individual fields of consciousness the love that is offered to us and the love that is very deep in our hearts for you becomes that truth that is greater than any words, and, indeed, we suspect that in the end we shall find that one cannot know the truth ever, but one can become the truth. That for us lies ahead. We have not found the key that unlocks that last door, but we are patient and we find joy in contemplating the mystery that lies always before us, always riveting and always unknowable.

Before we open to specific questions we would perhaps say a few words concerning the concept of—we give this instrument the concept and it does not find the words. Let us say that the illusion that you now enjoy is as the landscape. The natural tendency of entities within the illusion is to assign value to what this instrument would call mountaintop experiences, and perhaps to define spirituality in terms of that feeling of being overcome by the special beauty of a mountaintop experience. It is not that the Creator is not there within those moments of personal witness to glory, to ecstasy. Indeed, the Creator is gloriously there in every fiber of those moments to remember, and yet if each of you as a seeker thinks of spirituality as the occasion that must be risen to, he cheats himself out of the spirituality that lies within, all of that which this group has recently called the drudgery of the chores of living.

Earlier, the one known as R was speaking of the way that the truth seems so often right there, and this is so. Not just in that which you put quotes around as spiritual. "Love," "truth," "beauty," these words reflect an awareness of the divine. And we would turn your eyes to the divinity of the ordinary, to the majestic and marvelous beauty of the everyday, of each and every mote and iota of manifestation within the illusion. For as the one known as R said, "Is not everything made of this perfect love?" Therefore, is not the Creator literally in everything? These are words of great wisdom. If we could but share with you our perceptions of our environment and its amazing beauty we would love to set you awash in awe and wonder.

And yet we grasp the fact that there is a limit to the amount of spiritual awareness that can be carried within the soul while it is functioning. It is just that it is our experience that the way of accelerating the path of spiritual evolution includes an ever growing tendency towards the awareness of holiness in each moment. It is the self that is brought to each moment that creates the perception of that moment. It may seem at times as though it is impossible really to get into those attitudes that govern perception. However, since there are several entities within this group much familiar with computers we may say that just as any software within a computer can be altered by one who grasps the principles by which those programs were written, so too the seeker who knows the self and has begun to be conscious of that self's thoughts can begin to go into the programming and alter according to preference those deeper processes which produce perception.

It is not impossible to begin the transformation within the self. There is the opportunity for transformation at any time. So we encourage each to become a little more conscious of how that biocomputer, the mind, is working because these ways of thinking can be played with. And the—this instrument wants to say "manipulated," but there are difficult connotations to deal with in that word—but let us say that the building blocks of the mind can be taken down and restructured by one who has the patience and the tenacity to be persistent about self-observation. We would not encourage overemphasis on this kind of work, for

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truly the essence of spiritual seeking is in becoming more and more oneself, and that self rather fades before the eyes while one is doing work on one's deeper programs. The true spiritual earth of self lies far below that level of program and that is the ground of being that you hope to affect in some small way by the cumulative experience gained in your present incarnation.

So you are going to a school. This metaphor for the spiritual life is useful, for there is the classroom, your planet, the lessons you chose to work on for your courses, and, of course, the graduation to larger life at the end. That is a graduation no one fails.

Now, we have had our fun with that concept of truth that eludes us all. Let us open this meeting to the questions that you may have at this time, the concerns that are upon you. Is there a question at this time?

B: It seems that the mind is like an inverse pyramid in that the surface of the mind has more blocks that can be played with which all come from the original Thought. At what level are you rearranging these blocks? Are you just substituting one illusion for another illusion? Does it not accomplish the same thing to remain focused on the original Thought? Do you have any thoughts on this subject?

We are those of Q'uo, and, my brother, we have thoughts on almost anything … which we are glad to share. To the best of our limited knowledge there is nothing but illusion. The only thing that is without illusion is unpotentiated Love, which has no awareness of Itself. By the play of free will the Creator is able to seek to know Itself, but the act of manifesting love is in itself an illusion, a distortion, certainly a primal distortion, but distortion nevertheless, so that no matter what density of experience or length of study that describes one's situation, one is experiencing an illusion and one is distorting the truth. There is nothing but a steady progression of more and more light-filled densities which offer a more and more pleasant light-filled way of distorting the one original Thought.

The concept of distortion is sometimes not an easy one to get the mind around because there is that feeling in the mind that says that there must be something that is unchangeable, that is without distortion. However, we do not know anything that does not contain some distortion. Our only perception of undistorted truth is that state of being where one is lost in awareness of the Creator that speaks within the silence of the heart. So perhaps we could say that the most light-filled distortion available to one in third density is that state of mind where the attention is focused upon that which is known to be holy ground. That inner sanctum lies within your green-ray energy center, the heart chakra. This is why when entities are moving from the open heart that they seem to have a healing influence regardless of what they are saying and the relative wisdom of it, for that energy of the open heart contains the sanctification that is available to that opened heart.

May we answer you further, my brother?

B: No, thank you.

R: *(Inaudible)*.

We are those of Q'uo and, my brother, we would be very happy to take you upon a walk with us. Let us begin by becoming aware of the physical vehicle as it rests upon the chairs and couches. Feel its heaviness. Feel the substance of that which you sit upon. Sense into the energies that hold the chair in position, that hold the body in position. Feel the liveness of the dwelling place, the energies of furnace and refrigerator and electricity as it moves through this place where these physical vehicles abide and enjoy the many cycles and energies of incarnation.

Sense now into the everlasting strength of your earth, that powerful terrestrial awe that is right beneath your feet. Sense down into that earth energy, for each of you has the roots within the earth. Each draws power from the earth. Sense the quiet joy of the daffodils pushing through that earth seeking the uncertain warmth of early spring. Sense those bare and dignified trees that lift their articulate branches through a bitter sky. Sense those few birds that yet dwell in the winter.

And now lift up from the body and the location, and rise up until you can see that island in space that is your home. All the cities have disappeared. There are no boundaries, no line that says United States and Canada. No pink Wyoming. No blue Kentucky. Just one tiny globe whirling through the never-ending night of your space/time. From this lofty altitude one can become philosophical about millennia, about great eons of time and great reaches of space. There is no body to that awareness that sees this planet.

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Open now to the subtler levels of life. Become aware of the millions of entities that dwell within the Earth in spirit without their physical vehicle, those whom you have called angels, fairies, devas. Sense into that liveness that fills the air with the sound of wings, and rest back upon that band of angels that is with you and let it carry you back down into the Earth's sphere and come to rest in a more equable clime. You stand at the base of a mountainous area, on the shore of an ocean. The sun is golden and seems closer than it is possible to be. So warm, so toasty, so comfortable. The physical vehicle loves that feeling of sun, responds as does a flower to the warmth of life. Here in this private beach the Creator may walk with unshod feet. Breathe in that warmth and that presence that the sun is. Breathe in that love which fills the air. Feel how cherished you are as you rest there upon the sand with the ocean beating its susurration at your feet, wave upon wave of clear aquamarine water. Get up, lazy bones. Go for a walk. Sink your feet into the sand. Look out over the expanse of water. See the curve of Earth. That is the end of the eyeshot. How can the eyes see all the way to the curve of the Earth? What hundreds and thousands of miles of water does the eye take in in order to see to the curvature of the Earth? Standing here looking out, one must face the fact that there is a mystery that cannot be resolved. It lies just beneath every event of circumstance.

Let us walk far away from the beach and up into the warm shady foothills, walking the worn dirt path, finding the way from one valley to another until you have come to that waterfall and lagoon that lies at the heart of this mountainous island. Come now over the ridge of that hill into a place where that lagoon lies, that spring of fresh water that feeds it, and gaze around you. The trees so love the water. Willow, cottonwood, grand creatures that dip their toes in the deep springs and overhang the quiet water. Here in the shade it is warm, not hot, and you may lie down and close the eyes and rest, and as you rest you fall asleep and you dream that you are actually living in Louisville, Kentucky, sitting in a living room, and working on the spiritual journey.

Are you, then, those who are dreaming of a beautiful trip to a magic island, or are you living on a magic island dreaming?

(Side one of tape ends.)

(Carla channeling)

… finally to penetrate your winter heart and know that that which you can imagine is real. Come back now, if you have not already, into your body, into your circumstances, into the patterns with which you now work and feel the sun within. Know that that sun is love, both as it shines upon you within the illusion and as it flows and warms you within your heart.

This instrument is expressing to us that forty-five minutes is long enough for this session, so we would ask if there is a final question at this time?

B: Is clearing blockages more like cleaning the dirt off of a window or like popping the cork off of a bottle?

We are those of Q'uo, and we believe that we grasp your query. Let us say, rather—we give this instrument the image of an entity that is within a cave. The door to a cave is naturally open and when the energy within an energy nexus is without blockage there is the perfect ability to come in and go out as one wishes. When an energy is blocked it is the action of fear that causes the heart to contract away from that which is feared, that causes what you might see as a strand of knotty material that comes down over that opening, and when there is enough crystallized fear it seems that there is so much material at the head of the cave that there is no way to get out or come in. Entities often try to use large blunt instruments to remove such blockages from the mental, emotional or spiritual body. However, it is not the way that we would suggest. We would suggest that as entities work day by day it is a matter of taking a little of the material away so that a little more space is made for energy to move around, enter and leave. It is far more effective to work a little bit again and again and again than to attempt to, as you said, pop the cork and cause the energy to become unblocked in an explosive manner which can do damage to the structure of the mouth of the cave. The skill lies in knowing how much material can be laid aside. There is no time limit on this practice, so that if too much material is laid aside and the entity is seeing itself contract away again and move more into blockage that entity can stop and allow that blockage because that blockage for that entity at that time is necessary. What one is working with really is fear. Fear is the antithesis of love. As love radiates, fear contracts. To use explosion as a way of clearing

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a blockage is in itself a kind of use of the energy of fear, whereas the energy that radiates is that which is respectful and careful not to harm the knotted material that is taken away, the cave itself or the entity who wishes to have a more free energy center.

We fear that we have mixed a few metaphors, my brother, and apologize for that, but perhaps you see the direction of our thoughts.

May we speak further?

B: No. The images were helpful.

We thank you, my brother, and we thank each again and again. You have greatly enriched our lives, and we treasure each of you and thank you for this opportunity. As we leave you, we do not leave you, for are we not all one? Yet we shall cease speaking through this instrument and leave you in the love and in the ineffable light of the one infinite Creator, glorying in that mystery that ever draws us onward to our source and our ending. We are those of Q'uo. Adonai. Adonai.

(Pause)

I Yadda. I Yadda. We got the call from R, so we are here. We greet each in the love and the light of the one infinite Creator. We have only to say "hello and goodbye," but the one known as R asked for our voice, so we came. We Yadda. We leave you in love and light. Adonai. ❦

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Sunday Meditation
February 23, 1997

Group question: We would like to know what the function and effect of ritual is upon the seeker of truth.

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of the principle known to you as Q'uo. We bless each of you and thank you for calling us to your circle of seeking. We thank each individual and each individual's desire for a fuller truth. We see each desire as a kind of tone or color and it is as though we were gazing at a circle of jewels. We are most, most happy to share our humble opinions with you, always with the understanding that we are not incapable of error. We are not an ultimate authority. We are seekers of the One, pilgrims of the mystery that is love. And we follow that love, which we find to be our very essence, in the hope of rejoining all that there is. This journey is far from over for us, and each of you has a few more steps than we to go, but we journey together and truly feel blessed in the company.

The question for the beginning of this session concerns the nature and function of ritual. This is indeed a substantially large subject. There are two types of rituals, the one being more an adaptation from the second-density roots of the vehicle that carries your consciousness about, the other being the creation of humankind in its search for deeper states of clarity in emotion and consciousness. The second density heritage that your bodies carry includes a generous helping of instinctual ritualistic behavior. An example of this kind of imprinting ritual is a favorite of this instrument's, that example being the cat which, upon hearing its owner at the door, begins to run about the living room, to jump up upon the door, to race from the door to the kitchen and back several times, to jump up on the cabinets, bounce off the refrigerator, go over to the dish, and then the cat is fed. Having once done this [the cat] associates all of the movements preceding the food in the dish as necessary to bring the food to the dish. It does not occur to the mind of a cat that the owner must go get the food and put it in the bowl. To this little mind, this little ritual of movements is quite essential.

The experience of each entity's life includes a full list of imprinting situations. The instinctual imprinting first shows itself as the mother suckles the newborn infant. There is a deep emotional content to this simple act which has life-long consequences for the mother and for the child. Again, that first experience of intimacy with the opposite sex creates an imprinting so that that first experience is instinctively retained as being the perfect sexual experience, and the rest of the incarnation is affected by those circumstances which were local to that

imprinting first experience. As each goes through life experiences …

(R leaves the circle, coughing.)

We are those of Q'uo, and we request this instrument to say, "It's OK, R." We shall continue.

There are various times within the incarnation other than the imprinting of parents and the imprinting of sexuality. They largely include those individuals who have been effective in bringing to the surface some hidden desire. This is normally the function of the teacher/pupil relationship and is not uncommon between mates when each may be the teacher of the other. These imprintings are fields of energy which affect one entity for one particular period of incarnation.

The deeper and more typically human kind of ritual has its roots in instinct also, for there is an instinct for repetition of the familiar as a means of feeling no longer isolated, no longer alone, no longer as confused. There are rituals chosen by entities to solemnize changes such as the marriage and certainly each service of what this instrument calls the holy Eucharist or the holy communion is a good example of an effective and powerful ritual. In the use of ritual for the acceleration of changes in consciousness the term magic has often been used as a descriptive term suggesting ritual behavior which has a hidden spiritual significance.

We feel that it is this kind of ritual that the question was sparked by, for there is within this group a sincere and deep appreciation of the power of ritual. Each has experienced that purifying and clarifying effect that is gained through some ritual that is entered into by the self and by others with a common and, shall we say, non-terrestrial desire. The rituals of spirit, those rituals that this instrument would call religious, the many ritual orders of brotherhood within your various cultures, are all examples of collections and arrangements of words, tones and progressively more deeply touched emotions that have been repeated many times.

The reason that the ritual continues becoming more effective through generations and centuries is that within your inner planes, as this group was discussing earlier, there are many entities that are discarnate, that is, [that] do not have the physical vehicle that you enjoy in third-density incarnation. Yet they have, when incarnate, moved through these great rituals of religion, spirituality and religiously oriented brotherhood. When those who are in incarnation move through those same rituals, depending upon the ritual a relatively large group of discarnate entities may be awakened to the energy of this ritual and join in the ritual, creating an unseen—and what this instrument would call angelic—element so that to the individual moving consciously through this ritual comes the combined energy of a great heavenly host as well as those within the group that are participating within the ritual. These so-called magical rituals are very useful to the type of person that will seek a group worship or the cache of hidden things. To some, it is enough to be with the group to experience the movement of emotion that is possible when one participates deeply in the form of the ritual.

There are certainly many, many souls who do not feel the desire to participate in group ritual in order to clarify and purify the magical personality. To this entity comes the opportunity to create rituals for the self, and in many cases this attempt is well thought and well done. Many are the pilgrims whose rituals have to do with very humble ordinary things: the placement of cup and spoon and bread at a simple meal; the cleanliness and order of personal effects; the thoughts that one moves through before meeting another and honoring that entity. These are all examples of personal rituals. And these rituals also are not the terrestrial imprinting ritual. These are the rituals designed to effect changes in consciousness. To effect these changes in consciousness it is not necessary to be in a group. That group experience is available to those to whom it appeals, but to those weary souls who cannot enter into group ritual or group worship those emotions and changes in consciousness yet remain available. They simply do not call forth the degree of angelic assistance that is alerted by group worship.

When an entity has decided to choose the lonelier path of seeking then that entity is as the artist with the canvas washed and ready for the image. Both of these strains of ritual behavior, the solitary and the group, have but one goal, and that brings us to the consideration of what this instrument calls magic, or to be more specific, the white ritual magical tradition of the western or occidental world.

This instrument's definition for magic which she has read from the author, Butler, is that magic is the creating of changes in consciousness at will. Anyone

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who has attempted to see things in a spiritual way, to penetrate the outer skin of experience and know the gist and the core and the heart within experience will find ritual quite helpful, for the emotional body and the spiritual body are affected deeply by thought. There is for each entity one particular way, one particular possession of learnings and realizations unique to that one speaker. And yet in common to all seekers who wish to work with ritual is the innate tendency of the consciousness within to flow more easily through the consciousness, the physical, emotional, mental and spiritual bodies, when habit has been chosen carefully and followed persistently over a period of time. This instrument has been told that it takes three weeks to learn a new habit or to break an old one. This is the direction that we are suggesting is useful in ritual.

Take a look at the self and you can see that as the roots of self move through the threshold of consciousness down into the roots of mind there are passageways that are crystalline and regular in shape and function. Each ritual aid that opens those passageways, especially within the emotional body, is helpful in regularizing and enlarging that ability to channel light and love through the deep mind into the roots of mind, securing the self, rooting the self again and again in the deepest truth possible, the deepest truth that is seen, or felt, or sensed by that individual. The deeper mind has a desire to be used, a desire to open, a desire to yield its contents. One could, in terms of computers which have many qualities in common with the mind, one could see these deeper structures of mind as programs that are hidden and are only accessed from within other programs and are never directly accessed. Ritual is a tool which does eventually connect the self more and more with one's deeper and more accurate programs. The knowledge, shall we say, or inarticulate wisdom of the deep mind which lies beyond word and even beyond concept can be triggered by ritual. Therefore, ritual can be a great aid in becoming more the person that one truly is, for each is well aware of the number and the subtlety of the masks that each has worn within the lifetime. The heart yearns for that which lies behind that mask. And certainly ritual is a resource that aids in revealing the self to the self.

Why do seekers always wish to be able to effect changes in their consciousness? Certainly primary among the reasons for this … we must pause. We are those of Q'uo. This instrument, unfortunately, moved into a trance state which resembled sleep. Consequently, we found ourselves unable to continue channeling. We will attempt to alert this instrument.

We are those of Q'uo, and are glad that we have a good contact with this instrument so that we can continue. As this instrument is somewhat low, we feel it would be advisable to open the meeting to queries. We perhaps have not given you all that we had intended, but perhaps we have given enough so that you can follow up with queries. Are there any queries at this time?

B: Is there anything that any of us can do to prevent this type of losing contact?

We are those of Q'uo, and we feel that it is not frequently that the channel will fall asleep. There is within this instrument significant distortion towards weariness and discomfort, and it is the energy of this circle that gives this instrument relief from this discomfort. Therefore, we do not see the outcome of losing contact as a bad thing but merely an inconvenience in the context of the group energy waiting for the finish of our thoughts. We cannot think of any particular thing that would guarantee that this instrument would be able to erase weariness. However, my brother, we can assure you that the laying on of hands, the discussion, the social converse, these are things which affect this instrument in a positive way. The sharing between all of love and the gifts that each brings to this circle are what feed this instrument and, indeed, what feed all within the circle. Perhaps it is well to think of that energy as the unity of the group and realize that our communication is coming through the group first and this instrument second, so that the special gift that the one known as B has of having the healing touch, this can be helpful before or after the session. But, in general, the greatest gift is the comfortable and natural flow of love through the group.

May we answer you further, my brother?

B: No. Thank you.

And we thank you, my brother. This instrument was not in trance. This instrument was merely asleep. Is there another query at this time?

V: *(Inaudible)*.

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We are Q'uo, and are aware of your question. The suppositions of entities within incarnation do indeed have some effect upon their experiences immediately following the passage of the spirit from the physical vehicle and into that form-making or light vehicle that is their body immediately after the process of death and separation from the physical plane. In general, the effects of expectation last a fairly short time after cessation of the life experience, for the majority of entities have little enough certainty concerning the hereafter that they are open to being received by someone familiar to them. This guide, whether it seems to be husband or savior or some other entity, serves as the guide who leads by the hand as the entity is taken to a place of healing and restoration, for most entities tend to leave the incarnation in some metaphysical disarray to the extent that they have been injured spiritually, emotionally or mentally within incarnation. They will have the space and time necessary for full restoration of the true self. Once the entity has come to the realization of that fuller self that one is when one moves beyond that veil of flesh the period of review of incarnation then can begin and in this the entity and its higher self simply move through the incarnation, gazing at what has occurred, what has been learned, what has not been learned, and gradually they develop a plan for what the next step will be.

If that entity finds it has become able to graduate from the density now experienced then the guide takes it to what may be seen as a stairway of light, each stair being fuller of that one great original Thought of Love than the one before. The entity moves up the stairway until the intensity of light becomes uncomfortable. If that stair step is in fourth-density light, the entity goes on to lessons within that density. If the entity stops short of that demarcation and is remaining within third density then the self and its guidance develop a plan for the next incarnation. There is then that time taken to chose the parents, the friends, the mated relationships, and other important and central figures for the life to come. The lessons then are set up, depending most often upon the relationships and where those interactions lead the self.

If an entity has a strong and fixed vision of the afterlife, that afterlife scenario may play for some of your space/time. This entity then remains caught in space and time and hovers in the inner planes living out the expectation. However, this is always a time bound phenomenon, and eventually all entities awaken and move on. Certainly when an entity has been bound to the previous experience for some length of time, once the entity awakens to its true nature it will spend a significant amount of time in the healing mode before moving on.

May we answer you further, my sister?

V: *(Inaudible)*.

We are those of Q'uo, and, my sister, it is often the case that one cannot infringe upon the free will of another. The key to await is the asking. If an entity asks you for your views or in some other mode of questioning indicates a desire [of] an alternate view, then certainly you may jump in and do your best to share your own vision. However, when an entity has a determined and anchored view, the only level of help available to one who wishes to observe the Law of Free Will is prayer. One may pray that the loved entity may be set free from limiting confusion. One may visualize the entity awakening to a higher way. And in this way one may place about that entity the angelic aid that such prayer alerts. And again, prayer is a kind of ritual, and when prayer is given from the heart it does alert what this instrument would call the angelic host so that when this entity moves through the veil of death there is more angelic light or love around the entity and more opportunity to sense a fuller truth during this transition. We would say, my sister, that it is not a great difficulty in terms of the experience after incarnation for the expectation to be deliberate, codified and incorrect, for the entity has an infinite amount of time to travel back to its source, so time considerations which seem drastic within incarnation become considerably less impressive when seen from the viewpoint of eternity.

May we answer you further, my sister?

V: No. Thank you.

Is there a final query at this time?

C: I have a friend who has a very serious illness and seems to be dying. Would prayer be the best thing for her since her illness seems to be a mystery to all of the medical profession?

We are those of Q'uo. My sister, when dealing with those approaching the entrance to larger life one does well to open the self to intuition, for each entity approaching this metamorphosis is wounded and the

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pain of incarnation begins to crystallize as the entity approaches the end of the experience. It is always new to each entity and unique to that entity what may give it more peace. To one entity it might be the talking, the sharing, the ability to listen to difficult emotional content, to another it might be that the gift of silence is the greatest gift, that support that does not ask for attention, and does not seek any effect, but rather is present. To one entity it would be the sharing of your gift, whether it would be the cooking, the singing, all the gifts that entities have to share with each other.

So there is always the delicacy of listening [with] that purity of attention that is willing to flow into that pattern that is sensed that will be the greatest gift. In general, we would say that the gift of prayer is always helpful because of the alerting of consciousness so that the entity is less and less able to feel alone or abandoned. When entities become ill it is common to those about it that the illness is ignored and there is a lot of pretending that everything is the same. The bare ability to abide in closeness with one who is in distress is a very helpful and healing influence. So we would say prayer and attention and the lack of drawing away would be the most likely avenues of aid.

May we answer you further, my sister?

C: No. Thank you.

We are those of Q'uo, and we thank you also, my sister. Each has such a power of love within. Each has such beauty to share. Each is so powerful to give assistance or to withhold it. We urge each to love each other, to care for each other, and to take the hand and give it the squeeze that says, "I am with you."

We would at this time leave this delightful group, rejoicing in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
March 16, 1997

Group question: We are asking about service today. First, we seem to need a sense of self in order to know what it is we have as resource to serve with, and secondly, we would ask if it is even appropriate to concentrate on serving others in our daily round of activities, or is it more a part of our beingness to serve in a less directed effort? What is the true nature of teaching when it comes to serving others?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator. It is a joy and a privilege to join in your meditation and share in your vibrations. We cannot express the blessing that each of you brings to each of us, for we remember well third density, that time in the crucible. It takes courage to allow the conditions for the choices that you make to be felt, expressed, named and accepted. And we are inspired by the genuine and authentic desire of each to seek and know the truth. We also thank you for your calling us because our service and the way we ourselves are progressing at this particular juncture is by sharing our experiences and opinions with those companions along the path that dwell on your Earth plane at this time. There is a tremendous calling that redounds throughout creation when a people such as yours approaches a cusp and is not ready and yet senses, however dimly, that call to march, that feeling of purpose and mission. So we thank you and bless each and ask one thing of you in return, and that is that you use your personal discriminatory power in keeping those things we might say that seem to you to be worthwhile and allowing the rest to fall away, for we would not put a stumbling block in front of any.

We were the proverbial fly on the wall listening to your discussion, and we agree with this instrument that truly this particular group does not need a formal channel, but, rather, there is a conjoining of kindred spirits so that each is teacher to each. You shall find this occurring more and more frequently as many among your peoples in all your nations do awaken, do find themselves in the sense that, for the first time, they relate to themselves as a spiritual identity. When each entity does awake, there is that feeling of almost a panic, a desperation of desire to become oriented in the metaphysical world in which thoughts are things and things are only thoughts. What a different and uniquely alien landscape appears before the newly awakened spirit who, for the first time, realizes that she is not a body with a mind, not doomed to death and limited in time, but, rather, a citizen of an infinite and eternal unity.

As each progresses, many are the questions and issues that arise. Many are the dogfights and wrestling matches with angels in the dead of night. Many are the ties that seem broken and the pieces that seem never to fit. And great is the suffering of each spirit

as that metamorphosis occurs and the wet and still unborn butterfly fears to leave the cocoon. And in this experience, were each of you not to want to help others [it] would be remarkable. It is natural and appropriate for each of you to hope and, indeed, to know that you can serve. If we could leave you with one thought it would be that one: you will serve. Fear not. Do not be distraught because you are confused or because you have not that mountaintop experience on this particular day at this particular time. You shall perform your mission. Each of you shall serve effectively that light and that love that you so adore. You cannot fail at this, for as you breath in and as you breath out you are an essence. You are a personality shell in a second-density body that hides your consciousness from yourself and, to a lesser extent, from the world around you. You are the one great original Thought. You are Love.

And those who are joined with us on this particular day all have native homes in densities that are sweeter and more open and closer to the original vibration of unconditional love. Beneath the masks and roles that are appropriate for each to play in your dance on the sea of confusion you are who you are and it is that essence that is your gift and your main service. As you breathe in and as you breathe out, you breathe the world, you breathe illusion, and you are love. As you have breath so shall you be mortal, and this mortality clothes one in a flesh that creates a lack of memory, a lack of contact with those things that pertain to your infinite self. This does not disturb your essence. You can lessen the ease with which your native vibrations can ripple out. You can be blessed, expressive of essence. You can be more true to that underlying and encircling essence, but you shall, without fail, perform your service and complete your mission because your basic mission is to live a life amongst those people with whom you find yourself, having a heart that is consciously open as is possible on a stable basis.

When one worries and strives and struggles it may seem that the night falls and nothing can be seen, yet always the self lies waiting for you to allow its depths to rise up into conscious awareness. There is a spring inside each in that sanctum of the heart, and it bubbles forever with the clear water of light and love. The Creator has placed His tent within this inner sanctum and patiently, lovingly and personally waits for your touch upon the door, for your step upon the stairs, hoping that you shall come in and sit with It. And there is no greater joy that the Creator has than that joy of being joined in communion within the heart. The Creator has enormous infinite love for you. There is a personality, a personhood to that quality of love. It is not impersonal. It is not general or vague. The Creator finds each vibratory complex beautiful and loves each just as it is.

For those in third density and within incarnation such unconditional love is not particularly easy to find access to. And we are aware that you hope to find more resources to help you become a better servant. Certainly our first suggestion to each would be to enter into a deepening and more comprehensive awareness of the self, especially those parts of the self this instrument would call the dark side, for this complete and total self encompasses all that there is. Each of you has made repeated choices in this incarnation, and those choices have been to emphasize, for the most part, the positive qualities. However, your culture does not teach you to deal with the other path of the self with the appropriate kindness. And so each has faced that self that murders and steals and blasphemes and envies and lusts. And each has turned a hard heart to the self and said, "I judge this part unworthy."

It is not that we disagree with how wretched each of us is, for truly when one is all things one does encompass the pain and suffering of all time and all space as well as the brightness and glory of the light. But it is our humble opinion that these parts of self are actually other than they seem. Within third density, however, the knowledge that nothing is what it seems is a cold and unpersuasive thing. We are not sure how to suggest to each of you that you find the courage and nerve to forgive yourself for being human. In the world of illusion you, too, must be of the same stuff made. You cannot bring into this illusion an undeniable reality, for the whole purpose of illusion is to so confuse you that you finally give up using the tools of intellect and logic in order to make sense out of life, for life does not make logical sense in the normal use of that term. Certainly each has been in that state of mind wherein all things were seen to be perfect. And these are moments of rare beauty and joy. And yet they feed only the self. You cannot give them as presents to others or persuade any because you have been persuaded, for this is the density of choice, and each

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entity must face that choice of whom to serve, how to serve, for himself.

However, we can assure you that there are ways to be of service to others besides simply being. It is just that it all begins with loving yourself. We cannot overemphasize this step, nor can we say that it is an easy or simple thing, for the self must first be plumbed and seen, not in great detail, perhaps, but in the sense of facing that ravening wild beast that dwells within each and that has the power of the vampire, pulling on the energy of self when it is not loved. Each of you has forgiven others tremendous things, but have you forgiven yourself for the small things, much less for the things that you consider large? How difficult it is to turn and see self. Many never achieve knowledge and must project all that occurs with them in their life upon other entities, and this is one of the things that other entities are here to offer. Indeed, each of you has played that part for others, being the mirror that reflects and offers catalyst. Each of you has experienced that great feeling of seeing self for the first time because someone else was a good mirror. But the first mirror we suggest you hold up to yourself.

The one known to you as Jesus was reared in a climate of what this instrument calls the Old Testament, the Ten Commandments, the Law of Orthodoxy. This teaching was tempered by much mysticism, but when this entity began to teach others it suggested that all of the law and all that the prophets had said could be replaced by loving the Creator and loving others as one loved oneself. One cannot become able to love others unconditionally until one has forgiven the self. We encourage each to press on towards self-acceptance, self-forgiveness and that feeling that each day is a new one, each moment is a clean and untouched thing.

When one seeks to serve others one has chosen the most subtle of activities. Certainly there is never any harm in perceiving an entity in need, of offering aid in a general sense, of suggesting that you are there for that person. Certainly when one is asked to be of service in this and that way one may respond to one's fullest for this is the green light that says, "Please impose your values. Express your feelings to me. I will listen because I am seeking." Seldom is service that simple. Often it is a matter of dropping seeds. A smile is a seed. An open book that says on the front, prayer, or meditation, that is a seed. Those who come into your environment see what you are reading and something in them is refreshed, for are we all not one? An open hand. A kind word. The commonplaces of ordinary life. These are riches indeed and within them lie all the service imaginable, for as you speak to one and to another in the normal run of things you speak to all. Release the concept of numbers. It does not matter how many perceive that which you offer. One is enough. One is a bounty. For that one is the Creator. Each entity is a holograph of all that there is. There is no loss. There is no way to be lost. You are in the creation.

To a deeper level let us move and look at this being, this essence of self. We always greet each of you in the love and in the light of the infinite Creator because it is our opinion that that is all that there is. The great original Thought is a vibration known as love, that insipid word for which we cannot find a substitute for. All that is created is created of light which is the product of free will acting upon love. At this level is the identity and beingness of each. At the level of pure vibratory complex you cannot help but be yourself. Within third density there is tremendous opportunity to accelerate the rate of spiritual evolution. And so as you go forth each day, realize that this process will take you and shake you and things will come rattling loose from time to time. Change, as this instrument says, is often uncomfortable. And change you will if you are listening and acting upon the desires of your heart. It is sometimes a tough, brutal journey. The landscape is sometimes very barren. As each goes through those initiations and that dark night of the soul that this Lenten season is so appropriate for is experienced, you do not know when you approach another what state that person is in. You do not know to whom you are an oasis. You are the water that quenches the thirst by your being.

Before we go to questions and answers we would ask you to rest in that beingness and experience yourself as we experience you. How precious you are. How beautiful. Touch into this beauty, this grace. Feel that light as you move into the place of love within self. Feel the radiance beginning. And know that it is not from you that that radiance comes. All you can do is prepare the channel for the infinite love and light of the one Creator to flow through you into the world of manifestation. The suffering, the questioning, the doubting, the pain, and the suffering and agony of all that you experience is for

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one thing: to hollow you and to focus that emptiness so that it is ready to receive. For those upon the service-to-others path, those to whom we wish to speak, what is being received is infinite love and as it flows through you into a channel that you have cleared it radiates into all of your Earth world. It is for this that you came: to live a life filled with many sacrifices as things fall away and you begin to know what is valuable, what is beautiful, what is true. You are a witness, and yet you are what you witness in that wonderful paradox that is the signal of the metaphysical world. It will always baffle the mind and it hopes to so baffle it that you will make the trip from head to heart.

As you wash dishes, as you attend your daily toilet, as you diaper a child, as you pull a weed, as you sit in a blue funk and wish everyone were dead, you are serving the Creator. It does not matter how many you serve. But only that you be yourself and experience as fully as possible what the Creator has placed before you, for those things that are for you will come to you. You have prepared for yourself a line of growth. When one resists this line one may go in other directions, but there is only one place you are attempting to get. You can make your journey longer by resisting, but it shall be that same journey. Consequently, it profits one to contemplate how to cooperate with this rhythm and vector you experience in the flow of your own living. Know each thing in terms of praise and thanksgiving. Many things are easy to offer praise and thanksgiving for, and yet as each of you has said in the discussion prior to this channeling, as this instrument calls it, each has made that point.

So we simply urge you to love. Love the Creator. Love yourself. Love each other any way you know how to. Any which way. You cannot err. You can seem to fail again and again. Yet you truly make no mistakes. For you are, at all times, secure, safe and centered. You will learn to experience more and more how to allow yourself to feel that center that is already there.

We would at this time open the meeting to questions. Are there any at this time?

R: D has discovered he was someone close to Tesla and now he seems to be getting psychic attacks, being paralyzed from the waist down, his gear is breaking down, and a dowser has found alien energy in his house. Could you comment in any way you feel is appropriate?

We are Q'uo, and we grasp the query. When one is attacked it is natural to defend, and yet in the sense of psychic greeting the defense creates the prolongation of attack. The one known as Jesus has said, "Resist not evil," and we would say know this greeting as coming from the self, as the child has been spurned by the parent. This child does damage, hits people with the toy truck, bangs on the piano. This is not lovable behavior, and yet this too is part of self. We would suggest that when an entity is faced with a new part of self the solution is, as always, love. These footsteps, this paralysis, find the courage to give praise and thanksgiving for this and any condition. Find the serenity to seek the heart of this greeting, and see that heart as that which, when loved, shall be transformed. There are reasons that a veil of forgetting drops when an entity enters into incarnation. When this veil is penetrated within incarnation an entity feels she is seeing self and yet this self is but a shell and that self is but a shell, and the essence lies beneath, between and around both and yet is neither. When the feared is finally seen with love then shall phenomena make little difference.

We would be glad to continue further if the entity who asked this question would wish to requery. Is there another question at this time?

B: No question. Just wanted to say that you said some things in today's session that really moved me. As I prepare to move off into my next step of growth I just want to say that I am really going to miss these Sunday sessions. And I just want to thank you for everything.

My brother, we thank you as well and could not put it better. Is there another query at this time?

Questioner: *(Inaudible)*.

We are Q'uo and are aware of your query. My sister, the runaway technology, as this instrument would put it, of your peoples is that of the child with toys. The child is not large enough to grasp how to care for and treat his objects of interest and amusement. This shall be very confusing which is as things should be. We cannot comment upon specifically what effect or direction your culture shall move but only encourage each to see the innumerable and ephemeral ripplings of the ascent of intellectual

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knowledge with equanimity. Whatever seems good or evil, whatever seems hopeful or disastrous, is illusion. And so we encourage each to turn always to that place within which connects the self in incarnation to the self in eternity.

May we answer a final question at this time?

Questioner: *(Inaudible)*.

My brother, we are so glad that you brought that up. We love milkshakes. We consider each of you a delicious milkshake. We could eat you for breakfast. We leave each of you in the ineffable love and light of the one Creator. Love each other. Love each other. We are know to you as those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
March 23, 1997

Group question: Concerning seeking and searching. We often have things happening inside of us that are quite intense and we don't know how to work with them. How can we work with these situations? Grab hold of them and try to understand them or let them go and develop on their own?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings and blessings to each in the love and in the light of the one infinite Creator. We thank you for calling us to your meeting this day. The experience of blending our vibrations with yours in meditation is a lovely gift, and we thank you as well for being willing to let us share our opinions and thoughts with you, asking you, as always, to discriminate as you are listening to that which we say so that you may take those thoughts that seem good to you and leave the rest behind.

This day your query is the—we give this instrument the concept of a national anthem or a favorite song of the wanderer—that is, how to learn from the catalyst that occurs to one who is walking the spiritual path; how to use that catalyst that is yours with the most efficiency, the most respect, and the most success. The spiritual path is often described in terms of difficulty, as though the losses and limitations that affect all within the heavy illusion of your third density were puzzles that could be deciphered, riddles that could be solved, equations that could be completed. And in a very real sense this is so. Yet in a very important way this is not so, and this paradox is, as always, the hallmark of the spiritual concern, befuddling the intellect, defeating logic, confusing the seeker. And to what end is this the desired spiritual occurrence? From the commonality of the difficult experiences for each seeker, the answer would seem to be in the affirmative. But what is there to enable the spiritual seeker to be more skillful in looking at those things that are points of confusion and occasions for the many emotions surrounding fear and frustration?

First, let us address the happenings themselves, those things that come, seemingly at random, upon the unwary seeker: the auto accident that is visited upon one out of nowhere, the sudden loss that is unacceptable, the limitation that seems to be directly athwart every hope of progress. The heart of this question moves into the reason for your density of experience at this juncture of time and space, that is, third density itself. For, indeed, your illusion is specifically designed to place each seeker repeatedly in situations of limitation and loss, situations that trigger every fear, every confusion that the human heart possesses. Although it may seem that the Creator that helped mold the nature of your illusion is either mischievous or mean or possessed of a poor sense of humor, the truth seems to be that the

Creator wished that each spirit, each spark of Self, once radiated out from the Creator, would have the experience of falling into the chasm of the unknown with no parachute except faith.

This is the point the spirit of Love wishes each of Its sparks to attain, that point where it is realized that faith is a way that lives upon itself without any scientific support. The Creator hungers for each entity to turn towards It, to be drawn so to the great original Thought of Love that in spite of every limitation and loss and difficulty each heart remain faithful and of each entity's own free will to cleave unto creative love itself and to stand firm in a serene knowing that despite all appearances, things are as they should be.

When one is experiencing privation or difficulty certainly the last thing that seems a good idea is to fold the hands and say, "This is perfect." And yet this statement, that is, "This is perfect," is the deepest truth in any situation. The more it looks like an untruth, then, the greater the part that faith must play within the mind and emotions and heart of the seeker. We believe that in older creations than your own, free will was not so valued and, therefore, third density was offered without the veil, without the forgetting that occurs during the birth process so that each entity who awakens upon the Earth plane is kept from knowing its spiritual identity and the spiritual nature of the surrounding creation. Although the second density continues to speak volumes to one who has the ears to hear concerning the endless generosity of the Creator and the infinite way in which each part of creation serves each other part, the veil being drawn over all existence except that which you are experiencing at this moment creates a situation that is ripe for confusion, and we are not surprised to see that each seeker within this circle has been confused again and again.

And in this confusion each has set the stage for the choice between reasoning based upon fear and reasoning, if you would call it that, based upon love. For faith is the active application of love to situations that astound, confuse or befuddle you. This instrument once at a time near death placed a motto above the bed in which she lay. That motto was, "Faith, the final frontier." And for each of you this faith is as the Grail that is desired, that is sought after, that is hoped for, but how actually to attain this spiritual attitude?

There are many ways to help awaken that faculty of faith, but we feel that in the mix of things needed to pursue faith paramount is a willingness to jump off into the unknown, and to believe that all is well for no reason except faith alone, for no reason except that deep feeling that there is order, that there is purpose, and that there is a rhythmic way to progress. The more jangled events and voices and tempers become, the more the intellect is locked—this instrument would say grid-locked—with the nonsensical nature of such occurrences. The spirit of Love hopes that such times of crisis will trigger within the seeker the realization that this is another crux at which faith may be invoked.

Faith can begin with very small things. Faith that you shall wake up when you go to sleep. Faith that you are who you think you are. Faith that the sun will rise, that the birds will sing, that the seasons will progress to a time of blooming, when things look grim and dark. It is like a muscle that must be used and not when it is convenient alone, but when it is inconvenient especially. Many are the signs and wonders offered to the illusion by energies and essences within spirit. Many are the visions of those who seek visions. Many are the miracles of healing, prayer and love. Many are the occasions to note and marvel at the faith of others. Many are the stories whose burden is that faith and faith alone has pulled the seeker through.

This instrument recalls an instance when a missionary couple were fighting not only the ignorance and poor conditions of an aboriginal tribe but also a terrible outbreak of illness. No matter how hard they worked they could not keep up, and they were becoming more and more weary. Being people of rare faith they chose to meet the situation by arising even an hour earlier and praying in silence and in peace, knowing that all was well, knowing that there was enough. And as these affirmations spiraled heavenward this couple found peace. And they were able to meet the impossible demand of the situation with humor and dignity. They did not hold their burdens, you see, but made a point of giving them to the Creator, of taking every burden, worry and care and placing all as if giving a present in the capable hands of love. For truly the Creator broods over each of you, so in love with each of you. We cannot express the intensity of that love that we have perceived coming to us and to all from the infinite One. We are His heart's darlings. We are the

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children of creation, and this describes our nature beyond all illusion.

When this has begun to become a part of who the seeker is, when this feeling of being so loved and so precious has sunk in and taken root in a subtle and ever-changing way, the life begins to be transformed because the self finally accepts the Creator's opinion of self and can begin to see by faith alone that whatever is upon the surface, the self is the Creator's own from its very origins upwards. This is the native land. This is the home. This is the safety of each, not the power, security or any manifested part of how the world thinks about itself, but, rather, the safety and security lie in remembering whose child you truly are, whose service you truly wish to join, whose love you truly wish to channel through yourself and into the world.

Now, some of what you asked this day concerns how the seeker can tell that something is occurring that is of a pattern that is especially meaningful to look at, and we would say to each that when there is a time of testing, trial or temptation the key aspect of the situation is pattern. When you can spot within your thinking a repeated theme, a repeated motif, then you can tell yourself in good authority, "This is something I want to look at more closely, more deeply. What is there in this pattern that has caught me? Where am I stuck?" Since the heavy illusions guarantees that nothing is what it seems, the powers of mentation are not particularly useful at deciphering the pattern. However, if the seeker will move into the feelings and emotions that have arisen in connection with this pattern then the seeker may be able more easily to use this material, because it is in the responses that are chosen to catalyst that occurs that the self expresses self.

So we would say in meditation allow the silence to do its work. But in contemplation simply allow the self to move into those states of emotion that arise in this pattern. Feel that state. Enter into every nook and cranny of this emotion or of this nexus of emotions. Allow association to move your feelings and see if there is a constellation of events or memories that seem to trigger this same type of emotional response. In this way you are working on your consciousness without departing from the situation at hand, for there is a self that is beneath all of these experiences that come within the incarnation. As one goes through the illusion day by day one can more and more find composure where formerly there was conflict simply because the attitude of faith has begun to take root and the need is not felt so quickly to move into patterns that take one away [from] faith and into the doubtful waters of opinions and words and points of view.

What we have to offer to you is a very simple thing. We are here to speak of love because love is truly all that there is. The energy of love, when touched by free will, has created the manifested world, but all things that are in this world still vibrate with the one great original Thought, and you are those on their first voyage as self-aware entities that are citizens not just of time and space but of eternity, and within incarnation you are attempting to sail the ship of flesh and at the same time realize that there is a deeper ocean of spirit, and that the deeper identity is the one launched upon a shakedown cruise upon a metaphysical sea which cannot be seen or felt or heard or touched but which is dearer in the heart than any manifested things to the seeker. So you are dual citizens, and to combine the spiritual and the earthly is sometimes an interesting challenge.

We encourage each in two ways: firstly, we encourage [you] to, as this instrument would say, validate the self, to stand up for the self, to feel good about the self, to take care mentally, spiritually, physically to love the self. And we encourage you to release fear as it feels safe to you to do so and to replace that quite understandable emotion with faith. Simply to live by faith is to bring an end to paradox and confusion, for to faith all things are acceptable. All experiences are those of love and the distortions of love. Faith is, shall we say, a code word suggesting a vibration that is more like the vibration of love itself. So wherever you are when you suddenly feel challenged, turn inward for the remembrance of your real and overriding nature. You are not simply a person caught between birth and death in a dance of no meaning. You are also a citizen of eternity, a child of the Creator and a dweller in light.

We would at this time ask if you have further questions.

V: There seems to be something missing as far as I can see. I am not sure where I am supposed to be and what I am supposed to be doing. Could you help me with that?

We are those of Q'uo, and believe that we grasp your query. My sister, we would say that those who seek

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spiritually do indeed have an urgent and telling purpose. And yet that purpose is not one which naturally occurs to those within the illusion, for within the illusion there is always that feeling of doing something in order to be useful. And as spiritual entities, that translates into the feeling that one has to be doing something, some career, some vocation or calling whose activity serves the spiritual purposes of humankind.

However, it is our opinion that the mission and the purpose for which each of you took incarnation was simply to live, to offer your vibrations to the planetary consciousness. It may seem that this offering of self to lighten the planetary web of consciousness is a small thing, perhaps a useless thing, for seekers generally do not feel that they are operating at a high vibration. Yet with all the confusion and all the distortion surrounding reactions to the confusion not withstanding, living moment by moment with the heart open to love is enough purpose and mission to cram a lifetime so full that it radiates life.

Certainly some entities are offered careers or callings which are obviously helpful, and for those people there is the siren call of, "Look at what I am doing. I can be proud." You see, this is a secondary or indirect way of serving. It only seems direct because of the way the manifestation seems. The actual direct and common career of each seeker first of all is to live and be an entity of loving and being loved, an entity of the open heart.

May we answer you further, my sister?

V: No. Thank you very much.

We thank you as well, my sister, and wish you well on your journey. Is there another query at this time?

B: Concerning red-ray energy. I am in a position where I have chosen celibacy and I am wondering if I can offer this red-ray energy towards the planetary healing. Is there a way someone like myself can do this?

We are those of Q'uo, and we do grasp your query. We believe that we can certainly confirm that which you say, that simply the offering of all of self to the Creator is the central or key act, metaphysically speaking, for when seen from [that] standpoint, whether that energy of sexuality is offered in exchange with a partner in the act of intimacy or whether that energy is offered whole and pristine back to the Creator, it is that turning of self to Creator with the desire to offer all of self that is the important thing.

There are many ways in which seekers have found good use for sexual energy, in the giving of it and in the holding of it. We cannot say that one way is better than another, although certainly those who have to be celibate—and here we refer to those among your peoples called monks and nuns—feel that theirs is the higher path. And yet the simple gift of the complete self to another is as the offering of the virginal self to the Creator when each is done with the same purity of dedication to the Creator.

There are many possible ways to vent and express the red-ray energy which have not much virtue, metaphysically speaking. The key is simply to gather the self and offer that self completely. Once this is done the knowledge that what is yours will come to you rhythmically and naturally may perhaps keep the mind at peace with this decision; that is, to express the sexual nature only as a gift to the Creator. Once this decision is made, whether that gift is a gift of celibacy or an energy exchange with another who also wishes to serve the infinite One, the result is precisely the same.

May we answer you further, my brother?

B: No. Not on that subject. Concerning the archetypical mind, why do seekers touch the archetypical mind? How is the way made possible for them to do so?

We are those of Q'uo, and we do not mind being confused, my brother. We rather enjoy it.

The archetypical mind is a part of the deep mind of each entity. The roots of mind begin with that region closest to the conscious mind's threshold and as one follows these roots one finds various levels of group mind within the mind. The ethnic group mind, the geographical group mind, the political group mind, and so forth. Deeper than these are the planetary mind, the archetypical mind, and the all-mind or the Knower that is the Known. The archetypical mind is a set of structures that create a way to think about the self as a metaphysical being. Within a mythical system there are characters with which one may find identity. Each who has used that identity to further deepen one's own spiritual nature will be familiar with this.

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For instance, this instrument shall, during the coming week which it calls Holy Week, be following the footsteps of the one known as Jesus, deeply identifying with this entity's sacrifice, deeply rejoicing in this entity's [triumph] over death. The archetype that is being explored is the archetype of transformation. As spiritual beings there is far more to the self than can be imagined or [en]compassed, and so as the mind struggles to process information which has no words, that which transcends words becomes increasingly useful. The drama, the comedy, the painting, the opera, the art that pulls an entity beyond words into emotional states, these are valuable things because they trigger truth from the standpoint of emotion or the heart rather than the concept of the mind. And the seeker is attempting to get to the heart of the self, to live from the heart of self, and so these archetypes which carry great rivers of purified emotion within them are extremely helpful.

As the seeker meditates it is offered material which is beyond words. It is that still, small voice that moves upon the sea of feelings and emotions. The seeker will come again and again to realizations which cannot be summed up in words and in this process, which is so subtle, the use of the archetypical mind is constant, seldom breaking forth into the conscious mind in most cases but always going on beneath the surface. This is the way that consciousness works. In an easy and comfortable partnership with the consciousness that is yours within the personality shell, the mind, and the body that are given for this incarnation alone. There is constant communication between consciousness and the personality shell itself. And as the seeker becomes more comfortable with truths which have no words the self can more and more reside in that way of being which does not need words. And from this point of view there can be an ever increasing ease of motion in switching from that state of being which is deeply peaceful to the self that meets and greets and acts with the illusion, wresting ever more abundant harvests of experience from the catalyst offered.

May we answer you further, my brother?

B: What particular archetype does Judas represent? I appreciate what you have offered.

My brother, this is your meat to chew. May we have a final query at this time?

B: One more about the archetypes. The particular myth that the seeker would be attracted to in touching the archetypical mind, is that unique to the seeker or to the commonalties between seekers?

We are those of Q'uo. My brother, for the most part, entities find themselves most comfortable with the myth that is shared by the culture. When the culture does not identify greatly with any mythical system then it is that the seeker is challenged to explore possibilities for itself. We find your culture at this time in such a state of flux. The lip service given to the mythical system of Christianity and Judaism remain current and widespread, yet the emotional involvement of the culture as a whole in this mythical system is at a low level. In this atmosphere each seeker will find ways to create from a synthesis of various systems or from within the self a unique path. And this is more and more the way that those within your culture are moving.

May we speak further upon this subject?

B: No. Thank you.

We find that this instrument's energy runs low and the circle's energy to listen perhaps even lower. We would have no problem talking with you right through the supper hour, but we are sure that you would not wish it so. And so we will leave you glorying in the fellowship that we enjoy with you, thanking you for the dedication and courage that brings each out of his and her way to this meeting of souls. We leave you in ineffable love and light. Now and always. We are those known to you as Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
March 30, 1997

Group question: Today we are taking pot luck.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank this group for calling us to share with you our vibrations and our thoughts. As always, we find it a great honor to offer our opinions and we do so hopefully knowing that each of you will use your discrimination in deciding which of our thoughts to take further and which to leave behind. There is a particular flavor or feeling that comes when a truth that is an important resource for you is first heard. That feeling is like remembering something that one knew once but had forgotten. Trust this intuition, and when that intuition does not speak, then please allow our words to pass away like water.

We find in this instrument's mind choruses and violins and tunes and harmonies of a feast day that is much beloved and blessed to this instrument, that day whereon that love that came into the world and was slain by the world was freed from the grasp of death. When it is Christmas time we speak of the seeker resembling the infant Jesus, born brand new into a spiritual identity previously unknown, the child within that is the spiritual infant that has the language of spirit to learn and the ways of spirit to become comfortable with and used to. When it is this time that you call Easter we tend to suggest to the seeker that she see herself both in the sacrifice of love for the world and in that resurrection from the death of the body that is the birthright of every seeker who has become aware of his spiritual identity. We encourage each of you to contemplate the sacrifices that each of you has made to come to this particular moment, not simply to this particular house or to this particular group but certainly involving that momentary situation that is shared by all of you at this time.

It is a measure, a clumsy one, but a yardstick of sorts, when looking at the self and its travail and difficulty in walking the spiritual path to reflect upon the amount of love, the amount of, shall we say, even surrender that is brought by the self to the chances and changes of mortal existence. For, truly, it is not so much a question of what one does to be of service as it is a question of how much love was brought to offering the service. A common misperception of those that walk the spiritual path is that there is something specific, some vocational career, that someone is supposed to be doing. There is this urgency of feeling that it is time to serve. "It is time to move on with the mission for which I came to this place," and as we have said before through this instrument, it is our feeling that that idea of a career is a chimera unless that career is seen to be a vocation of being. There is that within each of you

that is perfect. Each of you is a hologram of the one great original Thought, and this is carried in an undistorted form in every cell of your physical body and all of the subtler bodies which make up your mind and body and spirit in its complexity.

You cannot take a breath that is closer to you than the Creator in all of Its perfection. Therefore, as each seeks to be of service and to know what is next, what is the pattern, what is the rhythm, no matter how many tools and resources the seeker finds in other people in the way they live, in what they teach, in what they have written, and so forth, yet within the self, in those caverns and labyrinths of self within the mind the help that is hungered for lies waiting to be touched by the spirit willing to plunge ever deeper into that system of roots of mind that bring one from the present moment through all of time and space and all the ways of humankind, shall we say, to that ocean of oneness within which each of the sparks of love that you are is swimming in, as the dolphins swim in the waters of your planet. Within you is the creature that knows and loves the ocean of consciousness within. And yet within the illusion, you walk upon the dry land and can only carry that ocean within. And upon the dry land there is dust and time and sorrow, and the heart grows weary and the spirit lags. And yet within each cell of your body there is rejoicing and gladness in fullness. Oh, to be able to touch the realization that lies waiting.

As each of you knows well, we always recommend the daily time of meditation. If it be only for five minutes, that is a time that you have carved out that is held for no one but the Creator. This is a gift of self to self, and no matter how poorly you listen to the silence, no matter how many voices rise and fall away within the mind, yet still that intention has been made. And as this is repeated and repeated through your time there comes to be that feeling of habit that helps the seeker to continue the journey of discovery that she has begun. For like anything else that uses up time, it is something that can be made habitual and the choice to do that, to get into that habit, is truly a choice that will deepen the feeling of working with the spiritual path and having some input as to how that path is walked.

We have also suggested many times the light touch, for as the seeker grows more persistent there is the need for balance so that each time that there is a rededication of self then so there should be a reacquisition of the awareness of the self as the Fool. For it is that which inspires and draws on which is to be greatly loved and greatly taken seriously, whereas the self with its many distortions and illusions indeed often plays the Fool. So the seeker is in the position either of attempting to rationalize foolishness or simply recognize, accept and love that Fool that truly desires the highest and best of truth and beauty.

There is an art to aiding the self and we are aware that the one known as B especially is seeking at this time for ways to nourish the self, to take spiritual vitamins, shall we say, so that when the spirit gets a cold there is some aid that can be turned to as a resource. The ways of the world with their specificity and their perfectly natural desire to control and shape events in order to achieve a perceived goal do not serve the seeker particularly well. The self may be seen to be an absolute that is moving through a series of illusions and is experiencing relative truth, relative realizations, and relative—we find no word for this concept in your vocabulary, but shall we say—ways of balancing nonjudgmentally that which has occurred.

Perhaps it might aid to visualize or conceptualize the spiritual path of any one entity as a thing that rides that razor edge between predestined destiny and destiny only as a reflection of free will. There is neither predestination nor free will in an ultimate sense, but rather each entity has delimited the way the spiritual journey shall occur along the lines of the lessons which the entity and its guidance or higher self have decided would be most efficacious before the process of incarnation begins. It is not that there is a route that must be taken from point A to point B. Point A is set. Point B is set in terms of being hoped for. The route from point A to point B does not stop at one way, but rather as the scroll of time and space unrolls, the wings of [destiny] turn and events roll into consciousness and back out of it as time itself rolls along within the incarnation.

No matter what choice is made at a certain crisis or cusp, wherever that has landed the seeker between the roads A and B, the seeker can be assured that there is still a way to point B. In that sense you cannot make a mistake. But in the sense of accelerating the process of learning it is well to work within the self to realize that there is a drift or tendency that can loosely be called destiny, and it is safe, we feel, to say that this destiny is a benign and helpful one, worthy of faith and trust and, to some

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extent, able to be made visible by the seeker who is willing to listen and feel and intuit and, truly, in each way that you can simply pay attention. For the way of the Creator is overwhelming. There are signs on every side, synchronicities and coincidences that mount up rapidly when one is paying attention.

And so perhaps this is what we would say would be the most helpful of skills to work at, the skill of cooperating with those rhythms of self as movements of spirit that seem to lift one and take one upon the way. When this kind of energy is perceived allow the self to lean into it, to practice that habit of faith and trust. We are not suggesting that it is always the best way, to be passive. This is not so. There are times when the seeker will feel [the need] to act and if that is felt, that is right. It is not passivity we are suggesting but an intelligent consideration of the catalyst which comes your way. Above all, that which nurtures and nourishes the self in its seeking and in all of its striving is remembrance of who and what one is and where one is headed, to come back into that tabernacle shared with the Creator, if only for a second, yet still, that is a powerful thing and it is always available, to turn and turn and turn again, and in all conditions know and see the Creator. This is the work of many lifetimes.

We have talked of the open heart and we are aware that many times when the heart is open it will be hurt. We encourage each to remain vulnerable to hurt, to allow the self to be made uncomfortable when it seems the appropriate situation or space to be dwelling in at that time. Many times a fear of being destroyed or being brought completely low may keep one in a protected or defensive stance. When this is necessary we encourage it, but whenever possible we do encourage that continuing willingness to offer the sacrifice of time and attention and feeling to that Creator that has created all things in love and given each iota in creation one request and that is to love.

We would at this time ask if there are any questions from the group?

B: *(Inaudible).*

We are those of Q'uo, and would not mind commenting on that, my brother. When one works with this material one has entered an arena where the ways of confusion must be carefully kept. Therefore, we can perhaps best say to you that there has been a good beginning by you in attempting to see into the architecture of the deep mind and we feel that you have some good beginning concepts. We would suggest that it would be fruitful to continue contemplating this very substantial and helpful part of the mind. The mind, the body, and the spirit are indeed greatly connected. However, we would suggest more thought upon the perception that when one of these three are activated that all are activated. There is certainly intimate relationships betwixt those three systems which feed into that unity that is the self. However, each to some extent, especially the spirit, works in its own rhythms. We would further suggest that the correspondences betwixt each matrix, potentiator and so forth be considered, for one may see the archetypical mind as a way of creating music, for instance. The various themes harmonize and in that harmonization structure [is] the ability to think about mystery, that mystery that draws each of you to this spiritual community at this time.

May we answer you further, my brother?

B: Not on that topic at this time. *(Inaudible).*

We are those of Q'uo, and, my brother, we did not take the bite. Is there a further query at this time?

(Abigail the cat meows.)

We find that the one known as Abigail has a question, and that is, "Shall this entity stop talking soon?" And to that we find we are going to give an affirmative, for the energy within this group is dancing away, even as we speak. It has been a great privilege and a blessing to be with each of you as you go about your living and your days. We are always there as a silence that you can lean into to help you with your meditation. We express great love for each of you and leave you in that love and that light that is the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
April 6, 1997

Group question: We are taking pot luck today.

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are known to you as those of the principle of Q'uo, and we thank you for calling us to your circle. As always, we consider this a signal blessing, an opportunity to share with companions on the way whom we have come to care deeply for. It is a blessing to be here and we in turn offer blessing to each. As we share our humble opinions we ask, as always, that each seeker use her own powers of discrimination, selecting carefully those tools and resources which shall give good service and leave the rest behind.

We find within this circle this day no set query. That being the case, we shall simply share through this instrument those thoughts and musings which we bring to this time and place, this moment of shared joy.

We find that each of you has come to this day, this hour, and this meeting, hungering and thirsting for the truth, for that ineffable verity which each of you senses and feels must exist providing the solid foundation on which the cycles and wheels of the universe turn upon. And we can add to your thoughts our own hopes that this mystery that so defies the unraveling yet does have in it a ground of being that is unified and that moves from the finite to the infinite and from the time bound to the eternal. Truly, we do find an ever unfolding, ever more detailed concept of the intricate harmonies of consciousness. The illusion which you now enjoy within incarnation at once seduces and teases, and we are aware that each has pondered where truth lies, where this ground of being is.

We encourage each in this questioning. We encourage each to work upon the relationship with deity as you would any other relationship, for to engage the Creator in deep conversation is a practice most beneficial and productive of clarity. The Creator does not flinch at those who express anger. Indeed, the Creator welcomes the strong emotions, both positive and negative, that each self develops while wrestling with the angels of life and death, good and evil, the road taken and the road not taken. The more visceral and muscular that wrestling with deity, the more deeply the subconscious mind becomes alerted to the needs of the personality shell which float above the threshold of consciousness, for each is, in addition to that self that the world sees, a substantial and complex personality that bears the fruit of many, many incarnations.

In this instrument's mind we find a continuing concern for those of her spiritual family not present, and we find to some extent that same concern from each within your circle of seeking. We would address this concern by asking each to take a journey with us

in the mind. Imagine the self dwelling within your ocean. The characteristics of the water create the necessity for constant motion. When one embarks upon the life of one seriously seeking the Creator, it is as though one were to climb aboard a vessel of uncertain strength and efficiency. There is no way to alight once more upon that shore which was left the day the spirit awakened to its identity, nor is there a compass to tell the sailor what direction he may be headed. Nor are there maps of this trackless deep. Each seeker is a voyager upon eternal waters. Within the life pattern there is that feeling of setting out with all of the excitement and optimism of one who has enjoyed the champagne of the bon voyage party.

Gradually, the ship sails until there is no land to be seen. The seeker finds herself completely lost. This is the precise position from which the life of faith is lived. Faith is not that which is connected to reason. The apostle known as Thomas was one who did not believe the disciples who had seen the one known as Jesus returning in resurrection glory. Thusly, Thomas the Doubter has become a character with which many may find a common identity: that desire for proof, that craving to put the finger in the wounds of wrist and foot and the great wound upon the side of the Creator's Son, so-called, into which he would wish to place a hand simply to be sure that he was not wrong in placing his faith. And the one known as Jesus blessed and welcomed Thomas the Doubter, and yet he also said, "Blessed are those who have not seen and yet believe."

There is a persistent lack of seeing, a continual lack of proof, in the worldview of the seeker, for those who move by reason, deduction and proof there are many things to control, to plan and to order. For the one who has set off upon that sea that is the path of the spiritual seeker these conveniences are forbidden. To offer proof would be to take away from the seeker the opportunity to live by faith alone.

We would suggest to each that there is a constant and marvelous opportunity within incarnation to express to the self the complete lack of knowledge and the complete lack of need for knowledge. If one has no compass, no way to navigate, and no port or any dry land of any kind to look forward to, then ultimately one becomes a citizen of the infinite and the eternal, even while in incarnation. Indeed, for some the experience of first realizing that not only is there no compass, there is no need for a compass—the reaction can be giddy and much laughter can fill the air when the seeker first sees the self in its true state; that is, in the middle of everything, directly upon all that there is. Time and space telescope and disappear for the one who has at last grasped the situation.

So much of the machinery of self stemming from the biological intellect is concerned with control—controlling the environment for survival, food, reproduction, shelter, breath and the necessities of life. There comes a continuing urge to take control, to understand to the end, to look at all the variables and to make arrangements and patterns so that the philosophy of living might be reduced to a finite code. And certainly these terrestrial patterns of organization are what create the possibility of living in an orderly and comfortable social setting. But, you see, the Earthly intellect is only a small portion of the self which thinks and expresses through your being. For every iota that dwells within incarnation expressive of self there are hundreds and thousands of iotas of self which did not and do not fit within the container of self and the limits of intellect, and yet all of these portions of self lie within the deep mind. It is simply that they are not available in words. This instrument has often mused upon the seemingly higher truth of emotion compared to the truth of intellect and logic. Each has experienced those hauntingly beautiful songs and melodies, symphonies, motets and all of the creations of sound, and each of you is as one in a great orchestral chorus. The self on dry land finds great difficulty in harmonizing the self minute by minute and day by day, whereas that portion of self which is created, that consciousness that knows no boundaries, has as its nature the ability to swim in and enjoy the infinite waters of consciousness.

We are not suggesting that each entity forbid the self to think, or to reason, or to order the chores and duties of the day. Rather, we encourage each to allow the self to become more and more open to the experience of living in two worlds at once. That life upon dry land is the life that retrieves the salary in order to feed the self, that keeps the self covered and fed and housed. Yet this self does [not] deny but rather is completed by that unmanifest and always mysterious self that is too large for words or concepts, for each of you is an immense and many-storied citizen of eternity.

As each entity opens to that dual existence and finds it easier and easier to slip between the two back and

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forth, each will find the experience of living more rhythmic and more able to flow. There are many, many ways to see the spiritual path. Almost always it is envisioned as a circular journey and we might even suggest that it is the journey of no movement whatsoever, for if all things are one where is there to go, for one is always within the creation, and the creation is kept like a precious gem within the heart of each which seeks the ways of love. So we encourage each to be able to flow through the water, to dive deep, to enjoy the ocean and to find ways new every day, for this is very true: that each moment is unique and each is born new through each sleeping and awakening again.

Rest, for though the boat is frail, yet it shall endure. Rest, and watch the stars.

We would transfer this contact to the one known as Jim. We thank this instrument as we leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet each once again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any queries which those present may have for us. Is there another query at this time?

Carla: I would like to ask for a few words of inspiration for P. You were probably listening to us talk before the meeting and know that she is depressed and under stress. She would appreciate whatever you could tell her.

I am Q'uo, and am aware of your request, my sister. When we observe those of your peoples in difficulty, feeling lost and depressed and without immediate hope for the rescue, we observe those within the depths of darkness living within this illusion and without the guiding star, shall we say. Each entity who enters this illusion does so in the hope that there will be, as a fruit of this effort, a movement along the line of serving others and of realizing the Creator in all that there is. As this is an infinite journey, it is not surprising that there are for many, indeed, at some point for each, a portion of the journey which moves into those kind of difficulties that can sap the spiritual strength of even the strongest seeker of truth. In such times it is well that friends such as are gathered here today remember the entity in need and hold this entity each in his and her heart as each here has done for the one known as P.

The sending of love, whether by phone or by heart, is felt and does its work, for there is nothing in your illusion but love. The one known as P could at this time testify that this love has many disguises and there are a multitude of the forms of love that offer the challenge to the spiritual seeker. When one is challenged as is the one known as P and can find no easy or obvious remedy or way out of the difficulty, then it is that the inner strength is tested. Then it is that the earth within one's being is being plowed, shall we say, being made ready for a seeding that will, in its time, produce the flowers, the weeds, and the grasses that are being produced now by your springtime weather and the turning of this planet on its axis.

So, too, must each seeker who finds itself in travail begin to turn the inner self so that this inner self is able to see some light once again, is able to see hope on its path that the journey might proceed with more ease and with more harmony. The inner strength and the seeking for the light within are the rod and the staff which comfort the seeker as the seeker walks in that valley wherein lies many shadows and much darkness—danger it would seem, and confusion it is certain.

The one known as P is a seeker who has a strong inner compass and a great desire to know the Creator's will for it that it might do what it can to serve the Creator. When all seems to be crumbling in and the ground even gives way under the feet we encourage each seeker in this situation to remain, to continue seeking, not just for the momentary remedy, but for the part or piece of the puzzle that represents the overall plan for this entity. In each struggle and difficulty there is a pointer, a reminder, a milestone that will illumine a portion of the darkness for the eye that is ever aware, and watching and waiting. There is much to be said of the difficult times within your illusion, for these are those times in which great strides are made inwardly, metaphysically, though there is little that will show to the outer eye. The seed there planted, nourished by hope, given strength by faith, will crack the hard shell that protects the treasures inside and the seedling will send out roots, will send out leaves. There will be a growth that comes from this difficulty that will be able to provide for the seeker the sense of purpose and certainty that each feels the

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need for. There will be a progress where the feet will continue moving upon the path though the mind seems confused. At such times it is well to continue those routines that give one strength: the readings of inspirational material, the singing, the dancing, the poetry, all those means by which an entity can reinvent itself, nourish itself, inspire itself, and keep the faith that all is one and all is well.

We encourage the one known as P to remain strong in heart, and dedicated to service, dedicated to learning, and to remember that even in the difficult times such as it now experiences there is much to learn, and much service to be offered. It is also well that each seeker in this position remember that it does indeed have friends which are both seen and unseen who walk with it on its journey. No seeker travels alone. All tears, all bruises, all difficulties are seen and shared and treasured, in fact, by those who walk with unseen feet. The time upon this planet may seem interminably long when difficulties are encountered. We can assure each that your time is but the blinking of an eye. Be sure to notice that situation in which you find yourself and to remember that you placed yourself there for a reason. Persevere. The reason is there. It remains. The joy can be found. The purpose is at the center of one's heart and, all around, friends cheer you on. You are not alone. You shall walk again in sunshine.

Is there another query at this time?

B: I have a tendency to take your words and the words of other authorities and run with them. Everything is so subtle and related and I get blind-sided often by something from another front. Would you have any suggestions for me in my confusion?

I am Q'uo, and am aware of your query, my brother. We are aware that you utilize the tools of persistence and faith to a great degree. It cannot be overemphasized to any seeker how persistent and yet how, shall we say, relaxed in that persistence it is necessary to be over the long run of the life experience, for as you have mentioned in your query, to run wholeheartedly with each idea can be wearing upon the vehicle—physical, mental and emotional—of the spiritual seeker. Thus, there is a kind of balance, as in all things, between the kind of persistence that needs to be exercised upon a continual basis and the attitude of mind that exercises this persistence without, shall we say, a wholeheartedly dedication to the outcome, an effort which is much like the one known as Jesus mentioned in the casting of the bread upon the water. That the effort is made to the best of one's ability, and then one gives oneself permission to rest, to relax, to allow the fruits of this effort to manifest that they, in their own time, may be noticed.

We know that the illusion in which each entity moves upon this planet is difficult and confusing, full of what seem to be mistakes or misturns. And yet we would suggest to each that there are, indeed, no mistakes, even being over-dedicated to an outcome, being hard on oneself, failing to forgive oneself, all of these actions and efforts designed by oneself to move one forward do, in their own way, that very thing. However, each entity, being fully apprised of free will at each moment, is free to choose how to place the feet upon the path.

When we are asked for advice as we are this day, we give advice in a way which allows each seeker the freedom to accept or refuse that which we give, for we are well aware that the only true authority for any seeker resides within that seeker. What may be appropriate at one moment may not be so at another. This is the fluid nature of the experience that you have as conscious beings in a heavy chemical illusion. When we give advice, when you seek advice from a book, from a friend, from whatever source, we are aware that that *élan vital*, that energy of life within you, will take that advice and move with it in whatever manner is appropriate. If you in the moving decide that there is something that is yet to be realized in your choice of moving then we applaud you in your second choice, in your third, and your fourth, and so forth.

We do recommend that you move with those feelings that grow from within and that you move with them until you feel another feeling; that you continue in this fashion for as long as you feel the motivation to do so. Continue to gather information. Continue to seek from every source that which it has to offer. In this way you constantly reevaluate, reposition and take yet another step in the dance. When it is said that there are no mistakes it is truly said, for the dance you do is just for you, and you do it well, no matter what you think.

We hope that we have not confused you. Is there another query?

B: No, thank you.

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Is there another query at this time?

(Pause)

I am Q'uo, and as it appears that we have exhausted the queries from those present we would take this opportunity to thank each again for inviting us to join your circle this day. We are aware that the season of spring indeed fills every portion of air. We hear through this instrument the wind that moves pollen through the air, the sound of the cutting of your new spring grass, the movement of entities to and fro in your world, and we are also aware that the seasons of your world greatly affect each entity upon your planet, and we hope that with this new season of growth that each will find within its heart a new spring bursting forth with love and joy in full bloom, for in your springtime there is much of joy that can be rekindled in every heart that feels any opening at all—just a crack will do.

There is inside of each of you a seed that will send forth its roots, and stem, and leaves, and flowers. Nourish that seed, my friends. It is the seed of love, the seed of hope and faith, the seed of unity, the seed of whatever quality you feel is highest and best in your experience at this time. We feel through each here a feeling of renewal, a feeling of rededication, of purpose and place, a centering within all that is. We encourage each to be the gardener: to pull the weeds, to water the seeds, to give praise and thanksgiving to the One who provides all that is necessary for this growth and movement through this illusion.

Remember, each, that you do have friends. They are here with you. They are always with you. They are legion. At this time we shall take our leave of this group. We leave each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ⚘

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Sunday Meditation
April 13, 1997

Group question: We would like to know what you can tell us about spiritual community, how one can be formed and how we can partake in a spiritual community.

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are known to you as the principle Q'uo, and we thank you and bless you for inviting us to blend our vibrations with your own in this circle of seeking. As always, we ask each of you to [realize] that we are not authorities, but, rather, travelers upon the road which you travel who treasure the opportunity to share with those who might have the interest in knowing our opinions and thoughts on those various subjects which seekers revolve about in their minds and ruminate upon in cycles throughout their incarnate and discarnate times of being.

Each of you dwells in a very heavy illusion, but each has penetrated that illusion to the extent that each has seen the illusion as illusion and love itself as a truth that is higher than the seeming truth of fact, figure and measurement. We, too, have our illusion. We, too, move towards a mystery which we cannot plumb. Our illusion is sheerer, yet the work of evolving is far slower. So, we do not feel that we are in any way your superiors, but, rather, companions, very, very honored and privileged to have the chance to speak with you, especially upon a subject which is dear to our own hearts in that we find spiritual community the infinitely appropriate way of looking at all that occurs between that spark of Creator that is one and that spark that is another.

For what is it to commune? The very first syllable of that word means "with." Further, we have the prejudice or bias that the spiritual community is the preferable form of dwelling within vehicles of light, whatever they may be, for entities come together for many, many reasons and yet in that all groups consist of the one infinite Creator and in that all entities are made of the very stuff of love, all community is, if healthy, possessed of a spiritual aspect.

Let us look together, then, at third density, the density of dramatic and pivotal choice. An entity by itself must make many choices, but that entity makes them, if completely alone, without friction; that is, with only the resistance of self against self. Although the work of self with self is often subtle and sometimes very difficult, it is not the same experience at all as that of working with other entities and choosing how to manifest to those other entities the heart of self.

So community is as the natural state of third density. The reason for the nature of the illusion as each sees it is that this configuration of awareness and

perception offers the richest potential for entities to learn about love and about polarity.

Now, love itself is infinite and without polarity. It is the unlimited infinite and eternal light that is the manifestation of the love of the one infinite Creator. Each who incarnates into third density does so with the expressed purpose of interacting with the society, the community, the neighborhood into which she has been placed by birth, by circumstance, and by that personality shell which has been chosen for the most efficient use of the hoped for processing of catalyst, especially at this time as the sphere upon which you enjoy your incarnation enters into a new area of space and time, and the vibrations are moving through that birthing process. Each entity that achieves incarnation has won her place because of seniority of vibration. That is, those who have most hope of achieving harvest, that illusive fifty-one per cent service to others, have been allowed to come at this particular time.

Some of those who seek to graduate are, shall we say, natives or those who have not come from higher densities. Some of those who seek to graduate have indeed come from other densities, yet each, regardless of the history of self, is in precisely the same situation at harvest. That is, there is one and only one way to graduate into the next density or back to the home density, and that is to be of the essence that can welcome the intensity of light, the fullness of illumination which is the characteristic of higher densities.

The very word, density, is misleading, for it would somehow suggest that each succeeding density is more pallid or frail. The opposite, however, is true in that [in] each density further than the last there is a higher density of light. There is no emotion involved in moving from density to density by graduation. There is simply the ability to enjoy light. As entities reach the light at which they feel most comfortable they simply stop. If it happens to be in the fourth density then that is the future for that entity. If that entity stops on the third-density side of this division of quanta we call density, then that entity shall enjoy more of the third-density light, and work for another period upon those lessons of love and polarity which he came to ponder.

There is no particular reward for moving onward, any more than there is a reward for moving from the grade in school to the next highest grade. And yet there is tremendous emotion in the process of becoming that essence that does welcome light and that has chosen how to use, how to spend, how to offer or allow the increase of that light through radiation through the self.

So community is that necessary and natural linking of energies, often by geography alone, sometimes by family, usually by environment. Each entity deals with the family community, with the work community, with environments of those who are involved in one particular hobby or interest. It is part of the nature and character of each entity to link with other entities. It is as though those sparks of the Creator, which infinitely fly from the heart of creation out into that manifestation of experience that starts that great spiral of being moving back to its source, each have the energy and urge to link up with those of like mind, for each craves the mirror that shows the self to self.

Now let us look at spiritual community. When this instrument says the words, "spiritual community," she immediately thinks of her church, that Christian edifice of stone into which she pours, and has poured for many years, great devotion and love. And those feelings which this instrument has about that spiritual community are characteristics that each tends to seek. This instrument is not different from those who cannot find community within the traditional church in what she craves but rather in finding a way to deal with the many irregularities which have crept into that institutionalized church over many centuries of history. She moves into that environment in order to worship, in order to be taken out of the self, in order to spend time and attention upon the divine, upon the blessed, upon the sanctified and holy things which she hungers for.

These are the things that a spiritual community does offer. Looking further at the experiences of this entity, the particular church to which she goes worships together by taking a stylized and ritualized meal, by the taking of food and drink. And that magical ritual which this instrument calls Holy Eucharist or holy communion is a way of placing into the very cells of the flesh and blood of physical vehicles the essence and energy of the Creator It is said that the one known as Jesus asked his students to eat and drink together in remembrance of him. It is written that he took bread and when he had given thanks he brake it and gave it to them saying, "Take. Eat. This is my body which I give for you. Do this in

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remembrance of me." Then he took the cup and drank when he had given thanks and gave it to the disciples saying, "Drink all of you of this, for this is my blood, a new covenant. Do this in remembrance of me."

The center of that church is manifest only by symbol, and yet there is deity in that wafer and that sip of blessed and holy food. That service brings Christ consciousness not simply to that place but to each member of that place, and then it sends each into the world to love and serve. This is the essence of spiritual community. A spiritual community is a place that has moved through the sacrifices necessary to allow it to offer spiritual food to those who would wish to share such food. The center of a spiritual community is not the people. It is that ideal that is worshipped and loved and believed in by those who gather to remember the one infinite Creator, to spend time and attention in community with and in worship of the divine that is so hungered and thirsted for.

Upon the surface the question of what is a spiritual community, what makes a spiritual community, almost answers itself and yet as one probes more deeply one can see that the heart of community is very open-ended. Certainly, it is the nature of a functional community to find ever more ways to foster and nourish, nurture and support each other. And as one finds such a community and enters into communion with those in that community there is a strengthening and a stability which becomes possible only as entities group together and offer themselves for that which is greater than they are.

When two join together there is already a community. It is a strong and powerful community, and yet the addition of one more entity doubles the strength of that group and the next entity doubles the strength of that group until soon you have a few people and yet the strength of thousands. Or a thousand people and the strength of millions.

Now, at this particular time many who may call themselves wanderers are awakening to their spiritual identity. As the awakening occurs there arises within the seeker a great hunger to know more, to find ways to serve, to become comfortable with this state of consciousness that is so completely different from that round of work and play that is not reflected upon. The routines may be precisely the same but the viewpoint has changed. And once awakened the seeker cannot return to sleep but must live awake within the incarnation.

Each intended to remember his own nature. Each felt fully confident that she would be able to break through that veil of forgetting. And each of you has indeed become more aware. The community, as this instrument said before this contact began, has that function of being the focus point which acts as a spiritual or metaphorical anchor or point of stability or leverage. The desire to serve is greatly enhanced by those who have banded together in order to support each other in service. So the community feeds entities and at the same time entities feed into community by their participation in the activities seen and unseen, by their sharing with others that which they have thought and talked about in community. It is as though there were a net being made of golden thread, and each time one awakened wanderer links up with another and establishes a spiritual community another piece of the net is woven, and eventually that net will cover your orb like a golden seine and the Earth shall be completely surrounded in unified love. We see this occurring at this time. It is moving towards fuller manifestation rather quickly as more and more entities awaken and establish connections and share with others their own focal points or spiritual communities so that more and more entities may feel secure and stable and part of something that is higher and bigger than the everyday concerns of living, for truly these concerns are constant throughout third-density experience. It is completely up to each seeker as to how she wishes to express the self and the love of the infinite One in each person of the daily round.

At this time we feel that we have spoken enough to prompt thought, and if there is further interest we would be happy to speak further upon aspects of this interesting subject. For now we shall simply say to each that each truly serves within the community that is meeting within this dwelling place. Each embodies that communion that flows between those present. Each carries within the self the seeds of divinity that have been planted, aided by the energy of the group as it turns its heart and attention to the one infinite Creator. Each shall hope to serve greatly, and each shall be disappointed in the self, and yet each shall have done so much that is not and cannot be known, for light radiates in ways each seeker cannot know, and service is done in many cases that are not known to those offering their services.

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Thusly, we encourage each to enjoy that peace that dwells in the hearts of those who do have a spiritual community, a source of support and encouragement, safety and dwelling. But there is that hunger to evolve that can only be realized in community. Each of you is a blessing to each.

We would at this time transfer the contact to the one known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each in the love and in the light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any queries which yet remain upon the minds of those present. Is there another query at this time?

(Tape ends.) ♣

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Sunday Meditation
April 20, 1997

Group question: Today we would like some information on the personality shell, the identity we form in this illusion. What is its purpose, and how does it work in our evolution?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of the principle known to you as Q'uo. This day you wish to explore the thinking behind that joining betwixt the second-density body and the consciousness of self-awareness which you have called the personality shell. As always, we are delighted to share with you those thoughts that we may have upon this interesting subject, with the one request that each seeker judge our thoughts by the standards of her own personal discrimination, for this power was given unto each to know that truth that has come at the right time and at the right level, for those truths ring clearly and distinctly. If our thoughts do not ring true for you, we ask you to leave them aside and move on. If our thoughts provide a resource for you, we are most pleased. In any case, we thank each of you for calling us to you at this time, for truly it is a blessing for us to be able to serve in this manner.

As each of you relaxes upon this beautiful spring evening the surroundings of your domicile vibrate in an unending song of joy. Each tulip and daffodil, each dogwood and red bud, opens its blossom to the air and rejoices and dances and skips like a lamb. There is that bliss of full knowledge, for each flower knows the Creator and nothing but the Creator. Each animal has that same instinctual awareness, that feeling of being completely, totally at home. For these plants and animals there is no self-doubt. There is not the concern for the opinions of self or others, for there is no self-awareness. That which comes, be it the wind that blasts the flower, or the injury that ends the life of a small animal, all is accepted as perfect. If there is pain, it is endured.

Into this perfection of animal awareness something is given and something taken away in order that third density may offer its opportunities for learning, growth and the evolution of the spirit. Into the instinctual awareness and brain of that hairless great ape that is *homo sapiens* comes that startling and stunning awareness of self. No longer does the animal look into the mirror and see nothing or perhaps see another animal like itself with whom it might wish to play. Now the image that looks back from the mirror is that self of which each human is aware.

Blocked from this human being in third density is that knowledge that is beyond telling, of the perfection of one's place in the flowing dance of life and rejoicing. It is not for the human to know beyond doubt, beyond awareness, that all is perfection and that there is nothing but love and the

rhythmic echoes of love answering to love. The great gift of self-awareness walks hand in hand with the startling reality of free will and places the third-density seeker into a dilemma to which there is no final answer, at least not within the incarnation.

Thusly, there is the meeting of the instinctual biological entity that is the vehicle of awareness that meets the one great original Thought that is pure and creative consciousness. This consciousness has no personality, has no limits or characteristics that can be directly described. Efforts to characterize love inevitably fail, for no matter how fulsome the praise of love or how painstakingly accurate of the observation of its passing, love itself remains that creator and destroyer that is beyond all telling and cloaked forever in mystery.

The animal within is dumb. It does not speak. Consciousness is also silent and has no words. And so consciousness has no way to express itself to that biological entity that carries you about. And so before you, as a spirit, undertook to enter into that great ordeal known as incarnation you and that self that is the heart of your self, your higher self, thought long in choosing from the full Self that exists beyond space and time those characteristics of the self so far explored that you felt would be useful in bringing you as a self-aware entity into certain configurations of mind and ability and energy that seems to you promising in that these gifts and blockages and characteristics of all kinds would color and characterize and particularize that limitless light of love so that manifestation and learning might take place.

The self that chose the personality shell was not a self that hoped for a popularly lived or easily enjoyed incarnation. Rather, it was designed to make the incarnative self uncomfortable in this or that situation so that the self was caught on the hook of this or that characteristic of personality. You did not hope for an harmonious and pleasant existence. Rather, you hoped for the self to be able to confront, examine and process those learnings about love and loving and being loved that you felt still needed more work. And in this regard and to this end you artistically and creatively crafted the combination of strong points and weak points that would bring you again and again into face-to-face meetings with the self that hopes to choose ever more purely and deeply the love of the one infinite Creator.

Further, each chose the endowments, talents and gifts that you thought would be most appropriate for sharing as blessings with others. If there is within the personality shell a marked gift for the art, for the scholarship, for the science, for working with people, and nurturing families, or for any marked talent whatsoever, this was given to you on purpose. However, not all talents are intended for the using in the way in which one automatically thinks of the use. For example: with this instrument there is the talent for the dancing, the scholarship, and other gifts that have not been used to any great extent in a direct fashion. And yet these endowments create for this entity a cluster of gifts that can be used in the movement of energy between those entities which are about the instrument and which may turn to this entity for counsel or advice. When one looks at the personality of the self, then, there is almost never a direct one-to-one relationship between one's gifts and the most obvious use of these gifts.

We find within this instrument's mind, and indeed within the culture in which you live in general, that feeling that the self is the personality shell. And yet within each seeker there is that call to live beyond the personality and beyond the personal. There is that call to live the impersonally lived life. And so the personality shell is often undervalued and underappreciated by the spiritual seeker who sees the personality simply as part of an illusion that needs to be seen beyond. We feel that this is not an opinion which gives the appropriate amount of respect to the personality shell. It is indeed full of error in that the characteristics of personality inevitably color and bias and prejudice the instreaming sense data and cause the seeker to think and to express the self in biased and imperfect ways. Especially aggravating to the seeker are those blockages brought into the incarnation that catch the seeker and take the seeker from the catbird seat of full awareness of who he is and where he is going.

But we would commend to your attention the virtue of confusion, the virtue and helpfulness of being caught, of being puzzled, of being taken out of oneself so that self is revealing self to self in a spontaneous manner. These characteristics of self provide the structure for learning within third density. They present to the seeker carefully orchestrated choices that are subjectively oriented to offer the best opportunity for polarization of consciousness. Without personality but simply with

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self-awareness and the choice before one the seeker will move without error into full awareness. Yet this awareness teaches nothing. It does not connect with that biological entity in a way which furthers spiritual evolution. It is the foolish personality, the ego, the self that thinks a million thoughts and does a million deeds in its heart, and that foolish entity alone that interacts with free will and finds ever deeper and truer choices that create and recreate and recreate the self ever anew.

It is these perceived imperfections, then, that make that nebulous and necessary connection between consciousness and manifestation. Therefore, we encourage you to glory in and enjoy your personality. We encourage each to appreciate the real value of confusion. As each finds herself becoming too intense, or too this, or too that, take the time to speak to self tenderly and to say, "I know that you are feeling foolish, but this is the folly that teaches." Therefore, abide in peace and allow the confusion to do its work, for from these concatenations of circumstances hitting that personality shell shall come the catalyst that gives to you the seeker all that you desire: the opportunity to intensify and accelerate the processes of spiritual evolution within the spark of the Creator that is your eternal and infinite self.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time we would ask if there might be further queries to which we might speak?

B: Could you clarify the phrase, *(inaudible)*?

I am Q'uo, and am aware of your query, my brother. We were speaking with that phrase and the thought about it that the entities that exist within the third-density illusion, the human beings that live upon your planetary sphere, are not those who are able to appreciate the fullness, in some cases even the existence, that has created all, the love that is the energizing force within each entity's incarnation, for within this heavy chemical illusion there is the covering and hiding of almost all of the jewels, shall we say, that the Creator has bestowed upon each of the entities that inhabit this sphere. The reason for this is, of course, the choice-making ability and responsibility that each entity within this illusion partakes of. The love that is so magnificently formed into each portion of this illusion is, though ever present, ever hidden from the entities that move in their daily round of activities and pursue the myriad of goals, some having to do with this love, others not. Yet always is this love available for inspiration, support and the connection of all things one to another.

May we answer you further, my brother?

B: No, not on that topic. I have another query about the archetype of the mind, the Fool. We never really have all the information that we need to make correct choices. Is this why it is called the Fool?

I am Q'uo, and we believe that we grasp your query. We ask that you query again if we have not satisfied you with our response. The archetype of the Fool, the choice-making entity, is the archetype which can represent [or] which places each choice within the illusion as a portion of its form or creative personality, or it can represent the entity which has been able to master the energies of mind, of body, and of spirit and which, with that mastery in hand, is now able to choose the further path of its evolution from this density. Thus, you see in some instances the Fool being numbered zero, which would indicate the continued choosing ability of the neophyte seeker. In other instances the Fool is numbered twenty-two, which would indicate the entity which has mastered the illusion and which now proceeds from this illusion to a finer illusion.

Is there a further query, my brother?

B: No. Thank you very much.

And we thank you, my brother. Is there another query at this time?

Carla: Let me follow up a little bit. So when we as people feel that we know the Creator, it is not a perfect knowing because we are still aware of our personality shell?

I am Q'uo, and am aware of your query, my sister. The feeling of knowing the Creator has in some of your cultures been refined to a greater degree so that the knowing of the Creator yet contains the existence of the personality shell which knows, so that the entity knowing the Creator knows also it remains an entity. There is the knowing of the

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Creator in which the entity who experiences the Creator does not any longer, during the knowing, experience itself as apart from the Creator in any way whatsoever. Thus, this is considered by many as a higher knowing of the Creator.

Is there a further query, my sister?

Carla: During my channeling I got the impression of faith swimming around in the muddy waters of the personality and the personality somehow making faith possible. I couldn't make anything out of it to channel. Could you explain it a little more for me?

I am Q'uo, and am aware of your query, my sister. The quality of faith is much like …

(Tape ends.) ♣

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Special Meditation
April 26, 1997

Group question: The question this evening has to do with a phrase from the Ra contact which said that the price of each action of a positively oriented nature was in direct proportion to the purity of the action; and we would like some information upon this price that we seem to pay with each desire we have to be of service. And the situation that it puts us within presents us with challenges, difficulties, confusions and so forth, and these seem to be part of this price. We would like to have any information that you could give us as to the price that we pay, how we pay the price and what it is that we've bought with this price.

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you with the light, in the love and in the light of the one infinite Creator in Whose name we come to serve. It is such a pleasure and a privilege to spend this time with you, to enjoy the blending of your vibrations and the beauty that lies about your domicile, and we thank you from the bottom of our collective hearts for this privilege. It is a true service to us, for it allows us to be of service as we hope to, and this is a precious thing to us. So, we thank this instrument and, indeed, all of those who comprise this circle of seeking, for as we have said before, each of you has made sacrifices in order to be sitting in this circle at this time. And as this is your requested topic of the evening, we shall share some of our thoughts, always with the understanding that each of you shall exercise your full discriminatory dominion over your own truth and your own way, for within your heart lies that awareness that is absolute of that which is yours, and when those gems of truth come to you, you shall hear them or see them and recognize them as if remembering them. If truth does not fall upon your mind in a grateful[21] way, allow it to pass and do not be concerned that there might be a point that you have missed, because each seeker has those triggers for transformation that are subjective and unique to that one seeker. And so, each will react in a way unlike any other. We may say the same thing any number of times, and each time there is a novelty in the approach that cannot be gotten at in any of the preceding ways of stating that simple truth which, in fact, we do come to offer; and that is that all that there is is love. And all that is manifest is love, quantized and rotated and turned into light.

Each of you is as a starry messenger that has become tangled in flesh. There is that portion of yourself that is eternal and infinite. That eternal and infinite

[21] Carla: This is a musical usage of the word, "grateful." A particular piece of music is grateful to the voice if it is easy to sing. A lot of composers cannot write for voice well, and their music, especially Beethoven's, is considered ungrateful to the voice. A synonym is "hard to come by," for grateful does not mean "easy," but "complementary to/possible for."

being is steeped in unknowing—truly a mystery of mysteries. Each entity is as deep a mystery as the mystery of the Creator, for each, truly, is one face of the Creator. And in each manifested illusion, each entity is the face of the Creator and each face shall be unique. But to all these sparks of love sent forth upon the winds of free will there is given the knowledge of home and the desire to be moving in the direction that home lies.

In the portion of the spirit's journey through the present octave that is third density, the crux or focus of the learning that is offered in third density is The Choice. This archetype of The Choice was referred to by the one known as *(name)*. This archetypical image is of a young man stepping off into thin air—no suggestion of a bridge, no suggestion of another shore, but simply the walking off of a cliff in perfect faith. As each entity awakens to her spiritual identity, that which has awakened is in part that fool, and that which lies before that entity is a step into midair. And once that step has been made and the air has seemed to solidify about the new vantage point, a cliff will appear once more and the fool must needs step over that one as well, and the next and the next. And each time that this occurs, that seeker, that fool, has recomprised the choice.

To define this choice is a deceptively simple thing, for the choice is that either/or of morality and ethics that seems straightforward. We have called it service to self as opposed to service to others, negative as opposed to positive, following the way of attraction and control over others as opposed to following the way of radiation and the releasing to all others of that which flows through. The creation of third density gives evidence, again and again and again as one observes the natural world about one, that this is a world of duality—of light and dark, heat and cold, and so forth. Mentally, emotionally, spiritually … repeatedly the nature of this experience of incarnation causes entities to see their dilemmas in terms of clear-cut choices. When things do not seem so clear and the choice likewise is unclear, the person tuned to hear the ethical either/or is in a quandary, and often in the midst of change, a seeker shall have to simply wait with patience that is difficult to come by, simply wait until all the ripples have quieted and the horizon can once again be seen. And in those times there is no choice except the choice to trust. To trust in what—this is a subjective thing. But to trust, certainly this is the recommended action. For indeed, to deal with concern by moving the mind in ceaseless circles is a wearying thing. Trusting, upon the other hand, is a release that can be seen to be helpful.

You have asked about the price of choices made by those who wish to serve others, and have said that the one known as Ra suggested that the more purity with which the choice is made, the steeper the price will be. If you can enter into the deeper portions of your own mind, perhaps you may see the heart as a dark room, full of shadows and yet containing the Most High, the infinite One. In that darkness nothing can be discerned, and yet, this is where the learning comes. And that which is taught one in those deep, private moments has a tendency to spring forth once the seeker has gone out into the daylight world again and joins that dance of manifestation that you experience as you live within incarnation. Within that deep and dark heart, within that holy of holies, that portion of you which is beyond space and time dwells, perfect, complete, ineffably whole. It is as the buried treasure.

If one attempts to take the self that has not realized the nature of its heart, the holiness of its center, and asks it to make a choice, the entity may make a positive choice, but this entity is making a choice that has no depth of root. A little wind can blow it over, a newer idea can take its place. And so the entity that has not gone down deep, diving into the heart, may skate happily across the pond of life, skittering along the meniscus, happy as a dragonfly in the summer sun, and like the ephemerid, it shall pass, and it shall not pay a price, for it has not bought very much. To the one who has begun to discover the utter and intense purity at the heart of self, a choice that is made is made not simply upon the surface, but in profound depth, and to the extent that the purity of the heart has been penetrated in the making of a choice, this action in the metaphysical world is as that which turns on the bright light.

When entities consciously choose the service-to-others option in a difficult situation because of pure awareness of the purity of self within the heart, this takes the clay of flesh and shaves it aside until the light begins to shine through. The more deeply the entity knows his own heart, the more pure that choice can be made; and in the world of time/space, this movement of light is an energy flow that automatically triggers the attention of what this

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instrument has often called the loyal opposition, for there are those forces within the dualism of third, fourth, and fifth densities that appeal to entities who wish to take the path of service to self. And they hunger for the light that they may use that light for their own purposes. Attracted by this light, entities move, looking interestedly to see what they might see: Where is this light coming from? What is this entity's weak points? How can we put this light out?

There is a very wide range within which entities can experience imbalance. Indeed, we encourage seekers not so much to work upon the energy centers one at a time as to become the entity that knows its instrument, and in a state of balance allows the energy to flow freely through that instrument, making those intonations and notes that naturally flow from the rhythmic intersection of the self and the moment. To an entity of negative polarity, such activity is irresistible; and once attention is drawn, the natural course shall be that each weak point or imbalance within that energy web of self shall be offered. And this is, in a very real sense, a service, for at each point of testing, the seeker being tested has the opportunity to see the test, to see through the test, and to see that attack and defense is not necessary, but rather, that these times are the times to trust and have faith in the self and in the perceived light.

Indeed, the greater the purity of desire, the more numerous and the more telling shall be the challenges to that positive choice in a state of balance. What the natural resistance of negative thought in essence wishes to do is move entities who are radiating light off balance so that they become less than transparent, so that they become fearful and defensive and ruled by the impurity of considerations that are based upon fear. And yet, we say to you, once you are able to touch the purity within that deep, dark heart, once that light within has been perceived for but a split second, never again can that seeker truly say that she does not have faith, for she has touched the heart of the Creator; and this is a knowledge that none can remove from the seeker who once claims it.

We encourage each of you to seek within the self for that heart, to look for and to bless the purity within that has values and ideals that are completely impractical and unearthly. We encourage each to dream the highest dreams, love the deepest beauty, and know the deepest truth, and embrace, as this instrument said earlier, the deepest and most authentic passion. And if that purity calls forth the testing and the trial, we hope that each shall be able to know that the fire that burns does not burn away the heart of self but only the dross of flesh. Fear not that fire, and if that which is called the ego by your peoples loses a bit of a chip here and there, is that any great loss? For that which replaces that small self, though far more impersonal, is that which marries peace and ecstasy, quietude and joy.

May you each go forth rejoicing. This instrument kindly informs us that we are asked to shut up now, which we shall do, sparing each the traditional question and answer session in the interest of this instrument's failing energy. We thank this instrument and this circle for bringing us to you this evening, and you to us as well. And we leave you in all that there is—the love and the light of the one infinite Creator. We are those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
May 18, 1997

Group question: Could you tell us about The Choice, how much we make consciously and how much subconsciously, what we discover as we go through our lives as we consider being of service to others. What about giving over one's identity in serving another in what are called co-dependent relationships? How does that differ from true service? What really are we doing when we make any choice?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet each of you in the love and in the light of the one infinite Creator whom we serve. We bless and thank each for making the choice to be a part of this circle of seeking and for inviting us to share with you our humble opinions. We are most happy to share with you. It is for this reason that we are within your inner planes at this time. It is of great service to us to be allowed to speak through this and other instruments, for this is our means of being of service at this time, and you make this service possible. Thus you teach us much more than we you. As always, we ask one thing of you and that is that you discriminate carefully in listening to us and any who would seek to offer their views and thoughts, for each entity is the guardian and keeper of its own heart and soul, and each has within that ability to discriminate that ability to recognize personal truth. If we are fortunate enough to offer a thought which is a resource or a tool we are happy, but if we do not we are just as happy if you will put our thoughts down and move on, for truly we wish for each to find his and her own way, as each is as unique as a snowflake and as crystalline and as delicate.

This day you wish to consider that choice that is the hallmark of the third-density world which you now enjoy. And certainly the density is one of endless choice, but let us look first at the first choice and that was the choice of the Creator to know Itself. In choosing to know Itself the Creator flung from Itself innumerable and infinite sparks of love which coalesced into each awareness that dwells within the infinite awareness. Each of those sparks of awareness is the Creator, and yet, because the Creator chose free will in the manifesting of sparks of self, each spark is unique and has been unique since before time began. Each of you is eternal and in many ways immutable, a citizen of infinite nature, worth and value. Each one a holograph of the Creator and yet each one different.

Thus, the choice that birthed each of you was a choice to know the truth, to know the self, and as the Creator is love, so is each entity love. This is the central truth. This is that which does not change. Yet this is that which is ever wrapped in mystery. Each within this circle has come through many planes of existence, has learned a great deal, and each

within this circle chose not only this incarnation now being experienced but also that cast of characters with whom each entity interacts in the family, in the close associations of friends, and all those who have significant connections with the self. There were agreements made before incarnation, most notably with the parents and those within the bonds of kinship of blood and of commonality of interest. Each difficulty, each crux that leaves one in a position of being forced to discover the self has been placed not with a hand that desires to punish but with a hand of loving self that wishes to serve ever more deeply, ever more purely.

Before incarnation it appeared to each of you that remembering who you were and why you came would be possible, indeed, might be easy. Such is the attitude of those who gaze upon a thing from the outside. With the first breath taken as an infant newborn into a strange world the veil of forgetting who you are, where you are going, dropped. And the illusion, an excellent illusion, became that which was real. And yet within each of you there was that awareness that this was not quite as it should be, that this culture, this way of being and relating and living was significantly different and substantially less harmonious than each somehow remembered deep within the self. And so was born a divine discontent within each breast, a restlessness with the surface illusion, a desire to penetrate that veil of forgetting and come to an honest and authentic realization of who each entity is. And where each is going. And why.

There is a hunger that overtakes the spirit when it has recovered a sufficient amount of that memory that cannot quite be veiled. And so each that hears these words has already made difficult choices, sacrificial choices that enable the seeking process to gain momentum and to become more valued within the life pattern.

We are aware that each is quite familiar with the choice of service to self or service to others that is the foundation choice of this particular density. In addition to this choice of service there is a component which has to do with the purity or extremity of service. We have often called this aspect of the choice polarity, for something can be chosen with a wide range of urgency, a wide spectrum of intensity of desire. There has been the puzzlement expressed in the conversation preceding our remarks concerning how one can truly be of service. The paradox is that when one is of service to others one is automatically serving the self, for that which is offered is returned a hundredfold. It seems clear that each other person is also the self, is also the Creator, and so serving others is serving self. Further, before one can be free to serve another, one must come into relationship with the self, and the process of arriving at a love and acceptance of the self may seem very selfish and egotistical.

The hallmark of spiritual issues is paradox. The answers trail off into mystery without exception. Thusly, we cannot define for you or make absolutely clear to you with any words, no matter how lucid, the whole and complete nature of choice. However, we would speak to you of the will, for this aspect of self is heavily involved in work upon the self, especially that work upon self which would best be described as indigo ray, for there is work upon the self at each level or each energy center of the being. It is appropriate and important to work at each energy level, to work with issues of survival, of relationship, of groups, to work at opening the heart, to work at open communication, and to do this work one must use the will. Yet it remains the greatest challenge of this particular illusion to find the right use of will.

In what is willed and what is desired lies the teaching, the learning, the confusion, the difficulties, all of that which comes forth from that desire or from that use of will. For the polarity which is service to self, the use of the will is never in question, for the will is that which takes charge. Whatever is decided to be desired is simply willed and the negatively-oriented entity has full sway in determining that which will come to him. To such an entity the will is sent to grasp and take. In many ways, although this sounds like plunder, service-to-self's [use of] will can be uncannily hidden, and it is not at all obvious to the service-to-others polarity when something is appropriate to desire and when it is not. All things that come into the sensing apparatus seem natural and it is only by extensive repetition that the entity begins to form a structure of priorities which listen to the incoming data and chose what to pay attention to.

This instrument, for instance, is notorious for not knowing where she is, but this is not because this instrument is not paying attention. It is simply that this instrument has chosen to prioritize some of the deeper levels of incoming data so that that which is

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occurring upon the surface is often left far behind by this instrument as it desires to penetrate to the heart of catalyst. This has been a progression spanning this instrument's incarnation which is well over half the century that the one known as Jim is now rejoicing at achieving. Each of you has done to some extent—some greater, some lesser—conscious work in disciplining the awareness so that the incoming data will make not only some sense but more and more a particular kind of sense.

In the parables of the one known as Jesus this entity frequently said at the end of a story, "Let him who has ears to hear, hear." And this is the quest of each seeker, to develop ears that hear ever more accurately the song of love that rushes through each moment of experience. Third density, your Earth plane, is a world of great solitude and sorrow, with each entity shut up from each other entity in ways that do not occur before this density or after it. This is a density of metaphysical darkness lit only by that pale moon of hope and faith. And yet in this dim light there lies a depth of truth that shall never be touched again, for only in this density has the Creator given Itself the luxury of not knowing. Thusly, as each experiences himself, the Creator experiences Itself in an unspoiled and untouched way, totally spontaneous and totally free, and if that entity that is you finds that heart of love that is the deepest truth, that finding is completely real for it is not at the surface of things that this truth is obvious. It is not obvious that all is one. It is not clear at all that each entity is a creature and a child of love. Indeed, it is only by blind faith that we can begin to apprehend that which we do not know and yet that which we do know, love itself.

So when the seeker comes to those moments of startling lucidity, when that knowing which is beyond unknowing lights the sky of consciousness with that fullness of light which is true self-knowledge, there is a degree of joy that cannot be attained by those who already know the score. Around this habitation we are able to see each flower and plant and tree moving rhythmically in the joy of perfect knowledge. The second-density world embraces itself without self-knowledge but with full knowledge of love. There is no doubt. There is no argument. There is no confusion in the growing of seed into bud and bud into flower, in the dying down of that which is born and in the rising again from seed. All is felt in that cyclic rhythm that is perfect, and all harmonizes, each serving each in infinite detail.

Beyond this density, the choice having been made how to serve, the veil is again lifted and each is again aware—in the way that each of you is aware of the shape of this house and the color of the paint upon the walls—that all are one. Each knows the thoughts of the other and sees the complete commonality between that and the thoughts of the self. Yes, there is a great deal more to do beyond third density, but it is finicky work, careful, time-consuming, tedious even compared to the adventure that you now are embarked upon, who live and breathe the air of the Earth world. This is then, in a real sense, your moment of glory.

And so what is the choice, precisely? Although we cannot speak precisely, although the choice is always veiled in mystery, we would point in the direction of the will which is as the verb in a sentence in which the nouns are made of faith, hope, love and charity. What is the right use of will? The one known as Jesus spoke very clearly when it said, "Not my will but Thine." For you see, the choice truly is to surrender. The choice of the Fool is to leap into mid-air, knowing absolutely nothing about what lies at the bottom of the chasm of unknowing. One chooses either to have complete faith and thus to remain calm in the midst of this sea of confusion which is the Earth world. This is not an obviously good choice. The choice to believe blindly seems quite foolish and may we say that it is foolish. Upon the surface of events such a choice as pure faith shall only rarely be obviously validated by experience and yet the energy that is released when a seeker chooses to live by faith is tremendous. It certainly flies in the face of logic. Logic dictates that one maintain control in order to better serve.

And yet the way of logic is the way of death, for service is a living and vital thing. It blows as does the wind, and to be of service to another is an art. The beginning of this art is the refraining from using the will in eagerness to serve. As you attempt to serve others, always ask the self, as this instrument said earlier to the one known as B, "What is being asked of you?" For it is in response to what is asked that one may serve another. And upon a deeper level, as events impinge upon you, a good question to ask as a touchstone is, "What does the Creator ask of you?" The answer to this can be known only from the heart, only from the intuition, for what the Creator

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asks is often illogical, often puzzling, even though one feels to do or not to do something. One cannot precisely explain why. But when there is a strong intuition, we recommend and encourage the will to follow that intuition.

Now, we do not suggest that you give up desiring. Indeed, we would encourage you to hone your will, to sharpen your desire, but let that will and that desire be to know the infinite One. For the basic choice of one who is, shall we say, trapped in time is how to meet each moment of that time. Do you meet this moment with your heart open and with your spirit at peace? If you cannot say that you do, then there is introspection, thinking, ruminating, meditating that might aid in achieving your clarity. There is a great art to nurturing that self which has so much within it but which needs the kindness, the acceptance, the awareness of a supportive self.

We leave you, as far as this first question is concerned, in mid-air. This is not the density of firm ground. Truly, when at last you do not mind free-falling you shall have arrived at a reasonably comfortable metaphysical stance from which to gain a somewhat more accurate view of the rhythmic beating of destiny. Blown by the winds of free will, that destiny has a surety, a sure-footedness that cannot be moved by decisions that turn you from one direction to another. You cannot go away from the right path, for those lessons that you came to explore, those lessons of how to love and how to allow being loved, are fluid and living and they can move with you wherever you go. So, in the sense of making tragic errors, we ask you to be fearless. You cannot make a mistake, metaphysically speaking, for your lesson and your destiny shall follow you wherever you are moved to go. Yet to cooperate with that defined destiny is often to allow the little world to die away that the greater self and the greater will might be presented more clearly.

We would at this time transfer this contact to the one known as Jim, thanking this instrument for its service and leaving it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to ask if we might speak to any further queries which remain upon the minds of those present. Is there another query at this time?

B: I just want to express my gratitude for your speaking to us at these meetings.

I am Q'uo, and, my brother, we share your sentiments, for it is in these joining together of vibrations in these circles of workings that we are able to not only be of service to you but are able to experience much of what you experience as you query us concerning your life patterns. We are most grateful to each for these opportunities.

Is there another query?

Carla: When Abigail hollers like that is she talking to you and responding to your vibrations?

I am Q'uo, and am aware of your query, my sister. We are aware of the entity known as Abigail and that this entity is, indeed, able to perceive our vibrations. In many cases this small entity finds our vibrations somewhat jarring, and, indeed, as the contact was transferred to this instrument the one known as Abigail vacated the lap [of] this entity in this working. The one known as Abigail was also responding vocally to the other second-density creatures feeding outside the window.

Is there a further query, my sister?

Carla: No.

We thank you. Is there another query at this time?

B: Is it in the application of the will towards the deeper desires that brings the lessons to an entity so that they might hone the application of the will and desire?

I am Q'uo, and am aware of your query, my brother. We would substitute for the word, "application," the word, "surrender" of the will. As the entity moves further along its path of seeking, the ability to fall freely through the experience is an ability which opens the entity's inner resources and channel, shall we say, to such an extent that the preincarnative choices are more easily accepted and danced with. The attempt to apply will and through discernment plot a practical and wise course is in itself useful more for the direction of intention and the cultivation of one's motivation than for the actual plotting of the course.

Is there another query, my brother?

B: *(In general, the query concerns just surrendering the will and going along for the ride.)* Is this correct?

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I am Q'uo, and am aware of your query. In general we would agree with your summation, but would also emphasize the importance of the means of surrender—that the entity seek within the meditative, prayerful and contemplative state to open the self to such a degree that the one Creator moves through the being; that the entity surrender to the Creator, rather than to circumstances or to other entities.

Is there a further query, my brother?

B: I am still confused by "application of will" and "surrender of will." Could you elucidate?

I am Q'uo, and am aware of your query, my brother. One applies the will well when one is able to look at the experience about one, to ascertain the choices available, the opportunities presenting themselves, and much as one feeds this information into a computer and lets the work of the mind take place, then it is the balancing operation to seek in meditation the voice of the greater will. There one surrenders preconceived ideas about how the experience should be and the entity should partake. There this surrender opens the self to greater possibilities, to the greater will, to the higher self, to the one Creator, and when this has been felt at the heart of one's being, whether the choice be yes or no, to follow that choice though it may present difficulties to the mind and preconceived notions.

Is there a further query?

B: When a seeker chooses to seek the Creator are the difficulties that arise from that choice like initiatory experiences, the letting go of preconceived ideas?

I am Q'uo. Again, in general, this is correct, for the perceived difficulties [of] the nature of the experience in its entirety is the meeting of the incarnational self with destiny, and various notes in this musical score that we are calling destiny may seem discordant, disharmonious and out of place, yet when examined carefully and taken within the being as a portion of the self there can be harmony achieved and the great score of the preincarnative composer may then be completed.

Is there a further query, my brother?

S: Sometimes one has traveled a goodly distance down a certain path before one realizes that it is not the path one wishes to travel, but one has invested a certain amount of emotional energy in that path. Can you describe the need one feels to continue down the path because of this emotional investment?

I am Q'uo, and am aware of your query, my brother. The path is the path for each whether every portion is recognized or appreciated. Many times the need to change a course is more the need to clarify the present moment. Each entity will move itself upon its path in a manner which is most comfortable to that entity in the metaphysical sense, for much in the physical illusion will seem to be greatly discordant and very uncomfortable.

It is well for each to remember that no seeker travels alone, though each may feel great loneliness. It is well to remember that unseen hands—teachers, friends and companions from before time—move with each entity and offer guidance and counsel whenever sought by the seeker. It is well again for each seeker to remember that the course being traveled was chosen, that this is not the density of understanding, it is the density where little is understood, yet within this environment and these circumstances it is possible to so strengthen the will and the faith that the experience gathered is vivid and unique, pure and of great variety that would not be possible were there great understanding here. Thus, this is the treasure of this illusion. The constant need to understand what cannot be understood builds great strength of faith and will.

Is there a further query, my brother?

S: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

R: It is very comforting to know that you are our friends.

I am Q'uo, and we indeed are your friends. We walk with you upon your journey. We consider it a great honor to do so at your invitation.

Is there a further query at this time?

(Pause)

I am Q'uo, and as it appears for the nonce [we have] exhausted the queries once again, we would once again thank each present for inviting us to join you this day. It has been a great honor to do so. We would remind each that our words are but guides and possibilities. Take those that ring true to you and leave behind those that do not. We are known

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to you as those of Q'uo, and we shall take our leave of this instrument and this group at this time. We leave each in the love and the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
May 25, 1997

Group question: No group question. Potluck today.

(Carla channeling)

We are those of the principle known to you as those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most happy to have been called to your circle this day, and have enjoyed your conversation. It is beautiful to us to see those of you who have sacrificed much to be within the circle of seeking move in ways small and larger to attempt to be of service to each other as each deals with the daily diet of catalyst that is the grist for the mill of seeking experience.

We have an almost giddy sense of "What shall we talk about first?" because of your broad range of topics and the possibilities of relationships between various portions of those things which are upon your minds at this time. And yet perhaps it is best to move back to a place within the mind, within the heart, within those halls of eternity where your citizenship truly exists, to sound once again the glad bell of union and love, for beneath all of the illusions that tease and delight and frustrate mind, all—with no exceptions—are deceiving, and beyond all of the illusion and chimera there lies the One, that Thought which is love in its creative and fiery sense. Not the love of mates or friends or family, not the affection, or the *agape*, or any of the myriad of words which exist in your language, but a love that is beyond any word, a love with the power to create and to destroy. It is this stuff that you are made of, this and none other. It is the mating of this thought of love with light that has builded the entire universe. It has made all of the interpenetrating illusions of inner planes and outer planes throughout the infinite creation. It is that love of which each of you is made.

And if love can be said to have the body then that body is that spark that is without weight, without form, but most specifically is within the heart of each, in its perfection, undistorted, undilute, a perfect spark of that love which created and sent each forth to gather experience, to ripen, to become heavy with the fruit of learning and loving and being loved. How loved each of you is by this love that made you and that awaits your return. Yet at the same time you are already home, for there is that spark of perfect love within, for there is a secret tabernacle within each, that soul's shrine wherein one may lay down the sorry candles, burned to guttering, of the day's efforts, the day's emptiness, and all the concerns within the sea of confusion within which your illusion dwells.

That shrine can be forgotten. That shrine can be closed and become dusty. One waits there whose love is beyond all telling. This instrument would call this consciousness Jesus. However, the one known as Jesus would be happy for us to call this energy

perfect love. But this perfect love is for you, unique to you, awaiting no one but you. Patiently. Silently. This energy, this essence of love, waits for you to put your hand upon the door, to turn the knob, and walk through, from that outer heart that sees the light of day to the inner place that only you can go. There is nothing in this holy of holies except you and the Creator and the perfection of that shared vibration that is love itself. Whatever trouble, whatever the illness of mind, emotion, body or spirit, this love wants to share, wants to embrace, desires nothing more than to tabernacle with you. There is no judgment there. There is no test to pass. There is only absolute love.

When your center of self dwells within that shrine the sea of confusion continues all about you and you swim and do may things and go many places and see many people, and yet as long as there is that awareness of perfect love you do not drown in the sea. You do not become lost of heart when relationships do not seem to be availing either with learning or with peace. We are aware that it would not be desirable in terms of incarnational learning for an entity to spend all of her time in that secret tabernacle, and we do not suggest that the life pattern be changed so that the indwelling spirit may be beheld and enjoyed full time. We are aware that none of you wishes to come into incarnation and then dwell in the shadows of that incarnation. Rather, each has an urgent and profound feeling or sense of purpose. Each of you wishes to accomplish that true vocation that each feels within has been made or prepared for each. And we feel that this is a true and authentic sense or feeling, the feeling of having a purpose that is spiritual in nature.

When the soul awakens to its spiritual identity concomitant with the gladness of knowing who one is comes the honor and responsibility involved in the feeling that there is work to do, and for each entity that work has been prepared in the sense that each seeker has gifts and talents for which there is a use. We encourage each to flow with those talents, to support the self in using those gifts that have been brought into incarnation, that have been carefully chosen by each for the outer service, for the actions and accomplishment that each may choose to offer.

However, far more important than these outer ministries or ways of being of service there is, as each is aware, the true and central service of each which is to be the self, to be that self that rings the truest and the deepest. Simple to say; difficult to do, to truly be one's self. For how can one connect with the self? Is it not more often gotten through the echo gotten back from others that each sees the self most accurately? How can one be and know that that is the best being? The values of your peoples' culture make it very odd to be thinking of how to be, for your people value fruits. The one known as Jim was saying, "I like to get things done." And all could identify completely with this sentiment.

You are in an illusion full of things and you want to see things accomplished. You want to see where you have been, yet in terms of being you cannot see where you are, or where you have been, or where you are going, for the value of being is in its unforced spontaneity. What evolves for the seeker, then, is the challenge of learning how to take away from the self extraneous material and enlarge that freedom of movement of the spirit vibrating without thought, for there is a native vibration that is as the signature of each entity. We know each spirit within this circle not by the name but by the music that each heart is singing, that complex of tones and harmonies that is each person, each spark, and each is uniquely lovely. There is no repetition. There is no possibility of boredom, listening and joining in with the songs of each person and each two people in relationship, and then each within the group creating that song of the group.

Beyond the illusion, beyond the extraneous material there lies the music that is within each that must sing and will sing and does sing. The one known as B was saying that the word "allow" was very helpful to him and we offer this word again, for each is already singing a perfect song, but this is a silent and hidden part of self and it must be allowed the room, the space and the attention of silence. It is for this reason that we often remind each of the benefits of a regular, daily period of silence. Certainly, as we hear through this instrument's ears, between the snores of her pussycat and the calls of the ravens, the silence within may not be literally silent. However, the point is to attempt at any rate the disengaging of the mind from the gears that work continually and churn out so much to consider.

It is not even important that that babble of self be stopped. What is important is that the effort be made to disregard it and to tabernacle with the infinite One and to listen, to simply listen to that

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silence within and then to hear the door open, and at once to feel the bliss of that presence that awaits.

We have come to a place where we feel it would be helpful for questions to be asked. And at this time would transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which may yet be upon the minds of those present. Is there another query at this time?

B: Could you explain more about what healing really is?

I am Q'uo, and am aware of your query, my brother. Indeed, the area of healing is that area which encompasses the entire incarnation, for healing of any distortion is the balancing of that distortion in such a fashion that the particles of experience are made whole, that that which has been torn is brought together, and that which has caused injury is found to be a portion of the experience which has taught a lesson that has been planned by the entity itself, either before the incarnation or as a portion of the incarnation.

The apprehension of any experience, the perception of stimuli, are all means whereby the seeker interacts with its environment, with its larger self. Thus, as one perceives in such and such a fashion one prepares the self for experience, for the perception, the apprehension, the experience of an entity is a reflection of the lenses through which the entity sees. By being biased in one fashion or another, the entity in effect throws off a portion of the balanced self so that it spins or pulls the entity into a certain mode of receptivity. There is the phrase, "preconceived ideas," that is applicable here. As one conceives a thing to be, so it becomes for that entity, and so that entity experiences that which it has conceived previously in a fashion which allows a kind of dance to occur. The entity focuses upon that which it perceives and moves with it in its experience until there is an harmonious blending of entity and experience which you would call healing.

Many times the dance between entity and experience—or to be more precise, between entity and catalyst—is what is often called a disease or a disharmonious experience, for the entity, or some portion of the entity, is thrown off its normal balance and forced by the imbalance to pay attention to the dance it is now engaged in. When this perception and this dance is accomplished mentally and emotionally then there is a reestablishing of the balance, of the harmony, of the seeker. When the perception is distorted enough—or perhaps we should say ignored enough—then it may be that catalyst is given by the mind to the body and physical ailments of one form or another ensue to further guarantee the capturing of the attention of the seeker. This kind of discomfort then focuses the attention of the seeker upon that catalyst [that] has not been well used. As catalyst is used and the dance is completed then also is that which is called healing achieved.

Healing, then, is that balancing of distortions so that that which is perceived more closely approaches love, compassion, understanding, tolerance and so forth rather than the distorted perceptions that come when love is not seen.

Is there a further query, my brother?

B: I am assuming that balance is achieved in relation to the self as well as the other self?

I am Q'uo, and am aware of your query, my brother. This is most emphatically true, for all balance must begin with the self, with other selves simply playing a role for the portion of the self that needs balance.

Is there a further query, my brother?

B: What does the one who serves as healer actually do in the healing process?

I am Q'uo, and am aware of your query, my brother. The one serving as healer provides the opportunity for the one who has sought healing to open its centers of red and violet ray that hold in place the current level of awareness in its expression in the entity's incarnation, so that that which has been held in place may for this moment be released, and if it be appropriate for the one to be healed then this entity at that time will release the old manner of being and will accept a new manner or attitude of being, this then being the healing process.

Is there a further query, my brother?

B: At the deeper levels is healing simply the realization of the perfection of the entity?

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I am Q'uo, and am aware of your query, my brother. This is indeed so, for each entity is a portion of the one Creator, whole and perfect, with the free will to choose the path of its seeking. The third-density portion of this experience, and, indeed, the higher densities as well to a lesser extent, is a process whereby an entity has forgotten a portion of its perfection, has forgotten its unity with all creation, has forgotten these foundation stones of being in order that it might provide the Creator with experience that will enable It to know Itself. Such experience cannot be gained when each portion of the Creator knows itself to be the Creator, whole and perfect. Thus, it is what you may call a great service and sacrifice for an entity to engage in the forgetting in order to voyage forth into the creation with the desire to serve the Creator.

Is there another query, my brother?

B: As you answer these questions I feel a tightening in my lower energy centers. Does this affect the contact in any way?

I am Q'uo, and am aware of your query, my brother. The impact is to intensify seeking, and thus aids in the overall experience of each in the circle of seeking. The manner and reasons for this action and occurrence within the energy centers described we must leave to your own discrimination.

Is there another query, my brother?

B: No. Thank you very much.

Is there another query at this time?

Carla: What is the best way of thinking about people's emotional pain? I have trigger points in my body that are very painful but it feels good to release it by pushing on it. Do people have such trigger points to release emotional pain? How to handle it?

I am Q'uo, and am aware of your query, my sister. The points of pain that trigger the emotional response are those areas that may be seen both physically and metaphysically as a knotting or tying into knots of portions of the physical and metaphysical vehicles so that when one is able to find such a point one may focus the attention upon the untying or releasing of pain.

In this experience lies an entire field of discovery, for each entity has woven into the life pattern a number of these points which may then lead to a greater and greater understanding of the nature of the entity, leading eventually to the fully experienced presence of the one infinite Creator, many steps along this path.

Is there a further query, my sister?

Carla: Do you have any suggestions how a listener like myself can support this process?

I am Q'uo, and am aware of your query, my sister. To listen with the compassionate ear, accepting that which is heard without judgment, is the most nurturing attitude that one may assume in such a relationship of entities. The answers to the puzzle, the untangling of the pain, is a process which can only be accomplished by an entity for itself in the ultimate sense. Other entities such as yourself may provide the listening ear, the compassionate heart, and occasionally the insight or wisdom to direct the entity where one's intuition discerns that motion and movement may take place profitably, shall we say. It is the seeker itself that must engage the listener, that must engage the self, that must search relentlessly for the clues in this untangling process. It is this experience of untangling that which has been tied and fused together that provides the means whereby the entity will eventually find the Creator within, and the Creator within will come to know Itself more fully because of the experience of the seeker.

Is there a further query, my sister?

Carla: Just one more. You have talked about untangling, but you have not talked about cutting the knot out like a mother will often do with a child's hair that is tangled beyond untangling. You can't just cut it out, can you?

I am Q'uo, and am aware of your query, my sister, and would agree wholeheartedly, for each portion of the knot is a portion of the self and of the one Creator. If the surgery is attempted, another knot will grow.

Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you again, my sister.

(Tape ends.) ♣

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Special Meditation
August 3, 1997

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet each of you in the love and the light of the one infinite Creator. May we thank each who sits within this circle of seeking at this time. We are aware of the choices and the sacrifices each has made in order to be a part of this circle, and we offer our thanks and our blessings to each for all that they bring to the honest search for the deeper truth.

We are honored and privileged to share our thoughts and ask only that each of you listens with the ear that hears that which is truth for you. Those thoughts which do not ring true to you we ask that you leave behind without any thought, for when your truth comes to you, there is a special resonance which your discriminatory powers will offer to you. Use that discrimination not only with regard to that which we might share from our humble experiences but also *(inaudible)*, for that power of discrimination which each has is [knowledge], and its impulses are worthy that *(inaudible)*.

We find the group energy most pleasant and thank each again for allowing us to be a part of this session of working. We ask ourselves what we would wish to offer before moving to questions, and we find we have very little to say that has not been said by the one known as Carla and others within this circle. Our basic message is always the same. It is a simple message, too simple for most to believe or to use. However, it is what we have to offer, and that is that all that there is is love, not *(inaudible)*, words describing romance, not a [pale] word describing friendship, nor any of the ways that the word love has been used, for the love in which we come is the Logos, that one original Thought from which all else has *(inaudible)*.

Using free will, the Logos chose to create the manifested illusions which you now are in the midst of enjoying. As you dance through these illusions, we simply ask you to remember that each is love, each is a creature of that love which creates and destroys. The love within each entity's energy nexus is as are all things within your illusion, quite *(inaudible)*. If a seeker attempts to offer love from the self, that seeker shall soon run dry of love and be left in the emotional [precincts] of exhaustion and irritation. However, each has the ability to so clear away the daily clutter that the interior can become calm and silent, and, within this hollowed out space within, there can flow through the seeker an infinite love.

We suggest to each the effort to remember who you are, to remember why you came to this difficult illusion. What was important enough to pull you into the great illusion of the Earth plane? As far as we ourselves know, that reason in each case has been the wish, the genuine wish to serve the infinite One.

Each has worked hard to gain the right to incarnate at this especially critical time within your present cycle of learning. Each was able to come here because of the seniority of vibration of each, that is there being fewer physical vehicles than souls who wish to use them. The vehicles have been given to those whose vibrations more nearly accommodate the fourth-density love and light of the one infinite Creator.

Each of you, then, is either here as a wanderer from a higher density or here because you have the ability to graduate within this present incarnative experience. We find there are both wanderers and what we might conveniently, if inaccurately, call Earth natives within this particular circle. Know that each of you, whether wanderer or Earth native, is completely and equally beholden to that light [that] awaits at the end of your present incarnation, for the steps of light that each shall walk are one in the same for all.

Even if an entity has *(inaudible)* into the third-density experience from fourth density or fifth density, yet still, through incarnation, those entities have become Earth natives in the respect that they must enter those steps of life carrying each and every experience, balanced and unbalanced, which have occurred within the present Earth density incarnation. In other words, wanderers can get caught in what this instrument often calls a karmic situation.

So we suggest and encourage each to take the time daily to center the self within the heart, to spend that moment of knowing that you are loved and that you can channel infinite love to a world that is starving for that vibration that is unconditional love; for this you came into this incarnation. Whatever your manifested excellences and achievements, they shall always fall far short of the service that you are doing by being who you are and by meeting the moment with the maximum amount of love which you may find yourself able to open to within your heart.

We would at this time ask for the first question.

Questioner: What is the meaning and purpose of reincarnation?

We are those of Q'uo, and, my brother, we are aware of your query. The concept of reincarnation has at its core the assumption that entities continue before and after and during each incarnative experience not as those bounded by time and space but as those bounded by eternity and infinity. These arrangements of densities and the repetitive lifetimes within those densities have been developed from creation to creation as each sub-logos, that being one of your suns, has taken the basic offering of the previous creation, those densities that have been developed so far, and offer in each case a slightly different way of approaching the matter of learning.

The reason for reincarnation is that previous octaves of creation gradually discover the need for periods of learning followed by periods of rest, recuperation, healing and planning. The goal of the entity throughout all incarnations remains singular, that being the effort to more and more approximate the vibratory complex of love itself, for each of you has within you that perfect and unconditional love that created all that there is.

It is a matter of the untaught self being as the rock from which the elephant is carved. In each incarnation, the seeker chips away at that which is not an elephant. Imagine how many strokes of the tools of sculpting it takes to create—we correct this instrument—or, shall we say, recover the articulated statue. So each of you gazes at the self before incarnation, ripples the pages of previous incarnative experiences and comes to conclusions concerning what facet of love, loving and being loved needs the most study, for each entity is unique, each entity has its own path.

Thusly, each of you in the present incarnation has a plan, has made sure that there are ways for you to be presented with the circumstances in which you may choose to enlarge your ability to give and to receive unconditional love. There are many angles to coming to this realization of love itself and so each of you will find at times that there are few to talk to about your particular task. Nevertheless, trust your inner guidance and the perseverance in following that guidance, for this is the precious opportunity. This is, as this instrument has said previously, the opportunity to offer love by faith alone, knowing nothing, sensing everything.

The more that you may find yourself able to release attachment to any *(inaudible)* and well in love, the more you are able to cooperate with that destiny which you have set [up] for yourself. Mind you, we do not suggest that you can learn more by giving up

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more. We do not wish to suggest that you must go begging with a bowl in order to gain understanding. Rather, we simply suggest that each will have impulses and intuitions and feelings of rightness that are trustable, and so we encourage each to have faith in the destiny and in the self that can fulfill that destiny that has been set up. In every case, there shall be the confusion and suffering that comes because there is a forgetting of the scheme of oneness and *(inaudible)*, a forgetting of true nature. As one takes on the curtain of flesh, one shuts out the knowledge of unconditional love and [unity]. Nevertheless, that unity lies within you, so we encourage each to visit that heart within that is the sanctum within which your work may be done.

May we answer you further, my brother?

Questioner: Thank you for your response.

We thank you, my brother. Is there another question at this time?

Questioner: I am curious as to why this group of people is assembled at this place at this time.

We are those of Q'uo, and grasp your query. Ah, my brother, what a delightful question! Why, indeed, is each of you here? What have you sacrificed, what have you done, what have you failed to do in order to be able to arrive at this remote and unlikely destination? Within each, there is the knowledge, there is that recognition, within each, there is the ability to sense those meetings with entities with whom one has work to do in service to the light. Within each is the heart that responds to the benefits and the blessings of companions along the way. Upon each head rests a crown, and it has thorns. Upon each shoulder, there is a burden and a harness to pull that burden [that is his], but, if each pulls together, the load is shared, and though the crowns may prick a bit, there is so much blessing in companionship that the duties and the labors of the light are glad and merry.

May we answer you further, my brother?

Questioner: [If you wish.] It was a very beautifully put answer. I do understand.

[Very well, my brother]. At this time, we would transfer this contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would ask if there would be another query at this time?

Questioner: Yes. Once we attain and realize our inner unconditional love, what then should we seek?

I am Q'uo, and am aware of your query, my brother. The great quest for this "pearl of great price" is that quest which, for most, encompasses the entire life, for to open the heart in unconditional love to those about one is a task difficult enough that it eludes and confuses most. For it is far, far too easy and tempting to take offense, to give offense, to be confused, and to move through the incarnation on unsteady metaphysical feet. However, when one has been privileged to taste that unconditional love moving to and from one's own heart, then the blessings of this experience tend to open for one the next step and the next and the next so that the opportunity to share this love is ever present.

This love has a power unto itself that is like no other. It draws to one who expresses it those experiences and those entities which are in need of the service of unconditional love. Worry not, my brother, about what you shall do, for it is set before you, and it shall be yours.

Is there another query, my brother?

Questioner: That's fine, thank you.

I am Q'uo. Again, we thank you, my brother. Is there another query at this time?

Questioner: Yeah, I'd like to know if there's a relationship between what we call spirit and what we call consciousness.

I am Q'uo. Indeed, my brother, there is a most close relationship between these concepts. Each entity here and all entities, indeed, are those portions of the one Creator that have been sent forth much like explorers, adventurers into the great unknown of creation to discover the relationship between the self and the creation and the Creator, to discover that these are all one. Each portion, then, has a need for the various vehicles and accoutrements of each density or level of the creation.

Within this third-density illusion, there is the necessity of the physical vehicle so that the spirit that is whole and perfect within each may have a means

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by which to experience that which this illusion offers concomitant with this physical vehicle and preceding and *(inaudible)* is the consciousness, the identity of each entity. The spirit, then, through the use of the mind, the consciousness, utilizes the physical vehicle and most particularly the energy centers or chakras of this physical vehicle which move upwards from the base to the crown located within the physical brain in order to form the incarnational patterns that each will travel in order to discover the Creator within and in order to give that Creator the experience of the self as a means for the Creator to know Itself.

Thus, the consciousness that each possesses is the dynamic rules by which each may co-create the illusion in which you move, that each may co-create the experience of giving and receiving love. These experiences are many, through many incarnations and many densities, for this creation is rich and varied and offers to each seeker the full reach of the one infinite Creator.

Is there a further query, my brother?

Questioner: So, is it that spirit and consciousness are one and the same thing, or are they closely related, or does one create the other, or what?

I am Q'uo, and am aware of your query, my brother. The spirit of each entity, the soul identity, if you will, is the core concept with which all begin. From this core concept, then, comes the creation of the consciousness that shall inhabit various physical vehicles, both the vehicles and the consciousness being the tools of the spirit or soul's identity.

Is there a further query, my brother?

Questioner: No, you clarified it for me, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Questioner: Who is Q'uo?

I am Q'uo, and am aware of your query, and we congratulate you on being far quicker than either this instrument or the one known as Carla in asking this query, for those entities took a great deal of time before remembering that there is a meaning to this title, this name that we have chosen for their benefit. We are a principle that has been created to maintain a stepped-down contact between those of Ra and this group. The ones known as Latwii are also a portion of this principle and are also students of the ones known as Ra and offer to this group a means by which there is the possibility of communication upon the many concerns of the incarnational experience.

Is there a further query, my brother?

Questioner: The word, principle, is unclear. Could you attempt another description?

I am Q'uo, and am aware of your query, my brother. Those of Latwii, being also students of those of Ra, serve as an intermediary, shall we say, a kind of relay so that the entities known as Ra may blend their vibrations in some degree with those of Latwii and continue the communication through this group.

Is there a further query, my brother?

Questioner: Then, who is Ra?

I am Q'uo, and am aware of your query. Those of Ra are the social memory complex or planetary consciousness of a group of entities formerly residing upon the planet known in your terminology as Venus who have for a great portion of the history of this planet attempted to teach the Law of One, of singularity, of unity to those upon this planet who have sought this information. There has been success in some cases and some lack of ability to communicate in others, yet they persist to serve the One in each.

Is there a further query, my brother?

Questioner: Not at this time.

I am Q'uo, and we thank you.

Questioner: Thank you.

Is there another query at this time?

Questioner: Yes, is our species from different planets? Is there an indigenous Earth species, and are there other species that in ancient times may have interbred with our species on Earth, and is mankind from diverse locations in the solar system or even farther?

I am Q'uo, and am aware of your query, my brother. The population of this planetary sphere is, indeed, from many places located throughout this galaxy. The planet itself has generated its own population as well from its own first and second-density vibratory *(inaudible)*. The number of other sources is sixteen, as other third-density planets have reached the culmination of their seventy-five thousand year

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third-density cycles and found a portion of the population unpolarized and therefore unable to proceed to fourth density. Thus, these planets have contributed to the population needing further polarization to this planetary sphere, some entering sooner than others and, as you have mentioned, some experiencing the mating or interbreeding with what you would call extraterrestrial sources in order to work with the genetic make-up hoping to aid in the ability to polarize in either the positive or in the negative sense so that the evolutionary process for each may continue beyond this third-density illusion.

Is there a further query, my brother?

Questioner: Well, just historically, are there any important points in history when these beings from other locations have intervened that we should perhaps investigate or be aware of?

I am Q'uo, and am aware of your query. We find this information is relatively harmless and unimportant, thus, we give it without recommendation that study is necessary. At the beginning of this seventy-five thousand year cycle there was the transfer by Confederation entities of the population of the planetary sphere known to you as Mars to this planetary sphere as it was beginning its third-density illusion. The entities upon the planet known to you as Mars had engaged in bellicose activities to the extent of rendering their planetary sphere inhospitable to third-density life-forms. In addition, there has been and continues to be a transfer of entities form the planet known by some within this solar system as Maldek to this third-density illusion in order that these entities, having destroyed their planetary sphere through warfare, might also begin a series of *(inaudible)* restitutions and continue their evolutionary journey through the third density within this planetary sphere.

Is there a further query, my brother?

Questioner: That is wonderful. I thank you.

I am Q'uo, and we thank you, my brother. Is there another query?

Questioner: I have a question about the bellicose activities. Is there a purpose and a need for bellicose activities? Do the higher powers need a group of people to try to destroy the planet in order to enhance spiritual growth on the part of certain people, or is it a test of the human species to try to protect the planet against these bellicose-wanting people?

I am Q'uo, and am aware of your query. It is not so much that the bellicose activity is needed for spiritual advancement as it is the case that entities of higher densities need to be of service to those who follow them upon the great evolutionary journey in order to continue their own evolution, for the process of service to others for the positive polarity posits the need to be of such service in order to continue the process of polarization in consciousness and the evolution of the entity. The activity of the bellicose nature is that which proceeded within this solar system …

(Side one of tape ends.)

(Jim channeling)

Is there another query, my brother?

Questioner: If someone is a victim of bellicose activity, does that retard their spiritual growth?

I am Q'uo, and am aware of your query, my brother. We would look first at the term, "victim," and suggest that each entity in every situation has chosen at some level of his being to participate in the experience whatever its nature, for all experience is of the one Creator, and all experience teaches some portion of love, light or power that is in relation to the one Creator.

The second point which we would investigate is the term, "retard." We would suggest that some learn [more] than others, as in all studies and in all students. However, all shall learn the lessons of love, for there is as much time as is needed for each entity to proceed through this illusion at whatever pace is comfortable to that entity, for indeed each entity partakes within an infinite creation and will find those lessons most pertinent to it at its own pace.

Is there a further query, my brother?

Questioner: Not at this time. I thank you very much for answering those questions.

I am Q'uo. We thank you, my brother. Is there another query at this time?

Questioner: Is the Earth soon to [birth] into fourth density and the people upon it to ascend to fourth-density vibration state?

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I am Q'uo, and am aware of your query, my sister. This planetary sphere has entered the fourth-density vibration approximately fifty of your years ago and continues to move into this green-ray vibration at a steady rate. This planetary sphere is indeed to become the home planet to fourth-density positive entities within the near future with some aid from elsewhere.

Is there a further query, my sister?

Questioner: Are we soon to go into the photon belt *(inaudible)* to transition us to fifth density by 2012?

I am Q'uo, and am aware of your query, my sister. Though some students do indeed learn quickly, we find that it shall take a great span of time longer than the figure which you have named in order for this planet to enter into the fifth density of wisdom. Indeed, there is within this planet the fifth, the sixth, and the seventh densities in potentiation. However, the fourth density is one which spans a great portion of your time, and those lessons await the fourth-density population.

Is there a further query, my sister?

Questioner: Thank you, no.

I am Q'uo, and we thank you. Is there another query at this time?

Questioner: I have one. Is Ra in any way associated with ancestry of the people we know as Maya?

I am Q'uo, and am aware of your query, my brother. We find that those of Ra have had an influence upon these entities. It is one which is telepathic and information giving in nature, inspirational, shall we say.

Is there a further query, my brother?

Questioner: Who is on the outer planets?

I am Q'uo, and am aware of your query, my brother. We are assuming that you are referring to the outer planets of this *(inaudible)* solar system.

Questioner: Correct.

And it is our view that there is a population of entities from elsewhere who are utilizing these planetary spheres as kind of bases, for at the present time there is no second or third-density population which inhabits these particular planets.

Is there a further query, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Questioner: I want to ask one question. Are there any techniques, physical or spiritual techniques, that we can use to help stimulate our awareness of reality and the truth and help us to grow in our quest toward the goal that we should be directed in and assurance of which way we should, what our ultimate goal of becoming loving beings is, things that we can use, tools that we can use to help ourselves?

I am Q'uo, and am aware of your query, my brother. We always recommend one great tool for each seeker of truth, for it has shown its value to us throughout our experience in the processing of experience and the learning of the ways of love and wisdom, and this tool is that of meditation. Retire within, my friends, to that quiet room in which you go to be in communion with the one Creator. Shut there the door and on a diurnal period each day retire there to listen with the heart, with the being to the voice of the One.

When you have found this peaceful place within your heart, look then to the daily round of activities which has preceded your meditative time. Look there to any injury, difficulty, joy, learning, inspiration and so forth that has left its mark upon your mind. Look to those difficult times, re-experience in there, see as much as you can how they came about, the part you played, how you could re-script that situation, how you might heal that which was injured, how you may unify that which was broken, how you may clarify that which was confused.

Resolve in this place and at that time to take whatever steps you can to do these things that will restore love to your heart and to the heart of any others about you. Make this a portion of your daily round of activities, for, during most of your days, you are active: you think, you do, you speak. There needs be a balance, a time during which all of this activity and the possibility of learning that depends therefrom needs be seated within your being that it might be used for further learning or growth into love and into the unity with those about you.

To meditate each day for a short period is a simple thing to do, yet it is a means by which you may

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reconnect yourself, your consciousness to the infinite Creator, to receive the eternal, life-giving waters that nourish one's very soul. Look there, my brother, for love and share this love then with those about you.

Is there a further query, my brother?

Questioner: I do have one more question. I thank you for that wonderful answer. The other question I have is, are there beings out there that will try to take the place of the one true infinite Creator God and try to misrepresent the true God during these meditations, that we have to be aware of and watch out for?

I am Q'uo, and am aware of your query, my brother. Indeed, those entities who have chosen the service-to-self path as the means by which they shall move beyond the third-density illusion are entities which, by the nature of the path chosen, attain further progress upon this path by controlling the power of others.

This third-density sphere has a population that nears its graduation and which seeks in many, many ways to grasp the nature of this process. For those who have engaged themselves in the process of spiritual seeking in general and in the channeling or receiving of channeled information in particular, there must needs be taken those steps of engaging one's discrimination in order to determine those who serve others and those who serve themselves, for those who are upon the negative path, the path which tends to absorb the light rather than radiate it to others, are most desirous of replacing the positive efforts of their brothers and sisters who serve the light.

Thus, we recommend to each the engaging of the discriminatory powers so that within your own being you search for that feeling of lightness or its lack when appraising any catalyst which comes your way. For those who serve as instruments or channels, it is most necessary to find a means whereby any entity wishing to channel information through it might be challenged in whatever concept the instrument would live and die for so that those who come to it and wish to speak through it might be filtered, and only those who serve others and radiate the light of the one Creator to all may be allowed voice through any instrument.

Is there a further query, my brother?

Questioner: You're saying that when we meditate within ourselves in these quiet times that you spoke of before, that, if we can discern that the spirit is right, we know that we're talking to the correct person? Is that correct?

I am Q'uo, and am aware of your query, my brother. There are two aspects of seeking with which you deal. The first is the seeking, within your meditative time, of the one Creator. These times are your sacred, spiritual journey and are far, far less likely to be encroached upon by those of negative polarity than those times during which an entity would seek to be an instrument and to channel from other entities information, inspiration and so forth.

When one seeks to be an instrument of that nature, it is most necessary to have a means of challenging spirits. For one who does not wish to serve in this capacity and merely wishes to seek within the meditative state, there is not the necessity for the challenge and for the protection as there is for an entity who does wish to serve as an instrument. For one who does not wish to be such an instrument, it is well, however, to engage the powers of discrimination so that when one hears information, reads information, speaks with other entities, that always the discrimination is used to determine that which is of value and that which is not to the entity's own spiritual *(inaudible)*.

Is there a further query, my brother?

Questioner: I think that answers my question. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query at this time.

Questioner: I have a question I'd like to pose on behalf of a sister of mine who's shy. Does there exist a spiritual form of virus which influences human behavior?

I am Q'uo, and am aware of your query, my brother. We would need more definition of that which you have described as a spiritual virus, for there are many interactions between the population of this planetary sphere and those from elsewhere of the negative polarity that could be described as a virus or means of infection.

Questioner: A virus in terms like a biological virus causes damage to our physical structure. This would

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be a virus that would cause damage to the spiritual structure.

I am Q'uo, and we feel that we more fully grasp your query and would respond by suggesting that, to our knowledge, there is not such a virus, for the spirit of each entity is whole and perfect and resides in complete unity with the one Creator at all times.

May we answer any further questions, my brother?

Questioner: Can you clarify your definition of the [word] "spirit"?

I am Q'uo, and am aware of your query, my brother. We call spirit that individuated portion of the one Creator that has chosen to take form within the physical universe in order to proceed upon the great evolutionary journey of seeking and knowing the one Creator.

May we speak further, my brother?

Questioner: Yes.

I am Q'uo. We do not mean to confuse. We meant to ask if you have a further query.

Questioner: No, not at this time. Thank you.

I am Q'uo. We thank you, my brother. Is there another query at this time?

Questioner: I have a question. What are the essential foods that are ideal for our bodies and then, in turn, our minds and spirits, and what effect does having artificial pesticides and other things in our foods have on our spiritual growth and our spiritual being, and is meat intended by the infinite Creator to be eaten by people?

I am Q'uo, and am aware of your query, my brother. It is intended by the infinite Creator that each entity have—we correct this instrument—has an exercised free will. Thus, each entity is free to do as it will. As far as the foodstuffs which may be ingested to the benefit of the physical vehicle, we are aware that many within this circle of seeking are aware of those food stuffs. To be brief, we would suggest the virtue of the grains, the vegetables, the fruits, the, what we shall call, secondary animal products such as your milk, your cheese, and so forth, the preserved animal muscle itself, to be utilized upon one's own discretion in the minimal quantities and of the highest level of quality, shall we say. The use of your chemical additives is that which is not recommended, for the intensity of their chemical nature often produces detrimental results upon various portions of your physical vehicle.

Is there a further query, my brother?

Questioner: Yeah, and does that detrimental effect on our physical vehicle, in turn, affect our spiritual consciousness and awareness and our spiritual vehicle?

I am Q'uo, and am aware of your query, my brother. We find, rather, the cause and effect relationship to be reversed. That is, that the entity's ability to express the nature of his spirit is that which determines the kind of foodstuffs that are utilized in this incarnation.

Is there a final query at this time?

Questioner: I understand, and I appreciate your answer, thank you.

I am Q'uo, and again we thank you. Is there a final query?

Questioner: Third density has a seventy-five thousand-year cycle, approximately. What is the cycle in fourth density?

I am Q'uo, and am aware of your query, my sister. The third-density experience is by far the briefest experience in the evolution through the seven densities of this particular octave of experience. We speak of octaves with the understanding that the total unification of all portions of the one creation at the end of seventh density completes the octave. The fourth density experience is the second-shortest experience, being thirty million of your years.

At this time, we would once again wish to thank each entity present for allowing us to speak with you and to join you in your circle of seeking this *(inaudible)*. It is a great privilege for us to be able to do so, and we look forward, as you would say, to each opportunity.

We are those of Q'uo and hope that we have been able to be of some small service to each present. Again, we recommend that each take only those words and thoughts which ring of truth to you, leaving behind all others that we have spoken that do not ring of this truth. We are those of Q'uo and would at this time take our leave of this group and this instrument. We leave each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Wednesday Meditation
November 19, 1997

Group question: The question this evening has to do with individual or group efforts to make energy or technological advances available for humanity. The Confederation of Planets had this problem in pre-World War Two when they were giving information to the Manhattan Project scientists who then developed the bomb. Is humanity ready for further technological such as free energy, or if we wish to be of service to … *(inaudible)*.

(Carla channeling)

We are those of Q'uo, and we apologize for our premature beginning. We were saying how much of a privilege we consider it to be asked to speak with you and share our thoughts. As always, we would ask that you pick and choose among these thoughts, taking those which are helpful to you and leaving the rest behind. For we have no illusion that our own concepts of the truth are any final word; rather we are happy to share our opinions with those who have discrimination. And each does indeed have that discrimination that recognizes that which is one's own personal truth.

The question this evening concerns the application of gifts and we would, as we often do, wish to begin by placing the concept of gifts in some kind of context.

When each incarnate being gazed upon the incarnation to come, each selected from the infinite self those gifts and quirks of being, thought and attitude which would provide the resources and tools to prosecute various purposes for which the incarnation was chosen. Often, these eccentricities and biases do not seem in the life experience to have any direct application. However, the indirect use of gifts is frequently an enlarged group of service. Secondly, we would encourage the concept of the personality shell that makes use of these gifts and a kind of focus for the deeper reasons for incarnation. As the self gazes at the self, the self is actually gazing at the personality shell. This is the first fruit of self-knowledge, that knowledge of the personality shell. Now, this personality shell is created of the blending between the second-density life-form which is your physical vehicle, and whose mind and instincts are unimpaired, and the consciousness that is that infinite self within its vehicle.

Far beyond the apparent nature of the self, with its temptations and duties and positive and negative thoughts about many things, there is a deeper self, a self that may ultimately be identified as the great original Thought, which is love. This Logos is complete and utterly within and it, love itself, is the nature which you may come to know in the most trustworthy way. For love is love. Love created all that there is. There is no sham, no falsity to divine Logoic love. And this is the vibration, this is the essence which each is beneath the personality shell.

When one considers what one is to do with one's gifts, we would encourage each seeker to contemplate first the greatest gift, that gift of consciousness. There are duties and responsibilities that go hand in hand with the awakening of awareness of one's spiritual identity. One responsibility is to remember who you are, and what you are. For it is that essence that you came primarily to offer as your service. As each comprehends these words, each is fulfilling her major, primary service. For the primary service is to share sacrificially the essential vibrations of self with the planet that you call Earth in order that the planetary consciousness may be lightened at this critical time, metaphysically speaking, in Earth's history. So no matter what occurs within the outer world, as the one known as C observed, no matter whether one devolops a new physics or works and retires, the primary service is performed as you breathe in and out, and as you are most deeply and truly yourself.

It is this vocation for which you took flesh. Primarily, this is why you came. You came here to be yourself, to offer yourself sacrificially to a world greatly in need, a relatively unbiased vibration of love. The sacrifice is life itself. Not that which is within the life. It costs something for each to come here. You have paid that price. We encourage each then, to relax, to trust, and to surrender to that destiny which is a gift carefully chosen by yourself before incarnation. You have prepared ways to serve in the outer world. It is not terribly important whether or not this or that which was prepared is taken up and manifested. However, it is from this standpoint, and from this context that we would prefer to deal with the question of the use of gifts.

As each contemplates the future, each is immediately aware of a sense of tumultuous change as your solar system rotates into a new area of space. The vibrations are changing, the density is changing. Time itself is altering. And the old paradigms grow increasingly awkward. There is in such a time a need for those who are able to move with the rhythm and the information surrounding that change, that energy, or dynamic of transformation. In such a situation as your Earth is at this time, it is to the scientists who look carefully at the actual knowledge of humankind a time when there is seen by all to be a crying need for a new paradigm. Much goes into shift or transformation in consciousness. The entire panoply of arts and sciences, disciplines of every kind, factor into a new creation, a new way of being, that model known as life experience. And so it seems simple and true that if one's gifts include a vision of a transformed physics, cosmology, economics, social model … this would be a good time to explore areas which seem to draw you forward. This instrument, for instance, knows she must write a book. This instrument will continue to question her ability, her knowledge, her rights, her worth; however, this entity is persistent and will produce that fruit of her particular gift of which she is capable. And we encourage each to move with those gifts that draw your interest forward.

We are aware that the one known as C has serious concerns, for indeed many are the newly discovered items that have quickly been co-opted for their military use, or otherwise been used for the detriment of humankind rather than its welfare. And indeed we agree that the only safe area for an entity to work is within the self. Working with the self, it is difficult to infringe upon anyone's free will. It is difficult to find oneself suddenly aghast over the misuse of the fruits of your labor. For that which you do within yourself is yours to do, there is no possibility of infringement. And this work is at the center of the life, this being rather than doing. We realize that we are more or less simply describing the situation which the question attempted to address. We wish to eliminate the landscape rather than to choose one road or another as this instrument and the one known as Jim both said earlier. We are not those who feel that any should do this or that; this is not a concern of ours whatsoever. Our concern is simply to share anything that we know or think that might constitute a resource to those seekers who we came to communicate with and to serve.

There is a delicate, yet surprisingly robust, middle or golden mean, or as this instrument would say, there is a groove coming from the jazz groups that she has. And when one is in that groove, one is simply responding to a rhythmic unfolding of destiny. It is this feeling of rightness and rhythm that will come to the one who is making right use of her gifts. And we commend to your processes of thinking the inclusion of that feeling sense that lets you know when you are on the beam and when you are not. For each has the intuition and the inner knowing that one can draw on and depend on.

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It is after all, your creation, for each entity, whether it be one of us, one of you, or any within the creation of the infinite Father.

(Pause)

We are those of Q'uo, and we must apologize … we are those of Q'uo. *(Laughs)* This instrument almost went to sleep on us and we are sorry, and the instrument is sorry, and we must regroup. We were saying that each within the creation of the Father has an infinite rightness for each is a citizen of the time, each is a spark of the infinite Creator and from creation to creation, the sparks shall fly out, become homesick, and return. And you are flying and wishing for home—and you shall return—only to be sent out again by an ever inquisitive Creator to see just what love can be, what it can do.

We would at this time transfer this contact to the one known as Jim. We are those of Q'uo, and we leave this instrument with thanks and love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you in love and the light through this instrument. We have attempted in this session of working to speak to the query which has been most important upon the minds of those present, especially the one known as C. And we would ask at this time if there is any further query that any present might ask.

Questioner: Well, I don't have a question, but my mind sure was wandering all over the place and yet I wanted to thank you for your words because there seems to be some general truth in it because I usually find inspiration in dealing with my concerns that are on my mind.

I am Q'uo, and we are grateful that we have been able to provide the information that has set your mind in motion. We are always hopeful that we are able to speak in some way to the heart of the concerns which are offered to us in the form of queries. We are aware that much within your illusion is confusing and difficult. There is the need for the ray of light, shall we say, within each daily experience of each seeker to shine the way for the seeker and to inspire the dedication to service. And to give the seeker the knowledge that to be is the greatest service that any can offer. For to be is to reproduce the nature of the Creator in the individual incarnation. For the Creator exists in a fashion in which the creation is much like your computer program, running in such and such a fashion with infinite participation and possibilities. There is great harmony within this intricate and infinite moving energy individually expressing as each personality. If you can be and allow the harmony and the love and the light of the one Creator to shine through your being in your words, in your thoughts, in your actions, then you have offered that is which most helpful to offer. An incarnation, an illusion, and all those about you, as you move through your incarnation within this illusion it is your free will choice what you shall do with your being, but first be, my friends. Then that which is appropriate for you to do will present itself as clearly as the sun shines on a clear summer day.

At this time we shall take our leave of this instrument and this group, thanking each again for inviting our presence, and cautioning each to take only these words we have offered that ring of truth to you, leaving all others that we have spoken behind without a second thought, for we would not be stumbling blocks upon your path. We leave you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo.

Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 29, 1997

Group question: We would like to have a look at the information, if possible, today about the earth changes that may be occurring in the next few years, what form they might take, and what impact they might have upon our lives as spiritual seekers.

(Unknown channeling)

Greetings in the love and in the light of the one infinite Creator. It is a privilege and a pleasure to be called to your circle of seeking at this time. We are most grateful for your desire to seek the truth and for your calling us, for sharing our opinions and views is our chosen form of service at this time and each time we are able to use instruments such as this one to share these views, we feel that we have offered our service and this is very precious to us. We ask only that you use your discrimination for we have many opinions and we are known to be wrong and would not put ourselves forward as any authority. We ask each entity to know that there is a good and adequate power of discrimination given to each seeking soul. There is a genuine and authentic feeling that accompanies the hearing of what we may call a personal truth. Many are the views discussed that may appeal to one and not to another, for many are the paths of seekers.

So we ask you to listen and take what you will, leaving the rest behind. We do not come as those in authority, but rather as those who also seek the truth. We share the mystery to which we are called, for which we hunger, and upon whose end we all gaze with awe and worship, for each entity is as a spark of love that is precisely like love itself, that great original Thought for which there is no better word than love.

Many are the distortions. Very general is the confusion of many people with distorted views attempting to see clearly that which cannot be seen clearly. That is to say, you now inhabit a very deep delusion. Within you is the truth and you are the truth that you seek. And yet, in order to have the opportunity to accelerate the rate of your spiritual evolution, each of you has chosen to come into precisely this confusion, precisely this space and time, for here you have found a chance to work upon your own polarity, a chance to work upon that faith which is no accomplishment without the confusion of the illusion-ment.

So you are here specifically to be confused. And to undertake to follow the desires of your heart. It is easy to gaze upon the world about you as a thing, a geographical location, an island in space. The heard music of language and culture, of buildings and ways of relating, all those things that make up the environment and habit have prepared you to attempt to make sense of this illusion. In many ways you have succeeded in carving out each for yourself that identity that you are pleased to wear as the mask

of self, that face that you wear to meet those whom you meet. Yet each mask that you see is the Creator and you yourself are also that love divine, which is the Creator.

We describe this essence that is you, to be able to stand at this viewpoint and then gaze at that which is occurring upon the physical planet whose surface you now inhabit. This planet of yours is indeed under much stress. The details of the havoc that has been reached by third-density humankind is all too well known to those here. And we do feel that there is the potential for difficulties such as your floods, your earthquakes, those ways the planet has of being comfortable within its own skin, for it, too, is a living being.

This level of concern is appropriate. It is well to be aware that the ground under you is alive, and that that life is compromised by the actions of humankind. We also are aware, however, that each difficulty has a solution and as the wheels of destiny turn, there will come balance and renewal and new life where there is to the eye now only death and barrenness.

Upon a level deeper than this, we would speak of the roots of mind, for as you move over the threshold into the unconscious, and move deeper within the memory, you pass through a level at which the earth changes, as they are often called, strike a chord with humankind's fear of not continuing. For those who are fascinated with Judgment Day, Armageddon, or conversely the New Age, the Second Coming, and so forth, we would suggest that, archetypically-speaking, one is gazing at the self, gazing at death, the death of the personal self, for each knows that it is physically a creature of dust. It is made of earth, and that bone and sinew that moves this vehicle about shall one day again be dust. All of the civilization and training that the culture gives upon this death of self has a tendency to be very fear-driven. Thusly, it may be seen that those who follow intensely a scenario of planetary disaster may well be more concerned with issues to do with the self than those to do with the planet. It is our opinion that at this time there has been a radical upswing, shall we say, in awakening souls. It is for this reason that some within this group chose incarnation upon this sphere at this time. This is indeed a harvest season for those entities who now dance the dance of third density.

This is the time when each of those who has been allowed to incarnate has the possibility of graduating into the next density at the end of the incarnation. The line to get into the physical third-density planet Earth atmosphere is a long one, for the need here is great at this time.

Focusing upon the difficulties having to do with magnetic shift may reward one with some meager harvest of information. However, we would suggest that a more appropriate response to that feeling that the fields are ripe with harvest is to dedicate the self more and more to being a spiritual entity first, and an actor who functions and does things second. If indeed there were a planetary disaster, a chance at survival would not in any case avail. Indeed, when one sees difficulty and disaster, there is a choice to be made as to what you will think about. Many things enter the senses of your vehicle, far too many things for you to be able to acknowledge and think about them all. The way one prioritizes the incoming data, therefore, is quite important. And we would encourage each when faced with thoughts of difficulty or disaster to consciously and eagerly to move into that tabernacle within, for the Creator Itself sits in light and in perfect love.

That sun within that warms the soul waits for each to come to its own heart and knock and enter. The joy of opening the heart cannot be described. The experience of flying free of judgment, borne on the arms of compassion, is a heavy one. And this is the response that best addresses the difficulties of your planet. To the outer person, this sounds patently absurd. How can meditation or prayer or the centering within the self upon love affect a deadening ocean, a deadening land, a deadening atmosphere, and all the numerous other difficulties your culture is aware of? And yet, it is at being at peace within, and thusly being free to open the heart and allow the love and light of the infinite One to move through the self and out into the world, this is, by far, the most effective answer that you can give to the world of concerns everyday. For each of you is as a star. Each eternal, each unique, and each *(inaudible)* truly perfect. Incarnation and learning are peculiar things. It does seem peculiar to want to come into a darkened world, and spiritually speaking, there is some darkness upon your planet at this time, which you were speaking of earlier.

Know this and all darkness to be but the reflection of the darkness within. Know all confusion, all

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difficulty, and all disaster, as reflections of those parts of the dark side of self within. That which you see is as a visual aid explaining you to yourself. And as you enter this season of harvest, you know there is service to perform and you wish to be about it. We say to you that the way to serve the Creator at this time is to open the heart to the present moment and practice that precious oneness with the Creator. When there is confusion, when there is awkwardness in the rhythm of the day, move back into the heart where the Creator waits patiently.

Again and again, center the self upon its deepest truth. And you will gaze at a world made different because of the way you think. And as more and more people find peace within themselves, the harvest will begin to be plucked. So, we ask you not to fear. It is written within one of your holy works, by the one know as John of *(inaudible)*, that in the beginning was the Word and that Word or Logos made all that there is. And this entity also described the earth scene as a spiritual darkness, and concluded by observing that, as the light came into the world, the darkness has never overcome it. Each of you is a being of pure light. Each of you has complete freedom to choose the way in which you will manifest that life. All these so-called evils of the world are but love distorted. We encourage you to find ways to choose love over fear, light over darkness, surrender over control, for the attempt to control is a hard service to self.

Know as deeply as you can, and as often as you can, who you are, where you are going, and for the rest, trust destiny. For as the one known as M and the one known as L have both said, one is led to the work that has been prepared for you to do. But the greatest work of all, and the work that will harvest this planet in safety, is being who you most deeply are, a child of the Creator, a miniature of the love that is so powerful that It has created all that there is.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light, for we are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again, in love and in light, through this instrument. It is our privilege at this time to ask if there might be further queries which those present would find value in the asking. Is there another query at this time?

Questioner: Well, I have a question. You mentioned the change in the magnetic field. I was wondering if the difficulty has something to do with our rotating into the new area of space that our planet hasn't been in before.

I am Q'uo, and am aware of your query, my sister. To this query there are many components that comprise the answer. There are indeed new and more available, shall we say, energies in the portion of time and space through which this planet now moves. There is also the effect of the planetary entity realigning itself because of previous distortions offered by the third-density population in the way of the deleterious effects upon the planet. There are those entities in your circles of government who have sought to influence the patterns of weather. All these together may be seen as potential influences that have caused the patterns of weather to become somewhat more erratic. However, each of these potential sources may, as we have said, be affected by the love that emanates from the open heart of each seeker within your illusion. Thus, each may offer healing to this planetary entity and to all other entities, as well, each time the heart is open in compassion, forgiveness, understanding, mercy and tolerance.

Is there a further query, my sister?

Questioner: Not on that subject, thanks, Q'uo.

I am Q'uo, and we thank you again, my sister. Is there another query at this time?

Questioner: Our experience here on Earth is described as an illusion. Is the illusion basically just that so many of us have in a sense separated from God or from the Creator, and from each other? Is that what is meant by the illusion?

I am Q'uo, and am aware of your query, my brother. You are correct in your assumption that the illusion is that which is more than it appears to be, for each does appear to be separate from each other entity and from your environment itself. The unity of all things is the underlying truth in this matter. The illusion of separation exists so that each portion of the one Creator, the personalities who each of you are, may have the opportunity to explore within the one Creator's boundless field, the opportunities for discovering love and service for each other, though these may not seem to be the primary reasons for which each was incarnated. The illusion offers many

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other alternate answers for why each is here: to gather wealth, to be powerful, to do this or that great thing. All of these are but means by which each entity may find the heart of love and unity within itself. Each uses the artifacts of the illusion to travel the spiritual journey, though all around one the material world is given ascendancy.

This is the illusion so finely created by each portion of the one Creator for the purpose of finding the one Creator's love and light in each heart and also providing that one Creator within the opportunity to know Itself in ways that would not be possible were this illusion and your choices within it not creative.

Is there a further query, my brother?

Questioner: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Questioner: Just a follow-up to his. When you say illusion, I sort of think of the fact that no one has seen an electron even as far as mass goes. They see the path of energy that is left behind but they can't find any mass, so that's really where I was thinking the illusion came in is just that level where there really isn't anything but energy. Does that have validity?

I am Q'uo, and am aware of your query, my sister. This is indeed true, and is a most salient observation. The nature of the illusion may be described in many, many ways. And in your pursuit of the explanation of particles of creation that you call physics, there is the discovery by more and more of those who pursue this field that indeed, what each sees is most mysterious. There are a variety of ways that explanation is offered, and yet, none satisfy completely unless one sees the entire creation of many-ness as a unified concept of the one Creator's expression of love and light.

Is there a further query, my sister?

Questioner: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I had a guy write in from Turkey and he was very upset over people being born retarded, and otherwise handicapped or born starving, and what was that all about. I just wrote him back and said that it was part of the mystery, that we all did suffer, those that obviously suffered and those that don't look like they suffer at all. Everybody suffers. I wondered, do you have any comment on that? I'd love to be able to answer better.

I am Q'uo and am are of your query, my sister. To love and to find love is an easy thing when there is no barrier to perceiving love. Within your illusion, there is a great deal of darkness, shall we say, spiritually speaking. So that it carries far more weight [int the] mind/body/spirit totality that you call the spirit or soul to find love and light in an incarnation in which there is great difficulty, great darkness, great challenge. Each entity which incarnates within this illusion enters into the undertaking of this challenge and will gain in the spiritual awareness and power, shall we say, by being able to accomplish the discovery of love where it is most difficult to find.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, again we thank you, my sister. Is there another query at this time?

Questioner: I have a question. In my search throughout my life to find out more about myself and what my path is in life, I've had many thoughts, so to say, that have followed me throughout my life and I'm wondering if these thoughts are symbolic of what I am to do. But they have troubled me in their authenticity of what they actually mean. I was wondering if you had any comment, so to speak, on that?

I am Q'uo, and am aware of your query, my brother. Each entity which incarnates within this illusion offers to itself those guideposts or milestones, these thoughts which you have described, that pose to the incarnated entity the questions that [you] are indeed asking yourself. These thoughts, these images, these impulses within, then seek to guide, to lead, if you will, the entity within a certain line of inquiry that will eventually prove fruitful to the entity as it faithfully follows that which it feels within to be leading it. You will within your incarnation discover certain synchronicities, coincidences, the bringing together of information of entities, of experiences, of shared thoughts and dream. These will serve as those kinds of directions that will lead, that will nurture, that will inspire and support when the way seems

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difficult and dark. Look then, especially in your prayerful times, and in mediation and in those times where you seek within the answers that are of importance to you. Look there upon a regular basis that you might inquire into the wisdom that you have provided yourself, and which the Creator and those angels and spirits about you have provided you, so that you may become inspired at those times when it is open to you to seek and to ask, to serve, to give. That you are aware of these images, these thoughts, is important. Important not only at this time, but throughout your incarnation.

Is there a further query, my brother?

(No further queries.)

I am Q'uo, and as we perceive that there are no further queries from this circle of seeking, we would at this time offer our gratitude to each entity for inviting our presence and for sharing with us your thoughts and your concerns. We are honored to have been a part of your seeking this day. And would remind each again that the personal discrimination is most important at all times, including listening to our words when information is being sought that has meaning in your own journey of seeking the truth. You indeed have the answers that you seek within and when there is information given to you that rings of truth, then you may welcome into your …

(Tape ends.) ♣

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Sunday Meditation
January 11, 1998

Group question: We would like to ask about the two ways that we experience ourselves: being caught up in the illusion, wandering about from thing to thing without being in the flow, of being there, and of enjoying the love and the light of the harmony of the moment. The other is being in the flow, which is the goal which most of us have. We are wondering if Q'uo could give us a description of how work in the metaphysical sense is being done both when we are not in the flow and when we are.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We regard it as a great privilege and blessing that you have called us to your circle of seeking this day. We are very glad to share our feelings with you, asking only that you use your discrimination and not simply accept our thoughts because they are our thoughts. Let your own sense of recognition be the standard by which you accept information. You will find that your power of discrimination is great for you can indeed recognize and have a certain feeling towards that which is your own personal truth, that which for you is a resource and a tool. Let the rest go.

You ask today about the relative merits of attempting to live life consciously, aware of the self as a spiritual being, observing and, conversely, being caught up completely in the illusion. Were we to recommend one mode of expression over the other for third density we would be forced to choose the confusion and the babble of the unthinking everyday carnival, with all its amusements and rides, that greets you each morning as you gaze out of your physical senses at the physical world. It is not that living consciously is a lesser thing. Indeed, whole densities are spent in such work. It is, rather, that third density is valuable because of and not in spite of that heavy pall of confusion and illusion that animates this Earth world.

Were each present to be able to satisfy herself that all was being done appropriately in the moment to moment relationships there would indeed be a kind of bone-deep pleasantness to the incarnation. However, although weary, battered and tired as you are you may now wish for the contentment and peace of the lifting of the veil, as spirits you hunger to come into this illusion because it is only within the illusion that an entity can work upon that pivotal first choice: service to self or service to others. When one has all the rules in hand, knows all the players, knows all the values, one may play well at that game but feel or learn nothing. It is when the spiritual entity is thoroughly mixed up with the clay and mire of life in the physical illusion that the challenge may be raised to live by faith and not by what you see.

It is felt by the spirit who is descending into matter that incarnation within the material world is a pearl of great price, something eagerly hoped for by far more entities than can be accommodated at this time. Your sphere experiences [numerous] forces inevitably moving through that which can be considered a dying and rebirth or a time of initiation and a time of peace, and since this is a harvest time, each of you hoped to come into this confusion to paddle about in it and to meet each choice in a way that discovers the self to the self. One thing that one cannot do as an observer is surprise the self, and it is when you surprise yourself with who you are that you feel and sense into your spiritual identity, which is quite a bit larger than your physical identity. You are a personality shell; that is, you are consciousness which has adapted itself to incarnation within a second-density physical vehicle.

This consciousness cannot be brought completely into the illusion, for this consciousness that you are is all that there is. To bring all of self into the illusion would be to erase the illusion, and this illusion creates for each of you other selves to relate to in order that you work upon yourself by reflection. Lost in the running of the everyday chores you make choice after choice after choice, in little ways and in larger ways, and when those choices are easy and obvious the polarization value of them is measured. Those moments when you discover yourself being or acting in an unpredicted or unpredictable way are little nuggets, little treasures. For this personality shell that you are was carefully chosen to contain those gifts and limitations of character and personality that will best serve you at this time. The material before you, the relationships in your life, all of these things you gave yourself as gifts. Some of them gifts to wallow in with pleasure, some of them gifts to challenge yourself. And the entity unknowing is the entity at the cusp of choice.

We would balance speaking of the unknowing, incarnational self by talking also concerning work in consciousness, the other alternative, shall we say, that life observed that each thirsts for. This instrument, by nature, by the gifts of personality, character and will, which she and the Creator cobbled together for this particular incarnation, spends a good deal of time, perhaps a higher percentage of time within incarnation than most within this circle, being completely within the moment, having that experience of the present self observed. To this instrument this is not a gift or an accomplishment. It is a simple fact of her nature. This instrument, therefore, is more aware of the negative aspect of such a frame of mind than the positive aspects. To this entity it is simply irritating to discover time and again that one has not been on the right page or even opened the right book as far as knowing what is occurring. So this entity has the inner experience of scrambling upon the surface of life in order to take a look around at the illusion. Therefore, this entity, more than most, grasps the value of the unobserved self, the self completely within the illusion. For this entity finds itself involved in causing inconvenience to the self and to others because of her lack of awareness of space and time.

There is, of course, much to be said for the entity who has been able to so live the life so that a rhythm has been caught and that marvelous beating heart of all that there is informs, enables and blesses all experience. It is a joy indeed to find the self in that holiday delight, that thrill of knowing that all is as it should be. These moments, however discovered or achieved, are wonderful, true and lovely. We encourage each, when those moments of delight occur, to mark them down in the heart, to look at the significant self, for these are moments of truth when the illusion falls away and all is real. It is not the reason that you are in the Earth world. Nevertheless, such moments are most blessed.

This instrument has a favorite phrase, "the prayer without ceasing," and this is her version of being in the flow or being the observer, and there is such feeling in those measured moods of awareness when the self feels awake and alert to the world about. There is such pleasure in staying within that upper triad of energy centers, the heart, the throat, the brow, of green, of blue, of indigo. And this is the crux of the situation. Each spiritual student hungers and thirsts for these feelings of certainty, of orientation within the larger universe. It desires to cast off the shackles of culture, to spend all of the time, if possible, rejoicing and delighting in the beauty, the truth, and the unity of all that there is, for the joy to be aware permanently that you are part of that harmony.

Yet this Earth world remains that extremely vast stage upon which you and those about you dance and sing and speak with each other, discovering self, other self, and offering the reflection of self to self.

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This instrument has often said to those working upon the path of spiritual evolution, "Try not to work in the upper energy centers more than you work in the lower energy centers." And we feel that this is a key to your own use of both modes of awareness. Mental, emotional and physical health as well as spiritual health are a matter of balance. Each entity is unique and has an ever moving, ever developing, always spiraling path of energy flow. When one has not yet awakened to one's spiritual identity yet still one is aware of the flow when one is in it. There is not anyone who does not do good work while asleep. There is a drawback to those who are not awake and are not consciously aware of wishing to accelerate their rate of spiritual evolution, nevertheless this does not keep them from progressing. And in the fullness of time the entity most completely immured in the illusion shall one day, without conscious effort achieve realization. Evolution is absolutely inevitable. The rate of evolution is that which is questionable.

And with this instrument we would encourage each not to be laggardly or to feel better than the entity who is not aware of spiritual evolution. Insofar as you have become aware of the process of evolution, of the kind of thing spiritual evolution is, yet still you are equipped with the full array of challenges, physically, mentally, emotionally and spiritually, and all of these threads of being have their own best luster and strength. So much of the tapestry of life is created from difficulties, the dark side of things that we cannot overemphasize the value of these lower energies and working upon them as though they were as exciting to work with as the higher centers.

You see, work in consciousness proceeds from the heart. However, the heart's energy is entirely a creature of the power, shall we say, that is brought to the heart. Those who wish to skip working on the self in relationships, with regards to issues such as sexuality, survival and so forth, may wish that they could spend all of their time working on communication and consciousness itself, yet unless the energy centers of red, orange and yellow, of survival, self-identification and association with others, are addressed, and that with respect, there will be a lessening of the flow of energy into the heart. And one can only work from the heart upward with that energy that has come through to the heart. Those who have experienced the rising of kundalini, that flow of energy up the spine, know that its origin is the root chakra, those organs of generation, reproduction and elimination that together form the great taboo, the great unspoken subject in your culture. Yet there is great need here for much balancing with regard to the issue of life itself. This is strictly red-ray. And so much depends upon that way in which you meet this opportunity for life.

The self in orange ray seems a bit drab to work upon. "How do I comfort myself?" These questions of self to self can burn the midnight oil within one's mind and create endless and often agonizing tangles. Often work in this energy center is not fun. And with yellow ray there comes an even greater burden of the learning curve which must be achieved in each and every relationship, in each and every joining of all groups, working with all desires. The heart may wish that it could break out of these cages of lower energies and burst the illusion of maya. And yet you came here specifically to be tied down, specifically to be confused, and to work within this great unknowing.

We cannot make the lower energy work more fun by sugar-coating the process involved. It is hard work to work from the self in relationship, the self with issues, and yet it is that for which you have come. You have come here to be confused, to be challenged, to enter a learning situation such as this one. We encourage each to see the whole panoply of the self from the lowest to the highest reaches as one seamless wheel, each part of which is as important as the other. There is not a favorite place in which the personality shell shall choose to work. Indeed, the most reliable method of becoming one with the flow of things is simply to wait until they come to you, as the ones known as R and J have both expressed. And how difficult is that waiting, yet once one has been able to surrender in one wise, on one front, once one has been able once to say, "OK, I give it up. I don't care. Whatever your will is, that is what I want," that surrender makes the next one easier. The life of faith, if it has a beginning, begins in the dirt, the dust, and the mire.

That clay self must be tossed into mid-air and this is the way it must be for you again and again. And each of you has found far more than once that moment of resolve, that moment of choice, and you have said, "I surrender. Not my will, but Thine." We encourage each to continue to have the courage to take that leap into mid-air. When you are not one with your environment, when you are at odds and

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are very much a human being, know that you are still learning. Indeed, you are probably learning more than you are in those moments when you feel supported, for the learning is in the strife and friction of life. Consider yourselves as little distilleries. Now, a distillery is something that takes a raw material and refines it until its nature changes. And each of you is a spiritual distillery taking in the odor and muck of daily living.

And so it is that in yielding to it and cooperating with it in trust, hope and faith, that you maximize the transparency of your self and your personality. When you are suffering, when you are confused, when you are lost in the illusion, know that you are working, that you are on the journey from head to heart. Of course you are not within the heart all of the time, not within this illusion! It is far better that you stay within the illusion. When you come out of that illusion and have those moments, this is wonderful. This delicious. This is dessert. But the meat of living is in the ordinary and the often ignored daily affairs. Your mind is infinite. If you could only see into the self, the roots of mind come through the life of one self into the life of many, into the greater and greater groups, and finally into the All. And each of the steps and ramifications is a universe unto itself, and this infinite repository and resource indwells each of you. You have all the material that you will ever consciously pursue and adore resting comfortably and in fullness within your being. A portion of that infinite Self that begins with your personality shell knows this fire. But for you within this density at this time, embrace the confusion. Do your best to live consciously, aware of the issues of free will, love and service. But do not be upset or discouraged with the self or with getting lost within the illusion. You are supposed to be lost most of the time. This is how you learn. And this pattern of the discovery of your self, it will show you to yourself, and that self that it shows you, ah, what an infinite thing you will find!

The self unaware, the self aware. The self undone and the self composed. These are one. It may seem like a vast difference to each of you, but we assure you that the basic vibration inside of incarnation and outside of incarnation is the same. You may muddy your vibration by being unhappy with the self or unhappy with others or in some way moving athwart of living, but you are still yourself and you are still at work on your path no matter how deeply confused or suffering you feel.

This instrument hears the unpleasant cry of two of this instrument's cats in the upper floor of this dwelling. These two entities are deeply enmired in their illusion and yet they too learn and they sound unpleasant to other ears. But each thing that they do is appropriate for them. Begin to have this kind of feeling about yourself. Know the satisfaction of putting up that first floor before ascending to the higher second floor of inspiration.

We would at this time transfer to the one known as Jim. We leave this instrument in love and in light. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and in light through this instrument. At this time we would offer ourselves to any further queries that those present might find the value in asking.

R: I am confused. You are not saying that there is no value in mediation and opening yourself to the energies that work with you?

I am Q'uo, and am aware of your query, my brother. We spoke at the beginning of our response to the primary query for the day by saying that if we had the necessity to choose between these two ways of being we would choose the confusion of your third-density illusion over the feeling of atonement and peace that each seeks within this heavy, physical illusion. Our choice would be thus for it is within this confusion that one can learn a great deal more than is possible to learn in a more harmonious environment. Indeed, this is the reason that this third-density illusion is such an intense place for growth and such a valued experience for each spirit which seeks incarnation here. The learning that is possible when there is mystery and darkness all about carries far more weight in the total beingness of an entity than does the learning which is inevitable and obvious in the harmonious realms of existence. We also recommended, my brother, that when these opportunities [are present] for feeling atonement and the presence of the one Creator in all His or Her perfection, that one enjoy and luxuriate in them, for they are the frosting on the cake. However, as we spoke earlier, the meat of this incarnation is to find love and light in the confusion of the daily round of existence. To find those gems

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of inspiration embedded in the muck and mire of everyday experience is far more valuable.

Is there another query at this time?

R: No. Because I am much lost. I will think about it some more.

I am Q'uo, and we would make an addition to our response. When one finds oneself at the cusp of choice and is confused as to how to respond, perhaps with another entity, an argument, a disagreement, a miscommunication, one has at one's disposal the entire previous store of experience from the incarnation to [use in creating] a response to the situation. One has a range of emotions that the choice may be embedded within. One has a range of reactions from the one with whom one speaks and interacts. All of these are bits of information, opportunities to learn, to learn the power of the love of the one Creator to transform, for instance, when one is able to tap into this resource. To learn regret that one has caused injury, to learn the determination that one shall not do so again, to learn a vast array of possible responses. Indeed, the experience offers an example of the infinity of the moment. In this moment one may learn how to give love in a way that is much quicker, intense and efficient than this learning could be accomplished where harmony, oneness and the power of love and light are obvious and the proper response is given without thought, without effort, and the entire mind/body/spirit of the entity is affected but little. Whereas in the intense moment of third-density confusion the love and light that you find there carries a great deal more value and weight in your total beingness and moves your mind/body/spirit further along the line of evolution than is possible in the same amount of experience within the higher realms of harmony and oneness.

Is there a further query at this time?

J: What is the value of meditation in the daily experiences?

I am Q'uo, and am aware of your query, my sister. As one has gathered about one all the various confusions, experiences, communications and so forth one draws certain tentative conclusions about how best to respond within the incarnation in order to determine how to find and share those qualities of love, of light, of harmony, of service, and so forth. Within the meditative state these tentative conclusions and experiences may seat themselves in a manner which allows their influence to have its sway within the total being. One is able to more clearly make sense of one's experiences by allowing a certain kind of settling out to occur, and for the allowing of inspiration to make its natural response as one considers the events of the day, allows them to have their weight and go their way, and then finds the sitting and the listening to the one Creator to produce an inspiration, a motivation, or simply a recognition. It is in meditation that the confusion and distraction begin to fall away and the foundation of one's being begins to be revealed and becomes more accessible to the entity in the daily round of activities when found in meditation.

Is there a further query, my sister?

J: No. Thank you.

I am Q'uo, and we thank you. Is there a further query at this time?

(Pause)

I am Q'uo. As we have apparently exhausted the queries for this session of working we would again take this opportunity to express our gratitude to each entity here for inviting our presence and again remind each that those words that we have spoken that ring of truth, take them and do with them as you will, letting all others fall away. We are those of Q'uo, and at this time would take our leave of this instrument and this circle of seeking. Adonai. Adonai. ♣

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Sunday Meditation
January 18, 1998

Group question: The question today has to do with the concept of, "Not my will, but Thy will," and when we are able to realize that this is the way we wish to behave and to live, what else can we do intellectually to assist bringing forth "Thy will" into our lives? How can we know "Thy will" and get out of the state of confusion in which we most often find ourselves, having given up our will and yet no particular direction shows itself to us? Is there anything that Q'uo could recommend to us that might strengthen our faith and our will?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We are always pleased to be called to your group, and this session is no exception. We thank and bless each of you for turning once again to that interest that we have very much in common, that consciousness that lies between us, linking us and all that there is into one vast being, one consciousness, one basic core vibration. This is the mystery that drives us ever onward, seeking always that which lies beneath illusion.

We have found many illusions, and we are aware that you also have your experiences within the illusion of your Earth life. We are glad to speak to you of that issue of confusion and decision, for, indeed, there is an art and an appropriateness that one can only sense, one can only record finding. It cannot be created by will. It cannot be created to a time frame or a schedule. Indeed, in issues of will, this is subtle work. When one perceives working upon one's own consciousness it is easy and tempting to stay within the confines of that particular issue, that particular concern. When you as a human being in your illusion decide to make the purchase of the choice of everyday things, there is usually a very superficial level of will involved. Many, many things simply need to be done. However, what you ask about this day is that way of knowing when the will of the infinite Creator has been expressed to one. There is, indeed, the rub, as Shakespeare would say. There is the difficulty, for one can make decisions using logic, using the will, using each and every aspect at the command of mind. And that decision has no promise of being the will of the Creator in any way of knowing that can leave one at peace.

Intellectual questioning into the issue of, "Is this Thy will or mine?" almost always involves one in a tautological circle, like the dragon eating its tail. It is forever eating and forever unfinished. However, now that we have taken away the habitual and normal use of mind, what have we left for you to work with in this particular kind of larger decision? We have left your consciousness. Let us look at that which remains when logic and mind and intellect are, if not

removed entirely, certainly placed in a less conspicuous and influential position in respect to decision-making. We have an entity whose resources are infinite, whose citizenry is of the universe, who does not belong in space and time. We have a stranger in a strange land. Indeed, were we to pull back to see where the self is in self, we would find each of you and all of your affections in the illusion that you now enjoy to be but the merest shell, your personality shell, that expresses perhaps one or two percent of the total beingness and experience which you possess within the deeper reaches of the roots of mind.

Having taken the conscious mind out of the consideration we now chose to use the unconscious portion of mind, for within it lie the resources needed to sort out issues of will and faith. Whatever your energy level within the illusion, resting back in the divine, letting the self be, evokes a contentment that does not reach nor does it shun those things which are about one. This is the self that is often accessed by meditation. One of the benefits of meditation, indeed, is that the door betwixt the conscious intellectual mind and the subconscious in the roots of mind is, if not wide open, at least ajar. Time spent in the silence is time spent listening to the voice with no sound that indeed does carry the messages of faith and choice, but not to a schedule. And this is where the entity within your illusion, feeling confused, loses that quality that so well supports the spiritual seeker. That quality is patience.

Patience is a powerful spiritual quality. The one known as Jim spoke earlier of persevering no matter what. This is another way of stating the same sentiment. If one can become patient and willing to wait whatever time it seems to take, one then is prepared for messages that do come from the unconscious self. This instrument has seen a popular cliché on refrigerator magnets that reads something like, "Lord give me patience and give it to me right now." And that is where the third-density illusion comes in and kidnaps the spirit who is not completely staid upon patience. To be content to wait is an attitude that will always prove the best resource possible for the spiritual seeker. For the person who does not mind waiting no matter how long it takes, results can often come quickly. When the entity moves at all from the attitude of "waiting is" and "waiting is good" then comes in the desire. It is not [that] the desire is wicked or wrong. The universe moves upon desire. It is that beyond a certain point the seeker cannot know himself. There is just so much inner work an entity may do, and that work is more deleting confusion from the way the mind works than it is adding information to the mind. You are in the situation of having a wealth of knowledge that purports to be about the spiritual but having almost no assets concerning and dealing with that which lies beyond the words.

It is a frightening and seeming illogical choice to move beyond logic and trains of thought. There is no victory promised the seeker who chooses to wait. Entities persistent enough to wait a long time have spent incarnations waiting when there was a need to express this quality in order to balance the personality shell. And yet there is no glamour or reward to the practice of waiting, to the practice of patience. Yet that willingness, that abandoning self can and will communicate at the appropriate and rhythmically right time. You see, you experience life within the illusion as if you were walking down a road or moving down a river. There is motion involved from yesterday to tomorrow, from Louisville to Chicago. There is space and time and someone occupying both. In reality this is an illusion within an illusion within an illusion. That which seems so full of self is only the paltriest shell of personality from that powerful Self that you are in totality. Time and space actually do not exist, and there is no possibility of making a wrong choice, for all has already occurred, and all is perfect.

For those who are not able to have hearts to understand, this entire concept makes no sense, and we accept that. We do not attempt to make sense but rather to share our observations of how things work. What you are attempting to do is in reality not to make the choice but to be the person who puts the self to the choice with the most desire, the most polarity of desire. Both of these are important. The most desire. To hone the desire is so important. To move within those well-worn words, "Not my will, but Thine," not once, not twice, not a hundred times, but with every breath. This is the goal: to consume the self in the divine. To so empty the self that the divine makes its own colors moving through you so that you have only to say, "Oh see, I should do this now. Here this is." There is a level upon which this is possible for each entity within the

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illusion, yet this soft spot is surrounded by hard rocks on every side. For truly it is difficult to let go.

Perhaps one suggestion that we could make to one who feels decisions must be made to a schedule is simply to say that if something does not strike before someone's schedule comes to an end, perhaps this also is information being communicated. Know that when the right time comes you will know the choice that the Creator has for you, and you will feel it to your bones, to the end of your heart, to your depths. And you will be able to jump on it and work with it with all of your self.

Let us look again at this question of mind, for we feel that it is always the razor's edge to work with the mind within incarnation. Upon the one hand, if you use no mind you cannot communicate with others or share your observations with others. You may be a wonderful light, but you cannot teach except by your being. On the other hand, any use of the intellect tends to pull one away from that seat of joy and delight that is present in the one infinite Creator. The heart that dwells in this opened love, or the heart that is open to this love and willing to allow it to run through that heart and into the world of manifestation, has done healing work for the planetary energy, the local energy, and the energy of self. In a normal decision-making the programs that are used are those run by logic. As the one known as R says, "The pros the cons, for and against," and one can indeed line up all of the pros and cons. They do not add up to a tidy sum, for nothing is simply that surface appearance. Things have the necessity of being more real than that, more subject to free will, more uncatchable than that.

As one becomes more able to use that surface mind without becoming emotionally swayed by one's rhetoric, one can open more to what this instrument would describe as deeper programs, programs below the level of consciousness that do not work on logic or linear thought but, rather, contain the essences of self that have been purified and worked upon through many, many incarnations and many experiences. These are the assets of the deeper self and it is here that the soul must go who wishes to learn patience, for patience lies within you, a powerful, slumbering elegant beast. Truly your brother and your sister, if you are seeking spiritually, there is no friend that is more faithful than patience. There is no challenge that cannot be won with patience. Letting go of the surface of things, being willing to rest in the mid-air of not knowing, this is an art, and it is this that we encourage you to practice. You have, not simply "the answer." You have all that there is.

To the surface of things, you attempt to make a certain choice. To the reality of things, you are working upon your vibration. Whatever situation you are in or will be in is a fine and splendid opportunity to develop the self, to work on that vibration. And so we encourage the slowing down, the resting, the quietness of mind that is willing to pass up an opportunity if the time is not right, and is willing to grasp an opportunity when that inner knowing occurs, and it will. In a moment you shall know. Yes or no. And for you that will be the correct decision.

We would at this time transfer this contact to the one known as Jim. We are the ones of Q'uo, and we thank this instrument and leave it in love and in light.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. At this time we would offer ourselves to the potential answering of any further questions that those present may have upon their minds. Is there another query at this time?

Carla: I have a question. I wonder if you could comment on my frame of mind. Sort of feeling listless and lethargic and at the same time not being discontent or upset.

I am Q'uo, and am aware of your query, my sister. We may speak in somewhat of an abbreviated fashion, for, indeed, it is well for the student to have a fairly good grasp upon her query before we may respond without the problem of infringing upon free will. We can note that which has been noted concerning this attitude of mind, that being that the one known as Carla has in her past served as an instrument for a contact which has as a residue a certain amount of weariness that is inevitable. For when one has been able to contact those more harmonious realms of being, as the instrument known as Carla did during the Ra contact, and has been faced with the necessity of returning to a more dense, in illusion that is, realm of being there is the relative experience of wearying the physical vehicle. This has a cumulative effect, and the one known as Carla has experienced this in some intensity, shall we

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say. There is within the mind complex of this entity dual needs to achieve and to rest. This is not unusual for many of your entities, for there is the need to accomplish activities and projects that are concomitant with your third-density illusion. All within the illusion experience the drive to move, to gain, to master, to achieve. This is the nature of the illusion. This is the grist for the mill, as we find has been described accurately.

However, there is also within many entities, and this entity in particular, the feeling that to be is sufficient. And this is indeed correct, especially when seen through those eyes that are metaphysically oriented. The being that one expresses is the heart, the essence, of one's self. And in truth each entity is whole and perfect, having entered this illusion with such wholeness and perfection in abeyance that there may be further exploration into the individuation of consciousness that each entity has undertaken as a portion of the one Creator. The fueling of the beingness being sufficient is a feeling which we can encourage in entities, for it is not only accurate, but within the illusion that you inhabit, a proper balance for the unending activity and seeming restlessness that so signifies those of your peoples that partake in the daily round of activity and experience.

That this entity feels somewhat ashamed of being uninspired, as she says, may be examined for the particularly biased view of the self that this entails. This entity is not unfamiliar with its own criticism of itself. Thus we feel that we have reached the limit of that which is helpful and we ask if there might be any other query that this entity might ask of us?

Carla: No, Q'uo. That was very clear and helpful. Thanks.

I am Q'uo, and we again thank you, my sister. Is there another query at this time?

R: I have noticed a little fear or anxiety when I participate in these sessions. I sometimes just want to ask a question as if there was an opportunity lost if I do not ask it. I do not know where that fear is coming from. I feel like a little boy standing with a group of grown-ups and am saying, "Me too. Me too." Could you talk about that please?

I am Q'uo, and am aware of your query, my brother. We feel that this query concerns an area which is natural for the human experience; that is, when faced with what seems to be the wiser or more informed point of view, one wishes to partake of that point of view in order to enhance the evolutionary process, feeling that if the opportunity is not taken it shall be lost, and there will be the failure to move forward as quickly as would be possible as if the opportunity were taken. We appreciate this experience of our blending of our vibrations with your own, and we appreciate the opinion that you hold us in, but we would again remind each entity that we and others who serve as teachers and guides for each third-density entity are available at all times so that in your own contemplative or meditative times you may ask whatever query is upon your mind or upon your heart and therein find a response that will point the direction in the same way that we would frame a response to your query within one of these sessions of working. This again moves back to the primary query for the day and to the remark that we made concerning how an entity may perceive the Creator's will when it stands before one and remains unrecognized. Oftentimes it is simply a matter of realizing the perfection of the moment, for each entity has spent the entirety of its previous life experience to reach the moment of the present. All that has gone before has brought one to this point, thus there must be something important in the present moment. And we would again affirm [not only] the perfection of each entity but of the moment in which each entity finds itself. This is not to say that there will not be changes in what you call your future, for, indeed, there shall be many of these. But each of them, as well as that moment which you now experience, shall be perfect. And when you are able to accept the perfection of the moment, the perfection of your own self, then perhaps you shall not feel quite the fear or anxiety of missing an opportunity to find a more perfect moment.

We hope that we have not further confused you, my brother. Is there another query?

R: No, you have not confused me. I do believe what you have said. Another thought is that I feel a lot of gratitude for these sessions. I feel some love flowing that generates the response and oftentimes I have no questions but just feel like I want to say, "Thank you for speaking to us."

I am Q'uo, and we are aware of the experience of which you speak, my brother. Indeed, the gratitude for the blessings for the one Creator that come in various forms is a blessing in itself, for it creates

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within the mind/body/spirit complex of each entity feeling it a certain ambiance that enhances the experience of unity and of harmony that is available to each. When one has been able to feel true gratitude for that which one experiences then this is a kind of opening of a door through which the entity wishes to pass, in that it moves into a finer appreciation of that which it is and that which it experiences. The gratitude of the spiritual seeker is a kind [of] lubricant that enhances the friction of daily experience and relieves much of that which is rough and unrefined.

Is there a final query at this time?

(No further queries.)

We are those of Q'uo, and we would take this opportunity to express our heartfelt gratitude to those present for once again inviting our presence within your circle of seeking. It is a privilege and an honor for which we cannot express enough gratitude, my friends. At this time we shall take our leave of this instrument and this group. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ❦

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Sunday Meditation
February 15, 1998

Group question: The question today has to do with guides. What guides are available to us? How are they available? How might we gain access to them and feel that we are being guided?

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator whose servants we are. May we thank you from the bottom of our hearts for calling us to your session of working this afternoon. We thank each in this circle for hungering for truth and for being willing to allow us to speak through this instrument and share our humble thoughts with you. As always, we ask that each of you listens with discrimination, for you shall recognize those thoughts which are able to be resources and tools for you in your path, a path unique and not like everyone else's, so that no two entities can take all of the thoughts that may have merit in a general sense but, rather, each will find those that are companions and fit into that puzzle that each is putting together in the search for what is loosely called the truth.

You ask this day concerning guides, angels, guardian spirits and guidance in general, and this is a subject peculiarly unsuitable to words. Indeed, the very nature of the metaphysical universe is such that the guidance which is always and constantly with you is not that which translates into materialistic or fleshly body-oriented thinking. The common concept of a guide or a guardian angel is of a specific being. However, not all of those who are part of your guidance system are beings in the same sense that you consider yourself an individual self.

In order to clarify we must retreat first to express some more general concepts. Firstly, let us look at the concept of personhood or personality, for each of you is a person and has personhood. This is, within the illusion, something that you can trust. The flesh that rests upon your bones is flesh, and it shall continue until the spirit that enlivens that vehicle needs it no more. A skeleton remains a skeleton. The organs remain the organs. These things are physical, and they are obvious. Consequently, entities, even spiritually oriented entities, tend, by and large, to think of the self as the flesh, the bones, the organs, the body, as though the self had no other connections before, or will have no other connections after, the incarnation that you now experience. Certainly it does not occur to many that you have within the physical vehicle connections with and contact with non-physical and non-bodily energies and essences which are as much a part of who you are as those things that can be named, counted and measured concerning your physical beingness.

However, we feel it is true in our observation that the personality shell that animates the incarnational

body is a very shallow, very limited selection of portions of your self, in the greater or metaphysical sense, that you have chosen because these are the attributes and the limitations that you put together in order to be challenged and in order to meet the challenges you would find within the body and within incarnational experience. As beautiful, sacramental and worthy as this bodily personality shell and all that you see of yourself in the mirror is, it remains as insubstantial as a shadow next to the profound and infinite nature of your whole self. Indeed, it is difficult to explain or express, but within this very limited mind which you sense within yourself and are aware of within yourself, you have direct connection to all energy whatsoever. The entire universe is within your self and with care, regardless of the circumstance of incarnation and limitation within a body, there are ways in which the seeker may improve its connections with these deeper energies of self. It is in these deeper strata of self that the many kinds of guidance available to the seeker dwell.

One of the advantages, therefore, of meditation that is silent is that when the inner silence is entered the door betwixt the conscious and unconscious levels of mind opens, for some very slowly, for others with a great bang, for most at a steady but relatively slow pace, interrupted occasionally by real leaps forward in awareness. This is the general pattern for people who have become conscious of their spiritual identity and now wish to accelerate the pace of spiritual evolution by making more efficient and thoughtful use of the resources available.

Secondly, let us look at the concept of vibration. It may be helpful to you to begin to see into things as vibrations. This instrument produces a sound vibration by moving air through a voice box while distorting the face in various ways in order to produce what you call language. Language has to be made up of words because it is finite. It has to be made up of units of thought that are smaller than a concept. This, in itself, is very troubling to those in the metaphysical system of illusions that are attempting to speak with you because the common communication used in the metaphysical universe is concept sharing or telepathy, as this instrument would call it. Communication by concept is a direct envisioning of a whole system of thought that is in a certain pattern and that can be offered as a whole. To unravel a concept and exhaust its possibilities can be a lengthy process, the translation into words being awkward and elephantine compared to the cleanliness and lucidity of concept communication. This is but one kind of vibration.

Most within your culture are aware that heat is a vibration, light is a vibration. Most entities are not aware that all things are vibrations, and certainly it is not a common thought within your Earth plane that qualities, consciousness, essences and energies are vibrations. Indeed, if one could choose one term to describe the manifested world it would be vibration. The first vibration is that infinite Love of the one Creator, and each of you is a system of distortions of that vibration. Very simply put, the goal of the seeker is to become more and more congruent with the undistorted vibration of Love, infinite, universal Love. The Love that creates. The Love that destroys. The Love that is the "I" of you. This Love is not a manifested vibration. The first manifestation of vibration within the outer world which you now experience is light, which this instrument has learned to call the photon. And it is from this building block of light that all collections of vibrations and systems of rotation spring , [as well as] all your elements that you have learned go into the making of the various things that you can touch and see. All of these things are systems of vibration.

When you seek guidance, you are not simply asking a friend to talk to you, not unless you wish to access a certain person who is within the inner or teaching planes of your illusion. Now, this instrument does not crave, shall we say, the personal guide and, therefore, has not had experience with that specific contact that comes from finding an inner planes teacher. For those who desire a named person, a person to count on as you would a being with that personhood of personality shell, we recommend studying within the Oriental systems and Asian systems of philosophy and theology, for it is within these cultures that the concept of the Creator as teacher creates a place or a space for inner plane guides. To become more familiar with that entire way of devotion is to bring the self more into the kind of setting, shall we say, of the inner expectations that would be more likely to produce the experience of contact with a specific entity.

Within your Western philosophy, although many spiritual teachers are greatly revered, esteemed, and loved, they are not worshipped as incarnations of the Creator. Consequently, their beingness within the

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inner planes is quite different and, generally speaking, will move more into the vibratory levels wherein one is contacting a consciousness field of a certain vibration. For those who simply wish by whatever means to surrender to the will of the infinite One there is the feeling of the way, the tentative moving towards an orientation with one's own energies, with one's own essences, with one's connections into the deeper and deeper portions of the self. It is not necessary in order to be guided that you have any particular vision of your guide. However, as this instrument has often said, it is helpful to choose a mythical system such as Christianity, Buddhism or any other spiritual or religious system of thinking and realizing the cosmos that you feel, personally, the most kinship to. This is a matter not necessarily of the mind but, rather, of the emotions and of the spirit.

The universe is far from blank. It is filled with the vibration of all that there is. Consequently, guidance is always very, very near. Using one spiritual system to realize guidance for yourself is wise. It organizes the effort made. It gives you some starting points from which to move forward. This instrument, for instance, desires to be led by what she calls the Holy Spirit. In choosing the Holy Spirit this entity has done two things. Firstly, she has chosen, within the mythical system she has felt most kinship to, to trust and cast her loyalty upon a certain kind of entity. Secondly, she has called upon herself, for guidance comes from the deeper or higher self. Each mythical system gives one a way to realize these connections.

Without choosing a mythical system to work with the seeker must create a way of proceeding. Shall it be to name the name and to call upon that name? Shall it be to call upon a certain vibrational level that is desired? This is creative work in consciousness for the individual seeker. The one thing that is sure is that guidance is all about you. The one known as Jesus often said, "He who has ears to hear, let him hear." And certainly in this instrument's experience we find a constant conversation with the forces of nature, with beings of bird and bush and flower and sky, an overheard comment, and chance happening. Anything and everything is material for this instrument because this instrument has come to the belief that all things are sacramental. Each person, each seeker, must first realize her own way of perceiving, her own belief system, her own need in terms of guidance. Some need a named person; some need a level of vibration. But behind all of the mental and conscious ways of gaining access to this guidance there lies the identity of self with self. All guidance is from your self in a less distorted configuration of vibration to the self within incarnation, that incarnation in third density being deliberately and carefully cast into confusion and disarray.

It may seem that there are emergencies where guidance must be had, but, indeed, the greatest friend to one who seeks guidance is Sister Patience, for there is the abiding, the waiting for the rhythm of things to come into the configuration which is harmonious and right. There is that moment when the one who has the heart to understand can almost feel the situation clicking into rhythm. And when that moment of the feeling of rightness comes, there is no doubt. There is only the awareness of and the great gratitude for guidance.

Each kind of myth creates ways of thinking about this guidance. No one way of thinking is wrong. Each is an attempt, by finite intellect, to describe processes that are infinite and that take place outside of the bounds of time and space. Consequently, there are as many ways to think about guides and guidance as there are systems of thought. To this instrument the mind goes to angels because this instrument has been steeped in the Christian faith. To other entities familiar with and finding comfort in other systems' doctrine there are other kinds of beings configured a bit differently, moving perhaps from a different inner plane, and these are all genuine. For what is happening is beyond all of the systems of thought. It is energy relating to energy, love reflected in love. That is what guidance truly is, love reflected in love.

To attempt to tell one about guidance one must use finite words and thus great confusion is born. "Well, is it this way, or is it that?" It is all the ways that you can think of and none of them at all. With this paradox we know again that we are in spiritual territory. Yet that which is sought is ever at hand, closer than your own body, closer than your own thoughts, for the silence within those thoughts and within that body is beyond all time and space. And however you realize your guidance in this little life of the Earth plane, you remain a citizen of eternity, and your guidance is sure.

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In third density a great veil drops and one cannot see into the metaphysical universe, or to put it in terms of the mind, into the subconscious mind. One is not supposed to see into this mind for the reason that it is this density's lesson to learn to live by faith, by those qualities of love, faith, patience and trust that defy the limitations of personality and confusion. Within each of you there is a stubborn and sure conviction that this little life is not all that there is, and when you have thought this for the first time it is as if you have become awake in the land of the slumbering. We can only say to you who wish to become more aware of the guidance sought that it is all about you, that there are ways of thinking about guidance and methods of guidance that you may consider and choose between, but know this: beyond all of your choices the information that you need comes to you again and again and again. If you miss it this time, there will be another time. Your work, indeed, can be very simple if you choose to make it so. If you choose to be a simple and unintellectual seeker you may simply sit in the inner silence expecting nothing, desiring nothing but communion with love, and that desire you may encourage and feed with the fodder of your thoughts, the branches and the trunks of your emotions.

There is a yearning within each seeker for home. And when the angel, or the guardian, or the guide, or guidance itself, is sought there is that hope of a letter from home, of a pat on the back, or a hint of what the situation is from an older and wiser relative. Whatever the way you choose, you are seeking that home when you seek guidance. You are sensing that you are on a journey, and you are asking for some information closer to the source and ending of that journey. Be aware that you may be someone else's guide. Be aware when questions are asked of you, for that which is love may speak through you if you are empty enough and clear enough. Be aware that others may be your guide for a moment without any conscious intention, or with conscious intention. It makes no difference. For what is happening is that vibration is harmonizing with vibration, or not. And connections are being made, or not. Thusly, if with patience you attend to the present moment and desire as purely as possible to know the love of the one Creator, that which is yours to do and that which is yours to be shall rhythmically come to you and express to you. And when you feel resistance, stop. Wait. Be aware. There is something that you need to know. Make space for that knowledge. Go into the silence and ask. Then be prepared to wait for that moment when the heart knows, and there is no more doubt.

May Love always be reflected in love for each of you, and may all of those difficulties that are such good teachers find their ways into your heart as blessings indeed. May we thank each again for inviting our presence within your circle of seeking this day. We shall now take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✤

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Sunday Meditation
March 1, 1998

Group question: Our question today concerns the principle of spiritual pride. We are wondering how it fits into the sequence of catalyst that each of us works with in our lives. We all work with pride at some time or another. Some have said that it comes up last in our pattern, that it is sort of the culmination of all of our work. We would like for Q'uo to give us an idea of what spiritual pride is and how we work with it and if there is any particular time that is more appropriate to work with it than any other?

(Carla channeling)

We are those of the principle known to you as the vibration, Q'uo. And we greet you in the love and in the light of the one infinite Creator, in whose service we are. We feel very privileged to be called to your circle at this session of working, and we bless and thank each within the circle who has come to seek the truth. We share that seeking and are glad to share our poor thoughts, as long as each of you will feel completely comfortable, listening without needing to agree or to disagree, for if you disagree we would ask that you would leave behind those thoughts. And if you agree, then we would ask that you would simply make those thoughts part of your own resources and tools, always subject to the moving rhythms of learning and experience, for personal truth is both clear and moving. There are journeys to take in this seeking of truth, ways of going that develop and lead to other levels, other facets of that infinite mystery that is Love.

This instrument finds it amusing that one of the cats that is a denizen of this house has chosen this moment to begin to snore. We hope that that is not in reaction to our words, but we cannot be sure. At any rate, we find it humorous, for we are not proud, and we take pride in that. We seek to be humble, and we know that we may be speaking complete nonsense to any of your ears, and if that is the way that it comes out, that is fine with us, that is what we wish to say. For you are the arbiter that is important to you. It is your judgment that counts and no one else's. No authority. No book. No person. For within you is all that there is, and within you is a finely honed system of sense, the physical senses being but the beginning of those senses into which you may pour your attention and from which you derive the biases that distort your life in just the way that you live it. These biases and distortions are yours. No one else's. You are unique.

We are aware that you wish to talk about spiritual pride, and we find that, as is often the case, when we are asked concerning a specific subject we need to move back into the generalities upon which we may base those opinions that we would share with you.

Let us look at this concern of pride. What is the general concept of pride? When someone is proud it

is generally of some thing. A person may take pride in many things: his physical strength, her physical delicacy, the abundance of supply, or the lack of dependence upon supply, the work that one does, or the work that one will not do, the relationships that one has, or the barrier to relationships. In all these things one may take a certain pride, may say, "I feel that this is a strong point of my being. I feel I can be proud of this accomplishment, this relationship, this situation." And there is nothing more distorted about pride than there is about the illusion in general. However, in general the illusion is very dense, and this illusion creates the distortion that it is what one does that is the avenue for pride, for feeling worthwhile. The conversation of strangers tends to begin in your culture with an examination of the work that each is accomplishing in order to make money or in order to express self. Whether the work is routine or creative, it is a starting point that people recognize in each other, the place of comfort where one can divulge something about the self and be receptive to hearing something trustably understandable from others. It is very awkward to go up to a stranger and say, "What sort of vibration do you have? What kind of being are you?" Entities tend not to take pride in who they are, in the being that they express moment to moment. So you may see all of spiritual pride as a thing basically one with mental and emotional pride and physical pride.

Now let us look at pride as [in] your religions, especially the Christianity, the Muslim, and the yogic systems. In those systems spiritual pride is considered a negative value. Why is that? It is assumed that if one is proud, then there is something that must be overcome in order for him to continue with his spiritual unfoldment and evolution. Perhaps the principle, the spine, shall we say, of reason for the mistrust of pride by spiritual systems is best illustrated in the little story within your Holy Bible wherein two men are described, one of whom has made it very obvious by the way that he is dressed, by the spiritual accouterment of his costume and the books that he holds, and beside him a beggar man with tattered clothing and dirty skin, an empty stomach, and a full awareness of his iniquity. While the rich and well-satisfied man is praying, "Oh Lord, I give more to the temple than anyone else. I fast three days a week. I pray without ceasing," the beggar is saying over and over, "Lord, have mercy on me, a sinner." Can you see the walls that have come up about this rich man, the wall of wealth, of dress, of possessions, and of actions? All of them offered in a sincere effort to be holy but offered as an accomplishment. These walls make it possible for this man not to realize that in addition to all of these things that he has done right, there remains a basic and intrinsic identity within the illusion which the rich man and the beggar share with total equality. And that is the human state. The human state itself is the basis of pride, for it seems to each human, without recourse to any physical evidence, that she is alone, that the walls of skin surround the self and cut it off from oneness with all else that there is.

To those who are not seeking spiritually, this may seem fairly obvious and not worth mentioning. Of course each entity is separate. Of course each entity is alone. Each has common concerns with others of like mind, but with physical eyes, physical senses, there is no question but that each entity is alone, apart from and over against other selves, outer situations in general, and the entire environment in which the entity dwells. It is instinct, the instinct of the physical body, that carries you about, that begins this discriminatory process. The infant slowly realizes that some of its needs will not be met. It begins to realize that some things can be hurtful and does not want to repeat experiences of pain. And so the walls begin to go up about the young heart. "Don't touch the stove. Don't pat the cat too hard. Don't pick up the dog. Don't. Don't. Don't." As the child grows it learns how to defend the self. It experiments with ways of relating to other selves. And except in very unusual situations, by the time this entity is considered a mature adult by the surrounding society, this entity has become one to some extent controlled by fear.

We changed from pride to fear because the one known as J was asking which was the ultimate catalyst to be dealt with within third density. And we would respond in general that the only catalyst dealt with in third density is fear and love. The entity begins its babyhood wrapped in love, love known throughout its system, and it learns to close itself, to become apart, and to become defended because it seems fairly obvious that there are things to fear. There are entities and objects out there that can harm and hurt. So the spiritual life within third density may be described as either a learning how to love or a learning how to release fear, for fear is that distortion of love that posits a separation betwixt beings and things, thus occasioning the necessity of

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having some sort of response to these persons or things that will tend to increase safety and comfort.

We are not saying that these contents are incorrect, for the entity's fears are real. There is that which is feared. It is an illusion. However, the illusion cannot be brutally penetrated and torn away, for that would also do harm to the developing self. Indeed, when one is working with one's fears, attempting to see the love behind the apparent separation, the most nearly correct attitude is simply the slowing down of self, quieting the mind, stilling the emotion, until you are able to sit with whatever fear that is, not removing it harshly, but perhaps moving away strands from that tapestry in front of you, gradually making an opening through which you can see the light beyond.

We could picture the fear in one as [being] within a cave of safety with a good stout blanket over the hole of the cave to hold back those things of which they are afraid. If one rips away the blanket, then one must deal with all of the distortion at once. However, if one is satisfied to sit with and accept and be conscious of that particular fear that you are experiencing, then one may gently, gradually, with persistent effort, see a lightening of the burden, see a nearer and nearer distance to where that blanket has a place in it where one can go in and out and venture a step or two into that world beyond the cave.

Each of you has come to feel comfortable with imaging and ideating of the self as a spiritual being. Each of you is awake in a land where many slumber. And so to each of you there are special opportunities, both for service and for pain, and spiritual pride is a distortion which each seeker becomes aware of in a subtle way, over time. It is that which remains when the fears have been shaken up and the cave has been left. It is the distortion or fault peculiar to those who have worked the hardest to realize who they are, and where they are going, and whose they are. So let us look at the possible way to work with this dynamic of spiritual pride.

Within this instrument's spiritual system, pride, like envy, greed, lust, sloth, is considered more of a vice than an actual sin, a kind of excess of a good thing. It is good to be humble, and yet one can justly be proud of one's good works, one's good habits, one's ethics, one's conduct. When one is attempting to do everything that one can to live a good and holy life, one is peculiarly apt to feel some pride in oneself. Now can you see how that feeling is a separator between the self and the world about the self? It is based upon the assumption, which is an illusion, that one is responsible for the self and at the base of the self, one is oneself. This is a sticky, sticky point and we would ask you to look closely at this matter of identity, for as long as there is self there will be pride in self or a feeling about self that does separate one from other. If one is still thinking that one is still living one's own life, one is not yet beyond spiritual pride. This instrument is aware that she is not beyond spiritual pride and has often said that this is the one vice that she cannot find a way to remove from her personality, for even though she attempts to work on her humility she has a pride of self that thinks self is right. There is a righteousness there. There is an inherent lack of eagerness to taste other souls' flavors. There is a desire to retain some boundaries, some uniqueness of self, which is completely understandable in an illusion where there is no way to discover in any way that can be proven that one is not separate, that one is not, at base, oneself. And yet we say to you that as far as we know, at base there is only the one great Self, that Love which is reflected in each of the Creator's children, which each of you is.

As long as you think that you have a self that you need to defend you shall be working with spiritual pride, and so entities for the most part are working with this no matter how persistently and purely and devotionally they have sought year after year, yet still there is the sense of "I" am searching. "I" am looking. "I" am seeking to become the best that "I" can. Conversely, we have found that coming into a fuller awareness of self is actually a process of subtraction, simplification and elimination of things from the defended self until finally the self is empty and the barriers are down. Is this safe to do within your density? No. Not at all, not in the sense of the preservation of the physical body, the emotional body, or the spiritual body within incarnation.

What we are trying to say is that it is not a terrible thing to be working with pride or in general to be working with one's fear. This is part of what one is doing in this illusion. This is what you are supposed to be doing. This is your subject matter: fear and love. Boundaries and unity. Each time this instrument tunes she repeats a prayer that we would like to repeat at this time. "Lord, make me an

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instrument of Thy peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is discord, union. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. Oh, divine Master, teach us to seek not so much to be loved, as to love. Not so much to be consoled, as to console." And this instrument often says, "Not so much to be controlling, but to allow control. For it is in pardoning that we are pardoned. It is in giving that we receive. It is in dying that we rise to eternal life." Do you see the imagery of this prayer? The darkness that separates. The light that joins. The hatred that separates. The love that unites. This Prayer of St. Francis is the outcry of the soul who wishes to be free of self and subsumed into the service of the infinite mystery that it worships and adores.

And this is the door that opens into a larger and less fear-filled view of living within the illusion, this realization that there are different ways to look at each situation, that it is not terrible to have faults or to have sins or to have pride about the good things and fear about the bad things. That one is intended to be very confused by this illusion. That there is positive value in this confusion in that it, and it alone, tear most people away from those things that they cling to in fear.

You are attempting to set yourself free of an illusion, and yet within you there lies the self that is completely free, and often this instrument will recommend to people that instead of working intellectually upon some perceived problem that the person simply visualize a perfect state that is the actual truth of the situation. In truth, all is love. In truth, all is perfect now, this instant, just as it is. For there is no time or space. This is an illusion. This is the stuff of the illusion. And each of us upon our journey are illusions also. And yet unique and wonderful beings, beloved of the Creator and persisting through octaves and octaves of creation to infinity, as those very sparks that learn again and again more and more as the creation's heartbeat pulses and universes live and die and other universes are born.

It is easy to think of the spiritual life as a kind of school out of which one shall one day graduate, and certainly within the illusion of time life is graduated by larger life. There is a periodicity to things. Then for that universe in the fullness of that system of illusions, all the sparks of the Creator will have completed their journey and lost themselves within the Creator again. And all comes together in that universe at that time in an unimaginable ending of illusion into nothingness. For when there is no one to perceive, what is there but the Creator? And then the Creator dreams again and a universe is born, and the sparks are sent out again to learn more. And so you are all on a journey that the Creator is fascinated with. You cannot do anything that will turn the Creator against you, for the Creator loves all that It has made with an unimaginable fervor and absolute tenacity and embraces each spark with a love so profound and so great that it cannot be expressed.

We recommend to each the Prayer of St. Francis. When working with fear and working with pride and working with any perceived distortion that keeps one from that tuning that is the truest and the highest of the self the remembrance that there are always ways of perceiving things that change your choices and options is a tremendous tool. Simply remembering that you can explore any situation for alternate ways of perceiving it, for alternate patterns into which to put it is a great resource. We encourage each to go ahead and be proud and to know that that is a distortion that is not particularly service-to-others oriented. And so you shall work with it as you shall work with all you perceive false, and yet you shall remain human and error-prone, as we are error-prone. But beneath the time and space, the incarnation and the concerns of the incarnation, there abides a well of being that is infinite within you, an identity which creates unity with all that there is. And those moments when one is lost in communion with the source and ending of all things are moments of blessing and healing where there is no distortion, for time and space have flown away and you are tabernacling with the Most High.

The next time that you experience the catalyst of feeling that you are yet an incomplete spiritual being, remember the truth of subtracting, of dropping away that which is not. And as you experience those realizations that enable you to drop a part of the ego away, rejoice. You cannot make it happen. You cannot rush it. But there come moments and you perceive that you no longer have that pride or that particular fear. And of that you may be proud and happy, and if that is a distortion also, then so be it. For you are not here to go beyond distortion but to live within distortion by faith, to

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express within this confusion a trust in the plan that placed you here, a trust in the destiny that is absolutely yours. A feeling that cannot come from proof or words that all that is yours will come to you and that you do not need to reach but only ask "Thy will for me today. What is it? And I will try my best." That is all that you must do. So do not give up upon the self because it continues to have distortions and confusions. That is all right. You are not supposed to be without illusion. Ah, precious incarnation. If we could but share with you the opportunity that is now yours. If we could share that perception with you fully you would jump for joy. You would rejoice most fully and heartily, for here is the place where you choose by faith alone, and this choice, this expression of faith, however imperfect, creates within that permanent self which is beyond space and time tremendous changes in consciousness which you cannot achieve outside of this third density of yours. For in other densities the veil of knowing is lifted and what virtue is it then to realize that you are your brother and that all those things your brother has are you? There is no virtue in perceiving the color red if your eyes are open. But, ah, with the eyes closed, here you are in a world of color with your eyes closed. For you are in the equivalent of a black and white movie. You are up there on the screen watching yourself. The pigment of the movie screen is grainy, and some of the voices are distorted, and it's kind of a corny story, and it's over too soon. But, ah, when you come out of the theater into the light and you look back on that black and white movie and you see the hope and the faith and the caring and the love and the compassion that you truly have had, with no reason for it but just that constant desire for love, to know love, to know the truth, to express that love. Each of you is a gallant, gallant soul and we both envy you and honor you, for you do much that you do not know; even as you suffer, you heal worlds.

So be content. That is what we would say to you. Be content, and simply look carefully, and more carefully, and with opener and opener eyes at all that there is about you. And see into things as you can, as you are able, as you are given grace, remembering who you are, remembering in whose service you are and letting yourself be yourself, for that is a wonderful and special thing. Each of you are very beautiful.

We would apologize for our wordiness upon this subject but we feel that this concern is a very deep one and wish to probe into it somewhat. We thank each once again and would leave this instrument in love and light, transferring to the instrument known as Jim. We are those of Q'uo.

(No questions asked.)

(Tape ends.) ♣

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Sunday Meditation
March 15, 1998

Group question: We would like to know if there is a best way to deal with a balance between the need to do something and waiting to let things happen naturally when we are going through big changes that may be an initiation or transition of a major nature in our lives? What is the balance between the work of the heart and the work of the mind in dealing with these changes?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet each of you in the love and in the light of the one infinite Creator. May we say how privileged and how humble that we feel to be asked to share our opinions and our thoughts with you at this time. We are aware that this week the concern upon your minds is that of change. There are many ways of looking at this necessary and inevitable process. Perhaps for us we would take a step back from the soul in transition and attempt to describe what we see as the situation against which this drama of change and transformation plays itself out. The one known as S has expressed a love of the concept of the holographic universe, and, indeed, we also feel that each of you is as the hologram of the creation and of the Creator. This, of course, is not obvious or manifest within your third-density illusion, and yet there is a spot within each awakened soul that lies far below the level of sense and rational thought where the spirit knows self, and that basis or fundament is a kind of knowing of self that does not change with time or space or occasion, but rather is the essence of self, the infinitely subtle and unique patterns of vibration which create that complex perfume of light and color that is the spark which each of you is. It is difficult to express this concept in a language which measures by size, for you as a citizen of eternity are both infinitely large and infinitely small. However, in both views of this basis of self, the spark of self is a reality in the midst of confusion, a feeling deep within that endures beyond all experience. When it rises to consciousness for even a moment the conscious life is transformed for that moment.

And when these moments of clarity occur to each who is upon a shadowed path and feeling the stress of change, we encourage the careful etching into memory of that moment, for the bare memory of the realness of self is a balm and a comfort against the sometimes very difficult emotional and mental experiences of one who is in the process of change. Beyond all other resources, for the one who perceives herself as changing this basic resource of knowing that holographic self within and remembering the way that feels is a powerful and saving memory.

Let us look now at change using the word, suffering. When the life of flesh is born it immediately begins to change. Within the physical world all things that grow bodies and appear in the illusion as part of the Earth plane change continuously through their time

of bloom, ripening and decay. The source and ending of all these changes for physical flesh is dust and ashes. We do not for a minute suggest that the source and ending of the change within the spiritual seeker is dust and ashes. However, it is well to realize the absolute inevitability of constant and unremitting cycles of alteration and transformation, and within each transformation there is the decay, there is the loss of what is left behind. And there is that time when loss has occurred but new life has not become apparent. Those times, which this instrument has often called the Dark Night of the Soul, are times of gravest pain and bewilderment for many. Certainly the mind grasps the concept of change. And as this instrument was saying earlier, the mind views change as a problem to solve. This is the natural tendency of a brain, and we make this distinction clearly between intellect and consciousness, that the form was created simply to solve problems, to make choices that tend towards the safety and comfort of a physical vehicle.

However, when the spirit awakens from Earth's pleasant slumber, it beholds not simply the natural processes of a life, not simply the earning of money, the acquisition of needed items and so forth, but far more acutely there is the sense of the mind's being unable to grapple with or solve the process of spiritual change. So often those in the midst of spiritual change do attempt to use the intellect. It is a natural and a common resource. After all, the mind is consulted continuously, is working continuously, and when it is faced with the subtle nuances of that which is deeper than words, it finds itself uncharacteristically boggled. There are things upon which the intellect cannot work. There are situations which the intellect cannot make into a problem to solve. There is that feeling of being out of control, and intellectually speaking, this feeling is accurate. For there is little that the brain can do to promote peacefulness of heart or that wonderful feeling of grace.

This inability to bring the resources of the mind into play and fire away at the situation is not easily understood by those who have not awakened. They do not see beyond whatever material concerns are at the surface of the change or are happening concurrently with the change that is sensed within, and consequently the spiritual seeker is cut off not only from his own abilities of intellect but also the intellectual resources of those about him.

Conversely, those who grasp and fully sympathize with the subtleties of spiritual regeneration cannot bring words to bear upon a process which is far deeper and less personal than words and language in general might offer. The issues involved in spiritual transformation are profoundly impersonal as well as uniquely personal to each seeker. That is, at the same time that the seeker is experiencing unique perceptions because of the unique pattern of distortions for that particular entity, that spark is also melding with and creating dynamics with a greater Self, which process is very difficult to express in language, for this Self is at the same time that spark that is you and all that there is. The layers of self as one moves down the tree of mind are infinite, and as the experiencer moves through and takes part in this process of spiritual change it may at one moment be at one level of mind; at another moment at a bewilderingly different level of mind, skimming and diving deep, coming up and leveling out, and at the same time not knowing that one is in motion. The spiritual sea is three-dimensional, and you can breathe the water.

So there are experiences of being taken to the bottom of self, of becoming the planet, the star, the sun, the creation; at the same time, those infinitely small awarenesses of the self as a thought, as an ether, as an object such as a beautiful butterfly, or a perfectly blooming flower, or given the sardonic nature of certainly this instrument's mind, a pile of garbage. All of these levels and feelings that the senses cannot process within incarnation are in play and in play with a good deal of freedom while the entity is attempting somehow not simply to survive this process but to embrace it, to make a welcome for it, and to cooperate with it and perhaps accelerate the process. Yet the essence of spiritual change is suffering. There is a shallow suffering to being without a home, keen but not bone deep. There is a deeper degree of suffering in becoming aware of either the depth of suffering of the self or the suffering of the world. And this can crash in upon one with mind-numbing power and intensity and cast one into a great pit of despair.

This is part of the creation. This, too, is to be embraced, this death, this pain, this limitation, this very pain is to be embraced somehow. The self does not see any possibility of becoming able naturally to embrace suffering. Here is where the heart may become an ever more helpful and useful resource, for

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while the mind is an excellent tool for the outer world of decisions within the outer world, it is within the heart and the deeper emotions that spiritual change shall take place. And, therefore, it is to the heart that the seeker may reliably and trustfully come; sometimes for comfort, sometimes for encouragement, and sometimes simply for a place to be held and comforted and loved. Whereas the mind must think itself sacred, the innermost heart is already holy ground, and awaiting there is the Creator, that intelligent infinity that so curiously loves every spark from which It is learning about Itself. As you sit within this temple and remember the Creator and feel that holiness within, the self may find surcease from pain just for that moment. And, oh, what a relief that moment is!

We would at this time pause and ask for a redirection of the question, for we realize that there were several strands to the information requested this day, and we would like to have further direction. Is there a question at this point that someone would wish to throw in so that we could, shall we say, get our bearings? We are Q'uo.

V: How does the releasing of past traumatic experiences or past programming relate to the progress that can be made and the changes that will be necessary at this time to go further in the ascension process?

We are those of Q'uo, and we thank you for your question, my sister. The past often seems to be a kind of permanent burden, at least the less pleasant portion of that past. There are crystallized nuggets of pain, emotional and spiritual pain, that are locked deeply within the personality and character of each seeker. Any attempt to analyze or therapize them into a new configuration is limited in its success because it is not seen by most therapeutic entities that the issue is forgiveness. The deeply buried programming and crystals of pain are seen as that which need to be taken out, to be pulled up by the roots, seen, in other words, as weeds in a garden. And yet this approach only tends to build walls thick enough to protect one from those crystallized areas of pain without coming into a balanced awareness of that pain. One cannot give it away. One can only give away what one has forgiven oneself for feeling, and the triggers for this forgiveness are different for each seeker. The key, however, is forgiveness of self, forgiveness of others, forgiveness of humanity. For truly it is the very nature of the physical world as you know it, this heavy chemical density in which you abide, that almost nothing can be known.

However, when the senses are awakened by that final iota of forgiveness it is as though someone has lifted the burden from the shoulders. As to how to approach that moment of release we can only encourage persistence of desire. It is written in your holy works, "Ask and you shall receive. Knock and it shall be opened unto you." And this is true. We always say through this instrument, "Be careful for what you wish for." For truly, all desires will be granted to you. And yet what does a spiritual being wish for? Does it wish for surcease of pain, or does it wish to serve the Creator in whatever way it may serve the Creator? Are not the paths of those spiritual entities which are inspirations to you within your world those lives which have experienced much pain and suffering? And yet you see in those lives a joy, a delight, a passion that somehow transforms the experience of suffering. This instrument's path to the Creator is the teacher known to you as Jesus the Christ. This entity deliberately sought its suffering and simply dedicated it to the suffering of all beings, opened its arms to the world and said, "I take all of the pain, all of the suffering, because I want there to be less suffering, and this is what I can do."

In many ways you also may take upon yourself the sorrow of the world, and this is a spiritual practice that many have pursued. We ask you to gaze with a cold eye upon the suffering involved in transformation, for this attitude is a balanced one in our humble opinion. It is to the person who is able to gaze upon the Dark Night of the Soul, which this instrument spoke of, with an indifferent eye but a full and willing heart, that this process may begin to come easier. By releasing and yielding to your suffering, by welcoming that which must be suffered as a brother and as a sister, by offering the hospitality of your life, your body, your mind, your strength, and your will to this process, the heart is opened as if by magic, and you find that no matter how intensely you hurt, it does not kill but, rather, cleanses, empties, renews and readies that instrument to be an ever clearer, purer and brighter channel for the light that must come through into the world or the love that must come through into the world, not from you but through you.

As you embrace this process those emotions of release and humility, humbleness and nothingness, become an offering to be lifted up unto the Creator

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as "all that I have." "This is all that I have and this I give to you. Do with me what you will. I am a boat. Life is the ocean. Toss me somewhere. I shall attempt to sail." This kind of abandon, this action of the Fool is powerful. And as you become ridiculous, as you embrace this darkness, you embrace also the light that follows. For truly in the Dark Night of the Soul there is a moon setting and a sun rising. And that sun is a glory beyond all space and time signifying a Love that created all that there is. We would encourage that moment of abandon within each of you where you not only say but feel, "Not my will, but Thine." For, you see, there is a cyclic nature to manifestation of any kind. As the Creator's heart beats, creations are born and die. The one thing that remains, whether it is perceived or not, is that intelligent infinity that we can only call Love in your language, this vibration which is the one great original Thought or Logos is what you are, with no past or future but simply a moment of being that is infinite.

Move back into this awareness when you have done your work with the mind, with the emotions, always you are the branches reaching down to the roots of the vine, for your roots are those of perfect Love. And as you spiral ever upward, you shall be light and dark and light again and again and again. And that which has become a burden will be sloughed off again and again and again, for you shall mature, not by adding things unto your self, but by allowing them to fall away from the self. In fear, you see, you collect and armor and harden. As love is able to touch those difficulties that have crystallized within, they are subtracted from the already whole, already perfect being that is your reality.

We realize that what we have offered may be slim comfort to those to whom this present moment is a vale of tears, and we would remind each of you that the Creator's love can only be expressed, that support can only be given, by the hands that are of flesh. You are the Creator to those about you. Your support is the only way the Creator can support within the incarnation, within the illusion. Your hands. Your voice. Your smile. Your eyes. These things are your gifts to your brothers and sisters. Sorrow is essential to this experience that you call third-density life. But your attitude towards this sorrowing, grieving and changing process can create for you a peace that surpasses all understanding. We encourage each of you to see that heaven, even if it is from afar, to know that the angels and ministers that have always loved you, love you now and are here to help you, though unseen they hover, waiting to comfort, looking for ways to confirm any glimmer of hope within. You are never alone in this process. This is a guarded and protected process, and the haven does abide. May each of you help each other to find your way home.

(Transcript ends.) ❦

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Special Meditation
April 4, 1998

Group question: Our question has to do with a quote which Ra made, "The source of all distortion is the limitation of the viewpoint." We are wondering how, since each of us seems to bring various distortions with us into the illusion, these distortions affect that which we produce, whether we raise a family, create laws, beauty, dance, channel, whatever we do? How do our distortions in our personalities affect that which we hope to produce in our learning and our service in this incarnation?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we come to your peoples. We want to thank each of you for calling us to your group, for enabling us to learn from our own way of offering service. For truly without your call we could not be useful in our present occupation, for we hear the cries of the sorrowed of the Earth, and we seek to lighten that sorrow by sharing our thoughts and our opinions. We ask that each of you exercise discrimination in listening to our words or any words. For we are not authorities, nor is anyone else when it comes to the spiritual journey, for each person is unique. Each spirit has its own journey, and though there are many, many points of similarity each path is unique. Each spark of the Creator is unique, and each will recognize and treasure those truths that are meant to be heard. Those thoughts that we offer that do not meet that demanding criteria, we ask that you leave behind. For truly you shall recognize those concepts that can be to you a tool or a resource in your evolution.

Your query this evening concerns distortion, the distortion seen in personality. And in order to discuss this we must move back to examine that concept of distortion. This is the way that we use the word distortion. To our way of thinking, all that there is in the manifested world is distortion. The lack of distortion, when absolute, describes intelligent infinity, the Creator Itself, in Its unpotentiated state. The first distortion which approaches the unmanifest intelligent infinity is free will. This produces that manifestation of the Logos which is known to this instrument as intelligent energy and known to your scientists as the photon, or light. When we come to you in the love and in the light of the infinite Creator we are coming to you in those distortions, for were we to come to you as undistorted Creator we would have no being in a manifested universe. We would be unable to act in any way, for all would be one in an absolute sense.

So when we gaze at the distortion of a particular personality shell, at the systems of energy blockage and bafflement which causes what seem to others as an unbalanced or distorted personality, we gaze upon distortions of distortions of distortions. We

gaze upon systems of energy, all of which are distortions of the one great original Thought which is Love. To us, then, that a person is distorted in such and such a way, in the context of an incarnation, is not a bad, a wrong, or an incorrect thing. For we are aware that each entity before incarnation selects the personality shell which contains those gifts and those physical, mental, emotional and spiritual limitations which will create biases or distortions, which will then set up both the personal learning for that entity for that incarnation and the path of service or paths of service that become available to the entity during incarnation, given that various systems of distortion do indeed prove to stand the test of incarnational time.

It is not that an entity incarnates with one mission and can either fulfill it or fail to fulfill it. Rather, there is the setting up of circumstance which may provide the catalyst which was considered desirable by that spirit before incarnation. The system of distortions or biased opinions can show themselves very simply in the growing entity as preferences. Each young spirit in incarnation discovers things that it likes, things that it wishes to avoid. As the incarnation progresses there are repetitions and cycles of experience that lead the entity repeatedly to the crossroads of incarnational choice, not simply once in an incarnation but reliably and dependably again and again. Each spirit will face one or more basic incarnational questions. For instance, this instrument is already aware that its incarnational desire for personal learning was to find situations in which it was able to give without expectation of return. This is, in fact, a fairly common incarnational goal. And to this end, certain biases were chosen by this particular entity. In just this fashion each evolving spirit will in the processes of incarnational living meet situation after situation in which the metaphysical question is repeated, and the choice may again be made for service to others, for service to self.

So the biases given to oneself certainly create avenues of learning and avenues of service. However, the metaphysical twist, shall we say, of fate deposits in each spirit's experience a universe in which gifts are not necessarily used for what that entity thinks they should be used for. The ability to dance, the ability to sing, the ability to do mathematical equations, the ability to do any particular thing which is considered unusually skillful or to constitute a talent or a gift may logically be assumed to lead one to a specific career or line of work or avenue of expression. In many cases, this is simply not the goal in a metaphysical sense. Because one can, for instance, play the piano it is not necessarily one's fate to become a pianist. The delicacy with which the music is heard and felt, the dexterity of mind and muscle that is involved in producing a heartfelt and intelligent piece of music has many metaphysical uses which are not necessarily apparent and do not have much to do with music.

Consequently, biases in the form of talents and gifts, in a metaphysical sense, do not equate from talent to expression. There is always the mystery of that rhythm of destiny which, if looked for and listened for and heeded when heard, can greatly facilitate and ease the accomplishment of that destiny which was, in fact, metaphysically hoped for, illogical as it may seem in Earth terms.

In the sense in which the question was asked, the distortions had to do with producing a pure channeling, the three entities involved in producing this channeling being obviously distorted and biased and in many ways unbalanced. The question put to this instrument by the original questioner in this regard was, "How can such an unbalanced group produce a pure and clear contact?" And we say to this entity, the one known as J, and to this group, as we have said before and as others have said through this instrument, that, metaphysically speaking, it is the intention, the desire, and the hunger of the entity in visualizing service that creates the service, not the system of distortions which have set up a particular dynamic. However, it is to be noted that in line with what we have said about distortions, although it is in no way obvious that various distortions would create these dynamics, nevertheless, the distortions chosen by each of those three entities were exquisitely utile in creating an atmosphere in which three confused and highly distorted entities could support each other's desire to serve and could support such with a purity of intention that, for each, had been honed over a period of time.

Again, we note that distortion, seen in a metaphysical sense, is a matter of mechanics, of setting up a situation which may produce a system of energies that harmonizes for a specific kind of service. When any group unites for service there is a great explosion of potential energy, and it is to those

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entities who have spent the time or the effort or have the gifts to be of a sincerity that is profound that service in a group shall be most successful. The way distortion feeds into group effort, then, is both obvious and mysterious. Obvious in the sense of seen attributes, talents and gifts. Forever mysterious in that seen by human eyes each entity is less than perfect. Seen as systems of energy that may harmonize, distortions may be seen as most fortunate and most powerful in combination.

We are those of Q'uo, and we would welcome further queries upon this point before moving on to another question.

H: I want to know if you can enlighten me on my father who died last August and the fact that I have a real sense of him being with me, and I am not sure what I mean by that. Perhaps you can help me understand a real sense of his presence with me at this time?

We are those of Q'uo, and we grasp your query, my sister. When entities leave the Earth plane there is, in many cases, much healing that needs to take place, and adequate time and space for this healing is supported, nurtured and provided. There is no time limit upon this period of balancing and review of incarnation, and often a portion of this healing is the continued ability to, as this instrument would say, keep track of those entities [which one has] a particular kind of connection, affinity or dynamic with. In many cases there is the opportunity during this period for comfort in the company of those still living who have this particular connection, affinity or dynamic. This is not necessarily evident from closeness within incarnation and, indeed, when there has been some lack of communication within incarnation it is extremely healing for the entity moving through that review of incarnation to sit on the shoulder, indeed, to lie within the heart as comforter and supporter. And most of all to breathe the odor of a beloved personality, for even though the personality shell is chosen out of a vast self that is the true self for incarnation, that personality shell is turned into art, turned into beauty by the creative spirit. And when an entity gazes back over an incarnation and sees that bright light of a particular shell that for this entity has shone, or as the song said, "Helped the universe to shine," for this entity, there is great comfort in the company of that entity. It is not that there is a great message to be shared or that there is a concern, but, rather, simply an enjoyment and appreciation that could not be felt within incarnation but that is seen from the wider standpoint of larger life beyond that veil of illusion which is the Earth plane.

May we answer you further, my sister?

H: What I think I hear you saying is that the entity that manifested on Earth as my father is now sitting on my shoulder in appreciation of having a broader view now that he is no longer manifested physically. He is more of a total spirit. It is more like that entity is looking at me, and that is an interesting perspective for me to see because I wondered if I was in some way invoking him. Or wanting to or this was a hope. I didn't know where it was coming from. Thank you for your explanation.

We are those of Q'uo, and we thank you, my sister. We believe that you have the gist of it as we offered it. This instrument is having difficulty expressing this concept. The puzzle of personality is that puzzle where pieces keep trying to fit together and after incarnation after incarnation is experienced each entity in relationship finds the fit a bit better and a bit better. And as entities move in and out of illusion they can, when out of the illusion, have far greater appreciation of the healing and healthful aspects of a given relationship and find transformative healing within appreciation of the living entity that is within incarnation seen from that broader context. Indeed, for a person to heal from incarnation there is the self to be forgiven. And each relationship is gazed upon. The surprises involved in this gaze from larger life are many. And we would simply say that in most cases where there is that intuition of presence the source of that intuition is not the self in [the] personality shell of incarnation but the other self that is in relationship and that is relating from larger life as a part of its healing. So in a way that entity that is you is a healing presence to this entity as it is in larger life reviewing the incarnation that has been and gazing at the self to see what perhaps shall be the next choices of incarnation, of personality shell, of mission, of purpose.

Is there a further question, my sister?

H: Thank you very much. That was very clear.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would continue to entertain further queries that those present might have for us at this time.

E: I am wondering if it is possible to meet yourself in the form of another person in this life?

I am Q'uo, and am aware of your query, my brother. In the largest possible sense this is always true with each entity that you meet, for each entity is an other self, an other aspect of your self and of the one Creator from which all aspects move into experience through the illusion. In the sense which we feel you are asking at this time we would also suggest that is also quite possible for entities to have the opportunity to interact with other portions of the self which have incarnated from other periods of the, as you would see it, the river of time moving from one point to another. However, we would suggest that this experience is one which has the purpose of allowing each aspect of the larger self to integrate with another in order that there might be a more complete experience for that portion of the self which might be termed the oversoul or the higher self. This portion of each entity's self exists at a level of experience which can be seen as existing in your future. However, it also is that which exists in what you see as your past. The experience of each of its portions is undertaken in order that an overall balance might be achieved.

Is there a further question, my brother?

E: How would you recognize such a meeting?

I am Q'uo, and am aware of your query, my brother. We would suggest that the recognition is most difficult, for the great majority of the third-density population is unaware of the possibility of such an experience and would not be able to identify the feelings of familiarity and the intuition that alerts the conscious mind to the recognition that is subtle, profound and powerful.

Is there a further query?

E: No. Thank you. I think that that was a very accurate answer.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: H and I were talking about how I could help myself with diet. I feel that I am living on faith and nerve pretty much after a lot of experience with diet. Why would I give myself such a bankrupt system? Why would I not react to food which I so love to see growing and that I so love to cook for other people? I have no logical anything to illuminate that feeling. It's just an intuition.

I am Q'uo, and am aware of your query, my sister. As you are so well aware, the experience which you have had with the ingestion of foodstuffs has been one which has seen a full circle of variety and preparation, tailored so that the gastrointestinal tract which your physical vehicle is saddled with may be able to pass the foodstuffs in a regular fashion. There has been the preincarnative choices to limit the physical vehicle in many ways in order that the efforts of the incarnation might be focused inwardly and might look toward those areas towards which it has looked. The side effects of the physical vehicle's limitations are many, including those concerning the ingestion of foodstuffs, as you are aware. The fact that the physical vehicle is still incarnate is a fact that should bring great rejoicing, for this physical vehicle has gone through much stress and difficulty throughout its incarnation in order that the focus be maintained. It is part of your present understanding that the low-residue diet is of central importance, and this suggestion is one which we continue to recommend. This in itself has its limiting factors according to the variety of foodstuffs that are within the range of the low-residue diet. If there is the desire to further improve the diet we are aware of some small measures that can be taken but in the overall sense would continue to recommend the course which has been traveled of late.

We would at this time once again thank those present for inviting our presence in your circle of seeking this day. We are known to you as those of Q'uo, and we leave you in the love and in the light of the one infinite Creator. Adonai. ♣

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Sunday Meditation
April 19, 1998

Group question: Our question this week concerns the concept of gratitude. How does gratitude work in the spiritual or metaphysical sense? It is said that it is a powerful force to have in the heart, just to be alive, to be breathing, and to serve the Creator. How does gratitude affect our spiritual growth, even in the worst of situations?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator. We bless and thank each of you for all that you have done to come to this circle of seeking at this time, for all that you have sacrificed and the choices that you have made that have brought you, as seekers of truth, to sit together and open your hearts to each other, to the universe whose citizens that you are, and to those thoughts of ours that might have use for you. You have truly given us a great blessing and a great gift. We hope that those thoughts that we share with you shall be helpful to you. If any thought does not please you, we simply ask that you release it and forget it, for we do not have authority but, rather, are as you: pilgrims sharing that which we have come to feel is our truth, hoping that it might be a resource for you as well. As always, we encourage your careful discrimination in listening to any and all opinion, for there is no authority as great as that which rests within you and which knows what is yours.

You ask this day about gratitude, thankfulness. We realize that this is peculiarly difficult to come to in any situation, for within the illusion that you experience as your incarnation the atmosphere is not full of clarity and illumination but rather often full of confusion and negative seeming emotion. The heart within desires to experience only a greater and greater amount of solitude, peacefulness and beauty, but that which the world seems to offer is crowded with many different people with many different opinions and certainly seems far from peaceful as the timbers and rafters of your own personal mental interior shake and stagger under the many confusions that reign and that shall always hold sway over the incarnation, over the experience throughout the incarnation, for truly, as we often say, no one who takes incarnation upon a third-density planet is hoping for a clear and peaceful existence, but, rather, is hoping to be utterly confused and yet to remember, somehow, those truths which can only be known by faith, which can only be remembered by faith, and which can only yield hope, praise and gratitude within the transformed heart.

It is that transformation of experience that each hopes for again and again within the incarnational experience. And as each of you looks back over patterns that have been completed in the past, each may see the working out of seemingly insurmountable confusion in ways that were

unexpected and yet elegant, difficult and beautiful. Such is the bittersweet quality of realization amidst the sea of confusion that is consensus reality within your Earth world.

What is the spirit that it should be mindful of such things as praise and thanksgiving? It is at this very basic level that so many among your peoples cannot grapple with the issue of life itself. What is the spirit within that it must take flesh and be thrust into a world of sensation that overstimulates with glorious disarray and confusion? The spirit, from the instant that it awakens into the Earth plane until that moment when the last breath leaves the body, what is this entity that it should feel anything, positive or negative? It is in facing this question of identity that the search for true thankfulness must begin. For just here, just upon that spot where the slide is under the microscope, there at that first glimpse of light of that which changes, we get the first scent of the dangers and the glories of this ephemeral and all-to-short process of incarnation. Each of you begins with that spark of light that is your essence and your core. It is in no way different from or lesser than the Creator Itself, for it, as all things, is infinite and divine love.

The clay from which you have been formed expresses that love but is not that love. There is no thing about each of you that one can pick up and say, "This is the essence of this person." No, the essence of you is much closer to you than your body, is much more a part of you than your breathing or your heartbeat or the rush of blood through your veins. You are love. It is this identity that is the only explanation for praise and thanksgiving, for positive or negative expression of any kind. When one can realize, even momentarily, that deep identity within, that congruency with the Logos Itself, the seeker then has his feet on solid ground and may say to the self, and in response to the world however it comes to him, "I am love. I am in a state of utter confusion. But I am love. This is my nature. I take this on faith." When one can begin with this much confidence then one is able to move into that attitude which this instrument would call the positive path or the path of service to others. If one thinks to oneself, "I am responsible. I did these things," or "These and these things have been done unto me," then one has become willing to begin, not from that place of love, but, rather, from a place where masks have been put on and a stage play is being acted. Once one has moved into that level of interaction and the various responses to each other's catalyst that characterize relationships one no longer has a quick or short route to that positive place of rest within which knows, "I am love, and the I am that is me is the I am that is you."

Without this feeling of self as love, one simply begins to see oneself as positioned in such and such a way and aiming to get positioned in such and such a way. Then the self has a story that is not being created in rhythm and according to destiny's often slow pace, but rather the self is creating the self with masks at a level which does not fill the heart. The conversation before this meditation several times touched upon the many ways in which that feeling of humble thankfulness comes to one as a blessing and a special visitation much like the spring rain feeding the young plants. We encourage each of you to be willing, when thinking upon this subject of identity, to see the self as a deeply impersonal, a deeply true, entity. For truly each of you is that which is beyond personality, and if the spirit can rest in that most basic and profound identity there stems from time and attention spent here a strength and flexibility of emotional responses that is part of the rhythm of faith.

We are often aware of the degree of suffering among your peoples. The sorrow of your peoples is great, the yearning for that which is remembered is great. There is a hunger for heavenly things, as this instrument would call it, a thirst for that meat and drink that feeds the soul, and yet in so many ways the restless heart cannot find quiet enough to connect with that great heart of Love Itself, which is the source and ending of each and every spark of light within the infinite creation.

When entities attempt to feel gratitude they may well fail, for gratitude is not that which may be approached head-on with the most effectiveness but, rather, a sense of thankfulness or gratitude comes as a natural efflux or emanation from the soul which is willing to be still and allow the world to find its balance within the self. This is not something that is easily done by those within incarnation, for the living without faith is that which is taught and practiced by your culture, not here and there, but as a general rule. Young ones within your culture are taught to work, to give a good effort, to follow certain paths in order to further ambition. The soul is taught that worth is in what one does, and so each growing spirit faces the self, attempts to find that

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which will earn the money, attempts to prepare the self for doing this, and then spends the life following a certain career, profession or job, and as one is wending one's way through the various obstacles that seem to pop up from day to day in the execution of these various professions and jobs and so forth, any entity that is able to help or facilitate one or another of these ambitions is seen as someone to whom to be grateful while those who are stumbling blocks seeming to be in the way between the self and the ambition are seen to be irritations and of negative help.

When we, or any, attempt to speak upon spiritual things we are often tempted simply to tell stories, for there is within stories that which words alone cannot express. And when dealing with gratitude perhaps the story that this instrument is most familiar with is the story of the Prodigal Son. There are several different ways to look at this little story that was told by the teacher known to you as Jesus. In this story the sons of a wealthy man have two different natures. The older son is the good son, and this son never thinks of anything but simply staying at home and working on the family estate. However, the younger son is impatient and ready to have fun, have a good time in his life. And so this younger son asks his father for his inheritance. He has decided that he wishes to go to the city and have a good time. The father is willing to give his young son his fair portion of his accumulated fortune that he has to offer. And so the Prodigal Son trots off to the big city and engages in various excesses of various kinds until he becomes penniless, homeless and forlorn. Finally, the young man is reduced to living with the pigs, eating what is given to the pigs in order to stay alive. And it occurs to this Prodigal Son, "You know, I could go back to the country, back to my father's house. Of course he wouldn't take me back, but I could be a slave and eat much better than this because my father treats his slaves much better than this." And so off he goes, but when the father sees him coming he rejoices greatly and orders a great feast to be prepared. Now the older son is very jealous of this, and says, "Gosh, dad, I've been with you all the time. I've always been a good boy. I've done everything you wanted me to do. You never killed a fatted calf for me, and here you are having a huge party for my idiot brother who never did anything." The father says, "But don't you see? I thought I had no son and now I do."

Look at the gratitude in all of these people. The father grateful because he has regained the son whom he loves. The Prodigal Son who is grateful simply to be accepted back as a slave, much less as a younger son. And look at the hard heart, the pain of the older brother who does not feel his father's love since he has never done anything wrong for which his father has had to forgive him.

Each of you is a prodigal. Each of you has squandered precious things. Each of you greatly and humbly seeks to return to the house of the Father, to that place of love that is undefiled and pure. For in that state gratitude is natural and flows effortlessly and this is a great truth [for] each of you, that you are loved deeply, that you are welcomed in spite of any and all failures, and that the Creator does give great thanks for you. Truly, it takes the movement of thought from the little self experienced in every day to that self that each knows is a truer and deeper self. Gazing at life from the standpoint of the everyday self there is hardly ever a completely trouble-free or worry-free experience. There is hardly ever a reason to feel completely or profoundly grateful. And yet if one can move back into that prodigal self that is coming home, you may see that all of experience is such that the only response is thankfulness and praise.

Why is this gratitude so powerful? Simply because it is the truth. In truth everything that occurs to you is a gift. Each situation delivers to you the sisters and brothers of experience, Sister Sorrow, Brother Pain. The list is different for each entity. Brother Anger. Sister Depression. Each spirit will have its own guests that seem to be difficult indeed to be hospitable towards, and yet each of these guests comes with great gifts to give you. There is a natural rebellion against having to see things from such a deep perspective. The mind does not want to move to this level where it can be seen that all things are gifts. The mind wants to distinguish between things. The mind wants to make choices and stack everything in neat and orderly piles. "This is that. This is the other. This is something else entirely." But that spark of true self within you is ever ready to spread and illuminate the spirit within, the heart within.

Each entity, each spirit that has taken flesh comes to the experience of incarnation with an agenda, with the hope of learning and the hope of service. It seems very simple before incarnation, this whole

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remembering of things through the veil. And it is not so simple, for the veil is surely there and surely appropriately thick and impenetrable. But for those who can live within the open heart, who can face the difficulties of the day from that place of the open heart, there is the opportunity to see each day as part of a dance that is all too short, a dance of rhythm and grace, a dance of living and feeling and expressing the truth within. We hope for each of you the grace to see into that rhythmic and muscular pattern that is prepared for you to walk upon. May each of you have the courage to wait when it feels right, to wait even though to the world this may make no sense. For if each of you can stay within the heart and can sense for the rhythmic delightfulness of things, that attitude of gratitude shall come easier and easier until finally you may experience whole days at a time for what they really are: one moment, one now that is ever fresh, ever beautiful, and ever perfect.

May you learn to express this faith by an increasing stubbornness in holding to that attitude that has its source in the spark of love itself. For the attitude which you bring to your experience shall make a great deal of difference in that experience, and every moment that you spend attempting to center the self and balance the self, turning always again to that center of love within, each moment is an experience of truth. We realize that this is a concept difficult to work with words, for the emotional content of thankfulness is far greater than words can express. The power of a thankful heart is truly infinite. May your heart have that great benefit of your protection of it, of your nurturing of that spiritual self within that more and more yearns to dance the dance of incarnation with rhythm, grace and beauty.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet you once again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present might have use in the requesting. Is there a further query at this time to which we might speak?

T: Could you comment on my meditational experience from last Sunday?

I am Q'uo, and am aware of your query, my brother. We may speak to a certain extent. The boundary which we do not wish to cross is that which infringes upon your own free will. However, we find that we may suggest that the catalyst which faces you now in the world of illusion is that which has significance to a deeper portion of your being. And as it does have a potency it therefore affects the perceptions that you experienced when you attempted to enter the meditative state and reach down into a deeper portion of your conscious mind in order harmonize your vibrations as a part of the group meditation. The difficult nature of the catalyst which you now face had its effect upon the images which were being fed to you from your subconscious mind and were attempting to give an indication of the effect of this catalyst upon a basic portion of your personality structure. Therefore, the distortions in your perception occurred as a means whereby the effect of the deeper levels of your being was presenting itself in symbolic form to the conscious mind.

May we speak to any other query, my brother?

T: No. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I would like to ask about this sense that was suggested to me that my reluctance to work on this book was related to it being my swan song, the last thing that I would do before leaving this incarnation. Could you comment on this possibility?

I am Q'uo, and am aware of your query, my sister. Again, we may speak only in a limited sense in this instance. To look upon a project or an activity as that which shall be the final statement of an incarnation is an attitude and an experience which could be utilized at any time by any entity within the incarnation, for, indeed, no entity knows the length of days which await in the future, as you call it. Whether this particular project is indeed the final curtain of your incarnation has little value in whether or not an entity such as yourself might decide to undertake it. For to think in this manner is to put a limitation upon one's own perceptions and experience whether the perception may eventually be true or false. Thus we would counsel you, my sister, to worry not in this regard for it is well said in one of the cultural sayings of your people that "what will be, will be." Your attitude in partaking in this

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experience is that which will make it as it will be for you.

Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you again, my sister. Is there another query at this time?

(No more questions.)

I am Q'uo, and we would once again thank each entity present for inviting our presence in your circle of seeking this day. It is always a great privilege for us to be invited to your meditation gathering, for we, in these experiences, are able to have our being within your illusion and are able to see the Creator in each and every entity and activity, observing the effect of illusion upon love. We would remind each that there is no entity which walks this path alone. For each here and, indeed, each person of your planetary population, has a guide, a teacher, a counselor, a friend, and many of them that accompany each upon this journey. Within those moments of meditation, of prayer, and of contemplation retire you there to speak with those who walk with you and who offer you unseen hands in times of need. We are known to you as those of Q'uo, and we leave each of you in the love and light of the infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 3, 1998

Group question: Our question today has to do with how we travel from head to heart in any spiritual belief that we may have and in the spiritual journey overall. It is easier to intellectually understand, for example, that all things happen in their time, than to actually wait for that time to come and accept it. Is it grace that brings this about? Just the right time?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator, in whose name, in whose peace, and in whose power we come as witnesses and as fellow pilgrims on a common path with you and with all who seek to know the infinite Creator. We are extremely grateful for [you] calling us to your session this beautiful spring day. We thank each of you for the time and attention that each gives to the spiritual life, for each brings that to the circle, and each becomes part of a circle whose strength is in all of its members. This spiritual community we find so precious, and we are most grateful for this opportunity to share our thoughts with you. Please take those which please you or seem useful to you and leave the rest behind, for we are not authorities but only your brothers and sisters.

We are aware that each of you has a vision, a basic concept of how a spiritually oriented being behaves. It is indeed true that orientation as a spiritual being is a primary importance in allowing the spirit to transform Earthly life into that Garden of Eden, that heaven that does lie closer than breathing, nearer than your hands or your feet. What each of you seeks is fairly clear within the mind. And your question is simply how to move from the situation where the mind grasps the concept to the point where the being lives the concept. And this is indeed a challenge. It is the challenge for which you took flesh and came into a world of shadow. For each of you seeks in this incarnation both to learn and to serve. Each of you to whom we speak, we can say with authority insofar as we are able, is one who has earned her place upon the stage of your Earth world at this time, for many more spirits than there are bodies for have wished to incarnate at this particular time. In your Earth plane's development as a planetary spiritual being those who have made it are those who are very close to having learned those primary lessons of love which involve making that choice to follow only the good, only the true, only the beautiful and to attempt to allow the love and the light of the Creator a place to flow through into the Earth plane. For this is, among other things, what you are. You are, as it says in your holy works, a lamp upon a hill. It is not your light that lights the lamp. It is the Creator's. What you are able to do as you work with your mind and your heart is, little by little, to clean the panes of your lamp so that they are transparent and so that the infinite light may

shine through, each of you, though you deem yourself unworthy. For you cannot give love to the world. You shall shortly run out in your persona as a human being, as a time-bound entity. Everything is finite, and it is as though you are in a cage of flesh and illusion. There is that within you which remembers paradise, which knows a better way, which is at peace and at rest. But that part of the self is very difficult to find access to. Until the day comes when, as the one known as R said, the journey from head to heart is made.

The culture which has birthed each of you and cherished you and supported you to this point in your incarnation has many qualities to offer, many values to express, and some of these values tend towards working athwart spiritual principles. When we speak of such things we cannot over-generalize, but there is that tendency in your culture to value accomplishment of whatever kind as a positive asset and to value motionless being as either a zero or a negative quality in that to those who have their life flowing from their being the list of things to do for the day, or for the week, or for the year, may never seem as important as the yellow wheat in the field or the blue of the sky on a sunny day, or the tips of the trees as they first embrace the air with their new, furled leaves. There is slim value for being within your culture, and we feel that this is a key disadvantage when it comes to that journey from head to heart. For the head is the place where things get done. The heart is the place where things get cherished and cared for. For the head there are choices of a right and a wrong, a movement to the right or a movement to the left. For the heart there is, rather, the flowing of things. Into the heart time and space themselves flow, for each of you is a citizen of eternity, and you are taking part in time during your incarnation in order to learn and to serve.

Now, how can you work to neutralize the result of a lifetime of learning? For this is what occurs as the culture nurtures the young mind and helps it to grow into a mature ability to cope with that which is within the illusion. It cannot be done with the head. To attempt with the mind to move the center of being from mind to heart is to hire a rustler to protect the cattle. There is no way for the mind itself to break one habit and begin another. We would introduce the concept of the will. There are those here such as this instrument whose will has been given to a specific lord or Christ symbol. This instrument has given her life and her spirit to the one known as Jesus the Christ. It is well to choose a principle that speaks to you most deeply of infinity, eternity and holiness and to deposit in that basic core of belief every bit of will and faith and hope that you possess. For this is an appropriate and an honest gift to the Creator, the surrender of the light, the willingness to follow with heart and soul and mind and strength a life lived in faith.

The tools to help you with this work are several. The very first and always the central one, in our opinion, is time spent with the Creator, time being with the Creator. The eyes that see the world see a human being sitting. The heart within knows a different reality. In that world within the self is a pilgrim seeking entrance to an inner sanctum in which the Creator already dwells in full glory and strength; from before time began until there is no more time, this is so. Before you were, before the world was, before all things, the Creator rested in Its universe. And as you are part of this universe of love so that love incarnate dwells within you. See yourself as a pilgrim walking up to the door of that inner sanctum, inserting the key of silence, walking in and sitting, not with other human beings, however worthy they may be, but with the infinite Creator. This communion awaits you constantly. It is not that the Creator is not with you, for the Creator is your companion from the instant of your beginning until the last fell knoll of life's bells. It is the self within incarnation that does not remember where to go to tabernacle with the infinite One. We would encourage each who wishes to move into the heart to attempt daily to sit in silence and allow the Creator within to make Itself known to you with no words, with no dramatic fanfare but that still, small voice whose message is far beyond concept but whose surety is absolute.

The eventual goal of those who wish to be and to move from that flowing beingness is to gradually replace expectation with curiosity. The ways of the mind and of expectations and so forth involve energies which seem to grasp and hold and stop the flow of rhythm and attempt to control that rhythm. Frequently, it seems that such manipulation works. And usually entities can convince themselves that they are in control. However, in the spiritual sense the only control is in how to surrender the small will and the small self to an infinite One whose wish for

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all is to give and to receive love. Each time, then, that you find yourself having imaginary conversations, moving into circles of concern and worry, and, in general, finding oneself knocking up against the corners of life, find ways to stop the momentum of that relationship with what is. Stop and remember that you are a child of the Creator, a child of eternity, and a child of love itself. You need do nothing but welcome the rhythmic and rightful destiny that awaits. And we are not saying that there is one fate for each entity, for it is our understanding that each has free will and that each must, of her own free will, choose service to others or service to self. Rather, it is a question of whether you wish to go a straight route or a roundabout route. If there is control attempted in a working pattern, that will change the pattern. The more faith that one is able to express in the moment to moment rhythm, the more gently one may meet the unfolding of your particular story. And the shorter will be that moment of centering the self within that identity of being.

Issues of this magnitude are not done with during an incarnation. They will revolve again and again into your experience, into your stream of living. What you learn at this time you shall see again. It may be at another level. It may be somewhat different, but the issues shall be the same: to offer the self with no expectation of return. Each of you came into this incarnation wishing to sacrifice the self for love, wishing to brave the forgetting of all the spiritual principles that were known and held so dear, daring to come into a world most illusory and seemingly far from the Garden of Eden, as this instrument would call it. Yet in faith and in hope you took on this lifetime, for you wished to love the Earth and its people. You wished to serve, and this is your opportunity. In truth, it matters not what is occurring upon the surface of your life as long as you are attempting to be an instrument of love, a harbinger of peace. Practice being. Practice at odd moments, allowing the self simply to be aware, and resting in that deep peace that is awareness of the Creator. You shall certainly get lost in the sea of confusion again and again. But that too is illusion. Trust that heart within, and as you are given the grace to do so, work with those concepts of being and doing until you begin to have a lucid idea of what it is to be yourself. This is an art of profound moment and we encourage each of you to take it up. In your hopes and in your prayers, surrender all to the Creator and know, in confidence and in quiet, that that which is needed for you to learn and for you to serve will come to you. May you see all things with the eyes of love.

We would at this time transfer this contact to the one known as Jim. We are those of Q'uo, and we leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and I greet each of you again in love and in light through this instrument. At this time it is our privilege to attempt to speak to any further questions which those present may have for us. Is there another query at this time?

T: I have a question about the sudden appearance of a little bird that I had never seen before just after my meditation. Was there a significance to this bird, or was it just a little bird that was lost?

I am Q'uo, and am aware of your query, my brother. As we find there is already certain knowledge within the subconscious level of your own mind moving into the conscious levels we may speak concerning this small bird which you have observed. The decision to take your journey or not to take your journey was that concept to which this appearance of the small bird spoke, the meaning of the appearance having to do with the bird being as much out of place in your sighting of it as you would have been upon your journey.

Is there a further query, my brother?

T: No. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

R: Thanks for the food for thought on the concept that I spoke about earlier.

I am Q'uo, and we are always honored to be able to look upon those concerns which come from each heart and to give them the attention of our experience and our desire to be of service.

We would ask if there is any further query at this time?

Carla: I get so much out of worshipping with a spiritual family, and I want to share it with others, but that seems so impossible. Could you speak to that dilemma?

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I am Q'uo, and am aware of your query, my sister. Each seeker that moves along the path of seeking the truth, of seeking the love and the light and the unity of the one Creator has a unique way of moving upon this journey. Many there are who feel similarly to others and who gather together with them to worship as you say, in a community of seekers, and in this community they take comfort, joy, inspiration and find a great meaning. This is well for each seeker, to find a path which speaks to its heart, whether there be a great company with it or a small company of one. To look upon the journey with the heart that desires to travel and the mind that seeks answers, the passion of the desire is that which is most important for each seeker. For though one seeker may find fruits upon the journey and wish to share the nourishment of them with others it is difficult to do unless those others with whom one wishes to share have the similar desire, for each has the lessons of love to learn. And the greatest sharing that each seeker can make with others is to travel his or her own journey with a full heart, with alive compassion, and with the sincere desire to know that which you call the truth. The radiance that comes from within for each seeker so traveling is as a beacon, a light to others that, when they wish to inquire as to the nature of the journey, it is most appropriate to share with them that which you have found.

Is there a further query at this time.?

Carla: No. Thank you for your thoughts, Q'uo.

I am Q'uo, and we thank you again. Is there a further query at this time?

R: Many times you say that you are grateful for the sacrifice that each makes to come to the circle of seeking, but I want to come, and it isn't a sacrifice, so what is the sacrifice that you are referring to?

I am Q'uo, and am aware of your query, my brother. Each entity which finds itself in such a circle of seeking as this circle has for an entire incarnation moved upon a path in such a way which has brought it to that point in that circle. Each entity has sacrificed much in each incarnation to gain that of understanding that it has gained, to have gained that of tolerance, to have gained that of continuing in the desire to seek with others. One may find oneself in such a circle and ask the question that you have asked, feeling that the sacrifices have not been that obvious. But if each searches in its own memory and experience, each will find that there were steps that were, at one time, difficult to take, rituals and routines and responsibilities that were difficult to initiate, to continue, and to accept. Each seeker has accomplished much of work in this manner before being able to join in such a circle. These are the sacrifices to which we have spoken often, and we continue to offer our gratitude to each seeker that sacrifices much in order to join in these circles of seeking, for there are a great numbers of things that could occupy one's time, activities that could take one's efforts, and other concerns that would satisfy one's desire to spend an afternoon. Thus, we are grateful for each sacrifice, great and small, that each entity has made in order to join in this circle of seeking.

Is there a further query, my brother?

R: Isn't it like a fruit that, once tasted, you do not wish to give up because there is truth in there?

I am Q'uo, and am aware of your query, my brother. It is true that as one continues upon a journey, a ritual, a philosophy, or a practice, that the effort is easier and easier as the memory of the body, mind and spirit begins to exercise itself within the new parameters. Indeed, this is the nature of the seeking. As one is able to continue upon a path, a program, or a path of seeking, one will find that there is a kind of rhythm or momentum that gathers behind the effort to aid the effort and to enhance one's experience of it.

Is there a further query, my brother?

R: Thanks for talking about it.

I am Q'uo, and we thank you, my brother. Is there a final query at this time?

(No further queries.)

I am Q'uo, and as we have exhausted the queries for this session of working we would again thank each for asking our presence in your circle of seeking. We are most privileged to be able to share our opinions with you. Remember, my friends, that we do not wish to provide a stumbling block for any seeker. Take only those words that we have spoken that speak to your heart, and leave all others behind. We are known to you as those of Q'uo, and we leave each in the love and the light of the infinite Creator. Adonai. Adonai, my friends. ♣

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Sunday Meditation
May 24, 1998

Group question: We would like information on the difficulties in relationships. We have times of doubt, fear, lack of trust and faith, and we want to know how to resolve these difficulties skillfully. How can we use contemplation, prayer and meditation to find harmony in our relationships?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We bless and greet each in the name of Love, that one great original Thought. It is as servants of Love that we hope to offer our service to those such as yourselves who are seeking the truth. And so it is a blessing to us that each of you has come with your desires and your seeking, for we hope to serve the Creator whom we love. Without the inquiry and the interest, we could not do so in this way. So we thank each one of you for each step that you have taken against whatever resistance to bringing you to this moment you have experienced. It is a precious one to us, and we are glad to share our thoughts, always reminding you that we are not authorities but only friends along the path. We will share our opinions and our experiences in the hopes that they might provide food for thought. Please, however, take anything that we might say that does not meet with your personal feelings of "this is helpful" and simply leave it behind. We do not profess to be without error. We are as you: pilgrims. And the road is long. Endless, perhaps. And so we may delight in that sometimes dusty walk together and encourage each other, for though we each seek through illusion, there is that which is not illusory. And though it recedes before us, yet it calls us onward. And that call seems to be our deepest spiritual instinct.

Your question this day focuses on that which is at the heart of your third-density experience for which you took incarnation at this time, for relationships are the basis for much learning within your illusion. Your entire makeup as a physical, mental, emotional and spiritual being in this environment calls you to be with each other. It is obvious that, physically speaking, the male and female call to each other to perpetuate the species. And this, indeed, is the beginning of many, many relationships. Yet there are others that have just as much use with companions, friends, teachers. Perhaps even those who have not met face-to-face but have meant a good deal, those with whom you feel the intimate relationship that comes from the reading of deep truths shared. This hunger for society, society that fits with your own nature, is a powerful force, an instinct within you. Naturally, it propels the seeker into confusion and chaos quite often, for that is one of the intentions of relationship. It is in learning how to love a mate, a companion or friend, family member, or lover, that

we learn by reflection how to love ourselves and how to love the creation of the Father.

Each density has its basic learning. That of first density is the simple beginning of awareness, the beginning of being in a manifested environment. The elements earth, air, wind and fire are of first density. Rock and ocean is of first density and they are learning, not self-consciousness but manifestation. And, as in your holy works, it describes the light separating from the day and the earth from the water, the fire from the air. Such is the learning of first density. The becoming of one element or another. The beginning of the long road from the Source to the Source. In second density the learning turns towards that of movement, of being drawn towards the light and the love of the one infinite Creator. The flower turns to the sun. The greenery breathes that oxygen which animals need, and animals breathe that carbon dioxide which plants need. There is the instinctual sharing of environment, the instinctual harmonizing of each thing finding its place as all things reach towards light and love. And yet there is not a self-awareness. That is the gift of third density. It is the first density in which the spirit within may begin to find conscious expression. For although plants and animals experience harmony and love and a feeling of rightness, they are not conscious of so doing.

When that step into third density comes, there is a veil drawn across that deep knowledge that all is well, for it is within this third density that the newly awakened soul within begins to work through the body, the mind, and the emotions to render them instinctual again through decisions that you make in each and every day. The spiritual work of third density has sometimes been seen as a single decision following one particular religious system, and for some, this is the experience that occurs. However, for many the awakening of the spirit within comes slowly, step by step. And yet small decisions create evolution of spirit, and there is no matter that is too small to become filled with the love which you as a person of faith put into the response that you offer to that which is in the moment before you.

In looking at relationships perhaps it may help to take a step back and to look at the process itself and what we wish to be focusing towards in this process of living in incarnation, behind the veil of forgetting, in the sea of confusion that you call life. To put it in one way that this instrument is fond of saying, third density is intended to be a journey from head to heart. To put it another way, third density is a kind of spiritual boot camp in which one overriding question is put before the spiritual seeker. This question is, "How do you wish to serve?"

The choice in service is of service to self or service to others. Those who choose service to self basically feel that the Creator is them and they are the Creator. The environment about them is that which may be controlled or manipulated in order to best make the self happy, comfortable and so forth. This is not a consciously negative attitude in many cases but simply the day-to-day working pattern of self expressing. The other choice is service to others, and the one who chooses this way of expressing love is intending to, at the expense of the self, put others first. The service-to-self polarity and the service-to-others polarity is like the north and south poles of a magnet. In third density each begins somewhere in the middle in a kind of well of inertia. There is no positive charge or negative charge when experience begins to be accumulated by the awakened soul within incarnation. It is little choices, like whether to share your peanut butter sandwich with the other kids in fifth grade, whether to go sit with the kid with a broken leg in second grade, whether to help the parent who seems to need it. These seemingly small and everyday decisions are those in which one either decides to attract to the self that which is needed or to give away the love that is within one for the benefit of others.

We are those who seek to be of service to others for we feel that others and ourselves are one, even though it is not something that we can see and certainly not something that you can see. You cannot see that your hands do not stop at the ends of your fingers and that the other person's hands next to you similarly do not end there but that each is touching each. Each energy field is moving to find comfort and [harmonization] with each other entity within this dwelling place and, in general, this has a tendency to occur, people finding ways to make each other more comfortable and to smooth and oil the social machinery that helps each person to feel better about whatever situation is occurring. These are not small choices when viewed in the context of the basic purpose of third density, for in a nutshell, the way you graduate from this third density to the density of love and understanding is by making decision after decision after decision based, not upon

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evidence, but upon faith. Faith that the love and the hope and the charity and the good feelings that you experience within your heart are real and are not foolish or naive. Faith that things are well and that things will be well and that you do have comfort to give to yourself and to others.

Faith is only of importance when there is no real knowledge, and so it is in your environment in third density that the truth is hidden from you. There will not ever be any specific proof of your belief that will stand up, shall we say, in a court of law or in your discussions with someone who simply does not get it, who is still slumbering to the spiritual self and the spiritual identity that lies within, whatever your orientation. For instance, this instrument is Christian, and that literature and community of the Christian church feeds this instrument and gives this instrument ways to work upon faith. Whatever the orientation of each, it does include resources and tools that are available to all and can be used in the acceleration of spiritual evolution.

So when we say that this sea of confusion is given on purpose and not in a cruel or unthinking way we are simply referring to our feeling that it is only when there is no way to prove belief, hope and love that the choosing of those values and the manifesting of those values in a life experience has metaphysical weight. And, indeed, each choice that you make polarizes you a little bit more to the service-to-others polarity. We are assuming that each within this dwelling is a service-to-others oriented entity, as are we. We do not wish to say anything negative about those who seek in service to self, for we are aware that this too is a valid path as far as it goes. It does not take one as far as the path of service to others, and it must be abandoned, not in the next density, or the next after that even, but in the sixth density. For the fourth density, the one to which you hope to graduate at the end of this incarnation, is the density of love. The density after that is the density of wisdom, and the sixth density is the density in which love and wisdom are balanced. It is at this point that negatively oriented entities must switch polarity, for they discover at this point that they are unbalanced and that they can go no further because the deepest [choice] of all is towards evolution. Eventually each negatively oriented seeker chooses to become positive and to move onward towards the Source.

So the situation for each is a walk in semi-darkness, metaphysically speaking. The light is that of the moon, and there are many shadows, and the comfort of companions along the way cannot be overestimated. Naturally, each entity is drawn to the birds of a feather, as this instrument would say, those of like mind, those of like nature with whom they feel more comfortable, and the mating of men and women is a constant force towards the activation of catalyst that will teach the seeking soul to love. And the best of catalyst is gained with those with whom one is in contact with continuously. Those whom we see from time to time are those with whom we can plan to be our Sunday selves. We may wish to show all of our dazzling good points at once, or we may give them out one by one. But as long as it is the occasional friend that we are seeing we can offer the best of ourselves to that entity in each and every occasion upon which we meet. But for mates this is virtually impossible, and thank heavens for that impossibility, for it is necessary to work, it is necessary that we have catalyst to work with. And since we all came here to work on whatever density we are experiencing life, this seeming catalyst of pain and suffering and not understanding and wondering—this is the friction that we need to move us towards learning. And as we learn, we begin to realize that in each case we are looking not just at a situation but at an opportunity to find the love in that situation and to express that love. Consequently, often the catalyst itself becomes less painful to us because we are able to work upon our response to that catalyst; rather than simply being overwhelmed by the catalyst itself.

You asked what do entities fear when they are working on relationships, and perhaps we would say that the greatest fear is the loss of love or trust and the betrayal of security in whatever distorted way that security is felt by the self and by the other self. Many issues have their heart in this emotional security. The surface of an issue may be money, or health, or where to live. It may be almost anything in which two people have a different view, but whatever the seeming issue there is a deeper issue, a singular issue involved and that is not necessarily a doing issue but a being issue. It is the way of being or an attitude that we would like to encourage each to explore. The one known as Ra has offered the question, "Where is the love in this moment?" and it is this instrument's favorite way of centering the self in times of confusion. For each of you is love. Each of you is a projection into manifestation of the infinite love of an infinite and divine intelligence

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that has created all that there is and is all that there is. Of course, each entity in manifestation is distorted from the original vibration of the Logos. Without this distortion, without this mismatch, shall we say, in space and time, there would be no universe filled with light. There would be no way that the Creator could know Itself. And yet, simply being in manifestation posits that there be illusion. As long as each of us is a being, an entity, apart from Love Itself, each is dwelling in some degree of illusion. However, in this illusion each is the Creator to each, and in relationship, especially the mated relationship, this awareness is a healing balm that may help and prove a resource to those who are in pain because they feel abandoned or rejected or misunderstood.

What people fear is being betrayed: offering trust and having it betrayed. There is within each the dancer that would fly and soar and leap in joy. And yet when we let that self out we are as foolish as little lambs playing in the pasture, and we can be easily squashed. And so it is a scary thing to surrender to those feelings of love and joy and enthusiams that are in our very heart, for are we all not love?

One of the big illusions is time itself. And as this instrument was thinking earlier, considering the various things that had been said around the circle, many times it is just that waiting that is so difficult. And what is it that mates or anyone in relationship would wait for when there is confusion between two people? We would say that it is as though there were a dance that all of nature and all of humankind is engaged in in third density. It is a dance with meter, rhythm, harmonization of movement, and the plants and animals are aware of that. And the moon and the sun and the stars dance also, and within each of us there is that completely aware dancer also. And to that completely aware part of ourselves which we may touch from time to time, there is no such thing as waiting but merely pausing and resting until it is time to move into the next step of the dance. But to the human heart lost in confusion, anxious to put things right, there does not seem to be much rhythm or harmony. There does not seem to be a clear cue as to when to enter the stage or when to change one's step or even in what line to say. And as entities repeat lifetimes working upon one dynamic or another of loving and being loved it is as though you were in a situation comedy, or, shall we say, a karmic book, and the jokes sometimes go right past you because there is too much sorrow, too much suffering, and too much angst. And you feel like a living "Dear Abby" letter in search of the impossible solution to a complex knot of problems.

We encourage each to love that part of you that does not get it. You cannot wake up out of this illusion. That is not why you came here. You came here to be buffeted and pummeled by suffering and pain and limitation until finally, finally you surrender your intellect. You give up your logic and you move from head to heart. My friends, it is in the heart that the Creator is waiting for you, whole, complete and loving you with an intensity and utter compassion that is so real and so vital that there is no response but to love the Creator in return. This is not something for which you must reach. This is not something for which you can reach. You may sit in meditation for days and weeks and months and you will feel spiritual, but you will not necessarily be spiritual. For spirituality is in the being. It is in the self as you bring your self to the moment. It is in the attitude of self that, by faith alone, waits for that still, small voice, that intuition, that guidance that will tell you when to come in and what to say, that will enable you to look at a hopeless situation as far as harmonizing with another and say, "I reject the hopelessness of this situation. I will rest and wait for the rhythm to catch up.

In this endeavor you are crucial to each other, not simply mates, but everyone whom you pass on the street even, for you may in passing smile at someone who is hopeless and that realness may jolt that entity out of hopelessness into hope that bears much fruit. You do not know what you do. You cannot know the impact that you have as a being. [You may] not necessarily [seem to be] as those who are fruitful in the world. Some are. Some do not seem to be. And within the world this means much. Within the metaphysical world it means very little unless each thing that is a fruit is also one that was done with love, with a desire to help, with that stubborn naiveté that says that "I want to give the best that is in me, and I want to see the best that is in those around me." This encouragement of simple being cannot be overstated. May you have encouragement and support for each other, for you are acting upon yourself when you so do. And may you nurture and cuddle and hug that small self within that is so often hurt by a very bruising world. There is much unseen support for work in consciousness, for prayers, and

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for a life lived in faith. We ask you to lean into that support. This instrument would call it angelic support and say that there are angels everywhere. Other entities would describe this far differently, but the concept remains the same. There is guidance. There is help, for the Creator is constantly communicating to you using everything: nature, the environment, other people, coincidences. Be alert. Begin to see the spiritually interesting coincidences and you shall be much encouraged thereby.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and in light, thanking it as we leave it. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet each of you in love and light once again through this instrument. At this time it is our privilege to ask if there are any other queries to which we may speak. Is there another query at this time?

Carla: To follow up on the first question, are there times when it would be the spiritually rhythmic thing to do to separate from the mate?

I am Q'uo, and am aware of your query, my sister. In the run of things, as we observe the great majority of relationships, it is well to stay with the relationship in which one finds oneself in order that the learning might proceed most efficiently, for there is much work in the, shall we say, building of the foundation of trust and of faith that takes a noticeable amount of time and effort in your terms. This time and effort must needs be repeated if there is the leaving of a relationship that has the purpose of the teaching the basic lessons of the incarnation, for in whatever relationship that one finds oneself, there will be the repetition of the pattern, the lessons to be learned, the difficulties to be experienced, the confusions endured. However, in some cases we find that the confusions and the difficulties are in what may be seen as an out-of-control mode where confusion builds upon confusion. Opportunities are lost and lost again, and momentum fails. And perhaps there is the injury of the mental, the physical, the emotional, and perhaps even the spiritual nature that can occur. In such instances we would suggest that each entity within the relationship retire to the silent room within and, in the meditative state, appraise the situation, as one may do in any situation. And surrender the small will, which places its desires foremost in the field of the vision, and ask what the greater will of the Creator or the higher self might be in this situation. We always encourage the reliance upon the small, still voice which resides in each entity, so that this source of information may be found in each instance.

Is there any further query, my sister?

Carla: No. Thank you.

[I am Q'uo.] Is there a further query at this time?

(Tape ends.) ♣

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Sunday Meditation
September 11, 1998

(Carla channeling)

… which is known to this instrument as the chambered nautilus. As this sea creature grows it becomes too large for his previous shell and creates for himself a larger one and when in the course of time he then grows, he then creates a larger shell and so on in a beautiful and unending spiral until such time as he has no need for it whatsoever, for any physical vehicle, the consciousness having left this form. Then, my friends, all the shells are empty, having served their purpose.

There are two distinct stages to the development of your mental vehicle. In the first stage, it is primarily important that you constantly be aware that in each situation there is freedom, and you are not iron-bound by any restrictions from the outside. In order to fashion this awareness, it is in this stage necessary that you construct for yourself a larger mental shell, a larger home in which to dwell. Each time that you find that a situation is impressing you as limiting or difficult, it is time for inner work, my friends, in which you explore and discover the larger and more spacious mental atmosphere that is necessary for your balance.

There is a certain point in your development when you will find that you do not need a shell at all, but instead, in the vulnerable body of consciousness, you may swim out into the waters of the universe and merge with all that there is. In that moment, my friends, you will have discovered that there is no need for any vehicle whatsoever, for all things are one. And as your home is the universe, and as all things are one, no protection is necessary.

We are aware that this second stage is, for the most part, a very distant goal and yet we wish you to know that it does exist and that within it is a larger reality which in good time will supersede the limitations and the difficulties of your present state of consciousness. Meanwhile, enlarge your shell, my friends, through meditation and contemplation. Open yourself within, for the world without only seems to press in upon you. In reality, it is pressing upon itself and you are free.

We are enjoying this contact and find that transfer of information is very smooth at this time. We would like to leave this instrument at this time and use the instrument known as N. I am Hatonn.

(N channeling)

I am Hatonn. I will continue. Our intention, my friends, can be compared to food … to the food of the sea creature, the food the creature must eat in order to grow. To outgrow the old shell and to *(inaudible)*. Your intention is food from the Creator, so to speak.

At this time I would like to transfer to another instrument. I am Hatonn.

(Carla channeling)

We are with this instrument and again I greet you in love and light. At this time, if you have a question I will request that you ask it.

Questioner: Hatonn, hi, it's been awhile. I've been reading a book in which it states that a man named Timothy Leary has said that the discovery of DNA was a very, very important scientific and spiritual discovery. I wonder if you could comment on its importance and non-importance?

I am with the instrument, and I greet you, my brother, and affirm that we are never away from you as you think of us and question our existence, yet always send us your love. We always send you ours and never question your existence.

Questioner: I don't really question your existence but I question your form.

I am with the instrument. That, my brother, is a simple question. We will attempt to answer the question on DNA for it is an interesting one and, indeed, central to an understanding of the essential nature of evolution. For evolution is of a unitary nature and is not physical as opposed to metaphysical, for all things function in a certain way which is a way of, shall we say, the broken circle, or the spiral.

When the Creator sent all things into darkness to begin the great trip back to Him He defined the infinite circle and, yet, as we climb from cycle to cycle, we seem to be moving. And, indeed, we are moving within the parameters of what we may call the spiritual journey. But at the end of the journey we will find what we have been describing: not a spiral, but a circle.

To understand the building block of your physical vehicle is to begin to get a model also for the building blocks of [the] journey towards the light. You begin to see that which is physical as an extremely complex but completely understandable and programmable series of bits of information which are capable of reduplication and progression in space and time.

That which is programmable is reprogrammable. And so evolution—on a physical level—has its existence. It is a simple truth to realize that the nature of your spiritual journey, of the journey of your star system, of the journey of your galaxy, and of the journey of the universe as you know it, progresses along a similar series of programmable and reprogrammable cycles. What your scientist have not yet discovered is that there is a purpose behind the existence of consciousness, whether it be the consciousness of the self, the consciousness of a being of a race, of a star system, of a galaxy, or of the universe.

Without the understanding of this purpose, those of your scientific community who deal with genetic and that which is called [recombinant] research may act irresponsibly and, yet, this has been done before and its consequences and planetary karma have been reaped and, yet, my friends, the cycle goes on.

Does this answer your question?

Questioner: Actually, no, not fully. I do understand what you're saying, I appreciate it. But what I was thinking was that DNA is sort of like the cosmic telegraph office between the message of the Creator and the cells of our body. I was also thinking one night in a somewhat questionable visual state that the DNA, the matrix plan for the DNA is also that of rejuvenation and a lot of the basic drives for reproduction. Rather than just the creation itself, it also has sort of that [duty.] The telegraph office of the *(inaudible)* would deliver the message to create the unique mind and personality and drives. Am I correct?

I am with the instrument. That which is DNA is as a blueprint for the construction of a vehicle. Those drives which are part of the vehicle—that is, those of hunger, reproduction, desire for oxygen, and other necessary functions of the vehicle—are blueprinted by DNA. However, that which makes a being a being, is not DNA oriented but rather is within the, shall we say, eternal nature of the spirit or soul which inhabits and animates the actions of that vehicle for the time in which that vehicle will remain viably conscious on the physical level.

Now, there are, shall we say, blueprints which are the counterpart of DNA on the eternal or spiritual level …

Questioner: What about mental level?

That which is mental is a matter of programming as you know that are aware from what you have said and can be reprogrammed and this is what we were

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attempting to say about DNA itself. As the vehicle slowly follows evolution of a species so your mind can be reprogrammed by your conscious direction of will in appropriate circumstances. However, that which is eternal within you and which is related not to a day-to-day activity but to the personality which expresses itself in a timeless and instant vibration at all times, is not being fully reprogrammed by a mental reprogramming but is influenced over many lifetimes and many experiences.

However, a serious and concentrated effort can gradually make a distinction into the vibration of the being. In fact, at any moment your will and desire were strong enough you could instantly change your eternal being. It is simply that instant of will and perfect desire is not easily come by.

Questioner: Doesn't the will and desire already influence the genetic message? See, what I'm trying to get at is that it appears to me that people who have genetic malfunctions, like in their biases, they get karmically imposed, genetically, from the genetic message delivered by the soul so that *(inaudible)*.

Let us separate theories of karma from the genetic structure of a physical vehicle. May we say first that each *(inaudible)* of incarnation is individual and not all genetic malfunctions are due to that which is known among your peoples as karma. However, if a soul is removing karma by a certain situation which it chooses, he does not form a physical vehicle with that genetic imbalance but rather chooses a physical vehicle which already has that imbalance. The imbalance itself is guided by the rules of DNA in its random combination. The parents of a particular physical vehicle might, by mediation, cause the randomness of DNA selection to be less random. However, this is due to the action at a distance effect of the mind upon physical particles—such as spermatozoa and ova.

The soul and its philosophical nature must not be considered to be interacting with the physical DNA genetic code prior to incarnation. The soul chooses the vehicle which best suits.

Questioner: Does that *(inaudible)* of longevity and perhaps even immortality or this *(inaudible)*. Is that a conscious spiritual union of, through meditation, of the spiritual mind of the DNA genetic code?

That which is long life is desired by some among your peoples but in your present vibration it is not truly desirable. There will come a time when longevity is natural. Efforts to precede this natural moment by means of scientific and technological advances may perhaps be fascinating and inspiring to your peoples. However, when longevity is a desirable tool which you may use to good effect—learning and growing throughout a longer incarnation—the exterior vibrations will of necessity, have, shall we say, ameliorated and wars and violence and other negative aspects will have lessened in their impact on the planetary vibration.

The efforts of single individuals to have lives on the planet which do not take into account the outer negativity of the planetary vibration are lives which, shall we say, are those of a *(inaudible)* and may not be as rewarding to the progress of the soul. However, we realize that we are not addressing ourselves to your question but it is not a question that we can answer simply.

Questioner: Are you saying that it would do just as much *(inaudible)* to spend a great a deal of time *(inaudible)* trying to communicate *(inaudible)* with our genetic code *(inaudible)* that would pretty much be a waste of time at this point?

Our basic feeling is that those who work in this area are great pioneers and as their work is perfected it is greatly hoped that that golden age so richly deserved may come to pass and all things will come in good time. However, while those who are working in this area continue, we have noticed that the planetary vibration itself becomes, perhaps a little darker, perhaps a little brighter, but basically the same. And our basic suggestion is that to help the planet grow is at least as desirable an activity as to help in an esoteric understanding which cannot be fully used until it can be used by all.

Questioner: Well, thank you very much. As usual, I have more questions now then when I started. I really appreciate that.

We thank you for allowing us to share our thoughts with you. Is there another question?

Questioner: *(Inaudible)*.

I am aware of your question, my sister. First let us elucidate the question of the one known as Ra for his description of longevity as we understood it included not merely a long life as we now know it but that which you would term an impossibly long life such as one which spans two centuries or more.

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And, indeed, we enjoy a longer life than you by many centuries for our whole sense of time and space have changed as we have entered new vibratory patterns.

Now, secondly, let us address ourselves to your question of a normally long life being perhaps not desirable. May we say to you that lives as you know them, whether long or short by any standards, are in a certain pattern which you have chosen before you enter into the pattern. As a result of going from the beginning to the end of this pattern your spirit hopes that it will have learned certain lessons and thus have improved and refined the vibration which is its essence in the sphere of eternity in which all of you truly dwell.

When one contemplates and then does that which is known as suicide, one cuts short before the natural end the time of learning. And more often than not, the lessons which that soul had hoped to learn have not been learned. Consequently, it is often so that rather than alleviating karma, the action of taking one's life adds more karma to the burden which is already carried and you are trying to discharge by the expression which is the lifetime which you are now living.

Thus, when you reenter incarnation, you have not only the original lesson to be learned but an additional severity to that lesson which is brought on by that pain that you have caused to those whom you have previously loved. Many times this type of karma is alleviated by the total forgiveness of those whom you have hurt. However, it is simply desirable to live until it is time for the lesson to be through, for your burdens to be laid down. It is a truism, we are aware, but we must repeat that you are not given those things which you cannot bear; thus, working through what is difficult.

When you finish with a lifetime, at its natural end, whether it be short or long, you can then go on and learn other, perhaps, more agreeable lessons in other, perhaps, more agreeable spheres of vibration. If you may think of your existence as having a natural rhythm and an ongoing purpose, perhaps it will be easier for you to understand that suicide, as you call it, is a stoppage of that rhythm in an arbitrary manner. Instead, it is desirable to proceed with the rhythm of your existence, always seeing the many blessings that are about you and letting the realization of love flow into you from the Father. If you can keep these realizations before you, your life, in this realm and all others, will be enjoyable and fruitful.

Does this answer your question?

Questioner: *(Inaudible).*

We thank you, my sister. Is there another question?

(No further queries.)

I am with you. Please, my friends, know that the love of the Father flows throughout the cosmos on the wings of all of the universe—to you, through you, from you. I am Hatonn. I leave you in that love. Adonai vasu borragus. ✧

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Sunday Meditation
September 20, 1998

Group question: The question today has to do with acceptance. There are a number of people in the group today facing the possibility of a change in their life, of moving to a new location in the country or a new location in working or a new situation at home and we would like some information about how we can accept what the universe or the Creator gives us even though it might not look like what we wanted or what we had in mind. If Q'uo could talk to us about the quality of acceptance, the peace of mind and the harmony that we can achieve by acceptance, we would appreciate anything Q'uo could say.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator. As always, it is a privilege and a blessing for us to be here with you, to share in your meditation, and to rest in the harmony of your vibrations. We apparently will be sharing this communication with the one known as M and we welcome this entity. This entity speaks the truth.

You have requested that we speak upon acceptance, and that we are most pleased to do as long as it becomes and remains clear to each of you that we are not the voice of authority but your brothers and sisters, imperfect, as are you in any sense that can be rationally understood. We make mistakes. We have opinions. We share the opinions and hope not to share the mistakes but undoubtedly we shall make mistakes. Not all of our opinions shall be those that will aid you and so we ask, as always, that you use your discrimination and trust your guidance within to the exclusion of other voices when necessary. For we have utter faith that you shall know the truth that is for you. As long as that is understood we are delighted to talk about acceptance.

As we search through this instrument's store of experiences, we find that this word of acceptance has overtones of toleration and even a grudging or somewhat difficult transaction within. The acceptance is not an easy thing sometimes, that sometimes it is difficult to accept, and we would like to remove that overtone that is implied in that bare word, for acceptance is a word that does not ring of joy. It does not have the freedom of feeling that we would like to talk about. Our choice of words would perhaps be faith. When this instrument was very close to death some years ago, she put a motto above the hospital bed where she lay. It read "Faith, the final frontier." As each of you does, she wished to find the joy of acceptance. It is well to have that kind of reminder when one is working upon a situation in which one is not yet comfortable and does not yet feel positively or affirmatively concerning the situation.

The one known as Jim has talked this weekend somewhat about becoming the fool, and we are the first to confirm that in any rational sense that faith is a foolish thing, that archetypical image of the fool walking off the cliff into dead air. This instrument immediately thinks of the coyote in the Road Runner cartoon, who is running at top speed to the edge of the cliff and beyond and continues running in the air until he realizes that there is no more cliff. That realization plummets him to the depths. The teacher known to you as Jesus called to the one known as Peter who was in a boat. Jesus was walking across the waves towards him. At Jesus' call, Peter left the boat and was walking on the water also, until he realized that he was on water. And as his faith fell prey to rational observation, he sank like a stone. So each of you is vulnerable when being full of faith to accusations of foolishness, of not getting it, of not being aware of the true situation, and like any fool there is almost no answer that will satisfy one who critiques the actions of faith.

(Long pause.)

We allowed this instrument to remain without any information for some few seconds in order that we might demonstrate immediately, and within the context of the moment, the type of energy that is involved in the faithful. This instrument did not attempt to fill the silence that it perceived from us with its own opinion or any words that might put off the need for the next meaningful thought. The instrument was content to be silent if we were silent. It is a lesson that took this particular instrument some years to learn. And, indeed, each of you has spent lifetimes already working on this precise discipline of the personality and of the mind.

When each of you is not within the veil of forgetting, each of you is full of faith and power and purity. Each of you has been eons in development. Each of you brings to this moment a tremendous array of gifts. And each has created for itself each and every opportunity that you and your higher self, as forces of soul or spirit, felt that you would wish to have. As the character this instrument calls Clouseau[22] would say, "Every move you make is carefully planned." We say this as we watch you falling over the furniture of your life, tumbling through doorways, bumping up against walls you didn't see, and walking through the walls that others see. And yet within the confines of the incarnational self, how difficult, indeed how impossible it is to remain aware of who you are.

It is difficult to gather the self together to meet such a challenge as prompted this question. For that which you deal with upon the surface is extremely seamless. It is an excellent illusion. It is a thorough going in rich illusion, a tapestry of detail that is incredibly intricate and absorbent. And yet all of this is as the thinnest shell, and has as much life in comparison to the self that you are within that shell of personality as does the shell of an egg compared to that life within, that the shell protects, that the forces within the shell feed.

Many of you have spoken this weekend concerning the desire to move out of that shell, to become a citizen of eternity and not a person with a body and a lifetime, a beginning and an ending. And yet this is your time within the shell. This world of shadow is your time of being unborn and developing that being which shall hatch upon the entrance to larger life which you call death. Within this shell is marshaled infinite power, wisdom and love. Within this shell lies the food that you shall need, those drinks of water that are guidance, inspiration and hope. And so we ask you to abide within that state of being in the learning situation of the unhatched egg. Unlike the little shell of the egg, your shell is large. You may move about. You may express yourself within the illusion in many, many ways. However, you are constantly and infinitely protected. That physical vehicle that sustains life within this density, within this illusion, shall fail. Just as it had a beginning so shall it have an end. So each moment that you have within the time and space of this illusion is precious, for it can be given only the one time. There is no recapturing a second of experience, opportunity, challenge. And of course we urge you therefore to be alert, to be vigilant, to pay attention, for the winds of your thoughts are rich with useful concept. There is constantly coming to you from many sources guidance by sign, by metaphor, by physical experience. And as you use your intuition to notice coincidence and synchronicity and pattern, you may begin to find your environment more and more full of information and this is helpful to one who is attempting to live a life in faith.

For one who is looking for a job, looking for a way to make money, there is that feeling of panic. "Yes, I have faith, I have faith that the Creator loves me, I

[22] Inspector Clouseau, from the movie *The Pink Panther*.

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have faith that I am something more than my body and my mind, but I need a job." We encourage each who has concerns to voice them not to the self, but to the Creator. This instrument often argues with the Creator. The Creator doesn't mind. We would encourage each of you to have conversations with deity however you may envision that, at any length, at any time, with any emotional import whatsoever. With this conversation is more than any emotional colloquy. When talking with the Creator you are opening lines of energy within the deep mind that marshal and enable forces that are helpful to you. Let your faith be in something you can talk to. Let the deity have whatever face it has for you. Let the Creator be real to you. For, truly, as you move from this veil of forgetting, much will be restored to your knowledge, and you will marvel that you could ever doubt the eminence and reality of infinite intelligence, that great Logos that is love.

We do not know how to make real to you the Creator. We can suggest conversation, we can encourage silent listening, but in general we can simply say that any way that you can engage yourself in converse with intelligent infinity will be helpful to you. Indeed, you are speaking with yourself. However, it is helpful to speak to the greater Self and not simply to run the small circle of thought that goes nowhere. When the issue is acceptance or faith, the last thing that you need is rational thought. Here is a situation in which the intellect and its logic will not be useful in most cases. Now let us look at that for a moment. The logical mind that you have working for you is extremely helpful in making choices. That is the nature of intellect. It discriminates, it compares, it sees options, and chooses one. Much of the incarnational routine, shall we say, of daily life needs this kind of attention, organization, good choices made that will move you through the day and through the week and so forth.

There are entities that spend their entire incarnation without need for the recourse [of] faith. These people have the bliss of ignorance and having not yet come to the crossroads when logic fails. And one must move into the realm of unknown and mysterious things. For those who have come to be awake within the sleeping world, for those who have chosen to dive a bit deeper into quality of life, times when faith alone will serve come ever more rapidly and frequently. And indeed for many there are times when intuition and faith alone will steer the ship that can read no direction from the stars, yet how to inspire within you that quality of attitude that we call faith? Certainly one suggestion we may give you, and we do that again and again, is to learn to appreciate the still, small voice that speaks in silence. The Zen Buddhists have a saying that this instrument is fond of which is, "I held stones in my mouth for twenty years until I learned to be silent." Where does that urge to fill up the silence come from? There is that fear of silence, that reluctance to move into the unknown, the ineffable, the trackless, and yet this is the very stuff, the very material that you so value as a soul, as a spirit looking for the opportunity to work upon the consciousness, the polarity of that infinite and eternal self. Indeed, you wished to come here to be of service, but you also wished to learn. You wished to place yourself at risk. You make yourself vulnerable in order that you would have this opportunity to work on faith.

Move into now your body, feel that physical vehicle, feel the gravity that makes it rest upon your seat. Feel that contact, feel the shape of your bones and your flesh as you sit in meditation. Pull back the view and see yourself sitting with your feet pointing towards the center of the Earth and your head pointing outward from the side of the planet as it revolves in infinite space at the edge of the small galaxy, nowhere near the center of the universe. How tiny, how infinitesimal each of us is and yet each contains the creation. It is this sense of the infinite riches within that we would like to share with you as we encourage you to cooperate with your destiny, to recognize that it is well to move from the safety of intellectual and rational thought to the illogical and foolish ways of faith, and knowing that all is well, and all shall be well. There are so many mottos about taking it one day at a time that we can hardly speak about that concept without trivializing our conversation. And yet one great key in living in faith is taking it as it comes. This instrument has a friend that likes to imagine the worst: "What would I do if the worst possible scenario occurred?" This friend causes itself many worries. We would encourage you that when you have that craving for surety, to think upon the fool in mid-air who does not look down, who chooses, illogical though it may be, to trust.

Each of you will move through your days and meet your eventual physical demise with a mixture of easy and difficult times. We encourage you to watch for

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the pattern, watch for those things within you that cause you to stop and contract and move into that worried state where the thoughts move in small circles. Watch for those, being aware that your earthly pilgrimage is a journey from the head to the heart, a journey from past and future to the present, a journey from dark and light to oneness, a journey from right and wrong to love. Focus upon your love that you can give, that you can receive. Honor and respect that, follow that, and for the rest having done all those logical things which one can do in a situation, then crawl into the hands of infinite intelligence and rest easy. We encourage you to strive. We encourage you to help your situation in any logical, rational way that you can. But when those things have been done and there is still concern we encourage you to walk upon the water, to jump into mid-air, to toss yourself into the sea of confusion in faith that the Creator will toss you where you are to go and will bring to you the fish you need to eat and the water you need to drink and the understanding you need to grow.

You have but a little while upon this Earth. May you use the time lovingly, sweetly, insofar as you are able. There is for the fool a peace, a peace that the world cannot know. It is the peace of absolute trust, that the one who watches the sparrow also watches you. That no matter what occurs, be it starvation or death, this too is acceptable, this too is part of pattern, a beginning, middle and ending. When once again this body that you now enjoy is dust, what you shall value about this incarnation is the suffering you have successfully undergone, the challenges that you have been able to take advantage of as opportunities to express faith.

There is no way to prove spiritual truth. This is not an elementary mistake that the Creator made but rather a careful example of the refusal to infringe upon the free will of each spirit, That each may learn and each may be guided by faith alone, to rest in confidence and quiet surety. We encourage each to work upon these difficulties with a light heart and with a peace within that simply says, "I'm looking, I'm watching"…

(Side one of tape ends.)

(Carla channeling)

… in your faith, in your serenity, and as you go about this work to remain aware of those about you. For they too are moving through crises of faith, initiations that cause them to be up at night, to be concerned and disturbed. For each of you can be to others that bright light that remains faithful and steady, and remember the unknown stranger as well. Turn your mind to the crisis of faith of those many, many of your tribe of human that you know not, that you shall never know within incarnation and who are yet a part of you, and you them. And lend them your faith, let it wing where it will, where it is needed, for just in such a manner can you love and serve without leaving your chair, without moving a muscle, and serve right well, and in a very important way. You are not the only entity adrift on this sea of confusion. The archipelago is crowded, my dear brothers and sisters, with many frail barques, with many wandering souls, and each of you is to the other an anchor, a mast for sail, a rudder for direction. You know not when you shall be able to be used to aid another.

This instrument is informing us that we have talked long enough on this subject and with our customary humility we shall, therefore, fold our tents on this subject and steal away in order that you may ask other questions that you may have at this time. We would at this time transfer this contact to the one known as Jim, thanking and leaving this instrument in love and light. We are Q'uo.

(Jim channeling)

I am Q'uo, and am with this instrument, and we greet you again in love and in light. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

Questioner: As entities, did we always exist, as we shall continue to forever exist?

I am Q'uo, and am aware of your query, my brother. To the best of our knowledge, which as we spoke before is limited, each here and each that is now in creation in any portion of the creation has existed before any creation began yet not as you exist now, for you are rich with experience gathered through many, many lifetimes in different locations within this creation. However, as [a] point of consciousness, as an awareness of being, yes, indeed, each has existed, and shall exist, in the future as you see it.

Is there a further query, my brother?

Questioner: No, thanks.

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I am Q'uo, and we thank you, my brother. Is there another query?

C: We had a question yesterday that I thought was very interesting and it was "how do you see us?" and we thought, well, you see us as vibration because you have mentioned that and I believe you've mentioned color. I wondered if you wanted to add to that. How do you see us?

I am Q'uo, and am aware of your query, my sister. We see in a manner which is much like your sensing, that there is within your presence another presence. If we choose we may see you as emanations of vibrations that itself can and does produce light, that which you call your aura. We see you often as accumulations of experience and as potentials for further experience. We see you when we look to the heart of your being as ourselves, as the one Creator. We see you in many, many ways for there are many ways to perceive the creation about one and within one, and when one has perceived clearly enough, there is nothing but the Creator.

Is there a further query, my sister?

C: No, thank you.

Questioner: I have a question.

We would welcome your query, my brother.

Questioner: As those of us who are gathered today depart and return to our homes, there may be a desire to meditate at times in ways that we can tap into the collective energy that we have been generating here this weekend. Might there be a particular exercise or focus or suggestion that you could offer that many of us could use at any given time to tap into the collective energy so that our meditations are more of an experience of communion rather than solitary exercise?

I am Q'uo, and am aware of your query, my brother.

(Tape ends.) ♣

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Sunday Meditation
October 4, 1998

Group question: We would like Q'uo to give us information as to how we can determine what our true heart's desire is, that which is more central to the evolution of our soul rather than what we think we want as we go through our daily lives. We are wondering what you can tell us about determining and discovering what our true desire is.

(Carla channeling)

I am of those known to you as the principle of Q'uo. We greet you in the love and the light of the one infinite Creator, in whose service we are. We bless and thank you for calling us to your circle on this autumn day. The creation of your illusion is most beautiful at this harvest time of year, and we have enjoyed the glimpses that are within your minds of the beauty of these past days. Truly, yours is a lovely plane of illusion, and we greatly enjoy blending our vibrations with yours at this time. As always, we would ask that you listen to our words, not as words of authority, but as opinion from fellow pilgrims along a dusty road. It is often that those who walk upon this road may be the hands and the voice of the Creator for others upon that road also. For each of you is most definitely a receiver and transmitter of energy.

You ask this afternoon concerning energy, for that is the very heart of desire. The energy of desire [fills] the universe in which each entity lives for that entity. The human body takes a certain kind of nourishment, craves a certain kind of liquid to quench the thirst of activity and work done. And just so the desires of the heart, both those known and those unknown, have tremendous power to shape circumstance in order that opportunities might be offered to learn more concerning those desires.

Let us talk for a moment about desire and energy. When we speak to you using this instrument's voice, the sound you are hearing is a vibratory energy. The bodies which you enjoy the use of during this experience are made of overlapping and cooperating fields of energy. As a unique citizen of eternity you have a core vibration which is a distortion of the great original Thought which is Love. Each of you distorts that core vibration of love in such and such a way, creating for yourselves a signature that is as unmistakable as the name and certainly more rich in information offered about the self in comparison to the naming. So your very nature is vibration and, indeed, the nature of all manifest and created things is energetic. All things are vibratory energy fields.

Those upon your level appear solid and real and yet they are tremendously vulnerable to that entity who knows the higher road, who is able to work with that level of self which overarches the current incarnation. And as each of you has evolved you have had these times of realization of the great effect

which your desires can have upon experience itself, and as this instrument is often known to say, you must be careful of what you desire for you will get it. For this is the nature of this experience. The whole human nature is geared towards the satisfying of desires. The heritage from your second-density body is a heritage of instinct to breathe, to eat, to procreate, and to survive. These are instinctual desires, but no more powerful than the desires that your consciousness had as it evolves.

Now let us look at how entities desire, how they may go about determining what their desire truly is. On the surface level, on that level which most entities of your density skate upon, not knowing that there is a universe under that skin of ice which is full of life and water and magic, desire is a very plain and simple thing: when the personality says, "I want this." The response is according to its personality: the acquisitive person shall go and get that which is desired straight away and figure out how to pay for it later; the more chary conserver of the nest-egg will take the same desire but will carefully set aside that energy that is needed to achieve the desire. For most of those walking upon the skin of life and not into the ocean of it, the desires are fairly simple and are in the physical world. But something happens which turns the surface skater into a swimmer that can swim to the depths. A spiritual awakening occurs as surely as an alarm clock goes off and it is time to wake up. And, as each has found in this process of awakening to the metaphysical side of life, the desires of the heart become much more complicated and much less easy to satisfy. Yet in the way of enculturated humankind it is not unusual to see quite consciously aware entities still approaching the method of achieving desire in the same materialistic way that an entity would save up money to go see a certain movie, or to buy a certain product, or to get, as this instrument is so fond of getting, a new change of clothes.

And the desires of the heart are not commodities. Indeed, the desires of the heart are constantly in evolution just as your whole vibrator nexus of being is constantly in the process of becoming more of that which you truly are. This would seem to be difficult news to bear, for truly we do wish to satisfy our desires, once they are known. But because life for the seeker has become metaphysical, not to the exclusion of physicality but in the sense that the metaphysical universe is known to overarch and to order the manifested illusion, it would indeed seem that there may be better ways of approaching the question of what does one desire than simply to take the opinion off the top of the consciousness and start to try to figure out ways of achieving this conceived desire.

And indeed there are. Moving into a more skillful way of examining self and the self's milieu is quite possible and not particularly difficult for the one who is moving to be silent and to allow unknowing to remain as it is until it will change. Let us think along the lines of computers for a moment as we often find that such an allegorical comparison is helpful when talking about the structure of the mind or the structure of consciousness. In the software of the computer there are bells and whistles to help you do that which you wish to do upon the computer, but they are not all of the same level. And hidden in many programs are many powerful subprograms that are not seen by the casual observer and are simply ignored with that ignorance that is bliss. They know not that deeper programs exist and they know not what use they would be. They are still [skating] on the surface. They are still asleep. And each of you as seekers have plunged into those infinite waters of consciousness and you have become aware of those deep voices within the mind, those presences, those principles that are personal and yet impersonal, that are the self and yet the oversoul of the self. And in the silence you can put the question: "What do I truly desire?" and then you can listen. Listening to that graceful and yet muscular silence is a discipline of the personality that will never disappoint the persistent listener. Simply allowing the distortions of the moment, the confusions of the day to slip away can put one into the heart's sanctum sanctorum, that inner sacristy of silence and prayer where the Creator waits infinitely and patiently. The Creator awaits each of you within your own heart, within that deep silence that is within that room within the heart, for truly the holy of holies is within you, and within you are not only all of the instructions for this life and for this period of learning but, indeed, all of the instructions whatsoever for the you that you are before time was.

There is no end to that which can be sensed by one who is willing to stop and listen and remain without impulse. This instrument is very fond of an old Irish poem, the last verse of which is, "The peace of God it is no peace but strife closed within the sod, so brothers let us pray for one thing, the marvelous

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peace of God." As you activate this holy of holies within, as you tabernacle with that great Logos which has created all that there is, you free from your deeper self and allow to move into conscious experience that self that is truly surrendered to service, to the service of the one infinite Creator, to the service of learning and expanding and evolving that you have committed yourself to in a personal way during this incarnation. We would not wish to do your work for you. We cannot make choices for you, but we can encourage each to seek for herself an ever deepening awareness of desire. For we feel that each will find that as he moves into that frame of mind that offers a different vantage point on the concerns of the day that in truth each desire that has seemed to have been thwarted has, in fact, simply not been an opportunity that was part of destiny. And why would this occur? Why would the entity desire and desire and try and try to achieve that desire and feel so completely failed when the attempts do not work?

It is because there is this assumption that desire equals the need to fulfill the desire. As before, we would say to a person skating upon the surface of life this is a logical and useful attitude. To those wishing to live a life in faith and service the attitude simply does not encompass the experience that you have set up for yourself as a seeker. Does this then mean that as one has awakened to one's metaphysical identity one ceases to be able to achieve that which one desires? We cannot answer this for you, for some have a very clear idea of the deeper desires and others perhaps not as clear an understanding of their deeper desires. When you reach the bottom of the personal life, the incarnational mind, you find that the universe within is created as though for the first time in such a way that you have connections into the impersonal and Creator-filled realms that guide events within this realm. When you come to the end of your human ability to reason and to understand, you will come to a point of surrender, and this point of surrender is a [peak]. Working with the personality to see into the deeper energies of the self, you open and enable for yourself the underlying desire that feeds all of life. This level of desire is that which wounds in the flower, that which springs from the smile; or from the eyes. Each time you are able to get to the bottom of desire you will find that the base of that desire is the desire to cooperate faithfully and persistently with the destiny that has brought you all which you have so far enjoyed. At the back end of that great long train of desires you will find a little gay caboose that says, "I surrender. Not my will, but Thine."

Perhaps this is bad news for those who wish to affect their lives in such and such a way. But we believe this to be the way things are in the metaphysical realm, for in that realm thoughts are things. Intentions of actions and desire is turned upon its head, blending for the citizen of eternity the desires of the self and the desires of the Creator, and as these two come slowly into synchronization, destiny becomes fluid and one finds oneself more and more easily able to pierce the illusions of desire to move into that heart which desires completely one thing: the opportunity to love and be loved, to have consciousness, to breathe in and to breathe out, and all else will be as it will be.

One last thought concerning desire. The one known as Ken Keyes has done a good deal of work in looking at desire, and this instrument has a good opinion of that which this author says, which is this: that desires in and of themselves are neither bad nor good; they simply are things which create a bias. If one moves too far along that route of desire, the bias becomes an addiction. So, in many ways, the managing of the too rambunctious desires of the somewhat less evolved person may be seen to be of an addictive quality. The feeling is, "If I have this, I will be all right. If I do not have this, I shall not be all right." This author then encourages the addict to downgrade that addiction to preference. One can say, "I prefer that this thing happen in this way, but I am not addicted to it. It is not necessary." This too, in its own way, is a key, for when you look at desire with the conscious mind it is difficult to see what that energy is. But you will find that there are addictions in the personality just as there are in eating foodstuffs, and certainly life becomes a more, shall we say, comfortable illusion when one is able to see clearly one's preferences and yet have the center quality of balance that allows one to surrender.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege ourselves in the attempt to speak to any

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further queries which those present might have for us. Is there another query at this time?

Carla: For several years I have said that I want to write a book about wanderers for wanderers, but [my] time keeps getting caught up in so many other wonderful things to do. I would appreciate your thoughts. This is obviously something I am not addicted to, but I would prefer to finish this book sometime before I leave this incarnation. Any comments on that, Q'uo?

I am Q'uo, and am aware of your query, my sister. And it is our desire to be service in our response without infringing upon the Way of Confusion, that is, upon your free will choices. For there are, indeed, many possibilities which present themselves at this time to your attention for the fulfilling as a means of being of service. That which you have found yourself doing is the reaching out to those who reach first to you, offering advice and opinions much as do we when this circle of seeking has called us as you have called us this day. We would remind you, my sister, that the ability to serve one is the ability to serve all, and there is, in our humble opinion, no necessity for concern upon your part as to how you shall serve, for service and its opportunities shall continue to present themselves to you. You are in the position of being able to choose how you wish to refine, or indeed how you wish to present, your service to those who would seek your advice, your opinion, your suggestion.

If it is indeed your heart's desire that you write the book for wanderers, then you will find a way for this to be accomplished, as you have done so in the past with other projects of the nature of the book. However, if you find that there are other ways in which you wish to serve, these also may be explored without any feeling of that which "must be done," for, as we are familiar with it, there is the saying from the one known to this instrument as John Lennon that, "Life is what happens to you while you are busy making other plans," and this is indeed true for most entities who seek to be of service. The seeking to serve [is that] which is of primary importance. It is that which draws to you opportunities to serve. The opportunity which you choose, the avenue which you go down, is that which is right for you, for you have chosen it, and it has chosen you.

We realize that we have not added a great deal of insight to your understanding of this situation, but we wish to remain within the bounds of free will in our response.

Is there any further query, my sister?

Carla: No. I appreciate your not wanting to infringe upon free will, and I wouldn't want you to either. I appreciate what you said, and I think it is in my nature to write to one person who is asking the question, and put my whole heart into that, than to sit down and write for the unknown people who would read my book. I know that if I gathered up all that I have written to various wanderers I would have a book. So I guess I can rest easy. Do you have any comment?

I am Q'uo, and am aware of your query and would simply respond by suggesting that to serve one is to serve all.

Carla: Thank you. That gives me peace.

I am Q'uo, and we thank you again, my sister. Is there another query at this time?

A: How does one distinguish between answers that come from the higher self without filtering from the ego?

I am Q'uo, and believe that we understand your query, my brother. The messages that one receives in the meditative state, the prayerful state, the contemplative state, the inspiration that strikes one in the midst of the day, these sources and means of receiving information may be examined again in the meditative state for the depth of purity. For there is within each entity the tree of mind, which moves ever more deeply to make contact with the deepest resources available to one. Whether this is the higher self, the guide, the teacher, or whatever source of inspiration one has sought, it is within the meditative state that one determines the relative purity of or use for this information. For there is within your illusion no clear and certain means to know at each communication what is, shall we say, flavored with the interpretation of what you have called the ego and what we would call the personality structure. Indeed, in some instances it is helpful for this flavoring to occur, for it aids the entity in moving in such and such a fashion. When there is the necessity for a message to be imparted with relative purity one may trust and have faith that this will be done by that source which one seeks, be

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it the higher self or other sources, and that one may look at this information when it is perceived—in the meditative state—and determine that this is from the higher self.

There are opportunities for each entity to feel that information is more or less helpful according to the origination, the source of the information. We encourage each seeker of truth to use a healthy dose of discrimination on whatever information comes before your notice. We would further add that we would also suggest that all information that comes before one has a value to the entity that notices it. Whether this value is to take the information literally or whether to interpret it with the flavor of the personality structure, is for each entity to determine. For, indeed, all that speaks to one is the one Creator. Each message can have value if followed to its ultimate source. All information can be helpful, and all information can be discriminated, can be evaluated by means of the meditation, the contemplation, and the prayer.

Again, my brother, we realize that we have not biased you in one way or another or given a technique by which information may be discarded or retained unerringly. This is always within the bounds of one's free will. We wish both to emphasize the value of discrimination and the value of the many voices of the one Creator about each seeker of truth.

Is there a further query, my brother?

A: Is it reasonable for me to ask over the last few years what [is the] percentile of accuracy of determining my higher self's messages to me?

I am Q'uo, and am aware of your query, my brother. And we must refrain from giving such a percentile, for we do not wish to seem to judge, and we are aware that each seeker such as yourself must needs make these choices for himself or herself. We again would reiterate that it is as important for each seeker to determine the framework for seeking, that upon which it shall build its metaphysical personality, as it is for a seeker to receive information from any source other than itself that might aid in the building of this structure. What we mean to say here is that your choices, made with consideration, with love, with consideration for the harmony and unity of all things, these choices are as important to you as any information you shall receive. How you choose, what you choose … you can construct the basic foundation out of the desire to know the truth and the faith that it will come to you as certainly as can any structure be builded by any discarnate entity with information to share.

Is there any further query, my brother?

A: No.

I am Q'uo, and again we thank you, my brother. Is there any other query at this time?

R: I just want to thank you for the inspiration such as you provide. I find it very useful. I guess it's my desire to say it again.

I am Q'uo, and we appreciate your heartfelt sentiments, my brother. We seek to serve those such as yourself and those in this circle of seeking in the most helpful way that we can. As you discussed previous to this session, the desire to serve is that which propels entities who wish to seek the light and the love of the one Creator. The means by which the service is rendered is not often easily determined and is, indeed, a delicate process, one which challenges the imagination of all true seekers.

Is there another query at this time?

A: One more. When one is at a higher level of consciousness, as opposed to those of us in third density, the third-density person must operate without clear sight. Can we still give advice in this condition and not get carried away with error? How are we doing?

I am Q'uo, and am aware of your query, my brother. Again, we would remind each that there are no mistakes for any portion of the one Creator which seeks its source and its unity with all. There is in this illusion that you now inhabit the great desire to seek, to love, and to be loved, for this is the lesson before you. The ability to know whether or not one has served well is not a portion of this illusion, for it is that which partakes of wisdom. In this illusion one cannot know anything for certain. One can seek. One can desire. One can build the framework, the foundation for the metaphysical self, and build this foundation securely without knowing anything in detail or in particular. For there is in this illusion the great interplay and interchange of energies as each relates in one form of relationship to each other entity within the illusion. The many steps forward, backward, sideways, missteps, bumped feelings and knees, all of this great cacophony of experience is

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that which eventually informs each entity precisely as that entity needs be informed. It is a great dance of the one Creator and Its many portions with Itself and though there seem to be many missteps and paths traveled that one may not wish to travel beforehand by entities, indeed, each step is taken with perfection. The ability to learn from what you call the mistake is oftentimes more valuable than avoiding the mistake, as it is called, originally. We are aware that there are forces, subconscious energies, in each entity. There are teachers of an unseen nature for each entity. All work in this great musical effort, this great dance that all participate in that allows each to exchange energies with others that are necessary to be exchanged. We applaud each entity's desire to move in a certain direction, metaphysically speaking. However, it is not so much the direction that is important as it is the desire that is important, the faith that such movement is possible, the faith that it occurs though one may not see it or measure it in any knowable degree. However, the faith that such movement is possible and the desire to move in the direction of love and light is that which is of importance.

Is there a final query at this time?

(No further queries.)

I am Q'uo, and we would take this opportunity once again [to thank you] for inviting our presence to your circle of seeking this day. We would again assure each entity that each walks with many companions upon this unseen and dusty trail of seeking the truth. There are with you many who have traveled this trail before and now return to walk again to aid you in some small way that you may perhaps find the right person, the right book, the right roadmap for that moment. In your quiet moments, give thanks and praise for each entity, for they are indeed an angelic company who walk with you at this time. They have walked with you since before time and shall walk with you through all time. We are known to you as those of Q'uo. We leave each at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ❦

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Sunday Meditation
October 18, 1998

Group question: The question this week has to do with the changing seasons in our spiritual life. We all have desires as spiritual seekers to do a certain spiritual practice: to meditate more frequently, to live more peacefully, to be more aware of what we are doing. We have a lot of different desires that we would like to see fulfilled, but it takes us a lot of effort and a long time to make our desires into the rituals and patterns of our lives. As we go on for a while with a pattern, it seems that at some point we need to make a change and a choice, and our further spiritual growth has to do with making new patterns. A part of us dies and a part is reborn. Would Q'uo talk to us about how these changing seasons come about? We would like to work in harmony with them and to have a better understanding as to how change happens in our lives. Is it really due to our desires and to our efforts and to the past that comes before the change, or does the change come because it is time for it to come, and it comes no matter what?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator. As always, we are most grateful that you have gathered in this circle of seeking and that you have called us to your group. We are honored and blessed, and we bless each of you and thank you for the privilege of being able to share our thoughts. We would ask that these thoughts and, indeed, all thoughts that come before you be subjected to your own powers of discrimination, for you truly shall feel the resonance of that truth that is your own and those resources that will be helpful to you. If that resonance is not there, we would encourage you to move on. For that sometimes very subtle resonance of recognition is a key to wending your way through an incarnation lived in your present third density with its heavy illusion. Much that occurs is not what it seems. Indeed, that is the very nature of illusion.

This day you ask us concerning changes, how to bend with the wind and turn to the sun, how to respond to those biddings and desires of the heart that are hopeful and delicate. The nature of the incarnational experience is change upon change upon change. And this you have seen again and again in your life already. There are many ways to look at the cycles that seem to influence the mind, the emotions, and so forth. There is the cycle of the adept, that this instrument keeps watch over to see when the strong and the weak times are for work in consciousness. There are the various rhythms, known to this instrument as biorhythms, which are very helpful in giving information to the person who wishes to know more about herself, when it would be a good time to do this, when it would not be a good time, and so forth.

There are the divisions of time that your culture has made, splitting the days into years and months and weeks so that there is a definite feeling about each day which is cultural rather than natural. Look at the work cycle, the Monday through Friday that so many among your peoples simply assume as the work week, not thinking that before the days were named they were all Sabbath days, one as holy as the next.

The ways that change comes are sometimes natural and sometimes brought upon one by the culture in which one lives. The changes that are natural are the changes of an organism which is expressing a pattern. The natural run of energy from youth to maturity to the prime of life, to the middle and older ages, these are natural. There is, in any culture, a variety of ways for a person to think of herself as she goes through youth and maturity and old age. And although each entity will predictably have difficulties accepting the natural changes having to do with the physical vehicle and the energies of the physicality of the self, it is generally a relatively, as this instrument would say, doable thing to see where cooperation with nature will help. Perhaps in some entities who do not want to accept the passage of time, do not want to get old, do not want to look old, there are difficulties. But normally it is not at this level that the difficulties which are upon the minds of those within the circle this day come from.

The difficulties in changing that each of you is more aware of have to do rather with the process of desire in fulfillment that characterizes the life of, shall we say, the spiritual appetite. Once an entity has become aware of herself as a citizen of eternity there is no longer the simple feeling of content with accomplishing the necessary chores of the day. The actuality of spirit works upon the seeking entity encouraging the conceiving of desire to be ever more spiritually opening and transforming. It is difficult to talk about this process with those who are not themselves going through it, and once an entity has awakened to her spiritual identity it seems as though a portion of the population were simply asleep. It is a situation which can be alienating, isolating, and even fragmenting. For as the spiritual self emerges one becomes aware of the power of that energy that is within. One wishes to accommodate and encourage these stirrings of desire. And the appetite for transformation can become very keen.

There is a kind of pressure that one can put upon oneself to do more, to be better, to seek harder, to meditate more, to contemplate more, to hew to a practice of life that the intellect can see as the appropriate and desirable way of life that a persons wishes sincerely to follow, never quite acknowledging the various promptings suggesting that perhaps it might be good to slow down, to take it easier. For the seeker intent upon the path, the process is experienced as harmonious and positive usually only when one sees oneself as conforming to those spiritual ambitions of more and better and deeper.

And yet, interestingly enough, often this continuing desire and continuing pressure from the self to do more, do it better, go deeper, and so forth does not satisfy; that is, the person does not fulfill those ambitions, does not meditate more, does not go deeper, and thusly the person is simply frustrated and irritated at the self for not conforming to those spiritual ambitions. This instrument has said several times that although it seems that spiritual evolution would be a process of addition, that it seems many times in fact like a process of subtraction. And we would agree with this instrument in that often the bounty of deepened desire and that feeling of centeredness that spiritual ambition hopes for is contained not by adding activities or doing things different in some way that is measurable physically but, rather, in moving fully into the present moment and becoming able to take the bounty of that moment as it passes. For each moment is itself, whole and perfect. When one is in the moment, one is not in time. When one becomes even a bit aware of the timeless aspect of the moment there is an almost automatic resonance and a feeling of coming home. And this is accomplished not by adding more focus or adding more attention or finding better ways to meditate, but, rather, it is allowed by the seeker who relaxes into the magic of the timeless present moment. If you are within that present moment you are in meditation, aware of who you are, aware of why you are here.

Many other things go out the window: where you are on planet Earth, what time it is, what you have to do in the world. This instrument can give you chapter and verse about being lost in the present moment, and yet this instrument does not give itself the credit it should have for the ability to get lost. For it is in that abandon, that relaxation into the

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utter present, that the amazing volume of spiritual information can come fully and completely.

We are not suggesting in any way that it is no longer a good idea to meditate, or to ask yourself to meditate. We always encourage spiritual seekers to that activity, for it truly is a powerful, powerful tool. But a little meditation goes a long way, and it is possible that when the seeker does not find itself able to meditate regularly that the seeker may need to ask herself what it is that seems to be changing so quickly that is actually stuck. For many times the wisdom of the self pulls the self away from meditation because the organism instinctively is aware that it cannot handle more change right now. For that is what meditation actually offers, an enhanced vulnerability to change. Perhaps for those who are having difficulty in setting up daily meditation schedules that would be one concern: what issues am I stuck on?

Another question that the seeker may ask herself when it does not seem possible to get a good schedule going is, "How am I not conforming to the needs of my bodily organism?" This group earlier was speaking of the ways that the culture gets us up and shoots us out into jobs and drops us off in the twilight to watch television until too late and that this scheduling is not conducive to the natural way of life. This [is] certainly food we would recommend for your thought. How can you better treat the physical vehicle that carries you through the incarnation? Are there ways in which you could be kinder to the body that carries your consciousness about? Are there ways creatively to adjust when you do things and how you do the things that you need to do so as to bring them more in line with a natural or flowing rhythm?

For many the only time that is truly theirs is that first block of time upon opening the eyes when one wakes up. And it is for this reason that many plan for meditation time the first thing in the morning. And, indeed, that is a natural and deeply resonant time for spiritual work in terms of the energies of your physical body and the energies of your being as a totality. However, any point during the day that seems to be more appropriate is just as highly recommended by us, for the important thing is not to do it a certain way but to have that point in the schedule where there is a formal return to the center of the soul. We encourage you to play with your schedule, to have fun with it, to vary the ways in which you meditate, to bend those stiff necks that say it should be done this way. And play the music of ragtime where anything goes in your head, and find new ways, new times, new practices, if you are unsatisfied on a continuing basis with those that you have now.

More than anything else we could offer, we would simply offer the thought that most spiritual seekers have a tendency to become heavy with their seeking. And certainly that which penetrates to the very heart of self is a weight, a gravity of importance, and yet it is also dancing in the wind, light as a feather. So more than anything else we do encourage the light touch, the forgiving judgment of self, not because you no longer care to do a good job of attempting to aid your own spiritual evolution, but because you trust yourself to be doing all that you can. We ask you each to be gentle with yourselves, for you have hungered and thirsted after the truth, and that truth has lead you on a merry chase and continues to disappear into the mystery. All that you learn seems only to move you into a point into which all dissolves into mystery. To our knowledge, this is a continuing experience, one we share with you.

But while you have the gift of time and space, while you have the illusion of sequence and accomplishment, we encourage you to treasure it, seek to honor it, but do so with a light heart and a conscience free of what this instrument would call the "shouldacouldawouldas." Whatever it is that you felt to do this day, that was the right thing for you. Whatever you shall feel tomorrow, that shall be the right thing then, and you will be inspired. You will become aware by and of those things that are there for you to see. And if you do not see one, another shall come soon. So while you are watching and learning and attempting always to seek along the path as best as you can, relax in the knowledge that there is an unseen hand guiding and taking care that nothing that you need is lost. If you miss one experience you shall have an equivalent. That which you need will come to you. And beyond all the questions of "When should I meditate?" or "How long should I meditate?" we encourage you always to focus on the present, on what is happening at this very moment and on love, for beyond all telling you are love. And you came to bear witness to that love. And you are here, and this is a very precious time for each of you.

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Lay your concerns down. Relax into this present moment. See the Earth grow small and disappear. See the solar system becoming a thing of stars. Move further and further into the infinity of creation and yet you still are you, and this is still the present moment. And you are safe. Love reflected in love.

We would speak further through the instrument known as Jim. We leave this instrument in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would offer ourselves at this time to the speaking to further queries if there are any remaining upon the minds of those present. Is there a further query at this time?

Carla: Is there any difference in meditating with a candle with the eyes open and meditating with the eyes shut?

I am Q'uo, and am aware of your query, my sister. The use of the candle is most helpful for those who are beginning the practice of focusing the concentration with the hope of entering into the meditative state during which time the experience is continually focused upon one concept, one thought, or simply the absence of thought or concept. The one-pointed mind is the desired product of the focusing upon the candle. As an entity becomes more familiar with the process of entraining the mind to focus in this unified manner such devices as the candle or the mantra become less necessary. Thus, we would leave it to the entity to determine whether or not the use of the candle or other devices would be helpful in its meditative practice. As we mentioned before, to those who are less practiced, these aids are helpful.

Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Carla: Here's another question. Say you are having trouble getting yourself to meditate the first thing in the morning, but you are too tired at the end of the day. Are there ways that you can meditate tired?

I am Q'uo, and am aware of your query, my sister. To the entity who must choose between meditating when it is tired or not meditating, we would recommend the meditation when tired, for the meditation then will become the avenue through which the needed sleep may be expressed. The travel to the state of sleep, however, will be helpful in that the entity will be engaging in the practice of focusing its attention upon one point. There will eventually come, for the entity, the ability to remain awake and alert within the meditative state. That shall endure for as long as the entity wishes before it then desires to enter sleep. For those who wish to begin the practice of meditation we recommend the use of any portion of the day which offers itself most beneficially for the regularity of the practice, even if only for the moment or two. As the entity finds a quiet solidarity moment then it may engage in the focus of the mind for as long as time allows. Each effort spent in practicing meditation builds the momentum for the next and so forth until there is a regularization of behavior in this regard; that is, the establishing of the meditative practice.

Is there a further query, my sister?

Carla: Is it possible that if you went to sleep while meditating that your dreams would be clearer?

I am Q'uo, and am aware of your query, my sister. Indeed, it is possible, especially if the desire of the meditator is that such be so. The suggestion given to the subconscious mind within the meditative state is far stronger than the suggestion given in the conscious state. Thus, the entity may program, shall we say, the clarity and the subject matter of the dream.

Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

R: I have a question about feeling various amounts of energy in my body during the month. I have noticed that when there is a full moon I don't seem to need much sleep, and it's difficult to fall asleep, and at other times it is the opposite. Is energy more available at some times more than at others?

I am Q'uo, and am aware of your query, my brother. We believe that we grasp your query and would respond by saying that, indeed, the mind/body/spirit complex and its emotional attachment is a series of energy patterns which move in a rhythmic fashion, as does all of the creation. As these patterns of energy

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blend and intertwine each with the other and with the rhythms of the planetary entity itself there are those opportunities that are presented as energies harmonize, one with another, that will allow the entity to be able to express more of these energies and to feel the movement of these energies through its vehicle, the mind, the body, and the spirit, as well as the emotional aspect that responds to and energizes the entity in its movement in the daily round of activities. Thus, there are the biorhythms, that you have mentioned, that can be charted and there are those subtler energies which are not currently able to be charted within your third-density illusion but which also add their influence to those energies which can be charted.

Is there another query, my brother?

R: Not on this topic. Of all the questions that I have asked over time I have always seemed to be asking how to do things. Why is that? Being rather than doing?

I am Q'uo, and am aware of your query, my brother. The asking of an inspirational source as to the means of doing is perhaps a paradox, as you have discovered within your own thinking. However, within the third-density illusion the means of existing are composed of a series of those things which are done within the outer illusion. As one begins to penetrate the nature of not only the third-density illusion, but of one's own being and purpose within the illusion, there becomes a more finely honed focus upon how one may be. Yet the transition to being is often made with the concept of how to do that which is necessary to be. This is a transition which is natural for each entity within the third-density illusion, for there must be, within the logical mind, a bridge between doing and being. At some point the seeker will discover that there is a greater Self which is always able to be and which lovingly welcomes home the pilgrim which has done much upon his journey of seeking. And one of its greatest efforts is to return home within the mind of the self so that there is the recognition of that which always has been and always will be by the who does much and seeks its own being. Is there a further query, my brother?

R: No. Thank you.

I am Q'uo, and again we thank you, my brother. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have, for the nonce, exhausted the queries for this session of working we would again thank each present for inviting us to join you this day. We are always filled with joy at the opportunity of blending our vibrations with yours. We walk with each most closely and joyfully at this time. We shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 1, 1998

Group question: No group question today. Potluck.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank you for calling us to your circle this day, and we send you abundant blessings that cannot match the blessing that you give to us to meditate with you and share thoughts with you. As always, we ask that these words be taken as opinion and not facts, for we have thoughts and views but would not wish to be an authority. Rather, we ask that your authority be your own discrimination, for each of you does have these powers to know your own truth.

You have opened to us a vast array of things to speak about by requesting pot luck. We would, however, find all possible threads of thought and concept harmonizing into information concerning love. When we had not been so long among your peoples we offered less richly detailed information. At this point, we and your peoples have a long history of speaking together, and so we have found an increasing number of ways to talk about the love and the light of the one infinite Creator. And yet that basic message remains utterly simply and infinitely profound to us. The simplicity of oneness, of Creator and created, the richness provided by free will which has showered the manifested universe with countless worlds, countless civilizations, and infinite motion and energy and thought. As you gaze up into the night sky and see the stars sprinkled like sand across the blackness of the ether know that there are more ways than you can see stars on the clearest night to speak of love. And yet all speaking and manifestations end in one thing: that same Love that created all that there is.

This instrument finds turmoil within as she views the chasm that exists between the perceptions that some others have of her and perceptions that she has of herself. To the ones to whom she is offering a listening ear and the sharing of opinion she appears as a finished creature, and this instrument has had many fulsome compliments to satisfy her ego. And yet this instrument is not swayed by all of these opinions, for within the instrument's own judgment, she holds herself unworthy. And we would point out that this will undoubtedly be true of each person, that each entity is both deeply flawed and utterly perfect. This is another seemingly contradictory situation, for how can one be both perfect and imperfect? And yet that is what each of you is. Within the illusion one may be seen to be both the giver and the taker, the wise one and the fool. And both estimates are correct. And in the end no estimate is correct, for there is within the illusion no substance of righteousness, no infinite quality. Each of you has the feeling of being in two worlds at once.

The outer world of form and kind and sequence and the inner world of infinity and eternity. The citizenship that you hold as humans within incarnation is limited. The citizenship that each entity has within eternity is infinite.

The concept of infinity first fascinated this particular instrument at a very young age, for it was awakening within its infanthood. For most entities within this particular illusion, however, the awakening comes perhaps later in the teenage years or even beyond. Before waking up, though the illusion may give hints of its theatricality, it is, for the most part, entirely believable. However, once the seeker has awakened to the citizenship that it holds in eternity there is a reorientation of point of view that is profound. Further, it is as the chemical reaction that one cannot reverse. Once one has awakened, one must remain awake. Those who attempt to shut down those organs of perception within the metaphysical part of self find that it is now impossible to close the gate, for the point of view has shifted, and the creation has become new. We would encourage each of you to spend time feeling the newness of life, being aware of each beginning, each sunrise, each relationship, each project and hope, each dream and ambition. Allow the stale air of old opinion to be vented, released and allowed to fall away, for that which is needed this day is a creature of today and not the offspring of old thought.

We find within this instrument a strain of sadness, for she looks behind her at those companions that are no more: family, friends, mate. Banished from the illusion of time and space, disappearing from sight. And yet each of these entities seemingly lost is experiencing newness this day within the illusion that each of them enjoys this day. The one known as R was speaking of holding on to things. And letting go. There is that instinct to clasp to oneself that which one holds dear. Indeed, there is solid instinct and good reason behind that impulse to control one's environment, and yet how can one control novelty? How can one discipline that which is as yet unexpressed? The fear which the one known as R spoke of which causes one to cling and to create the small space within which one huddles is an impulse of self-preservation, the self feeling that it must be defended. Yet, as a citizen of eternity, the entire creation which you presently enjoy is but a moment, a moment in which there is the opportunity to stand in the light, to serve the light, and to allow the light to flow through. That light which is new every day and every moment. As the autumn showers its leaves and creates the golden carpet that crunches and blows with the wind as one walks, [this] may seem to indicate the deadness of the season that is to come and yet at this time as much as at any other all things are made new each day.

We give to this instrument the image of a traveler. The traveler moves across the desert landscape gazing intently, even feverishly, for a source of water. At the same time this entity is, metaphysically speaking, in a world made of water, that which this instrument refers to as water consciousness. As a citizen of eternity one may consider oneself cast upon the shore of an inhospitable environment, the desert land which offers learning opportunity for service and challenges that teach and create the potential for transformation. When you feel that you are truly in the desert, that all is dry and lifeless and without hope, we encourage you to practice knowing by faith the watery environment of the human spirit, for that which seems upon the surface to be dry and dusty and difficult is, in metaphysical terms, wondrous, a treasure, that which is to be prized, a canvas upon which to paint a self in love with the beauty and the majesty of the infinite Creator. When the mouth is parched for something to drink, when the stomach grumbles for food, remember that you are a citizen of eternity and that you have meat and drink that the world does not know of. And allow the desert to become the ocean, life-giving and new with every tide.

We would finish this transmission through the one known as Jim. We are those of Q'uo, and we would leave this instrument in love and in light. We transfer.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would ask if there may be further queries to which we may speak as this is our habit, to ask for addition queries after we have given the primary message. Is there another query for us at this time?

R: Would you speak to us of how to love the self for those who are on the service-to-others path? How to love yourself so that you do not gain power or control but to prepare yourself for service?

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I am Q'uo, and am aware of your query, my brother. We find that the practice of the daily meditation in which one is able to review the experiences of the self is most helpful in coming to know, accept and love this self. At the end of the day is the most efficacious time during which to conduct this review, for the day's activities have made their mark, and the conscious mind is fresh in remembering the experiences which have moved the emotions from one aspect to another; that is, in both directions of the positive affirming emotions and the more judgmental and separative emotions where one has accepted or not accepted the self. To look upon the self in its activities in mediation is to experience that which the self has been able to manifest during the day, the fruits of the day, the fruits of the labors, shall we say. At this time one is able to allow the self to move as it did during the day and to see how one was able to accept or not able to accept the self during these movements. Then, after a period of sitting with the self and experiencing once again that which the self experienced, the entity is able to allow the full range of abilities of the self to express themselves in the meditative state.

That is a simplified form of the balancing exercises which this group is familiar with. The experience of the self, the ramifications of the experience and then the conscious desire and effort to accept the self for having each of these aspects available for the Creator to know Itself. It is within this meditative state that work may be done, whether this work is to accept the self, to know the self, or to simply sit in the silence with the self as a friend.

Is there a further query, my brother?

R: You are saying that the work can be done efficiently by allowing and accepting and just sharing the experience at the end of the day during the meditation? No actual doing is required?

I am Q'uo, and the doing, my brother, is that which is accomplished in the daily round of activities in a spontaneous and natural fashion. This doing then is reviewed in the meditative state at the end of the day, and a conscious effort is made at this time to accept the self for its full range of expression, that which was not at first accepted or that which was accepted. However the conscious effort to accept the self during the meditative state is that which is helpful in actually accepting the self.

Is there a further query, my brother?

R: And so we have a balance between being and doing. Right?

I am Q'uo, and this is so. Is there a further query?

R: No. Thank you. Thank you for the loving words during the first portion of this sitting.

I am Q'uo, and again we thank you, my brother. Is there another query at this time?

(No further queries.)

I am Q'uo, and we are most grateful to each of you as well for inviting us to join you and to speak our humble words of experience, of inspiration, and of information. We are always glad to do so. We find that the energies within this group are somewhat low at this time. Therefore, it would be a propitious time for us to take our leave of this instrument and this group. As always, we leave each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 15, 1998

Group question: The question today concerns anger and frustration which we feel for ourselves, and we would like Q'uo to tell us how we can use these feelings to lead us along the path towards compassion for ourselves. Is there hope that we can change ourselves, or should we concentrate on accepting ourselves with the anger and all?

(Carla channeling)

We are those known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator. It is in the service of the One that we come to you, and we are, as always, most grateful that you have called us to your session of working. It is a great blessing to us to be able to have the opportunity to share your meditation and to share our opinions with you. We would ask that each who seeks use the discrimination that is each seeker's gift, that inner voice that says, "This is for me, and that is not." We would not wish for you to take our word as gospel, for we are but fallible servants of the light. We can be wrong, and we only offer our opinion in the hope that it may prove to be a resource for you as it has been for us. But always trust your own discrimination whether listening to our voice or to any voice, for it is given to each seeker to sense truth when it comes.

Your query this day is most interesting, for it moves into the heat of that which is perceived as a battle, that running of the good race, as this instrument would put it, from the words of St. Paul. It is in the midst of the illusion that each of you wished to come before embarking upon this incarnation. It is precisely into this self-perceived cauldron of confusion and negative emotional processes that you genuinely wished to enter. You think to yourself, "Now, why would I want to do such a thing?" "Why would I wish to swim in this sea of confusion?" Yet, you must remember the great difference betwixt the place whereon you were standing when you gazed into the possibilities that such an incarnation could offer you. You were not within the veil of confusion and forgetting and illusion. Rather, when you chose to make this particular pilgrimage at this particular time you were gazing at the opportunity to express faith.

The expression of faith is that expression which claims a harmony and balance that is completely unseen. Before you entered upon this incarnation it was not necessary for you to call upon faith, for the truth was evident. Dwelling within the finer bodies of self, gazing upon the possibilities of service and learning that [they] were before you, each of you felt inspired and strengthened in this desire to move into this heavy illusion, to enter into the sea of confusion completely, accepting the forgetting of those simple truths that are self-evident within the realms of spirit, and taking hold of the opportunity to live a

life that was a testament and an anthem of faith and love and joy, for these feelings, these pure emotions well up within you, and you yearned to express them with ever more purity.

Indeed, each of you had to wait and hope for the opportunity to take incarnation at this time because there were so many souls desiring to lend their faith and love and devotion to the Earth plane at this juncture in time and space, for this particular solar system and galaxy is at this particular time moving through what many have called a birth, an entrance into the next density of learning. And indeed, the Earth plane has much difficulty at this time in moving harmoniously through the changes of magnetic energy and spiritual energy that go along with this particular cusp wherein one era or age ends and another begins. Indeed, this is a critical time for many as many have said to this group, as each has heard many times before. There is a time of harvest at this particular juncture, and there are many who are ready to awaken to their spiritual identity, ready to be harvested into a higher understanding.

And with a full and overflowing heart each of you desired purely and truly to be of service, to be one who went into the fields that were white, to be one of those who helped with the harvest of planet Earth. And may we say that each of you is helping. Each of you does express a level of love and faith and devotion that is marked at times. Each of you has been able, to some extent, to intensify that polarity with which you seek to do the service for which you came.

And so if you are doing what you came to do, then why do you have these feelings of frustration and anger? Let us look at this. There are many who have no trouble expressing anger, frustration or other negative emotions, nor have they any trouble assigning the blame and responsibility for these emotions to forces outside themselves. However, each of you has become aware that nothing is truly outside of you, that you cannot impute responsibility for your feelings to other people, to outside forces of any kind. More and more, each of you has begun to take spiritual responsibility for yourself, and so when these emotions occur they are turned inward. This is actually, in terms of metaphysical work, a significant advance to imputing responsibility to forces outside the self.

When you are engaged in chastising the self you are consumed with the desire to be better. This in itself, as we said, is a step forward, a great step forward in the process of balancing these emotions. The one known as J remarked earlier that she felt that of herself she could do nothing, and this was a free quotation from that known to you as your Holy Bible. The one known as St. Paul discussed this further[23], saying that works without love did not have virtue. That if one did all things taught, shared all things, knew all things, and yet had not love, such a person was as a banging gong, a loud noise that signified nothing. This is a key for each of you, we feel; that is, the realization that of yourself you can do nothing, that things done from the self, things done without inspiration, will not have that virtue which you so desired to come and share with your brethren upon planet Earth.

How difficult it is to see that actions without love are not useful! Why [is it] so difficult? Very simply within your culture there is little attention given to the value of being. Rather, there is the almost maniacal focus upon doing, accomplishing things in the illusion, things that you can point to that have an objective referent that are actions. It is the actions that seem to be valuable, and yet in the metaphysical sense it is the love with which these actions are taken that is valuable, rather than the actions themselves. From the standpoint of spiritual work it is the love with which you do or do not do or contemplate things that is your essence and your gift and, indeed, your vocation within the Earth plane.

And this is a difficult thing even to comprehend because of the enculturation, that work ethic that has come down from so many sources and is the lifeblood of your culture at this time. When entities meet each other, what do they ask in order to establish rapport? Very commonly they will ask, "What do you do?" Can you see how far from the heart such a question may take one, for when that is asked there is not even the general intention to ask what are your interests, for it is assumed that there

[23] *Holy Bible*, Corinthians 13:1-3: "If I speak the languages of men and of angels, but do not have love, I am a sounding gong or a clanging cymbal. If I have the gift of prophecy, and understand all mysteries and all knowledge, and if I have all faith, so that I can move mountains, but do not have love, I am nothing. And if I donate all my goods to feed the poor, and if I give my body to be burned, but do not have love, I gain nothing."

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will be an employment of some kind by which you identity and justify your existence. "I am a librarian. I am a teacher. I am a nurse. I am a researcher." This is the way you are taught to relate to other souls. And yet each of you has a life within that is compelling, fascinating, fruitful and active. Each of you has the dynamic tension between the various portions of self that have revealed themselves to you as you have done spiritual work. Realization after realization have come to you through the years concerning intimate and profound processes within the spiritual evolution which each of you is attempting with a full heart to accelerate, to cooperate with and to intensify.

The sharing of this level of self must usually be done completely without words. Rather, it is usually done simply by that quality of being with someone which the other senses cannot precisely articulate. Yet we know that each of you has those who come to you for counsel because they sense the presence of this inner life and because they trust that being that they sense without words. This is the heart of your gift. This is the heart of your incarnation. To be yourself. To meet the moment with yourself, your full, open, loving self. How infinitely difficult this is upon a daily basis. As the one known as R said, "If I forget to pay attention for just a moment, it all comes back, and I am back where I started, seeming to fight the difficulties of daily living."

How infinitely delicate a job it is to move into your daily behavior with an eye to finding yourself and those gifts that lie deepest within your heart. When faced with what seems to be exigent and continuous demands for action from the outside world we do not know a simple or foolproof way for you to move from those self-perceived frustrations into that deeper self within where love always remains. Each of you has an innermost heart where this is true. But how difficult it is to go there. How little your outer education has prepared you even to attempt to honor the being before the doing, the love before the action. If you demand of yourself that you only do those things which you can do with love, then you shall perhaps find yourself doing little until you get your feet under you. For it is true that the illusion of third density which you now enjoy is specifically designed to frustrate and baffle the intellect, to knock you off balance mentally and emotionally, to destroy safe and controlled places so that the journey of incarnation may more and more be undertaken from the heart.

We have many times recommended meditation. That still, small voice of silence that speaks in meditation is most eloquent. It is as though each of you has within you the Creator, that one great original Thought that created all that there is. That Love creates and destroys and is a principle that has created all of the manifested worlds. It is a difficult thing to find one's way to the Creator within. Every energy of the illusion will attempt to distract your attention from that goal of moving into the heart.

Fortunately, there is that memory, that awareness that abides through all illusion, that star within, that presence within that each of you may forget often, but occasionally each has had the galvanizing and orienting experiencing of being at one with that heart of hearts, that Creator within. And just an instant of such a union gives the seeker a tremendous strength of conviction and a renewed desire to try again to persist in seeking that way of being that will most deeply satisfy the yearning to be of service that each feels so truly.

We can reliably say that none of you grasped just how difficult it would be to express faith in such a heavy and convincing illusion. It is safe to say that each felt more confident before incarnation than now, within incarnation, feeling battered and travel-weary with the dust of the spiritual road. Yet, this road, dusty and in the desert so often, nevertheless feels right, and there is companionship upon this road as each meets others who have similar desires and yearn for similar service and learning.

And so we say to each of you, you do have the power to alter your perceptions, to alter your state of mind. And yet, this is not a power that is expressed through intellect or through great works but, rather, through very small realizations that come again and again throughout the day as each, indeed, has noticed. The voice of spirit seems to speak in so many ways to one who is listening, and the more one begins to attend to coincidences and synchronicities the more one begins to get a feeling of spirit talking back to you, being that unseen companion that is willing to place within the consciousness alternate ways of being. This is work for the persistent, for, indeed, it is the work of the incarnation, not a work done in a day, or a year, or a decade, but rather that goal of self-

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awareness and self-choice that is as the star that each follows.

We are aware that, from the inside out, each may feel that she has perhaps failed or is failing on this day at this time in such and such a way. And yet this is only true within the illusion. The work in consciousness that each is doing is only tangential to the events to which you are conscious. And so our best advice to those who wish to have ever more control of their own attitudes and feelings is to persist. Certainly we encourage each to persist with humor, with grace, with style, with panache and verve, as Merv Griffin might say. But we say it is all right to be ungraceful. It is all right to be awkward, to be behind hand, to be half there and half not. This does not matter. What matters is that there is a continuation of simple attention and effort to be the best that you can, to do the best that you can, and then to let the devil take the hindmost, as this instrument would say.

What a wonderful gift it is to yourself simply to let it all go. And this is something that we would emphasize. Look at the way the intellect functions. It is a tool designed for making distinctions. You may say to yourself, "Thou shalt not judge," but your intellect knows not how to do anything other. Consequently, no matter how much you are aware that you should not judge yourself, you will judge yourself, for that is the way the mind works. We can only encourage you not to take it too seriously, for it—that is, the mind, the intellect—is a portion of the illusion. The intellect is not the same as consciousness. You have consciousness as a being, as a citizen of eternity. You have an intellect as a function of the illusion. It is enough that you can separate consciousness from intellect in the abstract.

We are not suggesting that you spurn the intellect or cease using it. There is much within your incarnation that the intellect handles very, very well. We would not wish to rob you of that tool that you need to do those things that you do in order to be responsible for the self. We simply ask that you persist in remembering that the consciousness that you are is a mystery that contains deity, that ends in an identity betwixt you and the Creator of all that there is. This portion of yourself would overwhelm completely the incarnative illusion were the veil to lift even for a second. And this does occur with entities, often with disastrous results, within the illusion. But when you sense yourself moving into these negative processes perhaps we might suggest that you could take just the moment to acknowledge that your consciousness is not a portion of this tangle but, rather, is an agent that remains free to be love. Just allowing the breath to move in and the breath to move out while identifying with the consciousness that endures may bring fresh air into the muddle that life often seems to be.

As we said, this is indeed an interesting subject, and this instrument tells us that we have gone on too long discussing it. We apologize. We would at this time like to transfer this contact to the one known as Jim. We leave this instrument in love and in light and in thanks. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet each of you again in love and in light through this instrument. At this time we would welcome any further queries which those present might have for us. Is there another query at this time?

R: It is well to examine what one does to see if it is done with love. If it is not done with love it is OK to let it go because of the potential for learning inherent in that letting go. Can you comment on that?

I am Q'uo, and am aware of your query, my brother. To look at that which one has accomplished and to see if there was love contained in that moment is well, for this is the way in which one becomes familiar with the workings of the incarnation, shall we say. Whatever the amount or lack of love contained it is well to accept the self for the effort made. For in the truth of the incarnation and the experience of each entity within the incarnation, each movement made is a step of the Creator and by the Creator in Its process of discovering Itself within your experience and of you discovering the Creator in your experience. That this journey might occasionally be uneven, filled with confusion and anger, is the inevitable product of forgetting the harmony of all that is and moving within the illusion that you now inhabit. To accept the self as it now is is to bless this process of experience, of discovery, of movement not only towards love but a movement within love that has yet to be perceived. For all about you, my brother, is filled with love. When one is able to speak from love one is able then also to speak to love. If it is necessary to stop the activity, retire to meditation, contemplation or prayer in

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order to find even the slightest iota of love within a situation that seems devoid of any possibility of love, this is well to do. However, we encourage you always to value the self, its activity, and the direction in which you move at all times.

Is there another query, my brother?

R: Not at this time. You answered my question in more ways than one and it was very inspirational. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I feel confused about the being versus the doing. It seems like it's worth something to do good works, and I think it's really hard to order yourself so that you ask of yourself that you be loving before you ask of yourself that you be productive.

I am Q'uo, and am aware of your confusion, my sister. The movement into productivity, as is so the custom of this illusion, is that movement which is more or less informed by love. If love is the foundation upon which you build the structure of your daily life of doing, then it is far more likely to contain the colorful and harmonious moments of inspiration as well as providing the framework for action. To move into action without the quality in some degree is to, shall we say, remove the color from the picture so that there is less variety and possibility for inspiration or synchronically for the movement in harmony with those about you. The quality of love is that which enhances the experience to the degree that that which you may call magic occurs, the changing of consciousness in an instant. The ingredient of love and its addition to your activities is that which allows the magic of the moment to occur, the rising of the bread of life, shall we say. The desire to serve is a good and valuable desire. The intention to be of service is that which stands on its own. To imbue it with love is to add to its efficacy. Thus, that which is called love and is so poorly understood by those within the illusion, by the very nature of the illusion is that which has the ability to change the consciousness of those expressing it and those about such an entity in an instant. Thus it is that quality which heals, which informs, which makes whole that which has been broken, and is that which causes the service, the productivity, of an entity to be enhanced in such a way which is quite beyond the description of words but which moves one's being from, shall we say, the inside. Thus, one who has love is co-Creator and is able to share this quality with others.

Is there a further query, my sister?

Carla: Just a tangential one. I just noticed that we all seem to have a tremendous ability to encourage each other, not so much ourselves. It seems harder to love yourself. I guess that's the way it is, huh?

I am Q'uo, and am aware of your query, my sister. And, indeed, within this third-density illusion where so much is hidden from the consciousness of each entity within it, it is most helpful to have those about one who feel the quality of love for one that allows the free sharing of observations that may escape the entity itself while it is moving so diligently along the path of self-discovery, pushing the self to move ever more quickly and surely upon this pilgrim's path. Thus, each reflects to the other the picture more objectively seen so that one may be informed by each other-self as to the qualities of the self that are quite full of love and deserving of love. Thus, each teaches each. It has been well said that those who of like mind together seek shall far more surely find.

Is there another query, my sister?

Carla: No. I think that is very good. Each of us is good support for others.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have, for the nonce, exhausted the queries within this circle of seeking, we shall take this opportunity to thank each entity present for inviting our presence to your meditation this day. It is a great joy and honor for us to join you here. We remind each that each has a company of angels that joins you in your seeking and walks with you on your path. Retire, then, in meditation whenever possible that you might become more aware of all this host of angelic presences about you that support your every desire to seek and to serve and rejoices at every experience of love that you encounter. We shall take our leave of this instrument and this group at this time, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 29, 1998

Group question: What kind of souls are incarnating into the Earth plane now? Ra said there were those with third and fourth-density bodies activated and wanderers as well as those who would like to make the fourth-density graduation. Could you tell us something about the souls being born today?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator whom we adore and in whose service we are proud to be. We thank you for calling us to your circle of seeking. We acknowledge the great blessing that you give us by inviting us to share our humble opinions, and we send each blessings of thanks for this privilege. As always, we would ask that those things that we say be listened to with discrimination, for each entity has unique needs and deserves nothing less than the personal and highly individualistic truth that is personal truth. For there are many truths and there are many progressions of truths, and each entity which seeks takes a slightly different journey even though the territory is the same.

And this is what we would ask that you think of our words and other opinions into which you might run in your investigations. Select just as you would the flowers that you would put upon your table those thoughts which you wish to bloom within the house that thought furnishes and builds.

This day you would wish to know more about the current population of your planetary sphere and who is coming through as babies in these days. Within your query you pointed out two of the three basic groups that are here within your worlds at this time. It is accurate to say that those third-density entities that are hoping to graduate within the next lifetime make up the bulk of those upon your planet at this time. By and large, you still shall find perhaps two out of three entities born being, shall we say, the old style of physical vehicle where the third-density body is activated and the fourth, fifth, sixth and so forth are in potentiation only. The hope is, of course, that one last lifetime as the planetary sphere itself is ending the third-density cycle might effectuate enough growth and maturity of spirit to create that integrity of spirit that welcomes fuller light.

There are also increasing numbers of newborn infants which are the pioneers of fourth density upon your sphere, those with the third-density and fourth-density bodies activated. Often such children will have unusually mature thought processes and an enhanced ability to learn, to create, to enumerate with joy those things that are found to be beautiful treasures.

The third type of entity which is being born to your peoples at this time is that general term of wanderer. Wanderers have streamed in large numbers to your planetary sphere in the last generation and much of the strong spiritual support in the arts that many have noted during these years has come from such wanderers as these. These entities have much more in common with the third-density Earth native than with the entities with double activated bodies in that they are fully under the veil of forgetting. The differences between wanderers and third-density graduation hopefuls is within the area of faith and intuition. The wanderer has more of an instinctive belief or faith in spiritual coincidence, in the aliveness of all things to the molding of a structure of information communication which moves across all lines of language and culture.

These three types of entities are not homogenous as Earth itself has not had a pure or easy history with third density. Rather, your native sphere is one which has welcomed many, many different populations of those who have not graduated from a previous third-density cycle elsewhere. Your planet is then a highly various group of people. There are several pointedly different archetypical structures that have been passed down in what this instrument would call the equivalent of the genetic code in the time/space universe. Your planet, then, is one characterized by various levels of confusion which has not always been the case in third-density cycles. It is as though your plane of existence is in a class filled with those whom other teachers and other cultures have so far failed to inspire.

We feel that the point of interest for us in discussing your planetary population is not in all of these differences, nor yet in those things which are common amongst all, but, rather, we would point up the unusual vividness and strength of various distortions among your peoples. We compliment your peoples on the intensity and dedication with which ideas are found and held. Yours is a planetary sphere full of tremendous energy, full of great power. This power is most often trapped within the entities' confusion, and our point of interest is in finding ways to discuss love. For it is this simple passage which we always come to give. Yet, to your unruly and various peoples one way of giving shall never be sufficient, nor two, nor three, nor a hundred, nor a thousand. We celebrate this peculiarly vivid energy of your peoples. Indeed, the energies are in some disarray, yet how beautiful and how powerful the potential. There are so many entities just on the threshold of that level of awareness that shakes down the entire organism and rearranges it. And your peoples thirst for this with great energy.

And they are thirsting for that which they are but cannot see within themselves. They are searching for their Creator. They are searching for love. Intelligent infinity rests. Intelligent energy asks, "What not?" And betwixt the rest and the question lies the mortal universe in space and time that supports that universe.

We encourage all souls within the Earth plane to focus upon the young ones, for, as always, it is to those born in innocence and full of expectations that information needs to be most lovingly considered in giving. Whenever there is the opportunity to interact with the children about you, we encourage each in her own way to look into the children's eyes, to make contact with spirit there. For in each of the three cases, the entity is an old soul. The entity has much experience. The entity is full of potential, for each connection with a young one strengthens and bolsters that child's gifts of faith and will. If kindness comes not so easily to you, then let your kindness be for children. Let the heart open for the young ones, for much teaching shall be given in that manner.

Know that when you come in contact with all entities each is teaching each, and to the extent that you can attempt to open the heart without fear as entities are met. For although as children grow into adults they lose some of that faith and perhaps pervert some of that will, yet there is no spirit in incarnation that is more than a few steps away from understanding. You never know, therefore, what you might say or do or express by your presence that might be salvation or realization to another.

We would encourage entities concerned with the caring for children to focus repeatedly, daily if possible, upon the metaphysical needs that you yourself feel and those children who are with you feel. Find ways to practice devotion to the Creator. And share this as a normal and everyday part of living. This shall reassure and orient young entities in ways that go too deep for words. Some keep an altar. Some light a candle and meditate. Some interact with nature, walking amongst the blooms or the dry leaves or the wintry grasses. Some watching the birds or finding ways to take pictures of the

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animals in their natural habitat. There are so many, many avenues where the spiritual can be taught to children without heaviness or pretension.

Most of all, we encourage each simply to be themselves, for this teaches more than anything else. Entities who are moving from their core outward, being as true to their feelings and sensings as possible, shall always have a head start in communicating with those called children. For as they are simpler and less devious, so are their ways of seeing. And they shall appreciate an entity who is herself far more than an entity, no matter how exciting that is a mask rather than the person herself.

We feel that we have come to a natural stopping point, but before we transfer to the one known as Jim, we would ask if there are any further queries upon this subject. We shall pause.

(No further queries.)

We are those of Q'uo, and since there is no request for related information upon this subject we shall relinquish the contact with the one known as Carla and transfer to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and light through this instrument. At this time it is our honor to offer ourselves to the potential of further queries. If there are any upon other topics of importance to those gathered, we would be most happy to attempt to speak to them.

Is there another query at this time?

J: How much of an idea of what lies ahead in third density does a soul who is incarnating into this illusion have?

I am Q'uo, and believe that we grasp your query. We shall respond to that which we grasp and ask you to query further if we have not covered the topic as you would wish.

Those who now move into incarnation within this planetary sphere's third-density illusion are aware that this is the time of graduation, that this particular planet is having somewhat of a difficult birthing for the fourth-density population that is to inhabit this planetary sphere. The difficulties of blending vibrations, of seeking in unity, and of recognizing the Creator in all are significant enough that there are, as you are well aware, many wars, misunderstandings, miscommunications and other difficulties that make this illusion one filled with confusion and that which seems to be a turmoil of significant degree. This is seen as a kind of chaotic expression of energy by those awaiting incarnation. Yet it is not seen as that which deters the desire to move into the third-density illusion in this planetary influence and to experience the opportunities that await those who seek their own graduation and the graduation of those of their vibration. Rather, the difficulties that are perceived are seen as further opportunities for service as those challenges which enhance the incarnational abilities to learn the lessons of love and to serve the light of the one Creator. The chaotic expression of energy is seen as that which offers the opportunity to enhance one's own expression of energy as one is able to move in harmony through the difficult times and experiences that lie ahead. For previous to incarnation each entity is far more aware that it is a portion of the one Creator and all those about it are the same, as are those with whom it shall spend its third-density days. Thus, the entity awaiting the incarnation sees with clearer eyes that which lies ahead and is far less liable to shy away from such difficulties but is far more likely to embrace them as the opportunities to serve and to learn.

Is there a further query, my sister?

J: No. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: May I ask a question about an experience?

I am Q'uo, and we are happy to entertain whatever query you would have to ask.

Carla: Thank you. When I was channeling earlier in this meeting, I could feel an energy start up at the end. If I closed my eyes I was dizzy, a rush of wind, not chaotic. Just a different energy than I have ever experienced. Could you shed any light on that experience? Is it another contact that wants to speak? Could it be a gift of energy that was being given to me? I couldn't even name it. It felt like it was occurring throughout the top of my brow and head and within my mind.

I am Q'uo, and am aware of your query, my sister. As we scan for the experience which you have

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described we are aware that there is within your physical vehicle at this time some difficulties that have been of concern to you during this past week as you have measured this cycle of time. And there are those entities within the Confederation of Planets in the Service of the Infinite Creator who move to the need for the healing in their own ways. These you have known in your past as those of Nona. This entity has, in this experience which you have described, offered itself in the attempt to lend an energy exchange to your auric field that has been perceived by you in the manner that you described.

Is there a further query, my sister?

Carla: If I wish to accept Nona's gift, then all I need to do is say "thank you" to her. Is this correct?

I am Q'uo, and this is correct, my sister.

Carla: Thank you, Nona. Thank you Q'uo.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and we would thank each present this day for inviting us to join your circle of seeking. We are gratified that we have been able to offer our humble opinions in those areas which have been expressed as those of concern for you. We would ask that you take those words which we have given which have the ring of truth to you and use them as you will, leaving behind all others without a second thought. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are know to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 20, 1998

Group question: What is the entity, Jesus, doing now, and how can we benefit in our devotional lives from his teachings?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator whose servants we are. As the shadows lengthen on your winter's afternoon we extend our gratitude and our blessing to you who sit quietly in a circle of working humbly asking for truth, for hope, for resources and tools with which to carry on the seeking of the mystery of love and of deity. We thank you and we bless you, and we give thanks for you. For it is that stubborn and persistent seeker that lights the way for those who follow, that plants the seeds that others shall gather. It does not seem to each who sits in this circle that there is anything out of the ordinary in each life, and yet each has been as a beacon to others in ways that each cannot possibly know. We, too, hope that we may learn and grow as persistently as this group, and we hope that we may share from our experience the opinions and concepts that have been helpful to us. As always, however, we ask that each who hears these words respond only to those ideas that delight and find a home within. Any thoughts that we may offer that may seem disharmonious to you, we would ask that you leave behind, for we do not wish to create problems for you. We only wish to share our thoughts and to share the energy of meditation that blesses us as we hope our presence blesses you.

You have asked this day concerning the entity known to you as Jesus of Nazareth, what he is doing now and what this entity may continue to symbolize and suggest to those who seek the truth. At this level of contact, that is, the light trance of what this instrument calls conscious channeling, we do not wish to attempt to indicate, using this instrument, precisely what planetary sphere or what precise work this particular entity is now doing. We would, however, express our feeling that this entity was one of a social memory complex that was at a stage of graduation to fifth density. This entity and the social memory complex of which it was a part had in common a full consciousness of love and compassion. A love that creates. A love that destroys. A love that transforms. A love that is all that there is. This love was not informed or balanced with wisdom. This state of love of this social memory complex thusly was, if not absolutely perfect, at a very high level of near perfection. And as such, this group was exquisitely poised at the appropriate nexus when the opportunity came for incarnation using Christ consciousness within the Earth plane in third density.

This social memory complex is now, and has been for some of your time, studying the ways of wisdom and progressing in fifth density. However, the state

of consciousness of Jesus the Christ and that social memory complex is alive and well within your inner planes where many teachers who have experienced this state of consciousness await the work of what this instrument would call the Holy Spirit. Thusly, the Earth plane has never been without Christ, nor shall it ever be without Christ. For as the Christ came into incarnation it was perhaps, in some part, a personality, but so filled with the Holy Spirit, the identity of self with what the one known as Jesus called the Father, that there was not sufficient personality clinging to this Christed being [for him] to retain a personality shell after the departure of this entity from the inner planes of your Earth.

Thusly, without taking anything away from the accomplishment of the individual who carried Christ's consciousness within the Earth plane we may say that that energy that you know of as Jesus is not owned by an individual, nor was it owned by an individual while that individual was in incarnation. Rather, the one known as Jesus always and persistently stated, "When you hear me, you do not hear me but my Father." This entity found itself completely lost to its Earthly personality experiencing the glory of oneness with the Creator, with the creation of nature with the world around it and with each and every seemingly imperfect human being that seemingly presented itself to this entity. This Christed quality of love is so much a redeemer and a savior of third-density awareness and of fourth-density work that we find it extremely easy to state that Jesus is Lord, as this instrument requires us to do before we may speak. We are not at that time celebrating the individual but stating the Lordship that this individual carried as its identity, eschewing and forgoing the normal ramifications of the ego-driven personality.

Perhaps you may see, then, that each of you has the potential to begin to learn how to carry the consciousness of Christ within the self. For you see, as you consider yourself it is crucial what angle you view the self from. In the eyes of your culture, you are taught to view the self within the nexus of the social arrangement that enables society to live peaceably together. The self then is seen as personality, with characteristics of the personality, with a certain kind of mental ability, with certain culturally conditioned and educated biases, with certain physical work that is done, with certain hobbies and interests and the whole gamut of human identity.

However, each who has awakened spiritually knows well that that is only the surface of self and all of society and its biases, that all of the social arrangements, economic plans and schemes for attaining and maintaining comfort and health and happiness do not identify the self or exhaust its beingness. As spiritual seekers move more and more into consideration of the self as a spiritual being there grows an awareness that the self within is not even a person, that the personality is truly a shell but that what it holds is infinite. There is no bottom to the roots of consciousness. The roots move into infinity. There is no limitation upon the self, the "I" that lives within, and that is one key that the one known as Jesus of Nazareth offers: the redefinition of self, that movement from the "I" of the personality to the "I" of "When you hear me speak, you hear not me but the Father who sent me." For each of us was sent into this illusion. Each of us, indeed, has sent itself into the illusion to serve as the lighthouse for the source of light moving into the Earth plane. It is not that the "I" of self has the fuel to burn an infinite light eternally. Rather, the spiritually awakened self becomes more and more aware that the "I" that is truly the self is simply moving through the vehicle of personality in infinite energy. What the "I" of personality may do to express the true "I-ness" of the Creator within is to allow and bless the energy that moves through the being. For each of you is as a receiver and a sender of energy. Each of you receives infinite light and love in a steady and continual basis, both from the Earth energy itself moving up through the vehicle and from those sources of inspiration which each calls to herself from time to time that move down into the self from above.

All of this energy can be held, or it can be allowed to flow. And each serves by allowing that energy to flow through with as little distortion as possible. And not simply allowing but blessing it on its way. Each has outer gifts, and these gifts are there for each to share. However, the one known as Jesus is that perfect example of one who laid all gifts before the Creator and simply said, "What is your will for me?"

At this time where the world experiences the shortest of days and the longest of nights, at your Christmastide, your light festival, know that the baby that lies within the manger in the story in your

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Bible is alive and lying in the manger in your heart. Know that that consciousness of Christ that the one known as Jesus carried is carried by others as well. That there are always Christs within your inner planes, those who dwell in that state of consciousness that is so fruitful and helpful for those within the Earth planes, but know most of all that the savior and redeemer of the world lies within the single unified heart. For each of you has in perfect accomplishment the awareness and the ability to be Christed. And as destiny rules, each of you shall be given your times to express perfect love.

This instrument asks us, mentally, and we repeat it that we may answer for each of you, "How can you say that Jesus is Lord if you say that Jesus can be replaced with another of the same consciousness?" and we say to you that it is our experience that selfhood is far less personal than it seems within third density. It is a matter of breadth of experience, of seeing into the illusion which within your incarnational experiences is such a perfect and complete illusion. Jesus, indeed, is Lord. Christ, indeed, is the highest and most pure and perfect love, that love that destroys only to transform, that kills only to raise and move onward. Whereever we see the Christ within incarnation that consciousness held by that entity is Lord. One recognizes it as one would recognize an oak tree or a brand of food in your marketplace. It is distinctive. It is perfect of its own kind. And it is a deeply impersonal, infinitely true consciousness in metaphysical location of quality and essence that transcends personality and reidentifies the individual as love.

This state of consciousness lies within your awareness even in incarnation, in potentiation, and the thirst for that state of consciousness draws you onward. May we say to you, value and treasure that thirst and follow it faithfully, for it is a true thirst, a thirst that will still be there a hundred millennia from now, only more intense, more single-minded, because you will have found out more, experienced more, been more within the changing and shifting illusions of space/time.

We do not want to turn our backs upon history. We are aware that it is important to this instrument and to others whether the one known as Jesus the Christ was an historical figure. Indeed, this entity did exist and did express as Christ. There have been others who have expressed this consciousness within your Earth plane but certainly less distorted in expression of this gift than the one known as Jesus. We see and believe in the Christ in each of you and in ourselves. Indeed, we have been at that state of consciousness and have shared in expressing Christhood in our service as you shall do in your turn. Beyond all considerations of time and place and history, however, there lies a level of truth that goes quite beyond the personal and moves into essences and qualities of consciousness that open doors within the deep mind and create the possibility for further spiritual evolution.

We wish you light and love on that journey that each of you takes as each pursues the questions of identity and ambition. Who am I? Why am I here? What is my service? Whither do I go? These are the questions that stir life and aid in acceleration of evolution. Move ever deeper into questions of who you really are, what service you truly came to offer. Know that these potentials for transformation and evolution are real, and know that we do not find any consideration more interesting than the pursuit of self into the deeper mind and beyond the local personality shell with which you have equipped yourselves in order to experience this illusion. Know that you are redeemed, loved, cherished and treasured by the Christ that was Jesus, by Christ consciousness wherever it is, and by us. Know that you are part of a great Self, and that as you pursue your selfhood you also pursue the selfhood of the creation and the Creator.

We would finish this transmission through the instrument known as Jim. We thank this instrument and would leave it in love and in light. We are those of the principle known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet you once again in love and in light through this instrument. It has been our great privilege to speak on this topic this day, and we would offer ourselves in the attempt to speak to any further queries which those present might have for us at this time. Is there another query at this time?

Carla: Are you suggesting that each of us will at some point be given the opportunity to incarnate as a Christ?

I am Q'uo, and am aware of your query, my sister. Though this possibility is also one which is viable, the more likely opportunity is that of moving as does the Christ move within your own incarnation. For at

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some point in your experience of the third-density illusion, there is the illumination of the mind/body/spirit complex through its own efforts that is signified by the moving into the, shall we say, office of the Christ, the position of the entity which is fully enlightened as to the third-density experience.

Is there a further query, my sister?

Carla: Not just now. Thank you. I'll think about that.

I am Q'uo. We thank you once again, my sister. Is there another query at this time?

J: Can you tell us what was the preincarnative plan of the one known as Paul in the lifetime shortly following Jesus' death?

I am Q'uo, and though we believe that we understand your query, my sister, we are unable to respond to it in the manner in which you had hoped due to our inability to utilize this instrument or this contact in the level of trance, as you would call it, that would be necessary to retrieve this information. Thus, we are unable to respond in a manner other than suggesting that each entity incarnates with the desire to be of service and to utilize the life experience as a means of glorifying the one Creator.

Is there any further query, my sister?

J: No. Thanks.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I was thinking about Christ consciousness and I thought about a guy that saved a lot of people and lost his own life in so doing. I thought that was a very Christ-like impulse. Do such people move into this Christ consciousness in so doing, or is Christ consciousness simply a state of mind that is Christhood?

I am Q'uo, and am aware of your query, my sister. As you have described, there is a variety of ways in which an entity may move into a situation of that of a Christ; that is, one who would give his or her life for another. Your allusion provides numerous ways in which this may be done, either as a product of an attitude, as you have surmised, or as the product of the opportunity being presented in an instant and accepted in an instant. In either case, there is the, shall we say, previous decision made by the entity previous to incarnation, perhaps in agreement with the higher self, so that this entity shall be given the opportunity to—"prove its mettle" is the phrase we give this instrument—to be put to the test so that what has been learned previously, as you would measure the experience of time, can be offered as the foundation upon which shall be built the Christed consciousness that is the culmination of the experience in this third-density illusion.

In many instances the entity itself is not consciously aware that this is the process in which it partakes. But this is also a part of the nature of the third-density illusion in that there is a great deal more beneath the surface of events, as you would say, than appears at first glance. For each entity and each entity's experience is layered with vibrations of experience or meaning, each of which is able to add to the total experience so that an entity may become a participant in the event which you described and be moving into that position of the Christ in consciousness by the actions in which its own life is offered in favor of others. When the entity passes through those doors which you have described as larger life or death, the entity then has the remembrance of that which it was to attempt returned to it and is at that moment illuminated in the manner in which the consciousness is placed in the Christed being, shall we say.

Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and we are very honored to have been asked to join your circle at this time. We would again [like] to suggest that you take only that which we say that rings of truth to you, leaving behind all others. We offer our opinions and thoughts to you as freely as is given the breath of life, the energy of the one Creator, the light of the sun, as a blessing. We are hopeful that each will find some value therein.

At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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The L/L Research Channeling Archives

Transcripts of the Meditation Sessions

Volume 15

January 3, 1999 to May 19, 2002

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 1999

January 3, 1999 to December 19, 1999

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
January 3, 1999

Group question: We would like to ask Q'uo about guilt. When we feel guilt we are usually overtaken by the feeling and don't know where it comes from. Could you give us information about where guilt comes from and how to work with guilt in our spiritual evolution.

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you with joy in the love and the light of the one infinite Creator. It is a great blessing for us to be called to your group, and we bless and thank each who is a part of the circle of seeking this day.

Your question concerns guilt, and as we talk upon this interesting subject we share opinion rather than speaking as authorities over you. We would ask that each who hears use personal discrimination, for that which we have to say is opinion and may or may not be that which is of help to you personally. If it does not constitute a resource for you, if it does not fit in with that which resonates with you, then we ask that you simply leave it behind and move on.

As this instrument was tuning and challenging our contact earlier, the instrument, as is her habit, challenged us three times. In the first two challenges our impression was that this instrument was exercising her own discrimination in being certain of the vibration received. However, in the third challenge the instrument carefully described that facet of Jesus the Christ which identifies this entity to her. The nailing of the body upon the tree of wood to take upon the self the sins of humankind, to love others to the point of death, is to this instrument the great characteristic of Christhood that has riveted the instrument's mind for many years. And it is this characteristic which gives us a place to begin to speak about guilt.

The cultural religion, shall we say, differs from the pure religion in that the belief itself is eviscerated and removed, but the form remains. The non-Christian or secular expression of the Creator in Jesus the Christ, then, would be the golden rule in which one at least gives unto others as one would give to the self. But this cultural willingness to die for the sake of another as the highest good places a standard of service to others and giving without expectation of any return that is, in Earth terms, absolute. When one gives the life, one has given all and can not any longer give, for the incarnation has ended in that form. Naturally, gifts can continue to be given and, indeed, are far more easily given when discarnate. However, it is the incarnate aspect that creates the sacrifice of self for the good of another.

Each comes into incarnation with a personality already set up to be created. There is some play in the way in which the personality develops, but its conscious resources, an easily achieved asset, are set in place before incarnation. Consequently, some

entities have a far keener sense of justice, fairness, sharing and giving than others coming into incarnation. Whatever this basic bias of given personality is, the cultural norm for parents is to attempt to increase the instinctively solipsistic infant in its supply of love for others and service to others. Small children are routinely taught to share their playthings, their sweets, and their good times. There is training concerning many behaviors starting with the word, "should." One should keep one's hands in one's lap at the table. One should be respectful to one's mother. One should avoid murdering anybody. At every level of a child's upbringing these enculturated biases are repeated and reiterated until they are inculcated into the basic emotional vocabulary of the logic of the deeper mind. Not that mind which moves beyond self, but that portion of the self within incarnation which lies below the limn of consciousness.

Consequently, when one has become enculturated with the bias towards service to others that the society offers, when one has digested this incoming data and responded to it according to its own biases, the biases of the personality shell, then each individual is left with a more or less threshold of guilt. To some the voice of authority remains dim throughout life and the basic nature of the personality shell has a deafness to the suffering of others. When there is no guilt displayed the medical person attempting to place this entity would call such an entity one who lacks any social behavior or psychopathic. For it is assumed by the healing professions by your peoples among your peoples that guilt is a natural function of the psyche. This instrument has called it "shoulding" all over yourself. And, indeed, when a sensitive entity takes the club of guilt and beats the self about the head and shoulders, metaphysically speaking, that damage is very real and the pain very great.

As you can see, depending upon the basic personality shell of the entity and the amount of enculturation that has stuck with the entity, there are varying degrees of guilt. Needless to say, those who are already oriented towards service to others and who are consciously working upon spiritual evolution tend far more towards a ready acceptance of guilt than those whose viewpoint is less broad. Thus, the very entities who are sensitive enough to be in pain because of guilt receive the more substantial amounts of guilt from their catalyst. It is as though the Creator were adding insult to injury by offering more guilt to those who are already sensitive to it, who are already responding to it by increases in their level of service to others.

The justice of this can only be seen from the standpoint of learning. The feeling of guilt, like many of the negative emotional systems of feeling, is designed to place one in a position in which it is possible to polarize. Now, service to self, in itself, does not necessarily bring great polarity. Many entities upon your sphere indeed live their entire lives in service to those about them without thinking unduly of it or considering it something that can be worked with or maximized. And for these entities the opportunities that awakened souls see are simply unnoticed and unused. However, we may encourage each of you, as those sensitive and consciously awake in the world of spirit, to see that the feelings of "should" are a catalyst to be praised and to be used. When one experiences this emotional set called guilt, one is experiencing a fear that one has not done enough, and, again, the term, "enough," is relative to the personality shell's capabilities and the amount of effort that the entity has put into actualizing the potential for service to others that is within the personality.

Thus, in a way, the more times one feels guilt, the more times one thinks, "Is that enough?" the more one is asking the self to polarize towards service to others without expectation of return. We would not necessarily encourage each to respond automatically to such feelings of "not enough." For sometimes that guilty feeling of not enough is simply an instinctive reaction, one that cannot be pinned down to specific lacks within the self or within the behavior of the self. We encourage, rather, the noticing of such an emotional system of weather, shall we say, having blown into the mental and emotional bodies with an eye to evaluating, as honestly and accurately as possible, the opportunity for increased service. When there is no opportunity for increase of service the guilt felt is as that phantom pain coming from the limb that has been amputated. There is, indeed, no actual physical limb there, simply a body so habitually used to experiencing that physical leg that the form-maker body continues to hold that idea in place, the body then feeling all of the pain of the amputated leg.

In some cases, and as entities become more inclined to spiritual work this becomes more true, the guilt is

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vestigial and unhelpful, for nothing can be done to ameliorate the situation about which the guilt is felt. A good example of this is the feelings of family in the event of suicide. Even those who are not related to the family member but were friends will consider to themselves immediately upon hearing of the demise of such an entity in suicide all of the things that could have been done had the person realized in what bad shape the entity was. Even though the entity has moved on and nothing can be done these phantom feelings are very real and must be dealt with as though they had something to do with consensus reality. When feelings arise of guilt and fear to which the entity cannot find any response, it is then that the entity does well to work upon the discipline of the personality and the discipline of the will. The discipline of the personality is involved in such a case in allowing the entity to sit with, to accompany, to be one with this feeling, to allow it to express and to give it respect and to be a witness to it. The use of the will, then, is that which asks the personality to let those feelings go, to let them be balanced by the awareness that all that has been done is all that can be done and that it is time to move on.

When an entity experiences guilt and finds it to be of this type, we would recommend this general way of working with the dynamics involved. When an entity finds itself feeling the fear of not having done enough and when further detailed examination confirms that there is indeed more that can be done, then it is that we encourage the seeker to view such feelings as good and productive catalyst. For it is not just the willingness to serve others that creates polarity but also the willingness to work upon the self to find ways of becoming more capable of giving, for that giving of self is a kind of muscle and it atrophies in those who do not use it. For those who use it, however, for those who exercise the vigilance to catch the process of guilt and choose a response to it rather than simply drowning in it, there is the possibility of deepening the faculties of will and faith and of using those to pray and to ask and to humbly entreat the one infinite Creator to give grace to become more able to give without thinking of the return.

Not all guilt, then, is good. Some guilt is a knee-jerk response to a catalyst that is truly not there in any sense of being able to work with that catalyst. But when there is something to work with it is work in consciousness that is extremely central to spiritual evolution, for it is to the [more highly] polarized entity that opportunities will come to give of the self gladly, to give not because of the cultural expectation or because of the nature of the personality but because the entity has come consciously to be aware of the way that polarity works, of the way that the schoolroom of Earth works, and such a student shall always excel over most other students. For if there is a motivation to work, the work goes quickly and more easily and with a sense of satisfaction when the test is over.

The illusion which this instrument calls Earth or the Earth plane is designed as a sea of confusion. It is designed in such a way as to greatly discourage entities from being able to cope from the standpoint of the intellect. It is designed to toss people out of their intellects on their ear, to bring them to their knees and place them in the sanctum of the heart, humbled, tired and ready to learn. Know this, just as love casts out fear, love casts out guilt. To remove guilt from oneself it is not enough to do all that one can. It helps to do all that one can, for that surely is enough, but, emotionally speaking, enough is never enough. There is always more that one might be able to do: one more cheek that can be turned; one more mile that can be walked in another's shoes; one more activity that can be helpful, or the refraining from one more activity that might be helpful. There is no logical end to guilt. It is not subject to logic. It is, instead, a tone in the music of the emotional body.

However, this tone can be worked with musically just as the instrument tuned itself for the contact: by prayer, silence, singing and praise. So the seeker can tune the purity of that emotion called guilt, combing from it the less beautiful pithiness of fear and self-condemnation and bringing more and more into focus by an increasing array of verniers that tune ever more finely until that feeling of guilt is as a beautiful tone, a beautiful and true emotion. For, indeed, that feeling that one cannot do enough is permanent within your illusion. It will recur for the reason that one cannot achieve the perfect behavior in one's own eyes. One cannot ever fully be satisfied that enough is enough. And so one is left with the awareness that one has this tone or chord of tones within one, but that it too has its place in the universal personality that is the self, that one is capable of comforting the self after all that has been done is done with the pain that remains. One can forgive oneself for being human. One can forgive

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oneself for not being able to sacrifice the self to the point of death. One can acknowledge, when faced with this catalyst, that the best one could do is not the best, but that is all right. That is as it should be. That is part of the perfection that is hidden within this sea of confusion.

When one has finished rocking and hugging and loving this imperfect being that wants so much to serve, then one can send that child within with a lighter heart by suggesting to the self within that uplifting of the self from the worry of the close view, that one can, by will, step back from the situation and from the emotions to a perspective that takes less into account [the foreground] of the present happenings and brings into sharper relief the basic principles involved.

We honor the one known as Jesus the Christ and, indeed, honor that vibration which is the Christ as being the highest vibration of love that is achievable so far within the infinite creation. We indeed bow to that and come in the name of that and hope to be able to serve to the point of that rude wood cross: the nailed hands, the pierced side. Yet we, in our present situation, do not have that physical sacrifice to make. We do not have the capacity for the kind of guilt that you feel within your illusion. We do not have the ability to be confused and in that confusion to call upon faith. Nor have we the ability to be angry with ourselves and then to forgive ourselves. For, as we are able to see into the roots of mind, we can see that in each system of illusions there are limitations which are set for a reason and that that reason is condign, helpful and enlightening. Upon the Earth plane you have the ability to be utterly dashed, completely confused, thrown to your knees by life, and you have the capacity to tune your responses to that catalyst which brings you down, which makes you feel into the dark side of your personality.

Do not be beaten about by your own feelings of guilt. But, rather, see them as opportunities to do work in consciousness, to forgive the self for being human, to analyze the situation to see whether or not the guilt is productive, to work upon releasing that guilt if it has not been productive, to work upon using that guilt in the highest and best way if there still is something that one can see to be done. Above all these considerations, above all manifestation and illusion the reality, as far as we know, is the perfect outworking of perfection: love reflected in love, moving through each instrument that is a soul of a person and out into the world. As you receive your catalyst, bless it and break yourself open to receive it with the most love of which you are capable in a stable manner. Do not move yourself beyond that which you can do without damage to yourself. Do not ask that which you are not ready for of yourself, but rather be sensitive to the opportunities that these negative feelings, so called, of guilt bring rise to.

And you, as is right within your schoolroom, shall follow in the steps of the cross. You shall have the chance to break yourself open and to pour out your energy, your time, and your attention. When you choose to do this, be aware that it is a sacrament, that you are on holy ground, and that you need to be fastidious in your orientation to the light, not condemning the self in any way for that which has not been done or that which has been done awry, but without heat and in perfect peace, moving back into the situation in mind, finding the balanced and appropriate response, choosing the most generous level of service of which you are capable. This is part and parcel of the teaching of third density. This is one way to move the entity from head to heart and for you to experience it is proper and desirable for those who wish to increase their rate of acceleration of spiritual evolution. In all things, find the love and find within the self the response to that love which most truly expresses yourself.

As in many things it is not so much what you do in the manifested world but how you do it, with what love you do it, with what gentleness and compassion for the self and for the other self and for the entire suffering Earth plane. In the awareness of the suffering of the world one can feel guilty for those who do not eat. Saints can feel guilty because they have not beaten themselves twice a day with chains but only once. You cannot remove this type of lesson from the life experience, so we ask that you see it as a course of study, and like many such a course, one which is helpful although the tests are frequently difficult. Above all, we encourage that you laugh, that you take these things to some extent lightly, that you are able to lift yourself from such considerations and move into awareness of the beauty of the present moment. For this is the center of things. This is the less confused place from which to cast one's eye upon the situation at hand. Laughter and merriment are most helpful spiritual disciplines and we encourage their use, especially for

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those who are serious students and who can become heavy with their concerns for doing things well.

We would at this time transfer this contact to the one known as Jim, leaving this instrument with thanks in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to further queries which those present might have for us. Is there another query at this time?

Carla: One question. I notice that when I say your name in channeling there seems to be an "a" before your name when I verbalize it. I wondered what I was picking up?

I am Q'uo, and am aware of your query, my sister. We are, as you are aware, a principle which has been created or constructed of two different mind/body/spirit complexes, each of which contains its own signature vibration or sound vibration which designates and identifies the entities involved. The beginning of the identification which you have noticed is that sound of, as we have discovered your peoples call it, the spheres, the great Aum which those of Ra partake of in a more balanced fashion. Thus, this sound of the "a" is a kind of bleed-through or a vibratory range that somewhat overlaps the blending of our two sound-vibration complexes, overlaps and underlies, for this sound of the spheres is that music that is available to any entity which has tuned itself to the one creation.

Is there a further query, my sister?

Carla: Yes. I noted that you spoke of the two social memory complexes involved, and for a while I felt that there was a third one involved, namely Hatonn, and that that entity had come on board with the principle in order to deal with some of the needs of some of the members of the circle at that time, and when that entity left perhaps Hatonn left also. Is this correct?

I am Q'uo, and am aware of your query, my sister. And though this supposition upon your part has its correctness it is not simply enough to say that that is correct, for there are many entities of the social memory complex nature which have been attracted to and have spoken to this group in its history, as you would say. When such a commitment and communication has been made it is never broken but remains as a link so that when this group gathers in its circle of seeking there are many who are drawn to it and do not participate directly in the spoken communication but which lend their vibratory presence to this circle of seeking, and any of this group of entities may be called upon by any in your circle of seeking for special communication, shall we say, that is, the calming effect that one group may have for a certain entity, the inspirational effect that one group may have for another entity. In general, there is much support that is available to this circle of seeking from those of the Confederation of Planets in the Service of the One Infinite Creator.

Is there a further query, my sister?

Carla: No, thank you for the information. It is fascinating and good to know.

I am Q'uo, and again we thank you, my sister. We would ask for a final query at this time if there is one.

R: The answer you have just given about the entities being present when the circle is together has touched upon a feeling that I had and I wanted to voice it. When I listen to Q'uo I really take Q'uo to represent a Brotherhood of Brothers and Sisters of Sorrow, as Ra has called it. I wanted to thank you for bringing it up because it has cleared up something for me because I felt there were more than just two entities involved and you have put it into a structure that my mind can deal with better. I appreciate that comment.

I am Q'uo, and we are responding to your response to us, my brother, and we thank you for the grasping of the nature of this contact in a more full sense, for as each in the circle is more able to appreciate that which is offered it makes the service which we have to offer take on a certain ease of momentum, shall we say. We are always gratified to be called specifically by this group, but we would reiterate that when any of the Confederation entities have been called that there is the joining of the particular entities called by others who are attracted by the seeking of the group. For as the group in which you sit gathers itself together and shares with the others of the group the concerns of the heart, the concerns of the mind, and the concerns of the day there is created a certain vibratory level which is likened to a calling for service in these areas from entities that are, shall we say, specialists and whose desire is to

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provide information and inspiration to those of the Earth population who would seek such solace.

As to the beginning of the New Year of your experience, we find that such demarcations of time, and especially this one, are helpful to each entity in that it provides a clean slate in the mind of the entity upon which can be written the new and more refined aspirations that the entity may desire to express within its own life pattern and [may] find it more easily able to do so when it feels that there is a new opportunity presented. Much as a level of a new incarnation offers the freedom of expression to an entity, so does this beginning of a new calendar year for your peoples.

We are those of Q'uo, and would at this time express our appreciation to each here for inviting our presence in your circle of seeking this day. It is a great honor to be able to do so and we would hope that each entity would use the discrimination native within each to take those words which ring of truth that we have spoken this day and use them as each will, leaving behind those that do not have that ring of truth at this time. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 17, 1999

Group question: We would like to ask a question about control over one's daily round of activities, or the lack of control, the feeling of having lost power to be able to affect the outcome of any situation. And this is balanced with the realization that every situation offers us the opportunity to gain from it whatever we need to gain from it and that there is no way that we can lose. It is all a matter of adopting the attitude that all is well and all is one and that the moment offers each of us just what we need to grow. So we would like Q'uo to comment on the concepts of the seeming loss of control, the being able to focus one's attention in the moment upon what is going on, and that the moment offers us the love that we need in that moment.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the infinite love and light of the one Creator, whom we serve. We thank each that has joined the circle this day. Our gratitude and our blessing go with you, for you enable us to offer our service. And thus you offer us learning and growth and the ability to serve as we had hoped to. May we say that although we are most happy to be able to share our opinions with you, we are not an authority. We are simply those who are upon a path which this instrument calls the King's Highway. We seek that love and that truth and that way that is so close to us that we cannot express it, yet we know that it is still a mystery and that that mystery recedes before us as we go forward. And so, as we share our opinions with you, we also ask that you use your powers of discrimination, for all that we say shall not be resources for you. And we would ask that you take those thoughts that are helpful and leave the rest behind. This we would greatly appreciate.

You ask us concerning power and control. The song which you have used to tune your circle this day talks of footsteps on the water that lead the singer back to who he is. This instrument immediately thinks of the one known as Jesus the Christ, who walked upon the water and who gave to her the identity in which she rests. The one known as Jesus did not find it remarkable to walk upon the water, nor did the one known as Peter, who sprang from the boat when he saw his teacher coming and walked upon the water also to him until he realized that he was a human and that humans sink. And so down he went until the one known as the Christ reached out a hand to him and lifted him up. Such is the nature of faith.

Faith is not something one can plan to acquire. Upon this King's Highway there is no hostel at which you can purchase faith nor any school at which you may learn faith. Rather, faith is expressed in the middle of utter confusion, in the midst of the grand chaos that is the nature of your third-density physical illusion.

Let us look at the creature that you are. You are a citizen of eternity. Your essence is infinite, and you have no limit. This is your nature, for are you not one with the original Thought, that Logos which may so weakly be called Love? And this Creator that is beyond, and yet contains all things, has that nature of intelligent infinity. And this birthright is yours, but you have chosen, at this time, to take this illimitable consciousness and to place it gently and lovingly and hopefully within a jar of clay, within that chemical electrical distillery which is your physical vehicle and with this physical vehicle, this hairless great ape which so gallantly carries you about for your entire incarnation, comes an intelligence that is not unlimited but is limited, that is not eternal but is time bound. And these two natures dwell within you, interacting in many, many ways. When the mind that comes with the physical vehicle is in command of consciousness there inevitable and instantly comes those feelings of limit, disappointment, worry and an endless series of reasoning designed to solve specific problems. For the mind that comes with the physical vehicle is carefully designed to solve problems and make choices.

To this mind all things can be measured and when one has measured a situation, got its inseam and its outseam, taken all of this down, then the mind makes a choice. And the body must follow. This is the state of what we might call spiritual sleep. The entity depending completely upon the rational, limited mind may well make brilliant choices and solve many hard problems, but there will not be that feeling of ease or space or love that is your birthright. This is as it should be, this relatively commonplace placement of the consciousness that is eternal under the threshold of conscious awareness, what this instrument would call consensus reality. And so to the unawakened spirit it is the subconscious mind, the deeper mind, which contains all of the nature and the characteristics of the citizen of eternity that has hoped, by taking incarnation, both to learn and to serve.

No matter how confused or chaotic the sea of confusion about you is, no matter how limited you may feel, there is a higher truth, a deeper truth, if you will, a broader truth, that lies waiting, hoping, its hand raised to rap upon the door of your consciousness at all times, for you to woo and court and open those doors of deeper consciousness. As a limited being, your feet are upon the earth, your roots go down into the earth itself. You are connected to all that is earthly, to those wonderful energies of earth, rock, fire, water, plants and animals. The physical body itself has the instinctual grace of animal and plant life, that turning towards the light, that moving to survive, to continue. But as a citizen of eternity you root yourself in what this instrument would call heaven. It is as though the roots of the tree were at the very top and the branches came down into the illusion. When you reach into the roots of the mind, then, you are reaching into heavenly things. All of this you have within you. It all lies waiting behind doors which are locked against the hasty, the unthinking, the careless seeker.

That sense of power that is, shall we say, not of the illusion is within these rooms of self, these structures of deep mind. The desire to control, a sense of power that comes with that desire, is a perfectly natural, instinctual part of the human animal. It is, of course, a desire that is fated to be thwarted, this being one of the great points of the incarnation and the illusion into which you step the moment of your first breath.

And so, as a citizen of Earth you are destined to spend your time paddling about in the archipelago of confusion which is third-density existence, finding a dry place here and a dry place there, making your way but constantly being buffeted by that which you cannot, in an earthly sense, control or have power over. And if you focus into that life view that feeling of peace that each seeks shall ever be illusive, for the whole purpose of physical incarnation is to so confuse and baffle the mind that it has to let go. This instrument is fond of saying that the spiritual journey is one from head to heart.

The techniques of using the intellect bring one to many brilliant conclusions, none of which move one into those depths of awareness and comfort and peace which knowing the truth in any moment can make you feel. Each has had these moments of infinite peace and joy. Each has felt the self open and something stretch and flex and enjoy existence, locked so long in those deep guarded rooms. And what are the keys to these rooms? One door is only opened by silence, and we heartily recommend that each of you spend time in silence whenever you can … thirty seconds, five minutes. A little silence will go a long way.

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There is another door that can only be opened by the key of patience. Patience that is not pinned to any expectation. Let us look at this a moment. What are your expectations? Do you have many? What are your desires? Do you have a raft of them? Do you have just a few? If your expectations are more than modest, if they are ambitious, if there is a plan—this instrument's mind immediately remembers the Soviets' five year plans which never seem to work—then each plan that is made is destined to be left behind. And even when a plan comes out exactly right often it does not give one the expected feelings. No, rather, patience is that which releases expectation and simply waits, not knowing what is to come, not necessarily even guessing what is to come but, rather, moving in that openness of heart which is as a seat upon which to sit in that house, that room of patience.

Remember that expectations are dangerous things; desires are powerful things. Dangerous and powerful because they create an energy that will not be balanced until you achieve your expectations and your desires. And yet nothing is as it seems within your illusion. Consequently, each desire that is granted will bring with it great catalyst, for it will not be what you thought it would be.

And there is a door in the deep mind that can only be opened by the key of faith. When this instrument was in extremity, very close to death, she taped a message where she could read it from the bed upon which she lay. It read, "Faith, the final frontier," making the pun upon the Star Trek, "Space, the final frontier." It was meaningful to this instrument, and we pull it from her memory so that we may talk about the unknown land into which faith is an entry. Faith is not faith in anything. Faith is the knowing of things that are not seen, the sureness that one is in the right place. Faith is illogical and cannot be defended rationally, and yet the more time that you spend in this room within the deep mind the more you shall flower as an entity, able to do that work which each truly came to do. For, indeed, what do you wish to control? Over what do you wish to have power?

In things of the spirit, those who work within service-to-others polarity will find that there is only one area which needs work. It is not the world that needs work. It is not others that need to change. It is the self that is the province and the realm over which each entity has the right to work, to hope, to dream, and to walk that spiritual path.

The mind asks you, "Where are you going?" "How do you get there the best way?" This is logical. This sometimes works spiritually, but not often. What works spiritually, rather, is that faithful patience that, when in doubt, sees the doubt, sits with the doubt, accepts the doubt, forgives the doubt, and then chooses to rest in faith. We do not mean to suggest that action is not a good idea. You came here to be confused. You came here to act. You came here to make mistakes, to judge yourself, to do all of the things that you will learn are not particularly loving or wise.

You will notice that we have not talked about a room of wisdom, for it is our humble opinion that wisdom is not the lesson for which you are ready at this time. For you see, wisdom may only be studied, with good results, when an entity has learned the lesson of love and compassion. Wisdom is a dead thing unless it comes from that resoundingly open heart that is able to allow the infinite love of the one Creator to go into the self, to be blessed by the self, and to move on from the self into the Earth plane without significant distortion. This is what you came to do. And it is not a doing but a being that you came to offer as your gift. You came to sacrifice your very self. Your whole incarnation is a gift to Earth. Certainly you hoped to do personal work here. And certainly you hoped to serve by what you do and what you say, but how much more central is your responsibility to meet the moment with a loving and opened heart. And it is this which is the province and realm over which you have control. This is where your power lies, in the momentary decision to seek the love in that moment. As the one known as Ra has said, "Where is the love in this moment?" is a helpful question at any juncture, but especially when the spirit is weary or overwrought.

And there is one final door that can only be opened by the key of honest love. And this is the holy of holies. This is the mercy seat. If you can enter that door, all the rest shall open also. If you can dig in the soil of your nature, down into the roots of mind, past the confusion that is your topsoil, past the difficulties that are your fertilizer, if you can get through that to the rock, that rock is love. Take this moment just to feel how much the Creator loves you. Oh, how the Creator loves each one of us! Every hair. Every freckle. Every folly and mistake.

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All these things are part of a wonderful tapestry, a tone poem of emotion and concern and caring that is your signature, and the Creator loves every bit of color and tone and energy and pattern that you have created with your life. How you are loved. Know this. Dwell upon this, for this is deep truth, and it may free you a little at a time from those human concerns that seem to create the atmosphere where you are not appreciated, where there is no balance to life, where those things that you attempt to do to aid others do not seem to find their mark.

And you also have within you tremendous stores of this energy that is love. Yet it is not that you have these things within you precisely. Rather, as this instrument said earlier, it is as though you only have them when you know that they are coming through you, not from you. For those things which are human are limited, and if you attempt to love the world from your conscious self you shall run out quickly. You shall feel burnt out, and weary, and certainly sapped of energy. Rather, we would suggest that model where you see yourself as a transmitter and receiver of vibrations of a certain kind. You both receive them and you send them. And if you allow it, you create a circuit [amid] infinite intelligence, which is that flowing, knowing, growing place that each of you has visited many times, that each of you yearns for when things become fuzzy and muddled.

We are not saying that entities such as yourselves do not often run into brick walls where it was hoped would be open road. We are saying, rather, that these brick walls are part of the illusion and are not particularly interesting compared to the wooing and the courting of that self within which is a citizen of eternity and which may choose at each juncture, in each instant, to focus, as the one known as Ra said earlier, upon the main thing. And that main thing is always, eternally, love. May you be guided again and again into situations where you may take those keys of patience, love, simple persistence, hope and faith and may find for yourself those places which rest you, which comfort you, which are merciful balms to your weary soul.

We would at this time transfer this contact to the one known as Jim. We would take our leave of this instrument in the love and in the light of the one infinite Creator. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which those present may have for us.

Carla: I have a question about working on my book. I have tried to divide things up by the energy centers and have found a difficulty doing that. Various issues hit upon more than one chakra. If you take sex, for instance, it certainly is a red-ray issue, and also a yellow-ray issue, and so forth. I wonder if you could comment on this? I am looking for a better direction for dividing the book and the material.

I am Q'uo, and am aware of your query, my sister. We wish to be of service without the, shall we say, doing of the homework, but can begin to open the door which you, yourself, opened at the end of your query by suggesting that there are topics such as the one mentioned, that is, the sexual energy exchange, and many others, that can be pursued to present the student of the spiritual journey with an overview of this journey using experiences with which it is most familiar. These combined then can become the vehicle to share that aspect of the devotional life which you wish to share with others.

Is there a further query, my sister?

Carla: No. I'll look over what you just said. Thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that the queries have found their end we would once again thank each entity present in this circle of seeking for inviting our presence this day. We are most honored and privileged to have been able to join you here. And we remind each that there are many such as ourselves that walk with each upon that journey of seeking and becoming and knowing the one infinite Creator. We are known to you as those of Q'uo. Adonai. ♣

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Sunday Meditation
February 7, 1999

Group question: The planetary awakening to unseen essences such as angels, guides and spirit guidance is part of our awakening to an even larger self-realization of direct co-creatorship with intelligent infinity. Could you speak of the process that is taking place, in which we are coming to actual awareness of our role as co-creators, with specific focus on how we are learning to become direct conductors of the eternal energies?

(Carla channeling)

We are those known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank this group, as always, for calling us to share our views and to take part in your meditation. This experience is precious to us for each of your vibrations is beautiful and we greatly appreciate to be able to blend with that. Also, we thank you because this sharing of opinions gives us the opportunity for service to others in the way that we feel our gifts are best shared. As always, we would ask that from these thoughts each take only that which has personal meaning, leaving the rest behind. For each seeker has excellent powers of discrimination, and we encourage their use. There is no authority greater than the authority of the inner heart and that feeling of rightness.

You ask this day for us to share our opinions on how awakening entities are coming to experience a universe in which time and space have given way to infinity and eternity and the seeking of the metaphysical self has become more important than the approval of the world or any worldly gain which does not have its roots in love: the love of one doing the service, the love of one offering the self. Many entities are awakening now to their spiritual identity. This is the time for the blooming of those feelings and awareness that have long been hidden. This is the time of the blossoming of those entities upon your planet who have become aware of themselves as citizens of eternity.

It is our opinion that all things are one, that all there is dwells within each entity. It is our feeling that each entity contains the infinite creation. All things are thought, all thoughts, all emotions, all that is seen, all that is sensed in any way has manifestation to the outer eye but first has roots within that inner being that is connected, not with larger spaces, but with infinity itself. For each of you is that holographic image of all that there is. Each of you is one thing. The small self cannot grasp the unity that is the truth of all your peoples upon your sphere of Earth. It seems obvious to the outer eye that each entity is a person unto herself, and yet just as a child awakens for the first time in her mother's arms and becomes aware of a new world of sight and sound and sensation, just so does the spiritual self within

the human being awaken to an alarm that only it can hear.

No two entities have the same clock setting. There is no one time for spirits within bodies to awaken. For each seeker that time of awakening is perfect and right although it may not seem right to others. It always shall come to the one who is ready to deal with the implications of the new inner birth that constitutes the awakening into realization of the self as a spirit independent of space and time but wholly dependent upon love and light. For each is love and light, yet each also transduces love and light as it streams from the infinite Creator into the Earth plane. And so each of you, no matter the age or any details about the person, each who is awakening is a receiver and a transmitter of vibration.

Your scientists tell you that all that there is is made up of particles of energy vibrating at various speeds and creating various energy fields. One such energy field is that in which is contained the spirit of each of you, and when that spirit awakens there is no going back to sleep. Once awake, the seeker must remain awake and alert. The question then becomes, "How can I help this process of awakening along? How can I accelerate the pace of my spiritual evolution?" We would suggest several ways in which this can be encouraged.

Firstly, we would suggest that each awakened soul choose for the self that rule of life which most nurtures the spiritual child within, that child that dwells in the heart and can become mature only as the outer self makes room and time for it. Time spent in silence, whether formal meditation is offered or whether it is simply sitting, greatly aids the spiritual self within. Further, it helps to align the seeker with her personal destiny, for each has come with gifts to share, lessons to learn, and service to offer. Each has planned for the self companions along the way and good work to do, and each has hoped that within the veiled conditions of the physical illusion that constitutes consensus reality upon your planet that the awakening would occur and the choices would begin to be made which would more and more allow the spiritual self within to mature.

Meditation is not the only technique or method whereby one may encourage one's own spiritual evolution. Certainly, the attempts to offer service to others always creates a more spacious environment for the spiritual self to grow in. Certainly, reading and listening to inspired and inspirational material is helpful. More helpful, however, than any of these practices is the persistent focus upon the mental and emotional awareness of the nature of the self within incarnation upon planet Earth. For as we said, each of you is as the radio: receiving and transmitting vibratory energy as good feelings, as good words, as good deeds. All of these are equal in the world of metaphysics, for thoughts are metaphysical things and have shape and substance and reality in the world of spirit. That is why the intentions, the desires, and the prayers of the seeker are so important.

The greatest single practice for bringing seekers into more and more direct awareness of their role here within the planetary rise in vibration is simply to be, to be the deepest and most profound and true self of which one is capable. In this being there is a releasing of the doing, for, metaphysically speaking, it is not these but rather being and essence which are the gifts that we have to give to each other. When a seeker becomes aware that it is a creature of will, discipline and faith then that person can simply allow those instreaming vibrations of love and of light to move through the physical, mental, emotional and spiritual channels of the body and out into the world that so desperately needs those vibrations of undistorted love and light.

Each seeker is here to become a direct co-creator by allowing that which is, the Logos, that one great original Thought, to be us and to move through us and out into the Earth plane. By blessing this energy and yet not holding it, by knowing there is enough, an infinite amount of this love and light, that it cannot be spent, the seeker is affirming that which is. We wish each entity those delights of travel, those mountaintop experiences, those great and profound realizations that come. Those times are precious, and yet each of you will find that when all is said and done it is the vibratory level of the beingness of each entity that sticks in the mind and in the heart like no other sense memory can. Each of us knows blessing when we experience it. All of us have known these entities who, by their very being, improve the vibrations of a place. Yet always know that it is not from you that these things come. It is through you. There is not a key that unlocks the doors of the heart that has anything to do with the human mind or the will in the worldly sense of that mind. Rather, it is

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the naked soul, the bare and unadorned spirit that is the object of perfection, that is love itself, and that is each of you.

May you find ever more creative ways to share the infinite love and light that will come through you by blessing that energy and by consciously sending it out into the world. We encourage each who hears these words to take the self very seriously in terms of developing a daily practice that feeds the metaphysical self, whether by meditation or prayer, contemplation or rumination, the gazing at inspiring objects, or the reading of inspired words. You will find these techniques of entraining the mind to be most helpful. There are many ways in which the person who sees the hunger and the thirst of the self that is emerging for metaphysical truth to offer that truth to the inner self. It is our opinion, however, that truth is a fluid and changing thing and very personal and subjective in its nature. For each entity there will be landmark truths that come and stay for a very long time. There will also be truths that are seen to transform and to migrate as lessons come to one and as the self develops.

We encourage each of you to trust in the self, to listen to those hunches and intuitions that are the only voice into the conscious mind of the deeper and larger self that exists below the threshold of consciousness. Each of you is as the fruit of the true vine. Each of you has roots in heaven. Within each of you dwells perfection, truth and infinite love. Spiritual maturity comes to those who seek to run the straight race regardless of what others may think. Move slowly and thoughtfully and wait for inspiration. Maturity will come faster to those who yield their ambitions and ask, "What is the Creator's will for me today? Where is the love in this moment?" The love in this moment is you. May you carry that truth and wear it as a crown and even when the crown sits heavy upon the head, may you serve, may you reach out to others, may you respond to requests for help with the best that is in you. May you encourage others in their paths, for you are the hands, voices, the caring of the infinite Creator within the Earth, you and none other. As the old chant goes, "May you love each other. May you care for each other. And may you bring each other home."

We would at this time transfer this contact to the one known as Jim. We would leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves for further queries which those present may find value in the request. Is there another query at this time?

Carla: I would like to ask two questions for P. Firstly, what is the origin and purpose of the B'hai faith?

I am Q'uo, and am aware of your query, my sister. And we would greet the one known as P, who has for a great period of time has been seeking in the faith in which the query is rooted and is a friend of this group that is dear to each. The origins of this particular path of seeking the one Creator lie in the recent past, as you would measure time, that is, within the last 200 of your years, and lie with one who found a personal path that was able to allow this entity to experience the one infinite Creator and to realize the unity of all things through this experience of unity with the one Creator. Thus, this entity who had for a great portion of its life sought that which is called truth, that which is called the origin of all that is, was able, through a blending of various other paths in their rituals of observances, was able to create a meaning whereby not only was it able to experience the unity of all things but was able to offer this experience to others as well, as it was the life's purpose for the incarnation to put the self in such a position that it was able to make a contact with that which is called intelligent infinity and offer this contact as the eternal waters of life, to be then one who was able to provide this service to others in as egalitarian a means as possible, shall we say. Thus, the origin of many such mystic paths is that journey which begins and ends inside the human heart, for as all such paths to unity the way of the heart is that which moves most quickly there.

Is there a further query, my sister?

Carla: Yes. Her second question is just to comment on her experiences of the last year in any way in which you would care to share. She doesn't wish for you to infringe upon free will, just comments.

I am Q'uo, and am aware of your query, my sister. Looking now at that which has been the experience of this entity, in metaphysical terms, we see that there is the dedication of the heart to seek in truth that which are the proper steps for this entity to

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follow and that there has been a great degree of success in bending the will of the self to new dimensions that seem on the one hand to restrict and yet on the other hand to free. The balance of attitude with which this entity sees its journey and its relationship to others is to be recommended, for within the balanced attitude, seeing the experience of others as a valuable journey and the seeing of the journey of the self as being that which is to move in harmony with certain other selves which have formed a primary place within this entity's being. The difficulties that the entity experiences are the, shall we say, friction where the rougher portions of the personality meet the reality of dealing with other selves who also have the tendency towards humanity—that is, to err. The ability to accept, to forgive, and to renew the dedication of the self to the seeking of the One in all, is the quality that has sustained this entity and will continue to do so.

At this time we feel that we have given that which is appropriate for this entity and would ask if there would be any further queries?

Carla: I know P thanks you for that. I have a question of my own. I was pondering D's words in the process of putting them on the tape concerning guides from the inner planes or spiritualist type guides such as doctors, Indians, the Holy Spirit, people who have the awareness of the help of fairies or of angels and all of these discarnate and magical beings. They all seem to have the same kind of service to offer to us in third-density bodies on Earth. What I was wondering was is there an element of creatorship where those of us who expect fairies get fairies, and those who expect Indians get Indians, and those of us who expect UFO contact get that? Is there some way that we come into the mix that assigns guidance? Different people have different methods of guidance?

I am Q'uo and am aware of your query, my sister. It is truly said that these entities of an unseen nature move to inspire and to guide and to bring into contact those influences that are most helpful to the entities that call them. And it is also well said that it is oftentimes the expectations of those who call that determine the nature of the response in the form of one kind of guide or another. And it is a possibility of many that there are previous incarnational experiences that determine that kind of essence that is called for and seen and experienced. For there are throughout the one creation many, many different forms of guidance that are available to third-density entities and these forms of guidance may refine their formation to be more in alignment with that basic vibratory essence of the calling entity. Thus, each entity will experience that which it truly desires and which it has made room for in its metaphysical system of apprehending that which is.

Is there a further query, my sister?

Carla: No. That was it. Thank you very much.

I am Q'uo, and we thank you again, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and we would at this time express our great gratitude to those which are present and to those who are in distant meditative circles adding their energy and essence to this one for inviting our presence and our participation in your seeking this day. It is, as always, a great honor and we walk with many who echo our gratitude. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
March 21, 1999

Group question: How can we use our desires and expectations in a balanced way to grow spiritually?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. It is our privilege and our blessing to join you in your meditation, to experience the beauty of your vibratory patterns, and to be able to speak with you our opinions upon the subject that you have requested this afternoon. We are most happy to speak with you concerning desire and the balancing and use of desire. We ask only that each of you listens with a careful and discriminating ear, for truth is a personal thing. That which is true is true one person at a time, one creation at a time, for each of you is the center of your creation, which is no one else's. You and your creation are unique, and you will resonate to those truths that constitute an asset and a resource to you. When you feel that resonance, you may trust it. And when you do not, we ask that you leave our humble thoughts behind. For we are as you: pilgrims upon a spiritual journey. And though this instrument is fond of saying that she never metaphysician she didn't like, we continue to insist that we are as you, perhaps further along in the great circle from source to source. But we walk the same road, and we seek and desire the same things. Calls such as yours are most precious to us, and we thank you especially for allowing us to practice our form of service to the one infinite Creator, for we are within your inner planes at this time specifically for the answering of calls by groups and entities such as you.

Let us focus upon desire. What is the nature of desire? It is our limited understanding that the Creator Itself used the function of desire, which is also called free will, when It decided that It would know Itself. It's desire was knowledge of Itself, and so the Creator flung out all the densities of experience, all the infinities of galaxies and stars and planets and consciousness so that It might experience Itself. As the nature of the Creator is infinite love, so did It create all Its parts as infinite love, and each of you is as a sun or a planet in being created of infinite love, having the nature of infinite love. Each sentient and non-sentient being, each poppy, each breeze, each animal and tree and human being, is the result of that desire of the Creator to know Itself. The Creator has, from the beginning of Its creation, found Itself utterly in love with each iota, with each soul. The Creator is delighted, thrilled and fascinated, and so the Creator has an attitude of love and feeling of that love radiating to every sentient being. The Creator remains fascinated. What will happen next? wonders the infinite part of deity.

Since the nature of deity or Godhead resides completely within love and the desire to know the dimensions of that love, it is only suitable and

appropriate that each soul that awakens to its spiritual identity becomes aware of itself as a creature of desire. As the one known as R said earlier in this discussion, "I thought that I was on a high spiritual plane only to discover that I still have many, many desires." May we say to each of you that you shall never find yourself lacking in desires. This is the nature of your being. It is the nature of space and time which creates dimensions in which you may follow your desires. So it is entirely appropriate that each of you has desires and that each of you works within the self in consciousness to know better the desires of the heart, to refine the desires of the heart, and to discipline the personality that would go forth into the world that it may have the armor of light, that it may have the resources which it needs in order to remain aware to an increasing extent of the patterns and ramifications of the desires of the heart.

As the one known as Jim said earlier, there are many, many entities upon your plane of existence who find themselves unable to fit into the myth and mythical system of the culture in which they may find themselves. These wanderers are those pilgrims which do not have a place to stay upon the road, who do not have a handy chapel that they may go into and find themselves at rest. For many, these culturally pervasive religious influences have not been able to offer the rest and the peace which constitute spiritual balance to the pilgrim that is perforce abroad upon the spiritual path. You see, once an entity has awakened to itself as a citizen of eternity and has become aware of that essence of self that is infinite and that shall not go down to the dust, that entity then hungers and thirsts for that of the spirit which may come into the consciousness and deflect the conscious mind during the everyday existence. It is significant to us that so many of your people feel that it is impossible to maintain a spiritual practice in everyday life. This is notable because [you are] the entity that you are, having the nature of love and of love's desire: to love and be loved, and then having that feeling that one cannot bring this into the everyday sphere.

There is, more and more, within the heart of the seeker a feeling of imbalance, a feeling of not being able to express the essence of self. When that lack of center, that lack of peace, exists within the heart of the seeker there shall inevitably be a feeling of imbalance and a feeling of restlessness, of itchy feet, a desire to get on with and through whatever is keeping the spirit from the love of the infinite Creator. Further, it is telling that within your society the solution of bringing the spiritual into the everyday is to take time out from the everyday to go to a weekend conference or a spiritual convention or some grouping where one may trust that there will be spiritual food and there will be the time-out from the everyday life taken for spiritual work. Mind you, we are not criticizing those who offer or those who take spiritual courses or weekends or conventions or workshops. These are wonderful means of sharing and caring and learning and service. However, the source that can be most deeply secure and reliable for each seeker is the innermost heart, for in the deep heart there is a tabernacle and within this tabernacle, in all of its infinity, lies the one Creator, patiently waiting for the seeker to open the door to their own heart. It is not in the reaching out that the most trustworthy grounding of desire may be had but, rather, in the smaller and smaller, quieter and quieter, energies of the self. For each of you is a hologram of the Creator. Each of you is already that which each seeks, but this treasure lies buried within the deeper self, not so much, shall we say, closeted away as behind a door which has a key, and that key is silence.

When an entity thinks of desire, the word itself has overtones of passion, sexual or sensual in nature, certainly vital. The connotations of desire are warm, hot, burning. And each experiences desires in a tremendous array of levels so that when one attempts to talk about desires with others, even those of like mind may become lost in the semantics of "desire for what?" Are some desires more balanced than others? Is it more appropriate to desire the higher things than it is to desire those shallow and materialistic things of the Earth world? The key here, we feel, is balance, as several of you have mentioned this afternoon. That word, balance, is most important. We would note that to our way of thinking that there is no particular necessity to begin with the higher desires. Indeed, we would recommend against it for those who have not done a good deal of work in consciousness, and the reason is that each is a creature of many parts, with various energies which the body and the mind and the spirit experience. All need to be balanced, and it is our feeling that it is far better actually to begin working with the so-called lower energy centers and chakras when one is doing so-called spiritual work.

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The three lower energy centers that we have talked about before are those centers with the colors of red, orange and yellow: the base or first chakra being the red chakra and containing those issues of survival, sexuality, and vitality; the orange-ray, that belly chakra, wherein the issues of personal ethics, personal choices, and personal relationships are worked upon; and that yellow energy center which is sometimes called the solar plexus center, which treats with the energies having to do with society and societal groups, the ethics and the relationships and the responses which the seeker may choose to offer to those catalysts which may come about. These are the chakras which need to be open and in minimal balance in order that the full energy that the Creator offers may come from the base of the body up into the heart. To do work in consciousness in the higher energy centers when the heart is not receiving full energy is to risk what this instrument would call burnout, ill health, scattered personality, and other ailments—mental, spiritual, and physical—that are the result of attempting to do high intensity, high energy work in consciousness when the heart does not have enough power to keep all things in balance.

This instrument is fond of a writer and mystic called Evelyn Underhill. Within this saintly and delightfully humble woman's work there lies the suggestion that one may think of the spiritual self as a house with two floors. Upon the first floor there is the eating, the drinking, the sleeping, and all those things which the body and the mind must do to maintain the self, to provide for the self, and to make the household that may then offer rest and security to the seeker. The one known as Evelyn asks how the seeker might feel if it ignored the dirty dishes, the unmade bed, the wonderfully creative mess that entities can make of those possessions that they have. Walk up the stair and go into the upper room. To some, this would be very easy to do. And yet the one known as Evelyn suggests that this is putting cart before horse. This is moving too quickly for the whole being to follow. And so we would say to you that we agree with this sentiment, that we do feel it a holy and loving work to balance those feelings concerning existence, sexuality, person, personal relationships, family relationships, and societal relationships. All these are blessed and important concerns. They are not the small change to be tossed away so that one may go higher. They are the steps which you must be able to trust, going up that staircase to the upper room. And we ask each of you to be especially aware of the beauty and the divinity of simple things. For these things will feed you and will balance you and will open your heart.

Once you have entered the open heart, once you feel able to bear the silence of that inner voice which speaks, not to the ear but to the heart, you rest balanced and ready to look at the deeper desires of that heart. Again and again, you will find your heart closing. You will find your relationships coming out of balance. And we say to you, take no worry from such. This is the way of things. For all things go in spirals. That which you meet today you shall meet again in a week, a month, or a year, just to be sure that you have gotten that particular point. You will see the same lessons repeated and yet not repeated, for you have spiraled into a different person, and at the new level you need to be tested. Therefore, when you find yourself moving back out of the open heart, back out of balance with relationship or with the self or with the health, or with the depression, know that this is not stepping backwards but spiraling into a review, a test, if you will, of that which you have already learned. If you spend any time at all condemning yourself for once again experiencing catalyst of this particular kind that you see repeating we ask you to put it out of your heart and forgive yourself for being who you are.

You see, within desire there lie choices which are very subtle. When you reach that point in your spiral where you get the lesson again, it is very, very easy to move back into the lower energies, meanwhile berating yourself for being within the lower energies. Yet know that you will be working with these lower energies every day and every night of your incarnation. Many times you will not even be aware of the work that you are doing in these lower energies, for the more discipline that you bring to your way of living, your rule of life, as this instrument would call it, the more you do rest in faith and do not contract away from the catalyst that constitutes this review, this test of your awareness of your balance. It is not only the balance, often, that is tested. It is your awareness of the process. When you can win through in a confused situation to a remembrance, a memory of the way catalyst works, of the process in which you are taking part, the more you will be able to move smoothly, gracefully and cooperatively into doing the work at hand, without condemnation of self or of others, forgiving completely that which this density of experience

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confers upon each and every sentient citizen of eternity. For each of you is human; each of you, therefore, cannot help but make errors. That is the nature of third density, of the human experience, of the spiritual path at the point which you are now, that you will constantly be tossed into confusion, difficulty and aggravation. This is simply in order to set the stage for your journey from the intellect to the heart.

It is often seen as desirable to live the life in a carefully thought out manner, and certainly we would not say that thought given to a way of life is unwise or unspiritual. Rather, we would say that there is a kind of wisdom that appeals to the intellect but which is false, for your density is not the density of wisdom. The greatest wisdom that you shall ever learn in your density at this time is that you cannot know anything. In other words, that your incarnation is based completely upon faith. You have no backstop of destiny. You have no eternal parent that will tell you what to do. You are on a journey in uncharted waters and your intellect will not be able to be so wise as to steer your spiritual journey. Many mistakenly attempt to live a spiritual life coming from the intellect and from wisdom. However, this energy does not make use of the open heart, and it will not take you far. And those seas into which it pitches you will be as confusing as the seas you left behind to seek for wisdom. It is our understanding, rather, that your density is a starkly simple stage set for making one choice again and again, and that is the choice to love and to be loved. The one known as Ra has said in each moment ask yourself, "Where is the love in this moment?" This question contains the seed of the heart's opening and polarizing, and we are aware that that is what each of you wishes to do: to become more awake and aware of the true nature of the self, to be more and more able to express that essence in the daily life.

These are desires that all have in common. For each, the ship upon which each finds herself is without a lodestone or rudder. But, rather, there is a sail which may be moved about by the seeker to catch the winds of spirit. Once one has been able, even for a short time, to run before the wind of spirit and to feel the sails billow, one has become able to recognize what it feels like to be in the rhythm and in the rightness of things. For truly we say to you, to the best of our knowledge, each has a destiny. Each has a mission. Each has come into incarnation with gifts to share, with a mission to fulfill, a service to do, and with learning to accomplish. The learning is always about love. The serving is always about trusting in the rightness of the moment. Again and again we have heard the question, "What can I believe in? How can I have faith?" We say to you that when your desires come into balance, then it is that you are most liable to experience the harvest and the blooming of faith, for faith is not faith in anything. Faith is simply an attitude which is part of your spiritual being. Faith is that which knows that all is well and that all will be well. It cannot be gotten at by trust in any other person. It can only be experienced in midair after one has leapt from the precipice safely. In midair one finds oneself marvelously able to cultivate faith, and you will find, as you work with your desires, that there is a place or balance which you will come to recognize. There is a comfort in sensing that one is centered, that one is on the beam, that one is in rhythm and in cooperation with one's destiny.

We hope that we have been able to describe some of the processes that go into arriving at the inmost heart and becoming aware that within it lies the Creator and that you may go in and tabernacle with that Creator and allow that Creator to be actively indwelling so that when you come out of that inner room of prayer, meditation and silence you will feel the energy of spirit moving through you, and you will know that, thankfully, you are no longer depending upon a pitifully small amount of human love which comes from you, but you have been able to open up the instrument of self that infinite love and light may flow through you and out into a hungry, thirsty world. It is our feeling that this being in the self is the highest mission of all people, that living a devotional [life] in the midst of all the everyday confusion is each spiritual entity's first vocation. And I think we may say that once one attempts, on a regular basis, to live the life from this point of view, the rhythms shall grow more obvious, the music more clear, and the love more flowing as though each petal of each flower, each bird that sings, each iota of the Creator's universe are harmonizing with you, aware of you, and in love with you as you with all of them.

We thank you for allowing us to speak upon this subject, and would at this time transfer the contact to the one known as Jim. We are those of Q'uo, and thank this instrument for its service. We leave it in

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the love and light of the one Creator, whom we serve with all our love and might.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to any further queries which may have come upon the minds of any present. Is there another query at this time?

T: Is it best to attempt to create your desires, or is it better, to use the basketball phrase, "let the game come to you," and do what comes the best you can and make your desire to do the will of God and not put too much of your own coloring on the interpretation?

I am Q'uo, and am aware of your query, my brother. To use your analogy of the game of basketball, it is well to find oneself within the flow of life as a result of observing those experiences which come to you and which come through you. You are, as a conscious being, as one who is moved by forces which are great and unseen in the life pattern, for each has chosen a kind of curriculum, you might say, in which the opportunities to learn that which remains as lessons for you will be presented to you and will be presented as often as is necessary for you to understand their impact and the effect that love has with the open heart. Thus, it is our suggestion to each seeker of truth that you move as lightly as possible through your daily round of experience, looking for those experiences which leave a mark upon your inner being, which remain with you and affect you as that which has been drawn to you.

Is there a further query, my brother.

T: No, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: To follow up on T's question, if one does have a burning desire of some kind is there the way to go concerning focusing on that desire, or is it simply to step back and say, "Thy will be done"?

I am Q'uo, and am aware of your query, my sister. If in the observation of the experiences which are yours over a period of time it is discovered that there is a passion for this or for that avenue of expression, then it is well to follow such a passion and trust that such a passion is the will of the Creator for you at this time. For this feeling of passion is, indeed, one of the most effective ways for the subconscious mind, or the will of the Creator to move through the subconscious mind, and to move the conscious entity in such and such a fashion.

Is there a further query, my sister?

Carla: Not on that subject. I do have a question of my own and it's OK if you can't comment, because it is specific. I have noticed this week my own anger very strongly, and I wondered if there were any psychosomatic connection between cleansings that I have done with my body this week and the more easily felt negative emotion of anger?

I am Q'uo, and am aware of your query, my sister. As you have surmised, we must tread carefully that we do not infringe upon your free will. We may suggest that those experiences that have been yours this week in the way of cleansing have accentuated the continuing tendency for the transparency of the self, as we may put it. That is to say, the physical condition that you have experienced concerning pain for a great portion of your incarnation has had the effect, shall we say, of wearing the nerves thin so that there is a more easily recognized emotional response to the environment about you. The fragility of your own physical vehicle has as its analog within the mind a psychology [of] the feeling that one must take care and be careful, and when there is another within the life experience that seems to be careless in regards [to] relationships with you—for example, the entity pulling in front of your automobile in a careless fashion—then there is as a result within your physical and emotional being a tendency towards the defensive reaction: the fear, the anger, and so forth.

Is there any further query, my sister?

Carla: No, thank you.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

R: Can you tell me whether the books by Carlos Casteneda are of the path of that which is not?

I am Q'uo, and am aware of your query, my brother. But we find that there is a line beyond which we may not go in describing the nature of these or any volumes as being of the path of that which is not or the path of that which is, the path of negativity or the path of positively. These choices, my brother, are most important for each seeker of truth to make for

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himself or herself, and this choice we find that we must leave to you.

Is there another query, my brother?

R: No, not on this subject. Thank you anyway.

I am Q'uo, and we thank you for your query, my brother. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce we shall take this opportunity to thank each present for inviting our presence in your circle this day. It has been a great honor and privilege for us to walk these few steps with you. We are known to you as those of Q'uo, and would at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✤

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Sunday Meditation
April 18, 1999

Group question: Our question today has to do with the concept of finding the Creator in each aspect of our everyday lives. We can understand intellectually how the Creator has made all that there is and eventually we progress through all of the experiences and all is one again, but we are wondering if Q'uo can give us information today about how to find the Creator in each moment, whether we are washing dishes or driving a car, or fleeing attacks in Kosovo, or flying in an airplane, or whatever we might be doing. It's easier to see the Creator in the good moments but it's harder when we find things bad or boring or nonsensical or absurd, how do we find the Creator there?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the infinite light of the one Creator in whose name we come. We thank you and bless each of you for calling us to your circle of seeking. It is both our privilege and our pleasure to share our opinions with you on the interesting subject of daily spirituality. We ask of you only that you listen to our words as to those of a brother or sister, for we are not perfect nor any kind of authority over you but, rather, we are those who are pilgrims on what this instrument calls the King's Highway. We are in service to the one infinite Creator, and as we seek we know you also seek this beauty, this truth, this mystery, this way, this life. It is good to have such companions, and as we said, a great blessing to us to be able to be of service in this way. And we thank each.

As we rest in the comfort and the beauty of your blended vibrations we find ourselves aware of much each of you already knows from experience, from suffering and undergoing great difficulty, from being held together and lifted up by the love and the light of the one infinite Creator. Each has beautiful stories to tell of those times when everything seemed clear and the creation truly did seem to be one beautiful, harmonious symphony of people and relationships and nature and things great and small, all moving together with rhythm and pulse and a lovely dance that was new every moment. It is not simply with the intellect that each of you has had these experiences, but with the whole self. Each has had these transcendent times when the world simplified itself and the love could be seen. We are grateful for the beauty of those memories and those awarenesses within you, for this gives us common ground. We do not have to convince or persuade any that spirituality is a very real and a very intimate thing, for each of you has had those feelings from deep within the self, and each more or less trusts those experiences. We would encourage you to continue to trust those memories, for whenever times of ineffable harmony come, however they come, through what suffering they come, or as what gift out of nowhere,

they are the gems hidden within the ore of common life, so far. And what a blessing it is to stumble across a perfect diamond or ruby, to see the crystalline nature of truth which has been realized in some way.

And now each is filled with the appetite for living at this level of harmony and justice and that feeling of rightness. You crave and seek with all your heart to enlarge those experiences and to enhance the possibility of having those times come upon you, for surely we may say that there is no guaranteed entrance into a state of mind or heart within which, while the illusion of normal life is full and living, you may control your state of mind or your awareness, for we would not be telling the truth were we to say that we have the solution that can erase the illusion and leave you in sure possession of the truth that lies within the illusion. And may we say that were we able to guarantee to each within incarnation upon your planet at this time that each would be able to be completely free of the illusion, we would not wish to ruin the experience of suffering which each of you desired to undergo.

Let us look at this point, at this issue of the desirability of suffering. Why would a spirit in full and conscious knowledge of the love of the Creator voluntarily place herself within the veil of forgetting and then ask herself to undergo a certain level of suffering and learning and transformation? Why would [you] wish to plunge into the difficult and confused sea of illusion that your Earth plane represents? That which places you within this illusion is infinitely and intimately tied to the Creator Itself and to the free will that has begotten the universe and that calls each spark of the Creator onward to reach once again that source and ending of all. Why would any do this, except for the simple reason that it is the nature of each spark of the Creator to wish to learn and to serve. Now, we come to you hoping to be of service to you, and as we speak to you we find ourselves learning twice as much as each of you may perhaps learn from those things that we say. Such is the nature of any gift that is given, that it comes to bless the giver twice and three times and a hundredfold.

Before incarnation each of you saw clearly what it was to live by faith, what it was to affirm in each moment the holy nature of that moment and the blessed nature of the holiness of the self. Each saw this clearly, and we see this clearly, for we do not have that veil of illusion that has dropped upon you as you have taken on yourselves the flesh and blood and biochemical mechanisms which move you about within your lifetime that you experience. We see clearly, but because we see so clearly our choices are easy. There is no effort in choosing to radiate or, rather, to allow the radiation through us of the infinite love and light of the one great original Thought which is Love. It is not that this is easy. Rather, that this is inevitable given our view which is clear. Therefore, we cannot polarize towards loving more or serving more or learning more. We cannot become, this instrument would say, better people. We cannot improve our vibratory complex very easily at all within this state which we now enjoy. That which we do to increase our polarity is done with infinite time and patience compared to the rough and tumble and very quick energy exchanges and learnings that are available to those who do not know and cannot see the truth plainly.

Faith to us is simply a word, a word that means the knowledge that all is well and the knowledge that all shall be well. To us it is not amazing to look out of the window and see snow and call it snow. There it is. Yet this within your world is not at all clear. We are not speaking now of snow. We are speaking of the ability of each heart to see that it is love itself and to see that each atom, each iota, each mote of stuff visible or invisible is instinct with the love and the light of the one infinite Creator. From your viewpoint as third-density human beings dwelling within physical bodies, what you gaze at may not speak to you. As the one known as R said, "A floor is only a floor. Dust is only dust. The broom is only a broom." To us, with our clear vision, every manifested atom, dust, floor and broom is alike, a beautiful, living, transformative piece of the Creator's manifestation.

The ability to call upon that part of the self that is already aware of the truth and sanctity of daily living is to call upon a part of the self that this instrument would call the Holy Spirit. The self is a concept that is extremely rich. When one looks at oneself in the mirror or looks at another self, another being, it is easy to see that which is immediately visible to the physical self, and one gathers great quantities of information from gazing in the mirror or from looking at another: the color of the hair, the health of the complexion, age, weight, general characteristics of all kind can be easily noted and

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filed away. But within that mirror's image, within that other self that you see lies a limitless and infinite self, a self that is connected to all other selves and to all parts whatsoever of the creation of the Father. This connection is so powerful that to gather together in groups, even small groups, is to gather tremendous amounts of energy, and if each of you can sense into the flow of energy around the circle in which you sit you may indeed experience for yourself the great amount of light energy that coming together with one purpose and hope has given to you. Each connection that is made between spirits such as yourselves is a connection that is greatly sanctified and blessed and holy, and it is the reason that you feel that need to come into groups and to express your love of the Creator in some way as a group. The energy of each multiplies the energy of each, so that together you are far more than the sum of yourselves.

You have become an infinite power for love and light, and this is a resource that we are glad that you are taking part in, not only because we feel close to each of you as we meditate with you but also because we have heard the sorrow of the brothers and sisters of those upon your planet, and we know that the light energy that you gather in groups such as this will have a great healing effect upon the suffering of the world as a whole. For each light that connects with another becomes a stronger and stronger light and a lighthouse, shall we say, if there is a group that continues so that entities who have been within the circle know that there is a light source within a certain place. And so entities have come to depend greatly upon churches and synagogues and temples and places where entities may gather for spiritual healing and service. And this is the Sunday mentality that each of you grew up with and is familiar with and is what most of those whom you may know find acceptable as the extent to which they wish to express spirituality in their lives. This is the easy spirituality: the gathering together in groups and the raising of the group spirit. It is much more difficult within the illusion for an entity to come into remembrance of its own nature by himself.

The one known as N spoke earlier of the isolation that a painful condition might give to a patient who does not look sick but who indeed suffers great pain. There is a spiritual isolation that entities may easily feel as they go about their daily round of activities. This isolation is based upon the incoming data from the outside environment which is fed through a number of biases that filter information and prioritize its use. Were each of you to know this and pay attention to all of the incoming data that your senses receive each would become paralyzed with the flood of information. Consequently, each spirit within flesh begins very early to learn what can be taken in, what must be taken in first and acted upon, what is secondly important and what is only in the third place important, and so on. And we would suggest that each of you has adopted biases that cut into, and, in some cases, delete completely the large amounts of data received which are helpful to one which is attempting to break the bonds of Sunday spirituality and come into a closer relationship with the spirit that lies within.

Now, each within this circle has achieved a high measure of dependability and functionality within the society and the culture within which you live. Each has made the choices which have brought each to this point of awareness because those choices seemed necessary. What we are suggesting is that it is possible through observation to reprioritize some aspects of incoming data in order that either different filters are used or certain classes of material are reprioritized and noticed at a higher level than was previously done. One example of this is the creation of the Father. It brings to the eye most of all, certainly to the nose, to the ears, to the senses altogether, the feel and touch and taste of creation itself: the elements of earth and air, wind and fire, the incredible complexities of a life that seems infinitely fertile and wonderfully abundant. Each bush, each blade of grass, each leaf upon a tree, each cloud within the sky, carries a beauty that is ineffable and that hides from the notice of the everyday awareness because it cannot be used in the acquisition of comfort or safety or that money that is needed to assure the comfort and the food of the self and the family.

This, shall we say, is one fairly large category of data that tends to be prioritized quite low, and, therefore, tends not to be appreciated or reacted to at the level of the whole conscious self. Certainly, an entity may feel better in the sunshine than in the shade, may enjoy a sunny day more than a rainy day. But to appreciate each drop of rain or each ray of sunshine, to see each blade of grass as the miracle that it is, this is seldom done because it has no survival value. It is not that which the nuts and bolts needs of

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humankind would say is part of a necessary awareness of life. And yet it is this aspect of things, the beauty, the wholeness of each creation, that can bring home to the spirit the lessons of faith and hope and love that each does indeed yearn for in that spirit within the self that is a citizen of eternity and not simply a personality that develops and becomes ill and goes back into the dust from which it came.

We are suggesting that each of you is more complex than you may be aware, that you have more needs than can be satisfied with the data prioritization that you now employ. There is that need to go back into the deep programming of the self and to ask, and ask again, and ask again, that self within to pay attention, to take in and to notice the lessons that each blade of grass may teach. And what are those lessons, you may ask? Let us look at that blade of grass. You see the tip of the plant as it comes forth from the fertile soil. You see the hope of its greening in those cold days of the first part of Spring when the earth is still chilly and it is brave and courageous for the seed to start reaching towards that wintry sun that is a bit more to be seen in the sky but does not yet come with that summer warmth that is easy to grow under. Underneath the soil lie those roots which have made it through the deepest sleep of winter on faith alone. That grass has rested within its roots and its seed and accepted the dying of that self that was, is responding to a new life with all the power of its tiny form, and if some weeder such as this instrument should attempt to take that blade of grass from its home, which unfortunately [is] in some flower box that she wishes to weed, it will resist with every fiber of its being, for it loves life. It knows not how to do otherwise than to reach for the light and to bless all who may tread upon it. And this is one blade of grass, so ask to yourself what lessons lie within the floor and the broom and the dust.

Might you see, then, that the dust expresses a patience, a contentment of being what it is. Dust is, indeed, the most patient of friends. It will stay precisely where it is. It will not travel, for it knows its place and is happy with its place. And that place is upon that which was at one time the tree, and this tree has undergone great suffering. These planks of wood have been torn from the ground by huge saws. They have been rammed into sawmills and made to be peoples' floors and as peoples' floors they are yet willing to lend the beauty of their grain, the softness of their spring underfoot, and the ability to hold that lovely, patient dust. And these gifts they give to you and to all who no longer find them.

And so that incredible being that has the power of locomotion and the power to pick up things and place them otherwise than where they were, this being has manufactured a wonderful instrument for addressing the replacement of dust upon floors with cleanliness upon floors. And this being comes to sweep away that which is old and that which has done its work, to take it up and place it back within the province of the unimproved earth. And in this humble and surely boring little chore there lies the excellence of spiritual inquiry, that desire to uncover beauty, that desire to cleanse and bless one's environment, to take a magical sense of cleanliness and give it to the surroundings which it enjoys. The sweet earth is expressing a spiritual love when it expresses a desire for cleanliness.

The inspiration for cleanliness is indeed spiritual. And the ritual of making that which is dusty into that which shines with cleanliness is a spiritual ritual. The one known as Jim has often spoken of his Sunday morning house-cleaning as part of the family plan, for the one known as Carla goes to church and sings to the infinite Creator and goes through the ceremony of the holy communion. Meanwhile, the one known as Jim is taking all of those things which may have gone awry, that dirt which has fallen or spattered or come upon the things of daily use and with great love and great feeling of the ritual of cleanliness has blessed the entire house with loving and careful attention. And we will guarantee each of you that when you have cleaned your space, when you have cleansed your living place, those coming through the door and entering your magical aura may well never realize why they feel so welcome and so comfortable within your space, but you will know that it is because you have loved your space and have spiffed it up and shined it up until it is proud of itself and feels very ready to bless all who come within its purview. There is nothing that you see that is not holy. There is nothing that you do that cannot be holy. Nothing in your environment is dead. All is alive, made with love and manifested with light. All things are available to those who live by faith as ways to express faith and love and hope.

We cannot cause each of you to sense this. Were we to impose our will upon you in some way, to give you visions of the holiness of the everyday, we would choose not to, for we would simply be doing your

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learning for you and the realization would have no real power within you. Indeed, each of you must live by faith, completely by reason of your own free will. Each of you must learn the lessons of love and service for yourselves, chosen only by your own free will. When the free will of an entity turns towards faith there is the tendency and the temptation to reach out as if there is something out there that can be gotten into the light, into the mind, that will change things. Yet we say to you that in terms of the spirit the knowledge, the awareness, the transformation that you seek lies waiting within you, and it is to those who reach into the self that faith will come.

We spoke earlier of the Holy Spirit. It can be imagined as that which comes from without, as that which is exterior to the self. And certainly it is, shall we say, exterior to the conscious self. But the spirit of the one infinite Creator is far closer to you than your bones, or your muscle, or your flesh. It is far closer to you than your hearing, or your eyes, or your senses. You are made of faith and love. The Holy Spirit is with you in an intimate and inner way as a true portion of your being, as that portion of the self that knows and that can inspire. This instrument calls upon the name of Jesus and yet Jesus said, "I am the way." By whatever name you call love, you are calling *(inaudible)*.

Within those gifts that are yours by nature you are not calling upon something that you must go out and get, for the Creator is the "I" of you. When you say "I am," you are speaking also of the Creator. When you say "I am," you are speaking of love. You are speaking of holiness. You are speaking of faith. And this awareness is part of your web of perception that has been prioritized so low that it does not come up into the conscious mind.

We are being asked by this instrument to finish this portion of the meditation, and so we would conclude through this instrument by suggesting that the life lived in faith begins with the assumption that all is well and that all shall be well. We are suggesting that to live in faith you claim faith, that you live in a magical world. You claim the magic of your "I," your "I am." If you wish to bring the holy within your daily awareness, you claim the holiness of your self and reprioritize those things to which you pay attention, so that you may be better served by those things about which you think and by those ways in which you form biases and opinions. That which you seek lies within you. The ground whereon you are sitting is holy ground. Begin with the assumption of that which you seek, and you will begin to uncover the simple truth that that which you seek is right there, closer than your breathing, nearer to you than your hands or your feet.

We would at this time transfer the contact to the one known as Jim that we may answer any questions that you may have at this time. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet each of you again in the love and the light of the infinite Creator. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present might have for us. Is there another query at this time?

Carla: I have been struggling with a tendency to be angry and go on the defensive, but I don't know how to get out of that feeling from the inside out. I find it almost impossible to claim myself as anything other than the anger that I feel at that time. Could you make any comments or suggestions?

I am Q'uo, and am aware of your query, my sister. We find that we may speak on some aspects of this problem, shall we say, but there is much yet which will need to be discovered through your own efforts. We may suggest that the long-term press of pain upon the physical vehicle wears both upon the physical vehicle and upon the mental support framework, shall we say, the nerves and the nervous system, as you would call them. For as one has the experience of the physical pain repeated in a nearly constant fashion at various locations within the physical vehicle there is the tendency [of] what we have heard called the transparency of the experience in which there is the response or knee-jerk action, as it has been called, that appears within the behavioral patterns of the entity so experiencing pain. Thus, it is a kind of wearing upon the machinery that has its effect upon you at this time. However, there is the potential of the reprogramming of the system of response so that there is less likelihood of losing one's center or balance in a mental and emotional sense when [one] feels the confusion or startled response as a result of interacting with other entities within one's environment. This is something which takes the conscious attention to reprogram these

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responses and is nearly as constant in its requirements for application as is the pain which it is seeking to ameliorate.

Is there a further query, my sister?

Carla: No. I'll have to read that over.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

T: Keeping free will in mind, how do I recognize the reason for the fears that I experience. Why am I afraid? Why am I uneasy?

I am Q'uo, and am aware of your query, my brother. We would comment by suggesting that the fears of any moment might best be explored by entering that state of consciousness which is available when one is in the meditative state. That is, to retire upon a regular basis to that inner room where one may look at the environment in which the fear was experienced, the thoughts that accompanied such fear, the responses that arose within one, and so forth, so that one may examine, as well as one can in an intellectual sense, the nature of the experience and how it affects one's being.

This exploration may best be accomplished while one is in the meditative state, for while one is in this state there is the easier access, shall we say, to the subconscious level of the mind complex, and from this level of being it is possible to make connections between that which is experienced consciously and the source of such experience and the response of the self to this experience. Thus, this is a careful study which one may make of the self. This is an enhanced level of seeking or course [of] experience in that the fears that one may explore also represent some aspect of the primary lessons which one is working upon during the length of the incarnation. Thus, when one is exploring one's fears one is continuing the exploration that was set forth for the incarnation before it began.

Is there a further query, my brother?

T: No. Thank you very much.

I am Q'uo, and we thank you very much, my brother. Is there another query at this time?

R: As I sit in meditation my mind picks up on a situation or pattern and works with a thought and creates what I call a mind movie that goes on and on. I can consciously stop this and return to silence and then it begins again. I try to allow a place for that pattern, but I still wonder if there is something else that I can do with it, or just leave it?

I am Q'uo, and am aware of your query, my brother. The minds of most third-density entities such as yourselves are quite stimulated and active upon many levels as a result of the progress, shall we say, of the way of life which is experienced and created as an experience by your peoples. There is the tendency to apply the self liberally throughout the daily experience, to spread oneself thinly, shall we say, to engage the mind often as a means by which one navigates through the cultural experience. This experience has been enhanced by many tools and gadgets that take one quickly here and there and require from one a great deal of information, time, effort and thought. Thus, the mind is like a plant which has been given a great deal of water, of soil, of sun, of nutrients, and of attention and has grown in large degree as a result of this overemphasis on its functioning into a kind of machine which has a momentum of its own being, we shall say, for we find a difficulty in adequately describing how active the mind complex of your peoples is.

We find that the meditative state is, indeed, that place where one may approach the quieting of the mind yet find time and again examples of its rambunctiousness. That you are able to become aware of this chatter or momentum of the mind and have been able from time to time to be able to displace this chatter with the one-pointed focus upon the silence within is an achievement of note and is the path towards the eventual balancing of this mechanism so that there is the possibility of entering into a sacred place within the mind complex and be unhindered by the activity of the constant stream of thoughts that is the natural concomitant to the kind of style that most of your people find themselves living.

Thus, our suggestion to you is to continue that which you have done tirelessly and that is to notice when the mind is running and then to place that mental picture aside so that the main focus of the mind may return to that one-pointed focus upon stillness. This is an exercise which does engage the mind upon a simpler level than the normal daily routine. If there is a scent of incense or a sound as of your music or your chanting that you find relaxing, we would suggest that you engage these activities to enhance the process of relaxing the mind process.

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There is no easy answer for any entity within this environment who wishes to find the peaceful place within, for each must deal with this mental activity and the tendency to take over the focus. We can only suggest your perseverance and the application of the light-hearted attitude in so doing. For it is the effort that you make, the regularity of your meditations, that is of importance in the real gain from this stage of the meditative practice. As you continue to invest your time and your effort there also [is] a momentum of this investiture that is made that will eventually take its hold upon the meditative endeavor.

Is there a further query, my brother?

R: No, not on this subject. I will have to sit with those suggestions.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: How can R prepare himself for meeting a girlfriend to be a companion?

I am Q'uo, and am aware of your queries, my friends. When an entity finds that there is a portion of the self that resides in loneliness and wishes to be accompanied by another it is well to do those things which one would normally and naturally do to make oneself available for the finding of such a friend. We find that this is well-known by the one known as R in that this entity is active in placing itself in its environment in which there is the likelihood of finding the female of the proper persuasion.

However, we would also suggest that there is the possibility of placing oneself in the meditative state upon the regular basis, as is always our suggestion, for the meditative state is a means whereby the subconscious mind and other resources of the entity may be accessed so that the direction or plan may first be formed in this place, then fleshed out, shall we say, within the physical illusion in which each moves.

Within the meditative state it is well to look at the self and to see the self as it is, shall we say, to look at the heart of the self and see where there might be the company provided by the self for the self so that the self is enhanced in its view of itself. This is to say that an entity may find that there is a missing piece, a place, an avenue of interest that, when explored, feels like going home. That there is a completion upon this avenue, that a direction that may be found will allow a certain passion within to be released, from self to self, so that there is the possibility of the completion that occurs first within. Then it is followed within the physical illusion by the physical expression for the self, respect for the self, and excitement of the self for the life experience.

Again, we have not provided a course of study or reflection which is easily achieved, for there is within each entity a place whereby the self may expand in its view of itself, that is to say, a place where a new level of learning, a new level of resonance, may be discovered. When this place is found there is the possibility, then, of having this new level of experience be reflected within the daily round of activities.

Is there a further query, my friends?

R: No. You have given me a lot to think about, and thank you for the words of encouragement. Thanks to Carla as well.

I am Q'uo, and we are grateful that we are able to be of some small service. Is there a final query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce we would take this opportunity to thank each for inviting our presence in your circle of seeking this day. We are most grateful to be able to walk with you for a few steps upon your journey. We would also remind each that each has many such friends that walk with you, and wait with you, and rejoice with you at each step and praise with you the unity of the one Creator. We are known to you as those of Q'uo, and would take our leave of this instrument and this group at this time, leaving each, as always, in the love and the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 2, 1999

Group question: Today we would like to get some information that would help us to clarify the work that we do in our daily lives that is of a metaphysical nature. Usually one, or many people, or lots of people, think that the spiritual journey consists of operating in the higher energy centers from the heart on up, through the throat and brow, and doing these things that seem obviously of a spiritual or metaphysical nature. But we are wondering how to focus one's life on the spiritual journey while living the everyday life that has various relationships that are going well or poorly but is where we really live. Could Q'uo give us some information to help us clarify how we focus on what really is our spiritual work each day?

(Carla channeling)

We are those known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are. We thank you for bringing this circle together, for seeking truly, and for calling us to share in this circle of seeking. We hope that we also may be counted as true pilgrims and we feel the blessing both of being able to share in your circle and for being able to perform the service which we dwell within your inner planes at this time in order to offer. It is a great opportunity that you offer us and we accept it eagerly, with the one stipulation that each take from what we say those things that seem to be helpful, leaving the rest behind.

You ask us this day concerning clarity, the clarity that would create for each of you the way in which to see the events and happenstances of your everyday life in the most useful, the most clear, the most lucid, the most spiritually helpful standpoint. We give to this instrument a view of a memory which she has, for we wish to go in somewhat a different direction than this instrument expects, and so we chose out of her store of memory that clear memory which is useful to our purposes at this time.

This instrument was experiencing at the time of this occurrence a nearly complete lack of life; that is, this instrument was very close to death at the time of this experience. It was aware that it was in extremity. The instrument was in the hospital. Her physical body was not functioning adequately. The concern of those surrounding the instrument was intense. In this environment the instrument lay in a state of prayer. Far from being lucid, the prayerful state of this instrument was described by her at the time as a fog, a mist on the waters. This was literally the vision which the instrument was aware of at the time. She was aware of herself as a spirit, not resting in or on the waters but being at the water and seeing through the fog two lights as stars would appear, beaming ever so dimly through the fog. Sometimes she could

see them. Sometimes she could not. But more and more it became a vision that had its own reality.

There was a moment of sudden realization in which she grasped the fact that these lights were spirits, spirits whom she could identify, and she realized that these two entities, her relatives, were praying for her, dwelling with her in thought, accompanying [her] in the hour of extremity. As she became aware that this was, indeed, a specific vision and not a passing miasma or phantasm she saw the fog lift and the sky light up with literally millions of lights. And she again had that realization in which she realized that these were all of the entities which dwelt upon Earth who were, at that moment, in a state of prayer, doing work for those who suffered upon Earth. None, or almost none, of these entities knew of her or her extremity and yet they appeared in her universe as spirits because they were praying to lessen the suffering of humankind.

This vision has a clarity to it that is born of the depth of reality and the shallowness of personality. Although the instrument was aware of the first two who prayed, once the universe was realized as being a way to see prayer help, the way to see energy coming to help the instrument, the instrument immediately transcended personality and saw those who were vibrating in Christ-like love. We choose this memory because it strips away so many layers of perception and habit in the way in which entities tend to think about themselves, what they are doing, how they are doing, and how they can do better in attempting to be those who live like a spirit, those who are working from a metaphysical frame of reference. The pursuit of spiritual evolution is a pursuit in which almost every temptation to follow this or that avenue is a temptation toward folly, for the instincts that the physical and mental parts of the personality have are instincts which show no clarity or very little clarity when it comes to what is actually taking place spiritually, from moment to moment in the passage of everyday life.

Because this instrument was in an extremely precarious position, it was therefore more open to awareness that followed no obvious logic. What we ask you to do at this juncture is to take a moment and move into that space in which you are a light. We would pause at this time and allow each of you to move into that space where spirit is real in you.

(Pause)

As each of you struggles with this concept each begins to see how deceptive rational thought is when it comes to spiritual matters. In attempting to see the self as a light there is that feeling of self-judgment that comes immediately, that feeling that, "I am not a very bright light." The feeling that, perhaps, "I am not even lit all of the time." That feeling of all limits washing away, shores receding and disappearing and the self finding itself in the midst of a trackless ocean of experience in which there is more fog than light.

We have said many times through this instrument and through many other instruments that what you are is a vibration. That you are a metaphysical entity that is expressing in a complex of vibrations that is as clearly and uniquely yourself as your name. Indeed, that is clearer than any name because it is an encompassing, complete rendition of the self. There may be two or more John Smiths, or Jane Does, or even Jim McCartys, or R's, but there is only one vibratory complex that has configured itself in precisely the way that you have. No one thought up your vibratory complex. No one named you this vibratory signature. By direction and misdirection by things done and left undone, by the uncountable totality of everyday moments mounting one upon the other, without effort, without guides, without knowledge for the most part, of what is occurring, you simply are. You can poke. You can probe, but you cannot break down [the] metaphysical vibratory complex that is one precious, infinite and much loved being.

The Creator is vitally interested in each configured being. The Creator grasps the totality of this vibratory complex and echoes back to the being a validation without judgment, created utterly of love—creative and destructive, all-powerful love. It is this vibratory complex that is you as a light being. It is this light being that you are. You are not your body. You are not your personality. You are not your mind. You are not your emotions. You cannot exhaust the qualities of yourself regardless of how long you look, how deeply you search, or how prayerfully you mine the rich lode of the deep mind in attempting to affix to the self a deeper and more permanent personality. That is to say, that the building up of the magical personality, as this instrument has often called the work of disciplining the self, while it is a good and even an important adventure to be on, it has a limited use, a use within

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the illusion rather than a use that will alter the configuration of your vibration.

Indeed, we could gaze at the entire spectrum of conscious methods of working upon the discipline of the personality and point out that they are or constitute a materialistic view of spiritual evolution. This instrument immediately thought to herself, "How can there be spiritual materialism?" because the first dynamic, the first paradox, is the dynamic between the spiritual and material worlds, and this is so. This is spiritual work as seen by and as taught by entities within the spiritual illusion of Earth. This does not mean that the discipline of the personality is a bad idea. There is tremendous clarity to be gained by such a spiritual practice. There is tremendous advantage to be gained in working with many spiritual practices, and one of the things that spiritually awakened beings do is find and employ spiritual practices that feel useful and fertile and productive. But, you see, when you are thinking about becoming more spiritually productive, you are thinking about being spiritual in the same way that you would think about finishing your physical labor for a given period. It is the work ethic of your culture carried over into the spiritual life. Again we say, we are not in any way attempting to discredit those efforts which you make to become a better spiritual being. It is simply to point out that what you are spiritually will express itself the most clearly when there is no thought taken as to how one is doing spiritually.

The being that you are is only lightly connected to the body that you experience or even the incarnation that you experience. In truth, at the level of clarity which we are able to express through this instrument, that vibratory complex that expresses self when the infant cries its first cry is not difficult at all to pick out of a metaphysical lineup of those beings that are ending their incarnation. The change from the beginning of incarnation to the end of incarnation in vibratory complex is minimal. Although it is far more possible to make substantive changes in that vibration within your third density than it is in any other density that is higher, yet still that with which one began the incarnation is going to be pretty much that which one takes out of the incarnation.

This does not mean that spiritual work is useless. It simply means that the power to be is so all-encompassing that the distortions laid upon that basic vibration of infinite love are quite, quite small compared to the core reality of limitless light itself vibrating in undistorted love, or, shall we say, in minimally undistorted love. For all that is manifest as vibration has the distortion of free will and is, therefore, not a pure love vibration. Each of you is not here to work upon one's quality of life. This is not what we are suggesting. What we are suggesting is that the material part of spirituality concerns itself with patterns of interaction between beings. The densities are schools in which spiritual entities learn with increasing efficiency to interact with each other with minimal distortion. This is quite different from the self as a configuration of light.

What we would suggest to each of you when the way seems clouded and conflicted is that you separate reality from illusion, that you call to remembrance who you are and how you are, that you call to remembrance with full respect who other entities interacting with you are and how they are. That you be able to see the difference between the self and that other self as inevitable beings that are as they are and self and other self as those who have been offered the opportunity to work within an illusion in such a way as to discover as much as possible about loving interaction. It does not cure problems if you see that those having the problems are simply beautiful configurations of light. But it gives to the seeker something that does not need work, something that is already perfect, in the self and in the other self. It gives to the seeker that ability to move into distortion with an awareness that it is distortion even when the most exacting spiritual practices are being observed and the most discipline of personality is being accomplished.

It may seem unfair that so much of spiritual seeking is in the spiritually material sector when what the soul thirsts for is that sense of self, other self, and Creator as light. But it does set a baseline against which work within an incarnation can be seen for what it is. This instrument would call it homework, and, indeed, many are those upon your sphere who have shaped the spiritual life as a process of learning, a school of instruction. This is a pretty good metaphor, a useful tool in thinking about specific difficulties. We are aware that this question comes from each within the circle and those writing in from outside the circle having that feeling of wanting to know more about work on this or that energy center, this or that chakra, this or that

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relationship, this or that process. And each of you will find yourself leaping nimbly from precipice to midair to abyss and back again as the various moments of living and experiencing pass in this time and space illusion that you enjoy, indeed, that we also enjoy.

We assure you that there are realizations to be gained and lessons of love to be learned just as you have been going about learning them through your meditations, through your attempts to balance experience, through your concern for and work upon core interactions and core relationships. We may say to the one known as P that this desire for work, desire for understanding of experiences, is a good and a proper desire, and yet as with all desires there is no achieving of the objective that will satisfy the depth of that desire because of the fact that entities are configurations of light; that is to say, because they are vibrations. Any and every thought that an entity can have about identity, relationships, spiritual work, or any matter whatsoever are like that desire for food that is not satisfied by the eating of food. There is a thirst and a hunger in spiritual work that cannot be satisfied by spiritual work or by spiritual attainment. All spiritual attainment in the end is nonsense, one with the illusion that spawned it. And yet, it is the nonsense that each came here to prosecute with the highest degree of integrity, love and respect of which each is capable and will hope to become more capable.

The being that you are attempting to create, you see, is, and [yet] cannot be that light being, for that light being is pretty much as it is and will change only through unimaginable eons of time. The whole octave of experience shall have its way with that vibration and [you] will still be you. However, you actually think to create an entity that never was until you put yourself into the rhythms and the intentions of a way of living that will bring you closer and closer to a goal that you can only dimly sense, and that goal has to do with the way you interact with other selves. The entity you are attempting to build is the world soul or the social memory complex, as this instrument would say it. Light simply is. Yet time and space create the need for movement and it is in becoming aware of graceful movement in habit, in ways of thinking, in disciplines of the personality, in purification of the emotions, that you may reliably hope and trust that you will make progress, that you will at the end of an incarnation be measurably more able to see the self and the other self without significant distortion when first you grasped the fact that you were alone in this illusion and wailed your first wail upon being born.

We appreciate greatly the depth of this question. We are extremely thankful to have been able to make this attempt to share with you our limited understanding of the issues involved. In your beingness, we salute you. And in your patterns of doing, we salute you as well. Each level is acceptable and true. In terms of remembrance, we would suggest the key advantage of the memory that you are as you are and others are as they are and that you and they are both perfect. Indeed, we suggest that each think of self and other self as this instrument does the Christ. You are that ideal, that archetype, that loves so deeply and so generously. You are easily capable of Christhood as is everyone you meet. The desire to affect that outcome, that hunger and thirst for righteousness, will not prove false, simply somewhat limited.

We would at this time end with some reluctance. Let this be the totality of our initial discussion of this interesting subject. For this instrument is expressing to us in no uncertain terms that our time is up. We realize that there are other questions at this time and in hopes of being able to speak with you further upon those topics we would at this time transfer this contact to the one known as Jim, leaving this instrument in the love and in the light of the infinite One. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet each of you again in the love and the light of the one infinite Creator through this instrument. We would now ask if we might speak to any further queries which those present might have for us?

Carla: I would like to start off just by asking why I was moved to tears by something which never moved me to tears before when I was reliving that memory. I was feeling intense emotion. I couldn't say whether it was happy or sad. It was an almost unbearable intensity of emotion. Any comments you could make on why that happened might have some bearing on the message, I would think.

I am Q'uo, and am aware of your query, my sister. The image of the light and the love filled beings at the heart of the light is a revealing of a connection to

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love which opens the heart and releases the emotions in many. That it should do so within your own being is not surprising. To discover that one is loved to such an extent that the heart of another beats for another for you is overwhelming to many who have not felt such love before.

Is there a further query, my sister?

Carla: No. Not about that. Thank you. In thinking about P's questions I would just ask if you have a message for P, if there is something you would respond to in those many specific requests for information that would help the way she is working on herself right now?

I am Q'uo, and am aware of your query, my sister. We are aware that the one known as P has offered the service of many of those concerns which are upon her mind at this time, and we do not wish to seem to weigh them less importantly, shall we say, than does she, for each has its focus and opportunity for learning. But we wish to offer our service which does not infringe upon another entity's free will by providing for them the direction or heart of a concern which is of necessity theirs to discover. For to feel that there is experience and information of importance within a certain set of circumstances is the domain of the seeker of truth. But we would comment to this entity by suggesting to it that each flower grows where it is planted, and where this entity has found itself situated within this illusion at this time may not be the most comfortable of circumstances but is the situation in which its higher self felt it most helpful to be. For it provides the lessons that are not easy but are to the heart of its incarnation.

To learn to love and accept that which seems unlovable and unacceptable is, indeed, a worthy challenge, and we would encourage this entity to look about it and to discover that those entities within its circle of experience are those which have come together with it to dance the dance of this illusion's catalyst, shall we say. Each entity has that to offer that is important to the one known as P, and we would encourage perseverance. We would encourage the opening of the heart in a relentless fashion, and we would encourage the seeing of the one Creator in the smallest of moments and in the most difficult of circumstances.

Is there a further query, my sister?

Carla: Yes, but from my standpoint rather than P's. For many years I have heard people ask about specific questions and this kind of question was taken and discussed by inner guides or other entities and the person asking the question felt a great deal of valuable material was gained through such questions and answers. I have also felt that it is a distraction. Is this an unfair judgment on my part? What is the basic nature or value of asking metaphysical sources about specific circumstances or relationships?

I am Q'uo, and am aware of your query, my sister. We of the Confederation of Planets in the Service of the One Infinite Creator have found that it is most appropriate for us to speak upon those queries which are of a philosophical or generally applicable level of principle. For we are not native to this planetary sphere and are not able to see with a clear vision the means by which to avoid infringing upon free will without applying this general principle of replying only to general philosophically oriented queries. It is so very easy to feel one has helped another by giving the answer to specific queries such as the ones which this entity has offered and then witness the loss of the power to seek and discriminate on the part of such a seeker when a source such as are we is trusted more in this area more than is personal discrimination. Thus, we leave it to those of this planetary sphere—those who inhabit its outer planes and those who inhabit its inner planes—to deal with the issues of specificity: the determining of dreams, the meaning of a book, the coincidence of a friend, and so forth. That these events do have a meaning and a purpose in the incarnation is without dispute. The great value of their determination is that the seeker herself shall make this determination and thereby strengthen her ability to discriminate that which has value to it by the exercise of the intuition, the releasing of the power of the subconscious mind, the harmonizing of that which is the conscious mind with the subconscious mind so that like a muscle that is well exercised there is strength developed in the area of discrimination as well. We apologize for our inability to be of service in these areas but would feel that we are of a greater service by refraining from comment.

Is there a further query at this time?

Carla: No. Not now. Thank you very much for myself and for P.

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I am Q'uo, and we thank you and the one known as P. Is there another query at this time?

R: So you are in a way doing the same thing that we are doing on our path, looking for catalyst that comes your way and then strengthening your muscles of discrimination and then finding the best way to use it so that you can move along on your own path?

I am Q'uo, and am aware of your query, my brother, and in the general sense you are quite correct, for always is it necessary to exercise the muscle of discrimination. There are many potential avenues of service provided all seekers of service at all levels of experience. It is to those who exercise most carefully, or shall we say lovingly, or shall we say wisely, the ability to choose the path, for there are always considerations of appropriateness, of infringing upon another entity's free will choices in his or her own journey. Each of us as a portion of the one Creator is most carefully and closely connected to every other entity. As we give our energies, attention and concern, love, and light, information and inspiration, we affect those to whom we speak and with whom we share these energies. It is well to affect others in a fashion which provides an opportunity for discovery from within that entity. This is difficult to do. However, the attempt is worthwhile, and we continue to make it, as do each of you. And as we travel this journey, wishing, indeed, to place one spiritual foot in front of the other, we do not wish to negate that which we are nor that which we have been, wishing to leave them for they fall short of some standard, but have learned to accept all that we are, all that we have been, and all that we shall become, as portions of the one Creator.

Is there a further query, my brother?

R: I was trying to do as you advised earlier in the session and move into a place of light, but I was having trouble doing that and wondered if it would help if I were to focus on an emotion and then follow that emotion to the place of light?

I am Q'uo, and am aware of your query, my brother. This is somewhat difficult to give a clear response to for the emotional aspect of most entities' complex of being is that weighing of the value of a thing by the emotion it causes to arise in response. The emotional aspect of most entities' complex points to those areas of concern and of immediate attention, shall we say. However, the desire to seek in a spiritual sense the nature of one's journey and the nature of truth, of love, and so forth, is the, shall we say, directional arrow that points the way and which opens a door within the essence of one's being so that one may feel a connection with all things, including the quality of the one Creator called light. Thus, we would point one to this concept of desire and will, the concept of faith that might be more helpful in opening the avenues to the inner being rather than relying upon the qualities of emotion.

Is there a further query, my brother?

R: If we continue to talk about this question from today and fashion another query from it would you want to talk further about it?

I am Q'uo, and am aware of your query, my brother, and, indeed, we would be happy to speak upon this query again or one similar to it if you would care to consider and rephrase the query for another working.

Is there another query at this time?

Carla: I was struck by a statement from you that we were able to interact with others and create social memory complexes and get together more and more. My mentality said that, well, you don't want us to become exactly alike, and I feel this is so. Would the model, then, of such an interaction be one of infinite harmony rather than unison?

I am Q'uo, and am aware of your query, my sister. We would agree that this is a good representation of the nature of the blending of the various portions of the one infinite Creator, into a kind of choir that each entity contributes to by the uniqueness of its voice.

Carla: So the angels' songs are really harmonious emotions and harmonizing personalities. They don't just chant "Hallelujah! Hallelujah!" Their every fiber of every being is like a song to the Creator. Is that what you are saying?

I am Q'uo, and this is correct, my sister. Is there a final query?

Carla: No. I am done and I just want to thank you for a fascinating session. Well done.

I am Q'uo, and we would also thank each of those present for preparing a query full of nuance and rich

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with the heart-felt desires of each present and those not present as well.

At this time we would take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 23, 1999

Group question: The question this week has to do with three weeks ago when we began to ask about the devotional life and how to live the devotional life, and we would like to follow up that question by asking how we find more and more of that which we really are, that which is the heart of our being. We would like to hear whatever Q'uo has to say about ways to discover more of our true nature, how to observe our true nature, how to become aware of our true nature, our true being, that which we had planned before the incarnation to have as an opportunity, a way of expressing our soul essence.

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator. We are most happy and blessed to be included in your meditation this day, and we appreciate greatly your question for us. Truly, the mystery of deity is wrapped up in this question of how to be one's true self. For as the one known as Jim read from the *Law of One* material earlier this day, each is the Creator. And the challenge before all living in illusion is how to become more aware of that personhood as infinite Creator.

The workings of what this instrument would call God and men are as complex and as assorted and varied as the grains of sand upon the shore. It is difficult to comprehend the myriad numbers of sparks of the Creator that are, just as you or we, attempting to be their true selves. It is hard to fathom that, even upon your planet, one small entity amidst a million or a billion other planetary entities, there is such a long history of people such as you attempting to survive, to relate to each other, to accomplish physical and societal, mental and emotional goals. It is difficult to imagine the thousands of years during which the human experience has basically remained the same. This instrument thinks back over all of the reading that she has done through a long succession of classes and learning experiences, and no matter what the century or the millennium, the human heart has remained the same: seeking wisdom, seeking compassion, seeking the truth, concerned for basically the same things century after century, millennium upon millennium.

As each entity sits in this circle of seeking she brings to this moment the sum total of all that has been undergone, all that has lasted through the chances and changes of daily living. In one field of energy there lies for each that history of the life and, taken to a bigger scale, the history of that spirit whose personality shell is now occupying the chair. For each of you and each of us has a tremendously long and varied history of incarnations and experiences and gifts and graces and opportunities, and were we to speak upon any one of you, upon all that that one

entity is, we could not exhaust the subject through any amount of time, for each of you is all that there is. Each of you is full and whole and infinite.

As always, [for] one attempting to come to a place of more awareness the tool of choice is silence. In meditation and in prayer much may be accomplished beneath the surface of that beingness that is each of you. Without words to limit, without thorns to inhibit, the silence speaks in the free and open manner of deity. The more of silence that one may eat as food, the more deep shall come that awareness of the Creator speaking within that system of energies that is the being that is each of you. We hear you speaking of the desire to serve, the desire to give of the self to others and to the planetary energy, and we applaud that hope and that energy, for each of you was indeed careful to include unique gifts in the personality that you chose for this incarnation. And it is wise to seek out one's gifts and to find ways to use them in the service of others.

Perhaps we may say that when the word "wise" or "wisdom" is heard, we have not yet gotten to the heart of meaning for this particular density. The lesson that is before you at this point is undoubtedly not about wisdom, not about being wise, but rather about discovering the spring of infinite love. The rational mind can do just so much when it comes to seeking out the wellspring of one's being. It can put you in a good place. It can arrange an environment for best effect. But once the stage is set, there seems to be nothing but a beating heart, a resting body, an alert and seeking mind that thirsts for the Creator, and time. And in this curl of body and silence and time there is that feeling of being alone, being still, and being at sea. And the rational mind asks how this curl of energy and hope and time can bring one to oneself.

Individuality is a very deceptive thing. We are not denying each of you your individuality at all, but it is a puzzling thing in that it predisposes one to thinking that the goal is to find more of one's individuality, that in becoming more of oneself one shall become more individualized. This, however, is not our understanding of the way one becomes more fully or wholly oneself. The rational mind wants to reach out and pull in all of those things that will be useful and helpful in the search for the heart itself. There is that feeling of accretion, of collecting resources that will be of help in this search. Yet it is our feeling that the becoming more of oneself is a process of things falling away, a process of subtraction.

The model that we give this instrument is the model of an entity who works upon two levels. On the outer level the seeker who wishes to become more itself deals with the environment about it, attempting to place itself more and more in an environment that it finds conducive to the giving of its gifts and the learning of its lessons and the keeping of its promises in relationships and ethical considerations, and in all those matters of personal honor and duty. There is a valid benefit gained by the seeker as it simplifies and regularizes its environment in such a way as to find fruitfulness of self in all of those ways that entities think of being fruitful in avocations and vocations. There is a legitimate outer work that is helpful to doing, and we would not say that one who wishes to move more into the heart of oneself should forgo working on the discipline of the personality, the purification of emotion, and the development of the magical personality. These are just and helpful uses of the mind, of the attention, and of time.

However, in terms of doing the inner work the challenge is to find ways to allow that which is not the heart of self to fall away. It is not that one decides to remove self identification from this or that pattern of living or distortion of mind, but the seeker who feels that it knows what is to be dropped in order to be more the heart of self is deluding itself at some level, for there is no way from within the self to see into the patterns of energy that are, in essence, distortions of the one infinite Creator. Consequently, there is no rational way to become more and more undistorted. Working to become less distorted is a distortion itself, and the seeker who attempts to guide itself in the ways of becoming the Creator is, instead, most likely developing patterns of thinking that are in and of themselves an additional distortion, so there is the addition of distortion rather than the subtraction of distortion.

What we are trying to say is how easy it is to work too hard at something that is not actually work at all but, rather, a growing willingness, and this is the heart of what we would like to say this day. This place of willingness that things may change in any way, seemingly inwardly or seemingly outwardly, it is this attitude of open possibility, of lack of fear when viewing the present or the future that is a kind of key. And if you can do nothing else from what we

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suggest this day but cultivate an attitude of willingness to be swayed by the tides of destiny, then we are more than happy.

You are something that is whole and unifying and simple. You are infinite love, infinite light, infinite energy, stepped down and stepped down until you can exist within this particular illusion with this particular kind of physical vehicle, this particular energy shell that we have called the personality. It is as though out of an infinite universe you came through density after density and experience after experience, looking and laughing and gazing and enjoying, and came to this particular planet and said, "Here, I shall plant myself. Here I shall learn to blossom. Here I shall enjoy the sun and feel the rain. Here I shall be born and die." And you descend through the inner planes, through each level at which you make choices, until you have chosen this body, and this time, and this set of circumstances, and suddenly you are born. And this is the present moment of all times, and this is the place out of all places, and this is the density, and this is the experience.

And somehow it seems a miracle that is out of time that has burst upon the Earth like a sun. This is you. This is here. And this is now.

Think of yourself in this way, as a sun or a blossom. Anything but a human. For to think of oneself as human is always to move to the outer, for your true self is no outer thing. You true self is without distortion, and infinite in love. We cannot teach you how to realize compassion. You cannot teach yourself how to realize the compassion that is locked within you. And even with the dint of the hardest and most intransigent work upon the self, you cannot add one whit of compassion to your personality. You can teach yourself to perform compassionate acts, but the key to that infinite compassion that is truly yours is not to be found within teaching and learning. It is locked within the present moment, and it is when you go into the present moment that you are vulnerable to a deeper realization of yourself.

And so what we encourage this day is a heightened awareness of the value of losing yourself in the present moment. When one talks about the devotional life, again one is pulled into thoughts of the outer world. The question that you ask when you ask to learn more of your true self is a question that has no answer but only a direction, a direction that says, "into the present moment, into life." Not living, not a process, but that state of being that lies beyond all process. It should be utterly simple to allow distortion to fall away, and yet it is as far from simple as the challenge of the sculptor who is looking at an ovoid rock which he wishes to carve into a likeness. The likeness dwells within that rock. It is a matter of chipping away at the rock until it has the requisite form to satisfy the maker.

Let us move back into the image of the self in the water. The self has a relationship to the water of being in that the self is a bubble upon the sea of being that wishes to dissolve into that sea, and yet it is the essence of being an individual that you cannot, for the term of this experience, this incarnation, dissolve. This is not your time to dissolve. This is your time to be a bubble. The bubble has a skin, the coherent shell that holds the self apart from the water. And within that bubble there is, one would say, nothing and yet it is within that bubble of individuality that your true self lies. So you may accept being that bubble on the water, but you are touching the water. You are carried along by the water, and we encourage in each of you a sense of that rhythmic and pulsing wave effect that this instrument would call destiny. You have little or no choice as to how the wave on which you are sitting will go. You may, perhaps, position yourself so that the waves do not toss you unduly, yet you are directionless, except for the water. Where the water takes you, you shall go.

And there is an endless art in the observation of this wave action and in those creative attempts to come more into congruency with the line of energy of this wave action. Your responsibility as a personality shell is to be present during this experience of individuality, to observe, and to respond. As you do this outer work, yet still realizing that you are the bubble on the ocean, you set up for yourself that two-layered plan of attack, the outer layer being largely the attempt to come into rhythmic harmony with that energy of destiny that shall give you the experiences that you hoped for, those limitations that will help teach, and those opportunities to share the gifts that you brought with you. Meanwhile, always reserving some of the self for the immediate experience of diving into the present moment. This instrument was earlier speaking of the bliss while working in the garden, talking to the plant life, and

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working with the devic energy, and she wondered, "Is it out of proportion to its actual import?" and we would say to this instrument, "No, it is not at all out of proportion." It is an instance where this instrument did dive into the present moment to find the heart of bliss that is within each present moment.

We encourage each, then, to find those situations within which it is the easiest to forget the self completely and simply to be. For this particular entity, that is, this particular instrument, being in the garden, interacting with second-density energies, is one excellent set of conditions that encourages this particular seeker to come completely out of herself and into the moment. We encourage each to find those situations that so encourage each. For some it is great music. For others it is art. For some a tramp in the woods. For others the contemplation of the structure of thought that is majestic. What all of them have in common is the result, that explosion of the limited self into the infinite present. Each of you is a blossom. Turn towards the light.

We ask each of you to remember the help that awaits the seeker. You are not alone as you seek to be. There is at many levels help, guidance, encouragement and comfort. As always, we encourage patience, persistence and a sense of humor. For those who seek outwardly there are many accomplishments that can be pointed to. For those who seek to be truly themselves there is only the joy of bursting the bubble and becoming the ocean. We encourage you to continue this seeking in all faith and all hope.

We would at this time conclude this contact through the instrument known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet each of you again in the love and the light of the infinite Creator through this instrument. At this time we would offer ourselves to the possibility that there are further queries that rest upon the minds of those present. If there are further queries, may we ask to hear the next query, please?

R: Why was this universe set up as it is? This octave set up with learning about interactions that collapses into another octave?

I am Q'uo, and am aware of your query, my brother, though we do not expect to be able to give a complete answer to a query which is as broad as the creation itself. But we may give some thoughts that we ourselves have considered concerning the nature of the creation as it is and as we have experienced it.

We are aware that there are those who move as completed beings, those which you have called the Logoi, who have the responsibility of taking the stuff, shall we say, of the infinite mind of the one Creator and refining it in such a way so that those entities such as ourselves and yourselves who are under the care of the Logoi are offered greater and greater opportunities to both know the self at its heart and to know the one Creator at Its heart, and to find that one is in the same place when one knows the self and the Creator.

The infinity of creation is dwarfed by the infinity of the Creator, and as each entity which each of us and you is discovers more of the one Creator and more of the self, each is exploring more intensely one energy center until it is explored in completeness so that the opportunity for a quantum leap to another energy center is offered to the self.

Thus, each entity in each density is offered increasing opportunities to know more of the creation, the Creator, and the self. By offering steady increments of the one Creator the very structure of the creation allows for a steady growth of each entity rather than an overstimulation which would cause the burning out of those receptors of stimuli which the senses of each entity in each density offers. Thus, each entity is offered a reliable means by which to journey through the creation so that it is a perfectly balanced and self-generating curiosity inspiring mechanism, shall we say. We feel that this is perhaps the best way in which we may describe the creation, for there are infinite ways in which it may be described, and each is in its own way correct, for each perceives that which it is ready to perceive and will move up the centers of energy within the physical, mental and spiritual complex vehicles.

Is there a further query, my brother?

R: Are the completed beings, the Logoi, within time and space or do they stand apart from it as shepherds who then drive the others until all becomes one again and goes into another creation?

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I am Q'uo, and am aware of your query, my brother. Your latter assumption is more nearly correct, for the Logoi entities are without time and space; that is, they are as the shepherds you have described which care for those who are within their provenance. These Logoi entities are entities of completion who, themselves, have not partaken in the progress of evolution from first density to second and so forth but, from the beginning of the creation, are entities of completion, who look upon the previous octaves of beingness for the seeds that shall grow into the next octave of beingness.

Is there a further query, my brother?

R: So because of their completeness of being the Logoi have the ability to perceive other octaves of experience and I guess it is their choice that they stand apart rather than become part of the Creator?

I am Q'uo, and am aware of your query, my brother. Rather than saying that it is their choice it is more their nature as a given that they are one with the Creator yet are enough different that they have the ability to harvest that which has been learned in previous octaves of experience and expand upon these seeds, these lessons, these crystallizations of being, and to partake in further octaves of being.

Is there a further query, my brother?

R: It is always fascinating to hear you talk about the larger picture. Thank you. I don't have any more questions today.

I am Q'uo, and we thank you for those queries which you have offered us with a whole heart. Is there a further query at this time?

(No further queries.)

I am Q'uo, and again we thank each present for inviting our presence in your circle of seeking this day. It has been, as it always is, a pleasure to join each this day and we remind each that we walk with you at all times for we are one in love and in light and in our common bond of seeking the one Creator together. We invite each to call upon us to deepen your meditative state at any time. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ❦

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Sunday Meditation
September 12, 1999

Group question: What words of inspiration would Q'uo have for those people who have been on the path of seeking for a long time? They are very familiar with their catalyst. They have seen it come around again and again. Maybe they are beginning to wonder if they are ever going to get anywhere with their catalyst. So we would like to ask Q'uo what words of inspiration Q'uo would have for people who might be getting a bit burnt out on the spiritual trail?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we come to you this day. May we say what a joy it is to rekindle the contact that we have enjoyed with your group of seekers for some of your time now. The opportunity that you offer us is greatly appreciated. The energy that you bring to us as you endeavor to aid in your own spiritual evolution is very inspiring to us, for we are aware of the darkness in which you labor and the thick illusion which conceals from you within your illusion the true shape of the form of that catalyst which comes to you.

This instrument has been a fan of the television series, *The X-Files*, and we find in her memory many instances where these two agents of the government had no light but their flashlights to peer into the darkness of their own seeking for their own truths, and so it is with each of you. You have the flashlight of hope, and faith, and will to see into the inky blackness of that spiritual night which both day and night upon your Earth world are.

We hear with sympathy the pain and the effort in the question for us today concerning seekers who have been upon their path for a long time, long enough to begin to see into the patterns of learning which are cyclical in nature. These patterns of learning are different for each seeker due to the arrangements that each seeker has made before the incarnation. Each entity will have an unique set of incarnational lessons. In some cases, this list of lessons is very short. Perhaps one or two themes were chosen to work on during this incarnation. In these cases perhaps the pattern is more easily seen more quickly. This does not mean that it is easily balanced. Others have more complex and interrelated incarnational lessons. And to the ear of logic such lessons are baffling because the connections between the various levels of the lessons are not logical. We cannot say that they are illogical. Perhaps the expression would be extralogical.

If the seeker recognizes himself in this description then perhaps we can simply say that for you the patterns may not seem regular for some time, during which there is much confusion. However, we always encourage that patience which waits to see more of

the pattern, for those patterns which are not yet completely seen will look chaotic and will seem to have no order. Nevertheless, this is the creation of the Father, and in that creation there is infinite order.

You ask us for inspiration in words to those who are tired and burnt out on the spiritual path. In a way, anything that will be put into words will be inadequate to the task of lightening the feelings of being heavy laden that drown the senses of the seeker who is weary. What words can change darkness to light, or sadness to joy, when the ineluctable facts that have given rise to the weariness remain as they are? For each entity has vigorously and eagerly created incarnational lessons that are tremendously challenging. What words can make someone forgive the self for being so eager to learn, so eager to learn that the plate of life is overfilled with things to digest during the lifetime?

Before the incarnation began each seeker gazed upon the life to come as though it were a gem, a ruby, an opal, a diamond, with each facet fascinating and pure in its lucid power. Each of you held this gem of incarnation in your figurative hand and gazed upon it with joy and eagerness to begin. Before incarnation the pattern was there for you to see in all of its detail. In that state the look into the actual lifetime lived in space and time looked tiny, as the moon looks just so large as the thumbnail when it rises. Unfortunately for the temperament, the moon that was the size of the thumbnail is now seen [as] a planetoid with crevices and mountains and dust and earth. It is not small at all, and the pattern has nowhere to express itself. For that faculty of knowing and vision is closed somewhere around the moment of the birth into the Earth plane.

This instrument recently held a baby that was less than five hours old. The nails upon the hand of this infant were so tiny that they could barely be seen, and yet they were perfect in every detail. The tiny little mouth, [eyes] barely large enough to see, the tiny form, so new to breathing and crying and expressing the self within the illusion. It is probable that already this tiny infant had feelings of weariness and despair, wondering where all the quiet has gone, where all the wisdom and knowledge and closeness[of] the bond with the mother [has] gone. Why is it colder? Why do I have these coverings upon my body? What is this thing called life? The veil drops and does not rise again and is it any wonder that the seeker grows weary? And yet we say to you that you can at any moment turn a corner within your self and come upon a new world.

We would ask you to move with us in thought. Take the attention within. Move into the darkness of your own mind, breathing in and breathing out. Allow the tension to move deeper and deeper within the self, down through the roots of mind, through the archetypical mind, through the mind of Christ. Feel the tides of time and space flicker and vanish. Feel the stars themselves give way to that which is neither light nor dark but Deity Itself. Feel this energy of Deity that rests and yet contains all creations that are, all that were and all that shall be. And yet you are balanced, looking nowhere, sensing nowhere, bound in one mote of lucid energy. You have nowhere to go, for you are everywhere that is. You have no knowledge to give for you are everything that is. At this state there are no cycles to complete. There is nothing to do. There is nowhere to go. All is perfect now. Allow this awareness to move back into time and space, back into the stars, into the Earth plane, into your physical vehicle. This is the essence of you, resting within a vessel of clay. You are beyond description. You are beyond all worlds, all space and time. You are perfect. Remember this feeling. Come back again and again to this tabernacle of no time and no space where you are and you are perfect, and there is nowhere to go and nothing to do. For this is the truth about you; beyond all your endeavors and all your suffering this remains the truth of each.

Now let us turn and look upon the landscape that offers itself to you. There, just there, is, indeed, the catalyst that you know so well. There the pen to write. There the decision to make. There the life to live. There the grace to write. Are you rats in a maze? Do you see your higher self as the scientist that is running you mindlessly through a useless task? As the one known as St. Paul would say, "May it never be!" Far closer to the truth is that your higher self is a spiritual entity with a healthy appetite who signed you up for, perhaps, more courses than you wished that you had now that you are at least through at least half of your semester at school in the Earth school. There is one difference in this Earth school from all schools that you are familiar with, and that difference is that there is no requirement for you to make a grade. There is no teacher to set an arbitrary standard that you must achieve.

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Rather, you are completely in charge of how much you wish to learn, how far you wish to take each portion of phase of each lesson. You may not feel that you have control, and this is frustrating. But we say to you that you do have full control over your incarnation. If you are too weary to move on, if that is the sense that you get at this point, then we say to you, lighten the load. Remove expectations from your own self and allow yourself to play, to be as the daisies that dance upon the wind, carefree and blameless. You do not have to learn today. You do not have to work today. You have to do only that which is in your heart to do.

When you become frustrated with the self, with the lessons, with the pattern, then it is that we encourage the lifting of the self from pain. And how is this done? For some personalities it is accomplished by moving into the silence, by going for the walks, the meditative reflective times. For other personalities it may be that the choice is to remove the self physically from that which is frustrating, turning the attention to others things. But whatever your personality, we suggest to you that the inspiration that lifts frustration is within you and within this moment if you can but allow the self to express its nature through your instrument. For you are not as you think you are, but, rather, you are a personality shell that distorts the love and the light of the one infinite Creator in just this and that way. You are an instrument. You are an instrument of a certain kind. You are a citizen of a world that you do not see. The great baffling thing about spiritual seeking is that you seem to be in one world, a world with sidewalks and chairs and furniture and cars and movie theaters. Yet in actuality, once you awaken spiritually, you are in a creation of energy fields and all of your work is upon your energy field, the vibration of that field and its dynamics when coming into contact [with] other fields of energy. Each person that you encounter has a field of energy, and you will interact with that energy in certain ways suggested by your distortion and the distortion of the other self. Ideas are fields of energy, and as you come into contact with them there are dynamics between the field of energy that is you and the field of energy that is an idea or an ideal quality that you may wish to pursue.

You are, as a spiritual seeker, in a universe of thought, of being, of essence. It will always be frustrating to live in two worlds, but it is just that dynamic that creates the fertile field for your acceleration of spiritual evolution. Know yourself to be ever on the path and yet ever at rest. Know yourself to be ever learning, yet always knowing. Know yourself to be ever striving, yet always having arrived at precisely the place for which the strife exists. Knowing the self, allow the self to be the self. Release and release and again release the self from the stricture of making sense, of coming up to snuff, passing the grade. Each release, each forgiveness, each new level of acceptance will bring its own inspiration and offer its own opportunities for transformation.

We would at this time transfer this contact to the one known as Jim that we may conclude this session through this instrument. We leave this instrument with thanks, love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We have taken a great deal of pleasure in presenting our offering to you this session of working, and we would ask if our speaking or any other impetus has brought any other queries to your minds. If so, we would be happy to speak to them now.

Carla: I would like for you to speak more about living in two worlds at once. It seems to me that the frustration, the pain of living, is in trying to deal with the light and see things in a spiritual way and yet there is just no way to escape the fact that we live in the Earth plane and life as it is.

I am Q'uo, and am aware of your query, my sister. This is a query which each seeker, from the depths of its soul, asks of any entity which will answer. For it is most difficult for the spiritual seeker who wishes with all its heart to hew to the upper level, to the higher road, to the spiritual journey, to have to dip again into the illusion of third density and to move within a realm that seems to be muddied, confusing and chaotic. This is the nature of your illusion. For if all were as the time/space realm, that is, clear to the eye, to the heart, to the mind, and to the experience of each moment, then there would be no challenge to the seeker to enlarge its scope of being, its realm of possibility, to gain more experience in the rather efficient way that the third density has of impressing upon the seeker the urgency of catalyst. There is within your illusion the benefit of the seeker who wishes to know and yet does not know, and the benefit that we find here is that the angst, the

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frustration that comes from wishing to know that which is beyond the illusion, beyond the grasp, is that it motivates the seeker to move forward even when the seeker does not recognize forward as forward. For each catalyst, each experience, each event within your illusion has the ability to temper the heart of the seeker, shall we say, the will of the seeker, the faith of the seeker.

There is within frustration an inevitable rededication of the self to seeking, for the temptation is to stop, to quit, to rest, to have done with it. Yet, though this may momentarily give solace to the mind of the seeker [there is] no quitting, no true stopping. Though one may rest there is always the journey that waits before one. And the heart of each seeker seeks the heart of the one Creator. There is no better way to put it. And when heart seeks heart, there is the motivation to move forward, to learn from that experience, that catalyst about one, enough to move yet a small bit forward, to feel the desire afresh. To feel motivated again. And so this wishing to know what seems beyond knowing is enough, for there is within each frustrated moment the tempering, the hardening, the building up of inner desire to know, to grow, to share, to experience again the great round and round of this illusion. For though frustration may grow greatly there is still in the heart the knowledge that this is as it should be, this is as it must be, this is as it was planned. There is a recognition of the rightness of frustration so that when its fury has worn off there is reborn the kernel of desire, the seed of knowing, the seed of knowledge.

Is there a further query, my sister?

Carla: And when there is bitterness, what can I say to such a person?

I am Q'uo, and am aware of your query, my sister. There may be nothing that will satisfy one that feels bitter to the point of quitting, wishing to quit, laying down the desire and withering upon the spot. And, yet, when one feels such desperation and anger to this point of bitterness, perhaps being heard is all that is necessary, and yet one wishes to give more, to share what is in one's heart the difficulties that you have experienced, the frustrations that you share in common …

(Side one of tape ends.)

I am Q'uo, and am again with this instrument. It is important to make the effort to share with one who has become embittered that which one feels about being bitter, the fruits of bitterness, that there is a lesson that can be learned from bitterness, that there is always an opportunity to begin again. There is always the opportunity every experience that one has had, to drop the illusion of activity, to retreat to a quiet, remote and isolated place within the mountaintops of meditation, to seek there the soothing hand of the one Creator upon the fevered brow, to open the heart finally and fully one last time, to throw down the weight of worry, the burden of frustration, and to ask with a full and bursting heart to be again a child of the Creator, to see again with new eyes, to move again with trembling legs, to ask again the eternal questions, to build the faith and the will to continue.

Is there another query, my sister?

Carla: On another subject I would like just a short answer. Is it all right if I ask some questions in the future about various facets of the book I am writing? I don't want to presume that your agency would help me in writing the book.

I am Q'uo. Yes. We hope that was short enough.

Carla: That was sufficiently short. Thank you very much.

I am Q'uo. We are always happy, my sister, to speak to any queries that you may have for us. We will always give those responses that we are hopeful that are helpful.

Is there another query at this time?

R: I don't have an actual question, but I wanted to speak and offer greetings to all the entities of the Confederation that join us here and to thank you for the words of encouragement. Thank you for your company.

I am Q'uo, and we appreciate your comments. We are always grateful to be able to speak to this group and to entertain those queries which we feel come from the heart, for we are also those of the heart and recognize the great desire which fuels the desire of each seeker which hears our words, both those present and those that are removed from this group but who shall hear these words nonetheless.

At this time we shall take our leave of this group and this instrument, leaving each, as always, in the love

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and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
September 26, 1999

Group question: The question this week concerns our desire to know what we are doing when we attempt to serve another person. Could Q'uo talk to us about the equality of service, if such is so, between washing dishes, raising children, sending rockets to the moon, teaching, feeding thousands, whatever we may do? We would like some information about what we really are doing when we serve another person.

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator, and we thank you for calling us to your circle of seeking this day. We are most happy to share our thoughts and our opinions with you on the nature of service to others and what is involved in serving another. This is certainly a fascinating and central topic. We ask of you that you listen to what we have to say with a good deal of discrimination, taking that which seems to you to have use and leaving the rest behind. We encourage each always to use those inner powers of discrimination to sift and test data and thoughts that you receive from the world that is around you. For many are the thoughts that those around you think, and yet not all of these thoughts are helpful.

We come as those with a simple and single message: that all is one and that that one thing is the infinite Creator which is also Love. We see a universe which is unal, unified, of one piece, of one thing. We also, as you, see an infinite array of universes, all of which are unique, different one from the other as snowflakes are, as people are, as all living things are, both obviously of one kind and obviously of infinite variety. We see in our way of looking at the universe that there is a natural instinct implicit in the parts of this unity that is all that there is to fit together in such a way that all are fed and all needs are met. We see a universe in which there are orders of beings, and we see the order of being that is the level of your present incarnational experience as level three, the first two levels being inanimate or seemingly inanimate matter such as rocks, water, air and fire and animate objects, those plants and animals which can turn towards the sun and move about under their own power.

We see this level three as being one in which the instinct to serve remains within the heart while a veil is drawn over the deep memory of why this desire is so deeply ingrained. It is an instinct for beings of level three to wish to be of service, to wish to have a purpose, to wish to help or improve the situations in which they find themselves. The instinct is there. It depends greatly upon the culture in which entities of this density grow up as to how any individual might come to think about the question of how to be of service. In the culture which has produced those

which sit in this group we see a heavy emphasis upon activity and accomplishment of a physical type. Thusly, it is normal for each of you, when thinking about service to others, to think in terms of actions that take place in the outer world.

However, when entities such as yourselves commit themselves to living a life of service and seek it, they are working as citizens of eternity rather than citizens of space and time. For the world of the seeker who has become consciously aware of the desire to seek further and who is consciously attempting to live such a life, the terrain shifts from the world of physical objects and activities to a world of thoughts, ideas and intentions. These two worlds merge within the seeker, for the seeker is living in two worlds at the same time. The seeker is living in a very physical consensus reality, in which consensus reality rules apply, and in that world it would seem obviously better to feed one thousand people than to feed one, to heal one thousand people than to heal one, to console one thousand people than to console one. Further, it would seem obvious that the seeker who is putting in a considerable amount of her energy and her time upon seeking within the self, meditating, spending time in contemplation, that this kind of activity was not serving others. It would seem obvious that this kind of activity is selfish and service to self. The confusion that the seeker often feels is because these two worlds are offering conflicting pictures and giving conflicting information. For within the world of spirit it is not at all obvious that it is better to heal a thousand than to heal one. It is not at all obvious that spending time upon one's development as a person is selfish. In fact, to the contrary, in the world of metaphysical existence time spent upon developing the gifts and skills of the spirit can be clearly seen to be service to others' work of the highest order. Let us look at this concept.

When this instrument thinks of one who has excelled beyond any other in service to others, this instrument immediately thinks of Jesus the Christ. Here was an entity who did not behave according to the normal standards of the culture in which he lived. Because this entity's father was a carpenter this entity would be considered to be a carpenter, for that was the way of the culture into which this entity was born. This entity did not satisfy the requests of consensus reality that were thrust upon him by the world in which he lived. Rather, this entity was moved by inner direction, first to seek out the wisdom within its own culture, then to seek out the wisdom of other cultures in lands which neighbored his own. This entity did not ever hold a job or earn money. This entity, thusly, did not contribute to society in the accepted ways of his culture, nor did this entity marry, have children and become husband, father, advisor and wise old man. Rather, this entity wandered from place to place, owning very little, seeking within his own heart, moving according to those inner dictates that called to him from planes beyond the one in which he dwelled.

Fasting, praying, talking to those who wished to talk about the spiritual journey, this entity eventually gathered about himself students, and gradually the entity began to have abilities that were remarkable. And, yet, the healings and the manifestations which the one known as Jesus eventually became able to offer to those about him were not a product of any [part] of the outer or consensus world, but, rather, were the fruit of a long and arduous process of self-discovery and purification of self which this very gifted individual felt called to pursue. When this entity then was able to open a channel within which miracles could take place, the entity was able to do this not through anything that he did but through that which he was. This was an entity who had worked long and hard to open up the deeper levels of his own mind, consciousness and heart.

When this instrument challenges us in the name of Jesus the Christ we are able to answer her not so much because this entity died on a cross, hoping to save the world by its sacrifice, but rather because this entity had a quality of being that was maximal in terms of the purity and profundity of his intention. Or to put it another way, because of the utterness of his love.

Each of you has a heart full of love. And, yet, because it is a human heart with a human love, the human supply will run out quickly when it is placed under stress. The hope that each seeker has of becoming a person that may hold a higher quality of love is the hope of moving more and more into the world of eternity and away from the world of space and time, cause and effect, quantity and quality and differentiation. The one known as St. Paul the Apostle wrote[1] most beautifully that one may do all

[1] *Holy Bible*, Corinthians 13:1-3: "If I speak the languages of men and of angels, but do not have love, I am a sounding gong

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manner of wonderful things, but if one has not love, one is nothing but a noisy gong or a clanging cymbal1. And perhaps this seed thought may open to you the nature of service to others. For it is not what service you do, it is the love with which you do this service that makes all services equal. It is not the healing or the feeding or the changing or the washing that you [do]. It is the quality of love with which you do it.

How can you develop your being to be capable of ever more fullness of love, but by moving within and paying attention to the self and the processes of the self. And many times this process feels selfish, self-absorbed and narcissistic. You think to yourself, "I am taking these walks and having these thoughts and basically screwing around, not being useful." And we put ourselves down for the very thing that will go furthest towards deepening our quality of selfhood. We say, "we," because it is not only in third density that this is an issue. We still very deeply hope and pray to learn more about how to serve.

One thing we have come to know for ourselves with great certainty is that it is in the opening of the self to the processes of spiritual evolution and the seating of these openings with daily and with repetitive exercises that realizations have the best atmosphere into which to come. You are as a human being at the third level, just at the beginning of the road that is infinite, just making the acquaintance of the self, just finding out precisely who and what you are. And as you work with the self and pay persistent attention to the thoughts of the self you are working to open and deepen the shuttle or linkage from the world of space and time to the world of eternity. You are a place in which two worlds meet. And as spiritual entities you are attempting to be, and in that being, to yield to and embrace love itself.

This instrument has thought much of late upon the many false steps that she considers that she has made as she has persisted in attempting to create what she calls the *Wanderer's Handbook*. We say to you for each person, for each intention to serve, this is the pattern to expect. That pattern of many false starts which seem upon the surface to be useless and yet which are very rich in learning. Many times of seeming paralysis in which there does not seem to be any way to move forward, and many times of seeming success where there seems to be progress, there seems to be success. The further that one gets from one particular process the easier it is to use hindsight, to look back and say, "There, just there was when I really found pay dirt. There was the time of service. There was the time when I did it right." And yet this, too, is an illusion, for at the level of essential being there is no sense of failure at the false starts. There is no sense of failure at the times of paralysis. And there is no sense of success when the world says that you have success. But rather, there is the one infinite Creator. There is the self utterly with the one infinite Creator and hoping through faith and will to become more and more like the infinite Creator. And less and less like a dream within a dream within a dream.

Where is reality to a spiritual entity but in the present moment and within the love within that moment? Why are all ways of service equal? Because they all address the same thing. They all come from the same being. Each entity came into incarnation with gifts, with endowments of nature, and when one considers what to do with the self it is well to consider with the eye of reason the self and the gifts of the self. What are the natural proclivities, natural affections of the self? For truly these preferences are there for a very good reason, not to distract or disturb or move someone off the path, but rather to help point out the path that is to be taken. Seen with the eye of reason it is perfectly logical to look for the service that one may do in terms of one's gifts, in terms of what one person can do. Can this one person do physical things? Can this person heal? Can this person teach? These are questions the self can ask of the self when looking at the question of service. And yet seen with the eye of faith the question is not, "What are my gifts?" But rather, "What is Your will for me, infinite One? What good works have You prepared for me to walk in? Help me to see better. And when I see them, help me to meet them."

We are, in your world, as smoke or haze. We are a melody upon the wind. We are a thought within the mind. We are an energy and a level of awareness into which this entity which is our channel has tapped. We very deliberately are not flesh and bone, those who come into your skies, those who land upon

or a clanging cymbal. If I have the gift of prophecy, and understand all mysteries and all knowledge, and if I have all faith, so that I can move mountains, but do not have love, I am nothing. And if I donate all my goods to feed the poor, and if I give my body to be burned, but do not have love, I gain nothing."

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your earth. We do not see our service as including the outer manifestation that proves us to be real. We wish simply to be a quiet and available voice upon the wind, for this is where we perceive our service to lie. In terms of the world, our service is obscure and, in many ways, meaningless. But we continue to be satisfied with the blessings that this kind of contact has offered to us, for we believe that it is not our words but, rather, the vibration that accompanies our words that is essentially our service. You know our hearts, for we have opened them to you, and you feel comfort from our beingness. And in this we are satisfied that we have offered the highest service that we know how to offer.

Again, we know we give comfort and reassurance. We know that we give food for thought. But we would say that our perception of how we are serving is that we offer a quality of beingness that underlies these messages that speaks not of us but of the one infinite Creator. We do not want you to look at us. We want to join you in looking at the one infinite Creator. We see that in you. You see that in each other and in us, and that quality of comfort and reassurance and belonging moves from the Creator to us to you and out into the world. And we can see the energy moving that we allow through us and that you then allow through yourself, and we are humbly and profoundly satisfied. And we would encourage each of you to see yourself as one who has within that being of self those seeds which flow out of the self to comfort and reassure those about you. See yourselves as those through whom undistorted and infinite love and light may move.

You have prepared good works for yourself to walk in. You do not know what scale they might be on or what direction in which they might lie until you find your feet moving instinctively and naturally and your direction finds itself and there is a moment of realization and a pattern, for a moment, is clear and you say, "Oh, now I understand." These moments are rare. But they are a blessing when they come. Wait for these moments in perfect faith. They will come. And know that your highest and best service will be opened to you one moment at a time.

The one known as R speaks of entering this or that avenue for additional service, and we would say move with that which moves your heart, but know that if such and such a choice were not made, if the entity did not go forth into another environment but stayed within the one which offers comfort and pleasure at the present time, yet still the same quality of service would be offered, would come about. Indeed, one cannot escape one's opportunities for growth and for service. They are so much a part of the warp and woof of the incarnational experience that there is no escaping them. Your purposes will find you where you are if you listen. And so we simply ask you to rest, insofar as you are able, in the sure knowledge that you are not alone, nor are you lost. All that you hoped for and seek will come to you in ways that surprise you often but in ways that are still recognizable in terms of your hopes and your dreams. Hew always to those dreams. Encourage the faith that lies within you. And relax into the moment with its joys and its sorrows and its dailyness. And know that in the most simple and everyday atmosphere stunning and powerful forces are at work and will reveal self to self and service to the seeker.

We would close this communication through the one known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in love and in light through this instrument.

At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

Carla: Yes, I sensed that there was a lot of material that I did not get to, and I wondered if you could just continue the train of thought and open to some of what I was not able to open to through the one known as Jim.

I am Q'uo, and you are correct, my sister, in your supposition that there is a great deal of information that is available upon this topic. We are aware, however, of the time restrictions that this group has set for itself, and we are attempting to observe those restrictions so that we do not overtire those present. Thus, we have found a place that is, as you would say, good for the stopping and would focus now upon any short queries before ending this session.

Carla: I would just say that it is frustrating sometimes to have the bridge to the subconscious open and to see the immensity of the structure of thought that is behind the little bit that I am able to

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say, and I wish that I could move into those immense structures of thought and explore.

I am Q'uo, and we would agree with you, my sister, that there is a great deal of organized information that is available upon not only this topic but upon most topics that are the subject of our speaking to this group. This is so because, of course, as you all are aware, there is a very close connection between all thoughts of each entity. For the one Creator is alive and well and thinking mightily upon all things. And yet does not all of this fine and intricate structure dissolve into the one unifying concept of Love that has created all of us, the thoughts that we think and the means by which we think and observe our thinking. There is as much to be said about such topics as there is time to say it, and of course, within the third density most especially, there are time parameters into which various portions of experience are placed. Then, as we communicate with you we also seek to observe the patterns of your life, the ways in which information is sought, and we look at that which we have to offer of our own opinion and seek to form it into a shape which will fit your needs. If there were only five of your minutes, for example, to give information upon this topic we would attempt to hit more of the high points, shall we say, than attempt to interweave a more intricate connection of these points as was our desire during this session of working.

Is there another query at this time?

Carla: Yes, I have one on a completely different topic. I got an e-mail from a fellow who had an experience where in a dream or somewhere he saw a skull which shot out a green light from its eyes into his eyes. When that happened he could feel that he was changed and he saw his shadow walk up to him and join him, and from that time he has cleansed his body. He is now a vegetarian and seeks in meditative and contemplative ways and he has asked about the shadow. Is it something added to him or some part of him rejoining him, or what was happening here?

I am Q'uo, and am aware of your query, my sister. Indeed, within the dreaming state there is the opportunity for each entity to feel a revitalization, a rejuvenation, a rededication and an inspiration which will move one beyond one's previous self. In experiences as the one described today where there is a connection made with the self that is profound and powerful, one may look to the addition of those latent powers, those essences of the subconscious mind that become available to the conscious seeking self. Thus, in this particular experience the shadow may well represent those hidden attributes that this entity has programmed previous to the incarnation as additions that would be sought at some point within the incarnation and made available as doors to the subconscious mind, that dark and hidden place of power, are opened to the conscious mind. Thus does the subconscious mind join with the conscious mind in the conscious seeking during the incarnation.

Is there a further query, my sister?

Carla: No. I thank you for that answer.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

R: No. Not from me. Thank you for all that you have said.

I am Q'uo, and we thank each present for inviting us to speak our simple thoughts and opinions this day. We would again ask each to use discrimination in choosing that which to place within the life pattern and that which to leave behind. We are those of Q'uo, and would take our leave of this instrument and this group. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ❦

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Sunday Meditation
October 3, 1999

Group question: Our question this week has to do with desire. We would like to know what it is to balance desire. A lot of times we think we know what we want. We think we understand that if we had a certain ability or a certain thing we would be able to function more efficiently. We would be more whole. We would be more balanced. And then when we do achieve that it turns out to be other than what we thought. We would like Q'uo to give us information about working with our desires. How do we determine what we really want rather than what we think that we want?

(Carla channeling)

We are those known to you as the principle Q'uo. We greet you in the love and in the light of the one infinite Creator. We cannot say how blessed we feel to be called to your circle of seeking on this day of your fall as the creation about you has begun to release its summer heat and to prepare itself for the sleep of winter. The desire of each tree and bush and flower for growing and turning to the light must gaze at this time of autumn knowing its time of sleeping and regeneration is soon to arrive. And while the ground and the second-density trees and creatures of the shrub and forest have no trouble adjusting their desires to fit the harmony of temperature and inner direction, the third-density humans upon your sphere do, indeed, have no winter of sleep and regeneration but rather an endless, or seemingly endless, succession of hopes, ideals, wishes and desires of all kind that seem to know no season and sometimes seem to give one no rest.

We are most happy to speak to you upon the subject of desire. We ask only one thing and that is that you listen to what we have to say with a jaundiced and careful ear and heart, for we would not wish to place a stumbling block before any who seeks. Rather, we wish to offer thoughts that have been useful in our own development. It is our service to you to do this. We are delighted to do this, but we do not wish to pretend to be authorities. For we are not authorities, but those who walk with you upon a spiritual path that, as far as we know, is endless. The rising and falling of desire can well be said to be the hallmark of the experience of being self-conscious. Not only your third-density human experience but also the experience of higher densities. There is ever the finer tuning of desire, the finer delineation of the shape of energy of desire.

Indeed, it may be said that in a very powerful way desire is necessary to the third-density experience, or to the fourth, fifth, sixth-density experience. So let us move back to take a longer view of this that is called desire. This instrument has received from those who have had unusual experiences, and we find in her memory a recent letter that gives us a good place to start speaking of desire. This entity

was able to move out of his body in a daydream-like state, not in a sleeping state, but in a very relaxed and self-confident state. He was able to leave the area in which his body was placed and eventually to leave the planet. At first, he could not move beyond a certain distance but then, he wrote to this instrument that in the metaphysical or time/space continuum the mode of motivation or movement was love. Love, therefore, took him by his will on a tour right up to the point at which he felt that he could not and would not go further. We offer this experience in order to be able to talk about the relationship about the great original Thought or Logos, which is love or desire.

Desire feels, when one is in an incarnation and experiencing the momentary arising of it, very straightforwardly a desire for acquisition. It feels like it has an object, in other words. And for the most part, those things which entities among your peoples desire have what this instrument would call a simple location. One desires a meal or a girlfriend or to go someplace or to read a certain book. These are things in the outer world that can be achieved and brought into the dwelling place and possessed. And as the one known as R noted, it seems that these desires have a very short shelf life after the acquisition of the object. Once the object is acquired it is no longer desired. As long as desire remains at this level and is seen as that which is desire of an object we have to approach the subject in a certain way and that would be to speak of certain ways of estimating the value of various desires.

However, there is another level of desire with which those present all have considerable experience and that is the desire for purity, for truth, for beauty, for light, for true love, for true love between people, for true relationships between people. And this level of desire has a life that is denied to desires for things which can be acquired in the physical world. This level of desire places a seeker in a different world where she is able to see objects, both metaphysical and physical, not with the eye of the physical world but with the eye of the heart, what the one known as Ken Wilbur has called the eye of contemplation. These desires for a higher way are wise, wise desires and we would encourage each of you to stoke these fires of hope and faith and will and ask for your highest desires with abandon and greed. For these desires for a higher way of being, a higher method of seeing, will cool the fire in the oven of desire so that you as an instrument of the divine are tempered and strengthened.

You shall not, to the best of our knowledge, probably ever be able to experience a lack of desire. For you dwell within a physical vehicle which must eat, which must have a place, which must put onto the body protective clothing against the elements. As long as you carry this structure of flesh, the chemical, the biological reactions which move the physical vehicle from infanthood to growth to decay to death will continue unabated, that being the nature of that physical vehicle and the nature of the physical world into which this vehicle has been born. The poet which this instrument knows as Tennyson called the nature red in tooth and claw. Everything must eat, and so the universe of the body is full of that which is eaten and that which eats. It is full of the tiniest organization of molecules which make up the simplest life form, having unending desire and with each iota of consciousness there come new and greater levels of physical desire.

There is no harm, error or sin in desire. It is simply logical to satisfy appetites. Each organism has instinctual appetites and the fulfilling of them is appropriate and, shall we say, planned for by the infinite Creator. Indeed, desires are to be protected in that it is well for all that draws breath, shall we say, within your physical world to have that which is needed to sustain life.

The kind of desire that tends to provide excellent catalyst for growth and good food for thought is what we might term mental/emotional desire. The one known as R spoke of that desire to get those things which he might need at a later time. The one known as S spoke of the desire to come into a more integrated or full understanding that would illuminate the experience that he was having that would make things more make sense. As the one known as R noted, [when] these particular desires were dropped others would take their place. And in this context we would use something else out of this instrument's memory: a story that is given as what this instrument calls a koan, a parable, shall we say, that helps seekers to gain realization.

This story, in brief, is that there was a holy man, an anchorite, one who had been given a room where he might put his bones and a daily bowl of meager soup and bread that kept body and soul together. And in this room this entity sat in meditation all his waking

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hours, waiting on the truth, resting in the divine, at peace, and feeling no rising desire. Years went by and then one day the door to his humble room burst open and into the room came a woman he had never seen before. She placed a baby in his arms. She had told her parents that this holy man was the father of her child, and she was giving the child to him. After contemplating this gift for a time this holy man set out for the sea coast very near the street on which he lived and obtained work of the most humble kind, carrying heavy things on and off the ships that traded at that port. With the money that he made, he purchased food and fed and clothed and tended the child that had been given to him. Several years went forward in this way, and then one day his door burst open again and this woman entered again, having decided that she wished for her child after all. He gave her the child who was by now passed the toddler stage, arranged his limbs for meditation and rejoined the light that he had left behind when the gift of the child was his.

To the one who has no arising desire the universe is free. It is a gift. And every blade of grass, every ray of sunlight, every kind word, every gentle glance, is a beauty and a truth. When you have no arising desires you may feel the grass and the elements, the dance of the wind, the dance of fire, the dance of water, and the dance of earth. And the universe lies before you infinitely complex, infinitely unified, at one with itself, at one with you, part of you, as you are a part of it. May we say that we do not expect many moving through third density who experience this state of no desire for longer than, say, a moment, an hour, or an afternoon. Times of feeling this peace indeed are gifts that come now and again, and while you were experiencing this peace you wondered why you ever desired anything. But that setting of full and open heart of faith, that ultimate balancing will that would allow such a state, are genuinely not helpful for the purposes of evolution in spiritual terms. The design of your physical vehicle as human beings is not an error or a whim but, rather, it is the result of experimentation on the part of what this instrument would call the Deity. Creations before this one that you now experience have tried various kinds of ways in which entities could accelerate the pace of their spiritual development, and, so far, what has been found is that placing a veil over the truth and the beauty and the ultimate goodness of all that exists is very helpful for the developing spirit.

If you are as the trees and the flowers then you know without having to reach that all is well, that all is one, and that all is a dance. But humans with this knowledge will not move themselves forward spiritually but rather tend to remain in the state in which they were born. It is actually the arising of desire creating discomfort that motivates entities on so many levels and this motivation of people who wish to simplify or clarify or solve the perplexing questions of what to desire and how to desire it are what open people to new thoughts, new ideas, new practices, and new ways of looking at things. There is, of course, much of skill but more of art in learning your own self, of using the mind carefully in a limited fashion to analyze just what level this desire is on, how true to myself, the seeker, is this desire, how honest and pure is this desire.

There are many ways to use the emotions in working with the desires of the heart, the emotions, and the mind. We would like to take another half hour to speak of the desire to know, but we shall content ourselves here with saying that the intellectual and the emotional parts of the self often so combine as to create a very intense desire to know, and this desire has power both for good and for ill in terms of the evolution of the spirit. Here we would perhaps offer a warning that we have offered many times and that is the warning of the nature of the mind as compared to the nature of consciousness. It is easy to confuse the mind with consciousness, but they are separate things. You are, in terms of your physical vehicle, an almost hairless great ape. You have an excellent mind capable of abstract thought, self-reflection and many, many other things. It is basically a choice-making tool.

When faced with something the physical mind wants to solve the problem. It is not comfortable. It is not used to thinking about or analyzing or sitting with what is perceived as a desire that needs to be fulfilled. For your everyday existence, for meeting society's demands, and for keeping body and soul together, this is an excellent tool. It is not to be confused with the consciousness that you are. That which you are is not a citizen of time or place. You are not of this Earth. You are not of this era. Before time began, you existed. In all possible creations you exist. You are one with the infinite Creator. Being able to separate these two strands of being is sometimes extremely helpful when you are working with desires. For that which you are as a citizen of

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eternity is, in itself, what this instrument would call a safe place to rest from this seemingly ceaseless process of arising desire and the satisfaction or the disappearance of desire.

Be sure that when you use the mind you use it as you would any tool or resource. Be sure that you do not allow the mind to use you. For, as we said, the mind of the physical vehicle has a life of its own, and it can and it will drive your consciousness to distraction if you allow the mind to race away with you. It is a good tool. It is a poor, poor master. Rather, we would suggest that you come to the working with desire from the heart because the heart is that point within the energy system of the body wherein the one infinite Creator dwells and awaits the reaching of the hopeful heart. It is as though that which you most keenly desire with your spirit and your soul is already within you, more yours than your breathing or your heartbeat, closer to you than your own bones and flesh, so that the judgment and analysis and understanding that you have within you and can apply to questions that you have about desire are in place, waiting for you to achieve the quietness and confidence of self, to turn to them and to allow them their full sway.

Whether a seeker decides to get this car or that computer or that larger tent in a very important way makes almost no difference in the spiritual life of the seeker that makes these choices. But when you move into the area of desires for qualities, for truth, for higher spiritual capacity, then you are beginning to work with desires that are very helpful in terms of acceleration of your spiritual self, the moving forward of that process of the evolution of the spirit for which you took flesh in the first place. When next you have these desires for things or for qualities gaze at them from a secure and restful place from within your own heart, knowing that you have all that you need if you are one with the infinite Creator, yet knowing that you dance the dance of life. And while you are moving through the steps of this beautiful and intricate dance, desires shall arise and may well be satisfied. Know that this is a not only accepted but protected activity, that you have not cast yourself into the outer reaches of foolishness simply because of desire. For it is your nature and your glory to desire, but what shall you desire? There is always the choice.

We would at this time make an offer and also leave this instrument. Our offer, as always, is if there is a desire for help as you are seeking, say, to deepen a meditation or a contemplation, we are happy if you will call on us to be with you, not to speak with you but simply to add our meditation to your own. For in many cases this actually helps in stabilizing or deepening a meditative state and is part of that which we are allowed to do without infringing upon free will. Call us mentally to you by our name, and we are glad to be with you at any time.

We would at this time leave this instrument and transfer this contact to the one known as Jim. We thank this instrument. We are those known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves to speak to any further queries which those present may have for us. Is there another query at this time?

S: I have been participating with a group which purports to be Zetas and I have doubts about the service orientations of those of that group. Could you give me your perspective?

I am Q'uo, and am aware of your query, my brother. It is our great desire to be of service through speaking to groups such as this one, for in so speaking we have the opportunity to walk with each a certain distance, shall we say, upon the journey of seeking. And if we may speak in a manner which offers catalyst and inspiriting we feel blessed. We at all times seek to avoid infringing upon the free will of any entity to whom we speak. There are many ways in which free will may be abridged, and we are aware that if we give a blessing or a warning to an entity such as yourself who is working with other groups then, perhaps, our speaking will carry too much weight in that regard. Therefore, in matters such as this we leave the process of discrimination to you, my brother, for we are aware that you are able to assess the nature of any information which comes within your provenance. Thus, we must apologize for not being able to give you that which you seek in this case, for we would not take from you the opportunity to exercise your own powers of discrimination.

(Side one of tape ends.)

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I am Q'uo, and am again with this instrument. Is there any other query, my brother, to which we might attempt to respond?

S: Yes. There has been a gentleman named C, a young man who through the internet has been asking me for advice, spiritual and otherwise, and I am not quite sure how he fell into it, and I am concerned that I am giving him good advice. I ask for your thoughts on that.

I am Q'uo, and am aware of your query, my brother. We would suggest to you that as you have come in contact with this entity that there is no mistake or happenstance about the crossing of your paths. This entity has been drawn to you, for there is within this entity's subconscious feelings the impulse to seek information from those sources which it values. Thus, as you speak with this entity and share with him that which is your best and highest information and inspiration you give to him that which he seeks. You must also realize that this entity is, as yourself, one who is able to discriminate between that information that he receives that is helpful to him and that information that is not helpful to him. Thus, we would encourage you in your sharing information with this entity that you …

(Transcript ends.) ❦

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Sunday Meditation
October 17, 1999

Group question: The question this week has to do with whether or not it is possible in this day and age and in the place in which we live for us to use meditation and personal works to become the seeker we hope to be, to achieve that state of being that will allow us to radiate the love and the light of the Creator and to continue to expand as learning and growing beings. Or is it still necessary to retire to a cave in the Himalayan Mountains and meditate for twenty years with some small chance for success, of some hope of achieving a realization of who we really are?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings and blessings in the love and in the light of the one infinite Creator. We thank each of you for all that you have sacrificed, all that you have sought, that has brought you to this circle of seeking at this time. We thank you that you have called us to your session of working. We wish you to understand what a blessing it is to us to be able to share our thoughts with you, to be able to fulfill that which is our chosen service at this time. Please know that you serve us far more than we could ever serve you with our humble words by providing us with the opportunity to experience what it is to be called, to be asked to share. We will, indeed, share all that we can share through this and other instruments this day. We ask but one thing of each of you, and that is that you listen to our thoughts and our opinions with a careful and discriminating ear and heart, for that which we have to say may or may not be that which is needed by you at this time. And for us to be considered by you as an authority to which you must listen is obnoxious to us, for that would mean that we were, instead of helping, being a stumbling block before you. Therefore, we ask that you take those thoughts that ring true to you and leave all the rest behind. We trust your powers of discrimination and we ask that you also trust your own inner knowing, for each has a personal truth to which each needs to hew.

You ask this day concerning the unfolding of spiritual evolution and the ways in which you can encourage that within yourself. You ask if the practices of meditation and personal work are enough, are sufficient to open the process of evolution for you and so encourage and promote that evolution, that you will be able to see and realize that you are where you should be, doing what you should be doing as an authentic being.

We find that the question is such that we cannot say yes and no, but, rather, we must discuss these concepts. And so we shall begin. Let us look at the nature of each of you, for what are you? What is your nature? Each of you, through personal work, has begun to realize the most basic truth, which is that each of you is the Creator, and within

incarnation each of you is the co-Creator of experience for yourself. But what, then, is the Creator? The word, "logos," in Greek means "word." But more it may be seen to be a word denoting all-inclusive thought or being. What is the nature, then, of this original Thought or Being that is the Creator? It is our understanding that the nature of the Creator, the nature of the creation that has been formed in the image of the Creator, is love. This is your basic identity. Each of you has within you a spark that vibrates precisely at the original vibration which is the Logos. The Creator is not out there, but, rather, the Creator is within each of you already, the heart of your identity and your being. There is nothing you can do, think, say or believe that can separate you from this basic selfhood. You cannot give it away. You cannot lose it. You can, however, and easily, become distracted from it and move into other areas of thought that are not so directly of the one infinite Creator. No matter how far you go, however, in your straying from love and from your own identity as love, it shall not leave you, and you shall always have this inner source of all that you seek closer to you than your very thoughts and heartbeat.

And what, then, is the nature of this spark? This instrument would say that it is a vibration. And that is close enough for us. The original vibration, then, is the reality within every illusion which you experience. This anchoring vibration can be overlaid by any number of vibratory complexes, for each receives an unending supply of the pure vibration of love that is the moving energy of the cosmos. Each takes this vibration into the various bodies from the gross to the finer and distorts that vibration in various ways as it moves through that vessel which is your mind, body and spirit. And, thusly, to those who have the ability to see through the veil each entity speaks itself in vibration with a distinctive and utterly unique identification.

Since the very nature of your being is vibration it will not surprise you that we would ask you to evaluate those ways in which you characteristically distort the original vibration of love. Now, there are various ways to distort or block or over-activate the vibratory energy that feeds and fuels your being. Those of you who experience incarnation in third density at this time are experienced souls. This is due to the fact that through what this instrument would call the time of harvest there is a tremendous opportunity for relatively rapid soul growth, and this has meant that there are far more entities wishing to take incarnation upon your Earth plane than there are opportunities for these souls to come into physical vehicles. And so those who have incarnated into your plane of existence at this particular time for this particular planet are those with a seniority by vibration. This means that each of you is already capable of doing relatively, shall we say, "advanced," for want of a better word, work in consciousness.

Each of you has many assets and resources in place. Among these resources are meditation, and each of you has personal practices: the reading, the contemplation, the solitary walking, the discussion with companions, the work in healing, the work with various structures of thought which provide ways of thinking about the issues that matter to you. All of these are valuable. Meditation especially, as each who has heard us before is aware, is that which we most encourage and recommend as a daily practice. So let us look at the concept of having a daily practice, for beyond any particular avenue of personal or spiritual growth there is the keenness of desire that seeks with a heart full of hope for that feeling of authenticity of self which allows the self to release the strictures that have provided spiritual and emotional discomfort.

We cannot say what any one seeker shall find useful for herself. We do feel that entering the silence is universally helpful, but there is a range that is fairly extensive from soul to soul in terms of what techniques or modes of spiritual seeking shall be more efficacious at any given time. However, in each case the dailyness of the practice is that which is very helpful, that which will, indeed, suffice to bring the seeker more and more to herself, to an awareness of the self as a whole and radiant being. Remember that beyond all illusion, each of you is vibration. If you think, for instance, of an engine in a car that develops a certain speed of turning because of the fuel fed to it you can see that various kinds of practices will move that vehicle which is yourself at various rates of speed, with various rates of efficiency, for each of you is an unique being and you will not react or respond to various elements of practice in the same way that any other entity would. And so there is a continual seeking and searching through the aisles of the supermarket of philosophy, metaphysics, spirituality and religion that each seeker does go through seeking those resources that

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for that seeker do that job that the seeker feels needs to be done. Consequently, much is left to you, at least in terms of what we would encourage each of you to do. We cannot encourage for each a specific practice that is the same for each, but, rather, we can simply encourage the dailyness of such practices.

It is as though the self were a bit scattered in the normal dailyness of living. There are the calls upon energy for those with whom you are in relationship. There are the calls upon your energies for those things you need to do in order not to be a burden to others: the gaining of the money for the necessities, and the enjoyments of a physical life. There are many, many things, ways of thinking, modes of thinking, that move one to various levels of the mind, the shallow or surface mind, the levels of mind just below the limn of consciousness, and those levels that are in the deep mind that this instrument would call archetypal or archetypical. Some entities will wish to work on the surface questioning the form of their practice, moving into rituals that feel right, using the moments to generate within the self-realizations of beauty and delight. Indeed, there is that practice that is legitimate of focusing completely upon the surface and delighting completely in the very chores and minutiae of the day. This is a legitimate practice, a dharma that is blessed and that works for some entities.

There are those who find their delight in logic and intellectual inquiry whose approach to the spiritual is of a—we look in this instrument's mind for a word and do not find one—aesthetic approach to the deeper self. And to that person the delight of perfect ideas moves that person into the authenticity of its own being. There are those such as this instrument who dwell in what we would call an emotional approach in which the responses to incoming data are monitored for the purity of the emotions evoked, and there are practices which encourage this accuracy of notation. This instrument would call this level the life in faith, and it is a kind of way of centering the self which lends itself to those who are of a mystical nature. There are those who thirst so for true spiritual food that they are not satisfied with anything less than the archetypical foundations of consciousness, and these entities are like explorers of the deep who bring treasures from mines deep within the Earth and open them to the light within themselves. This also is a legitimate way of approaching the job of cooperating with one's own spiritual evolution.

Most entities work on more than one of these levels, and some entities work on all of these levels. Consequently, it is additionally helpful to many entities to practice the facility with which they slip from level to level within themselves. For the way the self works is a structure but one unlike any other entity's structure. And so there is a good deal of inner exploration which is very productive in terms of identifying for the self those modes of inquiry that will be the most helpful assets in working with one's destiny.

We would venture to say that within third density what most often disturbs the spiritual seeker is the veil itself, that veil of forgetting that drops over the infant soul as it enters into the Earth plane. Gone is that knowledge of identification with the Father. Gone is the awareness of other selves as the self and all selves as the Creator. Come, instead, is a world in which people observe forms but not essences, doing but not being. And, yet, this is a school carefully designed for maximum learning. How can one learn when one is so bemused, confused and flustered by this unknowing?

Look at that. Look at the conundrum, the enigma of the veil. Before you came here you knew who you were. Why did you work hard and rejoice when you succeeded in getting a place within this Earth plane which you now enjoy? Why the confusion? Why the necessity to backtrack, as it may seem to each, and learn again who your real self is, what the real self is, what the quality of realness is? But you see, the point of your density is singular. There is a choice that needs to be made. It is a choice which this instrument would call one of polarity. Do you seek to serve others, or do you seek to serve yourself? Each path, in our understanding, is equally valid. Each path has its adherents. Both paths come together a bit further along the evolution of the spirit for each of you.

One path, in our opinion, that of service to others, is favored by the infinite Creator. It is the path upon which we have chosen to move, and we are aware that each within your circle has chosen that path of service to others. And this awareness brings to what practice that each of you has the additional practice of constantly looking at one's intentions to see where the desire for service truly lies. And it is always

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fruitful to look back over the situations through which you have gone with an eye to pinpointing for the self the self's own actual orientation as evidenced by that which one has gone through.

And so we would say a resounding yes, a heartfelt affirmative to the question. In the city or in the country, in any place where you are, if you have a daily practice is it enough? Yes. Whatever is heartfelt to do that daily brings you to yourself is sufficient for you. You are not expected to figure it all out. That is not what this density that you are experiencing is for. It may be a wonderful luxury that certainly has occurred to this instrument, and undoubtedly to each, in the past and hopefully in the future, that there is that moment when all is one. All can be seen to be perfect, and there is nowhere that pulls, no place that one wishes to go, for all is perfect as it is. These moments of bliss and joy, indeed, perhaps days or weeks of bliss and joy, come not due to work but because it is time. For you cannot learn on a schedule the lessons of spirit. The spirit moves as the wind and comes when it will and teaches with breath-taking honesty when it will. And when it will not it sends its messengers everywhere to give you hints and little bits of encouragement that keep you seeking. But there is no scheduling those moments of utter authenticity, nor is it a realistic expectation of the self that the self shall one day come to a mode of living in which the utter authenticity of the self runs on a continuous basis.

This instrument would perhaps choose the one known to her as Jesus to be an exemplar of undistorted love, and yet we say to her and to each of you that this entity, as devoted a servant to the Creator as he was, had many moments and many days and many weeks and many months in which confusion reigned and the puzzle was not solved. And the hunger and the thirst for truth and beauty was unfulfilled. These seasons of weal and woe are extremely helpful and very deeply to be appreciated, for in addition to bringing to one that catalyst that one needs in order to learn, these seasons of dryness and aridity of spirit deepen and purify the vessel within. For each truly is a channel, an instrument.

Think of the musical instrument that is played by the wind of the instrumentalist. The air moves through the instrument and under the clever movement of the fingers various tones come forth expressing, when they are played as written, flights of music that lift the heart and encourage the spirit. And each of you has this hollowness that is filled with the love and the light of the infinite Creator. What this instrument and perhaps others within this room hope for is that the self will become transparent so that the wind of spirit that is blown through will come out as it went in, totally undistorted by the self. For if the self can allow infinite love and light to move through the self, then that self has the capacity to bless that love and light that flows through it and offer that that has been brought through to the Earth plane. Indeed, it is our feeling that this is the basic work of all spiritually awakened people, this essential beingness of self that does not distort the love that flows through the instrument of selfhood. Beyond all the beautiful tunes that your instrument might play with the various distortion of the various energy centers there is the wonderful ability to do that essential work that is the work of being that allows love and light to flow into the Earth plane undistorted.

We have talked to you often of being versus doing. Of essence versus action. It is our humble opinion that each, indeed, needs to address the beingness of the self, and we ask each to think on this for the self, to look at the question of whether there is releasing and surrender that might create a more pure way of being. Very often that which most constricts the spirit from its evolution is that which hampers beingness and no amount of good works, good actions, or good thoughts, no amount of practice of any kind can address this rather deep and subtle question: what shall you surrender in order to more fully be yourself? As each faces the chances and changes of daily living we encourage each to look for those things that can be surrendered and look for those things which can be taken up and embraced, for there shall be an ever-evolving panoply of choices for each of you to make. We encourage you to move forward in a faith that all that you need will come to you, and all that you must crave and learn will be before you in its own time.

We are sorry that we have spoken longer than we should. We heard the recording device come to its end and realized that we should have been at ours. However, we would like at this time to transfer this contact to the one known as Jim in order that we may answer any questions that may be upon your minds at this time. We leave this instrument in love and in light and transfer now. We are those of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

S: I recently purchased an audio cassette device that was to help clear geopathic lines around my home and work with nature spirits. I am curious as to what results, if any, I have been able to accomplish?

I am Q'uo, and am aware of your query, my brother. As we observe the device and the activity which you have employed in order to work with those more elemental spirits within your home environment we find that your desire to communicate with these entities is that which has been most successful rather than the gadget, shall we say, that you have employed though there is an efficacy attached to this gadget that is powered by your desire and your intentions. For these intentions are from your heart, and it is upon this level that communication may be established with such entities.

Is there another query, my brother?

S: With your communications here, what are some of the things that you have learned?

I am Q'uo, and am aware of your query, my brother. And we are gratified to say that our learning that has been associated with this group and with this kind of service with other groups has been focused in the area in learning to accept limitations, though they be great, and to persevere beyond the seeming boundaries that are created by one's own mind. For each of us in this creation—and we speak of all entities of which we are aware—desires to know the one Creator, and yet each of us has put before ourselves various hurdles, shall we say, various levels of lessons that seem to bind us, to keep us from moving in the desired direction. These, however, have the ability to reveal to us the necessary steps to take to move beyond them if we become able to accept that which we are, that is, the one infinite Creator. This ability to accept our nature as the Creator, for each entity, is that which is somewhat beyond the reach and thus propels us onward in our great journey of seeking.

We have also learned that which you call humor, that which we would call the sense of proportion, where it is discovered to be helpful to see the self in a lighter manner. Though the seeking be the sole desire of the entity and the knowledge of truth, love, wisdom and so forth is that which is sought with every fiber of the being, yet there is the enhancement to the process that humor brings. For if one can lighten the point of view, can lighten the intensity of emotion in even that situation that seems the gravest, then there is the freedom to move more as in a dance, more as with the flow of the universe.

We have learned much of the nobility of the human spirit, the desire to be of service to others beyond all cost to the self. Constantly we see entities who are willing to do whatever is necessary in order to serve their brothers and sisters who suffer within the illusion of this third density. We are most honored to witness this nobility and this humility, for it shows to us the very heart of the one Creator that wishes to love and serve all as the self.

Is there a further query, my brother?

S: Concerning past inventions in this world. One was the eternal candle, how that was constructed and made, and the second one was the Bessler Wheel constructed in the 1700's. How were these constructed?

I am Q'uo, and am aware of your query, my brother. It is our purpose as members of the Confederation of Planets in the Service of the Infinite Creator to speak upon those topics of a philosophical nature which entities who are desirous of moving their evolutionary process along may be able to utilize in so doing. We are marginally able to speak upon areas which lie outside of the philosophy of being, shall we say. The topics that you have mentioned are somewhat removed from our main desire or purpose, and in utilizing an instrument such as the one we now utilize, that is, in the conscious meditative state, we are unable to access the necessary terms to give technical descriptions such as the ones which would be necessary this case. Therefore, we must apologize for our lack of breadth and our lack of words upon this particular topic.

Is there another query, my brother?

S: There seems to be a life-long strife between my wife and her mother. It seems hurtful to my wife, with the strange and bizarre behavior from her mother. She was asking me what she should do, and I would like to help. How can I help her?

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I am Q'uo, and am aware of your query, my brother. As is oftentimes the case, entities who are of what you call a bloodline relationship are of such a relationship for in such relationships lessons of a most intensive nature may be undertaken that would not be possible with other entities that would not be in one's proximity for the length of time and the intensity of experience that one would have, in this case, [in] the mother and daughter relationship.

We would recommend, as we would in many such instances, that the loving acceptance of the process is the first foundation stone to lay in the attempt to serve another entity. For if one is able to see that the difficulties shared in such a relationship are also offering opportunities for the opening of the heart, each to the other, then the proper valuing of the experience may be appreciated. When one sees that such a relationship is sacred in its nature and fertile in the possibility of producing the open heart, then it is possible to see the interrelationship of the entities as that which will eventually produce the desired opening of the heart. As one supports each in the process one may retire periodically to the meditative state to look more deeply at that which occurs in the daily round of activities, for those experiences which, shall we say, push the various buttons, each of the other, and result in the heated words, the hurt feelings, and the overall confusion as regards the entire situation, one may begin to see a pattern in the relationship where there is the possibility of progress as each is able to accept what previously seemed unacceptable, each is able to love what previously [was] seen as unloveable. The process of being able to see and accept more and more of the other self as whole and perfect allows the self to do the same with the self. For in each instance it is a process of learning that occurs within each individual entity and then is offered in love and service to the other.

Tolerance, the light touch, the sense of humor, the acceptance of the process, all of these are ways in which you may serve an entity in such a relationship.

Is there another query, my brother?

S: No. Thank you.

I am Q'uo, and we thank you once again. Is there another query at this time?

D: Is it useful or wise for me to use the analogy of sun, earth, moon and universe to define the nature of the self as a constructed being?

I am Q'uo, and am aware of your query, my brother. And we would suggest that this is indeed efficacious for it is a system of construction which not only draws its usefulness from the nature of the qualities you have invoked, but also draws its efficacy from your very effort at constructing this analogy. For each seeker of truth constructs a personal mythology or means by which the universe is viewed as well as the entity's journey through it. Thus, you are as the magician who is able to gather the tools for its working and by arranging them in such and such a fashion is able to build a useful channel for information and inspiration to move through.

Is there a further question, my brother?

D: Is there truly a distinction between the allness of God, the embodying of the Creator, and the enlightening of the Father?

I am Q'uo, and am aware of your query, my brother. Again, we would suggest that those distinctions which have value to you with these terms and phrases are those which will allow you to experience a greater revelation and be able to experience this as one who can share it with others. Thus, that which you do in the use of these terms is that which makes plain to you [the] goal of your understanding.

Is there another query, my brother?

D: Does one ever lose the incredible sense of loneliness?

I am Q'uo, and am aware of your query, my brother. And we are aware of this loneliness of which you speak, for there are many such as yourself who have removed themselves from other realms of clearer experience and understanding and have chosen to enter this illusion of separateness, of seeming separateness, each from the other, in order [that] those who are seen as brothers and sisters of sorrow may be served with all one's being. In this service there is the distant memory of those realms from which one comes, of those friends which one has agreed to work with, and of the purpose of the incarnation which is seen to be the pearl of great price, the service of others, no matter the cost to the self. And the cost to many such selves is that feeling of alienation, of isolation, of loneliness, of being cut off from that which is of the most worth to the self,

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of being away from home, of not being able to return home. This is a feeling which each entity shall live with for the entire incarnation, for it was seen previous to the incarnation as that which was necessary to endure, yet that which was possible to endure, and that which, indeed, may even aid in the achieving of the service to others. For it is a way of propelling the self, shall we say, upon the subtler, more spiritual realms so that the desire of the heart to serve others and to know the one Creator might be realized.

There are many, my brother, who walk with you in an unseen fashion so that in truth one is never truly alone. There is a goodly company of such angelic presences that is with each such entity within this third-density illusion. There is much of hope and sustenance that can be gained from attempting to speak to these entities within one's daily meditations, to become more aware of their walk with one in the daily round of activities. For truly, the efforts of each within this third-density to serve those brothers and sisters of sorrow are recognized and great praise and thanksgiving is given for each such effort. There is, indeed, my brother, a heavenly choir that accompanies you upon this great journey of seeking and service.

Is there another query at this time?

D: Is the path that we walk simply God's individuation of Itself seeking to know Itself, unify Itself, and simply create ideals of Itself that incorporate or encompass infinite opportunities, possibilities, gestalts, and so on, and is there tension that is created within this vast array of experiences that we have in which simply those who serve others and those who serve themselves are a catalyst for this process to unfold individually, relationally, socially, planetarially and so on?

I am Q'uo, and am aware of your query, my brother. And we would respond by saying that we could not have said it better. For, indeed, all of the experience of the one Creator in all densities of illusion is the Creator knowing Itself through infinite means, infinite entities, and the polarity of the light and the dark, that which you have called service to others and service to self. Thus, the creation itself is held in place by this dynamic tension. And thus the Creator is able to play in those fields of flowers that It has created for Itself.

Is there another query, my brother?

D: Is the opportunity available for us, and is the role that we play in serving others simply assisting in everyone knowing themselves, establishing rules and ideas so that from self knowledge collective ascension transpires within the context of a social group of people through time?

I am Q'uo, and am aware of your query, my brother. And we would respond by saying once again that you have eloquently stated your perception and an accurate perception of that which is. There are many, many entities that move upon this great journey of seeking, that move as in a dance, in a harmony that is unseen by those who do not look, and yet they dance to the tune, to the beat of the heart of the one infinite Creator. Yes, all dance and move in rhythmic patterns. The balance in all of the creation is one and is perfect. That which each does as his or her own contribution to this great dance and journey of seeking is that which has been planned aforetimes, shall we say. There is a pattern to movement, a pattern to thought, a pattern to seeking, a pattern to suffering, a pattern to all that is.

Is there another query, my brother?

D: I am done. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

(No further queries.)

I am Q'uo, and as we observe the last inchoate queries fading from the minds we have once again come to an ending to a session of working with this group, and we are most grateful to each for inviting us to your circle of seeking this day. We are always honored to be able to share our thoughts and humble opinions with those who call to us. And we would suggest to each gathered today that we have been especially honored to join each this day and would greet those who are new to this circle, yet not new to this group, and remind each present that we are available upon your mental request to join you in your personal meditations in order that we might help to deepen those meditations without any spoken words or thoughts. Just our vibrations moving in harmony with yours. We are known to you as those of Q'uo. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the infinite Creator. Adonai, my friends. Adonai. ❦

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Sunday Meditation
November 7, 1999

Group question: Our question this week has to do with being able to live in the moment. How can we live in the moment more consistently? Can we ask for assistance from our higher selves to help us to live in the moment? What are the advantages of living in the moment?

(Carla channeling)

(A recording problem rendered portions of this recording inaudible.)

We are *(inaudible)*. We ask that as we offer these thoughts and opinions that each that hears them submits them to the inner knowing and discernment that each has in abundance. For not everything that we have to offer may aid everyone equally and we would not wish to constitute a stumbling block. So we feel free to speak *(inaudible)*.

That mindfulness and remembrance is so effortless to muscle and bone, to bloom and bud and to all second-density but which so escapes third density mentality.

If you will cast your mind upon the world of nature you may quickly see how single-mindedly the flower, the tree, the bush *(inaudible)*. Breathing in and out of each other's lives, the textures and colors and pigment as the leaf turns towards the sun and the hunger and appetite of the animal kingdom brings them to interact with each other in absolute mindfulness. The animal and the plant are held gently, safely and completely in the hand of the Creator. The ways of each species provide a seamless garment in which each movement of each part of nature is interwoven to create the tapestry that the eye of the third-density human falls upon and does not see, for who can see into the magnificence of such perfect orchestration of all beings moving in rhythm and harmony?

And yet second-density is not the density that is the highest. Rather, the third density, with its seeming lapses into unmindfulness and unawareness, is actually that giant step forward that those who are chauvinistic about the human race have been proclaiming for years. And, indeed, the human race is a noble and strong race of entities. Third density has its marvels and miracles and we would not want you to feel that you have lost something by moving from second density to third, for you have not lost that ability to be a perfect part of a perfect creation. It has simply gone underground in your mind. But every cell of your body knows what it is, where it is, and who it is. Every iota of your being at the cellular level is mindful and knows its source.

And so, perhaps, we would begin this consideration by recommending to each the continuing dedication to reentering the body, seeing that body as one of perfect health and perfect rhythm, feeling within the self, within the muscle and bone the rightness of this

precise manifestation at this precise time. For each of you has a niche in the harmonics of the Earth plane. Each of you is essential to that overall balance of energies which the planet itself vibrates in. You may trust your bodies in their rhythms, in their cycles, and it is very, very good to remind the self, when you catch yourself being disrespectful to your own body and the wisdom of your own body, that it actually knows a great deal more than the mind of the human, that the heart and every cell of that body, which may seem at times nothing but a mechanical physical vehicle, to revisualize and to understand that body as a perfect and graceful body, one that is beautiful in its own way, one that has great wisdom in and of its own. This constitutes a tremendous resource for the mindful person. For in exercising that physical vehicle, in walking among things of nature and working within the realm of nature, these activities tune and harmonize your body with all of the bodies of plant and animal with which it comes in contact. For a walk is not simply putting one foot in front of the other. A walk is also a recapturing of the perfection of the being that you are.

Indeed, it is well to think of yourself as a dancer through life, for each of you dances or walks, is graceful or isn't, and these infinitesimal changes in the way you think about yourself and the way you think about the body can, indeed, bring you to more mindfulness as you revisualize yourself in perfection, in harmony, and in unity.

When the life force of a human is new the animalness of the human is ascendant and the infant is always in the present moment. For it is largely unawakened to the Earth plane, and, for the most part, as it moves into the Earth plane it is the physical vehicle that is a perfect and energetic body. As the young child begins to gain the concept of itself as a being apart from the rest of the universe that spontaneous position of the self in the moment becomes more and more tenuous until often by the time a child has entered school the self-consciousness of the human has become entirely ascendant, and the young soul is already concerning itself with the past and the future, plans that have gone wrong and plans that have not yet come to fruition. And the march to ever less mindfulness has begun.

It is typical of the training that the culture offers to the individual that the spontaneous and rhythmic harmonization of the self with all will be systematically and thoroughly interrupted, for it is not useful for society to have a tribe of completely mindful and aware beings. Rather, what is the easiest block of entities to govern turns out actually to be those who have turned their concept of themselves over to the orthodox ways of thinking and then have begun to measure themselves by those yardsticks that the culture and the society puts forth. As each becomes a so-called adult, each more or less finds itself necessarily moving into those areas of work and employment and the chores of living that constitute keeping body and soul together for those within third density.

In the culture in which you now enjoy living the hope is not that the entities will be mindful, but, rather, that they will be mind-persuaded in the ways in which the culture wishes its citizens to think, behave and move. As far as an unawakened spirit can tell, what is required of it is that it get a job, pay for the privilege of having space in which to live and food to eat. This economic concern, namely, that each citizen will take care of itself and its dependents, ranks far above any consideration in terms of public policy of the spiritual evolution of its citizens. Naturally, this not being the obvious concern of governmental or cultural entities this has never, for the most part, been questioned. No one expects the government or the culture to require mindfulness of its citizens.

However, we would say more than this. In order to become a citizen of eternity it seems necessary to become one that is athwart society. You may think of it in terms of being radical or in terms of being other than the mind control of the culture. This may seem an extreme statement but there is a seduction of principles and values that goes on within the daily intellectual life that the culture offers through its newspapers and various other information sources which offers to its citizens much information *(inaudible)*.

(Inaudible) just as it should be, the past, present and the future nicely falling into the patterns of intellectual consideration while unbeknownst to this tidy arrangement the portion of the self having to do with eternity is completely other than this stream of time that so dominates thinking in what this instrument would call consensus reality. You must decide *(inaudible)*. You must decide to abandon society within your inner selves and hew instead to the ideal. This will take you out of time. This will

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give you the present moment. You cannot hold this present moment. You cannot cherish it or shape it or put it safely away some place. Now it kisses you on the lips and then it is gone. *(Inaudible)*.

The present moment comes to you and stays with you. It is catching the magic, of letting go of the past and the future that is the trick. How to catch the self on the hinge of the present moment? How to recapture the self from consensus reality? This instrument has often felt it useful to use the sounds within its experiences on a daily basis to encourage mindfulness: the striking of the clock, the ringing of the phone. If one is in a school situation, the bell between classes. These sounds are helpful reminders, or they can be made so. And so one thing the seeker may do to encourage mindfulness within the self is to analyze the sights and the sounds and the hues of various colors that are in *(inaudible)*. Identifying those sounds that are repeated each day and then training the self to use those questions, those hints, and not to use them in a way that stays in the mind but rather to move into the awareness of them as bells that ring within the heart, that have reverberation within the vastness of the deep mind, so that the deep mind itself is awakened by this sound; the phone, the doorbell, any repeating sound can be a tocsin that tolls, "Remember, remember, remember."

There are many ways to slip out of consensus reality and into the kingdom of the Father, as this instrument would call it, to join the dance of the flowers and the trees and the stars and the wind and the rain. Some have found music to bring their hearts back to the present moment. Some find the present moment in the exhaustion of dance. Some find it within the repetition of outer observances. Indeed, there are those among your peoples who for thousands of your years have had access to the repetition through each day of a long life of what this instrument would call services. Some having more separate services per day in which the Creator was the center of the focus of worship. Some more. Some moving the student into days and weeks and months of constant meditation. All of these practices that you are aware of through your travels through the supermarket of spiritual resources have much to offer to the person who is seeking to turn the mind from not simply the things of society but from time itself.

Try each of these avenues of remembering and see which of them work for you. But above all realize that there is a switch, shall we call it, in the deep mind, a toggle switch that is on and off. And when it is on, you are in consensus reality and working within the strictures of society. Move that switch in thought, not in action, but in thought, and you are a subversive element, as far as time is concerned. For you now stand upon the eternal and time means nothing. And, ah, the bliss, the relief, the release of experiencing the plenum that is all that there is in the present moment. Let your hearts be open. And know that within you there is the bliss of this present moment. To get to it, often it is not a matter of adding things but of subtracting things and not things that are out there but the things of the mind, the things of the intellect, the things that you may never have questioned seriously having to do with time and responsibility.

We invite you to a land which is one turn past tomorrow and just a few doors down from yesterday. We invite you to open and empty yourself and to ask. To open, to be empty, and to ask. Each time that you feel that you would wish to enter the present moment, be open, become empty, and see what happens. We would encourage each to use meditation with regularity in order to seat and regularize this process. And we are always glad to be with you in that meditation.

At this time we would transfer this contact to the one known as Jim. We thank this instrument, and leave it in love and in light, for we are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

R: Can a deeper portion of ourselves be used in the third density by the conscious mind to achieve mindfulness?

I am Q'uo, and am aware of your query, my brother. And we are glad that we did not speak too soon and exclude you from this opportunity to ask a query this day, for we are always happy to speak to this group and it is an unusual day when there is only one query.

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The deeper self, or higher self, however one wishes to describe it, is a resource which is always available to each third-density entity; that is, from the higher self's point of view it is available. Yet there is seldom the clear and open communication between the conscious waking personality and the higher self from which it springs and which serves as a guide to each third-density representation. The higher self is a resource which is most usually contacted in the deeper states of meditation or within the state of sleep and dreaming, for this resource is one which is most subtle and one which observes the need to maintain free will most scrupulously. The higher self and the conscious waking personality that inhabit third density have, previously to the incarnation's beginning, planned together the lessons for that incarnation and have made ready an access means that the conscious self may utilize during the incarnation to receive information from the higher self. There is the necessity for the conscious self to be seeking in a clear and one-pointed fashion in order for the higher self to respond to the conscious self. For, as we mentioned previously, the subtleties of the nature of the higher self are such that the conscious self is frequently unaware that it is being aided when it is being aided. For the higher self is often the agency through which certain connections are made by the conscious mind, the intuitive mind, and the deeper portions of that same mind. The synchronicities which bring together various resources such as books, movies, experiences and other selves into the life pattern of the conscious self are those which are the handiwork, shall we say, oftentimes of the higher self. If one were to access or request access to this portion of this portion of one's own being for the purpose of remaining in a centered state of being, within the mindfulness of the moment, the very act of requesting assistance would be all that would be necessary for the achieving of this state of mindfulness for a certain period of your time. For the desire that would fuel the need to request assistance is the same desire that could be brought to bear upon focusing one's being upon the fullness of the moment that is always present. Thus, the higher self could be invoked in such an instance with success, yet it is the responsibility of each incarnated third-density entity to take that which is given, whether it be from the higher self or some other guide or teacher, and use it as he or she will. It is not the responsibility of the higher self or any other source to keep the third-density entity in any particular state of being, for the hallmark of third density and all of creation is the exercise of free will. Thus, the higher self is that source that is always available and which is always offering its assistance as requested.

Is there another query, my brother?

R: Is there any feedback that goes back when the conscious entity uses the information and says, "Thank you." Do you say thank you by paying attention? Does the flow go both ways?

I am Q'uo, and am aware of your query, my brother. This is correct, for the higher self is always aware of the experience of the third-density self, for each is so intricately a part of the other that it is not possible to experience an emotion within third density that the higher self is unaware of. Thus, when called upon by the third-density expression of its own being, the higher self listens with a careful ear and an open heart and is aware of each response.

Is there another query, my brother?

R: Is this concept also true when another entity such as one from the Confederation of Planets or a inner plane teacher like Aaron speaks and offers guidance and inspiration, then whoever comes across the material and finds inspiration and help within it?

I am Q'uo, and am aware of your query, my brother. This is also correct but is correct more to the specific case of each request, the lines of communication not being as intimate, shall we say, as are those between the higher self and the third density entity. Guides or teachers that are asked for assistance give it as freely in most instances but are not as congruently related to the third-density entity as is the higher self.

Is there another query, my brother?

R: I wonder, when a third-density entity requests help from one of the Confederation such as yourself, as the answer is given is it a community effort between the entity giving the answer and the higher self to shape the answer in the way that is most appropriate for the question?

I am Q'uo, and am aware of your query, my brother. And although this may be the case in some instances, for there is much freedom of possibility within such relationships, it is more nearly the case that the higher self and the third-density expression of itself will work together in the formation of the query that

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one such as we may then respond to, and in our response and in establishing a line of communication with an entity such as yourself, then there is the awareness upon our part of the impact of our response upon your nature or your being. However, our awareness of your gratitude or response to our query is more specific to the time during which we speak with you and you with us than the higher self's constant relationship with you.

Is there another query, my brother?

R: No. Thank you so much for speaking on this esoteric subject. And say hello to the other entities from your group that we get to hear from time to time.

I am Q'uo, and we are most grateful for your queries, my brother. And we have relayed your regards and they are also returned as well. Is there another query at this time?

Carla: I'd like to ask about this concept of self in the present moment being a rebel or subversive agent in regards to time. I was surprised at the energy that was in those concepts as I was channeling, almost as if there was an anger for the seduction of time. Could you speak to that a little bit? I had never thought of moving into the present moment as an act of rebellion or subversion.

I am Q'uo, and am aware of your query, my sister. The nature of your third-density illusion is one which is constructed in such a manner as to present one with a near constant experience of being out of the moment of remembrance, for it is when one is without such a centered state of being that one encounters the catalyst that one has incarnated to encounter. This is the purpose of this illusion: to give one those experiences that will throw one off one's center to the point that one is then put to the test, shall we say. The spontaneous response of each entity in such instances is the mark, the measure, the register for the entity and its ability and success in learning what it has come to learn. If one is able to achieve the centered state of being in which one is in, shall we say, the flow of the moment, in the center of things, then one is resting more securely in the bosom of the Creator, shall we say. That is a safe refuge from those slings and arrows of your outrageous fortune, for the entity that is able to retire in meditation, in contemplation, or perhaps in prayer to this safe tabernacle within is the entity that is not dealing as straightforwardly with the difficulties of the moment of the incarnation, and one which has returned in some sense to the unity of all things. It is from this unity with all things that entities move when they incarnate within this third-density illusion. Thus, to move and have one's being there, to expose oneself in a vulnerable fashion to the difficulties of this illusion of forgetting, is to partake in the manner that is desired, that is expected, that is set before all. Thus, to take oneself from the schooling at hand is to, shall we say, play hooky in a certain way.

Is there another query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you again, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for this session of working we shall once again express our gratitude to each present for inviting us to join your circle of seeking this day. It has, as it always is, been a great pleasure for us to be with you and to speak with you, to listen to the beating of each heart, and the movement of the mind, as each seeks in this circle of meditation. We would take our leave at this time of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 21, 1999

Group question: We are wondering if Q'uo can give us some information about how the mirroring effect works and how we can utilize it in our own life. It is very hard to get an objective point of view about ourselves. We have a much easier time helping other people with their problems and catalyst and seeing things in an objective way. How can we use the mirroring effect in our daily lives to enhance our own understanding about ourselves?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. It is in the Creator's service that we come to this group this evening. May we thank each of you for desiring to know the truth and for calling us to your session of working. It is a great blessing for us to be able to speak to you in this manner, for it is through instruments such as this one that we are able to offer our ideas and opinions without trespassing on the free will of those whom we would wish to serve. Therefore, you serve us greatly by allowing us to serve you, for this is our path of service at this time, and to be able to exercise that which we came to offer is a great blessing. As always, we ask that each of you listen with a discerning and discriminating ear and heart to our thoughts and to the thoughts of any who would offer opinion and teaching. For truth is not a solid and unchanging thing. There are as many personal truths as there are persons or spirits, for each has an unique viewpoint. Therefore, those thoughts that we offer to you, take them or leave them as you wish and keep only those that you find helpful.

You ask us this day concerning how to make use of the catalyst that is offered to you in the form of those things about those with whom you are in relationship that catch the attention in irritation or aggravation or annoyance. You have said that you understand that these other entities all serve as reflections of yourself. And perhaps we can work upon this point a bit to bring it into a more lucid focus. Each of you and each of us are the one infinite Creator in each iota or atom or cell of our makeup. No matter who the entity is it is a portion of all that there is and all that there is exists in that portion in the way of holographic images. Thusly, when you see another entity and react to that entity, you are the Creator seeing the Creator. This is a truth about you, regardless of the situation in which one entity gazes upon another.

Throughout your recorded history it has been so that in the apparent world there were great differences between people. Some had great possessions and wealth while others had nothing or very little. Some have great influence and power while others are helpless and at the mercy of those who are powerful. The apparent inequities of the ages remain inequities because the Creator in each of

you is at the core of each of you. It is the work of many, many incarnations to begin to bring the truth at the core of the being up into the light of conscious and consciously lived life. But no matter how deep the seeming vision, no matter how bottomless the abyss that seems to yawn between two people, no matter what the apparent inequity between two people, at the core each is joined to each forever in a unity that is endless and complete. Density may pass into density and octave into octave forever, and you shall still be one with every entity that has ever disturbed or bothered you, as well as one with every entity that has ever earned your respect, admiration, compassion or love. You have no room to pick and choose amongst the great variety that is apparent upon your Earth plane in terms of the truth of your being and the truth of the being of those with whom you come into contact.

Needless to say, it is not the function of the illusion in which you find yourself to bring the core truths to light. Rather, it is the function of the illusion in which you find yourself to toss you into a sea of confusion again and again and again, as often as this can possibly happen without completely deluging and foundering the spirit within. Now, each of you, as an eternal and infinite being, at one point before you decided upon incarnation within the Earth plane, sat down with your higher self and with the aid of the spiritual guides and considered carefully the life which you were about to embark upon. You considered the relationships that would give you the catalyst that you needed in order for growth to occur of a spiritual type. You considered these relationships well. From the standpoint of an entity which is not within the heavy chemical illusion of third density you gazed upon the richness of the learning experience awaiting you, and you gleefully rubbed your hands, thinking to yourself that this would be a wonderful adventure, an experience to remember, a great opportunity for increasing your polarity. This last is central, for each of you chose a catalyst that would work directly upon your polarity; that is, the intensity with which you desire either to serve others or to serve yourself.

It seemed so obvious to you, before incarnation, that these relationships that were being set up and the dynamics that would develop would be helpful. It simply did not occur to you that, perhaps, you might lose your way, that, perhaps, you might become completely overwhelmed by the sea of confusion, that you might temporarily and again and again drown in this confusion and become completely without hope. It was not obvious to you from the standpoint of infinity and eternity that minutes and hours could be endlessly long, that the dynamic of a difficult relationship could be excruciating emotionally, that the pain of living through relationships that were somewhat difficult over a period of time would be cumulative and distressing in the extreme. These things did not occur to the eager and ardent soul that you are in eternity and infinity. Simply put, it did not occur to you that the veil of forgetting would have such a powerful influence upon your awareness of the truth. However, it is just this deadening, numbing forgetting that places you in the optimal position for work in polarizing and sharpening and honing the desire to serve ever more truly, ever more deeply, ever more purely.

Nevertheless, here each of you is sitting in this circle with a heart still ardent and intentions still earnest, ideals still high. Yet each of you is bemused and concerned because of those things which you see as failures upon your part, failures to keep the cheerfulness, to feel the light and the love of the infinite Creator surrounding each and every situation. And we can only say to you in your darkness, in your searching, in your confusion, be at peace. Know that all is well. It is utterly and completely acceptable and a very helpful learning experience to feel irritation, aggravation and annoyance. It may be distressing. It may seem very confusing. And it may feel like an error that is dirty and sinful. Nevertheless, each time that you, as a consciously living entity, become aware that you are not treating another entity as the Creator you are in a very enviable position from the standpoint of one who has set before the self the race to run. For in this situation there is no human forgiveness possible. You see, each of you is deliberately cut off from your perfection. You embraced the humanity, which is error prone, because it was error prone, because you became blind and deaf and dumb to the full awareness of the one infinite Creator.

You may ask, "Am I supposed to flounder in this sea of confusion for my entire incarnation? Is there no way that I can improve at moving from the surface of a situation in which I experience catalyst to a deeper appreciation of the opportunities that this catalyst offers?" And we say to you, you may well

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attempt to become ever more quickly aware of the true situation and move from confusion to faith, but do not ever begrudge these irritations and annoyances in relationships that bring you to yourself.

Now, you have asked how you can work with the awareness that entities are a reflection of yourself, and we say to you work with them by releasing yourself and them from the strictures of humanity. It is not efficient or often possible to work with situations upon the level that the situation has occurred. In your humanity you have very limited resources when it comes to expressing love. Your supply runs out, and you are not expected, in and of yourself, to have infinite love. This is not within the capacity or the blueprint for human entities. It is necessary for the learning experience for an incarnation that you repeatedly come to the end of your human resources and then are forced to look at choices between despair and hope, between doubt and confidence, between giving up and keeping the faith. Thusly, we would suggest to each of you that when you begin to experience these irritations in a relationship between friends and relatives and loved ones move immediately to a position of forgiveness of self. For your real work in consciousness is not with another entity but with the self.

Now, in the example that this instrument gave in the conversation prior to this contact the entity involved was an entity which required that which this instrument was unable to offer with a full and open heart. This entity was immediately caught up in that situation with the mechanics of refraining of offering catalyst to the other entity. The one known as R, however, was precisely accurate in pointing out that there is an alternative to bearing difficulty in silence.

There are several alternatives to this. One is that choice of anger which, in a blaze of truth, blasts both self and other self in a fire of destruction, offering further catalyst to both entities. This is an acceptable way to work with the catalyst of irritation

There is the choice of attempting to express the feelings of the self to the other self. This choice is somewhat more skillful, taking into account as it does that the other entity in the equation of dynamics is also an infinite and eternal being which may wish to work carefully and thoughtfully upon its own inner processes. In such open communication there is much hope, and the faith that it takes to expose the poverty of the self to another is that effort put forth that does increase the polarity of the self. For there is that open-hearted communication in faith.

There is the choice that this instrument has repeatedly made in such a situation of maintaining a silence concerning the inner processes of irritation and anger and so forth. This can be a somewhat skillful choice if it is combined with a very light touch. The instinct of most entities in this situation is towards a heavier and heavier and ever more earnest and deeply felt concern. Whereas the more skillful approach to suffering in silence is to suffer in silence while amusing the self, finding inner laughter, and achieving a point of view that puts the entire foolish quarrel of humans and other humans into perspective as the blind leading the blind, both falling into the ditch.

Perhaps from this exposition you may see that we are not, as teachers, particularly concerned with which option you choose, for in each process lessons will be offered and learning will be possible. There are two elements at work when you are working upon polarity. One is faith, one is desire. Look to your desire that it may be of the highest and the best that you know. Look to the true and the good and the beautiful and hew as best you can to the high road, keeping in mind always that it is intention, not manifestation, that is important in the metaphysical universe of time/space. Keep in mind that it is faith that you are attempting to express in your life and in your being. Faith does not make sense. Faith gives one no avenue to pride. Faith seems to be the slenderest of all reeds to cling to, and yet the soul who lives by faith, the spirit who clings to faith, the one who refuses to let it go, is that spirit which shall achieve advances and polarity, and this is an achievement that redounds not to the incarnational self alone but to the eternal and infinite self.

Thusly, we ask that whether you burst into angry speech, keep silence, find communication, or simply work with the self to lighten the mood, do these things with an eye to keeping the faith. What is it to live by faith but to look at a situation that seems hopeless and say, “I believe that all is well.” May we say that in our opinion this affirmation is one of the most powerful, enabling and ennobling of all learnings, of all expression, of all spiritual manifestation. The other is forgiveness. When you are looking at that part of your universal self that

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you do not wish to see—that is, when you are having difficulty with another entity—it may not seem possible for you to forgive that entity, and, by reflection, it may not seem possible for you to forgive yourself. And may we say further it is not possible to either forgive self or other self without a release of that self and an acceptance of help, for there is help at the core of your being waiting to be accessed, waiting to be asked. For the infinite Creator in infinite love and infinite patience sits in a humble chair in a little corner of your heart waiting to be called upon, waiting to be brought into the center of the heart, waiting to be noticed, waiting to be asked. In the beginning was the word, and the word was with deity and that Logos was deity, and that deity is Love, and that Love is you. At the heart of your being lie all the resources that you will ever, ever need. At the heart of your being lies infinite truth, infinite power, infinite strength.

When you can lay the burden of selfhood down and allow that core of self to speak as the little self, then you shall be overshadowed by infinite energy. And there are times when each of you has experienced this grace, times when you have prayed and received blessing, when it has become possible for you to love and forgive another and the self. Know that these things are possible. Know that it does not matter whether you have not succeeded or whether you feel that you have. For you are doing well simply to arise in the morning and breathe the air and respond as best you can to the busyness and the pleasure of the day.

All is well. This may be your mantra. All will be well. This will be your hope. Allow yourself to fail. Allow yourself to be upset. There is no disaster here, but only the opportunity for learning and growth. And know that help is always nearer than your breathing, closer than your own features or the breath in your body. Entities of great love and wisdom surround you, love you, want to support you. Lean into that invisible help and know always that all is well.

We would at this time transfer this contact to the one known as Jim. We leave this instrument, with thanks, in the love and in the light of the infinite One. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and with this instrument again. We greet each again in the love and in the light of the one infinite Creator through this instrument. At this time we would offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

S: What do you do, how is your time spent, when you are not speaking with groups such as ours?

I am Q'uo, and am aware of your query, my brother. A large portion of our experience is that which reaches into realms which are not available to those of third density and which would not make much sense, shall we say, to those of your experience. What we attempt to do in relation to your planetary sphere is to monitor the progress of your peoples in discovering the concept of infinity, for it is this concept of infinite which is the key to unlocking the doors of unknowing, shall we say. The experience of the intellectual mind which is so much prevalent among the populations of your planet is an experience which is largely reserved for those of third density. For it is that which allows you to gain the greatest amount of individuality possible and to begin the process of opening the heart. For as each entity begun its experience in the first density of simple awareness, and having moved through this timeless experience into the second density of gaining the seeking and movement towards the light, this process of individuation, of moving seemingly away from the complete unity with all things, then gains its zenith within third density where the great intellectual ability is sacrificed, shall we say, by those who would open their hearts to the one Creator and Its creation. Thus, as we have been called by many such as yourselves, then we look to those who call and present ourselves in whatever form or fashion is most helpful to them, whether it be in a small number of cases such as the calling of this group to hear our words and opinions or to those who need an inspirational dream, shall we say, and, thus, a visitation within the sleep and dreaming portion of your experience, or whether it might be more helpful to provide a coincidental meeting of entities within the third-density illusion, that they might share with each other that they might share the seeking that grows within both hearts. Thus, we aim most of our efforts toward this planet and its harvest, which is ongoing at this time.

Is there another query, my brother?

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S: How is your consciousness picked by those who you speak through or to? How is it determined who is paired with whom?

I am Q'uo, and am aware of your query, my brother. In the small percentage of entities with whom we deal where there is the opportunity for mind-to-mind contact and the expressing of the verbal representation of our thoughts, the group calling will determine whether the nature of the information sought is of an introductory or other nature. Far more entities request the introductory information which concerns the concept of the one great original Thought of the infinite Creator from which all of the creation has been made and the need for each entity to establish regular meditation times and practices so that more and more of this thought may be apprehended and utilized in the daily round of activities. When a group has persisted for a long enough period of time and has meditated faithfully, giving over a regular portion of the diurnal period to retiring to that sacred inner room to be in the presence of the one Creator, then there is the need for more intermediate information which Confederation entities are then able to give according to their own talents, shall we say. There are numerous entities within the Confederation of Planets in the Service of the One Creator who are able to serve in both the introductory and intermediate phases to groups such as this one. In those few groups in which there is the additional need for what you would call advanced information, there are also groups which are able to answer this call as well. The matching of groups which call with those who answer is upon the level of a natural affinity for that which is called and that which is shared, much as the simple analogy of the magnet which attracts the iron filings.

Is there another query, my brother?

S: I have recently purchased some quartz crystals and could you tell me how the energy through crystals manifests itself and the additional uses that I may make of them?

I am Q'uo, and am aware of your query, my brother. The study of those artifacts known as crystals is a large study which has been investigated in great detail by many of your peoples who have utilized such crystals for a great portion of time. For specific information, we would recommend that various texts upon this subject be studied. The general principle of the use of the crystal is that there is a geometrical and arithmetic relationship of various angles and sides and nature of the crystal itself which lends itself to certain kinds of uses depending upon the ability of the entity which utilizes the crystal to regularize and harmonize its own being, its own personality, with the crystal being used. Thus, the charging of any crystal is done by the focus of the intention within the heart and mind while in the meditative state upon the crystal which is held in various positions ranging from the lower to the higher chakras. This done over a period of time then creates a harmonic resonance, shall we say, between the entity and the crystal so that the crystal acts as that which magnifies the intentions of the entity using it. As we mentioned previously, the specific use to which the crystal is put is determined by the nature of the crystal, its size and its purity. The nature of the entity utilizing the crystal is as important if not more so than the nature and purity of the crystal used.

Is there a further query, my brother?

S: I have recently been reading and making my best attempts at DNA recoding and activation and I will ask you whether you can give me any comment on my progress in that direction?

I am Q'uo, and am enough aware of the query which you ask that we would request a good deal more information in relation to this subject area, for if we were to attempt to speak to this query at this time it would require us to infringe upon your free will by moving into those areas which are yet undiscovered.

Is there a further query, my brother?

S: I was wondering if during the dreaming stage that I could possibly meet with you and share your surroundings?

I am Q'uo, and am aware of your query, my brother. Such a meeting would, indeed, be possible if you are able to successfully navigate in a conscious fashion within your dreaming state. This is a skill which is achieved after a good deal of work, shall we say, over a period of time. Those who are able to move in a conscious fashion within their dreams are few upon your planetary surface. If you are able to accomplish this we shall be most happy to meet you there.

Is there another query, my brother?

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S: No more from me. Thank you very much.

I am Q'uo, and we thank you again, my brother. Is there another query at this time?

Carla: I wondered, number one, as I get to working on various topics on my book there may be subjects which the archive material hasn't given us anything on. On those areas would it be acceptable for you to give me information to share with others through the book?

I am Q'uo, and we would be most happy to speak upon any subject within your outline, my sister.

Carla: My other short one had to do with some really strange things that have been happening while I have been working on the book on the computer. There have been so many gremlins lately and I have been taking this as a good sign. It means a good energy is building up on the project and has attracted attention. Would you agree?

I am Q'uo, and am aware of your query, my sister. The experience of the malfunctioning of the computer and its software is in most cases the normal working out of the interrelationship between the hardware and the software and the brain. However, there is some small degree of, as you would say, interference from the loyal opposition. However, we find that the project is being undertaken in the most appropriate attitude of praise and thanksgiving and the openhearted giving of love and light which is your great protection.

Is there a further query, my sister?

Carla: Yes. One more. I got a letter from a lady today who was in that hypnogogic state between sleep and waking and she was suddenly aware of a violent energy that was making a lot of noise and was entering at the heart, coming out the back, going into the back and coming out the front over and over. This went on for a while and at the end of this time everything shut down but she had a pain in her back and chest and was very uncomfortable. I suggested that she had either become aware of a psychic greeting within her finer bodies or that there was a process going on in the finer bodies that she became aware of in this state and was benign, and that moving back into her body and waking up she had gotten back in crooked at that energy center she had gotten stuck. I suggested that she make daily affirmations that her finer bodies were perfectly in alignment with her physical vehicle. Could you suggest anything further that might be helpful to her?

I am Q'uo, and am aware of your query, my sister. The refining of the affirmation to that which suggests to the deep mind that within the sleep state the body will readjust itself into the proper alignment with the energy centers would be that which may be helpful in finalizing the realignment that has been, as you have surmised, caused by the incorrect re-entry of the astral body into the third-density, chemical vehicle.

Is there a further query, my sister?

Carla: No. I will quote your response to her verbatim and let her work with it.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

R: No question. Just want to say thanks for everything that you have shared with us.

I am Q'uo, and we are grateful for your words as well, my brother. For as we said in the beginning of this session it is your calling to us that is a great service to us. Without such a calling we would have no beingness within your illusion. At this time within this third-density planetary influence there is a great deal of calling for assistance from any source which may provide the green-ray opening of love and compassion. That is our great desire: to partake in the awakening of the heart energy center of all those who seek our assistance, for there is no greater calling than that which calls for love, that which calls to love, and it is that calling which we answer, and those from the far reaches of the one creation rejoice at the experience which each has upon this planetary influence in the opening of the heart.

At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 5, 1999

Group question: What are the components of clear communication? How can miscommunication happen? What is said is not always heard or interpreted as it was intended. And would there be any non-verbal ways of communicating that would enhance our communication?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we are. It is our distinct pleasure and blessing to be able to share your meditation this day and to be called to your circle that we may offer our poor thoughts and opinions concerning clear communication. This is a subject as interesting to us as to you since our form of service to others at this time is this speaking with words through channels such as this one.

The substantial and sometimes grave difficulties using your words certainly heightens the difficulties inherent in any communication, for words are as slippery as eels, and yet that is the medium of communication. And limited though it is, it must suffice for those in third density. May we say that we sympathize with each of you which attempts to express clearly thoughts and clusters of concepts within having to do with emotion and feeling and facts. It is in no wise an easy thing to be perfectly clear.

Let us look at the roots of communication, for it is from the root that the plant grows and much can be understood by gazing at this energy in its beginning state. Each of you is a complex of vibrations. The Creator Itself is a complex of vibrations. The universe, as far as we know, is a complex of vibrations, or more specifically of fields of energy with vibrational characteristics which interact with each other. Therefore, each of you, as a being, communicates by your very vibration, your identity. Those not within the veil of forgetting, that is, those not incarnate within third density, find this information of vibration helpful and much is communicated from person to person as the two entities feel their vibratory complexes beginning to harmonize and intermingle.

Also, beyond the limits of the veil of forgetting the communication most usually would not take place by using words but by offering concept complexes or balls of thought, we might call them, which are offered from one to another in a whole fashion so that the other may, herself, draw out the threads of communication that are offered there and see the entirely three-dimensional nature of even a single seed thought. So, the first thing that you communicate as an entity is your vibration, and from it people will take much. They will form an attitude towards you dependent upon how that vibration that is they and that vibration that is you

are harmonizing. Neither you nor they may be aware that this subtle bodywork is going on, but bodies themselves are aware of these vibrational characteristics, and perhaps you have had the experience of cottoning to someone and not particularly liking someone else from the very instant of meeting. Often the communication of vibration has done its work before a word is spoken.

And, certainly, once an entity who wishes to communicate clearly grasps this vibrational nature of identity in a metaphysical sense the entity has become wise enough to work on or tune that vibrational nature of self that it may become more like the vibration of the Creator. For each of you has as the basic vibration the vibration of the Creator, and each of you has found ways to distort those perfectly harmonized vibrations in such and such a way, making the individual being of yourself a one of a kind. No one distorts that original Thought the same way as you. By taking thought, however, a seeker may, indeed, lessen the distortion of the vibration from the original Thought. And this is work well worth doing.

As we said, in your density it is necessary, for the most part, to use words to express opinion and fact. Your peoples have great numbers of words, many languages from which to choose. And each entity comes into her existence bombarded from the beginning with words, words, words. The process of maturation of the young ones of your species is a process of learning the words, learning the phrases, learning the behaviors, and then endlessly combining those learnings in ways that are taught as appropriate. And so each flower of self grows to bloom, grows to maturity, coming through the schooling process that teaches more and more words, more and more ways to use words and also that process teaches ways to think about the self, ways to think about others, so that by the time a young child has grown to adulthood she has an enormous quantity of information, some of which is words and the definitions of words and ways to use words, but a great deal of which is judgment or fear-based. For the culture in which you live teaches you to estimate the worth of an entity with whom you are going to communicate thought and from the results of that judgment to slant your communication in such a way as will, you feel, maximize the clarity.

For the most part, this process of learning produces fairly clear communication. When difficulties arise you may look for difficulties to arise when an entity is seen or assumed to be some nature on the surface that, in fact, the entity is not; for them, the carefully pointed communication is misaimed. When we speak to you through these instruments we play an endless and fascinating game wherein we assess the harmonics of each of those within the circle. We listen to the, shall we say, the sound of the hunger or the desire or perhaps we might say the color of that desire, and then we orient and slant our message, which is always the same message, in order to best serve the harmonics and the substantial nature of the group which we feel kinship with and are meditating with. Each time even the same people meet as a circle there are subtle differences in the inner harmonics of the group, and each time we assess anew before we begin to speak, for we would not wish to waste this opportunity to share our thoughts with you clearly.

Earlier conversation before this channeled communication talked about the way people do not listen to each other but rather each have things they wish to say to the other, and this is, of course, a very prominent way in which clear communication is sabotaged. If you become aware of a situation in which your words are not being heard, then it is that you may ask yourself whether you wish to be heard or whether you wish to allow the other self to express that which that self wishes to express and assume a role of simply listening. In many instances the appropriate response we would say, metaphysically speaking, is simply to abandon the desire to be heard and become a sounding board that can hear what an other self is attempting to say. This yielding up of the inner agenda and the thing to say is a mark of spiritual maturity. It is an action very difficult to complete, for there is within each self a deep well of desire to be heard, to be heard by the self, and to be heard by those other selves which have meaning for the self. And yet many times the straightest and shortest distance to clear communication is to become silent, to release the desire to be heard and to accept, temporarily, a role of purely listening.

May we say that when this decision is made it is a decision which places the self in a separated stance with regard to the other self. Consequently, when relationships are close in families or in communities it is not a wise choice to become the pure listener, for the harmonics within a family or within a spiritual community especially depend upon all of

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those involved being able not only to speak but also to listen. Thusly, if some give up that desire to speak that seems selfish and become pure listeners they have robbed the collective harmonized group of those things which they alone could conceive of, think through, and express. Thusly, we encourage each to see that it is a mark of respect for the other self to continue to attempt not only to listen but also to be heard.

Perhaps the next most usual or common way in which communications go awry is that situation in which the self does not want to speak what is actually true. This can be as innocent a situation as one's mother saying, "How do I look in this hat?" If Mother looks perfectly terrible in that hat, if that hat is an outrage and an eyesore, yet still a husband or a son is likely to say, "Oh, Mother you look wonderful in that hat." This is not clear communication. This is, however, loving communication. And we do not say that this is wrong, for there are many kinds of truth. And the truth that is being expressed by the compliment, while untrue about the hat, is certainly true about the regard that the family members feel about another family member. The desire in this circumstance is not, then, to express truth but to express love. And we feel that that has its own kind of truth to it.

However, there are many times when that which should be expressed, if truth were told, is that which the other does not want to hear. The word, "no," when permission is asked to do something. The words, "I don't know," when someone wishes you to have all the answers. These things are difficult to say. These things are even difficult to say to the self, and yet it does remarkably improve communication if the self does not edit to remove negative responses. Rather, we would suggest that when a situation arises that the self becomes aware that negative seeming truth must be told that there is a calm and quiet peace within. Perhaps even a small prayer may be uttered within, tuning the self toward the light, hoping that within that additional light there will be found ways to tell the truth that will be softer and yet still clearer than the abrupt, "I don't know," or, "The answer is no."

When the person facing this situation can realize the degree of fear that is distorting the challenge at hand, then it is that that entity becomes more and more skillful at looking straight at the fear involved and taking that fear within the heart and forgiving the self for being fearful. This work upon the self, over a period of time, begins to build up for the self a concept of the self as being flexible, able to learn new ways, unafraid to speak regardless of the consequences. It is as if you take a comb and comb through the difficulties and brambles that seem to be surrounding communication with this other self, combing away the tightness of spirit, combing the fear of ridicule, combing away the fear of making a mistake, combing away all the fear-based limitations that hedge you about as a communicator, until all that is left in your blue-ray energy field is an honest and open desire to give and receive information and love. Remember that communication itself is vibration. It has its own energy center, that blue-ray chakra in the throat.

Now, communication may come from any of the centers within your physical and finer bodies. When you experience substantial difficulties in communication, know immediately that you are not in blue ray. And take the time in your mind to contemplate the conversation that was not clear, looking for the signature of the energy center that is blocked, over-stimulated, or in some way distorted. Often you will find an orange-ray blockage when the conversation is between two people and about something that is between those two people. In this situation you are literally looking in a mirror and that which you think that the other has said is a reflection of that which you have said.

This instrument is perusing a book at this time about the living memory process and throughout the book the author keeps bringing up the qualities of interaction between two things, this author calling these two things tuning fork A and tuning fork B, or Albert and Betty. But let us say that you are Albert and the other is Betty. That which you say to the other self has a certain kind of energy. That energy moves to Betty, to tuning fork B, and is taken in by tuning fork B in a way that you could not predict but that is purely the choice of tuning for B. Then tuning fork Betty B responds to you and energy and information comes back to you altered by the other, and as you and Betty converse you are creating an entire energy system that is strictly between the two of you, that has energy and life and love.

In any conversation you are creating energy, light and memory, and you are watching something that is vivid develop. Consequently, one way to powerfully aid this process is to do some version of

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that which the one known as Ken Keyes has suggested in several of his books, and that is to use the phrase, "I am creating," when you are speaking to another and there seems to be a major difficulty in understanding each other. If someone says, "You hate me," to you, that is a clear communication of what that person thinks, but it is not particularly easy to respond to. If someone says, "I feel I am creating that you hate me," then it is that the other can say, "I am creating that I do not feel that I hate you, but I do hear that you feel that I hate you, so we must now find out why it is that you feel this." Any method that allows each person to take responsibility for that which he is hearing will improve communication in difficult situations.

The deepest aid to communication is character. If an entity has the humility and the patience to work with another entity to achieve clear communication nothing will keep that entity from achieving clear communication. But it is to the humble only that this becomes true. Your yellow-ray world, this world of Earth and the human experience is absolutely dependent upon communication. It is attempting to learn the lessons of love for individuals and for groups. So much about communication at the level at which you are now enjoying experience has the agenda of drawing groups together as well as drawing individuals together. There is an evolutionary drive towards harmonization of vibrations, and if you examine the kind of language that nations use with other nations you will see that despite many fears, despite many reservations, despite many warring hostile vibrations, groups of people can come to agreements in clear communication. And each of you knows from personal experience that clear communication from person to person is possible. Therefore, let your heart never be faint when you discover that you are unable to communicate. Then is the time to listen patiently, to ask humbly those questions that you have upon your mind and, therefore, to gather the information that you may need in order to grasp what someone is attempting to tell you. And when you are the one speaking and you find that your words are falling upon deaf ears then it is that you may call upon your humanity, call upon your patience and release, for the moment, in order that you may provide the service of understanding that which the other has to say to you. Once this has been done you may then reassess the possibility of communicating that which you needed to.

We show this instrument a beautiful flowing river, a river of golden rolling waters, bubbling and springing and singing. We show this instrument that with those who would communicate [they] must be as fish within that water, must feel that life-giving unifying water between the self and all other selves. See the self and all other selves as united within that golden stream that is flowing and bubbling at a very brisk rate at a very decided direction. It does no good to attempt to stop the water. It does not help to remove the self from the flow of the everyday. Rather, the good of it is always in realizing the praise and the thanksgiving for belonging in that water of life, for being in the flow of incarnation, and for having the opportunity to share this environment with others also breathing the water and living in the flow.

Perhaps the most helpful thing to remember about communication is that you are all one. You are all going through the same experience. You are intimate, intimate friends. This is the truth beyond the surface, behind the masks of personality and individuality. Above all things, keep that faith that each other self is as you are, no better and no worse. See that equality of self to self always, disregarding status and the details of wealth and position. Be heart to heart insofar as you can with each other self. And that attitude of love will greatly help the process of clear communication. Know that each of you has gifts. Some of you have blue-ray gifts of communication. Some of you have gifts elsewhere. It helps to know the self, to have confidence in the self. And so we encourage that within each.

More and more as you take responsibility for yourself, as you bring your energy centers to a real balance, you will become more and more skilled at feeling the point at which the communication has bogged down. Where is the energy that is tangled? Is it in the orange-ray of personal communication, or is it in yellow-ray of communicators working with institutions like marriage, work, and groups of all kinds? But above all, know yourself to be a child of the one infinite Creator. Rest in that identity. Rest in that love. And let that love feed your heart, your faith, and your will so that you may once again give a gladsome smile and try again to say things clearly and with love.

We would transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

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(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to additional queries which those present may have for us. May we ask if there is another query at this time?

S: I have been reading material that talks of the Guardian Races and the Ra Confederacy, and the question that I had on that is is there any other material available to us on the Law of One?

I am Q'uo, and am aware of your query, my brother. We find that there are many authors who, throughout the written history of this planet, have spoken of this law. Many poets, many musicians speak of the unity of all things. We are aware that you are intending to inquire of entities who are consciously writing of this Law or who have been able to make contact with entities such as ourselves who may speak of this Law, and, again, there are many, beginning with the text that is known among your peoples as the Holy Bible, for there are some instances within this work in which the concepts of the Law of One, and some of the distortions of the Law of One, are spoken of. There are entities who, from the ancient times, [have] spoken of this law in an oral tradition. The so-called Brotherhood of the Seven Rays is one such group that spoke concerning this law. Within your own time frame there has been much information channeled through the one known as Edgar Cayce in which the Law of One was revealed in some detail. Other entities, such as the one known as Brother Philip, have also shared information regarding this law.

Is there a further query, my brother?

S: A week ago I had some problems with my contacts and my eyes and have been unable to wear my contacts. I have been thinking all week what possible issue may be coming up as a result. Is there something that I am not seeing? Maybe you could shed some light on that area.

I am Q'uo, and am aware of your query, my brother. Without moving too far toward the precipice of infringement upon free will we may suggest that you may fruitfully look into the area of the Christmas season and some of the concerns, shall we say, that have been a part of your history that revolve about this season, so that the sight is less than clear and is somewhat irritated when the, shall we say, sore subjects are broached.

Is there another query, my brother?

S: The last time that we spoke I was asking about the DNA activation recoding and you mentioned that it would be an infringement on my free will to give me information about that, and I don't understand how it could be an infringement. Could you elaborate?

I am Q'uo, and am aware of your query, my brother. This particular area of inquiry is one which may offer a fruitful avenue of exploration to you. We are not desirous of influencing your choices to the degree that we would answer in great detail or even much detail at all in this area for we would prefer that you be able to make these choices for yourself. If you have a more specific query in this area to offer to us that is the result of your own consideration we would be more than happy to speak to that specific query rather than being asked by you to look into this general area and to elicit from it for you that which is of importance.

Is there another query, my brother?

S: OK. I guess maybe to take it a little further in, in these readings there was a mention of how the Earth at this time was increasing its activation that will come up over the next 17 years, the next 12 to 17 years, that will be available to all. I had a dream recently that I was at 4.4 and one of the things mentioned was that the ascension of most people would have to be 4.5, and I am trying to get a better understanding of what that means.

I am Q'uo, and we believe that we grasp your query. Please query further if we are incorrect. There are various points of harmony, shall we say, betwixt the energy centers of individuals such as yourself and the planetary entity that is the sphere upon which you now dwell. As the planetary entity moves through its process of evolution it, as do each of those entities such as yourself which live upon it, opens various doors, certain tones or themes are made available so that those entities such as yourself which are in the planet's care are able to take advantage of these doors, these tones, these reaches of possibility that allow each entity upon the planet to harmonize its own seeking with the planetary evolution. Thus, the interrelationship of this planetary entity and those upon it is that which can be utilized to enhance one's process of becoming aware of the nature of the

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self, of the creation, and the opening of the heart of the self through the acceptance of all that is.

Is there another query, my brother?

S: Do you have any suggestions or exercises or anything of that nature that would be of benefit?

I am Q'uo, and am aware of your query, my brother. And to this query we would respond by suggesting that it is well to take a portion of each and to reserve it for the meditation so that the events of the day may be reviewed in a brief manner in which time there is the feeling again of those efforts to communicate, to open the heart, to understand, to be more aware of the effect one's being has upon those about one. In short, this is an exercise in the increasing sensitivity of an entity to its own evolutionary process. The time spent in meditation reviewing the events that have left their mark upon the mind and upon the heart is a time during which that which has been learned can be seated more firmly within the self and that which awaits the learning can begin to be revealed to the conscious mind.

Is there another query, my brother?

S: That's all that I have for now. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I would like to ask—I've noticed my eagerness this whole year to work on the handbook for wanderers. I know it must be somewhat out of balance. I was wondering if you could comment on this almost compulsion that I have to keep working as fast as I can in working on the book. Is there anything that I could do to bring more into balance? I don't want my great desire or eagerness to do the book to hurt its purity.

I am Q'uo, and am aware of your query, my sister. The project of the writing of this book may be likened to the preparation for the running of the race. The runner has trained well, has trained long, and now awaits the starter's gun. The pulse increases. The adrenaline is released and the mind is focused in a single fashion upon the running of the race. That there should be some increase in the level of anxiety before such a race or the writing of such a book is understandable, for there is the desire to accomplish each well. There is also the need to give over the project to those hands which are greater than your own, to the heart which is larger than your own. And though the one known as R has a large heart and great hands, we speak of the one Creator which is able to move through channels such as your own in a more balanced fashion when the dedication to a certain outcome is released enough that one can move with the possibilities, the difficulties, the frustrations, and the, shall we say, gremlins, as we have heard them called, in as easy a fashion as one can move with the work moving smoothly. Thus, one sees the one Creator moving in a rhythmic sense so that which seems to be a difficulty in the short run may seem either insignificant or an unseen ally in the longer run. For the quality of understanding is not a portion of this third-density experience, and much which occurs in your daily round of activities, even to the smallest of details, has a beneficial purpose which will not be understood in the moment of its occurrence, if ever. However, there is a purpose to even the smallest of experiences and the one Creator may utilize each experience for the accomplishment of a larger purpose or plan.

Is there a further query, my sister?

Carla: Yes. I have noticed that I am dropping off to sleep morning, noon and night, when I don't intend to, since I have started working on the book. Is this tendency benign?

I am Q'uo, and am aware of your query, my sister. The wear and tear of such a project has its toll. The sleeping is appropriate when one is weary.

Carla: Thanks. This lady that wrote in is named F and she lives in Brooklyn, New York, and she has a metaphysical TV show that goes out to about a million people in the New York City area. She and I have been writing for some time. Recently she sent me a transcript of an exchange between her and an entity that she calls A that she met through her ouija board. She has been talking to A for about 15 years and seems to relate to her in the same way a personal guide would. I see nothing but a benign relationship. She asks if you would comment on the relationship between her and A.

I am Q'uo, and am aware of your query, my sister. We look at this entity, the one known as F and the one known as A who is working with the entity known as F in order that there might be some guidance made available from sources that are, as you have surmised, benign and helpful for the one

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known as F. This relationship is one which has been established as a kind of rotating honor and duty, so that as one entity is within the incarnation the other remains exterior to it and serves as a guide to the one moving through the veil of forgetting. This relationship is old in terms of this cycle of experience, having begun early within the cycle, at a time when both were incarnate and shared a relationship which was that of what you would call the husband and the wife. The offspring of this mating were not just the physical children that is the usual produce of such relationships but were also concepts of the unity of all things and the creative power of love which each wished to share with others upon this planetary sphere and which each continues to share with those of this population.

Is there a further query, my sister?

Carla: No. Thank you, and I know F thanks you, too.

I am Q'uo, and we are most grateful to you as well, my sister. Is there another query at this time?

R: To follow up on the concept of one entity in the incarnation and one out of the incarnation, how does a concept of such a guide compare to the guidance provided to a person from his or her own higher self?

I am Q'uo, and am aware of your query, my brother. In most instances the type of relationship would be nearly identical. However, those guides are related to the higher self in the role of the male, the female, and the androgynous guide. The more personal guide may be more immanent or, shall we say, accessible so that there might be a more practical, shall we say, line of communication so that words and concepts, feelings and tones, may be transmitted upon a regular basis. Thus, the personal guide—which is an entity much like the one being guided, however having remained between incarnations in what you would call the time/space portion of this planetary vibration—then is able to make a reliable contact in some fashion with the entity entering the incarnation, for the purpose of enhancing a personal evolution in the day-to-day activities.

Is there a further query, my brother?

R: What you are saying is that with this case of two entities, one in and one out of incarnation, there is a more reliable chance of establishing a type of communication which will touch upon the conscious mind of the entity in incarnation, thereby enabling some flow of information between them, as opposed to the higher self which always communicates through the deeper mind and, therefore, is more in the form of concepts which do not relate to the logic of the conscious mind as well?

I am Q'uo, and we are grateful for your elucidation of our attempt to speak to your query. We feel that you have done a better job than we, and we thank you. Is there another query at this time?

R: No. Not a question. But a comment. It sounds like music to my ears when you inject some humor into the topics which we discuss here that feel serious and deep. Perhaps they are, but if you have more of it, just keep it coming.

I am Q'uo, and we also appreciate humor, for the sense of proportion is that which provides the better view to the restricted mind, and we appreciate your comments as well, my friend.

Is there a final query at this time?

(No further queries.)

I am Q'uo, and since we have exhausted the queries for this session of working we would again take the opportunity to thank each present for inviting us to join your circle of seeking this day. We are always filled with joy at this invitation and appreciate greatly the ability to speak with each. We remind each that we are not great authorities and do not wish any to take all of what we say as being the truth. Use your own powers of discrimination to chose that which has meaning and value for you, leaving all else behind.

We are known to you as those of Q'uo, and we would take our leave of this instrument and this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✤

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
December 19, 1999

Group question: The question today has to do with the situation of when we find ourselves being of service, whether it is the work we do for our living or it is just a favor that we do for friends, and we do it over and over, how do we deal with the anger and the frustration and the negative emotions that come into our minds when we feel like we are being pushed beyond our limits, that there are so many people pulling us in so many different directions that we don't feel that we are really able to serve without feeling anger, frustration, doubt and being stopped in one way or another?

(Carla channeling)

We are those known to you as the principle, Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we are. May we thank each of you in this circle of seeking for the sacrifices and processes which each went through in order to arrive at this working. It is a great blessing to us to be able to be called to groups such as this one for those who are seeking what this instrument would call the truth, for that is the service which we offer at this time. And the opportunity to speak through instruments such as this one is precious to us. We are glad to share our thoughts and opinions with you with the understanding that we are not authorities but, rather, fellow pilgrims upon the path of seeking the one infinite Creator whose mystery expands and recedes before us as we go. May we say that you are good company. We would like to also state at this time, since there is a concern, that this instrument challenges in the name of Jesus the Christ, and we were not able to meet this challenge we could not speak through this instrument. This is most satisfactory for us as we are the, shall we say, station to which this instrument seems best tuned and vice versa.

As we begin to look over this interesting subject of energy exchange and blockage we note that it is what this instrument would call the season of Advent, that time in your solar year when darkness claims your Earth plane the maximum amount of time during your days, the time when the light seems farthest. In this darkness the light is born, and into this darkness the light does come, and each of you is a repository of that light, and each of you wears the crown upon your head. And it is heavy. And this is as it should be. As the one known as Jim spoke earlier, from the standpoint of each of you before incarnation, each and every difficulty that you are having, from the depletion of your energy from unwise exchange, with disappointment in yourself for energy blockage, was gazed at with delight, with eager anticipation of running the straight race, serving with gladness and joy, being a light within the darkness of the Earth plane. From that vantage point the perfection of the pattern was seen, accepted and acted upon. It is, indeed, an innocence of soul and spirit that is bound

to be lost, that idealistic, optimistic concept that the self has of the self's coming incarnation.

We would like to take each of you back to that position when you and your higher self and your guidance considered well what you wished to offer, what you wished to learn, and what you wished to share. And with a sense of adventure and creativity you chose those entities with whom you would collaborate, for in each unwise energy exchange and in each instance of blocked energy, not only are you involved and confused but also is the other self in the equation confused, puzzled, at a loss, feeling that there is imbalance and, in many cases, having not even the vocabulary with which to think about what is occurring. When each of you finished the play, set it in place, and entered incarnation, each of you went through what we have called the veil of forgetting. This veil is something that cannot be imagined from the standpoint of the higher self, from the standpoint of the inner planes, or any density but the third.

Let us look at the cause of this veil of forgetting, for there is good reason for it. That which entities learn with the book open may make sense for a little while, may enter the mind for the nonce, and an open book test may produce an excellent score. There have been many creations in which the veil of forgetting was not dropped over the third density, and it is from the failure of these entities to accelerate the pace of their own spiritual evolution that later creations decided to use a veil so that entities entering the density of choice would have no memory of the way things actually are upon which they could count to the exclusion of other information. In other words, this darkness of mind, this disconnection between the roots of mind and the conscious mind, was an adjustment made carefully and with measure in order to achieve an atmosphere in which work in consciousness could be done by faith alone and not, in any case, by authority or proof or empirical processes. For that which you most deeply are, that about which your self revolves, is an infinite, eternal, unique spark of the Creator. All that you wish to learn lies now perfected within you. All that you sense as imperfect lies in perfection within you. And, yet, through incarnations such as those as you are now enjoying you have placed yourself in a position to chose, by faith alone. How to proceed with your own spiritual studies? How to assess yourself? How to relate to other selves?

By enjoying this veiled experience each seeker was at once cast into a sea of confusion and safe at home. And it is this dual reality that each experiences: the seeing of the self as an imperfect, stumbling seeker and at the same time having the faint but unmistakable ring of an inner perfection and truth that cannot be denied. Once cast into this sea of confusion it is well for each to cultivate certain angels, shall we say, for we find among your peoples at this time much awareness, seemingly an increased awareness of inner plane entities such as angels and guides. There are habits of mind that are also angels. It is to be expected that as you come up against the various relationships which you set up for yourself before incarnation you will again and again be cast into the confusion of a precise kind. That is the very best teaching tool for you and the other self, that you will need to consult some angels and guides. We would suggest one of these angels might well be the angel of humility. If you are in a sea of confusion and if you feel that there are demands made upon your energy which are excessive, then it is no wonder that there will be disquiet within.

And, indeed, in terms of the stability and solidity of your waking personality there is no harm in drawing limits, in creating boundaries for relationships that allow you and the other self a measure of comfort and freedom. When you ask yourself, "How much can I give?" let the angel of humility take that question and shake off the dust of pride so that to the best of your conscious ability you define for yourself in each situation that seemingly imperfect but necessary boundary line that represents for you that which can be given with a full heart and an open hand.

We might suggest that you bid come the angel of gladness. For there is much inner noise which almost drowns out a yearning for clarity and balance. It is not in noise or contention but in quietness that each may find the peace to accept the limits of self and the limits of other self.

We could suggest that you bid come the angel of patience, for each process of your developing spirit must do its work through time until time is no longer. And there is no rushing the processes of spiritual evolution. There are times that will seem very wrong to a seeker when a complex outworking

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of inner processes is taking place. In some instances this becomes a certain kind of experience which this instrument would call initiation, and this dark Night of the Soul is also a process which is especially needful of the angel of patience. Again and again such a process will bring you to a feeling of urgency, and yet there is nothing to do. This is a frictive process which is, shall we say, a kind of tempering, a burning away of that which is stiff and unwieldy so that the instrument that you are becomes both stronger and more flexible.

We would urge you to bid come the angel of joy. Whatever you do, do not forget to take the moment to rediscover your joy. In each day and in each hour find the moment to remember with utter and whole joy who you are, where you are going, whence you came, and upon what errand you now are. You are loved. You came to reflect and share and transmute love in giving and receiving. That which your senses see and hear and feel and taste and touch is a panoply, a weaving and interweaving of a tapestry of unimaginable joy, of every color and emotion and sensation and inner process—the dark, the colorful, the pale. All of the various strands of your experience and your being are woven in light, in love, in joy, and to connect through the beauty of the grass, through the star in the sky, through the frost upon the pane, through the look in someone's eye, in every and any way to connect with joy is to come into the self most profoundly.

We would suggest that you bid come the angel of laughter. Dear ones, we, as well as you, can be serious to a fault. It seems sometimes that only earnestness and seriousness serve one in good stead in the spiritual search, but we share with you our conviction that the light touch is absolutely necessary in spiritual matters. For all that you think, all that you feel, all that you experience is a dream within a dream within a dream. The levels of illusion are many. We, ourselves, have not combed through the illusions to find that which is real. For us, as well as you, the mystery continues to draw us onward.

We can talk to you of resources for your seeking and for your study. What we cannot do, what only each of you can do, is express that which is you in an ever more whole and pure, and true way. The Creator loves you, each of you, and praises every distortion of the one infinite creative Thought of Love which has gone into making you just the precise vibratory complex that is you. Every quirk and cranny, every imperfection and quiggle that is in your nature is loved by the Creator. In terms of your relationship to deity, you are completely loved. You are not judged except by yourself.

Now, let us look at that. Of course, in terms of where the next incarnation will be, each walks steps of light after completing an incarnation to discover what density of light is most comfortable for that entity at that time, and in those terms there is, shall we say, an objective judging. It is not a judging except that it is a home-finding device, and where that light is most comfortable for you might be in third density, or fourth density. This is unknown until that particular process is gone through. However, within incarnation, within the life that you now experience, your judge is yourself, and you have a very stern judge. May we say that the experiences that each of you is having in which there is unwise energy expenditure or blockage there is the mirroring effect which provides each of you with a look at imbalances within the self, carefully reflected by an other self for your learning and understanding. We encourage you to listen to yourself when you think or when you speak concerning these relationships, for as you speak of other selves you are speaking wisdom that can be heard by you regarding that portion of your universal self which has aspects of the dynamic that you are experiencing as coming from an other self to you. When you look in the mirror you see a face you know of as yours. But when you are speaking with an other self you are still looking in the mirror.

This instrument is informing us that we need to move to the second portion of this meeting, and so we will conclude our thoughts through this instrument by encouraging each of you to love, accept and forgive as you can, when you can, and if you can, and to take note of those frustrations which you feel are overwhelming. Over time you will find repeated patterns, and we encourage you to spend some time gazing into those patterns, for they will yield to you information that you can use. We encourage you to encourage each other, to comfort each other, to serve as the listening ear and the supporting arm within the sea of confusion that you share with those that you love. Most of all, we encourage you to move as often as you can into what the one known as T was speaking of: those times of quietness and meditation that bring one to oneself, that bring one to one's heart, for within that heart

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which is the center of each of you is a tabernacle and in the holy of holies dwells the Most High, radiant, omnipotent, omniscient, more yourself than you. May you yield yourself up to that inner fire as often and as whole-heartedly as possible, for there is your anchorage, there your spiritual home.

We would at this time transfer this contact to the one known as Jim. We thank this instrument for its service, and we leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to ask if there may be any further queries that those present might have for us. Is there another query at this time?

R: The last fifteen years of my life I have changed dramatically in ever accelerating paces in ways that I cannot comprehend. I look at myself now and fifteen years ago and I see a dramatic difference. I am attempting to comprehend to the best of my ability these changes.

I am Q'uo, and we are aware of the comments concerning the change in the life pattern in the one known as R, and we believe that this entity has well stated the changes that have occurred in his own structure of personality, shall we say. And this is the kind of transformation which each seeker has desired for the self, for as each incarnation is begun with a plan for the opening of the heart, the discovery of the self, and the sharing of the fruits of an open heart with others, so then each entity begins the great incarnational journey with goals that are similar to those shared by fellow travelers but with the means for achieving such goals that are unique to each entity. For as each entity enters the incarnation, so it is with the one known as R that there is the goal and the means, the opportunity, which is presented in a fashion which shall allow the blooming of the incarnation. There are those experiences which have been programmed to serve much as the water, the soil, the sun, and the fertilizer to the growing flower of self within. Many of these experiences have been what you would call difficult and have tested the inner resolve to move forward in spite of difficulty. Many experiences have been puzzling and have left a sense of questioning which has been pointed in an inward fashion so that the appropriate questions would be asked at the right time. Many experiences have been obviously preparatory, in that knowledge has been gained and practiced over time giving one an excellence of operation, shall we say, the operation of the incarnation. Some experiences have been for the purpose of bringing one to a synchronistic juncture, if we may call it that, so that there is …

We find that we must pause briefly so that the instrument be allowed to work the recording devices.

(Transcript ends.) ❧

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Year 2000

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Sunday Meditation
January 2, 2000

Group question: We have just started a new year and we are wondering, as we look back over the past year, we are wondering what we can learn from intellectually? What can we observe and benefit from? And how much does our intellect play into the growth that we do accomplish? We would also like to know what role gratitude plays in our evolution?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings, in the love and in the ineffable light of the one infinite Creator, in whose service we come. We want to thank each of you for calling us to your circle of seeking this day. It is our privilege and pleasure to respond to your call for our thoughts and opinions. As always, we are most happy to be with you and to share with you anything that we feel or know, with the understanding, as always, that each of you will take from those things which we say only those thoughts that seem useful and good to you, leaving the rest behind. We are not an authority but, rather, we are your companions on the way.

The topic you have asked us to speak on this day is the place of the intellect in learning and assessing one's spiritual state and the place of gratitude in that same process of seeking ever more deeply and fully that truth that lies at the heart of things. As is often the case, we would begin by moving backwards from the question to a more fundamental place, that place which sees all of the incarnational experience of each entity on the Earth plane as a very small part of a lifetime that is eternal and a citizenship that is infinite, for each of you is a thought that has sprung from the Creator. From the Logos through many densities and experiences has come this present incarnational self with its burden of gifts and challenges. Each of you existed before time and space. Each of you will exist when time and space have no more meaning, and, yet, within each incarnation there is the hope of transformation. There are the lessons put before the self by the self. There are the gifts of the incarnations that you share. There are the sufferings of the incarnation to work with, to accept, to forgive, to heal.

Each who enters the Earth plane has these things in common, and truly each sub-sub Logos, each spark of the infinite Creator, each person, has within this small incarnation tremendous forces poised, waiting for the proper stimulation or invitation in order to exist, to guide, to help with healing processes. And if each has felt this hope that there are those forces, energies and essences that can help with difficult incarnational challenges, then we say that this hope is infinitely justified. For each of you is as the magician with the wand, in potential. Each of you has power and force, will, and faith. These things are stored in infinite supply in great storehouses that lie

within each of you, awaiting only that awareness that calls in quiet confidence for the assistance that is already there.

Since each of you is as a thought we may see the tremendous and infinite complexity of that concept, for you are not a thought in the sense of being only one thing; that is, in the sense in which words are used. Certainly, each of you is one thing and the same thing, that being love. And yet each of you has colored that infinite love that is the core of being with those distortions which take the clear white light of limitless truth and shade it in rainbows of personality and character so that each of you is as a tapestry in which dark and light and colorful threads are woven together through your experiences, your sufferings, your joys, and your sorrows. And all of these threads—the light, the dark, and the color—are beautiful and the way that you put them together can be beautiful, even when the material seems very difficult and the experiences very dense and hard to bear.

Upon the human plane, then, on that level of conscious living from which each of you is asking this question, the prospect of gaining a great deal from the use of the conscious mind may be seen to be, at best, limited. Certainly, the use of the mind is recommended, and, certainly, there are more and less skillful ways to use the mind in that attempt to create for the self clearer understandings of the self and of the challenges and issues that are before not just the conscious personality but the metaphysical entity that each is.

May we say that the intellectual mind has implicit limitations, those limitations being the natural limitations of reason. Ratiocination is an exercise which is posited upon the faith and logic and reason. To a certain extent this faith is justified. However, that which is rational and reasonable is only a small part of this essence of self and, therefore, the use of the conscious mind has natural limitations. Reason cannot move down into the roots of being, for those roots are not reasonable or rational but are, rather, of that energy which this instrument is used to calling archetypal or archetypical. The essences of each of your beings have far more to do with intense purified emotion than with reason. This is a topic in itself that bears much inquiry.

And when we have finished with all of the avenues of thought that reason and logic and imagination can form and create there is much material of self remaining which has not been touched by the process of analysis and thought. When the one known as T brought up the question concerning gratitude the appropriateness of this direction of thought was extremely logical and reasonable in a profound sense, that sense being that the deeper reaches of thought and mind and consciousness and being are directly worked upon with far greater efficiency and effect by those energies which are usually called emotions or emotion-laden concepts such as gratitude, hope, faith and will. It is beyond all reason to expect within a little life to transform that infinite eternal being that you are, and yet within every incarnation this is possible and in many incarnations this is realized.

There is no incarnation that is just a punishment or just a vacation. All incarnational experiences are clear so that there are lessons to learn and gifts to share. And the channels in which each entity is moved to travel are those pathways of thought and habit that feel right to that entity and this is as it should be. For your essence, your deepest energy, is more feeling that thought, more energy than concept, and that which works best upon the deep self is essence, that essence of feeling as opposed to sense.

This instrument has often said it is not what happens to one, it is one's response to what happens to one which is the natural arena within which entities may wield their power and offer their truths. It is the attitude with which one meets the moment that sets and prepares the self to receive that moment's burden of joy or sorrow. If the attitude is gratitude, if the moment is met in thanksgiving, whatever comes at that moment is bid welcome, is embraced, and this is a very positive and excellent metaphysical stance with which to greet that which is occurring in the moment. This business of attitude is extremely central to the metaphysical learning experience and much wisdom is expressed by the entity who is working with the attitude with which she greets the moment. This is not a process much open to reason. Oftentimes, in any reasonable sense, there is little to give thanks for in a given moment, and there are what seem to be weighty reasons to meet the moment with fear and trembling. And yet in these moments, as in all moments, great skill lies in keeping the heart completely open and allowing love to flow through the self with that attitude of

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thankfulness and praise that looks for the very best that could be within the present moment.

There are many circumstances within your experience, and, certainly, within all third-density experience in which the self is very uncomfortable, in which there are many negative feelings of alienation, isolation, anguish, grief, anger and disappointment. And, yet, it is especially [important] in these times to cling to the same attitude of praise and thanksgiving with which the high points, the good days, of an incarnation are naturally greeted. It is when it makes the least sense to be thankful, to offer praise, and to have an open and flowing heart, that there is the most skill in choosing this response to life itself. For if each of you is a thought, and if that thought is love, then shall you not be at your most skillful in attempting to keep open a channel for that love that you are? It is as though the situations of life try to silence and make dumb that clarion love within. And, yet, they cannot silence you if you will not be silenced, for it is always your choice to cling to hope, to believe and have faith when there is no evidence to support such thoughts, such attitudes. It is when all seems darkest that you may, with the most direct apprehension, know and feel and sense that truth within, that unconditional and absolute love that created you and sustains you.

In the dark of the night that lies across the hearts of those who mourn and weep there is a humble dwelling, and in that dwelling that lives within your heart there is a principle, an essence, an absolute being that is Love. To this instrument that Love came down into the human condition as Jesus the Christ. To many to whom this is not meaningful the essence can remain unnamed and simply be Love, Love eternal, Love divine, Love creative and destroying, infinite Love. However you wish to frame it, this Love is with you in the darkness. This energy is faithful to the light with complete disregard to outer circumstance, for to love there are no outer circumstances but only infinite light and infinite love.

So, we certainly suggest that you make use of those faculties of intelligence and reason that help you to analyze what is happening to you, help you to keep yourself in a self-understood order, but, more than this, we would encourage the cultivation of purified emotions. Those emotions being faith and hope and charity. Encourage yourself to be faithful in meeting each moment with hope and gratitude, praise and thanksgiving. And, insofar as it is possible, we encourage each to find ways of strengthening these habits of mind so that, little by little, it becomes habitual to greet the moment with hope, to greet the situation with faith, to greet the relationship with gratitude, humility, patience and love. Where the intellect loses energy and is no more these deeper emotions become more and more and then oceans of energy offering infinite power and infinite grace to those who persist in seeking them. May we suggest to each of you the great benefits of disciplining your personality so that the first thought when engaged in a new situation is that thought of praise and thanksgiving. For when you stand upon that thought all that your outer circumstances can give to you will be grist for the mill, fodder to be chewed, experiences to be analyzed, to be loved, to be accepted, and to be forgiven.

We would at this time transfer this contact to the one known as Jim that we may continue this working through that instrument. We leave this instrument with thanks, in love and in light, for we are those of Q'uo.

(Jim channeling)

I am Q'uo, and I greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to the further responding to any queries which may yet remain upon the minds of those present. Is there another query to which we may respond?

Carla: About a recent experience that I had, I had attempted to meet a relative's questions over many years on the subject of channeling with patience and tolerance and although this has seemed to be the right way to handle things in actuality, during this last Christmas I became unable to be tolerant and patient and expressed strong emotions such as anger and pain at this objecting that my relative was doing to me. It seemed to create a much more rapid and healing response from him than all my patience and tolerance had and this surprised me very much. I wondered if you could comment on this process?

I am Q'uo, and am aware of your query, my sister. As each of you move through the various levels and kinds of relationships with those who are close to you, you will find that there is a certain efficiency to speaking from the heart as contrasted to speaking from the mind or the intellect. For though the mind is quite useful in its ability to analyze experience and

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to chart a potential course of action, there is no efficiency greater than the spontaneous response of the heart that wells up from inside of one, for this tuning into one's emotions in an honest manner, without desire or manipulation, is that which speaks to another heart most clearly. For though each of you is able to, shall we say, put a good face on a situation by using one's intellect, this is only a stop-gap measure, for there is within each entity the sure knowledge of clear communication that is from one's heart and this kind of communication speaks more clearly than any other. For it tears away that facade or barrier which keeps one heart from another. All hearts know pain. All hearts seek solace. When one becomes aware of another's heart that is in pain then there is the greater likelihood that one will respond honestly with one's own emotions, the doors having been opened by the first to do so.

Is there another query, my sister?

Carla: No. Thank you. That was very clear.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Carla: Yes, I would just ask since this is the season of Jesus' nativity if there is anything that you would choose to say about this entity and this particular season of the year.

I am Q'uo, and am aware of your query, my sister. This season, that which gives the focus of attention for a moment to the life and love of the one known as Jesus the Christ is, for us, one of our favorite for observation among your peoples for it is at this time, especially within this particular culture, that many difficult relationships are made more smooth and loving as a result of the focus upon the Christ child coming into the world of illusion. It is at this time that many of your peoples find time to drop their usual cares and concerns and to make a pilgrimage to their own hearts, and, in so doing, also move in a compassionate vibration into the hearts of those about them. Though the practice of revering the life of the one known as Jesus is usually short lived, we find that the focus, even for a brief time, upon this entity's center or central message of love is most helpful to the entire planet, for as love becomes the focus for more and more of your peoples so does this vibration of love move in an harmonic manner around and throughout the planet itself. Thus, we rejoice with you at the birth of this entity in each heart that makes room for him, and we remind each that this pilgrimage to the heart is a journey that each can take at any moment. We thank each for making this journey. It is our privilege to walk with you upon it, for we also make the same journey.

Is there another query at this time?

Carla: No. Thank you.

I am Q'uo. As we have apparently exhausted the queries for this session of working, we would take this opportunity to thank each gathered here today for making those sacrifices necessary in order to form this circle of seeking. We are aware that each works with much catalyst in the daily round of activities and it is often not easy to remove oneself from that momentum. At this time we would take our leave of this instrument and this group, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 16, 2000

Group question: The question this week has to do with the concept of the rapture. Could Q'uo give us information about the process of rapture? Some say that people will go in the rapture without going through the process of death, and we are wondering what Q'uo would have to say about that and what value Q'uo might find in this for our own spiritual journeys.

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator in whose service we are. May we thank each of you who has come to be a part of this circle of seeking at this time. We are aware that in each case there was that hunger and desire to seek the truth, and we find this a great blessing to us, for being called to speak with you is what we consider our service at this time. So, meetings such as this one enable us to serve, and we are most grateful for the opportunity. As always, we would ask that each consider those things which we have to say, keeping those which ring true and dropping all information which does not ring true for you. For we would not wish to be a stumbling block to any.

Your group question concerns that which this instrument has called the rapture and others have called the ascension, and, as is often the case, we find that we need to back up from that question to a more fundamental or basic stance. We would ask each of you, "What have you thought this day? What has occupied the mind? What has charged you with hope or with fear? What has your concern been this day?" For each of you is a creation of unique characteristics, yet at the same time each of you is the Creator. And at the very core of each of your beings there is that pure and undistorted love, that great original Thought from which all things were created and which moves through all created things to the extent that the distortions within those created things allows for the uninterrupted flow of that love.

Each of you, then, is a part of the Creator. Each of you inheres in the Creator and at the same time each of you has chosen at this time to manifest in a personality shell and a physical body within the illusion that you now enjoy. The nature of this manifestation is such that there will be distortion. It is impossible not to have distortion, for distortion is the very nature of space and time. The yearning for absolute purity, absolute truth, and absolute love is a yearning that was within you when you chose to move forth from what this instrument would call the Creator's house. That love has been with you as you have moved through many densities and many experiences, through many worlds, through many lifetimes, and it is that undistorted love that draws

you ever onwards towards the source and ending of all that is.

So you may consider yourself as a distorted version of the Creator, each of you distorted in unique and fascinating ways, each of you having chosen the gifts that you would bring into manifestation with your personality shell, the limitations that you would set for yourself so that you may learn, the relationships that you chose specifically for their friction, for their catalyst, that you might experience that process of distillation wherein all of those things that move before the eye of mind bloom, stutter and fail. There are many tools that each of you has available in this journey that you take together and, yet, always alone.

One of those tools could be called imagination, and we would ask you to look at the material that the one known as P has brought to the attention of this group. We consider that source and many others to be valid and interesting resources from which to draw inspiration and structures of thinking. For you see, when you seek the truth, when you seek the nature of reality, you move quickly into uncharted seas within the deep mind. The deep mind does not think like the conscious mind, for to the conscious mind, to the intellectual mind, the tool of logic is considered useful and helpful. And, yet, as the one known as R said earlier, in matters of spiritual concern logic and reasoning often not only do not make the picture clearer but also may obfuscate those resources that are there.

The function of myth, then, is as a resource which aids the mind in its attempts to think about spiritual matters. When we say myth or mythical system we refer to the entire gamut of religions, philosophies and cosmologies, whether they be what this instrument would call orthodox or within the culture and society, or unorthodox and eccentric. It does not matter what the rest of the world thinks about any given system of mythical, religious or philosophical thought. Rather, it matters to each individual what structures of thought attract and awaken desire within that individual. When a mythical system or a portion of a mythical system rivets the attention then the seeker may know that this is fertile ground for investigation or contemplation, for deep thought over a period of time.

As long as this particular vision or structure or thought attracts the mind and the heart, then for that person this is precisely what that person needs to be looking at and thinking about, for each seeker will be drawn to those structures of thought that help that individual think about deity, devotion and service. Such is the nature of the human heart and the deep mind that it is often a process that cannot be predicted in any way. It is a process that is full of surprises. The thought that takes the mind and heart today places it then over a period of time into a gradually changing—we are having trouble finding a word in your language. We show this instrument a nautilus. The shell of the nautilus grows each year as the animal within the shell grows, making a beautiful curling and ever-widening horn. Such is the process of thinking about spiritual matters, having those feelings and experiences seated within the personality shell and moving around in a spiral fashion so that you are hitting the same material repeatedly and each time finding new avenues of thought to be created where before there was none.

So you see, working with mythical systems is something we feel is extremely helpful and valid. Those systems are there because inspired entities throughout your history have attempted in their own ways to share their visions of processes which they saw in a unique and interesting way. Such a piece of mythical architecture is the rapture or the ascension. We shall say through this instrument that which this instrument said herself earlier, that being that it is our humble opinion that the processes of spiritual evolution at work upon your planetary sphere at this time are metaphysical rather than physical. We do not in any way suggest that planet itself is not laboring difficultly at this time. Indeed, your sphere itself is undergoing a graduation and a birthing into a density more filled with the light of the one infinite Creator.

The suggestion has been made many times that the planetary sphere itself would, through the necessity of altering its magnetic polarity to some extent, shake off all life as a dog would shake off fleas. And indeed, one reason that wanderers first came to this particular planetary sphere was to transmute the infinite love and light of the one Creator through their physical and metaphysical instrument and out into the Earth plane, creating a net of light that would alleviate and ameliorate the tectonic distress which the Earth is now experiencing. It is our

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opinion that this plan, though working imperfectly, has reached a critical mass sufficient to enable your planet to suffer many smaller catastrophes that allow the majority of those upon your planet to continue to enjoy the illusion.

However, there is also another kind of graduation which is taking place among your peoples at this time. It is our opinion that this ascension or rapture is a way of describing what we have thought of before as steps of light. It is our feeling that when, as the one known as Jim said, the doors of death open for an individual that individual goes through as much healing as it needs to go through to recover from the stress of physical death, to gather the feet under the self within the new configuration, the new body, the new environment. There is the review of the incarnation which takes place when healing work has been accomplished so that the soul itself may, together with the higher self, review the incarnation and consider how that learning process went and what may need to be focused upon next in the never-ending process of spiritual learning.

At the point that this has been accomplished and the soul knows itself and is oriented to its surroundings it then comes to a kind of staircase, if you will, where there is a gradually increasing density of light. In this process the spirit simply moves forward into fuller light until it is receiving a maximum amount of light that it can enjoy in a stable manner. At this point the spirit stops. That point may be in third density. That point may be in fourth density, or even higher. Whatever amount of light is comfortable to that spirit is the appropriate density location for that entity in its next incarnation. Rather than there being a judge meting out judgment it is simply a matter of each spirit finding itself in the best place possible for new learning and growth.

We would turn now to the question of what the rapture, then, may be discussing. For it is an inspiring and riveting writing that has fascinated many, many seekers over thousands of years. It is our opinion that this writing moves into a very creative and useful way to look at death, to look at the death of the physical or mortal body. In a world of appearances the death of the physical body is the end of everything, the alpha and omega of dust and ashes. And, yet, the spirit within rebels at the limit of death, at the abruptness and dislocation of death, and it says, "There must be more. Surely I could not be stopped by this arbitrary exhaustion of flesh."

We have found in working with your peoples that it is almost impossible to be complete and satisfactory in our coverage of almost any subject, for wherever there are minds that think there will be the desire for complexity. Yet, our message is ever towards simplification. It is our feeling that at the very heart of each of you lies all that you will ever need to know, kept safe, secure and snug within your skeleton and musculature and all of those physical embellishments that create the fair physical body. To us, you are a vibration that we can see and feel and touch. To us, you are love, and as we gaze at you we see the reflection and it is love.

To us, each entity has already ascended. For to us the energy which is you is already perfect. We encourage each of you to seek in whatever way is helpful to you. As always, we encourage meditation. Simply lighting the candle and sitting with the candle is a life-changing habit if it be prosecuted through time. And we encourage all the other avenues of seeking as well. Most of all, we encourage you to believe in your own rightness, for that which inspires you may not inspire others. But that does not matter. That does not signify anything for you. Whatever moves you to think upon who you are, why you are here, where you are going, of these things we greatly approve. And because each entity is very much, and of necessity, alone in the seeking within, become more and more aware of the great aid you may be to each other by offering support and understanding wherever you can, by sharing honest emotion and opinion whenever you are asked, and by simply being there to give a smile to a stranger, or to simply interact as you go about your chores. Each of you with your many, many chores are all a' bustle, and we do enjoy tuning into groups such as this one and seeing all of the colors of your desires and hopes, your ambitions and your fears. Know that you are loved for who you are. We consider each of you our friends.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in thanks, love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves for any further queries which

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those present might have for us. Is there another query at this time?

P: Yes. I have a couple. I have some about addictions which are part of my path. Some people say if you don't do things their way that you can't make it to where you are going. There are all kinds of addictions: food, money, shopping, working, sex, etc. These are all lessons for us, for us to overcome. I can't help anyone else until I have overcome them to find the path out. I believe in the rapture. I want to go on the rapture and come back to help others when the time is right. That is the first part of the question.

I am Q'uo, and we have listened carefully to that which you have offered to us and we have not found a clear query at the present time. Could you requestion, please?

P: I am saying that there are many paths and everybody has to walk their own path. Some people don't understand that and will place judgment on you for not walking their path. Those people distress me because I like some of them and open my heart to them and share my soul with them. Then they find out certain things about me and it hurts and I am disheartened but I feel those addictions are still part of my path. The second question was, I have placed on this Bible here three amulets: a ring and two stones for E and M and I was wondering if they could be charged so that they could help open the hearts of those who own them?

I am Q'uo, and we appreciate that which you have offered to us. We are most happy to lend our healing vibrations to those amulets which you have offered for such. We bless each and bestow upon these objects of the third-density illusion those feelings of love and acceptance which you have spoken of as being somewhat lacking from those whose judgment is heavy upon yourself. We would agree that each entity has a path which is unique; whether this path has the accoutrements which you have called addictions or does not have such is of no consequence, for each entity will fashion that journey which has meaning for him or for her. And all portions of the journey through the third-density illusion are shrouded in mystery, for from mystery and into mystery each of you shall leave. For the one infinite Creator is beyond all understanding, and the one Creator exists in full in each, though there may be a disguise that is worn for a certain purpose and a certain time. This disguise shall, at a certain time, be dropped and each entity shall return again in full realization and experience of the one Creator. For each is made of nothing else. We are aware that each entity has those qualities which may be accepted or rejected by others or by the self, and the great lesson of this illusion is to love with an open heart, to accept without condition …

(Tape change.)

I am Q'uo, and am once again with this instrument. We apologize for the delay and for the pause that was necessary in order for those present to rejoin the circle of seeking. We would ask if there might be another query at this time?

Carla: I have noticed a lot of computer weirdness, the latest being that this week, again, even though the data base was found I couldn't open it, and I have not been able, by looking at myself and my experience, to find any psychic greeting component at all. It just seems like the typical glitches one runs across when one is working, but I do want to ask for any insight that you might have because I do want to enter working on this book with the best that I have to offer.

I am Q'uo, and am aware of your query, my sister. In this regard we may suggest that the genesis of the difficulty is simply that, as they are called, bugs in the software, and we observe that your patience in this regard is to be commended. For an undertaking of that which you speak is that which requires a certain gentleness balanced with a perseverance that will see you through the difficulties of any nature.

Is there a further query, my sister?

Carla: As a follow up, two things are happening: I am extremely content with less, and, number two, is the joy and the bliss that I feel comes from the less—being here, doing chores, weeding the garden, cooking in the kitchen, and just doing the normal things that we do. The small things seem to contain all of the truth and the beauty and the learning that I was looking for out in the world. Is this a typical progress, from your experience, from working with people in third density, that their bliss comes not from farther and farther out but from closer and closer in?

I am Q'uo, and am aware of your query, my sister. And, indeed, we find this is true not only for those of your third-density illusion but for all succeeding

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illusions as well. For the true richness of each experience is contained within the heart of the one who experiences. The one Creator, whole and perfect, is contained in each moment, each iota of experience for those whose hearts are open to love and to the one Creator. Then does this fullness of love and unity pour into the moment until the moment itself is whole and perfect, and the true richness of being is appreciated.

Is there another query, my sister?

Carla: No. Thank you very much.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

P: I wanted to know about the Mandelbrot Set, discovered back in 1981. I've seen films and pictures of it and it blows me away. It's an infinite mathematical formula that creates a stream of pictures. Scientists don't seem to know what to make of it. I feel it is the unified field that everyone is looking for. It is the way the creation is made, the blueprint. What are your insights on the matter, what it all means to us?

I am Q'uo, and am aware of your query, my brother. To give a full explanation of this Mandelbrot Set would not be possible within this illusion, for there is much that is beyond understanding, shall we say. But in the general gist of your understanding of this phenomenon we would agree that this is but another example of the perfection of the one Creation becoming apparent to those who peer for the first time beyond the boundaries of the illusion. The ability of the one Creator to reproduce Itself in an infinite action is that which is barely begun in this type of mathematical expression. Far more wonders exist, not only for the mind that can comprehend, but also for the heart that can open in full understanding and acceptance of the One in all.

Is there another query, my brother.

P: So, is the rapture going to happen?

I am Q'uo, and we would not infringe upon anyone's free will by revealing a yes or a no to such a query. Is there another query at this time?

P: No. I am done. Thank you very much.

I am Q'uo, and again we thank you, my brother. Is there a final query at this time?

Carla: Just on a whim I would ask if the Latwii portion of your principle is looking at any particular colors within our inner planes these days?

I am Q'uo, and am aware of your query, my sister. Those of the social memory complex known to this group as Latwii have been busying themselves with the qualities of communication which are located within the blue range of your spectrum of colors, as you call them. For this group has the need for the definition of this particular color as does the entire population of your planetary sphere at this time, for there is much within clear communication that can allow catalyst to be consumed, shall we say. There is much that needs to be said from heart to heart. Thus does the opening of this heart center of energy become that which is aided by the opening and balancing of all energy centers.

At this time we would thank each present for inviting us to join your circle of seeking this day. It is always the greatest of honors for us to be able to do so. We would remind each that we are happy to join each entity in his or her private meditations in order, not to speak in any words, but to deepen the meditation in order that there be more stillness of the mind and openness of the heart there, at the throne of the one Creator. We are known to you as those of Q'uo.

At this time we would take our leave of this instrument and this group, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
February 6, 2000

Group question: The question today has to do with the various frustrations and angers, all the various difficulties that come around in our lives periodically and seem to be part of our catalyst. What can Q'uo tell us about what it is possible to do intellectually, logically and consciously in learning from the catalyst, and when it is necessary to do something different, to give it up, to accept the situation, to have faith that everything is as it should be? What can Q'uo tell us about the different approaches, the intellectual, the acceptance, doing something different, giving ourselves a break? How can we know what is best for us to do at any certain time in our life experience?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we are. It is a great blessing and a privilege for us to be called to your group this afternoon. We greatly appreciate each person which sits in this circle of seeking. We appreciate the desire that brought you to this circle and that brought us to you. It is a signal blessing to us to be able to speak through this instrument and other instruments to people such as you. For in this way we feel that we can share information and opinion without infringing upon the free will of any, for we wish our information to be taken lightly, in that we ask that you not think us to be an authority. For we are not an authority over you, but, rather, are companions along the way that we both walk. We know that the way is dusty and we appreciate your company as much as you appreciate ours.

When this instrument was speaking to the one known as R earlier this afternoon the one known as R asked the instrument to ask a question of us within this session. That question was, do we remember the difficulties of third density? Is it possible for us to put ourselves into the experiences of third density? May we say that, yes, indeed, we do. Our third density was, in some ways, a simpler experience than the one which faces you at this time because of there being more of a consensus within the entire population concerning the choice of polarity. However, when the veil drops at the beginning of a third-density incarnation there is no possibility that any can proceed through the incarnative experience in a state of calm and peace.

So the first thing that we would like to focus upon is the situation, for it is the situation of third density that is at once its glory and its horror. It is seen as a glory for those outside the incarnation looking at the incarnative possibilities in learning and in service for those who undergo the veil of forgetting. It can be a horror when experienced within incarnation, especially when the tempo of confusion becomes so hectic that there is no longer any island of safety for

the emotional and spiritual self but, rather, all seems completely involved in a desperate confusion.

Thusly, it is well to look at the basics of the situation, to begin to see into why you as a soul would have chosen to put yourself into the way of such suffering as you now experience. May we say that the stories that we spin are our suppositions and not fact, but we suppose that the Creator said to Itself, "I desire to know Myself." We suppose that it is this desire that birthed creation. This Creator, wishing to know Itself, spun out of Itself an infinite creation with an infinite number of unique souls, each of which contained the Creator within it. This creation was cast into the creation of light. Thusly, you, as a creation of love, were given a creation built of light in order that you might experience the illusion of time and space and cause and effect so that in this illusory dream each unique portion of the one infinite Creator could become an experiencer, a reasoner, a source of information for the infinite Creator about Itself.

Many things have been projected by entities within your third density and in many other densities concerning the nature of the one infinite Creator. And many are the commands of various religions concerning behavior towards the one infinite Creator. But, in truth, it was not that the Creator wished to be loved but, rather, that It wished to know Itself. Curiosity, then, the desire to know more, is built into the one infinite Creator's nature. It is only reasonable, therefore, that the infinite Creator would choose, at some point, to give Its souls free will.

The way that the densities of light were set up was that there was an octave of steadily increasing density of light and that there would be creatures native to each density that would be able to experience, express and communicate the nature of their experience to the one infinite Creator. These densities begin, in our system of describing them, with the first density, which is elemental, the density of rock, of earth, wind, fire, and water, of sky and sea. Those things which seem quite inanimate, yet they are fully vibrating with the love and the light of the one infinite Creator.

The second density is that density of reaching towards the light. And the natives of that density are your plant and animal kingdoms. They are not aware of self, yet they are aware of the light, and they move towards it.

The third density is the one of which you are now a part. It has often been called the density of choice. The reason for this descriptive name is that this is the density wherein consciousness itself, that is, the soul that you are, takes a second-density physical vehicle and attaches itself within that fleshly temple to experience the limitations of time and space, to experience the first awareness of self by self. In this third density, and only in third density, does the veil of forgetting drop as each soul incarnates into a physical vehicle. This density is full of confusion and is designed that way. And we will come back to this point.

The remaining densities are the fourth density, which many have called the density of understanding but which we would call the density of love; fifth density, in which souls take on themselves lessons of wisdom; sixth density, which is the density of unity, where love and wisdom find the way to meld and become one. This density is the first density wherein the positive and the negative paths are reconciled and all paradoxes solved. The seventh density has been called the density of foreverness, for in this final density before the octave souls spend their last days looking backwards and finally, full of spiritual gravity, are pulled back into the heart of the one infinite Creator to become quiescent and held completely in potential, only to be flung out again at the beginning of the next creation to experience more, to express more, and to inform the one infinite Creator of Its own nature.

In third density you are at the beginning of a three density walk, either on the positive path or the negative path, the path of service to others or the path of service to self. The choice of which path to follow is an extremely central part of what you as a soul hoped that you would successfully grapple with in this incarnation. Looking at this incarnative experience from before or after it the issues are clearly seen. Every human condition contains a lesson in love that can be taken either positively or negatively. Indeed, it is sometimes difficult but always possible to look at the present moment and find the love that is within that moment. This is often very subtle work and, meanwhile, very unsubtle confusion tends to reign.

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Let us look at this confusion, for within each heart within this circle we see a puzzlement, a sincere wishing that there would not be so much confusion, and yet it is the specific purpose of third density to create massive and persistent confusion. You see, each of you came into incarnation with a clear set of lessons to learn and service to offer. You laid down relationships and situations that would produce the most catalyst and would offer you the most efficient possible opportunities to increase your polarity and to share your gifts. You also provided yourself with what this instrument would call a personality shell. And within that personality shell you offered to yourself the amount of intelligence that you thought would be helpful in order for you to do those things which you came to do. Consequently, the human situation is a soul who does not remember its lessons, does not know what service it came to offer, [and] is placed in what will continue to be, until the incarnation is through, a constant cyclical sea of confusion.

The personality shell, you see, has one aspect that can be very difficult to control. That aspect is the mind. The emotions of self, whether instinctual and second-density in origin, or whether of third-density origin, have a truth to them that does not depend upon the veil of forgetting. The feelings that each seeker has are trustable to a far greater extent than that which the mind puts out in the way of thoughts. Let us explain.

The intellectual mind is a portion of the personality shell and is designed to solve problems. The mind is an either/or instrument. It is designed to look at a situation and make a choice. On the surface of life, on the matter of whether to go straight or turn right, whether to keep an appointment or to change it, this choice-making equipment works very well. When the intellectual mind is dealing with the physical creation and the creations of humankind, the society and relationships, and so forth, this mind works well. However, this density is the density of the soul's awakening to an awareness of itself. So there comes that moment within the incarnational experience when the seeker realizes that something has changed, that there is a comfortable nest in which she seems to be sleeping so well, and, suddenly, she woke up. And she got up and she stretched and looked longingly at that nest and could no longer see it. This is the experience of awakening to the metaphysical nature of the self. It is a dislocating experience because it means that you are now the inhabitant of a completely different creation than the creation that you enjoyed up until the moment of awakening.

The creation into which the seeker awakes is the metaphysical universe. In the physical universe the goals tend to be achievements, things that can be done. In the metaphysical universe the issues have to do with essence and being. In this universe it is thoughts that are the deeds. It is intention and desire that are the actions.

Consequently, when the intellectual mind tends to analyze a situation that is metaphysical in nature it can only be effectual with the careful overseeing of the deeper self, that is, the more true nature of you. In other words, as a metaphysical entity, a citizen of eternity and infinity, you then turn and look back at the human situation, not with an idea to solve the situation, but with the idea to hone your intentions, your desires, and your vibration. Priorities for a metaphysical seeker are completely switched from the priorities of the physical person. And this is very confusing. Naturally, the soul tends to move back and forth between the two worlds and attempts to harmonize physical agendas and metaphysical agendas—and may we say that both physical and metaphysical agendas are valuable and are valuable equally. For you did not come into this density of choice to be aloof, wise and in control. You came into this experience so that you might surprise yourself and the infinite Creator. You came to experience new things and give yourself new catalyst to chew over and make into deep experience.

Let us look at a "for instance." This instrument was speaking about the irritation and aggravation that she felt at discovering that she was going to have a very sore hand at the same moment that she needed her hands to do a service that she truly wished to do. As a physical entity, this can only be bad news. As a metaphysical entity, there was almost immediately seen to be good news involved in the situation, for it asked both of the instrument and the instrument's mate that they put aside those things that they had previously planned to do and those methods of doing them that they had previously contemplated. And they were given the opportunity to work together or to find catalyst with each other of a negative nature to the point where they decided that they could not work together. In this instance, each of these seekers chose a high road, and,

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consequently, the experience of increased limitation has almost seemed to be rather an experience of increased freedom, the freedom to grow closer, to accomplish things as one being, to find the heart of cooperation and sympathy.

May we say that in many, many cases the lessons of love do not involve the great boon of companionship. In many cases the catalyst comes to one who must deal with it by oneself, or seemingly by oneself. And there is a tremendous loneliness and isolation that is felt by those who are adrift in the sea of confusion for one reason or another. Yet, we say to you that when you are at your lowest point, when hope seems to be the dimmest, then is the creative moment, the moment of unlimited possibility. For it is into the darkness that light must shine. Just as the trees in the winter stretch the roots down into the darkness and reach the naked limbs of winter to the sky, each of you has times of rooting darkness, times when it seems truly the Dark Night of the Soul.

And it is in just situations that the intellectual mind is finally brought to a standstill, is finally defeated, and knows that it cannot solve spiritual problems. And when that occurs the way of working moves from the head to the heart. Do not feel that you are less than an excellent seeker if you spend much time within your intellectual mind. You gave yourself a powerful intellectual mind in order to help with the confusion. But note the dark time when finally you listen to your heart and write it down as a red letter day, for when you come into your heart, and when you let your heart do your thinking, the intuitions that can arise can truly seem to simplify and harmonize the experience of being in the dark and being confused.

It is not that the heart is a place of explanation, for it is not. What is in the heart is your deeper self. What is in the heart ultimately is the one infinite Creator, and this is a Creator who has learned one thing for sure so far in Its infinite creations and that is that It loves each and every creation that It has made with a love that is so deep and so pure that the tiniest iota of skin or hair or thought or idea that occurs is important to the one infinite Creator. You cannot bore the one infinite Creator. It is endlessly fascinated by and interested in each of Its souls.

Thusly, when all human habitation fails to comfort or to simplify there is that tabernacle within the heart to which you may go in meditation, in contemplation, in prayer. In a moment of remembrance you may suddenly be in the light, bursting with joy and peace, and aware that things will rise, things will occur, and things will pass away. And that the one infinite Creator and you will be just fine in weal or woe, in life or death, moving through all of the interesting confusions and conundrums of everyday life. When you live in the heart you shall still be confused, but you shall not begrudge that confusion so deeply. Nor shall you find yourself in the state of irritation for as long a time, for the heart, in its intuitive way, has a kindness, a gentleness when the mind would cut with its sharp edges.

This is a great and central learning, and there is more to say concerning it, but we feel that we have made a good beginning. And we feel that it is a good point at which we shall pause and transfer this contact to the one known as Jim, for we are aware that there are still questions that you wish to bring up at this time, and this instrument is asking us to keep our speeches to a certain time limit. We understand this need and, truly, we know we have too many words. So, consequently, at this time we would transfer this contact to the one known as Jim. We would thank this instrument for its service and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the further attempt to respond to those queries which those present may have for us. Is there another query at this time?

M: I have a question. With this six month automobile thing I'm doing, because it is a karmic relationship with another person, I don't know how to proceed at this point because I don't seem to be getting anywhere. I have tied up almost half a year's income, so it may sound silly, but something I've been pondering for quite a while.

I am Q'uo, and am aware of your query, my sister. When one finds that there is the confusion as to the next steps to take upon the journey of seeking it is well to consider the situation in which you find yourself and to utilize the facilities of the conscious mind to their fullest extent so that that which can be known is known to you. Then take the time from your daily round of activities each day, to retire in [to] meditation that those questions that have been

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asked consciously may sink further into the deeper portions of your mind and that connections [may] be made with those pre-incarnative choices which have been guiding you in a more or less clear fashion. And simply await the speaking of your own heart, of the Creator which moves inside of you. When you have stilled yourself to a point deep enough and regularly enough—and no one can say when this point is—but when it comes you will know it, then the direction will be made clear to you that you might move in the confidence of the one infinite Creator.

Is there a further query, my sister?

M: No. Thank you.

I am Q'uo, and we thank you, my sister.

Carla: Could I follow that up?

I am Q'uo, and we would be happy for you to do that, my sister.

Carla: When there is a money problem when it looks like you are going to lose everything, what do you suppose could be the lesson involved?

M: Not to put all your eggs in one basket?

I am Q'uo, and am aware of your query, my sister. When one seeks the highest path possible for the incarnation, one is then saying …

(Tape change.)

… When one has chosen the highest path for the incarnation, then one is saying to the self that all else must be subservient to that choice of love, whatever it may be. One must be willing to risk the loss of those things which may seem, for the moment, to be more important than following the path which is closest to the heart's desire. This is where the symbol of the Fool within your system of the tarot is seen to be walking from the cliff to be suspended in midair, ready to fall. However, the faith of the Fool sustains the next step, and the next, and the next.

Is there a further query, my sister?

M: No. Thank you. That was very comforting.

I am Q'uo, and again we thank you, my sister. Is there another question at this time?

Carla: I would like to read four questions from R, if that is all right. First, "I am vulnerable to being used by people who are more self-serving because I am lonely and want to be of service. I feel manipulated. What can I do?"

I am Q'uo, and am aware of your query, my sister. Again, we find that for each seeker of truth it is most salient and centrally necessary to take that time from the daily round of activities and to retire within the meditative state so that one may see the direction in which the feet are moving, may reassess, if necessary, the direction, the desire, the motivation. And, then, if there is the need for the movement in another direction that would balance that which was first chosen, then to place the feet there and to move in confidence there. We cannot choose for any, for this is the honor and duty of each: to make those choices that carry the metaphysical weight, shall we say, in the life pattern. We say to each that each within the heart knows the next step, the next, and the next. The daily round of activities within your current illusion is such that the frantic pace of existence often causes a blurring of the vision to the heart. Many do not seek the wisdom of the heart because of the commitment to the daily round of activities. We would ask each to look therein on a regular basis that one may develop a clear communication, with the heart, the intuition, the portion of the self that still moves in unity with all.

Is there a further query, my sister?

Carla: Yes, Q'uo. R asks, "It takes time for me to assimilate whole new concepts such as I have found in your group and to stay centered while I am doing that."

I am Q'uo, and am aware of your query, my sister. Each seeker will approach the learning of that which is set before him or her in an unique fashion. Allow the self to move in the way and at the speed which is comfortable for the self. Do not place too many demands upon the efficiency or the speediness of the learning process.

Is there a further query, my sister?

Carla: I hear that, Q'uo. R says that he is sensing to, "Do this, or don't do that," in his meditations. "Is this my imagination? How can I tell good suggestions from bad suggestions?"

I am Q'uo, and am aware of your query, my sister. As one develops the pattern of the daily meditation and becomes comfortable with the sitting within the silence and the seeking with the heart, there is the first inspiration that moves one in this or that

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direction. We would suggest that each entity move as the heart instructs, with the understanding that this is not a precise science, that there may be the times when one is uncertain, that the outcome of an action does not seem to be what was hoped for. Yet, we encourage each to reinforce the faith that the heart does know that which is needed. And as the seeking of the conscious self is more and more consciously and subconsciously sought in the daily round of activities and in the meditations that that which is the product of the seeking in the meditation may be followed with confidence and one may find that the feet are placed upon the firm ground though one may not consciously recognize the territory into which one has moved.

Is there another query, my sister?

Carla: Just to follow up with that: What you are saying is that with the faith you have to walk into the midair before the faith can kick in?

I am Q'uo, and am aware of your query, my sister. Indeed, each seeker must call upon the quality of faith again and again within the life pattern. This calling upon faith is that type of seeking which builds upon itself a kind of metaphysical momentum, shall we say. As one moves at first, the movement tends to be hesitant, not quite sure, timid, yet desirous of building the faith necessary to continue to move. And so the movement in faith does just this. The metaphysical muscles are built as are the physical muscles, with exercise.

Is there another query, my sister?

Carla: There is, but I would like to follow up on this question first. How do you balance moving in faith and discriminating?

I am Q'uo, and am aware of your query, my sister? We must pause briefly that this instrument be allowed to re-focus.

(Pause)

I am Q'uo, and am again with this instrument. The discrimination of which you speak is that which each entity is in the process of learning. The following of intuition, the movement according to inspiration, the ability to discriminate with some certainty of success, are all skills which are learned through the exercise of same. There are those times when the intellectual mind will enter the doubt or the fear and the process will become confused. This is the common practice when an entity is first becoming aware of the need to move the self by the heart rather than only by the head, shall we say.

Is there a further query, my sister?

Carla: Yes. Do they have difficulty understanding Earth problems and situations … but you already answered that, so you don't have to answer further. R also wants to say that he knows that you are trying to help him and he wants to thank you with all his heart.

I am Q'uo, and we also would thank the one known as R for offering these heartfelt queries to us and to this group. Is there another query at this time?

S: A couple of sessions back I was unable to attend and a couple of questions which were asked for me were lost and unrecorded. The first one was [about] my wife. She seems to be at a crossroads in her life. Work no longer gives her the same joy and satisfaction. She seems to think that her life should go in a different direction and she does not know where. She has physical ailments with her back and her feet that are not getting better. There is a lot of frustration and I don't know how to help. What can I do? How can I help? What suggestions or opinions do you have to help her?

I am Q'uo, and am aware of your query, my brother. We would again suggest that the meditative state is that place within each entity's experience where the self may face the self and seek the heart of self most lucidly. We would recommend for any such entity seeking the answer for the deepest questions of the incarnation that the meditative state is that place where such may be sought with security and with a certainty that can be found in no other experience. The entity of which you speak suffers the pains to those portions of the body used carrying heavy weights. The entity is aware of the weight upon the shoulders. The entity seeks the new direction but is unable to find the new path to travel until it is able to make the choice to leave the old path behind. This again requires the kind of faith that the Arcanum Number 22, the Fool, expresses as it moves in midair. Thus, we would recommend that this entity seek in the quiet times the depth of its heart's desire. Here the entity will find the direction pointed for the new movement. And yet the entire direction awaits the choice by the entity to no longer carry the weight that it now carries.

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Is there a further query, my brother?

S: Yes, my youngest daughter at times seems to be fascinated with my mother, who died 11 years to the very day that she was born. What are the dynamics of her interest?

I am Q'uo, and am aware of your query, my brother. We wish to serve without infringing upon free will, and in this instance we find that we must choose our words carefully. The experience of the young entity's fascination with the one which came before it is the one which is supposed or surmised by those closest to it. More than this we cannot say at this time.

Is there another query at this time?

S: You many times say that you do not want to interfere with free will. It reminds me of the Hindu story of two men in a boat and one falls into the water. The man in the boat does not help him and says that it is his karma to drown. It might have been the other person's karma to save him. How do you know when you may infringe on free will?

I am Q'uo, and am aware of your query, my brother. We look at the choices which have been made by the entity in question. If the entity has begun to utilize the catalyst which has been placed before it in a direction which needs only confirmation in some degree, then we feel free to speak. If the entity has not yet used enough of the catalyst placed before it to be able to make this beginning choice, then we feel it is an infringement for us to make it for the entity.

Is there a further query, my brother?

S: Since they are using two tapes now, what caused both tapes to fail at the same time a couple of sessions ago?

I am Q'uo, and am aware of your query, my brother. We find that one tape failed due to a mechanical malfunction. We find that the primary tape failed due to the interference of one within the circle of seeking.

Is there a further query, my brother?

S: I have had problems with my eyes [from] just before Christmas and, since I don't "do sick," it really caught my attention. I was afraid that I might have missed the point of something that was presented to me. I might be thick in the head and just missed something. Could you comment on that, please?

I am Q'uo, and am aware of your query, my brother. In this instance we find that you were responding to a responsibility which had been placed on your shoulders which you wished was not so and in this instance refused to see a way of accomplishing this responsibility in a timely manner.

Is there another query, my brother?

S: A week ago my 20-year-old niece was in a very serious car accident and at a time in which our family was going to get together and heal wounds that had been out there for a long time. Her serious injuries have been a shock to all the family and could you tell me what were the dynamics to be learned and what are the effects for the family and my niece, particularly?

I am Q'uo, and am aware of your query, my brother. We find that the experience of the car accident involving your niece is one which may yet enable the harmonizing of difficulties within the larger family as it has become a focus point for the various entities of the family to gather about. For the one which has suffered the limitation of the physical vehicle due to the accident we would suggest that there are possible choices that this entity is now able to make, of necessity, that were receding, shall we say, from its conscious grasp as the direction it was moving its life pattern into was somewhat astray from that hoped before the incarnation began.

One may look to various other entities to see how such limitations may aid the overall incarnative process of seeking. The one known as Carla, for example, suffered the limitation of the physical vehicle due to the onset of juvenile rheumatoid [arthritis] at an early age within its incarnation, which had the effect of forcing its awareness into the self, that the meditative state, the contemplative, and the prayerful states be those which took precedence in the incarnation of the entity and allowed it to move into those areas which it has explored as its service ever since. The one known as Franklin Delano Roosevelt, as those who have read *The Ra Material* have understood, chose the paralysis of the lower portions of its physical vehicle as a balancing to the lack of compassion which it had shown to others in its rise to a powerful position. Thus, the limitation of the physical vehicle reignited a compassion within this entity for those about it.

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When the physical vehicle is so limited in its ability to carry out its normal functions that it can no longer do so without the aid of others then one may see the necessity of the others' aid as being a significant portion of the incarnational pattern of the injured entity. The ability to give and to receive the vibrations of love may be learned in such a situation. The non-movement of the physical vehicle may also cause the entity to reinforce the looking within that we spoke of when referring to the one known as Carla. The initial response of the entity to this possibility may or may not be the recognition of its value but may, instead, be the complete denial of this need. Each seeker will need to work with the catalyst which is placed before it in the fashion which is most comfortable to it even though this working with catalyst may seem quite chaotic and destructive in its beginning stages.

Is there another query, my brother?

S: I am reminded of my father who had problems with his knees. Hilarion channeled that problems with one's knees is like an individual being cut off or not seeing his higher self. Could this be a somewhat similar situation?

I am Q'uo, and am aware of your query, my brother. And, indeed, this was the point to which we referred to when we spoke of this entity's need of the reevaluation of the incarnation and the partaking in the accident as being the catalyst which would bring this need to the fore.

Is there another query, my brother?

S: I recently finished Book Five of *The Law of One*, and I was wondering if you could tell us what Don Elkins is doing these days?

I am Q'uo, and am aware of your query, my brother, though we are not able to answer this query due to our desire to refrain [from infringing] upon the free will of some of those present.

Is there a further query, my brother?

S: I notice with physical exercise I don't seem to be very flexible and I was wondering if my physical inflexibility might indicate a mental inflexibility. Could you comment on that?

I am Q'uo, and am aware of your query, my brother. In this instance we would suggest that the physical inflexibility is more a product of a lack of use than the reflection of any mental inflexibility that may have an effect on the physical body.

Is there a further query, my brother?

S: Recently I fell and jammed two of my fingers and they were sore for many days and I could not think what I had done to cause it to feel such pain. What was going on there?

I am Q'uo, and … we correct this entity. The energy grows low. We are those of Q'uo, and are aware of your query, my brother. The awareness of the increased pain of your physical vehicle is a symptom of the overloading of that area of the physical vehicle in such a manner that the pain is accentuated according to the weariness of that portion of your vehicle.

Is there a further query, my brother?

S: Yes. There was some music that I had purchased called, "The Wing Makers." There were ten selections and I was told there were thirteen other selections available. Could you tell me where I could get those selections?

I am Q'uo, and though we are aware of your query, my brother, we find that we are unable to find a "search.com."

Is there any further query?

S: Yeah. When are you going to get an e-mail address?

We are those of Q'uo, and we are most grateful to each entity for calling our presence this day to this circle of seeking and would wish to speak at greater length to this group but find that the energy of this particular instrument grows low and, thus, we must take our leave of this instrument and this group. We leave each in the love and in the light of the one infinite Creator. We are know to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
February 20, 2000

Group question: The question this week has to do with the concept of guides. We are wondering what is the best way for anyone who wants to get in touch with his or her guide to do that? And we are also wondering, if we are trying to get in touch with our guides and looking at our guides as something outside of ourselves, does that influence or affect our ability to get in touch with our guides? And if we are able to get in touch with our guides, does that add a responsibility to our life pattern?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a blessing and a privilege to be called to you this afternoon. We wish to thank each of you for joining this circle of seeking and for calling us to your group. It is a great blessing for us to be able to share our opinions and thoughts and you greatly serve us by enabling us to offer our service, for this is the way that we are attempting to be of service at this time. As always, we would ask that you consider each of our thoughts to see if they resonate with your own needs, for we are not those in authority but, rather, your brothers and sisters who walk the same dusty path and make many mistakes. Thusly, take what is useful to you from what we say and leave the rest. We suggest that you do this with all sources of information. For truly, your inner discrimination will be that which resonates to what is right for you, which brings us to your requested topic, that of connecting with your guidance. For guidance is always available and there are many ways in which one may frame the search for becoming more and more skillful at the using of it.

To put this question in context we would like to talk about the worldly versus the metaphysical universe. The dilemma of those who wish to live their lives from a metaphysical point of view is that this metaphysical universe is not the universe in which consensus reality, or the physical reality you experience day by day, takes place. The concerns of the outer world can absorb all of one's time and attention. And, indeed, many there are upon your sphere who manage to move from birth to the end of an entire incarnation without even once suspecting that there is another universe which interpenetrates the physical universe whose laws are of a higher order than those of the physical universe. However, for most people there are at least one or two times during an incarnation when it is brought clearly to one's attention that there is a higher order of reality and that it sometimes affects physical reality.

For those who are gathered today there is a complete awareness of and a desire and yearning for that second universe of higher truth. Further, the body which carries you about contains what this

instrument has called a biocomputer, the earthly brain, the choice-maker brain, that is built specifically to deal with the either/or questions of survival, protection of home and family, and the other concerns of the earthly life. The guidance system for the earthly brain is difficult to describe in earthly terms, but the word, intuition, surely covers it. However, for those who wish to become serious students, who have begun their path of wandering, their seeking for a true home, this either/or mentality does not satisfy for the simple reason that it cannot satisfy the needs of the metaphysical universe. However, each of you is also, and predominantly, a consciousness, an unique entity made wholly of love and light which goes through many physical vehicles in many densities and through many experiences within each density. This consciousness which is you can dip into the earthly universe, the physical world, by virtue of being wedded through the incarnational birthing process to a second-density physical vehicle; that is, your body. This consciousness, being a citizen of eternity, being infinite in nature, is completely adapted to doing work in the metaphysical universe. And each of you has, lying in potential within you, or should we say, within your consciousness, all of the guidance and information that you need. The challenge, of course, is how to gain access to that guidance, for however framed in conceptual structure, that guidance is a denizen of the deep mind, the roots of consciousness. And the door from the deep unconscious self to the conscious self must needs be opened or set ajar in some way in order for guidance to move into the conscious realm and become available in order that you may have access to it.

It is well to remember that guidance is definitely and always there, even when you are at the most seemingly far reach from it, even when you feel most blind, deaf and dumb. The guidance is there. The guidance is awaiting for your awareness. It is a matter of unblocking the channels of communication rather than searching for something that may or may not be there. We say this because in order to access guidance it is extremely helpful to be practicing a life in faith. We do not wish to imply a certain structure to a life in faith but rather wish to look at this quality of love that is faith. Faith is a paradox, for one cannot gain faith. One simply must leap into behaving as if one had faith in order to begin a life in faith. Thusly, the first act of faith is the leap into nothingness. Faith, after all, would not be faith if there were a way to rationalize it or prove that it existed by any reasonable inquiry. This makes faith a real challenge, for if you have not faith, then how do you achieve it?

That leap looks very foolish and feels very dangerous. And, yet, we say to you that if you can hold the essence of faith which is that all is well and that all will be well, if you can hold to this attitude, that faith will grow and flourish and bloom in amazing ways. And if you become overwhelmed with a lack of faith you have but to start over to take that leap again and the journey accelerates once more. There is never a failure that faith will not be recovered from. There is never a desert that is too wide for faith to cross. In faith, then, when you wish to seek guidance, you may approach this search in various ways.

This instrument, for instance, allows guidance to come to her by praying to the Holy Spirit. This guide, which she thinks of as an aspect of her higher self and which she objectifies as a portion of the Creator, is a projection of that essence within the deep mind that can be called guidance. Therefore, to this entity does not come a conversation but, rather, a feeling, an intuition, a sense of rightness. For this instrument this degree of clarity is completely sufficient and satisfactory. For many others there is a need to objectify guidance in persons and, thusly, many entities seek their guidance in the form of guides. Again, all that there is, is one, and in many ways and on the deeper levels all that is outside of the physical being is a projected portion of that physical being. If all things are one, then all that an entity sees is part of that entity and, in one sense, a projection of that entity. Each of you, you see, lives in a complete and unique universe, a creation of your own. It is slightly different but definitely different from that universe of each and every other spark of the infinite Creator that has been sent forth. As this instrument was saying earlier, there are non religious ways to set about discovering more about the guides that bless the entity with love and the desire to be of help in a spiritual or metaphysical sense.

These projections of the self that are guides are also entities with their own identities, their own histories, and, to some degree, their own agendas. Some entities feel that they have one major guide and it is to this one entity that the self goes. Indeed, some

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have objectified this guide to a great extent. Each of you has seen examples of channeling from inner guides that various sources offer and each is familiar with the concept of getting in touch with the guide. The project, shall we say, of reaching to discover information is best approached within a framework of a daily rule of life that includes a period of meditation during each day. The mind in the earthly sense has that tendency to continue working whether or not there is prominent stimulation from the outer world and, thusly, the inner world can be the world of one listening to a chatterbox.

Many are the conversations entities such as this instrument have with themselves, all in the imagination. And this energy generally moves according to the laws of inertia. It simply keeps going because that is what the mental biocomputer does. It runs. It operates. It is noisy. The idea, then, is to empty out the mental pockets and allow the earthly biocomputer to have a rest so that the consciousness may float free of the either/or demands of the earthly mind. Without the regular, habitual and persistent use of meditation it is very difficult to learn to stop the mind from running. And when the mind is running the deeper guidance is very difficult to contact.

Thusly, in order to prepare the ground for connecting with guidance it is a very skillful idea to place the self in the act of meditation. This is a tremendous commitment and it is a life-changer. This entity, for instance, is fond of saying that she does not meditate well. What she means is that she cannot completely shut off her earthly brain. Bits of conversations and music continue to filter through all efforts to shut down the noise of the mind. However [true], this objective concept of the self as not being good at meditating [is], this instrument would be the first to express the powerful work that meditation on a daily basis has wrought in her life experience. And indeed, any entity who has meditated for any length of time is aware that even a little of this silence of mind is a powerful accelerant of the process of spiritual transformation.

We would strongly recommend, therefore, that any who wish to connect with their guides do this in the context of daily meditational periods. Remember that although each of you came into incarnation fully aware of all of this that we are saying, during the birthing process the veil of forgetting dropped neatly and usually completely over the consciousness so that within the incarnation the path back to the metaphysical universe must be retraced step by step, and, in addition to the general confusion of the Earth plane, much must be unlearned from the standpoint of the metaphysical universe that is included in the cultural training of young entities. Many are those who have said that adulthood is that period wherein one attempts to undo the damage sustained during childhood. Much needs to be unlearned as the view shifts from the earthly and physical to the non-earthly and metaphysical. In one universe there are things, tables, people, planets, stars. In the other universe there are energies, thoughts, ideals, and as a metaphysical entity you are one who *is*, as opposed to the physical entity which [is one who] *does*.

Guidance is that connection between the metaphysical and physical universes which translates complex information concerning destiny and desire into earthly terms which steps down the energy of the cosmos so that the self within incarnation can accept energy and intuition and essence and open the mind to the translation that guidance will make of these things in offering them to the conscious mind.

The one known as R wondered if it would matter as to how one framed the request for this guidance and we may say that, indeed, this is so. If one frames the search for advice and wisdom as a search for guides, then it is very likely that entities, as opposed to energies, will be contacted. We may say that it is very difficult to express the nature of these essences and energies that are guides and guidance. Take, for instance, [that] of angels. Angels are another way of describing inner plane guides. When entities over a long period of time think along the same patterns and constructions of thought there is created by such thought the reality that such thought embodies. Thoughts become things and guidance becomes angelic. And it becomes true that for each entity there are several angels.

If we were to go through each culture and its religious beliefs we would find the channels and pathways by which that body of entities that believed in that wise perceived their guidance to be housed or contained within. And, thus, you have fairies and genies and inner planes masters and so forth. [There are] as many different ways to contact guides and guidance as there have been groups of people, or entities by themselves, who were seeking

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in a certain way with certain needs. What you may depend upon is that you fashioned for yourself, before incarnation, triggers [whose nature] would depend [upon] your appreciation and your awareness of the guidance that you need. As you seek for your guidance you need to follow that intuition that you have within you and those feelings that come from the heart. For it is the wisdom of the heart which often expresses through emotion only, that is the kind of beast, as this instrument would say, that guidance truly is. It is not an intellectual source. Guidance is not heavy on logic. Guidance can be paradoxical and, in many ways, can offer varying views on the same subject. What guidance is, as we said, is connections made within the self that enable the content of the deep mind to be moved close enough to the conscious mind that a translation of concepts into words and thoughts may take place. So what you are doing is asking the self to release the physical universe from consciousness and to move down into the roots of mind. Meditation is the specific way that we would suggest that this movement down into the roots of mind be approached.

Each entity will have a different experience when attempting to create the habit of daily meditation. For some entities it is a procedure that is very easy. Some entities offer to themselves within incarnation the gift of a quiet mind and economical thoughts, and for such entities meditation seems almost a natural way of life. For others, it seems most unnatural and is correspondingly difficult to create as a habit and, yet, we say to you that regardless of the subjective experience while gaining that habit of silence within each day, the progress is being made. It may feel as though one is coming up against a solid brick wall and going nowhere. We assure each that this is not so, that if the time is put in and the desire is true, the meditation periods will do their work and situations will begin to appear in a more lucid clarity. As the one known as Tom said earlier, it is not that the situation changes. It is that the response to the situation begins to change, which alters the situation, not for any other necessarily, but only for the self. Yet, since all metaphysical work is work on the self, this is a completely satisfactory situation.

We would suggest that it is well to develop one's personal way of approaching guidance, to put some time and concern in on clarifying to the self what is truly desired, what is truly sought, where the passion and the intensity of one's life is. For this process of seeking guidance and of listening to that guidance is an important part of accelerating the pace of your spiritual evolution. You will evolve spiritually regardless of what you do. The Creator's universe is somewhat efficient. Catalyst happens. Experience is gained. You do change. However, each of you is hungry for a faster pace of transformation, a more secure feeling that one is on one's way, that one is on the path. And certainly the whole process of meditation and of listening within that silence is central. We wish each of you the joy of finding your desires, of honing and sharpening those desires, and of seeking guidance in the pursuit of that thirst for truth, for love, for the Creator.

Remember that you may be part of others' guidance systems and you may not know it. Remember that when services small or large are done with love they will provide guidance regardless of who else is aware of your actions. When energy is put out it is not ignored, so that even if you do not know that you are guiding and the entity does not know that he is being guided by you, yet still this energy transfer will take place. So, at all times be aware of the ethical considerations involving relationships with others, for you do not know what service you might provide by simply being yourself.

We are with you in the silence. We sit with you in the darkness of the mind. There is love in that darkness. Know that it is there. Have the faith that your search is a good one, and allow. That is the word that opens the door once the silence is achieved. That word, allow. Allow the intuition to arise. Allow the still, small voice to speak. You will not hear, for it is silent. You can only act upen faith with that feeling of rightness.

We would at this time transfer this contact to the one known as Jim, thanking this instrument and leaving it in the love and in the light of the one infinite Creator. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and in the light of the one Creator. It is our privilege at this time to offer ourselves in an attempt to speak to any further queries which those present may have for us. Is there any other query at this time to which we may speak?

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T: I have had, for the last three or four weeks, several very strong dreams by spirit guides or guidance, and they are nudging me in a couple of directions. Away from a couple of things and towards a couple of things. I wondered what you could tell me about these dreams.

(Tape change.)

I am Q'uo, and am aware of your query, my brother. The experiences of which you speak are the natural function of the subconscious mind as it is working in tandem with the conscious experience due to the intense desire upon your part to know the appropriate steps to take in matters that are of importance to you in relationship with others. When the conscious mind has long sought a direction in which to move and has with an open heart found a kind of vulnerability, shall we say, then the subconscious mind moves through this desire and vulnerability and offers to the conscious mind the images and clues of the dream state. In this state there is the ability to impress upon the conscious mind a tendency, a direction, in which one may appropriately move one's being. We recommend that this dialogue with your subconscious mind be attended to so that the conversation might be attended to.

Is there another query, my brother?

T: No. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I often get requests for questions to be asked by people who are not here. Is that a satisfactory thing to do? Or should people have to be here in order to ask questions?

I am Q'uo, and am aware of your query, my sister. We find that it is quite acceptable for queries to be asked of us for those who are not able to attend these sessions of working, and we are quite happy to give the best response that is possible without infringing upon free will.

Is there a further query, my sister?

Carla: Is there anything that I can do to prepare the mind of the person who is not present and is having a question asked for him that would help you in the answering?

I am Q'uo, and am aware of your query, my sister. The simple informing of such an entity that we desire to be of true service and that is a service which does not infringe upon free will is all that is necessary in this instance.

Carla: Thank you so much, Q'uo.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

S: On previous sessions you mentioned that you have talked with this group and with others. Can you discuss some of the other groups that you talk with?

I am Q'uo, and am aware of your query, my brother. There are few groups such as this one that we actually speak with in the words of your culture. Many such groups are there around this sphere who in their meetings and meditations are inspired in images and what you would call intuition and hunches by those of our group and by those of others within the Confederation of Planets in the Service of the One Creator. The channeling process is one which is, though widely used in this culture at this time, one which we are able to pursue in only a few instances, for there is the need for anyone serving as an instrument to proceed in that service in a certain fashion which requires dedication and perseverance.

Is there a further query, my brother?

S: Is there any means that we can help you by as you help others? A kind word or encouragement or similar means that we in third density are more able to do that might be of help to your service?

I am Q'uo, and am aware of your query, my brother. We salute the desire to serve others in whatever way is possible for in any entity such as yourself and all those gathered in this circle there is a possibility of sharing information and inspiration with those that one meets in the daily round of activities. Indeed, each entity has the opportunity and the potential to serve as a beacon of light, as one who inspires faith and love in other entities. It is said often within your culture, and we find it true, that there is no end of good that a smile can do, for as each entity moves more frenetically in the pace of the culture oftentimes the simplest of courtesies are neglected and when remembered bring a great deal of encouragement to those entities with whom a smile is shared. To speak to another who has experienced a

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loss of significance, a difficulty in growth, a pain of the physical vehicle, and so forth, is a very helpful thing to do. Wherever there is the seed of love planted then there is a greater possibility of the open heart growing to fruition.

Is there another query at this time?

S: I have read about the planet Niberu which has a 3,600 year orbit in this solar system. Can you tell us how the catalyst from this planet will affect this world?

I am Q'uo, and though we understand that query which you ask, we are unable to speak to this query in any direct sense.

Is there another query at this time?

M: I would like to ask about kundalini energy and how we can grow from that energy and that type of meditation in yoga. Also what that energy can bring about in our growth.

I am Q'uo, and am aware of your query, my sister. The experience of the rising of the kundalini energy is one which is most powerful in its onset and requires that the entity which is undergoing this increase in awareness be most balanced, especially in the lower energy centers, that is, the red, the orange, and the yellow. For it is these centers of energy that form the foundation for the movement upward through the rest of the centers of energy. If this experience is undertaken without a proper balance in these centers there is the possibility of the loss of balance in the overall sense for the entity experiencing this growing awareness.

We would recommend that for any entity that is hopeful of igniting that [that] there be a careful examination of its own lower energy centers so that its ability to handle the increase of energy will be stable and remain so as the energy progresses through each ascending center. This may be undertaken in a daily pattern, shall we say, where the entity retires in meditation at the end of the day, looking at the experiences which have left their mark on the mind for that day and balancing each imbalance with its opposite so that the foundation is securely laid. This may take some of your time, for it is not a quick or easy process but one which takes dedication and repetition.

Is there a further query, my sister?

M: No. Thank you so much.

I am Q'uo, and we thank you my sister. Is there another query at this time?

S: Recently I had a period of twenty-four hours where my gums were swollen and infected and I had to seek medical attention for it. I am still mystified for what the catalyst was for that, and is there a better, more direct way to get my attention?

I am Q'uo, and it is in such a case as this one that we find ourselves unable to move very far with our response, for the experience of which you speak is one which, as you have said, is one which has left you mystified. It is such a mystery that provides you with the opportunity to begin the process of untangling, shall we say, the origin of such pain and suffering. When there is no beginning within the seeker's mind of the cause of such an experience we find, then, that we must remain mostly silent in order not to infringe upon free will by putting in the mind that which was not already there. However, we might suggest in this instance that you look at the energy center which is located at the point of your pain and begin there with a consideration of words spoken and the value of such.

Is there a further query, my brother?

S: No. Thank you.

I am Q'uo, and, again, we thank you, my brother. Is there another query at this time?

R: No question. Just wanted to thank Q'uo for looking after our free will and for the diligence in attempting to answer our questions, as repetitive as they seem to be.

I am Q'uo, and we are grateful for your words of support, my brother. For we are, indeed, hopeful of being of service with our humble words to this group and are also aware of the difficulties that each experiences in the daily round of activities. It is often a paradox that we observe entities which move with a great desire to be of service and in their desire to serve they stumble across this or that which seems to block the service, then, experiencing the blockage of service, ask all who may hear the cause of the blockage. When one wishes to serve such an entity it is apparently easier to give the answer rather than to withhold it and allow the entity to discover for itself in a manner which will carry true weight within the entity's total being than to simply experience what is given by another. Thus, the table we set for you is often not completely given with all courses available.

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For this we apologize, for we are aware that many would rather have a simple and clear response, but in our estimation such is not always a helpful response, for entities learn most powerfully when the learning is from the self, with perhaps a clue or two from another.

Is there another query at this time?

S: To perhaps turn this around, can we answer any questions for you?

I am Q'uo, and this instrument's mind began to run wild with that one. We shall attempt to rein him in, for he was wanting to know who was going to win the Kentucky Derby. I am Q'uo, and we are without significant query.

Is there a final query for us at this time?

(No further queries.)

I am Q'uo, and we again would thank each present for inviting our presence and for putting up with our poor humor. We are always grateful to be able to walk for a moment in the world of your words. We assure you that we always accompany you in an unseen fashion and observe those gallant forays into the murky ways of the catalyst of this illusion that each of you makes each of your days, and we cannot thank you enough for your attempts to share your love and light with those who walk with you. For in this illusion at this time there are many who are in need of such inspiration and such light. None of you knows how great an effect that you have with the sharing of an open heart, a smile, an open hand, a suggestion and the simplest gestures of courtesy within your illusion.

We are those of Q'uo, and would at this time take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ❦

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Sunday Meditation
March 5, 2000

Group question: The question this week has to do with what would be the best way to deal with criticism from another person that really hurts us, that makes us feel real bad, especially when we feel that the criticism is unjustified. As a more specific focus for that general query, we would like information on how to deal with people that are specifically trying to take our power, that we feel drained of energy by after we leave their presence?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and the light of the one infinite Creator. We welcome each of you on this beautiful spring afternoon. Through your eyes we experience the beauty of your plant life as it blooms in the early spring chill. How beautiful your dwelling place is. We greatly appreciate being able to share your setting and meditation with you. As always, we ask that you hear everything that we say with a discerning and discriminating ear, listening for those thoughts that resonate within your own mind and heart. Keep those that do so resonate and leave the rest behind, please.

You ask this day about how to deal with situations in which an entity has said hurtful things or has treated you in such a way that you feel drained of energy or saddened or discouraged by the exchange. As we often do, we would like to take a few steps back from this specific query in order that we may talk about the background of this question. Each of you is a complex of vibrations. Your scientists can tell you this. This is not purely metaphysical truth. You are, in one way of looking at yourself, a system of energy fields. Each energy field has its life and essence and its way of interlocking with and interacting with other aspects of your energy, other fields of energy within your overall energy complex. You have spiritual energies, physical energies, emotional energies, mental energies, and these energies are a complex kind of signature that speaks your identity as clearly as your name, perhaps more clearly than the name you may share with someone else upon the planet which you now enjoy. You share the vibratory complex that you offer up at this moment with no one in the infinite creation. You are unique.

Each, seen from the viewpoint of a perfectionist, is somewhat out of balance with the self. Yet it is these eccentric balances that add to your charm and your uniqueness and enable you to offer the Creator a new and ever-changing picture of who and what It really is. Thusly, your Creator is delighted with you whether you are in happy times or in woe, whether you struggle or flow and swim easily with the current of your destiny. But to you, gazing within at your energies, there is not seen the charm and delight of your uniqueness. Rather, because as several have said

this day in your discussion preceding this meditation, each has good days and bad days and there are sometimes less skillful ways in which we share our energies.

The energy system that you work with in receiving catalyst and processing it into experience is your physical body, together with the finer bodies that interpenetrate that physical body you can see, feel and touch. Often we suggest to you that it is not wise to use the logical mind, but in this particular case we encourage you when you are looking at how you are feeling with regard to another person that you do take stock, using the intellectual mind as well as the intuition, of the basic balances of the body at each center or chakra of energy. For it is at those chakras or energy centers that energy is exchanged between entities or people.

We would quickly review the basic seven energy centers we would suggest as a model for you to work with. The seven centers are the seven colors of the rainbow: red, orange, yellow, green, blue, indigo and violet. Each center has its domain and together they are as the path which the infinite energy of the one infinite Creator may travel, beginning with the red or base chakra. The first energy center that the incoming infinite light and love of the Creator touches is the red-ray energy center or chakra. To this energy center flow those issues that are the most basic: survival, the natural functions that are necessary for survival such as sexual reproduction, the achievement of a food supply, and so forth. Those who are blocked in the red-ray energy center have a straightened or narrow or low supply of energy moving throughout the rest of the energy system. Therefore, it is well, if you see some red-ray blockage within yourself, to lay all other concerns aside while you work upon this all important energy center.

The orange-ray chakra is up the spine from the red-ray chakra, in the area of the lower belly. And to this energy center come the issues of one person to another person. To this center come concerns of being controlled, or controlling others, the love of control, or the fear of control, the love of being controlled, or the fear of being controlled.

Within the solar plexus is the yellow-ray chakra or energy center and to this energy center come the issues of the self with regard to groups. You will find many family difficulties depending from this center as opposed to the orange-ray center because within the mind the family members are given a different kind of concern, attention and energy sharing than one gives acquaintances or strangers.

These three lower energy centers are very often the centers which you will find being blocked or being overstimulated when there are what this instrument would call personal problems between people. When there is a straightening or narrowing of the path of energy flow in these three centers the supply of energy reaching the heart chakra is diminished. Consequently, there is far less energy with which to respond to felt insult, offense or hurt feelings.

The higher energy centers are not those usually considered when thinking of how to deal with a difficult relationship or an unwise exchange of energy. However, it needs to be said that in the green-ray center there is great healing. In the blue-ray center of open communication even a little energy into this center can produce clear communication that is very helpful in situations sometimes. And certainly the indigo-ray center, which is that center which does work in consciousness, is one which the seeker is always attempting to use to some degree as the hope is held in the heart that the self is truly a seeker seeking for that which truly is there, as opposed to the self seen as a dreamer seeking for something that is not there, something that is only a dream. We can assure you that none of these energies or essences are at all dream related. Indeed, they are aspects of your nature that, to us, are far more real than your day-to-day experiences, for these are, as we said, the vibratory essences which are your signature in the metaphysical world. The saying that this instrument has is that you are what you eat. We would replace this adage with you are what you think.

What you ponder, what you hope, what your dream: these are more real than the day-to-day experiences on the deep level of work done in consciousness. Thusly, when you receive catalyst that seems to take your power away from you, to drain you, or seems to hurt the feelings, the first process, then, has nothing to do with any other person but, rather, has to do with working with the self to reestablish the feeling of wholeness of self that, in a metaphysical sense, implies safety. Sometimes there is fear connected with such a difficult relationship exchange. Sometimes there is anger, but, whatever the emotions are, the experience of being out of control

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and left to twist in the wind, shall we say, without any power, is that which needs to be looked at carefully. Think about the exchange that has taken place and, in the privacy of your own time, ask for the forgiveness that lies within you to come to aid you. You are a powerful being. Within you lie conduits that move deeper and deeper in mind until you eventually merge with the one infinite Creator. Nothing outside of you can destroy this wholeness. However, depending upon the circumstances, a difficult experience with another entity can make you feel like you are no longer whole, entire, intact or safe.

Thusly, the first work of the seeker is to reestablish the wholeness and integrity of the self. This instrument earlier suggested to one who was expressing the feeling of being drained that the physical motion of the scissors cutting be made over the energy center from which this sensation of being drained was being felt. We find this a perfectly sound suggestion because the work actually being done is being done in the metaphysical universe as opposed to the physical. You are not making motions in the air in the physical to any use. Rather, you are expressing an intention or desire in the metaphysical world, and in this universe thoughts are things and a thought pair of scissors will cut the thoughts of another who wishes to exchange energy in the sense of attempting to control or take the power of you. Thusly, once you have reestablished the integrity of your finer bodies you can begin to heal from this unwise exchange of energy.

The energy of forgiveness is one which is infinitely strong and yet very subtle. Sometimes it is difficult to pin down precisely whom you wish to forgive first. Are you upset with this other entity who has caused you seeming discomfort? Or are you more upset with yourself for being vulnerable to such unwise energy exchanges? If necessary, sit with this question in meditation and simply await a sense or a feeling of whom to forgive first. For both yourself and the other are involved in this exchange. Both are individuals, holy in their own right. The deeper truth of both beings is love. Once you are able to establish whom you need to forgive first then it is left for you to accomplish this by intention.

May we say that it is often not possible to forgive completely at the time that you would wish that all be forgiven. There are times when the disharmony within an energy center is such that such energy gets jammed and will not, shall we say, go through, much as a telephone call will not go through if the line is busy. Again, this may take time for you to work with. It is easier for you to forgive the other very often, than it is to forgive the self. It seems always that the seeker is disappointed with the self for having any problem whatsoever. It is easy to forget that the reason for incarnation, the reason for entering into a body, and entering the veil of forgetting as you do, is so that you will be confused and puzzled and have many uncomfortable experiences and undergo much suffering. This is difficult to remember when one is uncomfortable. And yet it remains true.

Once this process of forgiveness has been carried through to what you may feel satisfied with as an outcome, then it is time to begin to look to your systems of energies to see if they are, indeed, in balance. For the preparation for meeting the moment with an open heart does involve coming to a position within your energies wherein you feel relatively unblocked and able to allow the infinite energy of the one Creator to easily move through the system of energy centers traveling upwards into and then through all of the energy centers and then back out into the creation.

We took the time to go through these energy centers and to look at some of the, shall we say, high points of each center because this is a system which you can work with in many different ways. It helps to know how you are made. Any mechanism which is having difficulties remains broken until someone who knows how it is supposed to work can take it and work on it. Your metaphysical beings are such creatures. They do have a rhyme and a reason. They can, indeed, be drained of energy, and there are things that you can do to mend those broken places, but until you grasp how your energy works it is not so easy to sit down and begin to do the repairs. When you have gone through the processes of balancing and forgiveness then you are once again at peace and at rest, feeling relatively safe in your own skin. However, you remain vulnerable and this vulnerability is very, very important. It is central to the Earth experience.

We would like to frame this vulnerability in a more positive way, for each of you before incarnation was extremely eager to come into the Earth plane and to offer the life experience as a service and gift to the one infinite Creator. From a position before the

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dropping of the veil of forgetting you could see that you had an opportunity in the darkness of the Earth plane to live by faith. You knew that a life in faith outside of incarnation was very easy to achieve because you, like all other entities not in incarnation, were totally aware of the plan of the one infinite Creator, of the beauty of that plan, of the goodness of the adventure of attempting in a world where it was not at all obvious that love abides, that it would help your polarity tremendously to come into this darkness and to express a life lived in faith. It looked easier, by far, before incarnation than it does now. We are sure that this is an understatement for each of you. It does not look easy at all from within incarnation to deal with difficult people and situations, challenges that seem to rob you of energy.

However, all of these difficulties, all of these ways of moving beyond your ability to cope, are moments of great opportunity. For when you are beyond your ability to cope you still have one choice to make: despair or hope, giving up or digging in. Saying, "I'm finished," or saying, "I have just begun." You are entities of great power. Again and again your outer experience will seem to rob you of that power. Again and again there will be the level upon which this is accurate. There will be the level at which you have lost power and underlying this level of apparent experience is a faculty called faith. It lies like a floor that you must believe is there before you can feel it under foot. It is in times when you are helpless and hopeless and at the end of your human strength that faith will help you soar and fly far above all restraints and limitations. Faith is something that picked up weighs nothing but planted yields everything. It is in the air about you. It is in the heart within you. It is in the remembering of the mind that is disciplined to reject hopelessness, so you have good work to do when catalyst overcomes you.

Feel those feelings of helplessness, anger, grief, pain and puzzlement. Allow all of those strong emotions to wash through you, for they are cleansing to you. Moan and cry if you need to in the privacy of your own chambers. Do what you need to do to validate this experience that you are having. Don't say that it doesn't matter, because it does. These energies that you are experiencing as being drained are very real. But also move onto the next process. Invoke faith, forgiveness, and faith again. Surround and permeate yourself with faith.

The one known as Jesus the Christ wished with all its heart, all its soul, all of its strength, and all of its mind to take upon itself as it died the death of every other being in the creation. The difficulty with your doing the same thing is very simple. Is this your time to go to Jerusalem? Is this the time for you to be completely sacrificial of yourself? Do you feel that you will be of more help by being vanquished by this unwise exchange of energy, or do you feel that it would be of more service to the infinite Creator and the world in which you live for you to mend yourself, to re-establish your health, speaking metaphysically, and then to move on to further learning within this incarnation? This instrument, may we say, has at times been the martyr, offering the self in unwise energy exchange and not realizing that this was unwise. Each of you has had the temptation to be the martyr, to give of the self beyond all possible healing, until there is nothing left. You may be Christ-like. We do not say this is a poor choice. We only say consider well if you wish to remain bankrupt or if you wish to restore your own integrity.

We would suggest that, most of the time, skill lies in protecting and defending the self, metaphysically speaking, [so it] can repair its energy loss and again stand upon its own two feet, metaphysically speaking, ready once again to offer all, to love all, to serve and hold to high ideals as best as it can. New catalyst will come and new challenges, in each and every day. But you are a powerful entity. You can and you will learn more and more skill and take more and more courage, for each time that you go through the balancing, the forgiving, and the re-determining to live a life in faith, you open to yourself more of the power that lies in potential within you. You do not need to remain a victim. You may have relationship into which these periods of unwise energy exchange will come again and again. These are the relationships in the school of Earth that you prepared for yourself. You felt that you had plenty of ability to deal with these challenging personalities. You felt that you wanted to look in the mirror at these qualities within yourself projected onto others. When you are at your lowest, remember who you are. Remember the confidence you felt in yourself and then move into the ways of faith.

At this time we would transfer this contact to the one known as Jim. We thank this instrument and

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leave it in the love and in the light of the one infinite Creator. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to speak to any further queries which those present may have for us.

T: I understand the need for polarity. To experience one, you have to have the other. Most of my days are very positive but now and then I have one where I feel very negative about everything. As one becomes more positive does the need for the negative experience lessen, and when you have a number of positive experiences does that mean you need more negative to remind you where you are?

I am Q'uo, and we believe that we grasp your query, my brother. We would not suggest that there is a general rule for all entities, for the balancing process in which you are now partaking is one which you have been experiencing for some time now, where the outlook for the day, the attitude of the mind, is one which has moved in a, as you would call it, positive direction in which the joy and light of the Creator is more apparent to you because of work you have done upon yourself. On those days in which you experience the negative, the attitude [of mind] sees much of darkness about you and is the remnant of the prior perceptive abilities. Thus, you will find in your own abilities …

(Tape change.)

I am Q'uo, and am again with this instrument. To continue. There is a momentum that is possible to obtain either with the positive or the negative outlook, for as one feeds the beast, shall we say, so shall it grow. The momentum of the positive outlook for you now has begun to hold sway in a greater extent than in the past and this may be expected to continue.

Is there another question at this time?

T: No. Not at this time. Thank you.

I am Q'uo, and we thank you, my brother. Does another have a query at this time?

S: Our oldest daughter has very consciously avoided any contact with us. Phone calls go unanswered. My wife is quite concerned that our daughter needs our help or is in need of attention. My meditations tell me that she has done something and is afraid of our disapproval and wants to avoid us. Should we back off? Does she need our help in any way?

I am Q'uo, and am aware of your query, my brother. As the daughter has been aided in her leaving of the home environment and has now found a place in the physical world of her own it has the normal response that is to be somewhat divided, shall we say, in appreciation for its new position and in some trepidation for its security. Thus, one may expect that if aid is needed, it shall be requested. However, there is also the possibility that the entity known as the daughter is hoping to create the feelings of fear within the parental entities so that they will rush to an unasked aid or, perhaps, simply worry that their expectations were too high. The young entity must needs exercise its own muscles in order to grow strong. This, we find, is a portion of the philosophy which has put each in the position which each now occupies, and we would recommend that the course be stayed.

Is there a further query, my brother?

S: I have been in business for fifteen years and my wife has been in it with me for ten years, and we are contemplating the possible [closing] of the business and perhaps pursuing other ventures. It's not so much a spiritual question but a friend to friend question of having an opinion as to what we should do. Can you give me one?

I am Q'uo, and though we are aware of your query, my brother, we must respectfully decline to offer a friendly opinion for it would infringe upon your future in a manner which we would not wish to accomplish.

Is there any further query, my brother?

S: I guess I have to ask at least one question a week where you give me that response. Let me think of another one which I can put you on the spot with. It seems that I have had an infected hair on the back of my neck for years. It will sometimes scab up and go away and sometimes it occurs. Can you tell me what is the cause of that?

I am Q'uo. Buy pork bellies. We find that this response also causes this instrument to wonder, but we cannot offer any opinion other than this. Please forgive our shortness of words. We are sure that you understand.

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Does any other entity within the circle have a query for us at this time?

R: No question. I just want to thank you and the other entities of the Confederation for joining our circle today.

M: I want to express my sincere appreciation as well.

T: I, too, want to thank you for speaking to us.

I am Q'uo, and we thank each of you for your gratitude. It is an attitude which is most helpful in this circle of seeking. May we ask if there is another query at this time?

Carla: If you had one thought that you would like to leave us with, what would it be—in regard to all that we have been talking about today?

I am Q'uo, and we are grateful for your query as well, my sister. We are not usually those who are quick to give a thought for the day, but we are aware of the concerns shared within this circle of seeking on this particular day. There has been much opening of the heart in true concern for the way in which the life pattern has unfolded for each in the recent of your past. We find that each is concerned that the correct approach, attitude and steps have been taken, that the best that each has to offer has, indeed, been offered. And we would recommend to each our thought for this day that the worries of each be released, that the concern which each feels for one another, for the self, for loved ones, for any situation in which each moves, that the proper attention has been given, for each is a sincere seeker of truth and offers that which is in one at each moment and at each turn in the daily round of activities. That there is any question here we understand for each of you within the illusion, for you move within the darkness of not knowing the complete connection of all things within the one creation. However, from our point of view we can assure each of you that each is moving in the appropriate direction, accepting that which must be accepted, and moving on as best you can. And the burden of your experience seems heavy upon your shoulders. The worries that propel you to take one step or another are yet another heavy weight that each could well do without, for there is no mistake that love cannot make whole. There is no missed step that cannot be corrected with compassion. Understanding will heal many wounds, my friends, especially those that are self-inflicted.

We would encourage each to move forward in joy, in love, in light, and in appreciation and exuberance for the life which each now shares upon your whirling ball of Earth. The one Creator is strong in each and is most pleased with that which you have accomplished. You cannot displease the one Creator, for all experiences, both those which you call negative and those which you call positive, are the food of life for the one Creator that wished to know the length, the breadth, the limits of love, if there are limits to love. What can love heal? How far can love move? How powerful is the love that made the one creation? Each of you tests these questions and many more within the daily round of activities and thus far no one has exceeded the bounds of what love can heal. Rest, then, in peace and in love and in light, my friends, for each of you is doing most well in the difficult journey of seeking the truth within the third-density illusion.

At this time we would take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
March 19, 2000

Group question: The question this week has to do with the discipline of the personality. We wonder what that might mean and how we can utilize it in our daily lives. Does it have more to do with how we respond to the things we do in our daily lives? Does it also include what we do in our daily lives? If, for example, we had six times during the day that we did meditation and prayer would it be a discipline of the personality in the positive sense for us to do these six meditations with a welcoming, relaxed, happy, open attitude, or would we still be exercising disciplines of the personality if we did it grudgingly or if we occasionally forgot? What exactly is the discipline of the personality, and how can we use it in our spiritual life?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is our privilege for us to join your circle of meditation. We thank you for the beauty of your vibrations and the keenness of your desire to seek and know the truth. As always, we ask that those things that we say be tested by your own discrimination so that you keep only those things which seem helpful to you and release the rest from your memory.

You ask this day concerning the discipline of the personality. We are most glad to speak to you on this subject but, as is often the case, we would like to place this question in the context in which we see it, for this question is a question concerning what this instrument would call work in consciousness. This work in consciousness is a function of the indigo-ray or pineal energy center and there are strictures upon the appropriate occasion for doing such work which we would like to look at.

As this instrument is at this time working in the project of creating a handbook for wanderers it has had a good deal of occasion to reflect upon the basic arrangement or pattern of the metaphysical universe. Each of you as a physical entity and part of the physical universe is a human being with goals and interests, habits and preferences. The world seems to do unto you rather than you unto it. In the metaphysical universe this same situation takes on an entirely different cast. Rather than things in the world having weight, it is the thoughts and the intentions, the desires and intensifying effects and the blockages of energy and relaxing or limiting effects of catalyst that bear weight.

The person who is newly awakened to the way the metaphysical universe works will need to make a dramatic and often life-changing shift in thought in terms of what is valued or prioritized in the attention from moment to moment as the seeker is going through her day. The things of the world call upon the very persuasive levels of the senses and the

errands and chores and busyness of the day intrudes greatly upon this basic frame of mind with which the person of the world goes about interacting with his environment. In terms of the metaphysical universe the everyday experience becomes the hallowed and greatly valued grist for the mill, as the one known as Ram Dass put it. And when one considers the same chores and concerns one is looking not simply for the completion of a list of things to do but also a way of going about the doing of these things that is informed and energized by the manner of being which underlies and undergirds the everyday experience.

It is in this regard that the discipline of the personality can come into play. However, it is important to note that the energy system of the mind, body and spirit of the complex of energies cannot be manipulated beyond certain limits. That is, if there is a blockage in the lower three energy centers, which have to do with survival, the way the self regards the self [or] relates to other entities one at a time, and the way the self relates to the groups of third density, such as the work environment and the family, then the power of the one infinite Creator that enters the body in infinite supply cannot come into the heart center with full energy. There are many ways to distort or block or confuse these lower energies.

The most likely culprit in the root-ray or red energy center is the self's basic opinion of the self as being either a deserving portion or an undeserving portion of the creation. Those who are harboring depressed thoughts and thoughts of suicide, for instance, will block almost all energy coming into the body system. Those with intense sexual cravings or with other ways in which the self has distorted the energies of sexuality and survival can also substantially block and hinder the life-force from moving into the body energy system and rising to the heart. Each of you knows already too well the difficulties of the orange and the yellow-ray energy centers, as the conversation before this meditation expressed eloquently. Each is working with the concept of self, with the concept of self in relationship, and with the concept of self in groups, in ways that distort and filter that energy. And each, being unique, is doing that distorting and partial blocking in her own way. And, therefore, each has what this instrument calls a knot to untangle that is unlike anyone else's knot, has the confusion to unravel that is not precisely not like anyone else's confusion.

And while these processes are going on it is not wise to attempt to work in the higher energy centers. This means that there are many times in each day where remedial and centering work in balancing the lower energy centers and clearing them is called for. There is not the work that is done once and then left but, rather, the metaphysical housework of clearing and re-clearing and re-clearing, cleansing and cleaning the energy centers, encouraging them by various means to be crystallized, balanced and energized so that more and more energy can be taken in and processed and transmuted as the energy moves up the energy system of the body. Each then must determine, daily, hourly, if it is an appropriate time to do work in consciousness. If it is an appropriate time to be looking at the discipline of the personality. Now that we have expressed our cautionary hope that each will refrain from doing such higher energy work until full energy is pouring into the heart we can take into consideration the discipline of the personality.

As a background to work in consciousness in general it may be noted that that energy which is called the rising of the kundalini is an energy placement that is heavily dependent upon the intensity and purity of desire and the type of desire that you as a soul or spirit are naturally and inherently feeling the need to express. In other words, there is energy entering the bottom of the energy system, coming up from the feet and into the root chakra and moving from there upwards. But there is also the inner light of the one infinite Creator that is called into the energy system through the gateway of intelligent infinity through the violet ray and into the green, blue and indigo energy centers. Work in the discipline of the personality is indigo-ray work. And it is facilitated greatly by persistent daily work on one's desire. For the more intense that desire the more powerful will be that energy moving through the gateway to intelligent infinity from above. And the more powerful will be the pull that pulls that energy up from the root chakra and to the meeting with that inner light that is called by the metaphysical worker in consciousness.

What one hopes for from the energy system in this regard is to have an intensification of the full power that is coming into the heart meeting in the indigo-ray center, and this is a goal which cannot be

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followed as a goal but, rather, lived as a process. For, again, this will not be work that is done once and never again. This is in no wise a work that after one has done it one may rest upon one's laurels. Rather, this is a continuing effort throughout the incarnation.

Now, let us look at the concept of the personality, for this is what one is attempting to discipline. It is our feeling that the personality shell is an artifact of the incarnation in which you are now enjoying existence. This personality shell was chosen carefully by you, picking from the gifts that you had worked upon in previous incarnations, choosing areas of weakness that would give dynamic to the catalyst that was desired for learning the specific lessons that you chose in this particular incarnation. It is not to be considered a real being but, rather, the outer shell of a being that is infinite. It is a face to meet the faces that one meets in the physical illusion, a voice to meet the voices, a way of thinking to meet the ways of thinking that one meets. Those of the Eastern religions tend to look at this as a fundamentally unreal entity and see the self as unreal. We note that this is, to us, a somewhat simplistic diminution of the actual situation.

However, we would agree that the ego is a good term for this personality shell and may be seen to be subject to the suspicions, shall we say, the justified suspicions of the spiritual seeker. For this personality shell is a collection of gifts, challenges, limitations and biases of all kinds which then is taken out of one's control, for the most part, while one is young in years and given a thorough enculturation from parents, teachers and others in authority during the young years of the incarnation. By the time the entity awakens spiritually and resolves to take responsibility for the self this personality shell has become huge. It seems very real. It seems to be indestructible and almost impossible to change in many ways. This is a semi-permeable illusion.

There is complete free will to alter the distortions of the self. It is simply that there is tremendous resistance to change from this personality shell. The value of the shell is that it is as the user interface between the self and the catalyst, those faces that meet you face, those thoughts that meet your thoughts, and so forth. It gives you a place to start. It gives you preferences and biases to begin with. It gives you, shall we say, the abode that is as the haven where the precious self within rests in potential, waiting for the opportunity to come forth.

Now, each of you has undoubtedly noted throughout your experience that bits and pieces of this personality shell will fall away, sometimes for clear reasons, sometimes for no apparent reason, at a certain point within the incarnational experience. This instrument has called this the subtraction process, and many have thought of it as the refining fire that tempers the self. One could see the action of catalyst and experience on this personality shell as that of the sculptor who skillfully or awkwardly is attempting to create a new shape out of the block of stone that is the personality shell. There is a far more vital and authentic being resting within this relatively non-vital shell. Consequently, the spiritual being within the worldly incarnation is as the mine of precious stones which has been overlaid with dirt. It is a wise and protective measure, given the circumstances of incarnation. This mining, then, can be seen as the discipline of the personality. The careful, slow, almost scientific excavation of the authentic self from the jagged edges and roughness of the personality shell is the goal of the worker in consciousness who is attempting the discipline of the personality.

Each personality will have significant areas where the self can see that there is metaphysical work to be done. This instrument, for instance, cyclically moves into an attitude of self condemnation because of its tendencies as a personality towards clothing itself in many, many varieties of outer skin; one layer of clothing after another is seen to be acceptable and then not acceptable. There is felt to be the energy given, for instance, as this entity has recently done, to the achievement of an Easter dress and hat because of this instrument's tendencies to think along the terms of appearance and wishing to have the clothing that it would prefer.

However, simply cutting off the self from the purchase of the clothing can be seen only to be working on the surface of the personality. In disciplining the personality it is far more telling if the worker in consciousness can see into the fear and the unworthiness, these being indigo-ray energies that are distorting the entity towards achieving further changes of clothing in order to defend the self and create that feeling that the self is in some measure of control. Each entity will have deeply personal areas where the energy is drawn and leeched

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away from metaphysical pursuits and it is to these rough places of the personality that the worker in consciousness will go in thought, not to condemn the self, not to attempt with the knife to excise surgically parts of the self, but, rather, to see these places as places where the earth is covering the jewels in such a deep way that the focus of service and learning is shifted to trivial concerns.

In no wise do we recommend that entities simply cut out those activities which the self considers beneath metaphysical notice. Rather, we would encourage each to come into a vision or an attitude concerning the self that—we offer this instrument the phrase, "My funny valentine." We find the words to this song very pointed in this regard. "My funny valentine, you look so laughable, unphotographical. You're my favorite work of art." This is how you may see yourself as a spiritual entity. As a funny, but very, very sweet work of art. Each entity in incarnation, especially in third density, is a puzzle, a mystery, and an enigma with funny quirks and uncommon lapses that don't seem to add up to a totally sensible human being, and, yet, with all of the preferences and biases and funny places yet still each of you is a beautiful and perfect sublime complex of vibrations that is unique and most beloved by the infinite Creator.

When you can have this attitude towards yourself, rather than a condemnatory or a judging attitude towards the self, this in turn frees the self to be the self without apology or guilt. And at the same time it frees the self to begin to consider where lies love in the personality and where lies fear. For fear is part of that dirt that covers the gems of the true and authentic self. What you are doing is panning for gold in a way. You don't want to take great chunks of your self and toss them to one side. You might miss a gem. You want to take a sieve and sieve each part of that earth, gazing at all that is you to see where the glimmer of treasure truly is. And as you sieve and discard the earth, you do not judge the earth but, rather, thank it for protecting that authentic self and offering it a haven within incarnation which is relatively safe, no matter what the outer circumstances, difficulties or tragedies in a worldly sense that the self may be going through.

We feel that this is sufficient material to begin this consideration and would at this time transfer this contact to the one known as Jim for further questions to refine this subject or anything that remains to be discussed at this working. We leave this instrument in thanks, love, and light and would now transfer to the one known as Jim. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you in the love and the light of the infinite Creator through this instrument. At this time it is our privilege to offer ourselves to speak to any further queries which those present might have for us. Is there another query at this time?

Carla: I would like to give the instrument a chance to ask any further queries on this topic since he is the one who brought it up. He can just ask it mentally and you can respond.

I am Q'uo, and we are aware that the one known as Jim will need to read that which we have given before further questions are offered. Is there any other query at this time?

Carla: Well, just to follow through the example of me with my clothes, would the discipline of my personality in this regard, then, be looking at this habit and this preference and seeing the energy that is caught there in a metaphysical sense rather than making a move to change my behavior? Would that be a discipline of the personality?

I am Q'uo, and am aware of your query, my sister, and we find that you are, indeed, correct in that when one is assessing the metaphysical treasure, the metaphysical value of an activity, an action, or a thought then one is beginning to build the foundation of that which shall, in total, for the entity become the discipline of its own personality. The personality in each instance, then, is offered an expression of itself in a fashion which allows for the understanding of the metaphysical nature of the action to be expressed. This is to say that all thoughts, and actions, words, and deeds may be assessed for the metaphysical quality that they offer to the individual. Thus, the entity in each instance is attempting to concern itself with those things which have value or growth. The metaphysical nature of each expenditure of energy is assessed and further expenditures of energy are arranged according to those qualities which the entity feels will help in personal growth.

Is there a further query, my sister?

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Carla: So what I am hoping for when I am working on an area of my personality is that as I see into that area that I will have less and less to tie myself to that expenditure of energy. But is it also a discipline of the personality to go ahead and cut off the clothes-buying, in this particular instance, or is the metaphysical work best done by doing the thinking about it and then allowing spontaneous subtraction to take place?

I am Q'uo, and we are aware of your query, my sister. The expression of the discipline of the personality would be in that area where you felt there was the greatest potential for personal growth in the metaphysical sense, springing from your decision concerning purchasing or not purchasing further clothing. One may, for example, feel that there was growth potential in further purchases for they would add to the sense of worth for the self. Or one may feel that the metaphysical value would lie in the area of reducing the purchases or further purchases in this area would be felt to be of no value in the metaphysical sense. That is, there would be no increase in the sense of the worth of the self in so doing. This would depend upon the personality that was involved in such a purchase and how this entity viewed the self, the clothing, and the interaction of the two.

Carla: So you are saying that it isn't that one way is the right way, but that this is an area of play where we can make holy play out of improving ourselves or becoming more true to ourselves?

I am Q'uo, and we find that this is, indeed, correct, my sister, for it is the intention with which the activity is undertaken that determines its value in the metaphysical sense and the discipline of the personality would be that activity which the entity determined to be of metaphysical value.

Is there a further query, my sister?

Carla: One more. So if, for instance, we decided to be more disciplined about how much time we spent in formal meditation or offerings of some kind, what would make it a discipline of the personality would be the reason that we undertook such expenditure of energy. Is this correct?

I am Q'uo, and this is correct, my sister. Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

T: Yes. I mentioned earlier that I had an insight into my own possible motives, justification, or whatever, for certain service to certain people in my house, and it seems that part of this is ego or control factor on my part as much as wanting to help. I would like your comments on this type of thing when one undertakes a service and there are ulterior motives or things possibly of the personality that causes you to undertake this, that might not be the purest of motives.

I am Q'uo, and we believe that we grasp your query, my brother. In the situation of which you speak the underlying quality that is of significance is the intention upon your part is to be of service in an overall sense. This is to say, that the actions and attitudes employed with the desired end in mind …

(Tape change.)

I am Q'uo, and am again with this instrument. We shall continue. That situation of which you speak is one [in] which each entity involved is deemed to have a stake in the outcome of the endeavor. That is to say, that each entity will benefit from the action which has been undertaken, with the hope that the overall effect, then, will be for the growth of each entity. There may indeed be, as you have stated, certain hidden desires or portions to the agenda that one will be happy to see occur, yet we suggest that the overall desire for the benefit of all is the overriding consideration in this situation.

Is there a further query, my brother?

T: No. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

(No further queries.)

I am Q'uo, and we are also most grateful to each who has gathered here on this day and we would remind each that we are with you in your own meditations to aid in the deepening of your meditations. If you would ask us to join you there we would be most happy to do so. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ⚘

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Sunday Meditation
April 2, 2000

Group question: The question this week has to do with protection. And we are thinking about two types of protection. First, the type that you would invoke from outside of yourself if you felt that there was a need for angelic protection, protection by Jesus, in asking a saint for protection or a guide or any other inner energy you felt was helpful. We would like Q'uo to speak to that type of protection and also relate it to the type of protection that comes from one's way of living, from focusing on the being, upon service to others. Ra said producing fruit was a protected activity. Would this have anything to do with refusing to be afraid of that from which you might need protection? Does it help to have an attitude of gratitude?

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet each of you in the love and in the light of the one infinite Creator in whose service we are. We cannot express our delight to you and our pleasure at being able to join this meeting this afternoon. It is always a signal event when we are able to meet with this group. We would like to thank each for calling us to you by your desire for the truth. In that regard we would like to share with you that it is our perception that we are not authorities over you in any way, nor do we have what is, for you, necessarily the truth. We have opinions and thoughts which have come out of our experience, and we are happy to share this with you, for this is the nature of our service to the Creator at this time, to be in communication with those who seek information of this kind in this way.

However, we ask that each thing that we say be brought before each entity's discrimination, for you and only you will be able to feel the resonance of your truth when you hear it and when it comes into your heart. If there is not this solid feeling of resonance in our thoughts then we ask that you leave them behind, for what we are doing is not so much informing but, rather, sharing. For we are as you: students of the way. That way that calls all of us towards the mystery and the fullness of the one infinite Creator.

You ask this day concerning protection and because of the music which you played to begin to tune the session we would choose to begin with a discussion of the protection that can come from what the questioner called outer sources. The practice of calling for aid from a strong helper is as ancient as the belief that there are strong helpers. You must see your density as one in which you will inevitably, again and again, throughout your life be in the position of wishing to call for help from others. For the entire purpose of third density is socialization, the learning to give and to receive love and to give and receive lovingly that encouragement and support that is needed.

This instrument, for instance, in her tuning process habitually calls upon the archangels and all of the discarnate and angelic spirits that are within the inner planes of your planet. This instrument asks them to come and be a part of the session of working, helping to protect the instrument, the source of the contact, the contact itself, each person in the circle of seeking, the circle as an entity, and the physical space in which the meeting is taking place, the room, the house, and the surroundings. Each time that this instrument tunes itself for contact it goes through these preparatory protections. Further, it works with the energy centers of its body and wraps itself first in the protection of the body by the body and then the protection of the infinite white light of the one Creator.

May we say in this regard, then, that it is efficacious to call upon those entities, energies and essences to which an entity relates as ideas or ideals that are esteemed and admired. Calling for help sets up a dynamic within the inner planes as does any prayer. Indeed, we may include in this category specific worries which come repeatedly to the mind and begin to take over the mind. If these worries can be reformed into a more prayerful rendition so that help is asked this is an efficacious thing to do. However, you may note here that in this way of asking for protection danger is seen as "out there" and the protection against the danger is also seen as "out there"; that is, beyond the confines of the physical body and its thoughts and feelings and spiritual nature.

Consequently, there is a natural limit to this kind of request for help. The efficaciousness of these prayers and request for protection depend, in part, upon the attitude of the one praying towards the entities who are asked for help. If an entity is not actually one who believes or has faith that such calls for help will have an effect, then it weakens the prayer greatly. The faculty of faith, then, is signally important in asking for help from outer sources as well as in general.

To look at the attitude of the spiritually awakened entity who refuses outside help we would like to look at some of the actions of the teacher known to you as Jesus. This entity was extraordinarily aware of the issues involved in asking for protection. This is a time within what this instrument would call the church year when the one known as Jesus spent over a month in the desert. The story goes that this entity was fasting and being tempted. One of the temptations that this entity, Jesus, faced was the temptation to ask for outer help from angels. "Go ahead," suggested a negatively-oriented entity, "Throw yourself off of a high rock. Show me that the angels will catch you and not allow you to harm as much as your foot." Jesus remained on the rock. "You are hungry," came the voice. Make some bread out of that stone." Jesus ate locusts and starved. This entity grasped that he had no need of protection because he had nothing to fear. As the one known as T so accurately pointed out in an earlier discussion, an entity which has come to be fearless has come into a kind of balance that is beyond the forces of life and death. This may make such an entity seem weak-minded or [to be] missing the point. Someone new to the story of Jesus the Christ would at this point wonder what the point was of refusing any help when clearly there was no food, no shelter, and no comfort.

And, yet, to the one known as Jesus all that was necessary was the knowledge that he and the Father were one. He and the Father could be one in a desert with nothing to eat. He and the Father could be one in death when that illusion would vanish and he would once again, in spirit and in truth, be one with the Father. He could be one with the Father in any human situation whatsoever. And this was the value that this entity held above all others, seeing the primal nature of this utter belief in the unity of all things under the one infinite Creator.

There is a great key in this understanding. As long as an entity may tabernacle with the Most High, with El Shaddai, with the light, the Creator, the one original thought or Logos that is the Creator, all else has a habit of falling into place. This falling into place may include limitation, difficulty, illness and death. We do not say that fearlessness or faith will protect one from the natural processes of catalyst, declining health, or the natural end to an incarnation. However, let us continue to look at the attitude of the one known to you as Jesus the Christ. For if there was ever an entity which declined protection, this was the entity.

In its final days, knowing that this was its final few days upon the Earth, one night after dinner this teacher lovingly asked for its students to accompany him to a place where they could pray, for the one known as Jesus was fully aware that the time was

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almost gone and, oh, how this entity dreaded what was to come, as would any human in the bloom of life, young, and strong, and vigorous. It did not wish to lay itself down upon an altar as had Abraham done his son. He had no wish to immolate himself on some sacrificial fire. He wished to teach and to share and to love those who had been given to him. But the will of the Creator was pressing upon this entity's awareness, and he could not ignore the call that he felt was true. One last time he said in prayer, "O Father, please, if it is at all possible, let this not happen. Let me not have to do this." The answer was "no." Three different times he looked around to see if anyone was still praying with him and three times he found that all of his students were asleep and that he must meet this moment alone, vulnerable, completely undefended and unprotected.

When that moment came, when their little retreat was filled with soldiers suddenly, his students sprang to defend him. But he shook his head, "No," he said. "Put away your swords. My kingdom is not of this world. No fighting, please." He gave himself up to the authorities immediately and he walked willingly and sacrificially into his destiny. There must have been a thousand times in the next twenty-four hours before his death when he was tempted to say something in his own defense, to call upon powerful friends, or his heavenly Father, or some kind of angelic fix, but he never prayed, "Get me out of here." He was too busy watching for one more opportunity to love. When he was upon the cross at last, in the worst of his misery he kept finding little ways to show love. He saw his mother and suggested that one of his disciples take care of her and that she take care of him. He prayed for those who were murdering him, asking that his Father forgive them. No excuses. No anger. Just one more way to extend love, and when one of the two who were crucified with him mocked him and the other rebuked the first thief and said to Jesus, "Sorry about that. As for myself, do you suppose if you make it you could bring me along?" Jesus said "This day you will be with me in paradise." Anyone who hears this story knows two things for sure. Jesus the Christ loved and that thief was in paradise that day.

Now, how to bring such intense and pure love into your life, how to ask of that love to remove all fear we do not know, for with each entity the gifts of your incarnation, the circumstances of your incarnation, and the lessons that you came to learn will greatly shape the rhythm of your life. And those lessons that cycle through, again and again, for you may not seem at all the same as the lesson that is cycling for the next person, for your mate, or for your sister, or for your good friend. And, indeed, each of us, no matter what our density, if we are in incarnation, does have an agenda that we design for ourselves before we entered incarnation. This agenda involves relationships which need to be balanced and issues about which we have not yet learned enough to make skillful choices.

Now, both of these relationships and these issues will revolve around some aspect of the giving and the receiving of love to each other. As we said, your third density is a social density. You are here to learn to love, to give it and to receive it. You would be surprised how often it is that the giving of love is not difficult. It is the receiving of love. It is the surrender to love that is so hard, so very, very hard. And we know this because we have been through much more experience, but we still have that slight skin of separation between us and the goal that we see before us. We do not yet see that all things are one and that all expressions are one and, then, even the most fearsome and negative expression is a distortion of love. And, yet, we find that if we can move into that awareness that sees all entities and souls and all behavior as distortions of love, no matter how we feel about the actions involved we can continue to open our hearts and allow the love of the infinite Creator to flow through us and out into loving that distorted entity that is attempting to act negatively towards us. No matter how opaque the negative action may seem from the human standpoint, the rising to a level where all are seen as souls places the mind in a position which gives it the capacity to grasp that all is truly one, that all is truly well, and that all will truly be well.

Is this wellness congruent or synonymous with "well" in the worldly sense? By all means, no. That which is well in the spiritual sense may involve limitation, difficulty, disease or death. For these are processes that are part of life just as much as being born, being young, and learning new things, and so forth. The energies of living and of dying are companions within the density and its blood and bone aspect. This is a physical density. It is not an eternal one. That portion of yourself that is within incarnation and that will not continue after incarnation has every right to be afraid of death.

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Again, it is a matter of a leap of faith with no proof whatsoever to come to the understanding or the acceptance of what this instrument would call faith. And there is in that faith a surrender or a leap involved and in this leap of faith there is the leaping into what is specifically and absolutely unknown. There is no cheating here. No one can know while jumping into midair that the parachute is going to open, and that is what faith is like. Because faith is that which looks at a situation in which protection is desperately needed apparently, judges the situation and sees no human avenue for help, and simply says, "All is well, and all will be well."

Where does this faith come from? We assure you it is a powerful protection. It is the most powerful protection that you can invoke. It involves you as a human and spiritual entity digging in your feet, metaphysically speaking, and saying, "Here I am. Listen to me. I am real. I am not what I was born, and I am not going to go away when I die to this reality. I am a citizen of eternity. I follow a higher law. I follow a higher way, a higher truth, a higher life." It is this identification with an idea or an ideal for which you would die and for which you are living that brings you to the courage to jump into midair and say, "I am doing this by faith, blind faith, and I will live by faith, blind faith, not words, not deeds, not reasoning, not wisdom, not logic, not what seems to be efficient or suggested. I will live by faith."

This entity, this instrument speaking, once was at the crossroads of life and death. And because the ailments involved were physical was fully aware of the tenuousness of her hold on physical life. In that situation this instrument's reaction was to put up two quotes. One was from her beloved St. Paul. It was a long passage about being bloody but unbowed, in difficulty yet lifted up, and it spoke to those pains and agonies which the instrument was going through. The other one was simply the re-writing of part of the opening monologue of the original version of the television program *Star Trek*. This entity laboriously wrote out, "Faith, the final frontier," and placed it where she could see it every minute of every day. For she knew that it was faith and only faith that would keep her alive. Faith that all was well and that all would be well. And as this instrument went through one emergency situation after another and then one difficult rehabilitation after another, she kept this motto with her as the watchword. Faith, the final frontier. And, truly, this motto was able to open every door, to quell every fear, to quiet every anxiety, but only because the instrument moved into a state of mind in which nothing actually mattered except remembering that watchword.

For a time it is very possible that this instrument was difficult to live with, for it was so keenly focused on the best protection it knew. And it is possible that when you sense a crux of destiny and do what you need to do within your own mind and heart and soul in order to hew to faith you may lose a friend or find that a family member does not understand you. Or that other entities feel that you are not exercising proper caution or care. And, yet, this attitude of faith is, to our knowledge, the key to the highest protection of life, of work, and of fruit that we know is effective within or without incarnation. This is a value and an asset that is powerful within third density particularly because it cannot be proven. There is no way that you can sit down with someone and justify faith. There is no way you can prove faith. You cannot argue someone into having faith. There is no reason or rhyme to faith. And, yet, it is our understanding that this is how the creation works. To those who have faith and move forward in that faith, the universe opens and the entity moves with increasingly unfettered foot through all the densities of love, of light, and of unity.

Now, how can you attempt to build your own faith? We would suggest three things to you. Firstly, we would suggest focusing upon love. This instrument is fond of saying "There is love in this moment. Where is it?" This instrument is incorrectly quoting those of Ra, but the idea is important. In all relationships there is a more loving path, and we encourage each to spend the time and the thought aforetimes, if possible, to see the way clear to cooperating with this path of love. This is not necessarily an easy choice, for the entities that one deals with are not designed to be pleasant or helpful necessarily in the usual sense, but, rather, may well have been chosen specifically because of their irritating and aggravating value, for it is in the friction and the heat of tempering and refining fire that the personality which you wish to improve will have the opportunity to improve. For that tempering and that friction begins to smooth away some of those aspects of personality that may not be so helpful in a spiritual sense. And they will not leave

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simply because you would rather that they not be there. They will leave when they fall away because they are no longer called upon. And the habit of not calling upon them will come because there will come a time of testing, and you will have learned enough to make a more skillful choice and to cooperate with the love in the moment rather than in the defense of the self.

The second aid to increasing the ability to choose faith is meditation. You will note that we do not ever lose an opportunity to encourage seekers to prayer, meditation, praise and thanksgiving. These powerful techniques of tuning the mind and the heart have a cumulative effect. The first time you choose to go into the silence or to have a conversation with the infinite Creator that is honest and deep and probing it may not seem to have amounted to much. But if you persist, then, moving into that silence again and again, that silence will expand and lighten and become the holy of holies in which you are sitting with the Creator. Indeed, the Creator sits already within your heart of hearts and waits for you to come and join Him.

The third aspect that will increase faith is the right use for the will. Indeed, faith and will go hand in hand and we encourage each of you to gain an ever increasing respect for your will. For it is your will that decides what you will desire, how you will desire it, and how strongly you will pursue it. We encourage each of you to hone and purify your desire. Always asking yourself, "Who am I? And what is my desire? What is my deepest self and what is my deepest desire?" For the more you know about yourself the more you will be able to come into acceptance and forgiveness of yourself. And the less that those of negative orientation can do to unbalance and topple you from this balanced view in which you are attempting …

(Tape change.)

The will can run away with the self and lead the self into most unwise areas of thought and interests. And that is why we emphasize the right use of will. Before you apply your will, before you decide to will that which you desire, we encourage each to look carefully at your desire to see if that desire is consonant with the laws of love that demand that all entities have free will and that the self never infringe upon that free will. Be very sure that you are following love and that your desire truly is a loving desire before you set your will behind it. For that which you will to desire you will receive. And each desire, when fulfilled, will have side effects which contain the possibility of adhering karma. Consequently, be very clear when you set your will, and gaze carefully at what occurs thereafter with an eye to maintaining a loving and giving and cooperative attitude concerning the outworkings of that fulfilled desire.

This is a good beginning, we think, upon the topic of protection, so this instrument is encouraging us to wrap it up for this day. We are glad, then, at this time to transfer this contact to the one known as Jim that if there are any further questions we may respond to them before the end of this session. We thank this instrument and leave it in love and in light. We are those known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and am again with this instrument. We greet you once again in love and light of the one Creator through this instrument. It is our privilege to ask if there might be any further queries to which we may respond?

S: This last week I have been quite depressed because our eldest daughter has chosen not to communicate with us and we don't know if she is OK, if she needs our help, or what. Could you give any information that I could give her mother as to how she is doing?

I am Q'uo, and am aware of your query, my brother. The young entity of which you speak is one who feels the need to express its own individuality in a manner which not only carries the nature of its own unique identity but also an emotional charge as well, for as this entity was encouraged to partake in the pursuance of its own individuality it was, shall we say, set upon this journey in a manner in which it was in some disagreement with and now seeks to express its own anger and sense of self in the refusal to communicate with you and the one known as C. We cannot speak in a specific sense for we are not privy to the details, shall we say, of this entity's experience but can give the report that it is well and is pursuing its own journey in its own way.

Is there another query at this time?

S: I've been reading recently on interesting magnetic devices and one thing interests me. They mention their source as the universal mind and can you expand on the reference to a universal mind?

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I am Q'uo, and am aware of your query, my brother. Each entity which has individuality and, seemingly, its own separate mind, if it moved deeper into the roots of its own mind it would pass through those greater and greater accumulations of mind such as the racial mind, the planetary mind, the archetypical mind of the Logos, and eventually into that area of the intelligent infinity which you may call the universal or cosmic mind of the one Creator. Thus, each entity, if it is able to move in a conscious fashion past the veil of forgetting which separates your conscious and subconscious mind, it would eventually come to this source of all minds.

Is there a further query, my brother?

S: I have conversed with them a couple of times and my recent e-mail messages have not been responded to. Should I be patient in that respect?

I am Q'uo, and we suggest patience is always a virtue. Is there another query at this time?

S: No. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: Would it be helpful if I showed S the material on the gateway to intelligent infinity which has to do with opening to the deeper aspects of the mind?

I am Q'uo, and we find that this is completely at your discretion, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and we are most grateful to each for inviting our presence this day. It is always a joy for us to walk with you in your meditative sessions and we look forward to each such event. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 16, 2000

Group question: The question this week has three parts. The first has do with information on what the experience each of us will face as we go through the experience of death will be like. We've heard a lot of things said about it, such as there will be guides and friends and teachers there to help orient us to our new environment. We would like Q'uo's perspective on what this death into life transition will be like. We also would like for you to relate that to the concept of what our entire evolutionary process is like from the third density on. Some writers here in the third density have mentioned the possibility of skipping the fourth density and going directly to the fifth, and we are wondering what Q'uo's take on that might be? The third part is information on how we can discriminate between positively and negatively oriented entities if a discarnate entity is in our daily lives and the information which we come across there.

(Carla channeling)

We are the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are. We thank each of you for making the effort to join in this circle of seeking on this day, for, truly, it is a blessing and a privilege to be called to this group by the energy of your desire to seek and to know the truth. It is a blessing to us to be able to share our thoughts and also because this sharing of our thoughts with those who would seek to know them is our chosen area of service to others. And so we depend upon groups such as yours for our opportunities to be of service to your people. Consequently, you loom large in our life at this time. We are most grateful to you, and we know what it costs each of you to be here this day, the will and determination that it took to lay aside those other things that are of concern to you that you might seek in this manner. We greatly appreciate your dedication.

As we share our thoughts with you we wish you to know that we are those with opinions and information that we have come to feel is valuable in spiritual seeking, things that have stood the test of time for us. However, we also know that in speaking to a group we cannot be all things to all people. And, consequently, those things that we have to share may or may not resonate with your own personal truth, and we would suggest that each of you does have an extremely efficient and very sensitive apparatus of discrimination which is, for the most part, a portion of your intuition rather than a portion of your logical mind. When you hear our information do not simply ask yourself if it sounds logical, because we generally do sound logical. However, our truth may not suit your seeking at this point. For there is a movement and an aliveness to truth. It evolves for each seeker, and we would not wish you to hold on to something that might turn out to be a stumbling

block. So use what seems helpful to you and, if you would, it would be very helpful to us if you would simply disregard and leave behind all other thoughts. Neither we nor any is an authority for you. You are an authority for yourself. We encourage you to trust in this energy of discrimination which you have within you, and when you sense a thought that resonates with your own, seize it and work with it. And when you do not, release those thoughts that do not ring true.

We are aware that we would speak to you this day about the processes involved in what you call the death of the physical body and would only preface our discussion of this interesting subject by noting that the living of the life is at least as interesting as the end of it so that we encourage each of you not only to think of the goal or ending of that great adventure in the middle of which you are now walking, but to think of the death of the physical body as a portion of an ongoing experience of living that is not ended by birth or death or any ending whatsoever. But, rather, that each of you is a citizen of eternity, that you were in your spiritual integrity a creation before the world was created, before the universe as you know it was created, indeed, before this octave of creation was present. For you have been a spark of the one infinite Creator, a child of the one great original Thought, for eternity. And there is no end to you, or to me, or to any part of the one infinite Creator.

Having said this we feel more comfortable with focusing upon this portion of the experience of incarnation which is the physical death and that which occurs directly after the physical death. Perhaps in order to create a more coherent explanation it would be helpful for us to look at the basic plan of what this instrument would call the octave of creation which represents the creation in which you are now involved. As the one known as D was saying earlier, this consists of the seven notes, shall we say, of existence in the octave that you now experience and we would ask you to think of this term, octave, as specifically musical or, alternately, that which is colored. One may either think of the musical scale of the first note through the seventh note ending in the octave of the first note, which is also the eighth note, the same note one octave higher. Or you may think of the rainbow with its red, orange, yellow, green, blue, indigo, violet, ending once again in that octave of color which is, shall we say, white or the octave density which moves without noticeable change into the first note or density of the next octave.

The first density is that density of elements where the lesson is simply being. The second density is that density which you enjoy when you step outside. It is the density of the animals and plants that turn towards the light. It is the density of awareness, not self-awareness but that awareness which is wishing to turn to the light, to seek the light for growth or food and so forth. Those which are animals within second density do not always seek the light for food directly but seek those plants and animals which have sought the light in terms of food. Consequently, this very large density is a density which is one with the infinite Creator. It is not self-aware, but it is aware of the truth. There was never a discontented flower, for instance, nor a rebellious wild creature. These entities know who they are and do not have questions concerning their nature.

It is in the third density which you now enjoy as what this instrument would call a human being that you experience that self-awareness that asks, "Who am I? Where am I going? What are my goals within this experience?" The higher densities after third density pivot upon third density because third density is the density wherein self-aware beings take stock of their situation and determine the nature of their further seeking. Seeking is all about loving. And the question becomes, "How do I express love?" Usually, this is conceived in terms of service and the question of how to love becomes the question of how to serve. There are two basic options for service to those who have come to this point in their spiritual evolution.

One option is to serve the Creator by serving others as though others were the same as the self. The other option is to serve others by encouraging them to serve the self. The rationale there is that the self is the Creator and, consequently, when others are serving you they are serving the Creator. This is called the service-to-self path as opposed to the service-to-others path. And in many ways it is difficult for those within third density, especially wanderers, to recognize the difference between service to self and service to others. For those who wish to help others in terms of service to self are often extremely dynamic and charismatic entities, who wish to control and manage the affairs of others for their own good, as the one known as M said

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earlier. This can be extremely fatiguing and difficult to deal with for those who are focused on service to others. And it is, indeed, a challenge when a service-to-others entity is faced with those who wish to control or manipulate. We can only encourage those who seek to advance themselves through service to others to continue in that path in faith that regardless of the seeming disadvantages of this attitude or point of view, the energies involved in responding always in terms of service to others over a period of time begin to have their own momentum, thereby moving the self into a point of view which is enough changed that the efforts of service-to-self manipulation are seen as less fear provoking and more provoking the desire to pray for, care for, and love those entities which seemingly would wish to manipulate you.

This kind of choice begins a process which we have called polarizing and for the rest of your third density experience, once you have begun to deal with this basic choice, you will be repeatedly, and on various levels as you proceed through the incarnation, be involved in times of observing, evaluating and responding to situations in which you have the repeated choice of service to self, by control, manipulation, fear and offense, or service to others with no control, no manipulation, and only blind faith and a hope of meeting others in their needs in such a way that you may be of service to them. This process of learning to love goes on through the next two densities. The next density of your experience after this one is the so-called density of love and understanding, the fourth density. The density after the density of love has been called the density of wisdom. You will note that the density of wisdom is not called the density of understanding, for understanding is that which is of the heart rather than the mind or the wisdom. In the sixth density, love and wisdom, which have been studied separately insofar as that is possible, are now considered in terms of their balance, one with the other, within the seeker. And so the sixth density is called the density of unification. Somewhere in the middle of this density those upon the path of service to others, or the negative path as this instrument has called it, face a choice once again. For they discover beyond a shadow of a doubt that they cannot move forward in their own spiritual evolution until they have accepted at last that the heart holds truth, and that other selves are the self. This is a crushing and an absolutely life-changing discovery to those of service to self and the phenomenon of reversal of polarity occurs at this point individually for each service-to-self entity. Each entity must make this choice again for the self: whether to stay with all that has been learned along the path of service to self, or whether to switch polarities and move further on, having accepted the unification of positive and negative paths as a positive path.

We have called these two paths the path of that which is, that is, the path of service to others, and the path of that which is not, service to self. And the reason that we call them in this particular way is that in service to self the heart is denied and ignored. Consequently, the main source of power for service-to-others entities, and the strongest source of power for all, is left out of the scheme of things. This is the great limitation and it is a denial. Consequently, we call service to self the path of that which is not.

After the unification occurs, the end of sixth density and the seventh density are those in which the selves gradually stop turning backwards to look at what has been and begin being drawn, as if by gravity, into the heart of the source of all that there is: the one infinite Creator. At the end of seventh density there is a movement into timelessness, and in this time of unknowing the heart of the Creator beats and another creation begins. This is the panoply of cosmology within which you are now experiencing the third of seven experiences or types of experience. And each of these densities represents a considerable length of your time.

However, your third density is the shortest of all densities, being only 75,000 years long. During third density the pattern of incarnation is, at first, quite automatic. Entities are graduating from second density because of the growing realization of love itself. As they become harvestable, for whatever reason, they are able to incarnate as individuated consciousnesses and they become what this instrument would call human. At first, incarnations are largely automatic. Little is known. Much is in chaos. And there is a little learning each time and then a relaxing from incarnation through death into the body of light that is yours between incarnations within the inner planes of this particular planetary sphere. During this time between incarnations there is first any healing that needs to take place from the incarnation, any traumas that need adjusting and comforting, and so forth. Then there is the opportunity for another physical vehicle, the descent

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into the world of heavy chemical bodies that your physical plane represents, the gathering of more catalyst, more information, more experiences, until the incarnational self is completely full and has done all that it has hoped to do within this particular incarnation, at which time it moves through the physical death again, the healing of the incarnation after death, and, gradually, as the incarnations mount up and the entity within begins to crystallize beyond the simple personality shell this between incarnations process becomes lengthened because there is more to heal, and because more and more, as entities become senior in their vibratory patterns they earn the right, more and more, to have a say in their own incarnational plan. At this point within third density upon your sphere, this being the end of that 75,000 year period, each entity that incarnates upon your planet is capable of graduation from third density to fourth. Each entity has chosen the incarnational lessons of the present lifetime and the relationships that it will use for learning and for service.

In this particular lifetime for each of you there is the potential of graduation at the end of this physical death experience. Now, let us say that the physical death is one thing to the body and another to the consciousness that the body is carrying about at this time. For each of you is not one being, but two. You are a second-density animal, a hairless or nearly hairless great ape, with certain instinctual patterns of behavior and a choice-making brain that is extremely good at choosing what to eat and how to survive and how to protect the family. And you are also this eternal being whose present life is merely a parenthesis in eternity. When the physical body is exhausted or is traumatized and can no longer sustain the breath of life the spirit itself does not miss a beat. There is no alteration in consciousness. It is as though you were continuing to observe but the nature of your observation changes. For, instead of observing the heart beating, the mind thinking about dinner, the feelings of the physical body as they move into your consciousness, suddenly you are experiencing what seems to be a physical body, what seems to be physical feelings, what seem to be physical incoming data. But the body itself has altered.

This instrument has had the experience of moving through the gate of death and so we are able to say through this instrument that this entity's first-hand experience was a valid one. And this entity's experience was simply that, the kidneys having failed in this instrument's body, it experienced a great deal of pain and then when death occurred, there was the cessation of the pain. There had been disfigurement of the body because of the lack of the kidneys working. Suddenly the body was fair and perfect. The clues mounted quickly, however, that the entire situation had changed. For when this entity spoke to a rose upon a fence an entire section of rose bush wound itself around this entity's arm, without thorns but with endless love. This entity could hear music and see it in the air. And the colors that this entity saw were more substantial and had a life of their own. They pulsed and glowed with a three-dimensional seeming energy that is lacking in the colors upon your planet

The experience expanded through the death process rather than being cut off and then changing or stopping altogether. This is the actual experience at the time of death. Indeed, it is so persuasive that many there are who die suddenly who take quite some time to realize that they have indeed passed through the gates of physical death and no longer have a body or an incarnation upon the planetary sphere.

Now we would address that which occurs at the time of graduation, and this, in part, moves into the second question which you have asked of us this day. Picture, if you will, a walk that is long and beautiful and seems to be completely a walkway filled with light. On either side of this walkway are presences that are extremely loving and nurturing and that guard each and every spirit that walks this path of light. Picture then, if you will, a light whose very nature changes, becoming more dense, more bright, and, in ways hard to describe, more challenging. It is as though elements have been added to this light as you move along this walk. The reason for this is that the nature of light changes by quanta. A photon within your density is not as complex as a photon within fourth density, which is not as complex as the photon in fifth density, and so forth. When you are walking steps of light you are walking to find your most comfortable and attractive place to be. You are looking for your new home.

This situation is somewhat complicated by the fact that many there are among your peoples now, including many within this room, who do not originally come from the Earth and its density

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system but, rather, have moved through third, fourth, perhaps fifth and sixth, to some extent, on other planetary spheres or on other planetary influences. Then you, perhaps, [have] come back to third density here. Why? For two basic reasons. Firstly, you wanted to undo a balance between love and wisdom that you felt could be improved upon and intensified. And so you came back to third density to remake the original choice and to reinvestigate the power of love, especially unlimited or unconditional love. Your second reason as a wanderer for coming here was to lend all of your being to what this instrument has called the ministry of essence upon planet Earth. It is a simple plan and it is the basic plan of wanderers upon planet Earth. The plan is basically to come into incarnation here and become subject to the laws of third density, to forget everything that you knew so well, and to exist within this density living a life of faith with no proof, no way to be sure that you are right, but only your heart telling you, "This is the way for me."

In this way you hoped to make the choice even more purely, even more surely, even more firmly than you did before. And so you are hoping to offer to the planet, as you make this choice, your being as you breathe in and as you breathe out. As you love and as you accept the love of others. This allowing of the infinite Creator's love and light to flow through each of you and out into the Earth plane accelerates the lightening energies of the planet and, consequently, makes it much more possible for the planet itself to move through what is being a somewhat difficult graduation. For the planet itself is also graduating into fourth density, moving into a new area of space and time and experiencing that addition to the photon that fourth density is bringing to the very physical creation in which you enjoy this continuing adventure.

The reason that this applies to the graduation context is that in that question that was brought by the one known as J the entities involved felt that, as wanderers from the fifth density, upon graduating from Earth's third density they would automatically move back into their home vibration. This is emphatically not true, and we felt that this is a very germane point, for all wanderers become Earth natives when they incarnate. The taking of a physical body is the taking of the blood, and bone, and the sinew of the entire human experience. There is no such thing as a tourist in the body on planet Earth. All of you have become natives, whatever your planet or origin or your densities of previous experience.

This means that there is a very simple dynamic involved and it involves service to others, for the graduational criterion for positive polarity is that the seeker think more about serving others than about serving the self. The minimum grade for graduation from planet Earth is 51percent service to others. Now, for those who are attempting to polarize service to self, the maximum grade is 5percent service to others. To say that another way, the service-to-self entity must fight a graduation requirement in its purity of intention to serve the self. We may say that it is about as difficult to make the grade of 51percent service to others or of 95 percent service to self. We are extremely pleased that each of you have chosen service to others, for that is the polarity that we also have chosen, and we would truly be out of our depth in attempting to be of service to those who were attempting to polarize along the other option.

For service-to-others entities, appreciate each moment and see what you can do to find the love in that moment. There is love in the moment. There is love in every moment. There is love in every thought. The question is: how distorted is that love? And one helpful discipline for the seeker is to look at that which comes before the attention with an eye to using both the intellectual mind and the intuition to ask the self questions about what one is perceiving. And, indeed, about how one wishes to respond to what one is receiving.

When an entity is able to walk the steps of light of graduation into fourth density and feel comfortable there, one is able to move into fourth density for the next experience. And this is true in a continuing way. If an entity is able to enjoy and use the light of fifth density or sixth density, the entity may, indeed, move back into that home vibration. However, it is first necessary to rediscover that deep self within this incarnation which you now experience to the extent that you are able to recapitulate that choice and the decisions that lead to being able to tolerate the light that is offered to those whose thoughts are more than 51percent for other entities and how to serve them.

There is a tremendous amount of persistence and dedication involved in the processes of learning how

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to accelerate the pace of your spiritual evolution. And we would encourage each of you to take it slow, to attempt to seat experiences in silence, and to keep always before the self that light touch that is devoted to principles but not to the extent that the self and the principles become larger than the principles. Take the principles seriously. Take the self lightly, for you will be misunderstood. You will not always have anyone who is able to support or encourage you. There are aspects to the spiritual walk that are difficult. And, indeed, most of what this instrument would call the "good stuff," most of the pith and marrow of learning is received during times of intense suffering, limitation and change. Consequently, it is never obvious that this is a good thing. It is never clear that you are on the right track.

Occasionally all things may come together, and it is, indeed, a moment of clarity and delight. But again and again you as a seeker will be in the Dark Night of the Soul, looking for dawn but not at all sure that it will come. And all of this is a refiner of souls. You are engaged in distilling a truth and a duty that is so much larger and fuller and [more whole] than anything that you can imagine that we cannot express it to you. You are already a perfection that is the one infinite Creator, and yet you have this opportunity not to know and yet to seek. It is, in our experience, an absolute delight, and we feel that each of you here have had those moments of clarity and delight. We ask that you believe them, that you remember them and trust the memory. For these are little gems of your truth that have popped out into consciousness from that place where joy and purity and truth live within you. This instrument would say that they reside within the heart, and in a very real sense this is true. For it is through the heart center that these awarenesses are able to springboard from the unconscious or subconscious self into consciousness. In another way, we would say that these are energies of the deeper mind, this mind that attaches you to others, to the planet in which you now enjoy life, to all of life, and to the one infinite Creator.

This instrument is informing us that the time is nearly up for us to speak through this instrument. We do not wish to move beyond forty-five minutes. We have, in a sense, touched upon the discrimination between service-to-self and service-to-others sources within your reading and your hearing. And we simply encourage you to trust yourself. And at the same time to get to know that self that you are trusting ever more deeply, to consult your discrimination, and at the same time to strengthen your power of discrimination by trusting it, by using it, by seeing at first hand how it works. It is a faculty within you that is a gift from the one infinite Creator and from your higher self. And to this gift of discrimination is linked your guidance. We would encourage you to move into that place within the heart where you are able to ask within the safety of your own energy field, "Is this true for me?" If it is, move on it. Use it. Live it. Eat it. If it is not, walk on.

You will find those things that you need to be considering more and more coming to you in the words of a song, or the coincidences of a roadside sign, the flight of a butterfly or a bird, those things that pop into your reality seemingly from nowhere. All of these things are messages. And all of these things have something to say to you. Once you catch on to the synchronicity of spiritual events you will find more and more of your experience speaking directly to you in a spiritual sense.

May we say what a delight it has been to talk about these subjects through this instrument, and we would like to continue this meeting through the one known as Jim. We would leave this instrument in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to speak to any query that those present might have for us of a shorter nature. Is there another query at this time?

D: My question centers on thinking why Ra built the pyramids for that land. Isn't part of the reason that the King's and Queen's chambers would open up the heart so that the Egyptian culture would be able to share love amongst the members of the culture? And the complement to opening up the heart was activating the brain so that true intelligence could be used in conjunction with opening the heart in the context of love and light or mind and spirit, in the context of personal development and social development of the culture as a whole?

I am Q'uo, and we are aware of your query, my brother. This query is large in its scope but one

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which hopefully will lend itself to an abbreviated response, for we are often known as those who speak for too long.

At the time of the construction of the Great Pyramid, that monument of antiquity located in the holy land that you call Egypt, the peoples of this culture were engaged in an appreciation of the one Creator which you may liken to that philosophy which you might call animism or paganism, in which the Creator was seen in all things and was everywhere present. Wonders were a part of this culture. The miraculous was seen as that which was as it should be: a portion of the everyday experience. However, the individual entities of this culture were of a nature that lent itself to being taught, shall we say, by those who were other than the self. Thus, the kind of spiritual awareness that was available to these entities was that which was handed down from one entity to another, from teacher to student. Thus, within the structure called the pyramid there were located those centers of energy that you have called the King's chamber, the Queen's chamber, and the resonating chamber below the surface of the earth. Within these central locations of swirling energy students and teacher could meet and be infused with the intelligent energy of the one Creator for the purpose of healing, the purpose of teaching, and the purpose of facing the self for the potential experience of being reborn, of finding a new life, a new direction. Thus, these centers of energy within the pyramid symbolized to the population of that culture the means by which teaching and enlightenment could be achieved. Thus, individuals were able to gain a certain amount of advancement, shall we say, within these structures and then were able to move within the culture and to share this teaching with a greater population. These structures, for the most part, were successful in being able to share with the population of that culture the advancement that was sought. However, there was, after a period of time, the reserving of these experiences within the pyramidal structure for only those who were of an advanced status according to the measure of wealth, power and position. Thus, as the information available within the structures became less and less available to the general population the purposes of the pyramidal structures were perverted. And those entities who had aided in the construction of the pyramids found it necessary to take stock of themselves, shall we say, and to find other avenues of service through which they might begin to correct the imbalances that were promulgated by the reserving of the use of the pyramids to those of power and wealth.

Is there a further query, my brother?

D: I recently submitted a manuscript to a series of publishers, and I was wondering if anything was going to come out of what I submitted, or if I still needed to do work, or do I need to take another approach, or what's up?

I am Q'uo, and am aware of your query, my brother. And, unfortunately, we are aware that to answer this query we move into an area in which we would be infringing upon your free will, for we are aware that you have made a great effort in personal sacrifice and achievement in order to have available these manuscripts and to submit them for further publication, shall we say. We recommend that one remember that there are no mistakes within this illusion, and the effort that you have put forth will produce its appropriate [result] and that there is the necessity for maintaining the faith in the perfection of all things in this instance.

Is there a further query, my brother?

D: Yes, I am curious. Could you share with me information about Jehovah, Yahweh, Id, the Council of Layette, and an entity known as Kingnah. I was wondering if you could share the types of entities that they are?

I am Q'uo, and am aware of your query, my brother. We find that there is only a certain distance that we may move in responding to this query, for there are elements of this query which also fall within the area of the infringement upon free will. We can suggest that there are entities such as Yahweh and Jehovah that are familiar to all who have appreciated the holy writings contained within your Bible and that these entities in their original and untarnished state were what you would call social memory complexes or groups of entities known by one name for the ease of identification by the populations that they chose to serve. These entities moved in service to those of not only this planetary sphere but also others as well, most notably those of the red planet that you call Mars who were in need of finding a new home upon which to continue their evolutionary process, having caused their original planetary sphere of home vibration to become inhospitable to life through bellicose action. Thus, these entities of the

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Confederation of Planets in the Service of the One Creator set before the Council of Saturn a proposal for transferring and somewhat altering the genetic nature of the entities of the Mars experience that they might continue their progress towards the One on this planetary sphere. However, their efforts were not to go without meeting difficulties.

The enhancing of one group over another for the purpose of aiding that group's ability to apprehend the nature of infinity and of unity also creates an opening for negatively-oriented entities to communicate with the same Terran population and to give them the idea that perhaps they were special, they were elite, and that they were given this special nature in order that they might govern others and bring others into their influence of power. Thus, the experience of the ones known as Yahweh, the ones known as Jehovah, were difficult in that their efforts were lost to the groups of entities from the Orion constellation that moved also in service, yet moved in service of a negatively oriented nature and were able to make inroads for the first time upon this planetary sphere using the efforts first offered by others within the Confederation of Planets.

There is much that has been attributed to these entities that is not of their making. However, they were the first to offer the efforts that created inroads for a mixed contact, shall we say, and results which also were mixed in aiding the entities they desired to serve. Thus, upon reflection each of these social memory complexes have also sought to find other avenues of service to this planetary population that would balance the imbalances that they felt responsible for these many years ago.

Is there another query at this time?

D: One more. Do you have any suggestions that you could give that would assist me on personal healing in the areas of doing conscious out-of-body experiences and in opening the heart so that the love of God can simply be shared in a humble and consistent manner?

I am Q'uo, and am aware of your query, my brother. We would recommend that in addition to the offering of yourself in the early portion of your day to the one Creator, as you now do, that there be given over at this time a special meditation in which you visualize the heart being able to open to the extent that it can encompass greater and greater need from others for the love that can flow through it. That you see in your mind's eye the green-ray energy center vibrating with a greater and greater brilliance of an apple green. That you see this center becoming bright, vivid and crystallized. That for a few minutes of your time you offer yourself without condition, with the open heart, for the service of the one Creator in the face of each entity that you see in your daily round of activities.

Is there a further query, my brother?

D: No. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

C: I have a query and thank you for the opportunity. I recently learned of the term the neutral implant release, referring to the concept of voiding one's karma status in the third density. Could you help me understand and clarify some issues still unclear with this, such as what does this really mean in terms of voiding one's karma and does it have anything to do with releasing the death hormone, which voids remaining illness?

I am Q'uo, and am aware of the nature of your query, though we do not fully grasp the opportunity that could be offered to void the karma of the incarnation, for to our way of looking upon the opportunities provided by each incarnation, though each entity within the incarnation may see the karma that it has accumulated as a kind of weight or burden, we are not of the opinion that this is the most efficient way of looking at karma. For to be within your third-density illusion is a great privilege and honor. We see the ability of each entity within the third density to move ahead upon the evolutionary journey as being far, far greater than ever will be presented to an entity again in further densities. Thus, though your density may be one in which you move within a seeming darkness, lit only by the smallest of lights of your consciousness, yet this small light of your consciousness can accomplish a great deal within this illusion in a much shorter time than will ever be possible again. For those who move beyond your illusion find that the work that is able to be done there moves in a great extent because of the work that is done here, within the third-density illusion. Thus, we are unable to appreciate the desire to negate or remove one's karma. Perhaps we have misunderstood the query. Could you elucidate for us?

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C: I think you've answered it adequately. It was a concept that was unclear to me, and I just wanted to find out your opinion.

I am Q'uo, and we hope that we have been helpful in this area. Is there another query at this time?

Carla: Could I follow up and ask if it would be possible that the good kind of elimination of karma would be forgiveness?

I am Q'uo, and am aware of your query, my sister. The ability to forgive, to have compassion for that for which there was previously no compassion, is the healing of the incarnation, as we have heard it said. Indeed, the efforts that each entity makes in every area of the incarnation may be aided by the ability to forgive, whether the forgiveness is of another or, more especially, of the self. For we find that forgiveness of another and of the self are intertwined in a manner that is irrefragable; that is, they are one. As you see another entity and feel one emotion or another for this entity, it is for yourself that this emotion is truly felt. For each entity is a mirror unto you that shows you yourself and the face of the Creator at the same time. When you are unable to perceive that this is what is being shown to you, then there arise a myriad of emotions, both those that are what you call positive and those that are what you call negative, that you attribute to this entity. When, through your own personal work and perseverance, you have been able to see that the world about you reflects your attitude back to you, then you are able to open the door to forgiveness, to compassion, to mercy, to understanding, and to those qualities that truly stop the wheel of karma and allow you that progress that you desire: the opening of the heart so that compassion is felt, not just for those about you, but for yourself, for the Creator, and for all of the creation about you.

Is there a further query, my sister?

Carla: One other question. The instrument now channeling you is going to write a letter this week correcting some errors concerning those of Ra being part of the Stargate Conspiracy. Would you like to express any opinion that would help the one known as Jim as he writes this letter?

I am Q'uo, and am aware of your query, my sister. And we would simply remind this entity, as we would remind each, that all entities are a portion of the same Creator. And that to salute that Creator in each is a firm foundation on which to begin.

Is there a further query at this time?

(No further queries.)

We are those of Q'uo. May we speak to any further queries at this time?

M: When you are dealing with times of hardship and you try to get through it the best you can, is it wise to take periods of rest before you jump back into the lion's den again?

I am Q'uo, and your query makes enough sense to us that we would say that you have answered your own query. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce we shall refrain from speaking overly long, for we do not wish to overtire those who have so generously offered their time and themselves for this circle of seeking. We thank each for bringing your queries and your heartfelt concerns, for it is to those of like mind that the journey is made easier by the companions that share it. We are known to you as those of Q'uo. We shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 7, 2000

Group question: Our question today concerns the concept of the emotions. A couple of months ago Q'uo described emotions as the thinking of the deep mind and said something about how we might be able to utilize our emotions in our spiritual evolution, and we would like for Q'uo to elaborate a little bit more on that today.

(Carla channeling)

We are those known to you as the principle Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank you for calling us to your session of working this day. It is a great blessing to us to be able to speak with you on the subject of the emotions and their role in working to accelerate the rate of your spiritual and mental evolution. It is our privilege to be able to address this subject, but, as always, we ask that you refrain from following our suggestions without careful thought. For that we have to offer are opinion and consideration which we are glad to share with you as long as you understand that we are not authorities. We would not wish to be taken as authorities, for we are your brothers and sisters who walk the same dusty path that you do.

There is an irresistible pull to evolution. There is implicit in the structure of each density every potential outworking of every energy within that density. In a universe of builded light the subtleties are endless and, at the same time, progress through the gradually ascending densities is inevitable and irresistible. The only question that each entity faces is, "How quickly do I wish to progress?" There is no question that you will progress. It is as necessary to our nature to progress as it is for the iron to be drawn to the magnet. It is understandable that you might doubt this, for you see instances of your own lack of perceived progress, and you see apparent lapses in progression on the part of those with whom you come in contact. When these lapses are perceived it is easy to become discouraged, but we would encourage each of you to meet these judgmental feelings about the self and others with the courage of your conviction that all is proceeding according to an unseen plan.

You are, little by little, and step by step, gaining in experience and awareness, and each of you is on a path of strong progression. We encourage each of you to come into a fuller understanding, as time goes on, of the meaning of imperfection. It was not intended that third density be an illusion in which any conscious seeker after truth could honestly perceive the self as perfect. It was, in fact, designed into third-density experience that from beginning to end each person's personal experience will include perceptions of the self as being subtly or grossly imperfect, not once, not twice, not three times, but seven times and seven times seven. In other words,

cyclically without an end throughout the incarnational experience.

This would seem to be a recipe for discouragement, heavy heartedness, and feelings of hopelessness. And yet the actual intent is the opposite. You see, as the spirit awakens this process of spiritual and mental evolution begins to accelerate. Whereas before awakening you were content to skate upon the surface of life as though it were a pond, once you have awakened you are aware of and drawn to the depths of each present moment. The profundities, implications, resonances and overtones of each present moment are infinite. The learning in each present moment is potentially infinite. The gateway to intelligent infinity lies within each present moment. As the spirit awakens it becomes gradually more able to hear the far more complex symphony of messages that are coming in within each present moment.

The resulting weight of experience can be crushing, and, typically, the spiritual seeker will scramble for a way to control this process which seems too chaotic to be useful. The first defense of an entity which wishes to control experience is the analytical, logical, reasoning mind. There is the desire to get hold of the experience, to rationalize it, and to understand the workings of it by analysis and logic. Great religious systems have been built which encourage and structure such intellectual and logical analysis of experience. We offer, for instance, the Buddhist, the yogic, and the Taoist systems of study, learning and worship as those systems which are primarily designed to utilize the intellect and the faculties of reason and logic in becoming able to distance the self from those things which are occurring to the self and which the self is feeling. We call this basic approach the way of wisdom. It has many advantages for the seeker, and for those who are unable to move directly to working with the emotions we encourage the pursuit of such study. For it does accelerate, to some extent, the evolution of spirit and mind. However, the way of wisdom as a general discipline—and here we do over-generalize for effect—is a way of remaining comfortable while learning, thus obviating the main thrust of the third-density experience.

There is another way to look at this process of learning from experience, and that is, shall we say, the way of the open heart, or the way of love. The religion which is known to this group as Christianity is a system of study, and learning, and worship which moves along this path of love or the path of the open heart. And it encourages the utilization of emotion. Now, let us look at why this might be. What are emotions exactly?

If you can gaze at the panoply and scope of your life experience, you can see a definite progression and coherent trail of emotions that are difficult and emotions that are wonderful. Both kinds of emotions have cropped up within the life experience in response to the difficulties and challenges of the incarnation and in response to the gifts and joys that are spontaneously given to the heart, whether it be the song of a bird, the smile of a child, a thought that is read in a favorite book or any other thing which has enlarged joy and encouraged faith within you as a spiritual seeker. For the most part it well may seem that the difficult emotions—anger, guilt, remorse, fear, grief, jealously, pride, alienation—are very much in the majority, and that the joyful emotions are given out with the miser's hand. And, indeed, this seems unfair. What is the justification for the surfeit of suffering that each awakening spiritual seeker seems to face?

Life is energy. Progress within life is a shift in energies. Everything that you do and everything that you think creates a certain vibrational energy, and the summation of all of these processes of energy changes and exchanges within your life represent an energy system or field that has a certain strength. To an awakened seeker who is pursuing the way of wisdom these energies move in a spontaneous manner and the seeker's goal is, more or less, to allow them to proceed. This allows the seeker to remain relatively peaceful and comfortable. However, this also creates a stiffness and resistance within the process of transformation, and this is where we get into what emotions are.

If the way of wisdom contains a linear structure so that one can follow one's processes and talk logically about them, it also holds the energy within the higher chakras or energy centers. Working with wisdom is not working with heart or with the lower energies but, rather, largely, the indigo-ray, and to some extent, the blue-ray energy centers. While it is good to do work in consciousness in this manner it is also somewhat imbalanced because there is no encouragement of the flow of energy through the system but, rather, the holding of energy in the higher chakras. Conversely, when one is working in

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the way of the open heart one is constantly faced with the entire spectrum of self, from the lowest and most primitive emotion, the desire for survival, the desire for sexual reproduction, the desire for food and safety, upwards throughout the system, touching all of the energy centers, rising as high as indigo ray, but again and again springboarding from the heart. So that instead of the seeker moving into and maintaining as a steady state reliance on the higher chakras, the seeker in the way of love has released the preference for work in the higher energy centers and has accepted the self as a full energy system and reconfigured the goal from staying in the higher energies to accelerating the flow of energy throughout the entire system. Instead of a safe but somewhat turgid and slow moving path of energy refinement the brother and sister of the open heart are attempting to take the whole self as it is and through blind faith alone and the processes of self-acceptance and self-forgiveness blessing, forgiving, redeeming, transforming and offering each and every emotion and sensation to the one infinite Creator.

This invigorates, energizes and enlivens the entire system. It is as if the owner of an automobile began running the engine through its paces in such a way that it began to burn off the carbon from the valves. The way of wisdom collects detritus, shall we say, the carbon on the valves that is not easily dealt with from the way of wisdom. The way of love is a rough and tumble way in comparison, but it also is the fast and cleaner way to use the energy system of the body, mind and spirit. For the emotions that are the responses to catalyst are the shadows, symbols, or increasingly as one progresses, the essence of deep and purified rivers of energy that abide within what your psychologist would call the unconscious mind. At the roots of consciousness lie rivers of purified emotion that are as gems, perfectly and regularly refracting from the white light of unlimited energy the colorations of energy which are called emotion which express essences which the Creator has previously learned about Itself. These essences are as great truths into which the seeker taps, however imperfectly and however distortedly, as it moves through catalyst and encounters difficulties and meets challenges.

Each has felt those moments when a tiny thing triggered a massive flood of emotion. And when this occurs it is an excellent signal from the self to the self that here is a gift that is imperfectly seen, perhaps, but that is real. That moves into the experience as a done thing, as something that is felt, not created. Emotions are messages from the unconscious or deeper self to the conscious self. Now, there are various levels of messages and various layers to emotions. It is not a simple practice to enter into one's emotions and to attempt to come into a deeper understanding of the heart of those emotions, not simply what triggered the emotion, but what kind of emotion it essentially is and what challenge it represents. In this wise it is often helpful to think of the centers of energy within the physical body, for difficult emotions often can be placed within certain energy centers and can be seen as messages expressing to the heart the need for working with those aspects of those emotions which are disturbing in such a way as to be able to balance and clarify those feelings. For there is a deeper truth within each emotion. The key to working on emotions is to realize the seat of emotion, shall we say, as being the green-ray energy center or heart chakra.

If one attempts to work with blocked and negative emotions from the energy in which they originate without moving into the heart chakra there is little chance or opportunity for self-forgiveness. Therefore, while it is very important to assess and evaluate such negative emotions as probably stemming from certain energy centers it is well to model the working with these essential and energetic nexi which are emotions with the model of keeping the energy in flow, moving again and again into the heart chakra and resting in that primary emotion which is called faith.

There is a deep well of emotion whose basic goal is to move all entities into unconditional love. It is towards unconditional love that the path of your spiritual evolution is irresistibly moving. This unconditional love is the most universal and powerful emotion and, indeed, is all that there is. In other words, the Logos Itself, the one great original Thought, is a purified emotion. It is not a thought precisely. A thought is linear. An emotion is global, universal, round, three-dimensional. It does not climb. It rolls. It does not fall. It continues to roll. Nothing can knock out the force of emotion. Indeed, it is that to which each must come in order to be able to graduate into the density of love which is your next experience.

Consequently, it is simply more efficient to choose the way of the heart, in our opinion, and to see the

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goal of working with difficulty, not in achieving happiness, peace, or content, but rather, simply in continuing to accelerate the pace of spiritual and mental evolution. The energy of the open heart is open ended. It does not attach an outcome. It simply seeks greater openness of self and a greater ability to allow these rising emotions to do the work of the refiner's fire. The seeker who has faith in the way of love has faith that no matter what comes she will be able to survive it. That no matter how much various difficulties cause suffering and pain she will be able to use those difficulties to refine those rivers of emotion that are rising to consciousness.

It is a bumpier and rougher ride to seek the way of the open heart than to seek the way of wisdom. It is a way which invokes faith without proof, reason or logic. There is no attempt to justify hardship, but neither is there the attempt to disempower hardship by rising above it. Rather, the way of the open heart is the way of vulnerability, of remaining open and weak in the face of strong and sometimes painful feelings. And, yet, because it sees the whole of imperfect selfhood as a beautiful and perfect thing in all its paradox it is the wiser path for your density. There is time enough to learn wisdom once you have learned to love fearlessly, to meet each moment with an open and unguarded heart.

This entity has experienced two pure emotions that it consciously knows of: grief and love. Neither experience shall ever be forgotten. When the seeker touches the heart of an emotion and it resonates purely, it is a life-changing event. Never again will grief lay waste to this instrument as it did before it experienced pure grief. And we might say that this is so for each shade of emotion, each tributary of each river of purified essence.

When each of you staggers under the load of difficult emotion we can only ask you to think on what you basically believe to be true about your incarnational experience. If you believe that your life makes sense, and this we truly believe is so, then you are able to see that each difficult emotion is a gift from the self to the self of the truth of what that self is processing at the moment and of its relationship to the deeper truths within. If the seeker can believe that the life makes sense, then there is that faith which can be called upon, that faith that says, "My life does make sense. These difficulties have a reason for being there. They are my way of learning past this moment." Then the seeker has a reason to work with these challenging and difficult feelings, to allow and even to encourage their movement through the energy system.

It may help, as it does this instrument, to think of the heart as a seat which contains deity so that there is, in emotions brought to the heart, a place where they can be laid and given away to the one infinite Creator, for many times emotions are overpowering and there is literally no way to do anything with them except to offer them up. But if they are offered up in faith, this too is working with emotions in the heart center and is part of work well done.

This instrument is informing us that we need to end our initial message, and we do so in hopes that we have given you some food for thought that may give you some comfort as well as some resources. We would at this time transfer this contact to the one known as Jim. We are known as those of Q'uo and leave this instrument with thanks in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to answer any further queries which may yet remain upon the minds of those present. Is there another query at this time?

R: I have two. In your talk you said the gateway to intelligent infinity is present in every moment. Would you state that in other words to help me find entry into it?

I am Q'uo, and am aware of your query, my brother. By that statement we mean to say that each moment contains not only love but perfection. If one were to investigate all of the energies that have added themselves into that time period which you call the present moment, if you were able to investigate your own experience leading up to that moment, any such moment would offer you the opportunity of making contact with the one Creator, of experiencing the full presence of the one Creator. Thus, the use of catalyst is the variable which offers to each entity more or less of this opportunity to realize the perfection and the love contained in each moment. Thus, if one is able to fully utilize the catalyst that is presented to one, at any time that one is able to do this the doors to infinity open for you.

Is there another query, my brother?

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R: Yes. I will have to think about that. The other question concerns another term that you have used and that is the purified emotion, and I would like to ask you to restate that in other terms.

I am Q'uo, and am aware of your query, my brother. The purified emotion is closely related to that which we spoke of in your first query, and this is the untangling process which each of you goes through as you utilize the catalyst which is given to you in your daily round of activities. As you are able to see where catalyst originates, to see its effect upon you, to see your response to it, to see those responses which you have made previously—this ability to see the nature of your experience is also the process of untangling those emotions which are fused together, perhaps in a confusing fashion, so that you are able to separate anger from jealousy, from disappointment, from doubt, from hilarity, from rage, from all the various sources which may be a portion of your experience, so that when you have discovered the sources of your feelings you will have found the various threads that together form the fabric or tapestry of your lives. You will see what part each emotion plays. A purified emotion is an emotion that stands alone, that is itself pure, that has one source and one effect in your being. It is not blended with any other emotion. It is not confused with any other emotion. It is itself a thing in itself.

Is there another query, my brother?

R: Is this purified emotion a reflection of the love and the light that is the universe?

I am Q'uo, and am aware of your query, my brother. We may further confuse you by suggesting that [in coming to experience] the love and the light that each so values as fundamental portions of this experience that each shares, the purified emotion occurs as that kind of feeling that is so basic within one that one is able to see the ramifications of this feeling, its source, its object, its effect, its continued presences within one. And there is a kind of satisfaction that comes from so seeing an emotion that will, indeed, reflect to you increased amounts of love and light. However, the purified emotion is, shall we say, a joy in that there is no confusion any longer as to its nature.

Is there a further query, my brother?

R: No. Thank you. I don't mind being confused, and I appreciate your attempt to make sense with words. That is very difficult.

I am Q'uo, and we thank you also for your ability to perceive the difficulty that each of us has with the word description of experience.

Is there another query at this time?

Carla: I have two questions from P that I would like to read. "Somehow, the year 2000 tripped a switch in me and I have been on quite an emotional rollercoaster, and I don't know where these deep feelings of anxiety come from, but I would say that they are blocking love from my heart. The anti-anxiety drug seems to have kicked in for the meantime, giving me much needed relief."

I am Q'uo, and we believe that we grasp the nature of this query. The feelings that one has about an event, or a person, or an experience such as the year that you have numbered 2000 may be investigated by the entity that so values it in order to see what value one has given to it. Look, then, within you to see each aspect of this event, this year, that has meaning for you. Dissect it, if you can, with pen and paper. Look to the essay, the driving out of the meaning within that you may not consciously be aware of. Make a list of those qualities that you feel are unique to this year 2000. Beside each quality give your emotional response, that which you feel about this quality. Take this list as that which you then remove yourself into meditation to consider. Look deeply at each quality, each emotional response and to their summation as well. Then you, yourself, shall find the triggers that have opened in your mental and emotional and, perhaps, spiritual energy systems, the torrent of emotions that now move through you. As you are able to untangle these various sources and qualities of emotion and experience then you will be able to see more clearly the power that you have given to this event and its effect upon you.

Is there another query, my sister?

Carla: Yes. His second question: "I would also like to ask what might be the effect of the May 5th planetary alignment and whether that might affect one's emotions?"

I am Q'uo, and am aware of your query, my brother. Again, we would recommend the same process be used for this event as well, for each of us creates the

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fabric of our experience by the expectations that we hold for certain kinds of events, of experiences, and of people. There are within each of us preconceived notions, shall we say, that we attach to certain events. Those of the astronomical and astrological and metaphysical moving together blend many powerful energies that only we can describe for ourselves. Thus, we recommend that this entity utilize the same procedure for discovering the value of this event which has now passed.

Is there a further query, my sister?

Carla: I would like to follow up on something that is common to P's question and the conversation I had with M before the channeling meditation, and it has to do with what you said earlier about blessing, forgiving, redeeming, accepting and transforming these difficult emotions. I was saying to M earlier that, "You are going to have to take care of yourself because no one else is interested in your having a happy heart. You are going to have to support your own work and your own security emotionally." I was just wondering if you could look into that. How do we support ourselves? How do we bring ourselves healing and comfort when we are dealing with these difficult emotions like anxiety?

I am Q'uo, and am aware of your query, my sister. Within your meditative state—and this is again our recommendation for the investigation of emotion, to use meditation—look, then, to those feelings which you have, for they are valuable in themselves. They are the temperature, shall we say, of your current experience. Each may be seen as a portion of a trail, a thread, that will lead one to more fruitful finding of the value of experience. The emotions that one feels at any particular moment give one a place to begin to assess that which is occurring in the life pattern, to see the honest and spontaneous response of self to self. Then, as one is able to utilize these emotions in the balancing process one shall find their opposite occurring. Thus, if you are able to relive a situation in which a strong emotion occurs and within the meditative state to see this occurring, giving it free reign, to become as large as you can imagine, then there is the opportunity for the polar opposite emotion to arise within the meditative state so that you begin to feel another way about a certain situation, person or event. Then allow this polar opposite emotion to get as large and as powerful as it can. When this has completed its growth and presentation to you, then accept yourself for having both of these means by which the Creator may know Itself in you, in your experience. Thus, you have taught to the Creator that which you have learned within the situation and you have seen a fuller expression of natural emotion within your being as a means by which you know the Creator in you. Thus, you, working with every emotion that leaves its imprint upon you, are able to see the full range of your beingness, the appropriateness of each facet of emotion, the direction that each emotion points towards the heart of being, so that eventually there is but one emotion for [every] event, that being compassion, love, forgiveness, mercy, understanding—all of those qualities of unconditional love.

Is there a further query, my sister?

Carla: Just to finish up, then all emotions, all these purified rivers of the Creator, empty into love or stem from love, or are a derivative of love, or are distortions of love?

I am Q'uo, and am aware of your query and also aware of the accuracy of each observation that you have made in asking it. For all does come from love. All exists in love. All is pointed towards love. The examined life is that life which is able to get a glimpse of this truth from time to time in the process of examining, balancing and accepting each emotion as it moves through your being and points towards each heart.

Is there a further query, my sister?

Carla: No. Thanks. That is a beautiful message.

I am Q'uo, and we thank you once again. Is there a final query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for this session of working we shall thank each once again for inviting us to join you for your meditative session. We are filled with joy at each opportunity to do so. At this time we shall take our leave of this instrument and this group, leaving each in the love and the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 21, 2000

Group question: Our question today has to do with being of service to others and we would like some guidelines as to when we are actually being of service to others and when we have gone too far and infringed upon an entity's free will.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are. We thank you for calling us to your circle of seeking and for asking us the interesting question about the boundaries of service to others and free will. As we speak we would request that, as always, that each use his or her discernment to determine those thoughts of ours which may have resonance and which thoughts need to be left behind. We trust each seeker's discrimination and it would be a service to us if each could, indeed, leave behind those thoughts which do not ring true. For in their own way, such thoughts are a subtle infringement and we would not wish that. Authority itself has the ring of infringement and we would like to take away any taint of authority from our words, for we do not feel that we have any over you or that we are wiser than you but, rather, simply that we have more experience. We are glad to share that experience and our thoughts with you, but we greatly appreciate it if you would do us this favor.

The boundary between helping someone else and infringing on their free will was noted in the discussion which preceded this meditation as being somewhat moveable, or seeming to be moveable, and we would heartily agree. Indeed, for many within your density there is almost no action that can be taken of any kind that is not considered an infringement on free will. The character and temperament of each seeker or, shall we say more generally, each person upon your planet whether or not she is consciously seeking, is a completely individual one. Some entities are set up by the gifts that they brought into this incarnation and the experiences that have helped shape their opinion to feel that all helpfully meant suggestions are completely across the line and are not helpful at all but rather are seen as interference.

There are others of your density that are happiest when all of their decision are either made for them or are made very much with them in mind but not necessarily with their intense contribution. To such entities almost no act seen as helpful by the other is seen as infringement upon the part of the self. This is due to the entity's feeling that his opinions do not have worth. Therefore, there is clearly no arbitrary and theoretical line across which to step will be an infringement and before which no step will be an infringement. With each entity with whom you deal

the boundaries and possibilities of the relationship will be unique.

We give this instrument the picture of the ship out on the ocean that the introductory song was singing about. In the spiritual sense each of us, we as well as you, is a wayfarer on a medium that seems far more watery than earthen in that there are no graven roads. There is no path in the pathless wilderness of the ocean except that which is laid down by the sextant and the other instruments of navigation. On a cloudy night such navigational aids may not be effective and so often each seeker is as the ship without a useful rudder. There is the yearning for the end of the journey, the desire for the home, but there is not the conscious awareness at the particular time of how to get there, what direction to take, or how to prepare for the weather upon the ocean. As that song said, each is in this sense a stranger, a single entity following the yearnings of the heart and attempting to make the journey that is before it. In this basic environment information is worth its weight in gold, and, in a way, when the entity who wishes to polarize service to others attempts to be of service to another entity that person is offering to a friendly ship information on the road, the weather, the state of the stars, the direction of home. The help may be very physical. It may be food to eat on the journey or warm covers for a chilly day or an ocean night, may be supply of some kind or gifts of goods. And in this way parents have for countless centuries of recorded and unrecorded history helped their children in a continuing round of a movement of the energy of goods and supply. And, for the most part, this is seen by both parties as a genuine gift of service that is appreciated and not considered to be an infringement.

The gifts of information as from a friend to a friend or from a teacher to a pupil can certainly be seen by most on that trackless main as a genuinely helpful gift. And in that category we would put such information as the weather and the stars and so forth. Each of you often has good opinions [for] the others that are sailing in the sea alongside you. Certainly, one key question when it comes to the dividing line between service to others that is well given and service that extends into infringement is the consideration of whether that stranger on the boat near yours has actually asked for such information. When needs are physical it is somewhat easier to see a need and to supply that need. There is a fairly clear, well drawn knowledge that each has of what it takes to keep the body and soul together during an incarnation.

The giving that is beyond the family, that which is called by this instrument charitable giving, is also of this kind in which it may be seen that there is no infringement and attempting to provide necessities for those who do not have them. When the gifts that one wishes to give are opinions and information then it becomes much less clear as to what is fairly given and what is excessive. So if there is within you a feeling of uncertainty about the gift of an opinion or a thought, ask the question to yourself, "Has this person requested this of me?" If the entity has, indeed, requested such information you are on very safe ground. You are free to give what information you have and what thoughts you may contain in the knowledge that they have been asked for.

When the information and the ideas are not asked for then it is well to ask the self, "If my thoughts were a handful of seeds, which seed would I want to sow first?" For you may consider the field of another person's consciousness as a field of earth which is able to receive ideas and to generate or create new life from those ideas if they are given the kind of interest and nutrition by that person that enables an idea to grow. The dropping of a seed is almost always that which is within the reach of fairness and justice. Attempting to plant the whole field with ideas and opinions that were not asked for is, in most cases, going to be seen as somewhat of an infringement.

And when there is a question about whether a relationship has been infringed upon we would strongly advise clear and honest communication. This instrument was saying earlier that clear communication is a gift, not one that is often easy to give and not one which is often easy to receive when the communication involves uncomfortable material. However, when two entities can communicate clearly they can together determine for themselves the actual situation as regards infringement. For it is entirely a contract that is unique to two individuals as to where the line is drawn between service and infringement.

Perhaps the greatest gift that each may offer is the self. There is a tremendous hunger in spiritually awakened entities for a companion or companions of like mind. There is comfort, even at sea in an open

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boat, at having a small fleet of small boats about one which are all headed for the same general destination and, therefore, may sail together helping each other with supply, information and essence. It is the essence of self that is the greatest gift. Certainly, when the seeker finds a companion that is of a like mind and that offers a helpful presence each to the other, there is great cause for rejoicing because there is beyond any gift of thing or idea an utter beauty in the gift of self to self that has a purity that cannot be matched by outer gifts of any kind.

Blessed is the seeker who stumbles [across] the great good fortune of meeting such a companion. For some this becomes the mated relationship of husband and wife. For some there is tremendous metaphysical attraction but there is not the kind of companionship that suggests a shared life, but rather a shared friendship that is a looser and more loosely fitting relationship but which has a tremendous amount to offer of that essence of self that is like the most haunting of perfumes, impossible to replicate anywhere else. How appreciated is that unique scent of self that is the essence of old friends. And how fortunate does the person feel who meets the new friend. How gifted and how cherished does a friend make you feel.

We encourage each to look for ways to share the self beyond any concept of sharing the ideas or the supply. Look for ways to share the beingness. On a fundamental level it is as though the entire creation of nature were already sharing its beingness at a very intense level, holding nothing back, doubting and fearing nothing whatsoever but giving all of the self all of the time, all of the color, all of the bloom, all of the glory. That it will last for only a brief period of bloom matters not to the flower or to the blossom on the tree but only that it is there today to vibrate in the air, to drink in the wind and the sun, and to share its scent with all those around it. This is also your heritage and your manifest gift to offer, your odor, your special scent, that which you have created of thought, feeling and experience that is a vibration unlike anyone else's and which makes your friends smile. How loved each of you is by the Creator who appreciates each essence and by those who appreciate each of you. Do what you can to become appreciators of all those around you. Perhaps you indicate only by your expression or your smile that you are entering fully into a moment with another, but that other senses the profundity of your gift.

One thing unique to the offering of the essence of the self is that it cannot infringe. The self has no words, no requirements, and no demands. Presence is the perfect present.

We would at this time transfer this contact to the one known as Jim. We greatly thank this instrument and this group for calling us, and we would like to further answer any questions that you have at this time. And so we leave this instrument in the love and in the light of the one infinite Creator and transfer to the one known as Jim. We are those known as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which those present might have for us. Is there another query at this time?

S: I have asked about our daughter in the past. Thank you for your past words. They were helpful. Another friend who is a walk-in mentioned that I should open up and share more or I may develop cancer. I have had phantom pains in my groin and I have been tripping about them. Could you tell me about those pains and what I need to be doing and be concerned about?

I am Q'uo, and am aware of your query, my brother. We are indeed heartened that you have rejoined this circle of seeking, for we are most honored to speak to each who comes with queries and with the open heart. We bless and welcome you once again.

As to the nature of those pains and questions that you have concerning the health and well-being of your physical vehicle, we would suggest that you are, indeed, very healthy, for the physical vehicle that you utilize to move about within this illusion is one which has a natural health to it. However, one can alter this health by offering to the deeper mind the questions that are in the form of doubts. One can erode one's own health by such doubts and fears, not usually in a significant sense, but in the sense that the physical vehicle will respond to the manipulations of the mind. For, indeed, the physical vehicle is a creature of the mind. It is well, therefore, not just to affirm one's health but to claim it, to live it, to exercise it, to go forth filled with it. We would recommend that you rest in the knowledge that your physical vehicle supports you as well as you support

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it. The pains that you have felt are not of consequence. They are, rather, fulfillments of expectations, more specifically, of fears that have no substance to them at the present time. Therefore, our recommendation [is] of the positive affirmations that remove doubt.

Is there a further query, my brother?

S: Yes. On a world event stage level, the drama of the Elian Gonzalez child seems to be a catalyst for millions of people. There seems to be more going on behind the scenes than is being reported. Could you share your perspective as to what is being played out?

I am Q'uo, and am aware of your query, my brother. The drama that surrounds this young entity is that which each feels it to be. Again, the minds of those observing this event will see what they wish to see, will see what they are told to see, and will see more than there is to see. For, indeed, the mind is a powerful source of seeing, of information. There is as much to this event as any says there is, for as soon as it is said, there it is. We look upon this young entity and many entities who have been placed in the public eye and see that the mass consciousness of many entities needed this young entity to focus upon in order to discuss and describe the nature of the lifestyle found in this young entity's two worlds. And the nature of the family itself, for this basic unit of support, nurture, teaching and guidance is one which has suffered, shall we say, significant loss of influence for many people within your planetary population. Many would have governmental powers, political powers, economic powers, and social institutions take from the family that which is its responsibility. An entity such as the one known as Elian can serve as a point of focus for people who need to bring into their own minds the topics of concern. Such entities are as the lightning rod which attracts the attention of a great deal of public energy, and by allowing this energy to be expressed then provide to many people an avenue not only for expression of emotions and thoughts and opinions but of the possibilities for their own life patterns to be altered by such discussions, depending upon the passion with which the discussion is carried out. Thus, the world stage is one which always offers to each individual entity whatever the entity desires. For if you look at the range of opinions and responses to every situation you will find that there is, indeed, a wide range, and one may pick and choose those areas of importance to one's own areas. And those areas, therefore, will be important to each entity because each entity will make it so. This is the value of public explanations, displays and so forth. Each entity may take from it that which has value to it.

Is there a further query, my brother?

S: We were talking earlier of the opinion of Laura Jadzick/Knight having an opinion of *The Ra Material* and the events surrounding it. It seems to be another case where people can interpret and take from it what they will. Some of the comments were curious. I would like to know your response to it.

I am Q'uo, and am aware of your query, my brother. We look upon all such expressions of opinion as that. There are as many opinions as one can imagine and perhaps there are more. Indeed, as those of Ra mentioned within the material that has been published as *The Law of One*, there are many who feel that that work is of the devil. Many feel it is angelic. Many feel that it is of importance. Many feel that it has no significance. Again, this is all opinion. Each will take from what they see, what they see. Each person's journey is valuable in itself, and however they fashion that journey, and from whatever opinions they weave it, this is their journey. This is what is appropriate to them. It matters not whether the importance is shared by any other.

Is there another query at this time?

S: None at this time. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I'd like to ask about my low energy level. I understand if you can't answer, but I am trying to take care of myself, but I haven't done very well. I have felt worse this last week than before. I deeply believe in what I am doing and usually look forward to working on the book project. But I seem to be doing too much. Do you have any pointers for me as to how to balance and re-energize myself?

I am Q'uo, and am aware of your query, my sister. We look upon this topic which you have expressed in terms of feeling that you have depleted your own energy and because of this observation suggest that it would be well if you were to rest for a period of days, giving yourself nothing of importance to do, luxuriating in whatever brings you rest, and letting

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your energies of your mind, your body especially, and your spirit recharge so that there might once again be a reserve upon which to call. We are aware that there are those duties which are of a regular nature which your perform each day and we would recommend that these be taken care of in a short manner by either neglect or a short [reply] to each entity, writing to inform them of your need for rest.

Is there a further query, my sister?

Carla: Could you tell me if three days of this would be enough? Five days?

I am Q'uo, and this will be your determination, my sister. As you are able to rest, it is then your estimation that will be important as to how you are rejuvenating.

Is there another query at this time?

Carla: No. That's it. Thank you very much.

I am Q'uo, and we thank you once again. Is there another query at this time?

S: The Derby and Preakness have been run. Did your horse come in?

I am Q'uo, and we are aware that this instrument was finally able to pick a winner after twenty-seven tries. We rejoice with him for his success as we rejoice with each of you in your successes.

S: So, who is your pick on the Belmont Stakes?

I am Q'uo, and we are happy when the underdog wins, but we see that there are no dogs in this race. Therefore, we shall be content with whatever outcome occurs.

Is there a final query at this time?

(No further queries.)

I am Q'uo, and we rejoice with each of you and take a great deal of pleasure in the mirth that this group has found in its seeking together. We are always privileged to join this circle of seeking and are aware that this shall be the final session of working that includes the channeling aspect for a portion of your time, and we would hope that each will remember that we walk with you in your seeking, immanent or not. All you need do is mentally request our presence and we will be glad to join you in your meditations. We are known to you as those of Q'uo, and we would now take our leave of this instrument and this group. We leave each of you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
September 10, 2000

Group question: Our question today concerns the seasons of awakening. Each person seems to have a time and a way of realizing more of the heart of the nature of the life experience and consciously becomes desirous of learning more of accelerating it, of growing, and really taking things in hand. We would like for Q'uo to speak to us of these seasons of awakening: how we might cooperate with them, foster them, and work with them, not only in ourselves but in other people as well.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite creator in whose service we are. It is a great blessing to be called to your meeting, and we thank you for seeking this circle of seeking as part of your spiritual practice. We know that each of you sacrifices something in order to spend time in this search for truth, and we thank you, for it truly enables us to be able to share our service with you as we have hoped to do. For we are here as a service to those who are seeking and who wish another voice to consider.

We would ask that each be careful to realize that we are not authority figures but really brothers and sisters who travel the same spiritual road, who are looking for answers to the same mysteries. We are happy to share our thoughts but, as always, we ask that you leave behind those thoughts that may present a stumbling block. Take only those that are useful to you and move on. And we would encourage you to practice this discrimination with all sources that you may hear or read, for, truly, authority resides in the resonance between your own nature and that which you need. When you meet your own personal truth it has a resonance to it that is unmistakable, and we ask you to trust that and not some outer authority, no matter how persuasive or powerful.

You ask this afternoon concerning awakening and change. And since there are several levels of discussion in this subject we would choose the more general one with which to begin. We would discuss the basic concept of incarnational lessons. The mechanisms of change are somewhat cyclical and, spiritually speaking, descend from the level of preincarnative placement of the self and of the lessons of the incarnation that were set up by the self and by the higher self and other guidance, before incarnation. Before incarnation, each spirit that is now incarnate in a physical body on planet Earth had a great deal of say in choosing what lessons of love it wished to concentrate on during the upcoming lifetime and what outer services it might be able to specialize in sharing.

When the lifetime begins, memory of this process of choosing the basic themes of the incarnation or the

basic lessons of the incarnation is removed. The veil descends, and in complete forgetfulness and innocence the physical child is born with a destiny that is, in some way, complete. This, however, does not abrogate free will. For it is the choices that this entity makes as it faces the relationships that it has chosen to offer itself and the catalyst that it has chosen to offer itself that will create the actual distortions that will be followed throughout the pattern of a lifetime. Consequently, the same relationships and the same situations may occur three different times but if the person is in three different states of mind the outcome of the same catalyst can be three different outcomes, and this is basically the structure of change throughout an incarnation. There will be a repeating theme, or perhaps two or even three themes, of incarnational lesson which bring up material having to do with one or another lesson of love that becomes familiar to the spirit in incarnation to some extent. Each time that it repeats it becomes a little clearer. At least that is the process that is hoped before incarnation.

In actuality many times a person in the midst of a difficult situation may choose to feel that it is the relationship or the situation that is at fault, rather than the self needing to pay attention to relationship or situation. Consequently, the solution chosen by the careless thinker may be to leave the relationship or leave the situation, thinking that another person or another situation will change that which is wrong. It is only when the pattern is repeated with another person or when another situation develops that brings in the same themes that the person may begin to feel that there may be a theme and that it may be worth attending to in hopes of learning the lesson, achieving the learning desired, and being able to move on to more interesting lessons. This is a general scheme of spiritual evolution that is at the unconscious level that is designed to work while the person is asleep, spiritually speaking, and designed to be very vulnerable to being accelerated by the person who has awakened.

Now let us speak concerning this situation where some are asleep and some are awake as spirits. The hope of each entity who enters the Earth plane at this time is graduation from this density. Each entity who has achieved incarnation at this time is capable of expressing full enough awareness of love and service to others to graduate this density in this lifetime with just a little more effort. In each case the spirit that each is before incarnation has real hopes of making some strides towards cementing that graduating ability, that ability to receive and transmit the light of the infinite Creator.

However, as we said, it is part of the plan of a school of life and love that depends on faith alone and not knowledge that all knowledge that can be proven of the reality of the spirit be removed from the conscious mind so that during incarnation the spirit that each of you is is faced with a journey that is strictly a journey of faith. There is really no way to prove spiritual principles, except by subjective experience and subjective conclusions drawn from subjective thinking. In other words, there is no objective spiritual proof possible. This is a protected illusion in which faith alone can bring the seeker through. The mechanism of destiny set by each before incarnation will periodically bring great confusion and trouble into the patterns of energy of each seeker, and it will attempt in a mechanical and rather blunt instrument sort of way to move the thinking of that person from head to heart, from intellect to openhearted love, and it will or will not have an effect depending on something that cannot be taught or bought or predicted or encouraged or manipulated, and that is the condign pre-set alarm clock of each individual within the Earth plane.

Each entity dwelling in an incarnative body has her alarm clock set for a certain triggered time. Now, many hit that triggered time and rather than waking up, hit the snooze button and go back to sleep. To some extent this tendency can be manipulated, but we would recommend that it be left completely to each seeker as to when that seeker will actually awake. For it truly is an awakening process. It is as if entities of Earth are born into a certain kind of dream which they can dream nicely all the way from cradle to grave. However, there is a likelihood that there will be an awakening from this level of dream into a higher and more overarching level of dreaming which involves more light and more so-called reality. And in this awakened state it can be seen that this incarnation is not simply the days and the nights of someone working until it falls into its grave but is the adventures in flesh of citizens of eternity that are not bound by time or space.

This is a huge change in consciousness: to become self-aware that one is a citizen of eternity. This is a real awakening, and when this occurs, there is a shift. It is as if before you were plodding upon the land,

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and suddenly now you are on the ocean and moving quickly. And you cannot walk out of the boat and onto the water and onto safe shores. Indeed, you are on a path that cannot be predicted beforetime and that has many elements that are not linear. Consequently, there is a tremendous amount of experience that comes very quickly when the awakening occurs. To our way of thinking, it is a time for rejoicing when the spirit that you are has this sense of awakening to a deeper level of reality, to a fuller sense of life, to a wider appreciation of the possibilities of the present moment. It is not that learning can be accumulated like bricks until a wall can be built to house the knowledge of the mysteries involved in being who we are, but rather, that the fuller the light that we are standing in and working with the more of that light that we can send through our selves and into the creation to lighten those energy patterns about us.

When an entity wakes up it is as if a light has been switched on. It is not a light that can ever truly be put out again, for there is an awareness there. A change has been made, and it cannot be undone.

When the awakened entity views those who are still asleep it can seem desirable to shake them up and wake them up. And as the one known as S mentioned, it is perfectly all right when talking about things that interests us to mention such things and drop a seed here and there. There is no infringement on free will in doing so. However, to move further than the first mention of an interesting topic or thought without a substantially positive response is to begin to encroach upon that person's privacy and free will. We would encourage, rather, the attitude of trust and faith that each person's incarnational schedule is set as it should be, that if they are still asleep they should still be asleep, that something is going on that in the pattern of that person's life will work out perfectly for that person.

The person each needs to focus on in terms of spiritual work is the self. For, truly, the self is the universe. The self is the Creator. The self is all that there is. For all is one. The unity of all that there is is beyond understanding and an attempt to explain its nature devolves into paradox. This is as it should be, we feel, and we are, as we have said before, content to allow the mystery to escape us. We continue to pursue the mystery of deity, the mystery of essence, and although we have come to feel that we know many, many things we still find our reliance in the values upon which you are now focused: love itself. And that precious feeling, instinct, to help.

That desire is as a passion that shall burn through many lifetimes and many densities, and each of you will be that which brings beauty and healing, not because of the outer gifts that you share, but because of your being, because of the nature of your self as you meet the present moment. Regardless of the rate of change, indeed, regardless of the rate and pace of the busy days that each of you experiences, we encourage each of you to find time to be. For in the midst of whatever change you are, in the midst of whatever transformation, beyond all levels of alteration, you are who you are. And you have a basic nature and vibration that has been your signature of love for eons. All that you do within this incarnation shall burnish it up a little, shine it a bit, perhaps correct some distortion that you, as a spirit, see in the overall pattern as you gaze between lifetimes in leisure and patience.

But for now, have faith in yourself, and know that you need to spend that time just being, whether it is in meditation, taking a walk, sitting and holding hands and looking at the sunset, whatever chance that you have to share the silence and let the mind come to a halt and just be, take that moment and let your heart open and flower and blossom, and let your nature roll out in sympathy and harmony with all of the other natures of creation whatever. Let yourself sing like the stars, and the trees, and the wind and the fire at the heart of the planet, for you, as much as any of these elements of nature, are elemental, are yourself, are authentic and are a part of the good and the healing of your planet and your people.

May each of you take the time to become aware of yourself as these wonderful energy systems that allow the energy of the great original Thought of love to come rolling through and out into the Earth plane. Only entities and incarnations such as you can give that gift to the Earth. Many of you are wanderers who came here specifically to act as transducers for light upon Earth, to lighten the planet, to lighten the vibration, to help Earth at this time. All awakened entities, whether mature Earth natives ready for graduation or wanderers hopefully ready for the same graduation, now have this opportunity to lend their love and their light in service to those upon the Earth. We hope that you encourage and support each other as each of you attempts to become more

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truly yourself amidst all of the changes and transformations that you experience.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and light, and with thanks. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to answer any further queries from those in this circle. May we ask if there is another query at this time?

S: It's good to hear from you again. There is a girl whom we work with and her daughter is having health problems at 13 and they seem unusual at that age. Is there anything that we can do to help or advise? Any suggestions that you might have would be most helpful.

I am Q'uo, and am aware of your query, my brother. We appreciate the opening of the heart energy center upon your part in the consideration of that which would be helpful to the young entity of whom you speak. We are not those who give what you would call life readings or assessments of entities in order that one remedy or another be applied for any malady that may be found, for there are those who have this skill and use it well. We, on the other hand, are more philosophically oriented among those who seek to serve Earth at this time. And, thus, it would be our suggestion that any assistance given to this entity be that which is a natural outgrowth of the interaction between the group that is your family and the group that is this entity's family so that there be the normal progression of conversation which expresses the concern for the welfare of the young entity and the desire to be of service. When this seed is thusly planted and interest is noticed, then one may continue to water the seed with the attention that you may offer through one avenue or another. The choice of avenues is that which we would recommend by utilizing the intuition, the feeling within your deeper self that there is a path that can be taken and action that can be offered and, moreover, a concern, a love that can be shown by the entire process of interaction. Thus, the attention given to this situation may be nourished in love, contemplated with the mind, and directed with the intuition.

Is there another query, my brother?

S: Yeah, there is a tree in our backyard that's not been real healthy but provides wonderful shade and is a beautiful tree and it's something that we enjoy when we are outside. We wonder if there is anything that we can help with the health of this beautiful maple tree?

I am Q'uo, and am aware of your query, my brother. You will not be surprised to discover that our suggestion for this entity is similar to our suggestion to the previous entity. However, the means of communication between you and this entity may be somewhat different in that the second-density entities known to you as trees are those which also respond to that quality of love which comes from the open heart. Again, in this instance we would recommend that in the shading and protective arms of this entity you retire yourself into meditation seeking not only a direction for yourself but the establishment of a feeling-tone, shall we say, between yourself and this tree entity. Find the silence within and when that silence has been achieved, move in harmony and sympathy into a communication with the tree. Ask what it needs. Await a response which may or may not be in the form of your words. If you are able to perceive an image or a feeling that comes after the asking of the question, pay attention to that image and to that feeling. Follow either as a trail of communication is laid. Trust that this tree knows its needs and appreciates your love. Perhaps it will be necessary to achieve this meditation for a number of your days before there is a clear response. Perhaps the response will come immediately. However long or short the response time may be, then move in action according to that which you perceive, and trust your ability to perceive the response from the tree.

Is there another query, my brother?

S: I had many questions before coming here, yet they seem to escape me at this point, so I will turn the questioning over to anyone else who has one.

Carla: It's the first time I have had a chance to talk to you since I finished the handbook. I don't know if you have the capability to perceive what has been written, but if you do I would just wonder if you are satisfied with what is in it, or if you have other things that you would like to see in it?

I am Q'uo, and am aware of your query, my sister. We are most honored to have been mentioned in this work in a number of references. We are aware

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that this work has been one which is both fatiguing and enlivening, for the effort is great, yet the feeling of achievement that we feel within your energy system is substantial for the accomplishment of this work. We, of course, are not in the role of the critic, though if we were would have little purpose to fulfill, for we are aware that you have been most diligent in covering those areas which are of concern to entities such as yourself and many others like you who seek that which may be called the truth and seek it within a very difficult environment in which there is much of metaphysical or spiritual twilight, the lighting of the path for the next step of the path being dim in some cases, bright in others, various at all times, and we are aware that there are those concerns within this volume that are spoken to in a clear and enlightening manner so that those who are able to read this book may feel the same inspiration and information that has been felt by the few who have read it to date.

Is there a further query, my sister?

Carla: I had a gal write in to me that had a sore arm which she had abused physically and wore it out, with tennis elbow and golf arm and everything else wrong with it. She was afflicted by a new age healer who wrote her and upset her terribly and said she had all kinds of things wrong with her emotionally which were causing her to have this sore arm, and I wondered if you could comment with anything that I could say to this woman to express that it is not her fault that she has a sore arm. I really hate new age guilt and I really dislike doctors and healers who make their patients feel guilty for feeling bad. I know there is something between the psyche and the soma, but I would really appreciate any comments that you may have that I could send to this woman.

I am Q'uo, and am aware of your query, my sister. When we consider requests such as this we look again to the preamble that we offer before each contact is made with this and any other group that we are privileged to contact and that each entity present be encouraged to exercise the personal discrimination so that any information that comes before its notice be subjected to that inner knowing that each entity possesses that can direct it surely and safely along this journey of seeking the truth. For each entity's truth will be somewhat different though it partakes of the same great truth of the unity of all things created by love. Each entity must be aware that there is a unique journey that it is traveling and will travel. When information is made available that may or may not aid this journey then it is that the mind first looks at the information and assesses it upon an intellectual level and determines one thing or another about the information. Then the mind gives over the assessment of any information to what may be called the intuition, to the heart, to the deeper self, to that deeper knowing that each entity possesses. It is here that a feeling is generated in response to any thoughts about information offered. And it is this feeling from within that one must trust. We would suggest that this entity and any other entity in a similar situation take the information that has been given it into the meditative state after having considered it intellectually, and within the meditative state allow the feeling tones to arise from within that are the heart's response to that which has been given from without, and then to follow this feeling to its conclusion, whether it be to accept all, some or none of the information offered, and to do this with a feeling of love and gratitude for the Creator of us all and to the individualized portion of that one Creator which offers information to the one to be healed.

Is there any further query, my sister?

Carla: No, but I will be very happy to send that on to her. Thanks.

T: I have a question, if you still are up to it. I come here and always enjoy the silent meditation and I sit here and start meditating and sometimes, like today, I didn't hear anything that was said. I am just stoned and as high as I can be on the meditation, but could you comment on this incredible energy that I feel, and this whole process?

I am Q'uo, and am aware of your query, my brother. We are most pleased that you have been able to experience the basic vibrational frequency of our contact.

(Tape change.)

I am Q'uo, and am again with this instrument. The vibrational frequency that is the result of our vibrations and your own, blended in an harmonious fashion, is the heart of what we have to offer. It moves beyond words. It moves beyond feelings. It, hopefully, gives an inspiration to those who are able to perceive it. This inspiration is that which is as a, what you may call, blank check. One may take this inspirational energy and fill in the blank as to how it

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shall be used, what shall be considered, or if there shall be the thoughts related to it at all. In our speaking to you we not only infuse thoughts upon this basic carrier wave, but we fashion words that are in response to queries asked so that we take this basic vibrational frequency and shape a portion of it in such and such a fashion that it might communicate to both the mind and to the heart and, hopefully, to the spirit as well. If the words spoken during our sessions with you do not register then one may consider the possibility that these words were not for you this day and move on without a second thought. However, if one is also able to feel the inspiration of the basic carrier wave then the fundamental portion of our service to you has been accomplished and we are grateful to each for any opportunity to serve that was made available to us.

Is there another query at this time?

T: Yeah, if you're not too tired. I had a conversation with a crazy friend of mine who has never had anyone to talk to about things important to us. His wife has developed Alzheimer's and he is now back on the bottle. We talked and he wanted to know what faith was. He didn't know if he had any. I said that his feelings were like his faith and he should have faith in what comes out. Could you give a quick comment on faith?

I am Q'uo, and am aware of your query, my brother. The trust of which you speak in relation to faith is not only in one's feelings but the feeling that despite that which one sees and experiences that one knows that all is well, that one knows that all will be well, that what is occurring at any moment is appropriate and may be learned from in an effective manner which enhances the evolutionary journey. Each entity along this journey will have those times of doubt, of trial, of confusion, of feeling lost, of feeling alone. All of these and many more experiences are those which test one's character, which offer one kind of lesson or another. There are as many kinds of learning as there are entities to learn. However, in each experience and for each entity, if one can uncover that feeling of faith within and let it be the north star, the Polaris of the self, then one may move without fear and accept whatever is the daily round of activities as they come to one. For an entity that is filled with faith, there is no challenge too great. For any entity without faith, all challenges feel too great. Faith is that which one develops by wishing to develop faith. If one feels faith is lacking in the life pattern, begin to investigate the qualities of faith, the nature of faith, and begin to act as though you have faith, and faith will come to you. Moreover, faith will come through you, for faith is like love. It is a basic quality of this and all creations. If one can begin to exercise the quality of faith it is much like your physical muscle. It will grow in strength and ability.

Is there another query, my brother?

T: No. Thank you very much. That is wonderful. Thank you.

I am Q'uo, and, again, we thank you, my brother. Is there a final query at this time?

(No further queries.)

I am Q'uo, and we again thank each present for offering us the opportunity of joining your circle of seeking this day. It, as always, has been a great privilege to speak to each present, to offer our thoughts and words, humble as they are, to those concerns of heart and mind and soul. Know that you do not walk alone ever upon this journey. Not only do you have friends within your illusion, but there are those guides and presences that have been with you from the beginning of this illusion and who will not leave you until this illusion for you has ended as well. Each seeks a way to inspire, to guide, and to offer the hand when needed. In your meditations seek there the guidance from all those who wish you well upon the inner planes. We are known to you as those of Q'uo, and at this time we shall take our leave of this instrument and this group, leaving each, as always, in the ineffable light and love of the infinite Creator. Adonai, my friends. Adonai. ❦

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Homecoming Session

September 23, 2000

Group question: The question this evening has to do with the fact that there seem to be changes in the world happening very quickly around us. As seekers, we are wondering if Q'uo could give us some idea as to how we can maintain our balance on our path while changes are happening so quickly around and within us?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet each of you in the love and in the light of the one infinite Creator in whose service we are. We wish to express our deep gratitude at your calling us to your circle of seeking this evening. We thank each of you for the sacrifices that you have made to be part of this circle. For each of you it has been a challenge, and the resulting desire to know the truth has been sharpened and honed and the energy that has been created is most beautiful. Your desire is as a beacon, and we thank you for the questions that you have asked and the hopes and the dreams that bring you to the restlessness of spirit that has caused this instrument and many among you to call yourselves wanderers.

Your desire to hear such information as we can offer through this instrument is also a great boon to us because this is our chosen path of service as a group at this particular juncture, so without being able to speak with groups such as you we would not be able to offer our service or to progress in our own learning. And so we thank and bless you for several things, not least of all the joy of sharing time with each of you.

We would ask of you that you take our word lightly, for we are not authorities. We are as you: pilgrims upon a dusty road. As the one known as V has said, each of us varies in our experiences, in the quantity of them, in the quality of them. And each of us knows the stones in the shoe, the dust upon the road, the light of hope in the sky amidst the clouds. We share a landscape, and we share in what may be called the journey. And as each of you has found many times already, the journey has many faces, challenges and surprises. And we are glad to look at these masks with you, for you have asked concerning keeping to one's path in the course of rapid change. And we would, indeed be delighted to share with you with the understanding that if any words that we say do not ring true to you, you will put them aside without a second thought and move on. For as the one known as A has said, that which is yours has a resonance, and you know it, and you feel it. And when it is not for you it is a dead thing and can easily be left behind. To hold to authority is to create a stumbling block. Hold only to your thirst, to your hunger, to your desire, to that passion that often seems so unfashionable within the mirrored walls of the world. For you need not look at those

mirrors until you are ready to see that all things are the reflection of the self.

We would begin speaking concerning paths and change by speaking on the level at which there is no variation or shadow. For we would root that which we have to say in the truth of unity, in the circle view that sees the octave of experience, in the view that knows that each is the Creator. In a very real sense it is useful to think of all times and spaces as the final moment before oblivion, for, indeed, that is the precise link of a creation. That which seems eons is but a heartbeat of the one infinite Thought which is love. All that you will and have and are—experience, experienced, experiencing—is taking place precisely now. You are in a circle dance. Your movements contain eons of awkwardness, missed steps, and seeming mistakes of every possible kind and character. And yet, seen from the level of the circle dance, every mistake was part of a perfect pattern. Every foolish choice was that freedom that you could not otherwise have had. Every lifetime in which you spent years questioning this and that is seen within the level of the circle dance as the eccentric but perfect balancing dynamic that it was, that it is, and that it shall be.

Each of you, each of us within this group, each of those infinite sparks of the Logos, rest in unfathomable perfection drenched in a unity so profound that there is none to behold the light, but only the light. And this is your star being. This is your nature. Each of you has at the heart that fire of suns, that spark of creatorness that contains all that there is. And so, in a very important way, each of you is, beyond all changes, yourself. The you that was created before time and space, the only you that was ever you, the only you that will ever be you, you are unique. And truly are you precious and beloved to the Creator who values every distortion and seeming imperfection that has dented and banged you in the fire of learning and made you who you are. For you vibrate with a certain chord that cannot be duplicated, that is essentially you, that is most beautiful.

We realize that each of you would like to vibrate as the Logos. Each of you would like to have that perfect vibration of love, and yet we say to each of you how perfect you are as you are, as you turn, as you change, as you come to this moment. How well you hold within yourself the unity of all that there is. How gently do you cradle that being within that shall be and has always been a child of the one infinite Father. This instrument objects to the use of the word, Father. We object to the Father calling a Father, Mother. Consequently, shall we say, "celestial parent."

At any rate, beyond that level lies a life in which you are involved. Each of you has chosen to come into a heavy chemical illusion, and you have chosen to come into an illusion that is quite athwart your nature, for each of you remembers better ways to do things, better ways to live, better ways to think. And it is frustrating, indeed, for K to hold his laughter back, for those who attempt to work for the people they find in a way that enlarges the love within the world. We realize that there are very real challenges to expressing that level of self that is the soul of the spirit in the everyday life. And yet that is the level at which the self feels most authentic. That level at which the entire self can be shared.

There are so many calls upon the pilgrim self. It is extremely easy to move upon the surface of life as though one were skating upon the surface of a pond, or walking along the midways of a carnival, distracted by the rides and the amusements, busy with one thing and then another, and beguiled by the surface of things. Meanwhile, just beneath the level of the surface that self that has awakened to the spiritual path chews through catalyst with a voracious appetite. And the self is placed in one pickle after another, a puzzle followed by an enigma, followed by another challenge. As quickly as one can focus upon one thing there will come another. Whether the events are large or small often does not matter. It is the accumulation of changes that creates the sense of having lost one's sea legs or of even of having lost the lodestone by which one sets one's course. Certainly, it is easy to feel lost along the path, and there are, indeed, times when it is best to remove oneself from the path, one way or another, to go find a cave or a rock or a beautiful valley dotted with sheep and rest a while, and wait, and cultivate as a crop, patience.

For there are some things which continue to puzzle one for a significant period of your time. There are some riddles that do not have a ready solution. There are other times when the thing to do comes as if upon a wave and deposits itself at your feet, and when those gifts of the sea resonate with you, then we encourage you to move quickly. More than anything we encourage each of you to follow your

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discrimination. It is easy to doubt one's own judgment, and we have heard the one known as V speak concerning her lacks of awareness, and we have heard the one known as C say somewhat the same thing. But may we say that within our view these judgments of self are unfair and inadequate, and, in general, we would encourage all never to judge the self. This instrument calls it taking the spiritual temperature. May we say that it is an extremely rare seeker who is capable of seeing herself. Each of you was placed in this illusion precisely so that you would lose sight of your self. You were not put here to be intelligent and to make wise decisions. You were put here to make mistakes and to suffer. You see, each of you came here to get lost and to make what may be considered mistakes. Each of you hoped that when you plunged into this place of unknowing you would awaken to that instinct within you for faith, and you would choose to live by faith. You had hoped that you would take the opportunity of not knowing anything to choose, freely, the good, the true, the beautiful, the just, for no reason except that it is a beautiful thing to behold a fair and truthful principle.

And each time as a small new being, or as an adult being, you have heard stories of true heroism, love for others, and a nobility of the ordinary human being. Each of you has thrilled and known what it is to be a person of faith in a world that is dark. Each of you has seen what light a being can shine just by being who he is. You did not come into this world with high ambitions within the world. You may well create them within the world, and that is something to be encouraged if that is what you desire. But each of you came into this world in hopes that you would have the opportunity to choose to express love. You came to breathe the air, to love each other, to accept the love of each other, and to be yourselves. These are the ambitions with which you came into this world as a spirit: to be of service, to choose the good, to give and receive love. Every learning and every service has its roots in these simple hopes.

Of course, in the press of circumstance each spirit will often feel lost, abandoned, alone and without resources. This is part of the refining action of the illusion known as Earth. Consistently, again and again, you will find yourself in positions where you feel you are pressed against your own limitations, and it is at these times that the opportunities for faith are the greatest. And what is faith? We can say it in three words: all is well.

To keep one's feet, to keep one's balance, those three words are often as far as one needs to go if one is able to say them in quietness and in confidence. For truly, to the best of our knowledge, all is well. You are here. You are doing what you should be doing. You are experiencing. You are feeling. You are loving and you are being loved. You are extremely successful at being third-density human beings.

Do you come close now to that point where the light becomes fuller and your next incarnation works with different lessons in a different environment? Yes. For each of you, this is so. Whatever books you have read, whatever you think your level of awareness is, each of you is poised at graduation into fourth density. Each of you is eager for more light. And so you are in a wonderful position to gather experience, to make mistakes, to suffer from them, and to learn in the suffering even better who you are, why you are here, what you truly want to do, and who you truly want to become. And that which yesterday you dreamt, today you experience. That which today you dream, tomorrow you shall experience, until all that you have possibly imagined to desire has been experienced. So gauge carefully that which you desire, for you shall receive it.

Although we say in many different ways that you cannot lose your way amidst whatever change, we would say, as always, that a great aid in keeping one's balance in the midst of great transformation is the daily habit of silence. Whether it be contemplation, meditation, a silent walk, whatever it be that is your own prayer of the heart, open that heart to the silence daily and allow the experience that is coming through you to seat itself there. For time spent in silence is time spent with the Creator. And what a blessing for the Creator to spend time in silence with you. For there is no asking and there is no telling, but just the meaning. And the Creator craves your company and your communion and loves you so dearly, and waits for you so patiently to remember who you are, and whose.

May each of you be about your business. May each of you, as this instrument says, bring each other home. For you see, in that mirror world, each of you is, to the other, the picture of the self, the picture of the Creator. What shall you mirror by your thoughts this day? What Creator shall you be to those about

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you? And what being shall you be to yourself? May each of you enter your own heart in a mood to forgive completely, to fall completely in love with yourself just as you are. This is an important step in the evolution of the spirit, this ability to accept the self as it is, with every distortion, every folly, everything that the illusion seems to be telling you about yourself. For, you see, you are looking so hard at a personality shell that is not really there. Instead, depend upon that self that is beneath the surface, that will well up in the silence and tell you who you are when you need to know it, will give you new information when you need it, and may tell you to wait when you least want to hear it. Fall in love with that self that is you. Forgive and love that self, and you will find it easy to love the rest of the selves about you. Or at least as easy to love as it was to love the self.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and light. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in the love and the light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which those present may have for us.

Is there another query at this time?

E: The sun and moon have a great deal of influence on us and is it by accident or design that they are the same size in the sky? That is, the moon perfectly superimposes the sun.

I am Q'uo, and am aware of your query, my brother. As it is the nature of the one Creator to allow for the expression of free will throughout the one creation, the formation of this creation in such and such a fashion is that which falls under the provenance of those entities which you would call the Logoi, which you have discussed this day to some extent. Thus, each entity of completeness that you see in your sky, known to you as the star, is an entity which takes the infinite mind of the one Creator and refines it in a fashion which this entity hopes will offer avenues of expression to the one Creator that are efficient in what you would call the evolutionary process. This extends to those bodies in your sky of which you have spoken that are arranged in a fashion which seems at first to be of chaos, and yet when investigated more closely reveals an order all about. The fact that the moon body of your local planetary sphere is of the identical size of the sun body at most opportunities of observation is of a nature of choice which is beyond our ken of understanding. Yet we do perceive that this choice was made consciously for a purpose that we are unable to plum, and this is not so unusual for us or for any who looks carefully at the one creation about one. For all about there are clues. There is a trail to the one Creator. There is a mystery that has a solution that reveals itself by slow degrees, and so we see that which is and ponder its meaning and take what we can from that which we observe. In short, we cannot give you the reason why but can say that this is so and was chosen so.

Is there a further query, my brother?

K: Will you speak to us of your knowledge of those who are known as the Children of the Law of One?

I am Q'uo, and am aware of your query, my brother. There have been various times in this planetary sphere's evolutionary process that some of the population of this entity has partaken in a more pure degree, shall we say, of the knowledge of the unity of all things. Many there have been upon this planetary surface who have felt in some way this harmonious unity and have, by their desire to know more, drawn to themselves information from those who are of the Law of One and members of what we have called the Confederation of Planets in the Service of the One Creator. And as these entities have been called to service by the population of this planetary sphere this service has taken various forms, not only the telepathic kind of communication that we engage in at this time but also the movement into the incarnative patterns of the planet as that which you have called the wanderer, moving in groups or clans, shall we say, that have had more or less influence at different portions of your planet's history. The most well known being that of the entities who incarnated within the eighteenth dynasty in the area of your holy land or that which is now called Egypt. There were those at this time who moved, shall we say, heaven and earth that the Law of One should become the means by which the One Creator was worshipped and the life upon the planetary sphere was lived. At other times, such as the movement of the Brotherhood of the Seven Rays into the area which you call Peru, in which time there was also the sharing of the information concerning the unity of all things. In each instance it was the intention of

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these entities that you have called the sons and daughters of the Law of One, or the Children of the Law of One, that it was given to the planetary population to understand that this was that which they were seeking by the nature of their beliefs. At this time there was also the movement of these entities and those of a similar nature to again share this law of singleness with those who seek such.

Is there another query, my brother?

(Tape change.)

Is there another query at this time?

S: In the last few months I have received a lot of help in my spiritual growth and I was wondering if you could tell me what help I have received. Who? What? Where? I was wondering if you could give me a little more detail on this.

I am Q'uo, and am aware of your query, my brother, and find that there is information of this nature which we may share but that there is some concern that we do not abridge free will. When an entity such as yourself seeks with a strong desire in the area of the spiritual evolution there are many unseen hands which move in concert to answer this call. Each entity such as yourself has those presences about him which are from birth given the honor and the duty to watch over and guide the progress of those within their care. In your case there are those who have been called, not only from birth, but according to the interests and areas of investigation which you have undertaken in this time period of which you speak. Thus, added to the angelic presences that are seen most commonly by your peoples as guides—those of the male and those of the female and those of the androgynous nature—there are also those inner planes teachers which have responded to the particular interests which you have given your attention to. Thus, not only do you find their influence in the books which make themselves available to you and the meetings of other entities in your daily round of activities that seem synchronistic but also in the moving into certain activities such as the joining of this weekend gathering of seekers that may seem in some to have been coincidental. Yet each step was carefully planned, not only by such invisible assistance but by those portions of yourself which you may see as your higher self, which is that great resource which may be called upon in the silence of the open heart. As one moves along the path of seeking the intensity of the desire is that which is seen as foremost in importance in responding to a seeker's call for assistance. Thus, you attract to you those whose desire to serve is as strong as your desire to seek. In this way there is the opportunity to give information in many forms that will assist in opening to the heart and to the mind those layers of self that are most in need of being explored.

Is there a further query, brother?

S: I would like to express my appreciation to those who have given me such assistance and I would appreciate it if it could continue. It has been enlightening and, at times, humorous.

I am Q'uo, and you may rest assured, my brother, that your gratitude is felt most purely by those who send their gratitude as well for the opportunity to be of service.

Is there another query at this time?

S: Yes, I think of you and who you are and what you are, and you mentioned you are service to others, blah, blah, blah. The information and the way you project things … did you go to channeling school, and take channeling classes, and have channeling parties with your channeling friends, and get a degree in channelology? I am curious on more details as to how you answer our calls.

I am Q'uo, and am aware of your query, my brother. We are members of those who are called the Brothers and Sisters of Sorrow. It is the sorrow upon the planetary surface and within the peoples of this planetary sphere that calls us here. This sorrow is expressed in many ways. That which you may call an intense desire to seek the truth is a shining light amidst the sorrow and that which gives great joy to all who beholds such light. And, yet, it is the sorrow that calls us here. The lack of knowledge of the one Creator. The lack of light. The lack of love. The heart that is closed. The mind that is beaten upon by the culture in which it cannot find expression. There are as many ways to feel and express sorrow in this third-density illusion as there are entities within it. And each seeks in some fashion that which may be called the truth. As we see those who express the kind of seeking and sorrow that we are able to respond to we are desirous in the extreme in moving to these entities in whatever way is possible. It is rare that we are able to speak as we do now, through instruments such as this one and others in a mind-

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to-mind contact that allows the expression of words. It is far more usual in our experience of serving entities such as yourselves that we would move in an unseen fashion, perhaps working in dreams, creating an opportunity in meditation to transmit a hunch, an intuition, a feeling, a direction, a thought, an image, a tone. In such a way are we most able to reach the greater majority, shall we say, of those who seek that which we have to offer.

Is there another query at this time?

V: May I know the nature, positive or negative, of the entity Turquoise?

I am Q'uo, and though we are aware of your query, my sister, we find that we are bated by the Law of Confusion from giving any information concerning this entity. We apologize for our lack of information.

Is there another query at this time?

S: I would like to ask for my bashful wife about the troubles of her feet, and I was hoping that you could tell me how we could alleviate the condition that troubles her?

I am Q'uo, and am aware of your query, my brother. Again, in order not to move beyond that line of infringement, we would suggest that it is well to look at the nature of the ailment, the arena, shall we say, in which this aliment has arisen. The nature of the experience that brings about the pain and the philosophical approach to this aspect of the life pattern that has brought this situation to the notice. If one is able to move along the trail of clues that the physical body gives one when the mind has not completely processed catalyst it is possible to find that area of movement that has yet to be investigated that will, when investigated, cause the cessation of the difficulty.

Is there a further query, my brother?

R: You speak with us of the entities that are gathered with this particular group, the Brothers and Sisters of Sorrow, and you have mentioned that you can be present with us in our personal meditations. Can you speak about that topic a bit?

I am Q'uo, and am aware of your query, my brother. Those of the Confederation of Planets in the Service of the One Creator who have been members, shall we say, of this group's circle of seeking are always, in some degree, aiding in the conducting of these sessions of seeking. Those of Hatonn, who were the first contact with this group many of your years ago, are more of what you would call the elder statesmen, lending their vibrations without dividing them into words. Those of Laitos, who have worked with many of the new instruments who have moved through this group, also have lent their vibration at this time and at any time that this group meets. There are those of Oxal, who have rarely in recent times been part of this group's activities in the sense of the telepathic channeling, yet who also lend their blessings and their vibrations to the seeking and the service within this group. There are others within the Confederation of Planets who have offered themselves over the years of this group's history in a manner which may be seen as sending the basic vibration of love that aids in each heart's opening in some degree to the messages offered by other members of the Confederation. Some there are who have not chosen what you call the naming, who are unseen and unnamed, who have had their influence and continue to do so within this group's circle of seeking. Each entity is available upon the mental request of any in this circle of seeking to join that seeker in the private meditation, not to speak or to communicate in words, but simply to lend the conditioning vibration which aids in the deepening of the meditation of those who call. This is our privilege and our honor, to aid each entity who calls in the meditative state. It is a steadying influence which brings a more focused approach for the seeker to the listening to the silence, to the one Creator, to the heart of the self.

Is there another query at this time?

K: Does the entity known as Edgar Cayce who passed from this life in January of 1945 live again?

I am Q'uo, and am aware of your query, my brother, and we would answer in the affirmative. Is there a final query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce we shall once again express our great gratitude to each present for the great sacrifice that each has made to become a part of this community of seekers at this time and in this place. We would encourage each to see the self as a member of an even larger family of goodly souls who seek the One and who serve the One in all. Remember, each one of you, that you do not walk alone, that there are those who rejoice at every step

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taken with you, for this is a difficult illusion in which you find yourselves moving at this time. Your friends would seem to be confusion, doubt, fear, defeat, and being humbled daily by the difficulties of existing in such a heavy, chemical illusion. And yet, you do move with such encumbrances and yet the courage that each shows in continuing upon the journey, moving as the Fool from the cliff with no sure footing or idea of the next step, is that kind of action which inspires entities such as ourselves greatly as we observe the valor, the courage, the faith, the will, and the determination of so many seekers such as yourselves upon this planet at this time. The seeking is most intense. The service is ever more lovingly offered. The light shines ever more brilliantly through all of the difficulties and distress that are so much more apparent upon the surface of things in this illusion. We add our love and service to your own, as do many others, so that that which you accomplish can be seen to be as the fulcrum that allows a greater leverage in the overall evolution of this planetary entity.

We are known to you as those of Q'uo and at this time we would take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✤

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Sunday Meditation
October 1, 2000

Group question: The question today concerns how we can get information from our bodies without having to get a cold, injure ourselves, or in some way bring ourselves bodily grief that is meant to get our attention on a problem we have ignored. We then learn moderation and care for ourselves, but we would like to know how to work with our catalyst without having to learn so much the hard way.

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank you for calling us to your group this afternoon. We thank each of you for making those arrangements necessary in order to join the group. The desire and the hope for truth that you bring to the circle is beautiful to see. We enjoyed listening to your song for tuning and find many of the thoughts helpful for this particular subject of working with the various elements of your mind, body and your spirit in order to continue the revolving solution of issues that constitutes a major force in the movement of learning and the transformation of catalyst into experience.

As we speak we ask only one thing and that is that each of you distinguishes for yourself the resonance and the helpfulness of those thoughts which we offer, for truth is a personal thing and we do not expect or hope to hit the mark every time for everyone. Consequently, we just ask that those thoughts of ours which do not help are quickly left behind.

The song[2] asked the question, "What if God was one of us? Just a slob, like one of us? Just a stranger on the bus, trying to make his way home?" My friends, this is your situation. Each of you, in the core of your energetic body, is the Creator. Each of you is completely and wholly at the heart the Creator. You are one with all that there is. At the level of the heart of your being there is no difference between you and the Creator and all that there is. There is only an infinite amount of difference in each part of the Creator's view or perception of the scenery. There are infinite illusions. There are infinite impressions to be gathered within each creation. Consequently, the entire journey of awareness, from the first expression of light through all densities of an octave until light itself becomes absorbed once again in spiritual gravity, it is a journey home, and each of you is an energy system centered upon the Creator but full of your personality shell, your experiences, and the incoming catalyst that has your attention, and [each] is attempting, in her own way, to make her way home. It is a journey that will transcend this particular period of time that you experience now,

[2] Joan Osborne, "One Of Us," from the album *Relish* (1995).

the entire lifetime in which each of you now enjoys the dance of life, and all lifetimes and experiences between lifetimes that add up to the circle dance of becoming, being and being absorbed once again into absolute unity.

The particular place that you now occupy is a physical, electro-chemically based illusion which has much more heft and mass than the densities that are ahead of you but yet shares with the densities that are ahead of you the open book of self-awareness and all that that brings. The third density, then, is a hinge density where the evolution of mind and body becomes the evolution of mind, body and spirit. There is still much that is and can only be learned physically, in the muscles, the bone, and the blood. The illusion was set up so that there would be unavoidable physical experiences that would distort and shape the learning and the service of the incarnations. Some of the more obvious of these examples are the sexual urge and the urge for companionship. The body, the mind, and the spirit find themselves sometimes uneasy allies in the third-density illusion, attempting to integrate sources of information and kinds of information that are coming into the body, mind and emotional systems.

And many times, as the members of the circle have discussed, there are missed signals that, when missed result in becoming overstressed and developing injuries, or becoming overtired and developing a cold. We would start by suggesting that it is not considered a mistake by those who are looking at the third density from inner planes or from higher planes for entities within incarnation within the illusion to miss the signals before they move into the body. It is considered to be a normal behavior for third density. What each of you is beginning to sense into and beginning to wish for the self is the kind of facility and skill in reading the energy system that would be available without the veil. So the question becomes how to penetrate the veil of forgetting that lies between the conscious awareness of the intellect and the mind that is the daylight mind and the vast reaches of the mind that lies below the threshold of consciousness and that eventually takes in all that there is and the Creator.

The song, "What if God was one of us?" goes on to muse upon the situation that the deity faces. There's "nobody callin' on the phone, 'cept for the pope, maybe, in Rome." And this is certainly true within the illusion. This is the blindness of the situation that each of you is experiencing that is often so very maddening to the daylight mind, that the signal function of the conscious body is not working as it would very naturally in higher densities or between incarnations. The body must exceed natural boundaries in order for these subconscious sources of information more fully to be able to come into the conscious mind. Phone lines must be installed, in other words. And these are not the telephone lines of a linear space/time configuration that one could rig in any physical way or mechanically place within the body or within the mental system of the mind in order to get that signal system to work. That signal system was not intended to work in space/time.

However, each of you has a portion of self in time/space. The metaphysical identity of the self beyond the personality shell exists in time/space. When each of you achieves pure being, when you are expressing your essence, you are in time/space. That is where the effortlessness comes from when you are moving into the metaphysical universe. It is simply a shift in creations. Instead of the space/time universe where certain truths are held to be so, now you have entered a metaphysical universe where thoughts have become things and you have become a thought. Space has gone away. Time as you know it has gone away. But identity, energy focus and power have most certainly not disappeared but have, indeed, become clarified and illuminated by the underlying glow of creation in which all essence is held.

The singer went on to suggest that, "God is great. God is good. Yeah. Yeah." And this is one way to move into the metaphysical universe. Focus upon devotion is a metaphysical or time/space focus, and when the choice of the seeker is first to move into devotion and devotional principles such as thanksgiving and praise there begins to be established a point of view or an attitude which automatically links the seeker with its own subconscious or metaphysical mind. And in this attitude or construct of metaphysical being the connections become stronger and information moves into the conscious mind ever more quickly with iteration and experience until you are responding to better information and are finding a less troubled outer existence where instead of being surprised by your limitations you are responding to them in loving awareness of them.

We find in this channel's own experience that this particular entity has come through a week of having

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a chest cold and that it blames itself for not remembering that it needed more rest during times when a lot of group energy was being expressed in its environment. There were, of course, reasons for this instrument's forgetting that it knew that lesson. There was a perfectly valid reason that this entity subconsciously chose to have the experiences that would also cause it to go beyond its limitation and get the cold. And we concur that, not only for this instrument, but in each case where a limit has been overstepped and seeming disaster occurs, this is not a mistake. This is how is should be, for catalyst is gained, as the one known as S said, during the excessive activity that could not have been gained by acting in a balanced manner. In order words, it is not the business of those who come into incarnation upon a third-density planet to be right, to be balanced, or to be perfect.

Actually, each of you is here to go through the suffering, the pain, and the difficulties because of the refining, and purifying, and even chiseling aspects of the transformative process whence catalyst becomes experience. The basic tool for each application of practice that will yield better connections within the energy body is silence. We have said this in so many ways through the years through this instrument that we are aware that each of you is fully knowledgeable that we will talk about meditation or some other way of entering into and absorbing the information of silence. For silence is full of information, as the one known as J said. The very stars each have their song. All things in creation have their tune, and all blends in a marvelous harmony of the spheres that is endless and endlessly beautiful. But this beauty exists for the metaphysical entity that is attempting to begin the process of spiritual evolution in the bare bones of silence.

Whether it be the meditation of one who exercises or walks in nature, or whether it be the more formal practices of meditation, of contemplation, or of visualization, or whether even it is a practice that uses the everyday things of a normal life and workday to repeatedly center the self in moments of remembrance, the basic tool is silence, the moving into the consciousness of listening within.

You see, the information that is within the metaphysical portion of the body has its reflection in the feel and color of the energy of each chakra, and there are increasingly subtle levels of prescription about the energy system of the chakras and the connections between the chakras that will give fairly specific information about energy levels and where stress is and so forth. However, it is not the work of a short time to awaken the ability to read one's own psychic signature. There is a process of learning to visualize the system in some way that gives to the self fairly accurate information that can only be developed through a long period of time and experimentation with ways of visualizing and ways of interpreting what you have seen when you do the visualization process.

But whether you get the information from devotion, or from the silence of meditation, or from work with balancing the energy system of the body and asking it questions, or from hearing familiar sounds like the electronic beeps of the computer or telephone and using that beep to bring the self back to the remembrance of who it is, the basic key is to move into the silence and allow it to give its information and to do its transformative work. When one can work with the metaphysical structures that support life in third-density incarnation, then one can work better with the direct experience of the incarnation as well.

What if God were one of us? Just a slob like one of us? That is the situation. You are on a journey. You are very young gods. The journey has just begun. And there are many experiences through which you shall travel before you arrive home. But we may say this. Each of you and each of us is held in loving arms, and every step that each of us takes is accompanied by those spirits who love us and wish only to help us. We encourage each to lean into the support that lies within, and we encourage each to realize, more and more, the divinity of the imperfect self and the utter acceptableness of the imperfect self.

It is possible, if it is desired by a seeker, to enter into what this instrument would call body work and with a practitioner it is possible for a seeker to locate the places within the body's system of muscular and skeletal connections and skin and all else, those places of disharmony and conflict within the body. For the body carries memory in each of its cells, and each time that there is pain and sorrow, each time that there is anger and resentment, each time that there is any emotion that we could name to you, it is generally not so clearly expressed or not so completely acknowledged that it simply moves through the energy system and out. Usually a portion of the suffering of a moment will, indeed,

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move into the cellular structure of the body. For many entities it will settle in parts of the body that will talk to the body about what is occurring. If there is a sore back, it is sore from bearing the burden. If there are sore arms, they are sore from carrying too much. If there is the sore jaw that this instrument experiences, perhaps it is biting down on those things that it would say if it decided to allow itself to express itself in an unpleasant manner.

In each case where there are discomforts or pains within the body it is not simply that they are telling you what limitation you have gone beyond. They are also expressing the nature of a limitation and what kind of catalyst has brought the imbalance that is now being experienced. In extreme cases the body signals can include dysfunction that causes a change in the entire life. And again, this is often set into motion by those forces within the body, mind and spirit which are connected with choices made before incarnation concerning the lessons and the service which have been hoped to be encompassed in one incarnation.

It was an interesting question to ask, and we have greatly enjoyed playing with it, but as you may well realize we have only scratched the surface. So, if you wish to question further, that is certainly acceptable to us. At this time we would transfer the contact to the one known as Jim so that further questions may be asked if there is a desire. We thank this instrument and would leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

S: I am curious to see if you have done any homework concerning a question concerning the relationship between the moon and the sun. Since you did not have an answer to that question last time, do you have it this time?

I am Q'uo, and am aware of your query, my brother. There are some mysteries that last longer than a week, and, indeed, this is the case with us.

Is there another query at this time?

S: I would be interested in having you search for the answer. You have the various resources of many densities in order to find the answer to that question. I would like to know not so much to have the answer but in order to find out how you go about finding the answer. I'll leave that for now and I'll query you next time.

The other question concerns the many equipment failures that happened during and just after the Homecoming weekend. What was going on last week to cause these problems to occur?

I am Q'uo, and am aware of your query, my brother. Though there was much of the excitement and energy moving through this group in that time period it would be normal to expect that these energies would affect a great many people and we feel that this was so for most of the entities who gathered here for the sharing of self with self. It is oftentimes during such gatherings that the mysterious occurs, and though we would like to add to the feel of mystery, for it is a pleasant experience to feel that one's energies have had an effect in the environment about one, we see that the failures of various electrical devices was simply coincidence.

Is there a further query, my brother?

S: When I read and hear people talk about their past lives, why don't they ever remember what they did in between past lives?

I am Q'uo, and am aware of your query, my brother. The experience that is had by those who have moved through an incarnation and who are in the time/space equivalent of the space/time illusion in which the incarnation was experienced go through a process which is most informative to a mind/body/spirit complex totality. However, many of these experiences taking place on the, shall we say, other side of the veil are of a nature which is difficult to access during an incarnation. However, there are some few who are able to do this. The number, however, is quite small, smaller even than those who feel that they are aware of previous incarnations. And we would suggest that the number of entities who are aware, in an accurate sense, of previous incarnations is much smaller than is believed. For the experience of remembering a previous incarnational experience is one which has a certain attractive glow to it, shall we say. It is in fashion to remember previous to the incarnation. We would suggest, however, that very few do remember a

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previous incarnation in an accurate way, so that the ability to remember an incarnation previous to this one, or the experience between incarnations previous to this one, is quite, quite rare. For each entity wishes that the veil of forgetting will, indeed, do what it does, and that is to make a complete block of all experience previous to the present incarnation in order that the present incarnation might be the sole focus of attention at this time. It is in such a situation that lessons are more purely and efficiently learned. If incarnations were able to be mixed so that memories of various incarnations blend through into the current incarnation the lessons and catalyst of the current incarnation would be diluted in such a fashion such as to reduce the efficiency of learning.

Is there a further query?

S: That's interesting. No further queries at this time. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: Are there reasons that free will is involved in not answering the question about the relative size of the sun and moon?

I am Q'uo, and am aware of your query, my sister. In this case this is not so. There are many, many physical, mental, emotional and spiritual coincidences that do, indeed, have meaning and may be pursued in various layers of uncovering the nature of the truth beneath them. In other instances we find that there is simply coincidence and that the coincidence is merely mechanical and unimportant. Into this category this falls for us.

Is there another query, my sister?

Carla: Yes. I went through regressive hypnosis and remembered a life in sparkling detail of another life lived on another planet, and a whole lifestyle. A friend of mine says that she remembers being an Egyptian god called Sekmet. I don't feel that I could bank on either one of our memories as accurate, and I wondered what these false images are that we think are incarnations from another time? Are they false echoes? Are they shadows that tell us something about ourselves that pierces the veil? Are there any uses to these memories at all?

I am Q'uo, and am aware of your query, my sister. In the specifics of this particular query we cannot answer in a definitive nature, for we are desirous of not infringing upon free will. However, in the general run of the query we may suggest that that importance which is placed upon the memory, however accurate or false it might be, is that quality of essence. The importance which a person places upon the supposed memory of a previous incarnation gives a person an idea of something of value resting there, taking a form as it will, being revealed as it is, being understood or misunderstood as it is. These are the facets of the gem of the incarnation. Seeing that which is of importance to the mind, to the emotions, to the spirit, to the body, this gives the self information from the self and it is unimportant as to whether or not this is an accurate memory. It is only important because the person feels that it is so.

Is there another query, my sister?

Carla: I really like that answer, by the way. I finished writing *A Wanderer's Handbook* some time ago and it is about 1280 pages. My editor thinks it should be published as it is with a good introduction explaining why it is so long, or, number two, that it needs to be edited down to about half its length and a lot of quotes from channeled entities such as yourself be replaced with a simpler and less convoluted language of me writing on those points. I would welcome any comments that you would have, as we are at this point now.

I am Q'uo, and am aware of your query, my sister, and again we must apologize for invoking the Way of Confusion, for we do not wish to influence you upon this matter for it is built upon the foundation of free will. We are happy to serve however we may. Is there another query?

Carla: No. Thank you very much.

I am Q'uo, and we thank you again, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce we would take this opportunity to thank each present once again for inviting us to join your circle this day. We are known to you as those of Q'uo. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
October 15, 2000

Group question: The question today has to do with the level of anxiety, and tension, and stress, and rush, and hurry, and angst, that we see all around us in the world today. We see it not only in others, but we see it in ourselves as we go through our daily round of activities. And we wonder if Q'uo could give us some information as to how we can deal with this angst as we deal with other people and as we see it in ourselves. Is there any message that is being delivered when a life is lived in this fashion? Is there anything that we should take from it besides what we see on the surface? We would appreciate anything that Q'uo might have to say.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we are. As always, it is a great privilege to be called to this session of working, and we thank each in the group for asking for information of a metaphysical nature, for seeking for the truth, and for looking in unexpected places such as this group. We greatly appreciate the opportunity to share our opinion and our thought, with the understanding that these are opinions and not authoritative statements. We ask that each listen carefully to what we say with an eye to keeping that which resonates and releasing everything that does not, for we make no claims to be anything but your brothers and sisters in the metaphysical journey, in the school of learning that creation is, and in the opportunity to serve which creation constitutes also. May we learn and serve together and help each other. This is our hope and we assure you that you are aiding us, for to be able to respond to your call enables us to work on our chosen method of service to others at this time. This is a great blessing to us.

We enjoyed listening to your conversation concerning the various self-perceived imperfections of each person's efforts and living. From our point of view, since we are able to see the shining hopes and good intentions of the heart, each entity looks a great deal more successful, shall we say, than the opinion that each self has about itself. And we encourage each to realize that much of the self-perceived imperfection of the personality shell as seen by the awakening seeker is an artifact of culture and manifestation in general and can in no wise be translated to a linear manner to represent the actual placement of the vibratory pattern of the mind, the body, and the spirit. In actuality, the essence of each of you resonates far below the level of surface consciousness so that while the irritations and anxieties of the day may well destroy and cut up the conscious peace of the seeker as far as the self-perceived experience of the seeker, in actuality the service of the seeker, as far as offering its essence in a relatively positive way to this planet and to its people, continues to go on without a great deal of

disturbance. This seems almost impossible to comprehend from the standpoint of the conscious mind because to the conscious mind there is no essence. To the conscious mind there is a system of thoughts about the self which constitute the virtual self.

Other selves are seen with much more balance by the self than the self because of the fact that they are not perceived as the self. Consequently, if you find yourself gazing at other people, concerned with their imperfections and sympathizing with them, we may encourage you to do the same with yourself. For that instinctual reaction that you have to the struggles of a person perceived by you as a well-intentioned person which perceives itself as imperfect, has more balance to it. And you may trust that the instinct that saw the love in another's heart is the shadow of that heart itself that is within you, that is in actuality transducing the love and the light of the infinite Creator in relatively unimpeded form despite surface angst and anxiety. There are many layers to the question of where an antsy feeling may come from.

The one known as R, in framing the question originally, asked if the experience of underlying antsy-ness was personal or cultural in nature. The basic question originally had to do with that underlying tone that lies behind actions rather than the actions or their irritability factors themselves; that is to say, that the one known as R was saying that there was this concern and that concern, this purchase and that change. But after those matters were disposed of, yet still there remained an underlying feeling of restlessness and anxiety, an itchiness that could not be explained by any particular physical or consciously known problem.

We may answer that, in general, there is both a cultural and personal component to such angst. Let us look at the cultural component first, or, shall we say, the global or transitional component, for there is within your inner planes a tremendous amount of change and transformation going on which has to do with not only the movements of the people upon this planet through metaphysical transformational times but also the planet itself, which is moving in its physical body and its finer bodies through just as substantial and primary a change. The pressure of growing electromagnetic alteration in the planetary web is creating energies which are perceived by sensitive people, especially those who have awakened spiritually, as creating new layers of vulnerability and fragility within the personality shell and the conscious mind. And this pressure comes not from the conscious mind but from the considerable depths of the subconscious mind, that portion of the mind being unable to speak but being far more nearly aware of the changing situation as regards the inner planes of the planet and as regards the energy system of each awakened seeker.

For those who have not yet awakened the same pressures are coming to bear, but the reactions widely vary. Some experience the so-called new age or transformational energies as activators of repressed negative emotion. It is as though instead of awakening the instinct for peace, unity, and harmony these energies are so sharply other than those energies which are useful to the personality shell and the energy setup of that unawakened being that there is a snap-back or bounce-back effect where these energies are distorted in a phase shift that is deleterious and that continues being deleterious until the unawakened seeker either chooses to awaken in the positive sense or chooses to become more negative. In other words, there is in the global energy web being received by the population of your planet an enhancer or exaggerator of choice. When there has been no choice made, the energies create a great deal of confusion.

Consequently, for this component of the angst affecting the peoples of your planet the most effectual way of dealing with it is to retain and maintain an awareness of choice, of the dimensions of personal choice, so that when energies begin to be more and more disturbed and when this itchiness, anxiety or angst moves into the weather of the mind, the body, and the spirit the more effectual views of the intellect and the analytical and reasoning abilities that are at the disposal of the seeker revolve around framing the situation in terms which offer to the self an ethical choice, a way to determine what is a service to others and at the same time what is a balanced action in terms of placing and maintaining the boundaries necessary for a peaceful self that has its own safety within itself.

The one known as S was talking about the need for balance to see both sides of a situation and yet to come to some decision that finds that which this instrument has often called the golden mean, the middle road that expresses both charity and wisdom and encapsulates the best of both. Oftentimes, this framework fails as this instrument was speaking

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earlier of with regards to her self. And we say, yes, often whether the reason for angst is cultural or personal, self-perceived failure will occur, and it is one more situation which is spiritual in nature which has a rhythm, and beauty, and a plan. The difficulty always is in retaining enough balance, faith and common sense to remember the truths and the principles that inform not just the conscious mind but the life and the essence of the being.

The instrument has a phrase that she often invokes when a situation seems hopeless. She will say, "Take it to a higher level." And we find this to be, in a global sense, in a transformational sense, sound advice. When it is perceived that there is a discomfort to the self this perception is simply the truth. It is a fact. The self is uncomfortable. It does not necessarily lead one to a specific response. Therefore, if it is possible in framing such a response, we recommend taking the opportunity to find the true and deep feelings of the heart on the subject which seems to be causing the anxiety. And moving with those feelings if at all possible. However, as we said, when self-perceived failure occurs we encourage each not to further berate the self for the failure, for it is only an apparent failure. In actuality, these actions, just like the action of elements with each other in chemistry or in alchemy, are going through certain transformations and changes and certain products are being created. The thing about chemistry, in general, is that if you do not like the results of an experiment you can start over and do it differently. And often in your receiving of catalyst you get the opportunity to repeat again and again and once again those things which you are rehearsing and practicing, so that you have any number of opportunities to look for that special grace which opens the heart.

Now, in addition to the planetary energy transformations that are now taking place upon your planet and are causing underlying anxieties and feelings of tension on a global basis there is also a self-perpetuation, self-regulating system of catalyst and experience that informs the gradual spiritual evolution of each awakened spirit. Each of you and each of us has a body system that is not a simple thing. Each of the seven sub-densities of your density has proper to it a physical or metaphysical vehicle or a combination of the two. Each of these vehicles has chakras. Each of these seven chakras in these seven finer bodies is related in some way and connected in some way to the chakra system of the physical body. Further, these bodies interpenetrate and there can come to be fairly interesting and unusual systems of connection where there have been repeated lessons distorted in a certain way and connections have been made between chakras or between chakras and the finer bodies and the chakras in the physical body. All of which can cause, shall we say, glitches in the system, places where energy is held, places where energy is leaking out through holes in the aura, places where there is overactivation so that there is a constant feeling of tension simply because a chakra has gone into a subjective perception that it is needed in an emergency activation, and so it is firing at full capability at all times. This is undesirable and unbalanced.

Indeed, it is far more desirable to have a relatively weak chakra system that has been balanced so that energy is coming through the entire system at however limited a rate and however slow a speed. Far better to have the system open and energy moving completely through it and out into the Earth plane than to have a tremendous amount of energy being pulled through the body because of an overactive chakra or chakra system while the energy system is not capable of transducing the energy as it moves through. The transduction of energy from the infinite energy that comes from the Creator is not a simple process in itself, and so this would be another area of inquiry to look into. However, we feel that there is too much detail in this for an introductory talk on anxiety and antsy-ness.

When the energy system of the body needs balancing there are many ways to work on the balancing of the system. It is always our first recommendation to use the key of silence, for silence, in one way or another, whether by silent prayer, by visualizations, by meditation, by contemplation, by simply walking in nature, silence has the space in it to hold divine thought. Divine thought is a natural balancer of energy systems. When your prayer goes up, when your call goes forth for inspiration and for peace, it is heard and immediately responses are being made. They are being made in silence. Consequently, if there is constant clamor in the mind and from the heart and from the spirit the responses will not be able to come through into the energy system. Therefore, using the silence after the prayer or the plea is a very helpful move to make, and we encourage it. We cannot say

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how long it may take in terms of your time for that feeling of response and healing and reassurance to move into the heart and to take root there, but we can say that it will shorten the time of healing, or, rather, it will shorten the time before the conscious mind will become aware of the healing, to move into the silence and to spend time simply resting in the knowledge that you have been heard.

The tuning song this day was, "Let It Be," and this is wonderful advice. When, as the one known as S said, you have done all that you can, what can you do but let it be? When you have given your all, when you have solved every problem you can find, what unrest and disquiet you are left with is an artifact of your energy system and the way that it amuses you at this time to think. Consequently, you can drive yourself crazy trying to think about how you think which is usually a bootless[3] inquiry. Or you can shake off the dull fatigue of trying to figure out that which cannot be figured out and determine that which is the next thing that feels right for you to do. For beyond all of the thoughts about living a life in truth, each moment there is a situation where there is an awareness that is caught in the flesh and we also are caught into a certain type of flesh and are embodied and have personalities. We are the limitless caught into limit. We are living paradoxes. We are not linear beings. We will often not make sense, and the angst and anxieties that come to those who are beginning to seek spiritually will always be vastly more deeply felt and more uncomfortable than those difficulties experienced by those not attempting to accelerate the pace of their evolution but are simply attempting to live through the day.

We are not those who would recommend the attempt to live through the day on its own merits. For we realize that seeing the self as a creature of work and food and rest creates a feeling of bestiality or animal nature that is simply not accurate in describing the nature of an awakened spirit. The awakened spirit will be more fragile, more tender, more easily bruised, and more in need of setting more firm boundaries, for there needs to be that place where it is safe to be yourself. We hope that each of you is able even in the darkest moments of anxiety and sorrow to support and encourage the heart of self to believe in yourself and to know that you are worthwhile and that those things that you hold dear, those principles that make your heart lift and your spirits soar, are, indeed, worth living for and worth dying for.

In personal anxieties as well as cultural and planetary ones it is also well to take it higher, remembering that as people in incarnation with relationships there will be times when there is found no higher ground. Nevertheless, my friends, that higher ground is there existing, if nowhere else, in your essential self, within your heart. Third density has to do with choice. This is the key to this question.

At this time we gratefully thank this instrument and transfer the contact to the one known as Jim. We are those known to you as the Q'uo. We transfer at this time.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

S: I've been dying these last two weeks just wondering what homework you have done and what answer you have for me. If you would be so kind, wow me.

I am Q'uo, and though we are not aware of a query, we are sure that there is one that you have for us. Would you please vibrate it at this time?

S: Certainly. It goes back to the question from last time and the time before which was the question of the size of the moon and the sun being the same size. The first time you did not know the answer. The second time you hadn't thought any more. And I was asking you if with your various resources you could find that answer and how you went about finding it.

I am Q'uo, and we are aware of your query, my brother. When we attempt to seek for that which we do not know, we look to the heart of our being for that which is important in our seeking. And when it is of great enough importance, then it is that we attempt to become that which we do not know. In this instance we do not seek for the answer for this information, for we feel that it is unimportant and is not central either to our service or our own learning. Rather, we would suggest that instead of being concerned with the external artifacts of the

[3] bootless: unavailing, useless, without advantage, unprofitable.

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astronomical illusion that you look instead to the sun and the moon of your own inner being.

Is there another query at this time?

S: I guess our good friend R, whom we all think so highly of … to put it delicately, do you know any nice ladies that we could introduce him to, to kind of steer towards his way?

I am Q'uo, and though we are aware of your question, we are unaware of such an entity. Is there another query?

S: So, no match-making services. I guess I'll turn it over to others at this point. I've exhausted my tweaking of you today. Thank you so kindly.

I am Q'uo, and we are thankful to you also, my brother, though we have offered so little that is satisfying. Is there another query at this time?

Carla: I'd sort of like to follow up on what you said to S. The sun and the moon kind of moved me back to not only astrology but to alchemy. The Tree of Life figure, the glyph, is seen by some systems as having one side that is lunar and one side that is solar. There is a resonance in me as to what you suggested as the sunny self and the nighttime self, or the dark side, that are both us and hopefully well integrated, but sometimes it is very upsetting to see our dark side, or the moon, in us. Is that the direction of thought that you were suggesting?

I am Q'uo, and am aware of your query, my sister. Your interpretation of the sun and the moon of the inner self approaches that which was intended. There is much of the radiance and much of the magnetism, much of the male, much of the female, which each entity embodies within the incarnational life pattern. The information that was given through this group concerning the archetypical mind began to deal with some of this information, and we are glad that you have looked deeper than the surface of the, shall we say, original query.

Is there a further query, my sister?

Carla: I just want to share with you Don's joke about the moon and the sun. Don always felt that the moon was more important than the sun because it gave you light at night when you needed it.

I am Q'uo, and we, indeed, enjoy the humor of the sun and moon, and would add that we have also heard through a philosopher of yours that the old moon can be cut up into many small pieces to make more stars for the night sky.

Is there a further query at this time?

(Tape change. A portion was not recorded during the tape change.)

I am Q'uo, and am again with this instrument … that we carefully assess the line beyond which free will is infringed is known well by each in this group. When we attempt to determine what is of value for our own seeking we look at those qualities which are what you might call eternal, those qualities which are so now and ever, that we may apply them to our life pattern. Thus, there is much that comes before our notice that is of little import in our own seeking, for there is much that moves about one that is, shall we say, of a background kind of influence. That which is of central importance in our seeking, those qualities and principles which are true throughout all times and places, are those qualities upon which we would attempt to build our understanding, shall we say. And in our realm of experience understanding is possible, whereas in your third-density illusion understanding is not possible.

The intellectual mind offers so little that may assist one in the seeking that to pander to it and to fill it with useless facts is that which we see as being of not as service and continuing to lead an entity in the direction in which the illusion does such a good job already. For there is so much which one must know, or attempt to know, in order to cope within your daily round of activities. Thus, when we attempt to share with those within this illusion we look not only at that which is of service because it does not infringe upon free will but that which will move one more firmly towards the heart of the seeking, and that is, my friends, to move towards one's own heart in the interior sense, in the sense of opening the compassion for self and other self, in engaging the mercy, the willingness to forgive and be forgiven, the making of amends with those with whom you have a difficulty and disturbance.

Thus, what we see as helpful is oftentimes seen as not helpful to those who seek our assistance. And this is the way that we see the third-density illusion: so many entities moving in directions which do not directly aid in their own evolution. And, yet, in the long run of events there is no other journey that is taken. Thus, there is only the evolution of each entity at each instance in the life pattern. However,

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when we attempt to be of service to entities such as yourselves we feel that it is important that we maintain the focus upon those qualities that are not transient, that do not change from day to day and from illusion to illusion, and that we attempt to inspire that which is beyond the intellect. For there is so much that already requires the use of the intellect that many feel it is too reliable a partner in this seeking and serving. Thus, it is a delicate balance that we walk when we attempt to serve, yet we do so joyfully. And we do so without hesitation where we can, for it is a great honor for us to be able to move with you in your seeking and your service.

Is there another query, my brother?

S: No. I think that answers that. I will have to read the transcript and think about it. Thank you.

I am Q'uo, and, again, we thank you, my brother. Is there another query at this time?

R: I have a query about how you seek answers to that which you do not know. You said you first look into the heart of your being to see if there is value to that answer and if there is you will attempt to become that which is unknown. Is that a technique that can be used in the third density?

I am Q'uo, and am aware of your query, my brother. This technique has but limited use within the third-density illusion, for this illusion is one in which the veil of forgetting, as we have heard it called in this group, plays such an important role. This veil of forgetting allows each entity to focus upon the present life experience in a very focused manner. This same ability to focus in such a finely tuned fashion is that which mitigates against the ability to become that which is sought, for to do that one must be able to move through this veil and beyond the veil. The attempt to empathize with those about with whom there is miscommunication or difficulty of any kind has a limited possibility of success, for each entity is aware of its own emotions, thoughts, experiences, dreams and desires and can, therefore, begin to feel for another entity these same expressions of energy. Thus, there is some use in becoming or attempting to become another entity in order to understand that entity's relationship to the self. However, for other areas of investigation we feel that this is not a technique that would be helpful in your particular illusion.

Is there another query, my brother?

R: No. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: To follow up on S's question about dumbing down information to third density, because I am aware in the channeling process of having to translate concepts into words all the time, and I feel that I am getting bits of it and am doing the best that I can with it, but there is so much there I can't possibly express it all. Could you make any more comments about that? I can see the operation of the intellect here. It's not so much as there is a certain value placed on what we think about.

I am Q'uo, and am aware of your query, my sister. In your illusion there is the seeking for the heart of self. All queries of substance may be related to this seeking. We may share with each that desire to fully open the heart, each to the other, and may relate those queries of substance to this seeking. Thus, there is no necessity to, as you say, dumb down the answer for a query but to seek its simplest level of expression which each heart may understand.

Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and, again, we thank you, my sister. Is there another query at this time?

M: Am I using the medication that I am on as a crutch, or is it really helping me?

I am Q'uo, and am aware of your query, my sister. A direct answer is not possible for us here, for it is an infringement on free will for us to advise to the point of specificity. However, we would suggest that in your meditative state, as you ponder this query for yourself, you will be able to make a clear determination as to whether or not to continue this course of ingestion of prescribed medication. We encourage you to seek there your own answer and to trust in yourself in this seeking. For it is well said that each entity knows the answers within the heart to the queries which have importance to the heart.

Is there a further query, my sister?

M: No. Thank you.

I am Q'uo, and we thank you, my sister. Is there a final query at this time?

(No further queries.)

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I am Q'uo, and we are also filled with gratitude for the opportunity to join this circle of seeking. We thank each individually for inviting our presence and for being able to accept little in the way of helpful responses in many cases, for we find the way of confusion often limits that which we may share. We hope that each will continue to seek with the strong desire that has brought each to this circle. We applaud the steps that each moves upon the inner journey of opening the heart and sharing the love that is found there with all that come across the path in the daily round of activities. We are known to you as those of Q'uo, and we would take our leave of this instrument and this group at this time, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 5, 2000

Group question: The question today has to do with change. Now, in the context of the perfection of the moment where all things are well, we realize that there is change that occurs at all times. And we are wondering as to how this change happens. How much is conscious and how much is subconscious? Is there a balance between change and keeping things the same that is well to maintain? Is there a certain amount of stability that is well in a seeker's life? How much of the change that is going on can we affect? How much is going to happen whether we have any input or not?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, whose servants we are. We thank you for calling us to your group this evening, for the privilege of sharing our thought with you on the subject of change, and for the opportunity of sharing your meditation and your company and the beauty of your being. All of these things are a great privilege to us and a great blessing. We would ask of you one thing, and that is, as always, that you listen to us with discrimination, being fully aware that we are like yourselves, those who make errors and who are learning and changing. Therefore, nothing that we say should or needs to be taken as gospel. If any of our thoughts resonate in your own mind, then we offer them to you humbly. If not, then we ask you to pass them by.

Change is a fixture of all of the illusions of which we are aware. At the heart of creation is a constancy of metamorphosis that is, as far as we know, circular; that is, the creation as a whole can be said to have its source as its ending and its ending as its source, and all of that which stems from source and comes to an end is one unified entity, which is in a constant state of transformation.

All begins in the utter unpotentiated love, or Logos, that is the Creator unknown to Itself. The first distortion of this Logos is free will. And free will is the agent of change. In the Creator, and therefore in Its creation, through free will the Creator chooses that which you know as light and which we would call the manifesting principle. The child of free will and love, light in its first manifestation, may be seen as the sudden being of all that there is. Your scientists have envisioned this as inevitably explosive and have called the birth of creation the Big Bang. However, this is creation seen through the distortion of the lens of your third density in which time and space structure perception. In other illusions where time and space have different structures it may be seen that there is not the explosion but, rather, the transformative process which rolls from light to light to light, and by this we mean that there are levels of what this instrument would call rotation of light that

create vast numbers of structures which are seen as systems of vibration and vibrational fields having their relative existence in various sizes or orders of your time and space so that from the smallest to the largest structure of vibration, from the lowest to the highest density of vibration, there are put in motion by the Logos systems which are destined to roll their metamorphoses from the position of what from your density would be the beginning of the creation to the ending of creation when all of these energies have reacted with all of the other energies which are appropriate for them to react with. All energy has been spent. All desire has been balanced and the exhausted and used energy and experience has been harvested or eaten by the one infinite Creator and absorbed at the end of creation. This describes the basic background against which self-aware entities such as yourselves and we experience and add our harvest to that knowledge the Creator has of Itself. This is the first and deepest level to change, and it is a design which accomplishes what in your bodies would be a heartbeat. For the creation is the body of the Creator, and an entire creation with all of the densities of an octave express one heartbeat of that creature, which is the Creator. This is in no way a literal rendering of a Creator which has a beginning and an ending. As far as we know, the Creator is infinite and is eternal.

However, there are quanta, or heartbeats, in which the Creator's knowledge of Itself is rendered open to alteration by the self-aware entities which are principles of the Creator, choosing by their free will to gather information and to process it in such and such a manner. And this the Creator can never know ahead of time and does not wish to know ahead of time. It is an important principle to the Creator: that Its portions that have been offered this background of densities and illusions have complete free will in looking at the creation around It, and responding to it, and in making those responses into a process of change, metamorphosis, and transformation of a certain kind. For each choice that each self-aware entity makes creates new possibilities, new patterns, and new potential choices that may add to the Creator's experience of Itself.

This basic structure of the long and winding road, as the song which this group listened to before the meditation referred to, is entirely as it is. There is no entry into altering the structure of the densities, of the illusions within the densities, or their progress. These are set and are as the house within which the self-aware sub-Creators, which are yourselves, we and all self-aware entities, have the opportunity to experience the light of life and the choices of a freely lived life.

The next level of change which we would address is that level which involves the self-aware entity which each of you is facing an incarnation upon your third-density world, choosing to come into incarnation and deciding upon the basic structure of that incarnation. For this, indeed, you do. And much that will affect the incarnation you and your higher self have decided upon beforehand. Now, this level of change is semi-permeable. It is not fully set; that is, before incarnation there is a review of the previous incarnation and a review of the basic stream of your soul. In the context of life between incarnations, time does not hold sway. And rather than a linear movement of incarnation after incarnation after incarnation, what your higher self is looking at is a circle of incarnations—past, present, and future—which are affecting what this instrument has been calling the soul stream, so that influences from various incarnations, lessons learned from various incarnations, lessons misaligned from various incarnations, information good and bad, is being filtered and refined and being placed into that repository of self that is far deeper than any personality shell which you experience as yourself within any one incarnation.

You and your higher self gaze at this, shall we say, pool of self and of lessons still to be learned from the relative standpoint of coming into this particular incarnation. And there is a careful choosing of the relationships which you hope you will be able to work on within this particular incarnation. There is a careful choice of the lessons which you feel are at the incarnational level and which you wish to address, no matter how many times you must repeat this lesson within the incarnation. Then there are secondary lessons which you place for yourself within the incarnation which are less set and are more a matter of contingency. If such and such a lesson is learned, then another and subordinate lesson may have the luxury of coming into the incarnational experience and being offered for experience. There is, further, the choice of what gifts you choose to bring into the incarnation in the hopes that you will be able to use them in terms of

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your learning and also in terms of what service you have hoped to offer.

Again, these things are set to an extent, but they are not fully set. And we have used the analogy before of these items being as the roadmap where it is decided that you as a person must go from Louisville, say, to the town of Chicago. That basic direction, that achieving of a different location, is as the choice that is set before you. In terms of actual catalyst that occurs to you, what happens is that you are offered again and again choices of ways to turn your vehicle. It is possible to get on an interstate highway and go directly to Chicago in a matter of hours. It is also possible to get on an airplane and go to New York, and then to Europe, and then to Asia, and then across the North Pole and back to California and hence to Chicago. In both cases, if you can arrive in Chicago, you have achieved your destination and you have learned your lesson. The question is: how much trouble do you want to make for yourself in getting to Chicago? And this is the kind of thing you seem to face in an incarnation.

With a person, for instance, if you are working on a relationship which spans several lifetimes you may well experience the desire to get to Chicago by way of New York, Europe and Asia. However, you will find that as you hit each new city—New York, London, Paris, Geneva—you will meet that entity that you left in Louisville. This entity, or one just like it, in terms of your incarnational lesson, will come before your face, not in order to bring you woe but, rather, in order for you to look upon an issue and begin to sit with that issue and to see into the nature, the shadows, the implications, of this issue, that which this relationship brings up. If there is an incarnational lesson involving service to others—and this is so often the case—it will come up again and again. It may come up in the matter of employment. It may come up in the matter of being responsible when others around you are not responsible. But again and again, if your business, your issue, within the incarnation is learning responsibility for the self and responsibility for fulfilling commitments then this seemingly arduous situation where someone else is not being responsible but you must be will come up again and again. If an issue repeats it is not in order to bedevil you or to trouble you or to bring you to despair but, rather, to open to you the depths and the riches of this suffering.

Always, when facing something that you have finally begun to recognize as an incarnational lesson our advice is first to give thanks that you finally have achieved the realization that this is an incarnational lesson. And then we encourage you simply to sit with this issue. It is not necessarily your issue to solve. It may be there is tremendous patience involved in this issue. It may be, indeed, that you cannot solve this issue within this incarnation. It may be that you have simply set up for yourself the continuing lesson of giving without expectation of return. And this could be done through the giving of money, through the giving of self to another in patient listening although that entity never listens to you. There are a thousand and one different ways that you can set up an incarnational lesson involved in learning a purifying and refining of the instincts of love and compassion.

So there is this level of semi-permeable setting of an incarnation where these are the constants of the incarnation. These are the things that you cannot get rid of, that you do not want to get rid of, that you will begin to appreciate as the spirit within you matures throughout the incarnation. At first these incarnational lessons seem to be insurmountable and impossible. And as they repeat and repeat and the learning curve gets a little shorter each time, the spiritually awakened person begins to see, not that she can succeed in conquering this catalyst, but that she can see the pattern of it and appreciate the sense of the plan. Once the level of comprehension has been achieved where the plan is seen to be benign then much of the heart is freed to open to the hope of the efficacy of the third level of change. And this is the exciting and fully alive portion of the structures of change which feed into the process of your self-aware progress through this lifetime, this, your third density, and all of the densities which are to come.

Become aware of yourself now as you sit in your chair. You know that you are a body. You can feel your weight. Perhaps you can feel your pulse in one part of your body or some slight electrical movement upon your head or upon the hairs upon your body because of the influence of this contact and the energy that is moving clockwise about the circle as you gather light into the circle by your desire to know the truth that you offer. And yet you are not your body. You are not that which has been born and will die. You are not bone and blood. You are

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part of the original Logos and in you is that which is prior to all else but the Logos. As the Logos chose free will, so you who have free will as part and parcel of yourself before manifestation. You cannot become a mindless creature. You are not without will and power. You have Creatorship. You are a person of infinite power. Of infinite love and infinite ability to manifest.

All of this, of course, is placed deeply within the heart that you bring into incarnation and bury within the deeper part of self which never comes into direct consciousness in the conscious daylight mind. Therefore, you are as a person in disguise, a Creator stepped down and stepped down and stepped down in vibration until you are able to enter the physical vehicle of a third-density great ape, that gallant physical vehicle that carries your consciousness about for the incarnation, that bears the stresses and strains of your learning, that does the will of your brain, your intellect, and eventually your consciousness, and that serves you with a body and a mind that has instincts that greatly influence the choices of the immature spiritual individual.

Consequently, the very first arena of change for the spiritual seeker is the alarm that awakens the spirit. We do not know any way to influence the timing of when that alarm clock goes off for each individual spirit. And so we would ask that this particular concern for the self or for any other self be removed from the arena of choice and change. Trust the self to know when it is time to awaken and trust that self again and again when it triggers an urgency for change. For there are, as we have said, these posts or stanchions that are part of the structure of each incarnation, that have been carefully set in place to cause a turn here and a swing there and a turn and a roll here and there. Sometimes these changes in direction seem to be coming from the blue, and yet they have been carefully placed and are doing what they should do in order to keep you pointed, to follow our original analogy, [not] to Chicago but to the issues of your incarnation and to the services which you wished to offer. So examine those things you cannot change for the potentials for learning and for service.

Now, as you approach each point of decision you are almost inevitably dealing with change, with the perception of change in your life, and here is where there is real excitement because there are two forces which are tremendously powerful and one overriding force, which we will speak of to conclude, that to our way of thinking are the greatest areas of potential within the incarnation. The first is faith. The one known as T spoke of faith, and we would agree that faith has a powerful effect upon how change occurs within the incarnation.

Now each, as we have said, has a fairly set personality shell, and each has a fairly set system of relationships, issues, learning and service. However, these factors only produce a fairly random series of crises, times when the spirit that is you must choose one way or another to act, to think, to be. Faith is a faculty which reaches into the heart and pulls from that place a faculty which believes not that which is seen but that which is hoped. It takes that which is hoped and places it in the position of being known and being believed. The choice of this attitude of faith that all is well and that the plan is good is that which will reliably illuminate that issue or that relationship with which you are sitting. It does not obviate the need for patience, tolerance, kindness or the innocent and heartfelt desire to communicate. But it creates a vibration of light that is far closer to the truth that is the Creator, to the vibration that is the one great original Thought. And it is as the element that enters a confused pattern and, by being placed in that pattern, stitches up the ravels of that pattern and creates a moment of clarity where the pattern emerges from the tangle and the structure is seen in one moment of crystallized learning.

And in those blessed moments of faith it is seen that all truly is well and that all will be well, and the bare memory of that moment is enough to illuminate and ease the entire process of transformation that would otherwise would seem a plodding and ungainly practice.

The second faculty that is most exciting to us and is very efficacious in creating positive as opposed to seemingly negative changes within the life experience is the faculty of will. Will may be seen as desire with a vector. Every entity has appetites. The physical body creates appetite as its first offering to the personality shell. The mental aspect of the physical body, with its predilection for choice making and for either/or, offers its refinements to the faculty of will. There become desires for this, desires for that. The consciousness itself has deeply seated desires that do not come from the body or from within the mind but from within the spirit. And these are deep desires of the soul that are often unspoken

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throughout the entire incarnation and, yet, even the shadows and echoes of these deep hungers of the heart affect the incarnation deeply.

The art and skill of developing the faculty of will is beginning to become aware of your desires, and as you become more and more aware of your desires becoming able to prioritize those desires, and sitting with them, beginning to see into them, and to choose those desires of the heart which you truly and deeply wish to follow. Once you have begun to identify those deep desires then it is that the faculty of will may begin to be pointed and the appetite and thirst may become a driving desire which may be expressed in prayer, in affirmation, in faith, in hope, in speech, in action, and in intention. The pointing and the continuation of desire is a faculty which will transform and accelerate the process of your spiritual evolution. This is perhaps the greatest of helpers in coming into a relative degree of mastery of the forces which are moving throughout your incarnation. The skill of pointing a desire is, paradoxically enough, that moment when it is seen that desire of the self and desire of the infinite One are one and the same thing. And there is a surrender of the small self to the Creator self so that these lower orders of body and mind and personality shell begin not to fall away but to have less sway over the incarnational process, over the thinking that feeds into the choices that you make.

That which lies beneath will and faith, like a blanket, is the Logos. And that Logos may be seen as the Creator. We say that this Logos is as the blanket because we feel that it is an apt simile of the spiritual walk, that long and winding road, to say that it is a walk in a cold climate. It is lonely, and the bed is the earth at the edge of the path. The ceiling is the stars above. And it seems a stark landscape often. For metaphysically, each truly walks alone as far as the making of choices and the creation of a tapestry of incarnational colors and textures. Each entity and each entity's choices are individual, to an absolute extent. Certainly, each walks with helpers. Each walks with spirit and the messengers of spirit, messengers of love, of understanding, of support and encouragement, and an awareness of this level of love from the Creator is helpful in softening that hard bed of earth and in bringing those cold stars closer.

But love is the blanket in which the seeker may roll up and rest at the end of the day, when will and faith are exhausted. That love lies within the heart and is accessible at all times. There is simply the choice made to crawl into that blanket and to roll oneself up in it. We greatly encourage this turning to love itself, turning to the heart within. For at the end of working with change there is great weariness and there is the need to rest. And this the Creator has provided for with a full and loving hand.

We are aware that the one known as J spoke of the difficulty that she had in comprehending this seemingly cruelty of one animal species preying upon another and perhaps we may speak of this at another time, but this instrument is telling us that we now have exceeded our time for speaking upon this subject. So, regretfully, we shall now release this subject for another asking or perhaps for the one known as Jim. We leave this instrument with thanks, in the love and in the light of the infinite One and transfer this contact to the one known as Jim. We are those known as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and in the light of the one infinite Creator through this instrument. At this time it is our privilege to speak to any further queries which those present may have for us. Is there another query at this time?

Carla: Would you wish to take on that question that J raised before the session about animals killing each other and it being so difficult to deal with?

I am Q'uo, and am aware of your query, my sister. We shall offer a brief response with the invitation to ask further if there is more information desired. In this creation of the one Creator we spoke earlier of the nature of free will which makes change inevitable. For as the Creator has sought to know Itself through the operation of the creation, which each is somewhat aware of, each portion of the creation which is the Creator seeks to become more fully aware of the one Creator as the source of the self. Thus, there is inbuilt in all creation the desire to move, to know, to experience, to live, and to engage in each process of the living of the life, the experience of the world of the creation. So each portion of the one Creator partakes in some of that which is and some of that which is not. That is to say, each is a portion of the Creator, yet each acts as though it was alone in many instances. There is the process of individualization, of the intense focusing of consciousness so that it reflects an individual

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point of view, offering to the one Creator yet another avenue of knowing Itself.

As each portion of the creation begins to interact with each other portion within its realm of experience there is undertaken the qualities and responsibilities of individualized consciousness, the seeking for the self that guarantees survival, the interaction of the self with other selves that increases complexity and enriches experience, the movement of groups of selves that move as one and interact with other groups and individuals, with the environment, and so forth. As this interaction occurs there is what you may see as the living upon life, the Creator within each moving as an individualized portion or perspective of consciousness. Life lives with itself and upon itself so that in the reflection that is seen as perhaps the ending of an incarnation for one portion of one perspective, another portion of another perspective, which is still the one Creator, is enhanced while, perhaps, yet another is diminished. It is well to know and to remember that all of the creation is not only the one Creator but is an illusion of separateness.

No portion of the creation is lost, no matter what the change in consciousness or level of apprehension of consciousness is achieved. As you move about in your daily round of activities many millions are the miniscule life forms that give themselves and no longer exist in that form as your place your foot upon the ground, as your automobiles move in their realm of influence, as you breath the air and breath in many other minute forms of life that have but a tiny amount of what you call time in which to experience that which is theirs to experience. And yet the galaxies and the suns and the stars move in their realms as well, changing and transforming into that which is greater, that which is lesser, seen from a lesser point of view, and yet all is still the one Creator knowing Itself. For those who have opened their hearts in compassion to that creation which is theirs to experience within this third-density illusion it is difficult to see various forms of suffering and misery within your life experience. For the heart that is open to all feels the pain of privation, of disease, of isolation, of being unable to comprehend, of feeling the end of one experience as yet another begins. This is well, my friends, for it is, of necessity, a portion of the creation's evolutionary process that this heart opening and the feeling of the agony as well as the ecstasy of the creation about one is such. Yet we assure each that nothing, no portion of the Creator, no form of life or consciousness, is ever lost but is only transformed to yet another avenue or perspective for the Creator to know Itself.

Is there a further query?

Carla: To follow up. I've thought about this before and it is are we not also food but because we are self-aware that we become food of another kind. My thinking on this is that all of these thoughts, awareness, changes, conclusions, everything that we evolve through, in a way, that emotion and suffering and feelings, are they not food for the Creator, so that we are part of the food chain too?

I am Q'uo, and we are in agreement with the thoughts that you have spoken, my sister, and would comment by suggesting that each entity within any illusion or density is a portion of the Creator that gives entirely of itself, of its experiences, of its thoughts, of its past, its present, and its future to the one Creator, for each is the one Creator and the purpose of the entire creation is that the Creator may know Itself through Its infinite portions within creation.

Is there another query, my sister?

Carla: No. Thank you. That is fascinating.

I am Q'uo, and we would agree, my sister, that the entire creation is that which fascinates us in an absolute sense, for there is nothing but the one Creator knowing Itself in infinite variety. Is there another query at this time?

(No further queries.)

I am Q'uo, and we are well aware that we have spoken far longer than is our normal want, and we apologize for the wordiness and we would at this time thank each at this time for inviting our presence to your group this day. It is a great honor and privilege for us to join you in your circle of seeking. We are always aware that there is much more beneath the surface of your queries than first appears and we appreciate the sincerity and depth of seeking that this group brings to each gathering. We are known to you as those of Q'uo, and we would take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 19, 2000

Group question: The question today has to do with what happens to us when we pass through the doors of death from this illusion to the next, what happens then? Are we able to go on to another location and accomplish other work? If so, what would that be? Do we still have contact with our loved ones and can they become aware of this?

(Carla channeling)

We are those of the principle known to you as the Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we are. And we thank you for bringing us to your group this day. It is a precious thing for us to be called to a circle of seeking such as your own. As we gaze and open our hearts to those who take part in this circle we experience great gratitude and a feeling of tremendous blessing for the beauty of each of you, your vibration, your hopes and your dreams are stunning to us. And your desire to know the truth is so inspiring to us, and it furnishes us with that which we hope for more than anything, and that is an opportunity to serve in the way that we have hoped to serve by sharing our thoughts with those who might wish to consider some alternative possibilities, thoughts and opinions that we may have to offer from our experience and our standpoint. We certainly do not claim to be authorities of any kind, and we would only ask each of you to listen to what we have to say with a feeling for what resonates to you. Take those thoughts which seem to be to you a resource and an asset and leave the rest behind. If you are able to use your discrimination then we feel we can speak to you without any infringement on free will. For truly we do not wish to place a stumbling block before any, and we honor free will and the discrimination of each. For each of you knows what is true for you, and you will recognize that truth when it comes to you. It will ring a bell deep in your heart. Do not accept authority or facts that do not resonate, for although they may be interesting they simply are not part of your personal and subjective path of seeking.

This day your question is about what happens when you as a flesh, blood, bone and sinew being perish and go back into the earth from which the elements of your body have come. Certainly, it is a fair question, for you exist in what seems to be a flesh, blood, bone and sinew world. To the outward eye, there is little that suggests that there is anything beyond the heat and the energy of physical existence. From the outward appearances of things it would appear that life comes up from the, what this instrument would call primeval ooze, flourishes for its season as does the grass and the flowers, and then sinks back into the earth. And many are those entities who have lived and died with no other feelings than that this was the situation.

It is our opinion that this is not at all the situation. From our standpoint we would say that this apparently real physical illusion in which you experience the dance of light is, in fact, a most thoroughgoing illusion, an illusion from the bottom up. We may make an inroad into this by saying that your own scientists are aware that the body which contains your consciousness and the chair upon which that body sits and the floor underneath that chair and the earth underneath that floor are all created by that which appears to be space, empty space. Matter itself has never been seen by your scientists although they have seen the path of the energy made by those seeming particles which seemingly create the energy fields and by this we refer to your photons or your electrons.

Beyond this model, which looks a great deal like the physical model of outer space with its far flung stars, there is, indeed, no physicalness to the physical illusion but, rather, a series of interpenetrating and hierarchical energy fields. The energy animating those fields is that which has the transcendent reality. The basis for this energy and the birthplace or spring of all that is, is that in which we greeted you: the love of the one infinite Creator. For this love is as the Logos that was referred to in that holy work which is called your Holy Bible by the one known as John when this entity said, "In the beginning was the Logos. In the beginning was the Word." This entity goes on to define this word as deity. But deity or God has developed connotations of great emotion, and instead we would refer to that energy that created all that is as love. For the Logos is the one great original Thought that is love.

Each star, each planet, each center of consciousness, and each atom has as its heart the Logos. All things are love. All things are the one infinite Creator in energy fields stepped down, and stepped down in order that experience might be gained by that which we would call the sub-Logos, for each of you and each of us is a sub-Logos, a part and portion of the Creator indistinguishable from the stuff of the Creator. This is that of which each of you was created, and this is that which makes each of you a citizen, not of time and space, not of beginnings and endings, but of eternity and infinity. This is your basic and continuing nature. The ones known as B and D have spoken of the concept of these sub-Logoi that each being is having been created before time, space, or the beginning of the creation as your scientists know it. And with this opinion we would agree. We believe this is the way the creation is designed.

The one known as L was speaking of the beating of the creation's heart, the explosion of experience from the Big Bang and the eventual spiritual gravity that pulls together into one locus that is beyond time and space all of the infinite reaches of creation. For the Creator has a heart that beats and each of its beats is a full and complete creation. And in each creation you, as sub-Creators, set out as explorers and voyagers on another incredible adventure of incarnation after incarnation, beginning as elements, moving through experiences as animals and trees and plants of all kinds until each comes to the experience of self-awareness.

This is the crux at which each of you is now, that which we have called third-density self-awareness. Up until this point the evolution which you have experienced has been of body, of mind, and of emotion. And you are ready now, as you begin to contemplate graduation from third density to fourth density experience, to contemplate the further evolution of your mind and your spirit.

When each physical entity comes into incarnation it is as though the consciousness that is your essence chooses to make an intimate affiliation with what this instrument would call a great ape. For each of you has the body of a fairly hairless great ape. Each of you has the instincts, the mind, the inclinations and the needs of this second-density entity that is the animal that has agreed to carry you about and to help you make the decisions of your life. One challenge, when you as a human being in third density come to consider the afterlife, is that challenge of separating in thought that being which is the great ape with its basic instincts, preferences and needs from that infinite and eternal consciousness which has entered into the body and which has worked and cooperated with the body and its mind in order to gain experience, to learn lessons, and to discover ways of being of service within this incarnation.

What dies when you as a person die? That is perhaps the first large question. And we would say to you it is the portion of yourself that you would call the body and the personality, for you see, when you came into incarnation you could not bring the depth and richness of your spirit into a personality shell.

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For within the heart of your being you are the Creator and you are, therefore, all that there is. Furthermore, as a citizen of eternity you are not bound by time, so all of the subtleties and nuances of self that you have developed through the entire octave of densities of this creation have their shadow within your third-density experience. You know things that are out of time. They rest in the depths of your subconscious roots of mind, and only the tiniest portion of this knowledge is able to come through that threshold of consciousness which we have called the veil of forgetting which keeps the conscious mind relatively unaware of the depths of the ocean of consciousness beneath the limn of awareness. In dreams and in visions occasionally a glimpse of eternity will come, and the one known as L was speaking of those times when the plan, the purpose, is very clear and is seen to be adequate, elegant and simple.

For the most part, however, those positive assets and what seem to be negative limitations of personality are carefully chosen from the great circle of your true being so that you come into incarnation with a very decided set of preferences, limitations, talents and abilities that you have chosen, perhaps, because they would help you to learn those things which you felt you should learn. Perhaps, to help you pursue relationships which you felt would help you grow. And always to help you to manifest the gifts that you wished to share as a service within this incarnation.

When it is time to release the flesh, the blood, the time, and the space the question is "What survives?" And because this particular instrument has had an experience where it died and then came back to life after thirty seconds of death this instrument can say from sheer experience consciousness survives. By this we mean that at or close to the physical death the consciousness becomes aware that the physical body is becoming unviable. It has been linked throughout life to the physical body, through what this instrument has called the silver cord. Consider this simply as that which tethers the soul or the spirit to a particular body. Now, at or close to physical death this silver cord simply lets go. It may not immediately leave the body, especially if it is interested to see what may happen. Many are the spirits that choose to remain very close to the physical body until such time as all of those within that family, shall we say, have had the opportunity to express their grief and have some sort of farewell service. Often the honored guest at a funeral is the deceased, for it simply cannot leave until it sees what everyone is wearing, how everyone is feeling, if everyone is all right, from the most frivolous concern there is that entire constellation or universe of feelings for these people that have been so dear and so loving for so long and have had so much shared history.

But there comes the time, either at death or soon thereafter, when the consciousness becomes aware that it is time to move ahead. If it is an incarnational pause between two incarnations in third density the next step is what this instrument would call the review of the incarnation. In other words, there will be someone who comes to greet, welcome and guide that consciousness which has just moved into that metaphysical time/space which is the environment for the light body which spirits have between incarnations. That guide may be a loved one close in the birth family; it may be a close friend; it may be a beloved entity such as Jesus, the Holy Spirit, or a favorite saint. It will be that entity which the spirit most feels comfortable with. And with that help, the consciousness is taken to a comfortable place where she may watch what you could think of as a movie or a book with many pictures. For, truly, freed of the confines of time and space it is possible to riffle through the pages of an incarnations fairly quickly, assessing the damage, assessing the need for healing before further work is undertaken, and then assessing what might be the goals of the next incarnation.

Coming into this consideration are the relationships that have been experienced in the last incarnation and how they fell out as to balancing energies between two people. Other issues include what lessons might have been planned for the past incarnation and how those lessons were learned and what service was planned for that incarnation and how that went. There is no judgment involved in this review. There is no blame assigned if those things that were hoped to be accomplished were not. It is simply an evaluation process.

After this initial process, if there has been healing that has been needed, then that will take place. In the inner planes of this planet which each experiences between incarnations in third density the environment is pretty much up to the consciousness that dwells within the inner planes and has experiences to undergo. For some spirits healing will

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take place in what they conceive of as a hospital. Others will create for themselves a third-density life with a job and so forth, and will have their healing done in a familiar environment of this kind. This healing process is very much under the free choice of the spirit that is undergoing the healing. For you see, each of you between incarnations has no veil of forgetting and is totally aware that he is part of the Creator. He is loved by the Creator, and he is loved. Consequently, there is a gentleness and a charity in the way that the self talks to the self in between incarnations that you do not experience in the sometimes harsh criticisms that each levels at herself within incarnation.

Ultimately, when the consciousness feels that it is healed and that it is ready to take up further learning and further service within third density it moves into that portion of the inner planes where souls are being readied for incarnation. And again, with the aid of the higher self and any guides which the consciousness deems helpful, a plan for incarnation is created. The main lessons to be learned are set into place. The main relationships which the consciousness hopes to pursue are discussed with those other souls and spirits and agreements are made. And choices are made as to what shall be placed into the personality shell in terms of talents and gifts to share within incarnation. And the process begins again.

Because of the fact that there are those in this circle that are not going to have any more third-density incarnations we would mention, briefly, the graduation process from this density that each will go through at some point. We are aware that each has heard of ascensions, and catastrophes, and Armageddon, and people having a global catastrophe in which the world as we know it ends. It is our opinion that this is not the way the creation will work, not among your people. It is our feeling that each of you will be ready for harvest, either after this incarnation or very shortly. Each of you now in this circle has the capacity to be graduated from third density. In fact, each of those dwelling upon your planet at this time has the ability to polarize either in service to self or in service to others to an extent that is harvestable to fourth density. What this means is that each of you earned this incarnation by your basic state of awareness coming into incarnation. Each of you is able, if you wish, to achieve graduation from third density upon the physical death.

Now, the way this occurs begins very similarly to moving into the inner planes in which third-density entities spend time in between incarnations. There is the continuation of consciousness, and there is the being met by the guides, the Holy Spirit, Jesus, those entities in which the consciousness has reposed trust. However, if the consciousness is enough aware of the possibility of harvest it may, as soon as the review of the incarnation begins, ask to cut short all that lies between it and the steps of light. For there is a great hunger in many who are in incarnation on planet Earth at this time to go home. Now, some would frame this going home as going to a higher density. Others would frame going home as simply being with the Creator. However, the mechanism for moving from third density to densities which are more fully packed with light is what this instrument has called the steps of light. This is not quite an accurate description, but it is as close as this instrument can come to expressing what we offer her. What we offer her is a vision of a walkway, a broad and beautiful path of light.

The light along this path is most fastidiously guarded by entities which are extremely close to the one great original Thought, yet which still have some individuality. These are what we would call seventh-density entities. They make absolutely sure that the boundaries between the densities of third and fourth of light are precisely accurate and that higher densities as well along this path are fastidiously accurately observed. The consciousness, then, without seeing any boundaries or partitions in this light, is asked to walk along the path of light. When the entity gets to the place where the light is too much to bear, then that entity stops. The fullest amount of light that that entity can enjoy and work with defines the next density of that entity's experience. If it is third density, that entity will continue in third density. If it is fourth density, that entity will move into the inner planes of a fourth-density planet and prepare to start a cycle of fourth-density experience there. If the entity stops in fifth or sixth density, then that has become the native density of that entity, for that is the place that that entity can enjoy the experience of incarnation the most and can get the most out of it.

Beneath, above, and surrounding all of these details of continued existence is the love and the light of the

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one infinite Creator. Whether the next experience for each of you is in this density or in a higher density the purpose of incarnation remains the same. Each of you is asked to be yourself. For you are love. The great challenge is uncovering that love, freeing up that love, taking the pain and the suffering and the limitations away from the love that is in your heart. Each of you has, not just a temporary identity within this lifetime. Within this lifetime each of you is a citizen of eternity, and all that shall come to you is within your heart at this time. So we ask each of you to rest, both in the love and the light of the one infinite Creator and within the circumstances of your flesh and bone and blood and sinew. For all of these circumstances shall pass, and yet that consciousness which is you shall be, as it always has been, loving and loved, embracing and embraced by the one infinite Creator which is your source and ending.

We bow before the courage of you in third density, for you truly do dwell in a thick and heavy chemical illusion. And it is only by faith that you may hope and feel and know that all is well and that all will be well. We would at this time transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each, once again, in the love and the light of the one infinite Creator through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

S: There are many today from different densities that are here helping with the ascension process of this planet, and you have kindly joined us with your thoughts and ideas, so how come you haven't decided to take a dive in the gene pool and try your hand at third-density at this time?

I am Q'uo, and am aware of your query, my brother. As a grouping of entities we have done that which you now do and have moved through those times of choosing the manner in which we would pursue our further evolution beyond third density. Thus, we remember that which you now experience and it is the axis upon which our creation turns, for we are those who have chosen to serve the Creator in all, for by so doing we also advance ourselves as the Creator learns from and teaches to the Creator. There are also those of our grouping who take incarnation again in third density as those who serve as wanderers, answering the call of those upon planets such as your own.

(Tape change.)

I am Q'uo, and am again with this instrument. We appreciate your patience. Is there another query at this time?

S: You said there were some of those of your group that are acting as wanderers at this time. How are they doing and what are they doing?

I am Q'uo, and am aware of your query, my brother. As one might expect, the range of success is large and small, for there are many who move into the third-density illusion with the hope of serving not only by their presence in the lightening of the vibrations of this planetary sphere upon which they dwell, but there is also the hope that each will remember that which it came to do, the manner in which it came to serve, and in many cases this is so. And there is great rejoicing at such service well rendered. Others there are who have the same difficulties as do those natives to the third-density illusion in that they become somewhat, shall we say, lost within the great, heavy, chemical illusion that is your world. They seek in circuitous manner again and again to penetrate the veil of forgetting and yet are weighted down by the concerns and worries of this world. And some become caught within the illusion and must move again through the great cycle of being in order that in a future incarnation they might recapture that which was lost. And for some this might seem to be a situation in which there was sorrow at what seemed to be a failure in the service. And yet we say that there is no failure, for all service has it effect. The Creator learns from each entity that which is offered through the life experience, and there is an infinity of what you call time in which services may be offered. Thus, if one time does not produce the fruit, another season and another time shall surely do so.

Is there another query, my brother?

S: No. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

B: I would have a query. The feeling in the physical universe is that there is a great amount of chaos and,

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obviously, the burning of the stars. In the apparently parallel spiritual universe it seems that it is trying to become very smooth and a continuum of smoothness. How do those two work?

I am Q'uo, and am aware of your query, my brother. That which to the eyes of third density seems to be chaotic is, at another level of experience, that which has rhythm, motion, pattern. However, there are those mysteries for all created entities that go beyond the ability of mind, body and spirit to penetrate. For though we are all of the one Creator we never forget that the heart of the Creator is a mysterious love that has the power to create and to destroy that which we call universes, the very creation itself. So there is this movement of consciousness that is, itself, an infinite stream of being that may from time to time have ripples in it and eddies and that kind of experience which seems to be chaotic. Yet, when those consciousnesses which perceive it are able to become one with it through their understanding of it, then that which appeared to be chaotic then appears to be smooth and unified, harmonious, and able to be perceived in a fashion that is coherent.

Is there another query, my brother?

J: Is it possible according to the laws of incarnation that we at some point existed and met the loved ones that we know in this existence in previous lives and is it possible that we will meet them again in future incarnations?

I am Q'uo, and am aware of your query, my brother. This is indeed so. There are groupings or clans, if you will, of entities who move as a group through incarnational experience after incarnational experience. The relationships vary from one experience to another, oftentimes with some members of the grouping remaining in the inner planes of the planetary sphere offering their assistance in an unseen manner as guides and angelic presences, only to take incarnation once again in yet another experience so that as you move through this Earthly experience you may look about you to those who are your loved ones, those of your family, your friends, those of like mind and heart with whom you move in unison and see those who have been with you for many, many incarnations and experiences on not only this planetary sphere but others as well. For the third-density illusion which is now coming to an end on this planetary sphere is but a brief moment in that which you call time. And there is no time or limitation for the clans or groupings of consciousnesses that choose to move together for one reason or another in the seeking of the one Creator.

Is there another query, my brother?

D: I have a question about the number of people who are gaining understanding about the nature of the creation. Are we getting more understanding of how things really are in our world?

I am Q'uo, and am aware of your query, my brother. We would agree in principle with that statement which you have made, though we would not use the word "understanding," for, as we mentioned previously, especially for those within this third-density illusion, there is little that is understood, yet there is much that is desired to be understood. And it is that heart which desires to know the one Creator, that heart which sees the Creator in the friend, the family, the stranger, and in the mirror that is open to the graduation, the harvest that now beckons into fourth density. It is not what one knows or thinks one knows that will achieve the harvest, but it is the desire to know. The desire to serve and the desire to be the one Creator.

Is there another query, my brother?

B: In the various religious books of the various established religions they seem each to point to a future where there is sort of a nirvana, but none seem to be the same kind of nirvana. Could these exist parallel to each other at the same [time], one without the knowledge of the other?

I am Q'uo, and am aware of your query, my brother. The various terms that have been used in the many religions and spiritual practices upon your planetary sphere refer to various levels of experience in which union with the Creator is sought and for a brief time, as it is measured, is achieved. However, we would suggest that it is more the case that various cultures and religions have formed their own descriptive terms and phraseologies to reflect these levels of experience that each shares with the other, so that it is like various languages having a word for this or that experience in which the experience is the same, yet the word or phrase is different. It is a matter of perspective and experience within a culture that determines how the various steps of realization may be called or named.

Is there another query, my brother?

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D: I have a query. As mentioned in the harvesting of the third-density entities moving into the fourth, is there any way to explain the experiences that might be had in the fourth density or what various purposes might be entertained in that density?

I am Q'uo, and am aware of your query, my brother. Though words fail to give a clear description of that which is beyond words we shall attempt to speak to this subject. Within the fourth-density experience the veil of forgetting that is so important within third density is removed, for no longer is there the need to make the choice of how to pursue learning and service further, the choice having been made in third density. Without the veil of forgetting the experience of each entity is much broadened and intensified for if you can imagine the ability to know the mind of another and to share that mind and the abilities in that mind and multiply that ability by the number of entities within the culture, within the race, and within the planet then one may begin to approximate the kind of consciousness that one may call a planetary consciousness that one may share with all others, for at this level of experience in the density of understanding and love there is no desire to hide any portion of the self from another. There is the desire, in fact, to join with others and point the needle of the compass, if you will, in one direction: in the direction of seeking and serving and becoming the one Creator. Thus, entities within the fourth-density illusion undertake the intensive learning of what it is to have complete compassion, understanding, mercy, forgiveness, and that which you call love. For at this level of experience the individual identity willingly blends with those of like mind and heart in the seeking and serving of the one Creator. Thus, the experience within the fourth-density illusion is far more harmonious than that within the third-density illusion where the choice of polarity is made in the fires of experience. As the soul is tempered in these fires then it is able to join with others of similar temper who also seek the One in a similar fashion.

The need for words, therefore, of a spoken nature is not necessary unless chosen. The communication is more of what you would call the telepathic nature but more than that which we do now, which is a word-by-word or concept kind of communication. The communication in fourth density is more of what you would call the gestalt, where an entire experience or picture with many thousands or millions of components may be transmitted instantaneously and true understanding achieved. There is no miscommunication at this level of experience. Thus, the harmony is most notable. However, since the harmony is notable and it is undeniable that the one Creator is at the heart of all, evolutionary experience is somewhat slowed in comparison to that which is possible within your third-density illusion. Thus it is that many of the fourth density seek to be of service to others by joining again the third-density illusion as those who are called wanderers and who seek with the great heart of compassion to share the love they know and have found within all creation with those who call for this kind of experience.

Is there another query, my brother?

D: In changing the subject, is there a description of time and how it is understood by various entities?

I am Q'uo, and am aware of your query, my brother. Again, we seek with words to do more than words can do, yet we will attempt to give you this description, which will be likened unto a river where time is seen as that which moves in a unified fashion, and yet moves within no boundaries of experience, which moves with a smaller influence, shall we say, being seen as more of an addition to experience rather than the nature of experience playing out from point A to B. Entities outside of the realm of time may look at time as being somewhat of a relic. However, there is the experience in appreciation of true simultaneity where entities may move into an experience of a certain kind of time for a certain intensity of experience until the experience is gained. Entities may, in fact, partake in various levels of time so that they may experience what you would see as the past before experiencing that which you see as the future. We realize that this term, time, and our description of it is somewhat confusing. We hope that our humble words have been able to elucidate in some small degree the nature of your query.

D: Thank you for that description.

We are most grateful to you as well, my brother, and would ask at this time if there is a final query.

B: Is it possible that planet Earth is being visited and has been visited by creatures from other parts of the galaxy or universe?

I am Q'uo, and am aware of your query, my brother. This is, indeed, so and has been for the entire

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lifetime of this planetary sphere, which includes that time before life as you know it began its cycle of experience here. There are those from all portions of the one creation who have been able to discipline their personalities to such a degree that they are able to move with unfettered tread throughout the one creation in what you would call zero time, for the creation is one being. And for those who have been able to master the disciplines, it is possible to move in thought from any portion of the one creation to any other portion of the one creation.

At this time we would like to thank each entity in this circle of seeking for inviting our presence here. It is a great honor and privilege for us to be able to join you in your circle when we are called, and we joyfully do so, again reminding each to take only those words and thoughts which we have offered which have meaning to you, leaving behind all others without a second thought. We are known to you as those of Q'uo, and we would take our leave of this instrument and this group at this time, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 3, 2000

Group question: When we are trying to make a decision that is important to our spiritual lives, we often have to wait patiently, to take the matter to the heart, and we wonder how we can do this more effectively to gain the direction that we need to follow for our greatest growth? How do we discover what our direction is?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, whose servants we are. It is our privilege and our blessing to be called to your group this afternoon, and, as always, we thank you for the desire for the truth and the thirst for deity that brings each of you to this circle of seeking. It is a great service to us to be able to share our thoughts with you, for this is the service we hope to offer at this time: to share our thoughts with those on your planet which might find some use in them.

As always, we ask that each use her powers of discrimination carefully, for we are not authority but, rather, fellow seekers and although we feel that we have experiences and thoughts that are worthy of sharing, we do not necessarily feel that our opinions are those which will resonate for other spiritual seekers in their particular patterns and processes, so we ask you to discriminate for yourselves and leave behind those thoughts that are not helpful.

The concept of discrimination is sometimes a difficult one for people who have been accustomed at times to feel that they, perhaps, are not entirely competent to judge any particular area or even in general. Many are the factors within your culture which tend to disenfranchise spiritual seekers from trusting in their own opinion and relying upon their own powers of discrimination. The bludgeoning of that blunt instrument known to you as school creates a respect for authority which is perhaps overstated. For in the realm of spiritual seeking truth is not a matter of authority. Truth is not subject to proof. Truth is, in fact, in any linear terms, entirely subjective. To get to a spiritual truth it first must be realized that this spiritual truth will be true only for you. It will not be true for another living human being.

Truly, each spiritual seeker is looking at one unique pattern and picture in looking at the self. It is almost impossible to extrapolate from something that is happening to someone else to something that is happening to you. You are an unique creature. Your incarnational lessons are carefully put in place. Each within this circle has accomplished a good many years of processing information and achieving realization after realization which has, each in its own way, encouraged, supported and helped to move forward that process of spiritual evolution of mind, emotions and spirit that each of you has

thirsted for for many years. And, yet, the process does not end while life is extant within the flesh and bones of the incarnation. The learning process ripples merrily onward.

Let us look for a moment at this process. One thing we would note about this process is that it has themes that recur. For each entity there will be those incarnational lessons which cannot be identified quickly. The first time a crisis situation along certain lines comes up it is overwhelming. There is so much confusion that there is no seeming place where a person might find a place to stand, a ground of being, a trustable foundation from which to look at the situation and the environment of the situation. The second time this same incarnational lesson recurs it may be almost as completely baffling as the first time.

We will give an example that is part of this instrument's process about which it already knows, thereby avoiding infringement upon free will. This instrument has an incarnational lesson in which it gives without expectation of return. It is so accustomed now to this theme that when this situation occurs where the entity is giving and is not receiving anything back or is even receiving difficulty and resistance back from the loving offering of the self, this instrument simply becomes aware that the incarnational lesson is recurring again and this instrument assumes, then, that it is recurring at a slightly different level because there are nuances at this level that have not been covered before. And the pressures of spiritual evolution suggest further learning of these nuances. Therefore, this instrument is almost too willing to dash forward into the breach and serve that person who has no ability to offer a loving return that this instrument can recognize. Very well, in the case of this particular incarnational lesson this instrument is unlikely to be confused for very long when the cycle repeats and the lesson comes up again and that wind chime of the emotions begins to sound its motif and make that certain sound that brings forth the emotions associated with this lesson. So you see, over the passage of time learning occurs and the level of confusion ameliorates so that even though there is discomfort in the challenge of the situation there is not an overwhelming level of discomfort or confusion. The ground of being remains and this instrument is then able to call upon its faculties of will and faith.

Now, we take the liberty of moving to the situation, which faces the instrument, which prompted this particular line of questioning this afternoon. In this situation this instrument is dealing with an incarnational lesson concerning what best could be called limitations. It is very easy when there is more than one incarnational lesson involved in an incarnational plan to become puzzled or even confused as to which lesson is actually being recycled. Therefore, in this particular case, one suggestion that we would give to this instrument is to spend time resting in contemplation of the incarnational lesson of limitation, which this instrument has experienced cyclically throughout its incarnation. Much work has been done through the years in working upon this incarnational lesson. Work still needs to be done. There are nuances that need to be considered. This is absolutely normal for the progress of a spiritual seeker. It may not, perhaps, be completely standard that someone would choose more than one incarnational lesson. It is, indeed, a crowded agenda.

However, each personality shell that is chosen for an incarnation comes with certain characteristics. For some personality shells the characteristics include such a desire for working upon one shining goal that the hallmark of the incarnation is simplicity and one theme that recurs to the exclusion of all others. For other personality shells there has been what we might call spiritual ambition: the desire to learn more, the desire to progress at a more efficient and that which is seen subjectively as a more helpful rate. You will notice people with this type of personality shell over-committing themselves in good deeds, taking too many classes for their own comfort in schooling, and otherwise tending to overfill the time allotted for each day with what this instrument would call good things to do. In neither personality type is there more excellence than the other. It is a simple matter of choice. Each way of approaching an incarnation has its advantages. Each has its drawbacks.

For the entity with what may be called spiritual ambition, as well as for the entity who burns with one single flame or thirst, the dangers involved include coming to take this quest so seriously that the perspective of that ground of being is lost, and the seeker becomes overwhelmed with the details of whatever present situation has occupied the interest in mind, the emotions, and the time of the seeker.

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Now let us step back and gaze at the actual situation. The actual situation is that there is no time or process or pressure to accomplish anything. Each dwells in eternity and all that has happened, is happening, and will happen is happening now, all at the same time, in perfect harmony, in utter perfection, and with an elegance and simplicity of pattern that is stunning, or would be if the pattern could be seen in its entirety.

There is no such thing as sequence. Space is an illusion. The bones, the flesh, and the mass of this particular incarnation are of an illusory nature that is very deep. Nothing that seems to be occurring upon the physical level has that kind of deep meaning that engenders fear, guilt, anger, remorse and all the other emotions that this incarnation creates as an illusion for the learning of the student. In other words, each seeker has put itself in a school of illusion in which things happen that are very strenuous, difficult and uncomfortable in many ways. And, yet, in the execution of these processes of suffering there is no animus, judgment or anger upon the part of the one infinite Creator.

The actual situation is that the one infinite Creator is issuing a vibration that is the creation. That creation is made up of the one great original Thought which is the Logos or love. The Creator is that love in utter unpotentiated fullness. The creation is that love in its potentiated form and light in its manifested form, and each of you as a creature of love and of light, of manifestation and of Logos, of Creator and illusion. And each of you dances the dance of Creator, moving to the dream of the illusion of sequence and meaning and living and learning. And, yet, each of you is already everything that each seeks to learn. So the actual process of spiritual evolution is one of subtraction, of allowing things to drop away in order to get to the heart of each perceived crisis or crux which occurs when an incarnational lesson, or a derivative of an incarnational lesson, recurs in the cyclical rhythms of the process of incarnation.

Now, each entity looking at the possibility of an incarnation upon planet Earth and an immersion into the illusion of third density was excited in the extreme about the extravagant possibilities for learning and for service that such an incarnation represents. Each in great anticipation set up what seemed to it to be very fruitful potential relationships, very helpful incarnational lessons which would sharpen the polarity of service to others, advance the evolution of mind, purify and discipline the emotions, and further the spiritual evolution of that soul which the personality shell brought into incarnation is only the shadow of. Each of you felt fairly optimistic about being able to penetrate the veil of forgetting. For the truth was so obvious before incarnation, so penetrating, so perfect. How could we truly forget? And, yet, the spirit comes into the flesh. The flesh comes into the world. The voices of the world come into the consciousness of the incarnated being, and confusion begins apace.

And so each in the childhood moves through a determined assault on the spirit. By the time that spirit has become mature enough to be able to work through those layers of enculturation the enculturation has become thick, dense and difficult to penetrate. That surety before incarnation has become utter unknowing. This is the plan. This is the way it is supposed to be. Each within incarnation is supposed to become a true Earth native and the awakening from that sleep of Earth is the hoped-for result of that thirst with which each incarnated in the heart of self, that thirst to know, that thirst to seek, that thirst to worship and simply to be one's deepest self.

We speak now to thirsty people, and we say to you, while we cannot hand-feed you water to quench your thirst, we can talk about the plan; the plan we see for each of you. For we feel that beyond all illusion, beyond all sequence, beyond all linear proof, beyond all illusion of any kind, it may be trusted by each of you that there is a plan, a carefully created, thoughtfully worked out plan that was created by yourself and by Spirit for this incarnation. Everything that is occurring is part of the outworking of this plan. It is an organic process, taking in great scoops, from anywhere within the illusion that comes into contact with the particular world of one seeker, that material which it needs in order to offer the various incarnational lessons in their various nuances needed as the cycles spiral and the learning and the process evolve. Therefore, what greatly aids the work of an entity in the midst of a perceived crux of incarnational lesson is not linear thought or analysis but, rather, a relaxation of all non-emotional processes, a refraining from intellectual thought, and a program of repetition of affirmations having to do with awakening,

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supporting and encouraging the faculties of faith and will.

Let us look first at faith. What is faith? Many would like faith to be faith in this or faith in that. But we say to you that, as far as we know, faith is the faith that all is well. It is not a belief; it is not a dogma; it is not complex; it does not have an object. Faith is an attitude of confidence that there is a plan, that the plan is working out perfectly, and that any difficulties that we are having with the plan are part of the plan. Therefore, no matter what the suffering, all is well and all will be well. The only responsibility of the faithful entity, then, is to maintain that faith and to deal with the suffering in a way that has as much as possible of humor, patience and perspective. For it is hoped that when it is seen that there is a plan, that this may release the spirit to dance within that plan, to look for ways to create style in responding to the nuances of the plan and finding ways to inject humor and a lightness of being into those reactions to the plan. And, above all, that ability to refrain from judging the self as stupid, unworthy or otherwise less than a perfect partner with the Creator and Spirit in experiencing and responding to the love and the light of the one infinite Creator.

There may well be the concept that there are things to do that are part of the plan of incarnation, and may we say that it is never part of an incarnational plan to do, but, rather, to be. Naturally, when entities achieve greatly within the illusion that is a cause for rejoicing, but that is part of the illusion. In terms of incarnational plans and incarnational lessons, what each seeker is working with are intentions, thoughts, hopes and dreams. In terms of metaphysical seeking it is not a matter of finding answers. It is a matter of coming to respect questions. It is never doing. It is always essence.

Faith is the willingness to abide in the essence of self, in the knowledge that the plan is good, and in the willingness to do the best that one can to interpret and respond to the situation as it unfolds. The actual decisions made are not that important. The intentions and the reasons involved for those decisions are important. Consequently, when the one known as Tom asked, "How do we get these crises, these problems that cause worry and the need for patience into the heart?" we would say that the answer involves allowing those things that are not of the heart to fall away, realizing that the issues are not in the physical world or the decisions made in the physical world, but, rather, the issue revolves around finding the most respect, the most honor, support, and encouragement for that heart of self that rests within the plan.

We may see the plan as outfigured in that Holy of Holies within the heart which holds the truth of being. In that Holy of Holies the Creator dwells in Its full original vibration. And the seeker, too, is there in its own heart, if it can remember to go there. With all of the buzzing noises of brain and intellect and thought, it is almost impossible to remember to go to the heart. It is only when there is a decision made to release the intellectual thought in the workings of the decision-making mind and to move into faith, trust and hope that the self can become silent, the mind can stop its chatter, and the self can use the key of silence to enter that tabernacle that is the heart. The beauty and the excellence of silence cannot be overrated in this regard. Often, we speak of meditation, but we find that you within third density attempt to make a project out of this meditation and create complexities and difficulties within this practice as well, which is completely normal for those who are within the heavy illusion of Earth. We encourage all movements into silence, whether they be called meditation or simply sitting and soaking in the now. In any case, there is a release involved, a release of control, a surrender to the will that is the Creator's and at the same time the heart of self's will.

And this brings us to speaking of will, for it is the faculty of will that supports faith. This will is an interesting phenomenon. It is created from the discipline of the dark side of self. To those who have not begun to work upon the discipline of the self and its personality these words mean little. To the one who has begun the attempt to look at and to work with the emotional and intellectual responses and to begin to learn more and more about the self in this way it will make more sense. For it will be seen that each and every seemingly negative characteristic of self has its own strength when it has been tamed and placed in a configuration in which it lies within the deep heart and self, acknowledged as part of the self, but disciplined as to its expression within the outer expression of a daily life. This is not the same as the repression of unfortunate thoughts, for it demands that each thought that is seen by the self to be angry, or in some way unacceptable as seen

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by the self, as that which can be worked upon, that which can yield fruit, that which can become that which it does not seem to be.

In this work the creative principle is used by the self, not to tear the self down or to judge the self, but, rather, to accept the self as it is, to balance the emotions that seem to be unbalanced by seeing their opposites, and then to integrate that whole range of being represented by that seeming negative emotion into the universal self that is the Creator. For you and the Creator are truly all that there is, and often much will be seen in the experience that is within that universal self along the lines of the dark side as perceived by the self. Thusly, will is honed by forgiveness as the self works on the self to come into self-acceptance, self-love, self-forgiveness, and self-worth.

The one known as J suggested that, in a situation where there was a decision to be made, that an entity simply choose what it really wishes to do. It may be seen that in incarnational lessons that crises may have nuances that are so puzzling that it is not immediately clear to an entity what it wishes to do. However, we suggest that in these situations the faculty of will be called upon to hone the desire to invoke faith and then that the faculty of faith be called upon in order that the being may rest from strife and may find a peace that dwells in midair, in total unknowing. For what is impatience but a refusal to realize that periods of unknowing occur and are acceptable?

We do not suggest that any of this is effortless. We only suggest that it is a most carefully thought out and a most blessing-filled procedure. We suggest that each of you has created a perfect environment for learning and for service. And each of you has created an excellent plan which is in effect, and that each of you will do well to create within the self more and more ability to invoke faith and will and to know that all is love and, even in the midst of suffering, all is well. Shall you die? Shall you live? Does it matter if you are moving along the lines of spiritual evolution? We ask each to trust. And we assure you that every force of nature and spirit wishes to help and is ready to express the hints and harbingers of synchronicity to speed the awareness of the truth.

This instrument informs us that we simply cannot speak further, and we will even, with your permission, forgo the usual further questions, for we are aware that we have spoken far beyond our normal time. May we have your permission to leave this instrument, or are there some questions that we would answer through the instrument known as Jim? We would ask the ones known as Jim, J, and T to indicate.

(No further queries.)

We felt sure that this was the case, but we thank you for confirming that which we felt was so. We want to thank you for raising this question, which was very interesting and for allowing us to speak through this instrument. We leave each, as we found you, in the most beautiful and ineffable love and creative light of the one infinite Creator. We are known to you as those of Q'uo, and humbly we say to you, adonai, Adonai vasu borragus. ♣

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Sunday Meditation
December 17, 2000

Group question: Today we are going to take pot luck, and since it's close to Christmas and New Year's, perhaps Q'uo would have a Christmas message for us.

(Carla channeling)

We are those of the principle known to you as the Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we are. We are most delighted to speak with your group this evening and we thank each of you for seeking the truth and for joining in this circle to do so. As always, we request that each listen to what we have to say with the awareness that we are merely offering opinions and are not authorities. And we would appreciate each of you discriminating as to those things which you find useful and those things which you leave behind.

The request for a Christmas message is a charming one and certainly offers us a beautiful array of directions which we might pursue. The time that you experience as the Christmas season is a part of a cycle that is remarkable to your planet, the situation being cleverly planned so that there are variations in the amount of light that you upon your planet enjoy in any one diurnal period. This Christmas season is that season of the least light and, indeed, some portions of your planetary surface are almost entirely in the dark for some portion of your winter. It is at this time of darkness that your story of Christ begins.

What is the message that this entity comes to offer? Indeed, the heart of that message is a kind of light. However, it is the kind of light that can be generated without your sun body or any other source of what you think of as light radiation. The light that gleams when no other light shines is the light of love, and it is that quality of light which the one you call Jesus the Christ embodies, for us as well as for you. For we feel that this entity expressed in a supernally perfect way the essence of pure love.

This instrument received a little story in her web mail this day which we would like to retell. In this story a wife who dearly loved her husband became aware that he was disenchanted with Christmas, not necessarily the sentiments and ideals of the season, but the commercialism and the hustle and bustle of it. And so she began thinking of what she might do to give her husband a better Christmas. One day they went to a sporting event and one of the two teams had no uniforms and also seemed to be made up of young people that had no advantages or money even to pay for their bus ride there. This woman found a way to purchase uniforms for that scruffy little team and when she had finished her act of charity she wrote a little note about it and placed it in an envelop and placed her husband's name on it and put it in a tree. This little, white envelop with its

little message became the favorite present for the whole family that year, and it was so successful that the wife decided to do that every year.

And sometime during each year she would find a charity to do anonymously, quietly. A couple that had lost everything in a fire, a young child that needed an operation. Each year she found someone that needed something and found a way to be that person's Santa Claus, and each year everyone would look for that envelop. The year came when the husband died. The wife barely managed to get the tree up. There were many things that she was not able to do, but she did place a white envelop in the tree. When Christmas morning came, she and her four children gathered for a very difficult Christmas together, and they all discovered that every single person there had place a white envelop in the tree. Each child, being concerned that their mom would not be able to continue the tradition, had taken it upon themselves to find someone to give to because they wanted to give their dad his favorite present. The story ended with a hope that this would be a tradition that the family would continue, and each year the favorite presents would be those white envelopes. They talked about giving to someone nobody knew and nobody wanted to impress, but just someone who needed something and who had found a Santa Claus.

We could talk to you about Jesus the Christ, for we greatly admire this teacher. We could access the history of this entity's life, and, yet, we find that this entity would much prefer that we speak of the love itself to which he came to bear witness—the love that is beyond the love of possession, the love that is beyond human love, the love that created each of you and that will destroy the universe. For each of you is as Jesus the Christ, not in the literal way of being identical to this particular personality but, rather, each of you is as Jesus the Christ in that you enter the dark world, both in your incarnation and at that point within your incarnation when you awaken to the light within, when you become aware of the infinite passion and beauty and works of ideals and principles that have a truth that rings far beyond time and space, life and death.

Firstly, you come into a dark world physically, gaze at the illusion about you, listen to your nightly news. This instrument often calls it the bad news, for seldom do they give good news on the news. It is the nature of the Earth scene and of third-density scenes in general that the grime and the tatters of life will appear far more dark and serious than the light and the laughter and the delight that co-exist with the darkness of the illusion. In the outer manifestation of third density will always seem to be a fairly dark picture. It will always seem that there is a battle between good and evil and that the evil is winning. May we say that this is an illusion, that, in actual fact, the light is increasing as more and more of your people awaken to their spiritual identity. However, it is one of the great advantages of the illusion that it appears dark. This is a requirement of the third-density experience: setting the stage upon which each spirit entering the world walks into the center of that stage knowing that the audience has come, the play is going on, and the lines are not known. There is only one clue that each player has as to the nature of the drama that is taking place. And that clue comes from a place within the self rather than from the props and the other characters on the stage.

Each spirit enters the world to bring and to share, to bless and to transduce the love and the light of the one infinite Creator. In order for this to be a meaningful activity, there need be that backdrop of darkness. On the second level, the level of the purely metaphysical, the concept of each spirit's being as Jesus the Christ becomes more focused because here it may be seen that as each spirit awakens within incarnation to the basic nature of the experience and of the self each is awakening as an infant into a manger in a stable, not into a comfortable and secure place, but into a most humble and sparing abode. For each infant spirit is helpless and brand new, and it needs a great deal of help.

The spirit of love is the heart of each spirit that takes flesh. That perfect love expressed in Jesus the Christ dwells in each heart, but it is as though each spirit needed the help of the being that has become aware in order to thrive. So each of you is as the caretaker, the parent, teacher, and the comforter of his and her own spirit. Each of you can encourage the spirit of love within you. Each can clothe that infant spirit in the garments of care and self-awareness and time, time given to silence and the awareness of the love that rest within in that cradle that is the heart.

How shall you parent your own inner spirit? How shall you help this spirit to mature and to begin to try its wings? Remember that this spiritual child within is a creature that is moved and strengthened by the choices that you make. In so many of the

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dark aspects of the daily round of activities there is a decision to be made, and as this instrument was saying earlier, decisions can be made in fear or in freedom. When an ethical decision comes, when there is a crux, it is very well to pause and ask the self, as the one known as Ra has said, "Where is the love in this situation? Where is the light in this moment? Where is the service that can be rendered?" Often these questions create a clarity and the spirit within is able to flower and blossom a bit because the time has been taken to look at a situation that seemed dark within the illusion of the world and to find the light and love and service hidden within the darkness of that puzzle, that worldly situation. If you can draw back to the extent that you are able to ask yourself these questions you have succeeded in using the darkness of Earth to find ways to light the candle of the heart's great and often untapped resources of faith and hope. It is truly a dark time, your winter.

We bless that darkness. As we look back on our own third-density experience we see the gift of unknowing for what it is: a necessary prerequisite to the free choice of faith. We do not at all discourage the worship and love of the one known as Jesus the Christ. This entity is as the most excellent of models for love. We encourage each to gaze long into the stories of this entity and to see how this entity was able to love. But more, we ask that you look into your own hearts and see the spirit of love within that is the essence of each of you. And know that you have within you the love that you seek, the truth that you seek, and the beauty that you thirst for. We encourage each of you to value each hard choice and each time of apparent darkness.

The choices that you make during these incarnational times of unknowing have a weight, potentially, that can change the course of the development of your soul. We encourage each to know that you have the resources within you to be that candle that is lit within the darkness, that the darkness shall never overcome.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you once again in the love and in the light of the infinite Creator. At this time it is our privilege once again in the attempt to speak to any further query which those present may have for us. Is there another query at this time?

S: I had a question last time about some of those of your group who had come here as wanderers and who had gone slightly off track and gotten lost in this illusion. Can we help those of your group on this side of the veil?

I am Q'uo, and we are aware of your query, my brother, and we appreciate the concern that comes from the open heart in search of those who need this love, those who have found a great love, who have sacrificed much for it, and who in another form continue to seek it. We can assure you that each entity, whether previously that which you call a wanderer or an Earth native, as you may call one whose origins are this planetary sphere, will find the great love of the life to be that one Creator which resides within, as we have spoken of previously. For though each incarnation seems to be a great span of time, measured in your years, from the point of view of that which is infinite and eternal, each incarnation is merely the blinking of an eye. And those lessons that can be learned in such a relatively short span of time are intense, pure, passionate and do make their mark upon the soul identity. Thus, though one may seem to be lost from the many, the journey of being lost is that which, in itself, holds great potential. For the ability to move with faith and to power this faith with the will to seek the truth is that which aids any entity in its journey of seeking. Many there are who move in a fashion which seems to reflect this being lost, and yet we know there is a day in which all shall be found. There is within each heart that which may be seen as a beacon, a homing device which ever brings one nearer to the source of the self, to the source of love. And in each daily round of activities the opportunities are presented to the entity to avail itself of its desire to seek the One. Though the period of being lost may be what you would call extensive, always is the higher self offering to the incarnated self the opportunity to find the way home. There are many hints upon the trail, shall we say, and each entity shall eventually find each step on the journey to be complete.

Is there a further query, my friend?

S: One last one. We were talking earlier about a series of lessons in which our eldest daughter took one of our puppy dogs and it got lost. The idea of getting another dog and there seems to be a lot of

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issues and lessons and many things going on when you look at all of the ramifications of what is happening. Could you shed some light on some of those issues?

I am Q'uo, and am aware of your query, my brother. Whatever the catalyst may be in any incarnation in the third density, the ability to utilize the catalyst depends on large degree upon the ability to open the heart and to accept that which seems to be unacceptable, to give love where it would not seem to be welcome, indeed to be the fool in the desire to open the heart and freely share that which you call unconditional love. If one can remember that there is love in each moment, that each form of catalyst offers the opportunity to either express that love or to receive that love, or to utilize a combination of the two, then each season of catalyst may be seen to be complete and to be seen to offer these endless opportunities for the sharing of love. One may take each kind of catalyst seriously in that the catalyst is seen to be an end in itself, and this is in many cases to miss the point. Yes, it is important to a certain entity that one or another outcome result from a set of situational circumstances. And yet if each within the situation is aware that it is love to be learned from all of the catalyst then it is much easier to find that harvest within the catalyst.

Is there a further query, my brother?

S: I was requested to ask if the dog which is lost is OK?

I am Q'uo, and am aware of your query, my brother. We pause to scan and feel there is no infringement to report that the creature that you call the lost dog is well.

Is there any further query, my brother?

S: Not at this time. Thank you very much.

I am Q'uo, and we thank you as well, my brother. Is there another query at this time?

Carla: I am dealing with orange and yellow-ray blockage at this time. I am experiencing some illness and am trying to work with that and the issue of psychic greeting and of opening and clearing these energy centers. I would appreciate anything that you might have to say that would help me to work on this.

I am Q'uo, and am aware of your query, my sister. Without infringing we may suggest that in any situation with any other entity if one feels the lack of love then one may look to that shared catalyst as that which may profitably be explored.

Is there any further query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

R: Not a question, but as the year draws to a close I would like to thank the entities of the Confederation for speaking to this group, for their work and effort in communication.

I am Q'uo, and, my brother, we greatly appreciate your appreciation, and we return it as well. Is there a final query at this time?

(No further queries.)

I am Q'uo, and we greatly appreciate the warm reception and humorous vibrations that typify this group, especially at this time of year. We are always filled with joy to be called to your group and we cannot thank you enough for offering us this opportunity to be of service in our humble way. We hope that our words in some way may find a home within your heart. For those which do not, we bid you drop them and think not twice about them. At this time we shall take our leave of this instrument and of this group. We leave each, as always, in the love and in the light of the infinite Creator. Adonai. Adonai, my friends. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
January 6, 2001

Group question: The question today has to do with the contrast between religion and spirituality, seeking from without and seeking from within. We are asking if Q'uo could give us some ideas as to the direction that is appropriate for each person, how each can be helpful, what the hindrances might be for each, and how a person can determine what is right for him or her. And is there really a precise answer or direction for each of us, or is there a certain amount of uncertainty that we need to be able to accept?

(Carla channeling)

We are known to you as those of the Q'uo, and we greet you in the love and in the light of the one infinite Creator, whom we serve. It is a great privilege to join this circle of seeking, and we greet each of you, thanking you for your great thirst for the truth, for all that has brought you to this meeting. It is a very special time for us when we are able to communicate with this group. We welcome each of you. Those in our principle known to you as those of Hatonn and those of Oxal wish especially to greet the one known as Kyra and to greet all of those who are new to this group. For each of you has your unique and beautiful music that you embody in your energy, and we greatly enjoy sharing this meditation with the beautiful harmony that you make together.

We ask one thing before we offer our opinions, which we are glad to share, and that is that each of you use your powers of discrimination, knowing that we are not authorities but, rather, we are as you: seekers after a mystery that recedes before us as we pursue it through density after density and experience after experience. The mystery remains and our thirst for that mystery continues to motivate and inspire us in our seeking and in our service. We want to thank each of you for helping us to perform that service which is simply to share our thoughts with you through this instrument. If any thoughts that we share do not seem right to you, we ask you to leave them behind and move on. For the nature of personal truth is resonant. When something is yours, some truth, some aspect of the truth, some inspiration or thought, it will ring true. It will have a resonance, and those thoughts that do not resonate are simply not a part of your own personal truth at this particular time.

Truth is a very slippery word, and we find that it evolves as we evolve. The principles and ideals remain the same but we ourselves, and you also, are in a constant and unremitting state of evolution. We cannot stop it. We can simply accelerate it or let it proceed at its own pace. Each of you has chosen to attempt to accelerate the pace of your spiritual evolution, and we commend you for that. It is effective. It is working. The problem with it, of course, is that increased rates of change are concomitant with increased rates of discomfort, spiritually and emotionally speaking. Consequently, the more successful that each of you is at seeking the truth, the more likely each of you will be to feel at

times that you have lost everything; that you cannot possibly make heads or tails of what the truth might be, and that you might as well give up. We assure you that this is part of the pattern of spiritual evolution. And wherever you are, whatever the lightness or darkness of your own interior heart at this particular time, you are part of a pattern of spiritual lightening that, as you look back on it from hindsight, you will see to have been effectual and inspired.

Your question for beginning this evening is about the contrast between two words that, on the surface of it, mean very much the same thing in your language: religion and spirituality. Religion might also be called the outer path and spirituality might also be called the inner path in order to point up the basic point of tension between these two terms. Your question is most interesting, and we are very glad to spend some time on it. You asked concerning the advantages and disadvantages of each path, and we will talk a bit about each path in those two aspects. In order to orient the discussion, we would take a moment to step back and ask each to come with us. See yourself at this time resting upon your seats, your limbs relaxed and your minds quiet. See the beauty of the evening, the patchwork of snow and earth and tree. And see yourself lifting away from that chair and that close environment of home and friends, and drawing back in space until the Earth becomes smaller and smaller and disappears, and you are one with the stars and space and distance that is the outer appearance of the house of the Creator, the infinite creation of which you are a part. Rest in this larger identity and know that you are loved by the one infinite Creator, that you have been with that Creator since before there was time or space. Without duration. without dimension, you are a citizen of eternity, a being of infinity. In your heart of hearts, in your deepest self, you have no limitations, you have no location, and you have no set personality shell as you now experience these things. Your truth, beyond all telling, lies in this oneness with the one great original Thought that has created each long before there was a planet or dimensionality or sequence.

And if you are all these things, why did you choose to be in such a heavy and deep illusion at this particular moment in eternity? Why did you choose to come into the body of flesh that is heavy and illusory and limiting? Why did you choose to forget that you were a citizen of eternity and instead take flesh and join an incarnation? Each of you has desired greatly, before this incarnation, to partake in this experience at this particular time. Each of you felt that there were things that you wished to learn in this density, in this darkness, and at this time. And above all, each of you was moved to service. Each of you saw before incarnation an incredible opportunity, for truly this is the dawning of what this instrument would call the fourth density. Your planet itself is at this time and space traversing the boundary between what this instrument would call third density and fourth density. You are moving from a density in which the lesson is one of choice into a density where that choice has been made and you then are able to build upon that choice and to learn further lessons of love.

At the dawning of this density of love it is a dark-seeming hour. This instrument has the phrase, "It is always darkest before the dawn." And we would say that this is indeed the case as regards this particular planetary sphere and its inner planes as well. For there has been a great deal of building up of unbalanced karma, as this instrument would call it, in the interactions betwixt selves in individual lives, in betwixt groups of selves in societal lives, and in betwixt the selves that live upon this sphere, and this sphere itself. And all of these imbalances cry out with the voice of sorrow. There is a tremendous amount of suffering that rises from your planet. At the same time there is a tremendous amount of lightening of this darkness that has begun to occur because more and more entities are awakening to their spiritual identity. And it is for this awakening that you took the tremendous risk of incarnation. Certainly you hoped to enter that process of catalyst and experience that involve so much suffering, for you hoped to learn better and better how best to make the choice of this density for yourself. And it is this choice of polarity, this choice of how to serve and how to be, that riveted your attention before incarnation. For before incarnation, between incarnations, each of you saw the big picture, spiritually. You saw the plan. You saw the opportunities, and you saw, looking deeply within yourself at what you have learned and what you have chosen so far in this density, how to make an even more polarized choice for love. It is this context of how to love, how to open the heart, and how to be upon this Earth in order to increase the light that has riveted your attention and continues to offer you

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the challenge of the moment, and it offers us this same challenge. However, we are not upon your sphere. We are not in third-density bodies. We do not have the right to bring light into planet Earth. Only those who have paid the price of flesh, who have come into the darkness of the illusion of Earth, have the right to open their hearts and ask to become crystals for transducing light.

Each of you receives an infinite and continuing supply of love and light from the one great original Thought, which is the Creator. This infinite supply streams through the energy system of each of you continually. When a seeker becomes aware that she wishes to live so as to increase love and light upon planet Earth, she then begins to gaze at how to do that, how to be a more clear channel for the love and the light of the one infinite Creator.

The movements of culture upon your planetary sphere work because of the nature of the mind that all of you share. We would call this mind the archetypical or archetypal mind. In these deep roots of consciousness, certain key truths spring up as if from a fountain. And they flow through all of your lives in common. The high principles and spiritual truths that have inspired one have, at their proper season, inspired many. And they come up again and again in each seeker's life as if living were done in a spiral. Each time that one approaches the same concept again, whether it be an ethical choice or the structure of religious thought or spirituality, it comes into the field of a different person in that you are in unique place in your own time line. You have had perhaps had this lesson before, many, many times, but this time is different. It is always something new that you are looking at when you seem to be receiving an old problem.

In the outer path, the choice of what this instrument would call a mythology or religion has to do with how your particular archetypical mind and its connections to your conscious mind work, because moving into a mythological system is like making an electrical connection. It has to work, or it's no good. If you plug in an appliance and it is not the right kind of electricity, it will blow the circuit or it simply won't work. You cannot get power. And so if there is an attempt to follow an outer path and it doesn't work, this doesn't mean that the electrical system doesn't work for someone who is hooked up right. It just means that you are not of the sort of hookup that is going to plug into this particular structure of ways to think about the archetypes or the archetypical mind. Again, there is the concept of resonance. This instrument was talking earlier about the comfort that she receives from the old words that have been the same, for the most part, since this instrument was a child. This instrument carefully organized itself before incarnation to give itself every opportunity to reconnect with this particular mythological system called Christianity and with the entity known as Jesus the Christ. It was a choice made before incarnation. There were gifts placed in the personality shell of this instrument in order to make the hookup work. For many others this particular Christian myth or religion is an outer path that has a tremendous amount of power available. And we would suggest that this is the way that you look at the search for a religion, a mythology, or an outer system. Realize that it is a spiritual aid of tremendous power that is available in many, many different configurations, even within the Christian religion, and certainly within the family of religions, philosophies, and myths, enough differentiation and variety so that anyone seeking with enough patience can find resonant religions, resonant myths or philosophies from which at least to gather some gifts and resources and assets that can be used on the spiritual path.

The glory of any outer path is also its limitation. The glory of power is also the limitation of power. The glory of depending upon that which is outside of one is also the limitation of that which is outside of one. For many, many entities the great limitation of the path of outer religion is that it seems to demand a surrender. This instrument has not found that surrender to be necessary. However, it was born into one of the less radical or dogmatic sects of the particular religion called Christianity. We do not find any criticism of the desire to seek via the outer path. And may we point out that each of you to some extent in coming to this particular meeting at this particular time is accepting a certain degree of outerness to the path, for there must be some agreement in every group before there is a spiritual community. And as each of you came through the door this evening, including this instrument and the one known as Jim, there was a shift of universes, and it is powerful to shift universes. It is powerful to set time aside, to join a group of people of whom you wish nothing except to learn more about how to love each other and how to love the one infinite Creator.

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May we say that whatever the spiritual group, it is blessed, and it has a tremendous company of angelic and inner planes entities which move to support each of you, to support the group, to support us, and to support the construct that is this particular channel that we use to speak through this instrument. All of these activities are part of the positive nature of that outer path that brings people together in devotion and in service. Many are the hard lessons learned beginning with any spiritual group, but also many are the blessings that come from the interaction that comes from those who seek and that chemistry that exists when the universe has shifted and you have moved into the acknowledged desire to seek.

The inner path is often seen as a rejection of the outer path. Spirituality can be seen, and has been seen by many, as what remains after religion is rejected. We would only suggest in this wise that it is helpful to look at the structures of outer paths as what they are: buildings for the seeking spirit, places to sit and look in a certain way at a certain pattern of concepts. Any myth that is so constructed that you begin to see a way to live a life in faith is a good match for you. And if you do not find such a match, then it is that you must turn within and leave the outer world behind, for at that level you are not finding resonance. The peace and the power of the devotional or spiritual path lies not in how happy it makes one, although it often makes one happy. Rather it lies in the satisfaction of another kind of surrender, this time an inner surrender, a surrender to the Creator within.

You have just passed through that season known to you as Christmas and we would suggest to you that each of you has moved through this Christmas season welcoming not only Jesus the Christ but also that Christ consciousness within yourself that yearns to be born and to be nurtured and to grow and mature. Each of you has within your heart a manger in which lies your own spiritual being, and it is a young being in need of protection, in need of encouragement, and in need of love. Any time that you can spend within your mind and within your heart acknowledging this child that is truly the heart of yourself is worthwhile. Time spent in the heart rocking this cradle is worthwhile. Coming into the heart and seeing the self as a spiritual being of which the fleshly being is a kind of parent we feel is worthwhile.

It would seem that the spirit could reach down and grab the soul from within you and bring it to a better place. And yet we say to you that many times that this is not the way that spirit works. For every time that there is a sudden and dramatic change in the outer picture, there are ten and twenty times when the lesson has to do with limitation, patience, and faith. This instrument said earlier that faith is not faith in anything. Faith is the trust, without any proof or supporting evidence, that all is well and that all will be well. And this is the surrender that is demanded on the inner path. It is faith stripped of dogma. It is faith not *in,* but simple faith. It is that faith that leads one to leap into mid-air as the Fool, not seeing the safety net, not seeing the next step, not knowing the answers, and yet being willing to act as if all were well by faith. It is a frightening concept when thought about without the activity of the self as a living being. And if thought about it will often bring that living self to a state of paralysis.

The great virtue of the inner path is that it is unshakably yours. There are no words from without that can dismay the one who is upon the inner path. There is no discouragement that is effective. For there is no point of dogma which another can use to bring to the mind confusion and despair. There is no cleverness to the inner path. There is no pretext and there is no knowledge. There may be many wisdoms that come to one and are useful at the moment they come, but the basic tenet of the inner path is simple faith. The great disadvantage of the inner path is that all connections with others shall be fortuitous and synchronistic and cannot be planned aforetimes. Instead of visualizing the spiritual journey as a physical journey to a physical place with a certain group of people who are fellow travelers with whom you shall find the truth you are operating at another level of being where each is alone. For some this is so inevitable that it feels comfortable. It feels like the right place to be. It feels like the only place to be. For others it is a tremendously arid and desert-like experience, that experience of being in the mid-air of simply faith.

We would not offer one path as superior to the other. In fact we imagined that for most entities over a lifetime of seeking there will be dipping into both aspects of spirituality: the outer and the inner. There will be a mixture of finding outer concepts and structures of thought with which to resonate, and of finding surrender to simple faith the only real answer

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in a specific situation. Realize, if you can, at each time that you find yourself getting into the tangle of intellectual thought, that all words and all structures of thought partake deeply of the illusion which you experience as your separateness. We communicate with this instrument in clusters of concept that this instrument is often heard despairing of being able to translate. There is, in such a cluster of concepts, a whole world of assumption and structured thought that precedes the necessity to translate it into the structures of words, sentences, and thought concepts. It is difficult to explain the stepped down nature of language and thought as opposed to the unified power of concept. We shall simply say is part of the illusion that you have embraced for a reason.

Be aware that no structure of thought will ever hold you completely. Only the emotions that you produce in your work with these structures of thought have a value in your own alchemical process of growth into the light and the love of the one infinite Creator. Trust those times when you do resonate. Trust those moments when your heart soars, and for a moment the limitations drop away and you are in the light, and you see the plan, and you know that all is well. Trust the bare memory of those times and always come back to the heart. Whether it be in spiritual groups or in working on your own, always we would suggest the great virtue of coming back to the heart. When we say this we are really describing in the heart a kind of structure like a church which we might call the holy of holies, for it is in this particular part of the energy system of your body that the connections are rooted that move into the infinite Creator, into guidance, into inspiration, into the ability to surrender.

The one known as Joyce asked if perhaps we were attempting to become too precise if we attempt to define the path for each person, and we would agree that indeed it is not a precise science to steer the boat on an ocean where there are no landmarks, no directions, and no sextant. The guidance in this three-dimensional ocean that is the spiritual search is an impelling from within. And at times it may feel that you are being kicked about the universe by a Creator who has a wry sense of humor. And yet we ask you to move back into the heart when you are discouraged, to sit in the silence of that holy of holies, and to become aware of the presence of the one infinite Creator. For when you enter your heart, the Creator is already there. It is you who have been away. You have forgotten to turn the key of silence and surrender. We always suggest, whatever your path, that silence is a powerful helper. As long as the intellect and the busy mind are engaged it will be correspondingly difficult to enter that portion of yourself that is sacred, not only because everything is sacred but also, relative to the outer life, there is that most inner self which is a spark, unadulterated and pure, of that one great Logos that is love.

We would at this time continue this transmission through the one known as Jim. We thank this instrument and would leave it at this time. We are known to you as Q'uo.

(Side one of tape ends. The second side did not record.)

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Sunday Meditation
January 14, 2001

Group question: Our question today concerns the healing practices of the Christian Science Church versus the more orthodox use of medications and treatment by physicians, with the emphasis for the Christian Scientist being the relying upon the truth that we are all one, we are whole, and we are perfect. And we would like for Q'uo to give us any information possible that would pertain to the healing that can be achieved by the Christian Scientist's point of view versus the healing that can be obtained by the more traditional orthodox medicine. Would one be more likely to result in a cure? Any other comments that Q'uo could make about healing would be appreciated.

(Carla channeling)

We are those of the principle known to you as the Q'uo and we greet you in the love and in the light of the one infinite Creator, in whose service we come. It is a great privilege to be with this group, and we thank each for choosing to make the effort to be a part of this circle of meditation and seeking. We are very happy to share our thoughts with you on healing and request only that each of you listen with a discriminating ear to our opinion, realizing that we are not authorities but, rather, those like yourselves: fallible and error prone. We are glad to share our thoughts, but we do not wish them to become a stumbling block before any. Therefore, if an idea or thought is not helpful to you, we ask that you leave it behind. With this infringement on free will protected against, we feel free to share our opinion with you.

The healing of the mind and body and spirit of the human animal, as this instrument would call all of you who are living in third density at this time, is often a complex project because of the fact that there are some illnesses which have components which are physical, mental, emotional, and spiritual. Indeed, [for] each of you, with a complex of different kinds of energy and different levels of awareness and types of being and entrance into the mind/body/spirit unity that you call a human being, the essence of each of you is spiritual. Each of you is, basically, thought, not a single linear thought but a round, three-dimensional essence which expresses itself as a vibratory complex that creates a harmonic with at least three basic tones and sometimes more plus overtones and undertones of being.

This complex, harmonious chord of being that you are is beautiful. Whatever your situation, whatever the difficulties and challenges that each of you faces, this basic essential self that is you is unable not to make music no matter how dark the chords, for each of you is essentially a thought which is love, and love is that which is beauty and truth. And each of you expresses as a truth that is unique to you, and your being sings a song that is your identity and your name in the metaphysical universe, the universe of thought, which gave birth to the universe which you now experience.

In the mechanical process of coming into incarnation, each of you entered into the inner planes or the spirit world, shall we say, of your Earth world. For within your Earth world there is recapitulated all the densities of creation, and these inner planes worlds hold everything from the perfect idea of all structures upon your Earth world to, in their lower densities, the challenging monsters and fairies, elves, pixies, all of the childhood seemingly make-believe creatures which are a part of the lore and mythology of your planet up into the higher inner planes where reside entities between incarnations, those who have not chosen to take incarnational bodies but have chosen to remain with their guides and teachers. We, ourselves, are, shall we say, parked in one of your inner planes at the fifth level where we are welcomed and are able, from this vantage point, to have access into your Earth world.

In the highest of these inner planes lies one of the seven subtle bodies which each of you enjoys as part of your energetic life, that which this instrument refers to when she talks about chakra energies and balancing the chakras of the physical body. These various centers of energy within the physical body are connected to all of the finer bodies. But we refer to this form-maker body because it is that body which instructs the energetic body as to how the perfect body is conformed and created. When those whom you have referred to as Christian Scientists work upon healing a human being what they are doing is simply addressing their thoughts to what this instrument would call the form-maker or the Buddha body and asking that body to reassert its ascendancy over the physical body which has departed from that pattern.

Because each of you is basically, in essence, a thought, thought, itself, if refined sufficiently, has the power to heal. There are some entities which have the gift of awareness of this thought body. And such entities are natural healers. There are many healers who work with other of the subtle bodies and in each case there is a degree of effectiveness of such work with thought in healing. And again the reason that this is not miraculous but, rather, natural is that all of the seven subtle bodies are connected into the energy system of the physical body so that if there is a combination of a healer who is able to work upon that level of thought and of one to be healed who is willing to accept a new pattern of thought that can change the physical experience, then there is a good possibility that such mental or thought healings may be effective.

However, the subtleties of the practice of healing continue due to the fact that illness within the human being is not usually a simple thing but, rather, a multi-layered set of departures from various parts of the natural balance of energies in various of the subtle bodies as well as the physical body. So that in Earth terms, for instance, using this instrument as an example, there may be the physical stomach ache, the mental distraction, the emotional challenges, and the spiritual tension, this spiritual tension then having its home in various subtle layers or densities of the inner planes. Within certain entities' illnesses there are levels within the inner planes where pre-incarnational lessons have been put into place, meaning that a certain condition cannot be healed because it is protected. At other levels of the inner planes, there are points of opportunity for leaving the incarnation which are also protected, so that it is only the will of the one who is ill that can choose life or death at a certain crisis point, so that no healing can be effective at those points except it be the healing of the person by the person, by that person's will and choice.

No two situations are identical and this is the subtlety that is missed completely, for the most part, by those whom this instrument would call medical doctors. A medical physician in your culture is not trained to probe deeply into spiritual issues. There are doctors which are aware of emotional or mental issues, and there has been increasingly within your so-called modern times the effort made to begin to attempt to heal entities whose emotional and mental bodies contain illness, illness which only secondarily shows up within the physical body. But for the most part, when faced with physical illness, those of your medical professions will look for linear and mechanical answers. They will treat the body as a machine, and a machine it is. And certainly many conditions have been healed by the correct mechanical operation or the correct adjustment of chemical and biochemical properties of the physical body through the use of what this instrument calls medicine. It is no wonder that a physician does not always achieve the desired results, for mechanical, chemical, and biochemical agents do not address the issues of the finer or inner planes' bodies. And they cannot correct ill health in those bodies. The only

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way to address those issues is by moving into the arena of thought and vibration.

Within the very recent of your past there have been very creative and intuitive entities, which have begun to create so-called machinery which is actually a combination of physical machine and vibrational machine. These so-called black boxes of which this instrument is aware can in some cases affect some of the finer bodies by virtue of sending certain vibrational energies, which have a sort of shadow effect on these finer bodies. And this is a technology which is limited only by the creativity and intuition of those who become able to work with these technologies. However, the judgment of all may be withheld from choosing one technique or mode of healing as better than the others, for in truth it is rather the case that each person which is ill represents a picture which has a certain number of levels. And each level of the illness may take a different level of healing. Thusly it may be effective to offer the surgery, medication, the use of subtle energies sent through so-called black boxes, the healing of intercessory prayer, and the healing of one who knows the truth. It may be that health will not be achieved before all of these levels of healing are employed. And always it must be remembered that in some cases, no matter what healing modes are offered, certain illnesses are protected and are impervious to any form of healing because they are a portion of the pre-incarnational plan of the human being that is experiencing the illness.

The one known as D asked about the aspect of the healing of Christian Science in which parents choose for their children the healing mode which is preferred. There have been cases where this healing mode has not been effective and the child has entered larger life, not able to retain the physical vehicle and remain a human being. There are those who feel with justification that this kind of choice made for others constitutes murder[4]. And we agree that this is a very difficult ethical quandary. We would point out that frequently, when people choose to believe in a dogmatic approach, when they limit themselves to feeling that one avenue of healing or of belief is the only acceptable way, they may limit themselves to the point they have removed from themselves simple, common sense.

However, it is a part of the free will of each entity in choosing how to be and how to believe, to decide whether there is the need for the kind of structured belief that this instrument would call dogmatic. For many entities there are lessons that this soul has chosen to learn that can only be learned within incarnation by embracing a dogmatic approach to belief. From the standpoint of this instrument, for instance, it would look as though the one who holds to faith healing at the expense of all other techniques that indeed might be effective in saving the life, [are refusing healing], and yet for that person there is an intensity that is desired in the path of following the Creator that cannot be gained without the choice of utter, dogmatic belief. Certainly it can be argued that it is not acceptable to make these choices for others. And it seems most sad that such children as have died because medical help was refused are most sadly lost. Yet insofar as the metaphysical aspect of this agreement betwixt child and parent, it may be said that almost always, such a death is part of the agreement that was put into place before the incarnation of the child or the parent and that this is a plan acceptable to spirit and to the Creator.

Many aspects of that which you call the physical death have this quality of being other than the way it looks on the physical plane in terms of the actual metaphysical situation. In suicides, in abortions, in crib deaths, in accidents, in many times where there seems to be great and sudden tragedy, the metaphysical situation looks completely different. In terms of the metaphysical situation in many of these

[4] From a reader: "I am a Christian Scientist and found several comments in this meditation inaccurate and therefore misleading about Christian Science. No one wants to have a child die or suffer. It's a tragedy. And every loving parent would do everything in their power to save their child. Christian Scientists are no exceptions. They turn to prayer as a first resort because spiritual healing has proven so effective in their family's lives. Choosing Christian Science treatment rather than medical treatment shouldn't be characterized as 'denying' or 'refusing' reliable care. It is choosing a spiritual treatment with a long record of success. "Because health care choices are so personal, there is no dogmatic church policy to dictate to members which course of action to take with ill children or themselves. It's entirely an individual's decision what form of treatment they choose. Over the last 125 years, countless cases of all kinds of illness, including those deemed incurable or hopeless by medicine, have been healed through this system of spiritual healing. For a complete explanation of Christian Science please see *Science and Health with Key to the Scriptures* by Mary Baker Eddy. The full text is available online at www.spirituality.com. If you have any further questions, please email me, Valerie Minard, at valminard@aol.com."

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patterns, all of the actions involved have been planned as part of a pattern that has been considered helpful and useful by the soul before the incarnative pattern was begun. We say this realizing that in no wise can this keep entities who remain after such deaths from feeling the most deep sorrow and profound grief and loss. Yet as each life creates its final shape, it is a perfect and beautiful shape, and we offer this to comfort those who are dealing with those who are ill and who have resisted healing.

We would like to encourage each to think of healing in a slightly different way, not ignoring death, not ignoring illness or discomfort, but, rather, seeing that the pattern of illness and healing is a multi-layered thing and that prayer continues to be effective on many levels whether or not there is any visible sign of healing, whether or not the entity seems to thrive or improve. We again use this instrument to avoid infringing upon free will because this instrument already is aware that there have been many healings within the finer bodies of this instrument, healings of suicidal feelings and deep depression, healings of the spiritual, the emotional, and the mental bodies that have cemented this entity's energy and greatly improved this entity's quality of life without removing the physical discomfort or limitation which is a protected aspect of this entity's situation.

Each of you is able to heal. Each of you is able to work on the self. And each of you is well able to pray for others. For you are, above all things, creatures of thought, creatures of intention and emotion, and the great gift of the healer is the unifying of the human will and the compassion of the heart. Let us look first at the healing of the self by the self. May we say, as an over-generalization, that the great illness of the human spirit is a lack of forgiveness of the self. Often it does not seem to the self that it is the self that is not forgiving the self. It seems as though the lack of forgiveness were coming in from the outside. Members of the birth family, members of the marriage family, those in the work environment, the various environments of the life, always contain challenging relationships. And it may seem that it is those voices that hurt, harm, and make us ill. Yet metaphysically speaking, the great majority of pain is inflicted by the voice that one uses to talk to one's self. Often the challenging voices from birth family, marriage family, work environment, and so forth, seem to be others' voices but are actually internalized. Those entities may be gone from the life pattern. They may have passed into larger life. They may have moved into other relationships, but within the mind they have become adopted children of the self, and the voices then have the right to continue talking to the self in rude and unkind ways: criticizing, making fun, ridiculing, discouraging, doubting, and fearing. These voices are difficult to catch. It takes time and effort to begin to tune into the things that are said to the self that go down into the body, the mind, and the spirit to create ill health. But when you do catch yourself criticizing yourself, then it is that you have the opportunity to stop and say, "Wait, I would like to change that voice. I would like to encourage myself, and, most of all, I would like to forgive myself."

When this entity began working to forgive itself, it ran into a brick wall and we feel that this is true of most people who begin to attempt to create a spiritual practice of speaking to the self in a loving way. The problem is that part of being a human being on planet Earth is being imperfect, and not just slightly imperfect, but continuingly and maddeningly imperfect. It is, in fact, your responsibility to be imperfect on planet Earth, to be confused, to be foolish, to miss signs and signals and to remain somewhat confused at all times. This is the most beneficial atmosphere for growth and this is the atmosphere which each of you enjoys. How can one forgive oneself when one is constantly discovering that one has once again been mistaken? Been a bozo? Been a fool? But here is the key: it is when you see the imperfection of the self that you may realize that you are here, not to be perfect, but to love. You are not here to love perfection, but to love. You are not here to love this and not that, but to love. And the first object of your love needs to be yourself. There is a process of falling in love with yourself which is most salubrious and helpful, and we recommend it to each of you.

When you can look yourself in the face and see every imperfection and say, "I see a child of the one infinite Creator, and I love you," then you have begun to forgive yourself. We recommend the attempt to do this most profoundly, for it is only when you have come into a condition of love for yourself that you can truly begin to love each other. It says in your holy works that virtue lies in loving the Creator with all of your heart, with all of your soul, with all of your mind and all of your strength,

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and loving your neighbor as yourself. On these two commandments hang all of the law and the prophets. How can you love your neighbor as yourself if you do not love yourself? So the heart of healing the self is the continual and persistent attempt to speak to yourself with the voice of love, to see yourself with eyes of love, to hear yourself with ears of love. Not to condone that which is amiss, not to gloss over those things which are errors. Indeed, we recommend the attempt to satisfy every obligation, to correct every mistake that can be corrected and so forth.

However, beyond those attempts at restitution, it is essential to come into a state of forgiveness concerning that pattern which surrounded that particular mistake or error, to say to the self, not "You fool. You criminal. You have done something wrong." But to say to the self, "That was wrong, and I am sorry. I will attempt to correct that error, but I love the self that is trying to do the best that I can. And I love the self that is small and confused and feeling terrible." For it is that kind of imbalance in energy that comes through into the physical body to create more and more illness. So when you are working at self-forgiveness and self-acceptance, you are working on the mental body, the spiritual body, the emotional body, and as the shadow passes the sun, the physical body as well. Never doubt, when you are doing this work, that it is a good work.

We find that this instrument is instructing us that we have run out of time and, therefore, we will stop at this point on this interesting subject, aware that there is much more to say, but also aware that we have taken up too much of your time to move further in this basic first look at healing. We thank you very much for this question and would like to focus on any other questions that you might have at this time or follow-ups that you might wish to make of this first material. In order to do this we would transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each once again in the love and the light of the One Creator through this instrument. At this time it is our privilege to ask if there might be any further queries to which we might speak in a briefer sense. Is there another query at this time?

S1: First, last week the second side of both tapes did not record, and I wondered if you could comment on the reasons behind that?

I am Q'uo, and am aware of your query, my brother. We find that there was a difficulty with the recording devices as they were operated in a dim light with some misapprehension of the correct buttons by this particular instrument. Hopefully, this has been corrected. We apologize for him. Is there another query at this time?

S1: Yes. My wife has broken her leg and we have thought a lot about what the lessons were in that and we have a pretty good idea. Could we have a few words or thoughts from you in that direction?

I am Q'uo, and am aware of your query, my brother. When one is engaged in a process which requires the slowing, and the deeper portions of the subconscious mind are in agreement with the conscious mind, and the conscious mind is unwilling to follow through with the agreement to slow the physical vehicle, then it is that the subconscious mind will move upon its own to do that which has been agreed upon. The nature of the slowing process is various for each entity and those opportunities that present themselves will be utilized in this process. In the case of the one known as C, this entity found the necessity of slowing its pace of the daily round of activities to be profoundly necessary. However the conscious mind was also dedicated to carrying those activities upon which importance had been placed. Thus this entity, as it is known well to each here, was able to apply the brakes, shall we say, to this process and the wintry conditions of the exterior walkway were used to literally break the pedal appendage that was necessary for continuing that which it wished to discontinue for a period of time. Thus the ability to reflect upon the life pattern was given in the form of the broken bones. These techniques of slowing the physical vehicle are, shall we say, stop-gap measures so that the conscious mind may once again become able to find a harmony with the true wishes of the entity to reassess that which it does on a daily basis. Is there a further query, my brother?

S1: Lastly, referring the initial question you were talking about, I have been in contact with some people who have created some subtle medical devices. One had to do with channeled information from one known as Hilarion. It is a combination of

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electromagnetic and inert gases. I am curious if you had any comments on that?

I am Q'uo, and am aware of your query, my brother. Such devices as these are indeed quite beneficial when the basic receptivity of the subconscious mind of the one to be healed has been awakened by the desire to be healed. The healing of any entity by any device, any intervention, any medication, any thought is aided when the entity itself, at a very deep level of the mind, desires this healing. Most entities are unaware that they have within themselves the ability to heal each affliction that may occur within the life pattern. However, within this and most cultures upon this planetary sphere the process of healing and the powers of healing have been given to those who you call medical doctors or healers of one kind or another so that the emphasis upon healing and the power of healing is given away by the self to another. However, even in these instances healing can occur when the one to be healed wishes it strongly enough and believes strongly enough that this or that entity, this or that device, this or that medication can be helpful in this regard. Is there a further query, my brother?

D: I have a query. Is it permissible to discuss the travails that L is going through and all the thoughts and prayers, her own included, to complete her sojourn on this planet? Is there any enlightenment that you can give us as to why the situation is as it is?

I am Q'uo, and am aware of your query, my brother. We find that we may speak in a certain degree without infringing upon free will, and this we do gladly. This entity, the one known as L, has successfully completed that which she has come to do. Though the purpose of each incarnation may be shrouded from any eye, including the entity living the incarnation, when this purpose has been completed and there is no further work to do for this entity within this incarnation then the entity takes its leave in a certain manner in order that those who are beloved of it, by it, and who love this entity as well may be allowed to say their farewells, shall we say, may be given the opportunity to express their love for this entity, and this entity for them. Though there may seem to be a great deal of suffering as the entity takes its leave of the incarnation the suffering is that which strengthens the soul, which strengthens the bonds between it and all who know it and love it. The one known as L has been able to express her love to each in her care, and each has had the opportunity to look upon the shared experiences and achieve a kind of review of not only her incarnation but their relationship throughout the incarnation with the one known as L. This entity hovers between this world and the next, moving more slowly into the next world so that there is a gentle transition, shall we say. When the incarnation is known to be ending it is often easier for a soul to finally make the transition after a period of awareness and lingering that brings a resolution for those it leaves behind. This entity shines brightly with the life-force that has been, for the most part, transferred to another world and remains here for but a brief time longer in order that this process might be as gentle for each involved as possible. Is there a further query, my brother?

D: Thank you for that explanation.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

S1: Would you say that is L's gift to her parents?

I am Q'uo, and we would say that this is L's gift to all those who know and love her. Is there another query at this time?

Carla: On behalf of myself and D I would like to ask about the similar lessons that we are involved in at this time concerning physical discomfort and limitation and the continuing ability to do quite a bit of creative work and so forth at the same time. We have identified our lessons, among others, as faith and patience and are encouraging each other daily. I would be interested to ask if there are other key words or concepts that would be helpful for us to think about at this time for us?

I am Q'uo, and am aware of your query, my sister. To those concerns and those qualities we would add that quality known as a sense of proportion or that which you call humor, the light touch. For when one is able to gain a perspective on one's incarnation and the daily round of activities that occur within each incarnation one is able to partake more fully in the creative process. To become the Creator in each instance, to see the glory, the humor, the imperfections, the attempt, the perseverance, all of these which make each in third density human. And we would also suggest concentration upon the quality known as gratitude, for each portion of each incarnation is a gift to the entity within the incarnation. When one is born into this third

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density there are no contracts, guarantees, or promised that are made to any entity. All is a gift. All is an opportunity. All may be seen as the stairway to heaven, shall we say. These steps, humble though they be, faltering though they be, confused though they be, are each made by a portion of the Creator that moves in a certain fashion, mysterious to many, perhaps most mysterious to the entity taking these steps. However, each step is a step of the Creator, moving in closer harmony and rhythm to the music of the spheres, as you may call it. There is much within each incarnation that may be counted as blessing, much that may be seen as difficulty and burden. However, each offers the opportunity to move into a more full realization of the nature of one's being as the Creator. The entire process is one which may fill the Great Record of Creation with the most hilarious stories, the most tragic of dramas, the most incredible of experiences. It all depends upon the mind of the entity, the attitude of the seeker, the desire of the heart, and the openness of the being to move itself into places which are mysterious, which are difficult and confusing, and to open the heart there just to see what happens. Is there a further query, my sister?

Carla: No. I think I'll be pondering that one for some time. Thank you very much.

I am Q'uo, and we again thank you, my sister. Is there another query at this time?

S2: I would like to ask again how H is doing and if she is happy and well.

I am Q'uo, and am aware of your query, my sister and of the great concern that is within your heart for this small entity that has been separated from you. And we would assure you that this being is quite happy, for it not only carries your love with it but has found love with other entities as well, and it is most well cared for. Is there another query at this time?

S2: Yes. My question is did the people, or person, or family that has H, did they take her for a reason or a reason that they haven't tried to contact her owner? Are they trying to learn a lesson themselves? Or is it a lesson that I am trying to learn myself?

I am Q'uo, and am aware of your query, my sister. The motivation of the entities which have, shall we say, acquired the one known as H is not that which is consciously deleterious or meaning to be difficult or mean but more that which is ignorant of the actual situation of the one known as H, feeling this entity to be without a home and without an owner and feeling that they were fortunate to give the one known as H both. Is there a further query at this time?

S2: Thank you.

I am Q'uo, and again we thank you my sister. Is there another query at this time?

T: I have a question about awakening the life force every day. From just common exercise such as Tai Chi or others specifically designed to raise the energy throughout the body to just common everyday exercise like I do: swimming, tread mill, and stuff like that. Would you comment on how beneficial it is to engage in such to raising your energy to the point where you can utilize that energy in your spiritual life?

I am Q'uo, and am aware of your query, my brother. The primary quality here is, again, the attitude of the entity undertaking the exercise, whatever the technique used, is enhanced, enabled, and powered by the desire of the entity to do such. If the desire is born within the heart, reinforced within the mind, to raise the energy level of the mind, of the emotions, of the body, and of the spirit then the technique used to do this is at the entity's choice. Many techniques would work if the desire is present. Is there a further query, my brother?

T: No. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there a final query at this time.

R: I would like to thank Q'uo for once again finding a way to communicate with our group and for laboring mightily to translate concepts into words that we can use.

T: Me, too. Thank you.

Carla: As a final question, to follow up T's question on movement I have long been a fan of dancing myself and feel that when you move you are creating a rhythm and not only the physical body but the finer bodies like a rhythm and are able to do a lot of harmonizing work not only with the physical body but the finer bodies too in the context of rhythmic movement, and I wondered if that was an accurate perception on my part. Could you comment on that?

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I am Q'uo, and am aware of your query, my sister. Indeed the rhythmic physical activity energizes the physical body, the mental body, and the emotional bodies of an entity in that as the physical health is increased the muscle structure is enhanced and the pathways for various levels and kinds of energy is made more secure, shall we say, so that the entity is able to channel through its various vehicle higher and more intense levels of energy that, in themselves, are enablers to the expression of mental energy, physical energy, of emotional energy, and of spiritual energy. The rhythmic movement of the physical body is also that which tends to bring out the childlike nature of each entity that has perhaps been ignored as one ages in your culture. The physical body is too often seen as that which is as the mule, shall we say, to carry one about in a workaday world. When one is able to stop this normal round of activities and to engage in the rhythmic movements the entire complex of bodies is enhanced in its ability to express more intricate and advanced levels of energy. Is there a further query, my sister?

Carla: No. Thank you Q'uo.

I am Q'uo, and again we thank you, my sister, and at this time we would thank each present once again for inviting us to join your circle of seeking this day. It has been a great privilege and an honor to do so. Again, we apologize for causing each to sit for a greater portion of time than we had intended. We are not good measurers of your time and we would, if unrestricted, speak far too long and would probably cause each to enter those realms of theta and delta brain activity. We are known to you as those of Q'uo and would leave each at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 21, 2001

Group question: The question today has to do with how a group can help us to develop our patience, whether it's patience in what we seek: truth, love, the purpose of our life, the purpose of a situation. Or how a group can help us to develop patience in accepting things that don't change or won't change: a rift in a friendship, a job situation, relationships with family, etc.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator in whose service we come. We are most happy to find ourselves called to join your group and we are delighted to speak upon the group worship experience and its effect upon such spiritual qualities such as patience. As always, we would simply ask that in hearing what we have to say that each monitor our thoughts for that inner resonance which comes when a thought which has personal relevance to you. Respect those powers of discrimination that offer those resonances and leave any thoughts which do not have that resonance for you to one side and move on. This gives us the freedom to share our thoughts without any possible infringement upon your free will.

As members of social memory complexes, as this instrument would call them, we ourselves have the highest opinion of the help offered by the ambiance of a group. It is deep in what we perceive to be the Creator's plan of creation that entities not be alone. In a very important way, of course, each spark of spirit, each portion of the Creator that is experiencing self-awareness is indeed alone and we would not quibble with the inevitable and inexorable forces of individuality. Each of you chose, in coming into incarnation, to leave the stream of the soul, shall we call it, and choose certain relatively unbalanced portions of that soul stream, both in terms of limitations and in terms of gifts and resources to furnish the personality shell that each of you brought into incarnation. Each of you chose this veil of solitude that flesh represents, not just at the level of being unable to merge physically with another third-density entity but in terms of metaphysically finding many divisive factors in relating to other selves.

A legitimate and continuing portion of the experience of the illusion is and will continue to be that pressure of solitude that this instrument would express by the old spiritual song, "You have to walk that lonesome valley. You have to walk it by yourself. Ain't nobody else going to walk it for you. You have to walk it by yourself." There is a simplicity and a sorrow to that old spiritual phrase that is legitimate and is real. Only the release of physical death will assuredly and reliably remove from you the illusion of aloneness at the personal level. However, in all densities and between all densities, save this density, all portions of the creation is indeed aware that none is alone.

The entire fabric of increasing light contains warp and woof of connection between entities, between

groups of entities, between groups of groups of entities until finally all truly is one being, all knowing what all parts of the Great Self have thought, done, and intended. There is a strength and power to this kind of unified knowledge that is part of the rightness of creation. And there is, naturally, a hunger and a thirst for this connection in each and every mind/body/spirit complex as this instrument calls people, spiritually speaking, that is most understandable considering the basic nature of creation.

We are aware that each of you has a good working knowledge of the reason for this veil of forgetting that places each entity upon your planet in a cocoon of solitude. Each of you is aware of the helpful nature of this cocoon and of the challenge that it represents, for the cocoon of a lifetime incarnation is as the stage of life of the butterfly that precedes the flight. Unlike the undeveloped butterfly, however, which is as it is and will develop along instinctual lines within the cocoon the third-density human cocoon is one ripe with possibilities. There are entrances into this cocoon, entrances which unify and strengthen the work that is done within the cocoon. It does not mean that there is an escape from the process of maturation. It does not mean that the pupae does not become a larva, and the larva does not have to do the work that is involved in becoming a butterfly. What it means is that the work is not only on the level of the development of the physical vehicle, although in many cases the cocoon of an incarnation does include a progression of more and more learning about how to take care of and cooperate with the evolution of the physical vehicle.

For the most part the work done within the cocoon of an incarnation is emotional, mental, and spiritual. The emotional and mental being far more obvious, but the spiritual being tremendously important as well. The feelings of isolation and independence from others create that opportunity that cannot be bought outside, of incarnation, to live by faith. Outside of the cocoon it is obvious that all are one. Inside of the cocoon it is isolated and protected. And the only thing that is obvious are the thoughts and the entity inside of the cocoon. What are those thoughts? Do they lead to an open heart? Do they lead to other thoughts along spiritual lines? Do they lead along threads of forgiveness, forgiveness of the self, forgiveness of others? Do they lead along lines of communication, more and more openness between the self and others within the environment? These are all good questions to ask when the self is feeling isolated within that cocoon. For as one moves through the day one may pass a dozen people. Each of those is also an immature being of light within a cocoon. Each of those also feels isolated and alone. In what way? By what smile or gesture or word could a connection be made? These are questions to ask the self within the cocoon.

Within relationships there is an enhanced opportunity, both to feel isolated and to search for connection. And certainly when there is the opportunity to work with a settle friend or mate or spouse this opportunity becomes most attractive, for each entity touched by the cocoon of self is an entire universe with connections through the energetic body in virtually every chakra and every finer body. Thusly there are, if not infinite ways to connect with others, certainly many, many ways at many levels to make genuine and helpful connections with those other selves that share that vibration that expresses your own nature and divinity. Company is a precious thing whether or not an entity has mated. There very few entities within your Earth plane which are able to grow in true solitude, and even when it is apparent solitude that surrounds an individual the threads of connection that exist in actuality are yours. For no entity can live without procuring the supplies needed to preserve life. And in order to do that there is the need to depend upon, to trust, and to interact with, either directly or indirectly, hundreds and even thousands of other entities who manufacture goods, who create goods, who distribute goods and deliver them to you. So in all these ways there are connections through the cocoon that empower and strengthen the self.

The spiritual community is the certain kind of connection, but it holds a special place. In one way this special place is created by the simple mechanics of multiplication. In this instrument's holy works it is written, "When two or more are gathered together in my name I will grant their requests." This message from the teacher known to you as Jesus was a hint about how groups of a spiritual nature work. We would, rather than hint, simply say that the vibratory energy of one entity, when joined in meditation with another entity, doubles the strength of that entity. When a third entity joins a group sitting in a circle of seeking, that energy doubles the

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energy of two, meaning that three people have become four. When a fourth entity joins the circle of seeking, again the energy of the group is doubled. Thus four entities vibrate with the power of eight. And when a fifth joins the group, the strength of the group doubles bringing the power of a sitting group of five to be equal to sixteen people who are sitting unconnected to each other. You may extrapolate from this to see how rapidly the power of a sitting group, of a unified nature, can grow. But there is an increase in not simply the vibratory power of a sitting group because of its being more than one person.

Secondly, there is a strength and a power that is drawn from being a portion of a group that is attempting to be a spiritual community that is of service one to the other. There is a feeling that there is someone to talk to, someone to share with, someone to laugh with and even cry with. There is a sense of comradeship and a sense of shared principles and beliefs. This is very strengthening.

The area of the third strengthening, however, is the most difficult to catch in words, and at the same time by far the most important of the three aspects of the helpfulness of groups. In joining a metaphysically oriented group there is what this instrument has often called the switching of universes. And when a group of entities does this together there is a strengthening of the thought structures which exist in the very deep mind, which this instrument would call the archetypal mind. Normally this material remains in the very deep and unconscious portion of the mind and only sparks through the threshold of consciousness in visions or dreams and then in a muddy or confused fashion. Within the influence of a group the shifting of universes means that the power of spiritual coincidences increases and the sheer number of things that are said and seen and heard, both in and out of the environment of the group, will greatly increase in the sense that more and more of those things that are seen and heard will have bearing on the spiritual journey that is undertaken by each of you. The universe is always trying to speak to the cocooned being. The creation of the Father is constantly trying to get its messages through. It does not know that it is trying to get the messages through. It is simply sending forth that message with every fiber of its being. To the flower, to the tree, to the plant a human being is a portion of the creation like any other and the vibrations of the plant pour out to it in glad fullness. Further, those second-density creatures are trying to drink in all of the vibrations which each of you might offer to them. There is no fear that that which is felt, intended, or said might not be attractive to the plant. There is only that all-accepting experience of welcoming and inviting all energies from the other. This is what the creation of the Father has to offer, not simply the welcoming of the human into the environment but the willingness to hear whatever that human has to say. What this means is that many things that cannot be said to other cocooned beings—that is, other humans—can in the context of the group soul nature not only be said but be heard.

Further, the creation of the Father has the power to heal that which is broken, especially in the realm of the mental, emotional, and spiritual. So there are many finer body adjustments that can be made when interacting with that group which is the second density. In the third-density group such as this one, or any other spiritually based group, there is that nature shared with second density and all higher densities of absolute love for the waking human consciousness within the cocoon and absolute willingness to absorb and accept all energies coming from the cocooned energies that the being within the cocoon is experiencing. This means that through the subtle connections made within the meditation within the group there lies the potential for vast amounts of healing that can come only from the surety of being loved and the realization that one is completely and totally acceptable. It is not that the other human beings within the group are giving each of you this although they may well be on the conscious level. It is that the connection of the circle of seeking opens to each, with a power of the group on an individual basis, the deeper self within.

You asked about how the group could offer to the individual an enhanced ability to have patience and we are sure that the question extends to other spiritual characteristics that are greatly desired and difficult to obtain within the illusion of experience within the illusion of separateness. For faith, a sense of humor, persistence, and compassion are certainly those qualities which are often sought but usually imperfectly found, and yet how blessed it is when the seeker can find a moment of utter patience, utter humor, utter acceptance, or utter love. And all of these streams of emotion flow through the channels

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of the deep mind in pure and undistorted vibrations, for they are part of what this instrument would call the default setting of the vibration of creation itself, the Logos of the one infinite Creator which is Love.

When one attempts to talk about love one ends up talking about qualities such as compassion, faith, hope, patience, and humor. But these are all as the rays of light which comes from the sun of Love, each a slightly different color, each a definable and recognizable quality but yet each a ray of light from the heart of the Creator. And what the spiritual group does is to bring that sun a little closer to make it more possible to find a conscious, honest faith in the existence of this sun or source of love and light. It is a permeable cocoon, this cocoon that your experience of incarnation in flesh. Through your energy body there are tremendous numbers of entrance into finer densities. Through the gateway of intelligent infinity which is part of the energy body there is access to inspiration and realms of teachers and guides.

And through the openings into the self which are through the heart, not just in the chakra or in the finer bodies but in the physical heart, there is entrance into the deep mind. And all of these sources of light are aided in the clarity with which they enter the energy web within the cocoon by the subtle enhancement of group energy. Each of you is much more than you know or can sense. Each of you brings to a group such as this one a variety of qualities over which you have little or no control and many of these qualities are greatly helpful to the group. Each of you brings, in essence, the universe and all the energy and power that fuels that universe that is yourself. And when you open that universe in meditation there is a golden connection and in any circle of seeking there is that connection that encompasses the group, that runs between each member of the group, and that exists within the finer bodies with a physical, if you will, truth. No connection is ever lost. And each connection increases the light. Indeed, it is by a series of connections with other awakened beings that each of you creates the net of love that is lightening your planet at this time. We are happy to say that this net has become more and more articulated as more of those upon your planet awaken.

There are many around your world, none of whom this instrument or any in this group knows, who have joined this group because they are aware that this group meets at this hour. And these unseen friends also add greatly to the power of the work done by each within the group. And, finally, of course, there are those many, many beings of spirit who are drawn to a group such as this and whose delight is in enhancing the experience of the group for all those who are attending.

We would at this time encourage each … We correct this instrument. We would at this time transfer this contact to the one known as Jim that this instrument may continue this contact. We leave this instrument in love and light and thank it. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our honor at this time to ask if there might be any further queries to which we may respond.

S: I'll start off. My wife wishes to ask concerning our trying to sell our business. We are not real happy with the people that we are working with. She wanted to know if we are going in the right direction, with the right people, should something not be done, should we do something that we are not doing? Could you shed a little light on that?

I am Q'uo, and am aware of your query, my brother. We would speak to the point with a desire of avoiding the infringement upon free will, for it is matters such as this one that entity's are, for the most part, upon their own when it comes to receiving advice from those such as are we. For it is in the give and take of difficult decisions that the ability to exercise decision-making power is most enhanced. In this regard, and with this consideration, we would recommend that when you feel that there is a point upon which there is a disagreement, a point upon which there is confusion, whether it be the entities with which you work, the terms of the agreement, or any matter pertaining to this situation that you look together within the meditative state that you might seek your heart's direction. For the steps that you take within each incarnation are steps well taken when they are, shall we say, in the context of the incarnation, the direction, the attitude, the mode of seeking that which is most helpful to the learning and serving that each has come to do. Thus within the meditative state one may ask any question, then wait in patience, and receive a direction from that which

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we have called the heart. Or perhaps it would be more clear if we called it the higher self, angelic presence, guidance, unseen hands. Each entity has this assistance available. Knocking upon that inner door is the most, shall we say, salubrious method of achieving a direction and an answer.

Is there a further query, my brother?

S: Touching on something you said earlier about the group dynamics and learning and growth. With those such as yourself where you don't have the limitations and have a broader view of things, how do you spiritually advance or continue with your seeking?

I am Q'uo, and am aware of your query, my brother. Those such as ourselves. We assume that the removal of the veils that hide the truer self and the appropriate path are the qualities that you have referred to as advanced. We would, in our situation, be able to make a decision by simply following the path that we now move upon, for we move without the so-called veils that hinder perception, that remove confusion, and that allow us to do that which is appropriate but without the challenges which you face. For the illusion in which you move is one in which the veils are very much in force and which make more challenging, shall we say, the determination of direction. However, these veils also enhance one's ability to grow in the metaphysical sense in that with this degree of difficulty provided by the mystery of the veil one is able to move one's feet in an appropriate manner and one has achieved much. One then has achieved far more than we who move without these veils, who move without such encumbrances but who move without the degree of learning that is possible in each instance that is possible for you within this third-density illusion. Thus though we move in a more efficient manner we move in a more pallid sense in that there is not the challenge, not the intensity, not the difficulty that so enhances your experience in this third density as you make your choices as to the direction of seeking and the path to the heart.

Is there another query, my brother?

S: Not right now. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I have two, but I would like to follow up S's and ask if you would describe the learning that you do now as refining or would you describe it as continuing to increase the light, or how would you describe it?

I am Q'uo, and we must pause briefly that this instrument be allowed to work the recording device. We are those of Q'uo.

(Pause)

I am Q'uo, and am again with this instrument. We would ask that you repeat the query, for this instrument was distracted and was not able to perceive the entire query.

Carla: I'd be glad to. Q'uo, I was wondering, to follow up on S's question, how you would describe your learning at this time. Would you describe it as refining or as increasing the light or as working with your groups to learn that way? How would you describe the spiritual evolution that you are now participating in?

I am Q'uo, and we thank you for the repetition of the query, my sister. This instrument's mind is often divided and it is not well trained in concentration. Our experience is one of the refining of those choices which we have made in a far more previous experience, that being both the third-density illusion in which we were able to achieve our polarity and in the fifth … We correct this instrument. And in the fourth density in which the compassion necessary to fuel our wisdom was gained. The choice which is made by any in third density as to the nature of the polarity is one of such a fundamental nature that there is constant refinement of the desire to serve as the compassion is gained that allows one to develop a method of propulsion, shall we say, where the desire to give love to the Creator is foremost upon the mind and within the heart. The gaining of wisdom in the third … We correct this instrument once again. The gaining of wisdom within the fifth density is an experience which is, again, a refining of the basic query to the self of how best to serve. The blending of the compassion and wisdom qualities of sixth-density experience again refines that which has been made as basic choices in previous densities' work. Thus we continue to refine that which has been chosen previously and seek continually the transformation of the self into the one Creator which we feel is our basic lesson in each experience.

Is there a further query, my sister?

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Carla: Yes, there is. Thank you for that. Quickly, just with procedure. I like to be responsible with my channeling and right at the end there I was moving along and I got just the beginning of the phrase, "We would encourage each" I think it was, and it just stopped so completely. It is so unusual to have something like that happen. Usually you get the concept cluster that you have started with and you go through that and then there is another. But you stopped right in the middle and then started with a whole new cluster and said that you were going to transfer. That was unusual, but what I thought was that you realized that it was time to stop and not launch into the next portion, and I just wanted to know if you could confirm that is what happened?

I am Q'uo, and am aware of your query, my sister. We find that we must invoke the Law of Confusion in this situation. We apologize for being unable to speak further.

Carla: Could you give me some ideas as to what boundaries you are protecting?

I am Q'uo, and am aware of your query, my sister. This instrument is somewhat distracted in general and is unable to pick up our contact in a reliable fashion. We find that this difficulty was somewhat of a problem, shall we say, for your contact. Further than this we cannot go. Is there another query at this time?

Carla: Thank you, but I am wondering if it might be better to hold the query and let you and the instrument decide. My original query was somewhat divided. I was going to ask about patience since it was not covered overly much in the beginning query and I was going to invite you to say something about patience, but I would also be perfectly happy if it would be better for the instrument and you to end the contact at this time. I'll just leave it up to you. I want to thank you and also the instrument.

I am Q'uo, and we appreciate your concern. It would be well if we ended the contact at this time, for this instrument is not in a proper state for reception. We appreciate your concern. We are those of Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
February 4, 2001

Group question: Our question this week concerns the ascension. A lot of different sources have described the ascension in different ways, speaking about its rapidity of occurrence, those to whom it occurs, how it occurs, when it occurs, what it means, and we would ask Q'uo to give us some information from Q'uo's perspective as to what the ascension, or the rapture, or the graduation, or harvest is like now for us on planet Earth and what it is likely to be like in the near future.

(Carla channeling)

We are those known to you as Q'uo. Those of our principle greet you in the love and in the light of the one infinite Creator. May we say what a blessing it is to be called to your meditation. May we thank you for calling us with your thirst for truth and your effort to join the circle of seeking at this time in each of your lives. We are honored and grateful and thank you for helping us to fulfill our chosen service at this time, which is to share information and what inspiration that we can with those who seek light in the third-density environment of your outer world.

We find that this day we experience not only those of Latwii and those of Ra, but also those of Hatonn and those of Oxal. The constitution of the principle varies somewhat from meeting to meeting, depending upon the vibrations and the needs of those who are attending the circle. As always, we ask that each use discrimination in listening to what we have to say, for we are as fallible and error-prone as any seeker on the spiritual path. We do not consider ourselves or put ourselves forward as authorities but simply as those who may have a slightly different point of view and one that might be helpful. For we are those who have taken a few steps more while upon the path that you are now engaged in navigating.

We are glad to speak with you about ascension, rapture, graduation and harvest. These terms are not precisely interchangeable, but certainly closely associated and it is an interesting field of inquiry. As often happens we feel the desire to step back into more basic material and look at the ground from which we would like to talk about these subjects. The song which the one known as Jim chose to aid in the tuning of the group at this session was speaking of love, and it said that, basically, the living was all about the appreciation and recognition of beauty, the beauty of nature, the beauty of thoughts, and so forth. It is the beauty of thoughts on which we would like to focus.

The creation is a thought. For lack of a better word, the creation is a Logos, a concept at one time simple and unified and infinitely complex. It is a metaphysical or non-physical thought. The physical world that you now enjoy is also a thought, but it is a much weaker thought, much stepped down from

the energy of the Thought of the one infinite Creator, that Logos which, for lack of a better term, we can also call love. Each of you is a thought and that thought is of love because all things that are thoughts are distortions of the one great original Thought which is love. Before all manifestation, each of you is and exists as an energy, an essence, a concept, a complex of thought. Each of you, to put it another way, is a kind of crystal, an energy field that takes in energy, transduces energy, transmutes energy, and sends energy through the energetic system of the body, the mind, and the spirit.

The thoughts that you think, the emotions that you feel, the spiritual experiences that pass through your energetic system are all kinds of thought and they constitute your basic metaphysical identity. Every thought that you think, every thought that you pursue, every thought that you bring to a fruition, creates slight changes in the vibration that is your energy signature. To those of us, and others upon the spirit planes, looking at the metaphysical entities that you are, these vibratory nexi are very evident, and it is as clear to us as day who you are, how you are, whose you are.

To the entity within physical manifestation this is not at all clear. In the physical illusion, as each of you knows all too well, there is much confusion. And there will continue to be confusion generated by the very nature of third-density experience. All of the confusion may seem tremendously destructive. The suffering may seem to be erasing your identity when things become difficult. This too is an illusion, for beneath the surface confusion those energies of deeper thought, emotion and spiritual feeling continue to pulse rhythmically, continue to process energy, and continue to send out the fruit of the energy that has moved through your energetic bodies. Each of you, then, is sending out your own harvest of received, blessed, transduced and transmitted energies.

We might describe this energy output to light, that of a candle, let us say. Many times, it seems to each, that there is no way that one person can be of service, that one person's light can make a difference. However, this instrument is fond of saying that in a dark place the light of one candle can be seen for quite a distance. Metaphysically, this is far more true even than the physical truth of candles and sight. Each of you makes a significant difference to the lightening of the planet as well as to the lightening of your soul. For when each of you does one, each of you is doing the other. To work on the self is to work on the world. Indeed, to work on the self is the most direct and effective way to work on the outer world in a metaphysical sense.

And it is in a metaphysical sense that your Earth is experiencing that which this instrument calls harvest. The Earth itself has come to a crux in its own development. It is as though the Earth must needs give birth to itself. The third-density Earth is in the process of being transformed into a fourth-density, positive sphere. Your Earth is having difficulty with this birth. There are various reasons for this difficulty having to do largely with the negative concepts which have fed into entities choosing negatively polarized actions towards each other over a period of centuries and millennium. It is as though the Earth's energy system were clogged with a good deal of toxic material of a metaphysical nature. As entities such as yourselves awaken to their spiritual identity and become more and more conscious of the positive value of thinking along positive lines and pursuing positive orientations of polarity in thought, that toxic material is gradually given permission to be released. For as the light brightens, the new energies of instreaming fourth-density nature are able to find more welcome. And in that atmosphere it is gradually more and more possible for negative energy to be released and disbursed harmlessly.

We are not talking, in this wise, strictly about non-physical events, for certainly there are physical aspects to the metaphysical birth of fourth-density Earth. There are problems having to do with excessive heat within the mantle of your Earth, which, again, have to do with these negative thoughts, over a long period of time, being driven into the very Earth itself. And we find that there have been disasters and catastrophes aplenty within your Earth sphere, difficulties of weather that offer flood, earthquake and fire, causing much suffering and loss of life among your peoples. However, in actuality, were we to have spoken with this instrument a quarter century ago, we would have been less sanguine about the possibility that your physical Earth will be able to enter fourth density relatively unscathed and with the planetary population relatively unscathed.

As Earth entities awaken, the planetary energy lightens and global catastrophe has become instead a

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series of small and survivable catastrophes. Certainly they are not small catastrophes to those who lose the life or have loss of life in their families. Nevertheless, the great majority of Earth entities see the difference between local catastrophes and global catastrophes, and we feel that this is a very hopeful portion of this subject: that things are better, metaphysically speaking, for the Earth than they were in terms of the Earth's harvest.

The concept of ascension is a concept that we have found largely within your cultures' Christian belief systems. The beliefs vary, but the basic commonality of this idea centers upon the concept of some entities being physically removed from the surface of the Earth to safe places at a time when the remainder of the population of the Earth will be destroyed by the end of the world or some other version of the apocalypse, whether the cause of it be man or spirit. It is not our understanding that this concept is a helpful one spiritually. It is not our opinion that this is the way things work in any physical sense. In our opinion the processes of ascension or harvest are subsumed within the process of moving through the physical death and entrance into larger life, as this instrument would put it.

The concept of the harvest of Earth is, more than ascension, in line with our understanding with the way things work metaphysically. Each of you is a spark of the Creator, and each of you may think of yourself in a way as that which has been planted in the Earth, for you have been planted as a soul into flesh. And at the end of that work done within the school of life, the door of death opens, the Creator beckons, and through that door each goes. Upon the other side of that door, the decision for your harvest shall be made. However, it is not our understanding that this harvest is one of judgment placed upon one from the outside. Rather, it is a matter of that vibration that you and how that vibratory energy field works. Each crystal soul accepts light in a certain range and finds it difficult to accept life outside of that range. Consequently, the harvest of each of you consists, basically, of the careful and guarded process whereby the soul walks along a gradually increasing line of vibration of light. The light increases as the soul walks, and as the soul walks it senses whether or not it is most comfortable. It walks into that increasing light until it is at the spot of fullest light that it can enjoy and appreciate in a stable manner. And it stops at that point because it is uncomfortable to go further. Where that soul stops is either still in third density or has moved over into fourth density or higher. If that soul has stopped in third density, then it chooses, completely on its own and with no judgment involved, to repeat the third-density experience. In many cases this decision will not simply be for another incarnation, because this is the time of Earth harvest. It will mean there will be a 25,000 year period during which that spirit will enjoy third density upon another planet. However, it is not a punishment to repeat a grade. It is simply the right place for that soul that enjoys that range of light. If that spirit has stopped across that quantum divide between third and fourth density, that entity may then choose to begin a series of incarnations in fourth density and can be said to have graduated from Earth's third density. For each person that experience will be unique. To our knowledge, there is no general harvest but, rather, the individual harvest of each soul upon each soul's schedule.

We are aware that there is much confusion between metaphysical harvest and physical concerns having to do with the environment and other physical, scientific facts. May we say that is specifically not our province, and we feel that to discuss some of the concerns of those who seek scientifically is to infringe upon the free will of those who seek spiritually. This is, for us, a delicate area, for we too are both physical and metaphysical. However, in terms of our relation to this group or to any of those of Earth, we are at this time carefully non-physical. For we have found in the past when we have attempted to move physically among your people that there was no possibility of doing so without gross infringement upon the free will of planet Earth. Consequently, we have learned the hard way to allow some confusion in terms of scientific queries. And for this we offer our apology. It is an honest one. We do not withhold information for petty reasons but, rather, because we think that it is not only the right thing to do, but the clear and concise thing to do, for anything that we say about your physical situation upon planet Earth is not fact but a possibility vortex. By entering into discussion we become part of that possibility vortex. This is not acceptable. This would compromise our polarity and make it necessary for us to leave your people. Therefore, it is our judgment, fallible though it may be, to create these boundaries of that which we feel free to talk about and that which we do not.

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It all comes back to the thoughts that each of you thinks. Only you know your hearts. Only you know the desire that you have to seek, to love, to serve. Only you know how you crave the love and the light that is so often missing from your Earth world. And so we ask you to be support for yourselves. Believe in yourselves. Feel that you are important and that the things that you think are important. And see that expression of what you think as valuable and a listening ear for supporting those things that someone else might think spiritually as being greatly valuable also. For as the ones known as Carla and S were saying earlier, for each person the self is blind to the self. Each can see into another's patterns far better than one can see into one's own patterns. Therefore, each may help each in that search for what one really thinks, what one truly feels, and for what one truly thirsts.

Know that your thirst is greatly important, and pursue your desires. Pursue those intuitions and inklings. Listen for those hints that come in the wind of everyday detail and coincidence. And know that whatever is occurring on the physical plane, what is important in terms of your harvestability is your response to what is occurring. Look at your responses and see what you can do to sit with them, to work with any fear that you find in them, to comfort yourself through any suffering that occurs from them, and to encourage yourself to move always to the higher plane, the loftier principle, the belief that all is well and that all will be well. It is said in your holy works that "in quietness and in confidence is your peace." Know that in terms of harvestability it is very helpful to have a high place within the self, a holy place within the heart, to which you may retreat and fall into the arms of the one infinite Creator who loves you dearly. When you are lost, when you are suffering, when you are alone, remember and move into the heart, into the sanctuary and peace of the one Creator's love and dwell there as long as you need to, in order to feel that balm of Gilead which is that energy of being loved, being valued, and being understood. These things the Creator does. In fact, the Creator greatly values each and every thought that you have, for it is this way that the Creator learns about Itself.

We encourage as much silence in the day as you may find, whether it may be a walk with the dog, a form of meditation, the time spent working in the garden, or simply time spent without the television or radio or other sounds of the creation of man in the ear. The key of silence is a powerful one.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and in light and thank it for its service. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and in the light through this instrument. At this time it is our privilege to attempt to speak to any further queries which those present may have for us. Is there another query at this time?

S: After reading last week's session one thing intrigued me and that was that you said that there were many unseen friends that join us at these meetings. I was wondering if you could elaborate at little more on this topic or can we welcome them or make any contributions to them? What can you tell us?

I am Q'uo, and am aware of your query, my brother. This group has, in one form or another, been sitting in these sessions of working for a number of your years and has, throughout this time, been able to receive communications of what is hopefully an inspirational nature from various members of the Confederation of Planets in the Service of the One Creator. When an entity has spoken to this group then there is formed a kind of bond with the group that is always honored by giving the attention to this group's proceedings when this group sits in a circle of seeking, as it now does. Thus though most such entities choose to remain silent during these sessions, each is keenly aware of the transfer of energy back and forth between the entity speaking and the group itself. This is a blessed event for many such as are we and those who seek to serve in a manner which is largely unseen by the great majority of your Earth population. It is a blessed event because it is so rare. So seldom are we, and others of our group, able to make direct contact with your peoples that when such is made there is attention given to it, a protection, shall we say, a wall of light that is formed of love and the attention of those who wish this group well. Thus there are many who have been known by name to this group who join silently but certainly as this group works. There are also, from time to time, other entities who have yet to speak from this same Confederation of Planets who

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nonetheless offer their vibrations of love and protection as this group works.

Each entity that joins this group from your illusion and sits in your circle of working, whether it asks questions or is silent, also may have certain guides, friends, and teachers that are not incarnate who are also desirous of blending their vibrations with this group and those of the Confederation as well. Thus when this group sits in a circle of working there is what you may call a heavenly host that joins with you and rejoices with you and feels sympathy and empathy and all those great emotions that third density is so richly populated with. For not only is there inspiration passed from each to the other, but there is also the opportunity for many of us of the Confederation of Planets in the Service of the One Creator who value being able to feel the emotions that those of your group bring to this circle of seeking and express not only in their queries but the very timbre of their being. It is a rich exchange of the experience of each shared with the other.

Is there a further query, my brother?

S: Interesting. Certainly welcome. It's nice to know that they are here and I request that they not be so bashful, I guess … Is there any … I'm puzzled what we do for them and the opportunity to help us in unseen ways. Is there truly that much that we can give or help in return?

I am Q'uo, and am aware of your query, my brother. Each entity such as yourself that joins this circle of seeking brings many riches in the nature of the variety of experience, the purity of emotion, the passion with which truth, love, etc. are sought so that those of our group may be able to appreciate the difficulties that each of you are able to labor under successfully even though you may think that your ability is far less than successful. When you are able to express a difficult emotion, the emotion, situation, relationship, or other Earthly adventure that is not offered to those of us who are now discarnate, to those of us who live, shall we say, on the other side of the veil of forgetting, then it is that our appreciation grows as you are pulled one way and the other in the struggle to remember love.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Just as you within this circle of seeking would enjoy reading a new novel that is in your area of interest, we of the Confederation of Planets are always interested to observe that which is freely shared within this circle of working. For it allows us to see how each entity may work with the catalyst which is presented in the daily round of activities, to see how the love and light of the one Creator may yet shine forth from the darkest of experiences, from the most confusing of experiences. This gives us a great deal of joy, to see that, indeed, that there is no place where love may be hidden so deeply that it will not shine forth in a brilliant and inspiring way. Thus you inspire us as much as we attempt to inspire you.

Is there a further query, my brother?

S: My last query is something that you mentioned earlier about your appearance in third density was not as successful as you had hoped. Could you give me an idea of what happened, what you did, how it was perceived?

I am Q'uo, and am aware of your query, my brother. As you are aware, we of Q'uo are what you might call a conglomerate or group principle formed of other groups such as those of Latwii, those of Hatonn, and those of Ra. And it is to this latter portion of our group, those of Ra, that the feeling of being less than successful in our contact with third-density entities a great portion of your years ago within that area which you call the Holy Land was undertaken and was, of necessity, abbreviated because of the difficulties in communication not only with words but in the appearance of our very being, our physical vehicles being much unlike those of the entities of Egypt with whom we sought to share the Law of One. There were enough misperceptions resulting from our words and our being that we found it necessary to take our leave of this group at that time and to retire to what you would call the inner planes of your planet to consider more carefully how to be of service in sharing the Law of One without giving to it those distortions of power which the entities of that land had attributed to the Law of One because of our work with them. The words which we chose were not always perceived in the manner which we had hoped and the message in general, we found, was reserved for those of royal and powerful position rather than being shared equally and freely with all. It is this particular experience that we seek to balance and have sought to balance since that time in days of old.

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Is there a further query, my brother?

S: Not that I can think of right now. Thanks.

I am Q'uo, and we thank you once again, my brother. Is there another query at this time?

Carla: Yes. What S was asking kind of sparked me, and I wanted to ask about how it looks when we sit in meditation because when I tune upstairs to pray and sing a hymn after I work on my energies to channel and protect them and so forth, I call the archangels and I ask for all those who come in spirit and in the name of Jesus Christ to help us, as you said, the host of heaven. When I call them and ask them to protect the place and protect the channel and protect everybody in the circle I not only get a sense of their presence but I also see a kind of dome kind of structure where there are ribs going up in the dome, and it's kind of like a cathedral space, but it's made out of light. I wondered, since you were talking about this, if this was an accurate perception or if this was just something that my intellectual mind was stirring up to visualize what I was praying about?

I am Q'uo, and am aware of your query, my sister. Indeed, as we gaze upon this group, from our perspective, we see light, various shades and coloration of light, each entity offering a unique coloration and variety of colors as various energy centers are activated. Some are blocked. Some are spinning rapidly and brilliantly. And the group itself is producing yet further light so that there is, as you may see, a kind of dome or vortex of spinning light energy that has both the characteristics of each individual and the characteristics of the group itself blended with the light of the heavenly host, so that in sum there is a mass of light which reaches in an upward spiraling fashion as you may imagine or image the pyramid having a flame that reaches infinitely upwards yet inwards as well.

Is there a further query, my sister?

Carla: I just wanted to clarify what you are saying. The light is not only forming a vortex but at the peak of the vortex at this time there is a flame going forth, spreading out from that point like an upside-down pyramid. Right?

I am Q'uo, and am aware of your query, my sister. We followed your description until the last and would suggest that the pyramid is right-side up.

Carla: OK. Let me try again. The pyramid itself, of this group, has a point and what I thought that you said was that coming from this point and going outward into the creation was the sum of the light of the group, and it was coming out of the top of the space of the dome or the pyramid. Is that correct?

I am Q'uo, and this is correct, my sister.

Carla: Thank you. That is very inspiring. It looks like within the dome the energy is moving in a clockwise fashion. Is this true?

I am Q'uo, and this is correct for the inner portion of the dome or pyramid. The great majority of that which we see as light and that which forms the pyramid is simply in place, without movement. Is there another query, my sister?

Carla: No. I thank you.

I am Q'uo. Again, we thank you, my sister. Is there another query at this time?

Carla: One final query. Procedural only. There are a number of entities who have asked for Confederation entities such as Yadda and Nona. I perceive that I am removing the opportunity for these entities to speak because of the way I tune. I ask for the highest and best source that I can contact in a stable manner in a waking consciousness, and so I get you all. Is it permissible at the end of a session if someone wants to talk to Yadda or to listen to Nona that they would simply ask for that entity and then the contact be transferred back to me? Is that possible? I believe that both Yadda and Nona would vibrate harmoniously within your range.

I am Q'uo, and am aware of your query, my sister. This, indeed, would be possible if it was desired and requested. Is there a further query at this time?

Carla: No. Thank you.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(No further queries. A couple of members express appreciation to Q'uo for speaking this day.)

I am Q'uo. We are also most grateful to each of you for inviting our presence for this particular session of working. We feel that there has been a great deal of love and light offered from you to us. We hope that we have given to you as well. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of

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the one infinite Creator. Adonai, my friends.
Adonai.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
February 11, 2001

Group question: The question today has to do with the concept of the new Buddhism. There seems to be a new interest in the practice of Buddhism around the world and we would like Q'uo to give us information that might shed light on why interest has increased for Buddhism, the effect it has upon people, the philosophy of how Buddhism connects to other world religions, and how it connects to the philosophy of the Law of One.

(Carla channeling)

We are those of the principle known to you as the Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we are. It is a great privilege to be called to your circle of seeking, and we thank each of you for the thirst and hunger for truth that has lead you to this circle and this moment. It is a blessing for us to be able to pursue our chosen service at this time, which is to share thought and inspiration with those who may seek it upon your planet. For the most part our duty is carried out by simple presence in visions and dreams and moments of inspiration. Seldom it is that we have the opportunity to communicate using words such as we are able to do using this instrument and others that are similar to it. It is a real treat to be able to express our thought in these slippery things called words. We appreciate the efforts of this instrument and instruments in general who provide us with the opportunity to share our words in this fashion.

As always, we ask of each of you that each use her discrimination, for each of you has a very finely tuned, resonant awareness that springs into life when a personal truth is heard at a deep level. And we would ask of you that, as we share our thoughts, each listen for that resonance, that feeling of rightness and truth that comes from the heart and is far more of an authority than the so-called authority of teacher or seeming outer authority. We consider ourselves to be your equals and ones who, perhaps, have had a bit more experience. However, we still are aware of ourselves. We are still puzzled and seeking the mystery of deity. And we consider ourselves to be fellow pilgrims with each of you. It is a privilege to walk with you and to share the beauty of your vibrations during this meditation.

You ask this day concerning Buddhism, as it has in recent times been reenergized in terms of the number of people who seek within the path of Buddhism as an outer and settled religion. And we are glad to share our thoughts on this subject with you from our own point of view. As is often the case, we would begin by laying a ground upon which we would speak. And that is, as several within the group said in the discussion beforehand, that there is one Creator of which the so-called revealed religions are attempts to discern, illuminate and express. Any religion, so-called, has what this instrument would call baggage. And in the case of Buddhism, as well as the case of several of the major world religions, that baggage is not the baggage of a few years but, rather,

the weight and onus of generations, centuries, and millenniums of those within the religion, who practice the religion, finding ways to re-identify and reassess the valuable points of the religion.

Thusly, a religion such as Buddhism, just as Christianity, Shintoism, Judaism, Yogic disciplines, and many other world religions, goes through a continuing series of changes and cycles of changes within itself, as its members attempt to practice the path that is offered by the mythical system involved. Each religion, including Buddhism, has valuable aspects that are peculiar to it, but each, shall we say, has two sides. There is to each religion the revealed or outer aspect and the inner, occult or mystical aspect, and we find that it is in the mystical aspect that the religions have the tendency to unify and to harmonize, so that a mystical Buddhist can speak to a mystical Christian, a mystical Jew, or a mystical Oriental worshipper and have very few communication problems, because mysticism focuses on essence and not on detail.

It is in the revealed or outer aspect of each religion that we find the bulk of the challenging material for those who seek to be inspired by religion. For in each religion you will find in the outer or settled church aspect of the religion the tendency to be dogmatic. The advantage of dogma is a simple and vital one, and we find that many among your peoples have the necessity for a dogmatic type of belief system. In such a system there is a certain list of things that are believed and are held to be true and a certain list of things that are specifically not believed and are held to be untrue. We find that the more that a mythical or religious system attempts to define in a dogmatic way the theology or belief system of the religion, the more pronounced the tendency is for there to arise disputes and disagreements between various factions within the religious system, so that in the outer church there is the positive aspect of a group which thinks alike or is attempting to think alike over against the disadvantages of this same group attempting to define itself by stating those things which it does not believe and finds to be false within various other sects of the same religion. Consequently, the efforts towards ecumenical or unified belief and unified worship on a global scale will be found to be far more successful when they are mounted by the mystical or occult portions of any of the world's religious faiths.

Perhaps the most striking difference between the various religions is the energy center or chakra which is the seat of most of the germinal or seminal energy of that system of belief. We would discuss three basic systems, the first being Christianity, the second being the amalgam of Oriental religions which honor family ancestors and tradition and the third, the Buddhist way of enlightenment.

In Christianity the basic chakra energy that tends to be activated for the worshipper is the green-ray or heart chakra. This is due to the fact that the entity known as Jesus was a teacher concerned with one thing only, and that was love. This entity offered a simple system of beliefs, stating, "Thou shalt love the Lord thy God with all thy heart, with all thy soul, with all thy mind, and with all thy strength, and thy neighbor as thyself. Upon these two commandments," said the teacher known as Jesus, "Depend all of the law and the prophets." In this statement the one known as Jesus specifically moved from the Old Testament, so-called by this instrument, which was the holy work of his people, and delivered and offered a new covenant having only to do with love, love of the infinite Creator and love of each other, beginning with the self and continuing with loving the neighbor as if it were the self.

When this simple commandment is the focus of the Christian path, we find that this truly is the path of the heart and there are those mystics such as this instrument who tend not to wish to deviate from the path of simple devotion because of the fact that moving into a more dogmatic approach to belief seems to pull the focus away from the heart. We suspect that each has those relatives or friends or acquaintances whose Christian belief system has a dogmatic aspect sufficient to create an atmosphere of judgment and, therefore, we suspect that each is fully aware of the difficulties involved in moving into the dogmatic beliefs and leaving the simple faith in love behind. However, when those who are working along the positive path using the Christian system find themselves to feel at home in the heart we feel it is likely that they have been able to move from the outer aspects of worship to the inner aspect.

In the disciplines or myths of the Orient, such as Shintoism, the energy which is most involved in the system is the yellow ray or solar plexus chakra. This is the chakra of the illusion. It is the chakra of

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relationships like marriage and family that have to do with the groups with which one associates one's self as a human being, as opposed to the individuals with which one associates oneself in a relationship. The great advantage of the religions that move from the yellow-ray energy is that there is no translation needed between the holy and the everyday. Each entity within a family, a clan, a village or a nation is specifically and frequently honored as a part of a valuable whole. Thus the family is seen as sacred. Age, itself, is seen as a sacred and holy thing. Events within the life take on the glow of the revealed Creator in bodily form. While it is not a system of seeking that specifically opens the heart, what it does in terms of the human experience is render it into a kind of liquid in which the elements of everyday life are specifically seen to be holy. And thus the life experience of everybody can be taken by one who has worked in this discipline as having a resonance of rightness that is profound, and there is a peace that this produces that is similar to that feeling of groups of entities at one of your games where instead of two sides there is only one side, and all portions of the game are winning. In this kind of experience there is a solidifying and strengthening of the bonds of simple humanity in the valuing of family, in the valuing of the wisdom of age, in the valuing of the death process as a part of life. There is a tremendous peace.

In the case of Buddhism, the energies involved tend to spring from two centers: the communication chakra or the blue-ray chakra of the throat, and the indigo-ray chakra of the forehead or the pineal gland. These energies of communication and work in consciousness have a tremendous advantage for people within third density at this time for two reasons. Firstly, there is the peace of working from the higher centers. The yellow-ray chakra is the chakra where the rubber hits the road in terms of everyday experience. It may render the everyday experience sublime, but it shall not render it completely peaceful, for peace is not the nature of the passing passion play that is life. Neither is it peaceful to dwell within the heart, for the heart is not only the shuttle for the spirit but also the seat of the emotions. And the tumult of the rising and falling away of emotions is constant. Consequently there may often be the transcendent experience of bliss and peace, yet it lies within the rising and falling of emotion. For in love's focus, in the heart's focus, there is the specific value of passion, desire and thirst. And this cannot be said to be completely peaceful.

Therefore, there is a tremendous appeal to the peaceful rounds of, shall we say, the wisdom aspect of Buddhism. Buddhism takes a far more distant view than either Christianity or the Oriental religions of suffering. In positing the reality of suffering within the world, Buddhism's only prayer is that it end. It gazes at that which a heart-centered religion would find full and sees it as empty. It gazes at the everyday round that the Oriental religions see as holy and finds that everyday round to be completely illusory. And, therefore, it is focused upon the reduction of suffering, the reduction of confusion, and the welcoming of nothingness, that nothingness being held as a holy thing and greatly to be prized. As this instrument said earlier, "First there is a mountain. Then there is no mountain." It is the hope of one who seeks along the path of Gautama Buddha to become able to gaze at all of the passing scene and see nothing, as opposed to the Christian hope of gazing at the passing scene and seeing the Christ or love, and the Oriental or Shinto hope of looking at the passing scene and seeing value and worth in the thing itself.

This peacefulness of working as an observer from the higher centers is very attractive because it promises a surcease from struggle and perceives struggle very much a part of third density at this time. There is a tremendous amount of pain at the emotional, mental and spiritual levels within the more comfortable and more economically advanced nations of your world, which has begun to be toxic in terms of perceived struggle. And in the light of this unceasing struggle, the opportunity to move into clear communication and work in consciousness is seductive and almost irresistible to many.

We do, however, see an implicit challenge in moving along the path of Buddhism. And that is in its remoteness. There is, shall we say, an intellectual cast of thought which is easily awakened within the Buddhist mentality. And an enormous literature of speculative theological works is evidence of the intellectual fruitfulness of this type of inquiry and discussion. Indeed, we may say that those who seek along the Buddhist path have done far more investigation into the specific discrete realms of the inner planes, identifying and describing various states of consciousness, various places where teachers dwell, and so forth, than any other system of

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religion. The difficulty with this tremendous panoply of assets and resources is that entities will remain within the higher centers without bringing the lower centers into balance with this work in consciousness. This weakens the integrated self and we suggest to those who wish to seek along the path to Buddhism that care be taken in a persistent and continuing way to reintegrate into the practice those lower energies of orange and yellow ray and of green ray so that there is not simply talk, discussion, thinking about the Creator, and the releasing of the illusion, but also the awakening of the heart and the valuing of the structures of the illusion. For the structures of the illusion, the relationships, the families, the friendships in groups are an elegant and eloquent design for learning. Into each relationship has been poured a tremendous amount of preincarnative thought. You may see each relationship as a carefully prepared lesson in the giving and receiving of love. And it is well to reconnect persistently with these lower chakra energies as one works within clear communication, the reading of material, and all of the work in consciousness that is so delightful to those who seek after wisdom as opposed to love.

The second advantage of Buddhism is an advantage of position and perception. The Christian and Judaic religions and the Moslem religion are all patterned with extreme similarity, to the extent that one may see that their holy works are shared. The stories are shared. The origins and springs of religion are shared. At the same time that this unity exists, there is also a tragic history, millennia of discord, and there is no religion that comes out any better than any other in terms of the folly of the wrong uses of power. In the name of religion it is well known throughout all peoples upon your globe that Christian, Jew and Muslim are a contentious and war-like people whose gods tend to be as aggressive as they are loving. And this is a difficult burden for the spiritual seeker to carry no matter how much the entity may adore Yahweh, Christ or Allah. No matter how much the seeker may feel the resonance and rightness of this path for him, yet too there is a perceived burden of shame and guilt than cannot be ignored.

It is not that the Buddhist religion as a system has not had its hassles and its fights, for indeed, if the scholar were to penetrate the outer details of this world system it would find the bellicose and aggressive actions and disputes of petty gods which indeed offer shame and guilt. Yet because of the fact that those who worship along Buddhist paths do not and have not for many centuries had ascendancy as race, people, nation, economy or society, there is little known of this history of shame and guilt. And instead it is possible for those who are seeking within the supermarket of world religions to come upon Buddhism in an innocent and fresh way. There is more of the feeling that this is a religion of peace and enlightenment, not a religion of war and dispute. And this perception is extremely valuable.

As we said, the great virtue of any outer religion is that it offers a place to be within the illusion. When one is within a path that is known, one may feel that one is not alone, that one belongs, that one is part of something that is beautiful and continuing and holy. When no sparks come to a seeker from looking at the various religions, then it is that the seeker must decide to create her own path. And this is a challenge. Certainly it is one that each is capable of rising to and meeting. But it does throw one upon one's own resources in a way that an outer path of religion does not. We sympathize with each who seeks, for we, like those within your circle, do not necessarily feel that one path has all the answers but, rather, that each path offers advantages. We would simply suggest to each that the seeking for the right path be done in the atmosphere of the trust of self and of the self's powers of discrimination and choice. For the seeker will know what is truly for him. And may we say that no matter what the path chosen, the creation speaks equally to all. The crocus that this instrument spoke of as growing where none was planted offers its own lesson in any religious system, speaking of faith, the generosity of spirit, and the endless possibilities of the present moment. Each day, each hour, and each moment offer sight to the eye and sound to the ear for one who is looking and to one who is listening for the truth.

We would encourage each, no matter what the path followed, to focus upon those aspects of the faith that unify and harmonize, that bring the self to a deeper feeling of the immediacy and the essence of the self. For beyond all perceived religion lies the self within that is each of you, and that self is the essence of holiness. That self is the spark of the infinite Creator, and those thoughts that you think are but distortions of the one great original thought that is

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Love. No matter where you seek you dwell in precincts of love.

We would at this time leave this instrument and transfer this contact to the one known as Jim. We thank this instrument for its service. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and the light of the one Creator through this instrument. It is our privilege at this time to offer ourselves in the capacity of attempting to speak to any further queries which those present may have for us. Is there another, shorter query at this time?

R: There have been actions in my life that I have taken that have left me with guilt and shame, and I wonder, in general, what we are to do with the realization of having hurt others and how to remedy such actions?

I am Q'uo, and am aware of your query, my sister. When one feels that there have been those experiences shared with others that have been hurtful to either party, then it is well, if it is possible, to utilize both the green and blue energy centers in the opening up of the heart and of the communication to any one may have injured in any way, to speak from the heart what is now felt and to offer it to the other, with the heartfelt apology. This not being possible for one reason or another, perhaps one entity no longer being incarnate, it is well, then, that this dialogue take place within one's own mind, within one's own meditation, so that that experience which was shared of a difficult nature may be brought again into consciousness, examined for the roots of the cause within the self, then be able to be forgiven both by the self and any other self involved, so that there is a healing and a harmony which comes from this reexamination.

As human beings within the third-density illusion, each of you moves as best as one can through this illusion, knowing that there will be those times when the misstep is made. However, with the faith that all is well and shall be well, one may also know that any misstep or injurious action can also be utilized for healing and harmony that will bring the entities closer together in the unity of thought and compassion that binds all beings within the One Creation. Thus one may utilize any previous disharmonious action or misstep as a method of working both upon the self and upon clearing communication between the self and any other self with which one has a relationship in the daily round of activities. It is well, however, that this communication and opening of the green and blue-ray chakras take place first within the meditative state so that one may begin the healing process there, as a seed within a garden is nurtured so that it grows to a certain degree of maturity before the sharing is sought with the other self.

Is there another query, my sister?

R: On a different topic, I wonder what the purpose of D's and my relationship and being together is?

I am Q'uo, and am aware of your query, my sister. If this purpose were not already known to some degree by each of you we would not be able to speak, for we do not wish to infringe on the free will of any who seeks the path of his or her own evolution. However, since each of you is, shall we say, strongly suspicious of the path shared by each, we may say that that which you share together is a mutual awakening process that allows each of you to open your heart to the other and to develop that quality that you may call compassion, unconditional love, mercy, understanding, forgiveness, surrender and acceptance. These are the qualities of the green-ray energy center, of the heart and are indeed the salvation of this illusion. For each entity comes here to work in some degree upon the heart. This is the energy center through which connection with all the creation is possible, and as each of you moves through your daily round of activities, making those small adjustments each to the other in compassion and understanding, you continue this process that has been ongoing through the entire length of your relationship and which shall be the strength and foundation as your relationship continues into what you call your future. There is much of understanding which each of you has developed for the other and for all other selves because of your relationship to each other.

The mated relationship is one which has been called by some an ordeal, for in this relationship one comes face to face with those qualities that are strengths, that are weaknesses, that are latent, that are possible. One is face to face, in short, with one's humanity, with that which enlivens your being and gives a vitality to your step, a purpose to your life and to the sharing that is possible also with others because of

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that which you have done with each other. Therefore, that which you undertake in this life is, in general and specific terms, the awakening of compassion and the forming of that kind of relationship which can be seen to be ideal; that is to say, where the heart of each is opened not only to each but to all others as a result of the work that is at times difficult, that is always undertaken between the two of you. Thus, work done between the two of you is work which can benefit the entire planet, for as you are able to find harmony, love, understanding and acceptance within the self so will you be able to find it within others as all others mirror to you that which is the heart of your self.

Is there another query, my sister?

R: No. Thank you.

I am Q'uo, and we thank you. Is there another query at this time?

S: I have a comment more than a query. I was going over last week's session in which what you had accomplished in the past hadn't turned out the way you had hoped and you are attempting now to make amends for that. Thinking on it this week, those days in Egypt have been pretty much forgotten by the population today. I guess I felt that you seemed too harsh on yourselves concerning your roles then and considering what you do now. We appreciate your being here and talking to us and we hope that you do it more out of enjoyment than a feeling of obligation. It's an opinion that you can take or leave from third density. I just want to let you know we appreciate the role you do play now. Have I misinterpreted what you said from last time? Would you comment on that, please?

I am Q'uo and am aware of your query and your generosity of heart, which we greatly appreciate. We do not mean to be harsh in our analysis of our previous interaction with the population of this planet, but wish instead to look at the ramifications of our interaction, which seemed from one perspective to have produced fruit that was not as we had wished. For when we share as we do now with any other entities we are hopeful that that which we share will be seen also as it is; that is, that we share our opinion freely from our hearts for all. Our experience with those of the Egyptian culture many thousands of your years ago was an experience in which our words were reserved for the few. That we were not able to see how our interaction would result in this reserving of that which was freely given only for those of power and position was, in our opinion, of a short-sighted nature, the eagerness on our part to be of service overshadowing the possibilities of being of less service than we were.

However, we are at this time greatly overjoyed to be able to speak to this group or to any group, whether it be through words as we do now in mind-to-mind communication, or whether it be in the dream state or in meditation or the inspiration that comes in the midst of waking activity. It is the greatest of honors to speak to those who call by their very essence, their very being, for our assistance. For it is a portion of ourselves that calls to us. Any call of any entity for assistance through the sorrow of the entity's being, the pain of existence, the confusion of the mind, the doubt of the heart, is a calling from one portion of the self to another portion of the self. Such a call cannot be refused. Thus we seek in joy to serve now as we sought in joy to serve then. And we appreciate greatly those who offer the call to us and present us the opportunity that we may be of such service.

Is there another query at this time?

S: One last one. Have you considered possibly dictating a book on the Law of One that we could share with all freely?

I am Q'uo, and am aware of your query, my brother. We are available for any queries which those within this circle of seeking find worthwhile in offering to us. We do not plan any, shall we say, curriculum. We wish to observe the free will of each present in the offering of our service. Thus we offer that which is ours to give in response to the queries which we receive.

Is there another query?

S: Not from me. Thanks.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

(Pause)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce, we shall express again our great appreciation to each present for offering us this opportunity to join you in your circle of seeking this day. We are aware that each has made great sacrifices in order to be here at this time, and each has been patient with us as we take a great portion of your time to speak those words which are ours. We are

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known to you as those of Q'uo, and we shall now take our leave of this instrument and this group, leaving each as always in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
March 4, 2001

Group question: Our question today is how can a person who has a great deal of sexual energy available from the red ray but who has no sexual partner allow that energy to move through the various energy centers of the body in the most harmonious way possible?

(Carla channeling)

We are those known to you as the principle Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank each of you who has called us to this group this day. We thank you for your searching, and we thank you for your question. We are glad to respond with our thoughts and opinions. For your part, you will use discrimination and realize that we are in no way authorities but those who are pilgrims upon the path and are glad to share what experiences we have had with you. We share as soul to soul and being to being and, in terms of learning and in terms of teaching, we feel you are our teachers to a greater extent than we are yours. We greatly appreciate this exchange of learning and of teaching. We thank each and bless each, for we are all desiring to be of service and all desiring to seek the truth. This is the bond that blesses us with its companionship, one to the other.

You ask this day concerning red-ray energy, and we are happy to talk about this interesting subject. As is often the case with us we would like to establish the ground upon which we will speak by moving back a step and looking at not just the red-ray energy center but at the energetic body and its location with regards to the physical body and its connections to the physical body.

Firstly, we would posit that each entity is an essence, a field of energy that has complex characteristics on many different levels. A soul essence vibrates through all densities and has chakra connections in all seven bodies on the inner planes, so when one is dealing with the energetic body one is dealing not simply with an adjunct to the physical body but rather a system of fields of energy that extend far past time, space and incarnational situations. Consequently, in dealing with the energetic body, the relationship of the energy body to the physical body is not as straightforward as it may seem to be when thinking in a linear fashion concerning issues connected with the various chakra energies.

The energy body is a system of bodies which occupy, in your terms, the same space and time in that they are all potentially available as sources of information within the incarnation so that as an entity becomes increasingly familiar with the feeling of the energy body in balance there becomes a kind of feedback system that is greatly helpful in working to balance the system. We will discuss this at more length later.

It is the tendency of this instrument, and certainly many who work with the concepts of the chakra centers, to tend to categorize energies as to chakra and to analyze them as to chakra source. This is in some cases of a limited amount of help. It is

sometimes quite possible to analyze a situation in terms of chakra origination when it comes to blockage or over-activation. However, the limitations of this way of gazing at or analyzing chakra energies is that the chakras do not work separately, but rather work as a system and in addition have important and significant connections between finer bodies within higher densities as the process of learning by faith and receiving by faith now goes on.

We would begin then by suggestion that it is well, when faced with a perceived imbalance in the energy body, to realize that the situation is non-local, no matter how local it may seem. That is, it may seem that there is a red-ray over-activation or a red-ray blockage and that this is then removing energy from the red ray. In actuality, the energies of the system are seldom blocked in only one ray because of the interrelationships between the rays, especially between the primary rays and also because of the centrality of the heart to those who are working in service-to-others polarity.

In the case of perceived red-ray blockage, for instance, it is well to gaze carefully at the nature of red ray. It is that first gateway of the energetic body. It is that first gateway that allows in the infinite energy of the one infinite Creator. The easy way to gaze at energy systems is to look at the blockages and, one by one, to remove them. However, the subtleties of each chakra move beyond the stated venue or placement of that chakra. That is to say, certainly the red-ray blockage has to do with sexuality in a linear sense, but in a very significant non-linear sense it has far more to do with the processes of love and fear as regards survival. Survival is a vital and hidden issue for an entity that is well fed, decently clothed, warm and with a roof over the physical head. It does not occur to the waking consciousness that there is a survival issue with regards to sexuality, for sexuality is clearly not necessary for survival. However, in the gateway to the metaphysical body or energy body one also is gazing at the gateway to the physical body, and this connection between physical and metaphysical bodies creates the situation in which the instincts of the physical body have a sometimes striking and, again, hidden effect upon the perceived experience of blockage in red ray, so that that which is perceived as sexual frustration is actually the cry of the heart to survive.

This instrument was talking earlier about the simple, fundamental necessity of having one's need met. Obviously, in terms of your experience within incarnation, there is a constant and unremitting traffic of requests from the self concerning those things which it needs to survive. The stomach cries out for food. The physical body cries out to reproduce. The body demands to breathe, to work, to move and to function. When there are gateway challenges that are persistent, such as the denial of a perceived sexual need, the energy system is set up to become blocked along certain lines that create the perception, in the soul that is experiencing this, that there is a red-ray energy blockage, and on the level of the observation, this is correct. On the level of the solution of this observation, if there can be said to be a solution, this is not correct.

For, as we said, there is much more connection between the chakras and the effect of one chakra upon another than this instrument, and many perhaps, give the energy body credit for possessing. So in truth, a blockage in red ray, in the most linear sense, does block energy so that it cannot rise up into the heart chakra and, therefore, be available for work in consciousness. But more than that, it is a non-physical energy that is not a sexual energy, nor is it a survival energy, but it is, rather, energy. In truth, you see, the energy body does not respond to physical stimuli. In an energetic sense the body is completely a creature of the mind and the spirit and the emotions. So those feelings that are within, those desires and thirsts, as complex and interrelated as they usually are, are actually, at the heart, a blockage within the energy body. And because the needs of an incarnational being are complex, the blockages, over-activations and other distortions within the energy body, are significantly more complex than can be determined by analysis using the intellectual mind.

We would suggest that one way to work on blockages within the energetic body is to give to the self the resources of the energy body clearing or balancing, which we have talked about through this instrument before. Since we have talked about this before, we will recapitulate rather succinctly by saying that the point of energy balancing is simply to go through the day's experiences as one remembers them, sitting quietly at the end of the day, in a reflective mode and simply being with each distortion that can be remembered from the harvest of the day's emotions, whether that distortion was

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towards a positive emotion or towards a negative emotion, as perceived by the seeker. For all distortions from balance are equally useful for looking at and for allowing into the arena of the meditational mind in order that, in silence and in the release of control, there may be allowed to enter into the energy system that help which is available from those unseen beings which surround and guard and guide each seeker.

This instrument works with her own energy balancing in this way very seldom because the technique involves looking at each emotion, allowing it to intensify to the point of really heavy intensity, and then allowing that emotion's exact opposite to enter into the equation until both sides of, say, impatience and patience can be seen in a balanced fashion. However, this instrument does use a visualization technique in order to balance its energies. This is helpful for those whose visualization abilities are dull enough that there is not the danger of over-intensification or over-dramatization of emotion which would sweep away the possibility of balancing. In this visualization technique there is simply the request for help from guidance, and when that guidance has been secured, there is the request that this guidance help in seeing in an inner or intuitive sense the actual colors of the chakra centers to see if they are at the same color tone, the same color intensity, and the same degree of lightness of tone within each color. This way, it can be seen intuitively if an energy center seems muddy or dark or weak or attenuated.

It is possible to work with balancing techniques using the balancing meditation or using the visualization technique. Either one of these signals to the energy body that care is being given to the body, that concern from the heart is being offered to the body, and this is greatly reassuring to the body and helps, whether or not the balancing meditation or visualization seems to be successful from the conscious standpoint.

Another aspect which may well help with unclogging blockages is simply to act on the emotion which has been engendered. By this we mean that the basic emotion engendered is located, to the best degree of accuracy possible by the seeker, and then expressed. In the instance that the one known as R spoke of and related the one known as P's speaking of, the experience was that of waking up [from a night's sleep] and immediately feeling such a degree of frustration that the desire is to scream. We would encourage moving to a place of safety and screaming, when this feeling occurs. It is not wise to upset others, nor is it wise to upset the environment. However, it is very wise to acknowledge and express emotion when it can be done without infringing upon the free will of others or destroying something within the self. There is a real spiritual value in acknowledging primal distress and in expressing it, even in the most primitive emotional release such as the scream, for it is a scream from the heart that wants to survive, not simply the body that wishes to reproduce or to express its sexual nature. This is the surface of the energy distortion but not its essence. And the seeming catalyst for energy distortion is almost never a linear match with the catalyst that produced it. For within the energy body the system of unconscious memory connection and memory within other lifetimes which includes relationships with this issue or with the entity which is giving catalyst on this issue are numerous. And, consequently, the rational mind, in waking consciousness, shall not be able significantly to penetrate the nature of the actual energy distortion.

Perhaps we may say that beyond a certain point, it is well to rely on faith. We always come back to the simplicity of the situation and the unity of the situation, for all energy is one. There is not sexual energy, personal energy, family and group energy, heart energy and so forth. There are aspects to the energy, colors, shall we say, to the energy as it moves through those centers of energy and connection within the energy bodies. But the energy itself is limitless white light and although it may be distorted in its shadows within the energetic physical body connection, within the energetic body itself and at the source of the problem, it is all the same energy. And this is a key concept, we feel. For this lifts the seeker beyond the limitation of a concept of her problem and places the waiting heart and the energy body which is listening to that heart in a situation of being aware of the larger picture. And what one accepts into the waking mind becomes the door that opens the potential of the solution to be approached and released from its stricture.

First, there is the faith that all is well. This is a significant step for one who is suffering, for the physical body wants to react in a fear-based manner. The instincts of the physical body are to protect and control for the safety of the physical body. And so

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there is the feeling, when one is in discomfort, that one needs to control that situation. One needs to achieve a comfort zone. However, often within your density you have made choices as a seeker before incarnation that place you in a situation where you will continue to suffer, and that is what was intended. It was not seen before incarnation that this would be precisely suffering. It was seen that this would be learning. It was seen that this would be a great opportunity to make the breakthrough, the step forward as a spiritual being in evolution. Evolution is change. Change is difficult. Change is painful. Change engenders suffering. Consequently, some blockages that are looked at and are experienced are placed there by the self before incarnation, not in order to break through quickly, but in order to initiate a process of self-acceptance, self-understanding and self-forgiveness that is far deeper than the issue that begins this process of understanding, acceptance, healing and forgiveness.

Secondly, there is the faith that there is help available beyond what is available to the rational mind, and that this help is benign, kindly and intelligent. Once one has the basic attitude of faith, that regardless of appearances all is well, there is a door within the heart that opens, that has been closed by fear. It will continue to wish to close, again and again and again. And this is why daily meditation and the entering of the silence is so central, even if it is but for a few moments. That connection with the silence empowers the resources of the connections between physical and energetic bodies and between the connections in the energetic body to those bodies which are involved in the guidance of the higher self that is moving to help the self within third density. The faith that all is well, and that help is there, together, have a tremendously comforting and strengthening effect. However, as we said, in the face of apparent physical imbalance that continues over a period of time, this sense of well-being will again and again be compromised by the instinctive fear-based reactions of the physical vehicle which feels that it is being threatened in its ability to survive.

There is, as this instrument has said, no issue tougher than the red-ray issue because that natural function is so strong in the physical body, and the emotional need for connection and companionship, which sexuality is the door to within your peoples, is so very strong. There is, certainly, no way that any can control and, by doing or not doing some physical thing, solve the discomfort of the physical body when its natural sexual functions are denied. When this occurs, according to the nature of the individual and its energy system, there will be some degree of suffering. For some entities it is negligible, unnoticeable, or minor. For others it is an enormous and very substantial problem and certainly one that cannot be ignored. This instrument is aware that the one known as P has said that the mechanical satisfaction, on a solitary basis, of the physical desire for sexual completion had not been satisfactory, no matter how many times repeated, and we are not surprised at this because of the fact that the sexual energy blockage is actually not what it seems, but rather, a much deeper and more profound suffering that extends throughout the body system of the energetic body, if not the physical body.

In one very basic sense we must say that as far as we know there are times of suffering for all people. There are always needs that will not be met that seem important, and this is part of the way that the school of love that planet Earth is works. For again and again, it allows the senses of the physical body to inform the intellect that there is not enough, that there is no safety and that there is no healing. It is the challenge of the spiritually oriented entity to gaze at the limited and crying needs of the body, not with eyes to solve, but with eyes to love and understand, to enter into the experience, to enter into the suffering, to enter into all of the emotions that this brings up and to see the self in its needs, in its wants, in its character as defined by those cries of hunger. What one desires is extremely interesting to the developing soul, and it is very well to look at what one desires, not with the eye to judge, but with the hope of fully embracing the self, of being in love with that suffering self, of rocking that self within the heart and saying, "Yes, these needs are beautiful; these needs are worthy; these needs are fully acceptable and simply are not being met by the circumstances of my life."

This is, again and again, in one way and then another, the situation of the seeker within the physical plane. There is not enough. There is no healing. There is only suffering. This is a dark picture, and we would say to you that it is dark as the earth itself. The soil beneath the feet is dark. It is dark, mysterious and fertile. It is the seed of something that will grow through the soil, through

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the suffering, through the point of pain, to blooming at last in ways that cannot be comprehended at the moment that the suffering is being experienced. Perhaps you could look at the picture as a puzzle that one is so close to that one can only see thirty-five pieces out of the two thousand, and it looks, therefore, like the problem is about a dog and a man. But if one pulls back to gaze at the entire picture, the dog and the man are at the edge of a much larger conflict that involves many more characters and many more issues. When a cycle of suffering has been completed, it is far more easy in hindsight to look into the pattern and say, "Yes, I see the sense of this suffering. I see the point of this catalyst being offered to me. I see where it took me and what I learned, and I am grateful." We are suggesting that that attitude of gratefulness and thankfulness for the suffering be adopted by faith beforetimes, so that in the midst of suffering, control is released; needs are expressed to the self by the self and then let go. And it is acknowledged that beyond all need, beyond all distortions of energy, beyond all suffering, beyond all limitation, the essence of self is perfect and resting in the most divine love and in the most strong and healing light.

We would at this time transfer this contact to the one known as Jim. We thank this instrument for offering itself as channel and we thank the group for its very interesting question. We leave this instrument in love and in light and transfer at this time. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We are privileged at this time to offer ourselves in the attempt to speak to any further queries which this group may have for us. Is there another query at this time?

S: I'll start. The thing I am curious about is when we gather each week we talk about what we have been doing during the previous week, and I thought I should give you the opportunity to tell us how your week was.

I am Q'uo, and am aware of your query, my brother. The experience which we have had since last joining with this group is one of the exploration of the interior of the self, shall we say. This is our means of becoming the one Creator. We continue to move along our evolutionary path in what might be seen to be small steps, investigating those portions of the self that is the Creator which have been, shall we say, less well appreciated in our previous experience. And, of course, we move in service to others where possible. In most instances this is accomplished by making an appearance, as you would say, within the dream state of those whom we seek to serve. Thus, we are modest in our work and in our service.

Is there another query at this time?

S: Are there any messages from any of our other unseen friends at this time?

I am Q'uo, and am aware of your query, my brother. Those of the host of heaven, as we have heard it called, merely send their love and light to all who are available to receive it.

Is there another query, my brother?

S: Not at this time. Thanks.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

R: I don't ever remember being aware of Q'uo in my dream state. Do you do it more on an energetic level rather than as an identity?

I am Q'uo, and am aware of your query, my brother. When we are able to make such a visitation, it is most often in a situation in which the entity which we seek to serve has found itself in what you would call dire straits and is calling for aid by the amount of suffering and pain that the entity experiences in its life. In such a situation of extreme need, we are sometimes able to make our presence felt in an inspirational manner to such an entity. This is somewhat rare, as you would term it, but is a means of service which we have pursued from the days of old, in this planetary sphere's history.

Is there another query, my brother?

R: No. Not a question. But thank you for that answer. I derive some comfort from knowing that we all do have unseen help.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

S: Recently a woman we work with had her mother pass away. Today my sister-in-law's father came very close to dying, and I was wondering if there were any words or thoughts or ideas that I could share with them to help them with the struggle that they are going through now?

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I am Q'uo, and am aware of your query, my brother. When one wishes to serve in a situation in which there has been the loss of a loved one and there is much suffering and grief on the part of those who remain, it is often the best service simply to be available for whatever needs are felt by those who grieve. Thus the offering of one's efforts in providing the foodstuffs, as we are aware you have prepared to do, is one such means of service that is much appreciated by those who are at such a time thinking about little else than the loved one who has departed. It is also possible that if one feels there is an opening in the grieving entity, that they be approached by suggesting that there is the completion of a grand design or plan that has been accomplished by the one who has left, and that this plane continues beyond this earthly experience, where an ending is a beginning upon another level. Then there may be some comfort that can be given to the heart, to the mind and to the soul. For as those who grieve are reminded of that which they know—that all life continues, that all springs from one Creator, that we do that which is ours to do, and that there is truly no loss at any time—this reminding of the basic elements of the spiritual journey is often helpful and appreciated.

Is there a further query, my brother?

S: My wife still has much swelling and pain from her broken ankle and she requested to know if there was any other lesson, meaning or whatever that she should further examine at this time?

I am Q'uo, and am aware of your query, my brother. As we consider the situation of the one known as C, we would recommend that she has processed well that catalyst which has come before her. The healing that remains may be bothersome and lengthy, yet it is that which is necessary in order that the catalyst be utilized to its fullest. We see no further mental examination necessary for this entity. We add our blessing and healing vibrations to those many wishes of renewed health which have been offered to the one known as C.

Is there another query at this time?

S: No. Thank you.

I am Q'uo. Again, we thank you, my brother. Is there another query at this time?

Carla: I'd like to follow up on S's query. It seems like if you need to do one thing to solve catalyst that has come up for you, it doesn't necessarily solve the problem. Is there ever a situation in which the problem is what you think it is, and something that you do in the physical will take care of it nicely, or is it always, metaphysically speaking, that the roots of the situation are hidden?

I am Q'uo, and am aware of your query, my sister. Though we do not wish to discourage any from examining carefully each portion of catalyst that comes before the notice, when the conscious mind has finally noticed the catalyst that has come before it much has already been lost to the determination of the proper path to travel. This is merely the nature of the heavy, chemical illusion in which you find yourselves in third density. It is very difficult to perceive clearly those messages which are sent from the subconscious mind and the metaphysical realms, for it is as though a different language were being spoken and the ears that hear this language perceive only dimly that which is intended. Thus it is well to use not only the conscious analytical mind but also wise to employ the intuition, the hunches, those feelings that come through the veil of forgetting and leave the trace of meaning, the—we give this instrument the phrase—the niggle of direction that one may follow as one would follow the trail of bread crumbs in the deep forest, looking again for the path that one took into such an imposing and isolated area.

When one examines carefully the subconscious mind, as carefully as one can, shall we say, one will discover that there are trees of immense size, ferns of indescribable beauty, mosses unknown before, creatures strange and exotic, air barely able to be breathed and yet exhilarating in its intake. Thus when one examines catalyst for its origin and direction to utilize, one may rest assured that this is a process which itself can become a journey into exotic realms. The fruit that is found in such a place is well worth the effort, whether one is able to feast at the entire meal or only the hors d'ouvres.

Is there another query, my sister?

Carla: I had more questions but I feel the energy is getting low. If you wish to comment, you said that there was a language of the energy body, and I was thinking: was that the language of emotions? When I work with music or words, as in poetry, or with colors, all of those things seem to me to work well with the energy body and to clarify my own

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emotions and bring them out. I was thinking emotions would be the better language for the energetic body than would be intellectual analysis.

I am Q'uo, and am aware of your query, my sister. We also are aware that the energy of the circle is low. We shall comment briefly.

The emotions are an avenue of exploration that also deserve a great deal of effort. The attempt to interpret catalyst and its application to future action—this is the direction that we were intending when we suggested that intuitions be examined, for intuitions are a more purified kind of emotion from another source, these intuitions being that property of the subconscious mind, the first translation, shall we say, of the language that the conscious mind attempts to understand. Thus we suggest that the intuition and, as you have suggested, the emotions, be employed more as a fundamental means of examining catalyst, rather than allowing the intellectual mind the sole effort in this endeavor.

Is there a further query, my sister?

Carla: No. And I really thank you for that answer, Q'uo.

I am Q'uo, and we thank you, my sister. Is there a final query at this time?

(No further queries.)

I am Q'uo. We would take this opportunity to thank each once again for inviting us to join this circle of working. We are aware that the effort that each has made to become a member in this circle this day has been great, for there have been obstacles that made it difficult for each to partake. And we thank each for being a part of this circle, for inviting our presence, for seeking with a true and sincere heart that which is our opinion, and that which we joyfully give, though we recommend that each observe those words which ring of truth for each. Take those and leave all others behind. We are known to you as those of Q'uo, and we would take our leave of this instrument and this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ❦

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Sunday Meditation
March 18, 2001

Group question: We have just about got *A Wanderer's Handbook* ready to be printed, and we are going to be sending a flyer for it out to people on our mailing list. Many of them likely are wanderers or spiritual outsiders of one kind or another and we are wondering if Q'uo today would like to say something to these people about the concepts in the book or the quality of being a wanderer, of being alienated and isolated in the spiritual journey.

(Carla channeling)

We are those of the principle known to you as the Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank you for calling us to your group this afternoon. It is, as always, a great privilege and pleasure to speak to you. We want to thank each who has come for the sacrifice of those other things that were not done this day in order that each of you might seek the truth and rest in the silence that binds us all in the love and in the light of the one Creator. It is wonderful to be able to share our humble thoughts with you. We do want to be clear that we are not authority figures, but seekers upon the same path with you. Perhaps we have walked a few steps more. Perhaps we remember a few more of the experiences that we have had, and, therefore, perhaps we can offer opinions that may be useful and may be interesting to each of you. But we do ask that each of you listen with a discriminating and careful ear, listening not for all of our words but for those words that seem to resonate within your heart. For truth is a very subjective thing, and when something is part of your personal truth it will have a certain ring to it, and you will recognize it. Trust that resonance of recognition and not the seeming authority of any source, for you have responsibility for your mental, emotional and spiritual evolution. You may choose the rate and the process of change. And we would not wish to become a stumbling block as each of you seeks the truth in his or her own way.

With that said, we are very happy to share our thoughts on the occasion of this special newsletter, which speaks to those who have enjoyed other material that we of the Confederation of Planets in the Service of the Infinite Creator may have offered in times previous to this. For many to whom we speak, we simply say, "Welcome home," for one thing that is very common among wanderers and all those who have begun the process of awakening from the sleep of Earth is a feeling of not being at home in the Earth world, of not recognizing the colors and shapes of your beautiful planet. As lovely as it is, yet still it does not feel like the shores and the fields of home. And this is because in many cases we speak to those who do not originate from the planetary environment that you call Earth but, rather, are those who have chosen very deliberately and specifically to come to Earth on a voyage of service and learning.

For many others to whom we speak, Earth is the native sphere, the beloved home, and yet the spirit has awakened from the dream of Earth. And more and more, in the awakening process, Earth has become an alien place, not because its shapes are unfamiliar but because the thinking of its peoples and its culture has begun to jar against the newly found shapes and resonances of an awakening awareness of the self as a citizen of eternity and infinity. Whether you listen as one who is an Earth native or as one who has come here from elsewhere, yet still we speak to you as absolute equals, for all of those who have awakened have become wanderers upon Earth. All begin to experience the dislocation of living in two worlds at once. There are certain characteristics to this experience of awakening and finding one's self, attempting to make sense out of that which seems more and more not to make sense about which we can speak.

One very common experience is the experience of isolation. It is as though a separation had occurred between those who think in physical terms and the self, who is thinking in metaphysical terms. The reasons and the considerations for making choices in the Earth world have to do with practicality, finances, schedules, what people think, what the mores of the culture are and so forth. To the spirit who has awakened, there has been a switch of universes, and the reasons for doing things in the Earth world do not seem to hold the fascination and the attractiveness, if ever they did hold attractiveness. Rather, there comes, more and more, to be a yearning of the heart, for truth, for essence and for service.

The self, once realized as a metaphysical entity, is also realized as an ethical principle. And you can see yourself more and more clearly as one who truly can be responsible for doing her absolute best to do the ethical thing, to hold the highest principle, to hew to the road that seems the most beautiful, the most moral and the most right for the self. Often that which the world considers right and that which the inner self considers right will coincide. However, not infrequently issues looked at from the standpoint of Earth are looked at with an eye to the protection of the self and the maintenance of the environment, whereas looked at as a metaphysical issue, often the solution is transformed, and roads may be chosen that do not seem as practical, as convenient or as down to earth. For in the switch of universes there is the release of the forms of the world and the realization of forms that are higher in the metaphysical universe. All things are energy and vibration and your thoughts and intentions are far more important than whether or not, in the eyes of the world, you have succeeded. It is a cliché among all cultures of Earth that many a fool cannot seem to be practical, and yet many times, from the standpoint of spirit, it is very important to be impractical and to hew to that which this instrument calls the highest and best. Again, such value judgments are very subjective, and another's opinion of what is the highest path or the finest or most beautiful principle by which to live may not agree with your opinion. And we say to you, one way to become more at home in this strange world of the awakened spirit on Earth is to be decisively impractical and to know, going into decisions, that you shall be making decisions with an eye to spiritual values. Often these decisions will not make sense to others. And we encourage each to have the courage and the faith to follow your principles, your guidance, your light. For what each of you has awakened to is a precious awareness of self as essence.

Each of you has become aware that you live in a very busy physical world. It is a world of never ending detail, a world which this instrument often characterizes as one offering too much good work to do. It is not that the world offers one bad choice after another, though this is often the case. There are many beauties and blessings to the world as it is, in all of its confusion. Yet there is a simple factor underlying all of the busyness and detail of physical life, and that is the essence that you are, that each of you is. We would look at this essence for a moment, for it is at the heart of what we have to say. Each of you is very, very real. Beyond the dream of Earth, beyond the dream of ether, beyond the dream which is at that level at which we are now speaking, beyond all dreams of which we know, each of you is very profoundly, ultimately, uniquely real. You are, in fact, the stuff of creatorship. Each of you is a spark of the divine, and without each of you the divine would not be complete. Each of you was, before time and space existed. And each of you will be, beyond all thought, beyond all telling, beyond any creation's end, for in infinity an end is always a beginning, and you shall forever be the only you that exists, precious, beloved of the Creator, an essence, a light, a love.

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You are here as awakened beings to be, not to do. This is a terrifically difficult concept to receive within the context of incarnated life because life as you know it, as you experience it, as the culture teaches you to experience it, is about doing. You were taught to value yourself as a worker, as a producer, as an accomplisher of deeds. They may be many different kinds of deeds, but at the next gathering to which you go, you will be asked not, "Who are you?" but, "What do you do?" And you will be valued by many people according to how that answer goes. And yet we say to you that you are not here primarily as a doer, but as an essence. In the energetic or metaphysical sense, each of you is a field of energy. Now this energy is not simple. Each of you has, as a core vibration, the one great original Thought. Each of you, at the core, is the Creator. Indeed, the basic goal of evolution is to come once again into full vibratory congruency with the one original Thought that is the Logos. This Logos could be described as love, and yet that word has been so sullied by being used for different kinds of passion and emotion and devotion that it is inadequate at heart to express the fullness of that quality that is creative and divine love.

To this original Logoic energy you have created distortions or variations or complexities that add to that basic vibration and that make you that unique essence that you are. As we see your vibratory pattern, we see your name metaphysically. You are as a rainbow of color and a certain pattern of shape that is, in its own way, exquisite. And we would know each of you anywhere, not from what you are thinking, not from what you are feeling at any particular moment, but rather from the great accumulation of self, through many experiences and many densities. Each of you comes to the present moment vibrating in a very discernibly identifiable way, and this is the great gift of each awakened being to the self and to planet Earth and to the peoples of Earth. For once each has awakened, each becomes an agent of the love and the light of the one infinite Creator.

It is part of the nature of the ethical, biological entity that you are that you shall express in this way. Here is the plan that we believe each of you set before yourselves before incarnation. The plan was to choose a set of relationships and a set of lessons as the one known as T. was saying in the conversation before this meditation. "I know that this problem has come to me," he said, "because I set this up for myself, and I am looking to sit with this difficulty, to enjoy this challenge, and to move through this process with as much love as possible." Your plan as learning entities, interested in the evolution of spirit, was not to be here and be wise, but to be here and be confused. You are hoping, by coming into this very dense physical illusion, to become completely disoriented and to wake up in the midst of a true sea of confusion. And the reason that you hoped for this was that you had the feeling that you could come to a better balance of self, a more pure choice of polarity, and a more passionate desire to seek the truth.

Before incarnation it seemed not so hard, because before incarnation, gazing at the scope of the entire incarnation, it seemed fairly obvious what these lessons were and why these relationships were important to follow through. It seemed unlikely that we could possibly avoid awakening. Yet in most cases awakening is not an easy thing but a process that moves in jerks and fits and starts, going through many an epiphany and many a dark night of the soul. Your hope here was simply to become so aware of the confusion of planet Earth that you would finally stop attempting to control things from the mind, from the ego, from the head, and would abandon what would appear to be an inadequate resource for dealing with that sea of confusion that is Earth life. You hoped that you would begin to move into the heart, for it is the heart, its intuitions and emotions, which contain the true harvest of wisdom, love and truth that lie within you within the sea of confusion.

When the awakened seeker begins to move into the heart and allow the heart to open and remain open, even when it is the most vulnerable, then it is that somehow the issues begin to seem simpler. Then it is that unseen hands begin to lend their aid and messengers of bird and beast, word and sign, and relationship and association seem to begin to pop up here and there and everywhere, forming a synchronistic web of coincidence and connection that teach and offer help when it is least expected and least seen ahead of time.

Attempting to live by essence, attempting to be oneself, is the work of the heart. Often it does seem very impractical as a way of living, for the opened heart seems very unprotected and very vulnerable. And so it is vulnerable to confusion and challenge of

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all kinds. The strength of living in the heart is that slender strength called faith, that lifts one on angels' wings and takes one above a problem, so that even if the body is troubled and the mind is confused, there is a serenity that comes from the release into knowing that all is well, and that all *will* be well. This trick of living which is called faith is a great key in switching universes, for faith takes the place of control in the Earth world and doing becomes being. Details become essence, and a life moves from the inside out rather than being driven from the outside in.

Another aspect of being a wanderer, which is common to those from elsewhere and to those who are native to the Earth sphere, is the enormous yearning to serve. And we say to each that the main service of each of you is the service of being yourself. For when you are most truly and deeply yourself, when your heart is open and vibrating in its fullness, you become a crystal capable of receiving energy, transmuting energy and releasing energy into the Earth's sphere. Many of you from other planets have come here specifically to do this. It is a simple process. You breathe in. You breathe out. You allow the truth to flow through you. You allow the infinite supply of energy that is the love of the Creator to flow through your energetic system and out into the Earth planes, and as you bless this process, encourage it, you intensify and enhance those vibrations that move into the Earth plane. Each of you, by being the way you are, is at this time a servant of the light, and you need do nothing more than live and love to fulfill your mission upon Earth. Naturally, each of you gave yourself gifts to share, lessons to learn and outer services to perform. And we encourage each to move along those lines of talent and gifts as you perceive them, looking for ways to share those gifts. But realize that, more than those outer doings, the inner essence is the true and central gift of the life, which you have come to offer. It is a beautiful gift. It is a gift that will take you all your life to give, and our encouragement to you is to give this gift and do this service regardless of what else you seem to be doing in your life.

You can work on opening your heart within the process of the workaday world, within the process of any present moment, under the storm of any challenge. It is impossible for any thing or any one to keep you from pursuing this service of being, and we want you to know that you have many helpers to aid you in this service. For each of you has guidance, personal guidance, deeply impersonal sources of guidance, inner planes teachers that shall come to you if you have a desire for that which they have to share. Many are the unseen spiritual aids that are available to the persistent and asking seeker. The key here is simply to ask and to keep asking with all of your heart. For it is true, as this instrument's holy work says, "Seek and you shall find. Knock and it shall be opened to you." Your desire shapes a tremendous amount of that which you shall receive spiritually. So trust that self that desires. Do not scorn it, but rather seek to know yourself more and more, and to define and refine to yourself that which you truly do desire, that which you truly do seek. For that which you seek, you shall surely find.

Each of you is a tremendously powerful principle, spiritually speaking, and a wonderful haven of help and healing to others. You are a particular kind of spiritual being, and although it may seem that you are isolated, that you are different and that you cannot be effective, yet we say to you that this is far from true. You cannot know what importance a smile or a word from you may have to another. You cannot know who will oversee some action or thought that you take and become comforted and inspired. You do not know, when you reach out your hand, how it will be received, and yet the impulse to do that is gold, spiritually speaking. Know yourself to be one who is truly powerful to serve, one who is worthy, one who, by doing her best, shall have done all that is necessary. This instrument often says, "Is there ever enough?" having noticed in so many ways that she is seldom satisfied. Yet we say to you, "Yes, you are enough, just as you are at this moment. Know yourself to be of great value as you are, as you sit, as you rest, at this moment. And know that all of the confusion of Earth cannot remove that essential quality from your being."

We greatly sympathize with the confusion that each feels within the Earth plane. We admire your courage. We rest in the comparative sureness of knowing of our density, in which many, many things are known, in which all thoughts are clear. Our confusion and our seeking lie in the mystery beyond that knowing. But to you, even that, the knowledge of self and the knowledge of other self, is so often hidden. It is as though each of you were in a scene from the television program this instrument

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knows as "The X-Files," looking around with flashlights in one dark corner after another. Such is the spiritual world. Within the Earth plane it is a very dark plane. The inner planes are not clear, and often there is no observed light. And yet we say to you, trust the light that is not seen. Trust that candle that is your heart, and know that as long as you keep that candle lit, that is your only responsibility, not for other's thinking, not for other people, and not for outer issues, but only to open the heart, to offer the self to love and be loved, to know the self as part of the Creator.

I am Q'uo, and we are aware that we have taken a great portion of your time speaking to you this day. We would, at this time, take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
March 25, 2001

Group question: Today our question concerns the fact that we reincarnate from life to life with friends, time after time, in clans or groups, and learn to serve and seek the Creator with them. We are wondering how this process of reincarnation in groups affects the planetary consciousness. Does it aid the planet and how does that work? How does this process aid the individual harvest when that time comes?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings, in the love and in the light of the one infinite Creator. We offer that name and that signature because we are in the service of this same Creator, this one great original Thought which has spun out of Itself the infinite patterns of the evolving universe and which draws all things inexorably to harmonize, beautify and come together once more in the fullness of that dimension or quality we call time.

We are very happy to speak with you about some aspects of reincarnation and harvest and ask only that each be responsible for listening with a discriminating ear to that which we have to say, for we are not authorities which wish to impose our opinions on you. Rather, we are happy to share our thoughts in the hopes that some of them might be of use. Please keep those thoughts that resonate to your inner sense of truth and discard the rest without a second thought.

It is in the light of time that reincarnation unfolds its patterns. It is more accurate, metaphysically speaking, to look at the systems of reincarnation involving the repeated joining of relationship with certain other entities as a part of a circle of being in which each incarnation is a spoke out from the center and in which all experiences harvested by the entity in each incarnation are fed back into that central pool of self, than to describe reincarnation as a series of successive lifetimes. However, within the constraints of time and space, time is seen to be linear and directional and, indeed, were this not to seem so, the entire pattern of reincarnation would become fruitless. It is essential, in terms of third-density experience, that those moving through incarnation be unable to see the great circle of lifetimes and the nuances of each issue with which the relationships that seem to be karmic bring forth and create the opportunities for the work in consciousness.

Without time, taking the infinite viewpoint, all is the Creator. When time has begun unrolling its scroll in a creation sequence, it offers each spark of the Creator the opportunity to learn, to investigate and discover that which it will. Through lifetime upon lifetime entities go through a gradual process of awakening to the self. This awakening is the product of a great deal of inner exploration. The exploration involves many meetings with those who become to us the bearers of good things. Each is aware already of the process by which the self

prepares for incarnation. Each is aware of the careful process of choosing those with which one shall come into relationship within the incarnation.

Within the course of these relationships which we have given ourselves, certainly it may seem from time to time as if we have chosen for ourselves harsh lessons and confusion as an inevitable part of the relationships that we have chosen to investigate and help to blossom forth. It may well seem that instead of becoming more and more unified with those with whom we are in relationship, that we have not made progress, and we may wonder about the efficacy of our work within these relationships and within these lessons. And yet we say to you that it is well to trust the rhythms of relationship and to allow them to be of the shape and the texture that they will be rather than attempt to remold them according to a desired outcome or a preferred status. This instrument earlier was speaking of a relationship that she would like to mend, and yet is not the work of mending work done upon the self? Is not the process of forgiveness and healing that forgiveness of self that sees the other self as the reflection of the Creator?

Consequently, we have this pattern of repeated relationships and may we say that rather than having one fairly small group of people with whom there are repeated relationships over the course of a creation process—that is, over the course of many densities of that process—each may expect to become intimate, to go through the processes of catalyst, healing, harmonization and unity, with each other spark of the infinite Creator. Thusly, this process of each helping each to learn the lessons of each density is not in any way seen as a malignant or an undesirable process, no matter how confused or muddied the relationships seem to be. Rather, it is the outworking of the tremendous force of spiritual gravity calling each to become more and more aware of the true nature of the self and calling each to do that in ways that are native to each density and which work differently in each density.

You asked concerning the way the relationships which have karmic weight impact the planetary subconscious, and we would say that the actual events in the physical illusion concerning relationships are as shadows upon the surface of the pond compared to that tremendous amount of inner work that is going on within the entities who are working with the catalyst of each other in their inner work, or as this instrument has called it, the work in consciousness that each does, however each person frames that attention. Some choose to work upon this incoming catalyst by daily meditation, and as always we recommend that process of moving into the silence very highly. It is the single most effective resource the spiritual seeker has for opening the channels to the guidance which each has in abundance within the confines of the archetypal mind which resides within and which is accessed by that door of silence more effectively than by any other means of access.

There are various ways to meditate and a contemplative walk, the reading of inspirational material, the musing upon an inspirational seed thought, and many other approaches to the silence, move one through that door as well as the more traditional ways of prayer and formal meditation which some may feel are more desirable than other methods. In our way of thinking, the method that is the most workable in each seeker's life is that method which is right for him. Again, it is a matter of the individual seeking within herself as to what choice feels right or resonant. So often in the spiritual life the seeker will find that the great authority present is the self. For within the self lies all knowledge that is sought, not in the conscious mind, not even in the subconscious mind but in those realms which are able to be accessed through the subconscious mind, the roots of mind, as this instrument would call them.

And as each moves into this silence, as each does the work of the incarnation, getting to know the self, becoming able to be that self more and more, the patterns of that vibratory nexus that is the self grow ever so slowly and ever so inexorably clearer, more lucid, and more full of that great original Thought. Consequently, the effect of this process upon the archetypical mind of your planet is that simple effect of the mind feeling that its self is moving well through that process upon which it has come to work. All the storms of confusion that ruffle the archipelago of entities and issues and situations are as nothing to those roots of mind. For to those roots of mind these processes have a virtue, not by any outer standards that this instrument would share concerning courtesy or ways of progressing that are desirable rather than others which are undesirable. Rather, the attention of the roots of mind is upon the intensity of desire and the seeking of teaching of these agents of the Creator that is attempting to

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become every more Itself. That which appears to be a tremendous storm upon the surface, when gazed at from the level of the roots of mind, appears to be a series of small details. It is a matter of perspective.

We would at this time pause to ask if there is a further defining of the question that we may answer before we move into the portion where other questions are entertained besides the original question for the day. May we ask at this time if there is a pursuing question upon this point of reincarnation and the metaphysical roots of mind or the archetypal mind?

(No further queries.)

We are those of Q'uo. In that case, we would at this time transfer this contact to the one known as Jim that any other questions that are entertained at this time by those present may be asked. We would thank this instrument for her service and leave her in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each once again in love and in light through this instrument. At this time it is our privilege to ask if there might be any further queries that those present may have for us. Is there another query at this time?

D: I was wondering about the confusion that I have concerning delusions of grandeur and why the pathway to the source isn't clearer for me to encompass understanding with.

I am Q'uo, and am aware of your query, my brother. The feelings of the self being that which is expansive and that which is, as you have said, grand, are feelings which in and of themselves [are correct], for each entity within incarnation is the one Creator, and each entity partakes of the glory, the joy, the power, and the peace of the one Creator. However, within the illusion which you now inhabit, there are accompanying these feelings of being the one Creator also the more specific, narrowed and focused feelings and experience of being a personality with distortions of the one Creator; that is to say, each entity within the third-density illusion has those portions of itself which are yet to be fully realized. There are lessons to be learned, areas to be enhanced and seeking to be undertaken in order to accomplish the learning and serving.

Thus an entity such as yourself may, with the aid of certain substances or experiences, be able to penetrate the shell, shall we say, of the personality and to move beyond this shell to the reality of the self as the one Creator. However, there is the necessity of living the daily life, of experiencing the daily round of activities that are normal and mundane and focused upon the aiding of each entity in the pursuance of the becoming of that which one wishes to be, of learning those lessons which have been set before the incarnation. So we would say to you, my brother, that it is not necessarily a delusion, but it is not a balanced view of the self to see the self as the one Creator. Such experiences of feeling the self as being the one Creator, of being all that there is, are glimpses of the reality of each entity that need to be balanced with the experience that is now at hand in the mundane, workaday world where each works toward realizing a more full expression of this personality which has been chosen to aid the self in such growth and service.

Is there a further query, my brother?

D: What is the connection to the White Brotherhood regarding this group?

I am Q'uo, and am aware of your query, my brother. We find that there is no direct connection between this group and that group which is known as the Great White Brotherhood; that is to say, within the third-density illusion, for all are a portion of the same Creator in truth. However, the Great White Brotherhood is composed of those entities who from ages past have achieved the graduation that each here seeks. These entities, in achieving this graduation, have chosen, rather than to pursue further personal growth, to remain within this planetary sphere in the attempt to serve those brothers and sisters who yet seek this graduation.

Is there a further query, my brother?

D: If you wouldn't mind speaking about the probability of altering our harvest dates so that more may become awakened.

I am Q'uo, and am aware of your query, my brother. We would suggest that the harvest is now, that many who go through the doors of what you call death are able to harvest themselves in the service-to-others polarity predominantly. Some few in the service-to-self polarity are also achieving harvest, and as the choices that each entity within this illusion makes

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are made towards sharing of the love and the light of the one Creator, so is the harvest of each and all made more possible. The dates, shall we say, are relatively unimportant at this time, for the future is mazed to all eyes, and the choices of the peoples of this planetary influence are the primary force, shall we say, that determines any potential dates for harvest. The future is flexible, so that it is possible in one great turning of the mass mind to the light that a harvest date could be at any particular point in time. Though this is not probable, it is ever possible that all may see the light within themselves and other selves as well and move the compass of the needle to the service-to-others polarity in one fine moment of inspiration.

Is there another query, my brother?

D: I could probably go on all day, but thank you.

I am Q'uo, and we thank you, my brother, for your desire to seek the truth and to share the love and the light of the one Creator with those about you.

Is there a final query at this time?

Carla: I'm thinking about what you said about time, that all incarnations are occurring at the same time, and it a model of creation as a moment in which everything happens at once. It boggles the mind, and I wanted to pursue that because I had been thinking earlier about how the structures that you give us, like the Council of Saturn, for instance, the way your principle is made up of different group entities, and so forth, it has in common with the structures of time that it makes it possible to think about what I called mystery specific language. I was wondering first, if non-linear time or instantaneous time has a center like a circle and if the geometry of the circle would help us to understand more about infinity and eternity? And I was wondering if all structures of thought are these approximations that seem to have less substance than they do in space/time?

I am Q'uo, and indeed we would look to the construction of the circle, or more particularly, the sphere, as an example of the simultaneity of time and experience within the one creation. One may look at a line of experience, a line of time, that moves from the center of the sphere in a particular direction and observe the entities affected by this line of experience. Within the third-density illusion you may see yourselves as experiencing various of these time/experience lines, moving from the center of your being to another location, also within your being, intersecting experiences of others, also located within the center of your being and their being so that the center of experience is shared for a portion of the experience as it is moving along this line. This line may also be seen to be able to describe constructions of entities, groups of entities, and experiences shared so that there are various ways of seeing the formation of relationships, of seeing the means by which one creation may be experienced by a number of entities moving along these lines of time simultaneously. Thus, within this sphere there is an infinite potential for experience. Each individual experience, seen from the third-density illusion, then seems to be complete unto itself, seems to be linear from point A to B to C and so forth, whereas if this experience is seen from without the third-density illusion, it is seen as a portion of a simultaneous experience of the one Creator, these experiences being infinite in number.

Is there a further query, my sister?

Carla: So when you have a breakthrough in a relationship, does it resonate through the other lifetimes in which this issue or this relationship comes up? Does it have a ripple effect through the circle of being?

I am Q'uo, and am aware of your query, my sister. And, indeed, this is so for those who have eyes to see. However, as you are well aware, the limit to the sight is the veil of forgetting.

Carla: Indeed. But sometimes I wonder why something comes to me so clearly and I wonder why I was so puzzled before, and I just wonder if it's because that in another lifetime that I am working on this question, I may have made a breakthrough that is registered in this lifetime as a clearer understanding. If that's so, then do you still believe that there is virtue in offering these structures of thought about the mystery, deity, and the way that we begin to experience ourselves as you talk about reincarnation or as you talk about anything. What's your level of feeling that the words that you are offering through instruments such as Jim and me are of avail?

I am Q'uo, and am aware of your query, my sister. Indeed, we find a great virtue in the words offered through any instrument and, indeed, in the words which any entity may use to form a means of understanding for the self. For it is the effort to

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understand that is important. The words form what you may see as a channel through which ideas and inspiration may be offered from deeper portions of one's own mind which connects to the universal mind, the one infinite mind of the one Creator. Thus such constructs bring from more fundamental levels of the self and the great Self the desire to seek certain information. This information, then, finds its way to you, through you, by becoming a kind of nourishment, a kind of—we give this instrument the picture of rain falling upon the ground causing seed to sprout, a crop to grow and food to be harvested therefrom. The desire to speak causes a form to be made that itself transmits that answer to the seeking.

Is there a further query, my sister?

Carla: No. Thank you. I appreciate your words.

I am Q'uo, and again we are grateful to you, my sister. We would take this opportunity to express our gratitude to each present this day for inviting our presence in your circle of seeking. We are always grateful to join you in your seeking, for there we find great inspiration from you as well as you move within this heavy, chemical illusion seeking the one Creator with each step. We would remind each that we do not speak as authorities but would encourage each to utilize personal discrimination in taking those words which we share, those ideas, and reserving only those which ring of truth, leaving behind those that do not.

We are known to you as those of Q'uo, and would take our leave at this time of this instrument and this group, leaving each as always in the love and in the light of the one Creator. Adonai, my friends. Adonai. ♣

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Special Meditation
March 29, 2001

Group question: What is the nature of the Matrix of the Mind and how is it related to the Potentiator of the Mind? How might we apply this information to our daily lives?

(Carla channeling)

We are of the principle known to you as the Q'uo. We greet you with joy in the love and in the light of the one infinite Creator. We are most happy to have this opportunity to speak with this unique group, and we thank the instrument and the group for its dedication in making the sacrifices needed to come together at this point. We greatly appreciate that thirst for truth, that hunger for words of beauty and sustenance, that create the energy of this working and that draw us to you. We will be glad to share some of our thoughts on the archetypes of the Matrix and the Potentiator, as always requesting that each listen with very discriminating ears, taking those thoughts which may have value and leaving the rest behind, for we would not wish our thoughts to be a stumbling block before any.

When the infinite Creator wished to know Itself, Its great heart beat out the next creation with all of its densities and sub-densities and all of the patterns of those densities and creations. Time and space were invoked and that which before was immeasurable and unknowable became a series of illusions that, paradoxically, were to some degree knowable, and these shadows of knowing were much desired by the Creator. And each of these sparks and shadows became agents of the one infinite Creator, thoughts in and of themselves, thoughts rounded and centered in the one great original Thought which is Love. And so each of you is a Logos, stepped down and stepped down until you are able to experience the very illusion you now experience. And each of you has come through many experiences and many densities to this particular time, at this particular place, each balanced exquisitely in the present moment.

And as each rests in this present moment, what is the nature of each? Each is Logos and yet not Logos, not fully realized. Each is human, earthly and limited, and yet not fully human, not fully earthly, and not fully limited, for there is the growing awareness of the creatorship within. And so each is as an entity with one foot in each world, the world of the Earth and the world of infinity; the world of things and the world of thoughts.

Coming into that world of thought, that world of intention and principle, that world of desire and ideal and love, moving into the heart, we ask each to let the world of flesh retreat. As each of you rests in this world of the spirit, you have an unique viewpoint, for you are still within the body, within the incarnation, within the confusion, and yet by resting in the metaphysical, in the spiritual awareness of the heart, you have a release into spiritual things, into those things that can be trusted and depended upon to exist today, tomorrow and forever. The concerns within which you rest are concerns that

will matter just as much in a thousand years, in ten thousand years, in a million years.

How easy it is when attempting to understand the archetypal mind to attempt to see that mind in the context of a busy world. And yet it is in the spiritual realm, entirely, that the world of the archetypes moves, feeding, informing, fructifying the structures of the roots of mind that, as the spirit gazes at its evolutionary spiral, it may have tools and resources with which to guide the self in the choices related to its perception of itself as an ethical being. It is in this context that we look at the nature of the Matrix and the nature of the Potentiator and their relationship with each other.

This Matrix/Potentiator axis or dynamic may fruitfully be seen as the two portions of one energy, and yet because of the complexity of these relationships it is also very useful to see these two figures as completely separate. A foundation of your density is polarity. The hope with which each comes into third density is that this thoroughgoing environment of polarity shall create more and more ways to see into the making of the choice of how to serve. And so these figures within the deep, deep roots of mind, the Matrix and the Potentiator, dwell as sigils of ways of relationship, ways of mutual thirst, mutual help, mutual feeling.

Matrix is a word that seems not even to indicate a living being but, rather, a structure, a container, a grid, qualities and aspects of self. The basic figure of Matrix is figured forth as royal. And this is not by mistake. For as a spiritual being each seeker is indeed the highest royalty, is indeed prince and king and Creator. This figure of Matrix has tremendous potential, for it is empty and waiting. The hunger for evolution is stitched and knitted into every fiber of the carefully articulated web of being that the Matrix experiences as its nature. Possessed of crown and power and royalty, it is a figure with no lack of self-respect, with no concern for being unworthy, with no unhealed issues. And coming to the mind of the Matrix as a human is the work of some time. For much of human sorrow, shame, guilt, low self-esteem and unworthiness need to be, not denied, but taken off as shoes, as garments that are upon the body of the self, but are not the self.

To enter into the Matrix one must become naked, and it is a powerful thing to accept the self as one is, powerful enough indeed that it is difficult to do. And this is the first gate that we would suggest that each unlock to come into the unfed mind of the deep self. You do not, when you put off the clothing of self-opinion, put off the essence of self. You are not able by any trick of mind, by any cleverness of intellect, to remove from the self the essence of the self. For you are yourself. You cannot escape that energy field that you are. The vibratory nexus that you are echoes from lifetime to lifetime, from density to density throughout the creation of the Father. You are who you are, and your signature is beautiful.

Seldom can the entity within incarnation have a direct experience of the reality of that essence, and so we say to you it is something that you may take on trust. You may become naked of your self-perceptions and you shall still exist. And you may place that self that the Creator adores, that is the true you, into the Matrix of the unfed mind. And that Matrix can accept all that you are as an essence. This fit is natural and ongoing, and it is helpful to go through the exercise of moving into the unfed mind of the Matrix of the deep mind and to experience at once the royalness of being who you are and the utter humility of being empty. For as the Matrix you know nothing but thirst and hunger. You are a creature yearning and seeking with an appetite that is keen, unending and driven by the wind of spirit from creation to creation. As the Matrix, once settled in that persona, all thought moves to the reaching, the seeking, the hoping for fulfillment.

The Potentiator is cast also as a royal being. And it is perhaps efficacious in terms of what we would give to this entity at this time to figure forth this Potentiator as the guardian angel, the guidance, the guru, the agent of divine change. This is an entity royal with that same creatorship, full of the essence of that great Self which is the one original Thought which is love. Although each may fruitfully at other times see this agent as the self, yet in this discussion we will allow the seeing of this agent as a gift-giver to one who opens the hands without knowing what it has. For as the Matrix reaches to the Potentiator, the need of the Matrix creates the gifts of the Potentiator. It is not that spiritual evolution consists in step A, step B, step C and so forth, a lesson plan and a linear set of things to learn, things to do, things to encompass with the mind, but, rather, it is as though the unfed mind, by its thirst, by the

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intensity of its thirst, and by the direction of its seeking, creates an unending grove of trees whose fruits drop into the hands of the seeker, who then eats that fruit and receives knowledge peculiar to the soil in which that fruit grew, the soil of that particular seeking, the soil of that particular response from spirit.

There is a constant organic and mutual back and forth of information between the Matrix who reaches and the Potentiator who awaits the reaching. And all that is hidden within the Potentiator changes every time the Potentiator releases fruit from behind that veil. That is the hidden nature of things unknown. One person on one day shall receive fruit from spirit. That same person on another day with just the tiniest change in seeking, in attitude, in state of mind, shall receive an entirely different fruit. So we cannot offer the comfortable assurance that all is in safe hands, that all is prepared, that all will go one way. The archetypal journey is far more creative and far more plastic.

What can be trusted beyond all telling is the protected nature of this work in consciousness. It is as though, as the seeker dedicates itself to the seriousness of its desire, it alerts a large body of discarnate protection which this instrument would probably call inner-planes or angelic. Whatever the description of this energy, it is devoted to being sure that, whatever the incarnational situation, whatever the physical situation doing this seeking, this work shall be protected. This thirst and its fulfillment shall be blessed.

We stand, in speaking of the Matrix and the Potentiator, at the beginning of a deep, deep road, a very fruitful road, a most promising road that shall be wended not just within your present lifetime or your present density, but through several densities to come. You are at the beginning of a journey of self-knowledge that shall bring surprise upon surprise, awareness upon awareness and yet we say to you that at each of the spirals of awareness, including that one at which you now are, you are already that being which you hope to become. And by the bare attempt to seek within the archetypes you bring resonances of that being to your waking personality which strengthen and have a tendency to heal the waking personality. We would thusly encourage each to do this work in consciousness. Not hastily. Not without respect. And certainly not without preparation.

For doing this work without preparation can be unbalancing to the energetic body. And so we would caution each before doing such work in consciousness, always to begin with the meditation, with the balancing of the energy system, with the clearing of the lower to the higher energy centers to a minimal degree so that the energy system that is doing this work is without significant imbalance. For when there are shadows that block energy into the heart, then it is that there is not energy coming through into the green, blue and indigo-ray energy centers where this work in consciousness is taking place. Consequently, we do encourage that work, before a session of meditating upon the archetypes, where there is the attempt to balance the energy system and to settle it so that not only the physical body but also the metaphysical body is rested and balanced and ready to receive those piercing energies which flow from the roots of mind and fructify the waking consciousness.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of the Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and the light of the one Creator through this instrument. It is our privilege at this time to ask if there might be any further queries from those gathered here to which we may respond.

S: Yes, I have a query. First I would like to thank those of Q'uo and both instruments for what I consider to be heroism above and beyond the call of duty. This has been very, very helpful to me, and I appreciate it. My question brings in the concept of the Significator as this relates to the coming together of the Matrix and Potentiator. I am particularly interested in the concept of sacrifice and whether it would be useful to see it in relation to the Significator and the coming together of the Matrix and Potentiator?

I am Q'uo, and we are aware of your query, my brother. We are also grateful for this opportunity to blend our vibrations with the vibrations of those present today.

We would respond to your query by suggesting that the concept of sacrifice, the giving of the self for the benefit of another or for the benefit of a principle,

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shall we say, is indeed a salient feature of the blending of the Matrix and Potentiator so that the fruits of this blending, the stuff of your third density, may become a portion of the quality known as the Significator or the significant self. For it is the Significator that is the actor upon the stage of creation that is able to become more than it is because of the efforts of those qualities known as Matrix and Potentiator. That there is the sacrifice of comfort, of convenience, of opportunity, of any quality that gives stability and assurance to the entity, is significant and is registered as a great desire that seeks fulfillment by the significant self. The self of each seeker desires union with the Creator, desires knowledge of the Creator, of the self and of the creation. This knowledge, passionately sought, willingly sacrificed for, may only be obtained when one is willing to give of the self in a degree which is reflective of this great desire. Thus the experiences that each so eagerly seeks within each incarnation are dearly bought. The greater sacrifice purchases, shall we say, the greater knowledge, experience, union and presence of the one Creator. Is there a further query, my brother?

S: Yes, thank you. That too is very good. One other, and this is one that I feel comes from my beloved M. It is very difficult to feel one's self to be one for whom sacrifices are made and to feel a sense of self-worth and to try to keep one's head high and to feel that one too is making a contribution. Can you give us some words of encouragement that speak to that issue?

I am Q'uo, and am aware of your query, my brother. We would respond by suggesting that in the relationship in which you are so completely engaged with the one known as M, that there are sacrifices upon both parts which are most courageous for we see that it is in your illusion so easy to mistake that which is of value. There is the worldly measure of accomplishment and potential for accomplishment that is in truth only of peripheral value, for it is the heart of desire in each entity as each entity seeks the Creator within which is of most importance. The one Creator has flung from Its being the infinite creation and all entities that populate it in the attempt that It might know Itself in ways unavailable to It before such creation came about. When one, especially within the third-density illusion, sets one's self the task of seeking this Creator within the self as purely and as passionately as the one known as M has done, this reverberates to the heart of the one Creator in a manner which is most significant. For by removing the ability to work in the worldly sense one has set the challenge before one's self that is as focused as is possible within this illusion. All of the mundane world, shall we say, has been set aside for the single purpose of opening the heart in love and service to others. This, done as the one known as M has accomplished it, will achieve the metaphysical polarity in a significant sense, in a most efficacious sense, and all who touch this entity's being are aware of the brilliance of the light within.

Is there a further query, my brother?

S: No. Thank you very much.

Is there a final query at this time?

(No further queries.)

I am Q'uo, and we would again thank each present who has joined this circle of seeking this day. We are most grateful to be with you and at this time we would take our leave of this instrument and this group. We leave each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 1, 2001

Group question: The question today has to do with what is the most harmonious way to achieve closure in a relationship when the person that you are trying to achieve closure with won't talk to you? And when you feel a strong emotion in desiring to close a relationship, is there anything that you can do internally for yourself that doesn't involve another person? How much of this is an internal process?

(Carla channeling)

We are those known to you as Hatonn, and we greet you in the love and in the light of the one infinite Creator. It is our privilege and our blessing to be called to your group this afternoon, and we thank you for this blessing. We send each of you our love and our blessing as well. We ask that each of you discriminate carefully in listening to what we have to say, taking what is good to you and leaving behind the rest. We travel with you as companions, not as authorities, and would not be a stumbling block in any way.

We almost hesitated to begin speaking because the meditation was quite beautiful to us, and we know that our words are not as full of meaning or beauty as the silence. But you have asked for some information about how to end a relationship when the ending must be done by one and not the other. And so we must use words to offer our opinion on that interesting subject. This instrument requests that we express why we are here instead of those of Q'uo. It is the nature of this particular question that has brought forth the energy of our social memory complex of Hatonn. We are of the love vibration, and truly there are some concerns that are addressed through the totally open heart rather than through wisdom or any mix of love and wisdom.

One of these concerns of the open heart is forgiveness, and although it may not seem that affecting closure of a relationship has particularly to do with forgiveness, in actuality it has a great deal to do with this somewhat difficult concept. The relationships that come into the life, any life in any density, are a gift of the self to the self. Incarnation is a special period within the timeless circle of being, when time and space take hold and the personality that you are sets off on an adventure. You give yourself resources and things to carry for this adventure. You give yourself targeted issues that you wish to explore for incarnational lessons, and you give yourself relationships by whose means these issues may be addressed most efficiently. Relationships are ideally experienced as the coming together of two entities who work with more and more harmony until all of the learning between them has been accomplished, and all of the possibilities of service between them have also been explored and generous gifts given. So it is that each relationship teaches and gives us the opportunity to share our gifts and to be of service. And in actuality this is what happens, but on the level of the physical illusion it often may seem that the expression of a

relationship is sadly incomplete and must be left in what seems to be an inharmonious condition.

In some cases there is no recourse upon the level of the physical illusion from seeing relationships end before the self is ready for them to end, before the expression has been or is felt to be complete. The other entity in the relationship may well have passed from this physical illusion, thus ending the direct chance of communication. There may be such a separation between the two entities from the impact of circumstances and differences of opinion that there is no longer the opportunity to communicate. Certainly many emotions can come between two entities, making it impossible for them to be successful at speaking with each other, whether because of anger and guilt or simple misunderstanding.

The desire of the spirit within incarnation is mixed because the spirit within incarnation is a mixed being, and by that we mean that on the one hand there is the personality which wishes to be comfortable and to manipulate and control situations for comfort and safety. There is also that completely spiritual being which has very little to do with time and space but has a great deal to do with ideals and inspirations and mystery and, oddly enough, ethics, so that there is that part of a spiritually awakened entity that at all times wishes to do everything possible to create the most ethically pure situation where all respect has been given, all communication has been harmonized, and all differences have been healed as well as words can heal them.

In many cases for a spiritually awakened entity the situation is that the other entity has chosen not to follow the call of the highest and best and has, therefore, simply decided to end a relationship without communication. When you are faced with this situation we may suggest that the first work to be done is simply to release the situation from your conscious control. It is amazing that there is not more pain connected with relationships, for indeed in almost all cases two entities in relationship will have many areas of pain and soreness. We encourage again and again the communication between loving beings that is honest and clear, saying the hard thing as well and as kindly as possible, for it is in the saying of the hard things and in the bringing up of difficulties, in the exposing of the self in its vulnerabilities and its pain that entities begin to become closer and start to generate the kind of unconditional trust that is necessary for that experience of having true intimacy between two people.

Within your density it is virtually impossible to know when you have hurt someone, how you have hurt someone, where the sore spots are, where the sensitive areas lie. And if another entity will not share this information with you, then what intuition does not tell you remains unknown. And how painful this is, both for the self who is missing the mark unknowingly and for the other self who has not the strength of character to speak up and express in a gentle and loving way the needs that must be met, the limits of being that must be confessed, the self-perceived faults that must be shared.

The second thing that we would say is that this situation of unrequited communication is sometimes part of the lesson that is yours to learn in having this relationship. When one is dealing with a repeated issue, especially one they see repeatedly crop up, where it is not simply the releasing of another entity, it is also the releasing of an issue that lies behind the failure to communicate within the relationship. For those lessons which you came to learn and those gifts which you came to share may in some cases overpower the personalities involved in a relationship, so that it is helpful to probe what was brought up within that relationship that it may be seen that there were impersonal elements in the relationship that have no need to be discussed with the other but only with the self.

In this entity's experience, for example, this one known as Carla has had the experience of discovering after the fact that communication intended to help has indeed hurt to the extent that further harmonious relationship was impossible. Was this entity at fault? To any way of perceiving, no. Is another entity at fault because it cannot defend itself? To any perceived way of thinking, again, no. Sometimes for two entities the issues become larger than the relationship, and for the entities it is well to think, for the one known as Carla, what is the issue that sits squarely at the heart of the inability to communicate? For this entity the incarnational issue happens to be, "How do I serve another entity?" And it is in the light of service to others that this entity will then find closure to a relationship that seems to be hanging.

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But at a level deeper than this, at a level deeper than lessons and personality shells, the lessons are all about love. And we would pause that each within the circle may re-center the self upon the realization in this moment of the utter love in which each abides. Each is the one infinite Thought of love, brought into flesh, given a voice and hands to do, to serve and to be. But each moves with the breath of love, with the energy of light, with the power of deity. And from the standpoint of that loving nature, each is as a vibration and that vibration is an expression of love. It is well to remember this deep and constant nature of self, for certainly upon the surface of the physical incarnation, in the everyday experience, there are many rough waters and puzzling events aplenty.

It is well to remember that all things come down to issues of love, forgiveness, acceptance and release. In this particular instance where there is a desire to find closure in a relationship without the advantage of communication from the other party, the largest issue is forgiveness. And it is not simply forgiveness of another self although this certainly is involved, but rather it is coming to see that that person is a part of the self which the self does not happen to be able to control. However, the self can control the emotions and the direction of thinking within the heart. It can determine for the self to release and forgive all shadows that appear to blot the beauty of another person at the soul level and to know that person again as that person has been known before, as perfect, without blot or blame or sin of any kind. For this is the true nature, not only of that person, but of the self and of all that is. Once that other entity has been released from its stricture within your heart, the remaining work of forgiveness lies within the self. For although the issue seems to have to do with another entity, in truth all things come back to the self, and the other self is not forgiven until the self has forgiven the self.

When there has been a great deal of trauma, emotionally and mentally, it may not seem to the self that there has been any blame attached to the self. It may seem that all has been done beautifully and with a perfectly intended positive outcome hoped for. And we do not say that these things are not true. We only say that they are true for each entity, so that if one were to speak to the other in the relationship in this situation where two cannot speak together it may be that an entirely different story would come forth, a story unrecognizable from the standpoint of the self, so changed are the events that actually took place between the two by the viewpoints of the two different people. However, spiritually speaking it is perfectly possible and very highly recommended by us to pursue the closure of such a relationship until the heart within the self is completely satisfied and the processes of healing then can progress. Once all blame, anger and so forth have been lifted from the other person and the focus has shifted to the heart within the self, then it is that the true work can be done with much more helpfulness and efficiency. There are no issues within the self of infringing on the free will for it is the own free will of the self that is involved, and you can decide that which you wish to do without fearing that you have trodden on sore feet.

For many a physical action is very helpful in attaining closure of such a heart-breaking and difficult situation. In order to invoke the forces of what this instrument would call Mother Nature we would suggest something direct such as writing down all of those things which you wish to say, one after the other, in exquisite detail, leaving out nothing, but saying everything that you hoped to say. Then we would suggest one of two ways of alerting nature and the forces of nature of your need for closure. One way would be ritually and carefully to burn such a letter, offering it up to the infinite Creator. Another way would be to take such a letter, to wrap it around something physical such as a piece of tree root or a rock or small pebble and burying it, again with some ritual words designed to express the willingness to release this situation from human control and judgment.

Underlying this act is a faith in the rightness of the relationship as it is in its seeming imperfection. If there is absolutely no desire for further relationship with the entity with whom closure is desired we would suggest burning. If there is the desire to invoke the forces of time so that in any future in which such relationship and such issues may again be worked upon that there is willingness to do the work, we would suggest burying. But in both cases we would suggest the most careful thought as to the expression you wish to make as you burn or as you bury, seeing this in true terms of closure, seeing the making of an end and asking the self, "How can I make the most loving and most harmonious end? How can I release this soul to move along its path

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with the most open heart?" Let this be a concern that brings forth the words that are the highest and the most loving that can be found while at the same time being completely honest and sincere.

Remember that you deal with fragile, fragile beings when you come into relationship. It may seem that you are fighting a tremendously powerful force, yet you are only fighting yourself. The shadow of self within this other self, just like you, is a delicate, sensitive, vulnerable spirit, often confused, and often out of control. Even when we think we are in control, many times there are emotions that are impure and issues that have not been fully realized that bias and distort perception. This is the nature of the physical illusion that you enjoy at this time. To some extent it is still the nature of our environment. We can be fooled by ourselves. We can be fooled in subtle ways in relationship. This work goes on past your density. Yet it is good to deal with. It is indeed the very stuff of spiritual evolution. To work on relationships is to purify the emotions and to center the self again and again in humility and a desire to be of service.

Realize in a very deep way that the job of the self is to give and receive love. The work of receiving love is done when it is perceived as being offered. The work of loving is endless, for it does not take the agreement of another person to love that person. All beings may be loved without infringement of free will. So we encourage each to work on loving without expectation of return, without attachment to the outcome of a letter or a telephone call or any other communication, but loving into the void, into the abyss, that is a life lived in faith.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those known to you as Hatonn.

(Jim channeling)

I am Hatonn, and greet each again in love and in light. We would ask those present if there may be any further queries which we might address this day?

Carla: I would ask if you would like to comment on why we got you instead of Q'uo. You did say something about that. I would be glad to hear anything further.

I am Hatonn. We are always eager to lend our vibrations to this group, for we have been with this group for a great portion of your time. When there is a certain configuration of seeking within your circle of seeking, then it is our privilege to join you in word and with our vibrations. And so we do so today. May we ask if there is another question?

Carla: No. I am glad to talk to you. I just asked about it because it is unusual and hadn't happened in a long time. I'm very glad to talk to you. There have been requests to talk to Oxal and Yadda as well, but I haven't exactly known how to request certain entities because I just ask for the highest and best contact that I can carry in a stable manner and that almost always comes up Q'uo. Thank you very much.

I am Hatonn, and we thank you, my sister. May we ask if there is another question at this time?

S: My niece has very few things that she will eat, and even the things she does eat, she is removing some of those from her diet now. My brother and his wife are concerned, and I am curious as to the reason for what she is doing. Is there anything that we can do to help her?

I am Hatonn. We are not well aware of this entity and must speak in most general terms, for it is not our forte to look to individual vibrational complexes in order to diagnose the difficulties therein. We may suggest that when an entity finds that there is little of the foodstuffs that it is interested in, and this is most often especially the case with the young children of your peoples, that the need [is] for the intake of love from those that are the parents and the, shall we say, significant entities in the life pattern. For in its most basic sense, your food is love. It allows the life force to continue to move through the physical vehicle, and the young entity will equate the foodstuffs with this quality of love that is needed most basically by all entities, especially by the younger entity. If there is some manner in which attention may be given to this young child in a more understandable manner, perhaps then the reflection of being full of love will manifest in the eating habits as well. May we ask if there is another question, my brother?

S: Are there any words of wit or wisdom from our unseen friends that join us in our circle today?

I am Hatonn. We consider your query and may report that the verbal communication has been left to us this day, which we are happy to undertake.

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However, we would remind each entity present that the means of communication that is most effective is not that which is mind to mind or mind to ear, but that which is heart to heart. Those entities which join us this day, who are not visible to your physical eyes, send this vibration of love to each present with greetings, with blessings and with benedictions that each may be well and may reflect this love to all about it. Is there another question, my brother?

S: Not from me right now. Thank you.

I am Hatonn, and we are grateful to you as well, my brother. Is there another question at this time?

R: I have no question but feel that I want to say that it is nice to hear Hatonn. It does not always happen, and thanks for speaking of love because it does come through.

I am Hatonn. We are also grateful for your presence and the love that we feel from you and indeed that we feel from each within this circle this day. We would ask if there may be a final query before we take our leave of this group?

(No further queries.)

I am Hatonn. We find that the thanks and the love and the sincere desire to seek that we have found within this circle are reflected also within our hearts to each here this day and to all those who hunger within the population of your planet. For there is to our ears a great call for love at this time from this planetary population. We are honored to be but a small number of the great heavenly host that answers this call at this time. If each will take the time in each day to meditate and to seek there the one Creator, there is where this love may be found in its most obvious quality and sense. For within the daily round of activities that is normal to most of your population, the noise and static, the hustle, the bustle, the hurrying is much too loud for most ears and heart to hear. But within the heart of your heart, there is the voice of love speaking directly to each. We are know to you as those of Hatonn, and we would take our leave of this instrument and this group at this time. Adonai, my friends. Adonai vasu borragus. ⚘

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Sunday Meditation
May 6, 2001

Group question: The question today has to do with the eternal spiritual principles that each seeker of truth pursues. At some point in the spiritual journey a seeker will lose some of the original passion that propelled the seeking to begin with, and we would like Q'uo to give us information about how the seeker can find again that passion in the seeking. How can we as seekers of truth keep our passion high, or is it necessary to have periods of rest?

(Carla channeling)

We are those known to you as the principle of the Q'uo. We greet you in the love and in the light of the one infinite Creator. It is our privilege and our blessing to be called to your group this afternoon, and we thank each who is a part of this circle, those present and those who are joining this circle from a distant location. The dedication and desire for truth that each of you expresses creates the vibration that has called us to you. And we thank you very much, for it is our chosen service to offer our thoughts to those who would seek to hear a slightly different slant on that story which is always and ever the same. That story that is always the same is a story about love.

Your question to us this day is also, in an important way, about love. For when you are in a passionate stage of seeking your heart is on fire with that which is love. The story of love is a very simple story. The Creator loves each and every spark and atom of creation with a love that is beyond all that can be imagined. This love is as the energy which drives the infinite universe, and it is the spark within the heart of each of the Creator's children. The love of the Creator is as a unified, infinitely intelligent Thought that we have often called the Logos. Logos is the word which the one known as St. Paul the Apostle used and the one known as St. John when they wrote those books of your Bible in which the love of the Creator was discussed. The one known as John, who wrote the Gospel of John in your Bible, also used this word when this entity wrote, "In the beginning was the Word." In the beginning was the Logos. And each of you is made of that same Thought that is the Creator and the created. And each of you, having received this infinite gift of life and spirit and being, has created through the winding trail of experiences and thoughts many, many shadows and variations on that original Thought of Love so that each of you vibrates in love, and yet with many unique characteristics of your own which mark each of you with a signature which is unmistakable. We would know each of you in any density and in any form of body which you would take, for each of your souls is unique.

The question this day concerns the cycles of seeking that you experience, the ups and downs of being very excited about a certain body of material that seems to hold true and then being not so excited about that material and perhaps, then, being drawn to another body of material and becoming excited about that. As this instrument was saying earlier in

the discussion that preceded the mediation, there is only one truth. There is nothing new under the sun. And we would be the first to agree with this instrument. We have often said to this group that our story is too simple to be told in an understandable fashion. We work through channels such as this one because each channel has a personality and an attitude which enrich our simple story with words and images that we are able to use to find a new way to share our hearts with you. And this is what the thousand thousand entities who are inspired with the love of the Creator offer. Some of these sources have been codified as holy works. Some of these sources have never written their words down at all. And many are somewhere in between.

Each entity that you may meet as a seeker, each book that has been offered, is one of the thousand thousand faces of the Creator, one of the million stories about the Creator, one of the myriad of structures in thought for happening upon the Creator. Within the incarnational cycle of living there are numerous cycles. The day revolves light and dark. The year in its seasons brings about the warmth and the chill of summer and winter. Each cell of the body is renewed every so many years of your physical vehicle, and each has experienced daily, monthly, yearly and multi-year cycles of growth within the emotional, mental and spiritual parts of yourself. It is natural indeed that even the most devoted student of the very best story would find after a certain period of time that there was enough of that source within the being, that the self is full and sated with that story, with that truth, with that face of the Creator. This does not necessarily mean that it is time to move on, as this instrument has experienced within her walk within the Christian faith. She has found that walking through the desert of unbelief, walking through the difficult and bleak times when there is no spontaneous inspiration has its own very powerful effect upon faith.

And those who choose a religious path or a philosophical path as a life path are very wise to remain upon that path in good times and in bad. But there are many entities, many sparks of the one infinite Creator who are not able, for one reason or another, to resonate and respond to the story, the truth and the face of the Creator that lie within that religion or philosophy that is offered. These are entities that will make their own paths, and these are entities that may well find themselves not simply moving in and out of a passionate love of one body of material but in and out of respect for and devotion to and learning from several or even many different sources of inspiration and guidance as the path moves through years of living and experience. We do not in any sense recommend one way of pursuing truth over another. For entities such as this instrument we find one path to be extremely helpful and the sticking to that one path extremely wise. For those who do not resonate to one path but who find their food from this and then another and then another source we simply commend to those seekers all that is old and all that is new in their experience.

Even if the seeker attempts to stick with one body of material she will be cycling each time she reads through the same holy words into another period of her own learning and, therefore, she will come to that material as a new person, so that spiritual words are never actually old, for each time that you come to them you are a new entity with a new and more informed mind and heart. Sometimes it may seem to you that you are actually moving backwards and regressing, and this is expressed well by the one known as T who was somewhat disappointed in himself because his passion for the particular material that he had previously loved so much was no longer running so hot. And yet we say to those who may feel this way that even were you to move back into that same material and be kindled anew for that material, it would not be coming back to the same material. Rather, it would be looking at it with new eyes and finding a new level of learning and inspiration within those pages.

That which the seeker seeks may seem to be within the words of holy works or inspirational works, but in fact the truth lies beyond the words of those books. For truth cannot be written down. Truth lies within the heart. Truth lies within essence. Within your illusion, within the poor words which we offer through this instrument, within all words, lie nothing more substantial than dreams. The world as you experience it is a very thick illusion made up of atoms and molecules and a great deal of space and energy fields. Those energy fields are thoughts. You as an entity are a kind of thought. And what you hope to do, what you seek to do, what you yearn to do when you are seeking for truth, is bring your thought, your energy field, your light, if you will, more and more into tune, into harmony and

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eventually into unison with the Thought that is the one great original Logos of love.

This desire is what calls you through all of your seeking and whatever reading or studying that it may call you to, you will find, as you move more into a particular study, that this study is not bringing you to truth, but, rather, is bringing you to a place from which you can begin to think about truth in a way that resonates to you. And this is why it is very important for those who are not inspired by a certain book or a certain source any more to move forward, to keep the eyes open and the heart open to receive a new story, a new image, a new way to think about the Divine. Whatever inspiration comes to you, the truth within it lies beyond it. The truth of all words, philosophy and religion lies in the silence that is invoked when the seeker comes to the end of the words, releases all from the mind, and allows the heart to open to the silence that is the true essence of the ether or fluid within which true learning takes place, within your spirit or soul.

Religious and philosophical seeking brings the student to the place where finally all the stories fall away. The heart is opened, and at last the soul can rest and tabernacle with the one infinite Creator in power, in peace and in love. The comfort, the joy, the bliss of that companionship of the one infinite Creator is not out there somewhere, but, rather, within the heart, that same heart that beats so strongly within the body. This heart has a metaphysical component that is just as powerful a pump as the physical heart. And the Creator waits for each of us within that heart energy.

We wish that our words were not so poor. And yet at the same time we are grateful that we are able to share them. We wish we could share truth instead of the story about truth. But as long as we use words we will be telling a story. We will be dreaming dreams. Yet know that within the dream of each of your lives, within the seeming illusion of everyday, the reality of truth and love abides. There is nothing unreal about your illusion. It is very real. It is just not what it seems. The Creator is everywhere. Your heaven is everywhere, within you, without you, in every speck of the creation of the Father. Teachers are everywhere: the frog upon the rock, the iris blooming in the garden, the raven out the window. All the familiar images of this particular day in this particular year within this particular life experience are divine as well as mundane, enspirited as well as illusion.

In many ways we have nothing to say. There is nothing to teach and nothing to learn. For that which is truly within each of you is already perfect. It is a matter, always, of finding those resonances, those special words, those special people, those special images that bring the Creator alive to you that you must value and be on the alert to look for. They are everywhere, and the Creator is extremely redundant about being sure that you have many messengers to keep you on the track that you hoped to be on within your incarnational experience.

You asked whether it was a good idea to attempt to be on fire for the Creator all of the time. And we would say to you that it is not a state of mind that on the surface is passionate, that we would encourage seeking as a steady state. In terms of the surface experience we would encourage experiencing as truly and really as possible what is being felt at each moment, for you are not attempting to direct the way you experience the Creator. Rather, you are simply attempting to know more of the Creator. And so we ask you to release from any judgment your view of yourself as being good when you have passion and being not so good when you are less passionate about a way of seeking. Rather, we would encourage in terms of the steady state the remembrance of the Divine, the remembrance of who you are and whose you are. It does not matter how you feel about that. What matters most is the persistent and heart-felt orientation of the self with the Creator. Simply to remember the Creator is what we would recommend as the request made by the self of the self for every day. Attempt, if you can, to remember every day that you are the Creator's child and that the Creator loves you more than you can ever imagine.

Try to remember every day to find a thankfulness for the opportunity of life and being. If you can but remain faithful to the remembrance of your true essence the flow and the stream of life will bring you every lesson you need, every inspiration, every truth, every opportunity for service. It may not seem at times as though this were true. It may seem at times as though there was nothing but confusion and chaos and not much comfort. And yet we say to you simply remember in good times and in woe that you are the child of Love and that you are here to love and to be loved.

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If you can but enter the silence for five minutes within each day and tabernacle with that love that created you, that would be a tremendous achievement, and certainly all that you need to ask of yourself as a seeker. Of course, each of you will be inspired to many more than five minutes in the silence in many days. There will be times of excitement and they will cycle predictably. Realize that when you see yourself going through the cycles that it is a natural phenomenon, not born of your shallowness or your unworthiness but, rather, of the seasons of your soul, that come and go, that blow hot and cold with the warmth and the chill of a close or a distant Creator. These are the ways things will feel to you and this is part of the experience of life. It is acceptable to us, each shade of that cycle. For no matter where you are on that cycle, you still are vibrating with that unique signature of self. You still are a creature made of love and expressing love.

Every moment of your life will not be inspired. But every moment of your life will be filled with love. For that is all that there is, the Love that created you and the light from which the Creator made your body and all of the creation. We always greet you in love and in light because that is all that there is. All that there is, is the one infinite Logos.

We would at this time leave this instrument and transfer the contact to the one known as Jim. We leave this instrument in love and in light. We are known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to ask if we might be of service to those present by attempting to answer further queries which may be upon the mind. Is there another query at this time?

Carla: I have a question *(from M)* that asks, "I am a follower of Rael and it was revealed to him in 1973 and 1975 that all life on Earth was created scientifically by extraterrestrial Elohim as it was described to him in religious texts. What is the role of Rael in the spiritual evolution of humanity?"

I am Q'uo, and we are aware of the query, my sister, but we find that there is a concern that you are well aware of, that we are not willing to infringe upon the free will of what this entity has to share. We are aware that there has been a great deal of, shall we say, assistance from sources of extraterrestrial, as you would call them, visitation from your days of old in which there was interaction between the population of your Earth at that time and many who came from elsewhere with the intention of assisting in the evolution of not only this planet's population but this planet itself as well. This we can confirm. However, we would not suggest that the entire population of this planetary sphere was so seeded by extraterrestrial sources. There have been much, shall we say, later additions by more normal means to this planet's population. The entity, Rael, is one who works in this area with a desire to be of service. However, we find that our ability to speak upon this entity any further must be bated by our concern for the first distortion. Is there a further query, my sister?

Carla: As a follow up I was wondering if you would identify this group Rael is talking about as the entities Sitchin is talking about in his books as the Anunnaki who came to the Sumerian and Egyptian regions allegedly about 11,000 years ago?

I am Q'uo, and am aware of your query, my sister. There is a connection that is related to this entity from those called Anak, the Anunnaki. However, there is much distortion as well within the writings of the one known as Sitchen so that there is more emphasis in these writings given to the influence from elsewhere. There is also the difficulty of the time frame. We do not choose to correct this difficulty, for there is some infringement possible there as well. Is there a further question?

Carla: No, Q'uo. I would just say that those are two more stories about the infinite Creator. Thank you very much.

I am Q'uo, and we thank you as well, my sister. Again we apologize for our lack of information in this area. As you have correctly noted, all such stories are stories of the one Creator and Its movement within the one creation. However, some of the entities of your peoples are enough swayed by this kind of information that we must take care that we do not influence such beliefs overly much. Is there another question at this time?

T: Yes. I have a grandson named D, and I have a very strong feeling that he and I are connected, more so than we all are part of the Creator. I feel that there is some connection to my former wife, E, and I

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don't know if you can comment, but I would appreciate some elucidation on your part.

I am Q'uo, and am aware of your query, my brother. As you have yourself realized there is indeed a connection that is karmic and is one which has connections [to] other entities as well as the one which you have mentioned. As is often the case in the reincarnative pattern of entities upon this third-density sphere there has been interaction between you and this entity, the one known as D, in many previous experiences. However, we are not able to give more specific information at this time because of our desire to maintain the free will of both the one known as D and yourself. Again, we must apologize for being shy of information. Is there another query, my brother?

T: No. Thank you. Thank you very much.

I am Q'uo, and we thank you for your sincerity, your compassion and your dedication to seeking the truth. Is there another query at this time?

S: I have a question. My wife has many times fallen back into the patterns that cause her a great deal of stress. Is there anything that I can do or provide to alleviate this stress that she feels?

I am Q'uo, and am aware of your query, my brother. When an entity such as your wife has repeated experiences of a similar nature, in this case the carrying of the load of stress, it is difficult to share such a load until this entity has been able to fathom the depths of the lesson to be learned. There is the matter of the feeling of responsibility which is felt by this entity that is connected to the feeling of the stress. The responsibility itself is also added unto by the entity's feelings regarding sustenance, abundance, plenty. This entity explores these areas of its own nature in order that it might more fully experience the presence of the one Creator in its daily round of activities. This exploration of the connection to unity, to power, to peace is one which this entity has long pursued and which this entity wishes to balance by its current experience of that which you call stress. There is much which can be done to support such efforts and lessons in that there is the need to value both upon your part and hers the amount of work that is truly necessary for this entity's learning of that which she has set before herself. The basic questions in this series of lessons concern the amount of effort necessary to secure the feelings of abundance, self-worth and the providing for those in this entity's care. There is a boundary now that we find beyond which we do not wish to go, for again there is only so much of the setting of the table that is possible before infringement occurs. Perhaps at a future time further queries may be appropriate and further response given. Is there another query, my brother?

S: It gives me plenty to share and think about myself. Thank you. I guess my last question is again, our unseen visitors seem to be bashful and I was wondering if you could tell us anything about our unseen friends here today?

I am Q'uo, and am aware of your query, my brother. Those of the goodly company, shall we say, are what you may call somewhat boring in that their constant aim is to assist each by offering the vibrations of love and light to all those within the circle of seeking to be used as each sees fit. This unspoken offering of assistance is one which is offered to many of the inhabitants of this planetary sphere, indeed to each by some entities, for this is their work, as you would call it, in regards to this planet's current position in the harvest of souls. For the population of this planet at this time is seeded according to those whose likelihood of attaining harvest is greatest. Oftentimes it is not possible to do any more than send this unseen love and light, for many entities are not open to any other kind of communication or assistance from those of the Confederation of Planets in the Service of the one Creator. Those within this circle of seeking, however, are more familiar with such entities and the concepts which are shared in these sessions of working. Thus, the assistance can frequently be altered into more perceptible offerings, that being the hunches or intuitions which each feels when considering certain options or actions, paths to pursue in future endeavors. Thus it is well for each seeker to not only seek with persistence and sincerity but to take careful note of those feelings or flashes of inspiration, of intuition, of purpose, of direction that come in the silent and sacred times of meditation, contemplation and prayer. Here, within the inner room, is the opportunity to meet more closely those who stand in the shadows behind the curtains of light, shall we say, to offer what is possible to offer. Is there a further query, my brother?

S: So, is it appropriate to not only appreciate the efforts that they have given, to also ask for that

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assistance from them to help others when the opportunity arises?

I am Q'uo, and this is most appropriate, my brother, for the request for intercession on behalf of other entities is one selfless means of service that is always appreciated by the goodly company, or the heavenly host. Is there another query, my brother?

S: I just want to say that it is greatly appreciated from this side, too. I have no other queries. Thank you.

I am Q'uo. And again we thank you. Is there a final query at this time?

(Pause)

I am Q'uo, and as we feel that there is no further query at this time we shall thank each present for inviting us to join your circle of seeking this day. As always it is a great privilege and honor for us to do so. We would remind each that we do not seek to be authorities and would ask that each use the personal discrimination to take those words which we have offered that ring of truth and to leave all others behind. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 20, 2001

Group question: The question today has to do with the process of growth that the spiritual seeker seems to go through. We would like for Q'uo to give us some idea about the nature of this process. Most of the time, when something happens internally, we may or may not feel the repercussions externally in our life. We are wondering if Q'uo could give us an idea of how this process of change occurs, the various types of change, the stages of change, the ways the seeker can use to survive the change. And could Q'uo give us an idea of how the process and practice of meditation enhance this change?

(Carla channeling)

We are known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is, as always, a great joy to be called to this group, and we are most blessed by being asked to speak with you this afternoon on the subject of spiritual growth and how to survive it with some degree of comfort. Certainly that is an endless topic. We are still learning how to enjoy the natural, inevitable processes of evolution. We are most happy to speak to you and are gratified by the opportunity, but as always we ask each of you to listen with a discriminating ear and retain only those ideas which seem helpful to you, leaving the rest behind.

As we consider how to speak about this process of evolution we rest within each of your vibrations and experience the beauty of each of you as if you were flowers, each of you with its own scent and shape, each blossom at a different stage of unfolding, some personalities with more thorns than others, some hardier plants than others, but all blooming beautifully according to each soul's nature. Perhaps this is the place of starting in considering the processes of growth, that realization that nothing can truly harm this process. Maturation and evolution are protected processes. They cannot, in fact, be halted, not for long, although certainly some entities attempt to escape change. The mills of destiny grind fine and that which has been rough has been refined. This is the nature of your experience. You are those who have chosen an environment which is a spiritual refinery, what your Holy Bible called the refining fire.

It may be said that experience is a refining fire and in the ways of the world this is so. There is a certain amount of maturation and evolution that occurs because of the outer events of a life. However, we believe that the question was directed from the standpoint of the inner landscape rather than the landscape of the world. There is a level at which the feeling associated with outer events percolates and distills during the refining process, and it is this inner portion of this process which has attracted the interest of the questioner. For no matter what the vagaries of the outer world are, generally in the emotional part of the self there is a different density or feeling to the material that is processed. The outer events may be large or small, but what they bring up for the seeking soul is as the attention-getter that

pulls the feeling, the focus and the arena or work away from the literal and mundane details of a situation into those areas of sensitive feeling and fragile vulnerability that seem to limn the treasure box of the unconscious.

The irony of spiritual catalyst is that the more material, emotionally and spiritually speaking, that catalyst offers, the less articulate and simple will be the words that will satisfactorily encompass the feelings, the emotions and the processes of suffering that take place during the burning of that refining fire. When the seeker stays on the surface level it is very easy to explain to others what is happening. When there is a situation when there is an illness, a death, a change in employment or some other large and obvious catalyst, the entities about one are able without any effort to grasp and sympathize with the situation. When the difficulties arise because of tender feelings and the inner winces and shudders that accompany difficult experiences emotionally, new experiences, times of risk and times of fear, it is far more difficult to frame a simple conversation with a friend and describe what is going on. And, indeed, once one begins plumbing one's emotions, the opportunity to obtain a larger point of view is, for the moment, lost. Consequently, while it is seemingly helpful and, in a bittersweet way, even pleasant to probe and press and explore into those areas of difficult experience or feeling, in another sense it is more skillful simply to accept the feelings that are sweeping through the energetic being.

The great trick of the intellectual mind is to consider itself capable of understanding situations and, again, for outer situations the intellectual mind generally has the promise of being able to assess a situation adequately. When it comes to matters where there is fear and a desire to be comforted in the processes of growing spiritually it is more helpful to move into that portion of the being which has no words. For those feelings do not need words in order to move through the various filters of each chakra, working like the energetic brooms that they are, cleaning, purifying and moving through the system like weather. Begin to see yourself as a far sturdier being than you feel as though you are. See yourself as much a solid being as a planet or a star. Lift away from the thought of self as body and move into the concept of self as an energetic being and you may see a model of yourself as this fantastically complex flower that blooms in good weather and bad and that enjoys both the rain and the sun in their seasons.

When there is the experience to the flower of the rain, the flower simply accepts the rain. When the sun is shining the flower gratefully accepts the sunshine. Both of these states of weather are necessary for the health and the evolution of this bloom, and both perceived times of halcyon days and perceived times of terrible internal weather are times that are good for you as a growing being. We cannot say to you that suffering is not truly suffering because each of you is fully aware of the depths of suffering of which you are capable and which you have experienced. Each of you has undergone great difficulty. We would be fools to try to tell you that you have not suffered. What we are saying is that this suffering is a tremendously helpful force that is powerful to offer those refining energies that you came to experience, not because you wanted to suffer but because you wafted to investigate and see if you could remake with even more purity that choice to serve the light with which you came into this incarnation.

You had very carefully thought-out hopes for this incarnation before it began. What this instrument calls the Holy Spirit, what many call guidance, what those known as the Ra group have called the higher self, took counsel with you before this incarnation and considered just what goals you would hope to place for service and for learning within one lifetime. With great thought and care you chose those people that are in your life: mates, parents, children, friends and enemies, each carefully positioned to rub against you this way and that and knock off the sharp edges. Each is as the refining fire to others around you, and those around you are as the refining fire to you. And yet the fire is not of the person, but rather, it is of the spirit. This entire refining process is powered by spiritual energy. It is the energy of the Creator to know Itself, and you mirror this by your desire to know yourself.

What we encourage for each of you is a mixture of high ideals and utter down to earth practicality. It is a wonderful thing to be awake to the reality of spirit. Yet this awareness is seated in a life of flesh and blood and dust. You came into incarnation to experience the grit and the friction of a very real physical illusion. This is the chosen arena for this season of your bloom. We suggest that there is great survival value in trusting that the soil in which you

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were planted and the blooms that you see around you are the correct ones for your best growth and learning at this time. We suggest that the very nearest things to you can provide you a tremendous opportunity for service. We suggest that there is an enormous value in realizing the permanent in the ever changing world of your heart.

Where does the world's reality leave off and metaphysical reality begin? We suggest to you that they are both centered in your heart. If you dwell within your mind and think many thoughts and skitter across the surface of ideas you may make a great noise but you may not make a great deal of sense. If you move into the silence and reality of the heart you may say nothing, but you will be resting in the peace that lies within the precinct of that heart. We have described you as energy beings, and when we speak about moving into the heart we speak about moving into the very center of that energetic being where body and soul come together. Realize that while your brain and your personality shell are pumping out one idea after another, your heart is serenely beating, moving in rhythm with the creation of the Father. The instinctive wisdom that you as a living being possess is incredible, and the challenge is to tap into what you already have within you.

The one known as R asked about meditation and what enhancement it might offer to those in the process of growth and as this entity is well aware we very much agree that the one most powerful method of enhancing the processes of evolution is meditation. Moving into the silence in any way that one feels comfortable is always a powerful helper, for it is within the silence that love may abide most comfortably and may express most fully. We do not know what realms may open up to you in the silence, but within that room to which silence opens the door lie many mansions. We simply suggest that the habit of silence is helpful, profoundly and continuingly so. It is, to our knowledge, the single most attainable way of moving from the level of the outer world into the levels of that inner world where the feelings and the processes of being revolve.

To hear us speak you would think we never laughed. You would think that we never cried but that we were always calm and wise and dispensing of words. In fact, this is not so. We struggle to find ways to share our experiences with you and we do not feel that we are tremendously successful. But what we have to share, more than anything else, is an awareness of and a certainty in love itself and the power and rightness of that love—that is your very being and is our very being. We encourage each to be lifted up by whatever light comes into the heart to comfort it, that it reach hands willingly up to the angels that hope to help. We ask each to know that you are not alone and that there is comfort for the asking, for prayers are answered, and when help is requested presences are with you that love you and wish to safeguard you in every way. The Creator is not far off. The Creator is very, very near. This is good to remember.

We hope you find many moments of peace, but we assure each that the unrest and the disquiet have a purpose too. The more serenely that you can look at the troubles in your life the more trust you can develop that these are not simply difficulties that seem to challenge but are also helpers whose purpose will be seen much more easily from hindsight when the process is through. And we encourage each of you to use each other as lifelines. If there is a hard time find someone you trust and talk it over. It does not make the process of refinement any easier, but it makes it much more bearable because the sharing lightens the load.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are known to you as the Q'uo.

(Jim channeling)

We are those of Q'uo, and we greet each again in love and in light through this instrument. At this time we would offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

Carla: S phoned one in and he asked about light centers around the world such as Mt. Shasta, Sedona, Machu Picchu, etc., and what their significance might be.

I am Q'uo, and am aware of your query, my sister. These areas which have been described as centers of light have an influence upon those who are sensitive or psychically aware, shall we say, in that these centers or areas are both located at points of intelligent energy ingress and have the advantage of attracting seekers for many of your years. These centers then are steeped in those energies which are

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transformational in nature. For the intelligent energy that is sent by your sub-Logos, the sun, makes its way into the Earth sphere through various vortices that are distributors, shall we say, of this energy that the entire population of the planet shall eventually be able to partake of their transforming nature. These vortices are in a regularized grid—we search for the word within this instrument's mind and complex is the closest we can come. Where there is an intersection of these lines of force there is formed a vortex that is an opening for such energies to be easily assimilated into the Earth's mantle. Entities who are sensitive to such energies oftentimes gravitate to these areas in order to feel more of the pulse of life, shall we say. Is there a further query, my sister?

Carla: No. Not from me. S may want to follow it up when he returns. Thank you very much.

I am Q'uo, and we thank you and the one known as S. Is there another query at this time?

M: To follow up on Steve's question, what is the closest vortex of energy in our area, Indiana and Kentucky?

I am Q'uo, and am aware of your query, my sister. Within this particular geographical region there is a vortex of energy that is very close to this location, that is, the city of Louisville, and there are other vortices located within a radius of five to six of your miles, both east and west of the center location that is congruent with this population center. There is a map which this instrument may be able to locate that could be of help in the determination of these locations. Is there another query, my sister?

M: No. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: We had a visit from a Toltec magician this week, and listening to his descriptions of his inner landscape I wondered if he was working on one of the inner planes, the astral or devachanic and so forth, if I could frame his reality in terms of thinking of it that way. How would you suggest that I think of it? What level is he seeing what he sees on?

I am Q'uo, and am aware of your query, my sister. We must be general in our response in this instance and would suggest that this entity is one who is partaking in both the space/time illusion which each here inhabits and in the time/space illusion as well which is that which is more metaphysical or invisible to the third-density eye. That which is approached in meditation, in prayer, in contemplation reflects the milieu in which this entity has a richly populated interior landscape, shall we say. Is there a further query, my sister?

Carla: No. Thank you.

I am Quo, and again we thank you, my sister. Is there another query at this time?

R: You usually are not able to speak in much detail about things such as the location of the vortices in our area. Is it because we already knew about it that the Law of Confusion did not apply? I am curious about why you were able to be more specific than you usually are?

I am Quo, and am aware of your query, my brother. In the case of the query concerning the centers of energy influx we are able to give that which this instrument can transmit without any fear of infringing upon any entity's spiritual growth, for these centers of energy are available to all entities and do not affect one's future, shall we say. Is there another query, my brother?

R: No. Not from me. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

M: Will you be coming to watch over our group for the summer until next fall when we get together again?

I am Q'uo, and am aware of your query, my sister. The period of time between the gatherings of this group …

(Tape ends. The answer was basically in the affirmative, although no channeling would be attempted, only the aiding of the meditation.) ♣

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Special Meditation
August 29, 2001

Question from R: This first question concerns [a] pattern in my life that has to do with feelings about my work. My criticism of myself is that my work should be more service-to-others oriented. I then proceed to find a different type of work or employment that has energy in it that grabs me and that I start working with it but that passion or that energy dissipates quickly once that new work begins. I am looking for suggestions or different points of view that would help me get deeper into this pattern that I am seeing.

(Carla channeling)

We are those known to you as the principle of Q'uo. We are a slightly different voice than the Q'uo [that] normally speaks through this instrument because the vibrational characteristics of this particular question and group seem to be better met if the brothers and sisters of Hatonn take the position of speaking for the principle which includes those of Hatonn, those of Latwii, and those of Ra. Normally, we speak with this group through the brothers and sisters of Latwii. However, each session of working has its own dynamics and this particular group seems to call forth the strengths of the brothers and sisters of Hatonn. If there are any differences, they are probably due to this unique voice.

We greet each of you in the love and in the light of the infinite Creator. As always, it is a great joy to speak with this group, with whom we have not spoken for some of your time. Truly, it is a blessing and a privilege for us to be with you and to share in your meditation and your seeking. We thank each of you for this special occasion which we are heartily enjoying.

As always, we ask each of you to ponder our words with your hearts, keeping those thoughts which seem helpful and resonate within your being as true and leaving aside all other thoughts as not applicable to you at this time.

The challenge of right occupation is not a challenge that is entirely that which it seems on the surface, any more than an activity at which one spends a substantial portion of one's waking hours can be simply a job, simply that which it appears on the surface.

The concept of an occupation has been distorted by the needs of your peoples for money. In a world where there was no need to earn money in order to live a life that was comfortable to a minimal extent, it is likely that many, many of those that work at the jobs at which they now work would immediately cease to report for their hours spent at the job because they would no longer need the money that the job offers.

However, there would still be an incarnation with lessons to learn and gifts to share. And even those who come into incarnation with absolutely no need to earn money usually find themselves at least tempted to choose to occupy a substantial portion of their waking hours pursuing an activity which could

be said to help the seeker learn its lessons and share its gifts.

It is easy to see the materialism of the world and its ways. It is less easy to see how the materialism in which the seeker lives may have penetrated into areas of the metaphysical and caused elements of the work ethic to become elements of spiritual materialism. This is a subtle area of contemplation but we recommend it to the one known as R.

For the rules and the ways of the world and the spirit are genuinely, from the core outward, different. And when evaluating the spiritual work of issues such as this—which have so many elements in the physical and so many elements in the metaphysical world—it is well to ponder how to frame that great and genuine desire of the heart to serve in a way that allows the seeker to see into, to penetrate into the deeper workings of desire, and to sift out those elements which have to do with the world and its ways, in order that the real form, the real skeleton, the real muscles and sinews that underlie the flesh of spiritual seeking may be viewed.

For there is a structure to right occupation in the spiritual sense. And that has to do with those things that are of worth in the spirit rather than in the world, in the heart rather than in the mind, and in the intuition and the resonances of feeling rather than in the logic and reason that characterize intellection and ratiocinated thought.

One thing we would suggest in pondering this issue is a review of the gifts which have been brought through into the personality shell available to the seeker in this incarnation and to ask the self how best these gifts might be shared. We are aware that the one known as R wishes, for instance, to investigate the possibilities of working with the younger entities among your people, feeling that perhaps working with these young entities may be of more service than working with the adult versions of the entities which are all the Creator.

We suggest to the one known as R that this may well be a reasonable concept. The one known as R may well have gifts that would feed into these relationships with younger entities. This can be investigated in several ways: by thought, by research, and to an extent by experience.

We would point out that the job, the career, is, in form, connected more with money than with the gifts that one shares, whereas activity that can be chosen of oneself offers a clear and far more elastic form of inquiry. In other words, it is possible to place oneself in certain organizations through what this instrument would call volunteering time and attention in certain ways, and to allow oneself to come into contact with and interact with entities of that younger age so that many questions upon the seeker's mind might be explored.

Is there indeed a special gift that seems to be called for by younger entities who may have greater needs than the simple need to learn? Is there a resonance when actual experience replaces theoretical thought?

We suggest this for the simple reason that interaction with another self or other selves, while often very confusing, contains within it a tremendous potential for learning. When one is confined within the privacy of one's thoughts, suppositions that may or may not be true cannot be at all examined with the same efficiency as when these suppositions are placed cheek by jowl with actual experience. In the process of following relationships begun with such younger entities among your peoples, much data may be taken in; much, certainly, of linear information but far more than that, much of the visceral, the gut reaction. In this way there may be more of a rounded and full shape to the thinking.

We would at this time transfer this contact to the one known as Jim. We are those of Q'uo. We leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. In addition to that which we have spoken through the one known as Carla, we would add through this instrument the utilization of one's passion in determining that occupation into which one places one's desires and dreams as a means by which to serve others. As one looks at the skills which have been brought forth into this present incarnation and evaluates that level of expertise, shall we say, added to this, we would heartily recommend the investigation of any area in which one finds excitement, interest, passion—a desire to serve increased by the pleasure of serving.

In truth, there are truly no mistakes, for all entities are the Creator. One can only serve the Creator. All expenditures of energy are a service to the one

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Creator. Therefore, in order to serve in a most fulfilling manner and to achieve that brilliance and vividness of the variety of colors of service, shall we say, it is well, whatever choices one makes, that there be a passion for the choice made to propel one, in a day by day manner, into the service and through the service to those whom you serve.

In this way the lessening of excitement which the one known as R has observed occurring in his patterns may be ameliorated and the most full expression of the heart of the desire to serve might be achieved wherever passion is found. For passion is a kind of a pre-incarnative gift. [It is] a continuance of that which has previously opened one's heart [which] again finds resonance in the present incarnation by the expression of a passionate desire to be of service in a certain manner.

At this time we would suggest the asking of the second query.

R: The second question I have concerns a pattern of looking for a mated relationship in my life, finding one, and then the relationship ending soon after. I wonder if there is a spiritual structure to such a relationship and if I am putting expectations in such a relationship from the beginning and therefore not allowing the passion or the true love to flow. If you can comment on it, I appreciate it. I am once again looking for suggestions on how to explore this pattern deeper.

I am Q'uo, and am aware of your query, my brother. The mated relationship is a specific kind of service, an experience of mutual desire for seeking the one Creator, for serving the one Creator, and for sharing the life pattern out of which seeking and service are born. Thusly, you may consider the words which we have spoken concerning the occupation and its service as being applicable to the mated relationship as well.

There is the need to love and to be loved which is as normal and natural a function of the human being as is the sleeping, the eating, the breathing, and the moving about within your illusion.

The experience of being of service with the mate is one which has a great deal of joy and direction in that each in the mated relationship feels a kind of wholeness which is not present outside the mated relationship when one is alone.

Although it is quite possible for each entity to be of great service and to seek with great purity in a solitary fashion, the yoke of such honor/duty/experience is more easily borne when shared.

In opening oneself to such a relationship there is the need to become truly open, to prepare the self for change and to be willing to accept the changing currents and depths of the river of life. For once there is an expectation to which one holds strictly or dearly, then that expectation can become an obstacle to this opening of the self to that which the potential mated relationship brings to the self.

Thusly, it is well, when considering the possibilities of the mated relationship, to truly examine the heart's desires. For when allowed to express truly, these desires may move far past the boundaries of mental contemplation. Thusly, the romantic involvement within your illusion has oftentimes been seen to originate in the stars, shall we say, so that forces outside of the self are given the opportunity to move the self as the wind and the weather move a sailboat upon your sea.

At this time we would transfer this contact to the one known as Carla. We are those of Q'uo.

(Carla channeling)

We are again with this instrument. We are those of Q'uo.

For you see, my brother, the entire self is here to love and to be loved; not simply the conscious self, the self with expectations, but the entire self, the whole, utter, real, complete, universal self.

And one can not approach that which is a consuming fire, that which changes the life, that to which one must surrender at one level, as if it were hiring someone to fill a position. One cannot choose a mate. That is, one can choose a mate, but one shall get what one has chosen. The product of rational thought may or may not be that emblem of love which so speaks to your own whole self.

There is that element in that other person that is the face of the Creator that allows you to see into the Creator through that person. There needs to be something within the choice that must be made, that cannot be denied, that is felt passionately to be sufficient cause of the discomfort, suffering and pain of surrender to a relationship.

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For any relationship, while it will not change you, precisely, will change so much about your experience! It is as though you will have set into motion the wheels of transformation in such a way that they are never under your control in any substance of sense. Nor are they in the hands of the other involved in a mated relationship. For that entity, too, will be challenged to so love you as the face of the Creator that she can see more of the Creator in herself because she has you as her mirror.

Certainly, a relationship can be made; a home can be created with any chosen mate. But to move beyond pattern into spontaneous energy which creates its own patterns, there is the need to find that focus that is worth the sacrifice of the old self and that inspires the faith and the trust of the self to release the protective layers around the heart, that the self may offer itself its life and its service to another.

Each in a mated relationship does this and it is not an "I" or a "she" but a "we" and an "us" to which each surrenders; that oversoul or higher self that the two become in union when mated. So there is not simply the self and the other self but there is that divine union which contains the Creator to which both have surrendered.

This is the glory of the committed or mated relationship. This is the beginning for great potential for learning and for an expansion of service depending upon that creature that both have become as a "we" and an "us."

Again, to move from the head to the heart is to find reasons for what this instrument would call sacrifice. In any new choice there is, as the one known as R has said, the initial joy, the initial thrill of something new, and something perhaps better. But then, no matter how good that new choice is, there comes the moment when the new job or the new relationship is more fully seen and something akin to despair can crop up, for it is now seen, as the one known as R has said, that here lie feet of clay; here lie, in a job, tasks that ring hollow and do not resonate.

This instrument has been working at the occupation which she now enjoys for some stretch of time and from this instrument's experience there seems to be, even for the most fully fulfilled worker, still those times when the job seems sterile and without true appeal.

And we find that in this instrument's mind that this instrument has often said to herself at such times that this is not about the job, this is about the process. It is not the fault of those situations that define a job description. It is about what cycles and what patterns through which the entity, as a personality and as a deeper spiritual seeker, is going and which can be expected to continue throughout the incarnation that is full of its cycles and will always be so as long as third-density conditions exist which encourage cyclical patterns: waking and sleeping, eating and being hungry, being happy and being unhappy.

These cycles are very stubborn within the human personality and are built into that constant pulse of spirit in order that the illusion may be what the illusion is intended to be: a disquieted, confusing, distracting and ultimately successfully humbling experience that brings one out of oneself and down upon one's knees in many ways, and ready to open the self to that which is desired.

For all things that are desired will create the new patterns of change and change is always difficult. All new choices will seem wrong at a certain point, at many points in a cyclically repeating pattern.

What shores up the confidence of one who is moving from the heart is that feeling of being true to the self, right or wrong, and that feeling of being able, if one is wrong, to accept that and move forward, bolstered by the passion that moved the seeker in the first place to make a change so that the self may see into these cycles and yet may still, by following the heart and following desire, locate those precious elements that need to be within the life—be it the job or the people. Identifying not by sight but by the eyes of the heart, not by reason, but by confidence in those memories of desire that the heart speaks.

(Side one of tape ends.)

(Carla channeling)

For the Creator wishes each child to fulfill every desire, to ask every question, to knock at all the doors that call to him.

We are aware that the one known as R wished that we keep this session brief and we are aware too that the sound of the tape recorder means that we have not fulfilled his expectations. However, we can fulfill it at this time by relinquishing our hold upon this

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instrument and this group and thanking the one known as R for these very heartfelt and genuine questions.

It is a mark of spiritual maturity to see the patterns of one's life. It is a mark of even more maturity, spiritually speaking, to look not only for ways to solve the puzzle but for ways to love and to know the self ever more deeply, and knowing it more deeply, to find ways again to love.

Truly, every difficulty can be untangled by persistently turning to those gentle fingers of love that, through time, will untangle every knot and remove every obstacle.

We leave you glorying in the love and the light of the one infinite Creator. We leave each of you with our thanks and our true, true gratitude [for] our relationships with you and [your] invitation to share our thoughts with you. Adonai. Adonai vasu borragus. We are those known to you as Q'uo. ♣

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Sunday Meditation
September 2, 2001

Group question: The question today has to do with the situation concerning our planet and all of us who inhabit it. We would like for Q'uo to give us some information concerning the quality of consciousness on our planet when you consider the various wars, diseases, famines and crises that occur on a daily basis as each of us as individuals go about our daily lives, dealing with the various levels of stress of family, work, community and so forth. We are wondering how we as individuals find a centering point, the joy in the moment? How can we really be of service to each other and to ourselves?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We come to you as a voice of love. To this planet we speak the ways of One, the ways of unity. We have a very simple tale to tell, and we thank you for bringing us to you to be able to share this simple philosophy, a philosophy truly too simple to be easily understood. We are most grateful to you for your infinite genius that looks at that subject, which is always and ever the same, in ever-new ways, giving us new opportunities to work with the words of your language and the biases of this instrument in order to share our heart through the heart of this instrument and the one known as Jim.

We are extremely gratified to share our thoughts and would only ask in return that each of you is extremely careful about what you choose to listen to in what we have to say. For what we have to say is a truth to us, but it may not be so to you. That which resonates within your heart, by all means, consider. For we hope to offer interesting and helpful thoughts. But those things which do not resonate we ask that you leave behind without a second thought. Some thoughts are for you. Some thoughts are not. That power of discrimination which each of you has is golden, as this instrument would say. Treasure it and trust it. No one else can tell you what is right for you. You are the authority for yourself. You are the teacher for yourself. You are the guru in a very important way, for those things which you desire to know lie within you now. It is a matter of remembering and coming again into awarenesses [of] that you have had many times, not necessarily within incarnation.

One great goal of each of you within this incarnation is to become aware that you are dreaming and to become able to make the dream of incarnation a lucid and a conscious dream, one that is, in some ways and to some extent, a matter of your choices and your control. For these skills much is required of time and attention and discipline. And each of you is well aware of these things as are we, for we too seek, unendingly driven by the desire to be truly one with the Creator and yet still aware in many ways of our own biases and our group biases. Always, it seems, the spiritual path has another turn and another, and the road leads ever onward. We rejoice in this endless journey that truly is not endless but cyclical.

For in the fullness of the time and space that you now enjoy within this creation of yours and ours we all will come to the octave. We all will coalesce once again into the one infinite Creator and become an unpotentiated unity. And in that beating of the great heart of creation, one creation shall end and another begin. We share this walk with you, this walk from source to source, from light to light.

We greatly enjoyed your conversation and thank each of you for all that you laid aside in order to attend and place time and attention on things of the spirit. How precious that desire and thirst for truth is, my friends! We can never thank you enough for your desire, for it is your desire that calls us to you, your desire and your sorrow. For we do hear the sorrow of Earth. We hear the sorrow of its people, and we want to respond, hopefully, in ways that are of service. That is one of the questions that is on your minds today.

But we shall not start with that. We shall focus briefly on the state of the planet, for that is one thread of your questioning: is there a gain or a decrease in love upon planet Earth? Indeed, there are a number of ways to answer that question, but we shall choose two. Firstly, as the one known as R has said, the surface of life has a spurious and shallow reality that is nonetheless undeniable. It is a world of complete illusion, and in that world the dragon thrashes its tail. And angels in flesh quiver, defend, worry and hope to respond in ways that add love to the illusion. A little positive, a little negative, and the illusion wags on, doing the job it was meant to do, thoroughly confusing, baffling and frustrating. All efforts of the linear and conscious intellect to control it bring each inevitably, surely, if each is honest, to the realization that the self knows nothing. That the life of the surface has nothing. That all is "vanity and striving after wind," as this instrument would quote from her Bible.

Such is the surface of life. Such is the design that was intended for that illusion, and at the same time may we say that there is tremendous growth in the metaphysical sense among the peoples of your planet. It is abundantly, richly clear on the metaphysical planes of your planet that a tremendous outpouring of love and concern has streamed into the Earth plane. Many Earth native individuals, and by that we mean those who have been within the planetary influence as souls since pre-history, in your terms, have come through the many waters of many, many incarnations over thousands of years and have slowly but surely come to the point where the alarm clock has gone off. The awakening of the spirit within flesh has taken place, and there is now the realization within many, many individual Earth native souls that they are citizens of eternity, that they are infinite beings and that the surface of life, while due great honor and attention, is not all that there is but is only the gateway to the present moment, which is infinite. And these voices have become a great choir asking and seeking and knocking at the door of truth.

There is a call going out from your planet at this time that has been going out from your planet for a considerable number of years now, that has activated and doubled and redoubled the light energy upon your planet. Further, as many within this room are intimately aware, many entities have chosen to travel to the earth plane from other planetary influences for the purpose of entering into the experience of being an Earth native, plunging the self into the third-density atmosphere once again in hopes of serving the planet and its people but also in hopes of doing work upon the self: a reevaluating of that all-important choice of third density: the choice of whether to love by radiation and unconditional love or to love by control and magnetic attraction and the overriding sense that people need to be managed for their own good or for the greater good of the whole. This is work that is common to all at this time, all who are awakened, all who have begun that transforming opening of the heart and the spirit for which each took birth.

We hope that you feel very good about the work that you have done so far, and we hope that you will redouble your efforts, not to do, but to be. For the work of consciousness is the work of asking the self to be the self most truly and most deeply. What is the self? Upon the surface of the incarnation the self is a personality, a collection of biases, opinions, beliefs and suppositions, an amalgam of gifts and quirks and challenges. The interesting thing about personality is that each of you chose both your gifts and your limitations, your abundances and your lacks, for very good reasons. The challenge is to come into some fuller realization as time goes on as to what the pattern is behind those challenges and those gifts. What was hoped for by the higher self that is you when you and your higher self planned the big points, as this instrument would say, the plot

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points of this incarnation? Why did you put that blockage there? That remarkable gift there? That incredible stupidity over there? These things were placed there for a reason. Why did your choose relationships with this, this and this entity that delight you and aggravate you and make you angry? In each connection there is a fullness of goodness, if one can but see the plan. As the one known as C has said, that is the challenge, and one seldom sees the plan until the pattern is complete and one has the blessed advantage of hindsight.

How to be one's self? [This is] a question we still seek the answer to ourselves. We know that our direction lies along the trail that leads to the Creator, along that ever seemingly darkening trail that rounds curve after curve until, at last, that creature that eats its own tail that is the Creator has found its tail again and the self is swallowed up once again in absolute divinity. Light shines within that direction, yet in a way that is hidden from the outer eye and from the eye of circumstance. Most often the spiritual riches are found when life is at its darkest and most challenging. For it is then that the little hammers and chisels and acid water etch and smooth and craft and sculpt and find the gems within the ore that is the personality shell. So the learning to be the self is a *geste* of tremendous patience and persistence. And yet, at the same time, advances are often made in blinding steps forward that seem like the dawning of a sudden sunrise, the turning of a corner which opens into a new world, the epiphany of the senses and the soul.

Be prepared for sudden and stupendous moments of awareness because, you see, you are a being. You are not an activity or a process. And you surprise yourself being yourself sometimes. And in those moments when you have hit a resonance that strikes deep down into the self, suddenly the moment opens up and you become aware of all that you are, of the tremendous unity that you have with everything that is. This state of mind is an actual opening into one of the inner planes or perhaps more than one of the inner planes, depending upon the experience, so that you simply are seeing more into your self, more into the reaches of your true nature, which is inclusive, universal, timeless and divine. You have to remember that you are the product of the Creator's thirst for knowing Itself, and your seeking to know yourself is part of the Creator's seeking for Its own identity. And what fascinates the Creator endlessly is how that identity is the same, and yet it continues to grow because of the fecund and fertile nature of spirit.

You seem to stand upon the Earth, sticking out into space, upon this ball that is revolving, day/night, day/night, day/night around a minor sun at the edge of a rather small galaxy. And yet you are standing upon holy ground within the creation of the Father, and you are the womb of stars, the grave of dreams, all emotions, all feelings, all thoughts, all possible processes. Out of all these things you have chosen a certain eccentric pattern of personality and experiencing, a certain set of filters to further confuse the already illusory data of the incarnation. You have set yourself within a situation where you are at once universal and unique. You are living a life and at the same time you are living forever, never stationary and yet unified. This is the key to grasping the nature of the spiritual journey. It is truly a journey because the Creator is never still. The Creator's nature is extremely strong in freedom. This freedom of will creates a state of cyclical discovery, the desire to know more, the desire to seek. It is your nature because it is the Creator's nature.

And what the Creator actually is evaluating and, shall we say, feeding upon is the essence of those emotions which have been brought up in various muddied states again and again until there has begun to be more and more clarity within that particular emotion. In a way, you are a refiner of emotions and one way to look at the work of spiritual seeking is to use some discipline in evaluating your thoughts and your emotions on a daily basis, if possible, certainly as often as possible. For there is always the temptation to let the good and the bad slide by with the oil of time and to seek the doing, and to seek the rest, and keep busy or unconscious, thereby removing oneself from some of the less comfortable aspects of those thoughts and feelings which you have had during a day's time. Yet these responses you have had to catalyst are grist for the mill. These are the clues that you have, the harvest of the day at the end of each day that will help you to investigate your own nature.

We would suggest time spent perhaps just as you are drifting off to sleep wherein these emotions are looked at one by one as you remember your day. And there may be seen in each memory and in each cluster of emotions the opportunity to revisit those feelings, to see into the dynamic of those particular

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feelings. If it is a feeling of impatience, for instance, that you are investigating, you may accentuate the impatience and really give permission to the self to feel very impatient and then give permission to the self to allow the opposite of that emotion to come into and flood the senses so that you ask, "Show me patience. Let me feel what it is like to sense true patience." This flexing of the emotional muscle in a very meditative and contemplative ways is most helpful to the unconscious mind and will, to some extent, clarify those dreams that are also hints and inklings that help one upon the spiritual path.

One of the threads of inquiry this week was having to do with service to others and how to evaluate such service. Truly this is a question that moves to the very heart of spiritual work in third density and beyond. It is a question that we answer when we come and speak with you through this instrument rather than landing on the lawn, impressing you with our looks and our differentness and then attempting to persuade you to our point of view. We attempted service in such direct manner at one time, and we found that it was not acceptable in terms of [the] infringement of free will that we caused. We now are perfectly content in ways that can never be proven as real because we feel that the information will speak to those for whom it is helpful. There is a law of attraction in seeking so that we know that, one way or another, the thoughts that are needed will come to those who truly are asking. And so we add our voice to those voices that are available if someone seeks such a voice.

Much of service to others is wrapped up in the study of polarity. However …

(Side one of tape ends here; side two did not record.) ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
September 16, 2001

Group question: The question today, Q'uo, as I am sure that you already know, concerns the recent acts of terrorism that have come to the United States. Many people have died, and much property has been destroyed and there is a lot of talk about retribution, about war, and a lot of fear and anger, a lot of confusion. And we are wondering what this situation looks like from Q'uo's point of view. We are told that this world is an illusion. It is a place where we come to learn to love. From our point of view, right here, right now, it is a very difficult place to learn to love. We are wondering what Q'uo can add to our knowledge of just exactly what has occurred, what does it mean to us in the spiritual sense, and what can we as individuals do to help the situation?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings, love and light to you each, the light and the love of the infinite Creator and the infinite unity of all that is. We thank each of you for joining our group this afternoon. We thank you for calling to us with your thirst for truth. We thank you for your sacrifice of time and your attention. We thank you for a great privilege, for it is a great privilege to be allowed to share our thoughts with you.

It has been asked of us this day that we tell you what our point of view is upon the events taking place within your earth world at this time. May we say, first of all, that we greatly appreciated the comments that were made in the sharing of thoughts and reflections that preceded this meditation. We are aware, to some extent, of the distress and the discomfort of the normal tenor of life your peoples have greatly suffered, and it is a particular kind of suffering which is not only the suffering of particular nation but a suffering which goes beyond your nation states and into the overriding ethos of your culture.

What it looks like to us is somewhat different because we see in a wider range of things that are visible. We are not limited by physical limitations in what we see, what we hear, shall we say, what we are aware of, but rather are limited only by our distortions which to us is limit enough. Because of being able to see into the finer planes of your planet's ongoing developing nature and essence we are able to report both that there is genuine suffering going on within your earth world in the finer planes and that there is at this time, as this instrument and as the one known as Steve has mentioned, a tremendous outpouring of love, light and energy.

To express our point of view is to ask all of you to come from a standpoint of looking within the parameters garnered by physical limitations to the realm of concepts. For in the metaphysical creation which is the counterpart of the physical creation, concepts are that which is, shall we say, real and form is a matter of choice. Consequently it is the color and structure of thoughts that creates meaning. It is a creation in which what this instrument would

call ideals are geography, and these ideas, these concepts, these thoughts are of an order which your peoples have studied in various ways as mythology, as religion, as philosophy of a certain kind, always attempting to express truths that are too fine for the physical senses to comprehend.

One system, which this instrument is somewhat familiar with, of studying this creation of concepts is that system which predated the tarot deck as used for divination and consisted of the twenty-two archetypal images which this instrument and this group have previously questioned about. One of these images is called, in the system offered by those of Ra, the Tower or the Lightning Struck Tower, and it is at this level of meaning that we would look at your planetary situation from a metaphysical point of view. Your planet as an entity, as well as each of you as a part of the human family of Earth, is moving through a tremendously transformative period.

We speak now not in terms of physical transformation, although physical transformation is, to some extent, likely. We have no idea to what extent. That will be determined by people such as you and the thoughts that they think within your next fairly finite period of time.

We speak of the metaphysical aspect of intense transformation as this planet changes densities, changes the very nature of its core particles, changes the nature of its light, changes the way that light is able to come into the planetary aura or grid of energies. It has been transforming for approximately two thousand of your years to some extent. It has been beginning to accelerate for the last, say, two hundred years to a marked degree. And as each of you is aware, it is profoundly accelerating in exponentially shorter amounts of physical time/space as the cusp of transformation is reached. As far as we are aware that cusp will be reached within the next decade. At that point your planet will have awakened its fourth-density nature. That indicates magnetic change, electrical change; change of a profound nature that has already been showing up for some of your years in newly discovered, very quirky, sub-density particles. It will continue to be a situation where the finer energies keep showing up for brief periods of time within the physical universe as these transformative processes continue.

In this climate of change, the Earth is as vulnerable as a pregnant mother that is giving birth to a child. It is vulnerable in a way that it has not been vulnerable, as entities are always vulnerable in times of change. And from the standpoint of the entity Earth, which this instrument is fond of calling Gaia, it has been given an unending amount of negative emotional catalyst by those entities who are attempting to polarize towards service-to-self and by the careless actions of those who are not attempting to polarize in either direction and who occasionally create suffering almost casually. The thoughts entities have habitually thought over a long period of time have created difficulties in the health and the welfare of Gaia. And as the physical parameters of the Earth are nudged into change or catapulted into change—and this is your choice—there is the possibility for natural global catastrophe, not simply the catastrophe of mankind against mankind. It has happened frequently enough in other third-density graduations where the process of maturation of the species upon a planet was not able to endure through the lessons of love. We are grateful to the one known as Jim who witnessed to the lack of love upon your planet. Truly, no truer words, no truer thought has been spoken than this one. Your people and Gaia desperately need to be loved; to be seen, to be apprehended for the first time as part of the self.

Many times we have said in response to your questions about this transformative time that we prefer not to give specific information. For one thing, at best we would be approximating the largest probability/possibility vortexes. We would be telling you what is likely to occur, for the future is not fixed. It is liquid. It is a creature of thought, and it will be the fruit of the seeds that you are planting now. It is said in your holy works that others have planted and you have reaped, that which you have planted others shall reap, and this is deeply so. Many are the painful, angry, furious, negative emotions that have been sprayed across this planet by the self to the self. For my friends, that is what the situation truly is. All of you are sparks of one flame. All of you are one thing. You may choose at this time a direction of how to think, and we simply encourage you to focus the mind, the heart and the commitment upon love.

Let us go back to that Lightning Struck Tower and look at its significance again. Within your next decade or two this transformation will have taken

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place. This is the time to acknowledge fully the need to learn the ways of the self, to become more and more familiar with the thoughts of the heart with an eye to working with these thoughts, to accentuating the tendency towards positivity, towards compassion, towards tolerance, towards creativity, towards hope and faith. For that which has crashed your tower of the physical world and brought it down is a very literal symbol of an archetypal process. The Matrix of the Spirit in this tarot system is called the Devil. And the Lightning-Struck Tower is the Potentiator of the Spirit. The Matrix of the Spirit is called this because those who bring light have always had a bad reputation. Lucifer is one of the names that is most telling that is used for the Devil in your culture. The roots of this word mean "light-bringer."

The lie of your metaphysical dynamic is concerned with the value of wisdom in spiritual seeking within third density. Knowledge and wisdom, in the spiritual sense, can be seen to be highly negative when unlit, unillumined, by love. That is why love is learned before wisdom. That is why love must be learned before wisdom. For when wisdom is learned first it is fair to the taste and so smooth within the intellectual digestion, and so handy and useful in the intellectual display of personality and intelligence that it is often not clear, for lifetimes at a time, that without love, wisdom is utterly devoid of content. No matter how many fine thoughts roll around inside of an intellectual system, if it does not come into the heart and become grounded by what this instrument would call good works, good living, it will not abide in the sense of being spiritually useful for the evolution and the maturity of the soul.

The Lightning Struck Tower is a kind of signal at this time that great catalyst is now available for the spirit. In the tarot system, which this instrument is somewhat familiar with, the Catalyst of the Spirit is Hope. You could also call this entity Faith. We think you will find that honing the faculties of faith, hope and love will be an agenda that will keep you profitably busy for the rest of your incarnation doing what you came to do, serving as you came to serve. We hope you will realize that you have already begun, that you have already done much work. We appreciate the sentiments of the one known as Cindy who, like so many, feels that she may be the least among the assembled. Each is the least among the assembled, for each is one with all that are assembled. Each has done great work in this lifetime and in previous lifetimes. Each comes to this moment with some sense of awareness that this time is special, and we hope that each of you will believe yourselves and will take courage, and become ever more faithful simply in being creatures of light. This is your nature. We do see the inconveniences, the suffering that has occurred. We see the possibilities that continue to open, not simply from this vortex, but from others. And we say to you, in the words of the Holy Bible, "Let not your heart be moved. In quietness and in confidence shall be your strength."

You are now those who bear a kind of light to Earth. In a way, you are Lucifer now, but you are not evil, nor was Lucifer intending towards evil. Indeed, much in this story is mis-told, but archetypically speaking we see your situation as one that is much more blessed and much more hopeful, because of the change in the last ten years, the last twenty years, the last thirty years. We see an acceleration of the light on this planet as well as an acceleration of the dark. To us, it is very clear that the forces of light are gaining strength.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and in light. We are those known to you as the Q'uo.

(Pause for a few moments.)

(Jim channeling)

I am Q'uo and greet each again in love and in light through this instrument. We are aware that there are many questions upon the minds yet remaining, and in hopes of speaking to some of these we would now open this session to those questions. Is there another query at this time?

T: I am sure it was probably covered but I did my usual thing and went away for a while and didn't hear the whole channeling. In everything that I read there is always a need for balance and while I don't use the word evil too often, this would make one think of that word for sure. But this is a thing that has happened that is on a very big scale. Is this something at this time that is a polarity balancing sort of thing? I mean, in order for us to see the good and finally start pulling together as a people everywhere, do we have to see something so terrible that it is called evil or is called bad but is the

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opposite of the good that we try to do if we would all try to pull together. I hope that that made sense.

I am Q'uo and am aware of your query, my brother. That this event would be seen and experienced as that which is catastrophic is as you have correctly surmised, a necessary culmination of those energies which have, for many of your millennia, been in motion upon your planet, and this present expression of anger and hatred is that which can be seen in one of two ways: as that which demands retribution and a continuation of those energies of which it was born, or it can be seen as the alarm which rings the alert to those observing that there is something tremendously dislocated, shall we say, in the relationship between the various members of the family of humanity upon your planet and which needs attention, which needs understanding, which needs love and compassion. So difficult is it to look beneath the surface of events to see the genesis of such that most of your peoples do not make this effort. It is far easier to rest upon the simple and quick assessment of things.

Thus this experience of the loss of life and love can be that which ignites many hearts to love, to light and to service. For each entity upon this planet can be of service in this event, for each has those with whom difficulties have arisen in the daily round of activities. Each experiences this same loss of love, and each has the power within the heart to open in love to those with whom one is in relationship. Each time that love is given instead of hate, instead of confusion, instead of reprimand, instead of ignoring, instead of walking away, then there is the magical transformation that is possible when faith and will work together in each life. Then it is possible that such an event such as this great tragedy can bring more of the peoples of this planet into an awareness of the heart of their heart, of that which wishes to be awakened, of that which each took incarnation to awaken.

There have been tragedies aplenty throughout the many millennia of human inhabitation of this planet. None before have brought this awareness of the need of love to the consciousness in a strong enough way that there was a general response of love. It may be that this event also does not draw this response. It may be that this event does indeed draw that response. As we have said, the future is liquid. It is determined moment by moment by each of the many billions of entities upon this planet. Each entity can love. Each entity can heal. Each entity can have an effect upon how this scenario plays its course.

Is there another query, my brother?

T: No. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

S: Could you tell us what role, if any, of the Orion, service-to-self group, and their agents of influence had on this issue?

I am Q'uo and am aware of your query, my brother. We can begin by stating that the influence of those of negative polarity, those of the so-called Orion group, has been great for many thousands of your years upon this planet. Their endeavor to create the concept of the elite has been seeded throughout the many cultures and religions of this planet so that there is seen by all of the various religions, in their narrower or, as it is called upon your planet, fundamental, sense that there is reason to act as they act. It is for those within all cultures and religions who have the deep desire to truly serve the one Creator in all that may see beyond and behind the illusion of the elite, the illusion of separation, to that which binds all entities into one. This is the great *geste*, my friend: to see love where there is little reason to see it, to find unity where separation seems the only logical path, to see a brother or a sister instead of an enemy. It is not easy, my friends. But you did not incarnate with an easy plan for learning and for service. For this is the culmination of your planet's great Master Cycle of third-density evolution. It is at this time that those great swings of power over people can be balanced by love for people.

Is there another query at this time?

S: Any particular suggestions as to how we may be of service in this situation, for others, not only current needs but as further events unfold, to help them balance things?

I am Q'uo. We are aware of your query, my brother. Our recommendation is to love. When each situation, whether large or small, whether global or familial, or simply pointed towards the self, arises, ask yourself, "How can I love? Who can I love? Where can I love?" To love is enough, for to love is

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the reason for which each took incarnation. Is there another query, my brother?

S: Not from me right now. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I would like to follow up on S's question by noting that we started doing an additional meditation at 9 o'clock at night to balance the one at 9 o'clock in the morning, with the thought that maybe others would like to join in spirit from around our global family and wondered if you would comment on this method of expressing love and any other concrete suggestions for ways that we could come together as a group to make a difference?

I am Q'uo and am aware of your query, my sister. We heartily endorse the efforts of joining together in group meditation in order to heal the rupture in the garment, shall we say, of this country, this planet, this family of humans. For to focus upon the inner world of spirit is to take refuge in that which is real. This world, the one which you inhabit now, the one which suffers mightily, is but an illusion born of the truth of spirit. Here, you are offered the opportunity to serve under adverse conditions, and so you shall.

(Tape is turned.)

I am Q'uo and am once again with this instrument. We greet you again in love and in light. May we ask if there is another query at this time?

S: Carla had mentioned earlier that she had many people contacting her for assurance that everything is OK. Are there any briefer words of wit or wisdom for those looking for that type of assurances? What would our best response be?

I am Q'uo and am aware of your query, my brother, We, again, as we are wont to do in many situations, recommend that each utilize the tool of meditation upon a daily basis, utilizing the opportunity to commune with the one Creator and to find the strength of that unifying connection that leaves one with the conclusion that truly all are one, and that whatever occurs to a brother or sister, occurs to you. So that when one loves those who have not been loved previously that one is loving all beings, that when one can heal any misunderstanding or wound in a relationship that one aids the healing and the loving of this planet and its population.

We would recommend to each entity that within the meditative state one see the ruptures in this planet's beingness. Perhaps you can locate them geographically within your mind, seeing them as dark and hurting, in pain and confusion. And then, begin to bring the light and the love of the one Creator into the image. See that rupture of hurt and pain lightened by this love of the one Creator, shining forth through the eyes of all. Focus upon the injury, the hurt, and the pain until it is also as bright as the noonday sun.

Though one may feel that such an image is a small thing compared to the immensity of the agony in your world today, we can assure you that when your inner world of spirit is illumined by your free will choice with love and light these thoughts are things, and this is more and more truly so as your planet moves into fourth density at this time, and this light and love goes where it is needed. And there is healing. And there is hope. And there is a direction that leads each into that unity with each other self upon this planet. The process may not be short. It may not be easy, but it is ever possible to those who have the faith and the will to persevere. All things are possible when entered into with love, acceptance, compassion, humility, tolerance and the light touch. These are your allies, my friends, and each other heart in love [who is] joined with you in this great quest which you are upon ever more fully at this time in your planet's history.

Is there another query, my brother?

S: No. Thanks.

C: I'd like to ask if the same method can be applied to healing the Earth as you recommend for the healing of humanity?

I am Q'uo and am aware of your query, my sister, and this is indeed so. This technique of visualization may be used for any kind of healing, whether of the self, of another self, of a people, of a country, of a planet. Wherever there is that which is broken, that which is hurt, that which is injured, healing is possible for mind, for body, for spirit and for the ability to continue where there seems to be little reason. The imagining, the imaging is that which calls for from the deeper levels of the subconscious mind the connection with the one Creator, with the Logos of Love, that enables that love to move through your being to wherever it is needed. This is a means by which each may avail the self of that

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ability to open to love, to give love, to direct love, to feel love, to be love.

Is there another query, my sister?

C: In addition to meditation is there anything that we can do with crystals to aid in the healing process?

I am Q'uo and am aware of your query, my sister. There are various aids, shall we say, that one may employ in the persistent meditation. By persistent meditation we recommend that a time and a place for meditation be set aside on a daily basis so that when one retires to that place at that time that these become signals, prompts, if you will, to the subconscious mind that it is time for a working; it is time for a healing. If one wishes also to utilize crystals, incense, any type of sensory deprivation, such are means of refining this type of visualization in meditation which may be utilized as the meditator desires. Each entity will find a slightly different means by which to accomplish this healing meditation. And whatever rings of truth to the entity is that which we would heartily suggest and encourage. For each entity has come into this incarnation with the ability to do this kind of work. Indeed, each has come with many abilities which can be brought forth in times of heavy catalyst, shall we say. Each will feel a certain kind of awakening, a certain kind of enlivening of the spirit within as this kind of daily meditation and visualization is undertaken. For as you retire to the world of spirit you retire to that which is real, which powers you through this world of illusion. We cannot recommend meditation enough, my friends, for this is your link with the infinite. This is your link with truth. This is your link with love. This is your link with your true self and all other selves on your planet.

Is there another query, my sister?

C: No. Thank you very much.

I am Q'uo and again we thank you, my sister. Is there another query at this time?

M: I have one. Is there a particular time of day or of year that is most conducive to meditation?

I am Q'uo and am aware of your query, my brother. We find that indeed for some who have a great deal of time to meditate that there are times that are more opportune than others. For some the dawning hours are most helpful for they signify the beginning of a new day, a day fresh with opportunity, a day ready to be painted, shall we say, by the heart, by the creative and curious mind, by the passion for living and sharing, for learning and loving.

For others, the time nearest the sleep is helpful, for some feel more desire to heal that which has occurred, to experience again the difficulties of the day that then, as the day ends, there may be an effort to heal them.

For some there is much of strength and empowering that occurs with meditation at the noonday when the sun is at its zenith and the light of your day is its strongest and brightest. Thus you see there is a great variety of times which might be helpful to each entity. We recommend that each consider for itself the daily round of activities and their requirements and to look at those times when one would feel the most comfortable and ready to enter into the meditative state and to do work upon consciousness for the whole planet. Regularity of the time chosen is that which is most helpful, whether it be the beginning, the middle or the end of the day is really not as important as that the time be regular and be done each day at the same time.

Is there a further query, my brother?

M: Not from me. Thank you.

I am Q'uo and we thank you, my brother. Is there another query at this time?

(Pause for thirty seconds.)

I am Q'uo. As it appears that we have exhausted the queries for this session of working we would once again thank each for inviting our presence this day in your seeking in your circle of working. It is a great honor for us to be here. We may say that we feel the great desire for truth, the desire for healing, the desire for serving that is present in this circle this day. We can say to each present that you are not alone. There are many more circles of seeking upon this planet that are shining most brightly at this time, for it is apparent to many more entities upon this planet at this time that there is the need for such healing, for such seeking and for such serving. Know that you walk with a goodly company of lighted souls who see and seek beyond the illusion and who walk with you each step and who encourage of you through their own meditations, their own circles of working. For each of you is likened to the other. Moreover each of you is the other, and when this

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truth can be seen and known and felt and experienced and lived in the daily round of activities more and more fully upon your planet, then will the difficulties that you experience at this time and for so long in the history and culture of every country [be eased], then will you be more fully able to channel that love and that light in your everyday activities and to heal the wounds that have long festered in the population of all countries and all hearts. Then will it be more possible to know the love of the Creator and to see it expressed about one. Know that you are joined by those of the Confederation of Planets in the Service of the Infinite Creator upon a daily basis, and when you do meditate or think upon these things a simple request is all that is necessary for various entities from this Confederation of Planets to join you in your meditations, in your thoughts, in your love and in your healing.

We are known to you as those of Q'uo. We would take our leave at this time of this instrument and of this group, leaving each as always in the love and in the light of the one Creator. Adonai, my friends. Adonai. ♣

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Homecoming Meditation

September 23, 2001

Group question: The question today has to do with the concept of the "light-bringer," the knowledge-bringer, whether this is Lucifer that was the knowledge-bringer or the light-bringer, or Eve who gave Adam the apple from the Tree of the Knowledge of Good and Evil, we are wondering if Q'uo could give us some information about the nature of these entities, or these qualities that bring knowledge. Are these entities themselves either good or evil? How does the concept that they deliver to us give us the ability to pursue that which is good or evil, service-to-self or service-to-others? Last week Q'uo gave us some information concerning the Lightning Struck Tower which is also a concept or an image that shows light in its sudden and fiery form causing what seems to be destruction. We are wondering if there is other fruit from this destruction? Can something positive come out of the Lightning Struck [Tower] and, literally, the towers in New York City that were destroyed?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. It is a great privilege to be called to your group this week, and we thank you for the privilege of sharing our thoughts with you and for sharing this time of meditation. Each of your vibrations are beautiful to us, and we thank you for the gift of yourselves, the gift of your time, and your seeking.

We are most grateful to be able to speak with you and ask of you only that you be very careful in listening to what we have to say, for we are error-prone, those of opinion rather than of authority, seekers upon the path just as are you. And we do not want to constitute in any way a stumbling block to your seeking. Take those thoughts that appeal to you and leave the rest behind. This is the way of truth. All truth is not for all entities. There is a resonance to that truth that speaks to your own seeking and to your own situation. We ask you to trust your own powers of discrimination. For truly you have a very keen radar for truth and for falsity.

You ask this day concerning the Matrix of the Spirit and the Potentiator of the Spirit. And may we say that this is a very interesting subject and certainly one that challenges our ability to use this instrument to create a structure of sense and truth. For this is a mazed subject. The construction of archetypal images in a certain system is a tool, a resource of learning about the architecture of the deeps roots of your mind. It describes things that are impossible to put into words in terms of imagery and combinations of images. These are subjective images that are intended to act as triggers as much as patent images. They are not necessarily to be literally interpreted but to be felt, to be sensed, and to be entered into.

In the system of the images which we of the Confederation have often spoken to your group concerning, the archetypal images are divided into

three groups: those that pertain to the body, those that pertain to the mind, and those that pertain to the spirit. In each of the three systems there is a matrix which is a still and unmoving structure that is a receptor web that has only very limited ability to act. What it can do is desire. It can reach. This is the nature of the matrix. It is essentially a structure into which catalyst will come and through which catalyst will be processed into experience. In these three systems the potentiator is that which is able to fertilize or to make fruitful the matrix. There is a dynamic between matrix and potentiator then. The basic dynamic is that, in the mind, the reacher and the reached; in the body, the body in constant motion, and the controller of that body; and in the spirit, the unreaching, unhasting darkness of spirit waiting for, hoping for, yearning for, and desiring information about itself. And out of the dynamic of that dark yearning comes the Potentiator of the Spirit, which is light.

Let us take a moment to gaze at the power and the peace of this situation, of the empires of mind and body and spirit, of the supple and lithe connections between body and mind, mind and spirit, spirit and body. The spirit, the soul, the entity that each of you is, is a crystalline shape, a snowflake, shall we say, a beautiful crystal. Each of you is unique. Each of you has your own beauty. Each of you has your own symmetry. And within your crystal each of you is working with those perceived flaws, those clinging barnacles of matter that are not the gem. Each of you seeks the light of spirit to inform and advise. Each of you, then, has laid before you a tremendous range of resources upon which you can rely with your linear, intellectual mind, with all the powers of ratiocination that you have at your command, with the grace and rhythm of the pulsing body that in its instinct and in its essence is so completely aware as a second-density creature is of the love and the light, of the harmony and the unity of the creation and the infinite Creator. And of the tremendous strength of that creature which is the spirit.

The kingdom of the spirit is a dark one. And we say this not because darkness is evil, for darkness is not evil. We say this because it is the nature of spirit within third density to be largely impossible to see. It is dark because it must be dark, and the light that is the Lightning Struck Tower, though it may seem radiant to the physical eyes when seen as a symbol in your World Trade Center bombing, in terms of metaphysics it is a frail and flickering candle of a lightning bolt that is all too quickly extinguished and shows all too little of the hidden landscape of the spirit.

Each of you will spend the incarnational time that you have in this estate of peering into darkness using seemingly the dimmest of lights, occasionally receiving that lightning, that bolt of epiphany that speaks, that is as the star that guides, that brings that moment of clarity and spiritual truth that is so blessed. Thusly the Matrix of the Spirit is called, in the tarot system, the Devil simply because the spirit seems, in its form, to be antithetical to the body. It seems that there is a tremendous sacrifice involved in moving from things of the body to things of the spirit. It seems as if one must give up the life, in a way, when one chooses the life of the spirit because the life of the world no longer fits, no longer applies. When light has been brought to the spirit there is tremendous change and transformation that takes place. And there is a death process that goes on as the allegiance and the thinking of the seeker moves from one system or realm or kingdom to another.

Is this an evil matrix? Is there something evil about the spirit that has brought the energy of Lucifer and Satan into identification with it? We would say, no, absolutely without hesitation there is no evil whatever in the spirit, nor is there good. But, rather, there is simply essence. There is that which is. This is how you are made. This is the way your vibrations are structured within the energy pattern or the energy field of your being. This is the way the Creator is articulated at this point in the Creator's progress. And what you are looking at is, as this group has mentioned several times during the conversation, somewhat abstract and hard to get hold of because it is not the familiar. It is not the everyday. But, rather, it is what is moving below the surface of self in very deep portions of the self that help to shape the options that are available to each of you within the incarnation. The more that you can see into these relationships of Matrix and Potentiator of Spirit, the more hardy you may be in terms of being able to withstand and to be able to use the light which there is because it is so precious and so rare.

Those who bring light are, shall we say, a way or a symbol of the same thing as saying those who bring polarity. It is not precisely knowledge that the tree involved in the Garden of Eden story was bearing as

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its fruit. That is not it, precisely. It is not simply a body of knowledge that was forbidden. Rather, it is the essence of third density that is being talked about in this story. The creatures of Eden were basically second-density entities. They did not have free will. They did not have self-awareness. They were the created opportunities for spirit growth without the indwelling spirit. The story of the one known as Satan offering this fruit of good and evil to the one known as Eve is, as the one known as Eric points out, a delightful way of shifting the blame for the entire fall of human nature to women and that, shall we say, incorrect solution has entranced and delighted men in many different religious systems of those of your planet and has led many into sweeping generalizations concerning biases towards the feminine gender and their unworthiness which have been quite stubborn in balances within your peoples as a race.

Each of you, we find, within this circle is fully aware that this is not a correct solution. It is neither a masculine or a feminine quality, good and evil, but rather each of these genders is opportunities to learn certain lessons, and the souls that inhabit these bodies of gender are both sexes and neither sex; in other words, simply souls. But the reason, the logic behind the woman giving to the man this fruit of the tree of good and evil, this polarity, this third-density essence, is simply that in the system of archetypes the Matrix of the Mind is the unfed spirit, the unfed seeker and the Potentiator of the Mind is a deeply feminine character, the High Priestess, which represents, shall we say, the fructifying influence of the subconscious, so that the unfed mind is reaching into the subconscious for its knowledge, for its truth, for its beginning of experience. This is the only reason for this attribution of so-called evil to the feminine character. It is well, when looking at stories such as the Adam and Eve Story, to look at them in symbolic terms, in general terms, in terms that would suggest and would provoke contemplation of deeper issues.

The darkness of the spirit is like unto the darkness, the apparent darkness, of the starry heavens. As you gaze from the side of your planet out into your outer space, that thick velvet of infinite space is as are you in your spiritual aspect: an undiscovered country of hills and valleys unknown. And every place is sacred. And every place is full of information. And every place looks to be that which it is not. There is thick darkness and great depth of unknowingness to the spirit within third density. The veil of forgetting is very deep. And the life-giving light, when it falls, yet does it not always disclose truth. And so there is a great peering into what light there is to see beyond the falsity of the complex and intricate patterns of spirit.

Even when the veil of forgetting is lifted, even when you ascend into densities which are full of light, yet still that spirit is stubbornly unknown, and layers of misinformation and false patterning will fall away as the densities roll, and we find this still to be true with our selves. We find we still peel away another layer and another layer of that deception of spirit which is part and parcel of the situation which we all enjoy as part of the Creator. It is not that the Creator intends to deceive. It is not that the light means to be false. It is that there is so much of untold riches to the infinite Creator that It is not all articulated. There is much still for the Creator to know about Itself. And yet that seeking is a slow, slow process. For all that the Creator finds out about Itself, It finds out from you, each of you, each of us, each of all of those entities that live and move and have their being within the creation of the Father.

We find great beauty in this pattern. We do not understand it completely. As each of you works with your own spiritual journey we ask simply that you not fear the light-bringer who brings seeming destruction. For there must be that taken down as a preparation for that which is builded anew. There needs to be the removal of false concepts before the building of a fresh and vital concept.

We would, at this time, transfer this contact to the one known as Jim, pausing only to offer to the one known as M the comment that we see the wanderers among your peoples because of the overlay of the vibratory patterns of their home density. Those who are wanderers can only feel this, as you have said, rather indirectly and by inference. However, it is our feeling that all those who are awakened upon this planet are wanderers at this time and functioning as such. We would now leave this instrument in love and in light and transfer to the one known as Jim. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to ask if there might be further queries on

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the minds of those present. Is there another query at this time?

M: I'd like to know how the patterns of the matrix of the souls looks to you. Does it look geometric? What is it made of? What is its purpose?

I am Q'uo, and am aware of your query, my sister. The pattern of the matrix of souls who have taken incarnation and who have moved into the physical third-density for their incarnation is a pattern which is formed of light, formed by love, in a fashion which is useable by the mind complex for the purpose of pursuing information-gathering and decision-making, shall we say. For the Matrix of the Mind, in the system of images which you call the tarot, is a quality which allows for a nurturing of experience and the utilization of this experience in a useful manner. We would ask the questioner to query further as to more specific information.

M: I'd like to know how we can make use of it, for example. Can we visualize its form or its flow to help us learn better or see more and make better informed choices, or heal ourselves? Things like that.

I am Q'uo, and am aware of your query, my sister. All of which you have mentioned are possible for any seeking entity by the fruits of the seeking process. The Matrix of the Mind is a concept complex which is a tool for the seeker of truth, as are all the images of the Major Arcana of your system of tarot. For each one forms a kind of library, shall we say, that allows access to various portions of the mind itself. If we look at the mind as a jewel, each concept complex of the tarot is as a facet of this jewel. The jewel, the mind itself, is brilliant in its appearance to us, for there is light in each entity which is emanating from this jewel in such and such a fashion according to the proclivity or tendency of each seeker to seek in its own way. Thus some facets of the jewel of the mind are brighter than other and the overall balance of brilliance is that which reflects or measures the seeking intensity and efficiency of each seeker. We would see the Matrix and the other facets of the mind as avenues which a seeker may pursue in any manner chosen by free will, including each of those which you listed. Is there another query, my sister?

M: That's all at this time.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I received a letter yesterday from Bruce Peret, and he said that the Earth had once again accepted us and wanderers in general as those whom it would accept love from and accept healing from. Can you comment on this situation with our planet and its feelings and experience right now?

I am Q'uo, and am aware of your query, my sister. The entity which you call Earth, or Gaia, is one which is in the process of its own evolution as is each entity upon it. The Earth entity at this time, realizing that it is preparing to move into a more intense portion of the birthing of a new Earth is, as we have mentioned previously, particularly vulnerable as is any woman who is about to give birth to new life. The experience of many thousands of years of difficulties between the populations of this planet has caused the entity of Earth to be, shall we say, infected with a great deal of anger and hostility, the vibrations of the bellicose actions of your peoples over a great portion of your time. This heat of anger has caused the entity of Earth to release the excess heat in various places in various manners. Those geophysical eruptions of your volcanoes, the earthquakes, and so forth have been able to release some of this buildup of heat so that the mantle of the Earth, in some places, is rearranged in a fashion which causes a great deal of physical destruction. Yet the alignment possible after such rearrangements is that which welcomes the newer vibrations of love and compassion which are now moving more fully into expression within some portions of, not only the Earth entity, but large portions of the Earth's populations. Thus the entity of Earth has begun to vibrate more fully in harmony with both the newer vibrations of love and compassion and those of the population of this planet which has also sought to harmonize with these vibrations as well. Thus there is, within the Earth entity, a feeling of excitement at this opportunity, of distress at the difficulty of the birth, of compassion for those who suffer, and a kind of maternal disapproval of those who yet linger in the ways of war. Is there a further query, my sister?

Carla: Yes, Q'uo. I would just like to ask then: is our daily meditation practice the best shot that we have at reassuring Mother Earth that we do love her and wish to help her through this birth?

I am Q'uo, and am aware of your query, my sister. We would respond by suggesting that the regular meditations, focused upon the healing of this planet and the possibility of peace for its populations, is

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most helpful at this time and at any time. For as one is able to see light entering into the darkened world awaiting war, there is a balancing that is given yet another avenue to enter into the Earth vibrations. There is a point of balance, a fulcrum, which you may see created by your efforts to visualize peace and healing. This fulcrum is within the mass mind, or the planetary mind, of the population of this planet. It is that new mind, shall we say, which is being born at this time as the fourth-density positive population which shall remain as the remnant in its path of evolution at some point in your future, in all probability. When groups such as this one, and many, many others around this planet, meet for the purpose of visualizing peace and healing it is as a level moving through this fulcrum, lightening the vibratory pattern that has been prevalent for a great portion of your time. We recommend that such meditative experiences be regular and include not only this country but all those who are engaged in the pursuit of war, or the destruction of fellow humans. For each entity is quite closely connected to each other entity. The concept of unity is that which eludes most peoples of your planet at this time. That concept of linkage of one to another is most important to enhance at this time so that the vibrations of healing, acceptance, compassion, forgiveness, mercy, understanding and so forth may be injected into the peoples of the various geographical vicinities of this planet, thus strengthening the bond that each is aware of at some level of the life experience. Thus the vibrations of light sent forth in meditation move where they are needed most, into those areas of the planet and the population which are engaged in the destructive effects of separation and the thinking which brings it about. Is there a further query, my sister?

Carla: No, thank you. That was plenty. Thanks.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

C: Could you say something further about the remnant that will remain here for fourth-density work?

I am Q'uo, and am aware of your query, my sister. The so-called remnant, that portion of this planetary population which shall remain with this planet, is labeled as such by many for there is in all likelihood a far greater portion of the population which shall need to find further experience within the third density in order to balance the difficult vibrations which have not allowed the graduation into the density of compassion. Thus those who do remain and who seek in the positive sense are from various locations, shall we say, not just this third-density planet which you call Earth. For the population from this planet that will be able to welcome and enjoy the vibrations of love and compassion is small in comparison to what this planet could comfortably welcome and stably house.

There are many entities coming from other third-density planets who have made the graduation at this time, who are incarnating early within the fourth-density experience of this planet in order to help it in its birth process. This is considered a great honor, for there is much catalyst at this time which these entities seek to utilize in a positive or magical sense; that is, the transmutation of the vibrations of separation into that which enhances the unity between all the peoples and the creation itself. This population of the new Earth is that which is like unto the vanguard that moves first into the difficult areas of conflict and seeks to combat the difficulties with the vibrations of love. There is no direct conflict, as you are undoubtedly aware, for those who move under the banner of love are those which welcome the opportunity to transmute the dark and heavy vibrations into those which are light and full of love by the effort that they make in these latter days of your third density.

Is there another query?

C: Not at this time. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

M: How will we physically clean up the Earth? Will there be magical means? Will we be able to clean it up?

I am Q'uo, and am aware of your query, my sister. One of the primary qualities of the fourth-density experience is that which may be seen to be the ability to utilize the frontal lobes of the human brain in a manner which is able to participate as a co-Creator. The ability to create with the mind those tools and resources necessary for the revitalization of this planetary entity which you call Earth is the primary means whereby the healing of this planet may be achieved.

Is there a further query, my sister?

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M: I am concerned about the loss of species of animals. I wonder if they can be restored?

I am Q'uo, and am aware of your query, my sister. And we can assure you that through both the processes which we have just mentioned and the natural regeneration of the Earth itself will make it possible for this planet to become inhabited by those species which have previously been present upon and within its being. This is correct.

Is there a further query?

M: No. Thank you.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

C: I would like to ask about working with frustration. I seem to have a great deal of it these days. A lot of people are dealing with it now and struggling against daily things as well as larger things. Do you have any recommendation other than meditation?

I am Q'uo, and am aware of your query, my sister. We would suggest the further use of meditation in a specific fashion in order to deal with the increased stress and frustration which the daily round of activities for each of your peoples has brought in this time of turmoil for most of your population.

When the end of the day has come, or at some portion just prior to retiring for the day, we would recommend the sitting in meditation and the reviewing of the portions of the day which were perceived as frustrating. Look again at each situation. Relive the experience of frustration and observe the components of this experience: each entity, each event, thought, response, each detail which you can remember, so that the experience is once again alive in the mind. Then when this frustration is felt in this particular type of meditation, allow the balancing emotions of peace, of understanding, of acceptance, of tolerance, of humor to begin to surface as well within the mind until there is an equality of power between the frustration and the peace. This is a kind of short course, shall we say, in experiencing the incarnation. If one is able to accept the self, both for having the frustration as an experience and for being able to find within the self the ability to balance that with the feelings of acceptance, compassion, mercy and so forth, then you are able to move in a more balanced fashion within your daily round of activities, having laid the foundation within both the subconscious and conscious portions of the mind for being able to deal with various other frustrating experiences in succeeding days and rounds of activities.

Is there a further query, my sister?

C: No. Thank you.

I am Q'uo, and we thank you once again, my sister. Is there a final query at this time?

E: I would like to know if it is possible for us to straighten out the situation on this planet without straightening out the situation between the sexes?

I am Q'uo, and am aware of your query, my brother. The situation, as you have described it, is one which has many, many facets, being rooted first in the concept of separation. What is the first separation? Self from self. As each individual entity views portions of itself as needing punishment, as being less than valuable, as being unworthy, then is born the concept of the separation of self from others as well. So that which you have described as the difficulty between male and female sexes upon your planet and the subjugation of the latter by the former, then, this kind of separation is also possible between groups of peoples, one state and another, one country and another, one religion and another, and so forth.

Thus it would be helpful to begin the healing, not only between the female and male portions of the populations, but between those portions of the self which have been rejected for one reason or another and have made the possibility of rejecting other entities a reality. The healing of this planet and its peoples is a healing which begins with each self and moves outward to include all other selves.

Is there a further query, my brother?

E: Then, if I have you right, then, it basically starts with the self? Straightening out my relationship with my self is where I need to begin rather than worrying about gender relations. Is that correct?

I am Q'uo, and am aware of your query, my brother. We would recommend that indeed the effort at healing begin with the self but at the same time include all other relationships of self with other self, the male and female relationship being primary among all relationships. Thus the healing process may be far reaching in its overall scope but indeed begins with the self.

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Is there another query?

E: No. Thank you.

I am Q'uo, and we thank you once again, my brother. At this time we feel that we have spoken as fully as this particular instrument is able to, for there is some distraction and fatigue. We thank each once again for inviting our presence this day. It is a great honor to be invited to join your circle of seeking, and we can assure each that the Confederation of Planets in the Service of the One Infinite Creator has many emissaries present at this time observing the movement of your peoples from one concept of love and acceptance to another. As this concept begins to spread from one grouping of peoples to another we see a great deal of light being generated so that your planet at this time is a combination of the light and the dark in many different patchwork places so that the light very slowly but surely begins to burn brighter in those areas where there are hearts to open to the concept of love more and more fully as the catalyst becomes greater and greater. You are not alone, my friends. There is a great company of the heavenly host which moves at this time to send its light where it is most needed according to the difficulties that various portions of your planet now experience. As your meditation groups meet and send their light it is joined by the light of many, many others and moves into those areas at this time that are in difficulty.

We are those of Q'uo and we add our light to yours, and at this time we would take our leave of this instrument and this group. We leave each, as always, in the love and in the light of the one Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 7, 2001

Group question: The question today has to do with the healing meditations that you recommended a couple of weeks ago in response to the terrorist attacks of September 11 and various other places on the planet which are full of anger and war and hatred, famine, poverty, disease and so forth. We would like to know a couple of more ways that a person could use to send love and light to all the areas, the people, the places that need it.

(Carla channeling)

We are those known to you as the principle Q'uo. Greetings, love and light to you. The love and the light of the infinite Creator to you this beautiful autumn evening. What a pleasure it is to rest in meditation with each of you and to join your circle of seeking. We greatly thank you for the privilege of being called to your group, and, as always, we would simply ask that as we offer our ideas, that each be confident in her own powers of discrimination. If an idea or thought seems resonant to you, by all means, we offer it as our opinion and our best answer but not as authority. If it does not interest you, then by all means lay it aside and move on. We thank you for that discrimination because that allows us to express ourselves with the most accuracy that we can through this instrument without abridging the Law of Confusion.

It is a pleasure to speak with you concerning the question of how to be instruments for the love and the light of the one infinite Creator. It is a most central and key question for us as well as for you. We have long hoped to offer our part in positively affecting the process of the birth of fourth density positive upon your planet and among its peoples, so we, too, are focused in our own ways on the questions of how to offer love and light to the planet and to its peoples. Obviously, our current solution is communication within the rather narrow confines of a meditation which has a trained channel of the type such as this instrument and the one known as Jim are. This enables us to offer impressions and to tell stories as the one known as S suggested, to weave tapestries and structures of words that may constitute resources for you, as you think about these questions that are infinite in their possibilities for fruitful contemplation and further realization and understanding, if we may use that term.

This communication of ours is bound in silence. It is silence that fuels the channel, silence that fuels the desire of those present, and silence that enables that desire to be honed. It is silence that enables the self to be known to itself. It is in silence that trust and faith abound. It is in the shared silence of prayer that miracles happen.

Prayer is a word that has emotional overtones for many, and yet we use prayer not only for formal orison and for words beseeching the Almighty in the traditional sense of prayer, but also prayer as entering the silence, prayer as practicing the presence of the one infinite Creator. It is easy to open to the self an empty room by silence. It is more fruitful to

visualize or to realize that room within that is the room of prayer, shall we say, or the room of silence as a room that has atmosphere and person, in that it has location within that person that you are most deeply are. It is like the sanctuary that is in the very heart of the temple that the priest may enter for private moments, those moments which fuel that ministry that serves others. For each of you is a temple and a priest within the temple. The temple is that body and that personality and those gifts. The priest is the consciousness within that directs that building and its stewardship, the disposition of the talents and treasures of the temple and the use and aid of those faculties of being that fuel the ministry.

Each priest needs to spend time in that sanctuary that has to do with no one but the self and that connection that is sacred between the self and the infinite Creator, between the loved and the lover, between the spark and the source of that spark, that great fire, that great light, that great love, that great Thought that is the one infinite Creator. It is helpful to picture entering, not that empty room of impersonal prayer, but a very personal room that is the heart of self and in which there waits the figure of the Creator as the Creator would appear to you. Many see the Creator as Father. Many see the Creator as Mother. Some see the Creator as the Christ, as does this instrument. Whatever that image is, realize that the Creator is waiting for you there and that you go to be with your true self when you enter the sanctuary of silence.

This enables the basic lining up of the energy body so that the silence may be offered and may be used to the Creator and for the use of the Creator. For meditation itself is something that feeds upon itself. There is the intention to meditate which becomes the meditation, which becomes the intention to meditate, which becomes the meditation. The one known as T was quite correct in stating that it matters not the perceived degree of efficacy achieved by the meditator or the one who prays. What matters is that the entity remember that the entity come into remembrance of that sanctuary, that infinite Creator, that presence that touches the life and in so touching the life creates the life for it.

We will speak to some extent about various techniques, but first we would like to say that beyond any technique of meditating, visualizing and sending light to a certain concern, there is the simple truth that as this instrument's Psalm says, *"Send forth your spirit, and I shall be created, and you shall renew the face of the Earth."* As each of you comes to that sanctuary, comes to that door of spirit, enters through it and practices the presence of the infinite Creator each of you is coming into his own higher self and is filling out and fleshing out a nature that is already there, that has been there before the world was. Each of you is a spark of the Creator. Each of you has within you that spirit which has the genius to know what is needed in a particular moment. The greatest and most courageous feat of faith is a surrender to that spirit and to that spirit's will for you. And that in itself is a prayer. "Send me forth. Create me. Play on me as you play on the face of the deep and create that which is a new world, that which is a new me. Let me be, for the first time, fully my true self. And let that true self become full enough of the higher aspect of self that it irresistibly begins to radiate."

As the one known as T noted, even a tiny bit of doing this, of allowing the heart to become open and golden and flowing, creates a joy and a blessing that is often startling. It is not that you are going in search of joy. It is not that you are attempting to create bliss. It is simply that you are attempting to line up the energy body, balance it, open it and ask it to work. Ask, shall we say, the Holy Spirit, the one infinite Creator, your guidance, however you frame your processes of communication with the divine, to make you an instrument of His peace. Each of you is a crystal instrument and truly it is not necessary to know precisely how you are creating the melody of love, how you are shaping that instrument which is your crystal being so that it is able to transmute, intensify and anchor into the planetary vibration the infinite light and love of the one Creator. It is only necessary that you surrender to that intention. The remaining details are useful, but they are more useful for the linear mind than they are in terms of the metaphysical.

In terms of the metaphysical, the clumsy and awkward attempts of sincere people are far more persuasive than the sophisticated, easily spoken and roundly shaped phrases of faith that do not come from the heart. It is not necessary to be clever, articulate or even to have words. What is necessary is that there be a process that is passionately being pursued whereby the seeker is seeking along the path of spiritual evolution. The desire to serve creates the opportunity to serve. The opportunity to serve

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creates the means to serve. The means to serve flow through the instrument and out into the world. Thusly, the main focus of the crystal is to be a good crystal, to open the self as a crystal, to give the intention of service, to give the intention of placing time in the silence for this service and to be persistent about offering this service in a way that speaks more and more to the question of how high an amperage is this light? How high in amperage are you as a crystal? [How committed are you to] this process of patient, dogged persistence, no matter what your self-concept is: to that which is most effective metaphysically. Those intentions are powerful. They are your strength, not any self-perceived skill or lack of it with entering the silence, maintaining the silence, holding a visualization and so forth. These are linear details that some are quite effective at dealing with and some not so effective. This instrument, for instance, is not a skillful visualizer and, in fact, is often blocked from visualizing.

The secret to visualization is finding an image that brings forth the passion and the desire to serve and opens the heart in a certain way. We speak now not of visualizations in the white magical sense but visualizations in the sense of taking an image and sending energy into that image, attempting to build an image of light and healing. Perhaps the simplest image is the globe itself. The book cover of this instrument's book [*A Wanderer's Handbook*], which shows the globe with the sun rising behind it in that dawn of the new age that is breaking over the Earth, is perhaps a good object to take visualization from, for in that visualization there is both light shining from the dawning of the new age upon the entire planet and the colored lights streaming into the planet which are all of the souls entering the Earth plane that wish to help the Earth at this time.

Realize that much light is being sent to this planet at this time, and when the visualization of this globe is done it is not a visualization that you have alone. For many, many entities visualize the basic globe and send light to that globe until it is bright all over. There are ways to embroider this basic image of the globe in space and the light coming to it and dawning over it that, perhaps, are more personal. One may picture oneself as one of many beings which are weaving a net of love and light just like a fisherman's seine or a butterfly net, something that moves across the entire stream, that wraps around the planet like a great, full skirt from an angel so that all of the planet is wrapped in this shining mesh that is made of individuals' love and light, woven energy upon energy, sent from so many instruments of love and light, from so many light workers, shall we call them, into this web or net of love.

One great problem is simply convincing your planet that you truly care. There has been a substantial amount of uncaring, neglectful and even destructive action of entities upon the Earth in ways that the one known as Jim was commenting upon earlier, creating ever-increasing lacks of good environment in which various species may thrive. The sheer passion and persistence of this effort is that which the Earth will hear. If visualization is a problem, it is possible simply to speak with, to give words to, the Earth, to explain to the Earth how much it is loved by you, how much you appreciate the Earth, how much you feel in unity with the Earth, and how much you want to help it come through this tremendously exhausting and difficult period of birth.

We find that we need to move on to speak through the instrument known as Jim. We are watching this instrument's energy level this day, and we feel that this is sufficient through this instrument. We thank this instrument and would transfer this contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each once again in love and in light through this instrument. We would ask if we may speak to any other portion of this query if those present would examine that which we have given and put forth any refining queries at this time. Is there such a query at this time?

Carla: Would you like to discuss any other methods of meditation and sending the light that would be options for people to use?

I am Q'uo, and we are aware of your query, my sister. We are grateful that you have asked this portion of the query again, for there is indeed a variety of ways that those who wish to aid the healing of this planet and its peoples may do so. We have often mentioned the technique of visualization, as we did previously today, so we shall at this time discuss a technique which may be more helpful to those who are less skilled at the inner visualization.

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When in the meditative state look at the feeling that one connects to the anguish of the world, of various locations, peoples, experiences and so forth. This ability to perceive the difficulties which others upon this planet are experiencing is yet another means by which those who meditate with the desire to heal may connect their experience with those who need light. Indeed, all are a portion of the one Creator, and the connections that bind each together with each other entity are those which are, shall we say, submerged within the subconscious experience. It is helpful to imagine one's own being within a certain set of circumstances, perhaps of having no home, being hungry, cold, alone or with a great mass of other entities in similar circumstances such as is now the case in the area of the world which you call Afghanistan. Imagine what your experience would be like to be without a home, hungry, to be fearful, to be uncertain of what the next day would bring. Allow your feelings to move into those areas of your being which can appreciate this experience. These are the subconscious levels of the mind.

Experience for as long as you are able the feelings of anguish, of pain, of loss, of confusion. See with new eyes how an entity such as yourself would respond to these severe circumstances. Allow that feeling to grow within yourself until it is truly palpable. Then, from within the center of your heart, allow that quality of love/light to emanate until the previous feelings of the stress have been, shall we say, engulfed, surrounded by the love and light emanations from within not only your heart but from within the hearts of all others who meditate with you as well. Experience the outpouring of these small streams of love and light until there is a great river of love and light that completely engulfs the feeling of distress. See these feelings of the distress begin to lighten as there is sent to them those streams of hope, of faith, of support, of unity. See these threads of light weaving together, feel them joining, experience this blending of the concerns of many such as yourself for those who are experiencing extreme difficulties. Allow this feeling to remain with you for an equally long period of your meditation. Then give praise and thanksgiving to the one Creator who made all that there is the opportunity to serve the One in this manner.

Is there another query, my sister?

Carla: That was very interesting. It seems like it is similar to the personal balancing technique but for the planet. I guess another question that comes to my mind is one that I was talking to C about because she and S have a great number of crystals. I had imagined them sorted into colors and used like a mosaic to create a glyph, some kind of shape that would help to intensify the self as a crystal and become a larger crystal and do better light work. I had thought of the Star of David with a cross inside of it or some such symbol that had a lot of energy to it that would be helpful. What do you think of this idea to use crystals or water as a kind of accelerator to help?

I am Q'uo, and am aware of your query, my sister. The use of the crystals for enhancing the meditative practice of sending love and light where it is needed is a practice which, indeed, can be most efficacious. However, there is some skill in the use of such accoutrement for the purpose of healing. It would be our recommendation that one or more crystals be chosen for their specific feeling or vibratory nature. There are many kinds of crystals which are each unique in their qualities of being able to enhance the imaging of light. For, indeed, the crystals themselves are often referred to as frozen light. To use a great number of crystals for such an endeavor would be, in our opinion, counterproductive, for this quality of uniqueness that each possesses would work against the unified acceleration or intensification of the light which is being sent as a healing device.

We would recommend that the crystals be examined for the appropriate feeling-tones, shall we say, and those possibilities for utilization be used one after the other separately in order that the most efficacious crystal be finally chosen and used in a manner which may be likened to a resonance chamber. The crystal may be held in the hand while the meditation is undertaken. The inner visualization would need to see the crystal and the heart and the third eye working in harmony in a synchronized fashion, the thought of the need for healing being held foremost in the mind. Then the crystal may be imaged as being the medium through which the thought would be sent. And the visualization of the recipient of this light, whether it be a planet, a country, or a person, would then be seen to be bathed in this light. Thus the thought or the image would be sent forth and enhanced by the use of the crystal in this fashion. Is there a further query, my sister?

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Carla: I would like to ask a couple of questions from Dr. E Are there cultures of sentient third- and fourth-density, service-to-self nature of reptilian and gray beings located in subterranean facilities or cities located in the southwest of the USA that are busy herding humans as slaves, guinea pigs and labor?

I am Q'uo, and am aware of your query, my sister. As you are aware, we are hesitant to speak in specific terms concerning such a query for indeed there has been a good deal of interaction between various extraterrestrial races and those of your governmental structures, both within this country and many others. The activities of such interactions and the entities involved are those which we feel are, shall we say, subsidiary to the primary effort of those entities who seek to serve the Creator in the positive sense by the opening of the heart chakra and the shining of the light of love to all who are encountered and seen as the same as self, the same as the one Creator. Thus it would be our recommendation in this instance that the focus be removed from the fringe areas of concern and placed once again in the heart of the incarnation. Is there another query at this time?

Carla: His next question is, if so, if there are beings here which are service-to-self, what is the best way to thwart or greet their efforts?

I am Q'uo, and am aware of your query, my sister. We, again, would recommend the meditative state for any such effort to be of service to those who may be seen to be of a service-to-self nature. Those who are seen as such may also be seen as the same as those who were seen in distress; that is, there may be engendered this quality of love/light which may then be seen to be sent to these entities who are of the negative polarity so that they also are engulfed in the radiance of the noonday sun. Then this quality of love and light may also be seen to be surrounding and protecting those areas or persons that are felt to be endangered by such entities. Thus the quality of love and light may be utilized both as a healing and as protection. Is there a further query, my sister?

Carla: I think I will hold it to two questions from Dr. E. I know he will appreciate what you have said. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

S: A minor question. Carla just sent me the [transcription of the] first session of this fall's meetings, and side two didn't record. Do you ever change your mind and have the tape recorder not record, or is it just mechanical? Is there something else operating here that keeps the tape recorder from recording?

I am Q'uo, and am aware of your query, my brother. We give information and our opinions with a free and open heart. We do not change our hearts or our minds. Your recording devices are usually accurate in their functioning. However, there is occasionally the misdirection, shall we say, in the operation of such machinery. We find that this instrument is often unable to handle all the buttons and dials. However, he is diligent in his perseverance. Is there a further query, my brother?

S: We hate to lose any of your words. If there is any way that you could let us know if there is a problem with the recording devices we would appreciate that.

I am Q'uo and we are aware of your query. We are able to utilize an instrument such as this one and the one known as Carla with some difficulty, but we find that we are out of our league, shall we say, with the mechanical devices that are utilized in these sessions. We must apologize for our lack of ability to communicate with such entities. Is there another query at this time?

S: No, I guess I won't ask you to program a VCR then. Thank you.

I am Q'uo. We thank you once again, my brother. Is there another query at this time?

C: I would like to ask about a dream that V had, that she has had repeatedly at various times in her life. She has a dream of seeing a shore and darkness upon the water, infinite sea, and then above the sea there becomes one moon, and then a second, then a third, then a fourth, all full. And then she looks and sees the moon that is creating these four moons and these four moons are reflections of it. Then the fifth moon smiles and she realizes that it is the Creator and that the Creator loves her and that everything is perfect. Then that Creator's moon splinters into a million pieces of all different colors. She wonders if you could comment on this dream?

I am Q'uo, and am aware of your query, my sister. In this instance we find that we may speak in a limited sense, pointing the way rather than leading.

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The concept of the moon is one which is, of course, central in this dream. The moon for this entity is a quality which is partaking of the feminine nature, that which is somewhat hidden and mysterious, illuminated by another source. The one known as V may look within her own experience for the recollection of the primary quality of the moon. The shattering of the Creator in the form of the moon into many colors may be seen as the many peoples and experiences which the one known as V has met or shall meet in her life pattern. The number of four also is significant. Moving from the lower to the higher in energy centers one finds that the heart is the fourth center which may be seen as a means by which the Creator may be apprehended or known by the one known as V. Each previous center or moon having distinct vibratory signatures that this entity would profit from examining. We would recommend that she be given basic information concerning these centers so that she may further contemplate the message of this dream experience.

We find that this is the extent of the information which we are able to give at this time without infringement. Is there a further query, my sister?

C: No. Thank you from V.

I am Q'uo, and again we thank you my sister. May we ask if there is a final query at this time?

(No further queries.)

I am Q'uo, and as we have apparently exhausted the queries for this session of working we would again thank each for inviting us to your meeting this day. It is a privilege for us to be able to join you, and we commend each for the great desire of each to be of service in the healing of this planet which has brought each to this circle of seeking this day. We would encourage each to continue in these efforts for indeed your thoughts of healing are things which are seen and felt and which have their effect upon the levels of the spirit which, indeed, is that place within each of us that enlivens our very vehicles of experience, our hearts, our minds, and our desires to learn and to serve grow from the seed of spirit that is firmly placed within each entity's heart. As you send love and light to any, you send it to all, and there is a kind of reverberation that feeds this process and moves it in the metaphysical sense.

We are known to you as those of Q'uo, and we would take our leave of this instrument and this group at this time. We leave each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
October 21, 2001

Group question: Our question today has to do with fear. Before September 11th, everybody had the normal fears of having enough money, food, friendships, harmonious work relationships, and so forth. Now there seems to be a general tenor for many people of a foreboding, a fear, that there might be more attacks, that we are not safe, that we are losing our freedoms, that something is going to get us. We are wondering if Q'uo could give us some information concerning how we can handle our fears? How can fear best be handled by the sincere spiritual seeker? Is there a way of changing our attitudes, our behavior, our thinking? We would appreciate whatever Q'uo has to say.

(Carla channeling)

We are those of the principle known to you as the Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We want to thank you for gathering this afternoon and for calling us to your circle. We want to thank [you for] your seeking hearts and your thirst for truth and for creating the atmosphere for such thoughtful comments as we are able to make about the interesting subject of fear. We are very happy to share these thoughts with you with the one request, as always, that each use her own discrimination and select those thoughts which may have value for you, leaving aside the rest.

Fear is a four-letter word, as this instrument would term it. The conversation before this meditation brought up the question of how fear could possibly be love, and perhaps that is where we shall start. Often it is helpful to move back to material that seems very simple and very obvious, yet within it lies the end of a string that can get very tangled. Yet if you tug at it from the end of its origin it unravels far more easily than if the attempt is made to tug on the string of fear past the tangle-point in the present moment, where the fear is living. So let us move back to the beginning of this particular string of reason and concept and gaze at love itself and what we think about love.

Love is another four-letter word. It is a very difficult word to deny knowledge of by anyone in any density, yet certainly within your density the word has so many overtones and undertones because of constant usage to mean several quite different kinds of affection that it is a difficult word to use precisely. When we speak of love we are speaking of that which is the essence of the Creator. The love of which we speak is far more powerful, far more coherent, shall we say, far more crystallized than the love of family or mates or even the overriding love of brotherhood and humankind. Love, as we speak of it, is not simply an emotion but, rather, an utterly coherent Thought. It is a Thought that is so powerful that it has created all that there is. This Logos which we call Love, this living entity that is the Creator and includes the created, is an infinite concept. Indeed, one word for Love is intelligent infinity. The essence of love lies in this infinity and

in its intelligence which is the intelligence of the Creator.

This creative Thought, by the action of free will, by the indwelling of possibility, has chosen to create light. Using this building block, which is the very fabric of space and time, the Creator has builded a universe. All that therein is, is made of light. All that is light was created by love. Consequently, all that is experienced in the creation is one thing, and that is love. No matter how distorted that energy, its substance is the same energy, the same ancestry as the lightest and brightest of energies. All positive- and negative-seeming appearances, no matter how far from love and light they seem to be, are still made up of love. Just as that which is new can become old quickly, just as that which is whole can become broken in a heartbeat, the creations of the Father within your experience all have a great deal of plasticity. Each of you is an agent of this Creator with a certain degree of latitude in creating the sub-universe which is your personal reality. Each of you, then, is a creature compounded of love, moving and having your being within an energy field that is made of love and shaped by your distortions of that love. Each of you comes into contact with a varying number of other energy fields, whether people, groups of people [or] societies. All of these energy fields have their being within the larger energy field which is the Creator. And this is true whether gazed at from the perspective of third density or from a perspective of higher densities. Because of our experiences within higher densities, certainly we experience a different universe in terms of what we sense and see. And yet we too see the interplay of fields of energy and know that all truly is one.

To move a little further into the question of fear, if you will think for a moment of your energy body, you may see that each center of energy within your body is vulnerable to distortion in a particular way, and we use that term, distortion, to indicate fear. For fear is a very common distortion of love. Within the red-ray the energy tends to be blocked if there is a fear of survival. Within the orange ray in the lower belly the natural distortion of that energy comes with the experience of attempting to relate to other energy fields, to other people. When there is a difficulty and there seems to be a threat from the personal relationship, this lower belly energy can be blocked or otherwise uncomfortably distorted. In the upper part of the belly, in the solar plexus, the yellow-ray energy center can easily be blocked by fears having to do with the family, the society, one's place within that family or society; in short, one's dealings with the larger groups that go beyond personal relationships and move into the roots of being, the family, the mated relationship, and so forth. And a great deal of that which many are experiencing during this particular autumn season among your peoples has to do with the energies that became manifest on the 11th of September of this year. These are basically yellow-ray fears, and the solar plexus of many, many entities within your culture has been punched, shall we say, hard and given the opportunity to choose fear, not just once but many times.

When fear closes or even partially blocks the energy that is flowing through the energetic body, energy moving into the heart becomes less and less, depending upon how bad the blockage is. Consequently, the natural effect of allowing fear into the energy body in any settled way is to close the heart. When the heart center is not receiving very much energy, then it is that there is not sufficient energy to do work in consciousness. It may be said that one cannot hear when one is screaming, and in a way that is what fear does: it deafens the ears of the heart.

Yet this fear is a creature of love. And the patient seeker does have resources to bring to bear when a blockage is perceived in the energy body due to fear. These resources are generally not expressible in linear terms. When one sees fire, one has a perfect right to fear the fire. It is hot. It will burn. And it threatens the survival of the physical body. There is no linear way to suggest to someone that he not fear fire or that he [not] at least be cautious and careful when using fire. The feeling of being invaded, being encroached upon, being terrorized is a powerful kind of fear that moves both in red ray and in yellow ray, two primary rays that are most powerful. And we have no right to suggest to anyone that she not fear a terrorist attack. Yet in a non-linear sense if one can move back in thought, bringing the energy of the mind beyond the present moment and the present catalyst and into the realm of personal essence and consciousness, the resources are powerful and ready to help.

"For He shall give His angels charge over you to guide you in all your ways, lest you hurt your foot upon the stone." [*Holy Bible*, Psalm 91:1.] This is a

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quotation from the holy works of this instrument, and it is true. Each entity has angelic beings attempting at all times to help and serve, to save and protect, to bless and to nurture. "Behold, I bring you good tidings." [*Holy Bible*, Luke 2:10.] That is part of the Christmas story of this instrument's Bible. An angelic being speaks to those who are afraid and says, "This is the unknown, yet it is the birth of spirit, and this spirit is coming into the world. And this is the spirit of light. So have great joy."

In the beginning, dealing with fears, it may be necessary to move slowly to allow the fear to be with you, uncomfortably so. Sitting with that, feeling that discomfort, creates within the seeker a growing awareness of the nature of this fear. As the one known as R said, sitting at the campfire with this fear, sharing a story, enjoying the night together, allowing this situation within to be what it is, is a helpful beginning. It may seem like nothing, but simply becoming quiet and still and accepting of the feelings that are in the heart is very helpful. One thing fear greatly needs is a lack of ridicule and an honest respect. That which is fear is that which is contracting within the energy body, that which is battening down the hatches, armoring and defending. Becoming able to sit quietly and with acceptance with this fear creates within the seeker the eventual feeling that it may be acceptable to somewhat allow this contracted state to melt away. The angelic help that moves towards the seeker at a time of fear is looking for ways to help the seeker expand and disperse and diffuse that concentration or tangle of energy that has been created by the fear. It is attempting to send you the energies of radiated love, that which, according to your holy works and according to us, does cast out fear.

One may look at various elements of fear in order gradually to emerge from that contracted feeling. Certainly one energy that is prevalent in fear is the desire to control that which cannot be controlled. The issue of control is very difficult. Almost never does one have control over that which is the object of fear. That which can be controlled is generally not feared. It is precisely the inability to affect changes in something that seems desirable or undesirable that has created the fear. It is in this situation that archetypal images may help more than words, for images are not linear. Thus when we speak of the leap of faith we speak specifically of leaping into a void, putting oneself in a situation where there is no control. But, indeed, the straightest road from fear to love is faith, the ability to move beyond the tangle in the stream of energy, back to the source, and it is done not by moving to anything but only from the position of fear. The classic paralyzing Buddhist description of fear is a seeker hanging onto a rapidly decaying branch of a tree, on the side of a cliff, with a tiger above and a tiger below, and a chasm beneath. And the answer to that image is to let go of the branch, wave bye-bye to the tigers and welcome the abyss. There is, in faith, that realization that in no way, shape, or form can we know in a linear sense that all is well or that all will be well. And yet that is what we claim. That is what we believe, and on that we base our security and our confidence.

This energy of faith seems to come to those in the darkest of hours and in the most pressing of circumstances. And it is in this sense that the tragedies of your September 11th attack may be seen to be beacons of light as well as fires of disaster. For in unsettling the smugness of perceived safety these attacks at once made it very shiningly clear to all of those who speak the word, freedom, within your cultures that a free and unfearing way of life was indeed a precious and wonderful thing, something dear and valuable and worth preserving. And this opened the energy systems of many as compassion for those who were victimized poured through half of your planetary population at once.

Times of trial and trouble such as the one you experience now are those times when fear can be most crippling and when that leap of faith can be most powerfully effective. What thoughts are you thinking at this moment? What thoughts have crossed your mind this day? What are your patterns of thought? Where do you put the value in your thinking time? And how would you choose to change those patterns of thought? Work in consciousness can be dazzlingly fast and brilliant. Instantaneous changes and transformations can occur, but in an incarnational experience the great majority of time is spent not in the flashes of illumination but in those times between, in those valleys between the mountaintop experiences. And yet those valleys can be your heaven or your hell or anything in between. Each thought that you think is at once an accident and a creation.

The challenge for the seeker is to become more and more conscious of the patterns of recurring thoughts, looking at those patterns of thought,

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asking the self, "Are these radiant or contracting thoughts that I am repeating? And if I would rather radiate than contract, how shall I affect the processes of this recurring thought?" It is patient and slow work to gaze at the self and yet allow the self to function naturally and fully. But there is an interplay constantly going on between the accidents of creation and that which you bring to creation that transforms those accidents. You are part of what happens to you. The thoughts which you habitually think create an atmosphere [in which] you may see something completely differently than someone else may see the same thing. To another person that sight may be frightening. To you, that sight may be quite tolerable. The difference is in the attitude, and work can be done on that attitude, not in a weekend, not because of one book, not because of one teacher, not because of one idea, but over a period of time in which the seeker has been thoughtful persistently.

At the heart of fear is a situation which at once defines your experience and is irrelevant to your experience, and that is your physical life. The root fear, the fear that closes red ray, is the fear of survival. Within your physical incarnation you shall never be free of the fear of death, for death is inevitable. From dust was the body created, and to dust shall the body return. Once it is seen clearly and at a basic level that this physical death is an illusion, then there is much less distortion and contraction possible. But it is seldom given to the seeker to come into full knowledge of her true nature. Seldom is it that he can see the inevitability of this revival of consciousness through the death of the body. Insofar as it is possible we recommend daily immersion in silence because it is in that region of the self alone that the truths of the metaphysical reality can flower in such a way as to fortify the vagrant imagination and strengthen the ability to have patience with the self and with circumstances that are other than you would wish them to be. To see all of these elements of your personal story as simply what they are is a powerful resource. To know that faith can change that story is a powerful resource also.

We would at this time transfer this contact to the one known as Jim. We are those of Q'uo, and we thank this instrument as we transfer. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. At this time we would ask if there might be any further queries to which we might speak.

T: I believe I have asked this before, but it has got a little more intense. Basically, how do you go about helping someone when there are other people involved and possibly you will hurt them by helping the other person? I would appreciate whatever comments you might be able to make.

I am Q'uo and am aware of your query, my brother. We would suggest that it is often helpful, in a situation in which there are many considerations affecting the service that one wishes to offer, to spend as much time as possible in meditation, not just to find the center of self and to make that kind of renewing connection which is always helpful, but, while in meditation, to explore the avenues available. Imagine one course of action that is perhaps to help as you are hoping to be able to help, to carry this out in your mind as far as you may, and to attempt to examine the repercussions of one's assistance. For a few periods of meditations, perhaps for as long as a week, each day, consider this possible avenue to be that course which you shall follow. In each meditation perform the service as you imagine it. Imagine how it will be received, and continue in this fashion until you feel that you are aware of this course of action and its ramifications. Then perhaps for another week, each day, take the opposite course of action, which perhaps shall be inaction. Imagine the repercussions. Be as thorough as you can. Experience this course as fully as the first. Then, after you have completed both courses of action and inaction, look within your heart to that to which you feel most committed. Is there a further query, my brother?

T: No. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I'd like to ask two questions from Dr. C. E. One is, "Is there a sizeable asteroid called the Death Rock or Mynra on its way to Earth on a collision course?"

I am Q'uo and am aware of your query, my sister. At some point in the future of this sphere perhaps there

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shall be such an event. We are currently unaware of such. Is there a further query, my sister?

Carla: Yes. What effort, method or means could be employed by humans or others that would result in the U.S. government bringing to light all their secret agreements with all non-human sentient beings, including channeled sources, groups or agencies which the government has listened to?

I am Q'uo and am aware of your query, my sister. We find that the probabilities of both queries are almost identical. Is there another query?

Carla: No. I think that is enough of that kind of question. I don't want to detune the contact. Thank you very much.

I am Q'uo, and we are grateful for your efforts on this entity's behalf. We apologize for our lack of information in these areas. We do not necessarily dismiss such inquiries as those of small value but can see little possibility for either occurring. Is there another query at this time?

Carla: I would just follow up by asking if you would like to comment on this kind of specific question and how it affects a channeling group and a channel such as this one, with Jim and me as instruments and you on the other end? I would welcome any thoughts that you would have on that since all of Dr. E's questions are specific.

I am Q'uo and we appreciate your query, my sister, for it gives us the opportunity to comment on the nature of queries which are offered to us. We are, as you are aware, happy to give our opinions in those areas of our expertise which are primarily those of the metaphysical nature, the process and proceedings of the rate of spiritual evolution, the ability to open the heart in love, for this is the primary reason and activity for which each took incarnation. While in the physical vehicle operating within third density it is often easy to become interested in areas which are of momentary interest. And we say momentary realizing that for many of your peoples there are years spent pursuing such specific information. It is our hope that entities that are engaged in such activity will at some point realize the futility of seeking this kind of information. For even if one had each answer there would be little value to the personal or general evolution. The information which we seek for ourselves and which we seek to share with others is information of a lasting value: that which is important to one's spiritual journey now and ever. There is a great deal of information which seems important for the moment, for it is full of the drama of your third-density illusion. Who did what to whom and why? And how? Yet how much more important is how can one love in this situation or that situation? We are always appreciative of those entities who seek beyond the illusion, beyond the seeming importance of trivial events that so congest your days and minds. For it is those who can penetrate beyond the veil and the illusion that shall eventually find the heart of their journey.

Is there a further query, my sister?

Carla: No. Thank you, Q'uo:

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo and we would like to take this opportunity to thank each for inviting us to join your circle of seeking this day. It is always a great privilege to be able to do so. We would again remind each that we do not wish to present any stumbling block for any seeker's spiritual journey. Any word we have spoken that does not ring of truth to you, please disregard it immediately, saving only those which do have that special ring of truth. We are known to you as those of Q'uo. We shall take our leave at this time of this instrument and this group. We leave you in the love and the light, the peace and the power of the one infinite Creator. Adonai, my friends. Adonai. ✤

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Sunday Meditation
November 4, 2001

Group question: The question today, once again, is focused around the events of September 11th. We are wondering if you could give us some information about [whether] the people who were directly involved and who gave their lives in this event might have been the catalyst for all of us to become what you might call a "nation of priests," people who are desirous of being of service to others and following the way of the peaceful warrior, of discovering love in the life, in the heart and sharing it with others. Could you elaborate on how this kind of catalyst can work in all of our lives and how we can become a "nation of priests"?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. May we say what a privilege and a blessing it is to be called to this meeting. We greet entities we have not enjoyed in this group for some time. We greet those who are new. We greet those who have some small experience with this group. We greet each of you and thank each of you, for each of you brings beauty and grace to the circle. Each is a gem through which the light of the Creator shines in a unique and beautiful way. And we greatly appreciate the flavor of each of you and the coloration of your vibrations. We would ask of you that you employ your powers of discrimination in listening to what we have to say, for we are not without error, but are as you: pilgrims seeking along a path that sometimes is broad and pleasant and at other times seems to be a path in the desert that is difficult and dark.

We greet you at a time within your year when the celebration is made for those who have departed the physical incarnation in faith and are considered among the faithful departed. The time of all saints is celebrated in this instrument's church at this time, the time when all of those who have experienced incarnation in this world and have moved on are remembered. You ask this day about some few of those who have departed from the incarnation recently because of the events of the eleventh of September, and it is an interesting [question] that you ask and certainly one that moves into deeper material.

Your question has to do with how a death can be more than a death, how a tragedy can be more than a tragedy. And we say to you not only that this is so but that it is so again and again in large occasions that acquire global notice and in the very small tragedies that occur within the purview of one small life. And yet within that life is all of creation. The nature of mortality is such that the incarnational experience as a whole can be seen as that which is sacrificed. The breath moves in and the breath moves out of the body just so many times, and then that body again becomes dust. The heart beats so many heartbeats, and then that heart is stilled. The physical body of each entity has written within it its future history, and one finds in those who have gained a great deal of peace that there is no concern

left when the question of dying is looked at. It is simply that which is known as part of the future history of that body. It is no longer, therefore, catalyst for distress or discomfort.

The nature of destiny is such that we cannot say to you that your future is fixed. What we can say to you is that you have made arrangements with a specific group of entities to be in the position of companion and minister to them, just as they are companion and minister to you. And you have agreements set in place to look at certain incarnational questions. For most entities those questions have to do with the giving and receiving of love. For many entities these lessons revolve around how to serve, how to give freely without expectation of return, how to be a healing presence without being an aura infringer, how to express the self without becoming a perceived negative in the lives of others. These and many other issues come up within the life repeatedly, and it is not to be amazed at that this would occur because there are careful arrangements in place so that no matter which way that you move, no matter which choices that you make in a given situation, the path somehow winds around to meet again those issues and to work with those people that you have made agreements with.

This is by way of saying that all of those souls whose lives ended on the eleventh of September in the World Trade Center or elsewhere did in a way have dates with destiny and in another way they were completely free up until the moment until that possibility/probability vortex turned into an actuality. The future is very much a creature of each of you and what you think and what you do. It is not fixed. We cannot look at the future and tell you what you shall experience because each of you is a co-Creator, capable potentially of generating tremendous light and tremendous love, not from within yourself but through the crystal of your being. Many there were who met their death that day in such a way as to embrace the light. Many there were that day who were as the unsung heroes whose stories shall never be known, who in helping others lost their own lives.

No death is ever a loss without a gain. There was for some of your time an issue which we were concerned with having to do with those souls who were not yet able to leave the inner-planes version of that locale in the New York City area. However, we are happy to say that over the two or two and a half weeks after that event there were those of what you would call your native American population—not those within this density, but those within the inner planes—which were able to work with those entities who were confused at that time so that at this time all of those souls which were involved in that tragedy have moved on into the realms of healing and are receiving the balm of Gilead.

Each of you, however, in living through this experience has, as several within this circle have said in the conversation preceding this talk, experienced emotional catalyst having to do with a change in the way the surrounding world is perceived because of that which occurred. Most of the surface events which come before your view are those pieces of information almost scientifically designed to reduce hope and faith and increase doubt and fear. As the one known as H has noted, the object of so-called terrorism is simply to instill terror, to instill fear and discomfort in the minds of those who were formerly smug and uncaring of the rest of the world. This has indeed occurred. There is a profound feeling of having been awakened from a sleep, a pleasant sleep that now is at an end.

The creation is made in such a way that balance is the strongest single force operating in situations that are unbalanced. And in the darkness of aggression lies the call to the light, and we do see that this call has, to an increasing extent, been heard by many among your peoples. The concept of unity is very simple. And, indeed, the name of the country in which each of you abides is called the United States, and yet may we observe that your states are more united at this point than before the events of the eleventh of September. The shock of such a general attack created the catalyst for many who had formerly thought of themselves as Americans with distinctions as to race or creed or color, [and who] now have found themselves as Americans without regard to anything but citizenship, feeling perhaps for the first time a fellow-feeling and a complete sympathy and solidarity with the man on the street of your towns and your cities and your countryside of America. Not because another looks like you or sounds like you but because that entity is part of that experiment that those known as the fathers of your country started so long ago.

You asked about the quote, "and ye shall be a nation of priests" and how one might focus on that quotation from your holy scriptures which this

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instrument's guidance which she calls the Holy Spirit offered to her when she was troubled and asking for guidance in this matter. If each of you will take a moment to think of the thoughts that you have thought today, the concerns that have been upon your mind, and then think of yourself as a priest and ask yourself, "Were I a priest would I have been content with these thoughts, these actions? Would I have been content with my day, with my service, with my walk? Would I have felt that I had touched into the presence of the one infinite Creator?" The sense of this particular quote at this particular time is that each of you is as a flower that is opening, and the awakening process is very much like a rose opening its petals to the sun. As the entity awakens and seeks and thirsts for the truth, that entity learns, and each of you in this circle is a veteran campaigner and has learned a great deal. There is much more to learn. There is always more to learn, yet there is a point at which the pilgrim soul can see itself not only as a student but also as a teacher, not only as a member of the congregation, but as a minister, not only as one who comes to the table asking to be fed, but as one who moves into the kitchen and makes sure that the feast is prepared.

This instrument has been saying lately that if ever there was a time to be steadfast it is now, and this thought, that you are a nation of priests, that you are a holy people, is along those lines. When you seek, when you learn, you develop a responsibility to share what you know, to live what you know, to express what you know in your daily life. Perhaps it is nothing more than a smile, a positive reaction to a negative situation, a word dropped at the right time, a thought that helps. At a time when it is easy to give negative thought, finding that one positive thought is to work magic.

When people realize their power they become much more effective. And so we would ask each of you to realize the tremendous potential within you. Realize that you are already exerting a great deal of power, so the question becomes, "What is the right use of power?" Where is the love in the situation in front of your eyes? That is the question that brings the most resonance and affords the most magic in terms of being able to effect change. More and more, allow yourself to come into the priesthood that you have so long studied for. Accept the mantle and vow to do your best to run the straight race, to be steadfast with what you believe, to find ways to share those things that only you can share, for they lie within the folds of your personality and they are your gifts to give.

Love one another. That is the heart of priesthood: to love, to bless, to witness to the light.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and in light and in thanks. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each again in love and in light through this instrument. It is our privilege at this time to ask if there might be any further queries upon the minds of those present to which we may give our response. Is there another query at this time?

S: I'll start off. Recently I got a book from Carla called *The Emerald Tablets of Thoth the Atlantean*. It was interesting reading. The fellow seemed to ascend during his lifetime and I was wondering if you could tell me what he is doing now and what kind of service he is performing?

I am Q'uo, and am aware of your query, my brother. We find that this entity is one who has become that which you would call a source of channeled information. However, the contact which this entity has made is with a group of entities who seek in what may be called a solitary fashion, shall we say; that is, they seek specifically the kind of information which is contained within this volume and are a portion of this entity's larger family of seekers. Thus the work of this entity continues in another form, always seeking to give information which is of service to those who are interested in the kinds of mysteries and riddles that the secret or occult endeavors produce. Is there a further query, my brother?

S: There is another book which I got from Carla, *The Hathor Material*. I guess these were fourth-density beings who came either before or after Ra, in Egyptian times. Maybe you could tell me something of the service of this group?

I am Q'uo, and am aware of your query, my brother. Again the information that you seek in this area is as broad ranging as a race of entities can produce through their experience, their seeking and their service. We could only give a brief description without moving into many areas of interest which

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would consume a great portion of your time. The entities of the Hathor race were those who, as did those of Ra, make contact with various cultures of this planet's history, most notably those of the Egyptian culture, and this contact was not just one period or point in your past but has been that of a continual nature. Some aspects of this contact became more noteworthy or widespread than others. These entities were most helpful in planting the seeds of the concept of unity and infinity within the Egyptian culture which allowed those of this culture to be readied for consideration of the Law of One. Thus the entities of the Hathor race worked in conjunction with those of Ra in order to allow an expansion of the concepts in the philosophical or spiritual realms of the Egyptian culture so that there was seen to be not just many gods or powerful forces at work in the universe about these entities but that there was truly one Creator from which all else sprang. This was a revolutionary concept, shall we say, for those of the Egyptian culture. Is there a further query, my brother?

S: The last question would be do you have any suggestions on different meditation groups that have reached out to each other? How can they share information and service?

I am Q'uo, and am aware of your query, my brother. Truly, that which you do is that which is helpful: to communicate with each other, to share the information which you find of value with others who have such to share with you as well. The ability of each entity that is desirous of serving others actually to do so is dependent only upon the passion that each has within the heart, within the mind, within the will to be of such service. For as the will is set upon a course, so is a way made that the will may manifest as it is formed within the heart, mind and soul, the very essence of the entity. Is there a further query, my brother?

S: Not from me. Thank you.

T: I have a question. A couple of weeks ago N noticed white light coming from my knee when I twisted it in bed. J had a dream about that a few nights later and got the message that this was piezo-electric energy that was coming from the crystallized arthritis in my knee. It has to do with crystals having pressure exerted on them. Could you tell me anything else about this? How can I use this energy, if indeed I am supposed to use it?

I am Q'uo, and am aware of your query, my brother. As you are aware, the crystalline formation is that which is composed of light in a certain field or form. As one applies energy, or force, to a crystal this light energy expresses itself, or, quite literally, moves from the crystalline form in a fashion that may be perceived by those who are sensitive to the movement of subtle energies. That this occurred when you applied pressure to your knee is the result of the various secondary and tertiary energy center formations contained within the knee, the wrist, the elbow and the ankle that correspond to the primary energy centers or chakras that are located within the finer formation of the physical body, from the base chakra to the crown chakra. The energy which expressed from your knee location was that which has a relationship to the health of that portion of your physical vehicle, there being some imbalance in that area at this time in the form of what you may call the arthritis or bursitis. These are not absolutely correct terms but will suffice for the nonce.

The use of such energies is, to our knowledge, not specific to the physical vehicle itself but to the regaining of the health or balance of energies within this portion of your physical vehicle. Thus to utilize this energy most effectively one would need to engage in a program of meditative visualization that would allow you to see with your inner eye the overall experience of catalyst that has led to this particular imbalance in your knee. This is a product of the process of ageing and is a primary source of the catalyst with which you now deal. Is there a further query, my brother?

T: No. Thank you very much.

I am Q'uo. We thank you, my brother. Is there another query at this time?

C: I have one from B. He asks "What do wanderers expect of the Earth?" And the second question is "What is the society and cultures of the wanderers like?"

I am Q'uo, and am aware of your query, my sister. Those who have entered the Earth environments from those realms of higher densities are those who have left experiences which are far more harmonious and in touch with the unity of all creation than the Earth environment is found to be at this time. Therefore, the entities whom you may describe as wanderers are oftentimes, upon the discovery of their own nature, quite discouraged when viewing the

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environment which they now find themselves incarnated within in order to serve and to learn, for your third-density experience at this time, near harvest, is that which is quite confused in its overall orientation. There is found within most cultures of this planetary sphere a great deal of disharmony and even the bellicose nature being expressed upon a daily basis, not only between those entities you call the nation states but also within each entity in its relationship to other individuals within its daily round of activities. Thus the experience many wanderers find, when they have discovered that which they have come to do, is one of bewilderment, of confusion …

(Tape is changed.)

I am Q'uo, and am once again with this instrument. Is there another query at this time?

N: Could I personally thank them for the inspiration and devotion that they have given us?

I am Q'uo, and we are grateful to be able to do so, my sister. Is there another query, my sister?

Carla: Thinking about the question of joining with other groups and sharing, and thinking about the work I do each week writing people with these kinds of concerns, I feel that since this is an illusion we are connecting on the inner planes and we are together on the inner planes and we don't have to worry about that. I have this sense when I am writing the people that I work with through the mail that it is like I am doing two things. I am doing the individual sharing and listening and communion and communication. I feel an energy exchange being co-created with the other person and me, whatever we have to teach each other and whatever we have to learn from each other. At the same time that it is helping me or the other person it seems like it is creating the channels of communication for fourth-density positive. We are doing work at this time on the soul level and we don't even know that we are doing it on a conscious level. Could you speak to that?

I am Q'uo, and am aware of your query, my sister. Indeed, as each entity engages in such communication it is as though a muscle that has not been used previously is now being exercised. As one gains in the strength of sharing what is in one's heart then there is brought forth from that heart more and more information, inspiration and direction, not only for the entities with whom you communicate but a great deal more in the sense of the numbers of entities who share these concerns. As you are able to open yourself in communication with others you allow these others to share that energy and to move the energy in a spiral fashion, much as the light of the one Creator seeks to return to its source in the upward spiraling line of light. So as you are able to share the inspiration that is drawn from you by the questions of others this is as a seed. It is planted not only within the heart of those with whom you communicate but within the inner sense of self of humanity. As one learns, so do all have the potential to learn that which one has learned. Indeed, all are portions of the one Creator, cells within the body of the one Creator. And as one is enriched, so are all. Is there another query, my sister?

Carla: What is the Merkaba? M wants to know more about the Matrix of the Spirit, the Potentiator of the Spirit and how to use the Potentiator of the Spirit to work with these energies that have been archetypally jump-started with 9-11. I can refer her to the works of Drunvalo Melchizadek if you want to focus on the latter portion of the question.

I am Q'uo, and am aware of your query, my sister. It would indeed be our recommendation that the reference to the one known as Drunvalo Melchizadek be made for the one known as M in this area, for it is indeed a large area of study and we would not be able to do it justice with the energy that begins to dwindle within this instrument's vehicle.

As far as the second and third queries, we also feel that this is a large area of study in which there needs to be a further refining of the query, for there is a great deal of information that could be given here as well. We shall satisfy ourselves and hopefully begin to satisfy the one known as M by suggesting that the nature of the spirit itself is that which is immobile in that it does not move in the same fashion as does the physical vehicle or the mental vehicle but is that which is. The spirit of each entity which moves within the third-density illusion is that which is drawn from infinity. There is the body of the one Creator which may be seen as the creation itself. There is that from which the body is made, that which we find the ones known as Ra referred to as the unpotentiated intelligent infinity. This is the infinite source which each of your entities is able to

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make contact with, when the higher self is realized at any time within the third-density experience.

We realize that this does not speak specifically to various portions of the spirit [archetypes] that are described in the system of study called the tarot which the one known as M has queried concerning. However, we feel it is well to begin this study with a basic foundation of information that is able to include the nature of infinity as being that which is the basic source for each finite expression of the one Creator known as a mind/body/spirit complex. We apologize for being short of information in this regard, but we find that the energies and the concentration of this instrument are less than adequate at this time for giving further specific information. Thus we would recommend that there be one final query before the ending of this session of working.

Carla: In truth, Q'uo, I would suggest that we end the session now because we have gained so much, and I wasn't able actually to read M's question as she wrote it. I think the energy of that question and the thirst that she had for that question really wasn't there, so I will refocus for next time. A flashlight would help I believe. Thank you very much.

I am Q'uo, and we are most grateful to you as well, my sister. At this time we would take this opportunity to express our gratitude to each present for inviting our presence this day in your circle of seeking. It is a great privilege for us to be able to join you here, in your hearts, in your minds, and in your seeking for that which is known as the truth. We truly enjoy these gatherings and are unable to express adequately our gratitude to you, but we are most thrilled to be able to join you at any time. At this time we would take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ❦

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Sunday Meditation
November 18, 2001

Group question: The question today has to do with why human beings in the third density, especially here on Earth, seem to be so war-like. In this particular system we have had the experience of Mars, which was apparently so war-like that they destroyed their atmosphere. Maldek exploded its planet. Earth has had thousands of years of war. We are wondering what it is about the third density that seems to lend itself to entities in it moving in the direction of war-like actions. Is it the nature of our consciousness interacting in social groups? Is it our free will choice? Is it our opposable thumb? Our ability to make and use tools and, therefore, weapons? We would appreciate anything Q'uo could tell us about what it is that gives us this propensity for war and what it is we need to do as individuals, groups and nations to move in the direction of cooperation and working together instead of against each other?

(Carla channeling)

We are those known to you as the principle of the Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we come to you. We thank you for coming together to seek the truth and for joining in this circle of seeking. We thank you for calling for us, for we greatly appreciate the opportunity to share our thoughts with you. We ask only that you use your discrimination in listening to our words and set aside any words that trouble you, for we would not be a stumbling block but, rather, a resource for your seeking. We ask you to trust your discrimination and no outside authority. For you know what is comfortable and what is good within for you, and you may trust that instinct within you.

The question that you ask this day is an interesting one, one in which there is indeed a great deal to say but not as concise and crystalline a pattern as in some matters. The causes of war within third density in one way are unified into one cause, and in another way there are threads of cause. It simply depends upon the level at which you wish to attack the question. We will start with the threads, we think, because perhaps that is more where each of your minds are at this time.

One thread, having to do with third density and war, is the nature of the physical vehicle which you as a species enjoy and which others upon other planets have somewhat closely approximated in the sense of the basic structure of the two arms, two legs, one head, one torso makeup of the body. When you gaze at the instincts of the stock from which your species developed you may see that your instincts, those deep seated predilections for response in certain situations, are those of a territorial animal. Your great apes occupy a certain area in which they are upon their home territory for hunting food and protecting their source of water. The nature of this species is such that for the most part entities remain within various small groupings, each with its own territory, and with each territory being allowed its own way in what this instrument would call a *laissez*

faire structure, each group being independent from each other group, no attempt being made to work together in larger groups.

This is the instinct basis which feeds into the mind's working, for a portion of the mind is involved with prioritizing messages from the body which have a tag which says, "Urgent." Therefore, even though these instincts are unthinking they represent a substantial bias that prejudices third-density entities in the direction of what is perceived as their territory or their possession. If you will gaze upon the tangle of reasons surrounding your bellicose actions you will find that territorial considerations almost always play a significant role. This is the energy of red ray, of survival, being expressed. When the territory is threatened the territory [must] be defended. When other territory is seen as necessary and it must be gotten, then aggression is considered reasonable. This remains a substantial portion of the reason for war in third density.

Another thread of this tapestry of third-density situations and areas of conflict is the nature of the third-density mind. This third-density mind, without the benefit of the consciousness that is you as an eternal being, is a choice-maker mind. It is designed to make one choice after another. It assumes, as a way of working, that there is always a right choice and, therefore, sees the process of living as a sequence of choices. Faced with a situation, the third-density mind will attempt to solve the situation—not necessarily to appreciate it, to understand it, to analyze it, or to plumb its subtleties. The first mental reflex is to solve it, to make it go away. The tendency to see black and white, yes and no, feeds into that ability to be belligerent which is indeed a hallmark of your density. The very nature of the mind is such that it tends to suggest to the most rational thinker that decisions must be made, that plans must be made, that all must be chosen and then whipped into order along the lines of choice.

Another thread that moves into the war-making ability of humankind and of third-density in general is as the one known as Jim suggested: the challenge of working with groups. The great question in any group is "What is the character of that group?" A group shows its character as it chooses its leaders. Those who attempt to be leaders within large groups tend to have personality structures in which the use of aggression seems fair; the use of influence, just; the use of all advantages, necessary. The tendency therefore is for leadership not to be as idealistic as the spoken ideal philosophy that is given respect in polite company, while at the same time, as the one known as Jim pointed out, ignores those same ideals when it seems to be of some advantage.

All of these threads feed into the situation where entities, feeling threatened, respond to their insecurity by aggression. You may see the fight for territory; you may see the greed for advantage, influence and power. You may see the tendency to do something as opposed to resting and gathering for extended periods of time, that impatience of leadership, that impulsivity. And a final thread that we would mention is that tendency of the stronger to bully the weaker. And by this we mean to indicate not nations against nations but rather, as the one known as C pointed out, male against female, one kind of energy over against its dynamic opposite, instead of coming into cooperation with that dynamic opposite. We have found that in populations of third-density entities who have chosen to seek the face of the Creator in a feminine face, the values of the culture include far less impulsivity and far more kindness than in cultures dominated by a Creator who is seen as a powerful male figure. The tendency to find positions of power held by male entities, the tendency of the very workings of the law and certainly the traditional underpinnings of your cultures upon your Earth at this time favor the values of strength, power, and force—the virtues of a strong male figure.

The very roots of your thinking, shall we say, from childhood have been saturated with testosterone-rich heroic deeds. This entity has a fondness for reading, and we find in this entity's mind many, many a story which involves the waving of the sword, the brandishing of the firearm, the assumption that weaponry and armament are natural concomitants of policy. And indeed we do not disparage war in and of itself. It is part of the almost inevitable confusion of third density. We do not suggest strict ways of thinking about conflict, for a case can be made for war as a game, as an excellent game, rich in glory and honor. Like many other things which from a wider point of view seem insane, going to war is a part of the expression of third density as most third-density planets experience the density.

Beyond all these reasons, the heart of war and the heart of the reason for war in third density is the

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nature of love. All things that you experience come to you as distortions of love. There is no other substance but love from which to draw life. So all of life, including murder, pillage, and rape is act after act of love: love distorted, love blocked, love asked to go where it would not go. Nevertheless, no matter how many times the stock seems to be hybridized and ruined, the basic root stock of all experience is love. Third density is a very focused, very intense density, the density of choice. The choice is not between love and hate. The choice is between two ways of seeking love: loving others as a way of choosing to love, or loving the self as a way of choosing to love.

Needless to say, the service-to-others path is not a war-like path. It is allegedly service-to-self entities that would move themselves into fighting against their own kind. And yet the struggle to see clearly the roots of love within the self is a tremendous one. As the one known as Jim has said, it is not that anyone knows not how to love. There are many examples of unconditional love. There are very simple words to indicate the qualities of forgiveness, compassion and love. However, all of these words are only within the mind until an energetic attempt begins to be made to translate these ideals into that which can be manifested in physical life. So the question becomes, "What is each seeker's response to the call of love?" And this is not a simple thing.

It is easy for us to ask each to go into meditation each day and seek the silence. The answers are there within the silence, not within our words. However, when it comes to attempting to step into your shoes as third-density entities we find that we are simply glad that each of you has the energy and the will for this great task of seeing the truth amidst the confusion. Love calls powerfully and pulls each entity forward. Third density is carefully designed to pull entities forward according to their desires and their thirst. The challenge of selfhood is to find out what you truly desire. What shall you desire? Truth? Love? Peace? Where is the substance to those words? Where is the reality beneath your feet? What is your understanding of your journey? If you understand that you are here to pursue spiritual evolution, that you are here to answer the call of love, then you will want to shape your questions to the infinite Creator in such a way that you are seeking your own essence and the essence of Love itself.

It is thought by some that if people would stop shooting at each other that we would have peace. And yet we say to you that it is not as simple as that. For as the one known as C said, if one stops doing that, then what does one do instead? At least aggression against a certain and very specific nation-state or group of entities is a limited and achievable battle and at the end of it one can say such and such has been achieved, and now there is peace. And yet we say to you, like love itself, peace is beyond all condition. Peace does not originate within conditions. Peace is a quality that is waiting for each third-density entity to take it and claim it as his own, his very own, a wonderful, blessed possession. Yet how many entities truly seek the peace within their own hearts which comes from stopping the striving and encouraging the resting in what is? How many entities truly embrace peace if peace involves releasing many other things which are dear?

The one known as Jesus answered the man who said, "I follow all of the commandments. What else shall I do to enter the kingdom of heaven?" by suggesting that he sell all that he had and give the money that he received to the poor. And the young man went away very unhappy because he did not wish to do this, even if it meant entering the kingdom of heaven. Pride, vanity, the need to be better than someone else: all of these are energies within the human heart that are natural to the instinctual, second-density body and third-density brain. Yet you as a consciousness, as an eternal being, are resting within these biases for an incarnational experience in which you are attempting to follow the inexorable pressure of seeking for the truth, and your question each day to yourself is always the same. "Where in this moment is the love? Where in this moment is the Creator?"

So we do not suggest that it is an evil thing to go to war in and of itself. We do suggest that it is not a productive way to seek spiritually compared to the ways of peace. Yet in many ways your third density will express conflict because that is the basic nature of people who see themselves as separate from and over against others. This is a part of the catalyst of third density. It is a part of the hard lessons of love. And indeed it does move through not just third density but also to some extent, fourth density. For there are those within fourth density who choose to continue as children of light or as children of darkness and continue the clash of polarities. As

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fourth density wears on, this great love of being a warrior begins to evaporate, as love is better learned.

Each has had crystalline, shining moments in his life, when love has become real, not just a word, not just a concept, but amazingly, vividly, powerfully real. Think about those times and the gift that those times have given you. Allow the consciousness that filled you at those moments to come back to you, just to remember how it feels.

We encourage each to ponder deeply her own essence and the nature of her own heart. The heart of one entity and the heart of the world upon which you live are the microcosm and the macrocosm of the same thing. And actually each of you is of an higher order than the world itself. As you choose to seek, to think and to act, so shall the reflections manifest in the macrocosm that is your globe. Work with the essence of self to find ways to choose not to promote conflict, ways to express the truths that do not do damage to those who think differently. But above all, seek that Presence within that is as the ray of light that is a fuller light, a light that blesses the darkness, a light that is not afraid. Open the self to that gentle, lambent flame that is the presence of the infinite Creator. Let that light take up and enlarge its home within your heart. As you seek the ways of peace within yourself, as you find ways to solve conflict within yourself, you are learning a little bit more for the planetary mind.

There is a fairly quickly growing group of those who are attempting to speak peace upon your planet, not in ways of public policy, but in ways of working within to become beings of peace. We see this body of energy enlarging upon your planet, and we feel very hopeful that, against all of the apparent news to the contrary in your Earth world, the lessons of love are more and more being seen, sometimes for the first time. Entities are awakening and doing some of this inner choosing of essence that we suggest. As more individual lives are transformed, so, we believe, shall your planet be transformed.

We would encourage each not to take to heart the appearance of things. It is said in your holy works that there will be wars and rumors of wars. There will be this, and there will be that, but the time is not yet. And we say to you that we believe this to be true. The true war for each of you is the struggle that the one known as Jim called the *jihad*, the internal struggle of the pilgrim to discipline the earthly self in order to make of the earthly self a vessel for the spirit within. In this *jihad*, in this holy conflict, your choices are not clear, and yet there is always a light that shines from within. And so we ask you simply to seek that light, to seek the face of love, and when you see that sun shine radiantly that is love, to learn from it and to offer yourself to it. For you, too, can be an agent of love within the confusion. You, too, can be a part of the eventual peace upon planet Earth. It begins with each individual seeker seeking the ideals within herself that she hopes to see in the world.

We would at this time transfer this contact to the one known as Jim, leaving this instrument with thanks, and love and light. We are those known to you as Q'uo. We transfer now.

Jim channeling

I am Q'uo, and we greet each once again in the love and in the light of the one Creator. It is our privilege at this time to speak to any further queries. Is there another query at this time?

S: From our e-mail group one topic that came up: a fellow named B anchored frequencies like love to the Earth. I asked if there was anything that I could do to be of such help, and it was agreed that it was a matter of intention, but many seemed to have certain abilities, abilities that I am not aware that I have. Is there anything that you can enlighten me on as far as that type of service and how to be of service?

I am Q'uo, and am aware of your query, my brother. We can speak to those areas which any seeker has access to. It is not our function to discover for another that which is latently possible, for this learning is that which is most important to each seeker. However, any seeker may simply share the quality of being which each has as a basic vibration, as distinct as one's fingerprint or voiceprint. For each of you resonates and vibrates in a certain fashion according to the nature of how you seek, of what you seek. And as you are able to communicate that very basic quality of your efforts to another, you share from heart to heart that which is of most importance. Each of you vibrates in a certain fashion the harmonics of love, for from love was each made. If one is able, through the process of seeking, to discover this basic vibration of love, then there is no greater gift that one may share with another.

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Clearly communicating that which is your intention and that which is your desire is another method of sharing that is available to all seekers. Clear communication is a phrase which sounds simple, yet it is difficult for each to achieve within third density, for there is much confusion, not only among entities, but within entities. To take the time to seek the heart of self is a process which also enables one to reveal or to share clearly that heart of self with others.

To offer a service which is requested and which one feels able to offer is a third way in which any seeker may offer itself in service to others. This requires the seeker to look carefully into what the needs are from others with whom one is in contact. This looking also requires the seeker to listen, to listen to that which is requested, perhaps clearly requested, perhaps hinted at. Perhaps there is a means by which the seeker may elicit the needs of others through questions.

These are but a few ways in which any seeker may serve and yet though they are common to all, they are basic methods of being of service which are most valuable to any seeker. Is there another query, my brother?

S: Yes. We also discussed connecting the various meditation groups and circles of light and I suggested attempting to contact such groups in the Middle East or China or Africa and places other than just the western world to start seeds of a global consciousness. Could you share your thoughts on that topic?

I am Q'uo, and am aware of your query, my brother. To open the avenues of communication with those who are distant geographically and perhaps culturally as well is an effort which we encourage whole-heartedly, for there is far too little true sharing between such entities upon your planetary surface at this time. When people that are divergent in points of view, in backgrounds, in culture, religion, in socio-economic status are able to communicate with others, there is what we might call a commonality discovered between such entities which opens doors, shall we say, opens minds and opens hearts in a way which is not possible through any other means. To read about a culture, to hear about a culture is most informative to those who have little experience outside their own cultures. Thus this effort is one which could be most helpful at this time. And we encourage your efforts in this endeavor. Is there a further query, my brother?

S: Just one. When Atlantis disappeared under the waves what happened to the Maxim Stone, the spiritual center?

I am Q'uo, and am aware of your query, my brother. This is information which moves into the area of the infringing upon the free will of others which we do not wish to do. We apologize for our lack of information. Is there another query, my brother?

S: That's interesting. No more queries from me. Thanks.

And we thank you, my brother. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for this session of working we would take this opportunity to thank each once again for inviting us to join you this day. Please take those words which we have spoken and use them as you will, discarding any that do not ring of truth. It is our great honor to join you in these sessions, and we do not wish to be a stumbling block for any.

At this time we shall take our leave of this instrument and this group. We leave each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 9, 2001

Group question: (Our question today is from B.) It is my understanding that the formation of a social memory complex is crucial to fourth-density existence, and that the human race, due to factors already cited in *The Ra Material*, has been unable to even begin to form a social memory complex. My question is: What would be the areas of study, and the mental and spiritual disciplines required, of a dedicated group of people who wish to form a social memory complex in preparation for harvest?

I assume detailed communication between complex members is a necessity, with direct person-to-person communication being the most efficient, allowing communication to take place at multiple levels, but is physical proximity necessary to initiate the formation of a new social memory complex? Can a social memory complex be formed through a tool such as our Internet or electronic mail?

And how much a portion of this preparation for a social memory complex might be accomplished by seekers of truth simply seeking the truth and living a life? Is there something specific that we need to do?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator. We thank you for calling us to your circle of seeking. We thank you for your quest for truth and for your preservation of this special time of silence in meditation, for it is a beautiful and most helpful discipline to come together in silence and to invite the truth with all of the ardor of a courtier. For truly you do court that which is to you unknown, that which to you is a gift of your own spirit within. We thank you too because it allows us to perform a service that we feel is worthwhile. The one known as R was saying how remarkable it was that we continue to be happy to speak to you on subjects which seem to cycle around and perhaps cover the same material more than once and certainly in a generalized sort of sense this is true, yet we find that at each asking the direction from which the question comes and the seeking and vector of that seeking are different not only in a horizontal manner but different in a vertical manner. It is a matter of the cycles of questioning being spirals and perhaps not even that organized or logical because oftentimes the learning of a spiritual principle is completely nonlinear and some of the seemingly advanced bits will come very easily to a certain personality shell whereas some of the most simple things will be very difficult. Consequently, it does no good to take one's own spiritual temperature but simply to continue to live each day as though it were the central concern of your soul to live it well.

We ask one thing and that is that always each of you use the discrimination that has been created as part of your consciousness. Listen with an ear for resonance and when resonance is occurring, retain those thoughts and invite them to develop themselves more and to blend within your musing.

If the thoughts do not interest you, do not attempt to follow them, for they are not yours at this time.

The question today concerns how to form a social memory complex of fourth-density level while in third density. And we do find this an apt question and an interesting one. To begin with, let us look at third density as opposed to fourth density. There is a quantum break in between third density and fourth density. Consequently, the question cannot be answered as asked precisely because of the fact that third density is not fourth density; fourth density is not third density. The two have different locations within time/space or the metaphysical universe. It is easy to mix up in one's mind the question of how to be a fourth-density social memory complex in third density and the equally valid question of how to express fourth-density values within third density, thus foreshadowing or pre-echoing the fourth-density reality of which your foreshadowing is a gift of hope. It is far more simple to talk about fourth density as fourth density, and we will do this first. But we do not believe that it completely answers the question.

When a third-density entity allows or surrenders to that ineffable energy of unconditional love, which has often been called Christ consciousness, then the experiencer of this love vibration is dwelling, unknown to herself oftentimes, in fourth density. That quality of love, when the veil is removed, simply places one in a fourth-density environment. In this fourth-density environment the social memory complex is alive and well because the nature of consciousness in fourth density allows that pattern and that pattern is a model that is higher than or that will replace the lower density when there is the awareness to see the higher density. In other words, when the spirit is not embodied in incarnation and the soul involved is vibrating at this level, the disciplines and studies involved in creating a social memory complex begin to be available, certainly, but even before such study and discipline the roadway is there upon which the seeker finds it convenient and easy to walk. The difficulty in fourth density would be finding a motivation for shutting off any part of the self from the blessed company of all other selves that were part of your being.

So any time there is between two entities an energy exchange that is genuinely and authentically mutually loving, without reservation or purpose of control or manipulation, any time that there is the achieving of a state of trust that is pure between two entities, any time there is that insight and awareness of the oneness of the self and another, within that moment, within that communion, however long it lasts, you are walking the bright and golden path of social memory formation, weaving connections and experiences that redound to the personal process of evolution and also to the planetary process of birth into fourth density. Third-density entities finding themselves to be running fourth-density energy greatly aid in the formation of the fourth-density social memory complex simply by opening the heart to the extent that those moments are possible.

It is not, however, to our mind, a physical goal of physically incarnate beings to achieve the complete fourth-density social memory complex. The concern that we share with you here is simply that there not be the desire for outer achievement or for some kind of clique or society of elite. It is well to realize that the social memory complex is not that which is made up of certain selected entities whose personality shells seem to indicate a certain level of awareness. Rather, in the complete democracy of spirit the social memory complex is made connection by connection, energy exchange by energy exchange between all peoples who connect in all ways, on all levels, and in many, many cases without there being a noticeable catalyst. Consequently, it is well to work with those with whom there are special connections. It is also well to level the gaze to include all entities whatsoever who come within the purview of any being who is working on this very worthwhile line of direction in seeking to serve the one Creator.

Do not expect to be completely successful in third density except momentarily or briefly and always be aware that in seeking such goals there is the greed for moving quickly, perhaps more quickly than the wise old woman inside the heart would have you move. And you must listen to that grandmother within that says, "This is the day in which you shall be content to be silent and to surrender and to wait. This is not the day to go forth and achieve." Be aware of the energy that you have from day to day and work with the energy that is there that day, not towards an arbitrary goal of running Christ energy at all times. But simply live the goal of moving towards the self again and again. This instrument was saying earlier that where she has weaknesses in her thinking she finds herself moving back again and again, iterating

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the messages of faith and confidence and peace that she feels most deeply to be true, but that her emotions and her mental quirks of character do not find so appealing and, of course, in each situation where an entity has to repeat that particular lesson, whatever it is, again and again, the message is clear. This is something that we need to pay great respect and attention to and to sit with and to welcome as a friend. For this friend has something to teach us. Perhaps it may sit at our campfire with us for a long time. Perhaps it shall be the entire incarnation. Perhaps it shall be a month or a year. Whatever that time is, be hospitable and welcome that time. We simply encourage each not to go faster than the wheels will turn. The need here is not for any rate of speed but rather for the self in the daily moment to be paying attention and attempting to do those things that are felt by that entity to be important at this particular time.

However, it is more difficult to speak of the foreshadowing effect but much easier to find a sense of reality which we may share with you, which you might be able to see in a conscious manner. This flashing of fourth density is a magical thing. It is a matter of the state of mind of the person, and it is extraordinarily difficult to talk about that state of mind, but belief and faith are a state of mind, perhaps we would even say that *knowing* [5] is a state of mind. If one *knows* that something is true, that person becomes able to demonstrate that truth. It is the depth of the knowing that creates the state of mind which opens the gateway to intelligent infinity and allows that Christ-consciousness energy its freedom of passage, and when that energy is flowing freely, even if that entity has no idea of what is occurring, the planet itself and the people around that entity will feel the light shine, will feel the warmth that is radiated and will be drawn towards that light and that gentleness of energy that moves with those who are full of love.

All of you have seen this in your daily lives. You have seen the illuminated moments when those around you or even you yourself experienced something that made your everyday experience seem like a black and white movie in comparison because the colors are richer; the feelings are more intense and more pure; that which seems two-dimensional in third density is three-dimensional in fourth-density. And you flash on this awareness, not because you have changed, but because you have opened the door that is closed within yourself. Or the door has been opened for you because of your surrender to the silence and your discipline with persistence in keeping that silence daily.

One of the questions that was asked was "What studies or disciplines might be helpful for those perceived to be at the fourth-density level and to create a social memory complex?" Certainly the most important tool is silence, for truly until you have come to a certain degree of silence within yourself the energy exchanges of the quality of fourth-density would be difficult. For there will be fear. Times spent in silence over a period of time, a little at a time but daily, are extremely helpful for opening those higher densities to the self within so that the self is beginning to pre-echo and foreshadow fourth density without even thinking about it.

We believe that we have given enough for this sitting and would appreciate the one known as B refocusing and requestioning for further information, if this entity desires. We would at this time thank this instrument and transfer the contact to the one known as Jim. We are those known as Q'uo. We leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each once again in love and in light through this instrument. We would ask at this time if there might be any further queries remaining upon the minds of those present to which we might attempt response? Is there another query at this time?

Carla: OK. I have been receiving some interesting communications, and I have developed the theory that I am receiving a psychic greeting at this time from an entity which has to do with me and which I met during the course of the Ra contact. This is the fifth-density entity. Some information that I got recently suggests that this entity is working to dismantle the Law of One and has been doing so for a long, long time. My feeling is just to love this entity as myself and to let the chips fall where they may. If you would like to comment in any way about this situation I would greatly appreciate it.

I am Q'uo, and am aware of your query, my sister. As you are aware it is with great care that we attempt

[5] Carla: I used italics here because when the Q'uo said this word, "knowing," I could feel a substance and depth.

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any response to such a query. However, we feel that it may be stated that your relationship with the entity of the fifth density negative polarity was, shall we say, begun at a time previous to this incarnation but became more specific and personal, shall we say, with the beginning of the contact with those of the Ra social memory complex. This was of necessity for this entity has as its primary purpose in regards to this third-density planet the increase of the harvest of those who share its polarity and the reduction of the harvest of the positive polarity. This entity has been engaged in this activity for a great portion of what you would call time in your third-density illusion. The mandate, shall we say, that such an entity gives itself is that there shall be control over those in this entity's field of experience. It is the nature of the negative polarity to arrange itself in such a fashion so that there is a definite order in the movement of energies, thus allowing those controlling this ordered movement to benefit most in the harvest of energies and power. This entity has many areas in which it has invested its own energies in this manner and with these goals. It found the necessity of focusing upon your role in the contact with those of Ra, for it was with this contact that this entity felt the most opportunity for gaining power resided. That this entity would focus upon such a contact was logical from its point of view, but we would also suggest that this entity has busied itself with other endeavors as well.

We would speak briefly to the concept of dismantling the Law of One. This entity observes the Law of One with the attitude of using this law for its own gain. Thus it does not seek to dismantle this law as much as it seeks to bend it and form it in a manner which suits its purposes best. The Law is One. It is indestructible. However, there are means by which certain of its applications may be distorted by those who would seek to use it for their own gain. Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you for your query, my sister. Is there another query at this time?

Carla: I guess I would ask one more question, but feel free to tell me that you cannot answer it if it infringes on free will. My question has to do with a fellow who wants to create a simpler version of the Law of One. I have mixed feelings about this project. I'd love to see the Law of One available in more ways to more people at more levels. I am hoping that it could be accomplished without changing the material substantially. This is an entity who wants to serve very deeply and is willing to put a lot of energy behind the project. We may have the opportunity to be of more service here and want to do our best. Can you comment?

I am Q'uo and am aware of your query, my sister. In this particular question we find that there is so much of your free will available for infringement that we must not give any kind of response at this time.

Carla: That is fine. Thank you so much, Q'uo. I have no more questions today.

I am Q'uo, and we thank you for your queries and apologize for our lack of response to the second query. We would take this opportunity to thank each once again for inviting us to join you this day. It has been a privilege, as always, to do so. We would take our leave of this instrument and this group at this time, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
December 23, 2001

Group question: The question today comes from B and S. B was wondering if a social memory complex possesses a kind of consciousness that can engage in the exchange of energy with its members, either consciously or unconsciously, or if it is simply the sum of its members? We were assuming (in our conversation previous to this meditation) that a social memory complex could indeed engage in conversation of a very intimate and continuous nature with all of its members. If that is true, could you expand upon that, and could you let us know? And as S asks: As we are beginning to form a social memory complex, is there anything that we can do to prime the pump towards positivity in service-to-others acts, attitudes of mind, meditations, rituals, anything at all?

(Carla channeling)

We are those known to you as the principle of the Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we are. It is a great privilege, as always, to speak to this group, and we thank you for forming a circle of seeking once again. It is a great blessing to us to share with your circle's vibrations, and it is a great blessing to us to be able to serve by speaking our thoughts. We ask, as always, that your discrimination choose which of these thoughts you will retain and which are not for you. We do not claim to be purveyors of truth. We claim only to share what we have concluded in our journey so far. But we are very happy to do so, and we do believe that it is a valid path of service.

The question this day is very apt for the time of year that this meeting is being held, for it is near Christmas and all over your world, in every nation, many millions of hearts turn now at this season to thoughts of peace, love and giving. The catalyst for this enormous peak in energy among the peoples of your planet is an outgrowth of the natural cycles of light and dark, fear and love. And, indeed, as was spoken of earlier, the Christian Christmas is a very old overlay to even older rituals from a previous time and a previous religion. It is a response of the heart of a society to the maximum amount of darkness and the minimum amount of light. It is a response to that which moves into the consciousness at such a deep level that there is no true defense against it. The lack of light creates a mood, and the tendency of that mood is towards poignancy and intensity and what this instrument would call negative thought patterns for the simple reason that life within third density is often, among other things, an accumulation of moments of pain that certain occasions seem to bring closer to the surface of memory.

However, this energy of Christmas has never been expressed in precisely the way that the one known as Jesus the Christ expressed it. And the way this entity expressed it has to do with this question about the formation of a social memory complex. Now, this entity who in his native tongue is called Jehoshua but whom we will call Jesus, because of this instrument's distortions and the distortions of the

culture in which all of you live, was, in his own way, a politician. But he was a politician who was running for office in another world. As he said, "My kingdom is not of this world." This entity identified his kingdom as the kingdom of heaven. We feel that there has been a tremendous amount of distortion of this entity's message. However, there is enough in what is left of what he actually said to begin to form an idea of what it takes to form a social memory complex.

When one gazes, for instance, at what this instrument calls the Beatitudes, it is interesting to note who is blessed. Blessed are the poor. Blessed are the meek. Blessed are the hungry. Blessed are those who suffer for righteousness sake. Blessed is adversity. Blessed is the enemy. Blessed is he who despitefully uses you. In other words, no matter what you do you will be blessed. When this entity was on the cross dying painfully a thief asked him if he would remember him when he came into his kingdom. And the one known as Jesus said to him, "This day you will be with me in paradise."

Jesus was not a foolish man. He did not feel that all things were good. He felt that some things were sinful. However, he took it to a higher level in each and every case and said, "The past is past. Make a new beginning and you are completely and utterly forgiven." Would that the voices that surrounded this entity had the same message. Much has been lost of the message because others immediately misunderstood it and felt, during the time that this entity was alive, that this entity should become a political figure and rule a country, a physical country, the country of the twelve tribes. This the one known as Jesus rejected out of hand. So if the one known as Jesus was offering information about the vibration of a social memory complex then the direction that the entities who wish to help form a social memory complex need to go is the direction of forgiveness and love. Forgiveness of enemies. Forgiveness of the self. And the willingness to make a new beginning. These seem finite qualities, but in the metaphysical world they are infinite. The freedom to expand and strengthen light is complete once the soul has pierced the veil of forgetting.

Now a very tiny example of a social memory complex would be the couple or the family which is extremely close, so that the entities have begun to tune into each other and eerily have begun to know what the other was going to say, what the other was sensing, how the mood of the other was going without having to speak. There is a growing awareness from the soul level when there is complete trust between two people. This is difficult to achieve. It takes time and it takes persistence on the part of two human beings who will systematically fail at everything that they try to do at one point or another, metaphysically speaking. Consequently there is forgiveness built into trust so that when entities within a fellowship of complete trust misbehave they are allowed the room to do that. They are allowed the support to come out of that. They are allowed the chance to start anew.

These qualities of forgiveness and forgetting and moving on are sweet indeed, metaphysically speaking, because they free up the energy system, the energy body. The one known as T was asking about fear and whether that is an improvement upon anger which is an overlay of fear. And we would say that all overlays being taken away are improvements. The fear now is exposed because of the practice of the one known as T. He now is able to see and be aware of what that underlying emotion truly is, and indeed, no matter what the negatively oriented emotion, we assure you that it is a type of fear. Whether it is anger, grief or any other negatively perceived emotion, the dynamic is always between love and fear.

Now, how do entities in third density achieve such a heady and ambitious intention as forming a social memory complex beforehand, before its time? Almost anything that seekers can think of as ways to express their own individual desire and thirst for being part of the good and the love of planet Earth will help. So much of spiritual evolution is involved in sheer desire and persistence of intention in following that desire. Desire is the fire that drives. It can be a fire that is red-ray, orange-ray, yellow, blue, indigo, or violet-ray. Each of those types of desires, each of those combinations of types of desires, has its own characteristics. And an entity, in order to progress, needs not to follow someone else's idea of a curriculum or a study but, rather, each entity needs to follow his own heart, his own intuition, his own hunch of this or that book at the bookstore, this idea or that idea to think about.

Each of you already is part of a nascent social memory complex, but it is at a very low level at this time because it is not yet time. Priming the pump is a matter of desiring to prime the pump and desiring

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it just as much tomorrow and the next day and taking each moment of desire as it comes and asking, "Show me Thy ways. Teach me how to serve." And surrendering that cleverness of wit in order to open to deeper guidance and to purer fire. For there is help for those who wish to rise. There is an enormous company, as this instrument has often said, of angels, beings that wish only to help entities to evolve and to cherish them while they do, to keep them in a metaphysical sense safe and comfortable. There are angels around each of you. They truly desire to be of service. When you sit in the silence, lean into that help and ask that invisible company to give you signs, give you ideas, help with the guidance, help with the clues, so that you can choose what feels the most resonant as your own path of service.

The one known as Jesus tried to apply fourth-density ideas to third-density society. We grasp the fact that this has not been popular since, and we believe we grasp why, realizing as we do that the one known as Jesus was able to open his heart and trust in the infinity of supply. The closest that your peoples have come to the idea of Jesus, which was to hold everything in common, has been various socialistic and communistic societies in their theoretical form, where each entity is looked at as completely equal and equally deserving of the right to live and to have a place to be and food to eat. The ability of your culture at this time to tolerate the situation where many, many entities do not have enough to eat is, among many other things, acting as a, shall we say, drag on the planetary evolution. For it reflects a carelessness among its members and a lack of appreciation for the qualities that humanity offers long before it justifies itself by being useful.

We ask you to consider who you are. Your physical vehicle was created, according to the writer known as Sitchin and others, to be gold miners for extraterrestrials. Consequently, there are many among those who believe in extraterrestrials and believe in their interactions with those of Earth who believe that there is no resurrection possible because the physical vehicles are simply dust and were created only to be slaves. But we say to you that a physical vehicle is a physical vehicle. Yours, like most life forms in this universe, has been interfered with several times. But that has little or nothing to do with the consciousness that accepts the contract with the physical vehicle to have an incarnation together. Each of you is truly a citizen of eternity. It does not matter what the makeup of your body is, whether it was created by the God of the Bible in six days or whether it was created by extraterrestrials. The fact is that, within the illusion that you now experience, you are here. There is a little sign with an arrow that says, "You are here." Whatever your age. Whatever your station. Whatever your challenges. That is the playground in which you are enjoying yourself at this time.

While you are enjoying yourself on this playground it is very seductive to come to the belief that you are on a playground enjoying the games. It is, however, an helpful thought always to move beyond the playground, to move beyond the lights, the glitter, and the drama of people doing righteous and unrighteous things to each other. It is possible to move back into the heart of being that was before this world was and which will be when this world has finally become energy again. It is an uneasy union, body and consciousness, but it is precisely that union of flesh and spirit that is needed for third density. The vehicles you have are sound for the work that you wish to do.

We encourage both an intensity of dedication and a very light touch with the seeking to accelerate the pace of evolution and to come into some expression of fourth density. Now, you may find as you continue seeking peace that ideas will come to you. We encourage you to respond to those ideas because each of you is a Creator. Perhaps you have a gift for becoming closer to another entity or to a new idea that no one else has. We assure you that each of you sings a different melody of vibration, so each of you has unique gifts to give. And those gifts are already held in common by the people of Earth. There is at this time a nascent fourth-density social memory complex of positive nature forming on planet Earth. It is occurring now.

The one known as B is attempting to do this by starting a community. The one known as Carla, this instrument, in her own way has dedicated her life to bringing more light; to running fourth-density energy within a third-density system. This entity, unfortunately, has not done this entirely efficiently within her personal life. But in terms of metaphysical efficiency, both the one known as B and the one known as Carla have made good efforts. And it is the continuation of those efforts; that is, the continuation of faith, that will avail the most.

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For love has a way of teaching you without being obvious about it, without the two-by-four having to hit the forehead. There is no wakeup, often, with the lessons of love but, rather, you discover that your ideas have migrated a bit, that there is a different light from which you are seeing the same thing. It may be slight, but it may well be more fourth-density if that is what you are affirming and seeking.

When you are expressing this nascent fourth-density energy you, if you are very aware, will feel it as an energy exchange even if the entity with whom you are communicating is half a globe away. There is an energy exchange between those who are vibrating together in love with each other on the fourth-density level which is very heartening and very healing for both entities, and we encourage each to attempt in all relationships to move from a point of fourth-density love, acceptance, forgiveness and willingness to move on. That is the pattern of learning, not to linger too long in negative emotions but, rather, to honor that negative emotion whenever it arises, to sit with it as long as it needs to be sat with in order to be accepted, in order to feel that it has been honored. And then, when it has been honored and there has come a peace and a balance and some small understanding, it is time to say, "Amen. I am sorry. I begin again." And let mistakes be mistakes, but stay in the light and the love of the one infinite Creator while you make the mistake, and, after you make the mistake, allow yourself your own love rather than your judgment. For judge and grasp the lesson you certainly will, but then it is time to release that.

The great obstacle to peace among your peoples is the same obstacle that is in a family when they will not agree and they insist on leaving problems unadressed and unsolved. The one known as Jim has said very truly many times that this world needs a great deal of love. That is true at the individual level. It is also true at the societal level, at the racial level, and at the planetary level.

Does a social memory complex have its own ability to communicate? Certainly. Even within a marriage there is a social memory complex. Within this group, which today represents only four human beings (physically present), there is a strong and healthy social memory complex that is helping each. It is not that each has become wonderfully able in the human sense to comfort and support each other but that the wish to do so is pure within these four hearts sitting within this room. And within this atmosphere, since all things truly are one, naturally over a period of time there is formed not just these four souls into a union but these four souls and the Creator so that the Creator and the self multiplies with the Creator and the next self and the Creator in the third self and the Creator in the fourth self and the result is powerful, far beyond the sum of its parts. There is a feedback system that begins to work when entities meet spiritually and attempt to love each other, even when they misbehave, even when they have difficult times.

Many, many opportunities will come to each of you in small ways and in large. Opportunities to see an entity as the self or the other self. We do not say to ignore the needs of the physical life. We do not say that it is wrong to set limits when there are difficulties, to protect the self from damage. You are third-density entities and you need to respond to the pain and the suffering that you feel. If you do not respond to it, if you insist on being all love and light at all times and not dealing with your feelings, not dealing with your dark side, you shall never make a social memory complex.

So the first entity that you must fall in love with in order to form a social memory complex is yourself. If you can fall in love with the shadow self of your own 360 degree being you have become far, far more vulnerable to the light that is the new light of fourth density. So much of the light that you call to yourself is created by the nexus of desire and emotion within which you are seeking the light. So all aspects of light feed into making third density into fourth density because all aspects of light can be illuminated by love. Love makes food taste better. Love makes gardens bloom better. Love makes children grow healthier. Love makes businesses thrive. Love will also make positive fourth density occur because the love energy within many of your people is now approaching that energy which is the graduated third density, the Christ energy.

The one known as Jesus would laugh long and hard at someone who said that he was a saint or that he was holy or that he was better than the next sinner. This entity did not feel those things. This entity was seeking to become more meek, more poor, more hungry, and to achieve more suffering. Why was this entity doing this? This is the mystery of moving from third density to fourth density. Why did this entity find such joy in turning the other cheek? And

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in embracing death when he thought that by that sacrifice he would be able to save others from that suffering? Why was this very imperfect human act of choosing to die something that has riveted your culture for 2,000 years? That is the question that we feel may be most beneficial at this time [for you to ponder]. For the Entity comes into the Earth at this time. The one known as Jesus each year comes into the darkness, and the darkness knows Jesus not. And to that darkness Jesus is simply a mistake, a fool, a troublesome entity that must be stopped. For this entity simply wants to love. He wants nothing in return but simply wishes to speak the words of his Father, to do the will of his Father.

May you follow your heart. May you follow that which this instrument calls the cross. For fourth density is cruciform; that is, early fourth density especially. There is a cross involved. There is a sigil of sacrifice that needs to be grasped in a way that words almost cannot achieve. Silence itself, the tabernacle of the heart, and those infinitely blessed words that have no sound, that still, small voice, will bring to you that which you need. We encourage each to seek that silence each day and to affirm that all is well, that all will be well, that the life may be lived in faith. This rest that faith gives, again, frees one to love. It enables fearlessness. No one within your sphere is truly fearless in all ways, but it is well gently but determinedly to work on that fear, work on those separating emotions and realize that all actions expressed lovingly are metaphysically correct. It is not possible often within the Earth planes to make a pure choice because the physical vehicle won't stand it or the budget won't stand it, or the family won't stand it, or something will fall apart that you wish to keep together if you pursue a totally pure path of light. As we said, there are times when one must make decisions that do not seem particularly loving. But if they are made carefully, thoughtfully, and because of love then we say that is excellent work. It might not be right, but it is not important to be right. It is important to be loving. So attempt to be right. Attempt to run that ship that you have. But attempt more to open the heart to love.

We would at this time transfer this contact to the one known as Jim. We thank this group for asking such a good question, and we at this time would leave this instrument in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each once again in love and in light through this instrument. At this time we would seek to offer ourselves to any further queries which may remain on the minds of those present. Are there any shorter queries to which we might speak at this time?

S: It is recently on my mind that, since yesterday we had a rear end collision and a couple of days ago we had another accident, I was wondering if there was some lesson that I had missed?

I am Q'uo, and am aware of your query, my brother. We apologize for the delay that was necessary for this instrument to work the recording devices. To your query, we can not see any particular lesson here other than there is always the unexpected, which occurs sometimes without any seeming rhyme or reason, yet which one can interpret by whatever means or attitude is prevalent within the personality structure. This attitude of mind then is set to work upon whatever catalyst approaches and will make the necessary adjustments to include the new catalyst within the established ways of thinking. The seeker of truth, then, may utilize any catalyst to achieve the desired perspective, shall we say. When one has one's spiritual feet firmly under one, there is no catalyst which can shake one's ground of being. All catalyst then becomes available as grist for the mill, shall we say, the catalyst being the means by which one seeks the heart of the being, if that is one's predilection, or seeks the more easily accessible surface interpretation, if one wishes to skirt the issue, shall we say, or move around the experience of one's being. Is there another query to which we may respond, my brother?

S: My wife has been feeling kind of low and down and I suggested it might be a psychic greeting, or it may be the doldrums but she couldn't seem to find a reason why she feels the way she is feeling. Do you have any perspective on that?

I am Q'uo, and am aware of your query, my brother. We show this instrument the picture of the ice and the broken ankle. We suggest that this entity, the one known as C, may be, in the memory of the body complex, remembering that which occurred nearly one year ago at this time. The memory of the body is much stronger than most entities in third density are aware of or give credit to the body for possessing. We assure you, however, that the body does

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remember those traumatic experiences and this memory bleeds through from the subconscious mind and becomes that which is seemingly non-directional, without source, a feeling of apprehension or anxiety. Is there another query, my brother.

S: That is most helpful and I am sure C will appreciate it too. I am curious from the last session, concerning Carla's fifth-density friend of negative polarity that occasionally attacks her. Does this entity have a name?

I am Q'uo, and am aware of your query, my brother. And this is correct. Is there another query, my brother?

S: And what is this entity's name?

I am Q'uo, and am aware of your query, my brother. We suggest that it be carefully considered whether or not this knowledge is desired. For it is polarized significantly in the negative direction to know the name of one's seeming adversary. To know such is to begin the trail in the attempt to have power over that entity. Is there another query, my brother?

S: I'll take the hint and leave it at that. The last question is: do those of Q'uo and the heavenly host have any message or thing that they would like to contribute to our group at this time?

I am Q'uo, and we cannot resist. Ho! Ho! Ho! Is there another query at this time?

S: Not from me. Thanks.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I've noticed that Christmas is a very difficult time for many people to the point that they have to work at surviving Christmas, to go and get some deli and some videos and shut out the horror until it passes. It's a terribly negative view of Christmas, perhaps because there is no one to share it with or because of a bad memory. I wonder why this is and what can be done to make people feel better about Christmas?

I am Q'uo, and am aware of your query, my sister. There is an infinity of possible reactions or responses to the season which you call Christmas as there are for any season, day, or event. Who can say why one entity feels such great joy and another such sorrow at the same experience. Each of you and each of us in all of creation is an individual, a spark from the same flame of the one Creator, yet a reflection in infinite variety according to choices made, experiences had, directions taken and not taken. There is no way to estimate the response of one entity over that of another entity to the same catalyst. For all lives are written by one soul in many experiences, some of which mark deeply upon the pages of the life pattern, while others seem to go unnoticed with the same seeming surrounding cast of characters. Life, for most, is a great mystery. To begin, and we stress begin, to unravel the various twists and turns of plot and character is the work of one entity for a lifetime. In short, my sister, we cannot give you a cure for the Christmas blues. Is there another query at this time?

Carla: No. Thank you, Q'uo.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

T: When Carla asked the question a thought came into my mind. Sometimes it seems to me that some people at Christmas time get a glimpse of good cheer and people having a good time and what happiness could be towards this light. And some people take this and say that it's not this way all the time, and they get depressed. Could you comment on that, please?

I am Q'uo, and am aware of your query, my brother. Indeed, for many this is so. To see that which is desired but not realized and removed from one's experience seems to be focusing on that which is ephemeral, seems to be a trick, to be false. Others perhaps see the commercial nature of the season and are disillusioned. Others respond more to the lack of light, the days being shorter. Others perhaps respond to the loss of loved ones from earlier times who are not now available for sharing the joy. Others perhaps respond to events within the world stage which seem to be more evident at this time in your yearly cycle. As we mentioned previously there are many reasons for entities to respond in the negative sense, of joy or sadness, at this particular time of your year. Is there another query, my brother?

T: No. Thank you very much.

I am Q'uo and we thank you, my brother. We would take this opportunity to thank each present for the heartfelt queries. The concern that underlies each is most evident to us, and we are always grateful to be able to speak to those who have the great desire

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to know the truth, to share the truth, and to become the truth. We walk with you on that journey, as do many others who are not visible at this time but whose hearts sing with you in the joy of your own seeking and your own serving.

At this time we shall take our leave of this instrument and of this group. As always, we leave you in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 6, 2002

Group question: For the group question today we are going to take pot luck and see what Q'uo might have to say to us.

(Carla channeling)

We are those known to you as the principle of the Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are. We thank you for forming a circle on this day of winter. The snow and the difficult roads have kept many of your friends from their activities. We celebrate your faithfulness to these precious times together, and we are most grateful to you for seeking the truth as a group this afternoon.

It is the first time in a long while-we do not immediately remember the last time that we had a pot luck-and that is a novel thing for us. For we then need to use our own discrimination to the extent which you usually take off our hands. What would we wish to tell you? What would we wish to offer you? Left to ourselves we speak one tune. We tell one story. We tell of love. And yet we find that even within this small a group of three we would be able to rest within each of your minds to discover the genius that lies in the connections between those minds and to find a completely unique subject at any time that you would ask for pot luck. For the energy between even any two people, much less any three people, is a complex and multi-layered thing. The connections are there in so many ways that are difficult to understand in any linear fashion. Each of you is connected to each other by those things which you are working on in common, by those services which you share in common, by the outer gifts which you enjoy in common, and by the desires that resonate between each of you in common.

So that even among those whose path is fairly calm and whose seeking has become silent and only occasionally moving into the new book, the new tape, the new buzz, the new news. Each of you creates constantly the future forks in the road for yourself, those future choices of pathway. It is not only that you are choosing the road that you are on when you come to the moment and gaze at it, for indeed you choose not only the road that you are on in the present but turnings from that road that are implied in the depths of your seeking, in the quality of your attention, and in the sincerity of your humility at asking and knowing that you know not and that you truly wish to know. This desire is not a permanent or a fixed thing in anyone. Rather, it is that commitment that is revisited [perhaps] each day but certainly from time to time.

So rather than your life being a clarion call that once begun simply continues speaking we suggest that each of you has a voice, has an energy, has the potential to sing a certain beautiful and complex melody, but each of you, indeed, in the present moment is a sonata under construction, a musical piece that has not yet been finished. And so there is the rehearsal and the playing over of the tunes of self, those leitmotifs of being.

The one known as T said earlier that there was that in him that greatly missed the opportunity last week to come together in seeking in silence and in truth. And we would address this line of thought because there is a very valuable point to be made here, not simply for this group, but in terms of all groups that are seeking to increase the light upon planet Earth. It is very well to establish a group. It is very well to begin a practice of spiritual seeking. It is excellent to form a plan for seeking the truth, for finding the self, or for discovering one's service. All of these avenues are worthy. They all lie before each of you. When you come together as a group in a regular and persistent fashion these threads begin to weave themselves without your conscious awareness into a far more coherent and lambent pattern, banked and steeped in light because of the energy of those companions of the path that have entered the silence together over a period of time.

Opening to the silence in a group over a twenty year period that these particular three entities have enjoyed together is opening a very small social memory complex between the three seated within this circle plus the social memory complex existing betwixt each of the two in this group which have a close bonding, plus the social memory complex that exists within fourth density, that one which exists within fifth, and that one which exists within sixth density and which forms the principle which is our voice. Consequently, rather than bringing one entity into the silence, by meeting in a group over a period of time you are beginning to weave for yourself a solid and reliable resource which contains your energy spoken truly and reflected in the mirror of those who love you and those who would wish to help you.

Meeting in trust, coming together in humility and seeking, are motives and energies which ennoble and strengthen that within you which seeks so that you may have the grace to continue to seek. For, indeed, we do not advertise that there are easy answers. Indeed we do not advertise answers. We urge the questioning. We encourage the hunger and here we do not speak of intellectual hunger, although certainly that has its place and books and ideas and all sorts of outer influences are intended to come in and to speak to you and to move you, but beyond all of these things it is the silence, it is the seeking beyond the question where the whole self becomes the question and the only answer desired is wrapped in silence and lifted on the wings of angels so that you, yourself, are wrapped in angels' wings, those wings which bear one up when one knows nothing, those wings which hide one when the sunlight of pain is too bright, those wings that lift one up above the pettiness and the greed, the sloth and the laziness of other human beings that come before your eyes, that lift one up beyond the secrets of the heart, that are not worthy, that are error-prone, that mark one as a human that are the hardest of all to lift beyond, to fly beyond, to release from the judgment of one's self.

We are so pleased that you have sensed the power of simple, error-prone, third-density human beings in a group, dedicated to light and love and service. Is there within any of you some bright idea that will instantly change the planet? We do not know. We do not know where your outer gifts lie, where the footsteps of your heart will take you, not tomorrow, not even next year, not in the next decade. We don't know the final shape of your life but [only] that there is this moment together in time and in space where these three have come together and sought in silence and in the spiritually lived voice which this instrument has asked for. That which you know not is a great treasure, a great resource within your practice, and we are very, very pleased that you feel its value whether or not it is possible to see into this depth or quality of value in a conscious manner. It is there, and on the incarnational level contracts are being fulfilled. Collaborations continue, and the work that is common to all moves on to a fuller life because each has persisted in good weather and in bad, in good feelings and in difficult times, through all of the thicks and thins of living.

This is a time when your planet roots deep and sleeps. This is a time when many little snows visit the Earth and sink into it very slowly, watering in a much more beneficial way than the dazzling flooding rains of spring. The ground is preparing for its growing season, feeding the deep springs. Slowly, so slowly the energies of the light begin to strengthen as the day becomes minutes longer each day. Each within this group deals at this time with those difficulties which seem to smack of the cold and the ice of inconvenience, discomfort and pain. Yet we say to you that within the warm nest of hearth and home and heart the balm of Gilead lies sleeping, waiting to be taken up and used, and all of the energies of healing, peace and new life are upon the

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wind, harbingers of the spring and the blooming time to come. Know that all is well. Know that all seasons have their beauty, and rest in that faith and hope which inform your heart when it opens to the shining face of the one original Creator.

We would, if the instrument known as Jim is willing, like to exercise this instrument briefly as this is a good opportunity, since there is no message, to work with this instrument in a more general and creative way. If this instrument prefers, it is perfectly all right not to speak. We would at this time offer to transfer this contact to the one known as Jim. We are those of Q'uo and leave this instrument in love and light.

(Jim channeling)

I am Q'uo, and we greet each once again in love and in light through this instrument. We have at this time spoken about the process of evolution that each entity undergoes, both as an individual and as members of a group of individuals. The process of seeking the direction of one's path is a process which is chosen not only upon the conscious level of each individual seeker but is a process which is, you might say, encoded into the very cells of your bodies. For all of life which has been created is made of the same Creator and this Creator of us all seeks to know of Itself what can be known, and seeks as well to return to a state of being in which there is a complete stasis for but a short while in which the knowledge of being is fully assimilated. As this is a dynamic energy there is in fact no true stasis, for that which is garnered from knowledge is almost immediately put to use as a kind of fuel for the engine of beingness. There is always a use or burning of the fuel of knowledge which can be focused in an individualized sense so that there are infinite possibilities for those portions of the Creator which are able to individualize to do so. Thus are each of you, and all of the sentient beings who are children of the one Creator, fitted with a kind of homing device. For the portions of the one Creator who wander far, it would seem, from unity are in fact voyaging into those areas of unity which are yet unknown or unexplored until some portion of the seeking Creator moves into these areas, much as the-we search this instrument's mind-various expressions of biological life flourish in a pattern dance, growing ever more intricate patterns of life forms to once again express another facet of the one Creator being explored through free will.

We are those of Q'uo. We feel that we have taken this instrument far a field in this particular expression and would at this time ask if there might be any queries that we may attempt? Is there a query at this time?

Carla: I don't have a question but I would just like to ask that you be with Jim and me as we go through these two procedures in January and February. I would appreciate your help.

I am Q'uo, and we feel your desire for assistance, and this is of course an area in which we are most happy to join you in the healing efforts. For the energies which we have to offer are of a very basic level of vibration in accordance with the third-density requirements for expression. We are with you, my sister, and would be glad to join you in any meditative endeavors which would assist in the relaxation and healing process.

Is there any query at this time?

Carla: No. Thank you very much.

T: No. Not from me. Thanks.

I am Q'uo and we thank each once again for inviting our presence this day. Again, we would express our great joy at each opportunity to join this group in its seeking. At this time we would take our leave of this instrument and of this group. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 20, 2002

Group question: The question today has to do with the concept of how we create our experience, our reality, by the way we think, by the way we believe. We would like for Q'uo to give us any indication as to whether that might be correct and if it is, how does that work? We would like to have more information on how we can create a more harmonious reality.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, whose service we share with you. We thank you for forming a circle of seeking on this snowy day. It is a blessing to us to respond to your request for thoughts on the notion that beliefs can change your future. We are aware that in the sense that the world sees things this may be very difficult to grasp. However, we believe it is correct and we would be glad to share some thoughts about it.

First of all, we must remember the creation that you experience and the creation that, shall we say, is the reality of which the creation is the illusion are very, very close together but are not the same thing. The illusion is as close as a heartbeat to reality but is invested with physicality so that you are actually a traveler in two worlds at the same time: the world of your outer experience and the world of your inner experience. To suggest that the inner experience influences the outer experience would not be to suggest something very unusual. For it is clear to all of those in the circle how much difference a person's attitude can make with regard to most situations faced. Certainly it is easy to see that the glad smile or the way of making light of some perceived difficulty will always create an atmosphere of the people around one, if not the self, to feel better about an existing situation.

Wherever the self or other people are concerned the words said create not just an atmosphere but a feeling. And that feeling predisposes the inner self in ways that are difficult to see, looking from the eyes of the world. In actuality even that reality that you sense that is a heartbeat away from the illusion is not the end of the seeking for reality, for each of you is part of a group oversoul, shall we say, or a larger self that contains many seeming individuals that are not the self but in actuality are part of the self. And these larger entities are part of even larger entities until you get to the level of planets and sun bodies and the kind of entities that have many orders of magnitude beyond the one that you now experience.

All of these orders of reality are alike reality and illusion. However, the level at which one is working is very difficult to pin down in words because in no case will it be that which is congruent with the outer reality which is an illusion. Consequently a great deal of the path of seeking the truth is, as the one known as R said, discovering the depth of the truth that one cannot control all things in order for the self to feel comfortable, for the self will never feel

comfortable. For all things cannot be controlled, and most things are not even supposed to be controlled. That is, we suggest to you that the apparent chances and changes of an everyday life have elements of excellence in all of the offerings spread before your experience each day, not simply the seemingly fortunate happenstances but also those accidents and misfortunes which seem to be quite the opposite of fortunate and seem to be ill-starred and unlucky or even tragic.

The way the illusion is set up is almost guaranteed to make it impossible for you to be able to control the inner universe. It is a situation where the outer personality shell attempts to order things so that the self will be comfortable. This is the usual choice for entities. They attempt to control the environment for comfort and for perceived goals that have to do with security and protection.

The film that this entity was talking about earlier is an offering by a scientist who suggests that the role of the physical things that make up the body, the genetic structure of the body, is not as controlling and elective as it appears from the outside in, that what one has in the genetic structure of the self as inherited appearance is not necessarily that which must be experienced. This entity explained that these genetic structures have a garment and that garment is kept over the genetic structure in such a way that it does not appear or become activated in the life experience as long as this covering is allowed to remain over the genetic structure. This covering is made of proteins. These proteins are excited by incoming signals which cause these proteins to express themselves, first by electrical pulse, then by the exciting of the precise proteins that the electricity encourages. And then another electrical pulse to complete the errand started by the protein which come to either uncovering the genetic structure and causing it to be triggered or leaving it as it is.

This entity was simply saying that the belief of the person has the actual physical power to change the input signal that electrifies the proteins and that this change in belief will change the reaction of the physical body so that if there is a tendency towards cancer in the family, by figuring out what positive things keep that sleeve on the cancer gene and figuring out what things to avoid to keep from taking that sleeve off that gene that cancer gene never needs to be excited, never needs to be uncovered and never needs to be experienced. This is the basic idea behind this approach to attempting to bring the outer world and the inner world into one and create the reality that we would prefer, rather than the reality that we see in our genetic structures and our heritage from our parents.

This is the sense of this video tape that the instrument was talking about earlier. This is sound in terms of your own world's science. It is also sound in terms of what we believe to be so. It is very difficult for us to get into the real nitty-gritty of how you can talk to yourself as opposed to how someone else will talk to himself or herself. Each person has habits of mind which are not, shall we say, of the most hopeful or positive point of view. And with each person there are different areas. These areas are very quirky, as this instrument would say. It is very much a matter of the day, the hour, the mood, and the catalyst within the life in any one day as to what areas of the thinking that you do in talking to yourself you get into, what mistakes that you make in that particular day. And are they mistakes, indeed? For if you are telling yourself something that is disempowering, like "I don't think that I can do this job," perhaps you are telling yourself that so that you can stop and take a good look at the job and really ask yourself, "Is this the job I want to do?" Or with a relationship to ask yourself, "Is this the footing on which I want to be, or is there another footing that would not only be more skillful but actually make me a happier camper, a happier person, a more efficacious human being," one that is more capable of learning, loving, serving and all of those things that you hope to do?" So I suppose that what we are saying is that it is true beyond our ability to prove it that what you think to yourself, what you say to those about you, has, to the extent that you believe what you are saying, or that you do not believe to the contrary, a power over your future.

The question of time is most confusing, but is very relevant to this discussion because it is the nature of how time flows that is critical to the grasping of how it is possible for something as invisible as thought to affect physicality. So our first statement is simply that you may take it on faith, if you have faith, that this is so and work with a will to discovering how to talk to yourself and how to talk to those about you in order to express what you most truly think is true, what you most deeply feel to be the case. Consequently, we are not suggesting that it is possible to look at a situation where a house is on

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fire and say that this is perfect. This will not stop the house from burning down. We will agree completely that thought concerning a seemingly unfortunate situation will not change the structure of that situation, at least not in the physical.

However, think about the last time that you heard of someone who came through a fire. What were they saying? They were probably saying, "Thank God that my wife and children are safe. All we lost was the house." Somehow it is the function of bad fortune not to create tragedy in people's lives but to open possibilities for thankfulness and for positive change. It might be a terrible opportunity for positive change to see one's house burn up or to see other disasters strike. Yet at the same time, with the gift of hindsight one is able to look back on such passages through difficulty and one is able to pinpoint the real quality and appreciated nuances of that experience that seemed in the present moment to be a dreadful thing but seen from the future looking backwards becoming almost the opposite: almost a boon, almost a point of fortune because of the learnings and the maturity that were gained during the experience.

So when faced with something that you perceive to be a difficulty we are not suggesting that you put on rose-colored glasses and say that the difficulty is not a difficulty. Rather, what we encourage is that thoughtful approach that is willing to accept the two-natured quality of all apparent experience. There is an outer quality to the experience, and that is what you are seeing, feeling, tasting, touching, sensing in that way. There is also an inner quality to this experience. This inner quality is a very subtle thing and not a simple one. It is made up of the way you are at the moment on the surface, on the surface personality level, plus those deeper levels of the self where you have let some sunlight into deeper parts of the self where you are aware of some of your geographies of mood and emotion that have created themselves into structures in your inner life. You might be in that inner structure where you are comfortable and you are in a role that you might enjoy. You may be in a structure where you do not have everything explored yet. You are still the seeker, the discoverer of the self. You may be at that level where much is unknown and where you may feel relatively uncomfortable. Yet you feel that you are in a very true part of the self. It is just one which you have not become fully acquainted with yet.

And these structures of familiar roles and unfamiliar roles, old things and new things, create a kind of three-dimensionality to the inner life that is almost impossible to put into words, but we feel that you grasp what we are trying to say, that there is in the self that comes to the moment a great deal more than what meets the eye, not just the personality meeting the day, but the personality at a certain point in a very long journey, with a lot of energy behind that journey and a lot of energy in front of that journey. And you're just picking a point in the illusion to come into awareness and have this lifetime and have these experiences. And so you are just sort of sticking up into the outer reality with this physical vehicle, and this personality shell and this enormous weight of many, many lifetimes, many, many experiences and many desires fulfilled and yet unfulfilled. This is each seeker's situation as the awakening occurs. Again and again there is the awareness that the situation is far more than a simple present moment and that the full reaction to that present moment is coming from places near and far within the self so that the self that meets the moment is always a unique individual, unique to that day, that time, that mood, that catalyst.

We do not see time as you see time. We see time in more of a circle. We see your experiences as circles within that circle, and we see all of it with much more capacity to allow for the complexity of the true situation without needing to define it. Consequently we find it much easier to have, shall we say, a pleasant existence. We are not in that dense physicality that blocks much of the vision that you have in an inner sense. It blocks it specifically because you are supposed to be thrown off balance and disturbed by the illusion. You are supposed to become involved and lose your objectivity and make mistakes and when you do that you feel that you have failed and at the same time you are fulfilling each desire of your heart, just not in the order and with the comfort that you had perhaps intended. Yet all of these things that seem to crop up in the present are a mixture of those things that happen in the outer world without any rhyme or reason: the weather, the car breaking, and so forth and those things that happen for a great many inner reasons that create situations where it will be a totally different experience if there is poor weather or if the car breaks because of the richness of your inner experience and the way that it has delivered you to the present moment.

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Now, in this present moment you are sowing the seeds of a future and this is where it gets interesting from our point of view because of the fact that this is what so many of those who have awakened have come here specifically to do at this time and that is to make a difference in the future of your planet in the short run. And the difference has to do with how each individual seeker sees the present and sees the future. And here is where self-fulfilling prophecy comes into play. It is easy enough to see that if this entity named Carla can smile when she is in pain she affects the lives of those around her to the point where, as they did before this meditation they asked this instrument, "How is it that you can feel pain and not react?" To this instrument it was not a question easily answered because as far as this instrument knew she was reacting to pain. She simply was apparently better than she thought at keeping it to herself.

This is true of each of you. Each of you has these areas that other people think "Oh, that person is doing very well." But to you, yourself, you are aware of the gap between that which was hoped for and that which was achieved in terms of the quality of the personal response of that moment, the quality of the response of the heart, to consciousness itself. But we say to you that each of you is a tremendously powerful fulcrum and the present is the pivot, and what you do in this present moment with regards to your belief about the future of humankind will redound either to the safe birthing of planet Earth into fourth density positive with all of the inhabitants of the planet more or less kept safe, or it will redound to a global catastrophe where all of the magnetic fluxes which are presently unstable will become stabilized. Either future is at this time, as far as we can see, entirely possible. The future is in the hands of you and you and you, each of you. And it is within the belief system of each of you.

Think how one person who chooses to bring faith into the present moment, to bring the love of the heart into the present moment, affects that present moment and affects the mood of those about that person that is expressing love and light. Think about those moments in your own life when you have found that moment of grace and won through to a good attitude and how empowered you did feel and how it did change the outward reality simply because you had risen to the occasion with a happy heart. Think of how you have blighted your own life in times when you have taken the negative view and talked yourself deeper and deeper into sadness and sorrow and despair.

It is not always possible to create the future in big, bold strokes. It is not always possible to express in a day, in a week, in a month, or in a year the beauty that you are capable of appreciating in even one moment. It seems on a thousand different levels that the treasure of life and its beauty were falling away far quicker than life's difficulties and travails. And we suggest that for the faithful one the path lies in continuing to play the hand that you were dealt, to enjoy the weather that the day holds, to deal with those chores that seem to need to be dealt with as best you can. And retain, insofar as you can, beyond all of those things a remembrance that has nothing to do with what has happened, a remembrance that is stubborn against seeming reality, a remembrance of an internal reality that, to you, overmatches the pale colors of the physical world. And that is that inner world of your own heart, your own soul, your own spirit.

When you are quiet in those moments that come to be so treasured when they do come you feel the truth of the self, the beauty of your sweetheart, the strength of your soul, and the power that is within you. Rest insofar as you can in the memory of those moments when you did feel connected to the Creator, when you did feel that you were part of the love that is all that there is, when you had the connections that made you unified, positive and hopeful.

A life in faith is not a life in which the faith is always expressed. Rather, it is a life that is full of mistakes that, when self-perceived, are addressed with the best that the self has to address those perceived mistakes. If you have the willingness to retain that sense of self when everything else goes wrong and to win through after all the difficulties and emotions have been expressed to the remembrance of that self, then you will be living a good spiritual life. For it is not living smoothly and wisely and all things being even that is the hallmark of the rich spiritual life but, rather, it is that often challenged self, that self that is held accountable after being comforted and comforted after being held accountable. That is where the skill lies: in not giving up upon the self, and not giving up because of perceived failure, but rather in seeing that one cannot see at all times into the pattern that lies beneath the seeming chaos of the day. That

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remembrance is enough to keep you faithful or faith-filled with regards to the future. It is as though that remembrance of the self beyond all of the mental and emotional patterns, the remembrance of that spiritual self, the remembrance of those times of connection with the Creator, enables the self to pick itself up, brush itself off, and try again. And there is that skill with which the future will become a positive and ever more shining thing, that bare remembrance of who you are and what the process is all about. It is not about creating beautiful moments, although it is wonderful to create beautiful moments. It is about being real, as real as the self can be, and that will often lead one astray, that will often lead one to errors in judgment, self-perceived by the self, to wrong decisions, self-perceived by the self.

The more the thought is taken, the more the mentality is invoked to rationalize and to analyze the less the self will be able to connect with those deeper strata of internal structures which actually are slowing up the deeper patterns of life in your incarnation in terms of the large strokes of life: the relationships, the jobs, the situations that are seen to continue from year to year and constitute continuing lessons for the self.

You are not a solid. You are a vibration. You are an energy field that has connections to absolutely all other energy fields in the universe. You are connected to them through a series of orders of magnitude and, shall we say, reality, that are understandable only from the larger viewpoint. Many times within the life experience you will not be able to see how a certain situation could possibly be one in which love abides. But this is always the question to turn to, that one offered by the ones of Ra, "Where is the love in this moment?" This is a question that is always productive, that one may ask the self in a crux in the present. And by finding where the love lies for you in this moment and placing yourself there, there is how you affect the future. You are choosing what you desire because you desire it. That is understood, but in terms of responding to that which is given you have the skill and you have the chance at each offering to ask the self, "Where is the metaphysical structure of this moment? What speaks to me from a larger point of view that really informs the situation for me?"

The one known as R suggested the fear contracting around the vehicle breaking down and needing to be fixed even though the financial situation was no longer so tight that this constituted an actual emergency, yet still even though money could now be spent on the car and it simply needed to be fixed there is the contraction around the event simply because of old impulses, old emotions have set a pattern of belief. Now, you may continue having that pattern and fearing and being glad when a repair is accomplished, or one can take the opportunity as the one known as R has done to ask the self, "Is this actually the best pattern for me to go through this experience holding, or should I perhaps hold a different pattern since my illusion has actually changed?" Naturally, we agree. We would suggest that the one known as R create a new pattern, one that makes this entity comfortable with having to deal with the necessary maintenance of all that is physical, for those things which are within your illusion have as their heart mortality, though it is known beforehand that all machines and engines will not work and they will have to be repaired. This is the inevitable price of being in the illusion at all. Your time is limited, and the time for you to think about what you truly desire for the future is limited. This is indeed the hour when all entities who wish to serve the light can feel assured that their service will count. Each of you is here upon Earth, as are we, within the influence of your Earth's inner planes, because of the exciting and interesting times in which you live. Each is aware of the powerful wind of change. Each is aware of the potential of the future for good or for ill. How shall you react to this present moment? How shall your beliefs create your future?

We assure you that you each have a great deal of power. And it is a power that is precious. For many, many upon planet Earth at this time this is a crowning incarnation. This is the end of a pattern or the potential end of a pattern and the beginning of new patterns. It is a very exciting time. It is a difficult time. Each of you has, shall we say, sacrificed a great deal to be upon Earth at this time to do what you could to serve the light. So we just encourage you to take heart. You are on course. Those efforts that you sense will be helpful are those efforts that you should focus on, opening the mind always for new ways, but trusting in your own inner feelings and hunches, those intuitions that tell you that, "Yes, this is where I should be, and this is what I should be doing. All is well."

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You truly do hold a world in your mind. May you birth within your own mind that sense of self that is at peace with what is and that seeks only the presence of the one infinite Creator and the witness to that infinite Creator— to yourself, and to the world about you, as you are given the light [so to act]. Each of you has much to give. Each of you has inspiration to share, some in one way, some in another. Some by pounding nails. Some by walking streets. Some by what they say. Some by what they do to serve. Everyone is a part of a incredibly rich pattern in which you are involved in all of humankind, and all of the life within your density and within all the densities of this creation and of all creations beyond. Allow yourself to rest in the oneness of all that is. Allow yourself respite and comfort and yet at the same time ask of yourself always to be responsible when you have the light to see that responsibility. And notice simply the responsibility to be who you are and to be true.

We would exercise the one known as Jim and would leave this instrument in love and in light, with thanks to this instrument. We are those of Q'uo. We transfer at this time.

(Jim channeling)

I am Q'uo and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which may yet remain upon the minds of those present. Is there another query at this time?

S: I am just kind of curious as to where Q'uo spent its third-density experience. What can you tell us about it?

I am Q'uo, and am aware of your query, my brother. As you may be aware we of the principle of Q'uo are a principle because we are of more than one source or origin. Those of Latwii, who are of the density of light, have joined with those of Hatonn, of the density of love, and also have joined with those of Ra, of the density of unity. Those of Ra, as you are aware, experienced their third density upon the planet which you call Venus and were honored to have a most efficient experience within the third density of Venus. The many entities which formed the eventual social memory complex of Venus had a most harmonious third density upon that planetary sphere and moved quickly, shall we say, through that experience with a significant portion achieving graduation within the first cycle of 25,000 years, a larger portion achieving graduation during the second cycle, and the third cycle saw the joining of the social memory complex by all of the population of that sphere. Those of Hatonn and those of Latwii had somewhat similar third-density experiences upon planets which are distant from this solar system and which are as yet undiscovered by your astronomers. Thus the name or place of such is meaningless, yet each social memory complex has found the third-density experience to be that which has produced the tempering of seeking, and the fire of the testing was intense and true. And we have been privileged to become that which you call Q'uo for the purpose of these transmissions at this time. Is there another question, my brother?

S: With all of these different originating points how did you meet or come together to become a principle?

I am Q'uo, and am aware of your query, my brother. As a planetary population moves from the third density, the density of choice, into the density of compassion, love and understanding there is at that time the obvious blending of each individual within the social memory complex. And this blending is assisted by those, what you would call, angelic presences or teachers and guides which represent the Confederation of Planets in the Service of the one infinite Creator. This confederation, then, when there is the opportunity to offer membership, shall we say, to a new social memory complex does so by sending emissaries of light to acquaint the potential members with the opportunity to expand their service to others and to the one Creator by becoming a part of this confederation of planets. And in this confederation there is the opportunity to blend energies, efforts and services with many other social memory complexes. The formation of the principle which you call Q'uo has been an effort to maintain contact with this group by those who have previously served this group in a particular fashion. Those of Hatonn have offered introductory messages for many years through this group and through many others as well upon this planetary sphere. This is true also for those of Latwii although to a lesser degree for those of Latwii are more, shall we say, silent in that they serve as what you would call Comforter for many individual seekers upon this planetary sphere and others as well. Those of Ra have had contact with this group in previous times

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and were desirous of maintaining a contact, however stepped down it was necessary to be so that there could be the continuing of the service which was begun more than two of your decades ago.

Is there another query, my brother?

S: When do you perceive that conditions would be right for making a more direct contact? Any time soon?

I am Q'uo, and am aware of your query, my brother. And we do not see any more direct contact with the population of this planet or any portion of it than that contact which we are now honored to pursue. Is there another query, my brother?

S: Not right now. Not from me. Thanks.

Is there another query at this time?

S: Maybe I lied. Maybe I have one more. My understanding is that Venus is not indigenous to this solar system. My understanding is that it is from 19 light years away. Was Ra's experience before or after Venus became a wandering planet?

I am Q'uo and am aware of your query, my brother. We are aware that there are many theories as to the origin of each of the planetary spheres in this solar system. There are many who seek to be of service by giving information of one kind or another. The transmission in many cases has been tenuous and occasionally misinterpreted. We are not aware of the planetary sphere which you call Venus having been of any other origin than the solar system in which it now moves and has its being. Is there another query, my brother?

S: No. Just curious. Information from another channel that I was curious about. Thanks.

I am Q'uo, and we thank you again, my brother. We do appreciate each query which this group offers to us at these circles of seeking, for we are aware that each entity does have within it the great desire to pursue those areas of mystery and the unknown, for both within and without each seeker there is an abundance of mystery. It is the purpose and the focus of the mind to seek those answers to queries which the heart asks. However, there are often more opportunities when both mind and heart are opened in harmony.

We are known to you as those of Q'uo. At this time we would take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
February 4, 2002

Group question: The question today, Q'uo, deals with the concept of self-doubt in relation to change and to the increased vibrations that everybody seems to feel: more stress, more choices, more anxiety in the life pattern. We would like for you to give us an idea of how we can deal with self-doubt when stability in the way things are seems so much more comfortable, how we can deal with change in making choices on the spiritual path.

(Carla channeling)

We are those known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we come to you this day. We wish to thank you for forming a circle of seeking and for your desire to serve and for your desire to know ever better and ever [more] purely. We can feel the gravity of the concerns which you bear this day. The experience of third density is ever poignant and pointed, full of emotion and challenge for the seeker. For truly the awakened seeker is caught between two worlds. Not necessarily stranded or snared but certainly aware of and needing to relate to worlds that seem very separate. Responding to the demands of physical incarnation, the need for supply, warmth, shelter, food, clothing, and all the considered necessities of the life is, in itself, not an easy or simple task.

The question of worth is always present. What is worth more, free time or more money? What is worth more, intensity of effort or material success from effort? Questions like this are not easily answered and in the context of an everyday life it seems that these demands of supply and finding ways of meeting [the] challenge of each day create more than enough opportunity for new things, new experiments, new ways, and new directions. At the same time as this world of the horizontal takes up the three dimensions of your days there is at the same time within you a vertical life that seeks always to reach higher and to go deeper, to find the springs of inspiration within the roots of consciousness and to find the guidance from up above. And it comes through earnest desire and persistent asking.

The one known as R spoke of sitting on the fence over decisions, and we find that this is often the skilful thing to do. There is, as far as we know, no indication, spiritually speaking, that it is better to move quickly than to move slowly.

Perhaps the direction that we would like to take this day is to talk about something that this instrument has been pondering at this time and that is the building of the road between the two worlds. The particular energies of this particular time and space for each of you have an unusually strong and generous energy at this time for the simple reasons that your entire globe is in that area of time/space in

which your Earth's fourth density is coming into birth. We cannot say how long this labor shall last but while it is occurring there are great needs within your people and your planet, great pressures for change that are the product of this particular phase of planetary labor. And these things are affecting not only each of you in subtle ways but also the nature of time and space and the nature of light. In other words, your world is changing around you. So, is it any wonder that each of you senses that this is a time of change, that there is some urgency to expressing the truth of the self and that in order to better express this truth, this and the succeeding time, shall we say, in this next decade, is and shall be prime time for finding new ways more fully to express the self in its heart and in its soul. Not necessarily in grand or impressive ways but in those ways that create within the self the sense of completing patterns, serving more fully in expressing the self in an ever deeper level.

There are many things that fall away when change occurs. This instrument was attempting to fit her old desk's *accoutrements* into a new desk and was finding that many, many things do not fit. What shall she do with these bits and pieces of a workaday life, these small boxes and piles of physical items that no longer have a niche? So it is within the inner self when there is a change in the geographical location. The new home for the one known as S, the possibilities of new jobs for the ones known as Jim and R, and certainly all the possibilities that lie before this instrument at this time. They are heady things, things that can become larger than the underlying principles that created them and gave them their substance. We would encourage each of you not to be distracted into thinking that the outer details and the shifts and changes necessary in the physical world are the most difficult part of a change. For within the self there is the equivalent of many an old desk with many a niche that is filled with many a detail that is considered an important part, a significant part, of the personality. What shall be packed up and taken with the self, and what shall be left behind? What still fits in the drawers of self, and what must be abandoned?

These are far more challenging questions than how to make arrangements for a new situation in the physical. And there is far less support within the network of relationships in the matrix of the culture for these inner changes than there is support for the outer changes that all people understand and have in common. Many, many sympathize and grasp the nature of change when it is the new job, the new house, the new vocation, the new relationship, the new tragedy or illness. All of these changes, good and bad in the outer sense, can be seen by most people to be challenging. Yet it is more difficult to find support when the changes are within. There is no true social pattern for inner change. The entities that are fortunate enough to find spiritually oriented communities in which they can express their concern for others' needs are perhaps in the most favored position to express support and encouragement to those with whom they come into contact.

In the normal run of a life, sharing in the workplace and speaking on the surface of things how very little true support and encouragement there is for the chewing over of details, the turning about of the situation, looking to find those elements of the puzzle that are the keys to fitting all the other pieces, all the colors and the newness into a new pattern. And how mazed and difficult it is sometimes to see a new pattern. Indeed, sometimes it is impossible for the best of humans in third density, and we would not encourage you to be harsh with yourself when you stumble. For the outer portions of change are difficult enough and then those unexplored corners of self that are being left behind in the new change are at a level of difficulty that is almost impossible to express and, yet, each of those who hears can think back into his life and see again and again those times of loneliness and solitude when the outer life was tranquil and yet the inner life was full of tumult.

It is not that there is no balm for those heart-sore people who are moving through change, for there is. There is endless balm, endless compassion, endless assistance. The challenge is in becoming still enough to receive. For the self is used to the struggle, to breathe, to pump blood, to prepare the food, to keep things in order and move ahead. The third-density training is to do, to act, to meet and solve all incoming problems. So fear not those times of change but know that then is the time to turn to the silence with an especial understanding of the importance of this rest for your soul.

There is the need to make a full stop from time to time in the day. A disengaging from the details, the morasses and tangles of effort, relationship and profit. How precious it is simply to be able to stop, to rest, and to knock at the door of your own heart

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hoping, waiting for the moment when the key turns because the mind is finally silent and that door springs open into that holy place wherein the Creator awaits. There is a timeless temple made of silence, arched with beauty, steepled with hope, founded on simple faith that all is well. It is a spacious, spacious room, this holy of holies within. It is a wonderful slice of heaven, a small place of Eden where there is nothing rude, nothing imperfect, where there is never any change because all is truly one.

Perhaps one key that we would share with you in thinking about change is to refrain from thinking of it as a dialectic, for that simply perpetuates duality. Although yours is the density of choice, yet also is there a level wherein all is one. And each choice that is made is far better served by preparatory time spent in the unitary and unified silence of your own heart, practicing the presence of the infinite Creator and allowing the questions in your heart simply to be so that you and the Creator and the questions with which you come rest all together, loved and loving, Creator known to created, created known to Creator. Each time that you come into this space, move into it with empty hands, for you know not what gifts the silence will bring you. You do not know what beasts, birds, winds and weathers may respond and come to bring you messages, giving eloquence to the silence and hints to the wise.

When you do not have the chance to practice silence in a formal manner we encourage you to seek the ways of nature and enter the creation of natural things whenever possible, for there in that world you are a harmonious and beloved part of all. There, in that universe, the light is trusted. Life and death are equally embraced and all blooms and blossoms bow to the wind, to the weather, and to the seasons. Such seasons there are also in several layers within the personality shell, within the life experienced by that personality shell within incarnation.

It is a helpful thing, indeed, to glance back and see the shape of former spirals of learning, for the past can inform you about yourself. Memory can tell you where your strengths and weaknesses have been in the past. Certainly, that memory does not serve to create new solutions to the problems of the past or creative directions for those patterns of the past which are felt to be incorrect. It is difficult to separate the glamour of the way things seem from the simplicity that lies beneath detail, the pattern that lies beneath the chaos. The one known as Jim was saying that out of a couple of instances of complete chaos and dropping things and seemingly loosing the pattern, some items that had been sought for some time had been found. The pattern was restored in spite of itself, almost. And often this strange and arbitrary sequence of events will produce new gifts, new patterns, new beginnings, seemingly, almost by accident or in spite of oneself.

We wish that we could reach from our position into your world and arrange the details of your incarnation so that the worries that are upon your mind would not be there. For we sympathizes greatly with the sometimes formidable amount of difficulty which surrounds key decisions within the life pattern. Yet we have no way to enter into your pattern to smooth out the spirals of your learning and your growth. We can only say to you that the more you rest in trust and faith, the more room that you give coincidence to work for you. The stronger your belief that all is well the more quickly patterns will smooth out and reveal that, indeed, all *is* well. And, conversely, the more a fear is focused upon the more that fear becomes real, to the point where, as each of you has seen in the past, this self-fulfilling prophecy does occur and that which is most feared comes to be because it has been the focus for energy within the self, and it has created its own vortex and started to lay out its talons into your life.

When you feel those contractions of fear that surround a proposed change we ask you to honor those feelings, not to avoid them or replace them with affirmations, but to embrace them, to rest with them, to allow the process of balance to work itself out within you so that its strains run sweet and true and all of that which is catalyst for you is allowed to pass through the membranes, shall we say, of your desires and emotions and processes. Do not duck them or push them down below the level of consciousness but find time for them. Find time to sit with them as though they were your own children that were worried and concerned. Perhaps talking out loud to them may even be helpful. The one thing that is sure is that fears do not go away because of repression or because of consciously shoving a fear aside and shoving in a faith that is not felt from the inside out but is grasped from the outside in. There is faith within you. It is not something that you have to pretend but that faith begins with honoring and

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respecting [one's own feelings of] doubt and unbelief.

The healing of doubt is in balancing, and that balance is sometimes slow in coming, so we ask you to be patient with yourself. Allow time to pass. Allow destiny to roll. Allow the cry of the wolf, the honking of the geese, the keening of the wind and the storming of the rain to bring those elements to you that only time can bring, to allow those energies to move through you with only time to accomplish in the movement.

It is true that a new age has been born and your planet at this time is in labor with this new world. And so you, too, are in labor within yourself, birthing a new and hopefully more spiritually oriented entity, finding ways as you make choices to become more real. How do you forge a road between the everyday of earning a living and the fourth density of love unconditionally given and received? Each of you has part of the answer to that, for each of you is at work paving that road now with your thoughts, with your faith, and with your doubts.

As always, we are with you; we and many others are glad to join you in your meditations to strengthen them. It is our privilege and pleasure to find ways to bring you dreams and stray thoughts and coincidences, and this is not only our practice but many of those within the inner planes of your planet who wish to help you will find ways to communicate concerning those things that you are worried about. Keep open the ears and the eyes and behold those small beauties and blessings that each day brings.

We would at this time ask if there are any questions that any present would like to ask, a follow-up on this question, or any other questions. Is there a question at this time?

(No queries.)

We find that when the one known as Jim stopped answering the questions for us the questions dried up[6]. We shall, therefore, wind up our speech through this instrument, our "cosmic sermonette,"[7] as this instrument would say, by saying what a privilege and what a blessing it is to speak with each of you, and, as always, to ask that each of you listen to what we have to say with a jaundiced eye, or ear, taking those things that seem good to you and leaving the rest behind.

How we wish that we could express to you the gemlike nature of the processes of suffering and change that you go through, how we can see the tempering and annealing work that is being done within through the excellent processes of catalyst and experience within your density. Truly, all is well and each of you is on course. May you fare well. May you be bold. And may you be merry.

We leave you in the love and in the light of the one infinite Creator. Thank you for the privilege at this time of speaking. We are those known to you as the principle of the Q'uo. Adonai. Adonai vasu borragus[8]. ♣

[6] Carla: Jim, a humble man, was concerned that his channeling was unworthy, and refrained from channeling Q and A on this day. After this comment from the Q'uo group, he decided that perhaps his channel, too, was needed! Thanks be to the Creator!

[7] A phrase from Brad Steiger's book, *The Divine Fire*.

[8] This salutation often draws questions from readers. I believe it is both a salutation and a farewell, and means, roughly, "Greetings in the Creator, dear brothers/sisters." George Hunt Williamson was of the opinion that the language from which it comes was that of Maldek, called Solex Mal.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
February 10, 2002

Group question: The question today has to do with the concept of the shadow self, the darker side of ourselves that we occasionally explore but which is mostly a mystery to us. We would like for you to help us discover what it is that we can do to get to know our shadow selves, to accept our darker side, and become 360 degree people, with light and dark. What is the most salient thing that we as seekers of truth could do to get to know and accept our shadow selves?

(Carla channeling)

We are those known to you as the principle of the Q'uo. Greetings in the love and in the light of the one infinite Creator in whose service we are. We honor you and thank you for all that you have done in order to have come to this circle of seeking at this time. For each there have been sacrifices and we thank each for the desire to seek the truth and for the honor of being called to your group by the tuning of this instrument and this group and the question that you asked. We are greatly in your debt, for you allow us to be of service in that way that we hope best fulfills our present capacities. Therefore, it is most precious to us to speak these words to you and we would ask of you only that as you listen you discard those things that do not seem to be useful and retain those things that seem to be worth a further look. For we would not be a stumbling block before any, and we encourage each not to allow the self to be a stumbling block in the sense of the received wisdom of authority. For truly the discrimination within that resonates, whether disturbed or elated by material, will tell you what material is for you. If there is no resonance, either of dismay or of love, then this material definitely can be looked at another time. It is helpful not to dismiss things with which one disagrees, but, rather, to examine it in order to see what others' perceived distortions might be. Information is often helpful, although not always in the manner expected.

Trust the discrimination that lies within in the emotional resonance that is retained when material is put down, that nags at the mind and causes the mind to iterate that process of thought, that little shift of dimension that somehow those words held. Notice those. Follow those. Those are the ripples that come to you so that you can follow well by your interests, trusting that that which you are seeking will be attracted to you by the natural energy exchanges that are part of all the densities of this universe where, as you would say, energies are not blocked in order to prevent these connections from being made and these roundnesses of occurrences to plump out the seemingly flat and linear horizon from time to time.

The shadow self is a most interesting query and to begin we would bring to your mind a symbol in this instrument's mind labeled "pop culture." It is the ying yang symbol with the S-shaped curve across the circle with one graceful arch being black and the other white, the black having a white dot and the white having a black dot. Certainly one can see the

white from the black. One can also see that they create a spherical being and this is the 360 degree being that we have been talking about. In this instrument's communion service, which we present to the one known as C as an example of our sense of humor, the wording of the general confession is to be that of claiming the self to be a wretch, and within this instrument's mind there is often the ironic thought that she regrets that this was ever taken out of the service because it is helpful from time to time to connect with the wretched portion of self-perceived humanity. For it is the glory and the pain of humanity to express and experience two paths for the price of one. This is a density that is rather unusual even for later densities in the strength of the apparent wide chasm or abyss between the forces of light and the forces of darkness. And indeed there has been a very concerted effort on the part of many to conceive of this as a war and the light workers of the world as warriors that are fighting dark forces.

We do not find this to be the most helpful model from which to view the energies of your planet, as harvest is in the midst of its birthing and processing of so many energies and so very many entities. The temptation is to remain within the spiritual materialisms of fourth-density war. This density has never solved the question of war. Indeed, it is incapable of solving the question of the war between good and evil for it has, by its very definition, especially in the beginning of it, no balance. It is purely loving. Within third density there is the opportunity to come to balance, and this is the query that you ask, in effect, when you ask about the shadow self.

When one is in balance one sees and allows the enjoyment of and the preference for the radiation of beauty, the truth, and the very obvious unity of the positive that is around one, of the beauties and the blessings that are thick in the air in daily life, in all sorts of nooks and crannies that seldom are even seen because the creation is so rich in its gifts. And yet the creation is rich also in challenges and for each of you within this room the challenge is in seeing the dark side without its masks or rather, shall we say, with a more selective, with a more understanding choice of masks for the dark side. For is not the she-wolf a terrible hunter, greatly feared by its prey? And do you not desire to have the she-wolf run with you? She is a murderer. You can think about each and every aspect of the dark side of the self, the self that feels self-pity, the self that feels jealousy, greed, murder, adultery, all of your ten sins and, we assure you, many more which are more subtle and lie within the heart.

And yet within this same matrix of humanity lies also the tree of the new world, for as you are all things within this density so are you also things that are not of this density. Therefore, balance becomes a matter of retaining and refining a sense of proportion so that you are able to become a better observer of the self in its behavior. It is difficult to become aware of the self, the thoughts of the self, and what the self is doing. Usually for such intensive work as this it is helpful to have that entity who is able to see the self from the outside, and so groups such as this one are helpful. Friendships are helpful when there is sharing back and forth as this instrument and the one known as C have often done, encouraging each other in those truths that they both have an intellectual awareness of but of which they both do not yet grasp with absolute comfort the cloak, the crown, the scepter.

For you see, to come into an acceptance of the she-wolf that runs with you, to come into an acceptance of the liar whose dazzling footsteps dance one out of trouble, to love that self that is able to aim, group at three inches, and polish off a target at twenty yards that happens to be a human that is attempting to cause damage to a loved one … This instrument has certainly experienced the feelings of a murderer when a loved one was apparently struck and perhaps killed. There is no length of time between the sight of someone that needs defense in the mind of the perceiver and the feelings of murder. And it is a pure, clean, crisp and powerful emotion, not unlike anger but with deadly intent. Would any say that this instrument had an unintegrated murderer within her? No. And yet it is in this instrument's inner thoughts that she does indeed have a murderer alive and well and living in the hospitality of the temple of the body, the mind, and her spirit. And so each contains all that there is, and within your density the very fabric of your illusion is very much the ying and the yang, the give and the take, and it is a great achievement indeed when that dark side of self is seen as an asset by the self and as that she-wolf bares its fangs and seems to come at one as a werewolf, as a predator, as one that wants to tear out the heart, that is when you embrace that she-wolf

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and know that that is your powerful, brave heart that is capable of anything but that chooses to be your she-wolf, to be your totem, to be your seeker of truth that prowls in dreams and comes back with news of elsewhere.

All of those aspects of dark side that seem so grimed are actually no grimier than the excrement that passes from the bowels of your body. Is food fair and excrement foul? It may seem so, yet both are necessary and the intake and the outgo are equally necessary and the bowel is just as necessary an organ as the tongue. Both are valued equally by the body and whether dark or seemingly light, both are affected not by the literal nature of their seeming function but rather of the emotion that powers them. For cell by cell each of you is powered by an emotion or a mixture of emotions. We urge people over and over again to refine their desires. We urge them to seek the silence and to ask within the silence for the further refining of truth, for the further honing of the desire to know. This is because this is the path that yields to the seeker those abilities to move from the world of black and white into the world of moving energy, energy that passes through all the chakras, moving up and through and out, catalyst moving down and through and out in a majestic mixture of inner planes' and outer planes' function in which the human physical vehicle is an inextricable and valuable part of spiritual growth and the great sender of signals of that which is your mind, your body, and your spirit. And the person in charge of sending each signal to the mind, which sends to the body, and which shares with the spirit is that perception that is believed to have occurred.

What is that faith which each of your holds, to which each of you can cling? Where are there simple and easy ground rules for improving one's perception of these things? This instrument has found helpful and uses to this day the following prayer: "Lord, make us instruments of Thy peace. Where there is hatred, let us sow love. Where there is injury, pardon. Where there is discord, union. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. O divine Master, teach us to seek not so much to be loved as to love, to be understood as to understand, to be consoled as to console. For it is in pardoning that we are pardoned. It is in giving that we receive. And it is in dying that we rise to eternal life."

This is a prayer of light and dark and of the choices that we make in the way we feel. Entities surrounding one shall predictably offer one negative catalyst, catalyst that is perceived to be negative because it is dealing with other peoples' projections of one's own dark side, which is another way of saying that you are projections of their dark side and that all entities are busy demonstrating the humanity of the self to the other self. Each of you is valuable in that regard if in no other, for all of you are a bad example from time to time. And blessed are the bad examples as well as the good examples. Blessed are those moments when you despair and think that "I will never get this problem," because at that point that you realize that there is a bad attitude that is involved here, blessed is each moment when you are able to pinpoint anything about the thinking process with which you might quarrel. For there are things which can be improved by watching the thoughts one has and the comments that one makes to oneself about these thoughts. There truly are voices within the mind that need to be put into deep memory, into deep storage, into files that are closed, that do need to remain in the voices that speak in dreams, and in the voices that speak within the musing of inner thoughts. The voices that are needed are the voices of silence; not our words, not the words of your parents, not the words of any perceived guardian or authority can give you that which is beyond words, the presence of the one infinite Creator whose nature is absolute love.

The Creator has come through other generations of being and has found ways closer and closer to understand what love is and yet it remains a mystery. And the Creator is ever curious. Your experiment in positivity and negativity of such sharp characterization is very interesting. The Creator is most curious. We are aware that the challenges of coming into a balanced view of the self in which the self is forgiven are great. The many enculturated energies that tend, society by society, to keep people in their places within the scheme of things, as this instrument would say, are deadening, distorting, numbing, confusing teachings that either consciously must be removed or be removed by trauma.

In the face of this the challenges of coming into balance with the self may seem insurmountable and yet we say to you that there is a moment which is what this instrument was attempting to speak of

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when she said falling in love with yourself is needed. There is a moment when the horizon opens and one is able to accept responsibility for one's joy and one comes into a bliss that does not cease entirely. When there is even a bobble in the harmony it is painful enough that it is necessary to stop and correct the error. In each place where the entity perceives the self to be out of balance and stuck the things that are holding the pattern have to do with perception rather than truth, with, as the one known as C stated, inner balances of self in lessons that are being learned rather than the characteristics of the outside world as it impinges accidentally and in a random manner. It is not random. It is kindly producing the general catalyst for the kind of lesson that this instrument desired to learn within this incarnation. And this particular line of thought is one which, more than most spiritual questions, is not harmed by intellectual and analytical thought.

Perhaps if we were to narrow things down to one piece of advice it would simply be this, check it off and forget it. Whatever it is, if it is something that you genuinely feel that you do not want to do, check it off and forget it. The effect that this has will be the change in catalyst that will inform you as to the preferences which genuinely come into play in various situations. For many times things are other than they seem not by just a small degree but as if a house was constructed upon another house and that first house was buried and the archeologist must go down and dig up an entire structure and find out what keeps the energy in this pattern that is not productive.

When one is talking about balance one must talk without making generalities, for no two people have the same balance. Each entity will have a different kind of chakra system, a different way of using it, a different way of expressing it, letting it go, and moving it through the body. No two entities are at all alike. They may harmonize and then they are perceived as aura enhancers or they may tend not to harmonize. Upon the level that balance is achieved without dealing with the light and the dark, what is best is simply to come into loving relationship with the pattern as a whole so that you celebrate the dirt, the muck, the seeming darkness with honest and sincere appreciation, just as you have appreciation for fertilizers in fields and for the cleanliness of a cleaned out system that would be toxic if one were not able to process food and remove it through the bowel. The perceived darkness of things is negative and those who honestly believe that the heart is a false creator will attempt again and again to use only the light in order to achieve truth. The problem is that there is no balance in light that does not have love within it. Without love the light shall always bend itself into service to self. For without the heart there is no clearing house to take what this instrument would call the 90 degree shift from one type of energy to another. And this is what each is attempting to see: that shift in consciousness that is beyond doing well at a perceived task or finding better ways to do tasks.

What is actually the benefit and the service of the entity is far below that level, far below what an entity is aware that she is offering. It is in the being of the entity, the way the entity responds in a spontaneous and free manner to the present moment with those with whom she comes into contact, with those of whom she thinks, with those prayers with which she occupies her mind, and with those hopes and dreams that she holds dear and moves to in thought to create places of light in the spirit world.

That is the self that entities actually respond to, that they take fire from, and that without knowing why they feel as the light upon the hill that shines forth and radiates in a way that is beyond them and expresses spirit. It is not the entity that is skilful at directing the life. It is the entity who loves in and out of season that is truly serving. So where a balance is an excellent thing to seek it is not necessarily a goal because it is yet another thing about which to have a preference. It is yet another trap to lay for oneself to say that "If I have balance, if I have equanimity, then I am wise." True balance involves the knowledge that no one knows anything and that includes the self. Even the one known as St. Paul the Apostle said that "I am the least of all Christians." Even arrogance must at last, when speaking upon the level of the soul, own its humility and accept the imperfection of this entire experience.

Yet, within you also are all the inner planes and all of the entities who make up this octave. For many there are actual memories of other densities. For others there is the feeling of being native to Earth but being ready indeed for greener pastures as far as lessons to learn. And the path of service and learning at this time is, to a great extent, being able to have those moments when you have come into your bliss and you are running with the wolf. And that wolf is

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your will and your strength and has nothing to do any more with unbridled or negative darkness but only with that fecund and energetic power that brings into being the flowers that grant their beauty to a waiting world.

We would at this time transfer this contact to the one known as Jim whom we welcome back to our extensive stable of adequate channels. We are greatly appreciative of the adequacy of this channel and would like to encourage this entity to feel competent. This entity may be aware that we are teasing it. In reality we are jumping with joy and we want you to know that too. We are very glad to have you as an entity with whom we may share conversation, for greatly do we enjoy being with you and being able to express in your particular style. Consequently, we thank you and we would at this time transfer to the one known as Jim. We are those known to you as the Q'uo and we leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and we greet each once again in love and in light through this instrument. We find that its layoff period has been brief enough that we have little rust with which to deal. For this we are grateful. May we ask if there might be another query of a shorter kind at this time to which we may give our attention?

S: I'll start I guess. We were talking about the troubles and tribulations that Carla and Jim were having with their Law of One publisher in getting rights to their books back at this time. Could you tell us what issues and influences are blocking at this time?

I am Q'uo, and though we are aware of your query, my brother, we must apologize for invoking the Law of Confusion, for this is information which is that which could abridge free will. We are sorry to be short of information. Is there another query to which we may speak more freely?

S: Not from me right now. I think that Carla is very eager to ask you a question.

Carla: Yes, because I can't get the flashlight off with one hand. OK. We had a question from S from Metaphom Foundation Inc. He writes, "I have been studying the basis for spontaneous healing for 14 years. We know that there is virtually always a shift in consciousness, usually accompanied by great joy, in a spontaneous healing. However, we have been unable to discover what triggers this response. Is it possible for you to consult your source and see if they could come up with a simple definitive answer?"

I am Q'uo, and am aware of your query, my sister. The experience of the one to be healed in which there is an inpouring of great peace and comfort during the healing and the experience of the joy-filled mental and emotional complexes is that experience which one would have if one could but shed in an instant that which caused great pain, that which caused great ignorance, that which blocked one from the next step upon the path. This is, indeed, what occurs with what you have called the spontaneous healing, for the one to be healed has, in an instant, dropped that which was of difficulty, of limitation, of concern. This is responded to by the emotional body of the one to be healed as a kind of joyful noise, shall we say, a rejoicing of the spirit and a rejoicing of the soul. To be healed is to be brought into a closer balance with all that is. When one reaches home, shall we say, after a long journey there is the immediate feeling of relief, of joy, of completion, that one is once again within that place of peace that nurtures one and gives one the feeling of wholeness. To be healed is much like coming home and the joy that comes from the one to be healed is an expression of this instantaneous realization.

Is there another query, my sister?

Carla: No. I thank you very much, and I will send this on to them.

I am Q'uo, and we thank you once again. Is there another query at this time?

R: Yes. I have a question. There has been a lot communicated in the last decade or so about humanity polarizing itself into two groups. Basically a light group and a dark group and that the dark group in its own way will go away and pass over. Could you please comment on that?

I am Q'uo, and am aware of the query, my brother. There is indeed at this time, the time of the harvest of souls and of the planet itself, a great opportunity to seek further either towards serving the light and the other selves which one sees as the Creator and same as the self, or to serve that which one may call the self, the darkness, the left-hand path as it has

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been called. For it is within these two paths the ability to continue the journey of seeking the one Creator may continue from the third density forward into the density of understanding, the density which beckons each at this time.

We may say that there are far, far fewer of those entities which pursue the negative path than there are of those who seek the light and to serve others, for the negative path is one which is most difficult to pursue. This path requires the conscious functioning of an adept who is able to control not only the self but other selves to a degree of at least 95% so that there is very little which this entity does not seek mastery over. These entities who seek the negative polarization will have their day, in fact, are having their day at this time so that they may accomplish that which they have set for themselves with their only regard for others being that which affects themselves. This is what you may see as a very brightly burning flame that will consume much about it for a short period of your time. There will be, following the exit of this influence from this planet, the continued experience of service to others by those who have chosen this path, for there will be a continuing need for a great deal of each serving each other. There will be the obvious requirements of living the daily life under conditions which may be less than conducive to accomplishing this task with comfort.

We find that we must pause briefly that this instrument might be allowed to work the recording devices. We shall leave this instrument briefly. We are those of Q'uo.

(Pause)

I am Q'uo, and am again with this instrument. We thank each for your patience. The ability of entities to express their choice of seeking to serve other selves and to seek what you might call within the positivity will be enhanced by the difficulties which have begun and which shall continue apace. That which might be seen as turmoil, as lack of necessities and so forth in the days and years to come will be heavy laden with opportunity to others. Thus each will become aware more and more fully of the unity of all creation and all entities within the creation as it becomes more and more necessary for each to aid each other in the ability to accomplish the daily round of activities under circumstances which may be seen to be of a difficult, even severe, nature. Yet these entities shall prevail, for as one seeks to serve other selves and sees other selves as the one Creator, each is pursuing the path of that which is. For, indeed, each is a portion of the one Creator. Each is inextricably linked with each other self and these ties will bind each into what you have called a nation of priests. Each will feel the power of the one Creator moving through the vehicle in order that the one Creator might be glorified in each thought, each activity, each experience.

These will be times which few will have desired before going through them but which each and every one will be most grateful to have experienced when they are going through them and as they are completing these services.

Is there a further query, my brother?

R: Yes. I have a follow-up. Is it possible to have an approximate date by which all this will transpire?

I am Q'uo, and am aware of your query, my brother. The question of dates is one which is most heavily upon the minds of many of those of your population, for the frame of time seems short, and, indeed, this may be the case. Many of your peoples throughout your recorded history have spoken of times that were within a decade of the new millennium which has now arrived. We see this possiblity/probablity vortex as well and though it is most heavily weighted, shall we say, there are others that are potentially energizeable in that the free will choices of the population of this planet is of paramount importance in this regard. As those of Ra have said, it is possible that in one fine, strong moment of inspiration the population of this planet could turn the needle of the compass to seeking to serve other selves. Though this is not probable, it is ever possible. And the choices which are made by more and more people to seek to serve in the positive polarity makes the likelihood of the timeframe grow shorter. As people are less able to choose one service path or the other the time frame lengthens. We apologize for not being able to be more precise, but this is a fluid possibility. Your future is mazed from all eyes that look upon it. Seek then to serve each other as if this were your last opportunity to do so.

Is there another query, my brother?

R: No. Thank you.

I am Q'uo, and we thank you once again.

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(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for this session of seeking we shall once again thank each present for making those sacrifices in order to join this circle this day and for calling us to join you as well. We are most appreciative of this opportunity to be of service in the way in which we feel most helpful. At this time we shall take our leave of this instrument and this group. We are known to you as those of Q'uo. We leave each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai.

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Sunday Meditation
February 24, 2002

Group question: Our question this week has to do with communication, real communication. It's hard enough to be honest and to speak clearly to another person about what you are thinking and feeling. We are wondering how a person can also engage the heart so that the intellectual communication that you share isn't just a means of attacking or defending but that you are also able to engage how you really feel and maybe the higher principles that you believe in, the concept of love and forgiveness and compassion. How would you recommend that people having difficulty communicating—not so much being honest—how would you recommend people be able to get to their hearts, be vulnerable, share what's really of foremost importance in their lives?

(Carla channeling)

We are those of the principle known to you as the Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is a great blessing to us, as always, to be called to your group, and we thank each for setting aside this time to seek in the silence for truth, that truth that often has no words but is shaped in the silence and molded in infinity.

We thank you for the thoughtfulness of this question. Truly, communication is a principle avenue through which learning and service may take place among your peoples. And we find it a provocative subject, one with many subtleties. We are glad to tackle it with you this day. We ask that, as always, each maintain a degree of discrimination concerning anything that we or any other seeming authority may have to say. Do not buy anyone's ideas because of the excellence of their character, but rather subject all incoming thoughts to your own indwelling powers of discrimination, for you will recognize those truths, pleasant or uncomfortable, that are yours. They will resonate for you and not leave you. Focus on those few thoughts that really ring a bell for you. And we would ask that you leave all others aside, for ideas that are not resonant to one can only confuse, and we do not wish to confuse but to aid. So, please, we ask each of you to use that discrimination that is yours.

To speak of communication is to speak of many levels of conveyance. Much more goes on within a communication between one entity in third density and another than is seen upon the surface. Upon the surface there is a two-dimensional quality to the shape of words and the structure of sentences, and if communication were a matter of the words then our discussion would be very simplified. Yet, in truth, communication is a far more multi-dimensional process than the words alone would suggest. When we speak words through this instrument, in actuality we usually are offering to this instrument concepts which do not come in the shape of words but, rather, have that quality of infinity which rounds the two-dimensional into the third, the fourth, the fifth, and the sixth dimensions, all of those dimensions being the layers of meaning and reference that each

entity has created within its own internal structure, far below the level of words, into which incoming information shall be placed so that the same words coming into the field of twelve different entities will mean twelve different very complex sets of things. And when communication becomes more complex than asking for something to be passed or requesting that something be taken from one, when communication becomes a matter of expressing shades of opinion and discriminations of feeling, then the subtlety of possible techniques of communication becomes more and more obvious.

It is helpful, we think, to step back and look at who is communicating. As you sit in your chair within this circle each of you would seem to be a fairly well-defined physical object. You weigh so many pounds; you have so much mass; you have certain color hair; you have a certain color eyes; you present a fairly simplified picture of a finite entity. Yet in truth, within your finite bounds, each of you contains the heavens and the earth and all that in them is. Each of you is all that there is, and all that there is resides within you. How is this possible? It is not possible in a linear world. Of course, we do not believe that any of us lives in a linear world. We see that as a simple illusion, an illusion within a larger set of illusions, and all of these illusions are acceptable and proper and as they should be, not in order to keep people in the dark or confused but in order to express the endlessness of being. For each of you is, within the tiny structure of bone and muscle and heartbeat, the Creator, the created and all that between them is.

So you are infinitely valuable and of infinite proportions and size, and as you approach each other you are as stars that rotate in their orbits so that they come into contact with each other, two incredibly radiant, powerful beings whose effulgence and splendor is beyond description.

And how shall that star which is you shine in such a way as to communicate to that star which is shining back at you? If you hold this image you may see that within this image lies the question of energy fields and how they attract or repulse each other. It may be seen that some entities will be helped and pulled together by the forces that will naturally drive other entities apart because each entity has a certain quality of vibration which carries a certain charge. And we would not call this a positive/negative dynamic because that would suggest that in communication one entity may be positive and the other, therefore, must be negative. This is not so. It is more subtle than that. It is simply a matter of each energy field, each person, that is, having a very discernable, clear signature of being that expresses far below the level of self-awareness. You put out a very clear signal, each of you. We can recognize you as you and pick you out from all of the billions of entities that dwell now upon your planet. There is only one of you. There is only one of each of you, and each of you is precious and unique and quite necessary. If, in human communication it can be remembered that each entity is worthy of respect, is necessary for the survival of the group as a whole, and is that which is acceptable, then we feel that communication would perhaps become somewhat less difficult. In truth, we are fully aware that in the hurry and scurry of ordinary life it is extremely difficult to remember that entities that are upon the surface displeasing to the self, nevertheless are beautiful, necessary and perfect in their own way, just as you are beautiful, necessary and perfect in your own way.

The goal of communication often seems to be to come to a resolution, to effect a change, to get things done. And again we would suggest that it is helpful when working upon communication to realize that there are times when the goal of communication is not so much to obtain the desired goal but, rather, there are times when communication has the goal simply of expressing the dynamic that is occurring, not with a drive to find a solution but in the spirit of clarification, so that between two entities who differ there comes into being, as a result of the communication, the sense of each entity having a growing understanding or grasp of that fuller nature of that other self that lies behind the seemingly flat surface of a disagreement or a point of discussion.

Within your world, processes take on the qualities of chemical interactions where there is always a vector, there is always a direction, there is always an arrow pointing from one to two to three to four processes. This is what entities tend to expect from communication, that information will be received and processed, work will be done, decisions shall be made, and all entities shall be fully informed and able to go forward. And certainly there are many times when two entities may accomplish these things with very little effort, and those are blessed times. However, you asked concerning those communications which seem to have gone awry.

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And as you ask these questions we could sense within you that assumption that the goal of a conversation would be to come to a conclusion, and we would suggest that this is not always the model that is most helpful for communication. We would suggest, rather, that there are times when it is important that each who attempts to communicate simply be able to express the emotions, mental structures, and spiritual considerations that have injected themselves into the matter about which communication is taking place.

For all of the things that are in your life are placeholders for things of the spirit. All things are alive. All things are ready to tell you their story, so you have a much more complex interesting, intricate, vibrant universe than the intellect perhaps can perceive. There are upwelling energies from the archetypal level that are simply waiting for the opportunity to work their magic within the fragile structure of human incarnation. There are wonderful, powerful spiritual energies that are just waiting for channels through which they may run, be blessed and come into the power and ownership of the Earth in general.

Communication sounds simple, but in the processes of communication lie the salvation or redemption of the entire group. And it is very much as a group that those of planet Earth shall move forward and not as an individual and then as another individual. But each of you is as an ineluctably intertwined portion of the group that is the humankind of planet Earth. And there is a tremendous amount of energy that wishes to cooperate with that group's working together to move forward as a group. Consequently there is a tremendous spiritual bias towards attempts at communication no matter how clumsy, awkward or seemingly unsuccessful.

In the face of this great bias on the part of the Creator towards communication we may say that it is tempting, even seductive, to enter the list[9] of communication as if it were a medieval jousting match with the communicators loading up their armor and getting on their destriers and heading towards each other with a shield in one hand and a lance in the other to communicate this idea and that idea and get across to the other person and in the process, of course, knock that person off of his steed and win at the list of communication. This is not a model that we would encourage. We would encourage rather the model that realizes that right and wrong have only a limited amount of energy whereas truth and love are equal in their energies so that there is not a one-time linear truthfulness to any opinion or feeling that is being communicated but, rather, that which is being communicated is the tip of an iceberg, and that when the skillful person hears that which is communicated that person is willing to open his awareness to take in, not simply the point of the iceberg that is showing above water, not simply the words, but is willing to open to the unseen presence of all that is below the waterline, all that is unsaid, all that fills out the substance of an opinion or a feeling that is being communicated so that each can see the other as a positive source of information and support, even when there seems to be huge discrepancies in opinion and ample evidence suggesting the impossibility of a happy conclusion to the communication.

It is not necessary to have a happy ending in order to have good communication. Nor is it necessary to have the opposite to have a seeming tangle and disagreement and one entity prevail over another. These dynamics are dynamics of illusion. That which is valuable is the spirit within each of the parties who communicate so that if left to choose between someone who says all of the right words and someone who is able in any way to enter into the respect of the infinite qualities of the self and other self, we would choose every time that fool who was not communicating with particular skill but who was receiving communication and offering communication in the humble awareness of the infinite qualities of self and of other self.

A growing awareness of this nature of hidden things in the most simple communication is very helpful to the developing spirit. And in any way that you can, we encourage you to support these growing awarenesses within the self that begin to see into that other self in a way that lifts judgment and takes it away from the field of vision so that the self may see the other self in a sweetness of reception based upon

[9] Carla: Even the Oxford English Dictionary said this word was obsolete, but it is in there, as a race track for horses or other paced off and fenced or otherwise demarcated place for contests or races. One joins a list in the sense of enlisting for the match. But the way it was used in the novels in which I became familiar with the term was that one entered the list as one signed up for the jousting and got one's armor on. It was always a "game," never a real battle, but the testosterone flowed.

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the awareness of that entity's deeper nature and value.

How is this possible? How can the ordinary person give up the linear processes that seem so clear and obvious and, instead, embrace those values that lie beyond sense? We can only say that it begins within yourself. For the first entity with whom each of us, on whatever level of learning, must communicate is the self. How do you communicate with yourself? What conversations have you had with your self this day? Have they been clear communications? Have they been kind? Charitable? Have you respected yourself, even when those thoughts that you had in your heart were not what you would have chosen? Do you scold yourself? Are you honest with yourself? How do you treat your own self? We would suggest that many of you, if not all of you, have habits of abuse with yourself.

This may sound as if it were not so, but look into your treatment of yourself, and we think that you will find that you are as impatient, upset and rude with yourself as you are with others. Before others can hurt you, many times, by the way that you treat yourself, you have already caused yourself pain. We would suggest to you that there is great value in listening and in silence, in opening and letting go, in being empty and being comfortable with being empty. We would suggest that it is not the first goal of communication to make sense or achieve objects, but, rather, the first goal of communication is to open the heart to another entity and allow that entity to see your heart. In terms of energy, communication is far beyond that which is thought of as communication among your peoples. What passes for communicating among your peoples is that which never achieves any energy level beyond red, orange and yellow-ray concerns. Much communication among your peoples does not involve the heart, and we would suggest that skill in communicating involves becoming a spiritually viable entity that moves into the heart, anchors the self within the heart, and only then turns outward with a willingness to share ideas. Were entities to invoke their own open hearts before each communication, we feel that much that is contentious among your peoples would naturally fall away.

Again and again it is necessary to move into the silence of one's own heart. Call to yourself this day with that inner tolling bell of love unknown. Let that bell within toll for you. Let it ring out and resound in the shoals and the deep waters of your being. Open yourself to the wonder of that which is within you and allow a larger picture of self to emerge, a picture of a self that sees the creation as made and says that it is good. For you are co-creator in a far more specific way than perhaps you realized. You, by the seeds of love that you sow this day, create the love of tomorrow. Thusly, we simply ask of each of you to lift the linear judgment away from the limitations of eyesight. Lift away from the limitations of that which is seemingly being communicated in any situation so that as you come to the communication in its seeming outward form, which is words, inflections, and body language, you have as much realization as you can bring into your heart of the beauty, the sacredness and the worth of each and every entity that is within your world.

The processes of linear thought shall continue to work as they have for third-density entities for millennia. But the value of communication never remains at the level of problems solved and information shared. The value of communication lies in the reception of each by each in such a way that each is a helper to each. Each is a supporter and encourager to each. When communication finds ways to embrace this realization of the preciousness of each other then that which is communicated enters into the mutual systems of the two in a far more enhanced way which is very powerful in deep, subconscious levels of connection. For you see, what you are actually doing in communicating betwixt each other is creating connections of a certain kind. The hoped-for result of communication for those who are service-to-others oriented is an energy exchange which is helpful to both parties. It is this particular instrument's opinion that when she responds to a request for help from someone who assumes that she is a teacher, what she is actually doing is not sharing information so much as sharing love. And it is in the acceptance of that other self, the honoring and respecting of that other self, that the communication begins to have real worth, not simply in what is said, but in the energy that runs beneath the words.

Thusly, we ask each of you, what energy runs beneath the words that you say? Are you powering your communication from the heart? Are you powering and empowering yourself by the respect and honor that you give yourself, regardless of the

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mistakes that you may seem to make? What judgments have you made against yourself this day, and what merit do those judgments have?

We pray that each of you may ponder these things. Truly you ask a very advanced question when you ask concerning communication. Communication, when it is truly working, is a spiritual event, a mutually strengthening, mutually validating experience. When you can come to communication with yourself and feel that you have honored and respected yourself, only then can you be said to be ready to communicate fully with another.

It is extremely helpful to realize that the nature of communication is that of speaking to a mirror. The other self with whom you are communicating is a very faithful mirror of you. And those things that you see in that mirror are those things within yourself with which you either greatly agree or greatly disagree. Usually, amongst third-density entities the preponderance of reactions that one has concerning other selves remains loaded with bias and judgment and a lack of love. And this is as it should be in an environment in which each of you is attempting to fathom what love is and to begin to make choices that are loving choices. Realize each time that you begin to communicate that you are communicating with the Creator and that that Creator is communicating back to you, offering you a mirror in which you may see your nature.

We hope that these poor thoughts may not confuse but help each to open the heart to the profundity and limitlessness of the spirit. You are ethereal beings caught into a matrix of birth and death, living and dying, light and dark. You walk this road at this time for infinite reasons, but with finite steps. Thusly you are a creature of two worlds at once, one with measure and one which is immeasurable. And both of these parts of self are equally so. Yet dealing from the standpoint of infinity the life experience opens before one in a very different way from that life that is approached from the level of linear sense and activity.

Thusly, we point you always to the value of silence and the opening of the self within that silence to the infinite unknown and to the goodness and beauty of that which is not yet known. Allow the mysterious to empower your imagination. Allow those infinite qualities that do not seem to be a part of communication to enter into your willingness and that shall open up your ability to move through difficult material in such a way as to empower each, yourself and other self, in ways that move beyond linear truth. For the greater truth is always unity, harmony and consolidation of disparate things into beautiful and useful patterns. There is a beautiful and useful pattern in between each and every soul with whom you shall come in contact in this life. There is always a full possibility of resolution, peace and moving forward, no matter how infinitely impossible the two points of disagreement may seem to be.

We thank you for allowing us to speak with you this day and realize that we have spoken too long as we sometimes do, so we will take our leave of this instrument at this time and continue this communication through the one known as Jim. We thank this instrument and leave it in love and in light. We are known as those of the Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to ask if we may speak to any shorter queries that may yet remain upon the minds of those present. Is there a shorter query at this time?

Carla: I have a question. Earlier the group was talking about our ongoing discussion with P and our strong feelings that it is better to accept P even though we don't agree with him than to attempt to control the situation and have our will over his and wrest our material back from him. We realize that it is a very unworldly way of thinking. I wonder, do you have any comments to make on our continuing feelings that this is the way we should act?

I am Q'uo, and am aware of your query, my sister. We feel that in this matter it is in the general area of "walking the walk as one talks the talk." This is a phrase that we have heard used many times in your metaphysical discussions where the principles by which entities such as yourselves live are tested. When such a test presents itself to the seeker it is well that the seeker set those priorities by which it lives its life and then remain steadfast in those priorities' observance though there may be a price in worldly terms to pay. For that which you seek to do, though it is in this world, is not of it. You seek to be more than you are. You seek to be beacons of light. If, therefore, you shall be a beacon of light worry not about the splinter that is in another's eye. Worry

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about how clearly you see yourselves. Is there another query, my sister?

Carla: If you will pardon me, I do have another one on a different subject entirely. I've had three different people say to me in the last two weeks that humankind needs more DNA than it has and something must be done to improve the DNA structure or humankind won't make it out of third density into the fourth and will be, as a group, stuck here repeating and repeating. The model that all three of these people have used is that we don't have it and we need to go out and get it. They are referring to extra strands of DNA that would enable us to do this and that. My model of it and the one that I feel at this point is more correct by far is that we have everything that we need and it's been turned off. We just have to find the place to allow it to be turned on again. Of those two models would you have an opinion as to which one is more accurate, or would you feel that this is even a valid concern at all?

I am Q'uo, and am aware of your query, my sister. As third-density beings your mind/body/spirit complex has been equipped with all the necessary prerequisites for utilizing the catalyst of this choice-making density. It is not that you need more equipment but to refer to your owner's manual. The answers are in your heart, not in your DNA. Is there another query, my sister?

Carla: No. Thank you.

L: I have a query, and it may be rather simple but I've taken to collecting quotes from readings in church, Bible reading, that kind of thing. And just from one I remember the last phrase, "Obey me," and that can mean "Obey me," taken from Bible text, or "Obey me," as like with what you hear from the Holy Spirit. What do you take that to mean? It's so hard to know if I am doing it.

I am Q'uo, and am aware of your query, my sister. To this query we would respond by suggesting that to obey is to give over one's personal decision-making in favor of another's who perhaps one feels is more wise, more powerful, more loving, and so forth. This is a free will choice which any can make. Each entity, as it matures within your culture, comes under the influence of many authorities that must needs be obeyed for a certain period of time: the parents in the upbringing, the teachers in the schooling, the bosses, the entities that are placed above one in the work environment, that this work may be accomplished in such and such a manner. However, at some point each entity must exercise its own ability to choose that which it shall do, that which it shall say, that which it shall believe, that star that it shall follow that it might reach the higher goals of the spiritual life. At some point the obeying of another is not enough to take one to the highest levels of being, of serving, of loving. It must be instead the inner-directed spiritual seeker that fashions its journey from all that it has learned, from all it believes, and from all that it seeks to gain.

Is there a further query, my sister?

L: No. That's a great help. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

(No further queries.)

Carla: Thank you so much, Q'uo. We are just grateful to have you to ask.

I am Q'uo, and we also are most grateful for each query that has been presented to us this day, for it allows us to serve in the way that we feel is the most helpful. Thus together we aid each other on the journey of seeking the one Creator in each experience, in each other, and in ourselves. For, indeed, the Creator resides in all things and in all people.

At this time we shall take our leave of this instrument and this group. We leave each, as always, in the love and in the ineffable light of the one Creator. Adonai, my friends. Adonai.

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Special Meditation
March 7, 2002

Group question: Our question today concerns the meeting that we have had this afternoon, the many ideas that have been exchanged about how to make the Law of One information available to more people, and we would like Q'uo's response, consideration, estimation as to the value of this particular effort and the likelihood of having an effect upon planet Earth in the positive sense and any effect that we might have in this endeavor. Could you give us your ideas and comments concerning this question?

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one Creator, in whose service we are. We feel very blessed to be able to be called to your group. We want to thank each of you for making the sacrifices necessary to join this circle of seeking. It is a great privilege to be able to function as we had hoped to be able to function when we made our promise to your people to be here in case there were questions in areas we felt that we could help to fulfill. For we truly feel the cries and the sorrow of our brothers and sisters on Earth now.

We thank you for this energy of your conversation that you have so deeply and so lovingly entered into. And we are most happy to speak to you on the subject of how to move forward to serve and to learn. We ask only that as you listen to that which we have to say you continue to discriminate carefully and to be the guardian of your thoughts, for truly you will know that which is to come to you for it will resonate. That which does not resonate to you need not be a stumbling block but simply that which is walked around and forgotten. And we truly ask that if our thoughts do not fit well with you, you drop them and leave them at once, for we would not function as a stumbling block.

We pause while this instrument refreshes herself.

We are those of Q'uo and are again with this instrument. We were unable to work this instrument's mouth because she had not drunk. And we thank you for your patience.

That which we think about your situation, for the most part, is simple joy that entities who so dearly wished before incarnation to come together in the grand collaboration have come to the moment of realizing just a bit of that wonderful, peaceful awareness of the lightness and worth of the ideals and principles about which you have been speaking. We confirm that this is a good plan for such efforts, for within your density at this time there is indeed an increasing transparency and fourth density is as close as your breathing. It is truly said that heaven is near at hand. It is necessary only to claim that awareness in order to begin, as the one known as K has said, to participate in an alternate reality, a reality of concept, intent and desire. An element of your universe would not be able to express within the metaphysical universe, yet those within the

metaphysical universes are able to express through the density you live in.

Consequently, we ask each to remember, as endeavors are made, the truth of the energy flow concerning metaphysical law: it is not that which is of this world. Rather it is as if one planted a tree with the roots in heaven and the branches touching the Earth through people, through works of art, through every channel of living energy that has been created by thought, whether it be the original Thought of unconditional love which is the infinite Creator or whether it be that which is produced by the co-Creator that each of you is.

In the metaphysical world, chariots are your thoughts. That which you create which goes forth, in the metaphysical world, is created because of your desire, your will, your faith. Thusly we suggest that when each comes to the details and the planning of that linear nature, that it be remembered that the energy of the spiritual world is coming very reliably down the trunk of the Tree of Life and into its branches which are each of you. As above, so below is one of this entity's favorite sayings. And that we would suggest would be helpful to remember: that there is a shape hoped for by the very plastic and progressing thought processes of each of those who are collaborating within a given project, that each is a channel and receiving guidance concerning the collaboration. Consequently we ask that you trust and consult guidance as plans are made in addition to using the very sound linear and intellectual processes of analysis in the creative conception.

We would ask that each realize the sacredness of the life surrounding such a effort. For the life must support the work. If the attempt is made to merge the world of thought and that world which this instrument would call the world of commercial ventures or business, remember that the energy that is within the reach of each who offers needs to be respected and its path allowed to remain clear.

We would suggest to you that there is a great deal of unseen, hidden work [possible during communication] which creates far better collaboration. Conscious acceptance of the [ideal] of a spiritual community where each is nurtured by each, [is helpful for communicators,] for each of you has the ability to comfort and feed [others] by the attitude with which you greet your compatriots, and all of those about you have that same ability to function as support, encouragement and humor for you. Beyond all considerations, the chief lessons of the enterprise have always to do with accepting love from others and giving love to others without pride, vanity or feelings of unworthiness. The work that each of you does in truly entering into the energies of each of you will create creative pathways that will link in a more, shall we say, telepathic or whole-concept level so that the synergy of energy fields becomes consciously validated by belief in the opinion of those present, thus freeing those energy exchanges between each to take place at an enhanced rate.

We find that this is the sum of that which is without the possibility of infringing upon free will in general, and so we shall turn to questions that you may have following this initial cosmic sermonette.

Is there a question at this time?

B: I would like to state for clarity and see if I have this right. Clearly the spiritual teaching portion of this effort is much more important than its commercial outcome. And that must remain a goal in the background if this work is to succeed for the maximum good. Is this correct?

We are those of Q'uo, and we are not skilled at estimating commercial enterprises, but we feel in general that you are correct in saying that the heart of any enterprise is sacred in nature and the abilities of all concerned to cleave to the perceived ideals and purposes with which such an enterprise was engendered are far more important than considerations having to do with creating more of a splash or even a place of survival within the physical world. May we speak further, my brother?

D: We keep asking questions about what brought us together here. I have to think that there is a deep spiritual something, love, something, that brought us together. It is quite coincidental that we all got together.

We are those of Q'uo, and we thank you, my sister, for this query. We did not know, nor will we ever know in events of human occurrence, precisely when or even if connections will be made. The situation is that creation as you know it is a matter of strobe flashes of awareness within your mind so that you are recreating the world at this moment. Further, before the beginning of the incarnative period upon planet Earth each of you created for yourselves a

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curriculum of study for your school of hard knocks that is your planet. In this plan certain entities were involved, many more entities than sit within these walls. Agreements were made during the time when memory had not yet failed, to work together at this time on many levels, personal and service-to-others oriented. Each of you has already moved past many opportunities to attempt to serve in this thematic or general kind of way, and were each of you not to connect with the people within this particular group of collaborators within your near future you would make other connections that would inevitably offer you the same lessons and same opportunities for service. That being said, we celebrate the fact that each of you chose this probability/possibility vortex to make into your present moment. We salute each of you for moving, not to dictate arbitrarily or with authority, but to move with the promptings of intuition and the whisper of the dove's wing.

Can we answer you further, my sister?

(Inaudible)

Is there another question at this time?

K: We are a very loving group. I particularly find this life a very happy place for me, not always, but pretty close. Through work with D and B can we change the world to one of higher consciousness? Can we teach people love? Can we be involved in a higher consciousness?

We are those of Q'uo, and are aware of your question. Resoundingly, profoundly, the answer is yes. This instrument has been saying that each is the heart of a grand conspiracy for the light and that it is close to critical mass. The efforts of a very few in statistical percentages of population of planet Earth may well, in this very transparent time period where metaphysical energies are ever stronger, bring many to a successful harvest very quickly. Finally, as this instrument would say, it is that gift of the past saints, sinners and fellow travelers that has created both the challenges and the glory of this moment in your history. That which you receive has been produced by others, and that which you sow shall be reaped by your children. That ability of each to sow seeds grants to the seeker who asks to become a channel the ability to bring that hope into manifestation.

This is the time where, more than ever within history, each individual action, our own and yours as well, and each connection made in loving service, is tremendously blessed. The reason is—we are urged to pick this instrument's brain for a story, a joke actually—these considerations are often helpfully illustrated by laughter. The acolyte peeks out at the congregation in order to tell the priest how many are there for mass. In answer to the priest's query the altar boy replies, "Well, sir, out there in that church there are angels, cherubim, seraphim and all the company of heaven, and Mrs. Brown." The unseen help, the unseen presence is tremendous at this time for those who seek to be healed. Purify your intentions; discipline those forces of personality that block your heart. Open to inspiration and trust intuition. And know that each has tremendous power to make a difference and to achieve effective and transformational improvement of the harvest of planet Earth.

May we answer further, my sister?

A: How can one go about finding truth personally?

We are those of Q'uo, and, my sister, that is difficult to speak of in a short answer. However, we will say that the beginning of such work is a respect for the self and an honoring of the self to the extent that one sets about the mission of getting to know the self. May we answer you further, my sister?

A: Can you tell us if T is to be part of this group?

We are those of Q'uo, and are aware of your query. My sister, we cannot within the bounds of the Law of Confusion, for there is much value and virtue in the energy people bring to spiritual work. It is very important in the creation of a collaborative effort or any effort by anyone alone or in a group when attempting to be of service to come to a grasp of the true reasons for the desire and the purest heart of expression in terms of methods and how to do things. May we answer further, my sister?

B: I have a question regarding that. M met with us but had to excuse himself and at the same time he seems to be interested in helping us with the internet consumer project. Is it OK for us to use M's assistance even though he is not here at this time?

We are those of Q'uo, and are aware of your question, my brother. In general let it be said that the virtue of an entity depends not upon his conscious beliefs but upon his signature or vibration. Thusly, it matters not whether the one known as M would go through certain specified behaviors which

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could be considered the impression of one belief system upon another who does not share that belief. That would be that which would enable us only to be silent. We would always encourage those who do not wish to experience contact of this kind not to, for we have no desire to make anyone uncomfortable. The ethical question remains concerning the use of entities who may not enter into the ideals and the spiritual hopes of this group. It is up to each of you within the group to evaluate the heart and the intentions of potential group members, not according to the outward dictates of any sort of ritual, including this one. We are sorry that we cannot answer more specifically, but this is the general principle upon which spiritual collaboration may take place, not an agreement from the letter of every law, but a total and complete consensus on the vibratory level of the efforts made.

May we answer further, my brother?

B: That was very helpful. Thank you.

We thank you, my brother. Is there a further question at this time?

K: How can one open and sharpen the throat chakra?

We are those of Q'uo, and are aware of your query, my sister. When working upon the energy system the method that we would recommend is that of beginning at the beginning whenever working on the higher chakras and being very sure that all energies up into the heart are flowing easily and effortlessly. It is often the experience of your peoples that the energy system becomes partially blocked in various energy centers because of the affairs of the day. And the problem of working upon higher centers than the heart without working upon the lower centers is simply that the higher work emphasizes and further distorts the chinks in the armor of light, shall we say, that the lower difficulties present.

Consequently, people who yearn to do higher density work often find themselves with very sickened and failing bodies because the physical complex has not been strengthened to receive higher energy. Consequently, the prelude to working upon the blue ray or the throat chakra is the same as any other energy work. It begins with red ray and clears blockages sequentially, red, orange, yellow, green. Once the energy into the heart has been secured as a good supply then it is that entities may work further and begin that which is truly a blessed and healing thing, work in consciousness. Work within blue ray is helpfully preceded by time spent in silence within the heart chakra, for there is the need to become undefended and it is only in the heart chakra that you are able to reprogram fear into love.

Once as a seeker you are convinced that your heart is fully open and flowing then work upon the specific difficulty may begin. Communication is often much more a matter of that which is between the words than that which is text. Consequently, once the heart is opened there can be the conscious request to include that green energy of the open heart.

Meet the entities that you meet within the, shall we say, role-playing mask that you wear so that you are aware that you are an actor upon the stage and are creating your lines in accord with the truth of your being. Your hope then is to remove those blockages from speech which have visited you as fear and replace them with motives and energies that have to do with vulnerability, humility, compassion, forgiveness and absolute honesty. When you have been able to create a safe atmosphere with another entity then communication becomes far easier.

May we answer you further, my sister?

K: No. Thank you.

Is there a final query at this time?

D: Can we assume that everyone in this group is a wanderer?

We are those of Q'uo, and can indeed confirm that. It is a great privilege and pleasure to speak with you. Your beauty warms our heart. Your courage and your desire are wonderful to behold. We thank you for wishing to be harvesters, for truly the fields are white with harvest. We also are here as helpers. And if we would be helpful in each person's practice we encourage you to call upon us, for although we do not speak through channels usually in such encounters we are able to strengthen what this instrument would call the carrier wave so that your meditations may be useful and the connections to your guidance more effortless. May we answer you further?

D: No. Thank you.

We are those of the Q'uo, and we leave you in power and in peace, in the arms of each other, and

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in the spirit of love. Go forth in the knowledge that all is well and that all will be well. Follow and cooperate with those forces of destiny that roll in ever quicker breakers into the tidal basin of your consciousness. Trust the promptings of the guidance within. We are those of the Q'uo, and we leave you in the love and in the light of the one infinite Creator. Adonai, my friends. ♣

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Sunday Meditation
March 17, 2002

Group question: The question today has to do with what we in the group have perceived as a lot of personal energy getting moved around, a lot of chances for change. People seem to be dealing with issues that they have let go for a while. There seem to be a lot of new issues popping up. There seems to be a lot of energy to be used now for catalyst for spiritual growth. And we would like Q'uo's comment on whether this might be a correct perception, and if so, what are the opportunities that are being offered when we have so much energy available to us?

(Carla channeling)

We are those of the principle known to you as the Q'uo, and we greet you in the love and in the light of the one infinite Creator. We serve that Creator as best we know, and at this stage of our own maturity that service is oriented in offering thoughts to those who seek them among your peoples, through instruments such as this one. It is, in our estimation, the best way that we have of sharing information without infringing upon your free will. And we greatly appreciate and thank each of you who has come to make a circle this day, for your seeking is what calls us to your group. As always, we ask that you use your discrimination in valuing our thoughts. For all things that we say are truthful as far as we know, yet truth is ever a subjective and limited item which appears in one guise and then in another as the rounds of experience become cycles and the cycles become octaves. We cannot say what will resonate to you from the words that this instrument chooses from our concepts. Were we able to speak with each entity telepathically we would be more sure that our thoughts were helpful because we can link in with the dynamics with any one entity. However, this instrument asks for universal information. And it is at that level that we wish to speak. Consequently, we speak always to a group and each entity within the group has a unique way of processing the information that comes to it. Each of you has a slightly different truth, a slightly different universe, a somewhat eccentric take on the construct which this instrument calls consensus reality. You seem to share one world between each of you, and in truth each of you does. Yet each of you creates that universe, and, therefore, each of you creates a different universe. So be careful as to what truth you accept as your own. Be sure that it rings loud and clear, and if it does not, leave it behind. For we would not be a stumbling block before you.

You ask this day about the impression that each in the group has had that there is an enhanced amount of energy available for work in consciousness and we would confirm that this is indeed so. And we are glad to speak about it although it is easy to oversimplify this very interesting line of thinking. The experiences that this instrument has had have been somewhat alarming to it, indeed, because recently the personal guidance of this entity, which she has always called the Holy Spirit, has begun to express through her instrument while she and the

one known as Jim are in meditation, whereas formerly this entity spoke to this instrument in silence. This entity, indeed, inquired about this recently within the personal meditation and we would confirm that which this instrument received and that is simply that because of decisions which this instrument has made, because of choices which this instrument has made to support those decisions, having to do with the concept of being a responsible minister or priest, this entity has allowed its channel to open to a far greater extent than was previously possible.

Each entity's guidance system is quirky, and is quirky along the lines of love and loyalty and friendship and devotion, all of those positive emotions that feed into a sense of safety and well being. Thusly, this instrument has found faces for that guidance which she calls the Holy Spirit, and these faces have changed as this instrument's needs have changed. Currently this instrument's faces are friendly, familiar, loved, even adored and much appreciated. Thusly, when the connection is purified of all dross of fear and fear-based emotion, that connection with one who has passed on or with one who is physically present upon the planet takes on the possibility of being used as the face of guidance. Many entities wish for a name. This entity's mind works with pictures. Consequently this entity receives many pictures and guidance will always have a face for this instrument.

The situation in general, at this time, is that the people of your planet have entered planetary fourth density. The labor is ongoing of the planet itself. However, the vibrations have changed. The energy has changed. And you are experiencing the dawn of that which some call fourth density and some call fifth density. It is the density of love or understanding. In this environment guidance is ever closer and ever more powerful to help. In this environment emotions and desires call forth the appropriate vibration of guidance. That is to say, entities at this particular time have a maximum ability to polarize, positively or negatively. All guidance is not positive. The guidance comes because of the vibration of calling that is sent out. This is as if one were a radio listener who was tuning that radio that was the self, looking for the best station, the most pleasant and desired station within that band of vibration which carries the radio waves. Whatever signal is put out has the potential of a tremendously enhanced and enlarged response. May we say that your planet at this time is fascinating to many, many entities within your inner planes who have come here to observe and some, hopefully, to help. There are many positive and negative entities very interested in the harvest at this time upon your planet. It is not that the present and this next decade, as this instrument has been receiving lately, is the beginning of the end. Rather it is the end of the end, and what we are saying at this time is that approximately for the next decade what you will see within the Earth plane is an increasing transparency of desire to guidance so that efficacy to guidance becomes ever more efficient and, further, we are saying that once it is realized that there is extra help available and it may be asked for, then the effect can even be squared and squared again and increased exponentially.

So there is a tremendous amount of positive energy available, what this instrument would call angelic energy available for those who seek to purify their emotions and to see into their desires to the heart of desire. Those who are doing that, focusing and learning of self, shall indeed find miracles occurring, peace becoming possible within the heart. All of the fourth-density environment is available within the mind's eye, within the chambers of that sacred heart, which is the metaphysical heart, the seat of the one infinite Creator within each of you. As you are able more and more to come into a state of trust and faith, as you are able more and more to find the heart of self, the heart of desire, the heart of service, that which means love and positivity to you personally, the more you shall receive angelic or positive guidance, the more you shall see helpful coincidences occurring, the more you shall see evidence of unseen hands at work.

On the other hand, [the more that] those who choose to identify this energy as that which has to do with fear, or power that cannot be controlled which results in fear, the more such entities will become confused and misguided. And the more situations will increase exponentially to give more opportunities for negative catalyst. So it is not the catalyst that is the work of this additional energy that is in the Earth planes at this time. The energy is there and is available to the spirit within, to the soul that you are, as you work on whatever catalyst that you receive. But guidance does not have to do with

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the catalyst. Your guidance has to do with you. Catalyst is an interesting subject in itself. For there is the impression that there are some things that are excellent, and there are some things that are terrible, and then there are many things in between. And each within this room knows pretty much what those things might be. Pain is bad. Pleasure is good. Yet we say to you that this can be easily subverted, not because entities wish to become confused and misguided but because your surface cultural environment has a somewhat negative bias at this time. Entities function according to fear. Consequently, almost all of incoming catalyst, left to itself, will have somewhat of a negative spin.

Thusly, it is not catalyst that is positive or negative. This instrument has gone though much in the way of surgery within the last season of your year. Was this a negative experience? Emphatically not. For this instrument it was a blessed and inspiring time of studying and healing. It is just as easy to have great difficulty and to find great negative emotion when experiencing what the outer world would think of as positive catalyst as it is to experience the same difficult negative emotions because of seemingly negative catalyst. Any catalyst gives one an entry into a full range of response. Guidance has to do with the mechanism of the entity attempting to discover how to look at its own thoughts and its own responses. Guidance helps an entity take a longer point of view and see into interior patterns that are not necessarily obvious upon the surface. Often guidance will come second-hand and indirectly through those very flesh and blood angels that are about each of you every day, the friends and the family that seem to be either good or evil, yet are all equally perfect souls in perfect expression in terms of their own universes.

The one known as S has a good grasp on this aspect of that which we are saying because of having a nature which is more inclined to be philosophical than reactive, and this is a gift which many entities have brought into incarnation with them to help them deal with the discomfort of living upon a planet that is somewhat more negative than their native vibrations. However, those who seem to be very negative are very often expressing pain and negative emotion when they deal with each other because of being in the interior of self, extremely sensitive and very much in pain because of the same sensitivity to vibration as those who are expressing positively. The mood of an entity does not indicate an entity's basic polarity. It is more subtle than that by far and much more a matter of that which goes on well below the surface of thinking. However, when an entity realizes that there is help available, then it is that there is the possibility of linking the conscious mind and the subconscious or unconscious mind so that the guidance may come from the deeper part of self and appear above the surface of that threshold of awareness. It usually comes in a still, small voice of silence. That this instrument has opened a larger channel to a conscious word-based form of guidance is simply a function of its long years of work in this area.

The guidance said to this entity, and to the one known as Jim, "You are now able to listen to our words because you are tough and have become tough enough to listen and yet make your own conclusion." Thusly we are free to speak. Each of you needs to be tough, to hew to your own sense of things, to seek your own guidance and to see all of those who come within your own purview as equally valid and valuable regardless of how they are expressing. This is your gift to each: the level of awareness with which you see them, hear them, and understand them. What can you do for another? You can see another. You can empathize with another. You can love another. You can forgive and accept another. These things are ineffable. They are not quantitative. Often they cannot be spoken. But we assure you that they can be felt and that they can help. And when the desire is to help and intercession goes up and the prayer is offered for those entities that you see in pain, that they may resolve their issues and may come to a balanced awareness that does not give them so much pain, these prayers are very effective. These very invisible and very silent voices that speak in the house of prayer have a real effect within the entities for whom prayer is offered.

Trust then, when there is concern, to turn it from anger, grief or whatever other emotion does not feel as if it were the emotion of the true heart, to prayer. For turning to prayer, turning to hope that another individual's suffering may be alleviated, is a turning to that love within the self and the worth within the other self that is not expressing at the moment but remains the truth of that entity. It is not always necessary that all entities know the truth. This instrument heard just yesterday that the subconscious works, psychologically speaking, without the necessity for words; that is, if one person

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knows something and is able to make a subconscious contact with another person, what one person knows will become what another person knows also. Trust this level of metaphysical reality because it forms that reality which you speak of as the physical illusion or maya.

We would at this time transfer this contact to the one known as Jim, as energy begins to wane for this instrument and for this group, in order that we might address any questions that remain upon the minds of those present. We greatly thank you again, and leave this instrument thanking it also, in the love and in the light of the Creator. We transfer to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each once again in the love and in the light of the one Creator. Is there a shorter query that we may attempt to speak to at this time?

S: I have a question related to the initial discussion on our seemingly dysfunctional family affairs. My wife has a desire to help her family as best she can in working with us. It seems that with her brother this desire has really blown up in her face. When the desire to help another does kind of fall flat on its face, do you have any suggestions on how to help, what to do, where to go, what to say?

I am Q'uo, and am aware of your query, my brother. We do not specialize in the attempt to unravel the personal tangle of perceptions as a normal part of our service to those of this planet. However, we may speak in some general terms in this particular case. It is not often easy to determine when one has been of service when one looks at any particular situation, for all experience is in motion. This is to say that as one step is taken in a particular direction in the uncovering of personal blockages of energy that the step shall be recognized as that which is helpful. For oftentimes the momentary experience and expression of growth may seem difficult and be beneficial, may seem beneficial and yet prove difficult at a later date.

In this instance, where there has been the emotional tear in a relationship, it would seem that the effort to assist has failed. And yet, is this true? If an entity, in this case the brother of the one known as C, moves himself to a point of distress and expresses this distress in a public fashion, as was done, perhaps there is in this expression a movement of energy which was necessary, yet difficult, aided by those around this entity so that this entity might experience what you would call a traumatic experience and share this trauma with the one known as C, and with others as well, then can one say that there has been no movement in this entity's growth and in the growth of those about it? For indeed, there has been movement. There has been experience and the sharing of intense emotions. That there has not been a resolution in your terms at this time may be interpreted as failure. Yet is this true? It cannot be said with certainty, not even by those of Q'uo, for the future is mazed by free will. We see possibilities. We see possibilities for great growth for all concerned, depending upon current and future choices. The stage has been set. Parts have been assigned. Roles are being played. Ancient energies are being expressed. There is the opportunity for further efforts in this endeavor. Do not ever feel that failure is all that is possible to determine from a situation in which anger has played a large part. Growth comes in many packages, my brother. Keep the heart open, the mind clear, the effort ever strengthened by the will to serve wherever possible.

Is there a further query, my brother?

S: No. Not right now. I would like to wish you a happy St. Patrick's day. I hope that you're wearing your green.

I am Q'uo, and we are indeed green with envy at the opportunity that each of you has within your illusion to celebrate such occasions and to move in the mysterious ways that are ever possible within the third density where the veils are so, so present within each experience. We thank you, my brother.

Is there another query at this time?

S: Not from me.

Carla: I am going to ask a kind of open-ended question because the catalyst for the question is the private guidance that I have got that seems to me to be somewhat ego centered, having to do with being a prophet of Mary, a prophet of the New Testament, a prophet of Sophia, these things that I have heard recently. I have seen many groups go down a bad road starting with some identified part of buying into some existing mythology and then painting oneself into a corner out of which one cannot go. I very much do not want to participate in anything of this vibration, and I simply would appreciate your response to my concern.

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I am Q'uo, and am aware of your query, my sister. As we said to the one known as S, it is not our speciality to speak in specific terms to personal questions that are of pivotal importance in one's growth. However, to this query we may speak briefly, for there is great possibility for infringement in this area of your concern. You have been, as you are aware, opening yourself to more possibilities for the energies of change, of growth, and of sharing yourself with others. As you have done this, so there has been a response from the time/space portion of yourself in the form of many tendencies, many urgings, many energies that are open-ended in that you may work with the effort to grow in a number of ways with the energies that you have experienced [in response] to your invitation. You know well how to challenge such energies and entities and have done this without fail. Look then to your own inner guidance, to that hand in whose grasp you place your being. Find there the comfort and security that you seek. We only ask that you return to that which you have chosen as your own North Star, shall we say.

Is there a further query, my sister?

Carla: Let me just follow up on that (and thank you for that answer, Q'uo) by saying that were I a practicing Buddhist I would probably be getting that I was a prophet of whatever energies of that particular myth would bring one into the heart more, and because I am a woman and because I am a Christian, I am receiving the rays of that energy which is Jesus Christ, which are especially intimate and fit in with my gender and personality. Could you confirm that?

I am Q'uo, and am aware of your query, my sister, and we can indeed confirm that which you have spoken well.

Carla: So that I do not need to take it literally. I can continue to invite the mystery and not lean on this as some kind of other mission. It is part of the same thing. Right?

I am Q'uo, and this is so. Is there a further query?

Carla: No. I don't have any further questions.

I am Q'uo, and we thank you once again, my sister, for your query, for your concern, and for your fastidiousness. Is there a final query at this time?

(No further queries.)

I am Q'uo, and we are most grateful to have been invited to your circle of seeking this day. As always, it was a privilege and an honor for us to join you. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of the Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 7, 2002

Group question: The question today has to do with some of the finer aspects of service. If we wish to be of service and offer ourselves in that way, is there any danger that we could distort the service or make it less than it could be by being proud of our service, by making it public, by doing it in a way that is not hidden, not pure. We would like for Q'uo to talk to us about the optimum way of really being of service to others in a way that does serve other people and doesn't activate our egos.

(Carla channeling)

We are those known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. We offer you many thanks for gathering in a circle of seeking and for calling us to your group with your question concerning service to others and how to optimize it. We are very glad to share thoughts upon this subject and would ask only that each of you listen to those things which we would say with an ear for that which is yours, being very quick to lay aside any thoughts that we offer that do not seem to you to be helpful. We would suggest that your powers of discrimination are very keen and are true for you, far in excess of what our opinions might be.

We give this instrument the vision of a blank, black night sky without even the twinkling of stars, but simply the black, full night that expresses itself as the foundation of your consciousness as it gathers itself into an energy web and forms itself into that which you know of as yourself. That gathering of energy, that swirling into pattern, is a gathering from fullness into fullness. And we use the color black because it is that which cannot be seen, yet we might as well say a fullness upon fullness of light. However, the purity of this image is in that which forms itself as an energy field without any visual cue, without any proof of its existence or its identity.

Such is the foundation stone of each of your incarnational selves. The self within incarnation is a collection that you have put together for this particular life experience. You have chosen, very carefully, the attributes, limitations and gifts that you have within this incarnation. From a rather vast array of distortions which appear as gifts, and distortions which appear as limitations, which lie within the confines of a soul self, you might call it, that has been formed through many, many experiences, each adding its torque and twist to the swirling, spiraling energy of the self which has been formed without sight, without vision, but of energy itself, that energy which is love, that energy into manifestation which then becomes light, you have chosen that which becomes form, becomes being, becomes body, becomes personality, becomes ego, becomes "you." And that "you" then enters the blinding light of incarnational consciousness.

And yet what are you? It is well to reckon with the infinity of your own being. At the beginning of the discussion of service to others and of optimizing it is the foundation stone of knowing who and what you

are. You are not a new being, and yet you are brand new to this moment. But by saying that you are not new, we mean to indicate that those quirks and quiddities which make you just the personality that you are have a value that is not obvious to the conscious, human eye of reason. Your value to the Creator is precisely in those irregularities, eccentricities and inconsistencies that form you as you are, that distort and bias you as you come to the questions of your life and the pondering of those questions throughout your life.

Realize always that there is beneath your feet a profoundly concrete unmanifested security. You cannot fall from being who you are. You cannot fail to be who you are. Anything that you do, anything that you may consider a gross error, a silly mistake, or a foolishness remains part of the glory and goodness of who you are. It is useless and beyond useless to attempt to measure the quality of your self or the quality of the giving of the self. Not perhaps useless in the sense of being food for thought or "grist for the mill" (after Ram Dass) but useless in the sense of achieving a sensible and meaningful answer to the question of self-worth. You cannot estimate your worth. You cannot criticize your biases. Beyond a certain point, they are those things about you which are most powerful and strong to serve because only you can express within the infinite universe precisely as you express. Each of you is as the cub reporter who works to tell the story and write it down for the paper. Each of you sees the same world scene, and yet each of you writes a different story. What the Creator is fascinated with is the differences in the stories.

Therefore, in terms of pleasing the infinite Creator and in terms of fulfilling your hopes of serving, you cannot fail. For all that you do will inform that one great original Thought which is Creatorship as It cannot be informed by any other spark in the infinite universe. Each of you is precious and beloved by the Creator. So we ask each, beyond all discussion of this question, to move immediately to a place of resting when such concerns occur within the mind, bringing up the doubts of self and the worth of the self. Move to that place of safety and resting that this instrument would call Gilead and allow yourself to feel the balm of the Creator's love. For truly, in the Creator's eyes you can do no wrong.

The rhythms of your work days and your leisure days create within you the suggestion that the passage of time is real, that there is a coherence of truth and meaning based upon the sequence of events, the past, the present, and the future. Certainly within your incarnational experience this is the literal truth of experience. The days flow into nights, flow into days, the months flow into years, flow into decades. All the rhythms of your world of nature cycle round once again: spring, summer, fall, winter and spring again. As this instrument has been so exalting the past few days to see, the new green shoots forth from the withered branch, the blossoms come forth from the hopeful leaves. Daffodils and tulips, fruit trees in blossom, all scenting the air with their sweet odors and resting the eye with a delight of color and life.

And beneath these transient events lives an energy as slow and as firm as the heartbeat of the Creator Itself. It is a matter of gradually becoming able to cease the noise of worry, to cease gradually, little by little, the fretting of fear. It is this kind of allowing a slowing of the rhythms of conscious thought that will bring to the seeker the optimal frame of mind or point of view for being of service to the self, to other selves, and to the Creator. There is a surface to what this instrument would call consensus reality, much like the surface of a glass ceiling or a floor that cannot be seen, yet it seems to hold up the bodies and the experiences. Many are the entities that move through the incarnation that they experience upon your planet without once falling through the glass ceiling into the great reaches of deeper consciousness. It is possible to move from infanthood, to childhood, to teenagehood, to adulthood, through to the grave, without ever leaving the surface of life. It is not particularly easy to maintain this comfortable shallowness of existence which allows almost complete control over the environment. Yet many attempt nothing more than simply to remain comfortable and, as this instrument would say, keep body and soul together. For those within this circle that has never been a distinct possibility. Each within this group seeks not just the surface of the truth but those blessed regions that lie beneath the surface, those areas which are more like a water world than an air world, a world of smooth, rhythmic gliding, the characteristics, shall we say, of water rather than of air.

The way that energy moves through water is pertinent here, for as water is pushed by a force from behind, it expresses itself in a way which is not from

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here to there. For water simply pushes on its force to the next drop of water to the next so that something that occurred off the coast of Japan can eventually express itself upon the shores of your beach of California. The same energy, the same reason, is infinitely expressed across the ever interconnected drops of water. Study the way that water works to see a little bit more into how entities come together in their patterns and how they may express in ways that do not show but yet have their effect on a distant shore. Many times there is the hope of seeing a result and there is a demand put on service that it be quantifiable. This is an easily understood desire, to be able to measure the service that one is, that one can offer. And yet it is not always at all obvious how the service is going to express. For it may express not simply within a small pond of being, not in the immediate ripples but rather at a distant shore when that wave that you began washes up and expresses itself finally in just such and such a way.

So, we would suggest that there be a releasing of tension when that tension of worry is felt concerning the worth of an effort. Ask the self to release judgment. Releasing the judgment of how one is doing is very helpful in simplifying and regularizing the energies surrounding those gifts which you hope to offer.

Let us shift to another gear here and look at the question of being and doing, an old theme for us and for you, too. Some of service-to-others does have to do with doing, indeed, and we praise each for those kindnesses and services that each has agreed to offer freely from the heart of self. It is a wonderful thing to behold the helpful desire of each entity to do good, to serve truly, to run the straight race, to be a child of the Creator in all things. And each of you has these outer gifts that have been expressed by you in service to others in many different ways throughout your life, and yet always the truer and deeper elements of service have to do with your being. It does not matter in terms of the worth of service what that service is. Some services may seem more noble than others, some entities more able to serve than others, and yet all service is equal.

What ennobles service is the love with which it is offered. And that love can be held within the heart, can be withheld, or can be released. It is tempting to attempt to hold the picture of service within the mind and to adjudge the self then from that position within the mind, and yet this is what this instrument would call the mind game.

We are finding, as we discuss this topic, that the energy within the circle is quite low, and consequently we would choose at this time to open the meeting to further questions. We would attempt at this time to transfer the contact to the one known as Jim. We are those of Q'uo, and would transfer this contact at this time.

(Jim channeling)

I am Q'uo, and we greet each once again in love and in light through this instrument. We appreciate your patience, as we have worked with this instrument, and would ask at this time if there might be a query to which we might respond.

T: Yes. I have a comment and I would appreciate your elaboration. I believe from what I just heard you say that our working on ourselves in any way is a slow chipping-away process. I had spoken earlier about having one very good day one day last week, and even that evening when I watched the boys usually I would be a little upset because I would like to read or watch some TV and they would be making noise. But it didn't seem to bother me that evening. Do you have any suggestions about how, once having attained that feeling or mindset, to continue, or to get that feeling back?

I am Q'uo, and am aware of your query, my brother. How to bottle the magic! It is our recommendation that to be and to accept yourself as you are is the quickest road to attaining those goals which you desire in terms of being as harmonious as you can be, learning what you can learn, and yet being aware that you have a distance yet to go. It is the fate of humans in this third-density to be in some degree seemingly deficient, for this is the lot of those who dwell within this illusion. This is not to be mourned or bewailed, for this is a process that is long in terms of your time and energy, yet which need not bring discomfort or concern to the hearty seeker. This is, rather, to be worked with as a given, shall we say, for each of you has those qualities which are what you would call strengths as well as those which you would call weaknesses. You will do well when you are able to exercise discrimination to the degree where you are able to accept one as well as the other. For your journey is one which is best accomplished when you are evenhanded, shall we say, when you are able to work with yourself, with these strengths

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and these weaknesses, and bless the Creator, the creation, and yourself for being as you are. For in truth, all is well, all is one, all is as it should be. Yet this great dance, which all do as they progress through the creation and the evolution of the self, is accomplished in a movement that is truly fluid, that is ever present, and which can lead one on into the greater realms of understanding.

When you have achieved what you would call a success and have been able, to your own discrimination, to be able to do that which you wish to do, again do not feel overly glad, for to become attached to one form or another, one expression or another is, to some degree, to place small stumbling blocks within one's way. It is a balancing act, my friends, for you on the one hand realize that you have a journey to make and on the other hand are wise to realize that you are the Creator, that all is truly well, and that there is no need for any thing. This is the paradox in which each of you moves.

We hope that we have not overly confused you, my brother. Is there another query at this time?

T: No. Not from me. Thank you very much. It didn't confuse me at all.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I have a couple. First of all, I wanted to ask concerning a dream theme that I have experienced lately. I've had several dreams about a baby, and in this last dream I was able to get to the baby and pick the child up. My thinking about this is suggesting to me that I am going back to my own childhood and comforting the child that was not comforted when I was a child. In general, could you confirm that this is the direction that my dreams are attempting to speak with me on?

I am Q'uo, and am aware of your query, my sister. And we confirm that which you have supposed. Is there another query?

Carla: The other question simply has to do with my experience of the channel today. It was coming from a very deep place and I can still feel the energy. It was very powerful but there were fewer words than usual. It was very hard to bring up any content, but it seems like a very rich place and seems like a new area of conscious channeling, and I would be glad to hear anything that you have to say about it because it is very new to me.

I am Q'uo, and am aware of your query, my sister. The practice of the vocal channel is that practice which one may become more, shall we say, capable of producing as the experience continues. There are along the path of this service various steps or stages of growth which are apparent in some cases and in others not so apparent. You have begun to experience the beginning of a newer phase, shall we say, of serving as a vocal instrument. There are levels of consciousness that are available to each entity and to those who serve as vocal instruments that open doors, that offer great access to pure information or inspiration. Through another door you are beginning to pass. Is there another query, my sister?

Carla: Yes. One more. It's pretty silly, but I do want to ask it. I have had the inspiration lately to wear clothes for the channeling and only for the channeling and have them just be for that. I wonder if it is acceptable as a service to put the clothes on as part of being tuned, or is it simple vanity? I almost put on my brand new channeling outfit today and then I thought it was just too vain to be changing my clothes. I don't know where the judgment is and where the truth lies. If you can make a comment, fine. It it's too specific, that's fine too.

I am Q'uo, and am aware of your query, my sister. The use of special garments for the providing of the service of a vocal channel is completely at your discretion. If you feel that this would enhance your ability to serve, then by all means do so. If you feel that it would, on the other hand, set you apart and make you feel better than, then by all means do not. This is your decision, my sister.

Carla: Thank you.

Thank you, my sister. Is there another question at this time?

T: Yes, it also concerns vocal channeling. In this last newsletter from Jim and Carla a graded group was mentioned and Carla explained it to me. I've never been much of a channel at all and never have had much of a desire, although I would like to do it if I felt it would be helpful. She also mentioned that in groups like this there were people who functioned as a battery or a conductor and I would like some guidance as to whether I should pursue active participation as a vocal channel.

I am Q'uo, and am aware of your query, my brother. Again, we come to that point which is more

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appropriate for your own decision-making according to that which you feel drawn to do. You may be either, according to your desires, for you have abilities in both areas. However, the choice must come, not from any source outside yourself, but from that voice within yourself.

Is there a final query at this time?

R: I have one. Speaking of dreams, I want to encourage the dreaming activity because I look at it as a way of speaking to your self. Is that all that is necessary, the desire?

I am Q'uo, and am aware of your query, my brother. Desire and perseverance. Continue in the effort until you have been able to produce the fruits which you desire. Practice. Practice. Practice.

We are those of Q'uo, and we again thank those present for taking the time to join this circle of seeking and to blend your desires as one as you speak with your own hearts and with those of all of the creation. We appreciate your efforts and your sincerity. At this time we would take our leave of this instrument and this group. We leave each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 21, 2002

Group question: The question today has to do with opening the heart and the center of love in our daily round of activities. Each of us from time to time has found ways of accessing this energy of compassion. We have insights and prolonged experiences of one kind or another that have let us know that there is an energy there. We would like for Q'uo to let us know how this process of opening the heart is really accomplished by those of us who live here in the third density but still behind the veil of forgetting, still trying to discover the unity with all things. How do we go about opening our heart centers and carrying that love with us into our daily round of activities?

(Carla channeling)

We are those known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we are. It is our privilege and pleasure to be called to your circle of seeking, and we thank each of you for the room that you have made in your life to ask for and to welcome these questions, this seeking, and the possibilities of new life. It is a great blessing for us to be called to your group by this energy, for it is our form of service at this time. And because of your dedication it is possible for us to do what we came to the inner planes of your planet to offer, and this is our greatest blessing. For we too are those who seek to be of service and to share our hearts. We are happy to share our opinions and ask only that each of you monitor that which we say, asking that you keep only those things which resonate to you on a personal level and do not view us as authorities. For you are that one unique person who knows what the truth is for you, and we would not wish to put a stumbling block in your way.

You ask how to find the way back to the open heart when you have gone away. We would step back from this question and ask you to come with us in an envisioning of the beginnings of your creation, that which the Creator expressed when this intelligent infinity burst forth in the infinite number of sparks, each of which contained the stuff of the Creator in a holographic form and each of which was sent out to collect information. You are beings of light, beings of love, beings of infinity. You are citizens of an eternal universe that expresses itself at this time in illusion upon illusion upon illusion. Each of these illusions set in place in exquisite regularity and discrimination a fastidious arrangement offering experience after experience designed to create environments in which these sparks of creatorship would become progressively more and more articulated, expressive and unique.

What does the Creator hope for from you but that you be yourself and that you explore what the self is in an ever more profound sense; that you come to experiences with your whole self and allow them to affect you. The Creator's interest is in learning more about Itself and each of you is as the detective on that same path of discovery and transformation into ever more authentic versions of you. For in cameo,

in small, you are the microcosm of which the Creator is the macrocosm. Each of you contains that jewel that is perfect, but each of you has gone through incarnation upon incarnation in which you have been colored by experience. It is as though each of you has come through the refining fire that has progressively clarified and refined your nature so that you are ever a little more able to see that which is truly you. Your responsibility to the Creator, then, begins with being who you are. Not striving, not making efforts, but, indeed, letting go and releasing that which is not you.

This instrument experiences constantly the journey from the center of self as perceived by the self outward towards the expressions of outer experience, becoming entranced by various things of the illusion and finding the self dissatisfied with that position, that state of awareness, that experience of self, and cycling back into the heart of self by choice by the techniques of momentary prayer, remembering who she is, why she is here, what she hopes to express through her presence. There is no one within the energies of your third-density world that remains at all times in a perfect state of self-awareness. Truly, this is not the reason for which you took form within the Earth world. Indeed, each of you came specifically to be thrown off balance, to be confused, to be puzzled, even to be in distress and to suffer. For you knew before incarnation that the great opportunity that one has only within the illusion is that it cannot be seen or proven that spirit exists, much less that it is a transcendent state which, in fact, doubles the illusion. You are not here to be masters of the illusion but rather to be confused, puzzled, foolish and wrong. And in the process of this scramble and this struggle that aura which you bring into manifestation with the embedded gems of creatorship hidden within it is offered the refining process of your Earth, and in that friction and suffering you are processing this confusion and this suffering in ways that create great beauty as your emotions stabilize, deepen and purify themselves through the hard-won experience of all of the confusion and suffering.

Certainly, it is to be hoped that more and more of your experience within the illusion is able to take on that centered feeling which graces and blesses all environments with a beauty that comes from within. But the concept of remaining centered at all times sets up for entities such as this instrument the incorrect idea of coming up to a standard or being considered inadequate, and we would not suggest in any way by what we are saying that any state of mind is inadequate or wrong. Precisely what you feel is that which is right for you, yet you are creators. You are those who have all of the infinite resources of that spiritual part of self that has nothing to do with the illusion. You are people of magic and power, and you can, as this instrument was saying earlier, dream a new present for yourself and envision a new future. You can use techniques that allow you to release old pain and embrace the present and the future with confidence.

Perhaps we would say that there is a secret to coming into the open heart once again. The secret is buried in each religion and we encourage each to play with and sense into the various religious and mythical systems to find those images and icons of the Creator that pierce your heart. For this particular instrument that image is of Jesus Christ. Whatever your image of unconditional and sacrificial love, the secret is to know in the deepest part of your soul that who you really are is the Creator, so that moving into the open heart is a matter of coming home. There is a home within your heart that this instrument would call the sanctuary or the *sanctum sanctorum*, the holy of holies, the inner temple of self. You might consider it a room that is locked against casual visitors, even yourself. The key that unlocks this door is silence. There is the momentary stopping of the voice within, the coming into the silence of sacredness and, once there within the heart, you are in a tabernacle with the Creator. And you may sit and rest and even, as this instrument often does, picture the self crawling into the lap of the Creator and resting against that comfortable, strong breast. For the Creator has a very deep and infinite love for you and is waiting for you in every moment of every day, hoping and rejoicing when you do come home.

One of this instrument's catch phrases is, "Christ is the I of me." In the cosmic sense, whatever your belief system, unconditional love is not something for which you need to strive because at the very center of your self, the truth of your self is this same shining, unconditional love. When all other things of the self are released, this is your truth. This is your nature. This is your being and your essence, and your outer personality becomes as a pane of glass,

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clear and transparent and able to let the light shine through.

The day has many moments, many common and ordinary chores, and we would suggest of you that you investigate each of these moments as if all were new and re-experience those common things of life, for they are full of light. They are open energies which include always that energy, bliss and peace. Again and again this instrument has asked these last months, "What is peace?" for each day there is a peace meditation and this instrument and the one known as Jim sit in silence visualizing Earth being healed and being brought to a state of peace. And so each night since that day in September of last year there has been this exercise in asking once again to "Show us the ways of peace." And as the energies begin to consolidate about this daily peace meditation, what this instrument is discovering is that peace is already established within the heart of self. We each know the ways of peace. Each of you knows what it is to love with every fiber of your being, to be open, flowing channels for the love and the light that is the essence of the Creator.

Wisdom is not "out there." Wisdom is not that which needs to be grasped for. Wisdom is that which comes in a moment when there is at last a willingness and a humility that allows the self to release all the preconceptions and all of what the one known as J was speaking of as the old way. Is there anything wrong with old ways? We would say, certainly not. What there are, are unending variations in a pattern. Each time that you do a day you are creating one set of ripples in the ocean of common being, and that which you think and that which you do and that which you envision for that day is your expression of beauty, of essence, that you give as a gift to the common race of humankind and to the energies of planet Earth of which you are her stewards. You cannot see the effects of that day, just as ripples move into the ocean and finally fetch up on a distant shore. You do not know what you have done. The joy of it is in the doing, not in the results. The gift was the day and the life is a gift to the future and others will reap those seeds that you now sow with your being this day. Each day is a brand new gift, a brand new life, a new opportunity to be you and to find the most creative ways to love.

Before we leave this instrument we would like to say something about this love. When you talk about coming back to the open heart, each of you is perhaps thinking mostly about how you can serve other entities, for that is your energy and your hope: service to others. And yet how essential it is that you retain the energies to give to the self that love that you hope to give to others, and to do that before you attempt to give to others. It is as though each of you wishes to beautify the lives of others while leaving at home that self within that is as the neglected child. In this instrument's holy works the directions are to love others as you love the self. It is important to love the self. This is not selfish, nor is work done to untangle the threads that keep you from loving yourself selfish. It is important work. It is work that will probably need to be kept up day after day, ministering to yourself with the same joy that you minister to others.

Each of you has seen how easy it is to minister to others, and we ask you to forgive yourself in just that way for all perceived faults, not attempting simply to ignore those faults. You have a mind and a power of analysis. You have techniques and resources that you can use to work with yourself. And we are happy to speak to you about this. Each of you needs somewhat different ways in order to work upon various distortions which you have picked up, places where you are holding energy within yourself so that your energy is not flowing into the heart and through the heart in full measure. As the one known as R said, in the great urge to get into the heart and to do work in consciousness often that self that is expressing in the lower energy centers is simply left behind. What are your issues? Are they diet? Are they exercise? Are they emotional healings? Are they moving back into an abandoned and lonely childhood and bringing that child into the heart and giving it the love that was not perceived in the young days of that soul? Whatever your issues are, honor them, respect them, and minister to yourself. It is not selfish. It's needed work in order to free you up to be that essentially joyful self that you already are when you are not burdened with concerns.

We cannot take the concerns of the day and suggest to you that they not be attended to. We can only suggest that there is a rhythm and a harmony and a dance surrounding the energies of all things, no matter how seemingly mundane. When the image of the self is as the dancer instead of as the bumbler, then even falling down is part of the dance. Even dropping everything. Even the cat's exploration of gravity in the other room as occurred during this

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meditation, making great noise and clatter, becomes a perfection of its own and a dance into the kitchen after the meditation to retrieve the tray and retrieve the broken cutlery and the broken glass. It's simply part of the dance of being for this day. It too shall be put to rest and a new day shall dawn. Cherish and protect your sweet, sweet essence of self, for each of you truly is a child of the Creator.

We thank you for this energy and this question, and at this time we would transfer this contact to the one known as Jim for further questions. We leave this instrument in love and light. We are those known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each once again in love and in light through this instrument. It is our privilege at this time to ask if there might be any queries of a shorter nature to which we may speak. Is there another query at this time?

S: We're here to be of service to others. What are the others here for?

I am Q'uo, and am aware of your query, my brother. Each seeks to serve the Creator in each other entity that it meets in the daily round of activities and this is true of those who seek on the positively oriented path, that path of radiance, that path of that which is. As you are aware, there are some who seek to serve the self and who seek to manipulate others to serve the self as well. However, since all beings are portions of the one Creator, even these who seek upon the negative path serve the One, for there is no other.

Is there another query, my brother?

S: Not right now. Thanks.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I'd like to ask about this idea of envisioning a road to fourth density. From your point of view is this a good way to think about serving in the next decade, or is the concept of building a road into the next density an inadequate vision?

I am Q'uo, and am aware of your query, my sister. We feel that your image of constructing a road, a path by which those who seek love and seek to serve the Creator in all may move ahead, is indeed a most adequate image to envision at this time in your spiritual evolution. We give this instrument the picture from your tarot images of the Fool who seems to walk off the cliff and who is momentarily suspended in mid-air. As the seeker of truth moves along the path of spiritual seeking, many times this is the image which functions well to describe this journey. For when one seeks beyond what the world about you recognizes as real then there is that magic of the thinking, and the acting to follow the thinking, which creates the sure fundament under the foot as it is placed foolishly upon the path, and we say foolishly for many will feel that it is foolish to seek to love all beings. For is there not evil in this world? It is foolish to move intuitively in a world where reason wrests its reward from all. It is foolish to seek to give the self full of love to those whom you do not know. And yet, my friends, is it not foolish to love the Creator that you have not yet met? Is it foolish to seek the heart of love when love is that force which has created all that is? Is it foolish to walk upon the dusty trail of the seeker of truth when that trail so often seems isolated and alone, yet when explored fully is filled with fellow seekers and pilgrims who walk that same trail and who seek in that same vein to love without end, to give without stint, and to be in harmony with all that there is? Yes, you build a road. It is a road that is made of things not of this world but those principles and qualities that are the center of the heart of a Creator of love.

Is there a further query, my sister?

Carla: No. Thank you. That was wonderful.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

S: What kind of changes and trends do you see as we go from third to fourth density on Earth?

I am Q'uo, and am aware of your query, my brother. As we look upon your Earth world at this time it is our privilege to witness to the growing of light within the hearts of those who have previously felt no urge to seek in this manner. For the events of your days, these latter days of third density upon planet Earth, have served and will serve as catalyst to bring forth that which is the highest and the best from the hearts of those who are beginning to sense that there is more to this life that meets their everyday eye. There is within many people at this time the beginning of questioning of those values which have long been held and which have held

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entities long within a certain restricted way of thinking and of being. When it seems that there is less security within a world filled with a desire for security, then it is that there is the seeking of that which is true, firm, sure and dependable. This brings the hardy seeker back to the heart of the self, the heart of the journey, the heart of the illusion in which each finds itself at this time. Each seeker, as a portion of the one Creator, has within it that, shall we say, homing device that is awakened at the proper time for each seeker, that reminds each it was planned aforetimes that this is the time to begin that conscious journey of seeking for truth, and so each takes the first step of a journey which in truth has never ended, shall not end in the foreseeable future, and which shall grow more fruitful and abundant as time and experience accumulate.

(Tape change.)

I am Q'uo and am once again with this instrument. Is there another query at this time?

Carla: In thinking about materials for building a metaphysical road, am I on the right track by thinking about qualities like faith, hope, will, the creation, the world, the lightening-struck tower?

I am Q'uo, and am aware of your query, my sister. Indeed, we feel that you have mentioned those qualities which are central to any seeker's journey and to the road into the fourth density, as it has been called this day. For, in truth, the faith which each seeker expresses as further steps are taken upon the journey of seeking is matched by the will which each seeker also expresses as the perseverance is called upon to continue the journey of faith. Indeed, these two are the rod and the staff which bring great comfort to the seeker as it moves through what your holy works has called the Valley of the Shadow of Death. For upon this journey there are many tests, the ordeals by which the seeker's desire to continue is burnished, is tempered, is made stronger by the testing. And as one exercises the faith that there is a journey to make, and a goal to reach, and a grail from which to drink, then it must be matched by the will to continue and to pass these tests that the daily round of activates will bring to each. For it is by such testing that one is able to measure the mettle. It is by this testing, that which seems to be negative at first glance, that you are able to build the metaphysical muscles, shall we say. It is such exercise of faith and will that makes you stronger as metaphysical beings. It is your intentions, your desires, that have strength, that have power, in the spiritual world, for there, thoughts are things, and it is by the way you think, the attitude that is your fingerprint in the metaphysical sense that you are able to do work in consciousness, that you are able to change consciousness in the magical sense, that you are able to access deeper portions of the subconscious mind and to bring them forth into consciousness that they there might find a room and a reach into which they might have effect in your daily life. And that, indeed, you begin to change yourself as you continue this journey, a continual movement from one image of yourself to another so that you are a new and risen being moving into the fourth density of love and compassion.

Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo. Is there a final query at this time?

J: I would like to ask if the electromagnetic field energy work that I have been doing is, in your opinion, a good way to serve others? Or if there is another way that I could be of more service to others?

I am Q'uo, and am aware of your query, my sister. We do not as a regular practice care to judge another entity's efforts, for we see each entity making the greatest possible effort in its personal life each moment that that life is lived. However, in this instance we may comment in a general sense and suggest that that which you do in the way of magnetic healing has great benefit for those with whom you share this work. And we encourage that which you do, in that you will be able in your future to expand upon this work as each entity will expand upon all efforts that are made. This is the nature of growth: to begin at a point, to assess the situation, to gather information, to make choices as how to proceed, to proceed with or without fear, to learn how to drop fear, to enhance that which was begun, to add unto it, to alter it. This is your path. This is the path of each seeker of truth and we support each effort that is made at this time by those who intend to serve others. For it is your intention that is your strength, and your power, and your direction.

At this time we feel that we have spoken a relatively reasonable length of time. We are aware that the one known as Carla is concerned that we speak overly

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long. We do not mean to make each sit in uncomfortable positions for too long a period of your time. We thank each for inviting our presence this day. We bless each. We tell you now that there are many within the realms of what you call your heaven worlds that rejoice at the gatherings of entities such as this that occur all over your planet for the purpose of seeking and sharing the love and the light of the one Creator and to go forth then into the daily round of activities to take that with you and share there with those who perhaps share not so consciously but who appreciate your sharing of your love and your understanding.

We are known to you as those of Q'uo. We leave each now in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 5, 2002

Group question: The question today has to do with putting the puzzle pieces together, remembering our being, our knowledge, our ancestry, our connection with each other and with the planet. We are hoping that Q'uo can give us some information on how this spiritual journey works for us. No matter how long we've been on the journey, no matter how newly we feel revitalized, we need to know how it is that we remember our mission. Are there stages to our remembering? Is there a process that we could accelerate or harmonize with in our daily round of activities? How do we keep that excitement that we all felt at the workshop last weekend alive in our daily round of activities?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and the light of the one infinite Creator, in whose service we come to you today. We thank you for putting so many things aside in order to make the time to form this circle of seeking. It is a great blessing to us to be called to your group, and we thank you for the dedication that it takes to form such a circle as this. It is an especial blessing to us because this is the service that we have entered your planet's energies in order to offer and it enables us to serve in speaking through instruments such as this one. So we are most grateful to you for giving us this opportunity to share our thoughts. As always, we would ask of you that you use your discrimination in listening to our opinions, for we are not authorities and we would not be a stumbling block before any. We would ask you to take those thoughts which seem helpful to you and leave the rest behind. This will enable us to speak freely within the limits of our own ethical feelings for the preservation of free will.

We thank you for the question concerning how to continue to remember more and more of the truths that create within the heart the peace that passes understanding and the joy of realizing who you are and why you are here. It is certainly a challenging thing to retain the freshness of the vigorous enthusiasm that accompanies initiations and transformation. There is that feeling of being lifted to a place that is infinitely more desirable than the seeming contents of consensual reality. The challenge always is to become able to express these feelings of bliss and joy throughout the moments and days and months and years. The expression of joy is a natural state. It has to do not with any portion of the physical body but rather the movement of the energetic body into a position of balanced openness so that the energies that are moving through are able to do so without what this instrument would call distortion. The set energy of the universe, that OM of which you were speaking earlier, is a vibration that is utterly joyful and blissful, much as those physical feelings that explode when there is the sexual orgasm. In the sense of higher consciousness this state exists as the steady state and when an entity reaches a certain balance within the energetic body and is able to open within

that balance in utter trust, the result is that one comes into a state of consciousness which the one known as R was so eloquently describing.

We are aware that in the course of a lifetime there are many times when the intersection of circumstance and personality grants a window of opportunity for the opening of the gateway to intelligent infinity. It is a direct experience of the Creator. It is never to be predicted as to how this shall occur, under what circumstances it shall occur. There is no one combination of efforts or words or positions or rituals that can bring about this particular state of consciousness. It is almost as if one emerges into it from a fog, a fog that you did not see, a fog that you did not know you were in the midst of until suddenly the mist clears and the sun shines, and all is made perfectly, and quite perfect. This state is a true state. It is not the same as happiness which, as it comes, guarantees its own departure. This is a state that can be and has been by many allowed to remain through tragedy and times of personal difficulty. This is a state that cannot be destroyed. This is the temple within that no power of life or death can destroy. Yet the experience that many have is of coming into this temple and going out, coming out and going in, being in that state and then abruptly being abandoned on the shores of consensus reality.

The techniques of hard work and dedication have a certain justice and a right place within the efforts to find and to retain that state of consciousness which sees all beings as one. There is a certain degree of simple persistence which equals very hard work for most entities in keeping a practice that is daily. This instrument has oft spoken of a rule of life, for she has found it helpful in her own process of coming into her bliss and certainly we would recommend this simple, hard work and the perhaps rigid ethic of a daily practice that places before the eye in every day that lit candle at the altar within where time is spent in silence and in opening the heart to the tabernacling with the one infinite Creator that always awaits within the tabernacle. This tabernacle is your own heart and it is a blessing indeed that so many entities upon your planetary sphere have at this time that practice of daily seeking through silence. More and more entities among your peoples are awakening and are feeling that need to move within to a place of worship, of ideals, of adoration, of dreaming that within your Western culture has become increasingly unavailable from the standpoint of those religious institutions that attempt to offer the feelings of the spiritual community.

Perhaps it is well to say at this time that the freshness of love is that which spiritual communities are most excellent at maintaining within the members of that community. We do not wish to criticize or to judge your churches and temples and holy places except to say that, more and more, those entities which are awakening have not found their home within the established buildings that hope to be spiritual communities by virtue of their name. What we find is that, as it has always been, the liveness and freshness of spiritual seeking is a matter of people and not institutions. The hope of creating an institution that will carry on the practice and make it available to people is in essence an anthropomorphism where the spiritual entity seeks to re-create the family as a permanent thing when in fact each family is always renewing itself as entities leave this plane and other entities are born into this plane within their family. Consequently, those who are moved to be pastors and ministers and priests may well have that open heart which creates a loving atmosphere and authors a place of safety for those who wish to seek together. It is possible to find this within the church, within any religious practice, but it is a matter of moving from group to group until one has found not only the way of worship that appeals but also the energy within the leader and also within those within that particular group that is comfortable and supportive and encouraging to you personally.

We find that in groups such as this one which gather in homes and are unofficial and spontaneous, the likelihood of fresh energy is higher because there is no reason to come to a group such as this one to express a social or a political or an economic kind of feeling or beingness, but rather, the only reason to come is that sense of a spiritual family that together may more efficiently and effectively seek than each by himself alone. We would say that this is extremely true and is a great help to remembering who one is, for there is within the earth plane at this time a tremendous number of people who have incarnated in large groups of people to serve together and much of the joys of spiritual community are involved in re-linking with those entities with whom you have spent lifetimes in the past serving together and learning together. Each time that you reconnect and

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re-link with these beloved strangers that are very much a part of your energy of being, there is laid another golden strand of connection within the net of love which surrounds the Earth and is glowing brighter with every day. We are rejoicing at this point to see the outburst of newly awakening people. There is a tremendous, shall we say, population explosion of those who are awakening at this time. It makes us feel most blessed to see entities taking hold of their being and knowing themselves and their power for the first time.

As each of you moves into this awareness of the open heart and desires more and more to live there and to express that love within the light, each effort to do so makes it easier to do so once again. And each persistent effort to remain open to that which this instrument would call the Holy Spirit creates an atmosphere in which others find it easier as well, so that each of you becomes that light that is set upon the hill, that is not hidden any more beneath a bushel basket, that is not tucked away but that is glowing and burning for all to see, glowing not with the energy from the self but with the energy that moves through the self, so that this is not a tiring or effortful thing but, rather, an expression of the utmost peace.

This instrument has for some time had the feeling that she dwells within a very critical and interesting time, and we also have that bias towards that feeling that these are very precious and very powerful times within your planet's cycle. The new heaven and the new earth of fourth density has been nearly completed now. Your Earth entity which may be called Terra or Gaia has come through most of her labor. She still labors and each of you may be very strong in helping her through these labor pains. The practice of moving into the creation of nature, the kingdom of the Father, as this instrument is wont to call it, is very helpful in stabilizing and deepening the energies of the balanced and open heart, for each flower, tree and breeze that blows, each element that exists, exists within a complete awareness of the one infinite Creator. Rocks, fire, wind, grasses and blooms do not have words and they do not move in the way of being self-aware in choosing in each movement whether it is in or out of harmony. The creation of the Father has no knowledge of how to be disharmonious. All things, rather, are working towards the help of the entirety of the Earth.

This natural energy has been distorted and compromised by those feelings of aggression, greed and other heated emotional states which tend not towards peace but towards the unwise use of power, whether by money, by influence, or by various means which your civilizations have developed through the millennia of your history to collect the resources that seem to be fair and to attempt to create a safety that is forever specious because the vehicles which you have chosen for this incarnation are in no case free from the limitations of birth and death. Consequently, there is a great energy within your Earth sphere at this time which tends towards the breaking down of coherent energy and the invitation to chaos which is the result of the unwise use of power.

Each of you has a tremendous ability to alter this picture, not because you can change it physically but because belief is the truth of perception. What you choose to accept as true has a very powerful effect upon that story that you tell yourself, and the story that you tell yourself is that which creates within you a safe place from which to love, to accept, and to embrace those that seem like you and those that seem distinctly unlike you, those that seem positive and those that seem drawn to a darker shadow world. Every difference that can be distinguished is helpful to that self that must conduct a life within third density. However, that ability to distinguish and discriminate betwixt souls does not serve the spiritual life. Certainly it is well to use the intellect and the powers of analysis that were given as a portion of those resources with which you meet the world. And yet beyond the intellect and its limited ability to assess true situations or the truth of the self, there is that within you which does have a far more informed point of view. You may call it your higher self. You may call it guidance. In this instrument's case she calls it the Holy Spirit, but however you personally find it useful and fruitful to characterize to yourself that guidance that comes from deep within you and which was yours before this incarnation and will be yours after this incarnation, this is that which you may depend upon. This is the foundation upon which the feet truly rest.

As each of you becomes more spiritually mature you will go through cycles of losing the balance and regaining it. This is a natural occurrence. There are very few entities who move through a life without

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going through these cycles or spiritual seasons of light and dark. Certainly this instrument has had experience with the Dark Night of the Soul. We believe that each in this group has had significant suffering to bear. This is as it should be, for although it is a hard truth to understand, it is a simple truth that each of you chose a plan for incarnation, some have said a contract, and in this contract certain lessons were chosen to learn and to share in the learning of with those beloved entities with which you made agreements before this incarnation. As well, there were services that you hoped to offer.

Each of you has one central service in common and that is the ministry of essence. The task of each that is primary is simply to be yourself. It always seems as though one must do something in order to be of service and yet as we have said many times through this instrument, it is in how you are within yourself that you serve in the greatest capacity since each of you is as the crystal that transmutes and sends forth the light that is received from the infinite Creator. Each of you is an unique crystal, then, which can allow the light to flow into the Earth plane in just such and such a way that is unique to you. And when your heart is open and the light is flowing through you and you feel transparent to that energy, then it is that the most beautiful light of all colors, depending upon the personalities involved, is able to move into that grid that this instrument has sometimes called the Christ grid and which others have called the grid of unconditional love or the Buddha. This grid is that web of light, that pattern of love, that is beginning to stabilize fourth density upon your planetary sphere. Each of you is doing tremendous work for those who shall come after you, sowing seeds of light and seeds of love whose blossoms you shall not see, for you shall move on. Yet those who come after you will be able to do as they do because of reaping the harvest that you now sow with each loving thought and each contact made in love and in light.

We may say that it is well to be aware that there are many who are uncomfortable with unconditional love, as the one known as T has said. Do not be discouraged if it seems that your light is not accepted by those about you. That which is upon the surface is an illusion. The energetic work that you do is as it is, and it is not necessary for any to be aware that you are doing this work. It is not necessary for people around you to respond or seem to accept you as you would hope to be responded to and accepted. It is only necessary that you do the work, that you keep your body, your mind, and your spirit in enough balance that energy may flow through and not be stuck in this or that place, or overstimulated so that there is a distortion because of that hectic energy of overstimulation. Realize that the spiritual path is one which extends throughout the incarnation, moment by moment, and unexciting chore by unexciting chore. There is no life which is nothing but the glitter and the sheen of holiday times and mountaintop moments. Realize too that by connecting with those around you who are of a like mind you are helping them and you are allowing them to offer their love offerings to you also.

But be steadfast in those situations which do not seem to be so full of love. Allow yourself to be the love that is brought to that meeting, to that moment, to that situation. And if, for some reason, you are flagging and your emotions are tumbled and you are weary, reach out and allow someone to give to you that which you have so often given to others. For there will be times of weariness for each soul within illusion. There will be times when circumstances come upon one which seem most difficult. And there are those stubborn traits which each of you carefully brought into this illusory incarnational experience for the express purpose of butting your head up against, of being confused by, of seeming to be flattened by, in order that you may stand in the refining fire of the spiritual distillery that Earth is and work upon these traits that you have chosen to balance within this lifetime.

It is easy to feel discouraged when the process takes you into your shadow side and you find yourself dealing with blockages or over-activations or some other kind of imbalance that seems to vitiate and attenuate your ability to be a crystal that is steady in its opening to the light and the love of the one infinite Creator. Do not be discouraged when these times come upon you. Do not chide yourself because you are not in a state of bliss. Know that your memories of that time are perfect, that they are valid, that they are the truth of you, and know that in honoring that memory and in remembering those mountaintop times you allow yourself to rise once again to that mountaintop where all is well and all people are one.

We would speak a little bit more along this subject before we open to questions simply in iterating the

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efficacy of meditation. The joy that lurks within the center of your being is invited by silence. It is a playful energy. It is full of light and full of dance and each of you was intended to be a dancer through this illusion. Each of you, upon the brink of incarnation, gazed at that which was to come and thought, "This will be so much fun. This will be so simple. How could I possibly forget any of the truths that I know simply by being born into this illusion? I will remember. I will remember." And yet birth comes and the air of Earth hits the face and there is the necessity to breathe in order to live, and all of a sudden the environment has completely changed and you are a helpless infant, dependent upon others for absolutely every need.

This creates a situation where the tiny child that is newborn has its first experience of vulnerability and a lack of emotional safety. Within your experiences as a child there are almost guaranteed to be repeated times where this feeling of panic and distress becomes almost overwhelming, as the environment seems not to be a safe one, not to be a secure one emotionally and spiritually. And the understanding of others about you seems to be lacking. The pressures and distortions of the birth family, the parents and so forth, almost always create these biases within one which are carried upon the back like a burden until they are once again named and greeted and faced and embraced and loved and forgiven and placed within the heart to be healed and to be forever then part of the strength of the entity that has come through many waters and is as fresh and young and strong as in the days of greatest youth.

This is the permanent state of each entity which has no age and has no falling away from strength. And it is from this perspective that it is most helpful to gaze upon the world of ten thousand things. It is far more accessible, this world, in meditation, in silence, in contemplation, in walks within the natural world, in all ways in which you can remove yourself from the various, shall we say, pernicious thought structures of your civilization. Your song that you began this meditation with was about living on the outskirts of civilization. And we recommend that you think of yourself in this way, not physically. Physically it is helpful for entities to be everywhere, especially in the urban areas that are so crying out for positive energy, but rather in terms of being in this world but not of this world.

Thinking of oneself as an outsider is a way of preparing yourself to be a dweller upon the road to fourth density and not simply one who is stuck in third density. For the one known as R is correct in saying that heaven is here. Heaven is now. It is so each time one becomes aware of the self as a lit candle and encourages that light, that vulnerable, living light that depends upon the oxygen of the open heart. Breathe that love and light in. Breathe that love and light forth through your being, for truly it comes in and it moves out, and the blessing that you give it creates infinite brightness within it.

This instrument is instructing us that we have overstayed our time, and so we thank you for your question, and we transfer this contact to the one known as Jim so that more specific questions may be asked at this time. We thank this instrument and we leave it in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each once again in love and in light through this instrument. At this time it is our privilege to ask if there might be any shorter queries to which we might speak. Is there another query at this time?

J: My question today is about a blockage in the red ray and I would appreciate a suggestion about how to clear this with grace and ease. Thank you very much.

I am Q'uo, and am aware of your query, my sister. We would recommend in the meditative state, at the end of your day or during a portion of your day where you have time to relax and reflect, that you look at the blockage as it has been experienced in your daily round of activates. Within the meditative state then look at the experience which represents to you the blockage of the red-ray energy center. Re-live that experience, allowing it to fill your being, and then in a natural fashion allow that image to dissipate and allow its opposite to emerge into your consciousness so that you see it with the same intensity that you saw the blockage to begin with. Allow this image to continue for as long as feels comfortable. Then see both the blockage and its balance as means by which the Creator may know Itself through you, and accept yourself for having both as means for the Creator to know Itself in your being. Repeat this exercise upon a daily basis for as long as is necessary for the blockage to be resolved.

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Is there a further query, my sister?

J: No. Thank you very much.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

S: Sometimes I wonder if my dog is in more pain than I am aware of, or if you could comment to me on the right course with him?

I am Q'uo, and am aware of your query, my sister. We examine this entity. And we can suggest that the pain which this entity feels is ameliorated to a great extent by the love which you give this entity and that any pain which this entity feels is worth the continued existence within the shower of your love. For this entity learns most by being loved and by being able to give love. In this manner then, this entity then is able to become, shall we say, inspirited, vested in a fashion which increases its consciousness and its ability to perceive the love and the light of the one Creator.

Is there a further query, my sister?

S: I understand. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I was contemplating using a technique in counseling where I help the person focus by moving that person down into a fairly deep state of concentration which is the essence of hypnotism, and I was wondering whether it is recommended, as an ethical person, to help a person in this manner? And also I was wondering if by my tuning I am able to assure the person's safety throughout the experience?

I am Q'uo, and am aware of your query, my sister. We are also aware of the potential for the infringement upon your free will as we attempt to comment upon a choice which you have not yet made of your own free will. We can suggest that the tool of that which you call hypnotism is indeed a powerful tool for some entities who are susceptible to entering the trance state in an easy fashion. Whether your tuning is able to provide a safe place is uncertain, for the susceptibility of each individual varies greatly. We suggest your continued meditation upon this topic and the consideration of other means of allowing a focus to be achieved.

Is there a further query, my sister?

Carla: No. Thank you. I will do just that.

I am Q'uo, and we again thank you, my sister. Is there another query at this time?

T: To follow up Carla's question, if Carla engages in counseling someone but if this person also comes to her with an intention of receiving counseling is this not the choice of each person, and should we not allow each person to decide whether to enter into something like this that may have an effect in one way or another?

I am Q'uo, and we are aware of your query, my brother. Indeed, each entity which enters into the counseling relationship is doing so of its own free will. However, many entities are unaware of their susceptibility to such techniques as the use of hypnosis and would not be able to give a free will choice from this inability to assess its own susceptibility. Thus care must be taken. Is there another query, my brother?

T: No. I understand. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

R: I have some medical problems and I think it's related to emotional blockages that I have. I have chosen to treat it with an alternative healing method. Is this a good method for me?

I am Q'uo, and am aware of your query, my sister. Again, we wish to be of service by responding to the query which has been offered to us, yet we fear that there may be some potential for our infringement upon your free will if we speak too clearly or if we advocate one means over another, for the seeking of healing from whatever means of healing, whether it is orthodox, alternative or any other kind of healing is a choice which is fundamental to the spiritual path of the seeker. For any medical problem, as you call it, is a reflection of catalyst for growth which has been offered the seeker and which the seeker has in some degree appreciated but in another degree been unable to penetrate, so that the lack of understanding of the catalyst then transfers itself to the physical or the spiritual realms in order that the attention might be gained upon another level of experience where it has been, shall we say, unappreciated upon the mental level where all catalyst begins its journey and transmutation with a seeker.

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We may suggest that the course of action which you have chosen, being that which was chosen by your free will, is helpful in that regard, for you in your conscious and subconscious abilities have assessed your situation in such and such a fashion which then has resulted in your choice of alternative means of healing. We suggest that you continue in choosing that which feels most appropriate to you. There are many means of seeking healing. That which speaks to your inner voice, to your heart, then, is that which will, in most cases, be the most efficacious in bringing about a resolution of the medical situation, shall we say. We apologize for seeming to be unable to speak to this query more directly, but we hope that you will appreciate our desire to maintain your free will. Is there another query, my sister?

R: Can you give me any advice on my spiritual development?

I am Q'uo, and again we find ourselves up against the full stop of the infringement upon free will, for to give advice in such a general fashion would be to seem to judge, and we do not wish to be a judge of any entity or the path that any entity follows. We affirm each entity's choices and can suggest again that the path which you follow in your spiritual seeking must needs be that which speaks to your heart rather than that which another suggests, whether that other be revered and honored and seeming to be possessed of greater knowledge or to be an ordinary entity upon your street. For there are as many paths to the one Creator as there are entities who seek that One within all and within the self. Follow, then, that which is in your heart. Follow that which speaks to your heart and be always willing to increase the intensity of your seeking, the intensity of your desire, and the meditation that we always recommend for every path, for every seeker, for meditation is the surest means that we know for any seeker in third density to approach the infinite Creator.

Is there another query, my sister?

R: No. Thank you.

I am Q'uo, and we would ask if there might be a final query at this time?

Carla: A question came to me as I was looking in the mirror. Sometimes I just look into my eyes in the mirror and I am always struck by a quality that is more than me and really I can see the citizen of eternity that is living within me. Is there something about the eyes that has this capacity to reveal the soul? And is there some way to encourage that?

I am Q'uo, and I am aware of your query, my sister. The optical apparatus which you have described as the eye is the primary means by which stimuli are appreciated by entities within your illusion, for most do not see with their hearts the great panorama of experience that is available to each within every moment of the incarnation. Yet this way of seeing is possible for those who have opened their inner eye. Thus, the ability to see is that which has been relegated to the physical optical apparatus and the inner ability to see then must needs be translated, shall we say, so that when an entity begins to see with more than just the outer eye then there is the ability to apprehend more qualities of the self and of the life experience than are normally to be had with the physical eye. Thus, when one who seeks in a conscious fashion upon the spiritual journey takes the opportunity to look within a mirror, as have you, the perception begins to expand beyond the image first seen. There is the possibility of viewing other qualities, other resonances, shall we say, within the current incarnation, so that the experience of seeing within this fashion and with this feeling/tone becomes enlarged and there is perceived more than the image in the mirror. This ability to enlarge the range and depth of vision then can be extrapolated so that previous incarnational characteristics may begin to flash before the outer and inner eye. Thus, one may begin to see other aspects of the self, not just from this incarnation but from those previous to this one which have significance to the current incarnation. Thus, the experience of looking within the mirror and concentrating upon the eyes may indeed begin to show more of the soul aspect of the entity. And this may also begin to trigger memories that are from other incarnational experiences but which play a role in the current incarnation.

Is there a further query, my sister?

Carla: No. Thank you.

I am Q'uo, and we thank you, my sister. And as we are aware that we have spoken overly long this particular session of seeking, we would close this session by thanking each once again for making those sacrifices which were necessary for each to join in this circle of seeking this day. We are always most honored to be invited to join you in your

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meditations. We cannot thank you enough for the heartfelt queries which each has offered to enhance the understanding of the spiritual journey. We assure each that you do not walk any portion of this spiritual journey alone, for each has those teachers and guides that are unseen to the physical eye but surely walk with you each step of your way. There are no mistakes upon your journey, my friends. There are many coincidences and to the seeker which keeps the open eye, there is much that each journey's experience can offer. And we thank you for your diligence, for your intensity of desire, and for the love in each heart that springs forth at these times and at many other times during your daily round of activities.

We are known to you as those of Q'uo. At this time we shall take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ✣

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Special Meditation
May 16, 2002

Question: Q'uo, this is a question for T1. The question will be sort of broad and possibly double-based: "I'm interested in the best way to deal with the catalyst in my marriage and how I can be of service and love in that area as opposed to adding to the catalyst and direction for life in general. I feel there is a beating in me that I can touch and feel, and I seem to be doing something with the soul purpose sort of like what I was reading about in *The Law of One*, Book V, what you had mentioned about 'silver flecks'; how everyone has their own knowing that they are on the right track. Well, sometimes mine, I guess, may be just a quickening pulse, shivering, you can call flecks at some times. The burning in my lower and upper chest, sometimes, throat. I'm of the mind that this is a 'use it or lose it' type of phenomenon, and I don't want to lose it because I'm not focusing or listening in the right direction to what's happening. Synchronicities happen all the time in my life, but I don't know what they mean. I dream and record my dreams many times a week, but I have no idea how to interpret them even though I attempt to. Even trying just sort of confuses me, or they're more complicated. I know this is a way for God to guide and direct me, anyway. I know there are two big, huge issues or maybe one in the same, basically, about my marriage and the catalyst there; how to learn from it; how to take advantage and learn from the synchronicities in dreams and moments in my life that are filled with soul and direct them into what I should be doing with my life or even spare a love time that I could have to be creative, write, sculpt, etc."

And, Q'uo, we'd also like to know how you feel about doing personal sessions like this. We'd be interested in your comment, maybe, this time.

(Carla channeling)

We are known to you as those of the principle of the Q'uo, and we greet you in the love and the light of the one infinite Creator. It is a great privilege to be called to your group this evening, and we thank you very much for this opportunity to serve. We are glad to share our opinions with you upon the interesting subject of how to be a part of the good in someone's life and not part of the difficulty and of how to use those bits of pieces of guidance that drift from the infinite world of the metaphysical and the unconscious up into and across the threshold of the conscious mind. As always, we ask only that you use discrimination in listening to and judging those things which we say. For we are not authorities but, rather, your brothers and sisters of sorrow. If something seems good to you, then by all means use it as a resource, but those things that do not seem good we ask that you lay aside and think no more about them. For, truly, each knows the resonance of truth within her own mind.

The one known as T1 has said that the two prongs of this double question are perhaps intertwined and perhaps more unified than double, and we would agree that in a way they are two sides of a mirror or two faces of a coin. For the same information is, perhaps, helpful in many ways in answering those questions. Let us start with that question concerning how to be a servant of the light within a personal relationship such as a marriage. Our model or paradigm for responding to this query is a simple assumption but a sweeping one, and that is that all is one, that that entity which is a mate is the projection of the self into the face of another self; both entities being the Creator. The efficiency of this method of mirroring and projecting images upon the screens of each other's field of energy is precisely the purpose for which many entities chose to make commitments and form relationships. The catalyst, indeed, is the prize, not the problem, of the relationship. For it is in working with the catalyst of the self as projected onto the other self that the entity comes face-to-face with the refining fire of realization that this, too, is a part of me. This is what enables people to look at, to accept, and to come to love what this instrument has sometimes called the shadow side, the darker side of self, that side which knows the good but enjoys that which is of the darkness. It is not possible to remove the shadow from the self, for each contains the seeds of all things; each is truly the holder of the universe within the self. And if the self is all things, then it also is in part a shadow self; a darker, richer-hued, and more difficult to comprehend part of the self.

It is easy for this vision and view of the self to generate fear, and, as the one known as T2 was saying earlier, in whatever guise this fear is, it is there that the catalyst will be rich upon the ground and ripe for the plucking. So we would suggest that in a relationship it is, perhaps, not a skillful goal to wish not to perform the function of acting as catalyst for another, for this would suggest that catalyst is an unfortunate thing. And, indeed, we would suggest that that which is truly unfortunate is that which never changes, for it is not a part of the experience of rock or air or wind or water or plant or animal to remain the same. There is a flow to the destiny of each entity that is as close as breathing, too close to reach for, for it is already part of the environment, the ambient atmosphere of the self. It can be sensed, although usually within the conscious, daily round of activities it cannot be seen or heard or touched. There is, as the one known as T1 has said, that quickening of the self that gives the intuitive, conscious mind a small affirmation that energy is moving, that magic is near, and that there is guidance and power in the very atmosphere about one. And, truly, these are what the one known as T1 called soul moments, and yet we would suggest that each moment is, to the one whose senses are fully unguarded and undefended, a soul moment. Each instant is a now that is infinite, and the possibilities of each present moment of now are stupendous.

We would suggest that in the outworking of dynamics between two entities there is a fine and movable line betwixt viewing catalyst as difficult and viewing catalyst as a rich and welcomed opportunity. That fine line has to do with safety and trust, and the question then becomes within relationships: "How does one become a place of emotional safety for another entity so that even within a disagreement, even within the tangles of personality and circumstance, there is a feeling of trust that enables each to feel comfortable in misbehaving and apologizing and discussing with utter honesty those things which lack between the two?"

The grit of life can easily be seen to be a thing that is unfortunate, and we would offer the image of the pearl, which is the result of the irritation of the sand within the shell of the shellfish known as the oyster. Without the refining fire, without that distillation of spiritual maturity that such seeming difficulties offer, that pearl, which is each of you, should never properly be polished into its complete and perfect beauty. We do not suggest that there is an easy way to do spiritual work, either by the self or within relationships. It is not even easy to deal with the self or with relationships following the rules of the physical world and what this instrument would call consensus reality. The advantage of dealing with such issues as a spiritual entity is that advantage which sees a wider and more fundamentally powerful point of view, a point of view which offers a more sturdy resource than the shifting values of your third-density world.

The values of the density which calls each are very simple. If one looks within your holy works and reads those words which this instrument calls the Beatitudes, much can be learned of the way of love. For those who are humble and poor in spirit, those who mourn and those who are peacemakers, are those who are blessed; are those who have gifts in their hands and good work to do. This is what this

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instrument calls process: the moving into the tangled part of a relationship buoyed and lifted not by rules and regulations and agreements and those things of the linear world that keep the lawyers among you so busy. But, rather, we speak of a spiritual world that calls one to look for ways to offer the self, as a radiant sun offers sunshine upon the whole earth; not judging betwixt one person and another, one species of plant and another, one place and another but, rather, shining impartially and lovingly upon all.

When one allows the wings of faith to lift one, there is much love that begins to circulate around in that spaciousness that is made by living in faith. There is something about the leap into midair that strengthens that which was being sought: faith itself. There are times when it is very helpful by faith alone to realize the most fundamental truth of all relationships, which is love, unconditional, absolute love from one soul in its perfection to another in its perfection. All those things that seem imperfect are part of the illusion of personality and what this instrument would call ego. Beneath each difficulty that tangles two upon the soul level lies a unity, a oneness, a union, that is profoundly more the truth of the relationship than any structure of description that contains itself in words rather than in the open heart which knows that it loves, though it knows not, perhaps, how to respond to a certain situation or to a certain moment.

It is an interesting thing to look at what the self tells the self, for there are many times when the self that is not fully aware of the possibilities may find many faults within the self and within another. And it is well to be able to speak of these things, yet, beneath this level, there is the level in which the truth is love. Consequently, when the moment comes to have a response to catalyst, let that response be the response that answers the question, "Where is the love in this moment?" The goal between any part of the Creator and another self that is also part of the Creator, is to serve, to love, and to accept the love offerings of others. Often, these love offerings are clumsy, mis-expressed, even meaningless in a linear sense but only containing the non-logical meaning of emotion itself; emotion that is carried, perhaps, even from lifetime to lifetime, looking for a way to balance those energies that are unbalanced.

So, we suggest that each see a relationship as an opportunity to be in love with the Creator, to tend to an angel that is in your care, and to refrain from the judgment of behavior but rather find ways to express those positive aspects of love which come from the open, accepting and forgiving heart. We do not offer that which is easy to do as a suggestion, but we do offer that which is, shall we say, the higher path, the path that will tend to bring the relationship into its own balance, whatever that may be. For beneath the questions of this kind of love or that kind of love flows the current of friendship, companionship and that wonderful ease that comes to those who truly and unguardedly love.

We would gaze now at the question concerning the use of synchronicities and dreams and the concern that there might be a bus that the one known as T1 is missing, because there is not very often at all that feeling of linear understanding and the feeling of controlling or being able to grasp that which is occurring within that flow of the unconscious into the conscious mind. And we would say to the one known as T1 that she is in her young years for working with this question and that this is, indeed, a very profound and central question within this particular incarnational experience and certainly looms large in that experience that is the life of any awakened soul.

The nature of the subconscious or unconscious mind, as it is known among your people, is that which is of a different order of magnitude than the conscious mind. Rather than having a tremendously complex machine, which is that which your brain is as a human being, your consciousness is one atom of an inorganic organism which is the infinite Creator, so that you are the sun within your own constellation of being and are the center of your world, and yet, at the same time, every other soul is also a sun. And so, those near to you are as the galaxy, and you dance as stars dance, rotating about each other and swimming in a sea of infinite possibilities. In the subconscious mind an infinite number of things may be happening at any moment that are coming into the unified soul-stream of the entity from various places within the circle of incarnations that is all of the incarnations that you have experienced and will experience within the entire octave of densities that makes up this particular creation. Consequently, that which makes it through the threshold from the infinite metaphysical unconscious into the relatively limited, structured, almost cartoon-like shapes of the

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conscious mind and its logical thought constructions, is, indeed, only the hint and the whisper and the nudge that suggests and creates feelings and emotions. Thusly, it is not well to bear down too hard upon attempting to understand how each message works.

The magic lies within the feelings that synchronicities, dreams, visions, coincidences, magical experiences, in general, create and rouse within the self. These emotions are precious, precious things and throughout the incarnation each is working to purify, beautify and make more truthful those expressions of pure being that emotions are. So, in looking at synchronicity, in looking at the parts of dream, ask the self, "How do I feel? What color is this emotion? What part of myself does this seem to figure for?" If the synchronicity has to do with an animal, what does that animal make you feel like? What emotion has it roused? If it is a dream, the purpose of such as dreams is to speak to the self concerning the self. Consequently, each figure, each detail, each process within the dream is the self. There is no need to seek far for who these characters are, for they are all the self. It is as though each entered a world, within dreaming, where everything was a symbol that is used because it is the closest construction to create a precise shade of feeling that can be found by the ever-creative subconscious mind in its great desire to communicate its essence to the conscious self.

The sharing of gifts is a portion of the question that can be responded to best taking the fruit of the statements that we have made concerning the expression of radiant love that flows through one, rather than from one, and the allowing of symbols to enter the life and to move the heart and the emotions and then simply to realize that one is on a voyage of service and discovery. Sometimes one is about one's lessons, sometimes one is concerned only to serve in a certain situation, and sometimes the opportunity comes to share that most precious thing of all, the essence of the self.

And that is what we would share with you concerning the question of what one "should" do in order to express the joy of spirit and the pleasure of service to others. We would ask each, then, "What do you desire if you close your eyes and envision the peak of peace and contentment? What do you start to imagine?" In times of change, in times of awakening and transformation, often it is that the most meaningful ways of sharing gifts are not seen, because they are too common and too ordinary. However, the ministry of essence, as this instrument has called it, the priesthood of being who you are and allowing your truth to shine, is a most precious gift to give, and it is truly the deepest and the most central gift that each life does give to the world. For each came into the world to be the light of the world; each has the capacity to be the hands, the arms, the loving hearts, the loving mouths of the Creator that speak, that reach to hug, that curve to smile and stop to recognize and honor the divinity of each other self. This principle that is you is unique, and yet you carry crystal within you through which the light may shine.

This energy does not need to come from you. All you need to be concerned with is allowing yourself to be ever more truly and deeply yourself and in that comfort of self to bless and welcome and open to the infinite energy of the one Creator as it flows through from the limitless white light of the great original Logos. Once that energy has been begun, the energy itself, as it circulates, rotates and spins, begins to bring naturally to the self those opportunities for outer service that one has planned aforetimes for the time when spirit within was mature enough to take it up.

We may suggest that there are many opportunities to heal, to be a healer, to be an agent of healing energy and that this healing has as many avenues as there are personalities. It is as though each of you were as the stained glass of a rich and beautiful design. All those colors within the window that is you are your very own; no one else has selected the way that you move energy through your energy body. And this means that you are creating a constant tapestry of color and music that is the personal signature of yourself, and this energy vortex, as it moves through the cosmic energy vortexes that are figured forth in the outer world by your planets and your stars, moves you along with the flow that you and your guidance created at the beginning of that web of energy that is called a given incarnation.

We would suggest that the silence and the intent are those two things which shall be most helpful as practice that creates habit that creates a predisposition to an increase in the level of awakening. There are many ways to be silent, meditation being one, contemplation being one. Any form of silence within is to be welcomed and to

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be applauded, for that is an atmosphere which opens the self to the self; that is that attitude which allows the intent within to come clear, to speak lucidly within the self so that the self ceases asking and begins to know. The asking comes first and then repetition and persistence carry one forward. It is not known when such a process will ripen and come into the conscious mind as a pattern that is seen and [understood]. But we ask that there be the continuing attempt to trust this process and to trust the self and its discriminatory powers. It may seem that much is not understood, and yet we have often said through this instrument that understanding is not something that any within third density may expect to achieve. Rather, what one may achieve [in] third density is an increasing purity of choice, and, once that choice is made to the full satisfaction of the self, that choice of radiance, of service to others, of unconditional love. Once the path of the open heart has been taken, then we would suggest trusting and embracing the light that you feel and moving as a dancer even when you stumble and fall. Let there be the light touch as well as light, and let the self be merry and have its laughter and its happy times.

We would at this time speak a bit more through this instrument and then we would transfer to the one known as Jim. The one known as Jim asked concerning our feelings about working with this instrument on the behalf of the questioner who has made a donation to this instrument's bank account. And we would say to you that our issue is always with the preparation and the tuning of the channel. It is not relevant to us whether or not your money, which is a kind of energy, has been given a spin. What is our concern is always the honesty, the integrity, the purity of effort made by a sincere and willing servant of the light to speak those things which we offer. The only difficulty that we see is in the instrument's own reservations concerning the appropriateness of such actions as the one known as N and she were laughing about earlier within this situation.

It is entirely appropriate to seek the truth, and when it is done with the sincere effort that this instrument and that this group offer, we are grateful and overjoyed to be of service by offering those humble thoughts we have to share. We would ask this group to realize that there is energy in all actions. There is as much energy in refusing to take money as there is in the energy of taking money. It is a different energy. Both energies could be positive or negative. Allow the energy to spin always clockwise, to move always towards the light. Follow those magical principles which the one known as Jesus the Christ offered so simply. Each is here within the Earth plane as a messenger from the Creator. May your light shine forth; may you serve, and, truly, you cannot help but serve.

We would at this time transfer the contact to the one known as Jim in case there are any remaining queries within this group. We thank this instrument and leave her in love and in light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each once again in love and in light through this instrument. We would offer ourselves briefly for any shorter queries which may be upon the minds of those present. Is there a query at this time?

Questioner: Yes, I have a question that concerns a great and grand friend of mine, my son, M. He at this moment is experiencing catalyst with his employment and also with his status of being about to become a new father, and he's caught up in a thing, a situation, job-related, that is sorely testing his self-esteem, and I've tried to advise him as I can, but I guess I'd just like any comment that you may have. Now, I either myself can go about helping him, or he can help himself which, ultimately, is the same thing. Anything that you could comment with, I would appreciate it.

I am Q'uo, and we are aware of your query, my brother. When one wishes to reassure another who is worrying and fretting concerning an outcome that rests within the future, it is well to do as you have done and that is to give your patient counsel that all will be well, for, indeed, there is a plan which each entity follows, whether it is known or not consciously. This plan has been created by each of you with assistance previous to the incarnation from those teachers and guides who are your fellow travelers, who themselves move in other realms yet walk closely with you here in this illusion as well. Though it may seem that there is difficulty, doubt, confusion and a myriad of other emotions and possibilities, each foot is set upon firm ground to teach just that lesson the moment has to offer, and this lesson is appropriate to each entity. Though those times of difficulty may not be sought

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consciously by any seeker, yet they teach as well as any and, perhaps, better than most, especially if one is able to look consciously at each situation for the fruit that may be gained by partaking fully within that situation. You do not live lives that are truly chaotic, out of balance or off the beam, shall we say. It may feel that way to you for a while, yet, this too teaches. Learn everywhere, everything, at all times! This is a possibility; this is actually what occurs for each. Most of what is learned remains between the worlds of the subconscious and the conscious mind. The conscious seeker seeks to make this a more conscious activity. Many blessings on this journey and for this effort. It is a valiant one and the outcome is well. Be assured the outcome is well.

Is there a further query, my brother?

Questioner: No, thank you very much.

I am Q'uo, and we thank you, brother. Is there a final query for the evening?

Carla: Yes, I have a question concerning my vital energy and the frequency with which I can accept such channeling opportunities. My guess would be no oftener than once a week. Would that be something that you can confirm?

I am Q'uo, and am aware of your query, my sister. As we assess your vitality as an instrument expressing the vocal channeling, we would suggest that there be no more than the one session that you have determined yourself in addition to any regular channeling that you partake in on your first and third Sundays of each month. Thus, most weeks would have but one; two each month would have two as possibilities. Do you understand, my sister?

Carla: Q'uo, I think I do. You're saying that I can have one a week for private people and once every two weeks for the public channeling, and that will be adequate, and there's no lower limit; it's okay if I don't do any and just do two a month. I should not do more than six a month. Is that correct?

I am Q'uo …

Carla: Or seven …

This is correct, my sister. We would agree with your former number, that being six.

Carla: Ah, but, Q'uo, four times a year, there are five Sundays in a month, so that was why I added seven, because four times a year I would have seven opportunities instead of six. *(Laughing)* Moving right along … Thank you very much. Thank you so much. I appreciate that.

I am Q'uo, and we thank you once again, my sister. We find that this session of working has exceeded the comfortable period of your time, thus, we shall take our leave of this instrument and this group, thanking each for asking for our presence and thanking also the one known as T1 for her heartfelt query. We hope that we have been of service.

We are those of Q'uo. We leave each now in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 19, 2002

Group question: Our question today is sort of two-pronged. The first part has to do with the energies, the spiritual vibrations, of the evolution of the planet, its population, and each of us individually as well. Some people spoke of being able to feel these vibrations more intensively now, and we are wondering if you could describe these vibrations to us, their nature, and how we could work more harmoniously with them so that they are not so overwhelming. The second part of the question was: when you speak to groups like ours, could you give an indication of how it is you feel when you have been successful? What are the usual needs of the group and what are the services that you provide to meet those needs?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank each of you for being part of this circle of seeking. It is a true blessing to us to be able to be called to your group and to share in your meditation and the beauty of your energies. It is a unique pleasure, different each time, as each of you has come to a different place in your seeking and in your process, and each shows us new colors and tones of colors each time that we meet. We also greet those who have not been to our group before. Each is most appreciated. The time that you have found for the seeking creates the opportunity for us to serve, and we are most thankful. We ask only that you listen to our words with discrimination, taking only that which seems good to you and leaving the rest behind. This enables us to share without being concerned that we will infringe upon your free will.

Your query this day is most interesting, covering as it does two seemingly disparate subjects: that of the energies that are transforming your planet and that of the way that we serve and the kind of results that we hope for.

Let us begin by becoming more aware of the energy that each of you sits with, as if you were the center of an energy nexus, which, indeed, you are. Feel that feeling of being the self, the energies of essence, those energies that are so familiar and so near and at the same time perhaps often unthought-of, as though because they do not show, because they do not have substance within the physical world, they are left somewhat neglected. Relax all of those tensions that are confining or narrowing your energy stream and come into the full feeling of yourself. For each of you is a spark of the Creator. Through each of you the universe has its being. That consciousness which you carry is the heart of yourself and is infinitely precious.

Now we would ask you to become aware of the energy of others within this circle of seeking. Feel that entity upon your right and that entity upon your left. Begin to sense the link between each, the

overriding unity of identity between you and those within the circle with you. Allow that sensation of shared aura to begin to rotate in a clockwise manner about the circle. What color is that light? It will be somewhat different for each as each views from a unique point of view. To some it may be white. To some it may be golden. To some it may be violet. Whatever your perception, for you it is an accurate and helpful one. It is your subconscious way of describing to yourself, for yourself, this sensed energy.

Now we would ask you to become aware, if you will, of our energy, as a kind of engirding support to your meditation. It is as if we are a carrier wave that enables your meditation to be somewhat more sturdy and more stable.

Now we would ask you to open up your senses and become aware of the energies of the earth under your feet, the sky, the air, the wind above this roof, the warmth of the sun, the motion of the planet, and the energies of the planet and stone, sea and river, plants and animals. As your heart beats, so the rhythm of the earth itself is affected. As the tides turn, so the beating of your heart is affected. Each of you has ripples of effect upon each other. Each whom you meet ripples out and affects you by the wake of energy that each brings and shares.

This is the world of your energetic body. This is the world of an incredible variety of beings that live within the inner planes of your planet, many teachers and many healers, many wise entities and certainly many beings of mischief and fun as well as those darker entities that would delight in feeding upon the darker emotions that you may offer: pain and fear, the suffering. It is a rich and challenging atmosphere, the atmosphere of this energetic being that you are. It makes the world of physical reality very simplistic and almost like a comic book. For the strokes are broad and not as subtle as the gentle and infinitely moving and flowing waves of the energy that you are.

At this time among your people and, as the one known as D says, for some time before this, the energy upon your planet has been transformed as the Earth mother of your planet itself moves inexorably to and through the process of giving birth to fourth density. The change within your planetary energy grid is remarkable. Indeed, there is a new grid which this particular instrument tends to call the Christ grid but which may be seen in general to be a pattern of energy nexi which surround the planet like a net, we would say a net of love, a net that is made of fourth-density light. It is woven with golden strands offered by each of you and offered by many, many entities within the inner planes of your planet as well. There are many beings who have dedicated themselves at this time within the inner planes to the ceaseless task of offering thanks and praise as they move along these lines of energy and connect one point to another with strand after strand of coherent light which is that stream which is created when each of you prays, meditates, or opens the heart in any way.

This transformational light is profoundly different from that light which you have been processing through your physical body and the finer bodies of your energy system in previous years. Its energy is of an entirely transformed nature and may we say that this energy is oftentimes that which creates some discomfort for those who have become aware of it and who have begun to respond to it. In any change there is discomfort, even in the happiest of changes such as in the occasion of marriage or upon the occasion of birth, and in a way there is both a birth and a marriage taking place at this time.

The birth is that of the planet beneath your feet, and the marriage is that between the self and the fourth-density portion of yourself which you have brought within you into this incarnation to be activated by this light at this time. It is a marriage of self with a higher aspect of self. And yet this new aspect of self is a stranger, a new portion of the self that has yet to be fully recognized. Under the influence of this light, at the cellular level, your genetic structure is being offered the opportunity to become more organized. This instrument's scientific knowledge is slim but we find within her mind the concept of DNA and we say that at this time, each of you is capable of creating new strands of DNA which allow a far more open door between the contents of the conscious mind and the treasures of the subconscious mind.

Many of you, perhaps, are experiencing various aspects of your subconscious at this time flowing far more freely into physical awareness. This can have very discomfiting effects at different times. It depends entirely upon the amount of attention that you are paying and the growing ability that each has to see through the circumstances of your daily life into its essence. Some of you have been speaking of

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experiencing various symptoms, and this is to be expected. This is a typical response to new vibrational levels and, indeed, it does create a sense of great intensity from time to time in most awakening entities.

Is this a blessing? We feel certainly that it is. We feel that it is a very helpful and powerful time for each of you. It is as though you are rediscovering an aspect of yourself that we would call mastership or priesthood. For within this new vibration, it is possible to sense yourself as a spiritual being entirely, a creature of spirit, a minister of love and light. Within this very exciting time among your people, our hope is to assist in opening the awareness of those who seek to do so. The one known as S was asking what sort of service we provide and what the results are. The service that we provide through this instrument is linear and yet we find that when we speak these poor words of language through instruments such as this one, we are able to use the coloration and timbre of that instrument's emotions and personality to enhance and to stain our very simple message of love and light with the colors of individual personality, incarnation, and point of view. We must blend with the energies of instruments such as this one. We find it a most interesting and creative way to work with those concepts that fit so poorly into the shape of human language and yet explode with meaning when allowed to rest in the space between the words.

In the next density you will be able to open that telepathic sense that eludes you most of the time within this density and you will grasp the poverty of language compared to the richness of concept communication, for words are a filter to the wholeness of truth, straining out many things in order to say one. Perhaps our most fundamental service, as we perceive it, is in bringing to people, in groups such as this and as they ask individually, an experience of unconditional love. We do come to you in love. We come to you in radiant light. We float upon the wings of utmost purity and meaning that we know. We hope to blend with each of you in such a way as to enhance your own sense of joy and peace and balance. We open our arms and embrace you. We love so much. Each of you is a master who has not yet become fully aware of that. This instrument was speaking earlier about how foolish she felt. We find that this is the human experience in cameo, that feeling of being inadequate to the moment, of being imperfect and one step behind. Of not being the one who has a clever word, but the one who stands in silence thinking seriously of something clever to say.

How true it is that each of you suffers within this illusion of life on Earth, each in a very unique and personal way. Not all entities experience the same thing, but each has its patterns of light and dark. Each has its travails and sorrows and its joys. Each has those shining moments and those moments of bleak despair. Our hope in this work is to enter into relationship with those who ask for communion and companionship in such a way that there is an enhanced sense of the reality and sturdiness of love within your being, within your life experience, and in the very air around you. We would like to create for each a more substantial bubble of fourth density that you may walk within as you go about your business upon planet Earth.

Oftentimes we work on the individual level to join a meditation. When entities do not meditate or ask for us on the conscious level, but are calling for comfort upon the unconscious level, then it is that we work with dreams in order to create within the dream state that comfort and safety that oftentimes is missing in the life of those who wish to serve the light. It is a peculiarity of the spiritual path that it at once brings all entities together and isolates each within its own process. We hope to be a healing influence for those who sense themselves as being isolated and stuck in lack of communication and lack of companionship.

For those who, like this instrument was saying earlier, are attempting to pray on the run we simply attempt to act as a carrier wave beneath the chores of everyday. Our advantage is that we are very used to working with the energy bodies. It is our version of a physical body. As beings of energy, in a far more conscious manner than each of you, we are somewhat more able to facilitate the blending of energies.

It is as though we come to encourage and support each of you and then call you forth, as the spirit and spiritual energies always do, to minister to each other. For in truth there is nothing that we do that you cannot do as well. It is a matter of experience on a conscious level versus inexperience on a conscious level. However, beneath the threshold of consciousness we are completely and utterly equal

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and that which you know within yourself is precisely as full and whole a knowledge as that which we hold and know.

Our results are, in the sense of feeling that we have been effective, enormously uneven, and we are quite content with this apparent variation in success. It is not a matter of filling a specific quota or creating a specific result. For us it is a matter of finding ways to communicate within your density that do enhance, but do not infringe upon, the identity, the wholeness, or the integrity of each of you. If we could give you a feeling of how we see you, it is as entities of enormous courage, sacrifice and beauty. Each of you, in choosing to come into incarnation, did, indeed, take a chance in terms of the sacrifice of comfort. For within the spirit world, there is that lack of a veil between the self and the glory of all that is. Wordsworth once wrote in a poem that infants come into this world trailing clouds of glory. Glory is a much underused word in that there truly is a glory to the present moment, there truly is a glory to the universe and there truly is a glory to thank the Creator for. One has only to gaze into the creations of the Father to become aware in a deep and an intimate way what glory is there, the blooms of the iris and the coral bell, the shoots of the tree that are fully green. This burgeoning and swelling time of spring among your people is truly bursting with glory from every hedgerow and every roadside.

Yet, there is always that glory within, there is always that urge to seek for the Shangri-la, the place of perfect meditation, the place of great power that somehow will assist in bringing those powers to a place where they can be used. And we say to you that it is your divine self that contains the power that you seek. Certainly one can feel the strength of places of power, and yet we suggest to you that as the planet itself evolves, those places of power move around. Also as the fourth-density energy takes hold and becomes stronger, each of you will become more and more aware of yourselves as places of power, people of power.

How much you did give when you gave up the knowledge of who you are, of the tremendous experience that has been your palette upon which you have drawn to create this particular lifetime! There is within each a watchtower. In this watchtower, there is a light. When you turn on this light you are as a lighthouse that beckons the weary sailor home from the sea, that warns of rocks and shoals so that the boats may come in and land safely.

We call you masters and then, perhaps, your question is, "What shall we do with this mastership?" And we say to you that you came here to be healers of one kind or another, but not in the old sense of the healing arts, such as doctors and nurses, for each has the capacity to heal in his own way, some of you by the things that you say, some of you by those whom you attend and take care of, some of you by the sharing of the energies, some in the more specific ways of healing nature, in the laying on of hands and body work.

The difficult thing to express to you is the healing nature of many things that do not appear, within your culture or your experience, to be those things that have a profoundly healing influence. Yet those that clean their house with a certain kind of love and blessing are creating a healing space and claiming that space as sacred. When one is scrubbing a toilet, one does not particularly think that one is healing and yet you are creating an atmosphere for yourself of cleanliness and beauty, taking care of, loving, and nurturing your environment. This too is a healing, the cooking of food, the paying of bills, all of these very mundane things that this entity was speaking of earlier as her "Quick Books week." All the ledgers and columns and figures are not abandoned to ugliness, but yet contain beauty also, contain sacredness also, when they are approached with love, when they are approached as honored and respected activities within the life, they too become lessons and create blessings. Most of all they come to invite you to a fuller life, to an expanding and enhanced life. And we hope to help in your stability as you open like a flower.

We would at this time transfer this contact to the one known as Jim. Ask any questions that remain within the group before we adjourn. We thank this instrument and leave it in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each in love and light through this instrument. It is our privilege at this time to ask if there are any further queries to which we may speak. Is there another query at this time?

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S: Well, I'll start out. I have one of major universal import. War Emblem won the Preakness and the Derby. Is he going to win the Belmont?

I am Q'uo, and am aware of your query, my brother. We have but a small idea as to the outcome of such events, for we do not move along those lines of investigation that would require that we invest a great deal of our energies in such endeavors. The kind of contacts that we are able to enjoy, given our origin outside of your planetary system, is that which we enjoy at the present moment, the mind-to-mind contact that has as its focus the nature of the spiritual journey and how it is accomplished through the daily round of activities. We are sure that there are sources more formidable than ours that may offer an opinion upon this topic.

Is there another query at this time?

S: No, not from me, I was just yanking your chain.

I am Q'uo, and we thank you my brother. Is there another query at this time?

T: Yes, I have a question. My son is going through quite an emotional ordeal with his job and he is going to be a new father. I am trying to advise and help him, but there is only so much that each person can do. Each person has to push their own load. It all boils down to trying to advise someone about their spirituality, whether they name it as such or not. Do you have any suggestions as to how I can aid a person who is going through a pretty hard time?

I am Q'uo, and we must pause briefly so that this [instrument] be allowed to work the recording devices. We are Q'uo.

(Tape change.)

I am Q'uo, and am once again with this instrument. We apologize for the delay and appreciate your patience. It is the desire of many seekers such as yourself, my brother, to be of service to those who are in a kind of distress, as you might call it, needing that which they do not know, seeking in a general fashion that which specifically speaks to the spirit. As you seek to be of service to such entities, our only recommendation is to speak those words from your heart which are appropriate for the moment. Each moment is different, each entity is different. Thus, there is great room for individual expression in the sharing of that which you have to offer. As you are the same as they, your opinions may be weighed in an evenhanded manner, shall we say, there being no great reason why any entity should listen to or follow your advice. You are free to speak as you will. We have oftentimes recommended that it is well to put oneself in another's place mentally before attempting to serve that entity, in order that you may achieve a certain amount of appreciation of what the entity whom you wish to aid experiences in its personal life. We would recommend this once more, as you seek to apprehend the qualities, the energies, and the opportunities that are making themselves available to such an entity in order that this entity may take the next step upon its own personal journey.

Is there a further query, my brother?

T: Yes, just a little follow up. There are lots of times that I feel that I know what to say to a person like that, my son or whoever. Sometimes I want to leap ahead and-say this is something that he or she would want to hear. What I hear you saying is, speak from your heart, speak the truth, and if that person doesn't like it, then that is probably catalyst for them to move ahead. Anyway, is that correct, just to speak the truth and whatever happens will happen?

I am Q'uo, and we agree with your estimation of the message that we were attempting to deliver. We find that you have spoken with eloquence and have spoken to the point.

Is there a further query, my brother?

T: No, not from me, thank you.

I am Q'uo, and again we thank you, my brother. Is there another query at this time?

Carla: I just want to thank you, the vibrations were beautiful.

I am Q'uo, and we are most grateful to you as well, my sister, for each in this group has provided us with the vibrations of love and compassion which make it possible for us to blend our energies with those of your group. We are most appreciative of the effort that each entity has made in order to be here this day and to share those vibrations that are from the heart.

Is there another query at this time?

(No further queries.)

I am Q'uo, and it appears that we have exhausted the queries for the nonce. We shall again thank each for inviting our presence on this day in your circle of seeking and we shall at this time take our leave of

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this instrument and this group. We are known to you as those of Q'uo. We leave each in the love and the ineffable light of the one infinite Creator. Adonai, my friends. ♣

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The L/L Research Channeling Archives

Transcripts of the Meditation Sessions

Volume 16

June 14, 2002 to September 19, 2004

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 2002

June 14, 2002 to December 26, 2002

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Rock Creek is a non-profit corporation dedicated to discovering and sharing information which may aid in the spiritual evolution of humankind.

ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Special Meditation

June 14, 2002

Questioner: I feel difficulty in just plain loving so much of the time. What blocks have I created to the love within me? Where or how am I preventing that infinite energy from reaching my heart? What can I do to love and accept my family more? Is there anything I can do to bring healing where it is needed in this family, my father especially? I seem to be very stuck in orange-ray concerns which keep my focus on myself. What can I do to finish my own processes enough that I might place that focus outwards and work to actually serving another?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we come to you. We thank you for creating this opportunity for us to communicate with you through this instrument. It is indeed a great blessing to join your meditation and we thank each who has laid aside the concerns of the day in order to form a circle of seeking. It is a great blessing to us to share the beauty of each of your vibrations and to be able to serve as we hoped to serve when we joined the inner planes of your planetary sphere. For being called upon to speak upon such subjects as love and its increase is that service which is that which we hoped to offer and so we offer a thankful expression of gratitude for this opportunity and are happy to share our humble thoughts with you, asking, as always, that each choose the thoughts from those that we offer that seem to have virtue and leave the rest behind without a second thought.

When we come to the subject of love we find that there are as many ways to approach the subject as there are stars in your night sky and yet, the energy of each star has its center in the one great original Thought that created all that there is. The expression of discomfort and distress shared by the one known as G is an expression that is very common to those who dwell upon your planetary sphere at this time. It is an ironic truth that before awakening from the planetary dream the mind of an entity is effectively asleep in a metaphysical sense so that the discomforts of being conscious and fully aware of the situation around one are muted by the dream of consensus reality. Whereas upon awakening it becomes obvious that the consensus reality is, in fact, an illusion with a gaudy surface but very little actual content, and that which was before a comfortable sleep becomes an all too sensitized awareness of the seeming gap between that which truly is, in a metaphysical sense, and that which can be expressed by the life of the everyday chores, and duties, and honors of being in the human condition, shall we say, whereas once one was able not to question but simply to abide by those suggestions of that which is worthwhile and that which is not; that which is good and that which is bad. Upon awakening, there becomes the

awareness of the state of pain, and difficulty in identifying one's nature, one's goals, one's service and one's path ahead. The life stretches out before the gaze, full of days that are empty of true meaning and vital energy. Within this condition there is one hope, one call, and that hope and call is the call of love. For love calls not only within the being but surrounding and emanating from the being. There is the hope of multiplying, by the actions of the self, the love that is available to the world without one, and the soul begins to wonder if it will ever find that seemingly secret path through all of the twists and changes of the winding road that seemed so straight, when one was asleep, but now opens out into an increasingly mazed and seemingly confused pattern of turns and twists and dead ends.

Many are the souls that sit upon a rock by the edge of this winding road alone, feeling dry as the desert, aching for company and yearning for true purpose. And this is the feeling of the desert within this dry time of awakening and getting one's bearings. It often seems as though the road truly does go on forever with no relief from the smallness of detail in the daily landscape or the yearning of the heart for greater and more abundant surroundings. We come to this group this evening with a very simple message, and that message is that this experience of dryness, and aridity, and difficulty, and discomfort is as the shell or the husk of the self and the worlds that are full of vitality, crammed and stuffed with essence, with meaning, and bursting at the seams with opportunities to be of service to the self, to the Creator, and to the world about the self. Yet, how could eyes that are so open and so aware be missing that oasis of plenty and comfort in the midst of this vast desert of experience?

We would move back with each of you, backwards in time and in mind, to a point before birth, before the approach into this illusion that you call third density. Each of you had undergone a process of planning and prayerfully, thoughtfully choosing the relationships that would serve to bring forth the patterns of catalysts that were those patterns that would engage the self in very precise and intended ways, with certain key lessons that had to do with love, with learning how to love, with learning how to accept the love of others, and learning how to be of true service and how to accept the service of others towards you. Resting in that very supported environment of guidance and planning, gazing at the incarnation ahead, may we say that each of you felt fairly confident that you would not forget your purpose, your dreams, your goals, your hopes, and your desires for learning and for service within the incarnation to come. From that viewpoint beyond the veil of forgetting it truly looked as though it were going to be enjoyable and all too brief an experience. As this instrument has expressed it, each thought this is going to be fun. And then that point of view was lost in the rush of coming into third density fully, of beginning to breathe in and breathe out, of experiencing the limitations of the physical vehicle that must be fed, and clothed, and comforted with sleep and rest in order that it may survive, let alone be of service.

The one known as G wonders why the bulk of its thoughts and concerns at this time revolve about the self and about personal relationships. And yet, we would say that in each entity's life experience there is a constant and never-ending need for the processes of investigation into the nature of the self, and those relationships about one that have been so carefully chosen before times. In each life experience, no matter what the expectation has been beforehand of how enjoyable this experience would be, the illusion itself creates a most efficient feeling of being completely overwhelmed by the ocean of experience. The waves mount upon one another, seemingly often without rhyme or reason, and when one is washed up upon a shore in this archipelago, that shore may well be created from confusion and unanswered questions. We can only suggest to each of you that this is precisely the position in which you desired to be before incarnation. Carefully, studiously and with great love and compassion for the self, each of you planned this descent into seeming madness and chaos. Not to punish yourself, but to give yourself the opportunity to be lost within the body, the mind, and the experience of being fully vulnerable, fully blinded, fully submerged in this puzzle which is never fully worked but which cycles around so that once the puzzle is worked one way, the pieces are tossed into the air and come down to form a new pattern, a new maze, a new puzzle, in order that the incarnational lesson may be viewed once again, and then once again, and then yet again. Again, not to punish but to provide a continuing classroom in which the self begins to know the self, begins to know the mind and the heart of the self, begins at last to refine the self in the sense of coming to a new balance in that winding

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road of love and light. For balance there needs to be, and it has been your judgment before incarnation that just these lessons and just these relationships would give a rich and varied diet to the soul of choices to make, of puzzles to solve, of keys that unlock chosen doors within.

There is concern within the one known as G that there is a selfishness within that is causing too much the concern of the mind and the heart to rest within those knotty problems of self, and yet we would say that this is precisely that concern which needs to be upon the mind of the individual who is young in years, and, indeed, in a cyclical manner, this process of discovering the heart of self recurs regularly throughout the incarnation. There is no sense ever of being finished. That is a vain and shallow hope, that has nothing to do with the soul within. There is not a curriculum which one may learn and then be finished. Rather, there is an opportunity, for as long as the incarnation lasts, to place oneself in what this instrument would call the refining fire, to allow the soul to be distilled again and again in the distillery of incarnation so that each time the cycle moves a round of catalyst, experience and learning, the soul is more known to itself, more available to the conscious mind, more open and unafraid, more vulnerable to joy and sorrow, and more comfortable in the midst of suffering as well as in the midst of happy times.

Within this cycle of experience at the very center of self lies that same original Thought of love which shines out of the night sky from each star. Each soul within incarnation is also a star. Each drowning in the sea of confusion is also a master. And yet the goal is not to remember the masterhood as much as [to] begin to sense the lack of necessity for understanding. The goal of this sea of confusion is to drive the attention at last from trust in the logic, and the sense of the mind and the intellect, into the heart, to release at last the demand that the life experience make any certain kind of sense, and the creation of that energy of fearlessness that is able at last to say that, "I know that I do not understand and yet, I know that I live in a world that makes complete sense. I know that I do not understand the plan and yet I know beyond a shadow of a doubt that there is a plan. I know that I shall never understand what I am doing but I have come to know that I cannot make a mistake." Then, at last, the soul within is free to take that which this instrument calls the leap of faith, where the meaning and the sense of life, in the metaphysical way of looking at it, begins only when that leap into midair is taken. The demands of sense and logical neatness are abandoned in favor of the full confidence in the support that comes in midair.

Perhaps each of you has seen the cartoons where the coyote dashes off into midair, chasing the roadrunner. Finally, the coyote looks down and realizes that he has run out of cliff, and once he realizes that he is running only on air he sinks like a stone and plows into the ground below. This is the human condition, yet when it becomes possible for the spirit within to cease looking down, each will find that midair is a very firm support. It is written in your holy works that the one known as Jesus was walking upon the water, in the darkness of night in the Sea of Galilee, and when those who were within a boat saw this entity walking upon the water, one of those within the boat started out to join his beloved teacher, and he, too, was walking upon the water until he realized what it was he was doing, and when the conscious mind took over the faith was lost, and the one known as Jesus had to reach out his hand, and when those hands met, the one known as Peter was once again able to navigate the water, and was able to get back safely into his boat.

The daily life is much like this small fishing boat. It is apparent to the conscious mind what is needed. A support is needed so that one does not drown, and, yet, to the soul within, it is perfectly possible to walk upon the water, or, indeed, to move into the water and breathe the water as if it were air. For the soul within is a citizen of eternity and is not limited by those things which seem to limit that human body, which each of you now experiences life from within. To the outer mind, all is this detail and that; to the spirit within, it is a unified experience. Water flowing into air, flowing into stone, flowing into fire. All things transmuting and changing, yet remaining harmonious and connected in a way that is rhythmic and musical. There is a harmony and a dance that is hidden within the folds of the everyday.

The one known as Jim presumes that he is taking large machinery to the cutting of grass and yet, in the metaphysical sense, this entity is merging his energetic being with those spirits of grass, and bush, and tree, and breeze, and dancing with them in such a way that the environment is redolent with the odor of his energy, and the energy of the grass, and the

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energy of the air, all combining to create a pattern of love and joy. The one known as G has experienced the large machinery of forklift and the bulky boxes and loads which are moved back and forth endlessly in that which is called the warehouse and yet, in reality this entity too dances, in a dance with wood, and dust, and air, and light, in such a way that the atmosphere is forever changed in a harmonious and loving and joyful fashion. For there are no boundaries within the metaphysical world, and that which seems most humble and most usual from the outside in is in fact simply one more way to love, one more way to share the self. So that there is no work that is better than other work, there is no service that is more appropriate than another service, but, rather, there is only that moment in which all that is needed is there, and all that needs you is available for you to touch and bless by your being.

How does one find this being within? Certainly, there are periods of time in which it is appropriate for the entity to be almost consumed with concerns about the self. This entity was speaking earlier of the concept of critical mass, and it is as though within the awakening being, there comes a time of critical mass when that which has been must be laid aside, and that which is to come must be taken up, and it is just such a season that this entity, the one known as G, is experiencing at this time, and, indeed, each of those present happens also to be experiencing a point within the cycle of the experience of learning, where there is the letting go of the old and the embracing, reluctantly or enthusiastically, of that which seems very new. Such times are times when one must move within, more than seems perhaps appropriate to one who wishes to serve others and yet, perhaps we can give you the model of the light bulb in which that light gives light to others only because it is appropriately connected to the source of power, and develops that power in such a way that the filament of that lighting mechanism is activated. An entity is not designed simply to serve others. There is an inner loop of service which is entirely appropriate, which needs to be not only created but maintained so that the filament of self within is whole, and perfect, and free of blockage that it may glow with the love and the light of the infinite Creator. No matter how much energy is developed and given out from such a light, the light itself needs to retain enough power that it may continue to serve as a light. This loop, shall we say, of power within, is fed by a self that sees the value and acknowledges the worthwhileness of that self within. Can each see that it is perfectly appropriate to retain some energy for the self? This instrument has often spoken of being transparent to the energy …

(Tape change.)

… and yet until that instrument is properly empowered it cannot be a lighthouse, it cannot fulfill those services it has intended and for which it took breath.

The love that lies within is waiting at all times and in all places and conditions. There is never a time when this love is not resting quietly, glowing incandescently within the heart of self. The love of the Creator dwells within the heart, and it is the self in its concerns that often lead one away from connecting with the self in the search outward for sources of light and guidance elsewhere, and so we would complete the beginning part of this message by suggesting that for each entity there is a most congenial way to enter into the self through the use of silence and the resting in trust. It is as simple as releasing the breath and the energy of striving so that there is deep breathing in and out, that is not stressful but rather greedy for that life-giving fuel of air that fuels body and spirit. It is possible to breathe in peace and to breathe out stress, to breathe in light and to breathe out weariness. The key always for this kind of inner work is silence. We would encourage the one known as G to take deep breaths of that infinite love and light which are always flowing from the source of all things in infinite supply. There is the desire to love, and yet love is already present. There is the desire to serve, and yet by the beauty of being, each already serves.

We would at this time transfer this contact to the one know as Jim in order that the one known as G may ask any further questions that it wishes to ask at this time. We thank this instrument for its service and would leave this instrument in love and in light and transfer this contact at this time. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves. We attempt to speak to any further shorter queries which the one known as G may have for us. Is there another query at this time?

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G: Yes, there is. For several years now I have been unbearable fatigued. Some days I can literally feel my vitality being sucked from me, I can't find that life force and I've recently begun to suspect an infection called candidiasis. Can you tell me the cause of this fatigue or a measure that I can take to alleviate myself of this condition and ways that I can find that vital energy within?

I am Q'uo, and am aware of your query, my brother. We find that there is some information which we may share without infringement upon free will, however, there is the boundary of infringement which we must serve, for there is catalyst here that is of use in the spiritual growth of your being at this time.

The viewpoint of the self standing upon a prominent precipice and making the self ready to take a leap of faith into that which is your destiny is the basic situation with which you deal. There is the eagerness and the anticipation of the adventure that awaits, for it is that soul's destiny which you have created before this incarnation as the pattern for the incarnation which you feel is now ready to unfurl before you, as the marker, the guide post, the beginning of the great work. The dual feeling of anticipation and weariness is not so surprising when one considers the nature of spiritual paradox. Knowing beforehand that there is a great work to accomplish and yet seeing this work within the eyes of the work-a-day world, the illusion of this density, and translating the amount of work that lies ahead into the ordinary terms, causes one to feel a great burden, a great weight upon the soul, and this expresses itself in various ways in the physical vehicle, in the emotional vehicle, in the mental vehicle, and to a lesser extent within the spiritual vehicle as well.

If you choose to see this configuration of energy within your being at this time as this or that disease, and determine that you shall treat the disease, even in a superficial sense, as well as other levels of interpretation and application of remedy, then it is well to do so and to use the various healing modalities available to you as means by which you shall clear a path for full energy flow through your vehicle.

Thus, this particular catalyst can be used at any or all of the levels previously mentioned to enhance the personal understanding of your need to make a choice, to take a leap, to begin a journey, and to be of service in every manner possible for you, and to learn that which is yours to learn, to give and to receive the love that you feel is within your being awaiting release. It is a choice which you may make upon various levels and it is the key to beginning a great work for you.

Is there a further query, my brother?

G: Yes, I have had many recurring dreams of being in school, of missing homework, not showing up to class, missing deadlines … also dreams of playing in the school band that I was in and having difficulty playing basic songs. Can you give me any insight into what these dreams are tying to tell me? What am I missing?

I am Q'uo, and am aware of your query, my brother. We would again refer you to the beginning of our previous response in which we suggest that it was a matter of a point of view. This point of view in this instance being that opinion of yourself and how you feel that you have responded in your past to various opportunities and challenges that have been significant for you in your own growth in this illusion and within your own spiritual journey as well. It is a point of view which may be enhanced by seeing the self as the Creator, as a co-Creator of all that you experience in your incarnation.

Is there a further query, my brother?

G: Yes, by definition of being a spiritual outsider I am a wanderer. I was wondering if you can answer me whether my spirit is native to this planet or not?

I am Q'uo, and am aware of your query, my brother, and can respond in this case with the suggestion that you are of another planetary origin, of another density of origin, indeed, that which has been called a wanderer by those in this group, who has a mission to accomplish upon this planetary sphere, and who now seeks the nature and the heart of that mission.

Is there a further query, my brother?

G: Yes, I haven't experienced a loving relationship with a female in quite some time now and was wondering if I am, I don't know, meant to have one and where … is…she out there, is that person, if there is such a thing, out there for me? Will I experience something like that?

I am Q'uo, and am aware of your query, my brother. Ahh, this one wants dessert before the main course. There is a great deal of work, my brother, that lies

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before you before, indeed, you find this friend upon your journey, for those of the nature of the wanderer are quite often solitary for a certain period of time, during which they find the heart of the journey, the road upon which they wish to travel. When the feet are firmly set upon this road then perhaps one day you shall notice another set walking closely beside you.

Is there another query, my brother?

G: Yes, if you need a description I will give you description but I'm sure you can read my mind in a sense. What did I experience the night of June 11th at two a.m. in the morning?

I am Q'uo, and am aware of your query, my brother. We are not usually of the disposition to speak to that which has not been spoken, yet, clearly in this instance we can suggest that this was an indicator, an initiatory experience that will find further repetition and permutation within the life pattern in the days to come.

Is there another query, my brother?

G: Thank you for offering me all these chances to ask my questions. When I am able to meditate, when I'm not very tired, I feel as if I am on one side of my head or my energies somehow are distorted; I'm angled, I'm twisted. Can you offer me some sort of explanation as to what is happening? What this is?

I am Q'uo, and am aware of your query, my brother. As your inner sensitivities become more sensitized to the experience of a metaphysical nature which is being born within you, these sensory perceptions of an inner nature will begin to be aware of the flow, or the blockage of the finer energies as they move through your chakra system. Indeed, as you feel that you feel you are distorted in one direction or another, this is a fairly accurate perception of how energies currently are configured within your metaphysical or time/space being. These energies are those with which you begin to work now as you seek the heart of your journey. The opportunity to balance them shall come to you in each daily round of activities as you are given the opportunity to express various levels of response to the catalyst that awakens these configurations. Thus, we recommend patience and persistence in working with that which is given to you each day.

Is there final query, my brother?

G: In my mother's—if this isn't too long to answer—on my mother's side of my family there's been a big family blow-out, and my mother doesn't speak to her six brothers or sisters, and I've tried to find ways to mend fences and have not accomplished that. I know, I guess anything can be healed and the possibilities are infinite, but do you see it being probable that healing can take place within that family, within that situation, and, if so, can I do anything?

I am Q'uo, and am aware of your query, my brother. Indeed, there is always the possibility of healing, yet the desire to do so being absent in this case from many of those who are involved in the loss and seeking for love, there may yet need to be a time for the inner reflection, even upon the subconscious level, of some of these with whom you are closely aligned, and your part in this process may simply be to offer yourself as you are, to be spontaneous within the moment, guided by love and offering that which you feel, without dedication to any particular outcome. In other words, shining the light of your love as best you can and letting what comes of it be as it is. Perfect in it's own balance, though mysterious in it's manifestation.

At this time we would thank each present for making those sacrifices necessary to join this circle of seeking and for inviting our presence within your seeking this day. We are always most grateful to join you here, upon that dusty path which each pilgrim seeker of truth travels within the great density of choice that is yours at this time. We would remind each that we are but your brothers and sisters, who seek perhaps a bit further upon this same path, and who offer our opinions to you as those who have experienced what you now experience and who wish to be of service to you. Take those words and thoughts of ours which ring of truth and leave all else behind which does not ring of that truth for you, for we would not be stumbling blocks upon your path. Realize that each step you take is perfectly planned, if not upon this level of experience then upon that pre-incarnational level which anticipated the great range of experience that would be yours within this illusion, that you have within you each capability of meeting each catalyst with a successful processing and ability to blend those lessons to the great tapestry of your life experience. Know that others of an unseen nature walk with you to help, to guide, to teach. And finally, we would recommend

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that each give praise and thanksgiving to the one Creator each day for all experience, whether understood, confused or distraught. For all is a great opportunity to learn the heart of love.

We are known to you as those of Q'uo. At this time we shall take our leave of this instrument and this group. We leave you each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Special Meditation
June 21, 2002

Question: This question is from T1, and his first question is concerning the possibility that Earth might be about to experience some major catastrophes in the next eight to ten months. He's seen a number of prophesies that suggest that this could be so, and he feels that, well, if that is so, then he should be spending his time helping people to discover this and take part in the evolutionary process, and get out and be diligent and serious about his service, but, if it's not true, if Earth is not in great danger, then he wonders should he continue to do what he likes in this life: playing games, seeing movies, going dancing in the pub. The second question is, he would like Q'uo's comment on his current progress in soul development, and perhaps some general advice as to how to be more in harmony with the Law of One.

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator. His service we are proud to call our own. We thank you so much for forming a circle of seeking at this time and welcoming our thoughts. We are most appreciative of this opportunity to share our thoughts with you and would ask only that, in listening to these thoughts, each be perfectly aware that we are your brothers and sisters, not authority figures whose opinion necessarily needs to be weighted with more importance than your own opinion, your own feeling of resonance with the material. Take what you will, and leave the rest behind. In this way, we are able to share our thoughts with you without being concerned that we will infringe upon your free will.

The questions that you ask this day concern the drama of the end of the age and the beginning of the new age, and the gentle, almost afterthought of a question concerning the general spiritual state of the one known as T1. And yet, in a way, these are one and the same question, for the spiritual state of the whole world and the spiritual state of each entity within the world are very, very closely linked. And the story that this planetary sphere shall tell to the archeologists of the distant future is a story that depends vitally and centrally on the true spiritual situation of each entity upon the planetary sphere that is interested in making a difference in the core vibration of the energy grid and the planetary population of third-density entities upon the planet Earth. It is overly dramatic to say that the fate of the world is in your hands, and yet, in a very real sense, this is so, in the same sense that it has always been so, in that the thoughts and perceptions of humankind have shaped the experience of humankind, and the thoughts of the fathers have often planted seeds that have been reaped by the sons and the grandsons and the generations to follow. So there is a very, very real connection

between the spiritual situation of each entity and the way the story plays out upon what this instrument has called the game board of free choice within third density, [the land of Earth's] reign upon your spirit.

Let us for a few minutes focus upon the concerns of the one known as T1: that many sources have expressed in recent months the concern that there is a pivotal period in the beginning of 2003 beyond which humankind shall not be able to pass without a planetary catastrophe occurring. To address this concern head-on, we sort through this instrument's recollections of a period of some decades of experience with such predictions. This instrument has long noticed that the predictions of urgent and critical time periods have never manifested at the predicted time period with the predicted effect upon planet Earth in the physical realm. We have said through this instrument before that it is not that these critical times do not occur but that they are a part of a metaphysical process having to do with the entities upon planet Earth. This metaphysical process has its shadows within the physical consensus reality of your shared outer world, but the depth and profundity of danger of a physical nature is in every case—as it turns out—greatly overestimated and inaccurate.

Continuing to gaze at this question, we would also note that there have been time periods in your recent past, that is in the '70s and in the '80s and in the '90s, when there was a concerted effort on the part of many groups to raise the consciousness of planet Earth. In all cases, what has occurred is that, as more and more entities awaken and join the ranks of those who do consciously work in spirit, in prayer, in meditation, even in worry for the well-being of the planetary entities and the well-being of the planet at this time, the tendency of the Earth itself to express in a manifested and physical [manner] these metaphysical processes has been alleviated and ameliorated so that, while there have been a continuing stream of smaller and non-global difficulties upon your Earth, with tornados and fires, with floods, hurricanes and tsunamis, with earthquakes and terrible fire, none of these occurrences has triggered the predicted worldwide catastrophes. The one known as A has pointed out to this instrument that the one known as Edgar Cayce predicted in 1998 that there would be a global shift, and we may say, since this period has come and gone, that it was entirely due to the awakening and the linking up of positive consciousness upon this planet that this prediction did not, in fact, manifest at that time. What the positive energy upon your planet, as it grows, has done is progressively put off that time period in which third density's shadows shall cease to be present upon your Earth world. In other words, as entities have awakened and begun to offer their hearts, their minds, and their strengths in the service of the planet Earth and its peoples, this mass of positive consciousness has bought time: time to increase the harvest, time to make the most of these latter days of third density upon your planet. Indeed, we may say that at this point you are dwelling within fourth density. That which separates each of you within your third-density bodies from fourth density is nothing more than a state of mind, and this state of mind is far more vulnerable to or transparent to the biddings and the whisperings of fourth-density positive consciousness than ever before because of the fact that your Earth mother is in the process of birthing this fourth density now. And, as we have said before through this instrument, within the next ten of your years, this process shall be complete. We are not suggesting that at that time, either, there will be global catastrophe. Indeed, this future is completely fluid; we would say more fluid than it was ten years ago, and more fluid by far than it was twenty years ago. Your people are awakening one by one, not from a level of authority down, as in the old days of your, shall we say, state religions but in a far more modern and democratic manner, shall we say, in that it is a grassroots movement of soul to soul, of memory to memory, of the open heart being so attractive and calling so strongly to entities that are hungering for that energy that they are pulled into and called into an awakening.

It has become more and more attractive once again within your Earth world simply to come down on the side of love, faith and peace. The humble and the meek are beginning to gain the confidence of their experience with positivity and with negativity. The entities are so close now to that graduation time that the great struggle of choice of polarity is not as pernicious and as painful as it used to be for entities, because there is the underlying strength of many, many entities who are also attempting to open their hearts and to express the love and the light of the one infinite Creator in their everyday lives.

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As we said, this is completely a humble and individual movement where entities are being called by themselves into service as harvesters, and, as entities are awakened, then they become as those who awaken others; not because they have gone out and brow-beaten or convinced anyone by fact or data but because it is simply so attractive to awakening entities to experience unconditional love that such entities, once switched on like the lights that they are, call entities to them and help entities to remember why they took incarnation upon planet Earth at this time. For each has that hidden memory of a very good plan; a very good reason to come to planet Earth at this time, just precisely at this time. There is nothing sloppy about the inborn and flowing system of motivations and catalysts that has brought each of you to this present moment. As the one known as T2 has observed earlier this evening, there are many, many ways, but they all lead to the top, and this is precisely true.

The one known as T1 has a particular path that this entity will do well to cooperate with, to explore, to investigate with the kind of curiosity most often found in children and lost when entities become older. It is very well to encourage within the self this infinite curiosity as to why and where and how. This open attitude, this questioning mind, yields great benefit for those who persist in seeking. However, that which is within the mind can only serve an entity to a certain extent. It is the tendency of many who are awakening to their spiritual selves and feeling the distance between themselves and what one might call the world of normalcy and conventional belief and behavior to feel the safety of the philosophical stance wherein one has a very good, distant point of view and is basically an observer that is attempting to figure out the way that things work. This is opposed in our description to the entity who simply opens the heart and embraces the day and attacks whatever comes to him with great love and enjoyment. May we say that, for all of the benefits that wisdom does bring, it is the open heart itself and the passion with which the entity allows that heart to flow that bring the best results in terms of spiritual learning, because, you see, in preparing the self for graduation into the density of love and understanding, that which is most efficacious is the vividness of the entity's experience within third density.

This entity was speaking earlier of its tendency towards being critical of the self when it discovers that it is, yet again, caught in the snares of its bookkeeping software which it seems to have difficulty in learning. The entity spoke of how it had distracted itself with various amusements so that it would not begin one of the many tapes within its head that would bring it from a point of joy to a point of self-critical aggravation and even despair. Such is the nature of the human realm of perceptions that a choice of whether or not to be triggered by the seemingly negative events of the day could be more powerful in creating a positive atmosphere around this instrument than the very serious question of whether or not this instrument was able to perform its duties in an accurate and professional manner. This entity chose to walk away from the problem and to celebrate those things which it enjoyed, knowing that it would eventually move back into that atmosphere of correcting errors and creating the necessary bookkeeping tidiness that a business demands. In a sense of "this world," it is the books that are important; in the sense of fourth density, it is the heart remaining open, undefended, loved, forgiven and accepted that is important. It is very deceptive to attempt to work in both worlds, and, as spiritual beings, we encourage each to consider what is important in this world and what is important in fourth density.

The one known as T1 was thinking concerning what it should do if there were, indeed, a very real possibility of planetary catastrophe. We have never denied the possibility of planetary catastrophe, we have simply been unable to determine whether the probability of a planetary catastrophe is high enough to speak about. We have not been able to determine this because each of you is powerful and has already made changes in the energy level of the fourth-density grid of planetary energies that is attempting to establish itself as the basis for fourth-density positive on this planet. As a race, the human race is more than adequate to maintain this delicate balance between harvest and a comfortable landing into the next density. Yes, there is great potential for difficulty. Look about the Earth at this time, and one sees many difficulties. Yet, is it not something to be encouraged by, that all of these difficulties have been cunningly placed in time and space so that there is not a cumulative effect but rather the ability after each catastrophe for the human populations

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concerned to help each other to come together and to survive for the most part?

One of the reasons that we encourage entities not to focus upon the negative possibilities involved in global times of shift into the next age is because that which one focuses upon becomes far more potentially possible. If entities all focus upon fear-based information, that will actually greatly help bring about the feared conditions. There is a very careful difference to be made within the mind concerning thinking about information sources such as those quoted to this instrument in preparing for this channeling session. Each of these sessions was couched in spiritual language by those channels of very good intention and positive hope of service who nevertheless were receiving questions of a fear-based nature and responding with the attempt to satisfy the request for specific information as to the schedule of these negative events. And may we say that we in no wise wish to address any specific questions concerning global catastrophe. We simply ask each to choose which thread of meaning and energy to follow: that thread and energy of fear which would guard and protect and make safe and deal with third-density concerns or that energy of unconditional love, faith hope and the desire to serve which translates into a prayerful and confident feeling that all is well and that all will be well. Which energy feels like the one that each of you wishes to choose?

And this is not simply true, as we said, on the global level. For you as a people are saving the Earth, but you as a mind, body and spirit working as one unit to gather experience and enrich the quality of your soul have the self-same choice to make, because each of you faces an individual global catastrophe that is absolutely certain. Each of you faces the death of the physical body; perhaps not today, hopefully not tomorrow or next week or next year, but soon, and inevitably. Each mote of dust that has had life breathed into it by the infinite Creator shall cease breathing and shall once again become dust so that the qualities that bring forth from the subconscious mind to the conscious mind the concerns concerning global catastrophe are those same qualities of personality that bring forth those concerns about the health of the body, the safety of the body, the protection of the body, and the defense against that great enemy which is seen to be death. One can move without a quiver from the microcosm to the macrocosm here and see the same energies at work: fear and love, protection and growth. Do you wish to protect yourself, maintain what you have, guard what is yours and so forth, or do you wish to release all fear, embrace all things in love and trust and believe in all things hoped for but yet unseen? It may help, when there are concerns within the mind about the world, to bring that concern back to the kingdom of the body, the mind, and the spirit of one entity, because each of you is in the microcosm the authentic Creator, the creation, the universe; Creator and created in an infinite Celtic knot that is different for each entity and yet in each entity retains the elegance of utter unity within the complexity of pattern.

The ones known as Jim and T2 were joking earlier concerning part of the query of the one know as T1 concerning dancing and making merry if all things were, indeed, all right and there was not the need to concern himself with warning the world about the catastrophe that is at hand. They were saying, "No matter what happens, we should definitely be dancing," and we would agree with this assessment. For is not the life itself the dance, and is not the secret to enjoying that life to remember that one is dancing; that there is music that is unheard, perhaps, by most? But that music is always playing; it is being played by the petunias and the impatiens; it is being played by the roses and the geraniums; it is being played by the songbirds in the trees and the sky and fire and water; it is being played by every mote that lives and breathes within the creation of the infinite One. This music is forever, it is infinite, and it is closer than the breath that you take. Each of you is living in a wonderful ocean of music and rhythm and dance, and everything in creation is moving in rhythm at a level beyond the capacity of the human mind to comprehend. Even your own bodies are a part of this wonderful rhythm unless the power of negative thought within the mind clamps down so much upon the body that it can no longer express that harmony that it truly does feel with every other living thing that shares its biological space.

Techniques for moving more and more into the Law of One in the way one lives are as simple as the techniques of learning to appreciate anything. It is a matter of becoming sensitized to that which one is attempting to appreciate. When one studies art, for instance, within your schools, one is taught to have taste and to appreciate the beauty of this or that style

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of expressing images. Each subject that one begins to look into has its standards of good taste in it. As one becomes more and more familiar with that particular part of the universe of learning, one develops taste and knows what is beautiful in that which is said or written or performed or imaged, and just so it is in living the life of the open heart. It is a matter of beginning to see that there is an art and a science to living what this instrument would call a mixed life; a life that is made up not only of third-density or fourth-density concerns but a grand and confused mixture of third and fourth-density concerns so that there is the skipping between the densities in everyday life, seeing the profundity of the tiniest chore; seeing the sacredness of the hardest and most humble work while at the same time seeing the vanity and the uselessness of all efforts whatsoever, because all of these efforts are within an illusion that is brief as a candle and will gutter out for lack of fuel at a certain time not too far in the future. There is a delight in the juxtaposition of beauty and meaninglessness that this instrument has often noted and [it] is very helpful, perhaps, at this point to consider that all things may be turned and looked at upon the other side. And, indeed, what is needed at some points is the ability to see both sides and to come to balance between them.

The one known as T1 has, as this instrument is well aware, devoted a tremendous amount of effort to translating other material that we of the Confederation have produced in the past into its native language so that more entities may grasp this material, and we thank this entity for its great service. It is tremendously helpful, we feel, that this kind of spiritually-based information be available to those who would seek it. It is why we are here. We have remained with this group and with this instrument for many years, because we truly feel that there is efficacy in this ministry that we offer and that instruments such as this also offer. There is a very real purpose to sharing our opinion, and there is a very real purpose for the one known as T1, the one known as Jim, the one known as T2, and this instrument to express those things that each feels are appropriate to the situations that arise day-to-day. We would not discourage the one known as T1 from sharing information that it finds helpful. We would simply suggest to each that there are ways to share information in a positive sense, and there are ways to share information in a negative sense. If one approaches things from a positive sense, this will tend to build up the structure of fourth density; if things are approached in such a way that there is gloom and doom and the raising of fear in those who are being warned, this will not encourage fourth density.

The one known as Jesus said it very simply: when it was asked if the coin of the realm of its time which had the face of Caesar upon it truly belonged to Caesar, the one known as Jesus replied, "Render unto Caesar those things that are Caesar's; render unto the Creator those things that are the Creator's." You may see Caesar strut upon a stage at this time expressing, no matter what nation from which they come, that sting of the dragon's tail; that fear-based concern for protection and safety and the accumulation of resources. The life can be subsumed into the concern for the suffering of the planet Earth, and yet this will not help bring about an increase in the harvest or a softer landing into fourth density.

Consequently, we encourage the one known as T1 to dance, to play the games, and to realize that there are no mistakes. It is perfectly well to work to share the information that it finds important, but it is just as important to share it in a way that expresses the quality of the open and flowing heart that is grounded in trust and shaped to express that love which flows through the instrument of the human body, mind and spirit in an infinite supply at all times. This is the heart of the mission shared by all those who are awakening upon planet Earth at this time. Each of you came here determined to make a difference. Each of you has those tools and resources that are needed. It is a matter of stepping forth in peace, in confidence, and in the sense that each is not alone.

And here we would encourage each more and more consciously to realize the strength of linking up with one's spiritual family. It is as the anchor that truly does help those who were not particularly used to the exigencies of third density to feel more and more comfortable within the realms of your planetary sphere and the incarnation you are experiencing at this time. We are aware that each within this circle has serious difficulties in enjoying all aspects of planet Earth. There are memories, shall we say, of better times, of happier vibrations to rest in, and yet, once one begins to link in a comfortable and subconscious way with one's spiritual family, one is able to recover a good bit of this sense of comfort,

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knowing that one truly is not alone on the level of intention and desire and group service. For this is a mission that can be done not by one but by a group. The one known as Jesus pointed out that, if an entity has perfect faith, it can move mountains, and that entity known to this group as Ra pointed out that, while it takes a pure entity to move a mountain, if a group attempts to move a mountain, each within the group may have an acceptable amount of distortion, and the mountain will still move. That is the power of the very deeply felt linking into one's spiritual family. We leave this phrase very loose, because you have a very large family. And it is not simply one group that has come into this Earth to serve but, rather, you are experiencing a very complicated, interrelated bunch of groups from fourth density, from fifth density and from sixth density, from the inner planes and from other planets that all have been attracted to the Earth sphere at this time because of the stunning clarity of its passage at this time from one heaven and Earth to the next.

As to what specifically may be done in the life of each present to come more and more into a way of living that reflects the Law of One, we would echo the words of the one known as T2 in the discussion that preceded this circle of seeking: to begin the day with that movement of the mind towards the silence that beckons is to enhance the energy with which one has—we correct this instrument—with which one is able to meet those catalysts of the day. It is as though the day were on wheels, and each day there was the beginning of the movement and, then, as the day moves downhill, it gathers speed. Once the day has gathered speed, it is very difficult to rein that mind's attitude back in and to move on the track of love and light throughout the day. And there is no one upon planet Earth who does this perfectly in any one day, yet that commitment day after day and week after week to spending time with the Creator before the day gets away is extremely helpful. Not everyone is able to do this, and, as we have always said, at any point during the day it is very helpful to tune, to meditate, to walk in nature, but in some way to invite the silence. We are full of words, we can only do so much, but, ah, the eloquence of that still, small voice that speaks in silence.

We commend that wonderful resource to each, and we commend the effort to bring oneself into a heart relationship with all that occurs so that you are aware of the aliveness, the vitality, the infinite worth of all with which you deal. All entities, all qualities, all ideas, all beings whatsoever, all creatures of rock and sky, anything that can be pointed at or thought of, has its own sacredness, honor and worth, and you are among those things which have those qualities. This is the kingdom which does not have Caesar's face. "My kingdom is not of this world." That is what the one known as Jesus stated firmly. And we would say to each, as a metaphysical being, your kingdom is not of this world. You are in the world, you are a blessing to the world, but you are not of it. You dance with your frail bodies, and you dance beautifully.

We thank the one known as T1 for this interesting question and would at this time leave this instrument in the love and in the light of the one infinite Creator. It has been a great blessing and a joy to speak with you at this time. We thank the one known as Carla and would leave this group rejoicing in the love and in the light of the one infinite Creator. We are those known to you as Q'uo. Adonai. Adonai vasu borragus.

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Special Meditation
June 28, 2002

Question from T1: "I have noticed that my human eyes are drawn by beautiful women, while I do not notice less attractive women in the same way. And I know that some beautiful women are cruel, while many unattractive women are beautiful in spirit. I feel that there is nothing wrong with appreciating physical beauty, but I cannot appreciate all women's beauty, and furthermore I find myself fantasizing about beautiful women, even if they are spiritually mean. I find that I am failing to see all equally as the Creator. I'm quite concerned about this. Is this just me or an issue for men in general? I also wish to know about the karmic link between beauty and previous lives, as Edgar Cayce has mentioned in his trance sessions. What role or catalyst does beauty play in our soul evolution?"

(Carla channeling)

We are those known to you as Q'uo. Greetings, dear ones, in the love and in the light of the one infinite Creator. It is a great privilege and pleasure to join your meditation this evening and to be able to share our thoughts with you on the subject of beauty. We find it such a blessing to be able to do this, for this is the service that we have chosen to offer at this time, and you greatly aid us in allowing us to do what we came to your beautiful planetary sphere to share. We ask that, as always, you listen to that which we have to say with an open heart but reject without a second thought any concept or opinion that does not resonate within your heart and your mind and your emotions. For there is a very keen keel and rudder within each entity's spirit that will express itself in sound opinion as to discriminating between that which is for you and that which is not. With this caveat in mind, we are then able to offer our opinions without being concerned that we are infringing upon your free will. And so we thank you for your indulgence in this wise.

This instrument's day has been filled with beauty, and so we find it a happy coincidence to start a conversation about beauty with the emotions and feelings of this instrument towards the beauty that she has been experiencing all about her. The beauty of the lilies, the mimosa, the wildflowers and all of the blooms of this entity's garden have enriched and enlivened this instrument's emotions this day. The way the light glances off this instrument's mate, his face and shoulders, the planes of his jaw and throat, have pleased this instrument as it looks upon its mate. The beauty of kindness and service to others has very nearly swamped this instrument's emotions; the beautiful gifts that it has received this day from those about her; the kind volunteering of the one known as T2, and the gift of just the right stone from the one known as C, and the gift of this instrument's husband: hour upon hour of work, that it may pay the bills and keep this instrument safe, and warm, and comfortable. These things are almost

too much for this instrument to express. There is a wonderful feeling of being so richly endowed with beauty that there is not enough expression in this instrument's personality or character to do justice to the richness of the experience of the passing moments of this exquisite summer day.

It has well been said by philosophers that beauty is in the eye of the beholder. What is beauty, indeed? And this is not an idle question. For there is a great deal of similarity between such questions or issues as beauty and the construction of the onion. If you will think about an onion that is cut in half, you will see that there is layer, upon layer, upon layer. All of those layers are onion, but each one is slightly different, and, used as an analogy to the human spirit, mind and body, each layer is of a different constitution entirely. There are different geometries and different constructions of thought and logic upon each layer of the human energy system, and, indeed, one may move through each of the chakras or energy centers of this energy body system and gaze at this onion-like, layered effect. The definition of beauty and the issue of beauty, then, is not the shallow and simple thing that it might seem upon the surface, for each entity is working primarily with one or more of the energy centers, but usually with one primarily. And this colors the way that the layers of self appear to the self, and an entity working primarily through red ray will be seeing different things than an entity working primarily through orange ray or through yellow ray and so forth.

So the question of what triggers the appreciation of beauty is a question that cannot be answered in a simple way. The one known as T1 asked the question from the standpoint of observing physical beauty, and so we shall first address the question from red ray, which is the root chakra and the seat of sexual desire and the desire to survive. Within this energy center, the definition of beauty is colored heavily by the reptilian and mammalian brains, which are instinctual and concerned with nurture and groups, respectively. Instinctually, the great ape is geared to reproduce as thickly as possible. This is a survival mechanism and is a very deep and dependably substantial part of both the constitution of men and of women within your species. The energies of the sexual triggers to beauty are different between men and women because the biological roles of men and women are different. The male of the species is geared towards procreating with as many women as possible who have the markers for fertility and ability to reproduce. This, as the one known as T1 surmised, is not simply the experience of this one entity but is an experience common to the male gender. Within the female, there is also a heavy coloration of biological bias when gazing at beauty through the filter or prism of red ray. The energy in this case has to do with the instinct of the woman to find attractive those qualities within the male of the species that would suggest that this entity would be a good provider, a virile person, and one who would remain faithful to and loyal to the family group over a long period of time. This biases the female of the species towards finding attractive even those males who may not be so physically attractive but yet have attractive personalities or qualities that would appeal to the instinct within the female that suggests to this entity that this particular male would be a good mate. Consequently, those who are male within the human species will predictably and steadily throughout the mature life of the individual revolve around the noticing and the appreciation of those females which seem to be of child-bearing age and of a healthy and attractive physical appearance. It is neither a positive nor a negative quality in terms of service to others and service to self. It is that which is in terms of the experience of the energy body of this particular physical vehicle and the way that it is set up to interact with the many other aspects of the energy system of the soul.

When gazed at through the energies of orange ray, beauty begins to take on more of a depth, both from males and from females. At this point, the energies of communication, personality characteristics, and like interests begin to add to or subtract from the beauty that is perceived by the physical eye. This energy of personal relationships and relationship with the self creates within the eye an esthetic that is primarily focused upon enjoying the self and feeling safe within the self and within the relationship with the other self. It becomes more and more subjective within the choice of any individual as to what the elements of beauty are. Within the red-ray approach to beauty, the culturally-determined points of attractiveness will more or less evenly spread throughout the population so that many, many entities can agree that such and such an entity is beautiful and such and such another entity is not. However, within the dynamics of a personal relationship, the coloration of orange ray begins to

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spread out the choices that entities make so that there begins to be more of an appreciation for emotional beauty, spiritual beauty, mental beauty and other types of beauty that are not easily seen within the physical skin.

And this is a point worth gazing at for a moment, for there is almost a feeling of being locked in a small room in terms of feeling nearly forced to notice physical beauty from the red-ray level. This is the quality of instinct that is so powerful within the human animal and so important to the survival of the physical mechanism in general. Were such instincts not native to the very bone and blood of the human species, the heart would forget to pound, the lungs would forget to breathe and the body would forget to breed children. This would not be appropriate for the survival of the species. Consequently, there is almost an element of being hounded by one's body, especially for those within the male gender. And we would suggest, for those who feel limited by this compulsion to notice physical beauty, that it is without polarity and without fault to experience momentary attraction and the tendency to fantasize concerning beautiful women. Indeed, this is to a certain extent true for those of the female gender as well. There is, shall we say, a very active sex life for almost everyone upon your planet whether or not the entities involved are having sexual intercourse or even relationships at the physical level. For, metaphysically speaking, that which one fantasizes, one is accomplishing; that which is thought becomes that which is true. This is part of what this instrument would call the background clutter of an incarnation. It is an aspect of having a physical body that is nearly inescapable and, as we said, is a benign and perfectly acceptable function of the soul within incarnation.

Beauty from the yellow-ray energy becomes a far more subtle and rich-textured thing, for within the yellow-ray energy lie family and the mated relationship, and it is within the safety and intimacy of such continuing and prolonged relationships that those who become spiritually mature are able greatly to broaden and enhance their concept of beauty. The qualities of a mate, a mother, a father, a child, or a sibling can be imperfect in the extreme, and yet, over a period of time and the blessing of shared history—we correct this instrument—with the blessing of ever-lengthening shared history, the entities within the family group or within the mated relationship become so over-drawn with the patina of loving and being loved, that even the homeliest entity becomes perfectly itself and therefore beautiful because it is that person. And finally the leaden and heavy weight of physical opinion of beauty becomes that which can take off like the kite in the wind, soaring with the energy of the wind of love.

When the heart is opened and beauty begins to be examined from the green-ray level, then it is that the entire question of beauty is transformed. For, at the heart level, the eyes of the soul are open, and all entities begin to be seen not as bodies but as beings. Within the heart, then, beauty is a function of one's own heart. The tyranny of the outward eye is lifted at last, and the only limitation is with those who have not yet come into an awareness of their own beauty. If an entity cannot conceive of itself as worthwhile or good enough or beautiful in the sense of being a good person, then that poor opinion of the self will cast ugly shadows upon all of the outer world, and entity after entity will come up short within that poor heart that does not see its own sun, that does not see its shining glory. To us, gazing at each of you from the whole system of our bodies, minds and spirits, we see your beauty as an ever-shifting kaleidoscope. Each of you has a beauty that is endlessly describable, and yet it is the harmony and the combination of energies involved in the spectrograph of self that are so fascinating about each entity. Each of you is a vibration that is actually a complex of vibration, upon vibration, upon vibration, endlessly colored by the subtleties of an incarnation full of choices and biases and flowing from moment to moment in a thousand different ways that each of you is most likely not aware of for the most part, yet, within the flowing and subtle regions of the energy body, the changes are constant, and there are no two moments within the life of an entity when that entity is vibrating precisely the same. And yet, as a whole, the energy signature of an entity remains fairly clear and unified throughout an incarnational experience, for each of you comes into incarnation with a tremendous amount of already prepared bias which has been chosen to bring in as a part of the, shall we say, structure of "givens" that form up the structure of an incarnational experience. There is not a person, no matter what his station, his state, or expression of morality, that is not beautiful. Each entity at the soul level is tremendously beautiful. Indeed, each entity—being the Creator—has a beauty beyond all imagining, for each is all that

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there is; each contains the universe. And would not each, then, have all aspects of beauty and ugliness, the entire range of esthetics within the self, locked in many, many treasure troves within the personality, waiting to be opened by the right combination of circumstance and motivation?

This entity, throughout its life, has had a love affair with beauty in the sense that, as a metaphysically functioning entity, it has long preferred to look at life from the standpoint of beauty rather than from the standpoint of some outwardly determined truth or learned intellectual set of properties or ways of fulfilling the need to be attractive. This entity has long been attracted to the concept of creating a beautiful life. It is not particularly concerned with the beauty of its physical body, although it greatly delights in decorating itself and creating itself as being beautiful, but oftentimes we would say that this instrument judges itself for being too concerned with the esthetics of its actions. What this comes down to, in terms of action and function, is that this entity oftentimes will choose a very impractical and difficult ethical decision, because it is to this instrument a thing of beauty to choose in such and such a way. This has created in this entity's life no end of interesting forks in the road, the path taken being the one that was less traveled. Is this entity correct or incorrect? This entity is itself. The question of beauty is truly a subjective one. However, we would say, as your poet, Keats, has said, that truth is beauty, and beauty is truth. That is all you know and all you need to know.

When it comes to evaluating beauty from the standpoint of the indigo ray, then it is that choices such as this instrument makes become the focus of what beauty is and how entities are seen. Indeed, looking at another being in the physical from the standpoint of indigo-ray beauty, it can easily be seen that the lines of the face, the attractiveness of the body as judged by cultural standards, the gracefulness of expression of communication and personality, begin to pale beside the sheer force of an entity's soul character. For within the eyes of one who is seeing from the standpoint of doing work in consciousness, beauty lies almost entirely in the power and peace of an entity, in its ability to show you joy and bliss and true wisdom, according to the place in the process of spiritual evolution that your particular indigo-ray energy center has found itself enjoying the dance of working within.

Indeed, it is so that such a bias as this entity has towards beauty has, through many incarnations, somewhat biased its soul evolution. Woe betide the entity whose soul evolution is stuck at the red-ray level, for it is as though one were never able to peel the onion, never able to get to the inner surfaces. However, we would say to the one known as T1 that it is extremely doubtful that this entity is much troubled by being stuck within red ray, but, rather, this entity is mistaking a certain type of experience with beauty for the whole gamut of the question of esthetics.

Which energy appeals most to each of those within this circle? That is an ever-shifting question, is it not? Certainly, if an entity finds itself obsessed with physical beauty, there is some balancing work to be done, for it is not acceptable in the sense of metaphysical work overly to be preferring any one situation over another. It is a toxic environment for spiritual growth to be obsessing concerning almost anything, for the great key to spiritual advancement is balance. Rather, we would suggest that the way to work with such a concept or issue as beauty is to move the self through the various experiences of beauty, observing and appreciating the qualities at each level or depth of the energy at each layer of the onion realizing that, as the consideration of beauty rises through the energy centers, the quality of the considerations and the thoughts of such an entity are improving all the while. The experience of beauty is pleasant from any of the layers for depth of truth within the experience[1]. But, certainly, the more profoundly rewarding of the esthetics begin to come in with the richness of the higher energy centers. Yet, we would not for an instant remove that wonderful, primal gusto and brio involved in the physical appreciation and delight in beauty. Should a male not delight in the beauty of the female? Should the female not delight in the handsomeness of the male? Should one not appreciate the delicious taste of good food and good drink? Should one not rejoice in the beauty of song and dance and movement and the physical world and the feast that the eyes and the ears have? Should one not enjoy the touch of soft and firm and rough and smooth? Should one not, indeed, delight as much as an otter

[1] Carla: For instance, an experience of exhilaration after a close call may be completely red-ray instinctual responses, yet the feeling is deep and pure. Any feeling, thusly, is beautiful as a *ding an sicht*.

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in the play of life? We see no harm or error in such delight in beauty and would only encourage each to open the eyes more and clear the senses more deeply to appreciate every passing beauty of the day. The one known as Jim was saying earlier that it wished to keep a positive attitude, because it so much changed the perception of the life by the self. The one known as T2 mentioned also that the most constant prayer was keeping a positive thought at all times. These, too, are ways of increasing the beauty in the life, of opening the windows of the soul to let the sunshine of love and light in.

We would not have any worship beauty. We would not have any worship at anything that has a name or form or shape. We would suggest to each that, in order to remain balanced, it is well to examine strong feelings about beauty just as one would examine emotional feelings of any other kind. The assumption of preferences and biases is part of that which you came to this incarnation to refine. In order to refine one's concept of beauty, one must first become able to be completely honest with the self concerning opinions of self and opinions of other self. This is not particularly easy to accomplish. The self must be more and more known to the self, more and more accepted and, finally, more and more loved. What is beauty? Gaze within your childhood with the eyes of a small child. Were you not gloriously beautiful? You were innocent of anything except wishing to exult in every experience of life and it is very telling that much of the experience of the young soul of an incarnation tends to be experienced as difficult so that, little by little, that beauty of innocence begins to be warped away and scratched away, and finally knocked into flinders by the seemingly poor opinion of one's parents and authority figures; by the cruel taunts of other children; by the disappointment of the self by the self. All of these things begin to rob the growing soul of its ability impartially and lovingly to feel beautiful and to judge things as beautiful. Indeed, we would say that, for most entities coming into an awakening process, the ability to appreciate beauty has been stunted and warped. And so, there is much work to do within an incarnation to recover that innocence of eye and ear, that allows an entity to sense the beauty of the nature of each thing as it is, or what this instrument would call the *ding an sicht*. Appreciating the real heart and essence of each thing is the key to a balanced esthetic. And when the esthetic is balanced, and balanced for that incarnation, there is no adhering karma stemming from the decisions made within the incarnation.

We encourage, in this regard, the daily balancing of emotions. We have spoken of this often before and in this wise, we would find it particularly useful. Meditation in general is tremendously useful and inviting the silence is a way of saying inviting balance, inviting reality, inviting essence, inviting wisdom. But in a specialized meditation at the end of the day, it is very helpful to pull out all of the experiences of the day from the mental pockets in which you have quickly put them during the day and gaze at each of these emotional moments with a far more thoughtful and judicious eye. Not to judge the self, but to judge the color, the quality, the particular layer of the energy body that was seen through and, basically, to come into more and more of a familiarity with one's own patterns and one's own preferences.

As each preference is identified, then, the technique of balancing meditation is to allow that first feeling, that first bias to flood the emotional self, saturating the self with that precise feeling that was felt earlier in the day. Then, when that has been emphasized and over-emphasized to the satisfaction of the self, the technique involves lifting up from that extreme and allowing the other extreme, the diametrical opposite, to fall gently into and gradually replace the original emotion. And then one encourages that distortion until it, too, is extreme, so that one would see the beauty of a particular thing and one's rush towards it and at the same time one would be able to see the diametrically opposed lack of beauty of a particular perception or opinion or impulse, so that one may see the self as a 360 degree sphere of being that includes all biases. Once one has begun to get the hang of such a technique, one becomes gradually more comfortable with one's biases, whether or not they seem to be fair or just within themselves.

This instrument is informing us that we begin to speak too long and so we would close this very interesting question and our response to it by encouraging each to enter into the essence of the self in silence. Allow the silence to speak, for it, more than words, more than ideas, more than thoughts, have the pith and the heart of the truth. What is beauty, what is truth? Enter the silence, turn the key and enter your own heart and enter a universe of infinite discovery.

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We thank the one known as T1 for this question and we leave it and this group in the love and the light of the one infinite Creator. We rejoice and we leave you in love and light. We are those known to you as the principle of Q'uo. Adonai. ♣

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Special Meditation
July 4, 2002

Question from V: The question today has two parts.

Part 1: Given the tumultuous history between K and myself I've come to the belief that ours is a karmic relationship. Can you speak to the origin of this karma and if the karma will be satisfied during this incarnation?

Part 2: Several years ago I met with a spiritual entity who identified himself as Kega. Can you tell me if Kega is currently in a physical incarnate form and if there is a possibility of a relationship between Kega and me?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator in Whose service we are. We thank you for the great privilege of being asked to join your meditation and would be glad to speak with you concerning this question concerning a relationship and the one known as Kega, with the understanding that each present take those thoughts of ours which are resonant and meaningful and leave the rest behind. This allows us to share our opinions without being concerned that we will infringe upon the free will of those present. We are extremely appreciative of this opportunity to share our thoughts. For this is the service that we have chosen at this time and it is greatly a blessing to us to be able to do the work which we came to do.

We gaze at the relationship between the one known as V and the one known as K and can indeed confirm that the relationship has what could be called a karmic burden. However, it is our opinion that this is not the kind of karmic relationship which the one known as V suspects, but rather has a metaphysical, that is to say, a non-earth oriented origin and is not indeed a matter of previous incarnations upon this planet, having sown the seeds of imbalance that would produce adhering karma in that sense of the word "karma," but rather is a relationship between, shall we say, one of the children of the light and one of the children of the darkness. This instrument has had a relationship of that same nature with the one known as D and this instrument also was unable to, shall we say, master the dynamics of the relationship from a human level and was able simply by sheer reason and intensity of focus to withdraw itself from energetic bonding with this entity after four years of marriage.

How to understand a relationship in which one mirrors to the other light, the other mirrors darkness? It cannot be taken literally or in a linear manner because the energies involved are more subtle and more profound than those energies produced by an imbalance in a previous incarnation of an earthly nature. Rather, it is as though one of angelic energy were being pursued through various dimensions that only peripherally extend into the

physical dimension by that which could be reasonably described as a negative entity of that which this instrument would call fifth-density origin. It is unlikely that such a thing would occur for it is dangerous to those of the origin of fifth density to incarnate into the physical and especially dangerous to the entity who incarnates into the physical and then does not manage to contain or control that energy of light that lives with angelic wings in bone and blood and body.

We can say that [in terms of] such karma as previous experiences between these two entities [is] concerned, there is now a balance and an end of adhering karma of the metaphysical nature. The one known as K is as the entity who is at some level aware that it has failed and yet at other levels much more concerned with the physical body, is unable to realize or process the information or the finality of this failure. Thusly, it is as the maddened bull or the unreasoning anger that possesses entities so that, as the entity known as K lives through its days it is as though the entity were in a dream where the actual personality remains asleep and the metaphysical portion of this entity acts out in a cycling and continuous loop of energy that it is at this time unaware of how to release. This is why the one known as V has not found forgiveness and compassion to be useful tools or resources to use in this relationship. For this entity is as the unreasoning and maddened beast which knows no human behavior but only its instinct and since these instincts are baffling from a linear standpoint and only understandable from, shall we say, a more historical standpoint, it is a situation which this entity has the possibility of resolving within itself but not the likelihood.

Typical of negatively-oriented entities, the one known as K thrives upon fear and pain. This instrument and the one known as V and the one known as Jim saw a movie entitled, "A Beautiful Mind" recently and it is a useful example of how the mind can be cast loose of its moorings to the point that private and metaphysical portions of the personality become segregated from and antithetical to the waking personality and indeed the one known as K is as one who sleeps while, shall we say, a walk-in type of energy lives its life. This entity which overlays the human personality has never been a physical entity and its energies are quite intransigent in their inability to harmonize with the experience of inhabiting a physical body. Consequently, this entity is not vulnerable to the healing techniques that would normally be used to correct such a disintegration of personality. Nor would we be of the opinion that it would be helpful to address the situation within the one known as K in any way. For this is this entity's walk, this is this entity's choice.

Perhaps there is a tiny portion of this entity that hopes for rescue. But it is not situated in such a way as to be accessible to any but the one known as K's own will. It is a situation not penetrable by any other self including the one known as V.

Let us step back and gaze at the underlying energies involved in this interesting relationship. This instrument and the one known as V alike shy away from thinking as the self as angelic or pure or positive beyond anyone else and we are perfectly in agreement that both of these entities are distinctly human, quirky and imperfect in the way that those among third density must be imperfect in order to have a very fruitful and helpful incarnation. However, each of these beings knows too that it carries that which is angelic, pure and positive. It carries it not as a burden but as the breath, as the life, as the [odor], and as the incense. It carries what this instrument would call the goddess, that female energy that makes safe places and whose hearts are full of compassion. This is not an aspect of femininity that is carried except by choice and most usually it is brought into the incarnation with love not for the purpose of helping the self, but for the purpose of being an instrument of the love and the light of the one infinite Creator in the sense of essential beingness so that whether that energy is expressed in changing diapers or in washing the dishes or in teaching or channeling or singing or other activities that would seem far more service-to-others oriented, the incarnational purpose of carrying this energy is satisfied.

There is now activity that an entity cannot accomplish as a vehicle for expressing this angelic, pure love. It is not affected by the cycles or apparent mood swings of the personality but is rather a gift that is firmly and safely hidden in the folds and recesses of the feminine heart. It is part of the very hopeful and energetically radiant attempt by an entire spiritual family of large numbers to balance an Earth that has great need of the fullness of love that is wrapped up in the archetype of the feminine. This energy is using each of these as instruments and we

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may say that each of these entities, the instrument and the one known as V, have conducted their incarnations with awareness of the gift they carry, respect and honor for that gift, and close attention to preserving the integrity of their positivity as instruments.

On the other hand, the one known as K has moved into the earth planes as a hunter. It has identified a source of light and it wishes to control and take on itself the power of that light, and further it wishes this in a way that is also, in its way, a gift brought into incarnation but as a walk-in in nature, rather than as a part of the personality. In other words, in order for this energy to move into physical form it must be out of balance and wedged into and overcoming the personality of the carrying entity.

It may be helpful to the one known as V and indeed to this instrument, who was earlier expressing its distress at the one known as K's behavior, to realize that this entity is not in the usual sense even aware of its behavior, but rather is as the instrument that is sadly out of tune. It is interesting that the one known as V mentioned that it was surprised that the one known as K still remained in this density. Indeed, we may say that this entity hangs by a thread, both to its sanity and to its physical incarnation. Yet we would not wish to express a complete lack of hope in that there is always the possibility of one shining moment of clarity in which the personality that lies within the one known as K, that is currently suppressed, is able to see that it carries a dark rider and chooses then to shake it off. Were this entity to perceive its true situation, that personality which is the one known as K would indeed ask for help and be the first to remove itself from its dark and overpowering angel.

Thusly the one known as V may pray that the one known as K have a moment of clarity at some point before the incarnation ends, thus becoming able to be vulnerable to healing, health and life in the sense of the greater life within the physical. The one known as V is very much helped by the energies of beauty and harmony and we agree with that which it was saying earlier concerning the need in the life for the providing to the self by self of the magical circumstance. The singing of the sacred songs has been for this entity a very helpful thing in the past and would indeed be that place wherein this entity could derive great refreshment on a daily basis. This instrument, for instance, always includes a hymn along with its meditation in the morning and we might suggest to the one known as V that the discipline of including the sacred breath is a good one that has good results for this entity as well. The silence itself is a very powerful experience for this entity and there is perhaps the opportunity to arrange for the self the opportunity to experience that silence, either within the dwelling or in walking in nature in solitude, to enter into the silence and thus into the tabernacle of the heart. There the Creator waits and there the weary soul may truly rest and find healing. This experience of the beauty of the creation of the Father is most helpful and we would recommend the time in silence and the time spent in praise of the Creator by sacred songs on a daily basis.

In this instrument's mind we find the concept is very helpful. It does not understand this concept completely but we will attempt to use it. It has read a work called *The Flower of Life* by Drunvalo Melchizadek and this entity expresses a way of moving energy through the energy body. This involves moving the energy up into the yellow ray and as it moves into the heart there is a 90 degree phase shift that needs to be taken in this entity known as Drunvalo's system of understanding in order for the energy to move up through the heart and on out into the creation of the Father. Interpenetrated with this concept and helpful to understanding its essence is the advice of the entity this instrument calls Papa concerning retaining energy for the self before allowing the energy to move through the self and out into the world. In this entity's zeal for blessing and sending forth the energy of its love it was reserving, according to the one known as Papa, nothing for itself and acting the role of martyr. Consequently, the image that begins to emerge here is that of the light flowing through the entity into the heart and then back in a loop through the body making sure all parts of the body, mind and spirit are washed completely in the infinite love and light of …

(Tape ends.) ♣

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Special Meditation
August 9, 2002

Question from T1: The question today is about pain and suffering, as I am experiencing pain in my nerves around the right side of my waist that leaves me sleepless and concerned about my future virility and health. Why do traumas such as pain and disease occur so often in the lives of spiritually sincere and seeking people? I know I'm a kind soul, so why would I or my higher self include pain in life? His Holiness the Dali Lama said the purpose of life is to be in happiness. I deeply agree with that. Some philosophy books taught us that pains would help us grow. I just don't feel comfortable with such thinking. Should I just communicate with my higher self and say, "Just tell me what to do to make you and us happy? Spare me from such a thing."

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator in whose name we serve with joy. We are most happy and grateful that we have been called to your circle of seeking this day. We thank you for allowing us to share our thoughts with you and to be of service in the one way in which we intended when we came to this sphere. We would ask that our words be heard with an open and listening mind and heart but that all of those ideas which do not resonate with the hearer or the reader be left behind. For we would not be a stumbling block before any but only those which are able to add to the resources which each seeker has in the awakening process.

This day you ask about the reason for, the value of, pain and suffering. Certainly, it goes against the values that are dear to the body and to the culture in which each lives to embrace suffering. The instinct of the third-density physical vehicle and the training and enculturation of childhood learning alike suggest the value of comfort, safety and the unimpaired maintenance of the self and those whom the self feels are dependents of that self and worthy of being taken care of. It would in no way be a plan of the conscious mind to invite suffering of any kind, whether physical, mental, emotional or spiritual.

Consequently, the question is most understandable, and indeed the conscious mind of the one known as T1 has not even once requested the painful difficulty that the one known as T1 is now experiencing within the physical body.

To begin to grasp why suffering exists, it is necessary to take a few steps back from the physicality and the immediacy of the experience of pain. So let us draw each with us as we retrain our focus upon, not pain itself, but the mechanism by which physical pain arises.

The goal of third density is the awakening of the self to the true and ever-deeper identity of that self. This involves several key concepts concerning the self.

One concept that is involved is the concept of change. The intent of the soul entering incarnation within the physical plane of your planet is to alter the condition of the vibratory rate and the vibratory strength of the self. That is, the self desires both to change in the way the self perceives the illusion and the power which the self can bring to bear upon that which is focused upon, in the processes of recognizing and dealing with catalyst. The natural tendency of the third-density entity, whether awakened or asleep, is to resist change, and yet the purpose of the incarnation is never achieved without embracing the process of change.

Another concept that is involved in effecting the purpose of third density is an increased accuracy in the perception of that dynamic known to your people as polarity. What is positive; what is negative? What is service to others; what is service to self? How does this creature that you experience as your self respond to perceived light and perceived darkness; to perceived positivity and perceived negativity? Very often, those entities which wandered to this planetary sphere from elsewhere are those who are working very hard in sixth density upon the precise balance between love and wisdom. This means that chances to experience polarity and respond to it are precious, because only by gathering the harvest of catalyst and allowing the winnowing of that catalyst by the processes of conscious and unconscious portions of the self can one begin to redefine and more accurately balance the forces of love and wisdom within the self.

These two concepts work together to create a situation in which each entity receives a series of catalytic happenings, from self, from other selves, and from the creation about one. Each then is responsible for processing this catalyst, using the processed catalyst to incorporate and integrate new learning, so that catalyst is ripened into experience. Thusly, the self comes to know more about the self and about the dynamics of polarity within the self.

Because the self has begun to observe the self making decisions, making choices, especially with regard to polarity, this shows up most often in those choices which this instrument would call ethical. Within the boundaries of the third-density human experience, the illusion is thick enough that the entire experience of incarnation has some of the attributes of a stage play, where the characters are sometimes roughly drawn, the staging sometimes shabby and the lines sometimes poorly written. Every so often, it becomes quite obvious to the self that that which seems to many to be a smooth and glossy-surfaced reality is actually a profoundly skewed illusion in which it is very difficult to see accurately, yet in which one is moved to respond, skillfully or unskillfully.

This being said, we may look at that which the one known as T2 spoke of, in the conversation preceding this meditation, which was that the one known as the Dalai Lama Spoke of being in joy, being in happiness, not necessarily the cause of any perceived catalyst but because the being itself was in that state. This is a challenging concept to one who assumes that, in order to be happy, one must be safe, comfortable and secure. The one known as Elkins frequently said to this instrument, when it was alive in incarnation in this density, "Happiness is not an objective." By this, that entity meant that the state of being happy had little to do with the state of one's spiritual awakening. However, as the Dalai Lama is perceived by us to have used the word, happiness, there is more of the expression of an abiding and universal state of mind which is bliss or joy; not happiness that is the result of a comfortable life but happiness, joy or bliss that is the result of having found the center of the self, found the point of balance within the self and thusly found the peace of a certain degree of self-understanding so that the self is at peace with the self and is able to release all fear.

The one known as T1, in wondering why there must be pain and suffering, is absolutely accurate in feeling that it is not necessary to suffer and have pain. However, it is almost inevitable, for the simple reason that change is inevitable, and the process of change is uncomfortable to almost all entities.

Now, as the one known as Ra has said, the energy of the self is first that of the mind. Catalyst comes first to the mind. The body is the secondary receiver of catalyst, and it receives that catalyst which the mind does not balance. Those who do achieve a state of bliss, joy, peace, realization or happiness in the sense the Dalai Lama used, achieve this state because they have been able to use the catalyst in such a way that the value of the catalyst is honored, the response of the self is known and honored, and those areas within which the self feels it needs more discipline are addressed.

The first receptor, then, is the mind, and when there is catalyst that moves into the mind and is not used

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by the mind, that catalyst moves into the physical vehicle and resides there as points of distortion, sometimes causing the symptoms which could be considered suffering or pain and sometimes hiding from the detection of the observer because of an efficiency of repression that buries the unused catalyst like a treasure beneath the earth of the body. Indeed, many are the entities who have mental difficulties because of an inability to recognize the truth of catalyst or inability to respond fully to the catalyst.

However, this question has to do with physical pain, so we focus upon those catalytic experiences that are not used by the mind and are instead repressed and unexamined. These move into the portions of the body that represent some aspect of the particular catalyst that has been received.

For instance, within this instrument, the present catalyst has to do with an overload of items that must be handled: chores and duties that must be attended to, physical things that need to be done. Consequently, as this entity began to settle down and prepare for this meditation, it discovered that there was pain within the wrists and that it was substantial enough to require the work braces that this entity often wears. Why would this entity experience pain within the hands and arms at this particular time? Because there is too much to handle. It is not precisely on this instrument's shoulders; it is moving through her hands, and her hands are carrying too many items.

It may be productive for the one known as T1 to examine the area of the body in which this distortion that is causing pain is taking place. The solar plexus energy center is the characteristic energy center that expresses this planet; it is the yellow-ray energy, and included in the yellow-ray energy are issues of society: the relationships with the birth family, with the marriage and children, with the work, with the various groups, such as nations and sports teams and companies, with which the incarnated entity has to do. This is a way of beginning to enter into the process of unraveling the tangles of emotion and fear that have distorted the normal, open flow of energy through the energy bodies.

There is tremendous subtlety to this subject, and we do not wish to suggest that there is a simplistic solution that would render one free from pain and suffering. Rather, we would suggest that there is great strength and power in realizing that the self is not bound by any detail of incarnation but rather is one who is here within incarnation to learn, to experience, to change.

Now, large changes within the physical incarnation do not show up as large changes within the context of the entire soul stream of an entity, that is, that entity which includes all incarnations, past and future, as well as the present incarnation in one great circle of soul being. The changes one is attempting to make are not that which they seem on the surface but rather it is through a filtering system of experience that, very gradually, realization itself begins to alter the perceptions of the entity within incarnation so that catalyst may be more skillfully used, and thusly the perception of pain and suffering will respond to that skill and art of beholding that which seems to be and seeing within it that which is. It is an eternal winnowing of truth from fiction.

And this is not easy when all of the details are steeped in illusion and human opinion. How many are the distortions which are fed to the entity with his mother's milk? How many are those that are added through the processes of schooling, relating with others and, more and more, beginning to tell the self stories about the self that make us seem like this or that character upon that stage of incarnation that you were speaking of earlier?

Sometimes it is possible to have a sudden realization that cuts through all the layers of illusion and distortion, especially within the lives of those who experience an intensity of seeking, whether it be for a short time or for a long time, as any process of dedicating the life to self study. The realization can come quickly, however this is not usual. Usually, there is a step forward, a step back, two steps forward, one step back, and so forth, so that the net result is a very slow garnering of a wonderful harvest which is self-knowledge. As the self-knowledge increases in quantity and in quality, the self begins to discern patterns of distortion that do not serve to increase understanding within the entity. Once these types of unskillful reactions to catalyst are identified, it becomes possible to intervene in the process of distortion in order either to remove or at least to lessen the distortion that is being processed from catalyst into experience.

Many times, the reason for distortion is some opinion concerning the self that is negative.

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Sometimes the self interprets catalyst to mean that it has been abandoned; sometimes an entity may interpret catalyst in such a way that he feels that he is not good enough. Whatever the negative perception concerning the self, such perception robs the self of its own peace, talent and magic. If an entity is not pleased with itself, if an entity does not feel that it is doing well, it is simply, by this attitude, hampered in the accurate determination of the nature of catalyst, because all negative perception tightens a net of fear about the soul, and within that net the soul within cannot breathe and cannot express itself with freedom and accuracy. It is only within an atmosphere of love that the self begins to be able to see the self clearly.

This does not mean that it is possible for the self to be, specifically and generally, completely pleased with the behavior and the functioning of the self. The removal of fear from the self simply means that, when the self perceives the self to have failed, that failure is loved, honored, accepted and forgiven with the same facility and gladness with which the self is able to pat the self on the back for perceived excellences and virtues.

Moving back into the thought of polarity, it is important to love the negative portions of self, the shadow portions of self, as much as the sunny, daylight portions of consciousness that one is most desirous of sharing with the world. Blessed is the entity who is not only able to share positivity with the world but is also able to share the perceptions of his own negative nature with a calm and peaceful heart, with a forgiving and accepting heart.

This does not mean that an entity embraces the darkness of self and becomes the murder, the rapist, the thief, the sloth, the prideful one, and the one who disrespects or covets or lives in envy and hate. It means that, when those emotions are encountered within the self as response to catalyst, that the self is able to gaze upon itself with an unblinking eye, not troubled by judgment but remaining within a peaceful and unconcerned heart. To be afraid of the shadow side of self is to invite the entrance into the life of increasing numbers of what this entity would call vampires or those who attack or greet psychically.

For there is the polarity of the light and the dark that is willing and ready to amplify the basic truth of that person as perceived by itself. Thusly, if that person is able to embrace its perceived failures, its perceived suffering, its perceived disharmony, there is no bias incurred towards punishing the self through the contractions of fear that one is not behaving well or not doing enough or not being supportive enough. It is very easy for an entity experiencing negative emotions to begin a spiral that moves ever downward, where there is self-judgment and self-despising and then the outside consensus reality gradually offers an increasing number of mirrors that project the self to the self, showing images of fear-producing feelings. Thusly, the entity considers itself more and more of a failure; it becomes more and more willing to live in fear, and therefore it shuts itself off from those feelings of harmony, unity and the open flow of catalyst and experience. And thusly suffering occurs.

However, there is just as much efficacy in the smallest improvement in releasing fear. As the entity perceives fear where before it did not, thusly it begins to perceive those key elements which provide the catalyst that increases fear. Once these imbedded points of entry for negative catalyst are located, it may be seen that these are like triggers towards contraction, self-protection and fear. Thusly, the process becomes more and more transparent to the seeking self, and the self begins to be able to disconnect the seemingly fear-producing catalyst from the actual process of turning catalyst into experience. It is a matter of identifying that point when an entity is entering into fear, and, as we said, this is a subtle and usually long-term process. It is an awakening that is most salubrious and certainly, usually, most dearly bought.

There are those things which enrich and deepen an entity's ability to work with catalyst, and predictably we feel that this bliss begins with the silence. Entering into silence is an unnatural decision to the earth-bound entity. There is a tremendous amount of letting go implicit in the training of the self to enter into the silence and to release the contents of the intellectual mind. We heartily recommend this entering into the silence upon a daily basis, because it is a kind of training that is like the exercise of the body that strengthens the muscles.

There are improper exercises that are too strenuous for the body, in that instead of building up the body, they break the body down. It is entirely possible to break the self down through an unwise and excessive use of silence. There are few entities who can work

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with silence all day, every day, for the change rate is dependent upon the amount of time spent in silence. Thusly, we suggest a moderate amount of meditation, producing a moderate rate of change in which the self is not drowned in mind, body and spirit-altering catalyst but rather is able to keep the nose above the water of chaos that describes the nature of change in process.

A further refinement of the entering of the silence which is quite appropriate for the process of getting to know the self well is that which this entity calls the balancing meditation[2], which is recommended to be done at the end of the day, perhaps as one is seeking one's rest, whereby the self moves through the day in imagination, remembering those feelings that were either negative or positive in any degree of intensity and substance. These are the points of catalyst; these are the points of entry into the self of those gifts of destiny and synchronicity which produce for the entity that unceasing flow of incoming catalyst that is designed by the self as it expresses its biases within the incarnative days and weeks and months of its living.

It is an ongoing process, and it does not stop. There is not a point at which one may say, "Now I understand; now I am through with my seeking process; now I am a realized and blissful human being who has entirely awakened and who now is a creature of fourth density, not third density." This is in fact never so. The learning within third density does not stop until the breath is removed from the body, and the consciousness moves on from the physical body to that which this instrument would call Etheria through the processes of the death of the body.

[2] From *The Law of One, Book II*:

QUESTIONER: I am going to make a statement and ask you to comment on its degree of accuracy. I am assuming that the balanced entity would not be swayed either towards positive or negative emotions by any situation which he might confront. By remaining unemotional in any situation, the balanced entity may clearly discern the appropriate and necessary responses in harmony with the Law of One for each situation. Is this correct?

RA: I am Ra. This is an incorrect application of the balancing which we have discussed. The exercise of first experiencing feelings and then consciously discovering their antitheses within the being has as its objective not the smooth flow of feelings both positive and negative while remaining unswayed but rather the objective of becoming unswayed. This is a simpler result and takes much practice, shall we say.

It is as though there were a certain amount of food that is on the table, and the food will continue to be brought to the table until the meal is over. When the meal of life is over, the Creator calls the soul out of incarnation and into the beginning of its next experience. Once this incarnative process has been accomplished, once the plan has been completed, the spirit moves on, freely, easily, indeed effortlessly.

So the issue becomes how one wishes to sculpt and self-create the story that is playing out on the stage of incarnation. The one known as T1 at this point is experiencing catalyst that creates fear. How shall the one known as T1 respond? The answer to this lies within the learning processes of the spiritually-awakening and very sincere seeker. We would not solve this puzzle for the one known as T1, but we hope that the thoughts we have shared offer many points that will aid thinking about this situation.

Remember that each is in truth love itself. Love does not contract; love does not fear; love drives out fear. If the entity is at heart a being of love, and if an entity is able to experience the self as a being of love, this is a tremendously important step towards becoming more skillful in the process of experiencing the self as a person of power, peace, bliss and magical effectiveness. That which is perceived as the truth will become the truth. Thusly, be extremely choosy about that which is accepted as the truth.

One can either protect itself, or one can move into a lack of fear, release protection and embrace learning, with all that that suggests. This would seem to increase pain and yet in effect it works effectively to reduce the pain of living.

None within incarnation is ever alone in this *jihad* or spiritual struggle of self with self. It is tempting to sacrifice the self in various ways in order to reduce suffering. However, it is not skillful. Rather, seek to embrace that which is not understood, asking for understanding but not demanding it; not waiting for it in order to forgive and accept the self and to move on without fear into the daylight of each new morning.

We are always glad to enter into the meditation of one who requests our presence in order that we may help to deepen the state of meditation, and there are many, many others within the inner planes that are glad to be of help if help is requested. Within this instrument's spiritual belief system there are angels

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and archangels and saints, a savior and names of the Creator that color this instrument's ways of addressing the issues which it perceives. Within the mind and the heart of the one known as T1, there are also aspects and names of the Creator as perceived by the self, ways of thinking that have been developed by the self. And these are very personal and intimate and individualistic. Consequently, each entity's path is different.

Each entity's pain is unique to it. Not all entities suffer physical pain, but we assure the one known as T1 that all of those within incarnation are no strangers to negative catalyst or to the suffering that is the inevitable concomitant of life within third density.

We ask you to look at this not as a punishment but as a fertilizer that enriches the soil of self and enables it to grow a better harvest of blossoms and fruit. We wish to each the utter beauty of the blossoming spirit that is increasingly aware of its creator-self and is increasingly willing to lay aside the fears and perceived limitations of the self in order to embrace the one original Thought that is the Creator and that is that Logos which is creative love.

We feel that this is sufficient for this question at this time and welcome further questions if more is desired upon this very interesting subject. For the present, we thank this instrument and those who are members of this sitting group, as well as the one known as T1, and we would leave this group embracing each and enveloping each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. ♣

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Sunday Meditation

September 1, 2002

Group question: The question today has to do with the concept of gratitude. We are told by various sources that we should give praise and thanksgiving in all things whether they be what we think are good or we think are bad, and we would like Q'uo to give us some information today about why this is so effective; why giving praise and thanksgiving in all things seems to produce so much of what we call good or the feeling of being in the right place at the right time, of being in the flow. We appreciate anything Q'uo's got to say about giving praise and thanksgiving.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the infinite light of the one infinite Creator. It is in the Creator's service that we find our joy and our employment, and we are extremely grateful to be called to your group by your desire for seeking. We thank each of you so much for the many things that had to be laid aside in order that you could join this circle at this time. It is a great blessing to us to be able to share our opinions with you on this subject of gratitude and thanksgiving. We ask only one thing of you and that is that you carefully employ your own sense of judgment and discrimination as to those things that we may offer, for they are our opinion. We are not an authority of any kind but rather your brothers and sisters. If you will allow us your ability to discriminate, then we feel that we will not infringe upon your free will by those things which we share. We would greatly appreciate that kindness. And we thank each of you for the beauty that you bring to us as we meditate with you and see the wonderful rainbows that each of you carry. It is a great blessing to us to share in these vibrations; to see that each of you, as the one known as H has said, is the master and at the same time joyfully encased in a shell of flesh and playing the part of the clown and the fool.

What is it to be thankful? What is it to give praise? To seek this, we must go a little deeper than zeroing in on that word of praise or thanksgiving or thanks, because the word, "gratitude" or the word, "thanks" does not in and of itself explain the power of the word or the concept that is behind that word. Indeed, in all spiritual realization, the awareness is bounding beyond the ability of words to describe the textures and the depth of the concepts that are moving through the seeking entity.

Let us pull back enough to gaze at each of you as stars or cosmic entities. Each of you, like a star, has an energy. Each of you is capable of radiation. Each of you is capable of being greatly affected by the radiation of other energy fields. It seems within the veil of flesh that each of you is some little pinpoint of consciousness gazing out at a common world; that is, a world held in common by yourself and all those who agree on consensus reality. Whereas in fact each

of you is the Creator of your universe, and, as the one known as J has said, sometimes it becomes very clear that the universe lies within, that the reality lies within, that all that seems to be "out here"—as this instrument is pushing at the air in front of her body—that "out there" is that space that is around those fragile, delicate, human bodies that you experience at this time. In actuality, this awareness is but a tiny portal upon the awareness which you carry deep within yourself. You carry it as a precious gem. You carry it in rich and fertile soil. You can, through meditation, find those gems of self and ask them to shine for you so that you may see their beauty. For you truly have not simply one but many of these gems within you, crystallized essences of beingness of various hues and energies that you have, through countless lifetimes, developed and in this particular lifetime have come into a specific and a beneficial balance or shall we say dynamic imbalance seeking towards balance asymptotically. This is your character: you are the crystal, the light, the energy that is the deeper aspect of life rather than being a specific shell, a specific weight, a specific appearance, and all these details that appear to be the most important part of consensus reality.

These beings that you are vibrate to the highest truth of which the crystal of your being is allowed to become aware. If the highest truth which you allow yourself is the truth, for instance, of what this instrument would call right and wrong, then you are established to the extent of the truth of that concept in a vibratory nexus, and your spirit will rest within a comfort zone within those thoughts which identify and specify that which is wrong, that which is right, that which is good, and that which is bad. However, neither that which is right nor that which is wrong tends to create, within the energy of an entity, that emotion which partakes of what you have called thanksgiving, praise and gratitude. Rather, it holds one within the spell of this particular density, which is the spell of polarity. It is quite necessary for your environment while you are learning, that polarity be displayed in a marvelous amount of detail; that the details of the physical universe be actually infinite, so that one can lose oneself endlessly in the examination of the illusion. However, in truth, the energy which created all things, which binds all things together, which unifies, is an energy that is so far beyond words that it is ineffable, and yet perhaps one of the closest locutions to that emotion is gratitude.

We normally greet you in the love and in the light of the one infinite Creator. We do this in a fairly formalized way, because we are indicating to ourselves and to each of you what our vibratory energies are. The Logos which is the one infinite Creator's original Thought is that which we call love, and all that is manifested by the energy of this Thought, acted upon by free will, we call light. Part of that light is the energy of your body and the organs within your body and the molecules within those organs and the atoms within those molecules. Then, upon a completely other level, in the finer bodies, in the energy bodies, that energy is pure and more refined, and what each of you has come here to do is to refine that energy further. Whatever love that you came into this incarnation carrying is a part of the gifts of your previous incarnations which you harvested for this particular illusion. You hoped to add to that store and to further refine and purify your idea of what, who, whose, you are. For investigating essence takes one almost instantly beyond the words, and yet this word, gratitude, is so powerful, because it carries the vibrations of the Creator.

Gratitude is not what it seems; gratitude is not a thanksgiving for blessings received. At its best, it is a way of being so that one breathes in thanks and breathes out praise; breathes in that which is and breathes out, "Thank you," not because of any outer detail but because it is the nature of consciousness to find an overwhelming, ever-overflowing cup of beauty and peace. And as one comes into even the shadow of this energy that lies within your hearts, there is an upliftment, and all of the energies that had seemed chaotic within the being begin to find a rhythm and pulse in harmony with the environment about you and the thoughts within you so that all of the finer bodies and the earthly body that is yours and the bodies that are wind and rain and planets all begin to harmonize and to vibrate and to speak to you. And when the universe is speaking to you, then there is always bliss and joy and peace and praise and infinite thanksgiving. The trick of the illusion is to coax one into the seduction of believing that the dynamic dance between the dark and the light can be solved by choosing the light, or the dark, and turning the back upon the other choice. Certainly, a great deal of third-density existence, especially in the beginning of that process of learning that we call third density, has to do almost completely with sorting out that which you as a soul feel is positive

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and that which you as a soul feel is negative; that which is desirable; that which is not preferable. Sorting these dynamics out within the personality doesn't take a great deal of experience for many people, for there are many things that seem fair until they have been utilized and experience has been gained that indicate the failure of that beauty over time and experience.

These are the last days of this particular cycle, and each entity that dwells upon this planet at this time has basically chosen its polarity. Perhaps not in a way that activates the spiritual progress that can indeed be accelerated, but the experience of each has been rich and decisions have been made concerning the choice of the light or the dark. What we ask you to think about, in the context of gratitude, is that land which lies beyond polarity, that unification that is very much of higher densities and very much of the fourth density which is at this time coming so close now to that vibration which is your so-called consensus reality that, more and more, there is a transparency that comes and goes for entities, so that suddenly those truths of fourth density and unconditional love are indeed opened to that entity, and that entity feels, understands and sees, as if "real," the perfection of all things and the beauty of the play of light and dark as the soul spins, evolves, balances and regularizes in that spiral towards oneness with the one infinite Creator.

What is gratitude? Gratitude is breathing in and breathing out with the awareness that this act is a gift. Each of you is like a cut flower. You have sprung from the soil of physicality, you have the life of a blossom, and your only responsibility is to blossom, to be, to share that which you are and take in that which all else is exchanging with each other's energy fields, those dynamics which lie between the two of you. It is easy to give thanks when there are good times, but that is not the heart of thanksgiving. The heart of thanksgiving is to see in all things the gift of manifested experience. Oh how precious that is! Oh, how dear! We cannot convey to you our appreciation of the challenges that you face by being in a physical body and in third density, and yet we say to you that such an adventure calls to us simply because each of you is experiencing, within the illusion, the ten thousand colors and shapes and forms[3] that are what the Creator knows about itself so far. As each of you takes in the air and gives it back out to the universe, you are singing a song that no one else has ever sung, lifting to the heavens a beauty that has never before been seen. And the Creator knows more now than before, because you have been open and vulnerable to experience, and the world and all its experience has been opened and made vulnerable to you. This is the heart of thanksgiving—the knowing that every breath you take is significant, meaningful and helpful to the Creator, truly a gift given and a gift received.

We sense that there are other questions, and the one known as J has specifically said that she would like to question upon a different subject. Consequently, we would like to thank this instrument for its offering, and we would wish to transfer the contact at this time to the one known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

J: Yes, there is. Hello, Q'uo. I am the one known as J, and I just wanted to tell you that we have golden spiral Milky Way needles, and they're made of gold, iridium, palladium, ruthium and rhodium, and, as we understand it, all those metals work on different parts of the body. We use them as healing instruments, pulling out energy that isn't necessary and bringing in light. We're very excited, and we wanted to share that with you, and to get your opinion about our golden spiral needles. Thank you.

I am Q'uo, and we are aware of your query, my sister. We greet you and we are most happy to attempt to speak to this query. If you will remember that which those of Ra spoke concerning the upward spiraling line of light that is the path all creation takes, then these Milky Way needles may be seen to reflect in a small way this upward spiraling line of light in the healing modality, as you attempt to relieve various distortions and imbalances that the

[3] Carla: This expression is a reuse of the Buddhist term of the world of Maya, translated as the world of "the ten thousand things."

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human body, mind and emotions are wont to accumulate from time to time due to the participation in your daily round of activities. If you will also remember that there is a phase shift, shall we say, a change of energy that is possible when entities move in a certain direction. When placing energy into that direction which moves at 90° to that direction, traveling at speeds that are in your measurement great, in what are frequently called craft of the UFO nature, then it is possible to change dimensions or densities of light with this phase shift. If you combine this information with the upward spiraling line of light, you may see this spiraling line of light as being a continuous phase shift, so that there is available to each entity that is seeking the healing from these devices a kind of amplified energy that is able to, shall we say, untangle the knots that are within the mind-body-spirit complex of the entities within this illusion. Another way of looking at these Milky Way needles is to see them as one would see the pyramid energies. The pyramid takes the ever-present energy of prana, the love of the Logos, the intelligent energy which creates all things and focuses it in such-and-such a fashion, much as the drain in your bathtub focuses the water as it leaves through the drain. Thus the pyramid and these Milky Way needles tend to focus this upward-spiraling line of light energy so that it is available in the healing modality.

Is there another query, my sister?

J: Not at this time. Thank you so much for sharing that with me.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I've got one. I've noticed that two very bright lights have moved to town recently, my friend, V, and the one known as H, and, previous to that, I have very recently met others within this circle that seem to me to be very, very resonant with my own personality. I wondered if there was more than synchronicity involved? Are we of the same soul family? I just feel so much resonance with these people, and the energy change is so sudden. It's just noticeable, and I wondered if you could comment on that.

I am Q'uo, and am aware of your query, my sister. Without infringing upon the free will of any present, we may suggest that those present within this circle of seeking and many others as well have, before incarnational life began, made certain arrangements, promises, shall we say, that there would be the effort made at a certain time within the experience of the harvest to give the life's energy and direction to aiding in this harvest. There is always the ability to share the load, shall we say, that those who are of service wish to partake in, for the joy of seeking and seeing and serving the Creator is multiplied manyfold when there are many harvesters, shall we say, working in the same fields. Thus, one may see those entities who have recently joined this circle of seeking and have relocated themselves to this particular geographical area as hearing the sound of the music, shall we say, the music that is the promise made before the incarnation now come to fruition.

Is there a further query, my sister?

Carla: That's beautiful! Do you have a thought about how we can work together, because I know H and I both, as group leaders, have real hopes of somehow acting to unite the planet in love and world friendship. Do you have any suggestions for how we might collaborate better together or what we may support and encourage in each other?

I am Q'uo, and am aware of your query, my sister. Again, we wish not to infringe upon free will by suggesting that which has not been chosen already in your free will. However, we may suggest that each entity within this incarnation is able to be of most service by being most authentically who each entity is. Each has brought certain skills, desires and talents to this incarnation, and each encourages the other most effectively by encouraging each to be, first of all, to be firmly rooted within the harmony, the love and the light of the one infinite Creator, to be who each has determined before the incarnation each can most effectively be. For each of you is unique, though each of you is the one Creator, each of you has yet another way of shining forth that love and light as a faceted jewel. Thus, encourage each other in whatever direction feels most appropriate. Your hearts can tell you the direction, your meditations can show you your heart. Seek them together however you can, and light and love shall come from this joined seeking, light and love which can heal a wounded planet. We then would suggest that you do as you do seek, share and love together.

Is there another query, my sister?

Carla: No, thank you, Q'uo.

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I am Q'uo, and again we thank you, my sister. Is there another query at this time?

R: Yes, I have one. My name is R. With all the earth changes that are happening, the dynamics that are happening with the people that are on this planet at this time, the rage that they're feeling, what is your suggestion to help balance that out towards a smoother experience?

I am Q'uo, and am aware of your query, my sister. We are aware that there are those within this group and within many other groups as well who take time each day to meditate and to pray and to send love and healing energy to all who are in pain; to open their own hearts to the healing love and light of the one Creator; to send that energy to Mother Earth, herself, for her healing as she brings forth a new Earth into fourth density; to send that love and light to each entity upon the planet which feels pain, which feels weariness, which feels the sickness and hate and disappointment and disease and all those other various ailments which can take the attention and turn the mind to darker thoughts and ways of sharing that do not open the heart but close it. We would suggest that, whenever it is possible, upon a regular basis that you take time to pray, to meditate and to send love and light to all who need it.

Is there another query, my sister?

R: I don't know that I have the words for it, it's the astrological things that are going on … how amplified energies are. I'm having a time putting it into words.

Carla: How about "spiritual momentum"?

R: Yeah. There's a lot going on in the positive, but the rage among the people is really amplified. Where's that amplification coming from? Is it just for clarification? It seems like it's more than that.

I am Q'uo, and am aware of your query, my sister. As we mentioned previously, this is the time of harvest, the time of the change of cycles for not only each entity upon this planet but for the planet itself. For all move in the upward spiraling line of light as if in accordance with the hands of a clock striking the hour of change. The time grows short. There is much work yet to do. This planet has for many of your millennia suffered the difficulties of factions warring one against the other. This anger of war and bellicose action has seeped as heat into the crust of the planet, heat which must be released. Each entity, as well as the planet itself, is therefore asked in the spiritual sense to take a larger share of the ability to transmute this heat and anger. Those who have no firm foundation of spiritual seeking or outlet of sharing in a metaphysical manner take this extra share of energy and transfer it as anger. Thus, those who are aware of the change occurring upon the planetary and the cosmic level which reaches into each individual heart, do well to see in their meditations and their prayers hearts that begin to open, minds that begin to open, arms that begin to open, so that there is acceptance and love, compassion and forgiveness, in place of competition and anger, confusion and ignorance. Therefore, we recommend most heartily that the prayers and visualizations be added to you meditations in order to aid other entities in their attempt to open their hearts, which is the purpose for each entity here on the planet at this time. Some are more, shall we say, effective, more able to do this than others. Those who are able to open their hearts first then teach others by example and in their meditations.

Is there a further query, my sister?

R: No. Thank you.

I am Q'uo, and we thank you, my sister, for your query. Is there another query at this time?

(No more queries.)

I am Q'uo. As the queries appear to have been satisfied for the nonce, we would take this opportunity to once again thank each for joining this circle of seeking this day. We are aware that each sacrifices much in order to make the time and space in the daily round of activities available for such a gathering. It is always a great joy to be asked to join you here, and we would remind each that in your own, private meditations, we would be happy to join you there as a conditioning vibration to help deepen your state of meditation. A simple request is all that is necessary, and we shall join you there.

At this time then we shall take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
September 29, 2002

Group question: Our question today has to do with the concept of balancing. We hear a great deal, from many different sources, that balance is important; that we should be looking for ways to balance our lives, and, since each person lives a unique existence, we're wondering if Q'uo could give some information on how we as individuals could determine what we need to do—each of us—to balance our lives. Is there a good general technique of meditation, of contemplation, or study that you would recommend for us to balance our lives so that the responses we make to people and to new situations are our highest and our best?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we come to you this afternoon. We feel so privileged and so blessed to experience each of your beauties. Truly, each of you is a blessing to us; as a gemstone, as a pearl, as that which is beautiful and unique and utterly essential to the wholeness of the universe. We honor you and we thank you for the desires of your heart that have pulled you towards a seeking circle such as this one. We thank you, for our hope has been to share information of a metaphysical nature with those to whom it would be helpful.

As always, our story is fairly simple, but there are an infinite number of ways to discuss unity. We find that to be somewhat ironic but only due to the nature of language. We ask only one thing, as we share our opinions with you: we ask that you understand that we are seekers such as you, those who walk with you upon a path. We perhaps have had more experience, however, we have not had more experience in third density. In fact, we have not had as much, for our third-density experience was brief.

We consider each of you masters. We know that each of you has the capability of moving from this experience into the next classroom of experience at the cessation of this physical incarnation, and we hope by those things that we offer to provide resources for those of you who seek, as this instrument said earlier, to forge a path that allows light from higher densities into the Earth plane where it is desperately needed at this time.

Each of you is already doing this work by breathing in and breathing out. Whether you feel you are in balance or whether you feel that you are riding the crest of chaos! In fact, the very breath that you share, when shared with an open heart, is of fundamental assistance to the planetary sphere upon which you dwell at this time and to the population of that planet, which is one body, of which each of you is an essential part. Therefore, truly it is said that there are

no mistakes, and we simply ask you to realize that, in that context, what we have to say is subjective truth. That concept of truth is a dangerous one for your peoples, and we encourage you to think of our ideas only insofar as they attract you, as they resonate to you, and as they help you to focus with those things with which you are working at this time. We ask you not to see us as authorities or to retain any thoughts of ours which do not seem resonant. With this freedom of will preserved on the part of each of you, then we can feel free to share our opinions with you for what they're worth. And each of you will find different things about that which we say to keep and different things to allow to remain behind. We would encourage this, for, truly, your sense of personal discrimination is a tremendous, powerful and valid resource for each of you. You will know that which is resonant to you. It will come to you as if you were remembering it after a long time of forgetting. It will not feel as new as it will feel familiar and positive. If you do not have this kind of chemical reaction, shall we say, to these thoughts, then leave them behind without a second thought, for the universe, the creation on all levels is full of messages. It does not matter if you miss a message, for another one will be there to take its place. The creation is incredibly, infinitely full of opportunity, and, the more it is realized that the creation is a plastic and even a fluid thing, the more possible it will be for each of you to mine the rich field of experience for the gems that it does contain.

You ask this day concerning balance. This is another concept which is relatively simple to comprehend but infinitely difficult either to delineate or to achieve. We may say a few things concerning balance this day, but by no means could we hope to exhaust the subject. Therefore, if there are remaining questions at the end of this session, we encourage each of you to remember and to bring up those questions that still remain. There will be time at the end of this meeting for questions, and as well it is quite possible to initiate a further question at another channeling if the topic is sufficiently interesting to the group.

Perhaps the first thing that we would discuss concerning the concept of balancing is the model upon which this in built. This instrument tunes according to a certain prayer which is the prayer of St. Francis. In its entirety, it is vibrated thusly:

> Lord, make me an instrument of thy peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is sadness, joy. Oh divine master, teach us to seek not so much to be loved as to love; to be understood as to understand; to be consoled as to console. For it is in pardoning that we are pardoned; it is in giving that we receive; and it is in dying that we rise to eternal life.

This is an excellent tuning prayer for this particular instrument. However, we use it [here] to point out the [model's] dialectical limitations. Balance is not precisely a balance between one side of self and the other side of self. There is not a line dividing half of your body into the positive aspect and [the other] half into the negative aspect. While tuning towards the light is a skillful resource with which to address a momentary calmness and stability of point of view, nevertheless, it is not that which constitutes a true model of what it is to become balanced. There is a flatness to the model that could be described by the X axis and the Y axis; those things to the right of the X axis are positive, those things to the left of the X axis negative, and so forth.

Take this model of the circle that this instrument has described and allow it to become a sphere, an energy field around things. This model would indicate that one were in balance—when? When is a circle in balance? To us, a circle is in balance at all times. The spherical aspect of it creates a situation in which there is no possibility of losing one's balance, there is no possibility of falling. There is only the rolling, the being kicked by deity into different circumstances, and the ability to bounce.

So let us look at this model a little more closely. The thing that entities tend to do when they perceive that they are out of balance is to attempt to correct. This is true when an entity is within an automobile and the car goes into a skid. The less trained an entity is in moving out of a skid, the less likely an entity is to affect positively the direction of the car by those actions which are taken after the self-perceived slip is noticed. The more skillful the person in driving, the more experience that person has had, the quicker that entity will correct [the path of the vehicle]. The secret, of course, is refraining from attempting to steer the car while it is out of control.

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This relates strongly to that saying from what this instrument calls the "AA Prayer," which is:

> Grant me the courage to change what I can, the peace to leave alone what I cannot change and the wisdom to know the difference.

When applied to bringing the physical vehicle, the emotional vehicle, the energy vehicle, the energy field [as a whole], through a skid within the life experience, the first thing that needs to be addressed is the fear of being out of control. The actual situation within the physical experience is that, there is no difference between the skid and the correction except the feeling that it gives to the entity internally. The situation in truth is that, at all times, metaphysically speaking, there is an element of being completely out of control. This is because the entire atmosphere and environment of your planetary sphere and [its] many supporting sub-densities or inner-densities, as this instrument calls them, are completely focused on creating an out-of-control experience that will be cyclically more and then cyclically less in control, allowing each entity who seeks that proper and timely cycle wherein lessons are addressed, are processed, [and] are either learned or not. The cycle moves around, and either the same situation occurs again for that particular entity on that particular theme, or the cycle spirals, because there is now another level that has opened because of prior learning. Consequently, metaphysically speaking, each of you is in the process of infinite change.

Change is uncomfortable by its very nature. It is confusing, and new patterns that are tossed into the life experience by a most humorous deity have a tremendous ability to appear to the untutored eye like pure and complete confusion and chaos. It is only after processing a good deal of new catalyst that a pattern may perhaps become clear, and it is by hindsight, then, that most of us see the true value and benefit of most of the lessons that we have been offered by our higher selves, chosen before this incarnation with great care and great love. The only difference between before incarnation and during incarnation is that, before incarnation, the reasons for these choices were perfectly clear. Within incarnation, all of the sense of the pattern as an integrated whole has to remain beneath a veil of confusion and illusion so that the fundamental nature of the lesson of this density may become slowly and subjectively clear to each in its own way.

This lesson, as we have said many times, revolves around concepts which have to do with a principle that is of the nature of a Thought or a Logos, and that principle cannot be described better within your language than by the word, love. The Logos or love is an energy that has created each of you, that has created each of us, that has created all planetary and stellar bodies, that has created a house for Itself. The Creator of this house is listening, is fascinated, and is hoping that each of you will attack the school year that is known as planet Earth with great appetite and enjoyment. It is seen before incarnation as a place where it would be impossible not to be merry. As the one known as F has said, "How can one not be in a good mood in a beautiful place like this?" And indeed your mimosa bean pods hang down with a beautiful flair in the autumn sunlight and that particular quality of color within the light of autumn is most beautiful not only on your plane but also in the inner planes where we are at this time resting.

It is indescribably beautiful, and there is only one thing that mars the carnival atmosphere, and that is change: the reason that you came! For only in illusion is the perception of real change possible. It is not that there is not a different thought every moment for infinity, it is not that things do not change, for truly no two entities can breathe the same breath twice; no single entity can breathe the same breath more than once. The philosophical river that has for so long been talked about as not being able to be stepped in twice still runs, still changes, and still brings a fresh harvest every day of things that will place the entity in the position of feeling out of balance. Where lies the love in this structure? Love within the structure lies in that which is not seen. It lies beyond the confusion, it lies beyond the circumstances, and it lies in becoming aware of the self as a unit that contains all that there is, in balance or out of balance. All the ingredients lie within, not neatly separated into those that are identifiable as positive and those identifiable as negative but thoroughly and completely mixed, and mixed yet again with the infinite layers of acculturation that each of you has experienced because of how each has heard what each has heard throughout the incarnation. There are many of those within this group whose early experiences within this sphere have been difficult to bear; whose growth as spirits has been distorted in various ways because of assumptions accepted as true, such as, "I am not worthy," "I am not happy," "I am not blessed," "I

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am not lucky," "I am not good enough." We could go on, but basically it is that feeling of being not good enough, of being abandoned, of being stranded in an unsafe place, which charges one with the need to put up defenses.

This brings us back to the idea of the circular, ball-shaped nature of self. Does a ball, does a sphere need defense? Indeed not. In fact, within the civil engineering trade, the building of bridges is only possible in some cases because of ball bearings that are placed at points of balance within the structure, because the circle can hold much, much more pressure and weight and more of a changing load than any other structure, anything with corners. This means that people can use the circular form to stabilize large structures, and, if the nature of the energy field is seen to be round and spherical, then it may perhaps more easily be seen that the way to become a balanced entity is not the dialectic of, "Oh, I see the dark; I must replace it with the light." But as the one known as J said, "Oh, I see the dark; let me love it with my light. Let it all become one thing within the heart." The heart that is within each of you is a haven that is already in balance. There is a pre-incarnational setting that you may be able to change somewhat through the course of an entire lifetime. You are hoping that you will be able to adjust the way you perceive information so that the information that you receive is less and less distorted. One of the goals of balancing is to decrease distortion, and, as this instrument has said earlier in this conversation, to become integrated, to become not only that entity who loves but that entity who is loved, so that one begins to feel the fullness of self and the rightness of having all that there is within one entity. This part of balancing simply clears the field by removing as much distortion from the perceptions that are incoming as possible.

So let us move from the concept of sphericalness or not cringing from difficult experiences, to another facet of the balancing experience. That is the great importance of not only allowing oneself to fall, [but] allowing oneself in those moments of self-perceived chaos to move with the chaos. Indeed, to feel as if one is falling down and not coping but also to begin to allow the self to laugh about it, to take it lightly. We have said through this instrument many times that we encourage you to love that which is beyond yourself and take it very seriously but we encourage you also to take yourself lightly. For those things which are the highest and the best within you are those things which simply need to be found within the self and allowed to express. They are already there; they are hiding behind things like defensiveness, fear, all of those reactions that are, as Buddhists would say, not particularly skillful. There is a great deal to be said for this point of view of skillfulness. However, it does not come into congruency with the thought that is behind the skill, which is that of love. There is nothing restrained about the love of the infinite Creator, nor is there anything restrained about the power of those energies that move through each of you at all times. There is distortion in the incoming data that you receive with ear, with eye, from reading, from opinion and so forth. It comes in roughly and raw, and some of it is true and some of it is not; some of it is of good report, and some of it is simply gossip; some is true, some is false. How shall you judge yourself? How shall you look at the momentary experiences of the day and say, "This was a good thought; this was a non-skillful thought"?

There are many ways to address the subject. The best way that we know to tell you is that the key is emotion. You are of the concept, because you have a biological computer called a brain, that you are here to think better, and indeed in many ways as a side-effect of spiritual improvement in the constitution, there is also an improvement in the thinking. However, the harvest of planet Earth is not a thought, not on the level of ideas. Rather, it is a pure emotion. It is a thought that is creative, that has to itself the nature of a principle that engenders more of itself or children of itself, so that each of your thoughts, each of these moments during any day when something crystallizes for you emotionally and you have a specific reaction, whether it is a positive emotion seemingly or seemingly a negative one, offers …

(Pause)

We must indeed state that we cannot describe that which it offers except to tell a story. This instrument was communicating [earlier, by letter,] with an entity who talked to her about "Lunchables," if you are familiar with this product which contains cheese, meat and crackers. She [the writer] was thinking about the difference between perceiving something in one structure and perceiving it in a different structure, and she was eating these little crackers and

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cheese. She discovered that if she put the crackers, then the turkey, then the cheese upon each other in that order, they tasted one way; if she changed the order, she had a different experience, and yet they were the same ingredients. This entity said to this instrument, "How can it be that Lunchables would teach me a spiritual lesson?" And we say to you that this is the nature of balance. Everything has a message to those whose energies crystallize at the moment that the message is coming through. There will be a continuation of messages for each seeking spirit. There is no concern about whether or not you get them all; there will be another one in five minutes or half an hour. There is no waiting in terms of spiritual learning.

Indeed, all you must decide is how fast you can change; how much you can transform while still remaining stable, productive and all of those other attributes that are valued by yourself and the culture in which you live. It is only that limitation that keeps each entity from progressing very, very quickly. And indeed we would advise against very quick advances and very quick changes. We would suggest to each of you that each find the way to remove toxic intensity from any day in which it occurs. In other words, quite often the reaction of one who has learned something and is excited about learning more is to do more and more meditation, more and more balancing exercises, more and more visualizations, and so forth, which simply creates a faster rate of change until the stable, everyday self is offered a crisis that expresses to that entity the nature of that entity's limitations as far as being able to change beyond a certain rate of acceleration. The thing to be aware of within the self is what this instrument would call burn-out, where there has been a massive application of principle, truth and the various resources of the "spiritual supermarket," as the one known as T has called it, and circuits are blown, and consequently there is that time where distance must be set between the self and the spiritual seeking. Those entities who are not capable of toning down their efforts with the ability to laugh at the self are those who are most vulnerable to spiritual exhaustion. For those who wish over a long period of time to make sustained and serious efforts in opening up the self to the realization of self, we encourage laughter, we encourage good friends supporting each other, we encourage each finding the ways that relaxation truly comes, that lightening-up really happens.

It is not the same for all entities. One entity can relax perfectly well doing stitchery, another entity reading, another entity walking in the woods. Another entity may have the need to remain active at all times. Whatever the pattern, that pattern itself and the emotions that it calls up are those items of real interest. How am I perceiving this structure, this that presents itself to me, this gestalt? How can I juggle and play and dance with this and change the structure of the way I am thinking of the contents of this constructed situation that will improve my capacity to be comfortable while I am not in balance? These are excellent questions to ask of the self, because truly reality is a plastic, illusion that is very penetrable by belief and perception. That which you perceive is that which is subjectively true. If the perception or the belief changes, the body itself will believe the perception rather than the actual circumstance. Therefore, if each of you happened to be hypnotized and then placed in a situation where there was physical discomfort and yet one was told that it was not occurring, the entity's body would not feel pain. Conversely, if an entity is told that he is being touched by fire, in the absence of any fire on the physical, that entity's body may well blister and burn. Belief becomes the reaction to the body.

This means that the belief that you have about what you are experiencing can create a wide range of actual occurrences, for the belief system triggers the response to the situation. The way that the so-called human experience works is not particularly objective. Indeed, it is extremely subjective. It is extremely permeable, and you have much more power over your universe than you know. So another level in working with the balancing is to see that you have the creative power to reconstruct not the situation itself but how it is looked at, what point of view is used. What difference, may we ask, would there be between a drama or even a soap opera and a sitcom? What difference is there between melodrama and drawing room farce except the way that the entities respond to the undoubtedly somewhat mired situation that is required in order for a play of any kind to occur, whether it be a comedy, a drama or a tragedy? How can you create a sitcom, so that there are laughs and saving graces to the life experience that inevitably includes all of the crazy things that occur upon planet Earth; all the things that seem unfair, all the things that pull at one, all the things that create emotion?

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For you see, each of you, balanced or unbalanced, is constantly sending a signal. Each receives the same signal; each receives the infinite love and light in infinite supply at all times moving from the roots of being, from the roots of the body, spiraling upwards through the self and out into the universe again. The magic here is involved in your nature and how you refract that upward-spiraling light in such a way as to create your own color, your own luminosity, your own way of offering light back to the infinite Creator. So what you are really responsible for here is simply becoming more who you are, for who you are is a spiritual, energetic being, and it is something that is encased and often buried in that illusion which is flesh and those persuasive seductions that the physical world offers; seductions such as the need to feed the self, the need to create warmth for the self with inclement weather, the need to appear to be this or that way in regard to other people. All of the needs are for a seduction of the senses and a seduction of the emotion. It is as if each were at a magic carnival and one could either spend time upon the rides going around and around, or one could bring one's bounty to the carnival and have it judged to be "best chocolate cake" or "best tomato." It is a choice of where to put the mind, where to put the energy, where to put the love. If you are loving, you are in balance. You can be upside down or sideways or flat on your back in the illusion, but, if your heart is open, we ask you to be utterly pleased and satisfied and to move on into the moment to mind some of the wonderful, spontaneously available breath and spirit and *je ne sais quoi* of that particular moment; that intersection of space/time and time/space in which this perfect moment became possible.

Each breath in and each breath out is so precious. We dwell in our present density in a much more expanded time frame relative to your own, and we see the preciousness of breathing in and breathing out for only seventy-five thousand years, and we see especially at this time the preciousness of breathing in and breathing out for perhaps the last of the series of incarnations within third density. It is truly a transformational and magical time. The subjective feeling of being out of balance is inevitable. The truth always lies in the knowledge that all is well, and all will be well. Where you put your energy is precisely where you should be putting your energy even if, in subjective terms, analytical terms or in the opinion of others, it is incorrect. Know that you will always come about to a new tack when you feel it from within. Know that, until you feel it from within, it is better to continue to collect data, to absorb and to feel, and then to observe the feelings, to learn from those out-of-control, seemingly unbalanced emotions where the mind is, where the heart is, where the catalyst is, what the lessons are.

The lessons usually have to do with the giving and the receiving of love. As the one known as V has said, it is much easier to give than to receive. Many within this group are working with the ability to receive love, so there is never an assumption that this or that situation is helpful and this other situation is not helpful. Know that many times this situation is the reverse of that which it seems to be.

This instrument is informing us that we have been far too wordy, and we shall need to move on. We thank you so much for asking such an interesting question, and we would like to transfer this contact to the one known as Jim so that his energy may be used in answering further questions. We thank this instrument for its service, and we leave it in love and in light. We are those known to you as the principle of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries of a shorter nature that may remain upon the minds of any of those present. May we ask at this time, then, if there is a query to which we may speak?

J: Yes, hello, Q'uo. This is J, and I was wondering if you could just speak to me briefly about any suggestions you might have about how I can use these healing instruments, the phi-ratio spirals, with my clients to be in service to others, and if you could just briefly speak to me about the clockwise and the counter-clockwise motion of them and how they might send out of the body or into the body. Thank you very much.

I am Q'uo, and I am aware of your query, my sister. As you are working with those who present themselves to you for your healing energies and efforts, it may be helpful to spend a few moments at the beginning of each session in meditation together in order that those energies which are in the subconscious mind and which are attempting to

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make an impression upon the conscious mind might do so, for it is truly said that all healing will come from within the entity to be healed and simply needs an avenue over which it might travel, shall we say. This avenue can be provided by each of you seeking the resources of the subconscious mind.

As to the clockwise and counter-clockwise spiraling effect of these tools for healing, we would recommend that the attempt to send energy into a body or portion of the body may best be accomplished by using those energies which move in a clockwise fashion. Thus, the prana or infinite love and light of the one Creator may be sent more speedily and precisely to a certain location by using the clockwise spiral and by visualizing this energy moving into the spiral and into the body as this tool is used, so the counter-clockwise spiral then is most helpful in the removing the energy from the physical body or a portion thereof, again, seeking the counsel of the subconscious, moving in the intuitive response from the subconscious in a fashion which allows a visualization to assist the use of the counter-clockwise spiral.

Is there a further query, my sister?

J: No, thank you very much.

I am Q'uo. We thank you, my sister. Is there another query at this time?

Carla: Let me follow up to J's question and just ask if the image that you're offering is that of its coming from the needle into the energy field of the body and then also moving up the spiral so it's not just a one-way energy flow, it's a connection between the infinite and that infinite within self through the needle, but it's also being pulled by the desire from above as it is being sent from above. Is that right? Is the dynamic there one of a partnership between the body that's receiving and the energy that's moving through?

I am Q'uo. This is correct, my sister.

Carla: Thanks.

Again, we thank you, my sister, for your efforts. Is there another query at this time?

S: I have one or two. It's kind of interesting, I've been reading on the spiritual value of mazes and things like that, and there's a crop circle I have here that would be—I guess—a perfect candidate for a spiral maze, and I was wondering if you could tell me what this particular crop circle represented and your ideas on such a maze?

I am Q'uo, and am aware of your query, my brother. The spiral maze which you refer to is a pattern of energy progression which may be projected in a specified fashion according to the intention of the entity utilizing it. This is to say, it is a tool which may function according to your use of it. It may be that which enhances the environment in which it is constructed if that is your desire. It may be that which enhances the health and well-being of those who enter into it if that is your desire; it may be that which enhances the well-being of the planetary sphere upon which you dwell, if that be your desire. Thus, you may see, it is the intention of the magician, shall we say, the entity which utilizes the tool for healing and transfer of energy that determines the effect, the outcome or the results.

Is there a further query, my brother?

Steve: Can it be all of those? Does it have to be a single one, or can it be all three?

I am Q'uo, and am aware of your query, my brother, and this too is possible. It is the desire, the intention, the direction that is important in determining how any such tool is used.

Is there another query, my brother?

S: The last one I have was …There is a lady we work with; she just recently has gotten married, and her husband has some very severe back issues, apparently all his life, and I'm wondering if you had any words of wit or wisdom that we may offer to help her be of assistance to him?

I am Q'uo, and am aware of your query, my brother. In looking at the physical vehicle and the various distortions of such that may occur during an incarnation, the back region is that area which signifies support for the entity. When there is a feeling within the entity's being that it is unable to support someone around it or itself or is unable to be supported by such entities, oftentimes, there will be a difficulty in this physical region. It is therefore necessary for the determination of the specific cause that the entity experiencing the distortion have the desire first of all to untangle the riddle; that some means of untangling be utilized. Whether this be contemplation, meditation, prayer, the intellectual analysis of the experience, or whatever means is

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useful to such an entity, there needs be some method chosen to seek the untangling of the riddle.

Is there a further query, my brother?

S: Not from me, thanks.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I have a question about the music at the beginning. It's in two parts. Number one, was that intended by, shall we say, unseen forces and, if so, was the point simply to make us aware by using a song with no key that changes chords and keys constantly?

I am Q'uo, and am aware of your query, my sister. In this instance for you, this is the correct interpretation. For each other entity present, there may be a different interpretation. For the one known as Jim, attempting to arrange the music, this was a practice in accepting that which was.

Is there another query, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo, and again we thank you. Is there another query at this time?

D: I'm D. I have the observation that came to me as we were discussing the counter-clockwise and clockwise spirals, and that was this: that, if you think of love as one spiral, one direction, hitting somebody else, it's reflected just as in a mirror; reflected in a counter-clockwise direction which again, in hitting another person, another mirror, reversed in a clockwise direction, on and on, clockwise, counter-clockwise, love reflected as it is applied. It's just an observation that came through as I was listening to the discussion.

I am Q'uo, and we appreciate your observation and would note that it is indeed one very valid interpretation of the spiral effect. Is there another query at this time?

D: I'm D again, and thinking about the harvesting process and putting in terms of the time frame that we understand, could you express to us what kind of time would be involved in the harvesting process that we are entering into now?

I am Q'uo, and am aware of your query, my brother. The time of harvest is now. There are many souls who move through the doors of what you call death which move them into the light and [they] remain in that light for as long as it is possible to enjoy the light before it becomes too glaring, too strong and too intense. Then the step from the light is made, and for many at this time the step is into the fourth density of compassion and understanding. The length in your measurement in terms of months or years is not that which any can accurately assess, for it is indeed a fluid process responsive to the group mind/body/spirit complexes that populate your planet at this time and the choices that are made by individuals and groups seeking to share the light, seeking to become the light. Thus, it is possible for a great amount of work to be done in a short period of your time due to the traumatic nature of many experiences and events taking place upon your Earth world at this time. Thus, we cannot with any certainty give you even a general idea beyond a decade or two, which we realize is not terribly specific according to your measurements of time and experience.

Is there a further query?

Don: No, thank you, Q'uo.

I am Q'uo, and again we thank you, my brother. Is there another query at this time?

(No further queries.)

I am Q'uo, and we would take this opportunity to thank each once again for joining us and inviting us to this circle of seeking. We realize that we have spoken overly long, and we apologize for our wordiness, but it is such joy to join you in your circle of seeking, and we rejoice at each opportunity and invitation. We would remind each that we are available at any time that you would wish us to join you in your meditation to help deepen the meditation. A simple request mentally is all that is necessary for us to join you there.

At this time, we shall take our leave of this instrument and this group. We leave each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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Sunday Meditation
October 6, 2002

Group question: The question today concerns the power of thought and the power of belief of the words that we speak to ourselves and the images that we create from these words and these beliefs and how this image can be changed according to how beliefs change. We would like for Q'uo to give us some information on how we can create our own images; how we can change the way we talk to ourselves, the words we speak in our minds, and the images that we see. This is, I guess, a personal mythology—the way we look at ourselves and the way we look at the world through the creation of ourselves, so anything Q'uo would have to add to this thought, we would appreciate very much.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in Whose service we are. We thank you each for arranging the details of your life so that you are able to join this circle of seeking. We thank you for the opportunity to share our thoughts. We are most happy to do so with the request, as always, that each of you takes what you feel is good from those opinions which we share and by all means leave all of those things which do not seem to be as fair to you behind without a second thought. This will enable us to feel that freedom which comes from being a neighbor and a friend whose opinion is worth sharing, without feeling that we have represented ourselves to you as authorities or teachers, for truly we are as you: those who walk upon a path and those who reach out in service to others. We have a tremendous sea of things in common: the creation that we share is one.

You ask this day about the power one's self-image has to affect one's life. Indeed, this is an endlessly interesting question, because it revolves without end in terms of the effect of feedback and how the echo of feedback never actually ends, so that, not only is there a feeling of progression to the energy of one's being as one experiences the illusion of time, there is also that sense of each moment being its own perfected entity which is established as the truth of that moment and which moves out endlessly into the creation of the Father as a perfect offering of that moment, that time, that space and that truth, so that the truth is always coming from you in its perfect form at the same time that it is forever in development in the process of birth to the ever-new moment.

The one known as J has suggested that it is quite possible that the experience or the illusion that each of you shares at this time is one which has been assisted or enhanced, shall we say, by those beings of higher densities who have compassion upon those who have gone through a tremendous amount of change. In this supposition, the one known as J was indicating that, indeed, perhaps the much talked about latter days, rather than being imminent, have actually already occurred, and, were this to be so, this suggestion is that all of those who indeed did

graduate at that time still might have experienced so much trauma at the changes made at the shift between the old world and the new that the souls of those within this room and perhaps within this planet were placed, as it were, upon a stage that was created specifically as a hologram substituting for the world which was the old world. This new world then would be a world which was constructed to be a safe haven for those positive entities whose work was done within third density but who were not quite ready yet to spread their wings and accept the full light of fourth density without their physical vehicles. We do not state that this is true, but we do state that this is a wonderful way to envision the consensus reality which you face at this time, because it is efficacious in allowing you to see that you have an enormous amount of power over your consciousness and the experiences of that stream of consciousness.

Certainly we can say that, regardless of the model used to discuss the transition times into fourth density, the membrane between densities is semi-permeable and increasingly so as the time moves from moon to moon and year to year. Already you have experienced a great deal of shifting and opening up of energies, of patterns changing, and these things have been experienced, not because necessarily they were chosen but perhaps inadvertently, so that change has multiplied upon change, and it is easy to feel that one is completely unable to control one's life. However, we would suggest to you that the issue of control is a kind of seduction designed to limit the ability to envision and to dream when one is allowed to be cast loose from one's circumstances so that one exists in that space between all things: between densities, between energies, in the water, shall we say, that the creation swims within. It can be seen that this "between place" is actually the womb within which the self is birthed from moment to moment, and, as the self is birthed, so is the creation. It is difficult to grasp that one does create the stars, the bodies within the heavens, all of the amazing and cosmic structures of energy and balance that no one's mind in any density could actually grip, wield and change, yet each of you, by the way he thinks of himself and the way he tells his story to himself, creates the stars of a certain color and in a certain order, creates a universe that wraps around him like a cloak and prepares him for that journey which, in his own mind, is the business of his life.

Each of you has this kind of creatorship, and each is feeling this ability to change the feelings with which life is replete. Each has talked before this meditation began of ways in which the thoughts have been used to create a better environment for the self. The one known as Jim was speaking of how he had begun to realize that that which he had told himself made a difference in how he felt. From the tiniest thing that you say to yourself to the largest, each word and each thought is an energy that has the power to create change in your consciousness and in the world around you. The more you are able to focus upon this power to speak truth, the more transparent the environment is to the echoes of new thoughts. The one known as R was creating lists of words that took power away and words that gave power, and they were words like "follow" or "choose," "I can't do it" or "miracle." The possibilities within the mind that are allowed to the self become the possibilities that are possible within your world. If you can allow yourself the time and space to move within that closet of self and simply listen to the self as it is, the information that comes to you is that sense of self that has drifted beyond the campfire of everyday talk and moved into the cry of the wolf, the beaming of the stars, the energy of the Great Mother and the light of eternity. What do you dream? What do you hope? We say to you, as you dream, take that time in which you color your dreams with care and love and the self-respect that all dreams deserve. The ideals that seemed fair at earlier points in the life may indeed have become tarnished. They may even seem to have failed and to have become vitiated and destroyed by experiences which you have undergone.

How much of disappointment within yourself is true, and how much of it is the tail end of other peoples' stories which they have told to you? The one known as T suggested earlier that there was tremendous power in releasing all thoughts of forgiveness in a certain stubborn situation and moving instead to thoughts of forgetting completely the past. To this entity we say, these thoughts have the power to change the life. It is a sweet mystery, the sugar-bear[4] of truth hiding in the forest of

[4] Carla: This odd phrase comes from an early poem of mine, written in 1975:

Sugar Bear

I hear crickets outside the car window,
Run my fingers through the damp
Softness of the summer night.

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opinion with the undergrowth of words, words and more words. Each word has its roots and its blossoms, and the words that you plant in the flowerbeds of your sentences, your thoughts, the things that you share with others, have their own beauty, aroma and color. We are not suggesting that your life should be a coloring book to dabble at on a day when there is nothing better to do, for we realize that each of you is moving very quickly through days that seem all too short, and we grasp the fact that it does not seem that there is a great deal of time to spend upon the details of each thought, each word used, and so forth. And yet we would suggest to you that any care that you can take with the things that you think to yourself about yourself will be rewarded, and this reward will echo and re-echo and spiral if you are able to continue to monitor your own inner conversations.

In this instrument, for instance, there is a longstanding distortion towards self-criticism, and this is basically an internalizing of childhood voices that this instrument has heard in the past. In no case does this instrument have to continue hearing this particular voice, it being the voice of her parents, both parents having passed from your illusion. However, as is the case with most children, no matter how old the child gets, there lives within that mature person a tremendously powerful memory of every hurtful word that has ever been spoken [to the child]. Unfortunately for the playful aspect of self, the serious aspect of living a life within the physical illusion sounds its steady toll of time and space and calls all to experience responsibility and accountability for the thoughts and desires of one's own heart. When the moment comes that you can see into this conversation that may have ancient and irrelevant voices within it, you will be more able not simply to silence those voices but to lay them into an appropriate and loving place in deep memory with blessing and with love, so that you may indeed forget, not simply forgive the voices that would bring you down and make you feel small, but, [rather,] forget them. This forgetting and forgiving of the old voices can release a tremendous power of change within the life pattern.

If you do not choose then to say to the self when a mistake is made, "Oh, you stupid person, you have made a mistake," then what would you choose to say instead? Is there indeed any dishonor in making an error? Is there a necessity to judge beyond the need to correct the error? For most entities, there is. There is always the need to make a judgment. The reasons for this, indeed, would be the subject of another discussion, but, for the entity within third density, the tendency is to make a judgment every single time an event occurs. Knowing this about yourself, then perhaps you can think upon what kind of judgments you would like for yourself to make. It may seem pretty obvious that it is not a good idea to tell the self that the self is stupid or getting old or losing memory, and yet each in this room has said these things to the self at various times. What would be your substitute for this self-comment? Perhaps the embracing of compassion for the self and a willingness to move on has more energy for the positive than any words that you might find to soften the blow of judgment.

It is a difficult thing to grasp in the world of the mind where things seem so clear-cut, but in actuality your illusion is set up with some precision to prevent any entity from being correct for very long at a time. The need of this illusion is fundamentally the need for confusion. Too much clarity within third density creates a pleasant and long third density. Each of you is experiencing the culmination of far more powerful ways of experiencing third density. These ways have been rough, and each trail has been mazed, and yet the progress that each of you has made is outstanding. In all of this confusion, each has found the end of a rainbow and is following that vision.

We encourage more than anything else this basic faith in self that sees beyond the mistakes of the moment and trusts in the excellence of that self that lies within like an undiscovered country. Were this instrument never again to say to itself, "You're just not good enough." would she be good enough? Were the one known as Jim never to say again, "I just can't remember like I used to," would he remember as he used to? Perhaps, but the words that truly hurt the self are the words of judgment that create a contraction and a sorrow within the heart,

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The future is laid out before me like roads,
One turn leading to the next,
Finally, the driveway and home.
Except for the crickets, there are no distractions,
Right and left marked only in a dark tattoo
Across satin, ebony skin.
Benevolent creature, Night,
Furry, honeyed one, sweet, let me see,
Sugar bear, what is my destiny?

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and so we encourage you to cease bringing sorrow to your own heart, for it is in no way necessary. Each lesson that comes before you has its learning curve. Each learning curve has many moments of seeming failure. Indeed, the only way to learn is to fail repeatedly in such a way that learning occurs. The mechanisms of learning are assisted not by resisting the pain of learning but by speaking it, chanting it, expressing it, having a dance with it, so that there is a movement of energy and a lifting of the spirit that deals with whatever is being dealt with at the time. The one known as R said earlier life is not about working, it is about playing, and this is a good sentence to use as an example for how you can speak to yourself in certain ways. All things take effort. Shall you call that effort work, or shall you call it play? Shall you call it walking, or shall you call it dancing? Shall you call it speaking, or shall you call it singing? Shall you define yourself as prose, or shall you allow yourself to be poetry?

There is a way to play with the textures, qualities and tonalities of life. In this playing, all of the forces of nature wait to play with you, and, when the mind is released into this playing mode, there is a tremendous outburst of energy from angelic and from inner-planes nature sources who are just waiting to play with anyone else who is also playing. For the dance is ongoing, and that which you are is that which moves into this dance, becomes part of this dance, and becomes the dance.

What is your self-image? We ask each of you to define this for yourself at a time when you are simply contemplating what your myth of self is. As this instrument has said, she is a legend in her own mind, and each of you is that. Each of you is a story you've told yourself. It is not simply a birth, a childhood, an education, and a series of experiences as an adult; it is a story with shape and moods and energy and fire, that is, if you wish to tell yourself a story that has energy and fire. The one known as Jim can tell himself that he is cutting grass, or he can tell himself he is dancing with the devas. This instrument can tell herself that she is a bookkeeper, or she can tell herself that she touches people's lives with love. Each of you can look at the simple facts of the life and weave many different stories depending upon those things which are chosen to emphasize and those things which are forgotten and left behind. It is your world, and the possibilities of a world that is created just as you wish it are endless. Imagine the effect if more and more entities within your Earth world truly, deeply and honestly found that energy within which is the energy of peace, that peace which passes all understanding! Have you considered why there is not peace within the world at this time? When there is not peace within the human heart, what story can the human race tell itself? Is there even a belief in the ideal of peace? Is there a willingness to know that peace is the truth and that strife is the illusion? This instrument and the one known as R earlier were working upon the words of a song. It seemed to this instrument at the time that the words were growing like grass; sprouting up and opening to the sunshine. What artful dodgers words are, slippery, forever changing, always shifting in their nuances and their tones. Words are difficult to use with absolute justice, and yet the power of each word is the power of the [spirit of the concept]. The power of concept is infinite; the power of belief is infinite. The beliefs that you have create themselves as true within your body, within your mind and within your life. May you believe well; may you seek truly and deeply your own story.

We would at this time transfer from this instrument to the one known as Jim to complete this communication, and we thank this instrument and would leave her in love and in light. We are those of Q'uo. We would transfer at this time.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. It is our privilege once again to ask if there may be any further queries to which we may speak at this time. Is there another query at this time?

T: I have a question. You said that forgetting was a good idea as a helpful aid in the act of forgiveness. I assume though that there are times when you can't forget, and I don't mean that you're not able to forget but that maybe you shouldn't for other reasons, physical reasons, I don't know, you just come in on times when maybe you should not completely forget. There's a mixture of forgetting and forgiving at that point … or is all the forgiving in the forgetting?

I am Q'uo, and am aware of your query, my brother. The forgetting to its completion is the definition of forgiveness. Most, however, find that there is work to do in forgiving another before one may forget that which brought up the catalyst and placed a barrier

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between the two. It is not always easy to forget. For as long as one has an emotional investment in the catalyst which has arisen, then there is work to do in communication, in analysis, in meditation and finally in forgiveness as one is able to see another as the self and is able to accept those as the Creator. This usually takes a significant portion of your time.

(Pause)

I am Q'uo, and am again with this instrument. We appreciate your patience. Is there another query at this time?

T: Not from me, thank you.

I am Q'uo. We thank you, my brother. May we speak to any other point at this time?

J: Hi, Q'uo, this is J, and I have a question. I'm not sure, respecting my free will, if you'll be able to answer or not, but I was wondering if you could tell me if my soul has been higher than third density previously to where it is now.

I am Q'uo, and am aware of your query, my sister. To this query we may answer, yes indeed, for this is true for all entities. For all have been complete in their unity with the one Creator. In the sense in which you speak, we can confirm that you are indeed that which may be called a wanderer who has previous experience in densities beyond the third and who has come to this third-density planet for the opportunity to be of service as it is birthed into a new level of evolution.

Is there another query, my sister?

J: No, thank you very much for that answer.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

S: I have one. You mentioned earlier that, say we're [doing] so well. How can we know when we're doing well; how do we see the unseen?

I am Q'uo, and am aware of your query, my brother, and to this query we must say regretfully, for third-density entities, you cannot know. Understanding is not of this density; this density, my friend, requires that one operate with faith, with will and move forward in that strength, for that which can be known subjectively in this illusion is but a poor print. For there is much beneath [and] beyond that which is seen, that which is sensed, that which can be known in any particular way in your illusion. For all is a symbol here; all stands for something else, and it is a great riddle, a great knot, shall we say, that each has the task of untying and untangling, and many lifetimes are spent in attempting to do just this thing; to reduce the great complexity of this illusion to the simplicity of an individual incarnation, and each effort to accomplish this great goal is rewarded by a small amount of a sense of possibility, shall we say, of a direction, of a homing where one feels, where one hopes, where one wishes, and where one places one's faith as surely as one aims the bow and the arrow at a target and strikes that target surely as one has the faith that the arrow flies truly.

Is there another query, my brother?

S: Not right now, thanks.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

(No further queries.)

I am Q'uo. As it appears that we have exhausted the queries for this session of speaking, we would once again pause briefly to thank each for inviting our presence this day in your circle of seeking. It is always our great privilege and pleasure to join you here. At this time, we shall take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
October 20, 2002

Group question: The question today, Q'uo, has to do with what is happening for the individual seeker; [what is] the metaphysical reality of what's going on in our world today as each of us struggles to understand inner spiritual truths [while] we are caught in the swirl of economic, political, social and other activities that are just increasing at exponential rates. We're wondering what is really going on, when you consider that the various religions of the world have all been affected in one way or another by negatively-oriented entities trying to sway our ability to believe and where we put our faith. [They] have had some success, in causing us to have thousands of years of war as the concept of the holy war is born and carried out in each of the religions. In the Old Testament, for the Christians, there was a New Testament; there was a new covenant. Jesus brought the way of loving one's neighbor. There seems to have been for the last couple of thousand years a smaller and smaller group of people who really feel committed to the way of Christ. Could you give us an idea of just what's happening in the way of metaphysical and spiritual evolution planet-wide and individual-wide and how our various religions and their current difficulties are being affected?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator in Whose service we are privileged to be. We thank you for the opportunity to share our thoughts with you on this interesting subject and would ask only that each of you uses your discrimination to winnow out those thoughts that are useful to you from those that are as the chaff that may blow by, [letting them] be released from the need to have meaning. We ask that you not treat us as authorities but as those who have opinions, and subject everything that all authorities or so-called authorities offer to you to the searching gaze of your own powers of discrimination, which we assure you are excellent. Trust and believe in those feelings of resonance and those feelings of flatness that separate out for you those truths that are yours this day and those that are irrelevant to your situation. This will give us the elbow-room, shall we say, that we need to be able to feel that we are not infringing upon your free will but are only sharing the opinion of friends.

You ask this day, what is occurring with the individual who is moving through this particular phase of evolution upon your planet at this time; what is occurring individually, what is occurring in terms of the religions of the world, and what is occurring in that ever-changing intersection between the metaphysical that is unspoken and the metaphysical that has been delineated by those of a certain set of dogmatic beliefs. This intersection changes constantly, and yet it does have fairly consistent, shall we say, structures that are typical, and so we may in some degree generalize about this. But [we] would always point out that there is no

generality that is true in all cases. Your world religions indeed have had a long-term habit of turning from the original impetus of a certain way of religious believing to the machinations of what this instrument would call the priestly class, and here is a generality that we share with you that applies to this priestly class: the causes of spirituality are without politics and have to do with an instinct that is bred into the bone of your species. However, the religions of the human animal are those structures that are taken from a spiritual system and recreated in such a way as to benefit or be seen to benefit this particular class of ruling church leaders. The energy of religion, therefore, as opposed to that energy which is purely spiritual, tends towards moving into those areas of dogmatic and rigid belief systems that vitiate the pure strain of compassion and devotion that the religious system, as it is begun, offers; taking away little by little those freedoms to doubt, to disbelieve, and to explore that create the opportunity for the individual entity within human incarnation to seek and know the truth for the self.

The impulse or instinct to spirituality is that which bites at man's heels and calls his thirsting faculty of hope forward at all times, thereby increasing continually the energy towards individual knowing or knowledge. The energy of religion is that which, more and more as the years go by, has a tendency towards removing bits and pieces of the believer's free range of will so that, more and more, that entity which wishes to be part of a religious system must then yield up the right to judge for the self in an increasingly large number of areas of dogmatic belief. Each time that spirituality is hardened into a dogmatic belief and faith is exchanged for the tenets of a creed, the personal power and the personal responsibility for the self, the thoughts of the self and the progression of the evolution of the self is released in order to choose a structure in which there is no further responsibility for knowledge but only the responsibility of repeating those pieces of perceived knowledge that have been handed down from authorities. In this effort to organize and then maintain a religion, the emphasis almost inevitably turns from the excitement, fervor and joy of religious seeking to the maintenance, increase in productivity of, and enlargement of the existing corporate system.

The benefits of spirituality, then, are those which accrue to that careful and thoughtful entity who does not resonate to the defined belief systems that are available and instead chooses to create, day by day and perception by perception, an independent path of seeking. That system of knowledge can never be more than subjective. There is a desire within the third-density entity for this knowledge, and from this striving, on an individual level, has come the term, "gnostic." This term simply indicates someone who is involved in [creating] a personal path of seeking the truth. Those who find resonance within religions are, and, in this way we generalize overly much also, basically of two types. The first type is, as this instrument is, one who has found its niche within an established belief system, has chosen the path of mysticism which simply steps aside from all dogmatic questions and focuses upon devotion and service. [The second] type of entity [is one] which desires to fit into a group, to belong to that group and have choices taken away from it rather than left to it, so that there is not the need to judge that which is truth, that which is gnosis but, rather, only the need to learn the individual points of belief of the system to which they wish to belong, at which point they then feel that they are safe.

The one known as T was asking earlier about why such deeply religious people as some of his friends and relations would be so governed by fear, and perhaps it can be seen in this light that the entity who chooses the established and carefully delineated way of belief that focuses on a specific set of beliefs that make a system are choosing this structure because it feels safe. Thusly, one may see in general that the entity who has chosen to seek a personal path is less a creature of fear than the entity who feels that it is necessary to hew to a dogmatic set of beliefs and to define spirituality in terms of a laundry list of those things that are believed and those things that are felt to be not worthy of attention or even harmful to the developing spiritual entity. Along one path lies an enhanced feeling of chaos, for with free will does come more confusion or, shall we say, apparent confusion. There is less company for the one who decides to make choices for himself, and it is a rockier and more difficult path at the outset. It is our observation, on the other hand, of those who follow the path of religion that there is indeed a tremendous amount of solace in being part of a group. We find that there is a large degree of complete sincerity in the belief system of many entities within religion and those that have the capacity to be of service to others and to think along terms of offering their love in all situations, yet who

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do not have a grasp of their own spiritual nature, but instead have been content to rest in the structures built by others. For that is what your temples are, those outward structures that have been created as sacred spaces and that do indeed create an atmosphere, through a long number of years and a long number of generations of workers, that is palpable and that can be felt.

We are not attempting by this description to condemn all religions, for all religions began with the yeasty, powerful, muscular energy of new vision, new realization, and new inspiration. Indeed, it is possible for those within church structures, whether they be Christian, Jewish, Muslim, Shinto or other structures of religion, to remain Gnostic; to remain those upon a personal path; to be those who do not compromise that which they feel within their hearts to be true simply because an authority figure suggests that it must be true. However, there is a substantial portion of the population of your planet that has indeed been affected by religion in the way that those detractors of religion have suggested through history, that being that religion is a drug, a kind of addiction which keeps the "little people" contented with their difficult lives as those who have their primary use in making money for other entities. This strays far afield from the simple, single, elementary truth that connects all entities, whether truth is that which is perceived within a pilgrim heart that is moving out into that personal path of seeking, or whether that same loving heart is content with the patterns that it has been given. The vibrations in which the heart is moving, that tune that the heart is singing, has the capacity to be perfectly one with all that there is. And, indeed, at the heart of all vibrations, of all energy fields that denote an entity, there is that perfectly balanced, totally creative, original Thought that is purely true, so that at the heart of the chaos that is each entity's unknown self lies the Creator in all of Its creative genius, in all of Its lack of limits, in all of Its power to create and to destroy.

This is the truth that underlies vast differences in opinion. It is the truth from which stems the completely unpredictable potential of all third-density entities to achieve realization in an instant; to find the epiphany in the turning of a leaf or the turning of a page. It may seem at one moment that two entities are so far apart that they could never agree, yet such is the capacity of the human heart to embrace truth when it is perceived that any two entities may in one, strong, fine moment find that rainbow bridge that unites them and release the bonds of fear which girdle so many entities to the load-bearing help of organized religion.

We are aware of your discussion before this meditation and are very sympathetic with those feelings of disappointment and even betrayal that so many among your peoples feel at the news programs which discuss the failings of those priests within organized religions whose behavior towards children has been undesirable in the extreme. The patterns of service to self and service to others have their cleanest and most healthy expression outside the biasing and distorting energies of organized religion. In particular, we would point out the lack of validity within that church which you call the Roman Catholic Church of certain practices, the specific one which we have in mind being celibacy, which indeed was not part of the original spiritual roots of this fairly mystical and person-driven, gnosis-driven system of spirituality discussed by those of the Essene sect of mysticism within Aramea [such as] the one known as Jesus and the one known as John the Baptist. This generative spark which the one known as Jim has called the New Testament, the new promise, the new plan, was offered as a very simple and unitary way of being.

The requirements of this particular covenant or testament were that each entity would love the Creator and love the neighbor as the self. All of the law and the prophets, then, depended upon this basic truth, and, when there were discrepancies, the simple requirements preceded and updated the requirements of the Old Testament. We do not need to point out to any of you that the origins of this that is called Christianity among your people were not hewn to with much faith for very long, for there soon came to be an increasing effort to regularize, preserve and establish the church of Jesus the Christ as a Church rather than as a community of teachers and students. When this grew to a certain degree, for political reasons and reasons of social and economic power, it was decided that the discipline of celibacy would be placed as a requirement for being a priest in this particular church. When some entities are born, one of their choices for their incarnation may be celibacy. For many others throughout the centuries since this decision was made, not by those seeking truth but by those seeking power, many have

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been in a position of desiring to be a priest and needing to accept the strictures of that position including celibacy. We would suggest in this instance as in many others in the history of your religions that the requirement in and of itself is an unbalanced one, and it is not surprising that there have been unhealthful and insalubrious distortions that have come about in the personalities and actions of those who truly desired to be of service to others but who, along the way in attempting to deal with an outer, physical organization called the Church, have found themselves in difficult and unbalanced situations which they were not able to control. Please note that there is no political, religious, economic or social system that does not have its imbalances, inadequacies and potentials for abuse.

It is to be noted that the vast, vast majority of those in positions of this kind have pure souls, clean hearts, and no actions of which they must be ashamed. Further, we would suggest that the pattern of distortion remains the same throughout the institutions of the world. We would suggest that there is no more difficulty in one religious structure than in another once the structure has been penetrated and enough has been learned about the abuses of that particular system to be able to speak clearly and without injustice of that particular system. It is, shall we say, the predilection of third-density entities to find ever-new ways to create a sense of comfort, a sense of power, a sense of confidence; to aggrandize the self and to protect the self in some way. These are all ways in which it is the illusion that is seen; it is the illusion that is manipulated, and yet it is the spirit within that loses the opportunities to seek in a clearer, more lucid way because of being caught up in the various distortions of a particular system.

But each of you swims in an archipelago of distortion. There is the distortion from each of the helpers that touch the life of the young and the innocent child: the teacher, the sales clerk, the babysitter, the children of friends, the mothers of friends. All of these comprise part of the world in which the child lives. All of these teachers and friends and parents and those who truly do care for the child have their own biases and distortions, their own fears, and their own projections of their hopes and dreams for that child which they are offering to the child. Is it any wonder, then, that, as the child grows, it becomes more and more steeped in the acculturative forces around it so that, more and more, the child begins to give away its ability to seek, its clarity of mind, its sharpness of questioning? Think of the very young child, and you think of a child who is asking questions. Think of the older child who is at the start of the teenage years, as this instrument would call it, and see how that entity's basis of self has been eroded in terms of that which is that entity's alone, in order to be replaced, by choice, with the look that is appropriate, with the sayings that are those of the group to which this child belongs. In one way and then another and then another, the child's mind has been taught that in this and this and this area, this is the perceived truth, and there is no need or hunger for more. When this has been truly successful, it is that which keeps an entity asleep, which keeps that yearning for true inner vision at a minimum, and I think these are the concerns that justifiably can fill the hearts of those who feel that there is the possibility of subjective, personal knowledge and who mourn those energies within a culture which are attempting to stop that energy from moving forward by, shall we say, the empty calories of dogma rather than faith.

Now let us switch gears and gaze a bit towards the end-times scenario which your conversation previous to this meditation dealt with to some extent. Several of you were wondering what the negatively-oriented entity wants, how the negative entity perceives this time of graduation, and how it wishes to see things go. This is a complex question, for this [group of] negative polarity upon your planet has been to some extent distorted by a group of higher-density negative entities, primarily those of the fifth density, who have found that if entities can be kept from choosing either the positive or the negative path, and if they can be taught a maximum degree of fear, so that their minds are worried and their hearts are troubled at all times, this creates a kind of food which is used by these higher-density entities for the equivalent of an excellent diet.

The political and social history of your peoples—as you were speaking earlier of Atlantis and ancient cultures and then those that are more modern—have been these generations of those whose fear, terror, anger, hostility and pain have been offered up as food to the forces that enjoy that world of dark shadows and negative emotions. Consequently, there is almost no true negative polarity in the sense of an organized group of people that work together for the

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graduation into fourth-density negative of the planet or even of a group of its people. Those who have truly found the possibility of graduation in the negative sense within this particular harvest have been those whose focus has been extremely self-absorbed and unassociated with the energies that look, from the outside in, like negative polarity. The creators of your present global situation, then, are not entities of tremendous negative polarity but rather are those entities who have been most effective in shaping the society towards maximum degrees of control over others through the uses of what this instrument would call the media, so that these are not terrifying dragons but rather dupes for fifth-density entities who are using them as well as all others within the planetary system insofar as they can be taught to hate, to covet, to control. These are the energies that are encouraged along with the fear that lies beneath such policies.

All of this dwells in the illusion, is washed by the waters of consciousness that stream endlessly through the illusion, carrying the waters of truth and beauty and life. It does not matter how intense the outer forces of fear and negativity are when the heart of an entity rests in faith, in hope and in love: faith that all is well, hope in every hopeless situation, and love of all things, of all biases, of all entities. Rest and perfect peace, how beautiful those words are, and yet this instrument has asked over and over again since 9/11/2001, "What is perfect peace? What is the peace that passes understanding? In what does that consist, is there in my heart already?" This instrument has asked over and over again, "That peace, do I know it already? Am I squashing it; am I pressing it down out of my reach by my choices?"

We suggest to you that this peace is a state of mind, a state of consciousness, a way of vibrating. When fear runs through the system, this state of mind is unavailable. When the fear is dropped from the illusion by the choice of the entity, this state of consciousness becomes available. Many are those among your peoples who have attempted through drugs to find this state of perfect peace, but we suggest that this peace lies within your heart, it is your native and natural environment; it is real, it is not the illusion. It is one tiny, thin veil from you at this time, for fourth density truly is coming upon you. Thusly, your faculties of faith, hope and love have an increasing amount of potential to take hold within your life. We encourage all forms of positivity within your minds, within the way you talk to yourselves within your hearts, for that state of consciousness which you create day by day and hour by hour within yourself is as the training wheels for that spontaneous and unrehearsed state of consciousness that comes to you as you awaken to the new day.

We would at this time apologize for the length of our discussion and transfer this contact to the one known as Jim. We thank this instrument and leave it in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. At this time, we would ask if there may be any shorter queries to which we may speak briefly, as we realize that we have spoken overly long to begin this week. Is there a shorter query at this time?

T: Yes, I have a question. I alluded to this earlier. It involves when you see something that may go the way you would like it to go at the expense of another, and you catch yourself having to actively resist hoping that this event will happen which basically will help you but doesn't help the other person and actually could be at the expense of this other person. How does one go about not doing that? It sounds simplistic, but any comments you may have would be greatly appreciated.

I am Q'uo, and aware of your query, my brother. We are also aware that we speak, as the one known as Abigail would say, in an overly-long fashion, and she complains[5].

We shall be brief. As you look at your daily round of activities, you will see various instances in which there is the opportunity to practice that which you know, shall we say, that which is of one piece with the one Creator, the unity of all creation. There are many catalysts that present themselves to you during your daily round of activities that will test resolve, that you may be able to express that which you know in a spontaneous fashion or [that you] will be unable to do so and will mentally take note of this which you may call a challenge, a test, a catalyst, perhaps even a failure.

[5] Abigail, a 16-year-old Siamese cat, had begun a serenade of some force. She was calmed.

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However, we suggest to you that, as you look at these various opportunities to practice your knowledge and to live your love, it is only natural that you shall come up short in some instances, for you are not perfect beings. There are few within the creation of the one Creator that do not notice the deviation of the consciousness from that which is straight and true, the love and the light of the one Creator. When you feel yourself moving away from that which is part of your being, take note, perhaps pause for a moment in your own contemplation or meditation, seek to heal that which is in need of healing, to make whole that which is broken, to make straight that which is curved, to become that which is your highest ideal. Do not chastise yourself because you have fallen short. Rather, use this opportunity to increase the resolve, to follow the path of the seeker of truth and the one who would serve the Creator in all he or she would meet during the daily round of activities.

Is there another query, my brother?

T: No, not from me, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

S: I have one. My wife and I have been talking of late and contemplating. We've noticed in our round of activities, I guess, signs or appearances of, I guess to best describe it, it seems like somebody is—how should I put it—messing with her, something or someone or some entity, whether work activities, home activities, other activities, and we just seem to feel there's a strong coincidence and presence of somebody or something messing with her life, as you will. Could you offer any help or assistance or ideas on this situation?

I am Q'uo, and we are aware of your query, my brother. Many entities upon this planetary surface are so full of light and so full of the ability to direct the energy of their own existence that they are attractive, shall we say, to those of the lower astral realms who lack this ability to focus their own energies and accomplish what you might call metaphysical work. Oftentimes an entity in the third density, such as the one known as C, who has these great abilities to accomplish various kinds of work, be it the physical work of this illusion or the metaphysical work of realizing spiritual principles, and who have, for one reason or another, blocked their own energies, create a, shall we say, gap in the faith, an insertion of doubt in one area or another [which] then provides an opportunity for those of the lower astral to attach themselves to this entity at this point of blockage and to begin to utilize that doubt, that portion of fear, that deviation from what is possible within, to energize their own undirected existence. This is more common than one would first imagine, for there are always, within the natural environment, those entities that are seen as the parasite, that which feeds upon the energy system of another rather than propelling itself by its own motivational ability to accomplish that which it wishes to accomplish.

Thus, there is the need from time to time for entities to cleanse themselves—more specifically their auric fields—of such entities, for all who seek sincerely upon the positive path of service to others radiate a kind of light that is seen as a power, a beacon, a resource, that which can be plundered, shall we say, if there are certain circumstances within the third-density entity's auric field. We have mentioned those qualities of doubt, of fear, of lack of assurance that there is a path to follow and a way in which to do this. Thus, we suggest that each finds a means which is effective for the individual to accomplish this cleansing. Whether [you use] what you would call the smudging, as we have heard it called, the use of various elements of water, of salt, of garlic and so forth, to rid the self and the environment of one's own dwelling place of such entities is unimportant. What is important is that you find that technique which has meaning to you and utilize it upon a periodic basis, much as one would cleanse the teeth, wash the body, and so forth.

Is there a further query, my brother?

S: Hmm … any specific recommendations that you might elaborate on in this type of case?

I am Q'uo, and am aware of your query, my brother, and, as we spoke previously, it is necessary that the entity accomplishing this cleansing choose the possibility that is most, shall we say, in harmony or resonance with that that entity's own sensibilities. If the entity is steeped in one of your religious traditions, each has a cleansing method that is utilized. If it is, shall we say, more the case that the entity is a seeker in what you would call the metaphysical or pilgrim's path of the spiritual journey, then there are far more avenues available. We mentioned the smudging, the salt, the garlic.

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There are ritual words of cleansing available in the texts known as *The Law of One*; there are other texts such as the one by Dion Fortune available for the choosing of the ritual of the most effectiveness. We cannot be more specific, for to do so would be to choose for an entity that which is most efficaciously [chosen] for the self. Thus, we only can point general directions.

Is there another query, my brother?

S: Not from me right now. Thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

J: Yeah … Hi, Q'uo, this is J, and I just have one quick question. I was wondering if you have a color or a certain note or vibration that we can understand?

I am Q'uo, and am aware of your query, my sister. As we are composed of a variety of entities forming this principle which you call Q'uo, there is also a variety of colors and notes that would denote our qualities or purpose. However, we are unable either to voice the note through this instrument or clearly transmit the color which is toward the violet portion of your spectrum but is of another quality. The answer is yes, but we cannot speak or give them through this instrument. We apologize.

Is there another query, my sister?

J: No, thank you. Thanks.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

S: I had a discussion earlier talking about the idea of second and/or third-density humans, *per se.* Could you tell me what you see in, from your perspective, that idea?

I am Q'uo, and am aware of your query, my brother. To the best of our knowledge, the time of harvest upon your planet which is now is that time during which the seniority by vibration of incarnation is used exclusively for the determination of who shall have the opportunity to partake in the third-density illusion at this time. Thus, those who are most able to benefit from the short time remaining are those who are offered this opportunity at this time.

Is there a further query, my brother?

S: Not from me right now. Thank you very much.

I am Q'uo, and again we thank you, my brother, for your query. Is there a final query at this time?

(No further queries.)

Carla: Thanks for all the good energy, Q'uo.

J: Happy full moon!

I am Q'uo, and we will take this opportunity once again to thank each present for joining in this circle of seeking and for inviting us to do the same. It is our great privilege to do so. We again apologize for speaking overly long. We so enjoy these gatherings that we do not keep track of your time, as you may perhaps wish we would.

We are known to you as those of Q'uo, and we would take our leave of this instrument at this time, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
November 3, 2002

Group question: The question today, Q'uo, has to do with the intensity of catalyst that we feel. We've heard it said that most learning that is efficient takes place with some sort of trauma. We're wondering why that is. Is it due to the intensity of the lesson we wish to learn? And is the lesson we wish to learn discernible from the catalyst that we experience, or do we need to look deeper than the catalyst we experience? We would like for you to give us some information concerning how we experience our catalyst; how we can be more efficient in using our catalyst? Is it in dealing with the catalyst itself that we see what we're trying to learn, or do we need to meditate more to discover the lesson? Do we need to work with our dreams? Do we need to do essays? Do we need to be doing something besides just looking at the catalyst that is available in our daily lives?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and the light of the one infinite Creator. It is a true blessing for us to be able to serve your group at this time, and we thank you for the privilege of being called by your request for information. We are most happy to share our humble thoughts with you with the request that you listen with a careful ear to those things that we would say, rejecting all those things that do not resonate to you personally. This will enable us to feel that we have the opportunity to speak without being perceived as authorities or in any way limiting your free will or your ability to choose for yourself those thoughts that you would value and use as resources.

The [answer to the question] which you ask this day resides within the nuances of your everyday experience. You ask concerning the nature of perceived experience, for each has experienced those situations which seem to constitute a challenge of one kind or another, and these challenges are not perceived as being comfortable or convenient. Questions arise when such catalyst is encountered, such as the one known as V asked, "What is the universe attempting to say to me? What am I attempting to say to myself?" And, as the one known as T has pointed out, at the end of all questions of this kind, the one question that is sure to remain is that question that children ask with such stunning simplicity, why does it have to happen at all?

Rather than deal with this question at this level, we find that it would be useful to remove our point of view to a place which is less local than global, is less personal than planetary, and is less a part of culture and more a part of the archetype. The one known as Jim is quite accurate in supposing that there are more levels to catalyst than either literally or figuratively meet the eye. There are, shall we say, three basic levels of catalyst and certainly many sublevels of catalyst. The first level is the level of the surface reality, what this instrument would call consensus reality. On this level, situations have ripened into manifestation, and often there are choices to make concerning physical details such as

the setting of limits, the choosing of resources, selection of options.

Upon the second level of catalyst lie the underlying qualities which, in combination, ripening through natural processes of the spiritual evolution as well as physical and emotional cycles, create the shape of the story that appears within the personal movie of the life, shall we say. For each has a long-running, full-color movie which is being made up of the multilayered and many-leveled story of the life of the one known to each of you as "I." At this second level of catalyst, there is a tremendous amount of power within the simple knowing that you are not alone, neither in your suffering nor in your confusion, but rather each of you is the center of concern, care, love and protection of several of those beings who dwell within your inner planes. Each entity who moves through the gates of incarnation into third-density existence has three of these presences. They may be characterized in different ways. This instrument was trained to characterize them as male, female and unified or androgynous. However, in addition to these entities which this instrument has a tendency to call "angelic," there may be added to your panel of support any number of those who are attracted by your energy, your hopes, your ideals and faith or the lovely light and color of your appreciation of beauty or your devotion to service. These entities cannot help directly with the choosing of the first level of catalyst. These entities cannot make decisions for you concerning the setting of limits, the choosing of options, the selection of the various details of surface catalyst. However, if remembered and included, these presences are able to energize the forces around you to vibrate with information that will aid you as you seek to make the choices that the catalyst has brought out. These underlying shapes are shapes made by those who move in the ways of learning to love and to be loved.

When you are asking for the help of angels and guides, it is well to begin with thanksgiving, with praise and with confidence in yourself, in those who are helping you, and in the perfection of that which is quite apparently imperfect.

The third level of catalyst is the archetypical. Within this level of catalyst lie your most powerful tools for transforming the very nature of your state of consciousness in such a way that it remains within a state of bliss even as it is moving through perceived imperfections. Within this level of catalyst, however, the energies are deep, dark and slow to respond to the conscious mind. Working at this level of catalyst, the greatest resource is silence. It is at the foundation or archetypical level that one practices the presence of the infinite Creator. It is at this level that one becomes a creature of one's own heart, accepting the interiority of the self and opening to that unknown room within, which one of this instrument's favorite poets called "the rag and bone shop of the heart.[6]" Yes, each of you does have indeed the rags and the bones, the teeth and the hair, and the memories of how you gained and lost all of those things, and those things lie within the pack-rat heart until the energies are appropriate for cleaning house, for dusting and tidying and gathering up the garbage into a bin for removal from the life, from the memory, from the need to feel responsible.

The one known as T asked a poignant question in the conversation preceding this meditation, describing a halcyon, golden day within his life in which he basically felt that there was some progress made and some realization gained. This entity awoke to a new day and found that with this new day came challenges of such a nature as to remove those feelings of comfort, serenity and joy and replace them, seemingly of necessity, with feelings of limitation, aggravation and separation. "How can we learn to retain that feeling of realization when the next catalyst occurs?" asked this entity, and we feel that this is the question upon which we would focus for the remainder of this instrument's portion of this communication.

That which you experience as a life seems to have a very steady roll and rhythm to it, as if it were anchored with the birth and the death, and the unrolling ribbon between is just long enough to fit. Yet we find that the experiences of a lifetime are only in part that which is trapped within time and space upon the, shall we say, surface of the time/space continuum which you at [this] time travel within incarnation. Fully half or more of that which you experience as part of a seemingly continuous and unremarkable presence that unrolls steadily before

[6] William B. Yeats, *The Circus Animals' Desertion* (l. 35–40):

> A mound of refuse or the sweepings of a street,
> Old kettles, old bottles, and a broken can,
> Old iron, old bones, old rags, that raving slut
> Who keeps the till. Now that my ladder's gone,
> I must lie down where all the ladders start,
> In the foul rag-and-bone shop of the heart.

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you is actually called to the present from the future or the past by those patterns of thought which circle around the questions of loving and being loved. One of the questions that was asked was, "Can we work with these challenges by identifying the chakra of the energy body which is bearing the brunt of this challenge?" and the answer is in part, "Yes, these considerations are always helpful." However, we would suggest that there is also skill and art in throwing open the windows of the self to the light within, to the hope within, to the faith within, so that there is a growing awareness in yourself, as you work with catalyst, that you are only partially a creature of time and space. In another portion of yourself, you are a universal and infinite being, a dweller in eternity and one who has given gifts to the self from the future and from the past that feed into the present moment, because there is a need for the nuances, for the lessons of loving and being loved. No matter where the energy centers are that are being stressed by the challenges experienced, the lessons will continue to be about love.

As wisdom feeds into the daily life, that wisdom expresses itself as different realizations of what love is, new and invigorating awarenesses of what it is to share unconditional love, and, for those who are in advanced lessons within incarnation, the challenges are nuanced by the shadings of the energies of accepting the love offerings of others. Many are the times that a negatively presenting set of circumstances has as its formative cause the need to learn the lesson of accepting the love that is given to one. It is in almost every case among those who are positively oriented far easier to learn the lessons of loving than those of being truly, unconditionally, utterly and completely loved. The resistance to the truth of that creates a good deal of murkiness within the patterns that are created through the archetypical and secondary systems of catalyst.

Consequently, we would suggest the value of dwelling not so much upon the first level of catalyst in thinking about what to do concerning the challenges of the catalyst [as upon] thinking more or allowing more time to process the secondary level of catalyst and the archetypical level of catalyst. This would translate into actions such as pondering, as the one known as Jim has said, those items which lie before the mind during moments of work where the attention is not taken by detail, musing along one's way as one drives in the car or walks within nature, and always, in order to call in those archetypical sources of information, it is helpful to spend time in the meditative state invoking the silence of self that allows that still, small voice of guidance within to have its time to shine like a daystar in the heart. Angels surround you beating with silent wings, their trumpets raised. They play that hosanna of praise and thanksgiving that fills the universe with song.

The magic of this vision lies all about you. Every corner of your consensus reality is crowded with magic. All of the creation of the infinite One is as responsive to you as the entity sitting next to you and is perhaps more aware of you and who you truly are than any entity whom you may meet within the physical illusion. These entities—these plants, these animals, these elements—have found simpler ways to love and to be loved than are available within third density, and that direct, intuitive and unhesitating way of loving and accepting love is a great lesson that you may pick up at any time from the wind, the rain, the fire on your grate, and the earth of your own body. The more that you are able to rest within this unity with all things at this very simple level, the sturdier your spirit will be at retaining that vibration of praise, thanksgiving and joy which is the steady state of awareness shared by those who dwell completely within the creation of the one infinite Logos.

What is your identity? Whenever you can, keep a part of your identity quite clearly within your mind as being one with all, one with all you seek, one with all that you do not seek, one with all you understand and one with all you do not understand, one with all of whom you approve and one with all of whom you do not approve. It is not that we ask you to ignore the catalyst of daily life. We hope that you will participate to the extent that you feel that you make many, many foolish errors. Why would we hope that you make errors? Precisely as each of you has supposed in the conversation preceding this discussion that we have with you now, there are many times where, according to the plan for learning that constitutes your particular incarnation, you have chosen to [take up] a nexus of decision. On the surface, it is a decision concerning details; at the secondary level, it is a decision concerning love; at the archetypical level, it is always a decision concerning the nature and the mission of the self. Let yourself slide up and down, in and out of these levels, not disrespecting one level or valuing one level

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more than another but seeing both, that all things are what they seem and that nothing is as it seems, and that both of these realizations may lead you to skillful acts.

As we leave this instrument, we would simply say that, as always, we remain ready to move into meditation with you as you request our presence. There are, as we just said, many entities just waiting for the invitation to be part of your magical world, your blueprint for transformation. It is a good plan. You have all chosen well. You have chosen, indeed, for an intensity or density of catalyst, hoping both to learn and to serve, and each of you is doing well. Naturally, because of the nature of the physical illusion, there is seldom a finished or symmetrical feel to everyday existence, and yet, as this instrument has often said, once one has found that place for the first time, there is a wonderful and ever-present space wherein one is in tabernacle with the infinite One resting in love and in light, and infinitely full of the one Creator.

We would at this time transfer this contact to the one known as Jim, that we may answer any questions that remain within the minds of those within this group. We greatly thank this group for asking this question and would at this time leave this instrument in love and in light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you in love and in light through this instrument. May we speak to any further queries at this time?

V: Q'uo, I was thinking about my pets this week, and just the nature of the pets as they relate to third-density humans. My recollection is that some pets are second density and some pets are even beginning or early levels of third density. As third density is moving into fourth density, will our pets follow into fourth density? I guess it's a multilevel question in that I'm not sure how fourth density works with us moving into fourth density, if we will remain in fourth density on this planet or if we will go to other planets in fourth that will accommodate or support fourth-density entities. At what level are pets capable of remaining with us? Is there any such thing as a pet, *per se*, in the higher densities beyond third or fourth ?

I am Q'uo, and am aware of your query, my sister. This is not a simple query, as one might imagine, for the experience of all consciousness is movement toward the Creator. There are for each entity companions, energy fields of intelligence that move in rhythm and harmony with you, at various portions of your evolution. Whether one calls an energy field a "pet" or a "person" is dependent, of course, upon the individuality of that source of energy. When the spirit complex has been awakened within any energy field, then there is that which we have called a mind/body/spirit complex. In your illusion, the third density in which you now inhabit, you have the companionship of those you have called the pet. In many instances, these entities, through long experience with many of those whom you would call masters—some of which have been totally experienced with one such master, others with more—have the ability to give and receive that which we call love. That is the determining factor as to the density level of the entity called a pet.

As these entities are more and more able to appreciate that quality of love, support and nurturing that is given to them by those that are their masters, so then these entities learn to give that known as love as well, so that there is a giving and a receiving that appreciates the balancing nature of fully-developed love. That these entities may approach their own graduation is also certain; that they shall continue as a pet is unlikely, for these entities, then, are able to exercise their own free will in a way which is not as likely for a second-density entity that willingly gives over its care and decision-making to another. That these entities shall continue as companions is likely, for there is always an appreciation that it is possible that there will be a maturation of the relationship which is most likely to occur, for the appreciation for the relationship is that which is based upon love and which is the, shall we say, thread that binds the two. Many times, there is a student-teacher relationship which develops from that which was formerly the master and the pet. There are throughout all of creation relationships which partake of greater knowledge, a sharing with that which calls for the knowledge, the love, the light, and the desire to serve that are the motivating factors for all intelligence within the creation of the one Creator. Thus, you may rest assured that, when love has been given and received, there is a bond that continues.

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May we speak further, my sister?

V: No, thank you. I appreciate that.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I have a question: The last time that we had a channeling meditation, I got an energy in the channel that was a little different than anything that I'd experienced before in that there was a tremendous amount of energy and pressure behind the source of information, and, even though I talked as fast as I could, I was probably only expressing about 10-15% of what I could have if I'd somehow been able to speak sufficiently quickly to get everything from the stream as it was coming past. I wonder if you could say anything to me about the experience of that. I haven't been able to figure out what made it unique in terms of anybody special visiting the group or any particular great energy that happened to be behind the question. Any comments would be helpful.

I am Q'uo, and am aware of your query, my sister. The cycle which is most in sway for this particular type of service that is the vocal channel is the cycle of the adept, as we have heard this group call it. The eighteen-day cycle moves in the form of the sine wave with certain days being more propitious, shall we say, for such undertakings. The experience of the pressure is the experience of the availability of information to one such as yourself which serves as instrument. When one is able to open one's own instrument in a clear fashion, putting aside the personal drama and coloration of the day, and is able to find the favor of the particular day within this adept's cycle that is at the peak of the ability to receive information, then the information seems to come much more easily and clearly, without the struggle to define the concept, to pick a certain word or feel capable of describing that which is seen before the inner eye. The experience is one which leaves the trace of vividness which you have experienced and which may, with some profit to future experiences, be plotted upon a graph in order to know when this cycle is available.

Is there a further query, my sister?

Carla: Well, further comment, and I would be glad to have you comment on my comment. I discovered in talking to the people that experience that with me, from the standpoint of listening to it rather than producing it, that there was an overall experience of too many words to be able to grasp any of them, so that it seems to me it would be to my benefit to learn how not to do that, how to retain the clarity but remove the prolixity. Any comments you can give on that would be helpful, I'm sure.

I am Q'uo, and am aware of your query, my sister. It is much as the downhill skier, whose image we place in this instrument's mind, taking the corners more swiftly than usual, feeling uncomfortable as the skill is mastered. Though you have practiced for many of your years to serve as a vocal instrument, for all instruments there is a great deal of work that can be done to refine the art. Learning to experience the prolixity of words and to find the heart of the concept and the perfect word to describe it is as the fast turns for the skier and will become more comfortable for you to experience in future sessions.

Is there a further query, my sister?

Carla: No, thank you. I look forward to not … what shall I say … banging on the ears of our meditation group so much in the future. Thank you very much.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

S: Yeah, Q'uo, could you tell us who of your group are with us tonight? Can you tell us about yourselves and just a general idea of what energies are with us tonight?

I am Q'uo, and am aware of your query, my brother. When we of Q'uo speak with you, there is a joining of a number of social memory complexes which have had previous experience in communication with this group and which have lent their energies in order that this contact might be made possible. Those of Latwii were the first to be in long-term contact with this group, though those of Hatonn, who have later joined as a more active portion of the principle known as Q'uo, were first to initiate contact with this group in its early days. Those of Ra have been a, shall we say, a guiding principle, or over-arching energy, which has made this formation of our group possible by blending their portion of love and light to form Q'uo with Hatonn and Latwii. This is the core, or Q'uo. There are also others from the Confederation of Planets in the Service of the One Infinite Creator that have joined this circle of seeking from time to time as its composition has required or requested certain elements that are

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accentuated in these other entities, some of which have names and some of which do not.

Is there a further query, my brother?

S: Not from me, thank you, Q'uo.

I am Q'uo. We thank you, my brother. Is there a final query at this time?

V: I have one that's relative to what S was asking. When the principle was formulated, how did you come up with and what is the energy related to the vibratory complex, "Q'uo"?

I am Q'uo, and am aware of your query, my sister. We make this instrument smile. It has been a long time since he saw his 10th grade Latin teacher. In this study of the language known as Latin, there is the word, "quo," which asks who, what, where, when. We were attempting to give this group a clue as to who we were. More specifically, we were attempting to inspire this group to ask who we were. Our efforts were minimal, for it took this group nearly two years of your time to ask.

V: That's 'cause I wasn't here before. I've been wanting to know this for a long time.

[I am Q'uo.] Our choice perhaps could have been more, shall we say, piquing to the interest. We chose as we did hoping that one of the two instruments would remember high school Latin. We appreciate the time factor, for not all learn as quickly as do others. We shall learn to choose perhaps more interesting names in your future. For now, we remain those of Q'uo, and at this time we shall thank each once again for inviting our presence in your circle of seeking this day.

We are known to you as those of Q'uo. We take our leave of this instrument and this group. We leave each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Special Meditation
November 8, 2002

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in this novel way of meeting as a circle of seeking, and we thank you for the great privilege of being called to this circle to join your meditation, to plumb those questions which you would ask with those responses which we may feel free to offer, knowing that each will listen with the greatest discrimination to those humble thoughts that we may share. For we are not those who constitute an authority, but rather we are those who are pilgrims upon the path which is the path which you also walk. And in the way of things, like calls to like, light calls to light, and the forces of life call to those who love life those aspects of the self that move from positions within the future of the self which offer guidance, what this instrument would call wisdom.

We greatly appreciate the energy exchange and the commonality of tuning that creates this particular group. We only ask that our thoughts be considered with a jaundiced eye, removing and rejecting those things that do not ring absolutely true, walking ahead without looking back, knowing that the precious burden is that which resonates, that which is helpful, not in the future and not in the past with respect to authority but rather in the very infinity [of] the present moment.

We would at this time, with this assurance that we will not abridge free will by those things that we share as opinions, request the central query of this particular working.

Carla: *(Carla repeats the question from B, who is calling on the telephone.)* "From my exposure to the situation here, I'm thinking that the harvest may be small, and I'm wondering if a motion picture that talks about the harvest might actually be helpful in increasing, at least potentially, the harvest size. If that is so, would it be more helpful to have a screenplay which dealt directly with the harvest, or would it be more helpful to deal with it indirectly through the growth and the learning of the characters, the story that they tell? That is the initial query."

We are those known to you as Q'uo, and we are again with this instrument. We thank this instrument for retuning and refining the calibration of the tuning to recreate the original Vibration, for that is indeed the comfortable vibration for this particular group of three. We would like to parenthetically note that it is very helpful to have arranged so carefully for this meeting in that the tuning of this group is excellent, and we appreciate the effort that each has put into removing this time from the experience within consensus reality so that that which lies within the inner realms may be shared not only within the subconscious area of

awareness but, to some extent, in the language of words.

Firstly, we would state with simple clarity that in all cases it is completely up to the creator of the service as to the nature of that service, and the choosing of each aspect moves not within the values of the world but in the metaphysical value of the feel or the integrity of the artistic work which is the sincere and openhearted attempt to create that art form which remains within that ambience which is as the interdisciplinary tour de force or exercise in that mixture of wit and inspiration that creates that which is more than it seems.

The choices are yours, this instrument's, and that of the scribe's. This is the nature of creative service in that a co-creator has that within itself which is the shape of that which is, as this instrument would say, resonant or simply right. Seek that resonance. This is our most general suggestion, for there is within this particular group a harvest, shall we say, of experience, perspective, honesty of intention and stability. There is also a common thread in that there is a strong tendency within each within this particular group to take the self lightly and that which is greater than the self seriously. This trait common to a group shall indeed improve the point of view which may be comfortably shared by the group and by ourselves as we discuss that which you ask. We are glad to discuss each of the approaches which were mentioned.

The first portion of the question has to do with the possibility that the very public repetition of this body of basic information concerning that time of harvest which is occurring as we discuss it would be an efficacious service, and we can say that it is almost completely a matter of the point of view of the responder. It is our bias to say that it will make a difference, because we find ourselves most sympathetic to the agony of your peoples. We would greatly love to enjoy the experience of the peoples of your planet catching fire for love and becoming empowered once again to be warriors for the light rather than against the darkness. It is very tempting and perhaps indeed efficacious to use the blunt instrument. The question then becomes creating the gem that has so many facets within that context.

Similarly, the, what this instrument would call, snob appeal, indeed the aesthetic high road, of writing is to stay within the infinite art of story and, by developing utterly spontaneous and gripping versions of those soul streams with which you are familiar and placing them into the environment which is enchanted with the soul of the story, [embody] forth the information in a way that is as the rapier rather than the mace but perhaps, in pinking the truth, moves to the heart of that truth and of those watching the story unfold, thereby creating an even more persuasive body of work which basically, within this question, is being considered as a kind of propaganda or persuasive information.

May we say that it is very easy to become cynical when one is aware of the cheap tricks of any trade. This instrument, for instance, became extremely depressed and disappointed when she first sang the *Missa Solemnissai* by the one known as Ludwig. The material was ungrateful to the voice, hastily done, and full of the panoply of the tricks of the trade for playing upon the emotions of the audience. It was, as this instrument perceived it, disgustingly effective. It took this instrument much time to forgive the one known as Ludwig for creating as this entity was wont to create. It took even more time before this instrument was able to appreciate the one known as Ludwig's music once again, as listening to the impression of the music rather than the skeleton of it.

Realize, as the artist who deals with a certain genre, that there are limitations to the genre and that these in a metaphysical sense have no emotional charge but simply become that which describes the body of consideration which feeds into the conscious part of a subconscious process of creation in which that which is dark of the self and that which is light of the self combine in a desire to create and to express the self in such a way that the whole self is used. We do not see within our own system of judgment any reason to indicate any bias towards either the blunt instrument or the rapier. We feel simply a complete faith that those involved in such a labor of love shall find a way with that moment-by-moment guidance which never fails. There are times when that guidance does not move quickly, yet always it moves surely and in its proper time.

We believe at this time that we would pause to refocus the questioning. We are those of Q'uo.

(Another question is posed by B over the telephone.)

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We are those of Q'uo, and are aware of your query, my brother. We do find that this is a ticklish question from the standpoint of infringement upon free will. You are precisely correct in assuming that this is a vital point. Shall you move into the belief system that chooses quantity and therefore move along the assumption that the entire population of the movie-going world needs to see the information, or shall the effort be made in a modest way to those independent and other film makers who have a love of the smaller film, thus creating an atmosphere for a potentially greater artistic freedom, sensitivity or control? We leave this within your choice-making with the wry acknowledgement that this is, as this instrument would say, a sticky wicket.

May we ask is there is a further query?

(Another question is posed by B over the telephone.)

We are those of Q'uo, and are aware of your query, my brother. The described characters are perhaps drawn with that description which has not the appropriate or, shall we say, truthful allowance for the human within the characters, more so for the heroine than the brother. The character who has no pain has less of a grateful or sympathetic aspect of companionship with the perceiver of this character's flavor.

May we answer further, my brother?

(Another question is posed by B over the telephone.)

We are those of Q'uo, and are aware of your query, my brother. The basic structure of this suggestion is good in our opinion in that it engages the feeling of sympathy and commonality or, shall we say, identity with those within the experiencers of this story. The handling, shall we say, of the difficult aspects of this story is a relatively easily defined issue in that the choice revolves about the creation of what this instrument would call a threat or counterpoint created early within the story, so that first the sympathies of the audience are piqued, and then the concern or spontaneous depth of involvement in the story due to the perceived threat to the character is made evident within the story.

Certainly, it could be seen as a threat that the life is shaken by running into new experiences, new entities, and so forth. We can see the intellectually attractive aspect of this particular scenario. What we basically see here is the choice between creating a mythic character of the, shall we say, genre which is in common with this instrument's area of interest and the choice of choosing a mythic system which is more respectable, such as that of Christianity, Judaism or even that known as Islam. The myth is infinitely various in detail from myth to myth, from culture to culture and from system to system, yet the issues involved, and indeed many of the predictions concerning harvest, remain constant. Consequently, there is a wide palette for the entity who chooses to create a fiction. There is less of a wide palette for the entity who chooses to hew somewhat more to the story of that entity known as L and L Research.

May we answer further, my brother?

(Another question is posed by B over the telephone.)

We are those of Q'uo, and, my brother, the answer is no. Do you wish to question further?

(Another question is posed by B over the telephone.)

We are those of Q'uo, and are aware of your query. Our response was to the question, "Was there a way to tell the story without offering fear-based information?" and the answer is no. The fear-base then is that which is certainly not desired, and any dwelling upon this base of fear shall detune the story itself. Nevertheless, the entire desire of this particular group is to create a body of information which acts as what this instrument would call a snooze alarm in that it rings a tocsin or tolls a bell that says, "No man is an island, and no nation is insular." Certainly, this information cannot be stated without expressing truths that inspire fear.

However, the story can be balanced in that not only is there the story that creates fear because it describes a cycle of slavery that has been pressed upon entities upon your sphere since that which was the time of Atlantis at the time of the last pole shift. The balance to this information concerning the enslavement of humankind is the equally compelling truth that there is a way to create a balance to this situation; there is a way from this enslavement to freedom of mind, heart, soul and strength. There is an empowerment of humankind which moves from belief systems and perceptions into the very DNA, for creative units within the self of the bodies of those upon your sphere. The need to change the, shall we say, mind-set of your peoples is great in that many entities have moved very close to the area of resistance or, shall we say, meniscus between third density and fourth density, and a very little attempt

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is likely to be sufficient to create a great potential for moving across that area of resistance into a fourth-density point of view which would indeed greatly aid the planet itself at this time of the birth of the planet as well as its peoples.

We believe that we need to refocus the query at this point. Is there a further question?

(Another question is posed by B over the telephone.)

We would ask that the question be restated.

(B restates the query over the telephone.)

We are those of Q'uo, and grasp your query, my brother. Certainly we would agree that the need is to focus within the aspects of love in its unconditional aspect. This unconditional love, or, as this instrument is fond of saying, the open heart, predisposes an entity to dwell within a state of consciousness which is in itself the fourth-density vibration, and the goal of this particular work of art would indeed be firstly, primarily and centrally directly to engage the heart of the viewer in such a way that it would open and create for the viewer within the movie the direct experience of unconditional love.

The most direct way to share unconditional love is to project unconditional love to the viewer. We cannot choose whether it is more effective to engage the viewer in a vision of unconditional love and of seeing unconditional love through the eyes of the splash of the backdrop of history, or whether it is more effective through the smaller canvas of the story of small-life characters. We would encourage this instrument to share her memory of a recent art exhibition to which this instrument went and spent some time viewing various canvases of those painters of the late nineteenth and the early twentieth centuries in France. This instrument relates the painting known as "Landscape with Cottages" to the question of the splash of history, whereas the charm of the smaller canvas called "Pink Tablecloth" or the charm of the relationships and obvious emotions of the figures within the painting called "The Reapers" engage this instrument's sensibilities on a completely different level. Of the two, this particular instrument as an aesthete preferred the painting "Landscape with Cottages" by an artist known as Paul Michel. To the more chatty or cozy frame of the very human, very small-life details of the latter two paintings, it is very much a matter of sensibility, and we would use the term comfort.

We would hope that our version of a wakeup or snooze alarm would be that which was gentle and clear and full of love rather than harsh, hard-hitting and alarming. The challenge then is to create a true story that tells the harvest saga in a way that both engages the realization that there is a threat and opens up the possibility of a solution which is achievable by the entities as they are within the world that they experience at this time. This is another way of saying that the faculty of hope is extremely powerful, and the empowerment of these individuals that dwell within your density at this time is our hope. The underlying question is, "Do numbers count?" and again this is a ticklish ethical question. From a sixth, a fifth, or to some extent a fourth-density perspective, numbers do not count. From a third and to some extent a fourth-density perspective, numbers count. Which truth makes your passions burn, or is there a bridge between those two truths? We do not know, but we recommend some playing with that dynamic.

Is there a further question, my brother?

(Another question is posed by B over the telephone.)

We are those of Q'uo. May we say that the timing has been premature upon the part of the ones known as Don and Carla. The energy between these two entities was of such a nature that there was an opening into what this instrument and this group in general would call the future, so then the gist of a whole cruise became obvious in the sense that the sea lanes which it would travel were lit briefly, and much was seen, although not perfectly, moving far into the future. The power of love has, in this instance as in all, the power that creates miracles. However, the appropriate timing has always been upon the track, and at no time has there been a difficulty in the sense that, may we say, many seen and unseen entities have combined as co-creators in this and related projects which have to do with standing for that which this instrument calls the Godhead principle. Each has that which is the energy of the Christ, just as the one known as Jesus was the Christ and became the Christed one by embracing that which was greater than himself. Each has the capacity to embrace and move into that role in which the self becomes the co-creator in such a way that love is opened from the creative principle

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through the vulnerability and the imperfection of the human experience and the human choice, and love is made visible by imperfect hands and weak and uncertain wills. They somehow have launched themselves into the midair of faith and inspiration.

May we answer further, my brother?

(Another question is posed by B over the telephone.)

We are those of Q'uo, and grasp your query, my brother. We are not certain as to the most efficacious threat. It is equally threatening, we feel, to look at the simple task of returning to a 75,000-year cycle of incarnation and reincarnation learning the lessons of love as it is to threaten the enslavement of humankind for eons and eons of time. In the long-run, the latter supposition is more frightening, but, in the context of the next 10,000 years, it makes little difference, and it is unlikely that any entities alive within this particular moment in space/time shall see their ten-thousandth birthday. Consequently, each threat is equally binding. One threat moves more into great matters and the other into smaller, and again and again as we speak concerning your queries, we see the seeking within your mind as to the scale of this particular creation, and we admire the courage which we see within the one known as B, in considering a wide range of avenues, for do not all roads lead to Rome?

Is there a further question, my brother?

(Another question is posed by B over the telephone.)

We are those of Q'uo, and no, my brother, the situation has not changed. Those who would appear within your skies are for the most part those with the service-to-self agenda or those who simply move through the windows of opportunity in a random fashion with little polarity but simply are those who move through as tourists or spectators. Our position remains that of being in thought-form within your inner planes, and, although those of fifth density within certain soul-stream families have more ability to create phenomena, we would suggest that it is not a well-polarized concept in terms of the quality or integrity of the positivity of such a project as that which this group is hopeful of envisioning well.

May we answer further, my brother?

(Another question is posed by B over the telephone.)

We are those of Q'uo, and are able to confirm that there are indeed many who have achieved graduation at this time. It is our humble pleasure to state that the great majority of these entities have chosen, once through the healing process, to remain within the inner planes of this planet in order to aid those who become aware of their presence and are able to ask them for their support and help. For these entities, any inner-planes entity or angel or deva or inner-planes teacher is able to lend its love and its passion to the energies of those incarnate beings with which it is in sympathy. For instance, this entity, as a part of tuning before beginning this conversation with the one known as B, spent approximately ten minutes contacting those within the inner planes and asking for their help, because this entity realizes the power of opinion and the lack of pertinence as to whether this opinion is incarnate or discarnate.

May we ask if there is a further query?

(Another question is posed by B over the telephone.)

We are those of Q'uo, and we find that this particular question is one that moves beyond the boundaries of the Law of Confusion. We feel that it is an infringement to state that there are those within fourth density in any way which would suggest groups or individuals which may represent this configuration. We would, however, state that many there are at this time being born into the Earth's sphere who are activated within fourth density as well as third in what this instrument would call an unusual hookup. These entities are as those explorers who blaze the trail and whose work creates training wheels for those to come.

May we answer further, my brother?

(Another question is posed by B over the telephone.)

We are those of Q'uo and, my brother, it has been exponential beginning, as you said, thirty to forty of your years ago in terms of double-activated entities and certainly progressing in the basic phi ratio of increasing numbers as time moves on.

(Another question is posed by B over the telephone.)

We are those of Q'uo, and, my brother, they would not appear different except in the sense that many wanderers appear different in that they perhaps appear more intelligent or simply different. However, this is not to say that there is an alien quality but only to say that many of those who incarnate among your peoples who are not native to the second density of this planet have a tendency to

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express in different archetypal modes which, though extremely subtle, sound those nuances which alert entities to a difference.

May we speak further, my brother?

(Another question is posed by B over the telephone.)

We are those of Q'uo, and this is correct, my brother. The so-called double-activated child in its young years may well remember far more of the truth than the same entity which moves into the increasing complexities of the illusion. The fourth density itself is one in which there is a glamour or illusion within that which within third density would be considered the emotional or mental self. Consequently, there is the capacity for a certain type of shadow even in fourth-density thought. The forces of emotion through that which is called puberty among your peoples takes a great toll upon the fourth-density as well as the third-density-activated entity, and the entity of either density's activation which survives third-density adulthood issues is a remarkable and unusual citizen of the planet you known of as Earth.

May we answer you further, my brother?

(B makes a statement over the telephone.)

We are those of Q'uo, and we would agree, my brother.

(B concludes his queries over the telephone.)

We are those of Q'uo, and we leave this instrument and this group in the love and in the light of the one infinite Creator. We thank you for the beauty of this session and the energy of this joining and we leave this instrument and this group thanking each. Adonai. We are those known to you as Q'uo. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
November 24, 2002

Group question: Our question today, Q'uo, has to do with the devas in the, shall we say, astral world, the devachanic realms. We would like for you to give us some information about the inhabitants there. We are aware somewhat that there are angels of a very high order, there are regular spirits that are associated with the natural world, the spirits of fire, of water, of earth, of air, and we are certain that there are others as well. We would like for you to give us an idea of the kinds of entities that inhabit the devachanic realms.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose name we serve. We thank you each for creating this space in this day of rest to have this session of working and especially so since we realize the many demands upon the time of each of you. We thank you for your dedication to seeking and your generosity of spirit. And we thank you for sharing your meditation with us; it is a great privilege to be with you. As always, we ask that you use your discrimination in listening to what we have to say, recognizing and resonating to those thoughts that appeal to you and leaving the rest behind.

This day, your question was somewhat mixed in that we are aware of various names for various of the creatures about which you have asked, and we are also aware that, in terms of the terminology of this area of discussion, the naming of some beings is not consonant with the naming of other beings in terms of the astral and devachanic planes, which are only a small part of the inner planes. However, we assume that the question was intended to be general and to speak of the inner planes *in toto* as opposed to two of the seven. Indeed, our discussion would be very much the same. However, we would not be talking about the wide range of non-human entities that inhabit the great range of inner planes that is local to this particular sphere of your Earth.

Our answer depends upon an initial awareness concerning the nature of the Creator and the creation. This nature is such that, as this instrument was told by the one known as David, the matter which has been considered by those among your people called scientists for some years as a vacuum has been proven now by your scientists to contain more energy by far than the energy which is released both from within [what] you call matter, such as your bodies, or any atom that can be split. The unpotentiated, resting energy of the creation is so powerful that the power released in your hydrogen bombs is very small in comparison to the power that could be released from undistorted, unpotentiated time/space. When there is the creation within third density of life forms such as yourselves, there is an entry into a world of limitation and polarity.

Within the inner planes of third density, however, this limitation is not there, for the inner planes resonate within the energy of the planet itself which creates, at the moment of its beginning, all of the planes in completion as [a] pattern which, through the illusion of space/time, seems then to begin to appear and to develop and so forth. This again, in the visual world, is one of the limitations of your space/time. The conditions in time/space are quite different, and consequently there is not the bar against remembering and being completely aware of the metaphysical nature of what this instrument would call a deeper reality and the passing nature of all things which participate within this world of life and death. The energy of, say, the tree or a person may be seen in the context of this deeper reality as a minor distortion in the flow of unpotentiated time/space. The illusion that is so pointed and so emphatic to the physical eyes which you enjoy is in fact very little different from, but quite pointedly different from, unpotentiated time/space.

This means that each being of third density has, barely leashed within her energy system, the ability literally to move mountains or to make any physical changes by consciousness alone that her imagination and will can focus upon to a great enough extent, with great enough purity of desire and with a great enough sense of purpose. The limited intake of information within third density is that limitation which affects the conscious mind. It does not affect the subconscious mind except in the higher levels of the subconscious mind. Therefore, it is seldom that entities do see those beings of the inner planes with their physical eyes. Indeed, most of those who do see the inner planes entities while conscious are those who this instrument would call children, those who have not been trained that such things are impossible to see.

Further, there is the necessity for retaining an unprovability about all such beings that would increase a third-density entity's faith. In matters of faith, and in spiritual matters in general, there is a great desire not to infringe upon the free will of any entity who is within third density specifically to make choices. Now, with this view of the third-density situation and the situation of third-density biological units such as yourselves, it is perhaps easier to see that the vast array of very real and very substantive intelligence and spirit that the energy of the one infinite Creator possesses almost bursts out of each tiny nook and cranny of each distortion.

Life calls to life, and life within third-density space/time calls to life within the inner planes; the inner-planes life calls to and seeks to serve third-density space/time beings. The nature of angels is not qualitatively different from the essence of beings such as faeries, pixies, Puck, Robin Greenfellow and all such kindly and jovial spirits, and then moving to the devas within all living things of second density and all of those elemental energies of earth, air, wind and fire from first density. All of these energies may be seen either as focused energy that is attracted, as if by a magnet, by certain states of mind in space/time, or they may be seen as intelligences which are drawn by likeness of interest or likeness of vibration into a harmony and an association. Each of you being a significant though small distortion within the time/space and space/time continua, [you] naturally, by your very existence, draw energy and intelligence from the inner planes.

Because of the limitations of the space/time mind or intelligence of third-density entities, there is always the tendency to set the same conditions upon other life as are experienced by the life of the self. This has created through many centuries the naming of vast panoplies of beings of a certain order. For instance, as the one known as V has pointed out, there is a very careful and very large order of various types of angelic beings. There are in other systems of myth and magic many names for inner-planes guides, many names for nature spirits, many names for elemental spirits. They are essences which are beyond the naming much as you yourselves are essences beyond the naming, because they have not any relationship whatsoever with space/time, being completely creatures of thought. They are moved by thoughts. Being creatures of energy, they are moved by energy. The details of desire within third-density beings do not concern those beings of the inner planes that wish to interact with humankind. As much as the energy behind the desire for a particular thing, it is the intent, the purpose, the aim that attracts like energy for inner planes work.

When you wish help, the only bar to that help is the lack of solid knowing that help is available. It is much more difficult for inner planes entities [to aid] humankind if the human is not aware of or calling upon that help. Consequently, we encourage each never to spend the time wondering if such help is

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available. In our opinion, the universe is literally bursting at the seams with energy and information, and all of it desires to be known; all of it desires to be used. It is at the point of reception by the third-density biological entities that the problems occur. A large amount of help goes unused because it is unasked for and unregarded. Much help from the higher angelic realms is only available to those who ask, for as the energies become more refined and the intelligences more full of the infinite Creator, there is an increasing responsibility for preserving the free will of the fragile, third-density human entities who are moving through this choice-making density.

How greatly each entity's guidance system wishes to help! We give this instrument the image of a dozen angels sitting all about the living room on curtain rods and window sills and the tops of book cases just hoping and waiting to be asked.

The nature spirits and elementals are not concerned with the infringement upon free will, because they are called only by those who know that they are possible: either those whose faith has not been tested at all, such as the smaller children, or those whose faith has been tested and has been tempered in the fire so that there is a knowing that this aspect of intelligence and energy within things exists.

We would at this time transfer this contact from the one known as Carla to the one known as Jim, for we feel that this question has perhaps been discussed as much as we can discuss it before there are further queries to focus or refocus our discussion. Consequently, we leave this instrument in love and in light. We are known to you as Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. May we ask at this time if there be any further queries to which we may speak?

T: If one wanted to ask for help from a particular angel or from the elementals, how would one go about protecting oneself and trying to be sure that you are getting positive, Creator-oriented help?

I am Q'uo, and am aware of your query, my brother. We would recommend that the petition for assistance be made while in the meditative state. In this state, you may communicate that which is your heart's desire most clearly to those whose ears and hearts are inclined to a call for service. As you issue the call, having centered yourself and having made known that which is your desire in asking for assistance, then we would suggest [the] engaging of a period of silent meditation wherein you would wait for a contact and assistance, shall we say, that is communicated to you through your feelings, through images, or through intuition. That, when this contact is perceived, you ask kindly but firmly if it comes in the name of … and then you would supply that quality, entity or concept which is sacred to you, be it Jesus, the Christ, the Christ Consciousness, the positive polarity, any of the various saints who have made themselves known as intermediaries in these kinds of situations, and so forth. When you have received an affirmative reply, then you may know that you have made contact with an entity which is both willing and able to assist you in the manner that you desire.

Is there a further query, my brother?

T: No, not from me, thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I'd like to follow up. When I was channeling before, I was getting this image of the energies that are a part of everything that you can imagine. I was thinking that we'd get some kind of way to tell what was from first density, what was from second and third and so forth in terms of the inner planes, and I was getting the impression that all of these carefully written down things that various monks and various people have seen through the centuries and written exhaustively about are actually very biased material in terms of culture and so forth, and that was why they wanted to stay completely away from the forms, because these energies, although they would take any form that was comfortable to you, it wouldn't be their real selves. Is that an accurate perception. Is that why you didn't want to be more specific?

I am Q'uo, and am aware of your query, my sister, and you are quite correct, for each culture [contains biases] and indeed within many cultures, there are various teachers, gurus, masters, etc. who have had experience with these types of energy essences and beings of light and who have given them names that are either culturally biased or personally significant and which do not translate well into another culture or experience. Thus, we thought to remain in a general fashion of description so that there could be

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a transmission of information that was hopefully free of unnecessary distortion that would be confusing.

Carla: Yes, thank you.

Is there another query, my sister?

Carla: No, thank you.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

V: I'm not exactly sure how to phrase it, but the source of the question came from my meandering thoughts regarding that particular kingdom or realm, and I would like to know, Q'uo, if you could speak on the origin of those they call the archangels. I know that in general you did give a very good description of the entities themselves. I'm trying to get more specific with those entities that have been labeled archangels and even individually named with, you know, particular names such as Michael, Gabriel, etc.. I guess what I'm trying to establish or figure out is, how does one maintain or even initiate a relationship or even a conversation with such beings?

I am Q'uo, and am aware of your query, my sister. One begins to speak to such a being from the center of the heart. It is well to enter into the meditative state or that which is centered in contemplation and prayer and to offer that which is the heart of one's concern in an open and, shall we say, somewhat dedicated fashion. The dedication of which we speak is that kind of dedication that does not seek a certain outcome but seeks to be of service in a pure and helpful manner.

Thus, as you would begin to open yourself to such communication, it is well to prepare oneself by personal efforts in the way of prayer, analysis of one's own needs and abilities and a beginning realm, shall we say, of consideration of the desired outcome so that there is both a focus for the petition and room within it for the appropriate response. Those whom you have called archangels are those whose desire to serve is not only deep and firm but is practiced and experienced. These are entities who have taken responsibility for a greater portion of your creation than most and who have for many of your millennia been able to offer themselves in a manner which has realized that which you would call success in that they have taken—and this instrument laughs—under their wings a great deal of responsibility and who have done so with a great deal of compassion.

Over seventy-five thousand of your years ago, this particular planetary sphere was placed in what you would call a quarantine, for there have been many entities needing to be moved to this sphere from other third-density spheres that were completing their third density and who had populations of mind/body/spirit complexes that were unable to proceed into the fourth density and who needed to repeat the lessons of third density. They were transferred to this particular sphere by a variety of techniques, some of which were seen at a later time period to have been infringements on free will. Thus, it was necessary to guard this free will as the various populations of recycled third-density planets were added unto this particular third-density sphere. Thus, there was the need for a great deal of care in the overseeing of this process of the beginning of the third density of this planetary sphere, for there were many souls of various origins who would need to be protected, shall we say, [to] be placed in a certain situation that was designed to allow a balancing of distortions.

Thus, there were many hands and hearts engaged in this effort, and there were those who were willing to take the responsibility for a large part of this process, and they were given not only this responsibility but were given the positions that you would see as the angelic realm and the—we correct this instrument—and those who would guide this process in a kind of continuous consensus in the direction of energy expenditure.

Is there a further query, my sister?

V: Yes, and I apologize for lengthening this contact. I have one last question and that is if you would speak to the understanding or belief that, at one time or another, humans have actually joined with angels, I guess, in a mating fashion, if you will; that there have been instances where there were offspring as a result of humans and angels coming together, and there have been statements made at one time or another, "Oh, this person or that person came from the angelic kingdom," and, "That person or this person has that particular energy within them." Can you speak to that?

I am Q'uo, and am aware of your query, my sister. Many of those of the Confederation of Planets in the Service of the One Infinite Creator have been in various forms throughout their history of contact with the population of this planetary sphere. Many

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have been taken or perceived as being angelic, for indeed their vibrations are similar, and there has been, as we alluded to in the previous query, the transition to this planetary sphere of various other third-density populations seeking to repeat third density in a manner which you would see as the sexual reproductive engaging of energies. This in particular was one of the primary reasons that the quarantine of this sphere was put in place, for there was the changing of genetic codes in order to assist the learning of spiritual lessons that was seen at a later date to be an infringement upon the free will of those with whom the mating occurred.

Is there another query, my sister?

V: No, thank you. That really clears up a lot. Thank you.

I am Q'uo, and we thank you once again, my sister. Is there a final query at this time?

(Tape ends.) ♣

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Special Meditation
November 27, 2002

Group question: The topic is: What will be happening physically and metaphysically in 2003 and what spiritually oriented people should be doing and thinking about in order to cope with these things?

Questioner: The first question is, who exactly is Q'uo that we are speaking to, and how does the communication process through Carla work?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator in whose service we are.

We are those of Q'uo and are aware of your question. We communicate with this instrument by means of this instrument's pathways which she has opened within her energy body in order that it may receive messages in a more direct link from those universes which exist beyond the subconscious, of the inner or metaphysical world that dwells within your human brain. We and many other voices reside within that universe and are drawn to help those upon your sphere who are seeking for truth in the way that we might be able to be a resource, for like draws to like, and many are the channels among your peoples who receive various of these voices, depending upon the tuning, shall we say, or the resting balance of energies of that particular instrument.

We were called to this group this evening by this instrument, who asked for the highest and best contact that she may receive in a stable and conscious manner in the name of Jesus, the Christ. Then the instrument called mentally for a contact of this nature, challenging us when we responded in the name of that which she holds dearest and highest and that is, for this instrument, Jesus, the Christ.

We are those who are able to say that Jesus is Lord, for this entity, yourselves, and we all retain from the beginning of that which is infinite the holographic spark of the one great infinite Creator. We have, in the processes of evolution, eventually experienced that which is the consciousness known as Jesus, the Christ or the Christed One. We have found that epitome of fourth-density unconditional love to be the redeeming quality that will create within entities the vibration which focuses the seeking soul towards a graduation from third density into fourth density.

It is, at this time, the graduation day, shall we say, for approximately the next decade of your years. Therefore, this instrument is very open to working with us, for this instrument feels also that the voices of universal guidance, shall we say, are helpful to any who wish to experience them and certainly for the next decade. It is well to attempt to aid those who are working spiritually in this way towards a graduation in terms of service to others and unconditional love.

This quality of Christed consciousness is that which the one known as Jesus, the human, wore and became in his selflessness and in his offering all for the sake of others. And this Christed consciousness awaits those who would seek further in the ways of spiritual solutions. Therefore, this instrument was able to make contact successfully and to assure herself that the contact was that which it stated that it was.

May we answer you further, my brother?

Questioner: What has Q'uo's experience been in the evolution through the cosmos? Was there a third-density experience that was experienced?

We are those known to you as Q'uo and are aware of your query, my brother. The Q'uo principle is made up of three entities: one of fourth density, the identity being that known to this instrument and this group as Hatonn; one from fifth density, that entity being the one known as Latwii; and one from sixth density, that entity being known as Ra. These three social memory complexes comprise this voice. The entities are of this galactic system. One of the entities is of the energy known as Venus, the other two experienced third density within other star systems. All experienced third density in a unique way, each in their own refinement of that experience. Each has had a markedly easier third-density experience than those of your particular planet. This is because the planet of which you are a part has been peopled with those who have been repeating this grade; some of them since before the last seventy-five thousand-year cycle. This is a particularly confused group of entities whose great length of experience has not yet brought them to a clear choice amongst all the variations from service to others to service to self and [so they go] swinging back [and forth] in a random and unfocused fashion. The lack of will amongst those of your peoples can be traced to this history of many, many incarnations which, in some, have not added either to graduation in the positive sense or graduation in the negative sense.

We hope to increase the harvest by sharing such information as we can to those who would wish to hear it. In giving you this information, we would ask that it be stated clearly within your article that we are not those of authority but rather those who come in the name of the one infinite Creator. We can offer our opinion as those who walk upon the same road, that path which is the way, the Tao. And we can share our opinions as we go, but we ask that each who considers these thoughts choose only those amongst these ideas which resonate deeply within, so that it feels as though each is remembering rather than learning. Those things which do not resonate we would ask that you lay aside and forget, for information is everywhere and in every moment, and if that which we offer is not timed right for you for now, then we ask you to let it go, for we would not be a stumbling block before any.

May we answer you further, my brother?

Questioner: Could you explain what you mean by graduation and harvest?

We are those of Q'uo and are aware of your question. All are familiar with the concept of the harvest, and, in this instrument's long experience in her fifty-nine years upon your planet, she has focused attention upon the teachings that are contained within that which is called your Bible. Within this particular book, the image of the harvest has an especial meaning, for the one known as Jesus in his teachings is said to have offered a story concerning the harvest. Indeed, this entity offered many teachings concerning the harvest. In the case of these teachings, all was offered in story and in image, for this messenger of the harvest came two thousand or so years before the actual shift of the planet itself into another density of experience, another area within space/time in the great spiral of the galaxies about the central sun.

The central thrust of the metaphor of harvest for the one known as Jesus was that the fields were white with the crops, and all was ripe and ready to be harvested but that there were not enough workers for the harvest, and there was a call for those who followed this teacher to take up the honor and duty of attempting, each in her own way, to add to the possibility of awakening those blooming and ripened souls that are the pride and the product of 75,000 years of learning, so that they might make that last step over the line, from a faint-hearted will to serve the cause of love, to a passion and a fire to serve in a very focused and loving way for the good of the self those about the self and the planet itself.

Indeed, in one of the other stories about the harvest, this entity suggested that laborers went into a vineyard to harvest grapes and worked most of the day, and there were those who came very late in the

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day to working upon the grapes, yet, at the end of the working day, all were given the same coin. This is true of the harvest as well. It does not matter when in the 75,000 years of learning the awakening and realization of the true nature of the self occurs, it matters only that it occur. The one known as Jesus the Christ was the first of the messengers of that which is to come and that which is already here in part: that being the age of unconditional love that is fourth density, that is the very nature of the lesson of third density. Graduation occurs when the heart is able to remain open, in more than half of the circumstances of life, to the welfare, happiness, comfort, safety and service of others. The heart needs to be awakened and inflamed with the desire to know the truth that lies within the open heart. By keeping the heart open, the learning process is greatly enabled for the seeker, and, by attempting to serve others, the eyes of love begin to be given reason to open.

May we answer you further, my brother?

Questioner: If you need to exemplify unconditional love in order to make the harvest or to graduate, how do you overcome the negative patterns in oneself that keep you from doing that?

We are those of Q'uo, and are aware of your question. We would first suggest that the process not be thought of as overcoming but rather balancing and moving deeper into the nature of the true self. The self may be seen by the self, and the self may find itself helpful if it is able to retain an objectivity concerning the incoming data which it is receiving.

The very heart of third-density existence is the experience of utter confusion. It is the goal of this density to create an atmosphere in which only by faith can one see the health and rightness of the present moment. The purpose of this confusion is to wean the infant spirit from its biological choice-making brain and into the fourth-density gateway, shall we say, which is the fourth chakra of the energy system of the human vehicle, the green-ray energy center or heart chakra. Once the seeker is able to grasp the value of this opened heart and the limitations of both intellect and personality, the seeker is far more able to retain a certain sector of consciousness which is devoted to refining the accuracy and lack of emotional bias with which it receives the incoming information.

We would suggest that the biological mind has as its purpose the protection and the survival of the organism, and in order to adapt to its circumstances, from its very beginnings in the second-density kingdom of the great apes, it has prospered because of its adaptive nature. Once this occurs—this opening of the heart—once this inner ear is able to begin suggesting to the consciousness as a whole when it is biasing its incoming information, then it becomes far more possible to detect within oneself the triggers that create confusion beyond the necessity of the incoming information.

Even before the birth of an entity, it begins to be acculturated, and very rapidly the process of acculturation, even in childhood, creates a pattern of misperceptions based upon this information passed on by parents, friends, teachers and others about the young soul entering this illusion through the door of birth. Therefore, it is virtually impossible to undo in a literal sense the learning experience that helps create distortion. We would not suggest that entities attempt to eliminate distortion, for distortion is not a pejorative term but rather a descriptive one. The first distortion of the infinite Creator is the free will, the second is love, and the third is light, these being the first three and primal values of this particular system of discussion of the mystery of the one infinite Creator.

Does this answer your query, my brother?

Questioner: It looks like our planet is moving into a very difficult time of negative experience. How can one who wishes to graduate into the fourth density cope with what's occurring now and what will occur in 2003?

We are those of Q'uo, and are aware of your query, my brother. Firstly, we would say that the physical manifestations of political intrigue, unrest, terrorism and war are as they are and are the natural outworking of the processes of graduation in which entities who have chosen [the path of] service to self are attempting to graduate with the same devotion and focus as those attempting to graduate in the path of service to others. The situations, we would suggest, are in the hands of all of those who understand and realize that they are citizens of eternity who came here to learn and to serve and who wish to go on to learn and to serve, for that is the desire of the upward-spiraling cells of each entity

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and each atom that exists within the physical and metaphysical universes.

We would suggest that the self be attentive. The responsibility of the open heart is to love unconditionally that which it sees and to see each and every thing and person as the self or a part of the self. In times of disquiet and conflict, entities are offered a sharpened opportunity to behold the shadow portion of the self, the wolf that bites at the heart within. This forthcoming year may contain disquiet. We can only encourage each to open the arsenal of inner and outer gifts towards the third-density situation, finding ways to respond appropriately in service to others as inspired and as able.

With this concern reduced to that which is its actual nature, that is, that which can only be affected positively by knowing all is well or negatively by worry, the concern can then be turned to that which is the true business of this hour, this year, and indeed the decade to come. That is aiding the planet itself and aiding the self and each other self to achieve the ability to enjoy an increased density of [the] light that lights your physical sphere. The nature of that light is changing, and it will become less and less possible for third-density physical vehicles to dwell in that light, not because it is damaging to the physical body but because the energy is hardened in a way into a state of mind that is characteristic of third density and is connected with the concept of self-protection and survival.

The enjoyment of [the] light of fourth density is dependent upon being able to move into a state of consciousness in which all other selves are seen as the self and all crimes and achievements are seen as a portion of the universal self and to move that 180 degrees [until] the self is seen as all things and as the Creator. That unification of consciousness opens the self to loving and being loved in a way that the body loves itself rather than the way entities who are separate units love each other.

Each is unique. We do not presume a high mentality, but rather we suggest that, at the subconscious level, all entities within creation are already one, and therefore the process of moving from third to fourth density in part consists of accepting the oneness at a level which has moved into the belief and perception system of the entity. This biases the conscious entity towards retaining the attitude of unconditional love and outgoing radiance of being at times when there is a perceived threat. The one known as St. Francis of Assisi is said to have called the fire, Sister Fire and the pain, Brother Pain, seeing that all things and qualities are a portion of one infinite creation. In each culture, there …

(Side one of tape ends.)

(Carla channeling)

We are those of Q'uo and are again with this instrument. We were speaking to the concerns in a metaphysical sense of the upcoming year, and we were pointing out the enhanced ability of those who remember the mechanism of confusion which is covering the deeper essences of that which is occurring in the infinite play of consciousness.

We would suggest that the coming year is one in which there is an occurrence that is ongoing, and cyclical within that ongoing unity, which is as if there were a ratcheting up of the density actually experienced by those among your peoples at this time. These movements began long ago and are increasing in their frequency as the clocklike motions of planetary movements spiral this planetary sphere into the vibrations of fourth-density time/space and space/time. The mismatch in vibration between [fourth-density space/time and] those who live and dwell within the third-density, choice-making brain is increasing, and it is becoming more difficult to feel comfortable. This experience of discomfort is markedly increased by the toys and gadgets of those among your peoples who are indeed of service to self. These toys include your popular media and the various products of your peoples' service-to-self intrigues. These two factors combine to offer to the third-density entity a remarkably increased experience of rush, stress, uneasiness or even depression.

For those who are awake, the mismatch has a different effect. The attempts to keep the third-density heart open within incarnation are reliably imperfect. However, the sheer desire to keep that infinite love flowing through the energy body has a tremendous impact upon the time/space, rather than the space/time, universe. Within that universe, intentions and ideals are things. Consequently, even though the entity has been thoroughly imperfect in keeping the heart open, the intent, repeated and repeated without tiring, to return to a state of

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openheartedness allows the entity to respond to the fourth-density portion of the vibrations by seeking [them], and, in so doing, the entity moves into its needed next healing crisis. Many times, these crises are emotional and expressed through emotional, what this instrument would call, conditions. Many other times, there is the actual difficulty with the physical vehicle or other effects which vary with the reactions of the individual to the increased density of light and the imbalances within that entity's energy system.

The goal, then, is not perfection but rather that sturdy returning and remembrance of unconditional love. That is the nature of the one infinite Creator, and that nature permeates and fills the universe that you are aware of and all that you are not yet able to measure. Indeed, the very space that has so long been considered a vacuum is far more intensely packed with the love and light of the one infinite Creator than the atoms of what you perceive as matter.

Does this answer your query, my brother?

Questioner: Can Q'uo give any prophecies as to what actually might occur, so people could prepare themselves mentally and spiritually to handle it?

[I am Q'uo.] We would suggest that the prophetic information is that which would detune this contact to the extent that we would not be able to speak through this instrument. The response must begin, therefore, with our note that we do not feel it to be possible to speak [specifically] upon such subjects without infringing upon free will. We again request simply that each be aware that there may be opportunities to serve in ways which are not presently obvious. The situation as it develops will far better be served by the focusing upon the steadfastness of faith that all is well and that all will be well.

We ask each, brothers and sisters: is it well to dwell on anything in fear when the matter with which each concerns itself helps to shape the future? Is it well, then, to dwell on danger even by way of preparing for it, or is it better to dwell in a universe in which there is no danger and thus affirm that which you wish and desire? The way that entities speak to themselves creates an amalgamated future in what you term consensus reality. Therefore, any attention paid to survival beyond the usual preparation for your power outages and so forth is a way of expressing fear.

There is no portion of the creation which can be labeled safe nor is there any which can be labeled unsafe in terms of the continuation and the thriving and the progression of consciousness. There is no danger; the physical illusion is an illusion. The harvest is only physical in the sense that it is creating effects upon the surface of your planet because of the decidedly lagging vibrations of the third-density population which is creating a kind of resistance of the incoming density. The Earth is, as a planet, as Gaia, far into its labor, and it needs the pouring of light into that which this entity calls the Christ grid and which others have called the fourth-density grid or the ascension grid.

This is the true emergency. In a planetary situation such as this, our focus and perhaps any of those thinking metaphysically is upon the softening of the labor of planet Earth in her harvest and the increasing of the harvest of souls from this many-times repeated cycle of greed, rapacity and war. May we say that the sum total of this tack of defense and aggrandizement is the production of fear and pain. These emotions are as food to negative entities which from the fifth-density level are inspiring and activating the tendencies towards extremist belief systems and the "eye for an eye" point of view of justice. Those who would serve at this time may well attempt to ameliorate the third-density consensus reality, and we encourage those who would attempt to help. The attempt to save the self is one which moves from fear, and we would suggest that this is not a position from which to achieve a truth. Following truth leads to the heart of self, and, in the heart of self, the identity is [as] one with that which animates all things rather than being overly concerned for the physical vehicle. We do not suggest that entities be careless but rather that they respond appropriately as occurrences develop, meanwhile refusing to burden the pathways of the mind with fear-based concerns.

Information will come by many messengers: that which is seen, that which is read, that which is heard, that which moves before the vision of bird and beast, wind and rain. The process of true knowing come to one through one's own systems of guidance from within that universe that dwells in that shadowy ocean of your brain cells which opens a

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gateway to an infinite universe that is the true place where each lives.

Consider, if you will, that the entity which is watching that which is upon your television is observing a virtual reality. In just such a way, distortions in the infinite love and light of the Creator are, when picked up on third-density's physical channel, translated into this particular channel of existence. At the same time, each entity dwells within the corresponding metaphysical universe. The physical death is the movement from a heavy, chemical illusion to a less distorted and non-physical universe. There is no discontinuation of being. However, each did move into incarnation at this time not to save the self but to reach out a hand to others so that, as each hand reaches out, hands begin to connect, and entities begin to hope in a focused and harmonized manner, becoming part of the rhythm and flow of the very appropriate and necessary changes that are occurring within your planet at this time.

The harvest can truly be greatly increased at this time, because so many entities here are just a tiny step from awakening so that we feel that there is a real possibility that, working increasingly in harmony, light centers such as this one and all positively-oriented groups upon your sphere may begin to look less like solitary lighthouses and more like big cities. The grid of fourth density may be seen as formed by the joined hands of all positive people and all joined hearts as well. In terms of aiding your planet, the seeking entity may look at the globe, and behold many places where the life forces are weak, places that are barren and unfruitful. These are places where there needs to be a strengthening or a tweaking, as this instrument would say, of the grid.

Entities may at any time choose to become radiators of unconditional love to the grid simply by intending to do so and moving into a state of meditation. The process of sending this light forth is one of intending to. There are visualizations which aid in this sending of light for some, such as the visualization of violet light being sent or the visualization of the planet with light streaming into the grid and the grid lighting up. We would note that your scientists have discovered this grid, among others, and therefore there is a panoply of sources which entities may find which offer information of a linear kind concerning specific portals and grid points which this entity has no language for discussing. However, it is not necessary to know the grid's makeup in order to aid by the very being of the self within the open heart.

May we answer you further, my brother?

Questioner: What's the best way to align one's own energy centers to the Christ grid? How do we visualize it in order to send energy to it?

We find that this instrument grows weary. We are those of Q'uo, and we will make this the last full query of this session.

This instrument is familiar with the writings of the one known Drunvalo Melchizedek, and we would say that the attempt to follow the exercises within that particular book having to do with the activation of the Merkabah make up a system whereby an entity may harness and discipline the wandering mind within ritualistic mental activity which tends to open the energy body. There are as many ways to open the energy body as there are inspirational experiences. The mechanical ways of opening the heart such as that of the one known as Drunvalo have as their burden the form and outerness of step one, step two, and seriatim, the list beginning and ending.

There are many suggestions of such rituals of opening the heart, and we would encourage entities who seek such to search the information available for such suggestions. For ourselves, our suggestions are more along the lines of that ineffable and spontaneous expression of joy and thanksgiving which each has experienced in ecstatic moments. We bring to this instrument's mind the experiences of the bonding of a man and woman in love, the bonding of friendships, the discovery that one loves one's work. Such feelings open the heart by their very nature. Beauty, when perceived purely, opens the heart totally.

Therefore, what will open the heart for each seeker is unique. For this entity, it is the returning again and again to the table of Jesus the Christ to take into herself that very being which this entity views as unconditional love. This entity is in ecstasy as she hears the central words, "Do this in remembrance of me," and to that, this instrument replies mentally, "I will remember, Lord." For another, the opening of the heart may involve the beauty of a song, the flight of a bird, the odor of a rose or the abstract dwelling

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upon an idea. Each entity's place of balance is different.

However, all have in common the need to open the heart, but not from a careless or unprepared position. When the heart is asked to open, first we ask each to ask their energy body to come into balance, to open, and to be unclogged. The simple asking of the mind to the self to take care of this aids in the ability to move into that state of consciousness which is the inspiration of love, the passion of right livelihood or the firm settling upon that which is highest and best for one. These feelings of realization of the nature of the self and the nature about the self greatly aid in the opening of the heart. Certainly, anything which seems inspiring and resonant may be trusted by the discrimination of the entity.

The suggestion with which we would close is that we would ask each to remember that spiritual evolution is a process of change. Change is, by its nature, a condition which biases the consciousness towards discomfort. The more work one does in consciousness in a day, the faster the metabolism of the consciousness rises. It is as though an entity were exercising muscles. It is well to seek using measured times of meditation especially if such practice is being done is solitude. In groups, it is much more safe to meditate for longer periods, and we would certainly suggest that entities in groups are more powerful magnetically than by themselves.

We suggest a gentleness with the self, for the first self which must be loved in order to love others as the self is the self, and it is the hardest of selves to love, for the secret thoughts of the self are known. We would ask that each attempt to keep the light touch, being passionate and fiery as a lover in pursuit of the truth of the one infinite Creator and of the nature of the deeper self while being able to keep the light touch with the surface of the illusion, not disrespecting or dishonoring its importance but recognizing that illusion is involved in the information that is being offered.

We thank the one known as W and the other members of this group for calling for our presence at this somewhat unusual session. We have enjoyed meditating and sharing our vibrations with your own, and we thank each for the sacrifices of time and energy which each has made in order to carve out this time of contemplation and questioning. We leave each of you in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai vasu. ♣

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Sunday Meditation
December 8, 2002

Group question: Q'uo, today we are just going to take pot luck and see what you would like to share with us that might have some use in our spiritual journey and our opening of our hearts to love.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank each of you for laying aside the cares of the world in order to create this time of meditating together and seeking the truth. We thank you for calling for information that calls to us so that we may have the pleasure of sharing our thoughts and feelings with this circle of seeking. We ask, as always, that each takes what she finds to be a resonant and helpful personal thought or concept and leave any thought or concept that does not seem personally resonant and helpful behind without a second thought. We appreciate this discrimination on the part of all listeners, for this care upon the part of the hearer creates a freedom for us to share our opinion without being concerned that we might place a stumbling block in front of any. The nature of spiritual truth is such that it is not necessary to create stumbling blocks of dogma. It is our opinion that the truth, as it relates to an individual and to an individual process, is unique to that entity and to that entity at each point in time. Even for the same entity therefore at a different time, two seemingly disparate truths may appear equally helpful.

You have given us leave to speak concerning our choice of topics that might be helpful to your seeking and your opening your hearts to love, and we thank you for that marvelous freedom to paint whatever canvas that we can of the love and the light of the one infinite Creator.

What shall we draw with this day, my friends? Shall we choose the paint brush of the astilbe, and shall we remember with you all of the colors of the summer as we move the feathery flowers through the canvas of thought? In what colors shall we choose to dress truth and grace and beauty so that each may find a brother and a sister in those ideals, friends among the values of the seeking soul?

There is always a kind of feeling of hallowedness about the search for truth. It is as though there is a spiritual search that is created of the mettle and courage of the pilgrim upon the road, and the many different challenges and obstacles of that road are as the dragons of the time of mythology. One sets out upon a journey to seek truth, and it is a knightly and a noble pursuit.

Very often we find that entities among your peoples do not see this same *beau geste* when they gaze at such concepts as beauty and grace, and yet how simply do concepts of beauty and grace fill the mind which is asked to open to those images that have been held close to the heart in memory, from those times of being vividly, deeply impressed by beauty in a moment, in a pose, in an attitude, in a scene that is

perceived just once! How very often has each of you been stunned by the beauty of that which lies beyond the eyes of everyday in the moments of the daily life that are so small and so unremarkable, yet [which] hold such a burden of beauty? And is there not truth in that beauty? As the poet known to this instrument as John said, "Is not beauty a kind of truth?[7]", and is it perhaps not easier to apprehend directly?

These are the gifts of truth to fill out that range of options for those who seek truth. For within the seeking of truth in words there is many a harvest, yet always will those words create their own structures and delimit many aspects of the whole nature of truth from the ability of the mind to express.

We would suggest to this instrument that she gaze inwardly at a tree that she was remarking at upon a recent walk. This particular tree, with its precise angles of branch and its precise knottiness of twig, where leaves had been dropped and where leaves would again bud out in the spring. Each tree has its unique pattern, its unique expression of prayer, praise and thanks. Each tree reaches to the infinite Creator in precisely such and such a way, and the shadows of light, as they strike and play with that particular form, create a system of truth, proportion and elegance that has never been seen before and shall never again be expressed. Such is the dearness of beauty to the eye that is open.

There are many times when we see among your peoples a great feeling of unanswerable depth of confusion. There are many among your peoples whose experiences are at present somewhat overwhelming, and we would suggest that, in these times of increasing transparency to change, it is a very stabilizing and grounding thing, when such restlessness is perceived, to ask the self to look at the objects that lie about one in the natural arrangements of the everyday life: the shape of a tree, the lift of a bird's wing, the direction of flight and the posture of its body; the images that meet the eye. All of them contain information. All elements of your illusion work together to form an infinitely responsive and self-correcting system of information that is helpful to the spiritual, mental, emotional and physical processes of all those within any given environment. It is quite possible, given that an entity is alone within its own space, within its own yard or ground, that each portion of the creation of the one infinite Father is more aware of that which is needed by the self than the self is, for each element of the creation of the Father dwells within an awareness that all energy is one and feeds within the same system. Each plant that shares space with you knows you, cares about your wellbeing and is aware even of the thoughts which you think. The only element within that natural environment of the third-density human self and its second-density surroundings that is kept from the awareness that all is truly one by the so-called "veil of forgetting", as this instrument would call it, is that third-density element that creates an inability within the third-density entity to remember any environment except that local environment in which all entities seem to be separate.

The search for truth, like the search for self, is difficult to pin down, and we are aware of the previous question of the one known as C, "How do I know when I am being most deeply my self? What direction do I go to find a deeper and truer expression of self?" In a world in which entities are simply told how to behave, we believe that this is a most reasonable query, for it is a hallmark of the attempt to create comfort by third-density entities that they would seek, when creating for themselves standards of morality and ethical behavior, a list of desirable elements rather than an open-ended attitude of discovery. The explanation for this way of proceeding to find the self by consulting an outward list of attributes is indeed perhaps the more valued of your so-called parental ways of teaching virtue to the young and growing soul of the child. The virtues are taught as a list: be patient, be open, be loving, share everything, and so forth, the common suggestions for good behavior as each child grows.

The search for self is far more like the search for beauty in that there is no search precisely but rather the opening of the awareness and the realization of the nature of that which one has already been looking at without much comprehension. May we say that it is our opinion that the self that is most deeply true is a variable value depending upon the precise placement of the seeker's mind and will and

[7] John Keats, "Ode on a Grecian Urn":

> … When old age shall this generation waste,
> Thou shalt remain, in midst of other woe
> Than ours, a friend to man, to whom thou say'st,
> "Beauty is truth, truth beauty—that is all
> Ye know on earth, and all ye need to know."

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desire at the moment of awareness. Perhaps at one point that awareness might be very close to the gateway to intelligent infinity as that person drifts in meditation on a sea of peace and silent fullness. At another point, an entity may be totally focused upon some difficult task, and every nerve may be strained simply to do that one task well, and, in expressing the excellence of that effort, the resonances of beauty explode out of each atom of that moment of intense effort. When the self can feel self being, it is an event that is real beyond the ability of any, the self or an observer, to describe or to identify that which has been realized. When an entity feels beauty, it is simply there. It does not have to be explained. Indeed, it cannot be explained.

How to see what each entity sees is a very difficult subject to examine. The techniques vary considerably from sensibility to sensibility. This does not keep one's perceptions from being very important nor does it keep them from being, no matter how confusing, vulnerable to the essences available through direct apprehension of beauty. So perhaps we would suggest, in seeking truth, in seeking the self, to lift from the literal seeking of that which can be said about the self, that which can be said about truth, and rather find the light and satisfaction in those moments of self-awareness when the heart can feel itself beating, loving, caring, hating, despising, being attracted to, when the self can feel its movements with clarity. In those moments, step back an instant and behold the beauty, the colorfulness, the articulation and the nuances of the one infinite Creator expressing just now, just so, and only because you are where you are, as confused as you happen to be and with all things precisely as they must be for this moment of beauty to burst into the awareness with its present, its gift, of gem-like truth wrapped up in the colors and textures of a whole and undivided moment.

We would at this time transfer this contact to the one known at Jim, that we may respond to any remaining queries in the minds of this particular group. We thank this instrument for its service and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. At this time, it is our privilege to ask if there may be any further queries that we may attend to at this session of working.

Carla: I have one from B, Q'uo. He says that he's very interested in knowing if the great horned owl that has been living in his family's backyard for quite a long time now, has a relationship with him and his mom or might be helping him and his mom in their spiritual seeking.

I am Q'uo, and am aware of your query, my sister. In this case we would suggest that the entities involved, the one known as B, his mother, and the creature known as the great horned owl have all found the area in which they live to be helpful in the nurturing of the life experience. The owl feeds upon the small creatures which inhabit this wooded area, and the one known as B and his mother are also most appreciative of the beauty of this place and the enhancement that the spirit feels in such beauty. As each spends time with each, there is a shared relationship that is developed. However, the conscious intent is that of the one known as B and the one known as his mother, leaving the choice of the area to these two entities. The great horned owl has found this area to its liking and is willing to accept the human intruders, shall we say.

Is there another query to which we may speak?

Carla: Well, just to follow up on that, then, if they asked mentally, if they projected a request to this owl for a relationship of that inner type, would that second-density creature respond? Is it just waiting to be asked, or is it simply an owl that's hunting food?

I am Q'uo, and am aware of your query, my sister. Your latter query is more to the point. Is there another query?

Carla: Yes, I'd also like to ask a question from C, and she would like to know anything that you could tell her about the members of the Confederation and where they might come from.

I am Q'uo, and am aware of your query, my sister. We of the Confederation of Planets in the Service of the One Infinite Creator are from this one creation that each experiences. However, we are aware that a more specific location has been requested, and we would suggest that we have come from many points within your, what you call, galaxy. Most are beyond your current technology's ability to perceive. We are joined in the desire to be of service to those who call for our aid so that it is the call that is important, not the placement in time or space nor the distance, for in seeking we are sharing steps on a journey with

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you. There are vast numbers of inhabited planets within your galactic system. The number is large enough to be meaningless; thus, it is well to see the entire creation as alive and intelligent and able to respond to those life forms which move through it.

Is there another query, my sister?

Carla: No. I thank you on behalf of C and also on behalf of B.

I am Q'uo, and we are most grateful to you and to these entities as well, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and, as it appears that we have exhausted the queries for this session of working, we would take this opportunity to thank each present once again for inviting our presence in your circle of seeking this day. We are always most happy to join you there. At this time, we shall take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Special Meditation
December 16, 2002

Group question: What can I do to be more of an integrated whole and healed being, vital, expansive and radiant, filled with more of the Creator's joyful and creative light, making me a more transparent and humble servant of the light?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we come to your people and to your circle of seeking this day. We thank each for the setting aside of the time and the energy and the care to seek the truth, and we are glad to share our opinions concerning the question of the one known as B concerning how to live a more radiant and service-oriented life, with the simple request that each of our thoughts be taken as an opinion rather than a fact and be subjected to the indifferent scrutiny of that part of the self which is the discriminator. Allow that energy within that knows what is and what is not helpful to make its feelings known, and, when there is resonance, then we are pleased to have been a resource. If there is not resonance, we are simply pleased to have you forget that which was said. For there is always truth in the surroundings of every moment for those who have the eyes to see, the ears to hear, and the hearts to understand. With this caveat, we are able to be comfortably on the proper side of the distortion towards preserving free will amongst all; of being a stumbling block for none.

The one known as B, as well as the one known as Carla and the one known as Jim and in general those entities on your planet which are enjoying third density at this time, indeed do have a tendency to get in their own way, as if there were part of the self that enjoyed blocking the natural light that streams into the body complex, most visibly from sunlight, but, in an energetic sense, moves into the body at all time. Both the physical and non-physical vehicles flow light through in infinitely great amounts, potentially. The energy body is as the electricity, having the capacity for both a large amount of energy carried and a large intensity or resistance of energy carried. Thus, the crystal within you can both be strengthened in terms of more power and can amplify its power by focusing, crystallizing and mythologizing the energy that moves through it and the crystal that bears it and shares it. The higher the desire, the more opportunity or capacity for bringing more light through; the more focused the will upon the dance of creative living, the more intense and penetrating shall be the nature of that widened channel for light. The ability of one entity to be a channel for light is infinite. An unflawed crystal could heal a planet. The secret to doing work in the sense of magnetizing the fourth-density grid or, in a more mythological sense, helping to birth Gaia's fourth-density self, is a helpful way to encourage and align the self with the emotional point of view which will help create a broader and a more intense and pure flow of the Creator's infinite love and light into

the planetary grid. We may say in another way, into the hearts of all those that lie within the tidal waves that emanate from your being.

It is said in the holy work known as the New Testament of the Bible that it is not good to hide one's light under a covering, but rather it is good to stand it upon a hill where it can be seen, letting it bear witness to the light. The tendency of this instrument, of the one known as B, of the one known as Jim, and of most of the entities upon the earth is to stand in one's own light. The truth is that each entity is precisely that which the one known as B asked how to become. Each is as the master, the knight in shining armor, the hero or the heroine. Each faces the ordeal of life, the ordeal of personal relationships, the ordeal of creating a living, the ordeal of true communication, and the ordeal of facing the self, in the sense of doing work in the disciplining of the personality. The answer to the question which you asked lives within you already: purpose, already perfect, worthy co-creator, part of what this instrument's teacher calls the Godhead principle.

You are part of the Principle of planet Earth. For the most part, this social memory complex has not been activated, because the fourth-density mass mind has only taken its first tentative steps. Each who is master during this hour plants the seeds of a harvest that will feed those who are able to build upon the work done by this special group of those who come to aid in the harvest. Certainly, as the one known as Brother Philip has said, "… the crown (of co-creatorship) weighs heavy upon the head, and yet you shall wear it, and you shall serve under it."

If each is a master, what is keeping each from the self-realization of mastership? This instrument has been used to calling it "world opinion." All that is within the consensus reality is world opinion. In no case does it reflect reality. That which reflects beyond the illusion is the consciousness within and it is, as all potential things, caged until the reaping hand unlocks the door. In this instrument's hymnal, there is a poem which she is used to singing, which [has] the image of the entity known as Jesus the Christ standing outside the door of one's heart, knocking ever so gently and asking to come in. Doubt, fear and that kind of contracting emotion deafen the ear of faith and blind the eye of knowing. They stop the mouth of hope, and make one's armor permeable.

It is acceptable in the extreme to be doubtful; to, as this instrument would say, "err and stray from the ways[8]" of the infinite Creator, yet the attempt to move gently back into the balanced and centered state of mind which is the open heart ever and always creates a new experience or the potential for the brand new moment. This entity is aware enough of the psychological benefit [of] starting again that it will, tomorrow afternoon, confess its sins, slight though they may be, to that priest which is assigned to her parish. This entity does not believe in sin, only in making mistakes, yet still this entity feels lighter when it is completely empty of un-confessed shadows and forgiven for each and every error. Then there is a new heaven and a new earth, infinity of new possibilities and new beginnings. This is true at the moment, and it does not take a priest unless an entity is fond of rituals and finds it helpful to seek such a practice as this instrument has. The roles of this confession and forgiveness can both be taken by the self. One stands in one's own light, because one is under the impression that it is the proper thing to do.

Many times, it does not even feel incorrect or wrong to express fear in some way, because it seems practical and thoughtful and responsible to be concerned. However, it is well, when the possibility of doing so arises, to take the opportunity to recount one's errors to one's priest or itself and to be shriven with a truly compassionate heart. The addition of the outer priest creates the illusion that there is a Creator moving through the intermediary of priesthood and touching the lowly penitent. The truth is that the instrument creates or projects the priest from the self by fear, contracting against the idea of meeting the Creator directly. This is that which the instrument is aware of and accepts as a part of her earthly personality shell until such time as this practice no longer offers her comfort or a resource in pursuing her desires.

However, for those who are of a more solitary nature, it is well to invoke the priest within yourself, and we would suggest that you create this portion of the self as feminine, nurturing and loving; a part of the self that truly loves with the full and flowing heart, that sees the soul amidst the grime of an entity's inevitable errors. As this instrument pointed out in the conversation before this meditation, errors

[8] A phrase from the *Episcopalian Book of Common Prayer*.

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are not only necessary but adventurous. They are necessary, because the nature of learning is trial and error, trial and error. Each time, the information of that attempt creates new knowledge. Eventually, an entity increases its knowledge enough to reach its goal, by which time it is involved in a further quest.

So the cycle is a spiral which will predictably address the life's issues of an incarnational level on a cyclical basis. Each time that the theme recurs, the motif is offered in a new instrumentalization, and there are nuances to be learned each time. There is no reason to be discouraged because the entity sees itself slipping into numbness or over-activity. This is another way of making an error and represents that which offers the possibility of learning. Thusly, if it can be seen as "adventures in failure," and if it can be seen that each failure inevitably leads to the attainment of goals that are deep within the desires of the soul stream of the entity, then it becomes easier to have compassion upon the self within its dream of personality and preference.

Carla: *(Sings)*

Oh, Jesus, thou art standing outside the fast-closed doors,
In lowly patience waiting to cross the threshold o'er.
Then come, oh Christian brother, His name and sign who bear,
And shame, thrice shame, upon us who leave him standing there![9]

The heart is the seat [of] and the portal to the truth of the self. The emotions are the fruit of great refinement through the turmoil and difficulties of turning catalyst into experience and the potential into the actual. It is a short lifetime in which to do such a thing. It is an adventure too great for skin and bones to hold it. The imagination of the entity within the human breast is stellar, star-like, infinite, eternal and several magnitudes larger than life. Yet it glows within as if in a cave until the door is unlocked into the heart, and the self enters fully into the tabernacle of the one infinite Creator. Moving into the silence is like unlocking that door. Even stopping thinking is like picking the lock.

The return to center is a journey from fear to love. When the sun is shining and the pocket is plump with money and the heart and the arm are full of love for a pretty girl or a handsome gentleman, when the breeze is fresh with the smell of spring flowers, such a state of mind as this instrument would describe as centered and joyful is easy to achieve. Yet it is as though the entity played upon the surface of the waves, enjoying the sunlight and basking in the graceful, ceaseless swells of the softly lapping waves. When the storms and extreme tides and waves of inclement weather stir the sea's surface into spume and spray and destruction, the self must needs remove its body from the deeps and become a land creature again, seeking shelter from that which is too turbulent to enjoy. Blessed is that swimmer with the equipment to dive deep, deep under the storm, to the still, crystalline water that is under great pressure and moves only languidly even with the wildest storm upon the surface.

This circle was speaking of points of view. And the feeling and emotion and point of view of resting in the deep of the ocean and the stillness of the ever-moving sea is a helpful way to create a kind of icon on the desktop of being centered so that you may click on that image, and other images that you find instinctually, to create a sense of expansion, stillness and peace. The every effort which is produced with the intention of opening the self to the one infinite Creator, of radiating more of the Creator's light and serving more and more as an agent of light, is in itself the heart of the process of achieving the desired goal. Shall you achieve it perfectly within this lifetime? We would not wish to deny the possibility; though we may that it is a possibility/probability vortex rather than a truth.

The energy to walk a path and to live a sacred life is as the energy of the deep [ocean water,] with little movement but great force. The peaceful soul is a soul resting in love. It has no waves to buffet it, because it is protected by its position, just as the heart is protected within a heavy and very strong cage of rib and spine. The precious interior of the body is well protected, and the precious heart of the energy body is similarly loved. To allow oneself to feel the joy and the passion and the *brio* of one's being is to dare great things. To do so with gentility and honor, with grace and with style is to shine up the armor of life. Rather than shrinking from pain of any kind, we do not say to dwell upon it, but rather to see it as a helpful friend, a sister or brother. You do not know why this friend is helpful; it may seem to be very, very unhelpful. However, the blasting of

[9] From an 1867 song by J. H. Knecht and W. W. Howe.

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sand against rock creates the removal of grime and grit and the reappearance of the stone in all of its crystalline beauty, and so is the soul blasted to remove the grime of living and learning and failing. The storms come, and to all eyes which look upon the surface, the boat is crashed upon the rocks, the body is thrown into the turbulent and boiling waters, the life is extinguished. Those who are in the open heart simply dive with remembrance, with faith, and with joy, deep, deep into the waters that separate the mind from the heart, the storm from the stillness, the illusion from the truth.

We would at this time transfer the contact to the one known as Jim. We thank this instrument for its service. We leave this instrument in the love and the light and transfer to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. At this time, we would inquire of the one known as B if there may be any further shorter queries to which we may speak.

B: Is S what's known as my twin soul? Are we twin souls, her and I? How may I serve her highest good? Is it likely that love will bring us together in this present world?

I am Q'uo, and am aware of your query, my brother. There are some aspects of this query to which we may say very little, for we do not wish to infringe upon free will. Concerning the concept of love bringing together two souls to sing a song of service together, [this] is to suggest that that which has begun shall continue, and indeed this shall, in some sense. However, the exact configuration of this relationship is even now being turned, and we would not wish to interfere with that which is of perfection.

Concerning the previous portion of the query, we must pause that this instrument be allowed to go deep.

(Brief pause for tuning.)

I am Q'uo, and we appreciate the aid from the one known as B. Will the one known as B re-vibrate the query?

B: Is S what's known as a twin soul, and are we twin souls, her and I?

I am Q'uo, and we appreciate your restating of the query, for the portion which we had responded to was the portion dealing with this illusion in particular. The query referring to the concept of the twin souls is one which goes beyond this illusion and reaches into those timeless states where being is all and service is easy. We would suggest that these two souls indeed have found themselves within each other's hearts and in this respect are twin flames of the heart energy, each expressing in a unique fashion that which is one and which has, through their mutual expression, become two.

Is there any further query, my brother?

(Side one of tape ends.)

B: There are moments of higher consciousness where I think I am piercing the veil, and I would like to know, are these moments more gifts or are they states of consciousness that are attainable? How may I best use these moments, and is there any kind of outer gift of service that I can bring out of them?

I am Q'uo, and we are aware of your query, my brother. We would suggest that these experiences of unity with the one Creator, the experience during which one feels great inspiration and such, may be likened to the stages of a journey, where there is a marker left on the trail by the self for the self, at certain times during which there is an opportunity for an increased level of service. Some may call this initiation; some may call this a reaffirmation or dedication. Indeed, there is a quality of a connection with unity which of itself will be made apparent through the life pattern and the energy exchanges that follow such experiences. For it is not possible to feel so inspired and aware and not be changed to a degree which will be noticed and be a means of service in itself, in that the light from within the soul shines forth in a nurturing fashion.

To most effectively utilize such experiences, it is necessary simply to open the heart and the mind as a natural portion of the daily round of activities in a fashion which says, "Here am I; what would Thou hav'st me do?" When one is willing to serve in whatever fashion it is asked, then one has provided the channel through which any such energies as these of the enlightened quality may flow. Thus, to desire, to intend to be of service is all that is necessary, for the way shall be made clear how one is to serve when one clears the way to the heart and mind.

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Is there a further query, my brother?

B: Thanks, Q'uo, for this channeling You know I pore over your words almost daily. To realize my highest known desires, is it necessary that I change or purify my diet, and, if so, to what degree?

I am Q'uo, and am aware of your query, my brother. The degree of purification of one's diet, of one's thoughts, or of one's actions is completely a function of one's free will. As one wishes to increase the level of being with the knowledge that this quality informs all service, then it is well to take an action such as [the one] you have suggested, the improving of one's diet, to serve as a training aid, shall we say, a function or an action in the physical world, which grounds the desires that are spiritual in nature so that the daily round of activities is informed by such inspiration, such desire, and such perseverance. Thus, it is completely a function of your free will as to how your personality sees such physical expressions of metaphysical principles. Trust your own heart, your own knowing of that which is appropriate. "Seek and you shall find," it is truly written.

Is there a further query, my brother?

B: Is it probable, after my work is accomplished in Ohio, that I might move or stay for a time in Louisville and/or Virginia, to help in whatever manner I can?

I am Q'uo, and am aware of your query, my brother. Again, we reach that point across which we do not wish to step, for there is infringement possible when speaking of this kind of future activity. May we simply say that all things are possible for one who desires to serve.

Is there a further query, my brother?

B: Can you tell me what happens to me when I smoke marijuana? In December of 1998, the year I graduated high school, after much time spent smoking the substance, I found my body and mind reacting severely to marijuana. I became paranoid and self-doubting. My thoughts became jagged and conflicting. I couldn't make sense of what was real and what wasn't. My body reacted violently, shuddering sometimes, breathing with difficulty, heart palpitating, unable to interact with anything external, unable to think, unable to function. And every time I have tried to smoke it since, it has been the same experience, sometimes almost fighting for my sanity/survival.

I am Q'uo, and am aware of your query, my brother. We are aware that there are certain, shall we say, parameters which have been drawn by your higher self in your preincarnative choices for this incarnation which were necessary in order to focus the considerable amount of spiritual energy that is available for your service and your learning. The desire was that there would be a near-complete reliance upon your natural ability to access this information without the use of any aid or crutch such as that which you have mentioned, the marijuana. Thus, we find there is a preincarnative choice that has expressed its qualities in your conscious and subconscious response to the experience you have described.

Is there a further query, my brother?

B: I feel very scattered within my mind/body energy. I am either on one side of my head or the other, or in different focal points and twistings and turnings, and I wonder, does the imbalance lie in my brain, in my body, in the chakra system? And how can I bring greater balance?

I am Q'uo, and am aware of your query, my brother. To achieve the balance of which you speak it is well to engage in the meditative state once a diurnal period so that these various thoughts and directions of energies may find their true home. That is to say, as the energy of a spiritual nature, of which we were speaking in the previous query, begins to move through your physical vehicle, there are various, shall we say, distortions which may have an influence upon this energy, so that there is the shattering or the splintering of the integrity of the energy and the information which is available to you. If one is able to calm the conscious mind and present a cry, or plea for coherence, or centering, for the return to the foundation of one's spiritual self, then these various thought patterns may, as the mud within a murky water, begin to settle, [so] that the water be cleared, that the sight be restored, and the vision made whole.

Is there a further query, my brother?

B: You're making a lot of sense to me, Q'uo. I was recently told by a healer that I had done physical and spiritual damage to my red ray and was wondering

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what steps I can take to heal and open that chakra again?

I am Q'uo, and am aware of your query, my brother. The practice of meditation, of which we just spoke, is again that which is working upon this same, shall we say, distortion, that has its effect in the randomization of the thought process. When you are able to feel at home in your body and in this illusion to a degree where you are ready to express the energy available to you, then you will find both the thoughts and the red-ray energy center will be easily discernable to you. And it will be far more easy to express any energy from any energy center. Thus, the practice of the meditation is that which, when done with the appropriate dedication of purpose, may become a healing for you that is reflected throughout your mind/body/spirit complex. The meditative state is much like the recharging of a battery and a reorganizing of its energy potential, so that as your desire taps this potential, there is useful work in the metaphysical sense.

Is there a further query my brother?

B: You know I'm kind of out. Would you have anything to offer, to say, advice on my work to come, my healing to take place up in Ohio, my interaction with my family?

I am Q'uo, and am aware of your query, my brother. We would advise the worthy seeker to go forth in faith. All is truly well and the Creator awaits the interaction of your love, as you express it, within your family structure. It is much like building a firm foundation for that which is to come. There is much potential. There is the positive direction. There is the realization of a few remaining stones necessary to place within that foundation and this work has begun apace. We say be of good cheer, go forth in love and rest in faith. All will be well. Your feet are firmly planted upon the path of seeking. Continue walking this journey with a happy heart, and with a willingness to accept all that awaits you.

Is there a final query at this time?

B: Surround Jim and Carla with a lot of love and light, and that's my last request.

I am Q'uo, and we assure each present that as each seeks light, the light finds the seeker and there is an imbuing of the seeker with this light, that it may be shared with others. So that each as a candle may alight the earth with the light of love and service to the one Creator, and each face that comes before the pilgrim on its dusty journey.

At this time we would again thank each present for inviting us to join your circle of seeking this evening. It is always a joyful invitation that we gladly accept. We remind each that we are available to help deepen your personal meditations when requested to do so. It is our honor and pleasure to join each in meditation to lend our conditioning vibration so that the meditation might be more stable.

At this time we shall take our leave of this instrument and this group. We are those of Q'uo. We leave each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai.

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Special Meditation
December 19, 2002

Morning

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator in whose service we come today. We thank you so much for calling us to your circle of seeking and for taking the time and the concentration and focus from your very hectic and busy lives for creating a place and a time to seek the truth.

We grasp that this is to be a question and answer session, and so we would ask only that, in our answering these questions, each keep in mind that we, like you, are travelers upon a road, knowing little, experiencing mystery and wishing to share our thoughts and opinions but not wishing [to assume] the vesture of authority. Therefore, we ask each to pick up and enjoy those thoughts that appeal to each. Those thoughts that do not appeal, we ask each to leave behind. With this discrimination on the part of each, we are free to speak without infringement upon free will. May we ask for the first query?

J: Yeah, hi, Q'uo. This is J and glad that you're here with us today, and I'm the one that called you to the channel, and I'm here with my best friend, R, who is leaving soon to move to the beautiful island of Hawaii, and so I wanted her to be with me here today to ask some questions. One of the most nagging questions that I have is I really like what I do; I like being a body worker; I love doing massage with people, and I feel like that's one of the ways that I can be in service of others. However, sometimes I feel like that there's more that I should be doing, and I don't know if I should worry about it. I would like if you could speak about being in service to others and maybe doing body work and if this is really where I'm supposed to be at this time.

We are those of Q'uo, and we grasp your query, my sister. The desire to be of service to others is the arrow that flies without error. It is difficult from within the illusion of third density to have a clear, lucid point of view concerning one's own outer gifts and inner gifts, and one's use of them. [It] is often skewed, because perhaps one misperceives a portion of one's gifts or denigrates it as being not as useful as other inner or outer gifts. We are aware that, in the case of the one known as J, the desire is true, and, although we cannot ask any to be content with our knowledge, we would offer the point of view that the system of incarnational lessons and service works with a great deal of redundancy so that if an incarnational lesson or an incarnational lesson has been planned, it will occur as an opportunity, not once, not twice, but as long as the entity who has set this pattern up is alive and needs the experience of working with that particular pattern or structure of catalyst.

Therefore, it is not that any entity is going to be the perfect understander and scholar of one's own fate or destiny but rather that the redundancy feature

ensures that, if one opportunity for a certain type of service or a certain type of learning is missed or unseen at one juncture, it will surely come around again offering another opportunity, and another and another. Nor is there any judgment from self to self, in terms of the self between incarnations that set this plan up, concerning whether or not the entity in incarnation decides to take advantage of a particular pattern for learning. Indeed, it may be noted that many wanderers create for themselves a superfluity of incarnational lessons and service in the same way that a child will fill his plate overfull because it all looks so good.

Not all things in life are requirements as far as the school of living is concerned. As a classroom, the curriculum of Earth is simple: it is love. There are lessons in how to love, in how to accept love from others. These lessons may have to do with loving without expectation of return or, in many cases, learning to accept love without expectation of debt or guilt. As the one known as J has pointed out, it is often far easier to serve and to love without expectation of return than to accept the love offerings of others as a worthy and honorable person. The lesson of acceptance of love is keyed, therefore, to those who are dealing with exceptional clarity in seeing the landscape of their own imperfection. Consequently, that entity which is working upon opening the heart to being worthy of love is also working upon lessons that are linked to the distortion of feeling unworthy. The service of the inner type, as each in this group is aware, is the more central service, since it works upon the soul of the planet, the soul of the entity, and the soul of the group entity that is the self and those other selves that are even now becoming more and more able to form the basic structure of trust and sharing that is the foundation for fourth-density shared memory.

Although the inner service is the central service, it is often the least easy to accomplish because of its very simplicity and its nature of being essence rather than form. Consequently, it is often the more efficient route to rest within one's outer gifts while one is becoming more aware of the beauty of the inner self. There is, as this instrument has often said, a process which this instrument calls falling in love with the self. Until this moment occurs, the self will be seen as imperfect and error-prone. Within the illusion which you enjoy at this time, this is inevitable. However, there is a process of moving beneath the personality shell's turbulence that we encourage each to invite, through silence and listening and the immersion of self in the creation of second density and first density, where the vibrations are without the veil, and there is much grounding and reaffirmation coming from the energetic beings that dwell within air, fire, earth, water and within each plant that blossoms and each animal that shares breath with those upon this planet. This first and second-density entity is extremely helpful to those who are attempting to get a sense of themselves as beautiful and worthy, for each animal, no matter how humble, each plant, no matter if it be called a weed or a flower, has its youth and its blooming and its happy old age and its natural sinking again into the earth. Does the leaf grow concerned because its structure has been somewhat eaten by insects? Does the doe in the forest lose faith in the rightness of things because there is not enough to eat? Indeed, each plant and each animal spends its time in surety, confidence and peace, for it is not troubled by attempting to justify its existence. It is not troubled by its perceived imperfections. Rather, [such entities are] just as the very aged kitty on the instrument's lap. As it struggles with difficult and stertorous breathing it has absolutely no feelings of inadequacy, guilt, anger or fear, but rather takes each breath as it comes while enjoying the most positive and safe and comfortable situation that it can find which, in this cat's case, is to be within the aura of its favorite human.

May we say in this regard that service is often greatly helped by association with those who are able to support, encourage and offer honest criticism of that path which in general is shared by both. The value of spiritually-oriented companions in this wise of seeing oneself, seeing one's service, cannot be overemphasized. All is within the self, and that which is intended to be placed before the view is indeed being placed before the view. The essence of service is that there is not a specific right service, but rather there is an opportunity that will revolve and come about again and again, and each instance of this sort of opportunity to pursue an outer gift will, if pursued, blossom into a viable path. Consequently, you cannot make a mistake; you cannot choose an incorrect road. You can choose only between a more direct one and a more roundabout one.

May we answer further, my sister?

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J: No, that was good on that question. Back to the second-density beings. I was wondering if you could speak to me about my dog, Gypsy, who is also getting on in years. She is so loving and so faithful. Is she third-density harvestable at this point in time when the cycle of her life ends?

We are those of Q'uo, and we find that we can confirm this as the one known as J is already aware of this entity's harvestability.

J: Okay, one more question, and then I'd like for R to ask a question if she'd like to. I've been wondering lately if earth changes, things could really occur this year. I see Carla as an advisor, because she really helps me to stay grounded and not have a lot of fear. I'm thinking that possibly I should change residence. Is that something that you can speak to? I do like this place that I live in, but I'm wondering if I move in this coming year of 2003.

We are those of Q'uo, and are aware of your query, my sister. The energy that moves through your peoples at this time is an extremely vigorous one. It is the product of the increasing transparency between third density and fourth density. As this process of transparency continues to intensify, more and more entities will be sensitive along the lines of their distortions, sensitive in all ways. In those who are awake, it may seem to be a vigorous, cleansing wind; in others, it may seem to be the wind of change; in those who are fast asleep, it may seem simply to be a wind of confusion, chaos and disaster. As this instrument would say, it is all in the point of view.

In such an atmosphere of increasing sensitivity of the self to thoughts and subtle energies, it is not surprising that entities whose distortions lie along the lines of quiet and an untouched aura would begin to feel that perhaps dwelling in such a densely populated area might not be as desirable for the peace of the inner self as moving to a less crowded area where there is more space for the aura to flower on its own. We see neither harm nor [true help] in such a move in terms of any deep spiritual motivations but would note that often, when there is within the self the desire for transformation, the movements of the self in the outer sense of literally moving from place to place may well help to create the atmosphere of transformation, in that the process of moving is in itself traumatic and carries an energy which can be added unto by the cleansing and regenerative energies that are felt within the being. Therefore, the move is not just a physical move but a symbol of the felt or perceived movement or transformation of the self. Therefore, it may be that such a trigger, that acts as a suggestion resource for the inner entity, may be helpful to the outer entity.

Is there a further question on that, my sister?

J: No, no, that's good. That explains everything great. I personally want to thank you very much, and, as always, it's good to be around you and your energy. I would like to ask R if she would like to ask a question.

R: Yes, J, thank you, and thank you for honoring me by bringing me here to this channeling.

Thank you, Q'uo. I feel like a lot of what you've spoken already has been spoken to me and my inner self and questions.

I am moving to Hawaii in less than a month, and I feel one of the big reasons is that I want to create that feeling of space and openness for my inner transformation, and you spoke of the first and second densities, of the plants and the animals, and I have a strong urge to submerge myself in that environment of nature. My questions would be, how can I best serve this world, my girlfriend, M, who I'll be moving with, and myself through this move and this transformation, and are there particular energies, whether it be individuals or groups that might … that I might be able to assist and they may be able to assist me in our transformations to be love?

We are those of Q'uo, and are aware of your query, my sister. We are glad to comment upon this exciting and transformative adventure upon which you set out in so brief a period of days and hours. The best way to serve in the new environment is the best way to serve in all environments, and that is to offer the self without pride but with joy, to the moment, to the lifetime, to eternity in purity of being, in the glisten of armor polished by discipline so that the armor of light may shine.

Already the one known as R sees the self as a light. The question always with the light is, where to put it? Shall it be placed upon the top of a building and become a light in a lighthouse that warns those of dangerous reefs? Shall it be a light of hope that is cast into those lives which have been darkened by pain? Is [it] the particular kind of light that is the

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flame of passion? This is the question that each may ask the self when hoping to serve one's very best. Where is the passion, where is the desire, and where, when one opens one's eyes, is the opportunity?

It has puzzled, confused and baffled many and discouraged more that when the dreams of the heart are to serve by noble and outwardly respected means, [that] when the eyes open to the situation at hand, it consists instead of cleaning a bathroom, washing the dishes, cooking the meals, "chopping wood, carrying water," as this instrument would say. The one known as R also has placed for itself in the coming situation, as well as in the situation it is leaving, ample opportunity for service and for learning. There are entities and groups with whom, as a soul, your soul stream has made agreements. You may think of these entities as members of a large family that has been apart for some time but that, when it comes together, has a certain resonance that speaks of home, anchoring, safety, intimacy and nurturing. Look for the resonances in those that you meet, not only so that you may be of help to them but so that they, in their need to be of service, may be of help to you.

May we answer you further, my sister?

(Long pause.)

Is there a further query at this time?

J: No, I think this is probably about the length of time for this instrument. We thank her, too, for offering herself as a channel and thank you very much, Q'uo, for being with us today.

We are those of Q'uo, and we thank you, too, my sister and the one known as R as well. It has been our privilege and our pleasure to share energy with you. We thank this instrument as well, and we leave each of you as we found you, in the love and in the light of the one infinite Creator. Adonai. We are those of Q'uo. ♣

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Special Meditation
December 19, 2002

Evening

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in Whose service we are ineffably overjoyed to be. We cannot express our thankfulness for being called to this circle of seeking, and, as we prepare to offer our thoughts, we would request that each scan our thoughts and concepts within your process and pattern at this time, looking for resonance and the feeling of recognition. We request that all opposing or separating ideas, in their seeming to you, be released and forgotten, for they clearly are not those which serve as resources for you. With this caveat, we gain our freedom to share our opinions not as those in authority but as friends and fellow walkers of the way of the one infinite Creator.

We greet the one known as J *in absentia* from the physical circle gathered within the walls of the Magic Kingdom[10] and would welcome this entity's first query at this time.

Questioner: J has experienced cancer and its healing, and he was wondering if, in the book he is writing about cancer, Q'uo was involved in providing any of the inspiration for the book, and, if so, would Q'uo have any insight as to its purpose?

We are those of Q'uo, and we are aware of your query, my brother. It is an interesting one, for the answer is yes and no. We are a part of your guidance in the sense of being used for personal guidance or higher self in direct communication as an entity, with you, as the specific guidance which is a portion of the soul stream, shall we say. In the sense of being an entity who chose to contact you from some vantage point which convinced us that we as a group needed to contact you for a certain project, no, we were not those who created the desire or the material for the written expression of your heart and your pen.

The process of channeling, creatorship, authorship or composer-ship is that of the tempering fire of circumstance, the quality, purity, intensity, crystallization and balance of the desires of the deep heart for the truth of the self and the truth of one's service, and the quality of what this instrument would call alertness or awakeness. These are the tools which open the channels of creativity. There is a balance between intuition and guidance and the more artisan-like craft of learning, discovery analysis and synthesis which must needs find an inner bridge in order that the heart and the mind work together as a portion of an extended spiritual family, shall we say. We are that portion of your guidance that we naturally occupy by virtue of the shared soul stream. However, as we have often mentioned, our guidance comes more in the form of a kind of carrier wave that deepens and intensifies or sharpens in

[10] Carla's name for the Rueckert-McCarty and L/L home.

delineation the details of the personality shell's own processes of dreaming, envisioning and seeking.

May we answer you further?

Questioner: "Are there any inaccuracies in the book that I've written or are there any areas that could benefit from further amplification?"

We are those of Q'uo and are aware of your query, my brother. We find that this direction of questioning is one which, if followed, would detune this contact, for these are key queries. We remind this instrument of an experience that it had when the course was being studied and the instrument asked the professor a question concerning the book about which the test would be taken. The response to the query was, "I will not answer that question." Consequently, this instrument chose to spend its study time answering that question, and this instrument was accurate in determining the nature of the final test. It was indeed that question that the teacher could not answer.

Sometimes, there are these decisions made which must be the sole concern of the creator dwelling within flesh and the personality shell. It is the quality of coloration within the third-density work of art that so enlivens and expresses the courage and the irony of being a third-density entity. We would simply say that a creation is a world, and, when the world is expressed in the roundest, most clearly delineated topography and detail of which the imagination of the creator is capable, then the work is whole. This instrument, as a writer, has never had the inner discipline to persist in correcting distortion until it was satisfied with its work. This has not prevented the work from being appreciated, and we would share that musing of this instrument's with you, that perhaps something can always be made better, the possibilities being infinite.

May we ask if there is another query?

Questioner: Are there any suggestions as to how best to disseminate this information, any target groups or timing that you could recommend?

We are those of Q'uo and believe we grasp your query, my brother. The target for the audience is that target which focuses upon the greatest concentration of those to whom the message is written. In your case, this would be those wanderers close to awakening within your peoples. The choice of the writing in English and of using story as a means of delineating metaphysical processes is a valid choice amongst the various approaches that could be taken. The target group cannot be said to be entirely of one type, whether that type be economic, age or job-related, for wanderers exist at this point in your planet's evolution at virtually all ages. The initial waves of entities have come through to take incarnation beginning in the [19]20's and 30's and your [40s,] 50's and '60's. Therefore, though it is always the youth of any people which are the most sensitized to deeper issues, yet still there is no clear demarcation between the young and those who do not share youth with those younger, because of the length of time that the harvest has been quite close, and the extent to which those from elsewhere have felt it well to commit themselves to the taking of third-density incarnation in order to aid the planet and its people at this time. Thusly, we would say that the young ones are a substantial portion of those who would welcome these ideas but such a creation as your volume would be very good material for those of many ages and conditions.

As to the timing of this volume, again we come up against the full stop of free will, for that is a matter of resonance for you and those who encourage and support you. Allow this question to resolve itself as far as the particular month or day. In general, we would say that the addition of all sources of sound metaphysical information are to be encouraged at this time and in the immediate days of what you call your future, for natural cycles connected with this planet's sacred harmonics of position will be in crescendo and in coda for your next decade or so in your years. The timing as a particular date—though not necessarily a significant key—is, however, a puzzle that the one known as J may find pleasure in resolving.

May we ask if there is a further query?

Questioner: The last question is, "Would Q'uo honor the book by providing an endorsement or a message which could be printed on the cover, website and/or promotional material?"

We are those of Q'uo, and are aware of your query, my brother. May we say that we are flattered by your desire for the author of cosmic sermonettes through this instrument to give a recommendation for your worthy volume. May we say that your creation shines with its generosity, purity and wit. We are those who honor the heart and the process of

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forming the point of view that informs your creation has great elegance. The attempt to move from the appreciation of a way of thinking and being to a position of internalizing that system of perceptions is a long journey most often at least partially stumbled through and suffered through. The fruit of such an intense time of transformation is often black and bitter among your peoples.

The energy that is moving through the earth that you enjoy life upon at this time is a cleansing and a purifying energy. Fourth density and third density become more and more transparent to each other. This precipitates, for those who are awake and for those who are asleep, the experiences of a mind and a body which are no longer tuned to the vibrations present in the current ambient experience. The need then is to release the old experience in order to accept that which comes next, and the one known as J has our thanks for being able to express a story in which this shifting of realities is given so many helpful stories, characters and moments. We recommend the reading of all books which may appeal to an entity. We recommend that entities gaze upon this and all volumes looking for resonance. The pleasure of new ideas is that which often sharpens inspiration and clarifies logical processes. Consequently, this and all books may be viewed as possible resources for spiritual growth.

Would there be any follow-up queries that those present might have in terms of these questions and what the one known as J might pursue?

Questioner: I think that's all the questions at this time. We thank you very much, Q'uo, for all of the information that you gave us.

We are those known to you as Q'uo, and we thank you, my brother, as well as this instrument, the one known as T, the one known as M, the one known as J, and those who are with these in thought for asking us to share our thoughts. It is such a precious thing to touch into your energy and feel the shared vibrations of your beings. We leave each of you resting in the infinite Creator. We leave you in the love and the light of the One. We are those of Q'uo. Adonai. Adonai. ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
December 22, 2002

Question from J1: Can the source of anger, seeming this is the source of the cancer, be inherited? Can it be from past-life programming, or could it be deliberately implanted or consciously created to create a learning opportunity during the incarnation?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you with great joy in the love and in the light of the one infinite Creator in Whose service we are. It is a great blessing and privilege to be called to your group this day to join in your meditation and to offer our humble opinion on the subject of the causes or the providence of cancer. We are glad to share our opinions with you with the request, as always, that each discriminate carefully as each listens or reads so that no idea is allowed to take lodging within your value system that is not resonant to you personally. With this in place we feel much freer to offer our opinion without being concerned that we might infringe on your free will.

The circle of seeking this day queries concerning cancer and certainly we may speak concerning this particular distortion or disease. However, our remarks may in general be relevant to other conditions and estates of humankind's physical vehicle.

We would begin by acknowledging some of the basic structure from which we speak concerning that which is conceived of among your peoples as disease. Since all that has formed is a distortion of the one original Thought, to say that disease is a distortion is not to insult the breed. For, indeed, that which is known among your peoples as disease has its own beauty and function within the system of dynamics of third density. It is a highly convenient and somewhat sensitive means of ending a life span at the just and appropriate time for that entity and, indeed, in many cases the so-called disease comes into play as a result of the filling up of the capacity of the entity's learning system from the wear and tear of the daily incarnational experience once the vital energies of the entity have expended that amount which they have to offer to the challenges and pleasures of having breath and life within third density [which] may have ended sooner than was intended before incarnation.

This is impossible to predict before incarnation, either how catalyst will strike the entity within incarnation or to what depth the increased load of unprocessed experience may go. When such bank accounts of undigested experience rest within an entity so that the amount of unprocessed catalyst is over the full line for an entity in terms of incarnational energy then it is that the physical vehicle may gladly accept the disease in order to plead a sensible and timely period upon an incarnational pattern.

This is most helpful for the entity so that healing may occur as would be needed to create an atmosphere within which the entity somewhat healed from its travels in its personality shell through the incarnation may recover itself, take thought after its healing, and consult with its higher self and all guides in the construction of a new incarnation which would address those unresolved catalysts.

It is for this reason that many entities [who] find themselves dealing with physical difficulties of one kind or another would then end life experience at a younger age than would be, shall we say, the cultural norm among your peoples. Consequently, whatever the condition or disease that is perceived by those who offer tests with the various measuring devices of your peoples, [they] have only the outer hints and clues as to the true cause of the condition.

The shape of unprocessed emotion within the incarnational energy vehicle most closely associated with the physical vehicle has a much more accurate and clear concept of where the opportunity of an ending to the incarnation is coming from in terms of cause. Only the entity and, perhaps, sometimes not even that entity is fully aware of what sorrows upon the heart, what unbalanced emotion upon the emotional body, have created a situation of imbalance which has reached the point where the mind complex of an entity cannot balance it. When this occurs the natural evolution of the distortion known as disease is to move from those difficulties within the mind to the more obvious hints and clues offered by the analogous condition which has been given to the body, for it to, shall we say, act out its distress, sorrow, anger, grief or whatever the imbalanced emotion or unrefined emotion that has been causing the distortion to be chronic within the energy body of the individual.

The query specifically moves to question the three possible causes of the arising of cancer from anger, that is: the predisposition of the genetic makeup of the vehicle, the carry over from past life distortions, and the placing of the illness or condition within the life experience as a response to those things which occur within incarnation, and we would take these one at a time after simply saying that we would agree with the one known as J1 that relating the emotions of unrefined anger to the condition cancer is quite often correct as a solution to the linkage between mind and body in the arising of that particular disease.

Firstly, there is the possibility of genetic predisposition, and while we completely agree that this predisposition is a portion of many entities within your density who do experience the arising of this disease, it is entirely possible for two entities with the same genetic makeup to respond quite differently to stress when it takes the form of the hot and fiery distortions of anger. One entity may be able to allow the refining of that anger by not resisting it or holding on to it but simply sitting with that anger in utter compassion for the reasons for that anger, the hurt and pain and sorrow behind that anger, the entity feeling threatened, fearful, abandoned or unworthy and thus creating the experience of a confused anger that then can be placed in the tempering fire of patience and waiting so that that anger is given time to be refined by the enduring fire of experience.

When that which is creating distortion is allowed to express itself completely in the inner energetic system of the vehicle then it is that the physical distortions that might arise, the cause of genetic predisposition, will not arise since there is not an imbalance penetrating or chronic enough to trigger the stimulus to which cancer is a response. Consequently, the thinking system and the perception system of each entity has the responsibility for determining what is the truth of any particular occurrence and when an entity's information system is able to deliver, shall we say, a less distorted truth concerning the evolution of the emotion of anger, the skill of this draws the sting out of the otherwise triggering perception that the entity is no longer safe and must become one who is on guard and protecting oneself.

This contracting or defending choice when faced with one's own anger defines the perception that the cells of the body will receive. If anger is perceived and yet it is perceived from a viewpoint of safety, compassion and nurturing it will not constitute a trigger for a physical vehicle to produce that which is cancer.

Thus, it is exquisitely central for entities to be alert to the actual nature of their allowed perceptions for what is perceived is what the physical vehicle reacts to. Each has seen the demonstration of hypnotism where an entity is informed that being stuck with a pin will not hurt and, sure enough, the hypnotist is able to demonstrate the changed perception of the client which has been hypnotized. This is precisely

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the nature of perception, and we encourage each always to gaze with a clear eye and an unbiased point of view at the nature of one's thoughts. For each thought that is processed by the intelligence has its nature, its strength, and its vector in terms of polarity and purity.

The second suggestion as to causes of the cancer, that is, the cause of how the anger expresses itself in cancer, is that which is carried over into a present incarnation from a past incarnation. Often there is in the experience of older souls upon your planet—that is, those who have been through multiple lifetimes upon your planetary sphere—that there is a carry over especially of those experiences that have been involved in a pervious death: the place of a fatal blow, the chakra involved in a mortal emotional dysfunction, even the primary and secondary energy centers associated with certain relationships distortions and imbalances. When such a relationship is central to the incarnation pattern [it] may well constitute an imbalance that expresses even through an entirely new body and energy system the cause of the strength of the previous distortion. Often in the case of wanderers this does not apply because such entities have balanced karma moving into the earth plane and therefore have only the energies of the present incarnation to balance.

When such a lack and imbalance does persist from one incarnation to another we would say that it most generally does not take a certain form in terms of disease but rather constitutes an area of weakness that may be a target of opportunity for those illnesses that are offered to one that is at as toxic state of imbalance. These would then have to do more with the energy center affected by the imbalance than they would have to do with a particular disease.

That is, where the imbalance [was seen] to be a yellow-ray imbalance, shall we say, the disease might be of the organs, it might be cancerous, it might be a nervous [disease], it might have various descriptions depending upon the target of opportunity, its timing, and those illnesses available in the surrounding of the *(inaudible)*. However, such an illness would involve the same basic area of the physical vehicle.

This, then, would not be so much an emotionally caused disease but rather it would be that almost mechanical outworking of previous patterns with the insulating numbness of forgetfulness to ease the outworking of a complex pattern of imbalance from a previous incarnation. The usual expressions of such carryover illness are those expressions such as the colds, the flu, the problems with weight, the problems with the appearance of the skin, those things which are more generalized or simply visit for a time at a time when an entity does present a target of opportunity.

The third suggestion of the one known as J1 was that such anger may create opportunities for such a disease as cancer from inside the incarnation or from just prior to incarnation during the planning stages. And we would say that often this is the cause which is the, shall we say, the efficient cause of cancer among your peoples. For many are the people who are very eager to cleanse and purify their energy body of all imbalance and the guidance before incarnation encourages the self to put in place a possibility of illness in order that should the incarnation not be going as planned there may be set in place the predetermined tendency to form illnesses which create the opportunity for inner work.

A good example from channeling which we find within this instrument's awareness is that of the one known as Franklin who programmed into its incarnation the possibility of crippling polio. This did not occur in childhood as that particular disease normally does but rather it was set in place as a fallback strategy in case the one known as Franklin became led astray from its desires prior to incarnation to become more positive, more openhearted, and more service-oriented.

The practice of politics is, shall we say, not designed to create such opportunities for positive polarity but rather such practice as those of a politician may well lead to service-to-self energies being fairly freely encouraged under the guise of helping groups of people for their own good. When this particular imbalance became marked enough within this entity's incarnation it then chose subconsciously to create for itself a situation within which it would be more able to do inner work and less able to have a breadth and a fast pace of social activity. This did, indeed, in this particular entity's case work well and created the possibility of much good work and balancing the distortions having to do with the right use of power.

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When a severe illness comes to one unexpectedly it certainly is appropriate to question carefully all three of these possibilities and many others not yet thought of. It is well to gaze deeply into the self to see as clearly as possible the distortions and glamours and exaggerations and cruel lacks of self-encouragement and self-validation that may have created such an imbalance that the energies of disease were needed. It is well always to see disease not as an enemy but as that friend which has perhaps come too soon and needs to be asked to move out of the stage of life and back into the wings so that more of this incarnation may be enjoyed.

The solution which the one known as J1 [seeks] to the riddle of disease and illness is that which we commend for truly all is love and as each becomes able to see the self with love and all things outside the self with love one is able to create the atmosphere in which healing occurs. It is like giving oxygen to one who is having trouble breathing to give love to the inner self. It may seem that others should love one and one should love others and that self-love is selfish but there is a level at which it is not only unselfish but necessary for health, to come into a sense of peace within the self that is beyond explanation that is the result of feeling unthreatened, safe and nurtured and there is no one but the self that is able to give that resource to the self on a stable, everyday basis.

Certainly an entity may feel safer with a certain companion or with a certain group. However, in terms of the innermost workings of an energy system within the human third-density being the setting of the stage for a balanced and even functioning experience of living is what this instrument calls falling in love with the self.

The energy of compassion is easy to feel for others. It is easy to open one's heart when one sees another's suffering. It is much more difficult to see the beauty of one's own suffering and to see the heroism of one's own endurance and determination to survive. It is very easy for an entity to be blind to his own beauty. More than that it is very easy for entities, especially within your culture, to fear and shun the shadow self, thus alienating that dark side of self in which lies so much strength and health when appropriately acknowledged, loved and disciplined. The one known as John wrote, "Love is all there is." Others have written similar sentiments such as, "Love is the answer," and these simple phrases hold a powerful and unified truth.

We would ask each at this moment to rest and to invite the self to move beneath the breathing, the heartbeat, and to the essence of self. Beyond form, beyond function, beyond explanation, can you feel the jewel-like crystal of you vibrating, radiating and being? Experience that beautiful energy that is yours alone, feel it flowing from the root chakra upwards and out the top of the head. Sense into the entity upon your left; now turn your attention to the entity upon your right. Feel the energy fields mingle and cuddle together and feel the energy of the group entwining itself from the energies that have flowed out of the heads of each so that they begin to spin and form a spiral, upward spiraling, moving on into the eternal realms from each pilgrim heart. This is your beauty and this is the beauty of the group.

We would at this time transfer this contact to the one known as Jim that we may answer any shorter queries that this group may have at this time. We thank the one known as Carla and leave this instrument in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. May we ask if there are any briefer queries at this time?

Carla: I have a question from T. She says, "I am interested in the energy exchanges between individuals. I understand the law of squares and was wondering if the benefit is the same …"

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and we are again with this instrument and we appreciate the patience of each present, and to continue.

When in the meditative state, then, it is well to focus the attention upon some quality that belongs to the entity with whom you wish to link your energies. Perhaps this quality might be the openhearted sharing of energies that is available through this person. Perhaps it is the kind of question which this entity seeks with you to solve the riddle to. Perhaps it is a desire to share a certain kind of future experience, the sending of love and light to various places upon your planetary surface, for example.

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Whatever the focusing mechanism, it is well to utilize this quality, desire or goal in order to blend the energies with the other self within the meditative state. It is well to decide beforehand the appropriate time for such an experiment, and it is well to retire to that place that is yours for the seeking within the meditative state, that place which you have made holy by your previous intentions.

When these simple prerequisites are accomplished then one may enter into the meditative state with a certain degree of confidence that what you are attempting to do is indeed possible and shall bed the result of your efforts.

Is there a further query, my sister?

Carla: I was wondering if you could comment on whether it is equal to have a focus group in a physical location and then have others from remote areas focusing on the focus group or is it equally efficient to have no focus group but simply everyone at a remote location connecting to the place itself at a certain time?

I am Q'uo, and am aware of your query, my sister. In the attempt to provide increased energy resources to various portions of your planetary surface we find that it is well to focus upon these places as precisely as one can within the meditative state, for this is a metaphysical working that is being attempted and is not one in which the physical precision is required, for it would be nearly impossible to find the precise location of any point upon your planetary surface that was described by latitudinal and longitudinal lines. Thus, one must rely upon the intention of the group of meditators that sends its energy offering with the precision that is allowed in the metaphysical realms. Thus, it is well to have an entity or a group which organizes such an effort, yet all who partake may do so from their own personal locations.

Is there a further query, my sister?

Carla: So, just let me clarify. So when somebody like James Twyman goes to whatever place he has gone to most lately and then has everybody pray for peace at that place—I think most recently it went to Iraq—the advantage is psychological within this illusion rather than metaphysical. Is that correct?

I am Q'uo, and are aware of your query, my sister, and, in general, this is correct, though we are aware that the entity of whom you speak is one who also performs his own kind of music and magic within the location that is in need of the energy of healing. This is a somewhat different kind of working, for this entity also operates within the social and to a lesser degree the political realm of the area in which he is involved, this adding different levels of energy to the mix, shall we say.

Is there another query, my sister?

Carla: If you don't mind me being persistent, would it be easier for people to focus and become linked concerning a place if there was a small focus group somewhere in the surrounding area at a specific time, or does that make no difference in terms of the law of squares, in terms of the actual faith of entities who are able to join with each other metaphysically? My basic question is does it actually help people with the process of linking up to have somebody to focus on or is it just as easy to focus on the place as to focus on the person?

I am Q'uo, and am aware of your query, my sister. We appreciate your persistence. The query is best answered, we feel, by suggesting that it does not make a difference to those who are from a distance sending their energy resources to have other entities within the area receiving the energy that will focus it. This is an activity which all may accomplish from a distance, shall we say, for it is a metaphysical working that is attempted.

Is there a further query my sister?

Carla: So the only advantage that a focus group would have would be if they produced their own gift to the place and that would be another kind of energy rather than purely metaphysical, is that correct?

I am Q'uo. This is correct, my sister. Is there another query, my sister?

Carla: No, I am done. Thanks a lot.

I am Q'uo. We thank you once again, my sister. Is there another query at this time?

J2: My question is that I am really interested in learning how to start to remote view. I realize that it takes a lot of energy. Do you have any suggestions that you could give me on maybe how I could create more energy to learn how to remote view?

I am Q'uo, and am aware of your query, my sister. Again, as in all metaphysical undertaking it is well that one cultivate the desire to do that which you

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describe and to set aside a certain amount of your time upon a daily basis in order to practice that which you wish to accomplish. It might also be helpful if you enlisted the aid of a friend or two and informed this friend that at a certain time you would attempt to visualize this friend within whatever surroundings this friend may be currently placed. Then at a later time to check your experience with that of your friend. This done upon a daily basis or some portion of your time might develop the ability to see with the far-seeing inner eye that which is usually missed.

Is there a further query, my sister?

J2: No, Q'uo. Thank you so much for being with us today.

I am Q'uo, and we thank you, my sister, as well. Is there another query at this time?

Questioner: I have a question. I was re-reading Ra in connection to how they came at this time to help correct distortions that they felt occurred from a long time ago. I was wondering if there is any assistance we can provide in helping Ra correct any distortions that they feel occurred?

I am Q'uo, and am aware of your query, my brother. The attempt to alleviate those powers which were given to the Law of One by the experience of those of law with those of the Egyptian culture many thousands of your years ago, is an experience that is profound enough in its fundamental nature. Its ability to influence many of the population of your planet is also that which is difficult to achieve in any physical sense, for there has been the, shall we say, construction of a certain artifice of an intellectual or mental nature that is the result of the reserving of information meant for all by a few.

That this pattern has been reproduced in an extensive sense in the years that followed this experience, that perhaps the most help that can be offered by individuals at this time is to seek to remove these distortions from one's own pattern of experience and personality structure. Thus, the healing of the self as is the first attempt and work of any who would heal others is that which is most helpful to the entire planetary population and not just to those of the social memory complex known as Ra.

This experience of attempting to balance the internal distortion is that which uses the information concerning the Law of One in its most significant sense, for as one is able to find a balance within the self then one radiates this attitude of unity in a way which is much like the broadcast signal from one of your radio or television stations.

Thus, the principle might be stated that one teaches many, for the beacon that shines from the consciousness that has cleared its own system of energy is radiant, is all-pervasive, and is that which enlightens the darkness.

May we ask if there is a final query at this time?

Questioner: Not from me, thanks.

I am Q'uo, and as we find that we have apparently exhausted the queries for this session of seeking, we would again take this opportunity to share our gratitude with those present for inviting our presence in your circle of seeking this day. We are most filled with joy at each invitation, for to share your experiences for but these brief moments is most enheartening and enlightening to us as well, for we see that with which you struggle in your daily round of activities as you move through this grand illusion attempting whenever possible to pierce the veil of forgetting and remember just one small bit more of information and inspiration with which you have propelled yourself into this dimension and these incarnations with the desire to serve and to seek the one Creator.

We are known to you as those of Q'uo. We would take our leave of this instrument and this group at this time. We leave each in the love and in the ineffable light of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation
December 26, 2002

Question from S: The first question today is, "I feel like I'm living simultaneously in two worlds, both with opportunities to love and serve and both lined with fear and "what if's." I feel right in the middle of both worlds, being pulled more and more, not able to discern. In each world, my indecision and neutrality are seemingly causing others some pain and distress in different ways. I've been thinking of R and how she went with N. "Your people shall be my people and your God, my God,"[11] and the possible benefits [to] my husband and symbolically to the fourth-density Earth coming into being [stemming from] that sort of unconditional decision, even to the point of intense sacrifice and standing firm in the open heart and unconditional acceptance. I've been consciously sending love and light through my hands and heart—not mine but the Creator's—and I don't know if this helps. I'm wondering if there's something more that can be consciously done to help serve.

So my question is: Can you comment as specifically as possible on the dichotomy that I'm experiencing in this situation? By what process can I make two worlds one and honor a now-open heart? Is there any significant distortion of my own that's hindering this decision?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we joyfully take part. We greet the one known as S and thank this entity for its desire to seek the truth and for its queries. We thank those who have formed this circle of seeking with the one known as S and commend each for that driving desire to seek and know the nature of the self and of the one infinite Creator enough to lay aside this time in service to learning, to truth, and to the benefit of all through the increase of light. We ask only that each listen to our thoughts with a dispassionate and open consciousness, looking for that resonance that speaks of recognition and remembrance and that feels like a personal truth. Leave all other thoughts aside, for they do not hit the mark at this time. Perhaps at another time they may, but for now we ask you to lay aside those things which may constitute a stumbling block.

This query concerns the way to serve to the maximum of the ability of the one known as S. We are aware of the purity of intention of the one known as S. Further, we are aware of the resonances between this situation and situations in the past experiences of two of those within this circle, which create for us the delicacy of movement through highly charged emotional issues concerning fidelity, honor and the concept of rightness.

[11] *Holy Bible*, Ruth 1:16.

The skill and art of learning the self has a great deal to do with the patience necessary to untangle the self from the, as the one known as S has called them, fears and "what if's"; from the trammels and snares of relative and acculturated variations of opinion, each of which has a rationale and a beauty of its own but which are mutually exclusive.

The situation of third density is that of the falling through midair. The entity is aware of the danger inherent in falling while at the same time being completely unable to affect the direction of the fall. This is the perceived situation within which the consciousness of an individual is very tempted to feel itself [a part].

In essence, the situation is one of complete freedom of action, given that the entity can free itself of the various acculturated and relativistic opinions which divide the self as it is from the self, as it believes it should be.

We would gaze with the one known as S at the concept of rightness. This instrument is aware of cultures within the limited number of societies that are upon your planet and dwell within the recorded history of this planetary sphere.

There are those cultures which value above all things the fidelity of the mated relationship and the exclusivity and permanence of such a relationship.

There are other cultures in which this is a value which has its relative uses but which is outweighed by ceremonial or personal preferences having to do either with personal growth or cultural movement having to do with position, status and so forth.

The concept of rightness, then, is, as all concepts within your conscious mind: to some degree an illusion, the falsity uncovering the truth, and the truth uncovering the falsity.

These are mysteries rather than puzzles to be solved, these questions of rightness. This does not negate the value of a wholehearted and deeply sacred process of plumbing the actuality of that which is most resonant as a path of learning and service in the particular moment of this crux. How is one to release the self from all past opinions concerning rightness? There is only the option for the faithful of opening the self to a higher concept of that which is right. This instrument, in speaking as a counselor to the one known as S, has several times discussed the concept of resonance and has suggested that, when there is a question before the attention, that the question may be taken into the meditative state with a view to finding that path of maximum resonance, and we would say that, for this instrument, it is somewhat simpler to connect the heart and the mind, thereby offering this instrument a more balanced platform from which to release the strictures of past conventional thinking. It is more difficult for the one known as S to release these strictures.

However, we would say that the observation of the one known as S that the neutrality of the present position is catalyst for others is accurate, and we would agree that the present moment is indeed that time during which it is entirely appropriate to ask of the self that it lend its desire to finding that path of maximum resonance creating the atmosphere in which, prayerfully and thankfully, a choice is made and closure found to that structure which at this time resembles, no matter how inadvertently, the triangular relationship. It is well for the choice to be allowed to blossom, and we would simply encourage the one known as S to focus upon the releasing of judgment and all statements containing the word, "should."

What is the nature of preference? This instrument would say that the key to judging preference is the distinction betwixt preferences and obsessions or addictions. Preferences or distortions of opinion or bias are entirely natural to entities as long as they experience identity. We, ourselves, experience preferences at various levels within our own processes at this time. They are part of a net of information and intuition and, within third density, contain a good bit of grist for the mill of third density. The making of choices as an ethical entity is at the heart of the learning process of third density.

We find ourselves up against the Law of Confusion in becoming much more specific about this particular choice. It is a choice betwixt the past and the future, betwixt the conventional and the conventional in that it is conventional within your society both to remain with the relationship in which trust has been broken and to leave a relationship in which trust has been broken. Consequently, the desire for purity exceeds the limits of the situation, which is in actuality part of the consensual process for these entities involved.

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The one known as S has her heart and soul to listen to. We simply encourage honesty, a full examination of preferences and an honest evaluation of the dynamics of inner truth which operate within the one known as S to maximize her learning and service.

This instrument once asked concerning a sacrificial situation, and, when the source was unable to make any substantive response, it suggested to this instrument that the question may be whether or not it was this instrument's time to go to Jerusalem. Is it a time for unconditional love to one direction? Is it a time for unconditional love in another direction? Where is the love? Where is the opportunity? Where is the deeper beauty and the feeling of resonance?

We would end this particular portion of this session by responding to the question concerning the sending of love with heart and hands. It is well to see the energy system of the self as being a system of energy which is enclosed within a self-protected system of energies, so that the infinite energy which feeds the vital portion of the being is allowed to remain at all times at full strength. The image of the self sending light through the hand is distracting in that it suggests that the entity of itself may have energy of that infinite kind. It therefore is perhaps more skillful for the one known as S to experience the way that the fully-functioning energy system opens the centers to being a channel for the unconditional energies of the infinite Creator, which then can rush through the open channel within that energy vehicle.

Thusly, the self is seen as the beautiful, gem-like being that it is and full energy continues moving through the channel, itself, which needs to be honored as the self which is offered in service to the light.

Often, feelings of lack of worth and excessive "humanity" influence an entity quite subtly into feeling that one is unworthy of being honorable, content, happy and so forth. These prejudices against the self have an insidious effect upon the faculties of judgment and may be examined for qualities of delusion. The essential truth of all beings is infinite worth and an awesome amount of personal power. We urge in all humility that humility and self-worth are not incompatible.

May we ask for the second query at this time?

S: You have previously stated that B and I are twin flames of the heart energy. Is this the same as my understanding of twin souls and could you expand on our two particular souls coming into this incarnation and finding each other? If we are communicating and aiding each other outside of our conscious minds, as it seems we have an almost telepathic [communication], we feel we need to know how to deepen that and strengthen that to help serve each other and others through any meditations or practices.

We are those of Q'uo, and are aware of your query, my sister. The terms "twin souls" and "twin flames," in our limited usage of these terms, are equivalent. There are other systems of philosophy in which there are distinctive differences between these terms. However, in our usage, they may be taken to be general terms indicating that entities are part of the same soul stream, which is to say that they represent those who have worked together a sufficient number of times within the same group of wandering souls that they have become one.

In some lifetimes, this might express as being twins; in some lifetimes, this might express as a purely spiritual attraction having to do with that which is greater than both, such as those involved in a revolution or in the mission of sharing the healing or the comfort of spirituality with those about one.

In other cases, it might take the form of the star-crossed lovers.

And in many cases these relationships mingle and have undertones and overtones connected with the many experiences of learning and serving as companions of the heart and as those who are portions of the same social memory complex or those complexes which are allied. For there is a vast brotherhood of allied, spiritual entities, whether they are planetary entities or individual entities of your inner planes, that have banded together at this time and, in many cases, for several thousands of your years to work upon that which this instrument calls the harvest of your planetary sphere. We do not wish to cross that line from describing the nuances of being twin souls to defining the details of a particular joined relationship but would simply say that potentially all entities are twin souls. It is a matter of the two becoming so intimate that the barriers to shared thought are completely removed,

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and that which is an experience for one is an experience for the other.

It is seldom that entities within third density have the comfort of such companions, and we would suggest that each comfort is also a responsibility and each responsibility, a comfort.

The deepening of any inner relationship is contingent upon resting in the confident silence of knowing and allowing time within that silence for the communion of souls. This instrument uses a small doll to allow a channel for its spiritual teacher to rest physically close to this instrument and certainly the one known as B and the one known as S, in exchanging the many things which they have created with their hands and hearts, have created such talismans for each other that may serve as channels for such resting energy.

These talismans are able to operate because of confident faith that all things are alive and that there is no space or time within love, and we would encourage the moving into the silence and the resting in trust and faith as the primary methods of deepening this service-oriented oneness.

We would at this time transfer the contact to the one known as Jim, as this instrument tires, and we would wish to address the remaining queries. We leave this instrument with thanks and transfer in love and in light to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. As we feel that we have spoken to the third query which asks us to differentiate between the terms "twin souls" and "twin flames," and what makes it a unique relationship, we would ask if we might respond to the fourth query at this time.

S: Can you comment on the stress situation in my body and anything I could do to help relieve and release the situations before they become manifest physically?

I am Q'uo, and am aware of your query, my sister. We find that the stress of which you speak in this query is related to the situation that you described and to which we spoke in the first query. Thus, the alleviation of the stress which you feel within your body complex is contingent upon the ability to relieve the stress that you feel in the relationships that are now pulling your heart

and your thinking in various directions. It is a situation in which we are unable to participate fully, for we do not feel it a service to solve the riddle which you now contemplate. However, we can suggest that, as you meditate upon the direction in which you wish to move in your relationships and find a ground upon which you may firmly stand, there then will be the reduction of the stress factor within your entire life pattern that you will find reflected within your physical vehicle as well, for, when the physical vehicle is party to catalyst, it is usually so because the mind complex and the emotional complex have not fully utilized the catalyst which has been given to them. Thus, they pass on, shall we say, a kind of doubling effect …

(Side one of tape ends.)

(Jim channeling)

… I am Q'uo, and we are once again with this instrument. We thank each for the patience that has been granted to us.

We were nearly finished with our response to this query, but wished to be certain that it was clearly understood that the ability of the one known as S to find an harmonious solution to the balancing of emotions and relationships is that crux which will determine the ability of the body to deal with less and less of that which you call stress. Thusly, we recommend significant portions of time spent in the meditative state upon the daily basis, during which the one known as S may ponder that direction which is most in keeping with the heart of her own compassion and desire to serve.

We realize that this is not an easy situation in which to find direction, for there are qualities of character that are involved in each instance respecting the traditions of one's own culture and religious upbringing, in the keeping of vows made in marriage, and the direction of the spiritual seeker whose heart has opened and has found directions that move beyond cultural conditions. This is a matter which must be carefully considered. However, we assure the one known as S that there is within her own heart a direction which seeks to be known. Thus, within the meditative state, this entity may seek to be moved by her own heart.

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At this time, we would thank each once again for joining in this circle of seeking and for inviting our presence here as you continue to seek means by which to open your own heart and be of service to those who would cross your path at any time in your daily round of activities, for this is the way that each entity affects not only one's own spiritual growth but the service one would wish to offer others. For it is in the non-dramatic interactions of your everyday round of activities that the power of your own choices of service to others and opening the heart may be found.

We are known to you as those of Q'uo. At this time, we shall take our leave of this instrument and this group. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 5, 2003

Group question: The question today has to do with the grid of our planet as we are moving from third into fourth density. We are assuming that there are points on this grid that are in need of some attention, some sort of focusing energy which we would like to be able to do, in our meditative state and maybe even in general, just the way we are able to live our lives to produce compassion or love or mercy or forgiveness in our daily round of activities. We would like Q'uo to give us some sort of an idea about how we might be able to be of service in this respect; in strengthening the grid, the road to fourth density from where we are in our daily round of activities in dealing with the catalyst of the day, with our own distortions, with our desire to serve and our feeling like sometimes it's just too much.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator. We consider ourselves to be those who are part of what this instrument's teacher calls the godhead principle, and we speak to that part of you which has called us here, that part of you which is also the godhead principle. It is in the sympathetic vibration of that likeness of focus and polarity that we link and find ourselves in this most agreeable and blessed condition of sharing this time of seeking with you. We thank you for the privilege of being called and for the careful way in which our nature was defined by the parameters of the tuning and challenging of this instrument. We greatly appreciate the care being taken with the tuning of the connection to enable us to experience clear communication with this particular, shall we say, biological instrument; one of the more complicated wind instruments, shall we say, being the human bodily instrument. In this case, the instrument is also the composer of the song which creates a fascinating context for us to work within in shaping these awkward bundles which are called words, to attempt to speak of concepts which exceed the limit of any words. We ask only that each take what seems sensible and helpful, from those thoughts we share, and leave the rest behind, for we are not those who are in authority but rather those who share experiences as your neighbors and co-creators.

We are glad this day to speak with you concerning the metaphysical road-building in which this particular instrument and the one known as Jim have been much interested in late months, as the experience of entering fully into the twenty first century and dealing with the weight of previously known information has brought these two entities to a condition of perception at this juncture which seems to indicate work in the direction of this metaphysical roadbuilding.

We would first comment upon the concept of time, for much of what we say has a certain timbre which can create sense only within a limited context, that being the illusory context of space/time. The

metaphysical universe is not the space/time universe, and so, consequently, a query concerning the physical aspects of metaphysical work draws a response which must straddle both space/time and time/space considerations. The outer activism which is the interest of this instrument, especially, is dependent upon a network of information and data concerning space/time projections of time/space events. If one focuses upon the space/time continuum and its illusory march of progress, shall we say, the energies of metaphysical structure recede, and the more the effort is made to interact with space/time events and space/time values, the less direct will be the effect of such work upon the time/space or metaphysical continuum, which is a consideration when one is attempting to connect space/time to time/space, insofar as each entity involved is capable of embodying that linkage.

In this regard, we would state our observation that fear and fear-based concern is easily the most challenging foe that stands before the faithful warrior of light at this juncture. We do not criticize or judge entities for their fear-based responses to the space/time events which unfold as part of the consensus reality of your illusion. There certainly would appear to be concerning and substantial issues which indicate almost certain disaster. From our viewpoint as those observing this global culture from the outside in, we would state another observation, that being that, although it may have escaped your notice, there have been few years in recorded history in which there was not disaster, catastrophe and war. There also has not been a time within your recorded history when there has not been a wide range of options for solving all perceived problems. That which appears to be worthy of great fear on another level is precisely that which may be embraced with the most surety, because it is in challenging and novel times that one begins, within incarnation, to learn about the self and to be surprised, encouraged, invigorated and renewed by the experiences one has in learning of the depths of the self, the self's emotions, and the self's hopes and dreams.

Is it hunger that is feared? Then, when that time of hunger comes, take what little that you have and give it away to the common good, and you will find that you can create miracles of loaves and fishes.

Do you fear the cold? Take heart, and when you are cold, move to the company of others who are also cold and embrace them, and together you may live through the night and know the heart of another.

Do you fear having nothing? Take heart, for truly all entities possess nothing, but merely share that which comes their way, that which has been allowed to come their way by circumstance, by pre-incarnational request and by the desire to learn.

Do you fear not having enough? Embrace thankfulness and gratitude and count the blessings of what tiny things you may have in the face of deprivation and you will find yourself endlessly giving thanks.

For once the eyes of gratitude, of thankfulness, have been opened, it may more and more easily be seen that all circumstances are those for which one may give thanks with a true, honest and cheerful heart, for insofar as circumstances seem difficult, just so far shall they later be revealed as the healers of those deeply buried sores that must be lanced.

Each entity has placed in its own path those things which look remarkably like stumbling blocks and sources of great suffering, and they can be seen that way with perfect logic and sanity. We do not suggest that losing fear is a logical process; we suggest rather that the way the process of living has its impact upon a given soul is dependent upon that soul's point of view and attitude. We are suggesting that the point of view or attitude is powerful and central to the goal of becoming a working crystal which is indeed sending blessed and transmuted light received from the infinite Creator by personal intention into the planetary fourth-density/third-density connection, creating the lighting up of the fourth-density grid.

Losing fear is therefore a tremendous and powerful resource to pursue. The ways of losing fear often have to do with more and more becoming aware of how fear has embedded its trigger points within the network of antennae which your personal structure of perceptive priorities presents to you: first, second, third, fourth and so on. A great deal of what is gained from the input of data into the mind and the consciousness has to do with how items are prioritized in the consciousness. The process of perception is far other than the way it seems, entities neither hearing with their ears nor seeing with their eyes, but rather forming a digitized information grid from not only the present moment [grid] but previously organized grids of expectations. Changing the expectation grid of one's prioritizing software,

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shall we say, changes the information package that one receives from oneself as it inputs the data.

In a way, we are speaking very mechanically and yet the mind works along logical, mechanical and habitual routes, taking shortcuts when it can once it has decided upon the priorities. Moving into the prioritizing mechanisms within the self is deep work and takes a good deal of self-awareness that can usually be achieved only through time. Consequently, this is a long-term goal, for fear is not an absence of love; it is not what is left over when love is ended. Fear is the dark side of love. Fear has its legitimacy and must indeed be embraced within the self and asked to avail its gifts to the use of the light. Fear becomes courage when the fear is faced, and the wolf that has caused the fear, rather than being fled or being slain, is invited into the heart to be loved, understood, accepted and charmed.

We ask you to become storytellers to yourselves, telling yourself the story of the hero or the heroine that you are, the warrior of light who makes so many mistakes and must iron its costume daily, and yet somehow, though the costume is baggy and the efforts are unavailing, this story of the self moves on as one of the fighter that will not quit but never fights against but only for. Gaze upon those fear reactions and ask your most intelligent and clever self what creative things that you can do to target, come to understand, and come to have sympathy for each direction of fear-based thought; not rooting it out, not judging the self for fear, but having compassion upon the entity that is involved in a flesh, blood and bone illusion.

Each entity will perish from the third-density experience. This source of fear is, shall we say, the parent of all other fears, that fear of ceasing to be. We would ask through faith that the entity posit to itself whether it is worthwhile to fear death or whether it might not be more skillful to see the inevitability of that, and, rather than shrinking from that inevitability, to turn that story from that fear of death to the love of each and every day and hour that remains to you. Time, in terms of space/time, is an illusion, yet it is within this illusion that each of you dwells; it is within this incarnation that each of you now acts; and within your continuum and your illusion it is indeed a very intense time of transformation and change for the planet upon which you live. Consequently, there are indeed aspects of the metaphysical transformation of the planet's population and its very global entity that poke up rather abruptly as mountains on the topography of the present time and space. Many catastrophes have already been seen of the natural kind and of the, shall we say, human or political kind, and you may see that these forces and energies become more sharply delineated, more clarified and more obvious.

Embrace this time as a time when those who are steadfast shall be those who are able to function as light transducers, keeping the energy moving into that grid which is made up of love. When an entity's heart has been able to relax and free itself from fear and from the need to protect, it becomes soft and fertile and yeasty with the food needed for the seeds of love to blossom into those beanstalks that truly do constitute a ladder between earth and heaven. Each is aware of the story of Jack and the Beanstalk. This entity gave away its cows in exchange for magical seeds, and the entity came home and planted these seeds and grew itself a beanstalk that reached into another world. It is having the faith, in very non-physical ways, to sell the cows that gives to the light worker the ability to grow beanstalks between third density and fourth. The beanstalk is a seed of faith, and each of you is one who gently and sometimes unknowingly cradles that seed. When you birth it, that is the beginning of the self as an impersonal portion of the godhead principle.

When one can see oneself as, shall we say, a priestly or a magical figure, one then is able to move from a metaphysical position, from a position of embracing time/space and time/space values. This is the other side of releasing fear; that is, the discipline of continuing in remembrance of love, continuing in remembrance of who the self is, continuing in remembrance of why the entity is here.

We would close this discussion or, shall we say, this primary discussion by touching upon those interests that this instrument has in more specific details of ways to have organization come to a physical effort to support the concept of helping the fourth-density or Christ grid become stronger; helping the connection between this world and the next to solidify. You may tell from the balance of our cosmic sermonette that most of the work has to do with state of mind, for love and all of the energetic essences which underlie and create your space/time reality have to do with the energies of love, those energies which created you and which you now can

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focus as co-creators, allowing your will and your desire to direct those healing and infinitely beneficial energies of unconditional love that flow through each entity ceaselessly from the Creator. This state of mind is always the choice of the entity and indeed constitutes the greatest and most continual choice of the incarnation. Where shall the thoughts settle down? In love or in fear?

When one sees the self in fear, do not abandon the self, do not correct the self, but sit with the self and look at the fear. Let it be. Let it wash over and through one seeing the self as permeable, as healable, as fallible but [also] as a shining hero dealing with the most amazing adversity. This is your story; we ask you to stick to it; we ask you to think well of yourself. The one known as S, in channeling, enjoys creating a common ending for these channelings just as this instrument enjoys closing with those words which mean farewell and peace in the Creator. This entity closes its channelings with the thought, "Play well together." This is a great road-building statement. Those who play well, with themselves and with each other, are honoring the Creator and the forces of unity that will release fear and open the heart.

There is some science which can be applied to a linear calculation of those plans which entities may create for themselves in order to give more shape and focus to what may otherwise seem an amorphous goal; that of lighting the planet and creating that solid connection to the next world which is at this time attempting to be born and certainly having its own difficulties.

We commend all and any efforts to serve. Needless to say, we must leave plans which have to do with physical calculations in the hands of those in whose free will these plans are being tossed about as dreams, hopes and visions. We commend the group effort suggested for exploring such services and would echo the sentiments of this instrument as spoken prior to this channeling having to do with being willing to rest in mystery and resonance to a certain extent in feeling one's way towards the blending of the physical and metaphysical in service.

We thank this instrument for its service at this time and would transfer this contact to the one known as Jim, leaving this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each of you in love and in light through this instrument. It is our privilege at this time to ask if there may be any other queries to which we may speak at this session of working.

S: [I have] questions with me. In each meditation we have with you, we offer the lives of those friends and family who may be in need[12], but, since we may not always ask specifically to do that for them, would that be considered any violation of free will, per se?

I am Q'uo, and we are aware of your query, my brother. There is the gift of the one Creator which is the prana, the love energy which is available to all entities as a source of the life-giving qualities of the one Creator. It is to these energies that one adds when one prays for the wellbeing of another. Thus, the entity has the free will to work with these energies as they are given in the daily round of activities, perhaps enhanced by those who pray, by those who wish the entity well, but these energies are added to those which are usually utilized without one's being aware of them.

Is there another query, my brother?

S: The last one is, I seem to have a great affinity for quartz crystals and points, and I was wondering if there is any other light that you could shed on why that might be so, whether it's past incarnations or just the energies they allow or anything like that that I could contemplate on?

I am Q'uo, and am aware of your query, my brother. We find that there is some general information of this nature which we may share without infringement. We would suggest that there has been within your pattern of incarnations a great predilection towards these means of communication and healing which you have utilized in various ways in different incarnations. Thus, there is within your being a portion of your learning and service which resonates to these crystalline entities and their abilities to enhance one's wellbeing, one's level of *élan vital*, shall we say, the energy which powers one in the daily round of activities and in the geometric precision with which these crystalline entities may be utilized for healing, for communication and for the far-seeing, shall we say.

[12] L/L Research meditation meetings are concluded by a release of stored light from the session, while placing in that light the names of those we wish to offer healing prayers for.

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Is there another query, my brother?

S: Not from me, thanks.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I'd just like to ask, since it was my question and also my channel about the grid, if there was anything that you could channel through the one known as Jim that you couldn't get through me because of my biases? If so, I'd be glad to hear it.

I am Q'uo and am aware of your query, my sister. No, we do not wish to be overly generous in our compliments to your abilities as an instrument. We would suggest that there is a clear entry into your being which we may utilize in speaking our thoughts through your instrument. We feel no distortion or hesitation or bias that would hinder our ability to communicate that which we wish to communicate.

Is there a further query, my sister?

Carla: No, thank you, thank you very much. Thank you for the indication. I'll look at it very carefully.

I am Q'uo. Again, we thank you, my sister. Is there another query at this time?

(No more queries.)

I am Q'uo. We are most grateful for each entity's participation in this circle of seeking, and we thank you for inviting us once again to join you as you walk this path of meditation, of service, of intensification of desire, and of open-hearted sharing, each with the other.

We are known to you as those of Q'uo. At this time, we shall take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
January 26, 2003

Group question: The question this week is from J: "My understanding is that free will is based on the right to shift the point from which one views life and experience, while choice deals with the decisions made once you are there on that point of view."

We would like Q'uo's comment upon J's idea that free will is the point from which one views, while choice deals with the decisions made from that point of view.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is our great privilege to be called to your group for this session of working, and we thank each of you for the seeking that brought you hither. We ask, as always, that each use discrimination in listening to those concepts which we may offer this day, for we would greatly prefer not to be a stumbling block before any. It is never known what reed may break under a general breeze, and truly we would wish to harm no spirit who is seeking this day. We simply urge each to be aware of the power of thoughts, perceptions and concepts, for their energy for weal or woe is great.

You ask this day concerning the nature of free will and the nature of choice, and, as often is the case in such queries, we find it is well to step back from that question and create some platform from which to observe the context of that question. The structure of the universe that is your house is created hierarchically; that is, from that which is above to that which is below or from that which is inner to that which is outer. In this hierarchy of creation, the unpotentiated Creator is that which rests in infinity and eternity.

The first distortion to this one infinite Creator is that distortion called free will. The distortion called free will creates that distortion which is called the Logos, that principle from which the creation is brought forth, that Thought whose power to create and to destroy is absolute.

From this second distortion of unity in its unpotentiated form develops all of the nested series of illusions which you enjoy within your creation. Such is the structure of the house of the one infinite Creator.

What, then, could be described as the nature of this first distortion of that so-called Law of One or unity of all things? Within this instrument's system of studied and practiced religion, there is a concept which is part of the mythological structure of Christianity, as it is called, that entity being one of a triune set of entities or essences which express the relationship of parent-child and that which is somewhat amorphously called the Holy Spirit. It is this so-called Holy Spirit that holds within this mythological system the equivalent position to this first distortion which is called free will, in that it expresses the feminine aspect of the principle of deity; in that it is the fructifying, fertilizing and

potentiating force that makes possible the concept of novelty, creation, separation and all of the concepts that flow therefrom, including the concept of choice.

Consequently, this aspect of free will is as an archetype or an archetypical energy which has aspects of the Creator centrally placed within that structure which make free will, as an entity or essence, that mystery which is infinitely feminine in the archetypical sense. Thusly, it could be observed that the energies of femininity can be seen prejudicially as being negative, in the same way that light can be seen to be a negative influence from the standpoint of those who associate light and knowledge with an awareness of sinfulness or wrongdoing. However, the energy of free will is as the energy of the wind, moving under divine influence.

Light, itself, may be seen to be an aspect of divinity, and that which is subsumed under the concept of the tree of good and evil may, endlessly, be seen in ways both positive and negative. Always, when there is such power as free will expresses, there is within the system of judgment of those attempting to grasp the nature of such energies a slight tendency, perhaps, to be prejudiced against the sheer power of such an impersonal and yet highly individuated essence, to the soul stream which is looking out through the eyes of incarnation. The impact of beginning to grasp the actual nature of the nested illusions of experience is daunting and can constitute a time of adjustment in which the nature of the self is allowed to transform itself according to the ways of this free will that enters into the creation upon each level of development. The free will of yourself can barely be distinguished from the free will of that Logos that is your higher self, that overarching Logos that is the group mind of that soul stream, that overarching Logos that is the planetary mind, and so forth. The connections that each entity has with other aspects of an infinite being that is the self are unending, so that free will is, shall we say, that icon of deity which expresses the feminine, the ever-moving, the fructifying.

As we begin to speak of choice, we move deeply within this nested arrangement of illusions into that one which you now enjoy, for this illusion which you now enjoy, which we have often called third density, is that density within which a very pivotal choice must be made, and indeed for almost all of those upon the surface of your sphere at this time, has been made. Indeed, in these so-called latter days, we have begun to release our concerns about choosing, for we feel more and more that people are awakening to their choice having been made, or are becoming aware very quickly of the choice to be made; that is, the choice of service to others or service to self and the making of that choice.

It is a situation in which people are within a very small distance of awakening in greater numbers, and we can say that this is exciting for us to see. It does indeed seem to be a substantially growing energy within our observed routines in watching the energies of your planetary energy grids that there is more substantial light from all over your globe, that there are those within all precincts of your earthly sphere who are spending time within the tabernacle of their hearts offering their hopes, their dreams and their full intentions towards the increase of light, love, healing and peace within your planetary sphere.

These energies are not lost but rather are gathered together, and, as we have shown this instrument before, you may see these angels of light weaving together the many, many prayers and hopes and dreams and visions that are the vehicles for sending light that is blessed by entities such as yourselves into the inner spheres. We may say that many, many are those who have chosen to begin to do this, as people, whenever they can, thinking of those who are in need and sending them prayers of love, light and support. Indeed, we find more and more that entities have made the choice of how to serve the infinite Creator.

Now, perhaps it is valid to build on the choice that has been made; to rest within its commitment as if it were a cleft in the rock, and, from that point of view, which is the choice to be fearless, to allow all other choices to be those choices that optimize the perceived sense of love. The choice of service to others or service to self that so classically is expressed in the archetypical image of the tarot card of The Lovers seems a simple one. It often seems very clear what is service to self and what is service to others. However, many are those who have found that there are courses in polarity given to them by the school of life which are exceedingly subtle and worthy of study. For those who are attempting not only to choose but to choose with grace and deftness and skill, not the most obvious service to others but the highest, there is a never-ending and very rich palate of choices to be made, options to be considered. And

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always, ever-new each day; a new and newly mysterious universe to comprehend, behold and give thanks for.

Free will blows as it will; spirit moves where "it listeth."[13] Shall your ears be open; shall your eyes see clearly; shall your hearts understand. We salute that universe our poor words faultily attempt to describe, and we salute the questioner for seeking the truth. We hope that our humble words have provided some thoughts that may be helpful and would at this time transfer this contact to the one known as Jim that any other queries that this group may have may be addressed. We thank this instrument and leave it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and we greet each once again in love and in light through this instrument. At this time, we would ask if there may be any further queries remaining upon the minds of those present. Is there another query at this time?

T: Yes, I have a question. Maybe I'm beating a dead horse, but it's back to my attempts to conquer my negativity, and I guess just any help, I mean, my idea is to try to pick out the person that I least like to give positive thoughts to and attempt to do that. Could you comment on this or have any suggestions?

I am Q'uo and am aware of your query, my brother. We would respond by suggesting that, though it is well to send positive thoughts and thought forms to those whom you feel have an emotional attachment to you or, should we say, you to them, it is also well to be able to accept the self, for having this flow of charged catalyst moving through one is much like the meditation in which you attempt to focus single-pointedly upon a concept, a thought, or a feeling or perhaps upon nothing itself, and while you are doing this, many thoughts of all kinds move through your mind and to address them most efficiently with your goal of single-pointed focus in mind, it is well to observe them and let them go. Thus, in your daily round of activities, as you experience these moments of negativity in which you feel anger or frustration or doubt or fear, any of the emotions which would cause you concern, that you also observe these; that you let them move through your being and let them continue through your being unless you feel there is some quality or concept which a particularly recurring thought may have for you. This you may determine by feeling the emotion within you in its, shall we say, aftereffects or long-run impact upon your mind and your emotions. When you feel there is something of importance within the origination of such a thought or the form in which it takes and expresses itself to you, then this also may be examined. However, if you feel there is no emotion that is connected to the thoughts in a personal sense, it is well to allow the thoughts to pass their way and to continue on your way. Is there a further query, my brother?

T: No, thank you very much.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

V: I have a quickie. As you spoke of the concept of free will earlier, you likened it to a house as a hierarchical structure, and what came very vividly to mind was a brief portion of a dream that I had a number of years ago where I am standing in front of a very large house, or not standing but riding in a car and traveling up to the front of the house, and I say to the person with whom I'm traveling, "This is my father's house. It has thirteen rooms." I've never known what that meant, and I don't even know why it came to mind as you were speaking of the concept of free will, but I'm wondering if indeed that is why it came to mind. Can you speak to that?

I am Q'uo and am aware of your query, my sister, and, to a degree, we feel that we may speak, though there is much in this concept which is best left for your discovery. However, in relating the concept of free will as a house or a hierarchical structure, we may suggest to you that, in the dream house with thirteen rooms, that you have within this structure which you have described in the dream as your father's house a room for yourself that is placed in an hierarchical fashion; that [in] this house which belongs to your father there is a place for you, and that place is the point, is the question.

Is there a further query, my sister?

V: No, thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

[13] *Holy Bible*, John 3:8, "The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goes: so is everyone that is born of the spirit."

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Carla: I'd like to ask about a dream I had also, Q'uo. Just anything that you could tell me about its meaning, because it's haunted me. In the dream, I was trying very hard to save a family of royalty from the disloyalty and perfidy of some people that were around them, and I was having to work with a whole team and do all kinds of derring-do, and it was a big adventure, and, at the end of the dream, when I woke up, I had collected all this evidence against the criminals and had taken it to the authorities and then was told that, because I had done it the wrong way, I had not taken the evidence directly to the judge, that the evidence was no good and that I had failed to do my job. And, since I had that dream, I've had several more dreams in which I'm seemingly back in this same, very large hospital and research center trying hard to save the lives of the royalty that the opposition is attempting to kill. If you could give me some direction to go in looking at that, I'd like anything that you have to say, I'd appreciate it.

I am Q'uo, and am aware of your query, my sister. We face the same situation in regards to providing interpretation of this message from your subconscious as we did in the previous query. However, we may suggest that the family of royalty may be looked at as those qualities or concepts that are held most dear by you and for which you would indeed give all of your effort, your self, and your incarnation for the preserving of which. The paperwork may be seen as related to the mundane world and its valuing of such qualities or principles.

Is there a further query, my sister?

Carla: Not on that point. I would like to ask another question with the full understanding that I'm just asking, and you don't have to answer. I would appreciate it if you could confirm that an energy that I've recognized in the one known as K is belonging to an entity that seems now to be visiting another entity known as C. I wondered if you could comment on this or confirm that there is indeed a congruency of vibration?

I am Q'uo, and am aware of your query, my sister, and may suggest that there is a great degree of truth in this assumption, though there is also more complexity than the simplicity of the statement would suggest.

Is there a further query?

Carla: Yeah, I'd like to follow up on that by asking if, by that, you intend to indicate that there is a fairly comprehensive extended family of entities that are not local earth which cooperate together not just on the positive side but also on the side of service to self in attempting to create the atmosphere that would be most conducive to their goals.

I am Q'uo, and am aware of your query, my sister, and would suggest that this assumption is correct except with the use of the verb, cooperate. Those of negative polarity compete, thus there may be more than one negative source.

Is there a further query, my sister?

Carla: No, not at all. I will have much to think about there. Thank you for that. I just really appreciate being able to talk to you. Thank you for everything.

I am Q'uo, and we thank you once again, my sister. Is there another query at this time?

Carla: I guess, could I ask just one last query? And, it is this. A lot of people have asked me lately, how do I look at this world with all of its difficulties and have a good attitude, and I've basically said to them things along the lines of, well, just look and be as accurate as you can and learn it all and know that this is what it is that you're here to love. Is that a helpful way to focus on the things that are seemingly quite appalling that are occurring, is that it's time for us to be steadfast but it's good for us to know what we're being steadfast in the face of?

I am Q'uo, and am aware of your query, my sister. We would suggest that, as you look at the illusion which is your experience at this time in third density, that you attempt to activate and balance all energy centers and the attributes with which they allow you to deal with the solution; that you see with clear eyes and honest seeking for truth that you give wholeheartedly your unconditional love to the Creator in all beings; that you work tirelessly within your illusion to bring these principles to those you love; that you communicate with each entity that you have a connection with to work together for this goal and that you give praise and thanksgiving for the very life you experience within whatever kind of illusion presents itself to you in your daily round of activities. Taken together, these energy centers and expressions of your abilities and desires can form a kind of magical transformation; first upon a

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metaphysical level of your own being and of the illusion about you, and then may move in a doubled sense each time you are able to share with another these efforts, concerns, dreams and so forth.

Is there a further query, my sister?

Carla: No, Q'uo, thank you so much.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo. We would take this opportunity to thank each one again for inviting us to join you in your circle of seeking this day. It is always as great joy for us to do so.

(Tape ends.) ♣

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CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

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Sunday Meditation
February 2, 2003

Homecoming

Group question: The question today has to do with the concept of self-acceptance. It seems that every seeker of truth at some point needs to be able to accept the self as completely as possible in order to progress in the seeking. It seems like many of us, in order to increase the compassion in our lives, have programmed a lack of compassion for the self, being service-to-others people, and this gives us constant opportunities to accept the self when we fall short of our goals.

Could Q'uo give us an idea about how we can go about accepting the self, perhaps through opening energy centers, through balancing the distortions that we find? Any other information Q'uo would have concerning self-acceptance would also be very much appreciated. And we would appreciate any additional comments Q'uo would care to make about the process of sharing with each other that we've undergone this weekend[14]; we've had a great weekend of sharing personal experiences and our catalyst and our growth and our dreams, and we would appreciate hearing a little bit about what Q'uo might have to say about that.

(David Wilcock channeling)

[(David's Guidance System) We greet you through] … that entity known in this sojourn as David Wilcock. We greet you in the light and love of the one infinite Creator. It is at this time that we shall commence our communications.

Bear in mind that the relevant statistics of proportion have it in your favor that, within the span of this incarnation, you will have increasing opportunities to allow those aspects of self that have been inimical to the greater process of integration to fall away. This process of falling away is fundamentally that of an allowing; allowing the consciousness of the higher self so to infuse you that your every breath is quickened and enlivened by that living essence of the creation that is all there is.

Recognize, as you gaze across the spectrum of experience that you have amassed within this sojourn on the physical sphere, that there are those experiences that were of an apparent detrimental nature, which seemed to remove a certain degree of opportunity for the self to have happiness in function and an ease in mobility, among others. As you are now becoming increasingly aware, the nature of your experience is chosen, and it is the catalyst of the choice that determines the polarity of the entity.

[14] L/L Research's annual Homecoming was held at Louisville, Kentucky, at the Rueckert-McCarty-L/L homestead, The Magic Kingdom, from January 31 to February 2, 2003. The sitting group is the Homecoming group, folks who gathered for this time together to celebrate our shared journey.

The progress towards polarization to the positive is indeed, at times, a dark and bumpy road with many false steps and apparent inconsistencies in the path. Recognize that truly all steps do lead back to the Oneness, and thus [regardless] of the apparent discrepancies in the patterning of life, there is always centralizing focused consistence within the sphere. The fact is that you can walk along any surface of the sphere and you will always be the same distance away from the center as you always have been and, thus, progress is made while also the orientation with regards to center has never been lost.

The idea, then, is to recognize those inconsistencies that have developed in what you would think of as the past, regarding times where experiences caused for there to be a mental partitioning and a sealing away of the pains that have been brought about by said experiences. We have referred to these before as fragments. The fragmentation of the self occurs when there is a denial that certain experiences truly exist; not that they have been completely forgotten but, rather, that they are knowingly held down with a conscious exertion of energy by the mind, so as to eliminate the possibility of further apparent suffering or struggle from occurring by the reflection on the hurt.

What we have spoken to you about during the course of this weekend, through the medium of the checklist questions, is that most centralized way in which we can begin to look at the life pattern as a whole and examine the droplets of issues that have [bedewed the] spectacles [looking on] the entire vista of awareness that is the self. Each droplet is, in and of itself, a precipitation from the ocean of Oneness from whence you sprang, and, thus, the differentiation of yourself as being separate from others is but another aspect of this illusion, as is the illusion that any experience is separate from that of the conscious forces.

Thus, you could think of these fragment cells as being akin to droplets of water that have been arrayed across the tabletop of your own psyche. The process, then, is to enable for there to be that centralizing gravity well at the center of the circle that does then call forth all the droplets together once again to merge into oneness. In this rather simple analogy, you see how it is that, by the formation of a sieve or a funnel, so to speak, that the water droplets, in turn, form rivulets which then grow into larger droplets, and then all again returns back to that point of oneness.

These topic areas that we have mentioned speak particularly to the issues of how one's self has been able to enunciate these differences between "before and after," "here and there," "seen and unseen," "form and formless," within the realm of the conscious self and how that consciousness then precipitates into physicality. And so, much as your mouth is filled with teeth which are used to chew and to process that energy which would sustain the physical body complex, we ask that you also sink your teeth into the issues that have been the central, leading motives of your life; and then to spend some time distilling and chewing upon each [of] those experiences that you have processed in the past; to arrive at greater levels of understanding and coherence within the self, so as to eliminate any distinction that these were events that caused you to be a victim or that were unprovoked but, rather, to recognize that all was occurring in perfect, harmonic, sacred ways

There was a question with regards to the self-acceptance aspect of this understanding and how it is that the falling away of these fragments might very well lead to a greater ability to accept oneself. We would ask that you recognize that the intrinsic lack of self-acceptance is a precipitation of the fundamental characteristics of work within third density; namely, this work does not prescribe a certain degree of easy "half-ways" but, rather, it is a path of suffering, or apparent suffering, as the experience is chosen to be labeled by the conscious self. The nature of catalyst, therefore, is for those experiences to come about which create a motivation which allows[or invites] that muse that helps the self to move forward and to make strides towards higher and higher levels of attainment and understanding, towards a greater and greater degree of personality transparency such that the self becomes as a gleaming mirror that reflects back only that which is the true essence of the one infinite Creator, such that those other selves may then see it.

The balanced, self-aware and self-accepting self is one that has been able to work through these processes, then to analyze, understand and accept the experiences of the past and distill the love and wisdom contained within them and to use that as a propellant for the rocket to take off into the ethers, such that the self is no longer encumbered by the

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gravity of the physical but can indeed rise higher and higher into the firmament, with the understanding that there is only irreducible simplicity in this essence of creation.

The simplicity is that you are the light. The chair that is holding you up as you hear these words is formed of light, as are you. There is only an apparent sense of there being an atomic or molecular structure by virtue of the distortions of this light through the various spiraling movements that then bring about physicality. But, in essence, all begins and ends as light. Thus, more and more, by defragmenting the self, by working through those aspects of personality that have remained compartmentalized from conscious awareness, there [comes] an ability to supersede those feelings of being frustrated by virtue of the understanding that all of your life's experiences have been created only for your own evolution in understanding.

Therefore, you cannot continue to indulge in victimhood. Once you have seen past the illusion, [you see] that there was [not] any experience foisted upon you other than that which you, by your own discretion, created for your greater evolution and path. We ask on this day that you recognize that the brain is but a bio-computer; that the true center of function that you have exists outside time/space, outside of anything within your body; that, at this time, there is a mind being created as you listen to these words, with all others who would seek to find that Oneness. And, therefore, you can never be alone; you can never be outside of this Oneness; there is no differentiation save for that which is consciously elected to be chosen by the higher self as it then exhibits its tendencies towards producing catalyst that will allow the physical self to rise towards higher and higher levels of manifestation and acts of greatness; not acts of greatness measured in your physical terms but, rather, the greatness that can be found in simply being able to let go of the repetitive behavioral pattern that has not been in the highest and best good of all involved; by being able to focus one's efforts towards the greater good and recognizing how it is that, by clapping the hands together in appreciation for oneself and being able to self-accept, that there is an everlasting wellspring that is created within the self and that the chalice of divine self-preservation and self-transformation can be dipped into this sacred water; that you can, then, imbibe these waters of life for yourself and experience that divine communion with the one infinite Creator.

It does, then, allow you to supersede those distinctions of right and wrong, of good and bad, of positive and negative; to recognize that all experiences that have transpired in your life, whether you felt alienated, isolated, alone, victimized or abused, are all emanating from that essence which does have the destroyer aspect or Shiva as well as that positive, constructive aspect. It does, then, form the framework through which you can arise to higher and higher levels of manifestation.

We now, at this time, cast the wording over to that known as Carla.

(Carla channeling)

We are that principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are. May we thank each in this circle of seeking for calling us to your group to share our humble thoughts with you. It is our privilege and our blessing. We would ask of you that you allow the opinions which we share to drift through your mind without attempting to accept them or reject them but, rather, simply listening to them. Those thoughts which are part of your process of truth will resonate to you as though you were remembering them. Those truths that are not part of your personal truth at this time will simply roll over you, and we ask you to allow that to occur and to leave them behind without a second thought. For, truly, that careful discernment upon the part of each of you allows us to share our opinions and our heart with you without concern that we might infringe upon your free will and your learning.

May we say also that it is a great privilege and a great blessing to meet that entity which suggested that it be known to us as Guidance System. We greet the Guidance System of David; that is the chosen name of this entity for us, at least. We are most privileged to be able to share this conversation with the one known as Guidance System.

We would perhaps pick up upon the powerful image that this entity suggested: a way to look at suffering as being that rain which falls in its bitter drops upon the sensitive sphere of the self and which is, then, allowed by the fearless seeker to enter into the energy system of the vehicle and to come through the

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natural spiritual gravity that moves the energy within that body to pull those energies down from tributaries into rivers and to the ocean of All That There Is.

Let us look at the suffering as it touches the sphere of self. It flows in a muddy, silt-filled rain, touching the grosser of the antennae of the sphere of self that are put out to catch those energies that threaten survival and comfort. The emotions that are brought from the second-density instinctual entity that is your physical vehicle are often clear, but not often of an energy that is at all open to growth. Rather, such energies are protective, armoring, defensive and survival-oriented, and, in such an atmosphere, these droplets simply must slide off. They have stung the [antennae] of the outside of the sphere of self but have not penetrated and begun the process of working through or being refined by the energy system of the physical and finer vehicles of that soul stream in connection with personality shell in connection with physical vehicle that you call a self.

As the self begins to lose the need to armor, the self becomes semi-permeable, and, for the first time, this vulnerable, undefended self is able to suffer, and this is an achievement, in our humble opinion. The achievement of a self-acknowledged suffering is a great achievement among your peoples. When that crystalline moment comes that the self knows its suffering and sees its sorrow, in that moment is born the opportunity to lift, transform and energize that portion of self which has become deadened, that it may once again become enlivened. The process occurs through this simple process of permeability that allows one tributary, and then another, and then another to spring up in that desert of defense until the self becomes fallow and open to the rain of pain; to that which is causing anger, jealousy, envy, covetousness or any other feeling which causes one to feel an adversity.

Look, now, at the color of this rain, as it begins to be distilled by the processes of the energy vehicle. The process of [self-]acceptance moves the pain through the protective layers and into the personal layers and into the depths of the societal layer, the most difficult of all for catalyst to penetrate and flow through.

Notice that this rain seems to fall upward, but this is because, my friends, you are one of the branches of the tree of life, and that tree has its roots in the heaven worlds and only its branches within your earth world. The rain is moving upwards into the heaven worlds; the energy, as you allow the pain to move through the energy body, is moving upwards from the denser aspects of pain into the heart and into that transformation of the heart which is as the ninety-degree phase shift which moves an ineffable part of the self into a kind of time/space in which that higher energy may far more easily be made permeable and penetrated with great amounts of energy and undifferentiated or unlimited light.

In this part of the process, once that simple allowance of pain has been able to create permeability so that the pain falls into the heart, then the energies of the tabernacle of the one infinite Creator are able to exercise their true-color nature upon this dim, many-colored rain, and each drop of envy becomes true-color envy; each drop of grief becomes a true-color grief, and, instead of the muddy palette that you began with, as you allow the truth of your interior self to work upon this catalyst as it will, in wisdom, in rhythm, and in time, this heart energy begins to place true-color value in those things that you have allowed the freedom to be fully experienced.

Once these colors have been achieved, the experience flows on wings of beauty, transformed by that warrior of light that is yourself; that true channel of light that keeps the armor bright, [moving] into that truth which is the newest portion of the Creator's knowledge of Itself. In this process of acknowledging your own suffering, it is perhaps appropriate to speak through this channel of that which it experienced earlier this day as it experienced the feast of the presentation of the one known as Jesus the Christ. This is the last or final aspect of that mythological system which this entity experiences as its closest road to the Creator[15] in its season of acknowledgement of the birth of the spirit within flesh. It is long been our feeling that each within the circle of seeking represents, as the one known as H has said, the Creator Itself, in the aspect not of the Creator-Father but of the child of the Creator, the daughter of the Creator, the son of the Creator, the Christ of the Creator, that which is in the world, that which has come among us in each of you.

The heart awaits the birth of your own spiritual self, realized for the first time as a being of integrity,

[15] Christianity.

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eternity and infinity that you cradle within the manger of your heart. This seed, this child must be protected, loved, cared for, nurtured, encouraged and paid attention to. In this Christ child dwells all of those things which the one known as David's Guidance System was describing as that house of cards which is the build-up of accreted crystallization of pain. Once one crystal is dissolved, it is easier to collapse the rest of those crystals, which become as the ice that melts into the water or the cards that collapse the space between them. In this presentation, the one known as Jesus was brought, as an infant forty days old, to the temple to be given to the Creator, as is the custom of this particular entity's culture.

Each of you is an infant; you are at the temple; you have been given to the Creator by that parent which is your physical self, and we say to you,

> Lord, now lettest thou thy servant depart in peace, according to thy word, for mine eyes have seen thy salvation.[16]

Behold the self as it is: an outer defense system of clay, bone, flesh and blood; an inner network of feeling, and, within that feeling, an inner network of truth, and within that truth, an inner network of the one infinite Creator. May you rest in that tabernacle whenever there is suffering within your life, and may you rock the child within. Protect that spiritual self with your love, with your compassion, with your acceptance of the suffering that is going on, placing it all within the loving arms of that Presence that rests within the tabernacle of the heart.

We believe that this is the energy that we wish to share upon this subject. However, we find that there have been two queries asked and that they are connected in a very integrated and energizing way, and, consequently, we would move from speaking through this instrument to passing the sacred feather to the one known as David's Guidance System, for there is much to speak on in terms of that movement of the energy through the system of points of energy or chakras of the finer bodies. The techniques involved in removing blockages move into interesting connections with the nature of suffering. The energy system of the physical vehicle, as we have said, moves from what this instrument would consider the lower to the higher, and, as energy moves into the scoop of the root chakra, it has a full and undifferentiated potential. The colors of the chakras of each individual's energy vehicle are unique to that entity. Each entity is its own blossom; each entity flashes in its own colors, and there is, in the fuller acceptance of the self, an increasing scintillation and strength of energy of the energy that is moving through the body that is a product of that acceptance of self that relaxes the strictures that narrow the path of energy flow.

We believe, however, that we would do well at this time to allow the one known as David to speak upon this subject for a time, as this entity does not have the vocabulary that would be helpful in this discussion. Consequently, we would at this time temporarily pause and turn the feather over to the one known as David's Guidance System. We are those of Q'uo and leave this instrument in love and in light.

(David channeling)

[(David's Guidance System)] Your neurological system is not fundamentally related to the cognitive processes of the brain and how the various nerve system impulses do then holographically imprint their matrices upon the tissues of said organ. The aspirations of the higher self, to strive for a conscious mind that does involve a fuller and more complete rendition of the vibratory centers or nexi of the physical form, [functions] in such a fashion as to have the conscious self using a mental process, using a consciousness template that involves emanations from all of these centers.

The issue to which we are speaking is a representation of the fact, as was stated in the Law of One series, that the contents of an ego is so distorted as to be useless.[17] Rather, we would ask that you reflect upon the energy that forms consciousness, and see that the wheels-within-wheels of the chakra system formulate the true consciousness that you experience at any given moment in your illusion. Therefore, potentially speaking, all chakras do then contribute to that which you know as your conscious

[16] The Song of Simeon, from the *Holy Bible*, Luke 2:29-32: "Lord, now lettest thou thy servant depart in peace, according to thy word; For mine eyes have seen thy salvation, which thou hast prepared before the face of all people; To be a light to lighten the Gentiles, and to be the glory of thy people Israel."

[17] "QUESTIONER: Can you tell me how you balance the ego?

"RA: I am Ra. We cannot work with this concept as it is misapplied and understanding cannot come from it." (*Law of One, Book I*, Session 13)

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process, the conscious process being that which you oftentimes experience as imagination, intuition, hunches and the like.

We are setting up a necessary framework in order to better differentiate between that distorted concept of consciousness which most of your peoples possess, and the truer and deeper essence of awareness as a harmonious function of all the centers. You have seen many examples in your life of what is known as synchronicity, whereby you experience that time where you look up from a book or have some other moment of symbolic importance which is then immediately followed by an instantaneous feedback mechanism from that which you would think of as the physical. You recognize, of course, that there must be some aspect of yourselves which goes beyond that which is physicality. But this is in effect a thinning of the veil between dimensions, causing you to have a greater ability to focus and differentiate on the essence of true individualized creation as opposed to true unified creation. When this differentiation has been accomplished that which is known as form then dissipates into formlessness. This is known in the shamanic traditions as stopping the world. It is by this process that one who has quickened his process can see those other selves around it to suddenly disappear, and perceive that it is the only being in existence. This is a vibrationally uplifting process. The reverberations that we speak to most specifically this time have to do with the relative degree of cacophony that exists in most of your entities as they go about the hustle and bustle of daily existence without care or consideration for the stillness of mind. This causes there to be an extreme vibrational dyslexia, so to speak, within those lower centers. Then the kundalini spirals, so to speak, can only be awakened by the vertical uplift of the vibratory energy frequencies so that to allow the higher centers to be more fully actualized in the here and now.

What we find is that if you do not have a rooftop over your house, then you will never truly be able to experience the shelter from the raindrops of catalyst. You will never truly be able to home in on that which is known as "home," that which is of the warm hearth, the bear rug, and the delicately arranged objects on the mantelpiece that allow you truly to feel at home in your own physical instrument. Relatively speaking, most of those on your plane exist in a homeless condition. They exist in a condition where they drift and wander to and fro, much as do their thoughts. And this does cause there to be a specific vibrational disharmonious complex in the lower centers.

This disharmonious complex can be analyzed for each individual center as a spiraling line of light, so to speak. And as we have spoken before there are those turns of said spiral whereby certain events have transpired. We seek to collect these spirals, to bring them back to a spherical center of one-pointedness or unity. When this spherical point has been readapted, then all experiences that happen in the present moment can be understood within the greater matrix of the soul and the understanding of how past, present and future merge into a seamless continuum, much as would the Ziploc baggies in which you have stored the food that you have prepared in loving service to others.

So, too, do you have the opportunity to take this manna from heaven, this bread that is the bread of life, and to then package it and conceal it from yourself, without the compartmentalized self recognizing that this manna or higher consciousness that breathes into your physicality does then have the opportunity to be differentiated, not for the purpose of partitioning the ego from those aspects of self that would be deemed as differential but rather storing away various nuggets of awareness within the self. So that, as you continue along the spiral, and various experiences arise into your illusion, you have the prosperity that comes from having a storehouse, so to speak, much as would a squirrel store up acorns in the hole of a tree, knowing that when winter comes there will be those hard months of cold and shivering. Thereby there is a supply that has been instilled.

There is the opportunity for greater abundance in those moments when many others would feel distraught and alone. By storing a larger amount of catalyst than is currently being processed, you can then have that background of experience. When these experiences again arise, they can be compared against that newfound wisdom that has been accumulated by the self. In so doing, [the self may] arrive at a greater degree of functionality so as these blockages are then moved through.

With the appropriate requisite collapsing of fragmentariness within the lower centers of your physiological organism, as it relates to the glandular

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systems, and that of the energetic body as it relates to the chakra system, we do then see a greater opportunity for there to be a relative clarity in these lower centers and this does then allow for the spiraling line of light, or the kundalini in this case, to progress higher up the chakra system into that known as the seat of love, where the heart is centered, into that known as the seat of will and communication, or the throat center, into that known as the seat of psychic awareness, of the unification of love and compassion, or that of the brow chakra, and on through the crown [chakra][18] into the gateway density, in which spiritual gravity[19] is attained and you again begin collapsing into the oneness.

And thus, fundamentally speaking, the acorns of the self have been holed away in this moment as you listen to these words shared by those known as Guidance System and those known as Q'uo and experience for yourself how it is that, though you may not be able to remember consciously all that has been spoken, that which you think of as the conscious mind is actually a subset of your true awareness. And the deeper awareness that you have is that which is existing in all the chakras. The synchronicities manifest by virtue of the fact that your mind does possess those aspects of the higher centers, if you can but remain still long enough for them to bubble to the surface, much as would the precipitation occur as we have previously spoken.

Therefore, in potential, your conscious mind and day-to-day awareness does have the ability to have full access to intelligent infinity. It is [needed] that the cares and concerns that you have can be cleared off the tabletop, so that you can then make a place setting for the Master, the Christ self to be seated before you. As this Last Supper occurs, you can then accept the death of that distorted ego personality that you have created for yourself and understand that it is through the prayer, "Not my will but Thy will be done,[20]" that you can allow this ego sense to be subjugated and recognize the greater degree of personality transparency such that the higher aspects of being do then become, by virtue of proximity, your vibrations.

As there is no proximity within oneness, we thank you and again turn the microphone back to that known as Q'uo.

(Carla channeling)

We are those known as Q'uo, and again are with this instrument and greet you once again in love and in light.

So it may be seen that the rain of catalyst, the cycle of suffering, is that which may also be seen as the sunshine of life and the cycle of joy. There is a healing in that permeation of self with suffering, in that refining of emotion through the processes of dealing with and experiencing those emotions and experiencing their growing nobility within you, their growing beauty and deepness of tone. It becomes clearer that, once this rain has fallen and been accepted, sunshine moves into the heart. For is there not rain and is there not sun, and shall one be surprised at the rain? But shall one not give thanks when the sunshine abounds and when the day is fair, and opportunity is rife. Those days are also part of the cycle of joy and suffering.

We thank the one known as David and the one known as David's Guidance System for discussing the energy centers as they did, for it is beyond this instrument to explain in that detail how one may move from dealing with specific catalyst, dealing with specific flow of emotive material, to moving into the deeper waters, that ocean of processed catalyst which has become beautiful, blessed, transformed and given back to the one infinite

[18] This refers to the chakra system by ascending order from green through violet. Green is the color of heart energy in this system. Blue, the throat chakra color, is associated with clear communication, while indigo is the color of the brow or third eye chakra. Violet is the color of the crown chakra, and in the Law of One material, it is associated with the "gateway to intelligent infinity." About this gateway, the Ra group says, "Know then, first, the mind and the body. Then as the spirit is integrated and synthesized, these are harmonized into a mind/body/spirit complex which can move among the dimensions and can open the gateway to intelligent infinity, thus healing self by light and sharing that light with others." (Law of One, Book I, Session 17)

[19] "QUESTIONER: Then when our planet is fully into fourth density, will there be a greater gravity?

"RA: I am Ra. There will be a greater spiritual gravity thus causing a denser illusion." (*Law of One, Book I*, Session 17)

[20] When Jesus is praying in the garden of Gethsemane, the night he was taken into custody before his trial, he prayed to be spared this, but, he said, "Father, if thou be willing, remove this cup from me; nevertheless, not my will, but Thine, be done." (Luke 22:42)

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Creator. That is a crystalline and light-filled ocean of experience …

(Side one of tape ends.)

(Carla channeling)

It is as the overarching system that rules the system most proximate to the human or physically human experience. If one can envision, as the one known as V was discussing, diving down that cliff of ocean from the relative shallows of the conscious experience into the abyss of infinite awareness, that infinite awareness has a coherence that is full of information that, in its very transmission, is as the Balm of Gilead, that healing energy that can move into a situation within as those healing waters, as that medicament without description heals by its energy alone, not needing rhyme and reason, not needing logic and possibility, not needing the human acceptance; needing, rather, the acceptance of a state of mind that is other than that which your culture understands, or accepts.

So let us end by looking at the silence. For this is the most potent weapon that the warrior of light, as this instrument has called the spiritual warrior, possesses. The silence has been described as that [which] unlocks the door to the room in which the one infinite Creator dwells. It has been described as that which unlocks truth. It has been described as that which enables and ennobles the process of catalysis, chemical reaction, and result: catalyst and experience.

Silence is as the open hand. Come to the Deity empty, empty-handed, empty-minded, empty of all but the thirst and the hunger for the presence of the one infinite Creator, the one original Thought that created all that is. Come empty, for you shall overflow. What concerns you? Come to your heart, and come empty. Come into the sea and dive deeply. Dive for that deep, deep water where truth has been crystallized within your own process, where you can enjoy the company of the angels of the deep that are there to comfort you, hold you, love you, strengthen you, and send you back into the fray.

And when you come back, into that archipelago that is conscious living, know that each island of chaos and confusion and each stretch of lonely ocean between are one with that deep water. Each drop that touches each island of confusion comes from the One and goes back to that same One.

We leave you with the greatest of love and thanks for each of your hero's journeys. Why are you together this weekend? What have you come to rejoice in? We leave you to each other and we ask you to love each other. Heal each other. Encourage each other. Bear each other's burdens. And bring each other home.

We are those known to you as Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai, vasu. ♣

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Special Meditation
February 6, 2003

Question from B: The question today has to deal with the concept of empowerment and enslavement that Q'uo mentioned in the last session. We are aware of how enslavement in various kinds occurs through governments, military and so forth, but what we would like to know *(inaudible)* empowerment might even be found in the very DNA that we contain, that would help us to realize our life's goals of serving and of learning, and we were wondering if Q'uo can give us some information about how a person can achieve this empowerment, and what was Q'uo talking about when empowerment was mentioned in relationship to the enslavement. In addition, we would like to know something about what the empowerment in the DNA might actually look like.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are. We greatly appreciate and thank each present for calling this circle of seeking together and calling us to your group. It is a great privilege to speak and share our opinions and we would simply ask that, as always, each idea be taken as an opinion and not as an authoritarian statement, for we would not wish to be a stumbling block for any. With this caveat in place we feel free to share our opinion with you without infringing upon your free will or your learning process.

As we gaze upon your query we realize that there are opportunities to infringe neatly pocketed along the way that we shall need to observe, so pardon us if our information is uneven. It is to be noted that as we tell you this story we ourselves are the legend in the story and when history is revealed in its truth it is almost inevitably made of stories. There is almost never the possibility of achieving a unified truth concerning the events of your peoples. It is possibly to move closer and closer to the full picture but very difficult to move beyond unseen limitations. Some of these unseen limitations lie within us and some within this instrument. Both systems of limitations, whether that be ethical or informational, these things do limit and possibly skew the story that we tell.

The long history of your peoples is preceded by an even longer, unwritten, unrecorded history of those energies and essences and individuals that made their own history at the time of what this instrument would call the last cycle change, or ice age. These entities were plummeted into service of a high second-density nature by entities who wished to have aid and help with their needs. These entities were not intending to be either evil or good, but rather were those who looked upon the second-

density life forms of this planet as fair game for molding into the workers that they needed.

Thusly, a new race was created, not merely by the infinite Creator, but by those co-creators which were attempting to work with these life-forms for their own needs. Further energy and further manipulation was offered to these entities, creating within them that which this entity would call soul-streams. These were the improvements, shall we say, that indeed moved into that which was part of the DNA. However, not the same portion of DNA which had been the focus of change previously.

In this second wave of alterations, improvements were made so that entities were of third density, being ensouled and capable of mental, emotional and spiritual evolution in ways which transcended the second-density model of individuals coming from a gene pool and returning to that common memory pool. These entities, then, having been altered twice, were soon joined by other entities from other spheres within your galaxy whose time had run out for their third-density planets, and whose needs led them to this particular sphere that you call Earth.

These entities through the processes of years, generations and millennia gradually continued to alter and continued to spread and continued to learn. With the steady increase in the sources of population to your planet came an increasingly complex mix of archetypical structures, which were in some ways not so much incompatible as cranky with each other. It was not that the differences between populations was impossible to breach, it was that within the biases of the population groups there survived a good deal of territorial energy from second density, the parent genetic structure being that of the great apes.

Consequently, there was an inborn tendency towards aggression which had only been encouraged by the second wave of genetic manipulation. This set the stage for entities we shall grandly call the space pirates. The space pirates were, in these entities' way of describing them, from the fifth density, and they had many minions from the fourth density, but these densities being in the negative sense a very pure path along the path of service to self.

It was discovered that if these entities used those with a hunger for power to encourage and hone their appetite for power and domination, these entities in turn would do their best, through the processes of aggression and war, to conquer and control that which was seen as desirable, whether it be geography, position, money or power. And these entities found, perhaps due to the limitations of your human imagination, perhaps due to the limitations of imagination of fourth-density minions, that their greatest tool was the very blunt instrument of war and consequently, when the forces that learned their trade within the culture that this instrument calls Atlantis, whenever these entities show up their plan is always to encourage division, strife and, if possible at all, the largest war available.

For this in turn [subverts] the energies of youth and maturity towards the entrainment of conscious thought processes until entities moved into that space within their minds where they believe and accept as true the necessity of war, the rightness of the native land's authority figures, and the real and genuine desire to make the world a better place through rearranging the geography, the people *(inaudible)* power in a way which keeps those in power in even more power and simply enslaves the attitudes of the minds of all of those who follow them into furnishing the physical vehicles that march off to the war, and by their dying, their suffering, and their injustice thereby spread the suffering, the pain, and those other negative emotions ever higher, evermore violently, ever at a greater level.

The goal of these space pirates is simply to achieve a *(inaudible)* so that third-density cycles come and third-density cycles go and there is either a very small harvest or no harvest at all, most of the harvest, therefore, being that which this instrument might call spent energy or entropy, except that it has to do with the burden of sorrow, grief, suffering and pain of those who have not made the harvest.

This began to cycle in Atlantis and has moved through its complete cycle at this time. In all three cycles, then, there has been almost no harvest and as your peoples approach the end of this present cycle of time, which is the final opportunity for harvest within this particular planetary third density, the energies of Atlantis remain. There had been incarnations of groups of entities which first did the bidding of these space pirates in Atlantis. Not yet once, but as the gazing eye looks at history this group can be found again and again. Within those of Babylonia, within those of Rome, within those of

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Germany, within those of Germany once again, and now within that which is the United States.

These energies have grouped, gathered and arisen as a natural event, since graduation is at hand and these entities are attempting to graduate in service to self. Consequently, once again millions and millions of earth natives who are otherwise very close to being harvested have been entrained in their minds and in their thinking by the discussion of subjects that lead the mind to war and to the just reasons for it, thereby once again placing these millions of entities in the uncomfortable space of being dimly aware that their true freedom is being taken from them, but truly having no real capacity to figure out what is going on and why there is no rest or peace for them.

The one known as B asks concerning the DNA and the empowerment of this DNA, and, indeed, the DNA was carefully adjusted not to move beyond third density by those entities of the first adjustment of the great ape vehicle which was found upon your planet at the end of second density. This adjustment was in its own way a safety precaution, as in a tamper-proof lighter or a child-proof bottle cap, for it was felt that such entities as these great ape beings had been would not be able to withstand the pressure of ethical decisions or knowledge of right actions.

However, the structure of DNA is not limited by these manipulations which may be done by your men and women of science. These spirals of light that cohere for the formation and continuation of [life] are born from states of consciousness or matrices of perception rather than being limited by the current instructions of the current DNA. The energies of unity and unconditional love once welcomed into the heart and worked with in a persistent and conscientious manner begin to lend to the mind of the meditator and seeker of silence access to a state of consciousness in which there are no limitations. In this state of consciousness infinite energies flowing in infinite supply at all times and there is ample energy to fuel any state of consciousness to which the focus, the desire, the purity and the process of an entity has brought him.

Is it easy to attain a state of consciousness that builds new strands of DNA? For a very few it is relatively easy. However, for most it is a great challenge. The hope of the various populations of your sphere, then, may be based upon that hope that springs forever from the heart. That hope to seek and find, to open up that source of magic that makes the impossible possible.

We of the Confederation of Planets have come to tell a very simple story. It is a story of thought. It is a story of the power of thought. It is a story of the power of a certain Thought that created all that is. It is a story of the power of absolute and unconditional love. It is a story of intelligent infinity and the desire of that infinity to know itself. It knows itself with every thought of its children and each entity of whatever density of whatever planet within the infinite creation is a child of the Father, or as many would say in this time of political correctness: Father/Mother.

This work of connecting DNA strands through alterations in consciousness is work that is as accessible as the next moment, that moment when one ceases speaking and enters the silence with a full heart. This moment is as far away as the nearest star. It is the kind of choice that entities may look at from the worldly point of view and say, what a nice structure, what a pleasant fantasy, that fantasy of creating the self anew and transforming the self into an entirely different kind of person. However, from the standpoint of faith there is available another point of view. That point of view is inscribed within what this instrument would call the magical personality.

For a millennia you upon this planet who look straight at the questions of truth, beauty and life have carefully written down this and that observation and experiment with consciousness and with *(inaudible)* fields. Each attempt at inner knowledge have been somewhat successful and there is available to the seeker a fairly substantial supply of excellent information on what it is to become a magical being, what it is to become a nation of priests, what it is to become a tribe of shaman. It is entirely possible through the discipline of the personality, through the seeking after silence, and through the other giving of oneself to the will of the Creator to move into that space wherein there is a true, real possibility of literally designing and building DNA in many of those who come now to birth upon your planet.

The entities you call your scientists begin to find again and again that there are more strands of DNA

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found within many of the children being born upon your planet at this time and even those who have been born with usual DNA are found to be creating new strands within their incarnation. This is that which we were speaking of when we were mentioning that empowerment of DNA. Indeed, more and more entities among your people are able to share in a charismatic sense a good deal of that state of consciousness for a limited amount of time, it being a yellow-ray sharing rather than that which comes from the truly unified heart. Within this influence it is entirely possible that many would find it maximally potentially doable to lift themselves into a state of mind which indeed is true freedom, that state of mind which no longer is connected to fear, is no longer connected to the desire to defend, but is free to love, to radiate, to embrace.

We feel that we have come to a natural pause and would ask if there are any follow up queries at this time?

Question: Has there ever been a time in the history of this planet when human beings experienced unconditional love in a group way?

We are those of Q'uo, and are aware of your query, my brother. Indeed, at this very moment there are many groups upon your planet who are experiencing unconditional love. Such entities have largely been hidden, entities such as this group, entities who are not at all well known, entities who are completely out of sight of any publicity, have always in these ceaseless changing patterns of energy of groups upon your planet found ways to come together to express love for each other. Sometimes it is the force of an idea that for a time blends people's energies so beautifully that they are able, simply by the force of an idea, to dedicate their lives to that goal, to that ideal. We would suggest those known as the Quakers and those known as the Transcendentalists.

Other groups have been formed because of the charisma or beauty or purity of the service of one entity, a woman or a man of extraordinary capability. The great monasteries of your so-called dark ages were opportunities for entities who wished nothing for themselves but everything for the truth. To serve without *(inaudible)*, without record and with exquisitely positive results. Groups such as these will exist as long as there are entities within third density, for it is the absolute destiny of that which you call the human spirit to seek and know the truth. When that seeking for the truth becomes so pure that it has a force stronger than the need to respect authority or resist change, then such a group moves forward, finds its own strength and serves quietly, lovingly, faithfully and persistently.

Spiritually speaking, history is story after story of those who, for the love of the Creator, for the love of an ideal, or for the love of a wonderful teacher, gave all that they were and all that they had towards the generation and the propagation of unconditional love.

May we answer you further, my brother?

(Pause)

Question: In the Ra books it was mentioned how much of the information that seemed quite sensational was actually transitory and had little importance. When making films, this type of sensational information is usually quite frequently utilized. How best can we balance the need for sensational attraction and the quality information that may not be quite as sensational?

We are those of Q'uo, and grasp your query, my brother. Perhaps we may simply say that when telling the absolute truth the sense of humor is often helpful. May we ask if this penetrates the outer walls of thought at all, or shall we attempt again?

Question: Could you also speak further?

We are those of the Q'uo, and would be glad to do so. It is indeed truth that transient material fascinates the mind of those within the illusion which supports such antics. It is equally true that the substance of metaphysics is naturally and instinctually fascinating to few. The introduction of characters who are wise is often accompanied, because of these biases, by the addition to that character of quirks which while not destroying the creature's wisdom or veracity, nevertheless give a character quirks that are genuinely humorous to that culture. Consequently, the use of humor softens the blow of the use of truth. The use of the various devices of humor, whether those be of language as in the rhyming or in any other …

(Side one of tape ends.)

Question: In *The Law of One* books it was mentioned that Star Wars was kind of like a children's story compared to what is really occurring. So many times Hollywood uses fantastic stories to

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give a message. Is there some way that we could be more realistic, shall we say, in presenting this information?

We are those of Q'uo, and are aware of your query, my brother. We believe that there are an infinite number of ways for such information to be shared. The truth of spiritual achievement is that those among your peoples at any particular time who are able to do work in consciousness dwell side by side with those who have no claim to an inner life. They dwell for the most part very quietly.

We would ask you to think of those known to this instrument as Native Americans, whose rituals are based within the general category of the magical personality [and seen] by ordinary people as an everyday part of a naturally lived life. To entities within this particular culture all parts of the illusion are alive, all first density, second density, and third density entities alike share consciousness and are part of one ever moving, ever living story of creation. The earth is seen as the body of the mother and all of those upon the mother are seen as the children of the mother. All natural elements and energies and animals and plants are seen as various very lively, very energy filled creation which is full of information at all times.

It is very instructive to see how simple and direct many of these exercises in enlarging consciousness are. The truth of enslavement to fear and suffering and other people's wars, and the possibility of choosing instead empowerment, freedom and the spiritual path is one which lies directly in the path of every day and of every man. It is not necessary to be extreme or inhuman in order to become an entity that truly has a magical personality. Rather, it is a matter of moving through an awakening process and becoming directly aware of the self. Once this point has been reached—and this point is very realistically expected to be reached by one who attempts it—the universe opens and the impossible becomes possible.

The greatest amount of effort for one who is attempting to make this change is the beginning, where it is in the beginning where one must express the faith of that which has not yet occurred. When there is a very good psychological structure which would give characters a reason to pay attention and to begin to work upon the spiritual personality, the magical personality, then it is possible, perhaps, to move into your structure of *(inaudible)* character the logical and persuasive [proximate] reasons for characters to become part of a group which does attempt to seek the truth.

May I answer you further, my brother?

Question: One particular possibility is to have a dissatisfied business man who has perhaps suffered a loss of a loved one who has the chance to risk his life to save another and this other was not really in danger but was a means by which an ancient brotherhood contacts him and through this interaction between the brotherhood and the man many aspects of love *(inaudible)* are brought out. Could you comment on this particular approach to the project?

We are those of Q'uo, and are aware of your query, my brother. As in many good ideas there are inconsistencies within the idea. However, we would say on the whole it is an excellent idea. The difficulty that we see with it is simply that the positively-oriented entity is unlikely to set up a situation that is false in order to make a test. Rather, such an entity or group of entities would observe such an entity as moving into such a role and would, because of the emotional colors shown by this entity, because of its emotional purity and love, become a candidate for further communication.

May we speak further, my brother?

Question: So the situation would really be an actual situation that would be observed by the brotherhood rather than being staged by the brotherhood?

We are those of Q'uo, and we can affirm your understanding, my brother.

Question: Could you comment on a second approach which would have a scientist, a geneticist perhaps, discovering that within the DNA there had been a certain quality that allowed the experience of unity but it had been switched off so he begins to work with himself and his own DNA to switch it back on, which brings him into contact with various villains and other characters.

We are those of Q'uo, and are aware of your query, my brother. And this concept is also an excellent one and also has drawbacks, in our opinion, and we would share that with you. The DNA angle, shall we say, is a very helpful one to bring up for entities as it is, indeed, the heart of the penetration into the illusion of the structure of the spiritually or

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energetically formed world. The changes that will allow entities within third density to welcome fourth density life are bound up in the further strands of DNA that are formed with the full consciousness of unconditional love.

However, the concept of moving through scientific testing and in some way measurable by scientific instruments at this time discovering how to place unconditional love into the perceptive matrix of an entity is questionable. There is much to study, shall we say, in this angle of DNA research and we would suggest that which has been useful to this instrument has been a specific work called, *The Biology of Perception*. This instrument, we may say, has had its eyes opened to a great extent, far greater than the eyes were open before on this subject by this very helpful bit of research.

We encourage the one known as B to investigate not only this particular source of information on DNA and perception, but any sources which are suggested in the course of investigation into this particular article or video cassette as this instrument would call it.

May we answer you further, my brother?

Question: So when you said earlier that there were children now being born with additional strands in their DNA, is it true then that this would not be measurable by current scientific technology.

We are those of Q'uo, and would say, my brother, that there is always the possibility of doubt when outrageously different or new information is offered, and this has certainly proven to be the case with many other instances of seeming impossible events, such as, for instance, the possibility of meteors falling from the heavens, which was considered impossible at the time that they were finally, once and for all proven to exist.

We find that we are very limited in our ability to speak concerning this because it is more than most of those things that we have offered that which can be plumbed by the use of your techniques of research.

May we answer you further, my brother?

Question: What was the connection of doubt that was mentioned?

We are those of Q'uo, and, my brother, we do not doubt that we used the word but we doubt that we can remember why.

Question: Writing about unconditional love is hard to do from the theoretical point of view. Is there something that B could do in the way of another session with Carla or with Q'uo that would help him to experience this quality in order to be able to write about it?

We are those of Q'uo, and are aware of your query, my brother. Certainly, we would be glad to speak with you upon the subject at another time. The one known as Carla is also most happy to share upon the subject. We would also point out that there are two other sources of strength for you. One is that invisible but very present group of entities that are devoted to the one known as B and that have spent many, many years caring for and accompanying the one known as B. Those presences of support, sanity and encouragement that have sometimes being felt are most real and most loving and these constitutes an unseen band of advisers and helpers. The key in invoking their help is in the word, invoke. It must be asked for, and it must be appreciated. With the request and the thanksgiving being the foundations of such a silent communication with those that have no words, this very powerful help may be activated, enlivened and energized by the living entity's faith that they are there.

The second group that this entity has available to it is that visible group known as L/L Research which has a physical location and a location in time which meet your requirements for being upon the planet at the same time and being able to connect with a spiritual group, or, shall we say, a spiritual clan or family, which in and of itself has the potential to be a great source of strength for those who wish to spend time becoming, shall we say, enchanted or charmed by the magic of that particular gathering of light and energy. Such places, once established, are as the lighthouse which the longer it burns gathers more fuel to burn even brighter.

We are aware that this has been your last query but if we may clear up anything we would offer you that opportunity at this time.

Question: Thank you for your questions, they were very, very good.

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We are those of Q'uo, and we would at this time take this opportunity to bless you, wish you well and leave you in the love and in the light of the one infinite Creator. We are always available to you to deepen and strengthen your meditative states. You have only to ask mentally and we will be there in silence and in great love. We are known to you as the principle of Q'uo. Adonai. Adonai vasu borragus. ✤

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Sunday Meditation
February 9, 2003

Question from J1: The question today from J1 has to do with the difference between belief and faith. He considers belief to be a lower channel of data and catalyst processing than faith. We would like Q'uo to give us some information on what they see to be the difference between belief and faith.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come today. It is a great privilege and a pleasure to greet each of you, and we wish to thank you for arranging time in your lives to come to this circle of seeking, to spend time asking and yearning and opening doors in search of the truth. It is those who persist, and those who do not quail at the thought of further truth being shown to the world, to whom that truth comes so richly and so generously.

And for us, you are our truth; you are our primers of beauty, service and learning. We thank you for sharing those vibrations of your meditation with us. As we share our thoughts on belief and faith, we would ask each of you to do us the favor of listening with great discrimination, and choosing only those thoughts that appear fair to you to keep and to think about, letting all the rest go without a second thought. In this way we may be assured that our opinion remains opinion and not authority, as we would not wish to be a stumbling block for any.

We wish to thank the one known as J1 for such a perceptive and probing question. Indeed, we have a very simple story to tell, and our story is in part the story of the difference between belief and faith. Our story is a story about unconditional, pure and creative love, a love so powerful that it has created all that is, all that has been and all that shall be. It is also creative and powerful to destroy, and all that has arisen likewise moves into transformations which remove it from one form into another.

And this same energy of unconditional love is that energy which creates that benign and most kind gateway to that which is the life to come. Thusly, this Logos, this great original Thought of the Creator, is responsible both for your energies of life and your consciousness and for those limitations upon the form which you now enjoy, which shall put a period to the apparent lifetime of you as an individual. And indeed may we say that it is more than an apparent ending, for each personality shell that you choose with which to come into incarnation does indeed have its appropriate period, when that personality shell has done the job for which you assembled it.

It is difficult to imagine, faced with the riches of one's own complex and subtle gradations of

personality and beingness, that that which you experience as yourself is only a tiny portion of your true self. And yet this is indeed true. That which you experience within a single incarnation is as that tributary that is a portion of the stream of soul that is you, but it is as that stream flowing from the beginning at, shall we say, a distance from the center of the circle of life, and flowing towards the center that is your soul stream; that is, rather, a soul ocean. And each individual life experience is at the same time, in metaphysical time, flowing towards that center of the ocean of self. Consequently, it is well that you are not able to remember or to know that which is going on in all the other radials of this circle of self, for the information would be too much to bear.

Nevertheless, it is within this rich milieu of discovered and undiscovered self that the question of faith and belief arises in its best context. For it is questions that move beyond transient material that are generally thought of as the life-and-death questions, and these are the questions that seem to ask for belief or faith as that which is used to address the uncontrollable and implacable forces of this great creative love that births and that puts an end to life, with equal generosity.

What is the entity within third density to do with these inarguable forces of life and death, being born and moving through the gateway of death? There is within the heart of your people an absolute instinct towards what you may call either faith or belief, in the general sense that it calls forth a spiritual response. The catalyst of being faced with one's mortality creates the situation in which the self faces the unknown and asks, and there is a great hunger behind that question: What? Why? Who am I? Why am I here? Why am I poised between my birth and my death? Why did I choose birth? Why did I choose a state of mind, body and spirit that will end inevitably in the dissolution of body? These are fundamental queries about which the spiritual instinct of third-density entities will naturally cycle.

When this entity was a young woman of teenage years, this entity discovered that it could not believe in the dogma of its church, this entity being what she calls Episcopalian or Anglican. The point of dogma upon which this instrument choked was the virgin birth. And so this instrument asked for advice from its spiritual advisor, an entity of great authority in this instrument's church. He suggested to her that the Christian story was a mystery which, in the particular church that is Episcopalian, is not expected to be understood, but rather is held as a point of faith, as a mystery to be understood at a later date, not within this lifetime. This view of the story of the virgin birth, and of all the other points of faith in the Christian creed seemed to this instrument to be far more tolerable, and to this day this instrument retains firm and loving ties with its parish church. Nevertheless, this instrument has never been able to absorb, accept or understand the need for dogmatic and dogmatically held beliefs.

However, we believe that we grasp the nature of the need for articles of faith that are dogmatically believed, perceived and promulgated, and perhaps if each will think within its own mind and heart of those times when structure equaled comfort, it may be more easily understood what the attraction might be for those who desire and crave the black and white world of right and wrong, acceptable and non-acceptable, that is implied and created with the acceptance of a dogmatic structure. Basically, that which is belief always has content of a specific nature. This insistence upon the nailing of spiritual value, truth and beauty to specific words and only those words chosen by a specific dogmatic editing of holy works, each point which is used to describe another limitation of specificity, is as the builder who wishes to build itself a house to keep it safe from the whims of doubt and change. There is the desire to create a structure of belief that will be stout and firm against the storms of those issues that inevitably bring one face to face with what seem to be the gray areas of self.

In such times, as inconvenient and limiting as belief systems may be, the comfort of knowing what one must do often seems fairer and more desirable than existing within the outdoors of an unconstructed spiritual path in which the only features of the landscape which are distinct are those features that come at one at their own time, out of their own fog, bringing their own gifts in hands that are open to give, loving, but above all, unknown and unexpected.

And let us look at the processes of faith, for faith is that which accepts a truth without content. For the structure of faith is such that it is expressed in that leap into midair, where all that is known is that it is the Creator's world, and all is well. Thusly, one launches oneself into the abyss of the present

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moment and what comes next, because one has lost all fear of the consequences of being out of control.

In the Buddhist story, there is a tiger above and a tiger below, and the seeker clings to the side of a cliff, and the question is, "Shall I let go?" That is the question of faith. The question is, "Shall I let go?" Thusly, perhaps it may be seen that the choice between belief and faith is the choice of arranging a protected structure in which faith may stay the same, and arranging an open structure where the sanctuary that is built exists primarily within the heart.

We would pause for the one known as "GuS" [Guidance System] to speak through the one known as David. And, may we say, the pleasure of sharing this communication with the Guidance System of the one known as David is indeed a privilege that we appreciate to our very toes.

We would at this time pause, awaiting this instrument in love and in light. We are those of Q'uo.

(David channeling)

We speak this day as the Guidance System of that entity known as David Wilcock. We greet you in the love and the light of the one infinite Creator.

When enunciating the peculiarities of semantics in such a question as the differentiation between belief and faith, one must pause for a moment and be somewhat guarded in the dissemination of wisdom in accordance with said words or sound vibration complexes, for it is a fact that those of your peoples are more than capable of using either of these words in a variety of contexts.

We do understand the framework of the question as implying a selective bias preferential to the idea of one concept complex over another, and we would ask that you recognize that there are negligible degrees of semantic overlay between these two concepts, such that you may discover one entity using one concept in a completely different fashion as would another. And so, there is certainly one aspect of personal definition whereby the term known as faith would be seen as a less distorted view of the one infinite Creator in all Its majesty and glory, as opposed to that of belief, which, [as a word,] has more of a "herd" mentality [in which the Creator] is apprehended for a sense of purpose or satisfying curiosity, rather than for enhancing one's love and ability to serve. This is the aspect that we will focus on in the course of this session. But let us begin first of all by describing the characteristics of the words themselves, in terms of how they are most commonly utilized.

It is indeed true that both belief and faith can be seen by your peoples as a positive. Both of these words can be used in contexts wherein the entity has found some aspect of meaning that informs existence, and that gives pause before one would otherwise indulge in repetitive behavioral patterns that have become so ingrained as to wear a circle in the rug of your mind, so to speak.

And let us also say that it is indeed quite a fact that in the name of belief and in the name of faith there have been many great evils committed. And thus both of these words could be used in a decidedly negative context, depending on the will of that person, for the benefit of others or for the benefit of self, and how those terms are then contorted.

It has been said that truth is a moving target, and in one sense this is true, and in another it is not—so thus you see the pun. The essence of truth is indeed an individual process. As was enunciated in the Law of One material, the primary gestalt through which one views the Law of One is that of free will. This gestalt implies, fundamentally speaking, that as long as you understand the importance of each individual's path as being totally unique, and its own Christed self in action, then you shall never fall again into the whims of the ego, or that personality-self that seeks self-annihilation, that seeks separation, that would seek to fragment the creation into a series of disparate parts rather than to allow the melting influence of love to form that energy of allowing, which does then cause all of these various separate aspects to again fuse together.

So let us be clear, therefore, that although truth is a moving target, there are those philosophical principles that act as over-arching beams of support upon which the stage of life is being played. It is important to have a steady diet of spiritual materials that gives you an adequate respect for these principles, as otherwise it is all too easy to use either the principle of belief or the principle of faith as your platform through which to expect that a particular belief construct that you would have or a particular aspect of faith that you would experience is also right for others. We are speaking in broad generalities here, because we are aware of the

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disparate levels of consciousness from which many of our readers will be coming to this material from. And thus this is not to imply judgment or blame in any way, as we are aware that you understand this.

Given this construct of free will as being the overarching support structure through which your game is being played, it is wise to then understand that you are in a system of causes and effects that has a very discrete motivating purpose, regardless of whether or not you are conscious of it. This system of free will shall be preserved. It has been said in the Law of One material that you are free to have any experience that you desire. It is only when these experiences begin to infringe on the free will of another that you then would experience those balancing acts that would manifest into your physical sphere, so as to offset the energetic disruption in the harmonics of your field and in the fields of others that had been produced.

Therefore, if you can step aside from the drama of self, from the passion plays of whether you will be enlightened or whether you will make the ascension or not, you can have loads and loads more freedom and information coming into your being by simply recognizing that every single path that is being followed is precisely perfect for that entity; that every entity at some point or another becomes aware of this under-arching framework often known as karma. This under-arching framework is not something that can be easily stepped aside [from]; in fact, it is our job as your guardian, as your higher support structure, to insure that, without judgment and without blame, karma is carried forth.

And therefore, there are many of those of you who would experience those elements that would seem to be of a balancing nature, that would seem to produce those experiences that you would tend to label as suffering, and therefore there is a subconscious bias in your mind that we, as your guardian, have in some sense cast a foul judgment upon you, that we have seen you as impure, that we have seen you as disgusting, or that in some fashion you have not lived up to our expectations.

We recognize that this is a belief, that this is an essence of perception that is brought forth in the illusion that is wrapped around you, which you perceive as being the three dimensions of length, width and height in which you experience your lives. Understand that outside these three dimensions, there are those densities of higher energy; higher energy that is not directly visible to you but which nevertheless exists all around you. And thus, one possible way that you could look at this is that the energy is beyond the threshold of the speed of light. And thus, were you capable of raising your vibrations beyond the visible speed of light at 186,000 miles per second, you would then perceive other structures that existed around you, such as those angelic beings who are ministering to your very needs.

We want you to understand, therefore, that the beings who are standing around you in the room in this very moment are those beings that exist outside of the apertures of your perception—outside of the capabilities that you have to understand and to resonate with your experience. There are those upon your plane who have not been given adequate compensation by the mainstream media, who are nevertheless capable of crossing this threshold of light and becoming aware of the energies and emanations that surround them. These entities have their own sets of experiences that have informed their faith, and have informed their belief.

In previous epochs of your history, and in those times which are now known as history, you have had other examples of those souls who have come forth and stepped up to the plate, so to speak, to then raise the vibratory frequencies to such a degree that the threshold point of light is then crossed, that these unseen worlds of emanations are then directly apprehended by the sensory organs, such that it is no longer [behind] a veil shrouded in mystery, but rather that of the completeness.

Even as you do this unto others, so are you doing it to yourself. Thus there is that parable in the Bible:

When the Son of man shall come in His glory, before Him shall be gathered all nations; and he shall separate them … as a shepherd divideth his sheep from the goats. And he shall set the sheep on His right hand, but the goats on His left. Then shall the King say unto them on His right hand, "Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world. For I was an hungered and ye gave me meat: I was thirsty and

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ye gave me drink: I was a stranger and ye took me in.[21]

In this melting away of the difference between self and others, there is a unity. There is a unity in understanding that if you could go beyond that threshold point of light, you would see that your body is enmeshed perfectly with the others around you. And thus, as the sixth-density entity, Ra, once said, it is impossible for us to see you as separate beings.[22] Recognize this for yourself, and then begin to understand how it is that this universal law of cause and effect, the preservation of free will, is the primary motivating factor behind those corrective experiences that we would then bring about. They are corrective much in the same sense that a chiropractic adjustment would realign your skeletal system so as to be in greater harmony with the necessary functions of the physical body in its optimal state.

You can understand that we[23] are making adjustments to your energy body by bringing about those experiences that cause you always to return to a state of perfect balance. And thus, if you have just found yourself going through a situation where you feel as though some aspect of what you may term "bad karma" has occurred, recognize that it is simply the precise degree of balance that is required to bring you back to being unified.

In that moment of unification, once again you have the opportunity to rest in faith, to rest in belief, to rest in the understanding that, if you choose to believe, if you choose to have faith, you can see that once again we have taken the necessary precautions and steps to bring you back into that state where your karmic report card is 100 percent straight A's—where you have not failed in any way, as there is no concept of failure, but rather that you can see that you have been returned to a state of balance, the balance that you think is implicit within these moments of readjustment.

The balance comes about by virtue of understanding that, regardless of whether you see this unseen structure of cause and effect that informs your experience, it will nevertheless continue. And thus, what we do find is that in that discernment between belief and faith, whereby one would see faith as being the higher vibratory frequency, there is the understanding that faith comes about when one allows the illusion of belief to fall by the wayside.

The illusion of belief is that which can be ascribed to many things. Many of your peoples still would believe that which is read in your mainstream media, such as the newspaper, the television media. Thankfully, this is changing, as this has been a source of many distortions. However, let us remain on this point for a moment and take one of many examples.

It is widely understood that there have been those sightings of UFOs, that there have been those entities who have directly experienced them, including many of your astronauts and many of your best airline pilots.[24] And yet at the same time there is a very curious silence within your mainstream media structures as to any mention of these events. Also we would encourage you to reflect back on the event known as the Disclosure Project conference on May 9, 2001, whereby 39 top-notch whistle blowing members of the government and of military structures assembled together at the National Press Club in Washington, DC to give a final and definitive statement to the world about the fact that this presence was real, and having the proof that was required to show beyond any shadow of doubt that this phenomenon did indeed exist.[25]

What we find is that this conference was only covered very briefly in your mainstream media, if at all. And thus the perception or the belief that there is no such thing as UFOs has continued, by virtue of the lack of support within these structures. Thus, be aware of the fact that belief is highly subjective. It boggles the imagination of most entities to try to contemplate and to understand how something that appears so ubiquitous and overarching as the

[21] *Holy Bible*, Matthew 25: 31-35. The parable as channeled was somewhat garbled from its Biblical lines, and so the original story has been located and inserted as per David Wilcock's suggestion.

[22] "The distinction between yourself and others is not visible to us. We do not consider that a separation exists between the consciousness-raising efforts of the distortion which you project as a personality and the distortion that you project as another personality." *Law of One*, Book I, p. 67.

[23] In the sense of the Guidance Systems of Everyman and Woman.

[24] For personal examination of this issue, a good starting point would be www.dreaman.org/usufoirc.html.

[25] Information may be found at www.disclosureproject.com.

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mainstream media that you are infiltrated with every day could be actually not entirely believing itself, and actually not entirely informing your belief in a fashion that is most suitable, that is most capable of giving you a true glance of that which is perceived.

Another example that we would share is that of the ruins that have been discovered under the sea off the western tip of that island known as Cuba. These ruins include structures that look just like your Stonehenge, structures that look like pyramids of those step-pyramid varieties known in Mexico and in the central Yucatan area, and even those known as sphinxes. These structures also have inscriptions on them that are clearly written. The problem, as seen by your geologists, is that these structures are only seen as being capable of being above water as early as 11,000 of your years ago.[26] Now, it is the combined team of Paul Weinzweig and Paulina Zelitsky of Advanced Digital Communications, or ADC, that gained permission from the Cuban government, through Fidel Castro, to take sonar readings of these areas, and thereby make a study, as previously the Communist regime in Cuba did not allow such undersea analyses to be conducted. Recognize as well that it has been publicly announced that these entities did sign a contract with the National Geographic Corporation to then bring forth a documentary to the public. Recognize as well that of course, nothing further has occurred, and that this story has never been covered except on certain internet media, such as MSNBC.[27]

Therefore, what we see is something that potentially is an earth-shaking paradigm shift, something that gives the definitive smoking-gun proof that there is a civilization before the one that you now know, and that it exists right now on your sea bottom—that it has been discovered, that it has been photographed. The evidence already exists and has been seen. And yet, it is by virtue of the pall of consensus reality that is drawn over the eyes of many in their desire to believe in what they are being presented that this information goes unreported, and that it is still possible for those entities around you to make choices which say to themselves that there is nothing mysterious in the universe, that there is nothing beyond that which is in three dimensions and is right in front of one's face, that there is no history beyond that which is taught in your books and your texts.

We would ask that you understand more fully now how it is that belief has been instructed, and not necessarily having the greatest degree of discernment in the instruction. Furthermore, we would ask that you understand that faith is a choice, in the beginning. Faith is a choice of moving outside of that which is necessarily presented for you to be spoon-fed as a belief. Faith, as has been expressed by the entity Q'uo, is that of the ineffable. It is not something that can be easily defined. There is no empirical equation or formula that will give you the necessary ingredients to experience faith; that will give you the necessary discernment to understand if your faith is indeed that which will consist of that which is for your highest and best good, or whether there are those aspects that are in conflict.

We say again, therefore, that these underlying support structures of free will, or that which was termed as the first distortion of the Law of One[28], gives that which does inform faith, and does inform experience. If you can understand how important it is not to infringe on others, you then have the game of karma understood, and never again will you have to experience those balancing acts where you are once again brought back to that undifferentiated state of unity by having those karmic events occur.

We want you also to recognize the flipside of karma, and this is where faith becomes so important. The flipside of karma is equally automatic. So many of your people get tied up in the idea that bad karma is destined to happen, and you, in a sense, fear the Lord your God. Recognize that you are just as amply rewarded for the good things you do as for the negative. It is so easy for many of you, however, to

[26] Information may be found in Kevin Sullivan's article, "In Cuban Depths, Atlantis or Anomaly?" Images of Massive Stones 2,000 Feet Below Surface Fuel Scientific Speculation. Washington Post Foreign Service, Thursday, October 10, 2002; Page A25, www.washingtonpost.com/wp-dyn/articles/A3507-2002Oct9.html

[27] More information may be found at www.dwij.org/pathfinders/linda_moulton_howe/linda_mh8.html.

[28] *Law of One*, Session 13. "RA: The intelligent infinity discerned a concept. This concept was discerned to be freedom of will of awareness. This concept was finity. This was the first and primal paradox or distortion of the Law of One. Thus the one intelligent infinity invested itself in an exploration of many-ness. Due to the infinite possibilities of intelligent infinity there is no ending to many-ness. The exploration, thus, is free to continue infinitely in an eternal present."

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become aware of karma and to become more aware of the negative transpirations as they appear for balanced proportions rather than those of positive feedback for that which you are doing that spreads light and love to others.

Therefore, when you are serving, it is not in vain. We are not asking that you serve as a system of reward or punishment. We are not asking that you do this as a Pavlovian system where, if you hear a bell, you will receive a food pellet to encourage salivation. Rather, we are asking that you understand how it is that by melting into the joy and the beauty of that world of energy that exists beyond the threshold of light speed, you come into an awareness of the scientific reality of the fact that you are connected with all others. Therefore, anything that you would do to another is that which is done to yourself, and you understand beyond any shadow of doubt that there can be no other act but service. Even if you appear to be doing things that are selfish, this too is a service, for the Creator aspect has both the Shiva qualities of destruction and those qualities that would build up and renew and mend fences and heal. But this healing energy does often come through as a result of the destroyer aspect of Creation. Both yin and yang flow together in divine symmetry and proportion, and your life is a balance of this.

We have said that to be harvestable you must be slightly above fifty percent service-to-others polarity. There is still a great degree of service to self within the self [at this point]. Therefore, it is wise to comprehend the idea that there are those aspects that in your historical traditions would be known as "sins" that can still exist within you, these drives that you may have towards service-to-self behavior. And by simply accepting and healing and renewing the fact that these exist, you are coming into a greater degree of faith.

Faith, therefore, is not simply having the faith that you will promote yourself to a point where these distortions will not exist. Rather, faith is the belief that you can have the distortions, that you can have certain blind spots. You can have certain areas where you may rub against something that is not comfortable as you go through life, and nevertheless that point of discomfort is that which calls your attention to becoming ever more optimal in your energetic functions as a divine being.

The more that you understand these principles, the more that you recognize how it is that you can build up the line-of-light spiraling energy within yourself; the more you can again spiral higher and higher into your own awareness. [It is then] that you can see that belief is a choice, and that faith is more of an understanding. Faith is simply an allowing of yourself to be that which you are. There is a certain genius of motivation that must be present in order for you to make this leap into faith, and hence the term "leap of faith" is often used.

You have plenty of evidence that you could choose to "believe," that would allow you to think that faith could not exist, by virtue of the fact that you exist in a Godless universe, or so it would seem when there are so many injustices or apparent injustices around you. In a grander vision of faith, you understand that you can have faith in the process of karma. You can have faith in the process [so] that when you do something that is of service-to-self nature, it will be balanced.

You can have faith in the fact that there is no judgment when this is done, contrary to what many of your peoples have thought. There is no judgment. All experiences are acceptable, and you can move through these experiences, accept yourself as they are happening, and accept yourself in the realization that will allow you to get down to a deeper layer of the onion, so to speak.

And of course, as you do this there are many tears that will be shed. But as you get deeper and deeper into your core, you come into a grander understanding of the positive aspect, which is that by simply allowing yourself to be present with others, to be present in that moment of opening the heart to the Christ self, of opening the heart to universal freedom, to universal bliss, that you have become undifferentiated. And in that moment, if even for just a slight touch of a thought, you can grandly experience the true ineffable nature of your being, where faith becomes a living process, a living consciousness. [It is] a consciousness that transcends all boundaries, all distinctions, that exists in the ever-present now and that is yours in that moment when you have that breathtaking joy and bliss, the true knowledge that you have never been left behind, that you have never been abandoned.

(Side one of tape ends.)

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And thus, even in those moments when you have no faith, when you have no belief, the structure exists. And this is a structure that loves you. It is a structure that has an identity. You can think of that identity as the Christ self. You can think of that identity as your Buddha nature. You can think of that identity as the part of yourself that is the one infinite Creator, such that when you are looking into the mirror, you see the face of the one infinite Creator. You see this face when you look into the faces of others. You see this face in the environment all around you. You see this face, indeed, in everything and everyone.

And as these boundary lines and distinctions melt away, you understand that faith and belief also melt away, in a sense. For you become the living embodiment of belief and the living embodiment of faith. Again, we say that it is not necessarily plausible to fully apprehend this in each and every moment, as this requires a great deal of work on the self. But, rather, we do want you to understand that if your humble efforts are significant enough and sufficient enough, then you can indeed tap into this pure state of consciousness. Even just a few moments of it can fill you with the wellspring of emotion and joy that will [allow you to] shed tears as freely as a flowing river. Once again you know that you have never been left behind, that you have always been protected, always been loved and always been cared for, now and forever. Amen.

At this time we return the microphone to that entity now known as Q'uo, and we thank you for this time that we have shared.

(Carla channeling)

We are those of Q'uo, and we are again with this instrument. Grasping the dominance within third-density of that distortion known as the Law of Confusion or free will, it may become clearer why the third-density illusion is made in such a way that it shall always be impossible completely to satisfy the requirements of proof for spiritual truth. It is necessary within third density that all choices to believe in spiritual matters in a certain way be made completely in freedom, that freedom that only exists when there is no proof and it is a matter of faith.

The instinct shall always be within the human breast to reach out to that energy that it senses as being greater than it is. Many are the stories told about this mystery of the Creator, the Logos, the Grandfather, the Father/Mother God. There are many and many a name, and many a story, and in each name and in each story some may find comfort. And in the words that those entities have said that were written down, or that were written down on behalf of these entities, some may find tremendous and substantial resources. Therefore, the spiritual panoply of riches lies open to the seeker. Yet what shall be that which increases faith? What shall be that for you this day?

The nature of faith is that it is a state of consciousness. It is a state of consciousness that already exists within you, within each spark of the Creator, within each of Its children. Not that this can be proven, but that it is the truth that calls the spiritual seeker to awaken, and, once awakened, that calls that seeker onward and onward to find that for which it thirsts and for which it hungers.

We suggest to you that that which aids in inducing that particular state of mind that opens the heart to the awareness of that consciousness-state that is unconditional love is that which is available to each of you each day. It is that time which, like this meditation, must be gouged out of a day that is already so crowded with good things to do. It is that time when you give yourself to silence. It might be only a five minute silence, but if it begins your day, or ends your day, it may completely change the attitude with which you look at that which lies before you when you open your eyes.

So we encourage each of you in your own way to find some silence, either by walking in nature, by silent meditation, by taking an image and moving into contemplation from gazing at the rose, or the sunset, as the one known as T was speaking of, or whatever visualization or image takes the mind beyond itself so that it rests in beauty and in truth.

The essence of faith is a realization that all is well, and that that which is needed is in hand. All that you need is coming to you. All that you do not need is falling away. The processes of a loving and nurturing Creator insure that all is well, and that all will be well. Not as the world in which each of you experiences the illusion of life might define wellness, and yet this core attitude, this point of view that states unequivocally and without proof that all is well, is as that seed that grows every time the sun shines, that sun which is the open heart.

This instrument is fond of saying, "Center. Move back to the Center." What are your thoughts this day? Where is your center? Upon what do you rest?

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We would transfer this contact as we make this last point. We would transfer this contact to the one known as Jim, that we may address any shorter queries that remain within the minds of this group. We thank this instrument and we leave it in love and in light.

(Jim channeling)

We are those of Q'uo.

David: Can the entity speak to the opposite side of faith and belief, which is when one is scared, when one exists in fear, so that we may better understand the process of balancing, and that we may experience faith without the weight that this fear imposes upon the self?

I am Q'uo, and am with this instrument, and we greet each again in love and in light through this instrument. We are aware of your query, my brother.

As entities begin the conscious journey of seeking that which you may call the truth, and begin to ask those questions of which we spoke at the beginning of this session, seeking to know who is the self, what is this love, what is it that the seeker believes about this life and the journey through it, the fruits of continued seeking for truth; when the seeker begins to fashion some form of concept or quality that answers for it one query or another in relation to those fundamental queries asked by all seekers, this gathering of beliefs, shall we say, is as the beginning of the journey, during which there may be many difficult moments which challenge the beliefs.

There may be fear, doubt, confusion, anger, grief, jealousy and so forth. Each instance of the challenging of beliefs gives the seeker of truth an opportunity to call upon a more, shall we say, nebulous feeling, that being the quality of faith, that is slowly, quietly and assuredly developing as the seeking continues, as the attempt to answer these queries continues, as the facing of difficult catalyst continues.

Therefore, this quality of faith is powered by what you may call the exercise of will; the continuing to seek, the renewing of the thirst, the asking again of questions, the getting up when catalyst brings one to one's knees. To continue, seek relentlessly, persistently, without fail. Even if there is failure to seek at one time, there is the renewal of the seeking at another. Thus, the exercising of the will is that which builds this quality of faith within each seeker; that which will nourish the seeker when the catalyst is fierce, when the doubts rage, when the anger boils, when harsh words are spoken, when relationships are shattered.

The faith, then, is that which rises from the very soul, being called forth by the continual exercise of will in the face of all catalyst, that which you may call good, that which you may call bad. Therefore, we recommend to each that the will be featured and focused upon as one faces all catalyst, including those of the negative nature.

Is there another query at this time?

V: I have one, and with Q'uo's permission, I would like to direct this one to David's Guidance System. As has been done by those of Q'uo and by those of Ra, I would very much like to hear from David's Guidance System what is their point of origin and their identifying vibration?

(David channeling)

We are the Guidance System of that entity known as David, and we have heard your query and shall respond in due course. Understand that the entity, David, has been working with us for some measure of time in various incarnative states, and that we exist through a triumvirate system, or a tripartite system, if you will, meaning that there are three essential aspects. There is, of course, the sixth-density aspect of that known as the higher self or oversoul of the entity David, and this source is the same source as that which spoke in the Law of One material. However, it is wise to reflect on the fact that to have a pure and undifferentiated sixth-density contact requires a great deal of tuning and the assistance of other selves.

It has been the status of David's work up until this time that there was not the capability to bring forth others to the process of this seeking, and therefore we may reflect on the fifth-density aspect of self which also exists for each entity. These aspects may be many in number, but it is very common, as you would think of it, for there at least to be one aspect which is of the masculine propriety or gender in its overall energetic bias, and one entity which is of the overall feminine bias. This refers back to material that is spoken of in the earliest sessions of David's material, whereby the masculine aspect introduced itself with the archetypal sound vibration complex of

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Grandfather, and whereby the feminine aspect introduced itself with the archetypal sound vibration complex of Lucia, or Light. Therefore, we see the interesting paradox of the fact that the feminine principle is named after Light, and the masculine principle is named after Love, as many souls have the opportunity to love their grandfather.[29]

And so, what we would ask for you to visualize is simply that we stand before you as three, that there is a process of dissemination of information that involves the inspiration from the higher self which is then transduced through these fifth-density contacts to then impinge upon the energetic fields of that entity known as David, so that the speaking may then occur. We trust that this is as satisfactory of an answer as we are wont to give at this time, and we thank you for your query.

We ask if there is another query present at this time, that it may be posed to any of the three channels on this day.

J2: I have one query and this is directed towards David's Guidance System. I am a bit confused sometimes about clockwise and counter-clockwise in the use of the spiral needles. I just wanted to ask if the clockwise motion is actually pulling energy out of the body, or is pulling energy and light into the body, if this is correct or if it is in the opposite.

We are those of David's Guidance System, and we thank you for your query. It is wise for others to understand the context in which this question has been asked. Recently there has come to the attention of David the work of those Russian scientists that has brought forth new meaning to the understanding of torsion fields, or the spiraling wave of consciousness. There are waves that are of clockwise movement, and that propagate through the vacuum, or aether, as such, as well as those of counter-clockwise movement.

There is also the entity known as Dr. Alexandr Shpilman, who has designed a device which does then create either a left-handed or a right-handed torsion beam. These beams do then have a very beneficial effect in either capacity, by virtue of the fact that this is the energy that feeds the body. There are those times in which entities wear clothes that are made of the synthetic materials which do then act as a torsion shield, such as those known as polyester, and this does then impinge upon the amount of torsion fields that are brought into the body.[30]

There are those upon your plane known as non-eating saints, who do not have to ingest food and water and such, but rather draw directly off of this spiraling energy for their total sustenance and support. Therefore, what we are dealing with in the question of these needles is a particular design of metallic substance that does then have the archetypal shape of the spiral worked into the end of the needle; that spiral known as the phi ratio, of that of 1 to 1.618 in proportion.[31]

Understand that by creating a needle with this configuration, there is a funnel produced, so to speak, for this energy to be circulated. Therefore, what the question deals with is the difference between the left-handed and the right-handed beam, or that of the counter-clockwise or left as opposed to the clockwise or right-handed beam. It is the left-handed beam which actually brings energy into the body and its aura systems. This beam is that which is more fundamental to the basic energy and structure of consciousness.

However, just like any other process of consciousness in your system, there is that which must be purged and released. Similarly, you can eat but you also must excrete in order to remain healthy. Therefore, you see the right-handed beam or the clockwise beam as representing that which takes energy out of the body. Therefore, the needles can be used in such a fashion. We thank you for your query.

J2: Thank you.

Carla: Is there a final query at this time, for anybody?

(Pause)

(Jim channeling)

I am Q'uo. As it appears that we have exhausted the queries for the moment, we shall once again thank each present for inviting us to join you in your circle

[29] In the *Law of One* series, Light/Wisdom is often associated with the masculine archetype and Love with the feminine.

[30] Information may be found at www.rialian.com/rnboyd/spin-torsion.htm.

[31] Information may be found at www.mcs.surrey.ac.uk/Personal/R.Knott/Fibonacci/phi.html#golden.

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of seeking this day. It is always a great pleasure and privilege for us to be asked do so. We would also remind each that we are available to aid in the deepening of your meditation. A simple request, mentally sent, is all that is necessary. We shall speak no words but simply blend our vibrations with yours in order that your meditation may be deeper and more centered.

At this time we shall take our leave of this instrument, leaving it and this group in the love and in the light of the one infinite Creator.

We are those known to you as Quo. Adonai, my friends. ♣

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Special Meditation
February 19, 2003

Question from R: What are the disciplines, prerequisite, attitudes and practices that are helpful to me in order to open my indigo-ray center to intelligent infinity at the present time?

Carla channeling:

We are those of the principle known to you as Q'uo and we greet you in the love and in the light of the one infinite Creator in Whose service we are. It is our privilege to be called to this group and we thank the one known as R for this query and the seeking and hungering for the truth that brought this entity to request information that may aid in the evolution of mind, body and spirit. We thank as well those who sit with this group in service and in an equally pure search for the truth. These energies that move into the sphere of this working create that vibration upon which we are able to stabilize and establish this particular channel through this group and through this instrument. It is our distinct pleasure to offer our humble opinions upon this most interesting question of information concerning the opening of the gateway to intelligent infinity.

We would ask that, in order for free will to be respected, each who receives these thoughts feels completely free to disengage the self from any of them which do not seem correct at this time. Those thoughts which are part of the subjective truth of that particular individual at that particular space and time will be very resonant and will seem as though remembered, rather than learned for the first time. Those thoughts that do not seem resonant are those thoughts that we would ask you to leave behind. We thank each for respecting this request, for it allows us to speak freely without being concerned that we will be taken as authorities rather than as your brothers and sisters in seeking and in service.

The request of the one known as R for information is exquisitely phrased and we would thank the one known as R for the care and love with which he crafted this expression of seeking for the truth of the moment, the space, the time, and the ever-full expression of appreciation and thanksgiving for that process which moves into the present moment as the emerging blossom of transformation, new life and new birth. The request for prerequisites, practices, disciplines and attitude that are helpful is a request made by one who has spent a good deal of time and energy in contemplation of the outer teachings of what this instrument would call unchurched spirituality. The question being couched in the language familiar to those who enjoy the wording of those known as Ra creates an atmosphere in which we may feel free to use the cosmology of this system, which indeed is most concisely described or represented by those known as Ra.

Within this system of cosmology, shall we say, the gateway to intelligent infinity rests above the energy

center known as the brow chakra or the indigo-ray chakra and hence the work of indigo ray is that work which has most directly or proximally to do with opening the gateway to intelligent infinity. The discipline of the personality and work in consciousness is the precinct and purpose of this energy center and it is within this center that the practices and disciplines requested dwell, for the most part, in terms of their subject matter.

The attitude is certainly a central key not only to the seeking, pattern and process of the one known as R but also the seeking, pattern and process of each seeker of truth within the creation of the Father. This attitude is such a central key that it becomes as the chief rod and staff that support the seeking of the pilgrim. The preeminent position of attitude is such that, by attitude alone, the entity who dwells in faith and lives fearlessly and in an atmosphere of thanksgiving and gratitude has, by that simple token, entered the gateway of intelligent infinity.

Being fearless is perhaps not as simple as it may seem. And the threads of being that move into the lessons of becoming fearless are those same threads of being that move into the lessons of peace and the discovery of its nature. Indeed, it may be said that the redeemer of the third-density world is that which is known to this instrument as love. For the heart of the attitude which gives thanks for all things is the fearless heart that sees the love in all things, even as it sees the distortions to which love has been bent by those co-creators which are other selves. The process of becoming aware of reasons to be grateful in all things is a long and subtle process and one which ties back into the discipline of the personality.

The part of your query to which we have not yet responded, however, the prerequisites of work at this time for the one known as R in opening the gateway to intelligent infinity, moves back into what we would call the metaphysical past rather than the historical past, within the inner universe of the one known as R, for the prerequisite for doing work in consciousness for any is that progressive and conscientious query of energy centers and the preparation for the promulgation of sacred or priestly work, thus giving respect and honor to that energy of self which is as the entity of sacred or magical energy which functions as the priest or minister of that which is the sacred life, the life that has been consecrated by the ever-opening awareness of previous work in consciousness.

With this entity then, the one known as R, we shall walk through some considerations for the work of preparing for a session of work in consciousness. The basic plan for this work would be to choose a single place and a single time of day within which to do this work. This time would be a time of contemplation and what this instrument would call the balancing meditation. This meditation is one in which recent thoughts and biases of the feelings that have been experienced by the self are examined to determine for the self the possible distortions, both positive and negative, that have resided in these pockets of gathered catalyst and e experience.

The one who reviews the self's thoughts and feelings is as one who goes into the storehouse of its grains to gaze at the harvest and judge its worth. As one winnows through one's thoughts and as one reviews those triggers which have caused responses within the self, one may see those areas of lack and esurience which baffle or otherwise distort the flow of energy through the energy body. It is well, perhaps, to start with that which is the so-called lowest, that first chakra or red-energy center in which reside strong and profoundly meaningful responses to triggers concerned with survival, sexuality and territory. It is very often that issues will become caught in this very basic energy center because of this particular culture within which all of those in this circle enjoy life, and its great dependence upon or emphasis upon sexuality as being central to that root ray or red-ray energy center.

However, within the life experience of all those within this sitting circle, the threat of war has been always imminent and at this time continues so. Consequently, there is an issue common to all of those within your culture at this time which has to do with survival. Further, there are those issues concerned with information of the so-called New Age, as this instrument calls it, information which often suggests the sudden ending of certain processes upon your planetary sphere; thereby, in a lesser but equally disturbing way, suggesting threats to survival. These issues create a background area of interference which may only be addressed when acknowledged, recognized and dealt with as part of that which is the milieu.

Within the next energy center lies that which is most visible among your peoples and yet not that which can be overlooked. The culture which you enjoy and

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the so-called New Age sub-culture whose opinions often affect the philosophy of, shall we say, the surface culture of your peoples, emphasizes and indeed nearly glorifies personal relationships and consequently it is most likely within your day-to-day discussions and communications and with other selves that the issues which truly are informing and consuming the mind and the emotions are known to the self. It is well, however, to gaze at those patterns which are repetitive which do not seem constructive, for energies within this orange-ray system may well be strengthened and crystallized by such work.

A key indeed is to see each entity within a relationship as a flower of an unique beauty which is better beheld than trimmed or plucked. Again, within that which is called the yellow ray or yellow-ray chakra by this instrument, the culture within which you now dwell is likely to bring to the conscious attention of each the over-stimulations and desires for avoidance which are part of the relations of the self such as the family group of birth, the family group created by the marriage of self and other self, the group created by the working for the living and so forth. Again, these interactions are the stuff of gossip as well as the material for learning within the curricula of the school of Earth in third density. However, within these group systems, may we say that nothing is as it seems, in terms of the value of group structures within the learning processes of the self. We can only say that the value of this system of learning which is bound up in the concept of family, clan and other group concepts cannot be overestimated. It is in this direction that progressive concepts may open new ways of seeing that indeed strengthen and further open the yellow-ray chakra in such a way as to improve the orientation towards the green-ray energy center and that tremendous shift of energy which may come as the heart opens.

The next energy center, moving upwards, to consider in terms of the experiences of the day, is that known as the green-ray energy center and in this wise we may say that this is the beginning of work in consciousness. When one has been able to address the issues and look into the feelings and distortions and energies experienced within that portion of the lower energy body, then the entity is ready to move into the open heart, having secured a good flow of energy, that energy of the one infinite Creator, through the roots of the energy system of the physical vehicle into that energy system which does indeed open to the gateway of intelligent infinity as that infinite energy roars through in its ceaseless dance of upward spiraling light.

The heart chakra is not that which is worked with as much as it is that which is entered, as one with great gratitude enters the holy place in which one is safe, loved, cared for, and appreciated as a child of the one infinite Creator, a child and an heir, a rightful and loving heir, and, indeed, a co-Creator. The space of the heart is that which is filled with the balm of Gilead. It is that which beams and radiates as the sun. It is that in which there is no effort, strife, or worry but only the feeling of loving arms, a strong and loving chest and shoulders to rest [the head] upon when one is weary; a capacious lap to sit in, to nestle in, to curl into and to go to sleep in when one is exhausted within the heart. This is the energy of healing, the energy of unbridled and unstinted compassion. This energy is that energy that is the steady state of the creation of the Father, that vibration which is the essence of the one great original Thought of the infinite Creator.

Resting upon the energy of this center, resting upon the open heart, it is then that the disciplines of the personality begin. That which is the blue-ray center or the throat chakra is the seat of the discipline of creating true communication, true speech, and true statements. It is the seat wherein one discovers the art of listening. And these disciplines feed into those conduits that lead to communication that runs clear, as the stream that does not pick up the mud and the silt of the storm but, rather, lets energies be as they express and as they resound and as they ripple, not so much judging as praising the beauty of the ripples, not so much resisting as dancing with the patterns that emerge.

The one known as R has tremendous amounts of dedication and energy in the area of the indigo-ray work and is well aware of issues which it focuses upon at this time, and we would not infringe upon the free will of the one known as R by commenting more closely. We do not believe that there is any lack in this portion of the creative and intentional work in service of the one known as R but, rather, that this entity focuses with great care and love and persistence at this time. As this entity indicates by the very shape of its query, it is well aware of its need to move always back into the whole self as a prerequisite to doing work in consciousness. It is

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when the bottom is firmly planted and well placed on the ground of true small things that the spirit may soar. It is when the first story of the house of a life is swept and tidied that one may go to the upper room, there to be lifted up into midair with the angels. Let that first floor first be neat as a pin, with each honor which is also a duty seen to, each promise kept, each relationship honored, each thread of self within found like the lost sheep, brought into the loving heart, kept warm, comforted and fed until the self is as loved as those loved ones that are about one, until the self is also seen as the Creator, as the Christ, as the child of the one infinite Creator, utterly worthy of love.

To become fearless is not the work of a moment or a year, yet it is the work of any within a lifetime. At least there is goodness in the intent to discover the nature of true release from fear. For there are two choices: contraction into fear, or expansion into love. It is the nature of work in consciousness that it does not proceed well unless there is first established full energy into the heart and the resting within the heart in unconditional love. With this energy flowing through the heart, the work that is done in consciousness is well powered, well fueled, well supported.

Above all, we would encourage a releasing of heaviness. It is a time within your peoples' experience when there is every energetic reason to become more and more wound up, distracted by the nature of the illusion. Yet this is precisely the time when it will be most effective to express, in whatever way is felt appropriate, those positive feelings having to do with the certainty that all is well. For as the fourth density becomes closer and closer, it becomes more and more important to remember the increasing transparency of thought to materialization. Thoughts are becoming things. States of mind are becoming DNA. Lean into, then, the advantages of an increasingly metaphysical atmosphere. If there is a fear-based concept which moves into the awareness of the self, encourage the promulgation of a positive gratitude and confidence-based response. For there is love in each situation, and the expression of that love is as the sun that radiates and warms the chilled soul.

Lift up the heart. Lift up the eyes. Lift up the hands. And lift up the voice in singing and praise and thanksgiving and in joy. The opportunity to express and bear witness at a time of such powerful illusion and seemingly unlimited potential is a wonder. We bless the journey and celebrate the process of the one known as R and encourage him always to keep the light touch in the seeking that honors the ideals of the self beyond all words and yet may take the self lightly.

We leave this instrument with blessings upon its sacred and glowing round, and we offer to this entity our presence within the silent communication in order that we may aid in deepening the meditation for this entity whenever this entity might wish to request our presence mentally. We thank this instrument, this group, and the questioner known as R, and we leave this group in the love and in the light of the one infinite Creator.

We are known to you as those of Q'uo. Adonai. Adonai, vasu, borragus. ♣

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Sunday Meditation
March 2, 2003

Group question: The question today has to do with, what we, as we talked around the circle perceived, as an increase in the level of energy, the tension, the intensity, the amount of things and difficulty that people are going though. And we had the idea that maybe what's happening for people now is they are reflecting this increased energy by having whatever catalyst [that] is ready to come up in their lives come up—whether it's getting out of one relationship and into another or transitioning from one place to another, one life to another. We'd like to have some information on whether this might be a correct perception. Any type of elaboration on this topic would be appreciated as well.

(David channeling)

We speak as the Guidance System of the entity now known in this sojourn as David Wilcock. We express our heartfelt gratitude for the opportunity to be present this day upon the cusp of the awakening of the human spirit and the treasures that are cherished in those moments of quiet solitude when the distinctions of self and other-self melt away in the blinding light of realization once duly applied to the conditions of personality. We approach you from a perspective of knowing that you are not separate beings, and of seeing you in your totality, as you exist even now.

In this totality your experience is a great chain of being. It is a chain that continues to cycle through the gears of your life and thus it is a chain-driven life, so to speak. As you move through these experiences you have opportunities to choose how you will label them and identify them in your mind. We have frequently spoken in these sessions of the importance of stepping outside of the perspective of right and wrong, good and evil or of joy and suffering and to simply remain steadfast in the understanding that the creation moves in cycles of creation and destruction. There are those times for the building of stones, there are those times for the casting away of stones.[32] The perspective of the present moment is the focus that allows you not to get caught up in the dramas and mundane realities of apparent daily living as expressed through "ordinary" circumstances, as this word is then used to describe the rather immobilized state in which most of your people exist at this time.

The lack of mobility comes from the fact that there are blockages in your energy centers, or chakras, and those blockages only allow for a certain portion of the light/love energy of creation to stream and flow through you properly. The question pertains to the exact nature of how these blockages are being opened up by virtue of the shifting energies that are

[32] *Holy Bible*, Ecclesiastes, 3:5.

present in your time/space and space/time nexus. We have spoken of this in the last session and the session before, and thus we do not need to repeat information. Suffice it to say that, as of your date, February 19, 2003, you have crossed the next major hurdle in terms of intergalactic astrology. You are now moving into a higher zone of energy, to put it in the simplest possible terms.

When there is a heightened amount of energy on your plane, there is the opportunity for the cleansing of those aspects of self that have so far remained cloaked in cobwebs and stuffed away in some far corner of the closet of your mind, so that you are not capable of truly bringing them out and looking upon that which you have chosen to hide away. Now is the time to step outside of those boundaries and distinctions that have limited you to the perspective of seeing yourself as an ego, as a personality that is beset with various experiences that are of a less than positive nature, and thereby [as one] experiencing a certain sense of despair and longing for a life that is somehow separate from that which you have previously obtained. If you could but recognize that you are truly divine, that you are truly pure love and pure light in this moment; if you could see things as we do, you would recognize that any distortions that you may have in your personality are just brimming with light and love, waiting to spill over the fences and burst into your awareness, much as would the crashing of the tidal wave sweep away those pockets of civilization that had grown up and allowing for there to be a cleansing and renewal thereafter.

Now, of course many of your people might think of these earth changes as being negative in nature. However, it is more akin to the idea of lancing of boils on the skin that have grown too large. Recognize that these boils are in your mind. These boils are in the patterns in which you have lived your life. It is a pattern that extends itself through every activity and focus of your sphere. These patterns have enabled you to continue enacting the same behaviors without really thinking about what you are doing. You consider that you are apart from your experiences, that your experiences are happening somewhat automatically, and that you do not have the power or the ability to change them. You see these forces as acting around you, swirling and spiraling, seemingly chaotic, out of your control.

It is our perspective, this perspective of boundless light and limitless love from which we look down upon you, [that we] recognize how carefully you have created every single aspect of that which exists in your sphere of influence. And therefore you can never have any sense of guilt or blame towards others for that which you have experienced.

Now is the time, for many of these lily pads will be forming on the surface of your lake. You will have the opportunity to skip from one to the other, skipping away from the shoreline of limited possibility and moving out towards the horizon where the sun is again rising in your life and where you have the opportunity for the dawning of the new phase of your awareness. This time is one of growth, healing and renewal. It is a time where you do not have to be the wizard any more and try to cook up these elaborate and arcane spells and magical tricks that will allow you to function somehow within the distorted circumstances that previously existed. Now is the time for you to step outside of the need to "cook the books" with wizardry and to try arcanely to adjust yourself to that which has already been in place. What has been in place will have these upheavals that you had not planned on and that therefore it will be falling away. Your opportunity now is to bless this process instead of trying to fight against it. The energy will seem to move so fast that you have not the time really to consider your actions but rather simply make these actions. This is the case in the lives of those of the L/L Research Team and that of David Wilcock at this time, since there has been a partnership that has been engendered. This is but a subset of the much larger gestalts of change and consciousness of fluid movement that are occurring within the human energy field, as a totality-consciousness, in its own limited state. This moves towards greater concrescence[33] with each step of consciousness, much as do all the rivers pour into the sea.

So, too, you can allow yourself to refrain from blaming yourself over the past; to refrain from having any sense of shame over those opportunities that you have missed. Now you have the purest of opportunities to start everything afresh, to have a complete tabula rasa, a blank slate, on which you can etch your own engravings. It is the engraving on the tombstone of the life that you have left behind. You can allow this death to occur, you can bless the death

[33] concrescence: the act of growing or increasing by spontaneous union.

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within yourself and recognize that from death comes life. From this change comes renewal, comes prosperity, and comes the opportunity once again to revivify within the heart the longings of desire that have welled towards seeking to know the face of the one infinite Creator and recognizing that face as your own.

When you have these opportunities present before you, it is akin to stepping in front of the mirror and seeing a new visage, a new conception of your own being. We recognize that there is a great deal of apparent suffering that is involved in these transitions. It may not seem evident or obvious that these transitions are good or beneficial. Instead you may find yourself experiencing more and more a sense of despair over what you have left behind and, in a certain sense, expecting to be paid back by the universe for all the sacrifices that you have been asked to make. We would ask that you simply look beyond the apparent disorder and dysfunction of that which is occurring, and instead recognize the perfection that comes in the joy of sacrifice, in the giving up of those aspects that have not suited you, including the releasing of many physical possessions, as is the case with the L/L Research team and with many others on your plane.[34]

By allowing yourself to step outside of the boundaries that have encircled your consciousness, you allow those previous dispositions that have weighed on your consciousness to fall by the wayside. And you find that it is only by cutting these tethers that your hot air balloon is then allowed to rise so that you can once more alight into the heavens and find a greater sense of peace and stability and renewal from the light that becomes yours, in those moments when you have overturned the false longings of the past by recognizing that those cards were dealt to you by your choice. Since you have chosen every aspect of your reality, you chose the very things that you would put your heart's desire on, the things that you would wish for, the things that you would desire for most deeply in your heart. Some of these desires that you have had may include the desire to prolong a situation that is not in your highest and best good. You may find that you desire for a situation to be better without realizing that there are [other alternatives]; other fish in the ocean, other wildlife outside of your own forest.

In one sense, it could be seen as wild living to step outside of this pattern of predescribed distortion and habitual circlings around the same target of interest. However, you can also step outside of having any blame over yourself for having desired these aspects of stability or apparent stability. Now is the time for the overturning of the patterns that have become well worn, as would ruts grave themselves into the roads where the ancient wagons once traversed. How easy it is to allow these shifts to happen, once you understand that you can let go of your pride, of your ego feeling dissatisfied unless you can make the best out of a situation that has become dysfunctional.

We would ask that you also look upon your political sphere at this time. Many of you are now falling out of love with the idea of a benevolent government that will save you from the fears and the illnesses of the outside world. The terror that can be bestowed upon those who would be jealous of your freedom, so to speak, has been presented by those of your American sphere at this time.

The events that occurred on February 15[35] are recognized very strongly in higher consciousness as an event whereby the collective free will of humanity has voted to have a higher consciousness on the planet. We would ask that you think back to the Law of Squares as it was defined in the Law of One series and recognize that for each entity that marched, of which there were approximately six to ten million, there are an infinitely larger number of requests that are made by virtue of the intent to serve that stand behind these entities, and by virtue of the fact that your Logos is biased in the direction of service-to-others polarity. When you understand this, you step outside of those feelings of despair or doom that hang over your head.

There are many times in your individual life where you will have an experience that appears that something negative is going to happen to you. In the preparation of the self for said negative event, there are those appropriate shifts and realizations that are made in consciousness. You come to understand that, because of the bourgeoning event that is

[34] Both David and Vara were moving from independent domiciles into one room. For Jim and Carla, the giving up of two of the rooms of their living space also resulted in a grand paring down of material goods.

[35] On this date, millions of Americans and those all over the world protested for the cause of peace.

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transforming you, you can let go of many things that have formed stopping-blocks and holding points in your life in the past. Now you have the opportunity to let them go by the wayside. It is only after you make these shifts that you discover that the negative event itself does not need to transpire, as what was truly required was the change in consciousness and not the essence of actually going through said event.

Similarly, there are many scenarios being bandied about regarding the idea of apocalyptic doom or nuclear conflagration or some other aspect of mass destruction that would take you outside of your zones of comfort and put you into a "Mad Max scenario," as some would call it, some form of complete disruption and chaos. There are adjustments that are being made to planetary consciousness. There are carefully placed strictures involved in what your negative elites are actually capable of performing in terms of physical acts on your plane.

Thusly you see the detention of one known as Jose Padilla, who was accused of having been a terrorist without any supporting information and was apprehended and held in Guantanamo Bay, Cuba, without being able to contact his lawyer or otherwise have access to the normal rights in the Constitution. From this one case, one may project a fear that this will become commonplace; that ordinary anti-war protesters will be denied their citizenship and herded off to detention camps or such things. Since the beginning of our work with David, we have always stated that although these potentialities would appear to be possible, that they will never actually arise into physicality. This is by virtue of the fact that your planet is essentially positive and that there are simply not enough of your peoples who are willing to turn their backs upon others, especially within their own country, and in so doing, create this nightmare scenario that is such a virtual re-depiction of previous negative scenarios on your plane. Therefore, you can choose to have a fear reaction, if you want to, to the events that are transpiring on the Earth at this time. However, we would ask that you make this choice with the understanding that it is only useful to you insofar as it leads you to make realizations about your own life. To put it in a more blunt fashion we can say that as you fall out of love with your negative elite and no longer seek to give them the god-like status that the media would convey, you also take yourself off of the pedestal that you have erected and recognize the ways in which you yourself have allowed negative situations to propagate and to fester. When you become more and more cognizant of the ways in which some of these negative actions in the grand political scheme play themselves out in your own world, you begin to understand how ascension truly occurs.

As we have said, ascension is a process not a conclusion. Ascension is not something that you are simply going to watch happen in newspaper headlines. It is an intimately personal event that transpires within your own life. It is an intimately personal event that transpires within the lives of all as they move in synchrony together, as one, through these energetic changes. And thus we want you to understand that as you will be seeing the dissolution of these strictures on government and on politics in your sphere throughout this year, so too will you have opportunities within your own personal sphere of influence.

Those aspects in which you have had dysfunction with your family members can become renewed into a grander light and a grander love by simply allowing the various distortions of personality to be OK without feeling that you need to identify and classify each little wrong that is done against you and to rage against it, insisting that you will not proceed forward in your life until every item on your laundry list has been duly satisfied and mitigated through intense discussion. Rather it is OK to allow that ego to die, to allow the personality that clings to the idea that all of its needs must be met in that itemized list to fall away.

You are not here to get along with each other and to have everything be perfect. Rather, you are here to agree to disagree, to allow those distinctions that make one different from another simply to stand as they are. If you are in a situation right now, it is best to choose whether or not the situation is acceptable to you as it is right now. Forget about those goals that you have laid upon yourself of how you want things to be, and of what you appear to be working towards with another person in terms of what you would like to have as the eventual outcome for how you will engage in behavioral interactions. Instead, simply accept the situation as it is. Once you do this, then ask yourself if the situation, as it is right now, is indeed suitable for your patterns. What we often find is that when it is not suitable for you, there is a

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tendency towards the argument and towards the fracturing of your energetic body. This fracturing does cause a wound, and the wound needs to be healed somehow. This often leads to the psychic vampire effect, where you will attack those around you and seek to find those little things that are inconsistent and amplify them to such extremes that there is then this great conflagration that unfolds.

We ask you to see that the negative elites in your sphere of American influence are seeking to find anything they can possibly get their hands on to justify bombing Iraq. Your "global village" as a whole is seeing that these [justifications] are ludicrous and certainly inconsistent with any chain of logical thinking. Therefore, the situation that now occurs, with this country desiring to bomb Iraq so strongly, is very similar in many ways to the situations that occur in your own life when you have found your own Saddam Hussein, your own petty tyrant, someone in your sphere whom you have labeled as being the cause of your ills. And that you seek to find any small inconsistency in their behavior that would allow you to feel that you have now the claim ticket, the right, to lash out, to drop your bombs of fury and anger and hatred, to cause that scalding, with the hope that, after you have duly caused shock and awe to occur and your bombing campaign is complete, that you will then have unconditional surrender, and all the petty things that you have wanted will be given to you without conditions and that the white flag will be duly raised before the scorched battlefield.

We ask that you not think about this in terms of anything that is a metaphor, for we are speaking in very literal terms here. We want you to understand that those events that transpire on the physical plane are entirely mirror images of exactly that which is occurring in your own sphere. Thus we ask for you to draw these analogies between what is happening in your own life and in your own mind, and that which is occurring in the world.

The consciousness of humanity in general is moving towards a greater acceptance of others. This persistent anti-war stance that is coming out more and more contains the realization that there is nothing virtuous in bombing others for the sake of their leader being inadequate. Similarly we would ask that you not bomb the other-selves around you for those small fragments of their consciousness that indulge in negativity. We ask that you also become aware of the inventory of overall treatment that you receive, and as we said, to see if it is indeed suitable for you.

You may find yourself being led to quite unexpected circumstances as they shift [your thinking] outside of the perspectives that have encased you in this apparent amber whereby you become like the frozen mosquito in time for millions of years to be fossilized, unable to move, unable to grow, unable to strive towards the light and love of the one infinite Creator. The amber that has encased you is melting. You will ascend with your wings to the firmament and again find the peace that "passes understanding," the peace that moves outside of logical thought or rational/intuitive thinking, either one, and instead moves directly into the zone of being. If you can allow yourself to be, without attempting to have a goal, without attempting to notch things on your bedpost that can say, "I did this," "I did that," "Look at what I have gained," "Look at what I've attained," you move out of having that awareness of past and of future and become in the ever-present and omnipresent Now. You can have this consciousness in this moment as you contemplate the words that we have spoken.

At this time we shall shift this work over to those known as Q'uo for additional perspective on the matters upon which we have spoken. We thank you this day for having had the opportunity to be present with you in this aura of thanksgiving. This is truly a time for the renewal of the human spirit and we are appreciative of the opportunity to catalyze your growth in this matter. We thank you.

(Carla channeling)

We are those known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. It is a great blessing for us to be called to your meeting and we thank each of you for creating this circle of seeking, this opportunity for us to share our thoughts with you. We would ask only that each of you listen carefully to that which we have to say, with an eye to keeping those thoughts which appeal to you and have a resonance to you, and laying aside all those that do not, for we would not wish to constitute a stumbling block to any. We ask that each of you trust your discrimination for there is that within you which recognizes that truth which is yours.

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Each within this circle has a tremendous amount of experience at thinking about spiritual structures and the spiritual life. And each realizes already, as the one known as David has said, that there is something going on and there is change in the wind, shall we say. Now let us pull back a bit and gaze at the sphere of consensus reality that this instrument sometimes calls the world of Maya.[36] It is the nature of illusion to appear quite real. It is the nature of reality to be an illusion. The essence that is not illusion is unfindable, existing in potentiality only. All of which you may become aware with your present—or with our present—organs of sense or instrumentation is illusion. You are not moving from a third-density illusion into a fourth-density position of no illusion. You are moving from an illusion in which there is a relatively small amount of light into an illusion in which there is a fuller or more generous brand of light, a different animal, shall we say, a new kind of light that has different characteristics and that supports different life forms, different planes of existence, different lessons, and so forth.

This is occurring within that which the one known as GuS[37] called the time/space continuum. And may we say that we are most grateful to have the good offices as the one known as GuS and it is a great pleasure to work with this beautiful spirit. The experience of each of you, as you begin to become aware of those things which built your question this day, the increased energy, the increased [rate] of change, the increase of suffering, the increase of stressful things, is receiving experience in ways other than they seem on the surface. The third-density kind of light casts a certain construction upon events which transpire within the day-to-day living. The same events gazed at from the standpoint of the next density are seen in a fuller and more generous light. The key to adapting to this time of increased light, increased transparency between third density and fourth density, and increasing amounts of the light of honesty within the self as it matures and grows, is to offer that which is wrapped up in the fuller and more generous light. The information coming into your very body, into the energy system of the body, at this time is information that is light, that is the limitless light of the one infinite Creator, carrying with it overlays of the increasing fourth-density energy which is, as this instrument said in the discussion prior to this "cosmic sermonette," bringing things to the surface that were hidden and making the rough places plane.

The energies of fourth density are those energies which look at distortion with full awareness of the beauty of each distortion and awareness also of those harmonics and harmonies of undertone and overtone that create avenues of progression in which the biases, which may seem less than harmonized, may blossom and open in the sunlight of compassion until a fuller view is seen, a larger area constituting a point of view in which not only can a distortion be seen but also the surrounding energy that creates the distortion and that place which seems to be blocked.

It is, from the third-density point of view, very tempting to make judgments, especially concerning the self. It is very tempting to make these judgments far below the level of conscious thought. In this atmosphere of judgment, whether it is known by the self that the self is judging the self, or whether it is only known to the self that there is judgment against the self and the entity experiences that judgment as being projected from others, yet still there is that spiky, thorny energy of judgment which can catch an entity up into an endless round of self-examination and attempts at healing. So we would suggest that there are things about the fourth-density point of view which are increasingly available to those who look for them.

The fourth-density energy is not an energy in which it is possible to make a judgment. Rather, it is an energy in which distortions are seen in their colors. Let us say there is a different kind of judgment in assessing the beauty, the truth, the purity of a color. Gazing at a distortion it may be seen, shall we say, as green, but is it a beautiful green? Or is it muddy with the overlays of judgment? It is possible in many cases for an entity to sit with the self and ask, "Is this feeling, this color, this bias, a thing of beauty, a thing of honesty, a thing of truth within my being? Or do I carry that which is not intrinsic to myself? Do I carry armor to defend against an enemy? Does this bias carry the pain of self-judgment, the opposite of armoring in which armor is tossed away and the self is flayed by the judgment of the self?"

[36] From the Sanskrit Maya, another name for the Hindu goddess, Devi or Sakti, consort of Siva, meaning in Hindu philosophy "illusion." In magical lore, Maya is the densest of all planes that ascend the tree of life.

[37] GuS: Guidance System.

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Come to a feeling concerning that bias, that color. See that as yourself and accept that bias, not as a third-density entity would, judging its worth, but as the fourth-density energy would gaze upon any vibration which crossed its path. This enables each entity as a person, as a seeker, to have a way of assessing inner feelings, inner biases, without calling the self in any way incorrect, wrong or unworthy. We do not mean to suggest by this that there is no structure within which one may judge for the self the ethical rightness or wrongness of action. This is indeed a very helpful and driving part of the spiritual life. Metaphysically speaking, entities move from decision to decision, from choice to choice and those choices build the polarity which is intended by the intensity of the desire to make the most positive choices.

What we are attempting to move into here is the pattern wherein entities set, deep within themselves, as the one GuS noted, the habit of being a certain way, the habit of accepting this and that as true about the self and those other things as untrue. As change inevitably occurs, some of those things which have been true concerning an entity change and this process is cumulative, so that many is the person who gazes at the self one day and realizes that a change has occurred and it has been missed until this instant. It is a wonderful time when that realization occurs.

While [each is] the entity who lives within the flesh and bone of third density, we assure each that these changes and disruptions will continue and increase, for there is a time of transformation for this entire planetary entity. The actual changes that are occurring, while exquisitely articulated, are in fact relatively slight. Consciousness among your peoples upon the metaphysical level is heartwarmingly, shall we say, close to jumping that area of resistance which is as the meniscus upon the surface of water, which is as the ocean which runs betwixt the densities, that area of resistance or quantum boundary to cross. You are much advanced as a people in doing this, to the extent that we can begin to address those of Earth as a social memory complex in the metaphysical sense. Certainly there is a good deal of development that shall take place before this process of birthing …

(Side one of tape ends.)

…that work of being, as the one known as GuS has said. Yet in that being you can become far less troubled by yourself by doing what this instrument has called falling in love with the self. This is the essence of the fourth-density way of dealing with distortion. Each is aware of entities they know which have quirks and habits that are laughable or ridiculous. This entity's love of clothes, for instance, is well known to many within this circle. Yet were those within this circle to speak of this quirk of the one known as Carla, their tones would be fond and their voices would hold nothing of judgment but only affection. For it is seen by all others within this circle that the personality shell of this instrument, while silly, is not criminal. It is simply distortion, and each has its patterns of distortions. Thus, each can see that [it] is possible to love the quirks and distortions of another, finding them loveable and forgivable. Yet as this instrument turns its eyes on the self, this instrument, in the past, has been known to judge itself quite harshly for having this predilection and it has, for various portions of time within its life, simply refused to allow itself to purchase any new garments, feeling that it had quite enough. And yet, within this instrument there was the constant craving for something new to put on the body. Is this a clever, intelligent or sensible way to be? No. And yet it was the work of literally decades for the instrument to come to a day in which she gazed at this distortion within herself and realized that she had fallen in love with herself, that she could forgive herself this: that there were, in her newly expanded way of looking at herself, more important things to focus upon than the details of a personality shell.

Once this lack of judgment began to filter into the roots of personality, relaxing this skein of judgment that had netted and twisted itself about the personality shell, that energy to judge the self faded for this instrument, thus freeing the ability of this instrument to love other flawed personality shells and the souls which they contain. The fourth-density attitude begins with the awareness that each entity is divine, yet a portion of that which we may call the "Godhead principle." The physical being, the personality shell, the thoughts of the surface of the mind itself, are layers of an illusion which is held in place by that system of energies which is at this time beginning to falter and weaken, beginning to give way to a fuller and more generous light. Allow and call for this golden light. Know that you are as

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capable of receiving it as you are as asking for it. We encourage each to begin to find ways to fall in love with the self. This resource that you have within you of forgiveness is extremely powerful and it connects within the tree of mind with those energies which are far more powerful than those archetypal rulers of third density. This is, may we say, a fascinating subject which we could speak upon for some time yet, but this instrument informs us that we must stop speaking and so we accept that it is time for us to release this instrument from discussing that main query.

We would move to the one known as Jim to pick up any brief queries before we would leave this group. We thank this instrument and this group for bearing with us while we attempt to articulate that which is not particularly easy to say in your words. We thank this instrument and we leave it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. At this time we would ask if there might be any shorter queries to which we may speak in a brief fashion. Is there another query at this time?

(Long pause.)

Carla: I guess not, Q'uo.

(Jim channeling)

I am Q'uo. We are most grateful to each for inviting our presence this day. We realize that we have spoken over-long and we ask your indulgence and your forgiveness for causing you to have to sit for this period of time. We are most grateful for your patience and for your desire to seek that which is loosely called the truth. We share with you that which is our opinion and we ask that you weigh each word carefully, leaving behind any that do not feel right to you. We do not wish to be a stumbling block in any path of seeking.

At this time we would take our leave of this instrument and this group. We are known to you as those of Q'uo. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. ♣

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Sunday Meditation
March 16, 2003

Group question: The question today has to do with how light seems to respond either to impending catastrophe or out and out catastrophe. So many people are marching for peace, now that it seems war is so likely. The women in Rwanda have had a chance to bring the feminine principle and the nurturing of their being into their country now that the men have been killed, pretty much. It almost echoes the veil between the consciousness of conscious mind, and the possibility for two paths, whereas before there was just positivity.

Would Q'uo talk to us about how the possibility of catastrophe and disaster can help to being the light to being in our world today?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are. As always, we thank this group for creating an opportunity for us to share our thoughts and we are most happy to do so on this occasion, with the request, as always, that each evaluate our thoughts on the basis of those thoughts alone and not on the basis of our authority. The resonances of personal truth have nothing to do with authority. We ask you to use your discrimination carefully, for there is much information and much of it is excellent but there is always that precise choice that is possible of that which is truly your own. The great challenge of the maturing spiritual entity is to move beneath the surface of things and to begin to see things not from an historical or political point of view but rather from a spiritual point of view, a stance or attitude which has its basis in those dynamics which truly are functioning within the heart of that situation which is called "history" in its outer manifestations.

The dynamics of harvest for your particular planet at this particular juncture are not those of what could loosely be described as a normal third-density harvest. This instrument has frequently made jokes concerning the status of Earth or Gaia as a planet for juvenile delinquents who have repeatedly flunked third grade at other schools and are finally sent to Earth when it is felt that they are incorrigible.

The profoundly militaristic energies that your peoples experience at this time are, as has been discussed by the one known as J and the one known as Jim, the fruit of repetition and iteration over many civilizations, many wars, and even many planets. Those upon your sphere have experienced misalignments of energies and misjudgments of polarity in honest but misguided efforts to attempt to serve and to grow. And the nature of the decisions which have capitulated previous societies into catastrophe, catastrophic war, the leveling of that which was wealthy and sophisticated to the so-called dark ages, is a pattern that has been repeated not once or twice but many times. Consequently, your present harvest has overtones and undertones from many previous expressions of the iterating

mechanism which turns love into fear and fear into aggression. The energies that are present at this time are iterative energies, energies that have become mindless, that have, in a tremendously profound sense, become obsessed, obsessed to the level of the archetype, so that it is as though your harvest expresses the archetype of the lightning-struck tower with an intensity that could only be achieved by mindless repetition past the point of self-knowledge and into a state of mind of slavery of which at this time we see your peoples attempting with ever fresher energy to snap and break the control, so that the human spirit might once again become liberated from this endless round of fear and hostility.

The reason that the so-called disaster is found to have a silver lining is simply that your peoples, beneath the veneer of those decisions made by few which affect the culture or the experience of all, are as the rind of dead energy that is enclosing a very fresh fruit that has been growing from the inside out and is coming to a state of ripeness. Consequently those who are in power at this time, being more of a service-to-self tribe, shall we say, create the apparent history, the apparent news, the apparent on-going story of your peoples. Whereas the true story of your peoples is that story that moves from the heart, that moves from the seed of the fruit that has ripened within the rind of militarized thinking that infects your planet at this time. The inner fruit is healthy. And in times of disaster the rind of militaristic thinking is chipped away and people suddenly become aware that they are alive and in considerable and substantial opposition in feeling and in mind to those militaristic actions which tend to be the agenda of the day for any group of those who hold power at any time.

We cannot say that it is impossible for entities to hold power without becoming service-to-self oriented. We can only say that it is catalyst for all entities to respect those moments when power is offered. Each of you has a power in this situation, each of you who are part of the healthy fruit of Earth, that fruit which is being harvested at this time has that power, passion and energy of a growing, living, thriving being. That energy is of the One, connected to the root, to the womb, to the Earth, to the Mother. The goodness that springs forth in almost all entities' breasts is that goodness which is the truth of the human race, just as the militaristic shell of humanity's behavior is a truth. It is a part of a truth that attempts to take over the entire consciousness of what the human entity is. In assuming that such separating ideas as aggression have worth, the standpoint of those with power is continually biased more and more towards that attitude which accepts the power to change others for the better. This is the innocent beginning of that which can become a monstrous evil, as this instrument would call it.

What a flower does to praise the Creator is blossom. And what each of you may do to praise the Creator is allow yourself to blossom. Those elements of cultural thinking which have infected each mind to whom we speak will show themselves to you with their thorns, their warts, and their scars. And you will gaze upon them and they will not be fair. There will be thoughts of anger, jealousy, retribution. These will not be true thoughts, yet these are thoughts that are pressed upon you daily, and have been since your youth. There is no judgment in thinking these thoughts, and we would not ask you to judge yourself for finding yourself with the capacity to think them. But indeed, you have the capacity to be conscious of them, to evaluate them and if you find them to be those thoughts which do not allow you to blossom then you may, by choice, pluck that thought from ready memory and replace it with one that is more close to the heart of that which you truly feel to be the spiritual truth of the situation. Each shadow that you remove from your own flowering being is one less barrier betwixt you and the sun that gives you life, the Logos that sends the energy that creates each moment. As the crisis period continues you may find yourself in any number of situations in which there will be the choice of moving from the militaristic rind of thought that infects the planetary thought at this time at the level of those in power or choosing to think from a spiritual point of view in which all entities are seen as souls in the service of the one infinite Creator in various ways.

As the one known as J has said, some entities must draw the short stick, some entities must accept being the bad example. Each entity which is perceived by the seeker to be a service-to-self entity bent on the destruction of the good is also a soul who is serving perfectly, in his own way, attempting to learn the same lessons, those lessons of love and how to love always the choice of how to love. For those who are on the service-to-self path also have passion, but it is

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the passion for the self, to arrange the world in which the self is satisfied, safe and comfortable. It is easy to see a display of evil and good, dark and light, yet we ask you to move beyond this somewhat limiting image of the present harvest, for it not a battle betwixt good and evil. It is, rather, a battle for thought. It is a battle betwixt those who would wish to enhance and lift and enlighten in a great outpouring of radiated love and those who would control, contract and shepherd the world as they would wish it to be controlled. Expansion or contraction? You are experiencing the contractions of fear of those who are in power and, yes indeed, because of these encroachments of aggression, upon the very citizens in whose name they are promulgated. This pressure has produced a kind of explosion of healthy, blossoming, passionately engaged human beings who have now experienced themselves as souls; who have a deep and passionate feeling about that which is the appropriate action for themselves, their families, and their country.

It is indeed a precious moment and a promising time of rapidly awakening consciousness planet-wide and it has been pressed into being and encouraged by the seemingly disastrous policies of those who wish war among your peoples at this time. And we may say without expressing any unknown information, certainly, it is not one entity or a small group of entities which wishes the engagements of war and the reallocations of territory and power. There is pressure planet-wide, at the level of those who remember whole societal-wide catastrophic scenarios and wish beyond all reason to reinvent them, that presses these entities onward. Much of this harvest, then, expresses enormously deep archetypical energies that have been stuck for an unusually long period of time, repeating seemingly endless cycles of rising towards the light, rising towards union, rising towards an awareness of love in its unconditional and redeeming aspect, only to fall back to the level of the great apes and their tribal loyalties and the protection of the family group. It is a great ascent that the human attempts in third density, to move from beast to angel, from a mute and unspeaking love to a supernal, wordless expression of love. In between those two lies the third density and in that density you have the forgetting that allows your voice to be uncertain; that allows your mind not to know; that allows your heart to make foolish choices and then to experience change because of them.

Each of you is a wonderful flower that blossoms daily, that opens to the light, that has your own unique aroma and habit and form. Each of you is a tremendous blessing to this planet by your being. You are as those who have fought alongside each other for many, many years. This is another time, another opportunity to stand together and to fight for the light, not [to be] against anything, but to do the inner battle that wins through to the armor of light, to face the self in every day, in the morning light that shows all flaws clearly. This is your *geste*[38], to gaze in that mirror and see the flaws and see also the one infinite Creator, to gaze into the world as it is and see past the rind of militaristic thinking, see past this deadening infection that has blotted the surface of your thoughts with a kind of mildew. Remove yourself from the surface, remove yourself from that which is not truly your own thinking. Come back into the heart of your flowering being and feel the strength, the passion, the love that resides and rests there just as it has always rested over the deep before any form was. That is the peace that lies within your heart. It is a sweet peace, it is a true peace, it is the original peace. And it is a piece of you, that which can never be separated from you. Nothing can separate you from the love of the infinite Creator. Nothing can separate you from the truth of your being. Nothing can separate you from yourself.

We wish to express thanks to the outer expressions of this group in the context of your political situation, for those who light a candle for peace express a beautiful thought and it is very appropriate, we feel, that such lighting of candles about the globe may be seen from your satellites, so that all the world has become, in its own way, a rock concert. We enjoy that image of all of those lighting the flame and this time not for the love of a good song and a good time, but for the love of the world.[39]

We would at this time transfer this contact to the one known as Jim, in case there are other queries that may be answered at this time. We thank this instrument and leave it in love and in light. We are those known to you as Q'uo.

[38] A romantic story of daring adventure (*beau geste:* beautiful gesture (French)).

[39] L/L Research held a candlelight vigil for peace at 7:00 PM on this day, in conjunction with over three thousand other groups around the world who coordinated this global candlelight peace vigil.

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(Jim channeling)

I am Q'uo. We greet each again in love and in light though this instrument. It is our privilege at this time to ask if there may be any further queries which we may attempt to respond to with our opinion.

J: Hi, Q'uo, this is J and I have a question today from R. She's in Hawaii and she complains that recently her dreams seem to be invaded, as Carla would say, from psychic greeting. Several years ago she had experienced a period of time where she was a willing participant in some ritual sex and she feels that those cords are still connected and the thoughts are pervading her dreams. So her question to you is, do you possibly have any suggestions or anything that you could speak to on how she might be able to disengage these connections, these cords that were made at that time? Thank you.

I am Q'uo, and I am aware of your query, my sister. As we observe this entity we see that which she and you have called the cords that connect her to a previous activity of a ritualized nature which had its place in magic, shall we say. That is, in the changing of consciousness by the effort of will and ritual combined. We would recommend that that which was formed may also be removed or cut, shall we say, by once again utilizing the force of the will and a ritual movement that would be accomplished within the meditative state. After the meditative state has been achieved and the entity feels calm and centered within its being, it may visualize these connecting cords with as much detail and clarity as possible, seeing the source, the origin, the connection with the self and the place upon the physical body that the connection is observed. Then this entity may, during the meditation and in a mental sense, take the scissors and cut these cords, bidding farewell to that energy in love and light, in peace and in joy, bidding that energy to go its way, as the one known as R goes her own way, now unencumbered by these cords. When this has been successfully imaged in the mind, then there may be the completing of this ritual of freeing oneself from unwanted energies by the grounding of this ritual either by the words, "So may it be done," or similar words or by the stamping of the foot upon the ground, or the hand upon the surface, with this motion completing the ritual.

Is there a further query, my sister?

J: No, Q'uo, thank you. Thanks for being with us today.

I am Q'uo, and it is our great privilege to be with you this day and to respond to your query. Is there another query at this time?

Carla: A question about direction of thought that I'd been taking with P. He asked me to get you to confirm that a very viable way for us to go at L/L Research to help to promulgate the Law of One is to form an Essene Teaching Circle. It's not a very elaborate plan yet but he asked if I would ask you-all about this concept, if you had any comments or you could confirm that it was a good idea.

I am Q'uo, and am aware of your query my sister. We can confirm that whenever entities who wish to be of service to the light gather together in any ritualized form to pursue an understanding and a service of that light there is an advantage indeed to this blending of energies. For when there is the addition of wills to a central purpose there is far more possibility that the purpose shall be realized. For as those of Ra have well said, "When those of like mind together seek, far more surely is it that they shall find."

Is there another query, my sister?

Carla: Do you have any recommendations for a budding community such as ours?

I am Q'uo, and am aware of your query, my sister. We can recommend that which you know already to be true, that is that it is well to communicate in an open-hearted fashion, in a frequent fashion, for many are the opportunities for misunderstanding when there is more than one entity in a group.

Is there a further query, my sister?

Carla: No. Thank you, Q'uo.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

Carla: I'm out.

I am Q'uo, and we seem to have exhausted the queries somewhat earlier in this day!

(Laughter)

We are very pleased with our efforts!

Carla: On behalf of S, I would just ask if my Annsy is happy in my lap?

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I am Q'uo, and we are happy to confirm the joy of your Annsy.[40]

Carla: I just thought that you might enjoy that.

I am Q'uo. We have the greatest of appreciation for your effort to stand in for the one known as S.

Carla: I love you Q'uo. It is so good to be with you.

I am Q'uo. And we are most overjoyed to feel the love and compassion, the sense of proportion and dedication from this group. We are always pleased to be able to join your group and this day has a special feeling about the open-hearted sharing that has occurred.

We thank each for this offering of love and for the invitation to join your group. As always, we are most privileged to be able to do so. We are known to you as those of Q'uo. At this time we shall take our leave of this instrument and of this group. We leave each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. ♣

[40] S is a seeker who often asks such stellar questions as, "Who will win the Derby?" and "What are the lottery numbers to pick?" Since our group tries to eschew specific and transient information, these queries by S have become a group joke. Annsy is Carla's doll.

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Special Meditation
March 21, 2003

Question from J: "Please describe the contractual design and service to the one Creator, service to others and to mother Earth which my divine essence through love and service has created, agreed to, and desires to fulfill at this current space-time."

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the ineffable light of the one infinite Creator, in whose name we come to you this day, [to] this part of that which we may call the "Godhead Principle" for all entities are a portion of this Godhead Principle, each splintering as gems from a mother lode or sparking off [as] sparks from a glorious and sacred place of Creatorship, always and ever retaining, in the microcosm of the macrocosm, a holographic expression of the infinite reaches of the one Creator and Its creative Thought of love. We are most happy to share our thoughts with you upon this subject and ask only that each thought that we offer be appraised and estimated with quite careful discrimination, seeking and searching always for the personal resonance, for that peculiar sensation of remembering that which you have already known and simply had forgotten. This is the mark of personal truth. All other ideas, be they ever so attractive as toys for the mind, need to be left behind as stumbling blocks, if that essence of remembrance and resonance is not there. With this freedom granted us, we may then express ourselves without being concerned that we, as incorrectly perceived authority figures, might cause any to stumble.

The life of any, the incarnation of the flesh, is brief and dense with possibilities. For us to be able to express to you the whole of those things which you planned as possibilities within this incarnation which you now enjoy would be a very long discussion, comprising many avenues which you have not chosen, which you have left behind for the glory, the service, the sacrifice, that love requires of those who choose the path that is, as the poet said, less chosen. And it has made all the difference.[41]

[41] "The Road Not Taken," by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—

We can say that there is for you perhaps one leaf to fall from the tree of fruit. Yet it is that which will come naturally to you and it is a roundabout route indeed, were one to gaze at the route from the air of hindsight. But upon the ground of time it is a good way to go, and all things shall transpire in their time. This is the essence of that which we are able to tell you in any specific way.

We would then spend the balance of this reading discussing that which you have asked in the light of a point of view which is perhaps broader and less specific than you would prefer. However, we wish very much for you to work this last puzzle, to experience the faith that springs from the leap into midair; to place the self not only upon the line but happily over the line, because it gives joy and it expresses the deepest passion of the being.

These choices are those which, if relaxed into, seem sometimes to flow with uncanny precision and speed. At other times the lesson includes waiting. And there are both aspects within the present puzzle, those things which need not to be resisted and those times faith alone can express the quality of serenity that does not blink at apparent challenge, difficulty or lack of manifestation.

What is the shape of service to the Creator? We suggest that the contract that you speak of is [a] contract that you have attempted to keep for some time. It is a life-long contract. It is elastic. It is in force as long as you breathe. This contact is common to many who at this time express upon the surface of your planet, both those who are in last incarnations, or hopefully last incarnations, as an earth native and those who have come here from elsewhere from higher densities in order to be of service upon planet Earth at this time. This basic mission which all hold in common is perforce a generalized expression of the essence of the self, for are not all selves part of the infinite Creator? So that there is that spiritual paradox, that is so precious, of the absolute equality of all souls and the absolute uniqueness of each gem of personhood that is the soul stream that is represented so sketchily in the illusion of flesh by the personality shell, which those about you experience as yourself. That which you came prepared to live for and to die for is the cause of love and light. The need at this time upon the planet which you now serve is great. The time is Harvest and those who have awakened have awakened to the memory that they are here to serve in a specific way.

This specific way is so completely other than the culture in which your peoples experience life, see contracts and jobs, that it is very different to wrap the mind around the job at hand. However, this job is to live a life which contains as much consciousness and awareness and accurate observance of all that is seen as possible. It, then, requires the instrument that is your soul to aid as a shuttle in bringing into the physical body and out into the metaphysical inner planes of this planet, by intention, the infinite love and light of the one Creator which at all times is moving through the openhearted entity and being sent by intention either to the Creator, to the fourth-density grid of this planet, which this instrument is so interested in strengthening, and to the people that one comes in contact with on a daily basis, that can be served and can be prayed for by the simple level of consciousness expressed within, that sanctum sanctorum which is the opened heart wherein the entity is in tabernacle with the one infinite Creator. To carry this persona into the world is to carry peace into the world, to carry light into the world. To carry this consciousness means that you begin to see yourself as the Christ. You begin to see others as the Christ. You begin to see the creation as an expression of the Father and you begin to see that in being the most essential self that you can, you are moving closer and closer to the selfhood that is the Christ, that is the "I" of "me."

We do not wish to indicate the literal Christ, that body, that personality shell. But we indicate the consciousness that is the Christ within, that consciousness which the one known as Jehoshuah carried so elegantly and so bravely and with such tenacity. Yet it was a cloak, and that cloak is the cloak of the Godhead Principle, shall we say, or the divine spirit, or as this instrument likes to call it, the Holy Spirit, that which is Christ without the body, that divine fire which flows, that wind of spirit that "bloweth where it listeth."[42] This is the consciousness that is your basic contract. This is what you came to do and this is not easy work. For this is a work that exists throughout the day, throughout the waking time that is left to you upon this sphere and so it is essential, in the practice of those who would

I took the one less traveled by,
And that has made all the difference.

[42] *Holy Bible, King James Version*, John 3:8.

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maximize their service, that the entity be more and more aware of the thoughts and the feelings that are occurring, of those triggers that pull the self from the self which rests in the great ocean of divine consciousness into the murk of the archipelago of confusion and chaos that is the usually segmented daily experience.

The deep waters that surround each moment are not apparent to one skating upon the surface of life. It is those who are brave enough to dive into the present moment and to gain its fruits by thirst and hunger, seeking like the hart that "pants after the water brook"[43] as this instrument would quote from her Bible, that the self becomes a honed instrument, a crystal radio, that is waiting silently, empty handedly, to receive the information that comes through the shuttle of the gateway to intelligent infinity that is the spiritual body.

The strategy that we would recommend for working upon this primary contractual obligation or what the Ra group called "honor/duty" is that heart-opening discipline, for which the one known as J has so richly prepared himself by many resources and many experiences that hone and refine the strategies and processes that this entity may bring to bear upon that seed that is within that blooms in the spring of awakened consciousness. The seed has fallen in good ground and there is every hope of a good spring and we just encourage the one known as J to bend to the Earth of its planting, to tend the buds that come, with great love, with great awareness of the sacred honor in drawing breath at this time, in this place. We encourage the openhearted attempt in each day to gaze at the household of the self with first interest upon the lowest of the floors, that level of survival and sexuality that perhaps the cave and the more primitive parts of a house would suggest, the first floor, a ground floor of personal relationships and the family and group relationships that are intimate in the personal life. These small concerns, these incidental chores and experiences of day-to-day life contain most of the grist for the mill of the metaphysical learning which you indeed did come to do.

The learning will take place whether or not all relationships are used that have been prepared. And indeed in most incarnations many relationships are allowed to lapse or may not even occur simply because of the road not taken—so that there is no way of exhausting the possibilities of any incarnation.

The gift that you give in this contract is the enormous gift of a life that is lived for the Creator, a life that is lived in remembrance of the Creator, a life that is lived in devotion to the mystery of Deity, a life that is lived in faith that all is well, and that all will be well. These energies are the energies which allow the heart to open when the entity is comfortable in its own skin, when it has a home life in which it is functional and content, when it has obtained some grasp of the good and the seeming challenge inherent in the worldly work of gaining supply, then can the heart begin to open and feel safe in an undefended and relaxed state. And in that state full energy begins coming through the heart and according to the will of the entity which is the crystal being doing the work, that energy then can then move in to work in consciousness, for the self, for the planet, for entities about the self or for, indeed, the Creator Itself. All of these energies are part of a life lived in faith and in gratitude, if it can be remembered to give praise and thanksgiving for all that occurs. The resources which the one known as J has so ably stacked up in the years of experience, of service, and in devotion will be able to come into play as they are needed, not because of the cudgeling of the brain or the intellectual sophistry of thinking, but those things which point and hint and suggest shall be bubbling up from dream, vision, bird, bush, sky and unusual, unexpected synchronicity. We encourage, then, the attention to the information that flows from the devas of second density who are in complete harmony with the needs of your soul stream. We encourage those awarenesses of synchronicities and of good words spoken that are given from the actions of angelic aid in fourth density, of higher teachers in fifth density and sixth density and of the Creator's whimsy, which operates at an even higher level than even these teachers. Indeed, many times the Creator's dry and attic wit[44] has salted the sad and sorry [earthly] tragedy with ironic yet bittersweet humor. This too is a teaching of a very deep kind.

[43] "As the hart (deer) panteth after the water brook, so panteth my soul after Thee, O God." (*Holy Bible, King James Version*, Psalms 42:1)

[44] attic wit: a poignant, delicate wit, peculiar to the Athenians.

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You are a crystal that has the entire spectrum of energy. You can generate and focus upon any of these colors. And by the responses that you give to catalyst —in the daily life especially, in the small life— you can refine, articulate, purify and crystallize these colors that are your emotions. There is such beauty in the human heart and, as you give yourself to the Creator day by day, you are as the flower in the field that shines with your very own array of colors. These are the palette that you have created to give praise and honestation to the one infinite Creator. What then are your thoughts this day? What then are the feelings that you have produced?

This instrument was saying earlier about itself that in a recent situation it had, on the worldly level, a great success, but on the personal level felt disappointed with herself, for she had not taken the opportunity in every case to see new people, or that is, people new to her, as souls, but rather personalities, becoming involved in the intricacies of very social rituals and aggravation that is inherent in these to this particular entity. Why did this choice get taken? Why was the attention straying from the center of devotion, which this instrument hopes is lit as the lighthouse upon the hill at all times? Nay, this lighthouse sometimes seems to get very faint and seems not to shine very brightly.

These are the times that are precious for learning, these moments of awakening awareness that one has been drifting off of one's focus. Then it is that it is time— not to discipline the self, rebuke the self, or scold the self—but rather to correct the error of thought, speaking out loud perhaps the principle involved in seeing entities as the Creator, seeing the self as the Creator, and seeing the creation as the Creator's world. These are those things which you have contracted to do. It is very easy and completely understandable within the culture that you enjoy that you would equate contractual missions with outer gifts. And yet we may say without any feeling of personal wrongness that were this instrument never to have channeled, to have written, or to have sung in this incarnation, this instrument would still be appropriately and properly pursuing that which she calls the King's Highway.

There is nothing of outer gifts that is contractual but rather the contractual obligation, the honor, and the duty is to the being that you hope to allow to flower within this density and within this lifetime specifically. There was a hope of one who would come to the Harvest, harvestable and shining as brightly as the sun, and thus harvesting those about it as the radiance lights other people and begins other people's journeys toward awakening simply by the radiance of being that they experience. This is a very subtle, a very hidden service. It is one which takes tremendous discipline yet gives great joy and is actually what this instrument would call the fast track to inner learning. For in this particular state of mind you are as the tuned instrument that is able to observe, from a standpoint of compassion and thankfulness, the unfolding plan of the one infinite Creator.

This is the time wherein many are being called to awaken and take up their part in this effort to build a road to fourth density that is a safe one for those who come after this generation upon planet Earth. The work with third density of this group of entities called human beings is largely at an end and the, shall we say, political, global score does not look very good. It looks as though we have as entities not proceeded to a very appropriately harvestable place for those interested in love and in light. Yet these appearances have no substance.

A microscope taken to anything physical may show that there is virtually no substance in matter but, for the most part, space. Energies are what have substance within the metaphysical world. The energy of intention and the absolute fidelity to focusing upon the center of your desire are the basic prerequisites for the work ahead. It will bless many, yet it will often be hidden.

We do bless and encourage you to follow those paths which lead to outer service as well. These are less central to the energy which causes you to ask these questions, yet we feel that you will be feeling delighted as well as in some consternation as things unfold. There is much of interest to come so we simply encourage the feeling that all is well, the feeling that the road is beneath the feet. That which this instrument calls the King's Highway, that Tao, that Way is beneath the feet and you are on the road. This is the bulk of that which we would say to respond to your query with one more thought concerning the work with the environment that you mentioned.

The one known as Gaia or the Earth or Terra groans in a despairing labor at this time. She has become somewhat encouraged as more and more entities

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send light and begin to grieve for the suffering and feeling of fear that is being cast about the surface of your globe like a pall. This is encouraging to Gaia yet she needs ever more reassurance that her children love her and wish her well and assist her in the travail of the birth of her fourth-density self. Entities such as this instrument and its group and other groups like it have begun to become aware of ways to intensify and strengthen the one known as Gaia and especially that fourth-density labor. The tool, as is so often the case, is the human crystal placed in visualization or meditation at a particular time, thus joining wills into a more and more giant and strong will that may bring many others to it by the sheer energy of its light.

There is, inherent in the attempt of Wanderers to, shall we say, infect the Earth with heightened awareness of love, that dependency upon what this instrument would call the One Hundredth Monkey Effect, the hope being that eventually more and more entities are forming lighthouses, light groups, study groups, meditation groups, groups of all shades of devotion and way of expressing devotion to the infinite Creator, yet groups that harmonize in wishing light and love to planet Earth and its people. These goals are moving along with speed and we see many more places of light coming to be where entities may come into small groups and form spiritually oriented friendships, fellowships and families. These possibilities for increased light at this time are great blessings and we encourage those opportunities that come one's way for these are opportunities to add one's light to the light of many others. And these opportunities are occurring with greater and greater frequency for those of your peoples who have awakened.

Know that the Earth will be fine. It is the sadness and the sorrow that shall occur if the Earth must give up upon humankind that is the tragedy here. Therefore love the Earth, express that love by direct relationship with the Earth, spending the time with the nature and the state of nature and simply sharing love with the Earth, experiencing loving and being loved as you breathe the carbon dioxide for the trees to inhale and as the trees exhale their oxygen so that you may have life, rest in the harmony of the one infinite Creator, and be healed.

We would at this time ask if there are any follow-up queries that we may help you with at this time?

Jim: I would like to know about that tone that he has experienced in his right ear for a number of years, a very light tone, what that tone might be for, what it might be a symbol of or a result of?

We are those of Q'uo, and are aware of your query, my brother. This tone is that confirmation of a positive conclusion that you have set for yourself. The similar tone upon the left side would then be the indication of a negative response to a conclusion that had just been reached. This is not a fast rule, for other causes can produce tones within the ear. However, it is helpful when such a tone is perceived to think back upon that which was the issue upon the mind at the time the tone was heard and see if there might be some information within that sound that is perceived within the inner ear.

Is there another question, my brother?

Jim: When J does breathing exercises he goes into a certain state of suspended animation where he hears another tone. Could you explain what that tone might be?

[We are those of Q'uo.] The one known as J has the separation of a slight nature of the inner bodies from the physical body as the complete cessation of the respiration occurs. The inner bodies are lifting somewhat up into the gateway and moving up, shall we say, the silver cord or the spiritual shuttle resting in the information stream that is down-pouring from the one infinite Creator. This indeed does alter the consciousness, and the noise is as if the car window were cracked a bit allowing the universe of airflow outside to enter the protected shell of the physical vehicle.

May we answer you further, my brother? We are those of Q'uo.

Jim: J feels a connection with those of Ra, with the Great Ones of the Central Sun, and with those of Metatron. How can he make that connection more apparent and how can he use it in his own spiritual journey?

We are those of Q'uo, and are aware of your query, my brother. The precise status of connection to entities with these names is …

(Tape ends.) ♣

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Sunday Meditation
April 6, 2003

Group question: The question today, Q'uo, has to do with what it seems like a lot of people are feeling these days, because the United States is engaged in a very destructive war with Iraq, and times just seem like they're full of stress. There's more to do than there's time to do. A lot of people are feeling sadness, anger, frustration and doubt. These things just seem to come bubbling out. We're wondering if there is a way of maintaining one's harmony in such times; if there is a way of dealing with these difficulties that will bring us back to harmony? We appreciate anything that you might have to say about how we can deal with the difficult times that are within us and about us.

(Carla channeling)

We are those known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We wish to thank you for the great blessing of your company and the beauty of your vibrations as you sit in this sweet circle of seeking. We thank you especially for taking the time out of that life which, by your question, is represented as being most busy and somewhat difficult. Yet you have found the time and the place to come together simply to seek the truth. For this we thank you, for it is a great blessing to us to be able to share our thoughts with you and to be called to your meeting.

We share these thoughts with you with the request that, in listening to them, each be very discriminating as to those thoughts which you accept and use as resources. We would not ask that you look upon us as authorities but rather as those with an opinion which we are glad to share on the basis of our being friends and neighbors with you, not simply in terms of time and space but in terms of the nature of our beings and the journey which we share. If you are able to use your discrimination in listening to our thoughts then that will free us to be able to express them without fear that we would be infringing upon any entity's free will.

You ask us this day concerning the peace and harmony that is so beloved and so dearly sought among your peoples and yet is seemingly quite elusive at times for many of your peoples. The description of the times as being troubled and the self as being troubled seem to be that truth which lies upon the surface of the minds of many of those present and certainly it echoes those thoughts which are upon the minds of your people in general, for upon a global basis the great cry of your planet and its people is for harmony and peace.

This instrument wished to use the term "grass roots," and we stopped this instrument from using that term to describe that energy which is bubbling up. For in "grass roots" we would not make the pun without intending to! And we wish to say that the energy of harmony and peace is indeed bubbling up out of the grass roots *themselves*, out of every seed and every living thing that takes its life from the soil

and turns towards the sun in your second density. The energies which turn towards harmony and peace are those energies which you possess in each cell of your vehicle upon the physical level, and in your finer bodies within the inner levels as well.

There is an instinct within each spark of the Creator's light for the balancing of the energy to a default setting of peace and joy. The impulse and energy which nurtures this into manifestation, however, is the impulse—not towards joy or towards peace—but that instinct that lies in the direction of single-mindedness or, as the one known as V has said, the discipline of the personality. So we would take some time to discuss this concept of the default setting of joy and peace.

It is our bias as we look upon this circle of entities, with their beautiful energy vehicles shimmering, that we see that view which lies the deepest most easily and that portion of you which lies upon the surface least easily, whereas within the physical incarnation such as you now enjoy, unless the vehicle in which you enjoy living has been born blind or there are other perceptual difficulties of a substantial nature, that which comes easiest to your senses and to your observational powers is that which is seen, heard, smelled, tasted and felt. The priorities of your earthly experience, then, focus upon those things about you as an entity which are the least authentic or real. And yet, it is at the level of these inauthentic and illusory structures which this instrument calls "consensus reality" in which you spend your days and your working hours. And we do grasp that there is every temptation and every logical reason for each of you to wander far from the concept of the self as one whose mind is on only one thing and that is the love of the one infinite Creator.

We gaze within this instrument's mind to find description of this paradox and find her experience of long and busy and well-crafted days of toil in which many chores of varying kinds are approached, organized and removed from the list of things to do. This, within this instrument, we find to be the source of almost no stress, and this is remarkable, for among your people there is the tendency, not only to have too much to do, but also to find oneself being concerned about the fact that one has to much to do. This kind of energy then snowballs upon itself and creates an ever greater sensitivity to one's lacks and failures to achieve that which has been expected of one either by the self or by others.

Within this instrument's mind we also find constant efforts towards the re-tuning of the mind and it is in this direction that we would like to go in discussing ways to work with the situation which you now enjoy, which is, basically, a very good environment: observe, analyze, and alter the priorities of thinking which cause your particular mind and attention to focus upon one thing rather than another of the details of those things which are occurring at any particular moment.

At any particular moment an entity may be experiencing a multitude of catalysts. There are catalysts that come to the ears, the trains that pass, the telephones that ring. There is catalyst for the eye in the passing view and catalyst for all the senses in that which is occurring. There is catalyst for the mind in those thoughts which are sparked by the sense impressions of the moment. And there are those thoughts involved with the reactions to the original thoughts that have been thought by the self. In all of this arrangement, there has been no thought described which has not been caused by the outer environment impressing itself upon the being. The one known as C was expressing her desire to move beyond the thoughts of that level, to move into those thoughts which are authentic, original and her own thoughts, moving from the inside out and not from the outside in, so that there is a feeling of being, shall we say, as the flower that blooms to meet the wind, rather than as the scrap of tattered rag which the wind blows any way that it wishes to, for there is no root in the tatter but only material that has been beaten and torn.

Each of you feels at times as a tattered rag, as a thing for the wind to make sport of and play with and indeed it often feels as if the wind of spirit has picked you up and put you down someplace where you would rather not have been placed.

To the mind that is focused upon the love of the one infinite Creator, the view of all that comes through the senses, the thoughts concerning those sense impressions, and the thoughts judging those thoughts about sense impressions are all seen as the bits of froth upon the surface of the waters of life that they are. If the single thought that the mind is stayed upon is the love of the infinite One, then the being within has the opportunity to choose to maintain that focus, not only in those moments of silence but also in moments in the noise of culture, of warfare, of crowded conditions, of distressing

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amounts of inequality in a world which yearns and hungers and demands absolute equality.

In your prophetic literature, in your myths and in your sagas, there is much concern for transformational times. Within ancient Roman literature there is Ovid gazing at the metamorphoses of nature and of humankind. Dry-as-dust historians have gazed at the rise and fall of empires. The energies of spiritual leaders such as Jesus the Christ have focused upon the transformation of that which is material into that which is spiritual. And this instrument has followed a long line of studies of various religions and mythologies and philosophical systems in which this matter of how one helps oneself to transform from the lesser into the more noble aspect of self. The stuff of transformation is the stuff of waking from a sleep.

Fortunately, we have that very humble and accessible example of the kind of change that you all face at this time. It is a time of transformation, perhaps most importantly for your planet. The very Earth which has bred you and nurtured you is itself now being born, and this effort and labor go well. Yet there is difficulty. The difficulty is critical in that if the delivery continues to go poorly there will need to be the equivalent of the Cesarean, the removing of portions of the skin of the Earth that the new configuration of the energy-body of the Earth may have room to be born in its appropriate shape and arrangement of energy nexi. It is more for the planet than for the people that many of you have chosen to be in incarnation upon the planet at this time. It was your hope that you would be able, by awakening within the dream of physical life, to become a magical person, a person able to act as a crystal entity, receiving energy, transmuting energy, and sending energy out into the fourth-density web of planet Earth.

That which distracts is always a detail, that which calls you back to remembrance is always discipline. Very seldom does nature so configure experience that it is impossible to miss the spiritual signals. Most usually the hints and clues of spirituality are so configured as to be completely able to be missed, able to be glanced over, able to be prioritized below the threshold of awareness, [displaced] by the affairs and details and chores of the day. Each is aware of the spiritual figures who have indicated through history that, when they are busy, then is the time to rise earlier so that they may pray longer, for it is in the praying that the work gets done rather then in those long daylight hours of toil. This is a great key for those who have ears to hear. We are not suggesting that entities must get up early and meditate before they begin the day in order to prepare, but we are suggesting that the mind of an entity is that which is in a state of extreme vulnerability to the mental conditioning. The power of suggestion is great. Each entity has seen many examples of such suggestion, the most common perhaps being that when one entity yawns, those about that entity will quite often catch the yawn and find themselves expressing similarly.

So it is too with the mass media, the television and the newspapers, those agents of consciousness of which J was speaking, that tend toward creating cookies of the right shape out of the dough of entities' thoughts so that entities' opinions upon certain subjects bear a remarkable similarity. They have been listening to one source and in that source lies a structure which seems to explain or justify actions. And [yet] in the details of these actions there is no end to the shades of gray, the ethical questions, the causes for sorrow or anger or concern of one kind or another.

The simplicity of the solution is funny. For the solution to the awareness of trouble is in the turning of the consciousness to the love of the infinite Creator. We do not intend this as a greatly abstract concept. We intend this in another way and we would ask you to open yourselves to the concept that you *are* the peace and harmony that you seek, for you are a spark of the one great original Thought of the infinite Creator. Say that the Creator, in its infinity, in its impossibility of being described, is a vibration. You have that original vibration, which is unconditional love, as the basis of every cell of your being. Without that Thought of love has nothing been made that is made. It is not something you possess, it is your very nature, it goes far deeper than the marrow of your bones, it is far closer to you than your breathing. It is far more real then the impressions of sense. For it is that impulse and spark without which you could not take thought, take breath, or enjoy existence or consciousness. This nature of the principle of Deity is the heart of you, is the truth of you. You are as the stone within which the perfect sculpture hides. Each detail, each chore, each duty, each disturbance, each warfare chips away, pounds away, hammers away, rattles away,

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and aggravates away bits and pieces of detritus, of those things that are not you, gradually beginning to shape that faceted gem that lies within the details of a busy, earthly existence. How blunt are the instruments of catalyst! And yet how effective.

When one begins to become aware of this process of catalyst and experience, learning and transformation, one begins to be able to pick up some tools to use that are not as blunt as the blunt instruments of outer experience, things learned the hard way. And once again, the key to making use of these finer instruments, of removing and distilling from the self those impurities which one targets and wishes to see fall away, is the will. And each time the will is used to lift the self from that archipelago of small confusions to a place of spiritual attitude and consciousness where these details are seen as details like any other, a burden is lifted off of the attention. It is as though blinders are released from the eyes and for the first time, by asking of yourself this discipline of attention, you may begin to experience the unreasoning feelings of joy and peace of which this instrument was speaking earlier. For it is our opinion that it is this instrument's long years of attempting to be disciplined about returning the mind to the silence from the details that has gradually enabled this instrument to find a measure of peace that does indeed pass understanding.

The Creator within you, the Truth of yourself, is happy to live your life. You have sufficient spiritual impulses within you to move through your incarnations in a state of true peace and undiluted joy. Yet it is something for which permission must be given from the self to the self. One must give oneself permission to be content and happy and blessed, for these are not things which are in the training which your culture offers its people. It is not taught among your peoples that happiness is a natural state, but rather that struggling and competition are the natural state. And each is aware of many ways in which the culture itself offers these lessons to those who are growing and in need of instruction. Always it is the spiritual sense alone that is able to release the conflicts, the struggles, those things which are the truth of the illusion, in order to turn once again to the stunning mystery of oneness, to the love that is all that you see, to the light that has created all that is, without blinking at those things which seem good and which seem evil.

The life that is lived is a work of great subtlety. There is an unlimited potential for transformation within the physical illusion and the limits are released one by one by that entity who is willing to ask of the self, "Yes, but who am I beneath that detail; yes, but who am I beneath that action? Who am I, whose am I, why am I here?" When faced with disharmony it may be a resource for you to think to yourself this thought: "Who am I? In terms of that situation that is 'out there,' what's the situation with me? If I am a creature of love, then what am I doing in this situation?" To look at the situation and to react as you see it from the outside in is often less than helpful. To gaze at a situation from the inside out is to find the love within that particular structure and then to be the defender, the protector, and the expresser if need be, of that love. Whatever it is that you gaze upon, whoever is reaching out to you that asks for a reaction from you, attempt if you can to leave that situation, that relationship, that moment in a little better order than you found it, with a little more love, a little more understanding, a little more of the Creator's freedom in the atmosphere.

In almost any situation it is easy to lose the tuning of mind which is that tuning of yourself that holds remembrance that the "I" of you is an "I" that is far more than the personality shell and that self which lives the surface life. Who is truly living your life? Infinite Consciousness would like to live your life. It is a matter of getting out of Its way.

Those who remain silent may be those who have the most wisdom. Those voices that speak the loudest in your society may well be those voices which offer the deepest confusion. Consequently we encourage your appetite for the silence. We encourage plunging into that muscular silence that is the speech of the one infinite Creator and going as deep as you can for as long as you can whenever you can. If you only have thirty seconds or two minutes, or five, you may visit the gateway to intelligent infinity. Take the time, whenever you can, to release your energy body from its very strictures to refresh it, open it up. And when you find yourself in the open heart, we greatly encourage your sitting there for awhile with that one great original Thought that is love itself. Rest in the love that lies within the heart and know that it is the truth of you, it is your deepest self. And then go forward in your armor of light, knowing that those things which are of earthly origin will express as they must and that all things that live shall die and all

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that passes from illusion shall once again come into being. Rest in those cycles that lie beyond sense. Rest in that mystery that lies beyond mind. Rest in the feeling that you have …

(Side one of tape ends.)

(Carla channeling)

In order for personal learning to occur and in order for you to do your service we are always happy to join you in your meditation in order to deepen that state of meditation that you may enjoy. And there are many entities in the unseen worlds which are alert to those who seek in various directions. Consequently, it is a matter of knowing that which you are and that which you believe and then asking for help from those structures within which you feel comfortable asking. This instrument would call the help angelic. Others would describe various entities of various levels of the inner planes by various technically more accurate names. Our point is simply that there is tremendous energetic help for those who have become clear as to what it is they seek, who it is that they are, and why it is that they have chosen life at this time.

Move into a feeling of as full an awareness of the self as can be had. Ask for the help that is there. And then find that courage which releases the self, in a state of complete vulnerability, to face the next moment without preconception.

We are informed by this instrument that our time with her is up and consequently, and with good grace and humor, we gladly leave this instrument and transfer this contact to the one known as Jim, that any questions remaining upon the minds of those present may be addressed. We leave this instrument in love and in light with thanks. We are those of Q'uo.

(Jim channeling)

I am Q'uo. We greet each again in love and in light through this instrument. It is our privilege at this time to ask if there may be any further queries remaining upon the minds of those present to which we may speak.

T: Yes. I have a question that continues right off of what the entire channel was about. I've never believed too much in entities from outside of myself influencing me, but I'm coming to believe that, in the last year or so, that due to whatever reason, I'm drawing more attention to myself. Could this just be the general upheaval which everyone is experiencing? I don't know how far you can comment without going beyond the Law of Confusion, but please comment as to whether I am being specifically targeted or is this just a general thing that everyone's having to deal with at this time?

I am Q'uo, and am aware of your query, my brother. As we look upon the experience which you describe we see that that experience is one which is common to many people at this time. For there is within many such as yourself the great desire to be of service in a situation which does not allow the service in the manner which you desire to give. Thus, you feel a great deal of powerlessness. This powerlessness is full of desire to serve which has been blunted. This causes there to be a blockage of energy, shall we say, within your system of energy centers. There is a kind of fracture of the crystal that may be observed in such a situation where the energy applied by those of negative polarity to those who wish to aid but are blocked in their aid causes the fracture, a catalyst, to become apparent and to vibrate in an overactive manner and then to express as you have described. There is the need, shall we say, to examine the fracture, the catalyst, that triggers the difficulty within the meditative state. It might be well done to feel these feelings and to examine their origin. When one is more aware of the composition of the self, of the means by which energy moves through the body/mind/spirit complex, then one is less liable to suffer the intensification of difficulties that one has freely chosen. It may be well to find a positively-oriented project where one can construct a symbolic mending of the fracture within one's energy centers. For example, there may be various small projects or items about one's dwelling place that need repair, that need cleansing, that need attention. This can be a symbolic expression of energy that then is felt within and allows healing to occur within, therefore repairing the fracture.

Is there another query, my brother?

T: No, thank you very much.

I am Q'uo. We thank you very much. Is there another query at this time?

S: I have what I wouldn't say is really a question but more of a statement. I notice as I go through life with family and friends around me, that sometimes I take [them] for granted, and don't always show my

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appreciation and gratitude. I'd like to include you, Q'uo, and, as you say, the heavenly hosts and to express my gratitude and appreciation of [your] being there when I feel like talking to you or just knowing that you're there, and the help and love that you've given. I just want to express my love and gratitude again for all that you've done.

I am Q'uo, and we are most filled with the same love and gratitude, my friend, that you have expressed for us. We feel this for each entity such as yourself and all those who seek to be of service in this illusion that you now inhabit for it is not an easy task to move through the darkness with but a small candle to light the way and there are many missteps in the darkness. We are happy to join any entity who asks our presence for the purpose of, as you say, listening, to blend our vibrations with your own, to perhaps offer a bit of inspiration that may aid in the movement through the daily round of activities and the many experiences of catalyst that are part of the third-density experience that each of you now inhabits.

Is there another query at this time?

S: Not for me, thanks.

J: Yeah, I have a quick question, Q'uo. Do you express yourself in other groups such as this one, in this world?

I am Q'uo, and am aware of your query, my sister. We of Q'uo are privileged to speak to this group using the verbalization technique of channeling, as you have called it, but restrict our contact with other groups or individuals to a more personalized sense of blending our vibrations with theirs. There are, however, portions of our principle, such as those of Hatonn, which do speak to other groups and have for a great many of your years. The mind-to-mind contact that produces the channeling phenomenon is one which is difficult for most to initiate and more difficult yet to maintain. So even though there have been attempts to make this kind of contact with other groups, for the most part they have been short-lived. However, we do not measure our success at service by the channeling type of contact which we now enjoy with this group, for we find it is possible to reach with our hearts in love and light to all the creation and are pleased to feel the loving response of the great majority of the creation with which we are one.

Is there another query, my sister?

J: Well, I, like S, would like to really give a heartfelt thank-you. I do feel your presence. I feel like that when I work with other people and do massage work I feel your presence. I've been feeling it more and more since belonging to this group. You're a big part of love in my life and I really do appreciate that.

I am Q'uo, and we return your loving respect and pleasure of company, my sister, for it is our great joy to be able to be with each in this circle and with any entity who requests our presence, for when we tabernacle with any we tabernacle with the one Creator. Your experiences are unique to yourselves and each time we are able to blend our vibrations with yours we find new ways of expressing and experiencing love and light.

Is there a final query at this time?

(Pause)

I am Q'uo. As it appears that we have exhausted the queries for this circle of seeking, we would once again thank each present for inviting us to join you in your circle of seeking. We are always overjoyed to be able to join this group and we look, as you would say, forward to these gatherings though forward is perhaps a misnomer, for we live as one being at one time at all times. The illusion which you now inhabit is one which plays a trick, shall we say, in order that you may do a certain dance, make a certain choice, give of yourself in love and move one step further in your union with the All.

At this time we shall take our leave of this instrument and this group. We leave each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. ♣

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Special Meditation
May 3, 2003

Question from R: This evening R would like to hear whatever words of wisdom or love or enlightenment that you might have to offer him concerning the journey that he has taken and what would be most appropriate for him now.

(Carla channeling)

We are those known to you as Q'uo and we greet you in the love and in the light of the one infinite Creator. We are most blessed to be with you this evening and we thank you for the care for your soul's truth that has led you to set aside this time and this energy for this purpose. This instrument also has set aside this time and this energy which are hers for this purpose, as has the one known as Jim. Consequently we are honored and privileged to be able to share with you these thoughts that form the message which we have for you this day. Please be aware that we would greatly appreciate your utmost discernment in listening to that which we say, keeping only those thoughts which resonate deeply within you as personal truth, having the character of a memory recalled. Leave aside all those things which may trouble you or not fit those parameters of your discrimination which are such faithful sentinels of your own truth, which is unique. This will enable us to speak our thoughts without concern for encroaching upon the freedom of your will and we appreciate it greatly.

We see the landscape which you offer at this time as the man solitary and alone upon the hill, gazing out over a vast and trackless land. We see the attitude with which this figure is viewed as seminal in this circumstance, for the trackless waste may be desert, or it may be the fecund and infinite ocean out of which all life springs. It can be the desperate regions of the Sahara or it can be the gentle shore of the ocean of life. Such is the case of the solitary man upon the hill. Is it a hill of good dreams, or a hill of nightmares? Is it a hill from which one is looking upon the past, or is it a hill from which one is gazing upon the possibilities of the infinite divergencies of the present moment going into the future?

We are gratified, my brother, that you chose to refrain from delimiting the parameters of that which we had to say, for we are therefore much more able to use those images and words that move beyond word into emotion of which this instrument is capable. So are we able to speak in this way, when complete freedom of expression is offered and pot luck is taken, shall we say. For we care deeply to answer that which has been asked, not to answer that which has not been asked, and not to infringe upon the learning that is implicit in the question. Consequently, rather than asking, you knocked, and a door may open and for this we thank you.

This instrument had been discussing the broad range of clients with a fellow counselor. And the other counselor suggested to this instrument that the vast majority of his counselees were experiencing the feelings of guilt and unworthiness that come from

not setting down the catalyst and experience of the past, not attending to the releasing of old energy and thus being stuck between the past and the guilt thereof, and the future and the fear thereof. This conversation was not without its rhythm in this own instrument's process, for it deals with continuing triggers which open into unworthiness, which effectively deflate the blooming of this instrument's joy in the present moment. Consequently this comment went deeply into this instrument's heart and we share the gratitude that this instrument has felt for this very common-sense observation.

The deep wanderings of any entity will include many episodes during which the knight in shining armor errs in judgment or in intention and consequently loses the luster of the feeling of honor that goes with the appellation of knight. While in the metaphysical realm, error is not seen in the same light, shall we say, as within your density and within your illusion. Nevertheless, within the metaphysical worlds there may be found in any incarnation those spots which did not come clean, those stains of judgment which became catalyst for growth and cause indeed for those extremely understandable emotions of regret and self-doubt. We would not take from you the sting of this learning. For it has been helpful and will continue to be helpful in the way of the ore that is flung into the machine which whirls rocks at high velocity in order to crack them and to open up the ore within them. This kind of action is the corrosive and concussive kind of catalyst that truly creates the feelings of the darker side of the palate of colors of emotions that tell the truth about the essence of any biological entity which you may call a soul. This catalyst is that which is as the Beatitudes of this instrument's Bible. Those sayings, of the one known as Jesus, describe the poor in heart, and those who mourn, as blessed.[45]

We ask you: why are these things a blessing? And we say unto you: as always in the gaining of truth, there is usually within your third-density illusion the necessity for sufficient discomfort to rock the boat of complacency and pride that are the besetting errors of those who strive with every fiber of their being to be honorable, ethical and spiritually compassionate entities.

All other sins, or errors, as this instrument prefers—and so do we—to say, have this characteristic of disappearing beneath the compassion of the awareness that it is impossible not to err while within the third-density state. The releasing of the catalyst, then, has to do with an increasing ability to recognize the value of that which is known to you within this density of yours as the past. Indeed, it is the past only in the sense that your thoughts are those which are formed from that which is in space/time, that which is within this illusion. Consequently, the thoughts themselves deal completely with illusion unless the choice is made firmly and constantly to move the seat of perception from third density to that which is known as fourth density to this instrument; we believe that you are aware of these terms also.

How is it possible then, to find those moments when the mind and the thoughts become unskillful? For this is the basic nature of the state of mind into which you, as a personality shell, have stumbled, shall we say, in the way of left foot, right foot and perhaps not looking up often enough beyond the next step and the next, to see, shall we say, "the big picture." To see that point of view which does not shift with the passage of 10,000 years and to see one's learning and one's service in that light.

We would wish to say, my brother, that in no way have you been deficient. In no way have you stepped away from every challenge. In all things you have attempted your best. And we share with you the fundamental and absolute perception that this is enough. This is what has been. Were it not enough, yet it would be enough. For it is what has brought you as a blooming, gem-like, crystalline entity to this moment, which is full of infinite possibilities. Had you hoped to be closer to your goal at this point, my brother? How do you know how close you are to a given goal? How do you know what the nature of

[45] The Beatitudes:

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are the meek, for they shall possess the earth.

Blessed are they who mourn, for they shall be comforted.

Blessed are they who hunger and thirst for justice, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the clean of heart, for they shall see God.

Blessed are the peacemakers, for they shall be called children of God.

Blessed are they who suffer persecution for justice's sake, for theirs is the kingdom of heaven.

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your future may be? Indeed, no one, and we say this absolutely, no one caught within the bounds of space/time can know the future. For although the future has been formed from the standpoint of eternity, it has most decidedly not been formed from the standpoint of third density. Indeed, you at this time, shall we say, are on a time lateral, a sidetrack, not even upon the main track of evolution, as you work to move through this illusion which is so cleverly designed to give you the maximum opportunity to change, to transform, to make new choices and find new balances within the spiral of ongoing learning, evolution and service that is the essence of the love and light of the one infinite Creator.

You stand upon a hill. You gaze. And where shall you gaze? And what shall be your thoughts? Shall they be those thoughts that measure and judge the self as though there were a score beyond which one would succeed; in lack of which one would fail? My brother, this is decidedly not the case. The score of which this entity is aware in a quantitative sense is the score of 51% service to others by intention and we hope that you are aware that you are vibrating as service to others at this time by a comfortable margin. There is great purity and sweetness in your desire to serve purely. We ask you to know, for the first time, your nature. To know and begin to have faith in that essence which you have chosen as your essence.

Have you erred in some way in the past, as this entity has, as the one known as Jim has? Yes, my brother. Blessed are you, for you have erred and now you can begin again as if for the first time except that now you have knowledge. There is a knowing within you that you will remember because it is burned and etched into you by the corrosion of catalyst. But you have sweetened this catalyst, little by little and it is that energy which we would encourage you to shed upon this entire concern at this time. We give this instrument the word, *forgiveness*.

You have harmed no one. We may say that the attempt to take on another entity's difficulties in order to free him of them is, to our way of thinking, somewhat distorted. Might we ask in this case if it would not have been more skillful to take on that entity's perfection and know that it was the truth? By believing that which you saw, and not believing that which you did not see, you were more skillful upon the level of what this instrument would call the akashic plane and less skillful upon the level of what this instrument would call the outer planes. Universally, it is less skillful to choose the near target, of working with the pain, the behavior, and the illusion. Always, knowing the truth of perfection is the more universal and the more truly metaphysical solution to gazing at distress, difficulty, damage and distortion in general. That which seems utterly dark is also the light. It has become distorted. As this instrument often says: it has departed the factory specifications. Yet it is still the light. Like all true vines, it is attached to the one great original Root, the Thought, the Logos that is love.

What can there be besides love in a universe in which all things are one? That which you see in others you may work upon within yourself. By knowing the truth, it is true for you and it is true for that entity. You see that the dark side is an illusion which may be charmed with the art, the pretty stories, the songs, the lilts, the melodies, the gentle motifs, of the storyteller, the poet and the singer.

When that choice is yours again, we suggest simply attempting to see in a more balanced and more universal way that which you actually are seeing. Attempt to see *into* and not *at* the situation, seeing beyond the apparent into the divine that surrounds and penetrates it. This knowing is not an infringement upon anyone. It does not need their approval, their agreement, or their understanding for it is not a thing. Rather, it is an essence. Share your being, share that which is in you, that which is the true self of you, that which is what this instrument would call "the Christ within." That consciousness that is unconditional and that knows that all entities in absolute equality of essence are one with the divine.

We stand with you upon this hill in all times, in all places, in all seasons, those who have heard your call. Nothing can separate us. There are energies, which are yours, which guide and aid and give encouragement and support even to one who is in solitude of being. It is well to lean into this support as you would into an extended family. There are energies of fourth density, fifth density, and sixth density that are connected with you. These extended families are energies and essences of a light that cannot be subverted. They can be activated by the focus and the surety and confidence of your …

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(Pause)

We find that this instrument has no word for the feeling of knowing that someone is ineluctably a part of your family. The more that you can rest in total confidence that this feeling, this support, is there and able to help, the more this shall calm the troubled waters of the inner ocean.

Before we leave this instrument, we would wish to be sure to speak concerning the state of mind of the boiling and turbulent anger and so forth which you experience when you wish to meditate deeply.

As you may have inferred from that which we have said previously concerning your previous practice of aiding those about you by taking upon yourself their distortions, by moving into the astral and becoming an uninvited guest within their distorted worldview, shall we say, if we could call this situation an entity called "Weltanschauung." For instance, we could say that you invited Weltanschauung into your aura—to use the term very loosely. Within your energy body there then lurked Weltanschauung, who was not the entity that you attempted to help, but rather a thought form, consisting of your intention and this entity's distortion. Thusly, in affecting what this instrument would call a yellow-ray energy exchange with another entity, there was the shadow that free will had been gently nudged, if not infringed. It is a shadow area, that helping of another by the force of physical will.

Again this is a portion of that which is past and need not concern you at this time, except in that you may forgive yourself unconditionally and release the past, thanking it for the tremendous gifts of instruction which it has given you and turning towards a blessed future with confidence. This attitude will bring about that which it expects. That which an entity thinks and focuses upon is a strong power to alter the course of a very possibility-strewn existence. There are more choices to make than we can express through this instrument. Every instant abounds. Consequently we simply encourage those who seek the truth simply to be alert for there is information thick-strewn about the path.

The situation then is that there is an amalgamation of Weltanschauung energies which has gotten into the section of the aura which this instrument would describe as being mostly in the orange and yellow ray, those energies of resistance and other difficulty that you have picked up being mostly involved with issues of personal relationships and the relationship of self to various groups such as the family, the marriage, and the working colleagues.[46] These are invited guests and consequently have enjoyed a pleasant ride within your nature. It is time to invite them to leave. We would suggest that you create for yourself, in the privacy of your contemplations and reflections, that which this instrument would call an exorcism. You may investigate the [Roman Catholic] rite of exorcism to see the fundamental shape of such an invitation to leave. Within the works that this instrument calls the Law of One there is some discussion of such a cleansing. And certainly within this instrument's mind lie many other avenues which can be fruitfully investigated, such as the American Indian tradition and the Hindu tradition.

One very simple method of releasing these thought forms is to remember the essence of each distorted thought form, whether by the name of the entity which had it or by some description of the shape of that suffering which you invited in. Write each down and then ritually and with solemnity burn each piece of paper upon which these essences are represented. It need not be complex. Yet [if you wish] it certainly may be so, and we suggest that the inner self be invited to create the most acceptable and appropriate words and actions for you; ones that express most purely your acceptance of yourself, your acceptance of these thought forms, your invitation for them to depart and your inviting them to do so in the name of that which you hold the highest and dearest of all things, that for which you would live and that for which you would die. Stand upon that which you are, that which you know, that which you believe and have faith in and say, "Goodbye. I thank you, God bless you, be on your way now. Be gone."

[46] Carla: I read this sentence through a lot, as I felt sure the Q'uo group did not intend to suggest that one exorcise the family and friends one loves. I believe they were talking here about the times R had taken on some sorrow or time of suffering for such people and suffered with them to the extent that he was suffering for them. Insofar as he as a person and healer would be distorted about the nature of that suffering and the nature of true healing, to that extent would R's own perception of the energy be skewed, and since what we perceive is truth to our minds, R's memory was keeping "untrue" versions of these relationships, based on past times of sorrow and his joining the suffering one in confusion rather than "knowing" the truth of perfection and rightness. However, I leave it just as transcribed. My interpretation could be all wrong!

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We would now at this time ask if there be those follow up queries which you may have upon your mind?

(Long pause. No verbalized question.)

We are those of Q'uo, and we are with you, my brother.

We are most aware of the lack of what you call ego and we find your imaging charming.

A point we would make as we depart is that there is, for each choice to martyr the self, that choice to use slightly more wisdom and to extend the time within incarnation. This is not meant upon the literal level. It is quite subtle but is the level at which you function at this time. It therefore is at a deeper level than words and we cannot express ourselves directly.

We at this time depart this instrument and this contact with feelings of joy and of gratitude so, so full in our hearts. We leave this instrument and this group in the love and in the light of the one infinite Creator. Adonai vasu borragus. ✣

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Sunday Meditation
May 4, 2003

Group question: The question today, Q'uo, is please expand on the difference between serving and pleasing. It is mentioned in the [L/L Research] transcripts many times but it is mentioned as though we should already know what they're talking about. So we appreciate your giving us the difference between serving and pleasing.

(Carla channeling)

We are those known to you as the principle of Q'uo and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank each of you so much for the privilege of sharing this meditation with you and for taking the time and the energy from the busy schedules, about which you were speaking earlier, in order to seek truth. We are happy to share with you our thoughts as they come to us on the subject about which you asked, of the difference between pleasing and serving others. We, however, would ask that each of you use your own personal discrimination in listening to that which we have to offer. For we may offer some things that are helpful and other things that simply are not and we would greatly appreciate each of you accepting only those things which seem fair and resonant and right to you, allowing all of the other thoughts that do not ring true to be forgotten. For we would not constitute any sort of a stumbling block in any entity's progress.

As we gaze upon this interesting question, the memory which this instrument has of many attempts within this instrument's earlier life to be of fuller service that were rated by this instrument as unsuccessful, come before us as that about which we would speak as the beginning of this topic. This instrument is, and has been, at a greater extent than is usual upon your planet, one who has been centrally concerned with the question of how to serve for all of its incarnational existence. And in this instrument's early years she lived a childhood that was unusual compared to the cultural norms of your peoples in that this entity was more responsible and had a work and duty-ridden existence such as that of an adult at a very early age because of the circumstances of her family's life, lifestyle and the occupations of the parents of this birth family. Consequently, this instrument was constantly serving others: babysitting, cooking, cleaning and doing those services that are common to all who maintain a home and take care of the creature needs of the family. However, this particular instrument enjoyed the company of two parents who were very intelligent, very naturally critical, and due to lifestyle considerations, often very far from sober, thus creating a situation where the instrument was constantly serving and indeed, serving well for its age and abilities. However it was being told constantly that it was not serving well, and indeed, nothing was ever "good enough."

Consequently, this instrument worked for many years as an adult, consciously moving back into the child years and comforting and loving that child self,

which even now sits upon this instrument's lap, a beloved child at last, adored, pampered and given every creature comfort of which this instrument can think.[47] For truly this instrument has discovered that the secret to recapturing its magic of youth and innocence and dream-vision was connected with the lack of forgiveness which this instrument had toward its child-self, having judged, not as a loving entity would judge the self, but as a thoughtless and critical entity would judge the self. This healing has been an ongoing process within this instrument's experience of regathering its child self to its heart and becoming that mother and father that truly adored this very human and error-prone entity known in this incarnation as Carla. This ability to move back in thought and to do work in consciousness, having perceived a lack of love, is very helpful as a resource for an entity who is working upon how to serve others in the highest and best way.

Now let us back up from this storytelling to a far hill where we stand to look over the terrain of this metaphysical land within which we traverse as we discuss the question of how to serve. In terms of the cosmology of which this instrument is so fond, the Earth and its experience is the realm that could be called a school. It is a beautiful, marvelous, magical schoolroom called Earth upon which the entity is born, upon which it receives every catalyst which it needs in order to think new thoughts and transform into a new being, not just once but as a continual spiraling progression. And it gratefully accepts the [return to] dust of the physical body when that soul which has done its work within bone and flesh finds that the Creator has called it onward, the lessons here being finished.

It is a specific kind of classroom. The subject of this particular grade which this instrument calls third density or human existence upon planet Earth is, "How To Love And Be Loved." The paths that each entity enters into in this life are in one way fated and designed ahead of time; in another way, completely and specifically a matter of free choice, so that each turning in the road offers the choice of one or more differences of direction which may seem small at the time. But down the road a few paces one finds the roads diverging rapidly. A few paces more, and the two roads, or three roads, have moved in such different directions that one road no longer gives a view of any other. And then within *that* road that has been chosen, another series of choices opens up that may just as rapidly move one forward into yet another situation. This is a beautifully designed, though paradoxical construction of synchronicity and will, in which the soul coming into incarnation, along with its guidance, decides upon what particular lesson shall be the focus of the incarnation.

All lessons have to do with love. But there are different threads of understanding having to do with loving and accepting the love of others that create many, many, different choices of incarnational lesson, some having heavily to do with the responsibilities of loving and expressing that love in very fundamental and practical ways; other entities having fierce but unseen catalyst having to do with a resistance or inability to accept love and to greet the love offerings of others with trust and faith. In each case the lesson is unique to the entity and the way that it comes into the life is carefully guarded. One way to pinpoint one's own incarnational lesson is to look back over the incarnation and to begin to see where the spirals have returned to the same theme again and again throughout the incarnational experience. In this instrument's life, for instance, the incarnational lesson has, in part, been how to love without expectation of return. This particular lesson, therefore, has come up not simply with the birth parents, but with other relationships that this entity has had that feel resonant and correct and right and yet have posed this same theme, motif and question as catalyst for this instrument's spiritual growth.

[This instrument] also has had to do a great deal of conscious work upon how to accept the love offerings of others. For, damaged and bruised by the catalyst of its early life, it became, unawares to itself, of the opinion that there was an unworthiness to that entity called Carla which must endure, for there was no hope of becoming adequate or worthy. It is ideas such as these that create a situation in which, rather than feeling confident and sure within the self, the self becomes cast adrift from that center of emotional security within the heart that knows itself to be a worthwhile person. And cast adrift thusly, such entities are ever prone to the self-doubt and the feelings of unworthiness and depression that concur

[47] Carla: My teacher, Papa, sent me a Raggedy Ann doll a year ago, which I declared to be myself as a child, and have subsequently loved with all the fervor of a new Mom! I ask her to tell me her dreams, and she does!

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with, or occur at the same time as, these particular distortions in the life pattern.

Now, in this instrument's case these relationships which occurred were carefully chosen, not for that which would be considered happy reasons, but precisely because they set up the dynamics in which this particular lesson might be best learned. The incarnational plan therefore has functioned beautifully. However, had this instrument not chosen to engage with that birth family in relationship work and therefore had this instrument never grasped what the lesson was or how to work on it consciously in this relationship, there were repeated instances where this instrument had planned carefully to meet other entities which would have been just as helpful in setting up the dynamics of a relationship of this instrument with an entity who was profoundly worthy of love but who was incapable of giving emotionally in return.

Thus, this instrument was teacher to those with whom it came in contact who were incapable of loving, for they received love even though they could not return it. And this instrument in turn gratefully drank in that seeming corrosion of difficulty in the relationship because of needs seemingly unmet which then cause this instrument to place itself within the spiritual regions of seeking, asking and silence: the listening, the waiting for the return of the voice that speaks.

In general, it is easy to identify when an entity wishes to be pleased. It is easy to identify that which an entity who wishes to be pleased wishes. And it is usually fairly easy to obtain that which is desired. Thusly, we do not feel that we need to speak about pleasing people. Indeed, it is endemic to this culture that those who are born with the biological persona of femininity have an enormous amount of cultural and familial training in pleasing entities. It is the way of this culture that the feminine aspect focuses upon pleasing and making comfortable those about it. And certainly the feminine persona is most gifted in this way by nature. Thusly, each may rest in the knowledge that when entities ask for something and entities say that they shall be pleased, there is a fair probability that that entity *can* be pleased, that the need can be met, and that the entity will be "happy."

To serve someone is a far different matter. Serving someone is not necessarily pleasing the entity. Serving someone is not necessarily doing anything to, with or for an entity. Serving someone is fundamentally the awareness that you and the person you are serving are one entity, united, singular and absolutely equal. Rejoicing in the apparent differences, a servant of the light relates to other selves as "themselves," knowing that the self and the other-self are a certain kind of entity, citizens of eternity, dwellers beyond time and space, within a universe that is as wide as infinity and as small as the interior of the human heart. Indeed, may we say that from our perspective, the universe lies within each of your hearts and all the stars and all the galaxies actually reside within. So as you sit upon your blanket and gaze at the outward stars, you are also gazing within at precisely the same view. That which lies within you is infinity, blessing, grace and the infinite Creator Whose consciousness is all that there is.

Service is bound up in the knowing of this relationship and this nature so that when one who is a servant of the light and of the Godhead principle, shall we say, gazes upon an other self, no matter what that self is asking, the basic service is the connection of unity without judgment of any kind but with absolute faith that this entity is a spiritual entity and is to be honored, loved, respected and treated as a spiritual entity.

What is it to serve? Upon the surface it seems a thing of question and answer: "Ask and you shall receive, knock and it shall be opened"; "Can you make me a peanut butter sandwich?" "I certainly can"; "Can I have half of your peanut butter sandwich?" "You may have the larger half." This physical kind of service is easy to see. The problems begin to multiply in wishing to be of service to another when the lines of relationship have become tangled into the energy nexi the body of the relationship, so that blockages have been set up which create the inability to communicate fully. In this atmosphere there are hungers that cannot be fulfilled. There are thirsts that cannot be slaked. There are needs that cannot be met, or so it would seem. And in such a pickle it seems as though the universe has become full of centers of trouble, what this instrument might call "trouble bubbles," which keep coming into what would otherwise be a very simple equation and creating such confusion that no clear path to the most high or the most loving service can be seen.

Certainly the one known as T1, who has asked this question, is aware in many ways that there is no firm

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ground upon which a conversation concerning things dear to the heart of either self or other-self may be voiced. For the blockages and distortions within the body of that relationship have become by repetition hardened in the way of thought forms into that which is set up as the situation in which the feeling of being of service is impossible to receive because the capability of other-self to express to self and the capabilities of self to express to other-self have been compromised. When service reaches an impasse in a deeply central relationship, such as the one known as T1 experiences at this time, the possibility of being gratified by a sense of having served becomes distant and rare. For that other-self which is being served is unable to become aware of the nature or the purity of the service. May we say that this in no way etiolates or annuls that service of true love freely given which the one known as T1 offers. This is a service. There is no hesitation in our stating that all who love serve.

Let us examine what occurs when one loves. When one loves, one is expressing the self, the nature of the self being love. The one great original Thought is a Thought of love. When this Thought of love decided to know Itself, each of you, as sparks of the divine, was created and then all of the worlds, densities and creations were created in order for the Creator in all of Its parts to have a place to play. The [classroom] level of this school of love which each of you enjoys at this time carefully hides the simple truth of this unified and loving nature. It is not apparent that all entities are one, for each seems to have an end at the skin and the hair and the appearance and all others seem to be separate from the self. It is the work of the student who seeks within to move beneath the veneer, the flesh and appearance, and especially the apparent firmness and stability of all things, for things are much more plastic and pliable than is usually thought within the illusion. For those who are able to move into the heart, and to open up into that self that is love that is the heart of each, the illusion begins to shimmer and waver and finally to drop away from time to time completely, showing the great ocean of unity and love and tremendous emotional support which the Unity of the entire creation offers to the one who is able to move beyond appearances. To the one who has become able to rest in her own skin, in the knowledge that she is a perfect and worthy spark of the infinite Creator, as well as a bozo, and a wretch, and a sinner, and all of the other appellations with which humans are wont to name themselves when they see that they have made what they would consider mistakes. It becomes clear at last, as the mists lift, that all is well, all is One; the being is the service, and the doing, a secondary and distant detail.

Now this translates into rethinking the nature of service from a doing to a being. That which is done unto another is subject to the rules of free will. It is not well to infringe upon the free will of another. It is not well to criticize or judge another. It is not necessary in any case to do these things. Yet, there is the drive to serve that is or becomes a frustration for one who is having difficulty shifting back and forth between the world of appearances and actions, and the world of essences, energies and intentions. We would say then, focusing into service, that the heart of service is the full acceptance, respect and honoring of other-self as the self, and treating other-self as the self is treated. Within each entity's progress in evolution in mind, body and spirit, there needs to be careful and continuing attention given to the working with the self alone. Wherever an entity sees damage elsewhere, no matter how clearly that energy is another entity's, a key to working out this quandary of service and its appropriate nature is to do the work upon the self that the entity would wish to do upon the other-self.

Thusly, if there is great projection from other-self of judgment and control and this kind of careful tension built as a barrier between self and other-self which seems to be projected towards the self from the other self, then it may be skillful for the self to move into that area of self that is being criticized, that judged, controlled, unhappy area, as if self were other-self. As if there were a self that was able to come to the aid of the self that is being criticized, judged and limited. The self then, who is attempting to be of service to other-self works upon the self to affirm the self's value, to honor the self, to ask the self what it needs and in all ways to turn the attempt to serve other[-self] within so that the self seems to be serving the self, yet it is the self who loves, serving that self within, which is studying the incarnational lesson of loving, without expectation of return, loving, independently of the reaction, loving beyond condition.

What does this develop into then, as one shifts from the being of the loving heart to the doing of the outside world and the conversation at breakfast, and

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the conversation during the night-time news? We do not know, we cannot know. Each entity and each moment are as those stepping-stones which springboard into "we do not know," for each of you has an exquisite amount of free will and each of you has infinite possibilities.

When service is occurring it will become clear to the self only gradually and only by hindsight. And the hallmark of that service will be the awareness that the heart remained open throughout the decision-making processes of everyday life. There shall be many words in working out any tangled relationship; there will be many feelings and many balancings and rebalancings of the energy between the two. Yet when service is being successfully offered, there will be the continuing stubborn, quirky and absolute insistence upon continuing to see self and other-self as both worthy and loving and compassionate entities who are striving to solve that mystery which is implicit in humanhood: how to express the metaphysical nature of the self within the material world. The material world seems often inimical and unfriendly to the spirit. Yet indeed it is not, or need not be. For within that material world lie not just concrete and computer chips and men's dreams of empire but also the call of the birds that the one known as S was mentioning earlier in your conversation as being such a blessing to him within his new abode, the feather of the eagle as the one known as F. was mentioning, and all of the blessings of earth and water and fire and air and the plants and the animals which make up your second density. All of the entities and energies are messengers, easily impressed and magnetized with news that is just for you, just for today, just for right now. We cannot tell you ahead of time what winged or furry beast, what street sign or road sign or chance-read word shall be a signpost for you but we can assure you that, as you look for them, they will crowd around hoping to be noticed. Information lies thick upon the ground, flies in the air about you and comes to you in every ray of light that the infinite Creator sends. The universe is alive, it is intelligent and it is working as one infinite being. You are a part of that. Not a mechanical part, but a living, breathing entity which breathes the air of eternity and whose concerns are beyond the trammels of the apparent passage of time.

When an effort to serve seems amiss, we simply suggest that the self take a very deep breath, in and out, in and out, and begin coming back from the details of the tangle to the truth that lies beneath the tangled surface of the waves of life. Picture the surface of your life as the choppy waves that seem to crash upon the shore, and know that deep within you, the truth of your being is as the liquid core of the Earth itself: calm water, quiet, deep, powerful, infinite and strong. This is your nature. This is your very essence. You are love. As you allow the surety of this one Thought to pervade your being, feel all concerns drop away leaving only the flame of spirit, only that love which created all the worlds that are and all that shall ever be.

We would at this time thank the one known as T1 for the excellent question which we have enjoyed working on with you although we fear our words are very poor. And we would at this time thank this instrument and leave it in the love and the light of the one Creator as we transfer this contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries of a shorter nature which may remain upon the minds of any of those present. Is there another query at this time?

S: I had one that C requested I ask. In a previous session it was mentioned about psychic greeting[48] and it seems more and more obvious that it is something that she is suffering through and I was wondering if you could elaborate or shine any words of wisdom or light on this situation.

I am Q'uo, and I'm aware of your query, my brother. When one feels that one has become the focus of the attentions of a negatively-oriented entity, and that one's behaviors, thoughts and actions have begun to reflect this interaction in a negative fashion, then it is well to incorporate some means of examining the life pattern and seeking a means whereby the openings that offer access to such entities may be closed by the efforts of the self. Thus, we would recommend that the one known as C begin a daily practice of meditation; whether at the beginning or the end of the day or some time in-between is of her choosing. It is often easier to do a

[48] psychic greeting: psychic attack by non-physical service-to-self entities.

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meditative practice at the day's end, when one can assess the qualities of one's experience during the preceding day and work upon these perceptions that focus one's attention upon one's behavior, one's thoughts, and one's responses to them.

Thus, during this meditative time it would be well if the one known as C could examine the recent events within its life pattern that have made an impression, whether to the positive or the negative, whether of joy or of sorrow, whether of what you would call good or bad. Then take this inventory of events and examine it with an eye towards choices made which may be less harmonious than are possible for the one known as C … Examine those areas in which she has offered herself in a manner which she would choose to improve, shall we say, if possible. When there is seen a pattern, then it is well to begin a process of balancing this energy. The pattern may be of any nature, may be choices made in certain areas which were seen to be deleterious at a later time and then may be relived in the meditative state so that as the energies are once again felt that were felt in the beginning of the day and these energies can begin to be balanced by the conscious knowledge of the one known as C and of the natural balancing within the human soul that is possible when one has made a discovery that is in such need of such balancing attention.

The effort to make what we would call a cleansing is also helpful. This was our previous suggestion, that the one known as C attempt to find a way to purify her environment.

The environment of the mind, of the attitude, of the being, within oneself is also a good place to begin, but would need to be supplemented by the daily meditation so that there may be a continual effort to examine the part that one plays in the opening of the self to the possibility of psychic greetings. For such greetings do not occur by themselves. There is a choice that each entity makes somewhere within the life pattern that opens the self to the possibility of such greeting, whether negatively-oriented entities find their ability to work in any life-pattern when such openings are made either wittingly or unwittingly by the third-density entity. Thus it is well that any entity who feels that such negative greetings are a portion of its experience begin to examine that experience with care upon a daily basis so that these openings may be reduced and healed.

Is there a further query, my brother?

S: That was interesting, thank you very much. Just one last one on a lighter note. You don't think that Funny Cide is going to win the Triple Crown, do you?

I am Q'uo. We are aware of your query my brother. And we find that we are less talented as racing prognosticators than as those who are able to comment upon the daily round of activities. We are sorry that we are not more helpful in this regard. Is there another query at this time?

S: No, I always ask every year. I just thought it was amusing, thanks.

I am Q'uo. We thank you for your levity and for your concerns. Is there another query at this time?

C: Yes, Q'uo, I have another one from T1. She says, "We are told that love is not an infringement on free will. What actually happens when that love is sent? Does it provide an increased probability or potential for love to be assimilated into that entity's life unconsciously? What happens on a metaphysical level? How is it a service?"

I am Q'uo, and am aware of your query, my sister. When love is sent to any entity, it then is a resource which may or may not be used by that entity. Most often there is little conscious recognition of love which has been sent from, shall we say, what you would call a distance or through time. But there is the unconscious recognition, by the receiver of such love, that one's beingness has been enhanced, that the possibilities are greater, that the resources have increased, shall we say. For at the heart of each seeker, there resides a supply of love that is the daily round of gift, shall we say, from the one Creator, the intelligent energy by which the Logos creates the one creation; by which the Logos provides each entity within the one creation the energy to partake in that which you call life. Thus, when one sends love to another, one amplifies that which is already there and sets up what might be seen as a harmonic wave that moves within the metaphysical realms of one's consciousness there to enhance that ability to perceive and utilize the gifts of the one Creator.

Is there another query, my sister?

C: Just a follow-up from me on T1's behalf. So there isn't any way in which loving someone can be considered an infringement on free will?

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I am Q'uo, and am aware of your query, my sister, and this is indeed so. However, we see that many entities have differing definitions of what they would call love. The primary quality that we recognize is that it is unconditional.

Is there a further query, my sister?

C: I do have another question from another person. I would like to ask on T2's behalf: "What is the metaphysical meaning behind SARS? If AIDS reflects the public fear of sex, what does SARS reflect? What can we do to treat SARS positively?"

I am Q'uo, and I am aware of your query, my sister. We find that there is much within this query which would infringe upon the free will of many, so there is but little we may say in this regard. As to the metaphysical implications of this disease, as you would call it, we would suggest that there is much occurring upon your third-density illusion at this time in which there are populations of peoples being experimented with, shall we say, so that there is an added degree of difficulty in the life experience. Beyond this we may respond no further.

Is there another query, my sister?

C: Yes, T2 had a follow-up and I will ask it on his behalf although he did say that he realized that you probably could not answer it: "Is SARS a biological weapon that is being used by people against other people?"

I am Q'uo, and I'm aware of your query, my sister. We may speak in general terms and suggest that the gist of this query is basically correct.

Is there another query, my sister?

C: T2 asked specifically, "Was SARS made by China's government?"

I am Q'uo, and at this juncture we find the full stop of free will must be enforced. We may say no further. Is there another query, my sister?

C: No, and on T2's behalf I thank you so much, Q'uo. And also on T1's.

I am Q'uo, and we thank you and they as well, my sister. Is there another query at this time?

(Pause)

I am Q'uo. We would be happy to respond to a final query at this time if there may be one.

(Pause)

C: There don't seem to be any more questions, Q'uo, but we surely do thank you.

I am Q'uo, we are also most grateful, my sister, and we are grateful to each entity within this circle of seeking as well for inviting our presence this day. It is a great privilege and pleasure to be asked to join your circle of seeking. We ask that each utilize the powers of discrimination so that there is no word or concept which we have spoken that becomes a stumbling block in your area of seeking. If any word or concept does not ring of truth to you, we ask that you leave it behind without a second thought.

We are known to you as those of Q'uo. We shall take our leave of this instrument and this group at this time. We leave each in the love and the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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Sunday Meditation
May 11, 2003

Group question: We've had a general discussion that has touched on several key topics, the focus of which is that self-acceptance seems to keep coming back to center stage, regardless of what one thinks its importance level is. As one moves further along the spiritual path it continues to be the ultimate focus. Now, we also had a brief discussion about what it truly means to be a mature soul and how that involves loving yourself and thinking for yourself and not going along with mainstream consensus. So, with this as our basic background of discussion, we've decided to leave this session open to the forces to take in whatever direction they see fit for our mutual good.

(David channeling)

I am the Three. We greet you as three in one, the triune aspect of the higher self of entity David Wilcock. We are pleased with the opportunity to share our words of good fortune and commerce of energetic exchange. In our heart of hearts we appreciate greatly the opportunity to share these words with you, and only remind you that you can take as you will these seeds of thought and if there are those complexes of understanding that seem to surpass your own capacities, they may be best dealt with by allowing them to fall away as the rains naturally wash clean the buildings in the aftermath of a hurricane.

As the racetrack commentator would say, "Gentlemen, start your engines." So too is there a time of acceleration happening on your planet. It is this time where the gate bursts forth and the race is then run. The race is a symbol of this capacity for each soul to move beyond cleverness and into compassion. It is the race towards unconditional love for the self and for all others, seeing them as only reflections of the self in the various forms that it exists in oneness. You may smell the enamel coming up from your teeth as we drill through the cavities of your understanding. And the burn of catalyst can seem rather jolting at times, as it certainly can tap into a nerve. Those in this room in which we do these workings are not different from the mass of humanity at this time in that the catalyst of self is accelerating, much as in our racetrack analogy.

It is a dizzying process at first, to experience the releasing of those aspects of living that had seemed to be fixated before. One can be fixated on beliefs or on social structures of various sorts. The prospect of releasing these strictures is one wherein the inanimate difficulties of life's travails are then made animate or, in other words, where those issues of mind spring forth into physical form and become those which by necessity must be confronted directly in one's physical experience. In this sense, one could say that physical experience in the tangible and direct form is the final result of catalyst that has

remained unprocessed by other means such as the spirit and the mind complexes.

With this key you can unlock the door to the variegated mystery of self through experiencing quite directly those apparent punishments that life has provided.

We ask only that you recognize that the orchestrating forces of life make it clear that there is to be no larger experience of rather catalytic and suffering nature than is warranted for the evolution of the soul to occur in due course along a pre-described plan of action scripted by the higher self. You may see the octagonal red symbol, known as the stop sign on your racetrack, and feel the need to halt or to put on the brakes on this dizzying spiral of experience. This is akin to those who cling to the riverbanks, seeking the solace of fingers trapped in mud rather than letting go and allowing the eventual reunification into the ocean of oneness to occur.

We have spoken of the variance between a soul that perceives itself as mature and a mature soul. Many of those on your plane seek to embellish their true maturity by pursuing the avenues of distinction typified by that known as the status quo. This ability to refine one's understandings with the monkey-mind mentality, if you will, is indeed a skill, it is a skill of denial and dissociation. The collective understandings would support the war mongers, as some have called these entities, in order that there be a sense of satisfaction in oneself over what is occurring. It is much easier to confront the aggressor with love than with internal condemnation. It is, however, prudent to ensure that love not be confined to one's own social class or grouping but rather to expand to a more universal perspective and thus, though these words must seem very basic to some of you, see those Afghanis or Iraqis who are hurt, maimed and killed by bombings as being equal to yourselves and respect the fact that any support for a governmental figure should not exclude the full ramifications of their actions.

At this time there are those who choose support out of fear. They recognize that these patterns have established [themselves] within their own lives as well. We speak of the relative nature of the pecking order in a family for example, where perhaps the oldest sibling has an unequal amount of control over his or her brothers and sisters. There is a desire to see the object of one's authority in a favorable light, as this allows the conception of the world being a good place to continue. There is a strong desire not to see the negative, not to face that which exists quite plainly for those with eyes to see and ears to hear. Many of you have lost your ability to speak, have lost the energy in the throat chakra, by failing to grasp the information that is present in your mind and taking an easier path of watching television for your news rather than studying those sources that are easily available on the internet and in certain venues of talk radio and satellite-dish television. These issues are only relevant insofar as they are the current catalysts that are the architecture upon which your lives are being led. May we point to the persistent cyclical nature of these events and in so doing explain that what we speak of now is as but the current foundry in which the steel is being hammered into swords rather than plowshares. This foundry exists whenever the populace of third-density [feels that a] vortex of being separate from God exists. Once this connection is again reestablished with oneself inside, there is the extrication of external authority figures from one's immediate influence and this is one aspect of the maturation of the soul.

The soul coming into maturity accepts self in spite of the apparent inconsistencies that are set before the entity. The deeper core of this realization is that the clock is ticking and each one of you is wearing a watch. On some level you all understand that this is the end of a cycle and that the changes that are occurring such as the nearly 300 tornados that occurred in the last week of your time, as we do this reading. [They] are symbolic of a change in consciousness that is happening. This change has been predicted for many thousands of your years of time as you measure it, Christian predictions only being a more recent example, and thus there is a deep knowingness that this is the last chance for third density in this current capacity. There is the often unwavering support for one's leaders despite the nature of nuclear holocaust that could be unleashed if there was not a greater degree of prudence of thought and action.

We feel that the entity known as Q'uo has more to speak on at this time regarding these "space pirates," as they have been called. And thus we transfer this channel. We thank you and we consider you to be our allies and equals in this quest towards infinite

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knowingness. Peace be with you in the light of everlasting love.

(Carla channeling)

We are known to you as the principle of Q'uo, and we greet you with great joy through this instrument in the love and in the light of the one infinite Creator in whose service we are. We thank the one known as David and the Three and honor them and may we say how much we enjoy working with these energies and how much we feel thankful for the ability to share in the energies of these entities and of each of you. We thank each of you for seeking the Truth, and not by a passing thought, but by setting aside a significant amount of time, energy and love to honor the hunger and the thirst within you for that which is true, beautiful and noble. For indeed, you are experiencing a life in the fire of experience, in the foundry, as the Three have called it so well. And we would use another name as well, the athanor, the oven in which the alchemist places a base metal and ennobles it by knowledge of those higher truths which come from higher to lower, from above to below, faithfully to limn the nature of archetype within the fire of the crucible of living at third-density incarnation upon you present time lateral of third density as you are experiencing it.

This is not what could be called the average or normal way of the ending or the graduation from third grade or third density. In the case of many other sub-logoi, third density's endings have been breached with considerably less difficulty. The so called "space pirates" that you now experience as what this instrument would call "the Bush Boys" have to a fair degree been able to reinvent and recollect many of the tools and many of the subterfuges of past incarnational experiences. And many [of the] fairly small group of influential American statesmen who are following "the Bush Boys," are also remembering and feeling comfortable within the structure of support for such ideas as this instrument would describe as tribal and second density in nature, and falling, then, into a pattern which has indeed placed this particular planet for the last good bit of your experience of time in this density on a local time and space system which is as cut off from the main track as any shunt.

The way back onto the track happens at this time to be the graduation of the entities who are ready for harvest from this planet. The challenge for all of those who feel called into service upon a global level at this time is to identify the purpose of the incarnation, to identify the best way to pursue this purpose and thusly to find the peace that lies within the self which has reckoned with both the situation that it believes that it has come to see before it, and the structure of—this instrument would say virtue—but we would ask her to pause while we find a more neutral emotional word for the way of the highest and best. This instrument has often been able to use the terms of knighthood: honor and chivalry, courtesy and that round table feeling of one for all and all for one. The *beau geste*[49] for many musketeers of Earth at this time is, from the round table of shared experience and concept, to create the fourth density by the way each entity within the round circle lives, moves, thinks and has its being. This is subtle work, yet each of you is, by this work, moving into the place within your nature for which you sought incarnation.

Now, you sought incarnation for several reasons. Many are the tales of suffering that have been spoken within this group this day. And many are those which have not been spoken. We may say that each within this group has, as this instrument has called it, experience in the "school of No."[50] These are all true experiences and excellent in their way. And it is the skillful seeker of spiritual maturity who reckons with these companions of the fire with enough respect and honor to sit with and keep company with these shadows of self, these powerful or troublesome indications that the self indeed has 360 degrees of self to experience.

This instrument has been encouraging each in counsel to investigate and get to know that dark side, for it must be loved also, and more, it needs to be disciplined and to be brought into the circle of self that is working together, for there are many selves within. And there are many voices that come to one who is seeking upon the path. Not [only is there] the voice of guidance that is primary to a certain entity, but also many other voices that, as an

[49] *beau geste*: A graceful or magnanimous gesture. [F, *Lit.*, beautiful gesture.]

[50] Carla: When Don Elkins and I first came together, I felt that I had entered into the school of No. May we be married? No. May we have a family? No. May we settle down in a home? It was a challenge for a 25-year-old woman who had intended firmly to have six children! Many preconceptions of what I wanted in my life eventually fell away because of this catalyst.

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entity moves through initiations and various levels of realization, will come and be attracted to that seeking self who is blooming in a certain way which calls to the sense of beauty or the sense of spirit, these two things being so close within fourth density we find trouble choosing our metaphors, which, by the Law of Attraction, bring these, as this instrument would call [them], angelic entities, these essences of spirit, these entities that are based upon purified emotion, into the extended family of guidance which increasingly becomes available to the entity that begins to take hold of the process of spiritual evolution and begins to make those difficult choices of what to observe, of what not to observe, what to pick up and what to put down. Indeed, these ways of becoming more aware of the true nature of the self are very important to the eventual success of the mission of each of those within the sphere of the planet Earth at this time and incarnation.

There is the opportunity for that which is already present, but in a very hazy way, to become locally strong. The Earth, with the continual putting of the hostility and bellicosity of many of its entities into the energy of the its mantle, has virtually no choice, as an entity of muscle and blood of its own kind, but to shift the heat that is occurring naturally into a far more balanced way within your planet, into those areas which previously had not experienced so much difficulty with heat below the surface of the mantle of the Earth. When one considers that the heavier materials of the Earth, the oils, the metals, have consistently and for a period of your years been more and more focused within your particular continent of North America, it may be understandable to see the increase in seismic activity for the Earth entity which this instrument calls Gaia is more and more finding it necessary to express some of this heat in ways that it would not have previously, because there was not such a concentration of the heat within your particular continent. The very comfort of your physical vehicles at this time has the potential of becoming greatly disturbed because of the simple lack of awakened and focused compassion that is that which is the prerequisite for bringing in whatever stronger help those vibrations of unconditional love which are as the tie-down points for, shall we say, the airplane or the winged creature of unconditional love. How can you tie down unconditional love, after all? It is infinite; it is mutable in terms of how the energy even expresses within your density.

As the one known as Carla stated, there are partial ways, so far, that your scientists have found to pin down the energy nexi of the incoming grid. There is only that portion of the science of consciousness which has been available to be examined by your scientists. The cosmic sector, as the one known as Larson calls time/space, only shows up as the infinitely changeable, yet always dependable presence of that which cannot be pinned down, cannot be solved, cannot be located and reined in. Rather, it is a harmonic and each of you are as the tuning fork. If you begin to start your own "tuning-forkness," your own emotional essence, vibrating in unconditional love, and allowing that vibration to continue. all of those within your purview have an opportunity, of which they may be unaware, to allow that portion of them which vibrates at that level to join you … And so you have the experience of entities who are able to be seeds of light and love, who seed a group and, by focusing on love alone, are able to begin the process where one heart fires another into spontaneous harmonic vibration as a resonance of that first heart that has found infinity and then another and another and another begin to light up.

This instrument saw a movie, as did the one known as E, in the previous diurnal period. And within that movie there was the vision that this hero within the movie had of all of the entities upon the planet, all of those who were unawakened, and all of those who had begun to change. When this instrument was very, very ill and in the hospital fighting for her life, as she prayed she began to see precisely the same kind of vision but it was the vision of all of those who were praying, not necessarily for this instrument but simply praying for all of those who were suffering. They shone in millions and millions of lights, and there was hope and certainty there that was precious and miraculous in this instrument's process at this time. And indeed, was one of the keys to her rapid rehabilitation from that point.

And this instrument has also seen that there was an entity who was forced to mutilate itself by removing its own arm, for it had been trapped in the mountains by a boulder upon its arm. This entity also, in the powerful and challenging situation of pain and survival that this entity faced, prayed. And when it did so, it also reported the same vision of all of the souls that were like lights, millions and millions of lights, that were lighting the planet

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keeping watch in the room of prayer that is common to each of you in this circle; common to every entity upon the planet; common to princes and paupers, Afghanis and Iraqis, and wealthy, wealthy Americans, and every other entity: intelligent, barely sentient, and everything in between, that lives and breathes and has taken a body so that the ensouled entity within may gain experience, may go into the furnace and may come out of that furnace with a gift for the infinite Creator of dearly bought and precious experience, and more than that, dearly bought and infinitely precious emotion. Never doubt the importance of those emotions that move beneath the surface of the situation, beneath the anger, beneath the grief, beneath the emotions of any descriptions which are easy and come immediately to mind. And indeed, simply sit with those first shallow reactions watching the self at work, watching the triggers go off, watching all of the playacting that you have learned to do in order to cope with a very difficult environment and a heavy illusion.

If you have the patience to watch *through* the processes that the mind puts you as an entity through, you may come to these peculiar moments of awareness, as this instrument would call it, where you are beyond the details and into that spacious part of the self that moves beneath that dense geometry of the surface experience into the much broader and more mystery filled caverns, mountains and ranges of the archetypical mind. This works, for the most part, on image, on myth and idea, and the connections that create new places within the mind. So each of you is extremely powerful to deal with this somewhat discomforting situation as you gaze upon the Earth plane. Each has the capacity to generate focus, to generate intention, and thusly to open the door to such disciplines as maintaining silence, reaching through that silence to ask, and then finding the discipline to wait in faith for the movement of spirit.

At the same time, may we say what a joyful thing that we see in each of your hearts! There is a joy, a feeling: "*that now I believe I may have the possibility of service*," true service, beyond the self, beyond time and space. And we say to you this is the time that you have waited for, in many ways, for each of you. This is the time of opening and flowering development. And we find our hearts so full of pleasure and joy in sharing a bit in the experience of your awakening that we cannot express it.

We feel that we have spoken long enough for this group at this time and would ask the one known as J which the one known as Carla set this up with beforetimes to read that query which comes from the one known as B.

(J reads a question from B.)

"It appears that the fourth-density harmonic grid forms the requisite structure for social memory between living organisms. Can you confirm this? And please feel free to make any comment that you feel would be helpful without infringing upon free will."

(Carla channeling)

We are those of Q'uo. And we find that, as this instrument said in her perfectly conscious state, there is some knowledge missing which would helpful for a responding in specifics to the one known as B. However, we will use this instrument for a while before we transfer this contact back to the one known as David and the one known as the Three.

The concept of social memory, while in a linear way perfectly understandable, is less understandable in terms of its venue, its place of occurrence. It occurs within what this instrument would call the cosmic sector. And yet the cosmic sector appears within third density only by anomalous behavior recorded in otherwise traditionally and classically accurate experiments having to do with the Einsteinian view of the universe. Thusly, the concept of social memory has anomalous characteristics. It may be said that such forms training wheels for social memory and creates the necessity for learning. However, we may say that there are other approaches—or another approach—which also yields social memory. Perhaps we could look at the two as inner and outer in their pathways. Or in another way we could say that the local, as opposed to the cosmic, both have their ways of developing fourth-density characteristics.

With that said, we would transfer this query to the one known as David and incidentally, as we will not speak with each again through this instrument, we leave each at this time with many, many thanks in the love and in the light of the one infinite Creator. We are those known to you as Q'uo. Adonai.

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(*David channeling*)

We are those of the Three, and we greet you in the light and love of the one infinite Creator. Bear in mind that the verses that are uttered at this time bespeak of distortions that are unavoidable due to the mismatch between your current physical conceptions and those of the templates of universal consciousness. As the one known as Ra has stated: Understanding is not of your density and there are those elements that remain inscrutable. With this disclaimer in place, we may enunciate further on this query.

The geometric structures so often sought after in your sacred science teachings, whether secret or public, have their importance as the solidified forms of vibration, and this is the ultimate point from which all other queries branch. They, i.e., the geometries, correspond literally to the solidified essence of light or sound, if you will, and the civilian victims of a holocaust may not be likely to understand such pains as can be wrought by the separation from understanding that comes about when this important truth of creation is lost once again. Your crop formations have been given by the Confederation to help enunciate the importance of these structures, for as a mandala of thought, they are unsurpassed in the capacity to align one with the vibrations of the one infinite Creator. It is for this reason that many of the cathedrals in the European continent have been built by those of the Knights Templar to utilize this system of sacred geometry in their construct, as have the temples themselves. The cloak and dagger capers that have occurred within self start to be erased as the geometries are contemplated and the greater capacities for self-acceptance are made clear in that transformation that then occurs.

The geometry itself corresponds to a crystallized consciousness template and therefore is indeed crystallized thought. Thoughts manifest as vibrations of neurons, if you will, in the electrical pathways therein. And, it has been discerned by your scientists that these neural pathways are holographic in nature in that a given sector of the brain is activated contemporaneously with other sectors and thus the information of memory is stored holographically rather then linearly in one area such as the pons or the cerebral cortex or medulla. With respect to the structure of the thought forms it will be eventually discovered that these energetic pathways are geometric in nature and this is the essence for the roughly spherical orientation of the brain itself.

The neural information is a nested structure of geometries with infinitely intricate and ornate patterns that subdivide within the major geometric gestalts much as could be seen in the patterns of a paisley shirt, as this instrument calls it. These fractal patterns are also typical of what is seen on your Earth itself based on the positioning of conscious intelligent entities, whether in the form of your body complexes or in the form of second-density life including that of the vegetative nature. And so in the duplication of the ability to respond to this geometry within each soul comes the strengthening of the particular ornate inlay work on that aspect of the grid allowing there to be reconciliation in that area causing the oppressive heat to be released in such a form.

Much as the grid exists in a bare-bones skeletal fashion it forms the template for the structure of continents on your planet and in turn forms the structural regions known as mountain ranges, based on the energetic upwelling of the core magma that then punctuate the lithospheric area, as this is known, forming these structures of passive energetic generation, causing the energy to be released into the atmosphere much as would a firearm release a projectile if not duly taken care of to avoid such energetic releases. The mountain ranges can also be chaotic in their activity as can be seen in the Flatirons in that region known as Boulder, Colorado whereby there is obvious evidence of a sudden breakage of the crust, causing a rather violent disturbance in the geotectonic outlay of the corresponding structural intricacy of that area. These mountainous formations come about when the energetics of consciousness have not been duly grounded by the aspects of selfhood known as third-density entities and thus the formative structures of fourth density consciousness have a great degree of importance in how they are corresponding to the relative efforts being made by entities in a given area.

May we state that the power of prayer can be utilized much as the shoebox organizes a pair of shoes not yet walked upon, to then box up those loose energetic vibrations in areas where the physical presence of entities is otherwise not possible, such as in the Siberian regions of the Asian sub-continent of Russia. With these abilities for prayer to cause a structuring of chaos in given areas comes also the

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lessening of disturbances to your planet by virtue of this release that occurs.

It is the release of each soul's condemnation of self that forms the elastic to allow this grid to bend and fluctuate in an appropriate fashion. The movement into fourth density is a swelling of the physical geotectonic size of the Earth, if you will, with the corresponding increase in intricacy of the grid matrix substructure through the ornamentation of the given geometry in its blossoming, flowering formation to a new structure. Thus, the Becker-Hagens unified vector geometry 120 polyhedron, as it is known, is indeed a structure that will continue to provide accurate coordinate information as it then evolves or flowers into the corresponding formation, as can be seen in the evolution of the Earth whereby the original landmass was subdivided along the equidistant points known to you as the tetrahedral formation. And these points continued to be vortices of influx of energy as the cuboctahedral and now icosadodecahedral forms then took its place. Similarly, the essence of social memory is one wherein souls form a collective, as there is a geometric structure to consciousness within the brain and within the greater soul matrix at large, based on the instreaming of different chakral regions.

There is value in seeing the grid as the template of consciousness for the social memory complex, if you will. We do ask that you recognize that there is a disparity between the degree of completion of the grid itself and the degree of completion of those who would exist on said grid even in the formative structure of social memory. And thus one could think of this grid as being a *library of light*, an everlasting template of information which does then lead to the formation of consciousness. But, much akin to your internet, [it] cannot be searched in totality due to the degree of complexity within said structure. And thus the interface between entities on the planetary grid and the grid itself is not one to one, but rather it is akin to the prop or support structure through which consciousness is then informed by experience. This may help to enunciate more completely how these structures of consciousness emanate from the realm of light into the temporal fluid crystal form of geometric template, then into the mind/body/spirit complex of the entity itself as it struggles to form a unity with other entities.

In this capacity, then, the car pulls out from the garage and the free will is utilized in the journey through the awakening of self with the understanding that the car is garaged at the end of such sojourning. The garage for each entity is that area in which it lives upon the global grid and therefore each sojourn out from the house forms another loop or whorl in the structure of energy on the grid itself. Thus you can indeed thread the beads together of different areas on your planetary surface and in so doing form that string of pearls that is of greatest price that can then be worn as the crowning achievement of the overlay of the super-consciousness onto the conscious templates of manifestation.

We appreciate the opportunity to share on these matters of great importance to your planetary evolutional catalyst, as it is a deemed to be essential that such a grid be worked with in the capacity of the healing of the informational structure through the correspondence of the healing of internal landscapes therein. In the ancient lore, various cultures corresponded to certain aspects of the zodiac, if you will, and this has to do with the geo-astrology, as this science is then known. Therefore when certain astrophysical influences flow into the grid there are those given geometric areas that have an activation experience. And thus when this geo-astrology is understood for given areas, it can then be used in concert with the sign in which given planetary conjunctions are occurring at a certain time. Thus we would ask that you watch for these conjunctions of less than spurious nature, with the understanding that those areas will then be energized and the corresponding Earth change events will occur if there is not a fully awakened consciousness therein. In this matter then, a form of spectatoring of possible advance disaster may be undertaken and the prayer power utilized to form the shoeboxes, or the healing balms for those particular areas of the grid. We speak of "b-a-l-m-s," not "b-o-m-b-s" as this instrument has spoken, as the bombing is not a healing by any stretch of the imagination.

We thank you and want to remind you that you are loved more than you could ever possibly imagine, bearing in mind always that it is yourself that seeks this love. What you feel, of God being abandoned from you, is truly the sense of God in the self that wants so dearly for you to reunify. It is that loneliness that you then project onto the others

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around you and seek their acceptance fittingly. Whereas indeed, if you can find that peace that knows no boundaries within one's self, all others will, by their very nature, be correspondingly resonant with higher aspects of the conscious self and in so doing heal the apparent indiscretions that have persisted in what you would think of as the past. Thus by transforming oneself the holographic reconstruction of one's external environment is made complete. And by extrapolation we are referring to your grid, and [the] Earth at large.

We thank you. Peace be with you in the light of everlasting love. We shall exit this instrument and require a period of approximately one and one half of your minutes of time to reintegrate this consciousness into physicality. We thank you. Adonai and amen. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
May 18, 2003

Group question: Our question this week has to do with how we can maintain our spiritual centers in our desire to seek in a spiritual sense, when there are so many things in the world around us to which it seems to be necessary for us to pay attention in a very focused fashion, whether it is the children that we are raising, the family to which we are relating, the job that we are working, or the friends with whom we wish to interact. We would like any information Q'uo could give us about how to maintain this balance between the worldly things that seem to take so much of our time and attention and the spiritual things that we have to work so hard to make time for.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. May we say what a great privilege and pleasure it is for us to be able to share in your circle of seeking and to be asked to share, as well, our opinions concerning the balancing of the busy life between the two worlds of doing and being. In order for us to speak freely we would ask one thing of you and that is that you exercise the most stringent discrimination in listening to those thoughts that we share. We are not those of authority but rather those who are your neighbors, your friends, your brothers, and your sisters.

We have perhaps walked, in your way of thinking, more miles along the road of spiritual evolution, yet we are not those who have infallible opinions, but rather those who are like you: pilgrims upon the road, those who seek the truth. Therefore, in order for our reassurance that we are not infringing upon the free will of any, we would greatly appreciate your using the utmost discrimination in judging whether or not the thoughts we share may have some use for you. If they do not, please leave them behind.

We gaze within this instrument's mind for the flavor of the experience about which you question in this session and see that this instrument, as all of those within this room and indeed within your culture, has a marked tendency to find herself physically running out of time, not just from time to time but in each and every day, before the list of things that were hoped-for-being-done within that day is finished. And indeed, often in this instrument's mind, we see the rueful assurance that a hard working and productive day can go by completely full of hard work yet without even beginning to cross an item off the list of those things that the instrument thought that she was going to do that day. Indeed, the illusion is quite efficient in creating ever more confusion and ever more catalyst for growth, learning and service. As the one known as V has said, the universe is doing its job.

It is our feeling that each creates, before incarnation, a plan for those themes of choice within the

incarnation to come being set as default, repeating markers within the life experience. Whatever the lesson of service is, whatever the lesson of learning is, these things are provided as if they were food. Sometimes the food is black and bitter fruit, or so it would seem within the physical life. And yet this fruit is that which is prized in terms of its effectiveness in placing the essence-within-the-entity in situations in which the themes of the incarnation may be explored, and that which M called the processes of spiritual evolution may take place upon whatever level.

Certainly, most of the solid, serious work of spiritual evolution is done with conscious intention. But for the most part, in terms of the content and the substance of the work done, that work is done below the level of consciousness, fed by the intention as if the root or source of the stream were within the mental/emotional/spiritual worlds, shall we say, but springing forth into the life in terms of experience, intuition, dream content and so forth. Consequently there seem to be fountains of events of a certain type that periodically or perhaps constantly just keep coming, keep springing forth. And together with those sprays of the water of catalyst come sprays of the minerals within that water which are emotions connected with the events that are occurring, so that as you, as a soul, are flowering, these rains of catalyst and emotion come to feed the fertile soil of your learning. You have every opportunity to grow that crop of knowing, that crop of realization, what this instrument would call "grokking," that these themes that spiral again and again into the life experience help one to explore.

Let us take a step back now from this query and look at the entity that each of you is and how that entity experiences, or experiences not, what it sees, and stores in memory. Neither the present nor the past is in the kind of sharp focus that they seem to be within the physical illusion. The one known as D has pointed out that we do not see with our eyes nor do we hear with our ears. Rather, there is a kind of composite that is made up largely of pre-assumed vision, which fills in the background of most entity's organs of awareness[51]. But one is not seeing it clearly, indeed one may not notice a great deal of what one is gazing at because of the way the mind receives data and forms it into a picture.

The structure of memory, similarly, is such that the true memory is being harvested to the soul quality essence or higher self of each entity and only the shadow of the experience, or shall we say a copy of the data, remains within the bio-computer of the mind. Consequently, much that floods the awareness is the result of poor or actually incorrect information. Therefore, the task of untangling one's organs of awareness from pre-assumption is a difficult one, a lifelong one, and one that cannot be done without help.

We encourage each in this wise, then, to pursue those resources that will aid in allowing the mind to reassess each pre-assumption that can be found within the mind, assessing it anew for its accuracy, its place within the value system which you enjoy and so forth, giving the self the chance to look anew at all of those things which you are quite sure you have gazed at already and concerning which, [you have] come to a settled opinion. Always, there is new truth for you in situations which are puzzling you. Always, there is a great deal of fertile growth which may occur rather quickly in understanding a certain structure which is puzzling, such as the challenge of the childrearing about which the one known as M was speaking.

The instinct is to assume, since one is within a physical body and it seems quite obvious that one is a limited entity and must take care for the self as a frail and limited entity, that one must be strong, one must be sturdy, one must be upon one's guard at all times. Upon one level this is completely and absolutely true. Within the illusion, in terms of extra pairs of hands, when there is one parent in a house with children, those hands need physically to be looking out for those children, doing what needs to be done for those children, and so forth.

However, your query concerns the state of mind within which these duties which are so dear to the heart may be done. It is not the chores themselves, as we gaze around this circle, that seem to be troubling the mind of any within this circle. Each entity within this sitting group seems to have a strong

[51] This refers to the fact that we "see" through a digital process within our bio-computer minds which assumes, from general details of the sight presented to the eyes, the background to be of a certain place, and places that in our sight only vaguely, zeroing in only on details such as the identity of people in the eyesight range, what they are wearing or holding, and whether there is danger in the scene.

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yellow ray, or physical/environmental presence. That energy is flowing well. There is not the begrudging of the working time, or the dislike of that which one is doing, to be stumbling block to enjoying that time of labor to which each has committed the self. Rather, it is the experience of each that the physical doing that consumes the time within the day also seems to consume that space within the mind, the heart, and the being which is spacious and has that feeling of comfort and emotional security which gives one that point of view which is full of joy, cheerful and simply having a good time, having what this instrument would call fun with whatever one is doing. Once an entity has moved through those reexaminations of the default settings of the mind, shall we say, one is then perhaps more in touch with where the self meets the process of spiritual evolution today, at this time, at this instant.

Then the soul may begin to become conscious about its choice of points of view. The choice is not what it seems, for it is not the choice between one mental view and another. It is not a choice that can be pinned down to thinking one way or disciplining oneself to behave in one certain way. Rather, it is a growing awareness that the self is magical and the environment of the self is also magical. In the realization of the profundity and the depth of that magical self there comes a realization that much of the most important part of you, as you view yourself and your gifts, is impersonal, that you are living a personal life with perhaps 20% of your energy and living an imperishable, impersonal life with by far the majority of the life energy that is invested within the personality shell which entities relate to as each of you.

You are so much more than you seem. And so much of what each seems to be is only the shadow of the essence of the gifts that are burgeoning forth from that fountain of catalyst and emotion. Each gives so many gifts that each is unaware of through each day. Within the confusion and the turmoil of the rat-race, the crowded schedule, the endless chores, there is no end to the interaction which each has with all the inner sub-densities of this particular experience which you enjoy at this time. At the level where the resource of intent is most effective, intent may be set in such a way as to call in help which is unseen and which is the other side of the story of that physical persona which is flesh and blood and has only two hands and must be responsible. This help has no hands, has no feet, and for the most part it has no voice. This help is unique in its pattern, its structure, and its way of communicating to you. For each of you is a very special and eccentric kind of "energy ball" that draws to it, because of its beauty, entities from the inner planes which this instrument would call angelic, which wish to help. They wish to help with gifts of spiritual presence, inspiration, laughter, healing, and any number of invisible yet very real sub-rays of that sun of love, that Logos of unconditional and infinite love. They will not aid in doing more chores more quickly, but rather the help, when remembered, is as that blessing which pours like rain upon the thirsty soul, smoothing and washing away the corrosive acid of catalyst and offering the healing balm, the inner touch of that company which touches the heart, enters the heart, and settles there, spreading like the balm of Gilead the feeling that all is well; in the midst of this chaos, all is well.

This instrument at one time had a motto that hung on her wall and it said, "Bless this mess." And we find that the energies involved in this sentiment have a good deal of the energy of which we are speaking: that feeling that it may look as though I am alone, and yet I am not; this may look like a mess and yet it is a blessing; this may look like confusion, yet all is well. The key to this expanded kind of awareness is remembrance. It is very helpful, as the one known as T said, to place within the consciousness little helpers that bring the mind back to the vital questions, "Who am I and what am I doing here?" Quite often, "Who am I?" is a very provocative question and very pointed. "Am I the mother? Am I the seeker? Who am I? What am I doing here?" Usually when that question is asked it is in the context of a relationship. And we may say that a shortcut to the second question's answer is to know that love is always the reason that each entity is in a given situation at a given time. Consequently, the question becomes, "Where is the love in this moment and how may I witness to it?" When that realization comes, the ensuing action carries with it the energy of soul growth. For in dealing with the practicalities of the small significant life, the fundamental bases[52] for that life have been invoked and, consequently, the energy body is balanced within the awareness of identity and purpose.

[52] Plural of "basis."

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We realize that it is most easy to lose sight of this identity and this purpose as being fundamentally spiritual and, consequently, if there are the heard signals within the day, such as this instrument's memory of noon whistles and bells to mark the beginning and end of classroom periods [or] the tones of the clock as it marks off an hour, this kind of sound is a good trigger to place within oneself, so that when one hears that noon whistle, one has a moment of memory and remembrance of who you are and why you are here. It is tremendously centering to have those moments of recollection and truly they need be no longer than a second or two, for to the soul who is eager the possibility of returning to that place of remembrance brings forth a quick and eager response.

Within each entity there is a link between that which is measurable and that which is not. Within the measurable world, within the daylight world of consciousness, entities have the opportunity to choose what they wish to intend. It is a choice which then may be held in remembrance, in intent. If, for instance, one goes into the sleeping state with intention to remember the dreams and explore them, that intention begins to have strength as the new resource is used. If one goes to bed and places a glass of water by the bed and then, holding that glass, one places the intention within that water that asks what this instrument would call the inner alchemist to supply those things that are needed for the next day, and then one takes the time simply to drink that water in thanksgiving and praise and in gratitude for the gifts that have been given, that intention sets into motion powerful energies which use the crystalline nature of the water to magnetize intention. Any opportunity that you as an entity have to remember such intentions are important to you. [As you] simply think upon them, each thinking drives the intention deeper into the subconscious processes that are powerful to prevail in the ways of developing spiritual clarity within one's life

Remember that the deeper self is seeing a different kind of light. The inner self is already dwelling within that state of knowing which exists within all densities but your own. The plants, the animals, dwell in a state of complete knowing that all is one, that all is in harmony, that all is working out as it should. Those within the angelic realms of your planet are also full of this consciousness. It within the physical illusion, that is made with the light of photons, atoms, molecules and much, much of what you call space creating this vast illusion that you now enjoy, that power is limited within the physical body. Within the mind, it is operating as the second density, as the fourth density, in a state of unity and awareness of infinite consciousness. In that light there is no space. In that light, there is more peace. In that light which is that shown by unconditional love by the open heart, the stresses that wind one up like a spring are released gently and repeatedly as the moments of remembrance circle around and a deep breath may be taken in and out, pulling in the oxygen to the mind, pulling in remembrance to the intention. There is no physical action that is proof against the consciousness that is hungry to remember the vibration of unconditional love. In the seeking for that one great original Thought of love, the seeking itself develops its own answer within you so that as you seek, already the answer lies within the open heart.

We would at this time rest this instrument, for we feel that we have perhaps said enough on this subject to generate other queries and, consequently, we would at this time leave this instrument and transfer the contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the capacity of speaking to any further queries which may remain upon the minds of those present. Is there a shorter query at this time?

J: May I ask about something that came up in the channeling? It seems you can prepare yourself [for the] next day by thinking about what you're going to do before you go to sleep at night. In other words, let it work out through your dreams. Is there anything else that can be said about that, about the dreaming function and how you can best focus your attention on it to use it to work and serve and grow. If there are no other questions I'd be interested in hearing more about that.

I am Q'uo, and am aware of your query, my sister. It is well, if one wishes to work with the dreams, that one indeed prepare the self to do so. For in working with the dreams, one is working with the deeper

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portion of one's own conscious and subconscious mind. At this level of awareness there is a perception of experience as a whole. There is the unification of that which seems broken to the conscious mind that resides within the deeper portions of the mind. And as you are able to work with this portion of your own mind, you develop a pattern or relationship which can be built upon, expanded and relied upon in all future endeavors. It is well therefore to, shall we say, convince the subconscious mind that you do indeed wish to seek that treasure which it has to offer. This may be accomplished by simple things that are repeated; that is, [make] the suggestion to the conscious mind, to yourself, as it would seem, that as you retire for the night and enter that state called sleep, you wish to remember those dreams which follow and that you have indeed prepared yourself to work with these dreams by placing, next to your sleeping position, the necessary writing utensil and paper or pad upon which you may record the dream upon waking. Perhaps, as you are more adept at this work, one or two or more times during the night you will be able to write the dream upon the pad, so that when you awaken in the morning, there is a written record that will, shall we say, jog your memory and allow you to access further information as you begin to ponder the dream, to think upon the dream and to record the dream. Record all impressions that come to you at this time and when you have more time later in your daily round of activities, perhaps you will be able to meditate upon the dream, its imagery, its message, [and] its importance. If you are able to make this time in your daily round of activities for this process, then you will find that the subconscious mind gives more and more symbology, more information, that you may use to unlock, shall we say, other doors within your mind which also have information which is pertinent to your query.

Is there a further query, my sister?

M: Is it okay if it's unrelated?

[I am Q'uo.] Mm-hmm.

M: My husband is having health problems and I wanted to try and heal him. But I feel for some reason that I'm not sure that it's okay. I don't want to infringe on his free will even though he says it is okay. For some reason I am holding myself back. I don't want to interfere with his free will. I'm wondering if you can shed some light on that.

I am Q'uo, and am aware of your query, my sister. Indeed there is the concern for free will in this instance, for there is a portion of your own being which is not certain that this is the course of action which you wish to follow. It is first necessary for you to make this decision within yourself and perhaps the working with your subconscious mind though the dream recording is a portion of that process which you may utilize.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo. We are once again with this instrument. Is there another query at this time?

M: Well, I guess I do have another short one. You had said that I have to ask myself if I have any further blockages, and I know I do. For some reason I'm hesitant to try to do healing. I feel like I'm not qualified to do it. I think it's because I don't feel like I know enough to do it. I seem to have a particular blockage about healing. I'm not sure where it's coming from.

I am Q'uo. We will speak a few words further upon this topic but do not wish, ourselves, to infringe upon your own free will, my sister. As you examine your own opinions concerning healing in general and your ability to accomplish it in particular, we would recommend that you employ a process of essaying, so that you might write down the feelings that you have concerning this healing process. Explore upon the paper that which is upon your mind and within your heart. Allow this process to become a portion of the working with your dreams, so that there is a dialog which is set up between your conscious and subconscious mind. In this way perhaps you will be able to reveal to yourself that which is the major blockage that stands between you and your ability to heal, which, we may comment, is substantial.

Is there another query, my sister?

M: No.

I am Q'uo. We thank you for your query. Is there another query from anyone else?

D: I'm being asked to ask a question in the form of a riddle. It's not transient. This riddle relates to all the questions of the entity, M, and the content that we've talked about. It's phrased in symbolic language: "What is the difference between the

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symbol of a sphere and the symbol of a washing machine as it relates to these questions?"

I am Q'uo. We shall allow the one known as M to "work" the riddle. Is there any other query at this time?

V: On a more humorous note and purely transient … Hiccups seem to be obviously catalyst pointing to some function that's going on in the person's being or mind, but is there a physical reason for them?

I am Q'uo. And though we are aware of your query we are unaware of the ability to express an appropriate response.

(Laughter)

V: Thank you, Q'uo

May we ask for a final query at this time?

Carla: I'll just ask the question that I ask from time to time. And that is, do you have any new thoughts upon the adventures that I'm attempting to embark upon? Especially as concerns the gathering of G and E?

I am Q'uo, and am aware of your query, my sister. We are most pleased that there is an effort underway to add to the ability of this group to be of service to others, for this time upon your planetary sphere is one which will require a great deal of effort for the healing of Mother Earth and the population that inhabits her at this time. For as you are well aware there has been a great deal of adversary relationship that has in many cases caused a movement away from the path many would have wished to travel before the incarnation began. Therefore, when any group joins in service to the one Creator, there is an increase in the possibility for all entities upon the planet and for each entity that seeks in service to others. As you seek together there is far greater chance that, as a group entity, you shall find that which you seek. For there are many entities who have incarnated with latent abilities that come to the fore when there is the opportunity to share in service with others. Each entity will add that which is his or her own ability to the group's energy and will find that there is a multiplication factor that returns the energy in a greater sense so that there is a dynamic ability to grow in ways and degrees that were not previously possible for the individuals within the group, for the group itself, and for the planet as a whole.

We are pleased to be able to work with this group, whatever its number might be, and we remind each in this circle of seeking that we are happy to join you in your private meditations, to help deepen the meditation, if you but ask or request our presence. We will speak no words but will simply offer our conditioning vibration in order that each may feel a deeper sense of the meditative state and a centering of the self therein.

At this time we shall take our leave of this instrument and this group. We are those of Q'uo. We leave each in the love and the ineffable light of the one infinite Creator. Adonai, my friends, Adonai. ✣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
May 25, 2003

Group question: The question today has to do with the concept of free will, as regards to how the Confederation of Planets in the Service of the One Creator has related to the population of planet Earth for as long as there has been a relationship. Considering all the dirty water, the dirty air, and the nuclear proliferation, warfare, disease, poverty and so forth that are rampant upon our planet now, especially after the graduation of the Harvest, we are wondering, are there any circumstances under which the Confederation of Planets would consider abridging free will and stepping in and cleaning up the air, cleaning up the water, destroying nuclear weapons, providing food and services for people that need it? Or is there some other consideration that we should think about? We would appreciate anything Q'uo has to say on that topic.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we are. We greatly thank this group of seeking souls for coming together in meditation and for calling us to your circle. It is such a privilege and pleasure to share your meditation and so heartwarming for us to be able to offer our thoughts to you, humble though they may be. As always, when speaking with you we would ask that you use the utmost discrimination in listening to and considering those things which we offer, for truth is a very personal thing and it is not our intention to remove the joy of learning from your path or to infringe upon the free will of that Godhead principle which is as yet under construction.

Your query this day revolves around that very topic of free will and so we are delighted to share some thoughts upon this most interesting and very rich topic of conversation. Firstly, we would look at free will without looking further than the creation itself. See the Creator-Self prior to the creation, which includes that which emanates from the Godhead principle in the many, many sparks of the Creator which you see about you as stars, planets and those entities about you who are yourself and other selves. In this pre-creation Godhead, the Deity's first distortion from absolute and complete unity was free will. It was this principle which allowed the Creator to ask, "Who am I?" and to follow through on that question by the very personal and utterly committed act of entering that question into the vibrations of Self which the Deity experienced upon asking Itself that question. That which It was able to think was the original Thought and that Thought, as we have said many times, was that pallid word, love[53].

[53] Carla: For those wondering why we do not capitalize the word, love, when it is used to indicate the Logos or Word which is the Creator, we refrain from focusing on this word, since it is so greatly overused in common, everyday language. The "love" that would be capitalized is a love far beyond the general usage of the word, which tends to be used for romantic, sentimental and casual feelings.

Now the love of a Creator is a love that cannot be said to be pallid for it creates, it destroys, it makes manifest, it hides, it is mystery, it is experience, it is nothing, it is everything. Yet this Thought has a certain vibration. This vibration has the power to create movement. Movement is that distortion that you call light. So Creator, then free will, then the Logos, then light, in the manifest universe. That is the progression we would describe to you as a way of saying that free will is not binding merely upon us. It is the first and primal characteristic of the creation of the Father, or that which this instrument often calls the Logos, or the Godhead principle. It is the nature of the Creator; it is the nature of the Creator's parts.

The question of intervention contains distortions along certain lines which we would like to explore. Your query had to do with what the situation might be within which we would find it possible or desirable to abrogate the free will of those entities upon your sphere which are imposing these difficulties and distortions upon the hapless remainder of the body of population of humanity upon your planet. However, this query is a query which in its very nature asks that which cannot be answered. For it is not possible for each of you to remove from yourselves the privilege, the responsibility, the honor, and the duty of serving as witnesses to the light at this location which you now enjoy at this time, and in this situation which you now enjoy.

Upon the level of the surface life, upon the level of your mass media and the details of politics and policy, it is indeed clear that your sphere is controlled by the few for the sake of the few and to the detriment of many. Gazing at the Earth sphere from the stance of spiritual responsibility or maturity, there is another picture entirely. In this picture, no power is given away to any thought form or actual entity. Rather, each is in relationship with the power, the discipline, and the focus of the self. Insofar as there is no discipline, then there is likely to be very little power. However, your environment is an environment in which the planetary venue was chosen and the ingredients of the life experience of each of you were chosen for an agenda which only peripherally involves the ways of politics, policy and power. In the outer sense, rather, each of you came here to dig a bit deeper within your particular bit of the Godhead principle, that which you have chosen to filter into incarnational existence within the carriage of the personality shell, welling up within the earthly home of your body, that structure that houses and carries you about. Each of you came here hoping to use the illusion's corrosive and harsh ways to thrash and pound and uncover the jewels of creatorship within the ore of self. Within the rubble of bits and pieces of the shale of the details of the day and the gravel of, "what I do for a living," there lie great jewels within each, undiscovered facets of self, undiscovered crystalline formations, nuggets of insight, awareness and realization. Many of these insights are very close to the surface and have been salted within the soil of your most available levels of subconscious mind by the self before incarnation, in order that each of you might have real fruit from the digging, real substance from the probing and the examination of the thoughts of the self.

When this work is done deliberately, consciously, and over a period of what you call time, the energetic body of an instrument of light begins to tune itself as would the piano tuner tune the wire. Tuning, tuning, until the pitch is right for that wire. Each of you has a true pitch and you are tuning that tone of self as you seek the way of the Creator within.

As you dig with a trowel of, "Who am I?" and the weeder of, "What am I doing here?" you are preparing the ground and planting the seeds that blossom into the gifts that you came to share, the essence of self [that blossoms into] the committed and loving compassion of those dwelling within the illusion but knowing that they are not trapped in the illusion. The one known as E reached for his pillows of Faith and Hope, those words written upon those particular pillows[54], and we encourage each to take those pillows, those words, those tools, those resources that hearten and strengthen each of you. For you came here to be strong, you came here to offer the power that is yours in active and personal compassion that reaches out and embraces the planet and its peoples. Not because there is a wish to rescue them or to change them in any way but because entities are there to love, just as the you are the object of the love that is all about you, not simply from those entities within the flesh that may express

[54] E had exchanged his throw pillows, which he was using to prop himself up with for meditation, for ones that had the legends, "Faith" and "Hope," saying that he had need of those qualities.

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love in their halting words but more, from those entities which are unseen and whose presence uncovers in silence that state of unconditional love in which the self can finally feel safe, secure and able to rest within that holy place that is the heart, the heart of self, the heart of the planet, the entity of self, the entity of [the] planet. Are these not one thing? Need we intervene to rescue your planet when there are millions of sparks of the Creator upon your planet which are capable of tuning themselves until they burst forth into the most beautiful and harmonious song of love that the world has ever felt?

Each of those awakening upon your planet at this time, and there are many, is awakening at a time when the aura of fear, terror and discomfort has never been greater among your peoples. Even under this barrage of fear and negativity, entities are awakening because of the service of those who are already awake, those who find ways to express the thoughts that encourage, and cheer, hearten, and strengthen the light within those with whom they come in contact in one way or another. It is easy to think very quickly of the performers, the singers, the dancers, those who are very visible in public situations as being good examples of those who use their power well. Yet, each time that the one known as G, for instance, offers heart and car ride and help to an entity whose name is not known but whose heart is, the universe has become a sweeter place. Each time that each of you smiles at the stranger who frowns at you, who offers a soft word in response to a harsh one, each gentle or loving act of friend to friend, as in the one known as J, who generously offers her bodywork to this instrument's most accepting vehicle, is making the world a more tuned and peaceful place in which to dwell.

One cannot address your world's situation, may we say, to use a cliché, upon the level of the rescue of third density. Entities shall move into early fourth density no matter what happens to your sphere as the density changes and [they] will repair the planet with the planet's cooperation. Indeed many entities even now are repairing their little bit of the planetary surface by loving and talking to the Earth, by cooperating with what this instrument would call nature deities or divas, by relating to the surroundings of self with the understanding that all things are alive, all things work in rhythm and in harmony, and all things except those sunk in the mire of third-density forgetting not only love each other but know that they are one. In this atmosphere, the possibilities of becoming a powerful, magical person are great and as the time sharpens the focus right unto the moment of birth of fourth density, there is in effect a fourth-density energy that is now as real upon your sphere as the third-density energy. It shows up within the physical world only by creating anomalous effects [in terms of physics' sub-atomic particles] but it shows up within the inner life of that wonderful multilayered being that each of you is in a much more clear and obvious way, as the interpenetration of the two densities becomes such that it is much easier for nature, or for the forces of coincidence, to work in order to bring things to your attention which you have asked to be brought to your attention. That is why, in the midst of such challenging times, such times of transformation and change, yet still each of you has had the feeling of entities helping along the way, unseen hands giving a boost and angelic guidance coming through unexpected and unusual means.

The *beau geste* of each of you at this time is, among other things, to reclaim and recapture your own freedom of will at the level of spiritual endeavor, at the level of will, at the level of choosing to become personally involved in compassion towards entities of flesh and blood and bone. Move into active compassion, focus upon the eyes within the photographs of the media rather than the details of horror and terror. Focus upon the process of souls learning, being transformed and being lifted away into new lessons and new densities. Many are those who have already been cleared, out of third density and into a fourth-density environment. Many are those who are coming back at this time with the altered DNA possible with fourth-density consciousness. The so called indigo children and crystal children are those who have already been harvested and have begun their new life in a new density in which they begin as the equivalent of an indigenous species, within the context of fourth-density life. Each of you has perhaps an overweening opinion of the gadgets and the trickery of the present level of technological expertise of your peoples. Yet, indeed, the next level of expertise flows with cooperation with the light rather than control of the light and this in turn opens those abilities which create the impression that that which you think of [as] advanced technology is, in fact, the knife, the flint pounder, the fish hook.

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Much simplicity lies in true love. Living in this simple atmosphere of the open heart, entities are able to do precisely that which they can focus into, love with all their hearts, and release all attachment concerning outcome. This instrument, for instance, has great hopes to serve the planet by the campaign of information and persuasion which would coax all entities into tuning to that harmonic tuning of love and light and personal compassion which is the true tuning for you. Yet she is aware that, of herself, she can do nothing. But what she can do is pray, daily, sincerely, wholeheartedly, "Creator, teach me your ways. Show me the path that you have prepared for me to walk in." This in a sense is the giving over of the power into guidance, yet it is the taking of power to ask for guidance and to use it. This is a different matter than asking to be rescued because each feels powerless before the problems of the world. We assure you, in the ways of spirit, each is profoundly powerful and as each becomes aware of the dynamics and the strength of groups who are together tuning their will to love, this power and this *beau geste* shall come clearer and clearer into the vision, so that it can be seen in ways that are difficult to describe but very real. [The vision is] that the truth can never be hidden, that the light has never been extinguished by darkness, that all is well, and that there is the profound satisfaction and the responsibility of knowing that the combined energy of groups such as yours, in coming together to affirm love, light and unity, have already made a tremendous difference in the progress of this shift into fourth density.

For two decades of your time at least, we have seen what this instrument would call the rubber band effect, as the light generated by those who are awakening affected the planetary shift. So that it was as if the band was being released very slowly, by a tiny increment each time. This is the reason for the many earthquakes and other changes in the planetary experience, none of which is so earth-shattering that it does indeed shatter the earth or remove the general population. Those who have been actively involved in this lightening of [the vibrations of] planet Earth are perhaps five percent of the population and yet much has been accomplished because of a few. And that few has begun to grow exponentially as more and more entities begin to wake up and then, by their influence, begin to lighten the atmosphere around them to enable others the freedom from fear which it takes to begin to wake up.

It is not for you to give up your free will nor for us to intervene. Rather it is for you, each of you, to move internally from the third-density perspective to the fourth-density perspective, gazing at this Earth sphere of yours with a fourth-density perspective. Each has a very sturdy point of land to stand upon to gaze at the chaos of your illusion. That land is the firm *terra firma* of the truth, that which you know. What is it that you know? What is it? When you dig within yourself and come to the center, what is that that you know? It is the Creator. When all is taken aside and the last veil is parted, that which lies within your heart, that which is your very nature, is the infinite Creator, waiting for you. And in that place of the heart, with the Creator, in that tabernacle of the spirit, the difference between your free will and the Creator's free will falls away and there is a love that exists that balances, heals and restores. We encourage each to spend as much time as possible in the precincts of your own heart. For even a moment in that holy of holies that lies within informs and enlivens the day, the experience, the reality, if we may call it that, for an entity.

By free will each of you decided to come to try to make a difference—for yourself by learning, and for the planetary light by serving. These aspects of learning and service intertwine like the ropes of a strong ship's hawser and cannot be taken apart. Living, learning and serving, are all wound in together and there is no telling when one stops and where another begins. We assure you that all is well with your people. The harvest has grown substantially and we are most pleased to see the situation as it is. From our standpoint things look very good. The vibratory energy of your planet begins to lift. Much has been accomplished. Much has been begun of goodness and substance. It remains for those of you awake to be aware of this time and its possibilities, to follow through day upon day, and act upon act, year upon year, and thought upon thought, decade upon decade, and realization upon realization. That is the real heart of the job, the mission. The service is in the being, and in the being lies the tuning that will bring the Earth and its peoples to health within early fourth density. This is early fourth density, you vibrate now in fourth density. Certainly your third-density vehicles are having their challenges in accommodating the new vibrations. And yet the body is the creature of the mind. And as your consciousness begins to feel comfortable swimming in the waters of

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unconditional love, so the bodies shall find themselves more and more able to enjoy fourth-density vibration.

It is in your hands, each of you. We would not take this learning or this service from you. The energies of your planet at this time are, as this instrument has heard it described by her teacher, off on a side track: a time lateral. The train of yellow-ray third-density Earth has been shunted into a lateral experience by the determined and repeated actions of what this instrument would call the Sons of Light and the Sons of Darkness, or those who promote peace and joy and those who promote war and suffering. In the outer sense, these few entities have again and again, upon other planets and upon this one, in many different societies, chosen the ways of war and chosen them for reasons unknown to themselves; being manipulated by those far cleverer than they, who use the suffering and the pain of third density, in its endless repetition of war, as food. It is time to stop feeding fifth-density entities who feed on fear. The only way to move back onto the normal time track of this planet is to find ways to lose fear and to respond to all situations not with hesitation but with confidence, not with the feeling that something needs to be done but with the knowledge that something is being done. It is being done with the mind and with the heart. The power of each to help each in these realizations is great. We are most pleased to encourage each to listen to and to respond to each as the seeking and the processes of learning go on. Each is teacher to each and there is a circle of learning.

We would at this time leave this instrument and transfer this contact to the one known as Jim, for there are questions within this group and we would like to leave this instrument, as her energy becomes somewhat low, and to use the one known as Jim's rather more capacious physical energies, although we do find that there is a limited amount of energy within the circle of all of those at this time. Consequently, we would thank the one known as Carla and in time transfer this contact to the one known as Jim. We are those of Q'uo, and we leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves to speak to any further queries which may yet remain upon the minds of those present. Is there another query at this time?

G: Q'uo, if it's not too large, I would like to know, metaphysically speaking, from your perspective, from love's perspective, what happened in the middle of the last century when the Hindus and the Muslims set down their weapons, ending a downward spiral of violence, death and bloodshed in order to end Gandhi's fast, in order to save him from the termination of his own life?

I am Q'uo, and am aware of your query my brother. We find that this experience was one in which there was a great deal of the opening of the …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and we are again with this instrument. We shall continue.

These two great faiths, the Hindu and the Muslim, had through the actions and the service of the one known as Gandhi been able to appreciate this entity's open heart to the degree that they were willing to set aside age-old differences in order that this entity whom they revered so greatly might stop his fast and continue to live among them. For it is well perceived, when there is an entity such as the one known as Gandhi who has opened his heart to that degree, that there is no boundary beyond which love cannot be given. This entity was successful in opening his own heart so that the will of love moved through him in a way which was easily recognized by those whose lives he touched. Thus, when it became apparent that this entity was willing to give his life and the remainder of it for the cause of peace between the warring religious factions, those religious factions found the way to their own heart in relation to this entity and were willing to cease the hostility in order that this entity might cease his fast and remain among them.

This was a shining moment for these religious factions for there has been little before or since that has galvanized them to lay down the differences, as did the one known as Gandhi's actions.

Is there another query my brother?

G: Not from me. Thank you.

I am Q'uo, and we thank you my brother.

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J: Yeah, Q'uo, I have just a quick question. I was hoping that you could give me some clarity on this. Before I came to the Earth is it possible that I came from the Pleiades and the particular star that I am thinking of is Alceon. Can you confirm that for me?

I am Q'uo, and am aware of your query, my sister. We find that there has been some influence in your previous incarnations from this particular star system which you call Alceon. Not necessarily that you have originated there but that you have had experiences there as you have had upon the planet Earth.

Is there another query my sister?

J: No, that's all for now. Thank you for being with us today.

I am Q'uo, and we thank you as well, my sister. Is there another query at this time?

G: I have one, if nobody else does. Q'uo, in seeking love there are different moments in a seeker's life when he is overcome with the emotion and desire to seek and find and feel and know love, and there's dry times in between. And I was wondering what you might have to say on the effect of just putting forth the intent to see love, just that motion, just that request. Whether it's felt in the heart or not, whether it's just empty words, what kind of effect that has?

I am Q'uo, and am aware of your query, my brother. As the seeker of truth moves upon the journey, there is for each seeker those times of increased seeking, increased desire, increased passion for the purpose of the life's path. It is during these times that there is built within the entity a metaphysical foundation, shall we say, that is added to by each additional seeking desire. Each time the seeker renews its quest for the open heart, for sharing with others the love that creates all things, then the seeker has added yet another stone, shall we say, to secure the foundation of its metaphysical journey. As you also mentioned, there are those times when there is less passion, less desire, perhaps less expression of the desire to seek love. These are normal experiences for each seeker. For there are seasons, cycles, periods of increased awareness, increased strength in seeking, increased compassion within the heart. This is as the seed which has been nurtured by attention and has begun to sprout, cracking the hard shell of the exterior, sending forth the first roots, sending forth the first small leaves, beginning to express in the way in which love has been encoded within each entity, each seed, each seeker.

Thus you find periods during which there is a great wave of energy that moves through your being. It is at this time that the desire to know, to seek, to share, and to love is nurtured, is brought forth. As you continue to move upon your journey of seeking, you will begin more and more to create this desire for yourself rather than feeling the normal rhythms that move throughout all creation. This is the conscious portion of the journey of seeking. Each entity has the subconscious or unconscious motivation during which the upward spiraling line of light begins to manifest more through the seeker's journey. When the seeker has become enough aware of this type of energy moving through its being then there is made a room, or a place for it by the seeker, so that there may be a more, shall we say, conscious application of the energies of awareness. Thus there is the completion of one portion of the journey; that is, the subconscious movement in rhythm with all creation, that becomes the conscious creation of the mind of the seeker that seeks to know the source of love within the self, and within all creation, upon a more continual basis.

Is there a final query at this time?

G: Not from me, thank you so much, Q'uo.

Carla: I have a question. This is from K, and she says, "In the story of Job, God seemingly inflicts horrible events onto his faithful believer named Job. With regard to this parable I have two questions. One, why was the Creator portrayed in such a dark manner? Is this story accurate? And two, does the Creator have a dark side and what is its nature?

I am Q'uo, and aware of your query my sister. The story which is spoken of in the book of Job, in your holy work known as the Bible, is an example of the entities that were of what we call the negatively-oriented nature, who were attempting to pose as your Creator in order to control the actions of many of the peoples that you may refer to as the Jewish race of that time, who had long-established relations with many sources of information from elsewhere, shall we say.

The experience of the one known as Job was along the lines of giving and taking in order to control the behavior of these entities. There is, of course, a source of love which is truly of the one Creator

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which has, as you have mentioned, a complete identity in that it is of all things, both manifest and unmanifest, that which you would call the light and that which you would call the dark. However, there are lesser entities who have traveled from distant star systems to various planetary spheres such as your own Earth and have placed themselves in the position of one which would be the one Creator, in order that they might exercise a kind of control over those entities that they were able to convince to worship them as the one Creator.

We apologize for the somewhat scattered nature of this instrument's work this day, he is somewhat distracted and we have been able to utilize this entity only in some degree of effectiveness. We would ask if there may be a final query, my sister?

Carla: OK, just on my own hook, my question would be: Given that I perceive the pyramids with the knowledge that they would be a complete mystery, and given the knowledge that the time for the pyramids is over, I was thinking that the crop circles are one of the Confederation's ways of actively putting mystery into the fabric of our third-density experience, so that in actuality, in your own way you are continuing to offer mysteries for us to solve or to use. Would you say that that is accurate?

I am Q'uo. I am aware of your query, my sister. Indeed, this is one means by which mystery has been presented to your peoples by some of those in the Confederation of Planets in the Service of the One Infinite Creator. The concept of mystery is the opening into the consciousness which we have found most effective to utilize and it is that which seems to fuel the desire to seek further along the lines of love and light that so many of your peoples now express as a result of coming into contact with various sources of mystery.

At this time we shall take our leave of this instrument and this group. We are known to you as those of Q'uo. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ❦

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Special Meditation
July 17, 2003

Question from G: How may I be free of my own self-created prison walls and free of the resulting pain that keeps my energies internal and my heart, that wants to connect, so distant from others? How may I be free to love, to love at will, and free to channel love as universally and unconditionally as did the one known as Jesus?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose name we come to you this evening. We thank you for the great privilege of being allowed to share our thoughts with you at this time. To be called to your group is a great privilege, never more so than at this time, as we feel the purity of desire within this group is most gratifying. We are extremely happy to share our thoughts with each of you with the request, as always, that the utmost care be taken to discriminate between those thoughts which may seem fair for a time and yet may not be, and those thoughts with truly do resonate and do seem to be those personal truths that are meant for this time and this circumstance especially.

There is a tremendous skill within each of you, that listening ear and understanding heart that can discern and can know, in that knowing that is beyond proof, that this is for you, that is not for you. That is that judge whom you must trust more so than any other party, for it is a unique thing to be incarnate within this illusion and it is central to the more subtle reaches of understanding, if we may call it that in this density, that the trust be first within the guidance of the self. Only after that primary judge has been accepted as the true arbiter of that which is true for you personally can you rest and enjoy the interesting opinions and concepts of many others who may indeed have part of the truth that is yours, and may not.

We are delighted to share with you upon the subject of true freedom. It is a much overused and misused word. For what is freedom? In the context of third density, it is an illusion to speak of true freedom, in that the circumstance of incarnation, in and of itself, is that which may seem to be as the prison, through the bars of which one may gaze upon eternity without being able to slip the bars of the cage and enter its untrammeled reaches. And yet that too is an illusion. What is true freedom? To examine this, one must examine what is the nature of the self. What is the nature of the self that is free to love?

We ask you to move into a space within your mind in which every stumbling block is removed, all direction is lost, and from which all concept of color or distance or size is missing, so that which you are, that infinite spark of the divine, is able to rest upon the waves of unknowing. These are the underground caves of freedom. These are the dark waters where there is no light, where prayers are true and the delusions and illusions of color and form have no meaning.

What has meaning in these caverns of self that lie beyond limit? Rest and know the strength, the absolute power, the infinity of self. Feel the self that has no need of boundaries, that has no need of bone or flesh or the illusory energy fields of form, texture and color, all of the details so dear to the eye and the ear and the senses. This state is as close as we can come with words at this time to describing the Creator that exists without the need for expression. In this state of absolute freedom from form, there are no boundaries, there are no limits, there is no personality, there is no distraction, there is no imperfection, all is truly one and everything is infinitely possible.

Lift the hand of the mind as if it were reaching for a string of a balloon and tug down to limit, to color, to personality through densities and dimensions, one after the other in a kaleidoscope—down, inward, until you reach the moment before this incarnation, before these details, before these personalities, when you decided, out of all the wisdom you had amassed, out of all the possibilities you could imagine, that this particular planetary sphere, this particular time, these particular relationships and these particular goals of service and learning are the very things out of all of the infinite possibilities available that you would choose at this time for your learning, for your joy, for your evolution. It is this juncture at which you both placed yourself in servitude and opened the doors to a different kind of freedom. For within the trammels of what this instrument would call this Earthly veil, lie the opportunities to love, imperfectly, brokenly, foolishly, again and again feeling the stumbling ways of humanhood, the clumsiness of limitation, the challenges of dwelling in a world where many things seem to be known which do not make sense and few things are known which make any sense.

A boundary is crossed when an entity chooses to enter incarnation. In some ways it is a boundary from great freedom to infinite limitation. Great vistas of awareness are shut down, closed as if they were slats in a Venetian blind which are simply turned and pulled shut to keep out the light of true awareness, of unlimited light, of unlimited knowledge. It is as if the soul coming into incarnation comes in from outdoors and forsakes the illumination of the sun in order to turn on the puny bulbs of 100 watts of artificial light that may or may not be there, depending on whether the power is on, whether the jerry-rigged ways of producing an equivalent light, without the infinite love being the source of that light, have sway.

It is a shock to the system to come into the body and there is, from the moment of entering the physical vehicle, the necessity to breath and to work and to exist through time as a human being. There is a sense of unutterable loss and yet it is that which has been chosen. So, gazed at from that simple perspective of choice, the entrance into the morass of limitations and confusion that is the Earth plane is the entrance into true freedom. The entrance into confusion is that pearl beyond price which has been paid for ahead of time by the soul who risks everything in order to learn and to serve.

There is in any incarnation a sense of sacrifice, a sense of loss, and so the question becomes, for what did I take flesh? For what reason was I called to this path? And this is a key question for each entity. What was the motivation? Was it utterly, purely to serve humankind? Was it to serve humankind in a certain way? Was it to serve humankind in a certain way, with certain people? Precisely how was this arrangement created and blessed? May we suggest that an effort of the intellectual mind to organize detail as in an outline and therefore understand, intellectually, the reasons for incarnation is to allow to slip away the opportunity to move beneath the surface of the intellect and beneath the surface of the acculturated, societally vetted, or accepted version of that which the life is and that which the goals of life are. We do not need to express [more] to you for we are aware that each within this circle is already aware that those things which the mind can come up with are those thing which are not satisfactory as full explanations for the reason for incarnation.

Truly, if you allow the heart to express, the heart itself with every beat, rhythmically, profoundly, simply expresses the truth of incarnation: love, love, love, love, love. The pump that pumps blood through the veins of the physical vehicle moves in waves of love. The second-density body which carries you about has no thought that is not steeped and marinated in love. The second-density vehicle is aware in every cell that it is the Creator and that it has no need of reasons to exist or to learn or to serve or to suffer and die. Is it ignorance or is it freedom that allows every cell of your body to give one hundred percent of itself in every moment for its continued existence and no less for the existence of

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that whole being of which it senses itself to be an integral part. As an entity, one not yet fully in communion with all other entities within its, shall we say, soul group, you have a great lesson to learn from those simple cells of your body, each of which is instinctual and vital with its identity, its every possibility and its readiness to respond to the stimuli that meet it in any given moment and so does your body, without question, without doubt, respond to that which it perceives. Is it experiencing freedom? Or is it experiencing a mindless, reactionary, slave's existence?

Let us draw back a step further and gaze at this body that is not you, yet which expresses as a great part of you within the solution. Your body perceives not according to the wisdom of the body alone; rather, the body accepts the information which that entity which you are comes to believe is true. If the entity which is you comes to believe that it cannot feel pain, then it can walk across hot coals or accept the needle in the arm, as has been demonstrated time and again by those who do hypnotism. And each cell of the body is free to ignore as completely unimportant and irrelevant those bodily sensations that otherwise would create great agony.

Similarly, that spirit and soul which you are, which is only imperfectly contained within the lantern of the body that holds the candle that is you and the light that is you, is only limited by its perception of its limits. And when that entity that is, at the soul level, the essence of you, is able to rest in peace, in power, within the temple of flesh that has been prepared for it, without strife and without argument, then that which the soul entity perceives is true. And those confusions and difficulties which may seem to be the case upon the outer plane do not have the necessity to impinge upon the inner essence of being that is you.

Naturally we are not suggesting that, as an entity becomes spiritually more mature, it may then stop listening to those voices that are around it. We do not for a moment suggest that ignoring those precious other-selves about one is in any way a useful exercise for one wishes to know how one may serve, how one may be served, how one may love, how one may be loved. One does not come into incarnation to avoid catalyst, yet at the same time one does not come into incarnation to become a slave to catalyst. One is neither greater than catalyst, nor less than catalyst, but rather, one is one with the catalyst.

The skill that feeds into the concept of freedom is that skill which is able to see the energies, the thought clusters, and the directions that those thought clusters take in their inferences and their suggestions of further thought. In other words, it accepts all of those thoughts as interesting, useful, beautiful, intriguing and equal. And all of the thoughts may be enjoyed, appreciated, respected, honored and followed as one would follow the strengths of a beautiful painting, the motifs of a beautiful piece of music, admiring, appreciating, moving into new places within the mind, within the feelings, because of this catalyst, these works of art that the people around you and their situations offer you in terms of the feeling clusters, the emotional and ethical challenges that are unique to each situation. And as a connoisseur, there is great appreciation in your heart for each offering, whether it may seem to be positive or negative, whether it may seem to be helpful or a hindrance. There is the connoisseur's appreciation for all the sweet and bitter tastes that make a full palate of experience and always, whether it is full of light or seemingly full of darkness, there is a feeling of privilege and even thanksgiving that one is able to meet this moment, to have these experiences, to accommodate this utterly unique opportunity, to see the Creator within the endless mystery of appearance.

Why did the Creator choose to make creations? Our comment has often tended to be, "The Creator is attempting to gain in knowledge and appreciation of Itself. The Creator wishes to know Itself. Thusly, it sends forth parts of Itself within illusion to see what will happen and to learn from the colors created in the palate of emotion that you have created through many experiences and incarnations, that contains your beauty and is unique to you, so that you can teach the Creator that which no one else in all of Creation is able to [teach]. For you are the only one of you in all of the infinite universe; thusly, it is your gift to the Creator, that comes from you, that is greatly desired. You cannot please the Creator by being someone else but only by being most truly and deeply yourself."

Is that freedom? If so, within incarnation, you are at your most free. You have the chance to make mistakes, to do things wrongly, to become utterly confused, to bomb out, to make mistake after mistake, according to your best light, and yet you do not have the freedom to make the Creator

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disappointed in you. You have the freedom only to disappoint yourself. But, to the Creator, all that you explore is new and all that you choose is brand new in that moment of choice.

How may you be free? My brother, your freedom was never in doubt. It is the life itself, the incarnational illusion that is full of doubt. Is it happening? Is it real? Is it a dream? All of these things are true. It is real. It is happening. It is a dream. It is both valid and illusion, real and imagined, full of power and a vain and empty nothingness. And in these paradoxes, in these impossibilities, in these extravagances that we attempt to place in your mind as being irrational and noumenal, lies a resting place for gathering experience. This is what you have chosen.

So perhaps freedom lies in having the most utter faith which is possible for you in the moment. Faith in what? Faith in the self, as limited as that self may seem. Faith in the energies that delivered you to this present moment, as peculiar, odd and unlikely as they must seem. You are indeed, most free to love at will. The life experience may be seen, in one way, to be that environment in which the will itself, that is, that energy of the soul piercing through the illusion of mass and time and space, chooses its light, focuses its love, and opens the door to the great mystery that lies within, that mystery that is love, that is loving, and that is loved.

We thank the one known as G for this query and we transfer this contact to the one known as Jim, realizing full well that we have only begun to utter the first sentence, in the first paragraph, of that which we could say concerning this most deep question. Yet the time wanes, the energy wanes and it is time for us to open the meeting to those questions which the one known as G may continue to have upon his mind. And so we will leave this instrument, thanking it for its service, transferring this contact to the one known as Jim. We leave this instrument in love and in light. We are those known to you as Q'uo.

(Pause)

(Jim channeling)

I am Q'uo, and greet each again in love and in light from this instrument. We would ask the one known as G if he has another query to which we may respond.

G: I certainly do. Thank you Ra, Hatonn and Latwii for being such loving guides to me during my own journey. My first question is: can you tell me what the splintering agent is that you mentioned in my last reading and what I can do to heal myself of its effects. Is there anything I can do to heal myself of its effects besides engaging in daily meditation, so that I may become whole again, restoring the vision and restoring the sight?

I am Q'uo, and am aware of your query, my brother. The splintering effect of which we spoke at our previous meeting is a point of view, shall we say, an attitude, which you have adopted or had adopted for yourself in your past. We find that your current experience is one which has caused you to change much of that point of view. There has been much healing of your fractured viewpoint concerning various aspects of yourself and how you would be able to accept these aspects in your daily round of activities. Thus, our recommendation remains that which it was then: to meditate and to consider carefully your point of view as regards the self and the self's interactions with others.

Is there another query, my brother?

G: Am I by any chance an indigo child or a wanderer of the type with the dual-activated body, or both?

I am Q'uo, and am aware of your query, my brother. We would go to the limits of our ability to respond without infringing upon your free will by suggesting that your nature, at its core, is more attuned with the status of one who seeks to serve as a wanderer to distant areas of consciousness. Thus, you are one who has journeyed to a distant point of your own thinking, which is now symbolized by this planetary sphere.

Is there another query my brother?

G: What is the nature of the deep fatigue that comes and goes and what can I do to increase my energy levels?

I am Q'uo, and am aware of your query my brother. The …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue. The fatigue of which you have

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spoken is a product of the rapid change that has become a part of your daily round of activities, as you have been much involved in the realigning of the physical attributes of this dwelling place. There is a deeper type of change that is symbolized by the rearranging of the physical objects that also is occurring within you at this time. This is the, shall we say, quality of bearing a burden that you have felt as a result of responsibilities, of familial ties. There is the enculturation process that is natural to all third-density beings upon this planet that has, for you, culminated recently in a choice to follow your own lights, shall we say. This choice to move as an independent creature has brought the feeling of a responsibility for your own movement, so that you place a kind of pressure or burden upon your metaphysical shoulders.

This is a somewhat roundabout way of looking at your opportunities for growth. However, we find that each seeker has its own way of approaching the journey that beckons. It is a matter of what is more efficient for you. As you continue upon this journey you will find an ease to your movement which is not now present in its fullest degree, shall we say. As you move more and more freely upon the journey of the change of self that continues until one sees there is a self that does not change, then you shall feel more of this weight removed from your shoulders and your being. It is again a matter of being able to accept yourself and your opportunities for growth.

Is there a further query my brother?

G: Thank you, Q'uo. I have a cluster here. Are my twin soul and I adhering to the preincarnatively chosen plan that we had set before us, for the course of our earthly relationship? Is there anything more I can do to help her to free herself from her own confusion? And is there a higher road of service that I might walk, higher than the one I currently walk now?

I am Q'uo, and am aware of your queries and the concern which generates these avenues of inquiry. We feel that you are well aware that there are no mistakes in any seeker's journey. There are, however, expectations. Oftentimes, it is more efficient for the seeker to remove expectations and to be able to accept that which occurs as that which is appropriate. However we are aware that catalyst does not usually work as easily as this simplistic description within your illusion. There is oftentimes much angst between the desire to serve and the actual service as perceived by the self.

The path which you and the entity which you call your twin soul have chosen is indeed appropriate for your own movement into service at this time. We are aware that each would, in what each would call an ideal world, wish to serve in another fashion, one which was more proximate, shall we say, each to the other, in more obvious service and types of learning. Again there is the matter of [allowing] catalyst for growth to occur truly. There is, shall we say, a weight or a resistance against which each moves or pushes so that there is an exercising of the spiritual muscles or ability to conceptualize that which is yours to seek and to serve, to give and to receive. There is always a means by which one may serve more efficiently. That is another way of saying there is always growth potential available. It is well to refrain from taking one's spiritual temperature, judging oneself, attempting to evaluate just exactly where and how one moves upon the path of service to others.

Again we return to that lighthearted feeling which the childlike nature of the true self demonstrates without effort. This childlike nature has taken on an earthly form, with various abilities to express, various difficulties in expressing. Thus, though there are goals towards which each moves, there is the movement, the perception of the movement, and so on, which when examined without too much dedication to an outcome, can give one a hint, a direction, a possibility. But when focused upon too intensively shall we say, when obsessed about, [they] may become a stumbling block upon the journey. Thus do strengths become weaknesses and weaknesses strengths.

Is there another query my brother?

G: Marvelous answer, Q'uo. I have seen enough 1:10's, 11:10's, 12:13's to know that a message is being communicated to me. Can you provide me any sort of insight as to what is trying to be conveyed to me with these one-minute-off "synchronicities"?

I am Q'uo, and am aware of your query, my brother. And though this query upon its surface appearance seems to be one steeped in innocence, it is with this query that we must be most careful that we do not infringe upon your free will. Thus, we have only a suggestion that you look at the symbolic nature of

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the numbers involved and how this symbolism resonates to a certain point of view that you hold towards seeking and serving, of being of service, and of how this is offered.

Is there a further query my brother?

G: Thank you Q'uo. Why do I feel like there are holes, that is, missing pieces of identity and memory, in my soul?

I am Q'uo and am aware of your query, my brother. This sensation which you describe as "holes" within the soul of one's being is a most interesting and perhaps literal way of looking at those portions of the self towards which one moves in the spiritual sense. To regain one's identity is to fit together many pieces of a great puzzle of many dimensions. When one has a lack of understanding of any portion of this puzzle, there is a hole, shall we say, a gap, a place or way of being that is yet to be discovered. This is the nature of the journey for each seeker of truth—to find the trail of pieces to this puzzle and follow till one is whole, till one is unified, till one feels the unity of self with all other beings. This is a grand journey upon which you travel. Follow that feeling of the whole within until you find that which plugs or fills the hole.

Is there another query my brother?

G: Thank you, Q'uo. Another cluster. Somewhere along the way it seems my memory has been impaired somewhat and I was wondering if you could tell me how that happened? Was it injury done to myself by myself? Or the process of ascension? And, how might I be able to regain it enough so that I can again learn and absorb and synthesize new information?

I am Q'uo, and am aware of your query, my brother.

When there has been a forgetting of that which has occurred within the conscious memory, it is either because there was little value to the self in retaining this experience or because there was some difficulty in accepting the experience, so that there was instead of acceptance, rejection. These experiences are critical portions of one's formative years, shall we say. To explore the primary cause of such rejection, it is often necessary to look within the dream state or the deep meditation, which may uncover these types of traumatic learnings. Thus, we suggest that you take what you can of the current memory, the place where the memory stops, and attempt within your dream state or within your meditative state to take the next step in experience, to open the self to receiving that clue or quality of feeling that will begin to reveal to you that which you have hidden from yourself.

Is there a further query, my brother?

G: Q'uo, you rock. Give me one second, Q'uo.

Carla: Could I ask a question while he is gathering his wits, Q'uo?

I am Q'uo. We would welcome your query, my sister.

Carla: On the question about weariness and food intake and so forth, I've been going from the assumption that it might be substances or it might be the quality of love in the food and so I have focused more on putting love into the food than in being really sensitive about certain substances. Could you make any suggestions as to whether this is a basically good way to value and also if there are substances to which this particular soul either has need for or needs not to have? Is there a possibility that you could share those with me?

I am Q'uo, and aware of your query, my sister. We find that the menu is heavily laden toward the quality of love, which is most nutritious to each seeking soul. We are also aware that the one known as G has a quite clear understanding of his own dietary needs. Perhaps there could be the inclusion of more substances which this entity prefers. However, that which has been prepared is prepared with care, concern, love and great affection. Thus, we cavil not at the diet and applaud each in his and her approach to the intake of foodstuffs.

Carla: Thank you.

Is there another query at this time?

G: Thank you, Carla, for the very considerate question. Q'uo, can you tell me how I reacted to this world as a child? I ask you because I don't recall much of my childhood.

I am Q'uo, and aware of your query, my brother. We examine the life pattern of the one known as G, seeing the innocence of the newborn babe carried through into the childhood, so that there was a freshness of learning that was both comforting to the one known as G and somewhat disturbing to those who were the parents, for there was more ability in

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abstruse areas of comprehension than was expected. Therefore, there has been a loss of innocence and of the ability to grasp new experiences easily and quickly. This is a portion of that filling in of the hole aspect of which we spoke earlier as well as the beginning exploration of the traumatic learning of which we spoke earlier as well. There has continued to be a great thirst for knowledge and for being of service which both were present from the earliest of ages. This is the sum of that which we feel we may offer without infringement.

Is there a final query at this time?

G: That answer is such a gift, thank you, Q'uo. Am I any closer to the course of dessert? Have I moved on, or am I still on my main course? Or am I almost done?

I am Q'uo, and am aware of your query, my brother. We find that you are well along the consuming of the main course, which we suggest will be a somewhat lengthy meal within this illusion! From time to time you may find a taste or two of dessert. However, we suggest that prepare yourself for a great feast.

It has been our great privilege to be able to speak to your concerns this evening for we feel that you have a great desire for seeking and serving which needs but little guidance to find its fullest flower within the present environment.

We are those known to you as those of Q'uo. We would take our leave of this instrument of this group at this time. We thank each for inviting our presence this evening. It is a great honor to join you in this circle of seeking.

Adonai my friends. Adonai.[55] ♣

[55] Immediately after the closing prayer, G looked down at his wristwatch and exclaimed, "10:10!"

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Special Meditation, Belknap Campus, University of Louisville
August 24, 2003

(Carla channeling)

[I am Q'uo.] … [Everything,] the body, the sound, the music of life, the color of it, all of these things that fill in the colors and the shapes and the form of consciousness: all of these things exist as vibration. You, yourself, exist as energy fields of vibration within which are many other energy fields. The energy field of the body itself, the energy fields of the organs and of each cell of each organ and each portion of the body, the energy cloud, shall we say, that is made up of this circle of seeking, the energy of your planet, the energy of your solar systems and of the creation of the Father as a whole, in its infinite reaches, and the Creator, Itself—all of these things are energy. All these things are vibrations and complexes of vibratory levels working in harmonics and sub-harmonics together to create the shape of the world that you see before you as you open your eyes, and that create the shape of the world that you cannot see whether your eyes are open or shut.

All that is visible, all that is invisible, is vibration. The vibration of the Father, as this instrument is wont to call the godhead principle, is a singular vibration which we are used to calling that term, the Logos, which is a term in this instrument's vocabulary from its Christian heritage—Logos, the Word, the Word which is love, unconditional love. That vibration is the vibration of the Creator. Those vibratory nexi that manifest as each person here, each of you being a sub-logos, in part, of the infinite Creator, have the goal of moving in vibratory level more and more close to the vibration of the Logos, to the energy of unconditional love. Regardless of what outer gifts you have, this gift is at the heart of your experience of yourself as an essence, of your getting to know yourself as a true being. As you are able to come more and more into an awareness of what the energy of unconditional love feels like, you are coming closer and closer to your own heart.

The days begin to grow shorter at this time, and your planet turns on its axis in such a way that the seasons turn with it, the days grow shorter, and the dark grows larger until winter comes to your planet. And in the heart of that winter there is always that moment of what this instrument calls Christmas when attention is paid to a tiny child that is love made visible within this instrument's religion, that time when Jesus, the Christ, comes into the world as a tiny, helpless baby. We ask each of you here to open your heart and to see yourself in a manger, a new being, my friends, a soul, fresh, untouched, inviolate, waiting, hoping to be loved, to be recognized, to be swaddled and nurtured and held and taken care of and protected. This child within you is the spiritual self that you came into this world to find, to embrace, and to nourish and nurture with your outer life and your inner life, always opening to the vibration of unconditional love that floods the heart when there is no resistance, that waits within the heart, that is surrounding the manger of spirit within you. Pay attention to that child that is your

spiritual self, for it is tender and young, and while you have become experienced and wise in the ways of the world, perhaps that has caused defenses to rise within each of you so that you are defended and armored against those who would hurt you. Yet, to those who dwell in unconditional love, there is no man, no woman, who is an enemy. There is no entity whatsoever that is not part of those souls which are yours to love, to help, and to wish well on their way if they perhaps do not agree, but never to armor against, to defend against, or to harden the self against. For the gift of the heart, the gift of love, is that it is fearless. It does not need to defend; it does not need to protect, for it rests in the vibration of unconditional love.

We would take a moment to experience the silence with you. We ask you to allow that silence to blossom within you, that you may feel that love of which we speak. We shall pause. We are those of Q'uo.

(Pause)

We are those of Q'uo, and are again with this instrument. Continuing to feel that energy within you, now, we ask that you begin to allow it to rotate about the circle from you to the person to your left and so forth, receiving the energy from the person on your right and moving it on. Feel that energy begin to spiral and grow; feel that sacred space that has been called into being by the one known as M and then fill it with the flame of love unconditional.

We would speak to you, as this energy rotates and builds, about mission. We do not mean to imply that anyone comes into the world with a contract, "I will do this and this and this, and then I shall be ready to abandon life." Rather, we suggest that each of you, before this incarnation, along with your guidance, sat together and planned, oh, what a glorious plan, choosing parents and mates and siblings and friends and that which is called among your people, enemies, all so that certain lessons, which you had decided upon beforehand, would have regular opportunities to be visited and revisited. For there are certain things which each of you hopes to learn, to work on, not simply learning for the first time, but refining and exploring the subtler reaches of these themes of incarnation for which you did take on flesh. There are other gifts which you chose because you felt perhaps they would be helpful at this particular time, at this particular juncture. The learning and the service bring certain people, certain lessons, certain themes into the life again and again, and we ask that you do not be discouraged when you see these lessons seeming to repeat. Rather, think to yourself that you are spiraling, you are visiting these lessons again, not at the same place, for you are not at the same place, nor is the lesson in the same place, but, rather, each time you visit it, if you are working with the lesson, you learn more, you go further, you become wiser, you become more compassionate, or you simply become more balanced between the all-embracing love of compassion and the more intelligently-guided wisdom of compassion touched with that wisdom which suggests limitations, boundaries, precision, where before there may have been a vagueness or an unsureness. These do not add up to a "mission"; these add up to a life experience in which the possibilities are literally infinite but in which there are, as Dr. Thompson said, certain avenues which open up before one as the blooming of a flower, and things begin to fall in place, and there is that feeling that one has caught the rhythm of destiny and one is now cooperating with it.

What we suggest, if you do not sense where destiny is taking you, is simply, each day, to sit in meditation and listen. The silence expresses much, as well as those undertones and overtones that your dreams and your visions and the street signs and the birds and all of the information thickly strewn in life seems to bring to you. The silence organizes and reorganizes and gradually there comes an inner sense almost as if the creature within you that has energy has found a way to take a deep breath, not the physical breath but the metaphysical breath of, "I can expand; it is safe." Move into that space whenever you can. Certainly attempt it daily, for there is information for you in that silence. And that guidance system that loves you, is part of you and is always with you will find it easier and easier to touch the life of you with this and that hint and inkling until you find it easier and easier to cooperate with the forces of what seem to be destiny but indeed are rich in free will.

We ask simply, if you think about mission, that you think first of the mission that is common to all who take breath upon the planet. You came to love and to be loved; you came to learn about unconditional love; you came to choose between love and fear. When you see fear within yourself, your mission is to sit with that fear, not necessarily to kick it out.

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You may not be ready. But, strand by strand, you take it away just at the rate of speed which makes you comfortable. That idea that continues, the idea that lifts and helps, is that idea that love is the truth and that fear is independent of that truth. So, where there is fear, all openings to love that can shine light upon that darkness are encouraged.

Before we leave this instrument, we would ask if there would be perhaps three or four questions that we may answer?

M: *(Reads from an audience card.)* Okay, the first question is, "Why must the children suffer so?"

We are with this instrument and are aware of your query. All of those within this particular plane of existence, all those who are in the flesh and experiencing the energies of a physical body, are also prone to experience suffering, and indeed it often seems unfair, for the children experience the suffering without having the choice of creating the situations that produce the suffering. There are those children who are born into times of war who must suffer therefore. There are those children that are born into those structures of family which seem to create abuse of various kinds and consequently create suffering for an innocent. There are as many instances of innocents suffering as there are innocents, for all do suffer.

The question of suffering is indeed a universal question, and the response that we would offer is that each entity deliberately chooses to enter into a physical vehicle and to forget almost everything that the entity is aware of before incarnation. This instrument has called it the veil of forgetting. There are other terms for it, but, as Wordsworth the poet has said, "We've come, each entity, into the third density streaming clouds of glory which rapidly dissipate with the onset of breath into the body."[56] Focus upon your own birth cries and remember the first suffering that you felt, the cold air, the shock of having to take breath within the lungs, the loss of the warm darkness and the rude intrusion of life. Suffering begins early within the third density and continues in some form or another for almost all those who are in incarnation as the personality aligns experience to some degree or another. The why of it is wrapped up in the purpose of losing that memory. It is important to lose the memory, to become stupid, and to be quite confused and dismayed and taken aback, because it is that point of deconstruction of the self which is that which sets the stage for transformation.

Each of you hoped to rebalance that balance between love and wisdom when you came into this incarnation. You hoped to refine yourself. It is as though each of you has within you a wonderful gem, yet, in order to polish that gem, much surface material must be taken away. And so the suffering is that which blasts and chips and picks at the outer shell that is not the gem, knocking away all of those things that are not the real you. The suffering is that sense of pain as the emotions and the mental structures are in the process of changing. It is the change that is the root of most of the suffering of your species. It is the kind of pain that exercise creates. It is flexing the muscles, perhaps beyond the capacity of the muscles before this exercise. Yet, each time that entities undergo this suffering, they learn or have the opportunity to learn more about how to sit with that suffering, how to take it in, to love it, to work with it, and to allow it to seep through the self, doing those things that it came to do, easing the imbalances in the energy body and approving the overall situation which exists in your soul stream, not simply in this time and space. But you are doing work which transmits itself to the infinite and eternal stream of energy that you are.

Is there another question, my sister?

M: *(Reads from an audience card.)* There is. "What would benefit me the most to hear or know at this time?"

We are those of Q'uo, and are aware of your query, and we would say to you: all is one. Hold to that sense of unity within yourself; know that all that is good and positive to you is you and all that is distasteful and hateful to you is you and that all things whatsoever are you. Look at this instrument, see the Creator; look in your mirror, see the Creator; look into the eyes of the person next to you and see

[56] The quote, from William Wordsworth's *Ode*: Intimations Of Immortality From Recollections Of Early Childhood:

> Our birth is but a sleep and a forgetting:
> The Soul that rises with us, our life's Star,
> Hath had elsewhere its setting,
> And cometh from afar:
> Not in entire forgetfulness,
> And not in utter nakedness,
> But trailing clouds of glory do we come
> From God, who is our home
> Heaven lies about us in our infancy!

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the Creator; look into the eyes of your dearest enemy and see the same Creator; look into the sky, look into the depths of the sea, look into all of the elements and see only and always and ever the Creator. You are all things. We would say that this would be that thought which would be most helpful, and we thank the entity that has asked that query, for it has many good vibrations within, and we appreciate that exchange of energy very much.

May we ask, my sister, if there is one more query?

M: *(Reads from an audience card.)* There is. "Would you speak to the entering of the fifth dimension and the process of our and the Earth's transition?"

We are those known to you as Q'uo, and we are delighted to speak of those shifts which are at present occurring. The terminology varies from instrument to instrument and structure of myth to structure of philosophy, or whatever, and so this instrument would perhaps call the next density the fourth density rather than the fifth. However, this instrument is aware of those who use the system in which the fifth is that which is opening at this time, and this instrument is of the opinion that these are relatively acceptable terms to use interchangeably in this general context.

The next density is the density of love or understanding, to use general terms. This density is that which seeks to learn the lessons of love. Unconditional love is the chief lesson of your density. Once an entity has grasped the beauty of unconditional love, once the entity has placed itself into a practice of self-sacrifice, of loving others to the extent that they would give their lives for the others, if they could, in order to spare them, once this has been taken as the path that is desired, then the earthly journey becomes a life of service, a life of giving and, increasingly, a life of receiving. For, as the one known as Dr. Thompson says, all that is given out comes back again in a way that is irresistible and cannot be stopped, so that you are soon surrounded with the lessons of how to accept love from others. For you have learned how to love others. When you are at this state, then you are ready to live in a more love-filled atmosphere, and that is what the next density is in relation to third density. The fourth density, then, has a different kind of light, a light that is more densely packed with light, so that there is actually more light in an atom, in a particle, of that energy. It is that shift which is now occurring upon your own planet. Your entire planetary system has spiraled into a brand new area of space/time in which the energies are different, the energies are shifting. There is dramatic change, and your entire planet is recreating itself from birthing itself as the fourth-density planet. Consequently, as each entity reaches the point of leaving the earth plane through the normal processes of what you would call death, there is the opportunity at this time to graduate from third density and move into the fourth density and what is often called ascension. In this process of ascension, the soul energy that is you, the essence of you, takes up a fourth-density body for its next incarnation and therefore takes up a whole different environment with a whole new set of lessons. So, in general, moving into the next density is as moving into the next grade in school. It is an exciting thing to move ahead and start the first day of the school year, when all the lessons are brand new and all the lessons seem good. And this is the experience to which you may look forward, as you look into that next life that may come after this one.

We take this time to thank you once again. It is a pleasure to share our thoughts with you. And, once again, we ask you please to take those thoughts of ours which seem fair to you and to leave the rest behind without a second thought, for we would not be a stumbling block before you.

If you wish to deepen your meditative state, you are always welcome to call the Confederation of Brothers and Sisters of Sorrow. We are happy to lend our energies to your meditation that you may feel a deeper sense of stillness inside. We are happy to come to you in dreams and to be part of your guidance. You have only to ask. We, however, do not wish to speak through any but simply to share vibration at this level.

We thank you for this time together. It has been a blessing to us. We leave each of you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ✤

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
September 7, 2003

Group question: The question today has to do with change and how we respond to change. We've talked around the circle today and it's the common theme for everyone that there have been a lot of changes. And as we look at the situation in the world today, we see rapid changes, some of them violent, drastic and catastrophic. We were wondering if there is a particular response to change that could be recommended? We are forming a community. It seems to be a very good thing to do in the way of providing support and inspiration and encouragement and reinforcement to individuals. People seem to have a way, whether they live together or talk together at work, of sharing their energies and lending their support to each other. Could you talk to us about change and community and the best way to respond to change?

(Carla channeling)

We are those known to you as Q'uo, and we greet you, with great delight, in the love and in the light of the one infinite Creator, in whose service we are. It is a great pleasure to be called to your circle as you convene your public meetings and we can not thank you enough. We thank each of you for the beauty of your vibrations, for the pureness of your hearts, for reserving the time for the seeking of truth and for the steadiness of your dedication which has caused you to create this time from your busy life.

It is a great blessing to us to be called to you and to be able to share those thoughts that we would share. We ask only that each who hears these words realize they are the words of friends rather than those of authorities. Therefore, in order to allow us the freedom to speak our thoughts, we ask that you discriminate carefully with each and every thought that we share, choosing to remember those which seem to be helpful to you and discarding the rest without a second thought. We are most pleased to share on this most timely question of change, how to respond to change well and how to think of change.

The first change that each experiences within incarnation is that change which brings one into incarnation. As this instrument has noted from time to time, the birth is as the dropping from the plane, with or without parachute. There will be a landing! And there will be an ending to the incarnation. That which arises from dust goes again to dust. In truth, the experience of incarnation, in itself, is an experience rooted in, steeped in, and moving towards change. It is not a circumstance but rather a progression, a developmental cycle; if we could use your terminology, a grade of your school, visited for a semester. This is your course, Life 331-B. We joke about the number, but the concept is true as far as we know.

There are certain organized features of the change within an incarnation. There is an organization of lessons, shall we say, a curriculum, that was chosen by you and your higher self prior to incarnation. Those who incarnated at this particular time within

your planet's density have incarnated because there was a desire for a more intensive experience of change and transformation and the opportunities for rebalancing the wisdom and the energy within the energy body of the self that was irresistible. Consequently, each of you has chosen certain courses for the particular term that is your incarnation. These courses or lessons or curricula have names such as "Loving Without Condition," "Creating Sacred Space," "Sanctifying the Rays of Living," [including] the ray of survival, the ray of relationship, the ray of working, the ray of communicating, and so forth. Different entities have chosen to take somewhat different courses. Each has a different course load; a slightly different experience.

Yet each is moving through a process that is very regular and guarded and safe from the standpoint of the spirit or the soul stream of the self. However, within incarnation this is not obvious. Consequently, the illusory experience of taking this course of Life 101 is much more chaotic in its feeling, in its perceived nature, than would be the perception of your self outside of incarnation and outside of the veil of illusion that is this particular organization of time and space in such a way that it is, shall we say, space/time rather than time/space.

Thusly, the first thing we would say about the way to deal with the concept or the perception that one is in a process of change is to remember the structure that supports this perception. That structure is your eternal and infinite soul stream, that energy that is you, now and forever. A part of that energy has moved into the habitation of the physical body or vehicle and at this time you are inextricably intertwined, energetically, with this physical vehicle. Yet you are not this physical vehicle. You simply reach into the physical vehicle with the ties and bonds of [your] dedication of self to the incarnation and connections within the energy body that move into the connections in each chakra. As you present yourselves to us at this time, you sit in the jars of clay, shall we say, that are the vehicles of your physical body, which cannot contain the rainbow self that is your energy, or energetic, body. This rainbow self shimmers and glows and exceeds the boundaries of physicality. And in the balance of each of those chakras, we see much that is not apparent within the veil of [third-density] illusion.

One interesting exercise to use, when one wishes to learn more about the self and where the self is blocked, is simply to rest with the self in a meditative state until one is able to begin to see how the energies of the body are balanced. There is perhaps the technique of asking oneself, "Let me see my energy," and then allowing the rainbow (red, orange, yellow …) to come to life [in your inner vision] as you call the colors, so that you are able, in an intuitive way, in a direct way, to gain access to that part of you which is not verbal and which is far more connected to the truth of your energy body. This can be evoked simply by asking, with great faith that you are asking an actual part of the self that can respond. The talent here is not in technique but in the trust and the "allowing-to-be-true" of the technique. It is not a skill of the mind but rather a skill, as the one known as G has said, of the will, or of the heart and the will together.

When one is aware of and centered within the fundamental perception of the structure of incarnation, then one is aware that one is within a process of change; that one has chosen what one wishes to examine during the process of change; and [that] one is then free to trust the lessons that appear before the face, to lean into them in terms of doing the homework, of doing the mental analysis, of going to the library of self and asking those questions which need to be asked, [of] doing the research that needs to be done in order that one feels one is beforehand with one's lessons. That [may] mean, for you in particular, the process of getting meditation more into a daily habit, or the process of journaling one's dreams or journaling one's thoughts, or the use of other techniques with which you wish to examine the life as it is lived and to ask of the self, "Who are you? Why are you here? What is your mission?"

The energies of reaction to change, which may include much panic and feeling of loss and the stumbling effect of not knowing the path ahead, can be mitigated. The simple trust that all is well, and that this that you experience, whatever it may be, is valuable, worthy of attention, and worthy of your best effort, is very helpful in smoothing and regularizing the process of change that is inevitable and desirable.

As we said earlier, there is at this time a particularly intensive process of change moving through the planetary energies as a whole. It is the end of several cycles within your planet, small and large. The

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planet itself transits at this time. Consequently, many of you came here in incarnation at this time with extra-curricular activities planned having to do with service to others, service to the planet, and/or service to the people of the planet. We put before you these two slightly different vectors of service to others because that is the mix that we are experiencing within this circle. There are those within the circle that feel that they are Earth natives, that that they have a love of Earth, an affinity for the Earth, and a long association with this particular planet that you call Earth, which we call Atlantis, actually, this being the name of your planet among the metaphysical or time/space entities which live within what you would call circular time and have experienced the entire gamut of the various experiences of your planet through what you would call your past and what you would call your future.

The energy of your people is that energy that is called Atlantis. And this at this time becomes more pointedly relevant in that your peoples as a whole are visiting at this time and attempting to rebalance those energies of Atlantis; those energies that fed into the build-up of the civilization of Atlantis and of Egypt; the civilizations that learned technology and skills of the scientific kind and did not learn the disciplines of the personality that would enable them to make use of such technical expertise in a way that was positive and unconditionally loving.

The very stuff of your density is love. The overriding lesson of your density is love. And yet, it is not a romantic love, it is not the love of brothers, it is not any love that you can imagine or speak of or wrap your words around and contain. It is that love which is the infinite Word. It is that love which is the one infinite Creator. It is that love that destroys and creates equally, generously and eternally. The concepts of love and wisdom seem separate, yet they are simply two shadows within illusion. That truth which lies beyond all illusion is the infinite love of the one Creator. Consequently, when you are attempting to learn love without end, sacrificing, giving, crucifying the self for others to the extreme of the myths of humankind for describing unconditional love, this is but one aspect of love. There is the aspect of love also wrapped in fear, in negativity, in contraction, in darkness, in the shadows, in the depths within the self that gives substance and structure to the whole and creates within infinite light and unconditional love a place, a habitation, not for the soul only but for physical vehicles, for physical feelings, experiences and intensities [as well]. In other words, one of the blessed aspects of third-density incarnation is the ability to feel pain, the ability to be confused, the very precious ability to lose the self and to be forced out of the mental constructs of a lifetime of learned untruths and half truths that your outer civilization offers to each of you.

It may seem perverse for the self to cheer for the self when the self realizes it is greatly confused and stumbling and wandering, as the one known as S has said, and yet this too is a blessing. It is the blessing of opportunity. It is the blessing of darkness. For each of you has within you the potential to be a light that enlightens the darkness, that illumines the shadows, not chasing them away but simply exposing them for what they are. Darkness is rounded in light and light rounded in darkness. That is the way of your circadian cycle. Yet we ask you to see beyond the light and the dark, to see into the nature of your lessons, of your service, of love itself. To see that which is "beyond variation[57]," as this instrument read in her church service this morning. The Creator comes from light with no variation due to change. There is no change in the One Who is all things. Change is an illusion, which is very helpful in the process of the Creator knowing Itself, and for this process the Creator has given Itself to you, to this instrument, to all, in discrete, illusory sparks of light that can experience, and register that experience, and feel and create from those feelings a process of refining and deepening and purifying, until those emotions become truth. And that which before was the babbling of children, becomes, in the ordered experience of the true and deep emotion, a giving of the self that is a harvest of a lifetime. For as the truer, deeper emotions begin to be refined from the welter of shallow feeling, those emotions begin to contain information which is as food to the Creator, a delightful and refreshing food that informs the Creator of Itself.

Now each of you, in this rainbow self that you have, is constantly creating and re-creating the truth of yourself. You are in a constant state of flux. The "name" of yourself is this complex of vibrations, this

[57] *Holy Bible*, James 16-17: "Every good endowment and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change."

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rainbow self. When your passing moods strike you, they may well change some of the colors of yourself and tell less of the truth about you. So it is well, when you think of how to respond well to change, to look at the self and ask the self, "Of all of these aspects of the present scene are there those that could be harmonized within the self? Could I, speaking as each of you, find a way to add harmony, to rebalance for more truth, to more center a relationship, a conversation, a group situation, in a way that balances the energies of love, wisdom, will and so forth?"

The time is such that until far beyond the end of each of your incarnations, experiences shall be very intense, for the energies of change have begun long ago and are now in full swing and move towards a conclusion that is not a moment in time precisely, and yet there is a point at which your planet shall be fourth-density positive and those who are within third density upon the planet shall only be able to endure and remain within the planetary atmosphere because they have begun living and thinking in a fourth-density-compatible manner. So the third thing that we would say, concerning responding to change, is to ask yourself, "If I were in fourth density, how would I perceive this situation?" As the one known as Ra has said to this group before, "Where is the love in this moment?" This is the thinking of fourth density. It is that thinking that assumes total acceptance of all beings, total equality of all soul streams, total oneness with everyone, and an inability not to harmonize. When one, as a third-density self, feels the disharmony, one may be aware that one is simply living and thinking and reacting according to the illusion of third density. We ask that you consider this as one of two choices. One of indeed infinite choices! But the other choice that we would recommend is that choice of moving into the sacred region of the heart. For the heart has never left the unconditional love of the one infinite Creator that exists within first density, second density, third density, fourth density, fifth density, and so on. Third density is that density wherein the mind portion of the body/mind/spirit complex is veiled. The body is not veiled; the spirit is not veiled: the mind is veiled. This is simply to produce the ability to experience this process of change, this feeling of chaos, this experience of illusion, of disillusion and recombining and creating the self as one goes. We do not have, in higher densities, that privilege. Consequently we can not work vividly, quickly and effectively to retune or to rebalance our energies. Rather, we are refining the choices already made.

There are other entities within this circle that are not Earth natives but rather those that and that have chosen to return for a program having the experience of learning and service. Again, some of you may have come to work with the planet, for it is being birthed into fourth density as we speak. Some of you may have come to work with the planetary ethos at this time. For there is great energy forming at a global level within many, many peoples of many different cultures and ways of thinking. Yet, the unification of this energy is beginning to be marked, and that is simply that all souls count, all beings deserve the same respect and honor, all entities are sacred.

This energy is a simple, almost primitive realization, that realization of the goodness of the self and the goodness of other selves and of the world. And this basic realization is summed up within your Christian Old Testament statements by the very questionable God—as this instrument would call it—Jehovah, who kept observing as He created that "this was good."

So we ask you to move into the realization, more and more, that you are the chooser of your experience, you are the creator of your truths and you can indeed move more and more, as you experience the feelings of the open heart more and more, into that open heart, into the rush of infinite energy that is moving through that heart at all times, into that atmosphere of support that the one known as G spoke of that exists not without the self, but within the self, and that is only projected outside the self in order to be visible, in order to be seen, in order to be understood. For who can understand one's own heart? Yet we ask you to trust that heart and whenever you can, move into that space of remembrance of who you are, of remembrance of yourself as a spark of Creatorship, of "Creator-in-training-ness," as this instrument has said before. That is your true nature. You are very young. Yet you are moving inevitably and inexorably towards your source, your ending, the one infinite Creator. You are gaining spiritual mass and at this particular time, your goal is to be yourself, for within the heart of self lies this truth, that is fourth-density reality.

And may we say that all densities grow in reality, yet all remain illusory. Each illusion, as it moves towards

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the octave of Creator-ness, becomes more able to contain truth. As the light itself changes, it is able to hold [more] information.

We ask you to imagine your heart opening and yourself allowing the portions of your mind that are not at this time awakened, to be awakened, of resting and asking for more. For truly those who ask shall receive and to those who knock, the door shall be opened. There is this energy of fourth-density that is actually currently at least as strong within your planetary atmosphere as the third-density energies of chaos and revolution.

Your question spoke of the tremendous changes going on within your world at this time. Indeed we do see the energies of your peoples ripening towards the destruction of entities by their brothers and sisters, moving into larger-scale slaughter of innocents. We see this as a possibility. We see the possibility also, of a grassroots movement, as this instrument would call it, that is impossible to stem, that is a true revolution of energies melding and entities coming together in harmony to work together for restoration, for equality, for justice, for truth, and for the cause of being. How we encourage this, how we urge you to lean into this. This is where your sense of the group's being important comes into play. Fourth-density energy, unconditional love energy, is embattled within a third-density atmosphere. In fourth density, entities work together, harmonizing, combining, each giving their own best, with the result being far better than any of the entities within the circle of creation's [individual] skill, because that which joins together is not added but multiplied and multiplied again. The group effect is tremendously supportive. This is part of why your particular group has been together for some time, and why energies are moving into it at this time.

It is time, as the one known as Jim said in the discussion preceding this meditation, and we would agree. It is time for those of like mind and like heart to come together, to serve together, to learn together, and to support each other. This entity has a favorite song:

> Love one another as I love you,
> Care for each other as I care for you.
> Bear each others' burdens,
> Share each others' joys.
> Love one another and bring each other home.

What is "home," my friends? Home is that place where you belong.

Belong to each other and open your arms, that all entities may belong to you. And take care of each other, and care for each other and bring your planet home.

We would at this time transfer this contact to the one known as Jim that more questions may be asked. We thank this instrument and would leave it in love and in light and transfer at this time. We are known to you as Q'uo.

(Pause)

(Jim channeling)

I am Q'uo, and we greet each again, in love and in light, through this instrument. At this time it is our privilege to offer ourselves to attempt to speak to any further shorter queries which may be presented to us. Is there another query at this time?

S: I have one. When, in your spiritual seeking, you hit a brick wall, stumble and fall and you're not sure what to do to get up, where to go, what to do, do you have any suggestions and ideas of how to get back, brush yourself off, and move forward?

I am Q'uo, and am aware of your query my brother. Oftentimes when the seeker of truth finds that there has been the brick wall of which you speak placed within its path there is the possibility of doing nothing until one is moved by an inner desire to continue the journey. There is the possibility of exploring within the self what are the new priorities, what is it that moves one in any direction. What is it that gives the sense of purpose and meaning to the self as it seeks …

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am once again with this instrument. Is there another query at this time?

Carla: I have a question from B. It says next time you're online to the Confederation, please ask, "What aspects of consciousness were developed by the use of fourth-density social memory, from a fourth-density perspective?"

I am Q'uo, and am aware of your query my sister. We find this query to be a very interesting one in which we may explore an idea or two. The social memory aspect of consciousness is that which begins

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to explore the intimate work entities may share, one with the other, by relying upon those resources which each brings to the group consciousness. Thus, it is much more likely that the group consciousness will be informed concerning any particular point of view when there is a great variety of experiences upon which to draw, in confronting or dealing with any particular situation.

We have found in our own experience that there is much of the support that may be shared in the motivation, shall we say, to explore those areas which are new to us by doing so as a group consciousness.

(Pause)

(The instrument excuses himself from channeling anything further.)

(Carla channeling)

We are with this instrument and we are those known to you as Q'uo. We attempted to contact this instrument after the one known as Jim created the changing of the tape and this instrument was puzzled by the surprise of a new routine and did not respond. Consequently, we recontacted the one known as Jim and this entity attempted to continue to speak. However this entity, in its integrity, quite rightly expressed the desire to leave the contact as it did not feel it was performing its function as an instrument with the highest of purity. And may we say that this often occurs and is very seldom owned up to. When entities are moving from the impressions of telepathic perception, indeed, the line between good contact and questionable contact is, for the most part, the hair's difference between alertness and trust in the self and, for whatever reason, the movement from that rest into a state of energy movement or strife. Once energy begins moving in terms of the human personality shell, it is far more difficult to keep a telepathic contact, for the single-mindedness or single-pointedness of thought that enables an entity to lay the self aside and to respond simply to that which is given is sometimes very much lacking. For this instrument, it is more stable as a setting than most and so we pick the contact up at this point as there is energy within the circle that requires, if possible, a slower termination of the contact. And so we would ask again through this instrument if there are any further queries at this time?

G: Q'uo, in the *Law of One* series, Ra says that there is an incompatibility between the third and fourth densities in respect to the electrical body. They say that if a third-density entity had full awareness of the fourth density, that its electrical body would fail. So my question is, how aware in third density can we be of the fourth-density energies?

We are those of Q'uo, and we grasp your query, my brother. Entities within third-density vehicles are protected from full realization of the fourth-density energies of the electrical nature for the reason that they are unable to express or to have the wiring for the running of those energies in their fourth-density form. It is perhaps confusing that we encourage you to live within fourth density in your third-density self. And yet the shadow of fourth density, cast in third density, is sufficient, just as the light under the door that is closed still signifies the awareness of the light in the room and the awareness of the room in which that light resides. What we are suggesting is that you look at the light under the crack of that door and know by faith that that room is lit and that light is true.

May we refine upon this answer my brother?

G: Not at this time, thank you Q'uo.

We thank you, my brother.

G: If no else has one, Q'uo, before, during the beginning of the round-robin discussions, I was becoming very jittery, very nervous, my heart was beating hard, and I was becoming extremely cold and I have a hunch that its beyond standard nervousness. I was wondering if I was the subject of a psychic greeting?

We are those of Q'uo, and are aware of your query, my brother. In the manner of your speaking, this is correct. We are also aware that you are cognizant of the internality of such greeting. That is, that it comes from that portion of the self that is the mirror of those energies, for the self indeed contains all energies that are possible to express. Consequently, there was indeed that which you may call a greeting and it was indeed of the psychic type and at the same time we encourage the awareness that such greetings are not those of enemy energies. Those greetings are of that which feels unloved. So we encourage the response of opening the arms and hugging to the heart that shadow, that coldness, that jitteriness and accepting and loving it as it is. We suggest that this

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shall tend to balance and integrate these energies that seem to be attacking, so that they may become those energies that support and defend the self.

May we answer further my brother?

G: No, thank you, Q'uo.

My brother, we thank you greatly. Is there another query at this time?

G: If the instrument still has energy, I have another one. Q'uo, in the *Law of One* series Ra says that "… our very being is hopefully a poignant example of both the necessity and the near-hopelessness of attempting to teach." I was wondering if you could expound upon that any further?

We are aware of your query, my brother. As that known to you as Q'uo, we encompass a great deal of teaching. The energies of the ones known as Hatonn have long taught; the energies of the ones known as Latwii and those known as Ra, have long taught. And indeed those of Hatonn and those of Latwii accept as their teacher those of Ra. Consequently, we have bonds of teaching and of learning even within our principle. And our entire *beau geste* as a principle is to teach and yet, if we were to use this instrument's slang, we would say, "LOL." It is to laugh, it is to chuckle, for how can we teach? What do we know? We know only opinion. We can only toss our words into the wind and hope that some helpful aspect transfers from creation to creation, for we speak across worlds.

We gaze at each of you in your creation. You are masters. Few of you know it. We hope to encourage you to be aware of your nature, yet we have only a simple story to tell. We have only one basic thought to share. You are one, we are all one and that one thing is love. We attempt to be creative, we use channels such as this one so that we may flash all of the colors of that channel's personality and weave such tales as that person's energy and personality shell have to give. Yet our story is the same, and it is inadequate to fuel the realization and the transformation of a single entity.

Yet we shine out our light and we ask you to shine your light, to tell your shining truth when you feel it within. And when your shining truth is that you know nothing, let that shine, let that be a good thing to shine. For it is in our way of perceiving, an excellent thing. So we teach those who are already masters and who have forgotten. You who are learning could take our places, were the veil to drop. Yet you have placed yourself in this darkness which you experience, so that you can change.

Consequently to teach is almost hopeless and yet, what else does a human or the spirit have to share? The rest is love and has no words. When there is the attempt to share, it must be that sharing through the structures and the limitations and the exigencies of logic depending from each structure. These limitations are almost hopeless; that is, they create a hopeless situation in which one throws pebbles at the great eternal truth that is too simple to articulate.

May we answer you further, my brother?

G: No, thank you Q'uo.

Is there a final query at this time?

T: If the instrument has energy and the answer does not infringe upon my free will, about a month ago one evening before I went to bed I had a tremendous emotional energy and wonder if that was a kind of initiation? Are you able to comment upon that at all?

We are aware of your query, my brother, and are able to confirm that this was a type of initiation. May we answer you further, my brother?

T: Are you able to explain the basis of that initiation, the effect that it was taking?

We are able, my brother, only to say that there is crystallization of those energy centers that this instrument would call orange and yellow. The vector of this change, then, is towards the opening of the heart. We find that this is the limit of that which we are able to share with you at this time.

As the energy wanes, we thank this circle. Our hearts go out to this circle, for each in your own way has struggled with much in this latest season of transformation, chaos and change. We ask that you take heart and that you rest in knowing that no mistakes have been made and that all is on track in your curriculum. Whatever it feels like, each has done beautifully and has been brave and true. We would simply encourage you to continue with faith in yourself, faith in your catalyst, faith in the rightness of the plan. Rest in that faith, rest in the memory of those times when you were immediately connected with that understanding. And trust, through the dark night, through the difficult time, through the confusion.

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The trees bow before the wind, the seasons change. The winter comes and the leaves must fall and all seems to die, only to rise again in the resurrection of shoot coming through dark earth into the light of spring.

All is well. We meet you in meditation, in that house of prayer, as this instrument calls it, where all time is One, and all beings One.

It has been a pleasure to speak with you and again we encourage you to think carefully before accepting anything that we or anyone else has to say, living, dead, terrestrial or extra-terrestrial. Guard your thinking and discriminate, for your truth is a living thing. We are with you in that holy war, that holy seeking that is the struggle that has been called the *jihad*. Move forward, trusting that the darkness and the light are one and the same thing.

We leave this instrument and this group in the love and in the light of the one infinite Creator.

Adonai. We are those of Q'uo. ✣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Wednesday Meditation
September 17, 2003

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are, and by whose joy we are enlivened.

We thank the one known as T for requesting this time of asking and we are most happy to share our opinions with the request that, as always, all the things we have to say be carefully reviewed and examined for their helpfulness to you personally. For many things are interesting but there are those few things which are indeed yours by that internal and intuitive process of discrimination that the spirit has for those things which impinge upon its evolution. There is a resonance to those things that fit into that subjective search for the truth that is ever and always the same. If this can be done then we may feel free completely to share our opinions as what they are, mere opinion, those thoughts of a friend rather than those great teachings of some authority.

May we ask for your first query, my brother?

T: Q'uo has often spoken of the validity of both dramatic and non-dramatic forms of service to others. At this stage in my development, I feel that I may possibly be of service in just being and radiating love. Can you comment on this?

We are those of the principle known as Q'uo, and we are able, my brother, to comment on this. We would suggest that your sense of the paramount importance of the faculty of being is indeed the correct impression, not only for yourself but for all souls involved in incarnational experiences upon the Earth plane at this time.

The function of the illusion is, in some part, to distract one from the essence of the self. It is the delight of the machinations of the forces of what this instrument would call "consensus reality" to bring into the awareness a nimiety of detail that so exceeds the ability of the conscious mind to assimilate in a direct or linear fashion, so that the mind shall be put to the task of prioritizing and sorting incoming data and so that the heart may have the opportunity to be sought when the mind has become useless as an instrument of wisdom by virtue of its over-stimulation. The effect of this structure of illusion is that the self tends to be tempted towards a state of permanent distraction, thereby blunting or lessening the impact of the spiritual portion of the mind, the body, and the spirit in its interconnection within the emotional body. In the face of this condition of distractive environment, it becomes the central challenge of all entities seeking to live life well to begin to penetrate the glamour of the constant rain of detail, and to find beneath the details of an everyday existence those markers that only give a hint upon the surface of their depth and their sacredness within the very framework of the destructive elements of life as it is normally lived. It is a matter of a turn of the mind, so that while a portion of the mind continues to deal with those

physical priorities that are necessary for the movement of the honors and duties of a life lived in accordance with ethical beliefs …

(Pause, waiting out a disturbance in another part of the house)

We are those of Q'uo, and find that this instrument has been somewhat distracted from her train of thought and so we shall begin again.

These markers are as the iceberg, barely sticking up into the sea of chaotic detail of an everyday life, yet these markers are everywhere, as the whitecaps upon the waves, and yet unlike the whitecaps, they do not go away. They merely are obscured from time to time by the swells and the restlessness of that archipelago of infinite detail that is the ocean of consensus reality. Consequently, the challenge of being within a lifetime of doing becomes the challenge of simple and utter focus and attentiveness to that sea of detail, not being in any way overwhelmed by the flood but rather trusting in the craft of self, that frail barque of body and sensibility and awareness that is you within incarnation. [The challenge is] to have the persistent vision to gaze into and through all detail, seeing and appreciating the momentary interest of each detail, yet always looking for that whitecap of indication that this contains a marker that moves down through the shallow surface of life into the depths of the being of the self, so that one may, many times within an hour, and many, many times within a day, take those arrows that lead downward into the self and ride them as far as you can, opening the intuition, opening the heart, and allowing the self to move as spirit would have you move.

There is a tremendous amount of trust of the self and of guidance involved in this technique, yet it is one which we offer to you because of the way that your particular mental, physical and emotional make up creates for you genuinely advantageous, shall we say, "fast trains" to the depth of being which are marked by these little whitecaps that flash in the sun, that are not after all foam and spume as part of the water, but are instead that which comes [barely] out of the water but extends in much larger bulk beneath the water. Discerning between the evanescent whitecaps of detail that are whipped up from the bergs or avenues that lead down into the essential self is subtle work, yet it is that which, once opened as a technique, becomes ever more pliable and flexible and easy, shall we say, for the use of the person within the rush and the turmoil of a normally lived Earth life, as this instrument would describe it.

Dramatic service, as this instrument has termed it, is no less service than the service of being. It, however, addresses a different level of the tree of life, as this instrument would term it; a level that is closer to the archetypal and therefore more powerful to serve, although within your human consensus reality terms, such work as essential being offers has virtually no recognition or respect. And many will be the time in which you as a soul stream, within incarnation, are quite fully engaged in being of service and are wholly caught up in the honor and duty thereof, yet will find others about the self not able in any way to grasp that which is being done within the mind or to value it were they to be given an explanation of this technique. We suggest that it is well to disregard the opinion of others who do not at this particular point in your space/time dwell with you, for this particular service has both the glory and the great challenge of being utterly unique. No one, in all of the infinite creation, not even your own soul stream in other incarnational experiences, has developed this particular essence, this particular group of colors or collection of scents. There is a tactile, sensual aspect to being for which it is impossible for this instrument to find words; that is, we cannot find words within this instrument's mind to express the particularly personal and deeply intimate nature of the service of being. It is a demanding discipline to seek, to find, to accept, to love, and to give up the self.

There is in this instrument's experience the repeated occasion of what she calls Holy Communion, in which the one known as Jesus the Christ describes itself as the body that is broken for many, which one takes in remembrance of that being. This entity also offers its own blood, which is shed for many so that the being may take on this persona of the Christ, and in the way of "As above, so below," become that which is held in utter ideal. Within each self there is the Christ or the Christed consciousness that is the very essence of self. That self of Christhood is pure and is uncolored by that energy or entity which wears the cape or coat or cloak of Christhood. Each entity, in coming into incarnation, is as that being which is the Christ, yet which may be in any stage of development within the heart of the incarnational being. Consequently, the hope of one who is seeking

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to serve in the ministry of being is seeking to open the self up from the level of the personality shell, with all of its limitations, its desires, and its needs, so that, more and more, the self may descend from the surface of self, which is those honestly felt things which bear little of truth, to that inner level of self that opens and opens again and opens again, as the self is able to become honest with the self, to gaze within especially those shadow portions of the self, so that, as those shadows are found, they are welcomed, accepted, loved and used to move ever deeper into a state of unconditional love of the self as it is perceived by the self to be imperfect. To have love for the self at this level flies in the face of culture and nature in terms of the human tendency towards thinking less of the self and more of outward authority figures and other perceived judges of the self.

The environment for work upon the self needs to contain safety. To be safe for the self to the self from the level of self is a challenge that will continue until the moment of realization occurs in which you as an entity are able to know beyond question that you truly are part of the godhead principle and that, as you dig in the perceived dirt and earth of your humanity, that which you toss up is not the best you will see, and that which is hidden is worth the digging. So you may think of yourself as digging for buried treasure. Yet always, when the digging is done, and the self is at last satisfied with that work which the mind and the feelings can do, there is the infinitely shorter route to realization of the true nature of the self that is involved in moving into the open heart and sitting within that tabernacle in which the Creator is always waiting, to share silence with that Creator, to share being with that Creator that is the deepest part of you and is therefore never away from you.

Consciousness is that which you partake in, in the semblance and illusion of individuality. As you hook into that consciousness from the eccentric surface of your personality shell, [you] become more and more able to trust that path of light that leads from that crooked and sometimes tormented surface to the still, clear, lovely waters of the deep self. It is not that the one known as T has no capacity or opportunity for dramatic service in the sense of teaching or offering other outer gifts to be shared by those in need upon the Earth plane. Each entity within this circle came into incarnation with some plans in that regard, with some hopes of sharing deeply felt gifts with those who might appreciate them. Yet those dramatic gifts have a way of being offered only when the time has been put in, in clearing the energies, in disciplining the personality, in falling in love with the self, and more than all else, in becoming aware of the way the self is, the way it feels when one is in that holy of holies in which all things are one. Become more and more conversant with moving through the levels of being, knowing that perhaps for many a month after starting to gaze at the various depths of perception, there will be some real question about what level the thought is upon at a particular time, and ah! the mind has many twists and turns to cause the surface mind to misperceive. However, there is always a stream of information coming from the system of guidance that is your own and this stream will for the most part be in synchronicities and coincidences that point up, certain trains of thought that isolate and underline, shall we say, or emphasize certain key concepts. Once the entity begins looking for such, the incidence of them begins to rise until one begins to feel that indeed the universe never stops speaking to the self. And indeed this is so.

May we ask for your next query, my brother?

T: Thank you, Q'uo. I think you answered many of my questions. My next question is, can you comment on ways in which I can best support the development of the community here at L/L Research?

We are those of Q'uo, and are aware of your query, my brother.

As we, shall we say, riffle through the pages of this instrument's mind, it is at the surface of this instrument's mind that the one known as T serves as he speaks, as he sits. He has been a part of this group for the last several of your days. During the weeks of visitation, there have been energies exchanged upon many levels. There has been the obvious exchange that strikes the eye of physical interaction and the sharing of energy moving in a common goal that is greater than the self. There have been those energies exchanged which move far below that surface energy, [which are] far more important in their energies. Those would indeed be in the areas where the one known as T has, in its own process, in its own studies, developed a steadiness and a sturdiness of stability and dedication which enables him to

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remain in a most equitable and, as this instrument would say, cheerful state whether faced with an enjoyable and easily contained challenge or with a seeming disaster or a situation which seems to have become too complex to handle easily. This ability to enjoy the process of dealing with items large and small, be they physical, emotional, mental or spiritual, is that energy within a mixture of rays, in terms of chakra points, which this particular group does not have in abundance. Consequently, the chemistry, shall we say, or the coloration of energies as they are exchanged around the circle of community are of such a nature as to clarify and strengthen the energies and stability within the energies of those with whom energy is exchanged.

At the same time, there is within the group an abundance of certain energies which the one known as T has in lesser degree than perhaps others within the circle of community and is of service therefore to the community in being able to accept and appreciate those love offerings of energy in which inspiration and to some extent information is exchanged that creates a sense of appreciation and a sense of being at home, which in turn reflects back into the group in a way that increases the energy of all. This particular entity fits into the circle of growing group energy which the entity known as L/L Research has begun to build with this new grouping in a way that is most beneficial.

So, these are obvious ways in which the energy exchange with those of the community is being helpful. There is always the possibility of developing those energy exchanges, of creating more linkage and, by collaboration, more focuses for the shared energy that is being raised into a dome of light by this group.

May we answer you further upon this point, my brother?

T: Yes, thank you, Q'uo. Can you talk a little bit more about how I can collaborate with the group to raise this dome of light?

We are those of Q'uo, and are aware of your query, my brother. While there is what this instrument would call the luxury of presence, it is well to share presence, to share beingness, and to share tasks. When the space/time continuum moves to that point at which the one known as T is upon the other side of your beautiful planet from this particular group, then it will be that this same energy exchange may continue within the heart, for once entities have connected and bonded in the emotional and mental and physical and spiritual bodies, as each within this group has with the one known as T, there is a connection that cannot be broken, neither in life nor in death. Each has become part of the net of being that is the other and indeed each within this particular group has worked together before and so there is that sense of camaraderie and being warriors together, not against any but for the light.

As to the nature of collaboration, as to the nature of shared support, we would suggest that each day and each choice shall be that which blooms and develops and leads to other choices and other decisions which in turn develop that shared energy. The thing to remember always is that there is a general, well-thought-out plan not for one particular project but for one general shared mission of lightening the planet with beingness and with other, more outer, services as well as seems indicated by the highest and best guidance that one is capable of receiving from day to day to day.

Thusly, we could not offer one specific answer but rather the suggestion to look within the self for those things which might forward or further collaborative projects that the group as a whole has begun and to feel free at all times to share impressions, to make suggestions from those feelings that come from being guided that such-and-such resonates and is a good thing to bring up, is a good intuition to share.

May we answer you further, my brother?

T: Thank you, Q'uo. Can you suggest ways in which I might refine my current form of Gaia meditation?

We are the Q'uo, and are aware of your query, my brother. We find that this is too close to your process for us to be able to comment upon it at this time other than by saying that there are materials upon this organization's website and upon other websites which deal with the quest for a planetary visualization of peace and of planetary restoration that can be sought while the self is tuned not just to those suggestions but to that which draws sparks from the inner fire of self. So, our suggestion would be, first, to find that inner fire to refine the focus of desire and, when it is one-pointed and singular, to open the self to some suggestions from others and to find those threads which lead to other threads which lead to a feeling that, yes, this feels very rich for me,

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this is my method of bonding with the Earth, of loving Gaia, of relating intimately to those energies of restoration, peace and safety that are the hallmarks of fourth density.

May we answer you further, my brother?

T: Thank you, Q'uo. Can you provide any information on the spiritual theology I have been told that I taught in ancient times linked to the obsidian stone?

We are those of Q'uo, and find that to work upon your process does indeed cross the boundaries of infringement on your free will. We would however confirm that this is an interesting avenue to investigate, not just in terms of thought but in terms of feeling.

May we answer you further, my brother?

T: Can you help me to understand in which areas I have yet to forgive myself and how I can best achieve this forgiveness and acceptance?

We are those of Q'uo, and aware of your query, my brother. We make this instrument smile with our smile, for truly this is a most central query and one which cuts to the heart of process, for forgiving oneself is forgiving the world. Working on peace in the world is a matter of seeking that place of peace within the self where the self is forgiven.

Entities within incarnation upon planet Earth tend to build for themselves a defensive shell designed to protect the self against the slings and arrows of outrageous parents, teachers and other critics of the small child. The criticism begins early and stays late and so the self becomes more and more embattled behind the armor of defensiveness. And this is held together with the rivets of fear. There is the fear that one is not good enough. There is the fear that one will never be good enough, but good enough for what? That question is seldom asked because it has no answer. How can one be good enough in a situation in which each and every human, by virtue of its incarnation into the state of humanhood, is imperfect? The human animal, as it were, is designed to be imperfect. It is not intended that any human being learn the ways of love to such an extent that they become flawless. It is not intended, it is not expected by those who appreciate and love each and every soul stream that is taking incarnation at this time upon planet Earth. You are greatly …

(Side one of tape ends)

(Carla channeling)

The challenge of forgiving the self, then, is not an individual challenge based upon those items which remain unforgiven. For there is always that which is unforgiven, since it has not yet been discovered. No matter how many times you as an entity are triggered by fear and the working of, what this instrument would call, old tapes that have to play within the head once they are started, of the old, unforgiving voices of authority within childhood which somehow have become the interior voices of self, there remains something as yet undiscovered that will, one fine day, rear up out of the sunlight and astonish you with the depth of your imperfection. And you will, once again, be offered the choice of judgment or forgiveness of the self. We do not discourage the faculties of review or oversight. It is perfectly acceptable and useful to critique the self and to say, "I would prefer I had not done this," or "I would prefer I had done this and yet I have not." These perceived errors are very helpful because they help the entity you are to behave better.

Yet we attempt in forgiving the self to move beneath the level of behavior so that you as a being are able to link together the good things about yourself with the perceived imperfections of the self, seeing that you cannot have the one without the other. You cannot have the virtues without their shadows, seeing that every virtue, self-perceived as virtue, if stood on its head and placed in a situation which makes it turn backwards or athwartships, will result in the shadow side of that virtue, which will be astoundingly imperfect.

So, we are unable to suggest specific areas for the work of forgiving the self. Rather, we suggest that in every area where you catch yourself in the process of judging the self, it useful, then, to take the time at some point as close as possible to this time of perception, to move back into that situation and that equation of evolving process that is occurring, with an eye to moving beneath both the imperfection and whatever virtue you may identify as the flip-side of that imperfection, to the sacrament of being and essence that lies beneath both the imperfection and the balancing virtue. For each perceived virtue, if balanced within the self, will reveal its shadow, and vice-versa.

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We do mean to be necessarily confusing here. We may take a simple example of the feeling of impatience. Where is that coming from? It is well to look at such a perceived imperfection. And yet what is the virtue that makes entities impatient but a well-perceived sense of duty, a well-disciplined sense of planning and scheduling and prioritizing, and many other aspects which are extremely virtuous and full of character? The idea of forgiving the self is not to find a strand here and a strand there and a strand in the third place of perceived unforgiven self and pluck those out. It is to embrace such perceived moments with the hope of opening the self to the unity of that imperfection with the perfection it balances, so that you may see that you are not a "good" being and attempting to destroy the "bad" being that may exist beneath the floor of the "good" being. Rather, you are attempting to become a full, circular and robust self that knows its shadow side, knows its virtues and knows that neither is the true tale of the self but only the process that is occurring to allow the self to move ever deeper into that self, that interior road to the centre of self that lightens as it goes until, in the very center of self, in the heart of self, in the tabernacle of the Creator within the self, there is a stunning, flooding white light that melts every consideration and allows one to rest in adoration and faith.

May we answer you further, my brother?

T: Thank you, Q'uo. Can you offer any advice in relation to the two Vipassana retreats that I plan to complete?

We are with this instrument. We are those of Q'uo, and are aware of your query. We would offer three suggestions. Firstly, we would suggest attention to the details of sleep so that there is the opportunity given to the body to rest completely at times deemed appropriate by you so that you are able to withstand the catalyst of intensive realization.

Secondly, we would suggest in the matter of clothing that care be taken to be comfortable so that the chafing and other disturbing of the skin by the clothing is kept to a minimum, again in order to remove a stumbling block from a one-pointed focus upon the work itself.

Thirdly, we would suggest working with body and structures that support the body in various ways to identify and, as far as possible, improve the sitting posture, for there is within the discipline of Vipassana meditation, or any prolonged sitting meditation, the challenge of the inner body and its previous habit of movement being so firmly overset in such a short amount of time.

These three minor details, when seen to, set the stage for that which is your process during this period. Certainly, we cannot suggest to you those spiritual tools and resources which are part of your learn/teaching process at this time. We simply ask you to have faith in the ability of the self to discern that which it needs to hear amidst possibly a welter of detail it does not need to hear, trusting always that sense of rightness for the self. We wish you the joy of such intensive work, my brother.

May we speak further upon this?

T: Thank you, Q'uo. If the instrument still has sufficient energy, can you give me any information on Earth chakras near Brisbane, Australia and maybe how I might be able to use them to enhance my practice?

We are those of Q'uo, and are aware of your query, my brother. We find that in the particular entity that you are, your most helpful portals will be those involved in the nearness of water and, if at all possible, the nearness of crystals. The caves and grottos which may contain crystals especially are helpful. The coincidence of hollowed spaces and water create portals anywhere so that we feel that these perhaps are your best opportunities in terms of your geographical location and your own system of sensitivities which includes that towards water.

We have energy left within this instrument for one last query at this time and would ask for it.

T: You mentioned crystals. Are there any certain types of crystals which may be beneficial to have near me, perhaps when I practice within my home?

We are aware of your query, my brother. May we say that water itself is the crystal to which you are most strongly attuned. Other crystals may aid from time to time and we would suggest a testing of the self, either with pendulum or simply with presence and familiarity with certain crystals, in choosing those stones which you feel to be most apt for you at a given time. We find that in your energy environment, the environment of your energy body, there is a very stable, cyclical turn of energy that ever spirals and is ever changing, so far from being a settled or fixed being in terms of energy body, you as

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an entity are always in motion and consequently, the stones that have crystallized down into solid matter are less powerful for you than charged water.

May we answer you further, my brother?

T: Only if the instrument has sufficient energy. I have felt a connection with water and I think you have really answered my question but there were a lot of coincidences with water-based events in my past. Was that a symbol of my connection with water?

We are those of Q'uo, and may confirm this, my brother.

May we say what a pleasure and privilege it is to speak with you and to each within this circle! We thank you with all our hearts for taking the time and the energy and the focus to be with spirit, to be with guidance, to be with those forces of love and wisdom as you know them. We are poor messengers indeed, yet we offer ourselves in the hopes that we may be of some help and we thank you for the tremendous … we cannot find a word within this instrument's mind, but it is a treasure that we hold dear to our hearts to have this time with you. We thank you. We leave each, as always, in the love and the light of the one infinite Creator. We are with you by request whenever you enter the silence of that great tabernacle of the heart.

We leave you in the love and the light of the one infinite Creator. We are those of the Q'uo. Adonai vasu borragus. ♣

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Sunday Meditation
September 21, 2003

Group question: Our question today has to do today with mated relationships. We would like Q'uo to give us some information that might give us a better idea as to the potential of a mated relationship. What difficulties might one expect in entering into a mated relationship? What kind of attitude is most helpful in dealing with the difficulties? Please add anything else that might be of use or interest concerning mated relationships.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in Whose service we are. We thank you for the great privilege of being called to your circle of seeking this day and we find the beautiful experience of joining your meditation to be a real pleasure. Blessings to each of you and many, many thanks for clearing the time in your schedule to spend time seeking for the truth. Truly those who seek with an open and loving heart shall be answered. Those who knock with empty hands shall find the door opening.

We ask but one thing before we share our opinions with you and that is that you do realize that our thoughts are simply that, opinions. They are fairly settled and we are glad to share them, but we have found that truth is a various thing, a thing that is part of a personal and intimate network of true things for each entity. And we ask each entity to respect their own universe, their own creation, and to be guardians of what goes into that creation and becomes a part of the network and the fabric of living. Examine each thought and, if it pleases you, work with it. This is why we come to you, so that we may share these thoughts. But if they do not please you, we humbly ask you to leave them behind without a second thought, for we would not be a stumbling block to any. With this said, we are most happy to speak upon the most large subject of the mated relationship and its possibilities and challenges.

We found the conversation preceding this time of working most interesting and were pleased to hear the one known as R say that when she was seven years old, she decided that she loved herself and wanted herself and was there for herself and that this was the foundation of her ability to love and to be loved in the rest of her incarnational experience. May we agree with the one known as R that this indeed is the foundation for all relationships. This instrument has often spoke of the first challenge of spiritual seeking [as] being that of falling in love with the self. Not because the self has become perfect. Not because the self has many virtues. Not because of anything except the fact of being. Each entity is a being of a certain kind. That certain kind happens to be a very specialized way of structuring a being. It is multi-leveled. There is a portion of the being that you are that comes from eternity and that dwells in infinity, so that there is no limitation to the circle of self. It is infinite and eternal. Out of that

being has come a spark of that soul stream that is you. And you have found a habitation within a temple of flesh and bone. And again, as the one known as R has said, it is as a vehicle that is able to motivate, to move you physically through the many levels of physical, emotional, mental, and spiritual catalyst that you have received and that you will continue to receive during your incarnational experience.

This self is at once the most simple of things and a complicated thing. In its simplicity, the self of all beings is that of a spark of the creative or Godhead principle so that each of you is a perfect, unique expression of the Creator, as if the Creator was colored with your particular way of loving, expressing and being. Each is as this note, or to be more precise, chord. As the vibrations of your being, which have their own element or range, find their ways to harmonize the various energies of the various chakras the infinite love and light of the one Creator moves through those chakras that are colored with your special blockages and over-energizings and other distortions from a totally balanced energy center. There is nothing neutral about each of you. And this is a wonderful thing. The vividness of those chords of being that each of you is, is a beautiful, breathtaking thing. Each of you is that entity that is vibrating as a melody, or as the scent of a flower. This is your gift, this very simple, very momentary expression of the essence of self. This is your gift in each moment and in each moment there is a new self, a new registering of coloration of being. It is not that all of the notes change, for indeed in many ways, that with which you move into incarnation is that which you take from incarnation. The bones, shall we say, are the same, coming in and going out. The changes that have been made, that can only be made in third density, the density of experience you now enjoy, are in the way the energies are balanced within each chakra and from chakra to chakra, so that these bones are fleshed out with different garments every day. Some of the changes are very slight, other changes, that you may feel that are very slight, go deeper, and have a more profound energy to them that makes a bigger change than you are aware on what this instrument would call the soul level.

So this is the simple being that you are. You are a vibration of the Logos. You are a sub-sub-Logos, a part of the creative principle. And each of you is that which includes all other beings, not simply upon your planet but within the entire creation of the infinite One. To narrow the focus a bit is to discover, in great profusion, the complexities of these connections [between] that which lives and dies and that which is just visiting the experience of living and dying while it is picking up the lessons that were prepared for this time of incarnation, and attempting to use this particular vibration that you experience for finding the self, finding ways to love, finding the grace to allow the self to be loved. In the explication and exploration of these large subjects come many, many lessons, one after another after another. In the school of life, as this instrument would call it, there are many tests. Some of these tests are never perceived by the student, other of the tests are perceived all too well and become great causes of concern, thereby snarling and sometimes baffling the energies that otherwise would be free to work. It is, as the one known as V would say, a puzzle to be solved, in many cases. The experience of a tangle or a difficulty, as this instrument was speaking of earlier, is an opportunity to gaze upon the self in the mirror of perceived experience and perceived difficulty, looking at the nature of the experience, the nature of the perceived blockage or over-activation within self or within other self and the finding of the way through the maze that does not partake of judgment, that does not partake of the consciousness of sin or error and yet that stays persistently and accurately upon the focus of self so that the maze is followed not from either emotion or intellect but rather from the heart.

The heart itself has a working knowledge of these complexities that create the mazes of a puzzle to be solved. And there is no maze created that does not have a solution. Within these boundaries of self lie not only complexities but complexities of various levels of profundity within the essential self so that there is much skill, when dealing [with] the self up close, in being able to slip from level to level and being able to work the maze, from level to level, so that there is a feeling of movement through time, movement through the spaces of self, movement not linear in nature but rather that movement which may seem to be very tedious and turning back upon itself and winding tortuously. Yet, in terms of the maze of self, such wanderings within the self are skillful and useful and very productive. Therefore, the first work, when gazing upon the mated relationship, is the work of coming into a fuller and

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fuller awareness of the self, of falling in love with the self, of becoming able to see the self without pride or humility but rather as that which is, that which has met the day, that which will express in honesty and sincerity for that day. When the self can meet the self and smile and go, within the mind, "Oh good, I get to spend time with me today," then the self is ready to spend time with [an] other self.

The one known as G has not asked about relationship in a vacuum but rather within a situation in which the heart is leaping like a stag, happy and joyful in the rushing energies of honest and deeply felt, unconditional love. Therefore, as we speak we are not dealing with the ins and outs of making the commitment for the mated relationship. We are responding to this query assuming that the relationship is positive, mutually felt to be positive and inclusive of a third entity, that entity being the one infinite Creator.

Mated relationships are a triad. They are not two partners against the world. Rather they are a temple that has been enlarged so that two entities' lives may be dedicated to that which is larger than themselves, larger than their worldly hopes, constituting that ark which contains those things that one couple wishes to save from the flood of the everyday. Into this ark of mating each may pour their ideals, their hopes, their dreams, their desires, their intentions, and every precious truth and spark of beauty that they have found and loved and made their own. Two entities offering these gifts to each other and to the Creator create a temple with a dome of light that, as that mated couple works through time and through circumstances which try every nerve and every part of the self, [becomes] stronger and stronger. Every time there is a situation met together, and energies are allowed to move between the two and the Creator is included in all discussions, no matter what the outcome of such a situation is, no matter how difficult the catalyst or how long the journey towards a solution seems, the dome of light is being strengthened because the journey is being made heart to heart, hand to hand. And always with the realization that the Creator and the Creator's love is a huge part of the relationship. Indeed, this instrument can speak for herself, but we gaze into this instrument's mind to find memories thick as falling leaves in the autumn of precious, well-remembered moments of this entity and the entity known as Jim coming together in tears or in joy or in trouble, offering each other honesty that is painful or wonderful or simply puzzled and again and again, finding in each other the light that had failed for the self, finding, because of the good mirror, information that was needed by the self. This instrument's memory of self becomes that which is the memory of two selves, as one. And this plinth of shared memory is a substantial platform upon which to build the journey of seeking. This instrument has often said, the mated relationship is the fast track to spiritual evolution. And why is that? If you can think back to the last time that you were alone and had to deal with a situation without help, you can remember those feelings of isolation, even though one is never isolated from the Creator of all things. Nor is one isolated from a guidance system that is strong to help[58]. Yet when one is alone there is a sense of the light failing and the atmosphere becomes close and stuffy because there is simply no air, no mirror, no light, there is not that life that another entity brings into the dealings of self with self. In the interior of self without an entity to serve as an accurate mirror, the mirrors within the self may be very distorted and may not show the truth. There may be too much interference from previous assumption that has not been let go when those assumptions were no longer accurate.

Think back to the last time that you dealt with a situation with a friend, with a mate, with a partner, and that partner, that mate became a mirror or a teacher to you and you had the gift of sight, the sight that is not insight, for it comes by projection and reflection. Yet that sight, perhaps called "outsight," is as the insight that has been the gift of that entity in the mated relationship whose catalyst it is not and who simply is able to gaze into your eyes, see you in the situation and reflect back that which she sees. The blessing of this shared vision becomes the greater the less clear one's own vision is. So mated relationships, and indeed close partnerships of all kinds, if based within spiritual parameters, have a wonderful, flexible ability to have two seemingly imperfect and confused people become to each other the knight in shining armor and the lady in shining armor, those who are wiser than they know because

[58] Carla: I believe this phrase comes from my Episcopal/Anglican background, where the prayer book language has the holy spirit as "strong to help," "strong to save," etc. It has the same meaning as would the phrase "… that is a strong help."

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love has entered into them and that guidance system that is not working for the other self is able to work through the love within the heart of that entity for the other in ways of creating the opportunity to find a novel and creative way to witness to the truth and the love that is seen in the other self.

The makeup of the human heart is such that as the one known as R has said, when there is the ability to share with another self, that which is a burden to one, by that very sharing, by that very hearing, by that exchange of energy, the sharpness of the pain of living is lightened and the suffering that one perceives [one] to be undergoing is cut in half. All things that can be spoken of can be healed. The great gift of a mated relationship is that all things can be spoken of and may be spoken of. There is permission given from one open heart to live fully as one. Were only two to become one, this is indeed a great thing. Yet, the added gift of the mated relationship is that there is normally some sort of ceremony within which the Creator is invited to join the union and to give life to the union that is so dearly wished. It may be seen simply as a blessing by those who attend the religious service and gaze upon such ritual as a social exercise or indeed a business proposition in which a contract is made with no small print and a long term. The value, however, within the spiritual or metaphysical universe, that universe that does partake of infinity and eternity, is that metaphysical values are specifically brought into the relationship to enhance the pairing so that it becomes a much stronger three-legged entity that can stand on its own and be that house in which two entities may live, the walls of which are made of hopes and dreams and love, but the floor of which is made of real effort, substantial work, and deep sacrifices between each to each.

And we would speak of sacrifice, for there is within the human experience that which can be perceived in many cases as sacrifice, which ensues from the commitment to a relationship. The essence of love in the sense of the love of the infinite Creator is open-hearted giving and open-hearted receiving of energy which passes freely between two people. Within this atmosphere then, two people turn and face living a life together. And as the everyday life moves on from the committed relationship's start, those energies that have been working through each to create and direct the path of seeking for each become those energies that intertwine in new and original ways because of the proximity of the two and because of the continuing accretion of shared memory and shared catalyst.

There is that figure in the archetypal mind which has the entities upon the wheel of life and as the wheel of life is turning, the entities are turned upside down and all the money in their pockets is falling out and falling upon the fruitful earth. And indeed in marriage, the wheel turns and sometimes one is receiving the gifts of others and sometimes is losing the coins out of one's pockets, perhaps on purpose, perhaps not. Yet, it may be perceived when one is at the top of the wheel, upside down and serving by giving, that one is being badly used, that one is sacrificing and not simply able, because of that position on the wheel, to offer a certain kind of love and support to the whole. It is well to be able to gaze steadily at the possibility, going into mated relationship, that there will be times of substantial, apparent sacrifice for, as this instrument has said many times, if two people feel that they are sacrificing almost a hundred percent for the relationship, with the other entity doing almost nothing, then it is possible that they are [each] doing their share. It is very difficult from close up to see the self and its efforts in balance with the efforts of the other self. It is sometimes hard to see the efforts of an other self and easy to see the efforts of self, and again there are times when the self is already seen as failing in a certain situation, and therefore the self is seen as not giving enough and the other self is seen as being overbalanced towards the giving.

We do not know and could not say if we did, what the catalysts shall be for any mated pair as they begin to ride this ark of hopes and dreams along that endless ocean of perceived experience within incarnation. It is only possible for those upon the ark that they have made by their mutual love, to shine the wood of it, to polish the brass, to clean the head, to trim the sail, to keep the keel even and steady and to gaze at the stars with sextant in hand, remembering your hopes and dreams and renewing, daily, that pride in being that makes the chores of living as one joyful. We encourage, in the dailiness of a mated relationship, the continual return to the place of marriage where two souls united with the Creator to create the temple of a lifetime of dedicated and committed loving. Move into the silence of that tabernacle which is within the heart. Move into that shared silence in which each may

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hear the Creator speak. Let love be that which it is but allow a love which you know not to undergird and support that which you know now as love. For love has infinite lessons to offer and the more one is able to open the heart to the infinite consciousness that is love, the more one is able to open even further and even further. So that, as this instrument would say, one comes into one's bliss, and more and more is at rest and at peace within.

We thank the one known as G for this query and at this time we would open the meeting to any other queries that any might have the desire to ask at this time. We are those of Q'uo.

J: Hi Q'uo, this is J and I wanted to say hello. I wanted to ask a question about something I read in an interesting article today that stated that there might be beings that aren't necessarily someone that we know that has a post set up north of Russia and it said these beings protect the Earth from asteroids, maybe from other interferences, and I was just wondering if you could confirm that or speak of it anyway?

We are those of Q'uo, and are aware of your query, my sister. We find that this energy is both true and untrue in terms of that which you have read, and to explicate, we would say that there are many energies within the inner planes which are detailed to work with perceived difficulties that might impinge upon those dwelling within third-density Earth at this time. These energies are not physical and cannot be found in dwelling places and so forth. Yet they are real, they are simply not those within third-density or physical bodies. This entity would call them angelic but this does beg the question of their nature, for we find no real word that lacks emotional energy for beings without bodies, shall we say. These energies, however, are positive, loving and very articulated.

May we answer you further, my sister?

J: No thank you, that's good for now, thank you.

We thank you, my sister. Is there another query at this time?

G: Q'uo, beyond entering or moving through an initiation through the Great Pyramid, is there anything that an entity can do to become an initiated and purified channel of the Law of One that is as substantial and definitive and transformative? Can an intense desire effect the same type of change?

We are those of Q'uo and aware of your query, my brother. We cannot give you a general answer for entities besides yourself. We can say that there is for each self the possibility of creating and sustaining a successful effort towards realization. However, entities are variously blocked with regard to subtler work. There are densities and sub-densities within the inner planes where the structures of realization are promulgated and crafted by guidance systems that wish to aid and serve you in your evolution which must come into play when entities are within a certain frame of mind and when they have experienced a certain preliminary set of necessary …

(Side one of tape ends)

(Carla channeling)

These experiences may not come at the time that they are useful but like treasures, they are stored away against the proper moment and then, in that moment, entirely unpredictably for the most part, the frame of mind and the moment and those things which have needed to be ingested beforehand, in terms of experience, all come together and an epiphany results. We cannot say that there is one ritual which, when done with integrity and impeccability, will yield the result that you wish. We can only say that energies build to a moment and, in that moment, there is a crystallization of previous experience, and realization that occurs. It is a great gift and a great blessing. And in your case we may say that there are no adhering limitations or blockages which would keep the soul stream that lies beneath your personality shell from coming to that moment with those things which are necessary for realization. We simply suggest that the energy of faith be remembered and centered upon when there is doubt that one is able to become a purified instrument. Each is able to purify the self. That indeed is the very nature of the refinery that is the school of Earth.

May we answer you further, my brother?

G: No, thank you Q'uo.

R: May I ask, I seem to be many people in one physical body and there are times that I feel that I am a fraud and I have wondered how this can be because I have thoughts and often desires that seem foreign. I wondered if there is an explanation?

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We are those of Q'uo, and are aware of your query, my sister. Indeed, the explanation is fairly simple, my sister. When an entity is honest and has insight and has moved through many experiences, it is natural to feel that one has become wiser and wiser and wiser. However, it is also true that in spite of or around any integrated, conscious, daylight personality there lies that which, culturally speaking, is simply not accepted or admitted among your peoples, and that is the full 360-degree self which contains every shadow, every evil, every darkness that can be imagined by the mind, the heart, or the soul of human beings. All of those things that have ever been imagined, good or bad, according to various people's lives, are part of that which is R and equally that which is Carla, or Jim or J. There is no lack of evil, so-called, within the heart of any, for all were greatly accepting of and wanting this precise 3-D self that has all of the light and all of the dark. As experiences continue to flow in, there are moments when the integration falters and thoughts are separated out into the shadow side and the positive side. Neither side is a fraud. Both sides are real. The action of the self towards other self expresses that which is the perceived truth of the self. Many, many shadow, dark, evil parts of the self, then, stay within the self, are processed only by the self, there being no need to have the outer mirror of other self in order to be able to see one's shadow self. The challenge then becomes internal. When the self is perceived as self-inconsistent, then whatever is perceived as the "bad self" is to be taken into the arms of that self which you experience as yourself so that you can rock that unloved portion of self in the arms of true compassion; so that you can say, "I fell in love with you a long time ago."

Then there is the joy of telling that shadow the story that will charm it and will allow it to find its freedom within the interior portions of self where it can begin to be transformed into that power and grit of self, that, purified of the baser darkness, uses the power of darkness to assist the will of the daylight self.

May we answer you further, my sister?

R: Thank you.

Is there a further query at this time?

T: Q'uo, if it's possible and appropriate, would you be able to touch me with your energies so that I could feel you?

(Pause)

We are those of Q'uo, and we have touched you.

T: Thank you.

Is there a final query at this time?

V: A couple of years ago I asked about the nature of the entity I know as Turquoise and I wonder if Q'uo would speak to whether enough has changed in my perception, in my environment, and my incarnation to be able to answer that query?

We make this entity smile, my sister. We are those of Q'uo, and we may say only that you are quite correct, that this matter is upon the cusp at this time and that you are dealing with it in a brilliant manner. We are sorry that we can not speak further at this time but there is that which shall take place within your process before we are able to speak without infringement. We thank you, my sister.

We are those of Q'uo, and we thank you again for the lovely experience of sharing in your meditation. We pray you may go forth from this meeting in joy and in peace. We are always with you by request as you meditate, to strengthen your meditation and to make the room of silence just a bit more sturdy and safe.

We are those of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai, adonai. ♣

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Sunday Meditation
October 5, 2003

Group question: We are going to take potluck this evening and hope that Q'uo will speak to the group energy. We've gone around the circle today and we've shared a lot of very intense, interesting, involved and complex information dealing with personal lives, opening the heart, and new directions, and we would like Q'uo to take a look at these energies, look at our hearts and speak to the concerns that are foremost in our own spiritual journeys.

(Carla channeling)

We are those of the principle known to you as Q'uo and we greet you in the love and in the light of the one infinite Creator, in Whose service we are and in Whose service we delight. We thank you with all of our hearts for calling us to your circle of seeking this day and are glad to share our humble thoughts with you as long as each is able to agree to listen carefully for those thoughts that appeal and those that do not, keeping the first and leaving behind the second. We appreciate this, as it gives us the freedom to speak our minds and share our opinions without feeling that we are attempting to infringe upon your free will or to speak as authorities since we honestly feel that we are not authorities but friends. We offer our thoughts with a hope that they may help, that they may be of service, and that they may be useful in your process.

But, my friends, that is that which our thoughts are made of: process—ours, yours and the Creator's. It is unknown to us, just as it is unknown to this instrument, what we shall say at any particular session of working. When we are given the opportunity to speak according to the energy in the circle, it is a marvelously freeing thing in that it enables us to lift from the logical association of subjects into a more feeling and sense-oriented way of attempting to work with those things which lie beneath the words, which can be used to describe situations, reaching down into the feelings and the structures of those feelings that have existed for some time and that have shaped those ears and those eyes that each of you brings to new catalyst, so that the person that experiences the momentary catalyst is experiencing that catalyst through the eyes of a lifetime of coloration. Many times the skill involved in processing experiences involves not accepting the first structures as being the whole truth of the situation, either its surface appearance or its deeper meaning. We thank you for lifting up from the iron grip of logical ratiocination[59] and intellectual processes. For when an entity is dealing with a new and unknown situation, as the one known as S has said, there is the desire to make progress. And in that desire to make progress, the ruthlessly literal third-density bio-computer/mind, as opposed to the consciousness of each entity, wishes to apply logic to those things which defy logic because of their novelty. When one is wishing to begin a new

[59] ratiocination: the act or process of reasoning or of deducing consequences from premises.

structure, certainly one may go into the work having some idea as to what that new structure will be. For instance, this channel had spoken earlier concerning the way a new structure of a spiritual circle or a communal spiritual group might be organized, pointed and motivated. Yet, because of the fact that this is a structure that has yet to be built and because of the fact that it can only be built by those involved in the new structure during the catalyst and the process of so building that structure day by day, the grasping mind of the instrument has nothing immediate upon which to take hold.

Similarly with each within this circle who is beginning a new pattern, it is as that entity who is moving into a new abode, a new structure within which to live the entire gamut of third-density incarnative life from the smallest, simplest and most nitty-gritty of chores and activities having to do with the natural functions of the human body and fulfilling the needs of the human body for sustenance and warmth, all the way to the most abstruse imaginings of one who truly desires to make of the life a gift to the Creator in so many ways, small and large. Each within this group gazes now at a life that is completely new. In many ways this is beginning to become the standard situation among your peoples at this time. For, as many in the group have noted in the conversation preceding this meditation, the world is moving ever more swiftly and ever more intensely in its great rush towards the culmination of what this instrument has often called third-density life. We are not saying that there will come a great catastrophe and all will be finished. However, we are saying that the energies that are moving into place in order to birth the fourth density of your planet Earth move in ever-decreasing circles of attraction to that moment when fourth density shall be the officer of the day, shall we say, rather than third density. There shall be a time in your not-too-distant future when those efforts that you have made to become aware of what it is to open the heart will have culminated in that which can be done within incarnation in third density at this time upon your planet as you know it. Beyond that point there well may be years and years of service and learning for those within this circle. However, the nature of that learning and the nature of the service will no longer carry the burden of the attempt to graduate from third to fourth density. For indeed, those who are able to live in an open-hearted way to a sufficient extent during this time of transition will be able to live within the fourth-density atmosphere.

However, those who are not able so to begin to open their hearts will find that the difference between the vibratory level within the consciousness and the vibratory level within the environment shall be great enough that the discomfort of living within the fourth-density Earth energy shall be too much for the physical vehicles to enjoy without significant distortion, which shall in many cases shorten lives that would otherwise have been far longer and more open to many options involved in structures of those with open hearts. In this atmosphere it becomes more and more obvious that, in the face of new structures, there is only one directive that we may offer that you may trust completely. That directive is to open the heart. This instrument said earlier, speaking for herself, that she found it impossible to keep the heart open for a prolonged length of time; that there was the natural cycle of ego and so forth that would call to any seeking soul those temptations that would take love and replace it with fear. And such temptations are many and varied. Some are obvious, some are subtle. The true nature of such temptations becomes clear usually only when one is in the middle of having closed the heart and then having discovered the closing of the heart and beginning to work backwards from that place of being stuck, or being over-stimulated, or being blocked, so that the uses of hindsight may help the seeker discover the genesis of the conflict that has caused the previously open heart to move once again from love to fear.

We give this instrument the picture of a moonlit ocean. The water is black, sparkling with that infinitely subtle pattern of white that comes from starlight and wave motion. The roar of the ocean, being so familiar, becomes silence and the pounding of the deep becomes stillness. And the soul, in its frail barque, is as the Indian braving the ocean in his canoe. How dare such a feeble and easily extinguished light set off into the darkness! There is the guidance of stars and the song that is not heard but felt, of the ocean speaking to itself, of that great power and magic of water hoarding its information, rolling with the movement of the stars, responding to each and every cosmic energy. And these subtle but very real energies strengthen and focus the attention of the Indian in the boat in this tiny bark canoe. Does this entity, this representative of the

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seeking soul, choose to have fear of the deep? Does this entity choose to share itself with the deep? Where is this entity going?

The stars do not concern themselves with the movement of the canoe. They smile their cheerful smile, coming from out of the past and into the future with their light and their information. The energies of fire gently wrap themselves about this figure as he allows his craft to move with the waves or attempts to direct it with his paddle.

Each spirit moves across a great and infinitely deep ocean of energies and structures and these entities and the structures, in their shadow form, have form. In their less shadowy reality, which is still illusion, they have no form, but only the shapes of the feelings that have been experienced while working with the moment and its structure and its past, its present, and future. We might suggest to each the growing familiarity with each thought, especially those thoughts that repeat and reappear in the mind. It is well known, in many different ways, that what one says to oneself is heard. And we would take this opportunity to say once again that each of you is a powerful and magical person. Each has words of power and each has been speaking these words of power to the self for many years. In many cases those things which have become habitually said to the self have to do with structures that existed far into the incarnational past of the seeking soul and voices that originally were outer voices—the voices of parents, teachers, authority figures and friends—are allowed to become those voices that have been internalized and validated by the self, not to the self's advantage but indeed, to the self's detriment.

Some examples are quite obvious. If this instrument says to itself each time that it forgets something that it is a fool, it will not only be forgetful but it will feel unworthy[60]. Take this example and apply it to those things which each says to herself. They may be true in a literal or surface way and yet, as you note those particular truths, is there a positive advantage to prioritizing this information? What is it? If there is a positive way to absorb this information, has the voice within you found that positive way or has it allowed laziness and carelessness to blunt the great power of choice for you? Choose carefully that which you communicate to yourself about yourself and, if you find yourself moving into patterns that create feelings of unworthiness, stop; not to correct what may be a true set of facts, but rather to gaze at that little node wherein lie the nerve endings from the past, the circumstances of the present, and the ideals and hopes of your future.

What can sitting with this node of activity and process yield for the honest and, in a way, ruthless seeker of inner balance? In each case where there is a perceived node of feelings and process, there is pay dirt. There is treasure to be found. And it is worth the time that it takes to rest within that pattern, in terms of being able to become more and more skillful in knowing the self and in seeing those habits and triggers from yesteryear, shall we say, that have crept into the present mechanism of the way the mind works, hears and sees; all of which are choices very much up for grabs many times. It is not that we wish to cause self-doubt or to invalidate the thoughts that you have and the feelings that you feel. Rather, we ask you to stay with them, to experience through intensity and time, allowing energy to move as it will and as it must, neither hurrying it nor resisting but rather embracing it with as much love as you can and thanking it for the opportunities, be they challenging or pleasant or elating, as they come up and as it is time to deal with them.

Keep in mind that no matter what it feels like you are never running in circles. You are always on a spiral. You cannot stay in the same place. In terms of physical things, certainly, an entity can choose to stay in one place and end up pushing up the daisies not ten feet from where he last went to sleep. These things are possible for the physical body. However, your spirit, that consciousness which is part of the Godhead principle, cannot stay still. It can move forward in a direction that seems fair or it can move forward in a direction that seems de-structurizing and debilitating. The one thing that the spirit can not do is stay in one place. Like the water upon which this barque of being flows within incarnation and out of it, there is no staying still. Even when one is moored, one tends to go to the ends of the mooring rope, as the influences in the water move that spirit evermore, not resting, not stopping but moving with the gentle patience of eternity.

Let the sun be away when it seems to be night and let the moon be that witness that says to you that the sun is a reality that shall cycle into the awareness once again, in its time. Allow the roll of the pain

[60] The instrument has a lifelong absentmindedness in her personality makeup.

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that you are experiencing to continue so that the night hours are spent in an engaged and embracing way that enables one to be grateful for the sleeplessness of the dark night of the soul. Know, by the moonlight, that there is a sun that is still reflected into your node of catalyst. And let that reflection, dim though it may be, be that witness for the light and love of the infinite Creator and the rightness of the plan of the Creator for you. Then you are able to release the fear of the night and the fear of the water and the fear of being at the mercy of an ocean that seems, at least on the surface, to be a dangerous place to be. This instrument would say, "life is hardball." There are no soft pitches for the school of love on planet Earth.

The tangles will come. This is why you jumped into Earthly incarnation. You were not unaware of the difficulties of living within an illusion and being cut off from that embedded knowledge of rightness and goodness and identity that you have lost in entering the Earth plane. These things are now unprovable, unknowable and only trusted by faith. We speak of a mystery. It is a mystery that necessarily involves both suffering and joy, both the deeps of night and the brightest noonday. The contrasts are amazing and as this instrument said earlier, it is a very bright experience within the Earth plane in these days of great light, both for service to self and for service to others. Entities all about you, and you, yourself, are attempting to deal with a great bounty. That bounty is an opportunity to move profoundly within a short time both in learning and in service, beginning to move from [being] one who does not use the paddle to one who decides upon a course and indeed starts applying the paddle with great diligence and passion.

As each of you becomes more and more familiar with the way the new structures of being and living feel, each will have many opportunities to get to know the self better, to become more self-supporting, to fall in love with the self, as this instrument would say. May you find the self that you are to be half as beautiful as we find you to be. As you begin to see more and more clearly into yourself, you shall indeed see things in yourself of which you shall not be fond. We ask you not be discouraged. Each of you has all things within. To expect never to encounter the shadow part of self is to expect far too much from the very dynamic energies of any human existence within illusion. The creation is designed to bring you out of yourself and into empty rooms where there is as yet no structure. Let those times be your friends, for they are part of a greatly beneficial and satisfying process.

We would at this time open the meeting to further queries if there are any. Is there a question at this time?

G: Q'uo, if it's possible could you describe to me what I faced within myself two nights ago during an hour and half bout of tears and if an experience like that is something that should be sought or should be allowed to happen as it comes on its own?

We are those of Q'uo, and are aware of your query, my brother. We may say about your experience that certainly it includes those things of which you are letting go, those shifts within your own definition of yourself that require the loss of structures that were in place and that are no longer appropriate. We may also say that it is extremely positive to move through such times and we see, in the way that you shepherded yourself through this time, that love of self that opens the heart and teaches it how to love others as well.

The time of such movement cannot be planned. It is only necessary to set the mind towards service and love and the heart towards living, open and vulnerable to the catalyst that arises in a moment. The natural rhythms of experience shall bring to you those moments as they are appropriate.

May we answer you further, my brother?

G: No, that was excellent. Thank you, Q'uo.

We thank you, my brother.

G: I am full of questions! Q'uo, if an entity's power is not "over" another, or even over oneself, then what is truly the power of a positively-polarizing entity?

We are those of Q'uo, and are aware of your query, my brother. The power of a service-to-others entity is that power to love without reservation. The way of love is simple in the extreme in its effect. However, as the one known as S noted, in the energy system of a physically incarnate entity, there are many ways to become hindered or blocked, in which one becomes the one who cuts off the power for oneself. There are many ways to choose to diminish the forces of love within the self. It is a challenge indeed to find those ways in which love has been too tightly held or too dearly given, given as a miser or a pinch-penny, or

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given without thought when thought might create a better gift.

The province of power is the province of essence. The basic source of power is that knowledge of self that enables one to stand on one firm place and say, "This is who I am." Once that becomes a joyful and amalgamated, integrated sense, there is within the self a metaphysical center to which an entity may return by taking thought. What is the use or the goal of power? For service-to-others entities it is the power to help others. For a service-to-self entity it is the power to manipulate the environment for the benefit of the self. In both cases there is an environment to be manipulated. For the positive entity, that which is to be manipulated is not physical but rather is the stuff of consciousness itself. Therefore, an entity seeking power in the service-to-others polarity shall be seeking to know in order to serve and to create changes in consciousness rather than changes in status or other aspects of a physical environment.

May we answer you further, my brother?

G: Before I ask again, I'd like to open the questions to anybody else that may have one.

(Pause)

G: Okay, Q'uo, assuming that the work of power is the work of higher energy centers, I know that green ray is the great resource of all spiritual work and that the blue and indigo-ray activities await only the will of the seeker once green ray has been activated. My question is, the moment that love is felt, can an entity "move up," so to speak, and immediately do blue and/or indigo-ray work in that moment, if only for what I would call a short period of time? Or does the state of the open heart need to be reliable and consistent for work to proceed into the higher rays?

We are those of Q'uo, and are aware of your query, my brother. The ability to do work in consciousness is momentary and there can be times of brilliance and clarity for any soul who is able even momentarily to enter the heart. It is to be noted, however, that the more work that is done in the first three energy centers, and that on a daily basis, the more opportunity that a soul may have to rest within the open heart.

The stumbling blocks to living open-heartedly are only partially "out there," only partially the effect of catalyst that is incoming to the consciousness of the seeker. Again, the places where energy is held in the energy body often have to do with the past and those things that are, to all intents and purposes, dead. Yet, somehow, the function of memory has enabled them to have a spurious and untrue life within an entity, which has for the most part moved from those stumbling-block areas of misperception concerning the self.

When the evening of the day comes we have recommended before through this instrument that it is well to examine, as one may, the points which hooked one during the previous day's experience, either for happiness or for woe. Gaze into the way the mind works when it is triggered. Find those triggers. Name them. Get to know them. Begin accepting yourself for having them. Begin attempting to create for the self a safe place where these things can be looked at …

(Side one of tape ends.)

(Carla channeling)

… for however long they need to stay. In reality, much of getting to know the self is not pushing the self around as much as it is gently sitting around the campfire with all of these different parts of self and allowing each to tell its story. For there is good in many different points of view within, all of which may come together in ways that are not helpful. Yet each item within the mix is helpful to consider, helpful to gaze at, perhaps over time. It is a subtle thing to become more familiar with the self without judging the self, and this is the goal of one who is attempting to free up those stuck places within. Once one is relatively balanced within the energy body from red, orange and yellow then the heart is able to get full energy and that full blast of unconditional love that the Creator puts out in infinite quantity and quality at all times. Energy is finally able to move through into the heart in a powerful way.

Many who attempt to do work in consciousness are working on that green ray, working to get the heart to open, without taking the tedious and often unrewarding time to enter into the self in an ever deeper way, making the connections that explain patterns that are long-standing and gradually finding ways to remove the triggers that are hidden within everyday experiences and processes.

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We find that this instrument's energy begins to wane and so we will leave this group at this time, thanking this instrument for its service and thanking each within the circle for the crystalline beauty of their beings. Your colors and energy are beautiful to us in ways we cannot ever express and our love for you is great. We thank you for your love of seeking the truth. As you seek, every door shall open.

We leave this instrument and this group in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends, adonai. ♣

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Sunday Meditation
October 19, 2003

Group question: The question today has to do with fear and love. We are assuming that fear and love are on a spectrum of … there's a connection between them and we would like Q'uo to give us some information about how we can deal with fear, any kind of fear. Fear of doing something we haven't done, the fear of doing something that seems difficult. V mentioned that focusing on the love aspect tended to make the fear dissipate. Is that correct? Is there anything else we can do to deal with the fear when we feel that it's taking too much influence in our lives?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come. We wish to thank each of you for creating this time and space to seek the truth. We are humbled before your energy, your beauty, and the focus of your desire. We are most grateful that you have called us to your circle of seeking. Please know we are happy to share our opinion with you, with the request that at all times you listen with great discrimination, accepting those truths that sound good to you for further consideration and banishing all those that do not sound good to you from your mind. This will allow us to speak freely, knowing that you do not see us as authorities, but rather as those having a certain kind of conversation: a conversation about ideas and about those concepts that move too deep to be expressed directly in words, those concepts of which the one known as D was speaking earlier, the various archetypes, whether they be four or twelve or twenty-two, that in some way or another give one another structure or ways to think about the Creator and one's relationship to the Creator.

There are two questions posed within the energy of this instrument's mind, although we have only the one on the tape recording which was done prior to our speaking, and we find it interesting that although these two subjects seem to be so far apart in nature, they benefit from being looked at together. The two subjects, being that of fear versus love and what the nature of various kinds of nature spirits is, would seem on the face of it to have little or nothing in common. And yet, indeed there is a great essence which they share.

The great *jihad*[61] of the struggle of love and fear is that rock upon which many have shipwrecked their lives, their spiritual ambitions, and their hopes of progressing according to some self-made, or authority-driven plan. Energy gets stuck. Energy that has been bruised and stricken defends itself. Everything that can be imagined has an energy, if it is imagined. This is not to say that when we are speaking of nature spirits we are speaking of

[61] jihad: "a campaign for or against an idea; a crusade" as well as the more usual meaning of "a Moslem holy war." The Q'uo intend the first of the two meanings, the campaign in question being for love and against fear.

imaginary beings, for we are not. Rather, they are imaginary in the same way that you are imaginary. You are illusory in a certain order, or grade, of illusion. You vibrate in a certain series of energy fields or spheres, which have their own order and their own purpose. And they communicate with each other throughout that grade or gamut of energy vibration. Consequently, all physical bodies are communicating.

The same is true of the first-density entities and the second-density entities among your peoples. These too, birds, animals, trees and plants of each kind, have their own nature, their own essence, their own energy. And insofar as they are given life, there exists within them a corresponding spirit to your spirit. Is the spirit of a flower or a tree or a stone or the wind the same thing as your spirit? Not at all. In the case of the elementals of first-density, there is a tremendous amount of infinite wisdom in such strong and powerful purity that there is an essence that is indescribable to entities as transparent and ephemeral as living flesh. That energy of fire, the energy of wind, the energy of earth, the energy of water, is that of the everlasting element, not simply in its physical characteristics but in the corresponding spirit of those characteristics. You have only to sit at the edge of a great body of water to begin to know or become acquainted with[62] the essence of water. You have only to stand in the high wind or to bow beneath it and, indeed, crawl on hand and knee to shelter against such a wind to understand the kind of energy that the wind offers. And the same can be seen of the energies of fire, and of earth.

This group has spent a couple of days exploring caves recently and has a special reason to become more and more aware of the power of the everlasting rock-ness. Many are the spirits that can be seen from these elements. They are seen by an eye that is not physical because their energy is that of the metaphysical energy that occupies time/space. Consequently, it has no body in space/time but only the impression, or the shadow, of the truth of such an entity. It is as though you were attempting to prove that you had ideas, ideals, hopes and dreams. Can you show them to someone? No. Do you still have them? Oh yes. In just this way, the mountain, the ocean or the wind has the expression, the thoughts, the hopes, the ideals, the process of its nature; and because it has no hampering of self-awareness, it never moves from love. It remains blissful in its ignorance of any other choice and simply expresses its essence in a dynamic combination with those energy fields of time/space and of space/time that it may meet. Consequently, as you walk in nature or down the urban sidewalk, you are coming in contact with the sprites of the air and the undines of water and the salamanders of fire and the gnomes of earth, all unknowing because you cannot see them with the eyes of daylight. There are always special people who can see into inner planes, for weal or for woe.

Now let us say here that in discussing the inner planes, we discuss a universe vaster than the physical universe and greatly populated with a very wide gamut of personalities. The most tremendous wisdom, compassion and mastery lives within the inner planes. We ourselves dwell in, shall we say, a parking garage in fifth density, as it were, as we are involving ourselves with your vibrations at this time. We are part of that network of inner planes that includes all of the spirits that seek to serve. Those within first and second density, those within fourth, fifth and sixth density; all seek to serve by their very nature. It is impossible for them not to be prompted to share energy and therefore to serve.

Those elementals of second density are far more complex and far less solid in their nature, as would be expected from beings which are, like yourselves, those who live and die fairly quickly. However, the subtlety of second density, with its movement to the light and its relationships within the tribe or pack, create a far more exotic and far more whimsical panoply of figures and of stories in which those figures have found each other and have joined worlds. And so creation becomes added to creation becomes added to creation, and, in the inner planes, there are many exotic kingdoms which have been created so that the essences of all of these energies, in the relationships with various humans and their cultures, can play. There is a tremendous joy and a feeling of play about the free essences of plants, animals, wind, storm, ocean and so forth. When an entity becomes self-aware in third density, she becomes cut off from the joy, the play, and the ever-continuing presence of all of the other members of the inner plane.

[62] This phrase "to become acquainted with," is a typical way of defining the word "gnosis" in Gnostic literature. It suggests a kind of knowledge beyond words or explanations.

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Each of the sub-planes of those inner planes has its own environment. Those who are able to sift through the planes have that experience, that feeling, of almost going through different grades of water as they move through the sub-planes to that precise vibration of energies that is equivalent to their most comfortable place within the inner planes. Entities who are able to do this come into a land of milk and honey to which they may go in their meditations. Each of you has one; and each of you has, in that vibration, helpers, those whose delight it is to find a way to make that experience which you—that individual soul, that very unique soul—will have to be joyful, playful and as the one known as J was saying earlier, a product completely of the spontaneity of the now. The energies that lie all about third-density humans as they earnestly struggle with their catalyst are energies that encourage the deepest response to the feeling which lies in the environment about the self.

Coming to a moment is coming to a banquet. How shall you enjoy the rich array of incoming experience? Shall it be a thing of love and joy and laughter or shall it be a thing of fear and defending? Each of you is painfully aware that you are not a flower, you are not the wind, you have not been a tree for years and years. And as a person you have been cast forth into an illusion which is bound to hurt and disturb and upset any shred of routine and surety that you may have; for all things pass and the experience of the third-density entity within the illusion is that infinitely renewable feeling of being behind the power curve, unaware of those things which it would have been good to know in order to plan for this change that seems somehow to be taking place. The one known as John[63] wrote in a song, "Life is what happens to you while you're making other plans." This is the cartoon-like nature of the catalyst that is available within your third-density world. It is always aimed at moving you from a balanced and comfortable place into a place where there is a risk to take, a challenge to meet, a cliff to walk off of, so that you may have the experience of choice. That is the one thing that is your glory and your challenge. You have the responsibility that is God-like: of choosing how you shall go on, how you shall think, how you shall meet the day, how you shall treat yourself if you're not happy with how you met the day, and how you shall treat those other-selves that are a part of you. Shall you see them as other? Or shall you see them as the self?

There is a great journey to be taken in that regard, for third density begins as the great ape that you are is barely beginning to move into the traditional, cultural societies, forming tribes, forming instinctively those tribes that describe self and other as the tribe and not the tribe. That great sadness that we see within your political and societal planning these days is that seeming return to late second-density where there is tribe versus tribe with no hope of communication and parity becoming possible between them. Consequently, each entity moving through the various sub-levels of third-density is attempting, more and more, to move from the uneducated idea of self, as only self and other-self that looks just like you because it is the same tribe, to self being the same as other-self, because self and other-self are both ensouled parts of the same Creator.

The education between those two points is vast, immense and unimaginable. Each of you has spent lifetime upon lifetime attempting, with a pure heart and a good will, to penetrate the mystery of oneness. In a world where nothing looks like it is one with you, how can you catch on to what is not being seen? How can you hear what is not being said, what can not be said, for there are no words? The secret is energy, that energy about which the one known as J will speak[64], sharing her passion for the beautiful simplicity of the healing touch, and not even the healing touch, but the energy of the healing heart. Indeed, it is that environment that is beyond words that moves into that walk of faith that exists only in midair. For in that particular discipline, as in so many disciplines that go under the modality of the laying on of hands, the true healing is not in a touch, but rather, in the love that that energy of the touch carries, because of the work that that particular instrument has done as a messenger of healing. The energy of other-selves can be a palpable thing and interestingly enough, you can affect the energy of others. How can you do this? You may do it mechanically by thinking to yourself, upon looking

[63] John Lennon, from "Beautiful Boy," on the album *Double Fantasy*. The actual quotation is, "Life is what happens to you/While you're busy/Making other plans."

[64] J, a Reiki healer, was speaking to a college class about healing energy in the week ahead.

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at someone else, "This too is me. This is my brother and I love him," or alternately, "Thou art God." Or alternately, as this instrument often says, "You are my mirror." You too are a mirror. What you forget, because you are sitting within your own space, is that you are radiating. Each within this circle is very powerful, has done a good deal of work, no matter what the biological age of those in the circle. Each of you has a metaphysical essence that is powerful. As you allow that feeling of your own self to open up, as you simply allow yourself to be yourself, to flower, to look out of yourself at the beauty of all of those around you, as you listen to each energy and "feel into" the energy of those who are speaking in desultory tones about the room, you can begin to make those heart connections with each mirror, with each part of yourself, thanking each part of yourself, knowing that if you were to pursue that particular person, that particular relationship, that would be a very valuable mirror that you could not get from anyone else. Each person then becomes a treasure trove of undiscovered things, [undiscovered] simply because you have not spent the time to open up to that person and to share what the energy has to offer each of you in that dynamic between you.

When you can, for the first time, move from an intellectual appreciation of the oneness in all to a feeling within your own heart that you are looking at the Creator as the Creator, there is a magical occurrence that reduces fear. That magical occurrence is love, a feeling of love that springs forth like a fire. In the glow of that fire there is a communication from essence to essence and the hearts of those that you are speaking to know that you love them. And there is that within their being that again opens and then, they love you back. And the supportive energy of that relationship, once begun by the open heart, is irresistible. Trust the energy that is yourself. We do not say, "Put aside all fear." We would not do that to entities that might feel undefended and naked and vulnerable beyond their ability to enjoy creation and existence. We are aware that for some it is powerful even to take part of the armor away, to lighten it, to shorten it, to leave it off for small periods of time. Have the feeling when working with fear of "a little is a lot," because it is so difficult to judge the self, and it is so seldom accurate when attempted that we would suggest, rather, focusing simply upon the process, upon giving it a good try and upon being extraordinarily good to yourself no matter what the perceived outcome.

What you are attempting to do as you filter the experiences of your life through the processes of the disciplining of the personality is to become easier and easier with yourself, and easier on yourself, while at the same time, remaining honest concerning your process; that is to say, it is well to be ruthlessly honest with yourself and with the Creator, in your continuing conversation with the Creator, but it is not a good idea, no matter what your basic feelings of irritation may be at the self, to berate the self, or to lose respect for the self, or to act in such a way that there is the expression to the self of dissatisfaction, of feeling that the self is unworthy. These things are all too easy to promulgate within the inner life. They are those stumbling blocks that trip up your feet and keep you from moving forward. They have been put there by voices not your own, but in many cases you have accepted them, internalized them, and made them live far past their time of truth, if there ever was a time of truth for some of those deeply painful childhood insults. See the pain and the suffering that has been endured by you, that has caused fear to become a habit returned to again and again. See with eyes of love and compassion. This instrument carries a doll frequently when it is at home. It talks to the doll and it asks the doll to tell her its dreams. It is in this way that this particular entity seeks to undo damage done to her as a child by those who did not make her feel wanted, needed or listened to. There are ways to work on these difficulties that can be perceived as perhaps being the foundation for those fears that now trouble the seemingly grown and adult life. It is most helpful to open heart and mind together to the processes of seeing where these threads of fear take you. They are the breadcrumbs along the trail that will lead you to a deeper appreciation of self and a deeper ability to interpolate and amalgamate the self of all of those perhaps slightly separated parts of self that have moved away from other parts of self because of wounding, because of difficulty in holding the energy of self completely together.

We would at this time ask if there is a continuing query upon this subject or if there are other questions at this time. We are those of Q'uo.

J: Hi, Q'uo, this is J. I really appreciate what you said and I just wanted to ask you a quick question. I was told this weekend that I'm an adult indigo and I

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was wondering if you could speak to this and if that's why I have been so attracted to doing energy work and vibrational medicine. Does it have to do with the fact that I am an adult indigo?

We are those of Q'uo, and are aware of your query, my sister. That phraseology is acceptable as a way of designating a particularly opened-up and lively, shall we say, energy of the merkabah or the—I give this instrument [an image] of the spirals of the DNA and [that] there is more light there than is normally carried. We are having difficulty because of the phraseology of "indigo child." There are those who are wired strictly for third density, there are those who come into incarnation with some of the wiring for fourth density already in place and simply needing to be, shall we say, hooked up, and that is your designation. There are others who are completely activated and some of those designated as indigo children are of the latter type, others being of the middle type.

May we answer you further, my sister?

J: No, that's all for now, thank you very much.

We thank you, my sister. Is there another query at this time?

T: Yes. I have said several times that the need for polarity in our illusion can be fulfilled by using the memory. In other words, you don't have to have good and bad or good and evil right directly in your experience every day. You can look at the negative aspect and draw from your memory of negative aspects in your life, in the past. Will that suffice for the polarity that is necessary to stay in this illusion? Could you comment please?

We are those of Q'uo, and are aware of your query, my brother. Indeed, there are those whose discipline is such, and whose imagination has focused so, that this is possible. For, shall we say, the majority of entities, a purely inner vision lacks satisfaction, whereas we would say that, as the one known as V had noted in conversation not too long ago, the function of the video game is so to populate an imaginary battlefield with imaginary enemies that one may bash heads in glorious carelessness of the propriety of doing so in the outer culture, for there is only the image that is being bashed. Nevertheless, when it is done as a spiritual practice it is amazingly efficient. The key is the imagination and the discipline to make the connection between those energies which need disciplining and the seeming abandon of the so called video game.

May we answer you further, my brother?

T: No, thank you, that's fine.

We are those of Q'uo, and we thank you, my brother. Is there another query at this time.

G: Q'uo, if it's not too large for this working I was wondering if you can comment on how one can distinguish between one's own feelings and those of another? How can one protect against the negative feelings of others, and how one can transmute those feelings taken on from others within the self?

We are those of Q'uo, and are aware of your query, my brother. You are indeed correct that it is a larger query than some, and perhaps we shall make this the last query of this particular session because of that fact. For most entities brought up within your culture, the difficulties of knowing what feelings are one's own and what feelings are not, is not a problem because there is a characteristic self-involvement that dictates that there will be no confusion between the feelings of self and the feelings that are not of the self. However, when one has begun a process of opening and sensitizing the self to that which is more real, more true, more beautiful, more to be admired, the self does become less aware of the boundary between one's own universe and the universes of others. This is due to the fact that there is no boundary between the universe of the self and the universe of others except those boundaries that are created by the mind of the person. If it is assumed, as this instrument often does without realizing it, that all are one and all are thinking as one, then one sees one universe and one's feelings naturally move in that one big happy universe where all is known, all is good, and all is loved. This instrument has done a great deal of work in the past few years learning how to make boundaries so that it is able, as a person, to take care of itself and also to have the ability to love others as the self; as opposed to thinking that all feelings were her own and all needed to be addressed equally. It is a very confusing universe to one who has become unable to make those boundaries between self and other-self and as you have said, my brother, it is especially difficult when those feelings which are being imported into your system from a system of another are perceived as negative. It becomes a most uncomfortable and pertinent question as to how to

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make the boundaries that create comfort zones within the situation where there is overlap in aura, as there is in virtually every urban setting, and certainly in a household such as you enjoy at this time, where there is a constant presence within the dwelling of people whose auras do indeed overlap.

This is not, per se, a negative or positive thing. It can be either. What is occurring in a situation where there are overlapping auras is that there is the opportunity to exchange energy. The downside of this exchange of energy is when the exchange …

(Side one of tape ends)

(Carla channeling)

(A portion of the channeling was not recorded.)

The question of how to determine one's own boundaries can become very subtle. It may be as easy as physically removing the self from an environment, repeatedly, to see what changes may occur when one is in the environment and then out of it. It may be that there is talking to do to the self; that there are voices within the self that need to speak and say, "This is not me," and, "This is me," and, "Let me get you to understand this point of view even though it is not me." One can have some interesting conversations around the campfire of self and in some cases talking out loud to the self, about the self, one may begin to hear the true self and hear what one has picked up as a rider, and hear the difference between what really is the self and what has been simply picked up and started to be carried around on the coattails of the self.

There is also the entire arena of physical cleansing that is helpful in creating boundaries, the smudging of the self with the sacred sage; the ritualistic immersion in meditation of the preferred kind in which that question is put to the self, "Show me myself, show me the shape of myself." There are many ways to ask and indeed, for each person this is a very personal and very idiosyncratic work. Be open with the self, feel confident in following the intuitions and the hunches of self. Use journaling, use the dream process of writing the dreams down and thinking about them, use the conversation of others, and use all of those mute signs of the energy of the environment about you, the wind and the birds and so forth, all of those messengers that have spirit and wish to share energy with you. There comes out of all this amalgamation a growing sense of being able to be a discriminator and that is a very important feeling to gain. So we greatly encourage those disciplines that put one in touch with one's own powers of discrimination. It is a beautiful thing to know that all is one, [but also] that each of you is unique, each of you has your own shape, your own bloom, your own pollen, your own scent. Nobody like you ever was, nobody like you ever will be again. Only you have that breath to breathe, those words to say. We bless each of you as you move into your hopes and your dreams. May you walk with faith, may you walk with joy and may you know that you are never alone, and as the one known as D so often says, that you are loved more than you can imagine.

We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai vasu. ♣

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Sunday Meditation
November 2, 2003

Group question: Our question today concerns free will. We would like to know what Q'uo could tell us about maintaining free will and why free will is the first distortion of the Law of One. Why not the second or third distortion? Why did the Creator of all things feel that free will was the most important of the distortions in order to be listed first?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you. May we say what a privilege it is to be called to your circle of seeking? As the shadows lengthen upon your world in the environment of this instrument, we rest in the beauty of the combined energy and essence of each of your souls as you blend and meld into a true circle of seeking. It is a great blessing for us to be here and to share our thoughts with you. As always, we ask that you may use your discrimination in listening to those things which we have to say, for those things which we offer are opinions and are not to be confused with some source of final wisdom or absolute knowledge.

You ask this evening concerning free will and why it has been called, in the words of the Ra, "the first distortion." And we are glad to speak upon this topic. It is certainly a challenging and interesting topic, for it is the penetrating simplicity of the Law of One that it does begin with the free will.

Firstly, we shall address the subject from the standpoint of what this instrument would call logic, although it is a specific kind of logic which is perhaps not entirely linear. The creation is, shall we say, a figment of the imagination of the Creator. The Creator exists in a state of absolute rest within which all things occur, a primal paradox to be sure. The first distortion of this perfect balance and peace is choice, or the use of the will. In this case, it was the will of the Creator to know Itself. Consequently, it is that distortion which precedes the great original Thought, for that original Thought is an active thought—a creative and destructive thought, a powerful, active principle. The one known as D was speaking earlier concerning love and light and saying that the fundamental energy was love, that wisdom was important, yet love in the end was more important. In actuality the love that is the one great original Thought, the Logos; is that which is completely beyond that which the word "love" can express and completely beyond that which the word "wisdom" can express. It is as though one were attempting to name that which can not be seen, held, heard or in any way imagined. Consequently, the first distortion, that distortion moving away from utter potentiality and utter peace and rest, is that freedom of will, employed first by the Creator Itself, to know Itself. In making this choice the Creator became, shall we say, the one great original Thought. It is more of a shift between potentiality and actuality or kinetic reality, shall we say.

However, from this Thought, which was love, there came into being that material which the Creator used to build Its universe, and that is light. Consequently, when we greet you in the love and in the light of the one infinite Creator, we are greeting you with the very stuff of the creation itself and placing ourselves, and you and all things, within this framework of all that is, which does indeed exist only in the sense that, as the one known as G was speaking earlier, the word "now" exists.

The creation may be thought of, in a way, as that moment in which all of time and all of space has its heartbeat of a moment. The illusion is that there is a vast march of consecutive moments, consecutive nows, that create years and decades and centuries and millennia and eons. It is just as useful, however, in terms of spiritual growth, to think of the momentariness or the circularity of time. For each of you is far from being a prisoner of space and time. Within your noonday perception it would appear that you have many limits; you are just this tall, just this wide, you have just these experiences, just this knowledge and just these actions to make up the passing of a normal day. Yet in reality, there is communication occurring, even in the daylight consciousness, between conscious and unconscious perceptions; between the limited consensual reality and the surrounding and permeating metaphysical reality that escapes the senses of the physical world but speaks very clearly to those great centers of knowledge and experience that lie deep within what this instrument would call the frontal lobes, that area which has such great strength and power to offer to the consensual reality self. So there is always, in any situation, a part of you that has escaped all of the limits that seem to hem you in. There is no time at which you are truly a prisoner of your body.

Certainly it may seem so. Certainly within each of the memories within this circle there live those times when the self was very limited, unable to move because perhaps a bone was broken and needed mending or there was an illness that laid one low and there was a need to recover quietly. There are many ways that an entity can feel limited and trammeled and yet, always, there exists that continuing communication with all of those forces of the creation which indwell each tiny speck and iota of creation; for all things are alive. That intelligence, which is light, is infinitely full of information and, as the physical vehicle of the self moves through the dance of the daily life, the interaction between that metaphysical side of self and the daylight self is continually going on. The communication can indeed be encouraged by the choices made by each of you. And the first of these choices, as the one known as G said, is simply to ask to be aware of the communication that is going on. Each asking alerts the unconscious and expresses to it a preference. The unconscious portion of self receiving this permission is then given strength. That is how faith builds upon itself, by using it as if it were a muscle. When muscles are not used they become flabby and, sooner or later, an unused muscle will atrophy and become dysfunctional. So it is with the power of faith, which, in a way, may be described as that certainty that there is communication between the seen and the unseen or perhaps more simply, that certainty in the unseen.

It is very possible to catch this as if it were a cold, by contact with other entities who have it. And that is why so often it is helpful for spiritually motivated people to gather in groups such as this one, to share the awareness that moves too deeply for words in the being of each and yet will not be denied. There is strength in a group of entities, all of whom have agreed to posit, as at least a possibility, the reality of there being greater, deeper, higher vistas, views and truths concerning the self than are immediately apparent [within an environment] that seems steeped in trivia, inanity, and folly. We are most pleased to see groups such as this one and may we say how powerful such groups are, not only to help each other within the group, although this is certainly the case, but also the energy created by a group such as this one as it seeks truly is as that light which lightens the darkness, that lighthouse which stands upon the promontory, blessing all with its guidance.

Our first point, then, is that free will is the first distortion because it is the first distortion, that distortion which made all the other distortions possible, which made creation possible, which made each of us and you here present, possible.

There is a second and equally profound thread of thought concerning this first distortion of free will. This entity worships in a Christian manner and within this particular mythological system there is a three-fold designation to Deity—the Father, the Son, and the Holy Spirit. One may gaze at the Father as the one great original Thought. One may

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gaze at the Son as that Thought made into something, that Thought made into light. One may gaze at the Holy Spirit as the personification of free will. These are not directly logical connections and we would not ask you to attempt, literally, to understand that which we are saying. We are simply attempting to show a kind of connection between the Christian way of thinking about the mystery of Deity and the similar construction within the so-called Law of One concerning that same mystery. When those within the Christian system, writing early in church history, were attempting to describe the Spirit, when the one known as Jesus was talking about the Spirit, there were similes to fire and to the wind, those things which are not controlled, those things which "bloweth as it listeth,"[65] the wind of spirit, the flame or fire of spirit, coming down into the crown chakra and down into the system of those who pray to that spirit. [They] are asking for the wind to blow them, for the fire to burn them; they are asking for transformation, they are asking for change, they are asking to be changed, and they are asking the agent of that change to visit them.

It is difficult to think of free will as that which must be asked for and yet it is important to move into a space within the self where one is able to lay all aside except the desire to know the truth. And in that place of utter humility and unknowing, in that stance of a person with empty hands waiting to receive, the request may be made for that enlivening, empowering Spirit that is free will. It is yours if you claim it. It is yours if you ask. Again, if you do not ask, if you do not claim it, little by little that muscle atrophies and it becomes more and more difficult to move with the winds of Spirit, to move into changes that are truly moving you towards the center of yourself, helping you to know more, and that more deeply, about yourself.

So one may look at this first distortion not simply as an unnamed wind or a random fire but as one's very own wind and fire. For the whole concept of guidance from the inner planes is wrapped up in that asking which is done by free will. One cannot drag oneself, reluctantly, to embrace transformation. It certainly can happen that way, for the energies of transformation are absolutely unstoppable. Evolution will occur automatically. It is just rather slow compared to the rate of change that is possible when an entity has decided to cooperate and to lean into the process of transformation.

Again and again it is necessary to come to the center of self with open hands, empty hands, full of unknowing, full of all of the colors that have painted your world within the last little while, whether those colors be bright and cheerful chintzes or deep purples and browns and blacks coming from difficult experiences. All of these gifts may be taken into that place and laid before the infinite One, so that you have empty hands, you have an open heart, and you are on your knees, in terms of being without pride, without arrogance, without the need to be sure or to be right. In that state you may ask that guidance system which is yours, that personification of free will which is yours, "What is the truth? Who am I? Why am I here? Whom shall I serve?"

And each time of asking is its own experience. Perhaps you shall not hear words. Perhaps you shall not have an experience that you can talk about; perhaps you shall. But those things that you ask, when you ask the Spirit, are far too deep for words. They move far beneath personality and that brittle shell of civilization and culture that are as the clothing that you wear in order to relate within this incarnation to those about you. And finally you stand naked, glorious in the beauty of the self, that self that is a spark of the one infinite Creator. And when you can stand there, or kneel there, content just to be you and to feel that yearning and that asking rise up, then truly have you offered the greatest gift to the Creator that you possibly could. For that Creator truly wishes to know you. And It can only know you as you know yourself. What It knows about you is that which It has already experienced. What It does not know about you is that which you have not experienced, that which you have not run into. It is as though within that so-seductive appearance of personality and face and body there lies an undiscovered country of enormous size, with mountains and plains and rivers and deep underground caverns, all of which are yours to explore. And that which is free will is your guide.

We believe that this is sufficient for this asking and consequently we would open the meeting at this

[65] *Holy Bible*, John 3:6-8: "That which is born of the flesh is flesh. And that which is born of the Spirit is spirit. Do not marvel that I said to you, 'You must be born anew.' The wind blows where it wills [in King James version, 'bloweth where it listeth'], and you hear the sound of it, but you do not know whence it comes or whither it goes; so it is with everyone who is born of the Spirit."

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time to further questions, if there be any. Is there a query at this time?

J: Yes Q'uo, I have a query. Two weeks ago I asked you a question about DNA set ups and you told me that my designation was third and fourth-density set ups but not quite turned on. So I am asking your opinion about what I can do to turn that fourth-density connection on?

We are those of Q'uo, and we understand your query, my sister. The DNA of which you speak is affected by thought. Consequently, if, by the disciplining of the personality, an entity is able to begin to tune the heart to living in an open, loving, and vulnerable state, such as that state fourth-density entities [experience], the perceptions that come into the mind and that tell the body what is occurring are those perceptions which will automatically hook up that which is not hooked up within the DNA strands. The stimulus for the body is the mind; so in working with the mind to move from what this instrument would call mental thinking into heart oriented thinking, it is the movement from third-density to fourth-density thinking. As the heart is allowed to think and to be strong in moving into a major part of the process of perception, the body will follow, being a creature of the mind.

May we answer you further, my sister?

J: No, that's good.

We thank you, my sister. Is there another query at this time?

T: I have a query, Q'uo. I realize that the channeled meditation is mainly a metaphysical event, [and] my being at a physical distance[66] is probably not too important, but I was wondering whether there are any precautions or special preparations that would be useful for me to undertake so that I would not hinder the contact or cause any other difficulties?

We are those of Q'uo, and we grasp your query, my brother. We do not find that there is any concern necessary upon your part. Indeed, as you surmised, the physical location does not matter. We did find at one point in our discussion, when we were talking about the beauty of the lengthening shadows, that we became confused because we were also seeing the beauty of the morning, and we had to smile at our own version of being out-of-towners and not quite used to the experience of working with entities who are not in the same physical location. However, this was in no way a hindrance but rather for us something to chuckle at and enjoy. We are always learning from those within third density and once again we discover humor within your technology.

However, in terms of doing anything to better prepare for a contact with this group and with us, the process which this group goes through, of speaking around the circle, seems to be a very powerful and simple means of melding or combining the group so that it is indeed beating as with one heart and asking as with one soul. Consequently, we are pleased that you chose to join in the discussion beforehand and we feel that certainly, other than that, you bring to the group a great deal of light and we are most pleased that you are with us.

May we answer you further, my brother?

T: No, thank you Q'uo, that was very helpful, thank you very much.

We thank you, my brother.

G: Q'uo, I've discovered, with the aid of a reading I had through D, a pattern where I am bodily present, but a portion of my consciousness will evacuate in a moment in any conversation and I was wondering if you might have anything to offer me concerning how that pattern developed within me? Are there any techniques or exercises that I can utilize to stay present and to inhabit my body more fully?

We are those of Q'uo, and are aware of your query, my brother. In terms of the genesis of this particular mental distortion, it is, as in many cases, the far reaches of early childhood which must be moved into in order to see where the pattern has begun. It is quite understandable that when there is disharmony that is present at a level which is painful to experience, the choice of a sensitive entity, in order to protect the self, is to remove the self mentally from the circumstances, since it cannot do so physically. Certainly the processes of schooling and religious education create further times when it is desirable to put psychic distance between the self and situations which do not please the self for one reason or another. And this also has had its effect upon your personality shell.

[66] T sits as part of the group, which meets in Kentucky, from his home in Australia, by telephone link.

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The pain which is being avoided is not a physical pain and yet, because of the sensitivity of the particular physical body that you have and its way of being connected to the mind, there is a habit that has been formed which is as the nervousness or tension that another might feel, say, at attempting to move through a door and being unable to get it open. It is a feeling of being closed in or frustrated and yet physically there is nowhere to go to get away from that feeling. Consequently, the trip must be taken mentally. And this habit has become somewhat regularized within your personality shell.

Now in terms of how to work with it, we would suggest that you be creative and start with the premise that you are operating with faulty software and that you need it re-written to some extent. How can one work with one's mental settings to change the default? That is the question! And we leave it to you, for this is your work to do. You have tools at your disposal. You have the dream work. You have meditation itself. You have prayer. You have many opportunities to connect with guidance, to connect with the guidance that is found in nature and so forth. All of these are at your disposal. We would also suggest the light touch, the gentle nudge, rather than a ruthless or full-scale-house-cleaning-type attempt to change the self. This is not the desirable way of dealing with the self. Rather, see the self as lovingly and as compassionately as a father would see his son or as a mother would see her baby. Ask the self, "What do you need?" And then see what you can do to …

(Side one of tape ends.)

(Carla channeling)

… satisfy those needs. If there is the need for solitude, cooperate with that need and enter into solitude passionately. If there are suggested to you other things that you may do or things that you may cease doing, follow your instincts, follow your heart, follow that guidance which comes to you.

May we answer you further, my brother?

G: No, that was excellent. Thank you for the most thorough answer, Q'uo.

We thank you, my brother. Your kind words make us a blush. Is there a final query at this time?

S: I have a question. I guess you've heard the story I told earlier. I've been looking for other thoughts, other opinions, other ideas about what is going on with me and my life. I would very much like to get your thoughts and ideas, what you see from your perspective.

We are those of Q'uo, and are aware of your query, my brother. From our perspective, my brother, we see beauty. We see strength and courage. We see deep humility. We see gentleness and yet at the same time we see strength. We would ask that you may see these things about yourself as well. See that beauty which is yours. Let that beauty light you and light your way. See the sweetness and the kindness and the gentleness that has been your gift throughout your incarnation. And let yourself feel that kindness, that gentleness, that sweetness. You need that for yourself at this time.

Picture yourself holding yourself as if you were a baby. Rock that baby, and rock that baby, and rock that baby again. And rock that baby all night if that baby is upset, because sometimes only human touch, only the human love of a parent can get a child through a cranky night. Perhaps we could say that we see you cutting new teeth, as children will do. It is a very painful process. One cannot move with one's normal comfort. One does not understand why it must hurt so badly because one is, after all, just a baby. We would say that this is the equivalent of that which has occurred within you. It is a natural process. It is a process that promises good growth and new "teeth." However it is a process that is most difficult to move through.

So we would ask that you nurture yourself. Realize, whenever you can, that there is a tremendous amount of love around you, not simply from friends such as these within this circle or from family but from a very extended family of those who are with you as guidance and simply those who are with you because they have been attracted to your goodness and to your seeking. This support system is strong to save and quick to respond, and we encourage you to use it. We, ourselves, are available at any time to give you a deeper meditation or a stronger feeling of presence. Lean into the help that is there and above all, believe in yourself, believe in this process, and know that each dark night ends with a beautiful sunrise.

May we answer you further, my brother?

S: I appreciate your kind words. I've even got some that you had spoken two years ago that I keep with

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me and read. I do appreciate the support and the kindness. From my perspective it's so hard to see, but thank you for now.

We thank you, my brother.

It is with profound gratitude that we say our goodbyes to this group. Thank you for the pleasure of your company. Thank you for sharing with us your hopes and your questions and allowing us to share with you as well. We leave each of you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation
November 13, 2003

Question from Y: The question today comes from Y, who asks: What do I need to do to have conscious contact, other than in sleep, with my higher self and channel the light beings who are assisting and others in this incarnation?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in Whose service we are. It is our great delight to be with this group this afternoon. We thank each of you for setting aside that precious time that you have so little of within your incarnation for the sole purpose of seeking the truth. We are that vibration which has been called to this group by this question and this channel and we express our great gratitude to you for so calling us. It is our pleasure to share our opinion with you and we would ask but one thing, that being that you listen to those things which we have to say with the greatest care and discrimination, rejecting all of those things which do not seem correct to you and only embracing that truth which seems to resonate within your very heart and soul.

You ask this day what you can do to come into conscious awareness of the communication that is going on betwixt you and your guidance system, and all of those who cluster about you wishing to help as you move through your incarnational learning and service at this time. Perhaps, from the way that you have phrased your query, you already know, my brother, that you are in communication with your guidance and that it has already given you many gifts. So we feel that your question perhaps has two parts and we would address the more general part first, and that is that situation which already exists, and which it is possible that you may not have fully appreciated.

Within you there blooms a flower of great beauty, its petals moving towards the sun with great awareness and intelligence, its blossom opening and the work proceeding as your higher self had indeed hoped before your incarnation at this time. The gifts that you brought in with you into incarnation have brought you far, both in terms of the gifts of the personality shell, such as intelligence and sensitivity, and those gifts which are perhaps not so obvious to the outward eye, those gifts of inward intensity, deep searching, and a discontent with that which seems to be, all those things which appear. There is within you a great yearning for purity, that which is not a little of the light and a little of the dark but all together, that which has been lifted above the seeming muck and mire of consensus reality and some of its more shadowy aspects.

And yet we would assure you, my brother, that it is well planned that you observe, and to some degree, participate in that muck and mire, that stress and tension of consensus reality. For there is within you the incarnational lesson which is to be addressed, which has to do with working with that which this

instrument calls the "shadow" side of self. In the yearning for purity, ofttimes that shadow side of self has this tendency to be separated in thought from the so-called "light" side of self, shall we say, that side which seeks purity, which loves the light, which is a creature of love, a creature of eternity, and which truly wishes to experience only that which is beautiful, true and honest. So much that you see seems to lack in this quality, so much in which you participate has its disappointments, as far as that judgmental and intellectual side of you goes. And yet, for what reason would a true seeker wish to put himself into close association with the darker side of life? What would encourage such an entity, before taking up an incarnation, to place this in his way? We do not answer this query. Rather, we leave it for you, for this is yours to ponder and yours to learn, little by little, as though you were in a maze or a puzzle and you were attempting to track your way out of the maze or to fulfill the pieces of the puzzle in such a way that the picture becomes whole.

Perhaps we like the latter simile better, for rather than seeming to escape the page of consensus reality, shall we say, by taking oneself out of the maze, rather, it is easier to see in the puzzle simile that you are simply putting the pieces together, not attempting to escape the puzzle but, rather, attempting to see it as a whole, in its entirety. As you work the pieces of the puzzle, in some cases you will be granted great light, in other cases you will be granted none and the puzzle will seem quite murky and difficult. It is then that the incarnational lesson comes directly into play. We may say about that lesson that it does involve the active use of the will, in the absence of proof, when there is a choice between that which is seen and is unacceptable, and that which is unseen and is acceptable. Within any incarnation, there are many times when a choice to believe or have faith in the entirety of self is to shift the way of attending to the self when it is seen as the shadow side of self, when it is seen as that part of self that is less perfect or less than perfect and therefore, less than desirable.

We cannot offer more clues than this. However, the general gist of that which we wish to offer here is that within that which has already occurred, within that which is now your present experience, there lie great gifts which have been given as a puzzle for you to solve, piece by piece, or as the maze for you to solve, one wrong direction after another discovered and turned back from in order to explore another way. May we say to you, especially in this regard, that it is never necessary to be at all discouraged or in any way to lack confidence. It is not the darkness of a night; it is not the depth of a suffering that reflects the degree of one's success at apprehending the catalyst that is offered. Indeed, the darker the night, the more difficult the experience, the more completely the incoming catalyst may have been received. What remains then is that subtle, complex and fascinating work of unlocking the self, opening the self to the self, piece by piece, step by step, within an inner atmosphere which partakes more and more of that trust and faith of which we were speaking earlier. That gift is one which has been offered you as part of your incarnational personality shell. You have within you already a gift for the use of the will, but is it for faith or is it for other sorts of seeking which rely more on the physical world than on the metaphysical? As you move back in mind through your childhood, through your early experiences, we simply ask you to cast your mind into those recurring themes of light and darkness, to begin to see that incarnational pattern that you have given yourself. You have many good clues, as this instrument would call them, many pieces of the puzzle. And we encourage you to move forward with confidence, self-assurance and a quietness of spirit that comes from a lack of striving. For what, my brother, is there against which to strive?

The second part of our response concerning conscious communication with that system of guidance which is yours is more literally connected with your question. We are aware that you would very much like to make some sort of positive, absolutely certain contact in the way that we are speaking to you through this instrument. In terms of that particular way of becoming more in touch with your guidance, we would recommend never attempting [the technique used] to come into conscious communication such as this instrument is now using, without the careful dedication of self for a fairly long period of training and a process of the initiation during which we, as members of Confederation, offer to those who wish to learn the channeling of spirit such as this instrument does, that which they wish to learn. It is impossible to say how long it would take, but we may say certainly that it is never a project which one may safely undertake alone. The strength of a group and the experience of a more seasoned channel are both

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necessary in order to regularize and protect the energies that are involved in communication such as we offer through this instrument at this time. We do not wish to be those who create fear, we are simply saying that because of the nature of the physical instrument that is your body and those linkages to the finer sensibilities of the energetic bodies, such communication is almost reliably guaranteed to, as this instrument would say, "come a cropper."[67]

The problem is a simple one, my brother. It is the problem of an entity who contains a powerful tool but who does not know how to use it. Attempting to learn to do what this instrument calls channel is like a toddler attempting to pick up a power tool, turn it on, and use it correctly. The chances for accident or disaster are high, and we would not in any way encourage such a rash and thoughtless method of attempting to gain contact. We do not suggest that you avoid it because you have no possibility of success. Quite the opposite. We suggest that you bate this desire in any outward verbal form because you have great possibility of success and yet without training, without a good long time of consideration and dedication of self—the practice, the self, and the life—the experience would be as that entity who wishes to tune to a certain radio station but yet who is incapable of moving the dial, so that the dial moves without your conscious ability to tune it, moving you from one source to another depending upon various situational details about which you cannot know and which cannot be taught but rather, can be learned without the words during the process of such initiation as that of which we speak.

Were you as an entity enough desirous of following this particular way of coming into conscious contact with guidance, there would need to be a geographical relocation, or at least the ability to visit within those areas where this instrument dwells and this group dwells, not once, but numerous times. Therefore, we might suggest that this be considered with great care and over a long period of time. For that which you would be asking of yourself would be that the life experience be dedicated, from beginning to end, from top to bottom, waking and sleeping, until the time that you separated from your physical vehicle. You would need to be able to dedicate yourself, your time, your essence, and your heart to living the life that you are learning from those things which are channeled to you and which you channel. This is the kind of responsibility that this particular outward expression of the gift of channeling requires in order that the self is protected.

There are, however, ways in which guidance may be sought that are far safer and far more able to be done on one's own than the formal gift of channeling. We begin with that which you mentioned first, the dreams. The dreamscape, as you are well aware, has tremendous gifts to offer the conscious self at a level of which very few entities are aware. When awake, that communication is ongoing. It is not stopped because an entity is conscious and working within the world. What has stopped is the awareness of that connection and that communication. However, the spirit portion of your entirety is quite aware of this communication, as is the body itself.

Let us look for a moment at the mind and the confusion that entities upon your planet have about this organ. There is a mind that came with your body. That mind is that which was created to make choices for survival. Call it the choice-maker. It thinks in terms, partially, of physical instinct, survival, the gathering of the things that are needed for survival, and so forth. The choice-making mind shall always look for advantage. It shall always look for that which is useful, functional, able to offer advantage. You are very familiar, all too familiar, with this mind. Few of those who are awake and aware of the nature of the spirit are very fond of the mind that is the choice-maker.

However, there is another kind of mind that exists within the same space, shall we say, within the same "gray matter"[68] as the mind of the body, and that is the mind of your heart. It is that portion of the mind that comes from the metaphysical side of the creation rather than the physical, from the time/space portion rather than the space/time portion of the creation of the Father. The mind of the heart is not bound by the need to survive, for it is eternal. It is not bound by the need for advantage, for it knows all things are one. That mind is, when allowed to be completely uncluttered, as free and full as is the universe itself; as aware, as gentle, as powerful, and as all-knowing. This mind has few or no words. There are many times when its nature suddenly springs forth and you are suddenly aware that your mind indeed has a consciousness that is

[67] To fall heavily or headlong; to come to ruin or to fail.

[68] The grayish nerve tissue of the brain and spinal cord.

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eternal and that is not bound by those human fleshly desires and needs for advantage. Usually it is because you have come into the radiant aura of someone who is acting from the open heart. And, in one way or another, you see an entity that is loving and you catch it, you pick it up as if it were a communicable disease, which indeed it is. Like any other state of mind, the state of mind that is unconditional love communicates from one entity to another and it is through contact that most entities within incarnation begin to form their ideas about what it would be like to be a creature of soul, a creature of the spirit, an angel that is here on Earth, but is not of the Earth. Perhaps you have someone in mind that has been to you such a loving presence, that has given you that blessed aura in which the consciousness of your heart can come alive and communicate freely. Does not your heart soar within you when this occurs, when the fetters of earthly thinking fall away and the only horizon that is yours is the horizon of the highest and best that can be imagined by you?

In the dream state many things are offered to you. And we feel that you have some capability already in working with those images that are given to you within the dreams. We would encourage you within this work; it is excellent work. We would ask that you bear in mind that such work is not always literal. In fact, rarely is it completely literal. Usually the mind has a great deal of whimsy and humor in the way it puts together messages that it wishes for you to receive. So we would suggest that you not only look at the dreams, look at the images and so forth with an eye to what they say literally, but also we would suggest that you look at them sideways, as this instrument calls it, letting the brain sag in the middle and make connections that are not at all obvious or likely, and playing with those images that have been given you, looking for inner resonance and provocative images that turn you in a different direction in thought. These are part of that work of coming to understand the self that is very precious.

Further, we would discuss a second line of work which is very available to you as a person by yourself. That is the work of the meditation. My brother, when we say meditation, we do not define that word to suggest that there is a best way in which to meditate. When we use that word, we are meaning to indicate simply a turning to the silence within. When you turn within, you may silence the outside world by ignoring it, but the first stumbling block for most entities in meditation is that the inner self is not silent but rather it continues its habitual discussion with itself. We cannot help you through this except by encouraging you to ignore that conversation just as you are ignoring the catalyst coming in through the ears and the other senses from the outside world while you meditate. It is not a matter of turning the back upon oneself. Rather, it is a matter of allowing all thoughts to arise and then allowing them to die away in their own time, not giving them energy, not ignoring them, but sitting with them, observing them as part of what is occurring within the self. Without their being given energy, they will by their very nature die away. It is interesting as you work with the silence within to see those thoughts that arise not once, or twice, but again and again. One may look at these, not within the meditation but at other times. When you are contemplating the thoughts of the day, you may look at those patterns of thought that habitually arise when the mind starts talking. As you begin to see the patterns of your concerns, you begin to see into that nature within you that is emotional, and that has antennae that have been created to stick out into the world, both within and without, to sense when a particular catalyst is coming towards that antennae. When that antenna finds that it is triggered, that antennae begins its work of tracking that thought.

What antennae do you have, my brother? Where are the triggers that move you from your silent, infinite self back into the world in which you must make choices, in which there is fear and in which one must defend and find an advantage? It is those triggers, when identified, that you may then work on in a conscious manner, consciously doing the work of disciplining the personality so that it begins to recognize, to accept, and to smile at those triggers that would plunge the soul within into that dailyness and everyday world, which is the world of fear and desire. In meditation, in the silence, you move beyond fear and beyond any desire except for that utter focus upon the truth. The seeking that is at the heart of you can then be allowed to have its beingness. And as that seeking is allowed, in the place where desire and fear were before, that focused, inner self becomes an asking, a desiring, a yearning, and a question. Yet that question is within eternity and the answers that come in that muscular, strong silence are the answers of eternity and infinity, moving deeply beneath any possibility of words,

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moving into the heart of self, the essence, the pith of that part which is as the truest part of you.

It is as though you came into incarnation with a treasure trove inside you, within which lies infinite life, eternal life, complete truth and utter oneness with all things. It is not locked against thieves from the outside. Rather, it is locked against casual entry by yourself. Perhaps you have heard the old saying that there are always guardians at the gate of any temple. You have found an excellent guardian at the gates of the temple of your heart that guards against casual intrusion, shallow caring, incomplete dedication; that guards that which is you in a truer and less fettered state but which does not have form, from that within which partakes of form in your thought processes, that is the choice-making mind, being part of that which is attempting to gain entry into the sanctum sanctorum of your own heart, this treasure trove within in which the Creator awaits. Consequently, as you come into the silence, empty the self, open the self, and allow the self to become utterly humble, utterly quiet. Assume that pose of the one who waits. And listen, my brother, to that silence with all your attention. This is easier said than done and certainly this instrument would say that she is still very poor at practicing the gifts of meditation. Yet the attempt to do such in a purer way is that which gains the ground, that which makes the progress, for so much of the metaphysical process is based in intent rather than in any perceived achievement.

Further, when a practice of meditation has been established in a way that is satisfactory to you yourself, it is entirely possible for you to dedicate a time to what this instrument would call conscious journaling. Perhaps you may be familiar with this method of seeking. It is one in which you either write that which comes to you or in which you write down a question and then let your pen begin to write as if you knew the answer. Little by little you may find with this way of conscious journaling that you are beginning to be able to hear those inner voices of guidance within you that would wish to speak.

The only suggestion that we would have in order to safeguard you during these times is that you not use them in working with other entities but use them only for your own growth and your own learning. For as they are part of your inner guidance, they are privileged information for you. It is a very intimate and personal connection that you have with guidance and it is not that which would give guidance to others. Were you to begin giving guidance to others with your own personal guidance, then there would come to be a difficultly with infringing upon the free will of others and offering information that was not, shall we say, tailor-made for them but rather for yourself. Therefore, offering it to others is offering it through distortion which was not intended by the guidance that gave it.

We hope that we have explained the difficultly here, for it is a subtle one. But it does have to do with the free will of all and the very intensely personal nature of truth. Your creation is yours alone. In a way, all is one; but in the way of learning and teaching, each entity has its own creation. Each who sits in this circle has its own creation and the rules, the study, the progress, the evolution of each of you is unique. You cannot transfer truth, wisdom and perfection as perceived by one person, whole and complete, to another entity. One can only move up from one's essence to the level of words, to that level which is so shallow and frustrating and, by open communication, share those gifts which have been yours to receive without any attachment as to whether any other soul appreciates or responds to that same information.

My brother, we believe that this is the extent to which we would wish to speak upon that main question. May we ask at this time if you would like to follow up with another query or if you have another question at this time?

Y: Thank you for your guidance. What advice can you give me about my physical problems—my stomach, my back, and my emotional problems?

We are those of Q'uo, and we are aware of your query, my brother. We make this instrument smile, for she also has her stomach, her back, and her emotions in common with yours. They are not doing her their best, shall we say, either and yet somehow we shall speak to the both of you.

In the matter of physical ailments, the body is always the creature of the mind. Certainly this instrument has done a good deal of work, moving back into the early days of her incarnation and discovering those threads of fear and crassness and roughness that, even before this entity was born, created for her a disgust of the ways of thinking that exist within consensus reality, or the outside world as you know

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it. Let us say simply that it is well to become aware of the self as an entity which has come into an environment with which it is not particularly familiar and in which it is not comfortable. The choice to come into this arena of catalyst and choice was a heartfelt one and it came from a desire to serve; and so you and this instrument and many others have come through the densities, knocking at the door of third-density incarnation asking to serve, asking to walk among those native to third density on planet Earth at this time in order to do all that you may, in your humble way, to join in the response that you truly felt to the suffering of the planet Earth and of its people. A call had gone out, you see, not simply today, but for millennia. As this seventy-five-thousand year cycle, that has been talked about often in this group, was coming to its end, the cry was going out from those of planet Earth and from the planet itself, a cry of suffering and sorrow, a cry of seeking and hoping; and it is in response to the suffering of Earth that you decided to apply for the privilege of incarnation in what this entity who channels would call the "heart of the beast,"[69] the crowded byways of your globe in which the business of humankind has for so long included trauma, hardship, war, disease and suffering of all kinds.

You yearned to help. You examined what could be done without coming into incarnation and you were not satisfied. You truly wished to make a difference, as did this instrument, as did all those within the circle, and you knew that you could not make that difference unless you had the right to it by birth. And so you took birth. You were born into this situation, this environment, which does not agree with your sensitive nature any more than it agrees with the one known as G, with the one known as Carla, with the one known as V, or with the one known as J. None of those within this circle find it comfortable to experience life as it comes to them from the everyday experience of untuned conversation with others and the everyday, workaday world. It is that mismatch of vibrations that is the root cause of the difficulties that you now feel.

It is well to examine those areas in which you have discussed feeling discomfort. The area of the stomach is that area of orange and yellow chakra energy in which personal relationships and interactions with groups such as family and jobs are experienced. As you sit at the end of the day, it is very helpful to look back upon those things which have moved you one way or the other during that day, which tightened your stomach, which tightened your shoulders and your back, which made your emotions tighten up. In all of these contracting energies lies fear. Where have you picked up that fear? Where are the threads of that fear? That is for you to examine and to probe. And we may say that in some cases, entities have chosen the recurring of physical symptoms to nudge them back on a track towards the inner life during times when they have taken on inappropriate amounts of physical work. In this instrument's case, this instrument often will take on physical work because the instrument, unconsciously or consciously, realizes how much easier it is to do something in the outer world than it is to turn within and seek service in that way. The instrument has been raised in an atmosphere of the work ethic and perhaps you also share in that prejudice towards rejoicing in those things that are done, those items that may be checked off of the list of chores, the list of duties. And yet many chores and duties are those things that lie within, that take time and delicacy of thought to plumb, even to begin to understand. So we would suggest the evening discipline of moving through the thoughts of the day and seeing how the self is reacting, seeing what is causing those contractions. For every contraction is that which we would call fear. It is the opposite of that expansiveness, that radiancy which is light. When there is no fear, and there is only love, then the energy body is flowing completely. When there is a contraction in any of the chakras, then that infinite light of the Creator that always is flowing through one begins to find its way trammeled, blocked or partially blocked. This in turn communicates itself to the body so that, if the emotional self has not been able to open the heart, then the physical body will express the imbalance that the mental bodies were not able to work out. When you see physical illness or conditions that do not seem propitious, think of those as the last stand, the last way that your system has of expressing, "Stop. Look. Listen. Think about this, for there is imbalance here."

May we answer you further, my brother?

(Pause)

[69] A vaguely Biblical term implying that the earth is a place seemingly ruled by evil.

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We are those of Q'uo, and we do not perceive that there is a further query, my brother. Is there a final query at this time?

Y: Yes, there is a final query. What is, if you can tell me, my connection to the sacred place known as the Dome of the Rock?

We are aware of your query, my brother, and we find that we cannot speak upon this subject, that it would interfere with your learning processes at this time. However, we do feel that you are, shall we say, on to something and would encourage you to move into that perceived feeling of connection to see where it might take you. For this is indeed promising in your process at this time.

My brother, it has been our great pleasure to speak with you and we are just sorry that the energy does wane at this time. We thank you for the privilege of speaking with you and for sharing the energy of this group. We would leave you, with all of our blessing, in the love and in the light of the one infinite Creator.

Y: Thank you.

We are those of Q'uo. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
November 16, 2003

Group question: Q'uo, our question today concerns the eternal present moment. A human author[70] urges us to access the power of now. He states that in the present, suffering cannot exist because suffering depends on time. We are told, time and time again, that time is an illusion. So we would like to know what exactly is the "power of now"? How can we gain access to that power? How can we live more and more in the moment? How can we realize that we are creatures of the moment? What does the present moment look like to one that has discovered it? What results can be expected in a seeker who indeed has discovered the present moment?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are happy to be and in Whose service we come to you today. We thank you so much for calling us to your circle of seeking by your desire to seek the truth. It is a great honor to us to be asked for our opinion and indeed it is our method of service at this time. So it is a great help to us to be able to speak with you since that is our method of service to others. It is a very precious thing to us and we shall do our best to share thoughts with you that will be helpful. However, in order for us to be able to speak freely, we would ask of you, as always, that each of you employ your discrimination very carefully in listening to those things which we have to suggest. For we are in every case not those of authority but those who are as you, students and seekers of the truth, of that great mystery. We do not know the mystery but we seek it as do you and we are glad to offer our notes from the road with the understanding that you will take only those things which are fair to you and leave behind without a second thought anything that does not sound just right. For truly each of you can recognize and resonate with your own personal truth.

You ask this evening concerning the present moment, the now, and how it may be discovered, recognized, entered, enjoyed, appreciated and, above all perhaps, how it may be learned from. In order to speak about this interesting subject we would begin with some thoughts regarding time itself.

The illusion of time is that which allows your experience to occur within your being. Without the illusion of time and space, without the structure that the Creator has builded for your particular body, mind and spirit to dwell in, you would not be able to process catalyst into experience. You would indeed not have catalyst, you would simply be. This is in fact your true state. You are, period. It is not that you are a human or that you are a soul or that you are any quality or condition, you are a part of all that is. You are an Is-ness. It is very difficult for us to

[70] Eckhart Tolle, in his book, *The Power of Now; A Guide to Spiritual Enlightenment*: Novato, CA, New World Library, [c1999].

express this concept through words. But beneath all movement, you already and eternally are.

Since that sounds like such a delightful state, one wonders perhaps why the Creator would indeed create a house, such as the universe which you enjoy, which is nothing but an illusion, or a system of illusions that are interpenetrating. The reason is that about which we were speaking recently, that first distortion of free will. The Creator chose to know Itself. And in order to know Itself, It created, with love and with light, a creation in which entities could examine whatever of the material of their essence or Is-ness that they wished to examine, against a backdrop that seemed plausible and solid so that there would be a believable, self-correcting, consensus-reality dream in which all of those within a planetary system, such as yours, could take part and help each other to learn more about that entity which all of you are or which each of you is. For, again this is difficult to say. While each of you is utterly unique, at the same time each of you is a part of one energy system which is the Creator. You are in the process of learning from your inner self with the help of your outer or other selves.

The world, then, may be seen as a dream, as a kingdom, or as a prison. But certainly your physical world, though an illusion, is quite solid, quite substantial, and quite believable. Without time, you would not be able to have the experience of consecutivity; you would not be born, live and die, rather you would exist in a being born, dying and everything-in-between-state, all in a big soup. The desire of the Creator was that hope of becoming a fuller, more richly realized beingness. There was a dedication of the principle of Godhead to an examination of self, a celebration of self, and a learning about self.

Each of you, then, is a spark of that Creator Who has chosen at this time to come into this particular environment of what this instrument calls third density, to live in incarnation amongst others of your kind, being mirrors for others, to reflect to them that truth which they offer you, seeing the mirrors of others that reflect the truth of you back to yourself, and, through all of the mazes and mirrors, beginning to come to a competency of understanding regarding the nature of the illusion that allows you, as a spirit who is seeking the truth, to penetrate more and more that which is not of the essence of self; so that more and more, you are able to take life lightly, to remove from the self the feeling of prison and to replace that with the feeling of the dream or of the kingdom.

There are many ways to lose that feeling of being a slave to time or being imprisoned within time and space. We certainly recommend meditation, as always, but there are many ways to shake the trammels of the noon-day thoughts and chores and businesses in order to lift up from that mental narrowness of thought that does not remember who you are or why you are here. It is very easy to be caught up in the never-ending series of lists, as the one known as T1 was seeing; the doing of things on a daily basis, as the one known as Jim was saying to this instrument earlier, the never ending mountain of chores to be done and duties to be fulfilled. How easy it is to become completely convinced that these are the building blocks of a complete existence! Yet, in and of themselves, there is no real substance or meaning in these things. There is simply that structure which allows experience. Without further seeking, then, the world may seem a kind of prison where the sentence is life and the eventual sentence is death. One cannot escape the life except by the door of death and when one escapes by that door, as far as those remaining can see, that entity has become nothing, dust has returned to dust and the cycle of life and death is completed.

And so for the first cycle of seeking, shall we say, there is that tendency for the new seeker to begin to feel that life is a dream. There is that realization that these seemingly solid building blocks of chores and days and seasons are not substantial. And there is a tremendous feeling of relief and freedom of the lifting up from having to take the work time, the chore time, the time of duties, too seriously. Within one of your philosophical distortions there is that phrase, "First there is a mountain, then there is no mountain, then there is." The time of experiencing life as a dream within a dream is that time when there is no mountain. It is a time when sudden realizations and new information may create tremendous excitement within the self and a time when the dark night of the soul can plunge one into the abyss of the deepest sorrow and grief, and yet always with the feeling that one is actually a spirit rather than a body and that one is experiencing a dream and that nothing is terribly important. It is a precious time in many ways and much good comes from the seeking that is done during this time.

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Beyond that time, there comes a time of reintegration, the dream and prison coming together to form a new picture, which is that of the kingdom, a realm, a magical place. We find that this is where many of you within this circle are attempting to live at this time and we commend you for having moved along the path of seeking, through so many bends and curves and difficulties in the road, that your spiritual maturity has begun to allow you to see the riches of the illusion, the tremendous richness of the environment that has been provided for this school of life that you experience during incarnation. It is a time when the bitterness begins to dissolve. There is no longer anger at having to work for a living or feed the body or cleanse the body or take of the environment that one has chosen. The prison doors open because there is freedom to see the blessing of everything. There is no need to justify suffering and duty and all of the unpleasantness of life because it is finally seen not as that which limits and narrows the light, not as that which may be attended to but not taken seriously, but that which has been given as a tremendous gift, each gift, each moment coming fresh from the Creator. That is the time of kingdom. That is the time of jubilee. And it is truly the first place, shall we say, within the mind from which a point of view may be taken that has great depth, so that you may survive those realizations which shall come when you have become unafraid of the prison and unafraid of the dream.

Most entities among your peoples live a kind of inner life that we would describe as horizontal. The world of things spreads out like the skyline, full of detail. And it is that within which one lives. One drives the streets, one walks the sidewalks, one moves horizontally along the face of the planet. To all illusory intents and purposes, it is a flat existence. If that horizontal life were called the x-axis, then the world of spirit could be seen as the y-axis, the vertical life. Imagine standing upon the ground, seeing with the physical eyes that it extends flat in each direction, horizontally as far as the eye can see. The feet meet the ground in just so and so a place. There is contact between the soles of the feet and the ground. And that thin meeting place represents the depth of reality. But imagine suddenly realizing that precisely where the sole of the foot meets the ground there is an infinite opening, upwards and downwards; upwards into the world of ideals, guidance, godhead; downward into the ground of being. It is as though chasms open beneath you and above you and suddenly you are not standing upon a thin slab of ground but upon the razor's edge, in intersection with eternity and infinity.

This is in fact, your situation. You are in the position of being able to live both a life in space/time, the horizontal life, and a life in time/space, the vertical life, simultaneously. We might say that the ability to remember this image, the ability to remember that which is unseen, that which opens to the Creator and to the essential self, is a measure of how well you are doing with the simple act of remembrance that is the key in many ways to progressing in spiritual, mental and physical evolution of self. How to remember that what you see is not all that you get? How to remember the intersection with wonder and magic and infinite possibility? This instrument pursues a daily and weekly spiritual or religious program which includes group worship within that distortion of spirituality called Christian. This is one way in which she attempts to be a creature of remembrance. There are many ways to be remembering who you are and why you're here. That is one way, the simple act of setting aside time, such as you have this day, to seek together. No matter how the meditation goes, no matter how you feel that you have been as a part of a seeking circle, the intention, the dedication of time, are the things that create the feeling of remembering and honoring the portion of yourself that is living that vertical life. In moments such as this, as you allow the energy to move around the circle, we feel sure that each of you has that riveted feeling of opening to the infinite possibilities of the moment.

But there are, as the one known as T2 said, so many different ways of coming into a state of remembrance. Each of you has five senses in the physical. The example that the one known T2 gave of washing the hands and becoming aware of each characteristic and nuance of feeling in that experience operates on the principle of using the gifts that are given to you. Each sense is evocative. Each sensibility may be triggered, tuned and even transformed by choosing to be alert, to be watchful, to be attentive, to pay attention to the little things. This instrument is fond of saying, the smaller the thing, the more common and everyday, the more sacred it seems [to her]. And while we find everything equally sacred, we understand what this instrument is attempting to express. Consider that act of washing the hands, of emptying the bowels

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and rising from that natural function to wash the hands and to go forth to meet the day. It must be done every day, perhaps more than once but certainly in the morning. For each of you this is a life sentence of natural function that must be attended to for the sake of the body. But that is a heavy energy, that is a grudging life when one "has" to perform natural functions. However, if one enters into those natural functions and the natural ways of cleanliness and preparing for the day with every sense awake, each humble, necessary chore can become a symbol, in the physical, of processes which are moving on within the inner being, processes that move from nuance to nuance and half tone to half tint. And the ability to enter into the joy of removing the old from the system and clearing it for the day and then rising and washing the hands and blessing that event, experiencing that magical flow of water as it cleanses, experiencing all the feelings that are attendant upon the cleansing: the pleasant smell, the texture of soap, the texture of the towel; attending to each of these to see the beauty in them, softens and gentles the harsh edges of necessity into things of unutterable beauty. And as each tiny thing begins to become open to that view, the sacrededness of things emerges and lifts one up into the glory of the illusion of incarnation. Each moment is a bounty, a feast, a banquet. It is brimming with information, it is whole and perfect and one. The only way to come into that sense of consciousness is to learn the attentiveness to the sacredness of everyday things.

Within a sacred space, with altars and pews and vaulted ceilings and stained glass windows, it is easy to feel that one is in a sacred place. Yet every child of dust within the illusion of earth stands on holy ground, whether they are starving or fed, whether they are cold or clothed, whether they are sick or healthy. No matter what state or condition they may be in they stand upon holy ground and they themselves are holy. And you, child of dust, also are infinitely, ineffably, holy. You are a sacred essence of the divine.

How may one begin to experience this point of view? In some ways it becomes a matter of sheer discipline. There is a certain amount of what this instrument would call struggle involved in training the mind to come into a state of remembrance. There is much help which is available to those who wish to become present. And it is indeed a noble task to set for the self, to become present. It is not that one wishes to be without a context. We do not call you away from the world, we do not look down upon any part of the life lived by the ordinary human being. We do not suggest the need for retreat and alteration of the outer circumstances. Certainly, times of quiet, such as the one as T1 has described, are extraordinarily helpful. When there is the sabbatical there is the opportunity to take stock, to express the self as a seeking entity rather than as one who must attend to the ordinary challenges of making a living and coping with the financial side of life. And yet life for the most part is lived in the hurly-burly, in the spotlight of the passion play[71], as the scenes upon the stage revolve.

We give this instrument a view of a complete lack of location. Picture, if you would, the sensation of weightlessness, of lack of input into any of the senses. Lifted from the constant contact with the senses, one is left within a kingdom which is within. Within that inner kingdom of self lies the truth and a great deal of distortion. Where did this distortion come from? An entity is born into incarnation with certain preconceived distortions already. Each of you has chosen a personality shell that is rich in gifts and in challenges. Each of you has scripted for yourself incarnational lessons which will occur thematically, repeatedly, during the incarnation, teaching you the lessons that you have chosen and offering you the opportunities of service which you have hoped for. In this inner life no mirrors exist and it is exponentially more difficult to see the self clearly than when one is receiving information from the mirrors around one. So, while we value time spent in a completely inner search, we feel that the more efficient path, in terms of the rapidness with which evolution may occur, is an environment in which the inner life and the outer life marry. Rather than fighting and dividing inner life from outer life and struggling to get more inner life, we would suggest every way which you may think of personally to stamp the outer with the inner and to relate the inner into the outer, making every connection that you can, so that all of experience becomes one and the physical and the metaphysical become a dance

[71] The instrument was drawing from an album by Jethro Tull, called *Passion Play*, in which the suggestion was that we are all living our own "passion play." In medieval English literature, a passion play is defined as "a mystery play representing the passion of Jesus."

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for two that carries both the male and the female aspect of living within one consciousness.

By male and female aspects of living, we are, in our distortion, suggesting that the outer or horizontal life is masculine, or "yang" as this instrument would say, in its activity, its reaching, its power to do, whereas that inner vertical life is as the potentiator, that which awaits the reaching, that which does not have the form but which is productive of all form, that which may be called guidance or inspiration or infinity or eternity. To allow the infinite and the eternal to become a part of the passing scene and to allow the passing scene to become stamped with infinity and eternity is to make that marriage within the life of those aspects which otherwise might fight for dominance. We assure you it is not at all easy to do this, it is much easier to compartmentalize and to do the spiritual practice and to move into the daily mode and then back into a spiritual practice and back into the daily mode. Yet we may say the fewer transitions that you must choose to make, the more often that you are able to blend the inner and the outer being, the more substantial will be your stance, and your point of view will benefit from this unification of inner and outer living.

What is the essence of you? That is the question, you see, and the answer is so simple. You are. You are not creating yourself, you are simply discovering the self that is there. You do not choose from nothing, you came into this incarnation a very real citizen of eternity. You are simply peeling away layers of distortion to see yourself clearer and clearer, to have a deeper and deeper sense of your own essence. It is a fascinating journey and we are so glad to have you as companions upon it.

This instrument is informing us that we have spoken long enough upon this most fascinating subject and we bow to her wisdom. We confess that in this particular case we could go on talking for quite a while, for this is a beautiful subject and we thank you for asking [about it]. But at this time we do relinquish this subject and ask if there may be other queries that we may respond to at this time?

V: Q'uo, you've spoken before about the use of the imagination to discipline rogue energies in the personality and I wonder if you would expound on that some, and specifically with regard to affirmations and why it would be so necessary to state affirmations aloud or write them down, to externalize them in some form in order to make manifestation possible?

We are those of Q'uo and we grasp your query, my sister. Perhaps you are aware of the kind of personality which thinks repeatedly about doing something but does not do it. All the thinking in the world is not productive, in terms of creating something in the consensus-reality universe, without action. In the case of making affirmations, the disciplined soul may well be able to make affirmations within the mind without writing them down and having them become "real" things; such is the power of the disciplined personality. However, for the soul who is attempting to become more disciplined, it is well to marry, again to use that simile, the inner intention with the outer fact, to make from the inner dream the outer reality. The act of writing on paper or speaking into the ether where sound may be heard is the act of putting inner vibration into the outer vibration and blending, or marrying, the two. You are aware, my sister, of the old adage, "As above, so below." The idea of externalizing these affirmations is the idea of bringing them into reality. It is an interesting thing that it is more easy to believe in the self when one can see the words that one has written and when one can repeat them and hear the sound.

May we answer you further, my sister?

V: Yes. Actually, I would like to ask about the discipline of the personality and a thought that I had the other day regarding what my mother used to say to me which was, "Guard your tongue." It occurred to me that, in fact, what the discipline is about is guarding the thoughts and creating the truth within you that says, "I see the beauty, I see the perfection," rather than looking at it and seeing the cynicism and only expressing the beauty. Could you illuminate that for me?

My sister, we feel that you have illuminated it very well. The only thing that we could add is an encouragement to play with this awareness that you are a creator, a co-creator and that, as you think, as you actually begin to train yourself to think, you do not narrow that which you comprehend. You are as able to see the thoughts of cynicism, sarcasm, anger and so forth as you were before, perhaps more able. What you are doing as you use the discipline is shaping your heart or— we correct this instrument—shaping your mind to be able to

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contain the thoughts of the heart, rather than simply the thoughts of the mind. It is not incorrect, we feel, to be aware of the ridiculousness, the sorry-ness or the wretchedness of any particular situation. It is not wrong to have sarcastic thoughts or to react naturally, and fervently even, to those things which make one uncomfortable or create catalyst. The heart, however, thinks substantially differently from the mind, the thoughts of the heart coming from that vertical part of living, that time/space or metaphysical portion where the thoughts are the thoughts beyond incarnation, beyond circumstance or estate. Those thoughts are the thoughts of the infinite being that you are. They are the thoughts of the consciousness within and that consciousness is safe within your heart. It is a matter of opening your own doors into that heart, sitting there and gazing from that heart out into the world. One still may have all of the inner opportunities for making the self laugh to the self with cynical thoughts, such as this instrument does as a hobby, we should say! But allowing the shape of the heart's thoughts to be the shape of the thought as it evolves in the awareness of the inner self gives one grace and distance and remembrance of who you are, so that your expression, even to the self, is a kinder and gentler thing. And certainly the expression to the outer world carries with it that maturity of thought that keeps that heart open and does not consider the imperfection of things as a reason to lose faith or to become embittered.

May we answer you further, my sister?

V: If you are so inclined, I would love for you to answer further but I don't have a further query so I'll pass it to T1.

T1: I've been reading a lot of the material channeled by the Seth entity and one of the constructs that is causing some confusion in myself is that of probable realities. The choice. Seth indicates that in each decision in this incarnation there are infinite other versions of the illusion in which other decisions were made. The teachings of the Confederation state that the aim of third density is the choice [of] service-to-others or service-to-self. Which [choice] one has made is due to [one's] polarity. Taking these two together, probable realities and choice, it seems that the choice is made separately and differently by each probable self projected by the soul. Perhaps I'm just wrapping myself up in constructs here and becoming confused but is there a way which Q'uo perhaps could untangle some of my thought processes there?

We are those of Q'uo and aware of your query, my brother. Indeed, we do not know if we are able to untangle your thoughts but we are glad to share ours with you and in their own tangle, my brother, the self is a concept which understandably within humans is limited and defined by the shape of the physical body and the inevitable flowing forward of sequential time. At each decision point, at each fork in the road, the choice of which fork to take obviously creates a different probable reality than the one that would occur if the other fork in the road were taken. However, perhaps it may clear this up for you a bit to contemplate that whichever fork in the road that one takes one is still equipped with the same incarnational lessons, the same things upon the scroll of life, that will come up repeatedly, so that it is impossible to avoid one's plan. Certainly, one may see that there are widely divergent paths and the tuning song that this group enjoyed this day asks that question, "Is there any other way I could have lived but this one? Is there anybody else I could have been?"[72] Certainly there are other choices that could have been made, but would the person that made those choices have turned out differently, or would those same choices have appeared no matter what road was taken?

In the physical life you walk down paths and turn corners and there is a new place. Turn another corner and there is another new place. Living the vertical life of which we have been speaking, the path is a spiral weaving always around and always anew; not the circle that becomes old, for every time that these themes come around again you are approaching them from a new standpoint, from a new place in your process, a new state of realization.

May we answer you further, my brother?

T1: No, thank you Q'uo. I think I need to read through and think about the explanation that you offered, thank you.

[72] From the Dave Matthews Band album, *Under the Table and Dreaming*, the song, "Dancing Nancies": "Could I have been/Could I have been/A millionaire in Bel Air/Could I have been/Lost somewhere in Paris/Could I have been/Your little brother/Could I have been/Anyone other than me/Could I have been/Anyone other than me/Could I have been/Anyone other than me/Could I have been /Anyone"

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We thank you, my brother. Is there another query at this time?

G: Q'uo, you have often described the process of coming into that relationship with that self, that undiscovered self beyond the personality, of accessing those deep stores of self-knowledge, as a process of "courting" the subconscious mind. My question is: how does one go about, as you say, "wooing" that lover, and courting the subconscious in order to retrieve that needed information and to create that authentic contact with love and with light and with the Creator?

We are those of Q'uo and are aware of your query, my brother. Each lover must woo in its own way. Let us consider the object of love here. That object of seeking is the self within. It awaits the reaching in the archetypical manner of the Matrix and the Potentiator. The self within is as the unread book, the unknown mystery. In the archetypical tarot images, that is pictured as the woman who is veiled. One can barely see the book of wisdom that she holds at her heart. You are attempting to lift the veil from that book of self. How would you court that self within? We have at times suggested to you to think of that not as courting but as parenting, as if the self within were a child that needed comforting so that you take that self within and rock it and ask it what it needs, what its dreams are, what its hopes are, and then spend time listening to that self.

The ways of courtship are slow and sweet, they are full of passion and yet full of restraint, for the object of love is sensitive, young, inexperienced. And certainly as an essence, living within consensus reality, your hearts are indeed innocent babes in a wicked world. So there are the hints that we give you. It is not seeking as a man seeks a woman and yet it is, in that there is passion, there is true love, and there is the hope of serving.

Find the ways that your own inner self wishes to express itself. Is it walking in nature? Is it filling your mind with great music or great words? Is it the act of service? We find within this instrument's mind an example from earlier this day as she was speaking with the one known as Jim and he was expressing to her how he feels grateful for the opportunity to cut and trim the lawn of the client so that he creates a place of beauty and as he leaves, he looks back over his shoulder with great affection and pride because he has loved that place and danced with the love that is in that place. Perhaps that undiscovered country within you is a place that you may love and that you may dance with and in.

May we answer you further, my brother?

G: No, that was beautiful, thank you Q'uo.

We thank you, my brother. Is there a final query at this time?

G: Q'uo, I'll take the opportunity if no one else does. I have an e-mail that has the potential to create great change sitting in the pending file and I know you can't offer me advice on right or wrong, because there is no wrong, no mistakes, but could you help, give me some info, offer me some advice on what I might consider before I send it and what it might do to the energy configurations between me and this distant person?

My brother, we are aware of your query and find ourselves full up against the stop of free will. We can give this instrument the image of one of her favorite sayings from the Psalms concerning the entity whom everyone thought was a fool until he opened his mouth and removed all doubt.[73] Every word spoken changes the shape of your world. Look at each word for its truth, its compassion, and its service.

We are those of Q'uo. It has been enormously pleasureful to us to speak to you. We find the beauty of your seeking most delightful and we thank each of you for that beauty that you share with us so freely. The energy exchange has been most salubrious for us. We leave you in peace. We leave you empowered with hope, with the awareness of your own magical natures. We leave you in the love and in the light of the one infinite Creator and of each other. We are those of Q'uo. Adonai, my friends, Adonai. ♣

[73] This quote is actually from the *Holy Bible*, the Book of Proverbs 17:27-28: "He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding. Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent."

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
December 6, 2003

Group question: This week, in the spirit of the season that we are entering, we would like some information on the entity that we know of as Jesus the Christ, Jesus of Nazareth. We would appreciate any information about this entity or his incarnation very much.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you. We thank you so much for calling us to your group by the intensity and the energy of your seeking. It is a great blessing to us to be so called and to be allowed to offer you the humble service of sharing our thoughts and opinions with you. We are part of that Confederation of entities whose only hope is to offer such thoughts to those who wish to accelerate the pace of their evolution of mind, body and spirit at this time. We come in response to the cries of sorrow of the entities upon your planet and we can only hope that our humble thoughts may open windows and let in some light and some air where perhaps there has been a darkness of thought. May we lighten it! This is our hope, to lighten, to energize, to enable those beautiful spirits to whom we speak today. We thank you for sacrificing the time and the attention, of dedicating such a time to seeking. And we would ask only one thing of you in return and that is that you listen to us with a great deal of discrimination, keeping those thoughts that you like and leaving the rest behind.

You ask this day concerning the one known as Jesus. This entity has been known by several names. The name of his youth was Jehoshua. The name of Jesus is not that which this entity heard, unless it was spoken by those not of his own country, for that particular name is the Greek version of an Aramaic name. However we shall call this entity Jesus, since that is the name under which each of you calls to him when you speak in your conversation with those entities you can not see but whose influence you certainly feel. The request from the one known as G was to speak concerning this entity's life.

The life of the one known as Jesus was indeed somewhat unusual in that the entity was an unusual being, sharing—in company with many of those within this circle and many of those who call themselves wanderers—the facility of mind and the sharpness of intellect that enabled this entity at a very young age to be one who was intellectually able to study and to grasp abstract concepts in such a way that this entity was, by its very nature, prone to thinking upon the mysteries that it could not solve, the greatest mystery of all being that mystery of the lack of limit to the imagination.

This infinity and eternity that the one known as Jesus felt within him pulled him ever forward. And being fortunate enough to dwell in what this instrument would call a small town where his family

had a humble but adequate home and a community of those who could teach spiritual or religious subjects, the one known as Jesus was one who hung about such teachers, reading and asking questions and reading again, until at a young age, as a teenager, this entity was considered a kind of rabbi. Along with the scholarly pursuits that this entity pursued as his principle hobby, the entity also spent many hours at the side of his father and his uncle, learning their trades and working with wood and gathering various herbs and those natural substances which were known to have healing benefits.

The one known as Jesus tended to be somewhat of a loner and liked nothing better than to steal away at nightfall. There was, near the village in which his parents lived, a high place in the surrounding terrain. It was nothing more than what this instrument would call a knob or a small rise of rock, yet the climbing of this modest knob to the ridge of it created within him a feeling of peace that he did not find elsewhere. It was his habit to gaze at the stars and imagine the lack of limit. The overriding sense of infinite possibility would rest upon him at those times and much of the actual substance of this entity's spiritual maturity was gained not because of the teaching of his parents or the teaching of those spiritual leaders which the small town offered but rather the silence which he was able to find within himself while gazing into the depths of the night sky.

At the age of approximately fourteen, this entity was offered the opportunity to study with two other entities from the same small town who were also those who had an interest in the spiritual studies that the village rabbis were glad to offer. And so there ensued a period of some years where this entity studied, prayed and meditated with a group of what this instrument would call Essenes. This further enabled the one known as Jesus to discipline his somewhat mischievous and wayward personality and to refine within himself the hunger that he felt for the truth.

Gradually, as he began to mature into an adult person, it came to him that he must travel and so he began to walk upon a path that was as varied as his sense of each day's shape. He set off upon a pilgrimage, although the one known as Jesus certainly did not think in terms of such but rather simply that he was called to the road. And guided by spirit and silence, he walked through parts of Africa and parts of India. (We have difficulty using place names with this instrument as she has no familiarity with those regions.) Braving hunger and extremes of weather, the one known as Jesus walked many a weary mile and visited the campfires and the caves and the holy places of those who thought along the same lines as those he was taught and those who did not, learning always, accumulating wisdom, and sifting it, winnowing it, and gradually coming into a fuller and fuller sense of who he was, not as the one who had learned these things but as the one who the witness of the process of that learning and its tumbling about and settling into those patterns of thought that he found truly helpful.

It was during this phase that the one known as Jesus gradually became more and more aware of the shape of his future ministry. We give this instrument the image of mountains and sweet water and the name Kashmir, as the furthest that this entity walked before he began the journey, not precisely home, but the journey towards what this very dedicated entity felt was his future and his chosen ministry.

While this entity had been traveling, one of this entity's relatives, the one [known] to this instrument as John the Baptist, had begun his own ministry. Feeling under a real compulsion to purify himself and to allow to fall from himself all things that were not holy, the one known as John began to attract followers to himself with a very simple and direct message, the message of prophets from time immemorial: return to the Creator, cease from error, and serve only the highest and best. This entity had begun what he called baptism, the washing of the self in symbolic and ceremonial manner in such a way that the water was seen as that emblem which washes away all sin. The power of this entity's purity and his charisma created an ever larger group of followers wherever this entity chose to appear from those reaches of the desert into which no one went. And it was at the place where the one known as John the Baptist was baptizing that the one known as Jesus found [both] the inspiration to set a beginning and the beginning on his ministry.

It is remarkable, given the fact that the one known as John was a family member, that this entity recognized in his cousin, the one known as Jesus, not a cousin, not a relative, but the Messiah, as he understood that term, the "one who comes in the

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name of the Lord."[74] A tremendous amount of power was transferred from John to Jesus and from Jesus to John at that time. It truly was a remarkable day and one which may be seen to be the point at which the one known as Jesus moved from witness to actor, from being to doing, from potential to actual, from inner to outer.

If we might, we would pause to note at this time the length of time that the one known as Jesus had walked through wilderness, talked to all those men of wisdom that he could find and went through the purification of the pilgrimage wherein there is no provision made for food or comfort but only two feet upon a dusty road and strangers at the end of the day. Such training is essential if one wishes to create the life which has depth and power. And this was done by the one known as Jesus, not because he felt it was right but because the thirst and hunger for truth drew him ever onward and the beauty of the search was irresistible, so that there was both the stick of his hunger and the carrot of the beauty of those spaces within which he found himself able to occupy because of the long acquaintance with silence, the long discipline of the body, and the long times of listening, both to others and to what they had to say, and to the voice of his own thoughts.

Indeed, it was mentioned by several entities in the conversation preceding this meditation that it is a very interesting thing simply to watch one's thoughts and to be aware of them as they arise, not to judge them but to become aware of the content of the thought, especially those thoughts that repeat themselves. It is a process wherein one is able to go deeper and deeper within the self simply by careful observation.

During this period, the one known as Jesus had for the most part kept himself apart from any personal relationships, either with men or with women. But certainly this entity was not without those men and women that he loved. The life of a wandering preacher is not a life which can easily be accommodating to a mate and a growing family and it was the one known as Jesus' feeling that these were not pleasures of which he might partake. Consequently, for the most part, this entity held himself apart and was content to have unspoken yet very deep relationships with his mother, his brother, his cousin, and those disciples, both men and women, whose hearts he could see to be of that same thirst and hunger for truth that his was.

Almost all of the writings concerning the one known as Jesus have to do with those stories that this teacher told during the three years or so of his active ministry. We do not find it possible with this instrument in a conscious state to move into such details as are perhaps wished for, for there is an intrinsic shallowness to such stories which, since this instrument has asked for a certain kind of contact, do not fall within the parameters of that contact.[75] In terms of the essence or the gist of this entity's life, we might say that this entity was a sweet yet fierce entity by personality, ruthless in seeking, ruthless in self-observation, and gifted with the ability to grasp peoples' nature and, in some cases, even what they were thinking. This did not endear him to most people, for there is something frightening about an entity who can gaze not at you but into you. And so he was often an intimidating presence. Certainly those who were in the structure of authority in the religious life of the surrounding society found the entity more and more disturbing. In part, it is because this entity dwelt in a part of the world in which he was a marginal native, which is to say that he was dwelling close to a large number of those whom one could call Judeans or those of the tribe of Judah. This tribe happened to carry with it a very, shall we say, "right-wing" or conservative point of view in which a great deal of emphasis is placed upon the attitude of the body, the dress of the body, the proper ritual for each day and each hour of the day, and so forth. There was a feeling that these religious observances created a spiritually well-lived life, whereas, to the one known as Jesus' point of view, all of these rules and regulations were, far from being helpful, actually those things which obscured one's view of the Creator.

[74] This phrase is traditionally connected with the Messiah. It is first seen in Psalm 118, verses 22-27: "The stone which the builders rejected has become the head of the corner. This is the Lord's doing. It is marvelous in our eyes. This is the day which the Lord has made. Let us rejoice and be glad in it. Save us, we beseech Thee, O Lord. O Lord, we beseech Thee, give us success. Blessed be he who enters in the name of the Lord." This passage is quoted by the gospels of Matthew, Mark and Luke as being the cry with which the one known as Jesus was greeted when he entered the gates of Jerusalem in the last days of his life.

[75] The instrument always asks to be given the highest and best contact within the consciousness of Jesus the Christ which may be carried by her in a conscious and stable manner.

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This entity greatly wished for people to do precisely that which his cousin John suggested, to change their life, as this instrument heard in the sermon at her religious observance this morning. That priest who offered these thoughts was saying that the term "repent" literally means "to turn around," to turn the life around. This was the conclusion to which the one known as Jesus had come, that there was more to that metaphysical entity which was called Israel than the tribe of Judah. There was more to being a spiritual seeker than the outer forms. Naturally, since this entity had had years of training in mysticism and those practices of silence that mysticism encourages, he had little patience with those who identified spirituality with religious observance.

Further, this entity, having been on the verge of big towns, not truly urban in nature and not truly those who wander the nomadic portions of his people, became convinced that his basic mission was to wake up all of the scattered tribes of Israel. This instrument has taken time to study, with the one she calls Papa, the make-up of these other tribes of the so-called nation of Israel. In working with this concept, this instrument discovered that the scattering of the tribes of Israel has resulted in not simply a large number of dispersed Jewish people, but rather those that have become the Orthodox Christians and the Protestant Christians; simply because of the pattern of their dispersal and because of the march of time and because of the march of Christian and world history. Therefore, it may be said honestly that the one known as Jesus, to a great extent, over a long period of approximately two thousand years, has indeed had his message shared amongst all of those who were lost.

And the message always remains simple. Even when the one known as Jesus was in the most mortal crisis, what this entity did to position his disciples, those who were going to carry on after him, for their own teaching was to, as the one known as T said, use something very familiar. In this case it was not water, because there was not the water to drink with the meal but rather the wine. But this entity chose to take meat and drink as symbols of his nature and what this entity said was, "When you eat bread, remember me. When you drink wine, remember me." Again, the word "remember," like the word "repent," is key. To remember is to gather the members together. The one known as Jesus wished to gather all of those together who had come to learn and to serve in the grist mill of planet Earth.

The one known as Jesus had an awareness that the time was short, that same awareness that you may see again and again whenever entities of great inspiration and purity have come to grips with the deeper tides of time and space. In the sense of actual time, two thousand years does not seem to be a short time. Gazed at across the expanse of a cycle of time which is perhaps seventy-five thousand years long,[76] the last two thousand years, the cycle of Pisces, indeed would seem a short time, especially because the one known as Jesus had, to some extent, developed the ability to work within what this instrument calls circular time and so was aware both of linear time and that level of consensual reality that all here share, and also of the underlying reality of the inner planes, in which the end times, as this instrument is used to calling them, had already begun. Things occur within the inner planes long before they begin to appear within the physical plane. The roots of physical experience are often figured as a tree which grows in heaven and whose branches only reach the Earth, so that things have already occurred in the root of the tree and in the trunk of the tree of destiny long before they appear as leaf and blossom upon the branches of consensus reality or physical life.

This entity did not precisely see himself as Jesus the Christ, Son of God, that is preached by many, in that he saw himself [as] one who had emptied himself out in order that he might take on a larger persona. He saw it as the taking on of his life mission. He saw it as his acceptance of the return to the Father and his immolation of himself in the Father. He saw himself as that entity whose only desire was to fulfill those plans that he sensed the Father had. And indeed it is notable that at one point he said to his disciples, " I have meat and drink that you know not of,"[77] and his disciples were

[76] This Age is much shorter than that in classic astrology, being one twelfth of the approximate 25,800-year precession of the equinox, or 2,150 years. The cycle to which they are referring is the third-density cycle. The major cycle, or the third-density length, is broken into three 25,000 year "harvests" as the Confederation calls them, and in turn those 25,000-year periods are divided into the twelve signs of the zodiac.

[77] *Holy Bible*, John:4-31-36: "Meanwhile, the disciples besought Him, saying, "Rabbi, eat." But He said to them, "I have meat to eat of which you do not know." So the disciples said to one another, "Has anyone brought Him food?" Jesus said to them,

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puzzled because they had not given him any food. But he said to them, "My food is to do the Will of the Father who sent me." Again the figures of food and drink are used to indicate that which truly nourished this particular entity.

This entity was not one who castigated himself or tried to beat down his human nature. Rather, he was one whose hunger for purity was such that he very much wanted and leapt towards the ability to lose himself, lose that ego structure which would have its desires and wants apart from the will of the Father. To the one known as Jesus all else was as nothing and simply was allowed to fall away. Not that this entity denied his roots, his past, and so forth, but that the entity had embraced a life which he saw truly as his destiny. And that destiny was only defined day by day. He could not know the will of the Father for any day but today. Thus the prayer which he taught focused upon one day and asked certain simple things. Let Earth be like Heaven. Let us bring Heaven to Earth. Let all people take care of each other. Let people judge each other as they wish to be judged and let all praise, glory and power be given only to the Creator.[78]

These are some highlights, some notable parts of this entity's being, that really stand out to us as we gaze at this entity's incarnation. The cloak of Christhood was not always light. The one known as Jesus suffered and indeed laid his arms out upon that tree of which the one known as Dave Matthews sang,[79] and gave up the life, the cloak, and all. As we gaze at that moment of sacrifice, we offer the words, "Not my will, but Thine," to indicate the strength of this entity's dedication. It was not that he had no ego. It was not that he was not human. He had personality, humor, anger, all of the emotions. He was a normal entity, within the parameters of normalcy, shall we say. He was fortunate in his gifts and pure and thorough in his dedication.

This entity informs us that we must move on and so we do, but not without thanks to the one known as G for asking concerning this entity. Indeed, this entity's life is greatly to be admired and gazed upon through the smoky glass of imperfectly written and poorly remembered stories. Even the imperfections and distortions cannot hide that message of oneness, what this instrument would call the Law of One, that he brought. Much has been said within this group and within your culture concerning that which this instrument calls the second coming. And we say to each of you, the cloak of Christhood is each entity's destiny. The walk from Earth to Heaven, from third density to fourth, is a walk that all shall take. Each has ego, each has personality, yet each has gifts and dedication, two feet and a dusty path. Blessings abound.

We would ask at this time if there are any further queries?

G: Q'uo, was Jesus aware of his status of being a wanderer to planet Earth? And how did the one known as Jesus approach his suffering? What did he tell himself when he felt the emotions of anger, or doubt, or frustration, or pain, and so on?

The one known as Jesus was in no way aware of any cosmic past or indeed the possibility of other worlds or other entities upon other worlds. However, this entity was well trained as a mystic and had the sense of limitless space within.

In terms of how this entity dealt with its own ego when facing suffering, this entity moved almost entirely upon what this instrument would call resonance. When faced with suffering, this entity would step into a place within its consciousness in which he was able to drift in silence and wait for resonance. And when that resonance would come, it almost never would come with words but rather with purified emotions, as this instrument would call them, those feelings that move far beyond the surface feelings of anger or pain, those feelings that are of connection and lightness, so that the one known as Jesus was able simply to disconnect from the suffering that it was going through, not denying it or repressing it but allowing it and even leaning into it and dedicating that very suffering to the

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"My meat is to do the will of Him who sent me, and to accomplish His work. Do you not say, 'There are yet four months, then comes the harvest?' I tell you, lift up your eyes, and see how the fields are already white for harvest."

[78] And, of course, "Give us this day our daily bread."

[79] From his song, "Bartender," comes the quote: "Bartender please, fill my glass for me with the wine you gave Jesus that set him free after three days in the ground. I'm on bended knee. I pray Bartender please. Oh when I was young I didn't think about it, But now I can't get it out of my mind. I'm on bended knee, please father please. Oh if all this gold, should steal my soul away! Oh dear mother of mine, please redirect me. If this gold … Bartender you see, this wine that's drinking me came from the vine that strung Judas from the devil's tree, roots deep, deep in the ground."

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infinite One in total faith that it was the perfect place to be.

The mantra always was, "What will Thou have me do?" There was one blazing concern that overrode every emotion and every pain and that was the absolute determination to penetrate what the godhead wished and to accomplish it. And to this entity, that meant bringing all of the scattered people together and bringing them into an awareness and a remembrance of who they are and why there were here. The genius of this entity was that his goal was high enough to last a thousand years.

May we answer you further, my brother?

G: No, thank you Q'uo.

Is there a further question at this time?

T: Q'uo, I have a question about music and sound. Can you talk a little bit about how music, sound and vibration can be used as a resource in the spiritual seeking?

We are those of Q'uo, and are aware of your query, my brother. The musical tone is literally a vibration and the range of musical tones is directly connected to the range of the chakras, shall we say, or the energy centers of the energy body. Each being upon your planet and certainly each being and iota of the creation itself, each snowflake sings, each stone has its tone, each flower, each bird, each entity of any kind has a song and the spiritual significance of tone is that it helps to move, by sympathetic vibration, the energy body into a more helpful configuration.

May we answer you further, my brother?

T: No, thank you Q'uo, that was very helpful.

We thank you, my brother. Is there a further query from the group at this time?

S: Yes, I have a question. Recently C had what Carla calls a psychic greeting that she seemed to have dealt with effectively but just before that she had the thought of Q'uo. Were you there to offer support, whether just a thought? Perhaps you can tell me a little about the situation?

We are those of Q'uo, and are aware of your query, my brother. We may say only that it is quite true that whenever there is the thought for us, we are there. We do not intrude but we are tuned to those entities who have been tuned to us, if you may follow our thinking. The one known as C is aware of us, is aware that she may call upon us, and we are there instantly when the thought of us is brought up with the hope that there is help in that thought. It is our distinct and great privilege to serve during times when sturdy help is needed and we are most pleased that the one known as Cindy had the feeling that we were of aid at that time.

May we answer you further, my brother?

S: I've had some insights, intuitions, of work that I would be doing and though it may be much the labor of love, there is a certain lump of fear in me. I know I shouldn't have that but it's there and I was wondering if you could give me your insight on a way to get past that?

We are those of Q'uo, and are aware of your query, my brother. The object of fear is to derail progress. The way of fear is to blot out the sun with shadow. We may say simply that there is nothing intrinsically unhealthy or wrong about feeling unsure of the future or [wondering] if one is equipped to serve in the future. However, in terms of dealing with such feeling, we find great virtue in that dealing with [it] one day [at a time] that the one known as Jesus was so good at manifesting in his own experience. The concept is familiar from the many times that Alcoholic's Anonymous has entered the culture with its motto of, "One day at a time," and this instrument knows the song, "One Day at a Time, Sweet Jesus," which is, by the way, a very appropriate prayer.

What we are trying to say, and not very well, is that each day is its own entity and in each day that large knot of fear may show up here or there. When it shows up, it is very local and it is focused and specific and in the context of one day, and the one thought, and the one process. It then becomes possible to take that specific fear and be with it. We would not suggest attempting to solve, repress or overcome any doubts or fears that may occur. Rather, we encourage you to be with them, as a witness to them, to listen to the story they have to tell and to react within as witness to that story. "What do you think? How do you feel?" Always moving deeper, looking for the next layer within, so that fear becomes a springboard to help you remember that you are seeking who you are and why you are here.

The shape of service is wrought in the furnace of roiling, daily purification and attention. The sheer

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ability to pay attention that you were speaking of earlier, to be aware of the actual nature of motions that are coming from you and are being offered to you, the energy exchanges that occur between you and yourself, between you and others, between you and the forces of nature that so move you and are so important to you—all of these things are elements of a life that is a kind of blossoming of the self that you may encourage, you may water, you may offer fertilizer to by those things to which you pay attention.

May we answer you further, my brother?

S: I think that's one of those things where, like many of your other words, when I read the transcript over and over, think about, and read it again and again, has offered me great comfort in the past. So for now I'll think about what you said and keep in mind my undying gratitude.

We thank you too, my brother. It is our pleasure and privilege. Is there a final query at this time?

V: Q'uo, I have a ritual that I use internally when I go into what I would call a working meditation, and I wonder if you could speak regarding the efficacy of that ritual? How could it be made more so? What is the function of what I would call the points five and six and seven in my compass?

We are those of Q'uo, and are aware of your query, my sister. The best we may do in terms of not interfering with your process is to encourage the awareness of the silence that shapes the form, the essence that shapes the symbol. Place the feet, metaphysically speaking, and allow with lightness of heart each form to have its jewel-like articulation.

May we answer you further, my sister?

V: Well, since I spoke cryptically I deserved a cryptic response. Thank you. I'll work with that for now.

We thank you, my sister. It is a great joy to be with you and we are sorry that it is time for us to leave this instrument and this group. Know that we are always with you, as we said to the one known as S about the one known as C. At any time, if there is a desire for us to be of aid, we will be aware of it in the manner of your inner planes in what this instrument would call circular time, so we are there the instant that you ask. We assure you, however, that we are not there if you do not ask. Consequently, if there is a presence, especially an annoying repetitive presence, that calls itself by our name, we suggest that you challenge it in the name of Jesus the Christ, for that will scatter any forces that do not come in unconditional love and service to others.

We leave you, as always, in the love and in the light of the one infinite Creator. We rejoice with you and we bid you adonai. Adonai. ♣

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Sunday Meditation
December 21, 2003

Group question: Today we are taking pot luck, so, Q'uo, we would be glad to hear anything you'd like to share with us.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you today. We thank you for the great privilege of calling us to your group by your desire to seek the truth. It is always a pleasure to be called to this group. We would ask only one thing of you and that is, as always, that you listen to those things which we have to say with a jaundiced and careful ear, being quick to discard and toss away any idea or thought that does not suit you and keeping only those things which seem to you to have resonance and a personal meaning that speaks to you specifically. We feel that we are no authority figures but rather those companions who walk with you upon the road of the seeker. If you will guard your own thought processes, we shall feel free to share our thoughts with you without being concerned that we infringe upon your free will.

We find that this group does not have any opening question for us and that gives us the opportunity to move into those energies that are unspoken and that may perhaps be addressed in a less than specific and direct way by those things that we might share. We are aware that the energy of the time you call Christmas is very much within this group and within your culture at this time. And it is interesting to observe the lack of joy with which many entities approach the dark times of winter solstice, for indeed that is the energy of this particular season of the year, that energy of the dark and the sleep of hibernation and winter. It is a time when it is very easy for those entities who are close to passing from the incarnation to have a more than usual opportunity to greet the dark, with its invitation to all to come and be a part of that darkness. It is a seduction that brings many to that passage betwixt incarnation through what is called death to the next stage of consciousness for that entity. The inner planes having received all entities who pass through the gateway of death; it is then the opportunity of each entity, having made that passage, to discover, for himself and herself, what the next step is. Is it a step of healing, a step of review and examination of the life just passed? Or is it, in some cases, that entities who pass through the gates of death are quite conscious of the opportunity being offered to work within the inner planes and so are most eager to move on into new work, new projects, and new service?

For those who are at all drawn to the dark, this is that time during the season of the year when that invitation will seem more seductive than usual. It is, paradoxically, a time when the deepest impulses of entities are to lighten the darkness, to energize that darkness with gaiety and noise and movement, as if such hectic pleasures might distract the souls

dwelling within from their preoccupation with the gathering darkness. That invitation, that seduction of the dark, is often [set] very deeply within the gaiety of your celebrations. It is as though the energies of humankind, not knowing how to cooperate with the darkness, find it necessary to throw up defenses against the darkness and deny the reality of the darkness. For darkness is not simply a physical thing. It is not simply the absence of a sun body within your atmosphere. Certainly that physical darkness is a huge part of the way darkness feels, that experience of the lack of light. Yet, the energies of this season are more than, and other than, physical. In part, the darkness that is physical darkness is complemented or paired with the shadow of self, the darkness of self, that entities such as this instrument would always prefer not to deal with, because it is, while undeniably a part of the personality, not considered a desirable part of the personality. We feel that perhaps this might deserve a good look, this attempt to make all things bright, to lift everything up to the light, and to have a merry and a happy season.

Certainly each within the circle has experienced the hectic nature of this particular season in, as the one known as T said, the cycle of Christmas and Christmas doings. The one known as T was saying that it would seem obvious that entities could wish each other good and send thoughts to each other without the necessity for purchasing items, without the necessity for getting certain items and yet, year upon year, and century upon century, entities faced with the shortest of the days and the longest of the nights of the year turn hungrily towards the festivities that make a brave show in the face of all of that darkness and shadow.

Let us look at the story of Christmas, in that it is a story with darkness within it. The biblical story that this instrument knows from its Sunday school has a beauty to it, the beauty of innocent birth and angelic visitors and wise men of the Earth who also come to honor a tiny child. Yet, it is perhaps not emphasized, but certainly part of the story, that the mother of this entity, the one known as Jesus, was brought to childbed without the convenience or the respect of having been married first. Further, this entity was then asked to marry an older gentlemen who was not particularly amused by the pregnancy that presumably happened by spirit's hand alone. And further, in the very last extremities of pregnancy, this odd couple was forced to travel in the middle of winter, in inclement weather, to a place where there was no bed waiting for them at the other end, so that when the one known as Mary gave birth, it was in a stable and the infant Jesus slept in a manger that was full of hay. These details speak of the physical and the metaphysical darkness of the season, the inconvenience of spirit, the demands of the spiritual life, the demand of this infant to be born—not waiting for marriage, not waiting for propriety, but insisting upon being born, in the darkness, in the cold, in the stable—without convenience, or planning, or foresight. Simply, "It is time, and now I shall appear."

Such is the nature of your own spirit. It is nurtured in the darkness of the season and you are brought to childbed with it as the timing of your own process pulls you into new birth; the birth of your own spiritual self, within incarnation. For that is one of the great values of being in incarnation. You are able, when you become conscious of the situation of incarnation and its advantages, to determine within incarnation to awaken that sleeping soul within that has been brought along into incarnation within you but certainly hidden, sometimes fairly deeply, within the stuff of personality, culture and conditioning.

In the darkness within the self lie both the riches of the soul and the less appreciated of the riches of the shadow side of that soul. As you bring this infant that is you as a soul into conscious awareness and begin to nurture that part of yourself as if it were an infant that needed love and tending, you begin to pull that structure within you that is the witness to all that you undergo in incarnation into more clarity. It is that witness that can release thoughts of the darkness and thoughts of the gaiety and simply continue witnessing as that child within begins to express itself, to reach towards the light that it sees, to begin to have the energy and vitality to move upon its own and to begin to grow within incarnation. As you go about nurturing this beautiful portion of the inner self, we would ask you also to look very carefully to find the wolf that bites, to find the murderer, the thief, the adulterer; to find that entity within the self that truly does partake of the darkness of self-good, that part of selfhood that is self-involved, that has the impulse to think first of the self. This is a good time of year to focus into that neglected portion of the self and to invite it into the

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warm and gently lighted circle of your own heart's hearth.

It is as though there are parts of the self that have been denied because they are too dark, they are too seemingly selfish or evil or harsh or rough. And yet, that whole entity which you are cannot function without all, both the light and the dark, of its nature. Many times entities who polarize towards beauty and truth and purity feel that they must deny and leave behind those shadow portions of self. And yet we would ask you not to leave behind one iota of that 360 degrees of self that you do possess. For all of the voices within you, all of the 180 degrees of "good" and 180 degrees of that which you label "not good," are necessary to integrate into one peaceful kingdom within.

Many are the times that this instrument has asked the question, "What is peace?" For she meditates on behalf of peace each night.[80] And one of the keys to understanding peace, the concept of peace as a living thing and not as a dead idea, is to realize that peace is the complete and harmonious integration of light and dark, so that all is in balance within the whole entity and all of that entity's faculties are brought to bear on a situation; not simply those faculties towards the good but those faculties that might be considered towards the negative. For the thief, the coveter, the lazy one, all of those dark voices within, can be charmed into becoming the bedrock of will that puts grit into the expression of love that the "light" part of self has no trouble expressing. Yet when the going becomes rough, it is that dark side of self that is able to take hold in difficult situations and endure. That same darkness that could be the wolf that bites, then, has become the best support possible for the light. And this is the hoped-for result of an incarnation full of both the light and the dark as the seasons revolve and as the seasons of inner life revolve as well.

So we take this opportunity to praise the dark as well as the light and to ask each of you to work on embracing all parts of the self, loving, honoring and respecting each and finding ways each day to come into more conscious harmony of being. As you are able to find your kingdom within becoming peaceable, just to that extent shall you be able to be a force for peace to those about you. No matter how you strive, if you do not embrace the dark side of self, you shall ever be less of a messenger for peace and more of a voice that has not the force and directness to project into the Earth plane with all of its inner planes of energy.

This instrument's head is full of angels at this time of year, the angels of heaven, praising God and saying, "Glory to God in the highest and peace to men of good will." We wish you those angels, we wish you the truth of this precious dark time. May each of you move into that time with quietness and confidence, allowing the great washes of emotion and memory to move through your thoughts and your feelings, washing you and leaving you golden and rested and truly at peace.

We would ask if there are any queries at this time before we leave this instrument.

J: Yeah, Q'uo, I've got a question. The veil is very thin at this time and I was wondering what your impression is? I know it's always a good time to meditate. Are there any suggestions that you could make? Is there a way to connect with the thinness of the veil, right now, today, tomorrow? Is there anything that we can do to share in that thinness?

We are aware of your query, my sister. Certainly there is truth to your concept. It is indeed a time when the energies of the Earth and its inner planes are very transparent to the outer world. The idea of meditation is certainly a good one. (We have difficulty imagining a situation in which we would say anything else than that about meditation!) However, one item that is possible in order to connect with the energy of this time would be that which this instrument would call a solstice declaration. At the solstice, it is a very efficacious time to express those things which you wish to give to the dark: the greed, the world hunger, the illnesses of the world and so forth, all of those things which you may consider to be less that optimal. These can be named and given to the dark and the health of this action is in releasing those energies from the consciousness within your self. It is as though this is a good time to connect with the energies that this instrument knows of as Shiva the Destroyer,[81] to

[80] These meditations are held each night at 9 PM, Eastern time. People from all over the globe join us, and you can, also. For more information about the daily peace/Gaia meditations, please see the Gaia Meditation page on the L/L Research site.

[81] "Shiva is the great Yoga ascetic, the Lord of the Dance. He is the universal teacher, the omnipresent and all-knowing. Shiva assumes all forms. Originally known in the Vedas as Rudra,

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hand those things to the Mother, as it were, that you wish to release from your self. "World hunger, I give it to the dark! War and the bestiality of war, I give it to the dark!" It is well to create more of a festive party atmosphere to this energy, so that those who take part in it may feel the joy of the release of these impressions.

May we answer you further, my sister?

J: No thank you, Q'uo, and happy winter solstice to you.

We thank you as well, my sister. Is there another query at this time?

As we seem to have exhausted the queries of this group, we shall take our leave of you, thanking each of you for taking precious time to sit in a circle of seeking and ask. We are with you, whenever you would ask us to be, to help you with your meditation or to be a presence that makes you feel safer. You have only to ask mentally and we shall be with you.

We leave each of you in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai my friends. Adonai.

Shiva is also identified with the god of fire, Agni. As the Vedic Rudra, Shiva appears to be a terrible god—the Destroyer—who always needs to be pacified. When worshipped, however, Shiva/Rudra becomes a beneficent deity." (From www.courses.rochester.edu/muller-ortega/rel249/siva/Shivahome.html)

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Sunday Meditation
January 4, 2004

Group question: The question for today, Q'uo, has to do with how a person can really know another self without projecting a portion of one's own self on what you're seeing. When do we start seeing more clearly what's already there?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you. It is our great privilege and pleasure to be called to your meeting this day and we thank this circle of seeking for choosing to come together to seek the truth. We are most pleased to share our opinions with you on the interesting question you have asked this day and would ask one thing in return. We would ask that you please engage, respect and use your powers of discrimination, for we are not authorities who wish to impress with our opinion; rather, we are your companions on the road to seeking the infinite One. In order for us to feel free to share our thoughts, we need to know that you will be able to reject those things that we say that do not resonate for you personally. We ask you to keep only those things that do resonate and seem to have a real value to you. With that understood, then, we feel free to share our opinions concerning the question of how one may know another entity without distortion.

The word "distortion" suggests in its derivation that there is a twisting, a pressure of twisting change that is being applied to that which is being distorted and, in that wise, it is perhaps not the clearest possible term. However, we are unable to find one within your language system that is any closer to that which is meant by "distortion."[82] Indeed, nature is as it is; the creative principle is as it is; the one great original Thought, the Logos, or the Creator is precisely what it is. And yet since that beingness or essence comprises all that is, the creative principle is an immense, or perhaps we should say an infinite, term, disclosing a Being of infinite essence. In the heart of your selfhood, as a person within incarnation, this Godhead principle, this one great original Thought, functions as the self. The way this instrument is fond of putting it in her Christian walk is a quotation from the one known as Joel Goldsmith: "Christ is the 'I' of me."[83] Each entity, then, has the same basic essence. However, this essence is carried within the heart of each cell of the body, within the heart of each thought, within the heart of each true emotion.

[82] From *Webster's Unabridged Dictionary*: Distortion: from the Latin, *distortio*, which is from old Latin, *distorquere*, to turn or twist. It is defined as "the act of distorting, a twisting out of regular shape, a twisting or writhing motion."

[83] This basic concept is repeated many times in Joel Goldsmith's Infinite Way material. Here is a typical expression, from p. 97 of Goldsmith's *Living The Infinite Way* (London, George Allen and Unwin Ltd., [c1954]: "One of the first things we have learned in the Infinite Way is, in quietness and meditation, to give up the search for God in the realization that I and the Father are already one …"

It is not the whole of that apparent cell in the body or thought or emotion. It is the enlivening principle.

Now, all that is brought into incarnation, in terms of your experiences as a human being in incarnation, is distorted. You and your guidance system, the higher self, have created a kind of clothing for your beingness within incarnation that is what this instrument calls the "personality shell" and what your psychologists have called the ego. Perhaps you have noticed in your own life that when they are born, children do not come into incarnation as a blank slate. Rather, they enter the incarnation with a decided personality, personality shell, or ego structure. Each entity has created a personality shell in order to have the resources necessary for studying and working with some few key incarnation lessons or issues. Each entity within this circle, for instance, has chosen two or three, or in some cases four, incarnational issues. In most cases these were chosen in order to better the point of balance within the energy vehicle that contains many aspects of the overall essence, not only of yourself within incarnation but of yourself outside of incarnation and of the nature of the family relationships that have been your support and your context as a soul through many, many cycles of learning. This is an extended self, and each entity's extended self eventually connects with all other entities in a living and real bond, so that all are quite literally one within the stream of humanity, shall we say, that is in incarnation and is within the planetary influence, outside of incarnation in the physical sense.

It is apparent, on the consensual reality level, that each entity is a mystery to itself and to others. It is never apparent that all entities have a living, solid, connectivity. It is never obvious that the ties that bind, shall we say, in terms of energy fields and the accommodation of other energy fields by one's own energy field, are of a unitary nature. From the conscious mind's standpoint one cannot know the essence of another's thoughts. One cannot know the true motivations for their actions and so forth. Consequently, entities spend incarnational time not being aware of the present moment, as the one known as G would note, but rather working to improve the information base which they have about other selves close to them in order that they may more accurately predict the thought processes that are being hidden from view by other selves. In some cases the exercises of open communication reduce the anxiety and the sense of confusion that come from not knowing what another entity is thinking. But in most cases, there is little opportunity or realistic chance of creating a perfect communication in which all distortions are balanced and all projections balanced in such a way that they are transparent rather than reflective.

From this standpoint, then, it would seem that it is not possible to know another entity without distortion. But as the one known as V suggested, turning the gaze inward, is the situation any different? Are you not a mystery to yourself? Do you not question your own motives endlessly? Are you not honestly puzzled many times by that which is being felt by the self within? Is there any time in which you are able to say of yourself, "I know myself backwards and forwards. I know what I am capable of and what I can do. I know who I am and why I am here. I know all of it, I have no more questions, I am completely aware." We salute those within the circle who may feel that they can say absolutely that they know who they are. We find in this instrument's mind that she is always surprising herself by what her responses are in the moment. Sometimes this entity is happy with those responses and sometimes she judges herself perhaps harshly for those same responses. Whatever her processes of judgment, however, the surprises keep coming because the novelties of new situations, new energies, and new combinations of events create situations which have not been met before. As the response to the novel situation develops, the first person to be surprised by that response is the self before it ever gets out into the world of other selves. The self is learning about the self at all times. Indeed, this process recapitulates the action of the Creator in knowing Itself. If one could see the vast creation of entities who are working their way around this circle of being to the Godhead principle once more, one could see the process of planting the crop of consciousness and reaping the harvest of new experiences, new thoughts, and new learning. This is a process that is attempted by the self within incarnation but always with imperfect results because of the fact that this particular illusion has its finite boundaries and its preset distortions, shall we say, built into the illusion so that were one to become immensely skilled at manipulating the consensus illusion of your reality, one would still be skilled [only] at understanding and using that which is a very tiny part of a larger system, most of which

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cannot be known within incarnation, but only seen as if by reflection or by the silhouette of light being stopped by an object so that the silhouette of a system may be suggested as on the wall of Plato's cave.[84] Yet one is not actually able to see into the essence, either of self or the other self.

Nevertheless, in unknowingness, in mystery, the work, the joy, the process of discovering the self continues. And in that process there lie sources of information that are wonderfully rich and abundant. These sources of information begin with the self, continue with interactions with other selves, and are rounded by interactions with a vast panoply of energies within your natural world, within the world of ideas, and within discarnate principles and entities with which the essence of the inner self interacts on the unconscious level. All of these sources of information fall like rain and sun[beams] and all manner of life-giving attributes into the field of self, causing those seeds that have been planted in the personality shell to begin their process of seeking the light, expressing their form and their habit, and developing their characteristic blooms and blossoms of being. Each of you is a very organically, muscularly organized entity. The structure of your deeper mind is as well put together as your skeleton and has as many appropriate functions. It is rather difficult to express to you the complexity of your system as a living being but perhaps it is enough to recall the way the energy body is made, within your density of the yellow-ray body. You have the sub-densities of red through violet within third-density. And each of those sub-densities: red, orange, yellow, green, blue, indigo and violet, contains seven sub-sub-densities so that each chakra, shall we say, in the energy body is a fully integrated system within itself. Then as a system it is further fully integrated as one being. This layering of bodies or states of beingness within the system that is you is infinite, potentially. In most entity's cases there are perhaps three or four levels of beingness which are plumbed during incarnation. In a circle such as this, with entities that have been doing inner work and spiritual processes for a considerable time, perhaps you begin to penetrate into more and more layers, or levels, of being. Each one has its characteristic environment, experiences and learnings to offer. All of them are colored by the characteristic nature of their place within the energy vehicle.

[84] This discussion is from the website www.philosophypages.com/hy/2h.htm.

The Allegory of the Cave

Plato recognized that the picture of the Divided Line may be difficult for many of us to understand. Although it accurately represents the different levels of reality and corresponding degrees of knowledge, there is a sense in which one cannot appreciate its full significance without first having achieved the highest level. So, for the benefit of those of us who are still learning but would like to grasp what he is talking about, Plato offered a simpler story in which each of the same structural components appears in a way that we can all comprehend at our own level. This is the Allegory of the Cave.

Suppose that there is a group of human beings who have lived their entire lives trapped in a subterranean chamber lit by a large fire behind them. Chained in place, these cave-dwellers can see nothing but shadows (of their own bodies and of other things) projected on a flat wall in front of them. Some of these people will be content to do no more than notice the play of light and shadow, while the more clever among them will become highly skilled observers of the patterns that most regularly occur. In both cases, however, they cannot truly comprehend what they see, since they are prevented from grasping its true source and nature. *(Republic 514a)*

Now suppose that one of these human beings manages to break the chains, climb through the torturous passage to the surface, and escape the cave. With eyes accustomed only to the dim light of the former habitation, this individual will at first be blinded by the brightness of the surface world, able to look only upon the shadows and reflections of the real world. But after some time and effort, the former cave-dweller will become able to appreciate the full variety of the newly-discovered world, looking at trees, mountains, and (eventually) the sun itself.

Finally, suppose that this escapee returns to the cave, trying to persuade its inhabitants that there is another, better, more real world than the one in which they have so long been content to dwell. They are unlikely to be impressed by the pleas of this extraordinary individual, Plato noted, especially since their former companion, having travelled to the bright surface world, is now inept and clumsy in the dim realm of the cave. Nevertheless, it would have been in the best interest of these residents of the cave to entrust their lives to the one enlightened member of their company, whose acquaintance with other things is a unique qualification for genuine knowledge.

Plato seriously intended this allegory as a representation of the state of ordinary human existence. We, like the people raised in a cave, are trapped in a world of impermanence and partiality, the realm of sensible objects. Entranced by the particular and immediate experiences these things provide, we are unlikely to appreciate the declarations of philosophers, the few among us who, like the escapee, have made the effort to achieve eternal knowledge of the permanent forms. But, like them, it would serve us best if we were to follow this guidance, discipline our own minds, and seek an accurate understanding of the highest objects of human contemplation.

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In this complexity, it is as if you were a world, a globe, or an orb that rotated around the sun of your origins—the one infinite Creator. Within that orbit, then, each of you is as a star, as a live-giving, radiant being. And so as you in your orbit meet others in their orbits, there is a strength and a power to each entity which comes from its orientation within its own orbit. One may observe that some entities have very even orbits and this is expressed within consensual reality by the impression that such an entity is stable or has a characteristic point of view that can be well known. Other entities have more of an eccentric orbit, as though their roundness as an entity were not yet completed and as though there were irregularities which would cause the eccentricities of an unequal orbit. And in your consensual reality, this would appear as entities who do not seem to have very well-integrated personalities, who perhaps are fooling themselves or unable for some reason to come into a comfortable relationship with the self, in an integrated way. Sometimes these entities will appear to be mentally disturbed, as this instrument would say. In other cases it is almost impossible to detect the eccentricity in the inner orbit that has been carefully compensated for within the entity's outer life. Yet, still, that inner lack of harmony or roundness of the orbit has its fruit in that sense one gets, when attempting to understand the person, that one has not quite "gotten" that person. This is generally due to the fact that such an entity has not been able to "get" her own nature, so that the lack of clarity may well not be that which is a part of the being that you are attempting to understand. In other words, it is often the case when an entity is feeling that there is a lack of clarity in his understanding of another self, that that other self has that precise difficulty with the self and consequently is not capable of offering the self in a non-eccentric way but rather must hold, in somewhat randomized form, the various aspects of the personality shell.

It is a part of the eternal wisdom to assume that what one thinks about another entity speaks more about that person than about the other entity and we feel that this is part of that which the one known as G was attempting to balance when the question was formed. And it is our opinion that this universally accepted bit of wisdom is the truth. The impressions and opinions that each entity forms of another self will always have a significant bending or distortion which is the result of the self picking up those qualities and aspects of another self's personality shell which speak either well or poorly to the self about the self. Many is the time that this instrument has formed a judgmental opinion of another self only to reflect, at a later and less stressful time, that the reaction which she had was an indication of a part of her own self's dark side, at which the self did not wish to look. So the other self that is being perceived judgmentally is simply the bearer of the news, if it could be called news, "That is the shadow side of the self and this is what it looks like. Here is a mirror." This is the other self's gift to you.

You, meanwhile, are, by your honest and unstudied reactions to that which occurs around you and to the other selves around you, performing the vital and valuable service of mirroring to others, so that they may see themselves in you. It is a part of the endless process of getting to know the greater self which is you, all those with whom you come in contact, all those with whom you never come in contact as far as you know, and those beyond the purview of the planet, such as ourselves. It is a dynamic, infinite and ongoing process. And each creation of the Father, with all of its infinite time and space and process, is just a heartbeat of the infinitely extensive experience of the Godhead principle knowing Itself.

Can one find resources for knowing another without distortion? We believe so. But we couch that with all the foregoing limitations to attempt to indicate the difficulties involved in attempting to understand the system from within the system. It is very difficult, if not impossible, to be clear. However, there are resources available for demystifying and simplifying relationships with other selves and for bringing clear sight to the vision. This work is not concerning the other self, as the one known as V intuited. It is work done within the self. If you consider yourself as a crystal, you may see that some crystals are reflective and others are transparent. The reflective personality is that personality that is not known to itself; the transparent personality is one that is known to itself. This instrument has often said that her goal was to become transparent. And her strategy has been to live as open a life as possible so that others may know all about this instrument, whether it considers those facts good or not good, positive or negative. By opening all parts of the known self to being known by others, this instrument's hope has been to become that personality shell which may be seen through, so that the love and the light of the infinite Creator are

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able to penetrate the personality shell and become that selfhood that is chosen as the truth of the self. We see in this instrument's thoughts that she does not consider that she has done very well with this goal but she continues to work day by day upon being a self better known to herself, a self more freely and unselfconsciously revealed to others. It is as though she were wishing to lose solidity or density of being in order to be clear and transparent and able to be seen through.

This kind of energy, this kind of intention, is very helpful for several reasons. First of all, the energy put into the self is never wasted. It may seem as though it were selfish to take time with the self, to sit with the self, to listen to the self, to go beyond the self and rest in Creator-ness. It is not at all selfish, however, to spend time in these pursuits, for you are improving the characteristics of your energy field in the direction of clarity and balance. Further, work done upon the self is rest taken from work done attempting to control or manipulate other selves. When there is more self-knowledge, there is almost automatically less need to control situations or to manipulate other selves, for the energies of the self are felt to be strong and powerful and there is not a concern that one's strength and power might be taken away or limited by the narrowness of another entity's perceived viewpoints. Further, with self-knowledge comes that which we would call kindness or gentleness or humility. There is a softness that comes with self-knowledge so that an entity that is another self, though she perhaps cannot explain why, feels more comfortable and more herself when with you. In this atmosphere, self is able to reveal self to you, in an unthreatened and secure manner and consequently knowledge of self creates an atmosphere in which open communication may be sharpened, heightened, deepened and enhanced.

We encourage time with the self, whether it be walking in the woods or gazing at a candle in the dawning hours or in the meditations that many within this group observe as a daily ritual. These forms of moving within the self and asking, in the silence, for awareness to come are all very helpful in terms of strengthening the energy field of the self and at the same time creating the atmosphere in which energy fields are able to encompass and embrace other energy fields without any sense of threat or judgment. Because of the eccentric orbits, shall we say, the choppy waters of some personality shells, some entities are much more grateful to be around than others, in terms of what is perceived from the energy emanating from that other self. And this cannot be, shall we say, fixed or balanced by the self. However, within that limitation of seeing accurately that which another self is putting out, the more self-aware an entity is, the less distorted will be that channel between self and other self and the more accurately the information from other self to self and vice versa, may flow.

So, in sum it is our feeling that the intention to know the self or another self without distortion is the intention to seek the truth. When the truth is being sought within the self, that intention will communicate to other selves and, as this energy improves within the self, the information stream coming from other selves shall also necessarily improve. It is not a matter of literally figuring someone out, for a person is not a closed system. A person is an evolving part of an evolving Creator. Rather, it is a matter of dwelling within a mystery, of delighting in that which is seen of the mystery, and in telling stories to oneself about oneself, about the experiences of living, in such a way that the self is opened more and more to the amazing amount of information that is falling from the inner planes and from the world about one and from the self to the self at all times.

The intention to know the truth is key. Keep the intention pure and the heart open so that all has the benefit of that great sun which is unconditional love. That shall ripen the fruit of your acquaintanceships like nothing else can. Resting in love, letting unconditional love flow through the being and out into the world, is the best start one could have at seeking the truth of another self.

At this time we would open the meeting to short queries if there be any. Is there a query at this time?

G: Q'uo, if you could, why is this statement spoken by Ra, true? "There is but one technique for the growing or nurturing of will and faith and that is the focusing of the intention."

My brother, we are aware of your query. We find that as you ask the question, we have no way of answering it. Is there a way in which you could restate your query?

G: I'll give it a shot. If you can't answer, it's acceptable. How does the focusing of the attention,

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which is a practice taken on in meditation, cause an increase in the faith that an entity has and how does that strengthen the will at the same time?

We are those of Q'uo, and are aware of your query, my brother. If you will think of the process of going under hypnotic control, being hypnotized by a hypnotherapist, perhaps you may see that the hypnotic induction to a trance is basically a means of focusing the attention. The hypnotherapist will say, "Listen to my voice, listen only to my voice." And little by little such a therapist will simply talk an entity down from the scatter-shot conscious awareness of everyday life into a state in which the attention has been focused and concentrated on one point and that point is the interface between the therapist and the self. As the therapist asks questions, in this focused state then the self is able to penetrate the various surface layers of self to move down into that area of self which is less limited by time and space and which therefore has a greater source of knowledge and information than is available in the conscious state.

In just such a way, as a spiritual seeker chooses to focus his attention, the effort put into that focus will create an evolutionary pressure towards the object of that focus. If an entity has chosen well as to the kind of focus on which it chooses to work and its intentions concerning this focus, the work done will necessarily change that entity in ways that automatically will be defining for the self, to the self, that which makes the self tick, that which motivates the self. And that translates into an improvement in the will. As the process itself moves forward and the self is more collected and therefore receiving better information, the nature of that information, which is based on the nature of the intention for that information, creates catalyst in which faith will be tested in a certain way. And with each test, the faith becomes stronger.

So it is not that there is a one-to-one relationship betwixt focusing the attention and increasing the will and faith; rather, the intention to gather one's self, gather one's powers, energies and being into an ever more coherent and expressive, crystalline self, will create pressures that will more and more define for the self, to the self, its nature, its motivations, its goals, and its discipline.

May we answer you further my brother?

G: No, as always, that was excellent, Q'uo. Thank you and thank you, instrument.

We thank you too, my brother. Is there another query at this time?

G: Q'uo, I will take the mike. I would like to know what the nature is of the right and left ear tones that are inaudible but are heard within?

We are those of Q'uo, and are aware of your query, my brother. The concept of using the pendulum is helpful in this wise, the rotation one way indicating a "yes" answer, the rotation in the opposite way indicating a "no," or some dynamic which is chosen. In each being's energy system, there is a natural right/left dynamic. Some entity's energies are such that the right ear tone indicates a positive and the left ear tone a negative; in others it is the opposite. Consequently the nature of one's pendulum must be ascertained by the self. However, it is or can be considered to be a system for checking the validity of one's thoughts. If there is a positive ear tone towards a thought one has thought with some force, then it likely that there is confirmation from what this instrument would call spirit, or what we may call guidance, that such a thought is worthy of thinking about and considering further. If there is a negative tone heard when one is thinking a thought, then there is a suggestion that there may be something distorted about the thought that needs more consideration and musing in order to penetrate that which one is being basically warned about or told to take with a grain of salt, shall we say.

May we answer you further, my brother?

G: No, that was more thorough than I would have imagined. Thank you very much, Q'uo.Q'uo, if you deem that the instrument is okay, can you speak on a time period on this planet in which a great portion of the population of the continent of Europe died because of an epidemic we call the Bubonic Plague?

We are those of Q'uo, and aware of your query, my brother. We may speak generally concerning this period within your history. The query is very general so we shall simply say that the conditions which brought about this correction in the density of population was one which was brought about by the lifestyle, shall we say, of the entities which occupied your planet at that time. As you gaze back into the reaches of history and prehistory, you may see that there was a gradual increase in the density of

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population. Whereas before there were people scattered in agrarian lifestyles, with few large cities and those cities being centers for trade and for culture, as the "Christian Era," so-called, came into what you call your Medieval times, cities began to be developed that were much larger and that had much greater density of population than had previously been seen. However, conditions, in terms of health and sanitation were not equal to the rapidly increasing density of population. There were no sanitary systems for sewage and sewerage; there was no way to keep food from rotting and there was no technology which would surely and safely limit populations of rodents and insects that prey upon the dirt and the offal that such a society begins to put out in more quantity than it can clean up. It was this situation which deepened into a runaway epidemic. In a less densely populated situation such a plague would not have had the ability to run so rampantly through so many entities. In a more urban situation, this became inevitable.

May we answer you in a further way, my brother?

G: No, thank you, I was trying to grasp the cause for that particular type of horrible suffering, why it needed to be and it seems it was more of a purely physical source rather than a metaphysical basis. So that was very sufficient, Q'uo, thank you.

We thank you, my brother. Is there a final query at this time?

G: Q'uo, one short one. In the Law of One series [Don Elkins] asks about the one known as FDR and asks if his evolution could be traced for that incarnation and I was wondering, if the person is deemed acceptable by you or removed away enough that you could speak on them, if it is possible, in the future, could we give you an example of an entity and you could give us some kind of brief or general chart or tracing of their growth in their lessons, in a similar fashion?

We are those of Q'uo, and are aware of your query, my brother. We are able to do this within limits, those limits being the conscious nature of channeling that this instrument uses. If this instrument is unaware of an entity, it is likely that we shall not be able to offer particularly valid information. So such questions would be of limited accuracy, my brother. Within those limitations we may be able to discuss entities with you.

May we thank all of you for resting so sweetly within this circle and sharing energy with each other in such an unselfish and beautiful way. It is a great inspiration to us to see entities come together on levels that are deeper than words and deeper than the conscious mind. We thank you for helping to support and enrich each other with your thoughts, your experiences, and your sharing. We thank you for your studies and your seeking, and for all that you are. Each of you is most beloved to us and we appreciate the beauty of each. Thank you so much for sharing this time with us. It has been a great pleasure.

We leave you in the love and in the light of the one infinite Creator in the remainder of your day and your evening. May you find reason to rejoice and give thanks. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai my friends. Adonai. ♣

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Special Meditation
January 12, 2004

Question from G: Q'uo, I would like to request that this be a potluck reading, but before you begin, I would like to share some of myself and my seeking.

I begin with a few intellectual understandings. I have heard you speak of the process of spiritual evolution as a long and endlessly subtle one. I have read Ra's words in which they say that catalyst must be appreciated over a long period of time. I know, on some level, that I have everything I need and I know, on every level, that I have what I consider to be the greatest outside source of advice available contained within the treasure trove of the L/L transcripts.

Still, I can be a very confused personality. I have reached into those places which I have so eloquently heard described in your words shared with this group and I have just barely touched what I feel to be Christ consciousness and have had brief moments of feeling what freedom might feel like in an awareness that has penetrated the veil to some extent. I see these places and burn to live an identity from those spiritual altitudes; I yearn to be a representative of what true life is to the people of this planet who only know of it in myth, religion, story and dreams; and desire with all my heart, in moments when I actually feel "all my heart," to serve as a channel for a higher will, a higher love, a higher light and a higher way to a world that chose to forget their rightful and divine place in the kingdom of the Creator.

There are so many invisible walls of fear and unknown self, however, that, if not prevent, than surely offer me great challenges in merging my identity with those barely brushed-upon places of truth. What I have felt deep down in those depths of self are only momentary gifts that don't stay, but visit a me that is dry, serious, hurting, confused and off-center more days than not. Much of my time is spent either in places of nothingness, or places without the softness of compassion, and even places that are pure and raw pain which are grueling in their intensity and constancy and impossible to escape no matter my approach.

This is all my catalyst and all my creation, this I know. I feel that I am "on the path" and heading for those realities in which I have seen the truest picture of myself, but have not been strong, integrated or disciplined in personality enough to actually live there. I know, or at least I like to tell myself I know, that I will be on the "other side" of this. What I ask here, from entities I hold most dear, is for guidance, advice, and the compassionate wisdom to help guide me to that other side. I understand that I am so much more than these limitations which I experience and [which] cause me much distress, as you assure us we all are.

What I seek is to transform it all and become empowered because of it. Sometimes that desire burns so strongly that I would like to, probably with great naiveté, put myself through a pyramidal

initiation in which I can, once and for all, squarely face the self, drop my illusions, and be who I am and always have been; i.e., the Creator.

So I humbly ask that you guide me please. Give me the great Q'uo perspective which I so cherish and point me towards that light which I seek. Let the potluck begin!

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you with great joy in the love and in the light of the one infinite Creator, in Whose service we come to you. We are part of the Godhead principle, as this instrument has grown used to saying, as are you, and as are all those who sit in this circle of seeking this day. We thank each of you for taking the time, the energy, the attention, and the care from those many other concerns of your daily lives, in order to seek the truth. That simple laying aside of time is that step so often not taken, for it is difficult to lay aside that precious commodity of time in a thoroughgoing chemical illusion built upon time itself. It is a magical thing you do to open the self to those springs of truth that come from depths below the surface of ordinary subconsciousness.

We pray that that which we offer to this instrument for your consideration may have meaning for you and be helpful but, more than this, we pray that the one known as G and all of those who are in the circle may be very responsible and careful in discriminating between those ideas which may sound good but have no real substance for you personally and those ideas that seem to come from your own memory, as though you had known but had simply forgotten that which we say. In the latter case those thoughts are useful for you and are worthy of consideration. In all other cases, those thoughts are better left behind, for they are not alive for you and truth is a living and changing thing. With this discrimination in place we feel far more free to share our thoughts without concern that we may infringe upon your free will or hamper your own learning process.

This instrument was much moved by the reading of that more elaborate letter that follows the basic structure of the opening statement but in far more detail.[85] We find that the instrument's heart was touched and confused, for in her own personality the instrument has no awareness of the neighborhood and precincts of despair which have been some of the places into which your mind and spirit has wandered. This instrument's incarnational gifts have been far more of, shall we say, a match with the one known as G than this instrument's particular lessons. Consequently, the flavor of deep suffering which came through to this instrument's senses in that letter, have no answering echo within this instrument's experience. And as is natural with those whose hearts are full of love, there is a sadness and sorrow for a fellow being in pain. Yet from our standpoint, the raw and harsh feelings described within the letter are a cause for rejoicing. It may perhaps not have been fully seen by the one known as G that the greatest breakthrough in dealing with a strain or thread of deep fear is to become aware of it fully, to face it, to rest with it. As this instrument is fond of saying, sitting with the pain is the beginning of transformation.

Now, what is the peculiar nature of this pain? For pain it is and we do not quibble with the words used by the one known as G in describing the depth and the jagged and toothed nature of this particular inner torment. Certainly, that nature is hidden in the folds of personality in its endeavors to protect and defend those gifts with which the entity known as G came into incarnation. It is as though having come into a place that was alien and strange, there was, in the entrance into incarnation and in those early and powerfully shaping experiences, a desire to remove the self from a perceived pain that was sufficiently powerful to create, for the self, as it were, a mental, emotional and spiritual closet—a safe place which could only be protected and defended by unknowing. It is as though there is within the mind a door behind which there is safety; there is also a loss of those accoutrements to everyday thinking and living which might open the door of the closet before that sensitive entity, the one known as G, feels able to rejoin what can be only be described as a subjective madness. That is the orientation of the entity as it came into incarnation. It was unexpected by the soul that is your deeper self. It was not expected that there would be this instinctual reaction of revulsion and distaste. However, it is not a

[85] Carla had been given a long essay by G and had read it in the days before this session was held.

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reaction that is inaccurate or in any way wrong and needing to be removed. Rather, it is a fundamental attitude of the self in conflict that is within red ray, connected to the survival of the being.

Therefore, the blockages or, shall we say, the limiting of the possibilities for expansion of the infinite instreaming energy of the one infinite Creator, are in place not only for the red ray but for the energy body as a whole, for the life force, as it were, is that which is narrowed in order to move through the unbalanced energy body in a safe and optimal pattern. This blockage or inhibition that locks down some expansion possibilities in the energy body, again, cannot be said to be an incorrect action or a negative result. Rather, it can be said to be a very sensible and useful way to create a place for the self within a very alien illusion from which that entity can fulfill as much as possible those intents and driving desires for learning and for service with which this entity came into incarnation.

This entity has spoken of the feelings of numbness and sleep, the feelings of life as a place where drowning is always possible, a place where there is the desire for the light and the life-giving air and yet tremendous instinctual warnings that surface regularly and repeatedly in a cycle that has been life-long, that say to the conscious mind of the entity, "Shut down and escape; close and retreat." To some extent, all entities need and provide for themselves some retreated place within the mind and the heart. When such a safe place has outworn its welcome, it takes on the semblance of a prison and that which previously was the inner closet of safety becomes the cave of fear.

The one known as G is very aware of the strides that he has made in study, in learning, and in clarifying some of these deeper places of mystery within the self. We would suggest that it is not well to break out of prison. The self has placed self in safekeeping and that place of safekeeping has served its purpose. Yet when a larger and more currently adequate safe place is desired, there is the instinctual reaction of fear in leaving the only safe place that has been known. And we speak not literally in terms of the safe place being a physical place, such as the room, the car, the solitude, but a safe place as being within the heart. It is that closet within, that sanctum, that holy place within of safety and succor, that has grown too cramped for the being which has begun to manifest out of the potential of the incarnate self that has been brought into the personality shell for this incarnation.

Perhaps one thing that may help as you work to enlarge the tents of your safe place, is the memory of the fact that you are not the personality shell, you are not the fear, you are not any of those quirky and unmanageable emotions that create your feeling of being knotted and tangled and in need of escape. None of these is you. These are experiences which you are witnessing. But they do not define or limit the being and the essence that is the one known as G. It is as if light were coming through a window that has been covered with paper, that is for the most part opaque in order to block out what is perceived as harmful rays of the sun or of the source of light. The techniques of working with this situation can make use of this trope,[86] of this image of the window which cannot possibly bring through accurate images, for the windows themselves need to be reworked in order to remove the wax, the coating, that prevents clear illumination.

Fear is a word that entities use upon your planet as though it were fear of something, as though fears had a reality only in contact with a certain vector, and this is not accurate. It is helpful in working with one's deeper fears to realize that fear is a state of contraction away from love. It is not, in its essence, connected with a source or a cause; it is the instinctual contraction around information that concerns one. When the feelings of contraction occur, the emotional body is moving away from love and towards fear. Fear does not always look like fear. More often than not among your peoples, fear is experienced as anger. Whatever the muddied emotional set which is the product of this feeling of fear, its message is always unitary. It acts as a siren that says, "Look out, there is an emergency"; it acts as the watchman ringing a tocsin that says, "There's someone breaking into the storehouse."

There is within that emotion a great instinctual urge towards some movement that will counter this cautionary situation that has brought up the emotion of fear. And to some extent these feelings of the need for movement are wise, in that oftentimes there are situations within the illusion which need to be addressed. And when one feels that one does not have the luxury of taking time at a particular

[86] A trope is "A figure of speech using words in nonliteral ways, such as a metaphor."

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moment to deal with emotion, it is not only acceptable but appropriate to move away from both the fear and the situation in the condign[87] service of becoming able to deal with the human situation that is in the present moment, in the illusion. Yet, at a deeper level, the presence of fear may be seen as a clarion call to that portion of self that is able to rest on the hard and often uneven ground of discomfort and limitation. For the first job of a contracted entity is to rest in that contraction, to look around, to see it not with the feeling of, "Here we go again," but with the feeling of, "Let me look, as if it were the first time—to see, to feel, to sense into this fear. Let me sit with it."

In a way, that safe place of numbness can be seen as a cave with many strands of fear that have formed a curtain that sways with the wind, that is thick enough because of having so many threads to act as a door that keeps one from feeling more afraid. Even that cave has enough fear in it that there is the human desire to escape from that cave that, as the one known as G has said, if there is already a place of numbness and unthinking, where then is any escape? Where is the divine loophole that allows one to escape from this seemingly airtight cave? Yet in the compassion that you feel for yourself, it is well to take the practice of awareness of this fear to the level that, as a soul resting in silence, you are able to visualize taking down just one thread, and then just one more, and then just one more. As the mind gazes upon that fear, as it begins to sense into some of the emotions that have become trapped in that safe place that has become that prison, it is possible, only through the mercy of one's own heart, to become able to look at the fear not with judgment but with understanding and compassion. And with the willingness to exist in that fear as long as is necessary, that the being not be forced into a feeling of more risk, less safety.

In truth, transformation involves the movement created by the pressures of seeking that lift one from a current perception and place the self within a position or point from which stance the entity may look with new eyes, not because the situation has changed, but because the point of view, the place from which the view is presented, has changed. Transformation is not the result of hard work. Rather, transformation is the result of having done the work and becoming able to release the process. The harder one works at a spiritual process the more likely it is that there will be contamination of spiritual processes by the machinations of the mind. We have often spoken of the mind as a great choice-maker but a poor spiritual support. The mind knows how to do one thing well and that is to position information in order to make patterns that produce choices that seem to aid in improving the likelihood of survival and comfort to the entity. This does not speak well for the mind as a spiritual resource. The best that can be said of the mind for one who is working in those deep areas of spiritual discipline to which the one known as G has great hopes of penetrating, is that it is a very poor choice-maker. Rather, the choice needs to be that which allows movement upon waters which one does not know, which are directed by energies and essences which you do not understand in any conscious way.

It is as if you were attempting to unravel a mystery, a "whodunit," as this instrument would call it. There has been a murder and that has been the murder of the peace of mind and the ability to rest within incarnation for the one known as G. Whodunit? It wasn't the butler, but who was it? What was it? What's going on? What is going on is the deepening of the life from the everyday to the magical and as the desire for that magical life grows, the friction of that old and limiting fear becomes more and more obvious.

We do not in any way suggest that the experiences in escape-ivity and the desire for removal of the self from all things are experiences that are trivial or that can be removed in any easy way. However, we do suggest that in persisting while in a state of unknowing, energies deeper than you can know at a conscious level shall be moving in a most helpful and appropriate manner that will, in a spiral fashion, bring the connections between mind, body and spirit in the one known as G into a progressively more and more balanced and useful state for enlarging the tents for that spiritual place of safety within.

We would at this time ask if there is a further query that may more carefully shape our comments? We are those known to you as Q'uo.

G: Thanks so very much, Q'uo. You've given me a lot to chew on. This is a specific and important

[87] Condign is defined as "Deserved; adequate: 'On sober reflection, such worries over a man's condign punishment seemed senseless' (Henry Louis Gates, Jr.)."

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question. It is something that I have so wanted to ask since our very first meeting and that is, for better or worse, can you describe to me as thoroughly as is allowable, what effect the multiple ingestions of LSD have had on my mind, body and spirit?

We are the Q'uo, and are aware of your query, my brother. We may speak to some extent and will attempt to shape our answer in ways that will guard your free will. The crucial injury to the mind/body/spirit of the one known as G is preexistent to the ingestion of any chemicals, as you have put it. There is a situation in which the emotional body became convinced at a very tender age within incarnation that there were great dangers involved in feeling and experiencing deeply within incarnation. The role of the ingested substances then was not to initiate a wound within the psyche, as this instrument would call it, but rather to elucidate for the conscious mind the depth and extent of wounds already experienced but as yet unknown by the body.

The one known as G has mentioned that there is little remembrance of early childhood and this is indicative of the original difficulty which the ingestion of LSD simply brought to light. It is a case of awareness coming, light coming in, in a manner which was not regulated by the guidance of the self but rather by a substance which came in from without and created the capacity to experience truth, or light, of a certain intensity. That light was experienced and the intensity of it caused what could be described as an explosion or perhaps implosion within a system which created what the one known as B has described and the one known as G has also described as a hole within the self.

This is that which has needed to be healed gradually and it is perhaps at the limit of our ability to speak in this wise to say that, as the one known as G has said frequently, the current, supportive spiritual community is without any question the very best place in which to begin to tackle the healing of the self and the healing of the incarnation. The discomfort of this healing process is great. With any healing there comes the prickles of nerves becoming able to feel for the first time. That creates great pain and this has been experienced by the one known as G. However, the pain is a good pain in that it is giving notice to the one known as G that systems are coming alive again.

We find that there are, within this circle of seeking, entities who have had long practice in dealing with those prickles of awakening sensation. We speak especially of the one known as J. There is within this entity a great well of understanding of discomfort of a particular kind and therefore we find it helpful that the one known as G has arranged to work in harmony with the one known as J. Much of this particular entity's teach/learning capabilities dwells in silence, but simple observation and companionship with this entity shall be found to be extremely healing. We also find that the one known as B has an awareness of that particular kind of prison, although the relationship in this wise is more tangential or glancing. Indeed, each present within the community circle has gifts to give, yet it is these two entities, in this context, which have the greatest capacity to teach as a part of a teach/learning circle in which the one known as G has an equal ability to teach, so that there is a teach/learning circle that is genuinely taking place where relationships remain most mutually beneficial. This is also true of the one known as V, the one known as D, and the one known as C. Yet, at the same time, those three entities, for one reason or another, have less clarity in direct mentoring, shall we say, than the one known as B and the one known as J. Consequently, we would encourage observation of, and attentiveness to, these two individuals, not with an eye to absorbing their knowledge but with an eye to grasping the point of view which each has developed over a period of years of studying and learning.

When entities are in a state of nervousness or dread, they are hard-pressed; and you may watch both of those entities as they deal with that kind of catalyst to begin to see into the deep waters of patience, tolerance and grit, simple grit, upon which these entities call. But do not look at these entities in order to imitate but only in order to see another suffering soul which has found light, joy and peace, not as a steady state, perhaps, but often enough, and with impressive enough results, magically speaking. No one within your circle exists in a state of perfection. There is need in all entities still extant[88] upon your planet in incarnation for more learning, for more opportunities for service. Yet this does not mean that each imperfect entity does not have marvelous stories to share and wonderful insights

[88] Extant is defined as "Still in existence; not destroyed, lost or extinct."

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that go beyond words. Listen not so much to the words of those for whom you have admiration, dear brother, but listen to their essence, to those honors and braveries and examples of courage and mettle that move beyond any particular circumstance and that speak to the nobility and the ideals within.

Your world of illusion is a world of action and in so many ways, your culture teaches you to appreciate jobs finished and advancements made. Yet within the process of spiritual evolution, there must be a realization that it is not in the doing but in the intending, not in the action but in the essence, that energy is transformed. It is in this wise that we would say that the light touch is ever and always important. The illusion, this instrument has often said, is cartoon-like and at times it needs to be seen as a cartoon with the only responsibility being that of supplying the correct caption for the happiest and most deeply felt laugh. See the laughability of the human condition. See the groping in the darkness that is designed into the illusion and know that it is only by a hint here and an inkling there that guidance most often chooses to share its information.

May we answer you further, my brother?

G: Treasures, Q'uo, you give me treasures. I am employing my discrimination and I disagree with nothing at all. You picked up on deeper layers to my previous question in your answer. I was going to ask you a question about referring me, if you couldn't answer, and you referred me to those that I live with and love.

In the interest of saving time and the instrument's energy I had a page written asking a question about a girl named T. I have it in my mind, I have it on paper, and B has read it so I hope that will suffice and I will just cut to the end of it and ask if there is anything that you can give, any clarity that you can offer, to my situation with her? Can you bring any light into these processes and offer me things to mull over so that I might come to a more balanced point of view about this deep and heartfelt love I feel for a girl who can't and/or won't reciprocate it as I feel and give it?

We are those of Q'uo, and are aware of your query, my brother. We may say little, but that which we may say we do say with a full and happy heart. There is no mistake in all that has occurred within the teach/learning relationship betwixt the one known as T and the one known as G. There is no lack of love or the ability to love. Indeed, the one known as T is fully and completely loving towards the one known as G. The one known as T, in her own processes, has encountered a stumbling block that this entity has encountered before within previous incarnations. This cannot be seen as that which is correct or incorrect about the one known as T. It is simply her incarnational lesson and her incarnation healing, which at this time she has chosen to ignore because of devotion to a higher ideal than the self.

The tangle for the one known as T, then, is within her own purview and not at all a reflection of anything which has to do with the one known as G. The love story, shall we say, of G and T, is a true one, regardless of the outcome upon the level of the physical illusion. The love has been healing, energizing and revivifying for both entities. Each has given all that each is able and that has not resulted in any expectation being met for either. Rather, each has felt disappointed and incomplete. Yet the energy exchange has been extremely beneficial and may well continue to be extremely beneficial if it is released into the creative Godhead principle. It is within Christ consciousness, as this instrument would say, or within the Godhead Itself, within the deepest aspects of your and the one known as T's experience, that this relationship has health, strength and meaning. It cannot be brought into the physical illusion in a way that is balanced for both entities and, consequently, it has been necessary to create space between the physical being or presence, of the one known as G and the one known as T.

There is no limit or end to love. And that has been felt purely and deeply. Allow that channel to be a source of living water, not because it is spoken, not because the other is present, but because the connection has been made. Love has been given and received and it has remained as pure as both know how to make it. Allow that gift to be what it is. There is no failure. There is no loss. There is only the expansion of two lives because of the love that each can feel in the other. Great gifts have been given and that which has not been given was not able to be given. This is perhaps all that we may say in this wise.

Is there a final query at this time, my brother?

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G: You're good people, Q'uo. This is a spontaneous question. I don't know how to word it. I have this understanding that a single-pointed desire will accomplish the task which is desired by an entity, and in whatever time you could speak I am wondering if you could offer me anything about the desire that I try, and even more so lately, to instill into my day and the desire that I just try to hold on to moment after moment after moment, penetrating further into the mysteries that I don't understand about myself? If you could speak to the question of if that has anything to do with what you were talking about in the bulk portion of the reading where you cautioned against trying too hard or whether that is the "right" type of trying, that would be my final query. Thank you, Q'uo.

We are those of Q'uo and are aware of your query, my brother. Indeed, you have caught the drift of that line of thought that we were offering in the bulk of the first question in that it is vitally important to strive with all of one's heart, to as, the one known as Saint Paul said, "run the straight race," strive with one's very best at all times. The concept of excellence is a spiritual concept on a par with truth and beauty. Effort is a beautiful thing when it is given freely and with the utmost of one's ability to do something well. There is great value in that spiritually and we would never suggest in any way that you back off in this intensity. Indeed, we do not feel that you could, for it is your nature. On the other hand, balance in all things is a characteristic in general of health of the physical, health in a mental sense, and health in a spiritual sense more than anything else.

This instrument has often said, "Take it easy or you'll burn out." Now, there are two schools of thought on this and in truth we would, for the most part, agree with this instrument. Although there are nuances that this instrument has not yet grasped concerning real balance; the impulses to balance purity with laughter, and intensity with lightness, are good instincts. The choices are the same as, say, the choice of whether to live on the edge physically. If an entity wants to live hard and die young and burn the candle at both ends doing so, it is seen as a self-indulgent thing and if the entity does die because of taking risks, it is seen as a foolish incarnation brought to an end before its time because of poor judgment. On the other hand, when an entity moves into the spiritual realm and attempts to live hard and make great progress and burn the candle at both ends in the attempt to go further, know more, be more aware, the entity is inviting the same kind of early death in that the spiritual burnout, as this instrument would call it, is quick to appear when the entity has run through its own energy.

There is, shall we say, a tremendous amount of help available to the entity who releases its own effort after it has been made and rests in the fellowship of guidance, Godhead and the creation. The drive to intensity is in part based upon a perception that one is going it alone. Yet indeed there is never a solitude when it comes to spiritual evolution, for you dwell within a family of those seen and those unseen, in the inner planes and in those environments which were yours before coming to the planet you call Earth. We suggest that you lean into that peace that comes to one who has endeavored well. When the endeavor has been made, surround it with thankfulness and open that thankfulness to all of those, seen and unseen, especially those unseen who are part of the guidance system that is helping you with keels and rudders, that in truth you cannot know but that are there to help guide and point you in the right direction. Lean on that help, rest into that help, and when the aggravations and the irritations become great, allow yourself the escape, but at the same time, send a message to your family that help is needed. Do not attempt to go it alone. There is never a need to feel that one is alone. We are with you, the Creator is with you, many entities attracted to your hopes, your ideals, and your process are with you. The strength of that is palpable when called upon. And we encourage that source of comfort to be used when it is needed. We are all—incarnate, discarnate, inner planes, outer planes—one being. There is one love, one hope, one vision, one truth. It will never appear the same to two people, yet it is infinitely unitary.

We leave you in that unitary oneness, in the love and in the light of the one original Thought. Adonai. We are known to you as Q'uo. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
February 15, 2004

Group question: The question today has to do with changes of various kinds, whether it's changing a job or attitude or invoking a new presence of joy, peace and harmony. When we attempt these changes, when we make efforts in the third-density illusion to bring these changes about, we're wondering how we can know if we're being successful? Is there a predetermined path or way made for us already, or is this a choice we make from moment to moment totally of our own free will? How can we know if we're exactly on the beam or not?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you with full hearts and happy spirits in the love and in the light of the one infinite Creator, in Whose service we are. We thank you, each of you, for joining this circle of seeking today. It is our delight to be called to this group, and we would ask, as always, simply that you use your discrimination carefully in listening to our thoughts. For, as we share them, we need you to know that we are not authorities but fellow seekers and that we share opinions rather than proven fact. Please take those thoughts that you like from what we have to say, and leave the rest behind. That will enable us to speak without being concerned that we infringe upon your free will. It is well to guard carefully those portals wherein information is taken, for that which is believed is so. And when that which is believed is sufficiently different from that which is the more natural pattern of truth, the distortion can be difficult to comprehend and difficult to perceive and therefore difficult to extricate oneself from.

Indeed, this is a portion of that which you are asking this day, for you have asked about change and how to know when the appropriate change is manifesting; how to go about making sure that the changes are indeed appropriate in the pattern of your incarnation. This instrument was speaking with the one known as B concerning the piece of the Creator's creation which she calls "Avalon." The one known as B was saying that he had spoken with Avalon in that voice that has no words but expresses emotions and feelings, and he felt that the land itself had been somewhat abused in the past, misused and used too hard, so that the soil was depleted of those nutrients that it would wish to have in order to support life, and that it had been neglected and abandoned. Consequently, it was shy of humans and somewhat distrustful.

It had not occurred to this instrument that it was a two-way street, for, in this instrument's trusting and somewhat childlike way, she relates to all things and all qualities as though they were all very glad to see her, and the consequence that is indeed the reaction of the land called Avalon to the one known as Carla [is that] it is delighted to see this sprightly spirit and delighted to relate with her in any way she wishes. However, this instrument has not attempted to plant, nor has it asked of Avalon that which it

wishes. And indeed this is something to think about when looking at a change that is large enough that it cannot entirely be imagined. When the question is asked, "What do you want?" or "What do I want?" the question throws the thinking mind back into the world of form and not into the world of substance. However, if the question is asked of the present moment, "What does it want?," "What does the life's situation at this moment want of me?" that is a blind and non-intellectual question, and consequently it has a big possibility of reaping a harvest of some sense. But that sense may well be a sense of substance rather than a sense of the form of the appropriate path to take. When the question is opened up so that it is clear that there is a relationship between the self and the creation, it enlists the cooperation of the creation which is, of course, an extension of the self, just as the self is an extension of the creation and just as both are holographic in nature, reflecting the Creator.

We have often said that all is one thing, and yet, when you relate to the outer world, that seemingly outer world of consensus reality, consciously including it in the decision-making process and asking it what it wishes, the question is made whole in a very special way. It is well to consult not only the inner self but that outer self that is the system of mirrors that reflects the Creator to you, that is, the outer creation, the Earth which you inhabit, the people which are your companions upon its surface. These energies and essences also have life, sentience and will. And, when cooperation is asked, it is immediately received. Then it is a question of continuing to listen, continuing to ask and continuing to have this living and protean dialogue that penetrates all forms and moves into the world of substance. The nature of coincidence or synchronicity or the unfolding of fate, if you will, is such that the more cooperation is asked and expected on a continuing basis, the more rich the sources of information will be that are eager to share information with you.

We have spoken many times about the fact that information can come through the natural world, and, indeed, it often does come through animals and elements that are in synch with the energy fields of your bodies, of your intentions, and of your hopes. So let us look at the area of intention and hope. There are two in this group, that is, three entities and two concerns, with an actual commitment of the self to a job or a new [business], and there are two other concerns within this group which have to do with attempting to create from nothing a network or cooperative or collaboration which is of a mixed nature, being partially spiritual and partially worldly. The process of visioning or envisioning is important.

From the business standpoint, of course, it is well known that one may go through a planning process in which the questions are asked of the self concerning what goals are intended, what resources come to the table to promote those goals, and so forth. It is perhaps less well understood that the same process must be followed with the environment about one and with the energies surrounding the present moment. The nexus of each present moment for each person is the self. This is why truth is so infinitely individual and personal. One is always coming from that place [where the environment is known to one] that has never been walked in before. The present moment finds each of you and each of us in a new world. It has taken aeons and densities and many, many incarnations and teachers and thoughts to bring each of us, each of you, to this precise tuning with which you greet this present moment. Consequently, your world is brand new, and nothing can be taken for granted. So it is well to look at this new world of the present moment with new eyes, innocent of supposition and without the blinders of cynicism and manic zeal, resting, relaxing and moving into the center of self.

Move with us, if you will, in the clockwise motion about the circle, feeling the energy of the group moving, growing and forming a temple of light about you. Now continue that exercise, but move only within the orbit of your being, and feel the part of the temple of the group that you are. Feel that smaller temple whose light moves into the group energy. Now, move deeper and deeper within that holy and sacred space within until you come to the very center of that being that you are and rest there. Stop, and sense into that quiet, living center of self which is your heart. Here is your place of rest, recuperation and healing. Here is your place to reach out your hand to the Creator and to feel Its hand in yours before the reaching has ever been done. This is the center of your connection to guidance, truth and stability. Were we never to speak with you another word, were there no perceived authority to offer wisdom, this center of self would be entirely

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sufficient to guide you, in terms of that which your desires for this incarnation were before you ever came into the experience of life with its hectic breath and its beating heart (and we may say, because of this instrument's allergies, its itching nose). Before all of the sensations of life, the center is the place of rest and the platform from which one may spring into action, spring into expanded being, spiral into those lessons to be learned and those services to be performed.

When one is able to come to the center of self and rest, then one is much more able to ask in that sacred space, "What lies before me? What is right action? What shall I see that will enable me to have more of the sense of who I am and why I am here?" When you open your eyes from this prayer, we would ask you to be open to guidance. Keep a paper and pencil handy, ready to jot down those things that come to you in this particular moment, after this particular time of centering and resting. When you get up from such a rest, keep the center open even as you become active again in the world of consensus reality. The creation is ready to expand into those areas which fascinate you, which draw you. It is sensitive to all kinds of energy, so, if there are conflicts within your desires, these will show up in the seeming cross-purposes and the [ambivalent] nature of the hints and the inklings that your guidance seems to be giving you. Consequently, there is contemplation involved in attempting to discern right action and right being, contemplation of what cross-purposes there may be.

If there is a dynamic where things seemingly are partially indicating one path and partially indicating another, sit and rest with that dynamic, letting the mind relax away from forms and looking at some of the underlying issues which might surround and inform this dynamic. Allow time for this procedure. Ask not simply on one day or on one occasion. Assume [not] that you have received the full wisdom that is available. There is a continual questing for those who wish to remain in the center of their beings, for you move on, the stream of time moves on, and the spiral of evolution moves on so that each day there is new information, there are new metamorphoses to be contemplating. And there are what this instrument has come to call distortion leavings to be released. Often that which muddies the picture for those questing for right action or right being is an over-affection for the pain, the pleasure, for the [shape] in general of the past, those things that have affected one in the past for weal or for woe.

It is just as important to release the self from past excellent experiences as it is to release the self from past misery and suffering. Does the good time in the past create or add into the reality of your present moment? If so, why? Does the pain and the sorrow that are remembered from past experiences affect, in a living and breathing way, the present moment for you? Ask yourself that. It is important to release that which has been harvested in terms of catalyst and experience. It is a natural thing to take in the food of catalyst and to digest it and work with it and get the good out of it. It is equally important to release the distortion leavings of these experiences from the system. Otherwise, they may well clog the system, making it impossible for your evolutionary energy body to absorb the nutrients of experience and be ready to take in more. If there is any lack of hunger for new things, it is entirely possible that it is because that which has been thoroughly and completely digested in one's life has not yet been eliminated from the system. When the value of the excellent times and the difficult times of one's past has been completely appreciated, it then becomes far easier to release these experiences.

Releasing negative experiences is especially important, in many cases, in terms of creating the possibility for fearlessness. When an entity has been bound into a contraction around any issue by fear, it becomes much more difficult to see clearly the colors and shapes of the issue and its resolution. This instrument recently experienced a visit to the Cathedral of Chartres in France, and she sat at the very center of a glyph which, in that enormous sacred space, takes up perhaps half a football field in its actual size.[89] It is a round maze, and its walking is considered a sacred practice. At the very center of that maze is a blinding point of light which this instrument was quick to feel. The achieving of that center is the achieving of the stable place of rest, the stable point of view from which [leverage] may be

[89] The Labyrinth of Chartres is built in stone into the floor of the nave. According to the site, www.beloit.edu/~arthist/historyofart/gothic/chartrescath.htm#artifact12, "The pilgrim could recreate a pilgrimage to a more distant land—like Jerusalem—by moving along the path while saying prayers. You'll notice that it is not a maze, but a single continuous path."

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applied in any direction spiritually or metaphysically speaking. So much about knowing when one is on the right track, or on the beam, as the one known as V [has] said, is engaged in this pre-mental attitude, something that lives below the surface of thoughts and ideas. It is a matter of preparing the place upon which the sacred, heartfelt decisions will be made, moving into the sacredness of that, rounding oneself into that sacred place and letting in the light so that one is literally on the beam, that beam being the light that has been called from guidance, from what this instrument would call the Holy Spirit or from the higher self, as many have called it, from that place of inpouring light, [preparing] a place to stand, a place to rest when [the] calling for the light is extremely heartfelt.

In terms of knowing that you are on the beam, there is a talent in being able to look without looking, to know without knowing, and to walk between worlds. It is a lifting away from assumption, a lifting away from presupposition, and an opening into the possibilities that surround the moment. These possibilities are literally infinite. But which is that direction which calls? Which is that direction which wants you as much as you wish it? It is a matter of asking and asking again, centering and asking, centering and asking, until the life process contains the centering and the asking, the centering and the asking far beyond even a habit and more into a way of breathing life in and breathing life out. Ask … rest … ask … rest … as a way of being, so that you are asking yourself to open to the sense of rightness, the sense of resonance that you may get through your body and any of your senses, within your heart and various energy centers, in those signs and wonders which mean something subjectively to you personally. When the asking has become a part of the in breath and the resting has become a part of the out breath and the time between breaths, then you have entered a state of mind, a way of being, that has the best possibility of bringing to you a richer load or harvest of information concerning the issue about which you are asking. Sometimes it is a very subtle thing and occurs over a period of time, while in other cases there are sudden and sharp epiphanies in which whole systems of the future are seen for the first time in wonderful delineation.

It is never known ahead of time what pattern shall emerge from the chaos of asking without expectation. Yet, when it comes, there is that sense of a converging pattern that will let you know that the pieces, as the one known as S said, seem to be coming together. Chaos seems to be melting into a certain quantum, a certain situation that has, to say it one way, the blessing of guidance; to say it another way, the resonance of a good pattern that fits within those parameters of your incarnation which you set up before birth. It is not that there is a fate laid out for you. The possibilities are always infinite. It is that you have created for yourself what this instrument would loosely call a mission, a personal plan of service and learning. And, when that mission is being materially addressed, with whatever success, there is a sense of being in the right place that is unmistakable. Wait for that sense, and do not attempt to think it into place or feel it into place or in any way force the swirling mists to clear. If there is to be a misty and mysterious time, enjoy it as you would a great snow storm or a down-pouring and enriching summer rain. The vision goes away, but the heavens have opened to give life-giving moisture to the dry and thirsty soil.

Sometimes a great deal of the moisture of spiritual water must come and, for a time, blind the vision, and it is then that faith is a powerful support, that faith that all is well. It is not a faith that things will turn out appropriately, because things actually never turn out. You may have noticed this quality of life. Things spiral continuously, moving through many scenes and moods. Nothing ends or, to put it another way, everything ends, and the story moves on without missing a beat. There is no grand finale; there is no dénouement. There is simply the ongoing spiral of light and dark, laughter and tears, suffering and joy. Yet, beneath all of those experiences, surrounding all of that seemingly outward miasma of confusion, there remains always the place of center to which you may go. It is the closest thing to you. You may amputate arms and legs and not lose your center. You may glow incandescent as a candle without clothing, without occupation, with only the consciousness with which you came into the world of consensus reality, and you will have that center, that center that links you to all that is, to all that has been and all that will be. All you need is in that center. Perhaps that is the fundamental message we have to share this day. Rest and know all is love. All is one; all is love.

You are magical beings, my friends. You are not at risk, as it may seem that you are in terms of a

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physical life. You are citizens of eternity. You are in a very precious and hard-won place. You have cast aside all else, because you felt that this incarnation was important enough to invest your eternal self in, to go through a great deal of inconvenience and suffering just so that you might improve the balance of your own personality and serve in the consensus reality about you, to fulfill goals which you have set long ago, goals that have to do with being helpful. Rest in the knowledge that these things are in place and that there are many, many sources of information that are very dedicated to communicating with you and with the groups with which you associate.

Notice those groups about you. For this instrument, it has been a year or more of very obvious building up of the group, but, in all of the years of this instrument's life, there has been that same process going on, and, in each of those in this circle this day, this process has been taking place. Gradually the currents of self and other-self have circled and spiraled until each has met each, and each has been drawn into this group on this day. Each entity that you meet is a portion of a group, a soul group, as the one known as S has called it, or a group of those who have often incarnated together, to work together and to serve together. So, when you are touching entities, you are touching the groups with which they are involved, and you are binding yourself and others in streams of love and mutual hope and ideals. As you go about your daily life, and as you meet each entity, see the relationship in its deeper terms, and know that energies are involved that are far, far below the level of one's awareness. They may be sensed, and they may be followed, but they may usually not be understood. Follow those relationships, and consider the relationship and your part in it, in each case looking for the ways to support and encourage each other. There are higher selves involved in each of these groups as well and higher hopes that each of these groups may have in terms of the service of the members of that group to the planet and its people. Trust this network to be there, and expect to meet old friends as you move through the days ahead.

Above all, sharpen the energies with which you move through life by offering yourself the solace of meditation. Time in the silence cannot be overrated for returning one to that precious center, what the one known as G would call the "power of now."[90] Enlist the help of Gaia, as the one known as B calls the planet upon which you dwell. Walk within its precincts and allow the trees and the wind and the small animals to sooth you, to connect with you, and to bring you back to that precious center.

This instrument informs us that we need at this time to open the meeting to questions. Are there questions at this time beyond that which we have spoken?

G: Q'uo, I'm not sure of how exactly it is that the quarantine works around this planet, but, working within those principles, is it possible that an entity or a group of incarnate entities could request and create a physical meeting with beings of an extraterrestrial nature or higher density beings of a positive nature on this planet?

We are those of Q'uo, and are aware of your query, my brother. We do not choose to give this instrument any information upon this point for two reasons. Firstly, attempts of this nature create an energy that we do not consider particularly desirable. Secondly, the attempt to create such a meeting is much like sending out a "CQ" on a ham radio.[91] The entities who are monitoring these particular ham radio bands are, however, for the most part negative.

The infringement upon free will in giving further information is such that we find that we are not able to speak further. However we would say that the energies of the one known as B have already brought to you, the one known as G, experiences of meetings with entities that are not human and are certainly very positive, and we speak now of those entities on Avalon which this instrument has often called devas and which have a great deal of life and reality of their own. This kind of open questing is quite desirable, and we would recommend that, instead of attempting to meet an extraterrestrial, you simply attempt to meet the many, many entities around you with which you have not yet become acquainted.

May we answer you further, my brother?

[90] Eckhart Tolle, *The Power of Now*, Novato, CA, New World Library, [c1999]. This is a favorite inspirational book of G's.

[91] In ham radio, signaling the Morse code for the letters "CQ" is signaling a desire to speak with any other ham radio operator within range.

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G: No, that was cool. I don't think I or anybody else has big plans to do so. I was just curious. Thank you, Q'uo.

We thank you, my brother. Is there a query at this time?

B: I have one that's not directly on this topic. I was wondering what the role of the social memory complex was in the development of consciousness?

We are aware of your query, my brother, but are having trouble with a response because of the fact that, as far as we are aware, consciousness is, and it is not in need of being, shall we say, developed.

B: Growth is perhaps a better term?

Would you rephrase the question, my brother?

B: I was examining the social memory complex, and, as we enter the seventh sub-density of the third density, Ra has said that we can actually form these structures, and I was wondering how that would interact with our conscious spiritual growth? I mean, why does the social memory dominate in the fourth density? What do we learn from this experience?

We are now far more aware of your query, my brother. The social memory complex is as if you had opened your arms and said, "Everybody in," as if you were the Creator and you had accepted everyone that was about you into your heaven. The energy of this formation enhances and intensifies the purity and the clarity of the individual's ability to open into unconditional love, or, in other words, to become a part of the social memory complex. So, as soon as a social memory complex begins to be formed, simply by leaning into the power of that group being or essence, you are allowing the self to become more and more attuned to that sublime or supernal nature of the self which truly feeds into the social memory complex.

You see, my brother, when experience is taken in at the level of consensus reality and conscious thought, much of the detail of the actual transactions taking place between entities is lost. The nuances are washed away by the grossness of words and actions, and the intentions, the energies that are being exchanged between two people, or a person and a place, or a person and a situation, are grossly oversimplified so that they can be consciously understood. Even in the most subtle and quick mind, there is that limit of rapidity of the accumulation of fact and the intuition, the ability for direct insight, is hampered. What the social memory complex does as entities move into it and begin to, shall we say, "get it" is to empower and enable the personal shell of personality to relax and lift away from specificity so that it may become less reactive and more stable. The personality shell of third density is unnecessary in fourth density, and the great gift of the seventh sub-octave of third density is that the social memory complex has enough energy now to be accessed by intention.

May we answer you further, my brother?

B: One quick point. Would the attempts to form a social memory complex here or, more specifically, at Avalon, be in any way disruptive to the non-human life that's there now, that which you referred to as devas and the plants and animals being of lower densities?

We are those of Q'uo, and are aware of your query, my brother. Indeed, were social memory being attempted, as if in a vacuum, as if only with people, certainly this would be perhaps less than optimal in terms of the energy of that portion of Gaia to which you refer, and this is why the instrument, in its talk with you at an earlier time, had the intuition that the land must be a portion of the questing for the social memory complex being formed upon its sacred ground. To form a social memory complex with the full cooperation of the earth that it contains is to make each place so included a sacred space. It most definitely would be appropriate to include the Earth itself as a part of the social memory complex, for the Earth is a very sentient and very conscious being.

May we answer you further, my brother?

B: So you would see no problem with second-density life being exposed to a fourth-density concept, thinking basically of the plants and things we would like to grow there. Now, my concern is this: a lot of times when higher concepts are introduced too early in a developmental stage, they might bias the development as I see here, when the Confederation introduced entities from other worlds to our planet. Do you understand what I'm trying to get at?

We are those of Q'uo, and are aware of your query, my brother. If it were forced upon this entity, Gaia, that such and such a group wished to do such and

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such a thing here and it was simply told to the land, then, yes, my brother, there would be the lack of respect. However, the second density and the first density, unlike the third density, dwell within the creation of the Father that the fourth density dwells within, so that in a way, moving into the social memory complex energy is returning to oneness with the creation of the Father. And indeed this works more synergistically than third density is able to with these nature spirits and with the planet itself.

May we answer you further, my brother?

B: That clarified it sufficiently, thank you.

We thank you, my brother. Is there a query at this time?

G: Q'uo, I usually wouldn't ask a question like this, but I'm just really curious. How did it come to be that the three of us, B, V and I, all had a dream about a volcano, and two of us had a dream about a Polynesian named Bob? Could you maybe speak to the symbolism and why it was that we had really similar dreams, please?

We are those of Q'uo, and are aware of your query, my brother, and, as you perhaps surmised, we leave this work to you.

Is there a final query at this time?

S: I have a question. We've noticed of late that the difficult times Carla calls psychic greeting, or what has been termed the dark brotherhood, have given very intensive interference to myself and those of my soul family group. I have asked the guidance source whom I call "The Seven Dwarves" about this. They were quite reluctant to give me any specific details. I recall that, similarly, I had asked you at one time, and you were also reluctant to give me specific information and just your opinion and your ideas. What is the meaning or spiritual reason behind that?

We are those of Q'uo, and are aware of your query, my brother. The nature of so-called psychic greeting or psychic attack or the influence of darkness is such that it seems to be coming in from without and seems to be a threat that is outer to one's own self. And yet the mechanism by which these greetings are attracted is the desire to stand in the light. The harder and more fervent the desire to be of the light and to serve at one's highest and best, the more sharply delineated are those portions of the shadow side of yourself that have not come into full harmony and acceptance within the self as loved, forgiven and redeemed. Only you as a self, falling in love with the self and going through a full circuit of forgiving, accepting, redeeming of self, can do the work that enables one not to have the chinks in the armor, as this instrument would say, of light. That armor of light shall always have chinks. It shall always, within third-density incarnation, be imperfect, because, were you able to be perfect, it would be time for you to move on, and you would simply not any longer be of third density. You would go through the experience of physical death so that your energy body, your soul, would be free to move into a more appropriate garment for continuing your experience.

Consequently, those who seek to stand the closest to the light are those who shall bring about the rightness or readiness for the experience of being tried, tested, greeted, attacked or overshadowed. These are all subjective terms which describe a situation where one feels invaded or intruded upon or encroached upon. What is encroaching upon the self in a metaphysical sense in psychic greeting is the shadow side of one's own self. So, when it is experienced from without, then it is well to take that mirror that is the dog barking at one, the wolf biting at one, and look to see within the self what portion of that shadow side, what vagrant part of the past, what relationship that has not been thought upon sufficiently, is truly causing the distortion within that has caused the wolf to bite just in such and such a way, so that responsibility is taken. And then, once responsibility is taken and it is seen that there is nothing to fear, for it is only the self, then it is helpful to be able to release the fear and the contraction around this [greeting], so that it no longer is a threat, it is simply that which is occurring. Then the work towards healing of the situation may be done without the additional stumbling block of fear blocking one's own path of forward progress.

May we answer you further, my brother?

S: It's an interesting thing for me to consider. I will have to think on it. Thank you very much.

We thank you, my brother. We find it is time to depart from this group, as this group's energy wanes somewhat, and it is well to leave this instrument while there is still plenty of energy to make a good farewell. And so we do offer you farewell, reminding

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you always that we are with you whenever you should mentally request it, to strengthen and support you, without words but with love and energy.

We leave you in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
March 7, 2004

Group question: The question today has to do with change, perhaps even change to the point of self-healing. We are wondering if Q'uo could talk to us about the decision-making process that goes into this type of change. Could you explore the concepts of honor and duty and how discovering what our honor and duty in a certain situation is might help us to make the choices that would lead to this change and perhaps healing ourselves, finding a direction to be of service to others?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank you so much for the privilege, the honor, and the duty of being called to this group this day. It is a blessing to us to be able to serve as we had hoped to and a call from your group is most welcome. We ask, as always, that each of you guard the portals of your discrimination very carefully, listening to the personal resonance that comes with your unique truth and not for any perceived outer authority. If you are able to guard those things that you keep of what we say and those things that you discard, then we will feel far more free to be able to share with you without infringing upon your free will.

The freedom of will has been a sticking point for many in the creation of a satisfying and rewarding spiritual practice. Free will can be a bewildering thing. The chore of determining what one truly wishes to do can be awe-inspiring and mind-boggling, for it is as though one were pulled in different directions by many different opinions and strains of thought in almost every situation. It is not too difficult to imagine the choices of many things: what to eat, what to wear, and so forth. However, there are levels of choice that affect more than just a moment or a day. It is as the choices become more ponderous and seem to carry more weight for the present and the future that the predicament of making what this instrument would call the "right" choice is more and more substantial a challenge.

The one known as B invoked the principle of the honor/duty that the ones of Ra had spoken of before with this group in saying that every honor is a duty and every duty an honor. It was the one known as B's thought that perhaps when one is attempting to make a truly correct choice for the self, however one wishes to define that word "correct," that perhaps one would do well to think of what one feels one's honor would require in a certain situation or what one's duty might require. It might also and equally be suggested to invoke the principle of unconditional love. Where is the love in a decision? It was the one known as T's hope that, in making the decision for his own right livelihood, he would be able to find that choice that most truly and deeply opened and revealed his heart, a deep and true center of self.

Certainly when one views the question that you asked and looks at the level of depth that is suggested when one is attempting to make decisions for the healing of one's self, any and all ways of looking at a situation, feeling into it, sensing the nuances of it, and so forth, are helpful. All resources are helpful when approaching a decision that has the capacity to affect one's path not just in this next day or next week, but in the rest of the incarnation to come.

We would perhaps start with that of which the one known as D was speaking, in terms of his own process, of his discovery that in the very pain of the dramatically and unconsciously lived life, where events seem to overtake one and toss one about with tremendous force and seeming carelessness, there is an aspect to this suffering that is attractive and that actually can begin to create the impression that it is this pain that is actually a sign of life and that, when the pain or the critical or difficult nature of the situation eases, the meaning of life has somehow been taken away from one and that, somehow, that meaning must be sought again, even though that meaning is a meaning that is felt in suffering and pain. This entity was discussing a way of looking at one's relationship with others that is called "co-dependant."

We would suggest that, if one may take a step back from a specific co-dependency or addiction that is specifically geared to one person, one may perhaps see that in each incarnational pattern there is that tendency to divide the self into the good self and the bad self, the light self and the dark self, the peaceful self and the disturbed self, and so forth, creating out of a universal and infinitely graded being with no seam or rip in the make-up of that being a being that has separations and isolations of parts of the self from other parts of the self, so that there seems to be more going on, shall we say, than in truth there really is. It is so endemic to your peoples that we would suggest that instead of the term "co-dependency" one may perhaps think more generally in terms of addictions. For the addiction to pain is no more of a puzzle than the addiction to any substance that one begins to see as not being helpful for the self. Why would entities with good sense and good balance choose to inculcate within the self a continuance of pain in order to feel more alive? It is simply because it it is the observed method upon your planet, in the culture in which you enjoy living, for entities to embrace those things which are destructive such as overwork, a dependence upon substances, and other imbalances, because they seem to be appropriate and even necessary for the functioning of the organism and the being, in the job, in the family, and in the environment. The habit of looking outward for meaning, of depending upon ideas, people or things for a feeling of rightness and a sense of meaning is that which has been accepted among your peoples as the appropriate way of behaving and thinking.

It is astounding to most entities who are living at this unconscious level to conceive that they may perhaps not be in a carefully engineered situation, in a certain, shall we say, "house," or environment of job and family and personal details for the reason that they may feel is so. They may not be in the job, for instance, because that is the correct job, they may be in that job because it seemed appropriate and it has seemed to be adequate to the life. The thought that one could simply walk out of this "house" of arrangements and relationships and "the way things are" would indeed seem not only astounding but somehow deeply wrong. Yet it is true that entities build their houses to include the pain that seems necessary in order for them to feel alive, normal and functioning.

So when one attempts to begin healing the self, it may perhaps be seen that a substantial amount of deconstruction becomes necessary. There is a stage that one goes through that is analogous to that which the one known as B, G, and D have been doing within the structure of the dwelling place in which this meeting is now taking place, the house that this instrument calls the Magic Kingdom. Indeed, it has been remarked often within the last few weeks, as disaster after disaster has been narrowly averted and repaired, that the angels that have stationed themselves as part of the loving system of guidance that surrounds this group have been working overtime! And each time that the one known as B has identified an electrical fault or found a gas leak or the one known as D has seen a fire start and put it out, that the house itself is expressing the desire to heal. The people within the house have banded together in an increasingly tight-knit group with the desire to create new life, new energy, a higher and a truer sense of self for each and for the group as a whole. And in this increasingly intense environment of idea, ideal and focus, the house itself

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is experiencing a deconstruction as old wires are pulled out and new wires must be put in, new wires that can hold more of a charge; that can sustain more of an effort. And indeed when one is attempting to heal, it is as though one were going back into the wiring of the self and needing to deconstruct some of that wiring, pulling out the inadequate wiring, checking the system for leaks, checking the system for truth, shall we say, checking the new "wire" that one is putting in to carry energy, to see if it indeed has more strength, if it indeed can carry more energy safely and at a stable manner and level.

One is doing the internal rewiring of various patterns of thinking, attempting to pull out of the self those tangles of old wiring that are no longer attached to anything that is helpful but that still may be carrying power, but oh so poorly and so inadequately. So this process must begin with a careful, conscious period of releasing that which is outmoded within one's thinking, within one's feelings, within one's being. And for each entity this will require different resources and different approaches, for no two people approach the mirror of the self in the same way. Each entity approaches the mirror and looks into the eyes of the self with a different bias. Each has a slightly different slant. Even each within oneself, from time to time, will be able to access different levels of self and be able to see into different levels of patterning and what the patterns of the past have to offer in terms of health, wellness and healing. Perhaps there are some old patterns that are extremely helpful. Not all things that are old are poor. Some of the oldest patterns within you may be some of your best work.

So it is not that one pulls everything out in order to toss it and to start over completely but rather that one looks into that mirror, into the eyes and not at the image; for one can get lost in mental images as well as one can in the image of the mirror. Your face does not tell the story of your soul, but the face of your personality also does not tell the story of your true essence, especially when one seeks to move into a better balance with the self, into a self-healing mode. One must not simply go with preconceived notions about the self. Rather, it is good to do that of which the one known as G has been speaking, the going on a quest for personal vision, a quest to see into that essence of self that is the gift which you have brought in the package that is your personality, your body, and what the ones known as B and V were calling your identity.

You have a location for your incarnation in space and time. The fact that in order to have a location you also have to buy into the illusion of life and death is simply a fact of the matter, a condition in which all incarnation is held. There is an illusion implicit in drawing breath and that illusion is that you are a location, an identity, a personality, a face. These concepts of self, in terms of your spiritual center, are and remain illusory right through the incarnation. Even in the midst of the illusion of incarnation you may know yourself as an illusory personality. Were this to be the beginning and end of the soul, there would be no point in working towards the evolution of that soul. However, you are, even within incarnation, a real essence, part of what this instrument calls the Godhead principle, part of the Creator. That you have a package makes you seem very singular and indeed you are unique; yet at the same time, you are a holograph of the Creator.

So in many ways the journey towards meaning is a journey down through layers of decreasing selfhood as more of the shell, the illusion, the body, the face, the personality, is seen for what it is and allowed to loosen its hold upon self-identity. What is your identity? Much of the decision-making process has to do with the stance from which you view the creation and that begins with your self-concept. If you conceive of yourself in thus and thus a way, then you begin to build that "house," that narrowness, that stricture that we were speaking of earlier. You begin to construct your location and seemingly to block yourself from making certain choices because they would not be appropriate to someone in this particular kind of house, this particular kind of personality.

Once you feel that you have gone through a time of coming to your own essence, once you feel that you have begun to be able to identify what it is to be you, that you that you will know as well ten thousand years from now in another incarnation as you do this day, then you can begin to ask the questions that the one known as B was asking, but only then. You cannot simply begin by saying, "This is who I am and therefore these are my duties and these are my responsibilities." First and foremost you must come into a relationship with yourself that is loving, unified and compassionate. In the words of

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this particular instrument, you must "redeem" yourself. For as long as you feel that there are parts of your personality that are the shadow side, that have not yet been claimed, they will continue to indicate their lack of being integrated by expressing themselves as negatives within your life experience and they will draw to you catalyst that is designed to uncover and delineate the particulars of these biases.

However, there does come a time when that first cluster of work is done and you sit, shall we say, in terms of the Native American way, on your blanket, in meditation, with the creation and the twelve directions spread out, the creation emanating from the center of the self and the wheel of unity spinning endlessly and fruitfully around that center in a way that feels powerful and full of life. In that centered position, then, you may ask yourself, truly, "Where is the love? Where is my heart? What are my duties? What do I wish to honor in my life?" And all of these questions are worth time and contemplation and a process of asking, and resting, and asking again. For such questions will remain with you as part of the spiral of learning and service that is the evolution of mind, body and spirit within incarnation.

How can you know that you are on the right track? We cannot give you a thumbnail rule for being in self-healing mode. We can speak of certain characteristics of being "on the beam." We've spoken often to this group about fear. When there is a feeling of attachment, urgency, desperation or necessity, these energies are suspect. It is to the peaceful, resting spirit that a balanced pattern is more likely to come and it is to the questing soul who rests with such a vision and allows it to mature that the inevitable difficulties of such a process will seem less demanding, less difficult. This instrument was speaking earlier of a level of peace that she has experienced recently and she was finding difficulty in describing it, yet it has to do with relaxing attachments to all outcomes in the growing understanding or grasp of the fact that there is no true attachment, there is no true necessity. What there is, is a spectrum of infinite possibility, which acts either without focus or with focus. Without focus, it is not as powerful in terms of interacting with other sources of energy. It moves and makes connections and will ally itself with like-minded energies. Yet it is to an entity who has done the work to have brought focus to that feeling of sitting in the center of the blanket with the energies of self very openly and tidily arranged about one like the pattern upon that blanket, that the connections will be stronger, the click of recognition between people will be more powerful, the ability to communicate ideas will be more pointed and more obvious. And when more than one entity in a group has begun to get that inner centering and that feeling of focus, the possibilities for deeper and deeper collaborations that are part of the hoped-for service and learning of the incarnational plan become more and more prominent and likely to prosper.

The one known as Dewey[92], in speaking of how his learning as a physicist affected his own thoughts about spiritual matters, chose to describe the way he saw the "new man" as an ethical biological unit. The "old man," he said, "was simply a biological unit." It worked from instinct, it made its choices, and it protected that which was its own and saw to the survival of itself and its family unit. However, when one moves into the new definition of self that is the conscious self, that self that is aware of itself as a soul, the word that is added is "ethical." An ethical biological unit is one who does look to the honors, to the duties, and to the love that is theirs to judge and deem appropriate and choose.

How true it is that one must, at some point, make a positive choice or the choice will simply make you and that choice may be a choice in which all of the old unconscious patternings of what the one known as Eckhart Tolle called the "pain body" may be thriving in glorious health. So it is well to take hold of the decision-making process, especially in such deep matters as right livelihood and self-healing, and to move through the most conscious effort possible of gazing within the self, moving the self to the best-judged center of self that can be found, and from that point, asking the self, "What do I love and where is the love pulling me? What do I honor and how can I [give] honor to those things that I do so honor? What are my just and fair responsibilities and how can I best fulfill those?"

This instrument has thought sometimes about the concept of responsibility, for she has seen many entities who are on spiritual quests who find themselves choosing to walk away from situations

[92] Referring to Dewey Larson, author of the Reciprocal Theory of physics that Don Elkins and the Ra group discussed in the Ra material.

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without taking responsibility for them. Within her own life it has never seemed that this would be possible for her. Yet for many, the effort of becoming conscious is that effort which, in the terms of their own thinking at the time, cannot be made unless a clean and sharp break is made between the past and the present. And therefore, it cannot be said to be incorrect for such dramatic choices to be made. On the other hand, if there is sufficient time and space and patience for a slower and more careful process, it is very much a help to that process to move slowly, to move gently, and to ask the self frequently, "How does this feel? Do I feel centered? Do I feel open? Do I feel in any way hindered or bound by my belief system?"

Think of a root system that may be fouling a structure like a sidewalk or a pipe system. Some roots need to go deep, perhaps some pipes need to be moved. You must determine in the system of your own working spirit and its connections with the body, with the mind, and with the emotions, what is working and what is not working. "Where do I need to focus my redeeming love? Where do I need to embrace a part of myself of which I have been unconscious and which has been leading me around into dark places?" For indeed it is very true that the structures of suffering have to do with the thinking of the individual. It is not that you would not experience pain if you were completely without bias and exposed to fire. You would still burn. However, when the entity can see fire not as something from which to contract but as a brother or a sister, then certainly appropriate action may be taken to avoid immolation by such a force in one's life but at the same time there is nothing to fear, literally, no thing to fear, for you are an entity far beyond the limitations of these illusory husks, the personality, the body, the face, the package. Do not identify overly with the package but seek to begin to know what is inside and let that center of self begin to act as the gyroscope that is whirling inside in rhythm with the heart of the Creator so that, as the Creator seeks to know Itself, so do you seek to know yourself. And from that center all things have their right pattern.

May it be so for each of you in increasing levels of harmony and strength. For each is part of a beautiful dance, that dance of creation in which every flower and tree and bird and being has its part.

We would at this time open the meeting to further questions, if there be any at this time.

G: Q'uo, would you have any recommendations for concerning the preparation for my upcoming vision quest at Avalon and how I might best maximize the experience while there?

We are those of Q'uo, and are aware of your query, my brother. We would say to this instrument, trust the self and be unafraid to open the self to unfamiliar things. It is not an easy thing to move quickly from the surface of life to that level of consciousness where subconscious processes are available to the conscious mind. In something like a vision quest that you have spoken of, the basic effort is to open the doors of perception, as the one known as William James has said it, so that one has more information available. The concept of the quest has to do with the concept of the self as having many floors of being, shall we say, like a tall building that has quite a few different levels, not only above ground but also below the level that may be perceived as the ground floor. It is those deep, subterranean floors of self that one is attempting to access. Now, when one goes down the stairs into the basement, it is a very straight-forward thing. There is a certain angle to the steps and they are at a certain a distance from each other. It is a very regularized, geometric structure, the stair steps having so many degrees of declination, angles of turning, and so forth. It is not unlike that within the layers or floors of the self, below the level of the conscious mind. There is a very definite geometry and there is a way to move down into the deeper levels of the mind.

The one known as B was discussing one of these ways, the idea being to read in the mythology that affects one's blood ancestry. The thinking behind this is correct in that the body and its structure, down to the cell structure, is a gift from the ancestors of that body. Each cell in the body is instinct with the knowledge, the life, and the experience of all of those entities that have shared those cells, those inherited strands of what this instrument would call, DNA. So you are, as a body, as a being within incarnation, a part of the Earth from which these beings sprang, the mountains, the lakes, the air. And as one grows up within a certain environment, the geography, the topography of the land becomes written in the DNA and becomes part of you in a way that is magical, so that connecting with the Earth, connecting with the surroundings

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which are part of your heritage, places you in an optimal situation for stability in moving down into the roots of self. Certainly the roots of the body are not necessarily the roots of the mind or the spirit. But one is in the body and one needs the grounding of that body in order to fuel that quest for vision. Further, one has, in the stories told by the ancestors of your body, material that describes the geometry, shall we say, of a very deep level which this instrument would call the archetypal level, in that subconscious being which is a part of you. You are attempting to ask for vision from this larger part of self to which you do not have access in conscious, daily life. Consequently, the one known as B was suggesting that one steep oneself in the mythology and stories of one's ancestors. And certainly this is one way to approach such a quest.

There are other strengths into which one may lean in order to achieve this deep opening. Such alternatives include music, art and the creation itself. They include as well many other things and we do not feel we may be much more specific than this without infringing as you go about creating what needs to be for you a very self chosen, consciously chosen, experience. Within these parameters, may we answer you any further, my brother?

G: No, thank you very much, Q'uo.

We thank you, my brother.

G: I have one from the one known as J who asks, "How does one go about creating a ritual that allows you to effectively configure your mind for sacred workings and donning the magical personality?"

We are aware of your query, my brother, and we thank you for the question. It certainly is one with which the one known as J has been working for some time. We would say to the one known as J that the preceding discussion may help in somewhat delineating the field of action for becoming a conscious, magical being. The essence of seeing the self as magical and experiencing the self as magical is that great step of believing that the self is magical. If one moves from that assumption, then one must take responsibility for each thought. Not simply each action, but each thought. For the magical personality is often defined, at least by this instrument, as one who is able to effect changes in consciousness by thought alone. This again requires a time of deconstruction to loosen the bonds of shallow attachments and reconstruction in attaching to far more sturdy sources of power, or conduits for power.

We believe that this may be sufficient for now but we would be glad to revisit the question with the one known as J in the future.

Is there another query at this time?

G: A quick one, Q'uo. With enough work can an entity become a crystalline entity in one incarnation and is that goal worthy of pursuit?

We are those of Q'uo, and are aware of your query, my brother. Indeed, each of you is a crystal, it is a matter of mining for it, finding it, polishing it up, and allowing it to shine.

Is there another query at this time?

G: Q'uo, is this instrument hard-pressed to continue these channelings on her own?

We are those of Q'uo, and aware of your query, my brother. In gazing into this instrument's state of mind we find that she is as she has always been: one who sincerely wishes to serve. This instrument is convinced and has been convinced for a number of years that one of her right livelihoods or means of service is indeed this channeling of which you ask. It therefore is that which she does see the honor and the duty of doing. She does not find it at all burdensome. She does not find it, shall we say, fun; it is not something that draws her and consequently she must make a conscious effort to align herself with the gift which has been given her. There are times we find that she regrets the effort that it takes to move into this alignment and at the same time she would not forgo the honor even upon the point of death. Consequently, we would say no, this instrument does not find it difficult to serve. She would find it difficult not to serve.

May we answer you further, my brother?

G: Not on that line, thank you, Q'uo.

We thank you, my brother.

G: Sorry to hog it all but if nobody else is asking, I'll take it again. Q'uo I was just curious if for a wanderer to awaken to their status as being from elsewhere they need to be first of a 51% service-to-others vibratory nature before awakening to the truth of their identity?

We are aware of your query, my brother, and we do not find that to be necessary. Indeed, it is not

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necessarily at all linked that one be aware of polarity and that one be aware of not belonging to this planetary system. The two strains of learning are not necessarily connected.

May we answer you further, my brother?

G: I don't think I meant awareness of the workings of polarity but that they must be vibrating at 51% service to others. Must they be harvestable in order to awaken consciously to who they are?

We are those of Q'uo, and believe we are more aware of your query, my brother. Again, it is not necessary to have any awareness except the discomfort of being in a difficult place that does not feel right to be aware that one does not belong some place. The tendency is for those who wander to move into incarnation within third density with some of the overlays of the previous density which would suggest that many a wanderer has much information flowing through about service to others and so forth. And so there is a tendency for service-to-others entities to be those who are wanderers or shall we say it more properly, for those who are wanderers to be aware of desiring to be of service to others. Indeed, it is almost a part of desiring to be of service to others. Indeed, it is almost a part of the wanderer's syndrome, shall we say. However, there are many who awaken first to their discomfort and have not yet done that work of choosing a polarity.

May we answer you further, my brother?

G: No, thank you very much.

Is there a query from any in the group at this time?

G: So, for my vision quest, would you say that arming myself with a question, the question, my set of questions, would be sufficient? To go there with my questions for the Creator [and let the Creator do the answering]?

We are those of Q'uo, and are aware of your query, my brother. It is not for us to say what is sufficient. We believe that the thought of sufficiency is not helpful at this time. We would suggest that you allow yourself to be undefended, and unclothed with suppositions concerning what is enough and so forth. Beyond that, we find that we cannot speak.

Is there a final query at this time?

T: Q'uo, this is not a query. It's just an expression of thanks for your presence and help … in the last few weeks.

We are those of Q'uo, and aware of your most kind thoughts, my brother, and we thank you for them. We are indeed most pleased that we have been a resource for you at this time and we hope that we may continue so. Indeed, we hope that we may continue to serve each of you as a part of your system of guidance and strength. Please know that, whatever your self-doubt and whatever your process, we are there and so much is there for you. You are surrounded by a great web of love and we cannot tell you how strong and how bright that web is and how far it goes. Indeed, in the end all are connected to all.

We offer each of you blessings and love. We thank you with all of our hearts and we leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation
March 11, 2004

Question from C: Events seem to be preparing me for a new direction in my life and I would like Q'uo to speak to that direction as much as possible.

(Carla channeling)

We are thus known to you as the principle of the Q'uo, and we greet you in the love and light of the one infinite Creator, in Whose service we come to you this day. May we say, my brother, what a true privilege it is to be called to have a conversation with you concerning the question of what new directions to which you may be called. It is a question that is a joy to address, as it is open, straightforward and moving to the heart of things, releasing and embracing that which is, and that which is to be.

We would only ask one thing of you at this time and that would be that, as you listen to these humble words, you are able to release any thoughts of our being authorities over you in any way. We may have opinions and we are most happy to share all that we know and think. Yet is not knowledge and truth a very subjective thing, my brother? Consequently, though we aim to speak directly to your soul, at the same time we realize that some arrows will miss their mark. Therefore, please, as you listen, take care to discard these ideas which do not have resonance for you at this time. With that understood we shall feel free to express ourselves and not be concerned with infringing upon the freedom of your will and your process.

Within the question of new directions lies an assumption that that which is old may need to be discarded. For as the one known as C wrote in a letter to this instrument, it seems that there is a pattern of taking on new directions without appropriately evaluating that repositioning of oneself within the nexus of those activities that had at one time seemed like new directions and so had been followed with passion and joy. Yet in one life there is only so much energy and the wise entity looks not back but forward, for it is in the present and in that which the present seeds for the future of the self. Thus, the concern is justly brought to bear for the seeker of evolution for the self. Consequently, we would ask the one known as C what true evaluation can this entity give of his passion for each and every item that is upon the game board, shall we speak, as a piece that is moved and that takes up the time and the energy which the player of the game is willing to expend and has the time to expend? What is the harmony of that particular piece of the game of right livelihood? Or to move the field further, the game of right moving-hood, relative to the other pieces that are upon the board?

This instrument recently was encouraged to do this kind of evaluation of those things that were upon her mind and upon her heart and she found that they were, when gazed at steadily and with an analytical mind, quite prey to being sorted in one of several ways. In the end the criterion which this instrument chose was primarily that of passion. The

question became one of those things for which she felt passion. How did she prioritize them in terms of their importance? It was this exercise that relieved this instrument of continuing feelings of being overwhelmed and swept by those things which she had on her agenda and we might fruitfully suggest that this tactic may be a preliminary to more deep and searching ways of evaluating the contents of a rich and fully lived life at this particular time. Some items, as noted by the one known as C, do need to fall off the back of the wagon but why and in what order? This sort of conscious, intellectually based analysis cannot go deep, cannot dive into the essence of the underlying questions that are presupposed in such a query. Yet it can, perhaps, in some helpful way, order and organize a picture of the situation within the mind so that there is a grasp of the whole that can be had at an intellectual level.

In moving deeper into the query of new directions and what we can say about them, you may perhaps have anticipated that we would be unable to be specific concerning new directions for it is not our work to do your work. Nor would we take that tremendous privilege and responsibility from you. There is an honor to being faced with this question in one's life and it presupposes a "life of significant soil" as the poet has said[93], that life that has dug into itself to produce things of value that are valued and have the history of being valued by others. Consequently, when one wishes to embrace new directions there are those deeper questions that are concerned in such a gaze. One wishes to gaze at the process of thinking which is the habitual nature of the one known as C, gazing at the self through time, looking at those patterns of thought that repeat themselves and beginning to sit with them and identify the themes of those thoughts. Many times there are patterns that have been used, and perhaps used fully, that, because of affection, are retained within the active mind and in some cases these need to be reevaluated in terms of the living and energetic center of the self which seems to be moving on and trying to move, shall we say, into new directions and in new ways of thinking and being.

You do not consider these things as quantities only. For each line of inquiry, each avenue of spending time fruitfully, is an entire world full of qualities and not simply a unit of fact. When things are valued they are far more than fact. When avenues of progress are valued they are far more than streets. There is an aura, a presence, a world that is implied with each turning and each new project. What roads are needed by the one known as C at this time for his learning and service? This is the proper question and we believe it is precisely that which you ask. But realize that you ask about a far more subtle and complex thing than simply that which can be said in a disposition that expresses quantity or essence.

We would move back to the word about which we had some discussion before and that word is "passion." It is always well to identify the center of one's passion and in order to do that it is often necessary to release all suppositions concerning the self and to begin from a place of simple inquiry into the self.

This past weekend this instrument was channeling for its group meditation at the regular Sunday afternoon time and a very similar question was asked of us by several within the group who were pondering new directions as well as the one known as C. And to them as well as to you we discuss the experience this instrument is having, of having the wiring within the house in which she lives redone because the previous wiring was not strong enough to carry enough power to do those things which this instrument wished to do within the house. When new directions are intended, quite often before they can be followed there must occur a period of deconstruction within the house of the personality, shall we say, or the ego, the aspects of self that are the shell of the self and that need sometimes gently to be evaluated and perhaps repositioned in a more helpful configuration for telling the truth about the

[93] T. S. Eliot, the ending of *Four Quartets; The Dry Salvages*:

Here the impossible union
Of spheres of existence is actual,
Here the past and future
Are conquered, and reconciled,
Where action were otherwise movement
Of that which is only moved
And has in it no source of movement–
Driven by demonic, chthonic
Powers. And right action is freedom
From past and future also.
For most of us, this is the aim
Never here to be realized;
Who are only undefeated
Because we have gone on trying;
We, content to the last
If our temporal reversion nourish
(Not too far from the yew tree)
The life of significant soil.

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substance of being that dwells within the house of personality and name and identity. And so we would suggest to you that you take a gently ruminating and thoughtful look at the energy entity that is yourself, the nuclear level of personality, the level of the surface of the life experience. It is well to ask the self, "Who am I and what is it that feels the most deeply a part of myself? And what is it, on the other hand, that begins to feel like a part of a role which I am playing, a mask which I am wearing, a reputation which becomes, though true, most tiresome?" Often the expectations of others, as pleasing and flattering as they may be, are also those things which unconsciously limit the essential energies of the self from moving outside what this instrument would call the box of consensus reality and its conventions of thinking.

It is often helpful in searching for results not to forget the search for essence. Results are something that occur almost as an offshoot of that entity whose process is on the beam in terms of following the resonance of the needs of that essential being and energy that you are. Involved in the hoopla and the tap dancing of speech and expression and ratiocinations of all kinds, beneath the shell of words and the easy glibness of surface eloquence and meaning no matter how attractive, there lies a hungry and thirsty soul and spirit whose essence is aching to explore not further, but deeper, not more broadly, but in a more focused manner. And as the searchlight of one's everyday consciousness becomes charmed and intrigued into attaching itself to the focus of a deep inner search, that spotlight may sharpen and delineate much that upon the surface of things is impossible or certainly improbable to see.

In some cases it is a matter of almost seducing oneself away from the joys of thinking and into a position of utter surrender to that darkness that accepts the mystery of the self and the infinite possibilities of what that self may do if allowed to bloom as the Creator has prepared for you to bloom. Not that there is one destiny for you or one choice that is right. Quite the opposite. There is certainly one destiny in terms of a general incarnational design but it is rather that chances for that design to be fulfilled are bursting at every corner so that there is never an end to the possibility to, as this instrument would say from the old Shaker hymn, "come round right."[94]

There is more than one configuration that is appropriate at this time. However, one needs to be chosen and we encourage the one known as C to go deeply into that country that is unknown within himself. It can be done by something as simple as an exercise this instrument has done from time to time in just such a situation. The simple exercise is that of standing in front of the mirror and gazing, not at the self, but into the eyes or more particularly into the left eye, choosing one eye and gazing within it. This is a technique that aids in the focusing which moves the entity from [the attitude of] looking at an image or a form into the attitude of looking into an essence. For that which lies within the sparkle of the eye is the one infinite Creator, of which that sparkle is a little holographic unit.

We pause while this instrument awaits the removal of two feuding cats from the immediate vicinity of the instrument and the one known as V.

(Pause)

We are again with the instrument. Gazing into a mirror is gazing into the eyes of the Creator. Implicit in that flash of light that you are able to see into, in the eye in that mirror, is the gaze of The Lovers[95] which has been given flesh and is fascinated to find what it may find. This is your quest. To be and to learn and then, with the harvest that you have learned, to offer the gift of your observations to the one infinite Creator. For in learning about yourself you give the Creator the opportunity to learn about Itself in ever richer detail of understanding.

When you are in this state you have only to rest in the connection in order for that which is in your heart to be asked of that web of guidance that lies within that sparkle that you see in the mirror. It is a very physical way of identifying for you that consciousness that indwells you, dwells within your

[94] A Shaker song of the 18th century:

'Tis the gift to be simple, 'tis the gift to be free,
'Tis the gift to come down where we ought to be,
And when we find ourselves in the place just right,
Twill be in the valley of love and delight.
When true simplicity is gained
To bow and to bend we shan't be ashamed,
To turn, turn will be our delight
Till by turning, turning, we come round right.

[95] The nineteenth tarot image.

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body, yet is closer to you than any cell in your body. For it is that essence that is you and out of it can be spun a thousand or a million bodies that may experience incarnation. That light in your eye, as you gaze into it, is all that there is. And so you have direct access to grasp that which is not able to be grasped by the intellect, that all is truly one and that all information that you need will come to you as you need it. Rest in that looking and in that receiving until you begin to get a sense of yourself as consciousness, not the [you of the] physical eye but the great, the universal eye that is a citizen of eternity and that has come to this particular place at this particular time hoping to do certain things.

It struck the one who is the instrument when she was reading the very helpful note which the one known as C had so kindly sent her, that in the query about the writing of songs the evaluation of that song writing took only one criterion and that was the possibility for popular success of the writing of these songs and these screen plays. Why, the one known as C wondered, would an urge to write these things be there if it were so inappropriate in terms of creating that green energy which the instrument calls money. And yet we would say to the one known as C, while it is the form of things that you wish to write songs or screen plays, what is the essence of that which you wish to communicate? Having achieved an age of seventy, it's a good time to move not into the mundane but into the metaphysical, not into the practical but into the philosophical, not into the outer world but into the essence of the inner world that contains the roots of consciousness. It cannot be said that there's any harm in outer achievement. Often such outer gifts to the world are most needed and most appreciated and most helpful in lightening the consciousness of the planet. Yet many times the essence of one's incarnational service to the planet, to its people, that for which one took breath in a very deep sense, has to do not with outer gifts but with inner gifts and their development. Many times in the attempts to be productive the self is not allowed fully to come into its bloom. That which blooms, that which is unseen, also lightens the planet.

And so we encourage the one known as C to open into a wider point of view so that there are more points to evaluate and a deeper puzzle to solve. We do not wish to solve this for you, my brother, but we do wish for you to see the justness of the question and the depth of its ramifications. We wish you great joy in moving into this time of choice with full awareness of your freedom to do that which truly creates for you the right environment in which to bloom.

May we answer any further queries at this time, my brother?

Questioner: Yes, can you tell me, if you can, when the human population of the earth will be reduced?

We are those of Q'uo, and are aware of your query, my brother. We may say, ironically enough, that the human population of this planet is already in the process of being reduced. For as those entities which are born come into incarnation, the structure of their cells are somewhat altered in such a way as to better enable them to enjoy fourth-density vibrations, which are becoming increasingly transparent to the third density of vibration upon your planet at this time.

We are not able to offer information concerning the possible sudden removal of entities from the planet which you know as Earth or Gaia. There are no more than possibilities or, as the one known as Ra called them, possibility/probability [vortices]. There is a wide range of possible futures for your peoples. May we say that much has changed simply because of the events since the turn of this last millennium in that while the outer situation has seemed to become darker and darker, the situation as regards the lightness of its peoples has improved in that the sheer darkness of the situation and the relative simplicity of identifying the darkness and the light have helped to quicken the pace of awakening those who were, shall we say, sitting on the fence, half asleep and half awake.

The sheer outrageousness of some of the patterns has been as the snooze alarm on the alarm clock saying, "Just wake up a minute and check out this one thing. Then you may go back to sleep." However, one snooze alarm after another has to bring one into a more wakeful state in which underlying patterns of planetary madness begin to become more obvious. Consequently, it is completely unknown to us at what rate entities will continue to awaken and at what rate the ensuing lightness of the planetary atmosphere will begin to cause what this instrument would call the "Hundredth Monkey Effect[96]."

[96] From *The Hundredth Monkey* by Ken Keyes Jr:

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thereby causing rapid positive changes within planetary policies of all kinds. This could occur as well as those events which would set off rapid reductions in the population of humans upon the planet Earth.

May we answer you further upon this, my brother?

Questioner: Please tell me what you can about Western civilization and where it is heading.

We are those of Q'uo, and are aware of your query, my brother. We can say somewhat elliptically that your Western civilization has been heading nowhere for its entire sojourn upon your planet. Before your planet experienced its first orbit about this particular, shall we say, rut into which your third-density entities have fallen, the planet known to you as Mars had completed the pattern of choosing aggression over peace and territorial separation over unity as a society. And when those of what this instrument would call Babylon, Rome, the Holy Roman Empire, Germany, and finally, America, started and moved through the pattern of dominance and warfare and societal destruction, their orbits changed not, only the costumes worn by those who move through this particular pattern.

We are of the hope, as are many within your peoples, that at this particular time those within your societies, not only of America but of the entire globe, are able to move away from the old way of increasing polarity, war and destruction. It is not that this pattern is a complete disaster, for it has been most instructive in terms of the Creator discovering those things which do and which do not work to the betterment of the evolution of mind, body and spirit. It becomes obvious that there are aspects to the complete lack of guidance concerning polarity that encourage that which is known by this instrument as the dark side to have a seductive value that it would otherwise not have. Be that as it may, it has been so that your planet has included a nugatory[97], useless pattern so many times that its entire society has been quarantined and put to one side of, shall we say, the usual timeline. It is as if time itself had been suspended for these entities while they are moving through this pattern again and again. So it is a matter, more or less, of taking back the mind from those who would keep it distracted, polarized and asleep.

May we answer you further, my brother?

Questioner: You have been very enlightening and I thank you very much. Is there anything further that you would like to say to me?

We are those of Q'uo, and are aware of your query, my brother. We find we have only to say to you, "Be of good heart." There are many about you in the unseen world and some of those in the seen world who are angels and who wish only to help you. There are many ways of giving messages and leaving one's opinion to mix into the thinking process and those who are in that web of love about you are actively attempting to find ways to send a symbol, a hint, an inkling or even something very obvious to let you know that they are supporting, encouraging and attempting in all ways to help bring you into alignment with those things which are most deeply within your heart and within your incarnational plan. We would say to you, simply, "Take heart." Rest in quietness and confidence in that peace that the world knows not of. And from that consciousness know that all is well and all will be well. That which you need shall come to you and you shall, no matter what it looks like from the outside, be making those choices which help …"

(Tape ends.) ♣

Although the exact number may vary, this Hundredth Monkey Phenomenon means that when only a limited number of individuals knows a "new way," it remains the conscious property of those individuals. However, when one more individual manifests this new awareness, the field is strengthened, a critical mass is reached, and the awareness becomes the conscious property of all. This new awareness is communicated mind to mind.

[97] nugatory: of little or no importance; trifling, or having no force; invalid.

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Sunday Meditation
March 21, 2004

Group question: Q'uo, today we've been discussing the interaction and relationship between the universe and the seeker. We would like you to discuss how it is that the universe answers the seeker's questions of identity, service and transformation and how it is that the seeker can best listen for, respond and know those answers that the universe offers. Additionally, what do these lessons teach of patience and how may we invoke and implement that quality in our lives?

(Carla channeling)

We are known to you as those of the principle of Q'uo and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you today. We thank each of you for taking the time and the energy to dedicate this working to the seeking of truth. It is a great privilege to enter meditation with you and to be a part of that still, small voice that speaks in the quiet of such times. We are most happy to speak with you this day concerning the nature of the relationship between the seeker and the creation, the questioner and the answerer, and thank you for that opportunity to speak. As always, we would ask that each of you govern those things which you would take in of what we would have to say with exquisite discrimination, for each of you has a very good power of discrimination and can feel the resonance of those thoughts that are helpful at a particular time. We would ask that, unless you feel that resonance, you allow the thoughts simply to pass by and be dropped without further thought. In this way we feel that we can share our hearts with you without being concerned that we will infringe upon your free will, for we truly do not wish to constitute a stumbling block for anyone.

Your query this day is one which drives to the heart of the nature of being. Perhaps it was not intended that this question probe so deeply, yet the question was that of the relationship betwixt the seeker and the system of information which constitutes the creative principle, the godhead principle, or the one infinite Creator. So we would first back up to gaze at that one infinite Creator, for that concept, in and of itself, is a key to that question that was asked. Each who is taking breath in and letting breath out within this circle of seeking and each who may read these words as a part of their life experience of a particular moment: at the moment you hear or read these words, each is a part of the one infinite Creator. The realest part of each spirit or soul in manifestation or third-density incarnation, alike and equally, is a part of the Godhead, a part that has never been separated from the Godhead, a spark that shall never know separation from the original Thought that created the "house" that you experience as the universe and all of the furnishings or dimensions or densities of it.

Becoming able to realize one's part in the creative principle is, within waking consciousness, virtually impossible, the limitations of body, flesh, and physical senses narrowing the doors of perception

and, in many cases, closing them entirely. All of the massive indoctrination that you as very young entities within incarnation are carefully taken through by parents and teachers guarantee that if there are any who may come to awareness free of bias and full of the knowledge of the self as Creator, then that is a very tiny group. For the rest of those upon your sphere at this time, we believe it is safe to say that each has lost that direct sense of insight and union with the one infinite Creator. Yet there is a unity there. Perhaps each is not leaning into that unity, yet it subsists. It cannot be shed, it is not a skin that can be molted, and it is nothing that shall ever be renewed. The human experience, shall we say, the third-density incarnational experience, is all about death and renewal, endings and beginnings. Yet throughout the process of incarnational living, the most fundamental part of your essential being is not that which will change, grow or alter. Rather, it is that which is. How in the holy work that this instrument knows as the Bible did the Creator express itself? "I AM."

So part of each of you is an I AM. Can you feel the difference between "I" and "I AM"? Can you feel the shift from personhood to essence? It is an important shift of which to remain aware, not simply for the purpose of this discussion but in terms of the basic skills of living life awake and conscious of who you are and why you are here. What this instrument would say about the relationship between the I and the I AM is that she hopes, in each day, to allow the I that is I AM, to become her, so that the I of her is what she would call the Christ or Christ Consciousness or unconditional love. It is not a taking of the self, tossing the self away, and then replacing it with the Creator, the Christ, or the Christ principle. Rather, it is allowing oneself to remember that the I AM is the deepest essential self that is a true part of the whole being that is the one known as Carla.

Now, we feel that each within the circle has hopes along similar lines, that is, each has hopes of expanding personal consciousness into a truer, more whole and deeper consciousness; expressing a more essential and more vital self. If infinite consciousness is living your life, then there is no questioner and no answerer but rather a state of being which is unitary; in which there is no necessity for questioning, for waiting, for looking, for all is perfect. This is a valuable tool and resource. No matter what the circumstances, this level of consciousness is always a powerful resource in centering the self and allowing the self to lift away from peripheral details of a particular given situation that has the energy of a bubble of topical interest at the time. One cannot, for the most part, stay within unitary consciousness, within the I AM, a hundred percent of the time within consensus reality. Consensus reality was specifically designed to pull one away from calm, smugness and the acceptance of things as they are. Consensus reality is carefully designed to pull one's energies out of their comfort zone not once, but again, and again, in cycles, from birth until the death of the physical body. Consequently, we do not suggest that each attempt at all times to remain completely submerged in the I AM of Creatorship. Yet when there is that forest of confusion out of which one cannot find a way, when there seems to be a failure of the rational way of gazing at a situation, we encourage each to take a moment to rest the self from all of the labors of the mind and emotions, to sit or rest while walking, and simply allow that consciousness of I AM to permeate and take over the mind and the focus of the mind, for in that utter lack of personality or condition lies the deepest treasure of the incarnate spirit, the connection with all that there is.

Now let us move into gazing at a less unitary and more dualistic view of spiritual process, that view which posits that the seeker is the questioner and the universe, the creation, or guidance, is that which is responding the question. This is much closer to the level of consensus reality. This offers no challenge to the personality that is locked into the roles that he or she is playing and that have perhaps have been thrust upon him or her. Many times, the way the creation chooses to respond to the questions which seekers ask depends upon the most flimsy, fragile nuances in the way questions are put. Many times as this instrument has given personal channelings, private readings, for individuals she has asked for the entity asking the question to go back and study again the question that has been asked to be sure that it catches the absolute center of that concern with which the entity has come to request the reading. And this entity is correct to do so, for that which the universe naturally can flower into in response to a question is completely dependant upon the shape of the intent, the mood, the very tiniest wording of the question asked. And when that shape is heard by the creation it brings about an absolutely automatic,

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natural process of response. It is not a response that can be detailed in a linear fashion—first this happens, then that, and then the other—for it is a response upon as many levels of intent as the energy of the question discloses. What entity can truly know all of the levels at which he is asking a question? How can an entity truly penetrate so deeply into the unknown country of his own archetypical mind that he is even aware of the full nature of that which he seeks?

Earlier there was a discussion of a movie recently seen concerning the life of the one known as Jesus the Christ and in that movie the character of Pontius Pilate asks the question, "What is truth?" And this is basically what we are saying to you, "What is your question?" It is difficult to know the truth of a situation or a question. It is almost impossible to know what you are asking to the full limit of that question. Hidden within the folds of the silence between the words lie worlds of requested information that is pointed very precisely by the attitude, the hopes, and the feelings that go into that moment of asking.

So one thing that we would say about the relationship between questioner and response is that the questioner has the deepest of personal individual power and responsibility for the quest, the question, the intent of the question, and everything that surrounds the moment of coming to crux, coming to crisis, and accepting that there is a cusp which must be met. Then when that is realized, it is well to take that realization and employ that patience of which you asked first, in the forming of your question. How deeply can you probe into your secret heart? How carefully can you sense those feelings that perhaps have not seen the light of day? What work might there be for you to do in reaching out to those dark places within yourself where questions have not been fully asked because the essence beneath those questions has not yet been fully redeemed within the self, to the self? What powers of forgiveness can your heart bring to the process of coming into the present moment and releasing the past? How high can you hold up your hope, your intent, and your aim? And to what sharpness of focus can you bring that part of yourself that carries pride, so that you are able to give it as a gift, as you kneel in humility with empty hands at last before the truth itself.

Once the seeker has asked the question there is that time of release and then, skill and art lie in that which the one known as G referred to as the light touch. Once you have awakened the universe to your need, you may be sure that the universe will find many ways to communicate with you concerning your query. Again, because it is the universe of the Creator, rather than the universe of humankind, it is often that this information does not come in words at all, but rather in coincidences, signs, hints, chance thoughts heard in unusual circumstances, and many subjectively interesting occurrences such as the dreams of yourself and others about you, the chance comments of others about you upon topics that do not seem to have a relationship to your question but yet which angle in tangentially and have their own eerie but very true meaning in terms of your situation. Many are the times that we have discussed within this group all of the amazing ways in which the world of nature as well as the world of humankind finds ways to express its connectedness with you, its care for you, and its affiliation with you.

When there is a question which seems to be intensely important, it is especially difficult to retain a sense of proportion, a sense of peace, a sense of patience, shall we say. There is the feeling of a need for immediate change. And while we have complete sympathy for that wish to see results, at the same time we would encourage each to consider the possibility that the question that has been asked is expressing on many different levels, only one of which shows above the ground of the conscious mind, the limen or threshold of the waking consciousness. Most of the information that comes into the deeper self to inform and prepare that self for the changes in energy that are taking place come into the web of the self below the level of conscious awareness and only bubble up into conscious awareness in that very subtle way of yeast bubbling up into bread in order to make the situation rise, shall we say. One becomes aware that there is space where there had not been space, there is information, or an opinion, or a feeling where previously there had not been a feeling. Look for and lean into those perceptions that seem simply to be bubbling up from within because that is the end result of a fairly lengthy process of information-gathering by the self from the creation. It has bubbled in through notice of coincidences of conversations, the messengers of animals and flowers, the speaking of trees and the blowing of the wind. All of these things move into the web of self

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and touch various inner bodies of the energy-body system that is instinct within the outer physical shell that each of you enjoys.

It is a tremendous gift simply to have faith that this process is taking place. One may see that such a process shall, through the limitations of the physical body, take time. It takes time to wake and sleep and wake and sleep and wake again, allowing this process of recovery of information through dreams and through subtle processes that occur inwardly to have time to complete themselves. So it is not simply patience within a vacuum that we encourage you to adopt but rather patience that is a knowing patience, a patience that contains the awareness that things are occurring of which the conscious mind cannot know. The ability to take on faith that this [is the] way the spirit works within entities is a tremendous asset. Use it if you have it and attempt to cultivate it if you do not. How can you cultivate the faith in these subtle processes but by taking the leap of faith, taking the effort and the time to have patience with the process of seeking the answer to the question, and then evaluating, after the fact, what sources of information in fact came through to you and what kind of efficacy those processes have had in bringing into manifestation the blooming and development of that which was a budding situation of which there was great question as to the appropriate way of blooming or maturing.

When seeking the truth, there is much to be said for leaning into the interiority of the process. Much energy can be wasted in the reaching outward, for outer authority and outer knowledge. When there is a question of spiritual evolution involved it is seldom that the outer world will have a *prima facie*[98], direct way of speaking to the heart of the problem, the situation, or the question. The deeper the question, the less effective consulting outer authority shall be.

Yet there is a system of inner authority to which one may go in mind and in heart. And we would not limit this for entities by saying it is this or it is that. To many, a guidance system is a unitary or singular phenomenon. This instrument would call it the Holy Spirit. The one known as David would call it the Guidance System, and so forth. And yet we assure each that the guidance system of each of you is massive and tremendously complex, moving not simply into the inner planes of third density but into the family connections, shall we say, between those in soul groups and their connections in other densities and so forth, so that the guidance system that can be approached by the asking of a question amounts to the complete awareness of your own inner planes and [outer] densities as well as that center of guidance for each of you that is that self of sixth density that is looking back to self in third density and offering that harvest in awareness that it has within that particular illusion.

This massive family that backs up each of you may take some of your time to respond so that it manifests within your own awareness. And so we give to this instrument the image of that figure within the Bible of which the one known as Jesus spoke, of the one who goes into his room to pray in secret[99], to express suffering in secret, to offer in the utmost privacy of self, the heart of self, the suffering of self, and all of the self that can be brought to that room in the asking of what is the situation and what is the truth of the situation. Keeping it quiet, keeping it silent, keeping it completely inner is a very helpful technique for it allows a kind of intensity to build up within that tiny room of prayer. Perhaps each of you is familiar with the way that a materialization medium gathers ectoplasm within its closet so that it may manifest that which this entity would call a ghost or spirit in a séance. Just in such a way can you gather the energy of your prayer, keeping it within that tiny closet, within that point of union between you, the question, and the response system—that point that is the gateway to intelligent infinity—staying just there, just past the lions at the gate, just in the door, not anywhere nearer than moving into the interior, resting and allowing the process to move.

The one known as V was speaking the other day of the connectedness of all things, the labyrinth that turns out to be that which connects everything to everything. It is at that point, just within that tiny room of prayer, that that connection point is. So the more interior that you are able to make your seeking,

[98] *Prima facie* is defined as meaning "at first sight; before closer inspection."

[99] This reference is Matthew 6:18; "Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance in order to be seen fasting by men. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head, and wash your face so that you may not be seen fasting by men, but by your Father who is in secret; and your Father who sees in secret will repay you."

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the more quiet, private and special, the more opportunity you will have to move into that deep rest that lifts you in a hammock just where you wish to be and allows you to rock, waiting in total comfort, resting in the cradle of the love of the infinite Creator. If you can do this for yourself, daily if possible, when working through a situation, you shall be touching into the most efficacious and helpful place within you for truly listening to that still, small voice of the one infinite Creator.

Each is aware of many techniques for determining the rightness of a particular fact or action. The use of the pendulum has been discussed often, the use of readings, whether they be tarot or astrology, and the use of psychic or spiritual counselors. All of these ways of getting more information are very helpful but you may see how diffused and outward they become and how quickly one loses that precious focus, that honed intent, and that quiet, listening ear. One may employ crystals, one may employ pyramids, one may employ such a large number of techniques for finding out more information concerning the outer details of a situation that we could not possibly mention them all. But each is aware of the size of the spiritual supermarket, about which this group has often joked and enjoyed conversation. There are many, many ways to know more about the energies around you. Yet, in terms of how the universe works, the best connection between questioner, question and guidance system is the gateway that lies within each of you.

At this time this instrument requests that we move on to ask if there are further questions that we may answer at this time. Is there a query that we may answer at this time?

B: I have one. When you were speaking initially, you spoke of a duality and you really only talked about one side. Would the other side be where the one infinite Creator becomes the seeker?

We are those of Q'uo. We are aware of your query, my brother. The duality of which we were speaking is that duality that is self perceived by the questioner, when the questioner sees itself as one dynamic of a duality and the answer as the other part of a duality. The unitary attitude, on the other hand, would see the questioner, the question, and the guidance as one system which is not at all separate from itself but which is a unit working to expand the self and, in that way, we would say that indeed when there is a unitary attitude the questioner is the Creator. This is correct, my brother.

Is there a further query?

G: Q'uo, I have one. Ra speaks about the will and says that it is paramount, it is not to be underestimated, and its use in faith can create change and can accelerate the path. Yet, I am feeling doubtful about the ritual that I want to undertake tonight, in which I would use the will to create a change or shift in consciousness. I know, reading through past transcripts, that this philosophical point between willing change [to occur] and waiting for change has been discussed much but I was wondering if you can speak more specifically to this particular situation?

We are those of Q'uo, my brother, and are aware of your query. The state of willing that which one feels is correct for the self is that state in which the entity is sure, in a way that this instrument would call "gnosis," of that which is intended. It is a matter of knowing one's own heart, knowing one's true feelings to the point where one is willing to stand upon the ground and say, "This is who I am. This is how I wish to express my will." In that way of offering the will, there is an inner knowing that lies behind that ability to cast off all fear and doubt and simply apply the will directly, straightforwardly, forthrightly, to the goal at hand. The purity with which one maintains honesty with the self is a great key to the achieving of this kind of gnosis or sure insight concerning the self.

When a situation is upcoming in which the will to serve is known by the person but not which situation needs to be served, [it] brings forth the second kind of use of will, which is to abnegate one's own will in favor of the will of the infinite Creator, the guidance system, and the basic incarnational plan that one has had in place for the entire incarnation and in which one does have faith. In this latter situation, it would be folly to force one outcome over another. In that case the will is involved simply in bringing the whole self to a point of surrender so that as the will of the Creator becomes obvious, it may be followed with a complete and full intensity of effort and focus.

May we answer you further my brother?

G: Yes. I think I was skillful enough to create the ritual so that I was not forcing one outcome or another or requesting any kind of specific unfolding

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of events but I did steer the will, especially at the end of it, to one of surrender to the Creator. So my question then is: if one feels that they are not fully, one hundred percent, in totality, surrendered to the Creator, can one then marshal what will that they are aware of within themselves to create a more full surrender to whatever outcome that the Creator will give, whatever catalyst that will come one's way, to bring the rest of that self lagging behind and up to that surrendered and accepted state to know the Creator's will?

We are those of Q'uo, and are aware of your query, my brother. Yes.

G: You're awesome. Thank you Q'uo.

We thank you, my brother. Is there a further query at this time?

B: Q'uo, you used the word, faith, on numerous occasions. Could you please define what you mean by faith?

We are those of Q'uo, and are aware of your query, my brother. We use the words that this instrument has in her vocabulary. Often there are intangible differences in the way we use that word which you may have noticed, my brother. Faith, in general, is intended to indicate surety. The way that this instrument sees faith is fairly acceptable to us. In her mind faith is connected with knowing that all is well. That is what this instrument tends to mean when she speaks of faith. It is not that she attaches any fact or dogmatic principle or tenet to the word, faith, but rather it is a noun expressing an attitude of inner surety of the reality of the perfection and the rightness of the pattern of creation in which she is involved and of which she is an active and creative part.

When we use that word we are attempting to express a sense of confidence that is not aggressive but rather rests in peace and confidence and sureness, so that the knowingness is not confrontive, argumentative or even filled with fact but is simply an attitude of mind which assumes and stands on the rightness and the goodness of creation, of each entity's place in it, and of the patterns of suffering and expression, and experience that seem to be moving about one at any particular time.

May we answer you further, my brother?

B: No, thank you, that was fine.

We thank you, my brother.

Is there a final query at this time?

T: Q'uo, I'm not sure how much you can say but are you able to comment at all upon the decisions that I've made in relation to employment and the idea that I'm now pursuing?

We are those of Q'uo, and the warmth of our affection for you makes this instrument smile, my brother. We are able to say that we feel that you do indeed stand on faith. We express our complete faith in you and in those decisions that you have made. And we are with you and with each as each moves into those areas which have been beyond the comfort zone and which now have the attraction of that which shall be and that which even now is growing into maturity within you.

May we answer you further, my brother?

T: No, no thank you, Q'uo. I just want to send my thanks and love to you and also to those of Hatonn.

We are those of Q'uo, and may we say, my brother, that your words are most welcome to those of Hatonn that are with us, as always, at this time.

We thank this group in our hearts for allowing us to be a part of your beautiful nature, your sweet meditation, and your community of seeking. It is such a privilege to us and such a blessing to be able to be of some small service within your patterns. We assure you that you are of tremendous service to us. And we thank you.

We leave each of you, as always, in the love and in the light of the one infinite Creator. Adonai. We are those known to you as the principle of Q'uo. ♣

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Sunday Meditation
April 4, 2004

Group question: The question today deals with change. We were talking around the circle about the different kinds of change that each of us is going through. It even seems that the Earth and the solar system and perhaps the galaxy are going through changes as well and it would seem to be the logical thing, considering all things are moving and growing. We are wondering if Q'uo could give us some information today on how we, in our own personal lives, can deal with change. It seems that whenever we want to change or when change faces us, that there is a practical side and an idealistic side to the change: things that we would like to do and things we feel like we have to do. Blending the two or balancing the two seems to be the real trick. So if Q'uo could talk to us some about how to look at the concept of change in both the practical and idealistic senses, we would appreciate that very much.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great blessing to be among you, to experience your vibrations, and to share your meditation. We thank you for calling us to your circle this day to speak concerning the concept of change and we would ask one thing, as always, that will enable us to speak freely: we would ask each of you carefully to guard your own judgment and discrimination and to listen to those things that we say with a careful and jaundiced ear. Be cautious about absorbing new information. We are not authorities; we are those who seek, just as you are. We share our opinion and while you are welcome to it, we wish you to realize what we also realize that we are not without imperfections and it is possible for us to err. Consequently, guard those portals of your learning and accept only those things which resonate deeply within as being truths that are helpful for you at this time. Because truth is of the nature of a growing thing. It has a path of individual development and it is different for each individual. With that understood between us we feel that we can speak freely without infringing upon your free will and we appreciate that from each of you.

We gaze within this instrument's mind to find a starting point for that which we wish to say today and give her the image of the ivy that she was weeding from the planting of lilac trees that grows along the path of the side of this instrument's house. We see the thoughts that this instrument had while following the ivy around and around the lilac and gently disentangling it from the mass of other strands, or wires, of binding plant that spiral endlessly in the attempt to seek the sun and yet, in so doing, attempt to use all about it as a prop in order to have help in ascending to that source of light and food and warmth. Just in such innocent ways does each of you find comfort in the winding effect of some habits that have seemed at first to be helpful and then perhaps not so helpful and perhaps

even narrowing or limiting in their effect upon you as a growing and changing person.

The change that is taking place is as a stream that has an energy of its own. Each nuance of attitude which you bring to the observation of and into relationship with this stream, affects the stream. When there is no resistance to that stream, which this instrument would loosely call "destiny," then it is as if that stream takes one quietly along with a minimum of distress or displacement because of the shift in the movement or flow of that river of destiny. It is as if quiet and self-confidence were the raft or the frail barque that keeps one high and dry in this river of destiny. Only those materials that build the canoe, quietness and confidence, are availing. In every other situation, one is either resisting the flow of destiny, which has little use since it moves directly against the process of change, or one may indeed embrace change with such a hectic ardor that the change cannot take place properly, or easily, shall we say, in the flow of things because the entity has taken up the oar, or the paddle, and begun furiously attempting to help the stream move forward. The first blocking energy is that energy of fear. The overeager energy is also, in a way, that of fear. The resting upon the pleasant seat in the canoe of quietness and confidence, then, is that path of least resistance which, in many cases, is the most difficult path to take. It is completely understandable that in many entity's minds, when one approaches a known process of change, one wishes first of all to create that process and move through it as quickly as possible.

So the first thing that we would suggest is to have a model within the mind of change as being affected very, very much by a process that is already flowing and that has flowed out of the wellspring of your past intentions and the focus you have attained in the past. For in the past you sow for the future and in the present you reap that which you have sown long ago. Allow this process to take place as it needs to in terms of the timing of things. Not in terms of how carefully you think about what is happening or how deeply you contemplate the nuances of the processes taking place. It is an excellent idea to ask the self daily, if it is on the mind daily, what one thinks, how one feels; to sense into the process that you are aware of, however imperfectly it is taking place, in order to keep the lines of communication within the self open. These lines of communication are most helpful and they are very sensitive to intention. Telling the self, asking the self, creating space within the self for learning more about such a process of change will yield results; whether they be from the portals of dream or waking vision or subjectively interesting coincidence.

Given that each day you are experiencing an increase in the transparency of the new energy to the energy of late third density, it is skillful, in working with the process of your accommodating and embracing change and of moving with the flow of your own destiny, to realize that you have increasing abilities to envision, to set intentions, to ask for help of far more subtle energies than were previously possible, and in many ways to link the deeper aspects of the self with the very considerable powers that are beginning to form up from fourth-density Gaia and from that fourth-density web of social memory that is nascent at this time and even now being experienced in brief flashes in groups such as this one. The subtlety of working with fourth-density energies while in a third-density body are not subtleties that will yield easily to the reasoning process of the logical mind. The third-density ability to generate thoughts that express in words, while a useful ability, is a third-density ability. And what you are attempting to do is make use of fourth-density-level information in approaching the process of change. This information does not come in processes that create words. There is a translation process that is necessary and entities such as this instrument have created ways to inform themselves of sub-conscious processes in a conscious manner which produces words. However, this a learned and not an automatic skill and, in general terms, the subconscious processes that feed into each of you are those processes that will not, at any time, approach the reasoning or logical mind.

Consequently, the challenge is how to take in fourth-density concepts when one has not yet become fully telepathic, shall we say, or sensitive to the voices in the trees and the wild animals and indeed in the elements, the "angry agate marble coffee table," and the sky. All things do have their voices and the one known as D is not altogether incorrect in assigning active personality to such things as the aforementioned table. The one known as D was unfortunate enough to come into contact in a painful manner with this particular table. Was the table therefore angry? Was the table therefore

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offering information? Or was the entire episode expressing that which was, shall we say, information which was most easily sent in that particular way in that particular moment.[100] All things that impend upon you can have a subjectively interesting meaning and can be looked at with profit for that which they bring, in terms of situations, emotions that have been brought up by such catalyst, and so forth.

The process of change is not simply a process of altering behavior or circumstance. Rather, it is a fairly complex series of small adjustments which allow an entity to balance with the flow of events and emotions. As the direction in which each is headed develops, the journey may bring sudden turns, sudden hills, "ups and downs," and surprises. The energy involved in finding grace and ease in attitude is that which helps to create an experience that is easy emotionally, physically, and so forth. The challenge again is in allowing without becoming passive. For it is not desired that an entity simply give oneself over to some blank Creatorship and say, "I have no more responsibility. It is all in the Creator's hands." There is wisdom in remaining personally interested and motivated towards discovering precisely what it is one desires. Serving the Creator and being a part of the spiritual principle does not mean denying the self but rather unveiling the self to the self and discovering the very heart of what you wish to do. And then, allowing the self to grow in awareness of the very best way to bring such a dream into manifestation. So we do not encourage you to abnegate any personal feelings in favor of the desire to serve the Creator. There is a co-creatorship that is important to the Creator as well as to you. It is important to the Creator that that which you desire is that for which you are aiming. Hone your desire once you find it. Until you are sure of it, pursue the knowledge of yourself. Pursue that question of the self as to what it truly does desire, what its motives truly are. Ask once but then ask a second time and a third time.

For the process of change is not that which occurs and then is over. It is that which will cycle through the experience until you are removed from this particular outer experience by the processes of death. The body itself is irresistible in its relentless change. And as the one known as D has been discussing recently, the very system of planets and stars which are your physical home is in [the midst of] a relentless and inevitable series of changes.

The current atmosphere is one in which your best allies are your guidance system, your consciousness, and the world about you. The world about you, being first and second density, has never been separated from the love of the one Creator and it constitutes a powerful resource for those who are contemplating change. The guidance system that you experience has a great deal of information and many resources, many layers or levels of help that are available in various ways, in various times. As we have said before, we do not wish to pry too closely into that guidance system, which is a very individualized system. Yet it is there, whatever its characteristics are, whether it is, as this instrument would call it, a Holy Spirit or any other description, such as higher self, that you would wish to make as a characterization. This energy is a true part of who you are and it is never apart from you. So there is always information that is coming in that is fully intended to be helpful.

Consequently, those two allies are the most powerful. Your third ally is the consciousness that you carry. That consciousness is not your thoughts. Your thoughts are riding on that consciousness like whitecaps above the water. Your consciousness is that which lies beneath, around, permeating what you think of as your consciousness. It is your essence. It is that part of you that also has never been separated from the creative principle. Within it lies your sanctuary—that point of contact with the one infinite Creator, that tabernacle where you may go in at any time and find rest and comfort for your soul. This instrument likes to picture the one known as Jesus as having a huge hand and she climbs into that hand and falls asleep in that palm, resting in safety. In other times she imagines crawling into the lap of the Creator and being rocked like a little baby. And when she is feeling sore and weary she does go into her sanctuary. Each of you has that sanctuary within. Not because of what you think or because of how you feel. The water within you is deeper than any of those surface disturbances. You are also that deep water which is eternity and infinity. You are love. You are light. You are the one great original Thought, which is the Creator Itself. This asset is

[100] D was sitting down when he misjudged the distance and whacked his knee quite badly on the edge of our marble coffee table. At the time, we joked about the coffee table being angry. Perhaps it was not an entirely empty jest.

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that which is so easily missed in the search for help without. And there is no entrance into this powerful ally except silence, time and asking. So we encourage those times of silence, and asking, and knowing that that which you are asking is being heard by the one infinite Creator Who is closer to you than your breath.

We would at this time ask if there are further queries about the opening question or whether we may answer another query at this time. We are those of Q'uo.

R: I don't have a question, Q'uo, but I do want to say that on the surface it seems good to be back in the group and hear your voice coming through the instrument, Carla. And I wanted to thank you for being with me during those two years in various places where I have been, being a quiet support, an inspiration.

We are those of Q'uo, and, my brother, may we say that it also has been inspirational for us for the one known as R has been a true knight who has polished his armor.

Is there another query at this time?

G: Q'uo, in the seeking of truth, could you comment on which of these two attitudes is more likely to be effective. A) The action of the seeker to seek after their own identity, that is, to commit themselves to the doing of the seeking of that identity, or B) To not necessarily search it out but to claim that knowing of identity—to affirm and state, "I know who I am." If you could respond to any of that I would be most appreciative.

We are those of Q'uo, my brother, and are aware of your query. The question of knowing is no light question and certainly there are as many answers to the question of right knowledge as there are philosophers. To state boldly that which you know is an excellent thing. To state boldly that of which you are not sure is premature. No one but the individual involved can know when unsureness and questing become absolute certainty within the self. One of the best ways to discover the degree of one's certainty is to ask the self if one would take a stance that might involve dying for taking that stance. If something is that which important enough to die for, this instrument has often said, then it is important enough to live for. This is one way of asking the self mentally how sure one is. Would one die for this principle? Would one die to be this entity?

May we answer you further, my brother?

G: No, excellent, thank you, Q'uo.

We are those of Q'uo, and we thank you, my brother. Is there another query at this time?

G: Q'uo, in your knowledge of all the many spiritual paths on this planet that all lead to one place, is there, in general, ever a point where a seeker needs to state what "price" they are willing to pay? Is there ever a price that needs to be decided upon before illumination or greater self-knowledge comes?

We are those of Q'uo, and are aware of your query, my brother. Indeed, if one gazes upon the archetypal images upon which the one known as G has been gazing recently[101], the material is rich in suggestion that the willingness to pay a price is a legitimate and even necessary part of an archetypal movement. This entity has recently seen that motion picture which is called Mel Gibson's *The Passion of the Christ*. And this entity indeed was asked what he would pay to express truth. This entity was not at first entirely settled in its mind that it was ready to pay that price. Yet it truly wished, as was expressed within the motion picture, to "make all things new." And that which made all things new, in this entity's way of thinking, was worth dying for. In this movement, this entity embraced that which eventually was indeed the physical death. Yet the story goes on to say that this price, having been paid, was redeemed and indeed was not price so much as gift; and the entity known as Jesus was not simply victim but also priest.

So, consequently the question, "What would you pay for this?" is that question which is as an archetypal key turner, that which changes energy, that which creates a bond between the self and the intention and indeed, in that way of thinking, and in those circumstances, it is indeed a legitimate and just query.

May we answer you further, my brother?

G: I'll have to look that over. Thank you, Q'uo.

We are those of Q'uo, and we thank you, my brother. Is there a final query at this time?

[101] G was preparing for a vision quest recently and reading mythological and philosophical material.

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G: Q'uo, in the *Law of One* series they talked about the initiation that one goes through when one enters into the pyramid and Ra says, I believe, that it's in the Queen's Chamber that the "being must be centered upon the Creator," or there must be a commitment made to center the being upon the seeking of the Creator. While I don't expect direction from you, I believe that [the] seeking/centering [of which they speak] comes from within. Is that centering of the self upon the Creator the type of centering that is seen in saints—those people who spend every waking moment thinking about the Creator in adoration and reverence and worship, those who spend their time both in silence and conversing with the Creator in all ways inner and outer—is that something of what Ra meant by the centering of the being upon the seeking of the Creator?

We are those of Q'uo, and are aware of your query, my brother. Indeed, that would be one way of expressing such intention and devotion. The concept of devotion, we believe, is that with which you struggle at this time. There are as many ways to express devotion as there are ways of serving the Creator. For many, the ways of devotion are very ascetic and have almost no emotional aspects to them. For others, there is an almost hysterical amount of emotion within devotion. It depends upon the personality shell of each seeker in terms of what practice or daily rule of devotion, of keeping oneself fixed upon the Creator, will be most efficacious. For some, it as with this instrument, the daily reminders of morning and evening meditation and reading of spiritual material [are helpful]. For others, it is very much a twenty-four-hours-a-day, seven-days-a-week, experience of being lead from moment to moment, always within the feeling of being in direct contact with the one infinite Creator. There are many ways of expressing devotion. There are many levels and kinds of devotion and we encourage the one known as G to play with those feelings that he finds within the self, finding how his focus is honed and sharpened; finding how his particular emotional set is affected; finding how his particular "savage breast"[102] can be soothed—whether by music or by art, by beautiful words or by silence.

May we answer you further my brother?

G: No, thank you for being with us, Q'uo.

We are those of Q'uo, and we thank you, my brother, and thank each for the privilege of being able to share thoughts with you at this time. We would at this time leave each as we found you, in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai, my friends. Adonai. ♣

[102] William Congreve. 1670-1729. *The Mourning Bride*. Act i. Sc. 1. "Music hath charms to soothe the savage breast, to soften rocks, or bend a knotted oak."

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
April 18, 2004

Group question: Our question today has to do with the purpose of third density. As entities are graduated from the second density, where the way of being is the group mind, they come into third density with the opportunity of individuating, of developing an individualized consciousness that will be able to aid its own evolution by the choices that it makes, free will choices, and we would like Q'uo to give us information about how this individuation then will lead into another kind of group mind, a social memory complex, and maybe a little bit of information about how the group mind of second density differs from the social memory complex that we're moving towards as the result of the individual choices that we make in the third density. So could Q'uo give us a kind of overview of how this all works, of how the nature of the choice, the intention behind the choice, where does the metaphysical or magical personality come in here? We would appreciate anything you could tell us about how third density works.

(Carla channeling)

We are of those of the principle known to you as Q'uo and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank you for calling us to your group to talk about the function of the third-density experience and we are delighted to share our opinions upon this subject, with the request beforehand to each of you to guard your powers of discrimination well. We would ask that each of you be responsible for that which you take in and that which you leave behind. We cannot possibly hit the mark on all of our remarks. Some of them are bound to be useless to each of you. We ask you not to take them in without considering carefully whether they resonate in your own process and whether they feel like something that you might have forgotten but knew all along. If it feels like that, and resonates, then it is your truth for this particular point in your particular process. Otherwise, it perhaps bears no use whatsoever and would be best left behind. If you each will guard your free will and the processes by which you take in new concepts and make them your own, we will feel free to speak our mind. We thank each of you for allowing us this consideration.

Often the Confederation channels with which this group has long been associated have called third density the density of choice. It is a vivid, intense, rather brief period, in cosmic terms, during which an entity, as the question suggests, moves in consciousness from the consciousness of late second-density life-forms, such as your predecessor, the great ape, to the nascent life-form of an entity with a fourth-density body and fourth-density lessons to learn. In between that second-density experience of the animal kingdom and the vegetable and mineral worlds, and the experience of the density of love or understanding or compassion, lies the density of choice. That is the experience within which you are immersed at this time.

It is undoubtedly an experience that has not been tranquil, entirely, nor an experience in which the shape of the life [has] seemed at all times appropriate and desirable. It is an experience of artifice and illusion. One could almost call it a day at the carnival. And yet it is a carnival whose every ride has a carefully designed purpose and whose grounds are laid out in such a way as to provide an infinitely responsive feedback system to echo and intensify thoughts and desires that have more than a transitory value. It is an environment couched in forgetfulness. That is to say that a requirement for preparation to enter third density is the requirement to place in safe-keeping the detailed memory of that metaphysical or time/space world from which you came in order to enter incarnation in third density. Regardless of the density from which you came, whether it was from second density into third, or from a higher density, looping back into third density, for more work within that crucible, [the] preconditions of entering third density are alike. That direct knowledge, or as this instrument would say, *gnosis* of the Creator and of the self as an integral part of the Creator, must be placed aside and the veil of forgetting must drop, so that each entity that comes into third density comes into it blind and without the possibility of sight, in a very specific way; that being that, in terms of metaphysical as opposed to physical process, there is a carefully structured environment in which hints will constantly be given concerning the nature of that underlying ground of being which has been veiled over by the veil of forgetting, while keeping any sort of objective proof from muddying the waters of unknowing. There is a determined bias within the Creator, concerning this particular third density, towards keeping entities as much in the dark as possible concerning the way things really are underneath the appearance of things. It is a recipe that is designed to be confusing, frustrating, maddening and displacing.

It is felt, as the harvest of many experiences, that while more information and a more transparent third density is a more comfortable experience, in the end it is a more confusing, a less effective, and a less viable third-density experience in terms of serving as the ambiance within which seeking souls are able, consciously, to affect an acceleration of their learning and evolution. The third-density experience of this particular planet is extremely vivid. The consensus reality/illusion is extremely heavy and it is correspondingly difficult to penetrate. This means that there is great potential for experiencing intense emotions and desires. It is the production of these things: the feelings, the biases, the various elements of a person's make-up, that the environment of third density is designed to bring into greater and greater relief, so that each seeking entity has complete free will to look at the experience of living in any way that is chosen.

The Creator does not have to hope that something will occur because the experience of all previous creations has been that evolution is inevitable; change is inevitable. It may be change regressing towards the density left behind, [or] it may be change progressing towards the density ahead; but it is impossible for entities to remain completely stable. They must create novelty, they must move. That is the restless and insatiable nature of consciousness itself. It shall, by the machinations of endless free will, always have that curiosity about what else there may be to learn that pulls the entity onward, whether the entity is considered in terms of the microcosm or macrocosm. So each of you dwells now within a school that is carefully designed to give each entity its hard knocks on a regular basis. Not in order to indicate the cruelty or the judgment of the creative principle, but to create a schooling atmosphere in which entities are self-schooled by their own hand, by their own mind, by their own perceived problems and solutions.

Now let us look at this word "choice." What happens in terms of how third density functions as each entity comes to choices? This is a true key word for this density. Choice is at the center of learning here. For upon the choice of polarity rests the work of the next few millennia, the next few million years, shall we say, from your point of view. What is the nature of choice? From the second-density point of view, from the hive-mind, shall we say, choice has a certain cast in nature which may be understood best by seeing that species of animals and of plants have a common pool of being. The spirits that create growth and life using the elements of the Creator that have been provided, such as seeds and sunlight, are able to dip into this pool of type, or kind, and create specimens of that kind. These entities are created with a kind of consciousness that has a great deal of information in it, which is copied from the pool as a whole rather than being taken from any individual within the species. Consequently, it may

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be assumed, unless an animal, for instance, has had a great deal to do with humans who have altered the second-density programming for that animal, that an animal will act according to the actions of its species. While there are always rogues in any species that do not act according to the species, for the most part, one is dealing, in an animal of second density, with an entity that is making choices according to the choices programmed into its kind.

When an entity graduates from second density to third, it becomes an entity which has not been taken out of a pool of consciousness but rather must stand upon its own very shaky legs of individuality. It is still equipped with the second-density information but with the veil of forgetting over most of it. So in a way it has lost a great deal of valuable ground. Things that were obvious to second-density animals, because there was no conscious mentation in the genetic programming, become not at all obvious to an entity who is programmed heavily towards conscious and individualized thought. In other words, a third-density entity has complete freedom of will built into it.

Now when you gaze at an entity that has just entered third density, you are gazing at an entity who does not know what to do with free will. It does not know that it is free. It does not know that it was, at one time, pent in a cage of generic assumptions; and in fact, it may still be acting upon many of those assumptions, for they are part of the instinctual package that is dimly remembered if not clearly recalled. When such a third-density pioneer begins to make choices, they are likely to be made according to second-density programming. In other words a choice of action will generally be decided to protect the self and the tribe, or the family, and to secure for that family the resources necessary for its survival. While this is simple and even elementary programming, at the same time, the tentacles of the instinct for survival being so many and so far reaching, that simple programming may indeed control a large amount of the life decisions of an early third-density entity.

Slowly, usually, through a series of many incarnations, the third-density entity begins to develop a core sense of self that returns with a bit more strength from incarnation to incarnation so that there is not quite as much veil as there used to be and at some point, there is the experience of awakening. That awakening is an awakening to the possibilities that are, as this instrument would say according to the modern idiom, "outside the box." Now the box is simply the generic assumptions given in second density that have been accepted by the third-density entity. Society, as this instrument knows it and as each of you know it within your Western civilization, retains a great many of the characteristics of late second-density structure. The family structure, the way society is organized into extended family systems and into those who ally for survival, are structures which retain second-density characteristics.

However, as entities begin to awaken, they begin to see something very important for third-density work: that awakening begins when the realization occurs that the choice is not either/or. The choices are infinite. When the viewpoint begins to expand, when the mountain first disappears and then reappears, then that third-density soul begins to see that it is not a matter of becoming better at making choices, it is a matter of becoming more able to see the full range of choices. To see that it is not, for instance, a choice between belief in a creative principle and a belief in no creative principle. Rather the choice is an infinite range of possibilities concerning the godhead principle. There is the movement from a very firmly vectored angle of attack at things in making decisions to an increasingly loose, rounded and multi-directional way of looking at the present moment. It has often been noted in the conversations with this group that so many things are interconnected and that information is available virtually in everything that you lay your eyes on. The question then becomes, "What is that object, that word, that person, that catalyst actually attempting to tell you?" And as the third-density soul begins to grow in its maturity, it begins to realize the endless and infinite gradations of meaning that can be received when one peels away any present moment to see layer after layer after layer of insight, suggested, hinted at, sparkling on the wind, glistening in the trees—just waiting for the connection of heart and attention. The choice, then, is not simply a choice in a certain situation but, even more so, a choice of attitude, a choice of how to be, how to stand, how to express one's essence in the most full and honest way.

There is another key word that we would look at and that is "individuation." It was part of your query and it is a very tricky concept from a metaphysical point

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of view. Many times this instrument has tried to respond in letters to questions from people concerning whether it is service to self or service to others to take time for the self to learn, to study, and to begin to become familiar with the self deeply and to know the self in a non-transient manner. There is tremendous validity in this process of individuation, of researching and learning the self and indeed this process will go on as long as the individual retains flesh and blood around that particular personality shell. It is, then, a process that is never completed. It is not intended to be completed. Rather it is one of the ways of learning to serve and to grow within the third-density atmosphere. Until one has individuated, one cannot begin magical work, and yet one is never fully individuated. So, logically speaking, one could never begin magical work.

Yet there is, shall we say, a critical mass only that needs to be reached, and it is by no means a large percentage of the actual available will of an entity. It is a very powerful thing to become aware of one's own will and because of the use of it, even imperfectly and even incorrectly or without full knowledge, tremendous energies can be set in motion. So the magical process begins to take place as soon as an entity begins to ask of the Creator, or of perceived guidance directly, "Who am I? Why am I here and what would you have me do?" These kinds of queries are those that create a magical circumstance. Certainly it is well to be as mature as one may be before asking such questions and yet the glory of third density is that all are imperfect and yet all are asking those questions. These are the questions that drive third density.

Consequently, entities on the spiritual path are constantly asking for and getting much more information than they were prepared to deal with. Often they do not recognize that they are receiving that which they requested and feel that there is no sense to the experience. Yet, that, too, becomes perfectly acceptable, for no matter how the experiences that have been created by the questions are used, they in turn shall be that which will create the seeds that are sown for the next generation of learning. And those seeds will fall into good soil and have the possibility of growth, regardless of whether one road or another road is taken. Regardless of the choices made, the result will be a net gain in understanding. So it is in some ways a hard ambiance in which to learn and in other ways it is a very forgiving ambiance in that one cannot fail. One can become weary and rest, but one can always pick up the self when one feels again ready to enter the fray and again ask, and again receive the information, and again work with that information.

As the soul of third density begins to live consciously and make choices from a more aware standpoint as regards its own essence, the ability to do magical work increases and entities begin to have an inkling of what it is like to be a part of a living organism that has more than one center of consciousness. Many times this is first encountered in the small groups connected with family, that lucky family that happens to have a spiritual connection and experiences a common dedication to that which is beyond them. This occurs often in musical families, or in families of scholarship, or in healers such as medical doctors. These are the first nascent experiences of thinking as individuals and yet as one group, working as one, unified for a goal, whether it is to make music, to solve a complicated medical problem, or to resolve a fascinating scientific question. It is seldom, however, found that entities are able to enter into the unity of fourth density while within third-density bodies. And we note this present group, in attempting to create a fourth-density consciousness within its group, is indeed attempting that which is only marginally possible. Yet at the same time, the attempt not only creates a greatly advantageous learning situation for those attempting such a thing, it also creates, as the one known as V has suggested, that place where fourth-density qualities may dwell, survive and thrive. These kinds of desires to create heaven on Earth will hone and polish the honesty of each entity and will, if followed carefully, create a growing awareness of the fluidity and flexibility of truth.

The things that separate entities within third density are those things which are assumed. Some assumptions must be made in order to function. What assumptions entities have in common is very critical. The choices made by entities striving as this group is striving become more intense and more capable of making powerful changes in consciousness in the process of their being made because of the purity of the desire to stand in the light of love and be unified with the higher forces of love. This also creates an atmosphere in which experiences which are garnered from the ambience of such an atmosphere are very sharp and often painful.

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It is, as this instrument would say, a very fast track, [one] that enables one to lift up and bring the self into an atmosphere of change and learning and energizing of that learning by conscious dedication. It is that which tests the mettle and the determination of the seeker. Any time an entity attempts to do what this instrument would call light work, to better the planet and its people, to serve as a beacon, and so forth, that choice brings into being a time of testing. And the more there is the desire to serve and to learn, the more the testing shall occur. It is a self-governing system that must operate as it does in order for free will to be preserved and in order for choices to be tested, refined and evolved. For a choice tends to move to another choice, to another choice, and so forth, so that it is a spiraling system that builds upon itself; each choice building upon itself or working to correct a previous choice made. Again, this is always at the discretion of the individual.

The late third-density entity then, the one who is ready for graduation, is an entity who knows itself well enough that it is ready to open itself completely to the offerings of all other entities with which it shall work. It has re-entered a group mind but it is not the same as any other of that group mind; rather, it is appreciated by the group for its flavors, no matter how harsh or pungent they may be. The group will use that uniqueness where it is needed according to the genius of that group. It is very difficult for a third-density entity even to believe in, much less experience, the power of the oversoul of a group and yet as soon as two entities make a true bond, there is a group soul. As soon as three entities are able to unify to a certain critical mass there is a group spirit, [just as there is one} to the L/L Research attendees that has grown over a period now of some 40 years and it is a very real source of guidance to those who call upon it. There are potential training wheels available for a nascent fourth-density type constructed at this time simply because this group has continued for a long period of time to attempt to unify itself, more and more, so that all within the group are attempting to serve together. There is a tremendous collaboration in service and in learning that comes into being as fourth-density ways are taken over from third density and at this time within your planet's experience, these possibilities for fourth-density structures and interactions become more and more viable as, as the one known as Bob Dylan said, "The times [they] are a changin'." The energy is changing, the vibration is changing, and fuller love is possible.

What choices shall you make? What polarity do you wish to study? This is the great choice and there is no issue too large or too small to contain grist for the mill and information that will be helpful in pursuing those choices.

This instrument informs us that we have talked as long as we should upon one subject and that it is time to open the meeting to further questions and so we would at this time do so and ask if there is a question at this time?

B: Q'uo, in a case where the messenger becomes more important than the message, what can the messenger do to correct the situation and bring the focus back to the message?

We are those of Q'uo, and we appreciate your query, my brother. It is a well-known phenomenon that often the face or the symbol of a very good thing may become mistaken for that quality and indeed there are times when the face must disappear. The technique of that disappearance is always at the choice of the entity who wishes to become less important. However the underlying difficulty is that difficulty of the easy versus the difficult, the obvious versus the subtle, the simplistic versus the real.

May we answer you further, my brother?

B: Are you aware of any specific techniques perhaps used by others in such a situation that could be helpful in understanding this?

We are those of Q'uo, and are aware of your query, my brother. We are aware of many techniques. However we find that this query runs very close to conscious work done by several of those present and therefore we run up against the bounds of free will. It is not acceptable to teach/learn for another.

May we answer you further my brother?

B: No, that's it, thank you.

Is there a further query at this time?

D: I had a question that I have wanted to ask for a long time. Are our prayers for blessings and guidance for the deceased a practice that is worthwhile?

We are those of Q'uo, and are aware of your query, my brother. Prayer of any kind is a very good idea in that it places one in the heart and places one in conversation with the godhead principle. Both of

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these are greatly desired orientations for spiritual seeking.

We would say perhaps the most skillful way to discuss blessings with the infinite Creator is to acknowledge them, for there are many blessings that abound even in the harshest circumstance. The attitude of thanksgiving and the claiming of great matters for which to be thankful are, as this instrument would say, a good idea. That attitude of affirming perfection as opposed to asking for blessings is the difference between knowing and being a needy child, asking for help. In one situation there is the claiming of the self as part of all that there is; in the other there is a separation between the asker and the one who has been asked. However, in general terms, any time that there is conversation with the Creator, it is a very positive and helpful resource upon which to draw.

May we answer you further my brother?

D: The general purpose of my question was more towards the deceased friends and loved ones. Does this apply in that area?

We are those of Q'uo, and this is correct, my brother. Is there a further query?

G: Q'uo, How does an entity in third density become qualified to serve as a higher agent, as a messenger of a message of service which is intended to be for your best and highest interest but which is given in what I would call a negative nature?

We are those of Q'uo, and are not grasping your query, my brother. Could you ask it in another way?

G: Reading your highest words I feel that opening the heart to another, accepting another unconditionally, and learning how to love is the crux of this density. I believe an entity may be mistaken to appoint themselves to a role in which they can administer a negative form of catalyst. So how does an entity, if an entity can indeed properly do this in a balanced manner, become so qualified? What in their being (experiential learning) makes this a balanced and loving service?

We are those of Q'uo, and are aware of your query, my brother. The ways of teachers and students do not run so much upon qualification as upon the movement of essence. Entities move into those roles for which they have a feeling. The question of qualification is not one which can apply for there is no system of qualification for spiritual work. It is truly a matter of each individual moving upon its own rhythms and upon its own track and attempting to serve as best as it may.

Consequently, all are teachers and all are students and all may indeed, in the process of expressing themselves, create negative catalyst for others, yet it is not upon the basis of qualification that such actions could be justified. Indeed, the concept of balance is perhaps helpful rather than the concept of justification.

May we answer you further, my brother?

G: Can an entity indeed act on your highest best, giving catalyst of a negative nature, and do that in a balanced manner?

We use the term of the one known as V and say, "Unknown, Captain." For indeed, you ask a question that we cannot answer. It moves us past the boundaries of free will and we apologize but can not go further than we have.

Is there another question, my brother?

G: Not on that particular topic. Thank you, Q'uo.

We thank you, my brother. Is there a final query at this time?

T: Q'uo, if you are able to answer without infringing upon my free will, are you able to offer any suggestions on how I may be able to better learn from the experiences of … times [when I needed] patience and tolerance?

We are those of Q'uo, and are aware of your query, my brother. The lessons of patience and tolerance are lessons that are slow, my brother. And therefore we encourage that feeling that you have for water to come forth for you, to picture within yourself the slow, slow movement of the breaking up of the ice of judgment and narrowness. Do not force the ice to melt, for it is spring, my brother, and the ice will melt. Rather, allow that process to take place even though it feels as if it were breaking you apart. For truly your nature must change from crystallized water to liquid water and from orthogonal angles to the spherical [drops] of the flowing water in which all things are able to rub along comfortably and make room for each other, whereas the crystallized nature of the ice is such that it must have a certain structure in order to exist in that form at all. You are experiencing, when you ask yourself to relax into

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non-judgment and patience, to move from that frozen condition to the liquid condition in which you do not have control such as you would feel that you had when you had that right-angled structure of the ice and its crystalline nature. It is not that you change from a crystalline nature. Water also is a crystal, yet it is able to radiate in a different way and is able to accept different structures in an enhanced way without disturbing its own nature.

May we answer you further, my brother?

T: No, thank you Q'uo, that's very helpful.

We thank you, my brother, and we thank each of those who has attended this group this day. We thank you for putting aside this time and for putting aside the daily grind and the concerns that have been on your hearts, simply to empty the self and to come into that place where questions are asked. It is hoped that resources have been added to your arsenal.

We leave each of you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai, my friends. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
May 2, 2004

Group question: The question today has to do with catalyst and determining what our catalyst is. We would like to have some information upon how we can determine what it is that is catalyst in our life and what we should be focusing on. The second part of the question has to do with the way catalyst can be processed: when it is successful, it seems as though the success comes from being able to look at the catalyst with a light touch; being able to look at it as catalyst and develop a certain sort of tolerance and patience with it as you work with it. And catalyst which has gone awry, as Ra said, tends to cause in us the feelings of frustration and anger and doubt and depression. So we would like for Q'uo to give us a bit of information about how to stay on the track where we develop the qualities of tolerance and patience and how to avoid the frustration and anger.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are. It is a great privilege and blessing to be called to your group this day and we thank you with all our hearts. To be able to be a part of your meditation and to share our thoughts with you is, to us, a powerful help, as it enables us to share our service as we hoped to do when we chose to undertake this time among your peoples. It has never been more pleasurable to undertake service to those of planet Earth than when we speak with this particular group and we thank you for maintaining the eagerness and the openness for truth that creates the vibration which calls us to you. As always, we would ask, in order to preserve free will, that each of you guard your own powers of discrimination carefully and use them well as you listen to those things which we would say to you this day. It is important to us that you realize that we are not authorities but rather your companions upon the way.

Your query this day is interesting to us and we thank you for asking us to speak upon the subject of catalyst. The message which we have to offer to those who would hear our voice remains very simple. There is a vibratory nature to creation. And the various fields of energy which comprise all of the complex parts of all of your bodies, be they physical or metaphysical, vibrate at a certain, shall we say, series of harmonics which, in total, add up to the complex of vibrations which is as an orchestra playing your song. We recognize each entity's melody fairly well. It is a signature like no other in its completeness. So each of you is a vibration that is at some harmonic, in general, with those about you, with the groups that comprise your planetary sphere and with the Creator and the creation as a whole. These vibrations are disturbed, or changed, by any number of stimuli, on any number of levels, speaking of the physical body, the mental, the emotional, the spiritual, and the inner bodies all together.

Catalyst, then, is a term to use to describe that which, while being unchanged, creates changes in

this complex of energy fields and the vibrations thereof. Within a chemical experiment, there is a little arrow that is used to indicate that catalyst only goes one way. A chemical reaction does not go forwards and backwards, it only goes forwards, and so it is with the catalyst that you experience. One cannot look back. One cannot go back. One cannot possibly repeat one's experiences. One shall indeed meet each experience again, but it is a spiral of experience and catalyst, and experience and catalyst, and each time you meet the same type or class of catalyst you have a new opportunity to recognize the catalyst, to locate the trigger of the catalyst, to examine the equation of the catalyst: what is going into the chemical experiment, what's being "cooked," and what comes out at the other end. And you have the opportunity, if you choose to use the will and the discipline to take it, to alter by removing various, shall we say, chemicals of your emotions, your thoughts, and your triggers, thereby changing the equation and changing the result of this particular little experiment in the life of your self.

Now let us look at this model a bit more closely. We use the term, trigger, to describe the action of catalyst. A catalyst comes into the purview of the being. It does not come into the ambient environment of the entity on purpose. There is no innate consciousness to the way things occur from the level of their occurrence. There is a causative factor inherent in the carefully made agreements that were entered into before incarnation. Biases were set up in the very currents of destiny surrounding the particular nexus of energies that represents the opportunity for an incarnation. When the body and parents and so forth are chosen, this nexus becomes potentiated and that particular little destiny that is your pre-game game plan clicks into place and begins to unroll the scroll of space/time as you, as an entity, enter into a body, become embodied and enfleshed, take form by birth and begin to unravel the great tale that is the story of your life.

So one source of catalyst that is dependable and ongoing can loosely be called guidance or the higher self or destiny. For there has been implanted within your game plan, shall we say, repetitive cycles of the introduction of certain catalysts into the ambient environment so that you may work with certain balances and biases within one or more of your energy bodies. The inner work of an incarnation is primarily in those energy bodies in the inner planes, those bodies that are closer to the heart of why you are a being, or, shall we say, why the Creator finds it inevitable and useful to create beings such as yourselves. That is one source of catalyst and as you can identify those repetitive types of catalyst that point to incarnational level lessons, you as a seeker can begin to see into the game plan; to begin to think not like the victim of circumstance but the person who planned all this and finds that certain things have simply slipped her mind. If you can find this attitude in times of stress, that "you really have responsibility for this situation but, my goodness, you seemed to have forgotten just a bit of the pattern and now there is work to do," then you may do the work of identifying catalyst, locating the trigger, and, to the extent possible in situations, doing what you can to remove the trigger or to alter the circumstances. You have become far more a person of power than you were before.

Every time you are able to identify the catalyst and the trigger within you that caused an otherwise harmless detail to become powerful in your life, you have learned about yourself and have begun to take responsibility for learning in a conscious way what you would inevitably learn without consciousness, no matter what, by the sheer pressure of repetition. Each time you are able to get on board with the game plan beforehand, or during the catalyst's coming up, you become more able to retain your power. And eventually you become able to use that power wisely and with compassion. And this is particularly important regarding yourself. Although it is very helpful when you may achieve that same compassion for others, in the case of the identification and the working with catalyst, the primary player in the drama is the self and therefore the entity to be forgiven, accepted and loved unconditionally is the self.

We speak in terms of power here. Because when catalyst causes one to react, the catalyst, innocent though it may be, and unasking of power as it is, has the power. It is only as a person begins to be able to see into the process of these repetitive, cyclical testings, or introductions of catalyst into the environment, that one begins to be able to settle into a relationship with catalyst which sees catalyst, destiny and unexpected events in general, with an eagerness and a freshness of attitude that invites that which is to come and looks forward to the next

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lesson, the next test, the next introduction of discomfort into an otherwise serene atmosphere.

Within the confines of your illusion and the life which you experience consciously, awake and working with your day, there is a tremendous amount of power in becoming eager for that next piece of catalyst. When you at last find an appetite for change, for learning, for newness, then you are more able to invoke discipline when it would seem that difficult or unpleasant circumstances arise. Admittedly, as we gaze through this instrument's recent recollections we can see that it is not always an easy thing to create the environment for the self that is a safe environment for total honesty in looking at the catalyst of the self. It is often a lowering experience in terms of what this instrument would call, ego, to look into the mechanics or the psychology of the self, to see just how vulnerable the self is to catalyst which is at the level of the teenager or the child or even the toddler in some cases. And yet each entity retains all identities which have not proven themselves useless in terms of producing further learning.

So until you as an entity are through, completely through, with learning all of the lessons that are possible to learn within incarnation, you shall, according to the prerequisites of your own game plan, receive the spiraling, cycling opportunities to react to the catalyst. It shall come around again and again. This is not a ploy to drive the spiritual seeker crazy. It is a necessary way of checking the self to see where the self truly is, where the feet come down on the road in any given incarnational lesson. Thusly, catalyst may eventually, in a certain way, become that which enters the consciousness, proceeds through the consciousness and walks out the other side without causing any reaction. The entity is still aware of the catalyst and still aware of its trigger, which speaks but not loudly enough for the self to take seriously, for it has been worked so often and so well that there is no longer the potential for a reaction. Thusly and only in this way is catalyst at last neutralized. Until the energy in that catalyst's appearance is gone, there will be continuing work.

Thusly, we would suggest, whenever catalyst arises, that the most efficient attitude for the skillful worker in consciousness is to thank it, to open the self to it, to ask it to move through as quickly as possible, especially if it is difficult, but to put up no sort of resistance against it. The skillful seeker will sit with the catalyst while allowing it to move through the system and create the emotional changes and reactions that it will. The self can still be a witness to these reactions, these feelings, these worthy and needed expressions of the present moment. The purpose of working with catalyst is not to defeat the catalyst but to cooperate with the catalyst, to move into the catalyst, to move into that collection of energy, that node, that has been created by the catalyst and to see why the arrow is there, why the energy for reaction is there, what that energy is, where it comes from within the energy body in terms of the chakra involved, and so forth.

Then find that trigger, find that wounded part of the self that is not comfortable yet with the self and look at that trigger to see how deeply it goes into the self. And ask it once again—for those to whom we speak have in many cases identified several of the kinds of catalyst of which we speak—to enter into understanding it more and more, not to get rid of it but to learn from it. To absorb it. To be it. In the surrender to this node of concentrated energy, there is a magical component that increases as there is an increase in the confidence and faith within the seeker in the process that has been engaged by the activation of the catalyst. There is tremendous power in knowing why something is happening to one. Not in knowing what provoked a certain person to do something or what strange machinery created a coincidence that is complex and deep but rather knowing that one is in good hands, one is in the hands of guidance, and having faith in the process that will deliver one, at the end of that process, a greater gift to the Creator and a greater asset to the self because the balance of the energy body that has been worked on has improved, has come closer to that which was hoped before incarnation.

The question of how to recognize catalyst is almost that which we cannot answer for it seems too simple a thing to need a response and yet the query remains and so we would simply say that when one's tenor of thought or one's mood changes, the changes are either inconsequential, ephemeral and insubstantial, in which case there is no learning going on; or they are more substantial, consequential and meaningful, in which case there will be a plangent note to the moment of catalyst. There will be a sudden change in the vibration which you are putting out and giving to the world as your gift to it. In that change, the balance has shifted either more towards the

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vibration of the Creator or less towards the vibration of the Creator. When catalyst occurs, the result of which is that the entity is more in tune with the Creator, this normally is not seen as a situation which needs any concern for it is seen as a positive thing; it is enjoyable to feel bliss and joy and peace. When catalyst such as that occurs there is only rejoicing on the part of the seeker.

Yet, when there is catalyst that causes the exact opposite within the seeker, that causes a contraction in the self that pulls it away from a feeling of unity and oneness, then it is seen as a "bad thing." This attitude may always be examined. For locked within each seeker's deep mind is that collection of biases which, before incarnation, you genuinely and deeply intended to work with until you were more satisfied with the achieved balance.

Now, we speak repeatedly of balance and usually it is a balance that is between love and wisdom; between the green ray and the blue/indigo/violet trinity of rays. It is very attractive to many wanderers, especially in incarnation upon planet Earth, to stay within the upper triad of energies, using this system of seven chakras and an octave. It is similarly attractive to others who have come into incarnation from a point of different balance to lean into the green-ray open heart and to see everything in terms of keeping the heart open. Either focus, if taken to the extreme of not invoking the other, is unbalanced. So there are entities who are attempting to balance their energies more into the green ray, into an integration with green ray of their blue-ray strengths, and there are others who are doing precisely the opposite, attempting to soften their green ray with wisdom. Perhaps this may help in thinking about this very interesting subject. To become able to work with catalyst, be unafraid of catalyst, refrain from contracting when catalyst is felt, is a tremendous aid in becoming able to live consciously and she who lives consciously is she who is truly being that light that is upon the hill.

She who lives consciously is able to be more than one absorbed in a process and perhaps that is what we may say about the light touch. It is a very absorbing process to become aware of the self, to become at last one who is living consciously, magically, positively and constructively. This fascination, however, can blind one to the beauty, the wonder, the majesty of every moment that is lived, every heartbeat that is enjoyed, every tear and every laugh that is experienced. The gifts of life and thought are marvelous and the more that it can be seen that this catalyst and these sometimes dreary processes are taking place in the garden of Eden and in beauty indescribable, the more that this sojourn in the valley of the shadow of death, as this instrument would call life, becomes triumphant, funny, wonderful, delicious, a thing of real splendor. That is the potential of each breath. That is the shadow of what is possible when one becomes fully conscious and is able to express passion and excitement and equanimity and simply becomes able to enjoy the show. For upon a very substantial level, it is a show. It is a production. It is a performance.

There is an endless search within each for reality, the reality of the self, the reality of the life, that which is the ground of being. You shall never find it. You can only find images of it. You can, however, be the ground of being. You can be essence. You can be so much more than you can say! And in many ways the doing, the thinking, the working with catalyst and the whole process is aimed at delivering you at last to being.

The one known as G was talking with this instrument this morning concerning this instrument's bias against the use of feel-good music in church services. This instrument was saying that she appreciated the more complex sacred works which bring suffering and doubt and many complex and somewhat dark emotions into the singing of sacred thoughts so that the entire human experience is able to be brought into sacred space in such music, whereas in the so-called "praise music"[103] there is a seeming separation between the suffering person and the good feelings which are generated praising.

There are times, however, when praise music of whatever kind that lifts the spirits is very helpful. Perhaps for a certain entity it might be a country music song or a classical music piece or some other form of seeming distraction. Yet when chosen, such distractions are very helpful, whether they be good art, as this instrument—a born critic again—would call it, [or not]. That which lifts the spirit and changes the atmosphere is sometimes very helpful, as nonsensical and illogical as such things are. It is not

[103] Referring to a brand of contemporary Christian worship music that focuses not on the whole life and death of Jesus the Christ, but strictly upon his resurrection, his glory, and his awesomeness.

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well to allow the self simply to rest in a state of panic or unhappiness or depression. There is a time for sitting with catalyst and when that time has come to an end—and for each entity the rhythms are different—there is the time of asking the self to rise up, give thanks, and move on into the rest of the day, into the rest of that which is available when one is not focused on a certain piece of catalyst. We encourage you not to allow yourselves to become so absorbed in the process of learning that you become unavailable to the present moment. This is a juggling act, in so many ways, as several within this group have said earlier this day. There is so much to think about and so much to do. As you juggle, you will drop balls, and as the one known as J says, when you drop the balls, that, too, is part of juggling. And the reaction to dropping them should not be that which is judgmental or harsh but simply to encourage the self to pick that dropped ball up with grace, style and humor.

Lastly, you questioned concerning how to avoid bitterness and how to encourage the self not to use catalyst awry. That is perhaps a topic we may save for another day in terms of really moving into it. But in general we may say that one is almost never able to see ahead of time that one is going to be bitter, defensive, angry and so forth. So one is not able to defend against such times. They simply come upon one and one finds oneself in the shadows and very unhappy for one reason or another and in one way or another, depending upon the personality shell. When you're in the soup there is no use objecting to yourself because you fell or because you're wet. Bitterness comes into the life because it is a way to keep the attention away from getting out of the soup. The energy of one who has run afoul of catalyst and is struggling can be focused in one of two ways. It can be focused in trying to stay afloat or it can be focused in trying to get out of the cup of soup. Climbing the slippery china walls of your cup is not easy and it requires far different skills than treading water.[104] However, those who tread water shall be doomed to repeat the exercise, never being allowed to drown and never, while treading water, able to garner the energy that is required for the tremendous effort needed to break the pattern and create a ladder of will and discipline that allows you to clamber over that china cup and get out of the soup. There is no question that it is easier to tread water, stay in the soup, and repine concerning the difficulty that one is in than it is to gather the energies and create, by will and faith alone, that ladder out of the situation and back to a sense of owning the self and not being a victim of circumstance. However, it is through such work that one is able to move through the refining fire, not burning to a cinder, but rather becoming more and more tempered …

(Side one of tape ends.)

(Carla channeling)

… more and more burnished, and more and more flexible.

We find that our time is up and it is time to open the meeting to [shorter additional] queries. Are there queries at this time?

J: On June 8 there's a Venus transit which lasts eight years, which will bring us right to the year 2012. I was wondering about your opinion. Is this an important event or is it just one of the many smaller events leading up to ascension? Is this event something that we should really look at to move us into a higher consciousness?

We are those of Q'uo, and we are aware of your query, my sister. We believe that information could be gleaned by those who have intuitive gifts and a wide and deep knowledge of astrology. There is always much to be learned from the movements of the stars and their influence upon the body of Earth itself and each of you as well. However, the chief excitement which remains upon our own minds is that great interest that we have in seeing the way entities are awakening and becoming more and more able to live consciously and radiate light. This is far more factored into the eventual outcome of your peoples and the, shall we say, end of the age than any cosmic influence. Much lies at this time in the hearts and the hands of entities upon planet Earth at this time.

May we answer you further, my sister?

J: No, thank you.

We thank you, my sister. Is there another query at this time?

G: Q'uo, I have a series of questions sent in from readers abroad but first, I know, knowing T1, that when he has a question he will hold his off and let

[104] Pardon the Q'uo for the mixed metaphor—soup, not water!

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others ask their questions. I would like to ask if T1 has a question before I ask a series of questions.

T1: No, G, please go ahead.[105]

G: Okay. This question is from B. "In 1987 I lost my job, broke up my marriage, left my wife and children and lost my desire to live. I totally surrendered my life to the Source. It was my 'turning point.' And ever since I've been on my spiritual path, re-married and live happily. However, there is still some bitterness within my children and my ex-wife towards me, while sometimes I still feel guilty to have left them. I would appreciate it if Q'uo would throw some light on our relationship at soul level (karmic ties) and give us some guidance on how to heal the wounds."

We are those of Q'uo, and are aware of the query, my brother, and we thank you for vibrating that query for him. To the one known as B we would say that the true nature of the relationship betwixt you and your ex-spouse is oneness. The energies that you experience at this time may fruitfully be examined for just those things which we were speaking about earlier: the catalyst involved, the triggers involved, and the biases that are involved in the particular lesson that you and your ex-spouse share. Often this work cannot be done together with another in such a situation and so it is very helpful if the entity has the energy to step into the other-self's shoes to such an extent that the one known as B is able to see through the eyes of the ex-spouse, sitting there until there is as full an understanding on the conscious level of the dynamics involved in this particular node of catalyst as possible. The details of past lives and so forth are not those things with which we would prefer to deal as we would wish to limit comments to those that are helpful to all entities and at all times.

The spiritual principle involved here is the principle of responsibility for one's actions. When there is the full acceptance of the self, the full forgiveness of the self, and the full appreciation of the present moment, then such concerns as are expressed in the query become details which do not have the power to alter consciousness within the self. We encourage the reading of the channeling through this instrument that was given at the first part of this meditation.

Is there another query at this time, my brother?

G: This next one comes in from S. "I have only recently been exposed to the term 'Crystal Kids.' I would like to know as much information as possible on these children. Who are Crystal Kids? How are they different from the Indigo Kids and what can you tell us about their purpose on Earth? I thank you for the opportunity to ask this."

We are those of Q'uo, and are aware of your query, my sister. From our standpoint there is virtually no difference in those called Indigo Children and those called Crystal Kids. The designations indicate a double-activated third-density/fourth-density body, which makes such children, as they grow up, more able to access fourth-density reality. Since fourth density is here, since entities are living in a combined third-density/fourth-density atmosphere, there is an increasing ability for all people to work upon the, what this instrument would call, DNA; to work upon the self at the cellular level, lifting consciousness and asking it to take hold of the new reality that is interpenetrating third density.

These children are far more able to do this than those with only the yellow-ray body activated because their DNA is already altered to some extent. However, their purpose here is as pioneers. They come in, in terms of fourth density, within very basic and primitive conditions, and are giving their lives to help establish fourth density and to be bridges of light for those who would listen to that which they would have to say and to live in such a way as to follow such advice as they would give. To put it another way, they are here to radiate light and love, as are all entities. It is hoped by their higher selves that they will have more efficacy in doing so than those who have not the advantage of a double-activated body.

Is there another query at this time?

G: This is the last outside query. This one comes from T2. "Dr. Sun Yat-sen is the founding father of the Republic of China. This Republic is as short-lived as himself. However, he is respected by both Chinese and Taiwanese, both the Communist party and the Kuomin party. If it is possible, could Q'uo speak about Dr. Sun Yat-sen's life?"

We are those of Q'uo, and are aware of your query, my brother. This entity was one whose energy was that of the heart and yet whose abilities included

[105] T calls from Australia to Kentucky each Sunday channeling, that he may be a part of the group. He joins us by speaker telephone.

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communication. This entity was a brilliant blue-ray being who was able to inspire and to lead because his communication rested upon a compassionate and humane structure of character. This entity gave greatly of itself and was exemplary in its habits and inner disciplines, creating an incarnation of stature.

Is there another query at this time?

G: I have a personal one, Q'uo. In the last channeling you stated that, "Until one has individuated, one cannot begin magical work, and yet one is never fully individuated. So, logically speaking, one could never begin magical work. Yet there is, shall we say, a critical mass only that needs to be reached, and it is by no means a large percentage of the actual available will of an entity." Ra also spoke of a "set level of lack of distortion" required to tap intelligent energy through crystals, "or through any use." So the first part of my question is, are Q'uo and are Ra speaking of this same point? And the second part of the question is, can you describe more about this point and are there any tell-tale signs that will manifest in an entity when this point has been reached?

We are those of Q'uo, and are aware of your query, my brother. We cannot speak to the first part of your query in this setting, although, if you wish, we are able to address it at length at another time.

To respond to the second portion of your query: the tell-tale signs of magical working are sudden changes of a profound nature in circumstance which reflect a synchronicity that is obvious. Synchronicity is indeed a mark of one who has activated a certain magical-ness within its own nature.

May we answer you further, my brother?

G: Perhaps might that sudden change not only reflect through the outer physical in synchronicity but might that look or feel or give one the space, the freedom, to love that which was before was unlovable?

We are those of Q'uo, and are aware of your query, my brother. Such a circumstance might occur, my brother. May we answer you further?

G: No, thank you very much, Q'uo.

We thank you, my brother. Is there a final query at this time?

D: How may the distortions of pride and arrogance be recognized when you are the one experiencing them?

We are those of Q'uo, and are aware of your query, my brother. We smile because we are aware of this instrument's deep and intense involvement in this very query for the last little bit of her time. Because of this factor it is more difficult to answer your query, my brother. However, we may say that when the self, in its inner contemplations, begins to cast aspersions upon another, it is possible that pride and arrogance have been invoked and that there are more circumstances than one is aware of, which might change the attitude from that sourness to a more balanced and compassionate view. When that typical sourness which has that taste of judgment comes into the mouth, into the mind, then it may be that there are lessons in humility that could be easily taken up with advantage.

May we answer you further, my brother?

D: That's quite sufficient. Thank you.

We thank you, my brother, and we thank each of you. This group is such a blessing to us and it is such a pleasure to speak with you through this instrument. We thank you with all of our hearts and wish each of you to know that you are in our hearts. At any time that you wish to have our company during meditation, you have only to ask, for we are those who love each of you. Certainly the beauty of each of you is remarkable and we thank each of you for sharing the experience of this meeting with us.

We leave you in the love and in the light of the one infinite Creator. Adonai. We are those of Q'uo. ♣

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Sunday Meditation
May 16, 2004

Group question: Today, Q'uo, we have an interest in a couple of areas that might have a relationship. The first one we were talking about was the mirroring effect. In third density, since we have the veil of forgetting and aren't consciously aware of exactly what it is we're trying to do in our personal learning, each of us here is able to take advantage of the mirroring effect, where people reflect back to us that which we are attempting to learn. We're wondering if Q'uo could give us a bit more information about just how this works? Can we consciously affect the way we mirror to other people? Should we even try?

The other thing we were wondering about was, [in the discussion prior to this meditation,] there seemed to be a theme of new experiences, new jobs, new beginnings for everybody in our group today. We are wondering if there is any kind of connection between how we serve as mirrors in our general run of activities during the day and how we serve as mirrors when there is something new or changed, a different type of attitude or opportunity offered to us in our lives?

(Carla channeling)

We are those known to you as the principle of Q'uo and we greet you in the love and in the light of the one infinite Creator, in Whose service we are privileged to be. It is a distinct pleasure to share in your meditation and we bless each of you and thank you for inviting us to share our thoughts with you this day. As always, we would request that in order for free will to be observed, each of you guard the portals of your own belief system carefully, not taking those things that we have to say as truth but examining them for their resonance and their feeling of personal truth to you. Each entity has a personal truth, not so much a relative truth as an individual truth, a subjective truth. And words cannot begin to bridge the gap. Spiritual seeking takes place in the subjective realm and therefore it is not a matter of that which can be proven or disproven. And so the nature of truth itself becomes peculiarly key. Take care to guard those portals of your discrimination in order that those precepts that you do adopt are those which have had a long and careful review and a strong sense of remembering them as being true as opposed to learning them for the first time. We thank you for your attention to this detail which does give us a most satisfactory feeling of ethical probity.

You ask concerning mirrors and you ask concerning novelty. And indeed, on the surface, the two subjects would seem to have little in common and yet we find that they do intersect and we shall begin edging towards the first part of the intersection, the first subject, and that would be the subject of novelty. The question of newness would seem to be a patent one. When one asks what is new, one is fairly aware of the nature of novelty. However, there are different types of novelty. There is the expected novelty, such as the one known as T is experiencing, where the

activity is new and yet it is expected and prepared for aforetimes. The other type of novelty is that which takes one by surprise and indeed there are many surprises as the road of life twists and bends and the curves ahead cannot be seen.

The two have in common one characteristic and that is that in a novel situation, information is difficult to obtain relative to the speed of information retention when a situation is well known beforehand. We do not simply mean that it takes longer to obtain information because of the novelty of the details. Certainly, any time one were having to observe a new environment, there would be a longer adjustment time. However, added to this is the fact that when there is a novel environment, the eyes themselves, your physical eyes that behold a scene and transmit the information to the mind, are greatly handicapped because of the way the eyes work. When a view is completely new there is no pre-existing matrix of the view within the bio-computer of the entity's mind who is doing the looking. It is a relatively cumbersome thing to amass information about a new scene so that the brain can establish a kind of default setting for that scene and therefore when the eyes look upon the scene, far less data needs to be gathered before an entity is able to make sense of the scene itself.

This is the kind of handicap that one is encountering in a new situation. Consequently, the skill of an entity in a novel situation is that skill that slows the process of receiving information down, allowing for the self more time to orient the self to new places, new faces, new procedures, and new concepts. It is not the mark of a failing mind to take longer with everything that one does in any situation than usual. It is rather the inevitable mark of a mind having to amass many times the usual amount of data before a critical mass can be reached with which to address the next part of the process. What is to happen next is a question that cannot be answered quickly in a new situation. Oftentimes it may feel as though it were necessary to come to a conclusion about what one was seeing very quickly. In most cases, this is not so and we would encourage the slowing down of all those tempos that begin to feel as though they must speed up and hurry up. This is, in almost all situations, a false reading which has been the result of that spirit of eagerness to control a situation that is so much a part of the personality shell of most entities within third density. Many times there is more control in allowing the scene to build and continuing to amass information before making a decision, even though it may seem that one is somehow behindhand because of being less than rapid in the process of decision making.

Now we come to that point of intersection between the idea of novelty and the idea of mirrors. For, in the sense in which we would like to speak of mirrors, every situation has novel aspects. Every situation is one in which it is well to employ caution and find a sense of space and leisure in the process of looking, of looking into the mirror of a situation, [whether it be] another space, the challenge of a new job, or whatever one is looking at. It is always well to check the mirror again even if it is a mirror into which you have looked often and carefully.

The assumption that one has all aspects of the situation understood is wrong often enough that it is appropriate always to look again into that mirror which one is viewing with an eye to what one has missed, to what one has overlooked, to those things that have not been obvious but are part of the image at which one gazes. Allow yourself that moment of seeing a new world whenever you look into the images of life's mirror. For you gaze at reflections that have reflections that have reflections; and the echoing brilliance of meaning within these often convoluted expressions of image are most helpful in the process. And this is true in a fractal manner,[106] so that there is no end to the information that can be gleaned by an ever-closer inspection of thoughts, processes and images.

The mirroring aspect is worth looking at from the standpoint of mirrors themselves and the nature of entities as crystalline. Mirrors, being glass, are crystalline. The crystal is that which is transparent. The glass, the silicate, is that which is not able to be seen without a backing unless substances collect upon the surface of the glass and render it visible by its pattern of dirt. Without a smudge to identify a surface and without reflection to make it obvious that there is glass that can refract light, the glass itself is invisible and transparent and light simply moves through it. When a backing is put onto a plate of glass, it becomes a mirror.

[106] A fractal is any of various extremely irregular curves or shapes for which any suitably chosen part is similar in shape to a given larger or smaller part when magnified or reduced to the same size.

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So to the question of whether there are different kinds of mirrors, the answer is yes. And the first way that we would note the difference between certain types of mirrors and others is that some mirrors have no backing. The ideal mirror, in fact, is a plate of glass that has lost its backing completely so that no matter what an entity gazing at the mirror of you looks at, all it sees is the sunlight shining through—the love and the light of the one infinite Creator that is able to pour right through that transparency of spirit and that openness of heart.

But there is another way in which mirrors differ, one from the other; for you are not simply a mirror with one face. The one known as G was, we believe, attempting to articulate a question concerning whether an entity always shows one mirror or whether an entity can affect the way his mirror images another self to itself. And we find that indeed an entity has a profound ability to affect what another entity will see when he looks into the mirror of you. Remember that all entities are one, so that what an entity is presenting or dwelling upon within the self has a strong effect upon how that entity is perceived. It is a complex formula involving an entity's assumptions about himself, which have been formed by gazing into the mirror of other selves. This creates a persona, the way that an entity thinks about himself and therefore puts himself forward.

If an entity does not do any disciplined work in consciousness, that mirror is as it is. And that which an entity will see gazing into your mirror is the reflective quality of glass sending light back; and that image will have been formed by the backing of all of the prejudices and biases within the personality shell of that entity that is the mirror. So if you are an unconsciously living entity, your mirror will be as it is and that which will be seen in it will tell a certain truth. That truth will be the simple summation of the moments of the self as it is, looking into the mirror of you as you are, with no possibility for anything but the inevitable result of those two energies.

When an entity begins to do conscious work in creating for itself a predisposition to a certain point of view, then the mirror of his self begins to refine what it shows. For the mirror of this particular type of crystal being that you are does not simply show a flat image, it also shows how that image feels. It shows how its essence wafts on the wind and what its odor is. It plays the melody that that particular nexus calls up. It is a full-service mirror in the way of expressing the nuances of attitude. And as you work on your attitude, you are creating an ever more articulate mirror which can show to an entity a more and more refined image. Perhaps each within this circle has met an entity whose love and light were such that in their presence you could see yourself in a different way. When you looked into that mirror, what you saw was a "you" that was only possible looking in that mirror. Was it an idealized portrait or image? No, it was a possible image of you aided by the positioning of an attitude with which that self was viewed. The more open you are able to lift the gates of the heart, the more compassion that you are able to let in when pride and arrogance are let out, the less the self chooses to partake of the judgment, the stronger will be the extra-dimensional aspects of mirroring that your mirror is capable of offering. Again, this is not something that can be consciously created at the time of the mirroring moment. Rather, it is that with which you come to the moment in all your own fresh novelty that defines what will occur when a mirroring moment happens.

There is a great deal that each entity may do to improve the mirroring quality of her nature and we recommend the work involved not only for its efficacy in creating a better mirror but also for the fascinating journey such disciplining of the personality constitutes. As always, it is helpful to use meditation or some form of sustained silence as part of any practice; but certainly, for doing work upon this mirroring ability—for employing, that is, the disciplines of the personality—daily silence to seat new thoughts and new learning is especially recommended.

At this time we would like to open the meeting to further questions. Are there further questions at this time?

G: Q'uo, twenty-three years ago, Ra confirmed Don's notion that we were soon approaching the end of third density when they said that in thirty years third density will be over and fourth will have begun. Now, apparently, the Confederation felt that it was within the limits of our free will that we could receive that approximate date at which the old would end and the new would begin. Knowing that, it can become problematic to those who sincerely believe that they are living in the "end times." It shouldn't, in my humble opinion, affect the seeker's inward journey. The disciplines of the personality

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must continue regardless of what is to come in the future. If anything, that date may only increase their desire to seek. But it becomes problematic to some, because it affects one's outward plans for the future, one's plans on the physical plane such as having kids and choosing a career. So, since the Confederation provided that little nugget of information, I was wondering if you might have any suggestions on how one could plan, how one could work around such a future occurrence?

We are those of Q'uo, and are aware of your query, my brother. The group known as Q'uo has limited abilities to examine the process of creating thoughts that were offered by those of Ra twenty-three years in your past. However, it is our feeling as well of that of those within our principle known as the group of Ra that you are at this time indeed dwelling within fourth density. The intent of the original discussion, as the intent of this discussion, had nothing to do with creating a way to judge the making of plans within your physical universe. It was rather a discussion of a metaphysical process that is accompanying the physical process whereby the planet upon which you dwell chooses its needed, new magnetic alignment. That it is doing so in a far different manner than has been done in the past may perhaps be obvious to each of you. This moving of the magnetic north by very small increments over a period of time is the result of the attempt of many upon your planet to ease the passage or the birth of fourth density into reality. Its birth has gone relatively well considering the amount of chaotic or wasted energy amongst your peoples and the resulting metaphysical heat, shall we say, that has created so much discomfort among your peoples at this time. Naturally, the hope of the Confederation at this time is that this process may continue and that the Earth, as a planet, may reestablish a stable magnetic alignment without the necessity for planetary disaster. The possibility/probability vortex of this occurrence improves as more and more of your entities wake up and begin to polarize towards service to others, in response to the various wake-up calls, as the one known as J has termed them, that the various political injustices are occurring create.

We would suggest, insofar as our opinion would be useful, that entities do precisely what they feel to do in relation to their lives, assuming that all is well. If there is the kind of desire this group evinces towards making a more sustainable lifestyle in a more rural setting, that is certainly a sensible and logical plan when one suspects that there may be outages and lacks in the surrounding society. However, may we note that in no way is it possible for any group to plan for the future. This is true not only in a time of the birth of a new density and a new stellar cycle as well. This is true in every moment of every day of each incarnation. The processes of life and death are not in the hands of those whose breath touches the air of the planet but rather in the hands of the Creator of each spark of life. Resting in complete faith in the plan of the Creator, we would suggest, has the virtue of reflecting a high degree of ultimate truth.

May we answer you further, my brother?

G: No, that was great Q'uo, thank you.

We thank you, my brother, is there a further query?

G: Indeed. In the Ra series, Ra states that, "There are many Wanderers whom you may call adepts who do no conscious work in the present incarnation. It is a matter of attention. One may be a fine catcher of your game sphere, but if the eye is not turned as this sphere is tossed then perchance it will pass the entity by. If it turned its eyes upon the sphere, catching would be easy." Q'uo, my question is, what is the sphere that this analogy speaks of and where should the seeker be placing that attention?

We are those of Q'uo and are aware of your query, my brother. The query as to the definition of the game sphere is not a simple one for there is a continuing question in the minds of those who attempt to serve well as to whether the attention should be upon the outer detail or upon the inner reaction and response to that outer detail. It is a dance that is artful, to pick up all of the information that is being offered while at the same time being able to observe the self observing the outer information. For one is learning from how the self responds to the present moment as well as from the present moment. It is an exchange that can become quite convoluted and subtle.

The game sphere we suppose could best be described as the present moment itself. This pulls the mind's attention away from the self. The death of all new awareness is an over-absorption with the self. Getting into the moment is a matter of that balanced stance that looks inward and outward with an un-jaundiced and patient eye.

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May we answer you further, my brother?

G: No, that was great, thank you.

We thank you, my brother. Is there another query at this time?

T: Do you have any suggestions to offer as I enter this period of intense study?

We are those of Q'uo, my brother, and are aware of your query. We encourage you to know that there is tremendous light in this process. We can see that the intensity of the learning process shall be that which could at times daunt [you] and perhaps [cause you to] feel as if there were a destabilizing influence in the concomitant additions of so many systems of thought and so many new and conflicting ways of looking at those qualities within illness which one wishes to heal. There is the possibility for the heart to become overly involved and there is the conflicting but also a very real possibility that one can shut away the heart in order to protect from the intensity of human knowledge being grasped. We recommend, therefore, the balancing, the allowing to come into balance, of often conflicting thoughts on any one particular item or process of study. Allowing the self to become too involved in the process is inviting a certain type of exhaustion which is not helpful in the learning process. Equally, allowing oneself to become cynical and dispassionate about that which is being learned is not skillful, especially in that the object of study is the human psyche, the human heart, the human soul. These are not those things about which one can be or ought to be dispassionate. So there is that balance that needs to be struck. Other than that piece of advice, my brother, we encourage you to enjoy and relish each moment of the blooming season that you embrace at this time. We are with you in your days and we will greatly enjoy the association with you and thank you for the continued invitation.

May we answer you further, my brother?

T: Thank you, Q'uo, that was very helpful. I do have one other question. I had a dream a few nights ago where I was reaching upwards and flying upwards until I eventually penetrated something like a threshold. And once through this I entered into another reality where I once again flew upwards to penetrate the next barrier and then continuing through that cycle. I wonder if you are able to comment at all upon that?

We are those of Q'uo, and are aware of your query, my brother. We find that we are not able to comment and merely encourage you to work with these materials as more information from other dreamscapes continues to filter in.

Is there another query at this time?

T: I understand and appreciate that. Thank you Q'uo, no more queries from me.

We thank you, my brother. Is there another query at this time?

G: As I understand what has occurred within the past 75,000 years there was a group of people known as the Elder Race who, through their own efforts, made the second cycle of harvest. And I was wondering if it was perhaps possible that those within this group or people work under a thinner veil than do the rest of the entities upon the planet because they were harvested and chose to stay?

We are those of Q'uo, and are aware of your query, my brother. Your supposition is not correct as the veil drops for all at the same rate and thickness. There are certainly strong personalities which find it more possible to see through parts of the veil. However, this is a characteristic not of the Elder Race or of any particular type of entrant to the human condition but is broad-based and throughout the gamut of those who take incarnation.

May we answer you further, my brother?

G: Not on that topic, thank you, Q'uo.

Is there a further query at this time?

G: There's one from T and he asks, "I wonder why God created mosquitoes. The Confederation has said that second-density beings are living in harmony with the original Thought. If that is the case, does the female mosquito represent a natural negative thought? Is there a divine purpose that mosquitoes must suck blood to survive?"

We are those of Q'uo, and are of your query, my brother. The poet known as Alfred wrote that nature is red in "tooth and claw"[107] and, indeed, the

[107] From Alfred Lord Tennyson's "In Memoriam":

Man, her last work, who seemed so fair,
Such splendid purpose in his eyes,
Who rolled the psalm to wintry skies,
Who built him fanes of fruitless prayer,
Who trusted God was Love indeed,
And love, Creation's final law,

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patterns of life in the natural state are the patterns of eating and being eaten. The mosquito itself is prey for many creatures who would die were mosquitoes not available and mosquitoes would die if there were not prey for it to feed upon. So the shortest answer to your query is that the insect, the mosquito, is in its perfect place in a perfect creation, part of a food chain of eating and being eaten. Upon another level it is, however, true that mosquitoes, along with other small biting insects, are capable of being possessed by thought forms of a negative orientation and therefore it could be said that mosquitoes have the potential for acting as negatively-oriented harassers of targets chosen by entities using insect populations as henchman.

Is there a final query at this time?

G: Yes, Q'uo. In doing spiritual work one of the key aspects is trying to be as present as possible. And some days I'm really on the ball and I feel I'm living in the moment, as well as I can, and meditation goes hand in hand, each affecting the other. That kind of work feels like it takes energy. It really wears you down and burns you out. I would think that entering into the moment, connecting more into your true nature and the Creator, would be a rejuvenating activity. It would be one that refreshes and gives more energy and life. So, would Q'uo be able to tell me why it seems to be so wearying an activity?

We are those of Q'uo, and are aware of your query, my brother. We move into the discussion of novelty again when we address your query, my brother. For the effort taken to work with the self when the self has not yet accumulated a lot of experience in working with the self, is great. It is only as experience is gained through repetition of effort that it begins to feel less like work and more like resting comfortably in an easy chair and enjoying a particularly interesting ride. The factor which creates comfort is simply time. It is surprisingly difficult, from the standpoint of any entity within incarnation, to change that entity's biases one iota because of the almost unimaginable amount of repetition in a lifetime of creating the present system or structure of prejudices or biases. When one is attempting to address that structure, one has a large task ahead of one. One is basically changing the interior structure of the "house" in which one lives, taking out supporting walls and figuring out another way to support that weight in the house of the self. So allow that patience and that tolerance that one allows when one is working on constructing a remodeled and better house to live in.

May we answer you further, my brother?

G: No, excellent, Q'uo. And I'll say I'm going to miss you this summer.

J: Yeah, thank you, we'll see you in a couple months.

We are those of Q'uo, and we shall also miss our times of working with you within these walls. However, as each is able to call us to them for companionship and support, we expect to enjoy each of you during the time in which we are silent.

We leave each of you in the love and in the light of the one infinite Creator, thanking you for the joy of sharing this meditation and the privilege of sharing our thoughts. Take what you will and leave the rest and know always that we love you. Adonai. We are those of Q'uo. ♣

Though nature, red in tooth and claw,
With rapine, shrieked against his creed.

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Special Meditation
May 17, 2004

Question from D: There is a problem with my second chakra which is causing disruption in my job and in my communication and I would like to know how to work on it.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are and in Whose name we have been called to this group this day. We thank the one known as D and we thank each who sits within this circle this evening for the beauty of your nature and your meditation. It is a great privilege to be with this group and we would ask of you only that you guard well your powers of discrimination, allowing only those thoughts that we share with you that resonate to you to enter into your mind to be considered. If thoughts which we share with you do not seem to ring true to you then we would ask that you lay them aside, for we would not wish to constitute a stumbling block for any. If each will mind his powers of discrimination, than we will feel free to share our opinions without being concerned with infringing upon the free will of those within the circle.

The query from this entity is an interesting one in that the first portion of the query[108] is one, as this instrument has already said, to which we may not speak in any substantive form, for it does tread far too close to the line of free will in terms of affecting your actions in the future. Although it may, in the short run, be a great relief to have some seeming additional facts and figures to go on, to deal with the very difficult business situation that has arisen, yet at the same time, were we to interfere in this way, we would be crossing, shall we say, an invisible line drawn in the sand of eternity. And that line is that one does not share in the learning of another in such a way that the learning is lessoned in its intensity. Truly, for us to speak concerning the business concerns would be to step over that line and become as an Earth inhabitant and that we are not. We have the privilege only of sharing thoughts and are guests here, rather than inhabitants of your sphere. As guests, we must be very careful of our own polarity so that we can preserve our ability to be of service.

The second portion of the query, which the instrument vocalized to us, is that of which is far more within our ability to speak because it concerns the energy body, and while the query is concerning one particular entity, the one known as D, yet at the same time information concerning the energy vehicle and its intra-relationships amongst the chakras and so forth are pieces of information that may be useful resources for any which dwell within third density and are attempting to work with what sometimes feels like a run-away energy vehicle.

[108] D first asked a specific question about a business concern, and Carla told D, over the telephone, whereby he was attending his session, that the question would not be acceptable. D then asked the question which is above.

Now, let us step back just a step and gaze at some of the background of this query. We are assuming the various understandings connected with the Law of One; that is, that all things are one, that each entity has a full-spectrum of beingness—a 360-degree potentiated vehicle which contains the mind, body and the spirit portions. And in each of these portions there are connections within the inner bodies, or the chakra system of the inner planes bodies, that belong to the vehicle of each entity which dwells within third density. So when there is a query concerning that energy body, it is that portion of the body that dwells not in space/time, or in the physical world, but in time/space, or in the metaphysical world. And in the metaphysical world, the shape of reality is quite altered from the physical world. In the physical world, things are substantive and thoughts are dreams and visions and air, whereas in the metaphysical world, intentions, thoughts and focus are substantive and powerful things. The type of physical reality with which each is familiar in consensus reality is somewhat lacking in the metaphysical realm. And in the metaphysical realm, there is a potent bias which has grown up within the one known as D within the second chakra, indeed, in the first and second chakra and extending into the third chakra. However, the one known as D is correct in identifying the orange-ray or second chakra as that chakra which has born the brunt of over-activation and a concomitant level of confusion within the energy of that second chakra that is quite high.

Now let us gaze at this for a moment together. The red, orange and yellow chakras—the first, second and third chakras in this particular system of looking at the energy body—have basically to do with survival, with one's relationship with the self, and [with] one's relationship to groups. The pattern of this particular incarnation has been one which repeatedly brings up the incarnational question of self-worth. The entity has dealt with this internal sense of lacking worth throughout the incarnation repeatedly, in various shapes and forms, and has at times had better fortune in learning from the catalyst of low self-worth than others. Certainly, as the incarnation has continued to manifest, as experience has been gathered, there have been certain tendencies towards the hardening of that sense of a lack of self-worth, where there is the feeling of a need to purify, to prepare, to become more ready than one is for the highest and the best that lies within the immediate future of all entities. There is a feeling that one must reach, one must become more pure, more articulated in goodness. And this has, in some ways, been a very appropriate and useful attitude and process, resulting in the learning of much humility and an ever-increasing ability to, shall we say, stick with a desired result until an outcome has been reached.

However, when there is a tendency that has become energized through repetition throughout an incarnation towards a sense of real lack of being good enough, that very bias creates an over-activity within the chakra system wherein that confusion has begun to [become] solidified. That simple feeling that one is imperfect and humble is not, in and of itself, an incorrect thought in any way. It is an honest and accurate evaluation of the human condition. Yet at the same time, that human condition is precisely the condition that was greatly desired before incarnation and was greatly prized when the opportunity arose. Not only for the one known as D but for many of those within incarnation at this time, there was a real sense of achievement simply at having made "the team," shall we say, having been one of those who came to serve and who stayed true to that intention throughout the incarnation. This is that memory of mission, of which the one known as D may be pleased with himself and may assume that the time for being overly concerned with the worth of the self has passed for this particular incarnational experience. It is a desirable attitude to seek at this time within the life experience, to realize what the achievements of an incarnation already have become and to allow the self to come into an attitude which revolves around the question of finding balance rather than the question of how to achieve more purity or a higher way.

Now, were the one known as D young in years in terms of incarnational experience, this might not necessarily be so. However, there is a season for many things within incarnation and we would encourage the one known as D to consider the possibility that this is the time within incarnation when the work of learning the self has basically been done. The self is known and therefore the self may be set aside. There is nowhere to go. There is nothing to achieve. The achievement becomes coming into symmetry with the harmonics of the self so that the self is singing the truest, simplest and

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sweetest melody that lies within the heart. It is time within the incarnation of the one known as D to explore being, to accept the self as it is, and to begin to loosen those judgments that hold the one known as D to the confusion of lacking confidence in the goodness of the self. This is difficult to accept when there has been so much effort to improve the self and to come into a better harmony with the coming energies of fourth density.

However, we would ask the one known as D to consider that this is fourth density. There is no longer a struggle to come into a fourth-density environment because fourth density now interpenetrates third density and it is each entity's choice of which set of rules, shall we say, to play the game of living by. There is the third-density way in which, as the one known as D is fully aware, the rules of business are laid out, the rules of behavior are well laid out, and there is a very mechanical application of the self to the demands of the world. Within fourth density, gazing at the same world, the choices are seen to be the same, the options are the same, yet what changes is the point of view of the entity who witnesses these events coming into manifestation, and who has the power of choice as to what to do physically and what mentally to think concerning the worldly situation. This instrument would certainly lend her witness to the fact that thinking in fourth density while dealing with third density is a subtle and artful expression of awareness that calls forth much within a life experience, not only things of spirit but also things of the world.

We believe that this is the amount of information we wish to offer before we ask for a further query so we would ask the one known as D if there is a further query at this time.

D: Thank you. I have a map, as I understand, of the galaxy and I would like to find out if the map of the galaxy is actually of the Milky Way?

(Pause)

D: Hello?[109]

We are those of Q'uo, and are aware of your query, my brother, but are not able to deal with it for there is no spiritual portion that we may find upon which to comment. Therefore we find that we are not able to address this query and for that, my brother, we apologize.

Is there a further query at this time?

D: Yes, there is a further query. However, first I need to hang up and call on a different phone card. This phone card is running out. I will be calling you back in three minutes. Thank you.

(D returns.)

D: I would like to find out what is the correct angle of a pyramid that would be correct to be used relative to the condition that we are speaking of?

We are those of Q'uo, and we are aware of your query, my brother. What we are recommending for you at this time is a surrender and a release from the use of gadgets such as the pyramid. For the situation with your energy body is that it has stored a good deal of excess energy which it has no way to use. We would therefore recommend that rather than working further with pyramids to affect changes because of their shape, the most efficacious healing at this time would be that connection with the ocean and with water as a crystal, for there is a great deal of healing, within the salt water especially, where it is able to leach excess energy from a physical vehicle that has, not to put it too gently, been somewhat fried. The energies within portions of the energy body have actually—we try to give this instrument a vision of that which is arching and sparking over a gap but which is unable to disengage; and that need to disengage is that in which the water, especially the salt water, will aid. Indeed, any water is an excellent conductor of such energy and will gradually be able to improve the situation with regards to the health of the one known as D.

May we answer you further, my brother?

D: I would like to find out if I need to be in the water or if actually sleeping as close as I am to the water is sufficient?

We are those of Q'uo, and are aware of your query, my brother. The sleeping within sound of the water is excellent. However, we would recommend if at all possible that there be the immersion within the water, at least with a portion of the physical vehicle immersed in the water in order for the moving, cycling nature of the water to have its appropriate geometrical configuration.

May we answer you further, my brother?

[109] D attended this session by long-distance telephone.

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D: I would like to know how many minutes is a minimum amount of time to actually have the correct effect in each particular usage.

We are those of Q'uo, and are aware of your query, my brother. In terms of the immersion within the waves, we would recommend a minimum of 20 to 25 minutes per day and if there is a desire to accelerate this process, it would be acceptable to have two 20 to 25-minute sessions within the swirling waters of the ocean in a diurnal period. As to the resting within sound of the ocean, this is acceptable at whatever length of time is the normal resting period.

May we answer further, my brother?

D: Yes, I would like to find out if my prior sleeping arrangement, the big long building that I'm actually speaking behind, is actually part of the problem?

We are those of Q'uo, and are aware of your query, my brother. We feel that there is a satisfactory resting place for the one known as D and that, in truth, any place which enjoyed the proximity to the ocean would be acceptable.

May we answer you further, my brother?

D: Yes, I would like the name of the individual I am speaking with.

We are those of Q'uo, my brother.

D: Say again.

We are those of the spelling "Q-u-o", Q'uo.

D: Thank you.

This entity is a principle and by that we mean are made up of three distinct social memory complexes: one from the level of love, one from the level of wisdom, and one from the level of unity. We who are speaking to you are those of Latwii, we are fifth-density entities. Our teacher is that entity known to this group as Ra and that entity is also a part of this principle. And the one known as Hatonn is most often with this group as well, not in order to express the self but in order to love and express that unconditional vibration that is so much needed within the Earth plane at this time. So we who speak to you are a principle that is made up of a range of entities, shall we say, a group of those who have learned and taught together for a very long time. Is this information satisfactory, my brother?

D: Yes, it's very insightful.

Is there a final query at this time?

D: My final inquiry is, I would like to have the oldest known name of Archangel Michael.

We are aware of your query, my brother. We are those of Q'uo, and find that our only relevant piece of information that may be of interest to you in this wise is that there are, in truth, only made-up or created names for all entities, so that when seeking the truth of an entity, it cannot be found at the level of the name. It cannot be found at the level of speaking and creating a shape and a timbre and a vibration. The actual name of the one known as Archangel Michael is an energy field of vibration that has its melody, that sings its characteristic song; and just in such a way is your nature that of a melody, an energy field, and a harmonic that is in exquisite and unending detail, so that it is a Word, it is a sub-logos, it is you. And that song is your name. We see that name when we greet you and when we call you by name, that is the name we use. That is actually why we always express it as the one "known as" D, the one "known as" the instrument, the one "known as" G, and the one "known as" J. The actuality is that each of those within the circle is a magical and brilliant crystal whose being is a name that shall be forever.

We give you this, my brother, because we are unable to discuss the question of the names of various entities. It is by far too confusing and meaningless at our level to deal with. We do not have great success in dealing with names.

We thank you, my brother, for this time together. It has been a great blessing to us. The time together has certainly been a pleasure and we hope that we have been able to share a few poor thoughts with you at this time. We are always with you and if you wish a deeper meditation or a deeper sleep, we ask for you to call upon us. We shall not speak with you. We simply shall be there, and it is as though there is a carrier wave that is helping you to meditate, helping you to sleep. That is what we are able to do and we are most happy to be with you. And we express love and blessing at this time.

We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. ♣

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Special Meditation
August 4, 2004

Question from P: I would appreciate information regarding my experience on planet Earth. Can you confirm that I am a wanderer? Please talk with me about finding the right location, the right job, and the right service to fulfill my purpose of being.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We wish to thank the one known as P for calling us to this circle of seeking and, as well, to thank each of those who have joined this circle of seeking to support this entity and his spiritual evolution. It is our great privilege and blessing to be able to share our thoughts with you and, as always, we ask only that each realize fully that we are companions rather than authorities, not those to be obeyed or followed but those whose opinions have been considered helpful. And for that we thank you. In order for us to be able to share our opinions with you, however, we must know that your free will is not abridged in any way and that you are able to set aside any ideas that we may share with which you do not agree or resonate. As a general rule in this ever-shifting world of truths which have their proper location, personal truth is subjective and that which is someone's truth this day may not be someone's truth in the day to come. Consequently, truths and thoughts in general must be measured against that yardstick of your own powers of discrimination. Never simply assume that someone's opinion is good. Rather, ask yourself: does it resonate? Does it feel as if it were something that I already knew and had just been reminded of? If so, then it is time for that truth to be yours and you may claim it and use it and we hope you will find resources such as this today in that which we have to say. However, be proactive in setting aside anything that does not ring true. If you can do this we will be free to share our thoughts with you without being concerned for the issue of free will. For this care we do thank each of within the circle.

The one known as P has asked if he may have confirmation on his status as wanderer and we may say that this entity is indeed such. The energies and essences which are consonant with having entered into the incarnation from elsewhere have created their own challenges and catalysts within the life of the one known as P. Nevertheless, each aspect of this challenge and this catalyst has been chosen aforetimes in order to bring the self into an ever-improving ground which is that which not staples one into the environment but inserts one into a niche within that environment in such a way as to fit well, to ground one in a comfortable and ever more appropriate way. It is in this wise that we would confirm the feelings of the one known as P concerning his tendency to be one who develops an ever-stronger, shall we say, home within the particular geography within which he has found himself so that he may be ever more able to feel that safety which is connected with the concept of home

in an emotional sense and also in a spiritual sense. The land and the energies of any area are quite individual and alive and the one known as P has been able to enter into the spirits of the land and the energies living upon that land wherever this entity has been. We would simply assure the one known as P that in any geographical location which resonates for this entity, the same enmeshing and familiarizing insertion into the niche within that particular geography will be forthcoming, as it is a gift connected with the challenge of being from elsewhere and has been brought into incarnation as a gift of personality where that ability to bond with the spirit of a location is given as an endowment of the personality shell.

This creates a situation in which an entity is free to choose the location of his dwelling without being overly concerned as to whether or not that particular location may hold power for the entity. We would only recommend against the insertion into a truly urbanized atmosphere as the efforts to insert oneself into the spirits of such a geographical location are greatly blunted by the density of those living entities present which inhabit that space without having any desire to so link with the spirits of that place. This, over time, causes the spirits of such a place as an urbanized dwelling to become insensitive and even resistant to the insertion into the true essences of that location, as these essences and entities have been ritually and habitually abused over long periods of your time. It is well, therefore, to focus upon dwelling in somewhat rural or completely rural locations where the land has been able to establish trust with the humans which dwell in that geographical location. Indeed, we believe that it is true that, for this entity as for many wanderers, the ability to insert the self into a place which has begun to awaken to the partnership possible between nature and humankind is the more desired location in order to be able to reap the harvest that has been sown by the unconditional love and the good work of those who went before.

To some extent, such a land as the Avalon Sacred Growth Center, which this instrument is so focused upon in her own path, has thusly been awakened, and that place which is in this instrument's mind is known Meher Baba's retreat also is of such a nature, in which much work has been done before this particular moment which has softened the level of distrust which land typically has of humankind at this stage in the development of third density and the human race upon this planet.

Your question also concerned right livelihood and, in truth, we have little to offer in this query except to reassure the one known as P that when an entity is serving the infinite Creator, in terms of his point of view, there is virtually no work that can be considered ill-chosen, even when an entity such as the one known as G, who is within this instrument's mind at this time, chooses to work in a situation in which he is, in the eyes of the world, a simple server of beverages and food. This entity, because of his attitude of service to others and his determination to make a difference with his open heart and his loving energy, has fulfilled the requirement of right livelihood, which is to serve the one infinite Creator with, as this instrument would say, singleness of heart. The purity of desire to serve is powerful in metaphysical terms and once this determination to serve the infinite Creator in all that is seen and in all that is sought and in all that is beheld is adopted, the service is established in a way that shall never be true within third density alone. For within third density, thoughts are not things. Thoughts remain in the mind and it is the doing of them that is therefore so impressive and so talked about within the consensus reality that this instrument and those within this circle enjoy. Nevertheless, what lies behind consensus reality is not a world of things. It is a world of thought. Thoughts are the objects of that realm which is entered in what those of Ra would call "time/space," or the metaphysical or inner realms of existence. Within those realms, we do not believe, my brother, that there is anything which you can do to earn money which would not be considered a right livelihood in terms of your intention to serve the one infinite Creator.

The establishment of that feeling of security is often the need which it is difficult to embrace in its totality. What is needed for the one known as P? What level of effort and labor does this entity need to put out in order to establish himself as one who is satisfied that he is taking care of tending to the self in a way which is honorable and appropriate? Certainly, we subscribe to the concept of each entity being sure that he or she is not a burden upon society at large if there is the possibility of doing work. It is rather that we wish to relax the entity's mind in terms of finding a specific right livelihood and rather redirect the thinking along the lines of

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where the joy of service seems to focus for this entity in terms of doing work for many. The gifts of this entity are numerous enough to make the choice between ways of making money a valid one. There are several options of how to fill the bank account and pay the bills. We encourage going within in this regard and asking with great sincerity to be given cues and clues and hints from spirit in whatever way would be most helpful so that the one known as P may enter into the question with more of his total or entire self.

The self is not simply the conscious mind, as the one known as P is well aware. It has also a subconscious mind that is shy of giving information in any conscious and rational manner. And yet, there is the world of synchronicity, coincidence and the half-hidden cues of street signs and birds' wings and the butterflies that move upon the wind and any other emblem of the Creator and Its ways that would be subjectively interesting and meaningful to the one known as P.

There is also the very valid avenue of dream work to pursue in entering into what the subconscious portions of the mind truly feel. It is very helpful in times of decision to pay special attention to these signals that are so rich in the environment about one sleeping and waking. Pay attention, watch and ask. Above all, remember to ask within the silence of a daily practice of such meditation or contemplation that seems appropriate to you as an entity. Ask, for the truth comes only when requested. Therefore, remember to ask and when the door is shut, remember to knock and when there is a need for help, remember to be a squeaky wheel and squeak.

Realize the incredible intimacy of your relationship with spirit. Realize that the Creator is closer to you than the voice of this instrument. Realize the power of your self. And take that power, take that magic, and use it well. Use it consciously, and lean into it always after asking, being sure to listen for the responses that silence gives. It may be that silence gives you nothing you can put your finger on, yet, coming out of such silence, coming out of such a time of asking, be aware that there will be communication but that you shall have to be attentive and follow it. Once followed, such communication opens like a flower and blooms and goes into other seeds of thought which, when followed, also bloom and flower. And, in the way of the repeating patterns of fractals, these odysseys of tracking information needed for spiritual growth will continue to develop as long as the attention continues to be put upon them. In truth, it is a never-ending seeking; it is a never-ending process. Learning does not stop because one query has been answered to the satisfaction of the seeker. For each answered question becomes the next generation's beginning to further inquiry, further challenges and further asking. You may expect and feel yourself a success to experience cyclical periods of unknowing and feeling that one is remiss and behind the power curve in knowledge of self. These seasons of unknowing are there in order that you may plant and fertilize and tend and weed and bring to bloom those precious energies that lie within you as seeds.

There was also the query as to the right companionship for this particular time within your life and, my brother, we may say to you on this point that it is correct that you are seeking proper companionship. However, the companion you seek is named P [himself] and he is hungering for your true dedication, commitment and love. This entity that is you is that first entity with whom you need to fall in love. For, indeed, it is true some entities must have that within their lives that is exciting and that nourishes in the companionship. However, my brother, there is a stumbling block when one begins to feel that without this companion one is less than one can be. This is in no case so. The value of an other-self who is loved and who is able to love you as you truly are is inestimable. And yet, until you, yourself, are able to be unconditional about your love of your self and able to embrace even the darkest shadow side of your personality, you shall not be able to nurture and cherish another soul. First you must learn to be your own best friend, your own lover, and, indeed, as this instrument has often said to many, to fall in love with yourself. This does not mean that you become blind to your warts and your immaturities; indeed, for this instrument, loving oneself is an ever-expanding adventure in learning more about those insecurities, those follies of self, those many, many warts and freckles, shall we say, of personality and point of view. How many, many ways there are to discover that one has been lazy in examining one's assumptions, that one has allowed many things that are not true about the self to become assumed as true.

But when one has fallen for the self in a big way, one is able to take those hits without being dismayed.

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There is nothing disgraceful or discouraging about being imperfect and having work to do. Were you not imperfect you would not have been allowed into this environment called late third density on planet Earth. You had to earn your way here by having significant distortions which you wished to address within this incarnation for your own personal growth. Not simply are you here to help heal the Earth or to help bring light into a dark world which desperately needs it at this time. You are also here for personal balancing of energies and all that you can do is recommended by us to you in terms of, more and more, being able to move into your own self without that stumbling block of judgment. How many of those with whom you share third density at this time could say that they have become mature? How many entities could say with any accuracy that they have cleaned up their act and now, were they to stand before the great steps of light, they are absolutely positive that they would be in the first wave of ascension, as this instrument was aware that you spoke to the one known as V before this session?

We offer you a fairly accurate prospectus on that: the answer is none. There is no one within your Earthly sphere who is in any worldly sense worthy to move on. However, the challenge for one who wishes to evolve is not to be worthy but to be humble. It is not to become ransomed but to realize that one is hopelessly ignorant. It is not to succeed but to accept that the goal of becoming worthy is folly, vanity and as this instrument would say, "a striving after wind." She, like the teacher in Ecclesiastes, sees that all is vanity. All of the seeking for wisdom, all of the seeking to position oneself with right livelihood, with right geography, with right companionship, with right anything, is a seeking that is still engaged in justifying a structure which this instrument often calls the personality shell. We would not in any way scoff at the desire to do these things which is an endemic part of your culture. It is expected of entities that they will have a defensible reason for what they do, where they live, and with whom they associate. It is expected that one will have a rational path that one may trace with words in order to justify one's decisions. And yet we would say, my brother, to step back from the details of such consideration and, at least for a portion of time each day, allow yourself to rest in the entire system of self. Within that system, the whole, the integral self, emerges. The essence of self becomes that which is your true concern. You are here, to put it very shortly, to be here. It sounds redundant. However, the skill of being is almost atrophied within the human race. There's no cultural training; there is only cultural training in assuming masks, adopting roles, and fulfilling niches. You are far beyond that which can be confined into a niche or a persona or behind any mask. You are all that is. You are the Creator.

When one moves into incarnation, one is as a hologram. We move into this instrument's mind to capture part of a conversation this instrument had with the one known as V earlier this day, in which the one known as V was describing how even a tiny shard of the hologram, when lased or pierced by a laser in a coherent beam, allows one to see the entire pattern in three dimensions, of which that shard was originally a part. In just such a way are you a portion of the Creator that tells the truth about the Creator, even though you are a tiny sparkle, a tiny shard of that hologram. You have all within you which you seek. Therefore, in a very real sense, the seeking is a matter of moving into a position within the evolving self where you are able to listen to the drumbeats that come from the deep mind. You are able to listen to the helpers that cluster about one who is seeking consciously. You are able simply to be awake to the possibilities of an infinite universe. It impinges upon you, every moment, this infinity, this immensity of possibility, and yet it can also be dismissed if it is not seized and taken up and acknowledged and blessed. If thanks is not given for it and if it is not used, it will retreat and hide and in time, not even be available because of an atrophy of those points of entry within the self which have become clogged by ignorance, that is, by being ignored.

We would encourage the one known as P to lift up from considerations of the details of an incarnation, as important as those details are, for a time each day long enough to enter the silence as an infinitely aware, completely unhindered and unlimited citizen of eternity, resting in the essence of you, loving that, trusting that, knowing that it is part of what this instrument would call the true vine. This instrument's holy work, the Holy Bible, has a portion in several of the Gospels of the teacher known as Jesus the Christ, where this concept of the true vine is brought up by the teacher known as Jesus.[110] In this particular parable, the true vine is

[110] *Holy Bible*, John 15:1-12: "I am the true vine, and my Father is the vine-dresser. Every branch in Me that does not bear fruit,

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seen as that which is of the kingdom of the Creator, and from this true vine grow true branches. Sometimes, grafted onto this true vine are other species that do not contain the virtue of the true vine. And for a time, these grafted branches may grow, yet they shall inevitably express themselves in such a way that the evolving seeker may come to the conclusion that indeed they are not part of the true vine of self and in that case the entity does not reject the self, the entity simply starts moving down the vine, past the graft. Where did it get grafted in? Where is the error in thinking? Move below that level of choice into the pre-choice self and the true vine is there in all of its vitality and health. It has not been compromised. It has not been ruined, and nothing has been lost. When time has passed and the questions have been asked and a sense of the self does come that says, "All right, here is where the graft lies and here is where I would like to make the cut to remove that false portion of self," then, strength will be given to the self to know just how to do the pruning, not the destruction or the rejection of self but the pruning of the undisciplined self so that the remaining self is true to the self. This is subtle work. This is work done over time and it cannot be done quickly or impulsively. Rather, let it be, as the Beatles wrote. Trust that things are moving as they should and that your job is not to be the director of the ship; rather, it is your job to learn the ship, to learn the ocean, and to penetrate, by instruments known only to you, your direction and your destiny enough that you may then cooperate with the time, the tide, the gifts of the particular barque upon which you have set sail.

You are a partner with many other unseen entities in this work of art that is your life. Take the time with it that you would take with any work of art. If you think of it as a poem, work endlessly to clean the language of your life. If you think of it as a complex image that you paint, take the time to place every stipple of light, every touch of the brush that shades and defines and reveals mystery so that your finished work shines with the deepest truth of you that an image can. And if you think of it as this instrument does, as a tapestry that she is weaving as she goes, not only with words but with the fragrance of her love and the touch of her heart and with all of those senses that each entity possesses that move far beyond the descriptions of words. She works to make a tapestry of real depth, truth and beauty. It is a challenge, for many truths are dark, many colors do not seem on the surface to be pretty or to be able to be wound into a tapestry in such a way as to make it better and yet, those are the challenges that make the finished tapestry interesting, and rich, and detailed, and textured. As you work with this concept of your life as a beautiful gift for the Creator, perhaps you shall begin to see what we mean by saying, work systemically, not always upon the details but at least a bit, daily, move into the truth of yourself as a whole being and see that the truth that lies there will endlessly deepen as you allow yourself to fall in love with yourself.

In general, the challenge of a wanderer who comes to this planet is duple. The first challenge is to engage the self with the environment in a way that honors that environment, that does not separate the self from the environment and that effects a positive connection between the self and the third-density milieu. This is the personal work that each entity has on his agenda when he arrives. It has to do with the balance of the vibrations between the fourth-density concepts of love and the fifth-density concepts of wisdom. Many sixth-density entities are here attempting, as is this instrument, to rebalance in favor of the true middle between wisdom and love. There is the personal judgment involved in this questing that there was room for improvement and each entity will have its own biases about the direction of such improvement. It is, however, not at all the majority of the reason for entering third-density incarnation.

He takes away; and every branch that bears fruit, He prunes it, that it may bear more fruit. You are already clean because of the Word [from the Greek, Logos, or unconditional love] which I have spoken to you. Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, so neither can you, unless you abide in Me. I am the vine, you are the branches; he who abides in Me, and I in him, he bears much fruit; for apart from Me, you can do nothing. If anyone does not abide in Me, he is thrown away as a branch, and dries up; and they gather them, and cast them into the fire, and they are burned. If you abide in Me, and My word abides in you, ask whatever you wish and it shall be done for you. By this is My Father glorified, that you bear much fruit, and so prove to be My disciples. Just as the Father has loved Me, I have also loved you. Abide in My love. If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments, and abide in His love. These things I have spoken to you, that My joy may be in you, and that your joy may be made full. This is My commandment, that you love one another, just as I have loved you."

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The choice to do such is in no way shallow. It is a profoundly uncomfortable thing to enter third density from a higher density, especially upon your planet. There would be no reason to undergo such suffering and to put oneself into the maelstrom of such near insanity as this particular planet has entered into as a culture except to serve, and to serve in such a way that one person makes a difference. You are familiar with the concept of the Peace Corps where ordinary citizens go into a culture which seems to have needs which they can help satisfy. They have only themselves, their hearts, their willingness to serve and yet time and again if one interviews those who have been a part of such a program, they state that it has truly been a wonderful thing in that they really did feel that one person could make a difference and they saw that it was so. In this case, you came in as a member of a Peace Corps, a Peace, Love and Light Corps, shall we say, your aim being to make a difference even though you were only one being. You are already making a difference, as is everyone upon planet Earth. You are not part of an elite simply because you are a wanderer. All of those upon planet Earth at this time are harvestable. In terms of how they came into the incarnation, there are no hopeless souls here, all are able to make a difference, all have what it takes to love in a powerful and real way, to love beyond judgment, beyond limit, beyond holding back something for special people. Every entity here has the potential to make this difference.

The advantages of being a wanderer are that your memories of how things can be are much clearer, much closer to the surface and less veiled by the veil of forgetting than those who are native to the planet and are simply waking up for the first time. You have awakened once, you have done the work once, you are now in boot camp trying to get it back. "Where is that memory? What did I know before that I have lost?" These are the questions you are asking. But you do not have to reach for this knowledge. As with all wanderers, that knowledge is fairly close to the surface. You do remember better times; you do know how to love. It is just so dangerous in the way it feels to be so vulnerable and so open to criticism as to love without expectation of return in a world which is very cruel to those who love in such a way. Be prepared to feel the slings and arrows of those who would be cruel to idealists who refuse to become cynical. Be proud when you are reviled because you are an idealist, because you love when one could so easily judge, when one could so easily move into a separate and safe mental configuration where all is judgment and all is cynicism.

My brother, you are on trail, you are on task, more than you know. And yet you worry and you fret and this is understandable. We cannot wave a magic wand and cause you to stop doing so. We cannot wave a magic wand for this instrument and cause her to stop doing so. We can not do that for a single soul. You can probably not even do it for yourself, not all at once. But if you can repeat a few home truths when you are troubled, you may perhaps begin to change long-standing habits. If you can repeat, "All is well, all is well," when all is obviously not well, that will be a start. If you can ask yourself as those of Ra suggested, "Where is the love in this moment?" that is a start. These things are helpful, these short, pithy ways of nudging the mind into the act of remembrance of who you are and why you are here.

This instrument informs us that we have spent far too long on this question and we do apologize. However, it was a good question and we were enjoying ourselves.

We would at this time ask if there are follow-up questions which we may answer at this time. May we have the first one?

Questioner: Yes, Q'uo, you have already confirmed that P is a wanderer. Can you tell him from which density or which planetary system?

We are those of Q'uo, and are aware of your query, my brother, and we do not feel that this information would be at all helpful to you at this time. We believe that it is information that will come to you naturally and that, when it does come to you, it will be helpful at that time and not before. Trust the inner workings of synchronicity and coincidence [to bring you] gradually into more of a feeling of knowledge of where indeed you came from and what density that might be, if these things remain important to you in the future.

May we ask if there is another query at this time?

Questioner: Q'uo, P writes, "I have found myself to be lonely and seeking a true soul companion." You've somewhat addressed the subject of a companion. Can you speak more about his feeling of loneliness?

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We are those of Q'uo, and we are aware of your query, my brother. Ah, my brother, to speak of loneliness, how we would wish to be able to express ourselves to the extent that you would know that we truly understand the agony of a wanderer who wanders in a strange land and who is often unable to speak words that resonate to those who would be able to hear that resonance and confirm the usefulness of such thoughts. How blessed it is when one simply feels understood and loved, encouraged and supported. It is part of the wanderer's suffering to feel isolated. And why should a wanderer not feel isolated? For he is the one known, as Heinlein phrased it, as "a stranger in a strange land." Of course you shall feel alienated by things that make no sense and that is all around you, my brother. We can only encourage you to move within and to begin to sense into the tremendous strength and power of the network of unseen entities that accompany you at all times. It is a crowded universe. No entity who is consciously attempting to stand close to the love and the light of the one infinite Creator shall ever be without a tremendous body of helpers. To this instrument, who is steeped in the Christian tradition, her mind goes to angels and archangels, seraphim and cherubim and all the hosts of heaven, and yet to one who is involved in other means of [religious] expression, it is just as valid to look at the animals who surround you, the elements of earth, air, wind and fire that surround you; to name those same energies and essences which this instrument would call angelic [thusly]. And, for those who worship the ancestors, for instance, in the process of acknowledging the enormous body of the roots of the physical being, the ancestors, the place from which one came and so forth, these essences and energies, in their own way, move into the same body of those who serve the Creator by serving those of the Godhead principle which are incarnate and sentient such as yourself, this instrument, or those within this circle and any living human being that is doing the work of third density.

Shall you ever be fully content within your isolation? This is unknown. This is more a question for the personality shell than for the essential being that you are. However, shall you be able to find joy and companionship within this incarnation? Yes, you must simply open to it. Work upon that love of self. Work upon truly being able to be in love with the self, to see the self in all of its flaws as a wonderful, brave and quirky oddity that is a treasure and that will always be the only one of its kind. See that as a wonderful thing and when you look up again you may see someone walking beside you that is also ready to embrace the self and in so doing, is ready to embrace a true companion of the soul.

May we ask if there is a further query at this time?

Questioner: Q'uo, is there anything else that you would like to communicate to P about himself?

My brother, we are satisfied that we have responded to those energies that are within you at this time. We welcome further queries but we would not volunteer information at this time. Is there a further query at this time?

Questioner: Q'uo, you've already answered the question that P had about whether he would be in the first wave of ascension, so then his final query is whether there is anything you would be able to share with him about his daughter or his relationship with her?

We are those of Q'uo, and, my brother, we would simply say that, as with virtually all children being born at this time upon your planet, your challenge is to respond to an entity which is half in third density and half in fourth density. This entity has a significantly different, shall we say, level of sophistication as a being. Therefore, it will have the typical difficulties of a new being who is dealing with beings which cannot possibly grasp the full brunt of what such an entity is going through. Know that often your best bet is to learn from her rather than assuming that you are an authority figure which will teach. Allow a teach/learning circle to develop where respect and honor is given by each, to each, and then simply be aware that, for all the sophistication inherent in a double-activated third-density/fourth-density being, entities who are young are unlearned, unskilled and untrained and that there are many, many simple ways in which you can encourage, support and help to offer discipline of mind to such an entity. Such an entity has a great need for discipline but it is a need for the discipline of the self, by the self. And in this teaching words are not helpful for the most part. Where you will be strong in helping this entity is in being yourself with honesty, integrity and depth. These things she will feel and respect.

Is there a final query at this time?

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Questioner: Q'uo, I am not aware of another query by P at this time.

In that case, my brother, we now leave you in the love and in the light of the one infinite Creator, thanking you with all our hearts for this wonderful privilege of being able to share our thoughts with you. Your energy is a beautiful thing and we thank each within this circle for the beauty of their energies as well. It has been a delight to be with you and we leave you in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai. ✣

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Special Meditation
August 18, 2004

Question from T: I would like to receive information about the awakening and unfolding metamorphoses of self and its effects on myself and my family. How may one avoid trauma to one's family who may hold other views and to oneself as one tries to uphold the continuing duties and responsibilities of material life?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose name we come to you this day and in Whose power and peace we serve. We thank the one known as T for calling us to this circle of seeking this day and we thank those who sit in this circle in his name and for his service.

It is a great privilege to speak with each of you and we would simply ask, as always, that you clear the way for us to feel completely free of any constraints concerned with the free will of any of you by guarding your own integrity and your powers of discrimination so that any thought which we offer that you take in be taken in quite consciously and with the knowledge that we are fallible beings such as yourselves, pilgrims along a very long path. We are perhaps a step or two ahead of you, but many steps away from becoming one once again with the infinite Creator. We all are part of that circle, that great Celtic knot[111] of evolution that begins and ends in the mystery and unity of the one infinite Creator.

This day there is a query concerning the shape of change in a person's life and how that shape can be experienced, not only be the self but by those about the self, with a minimum of difficulty and with an absence of trauma. My brother, were we the wisest of all advice givers, we would not have the solution to coming through transformation without suffering. And although we cannot say that any of your own processes properly can be considered to be the cause of trauma to others, we may also say that insofar as entities are unskilled at gazing in the mirrors which such change projects from your process into others, that too is a process that is likely not to be trouble-free or smooth. Certainly we can share some thoughts with you concerning how to visualize and work with these very laudable and appropriate desires to minimize the difficulty and trauma for the self and for other selves in the process of initiation. Yet at the same time, we wish to begin by stating firmly that we do not know a way for entities to move the way they think and their point of view from one system to another without creating considerable perceived chaos and pain. It is well to take this in and to realize the cost of transformation. It is always costly to attempt to stand closer to the

[111] A Celtic knot is a symmetrical pattern drawn without lifting pen from paper, so that although the pattern may be quite intricate, it is unitary.

light. It is always expensive to gain insight. It is always dislocating to widen one's point of view.

Now, with that said, let us turn to a more positive tack and sail our little boat of thought and words into the wind of change and see what we can find to suggest to you as you set your direction and work with the ocean upon which you now sail to bring you as handily as possible into the next port, and the next, and the next. Know always that you are in an archipelago[112] rather than a deep, uninhabited ocean when you are working with yourself and helping yourself cooperate with your destiny. You are not alone for long. There is always a place to stop and provender yourself, make sure of your direction and check your bearings, your equipment, and your own self for wellness and for trimness.

First, let us look at this little barque[113] that you sail at this time. Its sails have been the rising, the yearning of your own soul and heart for truth. Not for change in and of itself, but simply for a higher way, for a truer path. And when this kind of dedication of self is made, the door opens, the questions are asked, and the answers come pouring in. What is in your little boat? You have the sail of your desire and this is well set. What have you stashed in the hold for yourself? Have you kept for yourself a game or two, a chessboard, draughts[114], a deck of cards, something to pass the time, something to rest with, something light and meaningless? Have you packed some fun? Have you packed a box of taking things lightly? That would be good to pack away. If you have not done so, find yourself the pastimes that truly rest your mind and help your heart to stop racing, and keep them aboard. For there are times when only waiting will work and only unknowing will be the fruitful attitude. And in those times, it is well not to brood; it is well not to think too much; it is well to take things lightly and know that all is well and that there is time simply to have fun. If the fun is music, be sure and play it; if the fun is walking out of doors or working in the garden, be sure and pack that in, be sure and have that with you. This is a great tool to have when one is going through a process of intense change.

Have you packed sufficient inspiration for your journey? There are times when silence itself becomes too wearying and too intense. It is very helpful to have chosen a few written-down things that you may pick up and read, things that you may count on to give you food. In a metaphysical voyage, the food is ideas. Your food will be concepts that enable you to rest or to become restless but asking, and looking, and seeing a bit further.

Have you packed sufficient humility? There is a good deal of that needed on long voyages such as you have undertaken. In a way, the choice to seek is, in itself, prideful, or so it may seem from one point of view. It is a coming into oneself in such a bold and complete way that it startles and sometimes frightens the self or other selves who gaze upon such a one. And the thought is, perhaps, that such a bold move is not called for, is not necessary. It is impossible to explain to another self why must one set out upon metaphysical voyages. The self cannot even be explained to, if there are inner voices in the self that create resistance within the inner workings of the self. There may be a voice within the one known as T that is still saying, "You are not worthy of making such a bold and drastic change. You do not deserve to release the shoreline of previous ideas and to set forward in search of a new truth that is more all-encompassing, that seems to have more integrity." True humility, however, is that which allows all of the voices of oneself and of other selves to speak their piece to you without the need to defend. What is there to defend, after all? A sailor must set sail. Stays he upon land, he shall drown in the dry dirt. A sailor must take to the water, whatever the voyage, when it is called, when it is time. He simply has to set sail. That is the way with spiritual evolution for most people: when it comes, it is as the wake-up call and there is no going back to sleep. And so the sailor rigs out his boat, sets sail, and just hopes for the best. This is appropriate.

This is not a prideful act. The only prideful act connected with moving through transformation is the act of attempting to defend or justify to the self or to another self the reasons or the rightness of such a voyage. We do not say that there is no possibility of the one known as T choosing wrongly. We simply say that when there is the call for movement, there is no avoiding movement. It might be done awkwardly or smoothly; it might be done slowly or more quickly; it might be done with great joy or in great

[112] archipelago: "A sea, such as the Aegean, containing a large number of scattered islands."

[113] barque: "A small vessel that is propelled by oars or sails."

[114] draughts: "The game of checkers."

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trepidation. But when the movement has come from the inside out, as the one known as T has expressed, then one is simply forced to sail, for better or for worse.

We ask the one known as T, therefore, to pack sufficient humility that he may rest from blame and rest from avenging those who would blame. It is perfectly understandable for inner voices and for outer voices to object to change. Change will always be uncomfortable. The status quo will always seem more comfortable, more sensible, more sane. It is to those who have been inspired in a certain way that the courage to enter into that zone of discomfort is given. Pack much of this humility, and along with it, my brother, pack much patience. Indeed, put a whole locker full of patience in. For your journey is not only a long journey, your journey is an everlasting journey, one that you have been on all the while and only at a certain point became aware of.

At the point at which you became aware, you also became able to affect the rate of change of your spiritual evolution. You became able to decide consciously to accelerate the pace of this change, to lean into the wind by asking, by seeking, by looking. Those things are as the powers that raise the winds in metaphysical waters: every focus of meditation, every focus of visualization, every focus of affirmation, and every moment of disciplining the personality, bring up the wind. And as you have set your sail by your desire, so the wind moves you in such and such a way. Consequently, check your desire, check the alignment of your sail, if you will, and see that it is working with the wind. When you get into port and have a moment, sit in silence and check, shall we say, in inner dry dock, the health of your vehicle. Are you creating wellness in your body? Are you creating enough rest for your emotional body? Are you creating enough lack of tension, enough balance between motion and stillness, seeking and resting, wisdom and love, attention paid to the self and attention paid to the milieu about one? This is what we would share with you upon working with yourself.

We come to a more difficult part of your question when we begin to look at the other selves about you. It is rare, indeed, on such a voyage, that one is able to take other selves with him. Most general is the case that you experience, where other selves that are dearly beloved to you and are part of your family are not able to take this voyage with you but must remain upon the shore which you have left. This simple separation of attitude and the direction of hopes for the future between mates and between family members has the strong and understandable tendency to create strife and discomfort on both the side of the self and the sides of other selves involved. Even if there are no hard feelings, the dislocation is felt and it must be dealt with by the other selves about you.

Certainly there are many things that you can do to lessen the apparent impact of your voyage. For your voyage is inner. It is not necessary for you to change your geographical location. It is not necessary for you to change the way that you earn money or the way that you participate in your community in order to sail far, far away in terms of the inner voyage of a self seeking the truth. However, as the voyage continues and as the sea miles pile up and the life experiences of these inner voyages begin to accumulate, there is an increasing distance in point of view from the old self. Those other selves who were fond of the old self and who miss the old self will begin missing that old self more and more.

It is rare to find mates, especially, but other selves in general, that are able to lift away from previously assumed knowledge of a person and replace that knowledge with the knowledge of the brand-new fledgling entity that is beginning to show himself. Certainly some are able to do it but for most—and for the one known as T—he will find that it is very difficult for those about him to embrace the changes that have already taken place and to embrace the continuing desire for further change. And so it is as though the other selves are acting as a drag upon the system, wanting always to regain what they consider to be lost ground, and being completely unable to do so because of the nature of metaphysical change. It is like a chemical reaction: it cannot reverse itself. Once started, it must play itself out. And, unfortunately for the peace of mind of those about the one known as T, this means that, insofar as this creates catalyst for those about the one known as T, they also will need to move through the processes of dealing with and finding ways to balance the perceived reality of these changes.

It is very helpful in such a case for the entity who is changing to refrain from attempting to explain or justify his journey, and indeed to refrain from speaking, unless asked, of the journey itself. It is very

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helpful to remember that beneath all of the chances and changes of living, the self is as a serene and unchanging stream, changing in surface ways, certainly, as things flow through, but unchanging in the sense of being a citizen of eternity with a certain vibratory nexus that is the pure essence of who you are. That vibration may change a very small bit because of hard work done throughout an incarnation, but you are truly an eternal being, and the magical energy of yourself is only partially brought into incarnation. It is connected through the silver cord into that well of self from which you came and in which you have tremendous power, wisdom and awareness. This is who you are, only seen through a cloud within incarnation. It is the quest of an entire incarnation simply to penetrate one's own personality shell so that one is able more and more to rest in the fuller expression of self that this instrument would call Christ consciousness. This is your essence. This is the kind of creature that you are. This is the facet of the Creator which you express.

What a blessing it is to be able to rest back in the essence of who you are. Rest in that essence as much as you can with your family. Stay at the soul level with them, relating to them as wonderful, unique sparks of the Creator, just as are you. So much is veiled, so much is unknown, and yet you can always love, you can always console, you can always lift up and support and encourage and offer hope. You can refuse to shut down, you can refuse to stop being vulnerable, you can refuse to close your heart against anyone or anything. You can endure whatever pain will help those about you as you listen to them express their difficulties and as you work endlessly and patiently, insofar as you can see a way to help them through what they are experiencing as they experience the catalyst of your change.

Be aware that what they say to you is a projection of what about themselves has the ability to confuse them. Each entity will react to what you are going through not in terms of you or anything to do with your journey but in terms of themselves and their own processes. Entities, for all that they think that they are working with other people, for the most part never get beyond their own heads. You will constantly be working to get outside of your own limitations into the broader vistas of a wider perspective. You cannot do this for others. What you can do with and for them is to be yourself, to stay as cheerful and positive as possible, to find patience where no patience seems to be and to find forgiveness for what seem to be unfair or unjust slings and arrows. This instrument has often said that it is a blessing when entities are unfair and unjust because it gives the self a perfect chance to work with that catalyst and to see that nothing needs to be taken personally and that all things are subject for prayer. When you can perceive no other way to serve your family, then remove yourself, sit in silence, and pray for their good, for their improvement of mind, for their healing of spirit, giving thanks, always, for every harsh word, every misunderstanding, every injustice, knowing that these are the things that refine one in the fire. These are the tempering agents that make one strong but flexible.

This instrument was talking to one of those within this circle earlier about the reason for continued tempering and continued testing in the fire. "Why," this instrument was asked, "would that be necessary on a continuing basis? What is the purpose for such a sharp edge when the desire is to love and to bring love to the planet?" And we say to this one, to this instrument and to the one known as T that the continued tempering is that which brings one into the present moment. It is not yesterday's tempering that will keep one flexible in the catalyst of the day. As each lesson is learned, a new vista opens and when the student is eager, those new vistas demand further tempering, further work, further catalyst, further opportunities for learning. Why is there no end to it? For the same reason that there is no end to spirit. When there is oneness, there is infinity. There are no markers, there are no stops, there are no categories, and that infinity becomes that great Celtic knot that moves from Creator to Creator with an octave of learning between.

It is a long, long road. It is a road that also is awash with joy and that is an experience that the one known as T has come into time and again, that sun-washed, light-filled experience of bliss and joy in the knowledge that one is in the right place, at the right time, and on the right journey. Bless and remember those times. That act of remembrance will be very helpful, and especially when one may be downhearted. Because one does see that one cannot make the proverbial omelet without breaking the eggs.

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It is very helpful to remember that this experience is surrounded by supernal and infinite life. It is a blessed journey and even the pain of those about you is a blessing as you work in humility with the awareness of yourself as part of a pattern over which you have no control. Your only control is the choice to love and that choice of loving is endlessly subtle and always in the present moment.

At this time we would pause, for there are two questions this day. May we ask for the second question from T. We are those of Q'uo.

T: In this age of materialism, it seems our children often suffer greatly from a feeling of inadequacy and poor self-worth as they constantly compare themselves to the symbols of materialism. I would like to receive information on how parents of young children can best assist and guide the children in remembering and awakening to who they really are as they mature in this age of transition where materialism still has a strong influence.

We are those of Q'uo, and we are aware of your query, my brother. What a good query we find this! It is most appropriate to consider the raising of your young beings for, at this time, not only your being [and] those whom you have welcomed into your home and family, but also virtually all those coming into the world through incarnation's door as new to it are those who have, to some extent, opened their fourth-density bodies and so, are beings that are quite different than those who have come into incarnation with only the yellow-ray activated body[115]. When a person has a dual-activated body, certain things have changed for this entity. It may not be that these changes are consciously known by those who may be called Indigo Children, for a general term, but these changes are there. They include a thinner veiling, so that it is easier to remember preincarnative data, the ability to access psychic gifts largely because of the lighter veiling, the tendency to be impatient with third-density structures, especially those that seem to stand in their way, and some difficulty in cooperating with the strictures that make the least sense to them. Indeed, in some part, these have always been the characteristics of youth, but when there is a memory that is closer to the surface of a higher way and when the culture is mired in teachings that are directly counter to those sensings and half memories, it becomes fiendishly difficult for entities to make sense of their surroundings.

It may be considered unfortunate by the one known as T that such children do not come into incarnation equipped with what might be called maturity or common sense. Such children are children. They do not have an instinct for maturity. They do not have an instinct for right behavior. They are, as [are] all of the very young, self-involved, ever-questing, ever-impatient, and very inquisitive of knowledge, of ideas, of ways to be, of masks of all kinds. They are experimenters looking for ways to express that feel right to them. They are tremendously influenced by what is going on about them. And this is not simply the parents and the family but also contains the world of school and peers and the fads of a culture. If you add in the mass media and the tremendous amount of propaganda of mind-entraining material that exists within the programs and the commercials of television, the sum becomes a huge and unmanageable bundle of strictly third-density input for such children. There is nothing that the parents can do about this except keep them home, turn off the television set, and studiously home school. Some have put a great deal of time aside and actually done this. And yet those children will move out into the world of peers and fads and mass media because it is there in such abundant quantity. Consequently, we do not recommend such withdrawal from the society at large. We recommend, rather, some of that endless patience that you have taken with you on the journey. For you shall, as a parent, need to deal with situations one, by one, by one; and we are talking of hundreds and thousands and millions of situations in twenty years of raising a child. And in each of these situations, you will need to be creative and listen and find ways to offer positive suggestion and positive counsel when what you would really like to do is tear down structures that you feel are harmful for your children.

We recommend, most of all, that you yourself live in a way that you may endlessly explain and defend. This is painstaking work. If you would like them not to watch television, turn yours off, not once but as a habit. If you would like them to respect the rights of others, be sure that your converse and your

[115] The yellow-ray body is the physical body which we all have, and third density is the world of Earth life which we share. The fourth-density or green-ray body is that energy body which can work with fourth-density or higher vibrations. A dual-activated body is one in which both the third-density body and the fourth-density body are active.

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comments constantly express the deepest love that you can find for every entity and every situation. Whatever it is that you are hoping for your children, rather than telling them, sit in counsel with yourself until you can find ways to live the life that you wish to embody for them. Be a living example to them, not by what you say, alone, but by how you are, by how you live your day. Do you, for instance, make a point of spending time with yourself and the Creator in silence, every day? If your children see you living a religiously or spiritually oriented life, they will know beyond a shadow of a doubt that that is of value to you and because you loom large in their small lives, that will have every reason to be considered as a value to them.

You may ask yourself, too, if you spend time with them where you do nothing but listen to them. If you can spend just a bit of time…

(Side one of tape ends.)

(Carla channeling)

…finding out what their process has been like this day, what their walk has led them to see and think about, what their dreams have told them, not with any view to commenting or improving upon their thoughts but simply to knowing them, they will feel worthy in a way that you cannot create by any other means. If you think that their small affairs are important, so will they know that they have a right to be and that what they do is worthwhile. These things cannot be taught. They have to be picked up from the attitude with which people hold them. As a parent you have tremendous ability to give them this kind of nourishment of self. As they talk themselves over with you, they begin to get their own bearings and the feeling that they have their own reality and their own process. As you give them credit for being people, even at a very young age, they are able to begin to grasp more of this double-activated nature. As you live a loving, radiant life, you are basically living in the fourth-density energy for which they so hunger since they are prepared to take it in and since your surface environment is so lacking in fuller light. See what you can do to be an unconscious but ever-present radiance in their life.

Again, it is nothing that you say that will mean as much in teaching children as how you are. How do you treat everything and everyone about you? How do you think of that world about you? In what way do you discuss the issues to which entities with double-activated bodies would be so sensitive? Damage to the environment, damage to other selves, lack of human rights, injustice and unfairness: these things will nag like thorns at a double-activated child. Do what you can to discover for yourself ways to talk about these shortcomings that can be perceived in outer society in such a way that hope is found and positive movement on a personal level is discussed. Never let children become cynical if you can possibly help it. And yet, at the same time, encourage good, straight, hard looks by these young children at what seem to you to be perhaps too adult areas or issues of consideration. For these children, things happen quickly. Ideas develop quickly, questions come up quickly. Expect this process to occur, when it does, with some speed and just see what you can do to maintain your own humor, patience and humility. You are not an authority figure to a double-activated entity, you are an advisor. You are, if you have been careful, considered to be a good one and you will be listened to, for there are deep threads of honor and respect that run through a double-activated child.

They can easily be distorted by disappointment and the typical disappointed, double-activated Indigo child can be a tough cookie. So we would just offer you the encouragement to stay within your own integrity, offer what encouragement that you can, and by all means do not assume that your child, being double-activated, has no need of guidance. Such children, like any children, do need persistent and firm limits. We simply say, make those limits loving, understandable, simple and then be willing to explain them, to stand by them, and to take insults and disagreement when it is inconvenient for other selves to observe those boundaries. Do not let that faze you, but keep the boundaries that you feel are important, not combatively but persistently, quietly and firmly.

Above all, find ways to express your own belief system in the tiny things of everyday. This way there is no preaching involved. There is no discussion of dogma or the lack of same, but only the expression in everyday life at the smallest level of thoughtfulness, desire to help the family system, and those other values that feed into a harmonious and loving family life. If you have not investigated fully the joys of doing laundry, scrubbing the toilet bowl, doing the dishes, or any of the other thousand and one things that a household takes to keep going, dig

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into it and investigate to the best of your ability all of the above and anything else that you can see that will help the family move more smoothly through the day. When entities are not afraid of cleaning a toilet with great love and great thoroughness and a delight in the result, then the entities around him can begin to see that all things are holy and that there is no unjust labor, or work to be scorned. In living a spiritually oriented life, this is a key concept and it cannot be gotten at with words. Those about you must see you participating in every way. This will enable them to find that same perspective within themselves gradually becoming more and more understandable.

Most of all, my brother, see to your own self. In the midst of all this concern for others, remember that you must tend to your own stability, wellness of mind, heart, body and soul, your own financial wellness, your own staying beforehand with the requirements of the world. What does it take to keep you grounded and balanced and ready for the new day? In most cases, there is that need for daily meditation, daily contemplation, a time that is sacred to oneself, a time spent in the temple of the inner heart, resting with the one infinite Creator. If you have to get up early, my brother, to do this, then set your alarm and give yourself a half hour to stare at a candle, to think over the day ahead, to make to-do lists, to do whatever it serves you to do to rise from your night ready for a new day, seeing into a new land filled with infinite possibility.

It has been a delight and a privilege to speak with you this day, my brother. And we thank those in the support group who have made this session of seeking possible. We are those of Q'uo, and we leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Channeling Symposium, University of Louisville Belknap Campus
August 22, 2004

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose energy we come and in Whose service we are. It is our distinct privilege to be called to this circle of seeking and we thank each entity here for taking the time away from a very busy and tension-ridden life to stop a minute and just ask for the truth, for those things to come in that you hope will be resources and assets as you face the present moment. It is truly a present moment that is fascinating and challenging in many ways. And we are most glad to be here with you.

In order for us to be able to speak freely, we would add our voice to the one known as "Joy of Life"[116] and ask each to use your discrimination carefully. Do not assume that we or any other entity are authorities, for we are not. You are the authority over your own learning curve, over your own spiritual evolution. You have the right and the ownership of your truth. It is not like anyone else's truth and it is not the same truth for you from year to year and sometimes from moment to moment. Always listen with a new ear and see if you feel resonance with that which is being spoken. If so, take it in and work with it, make it your own. In the echoes of that resonance lie personal truth that is helpful for you now. If it does not resonate for you, drop it, leave it, walk away without a second thought. It is not your truth. It may be helpful to someone else but it didn't ring your bell, so let it be. This will enable us to speak freely without concern that we may be abridging your own free will for attempting to pretend that we can learn for you. We are only those who walk with you.

Before we take queries, we would simply suggest to each of you that you are the light of the world. There is illumination coming into this room from several sources and we would use some of these images to talk about how you are light. If you gaze behind this instrument, there is a decoration made of a tree into which there are pinned Christmas lights. It is a beautiful, aesthetically pleasing decoration. But more than that, it is a beautiful image of your planet and its people. Each of you is a radiant source of energy. When you are plugged in, how you shine! And you are connected one to the other, not visibly. Visibly, each entity is separate, each entity has limits, places where flesh and clothing meet the air, feet meet the ground. It is obvious that in the physical illusion each is separate. And yet you have, common to this incarnation, families, not nuclear or physical families alone, but spiritual families, larger groups of entities than you might suspect, who have chosen to come into incarnation to work in tandem with those whom they meet and with whom they seem to feel kinship and affinity and much more than that. With the

[116] Joy of Life is an inner-planes entity which had spoken through Sylvia Willett in a channeling offered by her prior to this channeling from Carla and those of Q'uo.

extended families of each of you, who in many cases share relatives, shall we say, on the unseen planes, you are connected in so many ways which you cannot see but can only feel. So know that, as you look into the eyes of those whom you have not yet touched into in terms of energy, with whom you have not exchanged energy, yet you do not look into the eyes of strangers. For beneath the surface of this seeming separateness of the physicality, you are strongly and powerfully connected by those families from which you came and to which you shall return.

You have come here to be a light, to lighten the planet known as Earth. Let us look at that Christmas lighting of the tree again, this image of all of you in incarnation being here and "holding the energy" or "holding the space."[117] Who are you linked into?

Look about you to the ceiling and you will see constellations of lighting that seem to come down from above. These might represent sources of integration. As the physical illusion becomes ever more complicated, reassurance and grounding, oddly enough, come from perceived sources of inspiration. One light may be a walk in the woods, another may be inspirational writings, and there are wonderful books offered in this very room that may be just what you might need at this time.[118] Touch the books, touch the materials, see if there is energy there for you and when you do perceive a source of energy, remember to use it. Open the book, take the walk, place yourself into engagement with the present moment. For you are a powerful and magical being. The light within you is that energy that is infinite. What are you plugged into? What infinite source are you plugged into?

And now look out the window and see the sunlight that pours a wasteful amount of energy infinitely into your plane, far more than any entities may use. The Creator is incredibly generous. There is no end to consciousness, there is no end to love, there is no end to that into which you are plugged. For you are as the vine branch; you are as the lamp that is lit. The vine branch moves down into the vine. The master known as Jesus said, "I am the true vine, and you are the branches."[119] And again, he said, "You are the light of the world,"[120] so do not hide your light under the bushel, do not tuck it away inside your house, inside your being, inside your practice, but allow that energy into which you are plugged in your inner heart to move ever [more] freely through the open heart and into the world around you.

All things are one and you are not only a personality shell, a being of a certain identified kind, living a certain kind of life. You are, as the one known as Father said, "a spark of the divine," a sparkle in the eye of the Creator. And you have come at no small inconvenience to yourself into what seems to be a fairly darkened atmosphere. Do not be fooled. Do not be dismayed. The "ascension" of which many have spoken is not coming. It is here. The energy of fourth density lives, as it can, in the corners, cracks and crevices of third-density Earth. It is an overpowering energy and it is moving far more energetically now than a year ago. Indeed, we may say that it is your choice as to which density in which you choose to live.

It is a delicate thing to change the point of view from third-density consensus reality to fourth-density perceived reality; to switch from living by fear into living by love; to move from a point of view in which one defends and guards into a point of view in which one sees oneself as a crystal being that is able to receive the love and the light of the one infinite Creator, bless it and allow it to go forth from the open heart without distortion. As you are able to express the unconditional love that fuels your light and that is the source of your light, you become the light of the world.

May I ask the one known as M at this time if there are queries for us?[121]

M: Yes, Q'uo, there are. "What is the next step for me to take, both personally and spiritually?"

We are those of Q'uo, and are aware of your query. The present moment is perfect. And yet it is as a seed that is in a process of growth. When one

[117] These are phrases channeled through Sylvia Willett in the previous segment of the symposium from her contact, "Father."

[118] All of the channelers had brought their materials for the audience to look over.

[119] *Holy Bible*, John 15: "I am the true vine, and my Father is the vine dresser. … Abide in me, and I in you."

[120] *Holy Bible*, Matthew 5: "You are the light of the world. … Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven."

[121] M was the moderator, and she had many question cards to read which the audience had filled out beforehand.

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considers the next step, either personally or spiritually, the question becomes, "Where is the love in this moment?"

Your past has planted seeds in the work you have done, in the suffering you have undergone, the lessons you have learned. You have fertilized, watered and developed those seeds and they are what have bloomed into the present moment but they are not the end of the process—they are an exquisitely poignant picture that does not last except to give you wings to see your way to that next step. As you ask, "Where is the love?" you can begin to see into the relationships that you bring to this moment and the issues which you are pondering.

What help has been asked? If there is a request for service, that is always the next step. What are the energies surrounding this issue or this relationship? Where and how can the entity that you are and the gifts that you have be helpful? And do not forget yourself, for if you overwork yourself, if you exhaust your spiritual, your emotional, or your mental energies, not to mention your physical energies, how shall you serve at all?

So it is well to ask yourself, "What do I need to meet this moment?" It might be a very small thing that moves you from a feeling of being overworked, over-energized, exhausted, tense and even depressed, to good cheer and good energy. It might be a cup of tea. It might be anything that you sense into and realize, "You know, I've been thinking about everyone else but I really need to take a nap, take a bite, take a walk."

Focus, when looking at taking the next step, on how you are feeling, how your attitude is, and how you perceive this present moment. How do you see the system, as a whole, that is your energy field? Are you in health? You need to be in order to serve. If the answer to that is no, stop and ask for balance. If you are feeling bewildered, stop, sit in silence, and let the universe pour in. It might be the call of a bird; it might be spirits speaking directly to you in a voice you can hear. It might be anything in between. It might be a street sign that pops out at you in synchronicity with the thought that you were having. There are many, many ways that spirit connects with those who are listening, so listen, and listen to yourself, being sure, first, that the instrument is in good order, for you are instruments.

M: "What is my forward movement?"

We are those of Q'uo, and are aware of your query. The question of forwardness is interesting. A third-density consensus-reality way of thinking is always designed with an arrow: first this, then this, then this, a sequence in a straight line. However, spiritually speaking, there is a circle, or perhaps more rightly, a sphere, and all movement is forward. Think of yourself not as this lumbering great ape that is walking step, by step, by step. Think of the energy body that you are, for you have wings, and you fly. This energy body, or torus of energy, that is your basic metaphysical nature or body, can roll in any direction, and move from level to level, density to density, picking up the information and the resources that it needs. Certainly, most of this is not done consciously.

So a lot of moving forward is getting your preconceptions of what forward movement is out of the way and then opening to the resources about you: your dream work, your synchronicities, your reading, that which you pick up from conversations and from the silence when you tabernacle with the one infinite Creator and your guidance. It is so important to touch in frequently to your guidance and then listen. If you can, when you get an impression, take it seriously, write it down, go back and look at it and see if you have followed your own guidance yet. If not, hit it with ever more energy and enthusiasm, for you are connected, you do know in your inner heart where that next forward movement is. But you shall not know as fully unless you allow the roundness and the freedom of the being that you truly are as a citizen of eternity to come out.

M: "Will my financial situation resolve?"

We are those of Q'uo, and are aware of your query. The issue of supply is a ticklish one and certainly this instrument experiences many times of wondering precisely how the bills shall be paid, precisely how supply will manifest itself and yet, indeed it always has, for this instrument. It has sometimes been mighty close but somehow the wagon has continued to stay on the road in some way. And we would suggest that the visualizing of this state of perfection will encourage the richness of supply. We do not suggest a laundry list of needed things in your prayers to the Creator. When you think about the prayer that the master known as Jesus taught to his disciples, it only asked for today. Focus upon that which is needed this day and ask, without pride but also without shame, "May I have

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that which is needed in supply and in energy in all things this day, that I may serve?" Let that affirmation rest, knowing that, for this one day, you will be supplied with that which you truly need.

We apologize for not being more specific but we find that in order to keep the tuning of what this instrument would call the highest and best that she requested, we need to stay at the level of spiritual principles.

M: "Is this a special group? What can you tell us about what brought us together today?"

We are those of Q'uo, and are aware of your query. Indeed, we have spoken to some extent upon this subject and it is dear to our hearts. You are here this day because you are a family. You have not chosen each other in a conscious way. You do not have the entanglements with many of these here of family, previous friendships, and so forth. But there is a tabernacle in which all of you reside. It is that space or energy that is held together by those who seek the truth and who seek to serve at this time. You have come this day for reasons on the conscious level, but because of promptings also on the subconscious level. So we encourage you to see this event and this gathering as a family reunion of those who have not previously, perhaps, come into a gathering or re-uned. Yet you are all called by spirit to be witnesses to light and love. And each of you has worked and played and suffered and laughed and done the living that collects life experience. You have begun to gather about yourselves a kind of spiritual gravity, a weight, a density of being that holds the light. You see, when entities begin to wake up to their spiritual nature, they are perfectly capable of grasping the ideas because the ideas which concern spiritual evolution are fairly simple. It has often been called the universal wisdom, or the eternal wisdom. What we have to say, and indeed what each has to say this day has been said before and will be said again and yet, because of the nature of spirit, it must be said in the present moment as a spark that can ignite or as a germ that can infect.

Perhaps that is what we would say to you: each of you is a carrier of unconditional love. As one person becomes enlightened, awakened, and energized by the spirit, unconditional love pours through. Yet it cannot be held for long periods of time, at first. The tuning slips, the energy is exhausted, and rest must be taken. You are here to deepen your own spiritual density, to find those resources that work for you as you assume the discipline of your own personality and begin to learn how to persist in patience, in good humor, and in peace and compassion for yourself as a bozo and a mistake-maker of the first order. All of us, all of you, every iota of the creation of the Father, makes mistakes. If we did not have distortion, we would be resting in the allness of the creative principle. We would not be working our way back to the Source. You are between alpha and omega, and you are here to learn how to accelerate your pace of evolution. Each entity whom you meet this day is your teacher. Each eye that you look into is the eye of the Creator. You live in a hall of mirrors and these mirrors are wonderfully clear. Come, meet yourself here.

May we ask if there is another query at this time?

M: "Was Paladin a true energy encounter?"

We are those of Q'uo, and are aware of your query, my sister. Because of the degree of surety that you have at this time we would confirm that this is a helpful energy for you at this time.

We thank each of you and we leave each of you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✤

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Special Meditation
August 30, 2004

Question from G: I would like to ask that you touch upon my desire and seeking to heal myself and my past, specifically delving into my search to discover the unknown traumatic learning and the primary cause of self-rejection developed within my formative years, the still-divided energies I feel within, and the hole I've described to you within my being, somewhere. Please feel free to leave these subjects and venture into any other topic you feel may be of benefit to me. I trust you. After which I'll have as many questions as you and the instrument have the time and energy for. Thank you.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is our privilege to be called to your group and we thank you for the opportunity to share our thoughts on this search for self-healing that the one known as G is moving through at this time. As always, we would ask that each in this group exercise the utmost vigilance in using the discrimination of his own mind and heart, for those things which we offer are simply opinion rather than being authoritarian in nature and we need you to realize that our opinion is not necessarily the truth that is helpful for you at this time. If you find things that are helpful then by all means follow them and make them your own by working upon them and adding to them as new insights come to you. If they do not resonate to you with that familiar feel of an old friend newly remembered, then please let them drop away.

The beginning of an incarnation seems to be a simple thing and yet often it is somewhat more complicated than the simple beginning that it seems. Although many entities' processes of incarnation begin roughly at the time of the birth, for many, especially those who have a great deal of previous experience before this incarnation, the process of entering the body and starting the incarnation is begun somewhat prior to the actual birth of the fetus as it exits the womb of the mother. In the case of the one known as G, this was quite true. And, indeed, for each in this circle this was the case. A tremendous amount of awareness and even the basic personality shell was that which was given while the seeming fetus was yet in the womb. Indeed, by the time of the birth of the one known as G, much fairly complex work had been done and the beginning of the incarnation, therefore, was, shall we say, perhaps eight months or so prior to the birth of this entity into the world.

The bounds of free will do not permit us to discuss some of the complications that were occurring around the one known as G—and we mean that literally—during the pregnancy. Suffice it to say that there were disagreements and disharmonies betwixt the parents that alarmed and frightened the one known as G and convinced this entity that it would be better to turn partially away from full attention within the life experience in order to protect the

tender sensibilities of this entity from the disharmonies that it was experiencing about it. It was not seen by this very young entity that this decision might become inconvenient at a later time. Nevertheless, the decision was made at a very deep level, prior to the actual birth of this entity, so that the one known as G came into incarnation with a substantive and very deep-set bias against paying full attention to that which was spoken by any entity about it that would have any possibility whatsoever of causing harm to this entity.

Because of the nature of the family system of the one known as G, this entity's decision to protect itself was only underlined and emphasized by the events of its early life. The climate of constant disagreement and disharmony continued and as the entity grew and became able to have friends and to begin moving through those cultural systems that you call school and education, more and more evidence seemed to point to the fact that disharmony was the standard operating environment that could be expected and, therefore, each time there came an opportunity to begin to second-guess that first basic decision to lift the attention away from any spoken word from any perceived authority figure, the decision was always made, once again, in favor of protecting the self and distancing the self from spoken communication.

The lifting away from dependence upon words had the positive aspect of creating, for this entity, an inner safe place. It had the apparently negative aspect of constituting a defect in the linkage between short term memory and long term memory so that there grew to be the impression within the one known as G of there being no memory of those things which had gone before. In fact, it is as though within the mind of the one known as G there are files that are locked away that have been designated as being, shall we say, contaminated or infected and therefore, that have been placed where they cannot be accessed. This has constituted in the adult life of the one known as G a real stumbling block. And when we gaze at those steps which can recover the so-called hole in the mind, or the gaps in the memory, we find that, in many ways, the effort needed to recover such locked-away memory might be considered excessive.

It is, however, more possible to look at working with changing the layers of decision-making, moving down through the tree of mind to reaccess that point before birth when the one known as G first made the decision to angle himself away from spoken communication. When one attempts to change a decision that one has made for one's own good, one must realize that one is asking of the self that it trust new information over old and trusted information. This is usually the most difficult part of altering a behavior and attitude of a point of view: that is, becoming able to trust the judgment of the self in its new configuration to the point where the self is able to gaze at the old configuration and the new configuration and have confidence that the new configuration will function properly. Therefore, we would suggest that the first step in clearing the old configuration is to move into a state of mind which is silent and to create, in that silence, shall we say, a workshop, a place within where this work can be held, gazed at, and considered.

For this instrument, such a workshop was her choice. She created her own workshop by moving into that silence of mind in which she contemplated her favorite places until she found her very favorite place and then, within her own mind, she constructed, detail by detail, the workshop she felt she needed to do work in consciousness. She provided for herself two rooms with a little bathroom off the side of the office. She offered to herself a room that was for records and for office work and for a comfortable chair that she could sit in and muse and prepare herself to do work in consciousness. And then, through a wide-open gateway, with no door but simply the arch of space that indicated that there were two rooms [she created] a working room where there were three seats and, in front of those three seats, a large screen. She created two doors in that second room through which the male and female aspects of her guidance might step. And when she invited those aspects in and they came in and were greeted, they took the three seats—one [aspect] on each side of her and her seat in the middle. When she was ready to do the work, she and her guidance, holding hands, would light the screen with their intention and when the screen lit, then the work could be visualized and done. This instrument created a color scheme, carpets, works of art, and everything that she could think of to make this space both sacred and beautiful. And it is a place to which she moves in consciousness each time that she tunes to work as she is working at this moment.

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We give you this degree of detail not to indicate what the one known as G should design but to indicate that it is important in creating a place of working that it be created with great thought and attention to detail, so that the one known as G makes for himself a place that is truly his own, where he feels at home and safe, and where he feels safe in calling forth his guidance and his own power.

This instrument is glad to aid the one known as G in the creation of this sacred space but we do caution the one known as G that each detail of the work be his own and come from his heart and his soul and his mind.

When this workshop has been created, we would suggest that the one known as G move there in consciousness on a daily basis, if possible, while he is doing this work of attempting to recover the decision made before birth. We cannot say before incarnation, for this was an incarnative decision. But the fact that it was a decision made in the womb has serious consequences and creates, for the work at hand, a level of complexity that is not seen when the damage, shall we say, has been done to an entity's sense of self after birth.

It was also so, for the one known as Carla, that great alarm and dismay was felt before the incarnation properly began. In this instrument's case, the alarm was deep enough that it prolonged the pregnancy so that this instrument was born only after ten months in the womb. However, this instrument did not choose to create for herself that safe place that she would have had by deciding to reject some portion of the environment about her after birth. Rather, it created for her a deep sense of what this instrument would call resentment. It, therefore, can be seen that this instrument's personality shell is actually more warlike or warrior-like than the personality shell of the one known as G; it turned not towards flight but, in the end, towards fight, whereas the one known as G simply turned aside and slipped away from the danger it had perceived.

We would take time to note, to the one known as G, that there is no shame in perceiving as negative, or undesirable, that level of disharmony which makes words mean nothing. The ways of entities who use words to hurt are such that words lose their meaning. Words cannot be used logically or with common sense, for they are but markers or symbols for unspoken and perhaps unknown biases which drive the entity to use language in ways that are not consonant with logic. This is not an experience unique to his family system. It is relatively rampant within human society, in general, that words are used not to communicate but to control or to wound. Blessed indeed is the family system in which this is not true. The one known as G has now found his way into a spiritually-based family which holds the value of words used only for communication and not for control or for wounding. However, each of those in that family system makes frequent errors and has those moments when it does use words not purely to communicate but also to control, to persuade, or to wound. For the one known as G and for all of those within this family system, we could encourage careful thought when using words with the one known as G, realizing that this entity's wounds are of the nature of words being used as sticks and stones. If there is an energy there that can be perceived and that can be talked about, then we encourage, any time that such a slip from communication to persuasion to wounding is perceived, for there to be an honest and immediate effort to clean up communication and to reestablish communication as a clear and sweet channel of energy between two people.

That is the beautiful thing about communicating in clear blue ray, as this instrument would call it. When the heart is open and words are used well, each word carries that energy of the heart and can be perceived not as that which comes to wound but that which comes to aid. Gradually, through the time spent with this family system, the one known as G has found it more possible to listen to speech without becoming nervous or desiring to get away. And this is because that subconscious portion of the self recognizes the health and the attractiveness of these good words. It is an entirely new experience for this entity and is much appreciated on very deep levels. Yet still there is the backlog of two decades and more of difficulty and repetitive choices made to confirm the original choice that words are basically "bad" things. We overgeneralize here for the sake of the conversation.

We are giving this instrument the picture of the desert at night. It is dark. It is quiet. Indeed, it is silent. The stars stud the night sky as they do only in the desert when there are no cities about and no sources of artificial light and, indeed, no dwellings of any kind whatsoever. This is the environment of

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simplicity. This darkness, this quietness, may well be part of the place chosen for the workshop by the one known as G, for these are two outward markers of simplicity and the present blockages are a reaction against complexity. We move here in ways that this instrument does not understand and we ask her forgiveness for moving her beyond her comfort level but, in working with decisions made before birth, we are in a kind of shadow-land. Before birth, an entity is very close to the larger entity that it is before choosing a body and committing to the connection of the silver cord. Decisions made at this time are not irrevocable, for they did not come in as part of the personality shell. But they have that incredible strength of initial decisions that have never been circumvented or changed.

So, moving back into this space of darkness, it is perhaps not simply desert but more: the womb itself, that true darkness that has never seen any light. Realize that, to the one known as G, the womb itself was a dangerous place. There was no safety anywhere. The entity which carried the one known as G was angry and unhappy. This communicated itself, especially when this entity engaged in conversation with the one known as G's father. We do not suggest that either of these two parents were negative entities. Indeed, those who are parents to the one known as G are, as is he, beautiful, loving souls seeking to learn and to serve. However, they were chosen by the one known as G as part of a setup for an incarnational lesson that was designed to open the heart. And, indeed, this has, to some extent, misfired from the beginning because of this initial decision.

As the one known as G begins to engage in moving back into the layers of fear that prompted this early decision, we encourage a tremendous feeling of patience and compassion. Think of yourself as a doctor that has been called in to remove a splinter that has worked itself deep into the finger, or the toe, creating a tremendous amount of pain and an inability to use that particular appendage. Through time, that thorn has been unable to work itself out and it has festered in place. Indeed, it has encapsulated itself so that it is no longer able to be gotten at by a pair of pincers. It cannot be tweezed out.

Think of the work that you do in your workshop as a way of putting the appendage, the hand, or the foot, into the hot water of your silence, your darkness, your meditation and then think of asking for what would constitute a drawing solution such as the Epsom salts, for drawing out deep infection. What aspects of self would you call on to assist you in this work of healing? What aspects of your guidance would you call forth? If you were going to call forth a totem animal to give you courage to confront your deepest fears, what animal would you choose? Take the time to answer that question, to choose that totem animal and to make friends with it, so that you may ask it for help. What odor, what aroma, would you consider the best, the most inspirational for you to use in sweetening your mind and resting your heart as you do this work? Take the time to look at this question and choose an essential oil or incense that you may use when you do the work. Find as many ways as possible to set up for yourself a magical time, so that when you move into this workshop experience, you're using all of your senses and all of your help and all of the aspects of this personality shell that you bring to this work to bear on this question.

It may seem that you are dancing around this question by attending to so many details, but our feeling is that it is quite central that you create a place of safety in a new configuration of self that has as much attractiveness and soundness and substance, metaphysically speaking, as the safe place of the old configuration of thought has. For you cannot fool your subconscious self. It shall not heal itself because you ask it to, on a shallow basis. It takes time to convince that child self, that infant self, that it is safe to change from one closet to another. We say "closet" because we have used that metaphor before in discussing your particular difficulty. This instrument, just this morning, was editing the last special session which this group offered for the one known as G and in it we were using that term because it was a good thing at the time that it was chosen and it is only recently that it has become more and more of a prison than a closet, more of a limiting thing than a safe place.

So when that child self is offered a new safe place, because it is a safe place that is without those neat boundaries of the old safe place, the new safe place needs to be very detailed, very specific, very trustable. And this will take some serious repetition. This is not work done in a day or a week or even a month—it takes time to convince the self that one is

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serious when one is attempting to move at such a deep level within incarnation.

Outside of incarnation these alterations of thoughts are relatively simple because they are visible; the veil between conscious and subconscious does not hold. And work at very deep levels, even archetypical levels, can be done, certainly not quickly but consciously. Within incarnation, such attempts are not visible. One can work with that which shows above the level of consciousness but much of the real work is done under the threshold of consciousness and outside of the conscious awareness of the individual. Consequently, work that is done in these workshop meditations will be seated through sleep; and perhaps the one known as G will begin to have dream experiences that indicate that this material is being worked through.

It will be work that will be done completely on faith, for there will be no immediate result, and when results do begin to come into the conscious mind, it will be inkling by inkling and hint by hint rather than being a sudden and complete "aha!" experience. But we believe that the one known as G is on a good track. We agree with the one known as G that it would be helpful to move out of this closet, this previous safe place that has become such a limiting factor. For when this entity hears but does not hear, in each case, this is that same mechanism working perfectly to protect the one known as G from pain.

Think of what a daring thing it will be for the one known as G to ask to hear everything! After it asks this thing and has been given the boon of hearing all, it still shall be in a world in which many entities will speak words designed not to communicate but to persuade or to wound. That will not change. That basic truth of the environment of third density will remain as it is. Consequently, the challenge is to create, within the self, an intention that stands the test of time.

We offer to the one known as G our aid in being with him in his meditations and assure the one known as G that he has only to ask and we shall join him as that energy that deepens and stabilizes his level of meditation.

May we ask if there are other queries at this time?

G: Q'uo, I consider myself a very lucky person to be able to talk with a portion of the outer planes of the universe and to get some friendly advice. You stated in an earlier channeling that I had a considerable amount of spiritual energy available for my service, and that there was set up to be a near-complete natural reliance on accessing that. Can you comment at all about what this spiritual energy and how I may safely tap into it for its use?

We are those of Q'uo, and, my brother, that is the extent of that which we may say on that subject at this time. Is there a further query at this time?

G: That's cool. Yes, and I may get a similar response for this one too.

Sometimes I view my own particular path as possibly having some requirements, some voluntary limitations that I would do well to impose upon my actions for the sake of becoming what I think is the ultimate goal of where I view my seeking may lead me, and that's to become a purified channel for the Law of One. Can you tell me if any such requirements exist and possibly what they might be?

We are those of Q'uo, and are aware of your query, my brother. In general, the choice of paths to a goal is entirely up to the choice of the individual. For some, the choice of an abstemious lifestyle is as the outward marker for inward purity and, when that is sought, the practice of hewing to such ascetic disciplines is helpful. For others, such as this instrument, who have a naturally well-disciplined inner life, the opposite is true and this instrument works with itself to, shall we say, have fun and not to take the self so terribly seriously. What works for one person will not work for another. For one entity, monkhood, poverty, obedience, chastity, the classic giving up of the world, is tremendously comforting and healing and creates an inner space where the entity finally feels natural. For another entity, the world itself, with all of its excesses and imbalances, seems the Garden of Eden. We would simply ask that you stay in touch with your inner self to the point where you feel the rightness of choices such as abstemiousness or indulgence. Look for your own inner balance, not anyone else's, not any other system of thought's idea of what good behavior and spiritual environments are. But look within yourself and ask yourself and your guidance, "What do I need? What environment will serve me as I wish to serve the Creator?" Listen deeply and ask more than once and if you can, write down those impressions that you may get.

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It is well to be in communication with yourself, to create a way for you to talk with yourself. This instrument, for instance, keeps a notebook and when she wishes to move a little more deeply into her guidance, she will actually sit down and write out a question and then simply ask for guidance. When that next thought comes into the mind, she begins to write it down as if it were not coming from her but through her and she has found this to be very helpful. We do not know what might work for the one known as G. It may be more helpful for this entity to work with the dreams and use that as the gateway to talking to the self about the self. Whatever mode of communication is chosen, we would suggest that it be pursued with perseverance, and as we said before, patience. These are long-term processes of the self, by the self. They do not have the shortcut of the authority of the teacher and this is that which could be seen as a time-consuming factor. And yet we say to the one known as G that no teacher from the outside can affect this particular difficulty. It will be the self working with the self that begins to balance this particular distortion that runs so deep.

May we answer you further, my brother?

G: Thank you, that's good advice. I understand what it means to discover for myself what is right or wrong. I have what may be an extension of that question. You may have an answer to this, you may not, but I would like to ask because I am not exactly sure myself. I am curious to know what effect these three substances have on me and my seeking: alcohol, cigarettes and refined sugar. Alcohol especially. I feel such a conflict, at times between filling in social needs and once-in-a-while occasion of drinking [alcohol] that goes along with that, and the seeming "harm" that sometimes it feels like it brings to my path.

We are those of Q'uo, and are aware of your query, my brother. We have discussed before that any substance that alters the mood can be seen as that which is a short-cut or a crutch. The cigarettes and the alcohol are both those types of things and that which you call refined sugar is, in a more subtle way, also that which alters the mood. However, we believe we would be moving beyond our proper limits in speaking further of such substances in this regard. They are not critical to the progress of this entity, one way or another. However, they have their impact, as does everything that affects the one known as G. We therefore leave it to the one known as G to assess the proper balance in the use of such substances. Does this entity feel that these substances are helpful? If so, what is the proper use, the appropriate balance, or the golden mean for the use of such substances?

Is there a final query at this time?

G: Yes. Last year I was a told by another local channel that, in my past somewhere, there was what this channel's source described as a cutting, decisive, split between my mother and I. I don't know how that operates or works or when it happened but the information seemed to resonate with me because, at some point in my life, I feel like there was a distance put between my mother and that I've never been able to breach. So many times when I am talking with her I can't help but feel an irritation and intolerance about who she is and I honestly have no clue where it's coming from. Why would I feel that way? Could you speak to this at all, Q'uo? And, thank you for your time spent with me today.

We are those of Q'uo, and are aware of your query, my brother. We see no harm in saying that this split was made with your mother as well as your father, but certainly more so with your mother, before birth and is part and parcel of this initial decision that you made to distance yourself from those whose nature was disharmonious. The weakness that was perceived by the infant, G, is no longer applicable to the one known as G at this time. However, as we said earlier, this early decision has never been rescinded and it shall be the work of some time for this entity to get to the depth of being at which this separation was chosen.

We thank the one known as G for his work, his love, and his calling upon us. It has been our distinct pleasure to be with each of you and to work with these questions. Our hearts go out to each of you and your poignant and never-ending efforts to be. There are many challenges to uncover being, many straws in the wind, many discouragements, and many trials. We commend each of you for your courage, your persistence, and your love. You are beautiful beings and we celebrate you. We hope we may help you to bloom. You are doing a beautiful job. We are with you.

We leave you in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai. ✤

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Sunday Meditation
September 5, 2004

Group question: We've talked a lot today about change: physical changes in our circumstances, moving to new residences, emotional changes, finding out a lot more about our deeper selves, spiritual changes, and learning to experience the world around us in new ways on new levels. We know that the Earth is going through a lot of change, also, and as beings on a path of service, we would like to know how best we can serve Earth as she's going through her change.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege to be called to your circle and we thank you so much for this privilege, and for the beauty of your souls as they sit in meditation. Truly you create a beautiful tabernacle made of your light, your seeking, and your hope for the truth. We are so happy to share our service with you, which is to share our thoughts. It is for this reason that we are in contact with instruments such as this one and we do hope to be able to offer opinions that may have some benefit in your own process. But in order for us to have the freedom to share these opinions we would ask that you carefully guard the gateway of your own perception and do not allow any of our thoughts to enter those gates. They need to pass the most careful discrimination of your own senses. Listen for resonance. When you feel that resonance in those thoughts that we share, then we welcome your working with those thoughts as may please you. Please, if there is no resonance there, if it has no feeling of being a personal memory that has somehow been reawakened, then please pass by those things that we say, for they are not yours and miss their mark and need to be left behind without a second thought. If you will all agree to do this mentally, then we will be free to speak with you without infringing upon your free will and your right to work as you need for your own acceleration of the process of spiritual evolution. For that is indeed what you are about this day.

Are you choosing to move a little bit faster along that infinite line that moves from the Creator to the Creator; from the Alpha of the beginning of this octave of creation to its end? All comes from that great potential that is the infinite Creator at rest. It all moves eventually back into the rest and the joy of ultimate unity. In between there are worlds and worlds to explore and the self is the Creator in all of those distorted ways of viewing the segmented or fractured creation. One falls through illusion, after illusion, after illusion to come to this precious moment, this illusion, this time together, this learning crux. As the one known as T. S. Eliot says, this "still point, where the dance is."[122]

[122] From Eliot's "Four Quartets":

Except for the point, the still point,
There would be no dance, and there is only the dance.

You ask this day concerning how each of you may be of service to the Earth as it moves through its own changes, its own transformation, its own new life. For indeed there is a birth occurring in the world, in the Earth, and in each soul that walks this Earth at this time. The very life that you live is a transformation. It is nothing more nor less than that, whether or not you choose to cooperate with this transformative process that shall occur, for it is the very warp and woof of the tapestry of your life. It is your reason for being here. You came to learn as well as to serve, or perhaps we should put it the other way around, you came to serve but also to learn. It is impossible to look at one without looking at the other. They are like the x-axis and the y-axis of the grid upon which your tapestry is sewn. Stitch by stitch, color by color, and texture by texture, this is your life and you do have the power to create that life.

This is at the heart of your question, for it is what the Earth itself is doing. It is creating new life. It is creating from its womb, from that womb of space and time and process, that inevitable transformation that comes when one cycle ends and another begins. This is an appropriate and a just process. It is going remarkably well considering the difficulties with which your planet has been dealing in terms of the harmony of its peoples and what that is doing to the harmony of this process of birthing through which your Earth is going. Quickly examine the conversation, as it went about your circle this day, [for] the kind of challenges and new events that are occurring in the lives of each within this circle. These are not simple changes, nor are they all on one level. There are multiple levels and great subtleties and complexities in each of these patterns, as you are exploring, as this instrument is very fond of asking, who you are and why you are here.

These two questions are questions that she has asked several people recently in working through mutually discussed issues and certainly it is a double question that she prays about in her own process each and every day, asking for focus, asking for the guidance of spirit on who she is and why she is here. For these things do not occur in a sequential process and then become finished. These are not questions you can finish answering within the confines of your present incarnation. The changes, the transformations, will continue. Certainly not relentlessly, moment by moment, but cyclically, so that there will be seasons of starting new seeds, seasons of fertilizing them and growing them, seasons of enjoying the abundance of full summer and watching the blooming and amazing growth and then seasons of reaping, harvesting and separating the wheat from the chaff. There are also those very difficult seasons of emotional, inner winter, when waiting and patience are the watchwords and where the pattern is not yet clear. And all these seasons are those that will occur not in any tidy order but certainly in cycles that vary depending upon how open each entity is to change and how skilled each entity is in discerning pattern from noise and organization from chaos.

Much of the seeming richness of detail in most change is not pattern but noise. It often does not add to the process to enumerate, detail by detail by detail, the outward appearance of a process of change through which one is moving. Often it is a more skillful approach to rest and sit with the apparent chaos of a new situation, not asking at all for order but being willing to sit in that winter's patience with that which has not yet manifested, with those patterns which have not yet come clear. There is no rush. There is no hurry. There is plenty of time, for change can happen in an instant, in a heartbeat, in a moment's time, but it is waiting for that moment that takes the skill and the patience. Those moments will burst upon you and realization will occur. Suddenly you will begin to see into the kingdom of the present moment in a way that you were not previously able to do. It cannot be coaxed forward. It cannot be produced on demand. It only comes when there is a surrender to that process, a surrender that says, "I don't care how long this process takes. In for a penny, in for a pound. I am here. I feel this is the right place for me to be and I am content to sit here with this for the rest of my life, if that is what it takes for this pattern to resolve." There is tremendous love and faith in that surrender and there is courage in the ability to persevere, in the waiting, in the asking, and in the knowing, by faith alone, that meanwhile, despite all apparent difficulties, all truly is well.

Your Earth, left to itself, would be fine. It would be going through this process with ease and rhythm. And indeed, the heart of the Earth is healthy and is attempting to do so, to follow its nature, to follow the signals of time and space and its own process. It is having difficulties because of generation upon generation and empire upon empire which holds the

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value of fear, possession, aggression, conquering and the willingness to pursue ends regardless of the means for the sake of result. These disharmonies have produced a tremendous burden among the peoples of the Earth who have experienced fear and anger and all of the harvest of a warlike and predatory culture.

From the beginnings of your recorded history, millennium upon millennium, your peoples have seemingly deepened their bias towards hasty and aggressive solutions to the differences of opinion betwixt those who were created as brothers and sisters of one flesh, one blood, one family. This has translated itself into the Earth itself as an increasing imbalance that generates a good deal of subterranean heat in the planet and creates an increasingly unbalanced energy situation which results in extreme violences of nature such as the hurricanes that you now are experiencing and the volcanoes which are erupting on your planet's surface at this time. As long as there is pain inflicted, [such as that inflicted] upon innocent school children, as has happened recently in your Chechnya, these energies will keep driving themselves deeper into the Earth and tending to constrict and make difficult the labor pains of Gaia, Mother Earth.

When groups such as nations and terrorists groups are in the news and washing through the media-driven culture of a great portion of the global surface, it may seem relatively improbable that individuals or small groups of people could make a difference in this picture. And yet we assure you that groups such as your own have long made a difference in this developing picture. It is not a new thing for groups to come together in order to generate unconditional love. The history of religions is rife with examples of groups who have been inspired so to get together and yet in many, many cases these groups have been co-opted by less than the highest and best interests of those groups of people. The energies of elitism and exclusion and divisions have crept into the unconditional love and compromised the light coming from these groups. Yet, somehow, in spite of all the resistance of an increasingly unloving surface culture, from the very heart and soul of each human there stems its divine nature.

The very nature of each of you is love. You are made of it. When there is a lack of that on the surface, you crave it, you hunger for it, you yearn for it and you know, somehow, that it is there. In the darkest prison, in the darkest night, in the deepest dark night of the soul, the spark of hope cannot be stamped out because your very heart is a lighthouse and it will relight if you allow it the slightest bit of silence, the tiniest room to be who it is. How much time have you spent today simply allowing yourself to be? Do you realize that this bare allowance of the self to be is that food which the mother of your flesh needs from you? It is being, it cannot help wearing its heart on its sleeve. That heart of nature has been abused but it beats strongly. And it must be itself. It has no choice. It exists without illusion and though it is deeply wounded and greatly and increasingly suspicious of that human energy which wishes to help; nevertheless, it cannot help reacting to, responding to, authentic being.

It sees you as you really are, not as a collection of bones and flesh and muscle and gristle; not as a collection of words and poses and attitudes, but as that texture and color and form, that sense in which you are a living flower or a work of art, an essence, an aroma in the nose of the Creator. You do not know how sweet you are, how beautifully your odor mingles with the truth of the odors of each other entity within this room to create a bouquet that we cannot describe in its beauty. Each of you shines like the gem that you are.

How can you know this when you are in the midst of the illusion in which you cannot see the gems of your soul or your heart but can only see the vainglory of flesh, the markers of eyes and nose and mouth and form. That which you see about you is, quite specifically, that which is the least real. That which you cannot grasp, cannot know, that which is lost in mystery, is the realest thing about you. What a backwards world it is for one who wishes to pin everything down! And yet your incarnation here is not about pinning things down. Your incarnation here is about learning to dance, learning to sing, learning to move in the rhythms that have no words but that move in harmony with every living thing in your world, starting with the air, the earth, the fire, and the water, moving through every created plant and animal, through yourselves and through those beings that exist without form that are those within the inner planes that are also part of the creation.

It is one great dance and one great song. You have heard of the music of the spheres. This is not a myth. This is the way things are in the world of

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what this instrument would call time/space, which coexists with and interpenetrates the consensus-reality illusion that you now enjoy. For each thing that you see, there are a million things that are interpenetrating that illusion that have more and more metaphysical substance. And you are not without the ability to begin to swim in and know these waters of spirit. You have within you great depths of ability to penetrate illusion and to begin to pick up the essence and the heart of the unseen mysteries that you seek. For you are an embodiment of these mysteries. You carry within you, as in a hologram, the one infinite Creator.

Certainly, that essence is well protected. There are gates through which one must pass in order to become more deeply and truly aware of the essence of self and of the increasing revelation of the Creator within. And there are lions that guard the gates to the temple that is your inner self. And occasionally you will be challenged. This is part of the process of transformation. It is a necessity for entities who are moving through transformation to have markers for these changes. And so when there is an initiation, so called, these initiations will have a certain form and symbols will come to you such as the hawks and the eagles of which you were speaking earlier. The symbols may be beast or bird or plant or words, street signs or chance-heard snatches of conversation that simply connect into your process synchronistically. It is impossible to know ahead of time what these markers of transformation will be. But when they come to you, note them and realize that you are on the right track. These processes are moving forward and no matter how dislocated you may feel in these movements that some times are swift, yet your feet are on the right track and you are moving well, and with honor and dignity.

When you come to those moments in which you are being yourself, those moments when you are tabernacling within your own sacred space, know that each moment you spend there is a direct and immediate help to the planet which is your mother in terms of your flesh and bone. The more that you can dwell in this awareness, the more your very being will be of service to Gaia. More than that, when you rise from your contemplation, meditation or whatever form of silence you have chosen as your own frame for being, we encourage you to lean into carrying that light with you as you go about the work of the day, whatever that may be.

This instrument was talking earlier about how she is able to feel Earth energy and has been aware of the Earth from her earliest memory. Becoming more and more aware of how Earth energy feels is a very helpful thing for the Earth as well as for you. That Earth energy is, mechanically speaking, that medium through which the love and the light of the one infinite Creator moves through the soles of your feet up into your body. It rushes up from the soles of the feet right into the red ray and directly from there, sequentially, through each chakra of the energy body. And when you are functioning well as an energy body, your chakras are balanced and opened. Full energy is moving through into the heart, and that heart is staying open no matter what hits it, so that the output, no matter how difficult your catalyst may be, is an output of love, joy and peace.

This is the energy that is coming into your physical vehicle and into your emotional and mental and spiritual vehicles as well. You can shape the way that you receive the catalyst that comes to you by how you choose to work with the energy body in responding to that catalyst. It is the most sensible and understandable thing in the world to react to incoming perceptions of anger and insult and difficulty by constricting and contracting the energy of the self in defensive and protective ways. Oftentimes, habits of defense and protection begin very early in one's incarnation as a response to the disharmonious experiences within the the birth family. That birth family may well have been chosen partially because of the disharmony within its system, for this sets up the arena for a lesson of incarnational level, whether it be patience, the learning to love without expectation of return, or any of the other incarnational lessons with which each of you may be working this time around, shall we say.

As habits begun early are repeated, the shell around them may harden so that it is seemingly at first very difficult to interrupt the habitual contraction around fear. There is no way to eliminate fear, for the incoming catalyst of any entity, no matter how well protected by wealth, circumstance or privilege, will contain those situations which produce fear. Fear is inevitable. The occasion for fear, shall we say, is inevitable. However, those who have spoken words of inspiration throughout the ages have shown over and over again that the reaction to conditions which would suggest fear need not be fearful. Such

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reactions can be loving under the most brutal circumstances, whether they be Holocaust, imprisonment, or any other oppressiveness or adversity. Prison cannot bind the free spirit. Prison is only a place. The spirit is a citizen of eternity and it can call from its larger self that knowledge of freedom and light and rightness that the world cannot know.

This willingness to explore the letting go of fear is a tremendous key in this process of transformation. What the Earth is going through is precisely what each of you is going through on a much smaller scale. For the Earth, a process taking approximately 76,000 of your years is coming to an end. The cosmic clock, shall we say, is striking the hour. And indeed a new hour has begun upon your planet at this time. It is having difficulty establishing itself. The labor is long and difficult. But it is going much better than expected because, at what this instrument would call the "grass roots" level, person by person, household by household, community by community, a choice is being made to embrace love and to practice a life that shines that love forth as best as those people, families and groups can muster the wisdom and the strength to allow.

Indeed, it is more a matter of allowing the self to cooperate with the energies about it than to frame this process as reaching for new things. The new things are here, the new things are a program all about you. It is a matter of allowing those new things to sift in through the cracks and crannies of the outer, still very strong, consensus reality of your old Earth, that which this instrument tends to call the "third-density Earth." The fourth-density Earth is at least as real, in the unseen or inner planes, as third density and it is getting stronger all the time. Entities have talked a good deal about the increasing movements, the literal movements of household and so forth, and it is understandable that every single thing in one's life would come up at this time to be questioned and perhaps to be changed. For it is, in microcosm, that which is occurring to the Earth.

And you are a part of that system, much more inextricably and organically than you realize. You are a crop that the Earth has produced, as much as the roses, the elms, the birds or the animals. Your process of spiritual evolution is a crop that you have at this time the chance to fertilize and encourage and, most of all, to allow. When you can open your heart and let go of the mental noise that is surrounding the details of your life, you are allowing the sunshine and the rain to come in and help your growth. When you can shut down, for a bit of time, the endless conversations that take place between the cast of thousands that live within that kingdom between your ears and just rest in the kingdom of the creation instead of that spiky, back-and-forth energy of what this instrument would call the monkey mind, there comes into being that wonderful kingdom that is the creation. And it is a land of harmony that is in infinite movement, swaying and dancing and singing its song. The more authentically you can sing your song, the more freely you can feel your energies dancing with the energies of all those about you and the Earth itself, the closer that you are to being that being that you came to be. You did not come here to find answers, you came here to participate in the dance, to be yourself, and as you dance and sing, to find ever more balanced ways to serve and to learn.

We thank you for asking this question and wish to say that our hearts are full of gratitude for the courage that you have as entities gazing upon a world that seemingly makes little sense at this time. Thank you for seeking ways to love and to serve the one infinite Creator, that wonderful entity which you call the Earth or Gaia, and each other as souls who have embarked together upon this journey around the sun in the spaceship of Earth, shall we say. It is well done of you to come to this moment and to ask for truth. Know that day by day, and realization by realization, you shall express more truth than you can ever know. For it shall come through you as light and beauty and love. Let those things roll through and bless them as they go, knowing that you shall make many mistakes but that you can never make a mistake if you are attempting to allow the love and the light of the one infinite Creator to flow through you unhindered by fear and blessed by your intention.

We are with you in attempting to share our love and our light and you give us great joy as we are able to offer our service to you, which is to share our very humble and imperfect thoughts. We would ask at this point if there are any queries that come out of this initial discussion or any queries at all. Is there a query at this time?

J: Hi, Q'uo. I know how we've talked about wants and desires as opposed to authentic need. I felt like I had all these wants and desires, and I got to

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experience that[123] and two weeks later I kind of feel empty. I guess I'd just like for you to speak about the difference. Is desire an empty hole that just can't be filled, compared to authentic need?

We are those of Q'uo, and are aware of your query, my sister. We say hello to you, the one known as J, for it is our great pleasure to touch into your energy.

The query that you ask is a subtle one and there is not a simple answer, for desire is not a fixed value. Desire is a custom-designed value. A desire can come from many different levels of being. There are natural desires that stem from the kind of physical vehicle which you now enjoy. The instincts of the physical body are perfectly natural and perfectly understandable. The desire for the life itself, the desire for survival, the desire for sexual expression: these things are at the very heart of the driving power of incarnation. Consequently it cannot be said in any way that those instinctual desires, including the sexual desires, are lesser than any other level of desire. And yet certainly the instinctual desires are not the ending of desire at all but the beginning, that which allows the light to proceed and sets the stage for much more subtle and complex forms of desire to arise. In a way, there is no moment without desire. It cannot be gotten rid of because the very physical vehicle that you enjoy has a constant desire to survive and every breath that you take is as the result of a desire for a continuation of that existence. Every pulse of the heart is an affirmative vote for [the] desire to live. It is impossible, in this body that you enjoy, that pulses and breathes and has many cycles of natural need, to avoid desire. The mind of your body, not even looking into that spiritual organ which is the consciousness, is in a constant state of desire. It is in a constant state of looking for the next thing and thinking about the last thing. It is in constant motion. The spiritual vehicle, as well, while not restless and desiring in that way, is resting in a steady heartbeat of creative and, what this instrument would call, godly, sacred desire to progress in its journey back towards its source and the ceasing of motion. You dwell in a sea which can be described as desire. It is the choice of what you desire and the level at which you desire that crafts the difference between empty and fulfilling, spiritually healthy, creative desire.

If one looks, for instance, at the tangle of discussion that you have shared with the one known as C concerning various aspects of this question, it can be seen that, in looking at freeing the red-ray energy and freeing that fundamental, healthy flow of the creative energy into the energy body, there is certainly a place for opening up those areas of that energy which were restricted by past abuse and difficulty with sexual expression. And yet, if it stops at the opening of that energy without moving into questions of where this opened energy might go, how it might be furthered, where it goes next in the energy body and how that works, then it shall be empty. For repetition of sheer red-ray desire and satisfaction of that desire are indeed an endless dropping of energy into a hole. Because that energy is a natural function and needs to be expressed again and again, it cannot be expressed once and then put to rest, although entities have found it helpful to do so under specialized conditions, where they were using the restraint from an open expression of sexuality as a marker for cleansing, purifying and enhancing the spiritual growth of the whole organism that is your mind, body and spirit.

When the energy stops at body work then the mind and the spirit have not yet been reckoned with. And the mind and the spirit also have great hopes and desires for being themselves. The more you work with moving through the chakra system, the more you see that this open red-ray energy moves into the opening of the orange-ray energy, which then moves into the opening of the yellow-ray energy, so that the energy moving up into the heart is whole and has not been hindered by fear at any of these three lower places. When energy is able to move up into the heart in full strength, then the whole world of higher chakra work begins to open up. It is very wise of the one known as J and the one known as T to investigate the opening up of red-ray sexuality, because it is the foundation for so much more sacred work. Yet the hunger remains for an expression that is sacred, an expression that has deeper meaning and higher purpose. There is that opening of the heart and that realization that each entity whom one meets is the Creator. There is then the opening of the heart to serving the Creator in each entity and most of all in one's mate, so that it comes full circle back to the sacredness of red ray, seen in the fullness

[123] J had attended a workshop whose purpose was to free the female orgasm.

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of a system of living out that sacredness that is felt within the heart.

When desire has been disciplined and focused, it is the most powerful force in creation. It is that energy that moves the mountain. It is that energy that creates miracles, and it becomes more and more closely allied with those mysterious words of "faith" and "will." A great deal of time has been spent, in each of your incarnations, on trying to determine what it is that you seek, who it is that you are, what it is that you truly desire. These are wonderful energies; these are defining energies for you; these are key questions. And we greatly encourage this whole line of discussion and exploration.

May we answer you further, my sister?

J: Wow, that was amazing. Thank you, Q'uo. It's good to have you back.

My sister, it is good to have you back, also. Is there a further query at this time?

J: Not from me.

T1: I have a question, Q'uo. This is T. I think I might have got it, about some things you just said, and I guess, as far as the week that I had in California, where I was a little hung up is, they taught that not one person can sustain you sexually, therefore, monogamy was not of importance. And I have an issue with that, I don't know if that's right or wrong.

We are those of Q'uo, and are aware of your query, my sister. We shall attempt to answer, but this particular query lies very close to the surface of your own process and so there is a limit to that which we can say without breaking the trust that you give us not to infringe upon your own free will.

We give this instrument the image of a necklace of many jewels. Such is the experience of one who opens herself to many lovers. Each gem is lovely and beautiful of its own kind and the variety is dazzling and certainly most invigorating when one has been constricted by the moral fear and torpor of an unthinking, unquestioning and blind obedience to some moral code, these restraints and constraints that are placed from without have no value to the spiritual growth of an individual.

Consider, then, the beauty of a single, perfect stone that is hung upon a beautiful golden chain. It is not a blend of colors. It does not have that variety. It has been chosen because, out of all of the jewels that are possible to be had, this one gem has touched the heart, enlivened the soul, opened the heart to the possibilities of devotion, fidelity and the value of leaving behind the world of manyness and exploring the world of absolute value.

How dangerous it may seem to commit the self to one shining gem. It may indeed be a costly choice. It may well be that that one gem does not touch all of the possible ramifications of beauty that are possible to be recorded and appreciated by that incredibly sensitive instrument that is you as a person, as a mind/body/spirit complex, as the one known as Carla tends to call it. And yet, that choice opens the door to a higher way, a way which can be endlessly refined. It is difficult to be of service to a whole necklace full of entities, for each has its beauty, its flaws, its ways of relating, and its ways of resisting. Each is a conundrum, a mystery, with which one can only offer one's own conundrum, one's own mystery. Each, in that varied and beautiful necklace, could take up all of your attention and you would not be bored, nor would you stop learning. Yet, you have not the time to investigate deeply the many gems of this wonderful necklace. And so you look at the beautiful colors and you see the variety. And you enjoy this particular piece of jewelry that you have chosen as a way in which you honor and love the one infinite Creator. Yet there is a restlessness there, because there is not the ability to dive deep into the waters of another human soul. There is not the possibility of exploring how one may be devoted to the soul and the heart of another, not to the appearance, or the surface behavior. Those things will often challenge and puzzle any entity attempting to love. But they are those things that allow one to do deep work and to take the time to move more and more deeply into that house of mirrors that is the relationship between the self and the other self.

It is a question of moving horizontally and learning a little bit about a lot or moving vertically, going high, going deep, and learning in a different away about the self and about how to serve. Neither way is incorrect. Both ways are full of learning. It is a choice as to how you wish to express your own being and to direct your own considerable energies.

T1: Thank you.

Is there another query at this time?

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T2: Q'uo, it's wonderful to hear your voice again. I'd just like to ask if there are any suggestions or advice that you can offer me in terms of how I can enhance my meditations, my connection and communication with my higher self, and improve inspiration in daily life?

We are those of Q'uo, and are aware of your query, my brother. Again, we do not wish to interfere with the learn/teaching process of the one known as T2 but we believe that we may suggest just one thing and that would be that, as the one known as T2 has such great sensitivity to sound and more specifically to the many sounds of water, that this entity find ways to link times of silence and the sensual experience of listening to water and experiencing water, whether that would be a walk along the water, a seat beside a splashing pond, or simply the soundtrack of the water that the one known as T2 might choose to use in times of silence. This particular element is very helpful to the one known as T2, as we are only confirming to one who has already created music in the key of water![124] Consequently, we simply encourage the one known as TM to continue in linking himself with that wonderful element and the naiads that dance about any expression of that magical substance which is water.

May we answer you further?

T2: No, thank you very much, Q'uo.

Oh, we thank you too, my brother. We are those of Q'uo, and would ask for a final query at this time if there is one.

T2: Since no one else has a question, is there any comment or information you might suggest for the one known as F?

We are those of Q'uo, and are aware of your query, my brother. And we find that there is little that we may say to the one known as F at this time except that all is well. It is sometimes, as this instrument was saying earlier in an email to a friend, seemingly silly to say that all is well, to say that it's okay, or it's all right. This, this instrument was saying, is what people say and yet, how intelligent is it to look at something that is causing difficulty and say, "It's okay." And we would say that patterns often do not look okay for periods of time and yet energies are in motion that shall become a good pattern, a helpful pattern, and a pattern in which the one known as F may thrive. And we simply would offer her this comfort if it will create within the one known as F any feeling of rest and peace.

We thank this instrument and this group for this opportunity and the beauty of these moments together. We leave each of you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

[124] T2 recently produced a CD of original music entitled "Crystal Waters; Compositions Inspired by the Motion of Water."

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Sunday Meditation
September 19, 2004

Group question: Today, Q'uo, our question has to do with how we might be able to determine, perhaps even define, our spiritual path through our daily round of activities. As we're immersed in all the things that we do during our regular days, it's so easy to get lost in the details and the ups and downs. Could you give us some little way or a shorthand way of reminding ourselves who we are and what we're doing, of how to find our way through the maze and to make a spiritual sense of it all?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege to be called to your circle of seeking and we thank each of you who has taken the time and the energy to seek the truth at this time. The beauty of your souls as you tabernacle together in silence and in unity of spirit is a beautiful, wonderful play of colors as your energies combine and swirl together to form a literal tabernacle of light. It is most inspiring to us. Your hearts and your souls express most beautifully the challenge of the tempering furnace and the extreme beauty of the subtle colors that are brought about by the interplay of tempering influences in that furnace of catalyst and experience.

You create a unique thing when you come together in groups such as this—a point of light that cannot be expressed in any physical sense, but which is an event and an occasion for rejoicing in the unseen planes, or as this instrument would call them, the inner planes. Such events as you as a group choosing to come together are as locations in time/space and beacons of light that strengthen the light of the whole of those unseen planes within your Earth energy. Thank you, for this expression of seeking and for the beauty of it. It inspires us greatly.

As always, we would ask each of you to listen carefully to those thoughts that we share, realizing that we make many mistakes. Please keep those thoughts that you find useful and discard the rest. This will enable us to share our thoughts freely without being concerned that you might see us as authority figures and try to follow thoughts that simply were not your own. If thoughts do not resonate to you then please leave them aside without a second thought. We thank you for this care.

You have asked this day concerning how to wend your path through the miasma of details and the seeming chaos of manyness that you are offered each day as you awaken and open your eyes to the kaleidoscope of events that will unfold. As you rise from the bed perhaps you cannot imagine what the day will bring. Certainly if you are thoroughly sure of what the day will bring you shall be surprised, for each day has its uniqueness and any hope of a perfectly conformable daily schedule is usually lost by midmorning. Much is occurring within your physical world and the ability of each entity to

communicate with each other entity in a variety of ways and mediums creates a continuing atmosphere of surprise because, at any moment, entities might call or use the internet to write email or send paper mail so that you are constantly receiving a new voice or a new e-message or a new letter which changes the details of the day—adds to them and creates a new list of things to do and perhaps, a new way of prioritizing those things that you need to do. Seldom is it possible for any of those within this circle to arise, face the day, and go through the day with every aspect of the day being that which was expected and that which does not create any requirement for discipline or for the amalgamation of change.

Indeed, it has often been noted by many in this group and in your society in general that the rate of change seems to be accelerating and therefore time itself has the illusion of seeming to accelerate. There is a feeling of becoming swept up and carried away by the torrential waves of chaos and detail that wash over each of you. In this atmosphere, it is easy to lose one's balance and to surrender to a state of mind in which the requirement is simply to survive, to do the next thing on the list, and to make it to bed time without losing one's precarious and tenuous place in all of the bewildering array of detail.

Your request was to find ways to determine and define what the path was in the midst of all these details and there is, we would be quick to state, a path for each of you. Not a regimented, strait-and-narrow, straight-line path in which there are no deviations—this is not what we intend to suggest. But there is a path of … we are challenged, looking for a word within this instrument's vocabulary for what this path would be called. If we call it a path of rightness, that suggests that there is a wrong path. If we call it a path of resonance, that immediately places an entity upon very subjective ground. Let us work with this concept of a path. The one known as Lao-Tzu created a system of philosophy which is called *The Tao* or *The Way*, the word meaning, in general, the Path.

It might be posited by this general line of thinking that one's life itself is a path. And, inevitably, that path, that lifetime, that incarnation, wends its way up and down hills and around corners, many a time. There is no such thing as a broad, straight, easy incarnation. It is often hoped by entities in the midst of incarnation that their path might be straight and easy and clear, and yet, the essential requirement of an incarnation is mystery. Mystery was built into each entity's path by the entity himself along with that guidance which was consulted before the incarnation in drawing up the various aspects of the incarnation to come. Each of you carefully chose the relationships that would challenge and befuddle you in order to point up and bring forward incarnation lessons which you wished to tackle, not because you wished to defeat yourself or to confuse yourself, but because you wished to move the balance of your energies by decisions made within the incarnation.

Before the incarnation, you were able to have a good overview of the incarnation to come and of yourself as a soul entity. You looked at that entity that you are and you asked yourself, where you would like to go? What path that you would like to take from the beginning to the end of that very brief period of incarnation that you are looking at? Perhaps you felt that you had an overbalance of love and needed to learn wisdom; perhaps you felt that you had an overbalance of wisdom and needed to bring that balance between wisdom and love back more towards the true center in which love is informed by wisdom and wisdom is informed by love. We cannot define for you the basic direction of that path; each entity's path is unique. Each entity, however, has in common that it is seeking an improved, more balanced polarity as it approaches that great testing ground of graduation from third density to existence in fourth density. Each entity hopes that this incarnation will be the final incarnation within third density. Consequently, the concept of polarity is all-important in understanding how the mysteries of the path make themselves known to you.

In doing third-density work where you are attempting to improve your service-to-others polarity, you are always working against resistance. You are working against a potential difference. You are standing upon that which you envision as the desired ideal or the desired balance and you are pushing against the resistance to that change that is necessary in order to increase the polarity. Consequently, there must be the hidden corners, the blind defiles,[125] the ups and downs of a surprising and adventurous lifetime, in order for that deeper entity that you are to be constantly nudged towards

[125] A defile is a "narrow gorge or pass that restricts lateral movement, as of troops."

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awakening to the deeper purposes, the deeper desires, that lie beneath the easy, soft and sweet of surface emotions. How easy it is, my friends, to move from the delight of a good conversation to the irritation of a bad conversation, and so forth. And how difficult it is sometimes to see through the surface details to the issues that are half-hidden and half-revealed by surface emotions, surface occasion, and surface reaction. Yet those surface expressions are as the foam upon the top of the waters. They have no substance. They have no longevity. They have no reality. Yet because they recur with such steady regularity over the course of the waves of the day, it is easy to become fixated upon watching them and surfing in them, to the exclusion of doing that work which deepens the requirements upon the self; which pulls the self into the more mysterious precincts of the deeper waters of the path.

So it is, indeed, a very good question that you ask in terms of how to find little ways to jog the memory, to create for the self a self-sustaining system of little alarm clocks that reawaken the memory of who you are and why you are here. This instrument was conversing with the one known as J the other day concerning football and in particular the comment of a football analyst that pressure is needed sometimes to change coal into the diamond that sparks the light.[126] The pressures of daily life are not random or unexpected. They are blessed and very much expected and anticipated, not by the conscious self but by the entity that you are beneath the conscious mind. For your consciousness is connected with all of eternity and is infinite, being part of the creative principle. As part of that creative principle, you have a far different schedule or calendar for your life than you as an egoic being with a personality shell might create from day to day. And these mysterious and winding ways of the spirit are very much planned upon and greeted with great thanksgiving and gratitude.

To move into that portion of the self where these things are true, then, is the challenge. And this instrument was saying to the one known as J that indeed it is interesting to reflect upon the difference between coal and the diamond in terms of emotions. For if the reaction of emotional nature to incoming catalyst is that of the coal, it will have generated heat; whereas if one's reaction to the incoming catalyst has the emotive qualities of the diamond, it will reflect and refract light. One quick way to determine where you are as a person with respect to the catalyst of the day, is to evaluate your emotional set. Has it generated heat or has it generated light? Have the emotions of the self been fiery and bright and sharp? Or has it been that emotional set which is as the diamond in taking the incoming catalyst and being with it in such a way that light is refracted through you from the catalyst to express light, color, beauty and those ineffable qualities that are part of a system of color and light. As the one known as T was saying earlier, the effort that this entity is making at this time is to decrease that heat and to increase the light that is produced in the soul's response to catalyst. When the self experiences heat, that in and of itself may be a good marker for activating that alarm clock that says, "There is work that I need to do on who I am and why I am here."

It is difficult sometimes, in the midst of a heated reaction, to corral the self. The reason for this is that much of the reaction to catalyst that is expressed by an entity is the result of habit. For instance, this entity has a habit of interpreting certain kinds of statements as a rejection of the self. This interpretation is biased in the extreme and has long been realized as such by this entity. Nevertheless, this entity often finds itself in the midst of a reaction to catalyst which can be seen in an instant evaluation as being that which has generated heat rather than light, that which is a colossal metaphysical mistake. And yet, because the habit began very long ago within this instrument's incarnation and because it has never completely been eradicated, it takes any opportunity in which it is given free rein, not simply to play for a moment but to play from beginning to end, as if it were a tape recording that, once started, must be played through. A good deal of retraining the self in the disciplining of the personality is in identifying and then going after those triggers to those old responses, those old tapes, that are so deeply buried within the upper reaches of the subconscious mind. A habit is a beautiful thing when it is working. A habit of diet and exercise have created continued health for many and certainly habits of healthful thinking are just as excellent. But when a habit has gotten out of control and is no longer useful, it can be a persistent and irritating difficulty which is constantly nudging that soul that

[126] Diamonds are the same element as coal, carbon. Great pressure upon coal, through time, creates the diamond.

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you are off of its path and into the side road of useless, outdated, response.

How to counter these triggers is certainly a tremendous challenge. Mechanically speaking, there are ways to interrupt such tapes, shall we say, from rolling. Identifying the trigger is very helpful. And any work that can be done in honest communication with the self on identifying these triggers and the really deep nature of these triggers, will be a good resource for any. But more than that, when the trigger has been [pulled] and one has only identified that trigger after the fact, it is still possible, through the discipline of the personality, to halt long enough to say to the self, "I am being triggered," and to stop and celebrate the fact that you have realized this and are therefore taking the first step towards the actual eradication of this deeply buried trigger. It is helpful, then, if you take additional time to laugh at the self, to give the self a hug, and to ask the self, if it had the choice of any way of meeting this particular situation, what would be the highest and the best way? If there is time then for a little more thought and contemplation on seeing the best way, on envisioning the best way, and on, perhaps, moving forward in expressing this best way, then all of that is a great asset to your seeking. It has taken time to embed this habit. It will take much more time to bring it up, see it for what it is, and allow it to fall away. It must be pulled up into the light of day. It must be appreciated, and it must be loved and accepted as part of you before it can be released. So that which you can do when you find yourself expressing heat instead of light is, if you have the luxury of time, to take that time to interrupt that sequence and to redirect it.

Let us return to consideration of the path. The Path of Lao Tzu was ever undefined. Breathing in and out was the path. Listening and talking were the path. Doing and being were the path. All things were the path. Yet the fact that there is a path in this philosophy suggests that many things are not relevant to that path. And by various stories, the teacher known as Lao Tzu would attempt to describe the way that entities could find their way upon the path. We would suggest that it is impossible to be away from the path. It is possible, certainly, to stop by the side of the path and to amuse oneself without moving forward upon the path in meadows of side interest, places to rest, places to recreate and enjoy the self, places to sleep, and places to dream. It is good sometimes to stop in one of those places upon your path. It is not a path that one must embark upon a certain amount of time each day in order to be worthy. Indeed, in some ways, it can be conceived of as a path that does not have to be trod. It simply is, and you simply are. But the desire of anyone within a time-bound incarnation is to measure things by achievement and so, inevitably, that path is modeled as a path through space and time going somewhere. Try to remember that there are aspects of your path that never go anywhere, that you are always, if you choose to, able to operate from the very center of your being, having nowhere to go, no "what" to do, no "when" to do it, but simply being as you are, existing in essence and in truth. That is the heart of your path. Who you are is the essence of that path and what you are attempting to do as you wend your way through these mysterious turnings is not to do more but to do anything that you do with more truth.

Have you experienced entities that, when you met them, were within their integrity in a tremendously powerful way? Perhaps they did not even have to speak much for you to be able to feel the power of their being. That is the power that lies within each of you and the way to find that true nature of self is in the work that you do in determining and finding and defining what that path is through your crowded and busy days.

It helps, in a way that is difficult to define, for you to have some model within yourself for what that path that you are on is, and how it goes. This entity, for instance, being a mystical Christian, tends to model her rule of life and her path on the teachings of the one known as Jesus. And like all paths, and all models of paths, this model and this path has obvious flaws. The one known as Jesus walked the path of the martyr and while the path of the martyr is to be seen, in the case of the one known as Jesus, as an appropriate and a loving path, yet still it is not obvious, from the surface of the story of the one known as Jesus, that this entity was at all responsible or conservative in walking that path that eventually led towards a cross on a hilltop near Jerusalem. As this entity stretched its arms out upon that cross, it lost all ability to serve within this density. That is the difficulty of the bias of the path of a martyr. And so this entity must constantly ask itself where the appropriate balance is between service to others and martyrdom. Others following other paths must look

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at the biases that are connected with that model and that path and then ask the self what the issues are as one attempts to follow the way of a hero or an avatar.

The virtue of having a model or a hero for a path is simply that it is a shortcut, if you will, an icon on the desktop that you can click on in order to see deeper into the issues that you are facing. The cliché of modern day that this instrument would use, then, is "What would Jesus do?" Or as this instrument has altered it many a time, "What would Jesus be?" Asking the self what one's hero would do or how it would be is often very instructive to one's own private communication with the self. For one is working in deep waters and the light is dim. It is not easy to see one's way when one is attempting to sort signal from noise and truth from chaos. But we would suggest, if there is that feeling for a certain hero or avatar or icon of some kind, to use that, not blindly, but asking the self, "If I were thinking as this entity, how would I see my situation?" It helps to bring one up from the morass of confusion and give one a promontory upon which to stand, from which vantage point you may see the surrounding landscape of the moment that you are facing. If one does not have a hero, a master, an avatar, an icon, then one simply must move within the self and ask the guidance of the self, "What is the highest and best part of myself going to do in this situation?" And then await that wisdom in confidence and quietness.

It is very helpful when viewing this kind of deep and subtle work within the personality shell to avail oneself on a daily basis of silence. The uses of silence are many but the chief use is simple release. There is a silence in which there is no word. There is a deeper silence in which there is no sound and there is an even deeper silence in which there are no unspoken thoughts. Each of you has these levels of silence within. It is extremely helpful to the decompression of the stress of your daily life to release the self from words, from sounds, and from your own unspoken but certainly multitudinous thoughts. If you do not, they are as the taskmasters that have taken over your precious consciousness. Certainly they must have their reign. One must deal with words each day. One dwells within a welter of sound and, even as this instrument sits within this chair she is able to hear several different sounds that are expressive of the household working: the buzzing of the sound system, the buzzing of the air purifier, the computer system, and the refrigerator, and the sound that indicates that the fans and the heating elements of the house are working. Without this network of tiny sounds, the civilization factor would cease to exist and there would be no aids to comfort. The food would spoil, the house would become chilly or heated depending upon the weather, and so forth. So all of these subliminally heard tones are useful and helpful and certainly not of negative value. Yet, taken all together, they create a body tension that can not be ignored. It is a wonderful thing, my friends, to lift oneself away from civilization, from words, from sounds, and from your unspoken thoughts as well. If you are able to do this by gazing at a candle in meditation of the Eastern type, we encourage it. If your way is prayer and meditation in a more Christian sense, we encourage it. If your way is solitary walks in nature, we encourage them.

What we encourage is that you take the time for yourself, to give yourself the healing balm of silence. How blessed a thing that is. It is so alien to your culture that, in many cases, entities are left feeling very uncomfortable if there is true silence. And they will deliberately turn on the television, or the radio, or the sound system to banish that silence and to bring in the more desired energies of song or speech or drama. And in their place these are good things. But we do encourage the discipline that keeps the self away from distraction, even if it just be for five or ten minutes in a day. We would recommend, certainly, a period of fifteen minutes to a half an hour within each day. And if possible, we would recommend more than one of those places in the day in which spirit and that still, small voice of spirit might actually be able to bloom and to give unto your soul those silent words that are more precious than any sound or word could ever be.

This instrument informs us that we need at this time to open the meeting to other questions. We thank you for this wonderful question and the fun that we had in working on it and would ask at this time if there are any further queries?

S: *(Inaudible)* correct physical difficulties, could you elaborate or expound on the causes, perhaps the cures behind them?

We are those of Q'uo, and are aware of your query, my brother. The amount that we may say upon this subject, as you may understand, is quite limited for

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we do not wish to remove any learn/teaching opportunities for this entity. We may say that a goodly portion of this entity's experiences at this time have to do not with any particular present catalyst that is incoming but rather have to do with this entity's position within incarnation in that this entity has moved into the seventh decade of its incarnational age and is experiencing those systems within the body that are experiencing age and a less robust or youthful configuration and therefore are more open to damage.

The sources of stress within this instrument's incarnation, as the one known as N pointed out, have certainly been many and that stress is that which has been eagerly and thankfully embraced. This creates an atmosphere in which incoming catalyst has a depth and a sharpness which this instrument would call instant karma, and again this instrument has embraced the quickening and acceleration of these energies. To put it in short words, this instrument has agreed to play hardball and is therefore experiencing each and every part of the shadow side of its nature in ways that are much clearer than in some incarnational patterns. The challenge for this entity, as always, is that finding of the path that is in balance so that there is not an over-embracing of energies that would lead to martyrdom; nor is there an under-embracing of energies which would lead to slowing that acceleration of spiritual evolution that this instrument is most eager to accomplish.

The way towards healing is framed in thankfulness, gratitude and peace. And this is true not only of this instrument but is in general the attitude that most efficiently embraces and most skillfully makes use of the catalyst of the moment.

May we answer you further, my brother?

S: I think that's plenty for her to consider, thank you. Another question I had. If [the Q'uo] work with crystals, I gave one that I had to Carla to hold. I'm just curious if you can tune into its energy and tell me [what] its purpose is with Carla and with itself?

We are those of Q'uo, and aware of your query, my brother. As we do indeed tune into this entity we find that we are not able to work with this information without infringing upon the free will of those involved. May we answer you further, my brother?

S: Hmm, that's interesting then, surprising, but interesting. I have none at this time, thanks.

We thank you, my brother, and are most pleased to spend a brief moment of your physical space/time enjoying your presence. It is always a joy to greet you in person, my brother.

S: I'm curious, since the last time I was here, what do you see from your perspective, from your side, of how I've changed?

We are those of Q'uo, and are aware of your query, my brother. We find that the one known as S has somewhat matured in that there is a lessening of naiveté with no corresponding aggregation of cynicism. We find that, in greeting change, the maturing or evolving entity will accept becoming more complex whereas the entity that is attempting to avoid the maturation process will attempt to retain simplicity and in the resulting conflicts find itself becoming more and more bitter. It is that for which we would offer congratulations to the one known as S, that this entity has worked to deepen and to allow complexity within the self without the corresponding tendency towards bitterness.

May we answer you further, my brother?

S: No, I appreciate that thought and for what it's worth, for all that I've been and am becoming, I do want to express my love and gratitude because you are and have been a part of that and I just give you my love and appreciation.

We are those of Q'uo, and, my brother, we return your sentiments most heartily.

Is there a further query at this time?

S: Not from me.

R: I have a question, Q'uo, concerning a catalyst expressed in the physical body as a cancer. I remember reading some explanation of it in the *Law of One* book. I wanted to ask whether this cancer is in all cases the result of unprocessed catalyst and anger that expresses in the physical body as a growth of cells?

We are those of Q'uo, and are aware of your query, my brother. The query itself is difficult to get hold of because there are so many different kinds of anger. Some of them are obvious, some of them are very difficult to pin down and are almost a portion

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of the personality shell itself rather than being connected to certain situations or catalyst.

R: Can I refocus the query?

We are those of Q'uo, and would be delighted for you to do so, my brother.

R: Let's speak about an incarnation where an entity is offered catalyst of various kinds and finds an anger. I cannot describe the anger in more detail because it is a query that is partly hypothetical, but would it be correct to say that the cancer would be the result of unprocessed anger within that one's incarnation, discounting the effects of the previous one?

We are those of Q'uo, and are aware of your query, my brother. That query is easier to answer and we thank you for the change. That which you call disease, of which cancer is a kind, is literally un-easiness within the physical body. It is dis-ease. It is a moving away from the stasis of perfect balance in the body system. At heart, such disease is only partially physical. A large part of disease resides within the mind and the perceptions of that mind. When entities perceive disharmony in a way that is telling, it makes a mark upon the mind. That perception creates an actual change in each cell of the body. It creates an atmosphere in which any incoming agent of disease will be recognized more readily and grabbed onto by each cell of the body more readily. Conversely, when an entity begins to perceive that apparent disharmony has no reality and is therefore able to begin to change its perceptions, that lack of triggering of the perception of disharmony again communicates itself to every cell of the body and therefore when the agent of disease sends its signal to each cell the antennas of that cell do not reach out and grab the catalyst of disharmony because it perceives that there is no disharmony. Therefore, when one is working to lessen the impact of a perceived disease within the body, a part of the working has to do with changing the perceptions that gave rise to a feeling of disharmony.

May we answer you further, my brother?

R: With enough talent and focus each entity is able to find its disharmony within itself, then?

We are those of Q'uo. That is correct, my brother. In general, certainly it is a short discussion of a sometimes quite protracted process for each feeling entity.

May we answer you further, my brother?

R: In dealing with this catalyst, when one is able to bring love and acceptance to the process, is it part of the lessening of the over-activity of the antennas that you have mentioned?

We are those of Q'uo, and, this is correct, my brother. The perception is prior to physical reality and this may be seen, for instance, by the entity that is under hypnosis and is able to walk upon coals without having burned feet or to be stabbed by a needle without feeling pain or bleeding. The body is the creature of the mind.

May we answer you further, my brother?

R: No, Q'uo, that was good. I wanted to make it somewhat general rather than crossing over the threshold of personal data.

We are those of Q'uo, and applaud your discretion, my brother. It is very good to speak with you.

Is there a final query at this time?

R: Not a question but an invitation. Half seriously, if you would be interested to hang around and stay awhile and eat cookies afterwards, we would be delighted.

We are those of Q'uo, and, my brother, we must confess that we always stay for the tea and the cookies. Our hearts are full as we give our leave of you. It is such a blessing to be with you. We leave you in the love and in the light of the one infinite Creator. Adonai. ♣

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The L/L Research

Channeling Archives

Transcripts of the Meditation Sessions

Volume 17

October 3, 2004 to April 1, 2006

Don Elkins

Jim McCarty

Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 2004

October 3, 2004 to December 12, 2004

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
October 3, 2004

Group question: The question this week has to do with the roots of the concept of what we call "terrorism," the attempts by a small group of people to gain that which they feel is their due and to gain it by violent means. We were referred back to the Biblical story of Sarah and Abraham where Abraham was unable to bear a child because Sarah was barren. He went in to Sarah's maid-servant, Hagar, who was Egyptian, and she bore him a son, Ishmael. Fourteen years later, when Abraham was 100, Sarah was blessed by the Lord God at that time to have a child who was named Isaac. These two were the children of Abraham but only Isaac achieved the inheritance. Ishmael was left to wander into the desert and to form the tribes of what we now call the Arabs. And it is the battle between the Arabs and the Jews that seems to be so violently apparent in our world today. So we were wondering if Q'uo could give us a philosophical background of this type of energy and how it can be resolved upon our planet Earth today.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege and pleasure to be with you and to share the beauty of your meditation and we offer you our gratitude for creating this moment and this experience of a circle of seeking that is expressing light and love as it sits together in query and in devotion.

It is our blessing to be called to this group for the purpose of sharing our thoughts on terrorism and we are happy to do so with the request—which is especially pointed as we talk concerning a somewhat hot issue, as this instrument would say—that you afford us the opportunity to offer you thoughts without our forcing you to believe them or take them in any way. Please allow us to share our thoughts with you while remaining in complete control over whether or not you wish to continue to think about these thoughts or in any way make them part of your process. For your integrity in doing so allows us to be assured of the freedom of your will. We would not in any way wish to be a stumbling block before your own process. And if you will allow us this freedom, it will allow us the freedom to speak freely. And this particular concern of ours is clearly about freedom. We thank you for that.

The query this day has to do with the philosophy behind terrorism. And as that query stands, we would find it very difficult to create a good answer, for we believe that philosophy as a branch of the circle of knowledge is not something that lends itself to the creation of a structure in which something like terrorism would be acceptable. When ethics is discussed as a philosophical system, it concerns not ways to take away freedom from entities but ways to safeguard their freedom. The Nietzschean superman[1]

[1] The theory that Nietzsche offered was that there was "a mode of psychologically healthier being beyond the common human condition. Nietzsche refers to this higher mode of being as

is perhaps the closest that respectable, shall we say, philosophy comes to offering a structure which justifies terrorism and its justification can be roughly shortened to the phrase that "might makes right." We would not wish to defend this philosophy in a group of ethical panelists; we would find it heavy going, indeed.

The aura of philosophy, therefore, cannot be said to lie over, or lend respectability to, terrorism and its sister acts, war and violence. The shorthand version of the most appropriate philosophical structure for terrorism is, "the squeaky wheel gets the grease." And this is, rather than proper philosophy, simply an explanation of why entities—whether they be individual or of a group nature—resort to and use the techniques of terror.

The Creator is not an organic entity, as far as we know. It does not have members, a mind, emotions or any of the other attributes of third-density humankind. Nor does it have the attributes of fourth-density humankind, or fifth-density, or sixth-density. The Creator, as we understand the one infinite Creator, is beyond all attempts to describe, limit or otherwise distinguish the Creator from some other entity. The Creator is in fact all that there is, seen and unseen, known and unknown, possible and impossible. The Creator is all states of mind, all ways of thinking, and is not exhausted by any such lists of attributes or descriptions. The attempt to get one's mind around the concept of the creative principle is always, in the end, an inutile attempt. It will not be useful.

On the other hand, attempting to delineate those characteristics of the Creator which entities within a certain density and of a certain culture can understand is very helpful. So we would not ask you to stop attempting to understand the Creator, we ask you only to realize that that which entities such as yourself have written concerning the Creator are words. They are not truths, they are words written down by entities attempting to understand that which cannot be understood.

'superhuman' (übermenschlich), and associates the doctrine of eternal recurrence—a doctrine for only the healthiest who can love life in its entirety—with this spiritual standpoint, in relation to which all-too-often downhearted, all-too-commonly-human attitudes stand as a mere bridge to be crossed and overcome." (From http://plato.stanford.edu/entries/nietzsche/.)

The query that you asked brought in the concept of a certain creative entity by the name of Yahweh, or Jehovah, whose orders, presumably, brought about the warlike actions of the one known as Joshua and all of those who did battle in order to achieve territory in the story which unfolds in the books of Moses within your Old Testament of the Holy Bible, so-called, within your literature. There have been unending numbers of attempts to understand the mind of this Old Testament figure, Yahweh, and this is why we began with the assertion that there is no figure known to literature which captures the essence of the creative principle. Certainly the one known as Yahweh falls far short of expressing what we understand to be some of the more obvious characteristics of the creative principle, those being its universality and its unity. How could a creative principle set one entity over another when, to the Creator, all things are one, all beings are children of the same parent, brothers and sister of one deity, one Creator?

However, the one known as Yahweh was a powerful force in acting through entities such as Moses, Joshua, and Abraham.

In the history of your people—not simply the religious history of your people but the political, economic and social history of your people—the story concerning Isaac and Ishmael is a story steeped in birth rights. And this is an interesting characteristic of the system used by the one known as Yahweh. We may describe Yahweh as an Earth guardian which entered into a plan to be of service to others without thinking through the ramifications of such a plan. When it chose to do work to create a new and better version of the Egyptian stock that was the genetic base of that region at that time, it chose one of two types of genetic beings that differed somewhat in their genetic heritage because of there being other genetic applications by other extraterrestrial entities in their past. They chose the entities that had the seemingly more appropriate basic characteristics of intelligence, culture and so forth. They separated out one group from another in a way which the creative principle would never have done, and created, therefore, a sub-race which these guardian entities considered new and better and therefore worthy of having the elbow room in which to bring forth the improvements in mind, body and spirit that those known as Yahweh felt were possible for such an assisted group.

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Why it did not occur to these guardian entities that this would involve war-like actions such as the slaughter of many innocents, we cannot say. However it was so that your history and the psychic energies of these groups of peoples were altered forever by this interference. It created what is patently an unfair situation. And certainly, the sons and daughters of Isaac and Ishmael grieve as one people for this interference and for the many ramifications that it had.

When any situation enters the stream of history it also enters the stream of mythology. And through the passage of time and events, the history of the Israelites and the Ishmaelites has become very fuzzy and much, if not all, of the story as it happened in history has been lost. And what has remained are stories that catch the emotion, the energy, and the main points of the history, so that while you may attempt to trace the children of Ishmael and the tribes of Ishmael and so forth, such attempts will always be trammeled by the inevitable tendency of those who come after and who are in power to look at a situation which has gone before in a way that places events in the best possible light for those who have the laurels of winning upon their heads and are thus able to tell the story with the loudest voice. This telling of the story with the loudest voice is something that occurs at all times, in all phases of history and certainly within your cultures of this day. Yet, in looking at the history of warfare and terrorism, it may be seen that, generally, the issues have to do with groups of people who feel that it is their birthright to have certain perquisites[2] and rights. That feeling of entitlement is at the heart of violence, war and terrorism.

In terms of the creative principle, all lands are one, all people are one. The design of your particular third-density world was a design in which each of your genetic races was expected to express themselves dominantly for a certain period of time. It was never intended that one race dominate your planet for an extended period of time such as your white race has in many cases done. The energies of each race had a certain way of opening the heart and the quite variant ways of looking at the creative principle were expected to float and flow from one dominant culture to the next, to the next, in a rhythmic and natural manner. It was hoped at this point in your development as a global group that there would be at this time among all of your cultures a tendency towards the feminine principle as the creative principle or the deity. For, in terms of the birthing of the fourth density of your planet, it is this creative, feminine energy that holds the light of service to others in the appropriate manner for assisting the one this instrument calls Gaia and many call the Earth or Terra in her very feminine and very profound labor. This has not occurred.

The energy placed by the group known as Yahweh into the entities which had come upon your sphere from the planet known as Mars created a stopping point, as if someone had put up a roadblock upon the energetic levels of the planet which held in place that energy which claims to be monotheistic, claiming to be one God; and yet which, by its very definition, can not be monotheistic in that it states it is a God of one nation. If there is a God of one nation and not of another, then, quite obviously, it is part of a multi-theistic system, or a system of more than one God.

And indeed, at the time of the [one] known as Moses, the world was poised upon the point of a pin, as it were, in attempting to move into true monotheism. Think of it, if you will, for we often have, as one of the members of our principle is the group of Ra which attempted to speak to the princes of Egypt in those times concerning the true creative principle which is One. The one known as Moses was well aware of this true monotheism and indeed, in his heart, was, shall we say, devoted to and trained up within this system. However, this entity and all of the entities involved in these times was a human being who was steeped in the culture of many gods and found it impossible to hold to a pure belief in one God in the attempt to be a leader of his people. Leader after leader among your peoples has faced this challenge. How does an entity who leads one group, and is responsible to and for one group, act in such a way that the group will feel that its rights are being preserved and those things to which it is entitled will be protected while simultaneously defending and maintaining the rights and the entitlements of all other groups? It is a tremendously subtle thing to attempt to unravel a specific situation in such a way that both of these values are maintained.

We would bring to your attention the one known as Mahatma Gandhi. We have spoken before of this

[2] perquisits: something claimed as an exclusive right.

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entity. This was an entity who was very clever in ways which are, for the most part, reserved for those of service to self in their philosophy. Yet, this entity's vision was powerful in its unity and it refused to allow any thinking which closed the heart against any, even those which this entity perceived, with some justification, as suborning and limiting the rights of his own people. In all of Gandhi's dealings with the government of those who were British and who held the reins of rulership of his nation at that time, this entity refrained from, at any time, closing the heart against or lifting a weapon towards those entities which would be considered the enemy, that is the British. Using homely and easily understood physical metaphors, such as spinning the thread, this entity was able to put before his group the image of self-worth and independence. How can an entity see self-worth and independence in making thread out of cotton? Yet, the Indian people received the lesson that the one known as Gandhi offered.

In many, many ways, this entity made life very difficult for those of the British rulership of his nation. Yet, never was this entity less than cordial and civil. He could not have succeeded nor could his ideas have taken hold were he not coming from a place of genuine love. If he had hated his enemy, no matter had he done exactly the same things in his political posturing, he would not have succeeded. His integrity and purity of motive were such that those of India and those of Britain alike were able to see it, feel it, and in the end, respect it and respond to it. His working to aid his people, therefore, never took on the shades of violence or terrorism but retained the goodly hue of faith, love and hope.

When you see small groups or large unable to resist the techniques of terrorism, we would ask you to see groups which have become entangled with issues of entitlement and justice. In each situation, there is a path to peace. This path begins in the heart. It calls for men who are both clever and compassionate. It calls for those who are able to understand the techniques for service to self but whose purity of focus and whose open hearts are such as to avail them of the techniques of unconditional love. There is no justification for violence and yet it lies within the human heart to defend the group against those who are not a part of the group. This is part of the instinct with which each human being comes into incarnation. It is part of the heritage of the physical vehicle of the great ape of which you are a recent descendant. If you examine the customs of these great apes, as the one known as Desmond Morris has done, it becomes very clear, very quickly, that violence is something with which each human being must deal, not as a faraway thing, but as an intimate friend, as a part of the household of personality. One of the boarders of each of your bodies is violence.

The one known as G was saying that he did not believe he would be able to pull the trigger against another human being. This is a laudable and a noble sentiment. Yet is spoken by one who has never been in the position of defending those he loves from someone who would surely do them harm. The instinct of one who is being threatened is indeed to pull the trigger. When dealing with groups, that group instinct remains as lethal as that. No matter how many layers of civility and diplomacy are offered, beneath each situation and its endless rationales on both sides there lies a situation in which two groups—which are in truth, one—have accepted a model in which one group is over against another. Once this basic and existent situation is accepted, there can always be a rationale which leads to violence, whether it is violence offered by those who have the approval of other nations as belonging to a rightful group of nations or whether it does not have such approval and is therefore, without any choice for itself, considered an outlaw. When an outlaw attempts to achieve entitlement, it is considered terrorism. That is the only difference between terrorism and war. It is an artificial distinction based upon the underlying artificial distinction of groups defining themselves as separate.

Perhaps you have noticed in working with other entities that there is a tendency for entities to divide endlessly into groups and sub-groups and sub-sub-groups. There is a delight in finding a way in which one group has done the right thing and another group has been less successful. The feeling of being better than, stronger than, or more justified than another group is a feeling which is endlessly sought because it feels good. It feels good to belong. It feels good to be part of a virtuous, morally upright group. And so the posturing is endless, the facts and stories are told again and again and, in each telling, there is the twist put upon the tale to show the rightness of those who have been ascendant and the poverty of rightness in those who have been the losers. In our opinion, each story is distorted, each entitlement is questionable, and each rightful group is, at base,

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artificial and unhelpful. Yet, the whole object of third density is to face the individual entity, and the resultant groups that form from such individuals, with situation after situation which is enough of a puzzle to be worth the solving. And that solving gives each entity the opportunity to grow in terms of spiritual, mental, emotional and physical evolution.

So what we would leave you with in thinking about terrorism is how you, as an individual, can cease using the techniques of terror and war in how you work with yourself, in how you work with the most intimate of those about you: your spouses, your children, your parents, and your family; in how you work with those very intimate groups of employment, mutually shared goals of all kinds, in groups that come together to serve. How can you keep your heart open and stay devoted to the one infinite Creator? There will be many arguments that pull you endlessly off your center of gravity. And you will be off balance and out of your comfort zone again and again, for these are deeply profound difficulties your world faces at this time. Those who, as the one known as J mentioned, blew up Mars, are attempting now to blow up your Earth. They almost succeeded as a group in that land you know of as Atlantis. And energies mass once again for the attempt to achieve an Armageddon. It is an energy that is deeply entrenched in the genetic memory of this racial group which we would call the white race. Yet, because of the way that history has become stuck upon this monotheistic Yahweh and its resultant energies …

(Side one of tape ends.)

(Carla channeling)

It is a planetary experience once again.

What shall you do to grow your world into that loving, unified, peaceful world which each of you can envision? May we say that it begins with you, this day and this moment, not in a large way but in the most small way. What are your thoughts as you approach your next decision? Is there a desire to defend? Is there a desire to protect? Examine these desires. Is there the desire to embrace and to bring into One? Examine that desire. Examine your thoughts carefully to sift out those energies which have in them a lack of that focus and resonance which you can associate with the open heart.

We ask you as well to be clever, to work with the limitations and distortions of the culture about you rather than attempting to leave them behind. Attempt to work within them so that the very things that are designed to be limiting become those things that are freeing. This is the work of an immense amount of subtlety and cleverness and yet each of you has a good mind, a good power of reasoning and imagination, and a gift of creativity. We suggest that you add to those things humor, patience and an endless supply of thankfulness. How can you be joyful and peaceful within if your life is not grounded in the thankfulness that you are here, that you have this impossible task in front of you, and the time to address the purposes for which you entered incarnation? Keep that ground of thankfulness and that awareness of the self as just the beginning that opens to you the Creator that you are and see every door that is shut as a temporary thing, lifting away from anger, disappointment and hostility to embrace hope, faith and love.

This instrument informs us that we must move on and we would open the questioning now to specific queries that you may have at this time. Who would wish to ask a question at this time?

G: Q'uo, Iin the *Law of One* series, the questioner asked about which of the two paths was more positively polarizing, one path where you defend a positive entity from negative suppression or the second path where you allow the suppression by the negatively-oriented entities. Ra answered by using the example of Jesus' lack of desire to be defended as if that was the higher understanding or the higher way. Could you expand on why allowing suppression by the negatively-oriented entity seems or is the more polarizing of the two?

We are those of Q'uo, and are aware of your query, my brother. This question offers a chance to look at polarity in this particular sense of not defending the self, in that the one known as Jesus chose not to defend itself and was therefore given a quite ignominious death, a death reserved for those enemies of the state that were the worst. In doing so, this entity expressed the highest degree of a lack of defense of the self. The polarity involved in that choice was that which is gained by working against the whole impulse to defend the self. Laying down all choice of defending the self, therefore, expressed the one known as Jesus' absolute faith in the goodness of all entities, including his enemies.

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Personally speaking, it was very successful in establishing [its own] polarity. If this entity had been more subtle and clever, it might have found ways to stay alive while expressing unconditional love and therefore gained for itself the opportunity to interact further through time as the agent of the creative principle. And, therefore, it can be seen that a choice which gains greatly in personal polarity may yet create a situation in which the gain in the polarity of the group was potentially less. It is difficult to grade, shall we say, the acts which a person may do or the thinking behind them and how that was. The best that this entity was able to achieve in its incarnation, at its time of choice, was the choice that it made.

May we answer you further?

G: I'll take a stab at it, Q'uo. Jesus was a martyr. He expressed to the fullest extent the fourth chakra, the open heart. Had he seated his experience in the blue ray and exercised the energies of wisdom, [had he] brought wisdom into his choice-making decisions and expressed that level of understanding, would wisdom then dictate to him, or inform him of, a choice in which he could have defended himself and polarized further?

We are those of Q'uo, and are aware of your query, my brother. Indeed, we were expressing that option as the road that was untraveled, as the one known as Robert Frost has spoken in his poem.[3] There is always a road that is untraveled whenever any choice is made. It is unknown because of the passage of time and circumstance whether that option would have achieved for the one known as Jesus a result that would have been more in focus in terms of his vision. For this entity did not see that that road was better. And indeed, when each of you makes a choice, there is always the road that is not taken. That may from time to time come up in the mind, as the one known as V said in speaking of that object of great beauty which she passed up eight years ago. It must recur within the mind when choices have been made. Yet, the glory of such times is that they are times of true choice when that which you decide shall create a change in all that occurs from that point forward.

May we answer you further, my brother?

G: A follow up. I have a question about a different situation, involving the idea, the energy, of defense. Every situation is unique and in Jesus' case he had a vision which crystallized in his mind but, in general then, what choice would a blue-ray entity or an indigo-ray entity, in the situation where in order to defend you need to kill another to save your own life, make? Who's to say what choice an entity will make, for each situation is unique, but, in general, would a blue-ray entity see it within his understanding, within his parameters, to kill another to save his own life?

We are those of Q'uo, and are aware of your query, my brother. We believe you are asking if an entity whose blue-ray energy center is fully opened would be able in good conscience to take a life. And we may say that, in terms of that energy body, it is perfectly possible to do any action if that action is seen by that entity in a clear enough focus. The ability of the mind to create bias in situations is unending. And there are many entities who have gloriously expressed blue ray while killing others. That sense of entitlement is a strong thing. When an entity becomes absolutely convinced of the rightness of the need for violence, it becomes possible to have a fully functioning blue-ray energy, green-ray energy, and all other energies, and at the same time, to kill. This is why spiritual evolution is not a simple thing. For the mind within incarnation is constantly and inevitably blindsided by distortion. Consequently, it is a matter of picking your way, moment by moment, and thought by thought, coming back always to the fundamental basis of your own faith rather than depending upon an entity, a principle, or any other created structure.

[3] *The Road Not Taken*, by Robert Frost:

Two roads diverged in a yellow wood
and sorry I could not travel both
And be one traveller, long I stood
and looked down one as far as I could
to where it bent in the undergrowth;
Then took the other, as just as fair,
and having perhaps the better claim
because it was grassy and wanted wear;
though as for that, the passing there
had worn them really about the same,
And both that morning equally lay
in leaves no feet had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less travelled by,
and that has made all the difference.

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May we answer you further, my brother?

G: That's very thought-provoking. That opens all other kinds of cans of worms in my mind, but, no thank you, Q'uo, and thank you for the answers you were able to give. Thank you, instrument.

We are those of Q'uo, and we thank you, my brother, as well.

Is there a final query at this time?

(No further queries.)

We are those of Q'uo, and as we do not hear any sound vibrations hitting this instrument's ears, we are assuming that we have run you out of questions this day. We just thank you with all of our hearts for bringing yourselves and your concerns to this circle of seeking. It is such a joy to share our thoughts with you and we hope we may encourage and find ways to support each of you as you go forward in your quest for truth and service and devotion to the one infinite Creator. We bless each of you and thank you and we leave you, as always, in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai. Adonai. ✤

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Special Meditation
October 10, 2004

Question from A: After a year of marriage I must admit my wife and I have a serious sexual problem. Without infringing upon the principles concerning free will, could Q'uo please comment on our current sexual difficulty? Could they confirm for me that my current situation has been planned by my higher self for guiding me in the positive direction? Aside from our personal problem, I wish to ask the difference between our spiritual evolution with and without sex. There are many monks or nuns who concentrate on their discipline in chastity. The Bible also has said, "For there are some eunuchs which were so born from their mother's womb, and there are some eunuchs which were made eunuchs of man, and there be eunuchs which have made themselves eunuchs for the kingdom of Heaven's sake." He said that is able to receive it, let him receive it, Matthew 9:12. On the other hand, Ra taught us that a healthy sexual intercourse strengthens our vital energy and emotional energy with each other.

Could Q'uo expand on these two concepts and describe their distinct advantages for our seeking journey?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. May we say what a privilege it is to experience your group energy. Its beauty is almost startling and we thank each of you for your great desire to seek the truth and your open hearts that reach out to each other with support and encouragement. We are most happy to offer our thoughts to the one known as A and would ask only that both he and all of those who hear or read these words be very diligent in taking responsibility for those things that you hear and guarding your own thought processes. For every thing that we say this day may not be an opinion that is helpful to you and we would not wish to be a stumbling block before any. So we would ask you please to consider carefully those thoughts that we share this day, realizing that we are not authorities over you in any way but only fellow travelers on the path. If something that we offer resonates to you, by all means use it. But if it does not resonate, please leave it behind without a second thought. In this way we may guard our own polarity and our observances of the free will of those to whom we speak this day. Thank you for that diligence, my friends.

The query of the one known as A is one which seems to be about sexuality. And certainly we shall share some of our thinking concerning sexuality with you. But we would begin by taking the discussion from a somewhat different level. The quest for happiness often seems to include that desire for a sexual partner that is appropriate and desirable and [who is] the one to whom the heart has been given. We have the greatest sympathy for each of you who exist in bodies that seem to be quite separate from the air and the ground and the chair that you're sitting on

and certainly from the other bodies that inhabit this Earth with you. It is a feature of the third-density setup that there is the yearning built into the third-density human person for companionship. Certainly this yearning can become blunted or destroyed by abuse during the early years of incarnation and in many cases, this souring and embittering of the fellow feeling for companionship creates a situation in entities in which they honestly come to feel it is better to experience solitude than to risk the pain of abuse. In many cases, there honestly does not seem to be any way out of experiencing abuse when in relationship. This does not happen with all entities but it is an occurrence that happens to a significant number of those within your culture. Abuse is widespread.

There are all kinds of abuse. Much abuse does not register as abuse, unlike [the experiences of] those who are raped by family members or physically beaten. These entities experience other kinds of more subtle abuse which are just as punishing to the spirit within and which can alienate and separate and isolate that spirit within from the ability to trust others of their breed. If every human to whom you have given your heart seems to have abused you, it is understandable that, over time, there would come to be within you a determination not to be caught again in the snare and trap of love. And we would suggest to the one known as A and to the one known as B that this is a thread of thought that can be taken further in the privacy and the sanctity of the open heart. For with each of these entities there have been experiences in the young years of incarnation which have biased and soured those chords of natural trust and faith in one's fellow human that each child is born into the world experiencing as a steady state and as a normal way of life, unless, indeed, as some in this room have experienced, there have been abuses even from the womb.

However early in life these abuses begin to occur, they leave a mark. And while a scar is only that which is upon the surface, there are scars that go much deeper than physical scars. Healing from such memories—even unconscious memories of abuse—is greatly facilitated by the ability to talk through such experiences, such half-hidden memories as each may have, so that each can support each, each can comfort each, and each can forgive each. For there is a guilt implicit in the shutting off of human companionship even though it is necessary for the experience of safety to be had. And this crux, this time, for the ones known as A and B, is a time for such examination, such discussion, and such healing. The one known as A asked if this indeed had been a situation planned by his higher self, by the guidance system that was co-planner of this incarnation with the one known as A before incarnation, and we may confirm this. It is not that the situation was set up in order that the one known as A and the one known as B may learn thus and so; rather, it was set up so that the one known as A and the one known as B may learn—and teach each other as they learn from each other. We may say that this is a situation in which both come to the relationship untrammeled by previous karma. There is balanced karma within this relationship. Each is completely free to love and serve the other without regard for previous lessons, previous incarnations, or previous hopes and fears. You may come to the situation knowing that you are fresh and new and hopeful with each other.

Sexuality seems to be a red-ray issue and yet a question such as this one is a sure indication that the entire energy body is involved in sexuality. It cannot be divided or split up into lower chakras and higher chakras; it must be gazed at from the viewpoint of the being as a whole. One is not a sexual being; one is a being that has sexuality as well as many, many other characteristics. Certainly the smooth and enjoyable expression of sexuality between mates has been intended by the creative principle to be a joy, a blessing, and a healing. The physical results of healthy expression of sexuality are well known to your culture and perhaps even overvalued. But there are tremendous benefits, as the one known as A has said, to a sexual companionship that stem from the ability of sexuality to bridge and close the gap between bodies. When one is inserting Tab A into Slot B—in the approved sexual manner—distance disappears and two become one. As bodies penetrate each other, so do hearts, minds, and emotions penetrate each other. The sadnesses are shared, the joys are shared, and there is no aloneness between the two who are truly exchanging energy. It was intended by the Creator to be a delight as well as a very efficient procreative act.

The intentions of the creative principle remain a mystery to us but it has been our observation, as gazing at third density from somewhat further along the path of evolution, that the sexual principle is a powerful and lasting one. It continues to be a

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unifying and celebratory event as the densities move on. We at sixth density, speaking as those of the group of Ra, still experience sexuality in the shape of fusion. We, speaking as Latwii of fifth density, still experience sexuality as we wish to experience it—choosing our form and our expression; yet our choices continue to be those of finding that one entity with whom we are most suited and enjoying a mated life together in the context of group living. And it is true of those who are of the Hatonn group in fourth density as well. We do not have as much choice, in terms of physical vehicles, yet we do have that continuing desire to be companioned and to share an intimate life with that companion. Sexuality is not going to go away because you leave this density; it is a continuing principle within what you may perhaps visualize, as we do, as a continuing series of illusions. So a query concerning sexuality is in no way a shallow one. Nor is it one that we can dispose of by discussing psychology or ways of encouraging various portions of the mind to alter their biases.

The Creator has more than one reason, however, for setting up sexuality in just such a way as it has within third density. For, within third density, there is a very specific, basic game plan, shall we say, for the school of life in third density and that game plan has to do with becoming able to open the heart and to love unconditionally. Now in this opening of the heart and becoming able to love unconditionally there is a choice to be made and that is the choice that the one known as G was speaking of earlier as between STO and STS—an abbreviation that many entities within this group use for service to self and service to others. It is a significant choice. It is a valid choice. Service to self is a way to evolve closer and closer to the one infinite Creator; service to others is a way also to evolve closer and closer to the one infinite Creator. We believe that the infinite One has a bias in favor of service to others and thusly has made that path somewhat easier. Nevertheless, the greatest difficulty for those who are awakening to their own spiritual destiny upon planet Earth is choosing the manner of evolution. Each within this circle has unconditionally chosen service to others and so have the one known as A and the one known as B. Consequently, we will lift up off of speaking of service to self and concentrate on the service-to-others path.

One of the greatest tools or resources of the service-to-others path is the attraction between sexually compatible people. This instrument has often thought that it was a kind of trick that the Creator played on us all, to make the attraction between the sexes so potent. It was as if the carrot, that carrot of attraction, were being dangled before the donkey's head; whereas, behind the donkey, the stick was being applied in terms of the results of that attraction. There is many an entity, both male and female, who, having entered the mated state, has quickly begun to feel that it is a terrible cheat for, instead of the continued bliss of the honeymoon, there has come quickly the realization that one is now responsible for that other entity, for paying the bills of that other entity and seeing that that other entity is fed and clothed and housed and, to some extent, happy. These are burdens which can be felt by many. We do not in any way deny the effort that is implied by such attraction. Once one has accepted a relationship, one is indeed in relationship and therefrom depends, if one chooses the mated state, a lifetime of service. And this is the trick that this instrument has noted: that the clever Creator has pulled people into a situation in which they almost cannot avoid being of service, for the society as a whole is quite judgmental concerning those who, in the married state, are not careful to provide for their spouses and mates, their children and other dependants. We look around the entities within this circle and see that several have experienced long, mated relationships, while others have experienced shorter and more ephemeral relationships. We are aware that those who have been mated for long periods of time are fully aware of the duties of the married state and yet at the same time, as we gaze within the minds of those involved, we see the joys and the gratitude that each feels for the benefits of that state. Within your culture, it has often seemed to break down, for the duties and the honors of service-to-others living are a challenge. Loving well is not done briefly. It is done persistently, patiently and with a tremendous amount of understanding and forgiveness required to keep the relationship from souring and becoming bitter.

In the case of the one known as A and the one known as B, the energies moving into the mated relationship were neatly divided betwixt lower chakras and higher chakras. It is unusual indeed for a marriage of choice between two entities to include only those higher chakras. Most often entities are

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drawn first by the shallow and superficial, the surface aspects of another human being. And those are those things which feed into sexual attraction—the appearance, the physical looks, and so forth. This was not the case with the ones known as A and B. Indeed, this relationship has much more of the energies of relationships within higher densities, where the attraction is that of a soul to another soul. And we do not believe that any love more deeply than the ones known as A and B and so we say to you that you have already achieved a great deal in your choice of each other. It took great courage for the one known as A to choose to marry an entity for whom he did not feel the requisite physical attraction expected of male entities within his culture. And yet, this was a conscious choice, a prayerful and thoughtful choice and we would not in any way suggest that it has been a mistake. Rather we would suggest that it is a unique situation and one in which there will not be a great deal of understanding from others within this society. And we, ourselves, are not those who are psychologists or therapists. We cannot solve the surface of the problem that presents itself, in terms of the lack of desire between these two entities. Yet, at the same time, we may offer some thoughts which may help as the ones known as A and B explore together the ramifications of the choices that they have made.

The one known as A asked concerning how evolution within third density would occur without sexuality as opposed to with sexuality. We've looked a little bit at the ways of a sexual mating. The sexually mated pair are set up, as it were, for a life of service to each other. The ones known as A and B have achieved this setup without the prod of sexuality, without the carrot of finding each other so attractive that they become bemused and foolish with each other and cannot think of what to say or how to say it.

Upon the other hand, there have been energies set in motion in the manner of coming together that can fruitfully be explored. The eunuch or monk who chooses to forego sexuality and sexual partners is not choosing to forego sexuality because it is an evil thing as much as they are choosing to place their energies and their service not to one person but to humankind as a whole or to the infinite Creator. We do not say that this is a mistake either; it is a valid choice. It is rather, however, like choosing not to use one of your legs or arms or stopping your ears so that you cannot hear. It is a choice that places one a bit off balance as an entity dwelling in third density. For the body is as much a part of the entity as the mind or the spirit or the emotions. To ask the body to refrain from expressing its natural function is to ask the body to be a bit off balance. To the best of our ability, this would be our estimate of the difference between living without sexuality and living with sexuality. The entity which has expressed its sexuality, whether in the present or in the past, is a whole entity in a way that an entity which has foresworn sexuality cannot be. There is no loss of polarity if one chooses not to express sexuality but there is a greater likelihood of a healthy energy body which has the vitality to persist in seeking if all natural functions are seen as beautiful and holy.

The challenge, then, is to lift up from previous concepts of sexuality as being that which is involved with lower chakras only, so that sexuality may be seen as both natural and sacred. One of the archetypes with which this instrument is familiar is the archetype called The Lovers. In it, the central figure is a male and his hands are crossed so that his right hand is reaching over his left shoulder and his left hand is reaching over his right shoulder. In one hand he is holding the hand of a pure and pristine priestess figure; in the other hand he is holding the hand of a somewhat debased feminine figure which is seen to be prostituted and unclean. The virtuous female figure is veiled and almost hidden whereas the prostituted female figure is far less fully clothed and expresses great attraction. It is obvious that the central male figure is about to make a choice between two types of femininity. The one known as A has made his choice. Profoundly, absolutely, he has chosen the veiled and mysterious priestess for his mate.

And the question then becomes, "What does that archetypal figure do as he walks off into the archetypal sunset with his veiled bride?" And we would suggest to the ones known as A and B that the future lies open and free before them. Sacredness of virtue remains as one walks into that sunset. In a way, it would almost seem to be a debasing thing to introduce such a virtuous entity to sexuality and yet sexuality is not in and of itself that which is prostituted. Let us draw back from the physical—for the one known as A must always draw back from this in his own evolution, in his own habits of thinking, and in his own personality—and gaze at

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the true meaning, or, shall we say, a deeper meaning of this archetype. The feminine principle is the unconscious. It is that fertile volume in which all truth is written. The male principle is that entity which reaches to know the mystery, which wishes to plumb the depths of the volume of truth. The feminine principle represents the creative principle. When an entity approaches the feminine, an entity is approaching his own deepest self. Penetrating that mystery is the goal of the male principle. Being appreciated, courted, cherished and loved, the feminine principle can at last relax, release the veiling, and allow herself to bloom. And the truth comes bursting from every pore of such content. This is the deeper level of meaning of this archetypal figure.

We would encourage the ones known as A and B to allow whatever will occur to occur. If there comes to be desire between two such loving people, we rejoice with you. If there does not come to be desire between two such loving people, we do mourn with you for we do see the value and the beauty of the sexual relationship. But we ask each to know, beyond a shadow of a doubt, that you are doing the work that you came to do; and that as you explore this and other issues with each other, you are helping each other to bloom, you are helping each other to progress, and you are helping each other to heal.

We are aware that the one known as Carla has suggested to you a way in which you may learn all over again to touch each other with love. And we would commend this technique to you and suggest that if you find yourself comfortable in one phase of this four-phase progression, that you remain there as long as you are comfortable there. We would further suggest to you that when it is time to move ahead, then move onto the next phase. And if you spend the rest of your life in phase two or phase three, you will still have found more intimacy and have exchanged more good energy than many entities which have unsatisfactory, though technically perfectly functional, sexual lives. Happiness, the one known as T said earlier, is that which you begin with and then the world becomes a happy place. This is so true to us and we commend this thought to you. Allow yourselves first of all to be happy with each other.

(Side one of tape ends.)

(Carla channeling)

Allow yourselves to glory in the beauty of each other: the beauty of the mind, the beauty of the emotions, and the beauty of the soul within. This allows everything to settle into its right place and takes the emphasis off of that which is only a part of the whole. We encourage you to be with each other in meditation each day and to allow that unity in seeking to seed the garden of your lives. Who knows what plants shall grow? Know only that you shall grow those things that you both were placed here to grow and that you shall help each other to blossom.

We thank the one known as A for this excellent question and at this time would open this meeting to other queries if there are any. Is there a question at this time?

G: Q'uo, I have one. Recently in my life I've had opportunities for relationship and for sexual energy transfers and I've passed those by because, for one reason or another, I have felt that they would not work and therefore, out of consideration for the other person, I haven't engaged in anything physical that would lead to emotions being evolved or the commitments made of relationships, so I would like to ask you if that activity of waiting for a better opportunity, or for "Ms Right," is a wise activity? Or if I might wind up the person that has passed up opportunity that has knocked at the door in chasing an illusion, a fiction of my mind of something that is more to aligned to my dream of "her"?

We are those of Q'uo and are aware of your query, my brother. My brother, the density of choice is just that. There are no mistakes. There is as much virtue in one choice as another as long as each choice is made with a full and loving heart. The ways of love are a mystery. This instrument, for example, has memories of waiting for Mr. Right and feeling that she had indeed done precisely the right thing. This entity passed up many opportunities as well and it was her nineteenth year before she chose to offer herself to the entity to whom she had become engaged. It is also true that, in this entity's life, it was a very quick trip, shall we say, from the first ecstasy of waiting for Mr. Right and then choosing him and embracing him to being left at the altar by this entity. Was it a mistake to wait? This entity would not say so; for she developed, as a being, very naturally because she waited until her heart was completely engaged and her faith and trust were

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utter. And so her first experience of sexuality was utterly positive.

On the other hand, when an entity embraces thoughtlessly and becomes, as you have said, entangled with another entity without that benefit of utter faith and full choice, yet still, in many an instances, the carrot having been offered and the stick having been applied, the entity learns after the fact how to love because he has been forced into the situation of learning. This is why we cannot say that one way is better than another.

It is a matter of the personality shell of the entity and that nature which he was given at birth. Some entities are robust and relatively insensitive and take their pleasure where they find it. Others are more gentle and sensitive and must feel that they are loved and that they can love in return. They must be able to engage their faith and their trust before the picture comes right and it seems natural to move forward. We believe we speak to the latter type of entity and because of that we would say that you choose well to wait. There is no mistake in having the ideal of "the right person." We do not say that there is one right person for each entity. We do say, however, that it is well for a sensitive entity to wait very carefully and very thoughtfully and watchfully for the resonance and the depth that come when you make contact with a soul that is truly compatible with you and we encourage you to follow that way as long as it has resonance for you.

May we answer you further, my brother?

G: No, well done, Q'uo. Thank you very much.

We thank you, my brother. Is there a further query at this time?

J: Yes Q'uo, I'd like to pose a query. First I'd like to express my appreciation for your wisdom and consideration—how meaningful it is to me. And I would just like to ask about the discipline of the mind. You once suggested to me that the way that you go about setting up a ritual of the mind as used to its fullest potential is to take responsibility for every thought and you asked me to query further if I required more clarification and if you'd be so kind I'd love to hear more thoughts on this and how to discipline the mind.

We are those of Q'uo and are aware of your query, my brother. Indeed your question has many hidden aspects and we smile at the impossibility of responding to all that you ask but we shall do our poor best to share a few thoughts with you, my brother.

What is it to take thought? For some the mind is a fairly easily managed tool. It runs along fairly predictable lines, easily influenced by such outside forces as family, friends, mass media, and the culture itself as it ticks along like an engine. For others, the choice of what to bring through into the personality shell has included the choice of a powerful intellect and, as this entity is well aware, a powerful intellect can hardly ever be shut down. So rather than the experience many have of taking thought, the experience is more of the mind racing along—sometimes in one gait, sometimes in another; sometimes on one level, sometimes on another but seldom, if ever, stopping and often thinking more than one thing at a time.

However, when such an entity chooses, it may slow that engine down by fastening upon one of the thoughts that is passing through. Often, there is a great help in terms of circumstance. The mind becomes focused because a circumstance arises in which there is a relationship that is being exercised and interaction is taking place or a subject has been raised and the mind is drawn to thinking concerning just that subject. We encourage the one known as J to take advantage of such times of natural focus. It is a good place to start to isolate the focus at that time and reflect upon it later. This helps the mind to move itself away from that reckless pony ride that it enjoys and to put the saddle on it, put the bridle on it, and start mastering this horse of a mind that is happily cavorting about the corral of your grey matter. Certainly, this instrument has much fellow feeling for you for this instrument's mind is such a run-away pony and does a good bit of cavorting. Yet this instrument has learned to take all of that activity very lightly. Its tendency is to wait for the focus in order to do the examination of thoughts and we would suggest this technique to you as well.

When you perceive an ethical situation or a point of consideration that is attractive to you, realize that this thought has been pointed out to you as a thought among thoughts that is worthy of special consideration. If there is a natural instinct to shy away from examining such a thought or such a focus, know then that you are truly on to something and pursue the consideration of that ethical question

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or that consideration, whatever it might be, with great passion.

Many thoughts that come before your mind and that you wish to examine are those with which you do not know what to do and in those cases where thought has become involved with emotion which has become involved with interaction with another human being or some other tangle like that, the best you can do in considering that particular thought is to sit with it. And this is a technique that is much underrated in your society. Some things are not there for you to solve. Some things are there for you to sit with. They are house guests and the mystery of that tangle is not going to be solved overnight. When it is solved it will be very simple but nature will take its good time allowing you to do the growing that you need to do in order to complete the pattern that is implicit in the tangle. All the tangles have very simple outcomes in terms of your ability, ultimately, to judge the value of thoughts. But there are many thoughts that are company, not to solve, but to sit with.

May we answer you further, my brother?

J: No, I appreciate your thoughts, thank you.

We thank you, my brother. Is there a final query at this time?

G: Real quick one for me, Quo. For over two years now I've been meditating every single day, or trying to at least, and though I've improved, I'm far from where I would like to be, and far from a single-pointed focus during my meditations, sometimes I am just thinking. Any tips, recommendations, suggestions, to improve my meditation? And thank you very much for your answer.

We are those of Q'uo, and are aware of your query, my brother. It is difficult to put into words the value of meditation. Certainly some entities are expert at achieving a one-pointed focus. The vast majority of entities, however, remain forever, to their own judgment, greatly imperfect and incompetent meditators whose thoughts arise again and again and again. And yet, the value [to an] entity of the meditative experience is undiminished by the self-perceived imperfection of the technique.

We would suggest that, without judgment or expectation, you simply seek the silence and listen for the Creator's footsteps. Wait for the Creator's arms to embrace you. Listen for the sound of the door to your heart opening wide. The gifts of silence cannot be expressed but the virtue of the attempt to enter the silence is absolute.

May we answer you further, my brother?

G: No. Gratitude once again. Thank you, Q'uo.

We thank each of you. It has been a wonderful experience for us to share our energy with you. We thank the ones known as A and B and we thank each of you in the circle today. Know that we are always with you if you request our presence. Our love and support are constant.

We leave you in all that there is: the love and the light of the one infinite Creator. We are those known to you as Q'uo. Adonai. Adonai. ☘

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Special Meditation
October 11, 2004

Question from A: "A comes to us with a question about guidance regarding her sacred contracts prior to this incarnation—what she might be guided to do with this incarnation, and also her divine purpose."

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is a great privilege to be with this group this day and we thank each of you for taking the time and the incredible effort and energy that it does take to satisfy the time for spiritual work. It creates a tremendous vortex of energy and we are most privileged to be called to your group to share thoughts with you in this vortex of purpose and circumstance. Thank you for this privilege. Thank you for the beauty of your vibrations as you sit in meditation and thank you for this circle of seeking.

We would ask each of you to protect us in our concern for not violating the principle of free will by listening very carefully to those things that we say and discriminating between those ideas which may resonate to you and those which do not. If they do resonate and feel familiar and useful to you, by all means run with them. Use them and work with them as you see fit. If there is no answering echo in your heart from thoughts that we offer, please, it would be the greatest favor to us if you would simply leave them behind, for we would not want to create a stumbling block before you. Truth is not an objective thing when it comes to metaphysical truth. Truth is entirely subjective and your own powers of discrimination are more than adequate to knowing that which is for you and that which is not for you at this time. Thank you very much.

Your query concerns your sacred contract and your divine purpose and we would take those two separately, for the concept of a sacred contract is one which we find to be full of the pitfalls of the culture in which you live. You certainly have created contracts, and we say that in the plural rather than the singular, before this incarnation. These contracts have to do with relationships. In your considerations before this incarnation, you and the guidance system which is yours, sat down together and thoughtfully, carefully considered where you as a soul felt that you were with the issues of polarity and of balance. For it is desirable to [those] heavily polarized towards service-to-other and quite common and usual that there will be an issue of balance involved in choosing the relationships with which you set yourself up before incarnation. This is the balance between wisdom and love, for those who have come back into this incarnation from higher densities. It is easy to see the great benefit of unconditional love and it is easy to see the great benefit of true wisdom. It is sometimes difficult for an entity whose previous incarnational experiences have biased her in one or the other of those two qualities to be able to see how to correct a self-perceived imbalance between those two qualities. Therefore, the relationships that are set up have the function of offering repeated or theme-

like cycles of catalyst in which, again and again, you will receive catalyst that brings up not only the service-to-others question of how to be of service, whether to be of service, and so forth; but also the question of using your open heart and your wisdom to address this catalyst, this situation, and this relationship. It is hoped that through these repeated, cyclical occurrences of catalyst in your life, you will slowly win through to a felt sense of where that balance point for you lies.

In this instrument, for instance, it was heavily overbalanced into love when it first began its incarnation and found it very easy to contemplate, for instance, the giving of the life for others or martyrdom short of giving the life, feeling that anything that could be done for others was worth any and all efforts from the instrument. The instrument has worked for decades to attempt to blend in the hard-won lessons of wisdom which she has recovered in this incarnation, thanks to the learn/teaching of entities such as the one known as Don and the one known Jim and many others with which she has had converse and communion.

For each entity, this balance is unique and the cues and clues and whispers for guidance are going to be unique and so we would not do this for you in any sense but simply say that this is a continuing issue that is very fruitful for you to consider as you find yourself in various situations with various of those with whom you have come in contact. The ones for whom you are attempting to do the body work and other sacred ministry of touch work are obviously those who have been given to you so that you may learn as well as offer your service. It is not sometimes so clear that the entity who cuts you off in traffic, the shopkeeper in the store who is attempting to assist you with your purchase, the postmistress at the post office, and the neighbor at the grocery store are contacts that are also equally helpful and equally on task and on target for your process. Yet this is so.

So we would recommend, in terms of your sacred contracts, that you realize that beneath the surface of errands and paperwork and the duties of the day, that those people that are in your life are each, very potentially, the owners with you of a sacred contract.

Now, when it comes to the work at hand for the life, the incarnational lessons, the incarnation service, there is not precisely a contract. It is as though you have envisioned setting up a business. This obviously is only a very rough analogy but this instrument has gone through the exercise of setting up a business and is aware of the things that you need to do and so that is what we are using from her mind, that technique that one has of setting out the basic purposes of that business and the assets that you have in starting the business and the challenges that you have and just looking one month down the road, one year down the road, five years down the road, and developing a game plan. Earlier in life, in the young years of childhood, it is difficult to find enough surety of focus to begin to realize, in any settled or mature sense, to what such large chunks of your time and talent and treasure will be given. However, as the years of incarnation pile up and experiences mount, there begins to be a more and more clear focus and we are aware that you would like to improve the clarity of this focus as you gaze about you at this business that you have started and wonder, "What is my next step? What is the true whole or the true character of this business of mine, this sacred business that I wish to be about?"

It is important to realize, however, that, in terms of a contract, your contract is simply to serve. You truly hoped before incarnation to serve and to learn. The learning is almost inevitable, for the accompaniment of service and the offshoots into learning that you receive from attempting to serve are numerous and countless. So we would ask you to lift up from attempting to nail down some sort of step-by-step contract and begin to realize that this is in your hands, not just now, but each day of the rest of your incarnation. Your service is malleable. It is not something like a puzzle of which you simply must fill in the blanks. This instrument is very fond of puzzles and she is used to taking the definitions and putting each letter into the square. You do not have that kind of puzzle in order to determine, with clarity, what your purpose is. Rather, it is as if you have been given a take-home test and it is an essay test. And you will be grading this test as well as taking it. And you may retake this test each day if you wish, or each year. You may reevaluate. You may reconsider. And we urge you to go back whenever there is a glitch, seemingly, in the process and do just that: review your parameters, review what you think you know about yourself, about your sense of where you are, your sense of what you want for your immediate future and so forth, so that you can have the feeling, at all times, that you are fresh, you are new, you are not plodding through a

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preconceived pattern at all. This is your growth, your blooming, and you have the watering can, the fertilizer, and the will to grow. Indeed, you play all the parts in this little garden of growth that is your sacred purpose.

The divine plan for each entity who takes breath upon planet Earth is greatly unified. The divine plan for each entity is for that entity to discover herself and to manifest the being that lies within so that, at the end of your incarnation, you are an energy field radiating in self-knowledge and truth.

Now let us look at that model a bit, for it sounds simple and yet it is sufficiently counter to the ways of thinking of your culture that our thoughts really bear some discussion in order to be at all really understood. When an entity in your culture starts to talk about herself, it is not in terms of being but in terms of doing: "This is what I do for a living, this is what I do for pleasure, and this is what I do to serve." Yet your divine purpose is to be. You came into incarnation as an energy field. You pulled through, from your total self, certain characteristics, as what this instrument would call a personality shell: your intelligence, your personality, the way you express yourself, the things that you are good at, the things that you do not seem to be good at, and so forth. These are as the very surface of a very deep body of water; the waves upon the surface only are these markers for what lies beneath the waves of personality. You have an infinite depth to your true self and you have connections between your waking consciousness that is so involved in the personality shell and your total self. Those threads of connection are slender and fragile but very, very strong in the sense that they cannot be broken. They can be disturbed and many times we find that the very silver chord itself has been roughly used, shall we say, so that it is difficult, at first, for entities to do the dream work, the visualization work, and the meditative work that help strengthen those inner connections between the surface self and the true self. However, we do not find, in this particular case, that that is what has happened; indeed, the connections between the conscious self and the subconscious self seem to be very vital and used very well and so we would simply encourage the one known as A to continue in those processes in which she is already involved, working with the dreams, the intuitions, and the silence itself.

The essence of self is a living thing. The name that entities have within incarnation is often felt to be inadequate and so other names are sought that seem to have a vibration that is more in accord with your inner sense of who you are, from the standpoint of higher densities or from the inner planes of your own density where your own metaphysical work takes place. However, no name is necessary. Your energy field itself is your name. Your vibration is your identity. We have no doubt as to who each is within this group, not because we know your name but because we see you as you are, vibrating away, coruscating[4] with light, color and texture. And each entity has her own inner structure, her own relationships and balances between the chakras and so forth.

So how can one penetrate illusion after illusion about the self and come more and more into a sense of who she is? That remains to us, as well as to you, a mystery in terms of being able to spell out how this works. It is an entirely intuitive process and the more that you can pay attention to the energies of your emotions, the more resources that you will have.

Now, in this regard, let us look at two different levels of emotion, for working with the instant, easy surface emotions is one thing, working with the deeper emotions is another. First of all, let us gaze at the easy and surface emotions. Immediately coming into this instrument's mind when we speak of surface emotions are those irritations that she experiences, for instance, in her car when she is in traffic. It is very easy to feel upset when one is cut off in traffic. This is a good emotion to look at and it teaches, but what it teaches is significantly different from what the deeper emotions may teach. For a surface reaction, that which comes instantly and dives away quickly, is as a newspaper. It speaks of what is occurring at this particular moment. It does not speak of the deeper processes that are taking place within incarnation within your being. It is simply the momentary disturbance of the surface of the water. Yet, each disturbance is worth looking at. For in each disturbance there is a separation of self from other self and in each occurrence this separation can fruitfully be examined to determine

[4] coruscating: "1. To give forth flashes of light; sparkle and glitter: *diamonds coruscating in the candlelight.* 2. To exhibit sparkling virtuosity: *a flutist whose music coruscated throughout the concert hall.*"

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that which pulled you apart from your fellow being and then to find ways to heal that separation; to find unity once again with that stranger or friend which has pulled you off balance.

Even when a momentary occurrence delights one, yet still, again, it is important to examine that to see if the light has an undercurrent of separation in it and, if so, what that was. What you are trying to do in examining these very surface events is to improve your point of view. The exercise of going deeper, looking for the love, looking for the unity beneath the separation or disharmony is cumulative in its effect upon widening and deepening one's instinctual default point of view. And the point of view is crucial, for at that point of view from which you look at the world you will see certain patterns in a certain way. As your point of view widens, broadens and strengthens in its uncompromisingly metaphysical orientation, you will begin to see a different world. And as that world becomes stronger in its metaphysical point of view, so your lessons will come to you on rounder wheels and with more grease in them, smoother, easier, more understandable. So the little irritations of the day are not simply dross to be swept away like dirt in the spume of the froth of a wave. This is good material to scoop up with the hand. Take a good look at it before you toss it out.

Working with the deeper emotions is a slower and more subtle process and is entirely intuitive. It demands that you begin to realize when your deeper emotional bodies have been penetrated. You need to begin to see that time where you have felt an essential, true emotion, whether it is joy or grief or irritation. These deeper emotions are as notes and it is important for you to be able to play your instrument, to know it well, and to be able to tune it, as this instrument was earlier talking about tuning her physical, her mental, her emotional, and her spiritual bodies for the receiving of this contact which is presently ongoing. You are an instrument, you are a crystal instrument. Your energies express themselves in color rather than sound, in light rather than music, yet they are most substantially there and are your deeper expression of being. They are those things which will not disappear when your physical vehicle has gone again into the dust from which it was formed. As a citizen of eternity, then, you are not just working upon what is evident and obvious—your physical being, your momentary thoughts and so forth—you are working on the permanent part of yourself, insofar as you are able.

What you are attempting to do, as we said earlier, is to become more truly yourself, to sing your crystal song ever more beautifully, ever more truly on pitch, ever more deeply, honestly, the essence that is you. This is the whole of your divine purpose. You came to stand, as this instrument would say, as the lamp upon the hill,[5] as the lighthouse before all, not to push them around, not to reach out to them with some great message, but simply to be there, shining your light in your way. For in that light's influence, you shall be of the service for which you came into this world. That lighthouse shall bring you the sailors who need your particular energy. That lighthouse shall warn off the rocks those who need to be warned off the rocks in your vicinity. You have no need to reach out. You have no need to look forward or even to look back. Your need, in terms of your divine purpose, is to be who you are, proudly, with self-confidence, with quietness, and with great persistence.

We are aware, from your discussion before this reading, that there are many things upon the plate of the one known as A right now, many directions that she can go: the energy work, the Flower of Life work, the sacred geometry, and various other aspects of her studies and so forth. Do not drown in the details This is what we would say in this regard. Take them lightly to a certain extent. Laugh with yourself. Draw cartoons joking with yourself concerning your great purpose, for you do have a great purpose! It is a wonderful purpose. Yet it is not a purpose in that sense where you tie action to circumstance and say, "This is what I must do." You need more to come to a continuing series of what this instrument would call epiphanies or realizations about who you are and why you are here, the nature of your essence, the nature of your big business at which you are looking.

We would speak briefly of the query concerning the sword-bearing and we would guide the one known as A simply to examine the archetype of the Archangel Michael. This entity is part of what this instrument would call a mythological system which this entity uses herself in her own spiritual work. She

[5] *Holy Bible*, Luke 11:33: "No one after lighting a lamp puts it in a cellar or under a bushel, but on a stand, that those who enter may see the light."

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uses all four of the Archangels as she tunes herself for contact. The one known as Michael is that energy which is of the East. It is of fire and it, as a figure, has a sword. Sometimes when this instrument visualizes the four archetypical Archangels and the four elements, she finds the figure of Michael standing. His sword may be drawn but pointed down at the Earth, or his sword may be drawn and held upwards, or his sword may be in his scabbard. He may be kneeling or he may be standing. There is not simply one wooden or archetypal figure of the element of fire. Rather, it is a living, breathing entity that has been moved into by countless entities in the process of their spiritual work through millennia. And, therefore, this thought-form has a tremendous amount of power which it is very, very oriented to share with you. So the question for you as a sword-bearer is, "What is the truth that that sword is protecting?" And, in any particular case, in any particular situation, "Does the sword need to be drawn? Does the sword need to be bated? And if the sword is drawn, does it need to be in a non-challenging or in a challenging mode?" Thusly, it may be fruitful for you before moving into situations in which you sense that truth will be an issue, to sense into how that figure is standing. Go into the silence and ask it to be visual to you. Ask it to show you how its posture and the position of the sword can give you clues as to your own part, your own role, in this particular encounter.

Those who protect the truth are light beings and light bearers. And each of those within this circle is certainly a companion with you, the one known as A, in this regard, as all are light bearers, all being, to some extent, way-showers. Remember though, that you are not showing a road or a direction. Everything you have to show is implicit in the light of your being. So allow these situations to come to you and then allow the deepest truth within you to address itself to the situation. You spoke earlier concerning when someone comes to you for body work, not knowing what that work will be until the time is there and you ask within. So is that energy of the sword. Do not ask ahead but only on the occasion, "What is my role? How shall I shine?" And trust your being above all.

We do recommend to all who are attempting to deepen their spiritual aspects that you partake of the silence in your own way. There is a common prejudice for silent meditation and against other forms of silence but we would encourage the one known as A to explore all forms of silence: the silence of walking in nature, for instance, the silence of visualization or contemplation, the silence involved in reading from spiritual material and then sitting and allowing the ideas just to roll around and form their own patterns. There are hidden connections within all of the various studies and those which you do not think of as studies but which do indeed blend into the studies because they are called by the studies as confirmations or additions. Observe the signs and the symbols, as the one known as A was saying that she does. And try to keep a daily energy available, if only for five minutes during that day, for working within the silence.

Silence is as the tabernacle. When one enters the silence it is like entering a building of a certain type. It is a sacred building. Within the silence lies the Creator that is the heart of you. And, indeed, that silence finds its home within your heart. Take the time to enter your own heart and to sit and listen. For it is spoken truth that the still, small voice of silence offers the truth of your being.

We thank the one known as A for this opening question and would at this time ask if there are any questions that she might have to follow up this main question. We are those of Q'uo.

A: That's a lot to think of. Somehow all the questions I have don't seem to be very important!

What is this quantum learning or quantum something I've been told I'm going to be experiencing or going through? Quantum, "quantumming," what does that mean?

We are those of Q'uo and are aware of your query, my sister. The concept of a quantum, is a concept of, say, a semester in school, or a unit of something that, once that is done, it is done and one goes on to what one must go on to another quantum in order to continue. In quantum physics, the quantum is as the universe and it can be filled with just so many items and then that is the complete amount that can fit into that quantum. In your terms we would probably move more through the meaning of a semester that has been completed. The amount of learning which you have gone through, up to this point, has given you more and more and more detail. And as you move into your next field of study, there will be much more detail. We would suggest that what happens is that, as detail after

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detail after detail is added, there comes a crucial time when, just as in a super-saturated solution, more and more is added to the water. Suddenly, the solution goes away and a crystal appears and this is what you are in the process of achieving in terms of your study. The result of this study will be not that you will lose the detail, precisely, but that it will have a certain pattern. It will have a certain crystalline arrangement where it all makes sense, to a certain degree. It is another way of saying that you are not filling in the blanks in a puzzle, you are putting in your information to make a crystal, and that crystal will be a simplified, central structure of awareness. Notice we did not say knowledge, we said awareness, where, when you hear from someone who has come to you for help, in this and this and this and this detail, you will see it not in terms of a tally of one plus two plus three plus four, "Oh, that's four details," you will see that in terms of, "Ah, I believe I am beginning to see the shape of this entity's bias, this entity's distortion." And from that simplified point of view, you have a much clearer idea, a sense of how to help that person, of how to serve that person, of what is possible, what is not possible, what you are able to say without infringing on her learning process, what you are not able to say without infringement upon her learning process. It is as if …

(Side one of tape ends.)

(Carla channeling)

… you are cramming in more and more detail, not to achieve complexity but to get to the point where the crystal of awareness forms for you. You cannot force this to occur. You cannot hurry the process.

A: Am I almost there?

We are those of Q'uo, and we may confirm that most of the detail that you need for this crystal to form is indeed there. But it is not known to us nor can it be known to you ahead of time when that crystal shall form or what details still need to come in order for you to go, "Oh, I see it now." Yet, this time will come and we can only encourage you not to hurry it, not to look for it, but to do the work day by day and detail by detail, of receiving the information, seating the information, and using the information.

May we answer you further, my sister?

A: I have been doing some work with a teacher by the name of S who involves herself with work regarding the removal of crystals and, in aligning with the crystalline grid, is this work beneficial? Is this beneficial to me?

We are those of Q'uo, and we find that to answer this query in any way would infringe upon your learning process and therefore we respectfully would request that we just pass this question up and simply encourage you to follow your heart, to sense into this relationship and this learning, and to see how it feels to go further into those interests that she has.

May we answer you further in any other way, my sister?

A: Well, speaking of infringement, in the work that I'm involved at, I am in the process of learning more about removing heavy dust or objects in one's auric fields. Of course, my intention is always to ask for permission to remove it but I have had concerns to know if this is in any way an infringement upon others' growth process, the removal of objects in the auric layers?

We are those of Q'uo, and are aware of your query, my sister. Let us look at this question carefully, for there is a good lesson to be learned here. When you are attempting to be of service, it is important to investigate the parameters of which you do not have any idea beforehand. These parameters have to do not with your person or structure but with the person or structure of the entity who has come to you for help.

You need to find a way to address the question with the entity whom you are attempting to help. This instrument has done such work before with a pendulum, asking for a yes or no answer and putting the questions very carefully: "Does the guidance system of the one whom I am trying to help feel that this entity is ready for the removal of this distortion from the energy body?" Form a way, whether it is be penduling or other techniques which may be known to you and feel more convenient or comfortable, of getting in contact with the inner guidance system of the entity whom you are attempting to help and being absolutely sure that the guidance system is giving permission for this entity to be healed. This will clear the way for the healing to be done and it will enlist the help of that entity's higher self so that you are not alone in attempting to aid but you are simply part of the divine creative principle at work

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in response to one who has asked and has been given the potential for an answer. It is well written, "Knock, and it shall be opened to you. Ask and you shall receive."

You may trust that an entity who comes to you is consciously asking for help and that it is well to explore the subconscious processes involved in this person and to be sure that you are not indeed using your power and your ability to remove from a person that speck of dirt which that person needs removed at that particular time. Better, indeed, to tell such a person, "I can do this much but I can not go further," than to place that person in an unprotected and unguarded situation in which she somehow does not feel safe and secure.

Is there a final query at this time?

A: Out of curiosity, could you tell me anything about my home planet or the solar system that I am from, and will this be my last incarnation here?

We are those of Q'uo and, my sister, we would prefer not to explore the question of your antecedents for they are closely guarded by your higher self and we would not be those who placed you in a position of knowledge before your higher self offered its own way of giving permission. Know that these details will come to you in dreams, or in casual converse with those who are psychic who happen to communicate with you at the time in which you are ready for them. Up until that time, realize that for each person who has taken incarnation upon planet Earth, planet Earth is the native planet. You are truly one who lives here, one who breathes the air, and is part of the planet itself. This is your native land at this time and shall be until such time as you do not any longer draw breath.

As to it being your final incarnation, my sister, you have the potential for this to be your final incarnation. As this instrument would say with a big smile, "Don't screw up."

With that, and the encouragement at all times to use humor, for it is truly a divine gift, we would leave you in the love and in the light of the one infinite Creator. Please know that at any time that you would appreciate our vibration underlining your own and our love embracing you, you have only to mention our name mentally and we will be with you. You never need to be alone.

We are those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
November 14, 2004

Group question: The question today has to do with breaking our forms and our rituals when it seems appropriate in order to let in the light better, shall I say. We are wondering if Q'uo could give us some guidance as to how to recognize when this is appropriate or how to, shall we say, roll with the punch when it seems inevitable. We are aware that, even when times and things don't look like they're working out the way they should and they seem to be totally askew, that all is well and all is perfect. How can we see that and how can we find a path that isn't so deleterious to our own journey, sabotaging ourselves? Somewhere in there, Q'uo, I'm sure you could find something to talk about!

(Carla channeling)

We are those known to you as the principle of Q'uo and we greet you in the love and in the light of the one infinite Creator, Whom we serve. It is a great blessing to be called to your group this day to speak concerning forms and rituals and breaking them and making them and understanding how form works with the entity that you are. And we look forward to sharing our opinions with you. But we would ask you before we begin, as always, to use your discrimination very carefully in listening to what we have to say. We are not authority figures or teachers in the traditional sense of feeling that we know more than you do. Rather, we are those with perhaps a more varied palette of experiences from which to draw than you. However, we are brothers and sisters, walking with you on one path, the path which we all share. And it will allow us to speak freely if you will take complete responsibility for whether or not you use any of the thoughts that we share at this time. If you will promise to let all thoughts that do not resonate with you to fall away, then we will feel much more free to speak without being concerned that we may infringe upon someone's free will or invade someone's rightful process of evolution.

First of all, let us speak a bit about how we see you and ourselves, for both you and we have form—not the same kind of form, but we do have that which could be recognized as an ego or an identity, as do you. You experience bodies. You experience a characteristic shape to the way you think and the way you process catalyst and create memory. And yet the essence of each of us is without form, in that traditional sense of a shape to be described or something to be seen, known and identified. Each of you, each of us, is an essence. If we were to be mechanical, we might describe each of us as a system of energy fields within the greater energy field of the universe or the Creator. Yet, this does not catch the magic of the soul, for each of you is indescribably unique. There has only ever been one of you and in all of the heartbeats of the infinite Creator, in all the creations stretching into infinity, there will never be another you. You are precious beyond telling to the infinite One because you have come through eons of form and experience to reach the richness and the variety of the mystery of you that you now

experience; not precisely as your identity but as that upon which your identity within this incarnation stands. For you are so much more than this local experience, this lifetime, this personhood.

We see you as glowing crystals, instruments through which the Creator moves, playing Its tunes, Its joyful songs, Its mournful hymns and all of the thousand, thousand songs of being. And we hear you. We hear the wind of spirit move through you. We hear the song you sing, and we stand in awe of the beauty of that song and the poignancy of the heart that sings that song. We see you glow with the colors of energy touched by the myriad momentary experiences which are shaping you at this time. And we rest in that light and we drink of the richness of the beauty that you represent. You are a face of the Creator that has never been seen before and will never be seen again. You have a reality beyond any expression, beyond any response. You are beyond our laughter and our tears; beyond our appreciation or our admiration. You escape us. Each entity that is part of the Creator overflows any way we might have of grasping or understanding you. You are too much. Any limit we might think to put on your identities is folly, for you will exceed it—carelessly, casually or earnestly and intentionally. You cannot help being more than you could ever imagine and know. This is the essence of you, as we understand souls. There is no holding you, there is no limiting you, there is truly no instructing you or guiding you. There is only appreciating the face of the Creator as you express the beingness of your nature.

Each of you moved into the pattern in which you are now dancing for very good reasons. Each of you entered this particular incarnation with fairly coherent plans for service and for learning. Each of you stood as on the brink of a great abyss and planned. You packed, shall we say, a personality; you packed the baggage that you needed. Some of you packed with immense generosity and no concern whatsoever in the fate of redcaps in your wake, towing valise upon valise of personality traits and quirks. Others of you chose to pack just a bag or a backpack: a simple, stable, structure of life seeing as being needed, a straightforward personality—not too much baggage, not too much to burden the soul as it takes on this experience. But whatever you packed, in the way of a personality shell, you put those things in your suitcases because you felt that they were what you would need in order to mine the riches that you had prepared for yourself. And you did see yourself as a miner as you came into this lifetime. You buried your luggage within yourself, within the form of body, of face, name, history, parents, upbringing. You chose that carefully. And so you leapt into the abyss of incarnation, the archetypical fool, walking by faith and not by sight, jumping into the mystery.

What did you hope but that you would be ultimately and egregiously confused? Some of you packed more of that confusion than others. For some of you it took years and years of incarnation just to discover that you were not who you thought you were. Others of you came through from the word go, from the birth, knowing that you were not what those about you were attempting to tell you that you were. Whatever your beginnings, each of you in this circle of seeking has reached a point of incarnation where the ground has become level and the playing field is seen. Each acknowledges the mystery of selfhood. Each sees the self as a player of a certain kind of game. It is not a game of gain, but it is a gamble. Hands are dealt in this game and you play the cards which you were dealt. And you get to choose how you shall play those cards. You cannot choose the cards, yet you may shape the game by the way you play. The object of the game is an increase in awareness and the question with which you come to us this day regards how you can evaluate the kind of game that you are playing—to know whether that game is the appropriate one for you at this time; appropriate in terms of learning and in terms of service. For these were your twin goals upon taking life and breath and body.

How you burned to learn more about your true nature! You came into incarnation with certain prejudices concerning yourself. In your biased opinion you felt a better balance might be needed in one or another sense, in one or another phase of life and all that it has to offer. In your energy body you carried those biases and those hopes. This instrument is familiar with a seven-chakra body system so we may say that your incarnational lessons are scattered among those seven chakras and those seven ways of seeing energy. How do you deal with survival? That's the red ray. How do you deal with personal relationships? Orange ray. How do you deal with legal groups and responsibilities such as jobs, marriages, families? That's yellow ray. How do you work within your heart to open it and to become

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more fully the loving entity that you are by your very nature? That's green ray. How can you communicate and relate in terms of soul to soul? That's blue ray. How can you relate to the infinite Creator within yourself, within all of creation, and within the Creator itself? That is indigo ray. And who are you, really? That is violet ray. Each of you has unique incarnational lessons that you have asked yourself by the very way that you are built; by the very way that you tend to think. Each of you has biases you encounter again and again, biases which are unique to you. Again, these are gifts of the self to the self, gifts to be unwrapped at leisure and pondered through the years and the decades of an incarnation. This is the raw material[6] of your particular mystery. And that is the self before it meets the world that spins within your mind and before your eyes.

The one known as Julian of Norwich said it very simply. She is recalled by this instrument to have said, "All things are well. All things are well. All manner of things shall be well." And this is your matrix. You live in a creation in which you cannot put a step wrong. You cannot make a mistake. On the level of souls, you are immune to error. For there is nowhere to step that is outside of the creation. There are no choices to make that place you outside the ken of your guidance. You cannot choose wrongly, however. In a universe of infinite possibilities each choice that you make redefines your universe. Consequently, it is not a simple thing to determine right action and right choices for the self.

Let us look at the concept of forms. A pottery bowl is a form. Its function is to be empty. That which you take in fills that bowl in a certain way. Each of you may think of the self, the physical body, as a form. And, indeed, there is value in expressing yourself at the very basic level of physical form. How you express yourself involves the way you cut your hair, the decorations that you might wear, the clothes that you place upon your body, the garments that you choose, the colors, and the fabrics. All of these things enter into creating yourself as a picture or an image. You have spoken somewhat of mirrors and the way that entities around you are showing you aspects of yourself that you either like or of which you disapprove. Yet you realize that all of those images are you. It is very instructive sometimes simply to look at oneself closely in the mirror, not at the image but into the image. And if you look closely, for instance, you might begin to see different faces move across your face as all of the forms that you have taken as a soul in various lifetimes begin to roll past your mind's eye. Or you might look into the eyes that are looking at you in the mirror and begin to see the infinity that lies within that form of physical body.

Habits and ways of life are also forms, bowls into which you are able to put your catalyst and brew your experience. Are you a shallow, wide bowl that picks up a great deal but at not a great deal of depth? Or are you a narrow, deep vase that can be filled with a great deal of water and go very, very deep but not terribly wide? Or has your eye for beauty caused you to become an amphora or some form of ewer in which there is shape and flow and pattern? What is the characteristic shape of your thoughts as you process from the inception of a thought about your day, your nature, or your choices? What is the shape, what is the form that that process takes within you? Are you satisfied with it? Do you have a sense of that deep content of which the one known as J was speaking, where the form of the life, the thoughts, the process are such good, stout helpers and are serving so well that there is no need sensed by the self to institute the breakage of the old form or the creation of a new one? Or are you in a situation where, as the one known as T said, there is a real question as to whether some parts of this form need to be broken and a new shape of thought and choice selected? Wherever you are, you are, as many have said within this circle, in the perfect position for this particular moment in your incarnation. Things are going well, however it may feel on the outside, that surface that the world knows as consensus reality.

We are aware that it is not helpful to the conscious mind that so much remains a mystery. It is often desired that the whole be known, that the pattern be clear, that the choices be laid out, analyzable, gettable, sensible, rational, and yet, you are not those things, for that would limit you far too much. And so those hopes of a simple solution, a clear and obvious answer to whatever questions you have, are thoughts that are not going to be rewarded by manifestation. You do remain a mystery and your choices do remain choices made by faith and not by sight. You cannot see to the end of your path You cannot figure out even one day in the future, much

[6] Carla: Ra Material!

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less the burden of the remainder of your incarnation and all of its hopes for learning and for service.

And so you are thrown back upon your own senses, those senses that elude rationalization. This instrument often uses the term "resonance," and we find that it is a useful term because it expresses that for which we would wish you to search when you are asking yourself about the choices before you. The world says, do what is right. And yet, what is right for one entity at one moment will not be right for that entity [at another,] and will never be right for another entity even if it is [at] the same moment. Truth, reality and essence are endlessly subjective.

It is very helpful for you to begin to trust yourself, not because you know anything but because you are who you are. This is your material. This is your gift. What you make of yourself within this lifetime will only show a little bit on the surface of consensus reality. Your work, your interactions with others on the conscious level, all of those things that create fame and fortune and give a sense of power and validity, are but hair growing from the head of someone whose mind and heart are infinite. What you can express of yourself is a tiny portion of what you are actually doing here and what you are actually giving to yourself, to those around you, and to the infinite Creator as you live your life. It is hard for us to express just how little of your essence ever comes through into those things that the world values, those things you do—your career, your reputation, your doings—and how incredibly much of your essence escapes any such shallow manifestation and remains part of the dance of creation, part of the pattern of the Creator that is being woven and rewoven in an endless creation of tapestry as moments march on in consensus reality and your very short, very action-packed incarnation ticks away. You have all the time in the world, quite literally, and yet your time is very short. You are a paradox and you live a paradox.

How to value the forms, the things with which you shape your life, is as subjective and personal and intimate as what scent you prefer, what color you choose to wear, how you choose to express yourself. When you come to look upon an issue, then, your safest route is in trusting the self and looking for resonance. This instrument was saying earlier, apropos of a question about when one's limit has been reached, that, in her experience, the limits that she had reached and overstepped were not those that she decided upon but those times when she realized that her nature had already made that choice for her and she was just getting the results of that election. It is not enough to feel that one is doing the right thing. It must also be, as one gazes at that thing, that one senses into it with a sense of resonance, a sense that this is alive for me.

For you see, forms can die while the life within the form still exists. Form in the sense of a ritual, for instance, is something that those entities who choose to play the card of religion will experience changing time and again. For within a religion, the forms do not change, but the way that an entity relates to those forms can change completely, so that in one moment, a form of expression of devotion to the one infinite Creator may be a source of tremendous comfort whereas in another moment, it may seem to be hollow and dead. And it is very important to listen to the self as it reacts to the form, not asking the self, "How can I relate to this wonderful form?" but rather asking the self, "How can this wonderful entity that I am find resonance in this form?" And if that form has no resonance, than it needs to be let go and another one chosen. Or, in some cases, it is a matter of waiting for another kind of form, another kind of ritual of living to form itself to you as you simply exist within the mystery of your own, often contradictory, feelings.

The one known as V was teasing earlier by saying that our answer is always meditation when it comes to [your asking us,] "How do I contact that part of myself that says this is resonant and that is not?" And we completely acknowledge the justness of her teasing. It is true that so often we simply ask you to meditate. And we would talk about that a minute because there is a substantive point to be made here. We are not going for a form of meditation when we suggest that you meditate. What we are attempting to do is lift you from form. Silence is an absence of form. Entities can create form for the silence by saying, "Well, I meet the silence in this and this way." And that may be Zen meditation, walking meditation, contemplation, visualization and so forth. We are attempting to help you lift away from the prisons that you create when you lean on form to the exclusion of observing the contents that that form is holding. In so many ways, you are seduced time and again by the more subtle forms of non-physical formation, ritual and habit.

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How to lift entities away from that? In many cultures, instead of entering silence the practice of mystics is to enter rhythm by chanting, whirling and dancing. Repetitive movements, repetitive sounds, repetitive tones are things that will batter and finally break the habit of thought. Whether you are drawn to entering the formless by simply sitting down and stopping talking, by designing a particular kind of silence, or by entering into the chanting or other ritual which takes one out of oneself by out-talking the talker, is completely a matter of your own discernment. But the job that you face when you attempt to disconnect yourself from form is to get past the lions at the gate of your temple, that is, your heart. Those guardians do not want you inside if you are still of the world. They do not want you inside your precious heart still grumbling, worried, bargaining, rationalizing, justifying or worried about being right. There are many teachings …

(Side one of tape ends.)

(Carla channeling)

… of bringing oneself to one's own knees outside the door of the heart and laying it all down: every idea, every concept of self, every vestige of, "I did this," and, "I thought that," and, "I'm right"—emptying the self and becoming truly able to receive. However you get there, get there before you enter the sacred space of your own heart. For there the Creator awaits you, full of love, full of Its own nature, which is your nature as well, waiting to enfold you in the embrace of absolute and unconditional adoration and devotion.

The one known as D often says at the end of a reading, "You are loved more than you can ever possibly imagine." And this is true. Can you feel, as we speak about it, the quality and the abundance of that love? Can you sense into how justified and how completely approved of you are? You have no faults that are not forgiven, no perceived imperfections that the Creator does not see as balanced. Whatever your suffering, whatever the quandaries before you at this time, whatever those dreams are that you have not yet come into the experience of receiving, they are as nothing to the one infinite Creator. We hope that it is against that backdrop that you may stand and observe the issues before you in consensus reality. If you can gain a sense of the depth of the stability of your essence, you will know that your feet are in rich and substantial ground, ground that will not move beneath your feet regardless of how many times everything disappears from beneath your feet within that shallow, manifested world of consensus reality. You will know that disasters and troubles and woes are indeed real in that shallow sense but they are backed up by a part of yourself that is larger and more substantial than that thin stream of event of catalyst and experience.

As you meet these woes, troubles and issues, do your best to continue seeing yourself as that crystalline entity that we described to you and know that all things are well, all things are well, and all manner of things shall be well.

We would at this time open the questioning to any further queries that you may have at this time.

J: Yes, Q'uo, this is J, and it's great to be in your energy. I was wondering if there was anything that I or anyone else in this room can do to help make this instrument more comfortable?

We are those of Q'uo, and are aware of your query, my sister. Indeed, each within this group has the capacity to aid this instrument in one way or another, as this instrument has the capacity to aid each within this group. May you enjoy the process of finding ways to serve each other and know that in all things there is reciprocity and balance. We thank the one known as J for this generous query and would encourage each within this circle to be aware of the many ways in which you are uniquely oriented to help and support those around you. What is your nature? What are your gifts? As you interact with those loving presences that are in your midst, you will find ever new ways to enhance the experience of the group of which you are a part.

May we answer you further, my sister?

J: I believe that each of us comes in on a different ray, one through seven, and I was wondering if you could tell me which ray it is that I came in on?

We are those of Q'uo, and are aware of your query, my sister. We find that responding to this query would be to infringe upon your free will and we apologize for giving that answer.

Is there another query at this time?

J: No, not at this time, thank you, Q'uo.

Is there another query at this time?

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R: I have a question, Q'uo, from someone who can't be here but asks the following question which is somewhat specific, so I ask for forbearance if you cannot answer, but comments would be appreciated on this topic. Are migraine headaches connected to psychic greetings in any way?

We are those of Q'uo, and are aware of your query, my brother. As it happens we are able to respond to that query because of the way it was asked. Everything that one experiences can have a relationship to psychic greeting. Psychic greeting, as we understand this term, is a way of describing the experience of receiving resistance and the experience is often understood by an entity as being a kind of attack by another entity that is unseen. In actuality, greetings occur all the time because of the distortions which pull various parts of the energy body away from complete balance. For instance, with this instrument, it frequently receives physical discomfort because of its many physical distortions over decades of experiencing the process of a disease called rheumatoid arthritis. Because of the fact that various bones and joints and so forth have become distorted, they can be energized to ache more than they did before. The question that we would put to the one known as G, who, indeed, this instrument knows asked that question, would be, "Is it more helpful to think of a negative, unseen entity energizing a physical distortion within the vascular system which would cause the headaches? Or is it more helpful to realize that there is resistance because of distortions within the being?" If one projects to an outside entity the role of persecutor or attacker, then one, in a way, cheats oneself of the chance to come face to face with the shadow self. Is it more helpful to see oneself as a being which is meeting resistance from an enemy? Or is it more helpful to see the self as a being which is experiencing resistance from its shadow self? We would encourage any who experience the seeming energizing of a previous distortion [to perceive it] as a signal that suggests you take a good look at what is going on in the process of evolution, as you understand yourself and your situation and your process. This never departs entirely from mystery. The mists may clear, briefly, and one may have realizations and epiphanies concerning the self and the process, but the process is ongoing and the mists will again surround one. And those shadows will come out of that mist and impinge upon one. The question hopefully remains, "What is the message that such shadows bring? And, how may I respond well to that message?"

Is there another query at this time?

G: Q'uo, I have one. In the Law of One series, Ra is speaking of kundalini and cautions that, to attempt to raise the locus, which is defined as the meeting place between the inner and cosmic forces, to attempt to raise that locus without an understanding or awareness of the metaphysical principles of magnetism is to invite great imbalance. I was wondering if you could define more clearly what those metaphysical principles of magnetism are?

We are those of Q'uo, and are aware of your query, my brother. We look for a way to discuss this with you without impinging upon your process and do not find one and for that we do apologize. We would like to speak with you further. We would ask if you would perhaps move back into your studies, contemplate a bit more, and see what you could do to ask the question a different way. More help than that we cannot be and do again apologize.

Is there a final query at this time?

R: You are invited to stay for tea and cookies afterwards, Q'uo.

We are those of Q'uo, and are aware of your invitation, my brother, and we assure that we always stay for tea and cookies. And, indeed, into the night and into the next morning. You can get rid of us if you ask us to leave! We are devoted to this group and to each within it and you have only to request our presence for us to be with you.

Since we seem to have exhausted the questions at this time, we leave each of you as we found you, in the unity of the house of the Creator, the love and the light, the spirit and the form that is all that there is. We are those of Q'uo. Adonai. ♣

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Sunday Meditation
November 28, 2004

Group question: The question today has to do with the relationship between love and fear. We are told that there is a relationship and that if we can learn how to [find the] balance in this relationship, that we can help love to overcome fear. Could Q'uo tell us the relationship between love and fear?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a privilege and a blessing for us to be called to your circle of seeking to offer our thoughts on the relationship between love and fear. We thank you for this privilege and would ask of you that you use your discrimination in listening to our thoughts, being sure not to take up any thought of ours with which you do not completely resonate. For not all of our thoughts will hit the mark. We ask you to be very careful to leave behind any thoughts that you do not particularly care for. This will enable us to share our thoughts freely without being concerned that we are infringing on your free will or disturbing the rhythm and rightness of your own process. We thank you for this consideration.

The query that you ask this day is at the heart of the movement from your present third-density world and experience to the fourth-density world of love. You dwell at this time in a density that is attempting to learn what it is to love unconditionally. In the next density, the density of love and understanding, the atmosphere is one of unconditional love. It may seem to be paradise, standing in third density and thinking about living in unconditional love. And certainly, relatively speaking, it is paradise to dwell consciously in the atmosphere of total acceptance. However, the interplay betwixt love and fear continues in fourth density as the shadows, those shadows that you now experience in third density, are penetrated. That dynamic continues because, as light is brought into the darkness, it reveals more subtle patterns of shadow and light, so that the dynamic continues and deepens. As you move forward in the process of spiritual evolution, you will find yourself continuing to uncover areas that were previously unknown to you within the very complex pattern of your total personality. So this is not a question that will go away as you learn more. It is a question that will deepen and intensify, for there is no end to the mystery of this dynamic between love and fear.

In the world of ideas, qualities like love and fear are entities. To put a face and a body to love is perhaps to imagine a feminine figure, loving and maternal, with open arms and an open heart and a willingness to embrace. To put a face and a body to fear is perhaps to imagine a male figure clad in an enveloping cloak in which are gathered all of the treasures that this figure is attempting to hold tightly to himself. We describe them in this way for two reasons: firstly we wish to spark your own imagination, for it is instructive to think upon what

love looks like to you and what fear looks like. But also we describe them in this fashion because there is a natural dynamic betwixt the feminine and the male principles and in the yin, or feminine, aspect, there is the expansiveness, the generosity, and that quality of unconditional love that is personified, say, in the image of Mother Mary, the Madonna, or Quan Yin, or Mother Earth, or mother nature. In the yang or male aspect of creation as a whole, there is the flexing of muscle and the contracting around ideals and ideas and those ideologies that give rise to action. We have said before that your culture, as a whole, is overbalanced towards the male principle and has, as this instrument would put it, gotten stuck in a repetitive cycle of male energy that is aggressive and, in many ways, based upon fear and the determination to respond to that fear by acquiring and controlling resources and power. Those who are in power within your various nation-states have many good reasons for these aggressions, these acquisitions, and this use of power, saying that is for the benefit of all. And yet, if one examines the heart of such concepts, the energy is wrapped up in fear and in contraction. So the surface of your culture is caught in that contracted state where there is a constant concern for safety and security and a constant quest for having sufficient resources to meet the future.

(The telephone answering machine is heard.)

(Carla channeling)

We are those of Q'uo, and are again with this instrument. We apologize for this delay; however, this instrument was distracted by the telephone message.

The ways of fear are insidious and they have become established within your culture to the point that the natural responses of most entities to the needs of the individual or the society are almost instinctively contracted and fear-based. There is little or no precedent within your leaders or within your role models for gazing at a situation in terms of trust, faith or love but rather an almost inevitable bias towards gazing at a situation from the standpoint of concern, worry, projection into the future, and contraction around these concerns and worries and projections. It is a time for your peoples which expresses the energy of that stuck, male domination. And we do not mean this in terms of sexuality, for many are the men among your peoples who are very able to express feminine energy in their thinking and their actions and many are the female entities at this time who are experiencing their incarnations from the standpoint of fear and contraction. We speak instead of the dynamic betwixt yin and yang. The question then becomes how to free both men and women from the strictures and the limitations of the masculine viewpoint.

When you think about how it feels to be fearful, perhaps you may see that, involved in most experiences of fear-based thought, there is the habit of projection into the future. The one known as T2 and the one known as Jim were both speaking earlier of thinking ahead to jobs that need to be done or conversations that need to be held or situations that may arise. And the one known as Jim was speaking of the difference between positive projecting and negative projecting. In the sense of positive projection into the future, there is no projecting beyond what could be called architectural or structural projection. And we would offer the example that the one known as Jim has often given of how this entity would prepare for a pole vault during the field games of his school days by imagining and visualizing, with great integrity of detail, every step of running with the pole to the point where the pole was planted and the body weight was levered and lifted and the pole was allowed to lift the body up over the bar and then the rotation would be imagined and the successful dismount. And this entity would repeat this visualization, say, before going to bed and upon awakening, those times when he was most able to be in a very magical and focused frame of mind, so that by the time the one known as Jim came to the actual games and was ready to make his pole vault, he was relaxed and confident, having done this pole vault many times in his imagination. This is positive projection.

Negative projection, on the other hand, is far easier to describe because each of those in this circle of seeking has had the conversations in the mind that will be difficult or are expected to be difficult, and has experienced that repetition of thought where one begins to think, "Well, what if something happens, then what shall I say?" And then [one continues] thinking in a circular way again, "Well, what if this happens, then what shall I do?" simply riding that cycle around a circular course, again and again. In truth, such imaginings do not improve the way that

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such a conversation will actually go, because there is not simply the self involved in the equation but also the other self. And no matter how many imaginings one has done about what people will say, in the actual conversation, there is always a new and unique twist to how things turn out. And all of the vain imaginings fall away before the actual person and the actual conversation. Perhaps the most tragic outcome of such vain, circular imaginings would be that one renders oneself incapable of hearing the actual conversation because one has been deafened by one's expectations.

We would not discourage entities from looking into the future when it seems appropriate. What we would encourage, however, is the choice of positive projection, of imaging the graceful and efficient way to do something that needs to be done, imagining only your own actions and seeing them as completely successful. This is an excellent way to create positive expectation and a sense of confidence within yourself. The one known as Carla, who is the instrument at this session, was speaking earlier of how she could not see a way to complete her tasks in the situation in which she finds herself. This is because she is not able to use positive visualization, since she does not know what she can expect from herself. When there is a vacuum in a positive situation, it is very tempting to substitute negative projection and simply worry and be concerned about how the future will pan out.

We would simply suggest that, unless the concern is turned from worry into a dispassionate and calm review of possibilities for solutions, innovations that may improve the picture and so forth, there is no positive or constructive use for the worry. It is difficult simply to take one's worry and concern and lay it down. Yet, indeed, that would be our suggestion. Realize that fear has come to visit and has offered you a gift. Whether it is wrapped up in a plain brown paper bag or whether it is gift-wrapped and has a pretty ribbon, as concern sometimes has, it is, nevertheless, a package of fear. Such packages do not need to be opened. They can be laid aside and neglected while you, having rejected the fear, simply move onto other thoughts and concerns.

The one known as R was saying earlier that it is difficult to see how love and fear are two sides of the same coin. We began speaking of love and fear as entities, qualities in the Platonic sense, the world of ideas.[7] And this is a very valid and real world where love and fear do indeed have infinite and ever-ongoing lives, as long as they are reflected in the hearts and the minds of those moving through the illusion of incarnation. However, it is easier to see the relationship between love and fear if we move from contemplating love and fear as pure entities and look at them as applied in the lives of each of you, so that they are not entities upon their own but they are rather a dynamic of choices between which you may choose as you encounter catalyst and find yourself making a choice. When you come to a cusp and are looking at an issue that is yours to look at, whether it is the right use of time, the right use of resources such as money, or any other issue, you come to the issue in some state of imbalance or bias. This instrument was speaking of her own fears earlier when she said that she had, consciously, to choose to substitute faith for fear. She had, consciously, to realize that all is well and perfect and when she did that, she made a new reality in which fear had no part.

The coin itself, with love on one side and fear on the other, is you yourself and what you think is important. You are the treasure here. You are the coin of the realm, shall we say. You are a thing of infinite value and when you have a concern, if you reach, with hope and trust and faith, you are reaching into the qualities of love. If instead you approach your issue by contracting into worry and projection, then your choice is fear. Shall you expand around an issue or shall you contract around an issue? That is your choice. Note that the energies of expansion are locked into the present moment. They do not drift into projections of the future or memories of the past. In the world of love, one begins with the knowledge that all is well. And this pulls one into focus in the center of the present moment. In truth, as we said earlier, it almost seems negligent or criminal within the society in which you find yourself to approach issues from a standpoint of love. It does not seem to be prudent or sensible to stay in the present moment and yet anything but the present moment is an illusion of mind. All that is truly yours to do with, to exert control over, or to make choices within is this present moment.

[7] Plato, a Greek philosopher writing about 400 BCE, suggested that there is a world of ideas which exists as a reality apart from our "shadow world" of consensus reality, and from which our consensus reality depends, though imperfectly realized.

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So if you take that image of the self in the present moment as the coin and look to see what the heads and tails of that coin are, archetypically speaking it is very clear and shining in its simplicity. On one side is love, on the other side is fear. On the one side is expansion into an infinite present with infinite possibilities; on the other side is contraction into a knot and the determination that stems from that contraction to control, to be aggressive, and to make things safe. And this involves one in endless projections into the future and endless projections into the past in order to justify the projections into the future.

When one visits in a hospital, one may well be able to sense the presence of a kind of dark energy that seems somehow to be a part of the atmosphere of this place of supposed healing. This is because there are unseen entities from your inner planes that are negative in nature and that feed upon fear and pain. In any place where there is suffering, these entities will cluster and eat that energy that is coming off of the people that are suffering. When you yourself enter into the contraction around fear concerning an issue, you are, yourself, producing food that is very tasty for these unseen entities. And if your habit solidifies and deepens, so that you are constantly running fear-based thoughts and dwelling in the lands of worry and projection into an unsightly and worrisome future, you are solidifying a habit that will increasingly limit your ability to relax and enjoy the present moment.

To move away from these habits of contraction is to move from shadow into sunlight. We do not say that this journey from shadow to sunlight is going to be an easy one. It flies in the face of your cultural training to rely on trust and faith. There are many, many times in each day when you have the opportunity to move into worry. We can only encourage you to do as the known as T2 said, to remain somewhat centered and focused, more so than your everyday state; to be somewhat in a meditative state as you move through the moments of your day. For it is just in these tiny moments that the opportunities to make the choice between love and fear appear. The challenge is to be aware, when those moments arrive, so that you can stop yourself from being triggered into fear and the contraction around fear.

We are not encouraging you to lose all fear in dangerous situations. We are not encouraging you to stop steering your car away from an oncoming vehicle simply because you are not afraid. We would encourage you to avoid the oncoming vehicle, certainly. It is at the level of being concerned the next time you get in your vehicle that this will happen again, that we encourage you to choose to trust the moment and not to project into an uncertain future. At this moment all is well and if you must look into the future then look with hope. Think to yourself, I might be surprised at how well this will go. Visualize positively, if you must go into the future and whenever possible we encourage you to remain at peace and at rest and very alert and watchful for the universe is speaking to you.

One concept we would share with you in this regard is wrapped up in a phrase that this instrument knows from her study of the Holy Bible. It is a quote, "Be not afraid, for help is near." Help is always very near. The spirit is with you at all times and in all places, nearer to you than your breathing, closer to you than your eyes or your hands.[8] You are truly cherished and loved …

(Side one of tape ends.)

(Carla channeling)

… not because you have done something good, but because you are you and you are precious to the Creator.

Agents of spirit are in your heart and speaking within your mind but, more than that, all of creation is abuzz with awareness of you and your needs. Watch and see what images come to you; what animals, birds and tiny creatures cross your path that may have meaning to you and may have a message for you. Begin asking the creation around you for hints and clues. Begin expecting them and the creation will speak to you in ever-increasing ways.

This instrument is informing us that we must leave this topic and ask for other queries at this time and we shall leave you with just one more thought on this subject. The answer to this question is a part of your nature. The answer to what love is lies within you, now. For your nature is love. Love created you and you are a spark of that infinite love. In many ways, spiritual evolution is a process of allowing the

[8] Credit for this image may well be given to Joel Goldsmith, who used it many times, and with whose work the instrument is deeply familiar.

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real you to come out of all the wrappings and cultural training and old habit. How you have been beaten down by what others have told you, how others have seen you, and so forth! Casting aside assumed wisdom is sometimes a very difficult and lengthy process. But the truth is speaking within you now; love is powerful within you now. So turn your ears inward to the silence of that heart within and listen for the footsteps of the One Who comes in love.

At this time we would open this meeting to further queries, if there are any. Is there a further question at this time?

T1: I have a question. May I speak?

We are those of Q'uo, and we encourage you to speak, my brother.

T1: We know that Q'uo is composed of three entities in the Confederation and I would like to know if there is a major speaker, speaking. Thank you.

We are those of Q'uo, and are aware of your query, my brother. We are composed, as you said, of three groups, one of fourth density, one of fifth density, and one of sixth density, in this instrument's and our way of describing our relative position and experience. This particular principle was created because this particular instrument has a certain way of tuning and preparing for contact with the Confederation entities. She prays for contact with the highest and best contact that she may handle in a stable and conscious manner. It is a very precise request. The entity whom she tended to receive upon making this prayer, prior to her contact with those of the Ra group, was the Latwii group and she had received those of Latwii fairly consistently for several years before experiencing the trance contact with those of the Ra group.

As each within this circle is aware, the contact with those of Ra was a very narrow-band contact which was only possible during that window of opportunity when the ones known as Don, Jim and Carla were all in the circle and when the one known as Don passed from this third-density experience, the possibility of further contact with this particular entity was ended. However, this instrument continued to tune and pray in the same manner and those of Latwii and others within the Confederation, including those of Hatonn and those of Ra, felt that perhaps the creation of a principle would best respond to this instrument's very real desire for the highest and best contact of which she was capable. Since those of Ra could not speak with this instrument in a conscious and stable manner, there was no possibility for that social memory complex being the speaker. However, both those of Hatonn and those of Latwii had previously enjoyed sharing the thoughts of those of Ra in a teach/learning circle and the three groups decided that they would blend into one principle, with the ones known as Hatonn being responsible simply for projecting a vibration of love, of which I feel sure that each of you is aware as we speak. The ones known as Latwii took the responsibility for speaking to this instrument and the ones known as Ra were part of the process of defining just how to respond to the question that was presented to the principle of Q'uo. So, as those of Q'uo speak, it is those of Latwii who are creating the concepts which this instrument receives and translates into words.

May we answer you further, my brother?

T1: Thank you. A very detailed answer.

We thank you, my brother. Is there a question at this time?

T2: Yes, I had a question. Just before the other question I had again started to think as to this evening, dealing with folks that I have to deal with this evening, and immediately it popped into my head, "Please, don't focus on negative, fearful aspects of anything involved with this situation. Strictly attempt to think of the other people and what I can do to make them more comfortable with the situation." And I think my question to you is, does this thought come from you at that moment or is this a thought of my all-mind or is it some combination of both?

We are those of Q'uo, and are aware of your query, my brother. We see no difficulty or infringement in stating that the impulse of that thought came from your personal guidance but was enabled and assisted by your very recent interaction with us in that you truly entered into that which we were offering and were truly working with these ideas so that you softened the ground and enabled your ears to hear your own guidance.

May we answer you further, my brother?

T2: No, thank you very much.

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We thank you, my brother. May we ask if there is a final query at this time?

T1: May I speak?

Yes.

T1: In the *Law of One* books I remember Ra told us that there is a complete transition into the fourth density in 2012. When I think of the current, chaotic war situation I wonder if this stage is delayed. I know you cannot give us the detailed dates but could you focus a little about the current situation? Thank you.

We are those of Q'uo, and we thank you, my brother, and are glad to attempt to speak to your query.

Firstly, the dating of the transition into full fourth-density energy for your planet is fixed. It is a matter of your time moving forward. Just as summer gives way to fall and fall gives way to winter, so one age gives way to another and one period of time is succeeded by another. For your particular planet and your particular solar system, there is a turning of energy, a rotation into new space/time as well as new time/space. That is inevitable and is as the ticking of the clock. This will have been accomplished just as it has been foreseen by many at the approximate date of late in the twelfth month of 2011.

So, roughly speaking, 2012 shall see the full realization, in terms of the inner planes of your planet and the time/space aspects of your planet. Fourth density, in 2012, will be your system of energy. Now, my brother, as you can well imagine, there is much energy upon your planet at this time embodied in the persons of the individuals living upon it and the societal groups and structures and governments that these people have created that will be quite inappropriately geared for welcoming fourth-density energy. As we have said, there is a habit of contraction and fear and attempt to control among your people which may well end in entities doing great damage to each other and to the planet because, faced with energies they cannot control, they may well contract themselves into the Armageddon that they so fear. We are very hopeful, however, that this will not occur. There is a growing groundswell among your peoples at the soul level of honest and deep revulsion and distaste for the energies of control and destruction.

There is a true hope among your peoples that is growing daily for the energies of love and trust and peace to come swelling up like buds opening into flowers in spring. When each of you chooses love over fear, you start something happening in the unseen worlds. You create an energy that is compatible with fourth density. Each time you choose to trust, to love, to have forbearance and compassion, to see the other person's point of view and truly walk in his shoes instead of your own, you are expanding the kingdom of fourth density right where you are. And the more people that begin consciously to do this, the faster this kingdom will expand. We say to you plainly, fourth density is all but complete. As you walk about in third density, the fourth density energy is stronger every day upon your planet. The Earth itself is vibrating largely in fourth density now. That is why so many entities are sensing the need to become closer in contact to the Earth itself, touching the ground, working with the Earth, working with plants and animals and those things that abide in the creation of the Father and have nothing to do with the world of the mind of man.

Health is abundant in the Earth itself. Its labor is ongoing but the birth is going well. Perhaps you have noticed many significant catastrophes occurring upon the Earth plane. This is the labor of Earth. It is attempting to move into fourth density without having to express, all at once, the incompatibility between third-density thought, as it exists upon the Earth at this time, and the fourth-density vibration that has been coming. It is attempting to vent the fear and the anger and the narrow-mindedness of humankind in little bits, in a volcano erupting but not so as to split the Earth, or a tsunami or a hurricane that destroys a good deal but does not destroy the globe, or an earthquake which expresses the distress of mother Earth but not in such a way as to destroy the planet as a whole.

We feel very hopeful that this grass roots upswelling from the soul level, of yearning for a world of love and peace, is powerful enough to continue to create the atmosphere in which the Earth may continue its final process of labor by venting these incompatible energies. Meanwhile you may well have noticed that there is an almost runaway experience of many within your plane at this time, of conditions such as cancer which seem to take people from their lives before their time. In many cases, these are situations

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in which entities have become hardened and set in their habits of thinking these habits being habitual and repetitive in terms of there being anger, fear and aggression. These entities are predisposing their physical vehicles to end the incarnation because the difficulties of dealing with such a mismatch in vibration between the third-density thought and the fourth-density incoming, unseen reality, is simply too great. You will find that there are many who depart their incarnations within the next few years because of their inability to welcome the expansive and healing vibrations of fourth density.

Contrarily, those coming into incarnation at this time are often very able to vibrate fourth-density values and ways of thinking so that as your children are growing up, they are representing individual cases where they have been more and more able to welcome fourth-density energies. They are seen by their own parents often as amazing beings and much has been spoken of these young entities, which are sometimes called Indigo Children or Crystal beings. There are many terms for them but their difference is that they have come into incarnation with some features of their fourth-density inner bodies activated as well as being activated in third density.

We would encourage you to see yourself as a secret agent of fourth density at this time. Have you heard the phrase, "Perform random acts of kindness"? This is the very essence of being a secret agent for love. The ones known as Ra long ago channeled through this instrument, "When faced with a situation, ask yourself the question, "Where is the love in this moment?" And we say to you, be an agent of that love, and be an instrument of peace. In all situations, there is at least a tiny peephole, a tiny window that lets in the light and the love of the one infinite Creator. Do what you can to find it. Make this transition into fourth density personal.

If you think in terms of world powers and world wars, you have no control and you can do no useful thing. However, that is a mental projection. You are the center of your universe and you have power. You are a magical being and you are the face of the Creator in the little place that you occupy in this vast creation. Be an agent. Be proud and happy to be an agent of the Creator and part of the creative principle. And let your light shine, let your love embrace.

May we answer you further, my brother?

T1: No, thank you. I am grateful.

We also are grateful for your heart and your question, my brother. And we thank this group as a whole for its energy and its beauty and its gift to us. We thank you for being able to share our humble thoughts with you and again we remind you to leave all thoughts behind that do not seem right to you, for we would not be a stumbling block in front of you. We are always with you if you ask for us and we leave you as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
December 12, 2004

Group question: The question today has to do with the topic of psychic greetings. Many people look at just about anything that happens to them which is of what they would call a negative nature as a psychic greeting or a way of negative entities interfering in their spiritual growth. We are wondering if Q'uo could give us some information about how to determine whether or not our experience is of a psychic greeting nature. Does it matter if it is, in our overall spiritual growth? And is there anything, a ritual, a procedure, that we could use to balance the psychic greeting?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank each of you for finding the time to form a circle of seeking and to call us to share our thoughts with you. It is a great privilege that you offer to us and we are most happy to respond with a full and grateful heart. But we would ask, as always, that each of you guard your thinking well and do not allow our thoughts to creep into your own mind and be used by you unless you honestly feel a resonance with them. If you do not feel a resonance with things that we might say, please leave them behind without a second thought. This will enable us to speak our thoughts freely without worrying about infringing upon your own free will and the sacredness of your own process of spiritual evolution.

The question that you ask this day concerning what psychic greeting is is a query that is, in a way, quite difficult to answer because the parameters of psychic greetings are, as several in the group have noted, subjective and varied. The essence of a psychic greeting is the intentionality of the greeter. Thusly, not all experienced resistance or experienced catalyst is of a psychic greeting nature. For the term to be properly used, the greeting needs to be one that is coming from a presence, whether it is an individual or a group entity. Further, this greeting has as its focus an encroachment into the energetic body rather than the physical body, in terms of its origin. So, one way of looking at psychic greeting would be a somewhat narrow and carefully delineated way in which psychic greetings are only those greetings which have been sent by an entity, most usually of the inner planes, with the intention of disrupting the process of spiritual evolution and causing an entity to stop its forward progress and to become lost in the side roads of inner questioning and suffering.

Under this definition, you may see that psychic greeting is a term that is much overused and often misused among your peoples. However, if one pulls one's focus back into looking at what your energetic bodies are and how they experience you and your thinking processes, the concept of psychic greeting may be perhaps redefined as psychic resistance and may be widened to include a wide variety of ways in which your energetic body can experience resistance, not necessarily only from entities but from the

mechanism or, shall we say, the works or the machinery of the connection between space/time and time/space, as those two impinge upon the present moment and create the present moment itself, into which you come with your energetic body.

Let us look at your energetic body, for this bears some looking at in terms of working with this concept of psychic resistance. You have an energetic body that is composed, in the terms that this instrument is familiar with, of seven chakras in-body and one chakra directly above the body. And these chakras are in a coherent system. The system as a whole works only as well as the least balanced chakra, in general or large terms. In more specific applications, chakra by chakra and looking at relationships betwixt two or more chakras in a system, part of the chakra body may be working beautifully for you and may be well-balanced for you and yet, at the same time, because of over-activation or under-activation of other chakras, that particular balance may not be working for the overall best balance of the system as a whole. It is especially interesting we find, looking, for instance, as we have been invited to do, at this particular instrument's chakra system, that you do not find one chakra that is weak and the other ones strong; rather, you generally find correspondences betwixt two or even three chakras where there is an imbalance that is made up not simply of one chakra being a bit off-kilter but that chakra's imbalance shadowing or pulling at the balance of one or two other chakras. And in this instrument, we find that there are some weaknesses in both the red and the orange rays of the instrument which echo or reflect into the indigo ray and the way this works for this instrument is that there are areas of childhood pain, as this instrument was speaking of earlier, having to do with issues of survival and of the person's relationship with herself which can trigger emotions and processes which directly impinge upon and pull into deep imbalance, at least momentarily, the areas of indigo which have to do with self-worth.

For each entity, there are system-wide balances at which it is very helpful to look daily and then there are ongoing specific imbalances in specific chakras or combinations of chakras that benefit greatly from conscious contemplation and times of inner asking and challenging of the self, by the self. This is work best done by the self in solitude unless an entity has been able to create a metaphysical partnership with someone with whom there has been formed a bond of trust, so that in some cases it may be possible for two entities together to work on both chakra systems, each entity being a reflector and a mentor for the other, in finding creative ways to address the areas of suffering that have not been healed, that have come through the years within incarnation, carried as a treasure within the self, protected and cradled within the self as if these old areas of suffering were treasures too good to drop, too good to leave behind. It is worth asking the self how the self values these embedded crystals of pain and suffering. There is a great challenge involved in coming to grips with these crystalline, embedded areas of pain. The question to the self is always, "Are you ready to lay down and abandon this crystal? Is this a burden that you feel completely safe in letting go?" It may seem like a backwards question and yet this instrument is well aware of her ability to cradle and protect those pet areas of pain. How important is it to this instrument to say, "I am familiar with this area of pain. I am familiar with this kind of suffering"? There is a real difficulty in letting go of old pain. It has glueyness to it. It wants to adhere to you. Something that has repeated again and again, throughout an incarnation, takes on a life and an energy of its own. It ceases being a simple memory and instead becomes a living entity, a thought-form. Most so-called psychic greeting and also what we would call psychic resistance is generated within the individual's energy body by the entity itself at a subconscious level. Because each of these areas of embedded pain has a life of its own and an attractive ability of its own, these areas then generate signals that move into that present moment as it is breaking forth from space/time and time/space, angling for a target of opportunity. There are many layers to the present moment. There are many ways in which embedded pain can find an echo, a reflection, or a voice within the present moment. And so, some of the voices speaking to the energetic body will be those of a negative tone of voice. And that negativity will be cunningly and specifically crafted to fit into the present moment and to cause the experience of distraction or resistance.

For those who are experiencing a true psychic greeting, the entity with whom one is dancing is an outer entity whose existence does not depend upon you. For the general majority of psychic resistance that is experienced, the entity generating the

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resistance is the self. Does it make a difference? To the best of our ability to answer this question, the answer is no, it does not make a difference. One can call a psychic greeting the fault of an entity and respond to that entity or one can assume that, in the larger picture, all entities are the self and therefore it does not matter from where the greeting is coming but only that it is experienced as an offering to which a response is required. In the former way of looking at it, there may be a few cases, especially cases in which the identity of the psychic greeter is known, in which case it is efficient and skillful to name the greeting and say to whom it is perceived that the responsibility is due and therefore come into a time/space meeting with this individual or this group entity and, standing before the Creator, it is possible then to move into conversation with that entity and to effect a resolution. This resolution is in the form of expressions of love and gratitude for the greeting and the greeter. We note that this way of dealing with psychic greeting does not balance the greeting for the one who has originated the greeting. It however balances the greeting for you. For the most part, however, we feel that the most helpful way to look at a psychic resistance experience is to assume that stance before the Creator that we described before, where you have moved to the judgment seat, you have moved to the Creator's space, to that place where you have witnessed in spirit and where all of those who help you on unseen levels are acknowledged and thanked as witnesses. In this very metaphysical setting, you do precisely what you would do if indeed there was an entity involved: you open your heart and you invite in this area of resistance, however you are experiencing it. You acknowledge it, you look at it very carefully, not shirking or shying away from any detail but trying to plumb the depths of this greeting, of this resistance.How does it feel? What is happening to you? What energies of the chakra body does it seem to be concentrating on? What is the area that it is greeting? Where does the rubber meet the road? What is the nature of this experience? Do not rush through this part of the process because, as we said, there are many layers to experience. There are many parts of yourself and there are many vantage points from which to look at the various parts of yourself. What does red-ray resistance look like from the green-ray energy? From the blue-ray energy? What does indigo-ray and its dimming look like from green ray, from blue ray? And we focus on green ray and blue ray because, in doing energetic work, the green ray is that great hall that is a totally sacred space. It is that house wherein you dwell, energetically. It is the doorway through which the Creator moves on an everyday, continuing basis, because it is the seat of unconditional love. This is the energy that created you. You are green-ray entities in terms of your basic nature. The stem of the flower that you are is green ray.

So, moving into this sacred space is moving into a safety zone. It is moving into a place where you are loved and where you love. You have the courage and the stamina that may be lacking in the chakra system as a whole at the moment. Moving into green ray is moving into a solid and secure place, a "gated" community, shall we say. You do have to get through your own gate! There are lions at the door of green ray. So lay aside your pride, your arrogance, and your pretensions of all kinds. Metaphysically speaking, drop to your knees, empty yourself and lay down your burdens. We wish to draw attention to this point once again because, in terms of psychic resistance it is all-important: the bravest and the hardest thing you will ever do is lay down your cross. Put it down, drop it! We do not know how to express to you the power of this decision. It is easy to make that decision in your head and say, "Yes, once and for all I lay down this burden. I will no longer be pulled off balance by this particular memory that has become an entity of childhood pain." But let an hour or a day go by and that decision made with the head alone is shuffled off into metaphysical Gehenna and a reset button is pushed somewhere deep within and that area of childhood pain is alive and well once again and angling for your next present moment.

There is a way to know when you have finally accessed a point of childhood pain in the green ray, energetically speaking. Because when you have been able to access it, to see it in all of its detail, and to lay it down, you will find yourself laughing. You will find yourself full of laughter and seeing the incredible humor of this effort. We cannot tell you in great detail how to come to that moment but we can tell you where to start: opening to your own pain, coming to know it—its heft, its shape, its density, its color, and most of all its texture within your life.

We suggest working with these energies from the blue-ray standpoint as well because calling upon the

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energies of blue ray is calling upon clear and honest communication. How do you communicate with yourself? Do you feel that you do a good job of communicating? Is there an edge to your communication with yourself? There usually are many edges to the way entities communicate with themselves; many ways in which the point of view is not straight-ahead but has a slant, an angle, or an edge to it so that perhaps you are not seeing a good picture. The power of blue ray, when called upon and asked in deep humility to come into your experience, is that power to throw light on a situation in such a way that you can see where you have an edge, where you have an angle, so that you are, perhaps, cheating yourself of a full and clear view of what your situation is.

When you have laid down your burden and said, "Yes, I give this back to the infinite," then there is that moment of embrace, of acceptance of the self as it was, as it is, and as you have every high hope that it will be. This is a heartbreak to do in terms of an entity feeling that he has made progress. It is very difficult to feel that one has indeed made progress [when] working with psychic resistance, because there is nothing that is "out there." It is all going on within the inner processes of the self. So there is no way to check against some objective standard and say, "Well, I have achieved Point 1 and Point 2; I am now on Point 3, and I am progressing through this process and at the end of it I will have succeeded." As most entities upon your surface experience, and as certainly those within this circle experience, the greeting is dealt with for the moment and then, at the next opportunity, it simply resurfaces and the work is there to do all over again.

We would encourage each of you not to be discouraged at the apparently cyclical nature of psychic resistance. Try to understand about yourself the multi-level nature of your being. You can find those pockets of pain and empty them and not realize that there is yet a deeper level from which that pocket of pain is being filled so that one pocket full of pain is found and emptied but that hollow remains within the energetic web, functioning as a kind of attractant hole into which more content is poured from those dark places that have not yet been found deep within the self. Some places of pain there are within the energetic body which cannot even be found doing work consciously because they were never experienced consciously. These include areas of pain that were deliberately brought into the incarnation from previously unbalanced incarnations, and pain to which the unborn child was subjected prior to physical incarnation but not prior to metaphysical incarnation. Of such pain there is no actual memory because those processes of memory do not properly begin until the entity is breathing the air and has formally embarked upon the incarnation.

So it is as though there are springs of pain within you that come from so deep underground within your nature that you cannot root them out. And, for most entities, in one or two cases at least, these springs can be expected to function throughout the incarnation. It is to be noted that in these cases there is a purpose and a use for the work that must be done in response to these experiences of the pain springing forth from these deep fountains within. About suffering in general we may say that it is a part of the "refining fire" that this instrument is used to calling the incarnation. An incarnation for one who is attempting to learn does partake of the pain of that learning. Before incarnation this was understood by you and accepted. The reason for this careless and seemingly casual acceptance of future pain was that from before incarnation or from after incarnation, gazing into incarnation and knowing the full spectrum of the Creator and the nature of creation and of the process that one is embracing in coming into incarnation, it seemed like child's play. It seemed so obvious that there would be these moments of challenge and certainly there would be discomfort but there would always be this knowledge of the way things really are.

It is very difficult from beyond incarnation to believe it possible to forget the true nature of the self and the creation. And yet, memory is the first thing that goes at the beginning of an incarnation. Your incarnation is protected from your own knowledge so that it can be very real to you and it can have the effect that it is supposed to have and that you are hoping that it will have. However, from within incarnation, this is not a comforting thought. From within incarnation, you simply want the pain to go away and yet the pain of living is part and parcel of the experience of drawing breath.

There is a road. This instrument is steeped in the Christian traditions and so she thinks of this road as the King's Highway. Others might think of it as the Great Way or the Tao. The one know as R was

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saying earlier that there is protection for those working on spiritual process. This is true. However, the protection must be claimed and the work that we have been describing is done before that claiming can take place. The price of admittance to that road is the laying down of all burdens and the taking on of your own truth. In taking on your own truth, you are taking on a self that is perfect, not in the sense of doing nothing wrong, but in the sense of being one with the infinite Creator. The act of laying down and leaving behind the worldly self is key. Once you have lain down your burdens, once you have let your personality go, your sense of justification and rightness and all of those details of self, you come into a consciousness that is real, a consciousness that is yours now and tomorrow and forever. And once you have that self as your significant self, you cannot be moved from the road. It truly is the "royal road"[9] and when you are on it, you are one with all; all that you may perceive as those whom you wish to help, all that you may perceive of as those from whom you wish to learn, all entities, qualities and aspects of the Creator whatsoever. And you are all on this road together. You are in harmony; you are dancing, you are singing, and the movement is rhythmic and right. And you are part of the entire creation, wheeling in joy and opening up the infinite night to the light of stars.

(Side one of tape ends.)

(Carla channeling)

And on this royal road, one foot moving in front of the other is as the thunder of a mighty stallion or the beat of wings of a mighty eagle that is soaring high above the Earth and gazing with power and knowledge upon all that he sees. There is that feeling of being able to make strides upon that road and you are truly, as you dance with spirit, creating an ever more indelible impression of yourself that functions as a memory, so that you are more able to move into this space within yourself, where you feel your essence, the next time. It even begins to become a relief to drop the worldly details and to lay down those burdens. But this is something that only occurs with a great deal of practice. This entity is thinking to herself how poorly she accomplishes this as she attempts to balance herself and to dance within her own experience, and yet, we say that each of you is doing excellent work. One cannot judge the self. That is not useful in terms of working with the energetic body.

If you look at this question from the intellectual or mindful level, it will be a party game for you, something that is enjoyable to think about, but there will be no solution. It is from the level of the heart and that alone that this psychic resistance may be dealt with in a useful and skillful way.

Part of your query that we would like to touch upon before we open the meeting to questions is whether there is some ritual that one may go through in order to halt the advance of psychic greeting or psychic resistance. And as we have suggested before, there is value to images and icons. What is your image of unconditional love? What image has power for you? This instrument has a tendency to say a one-word prayer, that word being, "Jesus." She does this with intention. The intention is to move into the mind and the heart of Jesus, to move into unconditional love itself. So, in seeing the name of this icon, this instrument pulls a vibration from memory into use and that vibration is every experience that she has had wherein she was able to rest in unconditional love, having prayed that prayer.

Prayer is an intensely intimate, personal activity and we cannot suggest to you what your icon for unconditional love should be. We can only suggest that you develop one, if you do not have one, and then that you use it with intention, being willing, when you start with that icon and that image, to sit with it until it has done its work in you so that when you open your eyes, you are seeing with the eyes of that icon. This is deep work and not to be undertaken lightly. But we believe that, in terms of instantaneous change, the use of icons and images in the mind is a good way to create changes in consciousness at will, this being the definition of one who does magic. Be a magical person. Call upon the magician within yourself and create for yourself the world in which you choose to live.

As always, spirit, in many ways, is there to help you. And we ourselves, if you wish to call upon our energies, will be there if you but think of us and ask

[9] This phrase has reflections back into the Christian work of Thomas à Kempis, who wrote material entitled The Royal Road, about the phrase, "Take up your cross and follow Me," and also into the study of the archetypical mind through the Tarot. The court cards of the Tarot can be considered a "royal road." Therefore, the implication of the use of this phrase is that working with this type of resistance is working with the archetypical mind.

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us for your help. We thank you for this question and at this time would move into opening the meeting to further queries. Is there a question at this time?

(Pause)

We are those of Q'uo, and we find that the energy is indeed low and that the queries are, for the present, at an end. And so we thank each of you again and leave you, as we found you, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
January 2, 2005

Group question: The question today has to do with the catastrophe that occurred a week ago this morning in south Asia. Ra has mentioned that during the transition into the fourth density, the Earth would be releasing heat, the pent-up heat of the anger, war and disharmony that has been so prevalent on this planet for most of its recorded history, human history. We're wondering if this earthquake and tsunami in south Asia is simply a part of that releasing of the heat? Is it a significant event that might signal a certain portion of this releasing of heat is completed? Could Q'uo give us an idea of what the real causes of such a catastrophe might be and what we might expect from our future in relation to further such catastrophes?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege to be called to your group once again and we thank you, each one of you, for reserving this time to be part of a circle of seeking. It is our privilege to reserve this time also and to share our thoughts with you on the question of the tsunami and earthquakes which you have experienced.

As always, we would ask for a favor of you as we speak with you today. We would ask you to guard well your discrimination and listen carefully to those things that we say, being sure to discard any thoughts of ours that you do not particularly like. We do not share thoughts in order to challenge you or to be a stumbling block but only to offer what aid we can to your own good and worthy process. If you are able to exercise discrimination, then we shall be able to share our thoughts without being concerned that we might infringe upon your free will. This is an ongoing concern of ours and we appreciate your consideration in this regard.

The query that you offer this day is most understandable in its focus of concern. Many among your people have recently entered the inner planes through the gateway of death because of the actions of the earthquakes and the tsunami that followed them. When such a large number of souls moves through the gateway of larger life, as this instrument calls the gateway of death, at one time, it has a profound effect upon the energy of the entire global sphere. The planet itself is aware of the change upon its surface and the energy field of the Earth itself does indeed change somewhat when the energy fields of so many souls have transitioned at the same time. In its way, it is indeed a profound experience for those upon the planet. And, as several in your group have noted, it was hoped by many upon your plane of existence, and upon other, more metaphysical planes of existence having to do with your planet, that the tragedy, as it mounted force upon force, would take the attention of large groups of your social complexes and remold them from the patterns of hostility and aggression into patterns of

compassion, kindness and concern. It is a measure of the bewilderment and bemusement of a supposedly and so-called free people that the effect of the tragedy has not been more dislocating and more upsetting to the general patterns of thought amongst your societal complex.

Nevertheless, from the political or social point of view, or as this instrument would say, from the top down, among your societal groupings, there is almost the reaction of a marionette or a puppet to the etiolated and thinned-out discussion of an abstracted tragedy. There is the expected and almost knee-jerk type reaction of sending emissaries to be sure that the right kind of gesture is made. But the heart of the culture of your peoples has not been awakened, enlivened or enabled with the zeal and the passion to help that might have been possible in a more fortunate world, [a more] fertile period, among your peoples.

Indeed, there seems to have been, from the top down, shall we say, that feeling of hopelessness or even helplessness that seemed to descend upon the entity you call America when it became clear that, for the second time in a row, the seemingly free election of your peoples was compromised. Consequently, we cannot say to you that the energy we are experiencing on a societal level from your people is particularly hopeful concerning the structure of the, shall we say, chakra system of your people. We would not speak for the entire globe. We are aware that we include in the number to whom we speak this day, one from the continent of Australia. We do not presume to express here our impression of the energy of the Australian continent. We are at this time expressing the energy of the North American continent and it is, from the standpoint of large political or social groupings, a lackluster energetic picture where the heart has not been able to open completely and embrace the tragedy or even to imagine fully of what the tragedy consists. It is as though your peoples have been stunned, repeatedly, by a blunt instrument which we could only call, in general, fear, until the responses of your peoples have become less sharp and less full of life than would be the hope of any member of such a society.

We have said to you repeatedly that there is a groundswell of unconditional love that is struggling to come through, not from the top down or from the societal level down, but from the grass-roots individual upwards. And it is this energy which we would encourage. You as individuals sitting as members of this circle have full sway and complete power over your own fundamental inner energies. Whatever the signals that each of you receives from the surrounding culture, it is still a matter of your own discrimination as to what you pick up and use and what you toss away and reject. And where you encounter that dimmed, blocked energy of the society, we encourage you to reject it. Where you are picking up from the society the narrowness of judgment and the pricklings of fear, we encourage you to reject that. Whatever signals you feel that you may be picking up from the society that speak to you of cynicism and of letting the suffering and the pain of others' tragedies go, we encourage you to reject those energies completely and instead to say, "No, I do not choose to be a part of an uncaring society. I choose rather to lift myself away from the old and stale habits of a tired and weary people and to stand on new ground in a new world, a world that I, myself, envision, a world about which I, myself, can be compassionate and can come to honor and love."

You have asked, concerning this particular disaster, whether it presages a series of such disasters or whether it completes the energy expenditure that is necessary in order to heal the Earth to a certain extent. And in this instance we may say it is a little of both. There are energies that this particular disaster is completing. However, this instance is one of what we may expect to be many such disturbances around this so-called ring of fire, and in each other ring of instability where your planetary skin needs to shift.[10]

We have discussed before this basic concept of the Earth needing to correct its magnetic energies. And slowly, very slowly, through storm after storm upon your planet, through hurricane and earthquake and fire, these energies are being shifted and in such a way as to retain the majority of life patterns on Earth in an intact and healthy form. This pattern of disaster followed by subsequent disaster and so forth

[10] According to http://pubs.usgs.gov/publications/text/fire.html, which has a good map of this, "Volcanic arcs and oceanic trenches partly encircling the Pacific Basin form the so-called Ring of Fire, a zone of frequent earthquakes and volcanic eruptions." This site also has resources for those wishing to know more about plate movements in general around the earth.

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will continue until the adjustments that are necessary to complete the labor of Earth in its delivery of fourth-density Earth is done. These difficulties may be expected to be ongoing for several of your years. We cannot be more specific because, as this history of your peoples unfolds, it unfolds as it does because of how each of you lives.

It is difficult to explain how each of you is important here but it is so that it matters how each one of you thinks, not simply how you act but how you think. Because it is thought by thought that the energies of the fourth-density Earth shall be able to take their rightful place. And it is your thoughts where fourth density either does or does not have a home. This instrument was saying to the one known as M last week that, even though the goals of L/L Research are humble, there must be something to them because of the tremendous resistance that each member of L/L Research was experiencing and indeed continues to experience at this time. And we feel that this is an accurate observation in that it is in very simple goals such as L/L Research's stated goal of attempting to live by fourth-density values that things change, not just for those in this circle but for those upon your planetary sphere. We cannot erase tragedy or remove the dark colors of agony and suffering from the palette of experience that is available to humankind. We would not wish to. It is not that we wish for any to suffer but that it is as though life itself were a wound that must be healed by the living of that life. In the acting out and the completing of the patterns of an incarnation, there will almost certainly be fell and dire suffering for each entity somewhere between the cradle and the grave. For those who met their death in water with the tsunami, that suffering was brief and very harsh. For many others, the suffering simply continues: hungry people, homeless people, people who do not even have a city, people walking away from the destruction of their homes. And yet, as each of you sits in a snug and warm living room listening to these words, how can you connect? How can you respond? Let the scales fall from your eyes, let the muffling fall from your ears and you will hear the agony of Earth. You will see and feel the crushing blows of suffering. Let it overwhelm you for just a while. Let it take you up and drown you with the extremity so that you really know that death has walked your way and has made inroads in the family of humankind. Let the pain of that awareness recede just enough that you again remember that you are an individual and that you are not completely swamped by the family from which you spring. Retain enough of that sensation of being drowned in a tragedy to give you keen awareness of the real tragedy of person after person after person being removed so suddenly from the Earth plane.

And be aware that the one place that you can be where you are with each of these souls is in what this instrument would call the "house of prayer." You cannot physically fly to those lands that were so washed by this terrible tsunami but you can be with each of those whose life was lost, cheering them on through the gate of death and into paradise. And you can be with those who remain and who are in need of help, sharing, in your prayerful thoughts, the energy of your consciousness as it mingles with theirs, for in the metaphysical realm, there is no distance, and all places are one.

Perhaps more than any other response, we would hope that each of you [might] create, out of your knowledge that this kind of transitory difficulty will continue among your peoples on a global basis, a daily time of remembrance for those who are suffering. For the suffering of your planet continues day by day. It is not limited to dire, sudden tragedy. There is ample tragedy, day by day, to touch your heart, to awaken you to the needs of a suffering people and to engage your passion for being part of a loving energy that stands without fear, ready to reach hand and voice in the cause of love.

At this point we would ask if there are any queries to follow up the main question?

T1: Yes, I have a question. We were speaking earlier about how it seems that most of these tragedies occur in poor, third-world countries who are not as able to take care of themselves as a lot of western nations. Are these people here to try to teach us, to show us which way to go? Or are they just unfortunate?

We are those of Q'uo, and are aware of your query, my brother. It may perhaps seem that the majority of difficulties are laid upon those who are already without any substance in terms of resources with which to take care of themselves. And yet, we would not say that such entities chose incarnations where they could live a certain way to demonstrate any lessons. Rather, it is a matter of entities moving into incarnation, fulfilling patterns that are indeed part of the energies of groups of entities which have

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incarnated into the Earth plane from elsewhere. And it could be argued, to some extent, that some of these global groups have unique characteristics in their archetypal makeup that would encourage the living of an incarnation in a place where they would experience a shortened life because of a natural disaster. This is especially true of those entities from Deneb. However, for the most part, it is an individual, person-by-person situation, where it is not so much a matter of good or bad fortune as of there being a pattern for incarnation laid out that includes such an experience. The antecedents or economic makeup of such entities is not nearly as important as, simply, their destiny. It is to be remembered in this regard that your own peoples received severe and repeated tragedies during your last hurricane season, especially in the state you know of as Florida, so that tragedy is certainly no respecter of economic status or any other individual detail.

May we answer you further, my brother?

T1: No, thank you, that's fine.

We thank you, my brother. Is there another query at this time?

T2: Q'uo?

Yes.

T2: I have a query. I'm trying to find the inspiration but I have the feeling sometimes that I have lost my way. I think I'm heading down the right path but then I have periods where I doubt. Are you able to talk about that and help me to think it through?

We are those of Q'uo, and are aware of your query, my brother. It is extremely common and normal for any entity who is attempting to seek along the path of faith to have moments of complete doubt. It would not be a path of faith were faith easy. Faith is not an easy thing. It seems easy at certain seasons. On a sunny day, for instance, it seems quite delightful to enjoy the breeze and to feel the sun on one's face. When the sun is clouded over and covered with rain and the rain is falling, it is not at all easy to retain a lightness of spirit and a joy within the heart. Indeed, when the sun disappears it could almost seem that it would never come out again with its saving light and its joyful rays. And yet, always, when the weather clears and the raindrops stop falling, the sun is still there and apparently always has been, shining up above the raindrops.

And so it is with each entity: the inner sun is always glowing, shining, its rays true until tomorrow and true until forever. Yet the inner landscape clouds up and the sun disappears, and suddenly the path of faith seems very cold and winding and beset with many thorns and thistles and no good places to stop and rest. And somehow, when the sun is gone and there does not seem to be any rest it becomes very difficult to think and to feel that unity with all that there is that was so obvious just a little while ago when it was sunny and warm. And yet, to be on the path of faith is a matter of identity. Is it not who you are? Is it not the adventure that you have set for yourself? And would you ever want to be anywhere else but on the adventure that you have set out upon with such hope?

So the key in times of inner rain and bad weather is memory. The key is to remember who you are and why you're here. Part of a path of faith is to retain faith in yourself. The world will take the view of what you think you are and make fun of you, and the world will be right for the world. But you are not on the world's path, you are on a path that you have chosen for yourself. And because you have determined that path for yourself, no one can tell you that you are wrong. Nor can they tell you …

(Side one of tape ends.)

(Carla channeling)

… that you are unequal to the challenge of remaining on task. Sometimes, to be a person of faith is simply to stand firm and to remember that you are a person of faith. And to a person of faith, all is well. Right now, in the midst of seeming imperfection, all is well.

In the fullness of time, and it could be five minutes or half an hour, your inner weather will part, and your faith will naturally reestablish itself. But that will not be the triumph for you. The triumph for you is to stand on your faith at that moment when all seems rainy and cold and uncomfortable and decidedly not a matter of faith. That is the moment of your triumph and it is simply to remember that, for a person of faith, simply saying the word "faith" is enough to bring you back to the center of that wonderful grace.

What is faith? It is not faith in anything, it is simply faith, a kind of knowing that all is well. The one known as St. Paul described it as the hope in things

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unseen.[11] In that moment where you wonder where your faith is, reach inward and touch your own living heart because it beats. In the sense of the world it beats, moving blood through the body and giving life to that organism. In the energetic sense, it beats the beats of eternity and it says, "All is well. All is well and all is love."

May we answer you further, my brother?

T2: No, thank you, Q'uo.

Is there a final query at this time?

(No further queries.)

As we seem to have exhausted the queries in this group for the night, we will take our leave of you, leaving you, as always, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. ✣

[11] *Holy Bible*, Hebrews 11:1: "Now faith is the assurance of things hoped for, the conviction in things not seen."

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Sunday Meditation
January 16, 2005

Group question: This week, Q'uo, we would like to ask you if you could elaborate upon the pitfalls or distractions that the seeker of truth might run into when the seeking is new and if there is any other type of distraction or pitfall that occurs later on in the path of the seeker. Please give us a general run-down of what to be aware of as one is seeking what is loosely called the truth.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege to be called to your group and we are most happy to speak to you about the pitfalls and distractions of the spiritual path. But we would first, as always, like specifically to request of each of you that you retain the ability to discriminate very carefully as you listen to our thoughts, choosing only those thoughts that really seem good to you, with which you wish to work further and discarding the rest immediately. In this way we will feel much more confident that we will not interfere with your free will or disturb the sacredness of your own process.

In asking concerning the pitfalls and the distractions to which one who is attempting to follow a path of spirituality is prey, you ask a fairly broad question. The spiritual path in itself is an amazingly broad thoroughfare carrying, as it does, every being of third density as it attempts to walk between two worlds, the world of third-density consensus reality and the inner world that sometimes completely overtakes the outer world for its importance and clarity.

For the most part, entities who are not consciously walking a spiritual path stay comfortably within third density and enjoy the various images and illusions that pass before the eye, as the one known as G was saying earlier. It is a comfortable and a familiar thing to pass from image to image as one rises and goes through the day; following the employment, following the need for the body for meals and refreshment and for sleep. It is a less comfortable and sometimes frighteningly less familiar thing to follow a spiritual path. And each entity steps onto this path from a misty somewhere before the thought crossed the mind that there was an actual spiritual path. So this broad, spiritual path is home to all of you. Each foot in this room has kicked the dust of that path and that dust has similarly been kicked by every human being on the planet at one time or another. So there is a vast variety of attitudes from those who enter the path of spirit. Consequently, there are various kinds of pitfalls.

Let us approach this question from the standpoint of a model to use to see if you indeed are on the spiritual path. The model of the self on the spiritual path is a model in which you are focusing upon the "I" that you are. There are many uses of the first-person singular. When you think of yourself, you

don't always think of yourself as the same self. When you are thinking of yourself as a spiritual entity on a path, who are you? Who is the "I" that speaks for you when you are on the spiritual path? How would that voice, that identity, that person be different from the "I" that speaks for you in less thoughtful roles?

Hopefully, as you begin to sense yourself as a spiritual entity, the "I" that speaks for you begins to come out of the mist of the surface "I," the surface personality. The model that this instrument carries in her mind of the entity on the spiritual path is a model in which she is following in the steps of Jesus the Christ. She does not have a model of herself as worshipping but as following after the example of a teacher who seemed to know precisely who he was. He identified himself as an agent of the Creator. This instrument, then, has a model of the self on the spiritual path in which she has an objective referent to who she is because she is following an entity who was of a certain personality. This entity identified himself strictly as the Son of the Father who was about his Father's business. And it is notable that this entity, in all of his preaching, has never been quoted as asking for worship but only as asking for being followed.

So we would ask entities who are looking at themselves upon the spiritual path quite simply, "Who are you?" Because this is the essential center of that which draws entities to the path of seeking. They become aware that all of the wisdom that has been acquired since their cradle experiences is not enough to satisfy the craving for identity and meaning. They realize that they are going to have to set off on a journey. It is not a journey in the physical world at all but it is very definitely a journey and it very definitely is upon a path that is common to all seekers.

Please realize that on this path you are not gathering as much as allowing things to fall away. The deep and true tones of your identity and your right process come clearly, plangently, sometimes plaintively and sometimes triumphantly, but unmistakably, from time to time there will come a moment—this instrument loves to call them "crystalline moments"—that ping like a bell with a very clear indication of meaning and resonance and in that moment, whatever the realization is, it is easy, it is effortless; and you realize that you have reaped the harvest that has been in process for a long time. You finally hear and feel and see the work that you have done but you never know when that moment will come. Such is the progress of one upon the spiritual path.

Pitfalls, for the new entity to the path, can involve impatience and that reaching and grasping that are the indication of impatience. These are not difficulties that will end or sideline the spiritual seeking for an entity but such impatience does get in the way of a creation that is set to respond to your needs but in a timely fashion. This means sometimes that one must wait. It is very difficult to wrap one's mind around the necessity for simple waiting.

The one known as Jim was speaking earlier of his delight at finding the time during the off-season of his work to sit and soak in the silence, allowing the creation to speak as it would to him. This willingness to let oneself drift in the flow of the moment is a great resource for all seekers. The entity, Jim, spoke of sitting at sundown and allowing the light slowly, gradually, to fade away, listening to the sounds of the creatures of the day as they quieted down and listening to the creatures of the night begin to sing their night song and just allowing all of this creation to roll past his eyes and his ears and, walking into his abode at the end of that time, feeling curiously invigorated and refreshed. This model of patience is a great one to carry.

Realize that when a spiritually-oriented question is asked within, the answer may come in the next fifteen seconds but it also may come two weeks or two months later. Energies have been set in motion that now must be trusted. Moving from the question to the trusting and the waiting is a great skill to learn. When you sense impatience within yourself, gently remind yourself that in spiritual seeking there is no time.

As the seeker becomes more sophisticated, as learning builds upon learning, the pitfalls of the path can change. If you are one of those who feels that she has had some experience walking this path, realize that your pitfall may well be knowing too much or feeling that you understand. There is truly no end to the evolving self. As things fall away from you and you become more able to penetrate deeper within your consciousness, you will repeatedly find that you need to release concepts from their stricture. You need to be able to allow new insight to change your carefully built-up intelligence about

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yourself and the world around you. Do not hold on to your identity or your knowledge in the face of new information. Rather, place aside that which you feel that you know and enter fully into the investigation of that which resonates for you. Do not see it as something that challenges your information, but rather, see it as something that may well help you evolve and put into a whole new pattern the information that is still good for you. When experience mounts up, it is as though some entities were carrying around their entire history of experience and attempting to add everything new in on top of this large pile of acquired information from childhood and previous years. It is a good idea to keep that cup of selfhood tipped out and emptied so that it may receive new wine, new information.

There is a certain amount of pride that entities take sometimes in how many things that they have learned, how many books they have read or philosophies that they have studied or religious systems that they have penetrated and can speak about. This kind of pride is often a very deadening influence and we would encourage entities, always, to relate as simply and as directly as possible to ideas, to patterns of thought, and above all to entities around one who may be attempting to enter into conversation concerning spiritual matters. In a world that rushes continuously on so many levels, we would encourage a truly relaxed and lighthearted attitude towards the very serious business of seeking.

This instrument is typical of many upon the spiritual path in that she has a built-in yearning and hunger for devotion. She must be devoted, she must be serving, she has this sense of almost being driven to be as the one known as Jesus, the agent of the Creator. It is good to have that back-pressure; it is not a good thing to allow that pressure to make you hurry or hasten or become anxious. Allow that back-pressure to continue to motivate you but if it motivates you beyond the point at which you are patient and have a sense of proportion and humor concerning your path, then you have entered into that particular pitfall of eagerness and hurriedness.

What that will do to you, if you allow it to drive you, is to do more and more, to try more disciplines, to add a meditation if you haven't been doing a daily one, then add another one, and then make that one longer, and so forth. The end of such pressured seeking is that you burn out as a seeker and must sit by the side of that spiritual path for a while, mopping your brow and breathing. It sometimes take years for a burnt-out seeker to recover his balance completely and to be able to get back into a real process that feels yeasty and good.

Walking the path is not a difficult thing, it is more a matter of its being a journey for the one who is ready for a long trek. In most paths available in third density there is a beginning, a middle, and an end. There is the learning process, there is the point in the middle in which you are working very hard and you are becoming better and that culminates with a job well done, a degree of education earned, a promotion at work, and so forth.

In the spiritual path, death is only the beginning. There are no endings, there are many, many beginnings, and there is no end of the middle. You are always in the middle of the spiritual path.

Perhaps the greatest gift is to know that you know nothing and that you will indeed fall into many a pitfall and yet it will not take you off the path. You cannot get lost beyond finding and if you do need to rest, even there at the side of the road you have company.

As to the distractions that are possible on the spiritual path, there is no end of distraction. But [this is true] only if you are of the mind to see things as either spiritual or worldly. If you make a demarcation between those two parts of Earthly existence, everything that is not specifically dedicated study will be seen as, in some way, a distraction.

However, we would suggest to you that all things that a spiritually-oriented entity does are spiritual. Going to the bathroom, doing the dishes, taking out the garbage, feeding the cat: these commonplace and everyday chores are necessary and cannot be construed to have any obvious spiritual characteristics. And yet this instrument, for example, finds ways to invest each of those activities with an awareness that is spiritual in its character.

What part of your day do you honestly feel is a distraction and only that? What thing that you do can you say has no spiritual value? If you can identify some of those items that can be seen as distractions, perhaps you could sit down and contemplate whether there is a way you might invest these chores with the sacred character that comes from service, from love, and from an awareness of

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who the self is in the spiritual sense. In our opinion, there is no true distraction to an entity whose heart is set upon the Creator because each and every action available to an entity for choice has the potential for being seen in a spiritual light.

One aspect of the spiritual path that we would mention before we would open the meeting to questions would be the simple aspect of silence versus sound, emptiness versus content, for those upon the spiritual path within your culture are coming to that path from a culture very rich in content. It is interesting to note that, within all of this content, critics of the culture often comment on the emptiness of that content, the illusion that it creates and the illusory nature of the image-after-image-after-image that creates the content, whether the medium of such images in the television, the radio, the newspaper or the computer.

A very great portion of the world has cultural influences that lead it more to the appreciation of silence, which seems to lack content, and yet which contains infinite meaning. In your content-rich culture, meaning itself is often lost. Consequently, if you are of the nature that appreciates content, we suggest that you choose your content, for truly, there are many pitfalls, if you would speak of it in that way, for those who are attempting to derive meaning from the surface aspects of your culture, as seen on the television or read in the newspaper. Do not fall into the pitfall of assigning too much meaning to those things that are on the surface. Allow meaning to be a mystery and silence to be your teacher.

We thank you for this question and feel that we perhaps have spoken long enough upon it. At this time we would open the meeting to further questions, if there are any. Is there a further query at this time?

G: Q'uo, I have a lengthy one and I apologize for its length but, hopefully, its answer should be simple. And it's easier to read straight from the paper.

(Reading) Q'uo, as I move forward in my path I am experiencing a phenomenon that can be described as the light growing lighter and the dark growing darker. I feel I am experiencing the extremes of what can conveniently be described as a spectrum of feeling. On one hand, I feel strength, vitality and the spiritual perception increase in moments where, basically, all the spiritual literature that points to the truth not only makes sense to me but becomes alive, a living and flowing reality. And subsequently I feel more empowered through self-knowledge to call upon and invoke the higher forces to transform the lower self of me.

On the other hand, I feel ever more acutely the shadow side of myself: one with seemingly more venomous reactions to situations that create a souring and bittering within me. What I don't know is whether a shadow is growing more strongly in me as I reach for the light because I am neglecting to be conscious of certain aspects of my patterns or whether it is a case of simply becoming more aware of a shadow that is already within me and has been with me, alive and functioning without my conscious awareness to transform its ways. Can you help me to understand whether it is awareness of what is already there or the further creation of distorted thinking within my mind?

We are those of Q'uo, and are aware of your query, my brother. The concept of the shadow self is very helpful in attempting to walk into your own shoes as a being. It is difficult to wrap oneself around this idea of a shadow self. Perhaps if we called it a full-circle self it might be easier to see the construction of the being here, because each of us, we and you, are beings that replicate all aspects of the creation and the Creator. By the time that you have reached third density you have done a tremendous amount of amalgamation of experience. You have been elemental, you have been plant, you have been animal; now you are an animal with a conscience, basically, and you strive to go further. And we have become even more refined by experience, yet we carry the full -circle self, just as do you.

What is there in creation? Whatever you see, that's you. Any murderer on the block is you. Any thief on the dock is you. Any hero who has just saved the world is you. You are the soldier, you are the bread-winner, you are the mother bearing a child, you are everything. And you don't get to choose whether you have good in you or bad in you, so-called. You have it all. The strictures and disciplines of the parent for the child attempt to train the child up so that he will behave well and you have learned to behave well. Loving good, seeking the light, you have more and more been able to place yourself in situations and in environments where you were able to live in the sunny side of self, enjoying service and learning and devotion. And these things about you and about all entities are true. However, equally true

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is that self that does not get encouragement from virtue.

You still have that; you will always have that. It is part of the strength of who you are that you have that. You would not be able to be a full person and to move forward without the full-circle self. Nothing is left behind as you evolve. It becomes arranged in a more and more helpful way as you learn to balance yourself, chakra by chakra, issue by issue, and moment by moment. You are always in flux, so these moments where you become aware of that so-called evil part of yourself come and go. And it is sometimes quite disconcerting to become aware of particularly articulate and eloquent, angry or irritated thoughts. You feel yourself thinking a hateful thought which isn't fair at all and certainly would never be said aloud and you wonder where that came from and if the evil within you is somehow growing. We assure you it is not growing. It was always there. It chose this particular moment to reveal itself and this is a gift to you of self to self. Take it seriously, look at it carefully, and see, if you can, where the trigger lay that brought forward this particular part of yourself.

May we answer you further, my brother?

G: No, thank you, Q'uo. That was excellent.

We thank you, my brother. Is there a further query at this time?

S: I've had a question that I've been thinking about for some time. If I wanted to recover all the knowledge and wisdom of all the lifetimes that I had, how would I do that?

We are those of Q'uo, and are aware of your query, my brother. You are asking this query within third-density incarnation and our shortest answer would be to say that you would be able to recover that information …

(Side one of tape ends.)

(Carla channeling)

… immediately following your crossing of the gateway of death. Once through that gateway, reunited with full consciousness and full communication with your higher self, you would have the unimpaired memory of all that you have been and, indeed, all that you would be in the future. Within third density, it is not considered a helpful thing to have that full range of information available. It is considered, as you know, much more helpful for a discreet curtain to be drawn over all previous experiences so that you may hit the particular incarnation in which you are involved running, and give it the serious consideration that it deserves, all on its own.

The ways of penetrating the veil of forgetting are limited within incarnation. There is the dreaming process and those who work with dreams are often able to recover memory of past lives as they gradually find themselves in dream landscapes which constitute a different environment that begins to have a reality of its own.

The most common way that entities are able to recover past life information is the contacting of the deep mind by the conscious mind which is done in sessions of regressive hypnosis in which, with the help of a hypnotist, the self is taken back before birth to previous lives and questions are asked which enable the person to recover some of those memories.

May we answer you further, my brother?

S: That gives me plenty to think about. I have nothing else at this time. Thanks.

We thank you, my brother. Is there another query at this time?

T: Q'uo, I don't know whether you are able to respond to this question. The image that I've received upon waking this morning, is that a symbol of my need for purification and cleansing?

We are those of Q'uo, and are aware of your query, my brother. We find ourselves up against the full stop of free will in this matter, my brother, and are not able to offer information except to encourage you to follow the line of thought upon which you have been moving because we feel that you are in a place which has a great deal of material and we encourage you to explore it.

May we answer you further?

T: No, thank you, Q'uo. I understand.

We appreciate your understanding, my brother. Sometimes we are able to offer little real information and we apologize for that.

Is there a final query at this time?

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G: Q'uo. I have another one. Just a few paragraphs long this time. I'm sorry, I just need context for my questions.

(Reading) For years now I've been experiencing moments and time periods of a fuzziness of perception which slightly blurs the boundaries between dream and reality. As I've heard many others speak of this same experience, it feels as if the solidity of what was formerly a well-defined reality dissolves and all of a sudden everything in waking consciousness feels literally like a dream. There have been a few incidents of late in which I was seriously not sure if I actually said or did something in the "real world" or whether that same memory was the property of a nightly dream. Is this type of fuzziness the result of the incoming fourth-density energies and the resultant change in consciousness that they bring? Or perhaps, as was cautioned against in the *Law of One* series, these are symptoms of an over-hasty polarization and the twilight state that accompanies such an impatient drive for progress?

We are those of Q'uo, and are aware of your query, my brother. We cannot give you one single answer, yes or no, because, as we gaze into your pattern, we would say that perhaps two-thirds of those experiences are an artifact of your personality type. You, in common with this instrument, have a certain absent-minded quality that can create this feeling without there being any resonance or meaning to the happenstance. It simply is a time when you are scattered. There are other times, my brother, when there has been a significant shift in your perceptive web because of the intensity of your devotion. In the first instance, two-thirds of the experience, that is, there is no meaning involved, it is simply an artifact of personality. In the remainder of the cases there is great material that is there and it can usefully be mined. So we would suggest that you look for the kind of peculiar resonance that does attend such a shift in consciousness due to devotion.

The third possibility, which you suggested, was that you were experiencing basically a mistake, that you had rushed too much and so forth. And we would ease your mind in that regard, for it is not in either case an artifact of rushing or of trying too hard. Rather, it is a matter of the way that your particular personality has shaped up and the way it handles experiences that it cannot quite encompass with rational thought.

G: Cool beans! Thank you, Q'uo.

We thank you, my brother. You truly are a cool bean. This instrument is asking us why in the world we offered that bit of inanity and we do apologize to the instrument and to everyone else.

(Laughter)

And on that note we will leave you in the love and in the light of the one infinite Creator. It has been such a pleasure to be with you and to share your vibrations. Thank you for asking us. We are those of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai vasu. ♣

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Special Meditation
January 20, 2005

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege to be called to your group and we thank each of you for doing so. Thank you indeed for taking the time out of your busy lives for this carefully delineated session of seeking. It is a privilege to be asked to give our opinion and we are glad to do so. But in order to be able to speak freely we would ask as a favor that each of you employ the most stringent discrimination, listening carefully to those things that we say and discarding any idea that does not resonate to you as if it were a newly recovered memory. In that way we will feel free to speak without worrying about the sacredness of your process being disturbed or your free will being abridged.

We greet the one known as J, and we ask this entity for his first query at this time.

J: Which avenue of application would this ARV technology[12] be encouraged to flourish in?

We are those of Q'uo, and are aware of your query, my brother. Your ARV process is that type of process which, by its very nature, as the one known as B noted, has a tendency to abridge free will. The challenge facing a practitioner of this process is to find information concerning the future, the knowledge of which does not abridge free will.

Let us talk a bit about this. The typical successful, inadvertent use of this technology is that of the entity who prays that something be changed. As an example, we would use this instrument's daily practice of intercessory prayer in which she prays that the health of those who have asked for her prayers be amended for the better. A good example, of which the one known as J may be aware, [is] that in the recent tsunami disaster, there was a man who placed his several young charges in a small boat and went out to sea to avoid the disaster. This entity told the wind and the waves, in the name of Jesus the Christ, to be calm and the sea became calm enough that this gentleman and his young charges survived the storm undamaged. It is these small miracles that entities have reliably been able to petition the universe, or the creative principle, if you will, to alter what this instrument would call a probability/possibility vortex.

The one known as B spoke concerning the intention behind the doing of the ARV process. And we would agree with this entity in that that which will tend to improve the reliability of this process is that intention which is single-minded and which has a purity of motive. The one known as J spoke earlier of hoping to create supply, money and success from using the technology of the ARV. We cannot speak

[12] ARV stands for Associative Remote Viewing. Here is a link to a website which discusses this technique: www.remote-viewing.com.

directly to this matter but we may suggest that such intentions are not blessed by spirit. The one known as B further noted that it is difficult for the forces of spirit even to understand the concept of supply or money, and this is also accurate.

The efforts, therefore, as they stand, offer a paucity of value which is recognizable to the forces of spirit. In order to create a better flow of energy for the one known as J, therefore, it is well to re-imagine or reconfigure those forces within the one known as J which are gathered together in order to do this work. The entity sees itself in a certain way, let us say, and re-imagining or reconfiguring the way the one known as J sees itself will be the most fundamentally helpful change in terms of improving the reliability of this process when it is used.

May we answer you further, my brother, on this point?

J: No, I think that's adequate. Would you please describe the proper ritual for entrance/exit for this process?

We are those of Q'uo, and we are aware of your query, my brother. We thank you for having the creativity and the imagination to ask this question. It is not a question that we can speak to specifically. However, we can talk about how the one known as J may configure his environment by speaking in terms of that which this instrument has done to create for herself a satisfactory environment in which to do sacred work.

First of all, note that this instrument intends a very simple and single-minded thing when she comes to the channeling process. She is placing herself in service to the one infinite Creator and she is defining carefully the way in which she will enter her workspace to do this service. She gathers about herself the artifacts of her faith. The artifacts which were about her during the contact with those of Ra lie within the room in which each of you is sitting at this time and these artifacts are familiar and dear to her, have been handled by her, and have meaning to her beyond the occasion of this particular session. The chalice, the incense, and the Bible open to the phrase, "In the beginning was the Word," all have a deep heart connection for this instrument. And they constitute to her, in a metaphysical rather than a physical way, a symbolic but very real safety. She rests her spirit amongst the artifacts of her faith. It is a reassurance on a subconscious level, and, in the context of her work, there is an implicit acceptance of her values by those who sit in circle with her. All of these aspects of the artifacts around her, therefore, act as a safety net so that she is able to feel quite free to let go and respond with very pure focus to the process of the channeling.

For the one known as J, these artifacts would not create any sort of safety net. And the challenge, therefore, for the one known as J is to identify within himself the very heart of faith for him. Faith is not a belief in anything and the artifacts that comfort the one known as J need not be religious at all. They need to create an ambience of emotional safety.

When one identifies one's faith, it can be done in many, many ways. The thinking along the lines of what to surround the self with needs, however, to be done with the heart, rather than the mind. For what you are looking for here is that which resonates within your deep mind. This is not necessarily a mind that resonates like any other; it is not necessarily going to resonate to spiritual or religious artifacts. Consequently, we would encourage the one known as J to spend some time thinking not about artifacts but about where the center of faith is for you. Where is that place within you that knows beyond any doubt that all is well and [is] that which is right and good and appropriate?

The whole question of doing this spiritual work does revolve around what the work is. Is it spiritual work? To this instrument, all things are sacred and all work is spiritual. What is your take on this reality? The more that you are able to penetrate the surface of your personality and move into the sacred space of your own heart, the better able you will be to consider this question. It would be our observation that there has been a lack of awareness on the part of the one known as J that there is an issue of whether or not this work is spiritual, whether or not this work is sacred. The forces of the Creator open to those who have realized the shape of their own sacredness and who have envisioned what it is they wish to do in terms of spiritual learning and spiritual service. Attempting to do this kind of work while personally unpolarized or weakly polarized is as one attempting to use electricity but finding a tremendous amount of resistance on the system that keeps the power from functioning well.

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We would like to address the techniques for entry and exit of the sessions to some extent at this time.

This instrument was used to doing a ritual called the banishing ritual of the lesser pentagram[13] in order to prepare the place of working when this instrument and the group of which she was a part were doing trance channeling sessions. For conscious channeling, this instrument tunes itself by singing, praying and doing mental exercises designed to deepen the state of focus and to call the forces of spirit which she wishes to accompany her as she does her work.[14]

We can reliably recommend any form of tuning that the one known as J finds helpful and comfortable. It may not be the banishing ritual of the lesser pentagram. It might not be praying, as such. However, it is well to think of the self as a crystal that transmits and receives energy much as a radio. You are, shall we say, not a power source but that through which power passes. You may tune the field of your consciousness just as you would tune a radio to get the station that you want. This instrument tunes asking for the highest and best contact that she can carry in a conscious, stable manner of the energy of Jesus the Christ. It is a very specific request and therefore she is able to tune fairly accurately although she has no technical or specific knowledge of what she is doing. This tuning process is very helpful and we think that the one known as J may benefit from considering well what the tuning would be to reach the source that this entity wishes to reach.

At the end of a session of working, we would describe the conditions as being that you have gathered energy of a certain kind. It is light, but what is the color, what is the nature, what is the texture, of this light? We would encourage thinking upon this. In the model that this entity has of her own sessions, she sees the people in the group creating a force field or an energy field by their commingled energies and she sees light being pulled into that temple that has been created by the arching energies of the circle. At the end of each session she verbally requests that everyone release that light back to the Creator. This, in a metaphysical fashion, cleanses the physical and metaphysical local area of the work that has just been done and returns the energy of the place to its neutral, worldly vibration.

It is well, whatever the ritual developed be, that it be seen as a cleansing and closing that is specifically sacred or spiritual in nature. Indeed, all of our recommendations have to do with investing this process with polarity or with the energy of love, so that the entity J, doing this work, is engaged and fixed into the process in a specifically spiritual or sacred way.

May we answer you further, my brother?

J: No, that is adequate. The next one is: Can you please help me in setting my overall intent for working with the ARV process?

We are those of Q'uo, and are aware of your query, my brother. We were speaking just now of setting an intention that was framed in spirituality. May we say that the concept of spirituality or sacredness is generally far too limited by peoples' concept of spirituality. Spirituality is not necessarily religiosity at all. It does not necessarily have any of the trappings of place or ritual. The heart of spirituality is caught up in an entity's definition of self.

When an entity begins to look into the nature of the self, worlds begin to open to him. We would encourage the one known as J to spend time daily asking the question, "Who am I?" And then allowing a lack of thinking or unnecessary motion. This could be in meditation, so called; this could be very fruitfully done in a natural setting. But whether it is formal meditation or walking in nature, the goal here is to free the mind from content and to allow it to be empty. Into this environment, just as into an empty cup, may come content that is immeasurable by words, and the nature of the self is something that is beyond words. This is why silence is the best environment in which to receive some of the deeper answers that you seek at this time.

Framing your intention sounds as though it is a matter of identifying your goal. And the one known as J has explained that there is no specific goal to this process: it is a process that can be used for many different goals. However, the one known as J has said repeatedly that he wishes to be helpful, to be of service using this technology, using this ARV. And this is the direction in which we would suggest that the one known as J move in his thinking. It is

[13] As found in William E. Butler's book, *The Magician, His Training and His Work*.

[14] Carla calls on the Holy Spirit, the Creator, Jesus the Christ and the Archangels while tuning for each session.

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helpful to realize that the goals that are blessed by the forces of spiritual guidance are those goals in which the intention has been carefully crafted and focused towards helpfulness, compassion, kindness and other ways of describing the attributes of unconditional love.

A magician, so-called, is one who attempts to create changes in consciousness by his will. And, in a literal sense, the ARV protocols are a type of magic, in that sense. The question is, is it positive, neutral or negative in its intention? Examining an intention such as creating money, it may be seen that the polarity of that intention is mixed. There are positive aspects to wishing to have money in order to do good. Yet, there is the subtext of service to self. And this instrument has often said, in terms of attempting to make money from service, that she would prefer to remain poor in order that she is able to donate her work and keep the forces of money from it. This instrument has moved forward from that absolute goal of taking no money in that she is now doing sessions such as this one in which she does indeed accept funds although these funds are passed directly into the L/L Research coffers so that she is not personally gaining in any way, shape or form from doing spiritual work.

This is a worthy attitude in that it frees this instrument from any mixed polarity as she approaches the channeling. It is difficult, if not impossible, to conceive of an absolutely pure intention, as human entities are forever mixed in that their nature is 360 degrees of all that the Creator created. Consequently, each entity has a shadow side that is just as powerful and just as articulated as the positive or sunny side. As you ask yourself, "Who am I?" you shall more and more begin to see that you are everything and every quality. And then the question becomes, "What configuration or arrangement of these energies lies within your being?"

It is the goal of each entity throughout incarnation to penetrate more and more the surface teachings that have created a false self. The self as brought up by parents and teachers and other authority figures contains a great deal of material that is imagistic and it is as though you hold to yourself old images of self that are not current. As you learn more about yourself, you will find some of these false images or parts of self falling away and this will help you to clarify your nature and therefore your basic intention.

May we answer you further on this point, my brother?

J: No, that's adequate. You may have already touched on some of this but I'll ask the question anyway. Is there a proper physical alignment in compass degrees that the viewer must position himself to gain a better signal of the target he is trying to describe?

We are those of Q'uo. We are aware of your query. Thank you, my brother, for that question. We gaze at that which we can share without abridging free will. We are able to share the suggestion that a north/south alignment is helpful as is an east/west alignment. Lining up with north and south orients you to the dynamic betwixt air and water. Lining up east and west orients you to the dynamic between earth and fire. Either orientation is generally helpful and it may occur to the one known as J that in various applications one or the other alignment might be preferable. But we would suggest that using the cardinal directions is a good idea.

Further, we give this instrument the vision of the body being off of any ground and somewhat reclined as if this instrument were to lie back in the reclining chair so that there is a comfort level that is quite high. We might suggest that it is perhaps more helpful to cleanse the area in some metaphysical way than to be concerned with position or placement.

There are two other elements we would suggest as being helpful. And that would be to choose times of working in which there is what this instrument would call the full moon or near the full moon, as those energies involved at that time that are strong are those energies that are helpful for this work. We might also suggest that this entity find the necessary information concerning the eighteen-day spiritual cycle and determine the nature of his own eighteen-day cycle so as to avoid those times in which …

(Side one of tape ends.)

(Carla channeling)

… the energies are moving from low to high or high to low and are in a critical, unstable condition.

May we answer you further on that point, my brother?

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J: No, that is fine. Thank you. Could you describe a few characteristics of a suitable coworker for me, please?

We are those of Q'uo, and are aware of your query, my brother. We are certainly able to describe to you some characteristics that would be helpful for you to consider in a coworker. But we would say first of all that there are times when an entity is creating roadblocks for himself and in this wise the one known as J has inadvertently created a block to finding that perfect partner in that the one known as J has not surrendered to his own deeper nature. It is difficult for us to give this instrument words that can reveal what we mean but it is as though the one known as J has locked a door against himself. The key to that door is a question or a hunger and we cannot give the one known as J this question or develop within him this hunger, yet it is within him and it is strong within him at this time and thusly we would suggest to the one known as J the value of love.

This is a key word and it is almost meaningless when said because it has been so abused. But the very nature of each entity in creation is love. The very nature of the Creator is love. All the energy, no matter what it looks like in creation, is some form of love. When the one known as J has found this hunger and has asked this question, rather than being a being standing outside his own heart he will be in that sacred space of his own heart. And it is from that place that life and love open up. We do not mean to be cryptic but if one's nature is love and if the question has to do with love and if the place inside the heart is described as unconditional love than perhaps we have offered you the help that we can offer you here.

Characteristics of a helpful coworker are: intelligence, self-awareness, humor and most of all, faith. If you can find someone who is faithful, gullible and open, then you will have done very well. However, we would suggest to the one known as J that, just as the one known as B has said, that entity will be drawn to you when the time of waiting is over. There will not be any need to find or seek out such an entity. Rather, the two of you will come together naturally just as has happened with each of those who has gathered at L/L Research. Each connection was the result of a process of like attracting like and as this instrument said earlier, the group was brought together by the Law of One.

Place your energies in self-disclosure and deep honesty as you peer within a self that is cunningly made to deceive as well as reveal. The process of getting to know the self takes all of the persistence that the one known as J has in abundance. It is an incarnationally long task. However, we feel that the one known as J will be surprised at how quickly things change once he is involved in the process of self-knowledge on a conscious basis. The universe is geared to respond to the questioner of self.

May we answer you further on that point, my brother?

J: No, that is fine, thank you. Next question: Will I be allowed to be successful with the ARV?

We are those of Q'uo, and are aware of your query, my brother. We do not find that this is a question that we are able to address and therefore we will simply pass. We apologize for the lack of information here.

J: Okay, another question that I have: Will A play a role in my future?

We are those of Q'uo, and are aware of your query, my brother. And once again we find that this is not an area in which we feel we can be useful to you. Is there a further query, at this time?

J: No, there is not.

B: Q'uo, when you referred to the directions, north, south, east and west, are you referring to the magnetic compass points or the rotational poles.

We are those of Q'uo, and are aware of your query, my brother. We were referring to magnetic rather than rotational values.

B: Thank you. *(To J.)* Anything else?

J: I have one further question, if you'll take a shot at it. There were blue lights, dim rectangles, on my ceiling two weeks ago when I woke up. Could you tell me what they were?

We are those of Q'uo, and are aware of your query, my brother. We find that in the work that you are doing you have opened for yourself gateways into various points within what this instrument would call the chakra system. And there are various ways of seeing elements of space and time within those systems that are symbolic. They consist of geometry and color. You were aware of and seeing into an inner-planes place which did not make sense to your

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conscious intelligence and therefore you were only able to see the color and geometry rather than being able to see into that world, as it were.

May we answer you further, my brother?

J: No, I am finished. Thank you.

We are those of Q'uo and, my brother, if you are finished, we are finished as well. We thank you for the tremendous effort that it took for you to be with us and to ask these questions. And we leave you as we found you, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
February 6, 2005

Group question: The question today has to do with what it is to be a member of a group. We would like Q'uo to give us an indication of, is it something more physical, is it more metaphysical? Has it to do with commitment to ideals? Is it work effort offered, working for the general welfare of the group? What is it to be a member of a group? Especially a group in a spiritual community.

And also, as a second part of that, what is the most loving way to deal with any member of a group which is seen to fall short of the group ideals?

(Carla channeling)

We are known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege to be called to your group to talk about groups and, as always, we would ask for a favor from you and that is that each of you guards your discriminatory abilities well. Listen to those things that we share with you asking yourself if these thoughts are helpful to you or not. If they do not seem helpful to you or to resonate, then we ask you please to leave them aside without a second thought, for we would not interfere with your process or be a stumbling block. Do not respect authority, but question it. Always put everything to the test before you allow it strength or power within your own mind. For you know that which is yours. It will resonate and re-echo within you as if it were something that you just remembered, even though you might not have heard the thought before. When thoughts are not resonant it is much better to leave them behind. With that understood, it will allow us to speak freely and have no fear that we will be infringing upon your free will, and we thank you for this consideration.

You ask us what it is to be a part of a group and since we are a part of several groups, let us begin there. We, speaking to you as the principle of Q'uo, are a group made up of three social memory complexes. We have, as complexes, chosen to serve in a unified way by sharing thoughts with those who are actively seeking, who are actively questioning, and who have the ability to listen to channels such as this one. We also speak directly within entities' dreams and meditations, not with words but with a basic vibrational energy which is as a carrier wave for your own vibrational nexus so that it is as though we were strengthening your basic signal and making it easier for you to hear yourself and to be aware of the reality of yourself.

Thus, we have come together as social memory complexes to serve in this way; and we have come together as a principle to serve together in this way with regard to this one instrument who requests the highest and best contact that she may receive. It is our way of responding to that request to form a three-party principle so that together we may maximize the nuances available to this instrument from spiritual sources. To be a part of this particular

group, then, has been a very conscious and deliberate choice on our part. It has been a choice of all three of us social memory complexes to come together to serve and it has been a choice of these three complexes to serve together in this one instance.

We have the advantage of knowing where our center is. We have the advantage of having an awareness of our—we give this instrument a word she can not translate into English; it is not leadership, it suggests centrality but focuses beyond any physical entity or person and is wrapped up in the concept of the Creator Itself. But to us, that concept is very real, obvious and natural within the illusion of the Earth plane.

A Creator-centered group cannot function as though that Creator were obvious, clear and full of meaning. Within your density, the systems of illusion are paramount. That which you call consensus reality is illusory. And to seek for a center, or a Creator that has meaning within that consensus reality is to seek that which is not existent at that level in that reality. Consequently, that which we find natural, comfortable and obvious is not something we can explain to you and say, "Here is the rule for a group. Here is how you know you belong together in a group."

Within your consensus reality, however, within third density as you know it, the question of groups is central. This is due to the fact that within third density the progress of each individual is impossible without group interaction to some extent. An entity left entirely to himself cannot thrive. This is the way of third density. It was designed to be a density in which entities would learn more and more about who they were by interacting with other entities who were doing the same thing. It was an environment designed to deceive as much as to reveal, to confuse as much as to explicate. It was designed this way in order to advance the energies of growth, which are also the energies of confusion. And therefore, within third density the individuals who are seeking to advance spiritually, mentally, emotionally and physically have, more than anything else, their feelings and instincts to guide them. Those instincts naturally lead them into groups.

The most obvious kind of group within third density is the family. In the family, the center is physical: the progenitor has sired children and those children have sired children and so forth. And there is a family tree from which one descends and of which one is a part. One cannot opt out of a family group. One's mother and father and so forth remain who they are and, indeed, were specifically chosen by each of you before entry into the incarnation that you enjoy at this present time.

The energies of entities within third density are also instinctively and naturally that which we would call political. There is the desire to organize the structure and tenor of one's existence for the perceived group and through time this has developed into the rise and fall of many different kinds of civilizations and cultures. Again, in such groups, the center is obvious. There is a perceived authority; that is, the leader of the state, the city, the nation, or whatever group is perceived to be the government, shall we say. Your people have created many different kinds of structures from which government depends. And at this time your experiences of political structures are for the most part happy in that, while there is often disagreement with the leaders of your structures within the Western civilizations or cultures, there is a perceived degree of freedom which is that which feels proper and appropriate. So that, while entities may feel disappointed or discomfited by specific leaders, there is that underlying trust in the processes that guard freedom and keep government from coming oppressive and a type of slavery.

Another obvious kind of group that you experience within your culture is the nuclear family; that is, the family made up of two who decide to marry. In this group, the center is obvious also and it is physical. There is a kind of family corporation which has been set up and it is a partnership. In all of these groups, there is no need to plumb the mysteries of the human spirit [and] more particularly, of your own spirit and your own nature.

When one attempts to begin a group which has as its focus the Creator, one begins to create a group which is based and founded in mystery. There is no obvious center, physically speaking, to such a group. Within this instrument's experience, the religious aspect of spiritual seeking has been emphasized and she has appreciated the physical centrality of group worship along the lines of her distortion, which is the Christian worship. Within the church atmosphere or group, again, there is a physical center. There is a place where entities gather to worship. There is a perceived leader of the worship,

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that being the rector or priest, and there is liturgy into which entities may enter. The means of joining such a group are ritually set out, those being baptism and confirmation.

For the purposes of this particular entity's seeking, however, belonging to a physical, religious group did not at all satisfy this entity's desire to serve the Creator. And in conjunction with others of like mind, this entity long ago began to make agreements, first with the one known as Don, to form a partnership of seeking service and giving. Then, after many years of serving at this level, there was a further agreement made with a third entity, the one known as Jim, and this agreement reached between three entities was manifested into the physical by the three entities sitting down together and making a group agreement. The external shape of this agreement was a document in which entities simply held their lives in common, their goods, their talent, and their time, offering all to the Creator: all for one and one for all.

When these three entities came together in this focus, the outward manifestations of grace which rained upon this group in abundance and plenty included channeled material which those within this group know as the Law of One information. And in general, throughout the years up until this threesome was expanded by many of those within this present circle, the peace, unity and harmony of this group and its focus were notable. As the time flew and the century turned, more abundance began to befall this group, more souls were called to this vicinity with that feeling that there was something here, some opportunity to serve, some possibility that was worth pursuing. And so, in idealistic hope, in the desire to serve, and in great positive harmony, entities began to come to create a spiritually-oriented family. Where before there had been a group of three and then two because of the loss through death of the one known as Don, there came to be six and seven and even eight within the household which had gathered in hopes to serve the infinite One.

Perhaps it may be seen, as you look at this developing pattern, that, at this point, this particular group that is L/L Research, or the family that has gathered around the ideas and ideals of L/L Research, has gone for quite some time without sitting down in counsel and agreeing upon a group focus, a group identity, and so forth.

Now, what is it to be a group? May we say that it is what you wish it to be. Do you wish your group to have a physical focus? Do you crave that state of agreed-upon contractual support? Or rather, do you crave a sense of independence in your seeking, in your service, and in your learning? For there can be confederations of like-minded entities which do not have specific agreements within the physical plane.

Now let us look at what each of you brings to the circle of seeking in terms of group potential. Each of you has a certain energy, that with which you came into the world, that which is your unique and wonderful gift to give. There is no energy that is like yours. The way you relate to each of the others within this circle is unique. The colors of each of you blending, aurically, energetically, chakra by chakra, are marvelous and complex. You each bring your level of awareness, your gifts, your time, your energy, and your being. Most of all, you bring that essential beingness. You also bring unseen friends. Each of you has spiritual guidance and in some cases this guidance is extremely well developed. And it is as though your family history is with you, not in the sense of your physicality but in the sense of your stream of soul energy: where you have been, with whom you have worked in other lives, in other densities, on other projects. So you bring to a group your own energy and the energy of your guidance system. You also bring with you that which you hope, that which you dream, that which you intend.

When speaking of group energy it is good to see in the members not simply that body which fills the chair or sits upon the floor, but to realize that entity as an energy, a power, and an extended structure that walks back through time and space, connecting as it goes with other levels on the inner planes and on the outer planes as well. There is a very rich embranchment of energies that each of you brings. And as you sit in a circle as you are now, you may see yourself as the circle of stones at Stonehenge or a circle of trees in a magic circle and especially may we use the simile of the trees because in the trees there are those branches and those branches reach out so that you are not simply the trunk of a tree here, you have unseen ramifications that blend within the unseen ramifications of others within your group.

When you choose to come together as the kind of outer group where there is a perceived center of authority, it is much easier to move forward in ways that everyone can understand than it is to do so

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when the group is as yours: stubbornly dedicated to a center that is unseen, hoping just as stubbornly to serve in ways that remain mysterious. This entity, for instance, has hopes of developing a sacred growth center in the country, a place where a community was designed to be set down to live. This entity, therefore, is attempting to sense into what it is to create a community. "What will be needed for that kind of community?" this instrument has asked many times. The sense that this instrument has had is that the main need is to keep the focus pure, to keep the love unconditional, and we could not argue with such simple intentions. But how difficult it is to keep all things loving and all things pure when one is dealing with entities within third density who are necessarily imperfect and unaware of many of the ramifications of the things that they do and say! This is where the question that the one known as V had becomes very important and that is, what is the best way within such a group to communicate? The luxury of full communication is not one that is offered to third-density entities. It is a luxury within third density for even two entities to be able to communicate fully. It is extremely rare for non-telepathic communication to be entirely successful.

What needs to be remembered is that unseen energy of the open heart. When one is dealing from the open heart there is a feeling that accompanies the words and it is that feeling which must carry the gaps made by the imperfections of the beings involved and fill those gaps.

You also asked what is the appropriate way, when one entity in the group has failed to meet the criteria of the group, to deal lovingly with that entity. And, indeed, this is a question that is close enough to the surface of consciousness of this instrument that we find it impossible to move very close to discussion of this aspect of the question. For, indeed, as this entity was saying earlier, it has attempted to be impeccable in open-heartedness, in the loving quality of communication, and yet it realizes that it has failed to serve, in a pure and full way, the forces of love in this moment. For there have been hard feelings, disappointments and other emotions that tend to pull groups apart and to tear down the very work that the entity known as Carla was attempting to do.

When a question is this close to the consciousness of a channel, we feel it is inappropriate to attempt to move through that interference and so we will simply say that, to all of those within this circle of seeking and to any who attempt to serve the one infinite Creator, it is well to realize that each is dealing with imperfectly realized human beings who have, nevertheless, legitimate hopes, dreams and intentions. The group that comes out of such a circle of seeking needs to be that group which is the real, the essential heart of each of those within the group. When you have no dogma upon which to lean, when you have no perceived authority figure upon which to depend, when it is a true circle of seeking, and when the center of that circle is that unseen yet deeply felt truth of the Creator, when it is the One that calls all towards it, then each must become a priest, each must become an authority, each must choose for itself how and in what way it wishes to create a group. You have the opportunity to accept that which the one known as Carla and the one known as Jim have created thus far and attempt to help that perceived, physical group which is Jim, Carla and L/L Research.

Yet, both the one known as Carla and the one known as Jim have stepped back from the position of centrality and perceived authority to request that a group be created with its unique focus created within the entire group.

There is no right or wrong way to create a group. Either the group of L/L Research, as it was before each of you came, or the group that L/L Research might become if all entered into the creation of a further flowering of this group, would be not only an acceptable group but a wonderful group. There is no downside to creating a group, as far as we know. There is only your sense of how you would wish to enter into the creation of the group. Is the group as it is that which is comfortable? Then let it be so and let authority stem from the ones known as Jim and Carla and their perceived desires. If there is a further focus that can be gathered, and we feel that there is that which has potential to grow that is more than simply the hopes of the ones known as Jim and Carla, then that too would be a wonderful and a more complex pattern. We cannot encourage you one way or the other. Indeed, we can only marvel at the energy that has pulled you this far, that has lifted you off and tossed you into the pattern in which you are now scrambling for all you are worth, attempting to perceive the pattern within the chaos, that pattern which is forming.

We cannot say to you that spirit has the answer for you. We cannot say to you that there is one right

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outcome. All the outcomes possible are equally right. It is in your hearts, in your hands, and in your speaking. We feel the tremendous love each of you has for yourself, for each other, for the one infinite Creator, and for your planet. We sense the depth and the richness of your intention to serve and we gaze at the beauty of your being. And we know that you shall create light and life and new things. We are glad to be a tiny part of the energy that you have together.

We encourage you always to look to the unseen center, to look to the mystery that has called you here, and that calls you forward now. What is your group? What shall you do? It is in your hands. It is in your hearts.

At this time we would open the meeting to further queries. Is there another question at this time?

G: Q'uo, who or what are the "lions at the gate of green ray"?

We are those of Q'uo, and are aware of your query, my brother. The figure of the lions at the gate of the temple is an ancient means of expressing a truth concerning spiritual gifts. The New York Public Library, that this instrument has seen, has just such lions sitting couchant upon the two sides of the steps leading up to its main entrance.

The mythical concept of lions at the gate goes back for many thousands …

(Side one of tape ends.)

(Carla channeling)

… of years in your cultures and has to do with that sense of safety that entities wish to feel when they go to bed at night and blow out their candle and lie in the darkness waiting for sleep. There is that desire to know that you are protected. The reality of your inner energy system is that you are indeed protected at each level so that unwise use of energy cannot actually destroy the energy body.

When one is attempting to move into the heart, one is attempting to enter a sacred space. Even more than the gates of a city or the gates of a library which are supposed to protect knowledge and wisdom, the gates of the heart protect you, your essential self. If you barge into that sacred space drinking and wenching and swearing and making a great deal of rude noise, you have entered a sacred space inappropriately and the heart chakra does not wish to be entered inappropriately. Consequently, if you attempt to move into your heart chakra, to come through that door into that sacred space, when you are not appropriately tuned, you shall, in one way or another, be kicked out by the lions at the gate. That is the meaning of that figure.

May we answer you further, my brother?

G: Not right now Q'uo, thank you.

We thank you, my brother. Perhaps as you work with this figure there will come a series of queries that we may follow with you.

Is there another question at this time?

V: Q'uo, you talk about the guardian at the gate as a metaphor also for the guardian between levels so that we are protected and can not advance too swiftly. There is a theme in mythology of the guardian on the bridge and I would think that would also be a metaphor for the same protection but is there something further there—not just the protection between levels of spiritual advancement but is there something else there that causes that figure of the guardian on the bridge to show up in so many different cultures in mythology?

We are those of Q'uo. and are aware of your query, my sister. It is an interesting query for, as the one known as V so often does, she picks up the nuances that cover hidden meaning. And yes, my sister, the reason that the figure comes up so often is that it is built into the fabric of spirituality or metaphysics or the time/space play of creation, [so] that only the honest and single-minded entity will be able to thread through that narrow place, that eye of the needle. Whether it is an emotion or a learning or a realization or an astonishing epiphany, [with] each piece of yourself, as you are able to retrieve it, it is as though you are retrieving it through a very narrow space, over a very narrow bridge, through the eye of a needle or in another figure of that kind.

It is not that the forces of spirit are attempting to imprison or limit. It is rather that the way of time/space is that things are allowed to bloom when they have been fully felt. And the quality of that fullness has to do with being willing to surrender everything that is not that thing. There is a tremendous amount of releasing and letting go in the process of crossing that bridge, passing the lions, and so forth.

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May we answer you further, my sister?

V: Yes. Can you can say whether in fact there is an entity that is the guardian on the bridge or if it is simply the conscious nature of reality?

We are those of Q'uo, and appreciate your query greatly, my sister. It is not that we refuse to say, it is that we are unable to encompass the actual nature of the reality of the metaphysical world. There are, in fact, many such guardians and they are entities and essences. They are archetypal in nature. However, for each entity, for you, for the one known as Carla, for each within this circle and each within the creation, the nature of the self helps to create those archetypes. That is a very difficult concept to wrap one's mind around, that, you are not only the seeker but you have a very powerful part in creating the world into which you are seeking. The truth, so called, is beyond all efforts to seek it. And you yourself, as creator of your world, create, in part, the truth that you are attempting to seek.

The study of myth and archetype, therefore, is an interactive walk through the house of mirrors. For in many ways the archetypes are given and are as they are. In other ways, the entities that you meet are entities that you have helped to create. But they are indeed specific entities. However, as well, the fabric of time/space does have built into it the intelligence to recognize, respect and create openings for mature, ripened or fully formed awareness, consciousness or realization.

In each entity there is an ongoing process which is somewhat complex having to do with learning, initiation, the follow-up to initiation, the beginning of new learning, and the cycle beginning over. Further, there is not simply one initiatory cycle going on for most entities. Within this circle, certainly, [this is so] because they are not only learning from third density onward; they are learning from fourth density, fifth density, or sixth density backwards. Consequently, there are several initiatory cycles going on in most of your lives at this time. Not all of the critical portions of these cycles will hit at the same time. Occasionally, more than one cycle will hit, in a critical sense, at the same time, thus creating more than usual feelings of confusion and chaos. And certainly, this instrument has experienced this concatenation of more than one cycle moving at one time.

Thus, the purpose of the lions at the gate is one which is in an infinite process of shifting in order to respond to where the gates are in that particular entity on that particular day on that particular level; and there may be more than one level, more than one gate, and more than one lion.

May we answer you further, my sister?

V: Is it then a true statement to say that the archetypes are, on one level, certainly independent and separate entities or outflowings of the universe, but how they manifest and when and under what circumstances is determined by the seeker.

We are those of Q'uo, and are aware of your query, my sister. Within limits, my sister, this is a fair statement. May we answer you further?

V: Not on that topic, thank you. We do have a separate question from our friend, B. He asks, "If a wanderer kills another during his third-density incarnation but also spiritually awakens to be of service to others and strives to love all from the heart, will he still be able to make the harvest?"

We are those of Q'uo, and are aware of your query, my brother. The energy of manslaughter is certainly an energy that carries with it that which this instrument knows to call karma. You may see such an action as placing one upon a wheel of sorts. The wheel carries with it the self, the other self, all of the feelings which were involved in creating this relationship between the two, and so forth. In the classic sense of karma and cause and effect, the action has as its consequence a loss of unity with other self and stopping that wheel of karma has to do with balancing the energies that were disturbed by this transaction.

In any action in which another's free will is abridged there is the necessity to seek the forgiveness of the one whose free will was abridged. In a deeper sense, the transaction has also harmed the self and perhaps more than the other self, it is the self that has been harmed. Consequently, stopping the wheel of karma involves forgiving the self as well as asking the forgiveness of the other self.

It is not for us to promise paradise, for we do not hang upon a cross. We do not gaze upon other crosses and say, "This day, you shall be with me in Paradise." We can tell the one known as B that the forces of unconditional love would indeed speak from the cross of suffering and redemption and say,

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"Yes, you shall be with me in Paradise." And we can offer that hope and that truth to the one known as B. From the standpoint, however, of one who is upon the ground, gazing at that cross, there is the self and the life that is left to live and the realization that each and every day of that life there is a choice to live in self-forgiveness, in service, in faith, and in hope.

We would urge the one known as B to work on the depths of forgiving the self, for, indeed, it is, we would say, impossible to plumb the depths of human judgment. Release those forces of judgment and know that you have come into the present moment and in that present moment lives a new life, a new hope, and a new being that is you. In this present moment, choose and dedicate that moment to the service of the one infinite Creator, and we do not feel that there is a single force in this universe that could be denying to you the love and the light of the one infinite Creator.

Is there another query at this time?

T: Q'uo, I've had a challenge for many years avoiding distractions during meditation. And I feel that recently it is greater or maybe I've noticed it more. Do you have any advice that might help my self and others in this situation?

We are those of Q'uo, and are aware of your query, my brother. We would indeed suggest to the one known as T that he find the music within the noise. The excesses of twentieth century classical music notwithstanding, there have been many successful attempts to frame, in some way, the art behind the nature of modern noise. This instrument, when away at school, also found herself within a very noisy atmosphere, for this instrument's school was on a truck route and there was a red light at the bottom of a hill upon which this instrument slept. So during the night there would be the screeching of air brakes as large trucks on their route approached the red light at the bottom of this hill which was paved with brick. It created a sound not easily described but easily imagined and certainly loud. This instrument found that if she created a song in which she used the melody and the tones of these otherwise obnoxious sounds in the creating of the melody so that she was able to acknowledge it and even hum along with it, she was much more able to take it with a light heart and see it as part of the music of life.

We realize that it is more difficult to do this with the careless and thoughtless noise of those around one who do not have to come to a stop at a red light while making their living. It is much more difficult to forgive entities who are not busy about their business for making unnecessary noise. But if it may be seen, or heard, shall we say, as a part of the melody of life, then it may be easier to acknowledge it, take it in, and even to have fun with it.

May we answer you further, my brother?

T: Thank you Q'uo. I have mental thought and distractions during meditation where the mind wanders and it wanders off into myself. Do you have any thoughts on how to manage that within meditation?

We are those of Q'uo, and are aware of your query, my brother. Our feeling about distracting thoughts during meditation is that these are acceptable. Our way of dealing with them would simply be to watch them, to sit with them and be with them, not either to resist them or to enter into them but to be with them and watch them. Let them arise and let them fall away.

May we answer you further, my brother.

T: No, thank you and thank you for your presence during meditation.

We are those of Q'uo, and, my brother, you lift our hearts! We thank you for being aware of us.

Is there a final query at this time?

G: Q'uo, I have a friend who's experienced a repetition in circumstance that appears to have created in her life a very striking patterns, this time around with slightly different circumstances, a slightly different cast of characters but a pattern nonetheless. Do you have anything to share with her that might shed some light into the meaning of this particular pattern or what she might look at so that she can discern what the meaning, what the pattern might be telling her?

We are those of Q'uo, and are having difficulty making out a query.

G: I can try to rephrase, I'm sorry.

We would appreciate that, my brother. We are those of Q'uo.

G: She is interested in knowing the meaning behind this particular pattern, the why's, what the message

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is, what it's telling her. Would you have any information that might shed some light on to that meaning for her or give her some clues as to how she might go about discerning the meaning?

We are those of Q'uo, and we believe we are aware of your query, my brother. When there is a repetitive pattern, then it is well simply to write it down, to treat it as a research project, to list those things about the pattern that seem obvious, to journal about those things that do not seem obvious and simply to start attempting to come into possession of a feeling that you have full knowledge of everything about this pattern that you could possibly know on a conscious level. Then I think, my brother, that we may say that it is a matter of taking that pattern and gazing at it without mind; taking it into the silence; taking it into that place that does not have boundaries and does not have rules of logic. For often, when there is a repetitive pattern, that which is attempting to be said to the self by the self is not all of a piece but is rather part on one level and part on another and so forth, so that there needs to be some time and some silence to surround the thoughts of this so that a new pattern in which the jumbled pieces are reshuffled and found to form a new and more sensible pattern emerges.

May we answer you further, my brother?

G: No, thank you very much, instrument, and thank you, Q'uo.

We thank this group from our hearts for taking the time and the energy to come together as a circle of seeking. It is a beautiful thing for us to share and we just feel very privileged to have been called to you. Thank you for asking for our thoughts. It is a true blessing.

We leave you, as we found you, in all that there is, in the love, in the light, in the unity, the power, and in the peace of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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Special Meditation
February 24, 2005

Question from A: How can I see beyond this very compelling physical density? I've had experiences that were Christ Consciousness. When in the midst of such a blessing there is no doubt that the true reality overlays this one. My dilemma is how to access that state of consciousness more often, to the point of living in this world. I'm very aware of the massive shifts and changes on the planet and feel them quite intensely, like earthquakes. I'm also experiencing miraculous cellular healing that's happening to the people with whom I'm working. I'm eager to position my consciousness in that place of receptivity in order to radiate as much as I can. I want to understand more about how the biological interfaces with the higher dimensions.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. May we say what a privilege and a pleasure it is to be called to such a group, to be asked such questions in a circle of seeking. It is more of a blessing than we can say. It is in order to offer just such communication that we remain within your planet's inner planes at this time. The opportunity to work with the one known as A is a great blessing. And to be able to work with each of those within this circle is a great blessing also.

In order for us to protect the communication and to enable us to feel completely free to share our opinion, we would ask one thing of each of you within this circle and that is to employ to the greatest extent your own discriminatory powers, for only you can know what the thoughts are within those things we have to say that may be helpful. If there is that within our discussion that does not resonate to you, we ask you please to drop it and let it go without a second thought. For we would wish not to be a stumbling block before you but only a resource as you, in great independence and integrity, work with your own spiritual evolution. We thank you for accommodating us in this way.

We would say to the one known as A that, my sister, your questions have touched us deeply. It is most heart-opening to us to experience the energy that you bring to this session. It is encouraging to us to feel the certainty and the wholeness of your true and authentic self and to find that you have collected so much of your authentic self into the personality shell that must at times tremble to receive such authenticity. May we say that the essential nature of consciousness is such that the physical body and to some extent the energy body must be worked with patiently and over time, again and again, to accommodate the growth of self-perception. And as the authentic, essential self becomes a clearer voice within the crowded consciousness, it is especially well for the entity to increase its stock of patience with itself. For, you see, the more work that has been done in consciousness, the more clear it becomes to the seeker that there is precious little done and much

left to do. And as work advances in this area, that consciousness of lacking the entirety of self becomes sharper rather than less sharp in its delineation.

As service is rendered to the one infinite Creator, there begins to be established a rhythm of synchronicity and questions asked and answered, whether by bird or beast or wind or rain or the Earth or the fire or by a street sign or by a passing conversation or by a song heard on the radio. Information begins to burst out of every hedge and sound and event. And again, as this rhythm intensifies, one must ask the self to be more patient, more tolerant, and more compassionate towards the self. Please understand that what is asked of a physical body in incarnation is that it carry the consciousness. To most entities working within your third-density illusion, the burden of this consciousness is relatively light. There has not been the level or degree of work done that is sufficient in its intensity to threaten the structure of the physical or the emotional bodies. When, over a period of time, again and again, there have been realizations so that the consciousness that is collected into conscious mind grows in its integrity and in its fullness of being, this physical structure can be pressed. And more than that, the mental and emotional energies connected with the chakra body or the energy body, as this instrument often calls it, increases accordingly. This is not to say that you are in any danger of being overburdened by the fullness of your awareness. It is rather to say that it becomes ever more important to do the work that you have come to do and that you are doing, slowly, with infinite patience and with a great deal of lightness of spirit and a sense of humor concerning the garments of human roles that you play, of peoples' perceptions of you, of your perception of your self, and of the multi-layered tangle that you pass through as a conscious being in the everyday world of consensus reality.

When you are preparing yourself for meditation, find the light in the tiny details of entering into that door and through that door.

(Inaudible)

What you are doing when you become aware, as you have said, of the overlay of a greater reality, is moving through a portal which is guarded by lions, as they say in the figures of religion and myth. These guardians are there to protect you in going into that sacred space and they are there to protect the sacred space from your premature entry. You have had no trouble with these guardians of the gate but we wish you to grasp that our encouraging you always to take the time and to enjoy the preparation for work in consciousness is in order that you may, at all times, be in complete accord with these guardians so that they not only allow you into the sacred space of your own open heart, but shall indeed, as this instrument would say, watch your back and offer you their love, their light, and their protection so that no mortal error may set its foot across that sacred doorsill into the temple of your heart

(Inaudible)

What is it to move into the open heart? In the outer world of consensus reality, when a person says "I," it is understood that that person is referring to its personality, the "I" that seems to move about and speak through the body that you inhabit. The one known as A is very well aware that this is a surface and incomplete version of the "I" that she is. And indeed, my sister, your query has a great deal to do with becoming more and more comfortable with the "I" that consciousness is within you. For consciousness is a portion of the Godhead principle. It is not a [personal] "I." It necessarily has a great deal of the details of your personality shell involved and this is something that we may perhaps share with you in helping you to understand what is occurring within you. For you are dropping away and letting go of more than you are aware, perhaps, within the surface consciousness. Again, this is not only an excellent process for you personally, this is a process that, in its very proceeding with you, aids the planetary energies and the planet itself in coming into a new awareness of itself, its evolving consciousness. For you are not an island of self in the temple of the open heart. You are more and more a part of the ocean that in its illimitable and infinite way, expresses and contains all that there is.

You have within you and surrounding you many helpers. Some of these helpers are internal to your own guidance system. Some of these helpers have been drawn to you because of the work that you are doing in consciousness and because of the service that you offer to those about you as you do you work in energy for others and with others. And again, although all of these entities, energies and essences are fully aware of your thoughts, yet still, in order to smooth and make more flowing the

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relationships involved in this web of love that surrounds you and helps you, it is well within yourself to be clear as to your intention as you enter into your tuning process, as you enter into what challenging that you may do in the process of your work and as you, in brief, attend to the various details of your inner processes. These need to be intimate to you and private and we would only encourage you to respect and honor your feelings, your hunches, every tingle of sensing that you have regardless of how incorrect and seemingly ungrounded these feelings are. Know within yourself and trust that each of these feelings is given to you in order that you may attend to every nuance and clean every speck of impurity from any edge that you may vaguely suspect may be there.

You see, my sister, the work that you are doing attracts entities that are not lovely and that hunger not to enjoy or support your light but rather to remove you from the light, or, if that is found impossible to do, to dim that light by the forces of doubt and fear. It is not necessary to guard against such energies. When such energies seem to enter into a transaction that you experience within consciousness it is enough simply to say, "You may listen but you may not join the circle; you may hear, but you may not cross the line and enter into this sacred space." It is enough to bless and to send love and to release any fear. It is not necessary to storm into self-defensive action or to call upon names of power. For you are, in your integrity, one who has those names and those powers in a certain, very appropriate, configuration around you. This has been done not by your design but by the design of what this instrument calls spirit. Much is prepared for one who has done the kind of work that you have done. And this is not true simply for you, for as you have experienced in your incarnation, there are many entities who walk the planetary surface at this time who have done tremendous work in consciousness, who have found their essential self. And you are not dismayed by the size and the power that that essential self carries but wish only to find the right use of that power, and right way of service, and to this you offer every iota of energy that has been gathered from the temple of the larger self.

Your query as to how to bring more of that greater "I" into the ordinary life is that with which this instrument is enormously focused upon in her own process, so we find a very rich ground for speaking to you. And yet, at the same time, because of issues with this instrument's own free will, we must walk a careful line in order that we not interfere with this instrument's own process.

Let us talk a bit about how we see this situation that you describe, of attempting to bring into the ordinary life the expanded thoughts *(inaudible)*. This instrument often speaks of the self as a crystal being and of the energy field of the self as a crystalline energy, the kind of crystal that is used in radio transmission *(inaudible)*. The energy body interpenetrates the physical body. It is inseparable from the physical body within incarnation and it is carefully designed to be so. The silver cord, as this instrument has learned to call it, is that time/space or metaphysical link that nevertheless has its tendrils within the connection between the yellow-ray chakra and the green-ray chakra, or the energy level upon which the ordinary life is lived and the energy of the open heart. There is in this crystalline [chakra-body] energy form a very specific, shall we say, spine upon which the chakras wrap the self and within which they are in dynamic association, one with another. The first triangle of energies is the red-ray chakra, the orange-ray chakra, and the yellow-ray chakra. In this instrument's system those energies have to do with survival, with personal relationships, and then with the groups with which one works in the physical incarnation. The fourth chakra, the green-ray chakra, is known to her as the heart chakra and we would say, in this instance, that it is important to realize that there is between the yellow-ray chakra and the green-ray chakra what we are showing to this instrument as a right angle turn. But it is a right angle into time/space from space/time. It is impossible to describe or to draw in any physical form that this instrument is aware of or that we can give through this instrument.

Nevertheless, call it a jog, if you will, in the path. In order to turn the corner into the open heart, there is this matter of the lions that guard the gate to the temple. There is the path to be envisioned, whether it is a set of steps, or any other figure that helps you personally to move through this process. There is a genuine turning to the One and it cannot be done lightly or casually. Further, it is as if you were announcing to the inner planes through which this time/space portal passes that you have become a magical being. You take on the greater identity, the "I" that is all that there is or, in this instrument's

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way of saying it, the Christ Consciousness. You take on the energies of unconditional love and in this configuration you represent a point which spreads to enclose your self and, if you are working with another, the entity with whom you are doing energy work. This other entity also then dwells within the sacred space that you have created and in this environment, that entity has the opportunity to make choices. It is as though you were the point within a pyramid at which health can be preserved or things can be transformed, that point at which healing takes place, at which growth may take place if chosen.

In the usual form of magical work, such a personality change is taken quite consciously and at the end of a magical work, that personality is put away with equal care and equally in a conscious manner. Some entities actually use a physical object to remind themselves of the change in their consciousness. Some use a crystal which they place upon their breast before work and which they take from their breast after work. Some use a ring and place the ring which has been dedicated from its origins to this work on their finger before a magical working, removing it after the working.

Now what you are talking about doing in bringing more and more of this greater "I" into the ordinary life is maintaining a magical personality and we, while having no trouble saying that you are capable of this at times and on some levels, would like to engage your own creative process so that you yourself are more and more capable of assessing your abilities to maintain within the ordinary bicker and baffle of life lived in the ordinary, everyday way, a magical personality. There are times when you are perfectly capable of doing this, my sister. There are times when it is wisest of you to leave the magical personality aside, very consciously and very deliberately, knowing that there are stresses and biases within your pattern at this time that would suggest that it would not be appropriate to take that job into time/space, or to ask the lions at the gate to allow you through into the heart of your being.

It is a matter of judgment. It is in some ways exactly the opposite of what you would prefer to do to be assessing, in a rational and linear manner, your situation, your energies, and the true state of your heart at a particular time. And yet we would ask you to do this in order to protect your soul's health and the integrity of your energy body as well as, in a more gross and physical way, protecting your physical body from the stresses that might come from disregarding graininess in the texture of your own spirit at a particular time so that you are asking your heart to stay open and asking that Christ Consciousness, or that awareness of all that is, to attempt to penetrate through the cracks and crevices of an ordinary life that is perhaps off-kilter.

There is a good deal of imperfection that is perfectly allowable, for are not all entities within third density, by the very definition of such beings, imperfect? It is not the imperfections that can harm you, but rather the carelessness with yourself that could come around again and bite you for as you are too eager to move ahead, then so that eagerness has that side-effect that you may see in gazing at an immature entity who tries to do too much. There is the possibility of burn-out. There is the possibility of banging the knees and thumping the thumbs and the elbows and the head against various crags and rocks and stones along the path in ways that we cannot describe through this instrument.

What we are saying to you is that, to the extent that you are able, allow a sense of your own situation to form up before you experiment with bringing the magical personality into everyday life. And when you sense, in the process of doing that, that that magical self is in any strain or stress, then we would ask of you that you remove the crystal from your breast, that you take the ring from your hand, that you do, in other words, whatever it is that you have agreed with yourself to do to signal to yourself and to the lions at the gate that you are now leaving the building.

My sister, this instrument is smiling because she is aware that we were using one of her favorite phrases, "Elvis has now left the building." In a way, that is what we are asking you to do: to see the Christ Consciousness that is within you as what it is. It is your true self but it is a stranger in strange land within ordinary life and to bring it through it is necessary for you to have a foot firmly planted in both worlds. That kind of balance comes and goes in the best as well as the worst of seekers.

This instrument has a habit when she is tuning of consulting the archangels which she associates with the elements of earth, air, wind and fire, calling forth before her, Raphael and the gifts of air; behind her, Gabriel and the gifts of water; on her right hand,

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Michael and the gifts of fire; and on her left hand, Auriel, and the gifts of earth. We might suggest to you that your experiment with calling these entities before you begin an experiment in toggling between the magical personality and everyday life and attempting to join them. Attempt, shall we say, to sense into what expression is on their faces, how their robes may catch the wind and what their hands are doing. See how they are relating to you. What is their posture? Are they sitting? Are they at rest? Are they excited? What do they hold in their hands to warn, to encourage, or to support?

Such figures as this, through repetition of use, can begin to yield to you a wealth of information which is coded to you personally. This forms up over time, as many things do in spiritual work. It may be that there are repetitions that you must go through where you receive absolutely nothing. But we might suggest that you work with this figure over a period of at least a month, once a day, to develop it as a resource for you if it is indeed going to work out to be one for you, as it has for this instrument. If it does not resonate to you to bring this very specific and encircling elemental energy about you in this way, then we would suggest doing some reading for yourself in the general subject matter of western ritual magic or as this instrument calls it, white magic, looking at the figure of the tree of life, looking at the figures of those energies such as the archangels that have been used by many faithful servants of the light for many centuries. The point is not to get into another person's system. The point is to access systems that have been worked upon by pure and loving spirits over long periods of time so that in working with these figures or tropes or structures, you are allying yourself with or following in the path of those who have done work in consciousness before you, smoothing the way, moving stones out of your way, and creating a sustaining and underlying energy that helps you keep your balance in finding your own very personal way.

It is a rightful and appropriate thing for you to do, to live more and more in expanded consciousness. And indeed, part of what this instrument has been attempting to do for many years has been exactly this: to stand, not just in the dust of the ordinary, but to know that dust for the sparkling, glorious, crystalline energy world that it also is. All things are sacred. All motes of matter are alive and full of spirit. And why should you not, in your consciousness, unite the densities and harmonize the sacred and the seemingly non-sacred so that the ordinary is illuminated from within and all things become a temple? We salute you for the attempt and we wish you to understand fully that you have succeeded by desiring to do this thing.

Earlier this instrument was listening to an album of music that had been created by an enthusiast of the *Law of One* material. And the one known as Carla and the one known as Jim we were reading together the liner notes for this album. In it, the author, the one known as L, was writing a memory that she had of her grandmother. Her grandmother's advice, she said, was never to be discouraged if you were a political activist, no matter how impossible your goals seemed, or how much of a failure you were at achieving them within the world. For the sheer effort of standing for the truth, for justice, and for the light, was the absolute success of activism. By desiring to bring together the temple that lies within the open heart and the outside world, you have succeeded already in combining them. What we are asking you to do is take a care for your own self in its surface aspects, in its shallower nature …

(Side one of tape ends.)

(Carla channeling)

… so that you bring along the mundane, not as a free-loader hitching a ride on the back of the wagon, but as an honored and respected passenger. The tendency can be, for spiritually powerful entities, to think less of the physical and the mundane and to think more of that greater consciousness within. And yet the glory of third density is the combination of the two.

Each within this circle at this time is a crystal. It is receiving the infinite love and light of the one infinite Creator and it is transmitting that signal onward. Does it transmit it with its full integrity? Does it transmit it with an added blessing? These are questions each must ask the self. You cannot help transmitting the love and the light of the one Creator. But how it is colored is entirely the result of the configuration of energies in that energy body and the connections between the energy body and the physical body. Consequently, each seeker is as a unique kind of flower: the colors, the shapes of its opening, the bloom, the way that it reacts and responds to the sunlight and the rain of spirit, are

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unique to each. No two selves have the same beauty. Each is a perfect and unique treasure. And we wish for you to see yourself in just that way and to embrace all of these parts of self, not only in those moments when you can see perfectly well that all is one and all is perfect, but also in those times when you are most fragmented and least aware of the truth of the wholeness and perfection of your being. Value the self in those times of seeming chaos with precisely the same energy and enthusiasm that you have when you feel and know that all is well and all is one.

The truth, my sister, is very simple. You are already, in terms of time/space, combining the greater "I" and the mundane "I." However, as we said before, the challenge involved in living this truth is in evaluating your energies so that when you are weary, you rest; when you are ragged emotionally, you lay down the burden of your knowledge of who you are, and you allow yourself to crawl into the lap of the one infinite Creator, to curl up in that lap, and to go to sleep being rocked by one who loves you more than you could ever know. Let comfort wash over you and let yourself take when you need to take. It is extremely well that you find those times when you have hunger and you have thirst and you have need and to ask for that food, for that drink, for that answer, knowing, beyond a shadow of a doubt, that you are worthy and that all is being attended to.

At this time, although we have not addressed many of the nuances in your excellent series of question you began with, we feel that we have used that initial energy and in sufficient measure that we would stop and ask if there are additional questions or if you would like to take other directions in what remains of this session of working. We are those of Q'uo.

A: Okay, if I've read what you said correctly, you are saying that I need to relax into the process that is ongoing rather than worry about the process. Is that correct?

We are those of Q'uo, and are aware of your query, my sister. We believe that you have it quite well in hand. That is exactly what we are encouraging within you. It is a relaxation into the process that is ongoing. You have sharpened your will and you have made it single-pointed. This is something that is very often a difficulty for entities but this is that which you have done. This has made it possible for you to penetrate. You have also focused your faith and again, this has allowed you to broaden and to deepen your work. Consequently, with faith and will in hand, and with a dedication that is complete, the work of outer things may rest. What remains is an incarnation bursting with possibilities The shape of the rest of your incarnation is not known to us. It is not known to us how those things trembling into being shall form themselves. It is only known to us that this process goes well for you and that you may indeed relax into it and enjoy it.

May we answer you further, my sister?

A: Yes. I feel a caution, not to be like one of those who are not wanting to move forward. I want to be maybe more discerning as to whether there is within my personality complex that which doesn't get enough consideration, that which we might call a shadow?

We are those of Q'uo, and are aware of your query, my sister. Let us look at this query, for it is an interesting one. What is an entity that doesn't "get it" but a mirroring or projection of the part of the self that doesn't get it? What is any entity out there that seems to represent those who cannot come forward into the light but a portion of the self? So, indeed, it could be said in a surface way that indeed there is a portion of the self that does not give enough respect to the shadow. However, we would not choose to frame it in that structure for the simple reason, yet not so simple, that we sense within you a full awareness of and respect for the shadow, however it may be described or however it may be perceived. We do not sense within you an uneasy relationship with the wolf within, with that which can bite or kill or steal or be in any way the shadow self. Rather, we sense within you a love that is human and that wishes to embrace and heal.

However, in many portions of those selves that present themselves to you, not for healing but simply as selves, there is within them the unreadiness to accept healing, the unwillingness to sustain growth. And consequently, that great love and embrace that you feel is that which is unwelcome on levels beyond the possibility of others to address. For they know not that they have any resistance to healing and growth. Consequently, it is a matter of being able to respect and make allowances for entities that are other than ready to embrace their own light. Let them be as they are and know that for them that which they are projecting into your consciousness, as

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biased as it seems, is the best they can do, and is all that they can do. They are at the limit of their abilities at this time. So the reaction towards them at this time is still love and is still an embrace but it is an embrace that allows them to be as they are and with no judgment or thoughts of the future but with the awareness that they are precisely *(inaudible)* [as they need to be.]

May we answer you further, my sister?

A: No, I think I understand that. I would ask about my upcoming trip to Egypt with David Wilcock … Is there anything that I could do to further my receptivity in that time?

We are those of Q'uo, and are aware of your query, my sister. We would simply say to you that we would encourage you to move serenely, to listen well, and to know that these energies too are those that are guarded by those who love you and who wish to help you to serve humankind and the Creator. Again, the secret in service is not to reach, not to withhold, but to move in serenity, in peace, and within your own integrity at all times.

May we answer you further, my sister?

(No further queries.)

We find that the energy for this session is beginning to wane and if you have one last question we would be glad to entertain it at this time before we leave this group and this instrument.

A: I think my last question would be, is there any specific protocol on crystalline notes that would help me further my work?

We are those of Q'uo, and are aware of your query my sister. We offer to this instrument the suggestion that she share with you that she herself has found comfort in using a tuning fork that is tuned to the "F" above middle "C," that she chose because it is, in some systems, the sound of the open heart. We would not wish to move any further than this into discussions of tonal work for the reason that we would be interfering with your own process. Nor do we feel that this is any more than a beginning for you, that perhaps if you launch yourself in some way in chanting or simply intoning that energy and, if you have such a tuning fork, balancing it actually on the heart chakra as you are doing the work, that perhaps it will lead you to your own discoveries and open your creative springs.

My sister, we cannot tell you how much pleasure we have found in working with your energies and the energies with each of those within this circle. We thank each and we leave each in the love and in the light of the one infinite Creator. Adonai. We are known to you as Q'uo. ♣

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Special Meditation
March 4, 2005

Jim: *(Reading S's question.)* First of all, Q'uo, S would like to thank you for your service to her and to all of us on planet Earth at this time, a time when we are all in great need of assistance.

She would like some direction in her own path of seeking. She would like to polarize more positively and she would like some direction as to how she could do this more effectively. She would like you to speak to any blockages that you may have noticed within her mind/body/spirit complex and please give her direction on what she can do to unblock these blockages. She would also like some information on how she could balance love and wisdom in her own life. That is a big lesson for all of us and she would appreciate whatever you have to say in that regard.

(Carla channeling)

We are those known to you as the principle of the Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are. We thank the one known as S this day for calling us to this circle of seeking. We feel most privileged and honored to be allowed to share our thoughts with you and with this circle of seeking. And we would ask of you that which we always ask with any circle to which we offer thoughts, and that, my sister, is that you use your discrimination in listening to what we have to say. We may be right on target with some of our thoughts and with other thoughts we may miss completely. We need for you to know your own heart and your own needs to the point where, if something does not make sense to you or if it grates in any way, you lay it aside without a second thought. This discrimination will enable us to speak freely without abridging the free will of yourself or in any way encroaching upon the sanctity of your process. With this understood, we are satisfied that we are in a good position to be able to speak with you and we thank you for your consideration.

You have asked this day about how to advance and refine your polarization so as to achieve a vibration that is consistent with the fourth density rather than the third density of existence as you know it and about how you can better balance yourself in each chakra of your energy body in order better to create the proper environment for this polarizing work in consciousness. You also asked about the relationship between love and wisdom and how that dynamic works and how it can be balanced, which we feel will probably take care of itself as we address the first two questions, but we shall revisit that before we open the meeting to further questions. We thank you for these questions. They are excellent and we simply hope that we may have some material that will serve as a resource for you on this great seeking that you express at this time.

Polarization is a matter of choice and of repeated choice and we find in gazing at your energy that you grasp this basic fact very well and that you have been working on the basic choice of service to others or service to self and not for a short length of time but

for some time within your incarnation. The subtleties of choice, especially the repetitions of choice, are sometimes more of a challenge than others. Some choices seem very obvious: whether to respond in anger to anger or whether to respond in love. That is an obvious choice. Yet let us examine this example for subtlety and nuance. When someone speaks with you in a way that feels angry or hostile or jangling to you, certainly your first impulse is to, as this instrument would say, clean up your act as far as the response is concerned. And may we say that we feel that you do a fairly good job for the most part in your responses. Of course, one could find ways to criticize the self. But 95% of the time, shall we say, your basic work in this area is sound and we congratulate you on the kind of full-body effort that you are making to be a gentle spirit, one who does return love, who does not ask to be loved but rather seeks to love. This is the heart of the polarization for fourth-density graduation.

When someone does express negative emotion to you, however, there is more information there than the simple hostility. There is truth. It is the kind of truth that you see in a hall of mirrors at the midway of a carnival. There are no mirrors that show you a true image in such a hall of mirrors. Every mirror is crazed. Some create a tall and slender S, others create a short and fat S. Some warp you to the right and some warp you to the left. Some make wavy lines throughout your entire image so that your eyes and your nose and your mouth do not match up and your neck is at one side and your torso at another and your leg off on the other side again. How can these images be helpful? That is the question that we ask you. How can the crazed and incorrect images of negative emotion directed towards you be helpful?

It is a brave and a stalwart soul who is willing to look into that question; to look into the nuances and the subtleties of other entities with whom you have crossed paths and whose reaction to you is, in fact, a projection of their own process. And may we say that in every situation, no matter how much distortion that there is in that entity's reaction to you and in that hostility that is unfair and unjust, nevertheless there lies material to be mined in the quiet of one's own thoughts all the time. For each and every image of you that appears to you is pregnant with information. Perhaps some of this information drags you where you would rather not go, into the shadow side of self that brings before you material that is painful. The injustice and unfairness of such images of the self that they project, from another whose reactions to you are negative, is seemingly completely incorrect. Yet in that moment of interpenetration of the two energy bodies there is sacredness if you are willing to accept the challenge of sitting in sacred space with such unhappy and unjust colors, shapes and images.

There is an honor to be done to those who are unjust to you, who do not understand you and who cannot see who you really are. To honor and to mine this information that you have been given is often a challenge which you need to meet only through a process of time, revisiting the thoughts that were shared, the feelings that you felt upon receiving these unjustly offered thoughts and so forth. The process is not bound by your awareness of consensus-reality time. You can revisit this moment a year from now and it will still be as fresh and real as it was when it occurred. So if you do not do this immediately, feeling the pain, being unable to go further with this material at the present time, that is perfectly and wholly acceptable. There is no time limit on work in consciousness.

Sometimes it may help in this regard for you to keep a little journal and to write down those things you feel you cannot process at a certain moment. You may find that there is a pattern to this, that certain relationships are almost entirely beyond your ability to process in the present tense, as we think of those things, shall we say, in your consensus reality, in space/time. Nevertheless it helps sometimes to note down what you can about this material, to write down how you felt, note simply what was said, or how unjust or just it might be. This is not necessary for you to do. What is helpful is simply to mark the moment and to note especially everything you can remember about your initial reaction.

What is this initial reaction? Let us say that it is an entry into an underground river or stream of emotion, for you never feel emotion alone. It is not your emotion. Rather, it is a part of the color and brilliance of a system of subconscious, shall we say, waterways that begin with streams of emotion that are very small, that perhaps few people experience. They are highly colored and highly biased and may have to do only with you and another person and perhaps three or four dozen other entities on the face of your planet who have experienced just exactly that combination of emotions that creates this crystalline

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moment with its biases, distortions, color and beauty.

You are a crystal being and everything you feel has its truth. You are always worthy to feel what you feel. There is never such a thing as an unworthy emotion. Everything, from seemingly black to seemingly blatant white in polarity, is acceptable to the one infinite Creator. Your job is to see and know the truth of yourself. When you feel these emotions you may feel they are unworthy but they are not. They are your truth and in feeling this emotion you have entered into what this instrument calls the archetypal mind.

Within the archetypal mind there is a very rich, detailed and broad spectrum of waterways, shall we say, emotionally coming from the most biased and the most colored and the most unique to you, moving slowly down into larger waterways which you come into as you purify these emotions, as you find distortion and bias and see into that distortion and bias. Over time, through realization and other work in consciousness which is more deliberate and less spontaneous, you begin to purify and refine the sensing system of your energy body so that when you feel the next emotion, even if it is exactly that emotion that was yours the last time that you felt it in connection with this relationship that is ongoing, say, yet you begin to enter into a larger waterway [than that] in which you are in the company only of those few entities who have your biases and have run into an entity and interacted and that entity has reacted in the same way.

You begin, as you refine your own system of energy and the corresponding emotional capacity of that crystalline being that you are, to enter into the system of archetypal mind in such a way that you are in a larger company, with more people who have done more work, just as you have done more work. What you are aiming for here is not to remove emotions but to refine and purify emotions. You are looking for a deeper and deeper truth about yourself. Now, just as all water systems do, when the stream becomes a creek and the creek becomes a river, the river widens and develops energy and power and finally it reaches the ocean. The ocean of the archetypal consciousness is unconditional love. You cannot rush or hurry the sail that you are on. You can mend your sails on your boat; you can correct and re-correct your readings of the stars; you can check your rudder for strength, but you must sail as the truth of your being is ready to sail. Penetrating too quickly into the water system and especially into the ocean of the archetypal mind is dangerous for you. It may swamp your boat. And it will certainly land you in a world of confusion that you cannot sort out by yourself. So as you do this work of attempting to increase your polarization, we encourage you to respect and honor every truth that each emotion offers to you, noting it down. And if you cannot handle working with it at this time, yet still honor and respect your truth, your color, and your brilliance.

Now let us look further at the way in which one polarizes. Let us step back from the question of polarization and look at the energy body with which you are working. For simplification and convenience, that energy body may be thought to consist of the various chakras. And this instrument is aware of a system in which the chakras are as the colors of the rainbow: red, orange, yellow, blue, green, indigo and violet, with the white chakra, shall we say, hovering just at the top of that energy body as a crown. The first three chakras—red, orange and yellow—are the chakras which we would suggest it is helpful to visit every day, asking yourself in meditation, "What are my issues with survival? What are my issues with personal relationships with myself and with those about me? And what are my issues with the groups which I have decided to join as a human being in consensus reality?" These three categories are the categories of the red, orange and yellow energies.

Every human being living through incarnation upon planet Earth has biases and distortions in those three chakras that need to be gazed at in peace, serenity and lack of judgment each day, not with a view to kicking out the unwanted emotions or the unwanted distortions, but with a humble and open-handed prayer to be given guidance. Ask for balance. Ask for your guidance system to find ways to show you how to better balance your fears about survival, your concerns regarding relationships, and your puzzlement concerning the feelings, requests and requirements of the various groups into which you have chosen to come. They may be those relationships of the birth family or the marriage family. They may be work-related. But each group has its own biases and its own distortions and these are not necessarily a part of your own process. Yet

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they can pull you and push you and affect the way you perceive yourself and your process.

We encourage you to do this work patiently and with a sense of humor, and, most of all, completely without self-judgment. The object here is not to judge the self or to decide how to better the self. The object is to come into an awareness of where you are today.

The reason that we so strenuously encourage this work is that where you want to go in the next chakra requires that these three chakras, the basic chakras, be in sufficient balance that the infinite supply of unconditional love and energy for life coming into your energy system from the root chakra or red-ray chakra can move upwards without significant blockage. We do not say without distortion but without significant blockage into the heart. If you cannot clear the lower chakras enough that you are getting a good supply of the infinite love and light of the one Creator into the heart chakra, then this is where you need to stop for the moment It is important for you to be able to rest in the sacred space of your own open heart and to know yourself there before you can really do work in consciousness with any confidence that you will not harm yourself or confuse yourself more than you clarify things for yourself. As we have said many times through this instrument, there are what this instrument calls "lions at the gate" guarding your entry into your own heart. Listen to those lions and find the patience with yourself to do the work that it takes to make entry into your heart in such a way that the lions not only allow you to pass, but give you the feeling that they are now guarding your back.

Then take a few moments to rest in the consciousness of yourself in its larger sense. For you have, when you pass the first three chakras and move into the heart, moved from the outer personality into the inner truth, from space/time into time/space and from judgment into redemption or forgiveness. For you have become a larger you. The "I" that is the first person singular of you is significantly changed in the atmosphere and the sanctity of the open heart. When you feel that you are beginning to vibrate with unconditional love, you have then achieved that expanded awareness of the truth of who you are. Resting, then, in this truth, it is now safe for you to do your work in consciousness.

Your first work in consciousness is to come into open communication with yourself. You have put judgment away. That is not part of your personality any more. You have put doubt away. You are dwelling as a citizen of eternity. Your possibilities have become infinite. The world has dropped away in terms of consensus reality and you are living at this moment, doing this work in time/space and in the company of all who have gone before you, living a life in faith, dwelling in the sacred temple of the open heart. Here you are never alone. The Creator Itself holds you in an embrace that is nearer to you than your breathing, closer to you than your body. If you need to—and it is sometimes necessary to realize that this is all you need and all you can bear—crawl into the lap of that great entity that is the Creator, however you may see this entity—mother, father, great principle. Crawl into this loving lap and rest. Do no more than that if this is what you need. Let angels surround you. Let the love that is completely unconditional, that created you and sustains you, now rock you and sing to you and sleep the sleep of one who is loved as a child is loved by its mother.

If, on the other hand, you dwell in that temple and are ready for more, then by all means move into those energies you wish to explore. If you feel that you have explored the blue-ray energy of open communication thoroughly and you are ready to move into work in consciousness, then you may work at visualization, meditation, contemplation or any other roads that you seem called at that one moment of work to begin to walk along. There are many paths. They do all lead to the Creator. You cannot take an incorrect path in thought or in meditation or in practice. And you need to move by feelings, by that resonance that tells you when you are on the right track. The blockages that you have spoken of are those within your energy body that would narrow the inrush area of the incoming energy of the one infinite Creator.

Now picture with us, if you will, the image of this metaphysical body that is interpenetrating your physical body. There are two sources of the love and the light of the one infinite Creator. One is universal. It moves from the base chakra upwards. The other source is much more focused and pointed. It is the result of the work in consciousness that you have previously done and that exact point at which you are now entering, doing this work at this moment. And this is experienced as coming down

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through the crown chakra into the violet ray. It moves from the violet ray according to the ways of your energy body. It will not harm you, and if it cannot move further than the violet ray, it will remain there and it will not pull the energy upward. However, when you have achieved an entrance into the open heart and are seated, shall we say, that is, physically speaking, in the green ray, in that temple of the heart, then your hands are empty and you are seeking. Then that universal energy may be pulled upward to where the intelligent direction of your guidance system would cause it to go and your guidance system's energy, coming down from above, will meet your universal energy at that point. This is work that cannot be thought out or done on purpose. Rather it is a matter of trusting your process and offering your prayer with empty hands, not saying "Lord, I need this; Lord, I need that," but saying, "I come to you seeking the truth of myself. Show me that which you have to offer me this day. Help me to be a part of the creative or godhead system. Give me my daily bread. Give me that which I may work with and learn from just for today." And then allow silence and faith to rest with you as you sit in the temple of your own heart.

Many things may come to you as you sit and rest. Again, take them in without judgment; without reservation. Repeat the process as often as you can, daily if possible, and over time you will begin to see why it is called a spiritual process.

My sister, you are asking for the hardest work imaginable within third density. It is work which the physical body literally cannot bear without help. That is why we so greatly encourage the clearing of the first three chakras before doing work in consciousness. You do not want to sublimate these basic red-yellow-orange issues in order to get at work in consciousness. No matter how boring or less than exciting it may seem to do the clearing work necessary before opening the heart, this is what protects your physical body and maintains it for you so that work in consciousness will not create a serious mismatch between third-density issues and fourth-density learning. You need, therefore, gently and patiently to bring that physical body into balance and bring the three chakras having to do with the physical body into more and more clarity. It is a matter of knowing who you are on so many levels.

And you shall not come to a place where you will know everything there is to know about your physical body or your physical energy body. New information will come to you every day. New situations will change your tuning in red ray or yellow ray or orange ray every day. So you cannot simply do the work and then move on. It is repetitive, daily work.

You already have an absolute and overwhelming love for how it feels to be in the open heart. And a great deal of your service in this incarnation has been done from an open heart. Yet we ask you, my sister, "What have you left behind in your rush to open the heart, and what do you need to collect lovingly and patiently so that when you move into your heart you bring all of yourself?"

Let us look at the figure of the redemptive Jesus, for the one known as Jesus, as you have told this instrument previously, is very dear to you. Therefore, we will use this particular teacher and what this teacher has to say about the open heart in looking at your situation.

The Creator requests of you that you take up your cross and follow the one known as Jesus. We are not speaking literally or dogmatically here, but we are using an image and a figure or a structure, if you will, which many people of faith have been able to use well. What is it to take up one's cross but to honor your suffering, to know it and not to turn away from it or to avoid it but take it upon yourself. It is said, "For his yoke is easy and his burden is light."[15] What makes this yoke easy? What makes this burden light?

The one known as Jesus said, "When you see me you do not see me but you see the Father who sent me."[16] Can you see how that illuminates the challenge to

[15] *Holy Bible,* Matthew 11:28-30: "Come to me, all you who labor and are heavy-laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

[16] This saying is in several forms throughout the Gospels. Here is one version from John 10:25-29: "The works that I do in my Father's name, they bear witness to me; but you do not believe, because you do not belong to my sheep. My sheep hear my voice, and I know them, and they follow me; and I give them eternal life, and they shall never perish, and no one shall snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. I and the Father are one."

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take up your cross and follow? You are not following an entity known as Jesus. You are following the one the Father sent to do His will. You are following an entity that was described by the one known as Jesus over and over again in ways that would indicate that this entity wished, when you said the name "Jesus," not to think of a personal consciousness but to think of unconditional love. And this entity put itself on a cross to express what unconditional love is. This entity expressed it literally as the giving without expectation of return. And in that unconditional giving lies the key to the entry into fourth density.

So the one known as Jesus as a teacher was saying to you, "Love is the way; love is the truth and love is the life."[17] Thusly we say to you, as you focus yourself into work in consciousness, "Know who you are."

And in a way you are your pain. If you may see that you need to carry that cross into the sacred space of your own heart, you do not need to get rid of that pain. You need to honor that pain. And as you collect it into yourself, you are collecting all the darkness within you so that no shadow remains of which you would say, "That is not part of me." You wish to collect all of yourself into the sacred space and then you wish to follow the ways of unconditional love in that sacred space.

And how do you follow love but to trust it and to know that it is the truth of you? It is your larger consciousness and if you cannot yet feel every iota of that unconditional love then you should be patient and you should ask and you should await, in utter faith, the realization that is to come.

This instrument is instructing us that we must wind up our main question, and so we would simply once again touch upon your question concerning the balance between love and wisdom. And here, my sister, we would say to you that you have challenged yourself within this incarnation with this balance between love and wisdom. And why would you challenge yourself? It is not because you do not have enough of either, but because you may have an overbalance towards love. And in that regard we would ask you, when doing work in consciousness, to visit the blockages within those first three chakras, asking yourself the question, "Am I worthy?"

The open heart knows the answer to that question, but when you are doing work in consciousness you are the Creator and so you have a great deal of capacity both to learn and to delude yourself. Therefore, examine the love you have for yourself and the redemption that you know that you possess. And wherever you find yourself unredeemed by your own self, wherever you find yourself judged by yourself, we ask you to move to the foot of the cross and look up into the eyes of the one known as Jesus. We remind you of the stress of this entity upon the cross as he hung between two thieves and murderers. We remind you that one thief asked the one known as Jesus, "Master, when you get to Paradise, will you think of me?" The one known as Jesus said, "This day you are with me in Paradise."

Your redemption is absolute. It is not time-bound. It is not local. It has nothing to do with how imperfect you are. It has to do with the fact that you too are part of the Creator.

We thank you, my sister, for these beautiful questions and for the delight it has been for us to share our thoughts with you on them and would ask at this time if there are follow-up questions that you would like to ask? We are those of Q'uo.

S: No. There is a great deal here for me to ponder, digest and work upon and use. And until I do that, I won't have any further questions. I need to think a great deal and work with it. And I thank you so, so very much for all that you are doing for us. This is a difficult time right now and I cannot express how much it means, the love and the care and the help that you give us.

(Carla channeling)

We are those of Q'uo, and, my sister, we thank you too and would express our humility in the face of the beauty that you offer to us. We thank each of those within this circle for the beauty of their being and for their willingness to stop and yield moments of their precious time in order that they may come to the circle of seeking and seek that truth. We seek it with you, my sister, and we simply leave you and

[17] *Holy Bible*, John 14:1-6: "' Let not your hearts be troubled; believe in God, believe also in me. In my Father's house are many rooms; if it were not so, would I have told you that I go to prepare a place for you? And, when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way where I am going.' Thomas said to him, 'Lord, we do not know where you are going; how can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life; no one comes to the Father but by me.'"

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this circle in the love and in the light of the one infinite Creator. We rejoice. We are at peace and we rest in all that there is. We are those known to you as the principle of the Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
March 6, 2005

Group question: The question today has to do with guidance and how people can perceive guidance, how they can become aware of their guidance, and along a more specific line, we're wondering just exactly how guidance can be perceived by people who do what we would consider to be quite evil things like killing, controlling and torturing other people? Is it the case that guidance goes bad or is it the person, in the way they perceive the guidance? Could you give us some information on guidance, please?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we are. May we express our thanks to each of you for creating this circle of seeking and express what a privilege and a joy it is to be able to have the opportunity to share our thoughts through this instrument on the subject of guidance, both the positive and negative aspects of it. It is a large subject and we can but hope to make a beginning in this session of working. But we are most grateful to you for providing the energy and the question to create a sharing of energy amongst all of us and you. We offer this up to the Creator and would ask of you only that you continue throughout this session and when you think of this session to use absolute honesty in examining your feelings about the thoughts that we share. Your discrimination is priceless. No one else can know what is right for you but you. You are the authority; we are not. We are only those who share thoughts. Please, if there are thoughts that we share this day that trouble you or in any way do not resonate for you, drop them. Put them down and leave them behind, for they are not a part of your process. If you will do us this favor it will help us to feel reassured that we can share our thoughts without in any way damaging your own free will or the sacredness of that process within you which is your spiritual evolution.

You ask this day concerning guidance and we find that without a certain amount of discussion before we begin talking about guidance itself, we have nothing on which to hang it: no structure which will hold us and hold the concepts about which we would like to speak. And so we would step back from that question long enough to share a few thoughts about the way we see you as beings.

We see you as entities with, as this instrument has said recently, feet firmly planted in two worlds. You are soundly and firmly entrenched from your birth onwards throughout incarnation in a world of illusion that this instrument calls third density. It is consensus reality, as it were. It is the world in which you meet people, make relationships, create a living for yourself and for your family, and find value, meaning and direction in a life that is full of choices. Upon entry into incarnation you receive a formative bath of cultural orientation. Your parents teach you what to think about the reality that meets your eyes.

You form biases based on incorrect information given to you by parents and teachers and other authority figures. You create biases within yourself by the pain you experience when you are too helpless to defend yourself from such pain. And when it becomes too much to bear, you create pockets of pain deep within yourself and you bury them over with good times and school assignments and the growing-up process. By the time you have reached what your culture would call adulthood, you have a set of biases within yourself which have created a somewhat colored and distorted view of this consensus reality. And this is the beginning that each of you has. This is your start towards the grand adventure of moving from consensus reality and its extremely limited choices and thoughts into a greater world, a world that is non-local, that this instrument would call the metaphysical world or the world of time/space. It is this world from which you came upon entering incarnation. It is this world that you agreed to forget upon birth so that you could, with absolute freedom of choice, find your way, through desire alone, into what is loosely called the truth.

Now let us look at this situation. The help that you have for this journey is your larger self. Here is a larger self that includes the Creator and all that there is. Through many, many experiences of all the densities of experience up until now in your space/time travels, you have explored the energies of the elements: the plant kingdom, the animal kingdom. You have come at last into the world of animals which bear consciousnesses that are non-local. This is the animal that you now are in third density or in your consensus-reality beingness. It is not that you are divided or split against yourself. It is that the surface of yourself is created by the experiences of a bio-computer that is strictly your brain dealing with every experience that has touched you, and especially hurt you, in such a way as to survive that experience. You remember the good times, you remember the difficult times, you remember the choices that you have made and those things that seemed to have worked for you. You have found ways to protect yourself, to defend yourself, to help yourself be comfortable and happy. And you have done all of this with that consciousness that this instrument would describe as a great ape's. Many instinctual behaviors have helped you to focus your energies in order to experience life as a comfortable thing.

At the same time, as you have become competent in working with your third-density body, making those choices and living your life, you have, whether early or late, whether suddenly or gradually, become aware of the larger universe that interpenetrates and surrounds consensus reality.

There are many attempts by authority figures in one's childhood, usually, to interest a growing being in the interests of religion. And often the first forays that a seeker has into that larger reality of the spirit is offered through the offices of religion. Sometimes, as in the case of this instrument, the orientation of the seeker is such that such entries into spirit actually work, and there is given to one such as this instrument the opportunity to live a life in faith; never leaving the comfortable confines of a parish church and yet glorying in the company of angels and archangels. And so it has been for this instrument. She did not reach far for her guidance system, for it was the [guidance system set up by the] one known as Jesus, whom she knew as a childhood friend. [This guidance system] is the one known as the Holy Spirit. [This is only] words to most people, but to this instrument [it is] a living being whom she has come to call Holly and with whom she talks every day.

For most entities who truly and deeply seek and will not be satisfied with the commonplaces that do not fill the empty places in the heart, none of this works. And so the seeker begins a journey; whereto he does not know. All he knows is that he is seeking to fill the empty place within. It is not given to the seeker to know that he is already in that larger universe that he so craves to know. To the seeker, it somehow is all out there and to be reached for. And yet, that is not the model that we would give you nor the model with which we would ask you to work in attempting to clarify and refine your contact with your own guidance. We would offer you rather the picture of yourself as a being that rests already in the sacred space within, so that the process of learning is actually a process of recovering or remembering who you are.

Now, before incarnation, you created things for yourself that will stand you in good stead. You created relationships that would try you, test you and teach you how to serve without any expectation of return. You created ways in which you could in some outer way be of some service to those around you. And it is a wonderful exploration to undergo in

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faith to look at each day with the question, "How can I help? How can I serve? Whom can I love? And what shall I learn?"

You do not ask these questions in a void. You ask them within the sacred space of your own heart.

That which we offer this instrument is offered in a very careful way. This instrument tunes for this contact as if she were a radio station, tuning to her highest and best self. And when she is there, knowing she is unworthy, but asking to be of service regardless, she offers herself with a whole and utter completeness to the highest and best energy that she knows. And in this instrument's case, this instrument asks for the energy of Jesus the Christ, or what many would call Christ Consciousness, and what this instrument prefers at times to call unconditional love. She asks for the highest and best contact that she can carry in a stable manner of unconditional love. Then she gathers around herself a group so that she does not bear this upon her own shoulders, at all, but rather is simply the group's focus and the translator of energy from one density, shall we say, or level, to another. It is a fairly complex practice and is geared towards the collection of information which has polarity and which therefore has power. She selects that target to which she attaches herself or with which she connects in order that she and this energy, this source that she has sought, may come together and create a body of words with the hope that such words may inform and inspire. There is risk involved in this work. It is the risk of receiving information that is not helpful, that is not positive, and that creates fear and anxiety rather than harmony, hope and community.

When an entity by itself seeks guidance, there is no such risk. The instructions from many sources within your consensus reality on this are very clear. The suggestion in general is to go within. Go into that inner room of prayer, closet oneself and listen to the silence. You see, guidance does not actually come in words. This instrument is not receiving direct guidance from us. This instrument is translating concepts that may have some power to heal or to help growth in your process. And in inner guidance, it is the same [conceptual] truth. So often, entities who feel that they have received guidance express it not in terms of words but in terms of epiphany, or realization. It is much larger than words can hold, this content of truth. The going into the silence is, first of all, to stop the self from talking; to divorce the self from the busy mind or what this instrument would call the monkey mind of third-density thought.

Now, many times, each of you within this circle has experienced that wonderful movement from local and linear thought into imagination. Connections become looser and they slide across disciplines and ways of thinking, finding friendly structures in unlikely places. And one begins to create castles in the air and have wonderful towers of thought that have come to one somehow sideways. This is guidance at its most elementary. When you have finally been able to begin to disconnect the relentlessly logical, linear mind and have lifted away from ratiocination to imagination, then you have become ready to behold your larger self. As you sit in the silence of no-thought, as you relax into that sacred space that silence builds within you, your body is able to relax and let go of its incredibly tenacious hold on your deeper consciousness. Physical changes occur to one who is simply sitting and resting. The blood pressure drops, the pulse slows, the brainwaves actually change and chemical changes occur throughout the body systems. You can breath more deeply at last and begin to release yourself into your fundamental seeking. You can begin at last to ask the questions that are too deep for words.

For most entities, the first thing that occurs when you move into the silence is that all of the things at which you have not wanted to look or which you have put aside because there was no time come up and are viewed by you. Do not resist these forays into seeming thoughts, for they are the material about which the very highest part of your subconscious being has been concerned. Welcome each of them as a guest without any attachment to how long that guest will stay. Sit with that guest. Listen and observe. This is something that has been stuck in your energy body. Let it get unstuck, but do not follow it. Allow it to express, allow it to rise, and allow it to fall again. This process may be all you can do for months if you are simply a beginner to silent meditation, and that is fully acceptable. That is progress of the greatest kind. Gradually you will become able to move deeper because you have begun clearing your energy body and those blockages and distortions that were most troubling you, that were most constricting the energy on its way to your open

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heart, will have been released, balanced, loved and accepted by you.

Have you any idea how unaccepted you are by yourself? You have only to go into meditation to discover that. Let the ghosts that haunt you visit you. They cannot hurt you. You are safe. Allow them to rise, and begin to look at those ghosts and the shadows that they represent as worthy, honored, loved, accepted and embraced. This is a powerful process and may we say that, in our opinion, it cannot be rushed. It can not be hurried. It has its own rhythm in your life in spirit. And once again, as you persist day by day in the discipline of allowing yourself to get to know yourself, you are clearing the way for an ever deeper understanding of who you are.

Each of you came here very focused on learning and service. And yet you walk through the veil of incarnation and you forget that focus so that as you live your life, you are learning not by rote, not by memorizing lessons that some teacher or authority figure has given you, but by every thought that you have, every desire that you are able to identify. The refinery of Earth is one in which you decide what to refine, what to pursue, what to bring up from the treasury of your own subconscious material and how to mine that material for the jewels that it contains. And it is in this model that we would talk to you about guidance.

You came into incarnation supported and bolstered, without any possibility of being abandoned or isolated, with a very solid, sturdy guidance system. It is up to you to create the structure with which you feel comfortable as a person for receiving this guidance. To some extent, you may do reading into religions, philosophies, myth and archetype, for each culture has ways of describing and structuring guidance. For the Native Americans, for instance, every animal has a role to play in guiding. Each animal that you meet, therefore, is a messenger. There are systems of guidance which employ inspired human beings who act as gurus; and these gurus are able to focus spirit in such a way that realizations come to the student who is devoted to the guru. There are those religious systems which ask of one that one follow a certain master such as the one known as Jesus, the one known as Buddha, or the one known as Allah and his prophet. There is an almost infinite array of ways to approach beginning to become aware of guidance.

In general, we would say that you must follow the path of greatest resonance. If there is a master who resonates to you so much that you wish to follow in the footsteps of that master, then you will take a certain path towards guidance. If you find that you are more comfortable following the chain of coincidences, of those things that speak to you from day-to-day, then life itself becomes the messenger of guidance. And, in many cases, by the simple discipline of beginning to record one's dreams or one's thoughts after meditation, one is able to gain access to that web of love and support that is all around you and waiting with the greatest of eagerness and joy for the opportunity to be heard. We describe this and characterize this as guidance of a positive or service-to-others nature.

You have also asked about guidance of a service-to-self nature, or a negative nature, such as the [guidance system of the] one known as Hitler and other obviously service-to-self entities who are not interested in helping others but in controlling them. Within the time/space densities from which guidance comes, the positive and the negative paths are separated. One within fourth or fifth density has chosen either to serve others or to serve the self. You as a positive spirit are receiving guidance from your own greater self at a density that is further on in space/time than your own. You are receiving back the information that you have won by earning it through lesson after lesson, service after service, and density upon density. When you receive guidance of a negative nature, it has not been arranged beforehand. It has not been planned before incarnation. Rather, it has the character of a predator and its prey. For the service-to-self entity that wishes to be a negatively-oriented guide for a third-density entity is actually looking to control the source of power and to be sure that that power does not turn towards the light but towards the darkness.

These entities are what this instrument would describe as vampiric in nature. They are looking to feed upon your love and to turn it into fear. The path of their ingress into your system of awareness has to do with those deeply buried spaces of pain, which are usually embedded during childhood but may have been embedded more recently, in the adulthood, as well. Usually the deepest pockets of pain and suffering within an entity's psyche are those that have been buried since childhood and have been well covered over. If you have distortions involving

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anger, for instance, such an entity can find a roost deep within you. And if you become interesting to such an entity because you have begun to seek the light and have therefore polarized and begun to accrue power to your being within incarnation, you will attract such entities' attention. And they will look throughout your armor of light, shall we say, throughout your energy body, to see where there is a hidden pocket of pain that is unknown or unaccepted by the conscious mind and unloved by the conscious heart. And into this pocket they will come and perch and wait for the opportunity to create fear, pain, division and so forth.

Each entity is vulnerable in her own way to such greeting. It is like a Chinese puzzle, in that the more such greeting is resisted, the stronger it can become. Had the one known as Hitler been able to turn and face the pain within him, this entity would not have been able to delude himself as he did; for indeed this entity believed that he was aiding not only himself but his entire race, with which he identified strongly, by excluding those who were not perfect, as was his race. To build up such prejudice is to move ever deeper into fear and exclusion. When in your life you see divisive energies, energies that judge and exclude and create a feeling of elitism and a sense that one is better than another entity or another group, you can easily finger the culprit. You have been beguiled by vampire energy into turning to a part of yourself in which the light is not developed.

There is always the choice, when this is perceived, as to how to deal with the situation. If you reject yourself and judge yourself for having come into this configuration of thought, then you are increasing those divisive energies and moving further from the love that you understand is positive. You are still engaged in loving but that love has been distorted into fear and into those negative emotions which attack, defend and create barriers.

Moving back into a gaze of the self, you may see that it comes down, ever and always, to this moment. Here is the moment of choice; here is the arena of so-called light and so-called darkness. Shall you love what you see or shall you reject it? All of polarity and all of your access to guidance rests on your decision, in this moment, to embrace, include and love; or to reject, exclude and fear. Here is where words like faith, grace and hope are seen to be entities of great beauty, power and truth. At the moment that you realize that you must ask for help, you have already begun to receive that help. It is as reflexive as breathing out and breathing in. Know that you are never alone when you seek the truth. Know that you are in the company of those that love you and wish only to support you.

How to access your guidance? There are as many ways as there are people. And we will be glad to explore any of those ways about which you wish to ask. Simply knowing yourself to be the being that you are is the beginning of a great adventure. And may we say that at any time that you wish us to aid in your meditation, we are glad to join you if you will but mentally request our presence. It is not that we have anything to add but our love. That love is as a carrier wave that enables you to meditate a little more smoothly and deeply. We gladly offer that and are most grateful to serve and we thank each of you who has asked us and who has been able to feel that underlying and undergirding steadiness that comes with meditating as part of a larger group. Be assured that you have an extended family of what this instrument would call angels and beings that have worked with you before that rest around you continuously and that bolster you on every side: before and behind, above and beneath. You rest in a web of love.

We would ask at this time if there are any queries before we leave this instrument and we thank each of you for enabling us to respond to such an excellent question. We are those of Q'uo.

Jim: I have a question, Q'uo, from K in Finland. She asks, "Did the planet Earth have an unusually great amount of extraterrestrial visitors from near and far after mid-September this past year, in 2004? Was there anything special happening around our planet that may have prompted this keen interest in us?"

We are those of Q'uo, and are aware of your query, my sister. We would not answer this query specifically. However, we would like to comment in general that as your planetary sphere and, indeed, the solar system in which it rests and dances, reaches this particular end-date of what this instrument calls third density upon planet Earth, there have been and will continue to be repeated waves of incredible energy that are rolling across your planetary sphere and the inner planes that are connected with this planet. They are waves of things leaving and things coming. It is as though night were falling and dawn

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was breaking and in between, as this instrument would say, "Katy, bar the door."

Again, it is a crowded universe.

Now let us focus briefly upon the linkage between third density and fourth density. In attempting to graduate from third density to fourth, this planetary sphere has so often repeated a singular error that it has been unable to achieve a complete planetary graduation in a long time, much longer than has been experienced by most planetary spheres. It is an extreme enough and unusual enough occurrence that it has created what this instrument would call a time lateral, or a shunt. The train of planet Earth's people has sort of gone off on a side track until it can bring itself together in love. Instead, repeatedly, it has brought itself together in fear. And this is not unusual considering that we see upon your planetary sphere those who have, as those of Mars did, destroyed their planetary surface by war; and as those of Atlantis did, destroyed their continent by misdirected crystal energy. The tendency, therefore, of this planet's people is to become wrapped in fear and cause an explosion of negative energy that is usually seen as war. This pattern has repeated itself through empire upon empire and now those who have, in the past, been a part of this pattern have almost finished what they can do to gather together what this instrument would call Armageddon or *Gotterdammerung*.

They have failed. We believe that we now see that this is so. Nevertheless, the thrashing of what this instrument would call the dragon's tail is yet mighty. Up until approximately—we give this instrument a figure of five years ago—the probability/possibility vortices were that this pattern would repeat itself. However, enough positive energy has begun to be gathered in the hearts of the planetary population of humankind upon planet Earth that the very likely polar shift that was expected before the end of your twentieth century was averted. What is occurring now on your planet as it goes through the labor of planet Earth into fourth density is that delicate task of releasing the negative energy collected by this planet in ways that do not destroy the planet. And so, as we have said before, you can see the tsunamis, the earthquakes, the catastrophes that are terrible but not Earth-shattering, and we mean that literally. Love has transformed your possibilities and now you gaze at the genuine possibility of bringing the planetary sphere together in a web of true love.

My friends, how much you have to balance! It is a staggering challenge. But the hearts of the people of planet Earth are beginning to come alive with a great desire to love each other; and this is your calling at this time. It is for this reason that you came to this incarnation. And we say to you, love one another. Waves of energy both positive and negative will continue to impact your planet. Every ghost that you did not ever want to see again will come directly face-to-face with you and if you are very lucky that ghost will be shown to you in an honest and loving mirror. That is the most for which you can hope. For in order for you to become a truly loving person, you shall need to embrace these energies, accept these ghosts as part of yourself, and integrate your personality more and more into that part of yourself that is the consciousness of living Godhead.

May you fare well with these birthing energies and become pioneers of fourth density.

Is there another query at this time?

(Pause)

We are those of Q'uo, and find that we have exhausted the questions in this circle of seeking for the moment. We say again to you what a privilege and a pleasure it is to be with you and to share our humble thoughts. And may we ask you again to discard them without a second thought if they trouble you. The beauty of your beings and your seeking humbles us and opens our hearts. Thank you, each of you. We are those of Q'uo, and we leave you as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
March 20, 2005

Question from B: The question this week is as follows: We of this world have a tendency to form groups whose collective voice is iconified and represented by a name and a graphic symbol, such as [the company name of] "L/L Research" and its image of Don Quixote. Can you, Q'uo, expand on the nature and construction of a group name and symbol for a group based on the principles of the Law of One, and, if such a construct is advantageous, make some suggestions on effective ways to select an appropriate name and symbol for a group seeking service to others, based in fourth-density concepts?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we are. We are so gratified to be able to join your circle of seeking and to view the delicacy and beauty of your blooming souls as you sit seeking that which is so carelessly called the truth, that which is all that there is.

We are most happy to share our thoughts with you on symbols and how they are created and would ask of you one thing that will make it much easier for us to be able to speak freely and that is that each of you take full responsibility for how you take in that which we offer you. We are not always right. We are not a voice of unquestionable authority. We are just those, as are you, [who are] seeking the truth. So please, as you hear these thoughts, evaluate them for how they feel to you. And if they do not feel right; if they do not feel resonant to you, please, let them go. They will come again at a time in which you are ready to consider them. For now, they are not for you and you need not to pay attention. Choose carefully the object of your attention! If you will do that for us, then we will feel much more able to speak without worrying that we will be infringing upon your free will or your process of spiritual evolution.

You ask us this day concerning the creation of symbols and ways to typify, or create icons for, deep and precious thoughts within you, thoughts which are held in common by a group. We are most gratified to receive this question for it is a marvelously mind and heart-opening question for us to consider. It reaches deeply into your very nature and therefore it is with eagerness that we consider how to attack this question.

Perhaps we would, as we usually do, back up a bit from the question itself and consider the nature of those who are asking the question. Each of you has a structure as clear and lucid and in some ways linear as geography in terms of the nature of your self. We do not speak at this time in terms of your surface consciousness but rather in terms of that which you carry as a citizen of eternity, as a spirit or a soul.

Consciousness is something that you share with each other crystal being that walks your planet as a third-density, so-called human, entity. You share an

infinitely deep nature that is mostly hidden from you. And that area which creates the symbols that endure is called the subconscious mind or the roots of consciousness or, as this instrument often calls it, the archetypical mind.

Myths are stories in which characters represent parts of the deep self. The stories that are told in myth relate the various parts of this deeper self in such a way that there is transformative power in the relationships and in the complexes of concepts that are held [within] the various points of the story and the symbols of character and plot within myth and archetype.

Each of you has a certain unique way of being able to see into the archetypical mind. so for each of you, even if you are working in a very established system of archetypal or mythical truth such as the Christian faith, the way that you are able to enter into these complexes of concepts, these characters and stories, is unique. Just as unique as are you. When you join a group, you hold most of your archetypical material in common. But each person within the group will inevitably and rightfully enter into a group-created archetype or story in a unique way. The more established mythical systems have gained power not only [because of] the accuracy of the descriptive power held within story and character but also because, through time, the people that have followed this path, this story and these characters have created an ineffable richness of subtlety and nuance that perhaps has never been written down and is not available for those who are simply trying to learn myth and archetype from reading.

Indeed, those who read and study archetypes are forever caught within the mind and are kept by their very mindfulness and scholarship from entering deeply into and becoming the archetypes that they study. However, those who release the archetypes at last from the stricture of mind and enter into them through the heart have entered into a path that has been followed by many. And as they walk the path that this story configures and suggests, they enrich that path by every thought that they think and every desire that arises in relation to this story and these characters, this myth and the archetypes that [the myth] pulls out of the geography of your deep mind.

Growing from the roots of these relatively fixed parts of the archetypal mind [is] a living plant, a living tree, shall we say, of knowledge, of understanding. This is the advantage of entering into an established archetypical system such as a religious faith, a philosophy, or a mythical system indigenous to a culture, whether it be a primitive culture or a more seemingly civilized culture or, in the case of those who wish to create a group that has [not] been created before, a new culture, a new philosophy, or a new religious system. Therefore, there is an infinitely broad and rich panoply of choices when it comes to how to create the iconography and the notational system of a symbol for a group such as the name and the icon which was chosen by the ones known as Don and Carla in creating the name of L/L Research or Love and Light Research and the icon which was a symbol painted by the artist known as Pablo of the mythical character from literary culture known as Don Quixote.[18] This entity, Don Quixote, tilted at windmills and the ones known as Don and Carla were attracted to this dreaming of the impossible dream and seeking the highest and best in a world which seemed not to be capable of the highest and best but only capable of a landscape of tattered windmills swinging in the sun.

By choosing to localize their hopes and their dreams of enlarging and serving love and light and by choosing a symbol that was meaningful to both of the entities in this group, they were able to focus for themselves a certain stream of energy that helped both of them to become the dreamers of the impossible dream. As well, their focus was contagious and some 35 years after this symbol was chosen,[19] hundreds of thousands of entities have become acquainted with this particular stream of archetypal energy, have resonated with it to some degree, and have, to that degree, thought more

[18] From orwell.ru/library/articles/As_I_Please/Don_Quixote-ld: "Pablo Picasso's drawing of Don Quixote is one of the most popular graphic representations known of Cervantes's wondrous character. The drawing was made in 1955 for issue 581 of *Les Lettres Françaises*."

[19] Picasso's drawing of Don Quixote had been above Carla's desk since 1964. When Don and Carla formed a formal partnership in 1970, naming it L/L Research, they used the Don Quixote image. They first published under that name in 1976, with *Secrets of the UFO*. When Jim McCarty, Don Elkins and Carla combined Jim's non-profit foundation of Rock Creek Research and Development Labs, Inc., which Jim had formed in 1977, with their partnership to form a public foundation in 1980, the publishing name of L/L Research was chosen as a "dba" name for the group and the organization, formally called Rock Creek R & D Labs, has always done business as L/L Research.

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about it, gained from it, and walked that path, enriching in ways ever unseen the path that now awaits an ever broader and easier ingress for others who come after them.

It is to be noted that, as the instrument said earlier, the beginning of the choosing of symbols was modest. This instrument had had a picture of Don Quixote over her desk since she was in college. And when the symbol was chosen at a later date, by about six years, from the time it was originally chosen by her, the one known as Don had simply run into that symbol for the first time because he knew the instrument. He had become used to that symbol and had thought about it and it resonated to him as well as to the instrument. And so when they talked about what to call their partnership, for indeed this was this beginning of L/L Research, they decided to call it that name because of the nature of their understanding of why they were here and who they were. To this day this instrument often asks people to consider who they are and why they are here. It is from these honest and humble beginning that symbols can be created and it is only from a knowledge of the self and the ability that is ever refined and purified to reach deeply into the heart of the self and come to the day's answer to those questions that the ability to enter into one's own archetypal mind is nourished.

Now, this instrument is aware that the group which has inspired the one known as B to ask this question is a group called "The Rangers." The Rangers is a name that is part of another literary composition, in this case a television play which was developed as a five-year story which was very consciously undertaken by its creators as that which would delve into the deeper aspects of groups and why they come together and what their goals are. In this television play, which is called *Babylon 5*, the Anla'shok or the Rangers are those who come from many different traditions, drawn together as a group by the desire to be of service to others. It is a kind of knighthood whose values are concerned with service to others, love for others, love of honor and duty and faithfulness to the cause that they choose to undertake.

Consequently, this instrument is aware that in no way, shape or form could such a group enter into an old or established mythical system, for the concepts of many different societies or kinds of people allying themselves to one another as a knighthood or a group of honorable persons is not precisely configured in the myths of any one religion or culture. It is rather a construct based on understanding that is relatively novel, and that is the understanding that the variety of entities upon your planet at this time reaches across every culture, every religion, and every philosophy and yet has one underlying, infinite and eternal unity. We would therefore suggest that such a name and symbol might well be chosen based on relatively novel concepts. In other words, we are suggesting that it may in this case be fruitful to lift away from perceived mythical systems and to create a story and characters that resonate to this group.

We are not suggesting that new myths must be disassociated from the older mythical systems. It is very possible to use elements of perceived other systems of archetype in creating the name and the icon of a new group. However, we do suggest that any one story shall not satisfy the needs of such a far-ranging group.

What we would like to do is use this instrument's own awareness and offer some ideas which we can pluck from her somewhat broad stream of consciousness in attempting to offer different ways to think about, not so much the name as the symbolic system underlying the name, or the icon that would support the name, of such a group. It is possible, for instance, that the name, Rangers, is perfectly satisfactory. The reason we suggest that the name you have chosen so far may not be adequate is not so much the name as it is in the meaning that underlies the name and [this] is that that name was created by an entity whose desire was to put forth a concept in a certain colored and biased way that may not satisfy that need of the group to create a unique name which has layers of meaning that can be discussed and strengthened as the group develops.

We would not presume to make suggestions for such a name, nor would we presume to make finite or literal suggestions for a symbol. What we would like to do then, if you will give us permission mentally to do so, is to take a walk through this instrument's symbolic systems using various things about which she has thought in order to indicate to you the kind of thinking that might be helpful for this group to

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consider in creating its own authentic and unique notational system.[20]

We begin by noting that we would choose first to discuss a kind of symbol or notational system that has no spiritual or religious bias. And then we would like to work with this instrument's own religious system and its knowledge of that Confederation-type of philosophy with which she is most familiar and which she has often called the Law of One, to a certain extent. So we will be starting in one place and ending in another but we believe that both avenues are helpful and therefore we would include both for your consideration.

Firstly, we would like to talk about sacred geometry, as this instrument calls it. Now we find that this instrument is very little schooled or knowledgeable in the subject of sacred geometry. She has very little real information which we may use and so we will use very simple things which may be helpful in indicating the kind of thinking that you might consider.

This instrument sees the world of nature as a circle. That would be not just the second density but, in a foreshadowing or reflective way, the circle of all densities and their inner planes. For what the natural world and the extended natural world, leaving out third density, have in common is a full knowledge of the love and the light of the one infinite Creator. This creates within the natural world, as well as within the creation as a whole, an infinite array of possibilities. The circle of knowledge is ever expansive and this circle has no beginning and no end. And in it all things are in constant and unremitting balance.

Interestingly enough, in third density, there is what might be called a dead zone as far as the circle of knowledge is concerned. The circle is squared. Space and time become finite, measured. There is a beginning and an end to life, to knowledge, to civilizations, and to the world as any one generation of entities can know it.

This squareness or deadness is not without its possibilities, for the circle is contained within the square in the form of the consciousness that you carry. The spirit lies within you in its circularity and its infinity, waiting to be invoked by your desire. You must reach as a spirit and ask for the opening of the door to infinity. You must ask within this square and within this deadness. There must come to each entity the birth of hope, the awakening of the faculties of faith and the beginning of a sense of self which is rounded into eternity. In this apparently barren field of Earth lies the fecund field that will grow any seed that you plant. What shall you choose to plant? What shall you choose to desire? How shall you break away from the corners that trap you into thinking that you are limited?

If this symbol of third density is a square, then perhaps we might say that the symbol of entry into a larger point of view or, in another context, entry into fourth density, is a delta, or a pyramid. This is a three-sided construct. Now, this instrument is aware of work which has been done researching the energies of this triangle-shaped figure in its three-dimensional form as a pyramid and is aware of the spiraling energy that has been found to be collected by the shape. This is the geometry of change. This is the shape of transformation. There is healing in such a shape, but, more importantly for this particular group and this particular question, there is growth.

The spiral from the top of the pyramid is that which is able to move into the fourth density or [into] that space between the densities where there is resistance through which this energy helps to push. Consequently, one has the circle, one has the square, and one has the delta, or the triangle.

Now, we do not give this instrument further information concerning any fourth-density construct, although we certainly encourage each to consider such constructs. Realize that the group is a group of third-density entities who wish to affect change and transformation within themselves and within the planet working within this square.

We would move then from the seemingly emotionally and spiritually neutral images of shapes to this instrument's religious or spiritual system because we would wish not to leave the square as a square but rather to reconfigure this four-sidedness or four-direction-ness into this instrument's religious system, which is that of the cross. There is great power in seeing the square in this rather inside-out configuration. So let us look a bit into this instrument's deeper musings concerning this symbol, for it has been used by this instrument to transfigure the deadness of physical incarnation; it

[20] A notational system is defined as a technical system of symbols used to represent special things.

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has been used to awaken her circularity, her infinity within. And how has this been?

There are two aspects to this symbol of the cross. There is the vertical axis and there is the horizontal axis. The cross can be seen to be that upon which hangs a Redeemer which dies on this cross in order to purify and refine the consciousness of the world as it, Itself, as the Christ, was refined and purified by the sacrifice of self for love of other-self. However, we find that this instrument does not allow the one known as Jesus the Christ to lie supine[21] upon a cross. Rather, this instrument has never been able to configure this entity as being trapped by such a construct. But, rather, it has been seen by this instrument as a launching pad for an idea. And that is the idea that there is a larger life and that it is here today, alive, and promised in the greatest of love and the absolute certainty of the one known as Jesus the Christ's knowledge that such a thing as sacrifice, such a thing as utter, unconditional love, was that engine which would launch not only himself but all of creation and create a flowing stream that would reconfigure and free humankind from those corners of limitation that are suggested by every aspect of your human experience. Every attempt that humans make to be worthy, to be perfect, is hopeless. Every attempt to become worthy of the love and the light of the infinite Creator has failed before it has begun. There is no way to earn heaven. Rather, it must be fallen into, leapt into, embraced without knowing or seeing anything; embraced only because the resonance of this truth is irresistible.

And so this instrument does not see the cross as a symbol of suffering but rather as that which is the very springboard to infinity and eternity, and not in another world but in this world, in this day, and in this time. This symbol has created for her a way of looking up, looking down, and looking to each side. The square has become that which has opened up. There is the vertical member which is rooted in the earth and which reaches to the sky. And there is the horizontal member which this instrument has often thought of as symbolizing the everyday life. Certainly, each is nailed to an everyday existence that is inevitable. One gets up in the morning from one's rest and one has activity while one is conscious. One has many duties and responsibilities, many thoughts and many desires as one goes about one's daily life. One feeds on food in order to survive and one gives food to others, whether it be physical supply or ideas or good counsel or poor counsel or any kind of intentional evil. And then one at last loses consciousness once again and after resting wakes again to do it over.

Yet one never repeats any instant of any day. It is always a new world. Yet it is a world that moves along the roads of ordinariness and it is within that ordinariness that all of the truth, all of the revelation, all of the realization, and all of the epiphany of transformation lies. It is upon this horizontal member that the refining fire continually burns. Just as each entity is rooted in earth and is reaching towards a larger awareness, so is it horizontal in its everyday-ness and its feeling of being ordinary.

There is great craving in entities who are seeking to become non-ordinary. Yet, the point of this entrance into non-ordinariness is at the point at which the vertical member and the horizontal member meet. There is a circle that describes you as a person upon the cross of life or within the square of life. Whether the corners are outer, as in a square, or whether the corners are of those members and seemingly moving into center, nevertheless, the circle is within the square, the circle is at the center of the cross. You are that focus of the infinite into the everyday. And the way you suffer configures your spiritual evolution. The way you circularize your square creates for you your path towards spiritual evolution.

Now we would also in this regard suggest two more things having to do with shapes and yet also moving back into the religious or spiritual, and, in some cases, cultural as well. Firstly, we would suggest that the horizontal member of such a cross may be seen to be, rather than that wood upon which stretches out the arms of the Christ, the symbol of infinity, which this instrument would describe as a lazy eight.[22] Infinity lies within the ordinary.

The other thing that we would suggest is the symbol from your Egyptian culture and from the spiritual or religious system of the Egyptians in your history, of

[21] supine: "lying on the back or having the face upward," with a secondary meaning of "marked by or showing lethargy, passivity, or blameworthy indifference.

[22]

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the ankh or the Crux Ansata.[23] It is a kind of cross which is very descriptive of the possibilities of infinity and eternity because it forms in its upper member, the top part of the vertical member of the cross, a stylized circle. This circle is not round but rather is shaped very much like the half-spiral that shoots up from the top of the pyramid.

The discussion of this instrument's various symbolic representations and so forth need not go further for we do not intend to suggest in any way that the symbol for the group known as the Rangers contains any of these ideas. We wish only to suggest that, beginning with the bare essences of things that this group finds remarkable or interesting, [there] lies a richness that can be trusted. And we wish further to suggest that the mythical representations such as [are found within] this instrument's deeply felt and beloved Christianity are fruitful ground for digging into and uncovering relationships that may enrich and enliven and create resonances for the basic ideas that create the icon.

If one chose, for instance, the basic symbol of a triangle, then one would have to ask, what would the three sides represent? In terms of the Law of One, this instrument's mind would develop a simple answer: that the three sides would be basically love, wisdom, and power. This is very simple but very evocative. What is love? What does it evoke within one to think of love?

We use this example because, within the Law of One material, at one point the three of the research group at that time—the one known as Carla, the one known as Don, and the one known as Jim—were described by the one known as Ra as being well-balanced because the one known as Carla had a great deal of unconditional love in her makeup, enough to spill over and inspire others, whereas the one known as Don had a tremendous connection with wisdom, and the one known as Jim had an overwhelming degree of power. The differences [of the persons within the group] were harmonized in such a way as to create a sacred space. So the question that the Ra put to the group then sitting was, "How could this balance be helpful to the group and, in extension, to the creation?"

Again, with four sides, there would be the possibility of describing four ways of expressing the Creator. Obvious examples of four-ness are the four directions, the four archangels, and the four elements.

What is circularity or roundness?

And lastly, we suggest that because of the nature of the Rangers, there may need to be an overreaching or surrounding image that contains the symbol of angelic aid or wings, because of the fact that this group has as part of its value system the awareness that all things are conscious and alive and that those energies that surround one, whether in first density, second density, or so forth, are sentient and helpful, each element helping each. It is this energy which suggests to us the basic personification of, say, an angel or any winged figure from mythical systems that are seemingly helpful, as discussion mounts concerning such a design.

Certainly elements of design can be superimposed and designs can be created, each element of which means something to the members of the group. It may be that the symbol of the tree would be better for this group, say, than the symbol of an angel. But what we wish to suggest is the personification, just as the figure of Don Quixote, with his mad ideas and his tattered windmills becoming a wonderful world in which hope is possible, focused energy for the ones known as Don and Carla. It helps to have a personified figure or essence which is part of such an icon or symbol. It is helpful, shall we say, to have the cast of characters as well as the basic story.

This instrument has been saying to us for some time that we have talked for too long and it is time to open the meeting for further questions, [and so] we apologize. But we wished to produce this body of material through this instrument in one session in order to do what we could to share our awareness of the way concept complexes work and the way that ordinary people can create myth and archetype from within themselves. Let your ideas flower; let them bloom. We wish you the joy of this exploration. And we are, as always, with you to strengthen and undergird your basic meditative energies as you sink into the silence and ask.

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We would at this time open this meeting to further queries. Is there another query at this time? We are those of Q'uo.

V: Q'uo, we have a question from D. He asks, "Could you please comment on the sources for the psychic messages leading to the formation of Swedenborgism and the Mormon religion?"

We are those of Q'uo, and are aware of your query, my brother. We may comment to a certain extent and we apologize for not commenting further than this but we move to the edge of the Law of Confusion and there we stop. This is for your protection as well as ours. And yet we realize that we may frustrate you and so we do apologize.

We may say, concerning inspired and inspiring charismatic figures such as these two entities, that there are two basic ways in which inspiration enters into the energy system and the body system of a so-called channel, prophet or charismatic figure.

The first is from phenomena such as the one known as Joseph[24] experienced. What did this entity experience? Of what he literally said, [and] the experience we cannot comment. But we can comment on a general tendency of entities to experience such things as UFOs or extraterrestrial contact in a way that agrees with their basic expectations. What an entity sees in a contact with a UFO or an extraterrestrial entity is, in the case of positive contact, never what it seems. It is a thought construct. And the thought construct is that which holds new thought which could not be engaged without using the reference points of an entity's previous belief system and its expectations of such a divine meeting.

The other way of charismatic or prophetic entities receiving inspiration is from sheer hard work: work in consciousness, work in meditation, prayer, doubt, despair and all of the rich emotional resources of the refining fire of human experience. In the case of the one known as Swedenborg, this was the path to opening the founts of inspiration. The work done by this entity over long periods of time was not that which predisposed this entity to receive a symbol and, in entering into this symbol, then to open up a mythical or archetypal system to this one entity. The entry was into its own heart and therefore there was a cleaner and less biased or colored body of material [produced] by this entity. This entity simply drew upon its vast and encyclopedic knowledge of the world in which it lived which it had gained through decades of scholarship and service to others.

There are those who are far more resonant with the working of the mythical system created by the one known as Joseph. There are others who dip into the inspirational writings of the one known as Swedenborg and find fuel that lights the fire of spirit within them. Each system of any kind created by inspired human beings has its points. This includes positive and so-called negative information. What is done with this information by the seeker is what creates its goodness or its poorness as a fulcrum of realization.

As always, we encourage the one known as D to read into the written work of such a group created by such an inspired figure, and sense into it for its resonance. If it has resonance for the one known as D, then it has virtue for the one known as D. If, in reading into this body of writing and sensing into its ramifications within his own reactions, there is no real connection, then we would suggest [that] the one known as D put it down.

Our other point is simply to remind the one known as D that the group that forms around an inspired figure is not the same thing as the original work of that inspired figure. To discover whether a system is worth investigating, investigate not the group but the heart of that which the inspired figure offered to the Creator and the creation as his unique service.

Is there a further query at this time? We are those of Q'uo.

G: Q'uo, what you described of as the "meal" of catalyst and growth and self-understanding has indeed been as you said it would be: lengthy, and, as I feel it to be, endlessly abundant and maybe even a little tasty. Being that it feels as if it's been such a long time that I've been working diligently on ingesting and digesting this meal, I can't help but anticipate and long for the course of dessert and I was wondering if you had any information on its whereabouts?

We are those of Q'uo, and are aware of your query, my brother. We say to the one known as G that we

[24] Joseph Smith was the channel or author of writings that became the *Book of Mormon*. It is on his story, which involved a kind of ET contact, and these received writings that the Mormon religion was founded.

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are surprised that this entity has missed the desserts that he has had.

May we answer you further, my brother?

G: Q'uo, could you define, "missed," please?

We are those of Q'uo. My brother, when we said that you had missed dessert we simply meant that you had had it but had not been aware of the richness and sweetness of it. We assure the one known as G that there are sweets at every stop along the way. My brother, the sun comes up and the sun goes down and just as the ones who follow Allah have a Ramadan and a fast during the day, when the sun sets the feast begins. And so there have been delicious and wonderful repasts, filled with sweets, in your experience.

The awareness of this sweetness is sometimes lost in the overstimulation of the feast itself. There are many times when so much occurs that is meaningful to one [as well as] troubling and disconcerting [that it] takes ones attention so fully that those sweet meats tucked in round the edges are missed. We encourage the one known as G to contemplate this fast and feast of life lived in the fast lane of attempting to accelerate the pace of spiritual growth. As this instrument would say, the pace can blow you away, and the tears can seem to drown the joy. We encourage the one known as G to reflect upon what is as opposed to what is perceived.

There is within the open heart an everlasting dessert.

May we answer you further, my brother?

G: I'm sorry to belabor the point and I apologize to everybody for the time but I'm going to try this from one more angle. Dessert to me in that particular metaphor is embodied in a girl. I understand the dessert of that union with the Creator and all the rewards that come from spiritual seeking and knowing and accepting the self. Could you get prophetic at all or tell me anything about that particular dessert which my mind was set on? I'll drop it at that and thank you very much, Q'uo.

We are those of Q'uo, and are aware of your query, my brother. We cannot be prophetic for you, my brother, but we can note this: for those who are easy to please, the embodiment of dessert in the form of companionship comes very easily. But it is like a Chinese dessert: it does not last very long and in an hour you are hungry again! You seek for a dessert that is profound and lifelong. How easy do you think that is to choose, my brother? And how shall you prepare to walk side-by-side with an entity that speaks to your deepest heart and that satisfies you, not for a day or for a week but for all of eternity?

May we ask if there is a final query at this time?

T: Q'uo, I'd like to ask about the Ark of the Covenant. Is it purely a myth or, if this object actually exists, what was its function?

We are those of Q'uo, and we may say very little about your query, my brother. For in part it is a myth and in part it was an actual relic. It was designed to be that which contained power and as a transformational apport,[25] shall we say, is that which came into the possession of an entity which called it forth by his spiritual nature, namely the one known as Moses. It was a literal, bodily, earthly object which was carried about and placed in temples and buried. Its reality, however, is mythical. As a relic, it is simply dust. In its time and in its place, it had a certain meaning to a certain people. Just as the pyramid, it is a shape that is no longer helpful, in our opinion. And so we would ask you to lift this symbol from its stricture and see that when one receives one's law, rule of life, or, as the Rangers have done recently, developed a code of ethics, and one places them in a certain structure, then that structure can be imaged out forth into the world, but is a valuable focus for one time, one place, and one group.

May we answer you further, my brother?

T: No, thank you Q'uo. As always, you help me to see the larger picture.

We thank you too, my brother, and we thank each who has queried this day and who has shared in the energy of this circle. It is such a blessing to us to be able to share this energy with you, to share the sacred space of your open hearts, and to speak to those who have asked.

We leave each of you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

[25] apport: an object produced at a spiritualist's seance, supposedly by paranormal means.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
March 30, 2005

Question from L: As a necessary part of my spiritual journey towards understanding the oneness of all in all, I long ago abandoned the practice of Christianity. This experience has taught me a lot, but now I feel that the time has come to reintegrate my path with my beloved Christian faith and walk again in Christ, but on a different level. Could Q'uo suggest some way or some path to follow which would permit me to do the transformative work I need to do, with the help of a religious faith or a Christ relationship?

(Carla channeling)

We are those of the principle known to you as the Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank the one known as L greatly for this opportunity to speak upon the subject of the transformative path which winds in the spiral fashion to that place wherein her journey may once again include the walk with Jesus the Christ for which she has so yearned and for which she has now prepared herself.

We would ask of those within this circle this day that which we always do ask before we share our thoughts, and that is that each allow each thought to enter the mind without any expectation that it will be a good or a bad thought, and simply evaluate each thought on its own merits. If a thought seems resonant to you, then by all means use it and work with it, but if for any reason whatsoever your powers of discrimination suggest that you should lay that thought aside, then please do so without a second thought. If you will each use your discrimination carefully and protect your own processes and your own paths of seeking then we are much more able to feel relaxed and confident that we are not infringing upon your free will by sharing our thoughts with you at this time. We thank you for this consideration.

My sister, we are aware of your question and we offer ourselves to you as those who would bring forth a series of thoughts. Perhaps our first thought is simply to say that when this instrument challenges spirits she does so in the name of Jesus the Christ and we come to her on that vibration. It is a vibration of unconditional love, and further it is an unconditional love that is willing to lift away from all concerns of self or the cost to the self of service to others, with the only goal being that of sharing in a wholehearted and complete way, insofar as we are able, the love and the light of the one infinite Creator as expressed through the unconditional love of Jesus the Christ. This is clearly a vibration which is other than that vibration which is spoken of in the body of work which you know of as the New Testament.

Moreover, it is not that vibration of the teachings of Jesus the Christ which has traditionally and up to the present time come through the offices of organized religion. Indeed, this instrument has done

the work to integrate that which she receives from the readings from her Bible and the preachings that she hears at her parish church. There is always distortion in any word that is spoken in the languages of your planet. We also have distortions. Our basic energy is that of unconditional love but we, any preacher to whom you would speak, and, indeed, this instrument as counselor, all have significant biases and distortions. Each attempts to be the voice of unconditional love, and yet that unconditional love is as something that is more than and deeper than any words can say. And so we do not pretend to offer you authoritative information, but only to share thoughts with you that may serve to be resources for you as you move forward in your inner seeking.

To us it is important to make the distinction between words and truth, especially as we speak to one who wishes to follow the one known as Jesus the Christ. There have been layers upon layers of distortion, even before the writings attributed to the one known as Jesus the Christ were collected in the Gospels and written about, largely by the one known as Paul, but also by the one known as John, in the Letters and prophetic writings of the New Testament. The attempt to place a literal value on words that have been written down is an attempt that in our humble opinion is bound to fail. Just as the one known as Jesus the Christ could not be bound to an earthly cross but instead leapt up into the heavens, just so can the truth which this entity embodied and which this entity continues to embody not be bound to any cross or structure of words or sayings. It makes the one known as Jesus a more elusive-seeming figure, for it is so helpful seemingly to cling to the words that are so comfortable and so familiar.

We shall attempt to examine some of these words with you, but before we do that we would like to suggest one concept that may be helpful to you at this time. You may perhaps remember the story in the Gospels of that Easter morning when the one known as Jesus was visited by the ones known as Mary, Mary Magdalene and Peter. They had come to view the grave of the one known as Jesus. When they came they found not a grave with a stone at the door stopping it, but rather the stone rolled away. The linen wrappings which had been around the body of the one known as Jesus were folded and placed aside. And an entity, which Mary took to be the gardener, was waiting for her and her companions in the opened tomb. Mary wept, for she was distraught, thinking that someone had stolen the body of her beloved Jesus. Then that entity, waiting for her, called her by name and when he said, "Mary," she knew him for the first time. And her tears turned to rejoicing, for she saw that indeed he had risen. She rushed to cling to him, but he stopped her, saying that he had not yet ascended and so he must be about his Father's business. And he departed from her to go into Galilee and to greet those other faithful disciples, and to let them know the good news of his rising from the tomb.

My sister, the one known as Jesus has now finished that personal business of greeting those that knew him in life. He has indeed completed his journey within your planetary third-density life, and he has, for all time and for all space, given himself to practicing the presence of unconditional love. It was necessary for this entity to move onward and to complete the more esoteric and what this instrument could call its inner-planes aspects of his journey within the incarnation, where he was known as Jesus the Christ, in order to come again as those who follow him call to him.

He cast a great portion of his consciousness upon the winds of Spirit, creating for all entities that call upon his name that energy which is of the Christ, and yet which is cast in such a way that this consciousness can come down into the energy system of each who calls upon his name. Many, including this instrument, have called this energy the Holy Spirit. We would make the distinction between the one known as Jesus the Christ and the Holy Sprit by saying that as you call upon Jesus, you call upon pure consciousness. No longer can you receive a personality, for this entity has indeed ascended. The pure gift of unconditional love, however, which he embodied remains as a perfect jewel, just as it is, and there is tremendous power in simply praying, "Jesus." There need be no content to that call. The bare word configures the presence of the Christ.

In contrast, the energy known as the Holy Spirit speaks in the colors and biases of your inner configuration of mind, body and spirit. When called upon, this energy combines itself with your higher self to create a kind of principle or group consciousness. This group consciousness combines that self which you have created in the fullness of your journey through what this instrument would

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call mid-sixth density with the pure consciousness of unconditional love. Thusly, there lies within you a home in which the spirit of Christ and the highest and best of yourself have combined. This is an intensely personal aspect of the Creator, and is that with which you may have actual conversation, as does this instrument.

Certainly it is not necessarily an easy thing to achieve. Such conversations may indeed take time to configure within yourself. Yet we assure you that this room is prepared for you. Your sacred space within is ready for you to enter at all times and in all places. You cannot be separated either from Jesus the Christ or from the Holy Spirit. By your love you have prepared and made ready this place within yourself. We say this in order to encourage you to rest from any concern that you can be separated from the love of the one known as Jesus the Christ and to reassure you that there is no need to reach for the counsel and wisdom of the Holy Spirit. The tongue of flame has touched your head; living fire has touched your lips, and you shall never be the same. And, indeed, in all the years of your wandering in exile, this has continued to be true.

We would say further that we would agree with the one known as L that it was necessary to walk away from that configuration within which she had received Jesus the Christ within the confines of organized religion, as this instrument would call it. We often find this to be true as we have worked with various entities who ask us questions of this nature through this instrument. It is as though the teaching concerning the one known as Jesus the Christ creates a kind of box in which the Christ cannot be contained. As a realization of the larger picture of creation, the Creator and the path of each entity through incarnation and towards a fuller understanding of the Creator come into being, the smaller picture will not endure. The smaller idea of unconditional love cannot be sustained. And so one must abandon that empty tomb of old belief and allow deadness to be rolled away, just as the one known as Jesus had to ascend in order to continue that good work which he had begun. Just so, at least once in most entities' search for a true understanding of unconditional love, must the comfortable old ways become a tomb and the entity who is seeking release those old ideas and move according to the true call of the Christ within, which is "Follow me."

In many ways, the path of those who leave organized religion is a path from belief to faith. Belief is a word which describes that which has an objective referent. There is belief in something. Creeds are statements of such belief systems. Catechisms are more detailed descriptions of that which one must believe in order to be saved, and for every preacher who preaches from a dogmatic point of view comes a stream of directives of how to believe in order to be saved.

There is nothing dogmatic about unconditional love. It is an energy that rests in faith. To the faithful heart, all is well. That which is, is enough and that which seems to be needed is simply expected. There is no knowing. There is no listing of principles. There is only an underlying and surrounding feeling that all is well, that one is full of what one needs and that which one has is ample. The faithful heart rests in gratitude, quietness and surety.

As you seek this transformative path that spirals into the energies of unconditional love ever more fully, we hope that you are able more and more to release any fears that you might be making a wrong step, thinking an incorrect thought, or exploring in areas that may not be appropriate. For the energy of unconditional love is a part of your nature.

Let us examine how this might be so, and how you might come into a deeper awareness of that gift of the Christ which is already within you.

The one known as Jesus the Christ said, "I am the vine; you are the branches."[26] When you consider the growing of a vineyard, you realize that many vine keepers will graft onto the parent vine other stock which will make a hybrid vine. So your first concern in being a branch of the true vine is not to take onto that vine anything that is not the true vine. This is why we began by saying that the consciousness of unconditional love cannot be bound by concepts and words. Those who attempt to teach how Jesus thought tend to attempt to bind words onto the true vine of unconditional love, as though explanation

[26] *Holy Bible*, John 15:4-5: "Abide in Me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine; you are the branches. He who abides in Me, and I in him, he it is that bears much fruit, for apart from Me you can do nothing."

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and explication will somehow create a better Jesus. Yet in truth, the true vine[27] is a mystery.

Certainly the one known as Jesus was rooted in the earth, had an incarnation, had a story to tell, and completed an earthly journey. But as this entity attempted to express his understanding of who he was, ever and again he would describe himself not in personal terms, but in terms of a relationship. This entity saw himself as one who was called to speak as his Father gave him wisdom to speak. He would say, "When you hear me, you do not hear **me**, you hear the one who sent me."[28] And again he would say, "I am the Son of man."[29] He saw himself as a human, but as a human who had laid down all that his personality shell said of him as an offering, so that he could be as much as possible an exemplar of all human beings. He looked upon the distortions within himself just as he looked upon the distortions he saw in all of those around him, not with judgment but with an incredible willingness to dissociate them from his true nature. He emptied himself, in other words, of personality in order more and more truly to be the person he truly was. He actively desired for his consciousness to become that consciousness that is caught up in unconditional love. When he used the word "I," he was not speaking of himself as a man with a personality. He had penetrated to the truth of himself, and when he found his true nature he found that it was caught up entirely in the "I" that is unconditional love itself.

When this instrument speaks to those that are not Christians, she often uses the term, Christ-consciousness. She is attempting to move entities past the concept of Christ as a person and to penetrate those walls that defend personhood, so that entities may feel that there is the possibility of perceiving a self that is free of those bounds of personality. The one known as Jesus said, "I am the way, I am the truth, I am the life."[30] Please remember that the Creator had a name to the one known as Jesus, and that name was "I AM THAT I AM." Within incarnation this entity had opened up his personality shell, allowed it to fall away, and what was left was the pure consciousness of the Creator as this entity perceived it, and to this entity was given a perception of the Creator that was pure love.

Wisdom has no part in the consciousness of Jesus the Christ. There is considerably more wisdom and certainly more consolation in the energy of the Christ that is known as the Holy Sprit. The consciousness of Jesus the Christ is pure love. This is a good distinction to remember, for that which is facing each entity at this time within incarnation is the challenge of learning enough about unconditional love to begin to follow the ways of love and thusly to walk through the transformation from third density to fourth density; from the struggles of good and evil into the sunshine of pure love.

The one known as Jesus faces the struggle between good and evil in a very simple way. This entity simply said, "Get thee behind me, temptation, for I will serve my Father."[31] It is not a complicated path and it is often a path which involves suffering. The choice of love over fear can be seen to be quite brutal at times. Turning the other cheek, loving when one is reviled, bowing the head to those who would harm, and remaining meek in situations where those without the awareness of unconditional love would spring to defend themselves is harsh. We can only say that the rewards of keeping it simple and hewing

[27] *Holy Bible*, John 15:1-2: "I am the true vine, and My Father is the vine dresser. Every branch of mine that bears no fruit, He takes away, and every branch that does bear fruit He prunes."

[28] *Holy Bible*, John 14:9-10: "He who has seen me has seen the Father; how can you say, 'Show us the Father?' Do you not believe that I am in the Father and the Father in me?"

[29] *Holy Bible*, John 3:12-15: "If I have told you earthly things and you do not believe, how can you believe if I tell you heavenly things? No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life."

[30] *Holy Bible*, John 14:5-7: "Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life; no one comes to the Father but by me. If you had known me, you would have known my Father also; henceforth you know Him and have seen Him.'"

[31] *Holy Bible*, Matthew 16:21-25 "From that time Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and be killed, and on the third day, be raised. And Peter took him and began to rebuke him, saying, 'God forbid, Lord! This shall never happen to you!' But he turned and said to Peter, 'Get behind me, Satan. You are a hindrance to me, for you are not on the side of God, but of men.' Then Jesus told his disciples, 'If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, and whoever loses his life for my sake will find it.'"

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to the ways of love are infinite. It is love and not cleverness that will clear the sight of those who feel that they may be blind on the inner planes. It is knowing that one is part of the true vine that will give the soul rest through difficult periods when all seems confused and help does not seem to be near.

We ask you to rest within your energy body at this time, to breathe in deeply, and to exhale deeply, knowing that you are breathing in the consciousness of Jesus the Christ and that you are breathing out that same consciousness. It is nearer to you than your thoughts or your hands or your feet. Indeed, your very heart pumps love … love … love … Your essence is true. It has been expressing and continues to express, through a physical body, a mental, and [an] emotional body that often seem very biased and distorted. And these bodies will fail, go down to the dust, and end. That portion of yourself that came into incarnation that is of the spirit is infinite and eternal. What is the glory of following one such as Jesus the Christ? That glory is in the focus of that one being, and how that lens of the infinite Creator can sharpen and delineate your path, so that you have a blazingly clear view of who you are and Whose you are. By all means welcome back into your consciousness the teacher known to you as Jesus. Insofar as it is necessary for you to do, love him as a human being, but remember always that he wished to express the truth of the Father. He wished to be the lens that would indeed focus you to become as he, the servant of the Father, an active, living portion of the Creator. His words are wrapped in silence. His truth is wrapped in mystery. But that Word of love, which is the consciousness of the Christ, is all in all.

At this time we would welcome any further questions that you may have. We are those of Q'uo. Is there a question?

L: I can't think of one. But I thank you very, very much.

My sister, it is such a joy to be able to share this time and, as this instrument is fond of saying, this energy with you. We truly are One and Jesus is Lord of all. For all time, and for all space, unconditional love is the essence of the Creator, and our path as well as yours winds ever closer to an awareness of that unity. Together may we serve, my sister. Together may we be that love. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
April 3, 2005

Group question: The question today has to do with the concept of how inspiration works in our group as we come together, share our week with each other around the circle, look for a question, determine a question, and then Q'uo speaks upon this topic. In one way or another, the information moves into different levels of our consciousness and as we come out of meditation and speak with each other afterwards, it seems to get seated in our consciousness in some way. We were wondering if Q'uo could give us some information about how this quality or principle of inspiration works in a group and for each of us as individuals?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank each of you for the beauty of your vibrations, the pleasure of your company in this circle of seeking and for the question that you offer as a group. As always, we would ask for your cooperation in listening to those things that we have to say with a careful ear, ready to forget any thought of ours that does not seem helpful to you. We would greatly appreciate this as it will give us the opportunity to speak freely, knowing that we are not infringing on your free will or looming over you as some sort of perceived authority. With this freedom, we are much more able to feel free to speak our thoughts, person to person, shall we say, Creator to Creator.

The song that the one known as Jim chose for the tuning song that opens this meditation was most apt to the query which concerns inspiration and the group process.[32] It is interesting to us that two words in your English language are pronounced the same and have related meanings. In terms of your springtime, which you are now enjoying the very beginnings of in your area, it is the sun, s-u-n, that is shining ever more brightly and ever more immediately upon your faces. In terms of this instrument's distortion of religious seeking, she has entered the season of Easter which is the season of the son, s-o-n, and his seeming loss to the world and immediate reappearance within it as the risen Lord.

In a group such as yours, my friends, each of you is the sun/son. You cannot see yourself shining; you cannot see your risen aspect; you cannot see the radiance of your being for, from within your system of awareness, many things are upon your minds, many sorrows are upon your heart, many burdens are upon your shoulders. Your thinking processes are devious and multiple. Your emotional life, as this instrument was saying earlier, ebbs and flows. And there are many times of the most solemn and serious contemplation of the nature of the self, of the worth of the self, of the value of self-perceived processes. Is

[32] The tuning song was the Beatles' "Here Comes the Sun."

the attempt to accelerate the advent of spiritual evolution within the self efficient? Is it moving forward? Is the refining process ongoing? How difficult it is to answer any of these questions from within the system of the self. And when one bumps up against other-selves in the everyday and ordinary life, how clearly can we either perceive other-selves or perceive their reflections of ourselves as we interrelate?

The value of coming together, knowing ahead of time that there is a sacred space that has been prepared by intention, is great. For it allows the self in the midst of its everyday aspects to enter into a transformational space, a potentiated time, a dedicated nexus of opportunity. How humbly each of you brings yourself to this time, this space, and this nexus! Each of you knows the self to be unworthy. A glory of the decision to enter this opportunity is that you have come anyway. You have chosen freely and firmly to give yourself the opportunity for transformation. You have not judged yourself and found yourself unworthy. Faith lives within you: faith in your own self, bare of any pretension, faith in the value of sacred spaces and times, and faith in the group.

How the heart opens, given such an opportunity! And when you have formed the intention of becoming part of a circle of seeking, something happens to the way in which you listen to each other. It is as if, like a shaggy dog, you have shaken yourself off and all of the thoughts and feelings that have been clogging the system have been released. Your energy system clears. Your mind sharpens. And your heart feels at home at last within you. Light begins to gather. It is not light from without you, it is light from within you. The power within you, that has been slumbering, awakens, and you minister to each other. Love that is beyond words flows from every fiber of your being as you listen to each other. Even if you cannot say one word, your heart is radiating the infinite love and light that lies within you. Tongues of fire, as this instrument would describe the action of spirit, pour down upon you as your heart goes out, literally, to each other's spoken and unspoken feelings and thoughts. And within this potentiated space and time, peace descends, that peace which, indeed, passeth all understanding, and power flows and sparkles and dances as each cares for each.

What is the nature of spirit? It can certainly be seen as a rain that falls, as a blessing. In another way, it can be seen as that force not only from above but [also] from below that connects the infinite Creator in its undifferentiated and universal expression as infinite energy with the very articulated and very specific tongues of flame that are drawn into your body system and that subtle body system that this instrument would call the energy system or the chakra system by the nature, the color, the brilliance, and the balance within your very distorted and biased and yet innerly-balanced energy system.

As this process occurs, a focus develops within you. It is not only unique to you, but it is unique to you in this moment. And so each of you becomes a focused flame of spirit. You have been transfigured. The highest and best within you has found a point of eloquence within the silence of this nexus and your mirroring capabilities and capacities organize and become lucid. You become more and more helpful to each other and you spark each other so that each becomes more skillful and more inspired and more inspiring. And again, this may or may not have anything to do with what is said. It has to do with your essence, with that which is far beyond words or expression of any kind. Each of you is an energy. This energy has taken all of the infinite reaches of your every experience to come into manifestation at this moment. And this moment becomes a gift that you give to each other, freely, unthinkingly, for you have been renewed and therefore your creation has been renewed.

It is not that one person cannot do this alone, for one person can. But one person is a small group: there is you, and there is spirit. The mirroring process is lacking. You are, as it were, upon the stormy sea but without lighthouses, or, to put it another way, you are upon that stormy sea but without the buoys that ring that peculiar ring to let you know where the shore is, where home is, where the reefs and the perils may be that may keep you from that shore and from that home. Each of you becomes the lighthouse for each other person. When we say to you that there is tremendous value in the very distortions that you so bemoan when you speak of your failings, we realize that it is difficult for you to understand this. And yet if you think of the wind chime that makes beautiful music in the wind and then you think of the effect of the sounds of the buoys that float upon the ocean and warn of peril

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and sing of home, perhaps you can begin to see how much of a blessing it is to create the harmony of all of each of your very personal and unique sounds coming together in the harmony of the expressions of love in one sacred space. Can there ever be a disharmony in such a choir of individual and authentic bells ringing because of the rocking of the waters of manifestation and the wind of spirit?

The word, "inspiration," is a word that is literally talking about breath, wind—and when one speaks of breath or wind, one is speaking of the spirit. It is said in your holy work, the *Bible*, the wind blows where it will, and no one can bid it.[33] When the breath goes out of the body and does not return, the spirit has left the physical vehicle and what is left is dust. You have been raised into manifestation from the dust and the spirit has breathed into you and as you breathe in, you breath in the one infinite Creator, and as you breath out, you breath out that which you have made of that creative inspiration. In and out: this is the rhythm of your living. You are never still. You do not arrive at some sort of stasis in which all has been accomplished. If each breath is a question and each out-breath an answer, then the process may be seen never to end. You know not what you breathe in and you know not what you breath out. You can never know the extent to which your answer is useful to yourself or others. What you can know is that the supply of inward and outward motion is infinite.

That is why we say to you again and again, my friends, how precious is this moment, how dear is this breath. Feel, in this moment, how beautiful, how profound, is the quality of your love. Feel the devotion that lies beneath the roiled and stormy surface of the everyday. Feel at this moment the truth of the essential self. Feel the beauty of it trembling within you, too precious to express. And then breathe out and know the power of your every intention, thought and expression.

Each of you comes to this moment as a point of flame, that flame of spirit that shall renew the face of the Earth. Know your adequacy. Know yourself, and rest between each breath. Rest in the essence of the self.

What shall you do with this moment? Do not be self-conscious. Do not begin to analyze the process. It is impossible to unplait the braids of spirit and self and dust and interrelationship. It is enough to know that all of you and we are one. And in the combination of essences lies discovery, healing and growth.

We would at this time open this session to further questions. Are there further queries at this time?

V: Q'uo, we have some questions from the group we call the Rangers. One of them is: "Could you comment on this question: 'If one cannot be a monk of just one thing, can one be a monk of all things?' This question is really about how to deal with the desire to live in a spiritually potent manner without leaving society."

We are those of Q'uo, and are aware of your query, my brother. We believe that we understand this question and would begin the answer by defining, in some general way, the term, monk.[34] The monk is an entity which has dedicated its life to a discipline which has as its purpose the simplifying and the deepening of the course of a life so that, like a creek that has been brought into one channel, it may be more powerful to express devotion and service. It is entirely possible to be such a dedicated entity with or without the group which has formed itself around one religious system. It means, however, that such an entity must choose the rule of its life for itself, without the aid and, shall we say, the crutch of an established practice, a carefully articulated rule of life.

In light of the preceding discussion of the nature of such a group as this present circle of seeking, it becomes obvious that any rule of life is easier to think about, articulate and explore when there is a group of like-minded entities which creates that sacred space where each is helping each to bring each other home. A group such as the Rangers has indeed the potential for creating such a group without the necessity for being in one place at one time; for the communication system of your internet and e-mail creates another kind of immediacy in which questions common to all can be explored.

[33] *Holy Bible*, John 3:8: "The wind blows where it wills, and you hear the sound of it, but you do not know whence it comes or whither it goes; so it is with everyone who is born of the Spirit."

[34] monk: "a man who is a member of a brotherhood living in a monastery and devoted to a discipline prescribed by his order. Its derivation is from the Greek, 'monos' meaning 'single.'"

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The key to being such a dedicated entity, however, lies in the continuing devotion to the development of and the living out of a rule of life.[35] This transforms the everyday into the sacred. In the life of a monk, devotion is expressed by every action, not just those times which are sacred in definition according to some practice, like the gathering for religious services or observances. Every aspect of the life of a monk is offered sacredness by the dedication of the entity to the rule of life of that particular monastic order. In such an entity's life, cleaning the house is equivalent to cleansing the spirit of imperfections. Washing the clothing, the body, and the dishes becomes equivalent to dipping one's seemingly soiled self, in aum and essence, into the transforming water that creates healing and cleanliness within. The preparation of the food necessary to feed the body becomes equivalent to the preparation of the sacrificed and dedicated self to the service of the one infinite Creator. Each thing that is done with the intention of expressing devotion to the one infinite Creator becomes sacred. Thusly, there is nothing in the everyday and ordinary life that is not sacred.

We welcome further questions upon these points from those known as the Rangers, but shall not attempt to anticipate them.

Is there another query at this time?

V: There are two further queries from the Rangers. One of them asks if Q'uo would comment on any connections between counter-culture movements of various decades such as the 50's beat generation, the 60's flower children and the 80's techno-rave movement?

We are those of Q'uo, and are aware of your query, my brother.[36] We would suggest two points of connection among many. The first connection is the one of the spirit and flesh. In each generation, the yearning for that which is beneath the surface expresses itself in ways both negative and positive in terms of what this instrument would describe as negative or critical expression and positive or radiant expression. The connection between these generational terms and their expressions, both critical and radiant, is the connection of the spirit within the boundaries of flesh yearning to express that "something more" that is felt, yet often cannot be found, in the everyday.

That quality that is so blessed within the young within incarnation is the quality that sees clearly the hypocrisy and the tomb-like structure of indifference that has been created by those whose hope has fled. And whether it is the critical and dark energy of the beat generation, the transcendent joy of the flower children, or the very mixed darkness and lightness of the techno-rave sorrow and joy, all expressed together, the energy is that of transformation, and this is that which wrenches spirit into flesh.

Those who are outside of the energy of these movements within the young are distracted, oftentimes, by the collateral images, icons and accessories, if you will, of such movements. Those who have experienced, from the inside out, these energies, know beyond any doubting the validity and the rightness of the spirit. And if it must be pulled or tugged or wrenched to appear within flesh then these energies are accepted and even welcomed.

It seems as though there is violence involved in such movements. And perhaps we would say that insofar as this may be so, it is due to the violent nature of the wind of spirit when it is called into a space that has not been prepared as a sacred space. However impure that energy seems, it is a true blessing not only to those who feel it and express it, but to the world which has been changed by its inclusion.

The other aspect that we would point out, in terms of the commonality of these movements, is that they have in common being much more native to and obvious to the nature of those who are awakening as wanderers or as those who are ready to be wanderers; that is, who are ready to graduate from third density into fourth; who are ready to drop the flesh and live in love. In a sense, this is about the release of fear. Love and fear cannot co-exist and the expression of love is the release of fear. It is the movement from death to larger life.

Is there another query at this time?

V: The last Ranger question is whether you would comment on the architect, LeCorbusier? I suspect he

[35] The "rule of life" for many religious orders begins with the principles of poverty, chastity and obedience. Included in a rule of life are such choices as how to observe a daily worship of the Creator, how to serve the Creator, and how to praise and thank the Creator. In some monastic orders the rule of life is quite long and complex, covering virtually every aspect and natural function of living.

[36] V was reading questions sent in by B.

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is of wanderer origins and would like to know if it is possible to share why his work manifested through architecture?

We are those of Q'uo, and are aware of your query, my brother. In terms of specifics, it is not possible for us to discuss one entity such as LeCorbusier. However, it is interesting to look into the nature of how creativity works within a life experience. The same creative wind blows for all and on that wind lie melodies, themes, motifs and other avenues of intelligent expression of the fire of spirit. The energies of suffering and learning catch the facets of personality uniquely for each unique entity. And as an entity awakens within incarnation to the truth and beauty of its own being, possibilities open up in this and that way, unique to each entity. One entity may express creativity by growing a family and helping the young souls within that family to flower. Another entity may hear the call of a certain kind of expression of devotion and become a guardian of truth, an upholder of justice, or an agent of the healing power of human love. All professions call with the song of the muse to those entities whose personalities are shaped so that those structures hold their passion and give them avenues of expression. Every artist catches the wind of spirit and finds ways to draw images that catch the light and share the vision. Every musician hears those melodies that are drifting from angelic essences embedded within the inner planes and responsive to the winds of the times and the energies of the generation now alive. And so it is with those who see the value of shape and ratio and wish to create places for the heart and the spirit to thrive.

Is there another query at this time?

(Pause)

We are those of Q'uo, and since we seem to have exhausted the queries within the circle this day, we would leave you, as we found you, in the love and the light, the peace and the power, of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
April 17, 2005

Group question: Today we are going to take potluck.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. May we say what a privilege and a blessing it is for us to join your circle of seeking. We thank each of you for taking that precious commodity of time and using it to form this circle, to make use of the sacred space of this place and this time and the combined energies of all of you, where you have created a temple of light. And into this temple we pray that all of our thoughts may combine to form an offering and an honestation to the one infinite Creator.

It is a privilege to respond to your question and, as we always do, we would ask that each of you be very careful in listening to what we have to say, being very ready to reject anything that does not ring true to you, for we would not be a stumbling block before you or interfere with your process in any way. Your free will is very precious to us and if you will take responsibility for discriminating between those things that ring true to you and resonate to you and those things which do not, we will feel much more free to express ourselves without worrying that we have infringed upon your free will. For we are no authority, but only seekers such as are you.

(Pause)

We paused so that this instrument could rearrange her microphone system. We felt that it would be on her mind throughout the session if she did not do that and so we appreciate your pausing with us.

We have little to say but we would say a bit before we ask for the first query. First of all, this instrument was concerned earlier because the one known as Hatonn, which is part of our group, had expressed itself in that she had caught the quality of the word, "Hatonn" [when challenging], and we would express that there is within this group the calling for unconditional love in its purity and that is the service which the one known as Hatonn so joyfully provides. We would at this time pause that the one known as Hatonn may express its nature in the silence between all of you and ourselves.

(Pause)

We are those of Q'uo, and are again with this instrument. May we say that the one known as Hatonn expresses that which is truly unconditional. It is pure presence. This instrument often prays, "Be present, be present." And yet, love is always present. It is your minds which are distracted from that presence. That presence is the heart of who you are and we hope that you will stoke up on those energies as you rest in unconditional love. For truly the days are here for each of you to experience incredible waves of energy. Some of the energy is what this

instrument would call the highest and best and it enlivens and energizes you. Others of the waves of energy are those which are shrinking from the light and the love of the one infinite Creator, energies that are fleeing from the lucidity and the clarity of these times that are among you now. The new heaven and the new earth lives upon the planet Earth. It is being born, more and more. And so there are retroactive energies that are shrinking away from this clearer and brighter light, shall we say, not very accurately.

When these waves of energy hit you it will feel to you as if all things are resisting and are failing. We ask you to know that this is baffled and confused energy that does not tell you the truth, for you are succeeding. You are thriving. You are growing. And in that growth, things must fall away so that new things can emerge. We can only say to you: let it flow through you, let it fall away as it will; cling not and do not reach, but be. And allow the energies that are yours to come to you. Your desire is honed, your focus is becoming more and more clear. Trust yourself. Trust the system of guidance that surrounds you. Trust the Earth beneath your feet which is learning little by little to trust you. You are becoming creatures of love involved in a loving environment, and from the earth to the sky, from the East to the West, and the North to the South, your planet is coming alive with love. Can you hear it in the politics of the day? Only if you listen carefully and with selective ears.

Know then that this which is unseen has a power and that you are part of the web of love. Open yourself, therefore, to those energies of love that are awakening within you, more and more.

We would at this time ask if there is a query?

V: Thank you, Q'uo. We do have three queries from the Rangers. The first of them is: "What is the nature of that pairing between two beings who find in each other that love and wisdom that connects them 'not for a day, a week, or even a year, but for all eternity'?"[37]

We are those of Q'uo, and are aware of your query, my brother. May we say that the nature of the energy betwixt two entities which have penetrated the veil of forgetting and have become able to experience each other as true beings, shall we say, as souls, is that energy which we would call selfhood. It is an awareness of unity. It normally comes wrapped in some clothing and that clothing tends to be partially that of sexuality and partially that of personality. The heart of a connection between two entities that have been able to form a bond that is eternal, however, is one of unity.

It is interesting to view the ways in which entities within third-density consensus reality are able to penetrate the masks or the costumes, shall we say, of appearance, personality and sexuality. Very often, it is the trigger of a sexual attraction or the attraction of intellect for intellect, or goodness for goodness, shall we say, heart for heart, that will trigger the opening of the space in which two entities may begin to create a unity between them.

When entities attempt to move from sexuality, shall we say, from the red-ray attraction, into a soul-to-soul relationship, there are boundaries which appear impossible to cross. For sexual relationships are based upon a self and an other-self and the connection between. When that dynamic remains as a central motif in a relationship, in its own way it delimits and describes the circumference of that particular relationship. And many are the couples that have been drawn together sexually and that express the chemical attraction of the polarity between those two entities for some time before finally discovering the country that lies beyond polarity.

Similarly, many triggered bondings have to do with the nature of the orange-ray chakra, shall we say, the chakra that has to do with subtler aspects of interpersonal relationships. And again, until the dynamics betwixt the personalities have to some extent been explored and released, the very thing that brought two entities together becomes that which limits that relationship.

And so it is as entities move upwards through the dimensions of relationship, exploring the aspects of relationship which have to do with becoming a family and then exploring the aspects of relationship which have to do with opening the heart to each other's humanness. There is almost always a delimiting factor involved in this opening of the heart. It would seem, once an entity has climbed up

[37] This phrase is a quote from an answer to a previous question to Q'uo in the March 20, 2005 session about finding a loving companion. The complete thought was, "And how shall you prepare to walk side-by-side with an entity that speaks to your deepest heart and that satisfies you, not for a day or for a week but for all of eternity?"

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through the first three concerns of relationship into the open heart, that the way would be free and clear. And yet this is not so. When one at last enters that sacred precinct of the open heart and one rests together in that place of clear light, one views in the other the beginnings of great knowledge. And with this great knowledge comes a great price. That price is the shadow of all that is true about one. When one is heart to heart, when at last [one] is exposed and the humanness of the self is undefended, not simply from the other self, for the other self is ready to love unconditionally, that other self becomes a mirror which then reflects back to you for the first time, so that you can see it yourself, the picture of your own shadow.

It is a great knowledge and you are as naked as Adam and Eve in the Garden of Eden, standing before the tree of the knowledge of good and evil. Are you good? Are you evil? No. You are human: you are all that is. This is a great crux in the development of an eternal friendship, shall we say. If you shrink from the mirror of your shadow in the open heart, you then are forced back, past the lions at the gate, out into those lesser fields, plains and meadows of the one infinite Creator in which play the dynamics of personality.

Once you have faced yourself squarely in the mirror of the other, sitting together in the lap of the Creator, surrounded with arms of love, tickled by the beard of the Almighty, blessed upon the breast of the Mother, loved at last for all that you are, then at last you are free to begin what is sometimes a lengthy process but a joyful one. And that is the moving on from the open heart to the articulated heart. That is what this entity would describe as the energy of the blue ray or the throat chakra. Once you have begun the process of open communication with another, you find that miraculously that which used to divide you now begins to unite you. You find that the truth which seemed before to beat you down and to make you feel less now blesses and redeems and heals and clears the way for you to be.

Let us take a moment and look at that verb, to be. It is so underappreciated among your peoples! And yet this is what you came to do. You came to do something that has no doing to it, for being is more than anything else a matter of allowing yourself not to act but to express as an essence beyond thought, beyond deeds. What is the scent of a flower? What value can you say it has? It is beyond words. Can you see that? And can you see that the bouquet of your being is the most precious gift that you will ever have to give? It is your gift to the other, to the creation, and to the Creator. And what but the forces of great love can give you permission within third-density beingness to explore that essence of self?

So we would say that the nature of the quality of companionship that lasts not for a day or for a month or for a year but for eternity is that quality which has been formed in the fire of moving through tremendous amounts of dynamics: sexual, sensual, physical, emotional, mental, intellectual and finally into the area of the spiritual, into the area where two hearts can touch and become one, not because they are the same but because they are sparks of the same fire that are sharing with each other the incredible gift of their unique essence so that each is teaching each, each is healing each, and each fulfills the larger desire of each to become a flame of spirit.

Is there another query at this time?

V: Thank you Q'uo. The Rangers' next query asks, "In the higher densities, how does sexual attraction and companionship play out?"

We are those of Q'uo, and are aware of your query, my brother. There are some limits to that which we may say about this question but in general we would say that the sexuality which is so much a part of third-density entities has all of the aspects which higher densities' sexual energy transfers contain. However, within third density, as we have said, there is the beginning of sexual attraction that rests within the second-density physical vehicle within which you enjoy moving about the Earth at this time. The expression of sexual energy within this animalistic body is simple. It is a natural function which is uncomplicated and which calls body to body, depending upon the dynamics of sexual polarity. This instrument has often described the basic sexual attraction as chemical, and we would agree that it is a matter of the chemistry between two entities. Within third-density acculturation, the simple chemical attraction between two entities within red ray becomes overlaid with expectations and culturally-oriented standards of attraction which work not according to the ways of the body but according to the ways of the mind. And you must realize that within third density, the body is the

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creature of the mind. So very often there is a substantial amount of fairly shallow and inauthentic attraction concerned with sexual expression within third density.

Now, within fourth density these layers of acculturation fall away. Fourth-density entities, as well as fifth and sixth-density entities, have physical vehicles of a type. Each higher density's physical vehicle is, shall we say, more refined in type yet there is a physicality to it. Consequently, the nature of the physical vehicle determines the entry level of sexual attraction. It is difficult for you, perhaps, to imagine a sexual attraction that is based on the truth of each entity as seen by each other entity. And yet we would ask you to imagine a creation in which all entities are attracted to all other entities based on the truth of their beings. Higher-density bodies are attracted to truth in the harmonics of the truth within themselves to which they have the most commonality and from which they have the most to learn. So there is still a bi-polar aspect to higher-density sex within fourth density, but it is the near pole of commonality and the far pole of a mutual desire to learn from each other the mysteries of the essence, the fragrance of the being of each other. It is sexuality and teach/learning.

Within fourth density, the casual sexual expression is not simply common but is as much a part of courtesy as shaking hands is within your density. It is as if when entities meet, they have sex. That is the way that you would describe it within your density. The potential difference between the two entities is expressed naturally and without any shame, removal of clothing, or the exchange of bodily fluids. It is an energy exchange. The children produced of this energy exchange are those opportunities for souls who wish to learn from the two entities which exchanged energy in such a way as to make an opportunity. The bodies are more refined. Sexuality does not have those physicalities of third density. And yet there is the possibility for enormous love. And when it is seen between two entities that there is this unique potential for teaching and learning together, a mating is formed.

So you see the processes of the energy body continue to be red, orange, yellow, green, blue and indigo. And relationships continue to be refined through the interactions of two entities who have joined together. Yet, the work is subtler and deeper and, in its own way, narrower. We who speak are those of fifth density and we carry the energies and the information of those within fourth density and within sixth density. In each density of those three, the physical bodies become more refined and in sixth density the bodies are what you would call photons. You are moving from heavy chemical bodies to lighter energy bodies to bodies of a certain type of light to bodies of limitless light, shall we say. This is very inexact and while we apologize for the inexactness, we can only express that there is information that would infringe upon your free will involved in attempting to explain to a more precise degree the evolution of mind, body and spirit.

We would ask in general that you simply consider the direction to be that of the refinement of the energy exchange between two entities. Your entity-ness shall not change. You shall continue to be you. As you form relationships within higher densities, your opportunities for learning and service shall be lifted and refined. This is not a difference in kind, but only a difference in quality. You are on the track which you shall continue upon.

Of seventh density, we cannot speak, for we have not yet experienced the density that is drawn directly back into the Creator to create the next octave of experience. We stay within this heartbeat of the one infinite Creator.[38]

Is there another query at this time?

V: Yes, the Rangers' third query reads, "Of the worlds Q'uo evolved from, how did they typically enter into fourth-density service? Namely, what cultures and sociological constructions did they move through on their way towards living in love?"

We are those of Q'uo, and are aware of your query, my sister. We find that we are up against the full stop of the Law of Free Will when it comes to describing experiences that are common to us, experiences which would pull you into a false place where you were hoping to be like us.

We would instead say a few words about the opportunities that lie before you at this time. For you are those with third-density bodies and fourth-density hearts—yearning with every fiber of your beings to live a fourth-density life, by fourth-density values, and with fourth-density qualities. The Earth

[38] This source has often spoken of the entire octave of densities in which we are now experiencing third density as one heartbeat of the Creator.

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does not hold you back, for the Earth is vibrating fourth density. Your own inner nature does not hold you back, for you hold within you the energies of the universe. All of nature is willing for you to grow.

Then what holds you within the density of your choice? Certainly, you incarnated in a third-density body, but your very DNA, in every cell of your body, is waiting for you to remember who you are. And in the quality of your remembrance comes the opportunity to form new strands of fourth-density DNA. And this is happening among your peoples at this time. It is possible for you as well.

What shall you have to do to avail yourself of this remembrance? My friends, you shall have to allow the pain and the sorrow that you hold so dearly within you at this time to die; not simply to forgive it, but to allow it to fall away. Are you ready to die to this hard-won suffering that has soaked up a portion of your identity? Are you ready to be a creature of joy?

This instrument has talked about letting the sorrows and the sufferings of herself and others flow through her, but she does not do it. Oh, she is in love with suffering; she is ready to give up her life! Yet, when she can do that, then she is free within incarnation. And to some extent, little by little, she has let portions of herself fall away. She is ready not to hold on to difficult energies; here and there, now and again. And so we say to each of you, "Awake to love and joy and allow the dead self to bury itself, dust to dust, and ashes to ashes." We speak now not of the dust of the body, which is easily seen, but the dust and the ashes of old emotion held in their imbalance as if they were treasures.

What is the crucible and the refining fire all about but the taking of dead ash and dust and the compression of it into jewels? You carry coal within you: let it become a diamond. And if the pressure is fierce, embrace it and do not be afraid of the transforming and refining.

(Side one of tape ends.)

(Carla channeling)

It is a condign and just process.

Is there another query at this time?

V: Q'uo, that's all from the Rangers.

(Pause)

We are those of Q'uo, and because of the energies within the room, we would ask one more time, is there another query at this time?

(Pause)

We are those of Q'uo, and we do feel the strength of unasked questions within this group and that is perfectly acceptable to us. We are happy to let them be and to express to those with issues upon their hearts at this time our absolute and unwavering love for you and our gladness at any time to respond to any questions that you do have. We are always with you if you request our presence, that we may underline and underscore the stability of your own silence. We thank you so much for the great privilege of being allowed to speak with you and to share what humble information we may have. At this time we would leave you as we found you, in the love, the light, and the unity of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
May 1, 2005

Group question: The question this week concerns the process by which we can release our suffering, get to the bottom of the suffering, find the causes for it, and make our way towards that quality which we might call joy. We're wondering if Q'uo can give us some idea about the process through which we go to release the suffering and what role joy has, and also, is there a discipline that we can utilize or a process through which we can discipline ourselves to release ourselves?

(Carla channeling)

We are the principle known to you as Q'uo, and we greet you in the love and the light of the one infinite Creator, in Whose service we come to you this day. My friends, the circle of seeking that you have created is a dazzling display of light and color. The combined field of your energies is perfectly beautiful and we thank you, as flowers of the field of Earth, for coming together and setting aside this time as sacred.

We search for the truth as well as you and we are fallible, so we would ask, as always, that each of you guard your hearing and your taking in of information carefully. Only you are the authority for yourself. Only you can discriminate for yourself as to what you feel is right for you to work with as an idea and what simply leaves you cold. If anything we say resonates to you, then by all means work with it. If something we say does not resonate for you, we ask you to toss it aside, carelessly, thoughtlessly, without looking back. It is not for you, not now. With each of you doing that, we will feel much more free to speak our minds and to share with you in these clumsy things called words. We thank this instrument for the service she provides, but she is translating concept into words and there is always something lost in the translation. So what we can share we shall. And above all, that which we share is beyond the words, as you know. It is the essence of our and your energy together and for that shared energy we are profoundly grateful.

You have asked this day concerning our thoughts on how to release and let go of the suffering that you have experienced and that has become embedded not only in your surface memory but in those parts of the self that lie in a geography that is beneath the surface of self. You have asked us, basically, how to become miners and how to find and process suffering. There is indeed a process involved and yet it is not necessarily a process which takes time because it exists in time/space rather than space/time. It exists in a part of the memory that is not of your physical body or your physical mind but rather is a part of your consciousness. In life, as you experience an incarnation, the space/time and time/space components of memory and mind play back and forth. Dreams and thoughts and daydreams and imagination and the processes of internal review make a kaleidoscope that is constantly shifting between two worlds.

You, to some extent, have facility in shifting back and forth betwixt mind and consciousness, but the differences are subtle and it is well to realize those times when the nature of your personal reality shifts from the third-density concerns of mind to the multi-density concerns of time/space, which we would describe as that of consciousness.

We cannot promise you solutions for suffering but we can talk about some of the things involved in finding, in processing, and in releasing catalyst that has been, shall we say, undigested and buried in order to preserve the goodness of catalyst until it has been thoroughly used up.

The work of the one known as Ron, creator of the materials for Scientology, and the work of the one known as Silva, in creating the techniques of Silva Mind Control, both speak of embedded pain and its nature as being that which is underground in the unconscious part of the self so that one really must go after it. The hints that there is embedded suffering that one can go after are part of the everyday surface experience of life. You are taken out of your normal, peaceful mentality by something someone says or some act that you observe that creates in you a response. And you note, if you are clever and are watching yourself—which is always a good idea—that that reaction was out of proportion to the event that caused the reaction. That is your prime clue that something is going on within you that is in need of exploration.

As we have said to this group before, most embedded pain has been buried long ago when you were young in incarnational age and small in body. In childhood, you are undefended and those things which hit you hit you hard. You have listened to a lot of opinion from people that you perceive as God-like: parents, teachers and other authority figures. And you try to accept the things that they say and make sense of them, and judge and evaluate experience using those guidelines.

A couple of things happen. First of all, those very God-like entities that seemingly are the source of nurture and care create pain in their dealings with you, and you do not know what to do with the pain. It is not as though you can leave these people and choose to live somewhere else. In order to deal with living with someone you have come to fear as well as trust, you create within yourself a place to go in which you are safe. This asylum that you create for yourself is displaced from all others but yourself. The cost of creating such a place is the removal of your full self from the interface between yourself and your most intimate family life. Whereas in some mythical early babyhood perhaps all was well and there was no feeling of fear or distrust of the environment that was your home, fairly early you developed a sense of caution. And this has affected your ability to meet life with a full, frontal embrace.

For some entities, like this one whom we use as channel at this time, there has been a reintegration of a great deal of self with the immediate environment and, indeed, it was a process that was years in the making; a process wherein this instrument deliberately and consciously returned to the family environment and interacted with each of those entities from which she had come to feel displaced until she was satisfied within herself that she had again achieved a complete integration of herself into this original home so that there was no more fear in that place.

It is a rare entity that is able to do this work fully. Perhaps the parents have disappeared because of death, divorce or some other means of removal of those people from the environment. Perhaps there was such damage done that there is not the possibility of being able safely to go through the process of reintegration with the childhood environment. Whatever the reasons for an inability to fully come back into the original home within the memory, within the consciousness, and accept it fully with trust and love, the lack of that original goodness of home bears on the rest of the incarnation in terms of creating an environment in which the personality shell carries those original wounds from early childhood without being able to process them.

Certainly, there are opportunities later on in life, when one has grown up in terms of physical body adulthood, that are painful enough and displacing enough to create further pockets of pain that are then again buried because one is not able to deal with them fully at the time. The one known as Ron calls these pockets of pain engrams, and we feel that this is a handy word and we will use that word. We are simply speaking of crystallized memory that carries with it an emotional charge. We do not need to define suffering because each of you has suffered and knows the nature of human suffering. You know the many colors and textures of pain; you know how

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it can hit you full-face or from the side or from behind, and how each of these ways of being hurt has its own presence. You know how your emotional and nervous systems respond to these assaults and you know how just thinking about certain things that have happened to you can create the whole environment in which the suffering occurred for you as if it were yesterday instead of thirty years ago.

That is the situation for each of you as far as what this instrument might call baggage that you carry and do not even know that you are carrying. But as the one known as C said, when she gripped the courage fully to face herself and ask to be shown by her guidance system the suffering that she was carrying, she was overwhelmed with the richness of her load. Each of you has a suitcase full, shall we say, of real gems of pain and suffering that are neatly packed away, waiting for you to return to them, and, with love, to lift them to the light and to work with them.

Now let us talk about joy. The one known as R1 said that he wondered if joy and discipline were somehow incompatible, that perhaps if one were joyful one did not have discipline or somehow discipline might not seem to be that which would produce joy. And yet he sensed that discipline may be involved in discovering joy. As it happens, this instrument is more familiar with the landscape and the environment of joy than most because of what she would describe as brain damage. There is a much stronger link in her energy system between mind and consciousness than is usual among your people, and this entity toggles up into consciousness more often than not. When one is within that part of the mind which we would call consciousness, the default setting is joy. The nature of the one infinite Creator is joy. We might move beyond that word to the word ecstasy. We might even move into the word called orgasm, for the default setting of the creation and the Creator is absolute and infinite joy. In terms of your experience of it within a third-density body, it is orgasmic. In terms of consciousness—which is that which you carry within you at a deep level in incarnation and out of incarnation—it is simply that constant radiation of unconditional love which is like an infinitely rich experience of the most joyful and light-filled sense of self that can be imagined.

Each of you has a core self that has nothing to do with the way you express yourself, what you do for a living, how you speak, what your educational experience is, or any of those details. That essential self is a self that you share with every living thing in the creation. And that essence rests in joy. For this instrument there are many times when she simply moves into that place of light and is lost to the consensus reality around her. Among your peoples, this state of mind is called mysticism and the gift that this state of mind offers to the one who slips into that ecstatic state from time to time is not a gift that can be shared, except in essence. Each of you can perhaps recall moments seeing something beautiful in the natural world or in the world of art or music, dance or just a moment in time when everything seemed right, that you got a whiff, a scent, of the perfection of all that is. My friends, this is a true perception.

You do live, regardless of the appearances around you, in a perfect creation where all things are evolving at the rate at which they can evolve. You brush up against an endless stream of other selves in your everyday life and they all have their perfection already within them. And so each of them is to you as a reflection, as a mirror, and you see yourself, again and again, in everyone you meet. Different people show you different sides of yourself. Certainly, many of the mirrors are crazed, as in a funhouse at a carnival and you are too tall or too wide or bent in the reflection. And yet it is you. What is that reflection attempting to show you? The questions, the process, are endless. And you are like a detective in a way, or one who puts together a very complex and three-dimensional puzzle. You create the world, again and again, new each day by the way you put the pieces together, by the way that you read the mirrors in your environment.

Consensus reality has a strong tendency to pull you away from consciousness into mind, away from joy into the concerns of the everyday, away from the unity and the peace and the power of your natural essence into the endless stream of detail and the constant rearrangement of detail to make structures with which you can live, within which you can work, and from which you can learn.

Where does discipline, then, come into this process of mining your engrams, bringing them to light, and working with them? There is a tremendous discipline involved simply in keeping your mind on track, in, as several have said in various ways, remembering who you are and why you are here. It is not a discipline that is rigid. Certainly, one with a

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sense of a discipline may create a rule of life in which there are certain things to be done each day in order to create the most favorable environment for spiritual evolution. There are those such as the one known as R1, the one known as T, and the one known as Carla who strive each day to set aside time for meditation. They do this because they have found that it is helpful. There is a fruit to this discipline of silence. But we are not speaking here of that rigid kind of management of time. Rather, we are speaking of the discipline, of the management, of mind, of thought, shall we say.

What have you thought about today? What of those thoughts have you taken seriously enough to listen to? Do you listen to your thoughts and do you follow them? We recommend it. The clues for where pain lies are embedded in your everyday thoughts. Certainly, it is helpful to use dreams, because dreams are the conversation that your consciousness has with you when it finally gets a chance for the floor. Your mind has been filibustering all day in endless conversations about how to do this and why to do that and you become mired in details. During your dream time, all of the things that you shoved aside because you really did not have time to think about that now have a chance to spring up and up they come. Listen to those things in your dreams that do come up, that you can remember. But more than that, listen to the seemingly trivial thoughts that pass through your mind during your day, in the midst of the hustle and bustle of life. And when you begin to see a pattern, think about it, follow it, pursue it as if you were a lover and that pattern of remembered pain was your sweetheart. What alleys and doorways you go through in pursuing that pain are out of time and out of place, existing in that closet, shall we say, within that haven that you created as a child. Your safe place has these treasures stashed away, safely stored until you get back to them and take them and look at them fully and lovingly.

You will predictably feel a good deal of resistance around doing this work. These things were put away because there was enough intensity and fear surrounding them that you felt unable to deal with them at the time that you experienced the catalyst that was the original wound. Taking it out again, you will experience all of those feelings. This instrument was speaking with the one known as Vara not too long ago about the nature of puncture wounds. [Vara and Carla] had both experienced puncture wounds and were talking about the fact that they cannot heal from the surface down. They can only heal by being exposed and healing from the bottom of the puncture upwards to the surface. Digging at an engram is much like this [in that] you are finally opening that place where there was infection, if you will. You must let the sunshine of your love and the rain of your faith cleanse that wound.

Interestingly enough, once you set yourself to do this work, the process can happen so quickly that your reaction to finding the source of that particular pain finally is joyful laughter. You look at that pain and experience the deep humorousness of that moment. For pain, once exposed, once seen for what it is, is not at all the monster that you hid away and the relief is palpable, the joy is intense, and the reaction is laughter. We hope that as you find these engrams, as you love them and look at them straight and embrace them as the wolf that bites, you will find that deep humor and that reaction of laughter coming to you.

Sometimes the process is not so speedy. Sometimes that is not the bottom. Even though you find that engram, it is attached to other engrams. You have created a network, a spider web, if you will, of connected pain. And you have connected pains that you have had later on in life to an even deeper pain. So sometimes the search for the true bottom of that particular pain is a search that must go on for a while. Be patient with yourself if this is so. Keep digging, keep mining. Realize that, just as in underground lodes of minerals that create gems, your pain has been under tremendous pressure for a long time. The common coal, shall we say, that was the original pain has gradually become diamond-like. It is not sitting there with the original blood and sweat on it but rather it has been recreated within you as a gift, as a treasure. Within you, in the nodes of pain, lie beautiful colors that you have earned and are a part of you that you would not wish to do without. Perhaps they are dark colors, certainly. But as part of your palette of creation, they give to your expression an incredible amount of depth and richness as you lift them from their storage into the light of your open heart, appreciate and give thanks for these gifts and these treasures.

The one known as R1 said earlier that he was finding in his spiritual search that the direction is from complexity to simplicity, and that he rather

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liked that direction. And we say to you as well, when your life has become truly yours, when you have found the freedom to be yourself, you will find that life has become very simple. Certainly, in terms of the details of the day, life is seldom simple. But in terms of knowing who you are and choosing what you wish to put your energy and time in on thinking about, each time that you are able to shed a layer of falsity from your own pattern you will find that you have simplified the life because you have been able to simplify your thoughts. The one known as Ra said many years ago that it was helpful to think this thought, to ask oneself this question, "Where is the love in this moment?" When you ask that question, you open your heart

(Side one of tape ends.)

(Carla channeling)

When you open your heart, the Creator embraces you and shares Its heart with you and when you and the Creator are one and abide in each other [then] all things are one and filled with love. May you come often into that open heart, into that consciousness of that one Creator. And when you leave those precincts to attend to the details of the day, may you go forth carrying that essence with you. The radiation of that open heart blesses all whose lives you touch and is your gift to the creation, the Creator, and all those whom you meet. There is no better gift, my friends, than your beauty and radiance. May you trust and have faith in yourself and may you come to know more and more deeply that you carry within you the truth and the freedom that that truth brings.

This instrument is telling us that it is time for us to open the meeting to further questions and so we allow this to be the response to that wonderful question. We just thank you for asking such a great question for us to work with. It has been a real pleasure and we have not done it justice, we know, but perhaps we shall have another go at it at a future time.

Is there another query at this time?

T: Yes, I have a question that I spoke of earlier to the group about meditating when one is feeling down, depressed, just bad about things in general. It should be the time when you go to meditate but I find it very difficult to do that. Could you comment on any ideas about how to help yourself make the situation more conducive at that moment to meditate when you are in a bad frame of mind?

We are those of Q'uo, and are aware of your query, my brother. The tendency of an entity who is distressed or depressed is to wish to seek a numbness, a lessening of the jangling of the nerves or the awareness of the pain involved in whatever has caused that kind of discomfort. And certainly, when one moves into meditation, the opposite effect occurs: the sense of reality becomes sharper and the landscape clarifies. Therefore, it is natural, my brother, that you would find it difficult to move into the silence, for that silence speaks and those still, small voices that speak in the silence tell uncomfortable truths and bring up material that simply intensifies and sharpens the original discomfort.

In one sense we would say to you it is a good discipline to go ahead and move into that silence, despite the resistance. However, we might suggest that it would be helpful to you, if you decide to go that way, to create a routine that is in the creation of the Father, as this instrument would call it. The meditative walk through the natural environment gives the process of meditation the boost of the support of the first and second-density creatures: the earth, the air, the fire, and water are around you in the creation, as are second-density entities such as trees and plants and those entities such as birds and animals with which you share the creation. Their nature is not trammeled with third-density concerns and so they are instinctively supportive of you, my brother. It is very grounding to be in touch with the earth. This instrument, for instance, finds it helpful simply to pull a few weeds at the end of the day, not because she is making such a huge difference in her garden, but mostly because the contact is so soothing and so beneficial to her.

Sometimes it helps to change from an indoor environment or a working environment to the natural environment. It is not that it softens the blow of silence. Silence can be very confrontive. Meditation can be uncomfortable when one is dealing with things one does not understand. Yet we encourage you to continue the discipline of meditation and simply change the venue, moving from the civilized and domestic environment of house and chair and so forth to the stillness of motion as you walk and take your meditation, with motion being a part of it.

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We would also comment on that which the one known as R1 said at the time that you originally had spoken of asking this query. The one known as Ron said that he had found it helpful, when one was mired in terms of one's own process, to get out of that box of self, to focus on doing something for someone else. We would agree with this assessment, and say that it is a tremendous help to the process of understanding the self to get out of the small circle that one has worn in the carpet by going around and around the same thought, lifting oneself into another environment, looking at another problem, looking at how to serve another entity. All of these are very helpful in terms of freeing the self up from a bondage which has not been perceived but is very real. For one ties oneself into a pattern by habit and it helps to pull oneself out of it.

We would say, however, that it is also helpful to realize that doing this is a technique which bypasses the inner work in any direct manner. So it is well, say, at the end of the day to come back to that concern in a contemplative setting and to ask yourself at the end of the day, "What do I still see here? What is catching me? Where are the triggers involved in this situation and how does my highest and best self see into this situation, given that love and that wisdom that have come to me in this day?" For you truly have grown today. So it is helpful, shall we say, in the evening or before you go to bed or as you are going to sleep to move in a peaceful and contemplative way into your own thoughts once again, asking yourself what the harvest of the day is. What have you gained, what have you released, what has caught you, and why?

The one known as R2 said that he distinctly remembered reading many times that we have said it is the questions that you ask that are truly valuable rather than the answers which you receive. Let yourself be curious. Let yourself ask. Be bold. For you see, what you are trying to burn through is the numbness and the resistance that you have learned to defend yourself by using in your daily life. You want to get to that place where you are in the default setting and yet you are kept from it by the cotton wool that you have battened in order to protect yourself. Wonderful is that moment when you blow it all away with the true wine of unconditional love and acceptance so that you are in full body contact with yourself, your essence, and who you really are. These are times to be prized, remembered and found again and again.

May we answer you further, my brother?

T: I had another thought. I hate to take so much time but it occurred to me, while you were speaking there, of course, a very good way to get beyond those bad feelings would be to develop a true sense of appreciation for the catalyst that was coming your way and causing this depression or whatever it may be. But it also occurred to me that deep down, maybe a person harbors anger about the incarnation that they've come into in this life and if one is able to forgive one's true self for the cards that were dealt in a particular incarnation, to truly forgive, this would help the entire situation. Could you comment briefly on that?

We are glad to comment on this observation for it is excellent and profound. Again we have trouble dealing with this in words because it would be handy to think of this sort of process as having a beginning, a middle, and an ending. But in actuality, in consciousness you are swimming in states of awareness. And because you have come into a state of awareness once does not mean that you have finished a process. It means that you have found yourself in a certain state of consciousness. Once you have found it, at least if you trust in yourself, you can believe it and you know it is there and is something that you can seek once again. But spiritual evolution is not a straight line, it is a spiral. It is like you are walking up stairs that move around the hub of self in terms of your experiences so that, as you come to that same place again, you can say to yourself, "I recognize this place, this state of mind, I know this, I've been here before," but you actually are in a different place, because you have spiraled into that place and you are now, shall we say, at a different rung on the ladder, a different level of awareness. You learn from everything and you carry everything in whatever state of learning has processed through you.

It is most true that a great incarnational lesson that is common to all those who take incarnation is simply forgiving oneself for the choices made in coming into incarnation. Before incarnation, everything looks pretty easy. Standing outside the incarnational miasma of what this instrument would call the world of maya or illusion, your memory is intact. You understand who you are. You understand the goals

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and the missions that you have set for yourself for this particular incarnation. You understand the use of pain and suffering and the necessity for it, the gift of it, indeed. For it is this very displacing pain that alerts one to some situation that needs to be worked out, some patterns that needs to be resolved. You see it all very clearly and as a whole. Then you plunge into the womb and the parents' arms, and everything clouds over and nothing is simple. Until you enter through the gates of death into larger life and again regain your complete memory and are able to see your life as a whole, the incarnation itself is spent with at least a substantial portion of your time being given over to trying to figure out what the situation really is, what is really going on, what you are really seeing, what you are really hearing, what is really coming into your perceptive web.

Here is where faith enters in. By faith, you can simply affirm that all is well, that what you need is coming to you, and that what you have to give is something for which there is an audience. By faith, you can know that you are useful, even if you are stuck in bed, sick as a dog, and unable to do anything. By faith, even if you are stuck in a job where you do not see how you are truly helping, you can know that you are helping [because] you are you and the love with which you do that job is the greatest gift in the world and one worthy to be given. We ask you, then, to explore that resource of faith and to ask for help because there is a strong support system available, designed specifically for you and involving quite a few entities who have been drawn to you because of the beauty of your soul and the fervor of your seeking. They must be asked before they can help. Once you ask for this support, you will find it everywhere.

May we answer you further, my brother?

T: No, thank you very much.

We thank you, my brother. Is there a further query at this time?

S: Here it is, another year I've been given the opportunity to learn. Derby's coming up next week and Wilko and Afleet look pretty good. Can I put five bucks on a horse for ya? Can you give us a little inside scoop here?

We are those of Q'uo, and are aware of your query, my brother. It is good to feel your humor and your energy and may we say that we would never bet on a sure thing. We will leave that to you.

Is there another query at this time?

S: Well, not from me.

(Pause)

S: Well, I lied! I got another one. Stepdaughter is soon to give birth and we've gotten some information on this new baby, this new entity coming in, and I'd be curious to get your perspective and your thoughts and your impressions on this new soul.

We are those of Q'uo, and are aware of your query, my brother, which actually is not a query at all but a request for observation on the miracle of the infinite moving into illusion. May we say that each soul that enters into incarnation at this time is a pioneer of fourth density. This entity, like so many entities being born at this time, shall have a specific set of difficulties which are the result of that dual activation of third and fourth-density bodies. The challenge for such entities is to find those about them which are aware of their uniqueness and are able to work with them as equals from a very young age. We congratulate you on this miracle and encourage all within the family to rally around this soul. As the one known as Wordsworth said, there are streams of glory around any birth.[39] The radiance around any soul fresh from the Creator is a wonderful thing to see. May you see yourself in this new child's face. May you feel yourself to be as new as this child. May you give yourself the opportunity to live a new life.

May we answer you further, my brother?

S: No, thank you.

Is there a final query at this time?

(Pause)

[39] This is a misquote. Here is the original quotation, from the long poem, "Intimations of Immortality from the Recollections of Early Childhood," by William Wordsworth:

> Our birth is but a sleep and a forgetting:
> The soul that rises with us, our life's Star,
> Hath had elsewhere its setting,
> And cometh from afar:
> Not in entire forgetfulness,
> And not in utter nakedness,
> But trailing clouds of glory do we come
> From God, Who is our home."

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We are those of Q'uo, and find that we have once again exhausted the supply of questions in the group. May we say what a pleasure and a privilege it has been to share energy with each of you. Thank you for this opportunity. We leave you as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
May 15, 2005

Group question: The question this week has to do with change and renewal and the circumstances of such within each of us who seeks. We are wondering if there has been an influx of this energy that allows changes, if it's available to everybody or if the changes that the people in this group have been going through recently are a product of people who seek. Could you give us some information on what allows changes, renewal, rebirth and transformation with seekers of truth? Is it more the qualities that are set up within the person or qualities that are within the environment about the person?

(Carla channeling)

We are those known to you as the principle of Q'uo. We are going to pause immediately in order that this instrument may adjust her microphones in order that we may go on with this communication.

(Pause)

We are those of Q'uo, and are once again with this instrument. We thank each of you for allowing us to make these adjustments for the recording. It is helpful for those in the larger group of L/L Research, as it is so called in your planetary way of speaking, that we are able to impress the magnetic tape with our words so that it can be used as a resource for more people than those who are sitting in this circle of seeking at this time.

We would thank each of you who has come here this day for the dedication of your time and your focus at this moment in your life. It is a great blessing to us to be able to address such questions as you have put to us this day and we thank you for your seeking for the truth and also, and separately, for the real beauty of each of you as you join in the circle and blend your vibrations to be amalgamated or amassed as a group consciousness in this sacred place. The beauty of you assembled here is stunning and we are humbled and feel very privileged to be called to your group.

As always, we would ask you to take exquisite care in discriminating between those thoughts of ours which seem to be helpful to you and those which do not. If you will discard without a second thought any of our opinions that do not ring true to you, it will enable us to speak freely. We are not people of authority. We are those who have perhaps walked a few steps further on the path of evolution of mind, body and spirit than have you, but we still seek and we are still learning. We thank you for observing this fastidiousness in your discrimination of thoughts, for that will enable us to speak without being concerned that we will interfere with your process or infringe upon your free will.

You ask us this day concerning the process of letting go of that which we perceive within ourselves to be used up or old or dead and how to embrace the process of transformation, transfiguration and rebirth. We are most glad to address this mélange of

subjects with you. The challenge for us is where to start.

Perhaps we would start with the comment made by the one known as Jim in laying out this question for us concerning the emerging of a new wave of energy. As this instrument said earlier in conversation and as we have said several times in the past little while to this group, there have been repeated waves of energy that have been global in their scope and indeed have affected your entire solar system in some cases. Some of these energetic bursts are coming from within the inner processes of your planetary sphere as it, as this instrument said earlier, undergoes a continuation of a fairly lengthy and not particularly easy labor as it births the fourth-density Gaia, that planetary being which is fully sentient and is evolving in her own right.

The other bursts of energy which have hit this planet, and indeed your entire solar system, are those coming from what this instrument has sometimes called the great central Sun and are informed by the combined love and concern of various of the larger groups of entities who wish this planet and indeed this solar system well. For it is a time in this planetary cycle when there is a great deal of attention focused upon this planet from all over what you would call your major galaxy. The birth of fourth-density planet Earth goes well; the baby is very much alive. The resistance set up by fourth-density energies striking a very divided group of those who dwell upon the surface of planet Earth has set up waves of interference which could be seen to be as a planet-wide system of psychic greeting, if you will, in that all of those who are attempting at this time to embrace fourth-density values and live in a way that is compatible with graduation into fourth density can reliably expect at this time and in the near future to be visited by those entities and situations which offer the clearest possible catalyst having to do with all third-density energies that are still embraced that mitigate against the acceptance of fourth-density energies.

We give this instrument the phrase, "the ghost in the machine." *The Ghost in the Machine* was a literary work which purported to deal with the effects of mechanization upon Western culture. And there was this concept of the machine age as taking the soul from entities so that they were witnesses more to the machine than to their own beings. The culture in which you are bathed and in which you dance at this time has given you gifts. As the one known as A said earlier, there are biases and distortions built into the developing spirit within incarnation upon planet Earth by entities such as parents, teachers and other authority figures which, for weal or for woe, create bias, create within each of you opinions as to what is good, what is painful, and what is trustworthy in your environment. These gifts include, as we have said before, nuggets of the most precious pain and suffering which you have taken into yourselves, often at times when you were too young and too defenseless to do anything with this pain. Consequently, it has gone down into the earth of your subconscious as a little nugget or engram of crystallized pain.

And so as you come through your own experiences as an adult entity and as one which has chosen to accelerate the pace of your spiritual evolution within incarnation, you have cast yourselves in the role of miners going after this buried treasure and lifting it to the light of the present moment within your own open heart so that you can realize the gifts that you have given yourself and finally open them and do something with them.

We build to some extent upon past information in this session and so would encourage any who become confused by anything that we have to say to seek those two previous times of asking in which this group worked together on how to clear old suffering from the mind/body/spirit complex that is each of you.[40] Our basic concept is that of, as this instrument said earlier, helping each of you to come into a celebration of yourself. We do not encourage this celebration on the level of third density. It is not our orientation to encourage the energies within you of personality. We do not object at all to your personalities! However, as this instrument said earlier, the personality shell that each of you brought into incarnation was brought in order that you might have the tools and resources that you needed in order to follow the agenda that you had set out for yourself prior to incarnation. The resources that you gave yourself included people such as your parents and many people within your life with whom you had made agreements before incarnation. They were not necessarily agreements to work together for the service of the one infinite Creator.

[40] The two previous sessions in which this subject was discussed are those L/L Research Sunday Meditation sessions dated April 17, 2005 and May 1, 2005.

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In some cases, they were agreements to clear up or balance adhering catalyst that sometimes is called karma by your peoples. Some of these people showed up in your life as people with whom you seemed to have nothing but a continuing argument or for whom you could not feel as you "ought,"—and we use that word in quotes—especially people in your family whose object, in this incarnation, seems to be to create interference and resistance in your own pattern.

In many cases, this person was chosen specifically so that you could work on loving yourself. It is often very difficult to approach in a direct way the central challenge of loving the self and so you are given mirrors. Sometimes the mirrors are loving and honest and you get a pretty fair image of yourself, one that you can look upon with some feelings of stability and trust in that image that you are seeing.

When you look at yourself through the mirror of other entities, such as those about whom we spoke, those that give you the catalyst, the interference and resistance, you are a looking at a very skewed and distorted mirror of yourself and yet it is a mirror of those parts of yourself with which you have had arguments in the past, perhaps not even in this lifetime but in between incarnations or in other incarnations. Perhaps you do not have adhering catalyst with this entity. Perhaps you put that entity in your life simply to learn to love without expectation of return. However, as you forgive that entity for its skewed picture of you, you begin to see that you have only to forgive yourself in order to create room within that portion of yourself that we would call the heart.

Now, we have spoken of the heart chakra and about how that, although it seems that it is a wonderful place, always open, always loving and so forth, actually the heart chakra is a real challenge to negotiate. As you move through clearing the red, orange and yellow-ray chakras, as you move through issues of survival, personal relationships, and group or legal relationships, you are able to become clear because you have done the work associated with those energies. They do not include the energies of loving. They include, rather, work done in balancing, accepting and understanding the nature of those energies of red, orange, and yellow ray.

When one reaches the heart chakra, one enters an outer courtyard in which, in this instrument's system of images, is seen the sellers of sacrificial doves and other temple accoutrements, postcards and tourist items. You see crowds of entities associated with all the work that you have done in the lower three chakras, entities and situations which you have not entirely digested, entities and situations which are unloved by you, unforgiven, unaccepted and not seen as a worthy part of the self. Do not fear that you shall be offenders in entering the sacred space of your own heart with all this baggage, for there are lions at the gate of the inner temple.

Fortunately, at any time that you wish to circumnavigate the detailing and processing of all these entities, the lions at the gate are satisfied if you can simply accept that, as this instrument said earlier, you are a flawed human entity whose nature is to some extent to be distorted and in error. If you can let that suffice, you may put down the baggage of the crowds. You do not have to chase the moneylenders out of the temple today. You do not have to forgive all that you have brought into the outer courtyard of the heart today. It is enough that you love and accept yourself as you are. For such a one, the temple lions bow and welcome you in.

You are immediately and without any more hesitation in that place within the heart that is sacred and in which the Creator sits waiting for you with infinite patience and love. There you have a place of rest and renewal. We do encourage each of you who seeks to let go of old pain to meet the lions at that gate squarely, daily, to walk in and sit down and let yourself be loved, understood and totally accepted. The part of you that is the Creator can only come into its own when it is nourished by companionship with the divine. Silence within this sacred space is a powerful resource that will offer you much clarity through time, whether or not you have any awareness of work done or things understood or any sort of mystical satori.

And let us take a look at the suggestion of the one known as A that there are these crystallized nuggets of pain about which one can do nothing. We would agree that the energy of inertia is such that, left untended, left unrecognized, shall we say, these nuggets are there for life. They do not float to the surface and go through the process of refinement and acceptance by themselves. Your will is all-important. Your choices are all that create the opportunity for you to accelerate the pace of your spiritual growth.

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We have talked to some extent about the efficacy of identifying the entrances to these underground points of pain. The adits to this particular kind of pain can be seen well as triggers. And you know that a trigger has been pulled when you begin having reactions or responses of an emotional or mental type that are in excess of the reaction that would be considered appropriate by your wisest, highest and best self. As the one known as C said, the tip-off is when you begin to experience being pulled away from your center of self.

When you feel this occurring, you have two choices. The choice of most entities who are not focused on analyzing their thoughts and pursuing a course of the discipline of the personality is to allow the tape that has been triggered to roll. And it will roll, just as it has rolled ever since the first instance of this type of experience, probably in your childhood, until it has come to its end, at which time you will be free again to live a normal and centered life. Until that tape is done you are temporarily listening to or acting out the contents of that tape, whatever that is.

Your other choice is to take the moment of recognition that you have been triggered and make the choice to stop and say to yourself, "I am being triggered." Then ask yourself what the triggering event was, how it happened, how it can be analyzed and so forth, using your mind until you have satisfactorily, to yourself, analyzed the trigger. And then move that very difficult fourteen inches from head to heart and ask from the heart, "What is my best self's response to this trigger?"[41] When you ask the question, it might be helpful, if you have not done this as this instrument has for years, to have a pen and paper at hand or be sitting at a typewriter or a keyboard, because you will get information concerning what your highest and best self would do.

Asking what your highest and best self would do is asking for your guidance system to kick in. You have a great guidance system. The problem entities have with their guidance system is that it must be activated. It is an entity that is yourself at a future time, in terms of your third-density physics. It is yourself in the midst of sixth density. This instrument calls her guidance system the Holy Spirit, or Holly. Other entities call their guidance system a guidance system, or their guru, or any of a number of other constructions in which guidance is explained, one way or another. But it is actually quite a complex web of entities. Certainly, chief among them is the Creator-driven version of yourself, moving back to you from sixth density. But you have picked up many entities from the inner planes, as this instrument would call them, who have been attracted to you because of the beauty of your hope and faith, or because of the kind of mission that you came into incarnation to pursue, or for any of a number of other reasons, resulting in the opinion of inner-planes entities that you are a person that they would like to help. They range from tiny children who simply want to help you find lost things to the most wonderful and complex personalities, masters, gurus or entities of that type from various of the inner planes that have been drawn to you because they feel they might be able to prove to be a resource in your own process. Some of these entities have names, some of them are simply energies or essences. Some of them speak in ways such as we do, in concepts which come up through the subconscious mind. Some of them speak through coincidence, birds, animals or street signs, using your environment to find ways to communicate a word or a concept or a feeling with you. Some of them speak to you in sleep and some, such as we, are there during meditation if you ask us to join you so that we may deepen the stability of your basic meditative state.

It is a tremendous resource to ask yourself what your best self would do in a triggered situation. You may not be able to use that information at the present time; it takes some repetition to learn how to stop the tape before it has finished its roll. You may have to listen to that tape all the way through once again, but, when you have been through this process, you are at least listening to the tape consciously, aware that you are no longer in consensus reality: you are playing a tape. That is all it is. It is a piece of information frozen in its original distorted form for you to play again and again until you finally get what is on that tape.

In a way, it is as if pain were a joke and when you finally get the joke, the laughter clears the pain. It is not that you are a joke or that suffering is a joke. It is that you are dwelling in a thoroughgoing illusion.

[41] This question is part of a system of teaching created by Marianne Weidlein, whose web site is www.empoweringvision.com/site/70-Coaching.html. Carla has studied with Ms. Weidlein.

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The things that occur to you are in the nature of a parable or story. You think, if you do not look closely, that you are simply experiencing the surface of life and yet life has innumerable levels. And depending upon the clarity of your consciousness and your comfort level within yourself, you are very capable of moving quickly through many layers of reality, moving from surface illusion into any number of levels that are more real than the surface illusion. You can at one time be in a cartoon, a carnival, a school, and a temple. All of these environments are layered within you and all are equally valid. In fact, you have an infinite array of valid points of view.

Where is the key, then, on where to stand to look at your experience and to deal with it in ways that clear old suffering and that welcome and invite transformation and rebirth? In one sense, the key is to stop thinking and to be. We have said innumerable times to this group that your job here is to be. We have said that your basic mission is to be yourself. And if you look at our previous discussion you may perhaps begin to see into just how complex a thing it is to clear away the debris of stray thoughts and old habits and achieve that which is simply "to be."

The one known as Réne said, "I think, therefore I am."[42] And we would say to the one known as Réne, "We are, therefore we think." The mind has been given a great deal of respect in late centuries. From the 18th century onward, the mind has gained ascendancy over the faculties of the heart. The world has become a skeptic. It does not live by faith, but by what it can prove and see and hear. In some ways, this is an asset. For when one lives only by faith, that faith can degenerate rapidly into superstition and irrationality takes one on many a fanciful journey that is no more valid than being a ghost in the machine.

But to be yourself is somewhat of a challenge, simply because there are overlays upon overlays upon overlays of things you think about yourself, things other people think about you that you have taken on as if they were your own and so forth. Your culture is relentless in its insistence that you think of yourself in narrowly channeled slots of identity. And we encourage you to cast off each and every attempt of the culture to limit you for you are, and each of us in the creation is, an infinite and illimitable being. We cannot express to you how many experiences you have had that have brought you here today, even within this incarnation. Yet you came into this incarnation as part of the stream of one soul, one cell, shall we say, of the body of creation. You are unique and yet you are not limited by that sum that is you. You cannot be summed up by your experiences to this point because you are alive in the way that the Creator is alive: eternally and infinitely. You are, in fact, a part of the Creator and you take part in the reality of that identity in a way that is so deep that you cannot remove it from yourself. No matter how much you yearn to be able to say, "I am me," you shall never understand the totality of who you are because so much of it is lost up in the part of you that is not of this density and not of this world but is rather of all densities …

(Side one of tape one ends.)

(Carla channeling)

… and all worlds. Stretching out the self and shaking off the clothing of an incarnation is a wonderful exercise. You cannot shake away your core identity. For it is from this identity that you have the focus to draw breath. Your identity is far deeper than what you came in with at birth and far deeper than what you will leave with when you enter the gates of larger life. Your identity at heart is that of the Creator. You asked, "How can we make room in ourselves for transformation? How can we make use of these rolling waves of renewal energy that are flowing into the planet at this time?" And we would say open yourself to the limitless possibilities of yourself and stop believing the publicity about yourself, from yourself, and from those around you. Release yourself from the seemingly helpful mooring of those anchors of selfhood that you have thrown down to hold the boat against the current. For there is a system of currents in that sea of becoming of which entities upon the inner planes have so much more awareness than do you. Allow yourself at last to float free, without an anchor overboard that holds you in some perceived safe harbor. You may consider yourself then as a vehicle, moorless upon the surface of this inner ocean, as the physical vehicle of a boat, a ship, shall we say. You have a rudder. That rudder is your desire. Set your desire by that which is the deepest-felt hope of your heart. And sense into the oncoming winds and play with those winds and sail

[42] Réne Descartes said it in Latin first: "Cogito ergo sum." Translated, that is, "I think, therefore I am."

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before that wind and for the first time experience that feeling of, "I am who I am."

We ask you to think about this as we leave this subject, for this instrument is telling us that we must go on.

Endemic to your culture—and we specifically speak of the Western culture—is a concept of self that is ruthlessly independent of others. Now this works for third-density work. One is almost forced to think of oneself as over against "them," the others that are in your world. In terms, however, of spiritual evolution at this time for each of you, it is helpful to realize that you are not simply evolving yourself. You are evolving your race, and by that we mean humankind. As the Creator is in you, so you are a co-Creator that is involved in humankind. And it is specifically helpful to think of the larger self at this time when the planet under your feet, as an entity, is moving into new birth. It needs that so-called "hundredth monkey effect"[43] of which the ones known as S1 and S2 were speaking, to be realized and known for the truth. You are not simply evolving for yourself; you are evolving for humankind. As you forgive yourself, the world becomes that much more able to consider forgiving itself. Any work that you do is shared out amongst the developing social complex of your planetary mind.

You are not alone and you are not "part of the group." You are a cell in the body of the Creator which is manifested at this time upon the surface of your planet. You have very special gifts. You are a specialized cell. Some of you are healers, some of you are communicators, and some of you are those who love. There are as many specializations as there are parts of the body and it is a very complex body. But you are doing what you are doing as part of that body and you do not know what effect you may have outside of your own sphere of awareness. Yet we assure you that no loving acceptance that you are able to achieve of yourself stops with yourself. It echoes, as the pebble into the pond, to the very edges of that pond.

The Archangel known as Michael is that entity which expresses the gifts and powers of fire and that entity at this time is at attention on the behalf of planet Earth. Be aware of the power that you wield at this time. Know that the sword of truth was never sharper and never more ready to sever you from old pain. We encourage you to embrace every seeming obstacle, resistance and difficulty, asking it what its gift is for you, embracing it, accepting it, and loving it.

We thank each of you for developing this group question and at this time would open the meeting to follow-up questions and any other queries that you may have at this time. Is there a question at this time?

S2: I have one. I have a crystal which has come into my mind in the last few days. And as we were talking about this crystal and getting some information, we couldn't quite translate or couldn't quite get the words. I was wondering if you could tell us what the message or the word was or where the entities were from or whatever comes to your mind?

We are those of Q'uo, and are aware of your query, my brother. As you know, we draw back from questions of the nature that you put forward now, simply because these questions are very leading and involved intimately and specifically with the process that is developing for what the one known as C [has called] your "group of four." We would simply say that there is indeed, as you have already expressed, no error or chance involved in this transmitter, receiver and transducer coming into your group, or as this instrument has said, into your pocket.[44]

As many physical objects, such as the jewelry this instrument wears and the doll it has on its lap, function, your crystal functions as a collector and transmitter of information and energy. Without such collecting devices, you would still receive the same information. The devices come to you because you, on an inner level, have committed yourself to taking on the substantially enhanced work of getting the information at a faster rate. The way to work with such energy collectors as these is to lean into

[43] Ken Keyes, Jr., wrote a little book called *The Hundredth Monkey*. This book is on the web at www.testament.org/testament/100thmonkey.html. The basic theme of this book is described by the author as "the Hundredth Monkey Phenomenon, which I learned about in talks by Marilyn Ferguson and Carl Rogers. This phenomenon shows that when enough of us are aware of something, all of us become aware of it."

[44] The crystal S2 was asking about was a globular crystal that S2 had been carrying in his trousers' pocket.

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them; in other words, to "clap for Tinkerbell,"[45] to believe that they are efficacious and therefore to preset your mind to receive information. This instrument earlier suggested that you retain a pen and paper when you have this crystal with you in order that you might jot down thoughts that come to you that do not seemingly come from your surface mind. This is one good way of coming into an enhanced awareness of the nature of this collector. What is it collecting? On what level is it working with you? What kind of information does it have? Do you find it helpful? This kind of process is what we would encourage you to pursue. The difference between [one who is so working and] one who is working with a mind but not a full heart or a focused desire is that interesting things keep occurring to them which they do not particularly note down. Therefore, interesting things simply keep occurring. When one begins to focus in on the type of interesting thing that might be occurring at a particular time and one begins to look deeper, that focus stands you in good stead and separates you from the casual observer. The deeper you are willing to go with such a collecting device, the more information you are able to collect.

We offer you the simple caution of awareness. Be aware that what you learn, you are then tested upon. What you ask for, you will be given. When you knock, the door is opened and you step into a reality of which you are then responsible for being aware. To those to whom much is given, there lies, as a result, a responsibility. What shall you do with all of that which this device gives you? That would be our caution to you. It is exhilarating to move quickly, but in the ways of metaphysical development, as you move you collect spiritual gravity and things can weigh heavily into your process.

Therefore, when you do sense that you are, shall we say, being tested on what you have learned recently, do not panic. You have studied; you have learned; now here is a test. Meet that test with your heart open and your guidance system notified that you need help and right quickly. You will be fine; there is no failing grade in these tests. Nevertheless, if you are not able to participate in a test so that you have seen the pattern of that test, then you will simply receive that test in another way at another time.

Therefore, we would say to you that it is well to take a good rest when you see such a test coming up. Focus not on more study, but on getting the metaphysical equivalent of a good night's rest. Consult your guidance system, root down into your earth, your environment, your relationships, and especially your relationship with yourself, and then sail on, fearless and full of love for the moment, for the test, for the Creator, and for your part in it all as a cell of the creative principle.

May we answer you further, my brother?

S2: A lot to think about, quite helpful though, unlike your answer on the Derby! It was a 50-1 shot and not a sure thing, but that's okay. But I'm always very grateful for your time, your efforts, and your valuable wisdom.

We are those of Q'uo and we thank you, my brother. You are valuable to us, too. Is there another query at this time?

A: Yes, I have a question. I'm hoping this is appropriate tonight and if you can't answer it I can quite understand. It's with regard to the American military bases that are being closed all over the country. Does this have something to do with moving through a natural progression to the fourth density or does it have more to do with the possibility of creating internment camps within the United States in order to reduce the population of the Earth?

We are those of Q'uo, my sister, and are aware of your query. We would content ourselves with saying that, to the best of our knowledge, the energies having to do with the closing of these bases does not fit in at all with the energies of fourth density. Rather, they fit in with third-density energies which are reacting quite violently and negatively to the incoming fourth-density positive energies of planet Earth, as it shall be very soon. The reasons for these closures are very involved in third-density political and economic agendas which do not, shall we say, have that stamp of unconditional love at all. Further than that, my sister, we would prefer not to explore for we do not feel that it is our place to discuss the machinations of the world of illusion of your peoples. We can simply say that your natural tendency to distrust and suspect less than pure

[45] In Barrie's classic children's book, *Peter Pan*, Tinkerbell is a fairy-like creature who can only thrive if humans believe in her and clap for her. As they applaud her, her light shines brighter and brighter.

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motives for such fairly substantial and massive changes is fairly accurate. We do not say that there are internment camps in your politicians' minds but simply that there are wheels within wheels and machinations within machinations among those who hold power among your people.

We would also offer our humble suggestion that, in terms of metaphysical progress among your people, the goal of understanding such machinations may helpfully be described as knowing what [it] is in order to love it and forgive it unconditionally. Recall the plight of the thief and the murderer upon the cross next to the one known as Jesus. When this entity asked the one known as Jesus if Jesus would remember him when he came into his glory, the one known as Jesus replied, allegedly, "This day you shall be with me in Paradise."[46] As we said earlier, you are not moving into Paradise by yourself. Your culture and all of the people of the tribe of humankind hope to come with you. Love them.

May we answer you further, my sister?

A: No thank you, I understand and totally accept the answer. Thank you.

We thank you, my sister. We are those of Q'uo and would ask if there is another query at this time?

V: Q'uo, I wonder if you would speak to the mechanism by which mineral communicates with an organic entity such as a human.

We are those of Q'uo, and are aware of your query, my sister. This is a subtle question, my sister, but we will attempt through this instrument, which has no scientific background whatsoever, to give you some coherent answer.

Minerals are full of first-density energy. That energy is fully conversant with the one infinite Creator and is alive. There is no part of your environment that is not fully alive with the exception of, as this instrument would say, the distance between your ears, which, in terms of third density, is truly a dark zone, not nearly as alive with the infinite Creator as are all densities but the third. Thusly, the energies of mineral are very vulnerable to impression by thought.

For one who grasps the interrelatedness of all things, the space defined by the angles and spaces within those angles of a crystal are especially vulnerable [to] impression by thought, especially when it is a thought connected with emotional energy such as a heartfelt thought, shall we say. Unfortunately, in many cases, those wishing to impress crystals with thought are those which impress them with negative thoughts. In fact, there are entities who have created cultures in which negative thoughts are ritually impressed upon, say, a rock or a crystal and then buried in order to do something with that negativity. However, crystals can also be impressed with positive thoughts or with a personality.

May we answer you further, my sister?

V: Sure go ahead. *(Laughter)* I was happily listening!

We are those of Q'uo, and are aware that although you have not asked a question, you wish us to reexamine the one that you asked in the first place. We shall do so.

Each substance, beginning with air, fire, earth and water, has a nature. And within that nature there lie avenues of expression, communication and relationship. You can come into relationship with an element, an animal, a location, a word, a letter—any substance that has been created by the Creator or by you. These relationships are real. They are natural. The creation was designed to connect each part with each part.

Within third density there is this inevitable sense of being separate which is born of the fact that, as we said, the dark space between the ears, the mind of the physical vehicle which you enjoy as your body, is simply not aware of the connectedness of itself with all things. You are not aware that you have a force field that ends as you sit upon the chair upon which you are sitting. Yet it is simply a field. You do not stop and the chair begin; rather, you and the chair are sharing space. And the fields of force that are the chair and that are you have agreed to rest upon each other according to the laws of physics within third density. It creates a very tidy world where chair does not become person, person does not become chair, and chair does not sink into floor, and so forth. It

[46] From the *Holy Bible*, Luke: 23:39-43: "One of the criminals who were hanged railed at him, saying, 'Are you not the Christ? Save yourself and us!' But the other rebuked him, saying, 'Do you not fear God, since you are under the same sentence of condemnation? And we, indeed, justly; for we are receiving the due reward of our deeds, but this man has done nothing wrong.' And he said, 'Jesus, remember me when you come in your kingly power.' And he said to him, 'Truly, I say to you, today you will be with me in Paradise.'"

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creates a system of illusion in which you can have a sense of time and process and within this illusion you have this sense of time passing and one thing leading to another and things flowing forward. Yet in truth, they flow in all directions at once, and you are part of the chair, the chair is part of the floor, and all are part of your planet.

To encourage communication with any substance, whether it is an element such as air, an item you can hold in your hand such as the global crystal which you looked at this day, or anything else, the mindset that is most helpful is simply to know that such communication is already taking place so that you become the one that is responsible for this communication going forward; you are the one that brings yourself to that entity with which you wish to communicate and say, "All right, I'm listening, what have you to tell me?" Then be prepared, because you will receive impressions. You have the ability to receive them directly if you can believe in the goodness of your perceptions. There are various good processes by which entities are helped to become more aware of what they know and of how to stand on that knowing in such a way that your hearing is freed up and you are open-minded. However, the communication between the universe, all parts of it, and yourself is ongoing. It is a matter of how much of it you want to tune into and how you structure for yourself the experience of collecting that information.

May we answer you further, my sister?

V: Thank you. On the subject of our tidy laws of physics, then, with respect to my experience off the shore of South Africa,[47] could we say that was as simple as an agreement between my field and that of the water to break those laws?

We are those of Q'uo, and are aware of your query, my sister. We certainly could say that, my sister, and we believe that you are correct, in essence, in thinking so.

May we answer you further?

V: I would be delighted if you would answer further because I don't think it was quite that simple.

My sister, we are those of Q'uo, and are aware of your query. We are also aware that this question is a question which we would need to explore with you at some length. May we suggest, if you are interested in pursuing this question, that you either ask it as the main question at another public meeting or that you and this instrument and a third person agree at another time to hold a personal session in which we might be able to move into this subject with the fastidiousness which such a fairly complex subject would need.

V: Thank you, Q'uo, I suspected that would be the case.

We are those of Q'uo, my sister, and we thank you for your understanding. It is not that the laws of free will inhibit us at this time, for you have that understanding which enables us to speak. We would simply be fleshing out concepts that are already within your own learning process and well-crystallized. Nevertheless, it is too many words for this particular session, as the energy begins to wane.

We would, in fact, at this time ask if there is a final query?

(No further queries.)

We are those of Q'uo, and we thank this group for its wonderful questions and its great beauty. We are always with you if you ask for us to deepen your meditation and to love you. We leave you as we found you, in the love, the light, the power, and the peace of the one infinite Creator. We rejoice at this opportunity to serve and thank you profoundly. We are those known to you as the principle of Q'uo. Adonai. Adonai. ♣

[47] V was underwater when she was a teenager working with a Christian service group in the Transkei for some twenty minutes according to the records of the camp of which she was a part and yet she did not drown!

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Special Meditation
May 17, 2005

Vara: Our question [from D] today is in two parts: "I am feeling that a big focus of my process right now is in letting go of parts of my identity which have to do with prior conditioning within this incarnation. Could you offer me any comments you might feel appropriate and helpful on what is this identity and what does [the] letting go of in this context?

"I seek transformation at this time. I see myself as a server. As I transform, what is my service? What kind of service am I looking for? And who is the entity that is of service as I let go of my previous identity?"

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator in Whose service we come here this day. We wish to thank the one known as D for setting aside this time in order to seek what is loosely called the truth. We hope that we are able to aid you and those in this group, as well as any who may read these words at a later time, by those opinions that we share. But, as always, we would protect this service by our request that each of you be completely responsible for the way that you listen to those things which we say. Please realize that we are not authorities over you in any way but rather those who would share thoughts with you as those somewhat more experienced than you on some aspects of walking the path of the seeker. It would enable us to speak freely without being concerned for possible infringement on your free will if you will listen carefully to each thought and then accept it for further work as a resource or reject it as not having resonance within your own subjective search at this time, according to your own inner discrimination. We thank you for this service, it will enable us to offer ours.

My brother, the odor of bread that is being created permeates the air that this instrument breathes and enables us a good opening to the subject of identity and transformation. The question that you ask is tied up with those two concepts of transformation and of identity. What is it that is transformed when an entity goes through transformation and what is the definition of identity? How does that identity change when one is dropping away bits and pieces of one's cultural conditioning?

The loaf of bread that is being created at this time in this house's bread machine was at one time a mixture of unrelated components: flower, water, butter, salt and yeast. Prior to their incarnation as a nascent loaf of bread, their only identity was of the pool of wheat-ness or water-ness or salt-ness that such elements and green and growing things possess. Now, as heat is applied to them and pressure in the baking process, they are shortly to become a new and living entity: a loaf of freshly baked bread. And they will carry that identity until each crumb of that loaf is ingested by the humans of this household, or, too

stale to eat, given to the squirrels and the chipmunks and the birds outside this household in the yard. It will then become food to nourish and nurture the living things that dine upon it.

Where shall its identity go? Shall it cease to be? May that never be so. Each loaf of bread, indeed each grain of salt and speck of wheat, never ceases once it has found existence in the illusion that you know as third-density Earth. The energy that was created out of nothing in the wheat, the water, and the salt, is transformed into bread. It is then transformed into energy for those who eat the bread. And the energy of those who eat the bread is eternal, and in its turn, that energy is a gift given to the one infinite Creator which, in Its way, eats it and is nourished by it. All that you are, all that you have been, and all that you will be is of one piece. As you drop away things that seem to be you, we ask you to realize that you are not dropping away the identity of that unique being that is yourself. You are refining that identity in the refining fire of the furnace of third-density Earth.

It is fairly said that your Earth is as the athanor and you are as the magician that places base elements into the athanor in order to make gold. It is not that you are altering beyond recognition your identity in refining yourself, but rather that you are burning away those things which you perceive as being no longer necessary to bolster or support your identity. Transformation, then, can be seen not so much as a dropping away of one whole identity and the picking up of another, as it can be seen to be a process of simplification where you are cleaning away the crumbs of self that have been used up, brushing the garment of self to remove these crumbs from your invisible and shining self so that the clothing which you wear before the one infinite Creator is ever more truly a representative of your heart and your soul.

Let us look for a bit at this question of identity. It is certainly true that the entities around you and around almost all entities who are brought up in traditional western culture are taught that their identity is a matter of who their parents are, what their religion is, where they live, and where they go to school. Depending upon the nature of the culture, various children will be given other information concerning who they are and why they are on planet Earth. However, in almost all cases the details are circumstantial, having to do not with what one feels oneself to be from the inside out, but rather of what one's circumstances of birth and circumstance are, the estate into which one was born in terms of class, race, location, belief system and so forth.

We do not deny that these details remain important to any entity within third density for the duration of their incarnation. Many of these primary relationships represent agreements for what this instrument might call lessons that one has agreed with another entity to undertake because of that relationship. In this instrument's case, for example, this instrument agreed with both parents to come into an environment which required that one of her incarnational lessons, that is, one of those lessons that would loom large for the entire incarnation, would be given a good start by them in that they would require her to love them without any expectation of return. This instrument's parents have passed through the gates into larger life over a decade ago in this instrument's life and yet she does not find any lack of those who would help her to practice this incarnational lesson of loving without expectation of return.

In this kind of way, the details of birth and circumstance remain important. They have set you up for those points of focus upon which you wished to center your attention during this time of living and blooming. However, to lean too heavily upon such circumstantial details in forming an idea of one's identity is to embrace the superficial and to distract oneself from the deeper issues involved in incarnation and in transformation within that incarnation. These details are as the bread and the salt and the water—they are not the yeast.

The yeast, or growing agent for incarnation, lies within you and is part of you. It could be called love. Love is that word which is so overused by your culture that it virtually means nothing and so we would ask you to take a fresh look at what loves is and how it acts to grow the elements of your personality into a cohesive, rich and fragrant offering to the one infinite Creator.

In your *Bible* are the words, "In the beginning was the Word." That creative Word is love. And we use that word as we would use the word, "Logos," and as the one known as John used the word Logos in writing that opening phrase to the gospel of John, "In the beginning was the Logos." You came here to incarnation upon planet Earth as a certain kind of creature. You are a creature of love, you are a child

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of the Father Whose name is love. You are an agent of the creative principle and you have dropped into awareness within this very skewed and delimited version of awareness that is life on planet Earth in order, basically, to bloom.

It is very difficult to think of the main and centrally constituent service to the one infinite Creator as that of being and yet that is what you came to Earth to do; you came here to be yourself, to breath the air, to participate in the illusion of planet Earth, to go through each and every detail of receiving catalyst, responding to catalyst, moving through the periods of joy and suffering that this catalyst offers you, and always your chief responsibility is to be yourself, to feel truly, to examine yourself as fully as you can and to know yourself to the very limit of your ability. You wish to know yourself not to judge yourself or condemn yourself or to pat yourself on the back but simply to become aware of who you are.

This process of becoming aware takes you down many a street. Some of the streets of self down which you walk are broad and have a good deal of traffic. Others of the by-lanes and byways that you explore are far off the beaten track and do not have a great many other entities walking them. Every avenue, street, and lane which calls to you has information to share with you and is worthy of your exploration. However, you have undoubtedly found already that many streets both wide and narrow have not been profitable or useful for you to explore beyond a certain point, and so you move on.

In a sense, your life as you have experienced it up until this point could be looked back upon in the eyes of one who keeps a journal of one's life on the road. And yet the places that you have been and the relationships into which you have entered do not in any way define or limit your identity—for much has been going on within that consciousness that you carry as part of your being.

Now what is it that you are? That is a question about which we could speak for a long time but, to give a shorter answer and one more useful for this conversation, we would say that you are a very organic mixture of mind and consciousness. The mind portion of yourself encompasses your physical body, the bio-computer that you inherited with the physical body at birth and that you call your mind, or brain, and the emotions that you possess that are of an instinctual nature. These are all a part of the dust from which you came as a body and to which you shall return as a body. As you return to the dust, so shall your personality shell and the untutored, untaught emotions connected with instinctual behavior as inherited with the body that you now experience life within.

Your consciousness is the part of yourself that flowed into manifestation not only in this incarnation but in all incarnations in which you were embodied from what we may loosely call a soul stream that is infinite and eternal. Before the world was created you were who you are. Your identity is now as it was then and that same identity shall be taken with you when that portion of your soul that is embodied now within incarnation moves back into the full soul stream that is your cosmic identity.

When you speak of dropping from yourself those things that would keep you from being a more refined and real version of yourself, you are not actually speaking of dropping anything that is intrinsic to your identity; you're speaking of dropping aspects of your personality shell for which you no longer feel that there is any use.

This is a subtle process and cannot be said, in most cases, to be one which has clear-cut steps. Perhaps you have cut into an onion and then attempted to peel the onion. As you cut into the onion, you may see layers of onion skin and then matter, and then another layer of onion skin and softer matter and so forth. The only portion of the onion that is taken away before the food itself is used is that outer skin which was as the field surface that protected the vulnerable fruit within from spoiling until it could be used.

So it is with your personality shell. Various details of the ego, as this instrument would call it, with which you came into incarnation, you may well have found increasingly inutile to you. And you have decided that since they are no longer useful, they may be peeled away and dropped into the recycle bin. And we congratulate you upon this. There are, however, many, many layers to go. There is much of your selfhood that is quite stubborn in adhering itself to you as part of your identity. As you drop away items of personality such as the station into which you were born, the skills with which you were given credit for having as a young person, the facets of personality which were particularly praised or for which you were given particularly blame, [they] can

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be found in the maturing process to be less and less useful and so, eventually, more and more, such details are found to be mere crumbs of matter that are no longer useful or efficient at describing the self or defining the characteristics of who you are. And so they are refined away, healed away, or burned away by the decision of your consciousness to do so, by the natural processes of loss within incarnation, by circumstance, or by sudden or gradual realizations of the self, by the self, that create a new point of view, a new place to stand from which you view the world with new eyes. And suddenly, great chunks of what you thought was yourself are no longer useful.

It is not that you are trying to cleanse yourself of secret faults, or clean house by pulling away anything that you still feel akin to, or a kinship to, within you. It is a much more organic and natural process. You are not asked to drop things away from the self before their time. All of the distortions which you possess are useful to you until you consciously perceive that they have lost their kick, they have lost their usefulness to you and are no longer necessary. And so they fall away from you, whether or not you intend for them to. Like old habit, you may reach for one of these old points of identity and find that it simply is no longer there. This is, perhaps, the most benign and natural way to evolve.

What is identity? It begins with the letter "I," and that letter sums up identity: "I." What is the "I" of you? As you become more and more interesting to yourself, we believe that you will find that the "I" of yourself has more and more to do with consciousness and less and less to do with mind. As you circle ever closer to the center of your onion and see layer after layer of false self fall away, we believe that you shall find the "I" of you to be ever more involved with the soul stream from which you came, which is, in its essence, a spark of the one infinite Creator.

Now let us look at the concept of transformation. If we view transformation from the standpoint of space/time, we shall be looking from the past to the present to the future. We would specifically rather not take that point of view in looking at transformation, for we are not suggesting to you that transformation has to do with changing a past self in the present to a future self. We would rather give you a model that makes little sense in terms of looking at time as a stream with past, present and future. We would give you a circular model of time and space in which, at the beginning of an evolutionary process, you are experiencing yourself on the surface of a ball of selfhood, and you are roaming around on the surface of that ball in search of who you are, much as you wander around on the surface of the globe, wandering from place to place, seeing affinities of self with various places and in relationship with various people in those various places, always restless and always wandering, and never able to penetrate into any depth of awareness of what it is to be yourself and what it is to know the self and therefore to know what you were thinking when you decided to enter incarnation on planet Earth.

At the center of that selfhood lies the center of that precious word, "I." The heart of who you are lies at the center of that onion of self and you have been hungry to penetrate the layers and to go to the heart and to serve from that center. We congratulate you, my brother, on aiming your focus at such a profound depth and we would like to do all that we can to provide resources for you to use in achieving your goal. We can assure you that the process of transformation does take place within the illusion of space and time but we can also assure you that everything that you need will be provided to you seemingly from the surface of that onion, seemingly from one present moment after another in which you receive the harvest of much guidance that is all around you at all times so that you are always being given hints and inklings of what the creation would like for you to consider on any given day at any particular moment. Sometimes you will notice your thoughts echoing back to you in a particularly resonant way and we encourage you to take a good look at what you're thinking at those times, using your intellect as well as your heart, to look as deeply as you can into the processes of thinking and the burden of those thoughts.

This instrument has a good friend who once said to her that she felt as though she were an entity whose center was nothingness. She said that she was capable of dazzling people with her wit and so people expected her to be interesting and humorous and she produced the fodder that they expected, they munched upon it and were happy and felt that they knew her, but she said that she felt she knew better because she had been inside that [which] created that fodder of wit, intelligence and humor,

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and in her own judgment there was nothing at the center that was herself.

We would ask for you to look at that figure once again of the onion. Indeed, if one peels away layer after layer after layer of the onion, at the last layer one is left with the material in one's hand of nothing at all, and that is where consciousness begins. You stand now at that point of awareness where you see that the center of your earthly personality is nothing at all. And we ask you to stand right there and feel how firm that footing really is. What have you lost when you have lost your earthly identity? My brother, you have lost the details of a life, you have not lost its essence, you have not lost your identity. You have lost space and time and you have come into a new world. It is a world of essences and concepts. Words and details have been left behind but essences and purified emotions fill this new world with richness beyond all imagining. You are, in fact, a far richer and more complex entity, once you have shed the everyday, than you could ever create using the dull crayons and waxy colors of space/time and the locality of the illusion which you experience on planet Earth.

That unimaginable richness that is you has, however, a good use for the relatively meaningless details that go into creating the personality shell with which you can meet the faces that you meet within incarnation. Your physical vehicle and the details of your Earthly pilgrimage are very useful to you. Without a body you would have no way to interact with those other entities that are so unimaginably rich and so incredibly unaware of who they are, with whom you come into contact each and every day. Celebrate your humanity, therefore, and do not look down upon it simply because it is very minor in terms of its importance within your identity.

(Side one of tape ends.)

(Carla channeling)

Rather, take hold of that error-prone, distorted and heavily flawed creature that is you within incarnation, that creature that is aging and that has many false ideas that are continually being updated and the old ideas dropped. Know how much more than that you are and yet celebrate the rags and tags of personality that are you as you are today, because without them you could not go on this pilgrimage, you could not give yourself as a living gift to the one infinite Creator and you could not have the time and the space to bloom and to be.

My brother, in all truth, you came here to give yourself to the Creator, to the world in which you live, and to yourself. The giving of yourself to the one infinite Creator is easier and easier as you go through the maturation process, for you are irresistibly drawn to that Creator out of simple devotion and the need to be ever closer to the source and ending of your identity. To be a servant of the world in which you live becomes ever easier as you grow more and more aware of who you truly are and become aware at an ever deeper level of what that means. Once you begin to have some idea of the richness of who you are, once you come into that open heart of self and feel your kinship with and eventual identity with the one infinite Creator, that very realization draws to you with increasingly simplicity and accuracy and rapidity those situations in which you can be of help, those relationships within which you can be of service, and those moments when your open heart shines its truth and its light as a lighthouse shines its beacons over a stormy sea, helping others find their safe places and alerting them to the rocks and the reefs of error that are stumbling blocks before them.

Much of what you came here to do as service lies before you, you do not have to reach out to it. Being who you are is the magnet that will draw all things that are needed to you, day by day.

Before we leave this main subject, we would simply encourage you, my brother, to find for yourself a daily round of centering activity that brings you into the silence of your inner room. We encourage you to use some of that silence passively, sinking into the space created by not speaking and not following the unbidden thoughts that arise. We encourage you to dedicate part of that time of self-discovery to contemplation. What you contemplate depends very much on what is of interest to you on that particular day. You may wish simply to move through an analysis of the thoughts that you have thought that day, the feelings that you have felt, looking for points of resonance and patterns of repetition, looking fairly mechanically to begin to grasp the nature of your walk, the nature of your own path of seeking. Many entities lose the chance to follow their own thoughts simply by shrugging them off as being less than clear or less than advanced. And yet we assure you, my brother, that all of those things that

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have moved you are grist for your mill and the harvest of understanding that is potentially available simply from observing the self, are many. And lastly, we encourage you, in your times of inner seeking, to remember to ask for help, for you have a very generous and capable guidance system that is always eager to communicate with you. Whether you wish to do this through journaling, analyzing your dreams, or simply by contemplation, is unimportant to your guidance system. It will work with whatever structure you create in order to hear it.

Giving this time to yourself is not selfish, it is the act of one who knows that in order to be of service, the self must be known to the self. The phrase that this instrument learned as being indicative of the motto of a white, ceremonial magician is, "I desire to know in order to serve." And this is the motto that we recommend for you in terms of taking the time for yourself in order to avail yourself of the riches, the unimaginable riches that lie within you.

We would at this time ask if there is a further question from the one known as D.

D: No further question.

Is there another query in this group at this time?

Vara: Not from me, Q'uo.

We are those of Q'uo, and since we have exhausted the present questions in this group, we leave you as we found you, in the love and light of the one infinite Creator. It has been our pleasure and our privilege to speak with you this day and we thank you once again for creating this moment and this circle of seeking within this sacred place.

We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
May 18, 2005

Question from T: Please offer me any information you feel might be helpful regarding the journey I have taken, where I am in it right now, and what would be appropriate for me to consider in terms of spiritual principles in looking forward.

We are those known to you as the principle of Q'uo. Greetings, in the love and in the light of the one infinite Creator. It is our privilege to be called to this circle of seeking and we thank the one known as T for asking us to speak with him concerning the query that he has posed for us concerning his journey. We greet each in this circle: the one known as C, the one known as G, the one known as T, and the one known as Carla, thanking each for having put aside their time for this opportunity to seek the truth. As always, we would ask that each listen carefully to those things which we have to offer, using your discrimination to take hold of those ideas that you feel may be good resources for you, and to cast aside any and all ideas that do not resonate as being helpful to you at this time, for we would not be a stumbling block before you or interfere in any way with the process of your spiritual evolution. If you can do this for us, then we shall feel free to speak our mind. We would not wish to infringe upon your free will and it is for that reason that we especially ask you to use your powers of discrimination and trust only yourself as the authority over what is true for you. Truth is essentially a very subjective matter. What is true for us may not be so for you. We thank you for being able to do that for us so that we may speak freely. In no way are we to be considered as authorities.

You have asked about the journey that you are on, where you are in it, and what spiritual principles might be helpful as you proceed on the journey, and we thank you for this question. Indeed, we are walking with you on that journey, which is one common to all of us. We each have our personal and individual identities and yet the journey itself is a common one, common to all who are parts of the one infinite Creator who have been spun out of the heart of the Creator to gather experiences and offer the blooming of the self back to the one infinite Creator as a gift. In that sense, it is a common journey and we walk always in company with each other and never alone.

Let us talk a bit, my brother, concerning this concept of being on a journey within incarnation. It is indeed a long and winding road upon which this journey takes place upon. It begins before incarnation with you and your guidance system coming together to choose carefully the resources with which you would choose to garb or clothe yourself for this incarnational experience. Indeed, you chose your gifts as well as those things which you might consider your frailties or your faults. You chose people in your life which you felt would make excellent companions for you and you chose those people within your life which you hoped would serve as catalyst for you, giving you what in

incarnation you call pain and suffering. For, although your main reason for incarnating was that which you wished to offer and give, you also chose certain balances on which to work, most notably the balance between love and wisdom. Like many entities, you chose lessons such as learning to love without expectation of return, and learning to listen with compassion to those entities who do not think as do you and whose logic does not run as does yours. The choice to focus on compassion, patience and tolerance was part of the reason that you chose some of those entities within your life with which it is less than comfortable and convenient for you to deal with.

You gave yourself gifts of personality and character and as well you gave yourself those things which you now perceive within incarnation as faults. You did this with exquisite care, feeling that this assortment of details of personality were those choices that would best serve you as you attempt to mature, to balance the gifts that are within you, and to seek your true self.

The journey of incarnation is a journey to the center of the self. It seems as though it were a long and ever-expanding trek. As the years go by and as the Earth upon which you enjoy life revolves around your sun body, it seems as though it is a long trail which you are walking, and yet, my brother, we would suggest that the actual journey is from the outside, or the surface of this ball or sphere of life experience towards its very center. From the skin, the eyes, and the awareness inwards towards the very center of your heart. Consequently, if we do not seem to speak in terms of linear achievements, the past, the present, and the future, it is because we are gazing at your journey from a different standpoint. The standpoint from which we gaze at your experience is that standpoint of the soul which is in time/space. We rest within your consciousness to look at those hopes that you had for incarnation before your entry into it.

My brother, you have indeed penetrated the outer surface of your incarnation to a substantial extent. You have begun to see into who you are. We would say that, in terms of those hopes that you had before incarnation, you have more successfully achieved things in the outer layers of living, such as right livelihood and excellent companionship for the journey of incarnation than you have achieved substantial success, according to your hopes before incarnation, in penetrating to the very heart of who you are. We say this not to chastise you, but in order to motivate you to continue the exploration of who you are in an ever deeper and more profound sense. The very center of your hope for incarnation, in terms of achievement, was that achievement which we would call "blooming." You are, as any living entity, a being which first comes into bud, and then, through the application of much sunlight and water and the right environment for growth, into bloom. Your hope was to blossom and to yield the harvest of that blossoming to the one infinite Creator, to the planet into which you incarnated in order to serve, and to all of those upon the planet, that race of humankind which you love so dearly and wish so keenly to help.

Your sojourn has brought you much awareness and your compassion for others has greatly deepened. We would say the chief stumbling block in your way at this time is a lack of compassion for yourself and we would encourage you to pursue that hardness of heart within yourself, towards yourself, with singleness of heart and with great stores of compassion and self-forgiveness.

It is a common mis-emphasis among your peoples to emphasize the doing over the being and to value things accomplished in the outer world over a growing realization of yourself as an essence. Many things have changed within your life in the most recent past few of your years. Things have dropped away from your personality shell and your identity has correspondingly shifted.

We would encourage you to continue this process of releasing things about yourself that you thought to be true as you discover new truth and new being within yourself. It is in coming into a present moment awareness of who you are that you more and more free yourself from the limitations imposed upon you by your self-concept. Your hope, before incarnation, was that you would come into a more and more full awareness of that essential nature of yourself that is not bound up in the personality shell or in the emotions connected with instinctual behavior as inherited from your physical body, but to be able more and more to avail yourself of that larger personality that you would call the soul or the spirit. And again, the more that you enter into this essential and deeper personality, the less entirely personal your selfhood becomes. For as you get closer to the heart of who you are, you take on those

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aspects of the self that are wrapped up in the larger self—or as this instrument would call it, the Creator-self.

When an entity thoughtlessly uses the word, "I," that entity is referring to the personality shell. Certainly, that entity is one-of-a-kind and very idiosyncratic and unique. However, as you cast off items of your personality shell and enter more and more into your spirit-self, you do not in any way remove or limit your identity as "I." Rather, you retain the uniqueness of yourself as a spark of the one infinite Creator, yet you become more and more aware that this Creator-self has its roots in the Creator Itself so that you have more and more of an awareness of the solidity at the center of your true identity.

My brother, you have made excellent progress in achieving the goals set for yourself, by yourself, before incarnation. And we would say that at this time, and for your foreseeable future within incarnation, we would see your chief goal yet to be realized as coming into a fuller and fuller awareness of who you are and Whose you are.

We shall be glad to come back to this query, but because there are several questions that we have to cover, we would like to hold our request for follow-up questions until all of your questions as written down have been responded to. Is there a second query at this time?

T: I feel as though I'm doing the right job but question whether I am in the right place. Please comment in any way you feel appropriate, pointing me in the direction of service to others that most fully fulfills my purpose in being.

We are those of Q'uo, and are aware of your query, my brother. We would indeed agree with you that you have found the most creative and satisfactory outlet for your considerable gifts as a healer, my brother. While we cannot comment directly on the question of your location, we could offer some thoughts upon this question that might perhaps serve as resources as you consider the question of right location.

It has often been said to and by this instrument that the one thing that remains constant, no matter where one travels, is that at the end of one's journey one shall still find oneself. Therefore, we would suggest that location and the choice of location involve consideration of two things.

The first is whether or not the location at which you now reside has a resonance for you. If the place where you live does not feel like home to you, we would encourage you to search by whatever means that you have at your disposal until you find a location which seems to you to have the resonance and the familiarity of home. It is a comfort to any entity to feel that they are nestled in a place that is safe and comfortable to them. Certainly, this is a luxury that is not always attained, and many are those upon your planet who are not at all comfortable, nor do they feel safe. Nevertheless, as an ideal situation, it seems to us to be incontrovertibly so that it is far easier to focus on your service to others when your basic needs are being met and you feel a sense of rightness about where you are.

The second consideration in right location, we would suggest, is that of resonant service. There are times when the location itself is resonant to you but you have found that there is some kind of tangle concerning personalities that dwell within this location, or situations that seem to crop up within the location in which you find yourself. And you wonder within yourself whether or not making a new start in a new location would, shall we say, comb these personalities or circumstances out of your hair and enable you to make a fresh start. If this is indeed the case in your situation, then we would suggest that it is well to consider the question of how these entities and circumstances form a pattern. We would encourage you to take a slow, thoughtful and careful look at any difficulties and entanglements that you may feel at this time. The likelihood is that in moving to another location without grasping, understanding, accepting, balancing and forgiving the entities and circumstances that now trouble you, you will continue to be generating through the magnetism of that which you are, shall we say, putting out into your atmosphere around you the same patterns in other places that you have created where you are now.

If this is indeed the case, that is, that your location itself is resonant but there are things about the situation within that location that seem troubling, then we would encourage you, before even thinking of moving, to enter into these situations looking for the pattern underlying the situation.

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(Carla coughs.)

We apologize on behalf of this instrument for the coughing.

You are not looking at the situation in order to assign blame. Rather, we would suggest that you are looking into a hall of mirrors. The people around you and the situations which come from interaction with these people are giving you a somewhat distorted and skewed image or series of images of yourself. Even when these images are highly distorted, they yet have valuable information for you concerning, perhaps, things about yourself which are in what this instrument would describe as the shadow side of self, that part of the self that is not developed and is not often visited because it is that side of the self which is the thief, the murderer, the liar, and other negative images that you have undoubtedly carefully kept away from developing and being shown to the world.

Nevertheless, these facets of self exist, not only in yourself but in all people. Nor are they to be ignored, abandoned or denied. Rather, they are to be understood as parts of the 360 degrees of self that make you up. You are a spark of the one infinite Creator and within that Creator lies all that there is, both of the light and of the so-called darkness. We do not encourage you to develop that darkness by loving the darkness and encouraging within yourself the energies of selfishness and service to self. Rather, we ask you to realize that these darker energies within you are a part of you that you can redeem and balance by your loving of them within you.

It is these darker energies that, when beguiled and charmed by you in the fullness of your soul personality, become within incarnation those deeper elements of your will and your focus which serve to stiffen and make strong your spine and create within you a real edge to that determination to use your will and your focus in order to refine your personality. Loving and accepting these darker images of self does not mean encouraging illicit or immoral behavior. Rather, it encourages you to integrate the darkness into your whole self, to accept the wolf within, as this instrument would call it, to embrace those things about yourself that are the least attractive so that you can cuddle them, lull them into sleep when necessary, and create a structure for them within yourself in which they are given useful work to do for the light, realizing that you have only to love those portions of self in order to place them where they belong in the balance of your energies. You are then freed to know yourself in a more complete way.

Therefore, when these images of self are shown to you again you are much more able to look those images directly in the eye and say, "Yes, that too, am I. And I give that aspect of myself to my higher self because it knows just how this part of myself needs to fit into my whole self in order to create a perfect balance so that I may be free to do the will of my highest and best self."

May we ask for the third question at this time?

T: I believe I am a wanderer from the sixth density. Can you confirm this for me? Please comment on penetrating the veil of forgetting.

We are those of Q'uo, and are aware of your query, my brother. We can indeed confirm that you are a wanderer from the sixth density. As to the veil of forgetting, we realize that there are many entities who upon awakening wish to penetrate the veil of forgetting and to discover more about the journey that they have taken up until this incarnation.

For our part, my brother, we are reluctant to encourage you to penetrate this veil. We believe that in many cases there is a permeability to the veil that comes by stages and we feel that it is helpful and healthy for this to occur as long as it occurs naturally, that is, within the context of your process of seeking and discerning what you would call your way forward at this time.

We have found that in many cases when entities penetrate the veil of forgetting and discover one or more of their past incarnations, these entities then pull themselves back into the patterns of those incarnations to some extent, and that they tend to explain things about their present incarnation in terms of the dynamics of past incarnations. We find this to be somewhat deleterious to the progression of evolvement of your spirit because you move into the pattern that has already been explored in the past life rather than staying carefully within the present moment and the present incarnational experience.

We may share with you our opinion that you do not have adhering catalyst, or what this instrument would call karma, coming into this incarnational experience. The people with whom you have agreements in this life are not entities with whom

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the agreements are concerned with past-life balance. Your agreements all have to do with serving together or learning from each other within this present incarnation.

If you begin to receive bleed-through memories, especially within the dreaming, then you will know that your higher self has seen fit to begin informing you concerning experiences that you have had in past experiences of incarnation. And you can then ask yourself how this information might be helpful in grasping a current situation or in observing a certain pattern of thought that you have observed about yourself and are attempting to penetrate so that you may evolve as a spirit.

The spiritual principles involved in any wanderer's entry into incarnation are those principles involved with service to others. It is for that reason that wanderers seek incarnation within planet Earth at this time. You have had the distinct and clear perception that you can make a difference in this lifetime. After the incarnation begins, it is much more difficult to have that clear vision that you had before incarnation concerning the nature of your service. As we said earlier, it is very easy for it to seem, to one within incarnation, that service has to do with what one does. And indeed, the outer services are wonderful and create a substantial gift to the one infinite Creator. Yet, my brother, the heart of your service is in the nature of your beingness.

We ask you to consider penetrating to the very center of who you are within incarnation as that goal to which you may bend every effort and serve with the greatest of joy and the feeling of peace that comes with knowing that you are on the right track. Let the being that you are being be your main concern, for as you refine and simplify your concept of who you are, as you breathe in the air and breath it back out and focus on essence, you will find that all of those things that you need in order to express a doingness will come to you very naturally, as if drawn to you magnetically.

May we ask for the next query, my brother?

T: Please comment in any way you are able concerning health issues for me. I have trouble swallowing as food gets stuck in my throat. My mother's side of the family donated this tendency to me.

We are those of Q'uo, and are aware of your query, my brother. We can to some extent comment on this question and would agree that, to some extent, the difficulty that you have in the region of the throat chakra is purely mechanical and has to do with your genetic heritage. However, in asking that question, we are also agreeing with your inference that there may be more to that particular difficulty than the physical aspects of its manifestation and we would like to look at the way …

(Side one of tape ends.)

(Carla channeling)

… the blue-ray energy center or the blue-ray chakra manifests its distress within the everyday life.

Let us look first at the opening of the heart chakra and all that it entails. Basically, the opening up of the green-ray chakra or the heart chakra is a tremendous job. It involves much more than simply the opening of the heart, for there is a two-fold opening of that heart. The first opening is simply the lifting of all concerns into the heart. There are many issues concerning survival and personal relationships, as well as group relationships such as marriage and the workplace, within which many people get stuck. And [so they] never bring these issues up into the heart. You, my brother, long ago began to do so and through the years you have penetrated the first heart, that outer temple, shall we say, and moved into the inner temple of unconditional love. You have brought more and more of your whole self into that inner temple. However, my brother, we would say that you have not brought all of your self into that inner temple as of yet. It is the parts of yourself that are as yet unredeemed by your love, your compassion, and your full acceptance, that are creating for you at once an under-energizing and an over-activation of the blue-ray chakra. These are two separate concerns and so we would look at them one at a time.

The under-activation of the blue-ray chakra is due to a lack of a feeling of self-worth which is because of the fact that you have not yet concluded the process of self-forgiveness and self-acceptance that you have begun in opening your heart. The over-activation is a matter of your very active and strong will, which is encouraging you onward to communicate ever more openly and to move ever more fully into those energies of full sharing, fully open communication,

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and that self which wishes to move on into work in consciousness, or into indigo-ray work.

So there is at once a certain amount of under-activation of blue ray because of work left undone in moving fully into the open heart and an unwise application of the will that is in advance of your true situation, where you are very much wishing to move onward into more advanced work. And yet, at the same time, you cannot bring to bear the full amount of energy of the one infinite Creator that is flowing through your energy body. This also is a portion of the reason that you are experiencing some difficulty in the blue-ray chakra region of your body.

As you know, my brother, there are various techniques, dealing strictly with the physical body, for enabling the actions of swallowing to improve. And we would encourage you to look into those techniques. But we would also encourage you to go on a hunt for your lost little dogies, as this instrument would call those stray parts of the self that are still wandering in the pastureland of your unredeemed and unforgiven self. Find the lamb that is not yet in the fold of your forgiveness. Go and get it, bring it home, and love it, forgive it, accept it, and know yourself to be fully there and fully worthy.

May we ask for the final query?

T: Our dog, Y, acts in such a way that I feel she is harvestable to third density. Can you confirm this?

We are those of Q'uo, and yes, my brother, we can confirm the harvestability of your mind/body/spirit complex known as Y.

We would at this time ask if there are any follow-up questions from the one known as T?

T: I had a channeled reading ten or twelve years ago when there was a reference made to myself and an aspect of Neptune and I was just wondering if Q'uo has any comment about that?

We are those of Q'uo, and are aware of your query, my brother. The question had to do with whether there are aspects of Neptune that might be fruitfully considered in the process of the one known as T at this time.

We would encourage you, my brother, to examine fully the so-called astrological chart of your natal birth, looking for the placement of that energy, and of all energies having to do with water, within that chart. The energies of Neptune are certainly those which have a bearing upon the incarnation of any wanderer and we feel that there is productive ground there for exploration. However, we would also encourage you to examine less traditional ways of viewing the birth chart, such as that given in the book known to this instrument as *The Invisible Garment*[48] in which these energies are gazed at in a non-traditional way.

This and all ways of looking at the energies involved at the moment of birth are ways of looking into the archetypal influences which you have chosen to ring about yourself as companions and allies. These are all energies that anyone may access within the deeper self, and yet, in each lifetime, the entity chose just that particular arrangement of energies and so we would encourage your investigation of these energies, especially, as you said, that energy known to be of Neptune.

May we answer you further, my brother?

T: If we are sixth density, and we die to third, from a harvestability standpoint, where do we go: sixth, third or fourth? I'm not sure how to ask the question.

We are those of Q'uo, and are aware of your query, my brother. You asked us, since you came from sixth density to third, upon being harvested, where do you go? Do you go to fourth density or back to sixth? We believe we understand your query, my brother, and we would say that it is unknown to us at this time as to what your decisions shall be once you have graduated. The challenge for each entity that goes through the veil of forgetting and takes incarnation in third density is so to recapitulate the lessons of third density that you are able to clear third density and walk the steps of light into fourth density. For all of those who are able to graduate, that is the first destination, that being the larger life of unconditional love. Once you have cleared the barriers that keep you from moving again to the place of your choosing beyond third density, you shall then undergo a period of reflection and a discussion with your higher self such as you had before incarnation, discussing the possibilities as you see them at that time and where the resonance for you, the place of service for you next seems to lie. It shall not be known or decided until that moment.

[48] Connie Kaplan, *The Invisible Garment: 30 Spiritual Principles That Weave the Fabric of Human Life*: San Diego, CA, Jodere Group, [c2004], ISBN 1-58872-089-6.

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We would encourage you in the context of being still within third density to focus upon living from the open heart so that you are already living in unconditional love and are harvestable. You remember much as soon as you clear the process of death, but it is your state of being before the death process that determines whether you are free to move back into higher densities or whether you have been caught by the third-density energies of light and dark, good and evil, and so forth so that you must again take third-density existence. We do realize that you, like many wanderers, have no great affection for the environment of third density and so we would greatly encourage you to look to the wholeness and integrity of your heart energy and attempt more and more to live very genuinely and naturally in those sacred precincts of unconditional love which are so dear to you.

May we answer you further, my brother?

T: I don't have any more questions. I do have a comment. Carla and Jim are supposed to send me some information that either came through you or Ra on healing. I'm a chiropractor and I want to do some different stuff. If you might have any comments on that I would appreciate it.

We are those of Q'uo, and are aware of your query, my brother. The one known as Carla has endeavored to find this information for you, and interestingly enough, neither she nor the one known as Jim has been able to locate this information. It is not a problem that is infinite for there are other locations in which this information can be found. However, that has been the reason that you have not yet received this information. The instrument is aware of the need to find these lost documents and has been working towards locating them.

What we would say concerning the information is that, like all information, it has a certain amount of power but its power in and of itself is infinitesimal compared to the power that it grows to possess when in the hands of one who uses gifts that are given with a full and open heart. We know that with or without this information, the broader and deeper avenues that you seek will come to you. We have not investigated the deeper reasons of the misplacement of this information but would simply offer our opinion that your path is one which is open before you. When this information is found, it shall be sent to you and we encourage you to seize upon it and to absorb it, realizing that you enliven these simple exercises that the ones known as Ra have offered. It is you that create the living gift rather than any pieces of information.

Our reflections upon leaving you, my brother, are simply to thank you with all of our heart for the beauty of your spirit and the richness of your blooming. We cannot tell you how much we admire and love you and at any time you would wish us to be a part of your meditations, you have only to ask for our presence. We do not offer words or images but if you ask for our presence what we will do is to enter into your meditation with you in such a way as to deepen and help to stabilize your basic level of focus within meditation.

We thank you so much for giving us the opportunity to share our thoughts. And we honor you. We leave you as we found you, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Special Meditation
May 20, 2005

Jim: *(Reading C's question.)* "I believe I'm a sixth-density wanderer. Q'uo, can you confirm this and would you please offer any comments on being a wanderer that you feel might be helpful for me to consider?"

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank this instrument, the one known as C, and all who join this group for setting aside the time, the effort, and the presence in order to create a circle of seeking. We find it a great privilege to join you and to respond to your request for conversation on the question you have vibrated and we are glad to answer this and all questions from the one known as C.

However, before we begin, we would, as always, like to request very carefully that the one known as C and any who might see these words please use the utmost care and discrimination in listening to them. We are not authorities and in sharing our observations and opinions we are not expecting you to believe us. Indeed, it would be alarming to us were you to swallow everything that we said as if it were true. We ask you to realize that you, yourself, are the only person capable of grasping whether or not thoughts and opinions are useful to you at this time in your process of seeking. Thoughts that are helpful to you have a resonance and when you hear them it is almost as if you were not hearing them for the first time but were being gently reminded of something that you already knew and had temporarily forgotten. If our thoughts do not have this kind of resonance for you we would ask that you set them aside without a second thought, for we would not be a stumbling block before you. If you will take care to listen carefully and to discriminate between our thoughts, choosing only those that are good for you, then we will feel comfortable in sharing our thoughts freely. Above all things, we wish not to infringe upon your free will or interfere with the process of your spiritual evolution.

My sister, we can confirm that you are a wanderer and that you come from the so-called sixth density, or the density of unity. We would offer a few observations and comments upon the condition of being a wanderer and are pleased that you have requested our opinions on this matter.

The wanderer is as one who has sacrificed a great deal in order to risk the forgetting process and enter into incarnation for service to others. It is a courageous decision to make and we congratulate the one known as C on having plunged into incarnation in third density for such a loving and service-to-others reason.

The nature of service to others is often greatly misunderstood among your peoples because the emphasis, as we said recently to the one known as T, is so often construed to be that of doing in outer

service to others that mounts up or amounts to something in the eyes of the world. Certainly, you have already in this incarnation offered service to others of a substantial kind that has indeed come to the notice of the world. However, we ask you to think of yourself as a crystalline being whose nature is basically to share your beauty with the world, with yourself, and with the infinite Creator. If you can think of yourself as a gem or a crystal, then you shall be able perhaps to come close to understanding what we are talking about when we say that the heart of service to others is in the essence of your being rather than in the details of your outer service.

When you observe a crystal or a gem, you are content simply to gaze upon its beauty. You can see the way the facets of the gem catch the light and you can see the beauty radiating from those points of light and from the true colors evident in the gem or the crystal. You do not demand of the crystal that it do something but rather you behold its beauty and it, in its own way, changes you for having beheld it. This is the nature of your own being as well. You have come among the people of Earth to be, to breath the air, to open your heart, and to gaze with love and compassion upon the world that you see before you in this moment. All that you are is gathered together in your heart and is radiating from you as the light within the lighthouse radiates out into the air, into the atmosphere, to greet all who come near it and enjoy the beauty of its radiance. The one known as Jesus the Christ said that it was a good thing for entities to allow their light to shine before humankind and not to hide it under a shade. Above all, my sister, we would encourage you to do just that: to let your light and your truth shine before all of those with whom you come in contact.

We are not encouraging you to share ideas or other items of belief, for we would not be encouraging you then to be but to do. We simply encourage you to find your way into your open heart and to do the work that is necessary in order to keep that heart open. Your essence is locked up in this very sacred space. When you awaken in the morning, before you even rise from your bed, we would encourage you to center into that heart, that sacred space within you where the Creator Itself dwells; to touch into the very center of your being and, at each point during the day when you feel yourself being pulled away from that center, when you can and when it is convenient, take a moment, gently and firmly, to move your consciousness back to its center, and let it shine.

All that you are is in that radiant energy and we assure you, my sister, that those things that you and the Creator have prepared together for you to do as outer service will be magnetized to you and will come to you as you are ready to pick them up and do them. Awaken each day, my sister, knowing that this will be a productive day. This day shall be your gift to the one infinite Creator.

My brother, would you please vibrate the second question?

Jim: *(Reading C's question.)* "I've received memories of past lives that relate directly to people currently in my life. This leads me to believe that I am trapped in karma. Can you confirm? And if the answer is "Yes," can you advise me as to what ways I can balance these karmic debts? If you are unable to confirm that I am karmically trapped, can you comment on this concept in any way helpful to me at this time?"

We are those of Q'uo, and are aware of your query, my sister. My sister, we cannot confirm that you are trapped in what you and this instrument both call "karma." There are entities who are trapped in adhering karma and who have come to this incarnation in order to find balance and forgiveness of a pattern into which not only you but another entity are caught together. However, my sister, this is not your situation. In fact, you entered into your present incarnation free of any adhering karma and, with regard to the one known as T, in a situation of balanced karma wherein you both have worked before as a team. This teamwork extends beyond you and the one known as T into unseen realms, for there are those of your social memory complex within unseen realms both inner and outer, that is, both native to this planet and beyond this planetary orb, that are also involved in helping you and the one known as T move forward in those goals to which you both have dedicated yourself towards accomplishing within this incarnational experience. In this way, you are set up very solidly in terms of being surrounded by many unseen friends and with a very strong system of guidance that is available to you.

We are, however, aware that your query involves the reason for your awareness of other entities' patterns and we would at this time offer a few comments on the kind of service for which you provided yourself

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with this information as a part of, shall we say, your personality shell. Before incarnation, you and your guidance system together spoke in many different ways concerning the hopes that you personally had for your service to the people of planet Earth. You responded greatly to the concept of helping all of humankind and yet there is a portion of your soul stream that wished to bring service down to the small details and to the individual entities that you would meet within this incarnation. It was your hope that, by giving yourself these awarenesses of the subconscious material involved in the entities with whom you came in contact, you would be able to see into these patterns in a way that was filled with compassion and unconditional love.

You have, in past incarnations and between incarnations, done a good deal of work in loving entities and whole cultures and societies. This is an activity which involves a great deal of concentration and focus for in doing this work you are not accomplishing anything but the radiation of absolute love as a coherent stream, rather like what this instrument would call the stream of a laser, so that the entity or civilization upon which you bent your loving gaze would feel there was absolutely no doubt that they were loved. This stream of love, through time, regardless of all obstacles, is an activity at which you have in the past been extremely good. It was your hope that during this incarnation as well and in spite of every obstacle thrown up by the many distractions offered by the physical body and the stray emotions of the personality shell of that body, you would, when prompted by being around entities which were in need of this kind of reassurance, be able to love, not simply in general but very specifically, according to the subtleties and nuances of the patterns of personality and the dynamics of that personality's interaction with what you could call the forces of polarity; [that you would] be able to envelop and embrace them in the light of your living and consciously sent love. Many are the entities which are not vulnerable to love offered in open communication because of damage that is done to them in their past within [this] incarnation. The gift that you are able to give to these entities, without any obstacle or resistance on their part, is this unspoken, unannounced, silent radiation of unconditional love.

We are not suggesting that you have nothing to offer such entities. We are simply suggesting that the service which you created for yourself before incarnation having to do with this ability to perceive patterns within other entities was simply to be there for them as a loving presence. It would not be surprising to us if entities which had found their icy hearts thawing in the presence of your loving heart began to find it possible to enter into communication with you. And certainly, my sister, you are free to offer any information and inspiration that comes to you if such communication is undertaken by the other self whom you are loving. Nevertheless, we ask you to realize that this is as, what this instrument would call, the icing on the cake. It is wonderful if you are able to share helpful thoughts and opinions with such entities but your true service is accomplished when that entity is loved by you.

We would at this time ask the one known as Jim if there is another query.

Jim: *(Reading C's question.)* The third question is: "In observing a recurrent pattern in my life, I believe that one of my incarnational lessons is overcoming the illusion of abandonment. I believe I've mastered this illusion after encountering it on all sides. Can you confirm? Can you speak in any way helpful to me on this concept?"

We are those of Q'uo, and are aware of your query, my sister. To the one known as C we would say that, indeed, she has done a great deal of useful and helpful work in perceiving that incarnational lesson of loving through perceived negative responses such as abandonment, rejection and betrayal. We would not say that the one known as C has mastered this catalyst. Indeed, when one chooses an incarnational lesson, one is working not to master the lesson or to pass some perceived outer test. One is choosing a theme or a motif that will last for the duration of the incarnation. When such a lesson is chosen, it is chosen, at least by those wanderers who are from sixth density, almost surely with the intention of striking a finer or more refined balance between the energies of love and wisdom. The energies of love, by themselves, do not have the balance, nor do the energies of wisdom by themselves have the balance. They are as the dynamics of your soul stream after it has chosen its polarity and while it yet retains the shape of an individuated soul. In other words, my sister, you chose this theme of the apparent perception of being abandoned or betrayed in order to give yourself experience in responding to this

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perceived catalyst not simply with love and not simply with wisdom but with an ever increasing awareness of the balance between those two energies.

If you are abandoned and you respond completely with love, you have very successfully balanced the negative emotion that was handed to you with a responsive, positive answer. And yet, you yourself are responding from the position of being flattened by the emotional impact of the experience as it has worked its way through your chakra system or, as this instrument would call it, your energy body. If you respond to the experience of being abandoned with wisdom that is unalloyed or pure, you do not have that experience of being emotionally flattened or crushed by the experience. You simply move on, choosing not to react at all. However, this action does not embrace, envelop and accept in fullness the worthiness of the entity who has abandoned you. Consequently, you have designed for yourself this theme or motif, this incarnational lesson, as it were, so that you may work on striking the balance in your response that is, in this instrument's terms, the most musical, the most crystalline.

Think of yourself as a wind instrument, say, a wind chime that responds to the wind. As the elements of the wind chime are blown and tossed about by the wind, they strike each other and create sound. Your hope in this practice is not simply to love, embrace and accept the entity who has seemingly offered you negative catalyst and not simply to remain uncrushed and unflattened by the experience, but so to combine these elements that you are lifted up and free of the flattening effect and at the same time your continued and abiding love of the one who has seemingly wronged you has lifted up that person also. In this way, your hope, then, is to have balanced the forces of love and wisdom within you while remaining highly positively polarized in service to others. In this way, the suffering that is inevitable when catalyst strikes the seeker is honored and then the experience is raised up as an offering to the one infinite Creator. And there is the experience, in a very small way, as the one known as Jesus the Christ [had], of the suffering having been redeemed by great and unconditional love, so that you have the experience of the cross and the experience of resurrection as well.

In general, we may say that within the incarnational lessons that each wanderer chooses for herself, the goal is not simply to learn a lesson. The goal is to practice a kind of lesson in such a way that the soul stream that is practicing this lesson is, little by little, purified and refined in the fire of planet Earth and the incarnation that you are now experiencing, so that that soul's essence becomes ever more beautiful and is ever more completely dedicated to serving the one infinite Creator. Thusly, it is not so much that you are learning lessons but that you are learning how to give yourself as a gift in every thought and in every action to the Creator whom you love so unconditionally and who loves you so unconditionally.

My brother, is there another query that is on the paper at this time?

Jim: *(Reading C's question.)* There is one more: "In the dream state, for over twelve years, I've been nurturing babies during sleep. I offer them physical care, they offer me telepathic teaching and seem more conscious than I. I've cared for these babies in normal Earth-type nurseries and also in underwater nurseries. Some are not of Earth and possess a center of gravity that makes them unstable on our surface. I deliver these children to ships where I assume that their proper star families will continue their caregiving. Can you confirm that I'm giving an actual service in these actions?"

We are those of Q'uo, and are aware of your query, my sister. My sister, you are not the first entity to ask us concerning service to these infants and we may assure you that you are being a very real and genuine service to them by the love with which you nurse and embrace them and the care which you take of them. May we say that indeed these entities are not of your race, yet they have intimate ties with your planetary sphere and with humankind and are, in their own way, wanderers in your so-called inner planes where they have come to serve. Your service to them is very real and we thank you for the fastidiousness with which you approach this highly unorthodox service.

They are indeed cared for by others as well as yourself and by realms other than that which you experience in the dreaming state. The theme of your service within incarnation at this time, as you can see, is little understood among the people of Earth, for you have come here to love. And we thank you, my sister, for the great care that you have taken in every way that you may find to dedicate yourself to

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this service and to this incarnation with a whole heart and an untroubled mind.

May we say that at any time that you would wish to call on us to deepen your meditation or to be with you in the dream time you have only to ask mentally for us to be with you and we are glad to lend our vibrations to yours.

At this time, we would ask the one known as C if there are any questions that she has, either as a follow-up to what we have said so far or in addition to what we have said?

C: Are children that are of the negative polarity and have tried to *(inaudible)* and I've been able to sway at least one of them into discarding the other … Am I participating in bringing light into a darker element of this group of children?

We are those of Q'uo, and are aware of your query, my sister. We believe that you have stated the situation fairly. You are as the lighthouse and you shine over stormy waters, giving your love and your light that is as a beacon. Your fidelity to unconditional love, by its very nature, is able to create [awareness] within entities which may be being tempted to join what you would call the darker side of the left-hand path of service to self in such a way that such entities cannot deny the truth of that light which they see before them. Naturally, their will is free and they may choose that darker path …

(Side one of tape ends.)

(Carla channeling)

… but they choose it in [a] full awareness that only your loving presence can give them of what their situation actually is. Please be aware that many things within this particular construct of your dreaming time are archetypal in nature rather than literal so that the infants are not truly infants, the spaceships that seemingly are going to other planets are actually within the inner planes of this planet, and so forth. Yet the situation itself and the entities that are moving within this particular pattern and hope in their own way to be of service at this time are extremely grateful for that energy which you bring to their situation. It is yet one more example of the incredible oneness of the infinite Creator so that each becomes a teacher to each and this stretches across bands of race and star location and all of the infinite sub-planes of your inner realms.

May we answer you further, my sister?

(Pause)

We are those of Q'uo, and we would ask before we close the session if there is a final query.

C: I would appreciate information about a blue star that I see all the time. I see it with my outer eyes and my inner eye.

We are those of Q'uo, and are aware of your query, my sister. We find that we are not able to share with you on this point because this is a feature of a pattern which you are currently working on within your own process. We may comment to you that the color of this star and the crystalline nature of the star are both keys that you may use in working with the energies of this shape and color. These shape and color details have their echoes within the archetypal system of your own thoughts and also, in a literal sense, within the constellation of your energy body. That is, the blue-ray chakra is suggested by the blue color and the crystalline nature of the star or its fusion nature, shall we say, is also an element that is likely to be helpful in pursuing this image. As you work with it, realize that you do not have to interpret it or decipher it all at once, for it may be seen not simply as information but also as companionship.

We would at this time leave this group as we found it, in the love and in the light of the one infinite Creator. We thank each of those present for their beauty and for their service to us in asking us to share our opinion. It has been a true privilege to be able to do so. We leave you in the love and in the light of the one infinite Creator. We are known to you as Q'uo. Adonai. Adonai. ♣

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Special Meditation
June 14, 2005

Forest Row, East Sussex, Britain

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most happy to entertain the questions of the ones known as J and A. We would ask for the one known as J's first question after we share a few thoughts.

Firstly, may we say that it is a privilege and a pleasure to share your vibrations at this time. Your dedication of this time to create a sacred space is a blessing to us, for it enables us the opportunity to be of service and this we greatly appreciate.

We would request, as always, that each, not only the ones known as J and A, but any who hear or read these thoughts, be completely and profoundly responsible for discriminating between those thoughts of ours which will be helpful and those thoughts of ours which miss the mark and have no resonance in your particular process. We need for you to discard those thoughts that are not useful and to move on without a second thought. We wish greatly not to be perceived as entities of any authority, but only as fellow seekers. Your strict observation of our request will enable us to speak freely, without being concerned that we may trespass upon the freedom of your will, for the process of spiritual evolution is heavily dependent upon your refusal to accept any authority but your own. We thank you for this kindness.

At this time we would request the one known as J's first question.

J: I will describe an event and then ask some questions, if that's OK.

In 1992, I was at a rave and had taken too many drugs. I had what I believe was a heart attack and whilst recovering an hour or so later, I had the following experience. It seemed as though I was bathed in a beam of light from above and had what appeared to be a telepathic deal being struck and then had the following visions.

I was on stage at an outside concert and then saw two golden-colored, roughly humanoid light beings descend from the sky. Each grabbed one of my hands and then pulled my soul out of my body and we flew off into space.

I feel that at that point when my heart had its attack, a sixth-density entity and I agreed that I would give way so that it could take over my own incarnational agenda and in return I would allow the use of my own body so that it could also complete its agenda. In other words, I feel I became a walk-in.

Can you please confirm this?

We are those of Q'uo, and we are aware of your query, my brother. Before we respond to this query,

we would ask your patience while we readjust the position of this instrument.

(Pause)

We are those of Q'uo, and are again with this instrument. We thank you for your patience. We believe this configuration will support this instrument's physical vehicle in a more appropriate manner than her previous position.

My brother, we can confirm that you are a walk-in and that the events which you have described are approximately accurate. We feel that you are still working with this experience and so what we can say concerning this particular experience is limited. However, there are spiritual principles involved in the phenomenon of the conscious taking on of a spiritual agenda. In the case of walk-ins, there are actually two entities who have chosen to give over their lives to that spiritual agenda.

Now, what does this signify? How does this play out, shall we say, in the ordinary life of an entity, who like any other is frail, human and error prone? Certainly a wanderer or a walk-in is not a privileged being. In fact, there is a great deal of suffering involved in choosing an incarnation upon a density of experience that is, shall we say, heavier and rarer in light. There is a sacrifice involved, the taking upon oneself of the cross, in such an experience. You would not have chosen this experience except that you had a great desire to serve not only the one infinite Creator but also this particular tribe which you may call humankind. Your heart was broken by the sorrow and the suffering of the entities of planet Earth, and you felt that you could make a difference.

When we address a walk-in, we are speaking to both personality shells, the one that has been suppressed and the one that has chosen to become ascendant. Now, let us be clear that this suppression is not a matter of being blanked out or being removed. Rather, the ascendant personality shell has agreed to carry out both agendas and to attempt to balance both personalities so that the maximum amount of bloom may occur for each flower of the Creator. For this is what you are. You are a living plant in the fields of the Earth. You have grown as one flower, yet you have two blooms. Your system is complex. You do not have what you night call a simple way to grow. Yet understand this: you are a true species of your own. You are not grafted, one upon the other. Rather, both are grafted upon the one infinite Creator. You have become an entity which, in addition to living one life, has agreed to live one compound life. That does not create for you a difficulty. However, you may notice from time to time that there is more confusion in, shall we say, the subconscious thought-patterns of your so-called mind than would be normal for most entities.

We would recommend, therefore, that as a walk-in you allow yourself one period of meditation for the suppressed personality and one period of meditation for the ascendant personality, not necessarily separating the meditations but offering more time to silence in the day than you might otherwise dedicate, because there is the constant intertwining of these agendas of which we have spoken.

We would also encourage you to rest in the arms of what this instrument would call the creation of the Father to a degree that may seem excessive to some. This is due to your being both a sixth-density wanderer and a sixth-density walk-in. You have difficulty remaining grounded. This is entirely understandable and it can be quite sufficiently balanced by contact, and we mean this literally, with the earth. We might even encourage the one known as J or, should we say, the ones known as J to interact proactively with the more highly developed intelligences among the second-density animals and especially your trees. Know and depend upon the strength, the power, the love and the dedication of such entities as these trees to sustain and to encourage the balance of your power and your peace within you, for trees act as a kind of sieve, straining away the useless, the transitory, and the incorrect.

There are many ways in which those who remember better times can become distracted from the main agenda of their incarnation. My brother, your main agenda is to learn to be yourself. You had complete confidence in yourself when you chose to enter into incarnation. As all humans and as all entities of which we know do, you have made errors in judgment. Do not be distracted by the process of learning. You have striven to be yourself by removing yourself from environments which did not feel to you like the real world. We would encourage you instead to ask each day to remember that faith that you had in yourself, in your power and in your peace, for all entities of whatever density of origin are magical, crystalline beings of tremendous power and at the very heart of that beingness lies the utter simplicity and peace of unconditional love.

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The one known as J had asked earlier about what the Logos is, and we say to you, my brother, in potential you are the Logos, the living Word. You have bought at a dear price this precious flesh that is often seemingly so inconvenient. You have purchased the opportunity of your lifetime because you wished to become the light upon the hill that radiates the love and the light of the one infinite Creator. How can you radiate that light? By becoming more and more aware of who you are, and being that entity that you truly feel yourself to be.

This instrument recently heard the words, "Lift up your heads, ye gates, and be ye lifted up, ye everlasting doors, for the King of glory shall come in."[49] Say to the world each day, "Lift up your heads, oh ye gates, for I carry in my heart the identity of unconditional love and that unconditional love lives in me, unworthy and error-prone as I am, and the King of glory shall come into this world only through the likes of myself." Then pray, my brother, for transparency. Do not be brought down into concern by your frailty but allow all concern and worry to flee away before the light that flows through you and flows through all who choose to become transparent to that which they carry. What a precious task, my brother! And it is one that is new each day, as new as the dawning.

We apologize to you for not responding in fuller detail to your query concerning the specifics of your experience. But until you have finished your process of mining this treasure trove of insight into your situation, we must bow to the Law of Confusion.[50] We need, for our own polarity, to leave such things that are beyond the bounds of discussion to your free will so that you and you alone can make the choices that will increase your polarity and ground you in such a way that you stand as sturdy as an oak upon the land, rooted in the love and in the light of the one infinite Creator.

May we have your next question, my brother?

J: Thank you very much, Q'uo, I appreciate it.

In 2001 I took a lot of magnesium and phosphorous. I found myself in what felt like an extremely powerful drug effect and started to become delusional. I then had the following visions.

I did not see something in the room I was in, but rather I believed I was experiencing a conscious awareness of a reality I can only describe as being out in space, but without the burning stars. There were thousands, possibly millions or billions of glowing spheres of light all swirling round each other in one spherical group.

I perceived a conscious connection to all these entities, who wanted to laugh, cry, etc. Then I saw a place where there was my physical self next to a glowing, golden-colored light-being in a very strange, golden environment that I cannot describe properly in words. I feel that at that point I had a fully conscious connection with my higher self. Can you confirm this please, or not?

We are those of Q'uo, and are aware of your query, my brother. We are in the peculiar position of both confirming and not confirming that you were in complete contact with your higher self at that moment. In terms of your precise experience at that time we believe that the closest we can come through this instrument to describing your situation is that you had what this instrument would call a blow-through into the precise point where the indigo-ray center meets intelligent infinity. That is not to say you had moved through into intelligent infinity. It is rather to say that you were experiencing a state wherein you were one with the atomic structure of a particular part of a fairly liquid environment, much like the point at the top of the pyramid at Giza where energy is collected and when it bursts forth, it spirals into intelligent infinity. What you were seeing was atomic structure. It looks much like a night sky would to your physical eyes.

The more important point that we would like to make is that at all times and in all places you are in complete contact with your higher self. It is not dependent upon the self-perceived state of being that you are experiencing. Complete contact with one's higher self may or may not be ecstatic. It may or may not be joyful. There are many, many ways to access the higher self. However, as this instrument said earlier in conversation, the higher self is in the innermost part of your heart, to use a much overused and misunderstood term. It is the innermost part of that essence of yourself which does not experience much change within incarnation. It is

[49] The Psalm of which this verse is a part had been read as part of Carla's morning offering that morning.

[50] For Confederation entities such as the Ra group, the Law of Confusion is synonymous with the Law of Free Will or Non-Infringement.

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the innermost part of the heart of your true self, which as you have said this day is a citizen of eternity, and to capitulate further things that were said earlier in a non-sacred environment, we would say within this sacred space that you live and move and have your being in the unity and in the love of your open heart.

The "I" that is you lives within you, not within a place to which you must reach, yet that entity that is your higher self must respect and abide by the laws of free will and timing. In terms both of free will and of right action, it must be called forth. Yet realize this, when you knock upon the door and ask, that door is opened before you can complete the thought. When you cry for help, for guidance, that help has arrived before you can complete your cry. There is no pause, no hesitation, no earning, and no buying to guidance. It is not to be deserved. It is not to be bought. It is free. It is part of you and it is intrinsic to you. What keeps you from the awareness of your higher self is your concept that there is a separation between that part of you that lives in consensus reality and that part of you that is divine. There is no separation. You are the Creator in flesh.

You are a very young Creator. You are a toddler. You are in third density and you cannot remember the things that you have already learned. Why did you do this to yourself? You did it because you wished to serve. How inconvenient it is sometimes to serve! How maddening! How frustrating! And yet it is for this that you took flesh. And you did not take flesh alone. You brought with you all that you need but you must ask for it, not once, but every day and every moment. This instrument prays each morning at her morning offering, "Help me to remember and focus on who I am and why I am here." We cannot promise you an easy life, my brother. We cannot promise you the sense of things accomplished for there is always more. Many have said to this entity, "You seem so driven." It is very simple. This entity remembers why she is here and she is greedy: she wants to fill her life, every moment and every breath, with love. Her problem is to remember to allow herself to be loved, and, my brother, we would ask you to remember also that being of service to others is at least as much a matter of allowing people to love you as it is remembering to love people. Energy moves circularly and in a spiral, always upward, always seeking, but it must not stop and it must not simply go one way. Think of the way the spiral in DNA rises. It does not rise in one spiral, it rises in two and this in the fairly primitive DNA of your third density. One spiral is the loving, the giving. The other spiral is the accepting of love and the receiving. Let yourself become that entity who does not know if it is loving or being loved, but only knows that is a creature of love.

Is there a further question my brother?

J: Can you speak to whether or not I should share this experience with other people or whether or not I should keep it to myself to honor the Law of Confusion?

We are those of Q'uo, and are aware of your query, my brother. We may indeed speak to this query, for it is indeed very simple. Service can only be performed when it is requested. One cannot serve proactively by reaching out and collaring someone with information. One may serve at all times by radiating the love and the light of the one infinite Creator. Unless asked concerning either your experience or that type of experience of which your experience is an example, we would suggest that you serve by loving, by resting as an instrument rests in the hands of the musician that plays it. Let the Creator play you. You are an instrument. The Creator knows the song. And when the moment comes for you to sing, you shall have the notes that the Creator has given you. When asked concerning such experiences, share freely. When not asked concerning such experiences, relate from the level of the self meeting the self, that is to say, the Creator meeting the Creator.

Is there a further query at this time?

J: No, thank you, Q'uo, that's wonderful. Thank you very much

We thank you, my brother, and may we say what a pleasure it is to share energy with you at this time.

We believe that there are queries from the one known as A, and we would ask the one known as Vara to read the first query from this entity.

Vara: *(Reading A's question.)*[51] "Thank you, Q'uo. I'd like to greet those of Q'uo with this statement: You are a pure blessing to us in this moment, I thank you

[51] The request for this session came in from a person in Portugal who wrote the request by snail-mail letter. J kindly agreed to sit for A's questions as well as his own.

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so much for such integrity of spirit and love. I would ask if you could give any account on the meaning of this tide of light service, as it is being carried in such amount and quantity as yours."

My brother, we are aware of your query, and we thank you for your kind words.

We and all of those of the Confederation who serve at this time serve because we have been called to your people. We have been called to your group. We have been called to the service of planet Earth. We are called because it is time for your planet to be born. There is a tremendous focusing of love and light from all of those who respond to this calling from your peoples. It is our privilege and our blessing to be so called. There are also those with darker energies, which this instrument calls the service-to-self polarity, and to some extent they have also been called to your planet by those desiring to move ahead on the path of service to others. A wide range of information is available. Those who wish to receive messages of hope and truth along the path of service to others have called to us, and to you, children of Earth, the brothers and sisters of sorrow have come. We are your kindred and we feel your sorrow. We cannot take your suffering upon us. We cannot participate in your choices.

A clear choice lies before you. Shall you move with your planet into fourth density to create a new heaven and a new Earth as this instrument would say, quoting from her *Bible*? Or shall you play in the fields of third density for a while longer? It is your choice. It is very doubtful if any of those who listen to our voice will ever turn to service to self but it is very possible for those of you who respond at this moment to our vibrations and to our words to lose enthusiasm and to refrain from making the choice to serve.

If you are tired, if you are weary, we encourage you to rest. We do not encourage you to press forward when you are too tired. We ask you, please, to take time to sit and give yourself a rest, to demand nothing of yourself at all. This entity often, watching the television in what she considers a semi-vegetative state or reading one of her romances or science fiction or mystery novels, feels guilty at least to some extent because she has stopped trying, and she is resting by the side of the road. May we say that there is wisdom in the resting, for you do not wish to burn out like a flame that has burnt too hot. Let yourself cool off; let yourself become grounded; let yourself move down into your heaviest body. And then gently, after you have rested, take a deep breath, let it out, and say to yourself, "Shall we dance again? Shall we hit the road? Shall we have some fun?"

Is there a further query at this time?

Vara: Yes, thank you. *(Reading A's question.)* "I feel somewhere other that we have been helped by assistance unknown, and rather that the phenomenon of channeling has got many sides, that which you are, think or do is in a way or other a by-product of other influences, not always identical, but in this context, responsible for our progression. Would you comment on this?"

We are those of Q'uo, and are aware of your query, my brother. It is true that all entities are channels, just as we spoke earlier of being an instrument which the Creator plays. You as well as we are channels. We can say that to the best of our intention and ability, we do not tamper or meddle with any entity. We do not influence you more than we are asked to influence you. We are happy to share our thoughts, but we do not have the power to make you different than you are. In sharing energy with you, we both change to some extent, for we have shared the uniqueness of each other's being, for each of us is a spark of the one infinite Creator. Each of us is unique, each of us has grown through millions of choices, and has recorded amazing and varied experiences through many lifetimes. And certainly we are intercommunicative and there are special relationships between inner-planes densities or unseen planes, shall we say, to be more precise, and those who dwell upon the Earth plane. But we would say that to see the phenomenon of channeling and to see the effect of channeling clearly, it is well to imagine that you are standing in a great garden with all of the entities of all of the densities of Earth, and they are all singing their song, and as they sing the Creator is conducting. There are millions of notes and yet the harmony is complete. If you take part you will disturb that harmony, so allow yourself to be an instrument in the hands of the one Creator and go forth in faith that the Creator knows His music.

Is there a further query, my brother?

Vara: There is. *(Reading A's question.)* "Would you comment on the correlations between the various higher bodies and my experience, which is this:

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"I was near the old venerable Zen master and he was repeating his mantra about the child. I saw a living flame of pure ecstasy without stint, then suddenly I rose up in a great enlightenment and said to him, 'Behold, that is the child.' I would like to know anything you feel is appropriate to share on this matter?"

We are those of Q'uo, and are aware of your query, my brother. We cannot share with you concerning this incident in any detail for you are still developing your understanding of this gift. Please be aware that when you see images and visions such as this one you are heavily influenced by your culture and your religious upbringing. You see in coded ways because you have distorted or colored your subconscious mind in its higher or closer sub-conscious aspects, using the archetypal material that you have studied, both in the Christian and in the Indian ways. This can create a confusing landscape. The East and the West do not speak in the same archetypal ways. What is of one meaning to Christianity is of another meaning to an Indian archetypal system. There is confusion in the resulting salad. We do not feel, however, that there is any mistake whatsoever in the paths that you have taken or in the somewhat complex imagery that has resulted from your very deep and devoted studies in both of these areas. See what you can do to penetrate the details of cultural imagery in this vision, moving to the heart and the essence. What does the child represent? Not to someone else, not to an authority figure especially, but to you. And how is that meaningful to you? What pattern in your incarnation does this touch upon, and in what light? We welcome your use of your mind. The intellect and the powers of analysis have their points. See how many different organisations you can place upon this image and this story that you have told yourself. Then lift up off analysis and thought and let the feeling of this experience enter your heart. It is within the sacred space of the open heart that you are fed from the springs of truth that lies beyond words, and, my brother, this is what you crave and this is where you are going, beyond the words to the essence.

Is there a further query, my brother?

Vara: *(Reading A's question.)* "On a related note, I would ask what relationship is between this entity and the legendary Seneca Lucius Anaius, the Roman."

We are those of Q'uo, and are aware of your query, my brother. And we must laugh because this instrument has answered this query for us already, for she said that she felt that probably we would say that the work on this question was not yet done in your own process. It is sometimes difficult to be patient and wait for yourself to do the work. How much easier to have an authority figure give you the information that you crave! Yet to do so would be to steal a precious gift from you. Take your time to investigate this question. When you have come to a settled opinion about this particular pattern and this particular interest, then perhaps we could confirm your opinion, but that is far as we can go in helping you with your teach/learning process, as this instrument would call it. For you are your teacher. We are only those who help when asked.

We thank you for this query and would ask if there is another query at this time?

Vara: Thank you Q'uo. On a personal note, I as Vara would like to ask if you could offer any insight into the rectal bleeding that the instrument and her husband are experiencing at this time.

We are those of Q'uo, and are aware of your query, my sister, and we can speak to this, for the one known as Carla has come to a fairly settled opinion concerning this experience. To an extent she is precisely correct: the bleeding has to do with the separation of several thousand miles between herself and her husband. The one known as Jim, that she calls Mick, has experienced this and more as a result of being separated from the one known as Carla. And as she has said it is so that when two have become truly one, the bodies of those two entities are aware of that bond and a separation of the magnitude of three weeks on two continents is enough to create a concern within the physical bodies of both entities for their very survival.

However, there is more depth to the symbolism of the bleeding, for both of them consciously chose the separation in order to be of service. And as is the case in a substantial number of sacrifices, blood is, shall we say, the physical expression of sacrifice. It is in its way holy or sacred and it serves as a representative emblem of the depth of dedication and of the cost of this service. It is in fact the chalice offered up to the one infinite Creator. If concern enters either the one known as Jim or the one known as Carla's minds, there could be toxic repercussions. If it is taken to be

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an offering and offered freely, it shall pass. There is in many cases the concept that suffering must be costly, and we say to you, suffering does not have to be costly. Suffering does not have to be blood in the chalice. Yet if there is the necessity for that emblem, let us remember with you, for we too admire and follow unconditional love and its servants, the teaching of the one known as Jesus the Christ, who said, "This is my body; this is my blood; it is given for you: take this in remembrance of me." Take your own blood, symbolically speaking. Know that you are a body to be broken in service. And therefore give yourself, bless your sacrifice, break that body, offer it up and rejoice, for you are not your body. None is body, all are the result of the sacrifice. Move beyond the emblem of sacrifice and what do you see? Remembrance of the one infinite Creator; knowledge and understanding of the power and the peace that lies beyond; all giving and all receiving. And that lives and rests in joy. Nothing is lost, no matter what occurs, for all is one. May you then rejoice, lift the self from the cross and choose the ascension into bliss, for that too is an aspect of service.

May we answer you further, my sister?

Vara: No, thank you.

Is there a further query at this time?

Vara: Yes, actually. I would ask if there is further insight you might offer into how we might make the instrument more comfortable for the remaining duration of this journey.

We are those of Q'uo, and are aware of your query my sister. We thank you for the concern which you offer. There are those techniques of which you know: the tending to the body with massage for sore muscles, with heat when the entity is cold, with rest when the entity is tired. And we are aware that you often see this entity cranky as a small child who will not go down for her nap. Encourage her to nap, my sister, but do it with lightness.

And remember that you have entered into this service and you, as well, must be tended. You must tend to yourself, for this instrument is frail. Therefore, we would ask that you, after you tend to this instrument, with equal love and appreciation tend to the one known as Vara.

May we answer you further, my sister?

Vara: No, thank you, Q'uo.

We thank you, my sister. Is there a final query at this time?

Vara: No, Q'uo, thank you very much.

We thank you and we smile with you, my sister. It is good to be with this group and we have enjoyed it. It has been a great blessing and a privilege. We leave you, reminding you, each and every one, that you are perfect, that you have arrived, that you have nowhere to go. You have only to become aware of who and where you are. Do not be deceived by the details of the illusion of the outer world. Hew only unto your inner sense of rightness and truth, and remember the light touch in the midst of all your proper actions, your meditations, your service, and so forth. Remember the great healing effect of laughter. Laugh easily and laugh long and let yourself be healed.

We leave you, as we found you, in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Special Meditation
June 17, 2005

Question from D: Since 1997 I have suffered depression and anxiety as my awakening occurred. My previous view of reality changed completely. In 2000 I broke down completely. I've had the feeling that psychic greeting is involved in this illness and breakdown. I sensed I had inadvertently invited thought forms into my life which were not friendly. Can you confirm this?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you, my brother, in the love and in the light of the one infinite Creator, in Whose service we come to you this day. May we thank you for setting aside this time for sacred seeking and for offering to us the beauty of your vibrations. We share in them with the light and return our infinite love to you. It is our privilege and our pleasure to share with you upon any subject which you would have the pleasure in asking.

As always, we would ask a gift of you and that is that you listen to those things which we have to say with a jaundiced and judgmental mind. Be ready to ignore us if anything that we say does not ring true to you. We are not infallible beings nor are we authorities; we are your fellow seekers. If you will take responsibility for responding only to those thoughts that resonate to you as if they were memories that we helped you to recover, and to lay aside all other thoughts that do not ring true, then that will free us up to be able to speak with you without being concerned that we would interfere with your free will or be a stumbling block to your progress. We greatly thank you, my brother, for this consideration.

To respond to your question concerning psychic greeting and the experiences through which you have gone, we would begin by saying that we can indeed confirm that that which you would call psychic greeting has occurred and indeed there are two separate types of psychic greeting that have occurred. We are able to share this information with you because we feel that you have a somewhat crystallized concept of what is actually occurring and we are simply deepening your understanding.

Firstly, in considering the question of greeting, we would say that there is a type of psychic greeting, as it is generally known among your people, although some call it psychic attack, that is indeed from an entity that is not of your density. This is relatively rare and occurs when an entity, for some reason, has attracted the attention of a service-to-self entity of the unseen or inner planes. You attracted the interest of such an entity by the purity and the focus of your seeking of the light of truth. You were ruthless in this seeking. This is, my brother, what is needed. You cannot have pity upon the personality shell which you enjoy at this time if you wish to uncover a deeper portion of the reality or essence of yourself. You must simply ask and, after asking, not look away. And this you have done.

There is a quality to this kind of courage which is what this instrument would call ethical or moral. Those who seek with such intent stand close to the light that they seek. For you see, my brother, that which you seek is already with you and in asking, you have received it. In receiving truth, you receive very pure light and this is what caused the attention of what we would call a mischievous service-to-self entity who wished to distract you from your journey of seeking to come to you.

In the process of the suffering which ensued, you burned away the opportunity for this entity to disturb your life. It is not that this entity wished to go away, nor does it still, it is that you have achieved the ability to love it, to accept it, to embrace it, and to know it as part of yourself. It is very frustrating to this entity to be so loved. And so this entity, most of the time, is forced to retire from propinquity to your spirit, mind or emotions. From time to time you may feel that you are being greeted once again. This is an old friend, is it not, and you may say to it once again, "Old friend, you are part of me. I love you, I accept you, and I embrace you." And it shall react as it will. You, however, shall be unharmed. It cannot touch you in any substantive way.

We would then, secondly, speak to that other time of psychic greeting, as this instrument would call it, which is far more common among your peoples. We were speaking earlier in talking with the one known as I concerning the crystalline nature of all entities. You are as a crystal, receiving, transmitting and transducing energy. There are some kinds of light that come into your being which you dearly love. You develop those aspects of self. You turn the crystal of self to the station that receives that light and you work with it, patiently and endlessly, with joy. And so those portions of yourself develop, become refined, and strengthen their connections to the one infinite Creator.

There are other facets of this gem that you are at which you have not enjoyed looking. Therefore, you turn them away from the source of light and choose not to develop them. Could we ever blame an entity for not wishing to work with the murderer within, with the thief, with the liar, or any of those roles or facets of self that do create valid and worthy parts of the circle of being that you represent? You are all things. You are not simply the good part, as it is known among your people or in your culture. You are everything. You contain every emotion. You have every thought.

The psychic greeting that is common among your people is the greeting of self to self. [It is the] greeting of the self by the projections of that self, seen in the mirror of the self's thoughts or the thoughts or the actions of another self that resonate to you and call forth from you the necessity to look at and to experience to some degree that portion of yourself which this facet represents that has been evoked. The facets of the shadow self have not been developed by you. You have not yet appreciated the poignancy and the profundity of these energies. What lies behind the eyes and thoughts of one who wishes another harm? What lies behind the door of fear? What lies behind the capacity of an entity to fend for itself when it feels that its survival is threatened?

How difficult these things are to examine. And yet this is the work that you came here to do. You came to develop the undeveloped portions of the self and so to integrate into your circle of being, that they too may become able to catch the light, to focus the power and the peace of the one infinite Creator, and to integrate themselves as the deep underside of your being that gives to you your grit, your determination, and your persistence. These are wonderful parts of yourself. When developed, they constitute the best of you, just as every facet of your being constitutes the best of you. And as you integrate them and begin to see the commonalities throughout the circle of being, for the first time in your incarnation you become able to love yourself.

Why is this important when the whole point of a service-to-others incarnation is to love and serve others? My brother, we say to you, the point is that you cannot love another beyond your capacity to love yourself. When you have ceased to judge yourself and have forgiven yourself for being error prone and human, for having undeveloped light that you didn't find yet, then you are able to understand and forgive the frailties of those about you. You become, in your very being, a nurturer and a lover of souls, and this you have craved and sought.

And so these harsh and unremitting periods of suffering came upon you, not to punish you and not to distort you in any way that you chose not to turn but rather to allow you the time and the space to behold yourself; not simply the pleasant bits, the

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parts you could trot out and show to family and friends, but, more importantly, those parts of yourself with which you had hard work to do. What a nightmare it is the first time you see a part of yourself that has simply gone neglected and lies like a rubbish heap at the depths of your soul! How you would wish that it were not you! But all things are you and you are all things.

You have come through this fire. Yet this is a fire that shall never burn down within incarnation, for this is your opportunity to refine your being. Therefore, these patterns of seeing the undeveloped parts of the self will continue. Think of it as if you were on a spiral, moving ever upward towards the light. As your incarnational themes come around again like the leitmotif in the opera, you hear the tune. "Ah," you say, "Parsifal has arrived." Or, "Ah, it's Peter," or "the Wolf." Such are the experiences within your orchestral works for recognizing characters that are part of yourself that have come around again, singing their song and telling their story to you. Do not be dismayed. You came here to meet these parts of yourself, to go on a journey with them, to listen to their music, and to hear their story. Each time that this theme repeats, the motif shall lead you into a different level of work. You do not repeat the work. You are at a different place in the spiral each time the repetition of them occurs. So do not assume that you know that story yet. You have not heard this version! But rejoice in the occurrence of this work. And as you take it up with joy, rather than reluctantly, the motif shall come to greet you and shall be generous with its truth.

This instrument has often talked, in the context of her life in community in the last several months and years, of the experiencing of community as a hall of mirrors and she has often said, "The most you can hope from the hall of mirrors is that the mirrors speak to you gently, lovingly and honestly." Everyone that you meet is a mirror to you. My brother, most of them are not kind and they are certainly not capable of being honest. Therefore, you feel as though you are in a carnival, in the house of crazy mirrors that show you to be too tall or too short or too fat or too thin to represent your true image. Let this be so. Let the distortions be as they are and then say, "What do I see in this mirror that can help me to grow?"

You will come to appreciate the mirrors that give you a true image and, indeed, they are priceless.

May we ask if there is another query at this time?

D: Is such a so-called greeting, of a seemingly unfriendly nature, a bad thing? Or is it just part of the process of awakening? Please comment in any way you might find helpful.

We are those of Q'uo, and are aware of your query, my brother. We would certainly feel, beyond a shadow of a doubt, that this process, while harsh, is extremely helpful and indeed is a necessary part of your particular path. You have not chosen an easy path. You have chosen to hew to a very precise upward-spiraling line of light. You want the truth.

We would say to you at this time, my brother, to keep that focus but to release the harshness of your determination and accept instead the knowledge that that determination has matured. You will not deviate from your seeking. You do not have to put guards upon yourself at this time. We would give you one word and that is, "Remember." Whenever you have doubts as to the benefits of this process of refining the self in the fire of experience, ask yourself to remember and that will bring back to you the entire flood of knowledge of self and of all through which you have been. We hope that you can begin to respect the suffering that you have endured for what it is: a service to your own seeking.

For some, the choice of focus is one which does not take on this laser-like quality. There is a softness to the focus. You would even perhaps see it as fluffy or marshmallowy or sweet. That does not mean that they are not doing their work. It means that [what] they are suffering will be of a different quality. It would be, shall we say, of a quality that you might call messy or vague. Yet they are suffering and their process will go on much longer than your own in terms of getting to the point where they can begin to relax into their own truth. You wished for a steeper path on hard rock and so you have been climbing a mountain. And now, we must say to you, here is another challenge. Have you heard the saying, "First there is a mountain; then there is no mountain; then there is."? This instrument knows these words by the song by the one known as Donovan. It is time for you to see no mountain but only the love and the light of the mystery of the one infinite Creator.

There will come a time for the laser view. When it comes, put on your hiking gear, grab your pitons, and go forth to scale the mountain. But know that you are in a world of illusion, when you so climb,

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that is somewhat different than the world of illusion in the stage when there is no mountain.

Now, the world where there is no mountain is a mystery too. A laser-like view has no value for it can bore through infinity forever and still there is no mountain. There is only a state of being in which the truth expresses itself in essence rather than in light. To say this another way, at a certain point you enter that nexus of self between the balance of love and the balance of light and you move from light to love, from wisdom to love, from articulated understanding to essential understanding. The adjustment to accept a mystery you cannot plumb and you cannot express is substantial. Give yourself the time to make these deep settling-in motions that you would feel when you settled into a new chair or when you first took the controls of a new car. It's a little different to drive the car of essence than it is to drive the laser beam of seeking the truth. Know that you have not stopped seeking the truth but that you must balance such precise work with periods of allowing all that there is to be the ocean in which you swim, the air in which you breath, the earth upon which you walk, and the fire which warms you. You cannot get hold of things in this period to talk about them or to penetrate them. In a way, you are in mid-air. You have walked off the precipice. Shall you fall or shall your faith that all is well keep you comfortable and safe?

We believe that this entire process is precisely along the lines that your higher self and you chose when first you considered entering incarnation upon planet Earth and that all is indeed well. This is our perception. We hope that you too may find some truth to this perception and that you may give yourself that release from worry or concern that you may have missed a step or suffered in vain. We believe your pattern is unfolding in absolute perfection and we are with you, my brother, as are many entities and essences of spirit as you move forth in courage, confidence and peace.

Is there another query at this time, my brother?

D: Could you talk about the spiritual principles involved in the kind of extremity of suffering which I feel I've sort of had, through which I went, the kind of extremity of suffering through which I went?

We are those of Q'uo, and are aware of your query, my brother. The spiritual principle involved in the suffering which you have undergone is the principle of balance. Let us say that a great desire to serve can pull you away from the point of balance which is most helpful for your body, mind and spirit within incarnation, rendering you less useful than you were as an instrument for singing the song of your soul. You have a very individual, unique song to sing for you are a one-of-a-kind singer, as are all instruments of the one infinite Creator.

When such imbalance has occurred, through distortions created and enhanced during childhood especially, the inner self must choose its method of coming into balance again and becoming once again a more true, tuned instrument. The Creator wishes to play you most sweetly. The decision that you made was to pierce through the gloom of confusion, and so you did. This was a costly decision in terms of the suffering involved. It was also highly efficient. You burned a great deal of accumulated confusion. You polished the facets of your gem with great vigor and nerve. And we salute you, my brother, as a man of fire and principle, as a slayer of the dragon, shall we say. You have created for yourself a very friendly dragon who still loves the fire but will make you toast. You have come more and more into balance.

Where shall this search take you? We do not know, this is entirely your decision. But by such extremity of suffering, you not only climbed upon the cross of your perceived incorrectness, you have also freed yourself from that cross and ascended to your next paradise. There you shall also find ways to suffer, ways to learn, and ways, above all, to be kind and compassionate to yourself. As you rest in the mid-air of faith, know that you are a creature of unconditional love and that as you achieved the cross of suffering, so now you have achieved the redemption, the understanding of yourself.

This point of balance is always moving and your work shall never be done, any more than anyone's work is ever done. The road, as it is said in this instrument's [memory] of songs sung, goes on forever. The group is known as the Allman Brothers and this instrument greatly loves that song. The road, my brother, indeed, goes on forever. Nothing is finished, it merely spirals upward, ever seeking the love and the light that lies not without you, for you call it down into yourself by your seeking and seat it in the depths of your heart. Therefore, in that mid-air of faith, know that you rest in your own open heart.

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May we answer you in any further way, my brother?

D: No, thank you, that's fine. Thank you very much.

We thank you, my brother, and we would ask this group who has come together in sacred seeking if there is a final query at this time?

(No further queries.)

In that case, we leave you in the love and in the light of the one infinite Creator. Thank you for giving to us this precious gift of time and space and such beauty as we cannot express. We are those known to you as the principle of Q'uo. We leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation
June 18, 2005

St Albans Spiritualist Church, St Albans, Hertfordshire, England

(The first half of this meeting was an introductory speech given by Carla earlier on this same day.)

Carla: If you are interested in seeing information on the internet from our group, we have two websites. Our group is called L and L [L/L] Research so [our web address] is www.llresearch.org. The other one is more of a café of ideas, shall we say, and lots of different ideas are on that site, not just our own. The first one is the archive of all my channeling and speeches and so forth and it's all for free. There's no subscription to it. There's no subscription to either one. The other one is www.bring4th.org. You're welcome to check us out. [There is] information that I brought with me [about] the first book of five books of the channeling of the *Law of One*, by Ra, and I brought lots of brochures so if you wanted to get the rest [of the series] you could send the brochure back to us and order it yourself later.

I wrote an owner's manual for people, actually. I finally decided we need one! We have spark plugs; we need to know how to change them! So that's called *A Wanderer's Handbook*. There are a few copies back there. And there are some tapes of my beloved companion and research partner, Don Elkins, called *The Spiritual Significance of UFOs*. I wasn't too careful about recording him in his many, many times of speaking about his research, but this one time that I did record him we got a good speech from him and if you'd like to listen to what he had to say, there are tapes back there.

There's also a tape I made in the 80's. I just wrote lots of people around the world that speak English and said, "Would you like to send a sample of your channeling?" And I made a tape of different channels who have different things to say but interestingly enough, if you're a positive channel, the information all harmonizes, so that no matter whether it's Buddhist or Christian or whatever, if you're keying into the spiritual rather than the strictly religious, you'll find that the information harmonizes nicely. And some of them are UFO entities; some of them aren't. But there's that tape.

There are coloring books. If you have children and you're looking for something that's spiritual, there's a coloring book called, *What is Love?* that your kid can color.

And I wrote a book for people that already have a psychic aspect that they are trying to develop. It doesn't teach you how to channel! It's called *A Channeling Handbook* and perhaps some of the principles I talk about in that book might help. I think that's what we brought with us.

And, of course, we brought lots of brochures so that you can just take our brochure home and maybe order something later.

So, you have all been talking with each other. What's your thought? Would you like just to ask questions in the group, here, just me and you? Or would you rather experience a channeling?

Group: *(General agreement on choosing to have a channeling.)*

Okay, well, could you come up with a group question? The gentlemen in the red shirt was asking a very interesting question about desire. He said that he had been finding more and more that the key to his process at this time was desire but that perhaps he hadn't gone deep enough in his desire; that he'd been thinking about what he desired rather than asking his heart what his heart's desire was and could he know a little bit more about how that worked. If we wanted to, we could take one question after another or we could, as a group, create a question. It doesn't matter to me.

Questioner: Is it possible to take one question after another?

It is. Now we'll need to have Vara next to me because I tend to go out of my body and I don't want to do that, I want to stay conscious. It's healthier for me as a person. So, if you want to do that then …

(Vara moves to sit beside Carla and the microphone is adjusted.)

The next thing is we need to find a way to tune the group. We're a little bit scattered. Is there a song that you all love to sing that we could sing together or would you like to do the Lord's Prayer? I'd like to find some way of bringing our voices together because the breath is the spirit and we are wind instruments, so as we speak those words … would the Lord's Prayer be all right?

Group: *(General agreement.)*

Then as we speak that prayer then I would ask you to think about what you're saying. They are very simple thoughts in the prayer but it's an interesting prayer, especially, you know, some of those phrases like, "Let it be on Earth as it is in Heaven." When you finally become able to accept the fact that you do contain heaven within and that you can know the thoughts of heaven then you begin to internalize that prayer. So as we say the prayer together, let's do that. And if you would, ask the question of P. *(Carla indicates P, sitting beside Vara.)* And then P will ask me because I have a hearing problem and I won't get it sometimes but P will speak directly to me and re-ask the question so that I can [hear better.]

And if it's all right, then, since we're going to take a series of questions, we'll try to keep the answers short, I will mentally request that we not go on too long about any one but we'll try to get some answers here that would be resources for all of you.

Vara: Are you comfortable? Can I get you another cushion?

I'm just fine. And let me put my hand on yours here. Okay. All right, let us pray together.

Group: "Our Father who are in Heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on Earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For Thine is the kingdom and the power and the glory, forever and ever. Amen."

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator in Whose service we come to you. May we thank you for giving us the opportunity of viewing the beauty of your souls. We [also] thank you for setting aside time and space to create a sacred circle of seeking and for inviting us to share our thoughts with you.

We would ask of you one thing before we begin and that is that you listen to us with a very careful sense of discrimination, listening for those thoughts that resonate to you as if we had reminded you of a truth that you already know. Please do not accept us as authority figures. If any thought that we share with you does not ring true, we would ask you to leave it behind without a second thought. For truth is a deeply subjective thing. Your personal truth is living and evolving within you and what is true for you yesterday may not be true for you tomorrow. Therefore, in order for us to know that we are not infringing on your free will, we would ask you to be careful discriminators, using only those thoughts of ours which seem to you to be helpful as a resource for your own growth. If you can do that for us then we will feel free to share our thoughts with you without being concerned that we would constitute a stumbling block before you. We thank you for this

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kind consideration and would now ask if there is a question at this time? We would ask the one known as P to offer us a question after he has heard it and refined it so that he may ask it of us. We will pause while the first question is received. We are those of Q'uo.

P: The question is: "Should desire come from the heart or should it come from the mind? Why is desire such an important thing in life and where does it come from?"

We are those known to you as Q'uo, and are aware of your query, my brother. This instrument has been speaking about the self as a crystal. Everything that you have experienced throughout all of your incarnations up until this point and within this incarnation, everything that has gone into your process has created of you a unique crystalline nature. This crystalline nature has the kind of power that a radio station, shall we say, has. You have the ability to receive energy, you have the ability to transmit or send forth energy, and you have the ability to change energy that you receive and send it out in a different way. This is called transducing energy.

As a crystal, one of your desires, shall we say, is to regularize and harmonize the aspects of this crystal and thusly to be able to become single-pointed and focused. The key to this is something this instrument would call the will. Working to sharpen and hone the will is the work of many lifetimes and, my brother, at the point in your process during this incarnation where you are at this time, you have matured your understanding of your own power. This has freed your energy to conceive of the possibility of gathering that power and of focusing it.

In order to focus the will, the various and several desires that you may have experienced as aspects or portions of your desire to serve the one infinite Creator have begun to seem to you to be less than focused, less than satisfactory, and you realize that to express your truth, you have the need to integrate, harmonize and unify these several virtuous desires into a one-pointed focus. The focus for you at this moment is what you now seek. It is as if, having accepted your own power, your own magical nature as a crystalline being and as an aspect of the divine principle, you now wish to become one thing and to allow that unified desire of the will to shine forth. There are many aspects of this desire that we cannot speak to for it is the very active part of your process and we can not learn for you.

What we would suggest to you as you work (*inaudible)* extremely positive and accurate perception *(inaudible)* is that you focus upon your being rather than upon that which you are doing. This is a very difficult concept to understand amongst the people of your culture, for the people of your culture are bent upon doing and accomplishing in the outer world. What is not understood is that it is the being that informs the doing. It is the essence within you that creates, shall we say, a magnet, a kind of magnetizing effect, that brings to you those things that you need in order to continue to develop and bloom as a crystalline being and to continue to be able to breath deeper, to radiate more simply and more purely, and to allow the refining process to harmonize all things so that in your very being you draw to you those thing which you would wish to do to be of service.

We realize that your query and each query that we speak to has a tremendous amount more that we could explore but we hope that these few words give you some seed thoughts which you may develop at your leisure.

May we ask the one known as P if there is a second query at this time?

P: *(Reading)* "Could you please tell us how we may connect more with spirit and our guardians?"

We are those of Q'uo, and are aware of your query, my sister. This instrument has said earlier that that which you seek lies within you. Your guidance lies within the deepest part of your being. We would say to you that it is as if your highest and best self, that has already gone through the lessons of love and the lessons of wisdom and the lessons of the balance between love and wisdom, was available to you from the future. This instrument calls her guidance the Holy Spirit. Others call guidance many different names. Some relate to guidance through a guru, others move into the world of nature and find their guidance in the stillness of the pond and the whispering of the leaves in the wind. However you like to conceive of your guidance system, what we would encourage you to consider is that you may trust that you have it. It is as much a part of you as your breathing and indeed is closer to you than that process.

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When you ask for guidance, it is already answering you. So your challenge is to remember to ask and then, when you have asked, to realize that you are being answered. It may not be obvious to you immediately. Sometimes it takes a while for those expectations that you have for how guidance really works to lift up and lift away because guidance may come without words. Guidance may come because you feel peace. You don't know why but you suddenly realize, without being able to prove it, that all is well. And sometimes, in fact quite often, that is the central message of guidance. For you are on an even keel when you do not know it and when you cannot feel it. You may feel difficulties and chaos about you and feel that you are most confused and yet if you can but ask for help, that help is near.

Do you know the image from the tarot deck of the Fool that is stepping off the precipice into thin air? This is a helpful image to carry with you when you doubt your guidance. Doubt and fear take you away from your guidance. Take the image of this fool and, like the fool, step off into the thin air of faith. When you ask, invoke faith, and then wait for the universe to speak to you. To this instrument, with her long history of working with spirit, she actually converses with the Holy Spirit within. She will say, "Holly, help!" and immediately Holly helps. This instrument and the one known as Vara were driving here this day and they got lost, not once, but several times and Vara would look over and say, "You're praying again, aren't you?" And this instrument would admit it, so Vara would say, "And who is it this time?" And it might be Saint Patrick, whom this instrument invoked because Saint Patrick drove the snakes out of Ireland, so why couldn't he drive the confusion out of our roadmap? Or it might be St Alban. Why not ask St Alban to draw us to himself, to his seat within this beautiful land of Britain. And once, when [Vara] asked, this instrument was simply breathing. She was breathing in the love and the light of the one infinite Creator because she had forgotten to be herself and she was beginning to enter into fear. And may we say, from examining this instrument's mind, the possibility of having fear in the middle of the M25?

May we ask if there is another query at this time, my brother?

P: *(Reading)* "We were talking about the Earth being bombarded with vibrations and if there will be changes that will affect the Earth and its inhabitants. Is this likely going to be a gradual process or it will be much quicker? And how will it be felt by its inhabitants?"

We are those of Q'uo, and are aware of your query, my sister. We realize that this particular question concerning the energy waves that are bombarding your planet at this time is connected to the question of "ascension." And as this instrument was saying earlier to one of those within this circle of seeking, there is the opportunity when viewing this question to enter into fear. And therefore the first thing that we would say to you is that we would encourage [you to] not to enter into fear. This instrument often quotes to herself from the *Bible* which she holds dear, "If I live, I am in Christ, and if I die I am in Christ, so whether I am dead or alive, I am in Christ and Christ is in me." [Thusly, she ceases to fear.]

However, we would also say that it is our opinion, and we could be wrong, that we believe that this process of "ascension," of coming into a sense of cooperation with these energies of the New Age, has already been gradually affecting your peoples for some time. In fact, the one known as Jesus the Christ was speaking about these energies two thousand of your years ago. The process of ascension [has] already begun, for in our ways of viewing the cycles upon your planet, the cycle that you are experiencing as what this instrument calls third density began over seventy-five thousand of your years ago in your measure. Therefore, the last two thousand years, spiritually speaking, are the very end times and you have been living in them since you were born. Much has changed quickly upon your planetary sphere. You have seen your civilization in two hundred years move from candles to the computer, from a donkey and a cart or a horse and a carriage, to the jet plane and the space ship. But has the heart of your people changed?

We encourage you to see this process of bombardment as a very positive and as a necessary thing. It is inevitable that the planet itself be born and we are happy to say that the baby is doing well, the baby is alive, the baby is coming through its labor just fine. Many of your peoples have caught on to the fact that things are changing and many among your people have talked about these bombardments of cosmic energy that are hitting the planet. How can one cooperate with something that often seems so uncomfortable? The challenge, my brothers and sisters, is to release control. It is not a process that is

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happening to you, it is a process that is happening to the planet and all of humankind. In and of yourself, you can do nothing to change it. It is what is appropriate for this planetary sphere at this time. Consequently, the goal that we may encourage you to follow here is to open yourself to the change that it calls forth from within you.

These energy waves are bringing up to you every bit of your shadow self that you do not want to look at. Look at them. Do not be afraid to gaze deeply into the mirror that they show you. Whatever your television tube shows you, look at it and say, "What have you to teach me?" And then let it go, release control. You have thought about it. You have responded to it. Move on. Allow these energies to work on you. They are transformational in nature and therefore they are challenging. Allow the challenging process to occur. Be naked and honest and vulnerable and if you must cry, weep; and if you laugh and feel joyful, dance and be like the leaves in the fall, and fall. Let things change, for change is occurring and the more you embrace it, the more you feel that you truly are a part of it, the more you will benefit from the transformation that is occurring among your peoples and upon your planet.

May we ask if there is another query at this time?

P: *(Reading)* "Firstly, are there other channels channeling this particular group and secondly, is that information going to be colored by the different culture that it comes into?"

We are those of Q'uo, and we are aware of your query. We thank you for the opportunity to speak to this question for it is often a concern of entities who are listening to channeling as to whether or not the source of such channeling is valid and whether or not they should consider it seriously.

The Confederation of Planets in the Service of the Infinite Creator speaks through many channels and, indeed, there are many within your inner planes who also speak through many channels. There are very many different ways to hear the message of love. Those of the principle of Q'uo who speak through this particular instrument speak only through this instrument. The reason is that this instrument tunes for channeling by asking for the highest and best contact of the Christ energy or consciousness that she can receive in a stable and conscious manner. She's very precise about that for which she asks, for she wishes to make the best use of her energy and her time in terms of offering clear and transparent information that may constitute a resource for those who are seeking.

Therefore, we as a principle have created ourselves specifically to speak through this instrument. Many other entities are less careful in their tuning and in their challenging of spirits and so you may find time and time again that you are reading a channeled source and you must put it down because it does not ring true. And this is not the fault of the instrument itself, which is service to others, but rather it is the fault of an unclear tuning. Perhaps the channel does not know precisely who she is and perhaps she has not challenged the spirit which is attempting to communicate through her in [the name of] that for which she lives and that for which she would die. When this occurs, [the unclearly tuned instrument] receives seemingly positive information which somehow turns into a fear-oriented channeling, so that you begin to hear ideas that have to do with exclusitivity so that some are included and some are not, or so that some will reach the kingdom of heaven and some will not, or you may hear channeled sources that say you must believe this and this and then you will be enlightened.

If you can discriminate, carefully, you may read any source and find the good within it. So we would encourage you not to hew to this particular channel or to our source as a particular source but rather, as you read all material that is seemingly inspired, to listen for that resonance within of which we spoke when we began our channeling session through this instrument. Trust not the channel, nor the authority, nor the source. Trust yourself, for you know the truth that is yours when you hear it.

We find that this instrument's energy begins to wane and therefore we would ask if there is a final query at this time?

P: *(Reading)* "Do you think there will be a return of Jesus Christ or a Messiah? Or will it be a return of a particular energy?"

We are those known to you as the principle of Q'uo, and, my sister, we believe that you have begun to answer our question for us. It is our sincere belief that you are the Christ. It is our belief that each of you was sent forth from the Father, as this instrument calls the one infinite Creator, to be His daughter and to be His son. The tongues of flame

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have touched your lips, the spirit has descended upon your head and you have been created! And you shall change the face of the Earth.

We realize that you are young spirits. You are young co-Creators. And yet the power to create is yours. That which you forgive is forgiven. That which you lift is lifted. That which you reach forth to heal is healed. It is difficult to take ultimate responsibility for Christhood. And yet we say to each of you, that individuality that you see as yourself, that which you say is "I," is an illusion. The personality shell that you experience is very helpful for working within the field of Earth, for doing what you came to do, living and breathing and being and blooming. Yet it is not all of you. It is not the earth of you. And as you ask again and again, "In each day, create me to see who I am, help me to realize my true nature," you are opening the way, little by little, to begin to feel that essence, that "I" that is the consciousness of love.

The one known as Jesus did not wish to be worshipped. The one known as Jesus wished to be seen as one who was doing the will of the Father. We ask each of you, "What is your will? Who is your Creator? And how shall you follow the will of the Father for you this day?" This instrument prays every morning that she may hear the Word, that she may, in her flesh and in her mistakes and in her every movement, be used. If you but open yourself to the possibility of Christ within, you will understand that the "I Am" that is truly you is the way, the truth, and the life.

My brothers, my sisters, we are humble before you. The beauty of your seeking astounds us. Through so many difficulties and through so many trials, your courage and your determination to seek has carried you to this moment. May we send you forth rejoicing in the power of your spirit. May we encourage you to know that you are that which you seek and that you can do this that you came to do. And not by doing but simply by being who you are. We are there with you, as are so many angels and guides, to help you deepen your meditation and to help. In those little moments where you ask for inspiration, may you feel our presence when you ask. May you know that you are not alone. May you know how deeply you are loved.

We leave you, as we found you, in the love and the light of the one infinite Creator. We are those of Q'uo. Adonai. Adonai. ♣

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Special Meditation
June 19, 2005

Forest Row, East Sussex, UK.

(The session was being filmed by N.)

N: For the sake of the viewers, many of whom may find the concept of channeling weird, could you please explain why you are holding Vara's hand for this session?

Carla: Yes. I talked to you earlier about the contact I had with those of Ra in which we got the *Law of One*. This contact was unusual in that, unlike the rest of my channeling, which began in 1974 and is continuing on through to this very day, it was trance channeling. I never knew how I did the trance channeling but it was a very powerful experience and the material created was remarkably more concise and clearer than my other channeling and so that is the channeling that has been published and it is known the most. After my beloved companion, Don Elkins, died in 1984 I stopped doing the trance channeling because I had been told by those of Ra that it would be very deleterious to my health, not to say my life, to continue doing the trance channeling without both Don and Jim there as my batteries. So I did stop it but I found myself involuntarily going out of body and I experienced a couple of very difficult physical traumas because of people touching me because they didn't know I was out of my body, not just bruising my ribs or bruising my lungs but almost taking me out of this incarnation, having a heart attack and so forth. So I developed the technique of always holding onto someone else's flesh, someone else's body, to make a really good, solid contact so that I could not go out of body because the body won't leave itself defenseless. So as long as there is infringement with another body, the body will stay in the body and be guarded. So I do it simply for protection.

My best battery in the whole world, because we have been working together so long, is my husband, Jim, but Vara is second-best because I have been working with her for several years. Our bodies are very familiar with each other and our energies are used to blending. In fact, Vara's bedroom, when she is at the Magic Kingdom, at home[52], is next to mine and our heads are fairly close together through the wall, so our auras are touching all the time. It's very comfortable for me to swim in Vara's energy and she is not too much bothered by mine either. So, if it weren't her, it would be you, or somebody else in the group, whom I would be touching. It has nothing to do with my affection for Vara, which is great. It has to do with protocol.

I will squeeze Vara's hand when I'm ready and just talk to N.

N: So, may I thank you for agreeing to come through today and may I start by asking you what I may call you?

[52] The Rueckert-McCarty home near Louisville, Kentucky, is often called the Magic Kingdom by Carla.

(Carla, channeling)

We are those called Q'uo. We greet you in the love and in the light of the one infinite Creator, at Whose service we come to you this day. May we thank you for the great privilege of being asked to share our thoughts with you at this time and for the beauty of your circle of seeking, for to us, each of you is as beautiful as a gem. The colors of your energy are quite lovely. The way they interweave as you create this sacred circle of seeking humble us.

We would ask one thing of each of you, and of all who hear this voice, before we begin. And that is that each who hears takes responsibility for discriminating between those things which we may say that constitute helpful resources for you at this time and those things that somehow miss the mark and are not ringing true to you. If what we say does not resonate to you, we would ask that you lay it aside without a second thought, for we would not be a stumbling block before you or infringe upon your free will in any way. Thank you for this consideration

N: We are making a film called, *"Time of the Sixth Sun,"*[53] in the hope of helping to awaken more souls to the planet. I'd like to ask what would the message be from your dimension, from your density, direct to the viewers who will be watching this film? What would you want communicated to them?

We are those of Q'uo, and are aware of your query, my sister. We would say to the people of your planet that we and you are creatures of a certain kind. That kind is love.

We would say to you that all of us and all of creation are one thing, and that one thing is love. What does this word mean to you? How do you feel to express the truth of that word? Can you come into some sense of identity with the quality of unconditional love?

We would say to you that we have heard you. We have come to speak with those who wish to accelerate the rate of the evolution of their mind, their body, and their spirit. We hope to give you thoughts concerning aspects of this journey of seeking the truth of life that may be helpful to you.

We come to tell you that you are not alone, that guidance is all about you, not only in the voice of instruments such as this one but in the voice of everyone who you meet, in the creation of the Father, in yourself, and in the moment.

May we answer you further, my sister?

N: We have previously received some channeled information about the nature of light for this film and I found this really, really helpful. I'd like to ask if you have anything to say to me about that quality and about the nature of how we use light, color and sound in this film?

We are those of Q'uo, and are aware of your query, my sister. We would say to you that your tendency to look for the dappled light that is streaming through the natural branches of the trees, shrubbery and so forth of our natural environment is very wise, my sister, for you are joining the dance of creation. You are asking.

You have spoken of elders in your conversation previous to this channeling session. You are calling forth the elders of the natural or second density. These entities have a great deal to offer to light itself. For light can be, as you have said, an illusion. It can also be quite false. But that light which is filtered through a natural environment like branches and leaves is that light which has been softened and yet not silenced. It has been colored and yet not created as false. You have invited the cooperation of a very powerful source of love and wisdom. We would encourage you to continue in your seeking for, may we say, the right light, feeling your way not only with your eyes or with your instruments but also with your heart.

May we answer you further, my sister?

N: I want to ask you about sound and about the key role that sound plays in the transformational process of humankind in the past, present and future.

We are those of Q'uo, and are aware of your query, my sister. What an interesting question you ask us! You delight us! The quality of sound is, in and of itself, sacred. Sound is produced in a certain medium and that medium is the wind or spirit. So all sound, developed or undeveloped, retains and expresses

[53] This film is a groundbreaking story enclosing a documentary involving dozens of people who are aware of information indicating that our planet is moving through an enormous period of transitions and are attempting to help the planet make that transition safely as well as trying to help people who are interested in transforming themselves along with the planet to do so.

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various aspects of divinity or sacredness. Indeed, there are sounds and combinations of sound that are like keys that unlock dimensions of what this instrument would call the inner and outer planes and open doors that are otherwise shut.

The world of sound, then, is a temple, a temple unrestrained by the ideas of humankind. When moving into pure tone or sound, one is moving into a world where there is great healing, power and a potential for transformation. Sensitivity to and response to the quality of sound is therefore a tremendous asset for one who wishes to create a magical instrument that will move people's hearts. Perhaps you may have noticed that when people stop talking and begin singing, their ability to open their heart and to lift away from the limitations of the intellectual is greatly enhanced. Indeed, each entity is an instrument and each breath is an indication of the kind of instrument that you are as a human being. You are a wind instrument and you are played by spirit. May the sounds that you make to each other be those of kindness, compassion, honesty and truth.

May we answer you further my sister?

N: We have made a courageous leap in the past few weeks in taking this film from a documentary style to that of a full-length feature film where the main protagonist is a highly evolved being who strikes up a relationship with an unusual young boy. They guide us through the film, meeting and talking to elders along the way. Can you clarify for me whether we are on the right track introducing a story line?

We are those of Q'uo, and are aware of your query, my sister. We smile through this instrument because we hear through this instrument's ears the barking of the dog[54] [representing] the craziness of the world around that has keyed into this conversation and is commenting in its own way.

As you can see from all the conversation, when you bring in a story, you bring in a magical and mischievous spirit. The question for you is whether you wish to have that mischievous spirit! For we guarantee to you that the story shall tell itself with its own mischief and its own magic and you shall not be in entire control of this process.

We cannot say to you whether this storytelling is a good idea. It is entirely a product of your own discernment and judgment. We can say to you that in choosing to tell a story you join a very long line of wise, magical people who have decided to access the realm of the archetypal by parable rather than by discussion. We encourage you to be fearless as you proceed to use your discrimination and your heart in the unfolding of this purpose that you have chosen. We encourage you to trust yourself and to have faith, absolute and unwavering faith, in yourself.

May we answer you further, my sister?

N: Could you talk to me about how you see the importance of this genre of filmmaking when the media in our society seem so intent on sending us into a permanent sleep with their choices of programming, rather than awakening the masses?

We are those of Q'uo, and are aware of your query, my sister. We find in this instrument's mind a great deal of agreement with your judgment concerning this matter. We would say that this created situation is part of a concerted effort of the "dying dragon" this instrument spoke of earlier, of governmental and international sources of control, to "dumb down," as this instrument would put it, or to keep asleep the entities of this planet. We would say to you that you are choosing to attempt to create a teaching instrument for those who wish to listen and those who wish to learn. We would ask you what better thing you could do to increase the harvest at this time than create an instrument of inspiration and information? We ourselves are extremely well aware of the near impossibility of creating truth without distortion through the medium of language and yet, in our desire to be of service to the one infinite Creator, our expression of being at this time is wrapped up in this communication.

May we answer you further my sister?

N: Earlier I spoke about a transcribed channeling from Hatonn in 1974 where they said that most on our planet were like children in the evolutionary sense of the vast universe and that children will never understand [those things] of which we speak, however we phrase it, prepare it, or wrap it up to look pretty. So therefore we must focus on searching out the adults, again in the evolutionary sense, those

[54] Somewhere in the neighborhood of the Brinch-Haghighi home where this channeling session was filmed, a dog suddenly began barking hysterically, creating a very noisy background noise.

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that are seeking. I ask this question in regard to our film again. Should we target the adults as our optimum audience, those that will understand and use this information as a learning tool, rather than an awakening tool to those asleep who resist awakening?

We are those of Q'uo, and are aware of your query, my sister. We find that although we would love to serve you, we are not able to address this question for you. When you plant a seed, it is as it is. Its habit, its form, its bloom and its harvest are all present to see. We perhaps could ask you if you feel that the seed of your film concerns itself with the environment in which it shall grow?

May we answer you further, my sister?

N: I'd like to ask you, if the truth of love becomes more obvious in the higher vibration now coming through on our planet, is the experience of love amplified with the higher frequencies? And how might we see that visually in a way that is not cloaked by illusion?

We are those of Q'uo, and are aware of your query, my sister. In many ways entities are seeing the miraculous occur every day and are simply becoming used to seeing the miracles. There have been many new forms of healing which have become mainstream among your peoples, at least within this instrument's environment. There are those who have been able to develop methods of healing that have to do with the touch of one entity to another. There are methods of healing which employ sound. There are methods of healing that employ subtle forms of energy such as the Reiki energy, as this instrument would know it, where miracles have occurred and this is taken as simply another form of healing, such as the healing of an illness that occurs from taking a medicine. Perhaps more than any other form of visible sign, we would suggest that which occurs among peoples when they change their minds. People have been increasingly more able to take hold of their minds and change them; to choose with power to speak their truth. And for them the world has changed.

The difficulty with many of these entities is that then they wish to create, around this new-found beauty of truth, a structure by which they may teach others the same thing and then be teacher of this. They have hardened their truth, which is entirely subjective, into a new form of dogma, which in the end is as dead as the husk that is broken when the seed sprouts.

May we answer you further, my sister?

N: I have a question around the heart and love. My concern for the film is obviously whether it is visual. What does love look like? Does the opacity change? Are the colors different? As for myself, I imagine colors that don't exist on our three-dimensional plane and it is for me to get that over to the audience. So what else can you tell me about what love looks like?

We are those of Q'uo, and are aware of your query, my sister. How accurate you are, indeed, to make the comment concerning the difference between third-density and fourth-density color. Many of those who have gone through awakening moments of realization, many of those who have gone through initiation in the sacred mysteries, as this instrument would call white ritual magic, have had these moments of seeing what this instrument would call the golden orb.[55]

The experience of color in fourth density is different enough that it is as though you were, in the third density of consensus reality, in a black-and-white movie and suddenly walked out into the colored natural light. Color, like everything else, is alive in the creation of love. It is not held into limits by the physical limitation of the physical vehicle of your species.[56] Therefore, it flows like a river. It has dimensionality rather than being a flat perception.

To achieve that quality you have most well chosen this dappling effect of the sunlight filtered through the elders of beech, oak and maple. It creates that quality of moving, so that colors can be seen to be streaming, beaming and living. This is the quality that you wish to capture. This is the difference. Certainly if you could photograph fourth-density color it would be a powerful, poignant experience in

[55] The Q'uo source is probably referring to the Golden Dawn initiation, which is a specific event within the so-called Order of the Golden Dawn which has had a checkered career. In its positive aspects it has offered a powerful structure within which many have studied and learned. In its negative aspects it has sowed many seeds of confusion, in the opinion of Carla, who has studied the history of this material and its various and varied adherents.

[56] Carla: I believe they mean that the optical limitations of the human eye cannot see beyond their limitations.

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which colors seem to get incredibly intensified as well as being living and moving.

We believe that there are many unseen and, shall we say, mysterious ways in which each aspect that is mechanical or technical can be enhanced by the devas or spirits of all of those entities whom you interview and all of those places that you choose to hold those interviews, so that you are in fact receiving a great deal of assistance in creating magical and enhanced qualities in your filming. By the purity of your focus, you create the capacity of your machines. You use their lenses to see what you feel. May we thank you for the love for which you have brought to the creation of this instrument of teaching, sharing and learning! It is a blessing for us to share with you at this time.

Is there a final query at this time?

N: Yes, my last question is this. When sound reaches a certain harmonic or frequency, as indeed was practiced many hundreds of years ago, does it reach a point along the vibrational scale where sound becomes light becomes color until it finally reaches the place where healing takes place?

We are those know to you as Q'uo, and, my sister, we would be happy to attempt through this instrument to speak of things of which she has does not know.

You are working at a certain place in the inner planes which we can only describe to you as the point of the capstone of the pyramid where energy changes from one kind to another. You are attempting to catch the spiraling upsweep of the light/love vibration as it moves from what we can only offer through this instrument as the final point of the indigo-ray center, where it spirals into fire and becomes the time/space continuum of the dimension or density of love.

Further, you have attempted to combine the work that you have done that enables you to be a catalyst for healing at this particular and precise time with an energy that is within the heart.

Now, in terms of this instrument's vocabulary, we can then say that you are working with the combination of the energy of the open and sacred heart, as it creates a crystalline-like effect of spreading out the light or the sound or the vibration or the mystery, so that an entity to be healed can live, dwell or experience for that momentary time in that environment, with your ability to hold in a steady state the point between space/time for the physical world and time/space for the metaphysical world. This creates a flavor or a kind to your ability to act as a catalyst for healing in which the person is not simply healed by his own choice, choosing a less distorted balance in mind or body or spirit or any combination of those, but also in which that entity can choose to spiral with that energy into that point at which he may gaze upon that world of the fourth density and, in complete freedom, if he wishes, to choose to take a part in being in that environment, thus bringing heaven to earth, within the momentary point of sound, vibration or mystery, which is the environment which you have created.

May we answer you further, my sister?

N: I have one more question on which perhaps you can give me guidance. It concerns more my world than your world. How am I most likely to find the full funding for this project or some advice that might help me in that area?

We are those of Q'uo, and are aware of your query, my sister. May we say that this instrument has also asked us this question and we are as hopeless answering her as we are in answering you. However, we ask that you have faith and that you know beyond a shadow of a doubt that what needs to occur for the manifestation of this idea shall be as you need it to be when you need it to be.

In a word, our answer is, "No." We can say nothing helpful except that all is well. Go forth in faith. Visualize what you need very precisely and then, my sister, realize that you have created a thing, for thoughts are things. Let it take wing! Let it work within itself, as this instrument has been studying.[57] Do not hold it to yourself and repeat over those things that you need. But, each day, form one complete visualization. Ask with all your heart. Then release it.

Did the one known as Jesus the Christ not say to pray, "This day, give us our daily bread"? It is important to keep the focus local, to keep the

[57] Carla and Vara had been reading from a little book entitled *Handbook for the New Paradigm; A Personal Message for You*, no author given, published by Bridger House Publishers of Carson City, NV, and that book puts forth the concept that a "thought released to act upon itself will return in manifestation glorified and in a form more magnificent than the limited, focused mind can imagine." (Quoted from page 5 of that book.)

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moment [as] that moment which is present and yet at the same time to know that, as a person of power, what you visualize you will create. We always say to this instrument … be careful what you ask for you shall receive it.

We find that this instrument's energy does begin to wane. She is not aware of it. She shall not be aware of it until she leaves our company and your company and returns to a more everyday existence in which she is distracted from her truth, her focus …

(The film runs out in the camera, and the channeling session ends.) ♣

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Special Meditation
June 24, 2005

Bath Spiritualist Church, Bath, Britain

(Click here to read Carla's introductory speech that she gave prior to the channeling below.)

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank you each for the privilege of being able to share our thoughts with you this day. We want to tell you how beautiful you are to us. This instrument was speaking earlier about the colors of the energy bodies and, to us, those energy bodies are your true nature and your true identity. We would know you without knowing your name by simply seeing the bouquet and the bloom of the colors of your energy body. You are truly a beautiful bouquet of spirit and it is an honor and a privilege to share our humble thoughts with you at this time.

We would ask of you one favor and that is to listen carefully to that which we say with a skeptical and a jaundiced ear. If anything that we say does not seem right to you, we would ask you to discard it without a second thought. We do not wish to become a stumbling block to you, to impair your progress or to infringe upon your free will in any way. We are not authorities. We are seekers, such as you, who have, perhaps, walked a few steps further than you and have a few more experiences to share. You are the only person that knows what is true for you. Your discrimination is accurate. Listen for those thoughts that we may share that somehow resonate to you and do not be satisfied with anything less. If you will do this for us, we greatly appreciate your kindness. It will enable us to speak our thoughts to you freely at this time.

We would ask the one known as Vara if there is a question at this time?

Vara: Thank you, Q'uo. We humans have a habit of thinking there has got to be a purpose or a destiny in our life. And we've heard Carla speak tonight about being as opposed to doing. Could you comment on how we learn to be and how we tune in to the authenticity of our being so that we know when we're, in fact, on the right pathway?

We are those of Q'uo, and are aware of your query, my sister. The one known as Frank Sinatra said it so well, "Do-be, do-be, do." It's a dance between doing and being and doing and being. When you take a breath in, when you give a breath out, you are being. When by mind or by instinct you take thought or action, you are doing. The difference is simplistic. Yet, does the doing inform the being, or does the being inform the doing?

This instrument prays each morning, "Show me the paths that you have prepared for me to walk in." That is doing.

She prays again in the same prayer, "Help me to focus on who I am and why I'm here." That is being.

When you move from an idea of what you should do or what you must do, you are letting your doing inform your being. When, as this instrument said earlier, you move from a point of saying, "Where is the love in this moment?" and you take the time, whether it is an instant or a real minute, to look for that love, to look for that point of infinite intelligence that informs the situation from the standpoint of spirit, then you have begun to see into the deeper levels of the present moment. And when your heart opens and you say, "Oh, I really see how I can be a part of that love in this moment. I see someone who needs help," or, "I see where a good word would make this person feel more comfortable," then you may, perhaps, be doing something very simple, but you are coming from a point where you have centered yourself into your deeper essence.

What does a flower do? Each of you is a flower. What is the worth of a flower? The worth of that flower is that is has grown from a seed. It is expressing its own kind. It has color, it has scent, and it has its moment in the sun. You, my children, have your moment in the sun. You are breathing the air. You are blooming in the sunshine of the Creator's love, and for this tiny speck of time, yours is the choice of how you shall spend that time of blooming. When you find yourself being pulled and tossed, ask of yourself, the consciousness, to stop the doing, to center into the heart, and to become aware of the moment. There is love in this moment. Where is that love? Does it not begin with you?

Is there another query, my sister?

Vara: Thank you, Q'uo. We have observed people suffering sometimes throughout their lifetimes. We wonder if you could speak to the nature of suffering, the purpose of suffering, and, perhaps, the attitudes in how we see the love in suffering?

We are those of Q'uo, and are aware of your query, my sister. What an excellent question! We thank that entity who created it. For, truly, there is a great point to suffering and yet it is not the suffering that is the point. It goes beyond the suffering to understanding the reasoning behind the creation of a structure that, almost inevitably, will cause each entity who enters incarnation to be brought to her knees by pain, whether it is emotional or mental, spiritual or physical, or any combination of those.

The Creator is not interested in your suffering. However, you, as co-Creators, looking at your incarnation to come, thought long and hard about how you wanted this incarnation to go. How did you want to bloom? What service did you wish to render? And, as you looked at yourself, the soul-stream that you, as an incarnate being, are only a part of, you said, "Spirit, how can I better balance the forces within me? Do I have too much power and too little wisdom? Do I have too much love and too little power? Do I have too much love and not enough wisdom? How can I arrange these energies within me, in a more balanced form, so that I am truly of more service to the one infinite Creator?"

And you began to make a plan. You chose for yourself your major relationships, your birth family or those who brought you up, your spouse or mate and those lovers and friends that have been important to you. You carefully chose even your enemies and those who wish you harm because you did not wish to waste the relationships in this life. Rather, you wished to use them in order to refine that within you which is yourself. Just as that which is crude goes into the fire that refines it, you chose a certain kind of refining energy that would circulate throughout your life as if it were a theme or a motif.

In your suffering, begin to look for the pattern of it. It is a good thing on which to use your head, to a certain extent. Analyze the pattern of your suffering. You can even analyze it in terms of what part of your physical body might be suffering. Are you carrying too much on your shoulders? You might be expressing that with shoulder pain. This instrument does. This instrument is not carrying too much. She is carrying just enough to give her the lessons that she wished to learn. Her choice was to learn to love without expectation of return and she carefully chose for herself entities throughout her life [for this lesson.] [She chose] not just her parents, for parents die; their gift has been given. What is balanced between her and them has been balanced and they have moved on through the gate into larger life. Yet the need to work on this theme continues throughout the incarnation.

Now, each within this group has chosen for itself incarnational lessons. And, every once in a while, you get that theme popping up, whatever it may be.

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And again we say that each lesson is different. Some have to do with the right use of power. Some have to do with love, and sometimes that moves into questions of worthiness and unworthiness. Some lessons have to do with the right use of wisdom. You can be very smart without being kind. Where is the balance? Whatever your incarnational theme, it is relentless. And you created it to be so.

This instrument has often heard the phrase, "You never get more than you can take." And we believe that, indeed, this is so. Consequently, the question then becomes, when you perceive patterns of suffering, how to start discovering ways to use this information, these motifs, without having the necessity to go through the suffering. It is not the body that created the mind. The mind created the body. Any suffering that you experience has come first, in a very gentle way, to your thoughts and you have had the ability to look at your thoughts and to try to find that pattern within your thoughts.

It is helpful, may we say, at the end of the day perhaps, or whenever you find it useful, to go back through the thoughts that you have taken this day. What thoughts have occupied your minds this day? What patterns of thoughts have caused for you concern, mental or emotional suffering and what triggered those reactions? Was it anger? Was it feelings of unworthiness? Was it jealousy? What is happening?

What damages are you still carrying from your childhood and your young adulthood that you are repeating instead of exploring?

If you use the gifts of your own thoughts to examine them and when you begin to see a pattern then to move into that pattern with an eye to working with it, then you begin to see that most suffering is a series of triggers that you have allowed to be imbedded deep within you so that when something happens on the surface it creates a reaction that is greater than it deserves. Look for those inappropriately large reactions and responses. Look for the hidden triggers that mask the suffering that lies deep within.

And then gently, ever so gently, a little bit each day, go after those triggers. See what you can do to mine them for the treasure that they represent. For they represent parts of yourself, and the infinite hall of mirrors that other selves represent, that you have taken into yourself in a distorted and untrue fashion. Bring them gently to the surface. Look carefully at them and begin to forgive the other person and yourself for the damage that has been incorporated within your being as a falsehood that need not exist.

Let the healing of your suffering begin. Let the healing of your incarnation begin so that you can, as this instrument said earlier, stand on your own two feet and look the world in the face, saying, "I know I make many mistakes. I am heavily flawed. Sue me. This is who I am and I am still ready to explore the possibility that love is the answer to all suffering." Lift up off the cross of thinking it is necessary. Realize it is a training aid. When the training aid is no longer necessary, then you may spend your time rejoicing and giving thanks.

May we ask if there is another query, my sister?

Vara: Thank you, Q'uo. On the topic of suffering and healing, we know of a child who is suffering from cerebral palsy and is totally incapacitated at the age of eight. Still, this child seems to be a healer, and, in fact, able to communicate with God. Could you comment on this particular instance of suffering and healing?

We are those of Q'uo, and are aware of your query, my sister. It is very difficult, we are aware, to penetrate the mystery of why people choose to incarnate in such difficult incarnations. It is, however, our understanding, limited though it is, that there are many entities who greatly understand that their particular lifetime gift is about being. This instrument incarnated in a body which was carefully chosen to malfunction in such a way that the instrument would be able to live but would not be able to be, physically, very useful.

We do not have to express this instrument's discomfort with this particular lesson. Each of you has had times of illness when you were not able to do what you normally do and it is very frustrating. However, it was this instrument's judgment of itself that it was too active as a soul, as an energy, and that it needed to move its focus carefully inward, not at one particular part of an incarnation but throughout the incarnation.

It is not that she chose for herself the pain or the suffering. She chose the limitation. When she accepts her limitations impeccably, she is able to skate through her days and her nights without perceptible pain. She occasionally achieves this state.

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For the most part, she slips off of the razor's edge and experiences a certain amount of discomfort because she is attempting to do too much. And why did she choose this but because she was a greedy woman? She wanted to express, in one incarnation, the power of love, and in order to focus her very active mind, she chose ways of limiting herself so that she would continue her internal process without a let-up or a rest for the incarnation.

This entity of whom this questioner speaks saw the power of his soul stream and the energy of the gift that he wished to give in his blooming and he chose a pattern that seems very difficult. But, as you see, in this entity's very being he expresses the worth and the value of the human soul in incarnation.

We know we cannot penetrate this mystery in a short answer but we hope that this will suffice to begin to offer resources by which you may find ways to think about the issues involved in the being and the healing wholeness of that beingness, regardless of how limited its avenues of expression.

May we ask if there is another query at this time, my sister?

Vara: Thank you, Q'uo. We've been talking this evening about learning to love and to see the love in the moment and, with regard to the exercise of looking in the mirror, the faces I have seen often appear dark and gnarled or as if they are earthy, or nature-like, in appearance, even decomposed. Could you comment on what it is that I am seeing?

We are those of Q'uo, and are aware of your query, my sister. To a certain extent, we find that we are unable to comment because, to this extent, there is an active part of your process which we do not want to learn for you. But we may say in general that what you are seeing in these dark faces is portions of the incarnations of other incarnational forms of your soul stream. You have the experience of coming through all the densities up until this one. This includes the experience of being rock, sky, water and wind. It includes the experiences of many inner-planes beingness energies which are spirits of rock, wind and fire, and so forth. You have experienced being trees, animals and plants. And there are energies within second-density nature, such as what this instrument would call fairies, gnomes and trolls, for instance, where the by-play betwixt rock and animal is expressed.

As you look into the mirror and you begin to move into the vastness of your own experience as a soul-stream, that upon which you are working within this incarnation and at this moment creates the atmosphere in which you see certain aspects that are going to be helpful to you in your process on any of a number of levels that go on infinitely in the inner planes of your experiences.

We would suggest that you gaze, first, at the nature of your interest in yourself, at this moment, whether it is in life or death, in power or in peace, in love or in fear, in sadness or in joy, and as you sense into the environment which you have created in your path of seeking at this point, and you see whether you're in the noontime of joy or whether you are in the darkness of the dark night of the soul, then you may begin to sense into the reason for your seeing those faces of some darkness and roughness as you look into the mirror that opens your subconscious process to you.

We would ask, at this time, for a final query, my sister.

Vara: Thank you, Q'uo. We have a friend who is a devout Christian and deeply dogmatic in her beliefs. She is fearful for her friends' well-being, especially concerning channeling and the interests outside the Christian church. Can you give us some guidance on how to deal with this, and, in fact, how to deal with [our feelings of] anger?

We are those of Q'uo, and are aware of your query, my sister. Indeed, this instrument has experienced many years of dealing with the dynamic betwixt an inerrantist,[58] fundamentalist Christian brother and herself. So, through this instrument's memories, we are very well aware of the pain that ensues when a beloved entity, who wishes only for your best interests to be observed, seems to turn into an enemy of your process and your truth.

Let us take a step back from personality and circumstance into that great hunger that this instrument was talking about earlier that entities do have to know the one infinite Creator. In many cases throughout the history of humankind spirituality has hardened into religion. Religion is something this instrument enjoys. This instrument has been an Episcopalian all her life. She loves the spiritual

[58] inerrantist: someone who believes in the inerrancy or literal truth of a particular writing or document.

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community. She loves singing in her choir. She loves praising and worshipping and giving the Creator thanks in the distortions of her church. However, to this instrument, there was never any thought of believing dogma.[59]

(Side one of tape ends.)

(Carla channeling)

"We understand mystics in this church," he said. "I have trouble with the virgin birth, myself. But I don't worry about it because I am focused on the mystery of deity." He said, "Don't leave the church, because you love Jesus and you won't be able to talk about Jesus with people that aren't in the church. But don't expect the church to give you the truth."

This instrument was very fortunate. For many people, the only way that they have found to approach their love of the one infinite Creator is to buy, as this instrument would say, hook, line and sinker, the dogma of a particular sect of a particular religion. For those entities who wish to do this, we may say that it is a valid path to the one infinite Creator. We would point out, however, that it is trammeled and slowed by the dogma which it carries and by those entities which are excluded from the love and the light of their Creator, in their story of the Creator, by judgment.

When you see judgment, you know that you have, somehow, lost the way to a true understanding of unconditional love. The one known as Jesus, this instrument's Master, hung from the cross, unjustly judged, in the story of its Crucifixion. And, in that story, two thieves and murderers hung, one on each side. And one of those thieves said to the one known as Jesus the Christ, "I know I don't deserve it, but, Lord, when you come to paradise, will you think of me?" And the one known as Jesus said, "This day you shall be with me in paradise."

Does your Creator open Its arms and say, "Everybody in"? If so, my friends, you are on the right track. And if you run into an entity whose fear of not making that heavenly gate is such that it must cling to judgment, then bless that entity on its way and find ways to relate to that entity as a soul and not as a personality. Lift up beyond the details of its judgment of you and focus on your total acceptance of it. For it, too, is the Creator. It may have descended into fear. It may have chosen to judge others. And so that entity is creating an old testament Creation. But for you, it is a completely different Creation and you get to judge.

Shall you open your heart in compassion or shall you close it because you can see something that might be amiss in another? You have the power! Forgive, and that entity is forgiven, that entity is lifted up. Choose your judgments well.

We thank each of you for being with us this evening and for asking us to join your circle of seeking. It has been a privilege and a blessing to us. We leave you, this instrument, and all unseen beings who dwell with you in this sacred space, all angels and ministers, guides and entities and essences of the unseen realms. We leave you, as we found you, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai.

(Carla also gave a concluding speech on this same day that followed the above channeling.) ♣

[59] The material missing in this lacuna is a story from Carla's youth. When she was thirteen, she was in an Inquirer's Class at her diocesan Youth Camp which was taught by Bishop Marmion. She told the Bishop that she thought she may need to leave the church, since she could not believe in the Virgin birth. The transcript resumes with the Bishop's response to this statement.

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Special Meditation
July 16, 2005

For the Ranger Gathering

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose name we serve and in Whose service we come to you this day. It is our privilege and our blessing to be called to your circle of seeking. We would thank each of you for creating this moment in time in order to ask us our opinions and we are very glad to share our opinions with you with the understanding that your free will not be abridged. And in order for this to be so created we would ask of you that each of you take absolute responsibility for your own powers of discrimination. Truth, which we came to offer, is a tricky thing indeed. It is subjective and entirely personal. Therefore, we would ask of you that, in considering each of our thoughts, you check your own energy for resonance with these thoughts. If our ideas resonate to you then by all means feel free to work with them. If for any reason they do not resonate to you, we would ask that you lay them aside without a second thought. It is our hope to offer helpful comments but, even more, we hope not to be a stumbling block in your way. If you can take responsibility for this discrimination and realize that you are the one and only authority for yourself, that will enable us to speak freely. We thank you very much, each of you, for this consideration.

It is our understanding at this time that you would wish to have a potluck session of question and answer and so we would ask if there is a question at this time?

B: We're setting out on kind of an adventure ourselves between Avalon and our Rangers. I was wondering if you have some history on the Confederation and their founding?

We are those of Q'uo, and are aware of your query, my brother. The question that you ask is deceptively simple and the answer must be carefully considered, for there are elements of our creation and way of being that are easily shared and other portions that must remain to some extent hidden in mystery. The Confederation of Planets in the Service of the Infinite Creator is the loose designation that our group was given in order to render us a named group and is a created name. The naming that is so dear to your peoples is not used beyond your third density because words, as opposed to concepts, are quite rough and even primitive in their structure, being delimited by the association of words and letters and so forth with parts of your consciousness which are heavily tied into the third-density brain or bio-computer. Thusly, our Confederation sourcing, while quite real, has, let us say, a number of aspects to it.

Each of you, as you sit in this circle of seeking today, represents not only you, yourself, an unique and precious flower in the field of the Creator. You carry

with you a family of unseen presences. Within this circle, for instance, there are overlapping groups. More than one entity within this group is not only an individual but also a family member of the community which is represented in fifth density and in sixth density families from which you came to serve upon planet Earth as wanderers offering, at great risk to yourselves, your very self in the hope that by your very being living in flesh and bone, strangers in a strange land indeed, you would be able to offer that energy of unconditional love that would help to anchor the fourth-density energies that now are being seated within the planet that is being born as we speak, that Gaia that is a fourth-density, positively-oriented planet.

Each of you, then, represents not only the self but an extended family, as it were, of beings that have allied themselves in various partnerships for this period of time and space. There is a time upon your planet that is ongoing wherein all of your energies have been called to bear witness to the light and the love of the one infinite Creator. We, ourselves, as those of the principle of Q'uo, are part of two of those groups: that of the fifth-density social memory complex known to you as the group Latwii—we are speaking through this instrument at this time—and those of the social memory complex known as the group Ra, which are part of this principle and with whom we of Latwii and also those of Hatton discussed matters before taking up the time of channeling through this instrument.

In addition to those of Q'uo, there are many social memory complexes or planetary or societal groups of entities who have, as a group, chosen both to offer wanderers to the Brothers and Sisters of Sorrow manifesting upon your planet at this time, and to offer ourselves as requested by groups such as this and by channels such as this one, or, alternatively, to offer ourselves to those who call upon us, whose vibrations are resonant with ours, for work within dreaming, work within vision, and work within what you would call times of inspiration.

The energies of this loose-knit but entirely harmonious Confederation have been called into being by the times that you now are experiencing upon your sphere. This entity has often prayed for that which she calls her "fragile island home"[60] of Earth. We also are in a state of constant prayer in support of this fragile island home as it revolves into an entirely new area of space and time, one that has alternative characteristics to third-density space/time.

It is our hope, as regards the planet you know as Gaia or Earth, that we may be a tiny part of your own efforts to anchor fourth-density light by your very being. We hope to be responsive to your needs and to offer ourselves as requested. Each of six civilizations that are relatively near you in space/time are the founding members of this Confederation, with many, many others moving into alliance with us as the plight of your planet has deepened. We became concerned for your planetary civilization some of your time ago. The second of three harvest-times upon your planet, 25,000 of your years ago approximately, had come and gone, with only approximately 150 of your planetary beings achieving the right to move through the harvesting procedure and enter fourth density for the lessons of love. It is to be noted in humility and gratitude that, rather than move ahead as a small but significant social complex to take up the lessons of fourth density, all of these entities chose, as one group, to remain within third density and immediately to seek reincarnation as third-density entities, having only their hearts and their wills upon which to rely in order for their memories of who they were to return. These entities have been called by this instrument the Elder Race and it is to be noted that there are those within this circle that are also representatives of this group as well, Earth's first graduates, who have immediately and unhesitatingly sacrificed any future lessons of love that may be in their future in order that they may spend not one incarnation or two or three, but 25,000 years' worth of constant and unremitting reincarnation into the planetary miasma and confusion as the third harvesting cycle has proceeded.

We have called ourselves Brothers and Sisters of Sorrow because we are the Brothers and Sisters of the unremitting sorrow of Earth. And why do we describe it as sorrow, my friends? It is due to the increasing heartfelt suffering and woe experienced by those who have attempted repeatedly, over and over, to awaken within the dream of incarnation, to remember who they are and why they are here, and to take hold of their intention to become fully conscious and awakened creatures of love. The

[60] That phrase is part of the Prayers of the People in one of the instrument's Episcopal Holy Eucharist services.

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yearning has not died at all among your peoples. It cries out in its yearning to be a part of the awakening to love that the very planet under your feet is experiencing. Yet again and again there has been the seduction from love to fear, from unity to disharmony, and from that incredible experience of working truly together for common goals to the voices of division and hostility.

You have, in fact, through repeated exercises which have ended in empire, warfare and division, been trammeled and beaten down by those which have seized power and leadership upon your sphere to the point where your entire planetary sphere has been placed out of the normal stream of time/space and space/time onto what this instrument calls a time lateral. It is a kind of shunt where a train can move away from the main track until it is repaired. Your planet, in short, is undergoing repair and this not simply from one or two repetitions of empire but from, let us say, at least half a dozen majestic and substantial experiments in empire. Again and again those entities within your population who are inspired by the one infinite Creator have called the people of this planet to the reality of your unity as humankind to their planetary responsibility, each for the other, in love. These clarion calls to ethics, virtue and the higher morality have been heard and many are those who have been inspired to seek the one Creator and service to that Creator. Yet again and again the forces of fear have seduced entities enough away from the hewing to the light that the light has been unable to establish the kind of energy within your planetary sphere which would begin to accumulate mass of a spiritual kind, of gravity of, again, a spiritual kind or metaphysical kind.

At this point, the time allotted for such a time lateral is through within the next very few years. The opportunity for graduation to be a part of fourth-density, positive Gaia shall be over. We rejoice to say that this final effort of those who are ruled by fear and who wish to create what this instrument would call Armageddon has failed. This time, although the vast majority upon the surface of your planet are deeply confused, they are not fooled any longer. They do not believe any longer in the truth of those who speak of division, hostility, control of resources, and the advantages of war. These forces are certainly disorganized and puzzled. However, on a planetary level, at the level of the heart, there begins to arise, as this group was speaking of earlier, a feeling that is growing throughout all of the continents and all of the populations of your Earth. There is a growing knowledge that humankind is truly one. There is a growing awareness among ordinary, everyday people that the leaders that have been given power have misused it and are not to be trusted.

This basic breakthrough is recent and is indeed a product of many groups such as this one which have attempted to speak their truth with power throughout the last forty to fifty of your years. Great waves of entities have come among you and have begun to remember who they are. They have shared humor, art, stories and songs. They have lived lives that have inspired many. They have loved in ways that are as individual points of light that have begun to anchor, in a very real way, fourth-density values even in the apparently hostile fields of your civilizations.

We are as those who represent your ties with the larger family of the creation of the Father, as this instrument has often called the creation that is metaphysical in nature. We have an energy that this instrument would perceive as feminine. The balancing energy that is critical at this time in anchoring the love and the light of the one Creator for this passage for Gaia is the Goddess energy, shall we say.

We attempt not to use words that have emotional overtones. It is very difficult to find a non-emotion-ridden word for the Creator that indicates the essential balance of the feminine energy which is the dynamic opposite of those forces which may be described by gazing at what this instrument would call the Old Testament Creator, the Yahweh or Jehovah figure from your Old Testament of your *Bible*. The energy of Mohammed the Prophet and the one Creator named Allah are equally energies of a masculine, towering and authoritative nature. There was a time upon your sphere when this energy was appropriate. That time is long past. Yet those who have incarnated, from Atlantis to Babylon to Rome and so forth, have tried again and again and again to hold onto this increasingly sterile and unproductive creator-energy that is what this instrument would call yang in nature, exemplifying aggression and control, those things that, in the process of evolution, have become representative of service to self rather than service to others.

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You may observe many figures which have attempted to express this feminine energy. The one known as Jesus, the one known as Mary, the one known as Quan Yin, and many others have expressed that yin creator-energy which is all-compassionate, all-loving, and all-understanding, all-inclusive and without the faculty of adhering judgment. Our hope, as a Confederation, then, is to rest in the love and in the light of the one infinite Creator within the inner planes of this planet, which this instrument has often laughingly called the parking garage. Many of those who come from elsewhere within the creation dwell now within resting portions or parking garages of your inner planes, in the sub-plane which is resonant with our vibrations. We rest here with many allies, those essences of all of your densities, first, second, third and so forth, which animate and enliven your inner planes and help to create a fruitful Earth plane for those within third density at this time.

We are not comfortable in going into our planetary origins or those lessons which we have learned on our way to being who we are and where we are, for in many cases part of the awakening process for people such as yourselves is becoming aware of the incredible connections with a very substantial family group that takes in inner planes and outer planes and all densities of this octave in its system of family relationships, alliances and spiritually based relationships. The inter-connectedness of not only our group, but our connections with each of you cannot be overemphasized.

May we answer you further, my brother?

B: Yes. You said that the Earth's "plight" concerned you. But you're already aware that it's a fourth-density, positive planet. So why is there a plight?

We are those of Q'uo, and are aware of your query, my brother. The plight of your planet is in its lack of, what this instrument would call, the hundredth-monkey effect, up until this moment in time. There are a very few of your entities which have successfully moved through the process of choice and have chosen polarity. Very few of these entities will graduate fourth-density, service to self. There is a larger, but still quite small group in relationship to the total population of your planet which has awakened and, by making the choices that they have made, become very viable candidates for graduation into fourth-density, positive Earth. They will continue as pioneers of fourth density here. And so far, those two populations have succeeded or potentially are on the point of succeeding, as they naturally pass through the gates into larger life and go through the graduation process.

There is, however, an enormous number of entities who have been unable, so far, fully to awaken to who they are or why they are here. That is why wanderers have come among you and that is why we have come into the wings, shall we say, to wait our turn to speak through instruments such as this one, in hopes of helping somewhat to call people to remember, to awakening and to becoming part of that conscious portion of planet Earth which can form into first a social complex and then a social memory complex as the graduation is moved through.

The plight is very dear to our hearts, as it is dear to the hearts of wanderers and those Earth natives who have awakened at this time. It is as though you are extremely close to developing a large enough group of groups of entities which, together, remember who they are. But they are on the verge of being able to firm into crystals that choose to vibrate, as one, the love and the light of the one infinite Creator. When this is done with enough mass of intelligent, conscious, choice-making entities joining in, there is a speeding up or a multiplication effect. The crystal that each of you is can choose to become a great deal more powerful as commonalities merge entities into groups and those groups into light sources.

Efforts such as this group's Gaia meditations, occurring daily, are one such crystalline effort which has indeed, over a period of your years, begun to affect the planet. Its choice of a non-location-oriented, daily witness to prayer and meditation on behalf of the planet has created an energy which is common to many points upon or, shall we say, close to your planetary surface which are yin rather than yang, shall we say, in their energy focus, which have represented or created the opportunity for, shall we say, the infection of larger groups of entities by the enthusiasm felt by individuals in becoming a part of the Gaia meditation. These non-local points of love call in a way we cannot describe rationally to the awakening processes within those who have not yet made their choice, acting as what this instrument would call "snooze alarms" to bring them to some point of increased wakefulness where they are more close to being able to see what this instrument would call the bigger picture of who they are and why they

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wish to wake up and what they wish to do when they wake up. However, that point where the hundredth monkey effect is triggered has not yet occurred. There is not yet quite the mass of light workers awake. And so the plight, basically, is to call people to awakening without infringing upon their free will. May we say that those who are service-to-self oriented among your peoples and are in positions of leadership are attempting very consciously to entrain peoples' minds …

(Side one of tape ends.)

(Carla channeling)

… and hearts in fear, in anger, in aggression, and in fear-based actions such as attempting to control resources. The seductive qualities of these energies lie in the simple facts of high second-density values such as those known to the great apes which are that type of second-density vehicle within which each of you now experiences life. These service-to-self oriented entities are well aware that their stated values echo instinctual values of the great-ape body and, in and of themselves, do not trigger a warning to the mind of the second-density body. It is perfectly naturally and entirely instinctual behavior within the great ape to protect the clan and the family, to gather resources that it will need and to defend against those who would disturb it. To awaken into third density itself is the challenge for the consciousness carried by this second-density body.

The consciousness of third density is, by its very nature, not only aware of the self but its instincts are to seek love, to seek to be loved, and to seek to become one. However, by repetitive experiences in empire, your peoples have acquired habits of mind which mitigate against a full awakening into the awareness of self as the choice-making self. And so the tendency of your planetary population has repeatedly been to give its power away to those who are skilled at the processes of creating empire. Therefore, at this time, the plight remains to help those who have been repeatedly a failure at waking up to become a success this time.

The great challenge, then, is to be a force in helping people to wake up without in any way infringing upon their free will. The choice to leave the precincts of fear and to step forward boldly into the unknown territory of unconditional love, release of judgment, and the embrace of all entities, is formidable. The habit of doing so is not there.

If you succeed and we succeed in creating that hundredth monkey effect, there is the opportunity in these next few years of awakening a larger number of your peoples to their possibilities and of bringing people fairly rapidly into a state where they are able to graduate. It is a possibility that has an increasing probability vortex. All of you and all of those who are awakening at this time have a tremendous potential to change the face of your planet and to help many, many entities to take hold of who they truly are. We can only say with great humility that we are very glad to be a part of this effort and we thank each of you who has dedicated the life experience to the awakening of Earth and its peoples. It truly does begin with each of you and this is a time when a relatively small number of entities can make a pivotal difference in the harvest.

You must realize how close many, many of your people are, not only to awakening, but also to embracing their creator-selves, that heart of love that they feel lies within them without really knowing what it is for which they yearn.

May we answer you further, my brother?

B: No, thank you.

This instrument is telling us we need to be aware that it is time to start wrapping up this session of working and so we would ask if there is another query at this time with which we may end this session?

B: Do you have any suggestions on how to help those that are confused or those that are about to awaken, to awaken, and to realize who they are?

We are those known to you as Q'uo, and are aware of your query, my brother. What we would say to you is, perhaps, seemingly unhelpful, yet it is the heart of our message to all and that is that the work that you came here to do is work upon yourself. You are an individual. You are a member of the group of Rangers. You are a member of the tribe of humankind and you are a member of the creative principle. When you act, you act for and by yourself and yet, at the same time, you act as a Ranger and as a human and as the Creator. All of these aspects of yourself are equally true.

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The aspect upon which you consciously can do work is the individual aspect. We would encourage you, therefore, to work within yourself, bringing yourself each day and each moment to the most sharp focus you can, to the highest tuning that you can carry in a stable and conscious manner, to the highest picture of dedication and service that you are comfortably able to achieve. You cannot know, nor does it matter, that you are, at the same time as you work on yourself, working on your group, the Rangers, working on your tribe of humankind and working as the Creator. It is not necessary that you see into these deeper and wider parts of yourself. It is important simply to keep the focus of consciousness bright so that you are a candle. We have said many times through this instrument that it would seem that one candle is a very weak thing, yet one candle can be seen for well over a mile if a line of sight is unobstructed. And a candle in the darkness is hope. So you represent, knowingly, one person and one process and one offering of love to the infinite Creator; yet you also are the candle that the wind cannot snuff out, that the darkness cannot overcome, and that no amount of denial by those who would embrace the dark can deny. You exist, a point of light and love. Simply know that as you do your work, as you breath in love and breath it out again, consciously blessing that energy as it moves through you, you are affecting your group, your tribe, and the Creator Itself.

We would encourage you, in fact, not to crusade for those ideas which we offer you this day. It is not a matter of the sharing of information, this matter of awakening the heart of humankind. It is more of an infective process. You are the secret agent of energies such as faith and hope. As entities about you see that you are undismayed by the apparent chaos around you, that you are hopeful in the face of all that you do not at all deny but instead, embrace, there comes to light within entities which dared not hope before the attractive possibility of hope. As entities see you launching yourself into the mid-air of a fool, leaping into the abyss by faith alone and then, as they notice that you are riding that abyss in joy, there awakens within breasts to which faith was previous a stranger that possibility of another way of looking at the illusion of planet Earth. As you penetrate the illusion, your eyes seeing clearly the light and love of the one infinite Creator, those who look into your eyes know what they cannot express and see what they cannot describe, and, for the first time, they believe in the possibility of faith.

So each of you is as one who mounts the steed of desire and that desire, once pointed, aims you in your armor of light towards what this instrument would describe as a knighthood. You are forming your alliances. Go forth upon the quest for the truth. And what shall you share of that truth as you ride, my brother? What gifts do your eyes have as they gaze upon all that you see? It is time to imagine and to dream and then to solidify your imagination and your dream in the envelope of your flesh, your blood, and your living.

We salute each of you. We hope that you will remember to ask for help. We and all of those who stand ready to help cannot do so without express request from you. So please, open your communication within to ask for all the help that your guidance system is ready to give you. Remember to ask for help from those with whom you share the dreams and the hopes of Earth. For there are many angels in flesh that await a word of the question for help at this time.

Most of all we encourage each of you to be fearless in seeking the truth, in seeking the heart of yourself, in seeking the one Creator. We greatly encourage you at this time to bloom as the true flowers of your people that you are. Trust in your beauty and your goodness and in your nature.

At this time we would leave this group and this instrument, as we found you, in the love and in the light of the one infinite Creator. We are humble before you and we thank you with all our hearts for this opportunity to share. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
August 21, 2005

Living the Law of One Conference, Wooded Glen, IN

Group question: We have spent this weekend here learning about the Law of One. For our question today, Q'uo, we would like to ask you how the energy that we have created here has been of service to our planet and how can we take this energy back to where we live and continue to live the Law of One as individuals and together?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this evening. It is our great privilege and pleasure to be called to this group. We thank you for the beauty of your being and for your great dedication in reserving this amount of time to come together to seek as a circle and to choose to call us to your group for this session of working.

We are glad to speak with you this evening concerning the efficacy of your work this weekend and of your queries concerning how you may continue in the group which you have formed. But before we address this question, we would ask of you that you take responsibility for discriminating carefully [among] those words that you hear through this instrument during this session.

We do not come to you in order to be believed. We are as are you: those who seek, not those who know. We offer to you our honest and sincere opinions in the hopes that they may be a resource to you at this time. Therefore, we would ask you to listen to our thoughts, and if they seem fair to you and resonate, to work with them as you will. But dear ones, brothers and sisters of the light and the love of the infinite One, if they do not seem fair to you and do not seem resonant, please leave them behind. We would not be a stumbling block before you as you seek the truth.

Truth is, to the best of our knowledge, a personal thing. What is true for you may not be so for another at this time in his progress, just as what is true for you today may not be true for you at another time, for you are evolving, growing and learning. Do not be afraid to release old truth from its stricture. If you will do this for us then we will feel free to share with you our opinions without being concerned that we are infringing upon your free will and this will be a great service to us, for which we thank you.

We have been with this group during your time together, being called by several among you on a regular basis as the weekend progressed. We can only thank you for the sincerity of your dedication to seeking the truth and to serving together.

We assure you that the love and the light that you have created in this temple that you have made of your hopes and your dreams in your coming together has been most helpful. And as you had

hoped, there has been a significant calming and reassuring effect in a non-localized fashion, in a helpful fashion, upon the planetary entity you call Gaia or planet Earth.

At the same time, there has been great work done in open communication, springing from open hearts, so that each of you has been teacher to each and each of you has absorbed love, wisdom and power from each other like thirsty sponges. The beauty of your coming together and of the crystal that you have formed humbles us.

And we offer you our gratitude. We thank each of those who attempted to speak on Living the Law of One.[61] Each of those who spoke has pondered long and thoughtfully, reflecting upon what to say, what to share, and how to say it. We assure you that the energy of your voices, far more than the words that you said, has done the work that you had hoped to do and carried, in the breath of your life shared with this group, the golden energy of loving communication.

We thank those who worked so hard and perhaps did not say very much or perhaps said nothing but whose dedication behind the scenes has brought an energy that otherwise would not have been carried by this group. We have heard it said several times this weekend that the more humble the service, the more profound, and indeed this is so.

We thank each of you who has come to learn and has stayed to teach. Your wisdom, love and beauty are also that which opens our hearts.

And we thank the devas and the spirits of animals, wildlife, trees, bushes, grass and all of those forces of nature, elementals and inner-planes [beings] who have gathered about this group this weekend. The very Earth beneath your feet has been singing with joy.

You ask of us our opinion upon how you may take this experience with you and be faithful to its memory, continuing that which you have begun in this place. Our first thought or impulse is simply to underline and underscore that which you have heard several times from speakers this weekend. That is, that it is within yourselves, within your processes in the work that you are doing in consciousness, within your being, to put it another way, that the center and the heart of your service lies as you move forward from this time and this place.

It has truly been stated by several among the speakers of this weekend that your greatest gift is to be yourself. It is very simple to say and somewhat complex and challenging to accomplish on a day-to-day basis. But the heart of all service is being and allowing your being to shine. And we say to you, "allowing," because there is a tremendous amount of courage needed in order to allow yourself to be most deeply and truly yourself.

Each of you wonders what truth you have found yet and how much of what you think about yourself is indeed true. We would acknowledge to you at this time that indeed that of which you are able to be aware on a conscious level within incarnation in third density is but the tip of the iceberg and often a misleading tip in terms of who you are as a soul stream. For you have not brought into incarnation your entire panoply of gathered resources and assets.

Before incarnation, carrying a fairly small basket and having a huge inventory of stock from which to choose, you chose carefully those qualities of personality, those gifts and those limitations which you would carry into incarnation as the soul of your personality. You chose very carefully, conscientiously and economically. If you have sometimes felt incomplete, there is a reason for that. Third-density consciousness cannot carry the soul stream in its fullness. Neither body nor mind was designed to support the whole self in space/time.

And so you left a good bit of your clothing, shall we say, in the closet at home. For you are a creature who lives at home in infinity and eternity. You dwell in time and space for very good reasons, for a very short time, and for a very short space. Your concerns [in choosing to incarnate] were pointed, plangent and specific. And these concerns moved you into incarnation at this most interesting time upon your planet.

Some of your resources were chosen for the confusion that they would bring you. Many of your relationships agreed upon before incarnation were chosen specifically for the woe and the suffering they would cause because you wished with all your heart not only to be a light unto the nations and a priestly

[61] "Living the Law of One" was the title of this Workshop Gathering. This channeling session was the last event of the workshop, which went from August 19-21, with a trip to Avalon on August 22 for those who opted to stay for that optional extension to the weekend.

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people but also to work upon the balance between love, wisdom and power within your soul or soul stream, as this instrument often calls the entire experiential nexus that is your individual soul in its totality.

Each of you chose gifts that you hoped to share and these constitute possibilities for your outer service. Indeed, most of you have given yourself far more gifts than you need because so often plans go awry. So there is redundancy built into your system. If one path is closed, there are others that are set in place.

You shall not fail, within your incarnation, to serve. If you seem to be, at this point in your incarnation, at liberty, as they say in show business, and seemingly unemployed in your deeper, outer service, do not despair. Do not be discouraged. Be lighthearted, confident, at peace and at rest within your heart. As the ones known as Ra said through this instrument some time ago, there are no mistakes, although there are surprises.

This instrument has talked during her times of speaking as a human being and not as a channel concerning the nature of your being, your crystalline and powerful nature, your ability to do work in consciousness that might even seem miraculous. This is not a time to be proud nor is it a time to be overly humble. It is a time to rest in quietness and confidence, knowing that your guidance system planned an incarnation that you can accomplish and that you are accomplishing.

We encourage you to think of yourself, however, not as those crystals that must freeze into place and remain precisely as they are, such as your gems, your granite, and your rocks. For change is washing over your planet in wave after wave. We urge and encourage you to allow yourself to respond in cooperation and with a lack of fear to the changes that you now are experiencing and that you shall experience in the future.

We cannot tell you what those changes will be for you are writing the story of planet Earth. We can only tell you that groups such as this one, seemingly few in number, seemingly inconspicuous in the extreme, are in fact capable of creating very positive and very substantial change on a planetary level.

We have said many times through this instrument that each of you is as a lighthouse. Tend your light and let it shine. Polish the glass walls of the house of self to be sure that the light that is flowing through you may cast itself out into the world around you without impediment or smudge. You are not the light. You cannot control the light. You are an instrument that allows the love and the light of the infinite Creator to flow through you and out into a dark world.

It is said in your holy works, "The light shined in the darkness and the darkness knew it not. But the darkness could not overcome it." Trust in this bit of wisdom. You cannot be stopped or overcome by anything but your own fear. Therefore, do not be discouraged, but simply persist, sensing into the present moment for the center of your desire and then pursuing that desire with passion and singleness of thought, as this instrument would say.

You have done your planetary work with exemplary zeal this weekend, coming together often to meditate upon behalf of Gaia in the cause of personal and planetary peace. We might encourage you to [continue that work] by joining the Gaia meditations whenever and however you can, for this is work that is well begun and you join a large number of people around the globe who are already dedicating time and heart energy to lightening the planetary energy in a non-local and reassuring way.

This instrument was warned by the one known as B before this weekend to encourage people not to focus upon local problems, not to focus upon politics, religious structures or any perceived points of difficulty within third-density planet Earth, for this kind of concern is that which crystallizes and focuses back into third density in a way that could be damaging to the development of fourth-density planet Earth. There is no need to break structures in order to create new ones for the simple reason that you are not attempting to fix third-density planet Earth when you work upon the grid of fourth density. You are simply joining angelic forces that have already been weaving golden threads into a net of love and light about your planet at this time.

This instrument has often seen the angels with their golden threads blending more and more substance as they ply their needles to intensify and strengthen the web of love. This is an image you are welcome to use. It is a true one. There are many ways to visualize turning your attention and your love to the cause of Gaia. You may visualize color and many have seen a violet color as the best way to strengthen the web of

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love. Others have seen golden light itself as a means of focusing your own love and pointing your attention.[62]

Whatever image or icon serves you, that is what we encourage you to use. For you are truly unique, an individual who is not built like any other entity in the universe. May we say that absolutely each [and every one] of you is essential in this work, for each of you is unique and your contribution can not be replicated. Trust that uniqueness and do not try to copy someone else, but go with your own feelings, your own resonance, and your own heart in doing the work that you came to do.

This is something that you seem to be doing, individually, and yet you now carry an identity as part of a family. This group has become a clan built of love and dedicated to service. In jest, an entity called this the "Wooded Glen Family." You may name it as you will, but we assure you that the nature of your bond is substantial and real.

And because you are who you are, you have brought with you your guidance system and those social memory complexes which some of you represent, which are millions and billions strong in some cases. You have brought with you angelic forces which have family connections as well. You are now a family with many, many in-laws, cousins, uncles, aunts, grandmothers, grandfathers and children, most of whom are unseen and many of whom are completely unknown to you.

Perhaps your greatest accomplishment as a group this weekend has been to turn to commonalities. And as you supported each other and listened to each other, you have turned the compass of your intention in one direction and that direction has been unerring. Continue to trust in the energy that brought you here and let it send you forth rejoicing.

We would at this time open the meeting to questions. Because this instrument does not have excellent ears at this point in her life, we would ask the one known as Jim, who is holding this instrument's hand at this time, to repeat questions and to act as the master of ceremonies for providing this instrument with those questions. We would at this time ask if there is a query in this group.

P: Would there be an auspicious time for us to meet next year?

We are those known to you as Q'uo, and are aware of your query. That which is auspicious to spirit is the now, the present moment. We do not know what present moment shall be auspicious to those who are responsible for the production of weekends such as this one.

It is, in some ways, helpful to consider such cycles as those connected with your lunar calendar and your astrological calendar, for there are cycling energies that surround your planet. And yet we would point out to you at the same time that this particular weekend took place when, as this instrument would say, Mercury was retrograde, and it did not stop or even hinder you in that which you hoped to accomplish.

There were those who had to move heaven and Earth to find the time to come here this weekend, as was certainly true of the one known as Jim, who was mowing grass up until the last minute and got to this conference with ten minutes to spare before its beginning. He was amazed that the grass started to grow after two months of drought, the very week that he was hoping for a little extra time! So we cannot express to you some favored moment for meeting but shall leave it to the free will of those who seek very humbly to serve by planning such weekends and such times together.

We would ask, as this instrument asked before this particular session of working began, that each of you spend time pondering what you would like to learn to investigate and to discover at this reunion what you hope will take place next time, so that as you enter again the clan atmosphere and come home to each other for more work together, you will have the feeling of a progressive investigation of love and light and living the Law of One.

May we answer you further, my brother?

P: No.

Is there another query at this time?

L1: For those of us such as myself that are interested in working more closely with the deva kingdom but who have not really had the experience of being introduced to a way to be able to communicate with them, do you have any suggestions as to how we

[62] For more information about the daily L/L Research Gaia meditations, you can go to www.llresearch.org and click on the Gaia Meditation navigation button.

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might initiate that process in order to be able to do planetary work?

We are those known to you as Q'uo, and are aware of your query, my brother. We would say to you that, first of all, before we say anything further, we would encourage you to listen to those known as V and B as you visit that place known as Avalon Sacred Growth Center, that part of L/L Research dedicated to harmonizing the densities and creating a safe place for them all in the valley of Avalon. These two entities have had much experience working with the deva kingdom and they are glad to create a teach/learning circle as you walk that sacred ground that has just begun to be given full permission to thrive and to speak truth to those who walk upon her meadows and hills. After you have heard a few thoughts from these very dedicated lovers and stewards of Gaia, you shall perhaps feel an inspiration that has a vector that points you in a direction that you may understand.

Beyond that we would say to you that the universe as a whole in general, and the locality of any place upon which you set your feet in particular, is already communicating with you to the extent that it feels you will hear it. In order to intensify and enhance this communication you have only to ask, in humbleness and in sincerity, and with a mind empty of presupposition, and then to listen to that which occurs.

The one known as V was talking earlier of noticing and paying attention to the little things that nature expresses. She spoke of the march of three spiders walking in a row; "What," she said, "could this possibly indicate?" We think of many times this instrument has taken one blossom, a convocation of birds, or a visitation of a deer with two fawns and had information flow into her perceptive web and into her archetypical work because she simply noticed …

(Side one of tape ends.)

(Carla channeling)

… the gift of the moment. It is a matter, first, of simple faith, and then of focus. How easy it is not to pay attention, to let the mind drift and dream its way back into the world of commercial jingles, fast food, and the concerns of the moment.

If you wish to work with the devas, they are everywhere and are most thrilled at the opportunity to be heard. Naturally, for most of you, it will be difficult at first to feel with surety that which the devas wish to express. Yet sheer repetition of asking brings its own results. We assure you that simply knowing that you stand in the kingdom of the devas and expressing that knowledge to that kingdom will yield tremendous and efficacious results.

It is not necessary even for you to know the nature of the communication that has taken place in a conscious manner, for much of the work of the devic kingdom is accomplished in an unseen and inner level. Yet the results of that partnership and that coming together of human and devic creates the environment for the thriving of those plants and animals for which the devas stand. This instrument has often said that her husband only seems to be mowing lawns and making gardens. In truth he rides upon his chariot into the kingdom of the devas and does his dance with them. And those portions of the creation which have the blessings of his dance with the devas do indeed shine.

When you are in your focused state of mind and you are walking upon the ground, feeling the wind, living in the kingdom of the Creator with awareness in a conscious manner, you cannot help but interact with the devas. Come to them with joy and know that they come to you with joy. And if you cannot whirl and spin with the joy that you feel, let your spirits reel and whirl and do that dance that is so helpful to you and to them.

May we answer you further, my brother?

L1: I thank you very much.

We are Q'uo, and we thank you very much, my brother.

L2: Can you tell me how best to focus my energies to increase my psychic awareness?

We are known to you as Q'uo, and are aware of your query, my sister. We examine this question for that which we may say to you, for there are many things that we cannot say to you. You are working to make choices as part of your process at this time and we would not infringe upon your free will at this time by making specific suggestions. We can say, without hesitation and with absolute sincerity, that you are doing a wonderful job. You are listening and seeking with all your heart. You who seek shall find. To those who knock, the door shall be opened. Do not doubt your process or your intuitions. We have

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perfect confidence in you. We believe in you and love you for that which you are hoping with all your heart to do, to serve.

In looking at the general question of opening to a more profound use of subconscious material by the conscious mind, which is the essence of that which is psychic, we would ask you simply to stay humble and empty and quite secure in the knowledge that you do not know and cannot know the efficacy or the success with which you serve. Indeed, you should mistrust those easy feelings fed to you by those who would flatter you and tell you how psychic you already are and so forth. Allow time and silence to nourish you.

And when you feel resonant and powerful and you have moments of realization, rest in that moment as long as it will last in a natural fashion, not holding it, not trying to glean more from it than is there, but allowing the process to work.

Resources for those who would improve the depth of their psychic nature and their awareness of their own process have been spoken about quite a bit this weekend. Depending upon your nature, your personality, and the way that you have worked in the past, you may be more or less sensitive to various kinds of work in consciousness.

For one entity, a dream journal is the very best way to proceed in a safe and stable manner into work in consciousness. For others, such as this instrument, the oddities and quirks of psychism within her personality are such that when she opens that door and begins to journal her dreams, she stops sleeping and creates so much material that it is impossible to work with it. Consequently for this instrument, the best way to improve her psychic abilities is to take time off on a daily basis and to chill out, as this instrument would say, resting from her labors and not pressing forward with any degree of impatience but rather trusting that, for her own process, the material of a consciously lived day is more than enough to stoke her process.

We would suggest that you play with the various ways of investigating the archetypical mind. We would suggest that, among other things, meditation, walks in nature, discussion with those of like mind, the reading of materials may be inspired and inspiring. This does not exhaust the long list of ways to seek in this way but it gives you an idea of the kind of focus that may be helpful to you.

The life that supports such work is a life that continually investigates the possibilities for seeing sacredness in everything, every thought, every chore, and every moment. The work of deepening one's psychic abilities is not divorced from the work of shopping and cooking, child raising and cleaning. It is inextricably intertwined with the nuts and the bolts—as this instrument would put it—of living the simplest form of life, perceiving and accomplishing the duties that you see before you.

In truth, all things done with love are sacred. And when you are dwelling in the universe that you create of the actions and thoughts of love to the best of your ability, you are creating for yourself an optimal environment in which, in a stable and conscious manner, to deepen your psychic abilities.

To be mistrusted are those ways of deepening psychic ability that take you away from the heart of your family, your work, and all of those mundane concerns that are considered worldly. We do not encourage going apart and considering yourself to be on a special mission.

Rather, we would encourage your allowing this gift to develop in the midst of your daily life. We would, however, specifically encourage your seeing the value and the giving yourself the opportunity of time for yourself. We do not know what you would wish to do with this time. For this instrument, with her great love of ritual, the time that she gives to herself is time dedicated to what she calls her morning offering and her Gaia meditations. Further, she is very fond of working on tuning herself as she goes through her day, taking the time before answering the door or the telephone or starting a letter to ask for help to be sent to herself that clear her own energies so they do not pollute and spoil the environment in which the moment is met.

If these thoughts are resonant to you, we encourage you to attempt to follow through with some of them but we say, do this playfully, lightly, with an eye to seeing what makes you joyful and what makes you laugh. For it is not a burden that we would put upon you.

It is said—and we apologize for using the contents of this instrument's mind which are strictly and profoundly Christian—"His yoke is easy and his burden is light." This is the energy that we would transmit to you at this time in the way of saying that, as you pursue the most serious and profound of

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attempts to dedicate yourself, your life, and your service to the one infinite Creator, balance lies in achieving a lightness of purpose that equals the profundity of your determination to move forward.

That which unbalances those with psychic gifts is eagerness, a feeling of intense urgency, and other such energies which pull you away from the slow and steady progress that keeps you within your body, your mind, and your emotions and that unbalances that integrity of self which for many who are gifted psychically is somewhat fragile.

When you are working with psychic gifts, you are working with a vast multitude of energies that are unseen, essences and entities who are not necessarily friends to your service but who would do mischief to you, distract you from your path, and even drive a wedge into your personality shell that completely unbalances your waking personality.

Therefore, we encourage you not to work in a consciously psychic manner without either [having with you] an experienced psychic along the lines of that service you wish to perform or working within your guidance system. If you stay within your guidance system then you cannot be infringed upon by outer influences that do not belong to you and do not have your best interests at heart. Those ways of working within your guidance system include many things that you have heard this weekend. The journaling is a waking way of creating a safe dialogue with the self that deepens an awareness of one's psychic abilities. You may simply write down a question and then wait and when thoughts come into your mind, write them down. Do not attempt to share this wisdom with others but listen to it yourself.

May we answer you further, my sister?

L2: No, thank you very much.

We thank you, my sister, with all of our hearts. And we thank each of you, for we see this determination and dedication and the love that you have for the Creator, for the work, and for each other. And we are humble before you.

Is there a final query at this time?

M: I have a question about the conscience and how it relates to the guidance system. I don't know if it's too broad a question. What is the conscience?

We are those of Q'uo, and believe we are aware of your query, my brother. You are asking about the conscience, not consciousness, is that correct?

M: Correct.

"Conscience" is a word that can be used interchangeably with "ethical awareness." Conscience is a very personal thing, as are ethics. Much has been said during this weekend concerning becoming aware of the self as a choice-maker, and certainly this instrument is a prime example of one whose life has been absorbed from a very early age with fascination for the dilemmas of conscience.

We would say to you that conscience is a very personal thing. It is part of the instinctual web of self that defines third-density awareness. And by that we do not intend to mean, by "third density awareness," the simple awareness of life, but rather that which awakens during incarnation because of a growing desire to penetrate beneath the surface of questions such as, "What is right? What is wrong? What is fair? What is unfair? What is just? What is unjust?" and so forth.

Each entity moves into incarnation with a slightly different set of sensitivities to moral or ethical dilemmas. Some entities are roughly or insensitively wired so that it takes a great deal to awaken the pangs of conscience. Others are wired with such delicacy that there is almost nothing that does not awaken the conscience, does not awaken the questioning process. It is a very personal thing.

When you as an entity perceive that there is a question as to what is the right thing to do, you may trust that you have awakened your conscience. We would simply encourage you to follow the thoughts that you have when these concerns arise.

But we would also encourage you to remember that you came here with the desire to love and to serve, not to judge. So in pursuit of ethical and moral action, we would encourage a dispassionate, compassionate and systematically passionate attempt to be an agent of love.

We would encourage you to invoke your own creativity and to ask for guidance. For there is always a bigger picture to see, a wider point of view upon which to plant your feet, so that your conscience awakens in you your highest and best response.

May we answer you further, my brother?

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M: Thank you very much.

We thank you. This instrument's energies wane and we have been careful to allow our energies to flow in a particularly slow and careful way through her this evening. We thank each of you in the circle for lending your love and light to the circle. It has enabled this instrument to end this channeling in a far better situation than she entered it. And that is part of the power of a group such as this one. The combined energy of the group is such that, though each is imperfect and has many flaws, the combined energy of the group is far more powerful than any one of its members and far more efficacious to serve.

We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
August 24, 2005

Question from J: Q'uo, please offer me any information regarding my spiritual journey which you feel may be helpful to me at this time.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We are most pleased to speak with you and we thank you for setting aside this time to ask for our opinions.

It is a great privilege and pleasure so to be asked and we would, as always, simply request of you that you listen most carefully and with discrimination to those things which we have to say. We are not authorities over you and all we are doing is offering our opinion. Informed though it may be, it is not always on target for a particular person at a particular time and consequently it would enable us to speak far more freely if you agree to listen with great care to those things which we say, following only those thoughts which seem resonant and helpful to you and disregarding and leaving behind the others. We thank you for this consideration.

To those one known as J, we would say that the spiritual path upon which his journey is being taken is fair and bright. Sometimes when entities ask us to examine the path of their seeking, we see a certain amount of distortion and confusion. In your case, my brother, we see steps being made with care and with joy, with a sense or feeling of great spaciousness and a lack of concern about the opinion of others which greatly frees you to examine, in a measured and leisurely way, the material that comes before the face each day. The eyes and the ears and the sensibilities report to you and you take the time and offer the attention to follow the threads that you receive. We congratulate you on having achieved a great measure of maturity, especially when one considers that you dwell within third density with its seemingly endemic and chronic rush and hurry.

We would also say to you that these characteristics have been achieved at some cost. As you continue on your path, we would encourage you simply to continue to follow the threads that are offered to you in the moment, whether they be treats of the eye, visitations by, shall we say, your totem, or those many synchronicities of number, name and word that one discovers in moving through the normal day-to-day experiences of, as this instrument would say, the street signs, the billboards, and the conversations with strangers as one goes about one's chores.

There are doors which, without realizing it, you have closed in the very focused and concentrated seeking for the widest possible point of view, speaking in a metaphysical fashion. These are doors that you perhaps did not intend so thoroughly to close. We assure you that it is a matter not of retrieving something that has been lost but of balancing and

therefore bringing into a more harmonious configuration the various characteristics which are part of the dynamic of your deeper self. The day-to-day experiences are ample for providing you with the clues and the inklings that will guide you in terms of how to become more and more able to open your wings and feel that you truly are balanced and that there is no characteristic which is precious to you that you have left behind.

All in all, we offer you our esteem for the work which you have put into creating and sustaining a spiritual seeking and we can only encourage you to move on as you are now. We do not have specific suggestions to improve your walk at this time.

At the end of this series of questions with which this instrument is familiar, we will ask if there are follow-up questions. If it is satisfactory to the one known as J, we would move on to the second question at this time. May we ask if the one known as J would speak the second question at this time?

J: I've spent over two decades working with the Rotary Club organization and I feel this is service-to-others work. Can you confirm that this work is service to others?

We are those known to you as Q'uo, and we certainly can confirm, my brother, that such work as that estimable organization, with which this instrument is also familiar, is indeed service-to-others work. Indeed, any organization such as the Rotary Club which attempts to give back to the community which has given to the members their livelihood and their life is an estimable and honorable mission.

There are indeed many, many ways to serve others. A wide variety of choices awaits those who attempt to survey the possibilities for service within your community. There are many things one may do as an individual and they are all most worthy.

Yet when one is working within a group, one has a much expanded opportunity to investigate what it is to be of service to others. The great value of groups that come together in order to serve is that they reflect two ways. They reflect out into the world, as is the conscious intention of such a group. One is able to create, as an offer to the community, projects and systematic attempts to serve that are able to be offered over a period of time with steadiness and stability. This takes a group of people out of themselves and lets them have a look at living their beliefs in such a way that they are truly of service to others.

The hidden benefit of such a group is the opportunity that the members of such a group offer to each other for learning about themselves. This instrument has spoken often about the mirroring effect of other people in her life. And certainly, this mirroring effect is greatly enhanced when a group which is conscious of wishing to be of service comes together in commonality of purpose and offers friendship and companionship, one to the other.

Each entity becomes a mirror that reflects back to the self what the self is creating and expressing within that group. Certainly, many of the reflections which one receives from such a hall of mirrors, as this instrument has called a spiritually-oriented group, may be warped or distorted in some way, therefore not offering a completely accurate image. However, the colorations and distortions offered by each entity within the group are in themselves interesting and offer in some cases that precious item which is so often under-appreciated by your peoples; that is catalyst. Even those who may see you in a critical or otherwise distorted fashion are of benefit to you in that they offer you material upon which to work both by using your powers of analysis and your powers of intuition and insight.

May we ask for the third query at this time?

J: I feel I am more than 51% service-to-others in polarity. Could you confirm this and offer any comments you feel would be helpful?

We are those of Q'uo, and are aware of your query, my brother. We can confirm that you at this time are at a level of service which commends you well towards the energies of the graduation process. Naturally, until you walk through the gates of larger life, the picture that we see of you is a picture that is yet unfinished. The signature of your life shall only be written at the corner of this picture as you walk through that gateway. That shall be your final reading. However, we would dare to say without infringing upon your free will that the likelihood is that you shall continue to hold this level of service-to-others polarity or improve upon it, given your distortions and your dedication towards seeking at this time.

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We would have some general comments to make upon this basic concept of polarity and graduation. It is not often understood among your peoples that it is extremely difficult to achieve a service-to-others rating of 51% or greater. Indeed, in our opinion, it is as difficult to achieve that rating as it is to achieve the obviously difficult rating of 5% service to others which is the standard for graduation from third density for those who are seeking along the path of service to self. In the case of service-to-self polarity it is overtly clear as to why it would be difficult to achieve such a rating. The purity of thought necessary to achieve the level of self-discipline and control inherent in seeking to control others 95% of the time is patent. There is no one who would argue that it is an extremely difficult and challenging feat to achieve such a polarity.

It is far more difficult to see into service to others to understand why it would not be equivalent to attempt to obtain a service-to-others polarity of 95% service to others as a balance to 95% service to self in the opposite polarity. However, the orientation of third density is geared towards a world that is not neutral but that is outwardly biased towards service to self.

To an extent, this was done on purpose in that it was taken as given and accepted by the Creator of this planetary experience that the end of second density contains within it an orientation which, when translated into third-density terms and elements of consideration, is inherently, seemingly, service to self. In terms of second density and the instincts of the higher apes—of which your body is, shall we say, a development or a greater ape, but still containing the orientation of the great apes—the instinct to protect the clan and to defend the clan and the supplies needed by the clan for survival are neither service to self nor service to others but simple pure instinct.

When this instinct is brought through into the beginning of third density, it cannot immediately be said in the innocence of a first incarnation in third density to be service to self, but rather to be the first experience of the inheritance of, shall we say, the gene pool, the inheritance of the body. These instincts and this body are part of third density in order to offer entities of consciousness the best possible chance to have an experience in space and time that is rich with material to work with in order to investigate what it is to be the self.

In one way, and we do not say this to confuse you but simply to give you, as the one known as Vara would say, a baseline, the life experience is satisfactorily accomplished if one is a responsible observer; if one observes and notes all desires, and if one follows through on all of the desires that are felt until those desires are satisfied. In another sense, and on another level, this degree of participation in the experience of consciousness within incarnation is not sufficient, and that is where the being of the self, once investigated, becomes paramount. For that beingness is beingness which is constantly being invited and invoked by the being.

Each entity has the choice of what level shall be investigated within the self. There is a surface aspect to the entire question of selfhood in which the experience of many within your consensus reality lives and moves to the exclusion of any other level of awareness. This is the level of your consensus reality where the attention is caught up in the affairs of the day. It is possible, and indeed probable within your culture, for entities to rest comfortably within this level of awareness and to participate in what seems to be a full and rich life without ever waking up to the drama of infinity, eternity and timeless themes of investigation which, when pursued, offer to the discerning entity an infinite array of opportunities to plunge into the depths of the infinite and eternal self.

This infinite and eternal self has various aspects. One aspect is almost completely chaotic and it is maintained as chaotic and over against any attempt to organize or structure these deeper truths of being, in order to offer a continuing freshness and originality to the investigation of self by self.

However, it is usual for entities to find ways to structure or organize this deep well or kingdom, shall we say, this realm of information which can fruitfully be plumbed or mined in order to work with the dynamics of various threads of interest which have sprung naturally from greeting life experience and the coincidences of everyday life. This instrument, for instance, finds it useful to use the structures of philosophy and religion as it works with its own attempts to note down and to follow observations it has about itself, its feelings, its thoughts, and its deeper beingness.

These efforts to know the self dwell within a life that, in its outer characteristics, must continue to

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cope with and address the societal and cultural overview or environment in which the seeker dwells. And if looked at with some care, it can be seen that the societal constraints have a strong tendency towards a service-to-self concept, theme and orientation.

Consequently, the default position, shall we say, of one within your society or culture, entrained by the authority figures of parents and teachers of childhood, is quite mixed and is perhaps at a balance point or a resting point, if one pictures a swing of a pendulum, at approximately 25% service to others and 75% service to self. This may seem to be quite cruel, and yet it is the natural result of the interactions of those who are dealing with consensus reality issues, such as survival, making a living, and defending the family against what it perceives to be situations and elements which may tear it apart.

Added to this is the situation which is unusual upon your planet, in terms of planetary entities as a whole throughout the infinite creation of the Father, where entities have come to this third-density experience upon planet Earth having already made service-to-self choices repeatedly within other planetary experiences, so that unconscious and yet very well established habit acts as a passive force which pulls unconsciously at an entity's ethics or conscience saying, "Please be sure that you have taken care of the self, the family, and the structures that you wish to defend." This tendency pulls the natural default position or the resting position of the pendulum of service to self versus service to others down to about 20%.

Further complicating the efforts of one who wishes to polarize [towards] service to others is what we would call a lack of concentration that is endemic to your peoples by virtue of the culture in which you live. It is difficult to sustain complete focus or attention. Therefore a very genuine and sincere effort to make a foundational choice of service to others may be made with the utmost purity of intention and utmost and complete dedication to sustaining such an effort. However, the natural tendency is to lose or be distracted from that focus.

This does not occur in obvious ways sometimes, but it is a natural occurrence which is preordained by the tone and the nature of the surrounding environment in which you are doing spiritual work. In order to persist in polarizing efforts, it is necessary to be quite unnaturally focused, compared to your societal norms. And entities may even say to you that you are driven or that you are obsessive concerning the spiritual walk when they observe the degree of effort in you which is necessary to continue making choices which back up your foundational choice of service to others.

With that said, you may perhaps begin to see into the ways in which you have been challenged throughout your long process of attempting to become more and more a creature of conscience and ethics. It is not that you have insincerity or that you lack focus but rather that there is the very deep tendency from old habit in previous lifetimes and the childhood of this lifetime that tend towards creating many instances in which there is a very natural and seemingly open door which one may slip through and lose focus and lose that purity of intent.

The challenge, of course, is to find them and shut those doors so that one continues on being very conscious of one's tendency of losing focus so that one is encouraging oneself constantly to pay attention and to increase the level of observational accuracy in moving beneath the husks of outer experience into the seed and the fruit of inner experience.

Is it any wonder, then, that 51% service to others is enormously difficult to achieve? That you have achieved this rating is an estimable thing for which we offer you our respect and thanks.

As you continue to work with yourself in this hall of mirrors upon planet Earth, we simply encourage you to balance focus and sustained effort with a lightness of touch which enables you to thrive and to experience joy and laughter as well as a good conscience. We offer this instrument the figure of Kokopelli, in order to attempt to make the linkage between humor and even mischief more obvious.

In spiritual seeking, to be without humor is very easy when one is focusing with all one's effort and intent upon the spiritual path. Yet for one who does this it is as if one is carrying all of the seriousness of this intention upon the shoulders and it is a difficult thing to carry such intention.

In working with lightening this load for the self, it is well to investigate the faculties of faith, trust and hope. This instrument has often used the term "grace" to indicate that there are times when she

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feels that only through grace has she been able to sustain an effort or to be successful with an intention. And this term grace is a general term indicating that the Creator cuts one some slack, as this instrument would say in a slang way.

We would say it in another way which is yet equivalent to this image of the Creator cutting one some slack and giving one some grace. If you can internalize the voice of the Creator within the self, it becomes the voice of hope, faith and trust. If you internalize grace and you are not looking outward towards a figure that is the Creator, but rather are looking at the consciousness of the self, that consciousness has the power to give or to withhold any aspect that you may wish to give or withhold.

The aspects one is tempted to withhold from the self of the one infinite Creator, when internalizing these voices of self from the Creator's level, are those aspects that may positively be seen as trust, faith and hope. It does not seem entirely humble or natural to trust the self, and yet it is that trust in the self that enables one to take a deep breath, let it out, and relax.

It does not seem entirely profitable to spend time in hope, for hope is intangible, having to do with a future that is not yet, or having to do with assigning value to the present in a way that cannot be said to be provable at all. Yet it is of great value to encourage hope within oneself; not hope in anything in particular but simply that faculty that always hopes for the best outcome.

For this faculty of hope colors the energy with which one meets the present moment. It is perfectly natural to be skeptical and we encourage those energies of skepticism. But skepticism is endemic to your culture whereas hope is not. In order to balance the self, it is precious to realize that hope is as real as balance and is much to be trusted within the self as an energy that has honor and virtue.

And when we begin to talk about the faculty of faith, we find ourselves up against the full stop of our ability to speak in language, for faith is not only an aspect of the Creator's internalized voice. It is the very Creator, seen in the hall of mirrors that projects infinitely, just as the hall of mirrors at Versailles reflects the reflection which reflects the reflection, infinitely. This faculty of faith is not only an aspect of the Creator; it is the very gateway through which the self meets the Creator and the Creator meets the self. Faith and intelligent infinity may be seen to be one thing.

We hope these comments help you as you ponder what it is to be J moving through the experience of a lifetime in flesh!

(Side one of tape ends.)

(Carla channeling)

We are aware that you are clear about your true nature as spirit but less clear about precisely how to bring forth, through the flesh, into manifestation, the deeper self and the deeper truths.

May we have your next question at this time?

J: How can I use the knowledge I have gained to help others now that my voice is not able to hold up to sustained teaching?

We are aware of you query, my brother, and we thank you for it. It is the question of a person who is accepting of the changes wrought by age and life circumstance.

We would respond in two ways. Firstly we would say that a teach/learning circle does not have to be large in order to be helpful. As this instrument is very fond of quoting from those known as the Ra group, "If one is illuminated, are not all illuminated?" There are those within the circle of people you know already who may ask you questions. When the questions are asked of you, we encourage you to feel free to share those things that come to you. If you speak with only one person and that person is helped, then you have accomplished as much, as far as metaphysical concerns are valued, as if you were speaking to a great multitude.

Further, there will show up in your life those circumstances in which you may see an opportunity to offer your help to a new person, whether it is a person who is asking your opinion about a business concern or asking for mentoring in one of several different ways. See these opportunities also as opportunities for a small teach/learning circle, one-on-one, as this instrument would put it, and know that these are very valuable opportunities when you are offering all that you have to offer for what seems to be a very small audience; yet this audience is a hologram of all that there is.

As you teach one you are, indeed, teaching humankind and that entity, as one who is

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presumably learning from you, is also teaching you. For indeed, in any teach/learning circle that entity which is presumed to be the teacher is inevitably that entity which is learning the most.

The other way in which we would respond to your query is simply to say that the fundamental service of all of those who polarize towards service to others is the service of being yourself, most deeply, most honestly, and most humbly. The beingness of one who has achieved a clarity within is a beingness which radiates according to the amount of energy that you allow through your chakra body or your electrical body.

You are constantly doing energy work on behalf of the one infinite Creator as you breathe and be who you are. This is the fundamental and central gift that you are giving in this life. This instrument has said many times that the outer gifts pale in comparison to this central gift.

May we ask for your final query at this time?

J: I feel I struggle with being able to feel emotions and compassion. How can I improve or increase my compassion? Or is it a perceptual problem? Am I full of emotion of compassion but unable to contact that part of my inner self? If so, how may I increase my perception of my feelings, emotion and compassion?

We are those of Q'uo, and are aware of your query, my brother. We see in this query more than usual the efforts of this instrument to clarify and to make available to us the best possible chance for answering your question. And we would thank this instrument for including that last phrase concerning the perceptual problems inherent in your particular personality shell's being aware of what is actually going on at a deeper level within the beingness of the self.

It is quite accurate to say that you are indeed full of the deepest compassion and the most finely wrought emotion. You have, however, at times now fairly removed towards your past within this incarnation, made choices in order to be able to carry on within the consensus-reality world of business and family which effectively shut down some perceptual windows into the self.

It was not a bad decision that caused this distortion within your energy body but rather a sound and pragmatic decision which enabled you to fulfill your responsibilities and to do that in a way which did not trouble you.

This instrument's father was also one who could never perceive the very deep wells of emotion and compassion within himself and towards the end of his life he lamented to this instrument that he had sadness about not being able to feel either joy or deep sorrow. This entity also, at a very early point in his life, being a child of the Depression and having to go to work at the age of five in order to help the family sustain life and make enough money to eat, created within himself closed doors so that he would not need to deal with the deeper plangencies and sadnesses of his situation but rather simply be able to get up and do his work.

This entity's father was very successful in achieving the goals set out by himself at a very young age, whether it was the selling of newspapers or any other job which this entity undertook. This entity was always able to meet his responsibilities and to do it with no bitterness or sourness of spirit but always with a smile and gladness to be able to help.

As this attitude opened the way to service to others on one level, just so did it close some perceptual doors on other levels, making it nearly impossible for this entity later in life to abandon caution and open those doors which would allow him to experience the full range of emotions further. The deep wells of compassion that were within him were blocked from his own ability to experience them because, rather than allowing himself to experience anger, frustration, and even rage at the necessities of his life his conscious desire was to serve others and by that he intended to mean his family group.

Therefore, his only option at that young age was to choose an attitude which allowed compassion towards others but no compassion towards the self. To have compassion upon the self would have been to say, "I want to be a child. I want to play. I want to have a life that has nothing to do with anyone else." And because this instrument's father was a man of great integrity and high intelligence, these thoughts, even at the age of five, were unacceptable to him.

We tell you the story of this instrument's father in order not to infringe upon your own free will. We cannot go into your own past and pull out the experiences that have caused you to make decisions which have locked perceptual doors behind you at

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an early age. However, by offering the narrative of this particular entity, we hope that we have shown you the way that entities with a very high level of conscience and a great desire to serve others, can, inadvertently and innocently, shut perceptual doors behind them.

We hope that this will give you some feeling about how, with great care and patience, to move back into some of those earlier decisions and experiences and give yourself permission at last to experience the rage, the anger, the fury and the concomitant guilt at having those feelings that may have indeed caused you to block your own perception of the great range of emotions to which you indeed do have access and which you have used throughout your life in a very full manner on the unconscious level.

It is as if you stand upon the surface of a desert, not aware that there are very deep wells into which you may dip and bring out one bucket-full at a time of experience of these lost emotions. Stand in the oasis of your own reflections, musings and process, and as you are able, dip into the deep well of that oasis, knowing that the crystalline waters therein are good and come from a true and authentic part of your being that is not a desert at all but, indeed, the Garden of Eden.

We would at this time ask if there is one or possibly two follow-up questions that we may answer before the energy of this work session is exhausted. Is there a further query at this time, my brother?

J: You mentioned earlier that I had closed doors unknowingly and could work to open these doors to continue my spiritual growth. Can you elucidate shortly on that, please?

We are those of Q'uo, and are aware of your query, my brother. We cannot elucidate further. We spoke in a roundabout manner specifically because of our being unable to elucidate in a direct manner upon your process. We are apologetic concerning our reluctance but we wish to be completely free of infringing upon your powers of choice. This is an active part of your process at this time. We simply encourage you to proceed and to go after opening those doors using creativity and your keenness of observation.

We are with you at any time that you would ask us to be with you as you meditate and reflect, not to offer you thoughts of insights but simply to be as a battery to you so that any bumpiness or roughness in your own energies may be sustained during the weak spots by our foundational energy underlying yours.

May we say we believe in you. We love you. And we are most glad to assist you in that way. You have only mentally to ask us to be with you and we are glad to be a resource for you by helping you to be stronger in having a stable, conscious process.

We would leave you at this time, with many thanks for your beauty as a person and your integrity as a seeker. It has been a pleasure to share energy with you at this time. We thank the ones known as Vara and Carla, also. And we leave you in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
September 5, 2005

Question from V: I have experienced substantial changes in my health and am currently unable to drive long distances or live as I used to do. I feel a huge sadness in these changes, as though I had lost my life. I feel trapped like a mouse in a laboratory maze, unable to break out as my husband does not fly and so I no longer feel free to travel. How can I avoid feeling self-pity? How can I deal with the despair I feel as my doctors find no cure for me? How can I shore up my trust in myself when my memory is faulty and my self-confidence has been completely undermined? How can I come to terms with these changes in my life?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank the one known as V for requesting our opinion upon the question of life changes and ways of adjusting to such changes. We are more than happy to share our energy and our thoughts at this time. We also thank the one known as Carla and the one known as Vara, for they too have set aside time during their busy lives to create this circle of seeking.

We would ask them and any who may read these words one thing before we begin and that is simply that each who considers what we have to say use his discrimination in choosing whether or not to listen to any particular thought of ours. Some thoughts may seem to be very helpful, and, if so, we would be glad for you to work with these thoughts. However, some thoughts may not seem to be helpful. In that case, we would ask that the thoughts be simply set aside and discarded as not being useful at this time. In this way, your responsibility in taking charge of using your discrimination in order to work with our material creates for us the opportunity to share our thoughts freely without being unduly concerned that we may inadvertently disturb the process of your own spiritual evolution. We greatly thank each for this consideration.

Our hearts are most sympathetic to your question, my sister. And, indeed, we find many resonances within this instrument's mind, thoughts and experiences which relate directly to the issues which your question raises.

This instrument, for instance, just this morning chose to write a letter to the rector of her parish where she has been a member of the choir and a regular attendee for thirty-seven years. However, this instrument has experienced changes in her health and just this day she has chosen to make the corresponding and appropriate changes in her lifestyle that reflect the fact that she is not able to spend long periods of time sitting up as opposed to reclining somewhat in her seat. Therefore, she has changed from a parish that is half an hour from her by car to a parish that is two blocks from her house, to which she is able to walk or to ride her motorized wheelchair.

There is a tremendous burden, shall we say, of grief [that] this decision has created as catalyst for this instrument to use as a gift as she works through it and acknowledges and processes her legitimate and authentic feelings and emotions. Change is difficult to accommodate. This instrument, herself, is not yet aware on a conscious level of this burden or gift of grief or the other attendant and seemingly negative emotions connected with this decision to change churches. There is anger and frustration and it is directed not at others, but at herself. How could she be so foolish as to become weak in the body? How could she be so poor in worth as to be unable to carry on with a pattern that fit her life and suited her personality for thirty-seven years?

Yet, because this instrument is one who tends towards dealing straightforwardly with perceived catalyst, the instrument has started the process of moving through the evolution that such change as she has instituted requires.

Just in such a way, my sister, have you faced, at last, the changes that have taken place in your life and the burden and gift of catalyst that these changes have brought to you. And so we would begin [by speaking] about change itself.

The nature of your present experience of life on planet Earth is that of having to deal with change repeatedly and cyclically. There were changes from babyhood to being a schoolchild that were most difficult. There were similar changes from childhood to being a teenager, from being a teenager to being a young adult, and so forth. Every cycle of living has a natural periodicity.

There is that time when a new cycle of living is brand new and everything is exciting. There is the blooming or thriving part of a cycle when the first flush of joy at the new cycle is gone, and, similarly, so are the difficulties involved in making the changes to accommodate the new cycle over with, processed and done with. In this time of the heyday or the summer of a cycle, there is a wonderful feeling of settling into a new environment and making it your own. While this season is occurring, it can easily seem as though this situation of life were in a state that could be sustained comfortably and joyfully the whole rest of one's life on planet Earth.

Yet inevitably, in time, that cycle, too, has its season of waning days and early nights. Eventually there comes the time when that cycle has come to an end and another cycle has begun.

It is those times that are frequently called the dark night of the soul. For as one undergoes the death of oneself as known within one cycle, it is not at all easy to retain enough confidence in the underlying sturdiness of the self to have faith in the fact that this new cycle that is just beginning has benefits as well as causing changes that are more uncomfortable and seem to indicate, in a way, the death of the self.

Change and all of its concomitant gifts of struggle, pondering, adjustment and all of its emotional burdens or gifts such as frustration and anger at having to change and that lack of self-confidence as to whether one will be able to weather the change satisfactorily, do not feel either helpful or comfortable. One is very tempted to ask the self why one must go through these changes. The basic question here, my sister, is why life is all about repeated times of change. We would answer that by asking you to consider yourself in a way that you perhaps have not considered yourself before.

We ask you to consider your physical body as a spiritual refinery, an oven, if you will, or a furnace in which old things are burnt up and changed into new things. The nature of transformation in the physical world often contains an element of destruction. If one wishes to process ore to refine the metal that is considered precious out of the basic ore, one must place the ore into the refining fire. There, the original material is actually transformed by melting it, reducing the ore to its component parts and, through the processes of refinery, taking away the slag or waste products and collecting the pure and precious metal.

My sister, within your body you carry the precious gift of consciousness. You hoped by placing this enormous and magical consciousness into the cup of your body to carry into an environment which is rich in the sense of time and place, your entire consciousness held within a tiny cup which is your body.

You gave yourself gifts of personality and as well you gave yourself gifts of limitation and even confusion. Before incarnation, it was your judgment that the love, the wisdom, and the power or will within you may not be completely in balance, according to the highest and best vision that your infinite and eternal spirit would judge. And so you sat down with your

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higher self, or, as this instrument sometimes calls it, your guidance system, before incarnation and planned carefully the shape and the general themes of an incarnation within this system of illusions that you call reality or life.

Having only your faculty of faith at your side, you wished within this fiery furnace of life on Earth to take an incarnationally long look at this balance that you have within your self, largely [the balance] between love and wisdom.

For many entities coming into incarnation and already qualified for graduation to fourth density—which is your case, my sister—the balance between love and wisdom [is], by your own judgment, that is, to be long on love and short on wisdom. It is, in fact, one of this instrument's incarnational lessons. And so we speak to you both when we say that many of the changes in both of your lives have to do with reining in this tremendously large heart that you have and this enormous desire to serve and finding a slightly enhanced balance between love and wisdom in which you have granted to wisdom a larger portion of the value that you place upon your thoughts.

Wisdom does not seem to be as important as the open heart [to you both] and the absolute love that you both so value. Yet love without wisdom creates a sense of martyrdom and often an abbreviated end to an incarnation as an entity keeps giving beyond [that] which she can give, until she literally breaks her health and is therefore taken out of the incarnation by illness. Therefore, this instrument has worked long and hard on a very conscious level for some years at attempting to be more and more aware of the importance of asking for the gift of wisdom.

There are a number of ways to ask for wisdom. This instrument's way is to move into a state of meditation and then simply ask the self, "What would my highest and best self do in this situation?" Often, the suggestion that comes into the mind at this point is one which is not attractive to the waking personality. For instance, when this instrument first considered moving her letter of membership from one Episcopal parish to another, her warm and loving heart which passionately adores her present church, simply shut off the conversation. It was not until repeated experiences of pain and suffering caused this instrument to revisit her inner conversation that she was able to acknowledge the gift of wisdom and to move into the fiery furnace of transformation and to ask, in all humility, "What does my highest and best self guide me to do in this situation?"

When this instrument finally asked the question in that way, the answer was immediate and simple: it was time for a change. And not only that, it was time to embrace that change, to look forward to that change and to run towards that change, even though she did not know and still does not know what will happen next.

We would suggest to you, my sister, that you have encountered the beginning of a cycle in your life at this time. That cycle can be identified as that time of transformation that moves from middle age into old age and from vigorous health into declining health. We ask you to be consciously aware at this moment that this is not, in and of itself, a negative change. It is a part of the natural progression of your body, your mind, and your spirit within incarnation on planet Earth.

We would suggest to you further that, as the body begins to fall away, the gift of that seemingly negative occurrence to you is that it has become obvious to you that you are not your body, if you have the courage to grasp this gift and use it.

Within your question you stated that your memory is faulty and yet we would greatly expect, as is the truth of most entities, that your memory of how it feels to be yourself is intact. You have not lost one iota of your identity. And you shall not lose any portion of meaningful identity throughout this cycle.

As you enter into the gates of larger life at the end of this cycle, your identity will still be intact, just as it was when you entered through the gates of birth into this that you call incarnation or life.

Indeed, for all the seeming changes that you have experienced throughout your life, we would say to you that your actual, internal identity has shifted very little. This is to be expected. You are a citizen of eternity. This incarnation was designed to enable you to work on subtle points of balance within your eternal nature and to give you the opportunity to serve.

Now, service to others is in part service to perceived other selves. It is in part service to the greater consciousness that lies within you in that you are

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serving the Creator as you dig down deeper and deeper within yourself to discover the true nature of who you are. And further, it is service to the infinite Creator.

As you enter into the gates of larger life, move through the death process, and begin to review the incarnation you will find that this review, when finished, is the most precious gift that you could possibly give the Creator. You have worked tremendously hard in your incarnation to observe accurately and think deeply upon the experiences that you have undergone. Your heart has been opened and made joyful by many things within your incarnation, and that same heart has been sorrowed and broken by many other things which have occurred within the same incarnation. Both the joys and the sorrows have etched patterns within your energy body and have created for you a sharpening, a focusing, and a clarity of the colorations of that energy body. You have learned much and you have earned those lessons learned. And everything that you have learned is part of your gift to the infinite Creator.

The Creator sent you forth, at the beginning of this creation, as a collector, observer and transmuter of experience. Your job has been, and continues to be, to observe all things; to create within yourself an awareness of how you feel about those things; to create questions and find the heart of your desire as you look at how you feel, and then to move yourself forward along the paths that you have chosen in order to respond.

Again and again you have been called forth from contentment into discontent, from sameness into change, from stability into the seeming chaos of transformation. This is such a transformational time for you as well as for this instrument. We would ask simply that you approach the changes that this time in your life calls forth from you with a stubborn and fearless faith that all is well and that these transformational changes are not to your detriment although the world may see them that way.

We ask you to have the faith to know beyond all telling and beyond all doubting that what is happening to you is perfect. It is precisely what should be happening at this point in this incarnation. The material of loss is rich material, my sister.

We would speak a bit about the issue of self-worth. For loss is experienced in an entirely different way by a self-confident person from the way it is experienced by a person who is suffering a feeling of a loss of self-worth. You and this instrument, once again, have a great deal in common in that both of you have repeatedly had your self-confidence undermined almost completely. In this instrument's case, it has occurred largely within childhood and not so much within any portion of adulthood. However, this instrument tends to spend time inadvertently moving into the precincts of low self-worth and lack of self-confidence on an instinctual or knee-jerk-reaction basis.

And we find, my sister, [that you], both in childhood and in adulthood, have been challenged by those who do not give you respect and do question your worth. This is very difficult catalyst to ignore and it tends to be internalized so that those voices from outside you that say, "You are not worthy," become that voice within you which says, "You are not worthy. You are faulty. You are in error."

We suggest to both the one known as V and the one known as Carla that whenever you find yourselves speaking to yourself in tones that have internalized this judgment of the self, that you—verbally, consciously, and out loud—correct the statement. If you say, "Oh V, you are so stupid! You forgot the phone call," stop right there, my sister! For you have the work of the refining fire.

For you are not stupid. You are a woman with a faulty memory. That does not make you unworthy. It makes you a woman with faulty memory. Pick yourself up, as the song says, dust yourself off, and say to yourself, "You are worthy. You are perfect. Now, what shall we do about the late phone call? Let us correct that error. Let us move onward. Everything is okay. All is well." It is much more important for you to achieve that feeling of self-worth within yourself than to worry or fret because you have forgotten a telephone call.

This instrument also has faulty memory and this instrument and the one known as Vara were laughing together at that fact when they realized that the time for the call had come and gone[63] and

[63] V called for her appointment a half-hour later than she intended, as she had temporarily forgotten our appointment for

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perhaps it would be necessary to call the one known as V and create the contact in that way. And the one known as Vara said to the one known as Carla, "You wouldn't know anything about faulty memory, now would you?" And both entities laughed heartily, for indeed the one known as Carla has terrible memory and has created innumerable occasions where she has inconvenienced not only the one known as Vara but all of those within her vicinity.

The circumstances of the present moment are neither positive nor negative. They are the perfect conditions for the evolution of your spirit at this time. What is the goal that you may pursue in the knowledge that you are doing the very best that you can so that you may indeed feel, in a very legitimate and rightful sense, that self-worth and peace of mind that you so crave? It is to realize that your job at this time is to be present with yourself, to encourage and support yourself.

This is the time within your life where you are collecting all the loose ends of self up. You are having the opportunity to love all of them and accept all of them as parts of yourself. If you look at yourself with judgment you shall cut up your peace and you shall be forever in a state of distress and sorrow. If, on the other hand, you start from a standpoint of absolute faith and the point of view that all is as it should be and all is well, then each thing that occurs to you can be looked at with an eye to examining how that makes you feel and what messages you are offering to yourself because of those emotions. And then you are able to examine those emotions to see if you are judging or loving yourself.

(Side one of tape ends.)

(Carla channeling)

You will then be able to deal with each thing that occurs to you from the standpoint of acceptance and the encouragement of those processes through which one goes when one is examining a situation with an eye to solving any problems that the situation has brought up and then, at a deeper level, with an eye to collecting, within the self, the full harvest of information gained from the examination of those emotions and feelings that have been brought up by any given point of difficulty.

Many things will fall away during each part of an incarnation. The refining fire removes the waste of unneeded material. That which is not needed does fall away. That which remains is gold.

Lastly, before we open this session to further questions, we would like to take a look at what gold you contain and what treasure you have within you. As we said at the beginning of this conversation, the ore within you or the self within you that you brought into incarnation is huge, much greater than can be imagined in terms of a personality or a human selfhood. You, and all sparks of the Creator, are a portion of the one infinite Creator.

You are a Creator, furthermore, who, though very imperfect in its realization of itself as Creator, has hands and a voice with which you can reach out and make a change in the environment and in which you speak up and express truth as you see it in this environment of mirrors and illusions that is consensus reality. You can be, therefore, the hands and the voice of the one infinite Creator.

The gold that is in you is your deepest self and as you have moved through many transformations in your life already, you have perhaps noticed that as things fall away from you and as you mature, you have become less and less a creature of personality and more and more a creature of the open heart, a creature whose selfhood is not bounded by what she does, what she wears, and where she goes, but who she is.

This is the part of your incarnation where you are most directly in contact with the ultimate question of, "Who am I?" If you identify yourself with the slag and the waste products of evolution, you shall stay with your body, your personality, and your former habit and you shall be mourning and grieving for your loss.

If, on the other hand, you have the fearlessness to embrace the changes that have taken place within your body, you may see that they are in their way a gift that lets you see more deeply into who you truly are.

What is the true nature of V? What manner of being is she? Recently, an acquaintance of this instrument said to her, "I have always thought I was a physical person having a spiritual experience. I am now, at last, coming to realize that I am a spiritual person having a physical experience." The shift from the self

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the channeling session. We were able to go ahead and have the session.

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as a person, a wife, a mother, and so forth, to realization of the self as a part of the infinite Creator is a huge shift. Further, it is a shift from doing to being.

When this instrument, for some three years, was unable to sit up in her bed, or to work in any way, the emotions that this raised within her breast were most bitter. In order to work with this catalyst, this instrument did something which we would encourage you to attempt to do also. She put in front of her eyes, where she could not fail to see it, some personally meaningful language. She made herself two signs. One sign read, simply, "Faith: The Final Frontier." The other sign was a quotation from the letters of St Paul. The quotation read, "For if we live, we live in Christ, and if we die, we die in Christ. Whether we live or die, therefore, we are in Christ, and Christ, is in us." When everything was taken from this instrument except being, after many tears and sessions of hopelessness and helplessness, this instrument finally emptied herself of all self-pity and any judgment whatsoever and applied herself to the business of being empty.

And what she found when she was truly empty was that angelic hosts were around her. The holy spirit was with her. And light poured into that empty cup so that she lay there on her bed, glowing and vibrating with joy. She had nothing to do but be that which she believed was her deepest self and she found that deepest self in her open heart and in her desire to follow Jesus the Christ in living the life of absolute faith.

Faith is the final frontier. When you lay hold on that faith, even though you have had to leap into the abyss of not knowing in order to lay hold upon it, you will find, my sister, that you are firmly supported in the mid-air of not knowing. Those energies that you cannot see are with you. Angels are all around you and all they wish to do is love and support you. You are loved and you are most worthy to do this work.

We also are with you. You have only to ask for those of Q'uo, mentally, in your meditations, and we shall be with you to strengthen your meditation and lend you the stability of our belief in you as worthy, beautiful and perfect. For we see you as you truly are: a child of the one Creator, a portion of the creative principle, and a giver of tremendous gifts in all that you are.

This instrument is requesting of us that we open this session to any further questions [you may have] at this time. My sister, do you have a further question at this time?

V: I don't think I do. I've never felt so full of love like this before, I feel really tearful, because it was just perfect. I just look forward to having the tape and being able to go through it all and I feel really blessed. I don't, I think ,have anything to say but thank you.

We are those of Q'uo and are aware of your statement, my sister. And we feel similarly blessed in sharing this time and this space with you. We are those of Q'uo. And we leave you in the love and in the light of the one infinite Creator. Adonai, my sister, Adonai.

V: Thank you so much. ✣

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Sunday Meditation
September 18, 2005

Group question: The question today, Q'uo, has to do with the fact that so many of us who are here on Earth at this time wishing to be of service to others have found a great deal to do. We live at the speed of computers, jets and commuting. The problem seems to be, for many people, how to get everything done that you want to do. It seems like some things have to be left off! There isn't enough time in the day for one person to do what that person has set beforehand for herself. How do you go about prioritizing your expenditure of energy in the area of serving other people? Do you listen to your heart that says you give everything you have got to each person that comes your way one at a time? Or do you try to use some wisdom; do you try to tear down, logically, the load that you've got so that it's more manageable? We would appreciate any thoughts that you have in this area of organizing our energies, being of service, and not wearing ourselves out with trying to do everything that's in front of us.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are privileged to come to you this day. We thank each of you for the beauty of your being and the power of your dedication to seeking the truth. We thank you for forming a circle of seeking and for calling us to speak with you concerning the use of your time in the time of your usefulness.

As always, we would ask of you one clarion thing and we would be as clear as a trumpet as we say to you to take responsibility for discriminating as you listen to our thoughts. Do not take them into your being if they do not resonate to you. If you will guard your own temple, then we shall feel free to offer our opinion without being concerned that we may infringe upon your free will. Your process of growth is precious and it needs not to be disturbed but to grow very organically.

Your query this day concerns how to maximize the use of your time. It is understood in this question that you are on the path of service to others and so this is not a talk about how to choose between service to self and service to others, yet it is a talk that encompasses the question of how service to others works.

Your group has asked us many questions in the last little while concerning the nature of being, and, as we hear this question concerning the use of time, we find ourselves relating this question to the question of being. In the best of all possible worlds, that which you do flows from the fount of being within you.

The one known as Jim has made a vow to invoke the mantra to "relax and enjoy" whenever he becomes aware that he has lost his balance and is no longer resting in his own peace and power. We would begin by saying that this mantra is very apt for anyone who wishes to serve others well. It is not to the fleet of

foot that the race against time goes. The winner of that race is the one who remembers to stop running and to rest. Clearly, we do not mean this literally. Even the most abstruse and abstract work involves movement. Once the choice of tasks is made, the fingers move across the computer keyboard, the mind and the body working together to create patterns, thoughts, and ideas where before there was nothing.

Those who work in more physical ways must do their work working with machines or using their bodies to create more order out of the chaos of nature's bounty, as the one known as Jim does in his gardening. Certainly the one known as C must take many steps, climb many ladders, and investigate many malfunctions and difficulties as she goes about creating order and beauty in the pattern of her rental business. Whatever the kind of work that you do is, the gist of your query to us this day concerns not the work itself but your choices of two things: precisely what task you shall choose in any given day or moment, and what attitude or point of view you shall choose as you offer yourself in service.

Energy expenditure is little understood among your people. You do not understand where your energy comes from. There is an abiding belief that energy is personal and that it belongs to you. When you go to sleep, you are thinking in terms of restoring your energy. When you make an effort you think of it as your effort. This is entirely understandable.

Nevertheless, your energy is the energy of the Creator. Your life is the life of the Creator. Your path is the path of the one infinite Creator. You are a miracle, astonishing in your perfection, breathtaking in your brilliance, and unknown to yourself.

You are a nexus, a crossroads, shall we say. You have offered yourself to incarnation in order to create this nexus or crossroads of illusory reality within an environment of third-density existence. You chose to enter third-density existence and create this point of potential because you realized, in gazing upon the Earth plane, that you wished to express the love and the light of the one infinite Creator within this precise environment.

We do not have to paint the stark picture of your environment. For all of the surpassing beauty of the world of nature that makes up the vast majority of this environment, the passion play of humankind has created a drama that unfolds before you in details and patterns of outworking expressions of the distress and confusion of a lost humanity. You did not come to add to the sorrow and the distress of this environment. Rather, you entered incarnation with a firm intention of being a part of the lightening of planet Earth at this time. You came to offer a local habitation to the ineffable and illimitable values of compassion, wisdom and unconditional love.

It could be said in a way that you came to save the world, and yet you did not in any way say to yourself, "I have to come to save the world." What you said to yourself, was, "I come to bear witness to the light and the love of the One whom I follow, that Logos that is the Creator."

What is it to bear witness to the light? What is it to follow the embodiment of love? It is certainly no tangible thing. It is, however, more real to you than your body and closer to you than your breath.

Energy expenditure is only possible, in terms of your present illusion, when there is a local habitation for that energy. Thusly, have you come into manifestation as a mind, body and spirit which serves the Creator. To move to the depth of such energy expenditure and to investigate its source, one must apply to the Creator Itself.

This instrument has been studying the nature of the archetypal mind as set forth by those of Ra in *Book IV* in the *Law of One* [series] in order to respond to questions in one of her forum e-mail groups. She is aware of the Ra's statement that the archetypical mind is the blueprint or builded structure of all energy expenditures within incarnation in this local habitation of third density. Therefore, logically, an investigation of the most appropriate choices of energy expenditure would turn to the study of the archetypes.

Dear brothers and sisters, we realize that the depth [of the gap] betwixt your present ability to contemplate the archetypical mind and a skillful use of that vast and powerful resource is tremendous. You may perhaps even feel that it is impossible to bridge that gap. We would say to you that in some ways it is literally impossible for you, within incarnation, to be able to have a grasp of archetypal processes, especially as they are ongoing within your energy system.

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However, the gift of story and myth is that, without knowing what you know or how you know it, in telling each other your story you inadvertently touch upon various aspects of your archetypal mind. It is very helpful, for instance, that this group met today, not simply to ask us a question but also to tell each other your stories.

The listening ear and the understanding heart of those who hear your story create resonances that support and validate your archetypal process. You are not aware that you have solved any problems by sharing your stories, yet you have expended the Creator's energy in ways that have built up each of you as well as building up the adhering and abiding energy of the group itself in sharing your essence.

Moreover, you have alerted vast sources of energy which are unseen within your plane of existence, yet which add tremendously to the available energy within the system that this group creates as it sits in this circle. Any two entities listening to each other in an atmosphere of support have much the same dynamic. Any entity conversing with its guidance system, moreover, creates this same dynamic if the guidance that is requested is then listened to, heard and responded to within the context of the ongoing, daily life. You do not pray into a void. There is in every prayer a conversation with the divine within you.

We realize that your query is about how to choose what tasks to accomplish in any one day. Perhaps you may begin to see that, to our way of thinking, that question lacks priority. To our way of thinking, the priority in any day needs to be first, "What is the Creator's will for me this day?" We wish to move your thoughts away from the specific and into the underlying nature of your being who is the self that comes to the moment and begins to do the work of the day.

Look deeply into this question in order to retrieve your self in your entirety and wholeness from the shredding influence of detail. When you begin to work, let the self that begins that work be that self which has come to bear witness to the light. Let that self rest in its own nature. Indeed, dear ones, be intransigent in your determination to retain your identity. Then, that which you do shall be flowing through you and not from you. Your personality may flow and bubble along behind the essential self that you are and enjoy the light.

But that personality shell needs not to be the one doing the work. Know that the Creator is working through your nexus. This instrument, as part of her tuning process, prays, "Fill the heart of your faithful and kindle in her the fire of your love. Send forth Your spirit and she will be created and You shall renew the face of the Earth."

Whether you work at mowing a lawn, writing a paper, fixing a window, or responding to a correspondent, you work as an agent of the transformative power of the one infinite Creator. You are magical. And what you do is effortless when you remember that you are only here to bear witness to the light. You are here to dance, to play the pipe and timbrel and to be a part of the whirling, rhythmic pattern of all that there is.

If you can retain this basic remembrance of your point of view, then we do invite you to use your conscious, intellectual, analytical mind to make those choices of what task you shall pick and how you shall proceed. As you make those choices, open yourself to those sacred impulses within you which sense the rightness of the present moment.

This instrument, for instance, has expressed her feeling that each entity that contacts her is a spirit which has a need to be heard.

(Side one of tape ends.)

(Carla channeling)

Yet, as this entity becomes aware of the cry for help of that one who wrote in to her, she is that entity which is bearing witness to that help that has already been received, not because she responded but because the universe itself responds to every cry for help. The act of asking this instrument for validation activates for the one asking for help a chain of events that is completely independent of her and whether or not she responds to the correspondent.

In the moment of asking, that correspondent has created channels for energy to move within him or her from the guidance system within him or her and from the environment, spiritually speaking, which surrounds that correspondent.

Things are not as they seem to be. They are not linear, nor are they bound by space and time. However, it is because each of you has become a location in space and time by virtue of incarnating that these non-local processes may work.

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We would suggest to each of you that you breathe deeply, in and out, knowing that life is one breath at a time; yet it is infinite.

We suggest that you look at yourself with that same double realization that you are local, flesh and blood, a gathering point at a crossroads through which spirit may speak and move and, at the same time, you are all that there is: non-local, not bound by selfhood, bound only by the awareness of the harvest of all the energy that you have processed, harvested and developed into the flower that you are at this moment.

We would at this time ask if there are any further queries from this group? We are those of Q'uo.

(No further queries.)

My friends, it is rare when there is no question at the end of our speech! But we hear only silence through this instrument's hearing apparatus and so we assume that the fund of questions for this day has been exhausted. May we say what a privilege and pleasure it has been to share our humble thoughts with you at this time and to rest with you upon the waves of consciousness as they flow from the Creator to the Creator. We leave you as we found you, in the love, the light, the power, and the peace of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, Adonai. ♣

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Sunday Meditation
October 9, 2005

Group question: The question today has to do with the seasons of change that we go through as conscious spiritual seekers on the path. We're wondering how these might manifest in our lives. We know that there are initiations we go through when times are kind of difficult and we learn specific lessons and if we do learn them then we're a more advanced neophyte and we're working our way to adept and pointed towards mastery someday. How do these changes manifest? When we feel blockages or difficulties on the path, is that a part of the process or can we actually make things more difficult for ourselves?

And the way we face the blockages or go through the difficulties seems to be important. Could Q'uo talk to us about the seasons of change in the spiritual seekers life?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege and pleasure to be called to your circle of seeking. We thank you for this honor and are most happy to speak with you concerning the various considerations of the conscious acceleration of one's own spiritual progress and the issues that that raises within one's seeking. It is what this instrument would call a juicy question and we look forward to working with it.

But before we share any thoughts upon that subject, we would share our request of all of you to be diligent in the use of your discriminatory powers. We offer you our thoughts. They are not the thoughts of those who are more advanced than you or those who have more authority than you.

In truth, each of you is the sole authority in your universe in terms of metaphysical work. In the world of humankind, in your consensus reality, shall we say, there is indeed a perceived system of authority and a perceived level of truth which can be assigned to various aspects of your seeking. We are not asking you to seek in the world of humankind or consensus reality, nor are you asking us for our opinions within that context.

You are asking for our opinions in the world of thought, in the world of time/space. And in that world, thoughts are things. And if you do not take full responsibility for the magical nature of your own being, you are then at the mercy of the small magic of each thought across which you come.

We would ask that you assume the sigil[64] of power, whatever it may be for you. Switch on that knowledge that you have within yourself, of yourself, and know that you are a powerful and magical being and fully capable and worthy of doing this work. You and only you can be or should be in charge of

[64] sigil: a sign or an image considered magical.

deciding what thoughts you will entertain and what thoughts you will pass up.

When you listen to what we have to say, be very ready to pass up our thoughts. Be a tough room, as this instrument would say it. Do not be overly pleased with us but listen carefully for that inner resonance that says, "This thought may be a good resource and I will pursue it."

If you will take that care with what you allow into the deeper regions of your thoughts, then we shall be completely free to share our humble thoughts with you at this time. We thank you greatly for this consideration, my friends.

The process of following one's thoughts is a never-ending and constantly beguiling process. Since your mind and your consciousness share the same space within your brain, you are constantly toggling between the two worlds of which the one known as M spoke earlier. It is not precisely that they are parallel universes, but they are certainly alternate universes. They are, in fact, reciprocal.

Toggling between two universes is at once a simple and a subtle process. It is simple in that there are two clearly defined universes separated by the shuttle of the spirit. You, in your body, your mind, and your spirit constitute a nexus or meeting; a place where those two worlds coincide.

In every cell of your body you carry the imprint of the one great original Thought of unconditional love. Every cell of your body is fully aware of the love and the light of the one infinite Creator at a level far beyond conscious thought. In fact, it is far enough beyond the reach of conscious thought that this precious, infinite and sustainable resource goes unnoticed and unused by most entities.

We would encourage each of you to become more and more aware of the intimacy of the one original Thought. It is not far from your body, from your mind, or from your spirit. It is inherent in every cell of your body, every cell of your brain, every iota of your consciousness, on whatever level and in whatever universe is, replete, teeming, and overflowing with love and light. The energy held within your system or energy field is infinite.

You are protected from the infinity of this resource by the degree to which you attend to transient thought. It is not needed or desired that you be at all times in full, conscious awareness of your metaphysical mission on Earth. Your goals within that metaphysical world in which thoughts are things and questions such as, "What is my mission on Earth?" have a degree of meaning that is substantial. There is a handsome portion of your life experience that is perfectly appropriate to reserve for what, in metaphysical terms, might seem meaningless activity.

It is well that you reserve a substantial portion of your life for such questions as, "What shall I eat?" "What shall I do?" And, "What shall I put on my body this day in order to keep me from the heat or the cold?" There is neither shame nor bad judgment involved in the choice to pursue earthly and worldly matters.

When you have achieved a certain degree of comfort and facility at blending or toggling between the physical and the metaphysical universes which come together and share space within your mind, body and spirit, then you can begin to allow those universes to coalesce through the shuttle of the spirit so that the simplest worldly duty begins to have the potential of becoming replete with meaning that is purely metaphysical.

Reciprocally speaking, as you become more able to enjoy both universes without giving preference to one over the other, you may gradually become more able to embody the progress that you are making in following the metaphysical nature of your thoughts.

This, my friends, is subtle work. It cannot be done quickly. It cannot be done conveniently. The process of evaluating one's progress is fraught with difficulty. This instrument was speaking earlier about this difficulty. She was sharing with this group, in the conversation preceding this channeling session, her blind spot in recent work in consciousness which she had been doing. Her particular stumbling block happened to be a mental and emotional mind-set, as this instrument would call it, which assumed, without examining the assumption, that the work that this instrument had been doing for some time was the appropriate work to do and therefore the only consideration was how much she could accomplish within a twenty-four-hour period. Fortunately for this instrument, she had not only the counsel of those who cared for her soul's health, but also a willingness to listen to those messages which she might not wish to hear, which is characteristic of this particular entity. She listened to those who

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suggested that she was stumbling over her own devotion and dedication. It was out of balance. This was impossible for this instrument to see on her own.

So let us look at that dilemma, for it affects everyone who is upon the path of seeking which she has defined for herself. When a seeker grasps the baton of work in consciousness and accepts the fact that there is power available to that entity to accelerate the rate of the evolution of mind, body and spirit, that seeker enters into a world which is completely and utterly metaphysical.

The metaphysical universe is a universe in which time is a field. All of time—past, present and future—becomes unitary. It is a world that is specifically non-physical. The things or objects of this world are thoughts which carry vibration.

A thought is an object but a thought is not a flat object. A thought is rounded by various subtle and etheric attachments that are not abstract but rather are wrappings or colorings of emotion that create a certain vibration. You can say a thought or a concept and in saying that thought the words themselves carry a certain roundness or vibratory coloration.

However, the state of mind in which you find yourself as you come to that thought, and all of the emotions that are wrapped into the creation of that thoughts or concept, create the specific vibration or coloration or roundness or shape of that thought. On no two days and in no two repetitions of that thought shall that thought be the same shape.

This is why the work is so subtle. You are part of every thought that you think. How you come to that thought, how you feel about the thought and how you respond to the work you have previously done on that thought all create for you the unique moment in which you are the creator of a vibration and a field that is not only a thought or concept but is also that which has brought it to life so that it is a creature. It is a creature that exists in your universe.

And it then becomes an essence that, as you work with this thought, as you stabilize this thought, you become able to use as a building block for the further creation of developing thoughts or concepts along the lines of the process that you have begun by focusing on this particular thought.

The stumbling blocks involved in this process begin with the fact that it is your universe and no one else's. To an extent, you can share your concepts with each other. But this extent is not on the level of open communication using words, a generally satisfactory component of companionship with others. You cannot successfully, directly, share the full vision or vibration that lies behind the words that are flat upon the air or upon the paper as you speak or write them. You are blindsided, in short, by the isolation of your process.

Therefore, your first blessing as spiritual seekers is guidance.

Your second blessing is the willingness to listen to the guidance that you receive.

There are many sources of guidance. For one such as this instrument, who spends a great deal of her time communicating in correspondence, e-mail and personal conversation with those within her extended family of spiritual community, the sources of guidance are many. Each person with whom this instrument corresponds comes in at an unpredictable and unexpected angle and may ask any number of questions or may offer advice. In each and every contact there is the possibility of inspiration and guidance. It is a matter of applying those powers of discrimination of which we spoke earlier and listening for resonance.

Perhaps you could visualize, as this instrument does from watching so many World War II war movies, the ping of the sonar as a searched for underwater object becomes closer and closer and the pings become louder and louder. Listen with your sonar for the hidden resources of guidance from without your energy system.

It does not matter whether or not you know the person that is interacting with you. That person is a part of the creative principle and is a mirror to yourself. It may be a casual mirror. It may be a very distorted and basically useless mirror.

On the other hand, anyone, anywhere, can be an angel that you behold unawares. That is the nature of our shared universe. It is unified. Everyone can communicate with everyone.

The question is how deft and dexterous you are at listening for the guidance that is yours out of the tremendous bulk of communication you receive which, indeed, is not helpful. Where is the signal and where is the noise? Let your sonar work. Listen for the ping.

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It is important not to scorn the company of those who do not seem to be awake and seeking. All entities are moved by the tides of creation and whether or not they have any knowledge of being a part of your guidance system, as they pass you they are, by virtue of their being, for that moment, a part of your guidance system. Honor, respect and cherish these strangers and listen for that ping.

Indeed, we would urge you to listen even to inanimate sources such as the inevitable synchronicities as you pass signs, advertisements on the road, and things that are announced upon the radio or television as you pass that noise. Anything can be a source of hints and revelations. Listen for the ping.

There are precincts of despair and other involutional emotions that tend to isolate the dedicated spiritual seeker from outside guidance. And many are the seekers who basically feel that they seek almost inside a bell jar, that glass surface that keeps the dust of ordinary living away from the process of seeking [and] also works invisibly but effectively to create a sense of inner isolation. The emotional feeling that one is alone can build up within that bell jar of intense seeking. This in itself can be a stumbling block.

When you sense that feeling of inner isolation, we encourage you to find the energy within yourself to ask for the guidance system that lies within your heart to come into play. Indeed, this instrument has at times of deep distress found it helpful to sit down with a pad and a pen and write down her question. And this instrument addresses her guidance system, whom she calls "Holly." And her opening mantra is, "Holly, help!" She will then either speak aloud or write down her dilemma and she receives an impression, when she has asked a question, which she also writes down.

This process is a valid and meaningful conversation. We would especially encourage those who feel that they do not have much help in the outer world, as far as companionship and the ability to communicate openly, to use the guidance system that lies within.

Whether your guidance is from a source that is apparently outer, or apparently inner, its effectiveness is bounded by the choice that you make as to whether or not you shall listen to this guidance. It is essential that you listen to the guidance that you receive and follow it.

That is what this instrument did within this last week, responding to the request of those about her that she contemplate whether or not she was using her time wisely by working at her perceived tasks for each week on all seven days for all the time available. The suggestion was made to this instrument that she was not valuing herself and that she should take some time, perhaps a day in each week, to honor and respect her own private concerns, whatever they might be, disconnecting completely from the self-perceived work of being facilitator for a spiritual community.

To this instrument's surprise, there was substantial resistance within her to disconnecting from the work at hand. To her further surprise and delight, she found that upon achieving a state of disconnectedness from her perceived work, she opened up within herself a tremendous source of energy which she has not yet come fully to understand. Nevertheless, she is aware of it and is aware that new life and new growth are available to her because she heard the ping of resonant information and she changed her actions and her thoughts in response to that resonance.

What constitutes a stumbling block? In each seeker, that answer will be different. In general, entities create their own stumbling blocks. It is not an energy that is imposed from without. We might say to you that a keyword here is balance.

Some stumbling blocks are easy to identify. When one sees that one's prejudices or biases have limited one's thinking, it is easy to assign blame. As the one known as T was saying earlier, his dislike of religiosity and dogma had been a stumbling block that had kept him from thinking deeply about the nature of true Christhood or that thought that encompasses unconditional love within this meeting place of flesh and spirit that each of you is. He could not think of the nature of unconditional love as embodied in the one known as Jesus the Christ because he had been so punished by a childhood within which Jesus, Mary, the Saints, the Pope and other mythical figures were woven into a seamless prison where ideas could not flourish and where love died, gasping for validation.

He found judgment, guilt, and death in the church. He did not find the Christ.

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So it is with each perceived dogma that seems to limit one's creativity. And we encourage and urge you not to accept those limitations that do not feel resonant to you. We encourage you, however, to look beneath the surface where you run into a situation where there are ideas offered to you that have potential. Look beneath the dogma and the limitations implied by those who believe dogmatically to hear the melody that gives life to a flat fact or color to a flat piece of writing. Search out those moments of inspiration that dogma is attempting to stamp out in the way it says something that has potential.

(Side one of tape ends.)

(Carla channeling)

Do not be afraid to separate the melody that dances in your head from the imprisoning words that seem to limit that melody's usefulness. Allow yourself to become a non-literal singer of the song of feeling and thought.

We tread very delicately here in speaking of stumbling blocks in the spiritual process because while it is true that you create your own stumbling blocks, it is also true that stumbling and falling are a needed and valid portion of the process of growth.

Since it is your universe, who else can create the opportunities to fall but yourself? Therefore, in your every error, as self-perceived in hindsight, lies an astonishing and unexpected gift. Falling is a gift. As you rub your spiritual posterior and contemplate your bruises, you may not appreciate that gift. Yet every stumbling block is information.

We encourage you, then, to retain your sense of self, your sense of proportion and your sense of humor. Do not use the occasion of self-perceived error to scold yourself or to shy away from that error, looking for its dynamic opposite. There are reasons that you erred in just such a way. Gaze upon the pattern. Try to see into your own biases. Were you proud? Did you assume? If so, what were your assumptions?

We do not wish to seem to disrespect this process overly [much]. But in a way it is very much a game. It is a game in which it is supposed that there is a linear progression from being a novice to being a master. In many ways there is indeed a progression that is linear that can be seen, especially in hindsight, when one is looking back on a spiritual process that has been played out, or, to say it another way, a song that has been sung to its natural conclusion. Hindsight is a wonderful thing.

In another way, there is not such a progression. Rather, there is the stitching together of a pattern much as the process of weaving would eventually create a complex and beautiful pattern upon the loom. There are various thoughts that create the work and there are various techniques of moving with the energies that are available to you at a particular time for you take those energies in hand as if they were thread and you created by that pattern of your weaving the finished woof.

It is as if your concepts were the "A axis," shall we say, the vertical threads. Whereas your sensings, intuitions and feelings are the thread which you weave on the "B axis," or the horizontal axis, through these preexisting concepts which you are using.

The patterns of the weaving that you choose are heavily influenced by the work in consciousness that you have chosen, whether it be meditation, visualization, contemplation of inspirational texts or any other technique that seems useful to you. What you are creating in doing this work is a piece of material that then is your momentary creation, a thing of color and shape and texture, a gift to yourself and to the one infinite Creator.

It is certain that these prayer rugs, shall we say, that you create for yourself are in and of themselves things of great beauty and usefulness that may constitute for you a resource as you move forward. At the very least, they are mementos of where you were and who you were at this particular moment. They may well reflect back into your momentary, everyday, ordinary experience and in turn, as you become more facile at toggling between the two worlds, your ordinary experience may give you inspiration to create your next prayer rug, a concept, question or love.

We thank you for this question which has been a delight to work with and would ask you if there are other queries that you may have on your mind at this time? We are those of Q'uo.

R: I had a question, Q'uo. To follow up on your explanations at the beginning when you were speaking of the love of the Creator being in every cell of the body and that being a resource that is

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close to us and yet often unused, when I look at it, I see no entry into that subject or suggestion, at least with my intellectual mind. Could you speak on that love of the Creator vibrating in every cell in some way that we could work with?

We are those of Q'uo, and are aware of your query, my brother. We can make a beginning, my brother, and welcome your querying concerning the implications of that beginning at a later time. Indeed, much of what we have said is heavily implicatory and open to further questions and we would welcome them.

Every cell of your body is made up of atoms which are fields that are held into greater fields as molecules and then bound into combinations in the development of organic life that creates the cell. These atoms and molecules and so forth have energies of rotation and field values that are unique to those particular atoms, molecules and so forth. Each of these atoms is the outworking of the impression of the one great original Thought of unconditional love upon space and time in its progression.

This concatenation or combination of love, space and time creates light acting in ways that are impressed upon it by love which then creates the particular kind of atom, molecule and so forth that constitutes the field of the self.

Your body is made of love and light. That is why we greet you in the love and in the light of the one infinite Creator. We are marking this moment in time and in space in such a greeting and when we leave you we are leaving you in the house of oneness in which you shall reside in infinity and eternity.

The light that is held in just such and such a kind of field is relatively undistorted, bearing in its information, shall we say, the "factory specifications," say in the infant body, the imprint of the Creator's design. Thusly, every cell in your body is instinct with the truth.

Mark the power of the human mind. You can overwrite the instructions or the information at the cellular level and often you do so to your detriment as far as the integrity of your health [is concerned] by the way that you think habitually.

We have talked often to this group concerning the power of thought and the power of the things that you tell yourself. If you give yourself information concerning your environment from a place that is governed by fear, that is, if you are afraid for your health, for your source of supply, or for anything at all, you will eventually, as these repetitious thoughts continue, begin to affect your body systems at the cellular level, weakening them and making them sensitized to environmental input.

For instance, if you are habitually concerned in such a way as to arouse fear and if your body has sensitivities to allergy or illness of some kind, be it cancer, heart disease or whatever is in your genetic predisposition, you can gradually build up for yourself at the cellular level a tendency towards grabbing those inputs that are fear-based and rewriting your cellular information so that you become more and more able to become sick.

Similarly, if you think conscientiously and constantly to the best of your ability in a fearless manner, affirming your self-worth, affirming your health, or affirming the sufficiency of your physical supply, you gradually inform your body at the cellular level that it does not have to respond to environmental inputs of this fearful nature, thereby beginning to make you less and less pervious to the damage done by habitual fearful thought.

What you believe and how you believe it are not abstract things. They are powerful inputs that go down into every cell of your body. When you assume that your body, at the level of being fresh from the factory, shall we say, being newborn and completely free of the benefits of life on planet Earth within incarnation, [is] appropriate and correct, then you have established for yourself a default which you can trust.

Then your conscious mind simply needs to go back to that default position of the newborn, undamaged factory specifications with which you entered into the incarnation. Affirm those defaults. Ask for the body to reprogram itself to those default settings, losing the overwriting of the cultural miasma.

Trust and faith are all-important in connecting the consciousness with the goodness of your physical vehicle. This is also true in the more subtle and etheric form of connecting your consciousness with the goodness of your basic thoughts and feelings, whatever they may be.

May we answer you further, my brother?

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R: No, thank you, Q'uo. There is more that we can follow up but I think the group grows tired and the energy is low.

We are those of Q'uo, and we thank you, my brother. Is there a final query at this time?

T: I have question which has come up before. I often feel that I'm not making progress in meditation. Could Q'uo talk about perception of progress versus actual progress?

We are those of Q'uo, my brother, and are aware of your query. It may seem that we are far in advance of you in terms of our progress, and yet, my brother, this question has great resonance for us because our rate of progress is considerably slower than yours within third density. Indeed, your progress seems to us to go by at a blinding speed, for in the very heaviness of your outer environment and your experience of seeming to have to slog through physical life in order to get to the metaphysical portion of life you are truly in an environment which is incredibly rich in the opportunity to make changes in consciousness.

We have been going through a refining process for some time, as you would say, and at our level of development our progress is very difficult to see, even in hindsight. We must, more than you, take on faith the goodness of the process through which we are going. We must maintain faith that that which we do is bearing fruit. We can only encourage you to do the same.

Every once in a while, my brother, there is a gift that is given from spirit. It is a gift of realization. And in that moment, your progress is clear and the worth of the efforts that you have put into coming to this moment of realization are also very clear. Treasure those moments and give thanks for those gifts. They are rare.

For the most part, one's sense of one's progress must be left to faith. In the world around you, much of spiritual progress is rather pushed upon one from behind, by the context of guilt, sin and correction of that guilt and sin, by doing something perceived as virtuous or good. This has almost nothing to do with spiritual progress.

In truth, we believe that progress is an organic process that uses everything that you are, weaving and reweaving context on the one hand, and every thought of substance that you think on the other hand, to create a shifting kaleidoscope of color, texture and form.

Therefore, as you meditate, trust that you do not need to be pushed from behind to make progress. The Creator is calling to you from the alpha and the omega of the circle of oneness. Spiritual gravity is building up within you and you are called from beyond yourself ever forward with the inevitably of weather, taxes and so forth.

You cannot help progressing. Your only question is whether or not you wish to progress faster than the surrounding ambience or environment out of which you come.

Naturally, you wish to progress faster than humankind as a tribe is progressing, for the humankind that is your tribe upon planet Earth is having systemic difficulties that are deep and substantial. They need not concern you, yet you must and you do make a conscious decision to separate yourself from that ambience and to move into a far more individualized and creative personal environment.

You create for yourself a hotbed, a greenhouse, an enhanced growing environment by doing the meditation, the contemplation, the reading, and the daydreaming. You are continuing to create growth conditions for yourself.

Focus, then, on those things over which you have control. Give to yourself the gift of reading inspired thought. Give to yourself the gift of silence. Do those things which you feel have resonance for you. Place yourself, in other words, in the deepest, richest soil of which you know. Ask of yourself that you empty yourself of preconception and pride. Let yourself be planted. Let your soil do its work. Bring the water and the sunshine to yourself by those things which you call into your environment. But do not second-guess the growth. It is occurring not on your time but on the Creator's.

May we answer you further, my brother?

T: No. Thank you again for your usual clarity.

My brother, we thank you as well. It is a great pleasure to share energy with you. This instrument informs us that indeed we must leave this group as the energy does wane and we do so with great love and with many thanks for the privilege and the pleasure of your company. May we comment on

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your beauty and on the joy that we feel in sharing these moments with you.

We are known to you as those of the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation
October 11, 2005

Question from K: I have felt very frustrated in that I do not seem to be able to more directly access my own inner guidance, intuition or spirit in a more specific way. Could you please comment and provide any advice on how to increase this aspect of my knowingness? This issue leaves me feeling somewhat devoid of a guiding influence in attempting to do service to others and feeling unsupported at times.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you, my sister, as well as the one known as Carla and the one known as Vara, in the love and in the light of the one infinite Creator, in Whose service we come to you this day. As always, we are delighted to be called to your circle of seeking and are glad to speak to the one known as K on this interesting query and others that you may have.

However, in order for us to feel completely free to share our thoughts with you, we have a request to make of you. We would ask that each of you who hears our words retains a very firm awareness of your responsibility as the sole discriminator of what questions you will consider and what questions you will not. That is to say that we may offer many thoughts. Some of them may create avenues of questioning for you which are not desirable to you. We would ask you to listen to your discrimination and drop any of our comments that do not seem resonant to you. If any comments of ours do make sense and do seem to lead to helpful work in consciousness, then we would be happy for you to work with them.

Our concern is simply not to interfere with your natural and spontaneous process of spiritual development. If you will abide by this request then we can feel completely free to comment with our thoughts. We would not wish to become some sort of outer authority that might create for you a stumbling block at a future time. Thank you for your cooperation in this regard.

K: Yes, I understand.

We are those of Q'uo, and we thank you, my sister. As we take up your query on guidance, we would note that the guidance system which belongs to you and indeed that guidance system which belongs to each entity who seeks is both a very substantial and firm part of your system and one that is closer to you than your breathing and nearer to you than your very heart and also a delicate and subtle influence. So we would comment in various ways.

Our first comment is that the system of guidance that is yours is not an importuning or encroaching presence, it does not, of itself, shake you or act as a kind of alarm clock that will, on its own, awaken you or alert you. It must be sought and asked for its help. This is a simple fact and yet it is one which has often been that which is overlooked by those who seek.

Guidance is an energy which is so much a part of you that it came into incarnation with you. Yet it comes from what this instrument would call the time/space or metaphysical universe or creation that interpenetrates the physical universe which your body and your mind enjoy at this time. It is not a part of space/time or consensus reality. It remains firmly fixed in the metaphysical or spiritual universe. Consequently, a short prayer will alert the guidance system that you are ready to receive information. Indeed, it is a good idea at the very beginning of each day to ask for the guidance system to get turned on and left on for the day.

It will, naturally and as a part of the experience of sleeping and dreaming, work with the dreams and the impressions that you receive upon awakening. You do not have to ask for guidance to speak with you in order for it to work with you during the dreaming and sleeping processes.

However, when you are awake and functioning with the brain that is a part of space/time, working in problem-solving mode, then it is well to request that guidance be able to speak to you. A simple request is all that is needed. It does not have to be said out loud. It can be strictly mental as long as your mental processes are such that you are able to make a clear and distinct request without speaking out loud. If there is any doubt within you at all concerning this point, then we would suggest that you go ahead and speak out loud.

This instrument often does so because she is aware of the power and strength of her mental processes in terms of her intellectual mind. So she will say, "Come Holy Spirit! Fill the heart of your faithful and kindle in her the fire of your love. Send forth your spirit and she shall be created and you shall renew the face of the Earth."

This is a prayer that she uses frequently in order to tune. We offer this text to you as a possibility for you to consider if it seems to have resonance for you.

A shorter form of this which this instrument also uses upon occasion is, "Come Holy Spirit. And that right quickly."

You can also simply say, "Help." This instrument sometimes does that, saying to her guidance system, "Holly, help." She calls her guidance system, "Holly."

Any way of expressing this request that seems most natural and resonant to you, my sister, is the one that we would suggest.

It is not only at the beginning of the day that this request may be made effectively. At a time of your choosing, when you have a bit of spare time, shall we say, that can be used to make more firm contact with your guidance system, you may sit down, rest and clear your mind, and then repeat any of those prayers which we have offered as examples for your resources in this wise.

When you wish to inaugurate an actual conversation with your guidance, we have two suggestions for your consideration. They may be taken literally. They also may be taken figuratively and the essence of the suggestions used, rather than the form.

The first suggestion is that you sit down with a pad of paper or a computer keyboard handy, and, after clearing your mind, inaugurate a conversation with your guidance. It helps in terms of feeling natural in doing this for you to identify for yourself the name that you wish to call your guidance system. This instrument, for instance, as a mystical Christian, identifies her guidance system as the Holy Spirit, whom she long ago nicknamed "Holly," feeling that it is more respectful and more personal to have a human kind of name rather than simply calling the guidance system, "The Holy Spirit," which is a generic term.

Each person's guidance system is unique and so consequently, when you simply call upon guidance, you are calling upon the generic version of guidance, which is helpful but not as helpful as calling forth or evoking your personal guidance.

The invocation of guidance having been done, we would then suggest that you write or type your basic concern. You come to the moment of asking for guidance because of a certain concern. Identify that concern to guidance and ask for any information, resources or comments that guidance may offer you at this time.

Keep your fingers on your pen or poised over the keyboard and no matter what your next impression is, write it down.

Upon reading what you have now written, you will form a further comment to guidance. Type that or write that down. And again, await the next thought that pops into your mind.

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When you begin getting that thought, again, without comment, criticism or questioning, write down what you are impressed with.

Again, read what you have received, form your next question or comment and write that down.

In this way you are staying safely within your guidance system, which is protected and is completely within your etheric or electrical body. It is a protected and safe procedure as long as you are focusing completely within these parameters.

This is the first way of becoming able to feel more concretely anchored within your guidance system and more specific in your ability to receive information from guidance.

The second way we would suggest to you is somewhat more complicated but we feel that in your case, my sister, it may be well to take the time to go through the basic procedure for creating for yourself a place for inner work. This instrument has done so and has found it helpful. It is a procedure that she learned from an entity who was teaching principles which he had learned from the so-called Silva Mind Control Technique. It is not a faithful reproduction of such techniques but is in fact an alteration of those techniques that this instrument has found helpful. We will use this instrument's technique in explaining to you the basic process of creating what this instrument would call a place of working.

Step one is to ask yourself where upon this Earth, in terms of location and geography, your favorite place resides. Where do you feel most at home, most protected, most safe and secure? When you have that location firmly in mind, then we would proceed to step two.

Step two involves creating for yourself, in that place, a place of working. If the place that you have chosen is a building or contains a building, then we would suggest that you create for yourself within that actual building a mentally constructed room. It can be a copy of an actual room in that dwelling or it can be a room that you have created completely out of imagination. It is, however, attached in your mind to that safe place, created very consciously as a sacred place.

Create it as you would wish it. If you feel it needs a kitchen, make yourself a little kitchenette. If you feel it needs a bathroom, make yourself a bathroom. If you feel you need an office, make yourself an office, and, most importantly, if you would like to have an inner sanctum where you go after you enter this basic sacred space, create for yourself the sanctum sanctorum, which is where you shall do your actual working.

Before you go any further, create for yourself every comfort, every convenience, and every amenity. For instance, this instrument, feeling that she wanted the comfort of all of her information at hand, created for herself a room in which there were office files, a desk, a computer, and so forth, so that she would know that all the information that she needed to do her work would be on hand and if at any time she wished to consult any of that information, she could mentally go to the filing cabinet and ask for the appropriate documents to be given to her.

In fact, this instrument has never opened that filing cabinet, for in spirit there is no literal need for such. However, because it helps to create a sense of safety and security for this instrument so that she can do her work better, she has this office which she has furnished with her favorite kind of rug and her favorite kind of office furniture, her favorite kind of lighting, and so forth.

The goal here is not to create a specific kind of work space but to create your ideal work space. So let this ideation and visualization process be as long as it needs to be and as careful and detailed as it needs to be in order for you to create a very recognizable, safe and sacred working space.

When you have all other details attended to, we would ask that you create in your working space, whether it be one room or whether you have created an inner sanctum, two doors, one on either side of a central screen. The screen is a way of objectifying within your mental processes the visualization process of doing your spiritual work. The doors on either side of this central screen represent the openings to the Holy Spirit, as this instrument would call this energy, or your guidance system.

In order to balance your request for guidance, the door on the left of the screen represents the masculine energies of guidance. The door to the right of the central screen represents your access to the feminine portion of the energy of your guidance system.

Create for yourself your most comfortable sitting, resting or standing position for doing work. This is

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entirely up to your discretion. Many are those who visualize doing their work in the seated, cross-legged position that is often used by those who are working with oriental meditation systems. This instrument uses a recliner as her visualized, most comfortable seating.

Visualize two places, one on either side of you, for the guidance that you call forth.

When you are ready to do your work, stand in front of the seating that you have created for yourself. Mentally turn on the screen so that it is alive and lit and ready to receive impressions and to give forth images. Then call forth your guidance saying, "I call forth guidance," or, "Come Holy Spirit," or whatever phrase most satisfies you as expressing your desire for your guidance system to manifest itself to you.

It is well when beginning this practice to call one aspect of guidance at a time. When you first call your masculine guidance, you may extend your hand to the door and ask that guidance to come forth. You will receive the impression of an entity who is walking toward you. Observe that entity insofar as you receive impressions. This entity may have a name. It may have a face that is familiar to you. Or it may not be familiar to you.

Become familiarized with this entity. You may ask its name or you may simply greet it and thank it.

Then turn to the other door and, by gesture or word, invoke the other portion of spirit. Again, take the time, initially, to look at, familiarize yourself with and become conversant with this entity. It may have a name. It may have a recognizable or an unfamiliar face. Welcome it and thank it.

When you have greeted these two aspects of your guidance system, invite them to sit with you. It may be helpful for you to ask them to take your hands, as this instrument does, so that you are physically, in terms of your visualization, linked with and connected to your guidance system.

This is the procedure for becoming ready in this visualization to do work in consciousness in your place of working.

Before we move forward with a discussion of how to proceed from this point, we would move back into comments concerning your own inner work as you come to the moment of entry into the place of working.

It is very helpful for you to determine for yourself a method of tuning your being to do this work in consciousness. The normal and everyday state of consciousness of what this instrument would call even the best of us is less than the optimal tuning position or rate of vibration for doing work in consciousness. Depending upon what you have on your mind or on your schedule, you may well be in somewhat of a scattered frame of mind, which you would describe to yourself as not being your best or highest self.

Your goal, then, is to tune this very powerful entity that you are up from its present, everyday and ordinary state of mind to the state of mind that would be the highest and best tuning that you can carry in a stable and conscious manner. You do not want to go beyond that which you can carry, being quite awake and quite alert. But you do wish to do the work necessary to sharpen and hone your true self so that you are expressing the highest and best version of who you are when you come to the moment of contact with the spiritual guidance that is yours.

When you have achieved this, you then may approach the door to your dwelling. If you do not actually have a dwelling in your favorite place, then you simply need to construct the outer walls of the sacred space, as a boat on the water, a cabaña on the sand or whatever fits in the environment you have chosen for your magical work.

When you are satisfied that your tuning is complete, you may then ask for the keeper of your sacred space to come forward. This is a convention which this instrument has learned from the practices of the Spiritualist Church.

We are not suggesting that you are creating a séance atmosphere or that you will be speaking with inner spirits of any kind. However, the convention of having a gatekeeper is a powerful and a helpful one to our point of view. It is to this gatekeeper that the responsibility for guarding your back is given. Therefore, when you are tuned, ask for your gatekeeper to appear. You will not know what this gatekeeper is like until you ask.

Depending on your personality and your training, this gatekeeper may be virtually anybody or

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anything. If it is an animal, however, it will have the capacity for communication with you. If it is a color, it will have the ability to share information. For most entities who do this kind of work, the gatekeeper turns out to be a human, whether of this world or of the inner planes. It is not necessary that this entity have a name. The one known as Carla calls her gatekeeper, "Mrs. Gatekeeper," because when she created her place of working, she created it in a place which already had a woman who lived there. She was the wife of the head of a school and this instrument's favorite place happened to be one of the buildings on a large campus. Therefore, she simply calls her gatekeeper, Mrs. Gatekeeper, but she sees the pleasant and careworn face of a middle-aged woman who acted as housekeeper and mother to the students of this particular school.

When you address your gatekeeper, simply ask if you are in a good position to do work in consciousness. If you receive a "yes," then you may proceed inward, after thanking the gatekeeper and asking this gatekeeper to remain on duty and to alert you if there is any problem whatsoever. If the gatekeeper has concerns, that entity will express them to you. Listen to the gatekeeper, and insofar as you are able, address the concern. Once you have been okayed for work, then you may step into your dwelling or your sacred space, close the door behind you, and begin the protocol we described previously.

When you have concluded your work in consciousness, remember to thank and dismiss the spirit in its two manifestations, to turn off the screen and physically to leave the sacred space. While the screen is on and you are working with spirit, the procedure can be precisely that which we described above, with the pad of paper and pen or the computer and the keyboard being your method of communicating and recording that communication.

It can also be completely mental.

The asset of having your words written down and the suggestions from spirit also written down is that it is objectified and can be referred to in your future. This becomes more important to you when you wish to follow the suggestions of your guidance. And we would suggest to you that, once you have received suggestions from guidance, it is extremely helpful to the process of following guidance to refer back to suggestions made during this process and to follow them insofar as it is possible for you to do.

Guidance has interactive qualities and those qualities are sharpened and articulated or made more detailed by the process of listening to guidance and following instructions. This does not mean that you must follow orders of any kind. What it means is that you are as active after a session of communication with guidance as you had been beforehand in asking for guidance.

We would comment further before we leave this subject on the general nature of guidance. You come into incarnation with a guidance system that is composed of three parts. That tripartite nature of guidance is, in a way, a convention but it is very helpful to realize that the energies of guidance are not simplistic or unitary in terms of the kind of information you are getting. There is what this instrument would call a yin or feminine side to guidance having to do with nurturing and the immediacy of unconditional love.

There is the yang portion of guidance which could be called masculine which has to do with power and the right use of power and can also contain the energies of wisdom and discrimination.

In many systems of magic, philosophy and religion, these two energies are switched and what we have described as feminine energies are assigned to the masculine or negative or yang energy and vice versa.

It does not, to our mind, much matter how you define the qualities of masculine and feminine, yang and yin, negative and positive. It is more important by far that you see the dynamic between love and wisdom, and so forth.

The third aspect of guidance with which you are naturally endowed could be described as androgynous or sexless in that it is that common ground which unifies guidance. It is also that energy which is most closely aligned with the process of moving within that shuttle which is your spiritual nature to bring to you, from the resources of your deep mind and the inner planes in general, those energies which are most helpful to you at a particular time.

It is not necessary to give this third entity a habitation, a place, a seat with you, and so forth. It is far more necessary that you come into contact with the dynamic of masculine and feminine, yang and yin, positive and negative. In your very body, mind and spirit you unify this dynamic. But it is well to

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invoke spirit, if so you do, in a way which specifically honors and respects the dynamic of love and wisdom in your guidance system.

You have other aspects of your guidance as well which you have accreted to your essence within incarnation because of the work that you are doing, the service that you are providing, the purity of your intentions and the sheer beauty of your soul. It is unknown at the beginning of an incarnation what your guidance shall blossom into by its end. This instrument, for instance, has well over a dozen entities and many, many essences which have attached themselves to her because of appreciation either for her nature, her dedication, or the work that she has done within incarnation as a service to others.

You, my sister, also have a multi-faceted guidance system. It is not necessary for you to identify or know all of these different layers of guidance. It is only necessary for you to know that they are, by their very nature, incapable of harming you or giving you poor information.

They also will work once you have asked for help. When you are outside of this sacred space that you have created, they will work for you in your car, during conversations in stores and shops and at the roadside. Therefore, all that you see once you have invoked guidance for the day has the potential for being full of messages from guidance.

Therefore, we encourage you to pay attention as you pass the street signs, the names of businesses, the advertising billboards, and other sources of information that are completely random. Note those street names, business names, and so forth, that resonate to you or that jump out at you.

(Side one of tape ends.)

(Carla channeling)

Consider them and the implications of the phrases or the words involved. Note birds and animals that cross your path and ask yourself how they make you feel and what, if anything, they may have to suggest to you in terms of the way that you feel.

This instrument informs us that we need to move along as this session otherwise will grow unmanageably long and we will run out of energy before we reach the end of your queries.

Consequently, we will ask if there is a second query at this time? We are those of Q'uo.

K: I recently experienced a very trying time emotionally. A healer that I work with and whom I trust determined that I was being infected both by dark energy and by a dark entity, the latter having come in or attached during my birth process in this life. Once we identified this it did feel right and resonate with me. Is it possible for you to confirm this and comment further to help me to understand this dark energy and the attachment of entities in general and why I specifically manifested such an experience in my life?

We are those of Q'uo, and are aware of your query, my sister. We find that it would be crossing the line and infringing upon your free will specifically to identify the source of such a specific attachment as you describe. However we find ourselves wishing to express both to you and to the one known as Carla that the reason for such attachments of an entity as opposed to a general energy have to do with one of two things.

They may have to do with a dedication on your part to working through a specific issue with a specific entity; that is say, a parent or someone within your incarnative process with whom you will have a continuing relationship. It also may be a connection that you pick up because of work that you have done in consciousness or in service in which you have created for yourself the characteristics of what this instrument would call a "lighthouse," where you are consciously and with dedication and persistence standing very close, as close as you can, to the light and the love of the one infinite Creator.

It is often said that when you stand in a stronger light you cast a sharper shadow. In that strong light your shadow self becomes glaringly obvious. The entity, seeing this sharper shadow, sees, then, its best route of access into your energy system. Any shadow that you cast, or to say it another way, any nicks in your armor of light that offer erroneous thinking or an immature understanding of love, light, wisdom, truth and so forth, can constitute such a point of weakness which makes it possible for entities to enter the energy system.

Whether or not there is an entity involved, the process of dealing with darker energies remains precisely the same unless you wish to engage specifically with an entity by knowing its name,

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working to control it or its power, and so forth, We would not recommend this avenue of control for it is not ever entirely service to others to attempt to control any essence, entity or energy.

We would suggest simply that you realize that whether an entity is involved or not, the reason for your having attracted this energy is your very loving and light-filled nature. It has called forth your shadow side or a mirror of your shadow side, for are not all things one? Therefore, even if it is an entity with a name, a background, and so forth, yet still, in its essence, it is yourself and, more specifically, it is mirroring to you a part of yourself that is unredeemed by your own acceptance, forgiveness and love. Therefore, sending such an energy or entity your deepest understanding, acceptance and love is, in our opinion, the most efficient way to deal with what this instrument would call psychic greeting.

May we ask if there is another query at this time?

K: Can you please comment on the following. In our world there are various moral and societal expectations for behavior on the level of personality or ego which sometimes seem directly to contradict what one needs on a soul level. Example: I was married and now am divorced. My husband and I both felt that our marriage had died and despite our efforts to revive it, we were unsuccessful and decided to separate. I felt very strongly that in some way my soul would have died had I tried further to remain in that relationship. Yet in leaving my marriage I broke a vow I had made. And my issue is not so much a religious one, although that also has meaning to me. It is a question of how to manage it, when what one should do seems to contradict on a soul level what is expected on the everyday personality level.

We are those of Q'uo, and are aware of your query, my sister. May we say that this is a question which resonates greatly to this instrument as well and in answering this query we will use her example in terms of the way she approached solving the same paradox.

The paradox involved in making a promise that is both in consensus reality and intended to be sacred or in metaphysical reality is that the promise in space/time and the promise in time/space are two completely different animals or creatures.

A promise within space/time is, in actuality, and in terms of energy expenditure, connected to the yellow-ray chakra, that chakra which works with the energies involved in dealings between yourself and groups. When you make a promise such as marriage within consensus reality, you are in effect making a contract.

The ways of contracts are binding within the limitations of those contracts and can be unbound in the ways of your worldly or cultural systems. You have obeyed those conventions in becoming disentangled from the agreement that you made. This completely eliminates any problem on the level of your energy as it has connected with the doings of the planetary culture.

What remains and what you are attempting to resolve, we believe, is the sacred promise that you made or the sacred aspects of that promise. The philosopher known as Emanuel Kant to this instrument created a body of literature in which he suggested that there are some rules that cannot be broken, or rather, that there are some rules that can be categorical, so that they would never be broken by their very nature.

This suggestion has been quite destructive in terms of its interaction with those who have been responsible for actions within consensus reality. In truth, within consensus reality, we do not believe that there are any categorical imperatives, as the one known as Kant suggested that there might be. It is our understanding that those who attempt to create immovable or immutable rules shall find themselves impaled upon the points of those rules. It is acceptable for such a decision to be made and it is in that wise that we cannot criticize any who remain married, for instance, when there is no hope for health for either soul in the contract of marriage.

It is understandable to us that entities would wish to martyr themselves in order not to break such a promise in order that they might be stainless and without any perceivable sin. However, we use this instrument's own experience to illustrate the possibility of another way of observing such sacred promises.

This instrument, in attempting to honor the sacredness of this promise of marriage with her first husband, found that she was only able to experience profound relief when her first husband asked her for permission to dissolve the bonds of marriage.

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However, this instrument asked for permission to talk it over with the first husband and to change the agreement on the level of sacred agreements and specifically to address the change in sacred terms.

They therefore went through the necessary verbal means of acknowledging the sacred obligations of such a promise and freeing each other not only from the legal promises but from the sacred promises. They then knelt together and asked the Creator to bless the changes in their agreement.

We believe that it may well relieve your concern at this time to go through the additional process, whether with your partner or simply between yourself and the one infinite Creator, in acknowledging the sacred aspect as opposed to the legal aspect of breaking such a promise; of detailing to the Creator, and if you wish, to this entity in your life with whom bonds have been dissolved, the details of your dissolution of these bonds, and then asking for the blessing of the one infinite Creator on this change of agreement. In this way, what this instrument would call situational or relative ethics may be invoked without ignoring or abnegating the responsibility of honoring sacred vows.

May we ask if there is another query at this time?

K: This question concerns a relationship. A man whom I love very much seems to be oriented to service to self and to be fairly polarized in that direction. He is also very powerful in the psychic realm. I see myself as being more oriented to service to others. When we started to become closer, he seemed very much to back away and I felt that this was because our connection was depolarizing him or generating fear or a sense of losing power. Is this an accurate understanding? Also, is this person possibly being influenced by fifth-density entities unbeknownst to him? This has been a concern of mine for some time.

We are those of Q'uo, and are aware of your query, my sister. We find our ability to speak severely limited with regard to this question. The reasons are multiple. Firstly, this is an active point within your spiritual process at this time. We do not wish in any way to do your learning for you.

Secondly, we can comment to you concerning yourself with far more of a sense of remaining free of infringement on your free will than we can in terms of commenting on another entity who is an other self outside of your energy system.

What we would wish to do, then, is simply to comment on your own way of dealing with your perceptions at this time. We ask you to lose all fear and to realize that, in terms of energy work, this entity has no beingness within your system but is acting as a mirror or reflecting surface, reflecting to you those energies within yourself which your dynamic with this entity bring forth in your process.

Therefore, if you are experiencing negativity or the results of negativity from your dynamics with this entity, they are there, in terms of your energy work, not for you to deal with this entity, but for you to work within your own energy system, using the information about your shadow side that you have been receiving as the mirror-images back to you from this entity yourself as he sees you or as you evoke his own nature in reaction to the dynamics with you.

Take this information in as if it were a psychic greeting. Ask yourself what you can learn from this picture of yourself. What can you learn from the picture of yourself as one who has pride or one who has impatience or one who has vanity? And so forth. Whatever aspects of self that are being brought up to you that you would rather not look at, these promptings from this entity create the opportunity for you to choose finally to look at them squarely. Find out, firstly, precisely what the nature of this shadow image is and then ask yourself if you can love, accept, forgive and transmute these energies. In terms of dealing with the other entity, that is an entirely different subject.

In terms of your own work, use this and every relational dynamic as information concerning yourself and look always with eyes of the deepest and most sacred love and compassion upon the issues raised by this imaging process.

We find that we have a certain amount of energy and would ask the one known as K if there are any questions remaining upon her mind or any ways she would wish to follow up on these questions? We are those of Q'uo.

K: Thank you very much for all that you have shared in your great service and kindness. On the last question about the relationship, I do have one follow-up, which is to ask, as I've been doing this

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work and attempting to do what you are suggesting, what has come to my awareness is that, in some ways, the mirror-image is about my feeling like I know what is better for this entity. This is something I accused him of doing for others. Would this be a correct understanding of my shadow?

We are those of Q'uo, and can confirm this understanding for you. May we say that it is rare that an entity is so able to pick up the subtlety of how the mirroring effect works. It is indeed very helpful that you have come to this conclusion.

May we answer you further, my sister?

K: I think that's it. That's all I can take in today and I thank you so much because it's been very helpful and your services are most appreciated, today and in all the various channelings. And I also thank the one known as Carla and Vara and all the guides and other assistants that I feel have been present today, and I send you light and love.

We are those of Q'uo, and are aware of your comments, my sister. We cannot tell you how much we have enjoyed this opportunity to share energy with you at this time.

We are aware that the one known as Carla had a query but at this time we would suggest that she retain this query and ask it at a later time, as the energy does wane at this time. Therefore, we would leave this instrument, those present, and all, as the one known as K has said, of the unseen friends that have attended this session, in the love and in the light of the one infinite Creator. May you go forth rejoicing. We are known to you as the principle of Q'uo. Adonai. Adonai. ✤

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
October 14, 2005

V: *(Reading question.)* "E's first question today reads, "I feel I have made significant progress in my spiritual growth over the last couple of years. Can you confirm this? Please comment in any way you feel helpful concerning what specific things I could consider or do to continue in this growth."

(Carla channeling)

We are those of the principle known to you as the Q'uo. Greetings in the love and the light of the one infinite Creator. We are most privileged to serve the infinite Creator by offering our humble thoughts through this instrument and we thank the one known as E for setting aside time and energy to request a circle of seeking at this time.

We are most happy to respond to this query. However, as always, we would request, not only of the one known as E but of all who may read or hear these words, that each take the responsibility for his own powers of discrimination. The issue here is our desire not to infringe on the free will of any person or to become inappropriately engaged in the process of spiritual evolution for another.

Therefore, if it is well understood that we are asking that you listen to each thought of ours carefully and be very ready to reject it if it does not seem resonant to you, that will free us to speak our minds without being concerned that we will infringe upon your free will inadvertently.

We have found in the past that there are those who would take our words to be those of an authority and we would not wish them to be perceived in that light. We, as you, are those who seek a greater understanding of the one infinite Creator. We do not wish to be perceived as authority figures or as those who could give you words that would be taken without question. Please do question each and every thought that we offer you this day. We thank you for this great consideration.

We can confirm that the one known as E has made significant progress in his spiritual evolution in the last couple of your years. We would comment on the request for suggestions for further work in this wise in two ways.

Firstly, we would comment on the basic nature of what it is to come to graduation at the end of your third-density experience upon planet Earth.

Your tuning, as of this pleasant autumn day that we enjoy seeing and listening to through this instrument's ears and eyes, has almost nothing to do with what will occur when you or anyone else in this situation actually enters the gates of the larger life and so becomes eligible for graduation. The only consideration for graduation at that time will be your tuning at that time.

It is very helpful to do work day by day, week by week, and month by month. That kind of dedication and persistence is always fruitful in accelerating the pace of your spiritual evolution.

However, graduation is not a test that can be taken beforehand. Nor is it a test that can be studied for, in the sense of cramming for a final, as this instrument would say.

When we speak of the word "tuning" or consider the vibratory energy that you hold at a certain moment, we are not speaking of anything physical. We are not even speaking of the weak electrical charge of your thoughts. That is an artifact of third density and space/time.

We are speaking of that tuning which is a true reading or readout of your state of mind at any particular moment. The tuning that you have at the moment of your entry into the gates of larger life may be radically different from your tuning at this time. We are in no position to know your future.

Each choice that you make between now and the moment of your death, whenever that is, will readjust the vibratory energies of your energy body and will change your readout. This process will go on in a completely open and fluid manner until the point at which your consciousness separates from your physical body and enters through what this instrument has called at times, in a somewhat joking manner, the Pearly Gates. We call them the gates to the present moment, the gateway to intelligent infinity, or simply, as this instrument terms it, the gateway to larger life.

This is not to discourage the one known as E from taking pride in the accomplishments which are his and in the changing of his vibratory rate as it has been changed by his seeking, suffering and entering of the silence. It is rather to orient the one known as E to a deeper realization of what it is to enter the graduation process.

In truth, the vibratory levels with which you entered incarnation upon planet Earth will most likely not have altered tremendously when you leave the planetary environment of Earth. What will have changed is the readout of your energies within each of what this instrument would call your chakras and the overall balanced readout of all of your chakras that together make up your ultimate vibration as you leave Earth and space/time through the gateway to intelligent infinity or to larger life.

Each time that you perceive an ethical question and move to respond in a heartfelt way to that ethical question, the choice that you have just made rebalances your entire energy body as well as altering the vibratory readout on the chakras to which these decisions apply. Unfortunately, for those who would like to see their progress as an unending upward climb, one day's good work can be completely undone by another day's error in thinking. Polarity is very fluid. It changes from moment to moment and from day to day.

Each day we would encourage the one known as E to awaken with the realization that this is a new day. This clears the way for you to make the most use possible of the catalyst that is offered to you during this day. Each day you will receive various elements of catalyst that create in you various thoughts in response. Examine these thoughts to see where your point of view leads you in responding to catalyst.

Again, this is not to discourage you from making a concerted effort to progress. It is simply to say that the work that you do is a work in progress and that you are not building precisely the way entities build buildings in third density. You cannot and do not, in spiritual work, build your footings and then your walls and then your roof and so forth. In actuality you are building parts of all elements of your building of self. You are creating elements of the structure of your self by the decisions and the choices that you make.

The most helpful way to progress quickly is never to unmake a choice. However, we have found that it is almost inevitable in third density that entities will make and unmake choices repeatedly, not always being consistent. And each time that the inconsistency occurs and the choice to love without condition, or whatever choice of an ethical nature that you have made, is then rescinded, this changes your vibratory level.

It is not possible to hold on to past glory. Rather, the most helpful thing to be before your mind is always the moment and the choice of this moment.

Secondly, in this regard we would note that to those who perceive, at the heart level, the absolute centrality of service to others as a polarized choice, it is close to inevitable that at the moment of death and the entry into graduation, your vibratory level will reflect that basic choice. Once you have awakened and begun the process of spiritual seeking, the odds are heavily in your favor that your vibratory level at that time will reflect a satisfactory level of

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service-to-others polarity for you to be able to have the opportunity to graduate.

We say this in order to take away that feeling of needing to pass a test. It is the essence of the grasping of the centrality of the choice of service to others as a polarity that is the most substantial part of how your energy body will be vibrating at the time of your passing through that gateway, rather than the day-to-day details that vary according to those transient and ephemeral circumstances that come and go, rise and fall away again in the course of any lifetime.

Therefore, rather than being overly concerned about any one choice, any one day, or any one action, keep moving back in your mind to the central point and to your first faithful choice of polarity. Affirm and reaffirm that choice. This is your fulcrum. This is the source of your power as a choice-making spiritual seeker.

Then, each day, let the day be a new one and see what you can do to make this day a day in which you have upheld that basic choice to the very best of your ability as a spiritual seeker.

As to what you can do from this point onward to keep moving in the direction which you have started, we would simply encourage you in two ways. Firstly, we would encourage you on a conscious, mental and intellectual level to engage your powers of analysis on a daily basis. Perhaps the evening is your most convenient time for this exercise but it can profitably be done at any point during the day that is convenient to you. Take time to analyze those thoughts that have been uppermost in your mind. It may even help you to jot them down on a computer or with pen and paper. Where has your mind been today? What are your thoughts? What emotions occupied your attention? Ask yourself this on a daily basis. It is an efficient and not a time consuming way to respect and honor your own thoughts.

It is notable how many good thoughts entities who are seeking have, to which they do not pay attention. Pay attention to your thoughts! Spiritually speaking, your thoughts are the objects that furnish the rooms of your consciousness. Furnish well, my brother, that room of consciousness.

And if you are not satisfied with the quality of those furnishings, analyze with that excellent intellect of yours precisely where you are dissatisfied with your own performance and muse, asking yourself how you might encourage yourself to be more focused and more centered when those same themes of thought and feeling come up tomorrow.

Secondly, as always, we encourage any entity who attempts to live a spiritually oriented life to make time on a daily basis for silence. The distracting and seductive power of noise and activity is remarkable in your culture for its constancy. Even in the midst of seemingly rural circumstances there is busyness and noise, distraction and seduction.

Entering the silence, one at last closes the door on distraction and seduction. We always recommend meditation, which is a very straightforward thing in our minds, consisting of sitting, lying or walking while keeping inner silence. If thoughts arise, allow them to arise but do not following them. Let them fall away. When more thoughts arise, be just as tolerant of them but do not follow them. Let them all fall away.

It may be that your experience of meditation is nothing but watching your thoughts arise and then fall away. That is acceptable and will be helpful to you. It is not to the one who meditates perfectly that advancement and awareness are given. It is to the one who is persistent.

There is a tremendous cultural bias towards looking for some kind of result from any action that is undertaken. Sometimes in the life of the spirit meditation seems to produce moments of great realization and that feeds into the spiritual materialism of thinking that the meditation has produced a result and therefore is a good thing. In fact, it is the discipline of submitting the body and the mind to being shut down and to entering the sacred space within your own heart in a conscious manner that creates the environment in which what this instrument would call results are recorded or are seen.

Therefore, as you choose your manner of meditation, see what you can do to find for yourself a time of day and a place which is as much as possible stable for your time of silence. Like anything else, such times are a habit. When you have established a habit, it is much easier to continue a spiritual practice. Until you have established a routine, shall we say, your practice does not have a convenient nook or cubbyhole in which to park itself and so each day there is a moment of anxiety

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when you realize that you have not yet provided for yourself the opportunity either to enter the silence and to listen for that still small voice within the silence that is the Creator or to analyze and think about your thoughts of the day and of the previous day. Finding a place in your daily routine that works for you for these disciplines is, to our way of thinking, very helpful in that it allows you the daily opportunity to fulfill your basic goal of attempting to accelerate the pace of your spiritual evolution.

We do not insist upon any particular kind of meditation and believe that there are many different variations on meditation that are equally helpful. There are some who find working and walking in nature to be their most effective visit to their own heart of hearts.

There are others who find open-eyed meditation, gazing, for instance, at a white sheet or white wall, to be the most helpful form of meditation.

There are others who find visualization a very helpful focus for meditation and others who find chanting or mantra helpful.

We encourage you to follow any and all of these variations in entering the silence until you have found one that you really feel is your own. Then, my brother, make it your own. Create a rule of life for yourself that includes the daily observance of these disciplines. This basic reserving of time is a tremendously powerful resource and creates an environment for enhanced spiritual growth.

May we ask if there is another query at this time?

V: Thank you, there is. E's second query is, "Do you see my work with DNA activation and Ormus as beneficial to my spiritual evolution?"

(Carla channeling)

We are those known as the Q'uo, and we are aware of your query, my brother. The one known as V and this instrument were speaking earlier concerning this very question, and it was mentioned that almost anything is helpful to spiritual growth. We would agree with this assessment. We cannot offer you a general estimate of the value either of the DNA Enhancement study or of the Ormus study, although we grasp the excellence of the energy connected with those who do this work. Moreover, we grasp that in both instances entities of considerable spiritual polarity and power are working with valid and legitimate principles within the natural world and producing provocative and helpful material.

What we can say is that when working with such concepts and areas of study as these it is well to question that which you are studying with the same kind of trust in your own powers of discrimination that we have asked you to invoke when looking at our thoughts. Do not assume that any so-called outer authority can be trusted.

It is not that entities would wish to produce untrustworthy material. Rather it is that all material must come into the energy system of one particular individual. It is not a one-size-fits-all world at all, in terms of truth. That which would simply be truth to one person might become a very unbalanced truth that for a particular entity could be overvalued as being something that is true for all people, whereas this is never the case. Something that is helpful to you on one day may not be helpful to you on another. Something that you work with very usefully at one point may need to be put down and forgotten entirely as a higher truth comes to you along the lines that you were studying.

Therefore, we ask you to remain sensitive to the present moment and to the person that you are as you approach the material as it appears to you today. Do not be afraid to let go of something that has seemed to you to be the truth in the past. Rather, lift up that which you are studying this day to the light of your present mindset.

And if you sense that there is any lack of resonance in that which you are studying, then we would ask you to put that resource down for the present. For this day it is not helpful to you. Take it up again another day and see if the resonance has returned. Either something about the material has changed, or something about you has changed. Allow those things to change. But you may always reinvestigate any body of material to see if you may reenter it at a different level and find use for it once again.

Try to remember that everything in the process of a spiritual evolution is in flux. You are dancing with the various influences and energies in your life. Blessed is the entity whose dance is not completely bogged down in the dance of relationships, the dance between the self and groups and so forth. Blessed indeed is the entity who has balanced these

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energies to the point where the life in its totality may be viewed as a spiritual experience.

When all things are seen as sacred, then the potential for accelerating the pace of your spiritual evolution becomes ever greater. We encourage you to see all things as grist for the mill.

May we ask if there is another query at this time?

V: Thank you Q'uo. That response also spoke to E's third question. So I will move on to number four: "I feel that I am a wanderer. Can you confirm? Please comment on where wanderers return to after graduation from third density."

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. We can confirm indeed that you are a wanderer. The choice of where you go after you have completed graduation from third density is a choice that will not be made until that moment.

Upon the physical death of the body which is connected to your spirit complex there is a period of unknown length during which you finish that business that is yours within third-density life. This includes a carryover as you stand in the gateway where the expectations that you have of the life to come or what this instrument calls the larger life meet the actuality of that larger life.

For many people there is a time of clearing away of expectation of an unknown duration depending upon the tenacity to which certain expectations are held to the self.

(Side one of tape ends.)

(Carla channeling)

For instance, if an entity desires or expects to see the one known as Jesus or the one known as the Buddha, then there will need to be a certain amount of time during which these expectations are fulfilled.

When an entity's mind and consciousness are clear at last of expectation, then that entity is ready to go through the process of actual graduation. That process is as simple as moving into the light and stopping at the place that feels the most comfortable, neither too much light nor too little light.

It will not be obvious at all as to whether that final destination, that place of stopping, is in third density or fourth density. Once you have stopped, then you will discover, along with your higher self, what your point of destination has been. If you are still in third density, then you and your higher self will talk together, looking over your incarnation that has just taken place and choosing the next location for third-density work. Once that location has been chosen, then you and your guidance system will move into discussions concerning the actual setup and shape of the incarnation to come.

If, on the other hand, you have stopped at a point that is further than third density, whether it be fourth, fifth, or sixth density, then it may be assumed that that location is your embarkation point for your next incarnation. It may be that you will not move back to your previous destination, in other words, that destination from which you came to offer yourself to service upon planet Earth. It may be that there will be incarnations that simply rebuild and rebalance parts of yourself that in some way were damaged during the sometimes very rough and tumble processes of third-density incarnation.

In the end, when all impediments to your returning to your place of origin have been met and balanced, you and your guidance system, or your higher self as this instrument calls it, will then do the same kind of thinking and planning that we were speaking of an entity doing in third density when they do not get to graduate and when they are simply planning their next incarnation.

For one who has wandered, such as you, the universe is quite open. You and your guidance system will discuss the needs of your beingness for rest, for learning, or for further service. These discussions and considerations will take in the full range of your beingness in a way that it is difficult to share with you with words.

Were you to attempt to write down the fullness of these considerations you would discover that the document that you produced would be thousands and thousands of pages long. It is no inconsiderable thing to choose the manner of your expression when you have cleared service as a wanderer in a lower density and you are now contemplating your next move.

Generally speaking, you will be consulting not only with your guidance system as a person, but with the guidance system of the group of wanderers of which you are a part. And while it is not certain, it is very likely that you, as a member of that group, will choose, after due consideration and deliberation

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with other members of that group, to serve again as a group in another situation in which you become wanderers once again and enter into becoming natives of a lower density in order to serve as light bearers and lighthouses, as this instrument would say it.

May we ask if there is another query, my sister?

V: Yes. "Please assess the probability of a pole shift in this planet's near future. Please comment in any way you find helpful about the end of the Mayan calendar and 2012."

(Carla channeling)

We are aware of your query, my brother. We are those of Q'uo. That which we have to share with you on this subject is somewhat limited because of the fact that these considerations are part of your process at this time. We would say three things:

First of all, the likelihood of planetary pole shift is nearly certain. The only question is when that shift shall occur. What entities such as L/L Research hope to accomplish with their service is the delaying of such a time of planetary annihilation and, if possible, the softening of that blow so that it is possible to have the shifting occur in stages which the planet and some of its population can survive. This is simply in order to create the continued environment within which third-density entities have the continuing opportunity to make the choice of service to others or service to self.

Secondly, the Mayan calendar and many other systems indicate that 2012 is the end of an Age. Indeed, the Mayans end time is in 2012, at the Winter Solstice. This is an accurate assessment of the movement of the planet itself into the Age of Aquarius. This Age begins a kind of octave and is a tremendous shift. It is occurring very much on time and on schedule. It is, however, to be noted that this event is metaphysical rather than physical. There is nothing inevitable, in terms of physicality, about what is going to occur at the Winter Solstice of 2012.

It is the hope of many entities such as this instrument that in between now and 2012 it will be possible to continue to create an environment in which entities may awaken as to the choice of polarity that they have to make. It is equally hoped by this instrument and many others that they will be able to serve by helping the planet itself, and in this case we are speaking of the third-density Gaia, after 2012. There is a considerable amount of restitution and rebalancing which entities such as you and this instrument may do in order to help the planet itself to heal after the grievous wounds inflicted upon it by the humankind that dwells upon this planet.

Third density itself is waning. The need for wanderers and their lightening of the planet will cease in 2012. However, the need for all of those who live and who dwell on planet Earth as natives, which includes all wanderers, continues to be that of being loving stewards of the planet itself.

It is possible, when you search your heart, that you may find great resonance not so much in your service to the people of planet Earth as to your determination to serve the planet itself. And that is something you may ponder.

In leaving this subject we would take note that we found this instrument's vibration dropping considerably when this question was asked. And that indicates to us, since we know that this instrument herself is not fearful concerning the times to come, that the query that you asked held a certain amount of fear.

In an atmosphere of fear, it is difficult for the truth to come through. If that fear is held and if the focus of that fear is gradually intensified with each new specific piece of information found, then we would observe that you are creating the potential for undoing the work of polarization in consciousness that you so carefully and persistently have pursued.

If you find yourself dwelling in the precincts of fear, cast your minds immediately to the grave. Lie down in your grave and realize that this is the end of your body. When you have gotten very clearly in mind the inevitability of physical death, arise from that grave. For today you are alive! Today the sun shines upon you and you bloom like a flower. In your blooming, praise the one infinite Creator and know that both in life and in death your consciousness is unchanged.

Is there a final query at this time?

V: Indeed there is. "Please tell us about the nature of physical life in fourth density, including details about jobs, home and family, those things that seem to make up the mundane part of third-density life."

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(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. In a way, it is not at all difficult to answer this query, my brother, for in fourth density you will have a physical vehicle and you will occupy yourself with various activities.

What is almost impossible to convey to you is the changed nature of your awareness in fourth density. In third density you have been dealing with life in the dark. Having to make the choice of polarity in an atmosphere of absolute unknowing created the necessity for third density to be a life lived in the dark. Faith is not faith unless it is grasped without proof. Therefore, you have been veiled of all possible ways of proving in any objective sense the truth of those spiritual principles you have chosen to hold dear.

When you have come through the refining fire of this furnace-like existence of third density, you will find yourself in a much different environment. But it is not an environment which you would think of as idyllic. You will be living in a completely open environment in which everyone knows all of your thoughts at all times. You will know everyone else's thoughts at all times. It will no longer be possible for you to put others on a pedestal or for others to put you on a pedestal.

However, fourth density is life lived in the daylight of the awareness of the one infinite Creator. There is no need for faith in fourth density because the situation is eminently clear. It is very clear that all are one being. It is very clear that the elements of what you think of as personality are bits and pieces assembled like the change in your pocket or a collection of bibelots[65]. Whatever you do choose in fourth density, you will be aware that it is not adhering to you because it is you. You will be aware that you are wearing it as you wear a piece of clothing. You will be aware of the roles that you play. You will embrace them. But you will also realize that that which is most essentially yourself recedes infinitely and ever before you. The shadows that you chase in the daylight are the shadows of paradox and mystery.

In fourth density it is not necessary to earn money. It is, however, an absolute imperative of your very nature that you serve, love and give and that you allow entities to serve you, love you, and give to you. Consequently, you shall move where you wish to move in thought and in physicality in order to fill the niche that most beautifully fits your needs and your gifts. The overriding energy of those days will be to discover how you can create wealth in terms of multiplying your gifts.

You shall certainly continue to choose a life partner as a way of serving the Creator and you shall choose most likely to live in families. It is however, likely that these families will be clans rather than nuclear families and they will sort themselves out by what this instrument would call the "birds of a feather" plan.

You have already found in this last bit of third density that entities find themselves grouping themselves by common interest. This will continue and will intensify. It will be, however, exponentially more simple to choose one's group and to work within that group because there will be that awareness of the thoughts of others so that a very deep level of certainty may be yours as to the true compatibility of yourself and the rest of your clan.

We find that the energy wanes. We thank you, my brother, for the opportunity to spend this time with you. It has been a pleasure and a privilege and again we thank you for setting aside this time and we thank the ones known as Carla and V as well. We leave you in the love and the light of the one infinite Creator. Adonai. Adonai. ♣

[65] bibelot: a small household ornament or decorative object.

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Special Meditation
October 15, 2005

Question chosen by PLW poll:[66] Can you talk about the concept of densities and/or vibrations levels? We hear a lot about these terms. What do they really mean? How do we apply them in our daily lives here?

(Carla channeling)

We are the those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It a pleasure and a privilege to be called to your circle of seeking and we thank you. We are most pleased to be asked to share our thoughts with you on the subject of densities and rates of vibration.

We would ask of you, as we always do, that each of you who considers our words be very careful to employ the full power of your own discrimination as you listen to or read these words. Be aware that you are the sole arbiter of what comes into your mind and what is released from being considered by you. Each entity's universe is unique. Each person is a being that creates their own universe. Consequently, what is true for you at one time may not be adequate for you at another time. And what is true for you may not be true for someone else.

Therefore, as you listen to those things that we say, we would greatly appreciate your being very careful to listen with an ear for the resonance of any particular thought. If a thought seems resonant to you, then please feel free to explore it. If it does not seem right to you, for whatever reason, we would ask you to lay it aside. In that way we will feel much more able to speak our thoughts freely, knowing that we are not infringing upon your process. We would not wish to become a stumbling block in the evolutionary process of any. We thank you for this consideration.

In speaking about the terms "vibration" and "density" we are to a certain extent limited by the concepts of your culture. In terms of the standard cultural concepts of these terms, they represent terms speaking of one system only. It is our understanding that we are speaking of not one but two types of systems when we use these terms.

One system is the classic system that your Newtonian physics represents or discusses. It is consensus reality, or as we might put it, it is the world of space/time. It is the physical universe. The other system to which these terms applies is the metaphysical universe, the universe of time/space.

The universe of space/time is the universe in which your intellect functions. Your brain is a tool that is limited to the space/time considerations of analysis, the solving of problems and other abstract functions of reasoning and rationalization.

The world of time/space is the world of the unseen realms or the inner planes. It is the realm of your consciousness and your heart. If you sometimes feel that you have a divided mind, you are perceptive

[66] Planet Lightworker Magazine (www.planetlightworker.com).

and literally correct. For you have two kinds of mind. You have the mind of the brain and you have the mind of your heart. The brain is an excellent tool for solving problems of your consensus reality. The mind of your heart is the province of intuition and insight. It receives promptings, visions, dreams and inspiration from the spiritual realm.

This instrument has often said that the longest distance in spiritual work is the fourteen inches from head to heart. Neither kind of thinking is to be rejected or disrespected, and the goal that we would suggest to each of you is to combine the two ways of using the faculties that have been given to you as a person or a soul.

The terms vibration and densities are equally applicable to both universes, the universe of space/time and the universe of time/space. However, it is necessary to remember that there are two reciprocal creations that interpenetrate each other and create your inner and your outer worlds.

In order for you to be able to use these concepts most efficiently, let us look first at the concept of vibration. Everything that exists within your universe, both in space/time and in time/space, has a rate of vibration. Your body, for instance, is composed of various energy fields. Each of your cells is an energy field, and the atoms that make up those cells are small but are very powerful energy fields. Each atom and cell has a rate of vibration. The cells come together to create the systems of your body which in turn have an overarching unitary field of energy which has a rate of vibration. Your body as a whole, sitting or standing or riding in your car, has, similarly, a composite field and rate of vibration.

In the space/time world you have instrumentation that is capable of measuring many of these rates of vibration. The way that vibrations are expressed in your system of physics is that which is called a sine wave. That is [in] a shape of an unending "S." The vibration moves above and below a center line which is the center point of that vibratory expression. When you think a thought, the process of thinking creates a weak electrical vibration.

The planet upon which you live has a composite rate of vibration as well as a composite energy field. Every object in the space/time universe has an inherent field and rate of vibration. This is important to remember when you consider that your universe is made up of mostly empty space. It is these fields that create the illusion of solidarity in your field of view.

When you look at your chair, it seems as though you are looking at something very solid. However your scientists will explain to you that you are actually looking at an illusion that is mostly empty space. The system of one atom looks a good deal like a very small sun and its planets, with the electrons functioning as the planets.

In so-called matter, scientists have never been able to see any matter. They are able either to locate the path of energy that is going on in the electrons of an atom or they are able to identify a position that the atom is holding in the space/time continuum. In terms of being able to nail down something called matter that has mass, they have not been able to do so. In fact, your space/time universe as well as your time/space [universe] is a universe of energy.

Consequently, when we speak of densities we are not speaking of something that is dense in terms of matter. Rather, we're speaking of various levels of the density of that which we would call light. If you can accept that everything, including your thoughts, has a vibratory level then you are conversant enough with this concept in order for us to speak of density levels.

As you think of yourself, you think of your physical body with your eyes, your nose, your mouth, the way that your body is, how much it weighs, what color the hair is, what kind of texture your skin has, and so forth. These are the considerations which come to your mind when you think of who you are.

In fact, there is a part of your body which exists in time/space. It is the metaphysical or the time/space portion of your physical body. In some systems of philosophy it is called the chakra system. In others it might be called the electrical body. There are many names, in fact, if one examines the terms used in religions and systems of spiritual seeking for this unseen but causal body. It is, shall we say, the repository of the default settings for the body which was born into incarnation at your birth. The chakra-[body] or the electrical-body contains the ideal or perfect system settings for your entire body system. These settings exist in the memory in each of your chakras.

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Within the system of chakras known best by this instrument, there are seven chakras and each of them is a part of the energies of the body.

The red-ray or root chakra deals with issues of survival and sexuality.

The orange-ray chakra found in the [area of the] lower intestines deals with the relationship of self to self and the relationship of self to people around you on a personal level.

The yellow-ray or solar plexus chakra deals with issues of groups and the self. If you have married your mate, for instance, that energy has moved from an orange to a yellow-ray vibration. Family, work environment, your relationship with groups such as churches and other communities, all have the characteristics of yellow-ray work.

The heart chakra or the green-ray chakra is the first chakra at which there is the possibility of energy transfer and it contains that energy which this instrument calls Christed or that energy of unconditional love. The green-ray energy system is the springboard for the remaining chakras of your body.

The throat chakra or the blue-ray chakra deals with open communication and inclusivity.

The indigo-ray or brow chakra deals with issues with work in consciousness. If you are a person that enjoys meditation, for instance, you are doing indigo work. If you enjoy walks in nature, the reading of inspirational materials, or work in visualization, these are also indigo-ray works.

The remaining chakra, found on the crown of the head, is the violet-ray chakra and is a simple readout of your system-wide rate of vibration at a particular time.

Altogether, this chakra system is not only yourself in the unseen realms, that self that came to incarnation and that self that will leave incarnation with you. It is also your identity as far as energies and essences such as we ourselves are concerned. When we look at those who are sitting in this particular circle of seeking, we see not your physical bodies but the rainbow of your chakra system. Each of you is completely and utterly unique in your coloration and your energies, and that readout, shall we say, of the rainbow being that you are in time/space identifies you much more accurately and completely than your name or the way you look in space/time or consensus reality.

This system of space/time and time/space, outer and inner self, is who you are at this moment in your incarnation on planet Earth. It carries with the chakra system all that you are as a citizen of eternity and infinity. At the same time it carries the very ephemeral and transitory energies of your physical body. Your physical body was born and it shall pass through the gates of death and be no more. Your metaphysical body or the chakra system will travel through the gates of death into larger life with you; and in terms of your own experience or consciousness, your consciousness will not know any stoppage nor will it cease in its being for an instant at any moment during the death process. When you leave this incarnation, you shall be leaving what we would term a third-density incarnation. And that brings us to the discussion of the densities.

The densities repeat at a macrocosmic level the chakra system of your body.

The first density is equivalent to the red-ray chakra. It is the elemental density of earth, air, wind and fire. It is out of this elemental red ray or first density that your planet was formed and that your body was formed. The elements within your body vibrate at first density.

First density is interpenetrated by second density, and the denizens or inhabitants of second density are governed by that energy which seeks growth, movement and light. Second density includes the plants and the animals that are not self-aware. The world of nature is the world of second density. Neither first nor second density is at all or in any way separate from the love that created it and so all aspects and each iota of first and second-density entities and essences have a full awareness of the love and the light of the one infinite Creator.

Third density, however, is a density in which the inhabitants are veiled from that primal, instantaneous and instinctual awareness of this love and light. It is not obvious to the inhabitants of third density that there is a Creator or that they are one with the Creator. The third density is inhabited by those animals of second density that have become aware of themselves. If you gaze upon your pet you will notice that the entity that is your pet is not self-aware. Without self-consciousness it goes about its life.

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You, on the other hand, are endlessly self aware. You are always looking into yourself, asking yourself what you think, how you feel and who you are. You are aware that other entities are looking at you and you can become self-conscious and create all manner of concerns having to do with how you are coming across to other people. Second-density inhabitants are never troubled by concern as to how they are coming across. You, on the other hand, are self-concerned.

The third density is a density which is veiled from direct knowledge of the one infinite Creator in order that you may choose the manner of your being in perfect freedom. The Creator, in creating the universe which you enjoy at this time, wished to know Itself. And you are the sparks of that Creator which are going about the business of getting to know who you are. The harvest of this observation, with its processes of learning and realization, are the gift that your life will offer up to the one infinite Creator at the end of your incarnation.

That harvest is your crowning achievement. All that you have thought and felt, chosen and decided become a system of thinking that has a coherence and exists as a vibratory essence. It is this that remains, not your personality, not anything to do with your physicality, but this very bouquet of thoughts and feelings that you develop into the self that you are. This is your highest achievement. So it is very valuable to yourself in terms of the process of evolution of mind, body and spirit that you are engaged in as a seeker; that constitutes your basic vibration within third density at this time.

It is interesting to note, before we move on to fourth density in our discussion, that your third-density world at this time is giving birth to its fourth-density self. The Earth or Gaia is exhausting its third-density identity at this time. And in unseen realms interpenetrating with the third density planet, or Gaia, is a baby Gaia. It is being born full-grown and is swimming into coherence with the inevitability of the striking of the clock upon the hour. It is time for fourth-density Earth to be born.

We are happy to say that the birth is going well, and the baby is alive. The challenges that you experience in your third-density planet at this time, having have to do with wind and weather, are the birth pains of third-density Gaia as she adjusts her rate of vibration in order to bring forth the fourth-density Earth in both its space/time and its time/space aspects. At this time, however, it is a time/space phenomenon and it will not become a fourth-density space/time entity until the third-density inhabitants have been thoroughly cleared safely from the planet.

It is worth noting at this time that the planetary evolution is separate from your personal evolution from third density into fourth density. And one of the reasons that you were so happy to come into incarnation at this particular time is that it is a challenging time for your planet. Your heart went out to the planet as it entered this period of transition and you hoped to be a steward and a lover of the planet itself in that you may help it to achieve a soft landing, shall we say, into fourth-density beingness. When a planet changes densities it is then time for the entities that have had incarnations on the planet also to choose the manner of their beingness. So you are, as a third-density being at this time, in an incarnation at the end of which you shall be given the opportunity to graduate from third-density experiences into fourth-density experiences.

The person that will decide whether or not it is time for you to move on into fourth density with your planet is yourself. Upon your death you shall walk what this instrument is being shown as steps of light, each step being of a slightly fuller vibration of light than the one before it. There is a quantum break between the top level of third density and the lowest level of fourth density. At that point the light changes in its nature. If you are comfortable with fourth-density light, then you shall continue walking up those steps of light into fourth density. Wherever you stop is where you shall find the manner of your beingness when next you take flesh and incarnate.

If you remained within the third-density range of levels of vibration, then you shall need to move to a third-density planet elsewhere in order to continue your learn/teaching, your teach/learning, and your process of seeking. If when you stopped walking in the steps of light, you were standing in fourth-density light, then your next incarnation shall be on planet Earth as a fourth-density being. There are exceptions to this statement into which we shall not go into at this time. In general, this is correct information.

Fourth density is a density which has been called the density of love or the density of understanding. In fourth density the lessons of love will be explored.

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All of the thoughts of all of the entities within a fourth-density planet are known to each other and work is done in groups rather than being done singly.

The fifth density is a density which has often been called the density of wisdom.

The sixth density has been often called the density of unity. It is a density which explores the balance between love and wisdom.

The seventh density has been called the density of foreverness. In this density the energies of spiritual gravity begin to take hold of you as a spark of the Creator. The Creator shot you forth into first density with the understanding and the knowledge that within an infinite reach of time/space and space/time you would once again be drawn up into the Creator completely. The seventh density is the density where you prepare for and then go through the final stages of return to the one infinite Creator.

At the end of this density, it is as if you have entered a black hole, and, indeed, the physical black holes that your scientists have seen are physical aspects of this metaphysical process of spiritual gravity and the return of all that there is into the heart of the one infinite Creator. The end of this density system has been called by this instrument the "octave" because she is a musician and sees that when the seven tones, or colors, of creation have been completed there is a return to the original creation of the Father, as this instrument would put it. As the Creator's heart beats, shall we say, the entire process begins again. It is an infinite cycle.

The Creator is endlessly curious.

Now, each of these densities take a considerable length of what this instrument would call time. Your density, the third density, is the shortest of all densities, being a bit over 75,000 of your years in length,[67] and if you are familiar with the study of astrology, it is equal to the age of three of the signs of the zodiac. You are now ending one age and beginning another. The age of Pisces is giving way to the age of Aquarius. This 75,000-year cycle is called a density of choice.

You asked, "How can I use the concept of densities?" The most important way that we know of to use this concept is to realize the purpose of the density which you now inhabit. The purpose of the density you now inhabit is to create an environment within which, with complete free will and no compulsions because of knowledge that you have but only through those realizations that come from within, or as this instrument would say, by faith alone, you make a certain choice upon which hinges your path through fourth density, fifth density, and part of sixth density.

The choice is the one of your polarity.

There are two choices of ways to go or paths that you may choose within third density. One path is the path of service to others. The other path is the path of service to self. Either path, followed persistently and with dedication will lead you to graduation from third to fourth density.

In order to graduate from third density in the path of service to others it is necessary for you so to make choices that you end up being the kind of person that will choose service to others over service to self over half the time; that is, 51% of the time or more. A grade or level of choice of 51% percent or higher is that level of polarity which will qualify you for graduation to fourth density on the path to service to others.

If you choose, on the other hand, to follow service to self in order to graduate in the negative polarity it will be necessary for you to make choices that create a person who ends up choosing to be of service to the self 95% of the time or higher; that is, to have a level of service to others that is 5% or less.

We realize that it may seem to be off-balance that such a low positive grade would guarantee graduation, since 51% is not usually considered a passing grade, whereas in order to graduate service to self, an entity must have an almost perfect score of 95% or more of service-to-self [orientation.] However, we assure you that it is as difficult to achieve unselfish choices over half the time as it is to achieve selfish choices 95% of the time.

The reason is that the culture in which you are embedded is basically a service-to-self culture, thereby creating an outstanding and substantial bias

[67] This figure is closer to 78,000 years than 75,000 years, being the equivalent of three astrological cycles. The Confederation sources seem to "round down" to 25,000 years rather than up to 26,000 years for a minor cycle. There are three minor cycles in a major cycle which ends in a Graduation. So in fact the Ages of Taurus/Aries/Pisces are giving way to the Ages of Aquarius/Capricorn/Sagittarius.

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which must be overcome by those who wish to vibrate in unconditional love, or service-to-others polarity. Choosing to be of service to others at the expense of the self is difficult to speak about and, within the confines of this question and this session of working, we would only point in the direction of speaking about it by saying that there are many examples of those who have chosen service to others at the sacrificial level.

Every parent is an example of those who have chosen to love unconditionally at the expense of their own comfort, time and convenience. Certainly exemplars such as the Buddha, the one known as Jesus, and other gurus and masters of the spiritual path exist as obvious examples of those whose lives exemplify the choices of unconditional love.

It is equally obvious, when one thinks about it, that there are exemplars of service to self. This instrument thinks immediately of the one known as Hitler, and there are many other examples whereby the principles of service to self were invoked. Principles of service to self suggest simply that the self is worthy and that others exist to serve the self. By serving the self those other entities will learn that purity of thought and singleness of mind that will enable them to become service to self in their polarity.

Whether one chooses service to others or service to self as the path, it is a choice in how to love. If you are offering service to others you are expressing the love that is at the heart of your being by offering that unconditional love as your vibratory gift. You are allowing light to shine through you in just the way that a light house would.

If you are expressing service to self you are attracting the light to you rather than allowing it to radiate from you. So you might say indeed that the service-to-others polarity is the path to radiation whereas the service-to-self polarity is the path of magnetism or attraction.

It is your choice. How do you wish to express the love that created you? What do you feel is the truth and the heart of your being? Do you wish to follow entities such as Jesus the Christ, Gautama Buddha, or that guru that speaks to you of unconditional love? Or do you wish to follow those exemplars of the negative path which will teach you how to purify your ego and create a universe in which all things lead to you, and all other entities exist to serve you?

The point is to make a choice. If you do not make a choice, then you shall, along with your culture, take one step forward and then one step back. [You will] do a service-to-others act and then be selfish. You will never gain power until you begin to make, not only that first choice, but then to hold to the determination to live in such a way that your subsequent choices build on that first choice. With every choice that you make which is consistent, you are building polarity. You are strengthening your ability to do work in consciousness, and you are becoming a magical, powerful being; the being that you were meant to be; the being that you hoped to be when you took the bold and unimaginably brave step of casting away the memory of who you are in order to enter into the world of illusion that is third density so that you could, by faith alone, choose the manner of your expression.

We would ask the ones known as S1 and S2 if they have any questions to follow up our initial statement. We are those of Q'uo.

S1: Actually, we do. In the last few days, we have this, what S2 called miasma, a fog or a depression that doesn't seem to be focused on anything in particular. We have had various expressions and ideas of it. Q'uo, please give us your take on this recently energetic feelings that we have.

We are those of Q'uo, and are aware of your query, my brother. The one known as Willie Nelson once said in an interview this instrument heard that he did not understand why people were so complimentary about melodies. He said, "The melodies are in the air. When I need one, I just start listening and I pick one up."

In just that way, as planetary influence in all of its inner and outer expressions goes through the tremendous alteration necessary to create fourth density Gaia, it is singing many melodies.

Some of the melodies are coming from the planet itself.

Some of those melodies are coming from those who are here to assist those who are attempting to graduate along the lines of service to others.

Some of the melodies are being created from the unseen world who are here to assist those calling for help on the path of service to self.

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Therefore, some of the melodies are unimaginatively light and beautiful, while others are difficult and dark. These melodies all have the right to sing their song within the influence of Earth at this time. Each of them has a beauty. And there is a certain seduction or persuasion involved in both the light and dark melodies.

It is, as always, the choice of each of you as to what melodies you shall pick up and hold to your hearts, and which of those melodies you will choose not to focus upon. Now, each of you is familiar with the process of choosing what melodies, in a purely physical sense, to listen to, and what melodies to ignore. Every elevator that has Muzak is offering you a melody that you hope you will forget, most probably. Each store that you enter, particularly in the time of year which is coming up for you at this point, is going to offer you melodies that you may hum, or you may decide to forget. And so it is with these incredible waves of energy that are hitting your planet at this time, whether they come from the planet of whether they come from the unseen realms surrounding your planetary influence.

We suggest firstly that you respect and honor all of these melodies.

Secondly, we suggest you make a point of choosing which waves of energy you shall cooperate with and which waves of energy you shall not resist but simply not take seriously. The dark energy of which you speak is one which, as each of you has expressed, has been felt by not only you but also by many, many others with whom you have spoken in the last few days.

If you follow these waves of energies and ask entities with whom you come in contact about them, you will discover these waves of energy are system-wide. They are global. Entities are feeling them all over the planet. And so we ask you, "What shall you choose?"

We would suggest to you that there is no need to have any fear simply because dark melodies are being played. Choose instead to sing, "Alleluia, alleluia," and you shall tune into the more positive melodies. Even if you do not feel you can sing a note, let your heart sing for you. The unheard songs are the sweetest.

May we answer you further my brother?

S1: The last one will be a very whimsical question, for a dear friend of ours. Does Q'uo like chocolate? E would like to know.

(Laughter)

We are those of Q'uo, and if the instrument will stop giggling we shall attempt to answer your whimsical query, my brother. Let us say that the metaphysical aspects of chocolate are a delight to us.

(Laughing)

We leave you as we found you, in the love and the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
October 16, 2005

Group question: The question today has to do with what I call a dedication to an outcome. When we expend our energy; when we do things, we hope that it will produce a certain result. By dedicating ourselves to this result, we focus our energy. We make it more likely that we will accomplish the result. However, if we happen to fall short, it gives us a reason to doubt ourselves, to be angry at ourselves, to feel unworthy, and so forth. I'm wondering if this dedication to an outcome has anything to do with the creation of the emotions or how the emotions that we feel play into our dedicating ourselves to certain outcomes. Could Q'uo speak to us about that?

(Carla channeling)

We are those known as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. What a blessing and a privilege it is to share this time with you! Thank you for calling us to your circle of seeking. We are delighted to speak with you this day concerning your query about the issue of how dedication to an outcome affects you and how this dynamic works within your process.

As always, we would ask of you one simple thing that is most important in terms of our ability to speak freely to you without being concerned that we will infringe upon your free will. We would ask each of you to take responsibility for listening to what we have to say with a jaundiced and a careful ear. Do not be too quick to think that we are right. Do not take our authority as if we had authority over you simply because we speak with a voice that has the authority of our own experiences. Truth is a very personal thing. Realize that and realize that you are in charge of what you will work with and how your process will go. So listen for those thoughts of ours that seem really to resonate to you, to inspire you, and to make you want to take them further. If they do not have that effect upon you immediately, then they are probably not for you at this time and we would suggest that you leave them behind. If you will do this then we will greatly appreciate your care.

We thank the one known as Jim for this query concerning the dynamics of dedication to a result or an outcome. You speak of the dynamics of will and power in asking this question. It is a delicate matter to direct focus and create a pathway for the will. The amount of power that you have within you as a being is immense.

There are some personality shells whose ability to direct power, to direct their will, is limited. There are other entities, such as the one known as Jim, and to a certain extent, both the one known as C, the one known as Carla, and the one known as T, who have an innate capacity to focus their will on a continuing basis. And so they are familiar with what it feels like to be powerful. However, the question of the polarity of that power is troubling, shall we say, to each of you, and probably to every person who

has ever been able to direct the force of their will and therefore who has become aware of the power that they do inherently possess.

One needs to be alert and sensitive to the feelings involved as one gathers one's will to direct it, sensing into the polarity of that will and the feelings having to do with the appropriateness of the gathering of that will and the use of the will. Dedication to a result is a basic human decision. Third density is full of such choices. They are the stuff of which your density is made. We would not want to interrupt the use of that power or to suggest in any way that it was inadvisable to use the power of the will.

If we look at the use of the will within those who are sitting in this circle of seeking, we may say that for each entity, the use of will and the dedication to a result has created solid worth in each of your lives.

For the one known as Jim, the lawns have gotten mowed; the business of Jim's Lawn Service has thrived. The various concerns that this entity has towards home, family and relationship has similarly blossomed under the careful tending and the persistent care given because of dedication to these outcomes. A good deal of sacrifice has gone into applying the will and disciplining the self in order to use time and energy to the most effective and creative ends.

For the one known as Carla, the use of the will in dedication to the outcomes has resulted in much useful work being done that has moved on from her desk to the desk of those who place the material on the internet and, therefore, entities from all over your world have found use in the thoughts that have been shared by this entity's editing and preparing this material for internet usage.

For the one known as C, dedication to the outcomes that she feels are important has resulted in her being an effective and loving manager of her family and her business.

And for the one known as T, dedication to the outcome of those things which he feels are valuable in his life have resulted in a well tended, loving relationship with his mate and creative and effective work at accomplishing a long-term and substantial goal and in writing the thesis that this entity is now finishing up.

Without being dedicated to these outcomes, and without engaging the will, none of you who sits in this circle would be sitting in the circle with the present feelings of comfort and peace that doing your best creates. We commend each of you for the excellence of your dedication to your outcomes and of your care in pursuing that dedication and backing it up with the force of your will and the persistence of your grit and determination.

What we want to explore with you is somewhat difficult and therefore we ask your patience as we look for ways to share our thoughts.

There are challenges involved in being a magical person, in being dedicated, being committed, and being powerful as people. If you create a world in your mind and you see it whole and perfect, there is the tendency to focus that fire hose of the will on maintaining that structure. We have just said that each of you, to some extent, does this and is successful at doing so.

If you are too successful at doing so you tend to create for yourself a stumbling block that is difficult to see. That stumbling block is that you have created a crystallized and static environment which you are working to maintain. In that visualization there is no room for the free rein of spirit.

Spirit has a predictable and useful tendency to want to change the visualization of that creation to which you are dedicating your will. There is the predictable and cyclical desire of spirit to take down the structure of that visualization. Spirit wishes to undo and rebuild your universe day by day; even moment by moment sometimes. And over-dedication of the self to specific outcomes can hinder those energies of spirit that would like to help you grow, change and become more loving, more wise, more powerful, and more self-aware.

This creates a dynamic of two polar opposites, for you see clearly the desirable shape of your universe and wish to bend every effort and offer every excellence of your being to continuing to create that visualization of the ideal process of your life at this time.

At the same time, paradoxically, there is an energy that moves through you that would very much like for you to maximize your opportunities for growth. This energy of growth can sometimes seem like an energy that is deconstructing your reality and making chaos out of order. Therefore, one's first reaction to such growth energy is distaste and

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irritation. "Why does something that works have to change?" you may ask yourself. "Why does such a useful structure have to be taken down and rebuilt? Why does the function of this energy seem to be working at cross-purposes to living an orderly and understandable life?"

And yet the energy of growth is an energy that is driven by the deepest quest of your heart. For you are part of the Creator. And as part of the creative principle you desire to know yourself. In that quest lies your nature, and to an extent, your purpose. It is an irresistible force in your life and whether change and growth come slowly or quickly, that such a process shall occur is inevitable.

Your choice is whether you wish to exist in that lane of traffic that is moving slowly towards the octave and eventual return to the Creator or whether you wish to be in one of the faster-moving lanes. Each of you within this group tends to want to be in the fast lane. You want to grow. You want to refine the ore of your being and to find the jewels and the gold within your nature.

And you want to share that gift back with yourself, with the world around you, with the people around you, and ultimately with the Creator. Consequently, you have a continuing desire both to maintaining the visualization of the ideal which you have now and to creating new ideals and new creations and universes which are even better than the universe that you have created at this moment and the ideals to which you have sworn allegiance at this time.

We would never say to you, in any way, shape or form, that [it] is unwise of you to feel passionately concerning the performance of the duties that you see before you. Your dedication to fulfilling each and every duty, each and every chore that is perceived by you to be yours, is commendable and ethically appropriate, in our opinion.

We would say to you that it is most helpful for powerful entities such as you are to realize where your power comes from. Your power does not come from you except insofar as you choose the manner of your being. Your basic source of power comes through you and is a function of your awareness of the Creator within.

If you are attempting to fulfill your obligations and pursue your ideals from a concept of self which involves the self by itself as a powerful thing, then your power will not last long. You shall run out of available power, exhaust yourself, burn yourself out as this instrument would say it, and find yourself empty and hollow, weary and exhausted, sitting by the side of the spiritual road gasping for breath.

It is the entity that realizes that the source of the magic within is that energy which is coming from the infinite Creator that will have the staying power to persist through these cyclical times of deconstruction and re-imagining your universe.

Perhaps we would say that one could imagine oneself to be one who was collecting items and putting them in their hands as they went along doing their work. They would see this to do and that to do and each item on that to-do list would become, say, an object which was held in the hand. Periodically, then, we would suggest that it is well to empty the hands completely and to rest and ask very consciously for spirit to prune you back and take away all of those concepts that are no longer useful.

Spirit might take away one or two of those objects from your hands, or they might take most of them away, for the spiritual guidance system is unpredictable but unerring in its instincts for that which you truly need and that which you do not need.

You need to make room for things to fall away. Because you have done something for a substantial length of time does not necessarily mean that you must go on doing it for the rest of your life. There is a time and a season for every passion that you feel.

Be sensitive, therefore, to your feelings about the things that you have dedicated yourself to doing. Is your passion concerning this effort fresh as if it were bubbling forth from an unending source or spring? If a fountain seems vital and powerful, then you may trust that what lies beneath that passion and that energy is fresh and vital within your process.

You might pick up other items that represent issues about which you have felt passionately in the past. And as you pick that one up you discover that it feels tired to you. Do not brush away that feeling but examine it, note it, and follow it.

Reexamine this issue several times, on different days, at different times of the day, at different points in your own energy expenditure, so that you are not always weary when you think about the issues

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involved. See if you truly have begun to be weary of carrying this particular chore or duty.

It may be worthy. Indeed, it must be worthy for you to have chosen it. The question always is is it still part of that which makes you vitally alive? Is it still fresh and bubbling forth from within you in that way which suggests that it is powerful within your heart? If the answer, over a period of time, continues to be somewhat negative, then you may safely begin to explore ways that you may disentangle yourself from that particular dedication to a result. That, then, becomes something that you are ready to put down and let go of, it is no longer working for you.

This may be something that is small, such as a hobby, a volunteer possibility that you have done in the past or a relationship, a friendship perhaps, that is no longer functioning for you. Or, indeed, it can be quite large and substantial such as those times when a major relationship such as the mated relationship has fallen into disrepair for reasons that are beyond your control and you find that even with prayer and supplication to spirit, Humpty Dumpty cannot be put back together again. It is very easy to feel, when such a relationship fails to persist in its integrity, that you have failed. And many are the souls that have battered themselves into insensibility in their attempts to preserve that which cannot be preserved.

We do not say that it is wise or appropriate to release such major relationships lightly. Along with more conventional sources of advice such as marriage counselors and authorities within your cultural systems, we also feel that it is very important to go to the very furthest possible effort in the attempt to repair, renew, refresh and revitalize relationships that have fallen into disarray, especially when they are the mated relationship. The value of a strongly functioning mated companionship is infinite for those who wish to do spiritual work.

For in many ways you dwell in an environment which is closed to you in terms of direct sources of information concerning who you are and what your nature truly is. The closer your companions are and the more spiritually oriented your relationships with these companions, the better the system of mirrors will be in which that entity reflects back to you who you are and how you are coming across. Having honest, compassionate mirrors around is perhaps the single greatest asset that a spiritual seeker can have. Someone to talk to about the puzzlements of life is endlessly valuable. Someone to share energy with creates the best environment possible for your growth as a servant of the light.

Yet there are times when such substantial relationships come to an end. The one known as Carla has experienced it and we would say to this instrument that when she made the decision, nearly forty of her years ago, to allow that relationship with the one known as D to die a natural death, she made a wise and loving decision for herself and the one known as D.

It went against her cultural conditioning and she was dedicated enough to keeping her promise that she held onto what was a dysfunctional relationship for several years strictly because she felt that she needed to keep her promise. We cannot say that that decision was a mistake, for it taught her many valuable lessons and it showed her that she was capable of maintaining a difficult situation simply because she felt it was right.

We will say that she created for herself an extensive period of suffering which was not strictly necessary. Had she been willing to let go of this promise earlier, she would have shortened her period of Lenten fast and created an earlier Easter feast in terms of the energies of that relationship, and, indeed, the energies that were released when the relationship was released.

Sometimes it is necessary to empty one's hands and to hold them out and share in simple supplication to spirit, asking to be pruned. This instrument was recently told that, in the fall, a grapevine is pruned back 90% in order that new growth may occur the next year.

As personalities or egos, that process of pruning sounds bad. Therefore, we encourage you to transcend that level of thinking; to reject the fear involved in shrinking from the pruning shears and to invite the bite of those health-giving shears in your life. If things are taken away from you, we would suggest that you might consider the possibility that spirit's pruning shears went to work because it was necessary for your own growth that the pruning take place.

Certainly, a pruning does not feel like growth, it feels like exactly the opposite. It feels as though you are losing valuable parts of yourself. We assure that

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each step in your life, whether it seems like loss or gain, is useful and necessary; not in terms of a human or a linear point of view; not in terms that make sense to the intellect.

However, we are suggesting that there is a great deal more at work here than the forces of this world that you call consensus reality and the powers of the intellect. You dwell also in the realm of infinity and eternity and the power of the spirit is that power that wishes to renew, refresh and revitalize you day by day and moment by moment.

Let your awareness of this dynamic make you fearless. And when you perceive that your hands are too full, empty them. Put it all down and ask for the pruning of spirit.

Your question suggested that the one known as Jim has become aware of the interplay of emotion and will. My brother, may we say that your perception is acute and it takes us to a place where what we would say to you is almost beyond the capacity of words to express.

You are so much more than your words. Conceptually, you are so much more than what you can think or imagine. Yet you are entirely accurate in sensing that there are desirable and useful aspects to the present moment that you are not picking up because too much of your beingness is invested in that which you already understand. Again the entering into silence and the fearless embrace of emptiness are your best allies.

Allow yourself not to know what is true, what is right and what is adequate. Allow periods of times where you aggressively pursue not knowing.

(Side one of tape ends.)

(Carla channeling)

Become empty and know that this, too, is an entirely fruitful and helpful energy and environment in which to dwell.

Emotion begins to express truth as the seeker has the courage to pursue feelings and emotions beyond the surface. We cannot say that surface emotions are wrong. But we would suggest that the easier an emotion is to feel, the less likely it is to contain any purity of emotion.

Indeed, surface emotions are energies that we might wish for another word to use to describe! Because emotion itself is enormously valuable. As you are able to purify the emotions of anger, love, discouragement, despair, grief, jealousy and so forth, you begin to enter archetypal rivers that flow deep within your mind, taking you to truer and truer places within your being and to places where power is gathered as water is gathered into a cistern.

You can blunt your emotions by holding onto patterns and creations in your life into which you have poured energy, time, talent and will previously. Therefore, emotion itself is something to be examined, just as you intellectually examine your abstract thoughts.

Allow your heart to examine the quality and the shape of your emotions. See what you can do to get past the cyclical ups and downs of your personality so that that which drives you emotionally is as stable and as true to yourself as your ideals.

We would at this time allow this conversation to change in its nature for this instrument is informing us that we have used up our available time and the available energy of this group on this question. We have barely scratched the surface of a whole constellation of concerns which are raised by this very provocative and interesting question and we thank the one known as Jim for his thoughts.

Is there a follow-up question or another question that you would like to ask at this time?

T: Q'uo, I have a question from the one known as F, who is experiencing a kundalini awakening. Can you advise on how best she can cope with these intense energies she experiences in the head and crown chakra and the pain from intense headaches? Is there any change, is there any danger to the physical vehicle?

We are those of Q'uo, and are aware of your query, my brother. We would say to the one known as F that there are, indeed, times in the development of the reconnection of self with self that is represented by the rising of the kundalini where there is the potential and the capacity for a good deal of physical discomfort. Naturally, there are limits to those things which we may offer at this time. We would offer three suggestions.

Firstly, we would suggest, for the satisfaction of those concerns that are natural, especially in those around the one known as F who care about her, that there be a continuing medical presence, being

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absolutely sure that there are no systemic problems that are a portion strictly of the physical body that need to be looked after in order to be sure that there is no physical breakdown of the system.

There are times when, as weak as your medical systems indeed are in terms of dealing with the whole human being, shall we say, there is help that is available that is helpful. As this instrument was saying earlier, in talking about her own physical difficulties at this time, she has gratitude for the medicine that has alleviated the physical pain that was making it difficult for her to breath. She finds it unfortunate that this medicine has side-effects that she must cope with in turn. Yet at the same time it is physically easier for her to think and to move about without having to fight for every breath.

In the same wise, it is good simply to touch into the best advice that you can get from the medical persons whom the one known as F trusts the most and simply be sure that there are no purely physical problems that cannot be addressed.

Secondly, we would suggest to the one known as F that the rising of the kundalini, as powerful a process as it is, needs to be seen not in terms of personal development alone but also in terms of a system that is larger than one person or even one energy system, such as the chakra or electrical body. The rising of the kundalini is an expression of the Creator to the Creator. It is a movement within a tiny portion of the Creator of the location of where the Creator in space and time is meeting the Creator which is outside of space and time.

If it can be seen that these energies begin before the chakra system begins and end after the chakra system ends, it can perhaps be seen that there is no need to visualize the energy within a closed system. It is indeed an open-ended system.

There are no limits as to where this energy can reside. For as the entity in time and space which is the human being meets the self that is without limitation, it has literally no limit to how the tuning of that system can be affected by the appropriate placement of the will and the faith of the entity and its openness and hunger for the love and the light of the one infinite Creator.

It may even be helpful to visualize the chakra system opening up so that the crown of the head is not the limitation that it may seem. Allow that energy to shoot above the crown of the head if it so desires, for the stars are not even the limit! There is no limitation to where that energy can be taken.

We are not suggesting that you push the energy or prod it in any way. We are simply suggesting that you take any thought of limitation away from your visualization of how this process is working. It is not only working within the one known as F. It is working within the Creator and the one known as F is a location in space and time which is allowing this process to take place. Therefore, it is not simply her process and she is in safe hands in allowing the energies to flow as they will.

In terms of safety, there is a natural energy field within which, metaphysically speaking, this process is taking place. And certainly, in that wise, it cannot move out of that energy field and we would refer to this energy field as what this instrument would call the visica piscis[68]. But that is not the end of the story.

So what we are suggesting here is that, beyond all thought of limitation or even trying to understand this process, it is helpful in a way simply to let go so that you may allow the energy to move in a way that is not limited by your concerns.

Thirdly, we would encourage the one known as F to treat this time of growth in the same way that you would treat a time of physical growth. In a time of physical growth, you would feed yourself more vitamins. You would be sure that you got enough exercise. You would watch the quality of the food that you ate. In all ways, you would encourage this process of physical growth by giving yourself every advantage that you could in terms of nutrition and good, healthy exercise.

In just the same way, when you have entered upon an intensive period within your process of seeking and evolution, it is well to pay particular attention to the regularity of your arrangements for nutrition and exercise in the spiritual sense. If there is a preference in you for a way to enter the silence that you have not followed up as you might wish to do, this would be the time to regularize the practice of this way of entering the silence, for this is your food.

[68] visica piscis: a pointed oval shape used in medieval Christian art as an aureole to surround a sacred figure. It is used by Drunvalo Melchizidek to mean the sacred geometrical shape of a soul's spiritual body, thought body or "flying saucer."

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Ask yourself what exercise, spiritually speaking, is that exercise that most appeals to you. For some entities that exercise would be, as the one known as T has stated recently, to do more work with the dreaming.

Other entities might prefer to regularize a conversation with the guidance system within. This is done by taking a pad of paper and a pen or sitting down at a computer and deliberately and consciously entering into a conversation with your guidance system by writing or typing out a question and then, when an impression comes to you, writing or typing what you receive as answer. Then respond as yourself, by writing your next question and then listening for your next impression and then typing that out, reserving the evaluation of this conversation for a later time.

If this appeals to you, then we would suggest that you remember that after this conversation is over, the energy has not been appropriately addressed until you have followed whatever instructions you have received during this session with your guidance system. Follow through on whatever suggestions you received. Pay attention to the wisdom and the love that your guidance offers you and take it seriously.

Remember, my sister, most of all that the energies of spirit are light, glad, joyful and free. Attempt insofar as you can not to become mired and bogged down in the importance of your work. Rather, maintain a sense of proportion and the light touch. Remember that you dwell in the density of unknowing. It is very helpful reminder that not only do you not know any ultimate answers but in this density you cannot know any ultimate answers.

You can come to realizations and glimpses that are quite profound and authentic, but like the glimpse of the mountain that is seen by the seeker in all of its glory and beauty, that glimpse does not endure. It is momentary. First there is a mountain; then, there is no mountain; then, there is. That is the cliché known to this instrument and it is very true when it comes to realization and the process of becoming in which you are now involved.

Remember to factor in that light touch that allows you to laugh at the whole process and to take it lightly at the same time that, with all your heart and with all your soul and with all your mind and all your strength, you dedicate yourself to becoming who you really are. There is that paradox again of dedication and the release of all dedication to the overarching dedication to the Creator Itself. Trust in this process. Relax and let go.

May we ask if there is any further way we may respond to this query, my brother?

T: No, thank you, Q'uo. That's a comprehensive answer and I will relay it to F and see if she has any other questions.

We are those of Q'uo, and we thank you, my brother, and that is very satisfactory with us.

Jim: I have one [from] the instrument. What's happening when the instrument asks spirit to balance her chakra system to meet the energy of the weakest chakra? Is there anything that can be done to better bolster that weakest chakra?

We are those of Q'uo, and are aware of your query, my sister. We would say that we feel that you are correct in your reading of the adequacy of this adjustment to your chakra system during the tuning process when you request that the energy be rebalanced to balance with the weakest chakra. We find this to be a wise adjustment to your tuning process, my sister, and are glad that you have undertaken to take care of your entire system rather than leaning on your strengths and dragging your weaknesses behind you like chains. It is far better for the entire system to maintain less system strength and yet to be far better balanced internally.

As to ways to bolster the weakest chakra: this is active work upon which we cannot comment except to say that there is no shame in having a weakest chakra. It would be remarkable in any of those among your tribe to discover a system in which there were no variations in strength from chakra to chakra within a chakra system. Each entity will have strengths and weaknesses that are endemic to that system.

Certainly it is well to pursue the work in consciousness necessary to allow fear to drop away and allow the energies of growth to be strengthened.

It is also very helpful to accept oneself just as one is, with one's strengths and weaknesses intact. Work with the system that is yours. Allow the weaker chakra to be weaker, and then accommodate that situation by requesting that spirit rebalance the chakras in order to protect the system and make it safe for that system to do work in consciousness.

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That is what you are asking of your system when you tune in order to do a channeling session. Would you not wish to work with the system that you have without judging yourself for having that system?

Therefore, we encourage you to continue to work to bolster that weaker energy which we are well aware is known to you; those energies of low self-worth or low self-esteem which the one known as Carla has carried since very early childhood. Do not waste time attempting to brush up that chakra or get rid of low self-esteem or low self-worth.

There is value in every distortion in a system. It should not be excised as if it were a growth that needed to be removed. If there is use in low self-esteem, find it. If there is value and information in low self-worth, dig for it, not with an idea that you will find it to get rid of it, but with the idea that you will find it to treasure it, appreciate it, and love it.

Is there a final query at this time?

(No further queries.)

We are those of Q'uo, and find that we have exhausted the questions in this group for the present moment. This is well, for energy begins to wane within this instrument and this group. May we thank each of you for the pleasure of your company. May we express our appreciation of the beauty of each of you. It moves us more than we can say to share energy with you and to appreciate every petal and fold of your amazing and courageous beings. Thank you for this time together. It has truly been a privilege.

We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
November 6, 2005

Group question: The question today has to do with the kind of problems that we run into in our daily lives that seem to be repeating. After a while they seem to be unsolvable. It looks like the best that you can do is to keep dancing and working with them. We're wondering if Q'uo has any comment to make that could shed some light on what goes on in a seeker's life when you run into these problems that may be in relationships and may be with yourself. Is it psychic greeting? Is it something within yourself that wants to show you the dark side so that you can work on it? Could Q'uo comment on these problems that keep recurring in our lives that don't really seem to go away?

(Carla channeling)

We are those known as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are in the Creator's service as we speak with you at this time. Thank you for the privilege and the pleasure of being called to your circle this evening.

As always, we would ask of you that you employ your discriminatory powers in listening to what we have to say. Use that material that is helpful and seems resonant to you while leaving the rest behind. If you will take responsibility for doing this, it will enable us to speak freely without being concerned that we might infringe upon your free will.

The gaudy jewel and earth tones of your autumn leaves are swirling around in this instrument's mind as we settle into her question this day. And, indeed, the gaudy and earth tones of your question swirl about as we contemplate our response. We thank you for this query concerning the seemingly insoluble and cyclical challenges of each of your incarnations.

It is a characteristic of the density which you now inhabit that nothing is known. Everything is an illusion. The rainbow colors of your supposed problems and challenges have the same seductive value as a display of beautiful clothing in a department store window has to this instrument. The way the human mind works is to gather these garments of thought as if they were apparel and coordinate the garments, one with the other, so that one is wearing a mental and emotional outfit that goes together.

It is to be noted that much of the way patterns of thinking develop is as simple as that habit that entities such as this instrument have of going into the closet and selecting an outfit for the day that coordinates in terms of color and pattern.

There is a surreal aspect to reality that cannot be shaken off or gotten rid of. It is part of the human condition. It is a big part of the human condition. It was created that third density be a density in which nothing can be known in order that those who entered into the density would be able to do work

intended for this density. That work is the seemingly simple but in fact endlessly painstaking work of choosing what shall be the manner of your being.

It is a very helpful thing to lose the beliefs of all kinds of thought, feeling and emotion from time to time and to strip oneself down to the bare branches of one's true self. This instrument spoke in her journal[69] recently of this need to be naked of the clothing of those garments of emotion and personality that did not seem to her to be very indicative of any real beingness within herself. She was looking for the bare branches and the roots and trunk of her personality to find out more about who she really is. We would suggest to you that it is well to look at these cyclically recurring thematic challenges in this extended context of that image of the essential tree with its many-colored leaves which must fall and come down from time to time to be lost, in order that change and growth may take place.

This is true for all entities regardless of when they come to third-density incarnation. It is especially true of an entity such as this instrument or those within this group, for each within this circle of seeking has made conscious agreements with the self to accelerate the pace of spiritual growth. Therefore, it is to be expected from such entities that these cycles of the self meeting the shadow self, shall we say, would be intensified.

And there is another factor, offering another layer or level of intensification. That extra factor is the times in which you are now living.

Let us contemplate the times in which you are now living from our point of view. For we believe that this may add a dimension to your own thinking at this time. We have said before that at this time your Earth is being born as a fourth-density planet and indeed is alive and well.

The third-density planet which gave birth to baby Gaia, that entity which we may call third-density Gaia, has expressed a great deal of her energies in the nurturing of all of her third-density tribe and family. The Earth being that you call Gaia or Terra is a mother in love with her children and blissfully nurturing of them, always protective of them and yet, at the same time, in harmony with the desire for growth and transformation that exists within the heart and the soul of each one of her children.

As she has approached this last decade of her appropriate time to be alive, she has seen that the harvest of those who have chosen is still a slender one. Those who have taken incarnation at this time have taken incarnation knowing full well that time is short upon your planet for making the choice of how to be.

There are those of you who traveled from other densities and other planets to this density and planet Earth in hopes of being a part of that energy which would create the expression of light on planet Earth that would help entities to awaken to the realization of who they are as spiritual beings and of what they are here to do in terms of making the choice of the manner of their being.

There are other entities whose hope is to wake up, having been unable [to do so] within third density in other third-density cycles.

The thing that each of you has in common with the other is that, whether you are attempting to awaken from within the third-density dream or whether you have awakened within the dream but now are hoping to help others to awaken, your awakening is precious to you and central to your reason for choosing to take incarnation at this time. It is as if all of you are under pressure to graduate.

If you will cast your minds back to your last graduation, you may remember the kind of pressure that this situation creates. There is the feeling of being tested and wondering if you have the knowledge to answer the questions on that test appropriately. There is that frantic feeling of not having enough knowledge and knowing that you do not have the time that you would like to have in order to organize your thoughts. It seems as if a great deal is compressed into a very short amount of time.

Your entire incarnation has this intensity at this time, and as we said, there are several layers to the reason for this intensity. It is intense because you are intense. It is intense because the Earth is at an intense place. And it is further intensified by the great desire of each of you to do well at this time so

[69] Carla keeps a journal of her daily work on www.bring4th.org under Camelot. It is called the Camelot Journal. Camelot is the home near Louisville where Jim, Carla and Don Elkins settled in 1984. The companion property is the farm, Avalon. The Camelot Journal and the Avalon Journal are kept on line in order that readers can keep up with L/L Research's doings.

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that you are in effect your own parents, encouraging and urging you to study harder and get good grades.

The one known as C was correct in saying that the cycling, thematic challenges of an incarnation are not intended to be solved. And the one known as Carla was equally correct in describing the condition of being as that of dancing with the situation without any hope of solving or affecting the situation. These are positive and loving perceptions of a situation that might otherwise seem to be very frustrating.

It seems frustrating when one attempts to solve a problem that will not solve. There is the natural desire to create order and beauty in any pattern of living or thinking. And we encourage your efforts to beautify your thoughts, your emotions, and your being as you can. We would ask you to remember that your goal is growth, progress and transformation. You are asking yourself to change and to become that which you do not yet understand.

When you ask spirit for the opportunity to grow, change and transform, spirit is ever ready to offer you those opportunities. When the opportunities to grow are offered to you, they will tend to express themselves in terms of your thematic, incarnational lessons.

It is not that you are getting a direct repetition each time that such cyclical problems come up. Each situation that you experience, no matter how closely you can identify it in kind with previous occurrences with this same theme in your life, the consciousness that takes in this current, fresh, new version of the thematic challenge is a new being facing a new problem.

Fortunately, you have the tremendous advantage of having identified the recurring and thematic incarnational lesson or you would not have asked this question. Simply realizing how growth works and what its mechanisms are is an extremely powerful resource.

Becoming comfortable with this discomfort is a very helpful resource as well. We enjoyed the conversation which took place before this channeling session began for there was genuine laughter as the ones known as Carla and C spoke of their recurring difficulties. That laughter was not angry or hysterical but rather was the relaxed enjoyment of that which is truly funny. One of your most powerful resources in doing spiritual work of this kind is a sense of proportion or a sense of humor. And we are very glad that you are able to relax with each other and feel comfortable in your discomfort. We acknowledge and sympathize with that discomfort.

It is not a comfortable or easy thing to create within the self that environment that welcomes growth. We have talked recently with this group about the tremendous courage it takes to put down the current pattern of one's life and thoughts, to empty the mental and emotional pockets of all preconceptions and to say, "I am empty and I would ask what spirit would like to say to me now. How may I serve? How may I learn? How may I grow?" Casting those requests to the wind of spirit is a wonderfully powerful act.

What occurs thereafter is often what this instrument would call the silly season. The sky seems to fall in on one. All patterns seem to fall into chaos. Entities which normally behave in such and such a way suddenly seem to be behaving otherwise.

Whatever the shape and nature of the challenge that you experience because you have asked to grow, it takes you from the precincts of tidy and orderly living into a seemingly darker and much more shadowy atmosphere where it is impossible to see around corners or very far ahead. There is the feeling of being in darkness and unable to discern the shape and true form of the thoughts and feelings of others, and, indeed, of oneself. There are feelings of isolation and even of being stranded in a place far from comfort, with the ghosts of one's past crowding around, making rude comments upon the current situation.

We would ask you to step back when you begin to feel blocked in by this darkness, for help is near. That help does not exist within third density and its world of illusion. That help comes from a world which interpenetrates your third-density illusion. That [is a] world in which truth, beauty, wisdom and justice walk as entities. That is the world of time/space or the metaphysical world.

It is that place from which your inspiration comes. Your heart dwells at all times in this metaphysical world. The safe place that you need in order to move through these cyclical times of difficulty lies within you. And yet you must journey to you as if you were

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a stranger coming from afar to the city gates of your own heart.

Your inner heart is a world unto itself. It carries your truth. It carries your identity. It is the resting place of the one infinite Creator. When you sleep, your personality shell curls up for some rest and the truth of you comes out to play, to express, to stretch its muscles and its sensings. And in dreams and visions, this true self of yours communicates with its surface self as best it can. When you meditate and enter the silence, you can hope to enter those precincts of sacredness and truth.

We find the phrase or the image of dancing with your incarnational lessons very apt because, in a way, your entire life is truth dancing with the illusions necessary to create an environment in which the shadow of truth may be visible. In a way, that is the nature of third-density life. It is a shadow life. And yet that shadow contains as much truth as is bearable in a learning environment.

You have placed yourself in an environment which can be anything you wish to make of it. For many people, so great is their desire for comfort that their every concern is simply to seal up any possibility of letting the light in so that they may remain safely asleep.

We are not speaking to those who wish to remain asleep, however. We are speaking to those who genuinely, authentically wish to awaken, to greet the day that has been given them and to take hold and make of the incarnation that which they intended before they set out on this journey from birth to death in third density.

We feel the truth of your great desire to fulfill this pattern of growth and service. We cannot find enough ways to express to you how exciting we find your adventures. We see all too clearly the perfection of the Creator's plan. And we are aware of your blindness. It is therefore very exciting to us to see how you step forth so bravely into the arena of everyday life, armed only with your faith.

Certainly how to find that faith is a question unto itself, for faith is created out of nothing. Perhaps you are aware of the figure of the twenty-second archetype of the tarot deck of the fool stepping out over the [edge of the] abyss into nothingness. That is how you find faith, my friends. And so it is with the dance that you do with the incarnational lessons.

When you hear the music and recognize that your leitmotif[70] is playing for you once again, we encourage you not to be concerned that you do not know the steps. Arise and join the dance. The steps will come to you as you free yourself to experience them by giving up the safety of your seated position.

May we ask if there is another query at this time?

Jim: We have one from G. He says that Book I of *The Law of One* has a quote from Ra that says:

The mystery and unknown quality of the occurrences we are allowed to offer have the hoped-for intention of making your peoples aware of infinite possibility. When your peoples grasp infinity, then and only then can the gateway be opened to the Law of One.

Could Q'uo offer any thoughts as to what Ra meant by this infinity that needs grasping in order to open the gateway to the Law of One? What is it and what is it not?

We are those of Q'uo, and are aware of your query, my brother. As we were speaking of the difference between consensus reality or the world of illusion and the metaphysical universe or the world of time/space, we were speaking of a finite universe as opposed to an infinite universe. Your everyday, consensus reality is measurable. One can measure the terrestrial ball upon which you walk. One can measure the beat of your heart and the pressure of your blood.

(Side one of tape ends.)

(Carla channeling)

One can use instrumentation to measure the exact electrical charge of each thought that you think.

The world of metaphysics is not measurable by such instrumentation as you are aware of in your everyday world. It is a world in which anything is possible because you are unbounded by any limitation whatsoever except those you create for yourself.

The world of time/space is the world of consciousness. It is the world of infinity and eternity. The reason it is difficult for us to describe this to you is that your mind is a space/time artifact. The intellectual brain, that marvelous problem-solving

[70] leitmotif: a melodic passage or phrase, especially in Wagnerian opera, associated with a specific character, situation, or element; a dominant and recurring theme, as in a novel.

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bio-computer, is not capable of grasping the infinite. It can only grasp it by saying, "Oh, it is that which goes beyond that limit." But since the mind thinks in finite terms, there is always an end to that place that is beyond. And then infinity must again be invoked so that that limit too is transcended.

As far as we know it is not possible intellectually to conceive of infinity. It is, however, possible to experience the infinite. The infinite is that world in which you exist without masks. You have journeyed to the world of finity in order to do work in consciousness that must be done without recourse to that point of view that is full of love, wisdom and knowledge.

So we would say to you, my brother, that the value of the infinite can only be known by you in experiencing the infinite directly. That is what work in consciousness concerns itself with.

You are a living and breathing meeting place of the finite and infinite, in every cell of your body. There is that aspect which experiences life and death and there is that aspect which was never born and which shall never die. That infinite aspect does not know itself for it is wrapped up and lost in the Creator itself.

You, as a finite being, are the place where great truths and infinite values meet; that environment which creates form and gives shape to the dance of the Creator learning to know Itself.

Seen from a certain point of view, all of creation can seem whimsical. Why would the Creator wish to know Itself? It is already Itself. You are proof positive that the Creator has a whimsical side.

We offer these thoughts, my brother, and we are glad to welcome further questions on this point at a later time. Is there another query at this time?

Jim: This is a question from the instrument, who asks, "Two of our community have fallen painfully in the last week and people have expressed disharmony in an unusual manner. Can you comment in any way that you think might be helpful concerning these disharmonies?"

We are those of Q'uo, and are aware of your query, my sister. The one known as Carla, when speaking of the experience of tripping and falling in the dark, said that she thought it was highly symbolic that the mishap occurred in the dark. We would agree with her statement. Sometimes the simplest and most obvious points about a symbolic event are also the most helpful when thinking about the nature of such an event.

There is a certain amount of pride in the creation of any group. Those who create such a group supposedly have created the group because they have a certain vision. When such a group gathers, the question of vision becomes central. For each person in the group is the Creator and each person is seeing the other people more or less as the Creator.

Daylight for such a group is that climate in which it is remembered that all entities are the Creator. Darkness for such a group falls when entities within the group forget the absolute identify of other self and Creator.

When a community such as L/L Research gathers and begins to attempt to work as one, the original impetus that drew entities together must be tested. And so the mirroring effect sets in. Each looks into the mirror of the others' perceptions and begins to see all of those parts of the self that the self least wishes to see. That is because it is a very positive and helpful function of the community that is operating on a spiritual level to help each other to grow closer to the one infinite Creator. And the way that this is done is by bringing up all these lost sheep of self, all these parts of self that are not redeemed, loved and accepted.

There are many occasions, for each member of such a group, when the information given about the shadow side simply overwhelms sight. The world darkens and the shadows lengthen. It is easy to lose one's way, to trip and to fall in the dark. It is a somewhat painful experience, literally speaking as well as figuratively, to fall. And falling is a rather drastic way of saying, metaphorically, that sometimes it is necessary to let go of what you think you know.

While you are fallen, touch the Earth. Reestablish contact with the ground underneath your feet, both physically and metaphysically. Realize that you are always safe within the context of having fallen down. The ground of being is very real and trustable, as is the ground beneath your feet. In the process of all this growth, you can always find the ground of being by letting yourself fall down. Indeed, rejoice in having fallen down! Rejoice in having expressed

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some of this energy that was previously being expressed in mental and emotional frustration.

How shall you dust yourself off and begin again? Shall you simply assume that you are now standing up in the same world in which you fell down? We encourage you to open up your mind to the possibility that you stand up in a new world. What shall you make this new world to be? How shall you grow?

Is there another query at this time?

(No further queries.)

We are those of Q'uo, and are aware that we seem to have exhausted the supply of questions in the circle of seeking at this time. It has been our pleasure to work with these questions and we thank each of you for putting aside the time and the energy to spend time in seeking and questing of the truth. We hope that our poor thoughts have been of some small value to you and we can assure you unequivocally that your questions have been very valuable to us, as has been the experience of your beauty, which always takes our breath away. We thank you from the bottoms of our hearts and we leave you as we found you, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
November 20, 2005

Group question: We have two questions today for you, Q'uo. Here is the first one: Could you comment on the effective ways of bringing people in their teens and in their twenties physically together to grow into the fourth-density consciousness?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. It is in the Creator's service that we come to you this day to share with you our thoughts on the subject of effective ways to invite people to gather together to explore ways of growing in a fourth-density manner. We thank the one known as P for this query and are happy to address it.

Before we begin, as always, we would ask each of you to take full responsibility for listening to our thoughts with careful discrimination. If a thought appeals to you and seems to have use, by all means, work with it. If it does not immediately appeal to you than we ask you to put it aside. Truth is always a personal and even an intimate matter. We would prefer greatly that you were able to do this simple thing for it will enable us to speak freely without being concerned that we might infringe upon your free will. We are not those of authority over you but rather those who share conversation with you at this time as fellow seekers of truth. We thank you for this consideration.

The elements of this query are such that we shall need to discuss some of the words before we can discuss the concept and the question. The first word that we would take up is the word "growth." What is it to grow? As the one known as P himself said, it is inevitable that entities grow. That growth develops according to the nature of the entity. Each entity comes to life from a seed. That entity has, written in its seed, the nature of its growth and indeed the path of its life through budding and blooming, yielding up its fruit, and dying.

Growth, then, is not simply then becoming ever larger and ever more developed. There is a roundness to growth which involves not simply the growing portion of a cycle but also the ripening, the harvesting, the dwindling, and the dying of the organism that has done the growing.

Growth, then, in the physical sense, is bound carefully and specifically by the type of seed which you are and the environment in which you are planted. From the physical standpoint, then, your query involves partially a discussion of the seed and the nature of that type of seed that you are and that entities such as humans are. And partially it involves a discussion of the best environment for growth within incarnation.

Metaphysically, growth may be seen in a far more spacious context. You as an individual have been growing, not simply through one incarnation but through many, not simply in one density but in all

of them within your octave. Speaking metaphysically and in a non-local manner, you are growing in all densities simultaneously and creating a non-local harvest which is being developed over a period of billions of your years, speaking from the standpoint of physical terms.

It is very difficult to speak of metaphysical-scale growth within your numbering system. However, let us say it is a very large-scale project to grow metaphysically. We would, however, point out that within the context of this infinite environment, growth, again, consists of the seed, the environment, and those cyclical experiences of learning, assimilating the learning, and responding to that which you have assimilated.

In the first case, that of physical growth of a human being through incarnation, the seed is that which is produced by sperm and ovum from the dust, metaphorically speaking, out of which your Earth has created a local habitation of flesh in which you as a metaphysical being have chosen to place your consciousness for that cycle known as an incarnation in order that you may have being within the environment of third-density Earth.

We will allow you to name the nature of the seed of flesh, saying only that it is steeped in illusion and rounded in mystery. Each life is a gift, a miracle, an incredible circumstance, which happens only once. The being that you are is unique. This incarnation you experience shall not be experienced again. The song that you sing in flesh shall never be heard again. The colors of your emotions as they flash and change and transform are an experiment in beauty and dynamic that shall not recur. You are precious beyond description within the folds of your dailiness.

As infinite and eternal beings, the seed from which you sprang is the infinite Creator. And in this metaphysical creation, although growth indeed does take place, it is rounded just as a [physical] incarnation is: in the birth and the death of one beat of the Creator's heart, one unit or creation of the creative principle.

That which this instrument calls an "octave" [includes] the seven densities moving into the eighth density and therefore back to the first.[71] It is the measure of your measureless life as a metaphysical being. It begins with birth which is a being cast out of the womb of the mother that is the Creator. Not to be abandoned; a mother does not birth a child to abandon it. It does allow the child to grow and in this case the entire purpose that your parent had in mind for you is for you to teach your parent about the nature of itself.

"What seed do I cast forth into beingness?" You are spending your energy and your time exploring at your leisure and at your pleasure the ramifications of this question.

In the fullness of this moment within the Creator's beating heart, you shall return to the infinite Creator with your harvest and your burden of awareness and beingness and in offering up the essence of all that you are, you shall once again be lost up in the Creator Itself, and the Creator shall be full of all that which it has learned from Its child. And in that diastolic moment, when the Creator's heart rests between beats, all shall be measureless, unified and without any kinetic [component].

And then the Creator's heart shall once again beat and you and all of the tribe of those who share consciousness shall once again start their immeasurable journeys.

When you asked your query, my brother, you asked what effective ways there may be to bring entities of your age group—you yourself, we find in this instrument's mind, being 19 years of age—together, physically, in order to seek new ways of relating to each other and to the creation.

You spoke specifically of learning to live according to fourth-density ways. And so we would look secondly at those words, "fourth density." As we have said, entities grow according to their nature. That which an entity is does not change because of a desire to change. The change that is desired needs to be physically and metaphysically possible for the entity doing the growing. A frog cannot sprout a

[71] In music, an octave consists of 12 half-tone notes in sequence or a scale of eight notes in a major, minor or modal configuration. We know the major scale as "Do Re Mi Fa So La Ti Do" from the musical of the 1950s, The Sound of Music. Whether we are speaking of the 12-tone scale or the 8-note scale, the last note, "Do," is the same tone as the first note, but an octave higher. In the same way, first density starts in timelessness and as the densities proceed, at the end of perceivable time in seventh density, timelessness sets in again. When time emerges again, it is the mid-first density of the next octave.

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rose from its head. Your scientist may find a way to clone a frog that grows a rose from is head, but in the natural environment of Earth, this shall not happen.

Therefore, we would say to the one known as P that there is no other way for a third-density entity to grow than to begin to explore elements of the self that will continue to be developed in fourth density. Therefore, we would redirect your query in two ways.

Firstly we would suggest to you the great centrality of grasping polarity. For growth is a matter, within third density, of choosing the manner of its beingness. Shall it be of service to itself, primarily? Or shall it be of service to others? Graduation is possible using either path. Entry into fourth density is possible only through graduation using one of these two paths.

Therefore, grasping the importance of polarity and determining to pursue with persistence and devotion the path that you have chosen is very important in accelerating the process of growth. Until this central point is taken and internalized, it will not be at all apparent to you as to what disciplines you need to persist in learning in order to accelerate the pace of your growth.

We understand that there is no equivocation on the part either of yourself speaking personally or of yourself speaking as a representative of the group of which you are a part. As to the polarity you have chosen, you and your group have chosen service to others as your polarity.

However, my brother, the progress of a life that is polarized in service to others is measured not by that which you may see, although certainly the results of your efforts to serve are indicative of much and can be assumed to infer progress along the lines of polarization.

Habits of thought and ways of relating to yourself and to other entities are infinitely subtle in the lessons that they hide and partially reveal as you experience interaction with yourself and with others.

Pure service-to-others polarity is very difficult to achieve within your density. The biases of our culture and those internalized biases that are part of your net of assumptions and things that you feel that you know are incredibly invasive and prevalent within the habitual mindset that you experience as being yourself. Consequently, there is an ever deeper element of honesty with yourself that is very helpful for you to pursue.

It is well to do this within your internalized self. The more that you work with your own thoughts, the less that you shall need to use what this instrument has often called the hall of mirrors, which is what occurs when you do not do the internalized work of exploring the nature of your thoughts and your being and are instead given projections or images of your being and your thoughts in the face of those about you.

When you receive those images from those about you, you may assume that these images are to some extent distorted, just as a bad mirror will make you thinner or taller or curvy and wavy in the way that the image looks back at you.

You can do the same endless imaging within yourself or you may choose at any time to pull away masks, attitudes and assumptions and enter into the present moment and the freshness of now.

We realize that this is not exact language but there is a membrane separating you from what this instrument would call the fast track. It is an invisible membrane, a kind of meniscus, which is made up of your self-awareness and whatever energies you have that are holding you to your present way of being.

What hidden resistances do you have to releasing yourself to the possibilities of the present moment?

This instrument as a part of a group has found that it is very useful to work with the mirroring effect of being a part of a community. And we are aware that there are others within this group who have also found the mirroring effect very useful, if challenging. And we would suggest to all of you that in order to use this mirroring effect better, you use the internal mirrors of self first. If you can, do this internal analysis each day. We would suggest doing it in a private environment, working with pen and paper or on the computer or in the privacy of your own mind.

We have spoken of the nature of growth and the nature of the entity that attempts to grow into fourth density, attempting to draw a three-dimensional picture of the environment which is helpful for growth. You cannot, within third density, be a fourth-density being. You can, however, be a third-density being who has become mature and

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who is no longer holding onto that which has been assumed to be the limitations of the possibilities of growth within third density.

By the very nature of the being that you uncover by doing spiritual work, you are aware of the direction in which you are going. You know that as you learn the ways of unconditional love, you shall prepare yourself for graduation into an environment in which unconditional love is manifest, obvious, overt and apparent.

Can you live in a private universe: the universe inside your own being and inside your own heart where unconditional love has become the order of the day? Can you love without expectation of return? Without blinking at those who detract or scorn or ridicule you?

This instrument was speaking earlier of attempting to create a home upon the website which she calls bring4th[72] for entities who specifically wish to criticize and scorn either this instrument or concepts in which this instrument has had a part in putting forth. This instrument did see the paradox of wanting to give a home to those who would wish to tear her apart and tear her ideas down.

However, in this instrument's humble opinion, the ideals for which the organization stands and which it holds dear are sturdy and are in no danger of being torn down by criticism.

Nor is she overly concerned that ridicule or scorn of her would make any difference in her ability to love the entity who is scorning her. She has earned the right to her opinion. She dares much in attempting to express, awkwardly and in this shadow world, an atmosphere of unconditional acceptance and love.

How shall you dare this *beau geste*, my brother? For it begins with you. It begins with this instrument. It begins within each of you as individuals.

The manner of your being becomes a seed. At any given moment of Now, you have become a seed to be planted that others may watch you grow, may see you bloom, and as you perish and offer your harvest to the autumn winds and the reapers, others shall be able to use the light that you have gathered within yourself as if it were food, fueling their own growth by the inspiration of your being.

You have said that you wished this group to gather physically but we find that effective ways to create physical gatherings are non-physical in nature. It begins with your dedication to being a seed that buries itself in the ground of the group that you wish to create.

This is very resonant for this particular instrument and certainly for the one known as Jim as well, for many years ago they, in moments of deep, personal humility and focus, offered themselves and their entire life, first apart and then together, in an attempt to serve the one infinite Creator by creating, if possible, a spiritually-oriented group. This group is that now known as L/L Research and it is a group with which we have had, in one form or another, a continuing contact to our mutual benefit, we believe, for some of your time.

You are not starting from scratch, then. You can build on the work that has bloomed and been given to the environment of L/L Research.

But that which moves your vision into manifestation is not directly under your control. What is under your control is your own integrity and honesty and your persistent effort in seeking to uncover the nature of your true self. As you dig deeper into this supposedly homogenized and coordinated self, you will find that many things fall away and that you as a person begin to fall apart. This falling apart is a necessary portion of that which prepares you for meeting the essence and core of self.

This essence is not trapped in third density or within incarnation. Where is it?

(Side one of tape ends.)

(Carla channeling)

We suggest that you seek it in the sacredness of silence. Within that silence, when you have come to the end of your time with the Creator, round out that time of meditation or contemplation with a visualization of that which you wish to make manifest in your future with regards to this gathering of entities.

Do not visualize as one who is attempting or trying or making an effort. Rather, spend time knowing and praising and celebrating and giving thanks for that which is naturally gathering because of the energies of yourself and the infinite One. Spirit has

[72] www.bring4.org

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brought you to this moment. It is well to trust both in yourself and in spirit.

There are many within your age group who are ready to awaken to this common and shared vision of living the ways of love. This is why we said to you that it is well to realize that much of the work of bringing entities together physically is contacting them in ways that are not immediately physical. The technology which your people have created which this instrument calls the internet offers ways to communicate globally.

Therefore, we encourage you to use the simple, ordinary and everyday aspects of your life to create ways of communicating via the internet with those entities which you are faithfully and peacefully sure exist, sharing in the ever imperfect ways of words the love that is held in your vision.

This instrument is informing us that we must move on and therefore we would ask at this time if there is another query?

Jim: *(Reading P's question.)* Could you discuss ways to decrease distortion within the learning environment based on your experience?

We are those of Q'uo, and are aware of your query, my brother. Indeed, to decrease a distortion is a thing greatly to be wished for us all.

It is to be noted, however, that without distortion there would be no expression. Without distortion, in an absolute sense, there would be no creation. You are necessarily and permanently, as far as we know, dealing with distortion.

You yourself are a distortion of the one infinite Creator in that you have been given a locality. Yet within you lies absolute clarity on an unconscious basis or level. Can you accept the paradox of distortion and clarity indwelling, interpenetrating each other and blessing each other with the gifts that each has to offer the other?

It is always helpful in attempting to decrease distortion to rest in silence in the environment of your own private time, when you gaze inwardly at the depths of your being and outwardly at the depths of the day or the night sky. There seem to be greatly enhanced opportunities for that seeking self to become able to contact the gateway to intelligent infinity, to come into the present moment, and to rest at last in the peace of no time and no space.

Each moment that you are able to live there fills with you the love and the light of ten thousand years spent in the hurly burly of normal living. And yet it is very difficult, perhaps nearly impossible, to live day to day and moment to moment resting in the present moment. Distortion will call you forward. You will be pulled one way or another and you will be lost to that clarity that you had when you were undisturbed.

My brother, we would encourage you to embrace the colorations of distortion as they pass before you. Love them all. Look at them carefully and let them go. Do not be overly impressed with any of your distortions, be they seemingly negative or seemingly positive. They too are masks and that which you discover when you take that mask off is also a mask. There is no end to the roles that you are playing while upon the stage of what this instrument would call earthly life or third-density existence.

But you have an incredible amount of power over the situation if you are able to let go of every vestige of control. You have forgotten that you wrote this play. Yet you did and you can rewrite it as you go. There is nothing holding you or anyone else from rewriting the play that you unfold day by day.

You are also the audience and we encourage you to watch with appreciation.

And since you are a critic, as well, we ask that you sharpen your wits and review the passion play that unfolds within and around you. Play with your play. Let it become play.

The one known as V spoke to this instrument recently of the story of the Dalai Lama, an entity who is much revered in certain quarters among your peoples as a highly advanced spiritual being. This entity sat down on a tussock that had been prepared for him to sit on and discovered that it was springy and soft. So this entity, in front of all these people who were waiting for the next pearl to drop from his lips, celebrated the bounciness of this soft tussock and spent a considerable number of seconds enjoying bouncing on his seat. He remembered to take life lightly and to introduce a comedic aspect, something to laugh at, something to enjoy "just because."

Introduce whimsy and lightness and all of the aspects of the fairyland and the kingdom of the devas that you inhabit, as well as the overarching

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seriousness and driven dedication of your hopes and your intents. It is a matter of staying in balance while moving as fast as you can along the upward spiraling light that is spiritual evolution.

We find that the energy begins to wane within this group and so we would ask for one more query at this time. Is there a final query before we leave this instrument?

B: I have one. You referred to "non-local harvest." I was under the impression that harvest was located in space/time and resulted in physical and environmental change. Could you clarify that?

We are those known as Q'uo, and are aware of your query, my brother. We thank you for that question. The non-local harvest is the harvest of the one infinite Creator. The harvest that is non-local is that which is drawn into the Creator Itself through the processes of increasing spiritual gravity and it is a portion of the life cycle of you as a metaphysical entity within this octave of the creation.

May we answer you further, my brother?

B: I understand. I just had not thought of that before. Thank you.

We thank you, my brother, and may we say what a blessing it is to share energy with you at this time. It is a blessing to share energy with all of you.

We are aware through this instrument's mind that you gather together to give thanks at this time and to feast together.[73] May you feast not only on food of the physical [kind] but on the food of your laughter, your love, and your shared energy, for you are blessings to each other, dear brothers and sisters, and together you truly are beautiful to us.

We thank you for your presence, for calling us to you at this time, for enabling us to serve and for the beauty of your being. It humbles us and it blesses us greatly.

We leave you as we found you, in the love and in the light, in the power and in the peace of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

[73] The group celebrated Thanksgiving together at Camelot the Sunday before the actual holiday, immediately following this meditation.

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Special Meditation
November 21, 2005

Question chosen by PLW poll:[74] The Mayan calendar system indicated 2012 as the end of their calendar and therefore the end of time. Please comment in any way you feel helpful concerning this concept of the end of time and why 2012 was chosen by the Mayans as the end of the calendar.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. May we say what a privilege and a pleasure it is for us to blend our vibrations with you at this time! We are extremely thankful, in this season of thanksgiving among your people, for the opportunity to share energy with you and to be asked to share our humble opinions as well.

We would ask each of you to use your powers of discrimination carefully in listening to our opinions. They are not intended in any way to represent authoritative statements which you must follow or which contain dogma of any kind. They are our opinions and observations. In order for us to share them without being concerned that we will infringe upon your free will we would ask you to take responsibility for guarding the precincts of your own thoughts. If any thought that we share with you does not seem resonant to you, please drop it and move on. If any of our thoughts do seem to ring a bell, that distant bell of a memory that was half-forgotten, then by all means take it up, it is yours to work with. We thank you for this consideration as it will enable us to speak freely.

It has long been seen among many of your cultures that there is a periodicity to the energies which create the environment for your incarnational experiences.

Various cultures and civilizations have categorized and organized these periods, eras or times within the energetic progression of what this instrument would call the time/space or space/time continuum. The particular age of which you speak is a space/time era primarily, although it certainly has corresponding shadows and equivalencies in time/space.

Indeed, in time/space you are already solidly and completely within fourth density.[75] You dwell in a third-density energy that is now completely interpenetrated with unconditional love and complete understanding of your true nature.

You dwell within powerful times in which you, as a third-density entity, dwell in a body that is capable of living and thriving within such fourth-density

[74] Planet Lightworker Magazine (www.planetlightworker.com).

[75] Fourth density is a term that the Q'uo use to indicate the next density of life after our present environment of consensus reality, which they call third density. Second density refers to the world of nature with its plants and animals and first density is the density of earth, air, wind, fire and the elements.

energy as you can meet with a sense of cooperation, faith and trust.

You cannot, however, join fourth density. Dwelling within your house of flesh and bone, you cannot know beyond a shadow of a doubt that all is one. You cannot know that that one thing is love.

Indeed, you have volunteered for an incarnation at this time because you wished to experience and be a part of the tremendous times that are at hand. [These are] times when a few people who discipline their minds and their thoughts can make a tremendous difference upon your planet not only in terms of the people of your planet but in terms of the comfort in the planet itself as it moves through the last of this birthing process.

The Mayans are among those civilizations which became aware of a cycle that stretched across long eras of your time. They saw that the planet itself would move through a very decisive change from the Age of Pisces to the Age of Aquarius. The Age of Pisces is at its end. The Age of Aquarius is in its dawn. Energies are shifting and the time of energy being as it has been for thousands of your years is rapidly coming to a close.

That time will end during what this instrument calls the winter solstice of the year 2012.

We would ask each who reads or hears our statements to pause at this time with us and release all fear.

(Pause)

It is easy to fear a concept as powerful as the end of time. We would say several things concerning this concept. Firstly, it is a metaphysical rather than a physical ending of time. Your planet as you know it shall move serenely on. Time will not seem to end to the physical eye.

The quality of time shall be different. In third density the differences will be only statistically perceptible. In metaphysical terms, in time/space terms, shall we say, that difference will be far more powerful.

For entities who are sensitive to energy, it is already thoroughly apparent that wave after wave of energy is crashing upon the shores of Earth. The planet is changing and the changes will continue. There is a necessity, having to do with the difference between third-density energy and fourth-density energy, for the planet to realign its magnetic pole. This shift is occurring.

Thanks to the many loving efforts of lightworkers such as this group all over your globe, working in relatively unconscious unity, but nevertheless being very effective in increasing the light on planet Earth by their loving affection for it, it is as though this change in magnetic polarity is being accomplished step, by step, by step, rather than all at once.

As you see your planet experiencing many weather-related phenomena, you can see your mother, Gaia, at work, doing what is necessary to shift vibrationally and magnetically in order to align with fourth-density energies. The mother suffers in order that the child may thrive. Such is the labor of Gaia.

As these inconveniences continue, we would ask that each of you refrain completely from fear.

It will seem to be an increasingly logical response to the news of the day to experience fear. When these natural feelings of fear arise, we would ask you to remember that you are the light of the world.

Each of you, by your very nature, is a crystal that receives, transmits and transmutes energy. That energy is the infinite love and light of the one Creator, which streams in infinite supply from the heart of the planet itself into the energy bodies of each of you and out through the crowns of your head, where you function just as does a pyramid.

The energy that you create, bless and give to the Creator by keeping your heart open and your love and faith strong winds itself into a golden net that surrounds the planet with love.

Angels guard this work and join you in weaving this net of love. This works by blending third-density energies with the fourth density that is birthing at this time.

We thank each of you for creating within yourself the capacity for increased faith. We ask you to attempt, in each moment where fear might be a logical reaction, to move into your heart and find that place of faith in which you know that whether you are in life or in death, the Creator is living through you and you are the Creator or part of the creative principle within flesh. You are not an entity that shall be stopped by death in any way.

Nor do we suggest for a moment that all of you shall die in one dramatic planetary cataclysm. Indeed,

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once 2012 has come and gone, we are hoping that third density will have a considerable number of years, perhaps even centuries, in which those who choose to dwell in third-density [physical] vehicles may see to the continuing restitution or healing of your planet.

Many are the entities on your planet who have destroyed other planetary vehicles for existence such as Maldek, Mars and other [planetary] entities outside of your solar system. We ask that you become more and more aware that you have the opportunity, at this time, within this incarnation, to turn that energy within yourself around and to become stewards, loving and wise, of whatever little acre or square foot that you may have of planet Earth.

What does your space need? If you are one who has property, we would ask you to commune with your land. And not simply with your land, but with your local situation. What local situations having to do with planet Earth have gone awry on your watch, in your neighborhood? And what can one person do to bring them gently into more harmony with those things which the planet itself needs?

Are you waters foul? What can you do? Is there a lack of sustainable practice amongst your businesses? What can you do?

We could go on and on, listing the kinds of simple, down-to-earth, human, local problems to which you may address yourself. Whether you do have land or whether you live on the thirty-seventh floor of a high-rise, yet still you are part of planet Earth.

What can you do? What are your gifts, and what kind of problems do you see?

You are potentially one of those who is able, as one simple, single being, full of flaws, and yet full of good intentions, to join in groups that have a hope of coping with and creating solutions to those imbalances that have resulted in pollution and illness within the planet itself.

The healing begins within your own heart whether you live on a large parcel of land, a small parcel of land, or in that high-rise of which we spoke earlier. Heal the pollution within yourself. Love yourself. Be a steward to your own body, your own mind, your own nature and your own advancement.

As you see your own advancement, do not take someone else's word for what constitutes healing and advancement. Move within your own being where sources of guidance are thick on the ground and begin asking for that guidance to speak to you.

Let that guidance spring to life from the world around you. Observe synchronicities and listen to words, phrases and thoughts that take you and make you imagine, hope and dream. For your imagination is the key to forming a new paradigm for living in a new time, on a new Earth, and in a new dawning of possibilities.

We would ask at this time if there is a follow-up that either the known as S1 or the one known as S2 would like to make in order to further direct our response to this query. We are those known as Q'uo.

S1: There are several variations of the Mayan calendar and the different native tribes that have kept information to be brought forth at this time. They are different perspectives, some seemingly different, some very similar. Could you comment on the similarities and the differences of these different messages?

We are those of Q'uo, and are aware of your query, my brother. We do not find it useful to comment upon the various differences of stories among your people which attempt to speak of events that beggar the imagination not only of those upon third density but those who have the full potentiality of the one infinite Creator.

There is a mystery involved in the way densities change. That way of changing is as the movement betwixt one quantum and another. There is not a direct movement across a quantum boundary. We show this instrument, who knows nothing of science or quantum physics, the image of the meniscus that is liquid in nature. This entity has directly experienced this liquid environment betwixt densities.

She has called it the gateway to intelligent infinity, for it is, in the terms of the *Law of One* material which this instrument has studied, that which she understands as being the point at which one may move from the quantum of third density to the quantum of fourth density.

And she has rested there at times in those moments when she has by unconscious processes been placed in a mystical state of awareness which contains unity.

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In this environment this instrument becomes aware that all is well and that all will be well. She sees a perfection of the outworking of the pattern of time and space.

She cannot bring any quantity of this awareness back from this state. It is simply a gift. It has been noted by the one known as Saint Paul, in his writings in your *Holy Bible*, that such gifts as this and so-called speaking in tongues have very little human use. They are gifts only.

Nevertheless, because this instrument has been given gifts of this nature in times of vision and awareness that are heightened, she is able to understand what we show her, and that is that there is a very discernible, real place of no-time in which, just as in your dusk and in your dawning, or as in energy shifts as you have just experienced in your All Souls Day, one kind of light is leaving and another kind of light is arriving.

The spirits of day and the spirits of night are quite different. In the dusk and the dawning there is a very perceptible shift and it is a time of waiting and hush. [It is] an excellent time for doing work in consciousness.

The differences between the stories of various cultures are differences related to those cultures' relationship with the quantum edge that this instrument calls "the gateway to intelligent infinity." Were we to begin to focus in on specific details of this shift, we would, we believe, be detracting from the intention of the question to discover the heart of what the so-called end of time is about.

What that time is about is spiritual evolution. It is amazing to consider what occurs in any lifetime. From the beginning of your lifetime to this present moment, how many things have changed in your world? What progression has there been? And as you approach this present moment have you not seen how these energies of progression have intensified and speeded up? As this time approaches, these energies will continue to intensify.

What we would wish to do, then, rather than focusing on any detail, is to focus on the general nature of this cosmic moment. You dwell in a time that is coming to an end and yet in your body, in your mind, and in your heart you carry the seeds of the future within you.

As live your life, breathe in and breathe out, you are planting seeds that shall be reaped by those that come after you. We ask you to plant the seeds of love and faith with a happy heart and a peaceful mind.

As you see suffering from the energies of war and from the energies of a planet that is adjusting itself as it must to new energies and new life, we ask you to become ever calmer, reaching deeply down into your store of faith and hope.

We do not see at this time the probability of planetary destruction from nature. We do see the possibility of planetary destruction from the toxic nature of the human tribe. If those who have chosen to fear are allowed full sway they may well bring about planetary destruction, as has happened with many of those entities now in power upon your planet on other planets and even on your own planet, to a certain extent, for those who are among your leaders at this time are often those who brought about the destruction of one of your continents, the continent of Atlantis.

If these words resonate to you, my children, pay attention. This is the hour in which you can choose another way.

In the face of fear, remember love.

In the face of anger, remember compassion.

In the face of disunity, remember union, for are you not part of everyone and everything that you meet?

In the face of seeming dearth, lack and limitation of resources, we ask you to dwell in thanksgiving and joy upon the unlimited possibilities that dwell within your imagination.

We say to you this: for every problem that faces you this day, there is a solution.

We have no way of knowing what you face and what you shall face, but we do know that your peoples have been given not only great challenges but also great gifts and unlimited resources.

The challenge that lies before you is not to husband dwindling resources but to begin to see the resources that are available to you that are not now properly valued and to realize that the greatest resource of all is the compassion that lies within your heart.

It is hard sometimes to see how in times of distress the answers lie within you rather than outside of

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you, for all of the distress seems to be coming from outside of you. However, we say to you at this time that in our opinion that which shall heal you and your planet and bring you through the end of time to greet the dawning of a new day is that which lies within you waiting to be acknowledged.

What is in your heart? What lies waiting within that mighty resource? Go into your own heart in humility, on bowed knees and with empty hands, and ask for help. It is waiting for that asking and the help that comes will be instantaneous. As you ask, so shall help be present.

Listen, then, when you have asked, for that still, small voice, as this instrument would call the voice of spirit, to speak in the power of silence within you.

And when you come from that room of prayer in silence and contemplation, may you sing with joy and may you illuminate your world with thanksgiving, peace and power.

We would at this time thank each of you and leave you, as we found you, in the love and in the light of the one infinite Creator. If there is a desire to pursue such queries as you have put to us on these details, comparisons and ways to contrast stories of the end of time, we invite them at another session. But we would ask that you rephrase the query in such a way that we may be speaking of known quantities within your query in order that our response may be clearer.

Meanwhile, we thank each of you for setting aside this time in order to seek the truth. We thank you for the beauty of your beings and for the light that you as a group have created within this circle of seeking. We are known to you as the principle of Q'uo. Adonai. Adonai. We are those of Q'uo. ♣

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Sunday Meditation
December 11, 2005

Group question: The question today, Q'uo, has to do with just what language is and how it works. Whether we are communicating with a rock, a tree, with each other, or with a fourth-density entity, how does it work? It is said that Solex Mal is one of the basic languages. Ra said that Hebrew and Sanskrit were very basic languages. What is the basis of language? And after we have communicated, after we have attempted to use words to describe thoughts, feelings, ideas and so forth, how do these thoughts, feelings, ideas and words sink in and have an effect upon us so that we grow, so that we're more than we were before we heard them?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. We come in the service of the infinite Creator to share our humble opinions at this time. We thank the circle of seeking for calling us. We thank this instrument for tuning to secure us specifically. And we thank all of those unseen presences whose energies add so much to the richness of the experience of all of us who experience this circle together.

It is our pleasure and our privilege to offer you whatever thoughts we have. As always, however, we would ask each of you to be very responsible about maintaining a guard upon your own temple gates. Please be careful about what you accept for material for thinking. If an idea seems helpful or valid to you, by all means follow it. That is why we are sharing the information. However, we are not always those who hit the mark. Be aware of this. Not all of our thoughts may be specifically for you. If one does not seem to be helpful, then we ask you to leave it behind without a second thought. We thank you for this favor for it enables us to speak freely and not be concerned that we will infringe upon your free will.

By the very words that we have just spoken through this instrument, we have indicated that we consider your words to be instruments of communication that are efficient. We would like to make that point first for much that we have to say about words seems to denigrate the power of the spoken word or the heard word. And we would not in any way suggest that there is little or no power in that which you hear and that which you say.

Remember that you are creatures whose only access to life is through breathing in and breathing out. The train whistle that you hear outside of the dwelling place in which each of you sits at this time is also a wind instrument expressing noise or signal through the expression of air. Each of you, similarly and hopefully with more sense, is a wind instrument. You have far more than one two-note dyad to sing your song. You have all the colorations of the voice before you ever come to say a word.

The simple expression of your voice is enough to let someone else sharing space with you in a house or home, an office or a restaurant know that there is

another entity dwelling in the same space with them. The simple sound of your voice humming a tune is enough to tell them who you are and to awaken in them the emotions created by the dynamics of your energy exchange. We encourage you to have great respect and give great honor to your breath. With it you ride the surf of life within the environment of third density. And with that voice, with that breath expelled just so, you begin to make patterns at a very young age.

What are your first words? For most entities the first words are those recognitions of entities that share space with them: "Mama," "Papa," Grandpa," "Grandma." We discover within this instrument's mind—and perhaps it is not too far a detour to take—that this instrument's first words were, "Put me down," spoken to her dear mother. There is in the human energy almost an equal need to recognize intimacy and to create individuation or individuality. Words are used for both purposes. Therefore, before you speak your first word in a conversation, ask yourself, "Is this a pattern of words designed to increase intimacy or is this a pattern of words designed to increase individuation?"

You have asked, "What is language?" And you have indicated by the way that you have asked this question that you are not speaking simply of language such as we are using through this instrument but rather the whole concept of modes of communication. Moving into a lucid discussion of the fundamentals of language is a bit like attempting to pluck the middle out of a system which is involuted to an extent where the middle is difficult to reach directly. Therefore, let us be somewhat relaxed in our logic and approach the question from a couple of different angles.

Firstly, the basics of language—or as the one known as R pointed out, the basics of its synonym, communication—are two: love and light.

The very nature of nature, Creator, and created is a living Thought. You are a thought. That thought translates into your language as love. This instrument was speaking recently of the hopelessness of using language and especially of using the word, "love." We would agree. Yet, we have no choice. We can attempt to throw up a hedge of adjectives and qualifiers to indicate the kind of love of which we speak when we speak of the one great original Thought. It is a Thought of unconditional, absolute love.

In and of itself, love is pure being and being is pure love. There is no vector implicit in love itself or in you as a being, purely considered. The vector is provided by that thought that you are, with all of its distortions, as you exist in incarnation in third density acting upon that love that you are.

It is light that has molded itself into each atom of your body, into the various energy fields which control your various organs, your elements of sense, such as sight and smell and taste and hearing. It is light molded in the ways of energy as it is received from the infinite energy of the one Creator that the love which is you molds into your distorted pattern of energy expenditures. That use of energy, endlessly creating and recreating itself as unique catalyst and response to it, is at any moment the sum total of expression of who you are. You are love using light to experience the incarnation you now experience, to process the catalyst that you are now receiving, and to explore those regions of feeling and concept which are sparked into awakening within you.

The most potent information that you will ever gather is information concerning your thoughts. This is entirely interior to your process. We cannot say how much of your own internal processing is done in words, how much of it is done in feeling and how much is done in various idiosyncratic ways or uses of energy such as visualization, meditation, what this instrument would call prayer and other tools and resources of an entity who decides to go deeper and look further than the entities in consensus reality around one tend to go.

You were speaking as a group of staying on the surface of things. It is indeed a wise plan to skate on the surface of life for awhile, to allow for whatever patterns that have occurred to settle and to clarify themselves. Sometimes the hardest thing in the world is to realize that one is in the middle of a confused pattern and that waiting is indicated. That is a waiting without words, a waiting that is full of knowing.

Another way of looking at language is to look at what actually occurs during a communication. The one known as B was asking about how one talks to a rock. This is difficult for us to communicate through this instrument but we will attempt it. All entities besides humans in third density speak and

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understand the thought behind the words rather than understanding words. It is to the human mind that words are necessary, not to the consciousness that indwells all of the other densities and, indeed, the inner planes of your own density. It is not the rest of creation that is odd, it is you.

Words are a very special artifact of your density. They are necessary because there is a carefully placed veil that blocks the conscious mind of third-density entities within incarnation from being fully aware that all is one, that all are part of one infinite creation and are part of the principle of that creation. Each of you is a shaft of the sunlight of the day that the Creator has made.

And so for you, words were created as if rolled out by a great rolling pin from the roundness of concept and then stamped with cookie cutters to make this and that shape in the mouth and in the ear so that you could stumble your way through communicating what you are perceiving to each other and to yourselves.

In actuality, when you are truly communicating, even within your third-density, illusory bodies, the concept that lies behind the words creates points of unification that make the energy of the words that you use more coherent. To a rock, however, there is no need for a word, although it is very helpful to an entity within third density communicating with a rock to use the words. But the visual and auditory aid is not useful in communicating with the rock. It is useful in letting the human know that the human is indeed attempting to communicate with the rock.

Now, this being said, it is helpful to realize that the first communication that you give, in terms of metaphysical—not physical—discussion, is being or love. The precise distortion of love at which you are vibrating or expressing at this moment is the beginning of all communications from you. Admittedly, in human conversation, the beingness aspect may or may not have much impact depending upon the quality of the entity to whom you are speaking, the quality of yourself as a self known to itself, and the quality of the conversation itself.

That beingness is information that is as the matrix for the movement of concept that constitutes the formation of a communication. If you are speaking to a rock, your first communication is, "I am here." Your second communication is, "I recognize you." Your third communication, given that you wish to speak to the rock is, "Listen to me." You are setting up a way for the rock to grasp the fact that you are in communication with it. That rock is immediately aware of your being and of your desire to speak with it. It is variably interested in listening to you, depending upon the nature of your being. The more you come to an entity not of your own density resting comfortably in your own skin, energetically speaking, the more accurate and eloquent your communication may be.

Therefore, the skill of communication begins with the ongoing business of discovering ever more deeply who you are. What you wish to communicate to a being such a rock can, in your mind, be very complex, having to do with a good many details. To the mind of a rock, the details will be lost. It is your honest and clearly felt emotion and desire that are communicated to such an entity.

The qualities of self and feeling are ever blended, just as love and light are blended constantly throughout your incarnation, playing and dancing back and forth so that you have an ever new opportunity to explore the present moment as if it were a brand new thing, and, indeed, every moment is a brand new thing.

The reason that entities respond so clearly, and for the most part, so positively to that which is perceived as euphonious music as opposed to speaking is that the energy of speaking has a good deal of limitation depending upon the habits of speaking of the entity who is using words. An entity such as this instrument who spends a good deal of time singing creates a certain musicality even when it is not singing, which enables entities listening to singers such as this instrument to carry away the gift of feeling as well as the words themselves. And perhaps you have noticed how differently you have responded to precisely the same words offered by different people in different kinds of voices with, you suspect, different motives and agendas behind the words.

The universe moves along orbits described by energies that this instrument recognizes only as color and tone. However, those colors and tones are shadows within third density indicating the substantial existence in metaphysical or non-local systems or structures of entities and essences of great power and beauty. So if this instrument says, "Oh

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taste and see how gracious the Lord is," there is one reaction based on the words. If this entity sings—

(Carla sings) "Oh taste and see how gracious the Lord is!"

—there is another reaction based primarily not on the words but on the coloration of the wind instrument of this instrument's voice.

There is a tremendous relief in escaping into the color and tone of music, storytelling or the more stringent disciplines of non-spoken art, where only color, shape and texture can be used to catch those shadows of substantial truth that are unseen within your density. This is some of what we can say about the nature of language and communication.

At this point we feel that perhaps it might be useful to open the discussion to further questioning. Is there a question at this time? We are those of Q'uo.

B: When you are speaking about song, how does the song communicate directly to the feelings? I'm not understanding the connection there. I can understand the words talking to the intellect, being processed into concepts, coming through the auditory canals, but what's different about music?

We are those of Q'uo, and we believe we understand your query, my brother. We were speaking earlier of the cookie-cutter approach to concepts that words use. They take a roundness that is the gift of consciousness. They take that concept that is a metaphysical, living unity. They take that marble rolling pin of the intellect to it and press it flat into conformable, piecrust-sized dough, and they cut words out of it. And so you have created many a language in your sojourn upon this planet.

Yet, underlying this cookie-cutter approach are some guiding principles having to do with sound. This instrument was speaking in a former conversation with this group concerning the value of certain sounds such as the sounds of the letters themselves in the Hebrew and Sanskrit alphabets, where the simple repetition of certain sounds uses the shadow power of those particular sounds to unlock the substantial entity that those shadows of sound represent so that they may come into contact on an unconscious level with those aspects of your archetypical mind or your deep unconscious or your frontal lobes, to give a habitation and a name to what we are talking about.

So as you hear certain words, the energy body reacts at an unconscious or pre-conscious level. There is no effort involved. When you hear the sweet sound of the human voice, or a well played instrument of any kind, whether it be a wind instrument or a percussion instrument like a piano or an instrument like the violin that creates music from vibration, you are creating sounds that in themselves are sacred and that have the ability to awaken, at the preconscious or subconscious level, streams of emotion.

Further, the ability of those gifted musically to create not only a tone but a melody is a gift of unseen clarity. Again we are speaking of things that are, to the intellectual mind, simply shadows. Yet those shadows are the shadows of enormous, enormously powerful energies. So when you are able to experience not simply tone but melody, then your emotions are literally being played upon as if they were the instrument that music plays. When you add words, especially heartfelt words, to the stream of melody you have created a powerful instrument for waking an entire orchestration of thoughts and feelings created in a coherent pattern that is evanescent but yet, while you are hearing and experiencing this stream of sound, you are able to perceive entire universes that otherwise would be lost to you.

May we answer you further, my brother?

B: Yes. The song, as I understand it, is kind of like a non-local representation that talks to the unconscious, whereas the words are more localized, conceptual representations like indices in a book. When they combine together, song and words, words being sung, it basically is talking to both halves [of the brain] at the same time, is that correct?

We are those of Q'uo, and, my brother, you are perceptive. This is correct.

B: Then would you equate the music to love and the words to light? In the relationship you indicated earlier we're love moving toward the realm of light.

We are those of Q'uo, and, my brother, we cannot entirely agree with you on this point. From the standpoint of you as a collector of information, both words and music to some extent have elements of both the love and the light vibration. However, we would say that it is certainly accurate that there is more beingness or non-local-ness in the musical

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portion of a song with words than there is in the words.

There is another element that may be seen here that is very important in understanding your and every entity's value to the Creator and that is that as you hear the words and the music, by the entering of your heart into the words and the music you bring to it a life that it has not previously had and color it in a way that shall never come again.

When you react and respond and especially if you are able to hum or sing along with a song you entirely agree with and with whose words you also agree, then you have created an instrument of transformation that is local to yourself and yet which contains all of the richness of all those essences of great power that have been called forth into life by you hearing and feeling and experiencing.

May we answer you further, my brother?

B: I think I understand you now. I have another question. Words can cause a great deal of pain. But pain tends to be more of the thing you communicate via the song. Why is this?

We are those of Q'uo, my brother, and we believe that we grasp your query. The ability of words to heal and harm has been something that this instrument has also thought upon a good deal lately. You must understand that you are not simple beings. You do not come to the present moment without carrying burdens.

Would that you could come to the present moment completely unburdened! There are whole disciplines of the personality that are devoted to clearing one of one's burdens so that one actually approaches a few precious, present moments untrammeled by anything but pure being. However, for most entities in the midst of the passion play upon planet Earth …

(Side one of tape ends.)

(Carla channeling)

… there is a burden. It is a burden that has been stacking up for as long as you have been carrying pain. For most entities that begins to occur fairly early within incarnation. Imprinting pains occur at a fairly early age, usually. And then after the original imprint of that pain or that type of pain, there forms a pattern not only of experiences of that kind of pain but experiences of how you have coped with that kind of pain. It can get to be a very rococo[76] structure with great embellishments, gargoyles[77], flying buttresses[78], and the occasional crenellation[79].

When an entity speaks a trigger word to you, it may simply hit the edge of a crenellation. And you can certainly stand at that crenellation and loose an arrow that destroys the entity that spoke that word. But that word has hit its mark and the entire structure of that pain is brought forward. You perhaps did not know that you had this buried treasure of unexplored catalyst. That one word that triggers all of those painful feelings makes it entirely clear that that gift has yet to be unwrapped, that work is yet to be done.

For the goal is not to collect pain but to receive it, explore it, balance it, redeem it, and increase the store of your compassion.

For everyone else is also experiencing this kind of pain, in one way or another, according to their personality shells and their way of processing material. You are never alone when you are suffering. You are never alone when you are in absolute joy. When you are feeling, you are feeling a non-personal but entirely valid feeling.

We have spoken through this instrument before concerning the rivers of emotion that you are purifying as you dip into them. You hit a surface emotion and it is muddy and unclear. But through time, through the loving perception of your own pain and through your working with that pain, you begin eventually to have sympathy for yourself. There is a sympathetic vibration that is set up so that when you encounter these fell and swift pains in your daily existence, you do not simply react to defend or to seek revenge for painful feelings, but, rather, you ask for clarity. You ask to sit in the fiery furnace of that suffering and ask for clarity. "What is

[76] rococo: a style of art, especially architecture and decorative art, that originated in France in the early 18th century and is marked by elaborate ornamentation, as with a profusion of scrolls, foliage, and animal forms or a very ornate style of speech or writing.

[77] gargoyle: a roof spout in the form of a grotesque or fantastic creature projecting from a gutter to carry rainwater clear of the wall or any grotesque ornamental figure or projection.

[78] flying buttress: an arched masonry support serving to bear thrust, as from a roof or vault, away from a main structure to an outer pier or buttress.

[79] crenellation: a rampart built around the top of a castle with regular gaps for firing arrows or guns.

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this about? Where did this come from? And how can I use this gift to grow?"

May we answer you further, my brother?

G: I have a question, Q'uo. In my process of seeking there have been obstacles. There's been a recurrence of a variety of problems, imbalances and distortions that I feel have their roots together in one single source. In working with this problem, whatever it, is unidentified within me, it feels as if, over the past few years now, that it is still a boulder that sits within me. With all of my efforts and strength I have removed but teaspoons of it. I cannot seem to understand this boulder, to remove it, to drop it, and let it go. And I was wondering if there are any key concepts that might help me in—whatever the analogy—removing the boulder, freeing myself from my imprisoning mind, or walking permanently out of this desert experience with which I am all too familiar?

We are those of Q'uo, and are aware of your query, my brother. We examine this question for those things which we may say without interfering with your process and we find a fair supply of words with which we shall shower you at this time, my brother, with utmost affection in our hopes that they may be of help.

Firstly, as we have said before in this session, you are not alone. It is helpful to focus in on the emotion that you have uncovered and to sit with it as a student would sit with a teacher, knowing that you are not the only student in this classroom. You do not know what entities are sitting with you, looking at the same boulder. But we assure you that you have great and good company, the company of fine, seeking people that are equally as stumped as you and as equally isolated in their inner process.

To escape from the isolation of this process, it is helpful simply to sense into the non-isolated portion of your experience. You are experiencing a real emotion. It is to some extent muddied. That does not mean that it is not legitimate or worth looking at. Whatever distortions you are experiencing, they are entirely worth looking at. But they cannot be so threatening if you know that you are not alone, if you know that you are in a place as safe as any other, in terms of energy work, when you are experiencing powerful and frustrating emotions. The emotions themselves, if you simply let yourself get wrapped up in them and let them sweep you away from yourself, may not be helpful because they may be too strong for your system.

It is helpful in terms of gaining a perspective and at the same time allowing intimacy with these feelings to come at them from a place of sacred commonality, knowing that you and all other beings that dwell upon this sphere that you call Earth are going to be in the situation of gazing at that boulder. And when you are there, you have not only the company of fellow sufferers, but the company of the guidance systems of your self and all fellow sufferers that are involved in dipping into this stream of this particular river of emotion that runs through the archetypal mind.

Secondly, we mentioned guidance earlier and we mention it on its own hook now, because help is available. In order to get to that place within yourself where you can actually ask, it is necessary only to be real and authentic within yourself. Whatever rationales, intellectual thought, or logic that you are using to try and analyze such a situation, when you are asking for guidance is not the time to use those tools.

Asking for guidance is a matter, as you were saying earlier, my brother, of becoming humble and realizing that you need to ask for help. And when you ask for that help, it almost doesn't matter what entities say to you. Asking for that help has opened the springs of your own compassion so that you yourself have become a friend to yourself where you were not before because you were too busy defending what you thought you already knew.

Thirdly, and this may not seem to be very much of a gift from us to you, we would offer you the concept of a boulder inside a very larger processor that does nothing but crush boulders. We do not know what in your life will have the power to act as the machinery that breaks up paint in a paint can. In a very, very large way such a shaking and rattling contraption breaks down ore and refines the basic ore by taking the dirt out and leaving the jewels, the gold, the precious metals.

That which has the tendency to create that shaking-up, breaking-up action is love.

You are at this time, as this instrument heard earlier, enjoying a deepening relationship, such as you have hoped for for a long time, with a mate, at least a potential mate. It is no wonder that you have

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reencountered the boulder, for that boulder is, to a part of yourself, an object of great safety. It blocks you from moving through a door on the other side of which is the unknown, and more than that, on the other side of which you are completely undefended.

Remember that your experiences within your birth family of what love is have not been those experiences which were very encouraging in terms of the safety of one being in the arms, the heart, and the words of another. That safety, that intimacy, those great possibilities do exist but not in your personal memory.

You shall need to create that safe place where you may be true, vulnerable and loving. This is new territory. We wish you every good fortune but must say to you, my brother, and to all who seek to press through pain to the land beyond, that it takes courage, persistence and raw faith.

May you fly and soar through the door that is now blocked. And may every effort that you make to get to the point where you are ready to fly be made in the faith that what you desire is entirely and absolutely possible.

We find that this instrument's energy begins to wane and at this time we would suggest an ending to this circle of seeking. We leave each of you marveling at your beauty and your courage. We thank you for your company and your questions. It has been a true blessing to us to be with you.

We leave you, as we found you, in the infinite love and light of the one Creator Whose name is unconditional love. We are known to you as the principle of Q'uo. From our hearts we are with you and we will be with you whenever you would request that our energy be a part of your meditation. Adonai. Adonai. ♣

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Special Meditation
December 12, 2005

(J attended this session by telephone. Jim placed J's questions on the tape for her, reading from the text that J had prepared beforehand.)

J: Q'uo, I thank you from the depth of my being for the gift of your shared thoughts, which have helped me open my heart, free my mind, and find my truth. I most humbly thank you. I seek whatever thoughts, observations, comments, words of encouragement, etc., which from your view would be most helpful to me at this point in my journey, that journey being on the path of service to others, service to the one infinite Creator. Under this umbrella I'm particularly interested in the following. However, I defer to you to address whatever you choose.

The first question. Have I missed the point of service to others? My focus is service to all or service to the whole, which includes self. I am uncomfortable with the idea of sacrificing myself for another self but I am willing to sacrifice myself for the whole. Is this keeping me from progressing on the path of service to others? I believe that I have made the grade, that I've achieved 51% or higher polarity. Can you confirm? Please comment in any way you feel might be helpful.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are in the Creator's service as a source of information for those requesting it and we greatly appreciate the privilege and the pleasure of your forming a circle of seeking at this time to ask us to share our thoughts.

We would request, as always, that as you hear our opinions you remember that we are not authorities but fellow travelers who may have had a bit more experience than you in some ways and therefore may have some suggestions that might be helpful. If our thoughts seem helpful to you, then please do use them. If they do not, please leave them aside without a second thought. If you can do this we would greatly appreciate it, for this will enable us to speak freely without being concerned that we will infringe upon your free will.

Firstly, my sister, we can confirm that you have achieved a harvestable grade. The achievement is not permanent in that the energy which you express at the moment of your transition through the gate into larger life is that momentary tuning or expression of your self that will be considered and it cannot be known ahead of time what that tuning shall be, as it is not something that one earns at a certain point and then has no more concern.

Indeed, when one is attempting to polarize in terms of service to others, it is easy for the tuning to vary somewhat and so we would simply encourage all entities still within the illusion of third density to look to the day and the hour and the moment. For it is in this moment that your true self and your true presence lie.

That which you have achieved is excellent and we do not warn you in the sense of feeling that there is some great danger that you may fall below harvestable grade. We simply wish to make the point that the lifetime continues on, moment by moment, until that point at which the pattern is finished at last. And it is that tuning, at the point where the pattern is finished, which shall be the tuning with which you enter the process of graduation.

We find that we have difficulty in gauging the entire mind of this instrument at this time for the simple reason, my sister, that her lessons and yours march hand in hand at this time. She also is dealing with how much service to others is about service to the whole and how much it is about seemingly sacrificial offerings made to one other person. We shall move forward with our response but we do wish you to know that there are conditions having to do with this instrument's progress and process which make it more difficult for us to be entirely candid because of the fact that not only you but she are dealing actively with these questions. When a question of this kind is active in the process, then we must look at the spiritual principles involved and this is what we will do in this case.

The principle of service to others is to love the neighbor as the self, as this instrument would put it from her Christian background. To pull back and look at it from a wider point of view, service to others is always service to the Creator and in that sense we believe that both you and she have a firm grasp upon the highest and the best service to others that is possible within your third density.

Indeed, we would say unequivocally that service to the whole is that ideal which, in its very nature, is greater than service to any one entity. However, the unfathomable challenge of incarnated life is that often it is difficult to see how service to one person becomes a symbol or a story that, in its telling, inspires the whole, or creates an awareness in some way for the whole of the human tribe.

Therefore, we must ask both of you to move into a path where you ask for guidance daily and even hourly, attempting to keep the lines of communication to your guidance open. For there are opportunities hidden in this question for realization and a greater understanding of service to others. What is it to be an individual? What is it to be part of the whole? These are very legitimate questions and we leave them with you to ask yourself and to ask your guidance.

The one known as Carla, who acts as instrument at this time, said recently to the one known as Jim that perhaps in order to be of service to another entity, she could make a large change in her personal situation, the one known as Jim responding by saying that this was an overreaction and tended to bring out her martyr tendencies. It is easy to move into a mental zone where the desire to be of service is so marked that an entity will move into the position of a martyr, or as this instrument would call it, a doormat.

We simply suggest a continuing relationship with your guidance that is very close and that is renewed at least each day. Something trembles close to triggering a step within awareness that is a powerful one for both of you. That step will come when it comes. Yet your work at this time on this subject is extremely helpful. The fact that you are asking the question and continuing to ask the question so that it stays in the forefront of your mind is a good idea and we would encourage your attention and your devotion as you have showed in the past.

Is there another query at this time?

J: I feel a deep and abiding love for the animal kingdom, especially the felines. And I wonder if you can share anything about the meaning or significance of that and particularly about the beautiful and most instructed relationship I had with my beloved cat, MaxCat?

We are those of Q'uo, and are aware of your query, my sister. The relationship of what is called within your culture "owners" and "pets," has several layers, all of which are very helpful to you as an entity as well as to the pet involved.

The first layer is simply that of a person whose life is such that there are many times when the unjudging, unguarded affection of a living being is a very healing and comforting thing. It is as healing for the pet as it is for the so-called owner. This instrument is also a lover and a keeper of cats and we find from gazing within her mind that it is her opinion that the cat owns her rather than the other way around.

Certainly, it is a partnership of a very special kind and it begins with the simple creature comfort of two second-density animals that have agreed to make each other part of their family. There is a

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tremendous comfort in coming into the presence of one for whom you feel affection and one who feels affection for you. It is the gift of several species, cats among them, which are normally treated as pets among your culture, that there is the gift of affection which is part of the natural mentality and emotional makeup of that second-density animal that is the cat. Such animals are extremely well suited to creating a healing and comforting partnership with their humans.

The second level of helpfulness between pets and their owners has to do with the energetic balances and rebalances of your system as an evolving human being and the sensitivity and accuracy of the pet in its ability to pick up and to deal with the ongoing energy situation as it fluctuates within your process. The pet is able to act as a kind of guard, becoming alert when there are difficult vibrations around an entity, becoming aware that there is physical or mental or emotional illness, and wishing to move into that energy and help balance that energy; so that there is a natural tendency of the pet to create an atmosphere or to help to create an atmosphere of healing for the human involved.

Certainly this instrument has told many tales in her time of her cats and the ways that they have been aware of her emotional situation and sometimes her physical illnesses and have been faithful and devoted to an amazing degree in responding to the needs that are felt.

This energy balancing factor is extremely helpful when one is going through the rapid changes that are occurring as a matter of global nature at this time among your people. The waves of energy that are moving through the planet at this time are many and intense, as befits that time in which you are now living, where fourth density has completely interpenetrated third density and there is a strong energy of unconditional love that is flowing through the inner planes and effecting sharp shadows when energies within the third-density existence are experienced that are not in harmony with fourth-density values.

Entities living in third density cannot help but be buffeted by the more or less developed light within third-density people that they meet, whether on errands, on the road, or wherever you might go. Consequently, that stability that the second-density creature offers with its affection and its awareness of what you are going through energetically is tremendously helpful.

The third level of aid that your pets are to you or can be to you is that they can function as guides and totems[80], if you will, in the shamanic or Native American sense of those words. In that sense, they become messengers and may show up in your visions or your dreams.

We encourage you, therefore, to open your senses when you have the opportunity to share time with a pet and to have that awareness that the possibilities do not begin and end in simple affection and shared love but they penetrate that level of the subconscious where thoughts become things and where an object that is seemingly physical like a cat can become a spiritually wise and very aware messenger that brings to you information from deep within your own subconscious process, thereby acting as an archetypal force within your process.

Is there another query at this time?

J: I found love by seeking the truth and it's been my perception that truth and love are different experiences of the same energy—like two sides of an energy coin. Is this at all accurate?

We are those of Q'uo, and are aware of your query, my sister. We would say that this concept is quite accurate, my sister, and would add to it the suggestion that there are other words as well that fit within this basic unity of meaning that goes beyond words. This instrument was speaking yesterday about the relative uselessness of a word such as love. It has been robbed of its meaning by being overused and used for trivial emotions and those ephemeral feelings that run along the surface of life so that one is perfectly able to say that she loves a certain type of food or a certain type of activity using the same verb that you use to say that you love the Creator or that you love service to others or that you love a friend or a mate that has shared history with you throughout your lifetime.

In such a trivialized landscape as that which your language offers, it is difficult to get a grip on words like love and truth. We would add several other words to this short list of concepts that represent

[80] totem: an animal, plant or natural object serving among certain tribal or traditional peoples as the emblem of a clan or family and sometimes revered as its founder, ancestor or guardian or a representation of such an object.

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powerful essences that have a life of their own within fourth density and higher densities in general. Those words are beauty, wisdom and peace. We might add the word faith to that as well with the understanding that faith is not belief nor is there any content to faith.

What these words have in common is that they represent a pure vibration. The vibration of love, in the sense of unconditional love or Logos, is a particular vibration that has created all that there is. Consequently, we cannot say that love and truth are absolutely equal. For in the sense of the Logos, that is a way of describing the Creator Itself.

However, if one steps down from considering love as the Creator to considering expressions of love that are pure, then we find true evenness of equivalency of meaning. Then, such words as truth, love, beauty and faith become separate, shall we say, or recognizably different but equal in the purity of their vibration.

When you come upon a moment within your process in which you sense the presence of absolute love or absolute beauty, absolute truth, or absolute faith, you know that you have found the guiding star by which you can set your rudder and steer the ship of the progress of your process.

We pulled in those other words so that you might see how different personalities and people at different points in their process will find one star to be more helpful than another, truth at one point, beauty at another, and so forth. There is a tremendous amount behind this question and we would appreciate your following up with questions if you wish to when we have exhausted those queries that the one known as Jim has on his piece of paper.

We would at this time ask if there is another query.

J: A few years ago, I began seeing beautiful colors in my mind's eye while having what I would call a spiritual experience and connection, as in meditation or in spiritual healing work. I would appreciate anything that you would care to share about this phenomenon. Is it chakra related? Is it a visual greeting of some sort? The colors feel so beautiful that I'm often moved to tears.

We are those of Q'uo, and are aware of your query, my sister. The experience of seeing certain colors is an experience which moves an entity beyond the limitations of language. It is not that the colors within themselves have a reality as colors, although certainly the study of colors is very interesting and each entity has relationships with various colors in terms of the way they make you feel.

However, we believe that it is quite possible that what you are experiencing is the overshadowing of the comradeship, shall we say, of essences which are drawn to you because of your healing work and which wish to accompany you as you set out to create a healing atmosphere for others.

The color itself is, say, the name or the nickname or the shadow of this powerful entity that the color represents. So you are being accompanied, greeted and embraced by those unseen energies and essences that appreciate you and are drawn to the work that you do in service. It is their service to lend their energy to entities such as you who stand within third density in incarnation and are therefore able directly to offer help. For they would, in and of themselves, be unable to, and not even have the right to, offer help.

Therefore, it may seem to you that you are very blessed in receiving these energies. And, indeed, this is so. But we would say to you also that you are a tremendous blessing to these entities represented by these colors. We feel that the relationship is entirely helpful in strengthening and encourage you to embrace these sensations and to use them with confidence and thankfulness in your work.

Is there another query at this time?

J: I would appreciate hearing your thoughts, observations, comments, etc, about what I perceive to be my unmet and deep desire for human community. I have had the feeling all my life of not belonging anywhere. I continually sought for that feeling of being part of a community and a real home. Is this because I am a wanderer?

We are those of Q'uo, and are aware of your query, my sister. My sister, in part it certainly is an experience you have had because you are a wanderer and we say this because it is peculiar to wanderers that they bring forward from their deep memory a memory of times within clans or families or tribes which are not related necessarily by what you would call blood but are related because of common beliefs, concerns and desires to be of service.

In higher densities and especially within the fifth density and the sixth density, the refinement of the

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personality shell and its discipline has moved through so many cycles of refinement that it is no longer the tremendous challenge that it is within third density to pull away from the details and the minutiae of a relationship with another entity to see into the deeper threads of commonality in love, in devotion, and in service to others that truly bring two people together.

Within third density there are heavy cultural overlays which make it difficult for any two entities to unite as one. As soon as there begins to be the building up of trust, there is nearly always an energy which is offered by the shadow side of self which encourages individuals to increase their individuality and to pull back from true intimacy. There is the feeling of the need to defend and protect the self from the pain that it is possible for another entity to inflict.

To move beyond these cultural and instinctual guards into a state of true vulnerability to another person is very difficult. Entities attempt it in many ways. There are the natural bonds of friendship. There are specialized communities of all kinds throughout the entire spectrum of religiosity and spirituality where roots indeed have formed which are based upon ideas and ideals that are supposedly larger than the self so that the community is brought together by a need to worship or to serve.

For any person incarnate upon Earth, there is the natural instinct for community. Consequently, it is not entirely because you are a wanderer that you crave community. It is, however, because you are a wanderer that you have high hopes and expectations for community within third density. We can only say to you, my sister, that such hopes are not in vain. It is a matter of being willing to be very patient and to wait for those entities which seem to you to be trustworthy and of the proper vibration for you to find commonality with them.

When you do find such people, humbly and gently keep them in your heart and await those opportunities to come closer, to share ideas and hopes and to create together what service you can from the dynamics of your relationship.

The power of groups as opposed to individuals is that there is a tremendous creative potential in the dynamics between people and how, together, they are much more than any of them is apart.

So the challenge, my sister, is to keep hope, faith and affection constant while being aware that there are energies endemic to your culture that will constantly offer challenges whenever you attempt to become closer to another human being.

Those energies will simply use the dynamic of your relationship to show you, not the commonality between you, but the dynamic between you which shows to both of you your shadow side, so that in seeing another for whom you feel affection, you may also see shadow characteristics such as selfishness, self-indulgence, greediness or other unfortunate aspects of the self which have not perhaps been entirely balanced within your own energy system at this time.

Since they have not been balanced, they represent that which can be a stumbling block that will discourage you from pursuing relationship. We do not ask you to ignore such stumbling blocks but to work with them and to see them not as that which stops you from community but that which enables you to be able to become more able to offer yourself in community. That energy with which you work to heal the shadow self, as you perceive it within yourself, becomes then that compassion which enables you to love that same energy as you see it in another, not condemning it in any way but holding it in honest affection and trust and waiting for that development which will enable you to move forward in commonality.

Is there a further question at this time?

J: I find myself uncomfortable praying for a specific outcome. Even if someone has asked me to pray that their cancer be healed or something of that nature. I'm more comfortable praying for divine order or divine will, like, "Thy will be done," or that the individual see the truth about who they are in terms of the love and light they are. My mind gets all muddled trying to sort it out. I guess it's that I don't trust that anything that I could pray for could be better than praying for divine order or divine will. I believe that we have a lot of power in our prayers and I get lost with how to apply that.

We are those of Q'uo, and we are aware of your query, my sister. It is an interesting point which you bring …

(Side one of tape ends.)

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(Carla channeling)

We are those of Q'uo, and are again with this instrument. We quite agree with the one known as J that it is a far more pure and undistorted request of spirit to ask, "Thy will be done," or, "May divine order prevail," than to ask, "May a certain condition be healed."

So let us look at that a bit to see why that would be a more satisfactory prayer. As the one known as J states, prayer is a very powerful tool. Spirit is ever ready to hear prayer and it will respond to prayer instantly, as best it can. If the prayers are enough distorted, however, there become more and more limits upon what spirit can do in response to this specific prayer.

In actuality, working backwards from a symptom or an illness, it is impossible to know, from the standpoint of being in third density and incarnate, what the precise structure of that illness or situation might be. It cannot be seen except by insight, intuition or guidance whether the illness is actually an asset or a negative in the book of debits and credits, [speaking] in a metaphysical sense. Very often there are structures placed in peoples' lives which have the simple logic of "IF the situation of my life departs sufficiently from these parameters, [THEN] I will set in place an illness that is limiting in nature in a certain way that will encourage me to rethink and reimagine my life and my process so that I am more actually in balance with myself."

To use this instrument as an example, this instrument has a variable degree of wellness from year to year and from decade to decade but has been in fragile health her entire incarnation. And as she is already aware, which is why we may use her as an example, she has set in place the structure of illness that limits but does not end the incarnation, so that if she is drawn too heavily into physical activity, she will be brought up short and forced to move inward in order to persist in her inner work.

This instrument is extremely fond of the outer work with its details and its easiness. It is easy for this instrument to weed the garden, to cook the meal, to do the outer service that stares one in the face. It is less easy for this instrument to spend the time needed to do inner work, especially work strictly within silence and within what this instrument would call worship or prayer. There are so many wonderful things to do and so little time to do them that it is this instrument's tendency to stay very busy and not to take thought. Structures within this instrument's life, therefore, were set up in order to encourage her to take thought.

When these illnesses occur to this instrument, she is not pleased. Nevertheless, because she is unable to do the things that she normally does to distract herself, she involuntary and quite naturally moves towards doing the spiritual work which she and her higher self before incarnation felt was very important as a part of the structure of her process within incarnation.

Therefore, when someone asks you if you will pray to heal a cancer, they may well be asking you to pray to remove a structure that the higher self of that entity put in place before incarnation for the very purpose of advancing awareness within that entity and decreasing distortion.

Consequently, it is very wise and very loving of the one known as J to be aware that divine order is not necessarily that which looks like order to the physical eye.

May we answer you further, my sister?

J: I recently started using a process known as voice dialogue, a technique originated by Hal Stone. It appears to me that the better I am at embracing my various inner selves, the better I am at embracing all of humanity. And I find this a very valuable technique. I'm wondering if you can confirm my perception or add any comments.

We are those of Q'uo, and are aware of your query, my sister. We can indeed confirm that this is extremely helpful technique for you to use at this time. And certainly in general it is a helpful technique for anyone whose process has brought them to a degree of sensitivity at which they are actually able to be aware of this. It is helpful in general to any as a resource for advancing their spiritual evolution as they wish.

The elements of your own personality may seem to be a seamless whole or a unity. To the psychologist's or philosopher's eye, it may seem that each person is, as this instrument would call it, a monad, a complete, atomic being, whole within himself. And to a certain extent this is so.

However, the personality shell of entities is created almost the way that you would create the packing of

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a suitcase to take on a trip. You have packed for this incarnation the elements of personality that you feel would be helpful or that you felt at the time, before incarnation at which you packed the suitcase, would be helpful.

You packed some items that are for your upkeep and your health. You packed some items that would enable you to serve and share your gifts better. And you packed some few seemingly less attractive items in your personality, realizing that you would need a certain amount of these shadow energies as a point of departure and a point of reentry so that you could go beyond your comfort zone in various ways, looking for ways to balance dynamics within you.

Some entities have dynamics which have to do with truth and justice, as opposed to love. Some entities have issues about the dynamic between wisdom and love. Some entities have dynamics with even more complicated structures such as truth, power and love.

However, all of these characteristics that you packed are what this instrument would call integrated rather than unitary. They have formed a personality shell for you but they are actually made up of components, each of which is shared by all beings whatsoever who are moving through spiritual evolution. It is not that you are just like everyone else, for you are not. You are quite unique. Rather it is that your component parts are each shared throughout the system of the human tribe.

Therefore, as you become aware of the various aspects of your personality shell, you are able to see how they have amalgamated in structures that surround each of your energy centers so that your personal or orange-ray energy center, for instance, has a certain individuality that is unique to it and yet which works in harmony with and in concert with those energies which surround other chakras and other portions of your energy system in which various chakras and their dynamics are considered.

May we answer you further in this query, my sister?

J: Yes, actually. I'd like to pursue several queries before with the words of truth and wisdom and beauty. You mentioned the phrase of the vibration of purity, I think is what you said, and I am more and more becoming aware of the importance of purity in all things. I guess I'm wondering if there is a difference of importance in pursuing purity at the spiritual level, the emotional, and physical and mental. Most recently I've been really concerned about the purity of my food and it seems that purity has a special vibration or resonance for me right now.

The question would be: is purity more important in some areas of life than others?

We are those of Q'uo, and are aware of your query, my sister. The concept of purity in and of itself is extremely helpful and we would agree with you that there are many different ways to express this purity. The underlying purity, of course, is that purity of self where the self has met the self, knows the self, and stands naked in its truth as it knows it at that moment.

In terms of estimating the value of purity at different levels of the personality or the life, we would say that the teaching of the one known as Jesus is helpful in this regard. This entity said that that which comes out of the mouth is that which is of interest in terms of purity rather than that which enters in the mouth.[81] The one known as Jesus was basically saying that those outer considerations, as important as they may be, pale before the value of the awareness of your own thoughts.

When you are able to express a purity and single-mindedness in that which comes out of your mouth or comes out of your thoughts, that is perhaps the highest degree of purity in terms of value to your process that we could offer. It is, however, to be noted that no matter where you look to create a higher degree of purity, the attempt to create that purity has a powerful and positive effect on the process of evolution.

For instance, you were talking concerning your desire to purify your diet. As you focus on the purification of what goes into your physical vehicle, you are offering yourself your own affection, respect and honor. You are considering yourself as a sacred temple rather than a convenient physical vehicle that you have hung your consciousness on or in for the duration of the incarnation.

And therefore you have come into a far more balanced and correct relationship with yourself

[81] *Holy Bible*, St. Mark's Gospel 7:15-16: "There is nothing outside of a man, if it should enter into him, which can defile him; but what goes out of him, that defiles the man. Who has ears to hear, let him hear."

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simply by attempting to consider what is best for you. It is extremely helpful to consider such things and certainly this instrument has spent a good deal of time in the last five years or so gradually attempting to acquaint herself more and more with how she can most effectively nurture and love herself. The slang phrase that she uses to express this is "the protection of the package."

And it seems, in a way, a very glib way to consider such things as how to exercise and how to eat and so forth. And yet you are a package of consciousness which has been all wrapped up at the factory at birth and sent forward into the world. So protecting that precious package of selfhood is protecting that which truly is sacred and that which came here for high and lovely reasons.

So we encourage you by all means to follow that inclination which has taken your mind recently wherever it may lead you and to realize certainly that what you are looking for always is not to be perfect but to be as pure as you can be. There is a natural limitation within humanity that eliminates the possibility of any self-perceived perfection. So, consequently, realize that what you are attempting to do is not to perfect yourself but to work at loving yourself, accepting yourself, and respecting yourself.

We find that this energy of this contact is waning and therefore we would ask if there is a final query at this time.

J: Yes, there is. I loved the cat that I mentioned earlier, Max. I believe throughout our relationship, the message I kept getting back from him was to love myself equally. And I very much want to give the four cats who now share my home the best experience I can. But I'm not sure what that is. It is my conscious intent to give them the experience of being cherished, enjoyed and loved but I'm wondering if there is a better way that I could serve them than that?

We are those of Q'uo, and we believe we understand your query, my sister. The sharing of love, when it is felt from an honest and open heart, is that which does not need to be planned or guided or angled in any way. We suggest that you simply let the love that you have for these precious beings radiate naturally from you to these entities, [knowing of] their ability to grasp emotions and unseen energy. That energy in and of itself will be the gift that is yours best to give.

Naturally, it is always helpful to attempt to come into individual relationship with each pet, for each pet may require a different amount of affection or a different way of expressing affection. Yet the underlying knowledge that they are loved and welcomed is that which they crave.

They are basically entities which look for the feeling of the nest or the tribe and you are their chief nester, the leader of their tribe. They therefore, no matter how they express it, have the desire simply to belong in your environment. When you share a word with them or simply mentally speak to them, acknowledging them and including them in your affection, that is the essence of the best service we feel that you could offer to such entities as these pets.

We thank you, my sister. It has been an unalloyed joy to speak with you this day and to share energy with you. The beauty of your being is great and it has been a real pleasure. We leave you, as we found you, in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai. Adonai. ♣

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Special Meditation
December 18, 2005

Question chosen by PLW poll:[82] I read Q'uo's response in PlanetLightWorker magazine to the question about densities and vibrations. The Q'uo group spoke about seven densities in an octave. Others in the esoteric world speak of twelve dimensions. Can you explain the difference?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and the light of the one infinite Creator. We come in the Creator's service to respond to the call of the circle of seeking this day. May we thank each of you for setting aside the time to create a circle of seeking and for calling for us to share information with you. It is our pleasure and our privilege so to do.

As always, we would ask of you that you are very careful in your discrimination. Set aside any thought of ours that does not immediately appeal to you. If you will take care to guard the gateway to your own thoughts then we shall feel free to share our opinions without being concerned that we might infringe upon your free will. It is crucial to us that we share information without such infringement, so we thank each of you for this consideration.

The query this day concerns the system of chakras that is used to structure the way that you think about your energy body. The question itself actually used the terms density and dimension. However, we believe we grasp that the actual intent of the query is more in terms of the internal workings of the body system rather than the macrocosmic point of view in which densities of the creation are considered. We apologize if we misunderstand or mis-speak because of this misunderstanding. However, we believe that the point of interest of the query has to do with looking at the system of the physical vehicle and its connections with the metaphysical universe in the form of the energy body that interpenetrates your physical body, and so we shall answer according to our understanding of this question as somewhat revised from the original statement.

We would take note of the way the question was phrased in simply saying that there is no true difference in the way that density and dimension are used, so that whether you are talking about the third dimension or the third density it is, in general, understood by students of metaphysical work that one is speaking of a quantum or certain kind of energy. The more appropriate of the two words for working with the concept of the octave of densities in creation is the word density rather than dimension. However, these two words are used interchangeably for the most part, not only by this instrument but also by many others whose works this instrument has read.

The densities, macrocosmically speaking, are reproduced faithfully within the energy of each and every entity that is in incarnation on planet Earth at

[82] Planet Lightworker Magazine (www.planetlightworker.com).

this time. Each of you has an energy body which contains elements that are as true in pitch as the notes of a scale.

The difference between conventional octaves within your Western modalities of physical notation creates a choice of various scales among the twelve notes that make up the diatonic scale, so-called, within one octave of one your [musical] instruments. In music this twelve-tone scale is a creation whereby in twelve half-tones the tones are created from octave to octave so that the twelfth tone is the same as the first.

That diatonic scale sounds like this.

(Carla sings the twelve-tone scale of one octave.)

In contrast, the major scale chooses eight of those twelve notes and sounds like this.

(Carla sings the octave with an eight-tone scale.)

There is a minor scale and there are modal scales within the Western system of musical notation, all of which have eight notes. It is to be noted in this regard, still speaking of music, that in the Eastern or Oriental ways of producing tone, there is no precise way of grading notes. Not only are quarter-tones appreciated and differentiated but also those who are gifted musically can produce by their voice or upon an instrument that is unfretted[83] an infinite number of gradations which have values less than a quarter-tone.

This is why Eastern music is fundamentally different in its effect upon the listener than Western music. Western music lives in modular boxes of differentiation that have neat and regular borders, whereas the Oriental approach offers an infinite landscape in which to create tone.

If one gazes into the thinking and the culture of the West and the East, we would suggest that many inferences could be drawn by this difference. The tendency of the Western or Occidental orientation of mind is to choose the major scale or one of the eight-tone scales to listen to in music. It is not by chance that this choice is natural to the Occidental culture.

The reason for the use of an eight-chakra system, which is the seven chakras and the octave chakra, or the eighth, being the same as the first, only an octave higher, is that the Occidental culture is like a younger version of the older Oriental twelve-tone system. There are fewer gradations, fewer differentiations, and a clearer, simpler, plainer structure for looking at the self and structuring ways to interact with one's own energy system.

On the other hand, the twelve-chakra system is indicative of the further articulation of energies and the use of energy which is more typical of Asian, Eastern or Oriental thought.

The eight-chakra system has been discussed previously, and so we will very briefly review that system. The red-ray chakra is concerned mostly with survival and sexuality. The orange-ray chakra, located in the lower belly, is associated with issues of personal relationship. The yellow-ray chakra, or the solar plexus energy center, is associated with the energies of interacting with groups. The green-ray or heart chakra is associated with opening the heart and discovering one's own sacred nature. The throat chakra or blue-ray energy center is connected with communication. The indigo-ray center at the brow is associated with the disciplines of the personality and work in consciousness, and the violet-ray chakra, which is the crown chakra, is associated with that readout of momentary reality that is expressing at any given moment and is a system readout for the entire energy body that is what we would call the Occidental or Western chakra structure.

The subtleties of the twelve-chakra system can be very helpful to students of metaphysics. It begins the same way as does the Western system, the first chakra being connected with issues of sexuality and survival.

The second chakra, however, is divided in the Eastern system into two energy centers, one of which deals strictly with the self relating to the self. The second of these so-called orange-ray energy centers deals with the self in relation to other selves.

The solar plexus chakra remains unified in the Eastern system. However, after the solar plexus is left, and before one reaches what in the Western system is the heart chakra, there is a chakra which this instrument has often spoken of as the outer court of the heart.

[83] An unfretted instrument is one, like a violin or a sitar, which does not have frets, the tiny bars that go across the neck of an instrument and against which the fingers may be pressed to depress the strings to create a note or chord.

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It is helpful to realize that moving into the heart is not an unalloyed and simple joy. It is a process that in its inception can create a great deal of difficulty for the student and the seeker. The difficulty of moving into the heart is that one must bring all of the self into the heart in order for that space to become truly sacred. Most seekers are quite astonished when they first enter their own hearts to discover that there is a real perceived problem with meeting one's shadow side.

After all the work of realizing that we are spiritual beings has been done, after clearing issues of personalities, sexuality, survival, personal relationships and all of the work that each entity is doing with groups, an entity that is seeking feels balanced and eager to enter that spacious holiness of the open heart.

However, the first thing that most entities find upon entering this space is that, just as in the story within your *New Testament* of the entity known as Jesus the Christ walking into the temple and seeing all the sellers of doves and so forth which entities could buy for sacrifice, entities walking into their own hearts find that there are sellers of doves there hawking busily away with their own agendas.

Little do most seekers know just how much of their personalities have been subverted and taken over by cultural expectations, parental teaching, and other sources of information which create assumptions and theories of how things are that simply do not meet the standards of purity that the particular space of the open heart requires in order for the seeker to penetrate from the outer courtyard to the inner sanctum.

This is related to that concept or idea of that which is called psychic greeting or psychic attack. The outer courtyard of the heart is that place where those portions of your personality shell that have been allowed to express themselves without your being aware of their presence make their presence known.

In many cases, entities will experience these energies as attacks. Perhaps they will feel that there is an entity that is attacking them from the outside, with some sort of overshadowing or attacking going on. Others have more sensitivity in discerning the source of such seeming attack and can pinpoint the energy as being within the system of the self. Whether these attacking energies are seen as part of the self or as coming from outside the self, fundamentally speaking, we may say that in our opinion they are part of the self in that all things are one and you as individual selves are actually tuning into the space and time that is articulated by the parameters of one particular kind of energy.

Therefore, that which seems very personal and very threatening in many cases is in actuality not a threat but simply that portion of self which has gone unnoticed and, therefore, undeveloped.

There is great virtue in being willing to spend time in that outer courtyard of the open heart and to see that as a separate chakra or energy center; to spend time with those sellers of doves for sacrifice to discover why your culture felt that sacrifice was necessary, and why certain elements or essences within your personality have been chosen to be sacrificed.

We speak in extremely non-literal terms here, and are basically speaking of all of those energies of self that have escaped your attention up until now. Perhaps they did not so much escape your attention as that you felt that they were unworthy of attention. There are energies such as shame, guilt, jealousy and anger that are systematically and ritually downplayed and discouraged in terms of outer expression within your culture. Nevertheless, these too need to be taken up, brought up into the light of attention, and given respect. These, too, are ways that you feel. These, too, are worthy to be examined, inspected, analyzed and accompanied in whatever amount of time it takes for you to begin to be able to see their virtue and their value.

Many seemingly rough and negative aspects of character and personality are precisely those energies that create a true depth to understanding any genuine stability and steadiness of attention.

The quality of anger, for instance, once translated into unquenchable stubbornness in dedication to service, can become the powerhouse that it was intended to be, but this cannot occur until the virtue of anger is seen straight on, for its own self and its own essence.

The outer sanctum of the heart chakra is therefore a really powerful and very hurly-burly sort of energy. And to move from the outer courtyard to the inner sanctum of the heart becomes a much more clear and focused movement when that outer heart is given its own private place.

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Another difference between what we would call the Western and Eastern chakra system is that immediately after the heart chakra and before the [throat or blue-ray] chakra of open communication there is an added energy center in the Eastern system. To explicate why this becomes very helpful, it is well to point out that the green-ray or heart chakra is the first energy center in which the possibility of a true energy exchange exists.

The lower chakras, having to do with the self, its survival issues, its sexuality, its relationships with self and other selves personally, and its relationship with groups, are all energies that may seem to be in need of balancing and clearing so that they are neither under-activated nor over-activated. But one cannot share energy between red ray and red ray, or orange ray, or yellow ray.

One may impress those energies upon another self, and because of the strength of your energy system, it is possible for energy to be impressed from you to another person, or for another person to impress you with their energy. It is, however, an overlay. It is time-bound in its effect and will wear off naturally. Many of your faith healers, so called, are those who are healing either from the orange or the yellow-ray chakra and they are impressing their understanding and their environment upon another. Those who are able to accept those impressions are able to experience quite a bit of release from various ailments for a certain time period. However, in every case where it is at the level below the heart, those energies will not persevere and will fade away naturally.

Only when one moves into the open heart can one begin to share energy; to exchange energy with another; to give love and to receive love. The great blessing of opening the heart and keeping it open is that, working from the open heart, all of the functions of the lower energy centers are recreated as sacred.

The chakras above the level of the heart are also energy centers from which energy exchanges can be made. The reason that this information is helpful in discussing the chakras that come after the heart chakra in the Eastern system is that there is this [additional] energy center [which] captures a structure that is missing completely from the Western system. There is a subtlety here that can only be appreciated by those who {have] done quite a bit of work in consciousness. It involves what this instrument has termed a 90-degree phase shift.

These are not words that have an objective referent for this instrument, but they represent a phrase she has heard many, many times in speaking with one known as Don Elkins, who was largely working from concepts created by the one known as George Williamson. The key concept of this added chakra is that in this turning after the heart chakra, the turn includes the whole of the unseen realms of the metaphysical of the time/space universe.

It is an energy center that is focused upon right relationship with the extended family that one has in the unseen realms. The greatest part of this family for seekers is that portion that is connected with guidance. Each entity has a guidance system and access to this guidance system is extremely helpful. If one focuses upon this particular energy center, one can do very precise work in opening oneself to the guidance that lies within.

The other differences between Eastern and Western chakra systems has to do with subtleties within work in consciousness in communication, which is the blue-ray energy center. There is a division in the Eastern system between the communication of self with self and the communication of self with other selves.

Further, there is a third division which deals with the communication of the self with the extended family of guides, presences, essences and entities that are connected with the self.

We say this realizing that the subtleties are such that we cannot say to you in general what those various essences are. Each individual creates a web of family throughout not only the incarnation which you are enjoying at this time, but also those entities with whom you have worked between incarnations, those entities that you have worked with in past incarnations, and the known planetary, non-local energies which have been drawn to you as a local entity within incarnation because of your work within incarnation and work you have done between incarnations.

Each of you within this circle and each to whom we speak in the extended family of internet and listener and reader-ship that is constantly growing contains a large, loving, extended family that awaits your focus and your request for help in order to become more

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active within your life. It is important to remember, therefore, to request help from your guidance system.

The other added chakra in this Eastern system is very difficult for us to express to you. Once the readout of violet ray has been cleared, there is an additional chakra in the Eastern system which is dedicated to that point where the energy of self spirals from the now into the possibilities of the future. It is the point which this instrument would call the gateway to intelligent infinity.

We are aware that this information, by itself, is sterile and barren. We speak here of structures. It is you who draws the infinite love and light of the one Creator up into that structure, up into that energy body. It is you, by prayer, meditation and other forms of requesting guidance, insight and vision, who draw from the energies of the one infinite Creator teaching entities such as we and many, many other types of entities that do not speak at all but who stream from the point of entry at the gateway of intelligent infinity down into the energy system that determines what kind of life your energy system has.

Picture with us, if you will, the creature that you are. You receive this information along your spine, in the physical lines of a system of energy, reception and usage. It is fed infinitely, in an unending supply, by the love and the light of the one Creator.

That light is literally sent down into the heart of the Earth, your mother, who then pours it from the center of the Earth—or you might even say the womb of the Earth—up through the Earth into the soles of your feet, into your body system, so that it is constantly streaming into your energy system at the red-ray level and rising as it will up and out through the top of your head to the gateway to intelligent infinity.

Meanwhile, according to your desire and will and your requests, guidance and teaching is being pulled into your energy system from the top through the violet ray, then the indigo ray, and so forth, until it reaches the blue ray or the green ray, depending upon whether you are using those energies in communication or whether you are using them in healing, basically.

Realize that the point at which those two energies meet is the point at which your kundalini is now focused. If you wish to raise your kundalini you have two things to work on. Firstly, you have the clearing of the lower energies so that you get full creative energy up through the soles of your feet and into your energy body.

Secondly, you are attempting to focus your will, discipline your personality, and call forth the most helpful energies that you can to teach and guide you as you seek the truth.

We thank the ones known as S1 and S2 for this query and would at this time open this meeting to other questions. Is there another query at this time?

B: Earlier you mentioned the rise of kundalini. Could you clarify that?

We are those of Q'uo, my brother, and are aware of your query. That which is rising, or not, is the point of contact between the natural energies available to all within creation and the energy of the creative principle called to the self by individual work.

That point of contact begins, roughly speaking, within that point where the outer courtyard of the heart yields to the inner sanctum. The kundalini cannot be pulled lower than that as information of the creative principle cannot be understood by any energies lower than that of the heart.

However, the point of the kundalini rising, in terms of entities' desire to progress spiritually, is that as one begins to be able to pull the full energy of that open heart up into work in consciousness, each place to which it is raised opens up vistas of opportunity for various types of work in consciousness, not simply moving upwards as one aiming directly for the Creator, but, in terms of [working] at any level—for instance, in open communication—there is the opportunity to spread out one's discoveries and one's services by creating more and more layers of understanding or awareness of subtle energies involved in the sub-density, shall we say , of open communication. Once the kundalini has been pulled from the heart up into the throat, then more articulated work can be done in communication. And this is also true as the kundalini continues to be pulled upwards by seeking and the careful development and discipline of the personality.

May we answer you further, my brother?

B: What aspect of the self is doing the pulling?

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We are those of Q'uo, and are aware of your query, my brother. The aspect that pulls the energy forward is desire, or as it is sometimes called, will.

May we answer you further, my brother?

B: That covers it. Thank you. ❦

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Special Meditation
December 19, 2005

Group question: What exactly is a time lateral and how is it created?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We want to thank you for creating this circle of seeking and for asking us to share our thoughts with you.

As always, we would ask that you be extremely vigilant in monitoring your reactions to our thoughts. If there seems to be resonance to what we have to say, please feel free to use our thoughts in any way that seems helpful to you. If there does not seem to be any resonance to our thoughts, please abandon them and leave them behind. This will enable us to speak freely without being concerned with infringing on your free will or the integrity of your spiritual process.

You ask this day concerning the nature of the time lateral that we have talked about previously with this group. The creation of such a shunt or rail for an alternate track along space/time within your local sector, which you call your solar system, was created for the same kind of reason that a railroad switching station would employ shunts or lateral track systems to hold trains that have, for one reason or another, lost their initial engine. The formation of this sidetrack is that which is created to be precisely parallel to the main track of the solar system which is now finishing an important part of its evolution through its own part of the densities of creation. It was intended to last until your year, approximately 1998. It was provided with the opportunity to link back to the main track of your solar system's development at that time.

Because of the energies of groups such as yours and many others across your planetary sphere, the ability of this shunt or time lateral to maintain traffic across the normal boundaries of your solar system's and your planet's development [has been enhanced.]

There have been energies which have been called forth amongst many of those upon your planet who have been inspired to help in the goal of maintaining the openness of this reconnection point which this instrument feels comfortable calling a bridge. It is a bit easier for us to give her images of a bridge and the way that bridges can be closed because of incoming traffic. For instance, if a bridge is across a river and is split in the middle, it may raise up and allow a tall ship to come through. This is the basic situation with your shunt at this time. It is on the verge of becoming time to raise that bridge and to allow other traffic and other energies to pass athwart or in such a way that that bridge cannot endure.

And let us be specific concerning the nature of this time lateral. It is not a time lateral that concerns the planet as a whole. The planet as a whole is unimpeded in its entry into fourth density. The

energies of a living third-density system have been encouraged to continue for the approximate ten to twelve years further that this shunt can stay physically open in terms of space/time. This is to say that, by the energies of unconditional love which are generated by the prayers, meditations and visualizations of groups such as this one, the bridge or reconnection point has been maintained for those who would wish to awaken and make their choice of polarity by the date which has been set as the last possible date to keep this connection point open, which, as we have said before and still find to be true, is the date of the winter solstice of the year 2012.

This cannot be said to be precise. It is not known to us just when the last entity will be able to cross that bridge. The choice of many entities is involved in maintaining such a bridge. And indeed the traffic across the bridge of those who awaken and make their choice also has its part in keeping the bridge open until the last possible moment. The more traffic upon that bridge and the more guardians who stand watch along the bridge, holding and anchoring the incoming light of fourth density on the one hand, and acknowledging, honoring and blessing the waning light of third density on the other hand, the fuller the harvest may be. This is the entire core of the exercise of creating this time lateral.

Let us talk to a certain extent about this time lateral and how it came to be necessary. As the ones known as P and B are far more aware than this instrument, there is a separation that is inevitable between higher and lower energies. As fourth density has now completely interpenetrated [third density] and is as active as third density and indeed gaining in energy while third density wanes, the vibration of each of the entities upon planet Earth becomes more and more critical in terms of being able to physically remain viable and functional within the third-density energy that is so heavily overarched and under-girded with the interpenetrating fourth-density energy.

In this environment, third-density entities who have not made their choice become buffeted by the energies that are crashing upon your planet in waves at this time. These waves are all perfectly normal and completely benign: they are a part of the awakening of the morning of the fourth-density day. Nevertheless, these energies have the side effect for the people of the planet of encouraging polarity. If there is a slight choice for service to others, it creates enhanced opportunities to make deeper and firmer choices of service to others and the same is true for those who are service to self. There are increasing and markedly more attractive or seductive opportunities to choose the ways of service to self.

For those who do not wish to make either choice, there is the life[-style] lived precisely as the fifth-density entities who are enthusiastic about maintaining this time lateral wish to keep in place.

So on the one hand you have a well-meaning set of guardians of your planet who, gazing at the difficult time that your planetary tribe has had in achieving graduation, chose to create an enhanced opportunity for a last-ditch effort, shall we say. Wanderers came forward, some of whom have been here for fifty of your years, some forty, some thirty, and so forth. In addition you have entities who have come in the last twenty years or so who are approaching this problem from the fourth-density angle, sending entities such as the one known as P, who have certain activation within fourth density as well as having third-density activated energy. These entities also are those who would wish to maintain this opportunity for the harvesting of as many entities as possible before the time literally runs out.

On the other hand, you have opportunistic entities of a negative polarity from fifth density who have discovered that there is a characteristic of this planet which is unusual and of which they may take advantage. They are busily doing that and have been doing so for some of your time.

The situation about which we speak is this: as we have said before, the planetary population is made up not only of those entities who are native to your planet. For the most part and for the great majority, your planetary population [consists] of those who have been imported from other failed third-density planetary cycles. Many of those upon your planet, then, are those who have either destroyed their planet completely through acts of war using advanced technology or are those who have for one reason or another been unable to finish out their normal cycles upon their native earths. Therefore, you have adopted each other as a kind of mixed bag, shall we say, of many differing planetary origins.

This means that you have the attempt to integrate many differing subconscious or archetypical systems of looking at and structuring information. You do

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not have a homogeneous population. You have a population that has enormous difficulty in communicating because of the great variety of those groups, speaking in terms of planetary origins, among its tribe.

Nevertheless, the entire gamble of Earth in third density was to see if such a polyglot group of entities could mold themselves into a tribe [with] all embracing planet Earth, all becoming aware of their true situation as regards the need to make a choice of service to others or service to self, and all having a great desire to restore or reconstitute the planet Earth where there was a group karma, shall we say, to be balanced, as so many entities had been involved actively in previous planets where, by their own choices, the planet was damaged, as in the case of Mars, or completely destroyed, as in the case of Maldek.

The first and perhaps the most disastrous of the experiments of rebuilding the tribe of Earth and creating or recreating a level of technology which was well remembered by many entities from previous planetary experiences was that of Atlantis. In this pattern's outworking, those within Atlantis came to power at a time when their technology had grown sufficiently to offer the opportunity for advanced applications such as crystal technology.

These leaders, instead of embracing the ideals of service to others, embraced what can perhaps be called the path of conditional service. This is a path of service to self which is overlaid heavily by the rhetoric of service to others. It is a situation which initially was innocent. Those involved did not see that rather than polarizing fully service to others there was a good deal of rationalizing and sophistic thinking which justified exceptions to various rules of ethics and [which] involved infringing upon the free will of entities which were considered less valuable or intelligent than others.

This pattern of exclusion and manipulation of entities considered as lesser is the initial point of departure from service-to-others polarity.

Because of these choices, eventually those who had previously created disasters on other planetary spheres created the first disaster upon the sphere of Earth, sinking the continent known as Atlantis. The wise and the clever—that is, those polarized positively and those polarized negatively—managed to remove themselves to other continents in sufficient number that these energies never left your planetary vibration. And if you will examine your written history, you may see a pattern of empire: its building, its maintenance, and its eventual and inevitable destruction, played out again and again.

Into the pattern of this repetitive, self-destructive behavior among the population of planet Earth came those who were watching for the opportunity to present itself to make use of this time lateral. For if entities such as your group are unable to clear the population of your planet from this lateral, there are ways in which the negatively-oriented entities have every hope of keeping the time lateral viable. It would no longer be attached to the main track. That opportunity shall soon be closed. Nevertheless, those that believe that they are in the appropriate place for themselves could choose to remain not polarized either positively or negatively but simply as those who would remain on third-density Earth as it reverts to late second density.

These entities would no longer be enlivened by third-density entities who have the power of free will that could make the choice of service to self or service to others. They would be instinctual, great-ape-type beings who look like you do because that is the genetic pool that now exists upon planet Earth. However, these entities would simply be slaves of a kind that spent their lives living a life much as you now experience it: a life without a good deal of variety, a life that is not concerned with coming into harmony as a planetary system but is only concerned with the tribe of its family and its clan, with protecting the resources of that family and clan, and of defending that family and clan.

What the fifth-density entities, which you may call, as this instrument has jokingly done, "space pirates," have in mind is simply to have a continuing harvest of food, that food being fear. You may see [the creation of an atmosphere of fear] in your governmental systems in your present culture. Indeed, we find from this instrument's mind there have been several conversations concerning this precise point recently among those who sit within this circle.

The goal, therefore, of those who wish to aid planet Earth at this time is firstly to express the situation of the choice, without concern for numbers but only with concern for making an appropriate effort to, as this instrument would say, get the word out globally;

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to share the information of the Confederation as regards this being the density of choice and there being time yet for making that choice.

A secondary effort at this time, but one which will grow increasingly stronger and which will, within the next several of your years, become more important by far than alerting the population of this planet, is the concern for the planet itself. For there are many, many entities upon this planet whose route or road to realization of their true situation involves becoming aware of and responsive to the sad plight of the planet itself and the fact that your culture and your way of life are gradually destroying the viability of this planet.

The desire to change this pattern is a key to the activation of the will to choose in many entities whose energies are unconsciously but deeply involved with connecting with restitution and the energies of stewardship and unconditional love, not so much to the people of the planet as to the planet itself.

That is the situation as we know it with the time lateral at this time. It is not a situation that will endure. We would, however, emphasize that there is no serious disturbance that is even possible to be balanced, either of the planet or of the solar system. There is in progress a desperate gamble on the part of negative entities, as we had mentioned before, to attempt to hijack the time lateral.

Getting information more globally available is the best means of creating a balance to the situation that makes it impossible for this gamble to work. The best help the negative entities have, however, is not negative entities as much as it is the deep sleep of those who are unawakened at this time. It is to the interest of the negative entities that that sleep be continued as untroubled and peaceful as possible.

Energies such as your religious bodies and what this instrument calls the "religious right," those entities who lean heavily upon dogma and whose teachings are based on fear and judgment, are the leaders of the pack in maintaining the lack of choice among entities who indeed have translated spirituality into a religiosity in which the concern is simply to belong to the appropriate pack and to be a part of that pack by following blindly any directives given by the leaders of that group.

We realize that gazing at this situation, there is the possibility of creating within oneself an easy and seductive anger, or even rage. We would encourage each of you to take this entire situation lightly, to let it slide off your back. This is not a burden for you to pick up. This is not something for which you can be responsible or over which you have any control.

What you have, in terms of your ability to serve at this time, is primarily your own deepening awareness of what it is to choose; what it is to choose so deeply that the rest of your life becomes a joy. What it is to choose so completely that there is no longer the need to spend time questioning whether faith is the answer, whether service is the answer, or whether one particular kind of service is better than another, and so forth. When the choice for service to others has been absolute, there is a knowing that comes. It is a knowing that transcends planning. It is a knowing that includes the awareness that you really do not have control over anything but your own desires, your own will, and your own persistence.

We ask you who wish to serve at this time to look to your own self-awareness and self-knowledge and to be aware and trust completely in the fact that you are part of a web of love. Your work has been effective because you have chosen the very difficult path of working in groups. The energy of the group and the energy of groups of such groups is now that which is challenged to undertake what this instrument has called a new paradigm.

What is that new paradigm, you may ask. But it is not for us to answer the question. It is for you. It is certainly not building upon anything that has been seen before, for the old ways have failed. Yet there stirs within the hearts of so many the sure and absolute knowledge that there is a way to create harmony, power and balance once again at the dusk and the evening of third density. This instrument is fond of saying that she likes to leave a room tidy when she leaves it, as good as it was when she came into it or perhaps even better. That is your work at this time.

You are those who stand as guardians and anchors of light, holding that bridge open, and, by your vibrations and your thoughts, radiating the love and the light of the infinite Creator with your own coloration out into the ambient atmosphere. You are an agent of infection. You are infecting people with the highest and the best of your love. Witness your

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opportunity to offer your love. You will find, as you attempt to do this, that there is resistance down every path. This is inevitable and ever more inevitable at this fairly radical and extreme point at the end of your cycle that you are now experiencing.

We find this to be sufficient information from that question and would ask if there is a further query at this time.

P: What you were saying sounded a bit synchronistic with *Psi-Corps*[84] and I wanted to know, first of all, about the free will aspect. It would seem like a major violation of the distortion of free will for a time lateral to be created. In conjunction with what you were saying about the time lateral being created, it sounded like an experiment almost on planet Earth. Could you elaborate on that?

We are those of Q'uo, and are aware of your query, my brother. The Confederation of Planets in the Service of the Infinite Creator has indeed experimented repeatedly with the planet which you call Earth and which this instrument calls Gaia. There was a realization that entities would need to begin with an entirely new planetary and solar system if the experiment of Earth did not succeed. And so it was proposed that this time lateral be created and that what this instrument would call a kind of reform school be instituted upon the planet. The idea was simply to increase the harvest and to break some significant knots of fear that had occurred in unusual quantities within your fairly local area of space/time.

It was felt that there was a lot of risk involved with the experiment but it was felt that there was the possibility of bringing many, many entities into a configuration where true choice would become possible. And, in terms of this basic intention, the experiment has been a roaring success.

(Side one of tape ends.)

(Carla channeling)

There has been a genuine, authentic time of choice that has been created out of the nothingness of previously impossible lack of time. However, like any experiment, it has a period: a beginning, a middle, and an ending. The beginning was before history began upon your planet. You have a fair view of the history of the middle. You gaze now at the end point of this experiment.

It is impossible for us to say how many souls or spirits or beings shall have been harvested that were not harvested before [because of the creation of the time lateral.] But we can say that there has been an additional harvest because of the efforts of all entities involved, whether they be Earth natives, elder race, walk-ins, wanderers or other categories of those who walk upon your Earth.

The end point is at this time rapidly approaching because the energies are precipitating out of third density, either moving on to fourth density or moving back to late second density, getting ready for removal to another solar system for the beginning of a new effort in moving through third density.

The likelihood of the negative entities that this instrument has called the space pirates being successful is almost nil. It is extremely doubtful that they would be able to bring through enough intensity of fear to create, again, such a knot that it would be the choice of those entities remaining to refrain from being at all aware as third-density entities. This would have to be a choice made by each entity. The energy that attracts entities to choices like this is that energy of fanaticism which creates situation in which people would rather die for a cause than live in freedom.

The tendency of your planetary people is not to make such a choice but rather to maintain enough confusion to allow the normal harvesting procedures to precipitate them out of the time lateral and into a beginning class, shall we say, for a new third-density experience.

Whenever entities are attempting to serve and lend their aid there is the possibility of infringement upon free will. Looked at from a system-wide point of view, there is certainly the possibility of feeling that the Confederation, choosing to make this experiment occur, were in error. In the ways of all energy, such errors shall and will be balanced and it is our intention to be part of the energy that loves, accepts and embraces all of those who are engaged in this experiment on all of the inner and outer planes connecting with this planet.

May we answer you further, my brother?

P: A friend of ours has started hearing voices in his head and is concerned that it might be a sign of

[84] Characters on the science fiction television series *Babylon 5*.

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schizophrenia or multiple personality disorder. Are there any comments you can offer to help him through this process?

We are those of Q'uo, and are aware of your query, my brother. We find that this instrument has every intention at the first possible moment of working with this entity by e-mail. And because of the fact that her service is soon to be manifested, it would be our request that the entity to whom you refer read and digest the gist of the material that this instrument will make available. And then, when it has processed that which may considered a starting load of information, which we would as soon not repeat through this instrument at this time, have this entity ask questions of us which we may address at a future session.

If that would be acceptable to you, that is what we would prefer to do, for we would not wish to tire this instrument, whose energy is already waning, with the repetition of information that is readily available. Is this acceptable to you, my brother?

P: Of course.

We are those of Q'uo, and we thank you for this. We find we have energy for one more question at this time.

P: This one concerns how a social memory complex such as yourself would express creativity. How do you express creativity, such as an individual expresses beauty through artistic expression?

We are those of Q'uo, and are aware of your query, my brother. We find it most humorous that you would ask this question because of the burden of our comments today. They have been about an experiment in beauty and truth which is called planet Earth. The time lateral experiment, which is your planetary school of learning, was crafted by us with tremendous creativity, love and caring.

The intentions of all of those involved in the creation and maintenance of this planet in its special circumstances is a very good example of the kind of beauty that social memory complexes might create if they have chosen as their role the guardianship of a space/time continuum such as that of your solar system.

In general, let us simply say that when groups of entities create, the energies of creation are very much the same as when individuals create. The time that it takes to create is extended dramatically, for the commonalities of all of those within the group must be gathered and balanced in a continuing cycle of increasing self-awareness and increasing focus so that when choices are made as to how to proceed along the lines of the preservation or the creation of a thing of beauty, or a thing that has form and function, there is the fullest possible realization on the part of all entities involved.

Each entity within a social memory complex is known to the other entities in terms of the contents of that entity's mind. What is not known until the entities engage at a very deep level with each other is what the dynamics of connection between each and every member of a social memory complex shall create as a pattern. It is from that pattern of commonality that the creations of a social memory complex come.

We realize that we have only scratched the surface of any of these questions and are more than happy to continue to offer our humble thoughts through this instrument at a future time. You have only to create the opportunity and we shall make every attempt to be with you.

We thank this instrument and each of you for creating this circle of seeking. It has been our true pleasure to share the beauty of your vibrations and your meditations at this time. Again, we ask each of you to guard your thoughts. We are not perfect and we have no desire to be an authority among you. But we are most happy to share our humble opinions.

We are those known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
January 1, 2006

Group question: The question today, Q'uo, has to do with information that you gave some time ago concerning the end of third density and the beginning of fourth density. We're wondering if there is any reason for us to be afraid of anything that's going to occur then. Everything that we know is going to come to an end, as we know it, in third density. An entirely new fourth-density vibration is coming in, entirely new ways of looking at things, of doing and being. Is there any reason for fear?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We come in the Creator's service to share our thoughts with you, humble as they are, on the subject of fear. It is our pleasure to join your circle and our privilege to share our thoughts.

As always, we would ask that you guard your thoughts carefully. Listen with some skepticism and a weary ear to what we have to say. If the thoughts seem helpful to you, then by all means work with them. That is why we are sharing them. However, if those thoughts do not seem helpful to you then we would ask you please to drop them without a second thought and leave them behind. It is an important consideration to us, for we do not wish to create a stumbling block for your process. Therefore, if you would guard your thoughts carefully, it would enable us to speak freely. We thank you for your consideration in this regard.

It is with some degree of gratitude and thankfulness that we take up this question of whether there is any reason to have fear at this time in your planetary process. There certainly are great changes taking place, and, indeed, some of the processes of change have completed their pattern to a great extent. The outworking of the forces involved in the planetary shift from third to fourth density, in terms of activation and the interpenetration of third by fourth density, has matured nicely.

We have been pleased to see the degree to which your planet's people as a whole are increasing in their level of awareness of the planetary situation. This new level of awareness among what this instrument would call the grass roots of your globe means that there is more surface area, shall we say, for the light to shine through, which in turn helps the rest of the planetary population if it wishes to join the numbers of those who are awakening, making their choice, and creating for themselves the opportunity to graduate in service to others.

We are pleased, indeed, that groups such as yours all over the planet have enabled the third-density structure they do now enjoy as they have. It is extremely likely at this point that your population shall be able to enjoy uninterrupted and comfortable incarnations at the end of which lies the opportunity to choose the next classroom which you feel that you would best enjoy working in.

It is a very exciting time for your planet and for those of us who have watched your people through a great deal of difficult learning. We see better rates of awakening, shall we say, than the probability vortices of, say, thirty years in the past would have suggested. And we are humbly grateful to be a small part of that energy that has pressed towards the light, has called to the light, and has anchored that light in relatively undistorted form. We thank each heart that beats, "love, love, love." Thank you for the unimaginable effort that it takes each of you to keep your mind, your thoughts, and your heart on the beam, as this instrument would say. It is easy to be distracted by very many things and we find ourselves applauding the efforts of each of you to stay awake and stay on task.

We can say unequivocally that there is no reason to have fear [while] phasing out the stunning changes that are taking place on your planet at this time.

One reason there is no need to fear these changes is that these changes are largely non-physical. As the questioner expressed the question, it was clear that the questioner was aware that they take place in the unseen realms, the inner planes. Therefore, while these changes are absolutely radical and revolutionary, they are not changes that will affect life as you know it on planet Earth. Consensus reality shall reflect only shadows of these changes.

In terms of your living out your natural life, there is no physical catastrophe that is necessary in order to express the changes that the planet is going through. Humankind is another story in terms of the possibility of planetary disaster. The planet itself does not need to extinguish itself in order for fourth density to emerge. However, there is a troubling tendency within humankind to use violence and the expressions of violence of which your people are capable at this time. The only reason for fear that we would see in the picture that we look at at this time is that tendency among your people to feel that it is possible to create a better situation than the one that is currently had by destroying people, buildings and the environments with your weapons of mass destruction. Enough of those weapons of mass destruction going off at one time could indeed remove life from the planet entirely.

We are without concern as to whether this happens because of our being [unable] to do anything about it. We hope that each of you can take into your prayer life, your meditations, and your interactions with others the awareness of that shadow side which lies within the heart and the makeup of each human being on planet Earth. Where in your energy do you see the desire to destroy rather than communicate, to blow something up rather than take the long and sometimes messy route of discussion and heartfelt reaction that results in creating light where there was darkness, love where there was bitterness, and so forth?

These are matters with which only you who dwell in the flesh on planet Earth have the right and responsibility to deal. We have the right to rescue entities that may have been blown up in a nuclear explosion. We do not have the right to interfere with such an explosion. As you in your heart live, so does the human tribe as a whole live. And so we put this concern to you: if you have fear, let it be fear of your own human tendency to destroy. And see what you can do to create within yourself a heart that is genuinely, deeply committed to building up rather than destroying.

In terms of what is happening to the planet, the third-density planet Earth on which you live is gradually exhausting its capacity to offer an environment in which third-density entities can incarnate. The energies have been strengthened, especially in the last ten years or so, as we said, by many groups such as yours who gather for reasons larger than themselves, and you have in common a great love for the Creator and a great desire to serve the Creator.

This whole-hearted stretching and reaching for the light and this growing desire to learn the truth among so many of your people have greatly aided the situation as regards the strength of the field of third density at this time. It is very likely—and we are looking only at probability vortices, not actual predictions—that your people will not only be able to live out their current incarnations here but that there will be enough energy within third density to maintain third-density bodies and the energies of evolution, in terms of the spirit, for some of your time, perhaps as many as a hundred or a hundred and fifty of your years. It is difficult but not impossible to predict with any accuracy what shall occur with your people. However, the time of third density for doing third-density work is virtually over.

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Those not in incarnation at this time will not have another shot at living on planet Earth, taking flesh, and becoming choice-making, ethical, biological units, as this entity likes to call human beings, from the work of the one known as Dewey. It is not, however, a cause for fear that this is occurring. This is perfectly in order.

And, indeed, that which remains to be done by entities living in third-density bodies on planet Earth is, for the most part, not personal but rather has to do with the energy of so many among your people, which has a kind of group karma to it. This energy is that which those among your people who have destroyed parts of their planet or their entire planet in previous attempts at third-density evolution have carried with them to this point. There is a lot of healing that various entities for various reasons wish to accomplish. In many cases they do not even really know how to accomplish this healing process. More and more entities, we feel, will find a connection between their own health, in terms of their spiritual health, and the health of the planet on which they live.

The key error among your peoples has been to forget that all things are one. It is a very simple truth. There are many, many ways to say this truth. But you are part of the entity sitting next to you, the entity on the other side of the world, the ground that lies closest to your feet at this time, and the ground of the entire planet. All of these energies coalesce within your energy system. You are the Earth, just as you are the creation. The kind of healing that has this karmic tang to it is that healing into the realization that is heart-deep: that you are part of all that there is and that you are able to interact as a steward with the Earth around you.

The term, Earth, is not necessarily literal—for you may not live on earth. You may live in a high-rise or in a place that for some reason has no actual earth to it. Nevertheless, your feet touch, your hands touch, and your eyes see a physical world. Even if your environment is only one room, you can make that one room a room in which there are green and growing things, there is cleanliness and order, there is a sense of peace, there is an atmosphere of thankfulness, and there is a deep note of joy. You can make a home, not only for yourself but for all of the energies that interpenetrate third-density, consensus reality.

And this kind of opening up of the self to the awareness of the environment around you is that about which we are encouraging you to think. It is a simple thing to turn the mind to more of an awareness of what is around you. And once you become aware of what is around you, it becomes more obvious how exciting, how stunningly beautiful and how entirely original each day is, what a gift it is, and what an adventure it is to experience it.

Eventually, your planet will no longer be able to sustain the evolutionary energy necessary to live a third-density life. Once this has occurred and there are no longer any third-density entities dwelling on the planet, fourth density will indeed become able not only to interpenetrate third density but to appear. At this point in its development, all of fourth density chooses not to appear. It chooses to remain as an unseen energy in order to allow the third-density entities to complete their patterns.

We cannot say that there is no reason to have fear. We can only say that there is no reason that we see to have fear. We see a good deal of fear among your people. We ourselves do not share the point of view that produces that fear. To those such as this instrument, who have experienced physical death, there is less likelihood of a thought concerning the ending of the life creating fear. This instrument is not afraid to pass through the gates of larger life. Having done so, she is aware that there is nothing of which to be afraid. Indeed, there is a great deal to which to look forward.

Therefore, her life is not cluttered with the fearful anticipation of her own death. She is aware that, as she was born, so she will die. She is content to let the Creator take her when her time comes. Whenever that is, her hope is to have completed the patterns that she came here to fulfill. That is indeed her only concern and in passing we would say to this instrument that even that is not something to fear. What is done is what is perfect to have been done. That is a way to look at a life's work. Otherwise you can indeed create concerns for yourself where there is truly no concern.

We would indeed encourage each to take hold of life as the gift that it is, realizing that death is part of life, an outworking and a final stitch in a good pattern that you began in your mother's womb. We do not see this event as being one that needs to be feared at

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all. We see it as part of a benign and healthy pattern. We hope that any time that we speak of the changes that are occurring in answer to your question, you are able to receive the information simply as information. It is, in all of its complexity, not that which need cause any fear whatsoever. Certainly, when the time nears midnight, entities will become more focused on that moment when today becomes tomorrow and a new beginning proceeds. We encourage you to enjoy the dawning of this new day.

You cannot become a fourth-density entity within third density. However you would be surprised how deep a change that you can make in the life of your body, as well as your mind and your spirit, by disciplining your thoughts. This instrument has talked many times about trying to live with fourth-density values, seeing what you can do, when you become aware of the thoughts that you are thinking, to examine them for what they may have to offer you. It is very helpful to see what you are thinking about and then to ask yourself if you could perhaps tune that instrument that you are to clearer and more productive thoughts.

There is a fine balance between this kind of work which is helpful and too much of this kind of work which creates a situation in which you really don't know who you are because you're too busy trying to control your thoughts to be a certain way. We do not encourage that.

What we encourage is a living, plastic, yeasty kind of process in which you are able to become aware of your thoughts and to sit with them and let them show you what your inner environment is. In sitting with that environment, you may ask for guidance and help in seeing with more clarity and in being able to have a broader point of view that enables you to see a larger picture.

We hope that this sort of energy will be that to which you turn if you do feel fearful because that over which you have control remains stubbornly inferior to yourself. The kingdom does lie within and the resources and tools for administering your kingdom lie handy to your use. It is a matter of how you choose to think, to act, and to be.

We would at this time ask if there is a follow up to this query or if you have another question at this time?

P: My question came up in the last session. It was surrounding Maldek and Mars. Why does it seem like such a current theme for planets to be destroying themselves? Not planets but peoples of the planets, destroying themselves, their cultures! Is it central to this solar system or is it a common theme in third density?

We are those of Q'uo, and are aware of your query, my brother. The pattern, my brother, we would agree is well advanced and is indeed endemic to this region of space controlled by the Logos, or shall we say, sub-Logos that is your sun. The creation that was designed by this entity used a great deal of free will and a heavy veiling so that it takes actual effort for most people to retrieve their memory of the larger picture that moves beyond one incarnation into the grand design of the creation itself and you as citizens of eternity.

We are not saying that the Creator has not gained a rich harvest of new information about Itself from this particular design of creation. However it does seem that the combination of advanced free will and advanced veiling of the actual metaphysical situation have created conditions that are unusually likely to produce the thought pattern of aggression in order to get one's way. Since it is so difficult to see that we are all one in your third-density experience, since the veiling is so complete, it becomes possible for entities to contemplate ending another's life with less discomfort than if they were contemplating ending their own life. This has made it possible for entities to become habituated to the destruction of other selves.

And, indeed, the mental processes of entities who have, in lifetime after lifetime after lifetime, been involved in killing have become infected. It is as if you had taken up smoking: you can see that smoking is a bad idea; you can see the statistics that a certain number of people will get emphysema or lung cancer and will be removed from incarnation because of that habit. However, the smoking becomes a habit and it seems very difficult to change the habit once it has set in.

In just the same way, your tribe on planet Earth is made up of entities who have become habituated to violence. There is a great yearning in the heart of all of those who have so become habituated to lose the habit, to stop the violence that lies within the self.

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However, in order to change a habit, one must see a viable alternative to the habit.

How can you teach peace? How can you help a planet heal from its easy acceptance of violent acts? We leave this question with you. It is in your hands.

May we answer you further, my brother?

P: That's good for now.

We are those of Q'uo. Is there a further query at this time?

T: Can you offer any suggestions for a process to help make a seemingly important life decision?

We are those of Q'uo, and are aware of your query, my brother. We wonder for this instrument's sake if you could repeat the question, putting it a slightly different way so that she may see into the question?

T: Yes. The question centers around how one can think through and come to a decision about an important life path, of one option or another. Does that help?

We are those of Q'uo, and yes, my brother, that did help this instrument. We are able to respond to your query this time better because you put it a slightly different way and we thank you for that.

There are a couple of things we would share with you, my brother, about making choices. Firstly, we would ask you to be more than usually aware of your guidance and to ask it for help in a very specific way. In other words, my brother, when you pray or converse with your guidance system, rather than saying, "I have some things coming up that I'm concerned about and I would like for your help," we would suggest that you be very specific and try to describe to your guidance system precisely what it is with which you want help. As you describe the specifics of your choice to your guidance system in this inner conversation, you will be opening channels of inspiration and information that will begin to flow instantly.

Secondly, we would suggest to you the virtue of exaggeration. When you are attempting to make a choice it is helpful sometimes to exaggerate the choice, to imagine into how it would be if it went one way and emphasize and exaggerate that projection into one possible future. And then do the same thing with that other path, exaggerating it and imagining into it and seeing how it felt one year down the road, two years down the road, as you project how your life will change because you've made this choice.

(Side one of tape ends.)

(Carla channeling)

We might suggest, for instance, that you could take a period of your time, for instance a week, and for seven days focus entirely on wanting, looking into, imagining and projecting into the future, having made the choice one way. Then take the next week and do the same thing for the other side. There is a point in this process where you will begin to get a resonance on one way of choosing that you do not get on the other way of choosing. This is one way of sharpening your focus as you let yourself drift and dream and imagine what it would be like to live out the implications inherent in making the choice one way or the other.

Thirdly, we would suggest that you be careful to include in each day a time where there is no thought taken about this choice. We do not even want to describe how you would structure this time. But let it be a time that is yours and let your choice for that time be that which opens your heart.

It might be as simple as walking outside in beautiful settings, especially those with trees. It might be any situation in which you choose how you wish to enter the silence. But let this time be free from worldly concerns of any kind. Let this be your gift to yourself. This is important for the balancing of all that is occurring to you at this time.

You might even think of it as a time of invitation and acceptance; an invitation of beauty, truth, justice and peace. Invite them to flow through you as they will, restoring and healing you, for they rest as entities within your energy system and can be called forth and evoked, if you will. And rest, resting from all labor, all thought, all concern; resting into the silence, leaning back into the strength and the power inherent in the ongoing pulse of the Creator's heart.

May we answer you further, my brother?

T: No, thank you, Q'uo, that was lovely.

We are those of Q'uo, and we thank you, my brother. Is there another query?

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B: Yes, I have one. You made reference to the third-density pattern which must be completed. Could you describe what the pattern is?

We are those of Q'uo, and are aware of your query, my brother. We have difficulty using this instrument to answer that particular question and therefore we shall attempt to be somewhat creative, for there are many things this instrument simply does not know in terms of scientific patterns.

The pattern of third density, to use your own discussion of densities with this instrument, is oranges. There is an orange-ness that must be completed and that is a complex thing. It has to do with that particular fruit, shall we say. It has a certain smell, it has a certain texture and firmness, and is of certain size and so forth. Third density has a field and it is full of a certain kind of pattern. When the pattern is completed, then there will be no more need for oranges.

We are sorry but this is the best we can do through this instrument. Can we try to answer you further, my brother?

B: Are there specific attributes I could look for in the field?

We are those of Q'uo, and yes, my brother, there are specific attributes. We do not believe we can, at this time, express to you what to look for. We are sorry but we cannot offer you information through this instrument at this time on this question except that we can, through this instrument, affirm that there are indeed characteristics that are available to your observation.

B: Where might I find such information? Anything locally in books or print or other features?

We are those of Q'uo, and would suggest through this instrument simply that you follow research concerning the nature of light. You will find hints and inklings along the way in working with this information, although, of course, my brother, there are as many false leads as there are good ones in such research.

B: This I know. One more question. How is the fourth-density energy impinging on Earth now affecting the people? Is that increasing the amount of violence, being misinterpreted?

We are the Q'uo, and are aware of your query, my brother. We find this a misleading question in that it is not the interpenetration of fourth density in third that is creating more violence but rather it is that separation of entities into those who are moving forward and those who are caught in fear. Neither those who are graduating service to self nor those who are graduating service to others are caught in fear. The entities that are caught in fear are those who have not yet chosen how to polarize; that are simply, shall we say, resting in the cultural milieu.

If they have not made that first discovery of the true situation, then they perhaps have a very blunted ability to choose at all. Information such as this group offers and many, many other groups offer can awaken certain people who are ready to awaken to the situation. And when entities get the situation well in mind, they are riveted. They are activated and they realize the gravity of this need to choose.

If entities are not yet at that point where it is necessary for them to wake up, necessary for them to get a grasp of the situation and necessary for them, then, to make the choice, they are simply not ready to leave third density and, therefore, they dwell in a sinkhole of indifference that is like a gravity well. They simply cannot get off the bottom of the swing of, say, the pendulum that they represent by not having chosen.

Those who have not made the choice are those, say, that would be hanging straight down into the gravity well. Just as when one swings on a swing, one has to rock back and forth to get a good start. Then once one is swinging, one is able to swing very high. One has developed power. A person that is simply hanging at the bottom of this gravity well of indifference has no power.

So, you are basically looking at entities who are powerless. They sense that they are powerless without having knowledge of how to claim the very substantial power that they indeed do have but do not know how to get to.

May we answer you further, my brother?

B: This is actually describing a pattern. Is this part of a second-density pattern they are trying to complete to move on through the third density? Basically, the great ape motif. Is that what's holding them back and causing the violent reactions?

We are those of Q'uo, and are aware of your query, my brother. We believe that you are reversing cause and effect here and putting the cart before the horse.

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The repetitive experiences of entities who have experienced destruction have created a group of entities on your planet who are simply resistant to awakening.

They have successfully avoided [awakening] for a long enough period of time and a significant enough amount of incarnational experiences that there is a continuing resistance to awakening that is expressed very well in some of the outer forms of your culture at this time, with its ways of distracting and amusing entities' thoughts and occupying their thoughts to an extent that keeps them asleep in terms of thinking ethically or morally about who they are or why they are here.

The situation with such entities is simply that they shall need to go through another third-density cycle elsewhere. It was hoped, naturally, by those who created this planetary experience that this would be the best possible environment to take entities that had this pattern and to give them the maximum opportunity for healing and for growth. But there is no guarantee when such a pattern is made that it will succeed. However, each time a new cycle begins, the sub-Logos responsible for that cycle does its very, very best to create that maximally efficient structure for evolution, and if they did not succeed in clearing third-density lessons this time, they shall receive another chance and another opportunity with perhaps an even better creation to play in.

May we answer you further, my brother?

B: Yes. Would there be one particular thing this planetary experience went wrong on that managed to get all these people stuck having to repeat third density?

We are those of Q'uo, and are aware of your query, my brother. There is indeed one thing that entities become stuck on, in general, and that is that illusion that all are not one. It is the saving awareness of all entities who undertake spiritual evolution to realize, in the way that is meaningful to you, that the picture is indeed larger than one person, one nuclear family, and one lifetime, and that, in that picture, everyone belongs. All is one. The lack of awareness of oneness is the key to the clinging to patterns of violence.

It is important to realize, though, my brother, that simply because a group of entities did not make graduation at this time does not mean that there has been a failure. There is no concept of success or failure as such in the outworking of the pattern for a planetary density. Those who are able to be harvested are harvested. Those who are not able to be harvested are given further opportunities to work through the lessons that they were unable to learn so far. There is no reason to be concerned. It is simply a point of information that the particular planet on which you now enjoy living is soon to become unavailable for third-density work. Therefore, [those of] third density shall need to take up their studies elsewhere.

We find that this instrument's energy is waning and we would at this time leave this group, this instrument, and the environment that you have created by the beauty of your vibrations, leaving you in the love and in the light of the infinite Creator. We are known to you as the principle of Q'uo, and we thank you for the privilege of being with you this day.

Group: Thank you.

Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation, Palm Springs, California
January 9, 2006

Group question: We've been gathering here this weekend to get information and inspiration to help the harvest on this planet. Specifically we would like to know how this group can be most helpful to direct the harvest and to increase the harvest as much as possible. Could you get some information to us on that topic?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. May we say what a pleasure and a privilege it is to be called to this group. We thank you. The beauty of your vibrations, individually and also commingled, is a source of emotion for us. We are stunned by your courage and your desire to serve.

We consider the experience that you go through in third density at this time as a harsh one and we want to thank each of you for the incredible amount of work that it has taken you to get to this point. Each of you has a different story. Each story is honorable, valuable and worthy. Thank you for this opportunity to share our humble thoughts with you.

As always, my friends, we would ask for you to take full responsibility for discriminating between the thoughts that you will work with and the thoughts that you will leave behind, in terms of what we have to say. We are error-prone just as are you. Some of the things that we share may really help you to work and if so we are thrilled. Many times, however, we may miss the mark for you and it may not be your truth. If you do not feel resonance with our thoughts, please cast them aside without a second thought, for we would not be a stumbling block before any. If you will take responsibility for guarding your own temple, then we will feel free to share our opinions. We thank you for this consideration.

Your free will is paramount. It is far more important to us that you maintain the freedom of your own thoughts than that we be here or that we say anything in particular. We are here to support you and we know that each of you has guidance not only from entities such as we but from your own guidance system. Please lean into that and depend upon it and do not take the authority of anyone else as being something to which you must bend your will. Retain your orneriness, my friends. Retain your maverick nature.

Be independent of any outside authority, for you are the person who creates your universe. For each of you it is truly your world. That which you forgive is forgiven. That which you do not forgive is not forgiven. This power of which you are becoming more and more aware in your daily lives is that power which is part of the makeup of all of those upon planet Earth at this time. We encourage you to become more and more aware of the truth and

power of your being and to look for ways to use that power well.

You asked this day what you as a group could do to help to anchor and further the harvest that is now taking place upon planet Earth. We realize that each of you has more of a tendency to think about what to do than to focus in on being. And yet we would say to each of you that the heart and the seed of each of your service at this time as part of this group is the work that you do in seeking the truth of your own nature and becoming more and more deeply aware of who you are, why you are here, and what you are doing.

There are many, many layers to this question. The conversation earlier ran into the discussion of an onion at one point, and we use this humble and yet wonderful little vegetable that this instrument is so fond of using in her cooking as an example. Take a look, my friends, at the nature that each of you exhibits, for you have many layers to yourself and each layer is distinct. There is that little onion-skin layer in between each bit of onion as it moves into the center. You are trying to move through the resistance, shall we say, or the meniscus that that onion skin represents in our image.

And each time you break through into a more interior portion of your onion-ness, you discover a lot of new information about yourself. You meet those synchronicities that you have called forth by creating a realization, a moment of epiphany. And then you work again to move through to another layer and do the work again, to break through into a more inner awareness.

The analogy falls apart when we come to the center of the onion, because the center of each of you is nothing that has ever taken flesh. It is your very spirit, your very soul. That is your heart, my friends, that experience of feeling the presence of the Creator within is often difficult to come to at first. For you desire to know yourself and at the same time the desire to know the truth always creates a climate that encourages change and, as you know, change can be very uncomfortable.

So we ask you simply to look at, as J has said, each thought and each impulse, and begin to see into the patterns of your being. Who you are is not obvious. The package, as this instrument would say, that you are as a soul contained within is made up of a suitcase full of gifts and limitations, things you are good at, and things that you are bad at. It is what this instrument would call a personality shell.

It seems, perhaps, at times to be overwhelmingly real, integrated and whole. And this is, of course, the goal of psychology and psychiatry: to reintegrate and bring together the scattered portions of self. But we would go further than that. We would ask you to realize that your personality shell is indeed a collection of things that you have packed in your suitcase to go on this trip, this incarnational trip on Earth. As you spin around the sun and as the galaxy spins around, there is this precious time of opportunity for you, cut off from all possible means of proof, moving towards the situation of embracing the faith that all is well, that all is one, that you are in perfect harmony and accord with your guidance.

In essence, this is the truth of each of you. However, within the veil of forgetting it is not at all simple, usually, to see the pattern except by hindsight. And that developing pattern is, with the yeast of spirit, beginning to create its own thought, its own energies, and its own patterns.

So we would say that the first work that each of you has to do, as part of this group and at this moment of focusing on things to do, is to be yourself and to work daily on the ongoing construction project that this instrument likes to visualize herself as being. Each entity is indeed the Creator. This instrument responded to someone saying that she was part of the Creator earlier today by saying that she acknowledged her godliness but noted that she was a very young god.

We would say that this is a good way to balance your realization. Know who you are but also realize that when you are moving from creatorship, as part of the creative principle, you truly do have the power of a god. See what you can do, my friends, to use that power well, lovingly, compassionately and wisely. Be persistent in your search for who you are beneath the personality shell, beneath the layers, at the interior of the heart which is the precinct of the Creator.

There is a hymn that this instrument often sings. it starts out, "Oh Jesus, thou art standing outside the fast-closed door."[85] It is a hymn about our reluctance

[85] Carla: This song was written by W. W. Howe in 1867. The message of the song can be taken better by people who do not enjoy working with the concept of a person named Jesus if they substitute "unconditional love" for "Jesus" and "lightworkers" for "Christians." I also apologize for the 19th-century,

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to open the door to the deepest truth of ourselves. We would turn this figure around, my friends, and suggest to you that the Christ is within your heart, at the very center of the holy of holies and waiting for you to knock.

Enter your own inner sanctum daily, if possible. Work with that muscular strength of silence. Allow all of those things at which you have not wanted to look, that rise up when you are silent, to arise. Gaze at them with affection and yet detachment, seeing them, noting them, sitting with them and allowing them to fall away.

This process may seem to be very unlike the ideal of that entity who goes into a deep meditative state and truly transcends thought. When that happens to you, my friends, it is a wonderful gift. But do not sneer or look down upon your efforts when they seem to have failed, when you seem to be full of junk thoughts that keep going and going like a broken record. When you are silent, your subconscious brings you gifts much like the kitty cats that bring unwanted rodents that they have killed to your feet and say, "Didn't I do well? Pet me now for I have killed this for you."

Such is the experience of many who enter the silence and they wonder why they are not experiencing that wonderful peace that work in silence supposedly brings one. For some entities, that is the experience. If it is not yet your experience, than please be patient with yourself and simply enter that silence daily without judging how well you are doing. We find that this instrument considers herself a terribly poor meditator and yet she also considers the work done in meditation to be the linchpin of her process.

How is it possible that the silence can work with such imperfect entities? My friends, it was intended that you be imperfect. You and your guidance system, before incarnation, selected not only your gifts and talents but your limitations and perceived faults. You wanted this opportunity to come and serve and yet also you wanted to do work in consciousness in the fiery furnace of planet Earth and consensus reality. You risked so much to come to planet Earth as an incarnated being because all that you knew before incarnation had a gentle but firm cover laid over it.

The one known as W was saying earlier that perhaps it is not always a good idea to look too deeply or too far past the incarnation at hand, and we would agree with this entity. Information about other places and other times, other lives and other work, is very interesting but as your knowledge base about what you have physically been through in other incarnations grows, we ask that you continue to identify yourself not with the stream of experiences that lead you here but with the present moment and all that that moment offers.

Secondly, we look through this instrument's mind to find the concept that will help you see what you are as a group entity. Firstly, the power of your own awareness of yourself as a spiritual entity and a spark of the godhead principle makes it possible for you to begin to be a powerful person, metaphysically speaking. Our encouragement to you to begin any process with work on yourself goes back to the simple truth, that you have heard in so many different ways and from so many different sources, that you are all one being. You as a group are a hall of mirrors. You will see within this group, as within any group that attempts to move below the surface of polite conversation, projections coming to you, telling you about yourself. For each entity in the group, that mirroring effect will be very personal and intimate and we would not wish to interfere with your process. We would simply say that it is well to be aware, when you have so many kind, compassionate, honest and loving mirrors about you, of the gifts that you are given by those about you in this group as you interact.

Whatever your experiences in interacting, ponder them in your heart. See what they have to say to you and do that rebalancing that you came here to do bit by bit. Perhaps at the end of the day you might even sit down and take thought for the day. What were you thinking? What were the themes and the patterns of your process this day? What totem spoke to you? What messenger came your way? Use the guidance that your seeking for the truth has brought to you and know that the instant that you ask for help, help is being given.

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politically incorrect use of "brothers," where clearly the plea goes out to brethren and sisteren both! This is the first verse:

> O Jesus, thou art standing outside the fast-closed door,
> In lowly patience waiting to pass the threshold o'er.
> Shame on us, Christian brothers, his name and sign who bear,
> O shame, thrice shame, upon us who keep him standing there.

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It is not our part to make suggestions as to how you shall create projects or environments that will help to awaken the planet of which you are a part. It is only known that this is your time, your moment, and your opportunity. Be aware, in the times to come, when you are attempting to manifest what you have begun in these two days, that each entity within this group wishes to be part of your physical support system. Communicate with each other as you find it possible to do so, moving always deeper, as the one known as J would say, coming to more simplicity and clarity.

This instrument was speaking earlier of unseen help and we would encourage you to lean into that unseen help, for each of you has attracted to yourself not only the entities that each soul has, not only the entity of the higher self or the holy spirit, as this instrument calls it, but also the wanderers among this group have an extended family from their home planet that also have, if they can lean into it and believe it, the support and the encouragement even of those wanderers who are still asleep. For you are connected in other densities.

Can you wake them up? It is your not your place. Can you offer seeds? It is your place. Offering seeds does not infringe upon free will. You may scatter the seeds of thought freely without being concerned that you are infringing upon free will. The essence of sowing the seed is to cast it to the wind, not being concerned at all about where it lands or how it grows.

Realize that, as you lean into this unseen help and as each within this circle does the same thing, there will be activated a tremendous amount of consciousness in the unseen realms. This help is powerful to [have.] Indeed, as this instrument was saying earlier, you are already living on borrowed time and doing so very effectively. Each of you has done much to anchor light. Each of you is a light worker. And that energy that each of you has put out in simple and unconditional love and support for the planet and its people has enabled the energies of fourth density to interpenetrate third density without kicking off the polar shift that at some point is inevitable.

Instead, the shift has been occurring little by little by little, because of your love, because of your work.

Please realize that it is rather like matching funds, if you will, when you donate and your company also donates and so forth. When you work, when you give, when you stop the analyzing and the worrying and rest in knowing that all is well and that you are alive and present at this moment, you are helping not only yourself but the global community. Unknown [to each other,] groups such as yours are forming all over the globe at this time. So lean into that as well, identifying yourself not as the saviors of Earth but as those who have been touched with the flame of the spirit.

Each of you has had a different tongue of fire touch their heads and bring them alive and awake to spirit. Each of you has a different story to tell and each of your stories is valuable and will open up the consciousness of those to whom you tell your story. Know that about yourself and if entities ask you, bear witness, not to a dogma or an "ism" or even your favorite philosophical *Law of One*, as this instrument calls it. But simply wait for entities to ask you. And when they ask you, share that which it comes to you to share, knowing that the right words will come to you in that moment.

We would at this time ask if there are follow-up questions. We are those of Q'uo. Is there a query at this time?

J: [You seem] reluctant to give us any specific guidance as to the various possibilities that we've been looking at. The one that comes most prominently to mind are the rights to the writings that are currently mired with the Schiffer Publishing Company. Can you speak to that at all, as to the steps that might be taken if necessary for that to be reacquired by L/L Research?

We are those of Q'uo, and are aware of your query, my brother. We cannot speak directly to that query as it is a portion of the active process of several within this room at this time. There are ethical considerations here which far outweigh our desire to share information. We very much feel that part of this group's story is the opportunity to craft a creation that speaks to each of you or to craft creations that together make a pattern that satisfies the larger needs of the group. We would not interfere with your free will choices in this. We have the ability to look at probability/possibility vortices. We can predict, to some extent, what may happen in the future. But it does not interest us to do so on this point. We wish greatly to preserve entirely the range of your free will as individuals and also as a group working within third density.

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We ask [you] to realize what you are basically attempting to do. As a spiritually-oriented group, and one whose dedication to the polarity of service to others is absolute, as a group you are a crystal. And when a crystal is composite and made up of more than one element, it becomes a very interesting structure. See yourself individually as a lighthouse or that which radiates light, but as well see the group of which you are a part this day as a composite crystal that accumulates power and allows it [to] shine forth as it will.

It is very difficult to walk that razor's edge between using your will from the yellow-ray position and making things happen, and allowing the energy to move up into the heart and from that heart into the blue-ray chakra and so forth. For you are attempting to work with blue, green and indigo in your chakra system in bringing forth and manifesting spiritually oriented information without significant distortion.

We would simply suggest that you have confidence in yourselves. Know that everything that has gone into bringing you here today is going to be useful. It is not clear yet, obviously, how entities shall combine for the larger good and yet we feel that your attempt to do this creates for you a vortex of fourth-density energy that is substantial. You are attempting to live and to move by higher principles. This, as this instrument said earlier, is protected work.

Resting in that protection, then, fearless as far as what you shall do next, you have only to relax into the conversation and the ideas, always working for a focus that simplifies and simplifies again that which the one known as B called a mission statement. Be aware that it is very powerful to create an intention.

Also, we would suggest to you a concept that is somewhat difficult to grasp but is perhaps helpful to consider. There is, globally speaking, among your people at this time, the rising of a concept that is a new paradigm. It cannot be developed by one group. It must be developed by groups of groups such as this one. Do not push it or pull it! But know that it is growing and see what you can do to tune into the melody not yet heard, the poem not yet written.

May we answer you further, my brother?

J: I would ask that you be with each of us, to assist us in the process of self-discovery. Redouble your presence in our lives so that each of us can increase the level of perception from which we view.

We are those of Q'uo, and are aware of your request, my brother. May we say what a privilege it is to be asked to do so! We are most happy to be with any of you if you will ask for us mentally as you go into meditation. We have found ourselves to be fairly good at being an undertone that helps to stabilize your own meditative state. We do not attempt to communicate with you individually, usually, for we do not want to break into that personality shell of yours with our somewhat powerful energy. But undergirding your own efforts is something that we can do without any fear of infringement upon free will and it is our delight and our privilege to be with each of you if you call upon us.

Indeed, if you call upon guidance in general, you will be surprised what a number of witnesses form around you to support you, lift you up, and bring you to clarity. We thank you, my brother, for that request and would be happy to do so.

Is there another query at this time?

D1: Is it appropriate to use the traditional media of television and radio and internet to achieve our goals of broadcasting the information, of planting the seeds, as you said earlier?

We are those of Q'uo, my brother, and believe we understand your query. It seems to us a fair and lovely thing for each of you to use the tools which you know to craft that which is your very best effort at sharing the light and the awareness that lie within you. We find all that this group has discussed this day to be appropriate. We do not have any desire to limit you in how you wish to present the information. We would only say to you that to balance the intensive dedication of each of you to manifesting, it is a good idea to spend a significant amount of your time becoming aware of the present moment, relaxing all tension or worry, and simply spending time knowing that all is well and that all will be well. Lighten up and find the light touch, the laughter, the bliss, and the joy that are only available when you are focusing on the present moment. Have fun with this, my friends, just as we are having the time of our lives working with you.

May we answer you further, my brother?

D1: Is there any way that we can help you?

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We are those of Q'uo, and we thank you, my brother, for that query. You are already helping us tremendously. We offer our service at this time, speaking through instruments such as this, or simply being with those who are awakening if they ask for our presence, if their asking for guidance is coming in on an energy which is compatible with our own. Consequently, moments such as this when we are able to share our thoughts with you are precisely what we hope to be able to do. So you are giving us our hearts' desire in helping us to serve the Creator. And for this we deeply thank you and honor you.

Is there a final query at this time?

D2: Is there anything else that we can do to increase our awareness and focus?

We are those of Q'uo, and are aware of your query, my sister. There is an endless supply of things that you can do to purify and refine your consciousness.

For each of you there is unique path. There are some key things you have in common. Silence is one of them. The structure of the human organism is such that you are basically dealing with a hybrid, in terms of mental activity. There is a portion of your mental makeup that is the great-ape bio-computer which comes with your body. It came from the factory that way, shall we say. You have a perfectly good decision-making brain and it follows instinctual pathways that are as clear as the pathways of deer or other large mammals as they walk to water and have their routines for finding food.

See what you can do to become more and more aware of your own patterns, your own territories, and your own geography within. It really boils down to becoming more and more aware of who you are. The truth lies within you already, undistorted, whole and perfect. This instrument, because of her mystical nature, has spent a good bit of time in states in which she is completely aware of the perfection of the pattern. She has often expressed that it is almost irritating to have those time of absolute clarity because, like all mountaintop experiences, they cannot be brought back as a gift to those who live in the valley. Just like speaking in tongues, the experience of alternate states is, while a wonderful gift, not that which you can manifest for others' use.

But when those times come for you, when you have moments of clarity, find the discipline and remember to dwell in thankfulness for the gifts that you have received. As you dwell in gratitude and thankfulness, you create an atmosphere or an environment within your electrical body, within your chakra system, as this instrument would say, that encourages further awareness. And just like your Earth, you are an ever-expanding organism. However, you are expanding into the metaphysical realm, rather than into the physical realm.

As your life moves towards its appropriate and condign end, [as] you continue working and creating more awareness within yourself, you are tending your garden. You are nurturing your own seeds so that you can pick an apple out of your own tree of shared experience and storytelling. Eat it with relish and drop the seeds as you go.

(Side one of tape ends.)

J: If I may ask one more question: it would seem to me that in addition to the information that you share with us, there is an unspoken invitation, almost as if it was an induction, inviting us to rise to the vibration, to the point, from which you view so that we may feel and see what you feel and see. Could you speak to that?

We are those of Q'uo, and are aware of your query, my brother. You offer an interesting question, my brother, because, in order to balance our response, we must say two things that are self-contradictory. We ourselves are not afraid of paradox, for we find that paradox is the natural environment of spiritual growth.

It is very well for you to enter into our state of mind and we share it with you freely, wholly and entirely, although not by words as much as simply by our presence, and we believe that was what you had in mind. That which you feel, as this group pulls in the energy of our social memory complexes, is that which can be taken away, examined, and contemplated. You are most welcome to do so.

At the same time, as this instrument was saying earlier, especially for wanderers, it is very important that each entity come down into the planetary miasma and plant the feet firmly on the soil and the earth of Earth.

Take the outer looks of the political, economic and social systems of your culture lightly when doing this grounding work. For you did not come necessarily to change the outer picture. You came to assist with the harvest of planet Earth. That harvest is moving

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merrily along on its own and, as you do whatever you do to serve with a clarity of intention and a passionate engagement, you are moving ahead with your own program and your own process.

Thusly, be, as this instrument remembers from her Bible studies, innocent and wise.[86] We believe that the combination is not foreign to your nature, my brother. Nor is it foreign to the nature of any here. Be the dove and at the same time use your wisdom.

We are going to leave this instrument at this time for we perceive that there may well be more queries later and we would preserve her somewhat fragile balance of health, which is at this time excellent. Therefore, with many thanks and humblest gratitude to each of you, we would leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

[86] *Holy Bible*, Gospel of Matthew 10:16: "Behold, I send you out as sheep in the midst of wolves; so be wise as serpents and innocent as doves."

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Sunday Meditation
January 15, 2006

Group question: The question today, Q'uo, has to do with letting go. Most of the folks talking around the circle today seem to be in a rather harmonious place on their journey. Things are relatively solid and moving forward in a positive manner. But we know that change is always on the horizon. The spiritual seeker can depend upon change. And what we have learned over the years is that letting go is the way for change to happen most easily within us. We've discovered a couple of ways of letting go. If we're a little hesitant of letting go, if we hold on for a while, we finally come to the point where we have to let go. "Let go or die!" That works but it is hard to do it that way. It seems to be much more easily accomplished if we can let go in a conscious fashion and do it at our own pace. We were wondering if you could talk to us about these two types of letting go as a part of the spiritual seeker's journey. Is one more helpful or efficient than the other?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We want to thank each of you for creating the time and space in the midst of your busy lives to form this circle of seeking. We realize that there are many times that we say this to you and you must feel that we are repeating ourselves, those of you who have made a practice of coming to these meditations. We assure you that there is no degree whatsoever of repetition to our observations. We are always stunned at the beauty of each of you and encouraged beyond words by your stubbornness and your dedication to seeking the truth as you know it. With energies that are so impossible to extinguish amongst each of your fragile lives and processes, how can we fail to have hope for your planet and its tribe? It is greatly encouraging for us to be amongst such a circle of souls and we thank you for calling us to you.

We would request that you guard your thoughts and your reactions to what we have to say with exquisite care. We would not be a stumbling block in your process. So please, before you pick up and use any of our ideas, run it past your own discrimination and make sure that it is your truth. Make sure that it feels very resonant and lively to you, as if it were something that wanted to grow, something that you remembered rather than having learned it for the first time, something you want to look at more closely. These are the signs of its being that which may be a helpful resource for you. If it does not act like this, if it just sits there and is a thought for you that doesn't resonate, then please let it go. It is not for you at this time.

Your question this day is an interesting one, for it moves into the whole question of process. That is what you are truly asking about when you ask about how to let go as a part of growing and changing. For us to respond adequately to this question, we need to

take a step back and try to seat our comments in an environment of thoughts and ideas that form a structure in which this process is seen for that which it is. Our challenge is to find the appropriate starting place.

We would simply move back to that starting place that is our beginning and our ending, that with which we greet you and that with which we say goodbye. We greet you in the love and in the light of the one infinite Creator. The love of which we speak is that unconditional love that is the Logos. We greet you in the Thought that created all that there is and we greet you in light. That light is that which the idea of unconditional love used to impress upon that light the distortions necessary to create the illusions that you see as all the densities, your creation, all your planetary bodies, and all of you—shafts of the sunlight of the infinite Creator, sparkles in the Creator's eye, and holographic portions of the creative principle.

We greet you as creators. We realize that you are very young creators and that you have many distortions and colors in the way you see things. Indeed, the whole point of sending forth each of you from the creative whole at the moment of a new creation was so that you could accumulate experiences and develop these distortions and colors. Each of you has within you the experiences of many lifetimes. Within you, you have your reactions and responses to things of unimaginable joy and things of the most intense and unrelieved suffering, and everything in between. And you have had this panoply of experiences and created, worked through, and finished patterns of learning and service not just once but many, many times have you gone through this creative and energetic process of casting yourself forth into the sea of experience that an incarnation represents, finding your directions by looking at the [stars.]

And once you have set your intention and set your goal, [you] find the rudder and the steering mechanism and start to take control of your boat, that tiny person-sized craft that you navigate through the infinite waters of the unknown and mysterious seas of a lifetime.

What is the correct way to find your stars, to set your intention, to learn your boat and how it works so that you can steer it and set your course? These are questions for you to answer, not for us. But we can share thoughts with you about this process and this we are glad to do.

We realize that your life has not come clear to you and then retained its clarity. Indeed, we would be somewhat distressed were we to discover that the people of your planet were experiencing no confusion, doubt or distress, for incarnations are created specifically to offer you these gifts. It may not seem like a gift to be confused or to be suffering. Yet this is the dearest of gifts in the sense that you, before incarnation, designed into the specifications of your life ample opportunities to discover within yourself those imbalances which you hoped before incarnation you would notice.

You hoped that you would not only notice them but that you would want to work on them. You provided yourself with difficult people, unfair situations, and repeated cycles of inner storm where you were unclear to yourself. And in all of these gifts to yourself you were not thinking about your comfort but about your growth. You were hoping that your response to confusion would be not only to express the pain of that confusion but also to enter into it, to embrace confusion, to live with it, speak with it, and accept confusion without attempting to make confusion wrong or to get yourself out of confusion as that being your only goal.

When things are in confusion, it does not mean that you have become mistaken in your way. It means that you have entered a pattern within your process whose end you cannot see. In some cases, the pattern is other than it seems. These are usually cases where the confusion is local, or localized and small. Yet, the way you are looking at it, the angle from which you are viewing it, is casting shadows that are not helpful. Consequently, there are some times when confusion is a signal for you simply to rotate your point of view, stepping back if you can to a larger point of view, or simply rotating that point of view so that other ways of understanding the situation might come into view.

There are other points of confusion which bespeak having come into a larger pattern, a pattern that is incarnational rather than local. Indeed, it could be a pattern that moves entirely beyond the limitations of incarnation. It could be, for instance, that you are creating a better balance within yourself as part of

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the work of wanderers within a social-memory-complex group.

The wanderers themselves do not know about the other wanderers upon the planet that are doing this work, but as each of you wakes up and begins to study the patterns of confusion that you experience, you are helping many unseen friends who do not know that they are being helped by you, any more than you know that you are helping them. Yet, as part of this unseen, and for the most part, undiscovered group, as you do the work on yourself you do the work for the group as well so that your achievements in finding bits of clarity amidst the confusion redound to the understanding of the entire group.

And in a larger and more general sense, all of you are part of the tribe of planet Earth. Therefore, each time that you achieve more clarity for yourself you achieve it also for the tribe of the peoples of Earth. Realize, then, that your process, your confusion, your changes, your choices, and your decisions are not simply for you. As you do the work that opens up your incarnation to receive more and more light from the Creator, you are receiving more and more light not only for yourself [but also] for planet Earth. As you do the work to lay aside those stumbling blocks that would keep you from service, you are laying aside stumbling blocks that lie before each and every soul of your tribe. You do not have to say a word or share any concepts in order to do this work. You have simply to do the work.

The collection agency, shall we say, for the gifts that your clarity offers lies completely beyond your control and is part of the natural and instinctual action of the outworking of the pattern of third density upon your planet at this time. You do not have to be concerned about anything except moving into your process with faith in yourself and in the process.

Your query was about how to let go. There are, indeed, many times in the recurring and cyclical patterns of your spiraling process where you shall, indeed, as the one known as J said, find that there is undergrowth, brush, brambles and fallen limbs that have come down so that you are unable to walk where you had walked before. You must let go of the old route. You must find a new one. These points within your process seem fairly simple and yet the underbrush on a moor or heath[87] can come from many different sources. It might come because of an elemental storm; it might come because an animal has destroyed a tree in its efforts to get to the food that it holds; it might come because there is another third-density entity with whom you are interacting that has seemingly created this impenetrable underbrush where you can no longer find your path.

It could come from that which calls you from beyond, from the realms of love, from the realms of wisdom, or from the realms of unity. There are ideas that, once found, become the center of your life and these ideas can call you forward, as we said, beyond the veil of third density.

If you are excited and passionately energized by devotion to the one Creator and wish to sacrifice yourself and serve to the exclusion of all else, you are probably being called by love itself, that energy that this instrument knows as Jesus the Christ. There is much to learn from that energy of pure and unconditional love and, indeed, it is that central theme that calls everyone forward who wishes to graduate in service to others from third density to fourth density.

If you are passionately and actively involved in justice and fairness issues, it is likely that you are being called from the density of wisdom and being asked to examine the balance of these energies of wisdom within your own life. This energy is most positive, and yet, upon third-density Earth, the energies of fairness, equality and justice have been trammeled and mired in those lacks within entities to be able to see their own issues of unfairness and injustice.

If you are being called to examine the balance between love and wisdom, you are probably being called from sixth-density ideals.

It is not necessarily that you are a wanderer from fourth, fifth or sixth density, depending upon what excites you and makes you passionate. It is much more likely that there are energies within your plan for incarnation that are calling to you to focus on either pure love, pure wisdom, or achieving a better

[87] moor: a broad area of open land, often high but poorly drained, with patches of heath and peat bogs. And heath: an extensive tract of uncultivated open land covered with herbage and low shrubs; a moor.

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balance between love and wisdom in your decision-making.

It sometimes helps, in terms of seeing into your incarnational pattern and the lessons that you have set for yourself, to identify where your ruling passions lie. You gave yourself these passions and these concerns as a gift. They will tend to drive your experience. But also be aware, my friends, that if you have a love pattern, a wisdom pattern, or a unity pattern, you will have distortions which are offshoots of this basic bias in your studies and in your learning.

Another part of the process that is, very much, something that you offered to yourself as a gift is the very challenging question of how to serve, given your gifts and your passions as well as your limitations. This is where you begin receiving contradictory and paradoxical impulses because of the various portions of your pattern not being, shall we say, in synch with each other. Sometimes, when a passion is too dearly or closely held, it can pull to you experiences for which you are not ready.

Much of what we have said to this group in times past about moving into meditation daily is based on our realization of your blindness in this regard. With the veil of forgetting laid carefully upon you, you have no way of seeing into your own subconscious thoughts. You have a limited ability to communicate with your subconscious through the medium of dreams and occasionally you may well get a waking vision, an image, or a quick sequence of visualized events that speaks to you with the authority that you can feel when deeper portions of yourself surface. And those pieces of information are very helpful. But for the most part you must move through this water dance that you do, and we use that term advisably, without full knowledge of what the patterns with which you are working are. Consequently, we cannot say to you that such and such a time is the time to let go. We can only say to you that, indeed, it is part of the art of seeing into your process to trust your hunches and to follow them.

Say that you are coming to a time of cusp. There are many ways to discover this time of cusp. The easiest way is to allow it to come fully to cusp and then to decide spontaneously what to do next. This is a tried and true method of going through life and it works well. It is not, however, the most skillful way to approach a time of cusp.

Now, we use this term, "time of cusp," because this instrument understands that there are times in the astrological year when any given spirit, having been born at a certain time, comes into various cusps. This is a technical term which she does not understand. We are using this term in the general sense which this instrument understands rather than in the specialized astrological sense.[88] However, for those who work with this material, who grasp by what is meant by this term, astrologically, it may actually be helpful for you to think in terms of the astrological cusps into which you enter.

When you are coming to an internally felt time of cusp, various characteristics emerge. You become focused on one particular portion of your experience at the expense of other portions of your experience. You become engaged and have an internal dialogue about this time of choice. You are aware of the intensification of the energies around you and it is often characteristic of such a time that you feel a sense of urgency.

When you experience the concatenation[89] of these various characteristics, you know that something is afoot. As we have said to the one known as T before, it is important to be sensitive to these times, to recognize them, to acknowledge them and to thank the Creator for giving you this time of choice. It is a time when it is well to invoke gratitude. Be thankful that such a time has come to you, for there are many, many times when you simply must wait. When a time of choice begins to crystallize in your spiral dance, this is actually a time of rejoicing. Much that you have done is now coming to fruition.

Indeed, much that others have done that you have harvested in your experience you now have the

[88] cusp: This definition matches the instrument's understanding of the term: the point formed by two intersecting arcs (as from the intrados of a Gothic arch). The astrological use of this word: a transitional point or time, as between two astrological signs.

[89] concatenation: the state of being linked together as in a chain; union in a linked series 2: the linking together of a consecutive series of symbols or events or ideas etc; "it was caused by an improbable concatenation of circumstances" 3: a series of things depending on each other as if linked together; "the chain of command"; "a complicated concatenation of circumstances" [syn: chain] 4: the act of linking together as in a series or chain.

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opportunity to recreate as the gift that you give to those who come after you. Such is the nature of spiritual decision making. As you choose, as you polarize, as you seek and find the very best and highest path that you know, you are creating seeds of light that others shall be able to see by the roadside, help to bloom, and harvest the fruit of, in their turn.

Again, we pull you back from the intensely personal nature of times of choice to the realization that you are always doing impersonal work. Because a portion—and hopefully a growing portion—of who you are is the impersonal "I" that is the one infinite Creator's love and light flowing through you, not from you. The true letting go is the realization that it is not your choice entirely. It is the choice of the Creator and you are the Creator, choosing your universe and your creation. Allow that impersonal "I" to have its voice within you.

The one known as R was speaking earlier of experiencing a moment when she was at a retreat weekend which was designed to help entities meet the Christ, meet unconditional love, fully. She remembered something that this instrument had said, and, indeed, it was in actuality the quotation of part of a verse of a hymn that this instrument is very fond of singing. The words are those words which challenge entities to meet the Christ. They are, "Oh Jesus, thou art standing outside the fast closed door in lowly silence, waiting to cross the threshold o'er."

The song challenges people to open the door to their hearts. As we have said before, we say it again: we turn that image around and say to you that the Christ, unconditional love Itself, is waiting for you in the heart of your heart, in the holy of holies that is your inner sanctum. It is you who are knocking at the door. The Christ will always open that door to you. Knock, and you shall enter.

This is the basic letting go that we would recommend to you this day. Release the thought of fear for making a wrong decision. For your choices will follow you. You may make a decision that in hindsight you simply say was not a decision of the most service to you. However, it does not stop your forward progress to make what you might consider later to be an incorrect choice. It simply moves you into a pattern which is novel to you.

That is another thing to let go of: that judgment of self that would condemn you for making a wrong choice. Please realize, my friends, that when you are working in the dark, it is very, very easy to mis-see. It is standard operating procedure for entities within incarnation to make choices based on less than a full amount of information and therefore to move out of the most efficient pattern, shall we say, into a pattern that has more detail to it, more color, and certainly, to some extent, less clarity. If you are in one of those many-colored stained glass life situations, relax and cease all judgment of yourself.

You have created this pattern because there were things about it that appealed to you for one reason or another. Do not judge yourself in any way for having made those choices but rather start with the assumption that you have done a perfect job and that that which looks like a great big mess is actually a pattern that is too big for you to see at this time. Resolve to continue to gather information and meanwhile lean heavily into your knowledge that you have done a perfect job and that all is well. Your guidance is right there with you, waiting to be asked for help. But first rest in the unconditional love of your own heart. Become healed. Allow love to be you and you will find that you are ever more healed and ever more balanced.

Then, when you have rested and feel that energy within you, that energy that comes through you, springing forth and you know that you have the strength to examine ideas and to do analysis of the situation, use your mind and your intuition. Analyze your situation as many different ways as you can and begin to get a real resonance and an honest, authentic feeling or intuition about the deeper nature of your situation. Avail yourself of the guidance that is with you. And when you do see that it is good to release something from you, from your patterns of habit and usage, by all means do so.

What we think that you will find is that, for the most part, you will notice what you have let go of in hindsight because you are no longer grabbing for whatever it was that has now fallen away from you.

This instrument, for instance, was at one time extremely fond of chocolate and sweets in general and, indeed, had eaten so many sweets for so much of her life that her entire body chemistry was oriented to using sugar for carbohydrates. She was not doing her body any favors by eating in this manner. And at one point in her life she discovered herself putting into effect many changes in diet.

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She missed her sweets up until one day when she noticed that she was not craving them any more. She was not looking at the menu in restaurants to see what desserts that they had first. She was actually looking at the food, the entrees, the salads: items which never appealed to her in her younger years when there were so many difficulties with eating because her body [failed to accept many foods.]

(Side one of tape ends.)

(Carla channeling)

Had she taken thought to give up sweets, she would have found herself in a terrible struggle. Instead she allowed the natural force of her body's reaction to the changes that she was making comfortably to carry her over some completely unseen precipice and into an entirely new area of her experience where she simply did not crave sweets.

Perhaps that is the thought with which we would leave you as we end this time of musing and pondering that we have shared with you. Perhaps it is not as necessary as you may think to make grand gestures, large decisions, and abstract choices. Perhaps it is well to be aware of times of crux, to be aware of the point of the cusp, and yet to allow the maximum amount of guidance to surround you in that environment of choice so that the choice almost makes itself in an organic and living way.

We realize that we have but scratched the surface of this question and we apologize for not finding ways to move deeper within the time limits of this instrument's energy. She is telling us at this time that we need to move into further questions that you might have at this time. Is there a query at this time? We are those of Q'uo.

J: I would like to ask Q'uo is it helpful to consider that positive thought, positive thinking, is a choice that helps to clear a path to the sort of purity of emotion that assists one in serving deeply and truly in a way that is harmonious with one's own truth of beingness as well as the truth of beingness with others, in a way that is non-invasive of others?

We are those of Q'uo, and are aware of your query, my sister. We would agree with you that the habit of positive thinking is a tremendous resource to the spiritual seeker and, indeed, a resource that shines not only, as the one known as J has said, on the self but on all whom that self touches.

What is it to choose positive thinking? Literally, it is to choose to think only positive thoughts. However, the choice goes beyond the surface, for to ask the mind to think only positive thoughts is to ask the mind to play itself false. For the mind creates many thoughts, some of which are positive and some of which are negative.

We are not suggesting that you edit out [those of] your thoughts which you consider less than positive. The one known as J was suggesting and we are suggesting something else entirely. We are suggesting that there are strains of truth that are deeper than circumstance. These strains of truth involve dynamics which—we correct this instrument—each of which are choices. The prayer of Saint Francis says it so clearly, that we will use this instrument's version of that prayer to demonstrate that which we mean.

The prayer goes like this,

> Lord, make me an instrument of your peace.
> Where there is hatred, let me sow love;
> Where there is injury, pardon;
> Where there is discord, union;
> Where there is doubt, faith;
> Where there is despair, hope;
> Where there is darkness, light;
> Where there is sadness, joy.
> Oh divine master, teach us to seek not so much to be loved as to love;
> To be understood as to understand;
> To be consoled as to console;
> For it is in pardoning that we are pardoned,
> It is in giving that we receive,
> And it is in dying that we rise to eternal life. [90]

Each of you knows what it is to be distressed but you also know what it is to be an instrument of peace, for you have done so. And you have done so by choice. All of you have had the experience of receiving disharmony from others and you have made that choice to give back love for discord.

All of you have taken sacrificial choices to give instead of ask, to love instead of seeking to be loved, and so forth.

You know from personal experience what it is like to invoke positive qualities that lie deep within your character. The one known as J is simply saying, and

[90] There are many variations of this prayer. This is the one which the instrument uses.

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we would agree with her, that there is always within you an awareness, in any difficult situation, of some positive aspects on which you could call if you remembered to call.

You can, for instance, choose to take a difficult situation head on and simply offer thanks for receiving the situation. Thanksgiving and gratitude are like an inhalant to someone who has asthma. If you can breath in gratitude, your lungs begin to hold more air, more love, more light, more energy and more life.

Remembering to give thanksgiving for the breath that you take and the room that you take up on the planetary surface is most helpful in reorienting your thoughts.

What the process is all about is bringing yourself into a situation in which you have more control over the mechanisms of your being. If left to yourself, your personality shell, which is more or less integrated, will go off on a clumsy gallop, taking you and the cart and everything that you want to learn and have to offer in service with it. A great part of the spiritual process is becoming slowly more and more aware of the lightness and the looseness of the situation. It is not a heavy, crushing situation, even though it may seem so. Metaphysically speaking, it is very plastic, pliable situation with which you can work quite a bit, not in terms of how things are playing out in the physical illusion but in terms of how you are processing them and using them in your mind, in your emotions, and in your heart.

It is possible for an unexamined, confused situation to crush you so that you have almost no hope, no power to go on, and so forth. It is also possible with that same situation to do what little you can in your mind at any given time to remember who you are and take back your power from that which is crushing you. It does not matter when you are taking back your power whether or not you have the ability to affect the physical situation at that moment. Taking back your power as a soul or spirit is involved in remembering that you are not limited by life and death: you are a citizen of eternity. You are a creator and you have a creation that you can populate with the ideals and the beauties that you love. You can forgive the people or the situations that are crushing you.

The power to forgive is tremendous. You have the power to declare that a situation is as you see it and not as the world sees it. And by serenely sticking to your story you can save your mind, your emotions, and your heart of undergoing the crushing action of physical circumstance. This is not something that the world can understand easily. It is something for you to take within yourself and with [which you can] experiment.

We would ask you to experiment with taking your power back whenever you feel helpless and hopeless. Remember who you are and why you're here. Take courage and feel the dignity of your reality. You did not come here for casual purposes. You came here as a sacred journey and you are doing very well with it. Take pride in yourself. Have faith in your process. And know that your guidance is closer than your hands and feet and nearer to you than your next breath.

Is there a further query at this time, my sister?

J: No, thank you. Thank you, Q'uo.

We thank you, my sister. Is there another query at this time?

(Pause)

We find that we have used up your questioning for this time of seeking and so we shall leave this instrument and this group, thanking you all for the experience and for being able to serve. It has been a pleasure and a privilege. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai. ♣

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Special Meditation
January 16, 2006

Question from K: I would like to thank you for your presence and assistance. I would appreciate it if you would comment on the intentions my soul chose in coming into this incarnation. At this point in my life I wonder what I'm doing here. I feel I may be a sixth-density wanderer, but whether I am or not, I would appreciate any comments you might have, looking at my situation and offering me any information that might be right or helpful to me.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day.

(Pause)

We are again with this instrument, having paused while this instrument pushed the buttons that create more volume in her speaker-phone. We hope that this change has enabled the one known as K to hear better.

We are with this instrument. We are those known to you as Q'uo. My sister, it is a great privilege and pleasure to be asked to join your circle of seeking at this time, and as well, we thank the ones known as Jim and Carla for being part of this beautiful, blended, sacred space of intention and energy. It is very good to share energy with you at this time and to join with you as we attempt to weave some thoughts that may respond in a helpful way to your query.

Parenthetically, we would like to thank the one known as Carla for attempting to word questions in such a way that we are most effectively able to respond in a way that is perceived by the questioner to be helpful and to create a good resource for further exploration and study.[91] We are indeed very sensitive, as this instrument has said, to the wording of questions as well as to the energy behind that wording. Because of our sincere and deeply rooted interest in preserving the integrity of your own process, my sister, we are careful not to respond to active questions in such a way as to remove their activity within your process.

The one known as Carla had received a statement from the one known as K that she felt that she may be a sixth-density wanderer. The one known as Carla had written back to the one known as K that it might be better to state, "I am a sixth density wanderer. Can you confirm this?"

We would like to take the opportunity to express our appreciation of these differences in the wording. The one known as Carla is indeed correct, that we would have been unable to confirm a question about being a wanderer in which there was any lack of certainty

[91] Carla had worked carefully with K to get the best possible wording of her main question. The final version was accepted fairly close to the start of the session.

of that status expressed or inferred. However, we find that the solution that the one known as Carla and the one known as K reached is far better than either of the first two statements. For the one known as K has taken the opportunity to release that question from the stricture of depending upon her wanderer status. Therefore, we are free to respond in the fullest way possible, given the contents of the particular area of concern for the one known as K.

We hope that this excursion into parenthetical information such as this is helpful not only to the one known as K but to others who are attempting to form questions for the discernment of a channeling source such as ours. Little things are indeed important and every word needs to be considered before you place a question into the consciousness of one such as we who is not overly familiar with words and therefore must be very literal and [use] every caution when it comes to interpreting questions.

In gazing at the agenda, shall we say, of your higher self and your soul, as you, together, prepared for your insertion into incarnation upon planet Earth, we find that you and your guidance system created an exquisitely balanced and effectual plan for your incarnation.

It is often the case, when an entity asks us concerning the progress of an incarnational plan, that there is a certain amount of expectation, on the part of the soul asking the question, that there will be a fairly steady rhythm of activity throughout the incarnation, which has a fairly single, simple, unitary direction.

When a period of significant length occurs within an incarnation where there is no perceived activity or forward motion, we find that it is quite normal and quite understandable, in fact, for the entity to question whether the incarnational plan is still on track.

We can confirm to the one known as K that her energies, her agenda, and the structure that she has prepared for herself for what she and those present would call your future are on task, on target, and resting in the loving and compassionate hands that hold you, together with your guidance system, in an embrace of creative love, light and thought.

The challenges of the first portion of the lifetime have been addressed. There is ongoing to this entity a series of excursions exploring avenues of learning as well as avenues of further service to the one infinite Creator as well as [to the] entities which surround the one known as K.

There are times in any entity's incarnation when there is perceived to be a time of waiting. We find in this instrument's mind that her opinion is that waiting times are the hardest times of all. Even when one is fighting for one's life, if one is active, one does not have the concern and the worry which is present when one is unable to do anything. The culture of which you are a part is most fond of doing things. It is used to activity. When there is energy being expended in the doing, it is easier for entities such as this instrument to rest in the knowledge that all that can be done is being done. This is very comforting to this instrument.

Conversely, when there does not seem to be anything to do in a certain situation and it seems as if the only reasonable response is simply to wait for further information or inspiration, time hangs heavy. It is easy to begin to doubt the self and to wonder whether one is still pursuing with all possible speed and urgency the good work that [one] has been given during the incarnation to do.

We would ask the one known as K to look beneath the surface of times of waiting such as the one through which she is now going. Encourage within yourself, my sister, the faith that you are on target and on task. Fortifying your own self-confidence and faith within yourself will create a freedom within you that releases you from concern and worry. We believe this shift in your frame of mind will, in and of itself, be very helpful in recreating the atmosphere and environment in which you live and move, in terms of your mental and emotional processes, and make it far more easy for you to rest, spiritually and metaphysically speaking, within the structure of safety and guidance that your open and loving heart offers to you.

Become more aware, as you are given the light to do so, of the several different energies moving into and through your life at this time. There are threads of thought that you may helpfully pursue in terms of your own spiritual evolution. As well, there are energies within your life that are concluding the bulk of their relevance to your service at this time. And, as is to be expected, at the same time there are threads of thoughts and ideas concerning possible directions which are new to you or somewhat novel to you, in

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terms of service to others, that are opening and coming into your life at this time for you to consider as possible ways for you to create and re-create your own unique and special brand of love and service to the Creator and to the people around you.

Please be aware, my sister, that it is misleading, when thinking of your planetary agenda, to overemphasize the work of that agenda. To put it another way, some of the activities of your agenda are not activities involved in doing. They are activities increasingly involved, as you mature spiritually within incarnation, in being.

There are qualities to the essence of your nature that are clear, clarion and of the utmost beauty. You have, as one of your goals within incarnation, hoped increasingly to refine that beauty. Your criticism of yourself has been that you have too highly colored your soul nature through subtle biases which are extremely attractive and aesthetically lovely. However, your own suggestion to yourself before incarnation involved reexamining the coloration of some of these beautiful energies which you possess.

You wished to find within yourself the very heart and center of these beautiful aspects, cleansing from them excessive coloration and instead welcoming into these aspects of yourself an increasing amount of transparency that is able to carry the full energy of the love and the light of the one infinite Creator. You were, in other words, hoping to refine your signal and to increase its power.

We are speaking of you as if you were a radio station or some sort of signal attempting to beam out into the surrounding space. This is, in fact, the case except that you are working in time/space, or the metaphysical universe, as you work with the qualities of your being. Therefore, we would suggest not that you reject or criticize any part of yourself but that you look at and evaluate each aspect of yourself in an ongoing and fairly light-hearted matter, gathering information, observing patterns in your thinking and slowly becoming aware at an ever deeper level of the overarching and undergirding aspects of self that reflect up into your everyday expression but have their roots in soul and spirit energies that redound into the invisible realms which shake off space and time and dwell, rather, in eternity.

In sum, we would simply ask you to have full faith in yourself. You are exactly correct in saying that whether or not you are a wanderer you still request the same information. And that is something that we would share with all who are aware of their wanderer nature. Please be aware that there are very special aspects of your being that you carry because of your previous experience in higher densities. However, please also be aware that in accepting the challenge of incarnation on planet Earth in third density at this time, you have localized and grounded your soul energies into a very specific place, time and structure. You now are part of the tribe of planet Earth. Its destiny is your own. Its lessons are yours to express.

You may well have an enhanced ability to understand, mentally and abstractly, the gist of the challenge of choice that is the work of all who are in third density at this time. No matter what your prior status, however, you now have the common task of responding to the challenge of choice. What shall your choice be: the radiance of service to others or the magnetism of service to self?

We know that the one known as K has chosen, and chosen with a great purity of dedication. Therefore, it only remains to awaken each day with the realization that this is the day for expressing that choice. This is the opportunity to live the love and the light of the one infinite Creator in every breath, thought and action that shall never come again.

Coming into the present moment and remembering who you are and why you are here are the two key concepts that we feel we may leave with you at this time. They are simple. They are not new. And yet to come into the present moment and to know who you are are two keys of remembering and affirming that ground you into reality. That is the best possible environment for your spiritual growth.

Is there another query at this time?

K: Q'uo, you often comment that a major lesson for many wanderers who are incarnated right now in third density is to balance love and wisdom. You have often referred to Jehoshua, the Christ, as demonstrating the highest expression of love but perhaps not [of] wisdom. Is there any example of someone known to us in third density who has balanced love and wisdom?

We are those known to you as the principle of Q'uo, and are aware of your query, my sister. You will pardon us if we spend some time working with this instrument's breath and swallowing as she is dealing

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with a sinus infection at this time and we must take pains to clear her air passages at times.

(Pause)

Sorting through this instrument's mind to see the characters on the world stage of whom she is aware, we would choose two entities about whom to speak with you this day. The first is the [one known as] Lao-Tzu. In terms of personal details, this entity is lost in the fabric of pre-history, having been a part of an ancient culture at a time when that culture was far closer to its heyday. The writings of this teacher were cryptic and brief and yet we would recommend them to one who wishes to look for the twin strains of love and wisdom appearing in a balanced manner.[92] The characteristic of such energy reflected into third density is that characteristic known as paradox or self-contradiction. You may fruitfully see those characteristics played out in this entity's writing.

In the balance between love and wisdom, there is always the quality of paradox. The key to understanding such writings within third density is to focus on the common ground that is held by both self-contradictory ways of thinking that are the dynamics of a particular bit of writing. When you look for the commonality in such dynamics, you can begin to see the direction of thinking which is the special province of one who is working with the concept of the unifying principle undergirding both love and wisdom.

The other character whose name we would mention at this time is that of Mahatma Gandhi.[93] This entity was an entity which came into incarnation to work upon that balance between love and wisdom as a sixth-density wanderer. This entity worked substantially in his early life in areas of fairness and justice. At a later point in this entity's life he founded a spiritual community. And in the third phase of this entity's life he worked to ground an entire nation of diverse people in that sweet spot or common area that is indwelt both by love and wisdom. He found ways to encourage fairness and justice while never releasing concerns for love itself. In the writings and actions of this entity also lie valuable lessons in the keys to combining love and wisdom in creative and sustainable ways.

Is there another query at this time?

K: In our last session, you gave very detailed information on how to contact my guidance system and I do thank you. However, these instructions rely heavily on the capacity to visualize and this is an ability that is very difficult for me. I most frequently cannot accomplish it. Could you please comment on whether you perceive any difficulty or malfunction in my capacity to visualize? And could you please offer any guidance on how to increase this ability? I've tried over many years to cultivate this ability because intuition and higher psychic ability seem to rely heavily on visualization skills. I feel very frustrated in this quest and I feel this lack of skill really impedes my growth.

We are those known to you as the principle of Q'uo, and are aware of your query, my sister. Our first concern is to assure you that you are not impeded in your growth because of a perceived difficulty in visualization ability. If that were so, my sister, this instrument would have joined you as she herself has almost no native ability to visualize.

We realize that this statement may seem less than clear to you since it is this instrument's experience in visualizing her working place that we used in speaking to you about creating your own place of working. However, it is true that this instrument does not have a native capacity to achieve a three-dimensional visualization. If she attempts to visualize, for instance, a map of how to get somewhere, she is almost certain to be 90 degrees wrong. Not completely [i.e. 180 degrees] wrong but more confusedly than that, only 90 degrees wrong. She has demonstrated this again and again in her driving skills.

Similarly, she is not able to visualize, mentally, a three-dimensional structure such as a cube or circle and then rotate or work with it visually as do those who work with solid geometry. As well, she is not able, when shown the blueprint of a machine or of a house, to be able to use that information. There is, in fact, a block that she set in place before incarnation concerning doing these things. She has never questioned the block because she works

[92] Two web sites that seem useful are these. For information about Lao-Tzu, use this site, www.yakrider.com/Tao/laotzu.htm. When you are ready to dip into the text, use this site, www.nokama.com/tao/.

[93] Two web sites on Gandhi that seem good to me (Carla) are www.mkgandhi.org/ and www.mahatma.org.in/index.jsp.

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around it. It has not seemed to her to be worthy of question. Indeed, we would agree with her. On the level at which she is working, there is no need for her to understand anything about why she would have placed these limitations within her mind.

We do not suggest that you begin a search for why this is true of you as well. We would rather suggest that you, like this instrument, find ways to work around the limitations of your mental abilities.

Now, how does one work around the inability to visualize in any linear or literal way? What we have suggested to this instrument before and what we suggest to you now is that you retain confidence in yourself when you receive a very small piece of information. When, for instance, you are attempting to visualize your favorite place, it is not necessary for you to make up a place, it is only necessary for you to choose your favorite place and then to accept that place as you know it and as you can see it, as an acceptable version or vision of that about which you are working.

When you are attempting to see your guidance system, you may take a very small impression or hunch about the nature of your guidance system. Trust that much and speak it out to yourself, either mentally or by writing the information down. Say you have simply received the impression that this is a male entity. Given that you were asking to see the male aspect of your guidance system, this may not seem to be a very important piece of information. But it is what has been able to come through the veil to your consciousness. It is a gift. Accept it. You have a male. You can sketch in your mind the clothing and appearance of a male of uncertain age. You have that much.

Use that much, not asking for more but being open to more. Each time that you invoke that male portion of your guidance system, you shall perhaps receive just a bit more of an impression. Whatever you receive, ground it by repeating it, writing it, or otherwise becoming familiar with it. Trust it, accept it, and act on it. By repetition you will gradually be awakening and sharpening your ability to see in ways that you have not seen before.

This instrument almost never receives a clear, inner, visual picture of what she is doing or to whom she is talking. She accepts the impressions that she is given, and as we have said, by repetition she has begun to become able to accept the basic images that are a part of her visualization process as given and then to make note of anything new that she may see in the visualization process. And, indeed, we use the term "see" in a non-literal sense.

For instance, this instrument had the impression [during tuning for the session today,] when she called forth her male and female guidance—those aspects of the Holy Spirit, in other words, that have to do with love and with wisdom—that both the male and the female figures were wearing white. And, indeed, they were not wearing dresses and pants, they were both wearing robes. This instrument did not question this impression but spoke to herself, saying that she felt that this probably indicated that the entity that was connected with the channeling—that is, the one known as K—was in essence a priest or a spiritually mature, magical being that was calling for information on the level of a priest or a ceremonial magician. This created a feeling of great comfort and sympathy within this instrument because she herself is of a priestly and magical nature although she is not a practicing priest nor does she practice ceremonial magic. Her basic nature, however, is one which is comfortable with the specifically spiritual or monastic in energy, in service, and in learning.

It is this kind of patient, slow working, depending heavily on repetition, that we believe will open up to you the skill and the art of interior impressions and how to record them within your conscious mind. You might perhaps be helped in this regard by an experience this instrument has had recently with Rudolph Steiner's Eurhythmic Dance.[94] Part of the system of dance that is called Eurhythmy is a practice of moving rhythmically across a large space, going forward, focusing on making certain motions and sounds. At the end of doing that particular exercise, the end of that exercise is involved in moving backwards without looking over one's shoulder. One walks backward to the place from which one began, which is a chair, and one then sits without looking for that chair. The first time this instrument did this, she sat down rather abruptly on the floor. The second time this instrument did this, she knew enough to feel with her legs when she got to the place where she thought the chair was for where the chair was.

[94] A good web site for becoming familiar with Rudolph Steiner's Eurhythmy is www.rsarchive.org/Eurhythmy/.

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Indeed, it turned out that this instrument has a tendency to sway off to the left of a chair when she is moving backwards. This instrument realized that, having two stress fractures in her right foot, she was limping a bit and therefore moving away from a straight line backwards.

(Side one of tape ends.)

(Carla channeling)

Telling herself please to compensate for this out-of-balance condition of the physical body, she was able on her third try to touch the edge of the chair with the back of her knees and was able therefore to sit down safely to begin the next part of this dancing exercise. Through repetition this instrument has begun to feel as though she can see the chair that is behind her. It is as though this aspect of the Steiner exercises has awakened the vision in her back.

Logically, linearly speaking, there is no vision in the back of the head or in the back. Nevertheless, the Steiner exercise is slowly working to increase her ability and the ability of her very human body to be aware of the environment about it.

We hope that this discussion has provided the one known as K with sufficient inklings and ideas that she may follow through with that so that she is able to become more comfortable and to make more progress with this way of seeing. It is indeed a kind of seeing that your culture does not recognize at all. There is nothing in the life experience of your culture that would help you to awaken the visualization ability. The things within your culture that are more able than others to awaken the ability to visualize are the reading of stories and the imagination that creates the seeing of those stories coming alive in one's head. Telling oneself one's own stories is a very helpful exercise in awakening the visualizing ability.

Most of all, it is well simply to trust the self and to trust the impressions of information which are given by the self to the self when in a focused state.

May we ask if there are any follow-up queries at this time? We are those of Q'uo.

K: Thank you again, as always. And no, I don't have any follow ups. You have been very helpful.

We are those of Q'uo, and are aware that you were speaking, my sister, but this instrument's ears were not able to pick up that which you said. May we ask if you could repeat that which you said before? We are those of Q'uo.

K: Yes, of course. I was saying, thank you, the answers that you gave were very helpful and complete and I appreciate your service very much. And everybody else who is present, especially Carla and Jim. And no, I have no further follow-ups at this time.

We are those of Q'uo, and are aware that you do not have any follow-up queries at this time. In that case, my sister, may we let our hearts overflow with our thanks to you. It has been such a pleasure to be with you, to share the energies of this group, and to rest in your sacred space that you have created together in this circle of seeking.

Thank you for allowing us to share our humble opinions with you. As always, we would ask that you guard your own thoughts carefully and not listen to any of our thoughts if they do not seem to you very resonant, lively and useful. If you will guard your own perceptions and discriminate carefully between thoughts that are helpful and those which need to be left behind, we cannot express our appreciation enough, for that clears us of our concern that we might infringe upon your free will.

We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ✤

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Special Meditation
January 20, 2006

Question chosen by PLW poll:[95] Q'uo, so much of the new age rhetoric that I've been hearing on the internet the past few months is very similar to dialog we shared ten years ago on our on-line spiritual study groups. They talk of ascension, dimensional shifts, earth awakening, the arrival of the Aquarian Age, and so forth. There is clearly a cycle to all this and different waves of people appear to be initiated into the ideas annually. I can remember a decade when spiritual brothers and sisters were "ascending" and leaving our study groups to go back into the world and take on new tasks. Please talk about the different waves of ascension and the why and how of the way it affects us all so differently. I am fascinated at the different time-lines to this. I have a sense that ascension of some kind has been taking place since the beginning of time. Please offer any comments that you might have about this.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and the light of the one infinite Creator, in Whose service we come to you this day. We thank the ones known as S1, S2 and Carla for forming this circle of seeking today. It is a great privilege to be asked to join your circle and to speak with you about these buzzwords of the New Age: ascension, dimensional shift, and the Aquarian Age. We are most happy to do so.

We ask, as always, that each use their discrimination in listening to our thoughts. If the thoughts seem good to you, please use them. If they do not, please drop them and move on without looking back. We would not wish to create a stumbling block in your own experience. If you will guard your discrimination carefully then we will feel free to share our opinions without being concerned that we might infringe upon your free will. We thank you for this consideration.

It is an interesting thing to speak concerning this topic, because the surface aspect of the topic is indeed full of clichés and buzzwords. If one moves beneath the surface of this topic, however, one finds an authentic thread of information that is part of what this instrument would call the eternal wisdom.

There are indeed cycles upon your sphere, within your solar system, and within your galaxy that are impinging upon your Earth at this time. It is an amazing time of the collection of the old and its eventual disposal and the dawning of a new heaven and a new earth. It is, indeed, that time that has been predicted and discussed for many of your centuries and even millennia. It has been a part of the indigenous culture of several of your religious and cultural systems.

Depending upon the source who is studying these systems, they are [classified as] either religious or mythical. However, the basic concept, of there being cycles of time that cover thousands of your years and

[95] Planet Lightworker Magazine (www.planetlightworker.com).

that have to do with the perception of the stars and their courses, is a part of the very fabric of all of the cultures of your planet. There are very few of your peoples that do not have, in one way or another, the stories of large portions of time within which entities proceed until they come to the end of the perceived time of things being as they are. There is at that time a sea change. One tide goes out and another comes in. And there is a new way of experiencing time and space, as we have discussed with this particular group.

The cycle that is now ending is marked as ending approximately at the end of the year 2012. It is indeed, among other things, a cycle that is astrological in nature, where there is a shift in the energy that is at the heart or the womb of the space/time continuum, as this instrument would call it. The energy has shifted almost entirely as we now speak.

The departing energy is an energy that has the nature of water, which is the nature of your body and the nature of so much of your planet. It is shifting over to an energy that has to do with air and fire, and these energies are interpenetrating the basic third-density energy, shall we say, of water. This is causing tremendous changes in your planet and in your body systems as that very watery medium, that is the interior of your body, experiences the tremendous interpenetration of the new energies.

This is, in general, the larger cycle about which we would talk at this time. It is, as we said, an authentic change of the way the core of your experience comes to you. You are one of the last generations of those who experience third density in a third-density activated body. There are upon your planet at this time many entities that have a dual activated body, their energy bodies being activated in third density and fourth density.

And this brings us to the discussion of a whole different set of cyclic patterns that the questioner has observed, quite accurately we feel. Let us talk about some of these cycles of those who are approaching the information for the first time. This instrument, being in her sixties, is one of the early type of wanderers that no longer are coming among you. This instrument and many, indeed, millions of those who were called to the travail of your planet, came among you as pioneers of a kind. They choose to incarnate in third-density bodies, but they also chose to come into third density with a certain degree of awareness of their home densities, which were mostly of those of fifth-density and sixth-density social memory complexes.

There are a few fourth-density positively-oriented wanderers among you at this time, but, for the most part, if you are a wanderer you are probably from the density of wisdom or from the density of unity, that density in which wisdom and love are balanced.

Indeed, the majority of those who are among you at this time as positively-oriented wanderers are those from the sixth density. And your interest in coming to the Earth at this time was to improve the balance of love and wisdom in your active, conscious personality.

The reason this was so attractive to you is that within the boot camp atmosphere of third density you can get a lot done in a short time if you have the dedication of your will to a chosen and carefully manicured or articulated goal. The key is continually to review your goal and dedication so that you maintain a focus over time.

The great difficulty with wanderers of this type is that they may fail to wake up to who they are. Many of those among your wanderer population on this planet have indeed not awakened. However, under the pressure of the increasing dynamic between the new fourth-density energy and the old third-density energy, the polarity that is native to each of your systems is being tweaked and prodded by the dynamic energies so that it becomes more and more obvious to entities that there is something going on to which they need to wake up. That is one large generation of those to whom this information is especially important and attractive.

The next wave of entities which came upon your planet is of those which arrived in births during the 60s and 70s. These were an intermediate type of wanderer whose goals were not so much oriented to work in consciousness within their own personalities. These were personalities who were still hearing the travail of planet Earth as the planet itself became more and more reactive to the energies of hostility and aggression that have been increasing among your global population in response to the increasing dynamic betwixt the light and the dark, that is which is to come and that which is ending.

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These entities were less concerned with their own studies in learning and more concerned, in a more urgent fashion or more of a feeling of urgency to wake up and create a shift in consciousness among the tribes of Earth. Among these wanderers, there is a tendency to be overly concerned with the urgency of the situation. In so many cases the problem is not waking them up but rather moving them to a more balanced and calm point of view where their very real skills can be used more fully. And so, to this very large bunch of wanderers, we find the challenges of awakening being very slight but the challenges of spiritual maturity to be much larger.

The third generation of those who have moved into the energies of planet Earth at this time from other places in space and time are those pioneers of fourth density who have wandered here with the firm intention of helping not only the planet's people, but the planet itself. These entities are equipped with the ability to withstand a tremendous amount of disharmony and chaos. They do not do this with a great deal of native joy, but their makeup is such that they are capable of independent action and have little use for the traditional kind of authority which expresses itself in your established religions and those cultural icons such as the classical philosophies and so forth. To these entities, the Earth itself is speaking.

These entities are often called the Indigo Children or the Crystal Children. There are many words that try to describe the difference betwixt this generation of wanderers and previous ones. The hallmark of this breed is an insensitivity to traditional modes of expressing religious dedication while maintaining a great sensitivity and an authentic feeling for the most intensive kind of work in consciousness that is chosen by the self for the self and created as an individual expression rather than there being a great desire to become a part of an already established religion.

Nevertheless, in this last generation of wanderers there remains a feeling for the group. So you will find entities in all three generations whose interest includes the desire to reconnect with their families.

This group of large groups constitutes the wanderer population of planet Earth.

We naturally encourage all wanderers to awaken and to be aware that entities that they meet may well be entities [of] their larger group, since there are millions of wanderers upon Earth. They have in common a tremendous love for the planet, for its people and for the Creator and a serene and undisturbed belief and faith, in an unconscious and carefully protected part of the personality shell, that they are in the Creator's service and part of the godhead principle.

There is a small group of entities who are native to the planet Earth. These entities have won through, in some cases, to graduation and have indeed graduated but have decided to move back into third-density incarnation to see what they can do to bring the rest of the people of the planet along with them in embracing the light.

Then there are people who come from many different places, who have entered your planetary system as souls from other third-density planets that have failed to complete their third density. These include entities from the planet you know as Mars, where they were unable to finish out third density because of creating conditions that made their third-density planet uninhabitable. These entities have in common with the Indigo wanderers a great desire to be stewards of planet Earth, to stop the destruction of the planet that your people have thoughtlessly promulgated over the last 200 or so of your years and to restore and constitute a healthy third density to leave behind as third-density [as] planet Earth closes itself out.

This will not occur suddenly in terms of there being a necessity for a sudden change of third to fourth density. Rather, there will be a time of between one and three hundred of your years, from the probability/possibility vortices at which we now look, where your peoples will be able to continue to incarnate in third density to continue to heal the planet and to harvest those entities who are ready now to choose light over darkness, love over fear, and the lessons of the compassionate heart over the lessons of self interest. These are the cycles that we see at this time.

The great cycle is that cycle of almost 76,000 years that coincides with your astrological periods. During this 76,000-year period, your Earth has had three harvests, what this instrument would call three minor cycles. Third density is made up of three of these minor cycles. Your third cycle has now matured. Its patterns are being seamlessly finished. Each of your entities is choosing, at a soul level, their

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choice of polarity, their choice of service, and their choice of learning.

We are here to speak with those who have chosen at this time to polarize to service to others, to attempt to find out how [to] open the heart and to seek the truth of that heart. We are here to help you in any way that we can with that task. It is a formidable one. It has been a pleasure to work with groups such as this one for some of your years now.

We have seen a tremendous dawn break upon your planet. We realize that the outer picture remains grim. We ask you to look beyond the surface. Those who are in power upon your planet have a great tendency to be oriented to service to self. It is natural for this to be so at this time, as the dynamic between service to others and service to self becomes more and more obvious. However, this does not have much to do with life as lived by the majority of those upon your planet.

In general we see the peoples of your planet awakening in record numbers all over the globe. It is very exciting to see and feel the energies of the people stir and to become aware of the fact that there is something happening of which they can be a part, that it is truly positive, and that it will truly change the face of the Earth. It is a dim awareness but there is a stirring that cannot now be put back to bed.

And those among your people who are indeed service to self are most troubled to feel the muscularity and the power of the awakening of the tribes of Earth. It is occurring. Groups small and large have begun banding together for positive purposes, not to gain power or to maintain power, but to share power with those who are powerless. That time is now arriving when the last shall be first, the hungry shall be fed, and the rich shall be sent empty away.[96]

It is a time of rejoicing, for it is the herald of a new day. There is a great deal of difficulty that is inherent in the changing of the guard. Your planet will continue to go through difficulties. The weather will be disturbed as the natural processes of your planetary change are pursued in an inevitable and appropriate manner. Do not be dismayed.

This is a time that may try you physically. You may be caught in difficult weather or in times of trouble where people are without [electrical] power and have to respond to the trauma through which the planet itself is going as it releases a good deal of what this instrument would describe as hot air.

There is a tremendous amount of heat that has been stored in the planet through its natural process of cooling. As the planet expands, there are bands of points of heating that must come up through the crust of the planet and express the extraneous heat, so that the planet itself does not break apart. This has changed your weather patterns.

The tendencies of your more developed cultures to misuse high technology and create further difficulties with the air, the water, and the earth in terms of its organic balance have accentuated these natural processes of planetary change.

So for you who are in incarnation at this time, these cycles have created an interesting and challenging environment in which you can guarantee that things will not stay the same. There is a feeling of planetary change in the climate as well as in the climate of the emotions of the heart of the people.

We would encourage you at this time to realize that you are here, not to be concerned with these changes, not to react in fear of them but rather to lend to this environment, which could be distressing for many, the comfort of your faith. Many are listening and looking for some indication that there is hope and a positive expectation possible for those upon planet Earth at this time. And so we would say to you that if you are awake and if you wish to serve, you are in an excellent position to do so, simply by being who you are.

Please see yourself as magical, powerful parts of the godhead principle. You are spiritual entities who have chosen to take flesh for very laudable purposes at this time, and we do praise you for having the courage to come into incarnation at a time that is very challenging to the senses.

For whose who would wish to remain safe and unchallenged, this is a difficult time. We ask you to respond to these waves of intense energy that you are feeling not with fear but with faith. Take this

[96] This is a rough quote from part of Mary's words when her angel told her she was to give birth. These words were made into a song, the *Magnificat*, so named because in Latin, the quote begins "My soul doth magnify the Lord." The precise quote, as found in the Episcopalian Hymnal, is: "He hath filled the hungry with good things and the rich he hath sent empty away."

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opportunity to stand on your own two feet and remember who you are and why you are here. As you breathe in and as you breathe out you are little lighthouses, able to take that breath and that energy of life and bless it with your firm intention to serve. The glow and the radiance of your beings shall be a beacon for many. You do not have to explain, or discuss, or *do* anything to be light workers at this time. You have only to be yourselves and to know yourselves. So we would ask you to investigate and explore who you are and why you are here. We thank you for this question and at this time we would ask if there are any questions with which you would [wish] to follow up. We are those of Q'uo.

(Pause)

We find that there are no more questions at this time. We thank you for calling this circle. It has been our pleasure to be a part of your meditation and we have greatly enjoyed the beauty of your vibrations. We are known to you as the principle of Q'uo. We leave you in the love and the light of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation
January 23, 2006

Question from P: Q'uo, I continually live with the feeling that I'm missing something critical in the understanding of what my purpose is for having incarnated on Earth. Because of this unease, my life is one of constant questioning, searching for answers and explanations, and an overall lack of peace and wellbeing. Because I don't have a sense of purpose or even feel that I belong here—alive, living on Earth—I feel I've not learned key lessons properly in regards to right activity, right companionship, right home, knowing my true identity, and loving myself. I feel I am a woman-child, locked in my own world with myself and by myself. I sense that I'm not dealing with or conscious of how to scatter the ashes of the past and walk through the threshold of the future joyfully in order for the maturation and harvest to unfold. Please offer guidance and assistance as you look at my situation and offer thoughts and spiritual principles you feel will help me on my individual path to self-realization. Thank you.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for the privilege of asking us to be a part of this circle of seeking. We, however, ask you a favor and that is that you use your discrimination very carefully in listening to our thoughts. Sometimes our thoughts are helpful and we certainly hope that our thoughts will be helpful to you but we do not always hit the nail on the head, shall we say, and we want you to realize that we may not speak words that mean a lot to you. If they do not resonate to you, please leave them behind and do not try to work with them. If you will use your discrimination in this way we will feel far more free to speak with you without being concerned that we will infringe upon your free will or be a stumbling block in your process. We thank you for this consideration.

My sister, our first consideration upon receiving your query is to reassure you that you have not lost your way. You have not wasted time. There are ways in which perhaps we may be able to offer you resources and we are glad to do so. But our first concern is simple encouragement and reassurance.

We are aware that you feel isolated, indeed, to an extreme, where you are not only isolated from the normal companionship that so many entities upon planet Earth find very easy and almost unnoticeable to achieve but also that feeling of isolation even from parts of yourself. There is a hunger within you to integrate all of those elements of self that exist within your skin and to find some comfortable arrangement which makes you feel whole, complete and, as this instrument would say, comfortable in your own skin.

This isolation is a natural and normal part of the personality shell experienced by an entity who has awakened within the dream of Earth to the

knowledge that there is a great deal more in heaven and Earth than has been dreamt of by most peoples' philosophies. Some of those who have these feelings are called wanderers. Their isolation comes from the experience of coming from higher densities where the situation as regards being aware of the inner thoughts and feelings of the self and other selves is extremely open compared with the guarded and veiled realizations and expressions of unity available to those upon planet Earth in third density.

Others, being Earth natives and not being from higher densities, nevertheless having awakened, feel similarly isolated.

Whether or not you have a past that is involved with relationships with those in higher densities, your experience at this time is typical of what this instrument has often called, "the wanderer's blues." Once having awakened, one cannot go back to sleep. Once one has realized that one is on a journey that cannot be circumscribed by life and death, one cannot go home again. Such is the experience of the wanderer.

The good news for such entities is that they are not permanently locked in such isolation, nor are they alone. The key to the door behind which you find yourself isolated is a cluster of realizations which we will attempt to discuss with you. We welcome your queries at the end of our discussion to further particularize that which you wish to know.

We find that your experience at this time is that which occurs when an entity who is attempting to accelerate her rate of evolution of mind, body and spirit reaches a critical point in her journey. Indeed, my sister, you have been at this critical point for some time but you have not known how to move forward because of a very understandable linkage of spiritual understanding with cultural understanding.

The culture of which you are a part identifies moving forward with action. In order to progress, there needs to be some marker that indicates that action has been taken and has been taken successfully.

However, you are not attempting to work in the world of space/time. You are not attempting to change anything in the physical world. Your prey lies in the land of the metaphysical and is part of what this instrument would call the time/space continuum. You are attempting to work in the inner worlds where instead of the illusion of matter you are dealing directly with energy and instead of physical things, you are working with thoughts. This is the realm of mystery, paradox and spirituality. And it is a world that you know very well.

However, the nature of movement forward in this particular world is other than you have suspected. And we would attempt at this time to share a few thoughts with you that are intended to help you to see what our thinking is here.

We would start our discussion with the red-ray energy center. There are blockages within any entity's system starting with the red ray and moving upward. And in your case, my sister, we find that you have an over-activation and a blockage in combination within the red-ray energy center created by your feeling, on an unconscious level, that you have erred and made mistakes. This has contracted your survival mechanisms and has created for you a situation in which you are frequently and instinctively in the position of feeling the emotions and physical sensations involved with the fight or flight mechanism. It is a signal that has gone wrong within your energy system.

We would like to note at this point that we would not condemn [you] or express the feeling that you have made a mistake in creating this blockage. We would wish to point out to you that the dedication, the love, and the courage that you have shown in being persistently and determinedly concerned to fulfill your mission and your purpose within this incarnation is quite commendable. That it has inadvertently placed you in a situation where your energy system is somewhat off-balance is simply part of that which you are taking in as catalyst and that which you will work out in time and with love as part of your spiritual journey upon planet Earth during this incarnation.

Since you are very well aware of blockages that you have experienced both in the orange-ray chakra of personal relationships and the yellow-ray chakra of legal relationships such as marriage, we will simply note that we would agree with you that there have been imbalances in these energy centers which have produced for you an untold bounty of suffering and have given you much information and learning which you have used to a great extent with a dispassionate and objective intention of harvesting

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every bit of learning and service that you could from each experience. Again we commend you, my sister.

The crux that faces you at this time lies within the green-ray or heart chakra. There would seem to be, to the untutored eye, a unified and holistic heart that awaits the one who approaches the gateway to the open heart. However, in point of fact, the heart chakra has two distinct levels. We would call them the outer courtyard of the heart and the inner sanctum of the heart.

You come into the outer courtyard of your own heart when you are ready at last to face your shadow self. Whatever you have not yet recognized or developed within your full personality, meets you in the courtyard of the open heart. It is here that you will find your shadow self. In order to enter the inner sanctum of your own heart, you must do the work of greeting, understanding, accepting, feeling compassion for, and eventually redeeming every bit of undeveloped light that is a part of yourself.

It is our belief that each entity is the Creator. Just as a holographic image can be seen by any part of that image and reflect the whole, so are you a holographic spark of the one infinite Creator. Therefore, as you move into the inner sanctum of your heart, you need to carry your entire self with you.

This is the crux that you now face. The part of yourself which you must now redeem we would characterize to you only very vaguely by saying that you have high expectations of yourself, and this has created for you a distortion in the way you experience yourself.

You have been a judge instead of a redeemer to yourself. This is acceptable. Again, this is not a mistake. However, your faculty of judgment, honed brilliantly as it is, is not that all-compassionate and all-loving faculty that waits for you in the open heart. Therefore, judgment itself, as a part of your personality, needs to be called into that outer courtyard of the open heart. Perhaps you may create for yourself a conversation with this judge that is a portion of your personality.

What is there about this faculty of judgment that is important? What could the faculty of judgment be omitting as it attempts to assess the situation of a soul dwelling in the midst of the illusions of planet Earth?

There are times when a love of detail and the desire to find the bottom line and solve every problem do not serve you well. When you are attempting to love, forgive and come into a deeper understanding of yourself, such rationalization may well be a very blunt instrument to use in comparison to your faculties of faith and intuition.

Thusly, we would encourage you to suspend all judgment of yourself and to gaze—blessed only by your native intuition—at this beautiful "women-child" that you have described yourself as being. Can you see the absolute fidelity to doing the very best that you can? Can you see the purity of your intentions and the beauty of the colors of your character, your wit, your sense of humor, and all of those things that make you unique?

Look now for the judgment. Can you see in this judgment the very human desire to come into a position of control? That is not actually a portion of the heart. This is a subtle point and we would allow you to ponder it.

We would take a step back from gazing specifically at you, my sister, and simply talk about the way it feels to experience unconditional love. Visualize, if you will, approaching the door to your heart, to that inner sanctum in which is safety, acceptance and compassion.

There is a portion of yourself that is already there. It has been there since before your birth. It will be there until the moment when your consciousness shifts through the gateway into larger life. That portion of you is the part that you are attempting to meet once again. It is a portion of yourself for which you are starved, and it does indeed lie waiting for you—as it always has.

It is that portion of yourself that is the Creator. To this instrument, who is a mystical Christian, the face of this entity is the face of the Christ. This makes it very easy for her to visualize what is awaiting her in the open heart, for she has a visual image already created in her mind's eye of this entity. We would suggest that you find a face for unconditional love as it awaits you in your own heart. This image is a portion of your own self, and yet at the same time it is a portion of the Godhead principle.

It may help you to relate to it intimately if you can find a face for that image. There are many mythological, philosophical, religious and cultural

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figures from which to draw. We have suggested to some whose feelings ran along lines of thought that took in the Oriental world, the face of Quan Yin, Buddha, Mohammed or that unnamed God of Yod-He-Vau-Heh. There are many images from which to draw. Personalizing that loving presence that awaits you with open arms and a full heart is often helpful in creating the environment for you to move forward through this period or place of resistance that is like a meniscus[97].

There is a resistance to breaking through into the open heart. That judgment does not want to let go and simply say, "Well, perhaps judgment is not appropriate here. Perhaps there is an end to the decimation and the evaluation of a critical mind." Again, this is a subtle point and we welcome you to ponder it as long as you wish.

However, what has been backing up for you and creating pressure in this situation is the hunger that you have to work with your higher energy chakras. You are oriented very much to working with the blue ray of open communication and to do the work in conscious[ness] of the indigo ray. In your desire to move ahead with this higher-chakra work, you have unknowingly placed a good deal of pressure on yourself. The end result of this has been a kind of locking up of the energy body.

The way to relax it and to allow it to move as it will to find a more natural balance is to open yourself up to a new level of belief in yourself and a new level of faith that all is well.

My sister, it is almost impossible to soothe a seeker's doubts or to create an effective reassurance from the level of concerns. We cannot give you specific information on repairing or improving your energy body, your relationships or any of the other points you mentioned having to do with the outworking of the details of a physically lived life. From our standpoint, the repair must come from taking a higher point of view and then looking with that improved, broadened, and deepened point of view back at the situation.

From that higher point of view that is ours, we would suggest to you in a humble way, realizing that you may not agree with us, that you already have accomplished that which you wish to accomplish but that you have not yet given yourself permission to enjoy it.

We would suggest that all is truly well.

Now, as we gaze at the thoughts within this instrument's mind at this time and within your mind at this time, we find ourselves drawn to speak concerning this intense feeling of being alone and the accompanying feelings that you have deficiency in your ability to create sound and loving relationships, either with yourself or with others.

We would agree with you that you have created a protected space about yourself that is unconsciously but efficiently designed to offer to the outside world a challenging persona that is not designed to be easy to become close to. We would suggest to you that this defense mechanism was put in place by you at a time in your life when you were young and unable to defend yourself against the thoughtlessness and insensitivity of those who were important to you. It was done at an early enough age that the mechanism is buried and the pain that caused the mechanism to occur buried with it.

You may find it helpful to move through early childhood memories with a therapist who is not only fond of you but also trained to guide you through discussion of situations that may be difficult for you to face. This is an issue that is entirely for you to consider. We are not encouraging you to do this. We are saying that you might find complete closure with some of this early childhood material to be helpful in freeing you from some of the strictures within your energy body that you are now experiencing.

We believe the only thought that you need, to bring you at last into a comfortable growth environment within your own inner sanctum, is trust and faith in yourself. As you seek to know more and more who you are, you are going to find that you are discovering the sacred nature of your true self. More and more you are going to be finding reasons to be able to forgive yourself.

We heard in your query that you had considered that perhaps confused and chaotic transactions between you and other people in previous lifetimes may have placed you in this rocky and uncomfortable situation. And to this we would

[97] meniscus: "the curved upper surface of a nonturbulent liquid in a container that is concave if the liquid wets the walls and convex if it does not." Surface tension creates a thickness of surface in the shape of the meniscus. (www.dictionary.com)

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respond to you by saying to think in terms of this lifetime alone.

The veil over other incarnations was drawn for good reasons in third density. Please know that after each incarnation you go through a process of healing and balancing. That period of healing heals that incarnation so that, characteristically, entities do not go forward into an incarnation carrying a heavy karmic load. Characteristically, entities, at this point in third density—this point being the very latter portion of third density—come into an incarnation with balanced karma, and this, my sister, was your situation.

The energies with which you are working in this incarnation are as you have said: those energies within yourself. There is not work to do with other entities in this incarnation in order for you to become whole, integrated and able to move forward with your process of evolution. What is necessary, rather, is that you catch up with yourself. And to do that you shall have to give yourself some time to seat the considerable knowledge that you have gained and to open yourself to the possibilities that lie before you in the present moment.

Therefore, we would simply ask you to release all fear. You do not have to worry about being unsuccessful. You are already successful. You have done much in this lifetime. Your concern now needs to be simply, "What shall you have me to do with this day, with this moment, with this present time of unlimited possibility?"

Release the fear that you are not capable of opening yourself to another entity. Focus instead on opening yourself to yourself. We believe that you will find in each area of your life that if you can forgive yourself, love yourself, support yourself, and encourage yourself, you will be creating for yourself a healthy, sound atmosphere in which you become relaxed and begin to have what this instrument would call "fun."

It is well for this to occur, not because we encourage frivolity, but because we encourage balance. A lifetime of spiritual seeking is a very long journey. It takes stamina and persistence.

(Side one of tape ends.)

(Carla channeling)

The best friends that a seeker can have are a sense of proportion and a sense of humor.

We salute you, my sister, as a warrior of love and light. We affirm that you are on track, on course. And we hope that we can help you. When you enter into meditation, if you will mentally ask us to be with you, we can help to deepen and stabilize the silence that lies within you. We would strongly suggest to you that you enter that silence each day. Do it in your own way. Find your own inspirational words to read, your own songs to sing, or your own silences to keep. But, if you can, my sister, make the practice a daily one.

May we ask if there is another query at this time?

P: There's one more question, Q'uo. What is impeding my ability to have a sincere, enriching and intimate relationship with a man and to move forward joyfully with my life, using my talents and abilities to their fullest? I seem to want to live in a vacuum, pushing everyone away for fear they'll get too close to me.

We are those of Q'uo, and are aware of your query, my sister. We would suggest to you, my sister, that the entity that you are pushing away at this time is yourself. The time will come when you will be able to look into your own eyes and love yourself dearly, unquestioningly and honestly.

You will not love yourself because you have become perfect within third density and within incarnation; you will not become perfect. You will love yourself because you finally see yourself as you truly are, as a child of the one infinite Creator who is often confused, often mistaken, and often wildly off-kilter but who always and ever is perfect.

You are as a star or a tree or the north wind or the butterfly that flies from the cocoon to give its patterns and its color to the spring air. You are you. What you are doing within incarnation is rediscovering who you are and examining that world in which you live. This, my sister, you have done very well. You have examined and examined and reexamined. Continue that process, my sister, but seat the examination in love, thanksgiving and appreciation.

In your query you spoke of moving forward in joy. You may free yourself to move forward in joy by beginning to notice the present moment. When one is powerful in the mind and in the personality as you are, my sister, and as this instrument is as well, it is easy to become confined within the power of your

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own thoughts. It is well, then, occasionally to break out of those thoughts completely, to let them all fly away and to look at the world as if it were new this moment. What is in your world this moment? What vision comes to you? What is there out the window?

When you are involved with a transaction with a stranger in a store, my sister, stop just a moment and look at that person with new eyes. Here is the Creator. Here is the Creator. Where is the love in this transaction? If you do not feel it from the other entity, then you shall need to be the author of what love there is in the situation.

When you are driving in the car or walking upon the sidewalk in the country, stop and look. What life do you see around you? It is the outworking and expression of the infinite Creator. Contact it with your eyes, with your fingers, with your ears, and with your consciousness.

Become engaged in the world around you; not as a visitor, not as one who questions her purpose but as one who chose to come to planet Earth and who has become a native of that planet by being born into the bone and the blood of the body that is part of planet Earth. You belong here. You have a right to be here. You earned the right to be here. You were chosen for an incarnational experience because you had a great deal of desire to come here, to be of service here, and to work on a very delicate balance between love and wisdom.

Perhaps you have suspected that you have overbalanced into wisdom and now wish to see-saw back and forth until you find that exquisite sweet spot where love and wisdom flow through you as one thing so that you are your highest and best self and you have all of those gifts which you brought into incarnation available for offering to the Creator and to the global tribe of planet Earth.

May we ask if there is a follow up query at this time? We are those of Q'uo.

(No further queries.)

As there is no follow-up query at this time, my sister, we leave you with all of the love in our heart, leaving you in the love and the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Special Meditation
February 6 2006

Question from E: *(Jim reading E's question.)* "Carl Jung's book, *Personality Types*, which was published in 1929, and Kathryn Briggs and Isabel Briggs Myers' subsequent development of the Myers-Briggs Type Indicator® personality preferences of Extraversion or Introversion, Sensing or iNtuition,[98] Thinking or Feeling, and Judging or Perceiving are used to describe sixteen different personality types. I believe that the sixteen MBTI personality types are indicative of the personality shells referred to by Q'uo in prior meditations. Can you confirm this? Would you offer any comments that you feel might be helpful in this issue?"

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and the light of the one infinite Creator, in Whose service we come to you this day.

We thank the one known as E for calling this circle of seeking together. It is a privilege to join the circle. We thank you for the beauty of your beings and for the energy and will that it takes to create this kind of moment where a circle of seeking may be called. It is our privilege to speak with you. We will attempt to share our opinions with you as we can.

Please be aware, as always, that we very much hope that you will use the utmost discrimination in listening to what we have to say. Work with any thoughts that may appeal to you but if there is any question in your mind as to the opinion that we offer, then we would suggest that you put it aside without a second thought. For you are not well-advised to follow the authority of anyone. Rather, you are well-advised to follow the resonance of your own discrimination, to pick up those things which seem good to you and to leave behind those things which do not. We thank you for this consideration. It will enable us to speak freely without being concerned that we will infringe upon your free will or interfere with your process.

The phrase, "personality shell," is one which we have encouraged this instrument to use without ever having, to our knowledge, made a careful attempt at defining precisely in what a personality shell may consist. We gather that your request is aimed at discovering more about this term, personality shell, especially as it may resemble the sixteen types of the personality traits in combination that the Myers-Briggs test offers as its sixteen ways of describing various personality types.

We may say that there is a rough correspondence between the phrase, personality shell, and the general concept of the MBTI test. Indeed, any of your tests designed to differentiate between different types of ways that entities process information and come to

[98] The N in iNtuition is capitalized on purpose by the authors. That N is used instead of the I that starts that word in order to differentiate it from Introversion, which uses up the I in their abbreviation system.

decisions fulfills the rough designation of an examination of the personality shell. However, there is no more than a rough correspondence for the reason that a personality shell is the entire structure of an entity, whereas tests test certain aspects of a personality that seem to be helpful to measure.

When we use the phrase, [personality shell,] the attempt to measure the personality is not present in our use of that word. To us, the term, personality shell, is indicative of a loose collection of items that have been selected from the 360 degrees of your infinite or eternal soul or spirit.

You have experienced many things through many incarnations. You have gained in life experiences and in the long list of deeds well-done and those deeds which upon reflection after incarnation you have decided to revisit in future incarnations. [These] make up the whole of what we have before called that suitcase full of gifts and limitations which you have chosen as your garments, shall we say, for the dressing of your personality in this incarnation.

The ways that the Myers-Briggs test looks at characteristics of a personality can be seen to be extremely helpful, as the one known as E has said, for determining in a short amount of time a substantive and sturdy bit of information that offers keys to the entity who has taken such a test.

It is not the view that we see when we gaze at the personality shell of an entity because, as we said, we do not measure in the same way. We see into each entity's surface mind and down into that mind to the extent that we are allowed and that we are able. Those are two separate qualifications. In the first place, some entities have extremely closely-controlled minds and they have spent a certain amount of time defending their territory or energy field, which the consciousness or the thinking of that being has created.

Most entities among your peoples are not well-defended in terms of their thoughts and the structure of their personality and therefore they are fairly transparent to those such as we who see or sense into the qualities of the various combinations of energies that make up your energy pattern. You might see this in terms of colors and shapes. We certainly do.

We do not have to analyze or think about what we see because we are used to viewing energies in this way as pure vibration, and, therefore, it is second nature to us to see you in this way, whereas it is more difficult for us to enter into your language and to find specific information within your minds.

We gaze at this question for those items on which we may speak further to you that might be a resource in considering this question of what the personality shell is. We believe that we have expressed the concept that the personality shell, as we use that term, is not only a selection of personality traits such as preferences and ways to acquire information and process information but also includes items that are difficult to categorize to a mind such as we find this instrument to have. She does not grasp how you would characterize or categorize limitations, certain placements of limitation, and so forth. The placement of limitation has a special niche in the personality shell.

Many of those among your peoples in incarnation at this time have placed certain stoppages or limitations that will keep them from moving too far along an extreme towards an end that is not desired by the soul or spirit. An example of this is this instrument's lifelong dynamic of frail and fragile health. This instrument carefully placed in its personality shell before incarnation a limitation that would come forward whenever this instrument chose, of her own free will, to move into a physical activity to the extent that she was unable to pursue a daily, inner, meditative and contemplative side. When this instrument has in the past developed such an aggressive and ambitious program of physical activity that it has found itself unable to feed its deeper needs in terms of contemplation and meditation, the physical body has simply broken down.

There are entities who have not placed this stoppage in their personality shell because they do not have the personality setup that this instrument created for herself before incarnation. For each entity, there will be a completely different dynamic, undoubtedly a different incarnational balance that needs to be followed and therefore a completely unique way of limiting unwanted activity within the spiritual process.

This is the kind of hidden material that a test such as the one known as E has been studying cannot cover and could not be expected ever to cover because of the fact that the means of instrumentation for recording such preferences [does not exist,] since

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they are unknown in any conscious way to the entity within incarnation. It would be impossible to gather this information.

Further, the personality shell, as it is brought in at the beginning of incarnation, is organized not in terms of characteristics but in terms of energy center originations. There are some energies that are especially adapted to red ray, some that are adapted to orange ray, some to yellow ray, and so forth, through all of the colors of the various energy centers.[99]

In many cases, what seems on the surface to be one characteristic is in actuality an entire octave[100] of characteristics because of the fact that that characteristic coming from red ray is of one coloration, coming from orange ray is of another coloration, and so forth.

May we ask if there is a follow-up query before we move on to your next question, my brother? We are those of the Q'uo.

E: No, thank you, Q'uo, I understand your words.

Jim: *(Reading from E's questions.)* "Second question: I believe that the various paths of spiritual growth identified by Sandra Krebs Hirsh and Jane Kise's book, *Looking at Type and Spirituality*, are indicative of the various paths to spiritual growth and possibility evolution for our personality shells. Can you confirm this?"

(Carla channeling)

We are those of the principle known to you as Q'uo, and are aware of your query, my brother. Because this study is a portion of your active process at this time, we are not able to infringe upon your own judgment by making a judgment of our own.

We would simply say that we feel that all of the study that you have engaged yourself in doing has been helpful in your process and we would encourage you to continue searching and seeking for the truth within the folds of the illusions which reveal and yet conceal so much of the infinity of the human whole in potentiation.

May we ask if there is another query at this time?

E: I can understand how this would be helpful to me to continue the study, but would it be helpful to others?

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. We believe that, in general, a careful and thoughtful consideration of the nature of the self is always healthful and helpful in the outworking of a spiritual process within incarnation.

We find that, depending upon the nature of the central core of the personality, shall we say, and, further, the nature of the training of the mind of that entity in terms of intellectual training, the information involved in the study of psychological types is very variable in its helpfulness.

To one kind of person, looking at the self in genuine pondering, musing and questioning, such information is powerful material and conducive to helpful reflection. We find that in other cases, there is almost no interest in this kind of information because the entity who is working through the study of his or herself is looking at the self from a non-materialistic way.

In general, those who work analytically and mentally will find the study of psychology and psychological types to be far more helpful than those who are what this instrument would call mystics or spiritual students of the kind that this instrument would call chelas, under the guidance of a guru or teacher.[101]

For those who are focused on a guru or a beloved teacher of some kind, the only truly helpful information involving personality is that information given by the very being or presence of the teacher. Caught within the unspoken wholeness of this entity's presence lies the entire whole of the information that is interesting to that type of personality.

To move to the extreme of this type of personality, there is an entity such as this instrument which does

[99] The colors to which the Q'uo are referring are the "Roy G Biv" rainbow colors of red, orange, yellow, green, blue, indigo and violet. The chakras are assigned to the body along the spine, starting at the spine's base for red ray, with orange ray in the abdomen, yellow ray at the solar plexus, green ray at the heart, blue ray at the throat, indigo ray at the center of the forehead, and the violet ray at the top of the head.

[100] The Q'uo seem to be suggesting that within each chakra or energy center there is a complete sub-octave of associations, red through indigo ray, presumably with the crown chakra, just above the head and white in coloration, as the octave chakra.

[101] In Hinduism, a disciple is called a chela, or as it exists in ancient Hebrew, selah.

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not accept any guru or teacher except the Creator Itself, in the guise of the Christ, which this instrument has come to know not only from its culture and its religious training but from personal experience.

Whether an entity is of the type, such as this instrument, who puts a face on the Creator or whether an entity which is of the mystical type is of that type of personality which does not require any personal information in order to be devoted to the infinite Creator, the Creator Itself is the image, the icon, and the entire information database, shall we say, that such a mystical person needs in order to investigate the self.

On the one hand, an analytical entity is moving into pondering itself as a self, possibly a Creator. On the other hand, a mystical entity of a non-analytical type is moving into the self from the energy of the Creator, moving or reaching up into that area which is called the gateway to intelligent infinity, which in terms of the physical body is placed at the top of the head and is generally called the eighth chakra or the crown chakra.

The call, then, is from the Creator downward and the entity is pulling into the self that knowing that moves beyond all analysis. It is to this type of entity that information will come in a conceptual form rather than in an analyzable form.

The beauty of this kind of personality in terms of receiving information of a helpful, spiritual nature is that it is received in relatively intact form. The limitation of this kind of information is that it is difficult to translate into words, and therefore it is difficult in some cases to analyze in such a way that one may see the composite parts of the structure of thought that are involved in the concept.

Similarly, the value of analysis and measurement is that it is very clear and offers substantive information that can be picked up and used in third density. It fits language and it works in the space/time continuum, in consensus reality. The limitation of moving from analysis, study and research into a knowledge of the self is that it will forever escape the reach of analysis to comprehend or "feel" into the texture and the sense of self that comes from an acceptance of the self as part of the Creator, and, therefore, an acceptance of the whole of the self without understanding the way that that whole can be analyzed or divided up in the most skillful or intelligent manner.

May we answer you further, my brother?

E: No, Q'uo, I appreciate the examples of the various processes of the seekers. It has helped me understand better.

Jim: *(Reading from E's questions.)* "I believe that I am a wanderer and that my son, H, and daughter, M, are wanderers. Can you confirm this? Please offer any comments you feel may be helpful to me to ponder in dealing with this facet of my personal history and those of my family on Earth."

(Carla channeling)

We are those of the Q'uo, and are aware of your query, my brother. We may indeed confirm that each of those whom you have mentioned is a wanderer. As always, when we offer this kind of information, we do wish to seat it in our understanding of what it means at this time to be a wanderer upon planet Earth.

Many are the wanderers who have not awakened as they hoped to awaken within the dream of incarnation upon your planet. For those who have not awakened, it means nothing to be a wanderer on the planet Earth. Without the awakening into a realization that there is a larger perspective than the one offered by the culture in which you all are embedded, the usefulness of the knowledge of being a wanderer has not yet taken effect.

Once a wanderer has awakened within that dream of consensus reality and has become aware that he is a child of eternity and that he has come into limitation and finitude for carefully worked-out reasons, then it is helpful to realize that one is a wanderer. It is extremely helpful in that it enables one to deal in a sensible and rational fashion with certain feelings of isolation, abandonment and distaste that are often the concomitant experiences of wanderers who have moved into third density in order to serve and to learn.

It is very helpful for entities to realize why they feel out of place on planet Earth. They feel out of place because they have come from elsewhere, and this is in some cases a new experience. In other cases [it is] not a brand new experience but certainly an experience that does not match those memories of times long past when the vibrations were of a higher

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density and the conditions of living were more attractive in some ways.

Once an entity becomes aware of the reasons for feelings of alienation and loss it is far easier for that entity to review that which he knows about his estate and to attempt to recover the essence of his determination to make the choice to enter incarnation upon planet Earth.

In all cases, this spot of coming into a body on planet Earth at this time was very difficult to obtain. Each entity who wished to serve and learn at this crucial time in your planet's progress offered itself, its being, its plan of incarnation, and its hope both to learn and to serve. You were given a spot because you were exceptionally well-geared to come into incarnation, to wake up, and to recall your program, and therefore to be able to be a co-creator for the rest of your incarnation in manifesting that which you worked so hard to achieve the opportunity to express.

We would say two things to those who have awakened within incarnation and are now aware of their wanderer nature.

Firstly, we would ask you to humble yourself fully, and to realize that you are not from a higher density now. Now, you are natives of planet Earth. You have earned that right by taking a grave risk. You have jumped into third density, shall we say, at the deep end of the pool. There is no guarantee that you will remember, and if you remember there is no guarantee that you can manage to come fully into incarnation. That is the first thing that we encourage wanderers to do. It is very easy to miss higher density experience, and yet that is not why you came. If you wished higher density experience, you would never have left.

You very much yearned to serve at this time. Therefore, we ask you to fully incarnate, to the best of your will and zeal to do so. See the beauty of this environment. See the Creator within your fellow beings, as confused as they are. See the Creator within your own confusion, and forgive yourself for taking a long time, in some cases, to awaken fully.

Once you have fully brought yourself down to the earth of Earth, once you have grounded yourself as an Earth native, then the second thing that we would encourage you to do is to rest daily in an open-ended willingness to see into your pattern and your purpose.

The full shape of any entity's life is hidden in that which surrounds the appearance of an incarnational life. There is much of your consciousness that does not move into the light of day but rather continues its work during subconscious and unconscious processes. However, it is given to those who ask to find answers. And if you do not ask, if you do not avail yourself of your guidance, you shall not be able to be visited by those blessed ones who await your requests for guidance and help.

May we answer you further, my brother?

E: No, Q'uo, thank you for the beauty and perception of your comments. I feel especially moved and ready to implement them.

(Carla channeling)

We are those of Q'uo, and greatly appreciate your comments, my brother. It is a blessing to us to know that some of our comments may have helped in your seeking. That is far more than we could hope and we are extremely grateful that this has occurred.

Is there another query, my brother, before we leave this instrument?

E: No, thank you.

(Carla channeling)

In that case, we will leave this instrument and this group, glorying in the peace and power of the one infinite Creator and resting in Its love and Its light. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
February 7, 2006

Question from E: *(Jim reading E's question.)* "Edgar Cayce said that most modern astrologers use the wrong zodiac and should be using one based on the "Persian calendar." The use of the sidereal zodiac, which accounts for precession of the stars as espoused by Cyril Fagan and Donald Bradley, results in rotating the planets about 24 degrees clockwise in the horoscope chart or eight-tenths of a sign backwards when compared to the use of the tropical zodiac. For example, my Sun sign is Pisces in the tropical zodiac, yet falls back into the sign of Aquarius in a horoscope based on the sidereal zodiac. I believe that my Sun sign is Aquarius. I also believe that the use of the Fagan/Bradley sidereal zodiac is more accurate than that of the tropical zodiac to determine the placement of the "planets," which also include our Sun and Moon, in the signs and houses of a natal horoscope. Can you confirm this?"

(Carla channeling)

We are known to you as the principle of the Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we visit with you today. Thank you so much for inviting us to join your circle of seeking at this time. Thank you for the gift of your calling and the beauty of your vibrations. It is a great pleasure to respond to your queries at this time.

We would ask of each present and each who may read these words, please, to value greatly and honor your own powers of discrimination. Be careful in discriminating between those ideas that seem resonant to you and those which do not. Select only those ideas with which it seems resonant to you to work. We are then far more able to relax and offer our thoughts without being concerned that we might infringe upon your free will. We thank you for this consideration.

With regard to the query asked by the one known as E concerning the use of the sidereal astrology as opposed to the tropical astrology, we cannot confirm the choice of one type of reading over another, and we would make a few comments about our inability to confirm this preference.

It is our understanding—and we offer it humbly since we feel that it is only a rough approximation of the truth rather than the precise truth—that the use of both sidereal and tropical astrological charts is appropriate when studying the influences which make up the geography of an entity's interior landscape.

There are two aspects to a density. One aspect is relatively fixed; one aspect is relatively unfixed. The masculine side of the study of astrology is that of the tropical astrological chart. It represents that which is fixed into the Earth by the occasion of your birth into third-density existence.

There is another aspect which influences the use of astrology and this is the feminine aspect of the density. In this focus of astrology, the information is considerably helpful, but it does differ from the

tropical chart in that it embraces more of the unfixed or soul-driven, if you will, aspects of personality.

Therefore, if an entity is actively investigating his own soul aspects, it is quite likely that he will find sidereal astrology more helpful in describing the environment in which he finds himself in his inner work than if he uses the tropical astrological chart.

Gazing at the differences between a sidereal and a tropical chart will give to an entity an interesting view of the various aspects of his own character. The sidereal aspects describe more the soul aspects of the entity, whereas the tropical chart describes more the personality or applied incarnational aspects of a personality.

Looking at the difference between the two gives to the student of his own personality an idea of the dynamics of the earthly self with respect to that self which entered incarnation and that self which shall remain after incarnation.

Neither aspect is higher than the other aspect. We wish to make that clear. The two aspects are, as it were, the vertical aspect and the horizontal aspect of that cruciform nature of personality. There is that vertical aspect that touches down into the earth and holds into incarnation certain aspects of the personality, and there is that floating or horizontal aspect to the personality that is never completely nailed down by incarnation, but rests within the energy body as the deeper aspects that the soul has brought forward into incarnation at this time.

May we answer this query in any fuller way, my brother, before we move on? We are those of the Q'uo.

E: No, Q'uo, that's fascinating information to learn about, and I'm still mulling it over at this time.

Jim: *(Reading from E's questions.)* The second question is: "I believe that the planets in the signs of our natal horoscope are representative of the energies of our inner or hidden soul pattern. Can you confirm this? I also believe that the natal planets in the signs in a sidereal horoscope are comparable to the potentiators identified by Ra in Book IV. I believe that the planetary aspects with small, close orbs in our natal, sidereal horoscope represent our lessons to be learned in this incarnation and I believe the transiting planets, which aspect our natal planets, identify the functional energies that Ra called catalysts of our experiences and significators of our choice. Can you confirm my beliefs in the astrological relationships? Please offer any comments you feel may be helpful."

(Carla channeling)

We are those of the Q'uo, and are aware of your query, my brother. We find that we cannot confirm the correspondences that you so carefully have put forward. We find them provocative and interesting. There is fruitful subject matter within these assumptions for much thought, and we encourage you [to] go forward with your observations and your attempts to find correspondences.

We would, however, suggest that the attempt to wed astrological information and functions or aspects of the archetypes is doomed to failure if the attempt is made to bring correspondences forward on a one-to-one basis.

The reason for this is that each entity is an unique expression of the infinite Creator. Each relationship that an entity makes to an archetype is made often unconsciously and almost always without any firm intention of addressing an archetype. The situations that an entity enters are full of possibilities, and when an entity's response to those possibilities moves along a line that identifies feeling or emotion and allows that feeling or emotion to be filled with the information of love and light, by whatever means such an entity chooses to use, that entry into the archetype becomes a thing in itself, or as this instrument calls it, a *ding an sich*.[102]

It is not dependent upon the personality or the situation of an entity, but rather it is dependent upon the choices and the attitudes of a moment. For an entity to move as often as possible into archetypal work, it is well for that entity to observe carefully thoughts and their attendant emotions and feelings.

When thoughts contain passion, will, emotion or feeling—and we are vague about this carriage of energy because the color of thought is a very complex subject—then it becomes a candidate for helping a spirit who is seeking to move deeper in knowing itself to do so. Without this carrying of color, feeling or emotion, the thought remains interesting and valuable on an intellectual level, but

[102] ding an sich: German phrase meaning "thing in itself." Carla studied in college German philosophers, such as Kant, who used this phrase. (See the *Philosophical Dictionary*, www.philosophypages.com.)

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it does not become fixed into a vehicle that will move the entire seeking spirit deeper into its own experience of itself.

Consequently, although there is much interest and much potential within this question and the pursuit of it by the one known as E, we would suggest that the initial correspondences suggested are simplistic.

We would also suggest in this regard, that if the one known as E expands the kinds of information that he moves into this correspondence list, he may find interest in several different avenues of expression. The one that we would suggest that this entity examine further is that seemingly disparate correspondence set of organs of the body and the various planets.

It may well be that as more details are compounded in this correspondence list, there will come to the one known as E a subtle and interesting pattern that creates for this entity a more satisfying overall set of correspondences than this entity has yet discovered.

Is there any further query on this topic before we move on, my brother? We are those of Q'uo.

E: No, Q'uo, I see I have my work cut out for me. Thank you for the suggestion of the comparison of organs of the body and planets. I'll pursue that.

Jim: *(Reading from E's questions.)* The third question is: "I believe that the positions of the moon's north and south nodes in a sidereal natal chart identify the energies that express the dharma and karma, respectively, that are to be experienced and possibly balanced in our lives. Can you confirm this? Please offer any other comments that you feel may be helpful."

(Carla channeling)

We are those of Q'uo, and are again, my brother, aware of your query and at the same time unable to confirm your initial conjecture. Again, we would suggest that you be very patient with gazing at and sensing into the kinds of correspondences that you may find.

The road that you are on in this query, we may say, is encouraging and we believe that you will find quicker bounty in working with this correspondence than you will find in your previous query. However, because of the complexity of the soul involved, it is impossible to identify the sidereal aspects as the only aspects that move into helpful information or resources [with regard to] what you have called the dharma and karma.

We would further suggest that once you have uncovered and identified that which is your settled opinion, it is helpful to release such information and conjecture from becoming completely literal. It is helpful at all times to remember that astrology is partly science and partly art. It is partly an examination of mathematical relationships and the structure that those mathematical relationships build when one decides that the center of the universe is the self.

May we ask if the one known as E has any follow-up queries on this question before we go forward?

E: No, Q'uo, not at this time.

Jim: *(Reading from E's questions.)* The fourth question is: "I am preparing an Archetypes in Astrology presentation that I believe may be comparable to the use of the Tarot's major arcana cards for archetypical study as outlined in *Book IV* of *The Law of One*. How may I improve the presentation to reach others interested in studying techniques for spiritual growth and evolution using astrological archetypes?"

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. We respond to your query indirectly, in a certain sense, in saying that we do not wish to discuss with you any of your concepts. However, you asked how you may improve your presentation and we find that you are in a good position to increase the efficacy of your presentation because of the fact that you are very visual, as you have told this instrument, in the way that you see things and in your ability to create visual aids.

We would suggest that in a presentation of this kind your greatest challenge is familiarizing entities who come from many different places in their own knowledge and understanding with the basic icons or images used in the discussion not only of the archetypes but also of the astrological signs.

Create, then, clear-cut and recognizable and somewhat simplified images and use them repetitively so that, by approximately halfway through your presentation the participants in the discussion that you are facilitating have become aware of your images. Then, each time that they are

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seen again, the repetition will help to seat the information that you are offering.

We find that entities are also aided by the objective, or what this instrument would call the hard-copy, representation of that which you have to offer. Therefore, it would also improve the entity's ability to follow your presentation if you give out fact sheets. The first of these fact sheets, then, would be the simple or simplified images that you are using in your presentation. Backing these up would be information sheets on each of the images which an entity would be able to read at a later time when the entity was reviewing the information in attempting to seat it.

Is there a follow-up query to this question before we ask for further questions, my brother? We are those of the Q'uo.

E: No, thank you, Q'uo, that's good advice.

Jim: *(Reading from E's questions.)* Question 5 is: "I believe that there are correspondences in the energies of the planets and our chakras. For example, Saturn's energies correspond to the first chakra; Mars, the second; the Sun, third; Venus, the fourth; Mercury, fifth; Moon, sixth; and Jupiter, the seventh chakra. Can you confirm this? Please offer any comments you feel would be helpful."

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. Again, we cannot confirm these correspondences. We would instead suggest that it may be helpful for you to examine each chakra in the sense of identifying the octave of energies that are available to that chakra. That is, in the red-ray chakra, for instance, there is the red ray's relationship with itself. There is the red ray in its foreshadowing of orange. There is the red ray in its relationship to the yellow ray, the green ray, the blue ray, and the indigo ray.

For each of those chakras, one through six, there is an entire octave of correspondences that may be used to consider the more subtle aspects of work within any one chakra. Any of those chakras mentioned—that is, the first six chakras, not counting the seventh chakra—may have over-activation, under-activation or blockage. And that blockage may be simple or complex. It may involve one chakra or it may have connections into two or three chakras.

For the most simple work, it is enough to think of a chakra and its basic attributes or the material with which it is associated. For more subtle work, when the initial blockages and so forth have been examined and yet the entity still feels that there is more examination that would be helpful because of some set of feelings, analyses or reasoning in the process of attempting to see the self and to help the self evolve, then it may well be helpful to do the more subtle work and see what some of these more subtle relationships feel like.

Sometimes there is a situation where two chakras at once are caught in a dynamic that is hard to see, and it is very helpful if you will take the time, perhaps at the end of each day, to sit down with the self and move through the thoughts and feelings of the day. When you can identify a particular feeling that you wish to investigate, ask yourself if it reminds you of more than one center of activity.

Perhaps it is a relationship between a question of survival and a question of ethics that moves into either personal dynamics between the self and another self or legal or family dynamics in the relationship with a family member. This is a simple example.

The ways that an entity can become caught in a dynamic between two chakras or even three are almost infinite, and no two entities can do work the same way, not only because each entity is different, but because the experiences that impinge upon each entity are unique.

Our final comment to you, my brother, is not to be discouraged by our many negative responses to your questions on correspondences. You are on a good track of research and a better track in terms of the metaphysical attempt to enter into an understanding of dynamics both in astrology and in the study of the archetypes that escape the bounds of reason, and are found half, as we said, in the science of the subject and half in the art.

When you consider mythology with its many stories and when you consider the story-telling nature of almost all representative art, music and literature, you may easily see that the stories and their influence, in terms of being parables or containing pointed morals or lessons, is quite rich. You may find such considerations interesting and helpful.

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May we respond in any further way to this query before we ask for any more questions, my brother? We are those of the Q'uo.

E: No, thank you.

(Carla channeling)

We are those of the Q'uo. In that case, my brother, is there a query that you would like to ask at this time before we leave this instrument?

E: Yes, Q'uo, one final question. Am I correct in believing that the energies or vibrations of the Sun, the Moon, or planets do, indeed, affect a being on Earth? Could you comment on the energies that permeate the atmosphere?

(Carla channeling)

We are those of the Q'uo, and are happy to comment on this query, my brother. The energies of planets are very powerful in their drawing of certain geographies that are like a street map or a road map of a person's inner landscape. The influences, both fixed and non-fixed, that affect an entity at the time of his birth, and certainly before the birth in terms of the unfixed energies, create the structure of ways which an entity may move to get from here to there.

Now, if this instrument wished to go from Louisville to Chicago, she would look at the map and discover that there was a big interstate that connected those two towns. She might decide to go up Interstate 65 north from Louisville to Chicago. If she decided to go that way, the situation as regards repairs to the road and problems that were experienced on that road at the time that you were traveling to Chicago would impinge upon that journey.

If this instrument decided that she did not wish to go directly to Chicago, she would find that her map extended all the way around the planet. She could choose to go to Europe and then to Asia and then to move around to Siberia and Russia and Alaska, coming over into Canada and down into North America to reach Chicago. That is also a route, and it is interesting to look at an entity's information, as regards astrology and so forth, to make an educated guess as to whether an entity shall choose an interstate and a very direct route to a certain lesson, or whether an entity will choose a roundabout or an outrageously roundabout route that still, eventually, has the capacity to deliver one to the supposed location of one's desire.

Perhaps it may be seen by this example that a great part of the use of astrology is in gazing at one's desires and looking at the use of one's will. What is the most efficacious and skillful way to set about choosing one's goals? And, once those goals and ambitions have been set by the self and acknowledged as that about which the self feels passionately and which it wishes to pursue with all of its heart, all of its soul, all of its mind, and all of its strength, then it is interesting to ask, in the light of these pieces of information about the self, what are the most skillful ways to pursue such a goal?

We would emphasize that the influences upon the self from the stars, planets and other aspects of astrological charts are both clear and offered without the necessity to give up one's free will. One retains one's free will to a complete extent. One may choose to disregard one's planetary influences.

In our humble opinion, it is well to cooperate with one's planetary influences.

The choice that each entity entering incarnation made as to the moment of that birth, as well as the moment of conception and the moment of the entity's entrance into the fetus and/or the infant, are interesting points to consider.

They do not mean that your free will is limited. They indicate the strengths, weaknesses and general topography of the inner landscape. It is always helpful to have a reasonably good idea of what one's strengths and limitations may be as an entity as one gazes at the self, its goals and aims in life, and its heart, its desires, and its will.

In this regard, it is well to know that built into astrology, built into archeology, built into study of the archetypes, indeed, built into almost every way that one can examine the self, there is that combination of science and art, fact and myth, reason and inspiration. Allow these dynamics to play as your mind considers these relationships.

We thank you, my brother, for all of these questions. They are most interesting to consider and we have greatly enjoyed this conversation.

We wish that we could share more positively pointed information with you but we hope that in clearing out some of these first suppositions, we clear the way for you to consider afresh the subject matter before you, which is indeed most ambitious.

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We wish you good fortune and good hunting, for you truly are one who puts together the puzzle.

E: Thank you, Q'uo.

We thank you, my brother. We would at this time leave this instrument and this group, as we found you, in the love and in the light, the thought and the manifestation of the one infinite Creator. We are known to you as Q'uo. Adonai. Adonai. ♣

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Special Meditation
February 12, 2006

The Archetype Gathering

Group question: How does working with the archetypes to become them help us in the development of the magical personality?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day to join in your circle of seeking. Thank you, my friends, for inviting us to be a part of your circle.

We are most happy to respond to your question concerning the use of the archetypes in the pursuit of adepthood. However, as always, we would caution you strictly to use your very adequate and competent powers of discrimination to discern what of that which we have to say is helpful to you and what is not resonant to you. If there is no resonance in anything we say, no matter how intellectually interesting it might be, we ask you to leave it alone.

Follow and use the information that does resonate to you, my friends, and in that way we may be assured that we are not infringing on your free will but rather are enjoying a conversation with equals. We would not be an authority over you and we cannot be considered as that and have peace in our minds about that which we offer you this day. Therefore we greatly thank you for your kind indulgence in this manner.

Your query this day revolves around the use of the archetypical mind and its study within the process which you have called evolving the magical personality or becoming a priest or an adept. We realize that the one known as T has been concerned about the issue of adepthood and priesthood and therefore we would like to address this concern as our first topic of discussion, for we feel that it bears much of import.

Not only the one known as T but this instrument [as well] is cautious when faced with the possibility that one might, by asking a certain question or following a certain line of inquiry, be committing oneself to the full requirements of a lifelong, intensive study of the magical personality, the Tree of Life,[103] and the inferred duties and responsibilities accruing to a member of the white magical priesthood, that surprisingly large and largely unknown group of entities who, for millennia of your time upon your planet have maintained stewardship of the Earth, of those energies beneath the Earth, and of those energies within, what this instrument calls, inner or unseen planes, thus working ceaselessly and without any regard for personal fame or renown to balance your island home on its keel as it sojourns about your sun and as your sun sojourns about the edge of the galaxy.

[103] The Tree of Life glyph is the central figure of the Kabbalistic study of the magical personality. You can see a representation of it on this site: www.ucalgary.ca/~elsegal/Sefirot/Sefirot.html.

By identifying with their native mountains, plains and oceans, by calling down the highest of the high, and by dealing fearlessly and constantly with that which this instrument calls the shadow or the unknown side of self, this priesthood has served ceaselessly.

And there is that energy within many of those in this group that resonates to the idea of a life lived in service and a life lived in priesthood. We are aware of the concern within this instrument and the one known as T that there might be any hint or shadow of ethical commitment that would be beyond that which entities living as you live, in the lives that you live, could complete. We wish to assure each that those mental reservations create, in the metaphysical world, a contract not to be such a priest.

There is a limit that you have set upon yourself. You wish to relate to the world directly. You do not wish to go into retreat from the world. You wish to engage in the world. This is acceptable within the limits of a more generalized conceptualization of the commitment to living life as a priest or an adept.

There is a general sense in which every entity is a priest. It is said in your holy work that you are a nation of priests and a holy people.[104] We believe this to be precisely correct and, as several of you have noted during this weekend's rich conversation which we have greatly enjoyed being a part of through this instrument's mind, the priestly aspect of your incarnations is becoming and more and more clear to you. You are becoming more and more aware that you carry within you the consciousness of what this instrument calls the Christ or unconditional love.

That which you are pursuing so relentlessly—that being the one infinite Creator, or alternately, the truth about yourself—lies waiting for you not outside your awareness but rather at the very heart of it. You seek for that which is within your heart of hearts.

In that way, adepthood or priesthood can be seen as the movement into the outer courtyard of the heart and into that inner door to the *sanctum sanctorum*, your heart of hearts, and the throne of the one infinite Creator.

Or is it instead, my friends, a manger? And does the Creator await you as a child or an infant lying in the straw, waiting for you to swaddle it with your recognition of the Christ within?

Do you seek an authority figure in your heart? Do you seek a white-haired, ancient Lord of Lords, that Old Testament figure that judges as well as loves?

What figure do you have in your mind that partially reveals and partially hides the truth of creatorship? What do you seek? Do you seek an image? Do you seek an icon? Or do you seek that mystery which lies beyond all words but bears the name of unconditional love?

Therefore, on this point, we would say to you that if you genuinely, sincerely and honestly seek the truth of your own being and if you are willing to commit ineluctably and simply to living your life in the pursuit of that seeking, you are worthy to be called a priest and an adept.

You may not be able, because of your lifestyle, to commit hours out of each day to the ritual involved in priesthood as it is seen in holy orders. You may not be able to invoke and evoke specific energies at specific times in a ritualistic manner, for that would indeed take a great deal of subtle work in visualization that would require you to maintain a level of focus given only to what this instrument would generally term madmen, saints and fanatics. Such is the nature of priesthood.

We expect and understand that this is not the level of your commitment and we specifically express our understanding that this is ethically acceptable in terms of the metaphysical balance not only of your individual life but also the life of your group as you experience yourselves during this gathering and that group which is the tribe of humankind upon planet Earth.

Your service is acceptable as it is, just as it is, and without improvement. You are already upon what we would term a sound and good path. And we thank you for being on that path, for calling us to your group, and for being ethically conscious and concerned enough to have cautionary feelings concerning these questions.

We turn now to gaze at the magical personality. The definition which this instrument has learned from

[104] *Holy Bible*, Isaiah 62:12: "And they shall be called the holy people, the redeemed of the LORD." There are several other references to this concept in the Old Testament.

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the works of the one known as William[105] is simple enough. A magician is one with the ability to effect changes in consciousness at will.

You have been a magician each time that you have faced a situation in life and made a conscious choice to respond to catalyst that is offered you in a way which was not automatic in your responsive system. When you have chosen a higher path, when you have chosen a soft word instead of a harsh one, a kind action instead of a rude one, or an honest if hard answer instead of a hypocritical though easy one, you have acted in a magical way, choosing to lift your consciousness to a higher path.

This instrument calls a good deal of this kind of work that she does, "tuning", and we would agree that there is something to be said for seeing the tuning of your consciousness in this figure of speech.

What is it to create changes in your consciousness by an act of will? There are three basic factors weighing on this matter.

The first is yourself as an actor and a chooser.

Second is your will, its recognition as a factor, and its discipline by your daily work.

The third is that which you effect as an act of will, that choice that lies before you that is entirely subjective. No two people shall see catalyst in precisely the same way. Therefore, no two people as magical entities shall create the same change in consciousness.

It is the right use of will that becomes the key to the working of the puzzle that lies before you when you face a choice in how to respond to a situation that you perceive.

It is in the state of your mind as you approach the present moment that the use of the archetypes lies. The archetypical mind, as has been iterated often during this gathering, is a resource of the deep mind. It is a plat,[106] if you will, of energy paths that are possible within the system of illusions that constitutes space/time and time/space within third density upon your planet. It is a finite, delimited resource created for use by third-density entities within incarnation upon planet Earth.

It is a comprehensive encyclopedia of what this instrument has several times called the road maps available for getting from here to there within the inner geography of that infrastructure of roads, byroad, lanes and little tiny paths that constitutes ways in which you may turn and make choices when you are investigating how to respond to that which you see coming into your view in the present moment.

Most often you use the archetypes inadvertently. You become one of them by moving through a situation with a certain degree of purity. We cannot be more specific that this, for within each situation there is a wide range of ways in which you may be pure, depending on how you are assessing the situation that you see before you and from what standpoint you are assessing it.

There are many levels from which you may view consensus reality and from each level there are many choices that you make, before you make the choice of how to look at a given situation, which bring you to the point of choice biased or distorted in a certain set of parameters, all of which are useful.

We have often said through this instrument that there are no mistakes and in this wise we would say it with a special emphasis. When you are working with that which is quite nebulous to the conscious mind, you must not restrict yourself to the concept of being right or correct but rather offer yourself permission to explore resonant paths of seeking.

When you feel that you may perhaps have evoked or become part of the archetypal part of the human experience, that does not mean that you have moved from humanhood to an archetype. It means that you have hollowed yourself with enough clarity, honesty and purity that you have made room within the dedication of your seeking for your experience to be filled with the resonance that moves from finity to infinity, from specificity or locality to universality or non-locality.

Becoming an archetype is a kind of knowing that does not depend on fact, detail or learning. Touching into the archetypal is touching into the entirety available within specificity. It is certainly not available consciously or by the application of learning or analysis. Archetypal truth is essential, and

[105] The Q'uo is referring to William E. Butler, whose works include *Apprenticed to Magic* and *Magic, Its Ritual, Power and Purpose*. You can look for other books by W. E. Butler on www.amazon.com.

[106] plat: A map showing actual or planned features, such as streets and building lots. (www.dictionary.com)

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as several have suggested throughout this weekend, that which is archetypal remains forever mysterious, so that it is by your being that you explicate and bear witness to that which is pure or purified within you.

This instrument would call this purified substance feeling or emotion, and we would agree that these are the words closest to describing those rivers of energy that water the land of archetypes, that rich, mountainous treasure trove in which one range leads to another and to another and to another in an unending set of discoveries and realizations.

That which is magical within you awaits your choice. Let us look then at the nature of the choice before you and the resources with which you meet it.

In each moment your choice is to accept yourself as the self that your culture and your environment suggest that you are or to accept yourself as something far more articulated. It may seem grandiose to those who like the idea of being powerless and without responsibility in any ethical sense. To those who are thirsty for the one infinite Creator, it seems a positive blessing to be pulled forward by the desire to seek. Those who wish to become more than they know are those who would choose to become co-creators with the forces placed into motion at the time of birth.

When you choose to accelerate the pace of your spiritual evolution, you are activating a magical portion of yourself. That is the nature of your choice. It is perfectly all right to choose to rest and refrain from the practice of the recognition of the power of your own being. When you have gathered your strength and wish to step forward upon your journey, you are indeed the fool. Whether or not you feel that you need baggage, you pick up your self, your energies and your intentions and you leave the familiar safe and sheltered valley of your past understanding.

Thus, all entities conceiving of themselves as working on their magical personalities may also conceive of themselves [as being] upon a journey in common with many, many others. This is a pilgrimage in which you are never alone. Certainly each entity is solitary within the confines of its own choices and its own processes. However, other shards and splinters of the sunshine of the Creator are walking beside you, praying for guidance from the same Creator, being shined upon by that great and unending source of light and love, gaining inspiration from the same guidance.

So although in some ways you are endlessly alone, if you can open your awareness to the larger vision of your situation you may see that you walk with many in a space made sacred by each footstep, each tear, each sigh, each moment of rejoicing, each time of wonder, amazement and awe, and each midnight of suffering and woe. These are all most sacred.

That which surrounds you upon this journey is a many-storied, almost infinite world. As you move the focus of your perception you will choose to focus upon certain portions of the 360 degrees of investigation possible to one who is fully able to turn and gaze in any direction. Each time that you change the focus of your seeking, something will be illuminated and many other things will be cast into the darkest shadow.

You will always be working in what seems to you to be poor light. You've gazed at the many indications in the tarot cards images of the sun, the moon, and the tendency within spirit of the moon to overshadow and hide the sun. That is the environment of your seeking.

You may never become able to invoke archetypes or allow them to come into your being and fill you with the skill and the art of the true magical adept. You may have to content yourself with what you yourself consider to be imperfect attempts to invoke or become the archetype. We assure you that, in the process of forming the intention, at each moment that you form such an intention to seek and to serve the one infinite Creator, to heighten your devotion to the one infinite Creator, or to increase your passion for developing your will in order to maximize your service to the Creator, you have done work that, in a magical sense, is highly polarizing regardless of the actual outcome of your intention.

Make the shift within your mind of the doingness of consensus reality to the beingness of time/space or metaphysical reality. Realize that those things which in the physical are mere shadows—that is, your thoughts—become living, breathing objects, essences and creatures in the metaphysical world.

Your intentions are very real, metaphysically speaking, and your subsequent actions, metaphysically speaking, are as the shadows of those intentions. That which may seem glorious in

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consensus reality may have almost no weight in the metaphysical world and that which seems only a shadow in the physical world may have tremendous weight in the metaphysical world, thereby turning logic on its ear and all of your ambitions to dust.

Please allow that to happen forthwith if there is any materialistic implication having to do with actions that are real in space/time. Release them, my friends, and know that your work is the work of the crystal that wishes to tune itself.

For each of you is a Creator. And you are a Creator in a certain way. You are an instrument. You have certain characteristics, much as any crystal does. You are set up with regularity within the logic of your own structure, metaphysically speaking. Your energy system is balanced in its imbalance in a certain way that works and that is your perfection at this time. It is a stable setting.

The one who wishes to adjust the setting of the crystal is one who wishes to do magical work. You are working with the structure of your own consciousness in order to improve your tuning or your setting as an energy field that is receptive, much like a crystal radio is receptive.

This instrument has before used the analogy of herself as that which can receive a radio station. When she attempts to tune for channeling, she is tuning for the highest and best source of information that she can receive as a stable, conscious entity. She's tuning the crystal of her instrument. When she's done that to the best of her ability she consciously sets and crystallizes that setting and then she carefully chooses the recipient or source of the contact that she is going to channel.

In a less formalized and much more everyday way, everyone at all times is receiving the love and the light of the one infinite Creator and is transducing it to a certain extent as it moves through the energy system of the chakras.

(Side one of tape ends.)

By the time that it leaves your energy system at the violet ray, moving through into the octave ray of the crown chakra, it has undergone the adjustments necessary to move through your energy system. If you are resting on your default setting and not attempting to tune your instrument, then your signal, shall we say, shall be correspondingly unfocused and weak. Depending upon the work that you have done in the present moment, meeting those situations that you see in your present moment, your output may well be much different than your default setting. You may have chosen to work with the energy of the one infinite Creator in several different ways, sharpening it in this way, defusing it in that way, and so forth.

If you, as a crystal being, have come to a point within your incarnation where you are relatively restful and content within yourself, then you are probably allowing a good deal of the light of the one infinite Creator to pour through your system undistorted.

Discontent and worry is the one perturbation that will most effectively destroy the energy of light. Consequently, as you work to be more and more comfortable within your own skin, you are not being selfish. You are not taking too much time for yourself. You are, rather, working in service to the Creator and to others by clearing your own energy system. It is not selfish to do this work but rather of service to others.

It is a very difficult tangle within the mind to many service-to-others oriented entities to be able to set aside the time and the attention for oneself that is indeed needed for you to keep clear and useful and an instrument for spirit. Nevertheless, you may have to take that time, five minutes at a time, around the edges of the busy day. But we assure that if you choose those five minutes carefully and if you pour yourself into those five minutes, you shall create magic aplenty. You shall not run out of time, for you can do much in a small space, magically speaking.

You are attempting to take that which your culture has taught you is worthless: your thoughts, your feelings, your hunches, and your intuition and to glean from them the information that your culture has not respected or honored. In doing so, you are bereft of the tools comfortable to one who deals with the mind. For in doing magical work or in attempting to create one's focus for being increasingly magical you are moving constantly to move from head to heart and from thinking to knowing.

What is the faculty of knowing? The one known as S was speaking this weekend of the difference between that energy that comes through the soles of the feet and up through the base chakra or the red-ray chakra and pours upwards and out through the top

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of the head and that energy that is called forth by seeking, that energy which is pulled down through the gateway to intelligent infinity [at the crown chakra] by the force, the focus, and the purity of your desire.

The one known as S noted that the place where those two energies met was that point at which the tremendous energy of what you have called the kundalini lies, the object of the kundalini movement being to create that evolution of spirit that is symbolized by the trope or figure of kundalini. That place where the kundalini rests within you is that place from which you may most stably and faithfully work.

Attempt, then, in preparing yourself to do magical work to, as this instrument has said, become truly humble and empty. Examine your chakra system each day, looking for distortion, either over-activation or under-activation. When you find it, sit with it, gaze at it, invite it, and seek to understand what is triggering your attention on this particular issue. If you can find distortion within yourself from which this fountain of triggering affect stems, move to the origin of that trigger and see what you can do to unearth this buried treasure of it. By removing the gift from its surrounding ore, create the appreciation of the diamond that you have made from your suffering. See the beauty of its purity and know from experience the tremendous pressure of suffering in the fiery furnace of the catalyst of an incarnation. What it has cost you to produce this beauty, this truth, and this treasure!

Spend time, if you can, in the silence each day. We do not concern ourselves with your mode of entering the silence or what you do during that time. You may do nothing. You may have a practice of prayer, visualization or other regularized or ritualized method of structuring such time or you may simply go on a solitary ramble, listening to the calls of the birds and gazing at the beauty of the trees, bushes and the meadows.

However you structure this time, we encourage you to commit yourself to a daily practice of the presence of the one infinite Creator Whose voice is only heard in silence.

Lastly we encourage you to practice the recognition of the Creator. Know it when you see it, whether it is within yourself, within nature, within others, or simply within the moment itself.

We thank you for this question. As always, we have barely scraped the surface of this fascinating and deep topic but we thank you for the opportunity to share our thoughts with you. Before we leave this instrument and this group we ask if there are one or two follow-up queries at this time. We are those of Q'uo.

S: It seems to me that a prerequisite for … *(inaudible)*.

(The question has to do with what archetype(s) would it help to invoke as one goes about beginning and spiritualizing a mated relationship or a spiritual companionship.)

We are those of Q'uo, and are aware of your query, my brother. Rather than suggesting a single archetype in terms of addressing your query about how to approach adjusting one's very personal and intimate practices to the exigencies of a relationship with a significant other, as this instrument calls that general relationship of the mated pair, we would say that a characteristic that has been discussed during this gathering repeatedly may be focused upon as helpful. That characteristic is the characteristic of the courting or wooing male which courts the Potentiator or the reaching for that which awaits the reaching.

Whenever an entity, whether male or female, is considering how to approach negotiating something as personal as a prayer life or a practice or rule of life with a mate, that entity may see itself as that figure which goes forth to court or to woo rather than to control or to manipulate.

The mate has a dynamic with the self within which there are areas of commonality. The magic of such a situation, then, is in finding that area of commonality and staying within it with the utmost of fastidiousness, creating a spiritual practice that is satisfying to both entities in spite of their many differences.

It is a challenging and a subtle negotiation. And negotiation it is, for there is no quick way to move from the standpoint of beginning such a discussion to the outworking or a manifestation of a happy result.

Working against such a happy result is not only the difference between you and the other self but also the variation between your true self and that part of yourself which you know and are able to share

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without distortion. The better you know yourself and the more of yourself you can see, including those parts which this instrument would call less developed or more of the shadow side, the more successful you shall be in finding your area of commonality and make the most of it without significant distortion.

May we answer you further, my brother?

S: No, that was wonderful. Thank you.

Is there another query at this time? We are those of Q'uo.

J: Q'uo, I have a question that has to do with the spirit as articulated in the archetypes. Can you comment on the home of the spirit from your point of view and what differentiates it from the body and the mind and the mechanics thereof?

We are those of Q'uo, and are aware of your query, my brother. And we have a very tricky situation, looking at your question, because of the fact that in several of those entities within this room at this time this forms an active portion of their process. Consequently, we must be guarded in our discussion and we apologize for this but it is necessary in order to maintain the freedom of will.

That which we may say without infringing upon free will is this: the spirit is that which allows travel between the inner and outer planes of third density. In terms of its function within the archetypal mind it is difficult to explicate how the shuttle of spirit functions because of the fact that it functions in what the one known as Don[107] called the 90 degree phase shift, taking one from space/time to time/space.

There is an extra-dimensional change in location or even order of magnitude in a sense between space/time and time/space. You move from a very microcosmic and ordered chaos, shall we say, in terms of space/time, to a much less obviously ordered but far less chaotic and very vast situation in time/space. And you do that within the body, without leaving incarnation. You do it safely and you do it consistently, working within the archetypal mind. It is that which is used to create the creatures of vision and dreams.

And as you touch the edges of archetypal imaging, those messengers come back to you, called through the shuttle of spirit into manifestation, be they from first density such as elementals, or second density such as the messengers of your totems, or be they those entities from the inner planes from many densities that may well be called to your seeking self by the radiancy of your vibrations and the focus of your desire.

May we answer you further, my brother?

J: No, thank you.

Is there a final query at this time? We are those known to you as Q'uo.

S: Thank you, Q'uo.

We are those of Q'uo, and we thank you as well. We thank each. We often have commented on the beauty of a group of people but we have never seen a more beautiful rainbow than the very complex living dance of your joined and harmonized beings. It is a blessed work that you have accomplished in blending your energies, in loving each other without reserve and in seeking together. We assure you that you shall carry with you that blessing, that added stability, and that fellowship as you go forth rejoicing. And so shall we. It has been a very special time.

We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

[107] Don Elkins began L/L Research with Carla in 1970 and his research inspired all of the eventual archive of channeling and other work on www.llresearch.org and www.bring4th.org.

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Special Meditation
February 26, 2006

Question chosen by PLW poll:[108] Many, many people speak often of Atlantis and Lemuria as the supreme ancient advanced civilizations that existed on Earth. I believe that there was a world that existed before them as well. Can you give us any insight to the tribes that existed on Earth before Atlantis and Lemuria?

(Carla channeling)

We are the principle known to you as Q'uo. We greet you through this instrument in the love and the light of the one infinite Creator. It is in this Creator's service that we come to you this day. We thank you for the privilege of being called to your circle of seeking. We are most glad to share our thoughts with you on the subject of the tribes of Earth.

Before we begin, we would ask a favor of you. Please listen carefully to what we have to say, using you powers of discrimination in order to decide what is for you and what is not. If something resonates to you, please, by all means use it. If that which we have to say does not seem helpful to you, we ask you to leave it and move on.

Be very careful about what you accept into the web of your thinking, feeling and actions. You create your own universe by what you pay attention to and use. Create the universe that is dear to your heart, that inspires your soul and that lifts you until you are soaring, for that is your nature. You need to become passionately engaged and enthusiastic about the creation of which you are a part. And you can do that by the choice of that to which you pay attention. We thank you for this great kindness in listening to us, for it will allow us to speak our thoughts freely.

How precious each of you is to us as we rest with you in the circle of your vibrations and how precious as well is every member of the tribe of humankind on planet Earth! We thank you for asking us about the tribes of Earth.

In truth, your query is not one about which we have a great deal of information to share. We can affirm that there were indeed tribes of late second-density entities here before that point at which the Earth itself, as a planet, became able to support the kind of vibratory energy field that would be a good environment for a self-aware being such as you are. Therefore, if we go back before Lemuria and Atlantis on planet Earth, we are talking about late second-density beings which were striving for third-density graduation.

They were doing so very successfully at the very end of a long second-density period that had moved through geological ages such as your ice age and back beyond that quite a ways in your planetary history. These were entities of what this entity would call the great ape family. These entities were striving towards self-awareness.

[108] Planet Lightworker Magazine (www.planetlightworker.com).

If you are a person who is owned by a cat or dog, you are aware of the many childlike and humanlike qualities that are encouraged within a pet's disposition and character as he or she goes through a life of being noticed, listened to, fed and offered affection. It changes that second-density entity and creates a more obvious likelihood that when such an entity reincarnates, he may have earned the right to choose to incarnate in a third-density physical vehicle.

Such was the case with theses entities of various species of the great ape genus. The animals, if you would call them that, which were of the second-density nature certainly had bestial natures. They were not conversing as you would with your friends.

However, they were developing means of communication with each other, starting with their second-density ability to sense into the truth of what is. That is the unique advantage of being a second-density entity rather than a third-density entity. Second-density entities such as the great apes had, and continue to have, a greatly enhanced ability to know the truth. That is, there is not a veil of forgetting between the conscious mind and the reaches of the racial mind, the planetary mind, the archetypical mind, and the Creator's mind.

All of these noumenal, unknowable reaches of mind that are sought so eagerly by third-density entities were available without effort to the tribes of Earth before third density began to unroll its scroll of history.

These entities attempted to deal with each other and did so in the way of second-density entities, by creating territories which were theirs and common territories between tribal territories where they could all hunt. Therefore, there were the rudiments of communication, government and society.

There was the attempt to use tools, and the attempt to create beautiful things. Above all there was an overarching and underlying knowledge, we shall not call it faith, we shall call it knowledge, of the oneness of all things, and the sacredness of life. There was no question in these entities' minds that they were children of the one Creator.

Therefore there was, in the late second-density being that was a member of the tribes of planet Earth in prehistory, every potential for the flowering of the spirit, and every ground laid for the third-density planetary experience that was to come.

We as a group did not approach such entities, in that there was no call and we are those who move by the rules of free will. The call from entities such as you asked for information concerning did not feel the need to call outside of the web of being that surrounded them all, which was instinctually known to be sacred.

Therefore, rather than calling for entities such as we, the call was immediate and moved into the earth, sky, the water and the fire, the plants and the animals which shared its environment and the Creator herself. In late second density, the Creator was seen to be a feminine character as females [give] birth [to] everything that exists.

Our experience with the tribes of Earth, indeed, does begin with Lemuria and Atlantis. Consequently, this is the sum of that about which we can speak concerning those tribes that danced the dance of late second density upon planet Earth and prepared the ground for the density of choice that was to come.

Is there a follow-up query at this time, my friends? We are those of Q'uo.

J: Did these second-density entities become third-density entities that again formed in tribes and behaved as mind/body/spirit complexes?

We are those of Q'uo, and are aware of your query, my brother. In essence, you are correct. The story, however, is a bit more tangled than it would appear.

As third-density conditions become prevalent on planet Earth, beings with this body type of the great ape continued to incarnate and live lives that were of a nature of a tribe or clan, seemingly unchanged from second density.

However, the light of third density is that light which supports and encourages the development of the spirit complex. The probable course of development of these Earth-native entities that were now ensouled as they came into incarnation but dwelling in these particular bodies is unknown, for that evolutionary line was interrupted by those who felt it would be helpful to offer the third-density entities of planet Earth a much improved physical vehicle, one in which the jaw was manipulated in order that speech was more possible more easily, and one in which an upright posture was more possible.

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To the adjustments to the body were added adjustments made to the mind complex in order to sharpen mental acuity. This experiment, shall we say, interrupted the normal course of evolution.

In a way it accelerated that evolution by making it far more possible for the body types of what you now are aware of as your human form to do the work of third-density entities. They were more able to make tools. They were able to think about the tools they made and to make changes to make them better.

However, the natural course of the development of the great ape into third density is one in which peaceful means of resolving disputes is valued almost to the exclusion [of] open hostility. There is a knowledge, shall we say, that is the carry-over from the awareness of late second-density of how things are. This territory is for group A, this territory is for group B and so on. There is a natural tendency in entities with this genetic heritage to find peaceful means of resolving differences of opinion.

As the advantages mounted, in the newfangled genetically adjusted human being, this [type of] being began to feel not at all humble, but rather begin to be filled with the arrogance of that concept that is almost unknown within tribal societies, the feeling of arrogance; that feeling that not only do you have a place in nature, but that you may take whatever place you can defend and make it your own.

The changes wrought by entities which were truly innocent of intention to do evil or to wreak negative consequences became that which was judged by the so-called Council of Nine as a disaster. There have been attempts made, ever since these genetic adjustments were offered to the tribe of planet Earth's humans, to make amends, to rebalance that which was done without awareness of the quite substantially difficult consequences of these changes.

May we answer you further, my brother?

J: *(Inaudible)*.

We are those of Q'uo, and fear that this instrument's ears did not catch your question. Could you please restate your question. We are those of Q'uo.

J: At some point, this second-density tribal group of entities, Earth's first third-density group, was joined by populations from other third-density planets that failed to make harvest to fourth [density]. Ra mentioned that sixteen other planets had given their populations to Earth when they had their harvest to fourth density and the populations did not make it to fourth density. So they came to Earth to repeat the cycle. Was this second-density tribal group able to keep its identity throughout the third-density cycle of Earth, to live together and evolve together? I'm wondering if the second-density group of entities that you spoke about was able to evolve, on Earth, in the third density, as a group, or were they assimilated into other groups?

We are those of Q'uo, and are aware of your query, my brother. The second-density great ape bodies, when compared with the second-density genetically altered bodies that were available for use, in the natural flow of the reproductive cycle, were seen by those entities who were coming into third-density Earth and taking form to complete their third-density cycle, to be the model [which was] more highly developed and easier to use, to the extent that the second-density bodies did not receive ensouled beings and simply reverted to [being] second-density animals carrying second-density souls, or rather mind/body complexes, as this instrument would call them, to differentiate them from mind/body/spirit complexes, which are the ensouled third-density type.

May we answer you further, my brother?

J: No, thank you.

We thank you, my brother. Is there a final query before we leave this instrument?

S: There was, I've read, one civilization called Ur that was highly evolved before the Atlantean and Lemurian times. Do you have any insights or information on this civilization?

We are those of Q'uo, and are aware of your query, my brother. We find that our only awareness of the civilization which you call Ur is that in this instrument's mind. In this instrument's mind there is the information that this was an entity or tribe of people in the Middle East. This, however, to the best of our understanding, was a third-density civilization and society that pre-dated the height of, say, the Egyptians with which this instrument is familiar, that being the Egypt of Akhenaton, Tutankhamen and Amenhotep. It did not pre-date the third density.

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If there was an advanced civilization on Earth before third density, we are not aware of it and we simply cannot share any information on that subject. We are sorry, my brother, for our lack of information.

We thank this group and this instrument for the blessing of companionship and the privilege of sharing the beauty of your beings. It has been a pleasure. We are those of Q'uo, and we leave you in the love and in the light of the one infinite Creator. May the oneness of all that is penetrate your isolation within the illusion. May you know, as the early tribes knew, and as you shall know in fourth density once again, by faith alone, that all is one, and that you are a perfect part of the perfect dance that will unfold every mystery to you as you move through the steps that lead to infinity and eternity.

Adonai. Adonai. We are those of Q'uo. ♣

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Special Meditation
February 26, 2006

Group question: Q'uo, today we would like to focus on some experiences that B has had recently. He's had some very meaningful metaphysical experiences like seeing a city of light in the sky that really does seem to exist, having a contact with Titans and entities from the past that he has relationships to, and feeling his heart open in ways it has never opened before. Now he's wondering how he can communicate this, how he can get access to this in a way that he can understand, in a way that is not intellectual, which was his previous way of understanding. We need to get some information about how to get a language of the heart that is understandable to B and that allows him to share what he's feeling with himself and with others.

(Carla channeling)

We are those known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we are privileged to come to you this day. Thank you for calling us to your circle of seeking. As always, we request that you listen to our words using your powers of discrimination. If our words resonate to you, that is a wonderful thing. We encourage you to use the information to continue to investigate your creation. If the words do not resonate, we ask you to leave them behind. If you will take responsibility for your thoughts, that will enable us to speak our thoughts freely without being concerned that we will infringe upon your free will or interfere with the very appropriate process through which you are going at this time. We thank you for this consideration, my friends.

The instrument was somewhat startled to discover that those of Hatonn were going to speak rather than those of Latwii this day. For it has been many years since those of Hatonn have been that entity of the three that was most appropriate to speak. However, this query concerns the heart in a special and unique way that calls forth the energies appropriate for the one known as Hatonn to intercept. Therefore, this instrument was forgetful in squeezing the hand of the one known as Jim and we apologize for startling this instrument and disturbing the beginning of the session.[109]

We would pause at this time for we wish simply to share the love of the infinite One that flows through us with you.

(Pause of approximately one minute.)

Ah, my brothers and my sister, this love transcends all the words that we can find to use. This love of the one infinite Creator is that which creates and destroys, that which causes changes.

[109] Carla was so distracted because of realizing that Hatonn was speaking for the Q'uo group that she forgot to squeeze Jim's hand, which is his signal to start the tape recorders. Therefore, the session had to be restarted in order to pick up the initial greeting. Usually the Hatonn group and the Ra group are silent and the Latwii group speaks for the triad of energies which make up the principle of Q'uo.

Each change, each aspect of the one infinite Creator, is beautiful and worthy of love and we share with you only that which we are given a hundred-fold, a thousand-fold, and a million-fold. Rest always in the knowledge that you are loved completely. There is no part of you that is not loved infinitely. You are cherished as the children of the Creator. You are the treasure of great price that the Creator has tossed forth, with total trust in the outworking of the present moment, into the field of the creation.

Through eons of time, encompassing vast numbers of individual experiences, you have come to love the planet called Earth. You have chosen it. Again and again you have given yourself to it.

And it has given itself to you. And you have partnered together and dreamed together. And together you have created the illusions that mask the truth that you now experience and with which you now dance.

When the world as you know it was very young, each of you was a being full of potential who moved into choices of environments. It placed each one of you on a certain track. Each in this room has a unique track. May we say, humbly and with knowledge that it is only our opinion, that it does not matter whence you came, any more than it matters whither you shall go when you leave the precincts of Earth.

You have met at this day of Sabbath and rest to seek the truth and your paths have met. There is a feeling of blessing as each within the group rests within the affection and regard of those who have affection and regard for each other, not only because you have met before in this world, in this incarnation, in this place, but also because you have done work for the light together before. You have soldiered together in faith and fearlessness. You have encouraged each other in deep times. You have rested upon the bosom of each other in other lifetimes and you have been comforted.

And so this gathering is a kind of family, a kind of nest. We have observed through many years of working with the group that no matter what group gathers, we find a tremendous amount of interrelationship. Whether entities come from far or near they are responding to subtle suggestions from deep within themselves that cause them to flock into groups of people of like mind.

Those whom you see in this particular circle of seeking represent three separate lineages of family in terms of inner-planes and outer-planes connections. And this is an aspect which enriches and deepens the connections and empowers this group. Again this is true not only of this particular group but of each group that gathers to seek the truth and to offer honor, love and praise to the one infinite Creator.

Such families of lineage have an energy and a field that is outside of space and time as you know it. It is a portion of that which this instrument calls time/space or the metaphysical continuum. It is in that space that information and energy is collected from all times and all spaces, as if in a circle, everything moving and tending towards the central sun of self to be collected in your heart.

We take the time to draw a picture of your environment because we wish to speak concerning the process of opening the heart. There are entities such as this instrument who are born with a heart that is open and that has no way to close. Were this instrument not possessed of a powerful intellect, this instrument would be greatly overbalanced. As it is, this instrument is able to maintain a good balance in her life experience in terms of the consensus reality portion of it and to maintain a stable and responsible lifestyle despite the constant waves of feeling and emotion that flow through her heart.

Because this instrument was born with this gift, she herself does not have a clue as to how one actually works to open the heart. She is much more conversant and familiar with how to use the powers of the intellect to create means of registration for the feelings or the emotions of her heart.

Working from the intellect to the heart is a completely different matter. And we would express our sympathy in understanding of the plight of those who are attempting to move from the head and the powers of the intellect to the heart and the powers of the intuition. Perhaps it may help to realize that the heart is ready to accept the entity that is lost in the mud in all of its confusion.

To put it another way, an entity which is attempting to process incoming catalyst through use of the intellect is an entity that is working with the connection between the intellectual mind of the second-density body and consciousness itself, which is that portion of yourself which thinks from the heart.

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That part of awareness, while not at all intellectual, is extremely intelligent. In fact, rather than thinking, its power is a power of knowing. This instrument was attempting to express this shade of difference between thinking and knowing to the one known as Jim just the other day, without achieving a very successful result in communication because it is a difficult concept to grasp. But the faculty of the heart is knowing.

When information stems from the heart and its powers of intuition and direct perception, it is a knowing that is functionally stable and solid as long as the intellect does not begin to take it apart. Gnosis[110], or knowing, has a validity that is not vulnerable to methods of investigation in proof.

From the point of view of the heart, the workings of the intellect seem young, untrained and immature. However, it is our feeling that it is helpful not to scorn the use of the intellect completely but to do as this instrument does, and depending primarily upon the knowing aspect of the heart, move into the use of the intellect, directing the intellect rather than being directed by the intellect, in the perfectly just and reasonable attempt to look into what might be happening, as the one known as B said, in terms of geometry or densities or however one can think about the experiences that have been so powerful and so plentiful for the one known as B in these last few weeks. It is not necessary to scorn and lay aside the intellect. It is only necessary to remove it from the driver's seat and to ask it to take up its rightful place as a servant.

Let us refocus and look at a word that may be of help in reorganizing the way that you may think about what is occurring in incarnational experience. That word is will. Each entity possessed of a soul and spirit that is incarnate upon planet Earth at this time has the potential of being a magical and powerful entity.

The power of an entity resides in its ability to focus its consciousness at a steady state on a single-pointed desire.

An entity becomes magical when it chooses to allow itself to become powerful. Entities within your density become powerful when they choose their manner of being and serving. They have a choice to make. This choice is well known to those to whom I speak. It is the choice of service to self or service to others.

Once that choice is made, the remainder of the incarnation may be profitably spent in remaking that same choice with absolute tenacity. Over and over again, you will be offered choices. And each time that you choose consciously to serve others, you will intensify the energy of your field of being.

Perhaps you have had the experience, as this instrument has, of having those moments of realization when the choice becomes completely effortless and you rest in realms of builded light. Perhaps you have yet to have that experience. Perhaps you have had other experiences which indicate to you that there are many levels of awareness of which you are capable of at this particular time and place.

As you use your will to choose to open yourself to the light and the love that is in each moment, in each situation, and in each relationship, you will find that love itself will teach you what love is. It may feel awkward for quite awhile, off and on, to experience the rush and the roar of emotion. We encourage the one known as B to realize that these experiences are safe for him because they are being experienced in the nest and family of a group whose energy is able to help move energy aside in certain cases within the energy body where there have been blockages so that the love and the light of the infinite Creator can flow through in an uninterrupted and balanced manner where previously there was a shortage of that infinite energy coming from the Earth. It was moving into the body but it was being blocked at the red-ray energy center.

There has been an adjustment by the healer of which the one known as B is aware. This is an adjustment that can hold for a certain amount of your time and it can be renewed by this entity at will. Yet the hope in an experience such as the one known as B is experiencing—which is held by not only the healer known as R but also those vast families of unseen friends that have been brought into combination by those groups coming together—create the

[110] gnosis: intuitive apprehension of spiritual truths, an esoteric form of knowledge sought by the Gnostics. (www.dictionary.com) The word has its roots in the Greek, in which language the word means "knowledge." To look into the Gnostic belief system further, a good site is this one: www.webcom.com/gnosis/gnintro.htm.

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opportunity for the one known as B to choose to do that good work which lies before him.

The ability to speak of things that are too precious and too dear for words will not come easily, not only to the one known as B but to anyone who attempts to share the astounding richness of the experience of life itself. For there is an infinite flow of riches, beauty, truth, strength, peace and joy that flows throughout creation at all times. Tuning into that is like opening a door in the summer. There is never any need to feel alone, abandoned, neglected or discouraged in a universe so replete with loving energies of every imaginable nature that cluster and gather around each soul that is attempting to seek the infinite Creator.

We encourage any who choose to open the heart to make use of the gifts that are so close and so easy to use. The main gift is that of silence. The ability to choose silence, to enter into the silence, and to listen to the silence, is an ability that will stand any seeker in good stead. Waiting in silence is the whole undistorted essence of unconditional love, that Thought, that Logos that created you and the creation in which you exist. That Thought is your deepest and most primal self. You are love.

As you seek to understand love, know that you already are love. So you need to engineer from that truth the ways in which your intellect can come to grips with a universe in which the foundational truths are gnosis rather than empirical investigation and the results of that ongoing experiment.

We would mention in passing the advantage of remembering resources such as humor, persistence and the ability to visualize. It is not everyone who can use this ability but to those whom this gift has been given, the ability to visualize sharpens and helps to discipline the magical personality. You may visualize certain shapes, fields of color, or icons subjectively meaningful to yourself.

In the attempt to move into an understanding of the open heart, it is helpful to begin to feel the focused power of yourself as a magician or a shaman or a priest. Taking yourself seriously as a priest creates within the seeker a certain attitude and engenders a desire to live a sacred life. This is a line of heart-logic that coincides with a line of mind-logic and therefore we would offer that to you as a key thought.

Each entity within incarnation is love, a sacred being whose essence has come into flesh. Why did you come to this place at this time? Why have you taken flesh? With what shall your heart and your mind focus and choose to love or express love? As the eagle flies, as the deer runs, as the wind blows, as the grass grows, and as the sun shines upon all, you dance the mystery dance. Take it all as lightly as you can. Laugh and enjoy yourself, for you are doing the most serious work of your life and the laughter is needed for balance.

Again, as we end this portion of our discussion, we would pause, for always the words end but the love flows on, ever-powerful beyond description and more real than anything else.

(Approximately one minute of silent pause.)

We are those of Q'uo, and would ask if there are any queries at this time.

B: Yes. The part where you're discussing the relation of the magician with the heart, and, I assume, the scientist with the mind, and the connection of energy that flows between. I didn't quite understand that. Could you extrapolate?

We are those of Q'uo, and are aware of your query, my brother. We shall do our best to focus on this aspect once more.

The heart and the knowledge of the heart is the higher knowledge when compared with the knowledge of the mind. We do not wish to denigrate the knowledge of the mind or the process of investigation of that incoming information which is precisely what the mind and the intellect were created to process. Indeed, we encourage the natural functions of the mind and would only suggest that the mind be honest with itself and not indulge in sophistry and shallow thought but go deeper and penetrate, to the best of your intellectual ability, the tendency towards shallow analysis as opposed to a deeper and broader point of view that shall bring you more information at a level that shall be helpful to you.

Rather, we were suggesting that it is helpful, when attempting to move from head to heart, to start with the knowledge that the higher faculty is heart and the lesser of the two is mind. Therefore, you have that powerful ally of the heart to ask for help when you are attempting to invite the mind to rest within the mystery of that which is unknown and which

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must forever, within third density, remain essentially unknown and mysterious. There are guards upon the knowledge that is the gnosis or knowing. It can only be approached through the faculty of faith.

(Side one of tape ends.)

(Carla channeling)

The experiences that you have had recently have numbed your mental faculties and awakened your faith. You have been rebalanced in order that you might take in this content which now is amazing you and making you wonder if you shall ever be able to master the experience or control it in any way.

We do not believe that it is possible to master or control the knowing of the heart. What needs the mastery and the control is the use of the mind. When the mind has been given greater honor and respect than it deserves, when it has been enshrined, there is born an inherent imbalance in the construct of thought within that entity's mental, physical and spiritual nexus. The experience that the one known as B has had recently has removed the glamour of the intellect and so the entity has awakened to the deeper knowing of the heart.

As the one known as B said earlier, if he does not find a way to encompass this new kind of knowing, he will lose it. That which is not understood and has no place to rest is lost. Therefore, this entity is seeking to find a way to seat this heart-knowledge.

We have talked to you of the will and how you may will to do this simply by having a firm intent and by backing up this intention with the daily seeking, not the seeking of an arrogant person who knows what it is that he wants but the seeking of a humble person with an empty mind, ready to be filled with new things.

There will be a good deal of shuffling and reorganization if the one known as B has the courage and faith to continue in this wise with this seeking. There will be moments of great clarity and many more moments of confusion. But all through that experience, if it is remembered that you may start with the heart and you may rest in the heart, in all your confusion, then you have a place to rest, you have a nest, even if you are by yourself in any particular moment or in any crisis or situation.

You may go to your own heart and you will be let in. And you will be in a place of tremendous unconditional love. You will be back to the true roots of your being. It is from there that you will be able to rest and to know that you are calling the rest of yourself into balance.

It is difficult to talk to an entity about faith. It cannot be proven. It is a fool's choice. Yet it is the archetypal choice of third density. Shall you, by faith alone, acknowledge the love and the light that is your essence and therefore become more and more deeply who you are? Or shall you wander from place to place attempting to put together the puzzle that never can be completely placed in a finished frame by intellect alone?

Those things that have occurred to you have shown you that there is reason to have faith even though it is unreasonable to do so. This is the paradox you now face. Your mind and your heart seem to be paradoxical also, but we ask you to look at the figure of the mandorla, that figure where two circles intersect with a fish-shaped section of commonality. What do your mind and your heart have in common? You. They are two faculties of one being. The way you allow them to be integrated defines your experience.

We grasp that you greatly wish to allow this area of commonality to enlarge and we assure you that you are fully capable of doing this as a part of your group, as a part of the experience that never explains but always brings to you that which you need, day by day.

You shall continue to dwell in a great deal of chaos and confusion in terms of that which you have been used to, for you are in the process of transformation.

B: So, basically I have to have faith that all this will pass and I will grow?

We are those of Q'uo, and, my brother, basically that is correct. Yet, by the faculty of will you may choose, again and again in matters small and great, to enlarge your faith, to square it and cube it by the choices that you make.

May we answer you further, my brother?

B: I think that about covers it. I had a few moments of clarity there while you were talking, I'm not sure that I grasp it all. It's going to take me a while. I assume these things I've been seeing, cities of lights and dragons and whatnot, are there to challenge [the] intellect because my intellect is saying, "You're

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crazy," while my heart is saying, "You know you saw them." And it seems to be a bit of a conflict at this time. But I am assuming that common area in the center where the circles intersect will eventually work out how to deal with it.

Is there anything you can tell me, a clue on what the commonality area is? I'm basically looking how to express the heart to the intellect. I understand the heart is based in love but maybe I just don't understand what the consciousness is. I'm having trouble talking between the two. One wants to repress the other. I don't want to get into that fight. If that question makes any sense at all, any advice would be appreciated.

We are those of Q'uo, and are aware of your query, my brother. Let us see what we may do to offer you resources that will be helpful to you in this wise. Consciousness is a very good word for you to think more about, for in the time/space continuum, although you are a person, an individual—and will be for many densities to come in this octave and experience—you are also a very impersonal energy. In time/space you are aware that you are but a drop of water in the ocean of life. And although you can feel your drop-ness and your uniqueness, there is no fear in blending and melting into the ocean. That same drop that is "you" shall separate out as naturally as it dissolved into the surrounding sea of creator-ness that is all of those whom you meet and everything that your eyes fall upon, in addition to many unseen realms that your eyes never fall upon.

All of these things are in that drop of consciousness that you brought into your flesh and bone, your muscle and your heart. [Consciousness] rests within your mind and your heart, easily, comfortably, given a good safe birth by the natural processes of ensouling during the beginning of an incarnation.

You are a living blend of mind and spirit. The knowing of the heart is connected with consciousness, an element of the mind is connected to the mental faculties. Both are a part of you and both are good parts of you within incarnation. You need the balance to go on.

However, the truth is that you exist within a very rich and dynamic environment in terms of consciousness. You have access [through] the consciousness to the planetary mind, the racial mind, the archetypical mind, and the mind of the Creator. All of these depths within are available to consciousness.

Naturally, as the door is cracked between the deeper mind and the conscious mind—and we carefully differentiate between the words "conscious mind" and the term consciousness—the door is cracked just a bit and light comes through, but it is not much light and so you get the dream or the vision or the seeing into other realms without enough context to allow you to understand what is going on. If you have a certain frame of mind that is curious and wants to know more about the unseen realms, then we would encourage you to investigate them for yourself.

Every time that you have a vision, write it down. When you have the gift of moving into unseen realms, do not dishonor or disrespect what you see. Do not allow the intellect to paw at it. Write it down. It is the journal of mystery. It is not that which is to be solved. It is that which is to be felt, treasured and accepted as that which is being learned in a classroom whose true construct you at this point do not clearly see.

We cannot say too much about the faculties of psychic sight that have been given you at this time by your mentor. We can only suggest that the experiences that you have are not crazy. They are simply psychic. You are being given glimpses into the larger picture. What you do with those glimpses is a matter of choice.

We encourage you to continue the road upon which you are now set, and as you do so, to give thanks and allow yourself to feel that uplifting of joy that creates a softness to the harshest experience. May you go forth on wings of love, my brother.

We find that, although this instrument is not aware of it, the energies of her body are fading and so we would choose at this time to end this time of fellowship and seeking. We thank each of you for the pleasure of joining your meditations and for the beauty of your beings. We are those known to you as Q'uo. We leave you in the love and in the light of the one infinite Creator, Whose name is love. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
March 5, 2006

Group question: The question today, Q'uo, concerns the transition that we call death from the third density, either to the next density or to the afterlife. We are wondering if you could tell us something about how this affects the people around the one who are going through the death transition. They are the most affected here in our world. Could you tell us how this affects the people that are left behind, the friends and the family? How can people be inspired to support each other and the person who is going through the death transition? And then, for the person going through the death transition, tell us something about how that works. How does this person look back—or does this person look back—at the world that is being left behind? [Does the person] look forward to the world to come? Could you relate this in terms of both space/time and time/space, in terms of what the person going through the death transition experiences?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. We come to you in His service, answering the call from your circle of seeking for information and thoughts concerning the process of death looked at from several different viewpoints. We are most happy to be called and thank you for the honor and privilege of being allowed to share our thoughts with you.

As always, we would ask for you to be responsible for discriminating between those thoughts of ours that help you and seem resonant to you and those thoughts that do nothing for you. If a thought of ours does not seem resonant to you, we ask you to let it go. We are not an authority over you. Rather, we are your fellow seekers. If you will take responsibility for filtering the thoughts that really help you from the ones that do not, then we shall feel much more free to share our thoughts without being concerned about the issue of your free will or our infringing upon your sacred process of evolution. We thank you for this consideration with all our hearts.

We make this instrument smile quite often and we can feel her smiling as we express the thought that we are surprised to a certain extent that you have asked about death. We have found among your people that that subject is not one which is often something that pulls at peoples' interest. Whatever curiosity they may have about death seems to be buried in the overlay of cultural taboo. It is not a subject with which your people feel comfortable in general. Consequently, we are very pleased to be able to share our thoughts on this subject and we thank you for the opportunity.

This instrument was recently part of the [group of] friends and family [around] two [of their] close friends who had lost their mother. These entities, a brother and sister, have been involved with L/L

Research and with this instrument since the early 60s. Therefore, the friendship and companionship between the ones known as M and B1 and this instrument and the one known as Jim is very close and very deep.

Consequently, this instrument and the one known as Jim spent perhaps six hours over the period of two days walking the steps of your culture's way of finding solace, comfort and closure to the life, the goodness, the virtue, and the beauty of that entity, their mother, who had passed through the gates into larger life.

(Pause while the telephone rings and is then is hung up.)

We are those of Q'uo, and are again with this instrument. There was, in the experience of this process of ritual and communion, every bit of comfort that those who loved this soul could pack into the ritualized remembrance of the viewing and the funeral. There was almost no awareness within the group that gathered of the closeness and the intimacy of the presence of that entity whose body lay in its casket on display for the mourning family and friends. There was no awareness that this entity was alive and part of the proceedings. It might not even have been comfortable as an awareness, had the truth been known.

The pastor who offered his sentiments at the burial imagined that the one known as E, the mother of the ones known as M and B1, was out of pain and with her Lord Jesus the Christ. These things were comforting and yet, in terms of the actual situation, were not accurate.

Certainly the one known as E has experienced being greeted by that beloved Savior whom she expected to see. Yet, in time/space, things happen in a non-local manner. And the one known as E was a part of the funeral, curious as always, wanting to see what everyone was wearing, how everyone was speaking, what they were saying, and in general, enjoying the gathering and experiencing a great deal of love, affection and gratitude that so many good people had taken the time and effort to come together.

We find that your culture does not have the kind of relationship with death that allows the comfort factor to increase beyond a certain point. Entities feel that, to some extent, they need to be solemn and serious, even if the entity has been very ill and full of years and ready, in many different ways and on several different levels, to move on. There is a knee-jerk reaction of feeling that it is a sad and negative occurrence; that somehow it would have been better had the person been able to live on.

Again, from a standpoint of time/space, this is an awkward and even primitive attitude, shall we say, not taking into consideration the marvelous experience that it is, especially when one has been limited, as was the one known as E, unable to speak because of strokes and so forth. It is still considered a sad thing because this woman was able to move on into the next experience.

That is what your experience of death looks like to us as we observe, through the mind of this instrument, the obloquies offered for the one known as E so recently.

We salute the tremendous love that went into these rituals for the one known as E. And yet we simply comment that, were the culture to be more comfortable with the concept of the physical death and to be able to separate this event from any thought of an ending of any kind for that soul, the obloquies would become festivities and sorrow would contain a great deal more of joy among your peoples.

The entry into incarnation is often somewhat traumatic, not only for the mother who is birthing the child but for the child. There is a frightening and hurried journey from warm, rich darkness into cold, sanitary glare. There is the necessity to begin breathing, which is traumatic in itself. And there is the indignity of being worked with and patted and poked and even slapped as the doctors and nurses make sure that the new child is breathing properly, cleaned up, and so forth.

When that process has reached its conclusion, when an incarnation's patterns have been completed and the Creator has called that entity out of incarnation, the process is again sometimes traumatic on the Earthly side of the gateway to larger life, as this instrument is used to calling death.

There may be a protracted illness. There is often a perceived difficulty as an entity is dying. We salute the wisdom and compassion of what this instrument calls the hospice movement.[111] As these [hospice

[111] A good supply of information about hospice is found on this web site: www.hospicecare.com. Searching the web for

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worker] entities are trained to see death as part of a process, not an ending but also a beginning as well, this attitude has helped many families to cope far more sensibly and practically with the mystery of death.

Caught up in the sadness of losing a beloved friend or a relative, it is easy to lose sight of the fact that death is not an ending of any kind but rather is an end point for those who remain dwelling on the terrestrial orb of Earth. For the entity who has died, there is a very smooth transition, unless there is some difficulty with the death in the sense that it may be sudden or unexpected. For an entity who is ill and is aware that life is slipping away, the senses are growing dim and the life force is ebbing, death is effortless and welcome.

It is experienced by the entity who is dying in various ways depending upon how clear the energies of that entity are. When this instrument died at the age of 13 for a brief time, there was no effort whatsoever, as this instrument had been at the point of death for two weeks before the actual death occurred and was fully aware that it was a great blessing to be out of pain and to be moving ahead onto a new adventure.[112]

This instrument was informed before she got too far into the [after-death] experience that she really could not stay. She really needed either to enter incarnation again using the body that she had left or to start the incarnational process again and come back into incarnation as a baby in the normal way, for she had work to accomplish and lessons to learn. This instrument decided to move back into the physical vehicle that she had left and she is indeed still using that physical vehicle with great joy and gratitude. This instrument, therefore, has absolutely no cultural bias and is fearless when it comes to the physical death.

However, for the most part your peoples remain constrained by fears that they shall cease to exist. There is a lack of true faith in the culture, for all of the fine words and the gaudy rituals that it embraces. We may simply say on this point that each of you existed before time began to unroll its scroll in space/time. And you shall exist long after not only your physical body but the Earth itself is dust.

We look now at the patterns involved in entities' being able to move through their grief process when there is the loss of a loved entity. It is not that there is a true loss, for energies connected with the dynamic between the self and the one who has passed through the gates of death continue to live in the mind, the heart, and the emotions of those who are left behind.

One of the most difficult things to deal with or to grasp, if you are a grieving person, is that there is no true loss. There is no ending to the relationship that has matured throughout the time shared by the self and the one who has died. What was true and authentic about that relationship endures.

And, indeed, it is truly said that a beloved entity becomes an angel on your shoulder. This is often very true, especially for parents and children. Where there has been devotion on the part of the parents, there will reliably be an energy that is left behind with the beloved child. If that child can remember to ask for the feeling of that beloved being, great comfort can come into the conscious mind.

This is a very subjective suggestion and we do not expect all to be able to deal with this. Nevertheless, it is so, as far as we know. Certainly this instrument is aware of several entities that nestle inside of her heart because of the devotion that they have had for her and the devotion that she has had for them. Her mother, her father, and the one known as Don, especially, rest comfortably and intimately in her very heart of hearts, a part of her strength, a part of her roots, and a part of what makes her who she is. There is a dynamic there that strengthens her for work.

And we would encourage everyone who has had losses to touch into the relationship that remains, if you possibly can, where there is strength there. Those entities believed in you; they supported and encouraged you; and they are still leaving that nurturing, compassionate understanding with you. Take advantage of that. Do not force away memories of beloved people. Rather, appreciate each of your ancestors, not just with memory, but perhaps even with conversation.

It is often helpful to have an imagined conversation, that is perhaps not so imaginary, when things are on

"hospice" will bring up many more good sources of information as well.

[112] Carla died after her kidneys failed when she was 13. She was revived approximately two minutes later by hospital personnel.

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your mind and you have found someone who has passed through that gate of death helpful. Talk to them now. You may have to imagine what they say or it may come to you that this is a real conversation.

In a sense, you are able to do this with anyone who has lived at any time and touched your life. When you have once connected with someone, that connection exists eternally. You may trust it and you may rest in it. There is no loss through death except loss of the company of the physical body of the entity with whom you were used to being.

This does not make it easy to say goodbye to a beloved person. And certainly, as the one known as B2 was saying earlier, in the case of someone like the one known as V, where a twin has been lost, there is a physical, although difficult to measure, loss as well as a metaphysical loss. For that entity was V in the sense of the DNA being united. And it is particularly dislocating to experience such a death when one is an identical twin. Even a fraternal twin, which in this case was the relationship, has a unique link with its twin and consequently the loss of a twin is especially difficult. It is as if something were torn from you and there is a wound that bleeds. Rather than blood in the physical sense, there is the heart's blood, which is the emotion. These emotions have been wounded and there is raw and painful discomfort from the shock of the loss.

The Creator does not leave any of Its beloved children without comfort. This source of comfort starts with the guidance system that is part of your being. Your higher self is waiting to be asked for help. This instrument calls that higher self the Holy Spirit. We suggest that, whatever you call your guidance system, when you are dealing with death, you need, in a very central way, to access your guidance and to remember to keep asking it for news.

For you are moving very quickly if you are grieving. You are taking a journey very fast, faster than you normally like to go. It is a journey everyone takes when there is a change of any kind, good or bad in terms of your value system.

That entity who has left has changed everything because those energies are now taken out of your personal equation. When it is someone very close to you especially, this leaves a tremendous hole. No one else can replace the companionship or the affection that that entity had for you, for each two people relate in a unique way.

Therefore, when you are attempting to help someone who has had a loss, you can certainly distract them by your presence and comfort them with your kindness, your affection, and your good words. These are substantive gifts to offer an entity who has had a loss. However, you cannot replace that entity who has gone on. Only the processes of time will allow the grieving entity to catch up with the tremendous changes that it has experienced.

We see from this instrument's memories that when her mother died it was very sudden. Death was immediate and painless. And this instrument knew that her mother had hoped to leave the incarnation before the processes of old age brought her illness and loss of faculties.

This instrument was the person responsible for creating the service to honor the instrument's mom and was the executrix of this entity's will. And so, as soon as the event occurred, this instrument was locked into several days of creating the memorial service, gathering family, and moving through the processes of closure that ended with the memorial service's conclusion. It was then, at that time, the instrument's job to straighten out a terribly complex and troubled financial situation and gradually and gently begin to straighten out its mother's earthly affairs.

In the process of all of these things, this instrument did not grieve. It was so aware of the mother's desire to move on into larger life while it was yet well, that the only emotion the instrument could feel was happiness and being pleased for her mom.

It was months later, when this instrument was in the hospital undergoing surgery, that this instrument finally was able to miss her mother's presence and to grieve and to begin that healing process that had so long been in abeyance because events moved too quickly for her emotions to respond.

One thing that entities who wish to help a grieving person can do is to allow that person the timing and the expression that are appropriate for that person, in working through the process of grieving and closure. Some entities can do this within several of your months. Other entities are not capable of coming through the process in less than a matter of

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years. And each timing, each choice of a way to move through the process is correct for that entity.

Consequently, you may comfort someone who is grieving simply by listening, affirming and understanding. Even if you feel that perhaps this person is taking it too hard or perhaps you wish that there was something you could do to make it easier, we encourage you to allow entities to have a hard time. That may be their best way of going through the process.

It is not necessary for this process to be comfortable. It is helpful, in the midst of whatever discomfort the grieving person is, for that person to know and to feel that you are with them, that you hold them in prayer, and that your heart thinks of them and sends messengers of love and light.

And those small times, those tiny seconds of remembrance that come to those who love, [are helpful.] Certainly, now that this instrument is aware of the one know as V and her loss, there will be a constant stream of thoughts going her way, for this instrument is one who has a cycle of remembrance that turns itself over perhaps three of four times in a day.

Use that part of yourself that remembers and send those thoughts out without mentioning it to anyone or even taking it so seriously as to mention it to yourself. Whenever that beloved friend who has had a loss is thought of, send a prayer her way.

And the same is true if you have a loss and you wish to pray to be with the entity who has died. In prayer, all happens at one time. As you think the prayer, it is being offered to that one who is in the inner planes, moving through the processes of death and transformation. There is no loss of time. There is no lag. When you pray, that thought has reached its goal and help is immediate. Know that the help is immediate, whenever you pray about anything.

Trust that, for the response is one that is protected within your own system of mind, body and spirit. You have comfort with you, as close as this instrument's hand upon her bosom. As she touches the skin above her heart, that prayer is already answered. In the time it takes you to form your thought, help is on its way.

Knock and it shall be answered; seek and you shall find; ask and you shall be answered. These are metaphysical facts. Count on them. They will comfort you.

You cannot prove them. You can only "know" them. And the one known as B2 will know exactly what we mean.[113] Know them. Take them to the bank. They will stand you in good stead.

What you see as difficult emotion is that which needs to occur for that entity who is grieving to move through that condign process. Therefore, see what you can do to make it all right for that entity to be uncomfortable, disconsolate and sad. Rest in the acceptance of what is. As you are not disturbed or distraught because of this grieving entity's emotions, that acceptance will register with the one who grieves. Beyond that it is simply a matter of allowing that person to move through the process in her own way, on her own terms, at her own timing.

(Side one of tape ends.)

(Carla channeling)

You asked concerning what the process looks like from the vantage point of time/space. We are glad to give you some information on this. We do have to pick and choose a bit for we do not wish to infringe on free will in any way.

From time/space's point of view, an entity outside of incarnation chooses to move into incarnation and then chooses to leave the incarnation at pretty much the same space.[114] So it is as if there was a bubble of incarnation that was created by the higher self and the self, agreeing on that which the incarnation would accomplish in terms of service and in terms of learning, what karma would be balanced, and what relationships would be called forth to create the appropriate suffering for the incarnation.

[113] In the transcript dated February 26, 2006, Jim asked the following question of the Q'uo on B2's behalf: "We need to get some information about how to get a language of the heart that is understandable to B2 and that allows him to share what he's feeling with himself and with others." Talking about "that portion of yourself which thinks with the heart," the Q'uo said, "That part of awareness, while not at all intellectual, is extremely intelligent. In fact, rather than thinking, its power is a power of knowing." B2 was part of the circle of seeking for today's session as well.

[114] Carla: This wording puzzled me. However, on reflection it occurred to me that if time/space is reciprocal to space/time as Larson posits, then theoretically their space is a river that flows one way only, just as our time is, while their time is a field, just as our space is.

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From the vantage point of time/space, then, when an entity returns to the larger self or the soul stream, as this instrument has called the larger self, there is that sense of never having been gone that you have when you visit old friends who have been apart for years. Somehow they pick up right where they left off, if the relationship is a good one. And to your soul stream, the you that comes back to that soul stream is not at all a prodigal son but rather a returning hero.

Each of you has a great deal of courage and you have showed that by taking incarnation at all. It is a risk of a high caliber. You may forget to wake up. You may forget to perform your mission. You may pass on [working upon] the lessons that you wanted to learn.

When you return from an incarnation and look at the pattern that you have created, you may find that you have missed some opportunities that on hindsight you are sorry that you missed. Nevertheless, every incarnation is perfect. There are no mistakes.

And when you return home from this illusionary experience of life on Earth, there is a fullness to your experience that was not there before. You have added to the self in ways that you know not while in incarnation. And you have given a harvest of new information to the one infinite Creator. It is a joyful time. And it is as though you had never been gone.

There is, in the process of death, a final thing that we would say and that is that there is a crossover right in the gateway to intelligent infinity or larger life, as this instrument has called it, where the death has taken place and the will of the entity who has just died is still connected with the belief system of the lifetime. Therefore, entities will tend to see whatever they hoped to see or expected to see when they died. For entities who are Christian, that sight may include the one known as Jesus, the one known as Mary, the mother of Jesus, or other saints or entities within that Christian story that have been meaningful and to which prayers have been offered on a continuing basis throughout the life.

For those who do not tend to focus on personalities, there may not be any visions or sights at all. There may simply be the switching of environments as if you are walking out of one room and into another without a loss of time or consciousness of any kind.

The point of death seems like an instant within space/time, within the terrestrial reality. However, from the standpoint of time/space, that moment of death, so-called, might well take a while, might take up some space within time/space while the various threads and aspects of the self are gathered together in a relaxed, comfortable, easy and unhurried way.

Once the self has been collected and all psychic ties have been completed and closure has been found there, that part of the self that wishes to stay with beloved entities left behind does so, and the entity itself rejoins the soul stream.

Again, communing with the guidance system, the self determines what healing is needed. Some incarnations leave one a bit tattered, psychically speaking, and there is energy healing that is done.

Unlike Earth healing, this is a matter of allowing things to come into balance rather than proactively or energetically doing anything. There is an allowing of help to come in and, again, this may take a reasonably substantial amount of space—what you would call time—to accomplish.

Once this healing process has been completed, there is a time to contemplate that which the Creator is calling forth most deeply from within that soul stream. How shall you serve now? How shall you point the lessons that will continue to bring you into a more and more clarified and balanced situation within your energy system? Then it is time to think about what shall occur next.

Naturally at this time among your peoples, it is quite likely that those who die will be able to graduate and therefore their choices of what to do next are dramatically enlarged.

We believe that this is a good place to pause and ask if there are any follow-up questions or if there are any other questions that you may have at this time.

B2: How does the process of harvest differ from the process of death? You just spoke of graduation and more options, so whether one makes the changes from physical form to metaphysical form via death or from physical form to whatever is resulting from the fourth-density body, I don't see what the difference is there.

We are those of Q'uo, and are aware of your query, my brother. The process of graduation differs from the process of death and rebirth because, as we said,

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when one has graduated, one has quite a bit more free range in terms of the options available.

If one is dying and is not ready for graduation yet, that is, if one is in the middle of the cycle and graduation is not called forth by the energies of the being at the time of death, then the options involved are to remain in the inner planes or to move into incarnation within third density on planet Earth once again.

If one is able to call forth the energies of graduation by one's state of mind, shall we say, or state of heart, at the time of death, one goes through the normal moment-of-death experience and the healing experience and, when all of that has occurred, the higher self and the self may decide together that it is time to walk the steps of light and see if one may graduate.

Now, these steps of light are a figure [of speech] that was devised by the part of this principle known as the Ra group to try to describe a very fastidious operation, guarded carefully by unseen friends, in which an entity is given a construct of the different gradations of light up to the very highest level of third density and beginning with the very lowest level of fourth density.

The gradations are all shown equally so there is not a sense of, "Oh, I am approaching fourth density now. I'm going to have to push through." There is simply an invitation to walk in the light until the light feels too strong. Then, it is suggested that you take one step back and stop and see if that is the best possible light for you, giving you the best comfort and the best sense of joy.

In a way, [the graduation process] is looking for the place that you belong, if you would accept that construct.

Once you have decided that this is the place that you are most comfortable, you are then offered the information concerning whether or not you have graduated into fourth density. If you have graduated into fourth density—and this is where we must be somewhat vague about the process—[you are] offered the view for the first time of this new density and your place in it. You are still yourself, having dropped away those bits of personality that you carried into incarnation because they would be handy in incarnation. Nevertheless, you are essentially and unmistakably you.

And you discover that in fourth density, entities are easy to read. You know everybody. Even before you take fourth-density incarnation, you become aware of a dramatically changed environment. You are still between incarnations at this point but you have now moved into the fourth density and you have space to become comfortable there before you choose that which you wish to do.

From the fourth-density position, your options are greater than in third density. In fourth density, you are able to choose what group of entities with which you wish to work. You may choose to be a wanderer and to come immediately back into third density, as the one known as B2 did at a time when he graduated from the third density of this planet with a few friends only to find that his concern for his beloved tribe of humankind would not let him rest until he had done his best to call as many people to follow him to a larger life, wider vistas, and increased opportunities for service and learning as he could.

You have the opportunity to stay in fourth density and do your studying. You have the opportunity to move into the unseen realms, as this instrument calls them, or the inner planes of fourth density which are much more subtle and filled with much more of an interesting mix of entities from which to learn than is the inner-planes environment of third density because of the different nature of the light in that density and the possibilities for information being so much more rich in that density.

May we answer you further, my brother?

B2: For being vague, that was pretty good. One other thing: a lot of people in a near-death experience have visions of a crystal city of light. I've actually seen that myself but not in a near-death experience. It's being seen more and more frequently. Could you tell me what that is?

We are those of Q'uo, and are aware of your query, my brother. Again we shall have to remain vague. However we can say a bit about this construct.

The construct is precisely that. It is the awareness of fourth density in the minds of many, many, many people, too many people to have it stay a private vision. It is not fourth density itself. It is not the planet Earth itself. But it is information which is coded in a certain way that is characteristic of crystals. It is being built up day by day, in terms of your space/time experience, because of people that

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have begun to graduate and have begun to have a fourth-density existence. This existence and this fourth-density Earth are unseen by [their] choice so that there will be no disturbance for the third-density entities that are still using the third density of planet Earth.

There will not be made obvious or overt the existence of the fourth-density entities until the third-density patterns have been completed on planet Earth. Nonetheless, this energy, these essences and this new Earth are very real.

Since it is impossible for the human mind to conceive of two Earths interpenetrating each other and not bothering the existence of each other in any way, the construct occurs. It is a mass-consciousness construct, much like your UFOs and it expresses a reality that is beyond the conscious grasp of the human mind but not beyond the unconscious awareness of the tribe of humankind as a whole.

Imagine how powerful fourth density is, interpenetrating third density at this time. It is at least as real as the third density that seems to be the sum of reality to those with physical eyes. Therefore, it needs to be expressed.

And for those who have contact at all with their deeper mind, there will be some version of this vision that may pop up. And this will increase in terms of the number of people that are able to see it and even, as the one known as B2 said, able to go there and to work with the information.

B2: That's good. You're running very long. How's the instrument doing?

We are those of Q'uo, and we are glad you asked that question, my brother. It is undoubtedly time to relinquish control of this instrument and to say goodbye to this instrument and this group.

We thank each of you for the clarity and the sweetness of your natures, for the beauty of your vibrations, and for asking us to join your meditation. We thank you for being able to share our poor words with you. Again we ask you to take them lightly, use them if you can, and leave them behind if they bother you at all.

Thank you for this session of seeking. It has been a pleasure. We are known to you as the principle of Q'uo. We leave you in the love, the light, the power, and the peace of the one infinite Creator. Adonai, my friends. We are Q'uo. ♣

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Special Meditation
March 18, 2006

Question from A and R: *(Read by Jim.)* The first question is: A experiences visitations by a person who is not visible but whose footsteps he can hear. Can you please offer any comments and thoughts you feel might be helpful to learn more about this experience?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. We come to you this day as part of our service to the Creator. Thank you for requesting our presence at your circle of seeking. It is a great blessing and privilege to be so called. It has been a pleasure already to rest in the beauty and dedication and we thank you for setting aside this time for seeking the truth.

As always, we would ask that you use your discrimination in listening to our thoughts. Be careful to ignore and lay aside any thoughts of ours that do not seem resonant to you. That way, we can offer our opinion without being concerned that we will infringe upon your free will or the sacredness of your evolutionary process.

(Pause)

You ask this day concerning the entities involved in creating the effect of presence for the one known as A, and you wish to know how to deal with this somewhat unsettling phenomenon. Gazing at your situation we see that it falls under the general category of unknown visitors. It is more common than one would think for people living on planet Earth within incarnation to be visited by presences that they cannot explain or see.

The inner planes are crowded with entities of all kinds, polarities, orientation and description. There are points of opportunity where various types of entities can interact with incarnate beings that happen to be sensitive to finer vibrations, shall we say. And this is occurring with the one who is known as A.

We would observe that, in general, there are three categories of visitation. And we do not divide these into three in terms of the particular kind of visitor, but rather the orientation of whatever visitor is being experienced.

The first orientation is positive or service-to-others oriented. There are many service-to-others oriented entities that flock around one throughout the incarnation, and as loving hearts are opened and choices are made to increase the polarity of a seeking individual, the crowd of those entities who wish to associate themselves with such a source of light and love becomes larger.

There is a large category of non-polarized contacts. These involve mischievous spirits, passers-by who are basically in the position of kibitzing, looking over your shoulder as you play the game of life and other entities who desire neither to help you nor to harm

you, but simply to be witness to that which is occurring with a particular entity.

The third category of visitation is that which could be described as negative or service-to-self oriented. The marks of the service-to-self visitor are those energies of discomfort, alienation, discouragement and irritation. When there is no communication from a service-to-self visitor that is audible or received according to the perceptive way of the individual involved, then the negativity of the contact may be inferred from the discomfort which accompanies such contact.

It is to be remembered that the self is inviolable. There have been in your culture many frightening stories of possession of an incarnate being by those of the inner planes. Ninety-nine percent or more of the stories are heavily skewed.

Because of your cultural tendency, when anything is not able to be explained by empirical data there is created in the mind of your particular culture an inborn bias against the validity of such information. Therefore, any visitation that cannot be explained by clearly observable facts will be suspect and even considered perhaps not to be happening at all.

This is acceptable to us if those among your people wish to turn your backs upon felt experience. However, we would suggest that it is a more skillful response to such feelings of being accompanied to assume that in some way, shape or form you are indeed being accompanied. The question of why then becomes interesting.

Further than this we cannot go without infringing upon the free will of the ones known as A and R. And so we shall at this time ask for the second question. We are those of Q'uo.

Jim: A senses that this being or source is somewhat unfriendly. Please offer spiritual principles and thoughts you feel might be helpful in his determining whether he should try to communicate with this source.

We are those of Q'uo, and are aware of your query, my brothers. As this instrument is well aware, it is a delicate procedure to come into a mutually helpful contact with an unseen entity. Entities from the unseen or inner realms of your planet are many and their interactions with those who are incarnate on your planet are numerous.

A large category of the interaction between sprit and flesh is the interaction of the self with the guidance system of that self. Your guidance system is, in the words of this instrument, the Holy Spirit, and in the words of the social memory complex known as Ra, the higher self. It is helpful to think in terms of the latter configuration of words in terms of determining who your guidance system really is, for your guidance system is not an entity other than yourself; rather, it is an access point into your larger self.

You are part of a soul stream that is not tied to any particular space or time. In the metaphysical world, time/space, all things occur in a circular ubiquity, happening all at once and tending towards being harvested, in terms of any experience that one has towards the middle or the source of your incarnation, so that things that you learn in all incarnations are being harvested into the soul stream's center.

When the march that you experience now through the densities is complete, all of that harvest will be offered to the one infinite Creator. And the Creator will then have learned more about Itself than It knew before. Such is your gift to the one infinite Creator in every moment of your life as you accrete interesting information and gradually digest and understand more and more of that which you see.

However, communication with your higher self is a uniquely protected activity. It is, in fact, the only case in which we would feel quite comfortable recommending that the one known as A or the one known as R pursue the conversation that is possible with one's guidance system. Such a conversion is occurring completely within one's own protected heart. There is no outside interference that is possible in this communication.

Opening such a communication can be somewhat difficult for those who are not entirely used to moving on instinct, intuition or insight. Avenues of direct perception are almost entirely blocked and denigrated by the values of your culture. Consequently, even those with very sensitive natures, who are aware of much more than they can explain, do not tend to feel confident about opening such a communication. Nevertheless, it is relatively easy to open such communication. It simply requires patience and persistence, once the goal of opening communications with your guidance system has been decided upon.

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When an energy feels inimical or uncomfortable, the marks of one's guidance system are not present. And in such a case we would in no way advise the attempt to create a communication with such a source or entity. The reason for this is the relatively unformed nature of any entity's personality with regard to metaphysical work.

There is a very specific discipline which must be approached, grasped, invoked and pursued before an entity is ready to begin thinking about communicating with any spirit that is perceived. The nature of the human personality is such that unless care is taken, any attempt to open communication will be difficult, faulty or even harmful to the integrated personality shell of the being attempting the opening of the communication.

The need, then, before opening communication of any kind, is to go through a lengthy process wherein an entity discovers himself, defines his nature, and explores thoroughly those principles and central themes for which he is living and for which he would die. When an entity knows himself so well that he knows the ground upon which he stands, he has then become an entity in the metaphysical world of time/space. For the first time he has achieved the discipline of a personality. He has examined the self. He is aware of what he believes; what he loves; that for which he feels most passionate; that for which he lives and that for which he would gladly lose his life if it were necessary.

When an entity has come to that extreme of knowledge of self, he is then ready to have conversations with other spirits. He is then able to challenge them and to say, "If you come in the name of that for which I live and that for which I will die, then I will speak with you. If you do not, then you must go away." And that entity will perforce need to go away if he cannot meet your challenge.

To be able to make that challenge, knowing the self thoroughly, is the work of years. And if the one known as A wishes to communicate with this entity, that work lies before him yet to do. And this in no case a thing to be taken lightly or to be done as a lark or because it might be interesting. This instrument has watched personalities disintegrate under the bludgeoning power of a careless, uncaring inner-planes entity whose delight in breaking through to the physical world was such that that entity did not care what damage it did to the personality of the being whose energies it took over. We would encourage the one known as A to be very careful and thoughtful if it is decided that communication with such an entity as the one he describes would be desirable for him.

May we ask if there is another query at this time? We are those of Q'uo.

Jim: Please offer any thoughts you feel might be helpful to A and R as to how they can be a helpful part of their young nephews' spiritual growth.

We are those of Q'uo, and are aware of your query, my brother. To be a part of the good in a child's life is a very precious gift and we salute and applaud those entities known as A and R for wishing to be a part of the spiritual development of those children with whom they are associated.

Being a part of the good in a child's life begins with that which the ones known as R and A are already doing, which is simply to love the children involved with all of their hearts and to wish them well. The atmosphere of unconditional love is a tremendously powerful influence on a young child. In a world in which seldom does anything go unchallenged in terms of the life of a schoolchild and a child in general learning how to be a part of society, such beings as doting uncles are definitely appreciated. Be assured that those whom you love are aware of your energy and feel the sunlight of that love as warmth and healing.

When entities around children are living their lives in a spiritually oriented manner, this has a strong effect upon the children. For the children are able to see that spirituality is a normal part of a daily, everyday life, not something special for Sundays or for holidays but rather part of the routine of living.

Entities who are children at this time period in your planet's evolution are very special entities. They have come for very specific reasons into the Earth's plane at this time. And for them to bump into those concepts of spending time in the silence each day and dedicating one's life to service to others is a very helpful experience.

It is not necessary to preach or even to say anything about the things that one is doing. It is only necessary so to live the life that the whole life is seen as sacred. Then when entities such as your nephews come into contact with you, they experience that aura of sacredness to the light.

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In a way, it is as subtle and simple as taking oneself seriously, metaphysically speaking, and creating a daily life that reflects the priorities given to the spiritual process. When an entity young in years sees a mature individual spending his free time completely on self-indulgence—food, drink, games and so forth—an entity begins to assume that that is the sum and substance of Earthly life.

However, when a young child experiences life with [one who seeks the silence daily,] its vistas and its options open up. And it finds that it has a good array of things from which to choose in spending its time. It is not trapped in the world of materiality as it might be trapped if it did not know people who have refused to live their lives in the material universe entirely.

As you live your life sacredly, so shall that energy shine forth for entities such as your nephews to observe. You do not have to preach, as we said before. Indeed, we would encourage you not to say anything more than just a thought here and a thought there. Entities young in years are wise in terms of observational powers. And their interests will be sparked in an organic way as things come up and as they happen to be attentive.

And notice what certain particular time [there might be] that is just the right time for you to offer them a seed thought. Do not feel that you must lecture or teach but rather be yourself. Keep your heart open and allow the natural radiation of love and the light of the one infinite Creator to radiate through you. It is a matter of continuing to be aware of the present moment as you go through your day. Bring yourself back to the awareness of that love. Allow that love and light to remain in your day even when it becomes a matter of routine, of fulfilling the [duties of the day.] Keep moving back into that space of remembrance where you connect with the core of your being which is wholly involved in the business of sacred living.

For you truly open your life up to the full potential that you have as the spark of the one infinite Creator as a part of the principle of that Creator. You are co-creator in this universe of Earth, sea, sky and stars. You can choose a good deal of that which occurs in your experience by focusing with sincerity and dedication on those things that you feel are worthy of remembrance.

It is this dedication to right living, shall we say, that will inform your life and crystallize and clarify your energy, so that the children with whom you come in contact know that they are touching into a strong and powerfully positive energy. The natural curiosity of childhood will open up that entity's mind to wonder what you have and the relationship will bloom from there in a completely organic manner.

We thank you for the love which informs this question and wish you every opportunity to offer love and light to those about you.

Is there another query at this time? We are those of Q'uo.

Jim: The fourth question: R's ex-partner has moved on and their relationship has ended. However, he remains grateful for the learning received from this relationship. He would like to know any way he can be of a metaphysical help to his ex-partner without infringing on his present life or his free will.

We are those known to you as Q'uo, and are aware of your query, my brothers. We appreciate the fastidiousness of the one known as R in asking this question. For it does not often occur to entities that those prayers and wishes for good health and good fortune that entities may offer to each other could have any possibility of being an infringement. There are indeed ways in which free will can be infringed upon by one who is supposedly simply praying and we will attempt to describe those conditions.

When an entity has been unable to release the energetic dynamic that informed a relationship that has ended, it is indeed possible to infringe upon the other entity's free will in the process of prayer because the entity's connection with the other entity has not been appropriately broken.

If there is any doubt in the mind of the one known as R that this energetic dynamic has not been fully severed, then we would suggest to the one known as R either that he alone or he and his previous partner together create a ceremony which states an effective and final closure to the relationship.

If this is done with the ex-partner, that energetic exercise will be the complete closure.

If, on the other hand, this exercise is undertaken by the self and not with the ex-partner then we would suggest that the ritual of closure be written down, be expressed out loud by the one known as R and when

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the ritual that has created full closure has then ended, that he take the piece of paper on which the ritual was written and either burn it to ashes, or bury it in the earth.

If there was a difficulty in the separation, it is better to burn the paper to ashes and then blow the ashes away.

If there was no difficulty in the separation, but rather it was agreed upon by both that it was time for the separation so that there are no hard feelings or unhappy endings involved, then it is better simply to give that relationship back to the earth. And that would be the situation in which we would suggest burying the piece of paper on which the ritual of closure was written.

In either case, it is well to be absolutely sure that there is energetic closure before one begins an intentional and conscious program of prayers or good wishes [for] a beloved entity.

Again we salute the loving heart of the one known as R in asking this question. It is very well indeed to realize that all entities with whom one has come into contact in a meaningful and a deep way in an incarnation are those entities who have come there as the one known as Ray says, perhaps in this case or that case, there was pain because of such a relationship. This is often the case with any two entities that spend deep time together.

The process of change involves discomfort. And the dynamic of two souls who are attempting to learn together creates many opportunities for growth. Consequently, it is very common in relationships for two entities growing together to experience a good deal of discomfort. This is not because there is incompatibility but rather because of the inevitable effect of spiritual beings learning together. The effect of two such powerful beings, striving together to learn, is that effect which causes each entity to become a mirror for the other entity, so that all of those things which you did not wish to see in yourself, your partner has kindly offered you a mirror so that you may see better.

This is seemingly a difficulty, looked at from the spiritual point of view. For in order to enter the open heart, every part of the self that has not yet been loved, accepted and blessed by the self must be brought before the self so that you can do the work of loving your entire self, including that part of your shadow side which does not [seem so attractive.]

Once the work has been done to sever any lingering energetic dynamic between two people, it is perfectly acceptable to offer prayers at any time for an entity. You are offering prayers to the higher self of that entity rather than to that entity. And that higher self, the spirit, will direct that loving energy where it needs to go or will lovingly shunt it aside if it is inappropriate. As long as there is not an adhesion of energy between two people this is the spiritual rule that manifests.

We find that we have time and this instrument has energy enough for one more query.

Is there another query? We are those of Q'uo.

(No further queries.)

We are those of Q'uo, and as we hear through this instrument's ears that there are no questions, we believe that we have exhausted the questions for this session. May we say what a pleasure it has been. Again we ask that you be careful. Think about that which we say. If there is a false note anywhere, please disregard this information, for we would not wish to be a stumbling block in your way.

We are those of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
March 19, 2006

Group question: The question today has to do with the general idea of "ascension," or transitioning into fourth density and we're wondering what role the Holy Spirit plays. Is it something that comes into us and inspirits us and helps us along on this transition? Is it the same thing as the higher self? Is this transition something into which we're moving or is it moving towards us? Just how does this work? We're wondering what Q'uo could tell us that would give us a little more clarity on this whole concept of moving from third density to fourth density, how it happens, who helps, and how it works.

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and the light of the one infinite Creator, in Whose service we come to you this day. We thank each of you for laying aside this precious time to seek the truth and we are most honored and privileged to be called to your circle of seeking. As we gaze upon you, we, as always, are moved by the beauty of your vibrations and the harmony of your interrelating auras.

You have truly created a special chapel that takes in many entities in many places and it is a very special moment for us to experience the internet's addition to the group, for we are able to see you as a group in the non-local precincts of time/space and you truly have a builded structure of light from the combined and collaborative efforts of all of you to join into the unity of a seeking circle. We thank you for this privilege and for the beauty that lies before us in each of you.

As always, we would ask a favor of you, please. Be very careful to discriminate as you listen to or read those words which we offer through this instrument. Words are fragile things and in a sense that which we intend may not be conveyed. Therefore, we need you to discriminate between those thoughts that are helpful to you and those thoughts that do nothing for you. If a thought is not resonant to you, please let it go and use only those thoughts that you recognize, almost as though you had thought it but had forgotten that you knew. That is the hallmark of material that it is time for you to use. If you will make that distinction in working with our words then we will feel much more free to be open in our communication with you and not be worried about infringing upon your free will. We thank you for this consideration, my friends.

In speaking about the ascension process and the Holy Spirit's part in it, which is the way we understand your query to be centered, we take on, as this instrument said earlier, a good bit of terminology that is loaded with distortions because of the heavy use of both these words, [in] the portions of the religion that you call Christianity, in which much focus is placed upon ascension and the second coming of Jesus the Christ.

The problem with using religious terminology, in general, is that it is distorted in the way that anything will be distorted while gazing at it through a corrective lens. The perceived job of religions, as seen by the religion itself, is to create a distorted lens so that entities with bad eyesight can see their vision of the one infinite Creator. Therefore, they set up terminology, structures of thought and words which create a correction to the innocent vision of the faithful, offering to them the corrections of points of dogma in a certain pattern which, when received in faith, shall create that correction to the sight that will give them the heavenly vision of the new Jerusalem.

The problem with any dogmatic source, of course, is that the Creator Itself is not dogmatic nor is it subject to being described by the humans who are attempting to honor and worship that Creator or that great creative force or Thought. Therefore, the terms used—that is, the term "ascension" and the term "Holy Spirit"—alike are weighed down with an inadvertently heavy burden of inference and assumption. When what this instrument would call fundamentalist, inerrantist Christians use these terms, they are using them in a very narrow sense, specific to the New Testament and even more specifically to the Book of Revelation.

We would like to start there and work our way back to, may we say, a less distorted valuing of those words, and then we would like to lift away from the burden of the terminology and talk a bit about the underlying picture that this terminology is attempting to depict.

This instrument has a long and intimate relationship with the Holy Spirit as it is understood by her. She calls this entity, "Holly." She talks to this entity many times each day. She begins each day by calling upon Holly and asking for her help. She does not know what the day will bring but she has learned that it will bring something. And so before she arises from her bed in the morning, she calls upon Holly. She asks for her to be with the one known as Carla during the day and to speak in her ear, to shed her wisdom, her love, and her compassion upon the situations that meet this instrument's eye.

This is the general sense in which we would use the term, "Holy Spirit." That is that being which comforts a certain entity with all of that entity's distortions in place. The spirit that belongs to an entity is not a judge but a witness, an advisor, and an enspiriter.

The nature of the Holy Spirit is well summed up by a prayer that this instrument uses each time she tunes for working with us in a session or for giving a speech or offering an interview on the radio or television. The prayer is one that we would repeat at this time in order that each may see the intended function and nature of this powerful part of the principle of the one infinite Creator. This is her prayer. It is one that she learned in 1983 when she was a part of the Episcopal Cursillo movement, taking a weekend out of her life to examine that life, create a rule of life, and dedicate her life even more intimately and firmly to the following of the teacher that she calls Jesus, the Christ.

> Come Holy Spirit. Fill the heart of your faithful and kindle in her the fire of your love. Send forth your spirit and she shall be created and you shall renew the face of the Earth. Oh God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit I may be truly wise and ever enjoy its consolation. Through Jesus Christ our Lord. Amen.

Looking at the structure of this prayer, you may see that this instrument perceives the spirit as coming down, being pulled into her by her calling and her yearning for the divine, yet also being called forward by her emptiness and her willingness to be filled with new inspiration, new thoughts, and new ideas.

The Holy Spirit is not a comfortable comforter. It can create in the seeking soul a divine discomfort. It can help to sharpen and hone your particular vision of what it is to be yourself, what it is to be a part of the one infinite Creator, and what it is to face the world and look at that world, not for solace or for riches but for the opportunity to serve the light.

The one known as R was asking if the Holy Spirit could be considered an inner-planes or an outer-planes entity. We may say to the one known as R that you may consider this energy source to be both. In its function as guidance it is inner-planes. The calling is within the inner planes of your planet and in the inner bodies of your self. The connection is from the unseen realms directly into the heart, coming through the crown chakra, the gateway to intelligent infinity, down through indigo and blue, to rest in the heart itself.

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When you have prayed to the Holy Spirit for a long period of time, you have created the connection that is instantaneous and strongly comforting, a never-failing source of wisdom, compassion and good advice.

The outer-planes portion of the Holy Spirit is that portion that has nothing to do with planet Earth or with your perceived notions of who you are or what the Creator is, for the Creator Itself is transcendent to Its creation. It is not an actor caught within the play of creation. It is uncreated, inorganic, infinite and eternal.

This Creator has a nature. That nature is absolute, unconditional love. And we use that word reluctantly, for love is a feeble, flaccid, effete word, badly used, abused and drawn through the mud of a dozen different usages of that word to mask impure intents, imperfect emotions, and confusion betwixt the desires of the body, the desires of the mind, and the desires of the spirit.

Indeed, those languages which contain many terms for the word love would be a blessing to us. However, this instrument speaks English and in your language love stands alone to indicate everything from lust to that unconditional love which causes a mother to give her life for her child or a soldier in combat to give his life to save his comrades.

We speak of a love that is beyond all of the boundaries and limits of human feeling. We speak of love that creates and destroys. We speak of love that changes things. If you can imagine a Thought that has the power to create the universe, then in your imagination you have seen love in its full meaning. To call the Creator love, however, is to limit that entity, for the creative principle is a mystery beyond the plumbing of any, including ourselves.

We would content ourselves then with describing this enlivening, invigorating, enspiriting energy and essence as the Holy Spirit.

Before we leave this particular term we would simply say that the term "higher self," as used in Confederation teachings such as those of the Ra group, is a concept which describes the Holy Spirit but from a point of view that is quite different from the religion-driven concept of the Holy Spirit.

Like the concept of the Holy Spirit in Christianity, the concept of the higher self is of an essence or an entity which is called down from the resting place of the higher self, which is mid-sixth density, to the self by prayer and supplication.

Unlike the term Holy Spirit, the term higher self indicates and specifies that the self, the higher self, and the Creator are all part of one thing. There is not another self, independent and apart from the self, that is being called down from some heavenly place into the heart. Rather, in the concept of the higher self, the self, the higher self, and the Creator Itself are all part of one entity.

The self is the self caught within the world of illusion by choice, veiled from awareness of the larger experience, and enjoying life within incarnation. The higher self is that same entity within sixth density. The explanation offered by those of Ra was that the self within sixth density pauses at a moment when it realizes that it is being ineluctably drawn forward into seventh density and will soon turn its back upon creation as known in the past in order that it may open its arms to the process of the increasing spiritual gravity of its nature and be drawn ever more quickly back into the heart of the one infinite Creator.

That resource of the self speaking to the self, then, is the self at is wisest and most loving. The concept, unlike the concept of the Holy Spirit, creates an atmosphere in which the self is seen specifically as sacred and no less of a Creator than the Creator itself but rather seen as a young Creator in need of advice.

We feel that both concepts are helpful and we leave it to each seeker to play with those terms and to find for the self what each entity feels is the proper terminology for the guidance system which is a part of each person's web of resources and tools for living.

The term "ascension" is similarly trammeled with a heavy overlay of religiosity. Ascension is a term which is used in what this instrument calls the Holy Bible, in the New Testament. It is a process which is heavily laden with fear in the minds of those faithful people who attempt to understand the workings of ascension from the Christian viewpoint.

In the Christian viewpoint, the picture of the end of the Earth upon which you now enjoy life is harsh. The end comes suddenly. The world dissolves into the one known as Jesus coming down from heaven and all of the graves being opened so that all of the

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entities that who have died can then spring forth, take on a new and spiritual body, and if you are lucky enough to be one of the chosen, you ascend into an entirely new creation, that Utopian heaven in which you have a mansion prepared for you and are free to spend the rest of eternity praising the one infinite Creator.

As a bit of religious fiction or myth, shall we say, it is unsophisticated and simplistic and we would not know what to do with a question about this concept. We would not know where to start in order to untangle the love from the fear, the joy from the sorrow, and the good from the seemingly difficult and negative.

In terms of our understanding of spirituality, there is an ascension process that we see going on all the time. It is a natural rising of entities through the mists of confusion and ignorance into a gradually more and more light and airy place where heaviness falls away, fear falls away, and what is left in the human breast is gratitude, joy and devotion.

My friends, this is your true nature. This is who you are. You are not a person seeking enlightenment. You are a person seeking yourself. To put it another way, you stand within flesh looking out [of] your physical eyes and hearing through physical ears and consequently you feel that you are a person of flesh and blood, limited by the senses that you experience as part of your physical body.

We would say to you that our perception of you is entirely different. In our perception you are extremely powerful and magical beings. Even within flesh, you have within you the ability to access the divine. This is because your very nature is love. Therefore, as you call out for your guidance, it is love calling to love. Certainly you are love that is confused at times, troubled and distorted in your perceptions, often fearing, often trembling, often discouraged and tempted greatly to be cynical and smart.

It is very likely that entities who seek find themselves fairly often in times of deep darkness, when the soul is hungry. The oasis that you seek at such times lies within you. The question is how to create good access to that self that lies within the illusion of your personality, your physical body, and your culture. How many different sources that you respect have said in essence, "You must know yourself. An unexamined life is not worth living. I think, therefore I am"?

The question of guidance and how it will affect entry into fourth density is a powerful question and one which we cannot even begin to answer in this session. But it begins with clearing out and cleaning out your perceptions of ascension and of your guidance system, or the Holy Spirit, so that you are not caught on the various thorns of religiosity and instead can focus on the reality of your divinity and your way of creating a powerful and strong access to an enhanced awareness of yourself.

What you are attempting to do when you pray to this Holy Spirit is to become enspirited. You are asking the higher, better, wiser and more loving part of yourself or of the creative principle to come upon you, to fill you, to reveal to you your true nature, which is love, and to give you those marching orders that make love itself into a plan for the day. It is not that love will tell you what to do. It is that love will tell you how to do it with love.

As you do ordinary, everyday things with this intense, overshadowing love, something magical occurs. As you seek to pull that enhanced vision of a life lived in love into yourself from the regions of the divine, you activate powers within you that are incredibly strong. And you begin emitting light. It is not coming from you but rather it is coming through you. You've turned the switch by turning your mind to love.

You've gotten the power upped by your prayers and supplications to be enlivened and enspirited by that which is clearer, purer and higher than you, in your perceptive web of everyday five senses, can remember how to do by yourself without often having trouble.

But help is available. That help is the Holy Spirit. And when the life is given over to that higher and better self that is love, when your consciousness has become that which carries the energy of the divine, then you have only to radiate, as you naturally will, as you move through your day and you shall make a difference in that day.

Whether you are alone or in the midst of many, many people, you shall make a radiation by your focus that is precious to the Creator, for it is by your free will that you have chosen to access that enlivening spirit and to give your life, your day, and

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your moment over to the intentions, hopes and dreams of the sacred within you and within the creative principle.

You asked concerning the transition from third to fourth density. My friends, this in itself is a topic that would take a great deal of time to examine with any degree of care. And so we shall touch on this subject as best we can in the time and energy that remain within this instrument's physical body and emotional body and within the limitations of time for all of those within this circle.

You are all familiar with the concept of channels on your television set or stations on your radio. If you would like to think of it in a way that is a little bit more comfortable than the phrase of "interpenetration of third and fourth density," you may think of third density as vibrating or radiating as a vibration or energy at a certain point on the dial and fourth density as radiating in a discrete and separate point on that same dial. You can tune into one station or you can tune into the other.

Each of you was set up, in order to come into third density, with third-density parameters being met. You cannot become fourth-density entities. You would not be useful to the planet and to the approach of fourth density if you attempted to live in fourth density. Rather, your glory is that you have earned the right to an incarnation at a time when you are capable of helping to shift the consciousness of the planet you call Earth in such a way that it calls forth from entities the desire to awaken and remember who they are so that they, too, may be part of the graduation from third to fourth density.

In a way, all of you are engaged in one mission together. You are attempting to awaken humankind. Focus that attempt upon yourself. As you awaken, the world awakens. Do not feel that you must go forth and teach in order to do this job. As you work on yourself, you are working for all of humankind. Be content, therefore, to seek ever more deeply within yourself for your true nature.

Oh, my friends, if you could only know for sure who you are, your hearts would soar. For you are love. You are a consciousness to whom the worlds are open. You can create and you can destroy, and, my friends, you do this each and every day.

For your thoughts are powerful things, and as you gain in power as a being you are ever more capable of creating metaphysical hurt or healing by the thoughts that you think. Therefore, we ask you to be aware of your thoughts, to patrol them with love and compassion, and when you find yourself being cynical, petty, judgmental or foolish—and we will allow that word to be what it means to each of you—we ask you to remember that one of the things you came here to do was vigorously and relentlessly to go after consciousness itself and find ever more fully that joy that comes from knowing who you are and why you are here.

The planet itself is going through its own transformation. The energies that are hospitable to third-density life are waning and because of the actions of your peoples in their thoughtlessness …

(Side one of tape ends.)

(Carla channeling)

… with regard to their planetary resources, that time that is hospitable to third-density life has been shortened to a certain extent. It is normal, at a time of shift, for there to be as much as a thousand years after the shift while third density clears the planet of all energies that have been unfriendly or inhospitable. Unfortunately for planet Earth, the entities upon your planet have not come to the end of third density ready to embrace love, peace, freedom and justice. They do not see the beauty of harmony.

There has been within your culture a stubborn and persistent love of aggression and violence, where entities are moved by fear and therefore seek to protect and defend those things and people which are dear to them while rejecting the oneness of the planet as a whole. It is only in this atmosphere of separation that it is possible to consider slaughtering one's fellow beings as your peoples do each and every day.

Therefore, the end of your third density is not going particularly well from the standpoint of comfort and it will be uncomfortable for some time to come. You knew this when you took incarnation. You were eager to come here and to make a difference.

You do not have to rescue planet Earth! However, there is a karmic energy within many of your peoples which comes from actions in other lifetimes which resulted in making third-density environments uninhabitable. Therefore, the karma is involved in restitution and stewardship of planet Earth. And

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there are many people among your tribes all over the globe who feel a tremendous love for the planet itself and a desire to heal it. We would encourage this line of thinking, for truly all is one and your planet is a part of you.

As you move into the future, realize that part of your job has to do with radiating the love and light of the infinite Creator. And another part of it may well have to do with working with whatever energies that are about you in your natural, everyday environment, to attempt to become better stewards of that which is around you. What is your environment? How can you interact with it lovingly? How can you create islands of peace and joy so that when you enter the door to your home you are entering a sacred place? If you perceive of the Earth as a sacred place, what shall you do to clear the moneylenders out of the temple? We leave this to your consideration.

Fourth density already exists. It is a very sound and healthy child. It is a new heaven and a new Earth. And it is being filled more and more each day with those who have ascended, in the natural way of things, from planet Earth through the gateway of death. It is the great hope of many energies and essences of your inner planes, such as your angels and your guardians, that each of you may enjoy a leisurely, organic and natural ascension through that gateway to larger life that is the physical death.

From the standpoint of planet Earth, that is perfectly acceptable. Gaia herself does not at this time need to shake you off like fleas. However, as we have said before, we caution you, for there are entities all around your globe whose vision of ascension includes a self-created apocalypse. There is almost a hunger within that part of the planetary consciousness that is invested in power for the dark pleasure of blowing everything up once again.

See what you can do, my friends, to elect officials who are not caught in that "glorious Gotterdammerung" vision. See what you can do to elect officials whose hearts are stayed on love itself and whose vision is one which includes all entities in any plans that it may make, not just those who are wealthy or powerful.

We encourage you to wake up to this life, to embrace third density and to orient yourself as to who you are and why you are here. That is where the Holy Spirit can be so very helpful. Whether you see that energy as a Christed energy as in Christianity or whether you see that energy as coming directly from a larger vision of the Creator which includes all of the galaxies, all of known space and time, and all of the inner and unseen realms as well, whichever vision helps you the most, we encourage you to take that vision.

There is nothing wrong with the Christian vision. It is a distorted vision, but so is any structure that is pulled into logic and mentality and intellect from the realms of spirit. The heart does not deal in quantities, it deals in qualities. When you attempt to define the Holy Spirit, you are attempting to quantize it. It cannot be done. So the best we can do is to give you ways to think about these terms that may help you.

To respond, finally, to the question of the one known as T, it is indeed so that the transformation of the self by calling on the spirit is an essential part of ascension, however one describes or configures this relationship.

It is by the guidance that penetrates into our heart of hearts that we finally learn to let our lives go and to open them to the unfathomable and mysterious presence of the divine. It is a release that is miraculous, just letting the boundaries of the intellect go. We do not encourage moving without regard to the intellect in everyday life but rather we encourage the opening up of your point of view to encompass a self that is both physical and spiritual, not separately but all together in one glorious confusion, as the one known as M said earlier.

Our wish for you would be that you were in this moment to determine to be ready to listen, to say, as this instrument does, "Come Holy Spirit!" And we say to you that you are asking for a lot when you ask for the spirit. You are not simply asking for a nice or a pretty or a beautiful experience. You are asking for the truth. Be ready, when you ask, for whatever may happen, for a sincere request to the spirit shall never be unheard. You shall be answered, my friends, and your lives shall change.

We realize that our time is up and we believe that it is best, examining this instrument's energy levels, that we ask for only one or two brief questions before we leave this instrument. Is there another query at this time? We are those of Q'uo.

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B: I have one. You mentioned we are beings of love and beings of consciousness. What's the difference between love and consciousness?

We are those of Q'uo, and are aware of your query, my brother. Love is an essence. It is not necessarily tied to a point of focus. It is rather that focus that creates all that is and, as such, its nature transcends consciousness, as we use the term to indicate that portion of a human being which is not caught in space and time.

May we answer you further, my brother?

B: I understood.

Is there another query at this time? We are those of the Q'uo.

B: Let me check on the internet.

(Pause)

B: I think P has one. Hold on.

(Pause)

P: *(Speaking through the internet from Nevada.)* I was wondering if you could clarify how love is destructive.

We are those of Q'uo, and are aware of your query, my brother. And may we say what a pleasure it is to embrace the energy and the spirit of the one known as P as well as all of those whom we have not experienced as part of this group for a time. It is a great pleasure to us to say hello.

That which is the Creator is that which equally creates and destroys. To the Creator, the two are part of one process. There is a dynamic between light and dark, creation and destruction, love and fear, and so forth. It is one of the powerful dynamics that are a part of the illusion which you now enjoy.

It is perhaps easier to see this destructive and creative aspect when one examines, say, the life of a sun or the life cycle of an animal within your second density. There are portions of that cycle in which the animal involved is growing. There are portions in that cycle in which the animal is food for another animal. Yet the entirety of the creation is harmonious.

And rather than feeling that there is a wickedness involved in nature, "red in tooth and claw,"[115] as the one known as Alfred said, it is to be seen that this is all a perfectly acceptable part of the dance of life in which entities eat food and are food in their turn. As your body dies it shall be food for worms. And the Creator has provided natural ways in which the seemingly destructive process of various creatures, like worms and other bugs eating the body, makes it a part of the Earth once again and the cycle of that particular body is complete: dust to dust, ashes to ashes. That is the sense in which we meant the destructive nature of love. It, in being creative, must also complete the cycle and be destructive as well in the natural and organic whole of a 360 degree world.

May we answer you further, my brother?

P: That sounded pretty good, although I'm interested on your point on a 360 degree world. Are there levels below that?

We are those of Q'uo, and are aware of your query, my brother. This instrument's use of the term "360 degrees" is meant simply to indicate there is no such thing as an arc that is uncompleted in the creation. All energies have their dynamics and form perfect circles or spheres, to be more accurate.

We find that this instrument's energies are waning and so we would take this opportunity to thank each of you for this opportunity to be a part of your circle of seeking. We would leave you at this time with great joy and thankfulness in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ⁂

[115] Alfred Tennyson, "In Memoriam":

Who trusted God was love indeed
And love Creation's final law–
Tho' Nature, red in tooth and claw
With ravine, shriek'd against his creed–

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Special Meditation
March 21, 2006

Question chosen by PLW[116] poll: In a previous meditation, there was mention of souls from Mars who were unable to finish their third-density cycle there because of the destruction of their environment and who are now acting as stewards of this planet. Could you tell us about how many there are, when did they come here, and what are the majority of them doing today?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and the light of the one infinite Creator, in Whose service we come to you this evening. It is a privilege and a pleasure to be called to your circle of seeking and we are honored to share our thoughts on your query this day, which has to do with those entities who came to Earth from the Red Planet, Mars.

We would, however, as always, ask of each who listens to or reads this material that each take responsibility for discriminating between those thoughts we share that have a meaning to you and seem resonant and those thoughts that we share that do not seem to hit the mark for you at all. If there is no resonance in the thoughts we share this day, please leave them behind. If you will agree to do that, we will feel to speak with you without being concerned overly much for infringing upon your free will or interfering with the process of your evolution.

We are happy to share information with you about those entities which came from the planet which you call Mars. We would, however, precede this information with a few words about our understanding concerning the importance of this information.

We are those who greatly enjoy speaking concerning spiritual principles that may be of service to you in your seeking. Information concerning where the various populations of your planet come from is fairly dry and mechanical information which we cannot infuse with a great deal of spiritual meaning except by the indirect references to what has occurred with those of the Red Planet and to some extent as to why things might have fallen out the way they did. Therefore, we would ask you to seek this information concerning the what and the when of the immigration from the Red Planet in the knowledge that our voice is a voice of love.

The details are never as important as the source of all the details, which is the one infinite Creator. The love that created the planets and their courses and all the mysteries in the universe has also created each of you, regardless of whence you come or whither you shall go in the worlds of illusion which abound in creation.

Therefore, no matter how interesting the details, we ask you to reserve a part of [your thoughts] for love Itself, that great Creator that has brought into manifestation all that is, including each of you,

[116] Planet Lightworker Magazine (www.planetlightworker.com).

whether or not you might have at one time been a part of third density upon the Red Planet.

We shall tell you a story about a series of populations that arrives at Earth for the purpose of joining in the experience of sharing third density with those few people who actually graduated as natives from second-density Earth to the third density Earth.

The first and the largest of these populations was that of Mars. The entities of Mars had made some decisions in the practice of governments upon their planet which resulted in the nature of the surface of their planet changing from a planet which was relatively hospitable to third-density physical vehicles to a planet which was not at all hospitable to third-density vehicles. They were not able to finish the cycle of the Density of Choice in third density upon Mars.

The Guardians of this planet went before the Council of Saturn and asked for permission to move that population to Earth. The second-density vehicles available for physical use upon planet Earth at that time were late second-density great-ape bodies, which the guardians felt might be improved upon by articulating facial features a bit more carefully, by altering the set of the body so it would be able to stand upright, and by improving the dexterity of the physical vehicle, especially in the hands. And by creating a larger capacity within the mind that came with that biological species. In essence they created a new and improved great-ape body which looked a good deal like the one you are now enjoying.

The Guardians at that time found, within the space of several hundreds of your years, that they had made what they considered an error in creating the new and improved version of the great ape body used by the denizens from Mars and thereafter used by entering souls from planet Earth or from elsewhere, simply because it was indeed a new and improved physical vehicle that looked like it would be handier to use to the entering souls and their guidance systems.

The Guardians' mistake was in creating better physical vehicle with the attitude that these physical vehicles were better and that the people that inhabited those physical vehicles were special. Naturally, the Guardians were very fond of the incoming population and felt great love for them, as they were placing them carefully and gently upon planet Earth to take up again their search for love.

What they did not anticipate was that the people themselves would feel that they were special. They were aware that their intellect [was more powerful] than other great-ape species that inhabited the Earth at that time. They felt privileged and special. And they created within themselves an attitude of "better than."

The energy of the beings from the Red Planet was naturally somewhat progressive and fiery. They had demonstrated this aggression, this ability to wage war on their home planet and had succeeded in destroying the surface of it as an acceptable environment for third-density life. They carried these biases with them into third density upon this planet.

The very beginning of your cycle of third density upon planet Earth was nearly 76,000 of your years ago, by your counting. The [Martian population] incarnated in what you would call the Middle East and parts of Africa first, their thickest area of population in that area of the planet. Gradually they become the populations that you now know of as the Moslems, the Jewish people, the Palestinians, and others of Middle Eastern heritage.

As the population settled in and began their cycles of reincarnation to gain experience and learn the lessons of love, they spread out, becoming the populations that you now know as the Russian and Eastern Orthodox churches, the Christian church, and the Christian Protestant church as opposed to the Christian Roman Catholic church. All of these populations are heavily "larded" with those originally from planet Mars.

You will note that these entities comprise the bulk of those who believe in one God. The up-side in the belief in one Creator is that it is closer to that mystery of the Creator than the solution which posits many gods. It is our understanding that all things are one, and the infinite Creator is as single as Its universe and creation.

The down-side in believing in one God is that belief that only if you believe in that one God—and believe in a certain way—shall your soul reach heaven. This creates a bias within the religious, and oftentimes the political mind of those [who so

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believe] that there is their way or the highway, as this instrument would put it.

You will note that in the Moslem church, the Christian church, and in the church of the Jews that there is a strong tendency to exclude certain of their members who do not believe specifically in the points of dogma in which they hold to be true. The tendency of this energy of belief in one God, then, has its challenging aspects when it comes to using that religion as a springboard for the lessons of love.

If you will examine the writings that are at the heart of any of those three religions, you will find a mystical understanding of unity that is very similar between those three churches. However, for the entity that is living an everyday life, the tendency with dogmatic churches is to be very exclusionary and judgmental, so that an entity is told basically, "Either you believe the way we believe or you are consigned to one of the circles of Hell after you are dead." They then feel that it is permissible and even desirable to proselytize and attempt to create that bias within those whom they meet.

This nest or web of actions is basically the end result of the Guardians, 75,000 years ago, making too many improvements on physical vehicles and creating pride and arrogance as a birthright of the new and improved human species. You may still see those energies playing themselves out in your Earth world at this time.

What are those of Mars doing these days? As the one known as J said jokingly earlier, they are running your countries, parking your cars, taking care of your children, and doing every other human thing you can think of. For there are millions and millions of those who came from Mars. They are, as are all of those within third density at this time, striving to learn the lessons of love.

Many of those who come from the Red Planet have earned the right to graduate into fourth density. They have achieved that shift in consciousness from fear to love, from war to peace, from doubt to faith, and from despair to hope. There is no stigma in being from Mars, anymore than there is a stigma to anyone for being born of a certain genetic heritage.

It is not that the physical vehicle that you inhabit is unimportant. It should be honored, respected and loved, for it has given its life so that you and your consciousness may walk the planet and learn the lesson that you came to learn. It is that body whose hands reach out to do the service you would do for your fellow human being. It is that voice that sings the praises of the one infinite Creator. Without your body you would be unable to have incarnation.

At the same time, it is not well to identify entirely with the body that carries you about. For the body that is carelessly [used] and not justly appreciated will tend to wish to rule over the mind and spirit. It has strong instincts, not because of genetic changes but because of the inherent second-density heritage. It wishes instinctually to mate, to form a clan for family, to gather resources so that the clan may live, and to protect those resources, and, if necessary, defend them to the death.

We may note that in our humble opinion some of the actions of your governments at this time fall solidly under the influences of those instincts. You are at the end of your third density, moving into that time of graduation. Those who do not choose to graduate will necessarily fall back to the instincts to late second density as they prepare to start another third-density cycle elsewhere.

We would ask each of you with a resonance with the history of those of Mars, "Do you wish to take a leap forward, to wake up from the dream of hostility?"

If so, then you have every necessary capacity and have probably already made the choice to turn your back on violence and negativity and to choose love as your expression, your being, and your goal. We encourage you to trust yourself and to give all that you have into making this shift. It is not too late. The decision to choose love is a matter of a heartbeat. Each decision to choose love is a matter of a heartbeat.

We would ask if there is a follow up question at this time. We are those of Q'uo.

(No further queries.)

We are those of Q'uo. The silence that we hear expresses to us that you have exhausted your questions for this evening. In that case we wish only to express our gratitude for being [asked to join your circle of seeking.] We are those of Q'uo. We leave you in the love and the light, the peace and the power of the one infinite Creator. Adonai. Adonai, my friends. ❦

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Special Meditation
March 28, 2006

Question from T: Q'uo, there is an increasingly popular global trend happening right now. Young people are tending to spend their time playing online games with one another. Some or most of these children may even have the dual-activated bodies of which Ra spoke in the *Law of One* material. Thus, it seems to me that most of the online gaming is a distraction and a waste of time for children of that nature or any individual, really. My first question is this: What is the influence of online games to this world, especially to young people?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we join your group this evening. Thank you for the privilege and the pleasure of being called to your circle of seeking. It is a great blessing to us to be asked to share our thoughts with you and we thank you for the opportunity.

As always, we would ask that you be very careful in discriminating between those thoughts of ours which seem good to you and those which do not. Please discard any thoughts that do not seem accurate or excellent to you. We would not be a stumbling block before you.

Thank you for this consideration, as it will allow us to feel quite free to speak with you without being concerned that we would infringe upon your sacred spiritual process.

Your question this day concerns the joining of many among your people, especially among your young people, with the online games that are so popular in your cultures at this time. There are a wide variety of these games of which this instrument is somewhat aware and we see this phenomenon through her eyes and through the ramifications of your query.

To us it would appear that there are several different energies in motion at this time which influence the popularity of such means of recreation. And so we would discuss various aspects of this question.

Firstly, let us look at the status or the estate of young people, spiritually speaking. Entities within your cultures at this time that are young are, as the one known as T mentioned, possessed of bodies in which the fourth-density energies are in potentiation. The double activation creates an atmosphere in which the mind of the person is sensitive to unspoken thoughts and unexpressed emotion. For the most part, these entities have found it somewhat difficult to achieve a sense of peace dwelling within third-density conditions.

In this atmosphere of internal turmoil, it is natural for entities to seek means of soothing and calming their troubled natures. The online game which this instrument plays is of a type that has the tendency to entrain those troubled thoughts and allow them a means of relaxation and drifting away. This is the

simplest type of game. It is not played with other people and its purpose is simply to relax the mind and loosen the bonds of tension and stress that have been built up because of the attempt to do intellectual work for a long period of time.

Indeed, for entities of this type, the repetition of the play of the cards or whatever game is being played is as effective as some of your prescriptions which would similarly affect the mind, reducing tension, lowering the blood pressure, and so forth. This type of gaming is, when a part of a lifestyle that is enjoyable to the entity, an acceptable and spiritually neutral part of the coping mechanism of entities such as this instrument.

The next aspect of gaming at which we would look is that aspect which expresses hostility. Many of your computer games, whether played by the self or played with others, involve a great deal of dramatic action in which the online characters are embattled. There is a good deal of destruction and mayhem that is a part of the game. It is necessary, in order to play the game, to move through the patterns of aggression, warfare and the concept of winning over one's enemies.

Games such as this have a mixed polarity in terms of their effect upon the people who play them. In one sense, there is something to be said for a person who is aware that, within the heart, she has many hostile and aggressive feelings which she cannot, in good conscience, express in the normal course of everyday life. Such a seeker may consciously choose to play such an aggressive game in order to express the shadow side of the self in terms of negative emotions like anger, impatience, judgment and resentment in a way that does not infringe on anyone's free will. [When] played in a conscious way, where the time is dedicated to expressing such feelings in a non-harmful manner, such an entity may experience a psychological release from the opportunity which has been taken to unload the harmful and toxic emotions and remove [them] from the interior emotional system of the self.

However, it is far more often the case, when entities enter into such games, that quite another psychological structure is being expressed. Rather than there being a conscious awareness of love and a desire to maintain that love by bleeding off negative emotion, the intention of the majority of entities who choose to play such aggressive games is to enjoy the process of being powerful and able to defend the self successfully. This motivation is fear based.

There is, in many entities, a very accurate perception that the culture of which they are a part is one in which they do not feel comfortable. Certainly within this instrument's feelings and thoughts there is often a reaction to the choices and decisions made by those in power. She wonders what is happening to her world. She is puzzled, and more than puzzled, she is disturbed. These emotions are mild compared to the kind of fear that is generated by eyes that look upon what seems to be a hostile world that is unresponsive to the gentle and sensitive portions of human nature. Fear builds up within such an entity and there is a desire to find an environment in which, even in a game, there is the illusion of being in control.

In the last aspect of which we would speak concerning the online gaming, there is another level of expression which has to do with expression in groups. For many entities there is a feeling of being isolated and apart from any comfort. The outer environment, not just for young people but for people of all ages within your culture, can often seem to be bleak.

When the eye gazes upon the outer scene, there seems to be no way to create the atmosphere that is yearned for, the atmosphere which would encourage feelings of relaxation, enjoyment, friendship, companionship and the desire to come together socially in a positive way. Instead of such a general feeling of trust in social rightness, there is, in many entities, a profound dislocation and distrust of the outer world.

However, in an online game there is the joining of a group under rigid rules of play in which there are adventures to be had in a controlled atmosphere. These virtual dramas are absorbing, complicated and self-expressive. There is the opportunity to create the self and [then] recreate the self anew in another game. There are opportunities for companionship of a certain kind. It is a substitute for the innocent and everyday interactions of people in real life in real situations coming together in groups to play a game of baseball or do homework together or other such social opportunities.

We would pull back the vision now and take a look at the society in which these online games are taking place. Certainly, many entities do not dwell in urban

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situations. However, a large percentage of your people do dwell in groups, in towns, cities and large groups of cities that form corridors of great density of population. Ironically, the denser the population becomes, the more isolated the people within such populations feel.

This instrument was recently speaking with a couple who had lived in the Orient for the past few years. The one known as L was saying to this instrument that when she first arrived in the crowded cities of China and other countries in the Orient, she was struck by the physical closeness of entities. She could not walk on the street without being repeatedly bumped because there was so many people on the streets that there was no room to have one's own space.

She found, after a certain number of months had gone by, that she had learned how to ignore those souls around her which were passing her on the street. It was necessary for her own sanity and peace of mind that she downplay the presence of other souls within her aura and protect herself against even acknowledging their existence. This is the atmosphere which breeds people who turn within for their recreation and their companionship.

The general effect of the online gaming is part and parcel of the general effect of the way your culture works. That effect is to deaden the sense of focus and awareness within an entity. This tendency of the culture to deaden or numb the emotions and the thought processes of entities is, from the standpoint of spiritual seeking, unfortunate. You have placed yourself in an environment which is heavily overlaid with cultural encouragement to stay asleep. Whether it gaming or any other aspect of the pop culture, the phenomenon involves a great many people aware of a few names, games, events or social circumstances, and focusing on those few icons to the exclusion of becoming interested in the exploration of the self.

We find that this is the extent to which we are able to offer thoughts upon this subject. The spiritual principles involved are slight and therefore we find that our commentary is limited.

Is there another query at this time?

T: Do these games bring more positive or negative polarity to this world in general?

We are those of Q'uo, and are aware of your query, my brother. There is very little net gain or loss of polarity because of gaming. Certainly, in some entities who are already negatively polarized, some of the more aggressive and hostile games help them to hone the edge of their anger and rage. But for the most part the net result of these games is distraction and sleep, along the lines of your television, your movies, and your other entertainment.

Is there another query at this time?

T: Does online gaming play any part in the creation and development of a social memory complex?

We are those of Q'uo, and are aware of your query, my brother. The gaming itself does not have the characteristic of building a social memory complex.

We would find it interesting to see what entities who are interested in games could do to create a game [which has] the stated purpose of working with metaphysical principles in order to examine the life, the society, and the age-old questions of, "What is truth? What is beauty? What is goodness? What is justice?" and so forth.

The phenomenon of the [world-wide web on the] internet in general has the characteristic of creating far more of a global awareness for all of the people who are looking for information on the internet and forming a global group. This is, as this instrument has said, a kind of training-wheels exercise, getting people ready to think of all of the tribe of humankind as one tribe. When one is on the internet and bouncing around from site to site, one bounces all over the planet, depending upon the links which one is following. One quickly begins to grasp oneself as a member of the global community.

Further, it seems to be a very friendly, interactive and lively community. Thusly, we would look at the internet itself as an experience with what a social complex feels like rather than confining that to the gaming.

Certainly, any large group of entities all getting together to experience one event has that feeling of a global group. However, the events for which entities gather as a global group are fleeting and therefore there is not the continuous experience of the self as part of a global group when watching, say, the Superbowl or the final playoffs of any of your sports such as soccer or hockey.

Is there another query at this time?

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T: Since free will is utmost as a principle for us to respect, what is our proper attitude to [take when we] talk about online games with kids?

We are those of Q'uo, and are aware of your query, my brother. When dealing with other selves of any age, it is well to meet them where they are.

There is a certain amount of time available to your people; a certain number of heartbeats between birth and death. If an entity takes the self too seriously, an entity can attempt to use every minute of every day for the entire lifetime in a positive, constructive, useful way. This attitude, while commendable, results in an incarnation that is dry and arid, emotionally.

Other entities may choose to spend an incarnation doing nothing useful whatsoever. The balance, in our humble opinion, is that unique point where an entity has integrated the desire for play, the desire for good work to do and the desire for learning with the underlying desire to serve the Creator and to serve humankind. Play, distraction and recreation are very valid and positive parts of a useful working life. Therefore, we would encourage you to react to a child who wished to do gaming by playing the gaming with him, being a part of his environment, and sharing his recreation.

In general, we would suggest that the key to dealing with entities who look up to you, as children often do, is to relate to what they are saying, to listen to their concerns, and to enter into their life, not as one who must always be teaching but as one who is listening and learning. See yourself as a partner with this entity, regardless of the difference in your age. You are partners in exploring the dynamics between you. If you are older, naturally, part of the dynamic of your relationship will be the desire to protect, care for and support that entity.

As you deal with children, then, relate with them where they are, remembering always that it is who you are within yourself that the child really "gets" rather than that image of yourself which you may feel that you are putting forward.

In the end, we simply encourage honesty. You may not be completely accurate or correct in your opinions, but your opinions are your gift to a child with whom you are in relationship. Indeed, this is true of relationships of any age but your query is about children.

And when you are an adult dealing with children there is a special element of the desire to lead them in the right way. Be honest in your opinions. If you find that a game or anything else that a child is interested in has negative or troublesome aspects, discuss them with the child. Be frank and open and share your heart. That way the relationship is clean and clear and the love of the one infinite Creator will find ways to enter into the conversation.

Your goal is to be with that child. The direction of the conversation is unimportant. It is the heart listening to another heart, the thoughts interested in another's thoughts, and the atmosphere created of love, encouragement and support that are important.

We thank the one known as T especially for asking this question, for in it he expresses his heart.

May we ask if there is another query at this time?

T: Since we're going to enter the fourth density soon and all artificial or man-made things will be gone, as Ra told us, what kind of games do souls play in the fourth density? I assume they need to have fun too, right?

We are those of Q'uo, and are aware of your query, my brother. We do not find that this question is one we can answer. We apologize for our inability to respond in a way that is helpful.

We may offer some general concepts on the topic of what is fun in higher densities. My brother, when the veil is lifted which hangs so heavily over your eyes and your senses in third density and you behold the creation with the eyes that are unveiled …

(Side one of tape ends.)

(Carla channeling)

…you will find that it is literally bursting with the most extravagant excitement, passion and joy. The inner workings of your mind are exteriorized. Imagination becomes palpable. What would you do if you could create a shape, a picture, or a story so that others could see it? Would you lack for fun?

Again, we are apologetic that we cannot be more specific. However, there are issues of free will involved in this query that are subtle. Yet they stop us as substantively as if it were a brick wall.

Is there another query before we leave this instrument? We are those of Q'uo.

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Jim: *(Responding on behalf of T.)* I believe that's it, Q'uo.

In that case, we shall leave this instrument and this group, thanking each for dedicating the time to seek the truth. We thank the one known as T also for initiating this session and we thank each of you for the beauty of your vibrations. We are known to you as the principle of Q'uo, and we leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
April 1, 2006

Jim: Our first question today has as its focus the role of the spirit guides in the ascension process. We would like for Q'uo to tell us what this role is.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greeting in the love and the light of the one infinite Creator. We come to you in the Creator's service this day. Thank you for asking us to join your circle of seeking. It is both a privilege and a great blessing to be with you, to marvel at the beauty of your vibrations, and the intensity of your seeking for the truth. As always, we would ask each to use discrimination in considering the ideas that we offer. If they have resonance for you please feel free to work with them. But if they do not, please leave them behind; we would not be a stumbling block to any. We thank you for this consideration, my friends.

You have asked this day concerning the role of spirit guides in the ascension process. We find this somewhat humorous because this instrument has been working for the past several days upon a manuscript of channelings from the Holy Spirit, which is this instrument's spirit guide. Consequently, this instrument is steeped in that companionship and comfort which is the role of the guidance system of each entity.

Your guidance system, whether you characterize it as this instrument does in the Christian term of Holy Spirit or whether you characterize it in other ways, is, nevertheless, a part of the interwoven consciousness of Creator and created. You are never without your guidance system.

A key concept to remember when thinking of your guidance is not what form or shape it takes, but what its essence is. The essence of that spirit that companions you throughout and incarnation is unconditional love, absolute support, unending compassion, and a clarity of understanding that takes in the full sweep of the octave of densities within which you now enjoy consciousness.

It is not an event that occurs in a moment to ascend. Ascension is rather a process. Think of third density, if you will, as a spiritual distillery. You know of how a distiller creates spirits from the fruit of the vine or grain using various substances such as yeast, hops, raisins and many other choices of ways to create a chemical reaction which will distill the raw ingredients into the finished wine that is full of the delicious taste of all of its ingredients and due to the chemical processing has transformed its nature. Such is your process in enjoying incarnation upon planet Earth.

We have observed that the dogma-driven thinking of your religions, especially the one known as Christianity, has skewed the thinking about the ascension process and has created of it not a joyful celebratory event, but a fear-driven, doom-filled event. It is not the intention of the Creator that the process of ascension be narrowed down to an event

of any kind. However, were a very narrow view to be taken of ascension so that one could see it as an event, it would be an event that was as full of positive emotions as one's birthday, ones wedding day, or any other celebration or party to which one looked forward greatly. The whole concept of ascension as a terrifying moment when the world ends and suddenly you are standing before a righteous judge, is far from the Creator's mind, as far as we understand the Creator's mind and we note here that our understanding is faulty; we offer only our humble opinion at all times.

Your life is a process of gradual ascension. You start with raw ingredients. Throughout your life, each choice that you make advances the distilling process. At the moment of death, the gateway to larger life opens and you yourself are able to see with the enhanced vision of time/space where you are in your ascension process. You are the judge that you have so feared. Your spirit guide, guidance system, or higher self, is there with you as a resource to you.

From our point of view, we see the term spirit guide as somewhat lacking in specificity. We would rather discuss the higher self for in terms of the structure of this resource of the self, the higher self comes from a place in the circle of your personality stream, shall we say, or your soul stream, that is far in advance of your consciousness within incarnation at this time. The higher self is your self at a point within sixth density where the lessons of unity have been so far advanced that you as an entity have become aware in sixth density that you are moving away from close contact with that which has been laid within your memory as the occurrences of all of the densities up through sixth.

They are falling away from you at this point and your mind, heart and will are turning ever more toward the face of the Creator. You are acquiring enough spiritual gravity that you are aware that this is your goodbye to the self of this creation. You are not any longer interested in your personality shell. You are ready to be absorbed into the godhead principle once again.

And so you turn in the midst of sixth density in this very precious and pivotal point in the distillation of your soul and you leave a resource behind as a gift to yourself. It is available in third density, fourth density, fifth density, and, if needed, in the beginning of sixth density for that soul and spirit that you are. *(Inaudible)* inextricably bound into your consciousness. It must be asked in order to be heard. The spirit, or higher self, will not speak unless it is asked; it can not intrude upon free will. It must wait for your interest, your desire, your questions, your cries, your groanings, your rejoicings, and any other conversation that you wish to have. It waits patiently, full of love, knowing you because it is you but you at your highest and best. So there is color to the spirit. There is energy and liveness, [but] there is not is physicality. The spirit is uncreated. It is a resource, an essence if you will.

Therefore, at the moment of death your higher self is with you, part of you, supporting and encouraging you as you walk into the light of larger life.

Is there a follow-up query to this question before we move on?

B: Q'uo, are there other selves that act as spirit guides, like angels or other forms?

We are those of Q'uo, and are aware of your query, my brother. There are indeed other entities that help to guide. This is why we were attempting to be more specific about the term that we were using, for the term spirit guide can mean any of a dozen things or more.

There are so many sources of guidance that are around you that to discuss them in depth is impossible, but we can simply name them. They include, as you said, angels—and there are many varieties of angels—pixies, elves, fairies, nature divas and spirits of all kind, the essences of elements, their spirits such as undeens, sylphs, niads, dryads, and all of the totem with which you have been associated in past lives. As well, there are many entities in the inner realms who are drawn to you when you are conspicuously loving, patient or intent upon the truth. Passion for goodness, for fairness, for love, or for devotion to the one infinite Creator all draw to you entities that dwell within the inner realms in one capacity or another. And so you may have about you literally dozens of helpful, loving sources of inspiration and guidance. Each is in harmony with the other sources of guidance that are about you and they constitute your family in the unseen realms. Also to be considered are those entities which are associated with you in other densities, especially for those of you who are wanderers.

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When you have incarnated as many times as each of you has incarnated, the web of connections becomes truly amazing, expanding infinitely and including virtually everyone on the planet. Consequently, the concept of one spirit guide or two spirit guides or a limited number of them is not accurate in our opinion, for if you are sufficiently motivated to focus your will to that laser-like quality that it can achieve when your emotions and your desires are coherent, you call a very large percentage of the unseen realms to aid you and support you. Thus it is that we encourage entities to find their passion and follow it.

May we answer you further, my brother?

B: No thank you. Jim?

Jim: Our next question: "Q'uo, could you tell us what the role of the guardians is in the graduation, in the ascension?"

We are those of Q'uo are aware of your query, my brother. The guardians of your planet are a group, some of whom are inner planes entities and some of whom are Confederation entities. There is a rotation of those who are responsible for planet Earth at any one time but a constant number of those who guard and keep stewardship of the planet, its people, and its resources, and by that we do not mean the kind of natural resources of which your peoples general think when they say the word "resources," but rather we speak of the metaphysical resources of the planet as it moves through its own ascension process, shall we say.

The role of the guardians is to care for and be a steward to the people and the planet. During the ascension process, the guardians stand by the steps of light which are walked by those who are moving ascension or graduation. They look carefully to be sure that the gradations of light are precise, steady and stable. They look to be sure no one stumbles or is confused, for they wish each to walk comfortably into the light until they have chosen their most comfortable place. So they guard the sanctity of this process. It is by this process that each decides or chooses the nature of its next experience. If walking into the light and stopping one has stopped at a place that is yet in third density, then that entity shall next incarnate in another third density planet elsewhere. For the planet you call Earth has begun its fourth density positive incarnation and is even at this time accepting new entities as they graduate through the natural processes of death.

May we answer you further, my brother?

B: Is there another process besides death to make the transition?

We are those of Q'uo, and believe we understanding your query, my brother. There is not in the duties of the guardian any process other than that which occurs at the death, as you know this walk through the gateway to larger life. We are aware that there has been discussion among your peoples of that which this instrument calls the rapture and indeed this instrument is aware of the teachings of the one known as Jesus who said that when the time came there would [be] two people in the field—one would be taken and one would be left. It is our understanding of this teaching—and again we offer it humbly—that this was as were almost all of the things that the one known as Jesus taught, like a parable in nature.

The literal meaning of the stories that the one known as Jesus told was not intended but rather the stories were those stories in which the parable pointed out metaphysical truths rather than physical ones. Therefore, it is indeed so, in terms of the functionality of the graduation process, that in the moment of choice on the steps of light, an entity either chooses third density or fourth density and therefore moves into life in third or life in fourth density. We do not believe it was intended that there would be this adventurous drama suggested of a sudden and fell rapture in which life as you know it stopped suddenly and [completely] and entities were either tossed into the pits of hell or lifted up to heaven.

We believe that the reality is less dramatic but much more understandable. We believe that the reality is that you, each of you, will choose the manner of your being. You will choose it not because you judge yourself but because you realize that there is a sweet spot in the light for you. Walking those steps of light, you are not looking to push past your abilities, you are looking to find that place where you belong, and when you have found just the right place, it does not matter if it is third density or fourth density, it is the place that you have earned, it is the gift of your long and adventurous life and all that has brought you to that point at which you were vibrating in a certain way when you passed into larger life. That vibration is your being. You want your being to be comfortable. You want that being that you are to be

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placed where it belongs. This as we understand it is the process of graduation or ascension.

May we answer you further, my brother?

B: No, thank you.

Jim: Our third question is [about] ensoulment. When and how does a spirit enter the body in third density to take part in the third-density incarnation?

We are those of Q'uo, and believe we grasp your query, my brother. The body which you inhabit during third density has its own anima. It is not precisely a soul; it is of the nature of second-density entities, inhabiting a great-ape-with-very-little-hair gene pool, if you will. When the physical body that you are using, that serves you so well now, dies, it, as opposed to your consciousness, will sink back into that pool of naked apes that constitutes the human race as a second-density species.

Therefore, it is independent of the need for a soul or a spirit. It can live, enjoy its nature, and pass from life all without the need for a third-density spirit inhabiting the body.

When a woman becomes impregnated, the arrangements, shall we say, for the birth of a certain entity to that woman are already fairly well advanced. There is a great demand for opportunities for incarnation. Entities must wait for an opportunity to inhabit a particular physical vehicle. An entity and its higher self, or its guide, will have pondered the idea of an incarnation for some time, as you would call it, and you will have created a plan or an agenda for the creation that involves being born to a certain woman, living in the family of a certain family, and meeting various key people throughout the life experience. When you and your higher self plan an incarnation, you are redundant in your planning. You have not one or two or three possibilities, but virtually endless possibilities lined up so that if one straight road to Rome does not avail, the next straightest road—with a little kink in it and a little curve there—comes up. And if you stray off of that road, another comes up. They all lead to Rome.

When a woman actually becomes pregnant, this seals the opportunity. There is to some extent an unconscious agreement betwixt the soul of the entity who is the mother and the soul of the entity who is going to be her child.

The time of the entry of a soul or spirit into a physical vehicle with its anima varies widely. In some cases, within three months of the woman becoming pregnant the soul will already have begun inhabiting the physical vehicle that is the fetus within the womb. In other cases, as the other extreme, an entity may not inhabit that body until after the birth. There is a target of opportunity from conception to about three months after birth for the entry of the soul into the body. The choice of when this connection is made has a good deal to do with the relationship of the child to its mother in terms of how that relationship will function as catalyst in the lifetime to come.

May we answer you further, my brother?

B: I have a question from D, Missouri who wants to know, "Can a physical body exist without a soul?"

We are those of Q'uo, and are aware of your query, my sister. That is affirmative. The physical body is capable of living without being ensouled. It is, however, very seldom that this situation occurs. When the consciousness of an entity is withdrawn from a physical vehicle, that physical vehicle is without a rudder, shall we say. It is not geared to functioning as a natural second-density entity but, rather, it has given its life over to carrying consciousness. Generally, when the silvery cord—as this instrument calls the connection between spirit and body—is severed, the anima of the second-density physical vehicle, or animal, is not strong enough to maintain the health or life of that physical vehicle and it perishes because of the lack of the soul which it was designed to carry.

Is there another query at this time?

B: I've got one from L in England. She would like to know what happens to the chemical complex at the time of fourth-density transition.

We are those of Q'uo, and are aware of your query, my sister. The term ashes to ashes and dust [to dust] is familiar to all and would be the burden of our response if we understand your question accurately. Therefore, we assume that we do not understand your query.

May we ask if you could phrase it in another way, my sister? We are those of Q'uo.

B: It may take a moment to type her response.

(Pause)

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B: Jim, why don't we go on to the next question and we can touch the last later.

Jim: Our fourth question has to do with how social memory complexes talk, how they relate each to the other, and to other social memory complexes.

We are those of Q'uo, and are aware of your query, my brother. This instrument can feel us laughing for the challenge of this question is such that we doubt our abilities to express, in any way that is useful, the response that would make sense.

Imagine that the entire creation is dancing. Imagine that it is dancing in a way that is unified and harmonized so that every speck and mote and iota of the one infinite Creation of the Father is dancing in perfect harmony and in full awareness of the vast and infinite reaches of that dance.

We who are not of third density incarnation, whether we are dwelling between incarnations or are essences that were uncreated and therefore have not incarnated at all, are part of this dance. It is the dance of the heavens and the Earth, the elements and the essences of creation. In infinite variety and color, the patterns of the dance swirl in sacred geometry, in joy, in thanksgiving, and in grace and symmetry that create a beauty that is never ending, ever flowing, and an expression of unconditional love in its every facet and coloration.

Communication betwixt social memory complexes is that kind of communication that you may have experienced at times with those to whom you were very close. Perhaps you have known what someone else was going to say. Perhaps you have felt that there was someone else in the room with you and you turned around and there someone was. You felt the palpable energy of their presence. So it is when coherent energies wish to speak with each other; the wish creates a connection, it is instantaneous.

May we answer you further?

B: I have one clarification request on what does it mean, "essences that were uncreated"?

We are those of Q'uo, and are aware of your query, my brother. To begin with, the Creator is uncreated. The angels that you know of in your Christian mythology are uncreated beings. Nature spirits are uncreated beings, they have never had incarnation. They express the spirit …

(Side one of tape ends.)

(Carla channeling)

…which lives in elements such as earth, air, wind, and fire, and second density-creatures such as your plants and animals. And even in the stories that entities tell over long periods of time in which entities which never lived become real and have lives within the inner planes of your planetary sphere.

May we answer you further, my brother?

B: Going back to ensoulment, a couple of quick questions. E would like to know, "Does the self or higher self attempt to choose a father as well as a mother?"

We are those of Q'uo, and are aware of your query, my brother. And may we say that it is a wonderful thing to respond to each of you. The energy of each of you is a blessing to us and we thank each of you for taking this time to tabernacle with us.

The father, the siblings, the authority figures, the mate, and the friends of an entity are all considered, indeed, in creating the opportunity for an incarnation. However, in terms of choosing when to be born and in what circumstances, it is the relationship with the mother that is the most pivotal. The relationship with the father is one step removed in that the woman who is a mother carries not only her consciousness as guardian and guide to her unborn child, but also she carries the ocean of infinity and eternity within the springs of her womb. Consequently, it is her energy that is most intimately connected with the one infinite Creator in the process of sacred birth.

May we answer you further, my brother?

B: T in New York would like to know, "Does abortion incur the need for karmic reparations for the mother or father?"

We are those of Q'uo, and are aware of your query, my brother. There is no one answer to this query, my brother. And we are aware that it is a very tender subject, certainly in this instrument's heart as well as many others. However, each entity creates an agreement with the mother. If the mother is considering abortion, then it is well for that mother to sit in mediation until it feels beyond a shadow of a doubt, subjectively speaking, that it has made contact with that being that is knocking at the door for the opportunity to incarnate.

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Some entities are perfectly willing to move on and find another opportunity. Other entities have a great desire to be born to this one person and be placed into incarnation in just this way. Therefore, each case must be decided on its own merits by the woman involved and by no other source. Only that woman can make contact with that soul that is asking for incarnation and ask for permission to pass up this opportunity.

An entity who is attempting to incarnate does not want to cause its mother difficulty. Therefore, if a mother can take the time to commune with that child that is to be, it is entirely possible that there is no karma necessary to experience as a result of choosing to abort when circumstances are not opportune. The child understands as well as the mother.

However, it is well to go through this period of inquiry and communion with the child and to have a very deep and profound discussion as to whether or not that child is happy to have another opportunity with the same parent but at a later time, or with another family altogether.

May we answer you further, my brother?

B: We have one more from P who would like to know, "When does the seed of thought begin?"

We are those of Q'uo, and would like to say that this shall be the final query of this session. We thank the one known as P for this question, it is an interesting one.

The seed of any thought is thought itself. The Logos is the original Thought. All thoughts spring form the Logos. Unconditional love is the essence of the Logos. Therefore the seed of every thought is love.

May we answer you further, my brother?

B: I think we're all set! He said he should have thought of that.

We are those of Q'uo, and we thank all who have gathered for this most adventurous and exciting type of meeting. It is an unusual occasion and one we celebrate. Thank you to each.

We offer our seeds of thought to you with a humble heart but a happy heart indeed. May each of you thrive and enjoy the adventure of incarnation. May you realize the stunning excitement of the possibilities that await you this day. Within you lies the power to reshape your world according to the way you think, the way you hope, and the dreams that you dare to dream.

This instrument and the one known as Jim have been reading a book called *Handbook for the New Paradigm*. And in it there is discussion of how a few people dreaming together can re-imagine the Earth. That is the function of the spirit as well, that guide that is ever at your side. It also hopes that you shall reach up to the one infinite Creator and to all of the guidance that you have and ask each and every day, "What is your will for me this day? How shall I serve? What shall I learn? And in what shall I rejoice?"

We leave each of you in the power and the peace of this adventure. We are those known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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The L/L Research

Channeling Archives

Transcripts of the Meditation Sessions

Volume 18

April 2, 2006 to May 27, 2008

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Carla L. Rueckert

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About the cover photo: *This photograph of Jim McCarty and Carla L. Rueckert was taken during an L/L Research channeling session on August 4, 2009, in the living room of their Louisville, Kentucky home. Jim always holds hands with Carla when she channels, following the Ra group's advice on how she can avoid any possibility of astral travel.*

Dedication

These archive volumes are dedicated to Hal and Jo Price, who faithfully and lovingly hosted this group's weekly meditation meetings from 1962 to 1975,

to Walt Rogers, whose work with the research group Man, Consciousness and Understanding of Detroit offered the information needed to begin this ongoing channeling experiment,

and to the Confederation of Angels and Planets in the Service of the Infinite Creator, for sharing their love and wisdom with us so generously through the years.

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Introduction

Welcome to this volume of the *L/L Research Channeling Archives*. This series of publications represents the collection of channeling sessions recorded by L/L Research during the period from the early seventies to the present day. The sessions are also available on the L/L Research website, www.llresearch.org.

Starting in the mid-1950s, Don Elkins, a professor of physics and engineering at Speed Scientific School, had begun researching the paranormal in general and UFOs in particular. Elkins was a pilot as well as a professor and he flew his small plane to meet with many of the UFO contactees of the period.

Hal Price had been a part of a UFO-contactee channeling circle in Detroit called "The Detroit Group." When Price was transferred from Detroit's Ford plant to its Louisville truck plant, mutual friends discovered that Price also was a UFO researcher and put the two men together. Hal introduced Elkins to material called *The Brown Notebook* which contained instructions on how to create a group and receive UFO contactee information. In January of 1962 they decided to put the instructions to use and began holding silent meditation meetings on Sunday nights just across the Ohio River in the southern Indiana home of Hal and his wife, Jo. This was the beginning of what was called the "Louisville Group."

I was an original member of that group, along with a dozen of Elkins' physics students. However, I did not learn to channel until 1974. Before that date, almost none of our weekly channeling sessions were recorded or transcribed. After I began improving as a channel, Elkins decided for the first time to record all the sessions and transcribe them.

During the first eighteen months or so of my studying channeling and producing material, we tended to reuse the tapes as soon as the transcriptions were finished. Since those were typewriter days, we had no record of the work that could be reopened and used again, as we do now with computers. And I used up the original and the carbon copy of my transcriptions putting together a manuscript, *Voices of the Gods*, which has not yet been published. It remains as almost the only record of Don Elkins' and my channeling of that period.

We learned from this experience to retain the original tapes of all of our sessions, and during the remainder of the seventies and through the eighties, our "Louisville Group" was prolific. The "Louisville Group" became "L/L Research" after Elkins and I published a book in 1976, *Secrets of the UFO*, using that publishing name. At first we met almost every night. In later years, we met gradually less often, and the number of sessions recorded by our group in a year accordingly went down. Eventually, the group began taking three months off from channeling during the summer. And after 2000, we began having channeling meditations only twice a month. The volume of sessions dropped to its present output of eighteen or so each year.

These sessions feature channeling from sources which call themselves members of the Confederation of Planets in the Service of the Infinite Creator. At first we enjoyed hearing from many different voices: Hatonn, Laitos, Oxal, L/Leema and Yadda being just a few of them. As I improved my tuning techniques, and became the sole senior channel in L/L Research, the number of contacts dwindled. When I began asking for "the highest and best contact which I can receive of Jesus the Christ's vibration of unconditional love in a conscious and stable manner," the entity offering its thoughts through our group was almost always Q'uo. This remains true as our group continues to channel on an ongoing basis.

The channelings are always about love and unity, enunciating "The Law of One" in one aspect or another. Seekers who are working with spiritual principles often find the material a good resource. We hope that you will as well. As time has gone on the questions have shifted somewhat, but in general the content of the channeling is metaphysical and focused on helping seekers find the love in the moment and the Creator in the love.

At first, I transcribed our channeling sessions. I got busier, as our little group became more widely known, and got hopelessly behind on transcribing. Two early transcribers who took that job off my hands were Kim

Howard and Judy Dunn, both of whom masterfully transcribed literally hundreds of sessions through the eighties and early nineties.

Then Ian Jaffray volunteered to create a web site for these transcriptions, and single-handedly unified the many different formats that the transcripts were in at that time and made them available online. This additional exposure prompted more volunteers to join the ranks of our transcribers, and now there are a dozen or so who help with this. Our thanks go out to all of these kind volunteers, early and late, who have made it possible for our webguy to make these archives available.

Around the turn of the millennium, I decided to commit to editing each session after it had been transcribed. So the later transcripts have fewer errata than the earlier ones, which are quite imperfect in places. One day, perhaps, those earlier sessions will be revisited and corrections will be made to the transcripts. It would be a large task, since there are well over 1500 channeling sessions as of this date, and counting. We apologize for the imperfections in those transcripts, and trust that you can ascertain the sense of them regardless of a mistake here and there.

Blessings, dear reader! Enjoy these "humble thoughts" from the Confederation of Planets. May they prove good companions to your spiritual seeking. ♣

For all of us at L/L Research,

Carla L. Rueckert

Louisville, Kentucky

July 16, 2009

Year 2006

April 2, 2006 to December 17, 2006

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Sunday Meditation
April 2, 2006

Jim: The first question is from A. It reads, "I am soon to be a high school teacher. I had some classroom experience about a year ago and found the emotional environment nearly overwhelming. Many students want to test the boundaries on an authority figure, which is normal behavior for teenagers. However, so many students doing it all at once is difficult. How can I best maintain my strength over a sustained period?"

(Carla channeling)

We are of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege and pleasure to be called to your circle of seeking and we thank you for this honor. It truly gladdens our hearts, because serving by sharing our thoughts is our chosen means of service to the one infinite Creator at this time. Consequently, you offer us the opportunity that we treasure the most: that opportunity to serve the Creator by serving those sub-Creators that, like we, are moving in that divine circle from one heartbeat of the infinite Creator to the next.

As always, we would ask that each of you be responsible for discriminating between those thoughts of ours that seem resonant and useful to you and those thoughts which do not. Please do not be concerned with any thought that does not seem to be something that you knew already but had forgotten for a moment. Things that resonate like that are apt and appropriate for your work. If they do not resonate, they may be wonderfully helpful to someone else but they are not part of your process and we would not wish you to be led off your path by our stray thoughts. We thank you for this consideration.

We thank the one known as A for the query about how to create the most pleasant atmosphere for both teacher and students in a classroom. As you already know, my brother, the mechanics of discipline are simple. We do not believe you are truly asking concerning discipline but rather how to deal with your dislike of disharmony. However, we would say that it is appropriate for a teacher to be an authority figure of a kind. That is, you and the students together have a precious gift to share. That gift is time.

When a group of students does not have boundaries and limits set on their behavior by a helpful teacher, the gift of time tends to be squandered in such a classroom because there is not enough energy left over from the ongoing and somewhat off-the-topic discussions of students that are not engaged in learning.

Therefore it is helpful to the students as well as to yourself to make a few simple rules and then to be very careful to act precisely the same way each time a rule is broken. The usual means of discipline is asking the student to spend time—again, that gift of time—paying his dues for the infractions of the

rules. This is usually done by means of detentions or extra study halls. This is a perfectly good solution to misbehavior as perceived by the teacher.

As long as the rules are simple, understandable and maintained carefully with no favoritism or injustice of that kind going on, the tendency in such a classroom will be that that group of students becomes aware fairly quickly of the necessary ways to act in order to avoid punishment.

There is, however, another aspect to discipline. That is that aspect which involves the teacher or authority figure opening his heart and becoming vulnerable. For you, as a teacher, my brother, are also a student. You and the students in the classroom, together and equally, are students of the life experience itself. It is well to remember that what you are doing with them is a partnership and a group activity.

Consequently, see what you can do to open your heart to your students and explain to them at least once how you feel about being in the position that you are. Explain to them that you are going to need their help. If you are going to create an environment and then fill that environment with learning and laughter, shared experiences and deep comradeship as you hope to do, then you shall need their help, for you cannot create this atmosphere by yourself.

Indeed, this instrument at one time in her life was a librarian and she had to keep all of the study halls of that particular institution in which she taught. Therefore, she had students in her library at all times. And naturally, she was involved in disciplining them in order that the rest of the students could enjoy a quiet study hall and get their homework done.

Her technique for maintaining quiet was to go directly to the leader of whatever group was misbehaving and ask for that person's help. She would explain that she had the need to keep order in the library and there was a bit of conversation going on that was making it difficult for some of the other students to concentrate. She would then ask for that particular person's help in reminding others at her table if such a conversation began again.

Naturally, faced between two fires—one, helping the teacher who was asking pleasantly and courteously for her help, and [the other] being assigned detention, which would take away the fun of Friday afternoon—the trouble-maker would immediately agree to help, and, reluctantly or not, she would from that time forward be able to help the teacher maintain order at her table. This was all done without threats, raised voices or any accusation of wrongdoing.

Being vulnerable and asking for help are a very good ideas. It brings out the best in people if you are honest with them and explain what it is that you need and why you need it.

However, your question is more deeply and spiritually, or metaphysically speaking, more centrally a question about attitude.

It is well, when approaching the teaching of young souls, to remember beyond anything else that you and they are one. You are in this adventure together. It is easy for a teacher to assume that he will teach and that the children will learn. In actuality, it is always a teach/learning, learn/teaching situation.

In fact, you will find, my brother, that you learn more than they do. It is amazing what young souls have to offer. They do not have life experience but they have active and inquiring minds and they have, in many cases, hearts that have not yet been bludgeoned, as of yet, by the various cultural offerings of your society in ways that numb and deaden emotion. The thinking of the heart is emotion based.

Therefore it is well to remember that you are dealing with young plants who will turn to the sun of emotion. Therefore, see what you can, my brother, to be the sunshine in their lives. Think of what they would like to know—not only what the curriculum would like you to teach them. Become their advocate. Put yourself in their shoes. See things, as best you can, from their point of view.

Therefore, that seeping down into the deeper parts of your thinking as you move towards the day's work with the children will prepare you to deal with them as who they truly are: sons and daughters of the infinite Creator, as are you.

Even in cases of difficulty, we encourage you to maintain a remembrance of unity that underlies the relationship betwixt yourself and any and all of those who are in your classroom. A kind word in a bad situation is often a turning point for a tender mind or heart and you will have the power to offer either kind words or unkind words.

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We also encourage the relaxation into what you are doing. You chose this type of livelihood because you hoped that you would be able to offer the gifts of your affection, your understanding, and your knowledge to those minds who are eager to learn. Do not be dismayed that they do not know yet that they are eager to learn. You may need to create for students that motivation that they now lack by making the things about which you are teaching pertinent, interesting, challenging and relevant to an ordinary, everyday life.

All of these positive ways of making the classroom time more fun, more challenging and more interesting will balance the fact that you must indeed serve as the authority figure that a teacher is.

As we said, to sum up, the key to discipline in the classroom is attitude. Walk softly, speak softly, be fair and the job will soon be done for that class, for that school term. It shall always, as you said, my brother, need to be done again when you have a new group. And sometimes there are entities in the classroom whose enjoyment is to disturb a classroom's pleasant aura of calm. Therefore, some discussions may be protracted.

However, in the end you will find your students grateful to you for creating a good atmosphere and increasingly responsive to a teacher who really, truly wishes to share the knowledge, the affection, and the comradeship that he has to offer.

Is there a follow-up to this question? We are those of Q'uo.

Jim: No, I don't believe so. Our next question is from B who lives in Michigan. For the last couple of years she's been suffering almost continuous psychic attacks and she has to pray continuously through the day for relief.

Her question is, "As Jesus instructs us in *A Course in Miracles*, 'All your problems have already been solved.' Can you please take me to the future, to the point in time when this problem that I'm now experiencing with negative entities and interference has already been resolved and I have been experiencing the desired state of peace and freedom from these causes and patterns of a negative interference for at least one year. Please ask my higher self exactly what I did to get to the desired outcome. Tell me the steps that my higher self suggested to the solution from the future, from the infinite wisdom of my higher mind, that I may better serve God and others."

We are those of Q'uo, and are aware of your query, my sister. We cannot tell you what your higher self would say to you concerning this or any other issue. We are not your higher self and your higher self indeed is within you.

We find in this instrument's mind that she has had other people ask her questions similar to yours, my sister, and she has always suggested to them the following technique if they are unable to break through to their own guidance system in the normal way, which is simply to pray and then to listen and to write down, as you would in a journal the ideas that come to you. Her suggestion has always been this: to find a hypnotherapist and to ask the hypnotherapist, after inducing the hypnotic state with you, to take you back before birth so that you are free of the veil of forgetting and are able to speak with your higher self.

You would then have the hypnotherapist ask you to contact your higher self. In the hypnotic trance state, this is a do-able thing and this instrument has seen it done, not once but many times.

The hypnotherapist then would ask the question that you wish to ask of your higher self and you would repeat that which the higher self says to you. It would be taped, for you would not necessarily be very able to remember exactly what was said if it were not taped. Therefore, be sure that such a session is recorded. In this way, you will use your free will to do your learning in your way.

We find that no question was asked concerning the spiritual principles involved in this kind of sustained psychic greeting so we will keep our comments minimal and simply say that it is well to think of such attacks as gifts. Think about the writings in the New Testament that are called the Beatitudes. "Blessed are they who mourn." That does not sound like a blessing. Each of the Beatitudes is similarly dour and sorrowful in its apparent nature, and yet each is a blessing. Why are they called "blessings" by the one known as Jesus the Christ? This is meat for you to ponder.

We are with you. Your guidance system is with you. Consciousness itself is with you and is you. The psychic greeting that you are experiencing is also part of you. It seems to come from elsewhere. Yet

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the creation of this experience within your life is as much of a gift and is as much a part of your learning as any other portion of your incarnation and its experiences.

Consequently, it is not something which it is appropriate to attempt to escape. Rather, we would suggest an attitude of quiet confidence, even though the surface of your emotions is roiled by the suffering which you have undergone. Dig deep within yourself for the underlying peace and power of your nature. This visitation has its purpose.

May we ask if there is another query at this time?

Jim: What are the metaphysical qualities of water?

We are those of Q'uo and are aware of your query, my brother. The metaphysical qualities of water begin with its place in creation. It is one of the classical four elements that this instrument learned in reading about white ritual magic of the West in the books by the one known as William.[1]

Water is that aspect or element of the creation which contains the sacred energies of the Archangel Gabriel. Water holds gifts and powers that move from the simplest physical observations to the most abstruse and occult applications of spiritual principles. But the central gift of water is its acceptance of the impressions of consciousness. Water can be magnetized to hold pure emotion. Consequently, water is a very magical element, a crystal that can be solid, liquid or gaseous, and yet is a crystal in terms of the way that it can hold ideas, thoughts and emotions.

This instrument was telling the one known as B earlier about a vision that she had several months ago, when she read an article by a scientist who had done experiments with water crystals.[2] He asked entities to project as pure an emotion as possible to these crystals and then he photographed the results. Interestingly enough, the crystals, when magnetized by thoughts of thanksgiving, joy and love, developed beautiful, flower-like patterns of crystallization. When ugly and angry thoughts were projected to these ice crystals, the ice crystals became malformed.

The intimacy of thought and water is very appropriate to consider as you look at your physical body. Your thoughts are impressing every cell of your body. You are a very watery being. A large percentage of your body is water. You are, therefore, a creature of the tides of your inner emotions. Be aware of how easy it is to magnetize water with an idea or a thought or, most importantly, an emotion. Tend your everyday self to thoughts of thankfulness, thanksgiving, praise, appreciation and joy. Remember how powerful you really are and impress your own body with the fire of your love. Let that love do its healing and organizing work within your physical body.

Is there a follow-up to this query? We are those of the Q'uo.

Jim: Our next question is, "Can you tell us what you know of the Creator, including any specifics regarding the masculine and feminine aspects?"

We are those of Q'uo, and are aware of your query. We do not know a great deal about the one infinite Creator, for the Creator is shrouded in mystery. We know that the Creator is not a being and does not have organs or eyes or a physical vehicle of any kind. We know that the Creator's very nature is love. We know that the creation which the Creator cobbled together out of this Thought of love and free will is a creation of love. We learn about the Creator by observing ourselves and other beings, all of whom carry the energy of the one infinite Creator within them.

Is there a follow-up to this query? We are those of Q'uo.

Jim: We have another query: "Can you discuss the numerological significance of repeating or recurring numbers?"

We are those of Q'uo, and are aware of the query. Numbers are interesting entities. There is a character and a personality to each of your digits, zero through nine. And indeed, larger numbers as well have energies to them in some cases either because of something inherent to that number or because it reflects the doubling or the tripling of another number that has significance.

For the most part, if you wish to use numbers as they are often used in systems like the *I Ching*[3], it is best to stay with the single digit numbers.

[1] William E. Butler.

[2] Read more on the web site, www.masaru-emoto.net/english/entop.html.

[3] Learn more by checking this site, http://en.wikipedia.org/wiki/I_Ching.

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We are not saying that you can create a meaning to numbers but rather that numbers, in and of themselves, have a character that you may come to know. In terms of repeating numbers, it is interesting to know what number is being repeated. Sometimes, there is no meaning to the repetition except as a wake-up call. If it is 11:11 when you have just thought a certain thought, if you look up and see that number, it is as though the creation were saying to you, "What did you just think? That was an interesting thought. Pay attention to that thought."

In other cases, the number does have significance. Eleven, for instance, is a master number, so-called by this instrument and by the numerology books that she has read in the past. Therefore, if you are seeing 11:11 frequently, you are actually seeing a master number repeated, indicating that transformation is at hand. If you see 12:12 repeated, the energy of that number is an energy of completion. You may look further for yourself at the various numbers, one through nine and zero as well, to investigate this line of thinking further.

However, the most likely meaning of repeated numbers for entities who notice these things is that synchronicity from spirit that simply says, "Pay attention to your thoughts."

Is there a follow-up to that query? We are those of Q'uo.

Jim: I don't believe so. We have one more question here: "From your point of view, Q'uo, if you were to write a short pamphlet concerning the Earth for all those civilizations that have been transplanted here and are visiting here, something containing the basic information and spiritual insight on how to best make use of this Earth opportunity, what would you say?"

We are those of Q'uo, and are aware of your query, my brother. My brother, were we to write such a booklet, we would attempt to find as many ways as we could to describe the environment of Earth in such a way that entities could see into the way to work it.

We would develop an operating manual that would let people know that they were creatures of love; that their consciousness was love, but that they were carefully blocked from a direct apprehension of their nature so that they could use the school of third-density life in order to find that nature once again, by choice and by faith.

We would talk about the dimensions of that choice and why such a choice was necessary. We would talk about faith; not faith in something but the faculty of faith. For it is faith that tells you that all is well when the apparent picture is that all is not well. And it is by faith alone that the spiritual seeker begins his journey and moves his footsteps upon that path once it has begun.

We would talk about Earth as a spiritual distillery. This is a concept that we were speaking about in a channeling session done recently. It is helpful to understand, when one is an Earth being, what the situation is, what the rules of the game are, for there are rules to the game. There is a very simple dynamic that entities may observe.

All things have their opposite. The choice is a choice between the two largest dynamics that govern and help to create your experience. Those are the dynamics between the light and the dark, love and fear, helpfulness and greediness, service to others and service to self.

Those are two distinct paths. We would encourage people to choose the path that they wish to take and then to take it as purely and as honestly as possible, today and tomorrow and the next day, for the rest of a life.

Your school is a simple one. The subject itself is extremely difficult to comprehend. That is why you have a lifetime to work on it.

Is there a follow-up to that query? We are those of the Q'uo.

Jim: I don't think so, but I think T might have a question.

T: Yes, I recently had a feeling. It was just a state of mind that came over me as I was meditating. It just seemed like what I was meditating on became very clear and very easy to hold in my mind. This lasted for six to eight hours, maybe. And then the next day it was basically back to the same. It didn't come as easily. And while I'm still trying to do this, I would like to know if there is anything special that I can do when something like this does happen, how to nail it down maybe, and be able to come back to it. A linchpin that you can hang your hat on and come back to later and help to create that again.

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We are those of Q'uo, and are aware of your query, my brother. We find in this instrument's mind memories of similar, special times, times in which she has been transported from the mundane world to a place of light where the perfection of the divine plan was quite clear.

It is a wonderful gift to have enhanced awareness and immediate apprehension of truth, or gnosis, as this instrument calls such experiences. We believe that your experience was of this type of gnosis or knowing that has nothing to do with facts but has everything to do with focused and centered emotion. The knowledge of the heart is of this nature.

(Side one of tape ends.)

(Carla channeling)

We must share with you the fact that we do not know a way reliably to help you nail down such a state of mind. Such enhancements are gifts. They let you know that things are possible that are outside the box, shall we say, of ordinary intellectual mentation.

They let you know that there is a greater truth, a higher reality, that overarches and interpenetrates that experience of everyday. It is immanent, nearer to us than our very physical vehicles. This awareness is so close to everyone at all times that it is surprising that such times of enhanced awareness do not occur more often.

However, we can encourage you, my brother, to appreciate those times when they come, and know them for the truth that they hold.

In terms of how to encourage such experience to happen more frequently, we encourage the basic concept of spirit. When you move into the silence, be aware that you are a crystal. Like a radio station, you may be tuned to different frequencies. We are not suggesting that you manipulate yourself, saying, "I want to be of this setting or that setting." We are suggesting that when you enter the silence, you enter it aware of its sacred nature and aware of yourself as a being worthy to rest in that sacred place.

Those things that brought you to that moment wherein a door opened for you and you were able to slip into a different frame of mind were a combination of your passion, *(inaudible)*[4] the rhythms of your body, your mind, and your spirit, and all of those elements within your universe that are cyclic.

Sometimes you are much more physically ready to experience *(inaudible)* depend upon the planets and the moon. To a certain extent they depend upon the health of your body. It may depend on many things. However, it is certainly always helpful for you to enter that silence aware of that sacred place that is the nature of silence. All of the universe lies within the stoppage of the busy mind.

May we ask, my brother, if there is a follow-up to that query?

T: No, that's fine. Thank you very much.

We are those of Q'uo, and this instrument has energy for another query, if there is one.

R: I have one question, Q'uo. Can you tell us how this circle of seeking looks to you, as opposed to the other times where we have just people in this location?[5] Do you see a double circle? Or is it brighter? We have people who are listening but not physically with us in this room.

We are those of Q'uo, and are aware of your query, my brother. We give this instrument the image of a lei. It is term used for a necklace of beautiful flowers. When this instrument was in Hawaii, she was given several of these flower necklaces. When you have a circle of seeking that is local, that is all in one place, it has a different energy to it than when there are entities from many different places that are coming together from all over the world.

It is not that it is brighter, but that it is a larger circle.

It is, however, of the same nature as a local circle in that the beauty lies in the relationships of all of those within the circle with each other and with the Creator. It forms a kind of kaleidoscope of color and texture and even sound, from our point of view.

[4] Throughout the latter portion of this session a large thunderstorm rolled through Louisville. Both of our tapes were compromised. After hours of careful work, comparing the two tapes, B was able to recover about 95% of the session's text. However, some words were too garbled to recover, as the lightning strikes seemed to cause the tape to entirely fail to record at times.

[5] This session was being broadcast into a "chat room" environment where a total of 23 people, from many places around the world, logged on and listened in.

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When you have entities who are tuning in from varied locations, there is, in those entities, a good bit of passion and emotional focus because of the difficulty of dealing with the technological aspects of getting the connection made. So even though the entities are far away in terms of their being a part of the circle, there is not a double circle. It is simply a larger circle.

We ask you to pause for a moment and appreciate yourselves. Appreciate your beauty. Sense into your relationships with those entities you cannot see but whom you know are like birds of a feather that flock together in ways that you *(inaudible)*. We can see the *(inaudible)* affection, inspiration and love. We can see the health and wellness of this group and we can see its power to create a shift in consciousness. Each *(inaudible).*

We would ask at this time if there is a final query? We are those of Q'uo.

R: Not from me, Q'uo, but for those who are listening or cannot speak to you, I know you can hear them, I thank you for your kind words.

B: No more questions [from the internet listeners].

We are those of Q'uo, and we thank you, my brother, on behalf of those people that are not physically present. We thank you for bringing those messages of thanks to us. Indeed, we are the ones who offer thankfulness and gratitude from the depths of our many hearts to you. It has been a true pleasure to share with this circle of seeking.

We leave you, as we greeted you. For all that there is, is love and its child, light. The unmanifested and the manifested worlds are created *(inaudible)*. In those two elements of Godhead, we leave you. We are known to you as the principle of Q'uo.

B: Thanks from the internet people.

Adonai. Adonai. ♣

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Special Meditation
April 14, 2006

Question from J: Could you offer a word to those whose energetic profile matches service-to-self entities, who have strongly developed lower and upper chakras and a muted heart chakra, and who are working to effect their positive polarization now on this planet.

For example: they have the advantage of possessing a great deal of personal gravity, will, intuitive force and perceptivity. Also, they have significant insight into the machinations of dark force operations now haunting this planet.

On the other hand, ingress into the heart of such is a tricky business because it demands the balancing of polarized emotions of immense charge. It's not so easy to accept one's complicity in perpetrating the horrors of creation.

The first question: can you recommend avenues of restitution and service?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this evening. It is a privilege to be called to your circle of seeking. We thank each of you for reserving these moments of your incarnation for seeking the truth and for calling us to your circle.

As always, we would ask of each that care be taken to discriminate in listening to our thoughts. If something seems resonant to you, by all means, use it. However, if our thoughts do not seem resonant to you, please lay them aside. Your cooperation in guarding the gates of your perception is much appreciated for it will allow us to speak freely and not be concerned with abridging your free will or your sacred spiritual process.

We would gladly speak a word to those whose profile matches the service-to-self energy pattern of well developed red, orange and yellow-ray energy centers, and well developed blue and indigo energy centers, but poorly developed green ray.

We would suggest that such entities experiencing this pattern of energy expenditure may profitably consider that they may well have chosen to incarnate in third density upon the Earth at this time in order to effect a more harmonious and full balancing of the energies which you may call love, light, power and peace. We offer these words to indicate the dimensions of love and wisdom, or the lessons of fourth density and fifth density, that are studied in sixth density in order to unify and solidify the point of awareness that contains all of the consciousness that is granted to all aspects of the creative principle.

Those who have experienced a far more comprehensive course of study in wisdom than in compassion move into third density not only to be of service to the planet and to its people but also to tackle a kind of strenuous metaphysical boot camp, if you will, in which your preincarnative desire is that you shall effect, within the athanor of

incarnation, a more equitable and just integration of the energies of love and the energies of light or wisdom.

We wish to indicate that this is not, for an entity overbalanced into wisdom, a *beau geste* that is particularly easy to grasp or effectuate.

The chief stumbling block to one overbalanced in wisdom is a basic attitude with which this instrument is familiar that she calls pride. When she sees this element of character within herself, she confesses her pride.

However, we would perhaps use the term arrogance rather than pride. In pride, there is a conscious element: one is proud of something. There is a quantitative aspect to this concept of emotive structure. We do not wish to indicate that there is any conscious aspect to the structure involved in those who are wise at the expense of love. Therefore, we suggest the term arrogance, for arrogance is an unconscious attribute carried by those who are aware of the efficacy of their thinking processes.

We would say to those whose profile matches this distortion that it is time to become willing to be grounded in humility.

We would offer one figure before taking further queries. This instrument attended one of its Holy Week services yesterday evening. This particular service was devoted to focusing upon an evening meal held in an upper room tended by thirteen men, including Jesus the Christ.

During this meal the one known as Jesus offered two mandates as suggestions for loving each other. His first suggestion is memorialized in what this instrument calls the Holy Eucharist. The teacher known as Jesus took bread, the common, ordinary bread that was the substance of the night's meal. He blessed it. He broke it. And he shared it with all who were at the table.

And he said, "When you break bread, do it in remembrance of me."

And he took the wine, which was their common drink, blessed it and poured it out, sharing it completely with those present.

Again, the one known as Jesus said, "When you drink, do this in remembrance of me."

A second mandate, as a teacher that evening, as recorded in your holy work known as the *Bible*, was to ask those present to remove their sandals so that he could wash their feet. The one known as Peter at first refused, for he felt that it was far too humble a task for a teacher to offer to his students.

But the one known as Jesus said, "Unless I wash you, you shall not be clean." And so Peter immediately said, "Then, Lord, wash all of me." The one known as Jesus said, "You are clean and yet it does not hurt to wash the dust of the day off your feet."

Having washed the disciples' feet, he said to them, "If I am your teacher and I wash your feet, then perhaps you may see your way clear to washing each others' feet."

The one known as Jesus seldom spoke directly. However, you may see his intention was to indicate not only the value of service to others but also the value of absolute humility.

We ask all of those who find themselves wise and who know themselves clever, has it helped you to love? Has it opened your heart? We have often spoke through this instrument of the most difficult journey an entity such as those you have described will ever make. That journey is the fourteen or so inches from your head to your heart.

May we ask for the next query, my brother?

J: Can you make suggestions which make easier the polarization of these ones in particular?

We are those of Q'uo, and are aware of your query, my brother. We have perhaps made a modest beginning at suggesting the general strategy for working towards the full integration of wisdom and love. We have talked before about the heart chakra. It is a much misunderstood energy center encompassing two distinct aspects.

It is impossible to make a direct assault upon the closed heart. The heart itself is protected within what this instrument would describe as an outer courtyard. The overarching dome of light that signals the presence of consciousness is gently enswathed in the basilica of the inner heart.

Outside of that *sanctum sanctorum* is that place where entities come, in all their dirt, to see if they are ready to enter their own heart. The difficulty that entities find when attempting to enter their heart is that they must needs integrate all of their

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personality shell into that entity which stands at the door and seeks entrance. All entities carry the full 360 degrees of personality. The entire spectrum of light and dark lives and thrives within each spirit sent forth by the one infinite Creator before the world was.

For those who carry that arrogance of wisdom, there is subtle work to be done in emptying the pockets of self. It is lonely and unforgiving work to break yourself open to the point where you can see and acknowledge all of the factors that go into what on the surface is a simple and seamless attitude of confidence and self-knowledge. Nevertheless, this is the task ahead of one who wishes to open his heart.

It is a difficult thing to grasp because there is no cleverness involved in opening the heart. There is only the acknowledgment of the falsehood of any claim that one may wish to make to true wisdom. For wisdom uninformed by love is not stable or balanced, in terms of that lesson which entities such as yourself incarnated in order to balance.

The wiser an entity is, the more narrow his ability to see beyond his own intelligence. The ability to use higher chakras further confuses the issue, because from the viewpoint of manifestation, there seems to be such a likelihood that such powerful knowledge will be useful to the self, to the Creator, and to the planet.

In orienting you and those like you to the actual situation, we would ask each to move back in perspective until there is a broadness that takes in all of the third-density pattern. A pattern involves a choice of how to be and how to serve. In third density, the path to graduation involves a simple choice followed by a series of congruent choices which progressively tune the spirit under such discipline to the point where that spirit is able to surrender to love.

The difficulty is in releasing all of the intelligence and knowledge that is so proudly carried and so skillfully used in the outer manifestations of life on planet Earth.

In order to dig down into the treasure of self, you must break the container that holds all of that pride or arrogance of accomplishment. When you have released this structure, you will find that you are as vulnerable as a tiny kitten, such as the one that is snuggled up against this instrument's ankle at this moment. Only when you have become as a tiny child, free of the burden of your wisdom, can you at last break the bunker of self-consciousness.

My brother, how deeply and how truly you seek to do that! And yet how clever are the many, many thoughts and strategies that will gladly entrain your intelligence and distract your will. These forces within you do not wish for you to open your heart. They like having full pockets. They do not want you to empty your pockets of these things which, to the surface personality, seem to suggest selfhood. Yet there is a powerful voice within you that says that this is not true consciousness. And you hunger for that.

What is the "I" of a person and of a soul? When consciousness itself is the "I" of you, then shall your heart be free to open and blossom and radiate infinitely. And from that perspective alone shall you at last be able to march from the *sanctum sanctorum*, fed and strengthened, in full knowledge of who you are for the first time and ready at last to do serious work upon balancing the wisdom which you offered to yourself as a gift and as catalyst.

You seek to wend your way from the penumbra of articulated thought to the daylight of love. We wish you every good fortune in your seeking and we commend you for your awareness of the basic situation.

May we ask for the next query, my brother?

J: Can you speak of the response on the inner planes to those who choose to relinquish their status as spiritual achievers and surrender their proudly held, imbalanced acquisitions for the common good?

We are those of Q'uo, and are aware of your query, my brother. The response to one who has at last been able to lay aside pride, break the pottery of intellect, and offer the naked soul, as it is, to the one Creator in all humility, is embrace, inclusion, comfort and support. Indeed, these are the responses of your guidance system and those spiritual forces which surround you regardless of your circumstances.

However, to one who has indeed cast aside arrogance, the voice of spirit becomes quite audible and there is a liveness of interchange that is not possible while the egoic structure of the personality shell retains its knowledge of its self-sufficiency.

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We speak as if there is a "we" and a "they," a "you" and an "I." And this is not precisely correct. For there is an ever-flowing movement of energy along lines of force which are created by your thoughts and feelings rather than there being a dynamic of two.

You are experiencing ways of structuring the self so that it may be known to the self. We do not wish to take away every structure of your thoughts in an instant. Rather, we would that you would conceive of this journey as a dance. It is a dance in which your movements express a gradual increase in your ability to be naked and without personality.

In the privacy and the intimacy of your silent meditation, allow all to fall away as it will and sit with that which is left until it, too, falls away. And then sit with that which is left until it, too, falls away. Repeat this process until when you sit, you simply sit.

May we ask for the next query, my brother?

J: I find in myself a strong affinity for higher-density planes of both polarities and information about them. This and other things have led me to believe that I have wandered through higher-density planes, both positive and negative, and then chosen to hop back into the maelstrom of third density. Could you please verify this and discuss the phenomenon of individuals exploring both polarities into higher densities? Could this be merely a grand way of deferring true polarization?

We are those known to you as the principle of Q'uo, and are aware of your query, my brother. We tread close to the limits of free will as we respond to this question. In our opinion—and we offer it for what it is worth—the pattern which you describe is that of a sixth-density wanderer whose fifth-density experiences were felt by the sixth-density entity to have too marked an effect upon the basic ground of being which is represented by the pallid word "love" and by the activity of the student of fourth density in realizing fully …

(Side one of tape ends.)

(Carla channeling)

… the depths of that ground of being. The Thought that created all that there is was not a thought of wisdom. It was pure, unconditional, love. Consciousness is a Thought which creates and destroys the universe. That consciousness is a consciousness of love.

It is difficult to bring into focus within third density the function of wisdom. Perhaps the most skillful thing we could offer at this juncture is that which has been noted by all, we feel sure, and that is the difference between the thinking of the intellect and the thinking of the heart. Each entity knows people who seem to think with their hearts. Whether their intellects are great or modest, the solutions to the catalyst within their lives seem to involve the creative aspects of love.

Practices which aid an entity in becoming more aware of his own heart are those practices which are very momentary. It is difficult to discipline the self to use the present moment. But it is in the present moment that you may practice opening the heart.

Stop and think about your facial expression. Are you smiling? Are you frowning? Place upon your face the beginnings of a smile and each time that you become aware of your expression, curve up the edges of your lips into a slight smile. Over time, examine the results of this seemingly completely superficial practice.

When you become aware that you are entering the presence of another, take a moment to acknowledge, accept and admire the perfection of that individual. Naturally, that perfection is not apparent to the outer eye in most cases. Do not let that stop you. You know that each entity is the Creator. Take a moment to establish that acknowledgement, acceptance and admiration.

Before you arise from your bed, call for help. Your guidance system cannot begin to act actively in your life unless you call it, not just once but every day and every moment.

Wisdom has a tendency to create within an entity the feeling that he or she is powerful and self-sufficient. In truth, when power has been wedded to peace and light has been wedded to love, true power emerges. And in that power is rest. In that compassion is wisdom. But the ground upon which you stand in order to do this work of reconciling and harmonizing those factors that blend into who you are is love.

We find that this instrument's energies are waning and we would ask for one more query before we leave this instrument.

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J: Why is it that fourth and fifth-density negative beings don't work in conjunction with their higher selves to see where the negative path leads and then switch over to the other polarity? This would seem to be so much more efficient! Is it fondness for the game, the enjoyment of feeling strong, inflowing, apparently fulfilling energies and fear of annihilation or interminable misery that keep them enthralled in their mischief?

We are those of Q'uo, and are aware of your query, my brother. And, indeed, we find that you have offered many fine answers to your own question. Therefore, since this instrument's energies are waning at this time, we would ask for another query before we leave this instrument.

J: Now that the era of service-to-self activity on this planet is coming to an end, are there scholars in the inner planes who are tallying up the lessons learned? What do we do better to understand now about the lure and the explication of violence and selfishness? From observing such difficult passage of a planet to fourth density, how can we better understand the properties of the service-to-self vortex as it reflects to us a distorted image of unending love?

We are those of Q'uo and are aware of your query, my brother. We thank you for the subtlety and the beauty of this question and, indeed, for the great thought that you have put into all the questions for the session.

We truly have no words to offer but only the humility of silence to those who would seek to know the one infinite Creator. When such hopes and desires are expressed, it is time to move to the bare beginnings and to take up with joy a condition of infanthood, and then to surround that beloved, precious, infant spirit self with the greatest of faith that you as an entity may find within your self.

For it is faith alone that cleanses the intellect, that simplifies the abstruse, that brings the flight of fancy back to the most simple and profound truth of the one Creator.

Who is counting the beans, my brother? You are. This instrument is. Each entity does it for the self. And as the self acknowledges, accepts and admires with great affection the self, the Creator harvests all of that complexity and strains it into self-awareness that is without vice.

That which you seek, my brother, is closer than your breathing. Remove the stumbling block of self, with a small "s" and, as you are able to peel away layers of maya,[6] consciousness shall emerge and you shall become transparent to eternity.

We thank each again for the pleasure of this interaction and for the beauty of your vibrations. We leave you, as we found you, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

[6] Maya is a Hindu term meaning illusion and used to indicate the earth world.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
April 16, 2006

Jim: *(Reading question.)* "Q'uo, many New Age seekers and fundamentalist Christians believe there will soon be a rapture or ascension in which the true believers or chosen people will be whisked away by UFOs or angels, leaving the rest of humanity to suffer the tribulations of these last days. I don't believe that any true Christian or service-to-other seeker would want to leave Earth before their fellow seekers could leave too. Could you speak to the difference between this idea of a rapture or ascension and the [Confederation channeling's concept of a] graduation to fourth density that follows the death of the third-density physical body? What spiritual principles could help us think about these possibilities?"

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for the great privilege of being called to your circle of seeking. We rest in the beauty of your vibration.

We are most glad to speak with you concerning the query about the so-called rapture. But before we begin we would ask each of you to guard the gates of your perception carefully. Do not allow our comments and thought to sway you unless they seem to be particularly resonant to you. If they do appeal to you, by all means work with them, but if they do not appeal to you and do not seem lively and helpful, then please leave them behind.

We are no more of an authority for you than you are for us. Please realize that you are the authority for your spiritual journey and use your discrimination well. If you will do that for us then we will not be concerned about infringing upon your free will. We thank you for this consideration.

Before we approach the fundamental query we would like to address a matter that we find appearing frequently in entities' queries when they have to do with ascension or the rapture. We would like to address the thinking of those who were involved in creating the concept of the ascension or the rapture, at the time in which the *Bible* was put together.

At this time in your history your Middle East, as this instrument would call that region of your globe, was the home of many civilizations that shared this area. It was not the native land of [any] but rather a place where many cultures mingled.

The common belief system at that time for many Jewish entities, as well as for the many other religious groups that populated that area at that time, was in reincarnation. The difficulty with a belief in reincarnation, if you are looking at that belief from the standpoint of one who wishes to get the attention of a populace, is that if an entity believes absolutely that he is part of a soul stream that will incarnate many times, then that entity is

not particularly concerned with whether or not he is virtuous in this life because he assumes that he shall have another chance to make things right in his next incarnation.

Therefore, the concern of teachers was to focus the student on this life and the behavior that was required in order to create a shift in consciousness from the old ways of doing things to the new way of doing things. For the one known as Jesus, the old way of doing things was the way of the world. The old way was the way of money, power and influence. The one known as Jesus was suggesting that it was time for people to wake up, to turn from their worldly ways and release their concepts of the importance of money, power and influence.

The one known as Jesus had another kingdom in mind than the kingdom of the world. He called that the kingdom of heaven. He was interested in turning people's minds from the world to heaven, from fear to love.

As he talked about the end times, therefore, this entity was speaking in stories and parables, not attempting to teach literally but attempting to create an atmosphere in which the truth would become clear.

Many times this entity said, "He who has ears, let him hear. He who has eyes, let him see. He who has a heart, let him understand." He was asking entities basically to move from the environment of the mind and from one way of thinking to another environment of the mind in which the heart did the thinking.

We cannot address the concerns of those who would read these words from the standpoint of a faith in the literal truth of them. We do not wish any to believe, word for word, in what we say, and we do not wish to persuade those who believe the *Bible* word for word that they are wrong.

We would simply ask that those who believe in that fashion not attempt to work their way through what we have to offer you, for we assure you that the view of your church authorities, though narrow, is penetrating. You will be able to follow the instructions and the teachings of the one known as Jesus the Christ without reference to what we have to say. And for your own peace of mind we would suggest that you not proceed further with any but those sources that are accepted by your leaders, for we truly would not leave a stumbling block before you.

Now let us move on to the basic query of this session.

It is so that the one known as Jesus spoke of the day of rapture, of a time when one person would be left in the field and one would be taken. We have indicated that we do not believe that this is a literal scripture nor that the teacher known as Jesus intended it to be taken literally in terms of space and time.

However, my friends, there are other ways to look at this concept that perhaps may create for you a more understandable story.

There are two ways in which there is an absolute ending to the open possibilities of the present moment. The first is that moment when you, as an incarnate being, pass from this world to the next. At the moment of the physical cessation of breath, as the life leaves your body, so does your consciousness. And that tuning or vibration which you carry at that moment is absolutely the final tuning of your incarnative experience.

It is at that resting point at which you leave the incarnation that you move on in consciousness to that vehicle of light which you have enjoyed as it has interpenetrated your physical body throughout your incarnation. And in that body of light energy you shall move through the process of graduation. That moment in the field is that moment that you may call death.

In a larger sense, and this is from the standpoint now not of yourself but of the planet as a whole, there is also an ending point to the possibility of being able to sustain third-density choice-making possibilities. The third-density energy on your planet wanes at this time. There will not be many further third-density incarnations.

Those who have been incarnating lately, for the most part, are those entities who have volunteered proudly and sacrificially to enter this waning third-density environment as pilgrims of fourth density. They are like unto those led by Moses in the desert. They shall not see the Promised Land, but they shall create the Garden of Eden upon your planet once again to the best of their ability.

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Thusly, treasure this incarnation and realize the gift that it represents for each of you. This is your last opportunity to make and sustain the choice of polarity that shall lead you through graduation and into your taking up higher-density work. Those who do not make a choice of polarity and sustain that choice until polarity is built up to the point where you are able to bear the light of higher densities shall experience another cycle of third-density incarnations upon another planet and shall once again take up the lessons of love.

We emphasize that in our opinion there is no true downside to this equation. If you are not ready to make that choice, you have all the time in the world to consider it further. If you are ready, then this is the opportunity to seize the day, to take hold of the direction and path of your spiritual evolution and to invest your walk into the light with every fiber of your being, every hope and every joy and enthusiasm. Give thanks, my friends, for these are wonderful days for those who wish to make that choice and to walk that path towards the light.

In terms of what physically is going to happen upon your planet, we are not able to tell you precisely how the possibility/probability vortices will work themselves out. Your people are waking up at a phenomenal rate. It seems to be spreading exponentially, not only in the area of the world of which this instrument is aware, the United States and North America, but in every continent; in every culture, and in all peoples, no matter what their circumstances.

Indeed, my friends, those whom you would think would know the least about these troubled times—that is, those indigenous tribes and natives in various parts of your globe—are fully aware of the situation and have not been distracted from direct and intuitive communication with all of the densities, both inner and outer, by the distractions of civilization. It is actually the civilized nations, so-called, that are the furthest from a direct apprehension of the situation as it exists at this time.

We do feel that there is little or no danger that the Earth herself, in her movement into full fourth-density existence, shall need to express a global catastrophe that would cause a physical rapture to occur. As we have said before through this instrument, what we see as we gaze into the mind and the heart of your people as a global tribe is a troubling tendency to seek aggression and war instead of diplomacy and conversation. This tendency multiplied throughout a power-hungry world could result in your nation-states acting aggressively in such a manner as to set off a true doomsday with their bombs. This is possible.

And we would ask each of you to be aware of this tendency in the human heart toward aggression instead of patience insofar as you are able personally. We would encourage each of you to choose communication over aggression, patience over impatience, love over fear, and hope over exclusion.

What you as a person do may seem to begin and end within yourself. But we say to you that you act not only for yourself but for humankind. The choices that you make, if made purely and with conscious intention, can change the world.

Yes, you are that powerful, that magical, and that influential! You have within you the consciousness that was in Jesus the Christ. It is buried, in some cases, beneath the rubble of a carelessly spent life. Begin this day, then, to live with care, patience and love, being consciously aware that you stand for Earth this day, not only for yourself. Do not let this concern you or weigh you down. But know that your choices truly make a difference.

You have asked what the dynamic or the difference is between this theory or story of the rapture and ascension and the Confederation's teachings concerning graduation and walking the steps of light.

In a sense, the differences are slight because both stories focus upon each individual soul making a choice, of his or her free will, as to how to be and how to serve. Shall you be a radiant servant to others, a servant of light? In that case make each choice with that in mind.

For those few who read this who are dedicated to polarizing in service to self, in terms of your graduation we say to you, my friends, focus carefully each time you choose upon who you serve and how you wish to express your choices.

To those who persist in their choices, graduation is almost inevitable, for you are full of the desire to move on and when you organize that desire into a focus and point your will, nothing can stop you. You can be in prison and you can still make your choices for love, service, devotion, joy and gratitude. You

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can be on your deathbed. You can be on your sickbed. You can be in any circumstance whatsoever, and as long as you have the will to make these choices, you are already in paradise.

It is those who do not wish at this time to engage with this weighty choice of who to serve and how to serve that shall not graduate. For they simply have not become people of power. They have not chosen. Few there are, however, at this point, who are not aware that there is a choice to make.

You have time to direct your thinking and to pursue your seeking. There are some years yet of third-density energy. We do encourage you, however, to move ahead at this time with your choice-making and to be as faithful as you can to the intention of that first choice. For you enter now into a time, in perhaps six or seven of your years, when you shall no longer be able to make that initial choice. Time is short.

It is not that you shall die when this energy wanes from third density. It is that the vibrations will be simpler and will not contain those energies that mount, spiraling upward. Therefore, life shall be sustained, and those who come into the environment having already graduated, as many of those born now have done, will carry with them that energy of graduation and will not need to be concerned at the end of their third-density existence. Those to whom we speak now, however, for the most part have yet to graduate. Therefore, we speak to you, not with a sense of urgency but with a desire to share the information that will help you make skillful choices in your present and in your near future.

In terms of the way we see what shall occur in your next few years, we do see the difficulties and the inconveniences which are involved with the Earth moving through the changes that it must make in order to achieve a stable balance within fourth density. This is calling for third-density Earth to realign itself. That realignment is well advanced.

The work of this group and many, many others like it, as well as many individuals working alone in terms of physicality, have created a grace period. Since 1998 in your counting, you have been living on grace alone. This grace continues. It shall not continue beyond a certain point. For you see, at a certain point it is as though there were energies mixed in a glass of water.

We apologize for the oversimplification of this figure, but we are using a non-scientific instrument.

The energies are all mixed in a glass of water and to a certain extent they continue to be melded within each other, but at a certain point, the heavier elements sink to the bottom and the lighter elements rise to the top and there is a separation between the two levels. That point is coming for third density on planet Earth. This is not a tragedy. This is not the rapture. This has nothing to do with ascension. It is the natural, evolutionary process by which spiritual evolution of people and of planets occurs.

Your Earth shall become, in the fullness of time, a fourth-density positive planet. However, there is a golden period that is coming for your people. It is a time when those entities who have graduated third density and who are very concerned with the karmic patterns of their past are going to be able to create a time of restitution on planet Earth.

It will be a difficult time. It will be a challenging time. For the technology that you have currently created will not be adequate to the needs of the future. You will be creating new ways to do things. But the energy that is among you will clear tremendously from that which you are experiencing at this time. Those entities among you at this time that are attempting to graduate service to self will have moved on. Those entities who remain upon the planet shall be those positively-oriented entities whose concerns involve restitution to this planet.

There is another group of entities who shall be upon your planet for some time into the future if they so choose. These are entities who are not able to graduate into fourth density, or higher densities if they were wanderers, but who yet feel that karmic pull and wish to make restitution. Those include many who are alive at this time, and you will find that many entities will be attempting more and more to refocus upon the needs of the planet and its resources. They will be wishing to clean its water, its air, and its soil.

These entities are hoping not to graduate but rather to go to a kind of summer school, if you will, where they can free themselves of the habit of carelessness. For it is a careless thing to misuse the environment. It is also a careless thing to misuse people, relationships, societal entities and groups.

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So this is a time of great excitement and hope upon your planet. Many are attempting to graduate. And many who do not feel that they can graduate at this time are attempting to make restitution so that they are free of the karma of having destroyed or hurt the planetary beings upon which they lived in the past.

This is how we see your present moment, not as one in which there will be a sudden change but one in which the changes are continuous and metaphysical in nature rather than physical.

We thank the one known as Jim for asking what spiritual principles are involved in thinking about this question, for that allows us to ponder with you that great and central spiritual principle of unity that governs the outworking or manifestation of spirit in the world.

We said earlier to you that if you could consciously make your choices knowing full well that you choose for Earth, you would indeed be part of the creation of a shift in consciousness for planet Earth.

Unity consciousness is very powerful. When you see people making distinctions between those who belong and those who do not, you see clearly the marks of service to self.

(Side one of tape ends.)

(Carla channeling)

No matter how logical the explanation for leaving out certain entities in any grand design, the underlying truth is that such thinking carries delusion and error. To the Creator, all of us—we, you and everything that there is—are one being. The concept of rapture has within it the seeds of service to self, for it chooses some and not others, and condemns those who have not made it to this final destination of heaven to a final destination of hell.

And we say to you, your heaven and your hell lie in the present moment. You make of your world a heaven or a hell. He who approaches life from an attitude of love creates a heaven wherever he goes. We find in this instrument's mind the example of an entity named Dietrich[7], who in the Second World War was condemned for preaching the gospel and put in prison. These entities were on starvation rations and were expected to die. This entity knew code, and he would tap out prayers and encouragement on the bars of his cell and other entities who knew code would carry on and pass the word. He would do this every day. He would create services and prayers that sustained an entire prison block of entities through the Second World War. He did die a natural death, but not before he had carried with his love and with his faith an entire community of imprisoned souls into light and love simply because he kept talking, the only way he knew how, about the only thing that mattered to him, which was love.

Let your lives be about love and you shall make of your world the heaven it surely is. When you walk through the gates into larger life you shall only see more of the same, my friend, for you have been there all the time. This day you are in paradise. Believe it and act on it and let the word spread that heaven is on earth today. It is in your hands. It is on your lips. And it is in your heart.

Is there a follow-up query at this time, or would you wish to ask another query at this time? We are those of Q'uo.

Jim: We have another question: "In order to choose the light we must first acknowledge and understand the darkness. That is the only way we can consciously exercise our free will. The question concerns the nature of the darkness. There has been much given about negative entities that bring disease and disharmony to those seeking the light. But is there a separate class or type of negative entity that brings disease and disharmony to service-to-self beings as well? Are the service-to-self beings themselves what have been called dark angels or demons that have been cast out? Could you offer any spiritual principles that would help me to think about this?"

(Carla channeling)

We are those of Q'uo and are aware of your query. My brother, we would untangle your question a bit before we respond fully, for we find that there are two questions where you intended only one. Therefore, we would remove one question from the other so that we may answer cleanly.

The situation in which an entity might help to create illness within a spirit in incarnation is rare. There are such situations. However psychic greeting is able only to accentuate preexisting faults, or as this instrument would say, chinks in the armor of light.

[7] Dietrich Bonhoeffer. Please see www.dbonhoeffer.org for more information.

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For instance, in this entity the chink in her armor that created the possibility of a rash of unfortunate falls and difficulties that have resulted in this instrument having a broken ankle and other difficulties, bruises and so forth, was her tendency to be forgetful and not to be aware of where she is or what she is doing because of the fact that she is thinking about something.

It is a habit and a pattern of absent mindedness that this instrument has carried since birth and has accepted because it actually has physical roots in birth defects that have to do with her amygdala. Her eye was pushed into the amygdala at birth and therefore the connection between long-term and short-term memory was severed at that time. She has compensated well, but she has an inborn tendency towards faulty memory and absentmindedness.

And so when she was indeed greeted lately in an attempt to distract her from those good works in which she was engaged, the target of opportunity was her physical body. And so she has sustained what she calls "dings" to it. It has not dismayed her or distracted her. Nevertheless, this is a good example of the kind of ingress into physical health that an outside force has. It is not great.

The general cause of disharmony within a body system is disharmony within an entity's thoughts. There are very toxic thought patterns that can be guaranteed to result in a less than optimal physical configuration.

Thoughts of fear drive out peace. Thoughts of love build up inner peace. It is as simple and as challenging as that. As your mind, so shall your body go.

That which you worry about, that which you fear, you call to you. We would encourage you to watch your thoughts like a hawk. When you find them becoming toxic, ask yourself to stop thinking along those lines. Ask yourself how your highest and best self would approach the situation that has you in worry and fear.

When that thought comes to you of what the highest and best would be, try it on, my friend. See if it feels more comfortable to you, more profitable, more skillful, and more helpful than your fearful thoughts. This is the kind of choice which does not look like a choice of polarity, but it is. The choice of fear is the choice to have life be about you. The choice of love is the choice to have life be about the one infinite Creator.

Is there another query at this time? We are those of Q'uo.

Questioner: *(Mostly inaudible. The question was about whether the inner and outer densities are the same as the inner and outer planets.)*

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. It is so that the inner and outer densities are the same as the inner and outer planets. This is so, my brother.

Questioner: *(Mostly inaudible. The questioner asks something about a break point.)*

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. There is no difficulty in having both. There is no break point, as it were. There are inner planes in each density. All densities have all densities within them in sub-density form. In third density you have all densities, one through seven, in the inner planes. They are inner-plane densities as opposed to outer-planes densities in that they are time/space in configuration rather than space/time in configuration.

May we answer you further, my brother?

Questioner: *(Inaudible)*.

(Carla channeling)

We are those of Q'uo, and would ask for a final query at this time.

Questioner: *(Mostly inaudible. The question has to do with how the Q'uo group sees the group gathered on the internet from around the globe as it sits for this circle of seeking.)*

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. We give this instrument the image of the planet itself, with the kind of view down from a height that this instrument has seen from an airplane flying across the continent from one big city to another.

As she looks out the window at night she can see the lights that twinkle such a far, far distance below. From miles up, she can still see the lights of the

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farmhouses and the little towns in the smaller, less populated areas of your country. And so we see your lights as you exist about the globe.

And yet at the same time we see you that are absent from this group as it sits in Kentucky, those that sit in one room, being together in one locality. This is because by opening up the group to non-local members, you are truly acquiring time/space characteristics in the midst of your space/time, real-time presence.

It is a very exciting experience for us to have this time/space component which is created by the non-local entities joining this local group. It is a beautiful grouping in which, although you are probably not aware of it, your auras are interpenetrating and so you are creating dynamics that are inexpressibly subtle and yet quite ineffably beautiful. The coloration as one entity's soul stream touches another, that touches another, that touches the next, is perfectly marvelous and we feel very lucky to be a part of this group.

We greet all of you and we thank all of you for taking the time out of your very, very busy lives to seek the truth in this circle of seeking. This instrument's energy wanes so we would at this time leave this instrument and this group in the love and the light of the one infinite Creator. It has been our privilege and our pleasure to be with you and we thank you for calling us once again.

We are those of Q'uo, and we leave you in the love and the light of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation
April 18, 2006

Question from J: In the *Law of One* series, Ra mentioned several people: Jesus of Nazareth, Edgar Cayce, Taras Bulba, Genghis Khan, and Rasputin. I found out there's a common trait of these entities, that is, regardless of their polarity, they all learned their ability via the remembering process. This remembering process seems to have a accelerating effect on these entities' learning and growing process. Is my thinking correct?

If it's correct, I wonder if there are some effective methods to help us to activate such a remembering process. For example, Edgar Cayce's self-hypnosis or some special type of meditation.

And I wonder if Q'uo can describe the practicing details of these methods and also any precaution that we need to be aware of?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings, in the love and in the light of the one infinite Creator, in Whose service we come to you. It is a privilege to be called to your circle of seeking and we thank you. To be able to share our humble thoughts is our chosen service at this particular time and you greatly help us by giving us the chance to perform that service. It aids us in our evolution to serve the one infinite Creator in this way. We thank you for taking the time out of your extremely active lives to form this circle of seeking and ask for truth to be shared. As always, we would ask you to monitor your reactions to our thoughts carefully and discriminate between those thoughts that resonate to you and those which do not. Please leave those thoughts that do not resonate behind—they are not for you at this time. If you observe this discrimination then we feel much more comfortable in sharing our thoughts freely, for we would not intrude upon your evolution.

We are aware of the query of the one known as J concerning the various entities who remembered facets of their soul stream's history and are aware that you wish to know more about what you call the remembering process. We would offer some general thoughts before we respond to details of your question. The purpose of third density existence is not to penetrate the veil of forgetting or to know anything of a worldly nature at all. Certainly, there are times when it naturally comes to entities to remember this or that detail of a past life or to get a general impression concerning the background of that entity that you are that has come into incarnation in this lifetime.

However, it is unnecessary in terms of preparing the self for graduation from third density to penetrate the veil of forgetting. Indeed, it is far more important, in preparing for graduation from third density, that one come finally to the understanding that one knows nothing and can know nothing of the mystery that is the one infinite Creator. Reaching this level of humility and emptiness offers to the seeking student a peace and a confidence that

are lacking when one is striving to know more and seek more deeply into the history of the self before this incarnation.

The veil of forgetting was put into place not in order that it may be penetrated but to set up the conditions for a life in which the choice of polarity and the continuing choices of polarity that follow such an initial choice might be played out without any possibility of proof. The choice of service-to-self or service-to-others polarity is intended to be made against the backdrop of unknowing so that one must literally take a leap of faith in order to choose how to respond to the catalyst of everyday life. In each situation where there is a decision to be made that has ethical overtones, the whole point of that veil of forgetting is to clear the canvas of any paint except that which you wish to apply in the present moment. Your choices, then, are made very cleanly—not because you feel there was karma from this or that previous lifetime or because of any other fact that you feel that you have come to know but because, by faith, you wish to choose your manner of being in a way that expresses your heart's desire.

Therefore, while we are glad to speak with you concerning ways to penetrate the veil of forgetting, we do so with a careful warning to those who wish to do this. That warning is that that which you know or feel that you know about the larger picture of your soul's history and its business within this incarnation creates a heavy responsibility. If you know something, you are responsible for that knowledge. Decisions that you make, then and thereafter, need to be made carefully and with utmost focus upon who you are and why you are in incarnation on planet Earth at this time. Any information you feel that you have gained needs to be carefully remembered and carefully applied, for you have gained in responsibility.

We call to this instrument's mind the story of Adam and Eve in the Garden of Eden. They were asked not to eat the tree of the knowledge of good and evil. They chose to ignore this request and to eat this fruit. Their eyes were opened to issues about which they had been blessedly unaware of previous to the eating of the fruit of this tree. They became aware that they were in a natural state but that they were not simple beings, free and innocent like the animals and plants—they were entities with an awareness of ethics, morality, good and evil, as the story goes. They immediately began judging themselves; they decided that their natural, naked state was not acceptable. Modesty was born, repression was born, they became responsible for the knowledge that they had acquired. It is a heavy burden to have knowledge and it is not necessary to have this kind of knowledge in order to make the choice of service to others or service to self and to persevere in continuing to maintain that choice and that focus throughout the remainder of incarnation, thereby gaining polarity sufficient to graduate from third density.

Further, in general we would suggest as a focus for gaining information of a certain type that is helpful within incarnation, we would suggest that a more skillful focus for gaining information is an attempt to get in touch with your guidance system. We have in other sessions discussed in some detail methods for doing this and would refer the one known as J to the information contained in such sessions.

We would now move to a discussion of the details of ways to get in touch with more information about the self in previous incarnations. There are two basic ways which you may find efficacious in getting in touch with the information concerning past incarnations. The first way is organic and slow. Usually it involves simply expressing to the self each day the intention of coming—we correct this instrument—of becoming more aware of the experiences that have occurred to the self in other parts of the soul stream before and after this incarnation. It may be helpful to express this intention by looking at the self in the mirror. You may look into the eyes or you may simply look out of focus at the face. Either technique is efficacious for some entities. You may indeed find the image of your face in the mirror beginning to change into different faces as you gaze into that mirror for some time—we would suggest five of your minutes as the appropriate cutoff point; certainly between thirty seconds and five minutes at a time is enough intensity for you to experience at any one time. We would not suggest doing this more often than once a day. Such work as this may seem slight; however, it is substantive and powerful. When you harness your will and focus it, you are a person of magic and power and that which you desire will come to you.

If you desire to work with this information in a quicker way, the second technique would appeal to you. That technique involves using a professional

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and highly trained hypnotherapist. The technique involved is to ask the hypnotherapist to take you back, once the hypnotic state has been achieved, beyond birth so that you are not in this incarnation nor are you in any other incarnation. You will have instructed the hypnotherapist to ask you to make contact with your higher self. You will also have offered to they hypnotherapist the question that you wish to ask your higher self. The hypnotherapist may then ask those questions that you would wish to explore and the higher self, then, will respond through you to the question that the hypnotherapist is asking on your behalf. Since you as a person may well find it very difficult to recall what your higher self is saying speaking through you, it is well, if you pursue this avenue of investigation, to use a tape recorder or a CD recorder so that you have a record of that which was said.

Your remaining query had to do with the dangers that might possibly be involved in penetrating the veil of forgetting. We believe that we have expressed a sufficient degree of caution concerning this avenue of exploration. It is entirely up to you as to whether you wish to move forward with this investigation. Certainly it is fascinating to discover details of past lives and to muse and ponder upon the information that you have gained. There are times that spontaneous information will come to you—we correct this instrument—there are times when such information will come to you spontaneously. When it comes to [you] spontaneously and organically, it is part of the flow of your natural process of spiritual evolution. It is an indication that your higher self feels that you are capable of being responsible for this information and putting it to excellent use.

If you persist in speeding up the process of penetrating the veil of forgetting, please recall that you need to be very careful to use such information in a spiritually mature way, not judging yourself or spinning tales [of] adhering karma and dire consequences. We ask that you refrain from moving through such judgmental patters. Look at the information that you may have gained as a kind of story that will help you to have a larger and a more informed point of view and remember that it is not what you know that is important but how you respond to the present moment. This incarnation of yours, my brother, is not about acquiring information or wisdom, it is about opening your heart and becoming able to share and carry the maximum amount of light and love as it flows from the Creator to the Earth and through y our physical and metaphysical bodies. If you can open your heart in this moment, you are doing the maximum amount that you can do to serve the Creator and the creation.

May we ask if there is another query at this time? We are those of Q'uo.

J: When one activates his remembering process, does he accomplish via experiencing some things or is he guided by higher beings in the time/space?

We are those of Q'uo, and are aware of your query, my brother. There is always guidance coming into your aura, my brother, from what you would call higher beings. Your guidance system is always with you and many entities other than your higher self are attracted to those who are seeking and attempting to experience the truth as they understand it. This kind of metaphysical activity alerts many entities within what this instrument calls the unseen realm or plane of existence. You have within your aura, shall we say, many helpers waiting to be asked for help. It is truly written, "Ask and you shall be answered; knock and the door shall be opened; seek and you shall find".

Information cannot flow to you unless you open the door to it by asking for it. When you do not know that for which you should ask, simply ask for that which your higher self sees fit to share with you in the present moment. We encourage you to ask for this help before you arrive each day, and during the day when you have a moment to reflect, ask again that the spirit may speak to you. When you ask, you open the door to the potential of the present moment and spirit will find many ways to give you hints and inklings. Watch for repetitive numbers. When you see them, ask yourself what were you thinking? Whatever you were thinking at that moment, it would be helpful for you to move further with, to seek more deeply and more profoundly.

Watch for curious coincidences. This also is an invitation that the thought that you were thinking when the coincidence occurred is worth exploring more deeply. Or, if it is indeed a repeating thought that is the coincidence, examine that thought ever more deeply. Sit with it and see how your deeper self responds too.

In terms of the experience of discovering more about your soul stream's history, it is not the activity of

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higher beings, precisely, that is involved. If it happens organically and spontaneously, it is the action of your higher self, which in concert with that portion of your consciousness that exists between incarnation is responding to the conditions of your being as you meet the present moment. There are times in your life when you become aware of an entirely new level of the self and it is often at such times that your higher self is particularly active in responding to your needs because a great deal is happening at such times. These are usually times when you have been through a dark night of the soul and as you come to the dawning that lights up your life at the end of such a difficult period, many epiphanies and realizations may hit you like waves coming in from the ocean. It is at those times that spontaneous, new information about your larger self and its history may come to you. Otherwise, what you learn about your soul stream's history is likely to be because of your focus, your will, and your desire.

May we ask if there is a further query at this time?

J: During the remembering process, would one see some images in his visual screen or inner eyes?

We are those of Q'uo, and are aware of your query. It is usual in cases of the spontaneous penetration of the veil of forgetting that you will come to the information in a non-threatening manner. This usually takes place during the dreaming portion of your sleep. You will have a dream that seems particularly vivid and it will constitute the discovery of the way a previous incarnational experience feels or felt. Within the dream, you are simply in the other incarnation and experiencing life from that point of view.

The characteristic experience of one who is learning through this bleed-through experience of dreaming is that the dream will seem preternatural vivid, colorful and detailed. It is rare that such information streams into the conscious mind while you are awake. Although, certainly under the pressure of a sustained request for such information, it may be that such information will come as in a vision, or in the case of one working with the mirror, seen dimly or with increasing detail in the mirror itself during the experience of looking into the mirror with the eyes out of focus.

May we ask if there is another query at this time?

J: What requirements does one need to activate the remembering process? What is the maximum possible degree of total remembrance that one can achieve?

We are those of Q'uo, and believe that we grasp your query, my brother. The requirements for penetrating the veil of forgetting are a sincere feeling that this is an important piece of information that will help you in your spiritual evolution. If the desire is pointed in the direction of this information, then that activates the process of coming into possession of more information of this type. The maximum degree of penetration of the veil of forgetting is variable. Different entities will be able to bear different percentages of the full weight of the experiences that have been embraced and assimilate by the soul stream.

The density and weight of such information is incredibly great. You, my brother, would find it difficult to believe the amount of information and the kind of information that you have accreted to your soul stream during the very long and busy history of your beingness. You must realize that you have existed since before the planet upon which you now draw breath was created. You are a portion of the Creator Itself. You have experienced all densities within this octave of creation. In the non-local or metaphysical sense, you are even now in all of the densities, accumulating information to yourself to offer up as a gift to the one infinite Creator. Consequently, to know even one percent of your total history would be far too much information for you to bear within incarnation.

May we ask if there is a further query, my brother?

J: If one wants to open the gates of intelligent infinity, is it necessary for him to remember all things in his past lives?

We are those of Q'uo, and are aware of your query, my brother. Indeed it is not necessary at all to remember any of the details of your past lives. In order to achieve harvestability within third density, it is necessary only to intend to love and to allow the self to be loved in return. Loving and being loved are the activity that shall open your heart and create in you a cleanliness, a peace, and a power that expresses the love and the light of the one infinite Creator in its truth and its beauty.

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We thank the one known as J for these queries and for seeking the truth. We thank all of those in this circle for the privilege of being allowed to share our thoughts and for the beauty of your vibrations.

We leave you as we found you, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
May 7, 2006

Group question: "I would like to ask the Q'uo for your thoughts on the spiritual principles involved in the process of disease and in the process of healing disease both in ourselves and in our serving as conduits for the healing of other selves, such as in Reiki healing."

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and the light of the one infinite Creator. We come to you this day in the Creator's service. Thank you for calling together a circle of seeking and asking us to join you. Thank you to each of you, both in the room physically with this instrument and in the world at large. Truly, in the temple that you have made together by creating this circle we are all in one time and one metaphysical space and we are honored to be among you.

We would ask, as always, that each guard well the gates of perception and discriminate between those thoughts of ours which hit the mark and those which miss it for you. Be very careful before accepting any of our thoughts to work with. Be sure that it is truly a resonate thought for you, for we would not wish to lead you astray. We thank you for this consideration.

You have asked this day concerning the principles involved in the process of disease and in the process of healing—whether the healing is done upon oneself or whether the healing is done for others. The two are two sides of one coin and that coin is the mystery that you behold before you in the mirror: your physical vehicle, its energy body, and all of the attachments thereto.

Let us look at the model which we would use to talk about you as a physical being that has something called wellness or health.

The body that is your physical vehicle is the outward and physical sign of your consciousness. It is not your consciousness. The physical body, left to itself, is as any animal among your many species of animals upon your planet. It has an instinctual life and it owns a brain which you generally experience as that brain that makes decisions. That is what your physical body's brain was created for, as a choice-making tool. It makes choices on a hierarchy of priorities, the first being survival.

When you took upon yourselves the ambition of entering incarnation, you agreed upon a process that would inextricably bind you to this physical vehicle which you now enjoy, for the duration of your incarnation.

The consciousness that you possess as a citizen of eternity moved into interpenetrative intimacy, body upon body, so that the body of your consciousness—which some call a light body, some call the energy body and others call the chakra system—interpenetrated the physical form and connected with it in a very careful and specific way.

We give this instrument the vision of a plant which grows up within a pot. The pot has the soil necessary for the growth of the plant. The energy which creates the ability for that plant to grow is found in the soil of the pot. That is what your physical vehicle is. It is a clay vessel.

You, as consciousness, made an agreement with that body or physical vehicle, before incarnation. That body agreed to carry you. In a sense you may see yourselves, all of you, each and every one, as a walk-in, to use the New Age term familiar to this instrument. You, as a human species are a species of walk-ins.

Into the natural physical vehicle your consciousness walked in, made its connections with each of the various facets of your energy system that connect directly into your physical body along the line of the spine and you settled in for a shared experience together where the physical vehicle would have the privilege of carrying consciousness and you, as consciousness, would have the privilege of having an incarnation in flesh. It is a beautiful and a carefully made collaboration which you enjoy.

Left to the choices of the physical body, the kind and degree of illness which you experience as human beings would not exist. You would be healthy until your physical vehicle became weary. Given that you had food and water and the things that you needed for life, you would undoubtedly remain healthy until that illness which offered you the opportunity to leave the incarnation presented itself.

The drama of stress and tension that you experience and all of the emotional and physical aftereffects of such difficulty within the so-called energy body would not be experienced. Yours would be a life as natural as that of a cat, a horse, or a grizzly bear. In your environment you would thrive if there were enough food, enough water, enough salt, and so forth. Life would be simple.

For the human being the simplicity of that life becomes hidden. You cannot reconnect with the animal body and become a simple animal. The nature of your consciousness militates against such a choice.

No matter how deeply you attempt to bury your faculty of judgment, you as a human being are all about judgment. It is a judgment that is carefully created as a kind of instinct within consciousness which propels you forward in a metaphysical sense. As you form opinions and make choices, consciousness, which has links in the inner planes and throughout the universe, creates a reverberating sounding board which bounces your decisions, your choices, and your judgments back to you for review.

Until you begin to grasp the power and the responsiveness of this system, you may well experience a wide range of catalyst. As you become more skilled at realizing the dynamics of the natural system in which you are involved, energetically speaking, you will begin to realize that there are attitudinal choices that you can make that create within your experience much more of a feeling of participation in the process of experiencing catalyst and choosing to respond to it.

Until you grasp just how powerful a being you are as one possessing consciousness, you will be completely at the mercy of catalyst. Conversely, once you grasp the rules of this game of incarnation you are playing and begin to apply the rules of the game, which are relatively simple, you may well find yourself in a process of transformation.

Things may begin to simplify themselves for you once again. But the simplicity will be the simplicity that moves in a spiraling fashion up to the unified level of body and consciousness. This is not precisely the same thing as the psyche and the soma or the mind and body, as psychology has it, for you are more than your psyche and your body. Health [and] the process of illness as well have a great deal to do with that "more than" that you are.

In a way, you may see yourselves as pilgrims who carry their packs not over their shoulders wrapped in a kerchief, as the mythical hobo figure does; rather, you may certainly see yourself as that pilgrim on the road, the journey of spiritual evolution. The pack that you carry lies within. What is metaphysical food? What does your pack hold? The answers that you offer to that may well indicate the true nature of your wellness.

We would, in passing, distinguish between health and wellness. It is well to realize that no matter what the age or health of the physical body, by examining such things as the eyes and the general feeling that being around a person may give you, you may discover that many seemingly physically healthy people are not well. You may also discover that many seemingly frail people are extremely healthy.

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The actual state of wellness within your organism is a function not only of the state of your physical body and not only the state of your mind, it also contains an element that is difficult to quantize.

In consciousness there is a ground of being. That ground of being is love. You are an expression of the one original Thought. That is the gift that you carry in your physical lifetime. You don't carry a little love. You carry the love that creates and destroys. It is at once your glory and your biggest woe because when you do not focus and direct the awesome power of your personality, your character, and your belief system and instead you allow it to follow its impulses without giving them particular thought, you may find yourself in the situation where life experiences are occurring to you that do not make sense and to which you do not know how to respond.

This being said, your basic health is like a default setting. If you were born with radiant health, then that is your factory setting—that is how you came from the manufacturer. Your light body, your energy body, or your chakra system copies that group of settings before birth as part of the integration process of soul or spirit and physical vehicle or body. The memory of that default setting, which is health, radiant and unblemished, is retained by every cell in your body and by every iota of energy in your energy body.

The process of disease occurs when the balance that is the default setting for wellness in your particular physical vehicle and energy body becomes upset. Such balances can become upset because of purely physical and mechanical reasons. If you fall and break your bone, there may be no higher interpretation of such an event. You simply had an unlucky accident. However, if you are a seeker on the path, it is well to open up your mind and your thinking to the possibility that some imbalance in your energy body threw you off so that you were literally out of balance and so you fell.

If you look at health as strictly physical, you will go with an unlucky accident. You will go to the doctor, follow the doctor's orders, and eventually you can get well. You will not have learned anything. Your physical vehicle was damaged and then it repaired itself.

If you go with the latter explanation, that there were imbalances within your energy body, you may still go to a medical doctor for help with healing the body, but you may also go within to that divine healer that lives within your consciousness. When you choose to examine your thinking, your actions, and the possible ways to look at the balances of your energy system, you open yourself up to a whole level of powerful possibilities that are not there if you stay strictly within the physical parameters in your thinking.

Consequently, when entities decide to work with the game of incarnation at a deeper level than the physical body, [they] have made the choice to move into a faster lane as far as the pace of spiritual evolution because the sufferings and the woes of the physical existence are created as part of the work which lies before the consciousness you carry. That consciousness will use every bit of the suffering that you are able to penetrate [with] your faith. It will use it to learn how to return to the default setting. Many supposed miracle healings have been done simply because of the depth of an entity's faith.

In general, when there is a movement away from perfect balance in any part of the energy body, the key word in looking for cause is fear. There has been a contraction away from the relaxed and peaceful default setting of the emotional and mental part of your physical vehicle. That contraction has pulled some part of your energy body into imbalance. That contraction was in one way or another caused by the faculty of fear.

If you see the perfect body and wellness itself as a state of love, then you will see that fear is a choice which turns one away from the face of love. Therefore, the choice for healing is a choice to lose fear and choose love. Because it is sometimes difficult to drop all fear, healers exist which work with the energy body rather than the physical body. What they do is to offer to the entity who seeks healing the opportunity in a neutral atmosphere to drop fear and choose love.

We realize that we have barely, barely looked at the top layer of an enormously profound subject and we have a desire to speak further with you at a later time. However, this instrument informs us that there are other queries that she would like to focus upon to some extent this day, and we, too, would like to respond to the great privilege of having this wider group that is non-local. And so we would also like to

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turn from this query for now in order to field some of these other queries.

May we ask the one known as Jim to read from the sheet which the one known as R has given him?

Jim: "I'm interested in knowing what transition may be like for a dual-activated person. Will the transition between third and fourth density bodies be seamless or is it more abrupt, like the death process? If so, exactly how does it work? Is it more of an individual process or is it more of a process done by the social memory complex?"

(Carla channeling)

We of those of Q'uo, are aware of your query, my brother, and we thank you for it. Third density is third density. And while you are in a third-density physical vehicle you will primarily be a third-density entity. The fourth-density activation, however, enables you, far more than those about you, to be tough. We think that is perhaps the simplest way to put that.

The interpenetration of third density with fourth-density energy in the time/space sector of this development is bombarding the Earth with wave after wave of a denser kind of light that brings all entities' worst fears to the surface and plays them out.

It is a separating device, if you will, between wheat and chaff, in biblical terms. There are tares sown among the harvest of good that you have created in your life[time]. These waves of energy call for the truth from you, and, so, many of you are facing parts of yourself you never wanted to see and at which you don't want to look.

The fourth-density-activated entities or dual-activated beings are tougher at looking straight in the mirror of the self, seeing the weeds, and deciding on a form of weed control.

It is up to you to decide how you want to deal with this judgment of self. We especially want to indicate that in our opinion it is not well to judge the self in the way of this instrument's experience of the Old Testament. We do not want you to condemn yourself. We want you to see that when a plant is not wheat, that plant is a weed.

Do you want to pluck it out by the roots? You may, but it will take time. Do you want to snip it off so that it may grow again but for today it does not show? You may do that. That is your choice. But the dual activated body will unerringly give you the toughness of mind to go for the root and to do the work in a timely manner.

In terms of what body will be activated when: they are both activated now, but you are in a third-density physical vehicle. You are living on a third-density planet. You are here for a reason. Many, many others are here for the same reason.

Those with dual activated bodies have graduated and have come back. Just as the Elder Race, when it graduated, chose to return, so have you returned. You do not want to go on to the exciting and even thrilling prospect of fourth-density existence, with its greatly enhanced options for learning and for service, until you have done your utmost, not only to help others of the human tribe to move on into fourth density with you but also to restore and reconstitute the health of Gaia,[8] of planet Earth, in her living form.

For many of you in dual activated bodies there is a feeling of great and passionate desire to connect with the Earth and to love and be a good steward to the Earth. For there is that within your consciousness as a person and in your consciousness as part of a race of beings that you have, in the past, been part of the destruction of a planet, a continent, a city, or family. And that destruction has caused the Earth to grieve, to mourn, and to become disoriented.

By the time you leave this planet, the planet will know that it is loved. That is a very large factor in many of those who are dual activated and is their primary reason for being on the Earth at this time.

Of course, because of the fact that you chose to come into third-density incarnation, you are always subject to the basic rules of this game. You need to polarize in this lifetime towards service to others to an extent that enables you once again to walk the steps of light and walk into a higher density.

Otherwise, you shall simply move on with those still in third density at the end of this time to another third-density planet where you will continue to be of service and to gain in memory of who you are and why you are here, until such time as you once again get yourself on the right road, the road of your own

[8] Gaia is a name for planet Earth which comes from Greek mythology, in which Gaia is goddess of the earth and mother of Cronus and the Titans.

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deepest choosing, and then walk that walk, step by step, in great thanksgiving and joy, every day that you are privileged yet to be alive and breath the sweet air of [planet Earth].

May we ask if there is another query? We are those of Q'uo.

Jim: The next query is: "I, for one, would like a nice summation from Q'uo on this whole transition phase, how the pieces come together, if we are allowed to know.

"As I currently understand it, a convergence of the dark brown companion star comet cluster and wave or energy surge ushers in the shift or realm border crossing for planet Earth from third to fourth density and all kinds of service-to-others and service-to-self spectators are coming to watch the show. The Ra and Q'uo groups have mentioned the cessation of third density around 2012. Is this correct? An aspect of service-to-self entities aren't agreeing to this or accepting it. So after that is supposedly a thousand year transition period on this service-to-self and service-to-others choice.

"What does this thousand year period entail, a weeding out process between the two polarities? Perhaps a last chance for those newly awakened; those whose choice is not quite firm enough to allow full entry into fourth-density form? Or how does this change in classrooms apply to the various groups such as service-to-self, service-to-others, wanderers, indigos, dual-body activation, etc., etc."

We are those of Q'uo, and are aware of your query. There are portions of your query that do not make sense to us and about which we will not comment except to say that in attempting to imagine those things which bring about the harvest, there are sources which use information which may be seen in a non-literal sense with much more helpfulness from that construction than attempting to make literal sense out of some material.

Concerning the basic setup of the transition, there is a moment of transition in terms of the planet itself. That moment of transition is at some point near to the winter solstice of 2012. It is fairly set—cut and dried, as this instrument would say.

For the human tribe that inhabits the surface of Planet Earth, things are not so cut and dried. The time of choice is greatly limited now among your peoples. This is not a cause for great concern for most of those, if not all of those, who shall make that choice for graduation have already made the initial choice of service to others. There is still time to make that initial choice, but you may do the calculation necessary to see that the time is short. [The year] 2012 is within [the] lifetime [of] each of those to whom we are speaking. This is something that you may choose and you may do completely and well in the next few years.

For most of you, indeed, as we said, the choice has been made. You have decided to be of service to others. Let these next few years that remain before 2012 be a testament to your stability, your spiritual maturity, and your ability to persevere. Bloody mindedness and sheer guts is sometimes part of what it takes to make the choice of love.

You have to look beyond your own feelings and your own first responses and ask, as this instrument has heard often from us and from those of the Ra group, "Where is the love in this situation? Where is the light in this moment?" When you are prompted to ask this query of yourself, you may well find that you are the only source you can find in that situation of love and light.

(Side one of tape ends.)

(Carla channeling)

Yes, my friends, you! You are only one being, but you have within you consciousness. That consciousness is what this instrument would call Christ consciousness. It is the consciousness of unconditional love.

Go looking for that consciousness. Ask for help in finding that consciousness. Your guidance system is just waiting for you to ask for help. The angels that surround you are breathless with anticipation that you will remember them and call for them. They love you with a love that we cannot describe to you. It is the love of the one Creator. They are bits of that consciousness; uncreated, sent forth in purity, unable to enter incarnation and able only to help when asked by incarnated beings such as yourself. Remember to ask for that help.

After these years of choice have been lived through, you may well live for quite some time thereafter. You will not notice changes in your own ability to breath and eat and do the natural functions of a human being. You will be able to live out your life.

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The one known as Jim was saying that in *The Ra Material*, the period of transition was suggested to be perhaps between 100 and 700 of your years. The reason it is so approximated is that we do not know who shall inspire whom with love and with the daring to make courageous choices at difficult moments. Every choice that you make for love extends that transitional period. And it is good to have that time, simply to work with the earth energy and to reconstitute and restore the health of the planet.

For those who graduate in a positive sense, their next incarnation will be on planet Earth, unless they are wanderers and have chosen to move after graduation into other realms or densities for further work as a wanderer.

For those graduating in the negative sense, they will go to a negatively oriented fourth-density planet unless they are wanderers, in which case they will be able to, after graduation, move back into whatever they feel would serve them the best.

For those who have not chosen either service to others or service to self as a polarity, there is still work to do in third density, the density of choice. You shall have some more time to make that choice and it shall be upon another planet.

Once third density winds down on planet Earth, it shall be inactive for a time. This is due to the need of new fourth-density entities to learn the ways of invisibility. There is no desire in fourth-density entities to disturb or surprise third-density entities. If fourth density were visible to third density, you would find yourself in a charming but very crowded universe made up of elementals, nature spirits and devas, totems, fictional entities who have gained inner-planes life because of the continued thoughts of many and so forth.

It would be an enchanting and diverse experience but it would be too much for you to bear. You are veiled from fourth density and all other densities that would give you these experiences because you are here in third density to discover who you are—that is, an ethical being—and to decide what you want to do with that troublesome consciousness that you have found.

May we answer you further, my brother, on that question? We are those of Q'uo.

Jim: No, but we do have another question, Q'uo, if you have time. It is from A: "We third density humans tend to categorize things—the time of the year, the races and classes of people, the species of animals and even the flavors of ice cream.

"As we've been told many times, fundamentally, all things are one. Does the need and purpose of categorization diminish as we advance toward the higher densities? Do we eventually lose all differentiation between ourselves and all that exists?"

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. We find this to be an interesting query in that it assumes almost the direct opposite of what is true, but it does so because of the logic of third density. We do not operate according to that logic.

As one rises in densities, one becomes aware of the tremendous, unimaginable array of information. Each density has a quantum leap of information involved. It is as if the light had more facets so that it could carry more information.

As your souls crystallize in the way water is a crystal, they become much more easily magnetized and you become a much more fluid and responsive being. In higher densities you are aware not of less organization but of more, for you are not veiled and shielded from the dance of creation as a whole. That dance is endlessly, beautifully, rhythmically, gracefully organized. All parts of the creation are aware of all other parts of the creation.

You are familiar with this kind of dance because you see it in the second density and first density about you all the time. The trees, the air, the oceans, and all of the energies of nature are responsive in one holistic system, of which you are a part, but a bumbling, awkward and unknowing part. For the most part, you don't catch the rhythm of existence and so you don't celebrate life. You just accompany it. You're missing out on the celebratory aspect of this wonderful dance of life.

So, my brother, in brief, as you rise in densities, you see the details in much more full array than you do now. But you also see the organizing principle of love that drives the dance. This overarching love is the consciousness of which we were speaking earlier. Each of you possesses it and as you rest back into both yourself and the essential nature of the world

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around you, you will be led closer and closer to the immediate apprehension of the beauty of this dance.

We would encourage you, my brother, to try, as an experiment, the experience of resting within a natural environment, far from clusters of people, and drumming or beating upon a piece of wood with your hand or anything that enables you to begin to express the rhythm of your being. For you have this dance within you. Allow civilization to take a back seat for awhile and just beat the rhythm of the beat of your heart for a while. It does not have to be a terribly long time. It is a way of putting you in touch with the part of you that is in rhythm and dancing with all of the rest of the unified creation of which you are an integral and loving part.

May we ask if there is a final query at this time? We are those of Q'uo.

Questioner: What would Q'uo recommend that doctors, nurses and family do in hospitals to reduce or eliminate the fear of their patients?

(Carla channeling)

We are those of Q'uo, and we are aware of your query. We find that our first response may be impractical but we will offer it to you anyway.

In the first place, if it is possible to avoid an institutional setting when you are ill, it is well to do so.

The one known as Norman, whose last name this instrument requests us to give—it is Cousins—wrote a book which this instrument read, in which he spoke of being given a terminal diagnosis. And what they suggested to him had a great deal to do with hospitals, radiation and so forth. He decided that he did not wish to heal himself in this way.

He figured out what it would cost him to enter a hospital for these machinations by the medical community and realized that he had a fairly large budget. He chose to put himself into a good hotel with room service, which happened to be a very good room service. He installed a video player so he could watch movies. He watched all of the Marx Brothers movies, all of the old Jerry Lewis movies that are part of this instrument's memories as a young girl, all of the Three Stooges movies, and any other comedies he that he could lay his hands on. He laughed himself well.

Rather than focusing on the illness and his fear of dying, he decided to focus on his wellness and his love of life. In this entity's case, it worked well because this entity had done the work before he was given this diagnosis to be able to come up with this scheme.

Therefore, our first suggestion is if you can find a way not to enter an institutional setting for healing, I encourage you to do so.

If you are going to take the institutional setting in order to accomplish things that need to be done and you have become convinced that this is an appropriate thing for you to do, then we would suggest that you remember that you can create your own environment wherever you are. You can override the environment around you. But you must know that and know it very well before you enter such an institutional setting.

The institutional settings of so-called "health" [industry] are cesspools of negatively-oriented energy. In the first place, my brother, there is the fear of the patients. In the second place, there is the stink of the physical setting itself, which is by nature and by necessity cold, easy to clean, cleaned often and never quite cleaned to the point where the distressing odors that have been cleaned away go away. There is always the remainder of the various waste products of the human body that is ill that remain within the physical olfactory senses of all those who enter it. It is a depressing place to be, simply physically speaking, esthetically speaking, and so forth.

Thirdly, there is an aspect to doctoring, as you call it in your culture, which is heavy and dark because of the overwork of the doctors involved in the system and because of the completely needless attitude of utter dependency that many patients employ in relating to doctors, nurses and other authority figures within the health industry. This creates an irritability and an impatience within those supposedly attempting to heal you.

And lastly, there is the metaphysical atmosphere of a hospital or other health facility. Inner-planes entities and outer-planes entities find fear and suffering to be excellent food and so they congregate in such places looking for targets of opportunity.

All in all, it is a very unhealthy place to be ill and it is obviously to be avoided if possible.

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If you cannot avoid these places—and certainly this instrument has often, time and again, been placed in the middle of a hospital situation—it is still possible to create your own healthy, light-filled environment. This instrument and the one known as Jim have, in the past, used the Banishing Ritual of the Lesser Pentagram[9] in order to cleanse the space of a hospital room or an operating room. This can be done for the self and it can also be done, if permission is given by the other entity, in absent healing for another person who is perhaps too weak to create this cleared space herself.

We find that this instrument's energy wanes. We realize that we have barely touched upon these queries and we welcome refinements of them in the future.

Meanwhile, we thank each of you for the beauty of your beings, the harmony of your coming together and the depth [of] character that it takes for entities as busy as each of you are to make a special time to seek the truth. It has been a pleasure and a privilege to share our humble thoughts with you and we would leave you at this time, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai ✤

[9] This ritual and the explanation of why it is effective are contained in William E. Butler's book, *The Magician; His training and His Work*.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
May 28, 2006

Question from A: *(Read by Jim.)* Our question today is this: "You've mentioned before that the harvest of this particular sub-logos, planet Earth, is not typical. You've said that other sub-logoi have had considerably less difficulty at their times of harvest. Would you consider our sub-logos' use of combined free will, together with strong veiling, to be an inefficient combination? And can you compare that to the harvest of third density on Venus? Both Mars and Maldek had warlike societies, and we were wondering what the third density was like on Venus and what major factors and catalysts went into their societies to bring them to a service-to-others choice. They must've done something right. So could Q'uo speak to the harvest that is now happening on planet Earth and perhaps contrast it with the harvests on Mars, Maldek and Venus?"

(Carla channeling)

We are the principle known to you as the Q'uo. Greetings in the love and in the light of the one infinite Creator. It is our privilege and our pleasure to serve the Creator by offering ourselves to groups such as this one which may have an interest in material such as is channeled by this instrument. It is a great privilege to be called to your circle of seeking and we thank each of those who have taken the time and the space out of their very busy daily round of activities in order to create a sacred space in which to seek the truth.

As always, we would ask of each the care with the discrimination in listening to what we have to say. We may not hit the mark for you. If our thoughts do not resonate to you, please lay them aside without a second thought. We would not wish to be a stumbling block in your way. Sometimes, if the wrong thought is held in stubbornness, when resonance is not there, it can do harm. So we would appreciate your being very careful about those thoughts that you allow past the gates of your perception.

Your query this day is about the differences between various planetary entities' take on third density and what was done differently on the planet you call Venus that allowed that planet to have a more harmonious and far more successful journey through the third density.

The one known as A asked whether the combination of very clear and starkly delineated free will and the fairly profound veiling that is apparent on Earth's third density, or the Density of Choice[10], was a combination that spelled a difficult and challenging third density for those of planet Earth. And we would agree with this assessment of factors involved in the creation of a somewhat challenging Density of Choice for planet Earth, especially in regards to comparing it to the Density of Choice on the planetary energy called Venus.

[10] These two terms are used interchangeably by the Confederation sources.

For indeed in that third-density environment, there was less of a heaviness involved in the veiling. The free will was as marked as is the factor of free will upon your planet. However, there was, for the entities of Venus, a transparency in the veil which was just transparent enough to allow processes which you know as envisioning, journeying and dreaming to have a more robust life within the conscious processes, as well as the subconscious processes, of the entities in third density upon the planetary influence you call Venus.

This is, in fact, the one difference between the third density of the planet known as Venus and the other planetary influences of which you are aware.

The problem with the somewhat transparent veiling process upon third density is that the choice is not made in an atmosphere of boot camp. Therefore, when the third-density entity becomes a fourth-density entity, and then a fifth density entity, the energies move along with utmost smoothness until fifth density, at which time the lack of challenge in penetrating the veiling process shows up as a dynamic that is negative with respect to being able to work well with the opening of those energies of wisdom which seem dark to the naïve and unsophisticated seeker.

Consequently, the work and challenge came for those entities experiencing the [higher] densities on Venus' influence instead of in third density. Those who graduated into sixth density from the influence of the planet known as Venus, then, have often, in coming back into third density on your planet to serve as wanderers, been faced with a very challenging, self-given agenda of learning. That agenda is in rebalancing love and wisdom in order to value them in such as way that they are able to interpenetrate each other in true sixth-density unity.

The benefit of the more impenetrable veil is that it creates for the third-density entity attempting to choose between service to self and service to others a stark and seemingly profound experience of suffering which this instrument would call Golgotha.[11] The third density of your planet calls forth from the seeking entity a purity of humility and surrender that is, in our humble opinion, a far more favorable plinth[12] upon which to build the character that will move through all the densities of your octave than the third density where there is always seen the benefit of teachers and the benefit of taking another entity's word for something. Third density with a lighter veil creates a wonderful [place] for entities to put themselves in the teaching situation. And the system of guru and chela, as known among your Buddhists, is very similar to the kind of enjoyment that third density upon Venus created.

However, it was found, in this early third-density experience, that indeed there were difficulties in higher-density work that were engendered by the seemingly quick and easy move through third density. What this has to offer to those asking this question is our assurance that those within Earth's third density at this time have received a powerful gift. In receiving such a difficult and challenging third-density atmosphere, you have faced those shadows that await you, if not in third density, then in more subtle work [in higher densities] where those shadows are more difficult to deal with. Your present environment is a powerful environment; powerful, that is, just as a loaded gun is powerful. The question is, "Where do you wish to aim this experience when you pull the trigger on tomorrow?" Where would you like to be headed? Because the choice of heading is indeed yours.

You are in a position, each of you, my friends, to make powerful and life-changing choices this day and every day because you must deal in faith alone. When you do choose to move in faith, the planet moves with you. You take the power of your being and focus it upon your intention, and that which you choose is chosen. We cannot express to you the power that you have over your destiny. We cannot express it, nor can anyone, because that which you choose must be chosen in faith alone.

What we can say to you, my friends, is that there is ample companionship for you. It is unseen, but it does not have to be unfelt. Ask for your guidance to be with you in these difficult days and in these difficult moments. For each of you has particularly difficult moments either at this time or in the near future.

[11] Golgotha is the small hill outside Jerusalem upon which it is said that Jesus the Christ was crucified.

[12] plinth: a flat or slab-like member at the base or bottom of a column, pier, pedestal, architrave or other architectural vertical member.

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That is the nature of these times, my friends. That is the nature of these somewhat inconvenient times. Nevertheless, they are times extremely fertile and rich in learning and in service. Please do not be concerned that you shall be responsible for some learning or for some service, for all has been, is and will be attracted to you as you are ready to express it.

Therefore, allow the spirit to move through you when you feel that it is your time to speak, your time to envision, your time to pray, or your time to heal. For when you sense the resonance of that moment and act upon it, all of the heavenly worlds support you, my friends.

Is there a follow-up to that query at this time, or another question at this time? We are those of the Q'uo.

Jim: We have another question. The question is: "As a practicing Reiki master teacher, I'm interested in what Q'uo has to offer about Reiki energy. Specifically, I'd like to know what can be shared about the nature of the physical and spiritual characteristics of this energy that, in my experience, can bring about profound improvements. What are the mechanisms by which Reiki energy can heal? How are the physical cells in the body affected by Reiki energy? Is it necessary for the recipient to believe in and accept Reiki energy for healing to occur? What's the source of Reiki energy? Is Reiki energy protected or guided by higher spiritual beings?"

(Carla channeling)

We are those of the Q'uo, and are aware of your query. We would ask the one known as Jim, after we have responded through this instrument, to review the questions upon this subject and to re-ask any which we did not touch upon in the first response. We thank the one known as Jim for this aid.

We are not aware, because this instrument is not aware, of the roots of the meaning of Reiki. We do not know this word as such. However, we examine the physical vehicle of this instrument which has experienced a great deal of Reiki energy given through various practitioners and masters of that art. There are, indeed, some strictures upon what we can say concerning this energy. However, we may touch upon some of the queries that were asked.

We would say that this energy is the energy of the one infinite Creator which is modified by its travel through the chakra system or the electrical body of the practitioner who is offering healing. It is not at all an energy which comes from the practitioner. However, it is helpful when thinking about offering Reiki energy to think about the concept which we have suggested through this instrument before in other applications of the being or soul as a crystal.

Each of you, both in the physical body and in the electrical body, has some of the characteristics of a crystal. Physically, in your watery body, you contain a great deal of that crystal substance known as water. And therefore your entire body may be easily tuned and magnetized to whatever vibration you wish to tune it. This instrument carefully tunes its physical body as well as its energy body before each session of channeling by singing hymns, offering prayers, and protecting the self by various means; calling the Archangels and focusing down into a more focused state within the physical body, the emotional body, and so forth. So does each entity have this ability to focus the energies of the physical body as if the body were a crystal and it could be tuned.

Now when the physical body is well tuned, it then may choose what kind of energy it will pick up—it chooses the radio station that it wishes to play, let us say. For a channel such as this one, the radio station is us. The channeler tunes the body, tunes the spirit, prepares itself, and then calls for the highest and best radio station in its capacity to receive. We show up. The instrument offers its faculties to us, and we speak through the instrument.

For a healer, it's a slightly different contact, but it is the same kind of result. The practitioner tunes itself by aligning itself to open up its truest, deepest and most honest self. It tunes to its own highest and best self. This is one of those areas into which we cannot probe because of the fact that Reiki teaching is of a certain type, and we would not wish to infringe upon the teachings of this particular kind of energy work. Nevertheless, there is tuning involved, and it is a freeing kind of tuning where much of the self is dropped away that is irrelevant to the essential or core self, and that core self is freed from its normal strictures and allowed to become the dominant part of the mind, body and spirit.

This tuned being, then, this crystal, is now ready to carry energy. The energy that it receives comes into the crystal self as the entire spectrum of energies of the one infinite Creator. This power source is

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infinite, and the amount [of energy] that may be given at any given time is also infinite. The Creator is endlessly generous.

Now the nature of the activity within the crystal before the energy flows through the hands and from the body of the practitioner and into the energy system and the body of the patient, shall we say, is most closely approximated by a discussion, in brief, of the act of Holy Eucharist, or Holy Communion. In that rite of worship in the Christian Church, the body and the blood of the one known as Jesus the Christ is called into being either in literal or in symbolic form, and then is drunk by the communicant who receives the strength and the energy of Christ Consciousness.

In the Reiki energy exchange, infinite love comes into the physical and electrical body system of the practitioner of Reiki. That practitioner breaks itself open, blesses its unique vibrational characteristics, and offers them to the energy that is coming through. The energy that is coming through is then particularized and colored by the crystalline properties of the Reiki master, and the Reiki master blesses the resulting energy that is moving through it, and releases it in its altered form to flow into the energy system of the patient. Thereby, an impersonal, universal energy has been particularized and personalized by the genuine love and the open-hearted compassion of the practitioner.

This is not done in any kind of intellectual way. In fact, when intellect is applied to this art, it falls apart. It must be done from direct feeling. That is the way the heart thinks. The heart knows and then immediately it produces that which, in thinking, would be a process.

May we ask the one known as Jim to repeat the portions of the query about Reiki upon which we have not touched? We are those of the Q'uo.

Jim: "How are the physical cells of the body affected by the Reiki energies? And is it necessary for the recipient to believe in Reiki energy?"

(Carla channeling)

We are those of the Q'uo, and are aware of your query. The energies of Reiki move through each cell, and their information is coded so that each cell may pick up the energy involved. Let us be clear in stating that there is no push or pull to Reiki energy. It is not something that is given. It is, rather, an environment that is created. For the time that the Reiki work is being done, the patient lies in an increasingly Edenic environment. The distortions that create illness are suspended. The crystalline nature of the energy pouring through creates an alternative environment, and if the person chooses to accept the new environment, healing may occur. If the person chooses not to accept the healing environment, then it is as if it never occurred. No harm has been done, but also no healing will have occurred.

It is not at all necessary for an entity who is being healed to believe that anything is occurring. However, it is necessary for the entity to accept the new configuration of energy. Some entities are completely able to do this without believing at all in the entire exercise. They are able to say, "Given that such a thing occurred, then I accept the healing." It is not belief that is necessary, but the willingness to accept a new environment that is required.

We are those of Q'uo, and would ask if there is another query at this time.

Jim: We have a series of questions about names of various entities. What can you tell us about the original Yahweh, now a name. Is it a social memory complex? If so, what density did Jesus come from?

(Carla channeling)

We are those of the Q'uo, and are aware of your query. The entity known as Yahweh is an inner planes entity, as opposed to an extraterrestrial entity. It is an essence native to this particular sun system which has been involved in the guardianship of the Earth sphere for thousands of your millennia. It is a combination of energies which are male and female. Rather than creating a hermaphroditic entity, however, this entity holds the energies of male and female in a sacred dynamic. One might as well call such as entity Adam and Eve, but it is both Adam and Eve. And it is not in any way, shape or form that which has been incarnate, but rather, it is of the angelic realm.

It is ironic in the extreme, we feel, that it is this entity which is responsible for creating conditions under which the male aspect of the species has become so unbalanced in its dominancy over the female aspect of deity, which in the original Yahweh energy was in perfect balance.

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May we ask if there is a follow-up to that query, my brother?

Jim: Ra refers to this entity as unnamed, as Yo-Heh-Shin-Vau-Heh, and its meaning as "He comes." Can you explain the abundance of names and non-names? And finally, Arcturus also means "He comes" and is an Egyptian name. Is the positive Yahweh from Arcturus?

(Carla channeling)

We are those of the Q'uo, and are aware of your query, my brother. The entity Yahweh is not from Arcturus, but rather, as all angelic entities are, is part of the energy involved in your sun body. However, this entity has been involved with Earth, as we have said, for a great deal of your time. The naming of entities, and its seeming confusion, is due to the fact that in both lower and higher densities, naming does not necessarily occur. It is not necessary, for each thing has an unique vibration. Your vibration is a much more eloquent signature of your character than a name that has been given to you by someone who is not aware of the sacred nuances of your character.

The attempt to name essences and energies is generally done because there is a third-density being involved who feels more comfortable and more in control knowing the name of an entity, and not just how that entity feels.

The energies involved in Yahweh became aware that the work that they had done in creating an enhanced DNA signature for the human species had not had the results which had been hoped for. That entity moved into a time and space of deep and devotional meditation and prayer asking how it could begin to make amends for the mistakes that it had made.

The addition of Shin to Yod-Heh-Vau-Heh was chosen by Yahweh in order to adjust the vibrational nuances of its name in order to indicate Christ Consciousness. It is as if Adam and Eve changed its name to Emmanuel. There was a move from the feeling of the Old Testament to the feeling of the New Testament. That was a move from worth by being chosen people to worth by a certain level of consciousness which was love. This was indeed, for this entity, a valuable adjustment and one which has reflected down from the heaven worlds into the Earth world as that environment into which the one known as Jesus the Christ came.

Is there a follow-up to this query, or is there another query? We are those of the Q'uo.

Jim: I think R may have some questions from the internet group.

Internet questioner: *(Inaudible)*.

(Carla channeling)

We are those of the Q'uo, and are aware of your query, my brother. And may we say parenthetically what a joy it is to be in touch with you and with all of those who visit with this group from a non-local location. It is a treat to us, indeed, to work with this non-local group and the enhanced energies that it offers for communication and for fellowship.

Anything that affects the physical body will have a rippling effect upon the non-physical or form-making or electrical or chakra body. However, it is impossible for us to pinpoint how physical effects ripple over into the non-physical, electrical body. It is completely the product of how each person's chakra body is wired. Each entity is wired in a unique way. We do not mean that simply some entities have stronger red ray than orange ray, or stronger orange ray than yellow ray, and so forth. It is not only that to consider. There is also to consider how the chakras are wired within themselves and between themselves. The complexity of this, and the many, many different ways that people do set up their energy flow, make it impossible for us to discuss how diet and exercise and so forth would affect the energy body.

What affects the energy body most is the thoughts that one has. Therefore, if one is improving one's diet, and is happy about it, the information of the improved diet moves into the chakra body as good news. If, on the other hand, an entity is plodding through a dietary regimen that is prescribed for an illness, but that entity is unhappy and feels constricted by this regimen, then the information that is given to the chakra body will be quite different. It will seem like a negative thing to the chakra body, rather than a positive thing, for the chakra body is not listening to the doctor nor is it listening to ideas that contain the word "should." It is only listening to the feelings and the thought forms involved in the translation of physical effects into the feelings and the sensations of the body. A happy heart is more helpful to the chakra system

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than a good diet. A peaceful mind is more helpful to the chakra system than exercise.

There are times when it is wise to follow the needs of the electrical body and the chakra system rather than the needs of the physical body. We encourage all of those who must guard their health by means of diet, exercise and other regimens of this kind never to let duty press out the joy from the life. No matter how essential it is that the right things are eaten, and the right things are avoided in a diet, or how important various exercises are, in looking at the health of the entire organism, the faculty of joy is primary.

Find a way, if you must follow a regimen, to inject joy into it, and then even the bitterest of herbs, even the most stringent of diets, even the most aggravating of exercising routines will be part of that which makes you joyful, peaceful and strong. No matter how essential it is that you take care of your health, remember always that your health begins with thanksgiving, praise, joy and the open heart that embraces the Creator, the self, and all other selves as one beautiful, perfect, interrelated pattern of love and light.

May we ask if there is another query at this time?

Internet questioner: How may we increase the positive polarization of our connection?

(Carla channeling)

We are those of the Q'uo, and are aware of your query. The key to increasing positive polarization with the Earth is to realize that the Earth is already positively polarized. You are not attempting to do anything to the Earth when you attempt to polarize positively with regard to it. You are joining it in its dance.

The Earth is dancing a dance of love and joy. Every flower and tree waves in harmony and ecstasy, dancing perfectly with all of the other elements of Creation surrounding it. We feel that many of you have had experiences where you tapped into this dance, the song of nature, the wonderful jig of Creation. Some of you have seen the mountains clap their hands, and the seas and the oceans leap for joy.

Enter into the joy of the dance of Earth! It is already ongoing. You have only to cast aside every doubt and every thought that would keep you from being purely an elemental part of Creation and join in its dance. Many have attempted to make this a complicated thing. It is not at all complex. It is a matter of shedding complexity and embracing what is.

We find that this instrument's energy is beginning to wane. Thusly, we would ask for a follow-up to this question or for one final query at this time.

Internet questioner: Is a non-local group better than a local group?

(Carla channeling)

We are those of the Q'uo, and are aware of your query, my brother. We would not use the word "better," as in saying that a non-local group is "better" than a local group. We would say that there is a difference. In a local group, there is a certain level or grade of energy which is possible for that group. It is that which is created by the members sitting in the circle, plus their unseen friends—their guidance system, angels that are with them, the rest of the social memory complex that overshadows wanderers and so forth.

When you create a non-local group, it is as if you've raised the energy or the plane of the group by one level. It is as if a flat circle has become a sphere. The non-locality of the group creates a more complex and intricate family system that is backing up the entities that are sitting in the group. Further, the fact that you are not local means that there is a global aspect to the group that is not obvious to the group when it is a local group. That is, a local group represents the planet, just as a non-local group represents all of humankind. However, it is not self-perceived as a group that represents all of humankind.

Whereas, in the perceptive web of each of those attending this session, there is a self-awareness that they are part of a planet-wide circle of seeking that is seeking to know the truth. This activates an enormous amount of energy on the inner planes of your planet and, indeed, in the surrounding families of those who serve to guide or offer angelic assistance to the members of the group. Consequently, it is a larger entity. It is an entity of a different level or quantum, and that difference is such that we are far more able to surf on the energy of the group in working with this instrument. So there is that aspect of a smoother and more universal channel which is opened through this particular instrument. So, as you can see, there are differences between a local

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group and a non-local group that cannot be accounted for simply by the numbers being greater in a non-local group.

Is there a follow-up to this query, my brother?

(No further queries.)

In that case, having greatly enjoyed each and every moment of our time together, we would at this time take our leave of you. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of the Q'uo. Adonai, Adonai. ♣

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Special Meditation
July 7, 2006

Question from A: What guidance can you offer for my spiritual seeking? What spiritual principles would you recommend that I take thought on in my development?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose name we come to you this day. It is a great pleasure and privilege to be called to this circle of seeking. We would thank each of you in this circle for carving out some time in your very busy lives to seek the truth.

As we experience this instrument slowly relaxing into a more penetrating clarity of focus, we realize the tenacious hold that the details of the day have upon each of you and we congratulate that effort to move to a more spacious point of view and to spend that precious coin of time in attempting to move to the center of your self, your being, your purpose, and your nature.

As always, we would ask each to use discrimination in responding to those things which we may have to say this day. Be aware that we do not always hit the mark with our comments and be guided by your own perceptions of relevance and interest. Look for the resonance of those thoughts that we share. If our thoughts are not resonant, we ask you to lay them aside and move on until you find something that truly opens your heart or engages your mind.

You ask this day concerning the situation of being in the midst of an incarnation and looking at the spiritual principles that may aid you at this point.

We find that there is much of the past which has been very productive in one way or another, my brother, in your seeking. There is a substantial amount of information which you have become fairly well able to call upon and to use.

We find, further, that whereas in many cases among your people, there is a lack of passion and determination to persevere in the spiritual life; this is not true of you. Your interest in seeking the truth is stable and you have won through those energies that test one's decision to be of service to others.

We would say that there is much progress that you at the soul level and your guidance system will be very pleased to observe when you next meet after incarnation. You are at a point in your maturation spiritually, my brother, that you share with a great many others. You know many things and you have had some real success in applying those principles that you have learned so far.

Perhaps the principle we would suggest for you to consider at this time is that simple principle of oneness, the oneness of the system of which you are a part. It is easy to focus upon details, and in a way it is reassuring to focus upon details. If one is concerned with meditating, for instance, at the correct time, meditating in the proper posture, and so forth, there is a quantity of things to work on and

a product that you can admire at the end of it—a finished meditation done properly.

However, my brother, you are at a point in your development where it is profitable to you to go deeper than the form of the meditation. It is time for you to become aware of yourself as part of an enormous, indeed, an infinite pattern. You are one with the Earth. You are one with humankind as a tribe. You are one with the Creator. You are one with truth, and the values of that system in which truth is a living being, that system of time/space, or the metaphysical universe, in which your soul and your spirit live and move and have their being.

It is time to move beyond what you know and what you can know, and to keep a part of your consciousness free to observe as much as you can of the larger picture into which all of the details of your life and your thoughts fit.

When one begins the spiritual search there is a tremendous eagerness for new information. There are many interesting and fascinating subjects which seem to pertain to the spiritual walk—and we use that term, walk, advisedly. The process of spiritual evolution is a journey and it is taken one step at a time.

It is not about progressing or chalking up accomplishments. Rather, it is about finding the grace to allow those things about you that are not serving you to fall away.

It is about beginning to penetrate your own outer self, that self that so fascinates the psychologists. Beneath that personality shell lies consciousness itself. You share that unified consciousness with every iota of the Creation. You put your own spin on it as it comes through you but you participate in the dance of being. You are not cut off from the pattern and its so-called implicate order.

Therefore, we would suggest that the principle that is most helpful to you at this time is that great principle of oneness which underlies and makes possible the universe and your own unique place within it. The adventure of seeking the truth can be seen profitably as caving. Remember, as a spelunker, to carry your lamp and keep it burning brightly. Hold faith itself to be your safety lamp, and replenish your battery by dipping into the silence of your own sacred space within your heart.

May we ask if there is a further query, my brother? We are those of Q'uo

A: I believe my son, Seth, has an activated fourth-density body. In thinking about this, what spiritual principles would I consider?

We are those of Q'uo, and are aware of you query, my brother. We can indeed confirm this dual-activated nature of your son. This entity experiences life slightly differently than do you because of this double activation.

In the short run, such double-activated entities have a difficult time, from time to time, in the growing-up process, as this instrument would call the process of developing into a mature physical being. The sense-awareness matrix of such entities allow more sensory input and as this instrument would say, it gets noisy in there from time to time, more so than an entity who is activated only in the yellow-ray physical body.

While this is inconvenient both for the child and the parents, there are advantages to being wired for both densities: the density that is now being experienced upon your planet and the density that is interpenetrating it. As this entity becomes a mature being, physically as well as emotionally, the inherent stability and toughness of the basic structure of the double-activated body will be of great help to this entity.

As the interpenetrating energies of green ray buffet this planet more and more, the challenge to all entities is to be able to face the truth of themselves clearly and straightforwardly. Double-activated entities have a head start in being able to become completely honest with themselves. This creates an atmosphere in which they may be more calm and serene under conditions which may seem challenging.

The forces of evolution create a forward movement which is the response of nature itself, shall we say, to the rapidly changing environment of planet Earth. We encourage you therefore to relax into an awareness of the rightness of such changes. They may sometimes seem to be those changes that are inconvenient. However, the overall plan is a good one and your child's hope to serve as this entity desires to serve within this incarnation he is experiencing is not in vain.

May we ask if there is another query at this time?

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A: Do you have any suggestions for establishing and maintaining an optimal working space, metaphysically speaking, for teaching and learning in a high school classroom?

We are those of Q'uo, and are aware of you query, my brother. The conditions of an environment do not end with the dynamics of the dimensions of the room, the heat of the room, and so forth. A classroom is far more than a physical space. It is in some ways a cocoon where the larva enters to find a little quiet and time for thought so that he may ultimately emerge as a butterfly.

In some aspects a classroom is a sacred space. It is filled with souls. They have been thrown together by circumstance, and there is a rough influence from authority figures, such as principals and other entities which create curricula and give textbooks and so forth their place. Yet, at heart it is a place where the teacher and the students shall create together their environment, their experience in their path of learning and service together.

It is as much of a work environment for the children as it is for you, my brother. This is the practice that entities receive as children that is intended to train them to take their place in society as entities with a good work ethic and a good moral ethic in the ability to participate in their democratic environment as citizens.

Yet these are also flowers who need sunshine and rain. They are living entities with hopes and dreams; they suffer as much as any grown person. They struggle and they deal with a tremendous amount of incoming catalyst, just as do you, my brother. Yet, because of your situation you are the leader of this little band of souls. As an ethical person who is desirous of serving, we know that you wish to start with the first distortion[13] in considering how to move on in creating this environment of classroom.

The first distortion of the Creator's universe is free will. In considering how to handle situations with your students, recall that principle and attempt to apply it to the situation at hand. All entities are deserving of respect, and their rights are in your hands. See what you can do to maximize their experience of personal freedom without minimizing your experience of a comfort zone for yourself and for the whole class.

The second distortion of the creation is that Thought which chose to create the universe that you experience at this time, and that the rest of those parts of the Creator that are we, this instrument, those in this circle, and everyone else, experience also. Remember, this love was so powerful that it set into motion those forces that have created all that you see and all that is unseen as well in endless and amazing order.

Find the springs of love within yourself that are not attached to any students or any personalities whatsoever, but are attached only to the Creator, so that you are seeing the Creator in these flowers of the field that have come to you. No matter what they are doing, their nature is love. Let the love within your soul respond always to that same love which lies within them. They may not have become acquainted with that portion of their personality, but as you look deeply within them, past the misbehavior and the personality quirks, and see them clearly, so shall they then see themselves as in a mirror for the first time and perhaps even begin to recognize their own true worth.

The third distortion is light, that light that manifests all things. A great part of your function, in terms of the teach/learning aspect of a classroom, is involved in this illumination. Information is the light of the mind; it is the food of thought. Encourage entities to think. If the curriculum as you look at it does not excite you, how shall you make it exciting for them? Therefore, as you prepare for your students what you do not find illuminating, move to one side and instead venture forth into those aspects of what you are teaching that you do find interesting and that you feel your class may find interesting as well.

Indeed, we would encourage you in this regard to pay close attention to the questions that you are asked, and to those subjects that are brought forward. There are often opportunities for teaching that lie completely beyond the bounds of any subject. Be bold at laying aside your textbooks and your lesson plans and saying, "Today we are going to talk about what you just said, because this is something that you need in life. You need to think about this."

[13] This terminology is typical of Confederation information. The Creator is a mystery without distortion. The first distortion to this mystery is free will. The second distortion is unconditional love or Logos. The third distortion is light.

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There is much that we could continue to say to respond to this question because in being a teach/learn learn/teacher, you are entering into a transaction that is of the most deep and profound character. When you, yourself, look back upon those forces that shaped your life, you undoubtedly recall special teachers that told you that you had worth and that sparked your interest, so that you wanted to know more. What were the characteristics that you loved about them? Think about that, my brother, and develop within yourself those characteristics that you most admired in your own favorite teachers and inspirers. For you are a voice in the wilderness to which they will listen. Circumstances have brought you together. Take this opportunity to maximize that environment for freedom, for loving, for learning, and for exploration.

Why is it that entities must go from their homes out into the world and engage in work? What is it that pulls people together for goals and ambitions that lie beyond the needs of survival? What is it to be human? What is it to learn? As you shape this environment for yourself and your students, ask these questions without having to answer them. Let them be those questions that open the windows and let fresh air into your own thoughts in the processes of your own professionalism as a teacher.

May we ask if there is another query at this time?

A: Does the curvature in my spinal column indicate an energy blockage or imbalance which I will not be able to correct in this incarnation? If so, what is my best metaphysical response? Or does it indicate a condition which I set in place before incarnation? If so, what was the plan? Any thoughts which you would find helpful to share about my mind/body/energy and suffering I would appreciate hearing.

We are those of Q'uo, and are aware of your query, my brother. There are aspects of this query which lie beyond the boundaries of the Law of Confusion.[14] This is an active question in your own metaphysical development at this time, my brother, and so we will step lightly around part of your query and focus upon the response, which is the same regardless of the details of why you are suffering at this time.

In many cases, before incarnation there is set up a fail-safe system that kicks in if during incarnation if you as a personality shall forget to focus on that which you as a soul wished for the incarnation to be focused upon. In other cases there has not been a preincarnative arrangement made, but there has been sufficient difficulty within incarnation that there has been illness that has occurred.

In either case, when the suffering is part of your environment, the most skillful first assumption to make for a seeking soul is that it is a good plan. It is a plan to get your attention and it has succeeded. Therefore, you may give thanks that you have awakened within the dream of life to one of the aspects of this experience.

It is not usually a one-to-one or linear relationship between pain or suffering and the metaphysical reason for the pain. It is a comfortable and easy thing for outsiders to look at someone with a bad back or an ulcer or a cancer and say, "Oh, that person may be carrying too much, and that's why the back hurts," or "Oh, that person must be worrying too much and that's why the ulcer is there," or "That person must be feeling great anger inside and that is why the cancer is there."

My brother, this is often not at all accurate. It is less linear and more filled with grace and charity than that. Being in pain or being ill is a way of narrowing your attention. It is a way of distracting an active and energetic soul from loitering on the playground of life when there is work to do in the classroom, for life itself may be seen profitably as a school.

The density of choice[15] is a certain type of classroom. Before incarnation you had a plan for this incarnation. You wished to learn certain things—not linear things, but rather qualitative things. And you wished to be of service.

You brought grist for the mill with you so that you could learn. You chose your parents and other relationships. You chose many more relationships than you actually needed, because you knew that you would move through relationships. So you have a great deal of redundancy in that system. You will

[14] The Law of Confusion is another way which Confederation channeling has of expressing the primal nature of free will. To invoke the Law of Confusion is to say that a question which has been asked cannot be answered by them without their violating the free will of the questioner.

[15] Third density and the density of choice are both terms for consensus reality, the life we are living now on planet Earth.

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not run out of good catalyst that will help you to learn.

You gave yourself gifts to share. You packed those in your bags when you came into incarnation. For this instrument, it is a singing voice, and she has sung throughout her incarnation. Everyone has little things that they can do that make others smile: a special dish that they can make or the way they greet you and obviously are enjoying your presence. Some people have that gift of hospitality. There is no end to the gifts that you can bring with you. Some are dramatic and others are not noticed, really, by those that are looking for accomplishments out there.

Trust that you have these lessons to learn and these gifts to share and that if your physical vehicle is acting in ways that limit your movement or your abilities, that part of the plan is not random. Part of that situation is for your profit as a soul. Upon what has this suffering caused you to focus? Upon what have you concentrated as a result of this catalyst of pain and suffering? Have you given thanks for it? Have you trusted a seemingly negative situation enough to offer honest and heartfelt thanks? We encourage thought along these lines, for it is in an atmosphere of gratitude and thankfulness that the beginning of the solution to the particular tangle of this puzzle will come to you.

When you assume that it is a helpful condition that is for your benefit as a soul, you shall begin to see the great gifts that illness offers. In the first place, to those who are overactive and overly distracted, it offers rest and the opportunity for leisurely thought and contemplation.

It offers you the opportunity to experience a tiny portion of the suffering of humankind as a whole. In your suffering you are one with the entity in Biafra who is starving to death, the entity in Iraq who is being tortured, the child in New Orleans who is being beaten, and the wife who is being brutally raped within the sanctity of her marriage. The suffering of the world is shadowed in your pain and you are a part of that dark beauty, a part of the whole that contains those dark notes. Rejoice, for you know the cost of living more profoundly than a healthy, comfortable person.

It is interesting that entities among your peoples know that they shall die and yet they fear it. Face that which is implied in suffering, that is, death itself, and know that this is a part of the experience of incarnation. Gaze firmly into the eyes of death. And when you have realized fully your mortality, open your eyes to the sunshine and the beauty of the night sky and know the privilege of living and suffering and sharing all things in this experience called living.

It is so intense when one is within incarnation and cannot see the greater pattern clearly, but we encourage you to find the very center of self that exists most triumphantly through any pain and suffering and so focus on that center of self that you are able to move into an environment that is free of anything, any sense input or intellectual input of any kind, and that simply contains the love and the light of the one infinite Creator.

This instrument has at times been in a great deal of pain with rheumatoid changes to her skeleton and musculature, and the effects of those changes can be very limiting. Because this instrument is a Christian she used some of the holy words that she had learned as a child from her *Bible*. The phrase that she used over and over during this period was that which is found in the writings of the one known as Paul who said, "If I live, I live in Christ and if I die, I die in Christ, so whether I live or die, I am in Christ and Christ is in me."[16] Substitute the words "unconditional love" for "Christ" and know that this is the reality of your experience, in or out of incarnation, in or out of pain.

You are unconditional love. You have poured that love into a package that carries you through this incarnation, but this is your nature. Use this experience of suffering, for it is there in order for you to use it. As you use it, you may find your situation changing. Your first job then, is to embrace this opportunity.

May we say that you are never alone when you are attempting to do something like this. Your guidance system is very close to you and you need only ask for it to begin responding to you. We, ourselves, are glad to be with you and mentally requesting us will bring us to you immediately. We are there to underscore your meditative efforts and help you to feel that feeling of support and encouragement that is so precious to the growing soul.

[16] The accurate quotation, from Paul's Epistle to the Romans 14:8, in the *Oxford Annotated Bible*, reads, "If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's."

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We thank you for this opportunity to speak through this instrument. The energy of this instrument begins to wane, and so we would suggest at this time that we end the session. We thank each and leave each in the love and in the light of the one Creator. We are known as the principle of the Q'uo. Adonai, Adonai. ♣

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Special Meditation
August 25, 2006

Question from J: My main question has to do with knowing and understanding more about what I am and why I am here. Am I on course in fulfilling my highest potential as a wanderer and as a soul? My greatest desire is being of service to others. Please offer me any thoughts.

(Carla channeling)

We are those known to you as the principle of Quo. Greetings in the love and light of the one infinite Creator. We come to speak with you through this instrument this evening. May we saw what a great privilege it is to be with you and to be called to your circle of seeking.

We appreciate you, this instrument, and this group taking this time to seek. The honor is ours. We are most grateful to share your meditation, and enjoy the beauty of the harmonies of your flower-like auras as they blend and form a sacred temple that towers high above this physical dwelling. It is a service to the one Creator that we greatly appreciate. We thank you for sharing. We thank the one known as J for her very thoughtful query.

When we hear one whose focus is so crystal-clear, it is far more easy to express our thoughts without fearing we will interfere with your free will. The very questions that you ask, my sister, concerning who you are, why you are here, and what you have left to do define for us your ethical clarity and your character as a personality. We would not have to examine you further than that question to be able to tell you that you are on task, not only as a soul, but also as a wanderer.

As a soul, my sister, you are on track because you are alive.

As a wanderer, you are on track because you are remembering who you are. You have awakened to the possibility of being here for a purpose. You are beginning to believe that you shall flower and bloom in the service of the one infinite Creator in the time left in your incarnation,

As part of the creative principle of this planet and a steward of the spirit of this planet, and of its people, you have the rest of your days to pursue the infinite subtleties of your incarnational lessons, those things which keep repeating in your life, and discovering that which is acutely new to your consciousness but which has been coming together in your subconscious mind through time in incarnation.

The great advantage of being past the first blush of youth is the sheer repetition of patterns that constitute the material from which you draw catalyst, as well as your opportunities for evolution and service.

When an entity within incarnation awakens and grasps the basics of choice, that entity becomes a magical being. And so you have become a magical being, my sister. The challenge for you now lies in your ability to persevere with utmost dedication and focus on service while simultaneously releasing your

expectations, so that those things which are new may flow into your pattern with the least possible resistance.

We do not say this simply to you, my sister, for you are part of a very large group of entities. And we should say we talk about not one group of entities but groups of such groups that have all come together as planned to help to shift the consciousness of this beloved planet which you have so enjoyed, and which you so dearly, dearly wish to serve at this time.

That which shall freely shift consciousness upon this planet cannot be found in the patterns of your culture. Although a listening ear may hear them in the patterns of your religions, the public and overt side of religion has left those voices out. Those voices of love must be your voices and they must sing a new song. And they must not do this singly. They must do this globally.

And so it is occurring. As more and more entities awaken, you and many others shall conspire, in the name of love, to create an increasingly powerful paradigm that is new. How shall that novelty be shaped, when that which you already know has proven to be effete?

Where do you find your sturdiness? Where do you find the heart of meaning?

We ask you these questions, because it is in your hands, rather than ours. It is in the hands of the people of this planet rather than in the hands of those who would serve and help you to make the choices that open you to becoming a being capable of creating outside the cultural box.

We lift to you a beacon and that beacon is yourself. We ask you to see yourself for the first time, clearly and lucidly. Light courses through you, my sister, not from you. There is no effort to being who you are. There is only the removal of blockage from the passage of light.

And you do not have to move the furniture of your life out of the way of this light. You have only to check and be sure that it has not gotten rumpled and thusly has obscured the passage of this light. Make sure that chimney which goes through your heart and out into the waiting world can open very safely, very clearly, and very cleanly.

As that energy flows through you, allow it to rise. And note and observe that which keeps it from rising. When you have a chance, sit down and look at that again and see what you think. How can you nudge that rug or that chair, or that little side table or emotion, or opinion, or judgment, out of the way? Don't manage it. Love it! Appreciate it! You spent years coming to those opinions. Value them! Just don't let them block the light.

My sister, you share with this instrument a tendency towards earnestness. This is not a bad thing. It works well in a culture which tends to pacify and patronize women. You are proof against such things. You will persevere. You will keep on with that seeking which is the heart of your heart. And that is good.

Remember always, and we say that also to this instrument, to lighten up. To relax. To enjoy. To cherish and relish the tiny things that seem silly and make you smile. For these too give you power. Rest your soul. And create balance in your life.

May we ask if there is another query at this time?

J: The second question is, how can I remember more authentically who I am and where I come from?

We are those of Q'uo, and are aware of your query, my sister. We pause in considering which direction to take in responding to this query because there is almost an equal balance between one level of information and another.

We will begin then, my sister, with the level of information that is closest to the surface. You may know more about who you are and where you're from by accessing resources within your mind which are not usually available to the conscious awareness. Methods for doing this include keeping a dream journal, creating a workshop and a safe place for journaling and the awareness of [consciousness.][17]

You can also consult a hypnotherapist to move through a carefully constructed method of asking these questions of your higher self while in an hypnotic state. Because of the fact that we have answered other queries of this kind in recent years, we will allow you to investigate that which we have said to others on this subject, using the website

[17] Carla: I think the Q'uo group were saying that being aware of one's own consciousness from moment to moment is as helpful as keeping a journal, doing dream work, or creating an inner workshop.

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which belongs to those at L/L Research. There is a search function on that which will give you that information which you seek.

To move to that which we feel a pull to express, we move into deeper waters, my sister. And we must ask your forgiveness in advance for being relatively unable to be clear in talking about this deeper level. However, we feel that in the end it is more satisfying for you to investigate this deeper level than to find out from hypnotic regression what you might have done in a previous lifetime or other things of that nature.

When you move into that part of yourself where the seeds of these questions truly lie, and from which they grow into that bloom which is yourself within incarnation, you move into common ground. You move into nested realities of who you are. You are you, of course, within incarnation. You are the only you that ever was and ever will be. But you are nested into your soul stream along with all of the "you's" that you have created in many blooming incarnations. You are a full garden of beings in one. You are nested into your soul group, which is nested into the entire societal clan which decided to come to planet Earth to be part of the light and the love of the one infinite Creator.

And this is nested into your being a part of Earth itself, the tribe of Earth which you became when you took flesh and laced your soul carefully into the substance of the mind, the body, and the spirit of that entity which sits within our room this evening and is able to share energy with us.

And all of this is nested into order of magnitude after order of magnitude, until you are the one infinite Creator. All is run not simply from the top down but from the tiniest iota of being upwards. And each iota of that universe of the creation contains the creation within it.

When we translate that reality back into your question, we say that within you lie rivers and oceans of purified emotion that constitute an archetypical world. You can touch into emotion that has moved through all of its more shallow expressions and into that which is beautiful and pure of its kind, leached of pity and impurity, sorrow and anger, until the emotion you experience is the essence of sorrow, the essence of pain, the essence of impatience.

When you move into those archetypal rivers of purified emotion, you become more and more aware of what kind of being you are. What an exotic, complicated and unimaginably complex, multilayered being you are! It is stunning! And when you can see how stunning you are, you see that all of your imperfections add power. You begin to see how beautiful everyone else is because you have forgiven yourself for that imperfection. And now you are ready to see the beauty of everyone else too.

As you get to this level you begin to see that who you are changes, the deeper that you go. At the bottom of that digging is a place in your heart where you are unconditional love. In that place, the Christ waits for you. To some entities the Christ is a being, a person, with eyes and hands and a voice. To some entities Christ is the energy, the creative principle that created the world, wrapped into a cloak which any entity may choose to prepare the self to wear.

The cloak of love that is unconditional may be seen as a crown. It may be seen as a mother nursing its child. It may be seen as the figure of the Christ washing the feet of his disciples and saying, "Follow me and be the servant of those you love."

It is difficult to discuss being itself. Words fail. And we can use only metaphors, stories and well known and even clichéd figures to describe the world in which that energy resides. Who you are and where you came from are things that evolve into your conscious awareness very naturally, little by little, throughout an incarnation, if you are interested.

Except for those whose karma it is, shall we say, to discover specific information, generally that information level is not given to you. What is given to you is the resonance, when you're ripe, when you sense into something that is most deeply you and expresses where you may have been.

Look then for that resonance. Wait for that feeling within yourself. The energy within yourself will move when you run into something that speaks to you. When it does, take yourself seriously. If you can't think about it right away, note it down and think about it later.

We truly are all one and you shall find that one of the great advantages of third density has been to block you from the knowledge of all of that so that you may pursue the heart of your seeking in a much more focused way.

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May we ask if there is another query at this time?

J: The third question is how can I develop and improve my inter-dimensional communication techniques?

We are those of Q'uo, and are aware of your query, sister. We find that we have basically communicated the information to you about this question in the previous answer. The simplest way to become more able to work with inter-dimensional communication is to practice silence. We find that we are repeating, yet it always bears repeating. Go ever deeper into that silence but without any expectation. Follow your heart. Follow your practice. Experiment when you sense that something is not quite alive within you. Kick the energy when you feel it has stopped. But, in general, enter that silence knowing how sacred that quality and faculty is and how infinitely much it contains for you.

We would also suggest that from day-to-day you retain a consideration as to what the very center of your seeking is, so that you may ask and form an intention as you move into the silence, not because you expect to hear a voice telling you what to do, but because silence is a place wherein the Creator is communicating with you, and you with the Creator.

The Creator has no problem communicating within Its silence. Those within incarnation have less sense of the power of their thoughts, and so it is helpful to form an intention consciously, in the same way that you would form a list when you go out to do errands. Or form a short list of topics in your mind, as when you're going to have a conversation with someone on the phone.

We greatly enjoyed the music before the meditation this day and that image that the one known as Joan had of the Creator at the end of the phone, the only person with enough nerve to actually use the telephone being the Pope in Rome.[18] We hope that you will use that telephone very often and with great effect. The minutes are free.

Is there another query at this time?

J: How do I fit into the Confederation? If this question falls beyond the threshold of free will, please tell me what you can about the spiritual principles involved in looking at this question.

We are those of Q'uo, and may we say, my sister, that your adding that last sentence was our only hope of answering your query with anything more than, "We find that we are unable to speak of this particular question because of the fact that it is part of your active seeking process at this time."

We cannot learn for you. We can only be a good resource for you, if we can, as a teacher. To take over your lesson and explain it to you would be an infringement of free will for which you would not thank us, once you looked back upon this exchange from a time in your future.

These mysteries are very good to ponder. We encourage you to ponder them, this one, especially. See where it takes you.

In general, the spiritual principle involved in looking at questions like, "Where do I fit into a group?" is that if you have a resonance with fitting into a certain group, then there is probably a connection. So it behooves you to investigate it further.

That principle of resonance is the one that we would suggest to you, my sister, and certainly not just in this wise, but in many ways. There are many, many times during every day when the spirit is attempting to speak with you in one way or another. And the first obstacle to hearing that voice is, as we find, there are many people who do not catch the drift. The first job is to know that the spirit world is

[18] Q'uo refers to a song written and sung by Joan Osbourne, the lyrics to which are:

> If God had a name, what would it be
> And would you call it to his face
> If you were faced with him in all his glory?
> What would you ask if you had just one question?
>
> And yeah, yeah, God is great! Yeah, yeah, God is good!
>
> What if God was one of us;
> Just a slob like one of us;
> Just a stranger on the bus
> Trying to make his way home?
>
> If God had a face what would it look like
> And would you want to see
> If seeing meant that you would have to believe
> In things like heaven and in Jesus and the saints and all the prophets?
>
> And yeah, yeah, God is great! Yeah, yeah, God is good!
>
> What if God was one of us;
> Just a slob like one of us;
> Just a stranger on the bus
> Trying to make his way home?
> He's trying to make his way home
> Back up to heaven all alone,
> Nobody calling on the phone
> Except for the Pope maybe in Rome

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talking to you so that you pay attention to the street signs and the little birds and animals that visit and so forth during your day.

The second thing that keeps people from hearing spirit is that they do not value their own awareness. A passing thought will sneak into their mind and they think, "Now why did I think that?" And then they'll go, "Oh well," and then move on.

When a thought sneaks into your mind next time, stop and say, "Why did I think that? Let me put that aside for a later time when I can ponder that." Write it down. Look at it again. Follow the pattern, the thread that goes into the weave somewhere. And in that weave are interesting and eye-opening details of context.

Is there another query at this time?

J: How do my daughter C and my husband L fit into my purpose? If this specific information is beyond the threshold of free will, please tell me what you can about the spiritual principles I will find most helpful in looking at these relationships.

We are those of Q'uo, and are aware of your query, my sister. And again we are very pleased that you thought to ask about spiritual principles because, naturally, your family members are indeed an active part of your process at this time. You chose them specifically. The question is always, why did you choose these entities?

Naturally, you chose them to serve and to learn from. Therefore, you gave yourself some challenges with them that are only outcroppings of incarnational challenges which you set for yourself because you wish to come more into balance. We will leave it to you to decide which way the balance goes. Are you more wise and need to open your heart or is your heart too wide open and does that make you too naive to do the loving thing sometimes? Because the truly loving thing is Solomon-like and involves some wisdom. Think of Jesus-meets-Sophia[19] and you begin to have the good balance there. When you look at your life, see what you think.

And then that gives you more of an idea as to where skill lies in responding to circumstance. You know that you want to offer the highest and best response that you can, no matter what the catalyst is. The challenge is always to find that sweet spot where your heart is fully open but your wisdom has been engaged as well.

We would ask at this time if there is another query.

J: Is there anything specific I can take with me tonight to begin from this point to be more focused?

We are those of Q'uo, and are aware of your query, my sister. And we would say to you, my sister, that if you can take this moment with you in memory, some memory of the way it feels, the joy, the elation, the peace, the power of this holy place that you have created, not with your hands but with your hopes, your intentions, and your desire to serve and to know the truth, you will have a place where you can do your work.

And that is all you need, my sister. For your heart will lead you to the rest.

Know that you are never alone. Your guidance is with you. Many angelic presences surround you. The world of nature is very aware of you and responds to every heartbeat and every footfall of your life.

It is an interactive universe, my sister. And all of it is in love with you. And all of it thanks you so much for loving it. Keep that feeling. Remember it and let it bring you home to yourself.

We find that this instrument's energy does wane at this time and so we would leave this instrument and this group in the love and the light of the one infinite Creator. Adonai. Adonai. ♣

[19] Carla: I believe they intended it to mean, "Think of the energies of Jesus the Christ and the feminine principle of wisdom, Sophia, to feel how the combination would balance planetary energies."

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Sunday Meditation
September 3, 2006

Group question: The question today is, what work is necessary to be done by the seeker upon the chakras or the energy centers in order to facilitate the raising of the kundalini and of what value to the seeker is this raising of the kundalini?

(Carla channeling)

We are those of the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a great privilege and blessing to be with you this day, to enjoy the beauty of your vibrations, and to be asked to share our humble thoughts on what work is needed to do by the seeker upon the chakra system in order to encourage or advance the raising of the kundalini, so-called, by those students of seeking in the oriental tradition of Yoga. It has also been asked what value that project is and it is that with which we would start.

However, first, we would be careful, as always, to request your cooperation as we speak. Please reserve and retain the quality and faculty of discrimination. You are responsible for your universe, for the thoughts that you think, and for the progression of those thoughts. For us to be speaking to you from a position of authority is not an option. We need for you to see us as fellow seekers; those who have had more experiences than you which we remember at this point and therefore those who may be able to share helpful thoughts. We cannot guarantee the accuracy of our thoughts nor their appropriateness in your process and it is important to us that you be able to place the thoughts that do not resonate to you to one side and move on without feeling that you have somehow missed the point.

If nothing resonates to you about one of our thoughts, it is not you who have missed the point, it is we. Not every thought is going to work for everyone. If you will be the guardian of your thoughts, accepting only those thoughts of ours which seem resonant to you, then we will feel free to speak without being concerned that we will infringe upon your free will. May we say how much we thank you for this consideration.

The purpose of the raising of the kundalini within the system of study and worship known as Yoga is to aid the seeking soul in its progression towards perfection. It is a particularly Oriental concept and not one in which the Western religions spend much time or consideration. Consequently, for most raised within the religious systems of the West, the concept of perfection is puny or paltry. The West seems rather to want to focus upon the humbling of the self by the realization of its imperfection and then the experience of rebirth in cleansing through the intervention of a manifestation of the divine.

Redemption is not the same thing as the progress towards perfection, even though the activity is the same. Let us explicate. In, for instance, the Christian crucifixion ritual, the sacrificial victim takes upon himself the sins of the population on whose behalf he is being sacrificed, just as in olden times when

sacrifices were burned to the gods. As the fires burn his flesh and dry his bodily fluids to ash, that benediction of blood and flesh absolves and redeems the imperfect entities of the congregation. That is the illogical but spiritually viable goal of the crucifixion. The resurrection is a new twist upon the sacrifice of the slaughtered animal and represents that which the one known as Jesus, as well as many other crucified saviors, desired to bring into the concept of sacrifice and that is the resurrection and new life of the being that has been sacrificed.

That which Jesus suggested was that each entity take up the cross and follow him. When the one known as Jesus took up the cross, he was walking towards his crucifixion and eventual resurrection. In taking up the cross, you take up the nature of the cruciform reality in which you live—which is called consensus reality or space/time—and you walk with it to Golgotha. When it is your time to learn the nature of sacrifice, you place yourself upon that cross. You experience suffering. You experience your dark night of the soul and you experience the resurrection into new life. You do this not just once in an incarnation but in a repetitive and cyclical fashion, gaining the experience of winning through to new life each time that you experience these small deaths of transformational change.

It is never described to the Western religious seeker that the goal of such suffering is perfection. It is, however, implied that the experience of one who has won through following this directive of following the steps of Christ will experience an enhanced or expanded awareness after the sacrifice has been made. This is as close as the Western religious system can come to the Yogic concept of perfection.

It is a handicap of this particular distortion of a way to study the one infinite Creator. However, in the rich coloring of the story of sacrifice and resurrection, the emotive qualities of the story create an atmosphere in which it is far easier to understand the nature of redemptive love. Consequently, this is the glory of the Christian faith: that one glyph of a suffering and fully conscious Creator, perfectly willing to go through the pain of death in order to demonstrate its illusionary quality and thereby offer the realization of larger life to those who are able to view the stunning reality of the transformation of the light-struck tomb and the empty grave.

The glory of the Yogic system, however, is that concept of perfection. The Yogi is not afraid of becoming the Creator. The difficulty with that system is the opposite of that difficulty with the Christian system. Some may say that the system lacks a certain amount of color. It is more difficult to achieve an iconic representation of unconditional love from studying the systems of Yoga. It is not impossible. It is simply not as easy to choose that central icon and say, "This is unconditional love."

The Yogic system is far more complex and far more accurate. It therefore appeals to those who are wanderers from fifth density or who simply have within this incarnation a more intellectual or mind-driven seeking process.

We cannot say that a mind-driven seeking process is superior to or inferior to a heart-driven seeking process. We simply point out, number one, that one is seeking in one or another wise, primarily, and, number two, that whichever way you are seeking, part of your consideration of moving forward may well be to reach into that part of the seeking process which you are not using and encourage balance within yourself, so that you are seeking not only with the desire of your mind but with the desire of your heart. They are two different things and there is a tremendous power in bringing those two together.

What you do when you bring the passion of the heart and the desire of the mind into harmony is to yoke will and love into a working pair of creatures that can draw the cart of your seeking process forward and engage your will, the faculty of your purified desire.

Desire drives the chariot of progression through spiritual evolution. The most precious faculty in the seeking process may be said fairly to be desire that has been well realized; that is, desire that has been harnessed to passion and purpose. To bring body, mind and spirit into union is to activate a very powerful force of nature. For you are one step down from being a sun. You are a co-creator, and to the extent that you begin to realize this, you begin to see the possibilities inherent in the human condition.

The work that one does upon the chakra system in order to raise the meeting point between the incoming love and light of the one infinite Creator and the downpourings that are called forth by questions and in prayers, creates the point at which work may be done. Normally the untuned and

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unconscious entity is not capable of effectively desiring in a focused manner in terms of spiritual things. The prayer or regard for the infinite Creator expressed as devotion that drives mystics tends to be missing in the makeup of the unawakened soul

Therefore, the energy within the energy pipeline flows at a variable rate and with variable efficiency. Work in consciousness cannot be done with any degree of stability underlying or undergirding the effort. There may be flashes of great inspiration and clarity in anyone, because of special occurrences that catalyze a moment of clarity and an opening of that faculty wherein the guidance system of an entity may pour in love and inspiration. And there may be long periods wherein there is no apparent connection betwixt the guidance system and the self.

When an entity awakens to the realization that there is more to life than what is seen by the naked eye, this opens the potential for that entity to seek to know more about the unseen. Such a seeker enters an area that is very mysterious in any rational sense. For spiritual seeking the rules are completely different from scientific seeking. The experiments are done within the self and only subjective criteria can be used.

It is nearly impossible to obtain scientific data that proves the existence of spirit. It is carefully designed to be very difficult to prove what faith is in any way, shape or form, what desire is, what the will is, or any other metaphysically viable tool and resource for hastening or accelerating the pace of the evolution of mind, body and spirit.

This is because the only actual progress made in polarization and the seeking of truth is made in an atmosphere of unknowing. If it is known that such and such a thing is true, there is no risk in setting out to reach that truth. It is important, indeed, it is centrally important to the seeking soul that he realize that he is risking everything with the potential for gaining nothing. He may be on a wild goose chase.

Faith requires that you walk off the cliff of known things into the mid-air of unknowing and it is in that mid-air that the seeking soul who decides to activate his desire and use it to fuel his seeking must do his work. Therefore, the only solid ground beneath such an entity whom we may call, for convenience's sake, an adept, is the knowledge of himself, who he is, why he is in the process of seeking, what he is living for, and what he would die for. That is that upon which one stands in metaphysical seeking: not physical ground but the ground of being.

Therefore, the use of the chakra system is that use which, firstly, clears the pathway through which energy flows from the soles of the feet and the base chakra at the base of the spine through all of the chakras, one after the other, and finally out through the top of the head.

Now, this basic flow goes on all the time in everyone. When one attempts to improve the flow, one is not simply tinkering with the physical system. One is working with the metaphysical system. The model of the energy flow through the energy body in space/time that is comfortable to look at is that of a self-contained system. However, in the metaphysical view of this pipeline, while on the level of consensus reality or space/time it is indeed a self-contained system, on the level of time/space it is an open system. At each point it is open to the density that equals that color and to the entities that people that true color.

Further, when entities are working on a certain difficulty, as the one known as M pointed out, they may be working in two or more chakras at one time. The one known as M gave the example of having low self-worth, which is worked within the orange ray as well as in the indigo ray and, indeed, to some extent, that low self-worth shall be worked on by each and every one of the chakras in one way or another.

Consequently, when one takes up the goal of clearing the chakras, one is doing a great deal more than clearing a physical system. One is doing more than clearing a pipeline. One is asking the self to perform the mental actions necessary to create a change in the way one sees the self.

If one is blocked in a certain way in one of the chakras, one is seeing the self in a certain way. One is giving honor and respect to that issue which is blocking or overactivating the chakra. In working to clear the chakra, then, one becomes vulnerable to the need to rest and examine that blockage; to sit with it and to gaze into the workings of that blockage. When does it occur? How does it arise? What was the first thing that you thought of that made you realize you were caught? How have you experienced this before? What pattern surrounded this thought when you had it before? What about the time before

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that? Can you find the first time that you were blocked in this way? What was the exact circumstance of that blockage?

The closer that you can get to the source of your blockage or your overactivation, the more chance that you have of unearthing the ore that contains this gem of information, this piece of crystallized pain. When you do this, you hold in your hand the gift of much suffering. Wash it! Polish it! It is a gem you have earned, but it is not a gem that you need weighing you down.

There comes a time to lay down a piece of crystallized pain that is emotional in nature, mental in nature, or spiritual in nature. You will know when that time comes. We do not encourage you to hurry yourself. However, it is indeed a wise person who harvests such crystallized pain, realizes it, thanks it, and moves on. It is not necessary to carry behind you that great sack which bears the accumulated pain of your incarnation.

The process of doing this work is a process which clears the chakras and strengthens their integrity. As you clear yourself of those blockages you experience in each ray, you are doing an exercise that, upon repetition, becomes easier. Eventually you will find that you are hungry for clearing your chakras and you wish to do the clearing as quickly as you can after you experience blockage. This is because the experience of wellness—speaking emotionally, mentally and spiritually—is a wonderful elixir compared to that murky, unwell experience of being confused or caught within the details of whatever drama has caught you away from the free flow of the present moment. You are here to get caught in the free flow and stop the flow so that you can examine the catalyst that you have just caught or that has just caught you.

Nevertheless, when you are caught the appropriate reaction is not self-pity or floundering in despair but rather the realization that you have been given a gift. You have been given a puzzle to solve and in the solution of this puzzle you will come across a version of yourself whom you have not yet met. The working out of the puzzle may involve suffering, especially if one is new to the practice of the discipline of examining one's thoughts and responding to them as if they had worth and honor, but repetition makes every attempt to do this easier than the one before it and as you gain results from doing this work, that too will give you the courage to make even bolder attempts to understand yourself and to allow to fall away those distortions which do not serve you.

Inherent in the process of the raising of the kundalini is the concept of the possibility of perfection. One must be able to accept one's creatorship or one will never be able fully to utilize this whole concept of the raising of the kundalini. For when one has attained the supposed goal of the raising of the kundalini and the kundalini has settled at the brow chakra, the gateway to intelligent infinity can swing open—but only for the one who is able to consider himself a creator.

Now, what is the use of this process of the raising of the kundalini from the indifferent movement in the lower three chakras and occasionally the opening of the heart to a steady rise up into the indigo ray? For many people there is no use in it whatsoever. It is a highly individual, personal and even intimate decision for each as to whether they wish fully to utilize this powerful resource of the human mind, body and spirit.

We find it difficult to put into words what motivates an entity to have the ambition fully to use the resources of his incarnated soul energy to attempt to become, in a word, an avatar. Yet, this is the potential for any. Christhood is as a cloak or a crown that may be worn by choice by the one who wishes to walk in sacred symmetry. It is a choice that is highly personal. If chosen, it is a choice that will consume the rest of the incarnation. Yet it is a choice with tremendous advantages for the entity who values the possibility of moving forward in polarity and in moving forward as well in the learning of those structures of knowledge that enable an entity to be of service in a more efficient way.

The signpost of magic is the slogan, "I desire to know in order to serve." The entity who chooses to work with the kundalini is an entity who is choosing to become a magical being and whose motto is to use that knowledge that is gained only in service to others.

Naturally there are negatively oriented magical beings and their desire would be to know in order to serve the self. We are not those who discuss service-to-self practices, for we are service-to-others oriented and do not have the ability to teach in any other way. However, since we are speaking exclusively to

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those who are service-to-others oriented in this circle, we feel that we are in good shape in being able to express that which you would wish to know.

This energy that comes from the central sun into the sun of your planet, into the center of the Earth, and from there into the soles of your feet and upwards through your energy pipeline and out of the top of your head, is in infinite supply. As much energy as you can run, that energy is available. As high an amperage as you wish to run it, that energy intensity is available. Therefore, the portion of the raising of the kundalini having to do with the clearing of the pipeline is a matter of an infinite journey into discovering how to clear yourself, for the more that you are able to clear and drop away from your personality the more wide open that you may run that energy that's pouring into the base of your spine.

The energy that comes down through the gateway to intelligent infinity, down through indigo and then from indigo to green or to blue or staying in indigo, is that energy you have called forth by your desire and your will. Therefore, hone your desire with every fiber of your being. Keep the edge of appetite keen for the truth. Call upon the energies of justice, fairness, beauty, truth and equality. Bring to mind the qualities of compassion, mercy, hope and faith. Know that these are the elements upon which those who wish to serve cut their eyeteeth These are the structures—or beings, if you will, for they are living structure—that stand like sentinels along the path of light, through your body and through your spirit.

You are capable of embodying that which you can pull through from above by your desire. If your desires are for lust then you shall leave your kundalini in red ray. If your desires focus upon personal relationships, then you shall raise your kundalini to the orange ray. If your true desire is for marriage and a good work situation, then you shall raise your kundalini to the yellow-ray level. If your deepest desire is to open your heart, then you shall raise the kundalini to the green-ray level. If your deepest desire is to learn how to love with wisdom and to know what it is to have compassion while invoking justice, then you move into those energies of acceptance and of justice that are invoked in blue ray. And when you finally desire above all things to be devoted ultimately and completely to the one infinite Creator and live in the precincts of faith, then by your desire you have pulled up the energy into indigo.

But you cannot simply desire to love the Creator and expect to have full energy into indigo. You must keep the pipeline clear while keeping your desire clear. It is a true discipline of the personality to pursue this goal and it is one which is like housework: it never ends. There is always, in the moment after a fully experienced perfection, something that pulls you back into the world of maya or illusion. And there, you must get a grip upon your new situation. Then you assess it. You sit with it. And you use it in the way that you feel is the highest and best.

Naturally, it is always important to ask for help in making these decisions. Invoke your guidance as often as you can. However we would advise you, in order to have a balanced invocation, to spend time daily focusing not on what you need but on your thanks, your gratitude, your joy, and your devotion to and love of the infinite Creator. Do not be reactive but proactive in this regard. For it is not the entity who waits to have a conversation with the Creator until there is a need to whom realization is given but rather it is to the one who goes to the Creator as to his lover because he cannot stay away, because he cannot stop thinking about the beloved One.

(Side one of tape ends.)

(Carla channeling)

It is this hunger that is the key to the raising of the kundalini. You will have to judge for yourself whether this is an asset you wish to develop within yourself. There are simpler ways to envision service to others. There are simpler ways to achieve a harvestable polarity. However, the concept of pulling your energy upwards from the grosser to the finer aspects of your body, then your mind, and finally your spirit is a concept that has a tremendous amount of power and certainly its structures are stable to those who seek truly.

This instrument is informing me that the principle needs to let this question lie as it is. Certainly, it is a question that could be developed and we apologize for moving on but we are sure that there are other queries that entities within this group would like to ask at this time and so we would like to ask if there is

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another query at this time or a follow up upon what we have said so far. We are those of Q'uo.

S: I have a query. Many of us begin our seeking with great flames of enthusiasm and desire to serve and proceed quite rapidly at the beginning until we find that which somehow matches our seeking and feeds us. And then we carry on upon our chosen path for a substantial time finding eventually, however, that the vicissitudes of life and the struggles that we get caught up in have somehow diminished that original desire and we find ourselves in a position where it can even be the case that our perceived requirements of service seem to be militating against the desire to seek itself. So I wonder if you could speak to how one might keep that flame alive or attend to it in such a way that a balance between the seeking and the service results and enables the seeking to invigorate itself as it finds it needs to.

We are those of Q'uo, and are aware of your query, my brother. Certainly we cannot respond in a way that is specific but, in general, we might suggest two avenues of procedure.

Firstly, it is well, when the outer circumstances of one's life militate against the outer expression of seeking, to build an ivory tower, shall we say, within one's heart of hearts that is a safe place in which one may seek the Creator. It is well to keep this place a secret and to cherish it as a treasure deep within one's hidden treasure house. There is no one to ridicule or disturb that entity who has built for himself a sacred space within.

Once that sacred space has been built according to the precise desires of your heart, then it is available for you to go to, to enter and to rest. If you are too tired, spiritually and emotionally speaking, to seek further than simply basking in the presence of the Creator then you may rest and be fed, and this is a positive step. Perhaps it is all you may do for a while but you are gaining in battery strength, shall we say, until you reach a point where your light is able to be switched on and in that light you are able to descry some of the mystery you seek. Even a tiny rune of the great tablet of wisdom and love available to the seeking soul is often enough to recharge the inspiration that has gone lacking for lack of exposure to the process itself.

It is not encouraged to jump into seeking in an attempt to jumpstart the process. Rather, it is encouraged to respect the self enough to create an inner place, a place in time/space, within the inner planes of the self, to which one may repair for rest and for learning when enough energy has been built up.

The second thing that we would suggest as something to consider as a resource for rebuilding desire and inspiration is fasting. The process of setting an intention is a very subtle process but a simple one at the same time. The group today has been talking about analogs and whether or not they are real. Working spiritually it is possible to work upon an analog to something and have the analog itself become real. Because the body is the creature of the mind, that which is capable of being thought, exists, once it is thought, and will continue to be real until there is no one that thinks that thought.

Therefore, if one wishes to set an intention for a new life, one can use the body as an analog for the mind and the spirit. It is difficult directly to cleanse the mind or cleanse the spirit and if one sets an intention of cleansing the mind and the spirit before a fast, then when the feelings of hunger and then lack of hunger and increasing lightness are experienced and the body is obviously cleansing itself, the mind and the spirit become cleansed by analogy, shall we say, by the intention of the doer of the fast. Therefore, it is well several times in the day to do that which is necessary and beautiful to the seeker as a way of reminding that seeker of what he is doing, therefore keeping that intention sharpened and that desire fresh.

At the conclusion of a fast, then, it would be well for such a seeker to give thanks and declare the goodness and the efficacy of this process, stating the faith and the hope of new life and the certainty that the potential has now been prepared and the student is ready for the transformation that is at hand. Then whatever dawn breaks, it shall break upon a conscious soul, a soul conscious of its work, its worth, and its readiness for new consecration.

We thank the one known as S for this question and would ask if there is another query at this time.

(No further queries.)

We are those of Q'uo, and if there are no more queries at this time we shall take our leave of this instrument and this group, thanking each of you for the beauty of your vibrations and thanking you as a group for the combined beauty and the towering

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nature of your combined sacred space. It is an honestation to the one infinite Creator and we thank you for our ability to be a witness to it and a part of it in our humble way.

May we say that a great cloud of witnesses beholds this meeting, for each of you carries with you unseen friends and family members, some from other densities and some from the inner planes, whether they be angelic or devic. It is a glorious gathering. We are happy to be a part of it.

My brothers and sisters, we leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
September 17, 2006

Group question: The question this week, Q'uo, has to do with the state of the world as perceived by those of us who are in it. We were wondering if you could give an idea, just in general, of the types of energies that are available now for people who wish to grow and how people who are able to open their heart in some degree can accept these energies and what you could expect in your daily life, your pattern of growth, the amount of catalyst, the ability to deal with it, and then contrast that perhaps to people who are having difficulty opening their heart, maybe not being able to do that at all, and the types of experiences they might expect from being unable to open their hearts to these energies. Could you tell us about the energies and how people are able to experience them with harmony and without harmony?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. It is our great privilege and pleasure to be with you. We thank you for calling us to your circle of seeking. You enable us to be of service to you by this request to share our thoughts with those who would seek to know them. That is our humble desire.

We assure you that we are very well aware that there is no way in which we can be an authority for you. We can only share our opinions and we must ask of you your most carefully discrimination as you listen to our thoughts. Please take only those that have resonance to you personally and leave the rest behind. We would not wish to be a stumbling block before you. We are, as you, fellow seekers, and are glad to share our experiences and our opinions. In order for us to do this in a free manner, therefore, we would ask you to be careful in your discrimination of what you accept to work with in your process. It is a very sacred thing to us to maintain integrity and freedom of will in our relationship with you. We thank you for this consideration.

To give you a complete and detailed description of the energies that you meet on all of the levels of orders of magnitude in your experience would be an exhaustive and lengthy process. Suffice it to say that the universe is a universe of vibration. The physical vehicle within which you experience life at this time is a fairly dull instrument compared to some of your other animal species in receiving those things that may be heard and tasted, sensed by the sense of smell, and so forth.

These very simple vibrations are not to be ignored. The temperature and the comfort of your physical vehicle has a sometimes powerful impact on the thinking processes of your being, keeping you focused almost entirely within very simple energies.

Overlaid to these purely physical experiences, like how warm it is and whether the wind is blowing, whether it is raining and so forth—all of which have

very characteristic vibratory bouquets to offer your physical body, as well as your emotional and mental bodies—there are the metaphysical energies that are native to your planet and are not particularly swayed by the end of the age or considerations of that kind. You have a certain vibratory structure in this particular density of your universe as well as the other densities within that octave of densities that creates the universe that you know and see, and, as well, that reciprocal universe that is unseen and yet is felt in terms of its effects upon you, more and more.

These energies connect with you where you are working within your energy body. The infinite love and light of the one Creator flows through your body system continuously. The energy is caught by weakness or over-activation within a chakra or ray within the energy body, or perhaps a chakra is simply blocked completely because of serious distortions within that particular kind of energy.

Therefore, before one even moves into considerations of the so-called end of the age and its specialized waves of vibrations, one is already living at the center of a personal vortex of energies: energies that are incoming, energies that are flowing through, and energies that you are blessing by your thoughts, your intentions, and your actions, and allowing to go forth from you. Are you a lighthouse? Or do you turn out your own light? That is for you to decide and it does not have anything to do with the end of the age.

These are the energies of every day and they are indeed challenging enough. They are set up to aid you in receiving that catalyst that you need in order to create choices that move you forward. You have the opportunity at any time to accelerate the pace of your spiritual evolution by using the resources of your mind, your emotions, and your body in a disciplined way. And we always encourage each to look at each day with that sense of creation and authorship that you would if you were looking at a blank canvas and deciding what to paint.

There is a great deal of life as you experience it that seems to be intransigent and unable to be dealt with in any way except to accept what is. However, there is always a creative way to find the love, the thanksgiving, and the joy that are inherent in that pattern, however difficult it is.

It may be that you see the love in that moment coming from the beauty surrounding the situation, whether it is physical or whether there is something about it emotionally which is touching.

It also may be that you are the only love in that moment and that creates for you a tremendous opportunity to settle into your true vibration and share that with the situation. It may not change the outer situation, but your use of energy, your expenditure of energy at that time, has made a difference, not only in the local atmosphere surrounding the situation in which you applied love without judgment, but also because such energy expenditures are added to the fund of love upon planet Earth. For your energy expenditure, when it reaches the level of ethical choice, redounds to the tribe of humankind, not only to your own spiritual evolution.

In addition to these normal energies which buffet you as though you were a small craft in a very large sea, each and every day of your life, planet Earth and the surrounding planets as well are being buffeted by galactic energies which have to do with the fact that Earth, as you call this living being, is rotating and spiraling as is its sun system, into a new area of space/time into which it has not rotated previously.

It is time, in space/time and in time/space, for a new age to begin. It is an age with a different kind of energy and while it is not to be physically linked with the idea of fourth density or the heaven worlds, it contains more light than the light particles that you know of as the photon. Therefore, there is more information in this incoming energy from the new age.

To simplify this discussion, we will focus strictly on the time/space age which we would call fourth density. Trying to bring a physical body and a physical way of understanding transformation into the discussion is impossible for us. You will have to take it as given by us that our opinion of the process of physical death and transformation is that it is a natural occurrence which is very easy to do when the natural time for transition comes. Dying, as this instrument has said several times, is difficult, but the actual death is very easy.

We ask that you not concern yourself with such fear-based thoughts as what might happen to you that is difficult or challenging or causing death in the event of the interpenetration of third-density vibrations by fourth-density vibrations. This is not an occurrence that we see happening in your Earth world. We do

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not see a possibility/probability vortex at this time, in terms of the natural run of things in the metaphysical world that would cause a planet-wide catastrophe. Your planet has received enough love and understanding from the many, many groups around your planet that are attempting to communicate that love and concern and sense of stewardship and partnership with the Earth.

That which we do see as a possibility, and that which we would encourage you in all ways that you see to be helpful [to respond to], is the blocking of the pretensions of some of your leaders who are drawn by energies that they cannot explain towards the act of conflagration which would be a physical Armageddon.

Nature does not need a pole shift, so-called, at this time because the Earth's people are waking up quickly at the grass roots level. Many of them cannot explain it. They cannot talk about it. They are not confident enough to be able to say anything about what is occurring to them to the world around them.

But what is occurring to them is that they are waking up and realizing that the goodness of themselves and the goodness of other people cannot depend upon governance but can only depend upon the self and the other selves in the local area about the self, so that more and more, people are becoming awakened to the possibilities of cooperation and peace done somewhat under the radar of government and the larger culture.

We believe that there is a tremendous possibility that these pockets of love and light and cooperation will begin to proliferate as loving people find other loving people and form local groups to solve local problems in all of the different areas of life.

However, the picture, regardless of the possibility of some man-made Armageddon, at this time is a picture of a time of graduation and harvest that is already occurring. Many of your people have already graduated. For the last thirty years, you have been receiving—as children coming through the normal processes of procreation—wanderers from your own fourth density who have graduated from your present third density [and who have] realized all of the many options available to them now that they are dwellers within fourth density, and have decided, naturally enough, that what they want to do in terms of service to others is to come right back to planet Earth and help the rest of the planet shift their consciousness to the value systems that are compatible with fourth density energy.

As you begin to settle into a fearless attitude towards the incoming vibrations from fourth density and the many waves of energy that are hastening the process, shall we say, or helping it mature appropriately from what this instrument knows as the central sun, there are increasing probabilities that, for each entity, the experiences that are to come will be substantial. They will not necessarily be heavy, for heaviness depends on how you emotionally react to the incoming catalyst. However, the nature of the fourth-density energies is one of the most transparent honesty and truth.

Under the light of this energy, or shall we say, under the influence of this energy, that which is within the mind and has been shut away as unworthy or undesirable, shall move from the shadowed recesses of that inner closet into outer manifestation. There will be a situation in your life or a person in your life or just an inner thought process that will show you the shape and the basic feeling that you have about this hidden part of yourself. That's the key to understanding how to work with these incoming energies.

Resistance, as this instrument remembers the Borg saying many times in *Star Trek*, is useless. These energies have an intended effect of helping individuals who are attempting to awaken to see the shape, the texture, the odor, and the nature of those parts of the shadow self that have not yet been recruited to be a part of your round table of white knights.

Remember that knighthood is that which is attained by warriors. In working with these energies, see yourselves as warriors for light and truth, let yourself become fierce. Do not be afraid to gaze at the murderer within, the liar within, the adulterer within, the lazy person within, or whatever other distortion hits your attention with all of the power of a harsh wind or a severe rain. Stand in the wind, glory in the rain, and give thanks.

When you are giving thanks for this catalyst, you are releasing from yourself pride and pretension. You are emptying your mental pockets of all of the tools that you have in the everyday world that are supposed to fix things. You empty yourself of these tools because that which is hitting you is not to be dealt with from the level of third density. It is to be dealt with from

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the level of fourth density. There is no concern as to what this means, my friends, for you have heard it many, many times, in many different ways. You are love. You are light. You are all that there is. You are not going anywhere. You are never at risk.

When you begin to get a sense of the eternal and infinite nature of your soul stream, and when you realize that you are here at this time specifically to be hit with this truth and this shining light, that realization may help you to firm up your determination to take advantage of this opportunity. You are not responsible for what you see coming in. Your area of responsibility is in how you respond.

This is not a call to martyrdom, my friends, but rather it is a call to ethical behavior. It is an encouragement to make of life a spiritual, sacred, game in which you attempt to move yourself from the still point where you neither love others greatly or yourself greatly. We encourage you to make a choice. If you wish to polarize in service to others, start gazing at others with the realization that you are here to help them just as they are here to help you. Open your minds to the creative question of what seed might you plant that may be helpful.

You also asked concerning the experience of the energies as felt by those who do not at this time find it possible to move through those actions which open the heart. Those entities are divided into two very distinct categories. We would first speak briefly of the category of those who simply have not awakened. They have not polarized and therefore they are not experiencing the same level of life as this group which has asked this question. They are completely involved in the local cultural processes of moving through life.

It is quite possible for such entities to make graduation and harvest, for the energies of graduation and harvest have to do with unconditional love, it is not a book-oriented test. It is not an information-oriented area. The final will simply be your vibration at the time of your death. If it is a fourth-density vibration, you will graduate. If your vibration is still involved in the earthly things from the standpoint of Earth, you will continue to spend time on an earth-like planet until your eagerness and your hunger for more has driven you to move beyond that particular so-called box.

Those who have not awakened, however, may well be experiencing a good bit of illness and shortened lives because of the difficulty of dealing with energies that are full of truth hitting body, mind and spirit when that body, mind and spirit complex is not able to bear the truth or even realize what the truth looks like.

This is, in a way, unfortunate, and yet in another way it is the natural concomitant of an entity who has decided at some level not to do conscious spiritual work at this time. When an entity has decided not to move forward, it is inevitable that the entity starts moving backwards.

And you see, my friends, in many of those who are fundamentalist in their beliefs and very rigid in their dogma and doctrine, in whatever religious and political system to which this applies, the contraction into fear and the tendency to see all things in very black and white tones, when in truth it is truly a rainbow universe with not only black, white and shades of gray, but the most outrageous combinations of bright and creative colors, as entities have emotion, express suffering, and find in all sorts of energy exchanges more and more truth, more and more light, more and more grace, so that which they understand or feel begins to be coherent and they begin to achieve a metaphysical stature. This is the kind of work which begins to equip one to deal in fourth-density ways with third-density catalyst.

The last category, of course, is those service-to-self oriented entities who have decided that their way to the Creator is to love themselves more and more purely and to attract to themselves those entities which will help them and then put them to work as, shall we say, slaves or very obedient servants. You may see this kind of structure in place in organizations like your armed services and some of your churches.

The truth of the service-to-others polarity is just as viable as the truth of service-to-self polarity: no more and no less. Therefore, it is not surprising that some entities choose the service-to-self polarity. We are not of that polarity and have never been drawn to approach that polarity. We have found that the Creator of this particular sun system, of which we are also a part, has a bias towards service to others.

And we find that it is a straighter and more muscular path, one that is more fun to work with and one that yields a much greater harvest as one moves on. It is straighter, my friends, because one does not at some

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point have to switch polarities. For the negative polarity can only go just so far. Nevertheless, from the standpoint of an entity choosing between service to self and service to others, it is a very viable choice.

For those who have not opened their heart because they refuse to do—and that is the conscious choice of a service-to-self entity—the incoming vibrations will not be particularly troublesome. Such entities have long chosen to put themselves under the most rigid discipline. Emotional affect does not serve them. Being out of control in any way does not serve them. Consequently, they cope very well with a surprising amount of difficult catalyst because they really have to be firm in their desire to love themselves and very confident before they can make any progress whatsoever in that very difficult polarity.

We do not see a great deal of the global surface being filled at all thickly with those who have made the service-to-self choice. However, those who make the service-to-self choice have a tendency to seek earthly power as well as inner power and consequently they tend to create systems of governance which tend towards the enslavement of some beings for the benefit of others. We would ask entities who wish to think about this further to gaze at the world scene with those particular thoughts in mind.

The query asked what the state of the world was from the viewpoint of the people on planet Earth. We cannot answer that very well. We do not have the viewpoint of people on planet Earth. We have a somewhat detached viewpoint. We have the viewpoint which sees the perfection of the pattern.

We see the economy with which this time of inevitable transformation is progressing. We encourage each to realize that they are powerful. Each and every one of you is a sun, radiant, infinite and loving. As you sit in this circle in the gathering twilight, feel the power of your combined love and let it bless the world from your open hearts.

We thank this group for this query and would ask if there is another query at this time. We are those of Q'uo.

Questioner: I had lung surgery a little over two months ago and I am in extreme pain all of the time. I am going to my doctor weekly. I've been to an acupuncturist and am going back this week. I'm going to start going to a social worker who specializes in pain management and I have an appointment with a pain specialist doctor in three weeks. I'm doing everything possible. Is there any other suggestion of what I can do to relieve this pain?

We are those of Q'uo, and are aware of your query, my brother. We thank you for this question and would offer our sympathy as you experience suffering, as we offer sympathy to all who suffer. We shall not insult you by suggesting that your pain is not real. What we do suggest is that there are ways to think about what you are feeling that are helpful in terms of becoming able to remain untouched internally by the discomfort that you are experiencing, no matter how fell and intense it may be.

The first asset that we would encourage you to consider is the strength of your own love of life. If you are glad to be somewhere, the discomfort involved in being there is less. Therefore, in your mind, ask the witness that is within you to pay more attention than you have been to the little things. For it is in the little things that sacredness most often shows its face.

Gaze at a blade of grass. Gaze at the shape of a leaf. Look at the quality of the sunlight as it dapples through the forest and touches your skin. See the color of something that creates in you a feeling, whether it be in a painting or a color on a wall or a point of decoration. Note that moment when you responded and know that you are part of the dance of all that is and what you see is only that part that awaits what you give back to it.

Feel yourself not as an entity in pain but as an entity that is part of an incredibly complex and yet harmonious dance. Let your spirits move outside the limitations of your body. The more spacious your universe, the smaller a physical pain.

Secondly, develop for yourself an intention. When this instrument happened to be in a great deal of nerve pain from the shoulders, spine, neck and arms, after a good deal of searching for a good focus for intention, this instrument, because of her Christian background and because of her love of science fiction, chose two points of focus. One was intended to take away physical fear. The other was intended to take away mental fear.

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To take away physical fear, this instrument used a quotation from the *Holy Bible*. The sense of that quotation was, "If I live, I live in Christ and if I die, I die in Christ. So whether I live or whether or die, I am in Christ and Christ is in me."[20] This always allowed this instrument to return to a state of fearlessness. Fearlessness is the key to working with pain. That is most helpful.

The other point of focus was a short phrase taken from the first edition of *Star Trek* and that was, "Faith, the final frontier."[21] It helped to remind the instrument to pick up faith, jump into it; throw yourself at it and don't wait to be convinced. That is emotional fearlessness. It sufficed for this instrument. It would probably not suffice for another human being. We use this example because this instrument gave us permission and because it shows the kind of work that you do in order to toughen the mind and become an athlete in dealing with pain.

The remaining resources simply have to do with recognizing that some pain is important to note and other pain is simply noise and not signal. That pain management approach that you are now investigating will offer you many helpful resources, we are sure.

Is there another query at this time? We are those of Q'uo.

Questioner: We have several major cultural traditions here on Earth and they've evolved over some time but some trends are rather constant. Was most of our culture developed here on Earth or was it brought from the main places that humans have come from on other third-density planets?

We are those of Q'uo and are aware of your query, my brother. Your use of the word "culture," my brother, makes it difficult for us to be accurate in our discussion. We shall perhaps answer a question that you had not asked and for this we apologize.

The underlying and fundamental nature of all of the various planetary groups that have come to Earth are enough different that they constitute a certain dynamic which, if played wrongly, is a clashing tone cluster. If played correctly, it is a triumphant symphony. Your peoples do indeed have aspects of their archetypal minds that are significantly different, one racial or planetary group from another.

The unfortunate state of affairs among your many peoples is that one particular racial and planetary group, that which came from Mars, worked in Atlantis, and is now, through many repetitions of history, experiencing power upon the globe at this time, [and] has held onto its place in the world scene far beyond its natural time of rulership of the way planet Earth feels and thinks. We cannot call it a culture because your planet has not allowed culture to progress to the point where the various archetypal minds of planet Earth begin to collaborate with their many common points, since all are citizens of planet Earth and all have come through the gates of incarnation.

You have not realized, among the many planetary entities and resulting racial groups, the possibilities of collaboration, the choices of the Atlantis bunch, shall we call them, being heavily involved in the masculine virtues of aggression and the ability to make war and conquer, which have distorted the gifts that all entities upon the planet have to offer.

The culture that does exist upon your planet is in little spots here and there where you will note that there is a radiance and a positive energy that is discussed by many. Such centers of spiritual aliveness can be found by those who begin to seek for direct experience with such energy. It is truly said that when the student is ready, the teacher shall appear.

We encourage you to consider being part of the creation of a culture. Examine what you know of your own family culture, of the culture of your city, of the culture of your geographical area, and of the culture, such as it is, of your nation. What has been lost that could be again found? What songs that are not listened to could again be sung? What pictures could be drawn that have not yet been encouraged by teachers and authority figures? What creative possibilities are latent within the archetypal minds of your people when they are not deadened by giving up their creative nature in order to belong and to spend time involved in those things which are not creative but rather comforting?

May we ask if there is a final query at this time?

[20] The quotation is from Romans 14:8: "If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's."

[21] The opening credits of the original *Star Trek*, as well as *Star Trek Next Generation*, began with the words, "Space! The final frontier!"

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Questioner: I don't have a query. I wanted to say thank you for your words in the past and for the energies and for all of the help with the painful situation I've been dealing with. I very much appreciate it.

We are those of Q'uo, my sister, and the pleasure is all ours.

Is there a final query at this time? We are those of Q'uo.

(No further queries.)

If there is no further query at this time, then we shall take our leave of this instrument and this group, leaving each of you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation
September 26, 2006

Question from M: In this situation in which I find myself, I can see a fundamental pattern. I see some fear and resistance around becoming more determined! I fear to trust in the use of my own talents in music, business and other things. Therefore, I remain in a threshold zone, repeating experiences until I destroy this deep fear. By experiencing this situation of the lack of a job, the feelings of uncertainty and hazard, and the load of the responsibility to support and provide for my family, how can I process this experience to transform the inner chains I still have as fear and pride?

(Carla channeling)

We are the principle known to you as the Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this evening. It is a profound privilege and pleasure to be called to this circle of seeking and we express gratitude and thankfulness that you have given us an opportunity to share our opinions with you. It would be helpful to us if you are very careful, as you listen to our thoughts, using only those thoughts that resonate to you and feel alive and useful. Those thoughts to which you do not respond in this way are thoughts that miss their mark, and we will ask you to leave them aside.

If you will discriminate with care, that will allow us to speak freely without concern for possible infringement of free will. So we thank you for this consideration.

My brother, the query that you place before us is rich in thought and depth of insight. There is in the query itself a great deal of useful self-knowledge, an overview that is often not seen in those who are seeking the truth.

It is easy to become involved with the seeming chaos that occurs when one's outwardly physical concerns are not as you would wish them to be. It is easy to become deafened by your own self-doubt when things have gone awry in the outer world. It is a more mature spiritual being who is able to see underlying themes and repetitive energy expenditures that have not served as you would wish your energy expenditures to serve you. For that we commend you, my brother. It is far easier to speak with one who sees more clearly into the ways of the self.

Now, let us look at that word, self. This instrument has been reading a book entitled *New World* by Ekhart Tolle. This material, which she and the one known as Jim have been reading in their Morning Offering sessions, center upon the nature of the self. It is synchronistic that your query happens to involve this concept deeply.

My brother, you are aware that in our way of thinking all things are one. The Creator and you are the same. Yourself, therefore, at the deepest level, is

the self of the Creator. Your I is the I AM of the godhead principle.

Moving a bit closer to concensus reality, moving down from an infinite Creator who is a complete mystery to the half-revealed mystery of that expression of unconditional love that this instrument call Jesus the Christ, it may be seen that you are one with the unconditional love and compassion which Jesus the Christ carried upon his human shoulders as the regal robe of kingship that was his.

You also, my brother, are royal. Every soul in the infinite reaches of the creation is heir-apparent to creatorship.

So, what is this self that you think that you are? It is an interesting question, for there is a part of you that is asking the question of the rest of yourself. It is interesting, my brother, to see how the personality begins to disintegrate upon careful examination.

Indeed, your culture is not oriented towards helping you to move deeper into the nature of the self. The somewhat materialistic culture of what you are part tends to identify the self by various things about the self.

Each entity chooses distinguishing characteristics which are their favorites. They can include sexuality, racial origins, types of skills, whether at work or at play, and so forth.

Your culture does not have an interest in your moving deeper into who you are. It would be happy to see you define yourself by how well you are doing in the eyes of the world.

There are, in your own patterns and structures of personality, favorite quirks and things about the self that feel important. It is a rich round of characteristics to examine in a contemplative fashion, looking at the nature of each quirk, what its possible origin might be and what it shows, the way a scar can show an injury under the skin.

You spoke of using the catalyst that you are now receiving, which is trying to find a job and being concerned about taking care of your family, in order to work on those areas you feel are the most significant, namely fear and pride.

We are speaking now of pride. Pride is the self which is aware that the self has virtues. It is not that it is incorrect to be aware of your virtues, any more than it is wrong to be completely aware of your weaknesses. However, when there is an emotional charge to the awareness of one's traits, that emotional charge creates something to defend.

The one known as Eckhart commented upon this concept, saying that was characteristic of the unconscious or egoic self, that it liked to be right and, therefore, it identified others as being in the wrong. Structures which include pride, no matter what the source, are structures that tend towards splintering the light and dividing the power of love into smaller and smaller fractions.

It is difficult indeed for an entity that is more intelligent, more creative, and with a more mature spiritual point of view than most to avoid feelings of satisfaction at the distance traveled so far. However, often it is that times of difficulty offer the positive effect of bringing one to one's knees and making one realize that of oneself, one can do nothing.

The humbling of a proud man is a gift that is difficult to receive, we are aware. Yet at the same time, there are gifts at the end of the process of emptying your pretentions. One gift is that you are indeed empty, with nothing to prove and nothing to defend. In that state of emptiness, you then may ask to do the will of the one infinite Creator, to serve with love, compassion and a far more directed will.

When one does not distinguish between tasks and when one does one's tasks with love, all tasks are equal. Pour your pride, then, into a new vessel and let it be transformed into the will to serve at whatever lies before you in this day.

If you are able to find an exalted place of employment that stretches your creative abilities and offers you a great deal of the world supply, then do that work with absolute love and passion, do your best.

And if fortune sends you labor that you feel is beneath you, yet you can do it, and it can pay the bills, then find the love and the pride that you would take in that exalted work and apply it with utmost integrity to the work that lies before you to this day.

Do not distinguish between kinds of work but rather focus, in all that you do, on creating a poem of your love and your movements in the work of your hands, your mind, and your heart.

Speaking of fear is a different matter, my brother. Fear is that contraction which occurs when one feels

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that one is at risk. Since life itself is a bad risk, ending surely in death, it is the human condition to experience fear. The universe is unfathomable and uncontrolable. Why should there not be fear within the heart of all beings who are able to watch while difficult and challenging situations occur all around them? It seems a dangerous place to be, planet Earth, does it not?

And yet fear is not greatly to be desired by the seeker of truth. What is there to fear? This instrument immediately responded to our question with thoughts of the fear of going hungry; the fear of being without four walls to call your own, and other fears that are concomitant to not finding a job, and finding it difficult to make ends meet.

These are very real and substantial fears. And yet we sense in your query a deeper fear, and that fear we can address, in such a way that perhaps it affects the fears within the outer world.

In truth, there is nothing to fear.

You are dwelling within a certain kind of illusion and your consciousness has created about itself a physical vehicle which moves this consciousness around. It offers a great deal of benefit to the consciousness inhabiting the physical vehicle.

When something occurs that creates an unviability to the physical vehicle, your consciousness will move onward without a break. You shall continue.

At heart, then, there is nothing to fear. For any circumstance whatever is as it is, until it changes. The changes are inevitable. The only question is the timing. You shall always, in this density of choice that is the Earth world, find yourself in the process of change and transformation.

If the fear that you feel is at heart a hollow thing, it is a matter of becoming more aware of the dynamic to fear. The dynamic to fear is love. Fear and love do not coexist, any more than light and dark coexist.

And just like light, love cannot be killed by fear. It shines even in the most hostile environment, just as does light. Even the light of a tiny candle creates a significant glow and illumination to the eye. The love within you is waiting for you to embrace it. It is something that you can do quite consciously. However, there is a significant amount of discipline involved in availing yourself of the catalyst that is incoming at this time, and using it in a positive manner.

When you sense fear within yourself, do not devolve into an inner atmosphere of self doubt and upset. Look at that fear. Intensify that fear. Become fully aware of your fear. And then ask for its opposite. Allow yourself to become aware of love, that love that flows all around you at all times; that love of the one infinite Creator which is without any limit.

Let that feeling of unconditional love lift you and help you to glow as if you were a lighthouse carrying this wonderful Pharos[22] of love and light that express through you. Feel that glow, and know that it is as real and as true about you as the fear that you are carrying.

You are not attempting to destroy your fear. We encourage you, rather, to think of it as a balancing mechanism. The human condition will always include fear, but it can at the same time include an equal and balancing amount of love, so that you as a being are one of 360 degrees, the light and the dark, the difficult and the easy, the sorrowful and the joyful.

You can allow yourself to continue to work with those things about yourself that you feel need work: the pride, the arrogance, the fear, the concern, the awareness of risk and hazard where you would far prefer to be competent. The details of your personality will take time to show themselves to you.

We encourage you, as you do this work, to remember that you are the Creator. You are the Redeemer. You are all the roles of godhead. Therefore, it is up to you to judge yourself or to refrain from judging yourself and to look to the purity of your intentions to asses your true worth. If the voice within you condems you, who, then, shall save you?

Let the voice within you be a voice of encouragement, strength and grit. Let all of those deeply anxious feelings be turned into perseverance and the determination to live well. When your focus is on living well, serving in as beautiful a manner as you can, and remembering the one infinite Creator in all your devotions and all your days, you will find

[22] Pharos is a peninsula in northern Egypt near Alexandria where Ptolemy built a lighthouse that was considered one of the Seven Wonders of the World in ancient times. Any lighthouse can now be called a "Pharos," through long usage.

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it less and less easy to waste time doubting yourself. For you shall be focused on the goal of serving in such a way that when you look back upon your life, you will see a poetry and the grace and the symmetry of your intentions, your thoughts, and the projections of your creativity.

We would encourage you, my brother, to bolster this work with a gift to yourself: sacred time. It is sometimes fiendishly difficult to carve out for yourself a true experience of inner silence. And yet, in whatever way is most meaningful to you, we would encourage your securing for yourself those moments to be alone with your seeking, your quest, and your hopes and dreams.

Nourish and encourage yourself with silence. Wether it is the silence of nature or the silence of some form of formal meditation or whatever your choice may be, give yourself that strenghtening gift, for in that silence are connections to your personal guidance system and many, many other sources of inspiration and comfort within the inner planes as well as elsewhere.

We ourselves are always glad to be part of your meditation in order to strengthen your basic meditative state. You may ask for our presence by mentally requesting it.

It is well to remember that while this work is extremely solitary, in that it is inner and subjective, nevertheless, you are never alone. The hosts of the unseen worlds vibrate in sympathy with those who seek the love and the light of the one infinite Creator. Your hopes and your seeking and your persistence draw increasing numbers of helpful souls to you.

We would leave you with encouragement to believe in yourself, to have confidence in the worth of your thoughts, your being, and your dreams. You have before you a pattern that is challenging indeed. See what you can do to cooperate which that which you find before you, always pulling back for a wider view, a view that sees the curve of the Earth rather than the streetlamps, the trees, and the houses.

You live in both worlds. The key to living in this one is to live well in the unseen world of your thoughts, your intentions, your insights, and your integrity in seeking the truth.

May we ask you at this time, my brother, if ther is a follow up question, or another question?

(Transcript ends.) ♣

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Sunday Meditation
October 1, 2006

Question from J: *(Read by Jim.)* The first question today is from J. It is this: "Exactly what is the central sun of our galaxy around which all the stars revolve? P considers it to be a super-dense mass equivalent to thousands of our suns. It is constantly emitting powerful, omnidirectional rays, punctuated by periodic mega-bursts that flow out to all parts of the galaxy.

"He feels that these travel just below the speed of light. Do any emissions, these so-called trigger points, travel at the speed of thought, in other words, instantaneously?

"I've considered that the central sun was another name for a black hole. Are they or are they not the same thing? Can these be compared and discussed as to the role that each plays in creation and the evolution of consciousness? I want to know what the central sun is. Does it have anything to do with black holes? And what is the effect of the central sun and of black holes upon the evolution of consciousness?"

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege and pleasure to be a part of your circle of seeking. The beauty of your vibrations is stunning and the combinations of energies, as your auras blend in your sacred circle, is a wonderful bouquet of sight and texture and tone. It is indeed a privilege to be called to this circle and we thank you.

It will aid us greatly in offering our opinions if each of you would take responsibility for discriminating between those thoughts which we offer that seem helpful to you and those thoughts which we offer which do not seem helpful to you. Please take those that seem helpful and leave the rest behind.

If you will use this discrimination then we shall be much more comfortable with the concept of sharing our thoughts with you. Our concern is to preserve your free will. We are not those of your planetary influence. We do not have the right to infringe upon your free will as would, say, a family member or a close friend. It is important for our own preservation of polarity that we be very sure that we remain those who share opinions and not become those who cross that line into telling people what to do. This we would not wish to come close to doing and we thank you for this consideration in this regard.

We thank the one known as J for this query. We must proceed with exquisite care in our response. There are several reasons for this need for care. We will enumerate them.

Firstly, as this instrument said to the one known as Jim before the session, the request that is specifically placed before us for information is not a request for spiritual principles but rather a request for information on how things work in the physical illusion. This constitutes, in the normal run of

questions, a question that we are unable to answer. The substantive difficulty here is that this represents an active phase of a seeking entity's learning process at this time. Rather than asking for spiritual principles which would be helpful in approaching this question, the query was simply to explain the situation as regards the central sun and to compare and contrast this central sun or the idea of this central sun with the idea or concept of black holes. That is our first problem with this query as it was asked.

Our second and equally substantive challenge in responding to this query is that the instrument which we use at this time has virtually no scientific background and therefore we would be completely unable to fulfill the parameters of your query, my brother, in that we cannot say anything exact through this instrument having to do with scientific questions. The concepts and the vocabulary for such exactitude are missing in this instrument's make up. Therefore, our response shall be inexact and shall contain that flow of information which we are able to offer which we feel may be of use to you, my brother.

The concept of a central sun is one which many sources, including us, have used in discussing the energies that pour from the center of a galaxy or the creation itself. It is a challenge to discuss this concept of the central sun because of the relationship of the space/time or physical world, which is that which houses your consensus reality, and the metaphysical universe or time/space which houses your consciousness, infinity, eternity and the great mystery of non-locality.

In the space/time universe, there are layers of physical laws which, to some extent, work in order to create information which is helpful in making the gadgets that your civilization enjoys.

In a time/space universe, the work done is unseen. The values are not local and one is freed from the relativity of space/time. Nevertheless, as the creation presents itself to the physical eye, especially that physical eye that is enhanced by those instruments that enable you to see farther and to see closer, there are an increasing number of ways in which scientific eyes have been able to see things that they cannot explain.

In some part, this is eternally the situation in any expanding universe of knowledge. That which is not yet known is that which has perhaps not even been imagined Or, if it has been imagined or dreamt, there may be no way to measure or test the concepts and structures involved in the theories that are created to explain observations that have been made.

In the case of the concepts of the great central sun and the black hole, you are looking at a phenomenon that is partially within the world of space/time and partially within the world of time/space. This may be seen to be logical in the same way that a circle is round. The circle is round; therefore it has no beginning and no end, except that it does!

Each creation of the Father has a beginning and an ending. However, because of the fact that the beginning and the ending are firmly in the precincts of time/space, what you are gazing at as you gaze at the central sun and at the black hole are the alpha and the omega of an unending circle.

There is within this instrument's mind the concept of the Big Bang that supposedly began the creation. Through this instrument in the past we have spoken several times of the beating of the great heart as a model to use when thinking of the creation. Certainly, when the heart beats, there is that moment when the pumping action of the heart occurs and blood is moved forward, not only through the heart but through every vein and artery in the body. And each heartbeat is, in a way, a new world, a new situation for the circulatory system of that body.

The great central sun, which is gaining a great deal of attention within your scientific world as instrumentation becomes more sophisticated and more details and facts are able to be gathered by your scientists, is that portion or phase of the Big Bang that exists after the heart has first pumped; that is to say, after the Creator has decided to found and furnish a creation so that It may know Itself.

The so-called black hole, similarly, is that shadow of a time/space event that exists in space/time which marks the progress to and the point from which there is no exit from the return to the one infinite Creator.

This arrangement of energy expenditures is a part of the structure within which all of those parts of the Creator which you represent may move through the dance of the densities, seeking the truth, learning

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what it is to be, to be aware, to be aware of the self, to be aware of love, to be aware of wisdom, and to be aware of unity. To attempt to understand the Creator by understanding the Creator's house is, in our humble opinion, an indirect attempt.

Before we leave this particular query we would simply say that there are points of energy throughout the creation which are created by thought when a galaxy, a sun system, or a planet such as yours is at a particular stage of evolution. Some situations or cruxes within the evolution of an entity, a planet, a sun, or a galaxy, call for the availability of certain kinds of information and you may, in some cases, see these pulses as being filled with information.

May we ask at this time if there is a further query?

Jim: J2 asks if you could tell us what crop circles are. Why does no one seem to see them being made? Is there a spiritual principle behind crop circles?

We are those of Q'uo, and are aware of your query, my brother. The phenomenon of crop circle is just as the great central sun and the black hole phenomena: a phenomenon that has its roots in the world of time/space rather than space/time.

The energies of evolution move from thought. There are planetary entities, which we have before called social memory complexes, whose mode of service it is to create points of coherent mystery.

The same energies are involved when an entity or a group of entities creates a notation such as the Celtic runes. Such a notational system blends the mysterious and unknowable with everyday shapes, designs and images. A rune may be a series of simple lines. It may be associated with a certain kind of tree. It may be intended to indicate a magical energy of such and such a vibration.

When a system of such notation is worked out, it creates a kind of language. Your alphabet is such a notational system. The modern way of writing down music is such a notational system. And crop circle are a rudimentary notational system that is being created, not by a person but by an entire planetary group of entities who attempt to serve as those who alert the people of your planet to the fact that there is more of a mysterious and unknown quality to existence than could be surmised by an examination of the physical world.

UFOs or unidentified flying objects, themselves, in some cases, are the result of the precise same energy. However, in the case of the unidentified flying object, when it is in fact an image rather than a flying object, it has been created by thought; that is, the deeper thoughts of an entire planetful of entities.

Interestingly enough, when a certain amount of the awareness of a planetary group of people such as yourselves reaches a critical mass of consciousness, the people themselves, from their deep unconscious minds, begin to collaborate without knowing in their conscious minds that they are doing so. The result of these collaborations is a tear or a break in the continuity of the illusion of consensus reality. And in that hiatus[23], images may appear that bring forward into outer expression the hopes, the dreams, and the fears of an entire culture or population of a planet.

Crop circles, for the most part, are created not by planetary consciousness but by the consciousness of planetary groups from elsewhere who wish to help the people of Earth to wake up at this time from the sleep of consensus reality.

May we ask if there is another query at this time, my brother?

Jim: I and P sent in this question: "In July of this year, the British Study Group took part in a sweat lodge ceremony in Forest Row, England. The ceremony included the gathering of natural materials from the immediate environment, the building of the structure, a statement of intention, and several hours of silence and contemplation prior to entering the lodge.

"Into the lodge was placed hot rocks. Water was poured onto them, creating a great deal of steam. In this uncomfortable environment, each member took turns to express gratitude, ask a question, sing with the leader, and enjoy silence during a series of rounds of indeterminable length.

"We found this to be a powerful experience which felt like a death of sorts and a rebirth into which our group merged together on some level. The man leading the ceremony commented that it was one of the 'hottest' lodges he had ever taken part in. A lot of energy had been released by the group.

[23] hiatus: a break or interruption in the continuity of a work, series, action, etc.

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"Would Q'uo please comment on the metaphysical implications of the sweat lodge and what energies were put into motion? Was there any unseen help? Did our ceremony have any effect on the lodge and the land around it?"

We are those of Q'uo, and are aware of your query, my brother. As we respond to this query, we would ask the one known as Jim to re-ask any parts of the query that we have not covered at the time that we finish that which we have to say. We would appreciate this aid, my brother.

When entities are conscious, awake and aware of their true nature and they wish to create a change in consciousness—their consciousness and the group consciousness—they have various ways to create a ritual that will embody their desires for transformation.

One line of movement of energy in this regard is known as the tradition of western ceremonial white magic. It creates a structure for transformation that is essentially mental and it intends to connect to the emotional and heart-centered part of the seeking souls that use rituals of white magic by the use of profoundly moving, poignant icons or images, thus making this an essentially mental path to open the heart. It is extremely effective for a certain type of personality.

For many other types of personalities, it is inappropriate. The way a sweat lodge is created moves much more from the heart than from the mind and consequently it is much more accessible as an instrument of transformation than is the creation of a magical ritual. Instead of occult patterns, the circle builds the sweat lodge. They are not drawing symbols in the air. They are using stones, wood and fabric and creating a building for their transformation.

The choice of the heat is an excellent choice for moving seekers out of consensus reality. How does one move the mind from consensus reality? One changes the parameters so that an entity is no longer comfortable. It is the same kind of technique that is used in a fast. Instead of giving up food and thereby becoming uncomfortable, the seeker of a sweat lodge places itself in excessive heat and thereby becomes uncomfortable.

Now, the discomfort by itself would be meaningless. But the mind sets an intention and thereby creates a pattern that is metaphysical in nature and gives meaning to the discomfort.

What the circle is doing as it enters a sweat lodge is telling its deeper self that it is ready and willing not only to seek the truth but to accept and act on the truth. The truth is generally not something that can be expressed in language. The truth that is sought in a sweat lodge, in a magical ceremony, or in any seeking to find the truth of the self, is a truth without words. The truth of the deeper self has no words. It is an essence. It is.

The structure of this particular illusion that you call life in third density is a structure that is designed with many secret places. They are tucked into the folds and the pleats of your everyday. These folds are bursting with truth and many are the entities who have come upon these little pockets of truth and realization in the midst of the most mundane and everyday chores. Usually, however, the seeking soul must alert itself as to how serious it really is about accelerating the pace of its own spiritual evolution. And that is the basic function of a sweat lodge.

Indeed it is very true, my brother, that there is a death and a rebirth involved when this ritual is done correctly. There is that giving of the self to the heat, knowing that the heat will destroy and burn away all the dross and the chaff of the being, leaving only the shining, glowing, glorious essence of unconditional love. That is the truth of your nature.

The problem of everyday life is that it so blocks your senses with detail that you cannot find your way to the truth of your being. It is well, in whatever way seems good to you, to form these intentions to grow and then to create a structure that will manifest that intention and alert your deeper nature to your seriousness.

Any time that a group of people create an event that is metaphysical in nature and focused upon the Creator, that event does indeed have an impact upon the environment around it. To the creation—to the trees, the wind, the Earth itself, and the sunlight—all is one. You are dancing with them. There is no sense of separation.

So naturally, when a group event occurs that has a profound effect, such as yours did within the group of which you are a part, that process of energy sharing and energy expenditure was taken out and made part of the dance of the land, the sky, the

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elements, and the flora and the fauna of Gaia in that local area in which you offered your ritual.

We are those of Q'uo, and would ask the one known as Jim if there are parts of this query to which we did not respond at this time?

Jim: Was there any unseen help that was present during the ceremony?

We are those of Q'uo, and are aware of your query. My brother, there is always unseen help, and that is not simply when there is a sweat lodge. There is unseen help in every breath you take. It is said in your holy works that the Creator knows when a sparrow falls. This is true; this is abundantly true. For the Creator is everything that there is. It is a system of reportage that is unparalleled.

If the Creator is in all parts of the creation, how shall It not know all of the rhythms and rightnesses of the patterns of the dance of creation?

As to what types of unseen help that you have there, we would ask you to consider all of the various kinds of help which are available in creation. There are the forces of nature that were contacted and alerted by the ceremony of the sweat lodge. Many of those energies you call devic were dancing with you at that time.

(Side one of tape ends.)

(Carla channeling)

There are those energies of the primeval land as it existed at the beginning of its time and those entities who lived upon that land when the land was new and of whom you and your kind are descendants. They were as elder brothers, standing like trees about you, a forest of witnesses.

There was the guidance system of each of those present. And there was the higher self of the group as it is beginning to form, that higher self that is formed of the higher selves of all in the group. And yet in that gathering of higher selves, another entity is born that is a resource for the entire group, and, indeed, much more than the sum of the parts.

And because there are those in the group who come from elsewhere, there is the family connection to the social memory complex from that culture which was left in order that the wanderer might come to Earth and serve as a light bringer at this time.

So, my brother, there was a host of witnesses and there always will be, not only for positive things but for negative things and all things in between. Whatever you do in the manifested world attracts the attention of those unseen energies that are complementary to or attracted by that vibration which you are exuding at the moment.

May we ask if there is a final query at this time?

Jim: What effect did the ceremony have upon the land on which the lodge was built?

We are those of Q'uo, and are aware of your query, my brother. We addressed this partially, previously, when we stated that whenever entities create a change in their consciousness, it also creates a corresponding change in the environment around them. Let us simply say that, as you were recreated, so the Earth around you was recreated as well and received the blessing that you received of new life, new hope, and new awareness.

We find that this instrument's energy wanes and so we would take our leave of this instrument and this group, thanking you once again for the privilege of this conversation and the beauty of your beings. We leave you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
October 8, 2006

Group question: The question this week has to do with balancing our energy centers and continuing on the path of seeking when it seems difficult. When we feel despair, doubt and darkness, it feels like there is really no good reason to continue. Is there some way that the spiritual seeker can even out these high spots and low spots? Is there something that is a signpost of when we're seeking in the right direction? Or should we just wing it and take it as it comes and do the best that we can with seeking and balancing? What could Q'uo tell us in the way of spiritual principles to which we should be attending as we try to balance our energy centers?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for calling us to your circle of seeking. It is our privilege to be so called. We would ask, as always, that you preserve your powers of discrimination in listening to our ideas and thoughts. If they are not for you, please discard them and move on. This will enable us to speak freely without being concerned about infringing upon your free will. We thank you very much for this kind consideration.

We give to this instrument the vision of an open and empty road. The road has a kind of aliveness to it. It almost sings with energy. As you appear on this road, you can feel the energy of it and you know that you are in contact somehow with magic.

This is a theoretical and mystical road, not a road in a location near you. This is a road of energy. That energy, that long and empty road that sings with potential, is the system of chakras that aligns with your physical body and is the form-maker for that physical body. It has enough power in its make-up that healing can be done using this energy and offering to the form-maker body or the chakra body the opportunity to choose a different arrangement of vibrations as the typical chakra setting.

In this vision of the energy body as a road, one cannot see the colors of the chakra centers. And so, perhaps we could place the various [nexuses] of points of energy ingress by saying that here and there along the road are a series of linked power stations. The energy into the red power station, if blocked, will go no further. If unblocked at the red power station, it will move along the road in full and free fashion to the orange-ray chakra power box. And if all is well within that nexus of energy, the energy will move forward freely and fully into the yellow ray. And if indeed that energy is free, it will move into the open heart.

As energy reaches the heart, it undergoes a powerful transfiguration. The center of spiritual work is in opening the heart. It is this point upon the road from which we believe this question most appropriately may be viewed.

First of all, let us complete the description of the chakra system with which this instrument is familiar. The center that is next in this line of power [nexuses] is the blue-ray energy center, in which one practices and begins to be able comfortably to inhabit realms of trust, honesty and communication and the ability to feel true compassion which is blended with wisdom. This creates in the entity working in blue ray a tremendous feeling of safety so that others feel that they can speak their minds without being judged harshly.

The indigo-ray energy center is the next nexus of energy along this road. It is the seat of those who are attempting to find rest from weary searching. It is the chakra in which faith is the characteristic attitude and in which work in consciousness may be done. Once the typical spiritual seeker discovers the possibilities of becoming more advanced spiritually, it begins to set goals for the self. It begins to wish for the self a certain degree of spiritual maturity.

From this expectation of the self comes a wealth of catalyst. The self, judging the self, can sometimes be very harsh, especially if the self is judging the self unfairly or harshly in the first place, so that justice is not part of the judging.

The typical goal, then, is to do work in consciousness, and one plunges into that work desirous of becoming far more aware, far more well realized as an entity, as a soul. However, the energy that flows along this energy road is part of the creation as a whole. It does not start with you or end with you. You are in the flow of it and your energy body takes in energy from the red ray and moves it through all of the chakras, up through the top of the head, and back out towards the infinite Creator in an endless loop of energy that is infinite and eternal.

It is not for lack of life's energy that you shall go through the gateway of death. It is because it is time for your physical vehicle to retire and for you to take on your energy body and move forward as a consciousness and a soul in that body.

However, the physical body is anything but unimportant. The most common error made by those who are attempting to progress spiritually, in our humble opinion, is to attempt to move faster than the physical, the mental, and the emotional organism can move. To the spiritually awakened neophyte, there is a boundless enthusiasm for new techniques that open up the inner world that has now been glanced and that now has become an object of desire. There is the tendency to reach and to push.

We would ask you to consider that you may cease the pushing and the reaching and be more effective because of a lighter, gentler and more patient attitude towards the self that you are asking to move through these hoops. Because in a way, when an entity is beginning to alter his lifestyle to include work with the silence and the attempt to become aware in each passing moment of that moment in its infinity of possibilities, the body, the mind, and the emotions all object.

It was comfortable being spiritually asleep. Now the self is asking the body to sit and do nothing for periods of time in meditation. The body reacts, sometimes violently. There may be feelings of nausea, headaches, rushes of tingling in the body or a feeling that the body is swelling. The body is restless and does not understand what it is being asked to do. It is not looking at anything. It is not doing anything. What's going on?

So, at the very beginning of a practice of meditation, one has to deal with the body itself. Eventually the body will become comfortable sitting quietly in meditation for periods of time. Indeed, the body may eventually come to depend on the rest of these quiet moments and this communion with the divine.

The mental aspect of starting a practice of meditation and awareness can be harsh, also. The usual track is for the mind to find reasons not to practice on a certain day or at a certain hour. Or it may, when you sit down to meditate, conjure up images that are disturbing. This is because, just below the surface of consciousness, there lies a large area of half-digested emotions, feelings and thoughts. When these feelings and thoughts are replicated and repeated in your inner behavior, speaking only of mental thoughts and images, those ideas and thoughts that you have repetitively entertained become thought forms.

And when you go into meditation, these thought forms can rise into your consciousness as shadowy images. If all of your repetitive thoughts be positive, then you shall be greeted by cherubs and angels. If, on the other hand, your repetitive thoughts have been fear-based, then you shall see fearful images. We know of no quicker way to explain to you how

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important your thoughts are than to share this particular fact.

Feelings of despair, depression and darkness are absolutely necessary to the seeker who wishes to go through the refinery and get that refining fire to cleanse the surrounding dirt from the gems hidden within the ore. Each of you has programmed for yourself times of intense suffering, culminating in various choices. As you approach such difficult times, what really helps to regularize your response is the memory or the remembrance of the gift that this represents. You and your guidance system created this difficult moment. Suffering was expected to be a part of the pattern that would shake you loose enough from old habits of thought that you would be able to perceive options other than those which have been repetitively your experience in the past.

When such suffering comes to you, then, we would encourage a turn of the mind so that the difficulty is embraced and thanked. Once you realize that you have a gift, then you can open it with a feeling of anticipation and an eagerness to see how the highest and best part of you might react.

Despair is often a blockage within the very lowest of chakras but it seldom is as simple as a one-chakra problem. Despair at its heart is a judgment against the self. The entity who is caught in the web of despair looks at the world and sees nothing beautiful. It is unable to get out of the bell jar[24] of an internalized existence. There is no air inside a bell jar. When an entity does not feel that there is any beauty in life, the blockage occurs immediately. The solution is so simple that we are apologetic about offering it. The solution to being in a bell jar of selfhood is to leave the bell jar.

Earlier this weekend, the one known as R took a day and a night to go and soak up the country and the wisdom of the land, the trees, the wind, the sun, and the stars. Talking around the circle this day, this entity spoke of how he has no idea of why it works for him to go into retreat for a day but when he comes back, somehow the land has healed him. And we would say that it is true that there is healing in the land but we would also say that one known as R and the land known as Avalon healed each other.

Getting outside of the bell jar of an internalized consciousness is a very freeing experience and each entity hungers for the ability to escape the self. The solution to such hunger is to start releasing the hold that you have on yourself. What is important to you about your identity? Examine it, because it may be a blockage. Or in the future it may be an occasion for it to be a blockage. When you are concerned about what people think, it stifles that freedom of thought that considers all options.

We have talked mostly about the negative side of a swing from negative to positive to negative and so forth because of the fact that most entities do not object to feeling very positively inspired or ecstatic. However, it is a valid question to ask about the swing between extremes and what that might indicate and how it might be brought back into more of a disciplined and balanced configuration.

To a certain extent, it is perfectly natural for there to be a variance in mood. Whether it is simply part of a natural cycle of living, where some days there is a stronger spirit in one than another or whether other factors are involved, it is natural and normal for entities to cycle from feeling very positively to feeling somewhat negatively and back again.

And we do not believe that this is what the one known as M was asking. She was concerned, we believe, that too much extreme experience in a person's flow indicates that there is perhaps something toxic that needs to be brought into more control. And we would say to the one known as M that it is well to go very gently and quietly in attempting to harness the self. We would encourage an attitude of observation and companionship with the self that is acting out these moods.

Each entity is a complex entity made up of a consciousness that is the observer of the life and various surface parts of the personality shell which behave. The goal of the observer is not necessarily to change the behavior. The goal of the observer is to understand the behavior and to experience the effects of that behavior.

You are not simply the doer. You are the entity that has asked the self to do this or that. You are the critic that observes how you do this or that. You have many roles in terms of how life happens to you, because it is truly a feedback system and it is in that regard that we would encourage the awareness, when you are *in extremis*, that [it] is especially important to

[24] bell jar: "A cylindrical glass vessel with a rounded top and an open base, used to protect and display fragile objects or to establish a vacuum or a controlled atmosphere in scientific experiments."

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remember to observe and be a companion to that entity that is containing all of those dark and difficult emotions.

When you are good company to yourself, you have a feeling of being far more able to move through the energies that you are experiencing. You are not helpless. You are not a victim. You are an entity observing the sweep of a tremendous storm that is moving through your emotions and your chakras. Your job is to observe and experience, not to judge and not to change anything.

As you observe yourself from a standpoint of unconditional love, you will begin to self-correct the extreme behavior because you will have been able to interrupt the old pattern that acted as a trigger for the despair. We cannot say what that pattern is. It is different for each entity and in each situation. We simply encourage you to note carefully those moments when extreme feelings are triggered.

As you begin to collect data, you will begin to see the pattern of your particular distortion. You'll be able to see more about how you are blocked and where that energy is getting stuck.

One last thought before we leave this subject and that is that it is not particularly helpful to apply the intellect and the powers of analysis to self-examination until you have found that self within you that is loving, insightful and compassionate. Many are the entities who simply feel deep inside themselves that they are not worthy to move beyond a certain point. Be aware that you are worthy. You are a part of the infinite Creator. When you get these feelings that you are not worthy, sit with them, be a companion to them, and bring your spirit home in peace and in love.

When you come into difficult times, see yourself as a person who is broken apart. There has been no iota lost, but you are in pieces. So, gently, the awareness that carries the personality shell walks about and picks up the pieces and then that consciousness that you are waits for time and the Creator to glue it all back together again and make it better than before.

You are tougher than you think, my friends. You are very powerful, magical beings. We honor you. We offer you our love and we leave this question with love, for it is not a question that can be answered fully, perhaps no matter how many times we would attempt to discuss it.

Bringing the self that appears to be the self to the point of meeting the self that has been there all the time is a delicate business. One doesn't want to wipe out the personality. The personality is the interface with the world. On the other hand, one does not want to be that personality when one can be the essential self that is consciousness.

We would ask if there are other queries at this time. We are those of Q'uo.

R: I have a question, Q'uo. I would like to ask if there are many readers of the Law of One books and readers of many of the channelings that you have helped to transmit that try to make a system of seeking and spiritual work out of the various readings. Since you are an outer-entity contact, you are limited by the law of free will and how much detail you can offer. I have always felt that another teacher called Aaron that you have worked with is able to offer greater detail on directions of working with emotions on the personal level. So I wanted to ask if you agree that what Aaron teaches is very compatible with what you are trying to do and if actually those seekers who look for more direction can try to combine those two approaches, Aaron's and yours, or if it is more accurate to say that there is enough guidance inside one's seeking that any outer sort of directions are really not necessary?

We are those of Q'uo, and we believe we understand your query, my brother. We would agree that the one known as Aaron is far more able than we to offer specific information and indeed we have enjoyed each and every communication that we have shared with the one known as Aaron and the one known as Barbara.[25] We would say that it is a help to suggest sources to people that they may find helpful. The only error, my brother, would be if you expected them to heed what you had to say. One drops a seed and one does not look back.

And lastly, we would agree with you that the basic drive towards evolution lies within one. The seeker will, without any prompting whatsoever, eventually come across every piece of information and inspiration that he needs. It is, however, a service to others to keep an ear out for times when you feel

[25] Barbara Brodsky, channeling Aaron, and Carla L. Rueckert, channeling Q'uo, have co-channeled a series of sessions together from 1991 to 1996. To find the sessions, you can do a search on the www.llresearch.org site for "The Aaron/Q'uo Dialogues."

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that someone has a need concerning which you may offer a helpful thought. It is not an infringement on free will for you to share ideas when asked, it is only inappropriate to expect entities to respond to your thoughts in any particular way. There is a way for everyone and certainly not the same way for any two people.

May we answer you further, my brother?

R: I thank you for that. I think what you are saying is that I have taken something that has been true for me and I try to extrapolate it for a large group, which is not necessarily helpful unless you consider the law of free will and lack of expectation as to how the others would react. Is that correct?

We are those of Q'uo, and that is correct, my brother.

R: I also enjoy that you were able to use what I had said during the sharing before we started channeling. It is a great joy for me to offer something like this so any time you see a thought or experience that you can use that has been mine, feel free to do so.

We are those of Q'uo, and we thank you, my brother.

T: Why is Aaron able to give more specific information than those of Q'uo?

We are those of Q'uo, my brother, and understand your query. The planet upon which you live is not one Earth but many, interpenetrating each other at various levels of fineness of vibration, so that there are actually seven inner Earths to one physical Earth. Entities who live on Earth and have incarnations upon your planet move into the inner planes, the "heaven worlds," upon death, and live in whatever niche they have earned by their vibration.

We searched for a word other than "earned" because it is not a matter of studying hard and passing a test. It is a matter of that absolute honesty of self that your violet ray is. Whatever your violet ray expresses, it will bring you to the appropriate place in the inner planes where everything is vibrating in harmony with your vibration at that time.

Entities move from the inner planes back to incarnation, then back to the inner planes. Sometimes they stay in the inner planes for quite some time and decide not to take incarnation. This is the case with the one known as Aaron. The one known as Aaron describes himself as a former Buddhist monk and because of the fact that he achieved realization when the one known as Barbara stepped in front of him and [defended] him, he vowed to be an inner guide to the one known as Barbara until such time that she also received realization.[26]

This entity has lived on Earth. He has worked and eaten and sweated and died. This entity has a belonging. He is part of the tribe of humankind on planet Earth. Those of a tribal family may speak to each other. They may give advice. They may share any information that they have available. They have the right to interfere with the free will of others of their family.

Those of us in the Confederation of Planets in the Service of the Infinite Creator have not had incarnations on Earth. We are not part of the tribe of humankind on planet Earth. We come from elsewhere. We do not have the right to interfere with your decisions. That is the difference between an inner guide and what this instrument calls an outer source, meaning that it is from elsewhere rather than from inner planes.

May we answer you further, my brother?

T: No, thank you very much.

We thank you, my brother. Is there a final query at this time?

R: I have one more question, Q'uo. When I try to imagine Earth in seven interpenetrating layers, and then I add inner and outer planes, are you talking about inner and outer planes for those seven different Earths? And why is the inner plane called "inner" and the outer "outer"?

We are those of Q'uo, and are aware of your query, my brother. The term "inner planes" is misleading in that the inner planes are planes in time/space or the metaphysical world as opposed to space/time such as your planet is with solid rock and water and so forth. Therefore, the inner planes do not have a physical location except tangentially because they belong to the planet Earth. This instrument calls them inner planes because she has read other writings that also call them inner planes and also because they are inside you.

(Side one of tape ends.)

[26] Aaron says that the incarnation 500 years ago was his last physical incarnation.

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(Carla channeling)

They are not inside creation. You are the center of a consciousness that is local and is also non-local. The locality of the consciousness is that connection with the physical body that happened at some point between conception and a few weeks after birth.

May we answer you further, my brother? We are those of Q'uo.

R: You have answered the second part of my question and that was very illuminating. The other part is this. When I think of inner and outer planes I think of them being somehow related to the seven Earths that were spoken of during this channeling and I try to create a visual image for myself to see what it looks like. I think you are saying that these planes exist in time/space so that there is no physical equivalent in space/time, and that inner and outer are simply words that were chosen to point particular aspects or qualities of these planes rather than their location. Is that correct?

We are those of Q'uo, and we thank the one known as R for this question. My brother, you are correct in realizing that these heaven worlds do not have a physical location. They do have an arrangement in orders of magnitude, perhaps we would say, so they nest together without disturbing each other. There is in each focus of the Creator, which is you and each other human being upon your planet, a gateway into those inner planes. And again it is one of those situations where, unless you are very, very experienced and sophisticated, if you are able to penetrate the gateway and move into the inner planes, you will pretty automatically be taken to the location which matches your needs or your desires the most.

The solution of each of the seven inner planes being connected to a corresponding locality is not correct, as far as we are aware of the situation. All of the inner planes are connected back into the one physical locality of the influence of planet Earth.

Does this answer your query, my brother, or would you like to follow up? We are those of Q'uo.

R: No, thank you, Q'uo. It does answer my question. And even though this is asking about the "furniture of heaven," I thank you for indulging my curiosity.

We are those of Q'uo, my brother, and we are most glad to do what we can.

Dear ones, it has been a most enjoyable time. This instrument's energy is truly running out and we shall have to take our leave soon. But we do wish to share with you the joy that we feel in your beautiful presence. Thank you again for this experience of a shared meditation and a sacred time together. The energy exchange we have had with you has been most blessed. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
November 12, 2006

M: Ever since 9/11, I've been concerned that this planet may be heading towards a catastrophic war. I feel a sense of failure, helplessness and hopelessness. I feel myself heading towards complete despair. I'm beginning to question whether all is well with the birthing of fourth-density Earth. Has the planetary experiment gone awry? If so, what spiritual principles are involved in transmuting despair into hope and doubt into encouragement?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for calling us to your circle of seeking. It is a great privilege to share in your meditation.

As always, we would ask your kind consideration in being very careful what thoughts of ours you use as you move through thinking about your spiritual process. Please disregard any thought that we offer that is not immediately helpful to you. We would not wish to be a stumbling block before you. We thank you for that consideration, for it allows us to speak freely without being concerned that we might infringe upon your free will. We are emphatically not authority figures but rather travelers with you upon a certain kind of path that goes on forever.

This day you have asked about feelings that you have about the society and culture in which you live and about the government which rules your particular part of the world. You express feelings of deep concern, despair and hopelessness. You express a feeling that you are not able to help the situation by anything that you can do. And you ask what the spiritual principles are in dealing with these thoughts and in looking for ways to transform the inner landscape of your thoughts.

My sister, we thank you for this query. Our response must be somewhat indirect as we cannot make a frontal approach to your query. We are those who come on a vibration of unconditional love. Our contact, and our type of contact in general, does not have the facility with detailed, earthly information of a practical nature that, say, an inner-planes entity might have. It is not our place to interfere with the governance or the affairs in general of planet Earth.

For good information on how to affect your government, your politics, your economics, or your society in general by practical and worldly means, we would strongly suggest that you inquire from other sources than we. We are a carefully tuned contact that focuses upon spiritual principles. From that level, my sister, we may answer you, but it is perhaps an answer other than you would have wished.

And for that we can only say that our ability to speak through this instrument is based upon her preserving a certain tuning. Were she to slip out of this tuning range, we would be unable to continue offering her information. However, she might be able to continue receiving information from an entity of a

negative nature that was able to ape or imitate the vibration of those of the Q'uo group.

We say these things to you so that you will understand if we do not roll up our sleeves and dig into the cleaning up of planet Earth. Indeed, my sister, we do not see that picture. Let us talk a bit about what we do see upon your planet at this time.

Firstly, you were concerned that there may be a conflagration caused by humans setting off bombs in a nuclear holocaust that would strip the planet of its atmosphere or, were it not so horrendous a conflagration, would simply cloud the atmosphere so that life upon planet Earth would become extinct from its inability to function in the new environment.

There are many peoples upon your planet who have access to such bombs and weapons of mass destruction and there are more who have the capacity to acquire them if they see the need. Therefore, my sister, your concern is valid. What shall you do then with that concern?

This instrument recently read an article which described an Hawaiian healing technique called oponopono.[27] In this healing technique, the healer never touches the patient and may not even see the patient. He may simply be told about the patient. This healing technique is intended to be used in healing mental illness, emotional distress and the criminal mentality. The healer receives all the information concerning the patient. He then looks within to discover that condition within himself. When he has found that condition within himself, he sets about healing that condition within himself. When he has healed himself, quite often the prisoner or mental patient is found to require no more medication or to have been healed of criminal tendencies.

The spiritual principle that is behind this healing technique is the very basic principle of unity. All things are one. It is interesting that we see all of you, individually and collectively, as enormously greater in substance than any other details of your Earthly environment whereas you see yourself as the smallest portion of an environment that towers above you, beneath you, and on all sides of you, making you insignificant, helpless, hopeless and full of despair.

We would encourage those who wish to make a difference on planet Earth to gaze at the planetary dysfunction and then to internalize that gaze and find the dysfunction within. It is not difficult for most humans to do. Both the one known as J and the one known as T were talking *(during the round-robin discussion that typically precedes a Sunday Meditation)* about how easy it is to move from a mental and emotional attitude of unconditional love to an attitude of irritation and hostility when the catalyst of an unhappy and abrasive person breaks into the peaceful world of home and family.

What dysfunction is there in the world this day that might lead to the self-destructive and utterly irrational decision to set off nuclear bombs? What is that distortion but the belief that there is separation between people? How often, my sister, do you think that you will be able to work on healing that sense of separation between yourself and others that you see in the world's dysfunction?

We ask you to realize that we are speaking on the level of a causality that is far beyond the causality of worldly things. We are not saying that if you heal your sense of separation today, the world will change tomorrow. We are saying that when individuals who belong to the tribe of humankind choose one, upon another, upon another, to serve the love and the light and to refrain from fear, that attitude will spread. That emotional safety net will begin to spread out. And the more people that are doing this kind of work within themselves, the more the environment will shift on the inner planes in such a way that those who come after you will be able to do this work in consciousness more and more easily.

It is understandable that entities gazing upon the world scene would feel helpless, hopeless and despairing. Certainly, my sister, we, too, see the broken bodies of the children and other innocents carelessly killed by those who do not see that they and their brothers are one. We do not intend to downplay or shrug off the suffering of the world.

At the same time, we do see from a point of view which encompasses a larger pattern than you can see from within incarnation.

The fourth density is being born normally and in a healthy way. The efforts of many groups, including

[27] Two good web sites for learning more about this healing technique are www.hooponopono.org and http://tribes.tribe.net/hooponopono.

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this one through whom we speak this day, have spoken of light and love and the word has been passed, more than perhaps you might realize, at the grass-roots level, at the level of indigenous peoples; and at the level in civilized worlds of the first fumblings and reachings for something that has substance.

We see the world waking up to love. We see it beginning to identify the hunger that it has. We see it beginning to respond, love being reflected in love. There is great hope at that grass-roots level, below the radar of politics and empire.

We cannot tell you not to be concerned about politics, society, economics and culture. Depending upon your own judgment and your own free will, we encourage you and all entities to follow your heart, to define those gifts that you might feel to share with your society and your culture that might make it better. This is your free will and your good work to do if you wish it. What we are here to speak with you concerning is something far simpler and at the same time something far greater.

We come to tell you a story about love: love unconditional, love unlimited, love that creates and destroys. It is a simple concept: this one great original Thought of unconditional love creating the universe in order to know more about Itself.

If you can look at your experience in the context of the Creator's desire to gather experience and information about Itself, then you will see that the Creator is perfectly happy with you whatever you are doing and especially delighted with you when you are attempting to know yourself at an ever deeper level.

If a third-density experience ends not with a bang but with a whimper by humanity polluting its air and its water until it can no longer find a way to live, this will not overly trouble the Creator, for the Creator is gathering the information about the entire range of experience that is had by this population or tribe of humanity on the third planet from your sun. Indeed, if you were to destroy your planet, as has been done elsewhere in this solar system, on Mars, for instance, the Creator would still feel that it had received good information from you. Consequently, to the Creator you basically can do no wrong as long as you are authentically acting and gaining experience.

Now, to your own consciousness and conscience, you have much more accountability. For you sent yourself forth into incarnation with a plan. And there is a part of you that is hoping day by day, as you go through your entire life, that you are on track with your mission, your plan, and your purpose.

There are those who attempt to nail down the nature of that plan. Yet you as a spirit did not plan specific activities. You planned opportunities and relationships. Those are the keys.

When you are tempted to feel helpless, hopeless and despairing, we would encourage you to remember that you do not need to relate to some idea of the Creator and please the Creator. Neither do you need to relate to the world and in some way please the world. In terms of your spiritual work, you have only yourself to please.

When you see before you your own statement, "I feel helpless; I feel hopeless; I feel despair," how [do you think] your highest and best self would respond to that complaint?

You see, my sister, the answers lie within you already. By merely encouraging your own process a bit, we believe you may see the answers flowing into place before you.

You are not helpless. You are a person of infinite power.

You are not hopeless, unless you choose to take that pose and stand as a statue, ignoring the movements of life.

You may well be despairing because you have allowed yourself to identify the illusion as the realest portion of your life. In actuality, in terms of spiritual evolution, that which occurs outside of your mind is food for the mill. The pay dirt of spiritual seeking lies not in circumstances but in how you choose to respond to them.

There are always reasons to despair. There are always reasons to be intimidated. That which this instrument calls the loyal opposition would be delighted to see entities give up those faculties of hope and faith that make people unreasonably optimistic.

We, on the other hand, would encourage you to see that if you choose to stand knowing who you are, your feet planted upon the soil of your life and your experience and your arms stretched in praise and

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thanksgiving to the Creator of all things, you are a person of great power.

If you so choose to adopt and embrace faith, no suffering can break you, for you choose the truth and all else is illusion.

If you choose hope, those wings shall fly you where you need to go.

For each entity, morale and attitude are a matter of choice. There is no limitation which can keep an entity from grooming and settling his own mind and his own heart along the lines of peace and joy and thankfulness if he so desires to seek those levels of being within himself. And, my sister, as each entity does these things, so the world will change.

May we ask if there is another query at this time?

M: We see a lot of lies and corruption in government in these times. What spiritual principles are involved in holding a vision of peace in the face of rampant corruption?

We are those of the Q'uo, and are aware of your query, my sister. There is a saying among your people, "Power corrupts and absolute power corrupts absolutely." This tends to be a true statement.

You may see power in one of two ways. You may see power as coming from the outside in or you may see power coming from the inside out.

The power that comes from the outside in is the power of government and authority, the usual suspects in your world. There are many ways in which people can be persecuted by authority figures. You have seen evidence of many of these kinds of persecution. You recoil before the stink of empire. It is understandable that you would see this power as being very vast and hanging over you somehow. This is the way of things upon the level of consensus reality.

We are witnesses to another kind of power. It is not the power that changes governments or topples armies. It is not a power that has weaponry or clever disguises or plans and protocols.

The power that comes from the inside out is the power, firstly, of knowing who you are and, secondly, of emptying out the content of who you are to the extent that you are able to follow the changing currents and eddies of the present moment.

We would encourage you to see yourself as a lighthouse. The lighthouse lights its lamp and keeps its windows transparent. It gives to that lamp the power to turn in endless circles, so that those coming in from the open water may see the rocks and avoid them and come to a safe harbor. A spiritual lighthouse has its own kind of light and when you become aware of the power of your beingness, you may, if you wish, consciously become that kind of lighthouse that radiates love and light into the spiritual space around you.

All the speaking that you might do is not one-thousandth as powerful as the focus of your very nature when it is focused upon unconditional love. Let your answer to fear be an openhearted, sunny, carefree, joyous, confident feeling of love and rightness. Develop that environment within yourself: lightening up, looking for the laughter, looking for the fun.

And although the world may seem to wag on as before, no better and no worse, do not be deceived. What you do within the precincts of your own sacred heart and mind affects your world. Please know, my sister, that people by the millions are asking these questions, coming to this same kind of conclusion and taking up the power that is theirs by spiritual birthright.

May we ask if there is another query at this time? We are those of Q'uo.

M: I am concerned that people on planet Earth do not have good information and that their ignorance could jeopardize the entire planet. Ra said of those unawakened beings in their third-density experience that, "To those who wish to sleep we could only offer those comforts designed for the sleeping." What if Earth's sleepers endangered the entire planet by creating the conditions which could precipitate nuclear war by failing to counteract the control that the service-to-self leadership exercises on such a wide and pervasive scale?

We are those of Q'uo, and are aware of your query, my sister. We have no pat answer for you in this wise except to assure you that there are avenues of information available globally to those civilized entities who are equipped with electricity and computers. The amount of information available to those who have access to your internet is astronomical.

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The information is available for those who seek it. The Earth is not being threatened by those who do not seek. The patterns which present themselves to your eyes at this time are strong patterns that have repeated within your history quite a few times. They are patterns of empire: the gathering of resources, the subjugation of peoples, and the turn of the wheel, so that the conqueror becomes the conquered, and another world balance of power is set up. This wheel has turned before. It shall turn again. We would suggest, my sister, that knowledge is not the problem. Indeed, there is only a problem within the illusion.

It is difficult to communicate in words how helpful it is to release worry and concern. These energies are energies of exhausting power. They rob you of your natural optimism and confidence. It may seem that we are suggesting that you turn your back on the facts and dwell in an ivory tower. We do not intend to suggest this. We intend rather to suggest that you love the world and accept it as it is.

Once you have chosen that fundamental attitude of loving the world no matter what, then it is not going to unbalance you to investigate as much as you wish into the structures of politics, economics, social living, culture and the formation of myth. Learn all that you can.

Absorb and consider and mull over information as long as you wish, as long as you are able to do this within the context of loving that which you understand ever better. Understanding is a positive thing. When you gather information so that you can find more things about which to worry, then you have begun to take the world too seriously.

May we ask if there is another query at this time?

M: I want to alert people to the information they don't have, but I am concerned about preserving their free will. What spiritual principles are involved in desiring to share information which may open their eyes to the reality of the planetary game without a prior request to do so?

We are those of Q'uo, and are aware of your query, my sister. The spiritual principle involved in communication of ideas is what this instrument would call the Johnny Appleseed Principle. All thoughts that you feel are helpful and useful for others remain so only in your own mind, just as other people may tell you all manner of things which you do not find relevant or interesting. So you may talk until you are, as this instrument would say, blue in the face without ever making sense to anyone else or doing them any good.

Spiritual information is sensitive to context and environment. You cannot simply take the world by the throat and say, "Listen to me. I have information that is helpful." Those who force information on others are acting in a way that they feel is helpful, yet, in effect, it is service to self, for they are teaching what they believe is good for you without regard to what you think about it or how you react to it.

The Johnny Appleseed Principle is one of dropping seeds. This instrument, for instance, and the research group with which she is associated, maintains a website with thousands of transcripts and speeches that this instrument has created through her work throughout several decades. It lies there, waiting to be found by those who have a spiritual impulse. Many, many other beautiful and inspiring sources of information also lie waiting. There is no shortage of information.

We ask you to rest your concern and internalize that desire to help so that you see the very living of your life as an emblem and a symbol of the living of the life of the world.

Consciousness is not yours alone. You share the innermost identity of yourself with all that there is. Walk, my sister, out of the small rooms and dim hallways of fear and come out into the outdoors of wind and water and fire and earth.

Come from the local to the infinite.

Come from the world of detail to the world of the four directions, the elements, and the powers.

Come to the great cross of life: the vertical reach to the infinite; the horizontal reach within incarnation to loving and being loved.

And know that it is in the little things that you shall create a new heaven and a new Earth.

May you do each little thing as if it were a great honor and privilege!

May you shine as the lighthouse you are!

May we ask if there is another query at this time?

Jim: Not from here.

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If there is no further query, then we shall leave this group and this instrument in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
November 16, 2006

Question from W: I believe that my child is an indigo child. Can you confirm this for me?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose name and service we come to be with your circle of seeking this day. Thank you for the privilege of being called to this circle. We are very glad to be able to respond to the queries of the one known as W.

As always, however, before we begin, we would ask, not only of him but of all those who may read or listen to this session, that you use your powers of discrimination in deciding which of our thoughts you wish to consider further. Look for resonance and that feeling of a half-recognized truth that you know is for you. If you do not feel that resonance, then please leave our thoughts behind. We thank you for this discrimination as it will allow us to speak our thoughts freely without being concerned for infringement upon anyone's free will.

My brother, we may confirm that your child is an indigo child. May we ask if there is further query? We are those of Q'uo.

W: The main question is, I'm seeking to understand the dynamics involved in relating to my indigo child. It seems to me that my child has such a powerful psychic link to me that even slight variations in my mood and in my ability to tolerate frustration are reflected in my son's sometimes challenging moods of anger and frustration. Is this an accurate perception? If so, are there metaphors, fields of inquiry, images, analogies or spiritual principles which come into play in this developing relationship, which will help me experience this relationship and treat my son in the most loving and skillful way?

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. In some ways, my brother, the image that comes to mind is the image of Daedalus and his son, Icarus.[28] When you ask about the relationship between yourself and your son, and the tight interconnectedness of your energies, the myth of Daedalus and Icarus comes to mind.

In that particular story, the son was so ambitious that his father created for him wings to fly, but he flew too close to the sun and thusly fell back to Earth, burned to a cinder. You are Daedalus, hoping to help your son not to soar too high or to crash too low. We do not by this, however, [mean] to suggest that you are a policeman. Indeed, your sense of being very connected with your son is accurate.

[28] This Greek myth is told on this web site: http://thanasis.com/icarus.htm. It is a classic story of a father helping his son to fly high while attempting to guard against his flying too high. Icarus' wings were made of wax, and flying too close to the sun melted them.

The indigo child is a third-generation wanderer, if you would wish to use the language or terminology with which this instrument has some familiarity.

The first generation of wanderers was made up of those such as this instrument, which responded to the call of Earth by coming from a higher density to move into incarnation and share the love and the light of the one infinite Creator with those of this planet in an attempt to shift the planetary energies more towards the light.

The second generation of wanderers was comprised of those who also were interested in helping planet Earth. However, this second generation of wanderers is characterized by more confidence than the first generation of wanderers, but also less of a dedication of service to others in that their chief motivation for coming into incarnation at this latter hour of your third density was to use the boot camp like atmosphere of planet Earth to do what they would consider "quick and dirty work" in adjusting the balance of their energies between love and wisdom. For some, this means emphasizing the heart and the opening [of] the heart. For others who already have their hearts opened, it means emphasizing wisdom and asking the open heart to receive that highest and best self's wisdom which comes from guidance and informs loving compassion in such a way that there is equanimity to match the passion of your dedication to service.

The third generation of wanderers is made up of what this instrument and many others call the indigo children. There are many other terms for these children. However, in general, they are the first graduates in this harvest from the third density of planet Earth. These souls have moved through the gates into larger life. They have dropped their physical bodies and entered into a healing process with their guidance and with all of those forces which protect and nurture entities in the inner planes who are moving through the processes of death and rebirth. Further, they have moved through the steps of light and have passed their graduation test. These are fourth-density wanderers, whose first act, upon choosing what would please them the most to do next, was to return to their beloved home planet in order to assist not only the people of planet Earth, but also, and perhaps more principally, the planet itself.

These entities are characterized by a thinner veil, which enables them to remember more about who they are and why they are here. The sense of mission or destiny is very common in third-generation wanderers. Your son and all of the indigo children like him are people who, when they have achieved a mental and emotional maturity to match their spiritual gifts, will be far tougher by nature than many among your people, able to deal with difficult times and situations and able to absorb rapid change. These abilities are appropriate for these indigo children. However, there are side effects to being built in such a way. These side effects are those times of difficulty and difficult emotions upon which you have remarked.

In dealing with indigo children—and indeed, most of those being born into your Earth at this time are indigo children—it is well to keep in mind that these entities, though wise in their way, are indeed children. There is as much need in them as in any other child for good, stable, consistent guidance. However, you are also correct in noting the extreme interrelatedness of yourself and your son in the terms of the motion and rhythm of your moods and the behavior that stems from such moods.

We would ask you to imagine a rolling sea. The storm lashes the top of the sea and drives the winds onto shore, bringing waves and storm in their wake. Below the surface of that stormy water lie riptides that tend to pull entities away from their moorings and out to sea. Beneath that level there lie calm waters: stable, ancient and beautiful.

It is a naturally stormy atmosphere in the everyday of planet Earth for most people. Unless entities are working especially carefully to stay in the present moment at all times, the flow of living includes many abrupt stops and hasty turns, many changes of attitude, and many alterations in the flow of what is happening which call forth many new and unexpected emotions.

We are not suggesting that you alter this natural run of stormy weather in the everyday of your and your son's existence. What we would suggest is not so much a metaphor as a kind of game. We ask that you see your energies and your son's energies as part of a dance. You and your son are creating this dance. You are dancing a kind of mirror dance. What you do, he imitates, and what he does, you imitate.

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When you and he are doing loving and positive things, the dance is a happy dance, or so it seems to your judgment. When there is challenge, upset and hostility, then it seems to be an unhappy dance. However, in order to play your game more skillfully, we would ask you not to label your various moods as good or bad. We would ask you not to label the exchanges of mood between you and your child as good or bad. Rather, we would ask you to see the whole of the pattern as an ongoing dance.

In a dance, my brother, there are many missed steps. This does not mean that the music stops playing or that you have in some way failed to dance properly. Rather, we encourage you to dance with lightness of heart and with as much clarity of observation of which you are capable at any time.

This is a game in which attention to detail is very helpful. As you said, even in the smallest things, your son and you seem psychically connected. Indeed, all entities have this psychic connection. In the case of indigo children, however, there is allowable more awareness to be brought into the incarnation. So, such children are often much more sensitive and aware of their parents' moods and unspoken feelings than would have been children of days gone by, shall we say.

It is not that you are responsible for smoothing out your son's moods, any more than your son is responsible for smoothing out your moods. It is that you are presently engaged in an intensely intimate relationship with an entity whose powers are greater than his ability to control those powers or even to understand them or be able in any way to express them. When a child has trouble expressing all that is within him, he may become very frustrated, and this is often the case with an indigo child.

We are not encouraging you to find some method of teaching this child. On the other hand, we would ask you to be quite responsive to any questions or comments shared by the child with you. Such expressions are your invitation to tell your stories, share your wisdom, and embrace the child in an atmosphere of acceptance and love.

Above all, my brother, we would ask you to explore the concept that you and your child are one and that, indeed, the mirror that the child holds up to you enables you to work upon yourself. This is the attitude that will serve your child and you the very best. When you use the mirror, use it to work on yourself. See what is there, find it within yourself, and work upon that energy in yourself.

Your child will feel that you are doing spiritual work responsibly. He may not consciously or intellectually be able to express this understanding, but as you stand calmly and with sureness upon the ground of your own being and do the work that has come to you to do, your child will see and feel that there is a stable and supportive atmosphere which accepts him and accepts the images that he is offering. Therefore, as you do this work, you present to your child a mirror of a certain kind. In that mirror, the child will see positive issues, not preached to him but expressed to him by the unspoken manifestation of silent beingness.

As you work upon yourself, you shall be creating for your child the best possible supportive structure. As you accept yourself, your son will feel accepted. As you see the unevenesses within you and accept them, so your child will feel accepted in his unevenness.

There is no question but that, occasionally, if a child is disrupting the family, and the child cannot be coaxed into altering his behavior, the child must be shown the limits of acceptable behavior. You may choose your own way of doing this. We give to this instrument the picture of her disciplining her cats. Her cats cannot understand language, but they can understand the word "no" connected with water. Therefore, the cat can be trained to avoid behavior that will elicit the word "no" and the wetting.[29] We do not know how you would emphasize that the word "no" occasionally has a firm and limiting meaning but we do encourage you to think carefully and speak with your mate concerning the rules of the house, so that there is a stable and consistent set of limits beyond which behavior is not acceptable.

This instrument calls removing a child from an environment for discipline a "time-out." We would suggest that time-outs are appropriate. Also appropriate are any other means of non-violent expression that underlines the word "no" without doing violence or physical harm. Sometimes, it seems a cruel thing to set a limit. However, it is helpful in terms of the incarnational experience of a child that, from the beginning, the child is aware that, indeed, there are limits and that there is not a

[29] The Rueckert-McCartys keep spray bottles of water handy at appropriate places in the house for such discipline. They are filled only with water, so the cats never get hurt.

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chaotic existence with no meaning, but rather, a meaningful existence with order, ideals, peace and beauty. If you do not give your child a certain sense of limits and order, the child will be left in chaos, not knowing how to value his feelings, his thoughts, and his dreams.

As we finish answering this query, we look at that word "dream." You have dreams, my brother, and so does your child. You are those who dream together. And so are we all. But you and your child have special dreams known only to you. Forget all except loving, being loved, and sharing your dreams.

Let imagination wing its way through your relationship with your child. Let your creativity blossom as you surround this child with the essence of your unspoken love. People his kingdom with your fairies and gnomes and archangels to keep him safe. These are all the creatures of your honest and heartfelt love, and they will be good companions for your child.

May we ask if there is another query at this time?

W: I believe the viability to act as a loving parent to a son depends on how open my heart is to love. My intention is to use this relationship as an opportunity to know myself and to expand my capacity for forgiveness, levity, compassion, faith and healing. Which archetypes would you suggest which might clear up all the dynamics that work within my family, especially in relation to my son?

(Carla channeling)

We are those of the Q'uo, and are aware of the query, my brother. The archetypal energies surrounding your relationship with your son are those energies between the master and the pupil. You are teach/learner and your son is learn/teacher. Although your son's gifts are astonishing in some ways, they are not developed. You are that entity who has a spiritual maturity which has been hard won.

It is fortunate, my brother, that life has not been able to dim your light. It has wearied you, and we see in you a desire not to be so weary. But it has not caused you to lose faith or to relinquish your dreams. Therefore, you are a good master, a good teach/learner, for your child. Rather than holding to the dynamics of teacher and student, however, we would encourage you to be open to the subtleties of the teach/teaching's becoming learn/teaching and vice versa, for your child has things to teach you as well as your having things to teach him.

You stand for your child in some ways as an agent of the unconscious. Your child is not born knowing which way to move in terms of metaphysical principles. Therefore, allow the things around you—your books, your papers, those items that you love—to be meaningful to your child as well as to you. Invest time in responding to even minor questions, knowing that your child's unevenness of personality will cause him to move at things roundabout and in a serpentine and indirect fashion. Move with those energies. Operate with him in his rambling so that you may come with him to a place which you have not expected.

He is seeking in a way which moves from level to level. Therefore, your beingness rather than your behavior is going to help him the most. This, as you said, will cause you again and again to move from the doing to the being. It is not what you do with your child that matters nearly as much as your attention to your own state of awareness. Are you aware, conscious and alert to the now? Or are you caught up in what the one known as Eckhart called "content"?[30] Move always from content to essence, from detail to essence, from facts and this and that to essence. It will often seem to be an impractical move. But in terms of helping both you and your child to be refined by the fire of planet Earth's atmosphere of learning, it is the most skillful choice.

Is there a further query, my brother?

W: My son has issues due to being different from his classmates. I would like to shore up his self-esteem but I am concerned about interfering with his free will. Should I think about setting the stage for his actions on planet Earth when he is grown? What are my chief spiritual concerns in raising my son well?

(Carla channeling)

We are those of the Q'uo, and we are aware of your query, my brother. Your chief spiritual concern in dealing with any relationship is to bring to that relationship your true self. Thusly, we move the energy back from "what shall you do with another" to the consideration of "how shall you be." How shall you create an atmosphere that will provide you

[30] The Q'uo are referring to the writing of Eckhart Tolle in his book, *New Earth*.

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with a good environment for pursuing your spiritual process?

We would suggest—as we often have suggested before for others, my brother, so it is not personal to you—that there be a daily period of silence that is observed by you in a consistent manner. We suggest the circadian[31] rhythm because your body has that daily rhythm. If you make a habit of seeking the silence at the same general time each day, within the first month of your making such a habit, your body will move through all of its objections [to] the sitting or the resting in the silence that it can throw up, and it will begin to be able to rest in the silence. It takes a certain amount of training simply to quiet the body so that it does not feel threatened by sitting without doing anything, whether watching the television, listening to the radio, or something else.

When there is no content, the mind and the body become anxious. It takes time to create a habit of solitary silence so that your body welcomes it, expects it, and is not disturbed by it. Once you have trained your body, your mind, and your emotions so that you are able to sit in the silence without interference from them on the gross level of twitching, developing symptoms of headaches, and so forth, then you have the chance, at last, to rest in that powerful silence that offers you what words never can. The love and the light of the one infinite Creator are completely expressed within the silence.

To try to translate that silent expression into voice, words, music, poetry of any kind, is tremendously difficult. The easiest way to approach the Creator is through unexplained, unmanifested silence. Let that be a part of your being, and that shall, in time, place you in a state of mind which is far more likely to alert you when you have gone away from the present moment and have become distracted by detail.

You cannot hope to be undistracted. No entity in third density is expected to remain undistracted. The purpose of incarnation is consistently and cyclically to be distracted. Each distraction teaches you about yourself and who you think you are as opposed to who you are. Work on that, and that shall be the safe place for your child. As he sees you in praise, meditation, in prayer each day, he shall know that there is more to this life than the play, the work, and the sleeping. He shall see for his own self, without being taught a word, that those entities whom he values, value spiritual life and seek it out. And so he will be curious as well, for children, by nature, are imitative. By your being, by your seeking, you shall offer him the opportunity to see how that tune goes, and he can try that out. Children try things out that they see and work with them in their own way and in their own time.

We would suggest that you always respond to questions, but that you do not attempt to teach unless questions are asked. The times will come, as you love and care for your child, when it will be natural for him to ask along the lines of this or that spiritual concern. At that time, my brother, share your truth as straightforwardly and lovingly as you know how, knowing that there are many mistakes but that love wins through.

We would ask if there is another query at this time?

W: Sometimes, I believe that I am a wanderer. Can you confirm this, please?

We are those of Q'uo, my brother, and we are aware of your query. We can confirm, my brother, that you are a wanderer. Is there a further query at this time?

W: I feel called to manifest inspirational, devotional music. Sometimes I find that I feel it is appropriate to express pure sound with music instead of words. Could you talk about this? Please offer any suggestions as to what spiritual principles are involved in this outer work of my lifetime.

(Carla channeling)

We are those of Q'uo, and we are aware of your query, my brother. The work of any artist is a work of translation. An artist translates concepts into a manifestation that is flat, shall we say. The concept is a very round and living entity. It is infinite in its content and is a whole. The human intelligence does not work with concepts, it works with words. Intelligence puts words together to make ideas and sentences. Intelligence struggles to go from point A to point B to point C and to learn. The artist is an entity whose other intelligence has been somewhat awakened, for there are two intelligences in any human being.

[31] circadian: an adjective meaning daily or "noting or pertaining to rhythmic biological cycles recurring at approximately 24-hour intervals," to use the definition given on www.dictionary.com.

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There is the intelligence which came with the body that you enjoy in this incarnation. That intelligence is a choice-making intelligence. It gathers facts and it is geared to make decisions. It does that very well. However, it is not a kind of intelligence that is capable of dealing with concepts. Yet it yearns for that which is beyond its intelligence.

On the other hand the heart, yours and all those of planet Earth, lives and dwells in the land of concept. It does so in silence. The heart works with feelings, insights, inspiration and hunches. Artistry comes through that non-local, non-linear part of your intelligence. So what you are doing, as you work with your music to manifest it, is to catch that ball of concept that is the creature of sound that you wish to make. And then you set about clothing it in its details, the words and forms that express the feelings with which you began.

When the feeling and the emotions run far ahead of that part of you that is harnessed to translate concepts into words, what you get is melody and not so many words, which is what you are experiencing. We would note, in this regard, the sound that you make instead of the word more accurately expresses the feeling that you are attempting to convey than does any word. Consequently, we would recommend that you open your mind to the concept of tones with vowel sounds as part of your music. You are only attempting more purely than language allows to express a certain quality or essence that lies in the underground, purified rivers of emotion that are part of the archetypal mind. You are attempting to bring these deep melodies up into conscious awareness. And indeed, as you do so, it shall be of service to others of some note, shall we say.

However, such work cannot be rushed. Consequently, when you feel that there is a lack of some kind in any composition on which you are working at a particular time, we would suggest that you take it into your heart and let it sing itself to you while you listen to it.

It may help if you move while you are doing so, as in going for a walk or doing some rhythmic activity such as the chores of the day, the mowing of the lawn, the picking up of the leaves, or some mindless, repetitive task. See that as a dance that accompanies your unfinished song. Dance to it and let it sing itself to you. And in that state of no stress and no worry, that which is at the heart of what you are attempting to catch will come to you.

If it is not in words, then let it be without words and trust in your sense of the appropriate vowel sounds that bring up certain emotions in certain configurations from the unconscious mind.[32]

Underlying our advice to you is the simple encouragement to trust yourself. Believe in yourself. Do not judge yourself according to what you have accomplished. Judge yourself not at all, except to know that you and the Creator are one and that your whole desire is to be a part of that creative principle. This is your heart and it is a good heart. You are worthy. With that confidence and that calm that goes with the knowledge that you, imperfect as you are, are worthy, then you shall be open to receive the gifts of the present moment. And, my brother, when you can relax and lift yourself to the simple joy of being, you have just created for yourself the best possible environment for receiving inspiration.

May we ask if there is another query at this time?

W: I feel a procrastinating energy around manifesting this music. What is happening here, spiritually speaking? Please talk about this seeming blockage that comes and goes in my creative work.

We are those of Q'uo, and we are aware of your query, my brother. Procrastination occurs when there is a portion of the self that feels unready to move forward. There are always riptides, as we have said, beneath the surface of the water. It is easy to splash through the surf, and even to enjoy the surf with a surfboard, but in your life there are many triggers that have been set for you by your experiences and by the fact that you have not balanced them in the past. They are like riptides that catch you and toss you away from your center, so that you are no longer communicating with your muse, shall we say. You have lost touch with your guidance.

In many people, this feels more like depression than distraction. However it comes to you, it is a sign of your lack of focus. You are working against yourself.

[32] It is interesting to note that the British rock group, Genesis, created music in just this way, with Phil Collins singing pure tone only at the start, then finding more accurate vowel sounds to express the felt emotion and only at the very end of the creative process creating lyrics for their songs.

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Part of you wants to create and part of you does not feel ready. In order to resolve the impasse, we would encourage you at such times to go into the silence once again and to offer up the frustration of creativity gone awry. What will come out of that silence is unknown. You may receive a real jolt of energy so that you are able to create. You may, instead, receive a feeling that it is best to move on to something else, to move away from that which is not coming easily and to give that part of yourself that is not quite ready time and space to do what it needs to do beneath the surface.

When you are working with subconscious energies, you do not have the luxury of seeing what you are doing. You must take a lot on faith. You must have faith that the creative process in you will complete itself if you keep your instrument tuned. That is what the silence is for. That is what the attentiveness is for. You are an instrument of the Creator's and you wish only to be used. Consequently, keep yourself in tune and ready to respond when the wind of spirit blows across the strings of your instrument.

May we ask if there is a final query?

W: What archangel or other spiritual essence might aid me in coming into a place of inspiration where music and lyrics flow into the most beneficial form?

We are those of Q'uo, and we are aware of your query, my brother. This question treads too closely to the bounds of free will for us to respond directly. We would ask you to trust and to know that you do indeed have a muse and that muse is focused entirely upon supporting, encouraging and inspiring you. What is the shape of that muse, my brother? What name shall you call the source of your inspiration? What helper have you yearned for from the beginning? Name it. Claim it. Use it. For us to name that guidance and that inspiration for you would be utterly fruitless. This is your active process and we wish you happy hunting!

We thank the one known as W for this session, for this time together. We thank each of you in this circle of seeking for the beauty of your vibrations and the beauty of the combination of them that has made this a surpassingly lovely experience for us. It has been a true pleasure to share our energy with you and to experience the beauty of each of you.

We leave you, as we found you, in all that there is, the love and the light of the one infinite Creator. We are those known to you as Q'uo. We leave this instrument and this group in love and light. Adonai. ♣

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Saturday Meditation
November 19, 2006

Group question: *(Read by Jim.)* The question this week has to do with the conflict between what we project as a personality in our daily round of activities and our soul essence that moves with us through various incarnations and really has the basic plan for evolution in mind. Frequently, our personality seems to be at odds with this deeper self that knows what we need to do. When we are in catalyst situations in our daily round of activities and we'd like to punch somebody out, there's this little voice that says, "That's probably not a good idea."

We were wondering if Q'uo could give us some information on how we can deal with our personality. Because it is our personalities that we would use to deal with it. Do we need to refine our personalities? Do we need to get rid of our personalities? Do we need to balance our personalities? How can we most skillfully deal with what seems to be a conflict between the personality that wants to do certain things in this illusion and the deeper soul-self that really knows what we ought to be about and what we ought not to be about.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day.

It is a delight to be called to your circle of seeking and we are most glad to share our humble thoughts with you concerning the dynamics between the personality and the soul or spiritual essence.

As always, however, we would preface our remarks by the request that you not take them too seriously. We offer our opinions hoping that they will be of use to you. We cannot know what of our thoughts will prove useful to you and what of our thoughts will not prove of any use at this time. We would ask of you to use your discrimination and carefully and consciously select those thoughts that you wish to follow up, using those thoughts as resources. We would ask that you forget all of those thoughts with which you have not specifically felt resonance. In this way we would have the opportunity to speak freely without being concerned that we shall in some way infringe upon your free will and the rhythm of your spiritual process. We thank you for this consideration.

Perhaps you have seen a type of mollusk that creates a shell that is called the chambered nautilus. The animal that creates this shell first creates one shell which is in the nature of a scoop or an amphitheater. As it lives and gains in time and experience it gradually creates a second, larger amphitheater for itself. As this sea creature matures and gains in age, it creates house after house after house, always spiraling into a larger area, always creating a vaster domain, always bringing the self into a more spacious point of view or range of view.

The personality, as you have termed it, can be seen to be this kind of being. It must have a house. It must create and form and erect and maintain a façade of some kind. That is the nature of what you call the personality.

Now let us talk a bit about the personality. In its own way, your essence has a personality. There is a flavor to the vibrations that are uniquely your own. However, this flavoring of sweetness and spice is extraneous to the basic vibration of your being. In contrast to your personality on Planet Earth—that is, your earthly personality—your soul essence does not have that kind of personality.

For the moment we are focusing on the personality because, as the one known as Jim said in his query, one must deal with this concept, this perception of a dynamic between the personality and the soul, with the personality itself as a conscious being, in a third-density physical vehicle, living a life on Planet Earth. The personality is that which gives voice even to the most deep and profound of spiritual truths.

Indeed, that is why artists, prophets, priests and other visionaries so often cry out in anguish. For they can feel and test the truth, but to move it into words is more work than many can ever encompass. Therefore, one must work with the personality in order to aid the spiritual seeking of the self.

One cannot simply work within silence and allow that to be the spiritual practice. There needs to be a structure of thought that is able to hold and order the concerns of the lifetime. The house or chamber of the nautilus that you are born with is a small house. Its structures are simple. When you are a very small child you gain the concept of "me" and "mine" and the nurturer and the one who is loved and the one who loves you. These are very simple structures, but they are very meaningful.

You barely begin to realize that there are other entities in the world—until you are first told to share. That is perhaps the beginning of your career of one who grows on Planet Earth. For that concept of someone else to whom you are kind makes a shift and a change in consciousness that moves you to a larger house, to a larger point of view.

Throughout your life then, cyclically, when you have prepared to move house, spiritually, emotionally, and mentally speaking, you shall find yourself in a more spacious palace and a more panoramic view shall be yours as well. Such houses are not built of nothing. In the case of the personality upon Planet Earth, the move from a smaller to a larger house, a smaller to a larger point of view is costly. You pay the price in whatever suffering you do as you work on what you conceive of as your spiritual process. You also work upon it with every consciously received moment of thanksgiving and joy.

This instrument has said to herself and others many times that if she can focus on giving thanksgiving and praise for what is happening, she finds there is less of the difficult work to do that seems to involve suffering, either mental, emotional, spiritual or physical.

The pressure to grow is indelibly etched into your very essence. You are, by your very nature, a life form in the midst of an evolutionary process. You may dig in your heels and attempt to resist growing and you will slow the rate of growth, but you cannot stop growing.

What entities can do, and often choose to do, being unaware of a spiritual dimension to their lives, is attempt to remain as deeply asleep as possible, softening the blows of life with pleasure, distraction and sleep. We are not speaking to those who wish to sleep. Therefore, we sympathize with you! For you are awake; you cannot go back to sleep. You truly do wish to grow and you truly are weary at times of the amount of suffering that seems to be involved.

And the catalyst, as the one known as C, as the one known as Carla, and as the one known as Jim all said, does not stop simply because you become aware that it is catalyst. You do the work of becoming grateful for the good catalyst and thankful for the good work to do. You can only manipulate your true feelings so far.

This instrument was speaking earlier, for instance, of how she must remove from her consciousness all of the details of her present moment before she can come to that formless awareness of self that is the real self, the consciousness that is shared with the infinite Creator and with all the forces of love and light within her world.

It is possible to become that emptied, open vessel, but it takes work. It takes a deliberate and ruthless willingness to release pain and, more than that, to release the resentment that grows up around having to feel the pain. We realize that we are talking to a

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wide range of entities. For some of you, the pain is emotional. For some of you the pain is physical. And for some the pain is spiritual. In all cases there is a mixture of each, but always there is an emphasis on one of those three.

Whatever the kind of suffering that you are experiencing, it has the same function within the growth processes of your soul. It is designed, as the one known as C said, to target specific issues which you came into this incarnation fairly determined to balance. You had to give up the memory of all this good planning, so the actual agenda of your life only comes to you little by little unless you are very lucky and it strikes you all at once.

If you receive a whole vision like that, almost nothing can stop you. But for most entities, the vision is acquired slowly and in stages. And there is a lot of self-doubt. There is the wondering if you are on the right track. Could you be doing something better? Could you be doing something else? Could you be more honest with yourself? And so forth and so on. [These are] questions that are good to ask, questions that are needful to ask, but questions that distract you from the process of letting faith be your keel and hope your rudder.

You can only go so far with your chamber, given that we continue to use the image of the chambered nautilus. The most marvelously expansive palace with the widest point of view possible will give to you everything right up to the limit of the rational and the known. You will look upon physical things from this personality shell. You will see stars, but they will not live. You will hear the wind, but you will not hear it speaking to you. You are trapped, as a personality, in a world of thought and form.

You cannot see that the forms and the thoughts are common to you all. You cannot see beyond the uniqueness of your body and its obviously physical separation from all other bodies. You cannot see the dance of your auras as they dance upon each other and form harmonics and combinations of woven color that are quite remarkable in their beauty.

You cannot see all of the entities of Earth—the flowers, the trees, the animals, the water, all the elements with their characteristic vibrations and their characteristic auras, all merging and flowing in and out of each other in an endless harmony and a beautiful symphony. That is the limitation of that entity that you are when you use the word, "I."

You moved into incarnation in this very limited physical vehicle with its very limited instincts and mentality because you as a soul had work to do. It may well help, when you are in the midst of suffering, to remember and validate for yourself the simple fact that you chose the work you are about now in the world. You wanted it very much. You wanted the opportunity badly. Not only did you want to help others, you wanted to work on your vibration.

Some of you felt that you were overbalanced toward love and tended towards becoming martyrs rather than applying the wisdom that balances martyrdom and creates of it continued life and continued teaching and an expansion of possibilities.

Some of you came into this incarnation with the opinion that you had far too much wisdom and that it was keeping you from coming into the full openness of heart that you truly wished for yourself. From whichever dynamic you are approaching balance, you will be drawn to certain lessons. Those who wish to gain wisdom will be offered opportunities to use wisdom. Those of you who wish to become openhearted will find those themes of catalytic event occurring again and again that challenge you to open your heart at the expense of rationality and the perceived wisdom.

Realize that when you do this work, your responsibility is to form an intention and to offer it up to the spirit within you. There is much that is hidden in mystery about your guidance. Do not attempt, then, to reason out these moments of suffering and learning. Certainly, apply the wisdom of analysis as you wish. But realize always that skillful work with the personality involves moving back into the silence, allowing the personality to fall away, becoming empty, as this instrument was talking about doing earlier, and receiving in that silence things that are and will remain a mystery but which will, nevertheless, create for you the possibilities of new structure, a larger home, a more capacious and compassionate personality.

We would say, "No," to the question would we suggest for you to lose the personality. You do not wish to lose the personality, although as various parts of it fall away naturally, it is a wonderfully freeing experience. Your personality is a perfectly good structure. You are, however, working to refine your personality.

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Now the word "refine" means to purify, and it calls up images of the fiery furnace and being reduced to your liquid components of this metal, that metal, and so forth, and the dross being drained off and the good part being made into some fine steel or creating something metallic. Yours is not that kind of refinery. If you will notice your physical vehicle, it is a chemical refinery. It takes in raw foods. It uses the good, and it excretes the waste.

It may help you to think of your mental and emotional appetites in the same way. You're going to be eating a lot of raw food when it comes to food as experience. It will hit you sometimes like a French *au cuisine* dinner, sometimes like an unfortunate trip to a greasy burger place, and sometimes somewhere in between.

Some of the experiences that you receive will be sweet to your tongue and delicious to process—your lover's touch, the cry of your baby, those wonderful times when you see the beauty of the moment in the sunshine and shadow. Treasure and store up those moments of pure awareness.

The kind of refinery you are as a soul is one who takes all that hits the self in the present moment and gazes at it with an eye to response. If you are too quick to respond, then you have quickly used up that opportunity. If the response is not complete or well thought out, or on the level you would have preferred if you thought about it further, then you have minimized the effectiveness of this particular catalyst.

Consequently, in terms of dealing with difficult catalyst, it is helpful that you become aware of your resistance to it. It is understandable for you to resist by instinct anything that will make you uncomfortable. Whether it is a physical discomfort because of a physical condition or an emotional discomfort because of a difficult relationship, the discomfort is there and the instinct of your physical vehicle with its intellect is to resist it.

You wish either to change it or to eliminate it. The last thing you want to do is accept it, appreciate it, bless it, and use it. Yet for those who have the presence of mind to go through that process of separating the self from the immediacy of the catalyst and becoming that self that is aware of the catalyst and wishes to choose how to respond, such catalyst can begin to be seen as the gift that it truly is.

It is the work of a lifetime to learn not to resist seemingly difficult catalyst. Yet as each of you has at times discovered, when you release all resistance and embrace the situation your environment lightens as if dawn had just broken on a new day. You are able to say, "All right, I see this and I welcome it. Help me learn how to receive this gift. Help me to have insight into its purpose in my life. Help me to look in the mirror of this discomfort and see the face of the infinite Creator."

We believe that this is a good stopping place for this particular topic and we would, at this time, ask if there are other queries that this group may have. We are those of Q'uo.

(No further queries.)

We are those of Q'uo. As we seem to have exhausted the questions in this group at this time, we shall thank you once again for calling us to your circle and for allowing us the privilege of sharing your vibrations. We leave you in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
December 10, 2006

Group question: The question today has to do with discrimination. How or what is the root cause of the prejudice that various groups of people have against other groups, whether it be because of race, creed, color, national origin, religion, the place where they live? Whatever the reason, everywhere around the world there are groups of people that discriminate against other people because they are different. Q'uo, could you give us some idea about what really are the roots of this type of discrimination and disempowerment of other people by majority groups? And what can we do about it as individuals?

(Carla channeling)

We are those known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. May we say what a privilege and a pleasure it is to join your circle of seeking. We are most happy to share our humble thoughts with you on this subject of prejudice and its roots and what people can do when finding that situation in their environment.

But first we would, as always, request of each who is aware of our words the careful and conscientious use of your discriminatory powers. You and you alone know what thoughts are helpful to you. If our thoughts are not helpful to you, please cast them aside and move on, for the thought that is helpful to you is right around the corner. If our thoughts are resonant to you, then you are welcome to them. We thank you for this consideration. It enables us to speak our mind clearly without fearing that we shall infringe upon your free will.

My friends, in speaking with you about prejudice and its roots, we speak with you about two main levels of thought. Those levels of thought are the dynamic between love and fear and the dynamic between unity consciousness and the consciousness of form. Before we move into those thoughts, however, we would talk just a bit about the traps of your Earth world and how they came about.

When this creation was younger and worlds closer to what this instrument calls the central sun were maturing, the work done by a planetary population was a work done by a population of one kind or race or being. In the course of many graduations from many planets, there gradually began to build up populations from Earths such as yours which had finished their third density, the density of choice, and had not been able to graduate into the density of love. These population groups then needed to move to another third-density experience to take up once again the lessons of making the choice. This choice is a choice of polarity. It is a choice between choosing to love, include and accept, with compassion [for] all things and beings as part of one Creator, and the choice of seeing all entities as those who may be able to serve you. It is a choice of service to others or service to self.

It is a simple choice. It is not an intellectually staggering thing to determine when you are being

kind, inclusive and compassionate, and when you are being unkind, un-inclusive and non-compassionate.

As simple as this choice is, it is not a choice that many of your peoples have found easy to penetrate with a stable determination to follow either the ways of service to others or service to self.

Therefore, as the creation has matured and consciousness has spread throughout the infinite creation that you see in the starry night sky, planetary population after planetary population has found a portion or all of its tribe unable to graduate when the harvest of their third density came due.

At first, the answer was simply to move through another time of harvest on the same planet. However, planets also have their periodicity. Each planet is different. But each planet has a limit to the amount of third density that is available. It is as if we were to say that there are a certain number of 30-watt bulbs for each planet and when that supply runs out, they must put in 40-watt bulbs. The light changes when a stronger bulb is put in. That stronger light will not support third-density life.

Consequently, the creation began to move planetary populations to a second-chance planet where they would mix with the native third-density population and together those two tribes would seek to learn how to make the choice of service to others or service to self.

This is the situation upon your planet. You have a very, very small population of native third-density Earth entities. Virtually all of your tribes are tribes who have come to this second-chance planet to have another try at the school of third-density life.

Each sun or sub-Logos, as this instrument would say, has made choices in how the fundamental consciousness of the planetary population will express itself. We are not talking about the level of conscious choice, but rather the level of the archetypal mind and the roots of consciousness. For each planetary tribe, there is a unique flavor and quality to the archetypal and mythical aspects of that tribe. When coming to the second-chance planet of planet Earth, those populations carried the uniqueness of their archetypal minds, their roots of consciousness, with them.

When you look at races upon your planet, those who look a certain way and are called Caucasian, those who look a certain way and are called Hispanic, those who look a certain way and are called Native Americans, and so forth, you are looking at entities that don't simply look a bit different on the surface. They are different, at the roots of their consciousness, in ways that they can never consciously express except by art or music or some craft which escapes the bondage of words and the intellectual or analytical mind.

Consequently, upon planet Earth at this time you have many tribes who are having their second chance at making the choice between love and service to others or that love which is turned into fear and service to self.

We offer this thought as prelude to those principles of which we spoke because we do not wish simply to say that all are one, which is true enough. We also wish to celebrate the differences in myth, culture and archetype which create ways in which each tribe has a unique perspective to add to the simmering stew of harmony and unity which may blend all the tribes of Earth into one while retaining each excellence of each planetary population.

Let us now look at the dynamic between love and fear. There is the surface tendency in many entities' minds which seeks to call something right and something else wrong. Whence does this stem? It stems from the fear of an individual who is not at peace with himself. He is not secure within his own sense of self. Rather than being able to rest in that love which sees all things as one, he feels fear because of the differences between himself and others.

This fear is natural. It is not to be condemned. It is to be seen as the first step of many. When you are an infant, your world is bound in fear. You are thrust forth from the unity and the peacefulness of the womb into the cold air which you have not yet learned to breathe. You are more than terrified. You are sure that you are going to die. Your first experience is likely to be terror. This is a difficult start to an incarnation but it is part of the very nature of incarnation itself. It is built into the structure of the human experience.

Naturally, in most cases, the parents reassure and protect, cuddle and rock the infant and the baby becomes peaceful. But terror awaits at [every] door in every hour, for the baby is unable to care for itself. When it is hungry it must depend upon the kindness of others. When it is wet it must depend upon

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others giving it a new diaper and a bath. When it is in pain with colic or cutting teeth, it does not know why it is in pain. It knows only that it cannot get away from the suffering that it feels.

Gradually, oh so gradually, the human leaves infanthood and enters childhood and the fear recedes somewhat. A child has learned to speak. It can ask why. It can defend itself with words to some extent. But the patterns of fear are deep. They are not evil. They are natural. Throughout the lifetime of an entity in third density, fear is around the corner, outside the door, under the bed, in the closet: the boogeyman. Yet the true location of this fear is in the experiences of being born and of being helpless.

What child has ever had all of its needs met? What growing teenager has ever been able to plumb the depths of its own passage? My friends, you arrive at adulthood battered by the experiences you have undergone. Some, indeed most, entities cover their pain with that thin veneer of civilization: the clever words, the appropriate actions, the right clothing.

But within the deep mind of each entity lies many a doorway into fear. And fear has many friends. Fear can produce anger. It can produce unworthiness. It can produce guilt. It can produce many difficult and dark emotions and feelings.

When we greet you in the love and in the light of the one Creator, we are greeting the heart of you and the heart of you is love. We penetrate through the shell of conscious experience garnered by your personality and we see your souls. You are beautiful. You are beautiful beyond any words. You bloom in the air of faith. Your roots are fed with the rain of hope. And you stand up strong because you are. You cannot be denied in your essence. But these qualities of you are those that come through the surface disturbances of personality and prejudice and fear.

We can say that you are creatures made of love, but in so many cases your experience does not feel like that. In so many cases you experience yourself not as the perfect flower that you are but as a weed, or at least as something to be groomed and done unto. So in a way, finding yourself to be a creature of love is an act of faith which has no proof of being the right choice.

It is into this environment of entities living in their own private suffering and fear that the challenges and the lessons of third density are aimed and experienced. The Earth experience is a refinery. Again and again you receive catalyst that causes you to question who you are and why you are here. These questions and these feelings can pound and shake you until eventually you begin discovering that the process has uncovered some of the gem-like beauty of your deeper nature.

And so, for the first time, as you move through this refining fire of incarnation, you begin to have a sense, a genuine sense, of who you really are, and it does not sound so foreign and alien to say, "I am a child of love. I am a being of light. I am a creature of infinite power because I am part of the one infinite Creator."

What a journey it is from the beginning of life to that moment when you first awaken to the unitary nature of consciousness. What a joy it is when you first feel at one with another person. What an accomplishment it is, my friends, when you are able to move from feeling at one with another person to feeling at one with groups of people and finally with all of the people that make up the very variegated tribe of humankind.

At every turn, there will be that call to fear what is happening. And why is that, my friends? It is because there is a tendency towards inertia in the mind of humankind, whereas there is an implacable tendency towards progression in evolution in the energy of the planet itself. People tend to fight change and yet change is the essence of the incarnational experience. The body changes continuously, shedding its cells so that in seven years there is not one cell in the human body that was there seven years ago. The outer look of the human body changes, if not continuously, than rapidly, from infanthood to toddler-hood to childhood to teenage-hood to young adulthood to middle age and then to those varieties of old age that entities wish not to label so as not to acknowledge.

In the end, each entity is transformed from the womb through the bloom to the grave. Change is inevitable and yet change seems to be feared. And if one is identifying oneself with one's body, then there is every reason to have fear, for the death of the body is inevitable. Thusly, it is easy to make fear-based choices when confronted with change.

One way that things change for an entity is that they are placed in new contexts, meeting different kinds

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of people. If one has already made the choice for service to others, then one tends to see others as an opportunity to be of service. The well polarized entity sees all entities as opportunities to be of service.

That entity which is polarized in a negative sense also has no prejudice because it sees all entities as equally useful in serving the self.

It is to those who have not yet made the choice that prejudice seems a good choice to make. If "they" are correct and acceptable, then the way they are is the way things should be. When entities come into their environment and express differences, then the fear-filled entity is simply going to feel that those other selves need to conform to the way they think.

Now let us look at the other leg of this two-legged entity of prejudice, that is, the dynamic between form and formlessness, or unity and diversity. It is entirely understandable that entities at all times and in all places should be seduced and swayed by the appearances of form. The five senses of which you are aware consciously have to do with form. You see form. You hear form. You touch, smell and taste form. There's nothing on the surface of things that would tell you that there is anything other than form in your universe.

It is very helpful to call upon the knowledge that each has of the scientific nature of form. Each form which you may consider is almost entirely made of space. You as an entity are a collection of energy fields holding cells together in a certain configuration. Each cell is almost entirely space. Your body looks like the Milky Way to an entity that is able to look into the microscopic structure of your world. The chair upon which you sit is mostly space but its energy field holds it together so that you do not fall through the chair or the floor. And so the illusion remains intact.

And yet who you are has nothing to do with your form. What you think as a soul has nothing to do with forms. Again, this is not obvious on the surface of things. It is no wonder that you begin your incarnation completely beguiled by form. "Am I pretty?" "Am I rich?" "Am I smart?" "Am I strong?" "Am I good?" "Am I powerful?" These questions are asked and answered on the level of the illusion and no wisdom comes from the questioning and the responses as long as the questions remain on the level of form.

In form there is always relativity. If you are smart, someone is smarter. If you are rich, someone is richer, and so forth. In order to penetrate to the level of the school of third-density life where the lessons are truly learned, you must penetrate through form into consciousness.

Consciousness has its home in all of the spaces that we have mentioned. Consciousness interpenetrates every cell of your body and every cell of everyone else's body. It penetrates the Earth itself and the heavens and it is all one thing. You, as a spark of the infinite Creator, are a focusing spark, an observation point. You are a witness to the love and the light of the infinite Creator. You are here to bear witness, to experience, to collect those experiences as you would a bouquet of flowers, and then to offer that bouquet to the infinite Creator.

When we see you, we do not see form. We see a different level of illusion which we would call vibration. We see your vibratory display as if it were the petals of a flower of infinite beauty unfurled for us to see. Every quirk, every imbalance that colors you in this or that way, we see not as mistakes or errors in thinking but as your own individual beauty. To us you cannot make a mistake. To the Creator you cannot make a mistake. For just as you are, exactly as you are experiencing, you are gathering up information to offer to the Creator.

In terms of using the environment of planet Earth, of third density in general, however, it is well for you to gather these various descriptions of self and to form an intention to penetrate the more shallow levels of perception so that you may begin to stand upon the good Earth of who you are as a spirit.

(Side one of tape ends.)

(Carla channeling)

In terms of what you can do in the outer world to alleviate the forces of prejudice, the impact of information is great. This instrument was saying before this communication began, in the discussion around the circle of seeking, that she would like to learn Spanish and has planned on taking a course in Spanish because of the fact that there are more and more Spanish-speaking people with whom she comes in contact.

When something is different, the way out of prejudice is to collect information and begin to understand the differences. And we do not leave this

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idea of differences to include simply racial differences, although certainly race and language seem to be barriers of otherness that stop many entities cold in fear.

We would suggest that there are many, many ways of experiencing fear when faced with differences. The dynamic between men and women, for instance, is often the occasion of fear and the acting out of that fear in cruelty of various kinds.

Always, though, the inner workings of prejudice depend upon your continued seduction by fear and by form. When you choose to live in faith that all is well and that you are where you need to be, then you may drop whatever fears that you may have and you then have the freedom and the space in your mind and heart to consider the needs of others around you.

What are your gifts, my friends? How can you be a lighthouse to others? It is in first knowing who you are and gaining confidence in your own power as a person and then in turning to the infinite Creator, dropping to your knees, and saying, "Infinite Creator, how may I serve the greater good this day? Show me your ways. Teach me your ways."

Open your eyes after saying that prayer and behold a world made new, sparkling with opportunities to serve, to include, and to embrace.

May we ask if there is a follow up to that question or another query at this time?

R: I have a question, Q'uo. As you were describing the different tribes that came to Earth as their second third-density planet, you said that these groups bring their own archetypes and consciousnesses from their first planet. How does that mesh with this planet having its own archetypes put into place by the Logos of our galaxy? Can you speak to that? I have a difficult time making it more clear than that.

We are those of Q'uo, and are aware of your query, my brother. When there is one archetypal system in place, it is a system of waterways in the deep mind which are calm and serene. Even the darkest of emotions runs along a channel that is simple.

When entities from another planet enter into the archetypal energies of Earth, carrying with them the archetypal energies of another sub-Logos, another sun, it is as if there is the same basic waterway system. However, each sub-Logos has made differences here and there. They are small differences, but, all taken together, they add up to a rich array of rivulets, small streams and sometimes so many streams that there are swamps or morasses where dark emotions of different cultures have developed into less of a clear form and more of an amorphous or unembodied form.

This entire creation contains one basic blueprint of the archetypal mind of its people. It is up to each sub-Logos, however, to tinker with that design a bit so as to increase the variety of experiences available to the infinite Creator. So when an entity on its first planet falls into the emotions of suffering or joy, those waterways move smoothly and the myths are of a piece. When there is superimposed upon the basic plan of waterways, shall we say, that the archetypal mind represents in the roots of consciousness, the archetypal mind of another sub-Logos, you see the enriching and the somewhat interesting rapids and morasses that occur with the overlay of more than one sub-Logos.

It is as if when you sink into an expression of deep feeling, you as a second-chance Earth being have the capacity for more different kinds of emotion and each subtle difference in emotion is authentic. You have richer choices of ways to feel your authentic essence and the Creator has an enhanced opportunity to know Itself as these tides and rivers of archetypal emotion sweep over streambeds made uneven by the pebbles of different archetypal influences.

It does not muddy the experience but rather enriches the experience of positive emotion. Because of the nature of darker emotions there is the tendency to find a muddying effect in emotions like anger and fear. Consequently, those working on the path of service to self have a real disadvantage at this time for they must, with exquisite care, find the true heart of those purified emotions. However, for those on the path of service to others, the differences are seen as articulations or waterfalls or linns or cascades. And as you watch the water flowing from these linns and catching the light, you may see the rainbows of different effects as they fall through you and you become one with these purified rivers and streams of emotion.

May we answer you further, my brother?

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R: Thank you Q'uo. There are no more questions from the online circle members, so I will ask one. The last question I have is if there are entities who choose to continue their third-density experience on planet Earth because of the muddying and the possibilities it offers? Or is the assignment of the second-chance third-density planet something that the entity itself does not actively partake in?

We are those of Q'uo, and are aware of your query, my brother. Your latter supposition is correct. The placement of a planetary population in a second third-density environment is made at a level where the guardians responsible for that entire planet make that choice of placement. The individual is moved as a part of the planetary tribe.

We find that this instrument's energy wanes and so we would take our leave of this instrument and this group, thanking each for the incredible beauty of your vibrations. We are humble before you, you who have the veil covering your eyes, keeping you from the clear sight of the Creator. Yet you move forward, gracefully, courageously and gallantly, never giving up, but always, as the ones known as T and R have both said, just giving it another try, starting over tomorrow morning.

Day by day your beauty astounds us, your courage amazes us, and we cheer for you and love you. We are always here if you would ask us mentally to deepen your meditations. Again we thank you for calling us to your circle. We are known to you as those of the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
December 17, 2006

Group question: The question this week, Q'uo, has to do with teaching and learning. We're wondering just how teaching actually occurs as the result of our desire to teach and our attempting to teach certain subjects or topics. Much occurs by the very nature of our being, of who we are and how we are. Could you speak to the topic of how teaching and learning really occur?

(Carla channeling)

We are the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank each of you for calling us to your circle of seeking and, indeed, for taking the time and the attention in your busy, busy lives to spend this time seeking the truth. We are most privileged to be able to offer our thoughts.

However, before we begin, we would, as always, ask for your discrimination in listening to our words. We encourage you to be very real as you move through thoughts, sensing deeply into whether or not these thoughts help you, whether or not they resonate to you and seem useful. If they do not, my friends, drop them.

The energy, the information, and the inspiration that you need is close to you. If it is not we who offer it to you, please be assured another source will come to you, for that which you desire always comes to you, one way or another. If you will use this discrimination and listening to what we have to say, it will enable us to speak freely to you without being concerned about the issue of free will. We thank you for this consideration.

You ask this day about teaching and learning, how one teaches and how one learns. That is a question of enormous subtlety. And there is a wide variety in the ways in which we could approach this subject. We shall focus upon those aspects of the question which we sense are at the heart of the interest of those who have created the question. We wish to acknowledge beforehand that our response will be incomplete.

The universe in which you and we and all that there is experience consciousness is a unitary universe. When you are teaching, you are teaching yourself. When you are learning, you are learning from yourself.

We wish to start with this very deep level of truth about teaching because, unlike many who ask about the teaching process, the energy companioning this query feels deep and spiritual in nature. Therefore, rather than focusing upon the surface of teaching, we would start at the very foundation.

You are all teachers. You cannot help but be teachers. Even if you were alone for your entire lifetime, you would be teaching yourself. Indeed, you do teach yourself. From the very beginning [of] your incarnation, you are teaching yourself what you like and what you do not like. Each observation about your preferences creates for you a more and

more complex structure of opinions about yourself, in effect, by your instinctual reactions to that which is occurring in your environment. You are building intelligence as to who you apparently are.

Because of the culture in which you live, this intelligence is composed almost entirely of the things that you learn when you are conscious and alert. However, much teaching of the self by the self occurs beneath the level of alert, waking consciousness. Those levels of teaching occur when you are asleep and dreaming.

You receive a tremendous amount of material that has been processed to a certain extent by your conscious mind as you release your conscious mind and move into the deeper levels of the mind to take your rest. You also are able to open the door to those deeper levels, which are unable to communicate in words. The deeper levels of the self communicate in images, concepts, colors and various aspects of feeling. On the surface of your life, you might be experiencing a very muddy picture. It may seem to be a very chaotic present day experience. Beneath the surface of consciousness, however, there are tremendous resources available to you.

They are, in the sense of dreaming, quite automatic to a certain extent. That which is on your mind have been important to you one way or another. That day registers like a knock on the door registers to someone in the house. By the focus of your waking concerns, you knock on the door of your deeper consciousness as you gain experience in working with your dreams. And you may even remember to ask, when you are knocking at the door unconsciously by your emotions and your feelings, for good guidance, for clear guidance, for the highest and best guidance. These create a strident and focused knock upon the door that elicits clearer dreams or symbols, clearer images, and clearer feelings that come from the dreaming.

Other ways in which you teach yourself are achieved also when you release consciousness. Time and nature walking silently, and gazing at the world around you frees up the mind, because no one is talking to you; you are not guarded, nor do you expect to comprehend, sense or make sense. And so your mind goes slightly out of focus, which is precisely the intent of such contemplative nature walks.

This instrument—we correct this instrument. This instrument would call this process letting the brain sag in the middle. When you let the brain sag in the middle, the usual connections that you make when you think thought "A," may not be the ones you come to, because your flat mind has become a mind of curves, hills, valleys, hidden places, unexpected things touching. And so you receive new connections. New combinations of thought. New positions of feeling and emotions. And so often, you may surface from such an experience with a feeling of wonder and discovery, because your brain has not been the dictator that it likes to be and something has crept in through this door from the unconscious mind into the conscious mind. And suddenly, one particular pattern of your experience may fall into place for the first time, so that instead of chaos, you begin to perceive the implicate order.

There is a vast and comprehensive order. It is not fixed. The order of your creation is flowing. It flows because of your feelings, your thoughts, and your desires. However, each moment is an opportunity to release the dictatorship of the intellect and begin to become aware on more levels than the intellectual levels of your environment. In such ways may you teach yourself.

Other uses of silence and the releasing of the mind are those we have mentioned to you many times. The reading of inspirational works and then the contemplation of what you have read. Silent meditation. Meditation following the breath. Meditation staring at a white wall. Walking meditations, and so forth.

This instrument's use of the services of her church is another good example of how one who has begun to perceive the way learning actually takes place may use what to another person would seem to be a fairly random and close to meaningless series of readings, prayers and so forth which make up the church service. When one is allowing one's brain to sag in the middle, when one is not insisting that one make sense at all times, one may suddenly see a connection that helps on a level far beneath the surface of life.

So, when an entity decides to offer itself as a teacher, it is offering itself in addition to the subject matter that is being covered in the class that is being taught. Even in the case of scientific courses, where a large amount of detail and specific information must be understood in a certain order in order to be able to

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become facile in working with that particular discipline, it makes a great deal of difference, as any student will tell you, as to what teacher has taught that course. Every student remembers teachers that lifted subject matter from the conscious everyday level of "learn these facts" and "take the test" to a level which let the student see into why the teacher loved that particular discipline and why that teacher was teaching that particular class.

Love, passion and affection are catching. When a teacher loves the subject he is teaching often he is able to excite others because of his love, his affection, and his passion for his discipline. So even when you are simply trying to memorize the facts of biology, chemistry or astronomy, a good teacher will motivate you through his love of the subject to create a sense of adventure in learning that is lacking from an uninspired teacher's presentation.

When one becomes a spiritual teacher, the subject matter of the class becomes less important [and] the character and nature of the teacher becomes more important. There are practices of Buddhists and Hindus, for instance, in which the entire learning experience of the guru or the teacher and the chela or the student is conducted in silence. The teacher sits and rests in his essence. Within the essence, there is affection, compassion and all the gifts of the spirit which have been granted to this teacher. Implicit in his silent meditation [are] his acceptance, true love, and all of the environment which points the student toward his own essence. It is as if the teacher is a star, twinkling in the night sky, that by its clarity and lucidity of essence creates in the student the ability also to become such a star, twinkling, lucid and clear.

The teachings of the guru do not have content in this preference, that is, because the essence of spiritual teaching does not have content. Let us refine upon this thought, because it is a substance of one. When one is teaching how to understand what makes Herman Melville's book, *Moby Dick*, a good book, one can rely upon the book itself; one can talk with the student about the characters in the book; one can discuss what historical era that historical book was written in, and how that might have affected the writing of the book, [to] deepen the understanding of this or that aspect of the writing.

When one is attempting to teach spiritual maturity, one is in a pure sense teaching entities how to be themselves by being themselves—we correct this instrument—by the teacher being himself. It would seem impossible for this to be an accurate or productive teaching technique, except for the fact that many, many generations of highly evolved spiritual seekers have used this technique in order to learn. The basic feeling in this type of learning is resting in the affection of the teacher. All the cares of the world fade away. Resting in this safe environment. Loved, cherished, supported and encouraged. The student is then able at last to release all expectations except the experience of being with the teacher. And so the student humbly empties his mind of all except for his affection for his teacher. And in that trust, faith learning is passed from heart to heart. From soul to soul. It is an energy exchange. The student and the teacher are sharing awareness. At the moment that the student is allowing this connection, the teacher and the student become one. Why is this possible? It is possible because all entities are one. The teacher has simply found a way to help the student become aware of that blessed unity that underlies all the seeming separation and detail of the awaking human experience.

Many teachers who attempt to teach spiritually are greatly hampered, though often they do not know it, by their restrictions and limitations of their form of belief. We do not speak strictly of religious belief here, although religion and their dogma are the most common sources of restrictions and limitation of being able to share the awareness of oneness and essence that is at the heart of spiritual teaching.

Many wonderfully mature spiritual beings are nevertheless hampered greatly by the need to justify dogma. However, you will find that in that every religion there are teachers who have been able to transcend the structures of dogma, so that as they work within the structures of their religion they nevertheless are able to make connections that lie so far out of the box of that particular religion. Such entities have the impulse to create connections with other religions and to form spiritual relationships that go beyond any one dogma.

We would offer the example of the one known as Thomas. This instrument is aware of the one known as Thomas Merton for she has visited the gardens of Gethsemane, where this entity was a monk for many years, and has listened to the sweet solemn sounds of the chanting of the monks as they move through one

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of the six daily services, blending the [anonymity] of the monk's robes with the ultimate idiosyncrasy of their individual voices and then blending all those individual voices into one instrument of worship such as this entity's environment when he was teacher of the new arrivals to Gethsemane.

This entity created bonds between the East and the West because he felt called to go to India and to Tibet and to create relationships with those in similar vocations in those places, and his work studying what is common to the East and to the West is greatly helpful [to] those who are caught in dogma, as is the work of the one known as Krishnamurti and many others who have done this combining and harmonizing work, trying to break the bonds of dogma.

Unlike chemistry, unlike literature, unlike any intellectual pursuit, the pursuit of the spiritual is the pursuit of mystery. You cannot understand a mystery. However, you can become the mystery by inviting in that mystery, by embracing it, and by being willing to be changed by it. Entities come to a spiritual teacher not because they wish to add to their learning, although that is what they think they are doing. Entities come to a spiritual teacher because they wish to subtract distractions of their worldly life from the essence of their being until only the essence remains.

So, the great spiritual teachers are those who are content to be. They do not have an axe to grind. They do not have a pet topic that they wish to lecture to you about. What they have in common is the quality of their own realization of self. This is the secret ingredient in all teaching. And therefore, if one wishes to be a teacher, one needs to engage in a style of living that leads one ever closer to honesty, self-acceptance, comfort within oneself, affection for oneself. These gifts of the self can only be given by the self. You cannot become compassionate by studying. You can only present yourself to your innermost heart as your own student and say, "Dear heart of self, dear Christ consciousness within me, teach me your ways, help me to become."

This instrument has been reading a book called *Handbook for a New Paradigm*, and one short prayer is suggested by this particular book, "Lord, I am a human being. Help me to become." When you know who you are, you are then free to change. When you are self-accepting, you are then free to evolve. Spiritual learning is not getting all the information needed and then having a degree in learning. We correct this instrument. In spirituality, spiritual learning is a mystery that occurs as the student begins to realize who he is, what his nature truly is. This instrument has over and over again in her life become tremendously excited and passionate, because she has experienced herself. And in that experience the self no longer contained the tired, drab garments of everyday personality. The self—any self, each of you, all of us—is a focal point in an infinitely complex and yet unified universe in which the Creator may learn about Itself. So you, as a teacher, are responsible, basically, for being that focused light through which the Creator shines. You are getting your surface personality out of the way so that the Creator may shine through more clearly.

Now, no entity in Western culture can teach in this silent way. There is always some content that is expected of a teacher in the Western culture. And certainly there are many, many good things said about many good subjects. Each teacher in his own way decides what the important facets are of spiritual evolution, and attempts as he talks about these things to open doors for the students. What this instrument was saying earlier was that—we correct this instrument. This instrument was saying earlier that when she is working with someone who is trying to understand a spiritual principle and how it applies to situations which may concern the student in everyday life she does not lecture. She asks the student to talk about his feelings, his thoughts, and his confusion. She stated that usually she is able to weave together from what the student has as the same material, in a slightly more focused form, by asking the student questions or by making comments on that which the student has said, asking the student for a reaction. What this instrument was attempting to express is the principle of that respect that a teacher has for the student when the teacher realizes fully that the student and the teacher are one.

What is happening when teaching a course in your schools is varied depending upon the teacher. If you have a merely competent and adequate teacher of the material the student will hear the explanation about the subject [and] will study what the teacher suggested. It will bring into mental organization a certain amount of awareness of that topic, which is aimed at passing a test and getting a grade. One

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might call this kind of learning "rote learning," learning by memorization. If this memorization is followed by a long period of repetition, that brief amount of learning gained in one class then deepens and true awareness takes place, where the student now is capable, not just of repeating what the teacher said, but of understanding the whole of the subject and how it all fits together, so that there is then in the student's awareness a livingness to that body of material.

When the teacher that teaches those same subjects is alive and aware of the subject, the element of inspiration is added to the subject and the students find it far easier to undergo the learning curve of rote memorization and so forth. But when the teacher, in its own spiritual journey, has reached a point of view which sees all things as one and sees the student one with itself there is added an ineffable deep level of support and encouragement that is completely unspoken and has to do with the essence of the human being that is sharing information. The best teachers are those whose chief delight is to learn from their students. Love is reflected in love. This is the spiritual principle upon which you may depend.

This instrument says, "What goes around, comes around." If you wish to teach, be the person that you are. Do not allow yourself to be distracted for long by the seduction of your own personality, by the concerns of your day, by the difficulties, the sufferings and the limitations that you may experiencing. If you wish to a good teacher always go back to the center of self and be yourself. You are a window. You may open upon the creation of the Father and through you entities may see light and love. When you offer that quality to your teaching, you [are] maximizing your role. And remember, it is a role. There is no end to the roles that you may play as you dance through the patterns of your life. Let your dance be grounded in self-awareness. And let yourself move to the music that you hear in your innermost heart.

May we ask, is there another query at this time?

Jim: S was wondering if the translations that she was making of our sessions into Italian contain the same energy in Italian as they do in English.

We are those of Q'uo, and are aware of your query, my sister. This question has seemingly one direction [and] our answer must contain two levels. What we mainly wish to assure you of, my sister, is that because your translation is done in love and because your offering is a labor of love you not only carry the vibrations of the original but you enhance it by the addition of your special [offer] of energy so that there are two translators. We are translated into English from concept communication by this instrument and you are translating from us to this instrument and then through yourself to reach those who would seek who live in a different language.

Consequently, you may rest assured that you lose nothing of the vibration of love and light which you yourself feel as you receive this information in English. Indeed, you may be encouraged to know that you add to those vibrations richness and depth by your love and light and your dedication to service.

The other level which we would touch upon briefly is simply this. Each language is idiosyncratic. There are, generally speaking, straight translations for the basic things of communication. Let us call it tourist communication. One may ask directions, one may say thank you, and one may order from a menu and do the things that are needed in a foreign land and trust the translations are accurate, because these are very basic conversations. When one is talking about spiritual principles, one is reaching into myth, archetype and mystery. And in these ways it is sometimes difficult to catch the flavor of English in another language. Just as an Italian, you could see that it would difficult to say some things that you say in Italian and have them translate directly into English. In each culture, there are unique perspectives, stories, myths and backgrounds that feed language. And so there is from time to time a difference in the way the concept maybe presented.

However, we celebrate the difference. We are limited by this instrument's culture, her language, her preferences, and so forth as we use this instrument. Because this is conscious channeling we use those things that are familiar to this instrument in order to convey concepts that are completely beyond this instrument's understanding. This is always the nature of spiritually based communications, because [you] are not talking about apples and pears, you are talking about truth, justice, beauty, compassion, unconditional love, realization and enlightenment.

Relax, my sister, and know that your part in serving others is fully acceptable and greatly appreciated by us.

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May we ask if there is a query at this time? We are those of Q'uo.

R: I will ask a question Q'uo. And it concerns the translations. My question is when someone reads a transcript of one of the sessions and they try to understand the message that you were transmitting are you aware of this, are you able to join that person at a metaphysical level and help them understand?

We are those of Q'uo, and are aware of your query, my brother. When an entity reads something that has been channeled through this instrument our social memory complex is not informed of this. The entity that is involved is a more localized part of the guidance system of which we are also a part that is your personal guidance. It is your personal guidance system that is fully aware of any efforts that you may be making to understanding spiritual principles.

We are what this instrument would call a universal contact. You guidance system is what we would call an inner plane contact. You inner plane contacts are very intimate and personal to you. And your guidance system is indeed yourself, in a form that has been refined by higher density learning, so that you have a powerful helper that is always aware of you, always aware of what you are seeking and very responsive to any request that you may make of it.

If an entity who is reading our material, however, desires to involve us, it is immediately and instantaneously possible for that entity to do so. However, we must be asked. We have no right to have an energy exchange with you without your knowledge, it is part of the same restrictions under which we always ask you to be guardians of your own thoughts so that we do not have undue influence over you. We attempt always to remain completely aware of the supremacy of each entity's free will. And each entity is right to learn for himself. We would only weaken spiritual seekers were we to begin learning for them and telling them what to do. However, we are fully willing to be with any who asks us to be with them. It is a mental request that is necessary. Simply mentally think to yourself, "Q'uo, I would really appreciate it if you could be with me right now." And we will be there. We will be there to love you, to support you. And when you go into meditation and contemplation, to help you find the heart of yourself so that you may deepen that level of focus and that level of contemplation, that level of awareness of the silence. We are most happy to do this and are only a thought away.

Does that answer your question, my brother, or do you have a follow-up? We are those of Q'uo.

R: Thank you, Q'uo, that does answer my question. Thank you for being willing to be with those who requested and for enunciating with such beauty of the importance of observing the free will.

And we are those of Q'uo, and we thank you, my brother. It has been a supernal loving experience for us being with you this evening. We thank you once again for calling us for your circle of seeking.

We leave you as we found you, in the love and light of the infinite Creator. We are those of the principle of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
January 7, 2007

Group question: The question today, Q'uo, has to do with how the seeker that desires to be of service affects both the service and him or herself by either doubting the service, doubting the self, or feeling a little bit too good about it, like maybe he or she did a really good thing. How does the attitude of the one who seeks to serve affect the server and the service?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to your circle of seeking this day.

We thank you for taking the time and the energy to create a circle of seeking. We thank you for calling us to share our thoughts with you. It is a great blessing and privilege and it fills our heart with joy to be asked to offer our opinions on the subject of the effect on service of attitudes such as pride and doubt.

We, as always, first, however, would request for all of those listening to these words or reading them, that you be aware of how powerful a person that you are. You are the only person capable of distinguishing for yourself between those things that are useful for you in your spiritual process and those things that are not useful for you at this time, no matter how sensible they may be or how well they sound.

You are the guardian of the temple of your process. Please guard well our thoughts as they come to you. If they resonate then by all means take them and use them as you can. If they do not resonate please do not attempt to make use of them but simply lay them aside and move on. We thank you for this consideration for it will enable us to speak without being concerned that we might infringe upon your free will or impede the directness of your progress.

We thank the one known as R for this query. In order to respond to the question about the effect of attitude on service, we must take many steps backwards from the specificity of that question. For such a question begins with the deepest question of all philosophical questions, "Who am I?"

Who are you, my friends? Are you the entity that thinks? Are you the entity that sits in a chair in this room, has clothes on, looks a certain way and has come to this moment of pondering with a personality, a history, and an incarnation's worth of memory?

Are you the roles that you play? Are you the things that you say?

The one known as D pointed out that in the metaphysical world, our thoughts are things, so that that which you do in the world is not at all, metaphysically speaking, the whole of [who] you are, when you have thought upon thought upon thought that has been generated by you, followed by you, and either dropped or used as a tool for transformation or cyclical worry.

Who are you? Who are we? My friends, you know that we are messengers of unconditional love. Our message is not that we come to you in love but that we and you are love. Because we are all one. So your question is asked against our background of being aware that all of us are one interacting, interpenetrating union of various foci or points which the Creator may use to observe, to process, and to harvest experience. Therefore, when you serve another, you are serving yourself.

However, in a sense of being able to use that information to work spiritually, we realize that there needs to be more discussion. And so we move a step closer to the question and talk about you and those with whom you interact. We have just noted that you and all others are part of a unitary creation. However, as with all good spiritual principles, there is a paradox involved. That paradox is that each of you exists in his own universe. You are the Creator of that inner universe.

Therefore, it is as if you were a sun, radiant and unimaginably full of the love and the light of the one infinite Creator. Others are also suns with their own radiance and effulgence.[33] Between you, just as there seems to be a great distance between suns, there is a great distance, shall we say, a sea of in-between.

Each who is incarnated in a physical body such as you are is deeply aware of that great water of otherness that seems to exist between one person and another. While it is true that all of this "otherness" is an illusion, nevertheless it is also true that the sense of being different from the rest of creation was carefully set up for you in order to create an atmosphere in which you could do spiritual work.

The Creator has attempted creations in which each entity in third density was aware of the truth of unity. It was discovered that in this atmosphere of being completely aware of who they were, entities were not motivated to seek further. The veiling of this awareness of the unitary nature of all creation was discovered to be an improvement on the design of, shall we say, the schoolroom of third density.

Your particular creation, then, is a creation in which you are veiled from that stunning awareness of your identity with all that exists. And it is as though you live in a body which is a barrier or a defense and certainly a limitation and a demarcation between you and the rest of the world.

When you come into contact with other people, it is as though those two stars become two ships that are sailing closer and closer together. Naturally, they do not wish to run into each other. They navigate around each other with some care.

There is that within each which yearns, however, to come into right relationship with others. There is a deep desire to find harmony, peace, relaxation and mutual affection when you reach out to another person.

How you think about yourself does impact the way that other people see you in a subconscious manner. This is because actions speak louder than words. Your body language, your gestures, your speech, the expression on your face, the look in your eye, all come across to other people in ways you cannot imagine looking in the mirror.

You do not see the self that others see when they look at you. You shall never know how beautiful some people think you are and hopefully you shall never know how unattractive others think you are. You are encased in your own opinion of yourself and while others' opinions of you may batter against that bastion, they cannot bring it down. What you think about yourself is what is in your creation and in your universe.

There is a moment in the seeker's life when the seeker chooses his way of life. When that moment comes—and, indeed, for many entities upon the surface of your planet at this time, that moment has not yet come and may not come at all—something changes about the way you see yourself. When you decide you wish to be of service to others and you wish to polarize in that sense, you create an expectation, a hope, and a goal.

Naturally, you cannot imagine precisely what being of service to others will entail. But you set your intention. And with that intention your ship has now formed a rudder. Your star has now formed its orbit. You have created in your universe a Pole Star[34] of hope.

[33] effulgence: radiant brightness.

[34] The Pole Star is also known as the North Star and is the brightest star in Ursa Minor. Pole stars are often used in the navigation of ships because the pole stars' position in the sky doesn't change throughout the night and thus dependably indicates north.

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This creates, metaphysically speaking, a passage from the spiritually immature person to the spiritually mature person. This is not to say that there is not always work to do in ripening the fruit of self but that until you take yourself seriously enough to make that life decision to offer all that you are in service to others, metaphysically speaking, you have not yet awakened from the dream of incarnation.

When you have taken yourself that seriously and dedicated yourself that completely to the hope of being love within the world that you experience at this time, you become a magical entity. You know who you are to a greater extent than anyone could who has not yet come to the point of making that choice.

As you go about your life after that point, there may be no obvious difference in the services that you render to others. Nevertheless, to you there is a difference! There is a profound difference in that you have taken responsibility to seek resources and materials that will help you to investigate how to be of service and how to be of service more skillfully.

So, in a way, you put yourself under the gun. We use that idiomatic expression because in a way the decision to be of service to others is like the starting gun of a race. It is a marathon. It is more than a marathon. It is a lifetime. And you seek to move steadily, running a "straight race with God's good grace," as this instrument's hymn has it.

This same hymn brings us to our next point. The next words of that particular poem are, "Lift up thine eyes and seek His face."[35] You are under grace, my friends, when you choose to be of service. A tremendous amount of help surrounds you in that choice. Grace abounds, for when you choose to love, you choose to express the nature of the creation and the Creator. Your choice is in direct alignment with the truth, that truth that is such a great mystery that no one has ever been able to articulate it.

When you lift up from gazing at your own thoughts, your own processes, and the details of your conscious existence, you lift yourself into a goodly company. You lift yourself to a level of concept.

Now let us look at that a moment. Selfhood is in itself a concept and you are asking about this concept when you ask about how attitude can change your service. Lifting up from the concept of self is not looking away from the self, it is seeking a deeper and more informative and helpful kind of awareness of what that self is.

So, as a servant of the light who wishes to serve others, you have a dual awareness of self in that a part of yourself is aware that you are one with all with whom you interact.

The other part of yourself is self-conscious, self-aware and self-bounded by the limits of the thoughts within the brain, the shape of the body, and the shape of the concept of the physical self that you have.

Both of these concepts of self are useful and accurate and you play with them your whole life long. For, when you are moving out the front door to get the paper in the morning, you are moving not only as love itself, incarnated in physical form, you are also moving as a sleepy human who is noticing the weather and the state of the morning and so forth as the paper is fetched from the mailbox. You are at the same time sublime and endlessly and tediously detailed and worldly.

Letting those two concepts of self harmonize themselves is an art. And we encourage you always to make room for the sleepy one who is going out and fetching the morning paper to see the news of the day. As you progress spiritually, do not scorn the everyday and the ordinary. For those are moments of sacredness also.

Indeed, our answer is couched in the concept of allowing the self to become aware, slowly and gradually, of the depth and the richness of your own self. Not shunning or eschewing any part of the self, any part of the veneer of civilization and culture, or the slightly deeper natures of race and teaching and culture. Never shunning sexual differences, but embracing them and acknowledging them. You incarnated just as you are for good reasons. Do not turn your back upon them but appreciate them and see what they have to give you in order to help you be of service to others.

[35] The second verse of J. S. B. Monsell's 1863 poem, "Fight the Good Fight," is:

> Run the straight race through God's good grace.
> Lift up thine eyes and seek his face.
> Life with its way before us lies.
> Christ is the path and Christ the prize.

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Service to others can be seen to consist of two parts, simplistically speaking. That is, the service you intend to give and the service that you give. In addition to those two parts, there is a third part which is entirely private and important only to yourself.

The service that you intend to give is in line with your decision to be of service to others in the first place. You have set your intention for your lifetime in that cornerstone decision. Each time that you repeat that decision in choosing consciously to be of service to another, you are doubling your polarity. You are creating a more and more powerful self, a self more and more capable of achieving changes in consciousness at will.

You are becoming a magician in the most high sense of that word. You have left your mailbox and your home town behind and you are relating directly to the star of hope. How glorious and how beautiful that upliftment is as we see you repeatedly attempting to set your intention and to serve. Those intentions cannot be taken away. What happens in the world "out there," shall we say, is of no consequence, in terms of what is happening metaphysically.

Service to others' second part, shall we say, is the service itself. When you serve another person it is as if you gave a gift. You cannot help but wrap that gift in a certain kind of paper with a certain kind of ribbon and a certain kind of bow. You are who you are. Your gifts are generally wrapped in biases that constitute the wrapping of the present. That person's reaction to the package will, to some extent, affect his use of the present itself.

We do not say this so that you will be concerned about it. We say this so that you will understand that you are not responsible for the way people take what you offer with a pure and good heart. You are responsible only for the offering and for crafting that offering to be as beautiful as possible.

When you have given that service, whether it be a word, a gesture, a gift of money, a gift of time and attention, or whatever your service to others is, it is completely out of your hands. Your baby has left the dwelling place, never to return. And in someone else's universe, a gift has been given.

What that entity does with your gift is of no concern to you. Many, many times that which you intend occurs, and there is rejoicing between the two of you. Many other times, my friends, your gifts will not be recognized for what they are. They will be trampled into the dust. They will be taken for the opposite of which you intended. Or any other number of things may occur to that gift.

You have to let that be all right. You cannot be chasing after your service to others and shaping it up, altering a bit here and spiffing up there. You must let it go.

If you find resistance to your gift, we suggest that you study that, sit with that, as the one known as R said earlier. Allow that to be part of your awareness as you ask yourself, "How may I better serve?"

That third and inward part of service to others has to do with the attitudes with which you approach service. As long as you remain within your personality shell, you will always be second-guessing your service. You will always, according to your nature, either be concerned that it was not enough or proud of yourself because you have done such a good job of serving others.

This has little to no impact on the service itself. The service itself has been moved into another entity's creation. You cannot affect your service by doubting yourself. The service continues unimpeded. You cannot affect the service that you give by being proud of it.

However, everything, my friends, is grist for the mill, including the thoughts that you have about what you do, what you think, and what you say. In the intellectual reaches of your creation, you can chase your tail in an endless number of ways. You can doubt yourself, congratulate yourself, feel guilty, wonder if you could have done better and any number of other emotions, thoughts and feelings which, in turn, become that at which you are now looking.

If you simply continue to watch yourself think and become conscious of the process, you shall eventually achieve realization. We always encourage each to spend time in the silence and to sink down into that silence to receive its riches.

Part of the sinking down into the silence is letting go of your self-concept. With us now, visualize yourself, each of you, in a small room. It is bare, monk-like, and yet when you go to that room, you are happy. For it is the room where you pray and ask. It is the

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room in which you are fed in that muscular silence of the inner heart. Kneel down upon that bare floor and remove from yourself the concept that you have of who you are. Take it down, my friends. Take every concept away and just allow yourself to kneel before the love and the light of the one infinite Creator.

As you allow yourself—the concept of yourself—to melt away, you become an empty vessel, shaped to hold the love and the light that you find pouring into you in that inner room.

Who are you then, my friends?

When you have emptied yourself so that you can hold the gift of love and light, you are in the position of the one known as Jesus the Christ when he knelt down in the garden of Gethsemane and said, "Not my will but Thine be done."

And when you rise up and go out again from that inner room, you will find the Earth a sparkling place, bursting with joy. You will sense the air humming around you as if to welcome you to the world.

And you will know who you are.

You will feel that livingness without the need to identify it, define it or describe it. Because you are no longer your personal self when you rise from your knees in that inner room. You are a very impersonal self, that self that all entities truly are beneath the many layers of self that have been taught, the poses that have been struck, and the decisions about details that have limited you this way and that until you have painted yourself into the corner of who you describe yourself as being.

You have burst free of all of that when you become the "I" that serves. And then, my friends, you do not have to wonder how you did. You do not have to doubt yourself and it will not occur to you to pat yourself upon the back.

You cannot stay within that state of mind on a continuing basis if you are like most of those upon your planet. And you are not intended to stay there. For you have work to do that you gave yourself to do, that did not have to do with service to others as much as it had to do with growing your own mature balance of self.

Balance is a very helpful word when it comes to attempting to envision and focus your energies and spend them wisely. There is always a dynamic balance that is going on in your life, no matter what issue you take up. Look for the balance, not for the right or the wrong. Look for the resonance and the sense of deep confidence within that says, "Yes, this is where I should be. This is how I wish to serve. This is my best environment."

When you feel that you are in the right place at the right time, then there is a relaxation within you.

(Side one of tape ends.)

(Carla channeling)

And you do not strain or stretch in the space which the world has for you. You have made your space by identifying yourself as the "I" that serves. Take your Christhood upon you. Wear it well. Wear it humbly. Wear it proudly. You shall serve, my friends, with excellence.

We are aware that we have but scratched the surface of this topic and yet we are also aware that this instrument is suggesting to us that we move on, and we would ask at this time if there are further questions that you have or a follow-up to the query that has already been asked. We are those of Q'uo.

S: If you wish to serve with unconditional love and yet seemingly those around you do not wish what you have to offer, where do you go with that?

We are those of Q'uo, and we believe we understand your query, my brother. We said earlier through this instrument that when you have offered a service, it is no longer your own. This is a harsh truth sometimes, because sometimes your offering falls upon stony ground.

This has nothing to do with your offering, my brother. For that which you have offered with a full heart and a pure intention is as it is. It cannot be scorned or taken down in the world of concept and metaphysical truth, although in the illusory world which you call consensus reality there is no guarantee that anyone will ever understand any gift that you may give.

We believe that this is the kind of situation about which the one known as Jesus the Christ was attempting to talk when he was speaking of the blessings of being poor in mind, of being in grief, of crying, of being in so many difficult situations and yet before every description of a sad situation—sad seeming to the world—the one known as Jesus said,

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"Blessed are those…" We believe that the one that meets your needs at this time is, "Blessed are the meek in heart, for they shall inherit the Earth."

The blessing of not being understood or accepted for precisely who you are is that it moves you to a deeper place where you offer that self to the lover of your soul that is the infinite Creator. In your grief, there is a beauty that is unmistakable. And all we can suggest to you, my brother, at this time is that you focus on the blessing of this situation and allow it to sweeten you as it humbles you.

Out of that humility and sweetness come the sprouts of new hope, new life, new energies to meet, new loves to greet.

May we answer you further, my brother?

S: No, thank you for that.

We are those of Q'uo, and we thank you as well, my brother. May we ask if there is another query at this time? We are those of Q'uo.

T: Yes, I would like to ask a question. We spoke earlier of meditation and the difficulties of sitting in meditation and finding the time or just going and doing it and I have been working with programming before I go to sleep at night with thoughts that I want to explore or just various things. I guess that I would like to have some comment on the efficacy of doing that. I feel it's beneficial but I would just like to have some comment on that if you would please.

We are those of Q'uo, and believe we understand your query, my brother. It may seem an unspiritual thing to say, but in truth, a good deal of what is processed through your instrument as a spiritual seeker is much like work on the computer. There is programming involved. You have a set of defaults, in general, in your life. You were born with some of them. Others of them were taught to you by those who wanted to tell you who you are. This constitutes the original programming for the kind of query the one known as R was asking earlier, about how does your attitude affect the service.

When you ask yourself to program for a certain intention before you get to bed at night, you are overriding the original programming and making it your own. This is an excellent thing. As you set your intention, then, set your intention truly, mean it sincerely, ask it humbly, and release it.

Now, it is very important that you release it. Because it will grow if you allow it to grow. That programming alerts other programming deep in your bio-computer, shall we say, programming having to do with accepting help and becoming more sensitive and attentive to guidance. And as you continue to move along one line of intention, you are accelerating the rate of your spiritual growth greatly.

To balance the excellence of this we would simply offer you the corresponding and balancing dynamic to all intentions to accelerate the pace of your spiritual growth. That is, that the more skillfully you program yourself for opening up to transformation, the more change will seem to occur in your life. Change is often very difficult to process. And so you may feel, if you contemplate this, that you have done yourself a disservice. This is not true. You have simply asked of yourself that you move more quickly than the earthly part of you might perhaps feel comfortable in moving.

So, as you move into doing this programming before sleep as a steady and stable practice you may well find that various things in your life seem to jump up at you and say, "I am a problem. I need to be dealt with." Yes, you have asked this of yourself! These are the little ten-minutes quizzes you get when you are in the midst of transformation. This does not mean that it is not a good idea to do what you were doing, it is simply that it is well to mention that there is a corresponding dynamic when you are being the most successful, shall we say, at becoming more what you would wish to be, in that each effort in that direction is balanced by the challenges or catalyst that will appear in just such a shape and form as to be sure that you meant what you said.

May we answer you further, my brother?

T: No, thank you.

We thank you, my brother. Is there a final query at this time?

Jim: The instrument is attempting to write articles to explain the archetypes to people who would like to study them. What would be the philosophy concerning archetypes that would be the most important to get across?

We are those of Q'uo, and are aware of your query, my sister. In this effort, my sister, your art, pallid though it may be, is the art that must be used; your

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words, inefficacious that they may be, must be the words used. As you are attempting to learn how to teach and as this information is very active in your life at this time, we cannot infringe upon your free will be attempting to make decisions for you.

We know that you understand and that you were aware that this may be the outcome of such a question. We may, however, share with you our encouragement and encourage you further to relax your mind and to pray before you begin to write each day. There are times that you have forgotten to do this, my sister. Do not forget it. Opening to that guidance is doing a good deal more than you can possibly imagine.

You have an excellent mind, as do many artists. And yet the burden that you wish to sing is beyond your instrument, as it is beyond all human instruments. Therefore, open yourself to the inspiration and the intuition that come from that movement towards prayer, that movement towards the asking, "How may I serve?"

At this time, we would take our leave of this instrument and this group, with great regrets, we must say, for we have greatly enjoyed your company. Your beauty astounds us. The sacred space you have built together houses us too. Thank you.

We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. Love and light. Light and love. ♣

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Sunday Meditation
January 21, 2007

Group question: We saw a movie last week[36] where the hero gave his life to save a friend from a gang of bad guys but he killed a number of bad guys in the process. His intentions were pure to serve and save his friend but his actions were mixed. We would like to ask Q'uo how our polarity is affected when our intentions are good but our actions are mixed.

(Carla channeling)

We are those known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for asking us to join your circle of seeking and to share our thoughts on the workings of intention, action and polarity. Certainly today, my friends, you ask a rich question and we will attempt to mine this lode of questing as best as we can.

As always, we would ask for you to be guardians of your own temple, to be the lions at the gate that do not accept information unless it resonates. If our thoughts resonate to you, then they are yours to work with. If they do not, my friends, please leave them aside. In this way you will safeguard your own free will and make sure that we do not have an undue influence upon your spiritual process. We thank you for this consideration as it allows us to rest in the knowledge that we are not infringing upon free will.

You ask this day concerning the motion picture which this instrument calls *The Ninth Configuration* and the issues which it raises. Many are the times, when violence is involved, that the intention is relatively pure, as was the anti-hero's in *The Ninth Configuration*.

Most entities involved in violence, whether personally or on behalf of a group such as a nation-state, are not habitually in a state of rage, anger or other violent emotions. Most have responded to the need to defend that which they hold dear. In the end, many involved in violence on behalf of their nation-state die attempting to protect their loved ones at home and the safety of the home environment.

While there are those who delight in violence and look for opportunities to be cruel and destructive, by far the majority of entities upon your planet strive towards goodness, truth and beauty and do not love violence or the dark emotions that surround the physical acting out of aggression against fellow human beings. Your entire planet has a population with ideals and intentions that are far purer and

[36] "The Ninth Configuration," written, directed and produced by William Peter Blatty and starring Stacey Keach, was originally released in 1979. It was one of Don Elkins' favorite movies and we screened it so that Gary could see it. The title reflects the film's thesis, which is that the very presence of life on earth, which required such a specific set of conditions and molecules in the scientific "ninth configuration," must imply the existence of some higher force or purpose.

more positive than the actions which they undertake might lead one to believe.

In this regard we would note that your culture, with its menu of television shows and motion pictures which demonstrate and even glorify violence, is not geared to aiding its population in the ways of spiritual seeking. Your young ones have violence shown to them in their toys, their programs and movies, the stories of heroism and valor on the battleground and their video games, in which they are able to achieve a sense of invulnerability as they pretend to kill target after target after target, thereby predisposing their growing minds to the numbing affects of the acceptance of violence as a way of behavior.

And indeed, how many of you have seen violent acts? How many of you, my friends, have had parents who abused either you or those near to you? How many of you in your school days have experienced the bullying on the playground or the less obvious but equal violence of words, meanness, pettiness and rumor spread with delight by those who enjoy victimizing the outsider, the one who does not fit in?

This adds up to an atmosphere or environment which is pervasively accepting of violence. We do not wish here to move into discussion of a nation's right to make war in order to defend its principles. This is not the place for that discussion. We look at violence here from the standpoint of the soldier in the trenches and the person on the street, not the society or the governing institutions which help to create the environment which you find yourselves enjoying at this time.

Into this atmosphere and this environment you came, as the one known as William said, "trailing clouds of glory,"[37] from a place of perfect love into the violence-strewn environment of Earth as you find it this day. The clouds of glory depart, the veil falls, and the young child begins to wend its way from absolute unawareness, unconsciousness and ignorance towards consciousness, awareness and understanding.

You are not your environment. Your heritage is not only Earthly. Your genealogy is not only of the blood of Earth. You are citizens of the starry heavens. You hold within you the truth you seek. Safely is it buried beneath the drifts of memory and habit that you have accumulated in this incarnation.

Some of you have investigated yourselves enough to have become aware of who you are and why you are here. Some of you have scented that prey of understanding and awareness that you seek and you are after it like a dog on the scent of a fox.

We would encourage all of you to persevere in your seeking, taking each day as it comes and letting wisdom and understanding drip into your environment as the dew of heaven falls upon the grass, just as manna fell upon the grass for those who followed Moses.

You are not your surroundings or the ideas of those around you. You are one who can take nourishment directly from spirit. You do have a plethora of what this instrument would call bad information. Some of you wonder if there is any possibility of an entity being a truly ethical human being, so compromised is each soul in his own estimation. However, you have sources of good information as well. And so we ask you to take heart.

There are several ways to look at ethics. There is the Rhadamanthine[38] way. It is severe and stark. In that system of judgment, which is completely earthly and not at all taking the characteristics of consciousness or infinity, a man who has murdered another is guilty.

In this Rhadamanthine system which informs your present system of courts, justice, checks and balances and so forth, there would be a representative from the victim stating that this man was guilty because he had committed murder. There would be another

[37] This quotation is from a poem by William Wordsworth, written from 1803 to 1806, entitled "Intimations of Immortality from Recollections of Early Childhood." The quotation above is from the fifth stanza, which begins thusly:

> Our birth is but a sleep and a forgetting:
> The Soul that rises with us, our life's Star,
> Hath had elsewhere its setting,
> And cometh from afar:
> Not in entire forgetfulness,
> And not in utter nakedness,
> But trailing clouds of glory do we come
> From God, who is our home:
> Heaven lies about is in our infancy!

[38] Rhadamanthys, in Greek mythology, is the son of Zeus and Europa. He exemplifies justice during his Earthly life and after his death is made a judge of the underworld. His name has been given to systems of justice which are inflexibly just or severe.

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entity defending the rights of the man on trial saying that this man was acting in self-defense. In this system of justice, the twelve good men and true, as the jury in your legal system is often called, would weigh the sin of murder against the extenuating circumstances and call the entity either guilty or not guilty.

In your Earth world, such questions must be settled one way or another, even if there is truth on both sides. And so a judgment would have been made, the entity undoubtedly being imprisoned for his crime and perhaps himself being killed as part of the severe justice of this type of system.

There is a second way of valuing: intentions versus actions. The one known as Jim was speaking earlier of that segment within the sessions of this group with the one known as Ra where the Ra group stated that the one known as Jesus the Christ was only absolved of his childhood violence when he forgave the thief on the cross beside him and said to him, "This day shall you be with me in paradise."

At this level of looking at the workings of polarity, the one known as Jesus the Christ was in karmic debt from the point in his boyhood where he had done violence to another human being, however unintentionally. Because he had not forgiven himself for that action, he was karmically tied to that action and that entity because of his unwillingness to release himself from the burden of guilt. He was unwilling to forgive himself of his sin. And we use that word "sin" advisedly. That would be a topic upon which we could speak in and of itself! Perhaps you could substitute the word "error" in order to create a more neutrally emotional word for a lapse in judgment that results in unfortunate consequences.

When the one known as Jesus was faced with this self-confessed thief and murderer who asked him for forgiveness, Jesus the Christ not only forgave him but he realized with a flash of insight that pierced his very heart that he had the ability to forgive all others in the world but he was holding himself away from the redemptive power of the forgiveness that he himself came, in his own intention, to offer to the world. And so, finally, joyfully, thankfully, he released himself from his mistake. He forgave himself and he was free.

Note here that we are not talking about the level in which some things are right and some things are wrong and the wrong things must be punished. That is the Rhadamanthine system of justice upon your planet. We are talking here about the world of karma where bonds are made between people when they interact in an unbalanced way and do not work out that imbalance. The workings of karma are only very partially outward.

In other words, the entity known as Jesus could go to the family of the entity whom he hurt in his childhood and ask them to forgive him. It would be hoped that they would find it in their hearts to do so. But the wheels of karma are stopped not by the forgiveness of another but by the forgiveness of the self by the self.

There is a curious unwillingness in entities to let go of their guilt. What is past is past and what was wrong will never be right in the earthly sense. But it is fear that keeps the soul from standing in the light of ethical day and confessing that error, that darkness within, to the infinite Creator and asking forgiveness. That is an externalization of the process in which you ask yourself for forgiveness.

It is helpful to have that outer machinery of the structure of the Creator above and you below so that you can lift your hands up in supplication to a forgiving and loving Father and ask for forgiveness. Yet, in truth, this process is internal and the Creator you ask for forgiveness dwells already in your heart of hearts.

Thusly, on this level of karma, the disposition of this anti-hero who had striven with all of his heart to be totally positive and yet had, in the end, acted out tremendous violence and done murder, would hinge upon whether he forgave himself as he died. He had condemned himself by refusing to allow anyone to know that he was hurt. He wished to die for that which he had done. Thusly he drew down judgment upon his own head in the Rhadamanthine fashion, in this instrument's mind, at least.

The film did not make it clear whether or not the anti-hero forgave himself. If he did not forgive himself, he remained tied through karmic bonds to those whom he hurt and killed. If he forgave himself, karmically speaking, he was no longer in karmic debt, for such debts are put "Paid" when forgiveness offers its redemptive value to the equation.

There is a third level upon one which may consider intention and action and how that affects polarity.

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And this is perhaps closer to the crux of your query than either of the other two levels we have discussed. This level of consideration is entirely metaphysical.

At this level of consideration, one is not looking at the facts on the surface. "Who did what to whom?" is not a consideration here. For at this level, each entity is dwelling within its own completely whole and three-dimensional creation.

It is no shadow world, this world that you are in, metaphysically. It is indeed an environment more real than the consensus reality of planet Earth in terms of your being a citizen of eternity.

In the environment of consciousness and the heart, we are looking not at manifestation but at energy expenditures. We are looking at the vibration which an entity has. This vibratory complex is as your fingerprint or your DNA, on a metaphysical level. Let us explain this briefly.

Consciousness is, at base, precisely the same in all of you. And as you move into more and more maturity, spiritually speaking, you will begin to discover that consciousness is impersonal, carrying the nature and quality of the Creator Itself which is the Logos or unconditional love. Each of you has this consciousness and works, either fitfully or steadily, with this consciousness in moments of insight, in dreaming, and so forth.

That which you are doing at any particular moment may be affecting your vibration. You have the ability and the capacity to change your vibratory nature, to lift it up. Indeed, you will gradually change in vibration through the effects of life experience, whether or not you intend to progress. If you do intend to progress and take steps to focus in on your energy body, the expenditures of energy for which you are responsible, and the decisions which have ethical implications, you are accelerating the pace of your spiritual evolution.

The more ways that you can find to bring ethical considerations into your thinking, the more lucid your ability to evaluate situations will become. The more you ask for guidance in looking at ethical questions, the more accurate your web of perceptions can become.

Yet in the end you are responsible only for doing your best. You cannot entirely corral or control your own vibrations. They are like your breathing or your heartbeat. You can consciously stop breathing for awhile but unconsciousness will soon come and you will begin breathing again. You can race your heart until it is beating as fast as two hundred times a minute by doing intense physical exercise but when you stop that exercise it will find again its own level.

However, if you hold your breath repeatedly you will eventually develop that system of lungs that will therefore be stronger because of your practice. And if you exercise regularly, running your heart up and letting it cool back down again, you'll find that your heart is pumping more efficiently and is able to move the blood around your body with fewer beats of the pump of that heart per minute.

So you have some effect, as a physical person, upon how your body works. But you are cooperating with nature. You do not have the final decision as to whether your heart shall beat and your breath shall respire. It is the same kind of situation in your energy body. You can be attentive and watchful and look as the hunter for his prey for situations that can be considered for their ethical values. You can ask your highest and best self, your guidance system, to help you make ethical choices that lift you from where you were to a new level of acting out the thoughts that you understand to represent virtue.

You are able to walk your talk. And this exercise, too, strengthens and changes the energy body so that it more efficiently is able to allow the love and the light of the one infinite Creator to flow through into the heart chakra, where lies the stunning mystery of the one infinite Creator.

In this system of judging the dynamic between intention and manifestation, it is not precisely that intention is all. It is that intention is the only metaphysical portion of the equation. So intention figures into the vibratory nature of yourself as a result of the action that you have done.

In this system of evaluating the anti-hero's situation, we would say that this entity was clearly vibrating in service to others at the time of his death and would guess that the screenwriter intended to portray an entity who was extremely service-to-others oriented by nature. So dealing with this hypothetical and fictional anti-hero, we would say that, undoubtedly, as he was represented by the author and the actor that acted his part in the motion picture, this entity graduated in service-to-others polarity.

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And indeed, again, it was not simply his intention that moves into that estimation by us but rather his entire being as it vibrated naturally beyond his control, expressing the truth of himself, including all of the mysteries and the secrets that he had not discovered yet about himself or had discovered and then buried.

It is a relativistic ethic indeed that we offer you for consideration this day. Pure ethic, that Kantian search for the categorical imperative where, if something is right once, it is right always, cannot work either in Earth or in the starry heavens.

Certainly, ideals themselves are pure. But ideals are called ideals because they are not earthly. They are the thoughts that lift us up and inspire us. They are those fields of purity that attract us and enchant us but their nature is such that they are entities, living entities. Living, certainly, not as humans, but as the angels or fairies or gods and goddesses of myths. They are ideas and concepts. And in their own world they are living beings.

You may dip into truth, dip into justice, dip into fairness, and so forth, to take on the energy of that pure idea. But as it moves into your energy body, it is colored by your presuppositions and biases, the distortions that you have made in this consciousness that is common to all.

It is good, in terms of lifting your vibrations from day-to-day, to ponder and remember these wonderful ideals of truth, unconditional love, beauty, hope, charity, justice and fairness. It is good to invite them to be through you a beacon unto the world.

But it is well to realize that in a very complex series of energy exchanges, the finished product of what you have done by praying is a minute but significant adjustment in the balances, the clarity, the amount of energy, and so forth in your energy body. And it is your energy body, specifically the read-out of the entire energy body that is seen within the seventh chakra or energy center, that determines your polarity at any given moment.

You cannot bank polarity. You cannot do so many good things and so many bad things and add up the difference. You are involved in an illusory progress through time. The one known as Thales[39] said, "You cannot step in the same river twice." And we say to you [that] you cannot step in the same action or thought twice. It happens and you move on. It is gone forever. That chance that you had to think, to pray, and to act is gone forever. In its place is an equally precious present moment. And so this continues throughout each heartbeat of your incarnation.

You are always experiencing the final moment of your life and then discovering that you have outlived that moment. But it is well to act as if each moment were your final moment. For this points out the gravity and the substance of your ethical choices and how important it is to pay attention to them. For only by making these ethical choices, one upon another upon another, so that you get the habit of fielding the ethical implications of the present moment, can you maximize the use of your time.

(Side one of tape ends.)

When you go to graduation you shall not have a grade of 100% of service to others. However, the Creator seems to grade on a curve here. If you even have 51% of service to others, you are ready to graduate. Each time you consciously choose to serve others, you have moved above 51% and into positive polarization comfortably sufficient to graduate from planet Earth. The more habitual your realization of choices is and your determination to choose the highest road, the most compassionate and loving response, the more positively you will be able to affect the tuning of your energy body so that it vibrates more and more in service to others in terms of polarity.

You shall never be able to untangle the good from the evil within humankind, my friends, because you, as a member of the human race, are both good and

[39] Wikipedia: "Heraclitus is famous for (allegedly) expressing the notion that no man can cross the same river twice: *We both step and do not step in the same rivers. We are and are not.*"

Q'uo attributes the same notion to Thales, who lived seven centuries before the time of Christ in Miletus. He was the first recorded Greek philosopher and was considered one of the Seven Wise Men of Greece for his exhortation on Unity. He was the first man to attempt to explain the nature of the physical world philosophically—by the natural processes of human thought—rather than mythologically—by the supernatural. Thales' basic theory is that everything in nature is one thing. He thought that one thing was water; hence the significance of this statement attributed to him by Q'uo.

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evil. You contain all the shades of virtue and vice within one global entity.

By a series of choices, you have found ways to be yourself to the outer world and to yourself. You have shut much of the shadow side of your nature away because it is unpleasant to see and it is very difficult to bear. Unusual situations such as occurred in the case of this anti-hero in *The Ninth Configuration* create situations that take us all by surprise, as this fight took the anti-hero by surprise.

We ask you, then, not to dwell in judgment of yourself or others. You cannot help being judgmental and we do not discourage the practice of judgment. We simply ask that you begin with the judgment that is inherent in your nature as a human being, but that you do not stop there. Move forward into the blessed light-strewn fields of the Creator and invite the sunshine of wisdom and unconditional love as you find ways to spend your precious energy and your precious time within the school of planet Earth.

This instrument is informing us that we need to move on. We must admit that we are sorry to leave this interesting question! As so often we are sorry to get off of our soapbox, tuck it under our arm, and trundle out of Hyde Park.

May we ask if there are any follow-up queries or any other queries at this time?

R: Not from me, Q'uo.

(Pause)

We are those of Q'uo, and we find that we have exhausted the curiosity of those present in this circle of seeking for now. We reiterate that it is a blessing to us to be with you. You help us in our service to others at this time by asking for our humble opinions and it opens our heart to be able to share thoughts with you.

We share also a great love and affection that passes between each of you and us, and that, too, is a blessing to us for which we are most thankful. And the blessing of being with you and of seeing the beauty of your articulated energy is wonderful. We are amazed at the courage and the goodness within each of you.

We leave this instrument and this group in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation
February 4, 2007

Archetypes Gathering II

Group question: Q'uo, today the question concerns the study we've been doing for the past weekend on the archetypical mind. These are concepts that are very intellectually challenging and we would like to know, as we go back to our daily round of activities and our normal lives, how best to apply these concepts in our daily lives. How can we attempt to use them to better open our hearts and to understand the Creator and each other and ourselves? What's really happening in our space/time environment, our daily lives, and what's happening in the metaphysical realms, in the spiritual realms, as we attempt to apply these principles to catalyst and circumstance that comes our way?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank you for the privilege and the pleasure of being called to join your circle of seeking.

Indeed, we thank each of you for somehow finding the time, the attention, and the room in your very busy lives to turn from all other pursuits and seek the truth. In humbleness and in sincerity have you come to form this circle and your beauty is astounding, my friends.

We would appreciate, as always, your using your powers of discrimination in listening to our thoughts. If they are resonant to you then they are yours to work with as you wish. If they are not resonant to you for some reason, please assume that we have missed the mark and lay those thoughts aside so that you may go forward to meet the resonant information that is coming your way. For we are not the only source of useful information and inspiration. The entire universe speaks to the one who has the listening ear and the understanding heart.

You ask this day concerning the use of the archetypes, and the archetypical mind in general, as you move from this sheltered and protected environment wherein you have been able more deeply to study and ponder these things than is possible within the helter-skelter of your daily routine. There are many approaches in answering this question and we see virtue in several of them. So, if you will allow us the rambling, we will approach this question from several different angles. Perhaps in that process you may find useful material at various levels of your process at this time. That indeed is our hope.

Become aware of yourself at this moment, as you are resting against your chair. Feel your lips, your eyelids as they are gently closed over your eyes, the lashes resting on your cheeks. Feel the relaxation and comfort of this seated figure that you are. Feel the articulation of your fingers and your toes. Be aware of yourself as a being poised in this moment of the present.

Who are you? Why are you here? Rest and ask. We pause.

(Pause)

(Carla channeling)

We are those of Q'uo, and are again with this instrument. Our desire was to bring you to a point of focus wherein you were exquisitely aware of the reality of yourself. It is something that is easy to take for granted, for you are always with yourself, waking and sleeping. Yet you are a miracle and a wonder.

My friends, you are a focus within which the Creator can know Itself. You are precious. Think of the value of a rare gem and then realize that there is only one of you. How precious are you, my friends? How exquisitely beloved and dear to the one infinite Creator you are. Feel the love that surrounds you and interpenetrates every cell of your body.

You are an instrument. Each of you has a tune, a melody, an air that you play the best. And you share that lilt with the world. There are other melodies within you which you wish to discover and become able to play with the instrument of your beingness. You are not satisfied with that which is yours at this moment, for there is a seeking in you that wishes to go deeper, to become more aware and to open to that which can not be known but only experienced of spirit in manifestation.

Because you wish to seek further, go deeper, and look with more intensity, you have come together to help each other, to encourage each other and to support each other with the respect and the validation that you give to each other. Beneath the clothing of the behaviors of society, my friends, you have experienced within this weekend true charity, true affection, true friendship, and as you have expressed as you talked about the circle before this channeling, a true feeling of home.

Strengthened from this time together, you are ready now to soar upon your way. For each of you has unique items to address in your personal agendas, both in the inner world of seeking and in the outer world of manifestation, work and play.

Gather your wings! Indeed, my friends, feel them! Feel the wings of spirit that help you to soar. Feel them knit themselves to your very flesh, for you are spirit in manifestation and you have both the Earth and the starry heavens in your makeup. You can indeed claim your wings and fly.

And whither shall you fly but to do the will of the Creator? "And what is that will?" says the flesh that does not soar. "Tell me what shall I do? Where shall I soar? What is my mission?" And we say to you, take wing, knowing that all has been prepared for you this day and henceforward.

When you ask yourself what to do, open your eyes and see what it is at which you look. What you see before you is the gift of the present moment. And as this instrument often asks, "Where is the love in this moment?" This is the starting place for everything, this present moment. And not just this one as this circle sits in focused sacredness but every moment of every day.

We ask you to move in mind now with us to a larger point of view, for we wish to create a context in which you may see the workings of the archetypical mind and mind in general both against the backdrop of the everyday and the backdrop of eternity.

Each of you has limitations that distract your mind from perfect awareness, perfect peace, and perfect focus. The distraction may be physical. It may be emotional. It may be buried in mental distortions inherited from other lifetimes or from periods earlier within this lifetime when certain relationships of energies became entangled, so that there is a seeming difficulty in separating out the strands of being and doing.

For any entity within third density there is every expectation that you shall experience these limitations in an ongoing fashion; not necessarily continuously but nearly constantly, throughout your incarnation.

Take a moment to give thanks for these limitations and distractions. They move you by their creating in you discomfort and hunger. They keep you from being placid. And most of all they awaken you to the song of the bird, the rush of the wind, the glow of the stars, and the heat of the sun.

It is easy to feel that you are living an inconsequential life because of these limitations. And it is well if you encourage yourself when you feel that you are beginning to drown in your own banality, to lift yourself up from that point of view and refocus your attention upon the beauty in your environment. This refocusing awakens you in a sense

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in which spirit, mind and body function together. Allow yourself to be the enlivener of yourself.

As we suggest that you do this, we are suggesting that you spend time with archetypical energies. We realize that each of you has struggled with the concept of invoking the archetype or becoming the archetype. So let us look more carefully at what it is to awaken oneself up from the dream of life and to become alert to the listings[40] of spirit.

You dwell in a universe in which all things whatever are connected and knitted up together in love. That which you know that you are is interpenetrated and surrounded by that which you know not that you are; that remainder of your whole self that ultimately includes every iota of consciousness in the universe.

In a very deep sense, that point of light and love that you are, metaphysically, is the realest thing about you and the realest thing about all other points of energy masquerading as human beings that you shall meet in your lifetime.

Were you all clever and full of fourth-density's lack of a veil, you would see the dance that you dance together. But in fourth density, my friends, you would only be able to do the dance that you created for yourself in the third density that you now experience. Now, in this lifetime, at this moment, you are creating for yourself the choice of polarity and the balance of the energies surrounding that choice which shall be your starting point for all of the evolution that you shall experience as a soul for the next densities of experience. This time is most precious and we encourage you to embrace it with gusto and joy.

As you move into the everyday activities of your daily life, leaving this domicile and going back to your own, moving on with those patterns which are in progress in your life, encourage yourself to continue to feel the connection between yourself and all other consciousness, especially the points of consciousness with whom you have had moments of real connection during this weekend together. Let that feeling of family, validation and support linger and be a part of your heart. Know that you are loved and allow yourself as a point of consciousness to continue to drift and observe your feelings, your thoughts, and your biases.

The archetypical level of mind is a level of consciousness in which you become exquisitely aware that you are the link between the everyday of space/time—morning, afternoon, and evening, the rising and the setting of the sun—and utter infinity and mystery.

Because of your unique vantage point, you are able to dip up into the ocean of consciousness that is common to all of you in such a way as to receive from that consciousness gifts that no one else has ever received or ever will. With your colorations and your biases, you do not go further away from perfection, but closer to it. The shades and the colorations of your feelings, your thoughts, and your actions create for you a unique experience of dipping up into that common river system which is the archetypical mind.

We have never been able fully to describe the archetypal mind because it is an infinite, ever-shifting ocean which is fed by all the rivers of all the energies that are possible to expend in creation. When you seek up into an archetype, you are attempting to join the creation itself as it dances its dance of creation. You are slipping into an already proceeding dance and moving into the flow where you can feel where to whirl and where to turn and where to leap and where to bow. For it is a stately dance at times, and at times a merry jig, and at other times the saddest of dirges with the most deeply expressive woe.

Dance all of your tunes, my friends, and dance them with all of your heart. The difference between the everyday and the magical is the difference between the entity who sees and hears no music and feels no desire to dance, and the entity who, hearing and seeing no music, and feeling no urge to dance, nevertheless rises up and invokes the dance.

There will always be entropy[41] that will encourage you to stop and not go further today. There will always be inertia that encourages your wheels to grind to a halt. You can always say, as this instrument said earlier, "I am weary. I am exhausted."

[40] This usage is quite archaic and means the "tendencies or leanings" of spirit, much as a ship or boat lists to one side or another, to port or starboard.

[41] Entropy has several meanings, the most general of which applies here: inevitable decline and degeneration.

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Seek beneath those feelings for the will and the faith that is yours. Who are you? Ask and continue to ask. The answer is not half as important as the question.

In a way, life is a puzzle. There is often a feeling of pieces missing, as if the fellow who ran the jigsaw finished cutting the picture up into its component puzzle pieces and then slipped off with two or three of them in his pocket. You shall always be missing a few pieces of the puzzle until you call upon that which you know not.

In choosing to call, you join the dance.

In stopping to pay attention, you join the dance.

In becoming aware for a split second of the beauty of your own self, you join the dance.

We do not ask you to dance beyond exhaustion. We encourage you to rest when it is time to rest. We also encourage you always to lift up your heart and listen for the new song, the new energy, the new moment, the new life. You have a new life every moment if you will claim it and if you will direct it. You do not run out of chances to work spiritually. You may work in prison, in sickness, in any limitation whatsoever, to enlarge your ability to allow the energy of the one infinite Creator to flow through you and out into the world around you.

To touch up into the archetypical is to ask for the generality, of which you are a specific case, to inform you of your own nature. This incarnation, this third density in which you have enjoyed so many incarnations, and this day are all about choosing the point of balance in your life and then choosing it again and choosing it again.

Different people have different ways of describing what it is they seek. This instrument asks for the highest and the best. She will say, "What is the highest and the best way that I can meet this catalyst?" Find your own way to place yourself in that powerful position of one who chooses. This is the dance of the archetypes. Your third density is about choice.

There are many levels of choice. The fundamental level is the choice of polarity. And in the choice of polarity, as you were studying this weekend, you may see the figure of the Two Lovers or the Transformation of the Mind with the tug present—not one tug greater than another but two equal choices.

You know which way you wish to go. Each of you here is deeply committed to seeking how to become more and more polarized in service to others. This does not mean that the choices that you make are simple. Third density is very good at presenting you with complicated polarizing choices, choices in which part of your choice is to polarize towards service to others and part of it is polarizing backwards towards service to self.

As you rock back and forth in choice, find your sweet spot of surety and choose your own version of the highest and best. And then move off to court the feminine principle of nurturing, healing and pure affection that you are invoking by making this choice.

Allow yourself the encouragements of energies too deep for words. Listen for the brush of angel wings. For as you know that you are choosing, you become the magician, or as this instrument would [say], the Hierophant. You become the actor and the chooser.

We greet you, citizens of eternity! We, as you, are stars that twinkle in the Creator's eye. We, as you, are points of focus within the infinite vibrations of the Creator's universe so that the Creator may know Itself.

As you attempt to bring home with you the blessing of those feelings that you have enjoyed in this workshop, in this time together, know and rely upon the truth of what you have experienced and your complete ability and capacity to move forward with grace and intelligence, pursuing your polarity, pursuing your lessons and pursuing your service.

(Side one of tape ends.)

(Carla channeling)

And if your energy feels dim, call upon those who wait to be asked to encourage you, love you, and help you. For your guidance is ever with you. But it cannot speak with you until you ask. If there is one thing we would leave you with as we leave this subject, it would be the importance of asking, for help is ever near and your guidance is ever with you.

As always, we are sorry that we need to leave this fascinating question. Yet this instrument has asked us to close that particular subject for this day and ask if there are other questions or follow-ups that you may have at this time. We are those of Q'uo.

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T: I do. My question is, if two entities are committed to deepening the relationship in seeking each other and the Creator to be a service and a light, what is happening metaphysically in the process of that third entity between them in the Creator? And then please discuss any practical ways to facilitate growing consciously in everyday life.

We are those of Q'uo, and are aware of your query, my sister. When any two entities who are aware that they are spiritual beings choose to seek together, there is created immediately an oversoul made up of their two incarnate energies connected to their guidance systems. In many cases, also connected to the entities and their guidance systems are the families or social memory complexes with which they have traveled to be of service to this planet. Consequently, even a two-person oversoul may involve an enormous family gathering if you look at the structure that has been created by the dedication in love and service to others of two beings who are aware of their opportunity to choose.

This may be seen not only to be helpful in and of itself but also to constitute a gift to the planet, to those about the self upon the planet and to the Creator. This is because it is a reflective and interactive universe and when two entities vibrate together in love, that vibration awakes a resonance within those not only in the seen realms but in the unseen realms which are vibrating at that level. The end result of entities forming connections with each other and with larger groups is the shift of consciousness of the entire planetary population. Therefore, it is big work that you are speaking of doing when you ask this question.

It is very helpful in everyday life to have made a conscious commitment to working spiritually as one being. There is no ducking away from the responsibility to treat each other as the Creator but the embracing of that challenge. And each time there comes the inevitable uncomfortable energy exchange, there is the opportunity boldly to go where few people have gone before upon your planet and that is into the thick of the disagreement between you, into the very thing you least want to look at between you.

Because in that very thing at which you least want to look is the gift that you have given yourself to unravel, that gift where you may untangle the ribbons of self and find how the energies can flow again. You find tremendous rivers of forgiveness and understanding flowing where there was dry land before and thirst and desert simply because you have turned and faced that seeming disharmony.

It may only be a small thing, yet the smallest of disharmonies is worth the attention, the respect, and the honor. It does not matter that the disagreement may be about nothing. It does not matter about perceived rightness and wrongness. When you, working together, allow light to shine through both of you as one, you are moving beyond yourself and entering a deeper portion of yourself which is ultimately impersonal. Yet it contains all of your heart and all of your soul.

It is a misapprehension that as you go deeper and become more closely allied to the Godhead principle that you lose yourself. You cannot lose yourself. You are part of the Creator. You are here to stay. Yet, in letting the boundaries drop and asking for healing and understanding, you find yourself growing in strength, in courage and in that feeling that you have in your heart that may be called respect for yourself. For you are taking yourself seriously and you are attempting to expand the energies of this incarnation in a profitable and efficient way for the service of the one infinite Creator.

This is true of any two people, but when entities are mated, they have awakened and shared with each other one of the most primal means of expressing the unity of the one infinite Creator that is available to the incarnate being within third density. And as they allow the harmony between them to be absolutely primary in their concerns, they are creating an energy pathway which leads to not only a mutual experience of sacred oneness as the Holy Eucharist of the red ray is shared and brought up into the heart in green-ray energy exchange, there is also that which stems from such substantial energy exchange, that being the ability to offer understanding, compassion and shared worship.

Worship, my friends, devotion, those deep levels of feeling that is purified: these things explode into a blooming of energies that is as the light upon the hill. And those mated entities who are able to sustain the challenges of the ever-advancing ego and its self-centered concerns will find themselves able, without even intending to do so, to be a light for others that is very helpful to them.

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It is not that you are preaching to them, "This is the way to live life." You are simply radiating the love and the light of the infinite Creator, Whose pathway you have made straight and clear and flowing in the transparency of your personalities.

May we answer you further, my sister?

T: That was perfect.

We are those of Q'uo and we thank you. Is there another query at this time?

(No further queries.)

We find that we have exhausted the supply of questions that entities are ready to ask at this time and this is well, for certainly the energy of this instrument wanes and it is a good time for us to say farewell to this instrument and this group.

We say again what a pleasure and a privilege it is to behold your beauty and to share your meditations. We are known to you as those of Q'uo. We leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday Meditation
February 11, 2007

Group question: Our question this week, Q'uo, is: Each year, for many years now, we see at least one channeled source that says, "This is the year that the big changes will happen in consciousness." Some now say that 2007 is when this age will change instead of having to wait for the year 2012. We want to know what spiritual principles could help us look at this situation when channels get this kind of information.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank you so much for inviting us to join in your circle of seeking and to share our thoughts with you this day on the subject of these predictions of the shift of the ages and how they cycle.

However, as always, before we begin we would encourage each of you to take responsibility for your spiritual process. It is not wise to accept any information without examining it closely to see if you resonate to it personally. Many are the true thoughts that help someone; few are the true thoughts that help you. You need to distinguish those thoughts that are truly helpful to you at this time and those which are interesting but do not resonate. If you will take the time to do this, it will reassure us that you are taking responsibility for your own process and therefore we need not be concerned about infringing upon your free will. We thank you for this consideration, my friends.

You ask this day concerning the repetitive predictions of transformational times either immediately following the channeling or predicted within the channeling to take place within the near future, usually between two and five years. You ask how it happens that this information is repetitively offered, always with good rationales and always with interesting and supporting material offered by the channeled source.

There are a couple of different levels to the response because there are a couple of different spiritual principles involved in why this happens and what kind of information you truly are receiving.

In the first instance, the spiritual principle involved is that any spiritually oriented entity, once awakened to the situation of the present moment, has consulted those questions so important to spiritual seekers:

"Who am I?"

"Why am I here?"

"What should I be doing?"

There comes a realization, either slowly or quickly, that the time for equivocation has passed and the time for spiritual work is now. This is a non-local feeling of urgency, not connected with time and space. And yet you, as third-density entities, dwell in

space/time. Naturally, you as a human being are going to think about these sensings that you have from your meditations or your contemplations and feel that they indicate an event.

In the largest sense, this event has been building since well before the time of Jesus the Christ. This entity came to help the shift of the ages more than 2,000 years ago and this entity was already feeling the urgency of taking up the work and moving forward on choosing service to self or service to others as a way of life.

The one known as Jesus the Christ felt a sense of urgency, as did the one known as John the Baptist. The apocalyptic content of their messages is substantial as it is given in your Holy Bible in the New Testament. That is how long people have been sensing the need to alter and shift their consciousness and the consciousness of the planet which is the location of their beloved home and of the tribe of humankind of which they are a cherished part.

At that level, you may see that it is an archetypical energy, when an entity awakens, to project his own awakening upon the world at large. And this is a legitimate and valid viewpoint from a certain point of view. Each entity is the author of his particular creation. Admittedly, there are points of reference which are common to most people's creations, including data about the society and the culture in which they live.

Yet each entity's creation is his own. The biases that he encourages in his life become the biases of his world. Entities are people of great power. They are part of the godhead principle. All entities, even the elements, the animals, and all of nature, have this power. But they do not know that they have it. And consequently they use it effortlessly and without any impurity, being incapable of altering their nature and only capable of fulfilling it.

You, as self-conscious entities, have far greater ability to create because you are conscious of yourself. You are aware that you are a being that is seeking. You have an observer function. Indeed, many entities have a very complex observer function, where the observer is watching the observer who is watching what's happening. You can create a lot of complexity in terms of how you perceive things and what you choose upon which to focus.

Consequently, your particular creation has sometimes a dramatic difference in coloration from the creations of some about you as you walk through your everyday experience. When you have achieved a sense of your own power and are dedicated to using that power rightly, you become a force beyond the normal run of human energy. Because you have awakened to your potential as the creator of your universe and because you have begun to enter into creating the universe as you feel you would wish it to be by acting in an ethical manner at times of choice, you begin to develop an energy about you that is the energy not only of your personality but of the creation which has become imagined into being within your life.

Consequently, insofar as you have entered into this conscious development of yourself and your creation, you work not only for yourself but on the level of planetary energy. The situation is not that what you think becomes something others think. It is that that vibration which supports your work radiates as would the light of a lighthouse shining out across the dark and stormy sea.

As you allow your light and your universe to shine, you are, in your beingness, fulfilling one of your deepest purposes: you are changing and shifting consciousness at the planetary level. We would emphasize that, at this level of perception, we are not speaking of those things which can be pointed to and spoken of in words. We are talking about the shift of a point of view.

There is a point of view with which each entity looks at the world. Before the awakening process has begun, that point of view is reliably somewhat limited. The concerns of the instinctual animal that you are, as a descendent of the great ape family, are concerns about your family and your tribe. You want them to be safe, clothed, warm and fed. You want to gather those resources which you will need for them and not run out. And if you feel that they are threatened, you want to defend them.

These are the big bones of the skeleton of the typical concerns of one who is unawakened and functioning as a member of society at large without regard to any spiritual aspects of that life or those thoughts that the entity has. Therefore your work, while done privately, and not necessarily ever spoken into words, is magical, powerful work and well worth the doing.

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There is an entirely different level which is a transition between the first level and the third. That transition level is that point at which the situation as regards your planetary dealings has become noted. As this instrument and others in the circle of seeking were speaking in the round-robin discussion that precedes these meditations, they were discussing the repetitiveness with which our most basic observed themes repeat. Those themes are those themes of empire which have dominated this particular planet's history for its entire run of recorded history.

And indeed, paleontologists and archaeologists indicate that, long before history was being written, the energies which aim towards empire were alive and well in one of the earliest pre-human bodies discovered. The entity had been killed by a blow to the back of the head.

The energy of solving problems by means of resorting to violence is an old one upon your planet. It indeed predates your particular planetary energy, for you have, in the course of the last 75,000 years, received entities from several planets which have been unable to complete their own third-density school or classroom because of creating changes in their planets by means of violence on a mass scale which rendered the planet uninhabitable or because of outright destroying it by blowing it up. All of these entities are here, now, and are working to break old habits.

So there is a spiritual entropy[42] that happens when progress is not made. Energies become less and less organized and more and more chaotic because the energy is unusable after a certain point. Further, there is the energy of inertia, which means that even those who are not particularly involved in the tendency to resort to violence to solve problems yet still do not have sensors that send up the red flags of warning when they hear thoughts of empire being discussed.

They know that something is off when they hear discussion of how we should all be living in fear upon planet Earth. At the same time, they have no defense against what sounds like reasonable prudence. This seeming reasonableness can be attributed firstly to the fact that each of you upon planet Earth has gone through this cycle several times and has become used to it and secondly to that inertia within you which does not want to wake up because awakening is uncomfortable.

When you awaken and you see that things are not as you thought they were, you then feel that you wish to respond to that awareness. And the more that you make responses with the dedication in intent towards becoming more aware, more yourself, and more a part of the godhead principle, the more you are asking for change to occur at the deepest levels of your personality.

When you ask to awaken, to transform, and truly to serve at the deepest level of which you are capable, you are asking for the forces of transformation to come into your life. The one known as M was talking earlier concerning the efficacy of water used as a cleansing mechanism. And we would note that many are those entities who have found the use of water or other cleansing protocols helpful and useful because, as you change, you are dumping a good deal of toxic spiritual, emotional and mental material.

And whether it comes through the physical body, which some of it does, or whether it comes through the energy body, as some of it does, it needs to be processed and allowed its natural flow through you and out.

When entities do awaken and do realize that it is an urgent matter for them to shift their consciousness, they can feel that it is needed for others also to shift their consciousness. There comes into play a tendency towards what we might call spiritual materialism, in which you want everyone to form up and live in a new way.

In this regard we would suggest that the skillful choice is always to work on the self without regard for working with other entities. Service to others, working upon what you perceive needs to be done in the world, begins and ends within yourself. Until the point at which you are asked specific questions that you may answer in what you hope is a spiritually helpful manner, the work you do on yourself is sufficient and more than adequate in terms of how you may affect the consciousness of planet Earth. Change yourself and you change the world. That is how powerful you really are.

[42] entropy: "A doctrine of inevitable social decline and degeneration." In thermodynamics, the word means, "A measure of the energy that is not available for work during a thermodynamic process. A closed system evolves toward a state of maximum entropy."

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The third level that we would address is a level in time/space and space/time where these changes are actually occurring for your planet. And here we will need to take some time to discuss the mechanics of your situation, insofar as we can express them through this instrument. We hope you will bear with us as we work with a non-scientific channel in this regard.

There is a point early in your third density at which it was observed that the harvest of third density upon planet Earth was far behind schedule and indeed was not developing at all well. It was seen that the introduction of entities from other planets, and further introduction of changes within some of the templates improving upon the human genome, created unforeseen consequences that deepened the power of entities to use free will without the spiritual ability to see where that free will power was headed.

Another consequence was the enhanced ability to amuse and enchant the self by means of stories of power and empire. The culture as a whole, then, by its use of free will, had moved into a situation that concerned the guardians of this planet enough that it created for this planet a time lateral, a kind of track parallel to the main track of time and space as it is naturally developing in your physical environment.

You have never experienced life in your totally natural physical environment because you have been on a time lateral in quarantine for thousands of years. It was hoped, by quarantining the planet from further outside influences of any kind, that the free will of the body of the tribe of humankind would gather itself and would begin to address realizations of how ethical choices might be made in a way that progressed from the basic feeling that, when threatened, the proper response was likely to be violent, for that got the job done—and right quickly.

Consequently, riding upon this time lateral as you have, you have experienced repeated waves of empire as they have flourished and fallen only to see another empire rise and fall and another and another. If you look at your outer environment you may see these forces at work even now, moving in a repetitive manner, satisfying that portion of the tribe of humankind's deeper mind which is used to these energies and feels comfortable with them, not because they are good but because they are what planet Earth is all about.

The breaking forth of new life into this dark world is a common occurrence because the light cannot be put out by darkness. And person after person after person has moments of brilliant insight in which they see that responding to violence with violence is not a wise move.

More and more of your entities are investing time, talent and treasure in finding different responses to the surrounding darkness based not upon the darkness itself but upon the light that comes from within the darkness and which the darkness cannot extinguish. Entities focus upon that first candle of light. And that tiny illumination illumines more. And then that illumines more. And a process of lightening the consciousness of yourself begins.

The time is coming and indeed is nigh at hand when something you might call a tipping point is imminent. And indeed it stands before you at this time. What is that tipping point? That tipping point is a straw vote, shall we say, an informal poll, if you will, of the tribes of humankind, to see if the majority of entities want to separate themselves forever from any path except violence or if they want to progress into fourth density and beyond.

There are entities from fifth density on the service-to-self path that are attempting a coup, shall we say, of this train of humankind running along this parallel time track. They would like it not to rejoin the main track. The guardians of this planet and those light givers within your planetary forces, both seen and unseen, have all moved heaven and Earth, literally, to create a slowing of the forces of time so that every possible instant may be given to the development of planet Earth's human population to the point where the vote of the straw poll is for service to others and not for service to self; for radiance, peace and harmony rather than contraction, war and hostility as a background to the everyday life.

We are very hopeful. If that last moment were this very day, the straw poll indicates that your planet will rejoin the typical, normal progression of space/time. What the negative entities would like to do is to have that tipping point go the other way and to have people say, "No, no, it's important to war because we want to gain resources, because we want to defend our family," and because of the whole laundry list of those things that the great apes are instinctually bound to consider priorities.

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At that level, there is almost no time/space or space/time wherein a third-density entity may make that primal choice for service to others on third-density planet Earth. Your density has now become fourth density. It has not waited until this year or even several years before this but has been vibrating in fourth density to the exclusion of creating more third-density light.

Therefore, those third-density entities who now walk the planet are more and more sensitive because they do not have the support of third-density light which hides most of the truth. Rather they have fourth-density light interpenetrating their third-density understanding of their world, creating an environment where it seems and indeed is happening that wave after wave of truth and light and understanding is washing over this planet.

The fourth density is the density of love. But it is also called the density of understanding. What is happening to entities now is that that which is in their thoughts and in their unexamined assumptions is being mirrored out to them in everyday life for them to see clearly. They no longer have so much of a cushion of easy untruth because if they are awakening spiritually there are forces within them that have determined and intended to challenge those unspoken assumptions which are not serving the greater good.

So, insofar as you as a third-density entity are unawakened, you will simply find life getting harder. It seems that more extremes are taking place. You are not feeling as well. You lose more jobs. Whatever it is that you are working on [in] this life, there become problems with it that seem harder than they used to be. This is because you are not protected from your truth as you once were.

Now, entities who are awakened are experiencing the identical situation, are experiencing an increase in suffering and are experiencing more difficult times. However, what they have on their side is that they have set their intention to serve others and to know the truth in order to serve others. This creates a fourth-density support system that is powerful indeed and can take the place of the previous comforts of the unawakened.

However, when you become awakened and set your intention to be an ethical being that is worthy of fourth density, you also ask of yourself that you begin to live the life that reflects those fourth-density values that are implicit and explicit when you think about service to others.

The principles involved in service to others are implicit in all that is done in that when you meet the moment, you are meeting it as one who serves. That is a general standpoint and that basic viewpoint brings to you a wider point of view which is based upon the guidance that you are receiving which is activated by your desire to serve. When you ask for the truth, the truth is there before you. Ask and you truly shall receive.

And then you are responsible for your actions in a way which was inconceivable when you did not know and had no knowledge of how the spiritual forces of evolution work. That of which you are ignorant, you cannot be held responsible. When you become aware of the spiritual principles involved in natural evolution, then you become also responsible for acting upon that knowledge.

This is not an easy time because of these factors. As the song before this meditation says, entities may often be standing knee-deep in the river of love and light and dying of thirst[43] because they do not know how to scoop that life-giving liquid up into their bodies, their minds, and their spirits. How do you crack up an earthly life and let the sun shine in?

Fortunately, my friends, it is not a matter of cracking open your life to let the sun shine in. It is a matter of cracking open your personality to become aware of the sun that is already shining, in an infinite supply, into your heart, your mind, and your consciousness, into every fiber and cell of your being, both physically and non-physically.

To sum up this third level, we would say that to the best of our knowledge—which is not without error but is only opinion—the timetable of your planet is a set one. The planet itself, minus the time lateral,

[43] The song played is by Lacey J. Dalton. The lyrics to which the Q'uo group refers are as follows:

If the game's getting old,
and you're cold and exhausted and maybe
You'd just like to cop-out and crumble,
or lay down and die;
If you come to a time when you need to decide,
Friend, you might want to ask yourself first,
"Am I standin' knee deep in the river and dyin' of thirst?"
'Cause a great river runs from the heart of the sun
Through the soul of the whole universe
From the limitless light that brings order and might
To the substance of Heaven and Earth.

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will completely shift into fourth density at the winter solstice of 2011.

There is an area around this time that is not clock time because the change is not in space/time but in time/space. That penumbra, shall we say, of the time of shift began approximately in 1998.

As we give this instrument dates, be aware that we are not particularly good with numbers. There was in the planetary energy system an adjustment made at one point that would simply remove the planetary population through natural means because it was failing to come to harvest. This pole shift was averted in 1998 by many groups such as this one [that] were aware that consciousness needed to be lightened and [that] spent a good deal of time and energy as light bringers and those who spoke about these energies, these times, and the spiritual principles involved in evolution.

This work has enabled this planet to have the added physical space/time for those entities within incarnation at this time to come to harvest on their own and also in order to give entities who graduated early the opportunity to come back into this planetary environment you call Earth and help accelerate the shift in consciousness. They, more or less, shall we say, have stacked the deck, making the tipping point ever closer towards rejoining the main line of space/time.

We confidently believe that your planet will rejoin that natural movement and progression of your planet into fourth-density space/time.

(Side one of tape ends.)

(Carla channeling)

We do not believe that the entities who attempted this coup will be able to convince the majority of entities upon planet Earth that a fear-based and violence-ridden solution is the correct solution to the ethical dilemmas of this time.

If entities convinced themselves that the forces of war are the correct forces in which to invest, your planet would be lost and would become a feeding ground for fifth-density entities who feed off of fear and suffering. This would be a slavery which all the slaves agreed was needed.

We believe that your people will throw off the yoke of slavery to violence and begin to sustain responsible efforts to become truly free, to evolve, and progress. It is, as always, the choice of those of planet Earth and none other may vote in this particular referendum.

So, it is in your hands. There are waves of energy coming at this planet that you so lovingly enjoy each and every day, every month, quarterly, yearly, and at times which are irregular but based upon time/space events rather than space/time events. In an irregular manner, however, they also offer unique and sometimes highly discomfiting waves of energy.

These are energies of the shining, glorious, honest truth. Embrace them insofar as you can. See how you might cooperate with these energies. If they bring things up in your life that you have not wanted to face, give yourself a smile, because you need it, and then sit down to do your work, my friends.

Remember who you are and why you came here. Remember what it is that you think you want to do in order to serve. And then look that shadow side of yourself, that has been flung up against your eyes, straight in the eye, thanking it for the gift that it is, and realizing that it is not the truth of you but it is a portion of the truth of you that you have not examined and therefore that you have not brought into the light and the love of your heart.

Do not allow yourself the easy way of projecting that concern onto other people or a situation that is beyond you. Bring it into your own life. Bring it into your own heart. And take responsibility for dealing with that energy that disturbs you.

You are fully capable of doing this, my friends. You have every faculty available to you: your intellect, your intuition, your support system, however you see that to be, and your choices as you move through life. You could say indeed that 2007 was the year of shift and you could be right. You could have also been right in 1962 when this instrument first became aware of a channeled group that predicted Armageddon and the need to get to safe places, and every year since then.

At every point that is now, there is a branching off into an infinite number of possibilities. The world you make is the world you choose at each of those moments of now. You have accumulated a good many of them in your lifetime but they are as nothing compared to the choices that you make once you become aware that choice is a very blessed

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and central way of embracing your truth, your progression, and your acceleration of your evolution, spiritually speaking.

Let the time be now. Come to the river, as John the Baptist had it in the New Testament, and offer yourself to his rough ministrations. Make straight in the desert a highway for unconditional love. Repent and return. Repent of your ignorance and return to the truth as you see it, know it, ask for it, and seek it.

You need never be satisfied with where you are nor need you ever be unsatisfied. You are on a long, sometimes arduous but always powerfully exciting journey. Once you realize that you ride forth as a knight for the light, may your banners shine. May they speak of love, beauty, truth and compassion. May you polish your metal, that armor of light, with every decision you ever make to try to do your best and to serve the one infinite Creator.

And then go forth. Do not see yourself as one who fights against anything, but one who stands for the light. And let all of the gifts that are yours flow through you and out into the world. The time is now. The time has always been now.

This instrument is asking us if we would please move on, for there is limited energy and perhaps there are queries at this time that we may answer. We would ask if there is another query at this time. We are those of Q'uo.

R: I have a question, Q'uo. I am curious about how the process of the time lateral rejoining the main path of Earth happens. Is it something that the guardians watch over after this straw poll that you have mentioned is taken?

We are those of Q'uo, and are aware of your query, my brother. It is indeed the design of the guardians. However, it is automatic. Given that the energy of this planet is one which yearns towards love and light, there will be an automatic cessation of the time lateral, as we said, around the penumbra starting in 1998 and going well past the precise moment when the planet itself transits into a space/time position which is different in the emission of light it receives.

It is automatic and what occurs is what you are seeing now where more and more entities have become aware that something is happening, that this planet is not functioning as it had been used to and that it is suffering from [humanity's] uncaring ministry and stewardship of its resources.

Therefore, the energy for a pole shift or some other natural kind of disaster cannot be ruled out to express the roughness of the transition over to the main line from the parallel line. Any time a fast-moving vehicle such as a train moves through a shunt from one track to another, there is a bobble in the environment of the people onboard the train. And certainly your people are feeling that bobbling already. And it will continue. And at its end, those who remain upon planet Earth are those who are at least partially capable of dealing with fourth-density energy.

Many entities have already been removed from the Earth scene because of the increasingly powerful bursts of truth that have been bombarding the planet, creating ways to see the truth out in front of the eyes. Those who have reacted with the most distress to these energies are those who have been brought through the gates into larger life because of illnesses that hit them when they were relatively young. These illnesses include everything from heart trouble to cancer to many of your designer diseases, shall we say, like sexually transmitted diseases and other diseases that were designed to be agents of removal of certain energies from the Earth scene.

May we answer you any further, my brother? We are those of Q'uo.

R: No, Q'uo. That was interesting to hear. And I wanted to say that the Confederation speaks of these things without fear. Fear is often heard, so I think many of us who listen to the messages appreciate your efforts at fidelity.

We are those of Q'uo, and we thank you, my brother. We indeed have absolutely no fear, for we see from our vantage point that each spirit is legitimate, sacred and worthy, regardless of how that spirit is acting at this particular moment that you experience in space/time upon your planet. At the soul level, all entities are the Creator.

When the time lateral ends and those who are still breathing third-density air upon Earth are still around to pick up the pieces—which you are already doing, my friends—those who were not able to make the transition with you will all have been picked up as they enter larger life through the gates of death and with infinite care, cherished and supported through their own process of discovering what lay behind the veil of forgetting. They will be given every chance to consider their lives and what

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they wish to do next. They will go to a third-density planet somewhere that is not Earth and they will take up the third-density classroom once again, attempting to learn to make that choice and to set the intention not just for third density but for so many densities to come, all the way through the middle of sixth density.

What you are doing here is so important in terms of your extended work. You set here the benchmark of choice which you cannot do in fourth density, fifth density, or sixth density. We would not wish for any to be lost and indeed it is impossible for any to be lost. There is no hell deep enough to lose the love and the light of the infinite Creator. There is no prison whose bars can keep you from the love and the light of the infinite Creator.

Momentary difficulties loom large if the viewpoint is short. We see that all are cared for. Every consideration is given equally to those who are striding forth to seek the light in fourth density positive and, just as importantly, to those who have chosen to stay longer at these lessons and learn them better. These are also completely provided for in that they have all the room they need to make every choice with their own free will.

There is no cause, in our view, for any fear. This is simply what is happening upon your planet at this time. How it will play out in the Earth scene, in the manifested world, we do not know. Each and every one of you has the say in that. And we know that you are setting your intention, setting your sail on this journey of the waters of spirituality and asking for the wind of the spirit to be behind you and to send you where you need to go.

May you rejoice, my friends, in this moment. We are always with you. If you would wish for us to deepen your meditations, simply ask mentally as you sit down to meditate and we are glad to help you to deepen the state of your consciousness.

We shall leave this instrument and this group at this time, for the energy wanes rather dramatically. We leave you, as we found you, glorying in the beauty of each of you, your courage, the love in your hearts, and the color of your passions. Never could we see a more beautiful sight than all of you together, blending colors and making harmonious palettes of beauty for us to behold. Thank you for asking us to be with you once again. It has been a pleasure and a privilege. We leave this instrument and you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
February 18, 2007

Group question: The question this week has to do with the various religions that we have on planet Earth. They all seem to have a center of truth, but each religion also seems to have a number of adherents who interpret it their own way and who become fanatic in one way or another, trying make the religion into a dogma, to say this is the way and the only way. Is this a human trait? And how can we really know what is the true path for each of us? It seems like each of us has that spark of the Creator in us that recognizes truth and we are more reminded of truth than informed of truth. Can Q'uo give us some general principles as to how look at the various religions and how to find what is "the way" for us?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings, my friends, in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for creating a circle of seeking. Thank you for inviting us to join that circle. Thank you for the excellent question concerning how each seeker may find his own way amidst the welter of seemingly disparate theories of who God is and what the nature of creation is. It is our privilege to share our thoughts with you on this interesting subject.

As always, we would ask that each entity listen carefully for resonance, not only in the things we have to say but in listening to all opinion from whatever source. You are fully able to feel that resonance and that spark of interest and we would encourage you to wait for that resonance and that spark rather than taking everything that we have to say as being equally useful.

We thank you for this discrimination on each of your parts. It allows us to speak our thoughts to you without being concerned that we will inadvertently infringe upon your free will or disturb your sacred process of evolution in mind, body and spirit.

You ask this day concerning how to wend your way amidst the amazing array of religious and philosophical opinion concerning the nature of the godhead, the nature of creation, and the nature and purpose of human life. In former days we would not have been able to have such a simple beginning to a discourse upon this subject. The progress of your science has enabled us to have a fairly straightforward entry into the doorway of the nature of the created universe.

Investigation has shown that which seems to be solid matter is actually made up largely of a plenum[44] or a space in which there is no mass, very thinly populated by energy vortices. These energy vortices are the atoms and molecules that make up the cells of your body as well as the material of all other things that you can see, feel, touch, taste and smell.

[44] plenum: the whole of space regarded as being filled with matter, as opposed to a vacuum.

These energy fields cooperate together and nest within one another in various ways according to the nature of attraction and repulsion, forming the universe that you see. Scientific inquiry has proven that all parts of the universe communicate and are connected with all other parts of the universe, so that the universe is one thing. This is not given to you by priests or prophets but by your scientists, who have become the priests and prophets of your culture, if we may give it that name.

What is the nature, then, of these vibratory patterns that arrange themselves hierarchically so as to create orders of magnitude, creating everything from the atoms and molecules within the cells [of] your body to the star systems within your galaxy? We of the Confederation of Planets in the Service of the Infinite Creator have identified the nature of these hierarchically unitive and harmonious energy fields as being that of love.

The energy that created the stars is that of love. The energy that created you is the energy of love. That does not define love, for if love is all that there is, there is nothing to which to compare it. There's nothing from which to contrast it. In its undistorted form it is forever a mystery, unable to be plumbed by centers of consciousness which are aware of themselves. The truth of the universe lies most profoundly in the unknowable reaches of the mystery of the love and the light of the one infinite Creator.

Yet the universe is unitive. And it is unitive in a certain way. It is unitive holographically. Any one spark of the infinite Creator contains the entire nature of the one infinite Creator. Every cell of your body sings the song of the one infinite Creator. The suns in their courses sing the song of the one infinite Creator. There is fullness to the universe that is intense, as if every particle and iota of the universe were stuffed to bursting with the love and the light of life.

You experience life as you breathe in and breathe out. And you ask what this experience is, for you are aware of yourself. And certainly you have many, many voices in your ear, happy to explain precisely what life is and how to live that life in a good way.

Please understand, as you look back over some of your more difficult experiences with authority figures who have attempted to tell you what to believe, that every entity who seeks to serve the infinite Creator can fall into what the one known as T called "the trap" of teaching in such a way as to constrict the energies of those listening to his words.

Let us look at that energy of the authority figure who wishes to teach well, in order to come into a more compassionate and charitable understanding of what drives such an entity.

An entity who is moved and inspired by whatever agency, personality or inspired writing becomes aware of himself in a special way. He becomes aware of how alive he is, and he thinks, "I must give this gift, this wonderful life I feel, to others! I must pass on this wonderful inspiration that is given to me!" There is generally no intention of doing anything other than the purest of good. However, the trap of dogma is always waiting for the teacher.

It is a wise teacher indeed who is able to differentiate between his personal experiences with the divine and that which is helpfully expressed concerning seeking the divine. In a world that wishes to codify, organize and arrange life in an orderly manner, the mystical view, which is found at the heart of all religions and many philosophies as well, while greatly appealing, is found cumbersome and awkward to teach. When you're speaking of something that is indescribable and ineffable, words fail.

The human tendency, then, is to apply an organization to the mystery of the one Creator. And different religions have had different reasons to create different structures of belief, which have hardened into dogma.

If the Creator is infinite love and infinite light, and if the creation is evolving continuously forever, then there is continuously more of truth than there was before. Consciousness is continuously expanding. The problem with any dogma, then, is that it cannot re-form itself to hold the new truth that is flowing forth at every moment from the creative principle.

As the seasons change, as the grass blooms and withers again and again, so the consciousness of humankind evolves and grows. You are a point of that consciousness. You have access in your very nature, in every cell of your body, in every thought that you think to the one infinite Creator in its undistorted form.

Yet that truth lies deeply protected in you. It is protected from your casual thoughts. It is protected from the stormy seas of your daily, conscious

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experience. It is protected by its placement within your heart. The mind and all of its intellectual forces cannot storm the bastion of the open heart.

Entities, then, seeking to share bits of their truth with others, become invested in this codified, formalized, organized structure of thoughts that add up to a way to seek the one infinite Creator. With the gift of hindsight, scholars have often pontificated as to where a certain religion went wrong or how a certain religion has everything right. Yet as soon as the seeking for the one infinite Creator becomes codified and organized beyond a certain point, it can be a delimiting influence rather than an expansive influence.

Many churches and many different religions decide to bypass the intellect and rest upon the opening of the heart. They engage in song after song that praises the one infinite Creator within the language and clothing of that particular religion. Their members are perhaps encouraged to pray out loud and to become ecstatic. And in the surging of the rhythmic cadences of the songs, in the prayers and the praise, the love and light of the one infinite Creator seem palpable. And therefore the experience of those seeking the Creator in these ways has a certain amount of purity to it which is missing from those more intellectually organized religions where the mind is the tool used to probe at the meaning of life, of what it is to be a human being and what it is to serve the one infinite Creator.

Interestingly enough, love is the one great force that all entities know intimately, but which resists definition completely. And indeed, to attempt to use words to describe love is to attempt to build a great edifice out of pebbles.

Love is all that there is. That one Thought is the creation. And you have a port on the ocean of that Thought in your heart of hearts. Therefore, you are as equipped as any entity in the universe to seek the one infinite Creator. You have primary access to the direct experience of the Creator.

And indeed, it was for that purpose that you came into this illusion. You are gathering information. You are working with that information according to the biases of your personality and your desires. And as you gather your life experiences, each of you makes choices which open to you a way to move forward and to progress.

And each of you has had this experience of awakening and coming to the realization that you are a truly powerful entity, able to question and able to seek.

Once an entity has awakened and has begun to ask the deeper questions, a rhythm begins to occur between Creator and created. The asking and the answering becoming as entwined as a heartbeat, in and out, pulsing, pulsing, pulsing, so that as you ask, so you receive; as you ask, so you receive.

It [is] instantaneous and constant in your life. You have at each heartbeat, at each breath, the opportunity to ask and the opportunity to receive an answer. The sticking point here is that that answer comes within the mystery of silence. And it oozes up into your conscious experience almost as a surprise to you. You have learned by osmosis. You have soaked up the truth.

And as you live out your life you discover what you are learning as it shows up in your thinking. And many are the epiphanies and "aha's" of a spiritual life in which the seeker is content to let this teaching occur mostly in the silence of meditation, contemplation and the deep resting in whatever practices create for you personally a sacred chamber in which to tell the secrets of your heart to the loving ears of the one infinite Creator.

You are consciousness. It is not something you possess. It is not a characteristic of you. Consciousness lives your life to the extent you can get the details of your personality out of the way. And yet the details of your personality are all valuable. Therefore, the perfectly natural desire of the intensely devoted student to cast aside the personality and devote the self entirely to the silence is, for most entities, a solution that shall not be satisfying. For most entities, each coloration and quirk of the personality is there for a reason. Each seeming challenge, difficulty and sorrow that occurs in the life has been placed there not to make you stumble but to help you learn.

Entities who give themselves over to a religion and accept its dogma simplify their path in a certain way. And if they are able to dwell within that simplified structure of thought without falling into the trap of judgment of the self and other selves when they do not believe as do you, they are very likely to be able to use that religion as a way to the infinite Creator that works well. For each religion teaches the basic

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love of other people and the love of the one infinite Creator. And if an entity loves the Creator and loves the neighbor as the self, however that is put, the path to graduation from third density is clear. The choices to serve others has been made. The work is good.

More and more, however, as entities have matured after many, many incarnations within third density, entities find themselves unable to restrict themselves to the dogma and the canon law of a particular religion. And when entities find themselves unable to do this, then they are set on a new path, a path of their own choosing, a path which they will create themselves. Any entity can create within himself a way, a truth, and a life if he begins and ends with love.

We would not for all the world criticize or undermine those who are in any religion or believe any philosophy. The paths to the one infinite Creator are as many as the self-conscious beings who seek that Creator. Your way will be unique to you, just as everyone else's way is unique to them.

It helps to see religion for the kind of powerful influence that it is. If you may see the forces of religion to include that of the world as well as that of the starry heavens, then you may see how quickly the energy of a new religion can become heavy and bogged down with dogma and politics.

Look at the religion that this instrument understands the best, for it is her own: the Christian church. It began in the mysticism of the Essenes. The one known as Jesus the Christ was trained and trained in the Essene way as well as in the scholarship of the Jewish religion.

This entity's stories and parables were about simple things: being a peacemaker; understanding that he who loves the prisoner, the orphan, the widow, is loving Jesus the Christ; understanding that he who feeds the hungry is feeding Jesus the Christ.

Jesus asked entities to care for each other and to hold all things in common. There was not in any of his teaching instruction on making a church. Indeed, this entity had no home, and during his peripatetic[45] ministry, he walked on dusty trails with very little of worldly goods at all.

In his name, and in his memory, humankind has created a monstrous, rich, arrogant, political organization with many beautiful buildings which reach to the heavens with their spires and their crosses. Yet within them there is no virtue, except in the hearts of those who still seek the infinite Creator and use those sacred spaces to do so.

Look at any new idea and it is alive! It has a dynamic energy to it that excites people, and people want to capture that and pass that on to their children and their children's children. And so they make another building, another religion, another code to try to capture that which cannot be captured.

At the same time you must appreciate what religion has done for entities on planet Earth. It has given the intellect something to gnaw on. In many different ways it offers people a chance to meet the Creator.

Whether you seek within the bounds of a religion or whether the path upon which you walk is one you have created yourself, your very nature demands that you will meet the Creator, again and again. Things will happen to you that are meaningful to you personally and that move your consciousness from one point to another. Whether you are an indigenous entity that has never read a book, an auto mechanic, a college professor, or the most rarified mystic meditating upon the roof of the world in Nepal or Tibet, you have an equal opportunity to meet the Creator upon the road of your everyday life.

Appreciate religion for what it has offered, to you and to all. In the mystery of the one infinite Creator there are no roads. There is no way to think upon the sacred. The only opportunity you have is to be the sacred, and therefore to know it from the inside out.

Within churches and temples and synagogues and mosques the world over, you have entities and groups of entities who are dedicated to preserving a certain structure which has been helpful to many entities in their search for the infinite Creator. This instrument, for example, chose long ago, in her childhood, to live a life of faith within the Christian church as the path of her life.

As she understands it—as she understood it then and as she understands it now—there was a particular virtue to dedicating her life to Christ. This entity was a devotee in a religion that does not usually have

[45] peripatetic: walking or traveling about; itinerant.

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devotees, of that particular kind which this entity is. That is, she was not hungry to soak up the dogma, but rather hungry for the mystery that she felt bursting the bonds of dogma.

(Side one of tape ends.)

(Carla channeling)

And she understood that, in any sacred writing, there is a database of inspired thought which bursts the bonds of words when heard again and again in different circumstances of life. And so this entity lives her "rule of life." She continues to study the same database, the *Holy Bible*, which she has studied for her entire life. And yet she has rejected all dogma by conscious decision.

Now, each entity can make this kind of choice for himself. And indeed it is necessary to look carefully, and with the artist's eye, at how to live a rule of life. We do recommend that each entity create a kind of rule of life for himself. What we cannot recommend is how that rule of life goes. You need to walk your own path, paying attention for that which the moment brings to you.

Some entities are drawn irresistibly to the Christian faith. Some entities are drawn just as irresistibly to the Buddhist faith. There is a path for just about every personality type. And yet all of these paths hold the barest skeleton of truth in its ineffable and mysterious form. All of those structures of thought that religions represent fail. None of them satisfies that thirst to know the truth.

This instrument is informing us that we must stop this discussion at this point, so we would end with this thought: you are the possessor of truth, but you do not know that you are. However, the Creator is generous in arranging for you within third density an illusion in which nothing can be known, and yet in which you can come to know with a particularly resonant awareness what your path is or what your truth is.

You cannot make it happen. What you can do is to set yourself up in an environment which is capable of holding *gnosis*, or knowing. Therefore, trust in your own senses, sensings, thoughts and feelings. As you seek to awaken, to seek and to serve, listen and look for the resonances that tell you that you are on the path that is for you. Once you start looking for resonance, you will find that the creation is full of information for you. And the more that you practice listening, the more that you can hear of the voices that are speaking to you in every moment.

We lift you up and honor you in our thoughts and in our hearts. For you have the courage to probe the darkness, knowing that there is nothing but light. We wish you well on your seeking, and thank you for the opportunity to share these humble thoughts with you as you go upon your way.

May we ask if there are other queries at this time? We are those of Q'uo.

(No further queries.)

We are those of Q'uo, and find that we have exhausted the questions of this group at this time. This leaves us only to say what a pleasure and a privilege it has been to be with you this evening. Your beauty astounds us. Your love of the Creator encourages us. And to be a part of this circle of seeking is a great blessing to us.

We leave this instrument and this group in the love and the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai. ✣

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Sunday Meditation
March 18, 2007

Question from Carla: *(Read by Jim.)* The question today is from Carla, and it states: "Q'uo, I have been writing a book about Confederation principles. It is about how third density works. In discussing these principles, I have found it helpful to offer them as information helpful to playing the 'Game of Life.' It is a sacred game yet it is definitely a game.

"The issue of self-worth and dignity has been much on my mind of late. In a way, one could say that in framing life as a game, I have taken away its dignity and taken it lightly. I do not mean to do so. I believe this game to be most worthy. Could you offer me any spiritual principles that may aid me in finding the best way to talk about the worthiness of the game board?"

(Carla channeling)

We are those known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is, as always, a blessing and a privilege to be with this circle of seeking. We appreciate your calling us to be a part of your meditation and we are happy to share our thoughts with you at this time.

As always, we would request that each who hears these words uses his powers of discrimination to distinguish between those thoughts that are helpful and those that are not. We appreciate your consideration in this regard.

Your query this day is an interesting one. There is a certain amount of care which we shall need to take in responding because of the part of the puzzle that must be worked by the one asking the question. We do not wish to infringe upon the free will of the asker of the question and we will refrain from doing so. However, there is, because of your asking about spiritual principles, much upon which we can comment. We shall do so in ways that do not infringe upon the free will of this instrument, who is the asker of the question.

The concept of games is indeed normally associated with some form of amusement or entertainment. However, the entertainment and amusement value of a game is only part of its appeal to a player of a game. There is in humankind a tendency to wish to associate in groups. Once a group associates, it will spontaneously develop at first a rough and then, as time goes on, a more and more refined set of rules to govern the interactions of the members of that group.

Your third density is a relentlessly social density. There is literally no way an entity can avoid interacting with other entities of your species. Living upon the third density of planet Earth requires a society.

There is an inevitable tendency within the mind of humankind towards creating games; that is, groups of people who are attempting to win something or to gain in some way and who are attempting to do so

together. When this instrument chose the image of the game and extended it as a metaphor throughout the writing of the book, the fit was good because of the fact that, in terms of winning a common goal–that is, graduation from third density to fourth density positive–there is a process which follows a certain set of rules in which an entity can succeed in penetrating the game by means of learning, understanding and applying the rules of the game.

Therefore, from our point of view, using the image and the figure of the game is a good decision in terms of communicating, by means of familiar and comfortable structures, the massive structure of the Game of Life, as this instrument has termed it in her book. If one looks carefully at the great systems of thought that have attempted to describe the nature of life on planet Earth, the nature of humanity's place in the cosmos or the nature of being itself, one may find in many different authors of many different systems of thought a structure emerging which defines the rules of the game which that particular philosophy set out to solve.

There is a stigma attached to the word "game" because of its association with amusement and entertainment. And yet it is likely that each entity who reads these words will have systematically played games with himself as a means of coping and moving through life.

For instance, in school a student may decide that if a paper is ten pages long and is due in two weeks, the student will do a certain amount of work each day, fulfilling the game plan of being ready to write and then producing the paper on time. The strategy of how to get the paper written is a kind of game and yet it is a quite serious game with a firm intention which has no aspect of entertainment or amusement in it. Rather, it is that which needs to be done in order to fulfill the requirements of the class.

One can look at certain situations in life in the same way. For instance, to extend that particular situation, say that the student who is taking that class in college is also a parent and is attempting to work and go to school and take care of a child at the same time. In order to fulfill all of her duties, she will need to arrange her time carefully and if she is wise, this student, mother and adult will create a game plan where there is a certain amount of time for this and a certain amount of time for that.

Using the figure of the game, the author enables the reader to slip into the story of what this game is about. We can not estimate how entities will respond to the finished product that is streaming forth from the instrument's cyber-pen. We cannot know precisely how spirit and she will interact. What we do know, in a sturdy and certain way, is that the worthiness of the game board will be expressed in the way the author and spirit present the material.

Coming from a place of infinite respect and devotion to the infinite Creator, it is, in our humble opinion, extremely unlikely that whatever is written will fail in the end to inspire entities with the sense of the sacredness of the game being played.

Sometimes a creative entity can become too close to a project and can begin to question and doubt that which has gone into the creation of the project so far. We encourage the instrument to plow right into any doubts that come her way. And indeed, in general, when there is a second-guessing of a situation, when there is a wondering if something was the right thing to do, by all means give that concern its due. Give it time. Rest with that thought and see where it takes you when you are calm and serene in your mind and in your heart, so that whatever you discover from examining and reexamining an idea will not seem to be a negative thing but a positive thing, even if it causes changes.

We are not suggesting that this instrument should change anything. We are simply suggesting that if she is concerned, or indeed if any who create are concerned, that rather than quickly erasing and deleting and doing things over, there is a time allowed where the entity simply rests in the silence.

Indeed, if there is one thing that is most helpful to any who attempts to create spiritually uplifting material, it is to embrace and use the silence. There is a tremendous amount of information that streams into each seeker's mind and heart every moment. When the intention is set to hear that silent information, the result is instantaneous and enhanced guidance is immediately with the entity who is asking for that silent information. It does not necessarily result in an immediate and conscious realization of something specific that needs to be done. Rather, the nature of spiritual information and insight is that it balances and sets into perspective the events and situations that are being examined.

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The making of the choice of polarity, either service to others or service to self, is indeed the central aspect of what this instrument has been calling in her book, "The Game of Life." There is a common goal for all of humankind and that goal is to make The Choice. It is a simple concept and indeed it is such a simple concept that it has escaped serious consideration except in those institutions which this instrument would call religious.

Therefore, in our opinion, the use of this construction is a positive thing. We believe that the worth of that game, in the end, will speak for itself. For in the end, one sees a majestic, rainbow-colored structure of spiritual evolution that begins with this choice. Making this choice is the key to the spiritual development of each seeker for many, many lifetimes to come. And when this instrument chose to create this book, her desire was to get the information across in a simple manner. Consequently, we would encourage this instrument to persevere, without doubting the self, to strive for excellence and to tell the story truly and honestly. The story of love is worth the telling.

We would note before we leave the subject that although it is excellent for this instrument to write this book and for all who wish to serve to share their vision of helpful information, we feel that underlying all such efforts is one's spirit. If it did not come through this instrument, it would come through another and another, for we do not speak any words that are unique to us except in the precise arrangement of the metaphysics of the information we offer.

All of those concepts which are part of stating that the universe is unitary in nature and that, at this point in the development of humankind, it is time to make the choice of service to others or service to self, can be found in many different repositories of inspirational knowledge.

Consequently, we suggest working through inspiration, rather than through any heavy feelings that there is an urgency or that time is short. These energies will not serve a spiritually oriented project, for they are the energies of fear. We would instead suggest, to all who wish to serve, serenity and acceptance of any given limitations in an absolute determination to see the project through to its natural end, in order that the baby that has been created may be birthed and shared with the world.

May we ask if there is another query at this time?

Jim: D asks: "I read a little of Walter Russell's work and he mentioned in his treatise on light that our universe expands and contracts in 14-billion-year cycles. Could Q'uo comment on this?"

We are those of Q'uo, and are aware of your query, my brother. May we say that it is good to touch into your wonderful energy.[46] As to this time period suggested by Walter Russell, it is certainly accurate and is a portion of the cyclical energies that create the heartbeat of the one infinite Creator.

We would also note that time is a slippery and plastic thing when it is being applied to spiritual time as opposed to physical time. The inadequacies of such measurements are due to that factor.

Is there another query at this time?

Jim: Just one more. A lady by the name of F was asking: "Why have I developed a sensitivity to electromagnetic fields? Is the sensitivity associated with spiritual growth or healing? Can it be used to assist others? Are there any spiritual principles involved which would help me contemplate this question?"

We are those of Q'uo, and are aware of your query, my sister. That which is occurring to you, my sister, is a result of what we might call the thinning of the veil, as you have made the choice to awaken and to live life consciously if you can. When such a decision is made, and then when the decision is followed by a persistent series of ethical choices that bolster this decision to be alive, to live from the heart, and to espouse the values of unconditional love, in time this creates an entirely different inner environment within that entity who was before comfortably asleep and is now wide awake and alert.

Spiritual work is expressed in each seeker's physical body in different ways. Some people experience electrical energy moving over their body. Some people experience similar sensations but rather than the sensations being electrical, they are those of being much larger than they actually are, as if, seated in the chair, their bulk became balloon-like and almost floated in the room.

[46] D has been a long-time meditation group member and supporter of L/L Research, and the Q'uo group was acknowledging him.

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There are as many reactions to increased awareness, and therefore increased energy, as there are people. Your response to the constant bombardment of third-density Earth with fourth-density waves of energy has caused you to have this particular reaction. There is no particular spiritual credit or debit to such sensations. They are a fairly mechanical part of your consciousness waking up and beginning to investigate who it is, who you are, what you are doing here, and so forth. We encourage you, my sister, to move right along with your investigation and not to be dismayed by the variations in your awareness of electromagnetic energies.

You will of course need to find out how to be comfortable with these sensations but we would suggest encouraging cooperation in a fearless and joyful way with the symptoms when they occur.

As to their being useful, this is something which we cannot discuss other than to say that it is a good question for you to ask yourself. It is a good avenue of inquiry to pursue in your personal process.

We wish you and all of those who are awakening and feeling somewhat disquieting symptoms of this type the courage to move forward without fear. For these are momentary and light symptoms of an awakening heart and nervous system, shall we say. It is as though, when you awaken spiritually, your energy body gets a chance to stretch and breathe and bloom. So you are in the process of helping your energy body to achieve a real maturity and many-petaled beauty. And we encourage you, and all who would seek, to serve and to learn.

Is there a final query at this time?

(Pause)

If there is no further query at this time, we will take our leave of this instrument and this group, leaving each in the love and the light, the power and the peace, of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
March 25, 2007

Group question: By the physical construction of the male and the female, it seem like in sexual intercourse there is a bias towards the male having an orgasm and the female not having an orgasm. Is there a metaphysical reason for this seeming difference?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is our pleasure and our privilege to be called to your circle of seeking and we greet those who are non-local in creating a global circle of seeking as well as a local one.[47] We thank you so much for creating time in this day for seeking the truth and we are humbled by your hope that we may be helpful in our thoughts. And we will share them gladly.

As always, however, we would ask that each of you be responsible for his own perception of these thoughts. If you wish to use them and they are resonant to you, then by all means, follow the path of that resonance. If they simply seem to you to be fair words but those which do not move you particularly, then they are not yours. For when you come across information that is subjectively helpful to your spiritual process, it sets up a kind of resonance. If you will follow the path of that resonance when you are receiving information, you will find that you cannot go wrong.

We thank you for this discrimination because we wish for you to reject the thoughts that we offer that do not help you. In this way we can be sure that we are not infringing upon your free will.

Free will is very much the lifeblood of the human experience, shall we say. In perfect free will, you have placed yourselves in an incarnation which is a heavier kind of illusion than that illusion in which entities who are part of the creation of the Father generally dwell. It is more difficult to know the truth because the truth is carefully hidden by the veil between the conscious and the subconscious mind. You do not remember why you came, or how to complete the lifetime that you hoped to complete before you took birth. You are in the position of having complete free will and yet finding that that means that you are responsible also for defining the game that you are going to play with your life, its rules, and its rewards.

Coming into heavy chemical bodies that reproduce by means of sexual relations, sexual congress, or sexual intercourse—these three terms being used interchangeably—you have come into a world of intense emotions, desires, expectations and fears. The tendency of people with free will who do not have the desire to create families is to avoid the

[47] This channeling meditation was broadcast live on the internet as part of a six-month trial of offering this service. The other sessions in 2007 are April 8 and 22 and May 6 and 20. There is a webcast navigation button on the L/L Research site.

experiences of sexual intercourse with partners who do indeed wish to become mated and to raise a family. Through your early history upon this sphere, there was a very clear-cut and definitive rule: if you had sexual relations, you were prone to have a child as a result of that sexual congress. If you wished not to have children, you did not have sexual congress.

The technology which your science has given you has created ways in which the function of bearing children is avoided during sexual congress by means of birth control. This creates a different situation in terms of energy expenditure. In the first instance, when there was no birth control, if you wished to treat a woman well and you were a gentleman, defined by the culture of the times, you wooed the woman, married the woman, and created a family with that woman. It was, in fact, in many early cultures part of the measure of a man that he could maintain a happy family.

Similarly, in those early times, the defined position of a female in society was that of a mate who was to be the helpmate of the male energy, the husband, the provider, the go-getter. The archetypical organization of male and female was kept fairly close to the archetype in conscious living by virtue of the male going forth and hunting and gathering and bringing home what was needed while the female energy of nurturing and inspiration kept a happy home, raised children, and created that atmosphere which produces a happy body, a happy mind, and a happy spirit.

The reason that this seemingly unbalanced situation worked so well for the spiritual benefit of all was simply this: that which male and female lost by playing the roles that they played was balanced by their mutual enjoyment of a happy home and the awareness that they had created that happy home from their affection for each other and for the Creator.

The times which you experience now are times in which birth control is generally available. Consequently, the attraction between male and female, whatever their seeming gender physically, is between those who care for each other. This is a potentially good impulse that could create energy exchanges that are of service to each other and of service to the Creator. When there is no need to be concerned about conceiving children the atmosphere of sexual congress changes in that it is known to be shared by two people who simply wish to create an exchange of energy rather than by two people who wish to have a family. Those vibrations are quite different, one from the other.

In the first instance, when there is always the awareness that a sexual congress might result in the birth of a child there is an instinctual awareness of the power of sexuality. Man and woman together in sexual intercourse know that they are using the power of their sexuality to create life. This creates an atmosphere that is potentially more conducive to transfers of energy which approach sacredness.

The playing field now has been leveled. Those who wish to have sexual intercourse may do so without fear of creating children. And consequently that first reason for valuing sexuality is gone. You are not using your power to create life, at least not physical life, if you are using birth control or have, by some other means, rendered yourself sterile. What are you, then, doing in terms of the exchange of energy that entities experience, without a doubt, when they do have sexual intercourse?

What they experience, potentially, is the right use of power and, to be specific, the right use of the power of sexuality. Now let us look at this from a couple of different angles, for this is not a simple subject.

In the first place, the reason that you have power is that you are a portion of the one great original Thought, a spark of the original fire, a glint in the Creator's eye. You are a focuser and a station which receives and transmits vibrations. You can receive from the world of space/time and you can receive from the world of time/space. You are very sensitive instruments, holding tremendous power, the power of unconditional love, that love which created all that there is, which created you, and which would create children through your use of sexual intercourse if you so desired it and made it possible through your own sexual intercourse with your mate.

The power of sexuality does not go away because there is no intention to reproduce the species. That reproductive function is an helpful function to a certain extent but it is not that with which spirit has anything whatsoever to do. That instinct of reproducing the species as thickly as possible is a pure red-ray instinct. When you begin talking about the power of sexuality and you are not talking about

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having children, then you are beginning to talk about the possibility of sacred sexuality.

There is no function for the woman having an orgasm during sexual relations if the desire begins and ends in the sacred mission of creating a child. Therefore, the easy access, shall we say, to stimulation which would result naturally in orgasm, was covered over by folds which one could think of as petals of a rose. They are not defensive but they are protective and in an archetypal way. Just as the archetype of the potentiator[48] has a cover over the book of wisdom that she holds to her heart, so a woman's womanhood has a veil that protects it from the casual stimulation of sexual congress.

In order to create a female orgasm, it is most often necessary for the mated pair to go about that in a careful and conscious manner. You have heard the phrase about pearls before swine, and we do not mean to insinuate or in any suggest that your physical bodies are swine. What we do mean to suggest is that the energy of red ray is an energy that cannot function as an energy transfer in the same sense in which we speak when we are talking about sacred sex.

Indeed, for the untutored entity who may indeed be fond of this lover, or even have decided to marry and take a spouse, these orange- and yellow-ray activities of personal relationship and legal relationship are not yet enough to create a true energy exchange. The only kind of energy exchange that is possible at this level is a one-way exchange from one entity to another. This has been experienced by many within personal relationships and within marriages.

And we feel it is safe to say that, in most people's experience, this kind of sexual intercourse, left at the level of the relationship and without opening the heart to a great deal more than is suggested by the simple running of orange or yellow-ray energy, results in the typical exchange of energy, where one entity manipulates, uses or otherwise dominates another entity. Therefore, one is indeed giving energy to the other and the other is accepting that energy. It is an exchange of a kind but is tremendously prone to being abused and becoming a toxic kind of energy exchange where the honor, dignity and self-worth of the entity that is being controlled and manipulated comes into question by both mates.

Consequently, when we speak of true energy exchange, we must consider that the energy between two people has moved a very long way from that beginning red-ray attraction which eventually initiates sexual congress. It has gone from lust to a personal relationship and then often to a legal relationship or a committed relationship which is mated. And then the couple has the opportunity to ask for the Creator Itself to enter the sexual relationship through the open heart.

And so the couple that wishes to express sacred sexuality and to become entities who serve in a certain way in the environment of planet Earth agree together, very consciously, to set forth on a journey together in which they woo each other with true affection and patience, in which they see the Creator in each other, and in which they feel the power of the Creator's love and the Creator's light. Each mate dedicates itself to loving the other unconditionally.

This is green-ray affection and it is at this point that the female orgasm becomes useful. There are more miles to go indeed in exploring sacred sexuality, but this is where it begins.

When true affection has been established in a sexual relationship and when that sexuality has been dedicated to the Creator, to each other, and to planet Earth, then the path of progression, for a sexually maturing mated pair, is to spend a good deal of time working with the blue-ray energy of communication. Each entity that is involved in personal relationships and sexual relationships is an oddity, a one-of-a-kind item. That is why entities are so specific about whom they love. They become used to a certain flavor of being that this entity exudes or vibrates. And so they prefer that entity's company.

Therefore, in communicating with each other, history is shared. The reasons for this quirk and that quirk become available, either because the mate understands herself or himself, or because you observe and become able to understand your mate all on your own.

Every piece of intelligence that you have, then, you see, is a kind of piece of power, as this song today

[48] Q'uo is speaking of the Potentiator of the Mind, one of the twenty-two archetypes of the Egyptian tarot. in this image or "concept complex" the woman who is the potentiator-figure is holding a book of wisdom to her bosom. The book is only partially seen, as she is wearing a veil over herself and the book as well.

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was suggesting, "a golden feather, a heart of stone"[49]. What shall you do with this knowledge of each other? Shall you use it kindly or shall you use it to make points the next time you become upset over a trifle?

When working with sexual energy, it is very important to realize that you are dealing with enormously powerful forces, and therefore, as you become more intimate with your partner, you need to become ever more careful, ever more affectionate, and ever more thoughtful about how you say things as well as what you say. For you have become a powerful person to your mate and you wish to treat this mate with all the honor and respect that you would give to the Creator Himself or Herself.

You see, if you are a man, your mate is the feminine energy of the Creator. If you are a woman, your mate is the male energy of the Creator. Together, you make the full 360 degrees of Creatorship that takes in all the polarities that you both express. You have shared all that you are and you have become one with the Creator.

How can you, then, value the female orgasm? You value it by creating a safe atmosphere in which such a thing can take place. You value it by continuing an atmosphere of gentleness, honor, romance, if you will: those small things that, to the feminine temperament, indicate a genuine and deep interest and not simply the red-ray sexual energy of lust.

If you are a woman, you treasure yourself. You do not worry about having an orgasm, as if it were the same thing as a man's orgasm for, my friends, it is not. Certainly it can be made rough and primitive. It can have the energy simply of sexual congress in the red ray. However, it is far more likely for the feminine temperament to appreciate what's going on when that orgasm happens to her. For a woman tends to have more of a connection with the unseen world. So, she is actually more aware of the kind of energy that is pouring through her when she is expressing an orgasm physically.

Consequently, a woman in that position is a priestess, just as a man is a priest, in sexual intercourse when they are working together sacredly. But to the man goes that kind of energy that is called by this instrument "yang," to the woman goes the energy that is considered by this instrument "yin," so that, in the sexual energy exchange that is sacred in nature, from the man comes that powerful energy of physical wellness and vitality—that which you think of when you think of the word "masculine."

What the feminine offers is the inspiration from spirit. That is the other portion of that male expression of strength, power and virility. The woman is expressing acceptance, unconditional love, and the energy of the Creator Itself. For you see, the woman, unlike man, is possessed of a direct route or connection to the womb of, shall we say, Mother Nature or the red-ray energy of planet Earth.

The woman has that sea of infinity and eternity flowing through her. She is much closer to her priestliness because she must tend to the circumstances of her menses monthly and she feels the pull of the moon, the tides, and her passions in a way that, generally speaking, men are not encouraged to do in your culture.

Consequently, if two entities choose to become magical in their sexual practice, they have the ability to become great ambassadors, if you will, of light. For as they consciously call up this power that they have together and give it to each other, when they are completely saturated and filled up with this energy of orgasm, they then allow that orgasm to shine, both into the world of time/space and the world of space/time.

In the world of time/space, it is a kind of birth of created light. You have, in your own way, lightened that expression of the Creator that is occurring upon your Earth at this particular moment. You have energized and healed, with your magically offered energy, the natural function of your sexuality. It is a long way from the red-ray disturbance of the senses that adds fire and color to the life by creating sexual desire and by giving a way for it to be fulfilled to the work in indigo where entities become sacred to each other in a very formal way, so that what they offer to the Creator and to the world is very consciously offered.

[49] This Robbie Robertson lyric, in part, goes like this:

In the autumn night
When there's no wind blowing
I could hear the stars falling in the dark
When you find what's worth keeping
With a breath of kindness
Blow the rest away.

I gave my love a golden feather
I gave my love a heart of stone
And when you find a golden feather
It means you'll never lose your way back home.

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This female orgasm, then, is hidden on purpose from easy access and it is immediately available to the mated pair who chooses to value the creation of the female orgasm as something that is not simply a add-on, shall we say, to the experience of sexual intercourse, but is part of an extended, romantic and affectionate time together in which the Creator is very much present.

Is there a follow up to this query? We are those of Q'uo.

Jim: We have another question, Q'uo. As this month marks the birthday of the Prophet Muhammad, peace and blessings be upon him, and we in the West have so little unbiased information about him and his way, I was wondering if you could add to what those of Ra said about this entity being a Messenger of the Law of One. I also would like to ask about the nature of his spiritual transmission, which is still so evident within the many Sufi orders today.

We are those of Q'uo, my brother, and we believe that we are aware of your query. The one known as Mohammed is one with the same energy that created Moses, Elijah, Nahum, Jeremiah, Isaiah and all of the other prophets and priests that responded to the call of that entity which we may call Yahweh, the "name" of the Creator that cannot be said because it is too sacred.[50] This Mohammed also was a prophet of this one God.

The problems resulting from the Koran are the same problems resulting from a good, solid reading of the Old Testament and those two works should be considered together when forming an opinion concerning these matters, for there is much in all the literature, not only of the Koran and the Old Testament but in those books and writings which did not make it into the final versions of those sacred works but had a good deal of information along those lines to share about this creation of the "One God" which, instead of being the one infinite Creator, was a kind of artifact made up of those of one of the groups that were guardians of your planet in an attempt to create a more spiritually capable human being.

Those whom they altered genetically, prior to placing them upon this planet in times gone by, they felt the need to follow. It is ironic, indeed, my friends, that those in your Middle East—the followers of Jesus, the followers of Yahweh, and the followers of Allah—are in a state of mortal combat. They are all of one blood. They are all of one teaching. It is a mark of the inefficacy of making physical changes in order to create more viable spiritual workers that this is so. That which was created to improve the genetic pool of gifts of the humans thus altered were the mind to be more intelligent, the body to be more strong, and the will to be more powerful. What no entity can put into a gene is any code that has to do with spirituality, for this is that which can only be chosen by free will.

Free will is where we began in this discussion and free will is where this question also takes us. By free will, entities following these teachers have chosen to focus upon judgment and justice: an eye for an eye and a tooth for a tooth; and someone being right and someone being wrong; someone being the holy people and the rest of the world not being the holy people. Followers have focused upon this rather than the inclusive gifts of the spirit that are equally obvious in the holy works themselves.

There is no more hospitable a book than the Koran or the Old Testament. The fatted calf is offered in many, many stories; not just one but sometimes thousands of them, because of the glory and the joy of certain meetings and certain occasions. Hospitality, indeed, to this day is a very, very important part of the culture of these entities who worship this "One God."

We would suggest that it would be helpful to look for the positive gifts of the one known as Mohammed in the mysticism of the Sufi's, just as one may most likely find the most positive aspects of the Old Testament writing and prophets in that small circle of entities who have worked with the Kabala to develop the Tree of Life. In both cases the outer husks of religion, the dogma, the exclusiveness, and so forth, have been cast aside to get to the heart of the fruit of spirituality which is the same in any religion or system of worship. And that is simply the adoration of the one infinite Creator by the creation that has been made. The Creator responds with Its adoration for that which It has created. This combination creates an infinite atmosphere of unconditional love. Those who focus down to this

[50] The formal "name of the Creator" to Jews is "Yod Heh Vau Heh," which is never spoken. For the sake of convenience, the Name is rendered Jehovah or Yahweh when spoken.

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point from any road, whether it be Christian, Jewish, Islam or any other, are doing the same good work.

Is there another query at this time?

Jim: Concerning the same time of evolution within the religious practices of humans here. Ra said that the Hebrew sounds had a special meaning or a very natural way of falling from the creation into use by humans. Is that because the Hebrew sounds are associated with the light spectrum or are they encoded with any human genetic code? What makes the Hebrew alphabet so special?

We are those of Q'uo, and are aware of your query, my brother. We apologize for not being able completely to respond to your query. There are two problems that we have with this query. Firstly the instrument herself is not a scientist and in order to speak in a way that would be helpful to you technically we would need to be able to use her instrument with her having embedded some terms and simple awareness about how light works which she does not have. What we generally do with this instrument when talking about light and the use of sacred sound is to call upon this instrument's experience as a singer.

We will say, this being understood, that sound is song. Any song an entity makes has a certain vibratory signature. However, each has perhaps experienced the difference between singing a popular song and singing a sacred song when you are attempting to worship.

When you are using sacred words and sacred language, and when you produce the sound consciously, aware of the sacredness of that sound, the voice brings to life underlying time/space-oriented or non-local energies that alert certain areas of vibration throughout the infinite universe of the one Creator. You can look at these simply as vibrations or you can look at them as Cherubim, Seraphim, and all of the other designations of unseen but very powerful and very real entities which are involved in the worship of the one infinite Creator.

These energies have been built up since the beginning of the energy of this octave of creation, with thousands and thousand of lifetimes and thousands and thousands of repetitions of various sounds.

(Side one of tape ends.)

(Carla channeling)

Certain sounds are therefore more sacred than others. The Lord's Prayer is a good example of this type of constantly repeated set of words.

It is interesting to note that perhaps the most deeply felt prayers, by those who have worshipped in the past in your Roman Catholic churches, have been those words that they did not understand but that they knew to be holy, the vibration of those Latin words by priests who did not even understand what they were saying, nevertheless, by their sheer repetition in the ears of the faithful, generation after generation, [they] became magical, and the use of them was powerful.

When an entity uses language consciously, he becomes a priest. And indeed, we say to you: everything that you say may be seen to be sacred or deliberately chosen not to be sacred, because the default setting of speech of any kind of utterance is that it is sacred. Yet that beginning nature of sound itself, when involved with the human breath, is not used by most entities in most applications. Most people are not aware that, when they open their mouth and speak, they are people of power, and so they do not concern themselves precisely with what they say. And they may throw away many, many words which mean very little, simply having a good time communicating small facts and enjoying life.

However, in the case of two languages, the Sanskrit and the Hebrew, those involved in the early creation of the tongues and the writing down of them into a form of notation which you would call writing were working from the premise that their sounds were sacred. And this makes them sacred.

It is not that there is a code involved or that there is some statistical relationship betwixt the genetic code and certain vowels or syllables. It is that the intention of those who created and notated those two languages was to create a set of sacred vibrations.

These were unique in the creation of languages upon your sphere because of the fact that most languages have been created by those who wish to do business. And therefore the whole vibrational energy of words in most cultures is not that energy of sacredness, at least not consciously. Certainly, when these sounds are brought together into inspiring speech or ineffable singing, once again the human heart can

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begin to hear the sacredness of sound and the power of the human breath to express the love and the light of the one infinite Creator.

It is well to sense the self as a priest and to know that each time you open your mouth, you have the power to judge and you have the power to love and forgive. Using your voice sacredly is a great service.

Is there a follow up to this query, my brother?

Jim: No more questions here.

We are those of Q'uo. Is there a final query before we leave this instrument?

R: Not from me, Q'uo.

We are those of Q'uo. It has been a great pleasure to be with you this afternoon, my friends. The beauty of your vibrations is astounding and we thank you for sharing this time with us. We leave you in the love, the light, the power, and the peace of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai. ♣

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Sunday Meditation
April 8, 2007

Easter Sunday

Question from D: I feel as though something is out of order as far as time and the perception of time. The days don't feel like they are supposed to be. It is as if something is out of sync. We are wondering if Q'uo could give us any information about the energies that affect our illusion at this time. Is there any particular reason why people who are sensitive to such things might be feeling that there is something not quite right with the way we are perceiving time; with the way time is being experienced in our illusion? Are there any spiritual principles here that Q'uo could speak to that might help us understand this situation?

(Carla channeling)

We are those of the principle Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a pleasure to be called to your circle of seeking and a privilege to be asked to share our humble opinions with you on the subject of perception of time at this time.

As always, we ask you to be governors and guardians of the temple of your minds and hearts. Listen to our words with an ear for that thought which reverberates and resonates to you. That thought would be the one most likely to yield results if you work with it. If the thoughts that we share do not have that resonant feeling, we would suggest that you lay them aside and move on. For that which you seek is waiting for you to discover it. Pay attention, therefore, to the path of resonance rather than to your high opinion of any particular speaker. We thank you for this consideration, as it enables us to speak freely without being concerned that we will infringe upon your free will or disturb the process of your spiritual evolution.

You ask this day concerning time, or the perception of time. It is indeed so that there are various ways in which the stream of time is plastic, and we would discuss them without giving one distortion priority over another in terms of whom they affect and so forth.

By far, at this time, the largest proportion of entities experiencing variation in time are those entities who are experiencing a simple speeding-up of time. Hours don't seem to be hours and days don't seem to be days. And the year goes by too fast. There is nothing metaphysical about this time distortion. It is, rather, an artifact of the changes in your environment over the last two hundred years.

Over the last two hundred years, a great deal has changed in your environment as a species, and we speak to those primarily in the first world, shall we say, and the new world, who have the conveniences of civilization in its corporate glory at this time and have come through the process of the industrial revolution. Two hundred years ago, if one wished to travel from Philadelphia to St. Louis, one boarded a wooden wagon, sprung on wheels and pulled by horses or oxen, or one traveled by horse, by cart, or

on foot, in real time, to those places where one wished to go.

Naturally this made everyone think carefully about where they wished to go, because they would have to devote whatever time it took to walk there, do the business that was to be done there and walk back, or alternatively to ride a horse there or harness the horse to a buggy of some kind. All of these things slowed down events. They had to happen at the speed of the human body's ability to move, or, at the very most, at the ability of a horse or ox to move.

A hundred years ago, things advanced considerably in that century. You were now able to travel by getting on a train. You were able to traverse the distance from Philadelphia to St. Louis in a thirtieth of the time it had previously taken. Nevertheless, you were earthbound. You gazed out the window and saw every speck of country between Philadelphia and St. Louis that lay along that track. You were still in real time, in terms of being in a tactile, sensual relationship with that which came between one place and another.

At your present time, if you traverse the distance from Philadelphia to St. Louis, you can get upon an airplane in Philadelphia and you can, in the same afternoon, land in the airport at your destination in St. Louis, having had no actual experience of travel, except that which is related to the peculiar experience of riding on an airplane which, at least in this instrument's mind, does not count as actual travel, for there is, besides a beautiful sky, no sense of where one is, no sense of the land between point A and point B.

Looking at another aspect of life two hundred years ago, if you wished to write and communicate with people, you took your pen and your foolscap[51] and you carefully wrote out that which you wished to say in a fair hand. You then gave that letter to the postal carrier who was working by horse and eventually that letter would be received. In local letter writing, entities simply sent messengers from one house to another with notes, and those notes were returned by those same messages on foot. Eventually, plans were made, associations were formed, and business was conducted.

A hundred years ago entities communicated by typewriter and could send the speedily written documents to their destinations on the train. The telephone was in its early days at that time and so people could communicate from place to place in certain areas where there were telephone systems. The cable and the wire were also ways of communicating rapidly and business and communication had sped up.

In your day entities tend to go through life with their cell phones on so that they are completely available at any moment from any where in the globe by anyone who has the telephone number of their cell phone. Computers send information using light as their medium. Needless to say, this communication is fast. Entities now are completely overwhelmed with information, communication and an intimacy that is global. The irony of having such massive communication is that entities feel more isolated than they did a hundred years ago, just as entities then feeling things speed up around them felt isolated by the change.

This is the major experience of people, and as we said there is nothing metaphysical about it. It is that which happens when people have too much to cross off their lists before they can rest. As life has gotten more assisted and entities are free from the drudgery of washing by hand, scrubbing on their knees the floor, having appliances, and so forth, more and more options have opened up. There are more and more expectations in more and more areas.

And the center that there was to life in a simple survival mode has been lost, because there are many assists to survival these days. Food is prepared for you and you can buy it ready-made or take it home frozen and zap it in your microwave oven. Yet at the same time you have lost that feeling of connection with the land and the crop growing from the land, going out in the dawning to harvest your crop, preserving it carefully, and enjoying the food that is yours, that grew on your land and that is for you. This has been lost. This kind of center has been lost in many different areas, so that entities are flying high and doing a great many things, but there is a tendency not to have a center that makes sense of existence or is the pivot around which the wheel of your life can turn.

The solution for correcting this distortion is to remove from yourself the necessity to respond to all

[51] foolscap: a type of inexpensive writing paper, especially legal-size, lined, yellow sheets, bound in tablet form. It got its name from its watermark, which in the seventeenth and eighteenth centuries was, literally, a fool's cap.

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of the different facets of possibility within modern life as you know it. And when you do each thing that you do it, do it with that feeling of a center to things.

What is your center? From what center are you working?

This instrument prays every morning, *"Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart.*[52]*"*

When your mind is on serving the one infinite Creator, then you can slow life back down, because you have a center. You can take the time to dedicate your efforts, no matter how humble or how grand, to the one infinite Creator. And this normalizes your time. It may still go quickly, but you have more of a sense of being there and being an active and conscious part of your own life. Without that center there is a tendency to feel that life has overwhelmed and overtaken you and you can never catch up.

There is another way in which time is being distorted, and we can only touch upon this generally because of this instrument's lack of knowledge of science, especially physics.

Two densities of Earth are existing simultaneously as they have always. However, up until approximately fifty years ago, by far the more powerful of the two densities that were shaping time/space was the third density, the density you now experience. At about that time, fifty years ago, the fourth-density planet Earth began to activate.

These things come in stages, coming from the very highest realms of manifestation and filtering down through the tree of life, shall we say, to individual galaxies, individual sun systems, and individual planets. But just as the turning of wheel that moves the clock from one o'clock to two o'clock, the hand of time began waking up fourth-density olanet Earth, to activate and become, in its turn, the manifesting density of this particular planet.

So, you exist at this time in a between-time, where third density's energy is all but gone and fourth density's energy is bursting forth. However, this is still a third-density experience for each of you who is experiencing Earth on what is called a time lateral.

The nearness of fourth density to third at this time means that there is a bleed-through. When one is operating on default third-density values, such as protecting the home and tribe and being the winner and that sort of value, the experience of this intermixing of vibrations is simply a feeling of being weary, cranky, sick or in some way "out of kilter." Rather than beginning to welcome these fourth-density vibrations they simply seem to be toxic.

The reason for this of course is that entities vibrate at a certain level. It is not a simple matter of the electromagnetic properties of your body. Your thoughts are very powerful and there is a kind of vibration that you create by your thoughts.

When you are tuning your thoughts towards thankfulness, joy and worship, your vibration is moving upwards. Your frequency of vibration is increasing. When you allow thoughts of depression, disappointment, grief, anger, resentment and other such negative emotions to persist in your consciousness, and especially when you allow them to become habitual, you begin to vibrate at a lower rate of vibration. You simply cannot enjoy fourth-density vibrations. They seem to be attacking the body.

Those who are conscious, awake and on the path of spiritual seeking do not feel these vibrations as toxic. They do not feel them as that which makes them sick. However, they may well feel them as challenging. For these vibrations are vibrations of shining truth. They demand truth. They live in truth.

You may say, "What is truth?" And we say to you that to each person it is something different. What the fourth density does is make transparent everyone's truth. One may see not only one's own center—which one cannot see now in the third density in which you live—one may also see the center of each other person.

It is a wonderfully normalizing thing to be at a fourth density level and to see the Earth populated

[52] These words are part of a closing prayer in the Episcopal Church's Holy Eucharist Service, Rite Two, found in The Book of Common Prayer, page 365. In that Eucharist, the words, "through Christ our Lord" immediately follow that text. In our Morning Offerings the closing prayer, of which this is a part, has a lot more to it and other thoughts of praise, prayer, devotion, thanksgiving and requests for guidance intervene before the closing of the prayer. However, our prayers are always concluded in the same manner, "through Christ our Lord" or some variation of that phrase.

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by flower after flower after flower of the Creator's sons and daughters who are coming into bloom in incarnation. That is the true nature of each of you, and that is how you would see each other, were you living completely in fourth density.

It is not that you would be better. It is that it would be transparent as to who you are. And it would be transparent to you as to who everyone else is. All the imperfections that now hold you back and pull you down into self-judgment mean nothing. Because it is obvious that every attempt is being made not to err. And yet error is inevitable. For when one is learning, one learns from one's errors. One must make the errors in order to progress.

Therefore, there is an inclusive feeling of one being one tribe when one is gazing at the other selves around one. Entities within third density often come very close to achieving this kind of fourth-density experience in special moments such as this meditation and such as the Easter services and the Passover feasts and all of the other holy occasions that mark this time of the year, for many there are, different religions and spiritual practices such as Wicca, which take this time to observe the rites of spring.

At these moments entities can almost see the promised land of utter equality, utter compassion, and the utter embracing of each other. They can almost taste that desire to move forward as a tribe and not to play off against each other but to serve each other, becoming the least in order to lead, as the one known as Jesus taught so well.

But for the most part it remains a challenging kind of vibration where you, in third-density bodies, with the third-density veil still down, are asked to look at everything that is keeping you from becoming a fourth-density being, everything that is holding you back from polarizing more and more towards service-to-others.

What is holding you back? It isn't going to be the same for any two people. In general what holds entities back is that which causes them not to pay attention to who they are and why they are in incarnation. It is easy to lose track of the big picture. If you can maintain a hold on the big picture and when you discover that you have strayed from it, move back to it, you will have the best chance possible of being able to cooperate and enjoy the revelations of truth that this fourth-density energy is bringing you.

If you see that which do you not like, take special care to embrace and examine it and research that which you are seeing. Do not say, "Oh! That could not be me!" Rather, dig deep and find out, within yourself, which is the echo and the shadow of what you are seeing in the mirror of someone else or some relationship of which you have heard that horrifies you. Do not turn your back on that and say, "That could never be me!" Rather, find that portion of yourself that resonates with the dark side of that which you have seen, and bring that dark image of yourself up.

When you face the darkness within you, you can ask it to work for you. You can say, "I need you. I need you, anger. I need you, grief. I need you, all seemingly negative emotions, because I need to persevere. I need to keep going. And you are my grit. You are my resolve. You are the iron that strengthens my will and encourages me to return to my faith. Come with me on this journey. Let us, dark and light side, worship and love the one infinite Creator in its mystery."

These actions will bring you ever more peace and serenity within yourself. As you acknowledge and embrace your imperfections and task them to help you be better and to help you become that which is ahead of you to become, what have you in mind to become if not that entity which is ever more polarized; more full of the love and the light of the one infinite Creator?

We do not say these are easy times for anyone, but they are interesting times. And each of you is here because you wanted to incarnate at this time very badly. You wanted to make a difference. You wanted to serve. And you want now to graduate at the end of your incarnation here.

Use these odd feelings of time being perceived crookedly to remind you that you are in this period of shining truth, which is being rained down on you in a sideways and circuitous manner because of the interaction of third density and fourth density. Their space/times are enough different that there is a challenging dynamic to the times.

There is another way in which we may look at time at this time, and we mentioned this earlier in passing. Because of the fact that your Earth is on a

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time lateral, time has deliberately been slowed in order that there would be more opportunity for members of the tribe of humankind to reach graduation with a polarity that will enable them to move on to fourth density. And we may honestly say that many, many entities have literally moved heaven and earth in order to maximize this possibility.

It is not only those from outside the planet or the planetary influence which have contributed to this effect of time dilation. It is also the many, many light-workers who, for the last half century and more, have joined the ageless community of those who meditate for the good of planet Earth, with very specialized agendas having to do with their being wanderers coming into Earth incarnation in order to help shift the energy from one vibration that is third density to a higher vibration that is more full of light, denser with the love and the light of the one infinite Creator.

And those wanderers have infected and spread the light so that many, many of those who are not wanderers at all have also awakened and become wanderers themselves, shedding and spreading light in turn on others, who in turn catch it and pass it on. This also has greatly ameliorated the severity of this shift from third density to fourth density.

And lastly, there is an experience which is very rare, but about which we feel that the one known as D is inquiring. When entities focus into the world of spirit past the point in thinking in words, generally they are entering into silence. So the one known as D is atypical in that she has not come into the heart of the mystery by entering the silence so profoundly that the doors open. This entity has done so by sinking down into the roots of language, almost as if she were able to take an electron microscope to the human voice or the human breath and discover what sacred act may be achieved by the use of symbol and breath.

And so this entity, too, has broken through a kind of barrier that, once broken through, opens up a vista that is infinite. When realizations of this nature occur, there is a mark left in the pond of local time. It is as if each realization is a pebble being dropped into that local, personal time experience, so that there are waves and ripples and disturbances. They are local. They are not dangerous. But they are definitely there. And they will only be found or be perceived by entities who are able to tune into the warp and woof of space/time.

Space/time is due to a mismatch; there is a bit more of space than time in space/time and a bit more of time than space in time/space, which is what creates, in both space/time and time/space, the ability of certain entities with certain organs designed to do this to be able to make sense out of vibration. Thusly, the mismatch between space and time in favor of time brings your illusion into focus. Your eyes are then able to interpret bits of information that they collect about that which is in front of them. They send it to a place in the brain which forms it into a kind of guess at what they are seeing and they are able to move forward as if they were seeing everything perfectly when in fact very little of a person's environment is usually in focus, and entities eyes are generally in focus upon the face of the person to whom they are talking, or some object which is the center of attention, and everything else is more or less seen but not seen.

When an entity is able to penetrate this mismatch, there is a still point, an astonishing experience which is full of possibility. And when this particular time distortion occurs, we encourage the entity that experiences it to pay very close attention to that which occurs and to ask for that which is one's heart's desire.

We thank you for this query and would like to know at this time if there is a follow-up to this question? We are those of Q'uo.

(Pause)

We are those of Q'uo. May we ask if there is another query at this time?

R: I have a question, Q'uo, that is somewhat personal, so I ask you to comment as you are able. The question is about my perceived lack of questions for entities such as the Confederation. As I keep learning my spiritual lessons I have noticed that when I was new to the seeking or consciously new to the seeking I had lots of questions. And as I have spent more time in silence I seem to have fewer and fewer questions, even though I am still just as grateful for the information and contact from the Confederation as I was in the beginning. Others have observed a similar process. My question is: is this the normal progress of spiritual seeking, which is turning inwards?

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We are those of Q'uo, and are aware of your query, my brother. Indeed, it is normal for entities who begin to seek to be very active in the constant process of questioning everything. In spiritual seeking the first thing an entity must do is tear down a good deal of misconception that has limited his growth without his even knowing it. As an entity begins to awaken he discovers many things that did not occur to him before because he is not ready for these concepts.

It is an exciting time and it is an important time for entities—that beginning, that waking up! And it is to be encouraged. Then there is a longer period in which, as you say, there are fewer and fewer questions, but you continue having questions and it almost seems as though you finish one layer of questions only to find a deeper layer of questions.

And then, my brother, finally, as one continues to seek, one reaches a level where there is a great appreciation for the information that is within the silence, and the tendency is to be hungry not so much for words, which are the creation of humankind, but for the concepts that are full of the mystery of the one Creator, that can be communicated from heart to heart rather than from mind to mind.

My we ask you have a follow-up query, my brother?

R: No, thank you for your comments, I appreciate that very much.

We are those of Q'uo, and we always appreciate your vibrations as well. Is there a final query at this time?

(No further queries.)

We are those of Q'uo, and since we have seem to have exhausted the supply of questions at this particular circle of seeking, we shall take our leave of this instrument and this group, thanking each for the true pleasure of being a part of the beauty of this sacred gathering of souls.

We are known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. ❦

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
April 14, 2007

Jim: The first question from T is: "What exactly is the time lateral of Earth? Does it indicate an illusion within a more real illusion? Or is it like the holodeck on Star Trek's fictional world? Then are all the stars and planets except Earth all holograms because Earth is in the time lateral? Or, on the other end, if there was no such thing as a time lateral in the beginning, what would the third-density Earth be like?"

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this evening. We wish to thank you for the privilege of being included in your circle of seeking and are happy to share our opinions with you about the queries with which you come this evening.

As always, we would ask for you to use your discrimination, listening carefully and distinguishing between those thoughts that seem helpful and resonant to you and those thoughts that do not. Please abandon those that do not ring true to you and work with the ones that seem helpful. In this way, you have protected your own process of evolution and have used your free will in order to distinguish between thoughts helpful to you and those not. We thank you for this consideration.

As always, when we speak through this instrument concerning those questions which have to do with physics and the whole realm of science, we express the surety that we shall not be able to be precise in our response, for this instrument does not have the knowledge or the vocabulary of mathematics and physics at her command. Nevertheless, we shall attempt to share our thoughts with you in the best way which is open to us.

At the end of the second minor cycle of harvest in third density upon planet Earth, the Council of Saturn became concerned that the solar system as a whole had been able to bring to a normal graduation only one of the planets in this particular solar system that you call the Sun. It decided that it would be helpful to create a time lateral and to place the planet under strict quarantine. It was further decided that all of those entities whose third densities had been interrupted be brought to Earth to join Earth's cycle leading to harvest.

Accordingly, the metaphysical or time/space portion of your third-density Earth was reconnected to the main track, shall we say, of the progression of time/space and space/time in such a way that it was as isolated and protected a hotbed or greenhouse for growing souls as could be devised.

It is precisely as real as the main track of time/space. And indeed, it is equal to the main track in time/space. It is a carefully created alternative track which naturally feeds back into the main track of time/space and space/time progression.

At the conclusion of this time lateral, then, the population of planet Earth shall be ready to take

advantage of the opportunity to end the third sub-cycle of harvest and greet the end of that seventy-six-or-so-thousand-year cycle that is a third-density cycle in its completion.

Because this is not a physical alteration but a metaphysical alteration, there is no physical marker for the end of the time lateral. And indeed, this time lateral has been very successful compared to experiments in the past. The accumulation of awakening interest in altering the course of the vibration of planet Earth has been late in starting but has rapidly spread and gained strength in all parts of your globe, in all peoples, cultures and places. Your world is truly waking up.

Again, because of the fact that such activities are primarily metaphysical rather than physical in nature, the effects of the improvement in the vibration of planet Earth are not physically obvious except for the fact that your Earth is still functioning without the need to experience a polar shift. It was thought at one time to be probable that your Earth would, by the end of your twentieth century, have found it necessary, in order to express the heaviness of the vibration of Earth, to destroy the Earth once again in terms of it being habitable for human life, as you call your third-density species.

However, the work of many groups such as this one has created the possibility of a strengthened and lengthened track in the time lateral so that the maximum number of entities may awaken and choose whether to serve others or to serve the self before the time of such choice has passed. Once again, there will be no physical change when this time has passed. There will only be a change in the core vibration of the atoms of your universe, atom by atom, cell by cell, being by being.

You have asked if the experience of the time lateral is like the holo-deck and we would say that, indeed, whether you speak of the time lateral that you have experienced, with its careful isolation and insulation from the full spectrum of thought available in the infinite creation of the Father, or whether you speak of the main track, you have the same material and one single agenda for moving forward and fulfilling your hopes for progress within your present lifetime within third density.

May we ask if there is another query at this time? We are those of Q'uo.

Jim: The second question is: "In such a vast Milky Way, did the time lateral experiment happen in other planets before? If so, are the results always positively successful?"

We are those of Q'uo, and are aware of your query, my brother. Such experiments have occurred from time to time in the past and the results have been checkered.[53] There is, perhaps, nearly an even division between those experiments in which the various groupings of entities upon the planet turned from strife to a more unified view of the planetary population as one tribe and those that were not able to achieve graduation in either polarity.

Some of those experiments succeeded. There have been other attempts at, shall we say, cleaning up the energies of an entire planetary system where it was not possible to bring entities into one united spiritual being that could be called a social complex.

The difference in planet Earth's experiment is that the sub-Logos chose an experiment which was extremely rich in the full play and travel of free will, so that the veil was quite thick and almost impenetrable. This heavy veiling and full play of free will has resulted in entities turning not to the Creator but to their own intellects and to their own abilities to find solutions to what they perceive as challenges or problems.

In previous experiments, the veil was thinner because there was not so heavy a veiling and there was not so much free will. The nature of third-density entities upon your planet is, therefore, somewhat more primitive or has a tendency to remain primitive longer than on planetary experiments where the veil has been thinner and it has been more obvious to entities, by virtue of the thinning of the veil, that all are one.

In the absence of any hint from the outer world that all entities are one interconnected being, the tendency has been, upon planet Earth during this cycle, for entities to find reasons to separate rather than unite and to disagree and come to embattlement rather than seeking with all diligence for points of commonality that become a consensus for gradual and global change. At this point, we can

[53] Checkered means marked by numerous and various shifts and changes; variegated or marked by dubious episodes; suspect in character or quality, according to www.dictionary.com.

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say that the probability is that your experiment shall, to some extent, be successful.

The outcome which those of negative polarity in higher densities would like to have occur upon planet Earth is that the majority of entities upon planet Earth decide that they are only safe and in proper spiritual alignment if they can live in fear and continuously find enemies to fight in order to express the feelings of winning the day and controlling what is seen as available sources of power, and we mean this not only physically but also metaphysically.

If a planetary social complex became involved in what you could call a "knot of fear," then they might voluntarily choose not to rejoin the main track. This would mean that this particular planet would be locked in a permanent third-density cycle without the third-density energy needed to progress. This would make this planet a slave planet in which entities fought and suffered endlessly and created food for the fifth-density entities who have long eyed this planet with greed and the hope of conquest.

Again, we cannot know the outcome of that which is completely at your free will. We can only tell you that the probability/possibility vortices have greatly opened in a favorable way within the past generation or half century of this planet's history. Things look hopeful, shall we say, that the rapidly increasing awareness of the need to choose a better way than strife for relating to one's fellow beings is needed. And as this realization spreads and as the hunger for true peace, union and love among all people grows, there is very likely to be a positive outcome at the end of this time lateral.

May we ask if there is another query at this time?

Jim: The third question is: "Evolving to the fourth density seems a distant goal. Is there a simple way to measure how close we are to the threshold of the fourth density? Living on Earth by faith alone, we are prone to losing our faith. What spiritual principles are involved? What practical advice can you offer?"

We are those of Q'uo, and are aware of your query. Your question is in two parts and so we would prefer to respond in two separate communications. Therefore, when we conclude our thoughts upon faith, we would ask that you repeat the first part of your query. We would like to respond to your question upon faith first.

My brother, faith is that which is a product of the use of will to choose to know that all is well. It is not faith in anything. It is not tangible. It is not measurable or quantifiable in any way. Yet all entities know what faith is because when they see it, they are drawn to it, transfixed by it, and blessed by the light that is expressed from faithful eyes, faithful voices, and faithful hands.

The spiritual principle involved is very close to the beginning of creation. For the principle involved is a mature understanding of the function of free will and the structure or makeup of your mind, body and spirit in third density. Because of the thickness of the veil, it is indeed not only difficult but impossible to prove any reason for faith.

Faith is truly faith. It is not faith in something proven, no matter how religious leaders like to use logic and words to create an atmosphere where they may convince believers that there is only one tortuous path to follow in order to find salvation.

Indeed, faith is born within each entity's heart as he decides or chooses to rest without varying in the vibration of absolute faith that all is well. It is an activity and a choice which is strengthened as it is used. Like any muscle, it gets stronger with every repetition.

There are those strains within entities which would prefer not to be powerful. There are ways of thinking endemic to the human condition, shall we say, that would like to lean upon an outer support, such as that which religion offers.

And to our way of thinking, all such endeavors are potentially helpful. We always encourage entities to seek amongst the various ways of seeking the Creator that are present upon your planet to find a good fit for outer work, such as attending services with a group, acting as a spiritual community, studying a body of sacred literature, and other ways in which religion attempts to help entities mature spiritually.

However, when entities give their power to others and say, "I must listen to an intermediary. I must cast my hopes upon the kindness and compassion and saving grace of an intermediary," they have not yet grasped and accepted the responsibility for their own power.

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This instrument has been reading a work by an entity named Joshiah[54] and this entity's work is very congruent with that point that we are attempting to make. The one known as Joshiah says over and over that each entity makes its own reality.

We agree completely with the one known as Joshiah. You, as an individual, create your reality and you as a tribe of humankind create together a global or Earthly reality. If you do not like your reality, you are able to change your reality.

However, in order to change your reality, you must believe that you are capable of doing so. You must believe in the power of your own choices. As you polarize, choice by choice by choice, we ask you to look for the light that is given to you. Seek out the wisdom that is available. Dig deeply within yourself to discover the heart of compassion that lies within you, inviolate and untouched by any human error.

For you are one with the Creator. And that goodness and love which is the very nature of creation is at the heart of every cell of your body and every atom of each cell. Your very nature vibrates with the infinite love and light of the one Creator and you are a Creator in your own right, not greater than any other Creator but able to choose your reality and to see it into manifestation.

In a minor way, each entity does this. Entities choose to pursue various ends in a worldly sense and are able to see the results of those choices. However, we are talking about power at the level of changing the vibration of your being. For as you tune your thoughts and as you persevere in the outworking of faith within you, you can become a part of the shift of thinking that lightens not only your vibration but the vibration of the entire planet.

It is the hope of many who watch this experiment with interest that entities shall become so on fire with love and so able to share that love in a pure way that does not create exclusion and the tendency to form cliques or to isolate themselves from others who think differently, that, in one sweep of relatively short time, the planet will come alive with the realization that it can, as a whole, find a way to express the love and the light of the one infinite Creator in a way that is more congruent with those fourth-density energies that are already a very big part of your third-density experience.

[54] Bub Hill, *Joshiah—Conscious Creation*.

May we ask at this time for the remainder of the query to be repeated? We are those of Q'uo.

Jim: "Evolving to the fourth density seems a distant goal. Is there a simple way to measure how close we are to the threshold of the fourth density?"

We are those of Q'uo, and are aware of your query, my brother. From the preceding answer, you may perhaps guess that we shall inform you that there is a very easy way to judge as to how close you are to fourth density. You are in fourth density, my friends. You are in third-density bodies and so are not able to see the incredibly beautiful infant fourth-density Earth that interpenetrates third density at this time.

However, far below the level of conscious awareness, you are more and more aware of your power, your truth, and your beauty. The thinning of the veil has been occurring for some time, as these energies interpenetrate more and more. At this time there is virtually nothing of third-density energy left. There is just enough energy left for a few more of your years in which entities can make the choices that will place them in a position to be able to graduate from third density to the density of love that is your fourth density.

May we ask if there is another query at this time?

Jim: "During my recent study I found a small paradox regarding Latwii's home. I'm not being picky, I just want to make sure if dwelling in a sun body indefinitely is strictly a hallmark of sixth-density beings?"

We are those of Q'uo, and are aware of your query, my brother. It is indeed so that it is the sixth-density habit to dwell as part of sun bodies. Those of fifth density cannot sustain the vibratory purity necessary to dwell within the sun body.

However, under the influence of the union of what you would call male and female energies, there is, in that state of consciousness that involves mutual love, each for the other, the possibility of moving into sun bodies in order to express the fusion energy of sexual congress: light to light and love to love. That energy cannot be sustained and so when the expression of love has been concluded, fifth-density entities move out of that level of vibration and into their fifth-density physical bodies, shall we say.

Is there another query at this time? We are those of Q'uo.

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Jim: "I wish to know the opinions of Q'uo regarding the Oriental wisdom. For example, the Buddhism, Taoism, Feng-shui, Chinese medicine, fortune telling, etc."

We are those of Q'uo, and are aware of this query. There are portions of this query which we must tread carefully in answering, due to our desire not to infringe upon free will. However, in general, we may say that in our opinion the religious practices and folk practices of the Orient are worthy, just as are the practices of the West. You may guess from what we have said earlier concerning churches that we feel that all organized attempts to understand the infinite Creator, the self, and one's place in the creation are worthy.

We would not rate one strain of pursuit of the truth as being more worthy than another. We note that some entities are drawn to intellectual discussion and contemplation, while other entities are more drawn to a pure emanation of love. Other entities are drawn to expressions of power and wish to align themselves with that power.

Each religious practice and folk practice follows one of these three strains of study: either the intellectual and increasingly abstruse consideration of truth, the non-intellectual pursuit of insight, realization or gnosis, or the manipulation of the forces of the natural world for the benefit and safety of the self. Some religions have only one of these strains. Most have two and some have all three.

Lying beneath, above, on all sides of, and interpenetrating all of these structures lies that which may be called the truth. The truth lies within you. It is a creature without words. It speaks in silence. It gives information that is far richer and more powerful then any words. It is to that entity who finds his way to the silence that speaks that realization will come. To us it matters not how that entity forms itself up or follows ways to tune itself in order to seek the truth. The fundamental matter of importance is to reach the heart of the self where the silence speaks.

Is there another query at this time?

Jim: "In our last meeting, we discussed the red chakra and sexual energy. So I wish to ask Q'uo some advice to raise or unblock the energy flow of the red chakra. Since most of my energy is supporting my brain, I think that my lower three chakras are weaker. I wish to boost the energy into my red chakra so that my energy flow can be raised from the indigo chakra to the crown chakra."

We are those of Q'uo, and are aware of your query, my brother. Again, we shall need to tread somewhat carefully in our response in order to avoid infringement upon free will.

There are misconceptions wrapped into the question that has been asked. And so we must spend a bit of time looking at the question from various angles.

Firstly we would correct the misperception that the reason for unblocking the red chakra is to enable the energy to move into the crown chakra. This is not correct. The reason for opening the red-ray chakra is to bring power through into the heart. There is not a direct connection between opening the red-ray chakra and opening higher chakras.

(Side one of tape ends.)

(Carla channeling)

It is something that must be done not once but again and again. Indeed, the chakras can become blocked many times in one day, either by fear or by over-activity of desire.

The second misconception within the query has to do with the comment concerning energy moving mostly to the mind. It is easy to think of the energy body as having some dynamic between mind and heart. However, in terms of the movement of energy through the body, there is not an entity which could be called "mind." Rather, there are various kinds of energy within the energy body. The energy of the mind could be seen primarily to be that energy of the orange-ray chakra and the yellow-ray chakra which together form what is known among your peoples as the ego.

The ego or the personality shell dwells within those two energies. And so let us speak briefly of these two energies.

The energy of the orange-ray energy center is that energy in which the individual expresses its power as an individual. The orange-ray chakra can be blocked by the feeling that one does not like oneself or does not feel that oneself is worthy. It can also be blocked by feeling that other selves are not likeable or are not worthy.

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The yellow-ray chakra is a powerful chakra within your system because you are in the yellow-ray density. It is the chakra where you express your power as part of a group and as your humankind is a very social group, interdependent upon one another for the necessities of life, there is the tendency to find ways to think of oneself as powerful in third-density ways, such as religious groups, birth families, and mated families.

When you say that the primary power in your energy body is going to your mind, you are really saying that you are blocking and/or over-activating the orange-ray and the yellow-ray energy centers of your energy body. This means that energy is not getting through to the heart in its full spate.

In our opinion, working with the energy body is working with a structure which is made of feelings and ways of expressing feelings. When you are successful in keeping your rays open, then you become transparent to the energy flowing through. So it is not that you are doing anything when you have cleared your chakras but rather that you have become an instrument, a wind instrument to be exact, so that the Creator may play you, may blow the wind of spirit through your instrument and you then create a song, a melody of love and light from the impression of spirit upon your instrument.

How many times this day have you considered the beauty of a thought? Indeed, how many times this day have you considered your thoughts carefully? We encourage a daily examination of those thoughts and feelings that have changed you this day, that have taken your mood and moved it, either in a positive way, according to your judgment, or in a negative way.

What has attracted you this day? What has repelled you this day? These are the images you wish to balance so that you may see that you are all things and that there is nothing that is foreign to you. Thusly you may gather together your entire self and know its worth, despite surface appearances to the contrary.

We ask that you consider, my brother, the possibility that dwelling within one chakra or another is not the goal of a spiritual seeker. Rather, the spiritual seeker's goal is to serve the one infinite Creator. In doing so, all of the notes of this instrument shall be played. None of the chakras is more important than any other. They are all necessary for the functioning of the energy body. It is just as important to have a strong red ray or a strong orange ray as it is to have a strong indigo ray. It is impossible to do work in consciousness before you have begun to have a holistic view of your energy, valuing every aspect of your feelings.

We use this term, feelings or emotions, in a general way, being unable to dig deep down beneath surface emotion to the archetypal rivers of emotion that are true or hold the truth within their flow. Think of it in terms of vibration. Overall, your energy body vibrates at a certain rate. It is a conglomerate rate and the read-out of that rate is your violet-ray chakra.

What you are attempting to do in opening the heart is not to leap from the heart into indigo ray but simply to find yourself able to use the resources of the heart chakra which make work in consciousness ever more possible. As that heart not only opens but is persuaded by the constant tuning of the individual to stay open, more and more, finally there is a habitual default setting of open heart and dependence upon the concept of love and a need to be a part of the principle of love and light upon planet Earth.

In such a way shall you be able to keep your system open and ready to speak the words of love, to sing the melodies of wisdom, and to reach out, hand to hand and heart to heart, to each other, as you practice being one in love.

May we ask if there is another query at this time?

Jim: No more questions from T.

May we ask then, before we leave this instrument, if there are any queries in the sitting group at this time?

R: Many questions are on my mind but they are overridden by the appreciation of silence, where the answers lie, Q'uo.

We are those of Q'uo, and are aware of your desire for the silence. And so we shall leave you to that silence, thanking this instrument and this group for creating a circle of seeking and for inviting us to join. We hope that our humble words may be of some use to you. We honor you and leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai vasu. ♣

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Sunday Meditation
April 22, 2007

Group question: Our question today has to do with catalyst and how we process our catalyst. We are wondering how we could really test our feelings or know our feelings or know when we have worked successfully, and when we have perhaps worked with it on a surface level and then maybe buried some of it that really needs some more attention, and thinking that we've gotten it and then we go on and at some point it seems to come around again and we need to work on it again. So, Q'uo, please give us some direction as to how we can take a look at what's happening in our lives with our catalyst, so we know when we are working with it successfully and when there's really more work to be done because we've either ignored it or buried it in some fashion.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a great privilege to have been asked to join your circle of seeking this day. We cannot thank you enough for the opportunity of being allowed to share our thoughts with you at this time. As always, we would ask that each of you use your discrimination as you listen to what we have to say, keeping those thoughts that seem helpful to you and discarding the rest. This allows us to feel that we are not likely to infringe upon your free will or to interfere with the process of your spiritual evolution. And we appreciate your courtesy in tending your own thoughts and guarding the temple of your heart, your mind, and your spirit.

You have asked this day concerning catalyst and the responses to catalyst and so we would like to begin by sharing some thoughts about the process of catalyst and why it is even necessary to have catalyst.

As the group was discussing earlier, the spiritual path is a path of transformation. There is an archetypal energy that surrounds and integrates your everyday experience with the eternal, the infinite, and the mysterious. You are that meeting point of two worlds and you are that translator that gradually learns to become able to switch back and forth between the two, sometimes surprisingly different, points of view of the two different worlds: that world of time/space where metaphysical realities like concepts and thoughts have the kind of mass that you would think of a person or a chair having, so that they are very real entities within that world; and then coming back into the everyday world where such thoughts and concepts are not at all solid and seem so insubstantial as perhaps to be useless. You are that integrative element in the design which gathers information for the Creator and offers that harvest to the Creator.

The archetypal arrangement of your third density is a hero's journey, let us say. It is a stately journey which is both very simple and amazingly complex. The simplicity of the journey is that the needs of the doughty knight upon the road of seeking are faith

and will. These two energies can fuel an entire lifetime of seeking through thick and thin, as this instrument would say.

At the same time, the shape of this journey is somewhat complex because the energies that you carry are all of the energies that there are. You are a holographic bit of the one infinite Creator, so that in every cell of your body the Creator is at its heart. The Creator is also at the heart of your life, alive, as this instrument would say, and well, waiting in those sacred chambers of the inner heart to be discovered and to be used as the resource and asset that unconditional love always is.

Your journey is a journey from the start of the incarnation, where you are not precisely a blank slate but a very uninformed soul, to the end of your life, where you have made decision after decision and met circumstance after circumstance in ways which develop into patterns, which develop into your identifying yourself as an entity who does things this way.

Your choices build upon themselves until you have built for yourself a house in which you live. This house is made of ideas about what is right and what is wrong. And periodically, you clean that house and you sweep out your old ideas and dust up all of those icons that you click on the desktop of your life to open up emotions and feelings that seem good to you.

One such example of this kind of icon is the cross that this instrument wears around her neck. Many different emotions are possible when gazing at this instrument wearing her cross. This instrument has a certain reason for wearing this cross and responds to that image in a way that she feels helps her to become a more faith-filled and service-oriented person. It is a reminder to her that calls to her each time that she gazes down at it as it hangs upon her bosom or sees it in the mirror when she is passing the commode in the bathroom, for instance. It is a kind of constant tuning mechanism for this instrument.

Many things in everyone's life begin to hold that kind of ability to change the tone or the vibration of the moment simply by being seen, heard, smelled or some such sensual cue.

In this archetypal journey, the self is splayed, shall we say, like all of the colors of the rainbow, across the various types of energy that are experienced within the energy body and the various types of expenditures of energy that result from that which is taken into the energy body.

Your incarnation is in a classroom or a school that this instrument has called a "refinery of souls." You are looking, during your incarnational experience, to create for yourself a personal reality that seems to you to be an improvement in terms of service to others, and other ideals that you may have, from how you were vibrating and, shall we say, who you were or who you saw yourself to be when you first awakened to your desire to move forward on the road of seeking to take some proactive part in attempting to encourage yourself, now that you have awakened, to wake up even further.

You do this by receiving catalyst and then by choosing how you shall respond to this catalyst. This is where catalyst comes into this archetypal journey of every soul that seeks to return to the one infinite Creator and to become aware of who he is and why he is here. Catalyst, therefore, has an archetypal and sacred place in the scheme of this school. You may see each time that you are overly disturbed by an event or a thought as being a time of receiving catalyst.

The nature of catalyst is that it, itself, is not changed. But it provokes or triggers a reaction from those chemical elements around it. This is a term used in chemistry and has a fairly precise meaning. That is what catalyst basically is. The one known as R was saying earlier that he realizes that catalyst is received from the mirroring that he receives from those around him, and we feel that this concept is worth investigating a bit further.

Perhaps you have been told at some point that when you are dreaming, whatever story you are dreaming contains several different characters and they look different than you. However, in terms of analyzing your dreams, you understand that at one level or another all of these entities are a part of you, that you have, in your dream, out-pictured and separated these personas from the rest of yourself in order to look at them more carefully.

In your waking life, the dream goes on. However, the structure of it is different because your subconscious is not directly able to organize the agenda for the most helpful things that could

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happen to you as a spirit seeking to know itself better.

What happens in everyday life is that that same spirit, hovering over all creation, brings to each seeking soul a rich harvest of people and events that contain the seeds of those lessons that you incarnated partially in order to learn.

You have other reasons for incarnating. You desired to be of service and you desired to be in this particular place at this particular time because of the momentous shift in consciousness that is occurring at this time.

But each time that you look into another entity's face, spiritually speaking, you are looking into your face and the face of the one infinite Creator. Therefore, when someone says something that hurts you or makes you feel happy, life has out-pictured the energies that are moving inside of you so that you can look in the mirror of another person and that person's concept of who you are and see things both happy and sorrowful that surprise you and about which you realize that you need to think, because they are new thoughts. They are the seeds that have been given to you this day by your own temperament.

At the end of each day, therefore, it is very helpful to review the catalyst that you have picked up that day. What has moved you towards the positive? What has made you experience negative emotions, so-called in your society, such as anger, guilt and resentment?

The play of these thoughts within your head is tantalizing because your surface thoughts skate away like little insects on the pond, moving too quickly for their movements to be able to be understood or isolated as they are going by. However, in your time alone, you may choose to contemplate the thoughts that you have thought this day. What reactions have you had to the catalyst that you have perceived?

As you keep doing this asking of yourself and then reviewing your daily feelings and thoughts, you will begin to see a very rich array of patterns, so that you can see that, "Okay, at this level, my pattern is this, and as I go deeper, my pattern is this."

And there are two different ways, two different points of view to take, in dealing with the same circumstance. Generally speaking, entities' surface reactions or instantaneous reactions to catalyst tend towards being fear-based and shortsighted.

Naturally, enough entities in third density are not hit over the head, shall we say, by the catalyst. They are able to rationalize their reactions to various types of catalyst in ways that do not involve the necessity to change or transform the self.

It is the spiritual seeker who proactively chooses to enter into that transformative road of seeking that can begin to move to layers deeper than instantaneous and sometimes instinctual reactions; to seek further into where in the energy body that over-activation or blockage is occurring, why it may be occurring, and how he can clear that blockage.

As you become more experienced at reviewing your thoughts, you will become ever better at finding the precise triggers that have caused your catalyst. However, as you become more experienced, you will also have been practicing seeing what triggers you without judging what triggers you. When judgment enters the equation of feelings and emotions, the natural tendency of the non-thinking person is to judge what has been thought and to put it away in a slot that, while judgmental, does not put it away for good. It places it in a part of the memory where toxic feelings are periodically recycled, again triggered by another piece of catalyst.

Therefore, in general in doing such subtle work, you basically know that you have finally become balanced on that one piece of catalyst when it occurs to you again, or it occurs to you in memory, and your only reaction to the memory or to the occurrence is to smile and say to yourself, "I remember that lesson. I think I really have learned that lesson and all I feel for you, piece of catalyst that you are, is love."

There is a very specific difference between catalyst with which you are not finished and catalyst which you have balanced. When you remember a piece of catalyst and experience something sad or something said to you, and it puts you back into an emotional state that corresponds with the emotion that you felt at the time of the initial incident of receiving catalyst, then you have not yet concluded your work upon balancing that particular kind of energy expenditure.

When instead you recall the instant, or the remembrance of that experience comes to you, and you do not have a feeling of being there but only of acknowledging the presence of that lesson, then you

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are probably complete in your dealings with that catalyst.

So it is a matter of observing where your triggers are and, when you are triggered, looking carefully at the thoughts that arise and the feelings that come with those thoughts. What you are doing is a kind of prospecting. You are looking for the gold in the ore of your personal, emotional, psychic and mental mind.

The joy of this kind of work is that you find gold at the heart of each learned lesson and it is a lesson that is, shall we say, a heavenly treasure, a treasure of the soul. It is not something that has any value at all in the outer world. All of its value is within that world in which you are a citizen of eternity and a member of the godhead principle.

We are those of Q'uo, and would wish to know if there is a follow-up to this query at this time?

(Pause)

We find that there are no more queries and yet we find that this instrument has energy yet, so with your permission we would like to continue our conversation with you. Would it be acceptable to each of you if we talked a bit, before we left, on subjects of interest to us? We are those of Q'uo.

(Agreement from the group.)

We are those of Q'uo, and we thank you for your willingness to move with us into what this instrument calls potluck.

We would like to ask all of you take a moment now and to become aware, in the silence that follows these words, of the beauty and the perfection of yourselves and of the fact that you are never alone.

We ask you to rest in the silence and experience yourself.

We would also like you to open yourself to receiving information at the silent level. As the one known as Joshiah[55] says, silent communication is by far more eloquent than words, for words are poor attempts to translate the mighty and living power of concept into the flat structures of language.

We shall now pause. We are those known to you as Q'uo.

(Pause)

We thank you, my friends, for moving with us into this space of grace and sacredness. We of Q'uo are most grateful to be able to share with you on these silent levels. And truly there are many sources of positive information which are also glad to interact with you in the silence. It is, however, always necessary for you to ask for the presence of such entities in your meditations. This is to avoid any infringement upon your free will.

We enjoy this instrument's bewilderment, for she naturally has no idea what we are going to say. And what we wish to say does not take so very long. We would simply encourage each to gaze with more and more willingness to be enraptured at the happenings of the day.

It may seem upon the surface that the life experience is made up of bad news around the world, difficult situations in personal and corporate life, and so on. Yet the great secret to life is to look closer, to move past the surface, with its dazzling array of surface catalyst, and into those quiet woods, waterways and caves of your own being.

We are not encouraging you to withdraw from the world. We are not encouraging you to separate yourself from society. But we are encouraging you to come to appreciate yourself in a different way than society shall ever appreciate you.

Your culture is a very disempowering culture, in our humble opinion. It seems to be bent upon removing from your mind any thoughts that do not have to do with maintaining the status quo of life as a consumer. However, my friends, you are at heart not simply a consumer. Indeed, you are potentially a co-creator and a magical, powerful being, capable of functioning in such a way as to change the true core nature of planet Earth, on the metaphysical level.

It is a real challenge to take oneself seriously when the veil is so thick. Further, it is difficult to take oneself seriously when one makes so many errors, at least self-perceived errors. And yet, beneath the thoughts and the judgments and those surface details of your personality lies a part of yourself which you share with every living being in the universe. You share the consciousness of unconditional love.

This consciousness you have in common with all souls. As the one known as A has noted recently, this is a spiritual democracy. You are precisely equal to

[55] *Joshiah—Conscious Creation* is a book of channeling by Bub Hill.

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all other souls. You are all a part of the infinite Creator. When you are attempting to form a rule of life, as each of those present in this room is attempting to do, let the heart and the soul of this rule of life be love. Let the center be consciousness.

What is consciousness? In your spiritual writings, there are various ways of looking at what the ground of being really is. In this instrument's Christian faith the ground of being is embodied in a person, the person of Jesus the Christ. And this entity carries in his story the vibration of unconditional love in a way that anyone can understand, at least in the broad strokes of giving up ones life in order to serve others and to make life richer for others.

Again, you see the importance and the sacredness of this catalyst that you receive in life. Many times within each person's life, there is that feeling of being on the cross and suffering. Remember the rest of the story, my friends, when you feel that way. Christ-consciousness does not stay upon the cross of sacrifice but rather, having accepted that sacrifice which is inherent in growth, transformation and service, the entity known as Jesus the Christ soared to the heaven worlds.

And so may you, as you experience that feeling of being on the cross, that feeling of suffering. Yet you are also consciousness. And consciousness can help you to soar. Consequently, there is tremendous power in your being able to remember, whatever the details of your rule of life, that the very center and heart of your practice is the stunning awareness and constant remembrance of who you are. You are the one infinite Creator in a very young and very untaught form. You are gaining experience. You are beginning to create for yourself, within this incarnation, more and more of a solid feeling of who you are and why you are here.

It is a very good idea to have a rule of life. This instrument's rule of life, for instance, calls her to worship in the morning and in the evening. Briefly in the morning and even more briefly in the evening, this instrument puts down everything else in her mental, emotional and physical life. There is a bell that is rung by pressing the two parts of a gong together to make a beginning to those sacred times. It is a time of remembrance and a time of centering. Such daily devotions are very helpful in a rule of life and we commend the one known as M for stating that he wishes to work further on this.

It is a good technique in working with a rule of life, also, to reflect upon those moments that come to you where you feel that something important or momentous has occurred in a vibrational way rather than in a verbal or conscious way. When you sense these moments, take the time to move into them more deeply, to rejoice in the gift of the present moment, and to use that moment of inspiration further to dedicate yourself to the love and the light of the one Creator and to being agents for that love and that light.

When there is a good deal of intellectual capacity in a seeking soul, the times in the silence—which is anti-intellectual and profoundly moving into zones of mystery and paradox—are very helpful in order to balance and make more flexible that personality which carries you through this experience.

It is a definite gift both to take the self seriously, seriously enough to do the work of spiritual seeking, and to take oneself lightly, so that one is not burnt out by the rigors of the road. As you ask yourself to become more disciplined, retain the ability to let all of the discipline go and to enjoy the moment.

You are not a machine. It will not serve you, in the end, to force yourself into devotions which to you are empty. Instead we encourage you to follow, as this instrument often says, the line of resonance in your experience. You shall receive many, many chances to work with your process. They will come at you every day if you let them.

Let yourself also have times of leisure, times when you are a butterfly on the wind, a cloud blowing by, a bubble on the ocean. This instrument enjoys a chant by Paramahansa Yogananda whose words are, "I am a bubble, make me the sea". This is your journey.

We thank you for allowing us to speak further. It has been our privilege and our blessing to share with you our devotion to the one infinite Creator and our intense desire to be of service to entities such as you, whom we greatly admire for your persistence in seeking the truth.

We are those known to you as the principle of Q'uo. We leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Sunday meditation
May 6, 2007

Group question: The *Bhagavad Gita* and many other positive spiritual teachings speak of self-control as a beneficial and necessary element of the positive seeker's path—self-control in the face of temptation and in directing the will for the purpose of spiritual pursuits versus worldly pursuits. Yet Ra offers an alternative understanding in negating control in favor of acceptance and overall balance. Is there a positive use of control? Does control play any useful role in the discipline of the personality? Can one control, for example, through acceptance, meaning that that which has become accepted is able to be controlled or directed?

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is our great privilege and blessing to be called to your circle of seeking and we are glad to share with you our thoughts on the positive uses of control. As always, we would preface our remarks with a request that each of you use your powers of discrimination, choosing those thoughts of ours that are helpful to you and leaving the rest behind. This will enable us to speak more freely and be less concerned with interfering with the process of your spiritual evolution. We would not wish to be a stumbling block in your way. We thank you for this consideration.

The word "control" has a sometimes negatively-oriented feeling behind it, as when one may say a person is too controlling or something of that nature, and yet it is clear that, from the beginning of the life of a human in third density, the learning which you undergo has a great deal to do with control. The infant must learn to control the movements of his mouth and the breath that comes through his voice box in such a way as to reproduce the language that he hears about him in his crib and in his cradle, so that he may ask for food, comfort and relief from wet diapers by doing something besides crying. It is not too long before parents are asking their young children to control their bladder and their bowels so that they can come out of diapers and be free of the need for changing their diapers. One thing after another that the young child meets in his life becomes a matter of learning how to control various parts of his body. He learns carefully how to form letters with his hand and to do other skills that are done with the hands and that promote a more deft and agile use of the fingers.

The mind is asked at a very young age to begin to take in data and organize it into banks of information that can be used readily. The alphabet is learned and the numbers are learned, then words are learned and reading begins. And for the entire travel from childhood to adulthood, skills are taught that the child learns to take in and use. And all of these skills are learned by the student controlling and

focusing his mind so that he may wrap that mind around these new thoughts and these new skills.

It is not perhaps thought of as a matter of control and yet all of an adult's preparation for life has to do with control and we do not mean to suggest that there is a negative or a positive spin to this control. The culture in which you live is one in which these skills are considered quite necessary for survival and enjoyment of the finer things of life, such as indoor plumbing and the comfort and convenience of life as you are aware of and are used to living in.

Certainly, the idea of control can be very negative. The tendency of entities in third density to manipulate and control the circumstances around them can turn into a very dark way of handling life. And each of you has perhaps known those whose life is spent in plotting and scheming ways to control the outcome of events that are important to such people. Usually such control is over small things and yet the sum of one person controlling another over a period of time is a very strong negative polarization towards service to self and it is definitely a service to self energy to think of or to contemplate the self as a person setting out to control circumstances that have to do with other people and indeed are not, in terms of positive polarization, available for such control. On the other hand, there are indeed very positive uses of control and this instrument would call it self-control.

There is a nuance in the term self-control that we wish to explore. For, as the one known as T1 said, there is a, "Which came first?" question here. There is a chicken and an egg. Is an entity controlling the self and therefore learning more about how to control the self? Or does the person wait for some wisdom as to precisely how to control the self? And in order to remove ourselves from this conundrum, we would like to take this idea back a bit and look at it from a wider and perhaps a more spacious point of view.

The one known as G is quite correct in saying that, in the view of those of the Confederation who speak with you this day, the universe is a self-generating system whereby there is no need to control circumstances whatsoever in terms of your incarnation being fruitful for you have set up a system of redundant possibility/probability vortices so that if the incarnational lessons that you have chosen to ponder in your particular incarnation do not gel for you in one instance and you may have perhaps missed that catalyst, there will be another circumstance that will come your way very soon that will offer you the same kind of catalyst, the same kind of challenge, and the same kind of questions that you may ask yourself about, "Why is this happening to me and what should I do with it?"

You do not have to control your life in terms of knowing that you will be fed with spiritual food at all times. This is not a cause for concern. And this perhaps can rest your mind, for when you do not need to reach and grasp for the spirituality of your day or the cogency of the catalyst that is being presented to you, then you can relax and focus simply on paying attention to the present moment.

Let us go further back than this, for we wish to set you on the stage of your incarnational experience and we have not yet done so to our satisfaction. Who are you? My friends, you are the one infinite Creator. That is the heart of your reality. You are a spark of the infinite oneness of all creation. That spark is your consciousness which has been wrapped into flesh and bone so that you may experience life within this particular illusion.

Therefore, you are spiritual beings dwelling in a material and physical world. Everything that is at the center of your being calls out for the Creator and sees life from the point of view of spirit. Yet, you have been brought into a culture which encourages precisely the opposite bent of thought. Your culture encourages you to release thoughts of spirituality in favor of thoughts of functionality, economics, socialization, doing what is expected, and so forth. These two energies are a dynamic that are with each entity within third density to one extent or another for his entire incarnation. The minute that a spirit forgets the heart of his being, he may well be able to convince himself of a number of things. He may be able to convince himself that he may control others for their own good. He may be able to convince himself that those things which he believes are such good beliefs that other entities need to believe that way too and so he may become one who bullies or coaxes entities into worshipping a certain way or believing in a certain system of dogma. All of these are subtlety but markedly negative or service to self in that they are using the power of the human spirit in order to change others.

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Yet, an entity which is a part of the godhead principle need be concerned only with controlling himself. The work of the spiritual entity is always upon the self. The seeking of a spiritually-oriented entity is always an inner seeking. It may well be that the processes of seeking bring the seeker into community with those who demonstrate unconditional love, and that is a great gift.

But a part of the godhead principle in actuality needs nothing from the outside. There is no need to reach, there is no need to grasp. All that is needed is already lying within your heart of hearts.

The Confederation talks about acceptance rather than control because, from our point of view, once an entity has come into a full acceptance or awareness of who he is and why he is here, that initial acceptance forms up into vectors: each thought and opinion that occurs within the awareness of being a spiritual entity has a direction to it that is spiritual in nature.

As entities accept completely that they are a part of the Creator, they become aware that beneath the level of constant and unremitting human error, they are worthy. They are as worthy as a star, or a tree, or the wind that blows, or the grass that grows. They are worthy in a final and ultimate way. They have not found the heart of that worth. It takes many densities of experience to refine the self to the point where the self is transparent to the self and that worth of self is clearly seen by the self.

But there are helps to you, my friends, in everyday life. For you see the worth of others and that is a strong help to you. Every time that you see an entity whom you feel is worthy, we ask you to remember that you are looking in the mirror when you look at any other soul. As you look into that entity's eyes, you and that entity are both the Creator. That which you see as good in that other entity, you may stop and mark because you have just seen that particular kind of goodness in yourself. Were you not sensitive to that goodness, you would not have seen it in the other self.

So let your own experiences of the goodness of others about you reflect back to you the truth of yourself: you are infinitely worthy, you are a citizen of eternity. Your stay upon the Earth plane is a short one and you came to give yourself the gift of learning and worshipping and being a part of the movement that is taking place upon the planet at this time: to lift and transform the energy of planet Earth. And you are worthy to do this.

Control helps you—or perhaps we would use the word discipline—discipline helps you to maintain the focus of who you are and why you are here. It is not that this discipline is a judging discipline or an attempt to whip yourself into shape. You are not here to judge; you are here to love. And so the work of each and every seeker is primarily and fundamentally the work of being.

We find that this is a very difficult concept for your people to grasp. What is it to be? To breathe in and to breathe out? What is the worth of simply being? And yet the universe as a whole is one great, interactive being of which you are a focal point in a vast array of other sentient, intelligent points of awareness that are gathering experience for the infinite Creator that It may know more about Itself.

This gift of being is always your most fundamental work as a spiritually-oriented seeker. For the doing is at the surface of things; it is the being that gives the doing depth, breadth, meaning and strength.

Control is definitely necessary, for without self-control and discipline, the spiritual seeker may constantly find itself forgetting to keep the focus. Let us talk a bit about that focus that we would encourage you to keep.

Each of you around the circle this day has discussed feelings concerning one's place in life and in some cases the incredible rapidity of time fleeing past almost too quickly to grasp. Yet there is within each of you a center. And there is great skill in finding ways to remind yourself to move back from the outskirts of truth and beauty in your life, always in towards the center again. Life will spin you out constantly. Catalyst will hit you—strong catalyst, illness, the loss of jobs, all of those difficulties that challenge entities who breathe in and breathe out and must find a way to keep a roof over their heads. And your job always is to see yourself spinning and gently, very gently, encourage your spirit to spiral inward again to the place of power that lies within, to the place of comfort that lies deeply within, to the one infinite Creator who waits patiently for you in your heart of hearts.

The more time that you put into resting in your beingness, the more you will become aware of who you truly are and how powerful a being you truly

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are. And when you sense that power, then of course you want to use that power rightly and that calls for every discipline of the personality and makes such disciplines attractive to you. When you find the center of your power, that creative energy that made all that there is, then truly you wish to use it well and to use it wisely and to use it lovingly.

And so you turn to those disciplines that have served you before: meditation, prayer, contemplation, inspired reading, walks in nature, and all of those ways in which you can come back to the truth that truly does set you free.

So, the question of acceptance or control, in a way, is a question of how you wish to look at who you are. Our approach to the awakening seeker is simply to ask that seeker to become aware of who and what he is. And to become aware of the fact that he is creating his own reality.

When an entity has been on the spiritual path for a while, he may well begin to sense that there is one particular outer work that he has the cluster of skills to accomplish. And that may spark in him the desire to ask for guidance and when an entity asks for guidance, that guidance is there instantly, there is no lag time. You may not be able to hear the voice of guidance but the energy of that guidance and the gentle pressure of that vibration is with you from that point on. This instrument opens her day by asking the one she calls Jesus the Christ, "What would you wish of me this day?" This is her way of centering and offering her day. And if that question seems to be answered by something that she did not expect, that is alright, that is acceptable.

But it is always within the choice of the seeker as to how that seeker shall proceed. In a society which has a tendency towards loudness, meaninglessness and chaos, it is perhaps well recommended that the spiritually-oriented seeker gaze within into the mystery that lies between every cell of your body, and gaze without, not at the creations of humankind, but at the creation of the Father. For there you see not control but a plan that is so vast that it is inconceivable and yet complete and perfect so that the organism of planet Earth as a whole and all of the biota upon it move in a dance of rhythm and harmony in which all needs are met.

We offer to this instrument the vision of the rolling tide. It does not seem to be controlled, but rather it rushes in abandonment towards the shore and then pulls out again towards the deeps of the ocean. Yet if you think about the tides and the moon, you begin to see that there is an order and a balance which keeps the moon in its orbit and the Earth in its orbit; which keeps the sunlight and the stars moving in their cycles. And this moon energy moves through everyone's blood so that your blood wanes and flows just as do the tides. You are a part of something that is in exquisite balance. You are in touch with the spirit world and the highest energies and at the same time you are in touch with the Earth and its heaviest energies. You know of everything from angels and cherubim to the degradation of war, murder, torture and the evil that entities can do to each other. And your gaze is that gaze which orders things in your world.

So perhaps we would say that your most creative means of control is to create the world that you would like to see and live it. For you truly are a co-creator and you truly can create the reality that you wish to see.

May we ask if there is a follow-up on this query? We are those of Q'uo.

Jim: No follow-up, Q'uo.

Very well, my brother. Then we would ask if there is another query at this time?

T2: I'm feeling a very strong connection to you right now and I'm wondering if there is a way that I can carry this connection when I'm on my own because I'm not in Kentucky all the time and I'm not sitting in this room all the time. I feel that there is a lot that I can gain to working to reach and touch you in a manner similar to what I feel right now.

We are those of Q'uo, and believe we are aware of your query, my sister. There is indeed a way that you can take us with you. There is a way that all entities may take us to their hearts and that is simply to ask for our presence. We are not bound by time and space as you know them in this illusion. We are in the now as far as relating to your time and space, for we are metaphysical entities and time to us is unified and circular. Consequently, at any time that you ask mentally for us to interact with you, we shall immediately be there.

We shall not speak. We shall simply be with you and you will feel the unconditional love of our vibration. But there is more to it than that, my sister, as you well know. There is in the world of spirit an

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enormous amount that can never be said in words and while we are using this instrument to create words that hopefully will have some small use to you, we are at the same time doing a much larger job and that is simply to communicate with you in silence—in the silence between the words and underlying all speech. We are sharing with you in that silence those concepts that cannot be brought into words and language without a tremendous amount of loss. As if you were trying to give someone a beautiful gift and it was this round ball of beautiful concept and yet, when you attempt to bring that concept into words, it is as if you have taken the string that has made that ball and pulled it out, so, in a linear fashion, you can see the thread that made up that ball. It is a long and tedious process compared to the wholeness of concept communication. And that is what we hope to offer those who call upon us any time.

Yet always, our first gift is that of loving and being loved, for we feel your love of us also. So love is reflected in love and the Creator's concepts flow from metaphysical instruments such as we into your heart. We hope that you will enjoy our company for we assure you, my sister, we greatly enjoy yours and are privileged to be called to you at any time. And this goes for all who would call upon us or the entities of the Confederation in general. By all means, make use of us for we are here for only one reason and that is to interact with you at this time when you are trying to get your spiritual feet under you and to make the difference that you came here to make. And may we say, my sister and all, you cannot fail, you cannot err, because as long as you breathe in and breathe out and love, you are doing what you came to do and you are doing it very well.

May we ask if there is a follow-up to that query, my sister? We are those of Q'uo.

T2: The only thing I can say right now is thank you. Thank you.

We are those of Q'uo, and we thank you, my sister. Is there another query at this time? We are those of Q'uo.

(Side one of tape ends.)

(Carla channeling)

It would seem that we have exhausted those queries that entities wished to ask at this time, and that being so, we shall leave you as we found you, in the love and in the light, the peace and the power of the one infinite Creator. We are known to you as those of the principle of Q'uo.

We thank you once again for the pleasure of your company and the beauty of your sacred space that you have created by your interwoven auras. My friends, we wish you could see how beautiful you truly are. You lift our hearts and we praise you for your courage. Again, we leave you in love and in light. We are those of Q'uo. Adonai. Adonai. ♣

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Special Meditation
May 19, 2007

Jim: The first question today from N: "The question is about this new spiritual path that I am on. I would like to know how I got where I am in this place in time, why it took me so long to get here, and where I need to go now to move forward to make the most of things I'm learning and to fully awaken my spirituality to be most useful in service to others and in fulfilling my own spiritual needs."

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose name we come to you this day. We wish to thank the one known as N for arranging to have a circle of seeking to invite our humble opinions concerning some questions that she has concerning her spiritual development and her situation at this time. It is our honor and our privilege to interact with you at this time and we thank you for this opportunity to be of service. That is a great blessing to us.

As always, however, we would ask both the one known as N and any others who may hear or read this material to take full charge of your powers of discrimination. You may not think that you have an adequate power of discrimination. Yet, my friends, you do. What is right for you now, today, will resonate to you in a certain way. It will not seem simply interesting. It will seem almost as though we were helping you to remember something that you already knew. For insight trembles upon the brink at all times for all entities who are paying attention.

If something does not resonate to you then, please, lay it down and move on to the next thought. And if what we offer does not help you, please move on to the next source of guidance, the next source of inspiration. For truly the Creator has many voices, of which we are only one. That being understood, it will help us to be able to be assured fully that we may offer our opinions without infringing upon the free will of the one known as N or interfering in any way with her sacred spiritual process.

For those who feel that they have come only lately to the spiritual awareness that they have now, there is always a feeling of needing to catch up. And this is a feeling that we would address before moving onwards, for in the anxiety to catch up there lies a lack of rest, quietness and peace of mind and we would not wish for you to lose these. And so we would share with you our opinion that the present moment finds each seeker in the perfect place to receive new information.

There is not a starting load of information that you somehow need to learn, for spiritual growth is not a curriculum in the sense of there being an intellectually satisfying procession of lessons which, when learned, suffice to sustain the spiritual seeker. Indeed, this is not the case.

No matter what spiritually inspiring entity you may bring to mind, we assure you that if you asked that

entity, when that entity was alive, if he had been able to achieve full realization, so that nothing more needed to be learned and nothing more needed to be done or undone, that entity, beloved of you, would laugh and say, "I am the least of all the people that I know. I am the most foolish. I lack the most grace."

In a way, it is the way this instrument experiences working with computers. At one time she had the idea that if she could learn enough, she would be able to do whatever she wished to do on the computer. She went to school and took classes on the computer and at the end of all those classes she finally realized that, because of the way this particular electronic gadget works, there will always be more to learn. There will always be new light and new life coming into the world of computers and computer science.

It is precisely the same with the spiritual life. The moment of awakening finds one both a spiritual infant and a very mature and savvy person with life experience and hard-won knowledge about feelings, situations and relationships. Therefore, we ask you and all those who are still feeling a bit new to spiritual seeking to wake up each morning with the knowledge that this is the day, the one day, the one moment, that is before you now.

The American Indians felt that the dawning of a new day was the dawning of a new life for each and every member of the tribe and we would suggest that this is exquisitely true. You of the tribe of humankind can start anew and afresh every morning of your life. For just as the sun rises with new light and new glory, so do you bring all that has happened to you in this incarnation up to the present moment to the unfolding of today.

And that which you have is sufficient for you to be able to pay attention to the happenings of the day and to pick up on the synchronicities and the themes of the day. For somehow it seems that catalyst comes in patterns, and blessings and beauties also come in patterns. You may see the patterns of your suffering and the patterns of your delight.

The one known as N wonders what took her so long to awaken, as she now has discovered late in life, when she is no longer youthful, those remarkable awarenesses that would have indeed transformed her life had she come upon these awarenesses in her youthful years. And we say to you, my sister, that the one known as Paul caught a piece of the truth when he said that it is a long and winding road that leads you to your home.[56] That road is no less sure for being serpentine. Every bend in your road has taken you to a place where you needed to collect experience, feel deeply felt feelings and undergo catalyst, balancing these feelings, ordering them, coming to understand more about yourself and learning how to love yourself.

If there is one key upon which awakening turns, it is that moment of coming to love yourself enough to feel that you are worthy of being taken seriously by yourself. The culture of your people does not encourage awakening or, upon awakening, the commitment to a rule of life that offers time in every day for silence, prayer and devotion.

Do not think, my friend, that those years in your youth are wasted years. For there is nothing in life that is not sacred. There is no action, feeling or piece of suffering that is not sacred. Indeed, you cannot make a mistake in the spiritual path. For every time that you take a turn that was unexpected by your higher self and you walk into a realm of country that you have not seen before, spiritually speaking, there too the Creator has gone before you to offer you chance after chance after redundant chance to pick up that piece of the puzzle that is your next object of seeking.

The one known as N spoke of feeling anxious to move ahead, to learn what there was to learn and to obtain the riches of knowledge that would lead her to insight. We feel that we understand completely the source of this entity's anxiety. It is, in fact, an eagerness to grow, to share, and to be. And that is a good thing.

However, the energy of anxiety is an energy that buys into the thought that there is little time left. Yet indeed, my sister, the present moment is infinite. It

[56] The lyrics to "The Long and Winding Road, by John Lennon and Paul McCartney, are:

> The long and winding road that leads to your door
> Will never disappear. I've seen that road before.
> It always leads me here—leads me to your door.
> The wild and windy night that the rain washed away has left a pool of tears crying for the day.
> Why leave me standing here? Let me know the way.
> Many times I've been alone and many times I've cried.
> Anyway you'll never know the many ways I've tried,
> And still they lead me back to the long and winding road
> You left me standing here a long, long time ago. Don't leave me waiting here, lead me to your door.

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is well to ponder the difference between the time progression in space/time, as your everyday life experiences the running of time from past to present to future, and metaphysical time or, as this instrument might say, the Creator's time.

In the metaphysical realm, where thoughts are things and you as a spirit are a citizen of eternity, all time is one; all time is now. Therefore, from that point of view, each spirit or seeker within incarnation exists in two worlds at once. Each soul is an interface between the world of time/space—infinity and eternity—and the world of space/time, which is an illusionary reality much like your television programs, where the Creator has set up for you a school in which you may study the lessons of love.

In this schoolroom, there is a heavy veil between the conscious and the subconscious mind. This means that there is no real awareness in the everyday, waking self of one's true identity as a spark or a piece of the one infinite Creator that is holographic in nature.

This aliveness is present in every cell of your body. Your very cells' hearts are love. It is the action of light upon love that has created this illusory, third-density school of souls. And you have entered this refinery, this furnace, because you desired to do at least two things: you desired to learn and you desired to serve.

As you undergo suffering and make choices that reflect your desire to be of service to others or your desire to be of service to yourself, you are working to rebalance and to, shall we say, hopefully improve the balance between love, wisdom and power.

This everyday illusion that you experience is an ongoing gift of third density. It is a gift because only in this veiled illusion, when you are intellectually unaware of the rightness of all things and the unity of all that you see, may you make profoundly heartfelt choices. These choices would not occur to you in such depth of emotion were you fully aware of who you are and why you are here, as are those in other densities of experience.

Many times, there is an agenda built into an incarnation in which incarnational lessons have been set up by you, yourself, before incarnation. They may well involve patterns which do not draw you into the intense phase of spiritual seeking until later in life. This is because, in order for you to complete patterns—as the one known as N has said—existing from prior incarnations, it has been necessary to leave personal spirituality on the back burner, so to speak, while the entity that you are within society and within relationships fulfills the patterns of those relationships and creates closure to those happy tasks that lay before the seeker in her youth.

Indeed, much of spiritual worth has been generated, long before the one known as N came into contact with a series of discoveries and events that brought her to a more conscious awareness of the desirability of the process of seeking the truth in a focused and organized manner.

To any who feel that they have come to this study of how to live well late in life, we would suggest that they are not at all late. They are precisely on time for themselves. They have gently persevered until all patterns have been fulfilled and they are now aware that it is time for this study.

There is an abundance of inspired reading that is available when studying to be wiser and move loving. We assure all those who feel somewhat intimidated by this sheer mass of material that books and words are excellent tools. We use them in speaking through this instrument. There is always a new thought or a new connection between thoughts to make when one is looking at new material or re-looking at old material, for anything spiritually inspiring will be new every time you read it, no matter how many times you read it. This is because as you progress in your own understanding, you always hear those same words in a new and different way because of the advances that you have made in your own soul-growth.

Nevertheless, far more proficient and profound than these poor offerings of words are the gifts of information and inspiration packed into the silence. Let us speak of the silence a bit, for many times entities have a cluster of questions about meditation: what is the best way to meditate, how often to meditate, and so forth. And we say to each that this is a resource that is given to you. It will be for you to choose when in your day you wish to mediate; when in your day you wish to contemplate your thoughts and perhaps try to assign to those thoughts a particular energy, a chakra, or an issue so that you may begin to see into the patterns of your own learning, your own catalyst, and your own growth. These decisions are up to you. But we would ask

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that you consider creating for yourself a rule of life in which you have made sure to include time for meditation and contemplation.

If we could communicate through this instrument by concept, the words that we have to offer would become pale and sickly in comparison. We offer to this instrument concepts telepathically, but this instrument cannot offer the concept. She must then translate the wholeness of our thought into a linear form of words and sentences. There is always a good deal lost when this translation process occurs. Consequently we would suggest to the one known as N and to all who seek that there is a tremendous advantage to incorporating work in the silence into each and every day, because in the silence your subconscious is entirely open to guidance by concept communication.

Therefore, even though you are not consciously aware of having gained this insight, you will find it working itself into your life and expressing itself to you so that you see that you have indeed gained in insight. You have somehow found a broader and more spacious point of view. How did it happen? My sister, it happened in the silence. It happened when you asked. That is a very important key to working with spiritual guidance. Be sure always to ask for the guidance.

There is an issue of free will here where those entities who love you and wish to help you in an unseen way are forever unable to come into your life until you invite them. If indeed you would wish us to speak with you at any time, know that you have only to ask. We shall not offer you any words. We shall offer a vibration that contains many thoughts, many concepts that are tailored to fit into your subconscious processes. That is the way guidance works. Ask, and you shall receive. But whether you shall be consciously aware of that reception is completely uncertain. For the most part, entities are not truly aware of that moment of insight, but only see its reflection in the life as they live it.

We have said earlier in this session that becoming a self-aware and consciously-polarizing spiritual entity is not a process of accumulating knowledge. Indeed, you may begin reading at any point around the perimeter in any of the religions, spiritual systems, or philosophies that offer insight and you shall find it possible to reach that unified center where all things are one as surely from one path as from another.

And you will finally be aware that all in your life is perfectly balanced and that you are an instrument in the hands of the one infinite Creator, ready to play the music that can come through you because of the clusters of your gifts and your desires to serve. This is the situation of all those who seek to serve upon planet Earth.

Your mission is magnetized to you by your intent to undertake it. And many things that at first do not seem to be a part of your mission to serve turn out to be necessary turns in your path: if "A" had not have happened, then "B" would not have happened, and although "B" is unfortunate, you had to get through "B" so that you could move on to "C" and "D" and "E." How can you see the pattern and the order of things in the moment when you are in the process of transformation? You almost never can see the pattern. Indeed, these experiences of the dark night of the soul are wonderful opportunities for you to invoke your faculty of faith.

We do not use the term "faith" in the way people of religion do. We are not talking about having faith in a certain dogmatic system or of having blind faith in the words of prophets, saints or masters. We are talking about having faith that all is well and that all will be well. This is your gift to yourself, to launch yourself out over the edge of what you know to be, in human terms, a fairly chaotic situation and say, "I know that all is well." And those words give you wings and you can soar on them into the abyss of mystery, paradox and unknowing.

You do not have to see the pattern. You do not have to be wise. You have only to invoke faith and to ask yourself to keep your heart open so that you may love and so that you may receive the love offerings of others. For when you love, my sister, the resulting response from a very responsive creation is bread on the waters ten-fold, a hundred-fold, and a thousand-fold.

As you love, you shall be loved beyond all imagining. And indeed, all entities are already loved at the soul level by those from the unseen worlds of your own planet and from other entities in other planetary influences who have been drawn to you because of your nature, your beauty, your gifts, and your hope to serve. Know that you are surrounded by a cloud of angelic and positive beings who love you and wish only to help you to wake up, to learn and to serve with deftness, skillfulness and joy.

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May we ask if there is a follow-up to that query at this time? We are those of Q'uo.

N: Yes, I feel that I might be a wanderer and wish that you would be able to confirm that.

We are those of Q'uo, and, my sister, for what it is worth, you are indeed a wanderer, that is that you have chosen to come here from a higher density in order to be of service at this time of the shift of consciousness upon planet Earth that accompanies the planet's own transition from third density to fourth density.

May we ask if there is a follow-up to this query, my sister?

N: Yes. I'm concerned that I've hurt someone deeply in my patterns of change over the past couple of years and I'm wondering if that hurt that I did by leaving my husband was some type of karmic activity or if in fact there will be more karma involved in my action?

We are those of Q'uo, my sister, and are aware of your query. Let us look at karma itself before we respond more specifically to your query about karma in your life. Entities who come together have planned their relationships before their incarnations began. Perhaps during an entire lifetime, the energies between those two entities have not quite come into balance. When there is imbalance, what is holding the balance up is that there is a lack of forgiveness.

Therefore, when we speak of karma concerning a relationship, we are actually speaking of two different karmas. We are speaking of the karma of your soul path and we are speaking of the karma of the soul path of your mate. Now, given that you came into this incarnation, one of your desires being to work with this entity and to find a better balance of love and of understanding than you were able to find in the last encounter with this entity, you have the continuing challenge of clearing your own energies so that your love of this entity is clean and clear, running like the crystal streams of a beautiful fountain.

In order for you to find that fountain of love and light within yourself concerning this entity, you go through a profound process of forgiveness. Now certainly, the beginning of forgiveness is often obvious. You forgive the entity who has ignored you, abused you, or otherwise not met your needs. This is actually relatively easy to do, especially if you persist in forgiving each time that this cycle of memories which you have about this particular entity is activated or triggered in your own consciousness.

Eventually, you are able to gaze with some equanimity upon this other self that was your mate and say, "I have no bitterness, I have only love. I have only appreciation. I have only honor and respect to give to you. I hope that I may help you, whatever it is that you are doing, and if I cannot help you, then I wish you well."

With that closure out of the way, then you start on the real work of forgiveness. Each entity's hardest sell is the self. You can sell almost anyone else upon good ideas, ways to improve the self, and so forth, but when you come to look at your own character, your own secret thoughts and your own tangled and disturbed emotions, you do not know where to start in even grasping the situation entirely, much less forgiving the situation. Yet that is the way you stop the wheel of karma: you forgive.

So we would suggest, my sister, that in order to stop the wheel of karma in your life as it is connected with this entity, it is necessary for you to forgive yourself, again and again and again, every time this trigger is pulled that catapults you back into toxic thoughts concerning your actions. Forgive the thoughts. Forgive the other entity. Forgive the situation. And most of all, forgive yourself.

We do not take lightly the promises that entities make within incarnation. We realize that there is substantial and authentic concern that accumulates around the breaking of a promise such as marriage vows. In another incarnation, in another culture, faced with the same situation, my sister, you might not have had the luxury of freeing yourself from the toxic situation so that you might work out its metaphysical loose ends. You might well have stayed with this entity and your life would have taken a different turning. You still would have found it possible to achieve realization and insight, even in that situation, for entities can learn and can serve anywhere.

Yet, my sister, it is indeed exponentially simpler, when one perceives that one is in an unchangeable and toxic situation and one has done all that one can to no avail, to pack one's bags and remove oneself from the day-to-day friction of such a relationship. Clearly, when you do leave a relationship like that, there is a great relief felt because you are not being

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buffeted on the daily basis with the suffering patterns that you have previously undergone.

Yet, you still pack yourself in that bag! So you know in your heart of hearts that, because you are not able to balance the pattern with this entity, there will be other relationships that will sound the same theme, that will pop up in your life and offer you the same work again. It may not be a romantic relationship. It may not even be a personal relationship. There are many, many ways in which you can, once again, receive the catalyst for growth that the mated relationship with your ex-husband represented.

However, the key to proceeding forward is to trust in one's judgment and to validate one's own decisions. This is something you felt deeply to do. How could you be wrong? And as we said before, there are no mistakes. For just like the new GPS machines that tell the driver which turn to take, if you miss a turn the GPS resets and then tells you how to get where you want to go from the new location.

You are on solid ground, metaphysically speaking. You have not erred. You have not sinned. You have not done something that somehow needs to be blessed by the other self that is your mate. You need to forgive yourself, the situation, and all aspects of that situation, including your ex-husband. That will stop the wheels of karma between you and this entity in your creation.

The one who is your ex-husband is responsible for doing the same work. You cannot do this work for him. You may never be able to have a satisfactory discussion about this with him, for it is a relatively advanced concept that one may actually move forward and not be trapped for all the life long in the consideration of what one should or should not have done.

So we would suggest to you, my sister, that you do the very serious work of forgiveness and that you then take a deep breath, square your shoulders, and embrace new life.

May we ask if there is a follow-up query at this time? We are those of Q'uo.

N: I don't have any other questions. Thank you very much.

Is there a question from any in the circle at this time?

Jim: Not from me, Q'uo.

In that case, my dear friends, it is time for us to pack our own bags and leave this instrument and this group, glorying as always in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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Sunday Meditation
May 20, 2007

Group question: The question today for Q'uo is from G. It is: "Though I go about every day as if I am seeking the Creator, I am seeking something that is entirely a concept in my mind, something for which I have no reference, something which I have never consciously seen nor ever truly experienced as an incarnate being. How does one seek that which is so invisible and completely unknown to the conscious self?"

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank this circle of seeking for inviting us to join their search for the truth. It is our privilege and our pleasure to share our humble thoughts with you.

As always, my friends, we would ask that each of you take full responsibility for choosing, out of those things that we have to say, the material you wish to consider. By that we mean that if our thoughts do not seem resonant to you, we would ask you to leave them behind. If you will guard the gates of your own perception in this way, we will feel much more free to share our thoughts without being concerned that you might take our thoughts to be those of an authority and not those of entities who, like you, walk the circle of seeking through infinity back to the source whence all of us came, the one infinite Creator.

My brother, in asking about how to find the Creator when the Creator has no part in intellectual discussion, you pierce through the thin veneer of civilization and culture to the heart of spiritual seeking. The one known as R was speaking earlier of skating across the pond of life, staying on the surface of things and perhaps avoiding the discomfort of the depths of insight.

Even on the surface of life, even in the most limited of awareness, there lies the one infinite Creator. Yet we will readily agree that in order to begin to penetrate the surface layers of illusion that surround the mystery of the one infinite Creator, it is well to think in terms of moving deeper into that mystery which lies within you.

When you say that there is no objective referent for the one infinite Creator, we understand your thought, we believe. For indeed, the Creator is not an entity that can be invited to parties or dressed in a paper hat; He cannot blow a whistle on New Year's Eve to celebrate the passage of time.

The infinite Creator is intelligent infinity, that which, by definition, cannot be thought. There is no conception in the human mind that can compass infinity and eternity. The human mind is designed to work in space and in time, moving linearly in space and time, step by step, along the path of seeking.

Yet there is much more than your mind to the third-density, incarnate human being that you are. Indeed,

you have two minds. You have the mind with which your body was born and the mind which is consciousness. This is a key point when working with the idea of seeking the Creator, because one needs both minds. One does not need to discard the intellect, but rather to understand its place and to understand that each of you as seekers is not your intellect but rather is the charioteer that decides where the steeds of your intellect shall go and how fast you shall take the road.

The intellect is a helpful resource for the spiritual seeker. It has those powers to analyze and synthesize and make new combinations and patterns. This investigative and analytical capacity is very helpful in developing your arsenal of discernment and wideness of thought. With the intellect you can read as widely as you wish, until you are familiar with what a number of other people have said about spiritual seeking.

This constitutes a ready and helpful source of inspiration and we would not denigrate or shortchange the value of your intellectual mind. We only ask that you realize that you need to be in the driver's seat. You often need to hold your intellect under very tight reign, for it will tend to plunge around corners of new thoughts and directly into the ditch, fueled by old mind, old memory, and old assumptions.

The intellect is resistant to change. When one becomes a spiritual seeker, one has chosen to accelerate the pace of change and transformation within the life experience. So, although the intellect can move the spiritual seeker into a situation of becoming more aware of who he is and why he is here, it is generally not the intellect or the capacities of the intellect that are able to keep the seeker in balance and on track as the tides and waves of change and transformation sweep over the seeker who is opening like a flower.

Consciousness is the other mind which you have as a mind/body/spirit complex, as the one known as Ra calls a person on this Earth. Unlike the mind which is particularly and solely your own, you share the faculty of consciousness with all beings. We are not simply saying that you share consciousness with all other human beings. We are saying that you share consciousness with every iota within the infinite creation of the one Creator.

This is the second key. The nature of consciousness is not particular to you. Rather, because of your innate nature as a part of the godhead principle, your heart beats with the pulse of the one infinite Creator.

That which created all that there is is a certain vibration of consciousness that, for lack of a better term, we have called unconditional love or Logos. That one, great, original Thought or Logos has created the starry heavens, the vast spaces within each molecule of your body, and you, a unique point of intersection that catches two worlds, that of the everyday, waking consciousness of your people, skating across the pond of life, and that of the one infinite Creator whose Thought is a Thought of unconditional love.

There is indeed no objective referent to the infinite Creator, in terms of your science. There is no way to prove the existence of a ground of being. Certainly scientists and church fathers alike declare the obviousness of the Creator's existence. Scientists move from an observation of the way nature works and find, if they are open to deeper contemplation of the vast, intelligent design of the creation, that there is indeed an author of such meticulous clockwork, such brilliant precision and such unimaginable and far-flung creativity.

Those of the church, whatever the type of church, tend to feel that there is no need to prove that the Creator exists because it is obvious that something made all that there is and something stands behind those creations that He has made. That something is defined over and over and over again, through countless millennia, thousands of approaches to religion, and hundreds of basic approaches that various religions and sects share. But the fundamental tenet of those who focus on religion as a way to learn the ways of the infinite Creator is faith.

In religion, it is by faith that the keys are turned in the locks of wisdom and the doors swing open to offer realizations and insight. All of these words only rap at the door of the deeper truth, which is that the objective referent of the one infinite Creator is yourself.

What do you know about yourself? You know your desires and the strength of your desires. You know that one thing has led to another in your life in a path that has seemed anything but straight, and yet

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as you gaze back over your life experience, you see how everything fell as it did in order to bring you to this present, immaculate moment of now.

What would you say if we asked you who you are? What is the "I" of you? This is the third key.

One ancient name of the Creator is the Hebrew, "I Am." It is variously interpreted as "I am that I am," or "I am becoming what I am," or simply, "I Am, I Am," and so each of you is an "I Am."

Naturally, you have been taught to ignore such ways of thinking. You have been taught precisely who you are. You have been told that who you are depends on your age, your sex, your station in life, your accomplishments, the roots of heredity which brought you into this life, and so forth. You are endlessly defined by those who do not know you. Even your parents—who would know you more than anyone else, perhaps—tend to fail to grasp the heart of who you are because they are so close to the outer aspects of who you are, as they raise you and help you to move out into the world as they understand it.

And yet, the whole time, you are also existing in a very profound space of "I Am." And this space is held in common with all things. Yet, in the flesh that you have taken on for this incarnation, you are able to embody that mystery and that paradox that is the one infinite Creator.

We ask that you practice, perhaps daily for a while, an exercise that the one known as Ra has given through this instrument before. We ask that you look into the mirror at yourself. Gaze into your eyes, not seeing the color and luminosity of your eyes or the face around those eyes, but gazing into that blackness at the heart of the eye which is letting the light into the internal workings of your physical body. It is through that aperture that your soul shines out.

Perhaps you have known people whose gaze instantly made you glad and happy because of the quality of love in their gaze. The Creator shines forth from your eyes when you allow all of the tensions and the worries of the day to fade away, so that you become empty of all the detritus of human life.

Empty your pockets, my friends. Take out the concerns. No matter how cogent and intelligent those concerns are, for now, for the purpose of seeking the heart of the Creator, let the concerns of this day fade away and open your mind to that level of things where that thing which is important today shall still be important ten thousand years from now. This takes you immediately to consciousness.

You might call consciousness the mind of the heart, for indeed, within the human energy body, the seat of consciousness and the intelligence and insight of consciousness is the inner heart. A great deal can conspire to keep you from knowing, feeling and living within your own sacred heart.

Therefore, the seeker may need to restructure his day in such a way as to make time for that reckoning with the deeper self that brings an entity living on the surface of things down into the regions of truth, beauty, virtue and all of those values that are worthy ten thousand years ago, ten thousand years in the future, and in this very moment as well.

It is not that you must cut things out of your life in order to do spiritual seeking. It is rather that you invite that which is not your intellect but that which is consciousness to take its proper place as the other resource that is pulling the chariot of your seeking. You do not have to depend on your intellect alone. Nor do you have to abandon your intellect and depend upon faith and consciousness alone. Rather, the two are yoked together, just as your spirit is yoked to your body for the duration of this incarnation.

There is a purpose for your being here now. Indeed, you have created the lifetime which you are enjoying in terms of choosing the relationships that shall be important to you within this incarnation, choosing the cluster of gifts and skills that you have brought with you to share with the world on the outer or manifested level within this incarnation. And you have chosen those blindnesses, seeming faults, and ways of being uncomfortable that shall offer you catalyst, so that in this valley of the shadow of death that your short life is, you may make straight in that desert a highway for the Creator.

Each time that you encounter a tangled pattern that calls out to you to be solved, remember that this is grist for the mill. This discomfort and suffering is valuable, for in the fiery furnace of this suffering, this very situation that seems so difficult shall shake you and break you open so that the gems hidden within the ore of your personality may be harvested and you may suddenly, for the first time, see a jewel-

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like and utterly beautiful aspect of your consciousness that you never knew was there. It was only through this catalytic action, this shaking and stirring of the self, that you are able to see more clearly the choices that lie before you.

When you seek the one infinite Creator, we ask you to remember that you have entered the precincts of mystery and paradox. All things are one, yet every single being is different. Even every snowflake is different. That is the kind of paradox that lets you know that you are on the track of the one infinite Creator. Do not be satisfied with easy answers and the seamless arrangements of thoughts that go into religious, spiritual and philosophical edifices of thoughts. For these are edifices of the mind and the intellect. They shall not bring you to the infinite One. They shall only make you very good at moving symbols around in your mind so that you feel that you have thought upon the divine.

Instead we ask you, if you wish to know the one infinite Creator, to invite that Creator into your life this moment. Ask, and you shall receive. Can you bear the brightness of the face of the one Creator? We believe you can. And in that faceless face that exists and does not exist, in that place of mystery and paradox shall you find a pleasant land indeed opening before you, a land in which you feel that Creator-ship within you.

Another suggestion we might make to the seeker who is working on this deep question is to move from an assumption that is chosen irrespective of its obvious truth. As the one known as G said, he acts as if he were seeking the infinite One. We would ask him to take it a step further. We would ask him to act as if he were the Creator.

He has created everything in his creation. You all have created everything that there is in your creation. You have named every feeling, every object, and every point of view as you choose. Experiment, then, my brother, with acting as though your thoughts had the power of creatorship. This is not a great stretch, for indeed this is true. You are the creator of your universe and your thoughts have the power to adhere to life as you know it.

Therefore we ask you, what shall you create this day with your thoughts?

What kind of creation have you created?

What environment for spirit have you provided for yourself?

When you speak, are you aware that that which you judge is judged and found wanting and that which you approve is acceptable?

We ask you to move from this point of exquisite accountability. At the end of each day, as you assess your thoughts, see what you think you have created this day in terms of a world in which to live, move and have your being.

Have you created an affectionate, compassionate, sweet world in which your soul may bloom? Or have you brought down the blight of intolerance, prejudice and the acceptance of injustice and lack of love?

Have you been at war this day within yourself or with another?

What are your thoughts this day? For you are the Creator and that which you create within yourself is out-pictured into the world.

As we understand the Creator, my brother, there is no entity or image which is the object of your seeking. Rather, as all things are vibration and constantly in motion, you seek the totality of vibration and motion.

And as you become accustomed to this acceptance of the illusion of that which is solid and the reality of that which vibrates and moves endlessly as does light, you become truly aware for the first time of the unified and integrated nature of all that there is.

And you can at last see that the object of your search lies deep within you, not only deep within some part of your body or your mind or your spirit, but deep within every cell of your body, within every cell and iota of your mind, and within every speck of that shuttle which is consciousness in motion, the spirit of the living Creator.

This livingness of the Creator is that livingness of you and all of those around you: all creators, all mirrors of the sacred for you, that you may see the Creator in everyone, in every bush and tree, in all of the elements, in all of nature, and most of all, within yourself.

We are those of Q'uo, and would ask if there is a follow-up to this query?

Jim: No.

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We are those of Q'uo, and would ask then if there is another query at this time?

R: I have a question, Q'uo. Could you comment on the similarity between a religion called in our culture Christian Scientology and the concepts in the Law of One, because one of the readers asked if there are similarities and if Scientology is picking up on the same principles that Ra described in speaking of the One?

We are those of Q'uo, and are aware of your query, my brother. We would compare, then, three ways of thought: the Confederation way of thought, the Christian Science way of thought, and Scientology's way of thought.

The structure of that which is called Christian Science or the Church of Christ, Scientist has a very harmonious connection to the Law of One, in that it sees clearly that all things are illusory except for faith, will and the unity of all that there is.

Certainly, there is much baggage that comes with any world religion, shall we say, yet there are aspects of that way of thought that are profoundly united with the basic concept of the Law of One, which is the unity of all things and the transparency of all things to the will of each individual who holds the godhead principle within his consciousness.

The system of Scientology has not the core principles in common with the Law of One but rather various ways of dealing with the world around one, especially in the attempt to lift oneself away from the heavy energy of unforgiven situations and thoughts in the past during the incarnative period. That is, Scientology and the Confederation philosophy alike suggest that it is possible to release pain and to alleviate suffering by digging through the ore of the human personality until those nuggets of pain that have created patterns of suffering in the incarnation are unearthed.

When those nuggets of ore are seen in the light of day—and by that we mean the light of insight, forgiveness and understanding—it may be seen that the suffering is not necessary, that it is a trouble-bubble, and it needs only to be popped, released and forgotten.

This kind of clarity is helpful to the spiritual seeker and it is this basic tendency and vector of thought which is most congruent with the Law of One philosophy.

May we answer your query in any further way, my brother? We are those of Q'uo.

R: I will extrapolate because I am not familiar with Scientology myself, but you have mentioned that the core principles in the Law of One are not the same for Scientology. Are those core principles the principles of free will, of intelligent infinity, and love/light?

We are those of Q'uo, and, my brother, we would add to these the quality of unity and say that that is completely correct.

Is there a further query? We are those of Q'uo.

R: No, not on this subject. And thank you for speaking to it, Q'uo.

We are those of Q'uo, and we thank you, my brother. Is there another query at this time?

Jim: I have a question from T: "Q'uo, can you confirm the accuracy of the following conclusions: In about 6,000 to 4,500 B.C.E. an agrarian societal population lived in un-walled towns of respectable size, appeared to have a female deity, focused on crops and husbandry, had no weapons of war, and was matriarchal due to women's ability to give birth."

We are those of Q'uo, and, my brother, we would agree, not on the date, but on the fact there have been several agrarian cultures that flourished for a time, beginning with what your people call Lemuria and moving into Europe as well as South America and Africa. The most recent of those cultures has remnants of thought that are still active within your culture and that is the society of Celtic beings who were matriarchal in nature and who saw the principle of godhead as being feminine.

Indeed, you will find in old churches in parts of the British Isles to this day, especially Ireland, the symbol of the Yoni[57] or the vagina and the open legs over the church doors, combining the energy of Christianity with the energy of seemingly pagan celebrations of fertility.

And we would note that it is this feminine principle that is so often missing and is so hungered for in your culture at this time. Rather than embracing the

[57] Yoni is the Sanskrit word for the female reproductive organs, while Lingam is the Sanskrit word for the male reproductive organs.

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power of the feminine principle that can nurture and create life in her womb and bring it forth in affection and joy, the proponents of the "one God" and "chosen people" religions—which include Christianity, the Jewish religion, and Islam, among others—have tended to demean and denigrate women, denying them not only their spirituality but their worth as human beings. They have consigned them to be second-class citizens. We might note that, in our humble opinion, there is a tremendous amount of fear behind that urge of the male to suppress and control the feminine principle.

Indeed, the opposite needs to occur in terms of your globe's being able to spin itself out of the endless cycles of war and aggression that the unbridled sway of male energy has created within your Earth world.

Is there another query at this time? We are those of Q'uo.

(Pause)

We are those of Q'uo, and find that we have apparently exhausted the queries at this session of working. We thank each of you for taking the time and the space in your incredibly busy lives to seek the truth.

And we thank you for asking us to be part of that search and that seeking. Certainly you teach us every time that we come to your circle. We thank you for that which you have taught us and we humbly hope that we may have offered you some thoughts that may prove fruitful in your own process of seeking the truth which is ever and always the same.

All is one. You are all that there is, including the one infinite Creator. You can fold your tents, you can fold up your life, but you cannot fold up the power and the peace that you carry in your consciousness and in your life.

You can stretch your life out to the heavens and to hell, and yet you cannot compass the power and the peace of the one Creator that lies within you.

We wish you good journey. The trip to the center is a trip of great beauty and upon that trip you are never alone. For entities such as we wait to be asked to partner with you and lend you our affection and our support. Ask, and we shall be there; not with words, but with our love and with that information that goes too deep for words.

We are those of the principle known to you as Q'uo. We leave you in the love, the light, the peace, and the power of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation
July 31, 2007

Question from T: Dear Q'uo, there are many pious teachers and creators in Muslim, Hebrew, Christian traditions who pray night and day in the Palestine region. I believe they all pray for peace and love. Why are there still conflicts and wars raging in Israel and nearby regions?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to this circle of seeking this evening. We thank you for asking us to join you in seeking the truth. It is a great privilege to be with you and we hope to be of service to you by offering our humble opinions.

As always, we would request that you listen with a careful inner ear, not only listening to what we have to say, but also listening to your own responses to these thoughts. If our thoughts seem to resonate to you, then keep them and work with them as you will. However, we ask that you put aside those thoughts that do not resonate to you. In this way we may feel free to speak our mind and know that we are not infringing upon your free will or disturbing the process of your spiritual evolution.

My brother, the prayers, hopes and dreams of those who visualize peace in the Middle East, and indeed in all regions of your war-torn globe, are very effectual in a certain way. They are not designed to intervene in the worldly affairs of entities who do not wish to become aware of the love and the light of the one infinite Creator. They are designed to alert the consciousness of the universe, of all creation, and especially of those forces of unconditional love who are the objects of these prayers, to the fact that there is distress among the nations, distress in people's hearts and a yearning for peace, beauty, truth and a life lived in compassion, comradeship and contentment. These prayers are having the effect of awakening the planet at the grass-roots level of ordinary people. Many are awakening at this time because of the fervent prayers of all of those who offer their deepest beseechments to the one infinite Creator in their own ways.

Metaphysically speaking, your planet is in far better shape to meet the time of harvest than it was thirty or forty years ago, because of efforts within religious circles, and within circles that are not religious but rather spiritual or metaphysical, such as this group. All is well, metaphysically speaking. There is no prayer that is not heard by the one infinite Creator.

We also have heard the prayers of your people, and that is why we are attending you who live on Planet Earth at this time, and responding, when there is a way to respond, with our every effort to provide you with our humble opinions as regards the nature of spiritual evolution.

The governments of your people, however, are not at all focused on peace, contentment or compassion. Those in political power have become able to hold the positions which they hold because they have laid

aside what they consider to be naive and overly innocent hopes. They have accepted that they cannot be men of complete integrity, in the usual sense, if they wish to serve the state. The organization and arrangement of power is specifically and universally service-to-self upon your planet.

There are those entities who, vibrating in green ray and blue ray, attempt most sincerely to change the atmosphere in which business is conducted at the level of nation-states. However, these entities are either weeded out completely by their inability to accept a system which is corrupt and to work within that, or they become useless in terms of making a change from within governmental systems because they have become used to the perquisites of power and have begun to think in a service-to-self way, while rationalizing to themselves that all that they do is for the greater good. They become more and more separated from any stream of pure metaphysical integrity by their own choices until they can no longer remember what it feels like to make a purely positive response to challenging catalyst.

Indeed, my brother, the entities who are in power among your nation-states are focused upon those goals that have been the habitual goals of people in power upon your planet for millennia. Those goals are the goals of your great ape ancestors. They revolve around a love of their family and their tribe. When they have defined their tribe, then they attempt to defend their tribe's property and acreage and to gather resources so that their tribe may fare well in a world of diminishing resources. They have been in power before, perhaps many times, and have developed the habit of an unceasing thirst for power. And this they shall not yield in order to make room for service-to-others goals such as true liberty, true equality, true justice, and a truly equitable distribution of the resources of your planet.

We ask that you not be overly concerned with the state of the outer workings of your planet. We ask that your concern be to pray that these leaders may be forgiven, for they do not know what they are doing. They will come to dust, as all dragons must. Even now, they are dying. The energy of the old world is weakening and its hold upon the hearts and the minds of ordinary people, such as are gathered in this circle of seeking, is lessening every day.

Nothing is as it seems when looked at from a metaphysical point of view. Therefore, when thinking of the Middle East and its issues, may your concern be to affirm and confirm that there is peace, love and compassion that is stronger than the dragon which is thrashing its tail at this time. For dragons shall die. But those values of love, unity, hope, faith and joy shall live forever. As you affirm and confirm these values in yourself, you are creating the basis for that which is to come. And in so doing, you are also creating for yourself the ability to live through the shift into fourth density that is upon you at this time.

As you look at the Middle East, know that all is well. And if you wish to explore the details of the politics of violence and aggression that make the front pages red with blood, do this studying and this research not to despair but to know ever more clearly the nature of the world that you came to incarnation to love.

And my brother, we ask that you allow no judgment to enter into this love. Praise and bless those who seem to be persecuting and hurting the common man and woman in these difficult and challenging times that you now experience. Let your mind and your heart rest in peace. The outer world shall not hear you, but all of those in the unseen realms who vibrate in unconditional love do hear you and are called to your prayers to amplify them and to strengthen them. You are doing the good work of compassion and love as you offer these simple prayers and visualizations in order to maximize your ability to serve in this way.

We recommend that, as this group does, you set aside time each day, if only just a moment, to visualize peace, harmony and understanding, not only in the Middle East but in all portions of your far-flung globe. We assure you that you are having a wonderful affect on the inner planes. Allow the rest to fall away, for empires rise and fall. The spiritual evolution moves along without regard to the illusion created by power and breath.

May we ask if there is another query at this time.

Questioner: For many years, the leaders of China have wanted to conquer Taiwan by force. Since those of Hatonn have worked with China's leaders for a long time, may I ask if the leaders of China have a more peaceful mind now?

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We are those of Q'uo, and are aware of your query, my brother. Perhaps in thinking about what we have just said about all the nations of the Earth, you may predict the tenor of our response to your query about China and Taiwan.

There is a saying in English, "You can lead a horse to water, but you cannot make it drink." Indeed, members of the Confederation have shared thoughts with all nations of the world. Our thoughts, however, are not offered in a way that would infringe upon free will. And those of the nation-state you call China are in sympathy with and polarized negatively along with the other nation-states who have achieved power in international commerce, politics and economics. They are not interested in that which we have to say. They are interested, as we said, in solidifying those possessions which they now have and in reclaiming any possessions that have gotten away from them.

My brother, this is the way of empire. We ask that you not take personally, or as a slur upon your nation, that it has not been able to receive the message of love which we and so many other voices of love have spoken. Rest assured that the information of love, light and unity is available to all who have the ears to hear and the hearts to understand.

May we ask if there is another query at this time, my brother.

Questioner: Dear Q'uo, I have read a paragraph from The Nine's[58] speeches: "Meditation is not enough. One needs to act!" In this regard, other than meditation, is there any other practical way to promote world peace in our daily life.

Those of Hatonn are very much with this instrument at this time as a part of the principle of Q'uo. However, the one known as Hatonn is not that entity which is speaking. We are those of the Q'uo. Hatonn desires greatly to offer their love and their light to this query. May we request that you re-read this query that we may have a clean beginning of our response.

(The query is repeated.)

We are those of the Q'uo, and are aware of your query, my brother. It is said in the *Holy Bible*, "By their fruits, you shall know them."[59] Indeed, there is great encouragement from spiritual sources of all religions and philosophical systems, not only to offer inner practices connected with increasing one's spirituality but also to live out the fruits of the spirit in one's daily life.

Firstly, we would offer you the concept of unity here, for you and the world are one. Therefore, if you are able to live the principles of love, justice, compassion and understanding in your life, you have significantly changed the vibration of your entire planet, of which you are an integral and holographic part. If you wish to save the world, work on yourself. That is our main suggestion to you at this time.

We assure you that while it is simple for us to suggest this to you, it shall take your entire lifetime to live out the spiritual gifts, graces and fruits with which you have been blessed and which you shall continue to be blessed. We do not give you a simple task, but we give you a task well worth a lifetime of service.

Secondly, if you wish to promote fourth-density values, such as equality and stewardship of the people, the ideals, and the very land around you, we would suggest that you look around you. You shall not have to look far for things which you can do materially to help those who are needy and oppressed.

There are those in your culture who are hungry. Go to a soup kitchen, or whatever place is in your culture, where meals are prepared for those who cannot pay and who do not have homes. Help to prepare the food. Serve it with love. And as you clean the pots and pans, give prayers of gratitude and thankfulness that those that were hungry have now been fed.

There are old ones in your community that may be lonely and having trouble living out the last days of their lives. If it moves you to think on this, find them, companion them, and give them hope and compassion by your youthful smiles and your eyes

[58] To learn more about The Nine, you can find an appendix of their channeled messages in the back of the book, *Uri*, by Andrija Puharich. Though out of print, this book is still available from amazon.com and other on-line booksellers. Phyllis V. Schlemmer also writes about this body of channeling in her book, *The Only Planet of Choice*. Her web site for that book is www.theonlyplanetofchoice.com/puharich.htm.

[59] *Holy Bible*, Matthew 7: 15-16: "Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits."

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full of love. Let them know that you honor their wisdom and value their presence in your life.

There are troubled souls in your culture who have lost their way, and have offered their lives to a substance or toxic idea that is now living their life for them. Encourage them to take their lives back from heroin or opium or cultish ideas which separate them from the rest of the world. And if they are having a difficult time maintaining sobriety and rationality, and if it moves you to see this, companion them, encourage them and be sober with them. Teach them how to laugh and live lightly again upon the planet.

All around you there are those who have polluted and destroyed the Earth, and you experience this perhaps in terms that are local to you—a plant that that is emitting toxic emissions. If this moves you, see what you can do in your village or your neighborhood to make a change for the better. Become compassionate stewards of Mother Earth, for Gaia is most grateful to those who help her to become more healthy.

Indeed, we especially encourage you in your stewardship of the Earth. For there is a tremendous amount of what this instrument would call "group karma" having to do with the fact that so many of those who are attempting to graduate from third density on planet Earth have, in the past, on Sirius, Deneb, Mars, Maldek or Atlantis, destroyed their environments. There is great heart-sadness amongst the entire human tribe concerning the destruction of Mother Earth. And it is very healing, in your energy patterns as a people, wherever you live, to become involved in loving and serving your beautiful, fragile island home.

In all these ways and many more that we cannot include for lack of time, you may live that which you have received on the inner planes. It is said in the holy work this instrument calls the *Bible*, "That which you have received in the darkness and in the intimacy of your inner sanctum, in secrecy and silence, sing from the housetops."[60] Express the joy of the saving grace of hope and love that flows in an unending stream through your hearts and, blessed by you, into the world.

[60] *Holy Bible*, Matthew 10:27: "What I tell you in the darkness, that speak ye in light: and what ye hear in the ear, that preach ye upon the housetops."

You can indeed make a difference. However, never confuse the outer portion of your walk with your walk. Always and ever it must begin with the silence of your prayers, meditations and thanksgivings.

We are those of Q'uo, and ask if there is another query at this time.

Questioner: Since 2011 is coming very soon, I want to ask about the harvest. What will happen in the transition period? Will our capitalized world collapse totally before 2011? How long will the transition period be? Will it be instantly, a week, or a decade?

We are those of Q'uo, and are aware of your query, my brother. We would have no idea as to the future outworking of outer events upon your planet, for those things have not yet occurred. Perhaps you are aware of the theory in physics that at every moment there are universes of choices that you may make in any of a thousand directions, and that all those possibilities are present until a choice is made. It is so in this case also.

We can assure you that the planet does not need to collapse or fly into the sun or do any of the drastic things that have been prophesied by those who confuse a fear of death with the reception of information concerning the entire civilization. When you hear the doom and the gloom predicted, know in your heart that this is the outpicturing of inner fears concerning the individual facing death. Thusly, since you are inevitably going to leave the physical vehicle in which you now enjoy life, you are hearing predictions that are confused, where those who are receiving psychic impressions are confusing their fear of death with the much larger picture of what shall occur for not only the self but also the planet.

It is those among your people who have power and have the ability to destroy the environment of Planet Earth that might cause you a deserved pang of concern. For those with the habit of empire, having destroyed civilizations once or twice, have gotten a taste for the glory of annihilation. For even that negative expression of power is satisfying for one whose mind is bent on conquest. Do what you can my brother, to guide those whom you elect to power, or who have power over you in some way, in the ways of peace and justice.

As far as Planet Earth is concerned, Gaia itself is moving into fourth density and in fact is all but completely immersed in fourth-density vibrations at

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this time. The shift that has been such a cause of fear among your people is happening now. It has been happening for some time. It will continue to happen for some time yet to come. We cannot see the way ahead. We would not have predicted that you would be, as a planetary tribe, in such excellent shape as you appear to be at this time.

Masses of people all over the globe are awakening to the rightness of love, unconditional and compassionate love. The forces of life are engulfing with their light the darkness that can never deny light. And so darkness is scurrying into corners and attempting to put out the light by creating an atmosphere of fear. Thusly, you are of great service to the planet and to yourself if you cultivate the habit of fearlessness.

We ask you, my brother, do you fear your death? Or do you see it as the gateway to larger life? When you can see it as a gateway to something wonderful, then death no longer has power over you. When the Earth as a whole can see transitioning into fourth density as a natural step into larger life, death shall no more have dominion over you.

We would suggest that the possibility/probability vortices at this time indicate that each entity to whom we speak shall live out his natural physical life, die a natural death, and then walk the steps of light to see whether he has graduated from third grade or density in this school of souls, or whether he shall have to repeat the grade.

There is nothing to fear in either case. If you are ripe, you shall harvest yourself. If you are unripe, you shall receive an opportunity to spend a significant amount of time in another third-density, Earth-like planet, where you shall once again study the lessons of love.

We would suggest that, rather than this instrument speaking longer on this subject, if you wish to become more fully aware of what we would say upon this subject you investigate other sessions such as this one, for questions such as this one have occupied the minds of many of those who ask the group questions in this circle of seeking and there is a substantial amount of information on this subject that has been received, preserved and made available to you.

We are those of Q'uo, and would ask if there is another question at this time.

Questioner: Does each soul have a soul mate? And if so, what is the meaning of a soul mate to each of us?

We are those of Q'uo, and are aware of your query, my brother. We find that in our opinion the term "soul mate" is very misleading. For it suggests that, out of all the world, there is only one entity who matches your temperament, personality and desire to serve. In fact, every entity with whom you come in contact is potentially a soul mate.

There is, however, more resonance and chemistry between some entities than others. If one discards the outer reasons for chemistry, such as good looks or the possession of money and power, and focuses only on those deeper threads of companionship about which we feel you are asking, then you will find yourself drawn to certain entities.

You may have worked with them once or twice or a dozen times in the past. You may have had many different relationships. In a way that is impossible to define or prove, you feel a connection to certain people. If you wish to develop that connection and if the other entity also wishes to develop that connection, in time, with shared history, deep converse, and mutual meditation and service together, you may indeed become mated at the soul level.

Indeed, many of you have incarnated into groups of those with whom you have incarnated again and again to be of service on Planet Earth and, indeed, for many wanderers on other planets as well. The idea of one soul mate is a romantic myth which stems from the yearning of the soul, the heart, and the personality for the opportunity to love completely and to be loved completely.

We assure you, that potential exists between any two people who come to the Creator on bended knee and who ask that the Creator be a part of their companionship, and that the companionship be more than a simple mating of mind and bodies. Ask that your companionships may always include the soul and you shall find unconditional love in your life.

It takes a great commitment to stay openhearted to anyone whom you do not know well. In coming to know them you will find their clay feet and you will be asked to love without judgment. We encourage you to find the compassion to love dearly, humbly and completely, with no judgment. For in such a

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way shall you indeed be soul-mates with your companions, your spouses and your family members who are in this incarnation, so that you may support them and encourage them and so that they may support you and encourage you.

My friend, they may falter and so may you. And when that happens we would urge you to start over again without judgment and without concern. In the world of spirit, every day is a new creation.

May we ask if there is another query at this time.

Questioner: When I feel my spiritual level is raised continuously then I find that it's very difficult to communicate with others. It's possible that I am meeting a bottleneck in myself. I feel very lonely. What should I do?

We are those of Q'uo, and are aware of your query, my brother. It is very common in those who have awakened and have tasted the nectar of unconditional love for them to strive to spend all of their time in the harmonious reaches of the upper chakras of the energy body: the heart chakra of unconditional love, the throat chakra of communication and compassion, and the indigo chakra of the brow with its work in consciousness and faith. These are wonderful climes and indeed a portion of you may spend all of its time in those heavenly realms.

However, the key to living a balanced life is the constant rooting of those higher energies in the Earth, and the constant uplifting of all lower energies by bringing them into the open heart. Therefore, we would suggest that it is unwise to remain ever in the higher work, but rather it is well to balance all working in consciousness by moving into the lower chakras by praising and giving respect and honor to the most seemingly base or menial of energies. Praise and bless those grounded and necessary energies of sexuality, politeness, responsibility and all those things that would seem to drag you down. Know and find the way to discover ever more clearly that there is no part of life that is not sacred.

Your body itself is a temple. And as you wash it, tend it, care for it, feed it the right food to the best of your ability, and honor it for all its natural functions, you are bringing the higher energies to bless and infuse the lower energies and are redeeming them by your honor and respect.

If you are cleaning the bathroom or the kitchen or doing the laundry, dwell in joy and thankfulness and bliss and know that this is work worthy of all. It is often said within the Christian faith of which this entity has spent her life, that to be a leader you must wash the feet of those whom you know, humbling yourself and being a servant to them.

In a larger sense you may look at the living of an earthly life as keeping a house that has two floors. Upon the first floor is the kitchen, the bathroom, the bedroom, and the living room: those environments which you associate with all of your lower-chakra desires, needs and responsibilities. It is well to clean the bathroom, scour the kitchen, freshen the bouquet of flowers that welcomes visitors to your living room and do everything you can to honor and bless that lower floor of red-ray, orange-ray and yellow-ray concerns. And only when you have cleaned and scoured and blessed and thanked and honored the first floor shall you ascend the steps to the upper room of meditation, contemplation and working in consciousness.

Above all, keep the light touch and the sense of humor, that your good life may never become a heavy life, but rather that it may radiate and be as light as light itself. Laughter is wonderful medicine for those who are lonely.

And indeed, referring back to a question earlier in this session, we would say that if you are lonely, go out into the highways and the byways of your town. Seek out those who need companionship. You will find, in serving others, that the loneliness is no more and that all is lifted by your capacity to serve others.

And in your genuine realization of them as part of yourself, as you serve them, as you reach out to them, you will quickly find that your life has changed completely. For energy given comes around and is given back to you multiplied a hundred-fold, a thousand-fold, and a million-fold. Love is infinite. However, sometimes you need to initiate the giving of love to those who truly need it before you may begin to feel the reciprocity of loving and being loved.

There is a tendency in all of those who have experienced the joys of living in the higher chakras to draw apart from the world which is so hurly-burly and busy. Yet we assure you that your faith will gladly engage with all of that activity and seeming

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lack of beauty. For if you bring your love to a situation, that situation shall surely be transformed.

We find that there is energy for one more query at this time. Is there a final query at this time? We are those of Q'uo.

Questioner: Do wanderers ever consider the risks they are taking in incarnating? For example, what's the impact on their social memory complexes and themselves?

We are those of Q'uo, and are aware of your query, my brother. Indeed, the commitment to become a wanderer is not taken lightly. It is thought out carefully and considered for a considerable amount of your time, indeed, centuries of your time, while the commitment to the work is perfected, refined and honed to a sharp edge. It is an act of great courage to be a wanderer.

What wanderers usually do not realize is that that which is so obvious and easy from the other side of the veil is impossible to read and difficult to bear within the thick veiling of the third density of Earth, with its free will and its extremely thick veil. The danger always is that the wanderer will not wake up, or, if it is partially awake, that it will awaken only to complain that it is not comfortable, that it wants to go home, that it must leave this place that is so polluted and dirty.

To those who feel these things, we would suggest that it is precisely because this planet is so in need of higher vibrations that you came to serve at this time, to help lighten the vibrations of Planet Earth. And you could not do this without incarnating and becoming one of the tribe of humankind. Your love was so great that you took that step. And now you have awakened and you know how difficult a step it was to take. We encourage you to take hold of the honor and the duty of being a wanderer.

That which you know of the higher planes, that which you remember in a dim or not so dim way, bring into your heart and let it bless the environment that you see before you, just as it is. You are not here to clean it up. You are not here to make it right. You are not here to fix it. For all of the outer world is an illusion. You are here to love it. Take the world in your arms and embrace it. This is how you came to serve. This is your glory and your crown. Wear it well and rejoice in being here.

As to what occurs if wanderers do not wake up. They, like all of the human tribe, walk the steps of light. If they have learned the lessons of love in this incarnation, they are free to move on. And if so, they may choose to go back to their native density. If they have instead remained asleep within this incarnation, then they shall have a refresher course in third-density living, moving with others who have not graduated to fourth density to another planet where they shall once again become students in third density's refinery of souls.

In either case, all is well. You have all the time in the universe to move through all natural energies and rhythms back to the Creator, who is waiting for you with great delight. And you do not wish to return too soon. For the Creator wishes to know of the fullness of your experiences, your feelings, and your emotions. That is the harvest that you bring to the Creator. Whatever it is, he will love it and you, now and forever.

We are those known to you as the principle of Q'uo. And as we have said, Hatonn is especially eager to shed that wordless and silent love and light that is the essence of the open heart. We pause that you may feel this energy, for it shall be in the vibration upon your tape recording as well as in the energy of this instrument's words.

(Pause)

We are those of Q'uo. Brothers and Sisters of the open heart, you are loved beyond all telling. We leave this instrument and this group in the love and light, the power and the peace of the one infinite Creator. Those of Q'uo wish you love and light. Adonai. Adonai. ♣

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Special Meditation
August 7, 2007

Question from G: Q'uo, within this illusion, even with our most certain of hunches, I feel we are doing guesswork in the darkness. I may be fooling myself, but, based upon my own study, some part of me feels that I am currently knee-deep in that phase, point or portion in the development of mystical consciousness known as The Purgative Way.[61] If this is so, is there anything that I could do to accelerate and successfully complete this stage of the journey so that I can more fully realize that which I desire?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a blessing and privilege to be with you. We thank you for inviting us to join your circle of seeking. It does us a great honor and enables us to perform our humble service, just to share our thoughts.

As always, we would request that you be captain of that which you take in to think about. As the one known as G has noted recently, it is the wolf you feed that prospers. It is the thoughts that you think that create your reality. Think on those thoughts that have true resonance to you. You do not have to explain the resonance to yourself, but only to note it and to follow it. Equally, it is useless to attempt to become interested in a thought that does not resonate to you. No matter how interesting, it is not for you. Take what is good for you and blow the rest away, as the one known as Robbie[62] said.

The creation is, indeed, dark to those who have come through the gates of birth on planet Earth to enjoy a lifetime within the valley of the shadow of death. The veil between the local consciousness of your everyday mind and the universal consciousness of the deep mind is thick upon planet Earth. And a powerful, pure free will has been given by this Logos to your people.

Your experience, therefore, is carefully arranged that it may have all manner of shades of gray and seemingly inky black. Metaphysically speaking, to awaken the light within you is a challenge you take upon yourself in the dark.

The process which you have called The Purgative Way is intrinsic to the light, just as the light is intrinsic to the Dark Night of the Soul. Indeed, that

[61] This is an ancient term, used in the Christian church since medieval times, to denote the first of three states which the seeker undergoes. The other two are the "illuminative way," and the "unitive way." St. John of the Cross also calls this stage the Dark Night of the Soul. Gary describes it in his experience as being a stage before illumination takes place, characterized by higher confusion, conflict within, and renunciation of worldly desires.

[62] Robbie Robertson, music CD titled *Music for the Native Americans*, from a song titled "Golden Feather," © Robbie Robertson, all rights reserved. Part of the lyrics are:

> When you find what's worth keeping
> With a breath of kindness
> Blow the rest away.

process of spiritual evolution is a spiral; not simply a cycle but a spiral at which, at the same point in the spiral but higher, you enter the natural, intended, fruitful and challenging Dark Night. And well it is called the Dark Night of the Soul, for both the light and the dark parts of this spiral are designed to ready the spirit within to enter the gateway to intelligent infinity.

We therefore confirm your assumption that those who are new or feel that they are young upon the spiritual path do go through the Dark Night of the Soul. However, there are many witnesses throughout history who have written about the fact that the night will come again and again as long as you are incarnate in third density. This is not a function of punishment or judgment, but of your desire to progress spiritually.

One great resource for being skillful in your dealings with this state of mind, emotions and increasingly spirit is patience. We do not speak of the patience of one who endures. We do not speak of the patience of one who counts the seconds. We speak of the patience of a scientist fascinated with the growth of a flower, who sets himself to watch the flower every day from its bud until its bloom.

And then that scientist continues watching the flower, day after day, so that he may know precisely how it decays, how each petal falls away, how the calyx and the sepal crumble inward and the stem gradually withers until it is brown and dead.

And then that scientist continues watching the empty ground for an entire winter, every day watching and brooding over this miraculous flower, for he wants to know just how every bit of its miraculous life comes about.

And he is rewarded when the flower is pulled up through the soil by the weak March sun and is rained upon by the sweet rains of April and May, until once more its stem is green and strong, its sepals and calyx are firm and out-thrusting, and the bud begins to grow from its nest to burst into bloom once again.

The scientist is not satisfied with one revolution of the cycle. He watches again and again, year upon year, lost in the wonder of every detail, drunk upon the beauty of something so rare and so freely given. This is the patience we recommend.

Another great resource when going through The Purgative Way is a lack of pity for the self. Do not move into that space where you are aware of being bothered and suffering. We do not know how to say this in words but there is glory in the furnace that tempers the soul. If you can find the courage and the fearlessness to thank the furnace for this discomfort, then the fire shall not burn you but shall be your friend, your brother, and your sister.

Another great resource for one who moves through darkness and pain is a sense of humor, or a wider viewpoint that sees the lightness of heavy situations. When a seeker can laugh at the peculiarities of his suffering and embrace them instead of expressing jobations[63] and complaints, that seeker is tuning himself as a musician tunes his instrument or a singer vocalizes before a performance.

Your mind is very plastic and subject to infinite confusion and self-deceit. You do not mean to deceive yourself. We understand that it is involuntary and unintended, but every assumption, every cultural truism, every authority, everything in fact that is not coming to you at this moment needs to fade away from the spiritual seeker.

Certainly meditation, contemplation and all of the rich array of mind tuning techniques can help you. But sometimes the best resource is a good laugh and a realization that not only are you an object of ridicule, silly, wrong-headed and erroneous, but that that is fine; that is funny; that is the human condition. Feel the judgment and the tension fade away.

When you do realize at last the beauty of this completely rounded life you live spiritually, dark side, light side, dark side, light side, then every turn of the spiral helps you to rewire yourself.

In some ways, this rewiring is useful in this incarnation. In other ways, the heart of its use is the moment when you have shifted from this earthly valley of the shadow of death through the gateway of intelligent infinity for one final time into larger life, at which time, these heart-felt, sincerely offered devotions of serving through the dark times with faith shall have created for you your next location in time and space.

[63] A jobation is defined by www.dictionary.com as "A scolding; a tedious reproof."

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For those who take this purgative way and allow it to shape them, it will certainly result in your graduation. And the fruit of your being shall be delicious to the Creator as you pour out to this source and ending all that you have felt and thought, everything at which you have laughed, and all of those experiences in which you sobbed and wept and despaired. Even your angers, your jealousies, your lust, your greed, and every vice has its information for the Creator.

Allow yourself to rest in the knowledge that, although there are certainly better and less fortunate ways to serve the infinite Creator, as far as being polarized in service to others, even your worst mistake is a gift to the one Creator, adding to Its knowledge of who It is.

As this instrument would say, you cannot go wrong. All that you do is a service to the one infinite Creator and it will be your gift to that Creator, not only in this moment but in the moment of your entry into a larger life, when that personality that you are is released from its stricture and falls away, as the husk falls away from the corn which is then ready to eat.

You shall be ripe and you shall be gathered: not the husk, not the body, not the personality, not the details, but the feelings that were authentic, the services that were given with a whole heart, the intentions that you created and nurtured and polished. Whether you were able to fulfill them completely or whether they remained things of beauty to you for which you strove is unimportant metaphysically.

It is not the goal of the seeker who wishes to be skillful and effectual in his process to accelerate the Dark Night of the Soul any more than it is appropriate for a skillful seeker to attempt to lengthen summer breezes and the good times, the mountain-top experiences and those moments of joy that know no bounds. Rather, we would encourage you to allow yourself to be as even with your process as if all states of emotion were alike to you.

Rejoice equally in the daylight and its bloom and the darkness and its time of maximum chaos, disintegration and eventual fertility, for these things that are broken down within yourself become the fertilizer and soil which allow the seeds of new life and new growth to grow strong and healthy and reach for the sunlight when the day does dawn. And, my brother, the day always dawns.

We realize that one of the things that is most challenging about The Purgative Way is the chaos and confusion that you experience sitting in the dark, hoping that your ways of dealing with spiritual pain are wise. However, it is helpful to remember that there is an instinctual side to your nature which will stand you in far better stead than that which you know.

This instrument will give a talk in the days to come on the keys to unknowing.[64] My brother, take those keys, stand on your two feet and know that you do not know anything in terms of spirituality. What you receive instead of knowing things is what the Greeks called *gnosis*. That is the knowing that comes from the heart, from its insight and its intuition and the whispers of the wind of spirit.

As your tuning song said, listen to the winds of spirit.[65] The ceaseless, restive, ever-moving energies of spirit shall nudge you in ways you know not, if you but ask—and ask every day and every hour. "Use me, spirit, I am yours, this day, this moment, I am yours."

In the heart of darkness there lies a blessed comfort. You can always ask for the Creator to express Its love, to give you a metaphysical hug. Ask and you shall be answered.

We also would encourage you to seek that comfort that is not of this world nor of the mind nor of the senses, but that lies so deep within your heart that is the very nature of your being. Your exploration is inner and when you penetrate the very heart of darkness, it bursts into light, for the Creator is at the heart of all things.

Lastly we would recommend the resource of fearlessness. The Purgative Way is one way of saying that things are being purged from you. The human personality wonders, "How much more can I lose before I am no longer myself?" In all humility, my

[64] For a transcript of that talk, offered at Mackinac Island August 11, 2007, please go to the Library/Carla's Niche section of www.llresearch.org.

[65] Lacy J. Dalton, from her CD, *The Last Wild Place*. The song is titled "Listen to the Wind," © Lacy J. Dalton, all rights reserved. The lyrics, in part are:

> This old world's wild; she won't be tamed.
> The only thing you can trust is change.
> Listen to the wind—listen to the wind.

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brother, let that self go. For you truly wish to change, to deepen, and to become an ever more fit vessel for the love and the light of the one infinite Creator.

The Dark Night of the Soul is house-cleaning time for the temple of your body and your mind. You are reforming the way that you think about yourself, the way that you see and view yourself. You are moving from the little "I" of ego to the I AM that is the one infinite Creator.

We have said through this instrument many times that the essence of the faith is that all is well. And all shall be well. When you feel lost, try saying those words to yourself and see how the tuning effect of such reminders brings you to a state of remembrance of who you are and why you are here.

We are those of the principle of Q'uo, and would ask if the one known as G has any questions to follow up with?

G: Yes, I often have massive, instantaneous, knee-jerk resistance to my girlfriend's daughter, without seeming provocation, and at times to my girlfriend herself. I desire greatly to proactively feel love for them rather than react in unconsciously created and sustained resistance, yet no attempt to get to the source and the mechanism of this resistance has borne fruit. My question for you is: Would you be able to direct me to the portion of my psyche responsible for this experience and then would you offer me any counsel as to how I may understand and heal this handicap?

We are those of the principle of Q'uo, and are aware of your query. As perhaps you may have surmised, there is much that we cannot say about something that is so centrally a part of your process at this time, for we cannot do the learning for you. To do so would not benefit either you or ourselves, for you would not truly learn to see through this catalyst and we would lose polarity by infringing upon your free will.

We can talk about the general principles involved in relationships. Some portions of relationships are based upon the difference between yourself and another person, such as the difference in age or the difference in sex. You are older than O. You are a different sex than the ones known as V and O.

It is difficult to look straight into mirrors that are distorted. Mirrors that come across the earthly boundaries of that which you see as gender and age distort the image, as though you were in a fun house with its crazy mirrors and corridors. Other portions of reactions to people can be as shallow as a trick or quirk of the voice or the shallowness of the personality you are watching in certain areas.

But the deeper portions of responses to people often have to do with your being involved with them in other incarnations, in which relationships with them play a powerful part in this incarnational experience. Whether or not your karma with them is balanced or unbalanced, the more you become involved with entities that penetrate the outer shell of personality, the more those energies that have spoken through the ages in other incarnations to yourself begin to speak again, ever more resonantly with ever more good information, good catalyst, good grist for the mill to offer you.

And deepest of all, my brother, you are gazing at yourself. Those things which irritate or upset you or cause you to have a bad chemical reaction to another are those things which characterize a part of your shadow self. As always, the work that you truly do is upon yourself. When you are aggravated or have this bad chemistry, when you have the time, whether close to the event or later in remembrance, sit with that feeling and ask it for the wisdom that lies in its folds.

You may need to be very patient, for the forces of darkness do not like the seeker who is patient with his pain and confusion, for they know that it is to those who are prepared to bide with themselves through thick and thin, believing in themselves and yet asking, "How can I learn? How can I be more when faced with daunting feelings?" that the light shall dawn ever quicker. And meanwhile your faith has made a flame that the darkness cannot put out.

We apologize that we cannot get close to, shall we say, earthly advice, but this is indeed an important, ongoing part of your spiritual seeking and thusly we leave you to it with our encouragement, faith and support.

We are those of Q'uo. May we ask if there is another question, my brother?

G: For the seeker yearning to experience mystical unity, what role does the ability to concentrate for an extended period of time play? Is it critical? And what can I do to further develop this faculty?

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We are those of Q'uo, and are aware of your query. My brother, you are already doing one exercise that promotes focus and that is your practice of watching your breath. That in itself is a focusing activity. The practice of the disciplines of the magical personality, as this instrument would call them, are very helpful to one who wishes mechanically to increase concentration abilities. The visualization, for instance, of one shape and color, can be useful. This is a technique of the so-called magical way.

If you can hold the image, for instance, of a green circle or a blue rectangle or a yellow pyramid or a rose for fifteen seconds one day, and if you can repeat that for a week of days, then you may increase the time that you hold that visualization quite clearly in your mind's eye as if it were just before you and commanding your attention. Eventually you will develop that faculty of the mind which is called focus.

It is indeed a useful and helpful practice, however you choose to do it, in that it disciplines the wayward attention. You are already aware of the amazing amount of distraction within the normal daily experience. You are perhaps aware also of the more subtle distractions that stem from the self and the self's distortions. And you may not be aware of how those balancing dynamics of your Earth world—darkness and light—are ever at play within you. The darkness desires you to be dark, for it needs a heavy place to hide. The lightness invites you to soar, but it cannot lift your wings. Thusly, that focusing practice, however you wish to pursue it, is helpful and may bring you more and more into that state of recollection and remembrance of who you are and why you are here.

May we ask if there is a final query at this time, my brother? We are the principle of Q'uo.

G: I don't have your traditional type of nightmares, exactly, but I do have three types of recurring dreams that occasionally haunt me and are, like nightmares, just plain terrifying. In one of the recurring themes, I am locked away in prison, my freedom and rights taken from me in what is a deeply, deeply horrible experience. Would you be able to help me unravel the symbolism to this dream so that I may understand what spiritual principles are being communicated to me about my situation within the incarnation?

We those of the principle of Q'uo, and are aware of your query, my brother. There are aspects of this dream about which we cannot offer comment, but in terms of spiritual principles, we may say that your opinion of your incarnation is not all good! And it is accurate, for are you not in a prison, waiting on the executioner's block for the scythe of death to swish down? And meanwhile, are you not often uncomfortable, driven by the demands of the heavy chemical body and subject to countless irritations and distractions?

There is much more to this than that spiritual principle, but in general, dreams tell the dreamer what is on his deep mind, what is bothering him. They have to tell it in code. It cannot be straightforward. For truth is like a blinding light to one who is in darkness. They cannot open the door all the way, for you would go blind. Dreams crack the door and let in a little light, a little inkling.

We would suggest, my brother, that you begin a notebook, either on your computer or with a pad of paper and pen, and journal through an extended length of time about this one type of dream and, indeed, about the other two as well, building intelligence over a period of years, to find out the nuances and the intricacies. Dreams in a way are like a maze. When you reach the center, then the light dawns and you go, "Ah, okay, I see." But until that point you are going up into and back from many blind alleys.

We are reluctant, my brothers, to leave such delightful company. Yet the energy of this instrument wanes and the energy of the group as well, and so we take our leave of this instrument and this group, leaving each, as always, in the love and the light, the peace and power of the One. We are the principle of Q'uo, and we leave you in love and light. Adonai. Adonai.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
August 12, 2007

Mackinac Island Gathering

Group question: Q'uo, in light of the theme about our sun that has developed this weekend[66], we would like to know what our relationship is with our sun and how we as human beings on planet Earth may commune on a deeper level with our sun.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. May we thank you with all our hearts for the privilege of being called to your circle of seeking and of being able to experience the beauty of each of your auras and of your combined auras, which make this place a beautiful temple of light. It is a privilege and a pleasure to be with you and to be able to offer our humble service to you, the sharing of information that you might find useful.

Please know that we are not authorities over you but fellow seekers who walk the path to our source and our ending. Take these words, therefore, not as things that you must hear or things that you must follow, but rather use your discrimination and take from what we have to say only those things that resonate with you. Leave the rest behind without a second thought. In this way we will feel free to offer our opinions without being concerned that we might interfere with your free will or skew and distort your process of seeking.

You wish at this time to know more about your relationships with your sun-body and how you can commune with that sun-body. We are most pleased to share our thoughts on this subject.

The one known as William[67] noted the pun between s-u-n and s-o-n. And we say to you that you are sons and daughters of the sun, just as the sun itself is the son and daughter of the one great original Thought, that Logos which is unconditional love.

The Logos is a distortion of the Law of One. The only thing that is not distorted in our understanding is a mystery. That mystery is the one infinite Creator. Beyond all potentiation, beyond all understanding, all that there is resides forever in that one original Creator, which is that from which all has sprung and to which all shall return.

The first distortion of the one infinite Creator is free will. And the play of free will across the mystery of the Creator created the desire for the Creator to know Itself.

[66] This channeling session closed the L/L Research Gathering on Mackinac Island, which took place on August 11-13, 2007. The two speeches which Carla L. Rueckert offered at this Gathering can be found in "Carla's Niche" under "Speeches" on our archive site, www.llresearch.org.

[67] William Henry offered two talks at the Mackinac Island Gathering. To look further into his material, go to his web site, www.williamhenry.net.

And this desire was embodied, if you will, in the one great original Thought, which is the second distortion of the Law of One. And that unconditional love, which is the very nature of the infinite Creator, birthed the mechanism and the way of manifestation of all illusion. For, you see, all except the mystery is some kind of illusion.

So all of that which seems real is the illusion and that which is the mystery is that which is real. You come, therefore, into the land of paradox and mystery. And then you know you are on the right track.

This third distortion of the Law of One is light, and light, in all of its gradations of circulation or rotation, has created all the orders of all the vibrations of all that is seen and unseen, from your point of view.

This Logos, manifesting through light, created out of Itself the suns in their galaxies. And each sun is a sub-logos, an undistorted portion of the one infinite Creator, yet each Logos was given the ability to make the tailoring details of its sub-creation of the one infinite Father. Therefore, your Logos has created for you a certain kind of environment for the growth of your spirit and for the collection of information to be offered again to the one infinite Creator, that It may know more about Itself.

It is well to note that this is a scheme in which all of your feelings, be they seemingly positive or seemingly negative, are equally valuable and precious to the one infinite Creator. Therefore, you are loved beyond all belief by an entity who could never judge you, but only support, encourage and embrace you.

The Logos of your sun, then, has further manifested in its creation the particles of the One. For each of you is a spark of the one Creator, and each of you has, in every cell of your body, the undistorted mystery of the One. Your wisdom lies deep within you. You do not have to reach for it. It will come into your consciousness as you are ready and as you ask. It helps a great deal in this process if you know, beyond a shadow of a doubt, again, as the one known as William has said, that you are in your integrity and can rest in your rightness to ask. All are worthy to ask and be answered.

Therefore, each of you is a piece of the One, sons and daughters and heirs of love, creatures of love. You came into this particular illusion having created for yourself, with the aid of your guidance system, your gifts, your challenges, and your relationships. You and your guidance together have planned the direction of your mission, both in terms of the mission of your being and the mission of your doing.

In terms of the mission of your doing, you have only to consult your gifts, or what this instrument would call your "skill set." Each of you has a cluster of gifts in a particular area. It may seem to be very humble and practical and down to earth. It may be mystical. It may be aesthetic. It may be creative. It may be as simple as the creation of a family. The creation of anything that can be created in this universe is equally worthy if it be created with love.

As this instrument was saying earlier to the one known as J, you are never to be identified with that which you do. Rather, you are love and you happen to be expressing or manifesting in the outer world with a particular kind of service for which, happily, you receive pay and with which you pay your bills.

Likewise, you cannot be contained by others' opinions, by the opinions of your culture, or by any other limitations whatever, for you are love and light. You are all that there is, and you are the sun of your creation. Let us expand upon this for a moment.

It may seem that you are quite a small part of a very large universe, and in the outer world, this is certainly so. As the one known as Don[68] has often said, you are sticking up from the surface of the planet like hair on a head, with your heads reaching towards the stars and your feet pointing toward the womb of the earth. You circle a very insignificant-looking sun, in terms of the brightness and size, at the outer part of a very small and undistinguished-looking galaxy that is part of billions and billions of other galaxies. In that scale of things, you are indeed small.

Yet, in the inner or metaphysical sense, you are the sun of your inner universe. You have created that universe and you can recreate it at any time. That which you judge remains judged. That which you love remains loved. In every thought, in every

[68] Here the Q'uo group refers to Donald T. Elkins, co-founder with Carla of L/L Research. Don passed into larger life in 1984.

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circumstance, you are the Creator. That which you hold to be true is true.

Therefore, it is well to remain at all times attentive to that which is deepest within you; to that which is truest within you. And as you sense into the "I" of you, remember to ask for help in coming even more fully into the presence of the mystery that lies within you.

It is as if you are approaching, across a vast courtyard, the gateway to your open heart. That courtyard is littered with all of your beliefs and judgments. It is thickly littered with your senses of self: your unworthiness; your dislike of your shadow side; your desire not to know your shadow side. And so the journey into full communion with your own open heart, with that sun that lies within, consists at first of going about this courtyard, taking up the shadow side, the unworthiness, the thoughts and beliefs which limit your viewpoint.

They may seem to be like wild animals when first you take them up, for indeed you have powers within you that are very strong and seem ultimately negative. When they are not developed by the light within you, they may act out as murder, war, jealousy, anger, hatred, guilt, resentment and all the brothers and sisters of these energies.

Yet when you take these wild animals, these fearsome energies, into your arms and love them, that gets their attention. And when you have their attention, then you may speak to them tenderly and affectionately. For you must ask for their help. You must ask them to come into your heart and allow themselves to be redeemed by your sense of their worth and by your honor and respect for these dark energies within you.

And when they kneel before you, you take the sword of truth and you dub them your "white knights" of determination, grit and patience, so that you may endure all, bear all, persist through all, with love.

As you gaze out from yourself finally and see the clean courtyard, you know that you are ready to meet the lions at the gate of your open heart. Because there are lions there, my friends, who will not allow you into that sacred space, that holy of holies, that sanctum sanctorum, until you are whole.

It is not that you become perfect and then enter the open heart. You enter the open heart in all your dirt, just as you are. And yet the secret is to know that you are worthy, just as you are, and give honor to yourself, even within this illusion in which you seem to be quite unworthy in some ways. This surety and confidence is your strength and your salvation, and the lions then sense your readiness for the light within your own open heart and the love that lies waiting to embrace you.

The lions bow, the door opens, and you are finally home. What a joy it is to be home in your own open heart, at the center of your creation, where the lion and the lamb lie down together, where peace flows like a fountain, and where all upon which you look as blessed and being blessed, blesses you back. So love is reflected in love; so that all that you see is loved; so that all that you do is love.

As you open to this upwelling of love that is infinite and infinitely available, the ever self-sustaining resource of the one infinite Creator, you become that which is "I am that I am." And your small ego has melted away before that impersonal self that is at the heart of the personal self.

It may seem to you that there are impediments to becoming the "I am that I am" of what this instrument would call cosmic consciousness or Christ consciousness, and as long as you feel that there are impediments, so there are. Therefore, as you experience the feeling of being impeded it is well to rest in that awareness and to collect yourself to bear witness to this awareness, and to sit with it as if it were an honored guest.

What is it that impedes you this day? What thought has caused you to stop feeling as though you are the one infinite Creator in much shadowed form? Sit with this question until it begins to answer itself within you in whatever way it will. Experience to the fullest the energy of that blocked self. Was it impatience? Was it irritation? Was it the feeling of unworthiness? Was it the hesitation that comes from being confused? Whatever that momentary blockage is, first experience it and intensify it and then allow it to call forth its dynamic opposite.

If your stoppage was due to impatience, allow the feeling of patience to come over you. For it will, if you focus upon this dynamic. Once you have begun to experience that patience, then encourage it to intensify itself within you and to become all of your attention's span. And in that wise you may know true and undistorted patience.

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Then allow the two dynamics to come together in everyday life, into the center of yourself, so that you have balanced this distortion within yourself.

It is well indeed if you can practice this on a daily basis. For even within a day you may lose the memory of your thoughts. And each of your thoughts is a creation, metaphysically speaking. This is difficult to understand in everyday life because, in the outer world, things and objects are what seem to be real, and thoughts are the lightening bugs and butterflies and moths and all those little beings that fly about. They are beautiful and they are worthy of their own kinds. And yet, should you take them seriously?

We say to you, yes, my friends, for in the metaphysical world, thoughts are things. What you think is what you create. The one known as G gave this instrument a story recently from Indian lore. It was the story of two wolves. One wolf was everything that was good, positive and beautiful. The other wolf was all that was dark, aggressive, violent and evil. The young man went to his father and said, "What should I do with these wolves? How shall I treat them?" And the father said, "Feed the one you wish to grow and let the other one pass away."[69]

Which wolf will you feed in your thoughts? One great secret to spiritual seeking is to remember which wolf to feed.

We sense that within this group there are many questions. And so we would ask if there is a follow-up question to this main question? We are those of Q'uo.

A: Yes. I have a question about the sun cult that has been in earlier times. Do we have any connection to this and to each other through that?

We are those of Q'uo, and are aware of your question, my sister. We may say without infringement upon free will that there are those among you who indeed do have that connection within the history of your planet Earth. However, in general, we would say that your connection to the sun is from your nature, as those who come from another sun and who have chosen to wander to this planet together. For each in this room is a portion of wanderers of sixth density who chose, in a time very early in the third-density cycle of planet Earth, to enter into incarnation upon planet Earth.

After the first 25,000 year minor cycle of your planetary third density, the Confederation of Planets in the Service of the One Infinite Creator became concerned, for the harvest was very small. And so, in excitement of heart, with great passion and absolute purity of intent, you dedicated yourselves to the travail of Earth. Brothers and Sisters of Sorrow, you responded to the sorrow of Earth, to its cry for light and love. And so you came, bravely, daringly, risking all, risking forgetting who you are, in the hope that you could become those who aided in the lightening of the consciousness of planet Earth.

My friends, you have been about that business for a very long time. And mayhap you have become weary with the labor of Earth. But we say to you to take heart and to know that you have made a difference in a positive sense. And that you shall, as you are activated by such meetings as these, wind up your certainty and courage, that you may go forth ever more firmly, seated in the saddle of your great steed of faith, in your armor of light, with your ribbons dancing in the wind from the lance of your truth. You may joust with some unlikely people, mounted on some shabby, shabby horses as you go through the lists of this tournament of service to others!

There may be many, many times when the chinks in your armor of light are intensified by the natural resistance of what this instrument calls the "loyal opposition." And you may experience difficulties and dark nights. Yet, my friends, is not each dawn a new day? It is indeed. As you awaken on each new day, know that it is a new universe, a new world, and a completely new beginning. Nothing is ever old to those who are awake to love. Everything is new now.

[69] The story, in its original form, seen here, is not credited to a source. The text is:

An old Cherokee was teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil. He is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. The other is good. He is joy, peace, love, hope, serenity, humanity, kindness, benevolence, empathy, generosity, truth, compassion and faith. The same fight is going on inside you, and inside every other person too."

The grandson thought about it for a minute and asked the grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

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Each of you is wondering! As we listened while you talked around the circle, we heard you say, "What is next? What shall I do now?"

My friends, the operant word is "now." It is not next. It is now. What you shall do now is what is upon your heart. And if, as far as you know, there is nothing upon your heart except love, then let it be. You are now ready for that which comes next in your illusion.

Nor are you responsible in any way for that which comes to you as catalyst. It is not that you draw good catalyst, or poor catalyst, or difficult catalyst by some measurement of deserving or merit. Certainly, that which you are thinking or doing creates the nexus from which more things come to you. As you think, so do you draw things to you. Yet, in that moment in which catalyst occurs to you, you are not responsible for that which comes in. The area of your responsibility is to that which is evoked or elicited by the catalyst. Therefore, you, as creators, are responsible for your responses to catalyst.

What shall be your responses this day to the thoughts you think, to the people you meet, and to the situations which you address? That is your area of creativity. It is a good thing to focus upon the fact that you are all creative. How can a creator not be creative? Therefore, create your creation consciously and do not be dismayed that the outer world does not seem to reflect your creation.

In the world of spirit, in the time/space universe, you are the citizens of eternity, even while within the world of space/time and incarnation. That which you create is powerful. And as you understand that, you can link up with those who are of like mind. Even at great distances you can continue to create light.

This instrument was speaking earlier in this weekend of being instruments, receivers and emitters of vibration. And so you are in the unseen realms. And we encourage you to think of yourselves as lighthouses. It is said in your holy work, "Do not hide your light under a bushel but place it on a lamp stand where all may see it."[70]

Do you feel merely like a candle of light in the midst of all the darkness of the outer world? Then, my friends, know that a candle can be seen a mile away. Just one candle can be a beacon of light to those far off. Those to whom you are a source of light know only that they like to be near you, yet as they absorb the radiation of your love, they themselves are activated to be beacons themselves. And so you pass it on and infect others, who in turn infect others, until the world at last is aflame, united, harmonious and complete.

Shall this happen before the harvest is completely white? We do not know, for it is up to you to be as purely a flame of love as you know how to be. However, look not to the outer things for knowledge of your success. Rather, look to your intentions, your dreams, and your ideals and create them ever firmer, ever truer, ever sturdier. These are the measures of the ability to create changes in the consciousness of your planetary sphere.

Therefore, the most important work that you can ever do is done within yourself, for as you heal, strengthen and arm yourself with love and light, so you change your entire world.

We thank the one known as A for this query and would ask if there is another question at this time? We are those of Q'uo.

J: Yes, I would like to ask about buffeted feelings a little more. How do we get through them? When you're sitting in it, you're still in the negative and these feelings can be very overwhelming. Sometimes you can just get exhausted by them. The issue is how to let them go more fully. I know you say to hold them in your heart and then to intensify them and then to think the opposite. But sometimes it is hard to think the opposite when you don't have that in your head. Would listening to positive subliminal tapes be something worthwhile? I know it's not so much a matter of doing-ness as being-ness and feeling comfortable in your own skin, but I feel like still there's a piece missing. Something is not hitting me right. Maybe you can see something that I can't see.

We are those of Q'uo, and, my sister, we see many things that you do not see. However, we cannot see what you see, so it all balances out.

[70] *Holy Bible*, Matthew 5:14-16: "Ye are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but upon a candlestick, and it giveth light unto all that are in the house. Let your light so shine before men that they may see your good works, and glorify your Father, which is in heaven."

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We would offer to you the concept of the "trouble bubble." Troubles arise and they form a bubble, an energy field. Then the bubble is popped and it is no more. You are here to create the trouble bubbles and to wait for them to pop. You cannot pop them, precisely. What you do, if you are skillful, is to become patient, for there are some trouble bubbles with a very thick skin and some with a very thin skin, and who can say in what moment epiphany may create the pin to pop that bubble?

Therefore, you do not think the dynamic opposite of that which you have intensified within you when you realize that you are in the middle of a trouble bubble, or a distortion which you consider part of your shadow side. As it was said so beautifully when the one known as Neo, in the movie "The Matrix" held the spoon in his hand, the one known as Morpheus said, "You can't bend the spoon. That's impossible. All you can do is know that there is no spoon."

Know that there is no trouble bubble, but that you have been given the illusion of a trouble bubble within this system of illusions for a reason. It is a worthy reason even if it makes you vastly uncomfortable. It is part of your seeking process and therefore you call upon that great friend of the spiritual seeker, patience, for it may take a great deal of your time for that dynamic to clear, especially when the dynamic has not been created by blocking the energy by constriction but rather by activation.

It takes longer for that kind of energy blockage to relax and be unconstricted than when there is a fear or a lack that is holding you back, for there are many unwise passions that can constrict the energy that needs to come through your energy body in order for you fully to enjoy being a child of the one infinite Creator and co-heir through hope of all that there is.

Therefore, we encourage you to cultivate the habit of deep patience. Allow peace and confidence to rest upon that process of response or "dynamic response," shall we say. If it does not happen in the time that you have, one day revisit it and ask again, then retain this concern until you are fully satisfied that you have penetrated the meniscus that lies between the first dynamic and the opposite.

It may take a while to penetrate in a satisfactory and full manner certain distortions of mind. But, my sister, you have literally all the time in the world. So remove from your mind any urgency or any desire to see yourself improve. For that is indeed judging yourself.

You are already perfect. Rest in that perfection, knowing that there is little hope of your seeing yourself able to manifest the perfection within, but also knowing that you are on the road to that perfect self, and therefore, through faith in things unseen, you are as good as there, metaphysically speaking.

This cleanses and clears your energy field so that you are not caught up in the process of spiritual evolution but rather are at rest in the saddle as you and your lance of truth ride along the dusty road. This instrument calls that road "The King's Highway," for within her distortion of worship that King's Highway is the way towards her icon of unconditional love.[71]

Indeed, you are all sons and daughters of the King and you are going home to meet your father once again. And we, with you, are on that road and ride with you, glad of your company.

We thank the one known as J for this question and would ask if there is a final query at this time?

J: Regarding ultraviolet and infrared rays of the sun, I understand that some energies from the sun, say gamma rays and x-rays, are harmful. And I understand that UV in some cases is said to be harmful and sometimes not. I feel that there isn't enough information out there about UV and maybe the benefits of it. Is it worthy to accumulate UV into the body? Is there a spiritual, physical, emotional or mental aspect to that? Can you change the DNA in your genes with this UV or even infrared?

We are those of Q'uo, and we are aware of your query, my sister. There are parts of your query which we cannot answer due to the fact that this is part of your active spiritual process at this time and it would be a gross infringement of your free will to do your learning for you. We leave you the joy of your exploration in this wise.

[71] This phrase is from a poem written by E. A. Cummins in 1922. It was set to music by A. G. H. Bode in 1941 and is a hymn in the Episcopal Hymnal. It reads, in part, "I know not where the road will lead I follow day by day, or where it ends; I only know I walk the King's Highway. The way is truth, the way is love. For light and strength I pray. And through the years of life, to God, I walk the King's Highway. Through light and dark the road leads on 'til dawns the endless day, when I shall know why, in this life, I walk the King's Highway."

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However, we may respond to your concerns about the need for balancing the self as it receives what you may consider toxic levels of certain vibrations.

We would encourage you to investigate the work of the one known as Rudolph, and especially in his exercises to balance in a dynamic way the body complex. This instrument knows this Anthroposophical type of exercise as the "olorono" exercise[72]. It is a series of simple movements that anyone can do who can walk. This instrument, being of fragile body, can still do these exercises, and so can most upon your planet.

They are a simple series of exercises in which you are creating for yourself more of a 360-degree vision and more of a complete balance of the body, and therefore of body, mind and spirit. In the process of doing these exercises daily you shall find that whatever is in excess within your body complex is released and whatever is deficient in your body complex is restored.

This entity, the one known as Rudolph, was very clear, in many ways, about this particular concern, although you will find that you must gaze at that which he said with an eye to the heart of what he was manifesting in his writing as opposed to the literal meaning of words. We leave you the joy of this exploration.

You spoke about DNA. In terms of spiritual principles we say to you that the DNA for third density is as it is. And yet you may change your DNA, as some of you are quite sure and aware at this time, by the way you think and by the way you manifest your thoughts so that you bring forth into third density higher densities of awareness.

Those of you who wish to live into fourth density positive upon this planet, which shall soon completely be descended, not only interpenetrating third density but taking over third density completely, may live as though you were in fourth density now. It is as simple and as nearly impossible as that. But you can penetrate that mystery of love. You can change your DNA so that you create four and then eight and then twelve and then up to twenty-four spirals of DNA. And eventually, as you do create the differences in every cell of your body, you shall, more and more, walk the universe freely.

A: I have one last question. It's about 2012. Would it be an infringement on our free will to say something, here and now, about what the actual process of this work or this change will be?

We are those of Q'uo, and are aware of your query, my sister. However, at this time, both the energy and your time grows, in the one case weary, and in the other case short. And so we would at this time apologize for not being able to move further on this point.

However, my sister, there have been many, many questions to our particular awareness group in the last few years concerning this very subject, and this gives us the happy opportunity to offer to you those things which we have said in the past.

Further, we are certain that if you are to write down on paper or by e-mail this very question, this instrument will be able to address it at a future time, for this instrument's group seeks regularly to contact us in circles such as this one and at a future time in your way of reckoning, we may finally address your query.

We apologize for our rudeness at this time, but it is better to rest the channel and for you to go about your daily business than to answer one more query at this time.

We are those of Q'uo, and we thank you, my brothers and sisters. We leave this instrument and this group in the love and the light, the peace and the power of the one infinite Creator. We are those of Q'uo. Adonai. Adonai. ♣

[72] Rudolph Steiner created a body of teachings called Anthroposophy which was quite in harmony with the Law of One teachings. He posited that all of creation is unified. The O*L*O*R*O*N*O exercises are part of his teachings called Eurhythmy. A good web site to seek for further information is www.rsarchive.org/Eurhythmy/.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation, Homecoming 2007

September 2, 2007

Group question: The question today, Q'uo, has to do with channeling. We have a group of people who would like to learn how to channel in order to be of service to others, starting next year when Carla initiates a channeling circle. They have some concerns about the dangers of channeling, about one's will being affected by a strong channeling source, and about getting holes in one's aura. Are there some spiritual principles which you could share with us that would help those who wish to channel to protect themselves and to be of service to others in this endeavor?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day, in humility and gratitude that you have invited us to join your circle of seeking. Thank you for the beauty that you have allowed us to behold in your individual energy bodies and in the beautiful blending and harmonization of auras that has created this sacred space of towering and majestic grandeur.

As always, before we address your good question, we would ask that each of you listen to what we have to say with a discriminating ear, being aware of the path of resonance in your own seeking. Some of what we have to say may hit the mark and some of it may not. If we do not hit that mark for you, please leave our thoughts behind and pick up the ones that have resonated to you, for they are our gift to you, to give you resources and tools with which to work in accelerating the pace of your evolution of mind, body and spirit.

We would thank you for being discriminating and careful in that which you take in, for we would not be a stumbling block upon your path but only a voice upon the wind that may be of service at this time.

We have watched with interest as this instrument has gone about the process of choosing to offer a channeling circle once again. We find it interesting that the alarm bells are ringing on an emergency vehicle in the vicinity of this house[73] as we take up the question of whether or not there are dangers involved in introducing yourself and your personality shell to the service of channeling thoughts from entities such as we.

On one level the answer is unknown, for events fall according to a rhythm that cannot be known ahead of time. However, we may speak in generalities and say that it would be an extremely rare event, and indeed one that has not occurred in the experience of this instrument, that entities working within a channeling circle were vulnerable to any physical, mental or emotional danger at all.

This instrument has always been faithful in creating channeling circles which adhere to our requests and

[73] An ambulance drove by as we began this session.

those of our Brothers and Sisters of Sorrow in other portions of the Confederation of Planets in the Service of the One Infinite Creator.

Thank you also for asking about the spiritual principles involved in considering this question. So often, we receive questions that do not have that sheathing of spiritual inquiry, so that the energy of the question itself moves from a place of fear. When we encounter such a query, there is very little information which we can give without infringing upon the free will of that entity who has asked for specific information from a place of fear.

In those cases, we cannot offer specific information. However even the most specific question, when sheathed with this garment of the request for spiritual principles, becomes a question that is grateful to our treatment. And thus we are able to speak on this subject.

This instrument was saying, in the course of this weekend of fellowship and study, that the energy of the channeling is one which is carried into the channeling circle by means of the tuning of each of the circle of channels. So let us discuss somewhat this concept of tuning and what it is that you are tuning as you tune your instruments.

All entities within third density are instruments. Each of you takes the breath of life and, breathing it into your physical body, you expel it, shaping words that create energies that bind and repel each other with your thoughts. Certainly words are limited in that which they can convey information in a rational or mental way bound by the definitions of the words used, their origins, and their implications within entities' minds as they hear the words themselves.

However, as instruments you have a means of sharing the vibrations of your feelings and the love in your heart, even if you are simply asking to pass the salt or offering a greeting to an acquaintance on the street. By your awareness and remembrance of who you are, you may utter the most commonplace words and yet send them forth with the blessing of your heart's love and the deepest compassion of your soul. There is no limit whatsoever upon how intense and pure a vibration of love that you may inject into your simplest communication. You are instruments.

This instrument reminds us of a story told by an actress named Anne[74] concerning her husband, Mel. He touched her in a way she felt was rough and she said, "My body is my instrument!" And he said, "Could you play me a few bars?" You are playing your song and broadcasting the state of your spirit, that essence that would always escape any words, each time that you open your mouths.

Consequently, you do not have to pull in our vibration or the vibration of an entity not within your conscious awareness in order to be instruments and in order to practice being instruments that are ever truer of pitch, ever more mellifluous of tone, and ever more pure in that which goes into the production of tone.

Sometimes we realize that instructions such as these to become aware of your thinking and your thoughts and how they are translated into words may cause you to become self-conscious and be unable to be spontaneous. We do not intend this effect. We do say that the great spiritual principle involved in becoming a better channel is to be comfortable within your own skin, in the knowledge that all is well.

When an entity whose heart is full of faith speaks, there is the brush of angel wings. Those listening to such a voice may simply say, "Oh, you have a musical voice," or "Your voice has such soul or timbre." Yet we say to you that that brush of angel wings carries through into the voices of those who remember who they are and rest in that essence, knowing that all is prepared. There is no need to reach or to pull back, but simply to follow that path of resonance as you move from day to day.

You do not know what may be asked of you in the future. You do not know what shoes you will grow into. And yet you have inklings and hints that come to you, saying, "Yes, you have a mission. Yes, you can perform this function." And eventually you learn to trust that brush of angel wings, that inkling from spirit, that moment of fire as the descending dove brings truth and insight into the inner heart to take root and to grow there.

As we continue to speak about being instruments, please realize that if you are not interested in joining this channeling circle, yet still our words are equally

[74] Anne Bancroft and Mel Brooks are the couple to which the instrument refers.

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appropriate. For all are equally instruments of the one infinite Creator. We cannot say that often enough in preparing entities to channel.

There is our understanding of that great spiritual principle of unity. From that principle of unity stems long lines of logic and insight which end up suggesting that you are precisely where you need to be at this time. You shall continue to be in an excellent state in which to serve, no matter what the outer picture may appear to be. Thusly, the appropriate attitude towards this service, as you enter the beginning precincts of learning that art of translation which is called channeling, is that you are perfect beings, in the right place and at the right time. All striving may cease. All feelings that one should be "better" in order to channel may cease.

We are aware of how you see yourselves in the foreshortened lenses of personality. You do not necessarily give yourselves credit for your grace and courage as you follow your impossible dreams. You see only the suffering, the seeming lack of success, and the feeling of unworthiness to bear so magnificent a burden as the cloak of Christhood. You ask yourself, "How could I presume to be an instrument of sacred revelation?"

And we ask you in turn, "Do you imagine that you are more error-prone than any other entity upon your planet?" We are not looking for the perfect person, whether by our estimate or your own. We look for the vibration of your instrument. There are some entities that are not vibrating within the range of vibratory energies with which we may interact. With those entities we will never be able to establish a contact. Therefore, allow yourself to be your true self as you come to thinking about yourself as a channel. For it is your true self upon which you must build—not an idealized version of yourself, not a self in Sunday best, with hat and gloves, as this instrument would say. The self that you are in your shorts and your tee is adequate to this task.

This instrument has talked to this group about the dangers inherent in opening a channel to outside energies such as we. And so we would speak about this to a certain extent.

Each of you is, as we said, a crystal, an instrument capable of receiving light, transducing[75] light, and emitting light. In the metaphysical world, light is information. Indeed, your computer scientists shall agree readily that light is information, for it is light that is used to produce the information that your computers manipulate. Just so, you are a receiver, a transducer, and a broadcaster or radiator of light.

The crystal that you are may be tuned. As a new instrument begins to try its wings, shall we say, it quickly becomes familiar with the feeling of that particular contact which it has been able to receive. The danger lies in assuming that because an energy coming in feels right, that this energy is necessarily the energy which you wish to receive. This is why this instrument's use of the challenging process is effective. And it is that which we shall discuss with those who wish to learn to be instruments for us in some depth and detail.

Suffice it to say that when an instrument challenges a spirit in the name of its most dearly held principle, that principle which is the fulcrum of that entity's life, that negative spirit who is able to use the same love and light of the infinite Creator as the positive source, and therefore is able to feel the same as the positive source, cannot succeed in remaining within the aura of the channel.

Challenge in the name of love. An entity who does not vibrate in love must leave. It may seem that this is a very wispy and insubstantial thing to trust and to rely upon, and yet we say to you that all of that which is involved in being an instrument will be likewise wispy and insubstantial from the viewpoint of consensus reality. For your scientists have not yet created instrumentation to measure the vibrations that are used in channeling. Were they able to have that instrumentation, there would be a much more scientific and therefore trustable way for people who trust science to understand channeling.

In the absence of such instrumentation, we can only say that as you tune, you are tuning past the radio channels that are not those channels which you wish to receive, and when you have tuned yourself to the highest and best that is within you, when you have crystallized that, and when you have opened to channel, then you may stand firmly upon metaphysical ground in challenging spirits who may wish to speak through you.

It is to be noted that this instrument does not ever seek to channel outer sources without a supporting group. It is further to be noted that this instrument

[75] To transduce means to convert energy from one form into another, according to www.dictionary.com.

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has been channeling for thirty-three years, and that no harm has ever come to this instrument. The safety net, for balancing and regularizing the energies involved in channeling outer sources such as we, is the principle of batteries in series. One battery is not enough to sustain a universal contact such as ours. There needs to be a minimum of two batteries in series linked to the third battery in series which is the instrument itself.

To a certain extent, the more batteries you have in series, the more energy that can be developed and the more powerful a signal the channel itself may pull in. However, as you expand the number of your group, if you are not careful to preserve the unified quality of your common attitudes of mind and your common desires of heart, you will find that you are actually weakening the battery system.

Some large groups such as this one are magnificent batteries. The vibrations that you have, in your unity and harmony, put forth unknowingly throughout this weekend, have had a tremendous impact upon the grid of incoming fourth density. It has gratefully wound itself about those beautiful vibrations which your mingled auras have produced, and it has woven those strands into the web of love and light that is ever stronger upon your planet.

Another principle that is involved in becoming a good channel is the emptying of one's pockets of those artifacts of ego which, as a group, can call themselves pride. Intellect does not make a great channel. Sophistication does not make a great channel. Knowledge and learning do not make a great channel.

What makes a great channel is a humility that partakes neither of pride nor lack of self-worth. What makes a great channel is that dedication to service that lasts not just today or next year, but every heartbeat until you pass from this illusion into larger life. What makes a great channel is the patience that allows one to wait.

You may have noticed that there are significant pauses as we speak through this channel today. There is, in most entities within your hurried culture, the urge to finish each other's sentences if the other person pauses too long. There is the urge to get on with the conversation or the problem-solving that is being discussed. Yet, there are very subtle and layered forces involved in channeling the best that we can through instruments that are doing the best that they can. And, oftentimes, what is being transmitted through those periods of silence is more necessary for the channel to experience, and more necessary for the circle of seeking to experience, than our words.

Certainly there are times when we say, "We will now have a guided meditation." And then we pause, after setting up an image or a word for you to contemplate. And then the silence does not make you nervous. Yet in channeling, an instrument must be willing to rest.

In music there is a rest symbol, and then there is something called a "grand pause"—it looks like a little bird's eye, usually with a "GP" next to it in the music manuscript. At that point, the song that has been sung by the person or chorus or the choir finishes its phrase, and there is an echo reverberating out into the sacred space in which that song has been sung. Then the grand pause is allowed to allow the last chord to reverberate and die away. And if one is using an instrument such as an organ, before the next word or musical phrase there may need to be stops changed on the organ so that there is a different energy to the accompaniment of the sound of the song, and that too takes time.

When we stop giving her concepts, this instrument does not know when she will receive the next one. Consequently, she has learned to have perfect patience. The art of perfect patience is long in coming for this instrument. And indeed she does not feel that she has perfected it yet. Yet we would say that because of the repetition of her service over many years, she has become undismayed even if our silence lasts two or three minutes—and sometimes it does. The silence is part of the channeling.

This is a subtle and delicate art in which to immerse oneself. We believe that it is a service that is worthwhile. We would not be here if we did not believe this with a passion that is as deep as the roots of our hearts. As far as we know this is one of the most effective ways to insert ideas into the data stream of your people that may be helpful for the acceleration of spiritual evolution.

We know, beyond a shadow of a doubt, that we say nothing new through this or any other instrument. Truly, it has been said, "There is nothing new under

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the sun."[76] Yet the eternal wisdom of underlying truth is such a simple story that it escapes rational comprehension. How can you internalize the unity of yourself and all beings? How can you internalize the paradox of seeming imperfection and ultimate worth?

In your workaday state of mind, perhaps you cannot. Yet we call all those who wish to improve themselves as instruments to the gradual realization of who they are, for each of you is an instrument. Each of you came here to receive, to bless, and to radiate the one infinite Creator's love.

Each of you came here to accept in full, heartfelt peace the love offerings of others. For we say to you that, as an instrument, you shall need to be able to hear flattering things and simply say, "Thank you." You need to know that you have no responsibility to be a "special" person, only to be yourself, for yourself is entirely adequate and perfect. In fact, as you form your desire to be an instrument, so we match our message to your instrument.

Lastly, perhaps we would say that there is a principle involved in channeling which is acceptance of that which is given. The human that each of you is has a tremendous backlog of life experiences. You have formed many excellent opinions in your time and you have, in the past, perhaps been very effective in offering such opinions to others in times of need.

When questions come to you [as a channel] about which you already have an opinion, it is necessary for you to lay aside that opinion, for that question did not come to you as a human being. That question came to you to be heard by a source which is going to respond through you, not from you. It is an art in itself to lay aside human opinion and to be content with whatever comes through your instrument in that moment.

We would ask at this time if there is another query from this group on this particular question, in order that we may refine this question before we move on to other questions which may be within this group. Is there a follow up to this query at this time? We are those of Q'uo.

Questioner: Yes, I have one. Is it stressful on the physical body to channel?

We are those of Q'uo, and are aware of your query, my sister. The channeling that we offer through this instrument is of a type in which there is no stress at all upon the physical body, unless the entity who is offering itself as instrument becomes apprehensive and, by its apprehension, would have the normal, human, bodily reactions such as, perhaps, a heightened pulse or heightened blood pressure.

The nervousness involved in being a channel moves through fairly quickly in the learning process of the channeling, so that we would say that there is little to no stress involved in this type of conscious channeling of Confederation sources. We do not attempt to move your tuning to a deeper level, or to move you into trance, as this instrument would say. We are perfectly content with your instrument as you offer it to us. Therefore there is no added stress from the external vibrations of our sending through your instrument.

Further, the battery power of a group, working as a circle and aware of the blending of energies and leaning into that blending with visualization and perfect acceptance, creates a strong additional vibratory stability to the energies both being received and being put out by the various channels in the group.

This instrument has often remarked that when there is a good group sitting, the session of working leaves her feeling not worse, not less energetic, but better and more energetic. This is because the combined energies of a group, working harmoniously, act like the bread and the fishes in the feeding of the 5000, where a few crumbs of bread and a few pieces of fish, broken and shared, create a plenty for all.

There is tremendous strength in moving beyond the solitary vibration of your own aura and having a fearless connection with other auras. Each of you is a powerful light. You would be surprised, indeed, at just what infinite power you hold within the folds of your everyday thoughts. Yet, together, you are exponentially more powerful.

The energies of love always blend well with those who attempt to channel in service to others. Once they have checked their egos at the door, there is a sacred space created by the channeling circle which promotes the rebalancing of health and emotional

[76] The *Holy Bible*, Ecclesiastes 1:9-10: "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun. Is there anything whereof it may be said, 'See, this is new'? It hath been already of old time, which was before us."

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stability while the channeling is ongoing, so that each of you is receiving the gifts of each others' auras.

Everyone has unique strengths. And those strengths and gifts are those which you pass around the circle. Certainly, each of you passes around those things which you may not consider strengths or gifts. And yet in that sacred space of a channeling circle, those are seen as harmonics that add to the beauty and the timbre of the gifts that you offer each other. Consequently, generally speaking, entities will rise from the channeling circle experience feeling very well indeed, perhaps better than they felt when they began the working.

May we answer you further, my sister?

Questioner: That's all. That was an excellent answer. Thank you.

We thank you, my sister. Is there another follow-up now to that main query to which we just responded? We are those of Q'uo.

Questioner: Yes. The art of channeling, whether it be trance channeling or conscious channeling, has been, as I have understood and seen in my own life, of tremendous benefit. And it has seemed to have progressed, over the last hundred years, to where there are more channelings, especially over the last thirty or forty years. As we are leaving, very soon now, the Piscean Age and moving into the Aquarian Age, do you foresee any noticeable change in the effectiveness of how this particular medium of information transfer might change, moving with Mother Earth into this early fourth density, say up to the next forty, fifty or one hundred years?

We are those of Q'uo, and are aware of your query, my brother. We would agree with you that there has been an up-swelling of awareness of the channeling process within your culture during these past few decades. However, we would offer you the concept that there has never been a time in third density when this process was not ongoing. In other ages, such channeling was considered to be the product of prophets, oracles, seers or fortune tellers. The way entities frame their channeling efforts is heavily dependent upon the surrounding culture. It would be our suggestion that there has been a significant and substantial amount of information offered from sources such as we, as well as from many inner plane sources since the beginning of your density.

The experience upon your third-density world of the channeling process is likely not to change beyond the limits of the changes inherent in those who are progressively born with thinner veils and more of an ability to process subconscious material in a conscious fashion. This means that in days to come, channels may have a more successful time accurately rendering concepts that may be novel to the thought processes of the surrounding culture.

Indeed, we have found, as this instrument has worked with us through the years, that we are far more able to introduce novel concepts through her; that is, those concepts of which she has not yet thought. However, as long as the third-density population of this planet endures there will not be a sea change[77] in the way this particular gift is offered.

Let us speak to some extent about this question of how fourth density comes to planet Earth. It is difficult to imagine something that one has never seen. The closest we can come to explaining fourth-density Earth versus third-density Earth to you is that each density is an illusion. These illusions are nested within the energy field of your planet. Therefore, the second-density Earth is visible to you, as is the first-density Earth, because it would not disturb you to see such as those densities. And, of course, you see your own density.

It would be very dislocating, my brother, for entities of third density to see the full panoply of fourth density as it intersperses with your own. Therefore, there shall not be the manifestation of fourth density until the third-density population of your planet has finished its work here.

It is very difficult for entities to imagine how such a large population, all across your globe, could just shrink and disappear. And yet we say to you that entities moving into incarnation here will more and more be those which are dual-activated until finally, within say one of your centuries by most probability/possibility vortices, you will have no pure third-density entities living upon your planet.

Those with dual-activated bodies are far more able to see whether or not there is the necessity for further incarnations upon this planet. They will begin naturally to refrain from producing children. And

[77] A sea change is defined in www.dictionary.com as a striking change, as in appearance, often for the better, or any major transformation or alteration.

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so, by a fairly rapid progression after that point, the third-density population of the planet will indeed shrink in a natural and organic way, because there is the awareness that the dusk has come, the evening is at hand, and the work is done.

Those coming to the planet now, more and more, are not interested as much in working with the people of the planet to bring them to their metaphysical graduation as they are interested in balancing the somewhat frayed and tattered garment of earth which your planet wears. There is a great need among your many planetary populations to offer restitution of a planet-wide nature. This is because so many of your population are made up of those who have done damage to their planets in the past and who, because they have not been able to break their habits of seeing the Earth as something to be exploited, have again repeated that tendency to do damage.

Therefore, there is the desire to balance all remaining planet-wide karma by doing such humble things as restoring the quality of the soil, restoring the quality of the air, restoring the quality of the water and finding how to live in such a way that, in every facet of your common life, it is understood that you, your planet and all that lives upon it are dancing one dance together to the glory of the one infinite Creator.

May we answer you further, my brother?

Questioner: Yes, please, but not on that particular subject. You mentioned earlier that there were those of us—and I'm not going to assume whether you were speaking specifically of this circle, or planet-wide or third-density wide—who never will be contacted by anyone of the Confederation, because they fall outside of your vibrations. Can you expand on that a little more as it concerns this group, please?

We are those of Q'uo, and believe we are aware of your query, my brother. There is a very wide variety of radio stations on the air and when you turn on your radio in your car or your home, you may tune from talk radio to classical radio, to your National Public Radio, to rock music, to jazz, to hip hop, to cool jazz, and to all the different genres of music and thought. Similarly, entities upon the planet have a personal characteristic tuning that is as wide in the spectrum of possibilities of those choices we just mentioned.

Because you wish to become channels for the Confederation, you have already created the vibratory levels which we need in order to communicate with you. It is a matter of "like attracts like." Were you not compatible with our vibrations you would not have responded to previous channeling from our sources through this instrument and perhaps other instruments that you may have heard which also bear the mark of this particular type of channeling, that this instrument calls "Confederation channeling."

There are some channeling sources that do not choose to identify themselves as Confederation sources, for instance, those sources which have "channeled through" that body of channeling which this instrument calls *Handbook for the New Paradigm*.[78] Those channels are indeed Confederation sources, yet, because they did not wish to color their channeling even with the identification of a name, such as Q'uo, they have not expressed themselves in that wise. Yet they are vibrating within that Confederation range of energies or vibrations. Therefore, you have already sorted yourselves out and begun to choose the radio station you want and it is radio station Q'uo, or another Confederation source that may fit your needs better.

May we answer you further, my brother? We are those of Q'uo.

Question: One last question—it's a silly question but something that I would like to know. The Confederation of Planets in the Service of the One Infinite Creator, the anagram for that: COPISOTIC. Is there anyone of the Confederation who is offended in any way, shape or form, by that particular thought?

We are those of Q'uo, my brother, and we find that thought copasetic.

(Laughter)

Questioner: Thank you very much.

We thank you, my brother. We are those of Q'uo, and we would ask if there is another query at this time.

[78] This book is available on line at www.nomorehoaxes.com. If a reader desires a free copy of this excellent little book, they may request one by writing info@nohoax.com.

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Questioner: Yes. In helping to restore the planet, how can we better learn to work with the plant devas and the nature spirits?

We are those of Q'uo, and are aware of your query, my sister. As the energy wanes we find that we cannot offer you the length of answer that this question deserves and would simply say that the devas are already working with you. Their hearts are sore indeed because humans do not see them and feel them and work with them. There is joy that leaps from every tree and bush when humans finally know that those trees and bushes are living entities.

Therefore, we may say simply that as you enter into knowing the reality of these plant spirits, the connections will begin to deepen and your relationship with them shall bloom.

Is there a final query at this time? We are those of Q'uo.

Questioner: Yes, Q'uo. We are attempting to create a group of channelers under the tutelage of an experienced channeler. We are also aware of a large body of work that has been brought through, through this channel. Is there any concern that should be had about expectations of style from that particular channel coloring the channels that are being created?

We are those of Q'uo, and believe we understand your query, my brother. It is inevitable and benign that new channels shall express or translate the concepts given to them in the same way that they have heard the more experienced channel offer those same types of concepts. Indeed, this tradition, shall we say, of a channeling sounding somewhat different that human speech is venerable, for indeed, the prophets of old also spoke in somewhat different style than in their speaking style. And this has been carried down, not simply through centuries, but through millennia of your time. This instrument's formal and somewhat archaic usage is an echo of channeling style, shall we say, or prophetic style that has endured through the ages.

It is more an artifact of the kind of energy that is being accessed than it has to do with the vocabulary and the style of speaking of the channel in daily life. There is a dignity and a feeling of sacredness which surrounds the channeling experience. There is the laying aside of one's whole being in service to the one infinite Creator and the awareness that in that moment, the words that you need to say shall be given to you. And as those words come through, they resonate and feel sacred. And so as the new channel translates into words those concepts received, there is a natural tendency to offer that slightly heightened style that is lifted from the ordinary by that dignity of serving as an instrument for thoughts that are intended to aid in the development of humankind.

There is that awareness that something special is occurring and that human need to offer energy to making that feeling be part of the channeling. We find all of this to be benign. It is to be noted that, indeed, this channel still has a good deal of those artifacts of channeling those phrases and styles that she learned from that senior channel that taught her. However, in the course of many years of channeling, there has been a refinement and perhaps a standardization of her own style so that she naturally repeats many phrases again and again.

As new channels become experienced channels and naturally move beyond their teachers, they too will begin to find their own style, which may include many elements of the style they learned from their teacher but shall inevitably include increasing amounts of novel phrasing and preferred ways of addressing things in certain situations, based upon the natural personality and character of that particular channel.

We would not say from our standpoint that there is a problem with the new channel repeating the style of the experienced channel. Rather, we would say that the difficulty would lie in the new channel's being content to produce what seems to be something that they would know in their human opinion.

It is well to leave such opinions about the channeling itself aside until a point well after the channeling session is complete, for it can cause distress to a new channel to feel that perhaps he is not channeling at all, but is only repeating from his human memory the phrases that he has heard or read so often in other channeled material.

If an entity can remain unafraid of such repetition, then there is no harm whatsoever, and it is merely a natural part of learning to channel.

May we answer you further, my brother?

Questioner: No, thank you.

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We thank you, my brother.

We find that the energy of this instrument and of this group wanes and so we would take our leave of this instrument and this group, thanking each for the joy of your company and the questing hearts that bring you to set aside time to create a sacred space in which you may learn and grow and serve.

We are those known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

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Special Meditation

September 7, 2007

Question from D: *(Read by Jim.)* "This is the background to my questions: N is my two year old granddaughter. She is a twin to her brother, M. M was born two pounds heavier than N. They were born August 4, 2005. These are my daughter's only children and she was 46 years old when she gave birth.

"For approximately the last year N has been having blackouts connected with a high fever. These have been labeled "brain seizures." I sent my daughter, E, a book on nutrition for the growing brain but she's not started to read it until recently.

"I've had some indication that the twins are 'Indigo' and that they are here to help my daughter through the coming consciousness shift. I've thought that these blackouts may be some kind of near-death experience and that N may be getting some kind of spiritual instruction during her periods of unconsciousness. I simply hope that this may be true but I have no way of actually knowing in a psychic sense.

"My daughter and her husband, K, both work in the field of corporate insurance. My daughter is a partner and V.P. in her company, which is a nation-wide concern. Her husband was recently hired by the same company but with different duties than my daughter.

"They hired a Mexican nanny for the twins who can teach them Spanish along with their English. My daughter was unable to breast feed them for very long due to complications from the caesarian she had when they were born.

"Each time one of my daughters was conceived, I knew it instantly. This took place 20 years apart and the youngest daughter was raised by her mother and her mother's husband. She didn't know I was her father until she was 17 years old and never accepted the fact and yet there was that spiritual connection between us which has yet to be fully explored.

"She has four beautiful children whom I've never seen but whose photos I found on the Internet. In E's case, although I've had to wait 46 years for her to bear fruit, I've always thought that I might have had some connection to her children on another plane, especially as we approach the coming 2012.That is why I'm seeking clarification from Q'uo."

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day.

We thank the one known as D for desiring our opinions and we thank the ones known as Jim and Carla for creating a circle of seeking at this time. Above all, we thank all of you for calling us to this circle. It is our great pleasure to be with you, to meditate with you, and to behold the beauty of your auras as they blend and create a sacred place that is common to all three.

As always, we ask that our words be taken with discrimination rather than wholesale. Please listen for those thoughts which appeal to you and seem resonant and leave the rest behind, for we would not wish to be a stumbling block upon your way. We would ask the one known as Jim to read the first query at this time.

Jim: Q'uo, what are the spiritual principles involved in N's brain seizures?

We are those of Q'uo, and are aware of your query, my brother. We find that the spiritual principle involved in this is the preincarnatively chosen distortion which aids the one known as N in becoming more inwardly oriented and finding it necessary to spend time resting and contemplating. Throughout her lifetime there will undoubtedly be ways in which her physical vehicle reminds her that it is well for this particular entity to spend time in inner work, inner seeking and the silence that is so full of information that moves into the intuitional and insightful portion of consciousness.

We would not precisely call that the brain, but would call it the "brain of the heart."

The supposition of the one known as D that this entity may be being tuned for some particular service by this illness is not something that we are able to see at this time. However, our ability to see this, as you well know, is limited. The vibrations surrounding this entity indicate that preincarnative choice was the motivating factor for this early illness.

There is a mechanical or physical portion of this illness. It was not intended to be so severe but was rather intended to be a milder difficulty. However, there is that very mechanical situation in the womb where one entity was able to derive more nourishment from the mother than the other. Consequently, there was a slight amount of difficulty which was involved with the brain tissues not receiving adequate oxygen for a certain amount of time, not very long but long enough to accentuate this distortion.

We would encourage those who wish to nurture the entity known as N to surround her with gentleness and affection, for this entity is most sensitive to those vibrations of true affection which cannot be mistaken for a pose or a mask of proper behavior. We are aware that the one known as D has every intention of creating this very atmosphere and we encourage him to do just that.

We would note at this time that there is a certain amount of information which we do not feel is helpful to share because we would not wish to infringe upon the free will of the one known as D or the one known as N.

We are apologetic about needing to refrain from conversation when it is clearly desired by the one known as D. However, it is more appropriate for us and for the instrument to retain a precise tuning than it is for us to be able to offer specific information. Therefore we apologize for the limitations upon this contact, but feel that it is necessary in order to maintain that careful appreciation of free will. It is always better for an entity to seek spiritually rather than to ask those things which we cannot offer because they would interfere with the learning process.

That being said, we are now ready for the one known as Jim to vibrate the next query. We are those of Q'uo.

Jim: What are the spiritual principles involved in the relationship between N and her mother and father?

We are those of Q'uo, and are aware of your query, my brother. The one known as N seeks to learn to offer love without expectation of return. This is an incarnational theme for many, especially when they are wanderers, as is this entity. The karma between the one known as N and her family is balanced. Therefore, each may be teacher to each.

This entity, therefore, in association with her guidance, which this instrument calls her higher self, chose before incarnation those particular entities who have certain characteristics that might be seen to be difficult in some ways, where there may be high expectations and a tendency toward criticism rather than praise, these energies being acceptable to the one known as N in that it is this soul's desire to become a radiant servant of the one Creator, able to shine like the sun without regard to how she is coming across or what people think.

This entity has set for herself a lifetime of service to others that is very beautiful and the energies that she will be able to process as she grows in spiritual maturity will be of great help in creating that sturdiness and independence of personality that is so

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typical of what this instrument and the one known as D both call Indigo children.

We find that the life path of the one known as N is well constructed and the choices that she has made of those who will support and encourage her and those who will teach her the discipline of independence and independent thinking are well balanced, so that this entity shall not be bereft of support in her life while receiving the appropriate catalyst that she has chosen for herself.

We find that the one known as N's incarnational lesson is in common with that of this instrument and we feel this instrument's heart opening in sympathy for the one known as N, for this instrument also had perfectionistic parents whose tendency was to explain what was wrong with the picture rather than praising the instrument for being able to draw a picture at all.

However, we find that this instrument is in complete agreement with the one known as N in feeling that there is no better way to become able to stand on your own two feet metaphysically than to find yourself able to love without expectation of return.

We would ask if there is another query at this time. We are those of Q'uo.

Jim: What are the spiritual principles involved between N and her twin brother, M?

We are those of Q'uo, and are aware of your query, my brother. The principle at work in this relationship is one of the right use of power and, indeed, the investigation of what true power is. For the one known as N, while physically weaker and frailer than her twin, is in fact a far stronger entity metaphysically, so there is that play between the metaphysical strength and the physical strength; the open heart and the less sensitive and perhaps not so open heart.

There is also a dynamic of parent and child between these two entities, where the one known as N is as a parent in her very nature, maternal and eager to support and encourage in the way mothers are, so that you may see this entity, as she blooms in her ability to express herself and to act within the physical world, being almost like an older sister rather than a twin.

Also, there is an aspect of intimacy which shall feed both twins in this lifetime. This is often the case with twins in that they are able at the cellular level to exchange information. Naturally, this does not take place consciously. Nevertheless, there is that sense of never being alone and this is helpful to both within this relationship. There are many times in the incarnation to come where the isolation is sensed because of the fact that the one known as N will be operating and looking at life from a standpoint that is several layers more deep into the inner life than those about her. Therefore, she has given herself the gift of this special relationship at this time.

We would say a few words at this time about Indigo children because of the fact that both twins are Indigo children.

It is well to be especially careful, as we said before, to be responsive to questions in an affectionate and open manner, finding ways to speak that tell the truth in a way that a young mind can understand. We do not suggest leaving things out or dodging questions, but simply suggest that answers be given with great care so that the rather rapid intake of information that all entities need, and Indigos need twice as much, may be facilitated.

The role of the one known as D in this setup, shall we say, of the family and the extended family, is that this entity will have a great deal of information that will be helpful to these Indigo children and especially to the one known as N. However, we would encourage the one known as D not to volunteer information, but to await that curiosity of the young mind which will inevitably ask the questions in an organic way at the time it is right, so that this entity may absorb and seat the information. Do not be concerned if there are period of time in which you feel that this entity needs certain information but is not asking for it, but rather be aware that there is a guard upon a young entity's mind which helps it not to ask questions faster than it can absorb the material.

We encourage the one known as D to know that he is very important, indeed central, to this child's metaphysical development. We feel that the one known as D is already aware of this fact, but we are able to confirm it and to encourage the one known as D to speak always from the heart, always from the point of positive and radiating surety that all is well, and to so facilitate this entity's growth of her mind and her consciousness in her young years, that she shall be fearless and able to take up those things that

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are dear to her heart knowing that she is worthy to work on these interests that she shall develop in the future.

It is well, perhaps, to say also that although Indigo children are overtly and obviously somewhat different than other children, they are still children, in that they have that need for a consistent set of rules by which to live. They have need to learn behavior that is appropriate so that they may, as they grow and mature, be ever able to make others feel comfortable and happy when they are with them.

There is no glamour in being an Indigo in terms of an Indigo's not really being a child or being some kind of wonder-child that already knows everything. Indeed, Indigo children may know a great deal that perhaps less awakened souls may not, but they do not have the instinct for courteous and respectful behavior any more than any other young soul does.

The tendency of the very young mind is to see the world as a very small place revolving completely around the self and it is not helpful to any entity, Indigo or not, to be given completely free rein throughout the childhood years. Discipline is indeed a helpful formative influence. However, again, it is not necessary to discipline this particular child in a harsh manner. There are gentle ways of explaining what is appropriate behavior for being in public and for relating to other entities, and this may be offered when it is appropriate, when the issue comes up for one reason or another.

We are those of Q'uo, and would ask if there is a further query?

Jim: What are the spiritual principles involved as to myself as the grandfather to the twins, N and M?

We are those of Q'uo, and are aware of your query, my brother. There need be no special spiritual principle invoked in the relationship of the one known as D and the one known as M. The typical role of grandfathers in your culture covers that relationship completely. You will be able to share your stories with the small one known as M, so that he will know his roots and all that you have learned in your life, which is rich in knowledge and wisdom, my brother. You will perhaps be able to show him how to throw one of your game spheres or other typical ways of bonding between an older male and a younger male in your society.

Perhaps you may share with him in your gardening if he is interested, or in whatever he comes to you and asks. Feel free to share with him as it is given to you. This entity, M, is also an Indigo child, but his lessons vary in such a way from the one known as N's that you are not the central figure that his higher self has chosen for mentoring this young entity.

The situation is different, as the one known as D as undoubtedly discovered for himself with the one known as N. The one known as D is peculiarly suited to offer a balanced viewpoint to the one known as N as she grows and becomes curious about many things having to do with the inner life, metaphysics, ethics and the great questions about philosophy:

Who am I?

Why am I here?

Why do I feel as though I have a mission?

These are typical concerns of the growing wanderer.

It would be well for the one known as D to prepare for this role by spending time in silence, perhaps with a paper and pen at hand, or perhaps sitting at the computer, so that he may start a session of seeking by asking his own higher self, mentally or out loud, "How may I learn to serve the one known as N?" Then, as thoughts come into your mind, my brother, write those thoughts down so that you have a record of that which is given. For it is easy to receive good information from guidance and then forget it, much as one would forget a dream, so that all that remain are general hazy details. You will find that the one known as N is also your teacher. Therefore, it will help you to have this record which you may look back over as you and N both grow in years and shared experience.

Every life is a puzzle to work, in a way, an apparent chaos that seems jumbled in a maze that sometimes does not seem to have an exit. And yet it is necessary for this factor of chaos and seeming patternlessness to exist in order that entities such as yourself and N may together learn increasingly to think outside the box, shall we say, of societal thinking and assumptions.

You may find yourself learning a great deal in this journaling process as you continue asking, "How may I serve the one known as N." Therefore, we would encourage you to make this either a daily

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process or something close to that. *(Inaudible)* Part of this pattern is that the one known as D has chosen this opportunity to develop his own inner resources in order to be a better mentor for the one known as N. So this special relationship will be a blessing to both of you.

(Side one of tape ends.)

(Carla channeling)

We encourage you to be unafraid of making mistakes. Allow yourself simply to speak from the heart at all times. And, my brother, if there is at any time any judgment involved with your daughter, we encourage you to refrain from expressing it. For your part in this pattern is to see the love in the moment and to enlarge upon it rather than to engage in any energy of judgment or criticism.

You may keep these things in your heart and work on them by finding that for which you criticize in the other in your own nature, once you have found the corresponding part of your nature that matches the shadow side of your daughter's and in some cases your son-in-law's. Then you're able to do your work in an inner sense without ever having to foul the blue ray of honest communication between you with those things which are judgmental or critical.

Certainly, if you are asked for your opinion, you may give it. But always, my brother, seek to share your shining truth with your heart wide open so that what you say has not only honesty, but infinite tact and compassion.

And lastly, we would encourage you, in this wise, never to defend yourself. For that is unnecessary and might skew the relationships that you so wish to keep unsullied by fear.

This instrument likes to look at such refraining from responding to anger with anger as a Beatitude because of this instrument's Christian background. The Beatitudes are those sentences in the New Testament which have to do with being blessed when you mourn or when you are poor in spirit and so forth.[79] They are blessings because they are grist for the mill for that one who is focused, not on the self but on the Creator; not on fear, but on love; not on maintaining an ego, but on becoming an ever more pure radiation of the one infinite Creator.

May we ask if there is another query at this time, my brother?

Jim: What are the spiritual principles involved in my working with and learning about plants and gardening?

We are those of the Q'uo, and are aware of your query, my brother. Each entity comes into incarnation with a plan of incarnational lessons to learn and incarnational service to offer. It is often a "long and winding road"[80] to find one's way, and yet at the same time one cannot make a mistake. There is a tremendous amount of redundancy built into this system of a lifetime. You have gifted yourself with many more relationships, many more challenges and many more blessings than you need, in order that you may never feel that you have gone astray and that you have lost your way. For you are always on the way to home, that place within yourself where all is well and you are in the open heart which is the home of all entities within illusion, moving always back to the one infinite Creator, resting in that vibration of unconditional love.

The one known as D has moved gradually into more and more of the desire to engage with the planet directly. And may we say, my brother, that you are absolutely on course in your spiritual seeking as you respond to your heart's call to become ever closer to the energies of Gaia and all of the spirit-filled energies of second-density plants, animals and first-density air, fire, water and earth.

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[79] *Holy Bible*, Matthew 5: 3-12: "Blessed are the poor in spirit: for theirs is the kingdom of heaven. Blessed are they that mourn: for they shall be comforted. Blessed are the meek: for they shall inherit the earth. Blessed are they which do hunger and thirst after righteousness: for they shall be filled. Blessed are the merciful: for they shall obtain mercy. Blessed are the pure in heart: for they shall see God. Blessed are the peacemakers: for they shall be called the children of God. Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you."

[80] "The Long and Winding Road", by John Lennon and Paul McCartney, © Lennon/McCartney, all rights reserved, begins:

The long and winding road
That leads to your door
Will never disappear.
I've seen that road before.
It always leads me here;
Lead me to your door.

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The overarching principle here is that all is one. However, there is a particular reason that you have chosen at this time to move into a closer relationship with the Earth itself and it has to do not only with your incarnational lessons and service, but also with the one known as N's and to a certain extent the one known as M as well.

The Indigo agenda generally has a large area of concern for the planet itself. This is due to the fact that these entities are natives of this planet, having just graduated from third-density Earth. They have graduated to fourth-density positive and have immediately chosen to return to the Earth sphere in a dual-activated third and fourth-density body. Their physical body is third density but they're wired, shall we say, to be able to absorb fourth-density vibrations of love and understanding in a far less distorted way than those with only the third-density wiring or DNA.

They, and all of those who have come to this planet from elsewhere, from planets that have destroyed their habitat or who come from Atlantis, where they destroyed their habitat, have a great desire to offer to the Earth restitution and stewardship that is based on love and protection rather than on the desire to rape the Earth for its resources.

We would suggest that you create opportunities, whenever it seems good to you, to offer both the one known as N and the one known as M, if this entity desires it, those walks in nature or those hiking experiences or even overnight camping. The purpose of frequent camping or even just moving the bed to the outside in the back yard, where the young entity may rest upon the Earth itself is not only to bond these entities with the Earth but, in the one known as N's case, to have the Earth's healing vibration physically contacting her through the blankets and so forth, so that she is not apart from the Earth but a child of the Earth.

There is a tremendous healing quality to Planet Earth. It truly is Mother Earth, and its love of this small child is such that all of the forces of nature shall be working to help heal the distortions of the one known as N, especially when she is able to contact the Earth itself, certainly with her feet, but also, as much as possible, her torso. She may sit upon the earth while you tell her stories, or you may create for her the adventure of sleeping out under the stars or in a tent.

Naturally, she needs to be protected from the elements with enough warmth so that she does not become chilled, but in general the experience of being part of the Earth's dance of life is a very healing one for this sensitive and positive soul.

Far more goes on, my brother, when one is gardening than the function would suggest. The earth is alive. It is a consciousness that is just as much unique to itself as you are to yourself. It is aware. It is a being. And it is full of the most pure love imaginable for you and for all things that grow and have life within and upon its surface. It is a graceful, rhythmic, pulsating entity.

The awareness it has of you is complete. It is sensitive to your every thought. So often, my brother, it is unable to make contact with those souls in third density upon its surface. And this is a grievous thing to the Earth. It is the unwilling recipient, in many cases, of hostility. And there is a sadness within the Earth because of this. As you appreciate and love the Earth, as you literally put your hands in its dirt, care for it and tend to it and praise its beauty, it is as a young girl who is told she is beautiful. It feels so good to Gaia to be appreciated and to be treated gently and lovingly.

Therefore, you are of great service to the Earth as you open your heart to its beauty and its rhythm. And this too, you may teach the one known as N, for this shall be of interest to her in the future.

We might suggest that the one known as D enter the silence consciously and with intent as he works upon his gardening, letting the dirt's call and the sound of the cricket and tree frog be the music which embellishes the sweet silence of a quiet mind, occupied hands, and an absolute attention to the beauty of the moment.

There are walls within the heart of the one known as D which this sweet ministry shall break down so that the heart may be ever more fully open and so that fear may be a thing of the past.

We thank the one known as D for these queries and would ask if there is a follow-up query of any kind that the one known as D would like to ask at this time before we leave this instrument. We are the ones known as Q'uo.

(The question had to do with D's concern that he lived too far away from his grandchildren to take them camping very often.)

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We are those of Q'uo, and believe we understand your concern, my brother. When one is 600 miles away, one cannot precisely share a tent in the backyard. However, my brother, there are times when you are together and it is during those times that we suggest you create those opportunities for a closer relationship with the planet.

We find that this instrument's energy is beginning to wane at this time so we would leave this instrument and this group as we found it, in the power and the peace, the love and the light of the one infinite Creator. It has been a great blessing for us to be with you and we thank you again for calling us to this circle of seeking. We are those of the principle of Q'uo. Adonai. Adonai. ♣

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Saturday Meditation
September 8, 2007

Group question: The question this week has to do with the role which personality plays in the spiritual development of the seeker. We'd like Q'uo to give us an idea of the best way for the seeker to look at the personality, to use it or not to use it, and how to use it. What role does the personality play in the work of the spiritual seeker?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. May we thank you for the privilege of being called to your circle of seeking. You can have no idea what it means to us to be able to share our thoughts with you. This is the service that we have chosen at this particular time, and when we are able to speak through instruments such as this one, we feel that we are able to fulfill our service.

Please accept our humble thoughts for opinion rather than fact, for they are our thoughts and opinions. We would not wish to be in the position of authority over you. Consequently, we would greatly appreciate your using your powers of discrimination to sort out the thoughts that are helpful to you from those that are not. We thank you for this consideration, as it allows us to rest easy, knowing that we are not infringing upon your free will.

There is always that danger, when a seemingly advanced entity speaks. One feels one ought to listen. We encourage you not to feel that you ought to do anything whatsoever but follow your heart.

Your query this evening has to do with the use of the personality for the seeker who is doing spiritual work. Oftentimes in your organized religions there is the suggestion that the human being is entirely separate from that entity that may do good works, or who may be acceptable to the one infinite Creator. The things of this world, which include all of those facets of the personality which have to do with this world, are seen as full of sin and the territory which is in the rule of the Devil or Satan or the negative forces.

The spiritual is seen as something separate, something to be yearned for and to be sought through the middleman, whether it be the priest, the Holy Spirit, the Blessed Virgin Mary, Jesus the Christ, or whatever intermediary is taught within other forms of organized religion than those with which this instrument has familiarity.

This is not our view of the use of the personality by the spiritual seeker. We realize that from the level of the personality, it is an unsolvable puzzle to see through the personality. Certainly this instrument has been assailed by many doubts as to her worth, which seems paradoxical in that the cause of this was receiving many, many compliments at a recent Homecoming Gathering. The possibility that she could ever, in a million years, be such as was being described by some of those attending this

Homecoming caused her to feel deep doubts as to her true worth.

We mention this because this is the way the personality works. It is full of quirks and quiddities, often illogical and even contradicting itself in its various facets. The personality shell, as we have called it many times rather than using such pejorative terms as ego, is not a smooth, symmetrical, completely integrated thing. It is, rather, a collection of gifts, challenges and predilections.

Imagine yourself, my friends, before this incarnation began. You and your guidance gazed at the totality that is you, that perfect being that has come through so many waters, so many experiences, and has collected an over-abundance of gifts, challenges and predilections.

You looked at the suitcase that you were going to pack for this incarnation. You had to leave out most of the traits which are part of the totality of your beingness. You chose quite thoughtfully and consciously, attempting to provide yourself with just the right clothing with which to dress your essence. A good deal of subtle and thoughtful consideration was put into these choices.

And so you packed, carefully and with respect, those assets, deficiencies and preferences that you felt would set you up to learn the lessons that you wished to learn in this incarnation and to meet the challenges that you wished would temper your spirit and transform you in this incarnation. You carefully selected your biases and arranged for relationships, or perhaps more accurately the possibility of relationships, throughout the incarnation, the parents, the teachers, the siblings, those who would be your children, your mates and all of those friends that connect with you in ways too deep for words.

In this you were redundant, so that you could never, ever become lost and be unable to find your way back to the proper track that you hoped to follow throughout this incarnation. Some of you packed sparingly. Some of you packed so many gifts and challenges that you had to sit on them to close the suitcase. Therefore, some of you are quiet and some of you are full of energy and bursting at the seams. But all of these things were done with careful thoughtfulness. There was no mistake made in your packing. You did well.

You have come to this incarnation with a personality shell in which there is a loose association of all of these aspects that you packed beforehand. You have taken them out of your suitcase and placed them around you, just as you placed your flesh around the essence of your light body as you took incarnation in flesh. And here you are, a seemingly unified, integrated individual, more or less in control of a busy and productive life.

And yet those are not the experiences from the inside of the personality shell, for the most part. It is quite normal, in fact, for entities to sense that they are not completely seamless in their personality but rather have many shifting elements that can combine in different ways at different times to surprise the seeker at the eye of the hurricane of all of these facets of personality.

So, how shall the seeker deal with its own personality as it seeks to penetrate the surface of life and to go deep into the areas of mind which have real meaning and value, those areas of deep water that call the spirit forward? The one known as C was saying that perhaps it is necessary to put the personality to one side and to release the personality in order to do work in consciousness. And indeed, as we said before, this is the traditional model of organized religion, which sees things human as things sinful and in error.

Our opinion varies from this model markedly. We feel it is well to take the personality somewhat lightly. It is well to have a sense of humor as one gazes at the many quirks and impulses of the personality. One cannot defend the indefensible! One cannot say that every choice made is a good one, when quite obviously there are many, many times when one looks back upon a choice and estimates it as being foolish.

And yet such moments of inner realization teach and instruct the seeker within, so that gradually, as life experiences are collected and spiritual maturity begins to develop in the entity, it becomes more difficult to be thrown off one's balance by the realization of one's folly and one's limitations in general.

We would encourage entities who seek to know the one infinite Creator to spend time developing an affectionate and tolerant relationship with the self. There is no use in dwelling in judgment upon the self, for every day is a new day. Every time you

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perceive that your personality has led you astray you have the opportunity to begin again. You do not have to carry those mistakes of your past on your shoulders. You do not need to carry old sorrow upon your shoulders. You do not need to retain guilt for those things that you long ago expiated by your very suffering and remorse. It is well to travel lightly, if you are a spiritual seeker, and to release the judgments of yesterday, that you may be entirely fresh this day.

As you evolve, you will discover that there are things about your personality which have begun to become transparent to you. It is not that you lose the personal aspects of yourself at all, but rather that they no longer affect you in the same way. You can see those same impulses and preferences that in the past have been so very powerful, and you may notice that while you see these preferences you do not have great catalyst in choosing whether or not to move with them in a certain circumstance. For your viewpoint has widened. You see through yourself, and this is a transparency that works both in the outer world and in the inner world.

You see through your personality in the outer world, seeing more of the world than just those things that you care about personally. Your viewpoint widens. You are still the driver of your creation but you are no longer necessarily the star player. You begin to sense into the endless mirroring of the world. You become less afraid to contact other people's suffering. And therefore you become more able to rejoice with other people's joy.

The transparency also works within yourself, as you honor, respect and fully acknowledge the quirks of your personality, while becoming able to choose whether or not to indulge your personality at a certain point. It is, indeed, one of the reasons that you took incarnation. For as suffering, pain, loss and limitation temper your spirit and make it ever more flexible and strong, you become more and more an instrument that is transparent to the distortions of the surface personality, allowing them to be declarations and embellishments which do not cover the essence within.

This is not something that can be done on purpose. It is the result of a life lived thoughtfully and consciously. It is a great reward of the spiritual life that eventually you become able to choose to bring into the forefront of your awareness that selfhood of yours which does not partake of any masks, but rather rests in the mystery of the unconditional love of the Creator.

You become an impersonal eye, yet this impersonal eye does not take over the personality. It is not intended at any time during the incarnation that the personality be dropped. It is simply that it becomes that plastic, workable, transparent collection of facets that you brought with you.

Indeed, the sum total of becoming aware of this impersonal center or core to the self is that you fall in love with your foolish, human personality shell. You like yourself. You accept yourself just as you are, for it is this vehicle that has served you so well and offered you so many occasions for laughter, comradeship, love and affection. It is this very personality that has allowed you to open your arms and embrace others and to accept the love of others.

It is this very human, error-prone personality that is one of your glories. It gives your light color and texture, making that light that you welcome through yourself from the Creator have just that certain delightful uniqueness that makes you so very special and so very necessary to the Creator.

Therefore, we would say that the proper use of the personality to the seeker is to respect and honor it, while at the same time realizing its nature. Realize that it is clothing which you have put on to meet the faces that you meet, all of whom are similarly clothed in these ways of looking at the world which are unique to each person.

If you wish to work upon your personality, it is always well to think in terms of balance. There is a tendency in those who wish to be truly devoted to the infinite One to toss aside all things except the highest and best. And yet entities who do this are off balance. They have forgotten how to laugh and to enjoy the transient pleasures of food and drink and the way the air smells on a summer's day when it has just rained and the dust rises off the tar on a country road.

Who would wish to lose the small delights of the personality in order to be ever more devoted, serious, and sober? We would not recommend this approach to seeking the one infinite Creator. For the personality is that which notices and remembers the little things that would mean nothing to the impersonal self. Therefore, open your arms and

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embrace yourself, for your personality is a sturdy, useful, even necessary garment.

Now, when you speak of garments you also speak of the garment of impersonal life as well. And we encourage you to explore that concept, that even the cloak of Christ Consciousness is a deep personality characteristic. Even the so-called impersonal self, that I AM THAT I AM, is still a cloak with which you clothe yourself. No matter how much you hunger to become completely the Creator's, you shall always, because of the very nature of this density, be that entity which wears the masks and wears the garments, and comes at experience with a certain angle or edge.

Therefore, explore your personality to find those angles and edges that are positive and life-affirming, that bring you to laughter and tears and honest emotion. Encourage those traits within yourself.

And when you find the angles and edges of personality that are life-destroying, look deeply within yourself to find the fear that has caused you to exclude certain activities, people or thoughts from the list of those things which are acceptable.

We find in your settled religions, for instance, that many entities are excluded from belonging to the one infinite Creator, by those who believe in that way, because of not believing as they do. We find other entities that are prejudiced against one or the other sex, against other races than one's own, and so forth.

As you spot these angles and edges in your approach to life and you see that they are destructive of life and denying of the unity of all things, you may well work upon enlarging your point of view and gradually, lovingly, gently bringing these fear-based biases of personality more into the light, that you may develop within yourself a greater compassion for all of life and a greater knowledge and sense, on a personal level, of the unity of yourself and those who you have thought to exclude from your good offices.

Yet, my friends, if you are unable at any certain time to accomplish these things, accept that about yourself as well. There is no hurry. There is no limit in terms of how long it may take you to bring yourself into your best balance. For each moment is a new one. You never run out of the opportunity to see something that will help you to have that epiphany of mind and heart that create in you that wider point of view from which you may, more and more, create the balance within yourself that gives you peace in your heart and peace in your mind.

It is well, in the midst of the confusion and rush of personality, to be single-minded about one thing and one thing only. And that, my friends, is love. Look for the love. When you find it not within yourself, look further, and ask for help. Whoever it is that you ask, whether it be the Confederation, the Holy Spirit, your higher self, your guru, your teacher, inspirational writing, or whatever it is to which you look for aid, seek in all ways to enlarge your awareness of the love within you; of the love flowing through you; of the love that you are able to radiate to those about you.

As always, we recommend the daily habit of silence, one way or another. For there is much transmitted within the silence of a seeking heart, in those energies far too deep for words but enormously rich in information, that goes directly into your subconscious and informs and enlightens your heart.

We would at this time ask if there is a follow-up query to this main question, for we are those of the Q'uo.

(Long pause.)

We are those of Q'uo, and are aware that there is no follow-up query. May we ask if there is another query? We are those of the Q'uo.

Questioner: I have a short question that is very much on the surface. Is the light that you see generated by this circle changed by other listeners who are not local to the room, but are listening to the words somewhere else at this particular space/time? And also, can listeners who listen to the channeling at a later time also partake in the energies or are the energies only present when the circle is present?

We are those of the Q'uo, and are aware of your query, my brother. And may we say that it is far from a surface query. Indeed, it cuts to the heart of that about which we were speaking, in a way. Because it is indeed true that the energies of this circle include those energies of the larger circle of those who are part of the extended group at this time, listening in to the airing of this session in the private chat room.

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However, we would go further than this and say that all of those who, in the future, when this session is broadcast, shall listen to this session of working shall also be part of that which is occurring at this time in your illusion. For we operate from time/space, where exist the metaphysical realms of your planet Earth, dwelling in the inner planes or unseen realms that are part of your planetary influence. Therefore, to us, all time is one. And so that which occurs in your future is that which is occurring simultaneously with our discussion at this time.

And, indeed, even those who read this transcript at a later time shall be a part of the energy of this session and shall contribute their love and their light and their interest to the energy that is experienced by the sitting circle at your local time and space.

There is a substantial point to be made in this regard. We say that you are all one. And that it is an intellectual concept that is irresistible in its attractiveness and provable, these days, by the experimentation of your physicists. Thusly, in an intellectual sense, many, many entities are ready to agree that all is one.

Yet there is still that tendency to clutch tightly to local time and space and to see everything as moving in a linear time string. Yet part of that vision that all things are one is the opening of the hands and the releasing of that limitation upon the illusion which you enjoy. A portion of each of you exists in common. That portion is consciousness. Certainly we feel that the one known as C, in asking the main question this evening, was attempting to express her realization of the fact that consciousness is profoundly different from the surface awareness that is the personality's experience of life. For to be conscious is not necessarily to experience consciousness. Consciousness is that ground of being which all entities have in common.

Indeed, you may see that, as you become more comfortable in your own skin or your own personality shell, you may more and more embrace this seemingly impersonal consciousness, knowing that the consciousness within you is identical, as it must be, to the consciousness that is the ground of being for all entities. It is that profoundly unified awareness that allows the magic to occur, that allows the dance to be danced between individuals and groups of individuals, and relating in those groups or as an individual with the plants, the animals and the elements.

And all those forces of love which are a part of your future are, at the same time, profoundly a part of your present moment. All of infinity exists in the present moment. This is a paradox in that it also exists in the next present moment, and the next. And yet it is no less true.

It is such a blessing to be able to share these thoughts! For there is the genuine and heartfelt desire on the part of all those who seek to do so effectively. And so often it is felt that one cannot truly be effective because one is caught up at various times by various stray thoughts and confusions. And yet we say to you that you may look at yourself, as this instrument has often said, as a crystal.

You have, on the outer part of your awareness of yourself, flesh and blood, bones, hands that grasp, and a mouth that speaks. And all of these are very physical things. And yet, driving that physicality and at the heart of that physicality is the essence of your energy body. And in that body you are that which are works with energy. You receive the energy of the one infinite Creator. And as it moves through your chakra system and out through the top of your head, it is colored by that very personality that seeking entities may tend to denigrate.

As you bless, in your own unique way, that energy that moves through you, as you dedicate it to the love and the light of the one infinite Creator and to service in the Creator's name, you color that light with your blessing. So as you radiate out into the world, your radiation is utterly beautiful and unique. There has never been another source of radiation that is just like you and there never will be. For all of those things that have impinged upon your consciousness within your incarnation have added up to this entity that you are at this moment. And even from moment to moment you shall shift and change and make sudden movements, and rest for a long period of time and then make sudden movements that change your coloration again. And at no time are you anything less than perfect.

We are aware that the one known as S was asking about how to work to increase the strands of DNA that are the basic wiring that allows this crystal being that you are to accept and radiate a light of ever increasing density. And we would say to the one known as S that it is in that profound acceptance of

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the self, that coming to love the self and rest within one's skin in utter peace without giving oneself difficulties without doubting the self, that this transformation of the very cells of your body will take place.

Think of fourth density as you have imagined it, that realm of light and love where you are still playing the card game of seeking and learning, yet everyone's hand is face up upon the table with all the cards showing. Everyone knows everyone else's hand. Everyone sees the struggles, the suffering, and the pain of everyone else. And everyone also sees the beauty the joy and the delight of knowing everyone else.

So there is a far more complex, and at the same time a far more simple, balance of loving and being loved. It is no longer a stretch to love entities at the soul level. For all entities are beautiful when their hands are laid down with the cards facing up, so that all may see all the cards. In fourth density, every entity whom you now judge, you will then see to be a person of infinite beauty. Everyone of whom you thought perhaps too well in third density, in fourth density becomes a very human, flawed and entirely lovable character.

So the fourth density values are those of compassion, acceptance, support, encouragement and resting in love, in all that you see and all that you think. By the time it comes to the doing of things, you are set in your course and your actions shall be those that are imbued with a genuinely heartfelt love.

May we ask if there is a final query at this time? We are those of the Q'uo.

(Long pause.)

We are those of the Q'uo, and perceive that we have exhausted the queries of the group at this time. Therefore, with great thanks for being called to your circle of seeking, we leave this beautiful, sacred space that you have created with your commingled auras. We are those known to you as the principle of Q'uo. We leave you, as we found you, in the power and the peace, the love and the light of the one infinite Creator. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Saturday Meditation
September 22, 2007

Group question: The question tonight is: Ra says, "Know yourself. Accept yourself. Become the Creator."[81] We would like to know what is the difference between knowing yourself on the one hand and accepting yourself on the other. Could you define these? Is there any significance in the placement of self-knowledge before self-acceptance in this statement?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. What a privilege it is to be invited to join your circle of seeking and to share in your meditation. We thank you for calling us to be with you. As always, we are astounded at the beauty of your vibrations and at your love for each other as you sit in the circle, blending your auras harmoniously and affectionately, creating that sacred space, that temple into which our voice may come. And we celebrate the extended family that sits in the circle of those who listen by webcast or broadcast and thank each of you also for lending your vibrations to this beautiful temple and creating this sacred space.

We are most happy to speak to the query concerning knowing and accepting the self which is before us this evening. But first, as always, we would ask that each use discrimination as our thoughts pass by your ears. Take those which interest you and resonate to you and leave the rest behind, knowing that it is only the path of resonance which is your true path. It is not necessary to consider every thought as equal, for the spiritual walk is very subjective, and what is helpful for one person may be a stumbling block for another. Therefore, please guard the gateway to your own temple of perception. We thank you for this as it will enable us to feel free to share our thoughts without infringing upon your free will or disturbing your spiritual evolution.

You ask this day what it is to know the self, and what it is to accept the self, how the two are the same or similar and how they are different. One way in which they are different is that one precedes the other. One must know oneself before one can fully accept oneself. It is not an authentic concept to accept the self in the absence of knowledge. It is an empty acceptance. Consequently, knowing the self does precede the process of accepting the self. So, we shall talk about knowing the self first.

Recently this group to whom I'm speaking now held its annual gathering, which they call a Homecoming. In this particular Homecoming the theme was, "Who am I?" The entire weekend was spent attempting to approach that question. Those preparing to facilitate this weekend had taken care to

[81] Ra, *The Law of One*, Book II, Session 74, October 28, 1981: "The heart of the discipline of the personality is threefold. One, know your self. Two, accept your self. Three, become the Creator."

offer people ways to approach the question that had some structure.[82]

And so the group together looked at the self as a sexual being, as a being who wished to survive, as a being who had personal relationships, and as part of groups such as the family, the birth family, the work family, and so forth. Then it looked at what it was to be within the open heart and how identity was bound together with the ability to communicate clearly and compassionately. And lastly the self was looked at as a magical creature who was capable of doing work in consciousness.

These ways of looking at the self are all helpful in pursuing the self and discovering more of the underlying structure of one's identity. And yet, as our words must, these considerations fell far short of opening up to the seeker the essence of identity.

It is a seemingly simple question to ask, "Who am I?" And yet it is endlessly subtle. For to know the self is to know not simply things about the self, but to know that which holds all of those parts of the self together. Eventually the question of "Who am I?" leads into that spacious and integrated sense of being that reflects one of the names of the Creator chosen by those of the Old Testament times to describe their deity: "I AM THAT I AM."

Part of knowing the self is becoming cognizant of and responsible for one's past. For one expresses oneself throughout an incarnation, from the very beginning of an entity's life in third density, as soon as speech is achieved and communication with others begins. Each interaction discloses the self to the self. And the seeker learns about himself throughout each interaction.

Seekers will find that they have certain characteristics of personality which are persistent and unique to them. And that information is good to know. The seeker will deal with these characteristics of the personality throughout the incarnation, and it is well to be aware of those quirks. Yet, that is just the beginning of learning to know the self. For the personality is as a sketch. It is unfinished. It is in living out the life day-by-day, and garnering that harvest of daily interactions and responses, that the seeker begins to know himself better.

We would distinguish between observing the self and judging the self, for getting to know the self is not a matter of amending the self in order to fulfill a set of guidelines that has been handed down from some source exterior to the self. Rather, getting to know the self is a series of spontaneous realizations, as one looks back upon an interaction that has occurred and realizes that the action that may have seemingly been carelessly chosen was, in actuality, inevitable.

For there are inhering characteristics within each entity's identity that sound the theme of the incarnation again and again. It is as though your incarnation were a film or an opera and, in the soundtrack, the leitmotif[83] of the music would play again and again throughout the incarnation, when the thematic repetition of the pattern would occur.

This instrument was speaking earlier about her inability to grasp how various entities offered so many kind thoughts to her. And yet this is to be expected, since this entity's leitmotif throughout decades of work with those who come to the organization that is known as L/L Research for help has been consistent. There is no grand plan that would support this entity helping others, but only a heart full of love and the intention to support and encourage those about her.

If this is done at random, it does not sound that leitmotif, that thematic melody in the incarnation. Yet if it is done again and again and again, in a consistent fashion, then the metaphysical energy of that consistency sets up a pattern. Love is reflected in love. And so this instrument now has the catalyst of learning how to accept the love offerings of others.

Indeed, to know the self is to begin to become aware of the essence of self that trembles on the brink of manifestation. It is to know that which is the great motivator of the self. It is to grasp, to some extent, that sense of the right use of the incarnation, the right way or ways of offering the self in service to others. Underneath the manifestation of the gifts and the lessons learned there is that underlying and rather vast area or precinct of the self that is beyond

[82] The Homecoming 2007 curriculum was based on a study of the chakras. This curriculum and its supporting materials can be found on the L/L Research site, in the "Library" section, under "Homecomings and Gatherings."

[83] A leitmotif is defined by www.dictionary.com as "a theme associated throughout a music drama with a particular person, situation, or idea."

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expression, yet which is the foundation for all that is manifest within a seeker's lifetime.

It is easy for us to say to you that all is one and that you are everything and every emotion. It is more difficult to grasp the unitary nature of your being and the being of those around you. The one known as Jesus addressed this unitary nature of all that is when he thanked those who were following him for feeding him and clothing him and giving him supper.

And his disciples said to him, "Lord we don't remember feeding you or clothing you or giving you supper."

And Jesus replied, "Even as you feed and clothe and give aid to the least of these my brethren, so you do unto me."[84]

The question of "Who am I?" extends beyond the precincts of selfhood and into that impersonal portion of the self in which the servant is the master and the master is the servant, in which the giver of love is the receiver of love and the receiver of love is the giver of love.

As the seeker grows to know itself better and presses its search, it begins to learn a great many things which seem paradoxical. For the seeker of identity finds that the self is both loving and unloving; both sympathetic and willing to offer consolation and unsympathetic and willing only to judge. All of these awareness of self, then, can begin to be recognized for the healthful and appropriate paradoxes that are a part of being a human being in third density, of being both sides of the dynamics.

When the seeker begins more fully to grasp the contradictory and paradoxical nature of his identity, he then begins to see the way ahead in terms of the business of the incarnation in third density, which is to choose between those paradoxes and dynamics and opposites, so that out of the welter of all that there is, and within the limitations of the quirks of personality and the cluster of gifts given, he begins to describe to himself the precise dance that he wishes to dance in these few and precious days of human incarnation. He begins to see which song he wishes to sing with the little breath that is given him in one lifetime. And he begins to treasure his time and his opportunity to make choices and to express the deepest and the highest of his ideals, his dreams, his hopes, and his intentions.

As he becomes more and more the master of who he is, he may then choose the manner of his living and his expression. And it is in this wise that the seeker comes to know himself. Certainly no seeker can exhaust the material of the incarnation and conclude that he is now in full possession of the knowledge of who he is. For beingness is a fountain that bubbles up from the depths of each being's heart endlessly. Yet each bubbling fountain of selfhood shall have a unique flavor. Each entity shall sing his own song and dance his own dance.

As each seeker goes deeper he will find the images and the themes of the archetypal mind beginning to have more substance within his awareness of who he is. He may begin to identify himself with beauty or truth or power or love, as he sees within the living myth of his own growing legend the shape of underlying archetype. And these considerations, too, aid in knowing the self. This quest shall always be a work in progress.

Let us gaze know at what it is to accept the self. Accepting the self recapitulates the journey from head to heart, from manifestation to essence, which knowing the self offers. It is easy to accept the self intellectually. There are hundreds of clichés about the business of accepting the self:

"One person can only do so much."

"I'm doing the best that I can."

"I gave it my best shot."

"Anybody would have done the same thing."

With such commonplaces, the mind rationalizes the self to the self. And yet there is no satisfaction in such exercise. An entity may see the imperfection of the self and invoke an outer presence that comes from above to forgive. And there is an

[84] *Holy Bible*, Matthew 25: 34-40: "Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungred, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in: Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me. Then shall the righteous answer him, saying, Lord, when saw we thee an hungred, and fed thee? Or thirsty, and gave thee drink? When saw we thee a stranger, and took thee in? or naked, and clothed thee? Or when saw we thee sick, or in prison, and came unto thee? And the King shall answer and say unto them, Verily I say unto you, inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

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appropriateness to this construct, for the developing seeker has need for ways to ameliorate the effects of his awareness of falling short of his ideals and of making errors which he would take back if he could, but which he cannot take back.

In the song before this meditation began, the one known as Arlo was musing that "footsteps on the water take him back to who he is."[85] So it is for this instrument, for in the figure of the one known as Jesus the Christ, walking upon the water and calming the storm, lies that outstretched hand which the seeker may take to bring him up out of the depths of his shame, his guilt, and his confusion.

Yet accepting the self goes beyond describing oneself as a wretch, as does the old hymn Amazing Grace.[86] It is almost, in this song, as if grace were the Lone Ranger that comes riding into town and saves the wretch from whatever peccadilloes or villains the Western desert has brought forth to threaten or to condemn. There is, in accepting the self, the necessity to move beyond the need for others' acceptance of you and, likewise, to move beyond the need to beg acceptance of a higher power. For if one depends forever upon a higher power to be acceptable or to achieve acceptance or goodness as a spirit, then one can never become the Creator, but shall always remain a beggar at the Lord's table.

And many are content so to be. Yet the intent of the instruction to accept the self has to do with allowing the redemptive power such as a figure as Jesus the Christ to become internalized. It is to acknowledge the oneness between the imperfect self and the perfected self. It is to accept the power of one's ability to judge. It is to accept one's essence as magical and creative.

If all the world accepts you, yet you reject yourself as unworthy, you shall be unworthy; you shall not be acceptable. So the work of accepting the self is the work of gathering these awarenesses of self into full awareness and consciousness and then finding within that self the upwelling creatorship which is able to forgive the self for being its imperfect self.

Accepting the self is a matter of becoming a judge that is not condemnatory but compassionate. We do not argue in any way that each entity has many self-perceived imperfections. However, the nature of acceptance of the self is such that to accept the self is to forgive and to redeem the self.

And how shall that be done? It begins with the bare idea of the possibility of forgiveness. With an upwelling of faith that forgiveness is possible, a seeker may begin to have compassion upon himself. His interest is not in making excuses for himself or rationalizing things done amiss or things not done which ought to have been done, in the seeker's opinion. Rather, it is in the growing willingness to go after the lost sheep of imperfection and imperfect actions and to carry them back into the heart to be loved, respected, honored and forgiven.

It is the work of considerable spiritual maturity to accept the self. Even if every external action in a seeker's life is perfect in the seeker's own opinion, yet still the seeker knows his secret thoughts. He is aware of the mean and petty emotions that churn, unspoken and unrevealed to the world, within his heart. To accept the self, then, the seeker faces these very imperfections and, with willingness to flow into them, he moves into the energy body to the point where those energies dwell: in the shadows of red ray or orange ray or yellow ray; in lust or greed or the desire to persuade, manipulate or control. And he goes after that part of himself that covets; that part of himself that wishes to do murder; that part of himself that wishes to take that which he wants, even though it is not his.

He brings it back as the lost sheep, carrying it tenderly, returning it to the whole system of his being, bringing it into the compassionate heart of hearts wherein lies his part of the creative principle, his spark of the One. For never mistake that the fire of oneness burns within all, known or unknown.

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[85] From the album, "Mystic Journey," the partial lyrics of the song, "Moon Dance," Copyright Arlo Guthrie, all rights reserved, are:

> As the seabird flies above
> My songs are sung to those I've come to love
> The petals strung into the leis
> The flowering of days I've just begun
> A second chance to grasp a dance
> Beneath the last rays setting of the sun
> Tears along the trail of sand
> Footprints in the water lead me back to who I am.

[86] John Newton's hymn, "Amazing Grace," begins with this verse:

> Amazing Grace, how sweet the sound,
> That saved a wretch like me.
> I once was lost but now am found,
> Was blind, but now I see.

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Accepting the self, just as knowing the self, is an unending exploration, for there is always that which is new. New circumstances spring forth and create new situations in which the self has previously been untried. And each interaction in each situation brings its fruit of self-knowledge and its opportunity for further integration into self-acceptance.

The end result of these two processes together is to become the Creator, compassionate, loving and understanding. This is gained by working upon the self. And once one has forgiven and become compassionate towards the self, then that entity becomes that magical person who is able to love, forgive and have compassion on others.

We would ask, before we move on to opening the meeting to other questions, if there is a follow-up to this query. We are those of Q'uo.

(Pause)

(Carla channeling)

We are those of the Q'uo, and are with this instrument. As there is no follow-up to this query, we ask if there is another query at this time. We are those of Q'uo.

R: I will ask a question which touches upon what you described. Would you recapitulate on finding or touching the essence of the self as we go about our everyday activities and feel as if we are doing something right or feel that we are doing everything right, yet we feel that there is a deeper truth of being that is below the surface? Could you comment on that?

We are those of Q'uo, and we believe we understand your query. Do you wish to understand the dynamic between the way in which you feel as you go through a regular day and what is actually happening on a deeper level as you go through a regular day? We are those of the Q'uo.

R: Yes, please speak to that.

We are those of the Q'uo, and we are glad to speak to that, my brother.

As the one known as R was saying before the meditation began, there is a rush and a hurry to the days very often. The days seem swallowed up in detail. There are many things to do. It is the story of Mary and Martha, from the holy work known as the *Bible*, where Martha is attempting to get a meal ready for the one known as Jesus as he sits in the home of Mary and Martha, teaching the disciples.

Martha is ragged with too many things to do and not enough time to serve everyone, so she asks if Mary can come help her in the kitchen. Mary is sitting at the feet of the one known as Jesus, drinking in every word. And Jesus refuses to send Mary into the kitchen to help Martha. Insensitive to Martha's need for help, he simply states that of the two activities, Mary's is the greater.[87]

The hurry-scurry of life for many, many people within your society does not seem to allow time to sit at the feet of the master and drink in the pearls of wisdom that fall from his lips. It would seem that the time must be spent in the chores of kitchen, work, duties, errands, appointments and details of all kinds. Upon the level of the everyday experience it may well be that there is a near-complete lack of the awareness of the undergirding majesty of the moments that pass.

Yet at the same time there is within the one known as R, just as there is within all entities whatsoever, the deeper serenities and lovely tunes of a sacredly lived life. For there is in every seeker a desire and an intention to live life sacredly. Therefore, it is a matter of being able to achieve enough awareness of the self living the day so that there begins to be a transparency to the duties, the chores, the errands, the work, the kitchen, the details of the day, so that one may see, at the same time as one is fulfilling one's duties, the undergirding substance and essence which is sacred.

For it is consciousness which lives the life, whether or not one is conscious of one's own consciousness. Let us speak to that. There are two minds that interpenetrate each other in each seeker's head and heart. One mind is concerned with making choices in order to function well in terms of the needs of the day. That is the Martha-mind. There is another

[87] *Holy Bible*, Luke 10:38-42: "Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? Bid her therefore that she help me. And Jesus answered and said unto her, "Martha, Martha, thou art careful and troubled about many things. But one thing is needful, and Mary hath chosen that good part, which shall not be taken away from her."

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mind which is impersonal in that it is shared by everyone, and that mind is consciousness.

Each seeker has both of these within him, plaited up as the tresses of a maiden, often indistinguishable from each other and always interwoven, so that seldom is there a completely pure awareness of the Martha-mind. There are almost always little glimpses and glimmers of the Mary-mind as one fulfills one's duties. Yet there is great art and skill in training the self to remember to access the Mary-mind, the mind of consciousness that reveals the Creator in every moment, in every movement, in every humble chore.

For all things whatsoever, done with the consciousness of love, become sacred. Thusly, my brother, when you feel the farthest from any true spirituality in your daily regular life, you are, at the same time, a hair's breadth from accessing the astounding power of consciousness. And when you can access that consciousness and invite it up into the details of your life, consciousness begins to live your life. And you know that there is nothing that you do that is not sacred.

May we answer you further? We are those of Q'uo.

R: Thank you. If one remembers or has the intention of seeing the sacred as he goes into an everyday activity, say, washing the dishes, does the intention actually bring the sacred into everyday activity?

We are those of Q'uo, and are aware of your query, my brother. May we say you are quite correct in saying that remembrance is the key into integrating the sacred into the hurly-burly of a life lived in the fast lane.

How do you remember? Do you tie a string around your finger? Do you write something on your hand? Do you set your alarm on your watch? We would bring it down to the very practical and mundane, my brother, and suggest that you find a way to trigger your remembrance, a way that includes that which is always with you during the day.

This instrument wears a cross, and it reminds her of who she is, and why she is here. And this helps her to remember to live her life consciously. It may be, my brother, that you will find it helpful to write "remember" on the palm of your hand before you begin the day, or to purchase for yourself a bracelet with the word "remember" on it. Or, literally, tie a little string around your finger, or purchase a special ring that calls you to remembrance when you look at it.

It sounds as if it were a trick, and yet at the same time it is far more than a trick, for it aids you to open yourself to that part of your nature for a lack of which you are presently starving.

May we answer you further, my brother?

R: Yes. I would also ask, at the end of the day as one looks at the experiences and attempts to balance them, during this time when one asks for help of the guides or angelic presences to help one to remember the way, does this allow those presences to insert some pointers into the stream of thought to help remember?

We are those of the Q'uo, and are aware of your query, my brother. It is quite so that the development of habits such as the evening time of recollection and balancing of the self acts as a trigger to the remembrance of who your are and why you are here. Any habit that is set in place by the self with the intention of bringing the self to deeper consciousness acts, as the habit becomes ingrained, as a more and more effective call to remembrance.

Is there a further query, my brother? We are those of the Q'uo.

R: One last question. When I think of love/light, and I try to open to it, does the love transform my thought?

We are those of the Q'uo, and believe we grasp your query, my brother. It is so that at any point at which one's heart rises in joy, appreciation and thankfulness at some beauty or blessing of life, one has accessed consciousness. The steady state of consciousness is one of joy, peace and love, and it is a wonderful experience when that sunshine bursts through and one's heart is lifted up in the sudden awareness of the stunning beauty of the present moment.

We find that the energy of the instrument and of the sitting circle begins to wane, and at this time we would, with great thanks for being asked to be a part of your circle, take our leave of this instrument and this group, leaving each in the love, the light, the peace, and the power of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Saturday Meditation
October 6, 2007

Jim: The question this week comes from our beginning discussion of Stonehenge and its original purpose, thinking that it has something to do with seasons. We were thinking about the seasons of the seeker. Are there seasons in seeking? Most people start out very much on fire and very excited about seeking and read a lot and meditate a lot and do all kinds of things and then it kind of reduces in intensity and the seeking becomes more of a normal kind of thing, a day by day thing.

So, we referred back to the sessions with Ra where Don's question was:

> It seems to me that the primary thing of importance for those on the service-to-others path is the development of an attitude which I can only describe as a vibration. This attitude would be developed through meditation, ritual, and the developing appreciation for the creation or Creator which results in a state of mind that can only be expressed by me as an increase in vibration or oneness with all. Could you expand and correct that statement?[88]

And then Ra said:

> We shall not correct this statement but shall expand upon it by suggesting that to those qualities you may add the living day by day and moment by moment, for the true adept lives more and more as it is.[89]

And in the following session, Don said:

> You made the statement in a previous session that the true adept lives more and more as it is. Will you explain and expand more upon that statement?

And Ra said:

> Each entity is the Creator. The entity, as it becomes more and more conscious of its self, gradually comes to the turning point at which it determines to seek either in service to others or in service to self. The seeker becomes the adept when it has balanced with minimal adequacy the energy centers red, orange, yellow, and blue with the addition of the green for the positive, thus moving into indigo work.
>
> The adept then begins to do less of the preliminary or outer work, having to do with function, and begins to effect the inner work which has to do with being. As the adept becomes a more and more consciously crystallized entity it gradually manifests more and more of that which it always has been since before time; that is, the one infinite Creator.[90]

[88] Ra, channeled through L/L Research on October 21, 1981, labeled Session 73.

[89] Idem.

[90] Ra, channeled through L/L Research on October 31, 1981, labeled Session 75.

So, we would like Q'uo to talk to us about these seasons or cycles of seeking and what we can expect as we continue to seek.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and the light of the one infinite Creator, in whose service we come to you this day. We thank you for creating this circle of seeking and for asking for us to join you and to offer our humble thoughts. As always, my friends, we would ask that you employ your discrimination in listening to what we have to say and if a thought that we offer does not resonate to you, please leave it behind. In this way we can feel comfortable in knowing that we are not infringing upon your free will or interfering with the process of your evolution of mind, body and spirit. We thank you for this consideration.

We would start our discussion with observing the affection of the cat that is in the instrument's lap at this time and purring loudly because it appreciates the energies of the meditation. Indeed, as the one known as Jim reads from the words of the entity known as Ra, there is a vibration or an essence that is more and more, for the maturing spiritual seeker, the identity of that seeker. That vibration is who he is, and many things affect that vibratory rate from moment to moment, from day to day and from season to season.

The seasons of your planet are more than simply those shifting zones of temperature, humidity and weather. They represent the flow of constant repositioning of the forces that impinge upon your planet from the stars near and far, from the moon and from your sun especially. Let us look at these seasonal cycles first.

The culture of those who dwell in cities and who have heated homes in the winter and cooled homes in the summer and who work in air conditioned offices for a living can easily disregard the passage of the seasons. They do not affect him overmuch. He is protected by the civilization and the comforts of that civilization.

Yet the body, both the physical body and the energy body being components of that energy system, is preternaturally aware on a subconscious level, far from the conscious mind, of these shifting seasons and these shifting arrangements of energy that are impinging upon him and upon his body as the seasons roll around from fall to winter, from winter to spring, from spring to summer and from summer to fall.

The equinoxes, one of which you have experienced recently—that is, the fall equinox—offer to you a time of balance. They are the year's equivalent of twilight and dawning, that time when one set of nature spirits and weather spirits, shall we say, are going to sleep and another set are waking up. It is a very magical time. Therefore, it is a good idea to cooperate with the fall equinox and the spring equinox by noting its passing and allowing the self some extra time to rest and reflect upon that which has passed since spring, and then in the spring to reflect upon that which has passed during the long night of winter.

You are a voyager upon a journey that is affected by that "weather of the spheres," shall we say, that your heavenly bodies, your stars and star systems, your planets and especially your moon offer you. The equinoxes are times to reflect on those. And another good opportunity at equinox is to welcome the energies that are coming in. It is helpful to recognize and greet the incoming energies.

The approach of winter brings outer evidence of an altered environment, cold temperatures, precipitation being snow and sleet instead of rain. There is less and less light as one enters into the depths of this long winter's night. And these energies are to be welcomed. It is a good time to take stock as a spiritual seeker of what the daylight has brought through the warm months, to give thanks for those lessons and to settle and seat them in the deep mind, appreciated, honored and respected.

The summer solstice and the winter solstice, on the other hand, are times of power, times of epiphany and insight. At winter equinox one is resting at the very nadir of light. The hours of darkness have completed their march and your beloved planet Earth is at its farthest from the sun.

This is the time to set the intentions, to move into the caves and the depths of your being. This is the time to ask the darkness to envelop and cover the seeds that are the fruit of your past work and to set your intention to embrace those, fertilizing and fructifying those energies of darkness that are needed to incubate and nurture those seeds of intent.

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It is at this winter equinox that that great figure of light, the one known as Jesus the Christ, enters the world. So you may behold yourself wrapped in a cradle of darkness and wrapped also in your firm intent to nurture the infant soul within you.

It is a time when it is very easy to slip the bonds of life for those that are marginally living as the darkness descends. It becomes easier to let those tenuous bonds that hold one to life go. This is the cause of there being many elderly entities, especially, who choose the winter months to enter the gates of larger life and leave the world of Earth behind.

This particular group has had a practice at the winter solstice of setting the bonfire and giving to the dark all of those things that they would wish to be gone from their world—poverty, illness, anger and war and all of those difficult and intransigent[91] energies of violence and greed. And this is a good practice, we feel. It is good to mark these points within your cycle of the year and cooperate as fully as you can with the special energies of those times.

The spring equinox is also a time of deep reflection, a time when one is saying goodbye to the night and hello to the dawning of a new planetary day, that long day of spring and summer and early fall when the energies begin to manifest, bursting forth from the seeds which you have planted in the darkness of winter.

In each density of your planet there is that changing of the guard. In the unseen realms this is just as true as in your everyday world. Powers upon powers, spirits upon spirits in the unseen worlds dance their dance and leave at the appointed time, making way for those entities of the new time. And so it is in spring. As the darkness dies, the energies of fertilization and nurturing and deep intent give way to the welcoming of the light and a readiness to be stewards of the energies within oneself which are coming into bloom.

It is no mistake that Lent occurs in the Christian year at this time of the year, nor is it surprising that many a housekeeper chooses spring to clean house, top to bottom and make everything new and fresh again. For the time of manifestation has begun. Summer's heat coaxes bloom and fruit from the slumbering earth in all the glory of spring, and summer bursts into being.

On an inner level as well, warm weather is the time for realizing the fruits of those growing seeds within you. It is an active time, not as the one R was saying, a "rushing" time, but an active time, a time of intensity and brightness. The entities who aided those of your peoples to create that calendric structure known as Stonehenge collaborated in this effort because of the great magical potential for cooperating with the seasons.

We would recommend for those who would like to blend more and cooperate more skillfully with these seasonal ebbs and flows, that reading be done in the area of natural magic. Sometimes this is called "Wicca." It is neither a positive nor negative kind of magic. It is not a polarized magic but rather a unified system of awarenesses having to do with what energies ebb and flow, not only at the equinoxes and the solstices but at the halfway point between equinox and solstice and solstice and equinox. And indeed there are those sensitive entities who have investigated even further refinements, offering suggestions for each of the stations along the planetary year.

Another cycle that can be used by the spiritual seeker is the cycle of the moon. This is subtle work and yet it is well done, for the moon's influence is as the influence upon the ocean. There are tides within your body that ebb and flow according to the new moon and the full moon. It is skillful at the new moon to plant new ideas, and set certain intentions that you wish to set or to reexamine intentions that you have previously set.

At the full of the moon, on the other hand, it is well to rejoice and open and allow those emotions that are within you that are linked to spirit to express themselves, not with a hectic excitement, but with a passionate equanimity.

Seasons for a spiritual seeker are not necessarily totally coincidental with the seasons of the year, for there are deep rhythms within a seeker's life that are expressed throughout an entire incarnation. Each entity will have its own long rhythms of creation, manifestation and rest. Many have written about the various stages of life, seeing the tiny child grow and swell into an entity in its full state of youth and health and vigor, then seeing that entity complete

[91] intransigent: (adjective) refusing to agree or compromise; uncompromising; inflexible.

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the circle, dwindling down into that second childhood which ends in death.

Within this incarnation's long cycle, there are sub-cycles wherein various learnings are begun, executed and completed. At the end of those times there may be seen to be feelings of part of the self slipping away or dying away and another part of the self coming into bloom.

This instrument is aware of those who feel that these cycles are in terms of seven years, yet we would say that this is not a strict truth. Rather, it is true that for each entity there are cycles that take many years to complete. And while this cycle is going on, from the inside of the cycle the experience is that this is the self and this shall be the self for all of the life long. Yet indeed this is not so.

If you reflect back on various portions of your life you shall see that you have indeed gained so much from previous cycles that you have been transformed by them. We would perhaps call these cycles of learning and growth those which end with the dark night of the soul and then which spring into new life with the revelation and epiphany that the dawning after that dark night brings.

You do not have to look at an almanac in order to cooperate with these very deep rhythms of the self. You can sense the powerful forces of the dark night of the soul coming to bear upon you and you know at that point that a season of learning for you is coming to a close and you are moving through that time when you allow to fall away those things which no longer serve you. So, you let them go with thanks and appreciation.

It is perfectly acceptable for you to grieve for that which has been you but which is no longer. And always, within those dark nights of the soul, it is well to retain the memory, the knowledge, and the faith that morning inevitably comes to banish darkness and new life begins fresh, clean and new.

There is another type of cycle that affects the spiritual seeker, and that has to do with the placement of the self within this time of shift. There are repeated convergences of energies that signal and herald degrees of interpenetration of the new age with the old age, the fourth density with the third density. These are very powerful times for spiritual seekers because the incoming fourth-density energy is an energy of transparency to truth.

You may have noticed that various aspects of your shadow side have been mirrored to you in these last few years and that this effect is continuing and intensifying. We can only encourage you to cooperate with these intense waves of energy as they sweep through your energy body and your awareness. These are magical times for those who wish to craft for themselves an ever more solid awareness of who they are.

It may seem that these energies are inimical. Certainly there is discomfort at times in seeing the shadow side of yourself in a new way and perhaps for the first time. There is, however, no stigma in having a shadow side. There is no embarrassment or shame in finding that your armor of light is not seamless. You may with calmness observe the uncomfortable truths that may face you as you take in these energies of light and truth. We encourage you never to judge yourself but only to love yourself ever more fully as you understand yourself, ever more fully.

We would address that portion of the question that has to do with becoming an entity which is focused in being rather than in doing, in essence rather than in form. Friends, each portion of your physical reality has a form, yet it also has an essence. Every piece of earth, every flower, and every human being is both form and essence. Your outer culture naturally has to do for the most part with form and manifestation. It is not your outer culture's habit even to investigate the essence that lies within the forms.

To the spiritual seeker, forms shall never satisfy. There is always hunger after essence; the essence of yourself, the essence of the creation around you, the essence of who the Creator is. The portion of you that is involved with forms is also involved with those mental and emotional forms or masks that you may call the ego or the personality shell.

(Side one of tape ends.)

(Carla channeling)

There is a great deal that one can do on that surface level to live more skillfully and much more in cooperation with the environment about you.

It is to some extent at this level that you will use the seasons. Yet the influence of the seasons moves into essence as well as form, just as you as a creature move into essence as well as form. As you approach spiritual maturity, you begin to release portions of

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your surface self. You find parts of your personality shell dropping back or even falling away. And in the place of that personality, you will find an awareness that is deep within you, that is impersonal in nature and that partakes more and more of essence.

This movement from form to essence, from personality to impersonality, from the thinking mind to consciousness is the meat and drink of spiritual seeking. At the heart of each of you there is an identity. You are one with each other, and with all that there is. You share in common the same consciousness that is the Creator's consciousness. It is imbued with and of the nature of unconditional love.

One of the most powerful experiences for any spiritual seeker is to be able to move through the lower chakras into the open heart and from there into indigo and then violet and then the gateway to intelligent infinity. As the seeker does this, he becomes the Creator.

Yet, my friends, we would not say that this is the goal of spiritual seeking. Rather we would say that your aim as a spiritual seeker is to become able to move from form to essence and back to form and back to essence, in an ever more flowing and harmonious manner, neither scorning the surface of things nor becoming overly enamored of the higher states of meditation and awareness.

Your goal as a spiritual seeker is to find where your heart truly lies in terms of polarity. Shall you serve the light or shall you serve the darkness? When you have made that choice, then you have the rest of your incarnation before you as an environment in which to practice being that entity which is a servant and becoming ever more comfortable in that polarity, so that gradually, over time, you become truly balanced.

The dance moves through many cycles and yet always within you, at the heart, is that point of infinite stillness in which essence is all and love rings out to the farthest reaches of the infinite creation.

We thank those of this group for creating such an interesting question. It has been our pleasure to contemplate various facets of it, for it indeed is a large question and could be probed from many different angles.

Before we ask if there are other questions, we would ask if there is a follow-up to this main question. We are those of Q'uo.

(Inaudible)

We are those of Q'uo, and are aware that this theme has been exhausted for the evening. In that case, my friends, we would ask if there is another query that is upon your mind at this time. We are those of Q'uo.

Questioner: *(Inaudible).*

We are those of Q'uo, and find that this instrument would like us to speak to some extent about communication. Recently this instrument completed a chapter in a book she is writing[92] about the issues of the blue-ray energy center, the throat chakra, which is all about communication. This instrument was surprised to find that it was harder for her to write about communication than about any other portion of the energy body. She decided that it was perhaps because she has always been a natural communicator, and so she went back to the work itself upon which she was giving a report—that is, the Confederation material such as that which is being generated at this session of working—and read and studied the Confederation messages about the blue-ray chakra.

Yet what this sparked in her was an awareness that she had not before had. That awareness was how tenuous and vulnerable open communication is to emotions such as hurt feelings and misunderstandings. Her query was to ask us if we could offer some spiritual principles that would enable her to be more skillful in communicating, especially when there were undercurrents and riptides below the surface of communication.

We would acknowledge that many times that communication is layered. There is the voice that is speaking the words that are being used, which represents one level of communication which speaks to the logical and rational mind. Yet also, no matter how skillful the words or how well put the sentiments, there are many unspoken layers to communication which do not yield to the logical and rational mind. This is due to the fact that there are emotions and feelings concerning the words that create layers of either helpful awareness or unhelpful resistance to the words that are being spoken.

[92] This book is *Living the Law of One 101: The Choice*.

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We could make a couple of suggestions for those times when one is caught upon a moment where one becomes aware that there are unseen elements to the communication and yet this has confused and muddled the communicative energies that are moving between those two or three that are communicating.

Firstly, it is well to remember that you speak with a great deal more than your voice. Each of you has body language which communicates on a level which is below thought. Yet other entities will receive the communication of your body: how you hold it, whether there is tension in it, whether emotions are within you that are causing your facial muscles to change your appearance. It is well to acknowledge those levels of communication and to honor them and if possible to address them within the self.

Secondly, it is helpful to remember that intent is everything, both in the self as it communicates and in the other self as it responds, or in the other self as it communicates and the self as it responds. The same words can be said with various intentions. Therefore we would say, "Look you to your intention!" Is your intention pure? Is it entirely service-to-others oriented? Does it have any aspect of the desire to control or the attachment to an outcome? These are not aids to open communication.

And lastly, we would remind all of those who attempt to communicate that if you hold words in one hand and love in another, love is heavier. Love is more important. Love is the essence; words are the form. Find the love in your heart and let your heart fill the form of words with love, affection, compassion and laughter.

As we have exhausted the questions within the group at this time, we would thank each once again for the privilege and pleasure of your company. Your mingled auras create a beautiful space along with all those positive energies within your universe which have been called to be a portion of this sacred space. We thank you so much for being asked to be a part of this moment. We thank you for seeking and we thank you for being you, for you are truly beautiful. We leave you in the love and the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Saturday Meditation
October 13, 2007

Group question: *(Read by Jim)* Our question tonight, Q'uo, has to do with how we, as seekers, can deal with adversity. Our third-density illusion has the purpose, it seems, of providing us catalyst and by using this catalyst we hopefully can grow into greater understanding of our place in the universe and of how to be of service. Sometimes, though, the catalyst is either too much, or we feel like we're getting burned out, or it's boringly repetitive and we're getting tired of doing the work, or for some reason, we just feel discouraged and could use some words of inspiration, something perhaps other than, "Well, remember that you're all one," or "Persevere, persevere."

Is there some way that you could recommend that we could look at the concept of catalyst that seems to be a bit much and overwhelming as we deal with it in our daily round of activities?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day.

It is indeed a pleasure and a privilege to be called to your circle of seeking and we thank you for the honor. We are glad to speak to you on the subject of difficult times and attempt to share inspiration with you. But first, as always, we would ask that each of you be discriminating in that which you choose to take away from our conversation, for we are not authorities over you and would not wish to influence you unduly.

Please follow the path of resonance in your own thoughts and trust your judgment. If you may do this for us, then we may share our thoughts much more freely, being unhindered by the concern that we may have for infringement upon your free will otherwise.

We thank you for this consideration, my friends. It makes us smile that you ask us to offer words of inspiration. The concept is somewhat foreign to us in that our experience of life in every breath is inspirational, if you would call it that. We are in the fortunate position of having no veil that hides from us the infinite inspiration of the moment.

We find in the mind of this instrument the story of the disciples of Jesus the Christ. It is a story told about him and the disciples at a time after he had gone through the crucifixion and had arisen. The disciples had seen him several times before but it was while they were still in Jerusalem. Now, sad and weary but wanting to go on with the great work which he had left them to do, the disciples decided to travel about and offer the information that Jesus had left with them and also to offer themselves as healers in the name of Jesus the Christ.

They were walking along the dusty road to a town called Emmaus. Part way through the day they were joined by a stranger who joined their conversation. Soon the stranger was offering them thoughts upon

the scriptures which they were discussing that seemed most inspiring. It was not until later, when they had stopped for the evening, prepared a fire, and were cooking fish to eat for their supper, that they became aware that this stranger was the risen Lord, Jesus the Christ, among them and speaking with them as if he were still alive, earthly and with them in flesh as well as spirit.

To us, this is a perfect example of inspiration in that the inspiration was with them and unrecognized for a considerable length of time. It was only in the relaxation and perhaps the weariness that heralded their evening meal and the end of the day that their rational minds let go and released them from the limitations of logical thought. In that state alone did they finally recognize their beloved teacher and savior.

Inspiration walks with you, just as the one known as Jesus, the Christ, on the road to Emmaus. Like the disciples and the apostles, it is quite common for you not to recognize or in any way be aware of this Companion of your every thought, word and action. The one known as Jesus said also, "I am with you until the end of the age."[93] The Holy Spirit and tongues of fire leapt upon the disciples' heads and the message was the same: "I am with you."

"Send forth your spirit, says the prayer, and I shall be created and you shall renew the face of the earth."[94]

Can you move away from this Companion of every moment? No, my friends, you cannot. Physically speaking, you can climb the highest mountain or plunge into the depths of the sea and your Companion, unconditional love, shall still be with you. In a metaphysical sense, can any toxic emotion drive away the beloved from your side? No. The beloved presence is with you always in every hour and every moment, day and night, relentlessly, eternally, loving, loving, loving.

There is, as the one known as R would say, a glitch, a catch, to this infinite supply of unconditional love, and that is the veil of forgetting that divides your mind, so that it becomes preoccupied with that which you can see with your senses, hear, feel, taste and touch. You cannot smell the infinite One as He walks beside you. He is intangible, invisible and usually unheard. Yet unconditional love is your Companion, has been your Companion, and shall be your Companion.

Love is an inextricable part of your nature. It is your founding father and your nursing mother. It is the child at your knee. Any way that speaks to you personally of perfect companionship, that is the nature of your Companion. You may think of this Companion as Jesus, the Christ. You may think of this Companion, as does this instrument, as the Holy Spirit. You may think of this Companion in a structure which we have given you many times before, which is that of a guidance system.

You may think of this Companion as your unseen guru, whose love and affection for you outlasts death, so that even if your teacher is no longer incarnate in flesh, yet still he is the angel on your shoulder and the Companion of every move, every thought, and every word.

How to remember that you are companioned by love is often a great challenge in this atmosphere of heavily veiled experience. Perhaps the slanting rays of sunshine on a beautiful day may give you that hint that reminds you that you are in full contact with love. Perhaps the blessed sound of rain when all has been dust and the rain is needed offers you that chance to recall that you are not alone. But one cannot depend upon a sunny day or a blessed rainfall. Perhaps a beloved face, your mate, your friend, or your teacher reminds you that love walks with you in every step. But you cannot depend upon the presence of a particular person.

In some ways the mechanics of helping yourself to remember that you are practicing the presence of the one infinite Creator seems so very mechanical that it does not seem possible that such mechanical actions could possibly have the results for which you hope.

This instrument is a singer and when she is producing music through her vocal instrument, her thoughts are very often on the mechanics of producing sound and tone. If she speaks the vowel, "e," you will find her in a broad smile because that

[93] *Holy Bible*, Matthew 28:20: "Lo, I am with you always, even unto the end of the world. Amen."

[94] From a prayer of the Episcopal Cursillo: "Come, Holy Spirit! Fill the hearts of your faithful and kindle in us the fire of your love. Send forth your spirit and we shall be created, and you shall renew the face of the earth. O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy thy consolation. Amen"

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lifts that vowel into the facial mask and creates a more pure sound. She has to remember to phrase the tones that she produces so that it is not a mechanical or rote expression of praise, thanksgiving or prayer that she offers, but rather is musical, with the rising and falling cadences of beautiful speech.

Sometimes it seems that an entire performance may go by without this instrument's experiencing the gestalt that the choir of which she is a part is producing for those who listen. And yet because of these mechanical-seeming techniques, the instrument is able to maximize her contribution to the beauty of the music sung by her choir.

It is in this wise that we encourage you to go through the mechanical rituals which are the resources of those who wish to break through the veil, as the one known as Jim said, to "break on through to the other side."[95]

Friends, you live in two worlds simultaneously. One world is that world in which you become discouraged and feel that your work is in vain. The other world is a world of vibration, color and texture. It is a world of light without the heavy forms of the physical illusion. You are a citizen of both worlds equally. It often seems that there is a choice to make as to whether to live in one world or the other—the world of form or the world of vibration and light.

It is our humble opinion, however, that it is not necessary to choose. What is needed by the spiritual seeker who wishes to access the joy, the aliveness, and the unconditional love of the world of light is a dedication to the techniques involved in unifying those two worlds.

The seeker begins by realizing that there is another world, a world far more beautiful, real and profound than the everyday world of form. That is the time of awakening and it brings to the seeker a hunger and a thirst for light and love. The seeker wants to find out just how to live in that world. So the seeker begins to meditate or to contemplate. And this is an excellent thing. At the same time it creates within the conscious and rational mind a sense of separation between the person that you are when you are not meditating and the person that you are when you are meditating.

It is often the work of many years of moving into the silence and the meditation and coming back out of it into the everyday world before the seeker becomes aware in a moment that the everyday world is permeated and imbued with the Companion. Everyday things are saturated with the love of the Beloved. There is no nook or cranny within your mind or your emotions and your fears that is not drenched and marinated in love.

This is so in an unalterable and irresistible way because at the heart of every cell of your body is the one infinite Creator, and that Creator has a nature. That nature is love. When your heart beats, it beats love. When you breath in, you breath in love. When you breathe out, you breathe out love.

I have spoken to you many times about the discipline of the personality. It is this discipline of which we speak now again, for the only barrier between your rational and conscious mind that so limits you and creates for you the deadliness of sameness and ennui is the rational mind's basic assumption that that which it beholds is the sum of that which there is.

There are as many ways to help trigger your remembrance of the Beloved that walks beside you and holds your hand and comforts you as there are entities who seek the one infinite Creator.

We cannot create for you the perfect mnemonic. Each person's memory will be jogged by a different mnemonic. Recently we suggested to the one known as R that he wear a bracelet with the word "remember" etched upon it so that each time in his work as a technical expert that he looked down upon his hands on the computer he would see that word and remember who he is and why he has brought himself to this particular moment at this particular time.

This instrument was speaking in the round-robin discussion that precedes the seeking through meditation of this particular group about loving everything that she does and we would comment upon that, for the statement that this instrument made, though she is not aware of it, is not a statement that is literally true. There are many things

[95] This lyric is from a song written by Jim Morrison and sung by The Doors on their debut, eponymous album in 1967. It was also released as a single the same year. Partial lyrics are:

> The gate is straight
> Deep and wide.
> Break on through to the other side.

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that she does within her day which she does not, with her rational and conscious mind, love. Indeed, she must encourage herself and even goad herself into taking care of many of the details of her day.

Yet her statement was true insofar as it was her honest and sincere experience. Yet this is not because of the work. Friends, it is never because of work that you find your joy. It is because you have accessed or remembered that you walk with a beloved Companion whose name is unconditional love. It is because you have remembered who you truly are and why you chose to be here now.

We would offer each seeker the assurance that, no matter how dreary life may seem at this particular time, everything in your life is moving just as it should. For you are receiving those experiences which you carefully planned before your incarnation began. No matter how dark or seemingly difficult the moment, it comes with gifts in its hands.

The writer of Ecclesiastics said long ago that there is nothing new under the sun. Did this wise entity write those words out of despair? We do not believe so. We believe that this entity wrote those words to pierce the veil. If nothing under the sun is new, then even that which is new to you at one particular time will inevitably be repeated and repeated.

Were you to leave the type of work that you do in order to receive the money that pays your bills, as this instrument would say, and were you to find something that is exciting and new to you, within a matter of days or weeks, months at the very most, your new occupation would seem repetitive and wearisome and you would think fondly of the possibility of lifting away from these responsibilities and of, as the one known as R said, having just two days in which nothing whatsoever was related to that which this entity does in order to earn his daily bread.

One cannot change things around in the world of form and thereby come into one's joy. One cannot change one's circumstances and thereby arrive at a sense of peace and contentment. In seeking otherness, one ultimately finds that every gift one has opened becomes old; every wine, once tasted, becomes stale; every luxury, once repeated sufficiently, pales to nothing. In the world of form there is no escape from weariness and ennui, and this, the writer of Ecclesiastes knew.

When you seek for inspiration, do not seek far, for the inspiration is walking beside you. It is filling your heart. It is the air breathing in and the air breathing out of your lungs. It is the pounding of your blood. It is the rustling of every dry leaf and the song of every bird.

It is not because all is one that these voices speak to you. It is because you are a larger self than you can possibly be aware until you ask for that awareness to become open to you.

There in your workplace [is] that which speaks to you of the Companion. Would it interest you to know that in every key of the computer there is a spirit sitting upon it, laughing and sharing with you the joy of being used, of serving, and of being a part of that dance which you and your computer keys are doing?

Would it make a difference if you could see the angel that is sitting on the edge of your wastebasket or resting, literally, upon your shoulder or placing its head upon your knee, so happy is it to be in your presence?

We speak to you of consciousness that has so many facets and so many levels that there is nothing that is not inspirited. Who lives your life? Who sees through your eyes? Who hears through your ears? Who is it that is you? The request for inspiration when looking at mundane things comes down to the heart of who you are.

Perhaps mechanics are involved in allowing consciousness itself to live your life instead of your personality shell. Yet, my friends, those seemingly mechanical actions and rituals of remembrance and recall yield fruit as you begin to be aware that you truly are practicing the presence of the one infinite Creator in every mood, in every situation, in every moment. There is glory all around you and within you. Open to it, and let joy become your experience.

We are aware that a good deal of the angst which entities feel occurs when they are in a position of working at work that seems to them to be of no great service to others. Then this question truly intrudes and becomes almost an obsession, because there is that enormous desire to serve others. That desire is also spiked and pushed by one's own observation of others who seem to be of more service than you, because of having been born with or having developed more gifts of the spirit, more ways

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to serve. Yet if your work here upon your sphere of Earth was intended to have to do with outer gifts, then you should have received them. If you do not perceive within yourself the outer gifts that are so obvious in musicians and poets, then your gift here, your purpose here, your mission at this time, is not to sing, or to write, but to be.

That which shall assist you most in cleansing yourself of that feeling of sameness is the ability to release the mind. Certainly many among your people have done this by artificial means. Perhaps they drink an intoxicating beverage. Perhaps they ingest the smoke of some mind-altering substance or they ingest food that creates an alternate reality. We are not suggesting outer substances as a solution for one who chafes under the sameness of the work-a-day world. We are suggesting that that very work-a-day world is full of angels and spirits and guidance and the Beloved.

It is the peculiar nature of those who live with that veil of forgetting that the very last thing that is thought of is faith. Faith is your stoutest ally in becoming re-inspired. Faith is the spiritual breath of life. And sometimes you need resuscitation, spiritually speaking. The great and fortunate thing about faith as a tool and a resource for the seeker is that you do not have to do it well. You do not have to "believe," as it were. You have only to claim it and say, "I have faith," and suddenly your eyes open and you can see that the comrade beside you on the road to Emmaus is none other than love itself.

We are those of Q'uo, and thank you for this query, my brother. May we ask if there is a follow-up to this query at this time?

Jim: Not for me.

We are those of Q'uo, and would then ask if there is another query that we may answer at this time. We are those of Q'uo.

(Pause)

We are those of Q'uo, and are again with this instrument. We grasp that we have exhausted the queries in this circle of seeking at this time. We would say a word or two before we leave you, for we do perceive that there is that hunger and that thirst within this circle this evening. There is a yearning too deep for words to break through to a bright and joyful land where the beauty of life creates meaning all its own.

We would that we could share with you on a steady-state basis our perception of life itself as a miraculous and utterly incandescently beautiful thing, a treasure, precious and rare. We cannot. We can say the words and always we can share with you our love. And you have but to ask for us mentally and we shall be with you, surrounding you and bathing you in our love.

Yet that which comes from the outside, as it were, is never the answer to a spiritual seeker. It is when that which blossoms in the heart then blooms up through all the senses and out into the world that you behold with new eyes.

Remember to relax and release your conscious, rational, fact-driven mind whenever you feel depressed and discouraged by the sameness and the repetitiveness of everyday life. Within the folds of that repetition lie infinite in newness and infinite, sharp pleasure. Open, allow, and it shall come. For it is within you, waiting for you to release the strictures of your rational mind.

This instrument was told by a friend who was a missionary that they were working terribly hard at a hospital which they had founded in a very backward and primitive area. There literally were not hours enough in a day to do that which they felt desperately needed to be done. Each evening they would fall onto their cots exhausted and wondering how they could arise the next morning and do it again.

One of them, this instrument's friend, got the idea to arise even earlier and spend the time in prayer. It was this entity's testimony that this decision completely renewed and revitalized their lives. Suddenly the sun shown brighter, the rain smelled sweeter, the hours flew more gracefully and graciously, and everything felt different. Yet they were doing precisely the same things and meeting the same difficult challenges that they had been meeting before.

The difference was time set aside within an intense desire to see deeper; to see with the eyes of the heart; to experience as the beloved Companion experiences. We commend to you whatever you may do that will help you to combine the worlds of form and spirit, so that you are never without a keen and present awareness of the power of love.

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We leave you in that love and that light. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Saturday Meditation
October 27, 2007

Group question: The question this evening, Q'uo, has to do with the indigo and violet rays. The instrument is about to embark upon writing a chapter in her *Law of One 101* book[96] concerning the indigo and violet rays. From the Ra contact we have a good deal of information that describes the various qualities of these rays and the instrument would like to ask you if there are any basic concepts or spiritual principles in relation to these indigo and violet rays about which you could speak that would give her additional insight into these rays as she writes about them.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. Thank you for calling us to join your circle of seeking. It is our pleasure and our privilege to do so. As always, we would ask that you employ your discrimination as you listen to our thoughts. Some of them will hit the mark and some of them will go far astray from what you need personally. Savor and use those that hit the mark, my friends, and let the rest go. In this way we can be assured of not having an undue influence on you but only being in conversation with equals.

You ask this day about the indigo and the violet rays or energy centers of the energy body. Indeed, this is a very deep, almost bottomless, subject and we are happy to share our thoughts on this subject.

This instrument is in the process of looking for the keys to these two energy centers in that she wishes to retain the detailed discussion of these higher energy centers for another volume of this series that is being written. Therefore, there is the desire to move to the heart of the higher rays and in particular the indigo and the violet rays [in the present volume.]

The very heart of the function of these two rays has to do with who entities in third density are when they have been able to penetrate the surface of their lives and to move into the essence of their beings.

You could consider yourself as a focal point or an interface in this regard. You have a physical body and a physical mind which ground you, more or less, into the world of the physical, third-density, consensus reality that you enjoy and in which you have your experiences and do your learning. Within you also is the one infinite Creator. In every cell of your body, in every vibration of your thoughts lives the one infinite Creator.

Yet, in terms of process, there is that sensation of needing to move from the outer world through the doorway into the inner world. Basically, you as entities are a living doorway, a living gate, an interface so that the one infinite Creator, in a far less distorted form than you can appreciate with your

[96] Its complete title is Living the Law of One 101: The Choice. Carla is working on the next to last chapter and hopes to be offering the book for sale early in 2008.

senses, can move in power into your life. Those known as Ra have described this function as being the gateway to intelligent infinity.

In order to approach this gateway, much work has already been done. For it is impossible to enter the gateway of indigo ray until the entity has gathered the entirety and the wholeness of its integrated self into the heart and has done the work of forgiving and falling in love with this integrated self, with its many perceived faults.

Therefore, we speak of those seekers who have achieved—either by gifts of the spirit or by a process of work in consciousness and the disciplining of the personality—the ability to yearn for and desire that essence of the one infinite Creator that can be pulled through that gateway and into the energy body which is interpenetrating the physical body, thereby bringing infinity and eternity into a finite environment.

The model of this activity is that of what is known in the Buddhist world as kundalini. You have the infinite love and light of the one Creator streaming through the chakra system from the bottom up, feeding it with an infinite supply of light. This is the power and the energy with which you work in getting to know yourself, becoming friends with yourself, and working with all of the various aspects of physical life on Earth as you know it.

In itself, it is a powerful and infinite energy. And yet, as the seeker begins to mature he begins to have a yearning and a thirst for the immediate impact of divine light. Therefore, as the seeker becomes more aware of the true nature of his desire, he begins to be able to focus that desire and to set an intention to ask for the highest and best.

As the seeker does this on a continuing and intensifying basis, that gateway to intelligent infinity becomes clear. As that intensification persists, the gateway opens and the light of inspiration comes through to bless and fructify the fallow and waiting soul.

In the end you might see this expressing as a completed circuit. The bodily energy, having to do with incarnation and carefully enclosed within incarnation, is as the field that is planted and seeded and sown with this fructifying information-ridden love everlasting that, unlike the energy that streams from the bottom of the energy body upwards, has pointed and articulated information in the silence of that inspiration.

The energy coming through from the bottom of the chakras up is that energy which is yours to manipulate or distort, shall we say, in the ways that you find helpful, useful and beautiful. The divine inspiration that you call through the gateway of intelligent infinity is as a massive information-rich fountain that permeates you at the point at which your desire to seek has matched your intention to seek from above, as it were.

There is in this process a kind of self-abnegation.[97] There is the realization that the mind does not have enough words, the heart does not have enough tears, and the being that expresses on the conscious level does not have the capacity, in and of itself, to understand what it is getting through the gateway of intelligent infinity. Consequently, this work is done in a state of unknowing.

That state of unknowing is usually achieved within your density only by a process of self-acceptance that can be lengthy. Self, as it expresses in waking consciousness, simply needs to be put to bed or moved away so that the self is empty and waiting.

This is exquisitely difficult for most intelligent people to do. They have that unspoken assumption that their minds and their insights are going to be adequate to processing the information that comes through the gateway of intelligent infinity. However, this is not so.

What comes forth from this hidden or non-verbal exchange of information is a shadow of the information itself. And yet, the process of making that connection through the gateway of intelligent infinity is akin to splitting the atom, so that even a shadow of that light illumines magnificently the inner landscape of the one who makes that connection.

As you sit in meditation, visualize with us your energy body, with its rainbow of colors: red, orange, yellow, green, blue, indigo and violet. The indigo and violet rays are at the brow and the crown of the head, the very tip of your physicality. Allow the light and the love of the one infinite Creator to flow through the bottoms of your feet, the base of your spine, and up your spine. Feel that energy kissing

[97] Self-abnegation is defined by www.dictionary.com as self-denial or self-sacrifice.

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and moving through each chakra. Feel it pouring out the top of your head in a fountain of colored light. That is, light which is colored by your working with each of the chakra energies to bring them into your own unique balance. You can see that there is a circular spray, shall we say, of radiated light that moves from the top of your head in all directions.

Now, allow yourself to feel the essence of your desire. What do you desire? Those ready to work with the gateway to intelligent infinity will be saying something like, "I desire to seek the truth. I desire firsthand experience of the One. I seek to know in order to serve," and sentiments of that basic nature which ask nothing for the self except to rest with the Beloved at last and practice the presence of the one infinite Creator.

As you find that desire, my friends, begin to feel the energy within your third eye vibrate. Feel it come alive. Oh, sacred desire! It is vital to be passionate in your seeking. Then, imagine that contact, that moment when that desire is fructified by the inspiration which is focused only for you and adequate in every detail for all that you could ever wish to know or use in order to serve.

See your radiation begin to have weight. You are now not simply radiating out into a void, shall we say, or the area around your head. You have become a fountain. As the inspiration flows into that portion of your energy body it then bursts forth again, but with a weight, so that it is more like water than light in its behavior. It begins streaming in a beautiful circular, symmetrical fountain and coming back under you to catch up again with the energy of the earth, that love and light that comes into the body from the base of the chakras. You sit in the middle of a torus,[98] shall we say, of created light that is your interface with all that there is.

This is the essence of the indigo and the violet rays. Beyond all the techniques of the discipline of the personality, beyond any detail, skill or technique, there is this one overriding essence of connection between energies that are different in a profound way, energies that, when put together, create of you a true and powerful lighthouse.

[98] A torus is defined by www.dictionary.com as a doughnut-shaped surface generated by the revolution of a conic shape, especially a circle, about an exterior line lying in its plane, or the solid enclosed by such a surface.

It is wonderful to be in the presence of an entity with an open heart. That glow, that radiation is so enjoyable to be near! One can always feel the presence of a truly loving heart. There is excellence there of the highest degree. Yet the energy of one who is making contact with intelligent infinity is as the wise man to the youth. The one known as Saint Paul said, "Now I see through a glass darkly; then I shall see face to face."[99] That is the difference.

In both cases, may we ask, "Who is the 'I' who is radiating?" And you shall say to me, "It is 'I' myself. It is the person that I am."

This is the hardest part to perceive. In the case of the opened heart, there is a simple or simplistic degree of selfhood or ego which is an essential part of the radiating form, for it blesses the light that is radiating forth from your heart. It is a very personal thing, although it has great overtones of impersonality as the open heart makes contact with the presence of the infinite One.

Meditation through the gateway of intelligent infinity is impersonal. And so the great work of indigo ray is to move the self, very gently, out of the way and allow only the essence of desire to express the selfhood of the seeker.

We note from the query that the instrument has chosen to speak of these two energy centers together. And while we feel that there are obvious distinctions between the two in form and in function, we would agree with the instrument that this is a sound approach, for the two work so closely together, in terms of the function of penetrating the gateway to intelligent infinity, that it is not necessary to divide the study.

Naturally, it is important, in terms of making a report of what this instrument calls Confederation principles and thought, to distinguish betwixt the two, for there is tremendous movement in indigo ray possible, whereas in violet ray there is a fixed nature to that energy. Yet, as the two work together, they function as that connection to all that there is which

[99] *Holy Bible*, I Corinthians 13:9-12: "For we know in part, and we prophesy in part. But when that which is perfect is come, then that which is in part shall be done away. When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things. For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as I am known."

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can make of a seemingly human entity a magical, powerful, impersonal servant of the light.

This may be seen also to have its reflections in sexuality and we would suggest that it is helpful to discuss sacred sexuality as being a part of the function of these two energy centers.

The physical body is a wonderful instrument. We realize that it is a very delicate piece of machinery that is often distorted in various ways and in need of repair. And yet at the same time your bodies are wonderfully adequate to feel the most intense emotions and to sing the most heartfelt melodies of emotion.

In the world of social intercourse, entities use words to connect with each other. And words always are inadequate to convey wholeness, because of their very nature. The body, on the other hand, in sexual intercourse, can communicate without words. It can make connections that can be felt or even seen by some entities as circuitry that is connected with the joining of the mated pair.

And sexuality, of course, goes through all of the chakras from red right straight up through to violet. Each step along the way enhances sexuality. When the heart is penetrated by two entities who are in love not only with each other but with the Creator and love itself, there begins to be possible an energy exchange that is most helpful to the mated pair as well as to the world around that mated pair. Again, there is the creation of fountains of energy because of that spark, that atom that is being split in the orgasm.

When sexuality is a sacred, spiritual activity, that tremendous power is communicated with no words being remotely necessary, but the self becoming that powerhouse that just keeps radiating in fountains of articulated light.

When the mated pair reaches orgasm, regardless of what chakra from which the orgasm is expressing, it is recapitulating the steady state of the creation. It is experiencing the love of the one infinite Creator in a way which it simply cannot deny. It is a wonderfully focusing thing to approach and go through an orgasm.

When the mated pair determines to seek indigo and violet-ray sexuality, it opens a kind of communication with the divine that is otherwise unknown. What a blessing to have a way without words to experience and tabernacle with the one Creator!

We have found that many of your people have so many prejudices against sexuality that it is difficult for them to conceive of a truly sacred sexuality. If there is a desire to make sexuality holy, the tendency is for entities to withhold sexuality from themselves except under certain circumstances, such as deciding to conceive a child. Yet, it is our opinion that the metaphysical nature of sexuality is such that it is one of the most clear-cut and accessible ways to experience the divinity of the self; and yet not the self but the consciousness within the self that you are letting free from all masks and deceptions by the investment of sexuality with your attitude of honor and worship.

As you deal with the indigo and violet rays, you are dealing more and more with things beyond words; with essences. And that is something for which spiritual seekers hunger. The process of moving into indigo and relishing it while you develop your ability to enjoy it is one of the blessings of a spiritually-oriented life, in our opinion. Those in higher densities also retain sacred sexuality and sacred social intercourse, although not in using the words but in sharing whole concepts with each other and collaborating to form group thoughts.

And perhaps what we would leave you with as we leave this subject is the realization that we hope all of you may have: that you have the power to collaborate with the infinite Creator and with each other at this level.

Certainly, sexually speaking, the mated pair collaborates in the most dynamic of all possible ways to practice the Presence of infinite love. But as you meet people who are doing the same sort of spiritual work as are you, and as you talk about that for which you thirst and hunger, you are creating collaboration through that contact point with intelligent infinity, and you are creating thought forms that then have an independence of existence.

You have spoken in this group about the creation of a new paradigm, and certainly this instrument is very focused on that creation of a new paradigm of living and being. Realize, when you have good conversations going between those of spiritual consanguinity, that you are creating changes in consciousness that will outlive the present moment and even your own lifetime. The opportunity for

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creating this paradigm is just as we have described for sexuality: conversation which achieves the penetration of the gateway. It is the thought that is focused when an intention is made to seek and to know this new paradigm. And then it is released into the emptiness of outer form so that it may reach the essence that fructifies your waking, everyday consciousness.

(Side one of tape ends.)

(Carla channeling)

We would say to the instrument that we feel that she will be fully able to discuss the various techniques of these rays, especially the indigo ray. We do not feel that we need to comment further on those details. And thusly, for this particular time, we have offered you what we hope will be helpful at this juncture.

Before we leave this instrument we would open the meeting to any questions that might be on the minds of those present. Is there another query at this time?

(Long pause.)

As there are no further queries from this group at this time, we will take our leave of this instrument and this group. It has truly been a pleasure to share our thoughts with you and to be a part of your sacred circle. Thank you for the beauty of your vibrations and the sweetness of your interactions, one with another. What a privilege we feel, my friends, to be a part of this!

We leave you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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Saturday Meditation
November 10, 2007

Group question: *(Read by Jim.)* The question tonight is: Conspicuously absent in the philosophy of the Ra contact is any mention of the surrender of the conscious self to a guidance, intelligence or will greater than its own, be it the higher self, love and light, or the Creator. Where is there room for God's grace and surrender in Ra's philosophy? If surrender is suggested in Ra's philosophy, to what does an entity surrender?

(Carla channeling)

We are known to you as those of the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. Our hearts are full of gratitude that you should call us to your circle of seeking to respond to the question of the place of grace and surrender in the path of the Law of One. We are delighted to share our thoughts with you upon this subject.

As always, we would preface our remarks by requesting that each who listens to or reads these words reserves the right of discrimination as you listen or read, in order that you may choose which of our thoughts you shall pursue and use and which you shall lay aside.

Not all of our thoughts shall be equally appropriate for you and we would ask that, rather than taking our thoughts as a whole and attempting to work with them all, you choose those that resonate to you personally. For the path of truth for each seeker is unique and we would not be a stumbling block in your way by distracting you from the path of your own resonance.

If you shall do this we shall be most grateful, for it clears the way for us to know that we are not infringing upon your freewill or disturbing the rhythm of your process.

The question before us has to do with the place of surrender or grace in the system of philosophy or thinking that we have offered through this channel previously.

Firstly, we shall remark that the philosophy or system of thinking which is sometimes known as the Law of One or the Confederation Philosophy posits a singular, unitary consciousness in which all parts are interactive and all things are one. If all things are one, to what shall any soul surrender? This is why there is no mention of such a surrender within our thoughts which we share with you.

Now let us look at the way of the world, as we might call that world in which it would seem that there is a self that is error-prone and there is a separate Creator which is perfect. This imperfection is contrasted and separate from perfection. The human self of third density is set apart from the Creator of that third-density soul.

There are two basic ways in which those of your culture choose to make the demarcation between the human and the divine. The first is that of the

Christian, the Jewish and the Islamic religions or philosophical systems, if you will, in which there is required of the sinner a repentance and a surrender of the human self in order to worship, adore and be redeemed by the Creatorship of the Messiah or the God named Allah whose prophet is Mohammed. This system of demarcation of human and divine takes its flavor from the male energy of the God-name involved in all three religious systems.

The forerunners to these religions were systems of myth and magic in which there were sacrifices of animals and, in some cases, humans, so that the blood might ascend to the heavens and please the perfect Creator, which then would smile upon the sinning and erroneous human. The human, then, was redeemed to divinity through the sacrifice of an innocent, be it the animal or the virgin human.

In your Holy Bible there is the figure of Abraham being ordered by the Creator to sacrifice his son, Isaac. Not questioning the Creator in any way, Abraham builds a fire, sets the wood, sets the tinder ready to light the fire, then binds his son to the fire to make a human sacrifice as requested by the Creator. At the last instance a ram is found caught in a thicket. Isaac is set free and the ram takes the son's place.

In the New Testament, the son is not so lucky. There is no ram in Jerusalem and Jesus the Christ is crucified upon Golgotha. In both Testaments the figure is the same—one innocent to die in order to redeem all of sinful humanity.

Over against this type of demarcation between human and divine one may gaze at the systems of Buddhism and Hinduism, in which the erroneous human is set over against emptiness, nothingness, release, rest and freedom from suffering. In this figure each entity becomes the Christ, sacrificing its selfhood entirely in order to become free of suffering and thereby free of the wheel of karma and endless incarnations.

What these two systems have in common is a careful split betwixt humanity and divinity or the profane and the sacred. Within the Law of One, no such demarcation exists. Rather, it is posited that each entity within third density has the one infinite Creator at the heart of every fiber of its being.

The mystery of the Law of One is that implicit within the egg of humanity is the full-grown creature of Godhead. And implicit within the Creator is that sending forth of those seeds of self into illusion in order to gather information concerning Its own identity. This does not mean that the concepts of surrender and grace have no relevance to the Law of One, but rather that the process of spiritual evolution is seen, in this model of seeking the truth, to be a journey inward. There is no reaching outside of self but rather the intention to seek the heart of self, which is the one infinite Creator.

This is a model which your culture cannot support and which consensus reality itself finds it difficult to understand. Your culture cannot see the infinite value of the self or assume that perfection lies within the self, which is always seen as prone to error and foolish and flawed in many ways.

Consensus reality has no entrance into a system of thought which posits the perfection of humanity for it is quite obvious, when one gazes upon oneself or another being, that neither oneself nor another being either expresses perfection or contains perfection in some latent state. Being unconscious of the illusory nature of third density, the culture simply has no way to absorb or understand a system in which it is posited that all that is, including perfection, exists within the self.

We have spoken many times about this journey inward. We have spoken about that surface of life that is consensus reality which, rather than being earth, has more of the quality of the ocean, liquid, penetrable, deep, and capable of being entered by the diver who dives deep, perhaps to gather pearls from the ocean's floor and to bring up those precious pearls to store away in the treasure house.

Our consciousnesses have a regular and layered nature. The surface of the ocean of consciousness is that infinitesimal part of yourself that is fully invested in consensus reality. You are as one who floats upon the surface as long as you are content to remain uncurious as to what lies beneath the surface of self. Much of your psychology is content to remain largely upon the surface of self and to work with the structure of the personality.

We have called the personality the "personality shell" to indicate that it is, in a way, a husk which protects the fruit that lies so sweetly within. As long as you feel that you are your personality and are limited by your traits, gifts and limitations of personality, then you shall float upon the ocean of consciousness,

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never penetrating below the surface disturbances of waves, moved forever by the moon's attraction and washed with the tides that ebb and flow with all the influences on the surface personality.

It is our suggestion that you are capable of diving more deeply within the folds of your personality and penetrating at last into deeper waters which are, although illusory, far less distorted in their ability to express the truth of the oneness of all creation and the beauty, the truth and the Creatorship within each soul.

We can use words like Christ Consciousness or Cosmic Consciousness to help the seeker begin to penetrate the idea that there is an internalized Christhood within each cell of your body and within each iota of your emotions, your mentality, and your spirit.

Thusly, we see a journey that slowly develops for each seeker. The beginning of the journey is the awareness that there is more to the illusion than meets the eye. This awareness rouses the seeker and creates a hunger and a thirst for the truth that is missing from consensus reality.

There is a flatness perceived to consensus reality. Birth, growth, adulthood, working, marriage, children, friends, getting older, failing in health, and then dying are the signposts of the journey across the flat, even if turbulent, sea of consensus reality.

However, the seeker becomes aware that this model of life is not accurate—or not fully accurate. Once the seeker has awakened to the knowledge that there is infinitely more than this life and these details of life, the seeker can no longer go back to sleep. Once awake, the journey has begun.

There are various ways in which the seeker grows as he seeks ever more deeply for the truth about himself. If the seeker uses the settled religions which we mentioned earlier in an attempt to penetrate the truth of himself and his relation to the Creator, he is forever dependent upon an "other."

If the seeker is aware that he is seeking his deepest self, then there is no other, there is only a growing desire to lay aside each mask, each husk, and each trait of personality that veils from him the deepest truth of his nature. Yet this is not a mechanical process. There is no "stairway to heaven"[100] as the song phrases it. There is only the gentle and continuous intention to allow the dropping away of all of those things that keep the awareness from beholding the presence of the one infinite Creator.

And this is where surrender and grace reenter this Law of One. For the surrender is to the deeper self. And in surrendering to the deeper truth of the self, the shallower identifications of self with personality traits, accidents of birth, race, religion, and so forth, melt away. All distinctions blur beside the presence of the Creator within.

It is as though the seeker orbits the self, closer and closer, until finally it is drawn into the heart of self by a kind of spiritual gravity. And suddenly there bursts forth an awareness, a satori,[101] a realization, an epiphany.[102] And in that moment the self is known to the self. And that self is love.

Blessed are those moments of grace when all masks fall away and the naked self stands fearless, beholding its own nature, which is sacred and divine.

We do not object at all to the seeker's use of "otherness." For instance, this instrument works with mystical Christianity and patterns her life after the example of the one known as Jesus, the Christ, whom she calls her Beloved, whom she follows, for whom she would die, and for whom she lives. She is aware of the relative impurity of a model which contains the self and an other-than-the-self. Yet to contain her devotion and channel it in a productive and positive way, she uses the conventions to which she was born in consensus reality as a conscious being.

[100] Robert Plant of Led Zeppelin wrote the lyrics to this song and all rights are reserved. Its opening lyrics are, "There's a lady who's sure all that glitters is gold, and she's buying a stairway to heaven." It is interesting, in the context of this session, that the ending lyrics are, "As we wind on down the road, our shadows taller than our soul, there walks a lady we all know who shines white light and wants to show how everything still turns to gold. And if you listen very hard, the tune will come to you at last, when all are one and one is all."

[101] satori: a spiritual awakening sought in Zen Buddhism, often coming suddenly.

[102] epiphany: a sudden, intuitive perception of or insight into the reality or essential meaning of something, usually initiated by some simple, homely, or commonplace occurrence or experience.

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It is a way to avoid paradox. For the conscious mind, with its rational and logical nature, has a deep distrust and dislike of paradox. And it is certainly paradoxical to say both that the surface self is real and that the deepest and most unitary expression of self is real. Yet that is what we say, knowing that it is a paradox and a mystery.

There are those among your mystical groups, as well as individuals who do not function as part of a group, who abnegate[103] words and choose the way of silence. Over a period of time the habit of silence decreases the difficulty of absorbing the outrage of paradox. And such silent souls smile at the sophistry of words which separate and logic which delineates and divides to no good purpose, spiritually speaking.

Yet we would not encourage you to become recluses. We would encourage you to embrace paradox and mystery. We would encourage you to continue your journey upon the surface of life, knowing that it, too, is perfect in its way, even with all the masks, all the confusions and all the misunderstandings and limitations of dealing with each other and with circumstances which occur in everyday life.

For third density was not designed to be a quiet and steady dive to the center of self. It was designed to be turbulent, as the shaker that breaks rocks into pieces or large pieces of ceramic into small pieces of ceramic, polishing them and shaping them by friction and impact.

To come at the action intended in third density another way, we could use the figure of the fiery furnace which tempers[104] and strengthens the brittle, callow[105] young soul so that it becomes an instrument of great flexibility and strength.

Your world is intended as a refinery of souls. That catalyst that comes to the surface self is seen by us as a good thing, a useful and appropriate thing, whether it feels comfortable or vastly uncomfortable. Indeed, it is the movement of the self within periods or situations of discomfort which are especially helpful in achieving maturity and a more polished or tempered realization of the nature of the self and the Creator.

Both your physical body and your metaphysical body or your energy body are designed to take advantage of and make use of this catalytic effect of the day-by-day occurrences of life. A great deal of the catalyst of life comes from the relationships which you have, first with yourself and then with other people. And as the spirit grows in maturity, it becomes more able to see through the illusion of suffering. It becomes more able to penetrate the devices and desires of its own surface being to see the patterns of learning that lie within those surface movements of the emotions and the reactions of the mind and the body.

It does not become more in control of what occurs within life. Rather, it becomes unafraid of not being in control. And this is grace. When all about one is pressured and stressful and yet there is that within the heart that remembers the true nature of the self, then that spirit is in a state of grace and may maximize its learning and its service within third density.

What is being refined in the refinery of souls that is Earth? What is the soul within third density? A synonym for "soul" might be "heart." And we have often suggested to you that you are on a journey into your own open heart. Christ is waiting for you within your own heart. As you allow the surface of self to fall away, you become empty enough to fall in love with yourself. You begin to see that all these details of self, wretched though they may be in some cases, and glorious in others, fall away to nothingness before the self's desire to seek the presence of the one infinite Creator.

And so the self within incarnation becomes merry and lighthearted, whether in sunshine or in rain; whether in good times or evil. For the self remembers that it is on a journey whose destination is sure. And thusly, through all the changes and chances of mortal life, that seeking soul may be confident and quiet within, full of faith and knowing that all is well. And this, too, is grace.

There is great power in words. Words can stir up the emotions. Within the power of those who wish to inspire others, there is the ability to manipulate feelings and emotions and to whip up passion, so that an ecstasy of hysteria is achieved in which there seems to be a breakthrough into the love of Christ,

[103] to abnegate: refuse or deny oneself (some rights, conveniences, etc.); to reject; renounce, to relinquish; to give up.

[104] to temper: impart strength or toughness to (steel or cast iron) by heating and cooling.

[105] callow: immature or inexperienced; (of a young bird) featherless; unfledged.

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however you wish to say that condition of perfect love. And that feels very good. Yet that which is whipped up, dies down.

We would rather not proceed with words that inspire in order to whip up passion and to change rejoicing into an hysterical expression of love for the Creator. Rather, we ask you to use every faculty of your being, your intellect, your will, your body, your emotions, and every fiber of your being to seek, seek, seek to remember who you are.

There are so many ways to work on that question! For all of nature is one with you. And all of nature is full of that information which harmonizes with your desires and sets up patterns of attraction and coincidence.

And all of spirit is one with you as well. All that is unseen and not of nature but of spirit conspires to speak with you in silence, singing into your life those silent melodies of truth and beauty.

(Side one of tape ends.)

There is a wind that blows through you, changeable and sacred. And in every season and mood of your life it brings new life, new light, new power, new information, new expressions of that which is always the same—love, love, love.

We encourage your explorations. However you wish to seek the Creator, we encourage you to follow those preferences and those biases. We simply offer to you our humble opinion of the deeper truth of the process that is occurring within third density. Third density is set up as system after system of opposites. Male and female, light and dark are certainly chief among them. Yet male and female combine to make third density in the sense that it is the male principle and the female principle, attracting each other, which create this illusion that you call third density.[106] It is the very fabric and stuff of third density.

[106] It is likely that this is meant not in a literal sense but in the sense in which the Kabbalists and Christian White Magicians mean it. In the Banishing Ritual of the Lesser Pentagram, for instance, the magician begins this purification exercise by envisioning first the downward-pointing triangle of the feminine principle and then envisioning the male principle, an upward-pointing triangle, being drawn to the female principle and covering it. The resulting figure or shape is known in Kabbalah as the Star of David and is the image which represents the consensus-reality world.

And indeed the meat which is chewed in third density is that meat of choice, light or dark, radiant or magnetic, service to others or service to self. There are two paths, both valid and quite opposite in their energy, both pointed towards an eventual unity yet choosing two completely different paths towards that inevitable awareness of utter unity.

In claiming the Law of One, we move ahead to that point in what you would call your future where the positive and negative paths have once again converged and become one for all time, until the creation itself moves from time to the timeless and enters the womb of yet another creation, as the heartbeat of the Creator throbs once more and another creation begins.

You journey homeward. How shall you journey? That is the question of third density. Shall you journey in the light, seeking ever to become more of service, more loving, more giving, more aware of the love within each moment? Or shall you enjoy the dark path where the self is seen immediately as the Creator and all other selves are seen as those who would worship the Creator in you? Thus, the dark path is one where each who follows it attempts to coerce, manipulate, or otherwise use all other selves, to tell them what to do and to make sure they are useful to the self or moved out of the way of self. This also is a valid path, yet it is a dark path and a bloody path. There are those who prefer it.

We are not those. We are those of the radiant path. And so we ask you to re-member rather than dis-member yourself. We ask you to collect all of the pieces of your self and re-member yourself, to gather all of your members together. We ask that you love your imperfections, gather them to your bosom, honor them and bring them into your heart. And then we suggest that you remain in that tabernacle within even as you move upwards into the surface of life once again and experience the turbulence of the surface tides of life.

There is, to our mind, that constant flow of moving from the depths of the truth to the surface expressions of the truth, which in many cases are highly colored but always carry those seeds of the truth which lies so deeply within. All is one and all is love.

This instrument is suggesting that we cease speaking upon this particular topic so that we may use the remaining energy of this group and this instrument

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to inquire as to whether there is a desire to follow up on this query or to ask another query at this time. We are those of Q'uo.

(Long pause.)

We are those of Q'uo, and are aware that we have exhausted the questions that this group has this evening. And so we would thank you once again, our dear friends, for the privilege of sharing in your meditation and being a part of this session of working. Your circle of seeking is beautiful to behold and your blended auras sing of the love and the light of which we have been speaking this evening. Thank you for allowing us to share in the love and affection that you have for each other and for the one infinite Creator. It is a blessing to be part of your circle.

We leave this instrument and this group in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ❦

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Saturday Meditation
November 24, 2007

Jim: The question tonight, Q'uo, is what are the key barriers to and requirements for making contact with intelligent infinity?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and the light of the one infinite Creator, in whose service we come to you this day. It is a great privilege and pleasure to be with you this evening, to share your meditation, and to experience the beauty of your blended auras as you build in your circle of seeking a sacred place. The arching light of your circle grows every second and is beautiful to behold.

We thank you for calling us to your circle of seeking. We are happy indeed to share our thoughts with you concerning the subject of the barriers to and the requirements for opening the gateway to intelligent infinity. However, as always, we would ask, before we begin, that each of you use your judgment as you listen to those things which we have to share. It is not possible for all of our remarks to be appropriate for all of those who listen to or read our words. So, as you listen, when something resonates to you, then by all means work with it if you wish. But if something does not resonate to you, then please leave it behind. We would not wish to be a stumbling block before you.

We appreciate your diligence in this discrimination, for it frees us to be unconcerned about whether or not we might infringe on your free will or disturb your process of spiritual seeking. Thank you for your kindness in this regard.

The query places the question about the barriers to using the gateway to intelligent infinity before the question about discussing the requirements for such use. However, we would prefer to discuss the requirements first, so that as we speak of the barriers it will be obvious as to why certain things are indeed barriers.

You are marvelous creatures. Each of you is incredibly complex and at the same time utterly simple. Your energy bodies are those unseen parts of you that have molded your physical body. And the energy body is the essence of you as a person or, as those of Ra call it, as a mind/body/spirit complex. The seven chakras of the energy body are all-important to the functioning of your physical body as well as your finer bodies.

The gateway to intelligent infinity is at the very top of those chakras, involving the indigo and violet-ray chakras. Springing from the open heart, the seeker may open the gateway to intelligent infinity by moving into the violet ray, through the indigo ray, with the desire and will focusing in firm intention and asking that work may be done in consciousness.

So, you open the gateway to intelligent infinity, the door to those specific inspirations which are desired, as opposed to the general and ever-flowing inspiration of the open heart which abides in love itself, love complete and love untouched by any

other energy. With the gateway open you become able to work with more specific types of guidance that, though specific, are in general unheard and pouring into the heart itself in concept and essence rather than in thought and in words.

The nurturing and care of the energy body is very important to those who wish to use the gateway to intelligent infinity in their seeking. Indeed, entities who are blocked in the lower three chakras are not able to sustain a full flow of the infinite Creator's energy that comes from the bottom of the chakra system upwards and moves through the chakras exiting at the crown of the head.

The first requirement for working with the gateway to intelligent infinity is that the heart be open. Consequently, although many seekers do not wish to continue to work intensively with the lower three chakras, it is our opinion that it is essential to continue to work with those three chakras, giving them all of the honor and respect that you give the higher chakras.

That which tends to block red ray is a level of depression that argues against life and the joy of life, and difficulties with sexuality. Because of the fact that the red ray deals with matters of survival and sexuality, those who are limping along with no true appreciation of life are going to be limiting the flow of energy into their very first chakra and therefore receiving into the heart only a fraction of the power or the energy that is available from the Creator.

The orange-ray chakra, being the seat of relationships of a personal nature with yourself and with others, is blocked when there is difficulty in those relationships which causes the chakra either to be blocked or to be over-activated. So, it is well to have a continuing focus in each relationship that is your privilege to sustain, watching for the vibrational harmony between you and the other, or indeed the harmony between you and yourself. So often the issues that you have with yourself can be quite toxic in terms of limiting the light that is flowing through that chakra. So, it is well to spend time becoming sweet with yourself and with other selves as well.

The yellow-ray chakra is the chakra of group relationships or legal relationships such as the birth family, the marriage family, the work family, and other groups that create their own energies and have their own, shall we say, oversoul. And in this chakra, too, the usual causes of blockages have to do with difficulties in these relationships. And again, because it is so easy to be blocked, at least momentarily, in yellow ray, it is a wise seeker who tunes his heart and his attention when dealing with these relationships in order that harmony may prevail. And when harmony has been lost from a certain situation, it is well to seek ways to restore it. For this restores the flow of energy through that chakra and into the open heart.

Once an entity has reached the point where the heart is open and energy is flowing freely, he may then choose to move into the higher chakras. If he wishes to do work in consciousness such as meditation, healing, prayer or inspirational reading and reflection, he moves very consciously and deliberately into the indigo-ray chakra, the home of faith.

Here, one is always dealing with unseen things. In the indigo ray, one has left the physical body behind. The indigo ray is physically placed at the third eye position at which the Hindu monk will place a red dot, for in the Hindu system of belief there is a great appreciation of this chakra and it is believed by them, as well as us, that it is the gateway, the door, to direct contact with intelligent infinity, or as they would put it, the Creator.

Dwelling in indigo ray, the seeker begins to approach the gateway by the use of silence. It is necessary that the mind be still to a great extent so that the inspiration which is being sought may have room to flow into the chakra body through the violet ray and then the indigo, and then to be seated in the heart.

Once that connection has been made and there is a downflow of inspiration and information matching the upflow of the Creator's energy, it is possible to work in consciousness simply by allowing that flow to occur and being aware consciously of that flow. For indeed you are seated in the midst of a beautiful fountain of light when the gateway is open and inspiration is moving in.

It is within the blessing of that presence that one takes up the work of that *beau geste* of seeking to know the truth, seeking to feel the insights that only come to a faithful and listening heart.

The barriers to work with the gateway to intelligent infinity are those things that would block an entity in any of the rays up through the heart. Perhaps the

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most pervasive blockage found in spiritual seekers is a feeling of low self-worth, a feeling of unworthiness to do the work at hand. The one known as T spoke recently to this instrument of the depth of searching that she has gone through since the Homecoming Gathering that this entity attended at L/L Research, asking the question, "Who Am I?"

As she has delved into that question more and more, she has found a great deal of work that she feels the need to do in order to become a more sturdy and stable individual, spiritually speaking. The one known as T said that she found a great deal of self-judgment as she approached the question of "Who Am I?"

We do not attempt to suggest to you that you make no mistakes. To be a third-density human being, my friends, is to be error-prone. You are dwelling within a heavy illusion and your culture has many, many distortions which make it almost impossible to know what the truly ethical or right thing is to do at certain times.

Further, in human nature there is an unevenness of focus that is almost always present to some extent within the personality, so that on one day you may feel that you are doing very well with the catalyst that you have and on another day you may feel that you are doing quite poorly at it, handling things in clumsy ways, saying the wrong thing at the wrong time.

We would encourage you to lift away from self-judgment at times that you feel you have made an error. It is well to observe errors in yourself when they occur. That is how one learns, by making mistakes. As entities become more and more spiritually mature, they find delight in using the fruits of their self-knowledge of the past, and so the heavy burden of self-doubt and a feeling of low self-worth is a little bit easier to dissolve. Yet always there is a disappointment that strikes a seeker when he realizes that he has made an error. He cannot go back and fix it. He simply must begin again and hope to remember the graceful way, the loving way, the compassionate way to handle catalyst of this kind when it comes around again, as it most surely will.

Self-criticism and self-judgment are powerful sources of blockage. There is within many seekers the desire to make a difference in the world, to help others and serve good causes. Yet, in that same general run of seekers there is often a prejudice against working on the self, for it seems selfish to be absorbed in the processes of the self. It is our opinion that it is in healing yourself that you heal the world. It is in learning to love yourself that you learn to love others. It is in finding compassion at last for yourself that you are finally able to have compassion on others. It is in blessing your own suffering by respecting it, honoring it, and forgiving it in yourself that you become able to behold the suffering of the world in its massive and almost infinite depth.

It is necessary, really, for you to fall in love with yourself. Self-judgment cannot be overcome. It must be balanced by compassion. You are bound to make mistakes and come under the possibility of judgment. Yet also do you have within you creatorship, so that you are never in a position of having failed for longer than it takes for you to turn again to the light and start afresh.

There are various techniques for falling in love with yourself. If you are present with yourself and become aware of the wide range of emotions that you feel, that may be the most direct way to become kindly affectioned towards yourself, to like yourself, and ultimately, gloriously, genuinely, truly, fall in love with yourself. Just as you are, you are perfect!

This need not give you any cause for arrogance or pride. All entities are perfect. All entities are the Creator. Yet, you dwell in the creation that you have made. So pamper yourself with good thoughts, good experiences, and frequent dips in the waters of truth and beauty and inspiration in whatever ways appeal to you.

Another very common barrier that closes the energy body down, in whatever chakra it is originating from, is fear. There are any number of ways to be afraid. One may have a condition of chronic fear because of those things which have occurred and have been difficult catalyst to bear. There are ways to be afraid of the future. There may be fear surrounding the very process of knowing yourself for you have a healthy and thriving shadow side and you must acquaint yourself with that as well as with the part that takes your fancy, that part that is in the sunlight and likeable.

However fear does come upon you, it will block the flow of energy through the chakra system. And so we recommend the exercise of balancing to be performed at least daily, in the evening, at the end of

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your day, when you have a little time to reflect on what has occurred.

Ask yourself what thoughts you may have had this day where your even tenor and your open heart were interrupted even momentarily. And then move to those points of departure from the even keel of an open and flowing energy body. If some issue has arisen that has closed the heart even for a second, it is well to move into that emotion once again, relive it, and even exaggerate it so that you have a very conscious and thoughtful awareness of just what happened, just what it was that caused that feeling of, say, impatience, anger, jealousy or even great joy. Anything that takes you away from the open heart and stops the flow of energy is deserving of an examination.

And once you have thoroughly reexperienced this moment where catalyst became too much for you and closed your energy system down, then allow yourself to begin to experience the dynamic opposite of that emotion. If you felt impatience because another driver on the road cut you off, charging onto the expressway without regard to your car, imagine the situation again, only this time image yourself having complete patience and utter tranquility, and emphasize and exaggerate that feeling until you are swept away by it.

Then release both dynamic opposites of patience and impatience and see how much more balanced you feel. Do this in the case of each of those thoughts or emotions that have thrown you off-balance during the day. Reflect upon each of them, honor them, experience them, balance them, and restore your energy body to a good, even flow.

You may find yourself wanting to tune-up your energy body during the day as well. And it can be done in a moment, if you wish to use that moment.

We do not suggest shaping your thoughts because you know those are the thoughts you should have. "Should" is not a word that is helpful in spiritual seeking. It has nothing to do with the open and spontaneous flow of the love and the light of the one infinite Creator with whom you are attempting to work. Each of your thoughts is appropriate in its own way and true and good, and it is what is. Therefore, it is in that open and spontaneous flow of thinking and acting and feeling that the meat of the seeker's learning lies.

So, when we say to "tune-up the self" we do not mean to alter the behavior but rather to open the self to the awareness of the Creator. When you are able to do this even momentarily, it opens up the chakra body and allows the energy to move freely.

This entity is a mystical Christian and often she has a one-word prayer that she uses. It is "Jesus." That one word can alter her entire attitude. There are key words for each of you. For the one known as R it is the word "remember." Find those key phrases that make your heart smile and that restore the flow of good energy through your body.

We would at this time ask if there are follow-up questions to which we may respond at this time.

Jim: *(Reading from a list of questions sent in.)* "Is a strong and physically fit body, in terms of muscle strength and cardiovascular fitness, helpful in the mystical search for intelligent infinity, assuming that the mental prerequisites of self-knowledge, acceptance, and balance have been sufficiently met within the entity who wishes to make contact with intelligent infinity? Is a healthy and strong body helpful for the channeling of intelligent infinity and intelligent energy? What's the proper role for the body for the entity who seeks intelligent infinity?"

We are those of Q'uo, and we are aware of your query, my brother. The proper role of the physical body for each of you is to carry the consciousness that is yourself as a soul. Certainly a healthy body is helpful in that there are no aches and pains to distract one from spiritual seeking. However, it is in the attitude towards the body, rather than the body itself, that the use of the body is found, spiritually speaking.

If one realizes that bodies are sacred, that they are temples in which dwell the one infinite Creator, then it can be seen that, whether healthy or not healthy, each body is a beautiful servant that has given its entire life over so that you may, as a soul, learn your lessons, offer your service, laugh, love and be loved within this illusion.

Consequently, you want to be very good to your body. It is often an expression of spiritual purity that creates in people the desire to eat a good diet that is respectful to that which the body truly needs. It can be used that way as a vehicle of transformation. It helps to realize how essential the physical vehicle is. You would not be able to experience the school of

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souls that third density is if you did not have a physical vehicle to anchor you into the vibrations of this illusion. Without that physical body, heavy as it may seem at times, you would have no ability to affect changes, as you wish to affect changes, within your own self at far deeper levels than the surface of life.

It is well, therefore, to have a great appreciation and affection for your body. Indeed, one of the ways to enter the gateway of intelligent infinity is sacred sexuality, in which the body itself experiences that orgasmic joy and power that is the steady state of the one infinite Creator's consciousness.

May we ask if there is another query?

Jim: *(Reading from a list of questions sent in.)* "Billions of entities there are who call out to and seek that which they feel to be the one infinite Creator, each in their own local, unique and distorted fashion. Of those who are truly hungry for the truth, what makes the difference between those who succeed in realizing the divine within and those who leave their incarnation as ignorant as when they came into it?"

We are those of Q'uo, and believe we understand your query.

For all of those millions of whom you speak, seeking in each of their unique ways, if they truly do seek, they have truly found. There is no failure rate whatsoever in terms of seeking not being answered. That which is asked in faith is answered one way or another.

Perhaps, for those who feel that they have never received any spiritual enlightenment, there are continuing blocks which keep that entity from perceiving the answers which are given to the questions asked. Yet those answers have been given and the good of them is locked within the heart for a time when the entity's mind is not deafened by doubting.

Intention plays a tremendous role in terms of whether or not a seeker feels successful in his seeking. It is our way of thinking that the seeking creates its own success, not in terms of results or effects, but in terms of the seeking being the reward. It is not getting to the end of the journey of spiritual seeking that holds the reward, in our opinion, as much as it is the journey itself. It is not the questions that are answered that holds the virtue for the spiritual seeker. Rather, it is the questions that are asked.

Spirituality is a movement beyond words and beyond the crutches of perception that give a limited physical existence its bounds. Without words, without anything but feelings and sensing and the knowing of gnosis or insight, a seeker can be doing tremendous work at the soul level and, because of a lack of perceiving the virtue of that work in and of itself, may shut himself off from feeling that he has made any gains whatsoever.

It generally goes back to the process of not only getting to know the self but becoming willing to fall in love with the self that makes the difference in perception between a seeker who does not feel he is doing well and a seeker who is satisfied simply to be on the journey and have the day's light in which to do his work.

May we ask if there is another query at this time?

Jim: *(Reading from a list of questions sent in.)* "For one desiring the development of mystical consciousness is the ingestion of alcohol or other mind-altering intoxicants inhibitive to growth at any level—mental, physical or spiritual—or does it cause a regression in growth?"

We are those of Q'uo, and are aware of your query, my brother.

The intake of substances that alter consciousness is not recommended as a means of attaining spiritual learning. It is far better to allow a natural development of spiritual powers than to try to attain them by the use of substances which put one artificially in a more pure or refined state of awareness. When alcohol is taken or various drugs are used, depending on the nature of the drug, it shuts down the ability to do spiritual work at that time to one extent or another depending on the substance.

Consequently, if one wishes to have alcohol and become merry, or to indulge in other drug use which seems good to that person, he needs to be aware that he will not be able to have that acuity of mind and that control over the use of the will that go hand in hand with spiritual work. Once the effects of the substance have worn off, the entity is back where he started and is able to use his normal facilities in his normal ways. There is nothing intrinsically negative in the use of such substances.

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It may be seen that when one wishes to do spiritual work it is well not to use such substances. Yet one has many moods. And we do not frown upon those who wish to take some relaxation time. Indeed, we feel that the addiction that many of your people have to watching television or playing video games has just exactly the same damping effect on spirituality. One cannot do spiritual work when one is totally involved in a video game or watching a show on television, yet those things are enjoyable and are there for you to use when you wish to use them.

It is a matter of doing that which you wish to do. For that is why you came into incarnation: to experience those things you wish to experience. You may see that it is good to balance the times of recreation, amusement, distraction and social situations of no great spiritual moment, shall we say, with those activities and interests that indeed have a good deal of spiritual work, so that you have a varied menu of things in your day, some focused and highly intense and others relaxed and full of the enjoyment of life.

It is well to have a wide range of things, those seemingly good for you and those seemingly not so good for you but which you desire anyway. Follow your desires, but always be aware that you have the opportunity at all times to choose that which you wish to do and ask yourself, "Is this what I wish to do?" If it is, enjoy yourself. But if it involves the taking of substances that damp down your ability to do spiritual work, then accept that and know that this is a time in your day or your week in which you have laid aside a direct assault on the gateway to intelligent infinity and instead have decided to amuse yourself with some of those distractions that your earth plane offers.

In no case do you need to judge yourself for wishing to have a glass of wine, for instance. All things are acceptable. It is your choice as to when you wish to place yourself outside the pale of work within the gateway to intelligent infinity.

May we ask if there is another query at this time?

Jim: *(Reading from a list of questions sent in.)* "In the case of the pyramid, a technology was used to accelerate the natural growth of the entity to that point at which they would move through the mystical death and rebirth as the resurrected self. Are there any other similar technologies in today's world comparable in function to what the pyramids offered?"

We are those of Q'uo, and are aware of your query, my brother.

The closest analog to the shaman's experience of death which the place below the pyramid offered are the American Indian rituals of the sweat lodge and the vision quest. In the sweat lodge the heat takes one beyond the bounds of human awareness. It feels very much like a death or as if one were close to death and this is often a trigger for new awareness and the epiphany of the moment that has been sought.

Similarly, the vision quest, with its extreme levels of discomfort, offers to that seeker a chance to move beyond the usual bounds of what is considered acceptable. When one is too sleepless for too long, too hungry for too long, and too uncomfortable for too long, there comes a time when one goes beyond all of those limitations. It is forced into a kind of state of abeyance by the very intensity of the discomfort and this also, is a death-like experience.

This technique, however, can be employed on a far less strenuous basis and the one known as G has often made use of these limited fasts. A time of fasting doesn't feel like death, certainly, but it does feel uncomfortable, and when it is fasting with an intention, then it is giving honor to that intention. The result of such a fast is often an enhanced awareness that comes from having sacrificed comfort in order to offer the self a spiritual road to walk.

You may almost see this death of the shaman as a kind of game. For the intention of the shaman in creating within himself the feeling of death or the experience of death is to wake back up into the daylight and to realize for the first time what a gift life is. And this can be realized without the death experience by one who is sensitive and imaginative and who can put himself into that awareness of the place beneath the pyramid or the earth in the sweat lodge or the person on the vision quest who is going without food and sleep and asking for enlightenment.

Indeed, this realization of how sweet and wonderful an opportunity that each day is can be cultivated without the death experience or the analog to the death experience. And we would recommend focusing, each and every day, on thanksgiving for

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being alive and being able to experience this beautiful creation that you experience each day. When you realize that you are entirely free to seek the Creator this day, it is a wonderful realization and it turns the most dreary of days and the most burdensome of occupations into a dance of delight.

May we ask if there is another query at this time?

Jim: Not from here.

May we ask if there is another query that is not on that page from the one known as G at this time?

G: No, not at this time. Thank you, Q'uo.

We thank you, my brother. In that case, we would ask if there is a query from anyone else in the group at this time.

(No further queries.)

We are those of Q'uo, and since we seem to have exhausted the questions from this group at this time let us iterate to you our thanks, our gratitude, and our pleasure at being asked to be part of your circle of seeking this evening. It has been a true delight for us. You help us so much by allowing us to attempt to be of service to you. And you teach us so much each time that we interact with you.! We thank you with all of our collective heart.

At this time we would leave this instrument and this group in the love and in the light, in the peace and in the power of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Saturday Meditation
December 15, 2007

Group question: The question we have today, Q'uo, is about the meaning of Christmas in our world. Please tell us about the spiritual principles involved in living a life that follows in the footsteps of Jesus; specifically, about living from the heart, living in love. And since this is a season of giving, also please mention the principles about giving with love or giving from the heart.

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day and always. It is our great pleasure to share this time with you and to be called to be part of your meditation and your circle of seeking. Thank you for this privilege and honor. It is always a wonderful experience to be part of this beautiful array of energies as you combine in one circle to seek the truth, and we are honored.

We are happy to speak with you concerning the Christmas season and the issues of living in the way of Jesus the Christ, and giving as the season seems to request that one does with the kind of love that the one known as Jesus the Christ would have.

As always, we would ask that each of you use your discrimination in listening to our thoughts. Follow and use the thoughts that seem resonant and good to you. If a thought does not seem resonant to you, please leave it behind. We do not expect to hit the target of your own personal needs with each and every thought that we share. We thank you for this consideration.

We wish to say to the one known as R that the part of the principle of Q'uo which is speaking through this instrument this evening is the Brothers and Sisters of the Hatonn group. The subject is unconditional love, which is this entity's native vibration. Consequently, we shall express through the one known as Hatonn this evening.

Winter comes upon the planet in the geographical area in which you live in much the same way as night follows day. It is an inevitable and worthy part of the cycle of life. And yet the loss of the light is a powerful catalyst for those souls who dwell within the more dimly lit wintertime. The long, slow periods of darkness in winter seem very dark indeed and that light which succeeds in shining through the storms of winter is ofttimes pale and wan, for the sun is farther away.

This creates within the third-density entity an inevitable response. In some cases, if an entity is close to the physical death, the lack of light will encourage an entity to move through the gateway into the larger life. The darkness of winter claims many who would perhaps live through the summer and yet because it is winter there is a natural tendency to rest, relax and seek that gateway to larger life. It is a powerful catalyst and we would not wish to belittle those who find themselves distressed at the chill and darkness of this season of the year.

Yet, of course, it is at this very season that the light is desired the most, yearned for and prayed for the most and awaited with the most eagerness. In just such a way does all negative catalyst bring the seeking soul to the point of realizing and expressing the yearning, the hungering, and the thirsting for light, truth and love. It is a natural response to this lack of light to band together and to create a special day, a day that flies in the face of darkness, a day of rejoicing and extra light, a day of abundance of food and drink and generosity of person to person.

And so it has been since long before the one known as Jesus the Christ walked your Earth and took part in this season of darkness. Yet it was the genius of the human spirit that caused the taking of the natural and non-religious observance of the winter solstice and the turning of it into a holy day or a holiday. Indeed, the one known as Jesus the Christ was born in the summertime. Yet it is psychologically right for third density that the birth of this entity was placed in the very heart of the winter's darkness. So, let us look at this moment when light comes into the darkness.

Firstly, we would suggest that each of you is that element which is light born into darkness. Whatever your natural day of birth, you share the birthday of Jesus the Christ in terms of what some among you would call the time of being born again. You are each the infant Jesus the Christ, wrapped in swaddling clothes and lying in the rough manger which holds the hay for the cows to eat.

You are also the blessed Virgin Mary who nurtures this tiny child, this point of brilliant light within the darkness of human experience. And you are Joseph, tolerant, patient and supportive, ready to work as a carpenter to support his wife, the nurturer, and his child, the Christ, the principle of love. And you are the shepherds who come in wonder and awe to lay down their shepherds' crooks and kneel at the feet of Mary, gazing with wonder at this precious, precious infant.

And there is a portion of you, deep within your soul, which has never been separated from the one infinite Creator in any wise. That portion of you is the angels, singing, "Hallelujah, hallelujah, hallelujah! Glory and peace."

It is a poignant moment. And it says a good deal about the human condition. It evokes, as the one known as Jim said to this instrument recently, contemplation of the nature of relationships. For the one known as Jesus, this precious point of light coming into the world, could not have survived infanthood had it not been for the web of relationships he had with his parents and with the owner of the inn that allowed Mary a place to rest her head on the night of his birth, while the shepherds flocked to that manger and formed a deep relationship with this infant.

In the gladsome and free times of summer, with its limitless light, so it seems, the importance of the support and love of that web of support that is called the family and those special relationships that are called friendships do not seem so urgent a matter. The winter night is far more revealing of the importance of these relationships of soul to soul, heart to heart and hand to hand.

Therefore, and quite justly, it is often a time for families to join together to renew old ties, share memories of times long past, and experience the somewhat surrealistic and eerie feeling of time falling away and one's childhood seeming to come back to one, as one experiences these old, old relationships with much shared history that are true of the birth family of mother and child, sister and brother.

It is also a time when it seems appropriate to many to open their hearts in generosity to their friends and celebrate the precious gift of mutual support and encouragement.

The one known as Jim also suggested to this instrument that this is a good time to reflect upon each relationship, asking the self if there is any way in which the self has flinched away from intimacy and the positive nature of each relationship; asking the self, "Could I see anything in which I perhaps failed to express the depths of my appreciation and love for the other entity?"

This is, indeed, that moment in the seasons of the year's cycle where it is especially appropriate to create expressions of apology and forgiveness; apology to those whom you perhaps feel that in your own judgment you held back from offering all of your love. And likewise it is a time to think of those who may have, in your own judgment, done that same thing to you and to offer up a complete and total forgiveness and a reestablishment of that intimacy, as if that flaw that you see has been completely healed.

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The nature of unconditional love dwells not only in the one known as Jesus the Christ but in Carla the Christ, in C the Christ, in R the Christ, in S the Christ, in P the Christ and in everyone, the Christ.

The Christ does not come into your world in strength. The Christ does not come into your world in power. The Christ does not come into your world in riches. Indeed, the infant soul comes into the world helpless. With infinite love it gazes with its infant eyes upon a world lost to darkness, despair, disappointment and grief. And it looks upon that lost world with eyes of unconditional love. That light that cannot be put out. That unconditional, everlasting, eternal love gazes from the eyes of a child who cannot speak; who cannot take care of himself; who is in every way needy.

My beloved friends, so are you needy. Your infant soul gazes upon a lost world also, that interior world of your own suffering. It is helpless to speak to it. It is helpless to act. It can only gaze upon you with eyes of unconditional love. And so we would ask you at this time to look deeply within your own self at that infant soul within you that is so beautiful and so pure. Let your heart melt and open and enfold that infant soul of yours as if your love were swaddling clothes.

Pick up that child and rock it and hold it to your bosom and feed it your attention. What does your soul need to grow strong? What shall you offer this infant within you? A baby needs attention. A baby needs support. A baby needs care. And so we would suggest to you, dear ones, to enter into that stable of your soul and dedicate yourself, not for one moment but for all of your incarnation, to nurturing and taking care of that soul within you that is seeking to gain in strength; that is seeking to thrive and find the life in which it may become more and more able to express in ways more understandable than the silence of a baby.

What is it to be a soul dwelling in the darkness of a physical body? What kind of care does that infant soul need? We would ask that you turn your body into a temple, that you fill it with light, feed it the food that makes it be its lightest, offer it the studies and the thoughts that bring it light, and offer that soul the attention that it needs by remembering to embrace that soul nature that is your very heart, not just on a holy day or on a Sunday, but on every day and in every moment of your year and of your life.

For in truth, you are far more the essence of the Christ than you are the essence of the temple which is your body, your personality, and your outer self. Christmas gives you a chance to move through all of the darknesses of self to find, sturdy and strong and ever living, that consciousness of unconditional love that lives at the heart of yourself and is your true essence.

The one known as R asked about the principles involved in giving, and giving with love and from the heart. We would speak to that as well.

This instrument has often noted the mechanical nature of much of the customary habits of people with regard to the conventional ways of expressing friendship or relationship in general, not only at Christmas time. There is a principle of reciprocity. And one can feel very trapped by this principle of reciprocity. For if one goes to a party, then one is expected to hold a party and invite the ones who gave you a party. And so one becomes locked into an endless cycle of giving a party and attending a party, giving a party and attending a party, until one becomes heartily tired of having parties.

Much of this mechanical nature has spilled over into that special season of Yuletide and certainly each of those to whom we speak is aware of the pressure upon each entity to think of appropriate gifts for those whom it holds dear and to purchase them or make them and offer them. Naturally, just as inviting someone to a party is not toxic, deciding to give a present is not toxic either. It is, in fact, an expression of joy, gratitude and thanksgiving that is full of the love and the light of the one infinite Creator.

Blessed indeed is that entity who refuses to be swayed from that intention to express true feelings by the generosity of gifts. This instrument, for instance, truly enjoys giving and receiving gifts, yet it would not occur to this instrument to offer gifts from duty, and we see that as a virtue within this particular soul. Its honesty can be seen to be a rudeness by those who feel that entities should give mechanically and in reciprocity to those who give to them, or give because of a certain relationship even if there is no love there or regard.

What we would suggest, in order to uphold the principle of unconditional love, is that, before writing down the gift list of those to whom you wish to give gifts, you enter into prayer and ask for the

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gift of sincerity as well as the gift of generosity. Allow yourself the luxury of giving only from the heart, as the one known as R said, only from the depths of a sincerely felt love and never from a duty or from the mechanical routines of a society that does not overly prize honesty and sincerity and genuineness.

We would ask you to be authentic in those gifts that you do give. And as you give the gift, again, pray over that gift, imbuing it with your love, your affection, your appreciation and your gratitude for the gift of relationship. That is how the gift gives to you. For love is reflected in love and that which is given in love blesses you a hundred times over.

Contrariwise, that which is given in the emptiness of custom and habit has a blessing neither for the giver nor for the receiver. There is an energy to the gift that is given well that can be felt by that one who opens the gift, and it makes of any tiny gift a wonderful, abundant present. That which is given without love, on the other hand, remains a thing, an object, that which is not imbued with the spirit.

In the round robin before this channeling, the one known as R asked if it would be all right to ask this particular question because he had so appreciated the work of the one known as Aaron, who makes it a habit at Christmastime to share stories about an incarnation in which he was associated with the one known as Jesus.

As this instrument observed at this time, we cannot do that, for we have not shared any incarnations with any of those upon your planet. Yet, we can share that in every civilization, wherever hearts beat and hopes are high, there lives the personification of unconditional love in one savior or another, one hero or another, one saint or another. And those Christs and heroes and saints are you and I and everyone. Each shall have his moments throughout the long journey back to the one infinite Creator of realizing the self as the Christ, not in any egoistical way but in the sense of giving over the life completely to unconditional love and finding at last the source of all hunger and thirst being filled by embracing the consciousness of unconditional love.

Each of you is on a journey toward that identity and that nature. And you shall not find that identity and that nature by tossing away that which you are at this very moment for something better. Nay, my friends, you are, now, all that you need to be. You are perfect. You may not see as of yet that you are the Christ child, that you are spirit, that you are unconditional love. Yet we say to you that you may trust and rely upon the fact that this is the essence of all of you and each of you, every single one of you.

You may be in prison and have done terrible things. You may be on the road hungry and in despair. You may be angry or hurting or separated from that feeling of love by one thing or another. And yet we say to you that you are the Christ. You are, in your essence, unconditional love. And your journey as a spirit within incarnation may be described as a journey towards that realization and then towards the expressing of that realization when it has become your gift to yourself.

We would at this time ask if there is a follow-up to this question. We are those of Q'uo.

R: I'd like to make an observation and then ask Q'uo to comment. I have been thinking about gifts as Q'uo was speaking, and to me, and I think to others who listen to Confederation entities, it seems a kind of a gift that entities would come and try to speak to us in a way that is uplifting and inspiring. So I always think about giving thanks. Yet I also remember that Confederation entities see that as a service. I want to ask Q'uo if they would like to comment on how they see the appreciation that those who listen give to messages of inspiration.

We are those of Q'uo, and believe we understand your query, my brother.

Indeed, you are correct in that we consider it a privilege to be asked to share our opinions, because we have chosen as our way of service to others to share our thoughts when asked. May we say that your appreciation is a great gift to us. We do not know when we speak as to whether we will hit the mark.

We feel into the vibrations of your particular circle and the dynamics of all of those that happen to be listening to our words and we find various points and various layers of meaning, all of which are sincerely and genuinely requested by the various persons in the circle of seeking.

We are also limited by the fact that we must speak to the least aware of those within the circle, so that we do not leave any behind. And so we create concepts and share them with this instrument, who then

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shares them with you. And we do not know whether we have hit the mark at all.

So, when we find entities responding to our words in a positive way, it is as though we were bathed in your love. And we are very happy and joyful that we have succeeded in doing that which we hoped to do. It is a joy to have not only attempted to be of service but to have the impression that we have succeeded, at least in part, in sharing our love and our light in ways that are helpful to you and form a resource for your further spiritual endeavors.

Perhaps we should say that we feel as if we were being swaddled in your love and understanding and it feels very, very good.

May we answer you further, my brother?

R: Thank you, Q'uo. I think you hit the mark far more often than you imagine!

We are those of Q'uo, and we thank you for that comment, my brother. May it be true now and ever when you call for us and request our presence.

May we ask if there is another query of this group at this time. We are those of Q'uo.

(Long pause.)

We are those of Q'uo, and we have indeed satisfied the questions of those present at this time. May we thank you for the present of asking us to be with you and to share our opinions with you. You are a blessing to us, indeed! And we always stand in awe of the beauty of your hopes and your vibrations as you create together this sacred space and fill it with your request for the truth, for love and for light.

May you go well, my friends in this Christmas season. May you go well, my friends, through that which buffets the soul at a time when there is tenderness and affection in the air and yet so very, very many are focused upon other things.

Let it not dismay you, let it not distress you. Go deep! Dive into the heart of yourself and of the souls about you, seeing in them not those insincerities and thoughtlessnesses that so often pervade this winter solstice season. Do not let the darkness in yourself or in others keep you from the gladsome light of new life, new growth, new truth, and new light. Let it be summer in your heart. And that light which you are shall make your environment radiant! And light shall abound.

We leave you in the love and the light of the one infinite Creator. We are known to you as the principle of Q'uo and to each of you we say, adonai, adonai. Love, light, power and peace. We are those of Q'uo. ♣

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Saturday Meditation
December 29, 2007

Group question: The question this week has to do with being in the moment. We're wondering if Q'uo could give us some information about some of the obstacles there are towards keeping us from being in the moment. Our daily lives seem to be full of things that keep us from being in the moment. Please offer some hints as to ways that we can access the moment and be in the moment. And please give us some ideas about what the benefits might be for the spiritual seeker of remaining in the moment and "being here now."[107]

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. We offer you most hearty thanks for asking us to join in your circle of seeking. We find your blended auras most beautiful and the sacred space that you have created by seeking the truth together is wonderful, full of light and hope, and we are privileged to be a part of this gathering.

We are most glad to speak with you about the problems of "slowing down to now"[108], tips on how to do that and the benefits of so doing. However, before we begin to share our humble thoughts with you, we would, as always, request that each of you please use his discrimination in listening to what we have to say. We are not authorities over you, nor should any be, for you are the keepers of your temple. You are those who discriminate between that which is for you and that which is not. If anything that we say has resonance, please follow the path of that resonance as long as it seems helpful to you to do so. If our thoughts do not resonate to you, please lay them aside without a second thought and move on. In this way, we can be assured that we are not interfering with your process or being a stumbling block in your way. We thank you for this consideration, for it enables us to speak freely.

Perhaps we should begin by attempting to describe what we see as the environment in which one does, indeed, have the present moment. Each of you is a spiritual being who is always in the present moment. You have, however, chosen to take on a third-density body which is a heavy chemical distillery in order that you may fare forth into third-density Earth with its characteristics of being both a school and a place to be of service to the one infinite Creator.

The benefits of being in a physical body that works in third density have to do with your not knowing the truth. You have deliberately placed yourself in a situation where the truth is not obvious. It is not obvious that all is one. It is not obvious that this one thing is love. It is not obvious that each of you is a part of the creative principle, an ineffable and inextricably intertwined part of that one thing that is

[107] This phrase refers to a book by Ram Dass, titled *Be Here Now*. It was published in 1971 in San Cristobal, NM, by the Lama Foundation, ISBN 0-517-54305-2. It is still in print.

[108] This phrase had been used in the round-robin discussion which preceded this channeling.

all things, the one great original Thought of unconditional love that is the one infinite Creator.

Why would you wish to place yourself in a position of unknowing? My friends, you wished to learn and you wished to serve and above all you wished to choose. And all of these things needed to be done by faith, faith in things unseen and unprovable.

Your world does not give you this faith. There is nothing in your culture which assures you that all is well and that all will be well. Yet that is the discovery that each makes for himself as he wakes up from the planetary dream and discovers that it is a much larger universe, and a much different one, than your culture may have taught you.

What a blessing it is to wake up! And yet, what does one do with that awareness that there is a metaphysical universe that is so much more real than this illusion which is called planet Earth that it creates of the lifetime a completely different experience? Indeed, in many cases there is no one with whom to talk about these perceptions. And there is certainly no support for the awakened seeker within the day-to-day structures of your society.

Each of those in the circle spoke, in the round-robin discussion which preceded this session of working, of those things that are in life that keep one moving and going and doing the work: that which pays the bills, the errands that one must do, and so forth. And yet there is far more in the way of distraction and discouragement in your environment, my friends. There is the characteristic clatter of the media in your lives, whether it be radio, television or newspapers or, as the one known as J said, the MP3 player. There is talk and music and noise that characteristically is a part of your environment on a day-to-day basis.

It is not usually an environment that is conducive to seeking the silence and luxuriating in that silent, voice of spirit in which all is known. And yet, each of you has awakened from the planetary dream. And each now wishes to know how to use that increased and enhanced awareness of the truth more skillfully.

This is your situation. In terms of the world, the consensus-reality physical world, you have no way to prove that which you feel is true. It is as though there was, on solid land, only the ordinary; only the uninspired; only the flat black and white of unenhanced living. And yet the enhanced version of life cannot take place upon the solid ground. Therefore, in order to begin to express a life in faith, the seeker must gather his forces together and choose to leap into the midair of the unknown, embracing the mystery, affirming that which is not seen, and finding his feet only after he has made the choice to believe that, indeed, all is well and all will be well.

Thusly, we say to you, my friends, that there are as many distractions and discouragements that keep one from the now as there are pages in the newspaper, tunes on the iPod, reruns on the television, and above all, my friends, thoughts in your head, thoughts that go around and around without your choosing at any time to get off the merry-go-round and rest.

You as a culture lack restfulness and thusly there is this constant feeling of movement and the need to keep current and up with things and in the flow. And yet, as your world uses these terms, it does not indicate a movement towards unity, peace and enhanced awareness but rather a firmer grip upon the strap of the transit system that is constantly taking you from moment to moment, chore to chore, and job to job.

We paint an unhappy picture, do we not, my friends? Yet, this is the environment you chose. This is the school you asked to attend. And this is the place where you hoped to share, in great joy and radiance, the love and the light of the one infinite Creator. For you heard the cry of Earth and you hoped to hold the light at this time in a dark world, so that gradually, as you allowed the light of the Creator to shine through you, you could infect others with this joy and effortless flow of light and love that is coming through each of you at all times. And yet so seldom is it acknowledged, blessed and given a boost as it goes through your energy system and out into the world.

You indeed came here to do that. Yet this is where doing meets being, for in allowing the light to shine through you, you are not doing anything except giving your will to the one infinite Creator and asking to be used as an instrument of his love, his light, and his peace.

You came here also to balance wisdom and love. In some cases, you also wanted to balance wisdom, love and power. There is a great beauty in being a creature entirely of love, and yet to blend love and wisdom in a more useful way in your energy system

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is something that each of you is hoping that this incarnation will produce. The catalyst of the day, the grist for the mill that you must grind, those seeming challenges that meet you as you awaken for the day: all of those things are your way of practicing the presence of the one Creator as you go, not segregating moments during your day when it is Creator-time and letting the rest of the day be worldly time. You hoped, when you came here, to find the way to so balance your awareness of love, power and wisdom that you were able to begin to sense the metaphysical world that is inherent in every seemingly passing moment.

You as a soul live in two worlds at once. Indeed, one of the most powerful gifts that you offer through your living of your life is the capacity that you have to be both in time/space, where you are a citizen of eternity, and in space/time, where you are born of woman to live a life within this chemical-distillery vehicle of yours and then allow the vehicle to go to dust while you, as a soul, revert back to the time/space version of yourself which has interpenetrated your physical body and your physical life throughout your incarnation.

You are that entity that can both act in space/time and be fully aware of time/space. You bring those two illusions together, the heavy illusion and the lighter illusion. And yes, we call both the metaphysical and the physical world illusions. As far as we know, all that is seen, touch, felt, tasted and so forth is an illusion. But as well, all that is thought in the worlds that are unseen is also a kind of illusion, each illusion being carefully crafted to give the inhabitants of that illusion those elements which they need in order to experience, learn, serve and grow. For all that you do and all that we do and all that is done in all of creation is harvested to the one infinite Creator, that It may know Itself ever better.

You are, then, that nexus[109] in which timelessness meets time and insight meets intellect. You do not need to let those two separate. You may continue to live a worldly life and at the same time, ever and always, daily enhance your connection with the divine. Remember that you are priests. It is said in your holy works that you are a nation of priests, and so you are, each of you those which conduct the sacred rite of living within the temple of your body, your mind, your emotions, your intellect, and your spirit.

This instrument is fond of recalling a song sung by the one known as Frank in which part of the chorus is "do-be-do-be-do."[110] We encourage you to think of that very wise phrase as you quite seriously, but hopefully with a lightness of heart as well, go about your intention of becoming more and more able to slow down to now, as the one known as W has said.

Now that we have established that just about everything in the life of the culture in which you live seems determined to keep one off balance and unaware of this precious, present moment, as the one known as Rick[111] has called it, we may talk about some ways to trigger remembrance within the self of who you are and why you are here.

This instrument was speaking earlier of the advantages of taking time at the very first of the day to set the intention for the day and to pray aloud—or in the mind, it does not make any difference—to that ear who hears and that heart that understands within spirit, about what your hopes are for the day. If you hope to live in the now each moment of the day; if you hope to realize that Creator portion of yourself; if you hope to enable and empower yourself as a spiritual being, there is no better time than when you first arise to ask for help. Help is all around you. We cannot emphasize that enough.

There are many different kinds of spiritual helpers that are yours. There is what this instrument calls the Holy Spirit, that guidance system that is always with you. There is the presence of the one infinite Creator, closer than your breathing and nearer than your hands or feet. There are angelic presences all around you that have been attracted by your purity of desire and intentions. They wish nothing more than to help you achieve the goals that you have set for yourself this day.

Yet you must ask, for they cannot infringe upon your free will. Therefore, please draw about you that

[109] nexus: a means of connection; a tie; a link.

[110] The song to which the Q'uo refers is Frank Sinatra's recording of "Strangers In The Night," a 1966 song composed by Bert Kaempfert, © Bert Kaempfert, all rights reserved. The lyrics themselves have nothing to do with Q'uo's comment. In most printed versions of the lyrics, the part to which Q'uo refers is considered "scat" and rendered "dooby dooby do."

[111] The Q'uo group refers to Rick Pitino. He uses the phrase, "the precious present" in his motivational writing. He takes the phrase from the eponymous book by Spencer Johnson.

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wonderful network of loving presence that is always about you. And do not forget to ask nature to help you, for that, too, is a kingdom of the Father. The very ground loves you beyond all telling. The air, the trees, all that there is in the kingdom of the Father is dancing with you and inviting you to join in that wonderful, harmonious rhythm of the dance of the One. For all within nature, not having self-consciousness, is fully aware of the truth and is very happy to be part of the one infinite Creator in its manifestation in this illusion.

It is very helpful to become sensitized to any repetitive sound that occurs in your day. For those who happen to be in school, there is the ringing of the bell in each period. Perhaps it may be the ringing of telephones where you are enjoying your day and perhaps earning your living so that you may pay the bills, as this instrument would say. Whatever sounds are part of your environment, become sensitized to them. Then when you hear the bell ring, the telephone ring, the train whistle blow, the traffic on the road come to a halt at the red light, or whatever noise is in your environment, you will find it not a distraction or something to ignore but that which calls you to remembrance of who you are and why you are here.

The one known as W was speaking earlier of the simple truth that the present moment is that which is. It is the realest focus which a person within third density may achieve. For it is that link with time/space in which all is one, and time goes away, timelessness reigns, and everything occurs now.

In a very real sense, this is the world in which we live, or should we say, the illusion which we enjoy. All that seems to you to be passing by, to us is occurring in a circular now, so that there is no such thing as past and present and future, but rather there is our choice of which place we wish to insert ourselves in this harmonious and rhythmic dance of the One.

For you within third density, life has a very heavy sense of time, time passing, time rushing by, and so forth. This is not something which needs to be resisted. You came here to experience this passing of time. You came to work within these limitations. You came to sleep until you could awaken to the now, to the truth, to the love and the light of the one great original Thought.

Indeed, in a way, you came to be the Logos. And that is a very telling phrase, "To be the Logos." One does not have to try to be a part of the Creator. You are the Creator! You are a holographic spark of the Creator, as is every other portion of this interactive and very much alive creation. But you are a holographic sample or bit of the whole. You contain in every cell of your body that one great original Thought that holds all things together. You do not have to strive or stretch. You have only to allow yourself to be. That is your nature.

It is a tremendously exciting adventure, my friends, to begin to allow yourself to know yourself more fully, to rest in the now and be aware of your being, your essence. You are actually an everlasting part of an infinite creation and this entire experience which you now are enjoying is but one of an infinity of such experiences.

Yet this is the one which holds your attention at this moment. This, out of all the things that you could have chosen to do, is precisely where you hoped to be and here you have every opportunity that you could possibly have to be of service to others, to be of service to the one infinite Creator, and to come ever closer to the realization that you know absolutely nothing. For this is not the density of understanding. And yet you know all that there is to know, for you know love. How precious is this opportunity for you to learn and to serve and to grow.

We encourage each of you to look at the various elements of your day-to-day life and target those repetitive elements that may act as triggers for the remembrance of your true nature and your true beingness as part of the one. Each entity will have different things that will remind him to move back into a balanced and focused awareness of the present moment.

For the one known as R, it is something physical that he can look at frequently, for he works with his hands upon the computer and so can see the bracelet that he wears on the wrist. For this instrument, it is the cross that she wears around her neck. As she moves through her day she is constantly touching it, having formed that habit long ago, for it reminds her that Christ is counting on her and that she has hoped all her life to do nothing more than serve Jesus the Christ.

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Each of you will have very idiosyncratic and unique ways of bringing your mind back to a centered and balanced place in which you may rest in the now, even as you gaze with delight and interest upon the scene passing before your eyes.

It may have seemed to you that it has been harder than usual lately, or than it used to be, for you to do this. And we would spend a moment talking about why that is. As third density upon planet Earth draws to a close, which it shall do within the next few years, there is a natural separation of those souls who have chosen to polarize towards service to others and those which have chosen to polarize towards service to self. It is as though oil and vinegar had been miscible[112] for 75,000 of your years but as the time arrives for entities to choose between polarities and to move onto either service-to-self worlds or service-to-others worlds, there is more and more of a tendency for those two to separate, just as oil and water will if not artificially mixed together.

As the times move on towards the beginning of fourth density upon your planet, and as that fourth density upon your planet is a positive fourth density, the vibrations of truth, understanding and love are interpenetrating your third-density world in ever greater waves and convergences of energy. And this means that this process that you have of coming to know yourself, accept yourself, and love yourself has become more challenging.

Because everyone has a dark side. And within your third density it is easy for you to put that dark side in the shadows of self and not acknowledge it. It is difficult for an entity who wishes to be truly of service to acknowledge that shadow side that is the murderer, the rapist, the liar, the coveter, and so forth. Yet, if all is one, are you not all things? Indeed, all of us contain the three hundred and sixty degrees of various kinds of energy that make up the awareness that is the whole of you.

And one of those tremendously difficult jobs for anyone is to go into the shadows and bring out that shadow side to look at, to acknowledge, to come to understand, and to ask if it will join you, if it will cease being part of the dark side and become your grit and your determination and your perseverance. That is the true function of the so-called dark side. And you can realize all of yourself if you can acknowledge the dark side in the first place. The desire of many is simply to deny that there is anything in the consciousness except love and light and positivity. Yet, there is a whole other side of self to be collected, respected and honored and used.

And this process is becoming more and more difficult because whereas before the end of the age was so prominently close it was quite easy to ignore the dark side of self, in these latter days of third density, when an entity desires to become a truly realized and focused spiritual seeker, he must go collect those shadow bits that he has not acknowledged. And this is difficult now, where it used to be easier, because of the constant barrage of vibrations of truth, so that all of those things at which you least wanted to look are now popping up quite prominently and saying, "Look at me. Acknowledge me. Let me tell my story and please learn to balance me in and make me part of who you are, for we truly belong, we shadow elements of the equation of one."

Therefore, we encourage each of you to take courage and look in that mirror as it comes to you, for all that are related to you by friendship or working relationship or family, all entities that are in your life, are mirroring you to yourself. When you see those things that you like, then you are happy to see those mirrors. Yet some will come to you and mirror those things you do not wish to see. My friends, embrace those things you do not wish to see, not in judgment but with a genuine and whole-hearted desire to integrate that into yourself.

To find it in the first place is very difficult. When one has mirrored something that is distasteful to one, one wishes simply to put it to one side. And yet we encourage you to allow it to come close, to embrace it, and listen to the story it has to tell. Find that energy within yourself. Not that you would murder anyone, but say you gaze at murder; find the murderer within yourself. Go after that murderer and ask it to join you, or to rejoin you. It is as if you are trying to bring all the members of yourself together so that you may be completely integrated as a unit and have no internal divisions where you do not wish to look.

In that way, when you enter your own open heart, you have no strife within yourself, saying, "I am a

[112] miscible: an adjective meaning "that can be mixed in all proportions. Used of liquids."

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terrible wretch; I don't deserve to be here." Or saying, "No, I am very, very good, I am not wretched." You can let all of that judgment go and bring your whole self into that open heart where the Creator is waiting for you with unconditional love.

You ask what the benefits are of living this life in the now. The first benefit is that it is the truth, whereas all things of time are illusory. The now contains the door through the gateway to intelligent infinity and into the world of time/space. When you are in the now, you are part of all that there is and as the one known as W said, when you are centered and focused in the present moment, you are a natural attractor of those things which may come to you for your benefit in terms of your worldly goals, in terms of the benefit to others of those gifts that you may share with others, and in terms of the relationships that will be most helpful to you in learning and in serving in the present moment, where there is no reaching and no striving. There is a natural law in effect which simply gravitates those entities, energies, essences and relationships toward you which are appropriate for you just this precious moment.

Once one is in this now, one truly can be said to have no ambition and yet to achieve far more than ambitious people achieve, because of the fact that, having moved into this point of balance, all things stem from it very naturally.

The second benefit of being in the now is that it is from this point of presence that the Creator may radiate through you most efficiently and effectively. We do not wish to encourage you to try to beam light into the world, for that would be doing something of your own will.

(Side one of tape ends.)

(Carla channeling)

Consider of yourself that you are a broadcasting unit. You receive energy. You transmit energy. And in some cases you transduce[113] energy. This is your natural state. When you are centered in the now, you are in the appropriate place to receive the infinite supply of love/light energy from the one Creator, to shuttle it upwards through your open energy system, up through your body, through your heart, and out into the world through the top of your head.

That energy just flows like a fountain through you and the radiation from it is something that has caused artists throughout your history to draw halos, attempting to indicate how realized beings who are very secure and focused within their spirits naturally have a fountain of light that is just springing forth through them. That is the secret, my friends, to remaining forever rested and full of energy.

You do not do anything accept bless the energy that comes through you, and see and visualize and intend that this energy is not going to stop with you but is going to shower the world with light through your system. For, you see, you color light in a way that no one else does. Each, as he allows his system to be a lighthouse, has a unique light. No one else in creation shall ever have your light. For the infinite love/light of the Creator is limitlessly white. Yet, your biases and choices and quirks have colored your energy body so that, as energy streams through the chakras and out the crown chakra into the world, you have colored that light in a unique way that is absolutely beautiful.

So, know that you are giving the gift not only of the light but of the light through you, by your choice and by your blessing. This too is that which is not done. It must rest in the essence of your firm intention in the present moment.

This instrument was speaking earlier of that inner work which she feels has helped to support her life in faith, her desire to remain in the presence of the one Creator and tabernacle with the One throughout all experiences of her life whatsoever. We would agree with this instrument and take it further. It is well to support a life in faith with the prayer, with the meditation, with all of those ways to work in consciousness. Yet above all things, we encourage each never to forget or devalue the system as a whole.

If you remain in the upper chakras, working with your heart and your communication and your meditation and work in faith to the exclusion of paying the most exquisite attention to your sexuality, your state of mind as regards whether or not you are happy to be here and full of life and glad to be living; if you put aside relationships so that you may spend more time meditating; if you devalue your work because you wish to be a spiritual person, you've lost your focus. For it is your whole self that is sacred.

[113] transduce: to convert (energy) from one form into another.

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Your sexuality, for instance, has so many layers to it! Yet it must begin with that wonderful "yes" of lust and chemical attraction. And then you can begin to let it lift, through relationship, to open-hearted relationship, to that love of a legal relationship, and from there to the upper-chakra work of true affection, true communication, and mutual work in consciousness which is sacred sexuality. There is no detail, no matter how seemingly mundane of life, that is not bursting with the sacred and the divine.

Consequently, although naturally we do encourage the meditation and the prayer and all of those beautiful ways of working in consciousness to discipline your personality and become centered more and more on who you really are, we also encourage you to look for the love and the sacredness in washing the dishes, cleaning the toilet, feeding the cat, and whatever it is that you are doing at the present moment. All of it is part of the dance of the One.

We thank this group for asking this query. It has been a pleasure to share our thoughts upon it. We would ask at this time if there is a follow-up to this question or if there is another query before we leave this instrument. We are those of Q'uo.

(Long pause.)

We are those of Q'uo, and are again with this instrument. We appear to have exhausted the queries in this group at this time. Consequently, we shall take our leave of this instrument and this group, expressing again our delight and our amazement at the beauty of your auras, mingled together to form this sacred space. Thank you, thank you, for asking us to be a part of your circle of seeking this day. It has been a pleasure and a privilege. We are known to you as the principle of Q'uo. We leave you, as we found you, in all that there is, the love and the light, the Thought and the manifestation, of the one infinite Creator. Adonai, my friends. Adonai. ❦

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Special Meditation
January 7, 2008

Jim: First question for S: "All my life I've been dealing with the feeling of not being good enough and with anger. I feel the anger very strongly in [dealing with] my mother and I can feel it in [dealing with] my children too. What are the spiritual principles involved in not feeling "good enough," ending in anger? What am I supposed to learn from these feelings? Does this have something to do with self-acceptance?"

(Carla channeling)

We are known to you as the principle of Q'uo. The speaker this evening is the one known as Hatonn.[114] We greet you in the love and in the light of the one infinite Creator, in whose service we come to you this day. Thank you, my brothers and my sisters, for creating this sacred time for seeking the truth. It is a joy to join your circle of seeking and to be a part of this session of working. We especially thank the one known as S for requesting information regarding feelings of unworthiness and anger. It is a privilege to be asked for our opinion and a joy to offer our humble thoughts.

As always, we would ask each who reads or hears these words to be discriminatory in what you pick up and use from those things which we have to say. Follow the path of resonance and use those thoughts that are resonant to you, leaving the rest behind. That will enable us to feel free to offer our opinions without being concerned that we might infringe upon your free will or disturb the rhythmic process of your own seeking.

Emotions are very, very important in the process of getting to know yourself and of becoming a self-realized person, aware of your own sacred nature. Often those seeking to be serious seekers downplay or disregard the importance of emotions. This is because they see the shallowness and inconsistency of surface emotions and feel that because they are so highly distorted and unbalanced they do not have any virtue, spiritually speaking.

However, it is our opinion that the surface emotions are the beginning of the entry of the individual into its own deeper mind. Each emotion is precious, the heaviest emotion as well as the lightest, the darkest as well as the most joyful.

The two emotions of which the one known as S speaks, unworthiness and anger, are part of what most seekers would call the dark side or the shadow side of the self.

The seeker has a feeling that he is not supposed to be feeling unworthy. He is not supposed to be angry. Yet emotions spring forth without regard to whether they should be felt or not. Emotions tell a truth within the life of the seeker and they are, therefore, great gifts of the self to the self.

[114] The principle of Q'uo is made up of three groups, Hatonn, Latwii and Ra. Usually the speaker for the principle is Latwii. Occasionally, Hatonn is the speaker, as in this session. Ra is never the speaker.

Emotions begin with highly colored, impulsive reactions and responses to catalyst. They take one by surprise. They are not planned. This is why they bear truths as a gift. You cannot fool yourself into feeling an emotion. It simply is there and you recognize it.

However, emotions do not stay on the surface for the persistent seeker who is willing to abide with and enjoy the company of these emotions. They begin to have a deeper life. As one feels these emotions again and again, there comes the opportunity, each time the emotion is repeated, to work with that emotion, to embrace it and honor it and to gaze at it to see from what catalyst it has arisen.

When one is persistently fearless with emotions and is able to sit with the self as it experiences an emotion flowing through, there is a gradual deepening of that emotion. Eventually, as repetition and work in consciousness with these emotions begins to yield its fruits, the seeker begins to have glimpses of the refined and purified emotion that started out so highly colored. And eventually that emotion can take one into the archetypical mind, where the deepest of truths may be found.

In the archetypal mind these emotions flow like underground rivers, emptying into the sea of bliss and unconditional love that is the beginning and ending of all that is. As they wend their way through the archetypal mind, they water the myths which make up the roots of consciousness. The stories of your soul are emotional and have a shape and a direction to them. This is the beauty of that highly colored and uncomfortable surface emotion that the seeker first experiences.

Certainly the journey from discovering that one feels unworthy or one feels angry to the place in the journey where one embraces the unworthiness and the anger and loves it unconditionally, is a long journey. Yet, my sister, it is a worthwhile journey and one that has a sweetness to it. For each time you are able to move into a position of greater understanding of your own trigger points and reactions, you have gained part of that fragmented self that has been lost to the shadow side of self. And as you bring it into the light of your own attention, you are able to work with it and to help this feeling to become matured and ripened and begin to have more and more of a clarity and a purity.

You are, in other words, refining the rough surface emotion so that it may penetrate deeper and deeper through the layers of enculturation, previous assumptions and all of the various layers of your surface mind and the gifts that you have been given by your culture, your parents, and your teachers. Generally speaking, personal truth does not lie in the culture, the parents, or the teachers and what they have to say. For the most part, the seeker must discover his own truths and make them a personal credo.

Therefore, these emotions, while not often pleasant to experience, have great value. We say this because we wish to encourage the seeker to work with that which he feels, not judging it, not condemning it, and not being indifferent to it, but rather giving it respectful attention, investigating it, and exploring it. Each emotion, given this honor and respect, will reward the seeker with more and more of a sense of surety as to who he is and to why he is here.

In a way, as you work with emotions you are reclaiming and reintegrating your whole self. You may think of your emotions as treasure. The surface emotion tells you where the treasure lies and then you may sit with that emotion and consider how it arose. What was the trigger? What was occurring when you had that response of feeling unworthy or feeling angry?

Sometimes the answer is very clear. At other times the answer is not at all clear and then you must dig as if for buried treasure, sifting through your memory to find other times when you had the same emotion. What were your triggers then? Compare them with what is occurring in the present, and you begin to see a repeating pattern. You begin to make more sense to yourself and you begin to have more knowledge as to how you came to be the entity who is experiencing right now.

This is true of all emotions, positive and negative. Yet we would now narrow our view and speak of these two emotions in particular and offer some thoughts as to their value and their place in the development of the mature spiritual seeker.

We would take unworthiness first, for it is the more initiatory emotion; that is to say, it is in response to feelings of unworthiness that the seeker often comes to be angry, rather than the other way around. Therefore, we would look at unworthiness first.

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It is a very common emotion. Many seekers, especially, have all too much experience, they would say, of this emotion. Certainly, this instrument experiences unworthiness quite often and continues to need to sit with that emotion and embrace it, that it may tell its story and feel that it is accepted.

The roots of unworthiness tend to be found in childhood. Within the upbringing of a seeker there are many times that the seeker, as a young person, hears the scolding and the chiding and is told that it is an unworthy being, that it has not done well, that it could have done better, that it did not do enough, and things of this nature. The young self is relatively undefended. It believes what it hears and it absorbs and takes on this information as though it were the truth.

The fact that it is not the truth, spiritually speaking, is irrelevant to the psychology of how these words, so carelessly spoken by parents, teachers and other authority figures, sink into the psyche and the deep mind.

One grows up physically and the authority figures may or may not still be present to continue to tell the seeker that it is unworthy. However, these voices have been internalized so that even if both parents are gone, as is the case with this instrument, there is still the ability to hear that voice saying, "That is a good effort but it would have been so much better if you had done this and this," or saying, "You are clumsy, stupid, you haven't done enough," and so forth.

Therefore, it is not even necessary for these voices to continue to have any life outside the seeker's mind, for they are internalized so that they spring forth in the situation that triggers the memory of the times when these words have been spoken before.

What generally triggers a feeling of unworthiness is a self-perceived error or mistake. This instrument, for instance, often forgets something, and immediately she has an internalized voice that says, "How could you have possibly forgotten?" Therefore, she is triggered with unworthiness.

There are as many ways to discover that one has made a mistake as there are situations. Any number of things can bring the seeker to the point of being triggered by that feeling of unworthiness.

It is especially painful because a seeker is generally a very service-to-others oriented person and, far from intending to make a mistake, has tried very hard to do his best, and being soft of heart has wished to please the people around him. When the people are not pleased and do not understand the gift being given and instead throw it back in your face and say, "It is not good, it is not enough, it is poorly done, I did not need this," or words to that effect, the triggering is automatic. The seeker thinks to himself, "I tried so hard and I failed."

Now, skill comes in learning how to interrupt the triggering process. One does not wish to repress the emotion of unworthiness. The skillful seeker will welcome it, as it welcomes all catalyst, and take it into the balancing process, paying attention to it, even emphasizing it, and then asking the self, "What is the dynamic opposite of this emotion?"

In the case of unworthiness, the opposite is worthiness and so, after one has experienced the unworthiness, one awaits its dynamic opposite, still in meditation, and asks for it and invokes it, and worthiness then flows into the consciousness with its own information.

Why is the seeker worthy? Because the seeker is part of all that there is. And all that there is is unconditional love. The worth of the seeker, then, is infinite. There is nothing but worth in the seeker's true and deep nature. Yet, if one is not careful, when one has seen the worthiness, one then chooses the worthiness over the unworthiness and therefore makes a judgment about the self. And this is not something we encourage.

Rather, we ask that you see with compassion the full play of unworthiness and worthiness until you see that both are held in dynamic balance within your nature. Both have their goodness, for they are teaching you lessons that you came here to learn. If indeed you have come to discover your true worth, you could not begin to think about that without first feeling unworthy. It is as an alert or a siren that awakens you to this issue within yourself, so that you may work with it to bring it into the balance that it deserves and needs to have within your character.

When an entity is unawakened there is not usually the pain of unworthiness to the extent that a seeker feels when he has awakened and has discovered his true nature. Then, he wishes all that passes through his mind to be thoughts of love and light, peace and gentleness. And yet the dynamics that bring grist to the mill and make the incarnation work are served

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not by all the good feelings that one can take for granted and feel very good and smooth about, but by those uncomfortable emotions that wake one up to one's imbalances, so that one may then turn, move towards them, gather them in his arms, and take them into his open heart.

We are not suggesting that, over a period of time, work with unworthiness shall cause you to cease feeling unworthy. You may dig up trigger after trigger after trigger and yet it is the general case that there are so many triggers buried in the soil of one's memory from past occasions of pain having to do with unworthiness that there always shall be moments of being triggered and of feeling less than worthy.

If human nature were perfectible, this would not be so. But human nature was designed to be imperfect. This grants to the human the continuing opportunity to go ever deeper to discover ever more fundamental truths about the self.

The energies of judgment have a great part to play in unworthiness. And we iterate that it is not helpful to judge the self. Rather it is helpful to have compassion upon the self and to pay attention to the self. Each difficult emotion is a call for help. It is a call that goes into the self, into that place where you can be your own mother, your own father, your own friend, so that you may heal the wounds of the past and forgive the self and the other self who first offered you these wounds that have given you so much fruit and food for thought.

Anger is generally a byproduct of judgment, and that is why we say it is dependent upon the feeling of unworthiness. We would differentiate between the emotion of righteous anger, which is involved with a sense of justice and fair play, and the anger that springs up seemingly out of nothing in response to something someone says or the small unfairnesses of life.

It is not necessary for a person to experience a relationship with another person in order to feel anger. Anger can be generated by the self all alone, because of the rich array of triggers there are buried in everyday experiences. Say one has a hammer and a nail and one takes the hammer and tries to pound the nail, but instead hits the thumb. Anger arises right on the [tail] of judgment. The first feeling is an instantaneous judgment of the self: "I'm not worthwhile, I can't hit the nail." Then comes the anger. Perhaps the seeker is not even aware of that judgment of unworthiness that has preceded the anger, for anger arises so swiftly. Yet it arises because of the self-judgment.

Do we suggest that one becomes impervious to anger and no longer has that impulse toward anger after working with anger for a long period of time? No, we do not suggest that. Again, the human makeup is such that there will always be those imperfections that remain. There is no virtue in thinking, "I can stamp this out of my nature. I can move beyond this. I can rise above this."

My sister, we would never suggest that you rise above your anger or your sense of unworthiness, for that would be leaving a part of yourself behind. Not that you are an unworthy or an angry being, but that is part of the complete array of positive and negative, light and dark, radiant and magnetic parts of the self. And it is your whole self that the one infinite Creator loves above all telling; not the good self or the worthy self or the peaceful self but the self who is all things worthy and unworthy, peaceful and every other dynamic that can be thought of.

The Creator loves you just as you are, and your hope in working with these emotions is gradually to come into a place where you have compassion, as the Creator has compassion, on those portions of the self that concern you from time to time. They do not diminish you. They should not in any way bring you shame. Your feelings are all equally worthy and deserve to be respected and attended to.

We would ask you to woo yourself as if you were your own lover. At first the self is shy and you, the healer, must say, "Oh, please, I will not be offended. I want to hear about your unworthiness. I want to hear about your anger. Please come and tell me your story and I will listen and I will not judge. I will love you and I will have compassion on you."

Gradually, then, you begin to create for yourself the feeling of being healed, so that when you are triggered you know that you are triggered and you are not swept up in the surface feelings any longer. Your feelings begin to have a depth to them because you have the impulse that is triggered and then you have the awareness that you have worked so hard to gain: "Ah, here is unworthiness. Ah, here is anger." And you love your unworthiness, you love your anger, you love the emotions that make you who you are. And love gradually dissolves the bitterness

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that is your instinctive reaction to these surface impulses that do not please you as a spiritual seeker and do not seem to ring true.

We assure you, my sister, you will always ring true. Your emotions will always tell you a truth and they always have gifts in their hands. And when loved and understood, they will give you their secrets and show you the places within you that need healing. So take yourself in your arms when you feel unworthy or when you feel angry and say, "I love you anyway. I love you with all my heart. You are my darling. You are my sweetheart. Let me hug you and cradle you." And all of the bitterness can then gradually melt away so that while you understand that you have very uneven and sometimes imbalanced surface reactions, you also have compassion.

The process of working with yourself is very important in the regard that once you have begun to have true compassion upon yourself, then and only then, can you begin to have true compassion for others with all of their mistakes, self-perceived and perceived by you. When you have finally fallen in love with yourself, then you can fall in love with others as well as seeing yourself and everyone else as sparks of the one infinite Creator.

You exist within third density in darkness. It is a place of unknowing. The veil is heavy here. You will make mistakes again and again and feel unworthy. And you will be angry again and again. And yet this too is good. This too is helpful. This too is grist for the mill that creates the refining of your character and your soul, so that you begin to be more and more transparent—not that you have gotten over feeling angry or unworthy, but that you see through these surface emotions to the beauty of your deep self and you begin to have a real confidence in that deep self that goes beyond the tossing of the surface waves of everyday living. This transparency makes of you a better and better lighthouse.

You will never cease to be imperfect in third density, but as you have compassion on yourself you become transparent to these imperfections. Your faith in your deeper self releases you from contracting around these negative emotions. You can let them go.

(Side one of tape ends.)

(Carla channeling)

You can start over. And meanwhile the energy of the infinite Creator that is flowing through your energy body in infinite amounts has a clear path through you, so that you radiate light into the world, not from yourself but through yourself.

This instrument informs us that the turning of the tape recorder is a signal for us to lift away from the main question and to consider other queries. May we ask the one known as Jim to read the second query at this time. We are those of Q'uo.

Jim: *(Reading question from S.)* "I have three children—two grown girls and a boy. What are the spiritual principles involved in my relationship with them?"

We are those of Q'uo, and are aware of your query, my sister. The spiritual principle involved in having children is that of the guardian and lover that sees the beauty of these children that have been gifts to her from the Creator. Children are to the parents an opportunity to share and be of service to another entity in a very special way.

As a mother, my sister, you know better than anyone the utter helplessness of your children when they first came to you. They could not speak or move on their own accord when they first came to you. You had to feed them and keep them clean and warm and offer to them an environment in which they felt happy and safe. And you have learned more about service to others from your relationship with them than probably any other relationships in your life. They have, therefore, been your greatest teachers.

How have you loved them, perhaps you wonder. And yet we assure you, my sister, that you have loved them very well. And you continue to love them very well with all of your heart. Perhaps you feel you have been imperfect in expressing that love. And yet you have always given your very best and your highest to them, and this is your hope at this time in continuing.

Consequently, we say to you that the spiritual principle involved is that of service to others. You have taken entities that made an agreement with you, before either of you came into incarnation, that you would have this special relationship. And you have done and you continue to do your best to offer them all the love in your heart. Your greatest gift to them is this simple unconditional love.

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Naturally, it has been necessary to teach them the ways of the culture in order to protect them, so that they would know how to behave when they were with other people. And this has undoubtedly brought you into conflict with them again and again. Yet we assure you, my sister, that one of the ways that love serves a young soul is to indicate where the boundaries are, where the principles that underlie human interaction are.

Had you given them absolutely everything for which they asked, had you said yes to whatever they requested of you, you would not have given them your wisdom. And, my sister, they need your wisdom as well as your love.

It is a very sensitive thing to raise a child. You cannot raise any two children the same way. Every entity is its own entity. What works with one personality does not work with another. And so, there have been many times when you wondered whether you were doing the right thing. And yet we say to you, if you can keep your intention of giving your highest and your best, then you have done the right thing.

Above all, the principle involved in being of service to others is to offer that gift which you do give with love. And my sister, you have done that very well and continue to do that with all of your heart. You cannot help at times seeming judgmental, and we have just said to you it is not good to be judgmental. And yet when you are mentoring a developing spirit, it is well to have those times of saying, "This is not good, this is not useful, this is not helpful," and so forth. But always try, my sister, to say what you have to say and do what you need to do coming from a place of unconditional love and compassion.

May we ask if the one known as Jim would read the next question? We are those of Q'uo.

Jim: *(Reading question from S.)* "Sometimes I have the feeling that my son sees something that I don't see, maybe from the unseen world. He is scared by this and doesn't want to talk about this. Can you confirm this? How can I help him not to be afraid?"

We are those of Q'uo. And yes, my sister, we can confirm this. When a child is psychic, or when any entity is psychic, it can be a disturbing and frightening thing. Others around him are not experiencing what he experiences. He has no real framework for understanding his experience. It is a natural reaction to feel fear when experiencing the unknown.

It may help you to understand how this feels if you think of an entity who has had a drug or who has taken too much alcohol, and because of the alteration in consciousness has had an awareness come to him that would not normally come. This entity would call it a "bad trip."

When an entity has a bad trip he feels fear and he contracts around that fear. It is the fear of the unknown. It is the fear of something that he does not understand. Naturally, on the part of your son and on the part of all of those who by nature are ultrasensitive and do sense into the unseen worlds, it can be a continuing source of unease and discomfort.

In the first place, that which you may do to respond to his need is to be reassuring and to treat these things as normal. When he does not speak of them and does not want to talk about them, then you cannot be verbal in your reassurance. But you can always maintain an even calmness that does not change because he may be experiencing that which he does not understand. And that in itself is reassuring.

If a parent reacts to something sensed in the child by being afraid or being concerned, then that child feels it and projects it into what he is sensing, thereby making his discomfort more severe. But when he senses nothing but a continuing love and peace from his parent, then he knows that everything is basically all right, even if he doesn't understand what is happening to him.

As this young entity grows in years, he will undoubtedly begin to talk more about this, if not to you, then to someone else. If he does choose to begin to speak to you about that which he does not understand, then you may share with him your understanding of the unseen worlds and that they are as real a part of things as the worlds that are seen; they are just the other side of things. There is the physical world of space/time and there is the metaphysical world of time/space, and it is as natural for an entity to experience things in time/space as in space/time.

However, normally the unawakened spirit does not experience time/space. Consequently, this young soul has no one to whom to talk. Be there when he

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does wish to speak, and continue a silent reassurance until the time when he does begin to communicate.

As this entity is becoming more and more able to use his intellect and to absorb information of this nature, it may be helpful to drop little seeds by having books around and speaking of them, so that he may choose, at a time that feels right to him, to begin to do some reading about these unseen worlds and to begin to explore that which is occurring to him for himself. It may be that he may do the work of coming to understand his gift all by himself. Leaving the books where he has access to them will be helpful.

May we ask for the next query?

Jim: *(Reading question from S.)* "I have a particularly difficult job, one that I don't like, but need it to pay the bills. Since it is not the first time I've dealt with a difficult job, I try very hard to see what my lessons are, but I'm still confused. Can Q'uo offer me some suggestions on how to work with this catalyst?"

We are those of Q'uo, and are aware of your query, my sister. Perhaps, my sister, you are aware of the concept of the energy body with its seven chakras. Each chakra has its own gifts and its own kind of energy. And all of the seven chakras are equally important in the balancing of the whole energy body. Naturally, you want a body to be strong throughout its system. For instance, you would not want your feet to be weak but your mind to be strong. You would not want your hands to be weak, but your shoulders to be strong, and so forth.

You want all of your energies in balance and in a state of health. Therefore, you want your red ray to be strong, with its issues of sexuality and survival. Similarly, you wish for your orange ray to be strong, with its issues of relationship of self to self and the relationships that you have with others, one on one. And you want your yellow ray to be strong, with its issues of group relationships such as the birth family, the marriage family, and the work family.

The issue of the job, then, is that which has to do with your yellow ray. Within your choices before you came into incarnation were included the choice of how smoothly things would go for you in the workplace. You have chosen to strengthen your yellow ray by having situations that are not subjectively perceived as ideal in your workplace. Similarly, you have worked with the energies of the birth family and the marriage family and those, too, have been somewhat difficult from time to time. These difficulties are in place in order that you may work with them and strengthen your being by your persistence in being willing to deal with these difficult emotions that are brought up by the less than ideal situations in birth family, marriage family, and work.

As your maturity has brought you away from direct experience with the birth family and as life has also brought you past having to deal with the more difficult aspects of the marriage family, it is time now in your incarnation for the difficulties to focus on the work family.

How may you be most skillful in encouraging yourself to see these difficulties as the agents of maturity, those agents that will help you become stronger in your yellow ray? Each entity must work with this for herself. And perhaps it is enough for us to say to you that as long as you continue to seek to see the Creator in every entity whom you meet, you cannot go wrong.

This entity often asks herself, "Where is the love in this moment?" My sister, when you ask yourself, "Where is the love in this moment," as concerns your yellow-ray work environment, you may find that the love in the moment must come from you. Therefore, see yourself as a creature of love that is faithful and confident, because she knows that this situation has been given to her that she may grow and become stronger, wiser and more loving.

We realize that there is no way of behaving in an ideal sense at all times, especially when, as was expressed to this instrument in the round-robin [discussion] preceding this meditation, the bills need to be paid, and the work environment has promised to give payment for work done and has not offered the payment. This creates a crisis in everyday life. There are responsibilities to be met. There are children involved.

My sister, firstly, this is a time to be practical and to consider finding a way to pay the bills where, when the work is done, the payment for the work is there.

But secondly, this is a time to invoke faith, for in truth the Creator does provide that which is needed for today, so when there is that sense of not having enough, we ask you to focus on those things which

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you have so richly, those things which are enough for today. Begin to work at continuing to give thanks, and to rejoice and have the consciousness of abundance. For this, too, is a lesson of yellow ray, that there is abundance, but it is for today only.

In the prayer called The Lord's Prayer by this instrument, there is the request and the petition, "Give us this day our daily bread." Focus upon this concept of rejoicing in that which one has today and praising the abundance of today. And in that way, there will come to you an amelioration of the situation which you now experience, if not in the outer world, certainly in the inner world of your own realization. As a seeker, it is this realization which you are working to refine.

It has been a joy to be with this group and we thank the one known as S and all of those sitting in the circle this day for offering us the opportunity to speak with you on these subjects.

However, the energy of this instrument wanes and we would at this time take our leave of this instrument and this group, expressing once again our gratitude and our pleasure of being a part of the beauty of this sacred space. We thank you and we offer you our love, our support, and our encouragement. At any time that you would wish our presence you have only to ask and we shall be with you.

We are known to you as those of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai vasu. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Saturday Meditation
January 12, 2008

Group question: Our question this evening, Q'uo, has to do with the concept of transformation. On our individual journeys of seeking, each of us goes through various experiences. And we observe these experiences. And I am guessing that when we observe them with the most accuracy, we don't have judgment for them. We just go through them and let them experience themselves through our lives and in some way or another, cumulatively or individually or at some point, transformations occur. And we would like you to speak to this concept of transformation. How do we come about it? Is there a time within our seeking that is most right for it? Is there a way that we can aid it most effectively? Talk to us about transformation.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. We thank you, my friends, for asking us to join your circle of seeking at this session of working. It is our honor and our privilege to join you. We are most appreciative of the opportunity to attempt to be of service to the one Creator by sharing our humble thoughts with you on the subject of transformation.

As always, we would ask that each of you employs his powers of discrimination as each listens to that which we have to say or reads those words which we share at this time. Follow the resonance in those thoughts that appeal to you and seem full of life to you. If those things which we have to say do not happen to have any resonance, then we would ask for you to leave them aside and continue seeking until you find that which resonates to you, for your powers of discrimination are quite adequate to allow you to sense the rightness of those things which you need to take in to your process at this time.

This applies not only to our words, but to all of those things which you hear or read. Let your natural ability to discriminate between that which is for you and that which is not for you function in the way that it should and follow the law of attraction.

We thank you for this consideration. It will allow us to speak our thoughts freely without being concerned that we may infringe upon your free will or disturb the rhythmic flow of your process.

Transformation is a somewhat overused term among those who seek in the ways of spirit. Both your established religions and your alternative spiritual practices tend to speak of transformation, until it has almost become diminished, as a word, from having been overused.

In its roots, my friends, it means to change form, to cross over from one form to another. In a different word with the same root, transformation often follows an intake of information to form new mental and emotional formations, thus precipitating the deeper self into the need to accommodate new information. By information we do not simply mean

that which is taken in through the process of reading books, attending seminars, or listening to inspired speakers. We speak of the whole intake process of a working, conscious, awakened spirit in incarnation on Planet Earth.

There is a tremendous amount of information which flows into the five senses and moves through the awareness and the thought processes of each entity, all things being grist for the mill. So, transformation is a move from one stage or phase of life to another. It almost has the connotation or the inference of being that of a shape shifter, where you actually change your spiritual or metaphysical shape.

There are models of transformation which are helpful in thinking about times of change within the self as it undergoes realizations of accumulated information which have precipitated change. One model is the much clichéd butterfly. And there is some advantage to thinking of transformation using this model. The unawakened pupae and larvae go about their routines, eating and becoming ready to enter into a phase of development that is transformative in a way that changes the form of life from that which crawls to that which flies. And you may see that time of transformation as precipitated by the going into the cocoon of dealing with new thoughts and letting those thoughts marinate within your consciousness.

The thoughts and concepts which you have taken in can come from many, many sources; only partially those of the intellect and intellectual activities such as reading and discussing and pondering inspired thoughts or thoughts that you hope will be inspired. You also are processing the cumulative cycles of your feelings. And you are dealing with the challenges that you are experiencing in all of the various chakras, especially the first three chakras, in terms of those stages leading up to transformation.

And when, in the natural course of time, you spring forth from your cocoon you are indeed a new creature, looking at life from a slightly different vantage point: higher, broader. Little do you know that you also have become beautiful and are flying from person to person and thought to thought with life-giving pollen within your touch. You do not even know you are transmitting it, for the pollen of the awakened spirit is that of being rather than doing, and there is little of intellectual nature in how an entity becomes able to be of service to others by the very radiance of his being.

However, that model of transformation suggests that first you were unawakened and couldn't fly and now you are awakened and you can fly, first you were a slug, now you are beautiful. And such butterfly thoughts will actually get you nowhere.

For transformation is a cycle. It is an inevitable cycle. You will transform. You shall become a new creature. The only question is whether or not you wish to accelerate the process of your own spiritual evolution. Those who are listening to these words and those who read them are those who wish to become more than they have been. That wish, in and of itself, will hasten the rate of speed of change in your life. For by wishing to be transformed and by being willing to be transformed, you make the space for being transformed.

Consequently, we would perhaps rather use the transformational model of the also much clichéd chambered nautilus, which outgrows [his] house and therefore enlarges his house, without ever leaving his house. Just in such a way do you enlarge your point of view as you move through these cocoon-like periods and emerge from them with the sense of having a new perspective which has created for you the self-perceived feeling of being a new creature. You continue to expand your awareness in a cyclical manner until such time as you pass from this environment through the gates of larger life, where you shall not lose a beat in continuing your spiritual evolution.

The rhythm of transformation is linked to several things and we shall look at various of them. Firstly there is the, shall we say, outer or non-chosen portion of transformation which has to do with your life-cycles. There is a natural tendency for each cell in your body to be born, mature and pass. And there is a natural time for each part of the experience of your incarnation to flourish and then to make way for a different experience, based simply upon the accumulation of time and experience in your incarnation. You have little control over this particular part of the cycle of transformation. It is part of your body, part of your mind, part of your emotions, part of the natural phases of life.

There is the part of transformation which is involved in very deep and subtle energies, such as the stars in your sky, the sun especially, and the moon. The

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monthly, annual and slowly revolving astrological patterns of your life will have some sway over the rhythm of your cyclical transformations.

And certainly the times that now are upon you, where the fourth density is virtually present, interpenetrating third density, has set you awash in energy tide after energy tide, so that you are constantly being washed with rhythmic waves of truth, love and understanding. This has the effect upon anyone who is at all sensitive to these energies of creating a more lucid ability to look at the mirroring that is going on in your particular life at this time.

Each relationship which you have gives you a mirror for yourself. Just as in your dreams, each character represents a portion of yourself. So, in the waking life each interaction with another entity shows you the mirror of yourself, in part, in the actions and behaviors, the thoughts and the concepts offered by that interaction. Consequently, you are constantly seeing portions of yourself mirrored in a somewhat distorted way by those who are in relationship with you.

All of these changes and chances, all of these natural cycles, create a basic default. The human was created to transform. That is the nature of the self-conscious, physical, mental, emotional and spiritual being that you are. That is your potential and that is your destiny: change from one form into another, from one kind of thought into another whole paradigm of thought. You cannot help but progress. So you may feel easy about whether or not you are changing, whether or not you are being successful at transforming. It is inevitable for you to go through transformation upon transformation and you do not have to push or thrust yourself towards transformation. You may relax in the knowledge that it is inevitable.

Then there is the part of the transformational experience which has completely to do with your will, your hunger, and your thirst for understanding and truth. The more passionate that you are about seeking the truth, the more you are able, as a metaphysical entity working in time/space, to have an effect upon the pace of your transformative rhythm. It is entirely possible for an entity who is awake and conscious and aware of the process of change to accelerate the pace of that change by quite a bit.

The fundamental transformation of a human being within incarnation is from that spiritual childhood of feeling that one is tossed about by outside forces and dependent upon luck and chance for the road one is on and the road one may choose to be on, to a more mature spiritual awareness in which the entity has taken responsibility for the occurrences and events of everyday life, realizing that in those very events lies all the grist needed for the mill of transformation.

Consequently, if a seeker wishes to maximize the opportunity for accelerating the rate of spiritual evolution within this refinery of souls which is third density, the seeker may decide to begin to hone and focus his efforts by the focusing and whetting of his appetite for the truth.

The most effective tool in working towards transformation is the self-conscious living of the life. We are not talking about those who mull endlessly over every detail of their life and thought throughout each day, but rather we are talking about the most effective way to work towards transformation. The most effective resource is one's own ability to observe oneself without affecting that which is being observed.

The one known as Jim spoke of being aware that in transformation it was important not to judge. And this is the kind of objectivity about which we are speaking. It is indeed important, indeed central, to refrain from judgment as one goes through the collecting of information about the self that is necessary in order for the self to be offered up and thus become empty enough to have the space in which to transform.

It is ironic, is it not, that in the search for truth the answers lie not in discovering that which can be known, but in discovering that the secrets to the mystery of transformation lie in unknowing and faith. Faith is the most powerful force in the universe, it being another name for realized or positively realized love. You live in a universe made of love. The original Thought was a Thought of unconditional love.

As you transform, the core of your transformation is an awareness that has not been there before about the nature of your central or deepest self as being part of love itself or the creative principle, which is the one great original Thought of unconditional love.

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As you become full of new information that brings you to a place of transformation, you suddenly discover that you are no longer full. You discover that this very fullness and sense of new life tips you into the corresponding and balancing awareness of oneself as knowing nothing. It is a devastating portion of transformation, this realization that nothing is known and that nothing can be known within the illusions of the Earth world.

Yet as one moves through that which has been called the Purgative Way[115], one becomes aware that one is utterly empty. And there is a kind of purity in that emptiness that is powerful. You become the Holy Grail which you seek because you are that cup which is now empty or that hand outstretched which has nothing in it, ready to receive that which is new, that which comes from the great original Thought to transform you as a creature so that you have become that which is new.

Then that cycle begins again, where you start from a new place in the spiral of evolution. It is if it were, in a flattened spiral, the same place you have been before in this incarnation. Yet, because it is an upward spiral, you are always moving to that place you were before with a new mind, so that you meet that repeating theme or those repeating themes of your incarnation from a new place of observation and experience.

There are themes to most entities' incarnations, recurring leitmotifs[116] of the music of your life. For this instrument, for instance, the theme is the study of how to offer love without the expectation of return. It is a powerful lesson in that one learns again and again that one's life is not the life of one who reacts, but one who offers from the creative or generative heart that which is given without any expectation of anything in return.

Once one has begun to learn this lesson, one can begin to see how transformed one's life is by the ability to live as a part of the godhead principle; as one who is willing to let love flow through him. It is one of several very common themes for those who have come to this planet in order to be subject to the athanor[117] of experience. Each experience which one has becomes a source of possible catalyst. And as one pays more and more attention to one's catalyst, one becomes more and more able to recognize these recurring themes of incarnational-level lessons that are part of each entity's life in a unique way.

No two entities have the same exact incarnational lessons, for each has chosen those lessons carefully. Consequently, each person, as he transforms and becomes a new person, is offering an energy that has never been offered before in the infinite annals of the creation, for each transformation is from one unique being to another equally unique being.

We thank each for the power and the beauty of the energies which are being run during transformation. The courage of each in being able to go through these dark nights of the soul and to see the magical nature of the self is greatly appreciated by those of us who do not dwell within the veil of unknowing, but have access to the truth in a much less veiled way.

It may help those seeking to maximize their ability to be transformed and transformational beings to look at the essence of the shaman's experience. The shaman, whatever his nationality or culture, is basically that entity who chooses to go through the death experience while remaining alive.

Those of Ra spoke of the shamans of the time of Egypt, who used the pyramid to go down under the pyramid into that catafalque-like place where sensations were numbed and an entity was closed up from all incoming experience, thus mimicking the death process. After days spent within that tomblike place under the pyramid, the experience of death had been well met and the entity was then able to observe life with a delight and an appetite that would not have been available to the one who had not experienced that death of the senses, the death of sensation, the death of stimulation, shall we say.

The great vigor available to the shaman comes from that entirely organic and spontaneous delight which one who has been dead takes in life, after experiencing the deprivation of the dark night of the soul. Whether by the vision quest or by the steam

[115] St. John of the Cross is the church figure who most famously wrote about the medieval concept of the three ways or states, The Purgative Way, The Illuminative Way, and The Unitive Way. Another phrase for The Purgative Way is The Dark Night of the Soul. In this phase of development, the seeker empties himself of all the old matter of ego and culture to prepare himself for illumination.

[116] A leitmotif is a theme or melody that recurs throughout a musical piece to denote a character or a concept.

[117] An athanor is an oven used by the medieval alchemist to transform base metal into gold.

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and the heat of a sweat lodge, or by any of those transformative experiences that can be found throughout the various cultures of your planet, there is the completely novel experience of new life, new growth, new hope, and new beingness.

With each transformation there is more of an appreciation for the gift of awareness and an ever more transparent ability to allow things to move through one. One becomes a radiant being, not because one has more light within the self, but because one is more able to allow light to move through the energy body and out into the world. It is not that one becomes a more powerful ego, but that one has allowed to drop away from the self many things which were either blocking or dimming the light which moves through each entity within creation.

As entities become more spiritually mature they become more and more aware that they do not know anything. They become more and more aware that they are living in the now, and that this now is a beautiful, magical, wonderful moment, wherein two worlds meet, the world of phenomenal experience and the world of infinity and eternity.

They become aware of themselves as a place where these two worlds may express at the same time. They are embodied spirits and may feel both the day and the night, the heat and the cold and all of the dynamics of opposites that create the world of male and female, the Earth world. At the same time they are able to feel the energies of infinity and eternity move through them and create that consciousness which only time/space and timelessness can offer.

Gradually an entity becomes aware of himself as one who plays in the waters of time, much as an otter plays in the pool, leaping and jumping for the very joy of movement, rejoicing and enjoying water and the sunshine and all that occurs in the rhythmic cycles of play. It is not that one takes oneself less seriously in terms of being willing to spend the life dedicating the self to the infinite Creator and to service to others, but rather it is that the burden of being a serious seeker falls away before the very organic and natural, lighthearted and merry vision of oneself and awareness of oneself as a creature of the one infinite Creator, not striving, but being. The feeling becomes almost one of curiosity. "Ah, I am in this present moment. Creator, where shall you toss me now? What is your will for me this day?"

We would at this time pause to ask the group if there are follow-ups to this central question before we take other questions from you. We are known to you as Hatonn and we now pause.

A: I have a follow-up question. Is Don Juan Matus, the teacher of writer, Carlos Castaneda, real? Can you talk about him as an entity and a shaman?

We are those of Q'uo, and are of aware of your query, my brother. Because this question is part of your active process at this time, we find that we would be influencing you unduly were we to comment directly. We can, however, offer some thoughts connected with this query having to do with spiritual principles, if that would be acceptable to you, my brother.

A: Yes, gladly.

We are those of Q'uo, and therefore are able to proceed in some way. We apologize that our desire to maintain our polarity causes us to refrain from more specific information.

One spiritual principle involved within your query which may be helpful to you is that of truth being untouched by its vehicle. That is, the question of whether one such as Don Juan Matus or Jesus the Christ or Zarathustra was real is irrelevant to spiritual seekers. Each thought that has been thought by any entity in creation has a reality. It has a vibrational nature. Depending upon the intensity of that thought, its life may be tenuous or powerful. And if a group of entities are working with the construct of a Don Juan Matus or a Jesus the Christ or a Zarathustra, then the thought forms connected with this entity build up and have a life of their own, with their vibrational characteristics depending upon the strength of those who come to form themselves by thinking along the lines suggested by one of these great teachers.

Another spiritual principle that is sometimes helpful when gazing at the writings of those inspired entities which have written is polarity.

(Side one of tape ends.)

(Carla channeling)

When an entity who is teaching is purely positive in polarity, there is within the teaching a flow of wisdom and compassion which does not have to do in any way with control over others. The magical systems of many of your cultures, including the so-

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called sects of the Christian religion, sometimes contain mixed polarity in that there is the attempt, either by the leader of a sect or a type of thought or by the organization that rises up around a leader or a professor of a certain system of thought, which is hopeful of controlling and manipulating entities or situations.

The positive polarity has no axe to grind, but exists in an energy of faith, love, gratitude and joy. Often wonderful teachings that are very positive in polarity are intermixed with teachings that have strongly moved into the energies of yellow ray, where there is the ability to work in groups. And instead of sinking into the group and allowing the group to express its worship and its practices on a spontaneous and radiant basis, there is the negative yellow-ray concern for the manipulation and disposition of its members, or of situations having to do with entities with whom it is in relationship.

We will encourage the one known as A and all of those who read concerning very helpful and interesting ideas such as the one known as Don Juan Matus offers in his system of teaching, to, again, as we said at the beginning of this session, maintain the most thoughtful discrimination so that you slow down the process of absorption of new material to the pace where you can absorb it in a considered and comfortable manner.

There is often a tendency towards impulsivity when one is surrounding oneself with the thoughts of a new source of inspiration. This impulsivity does not serve the seeker nearly as well as the attitude of being one who reflects and then lets go, and then reflects again and then lets go, so that one gradually deepens one's intelligence concerning a particular system of thought.

There are always pearls that are just for you, but there is almost always surrounding material that acts more as fertilizer than as jewel. So there is that process, when working with inspired material, of slowing that self down who is so eager for the fruits of this system to the pace that enables the seeker truly and genuinely to absorb material in a way that does not rush the fences of intellect and toss one into a situation where one is simply beginning to repeat by rote various things that a particular entity has suggested to be true.

May we answer you further, my brother. We are those of Q'uo.

(Pause)

A: If you are asking me if I want more, I'd just as soon hear a question from someone else.

We are those of Q'uo, and therefore would ask if there is another query at this time?

(Pause)

Jim: Not from me, Q'uo.

We are those of Q'uo, and believe that we have exhausted the queries in this circle of seeking at this particular session of working. That leaves us with regret in a way, for we have greatly enjoyed our ability to be a part of your seeking circle and to experience the beauty of your blended auras. Thank you so much for inviting us to share in your meditation. It has been a blessed experience for us and a wonderful opportunity for us to serve the infinite Creator in the type of service that we have chosen.

We leave this instrument and this group in the love and in the light of the one infinite Creator, encouraging each to seek the Creator in all things and to set the mind upon love, for that is that which is the truth. We are known to you as those of Q'uo. Adonai. Adonai vasu. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Saturday Meditation
January 19, 2008

Group question: The question this week Q'uo is: What is your opinion of the use which ritual magic makes of repeated ritualized behavior to seek and serve the Creator? It seems to utilize the doubling effect in that each repetition of the ritual seems to increase the seeker's desire and purity to seek and serve the Creator. Would Q'uo please describe how we, as seekers of truth, can bring this kind of magic into our daily lives?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. May we express to you our delight at the privilege of being asked to join your circle of seeking and take part in this working.

We are very happy to share with you our thoughts on the devotional life; that is, how to create a life that dwells within the precincts of White Ritual Magic, as the one known as Jim has asked.

However, as always, we would preface our remarks by asking each who hears or reads these words to take responsibility for discriminating as each listens to what we have to say. Take what seems good to you and leave the rest behind. Please do not make the mistake of thinking that all that we say is equally important to you, for spiritual seeking is very idiosyncratic. There will be those thoughts that are helpful to you and those thoughts that do not fit your process as it is. You only need those things that make you feel a resonance and a wish to ponder them further.

If you will discriminate, then that will free us to offer our thoughts without being concerned that we might infringe upon your free will or be a stumbling block in the way of your process. We thank you for this consideration, my friends.

We would further preface our remarks by saying that the basis of all of these thoughts which we offer to you this particular evening is love. One can move into a great many complexities and details in discussing how to live a life that is grounded in love and based upon the awareness that all are one and all things are the Creator. Yet underlying every complexity and every detail is a single, simple truth: the one infinite Creator, and you, and all that there is are one thing. It is a unified creation and the nature of that unity is love. Unconditional love is the one great original Thought that has generated all the seen worlds and all of the unseen worlds as well.

Your question, my brother, moves into that area where the seeker has awakened so thoroughly that he has begun to seek to express the fruits of his new awareness. We do not need to remind each that the prerequisite for working to create a magical ritual of the entire life is an open heart. And the prerequisite for having an open heart is a freely flowing chakra body, with the lower chakras balanced and open and full power moving through into the heart and thence

through the upper chakras and out the crown of the head.

When you become aware that this is not the case, in your momentary estimation of your state of mind, then there is the need to relinquish the magical personality and move into that balancing mode where that trigger which has taken you away from an open energy system and an open heart is identified, loved, accepted, embraced and balanced. Then and only then is it wise to move back into the ceremonial dance of the devotional life.

We use the term, devotional life, because it is this instrument's term for a life in which the principles of ritual magic of the white ceremonial kind are brought into the daily life, and it is a phrase that is easier for us to say. Therefore, please understand that when we speak of the devotional life we are not speaking specifically of a Christian life, or any type of belief system that would be behind living a life of devotion to the one infinite Creator. We are simply taking the shortcut of this instrument's vocabulary for describing the life in which the entity sees not only the possibility but the need for imbuing every aspect of the normal, everyday life with magic.

As the one known as Jim has said, the basic work of the magician is to create changes in his consciousness by an act of will. He does this very specifically in order to serve. There is nothing physical connected with the white ritual magical tradition. All the work that is done is work in consciousness. The work consists of invocation. One invokes one's own magical personality and then one invokes characteristics of the Creator or the Creator Itself.

We may illustrate the principles of this type of magic by looking at the ritual that this instrument calls Holy Communion or the Holy Eucharist. The ritual is conducted by a priest. The priest prepares the congregation by reading from holy works, offering prayers and supplications, and then leading the congregation in a general confession of sins. In this confession, all is laid before the one infinite Creator, given away by the self, emptying the self of all that is past. The priest then absolves those in the congregation, reminding them that Jesus the Christ came to love rather than to judge and that all is forgiven.

Thusly he prepares the congregation for the reception of the Holy Communion. He then turns his back to the congregation, or in some churches simply turns his mind and his attention away from the congregation, and he begins to pray directly to the one infinite Creator.

He remembers the actions of the one known as Jesus the Christ in which the Christ is breaking bread and drinking wine with his disciples. He tells them, "Take this bread; it is my body. Take this wine; it is my blood."

And as he remembers this, with his priestly hands hovering over the bread and the wine he is about to give the congregation, he invokes the presence of Jesus the Christ, that it may enter into the substance of the bread and the wine. Magically, then, it becomes a living host, a living carrier for new life. As the congregation takes this bread and this wine from his hands, again he says, "The bread of life, the cup of salvation," and that repetition brings the energy of Jesus the Christ into the awareness of each of the congregation as they eat the body and drink the blood that has set them free to live a new life, unencumbered by past sins.

We describe this ceremony or ritual to you in some detail because we wish you to see the kind of change that a magical ritual is intended to offer. It is intended to create a change in consciousness, or as this instrument would say, a change in vibration. The intent is to lift the natural default vibration of each of the congregation by invoking the presence of the one infinite Creator in the persona of Jesus the Christ.

The everyday life is not spent in church and in the workaday world. Each seeker must choose to be his own priest. Each seeker is fully capable of taking on priesthood. Yet we would suggest to the seeker who wishes to live a devotional life that he become more and more finely tuned to an awareness of this momentary decision to become the priest rather than the lay person. For there is a qualitative difference between the actions of a lay person and the actions of a priest.

When one is a lay person, one is framing the self without any particular power, metaphysically or spiritually speaking. When one styles himself as a priest, on the other hand, he styles himself as an entity who has become able to handle sacred things and to pray directly to the one infinite Creator and be heard.

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You are naturally priests. The unnatural frame of mind, in terms of your deeper nature, is that of the lay person. Yet your culture has trained you all of your life to give your power away to authority figures such as priests. Therefore, as you set out to live a devotional life, we ask that you take seriously the responsibility of priesthood. When you do not feel priestly, then it is well for you to refrain from expressing the form of any ritual. It is essential that the essence of the ritual precede and inform the form. Otherwise the ritual is dead and does not have power.

It is not necessary, my friends, to be extremely judgmental or overly critical of the self as to whether or not the self is open-hearted and working with an open energy-body system. Indeed, after a certain amount of practice at remaining in this frame of mind of the priest at all times, it shall become familiar enough to the seeker that there is no longer the concern for whether or not one is in tune. This is due to the fact that once an entity has become accustomed to living in a priestly manner, any aberration from that tenor of mind will be all too obvious to the entity and will constitute that which needs attending as though it were a pain in the body.

It is for the beginner that we offer these warnings. We place them here because it is essential that seekers see the difference between actions and essence. One may speak in ritualistic ways and move in ritualistic motions and yet fail to live a magical life because the heart is not open and love is not flowing. As the one known as Paul said, "Without love, I am a clanging gong."[118]

The most intricate of rituals is always founded on love. That is the prerequisite. Therefore, we encourage each to do the work necessary to support a devotional life. There are all too many of your peoples that have sought the life of a religious recluse because of the great yearning for the infinite Creator, yet because the form remained that which was understood and not the essence, the hunger remained and even grew, despite the monastic schedule of six worship services in each day.

That being said, let us look at some ways to think about the devotional life lived in the rush of the workaday world. In a way, it seems an odd fit to make of the everyday functions of life a ritual, yet each and every portion of the life is entirely prone to and grateful for sacred use. In order to illustrate this, we would take an example from this instrument's own life.

Each day this instrument and the one known as Jim come together at the end of their working day for a bath. This instrument has physical limitations which make it helpful for the one known as Jim to interact with her, far more than most husbands and wives interact when bathing. The one known as Jim draws the bath, opens the oils and lotions that will be needed after the bath and places them ready, and invites this instrument into the bathtub. He helps her sit down and together they enjoy their whirlpool and the cleansing of their bodies.

When they are both clean, before they leave the bathtub, the one known as Jim takes two pieces of ice in holders and for two minutes ices this instrument's back, which alleviates the arthritic pain in her shoulders and spine. When this has been done, the instrument lets the water out of the bath and puts the shampoos and other accoutrements of the bath away and then is helped out of the bathtub by the one known as Jim. He helps her rub oil into her body, dries her off and then puts lotion on her body, working to replenish sensitive skin that is always very dry.

At the end of their bath ritual they are both clean, the instrument has accomplished all that she needs to accomplish with the help of the one known as Jim, and in all of that intricate movement there have been no words. For each knows the dance and each makes of the dance as graceful and beautiful a thing as can be conceived by both of them.

Here it may be seen that the form of the ritual is very homely. There is nothing special about the ingredients of this ritual. They are soap, water, oil and so forth. Yet the love that streams between husband and wife, as the one known as Jim helps this instrument with her daily cleansing, is palpable and powerful and supports and encourages each in his own individual metaphysical life.

There are two things that we would note about this ritual before moving on. Firstly, the one known as Carla, during the whirlpool portion of the bath, actively works with angelic presences, mentally expressing her love, thankfulness and joy and rededicating herself to the service of the one infinite

[118] *Holy Bible*, I Corinthians 13:1, "Though I speak with the tongues of men and of angels and have not charity, I am become as sounding brass, or a tinkling cymbal."

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Creator. By doing so, she charges the water, acting as a priestess for both, although this too is never spoken.

Secondly, the dance of the bath moves into the succeeding moments of dressing and moving into the next item of the day in ways which link and tie in the energies of love, cooperation and mutual participation in the dance so that the dance does not end when the bathwater is drained.

In ritual, there are two kinds of form. There is the form of movement and there is the form of words. Behind those forms of motion and speaking lie the thoughts of the magician who is speaking and acting. To a magician there is no empty action. The dance is always ongoing. And at the very center of the dance, always, there is love. The magician invokes aspects of love, standing on a plinth[119] of love, surrounded by love, and seeking only finer and more sensitive attunements of that love.

There are a finite number of movements and words within any day. There are a finite number of repeated activities which lend themselves to ritual. Consequently, to an entity whose mind is focused on filling the form of his day with the essence of worship it is not an exceedingly long process of thought to visualize every single repeated action of a normal day.

Each entity's day will be unique to him. However, the work he does in a day will have certain aspects of it that are repeated. Therefore, the seeker who wishes to create the devotional life in the midst of the workaday world shall set his mind to analyzing each action of his day, at work, at home, and on the road.

The one known as Carla, for instance, has in her work environment the computer. All of her work is done on the computer. The one known as J, on the other hand, has in his working environment various types of large equipment such as mowers, blowers and weed eaters. It does not seem to the untrained mind that computers and mowers would be likely targets for a devotional life. Yet we would suggest to you that whatever the nature of your work environment is, you can fill it so full of devotional essence that your workday world positively sings.

Most entities have a transitional environment between work and home, because of the omnipresence of the automobile or other forms of transit. Most entities work in a place that is not their home. And this, too, is a type of environment that at first glance seems inimical to being part of a devotional life. Yet, we assure you that creative thought about the essence of the time of driving or the time of riding shall offer to the mind of the seeker repeated actions which may be infused with the invocation of deity.

All motions may be thought of as sacred dance. All words may be thought of as sacred ritual.

It is in the home environment, however, that most of the fully repetitive actions of the day are performed. The washing of the clothes, the washing of the self, the preparation and eating of food, the preparation for bed and sleep time and the rising from sleep are all inevitable in their repetition. Consequently they offer the deepest resource for one who wishes to live a devotional life.

This instrument and the one known as Jim have long created times of offering and worship at the beginning and end of the day. They have also formed the habit of remembering before food is ingested to thank the one infinite Creator and to thank the food. These are far more outer in terms of type of ritual than the kind of ritual of which we have been speaking, and yet it is helpful in the devotional life to set aside times that are specifically dedicated to worship. This enables the seeker to deepen his base of insight as time goes on.

It is possible in this way to create of the entire life a dance that is an invocation of the one infinite Creator. The element of repetition is a substantial part of a magical ritual. Something that is done once, no matter how beautiful, remains single. When that beautiful thing begins to be repeated, there is, indeed, the doubling effect; that is, each doing of that repetition with full awareness of its sacredness doubles the power of that ritual.

The one thing that is missing in terms of this repetition, when the priest is creating his own sacred life rather than being a part of a group ritual, is that he is not calling a significant amount of the entities who have shared in that same ritual. For instance, in Holy Communion or the Holy Eucharist, many of the words of that service have been expressed in relatively undistorted form for centuries on end. Therefore, when an entity begins to pray in any one of the key prayers of that ritual, such as—

[119] plinth: a square base or a lower block, as of a pedestal.

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"Holy, holy, holy, Lord God of Hosts! Heaven and earth are full of thy glory. Glory be to thee, O Lord Most High"[120]

—a significant amount of those who have been Christians in incarnation and who are now between incarnations living in the inner planes, are drawn to those words, so that one entity saying that particular prayer can excite and attract a tremendous amount of heavenly help with the repetition of that prayer with heartfelt energy.

Contrariwise, one who is living a devotional life that he has created himself is doubling his own power but not calling a large amount of those who dwell in the inner planes between incarnations with one exception. Angels are not drawn to a particular song or a particular set of words. Angels are drawn to pure essence, having never taken part in incarnation. Consequently, any living of a devotional life will attract angelic help, so that there is indeed not only the doubling effect of amplification of one's personal power, but the supporting and undergirding effect of angelic support and encouragement.

In closing, we would simply say that we cannot iterate often enough the importance of moving from love and from essence in creating a devotional life. If there is not love in the repetition of holy things, then that energy, while not wasted, is diminished in its power to comfort, heal and succor the seeker. Therefore, do not be caught up in the forms of devotional life, but rather be caught up with the emotions engendered by having an open heart and an open energy body and experiencing the self as part of the dance of the One that is ongoing because he exists in that Creation in which all things are indeed one coordinated, eternal dance.

We are those of Q'uo, and would ask if there is a follow-up query on this question, my brother?

Jim: Not for me, Q'uo.

We are those of Q'uo, and would asked then if there is any other query this evening before we leave this instrument?

R: Q'uo, I keep racking my brain for some question because I hate to let you go, but I do not have one, so I'll just say that I appreciate the Brothers and Sisters of Sorrow.

We are those of Q'uo, and are aware of your non-question. Yet you have asked for a little more of our time and because this instrument continues to have energy to offer for a few more of your minutes, we would speak freely, if it is all right with you.

R: Please.

Very well, my brother. There is in this season of the year that is winter much joy in the one known as R, while many others have exactly the opposite feeling about the weather being cold. So there is at all times a multiplicity of people, a multiplicity of opinions, and a seemingly variegated and splintered world where many things seem out of tune and the service-to-self faction of your population dominates the news with wars and rumors of wars, the misuses of power being almost endless.

Yet this appearance is an illusion. Certainly, as the days of third density wane and come to a close, those who are seeking to graduate in negative polarity are working very hard to create as much service-to-self polarization in their lives as possible. These are the entities that gather power for its own sake, that enjoy sending men to their death in the pursuit of policy and that do not blink at lying, stealing and cheating, simply saying, "It's just business."

It is easy for service-to-others entities to become distressed when gazing at what seems to be the way of the world. We would suggest that this seeming way of the world is only large in aspect because of the way your culture values information.

It is as though your mass media functions by a kind of radar which only picks up certain types of vibrations. In terms of your radar imaging, for instances, that which is metallic and magnetic is picked up and shown on the radar as a blip. Many other things are in the sky but the radar does not read them. Radar is set to read the objects which occupy a very small amount of the air and report only on them. Nevertheless, all of the sky is still there.

In much the same way your mass media only pick up as blips those entities which have disturbed the continuum by the misuse of power, whether it be sending entities off to die for policy or whether it be

[120] The Sanctus, part of the Holy Eucharist service which comes just before the Great invocation. There are various wordings of this according to the service used. This particular wording is from p. 334 of The Book of Common Prayer used by Episcopalians in America. The same basic service is in use in the Roman Catholic Church as well.

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one entity who turns and shoots another. These are the things that create and constitute the blips that are reported on in the mass media. Meanwhile, all the rest of human nature remains unreported.

My friends, you are wonderful people. The vast majority of those upon Planet Earth at this time seek with all their hearts to be good people by their own lights. We ask that each of you take the time to be aware of the good people in your life: the person that sold you something at the drugstore or grocery store, the person that helped you repair something that was wrong with your house or your apartment, the person that let you into traffic on a busy street, and the people in your neighborhood whom you see walking their dogs and chatting in their front yards.

Each and every one of these entities is suffering and yet seeks with all its heart to live a good life and to serve others. We ask that you begin to deepen your appreciation of that which lies below the radar and begin to give less power to the loud voices of your media as they report on that which, if it bleeds, leads.

We would at this time take our leave of this instrument and this group, thanking each for creating this sacred space that we may share. It has been a pleasure to speak with you this evening. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai. ♣

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Channeling Intensive 1 - Session 10 - Channeling Circle 1
February 10, 2008

Carla: The plan is that we are going to go through our tuning processes and when we are done, we are going to put up a hand. Actually you don't have to put it up until you see my eyes open and start to look around. And if you are done, put up your hand because I will go through my tuning process also. Is that pretty clear? I am going around to the left.

Do you want to om to begin or can we just start tuning now?

(Group consensus is to go right into the tuning process.)

Let's just start tuning.

(Carla channeling)

We are those known to you as Laitos. We greet you in the love and in the light of the infinite Creator. We are most happy to be called to your circle of seeking this evening and we thank each of you for calling us to join you. It is, as always, a true privilege and honor to be included in your meditation. It is especially an honor and a privilege to be asked to help train the entities within the circle.

We would apologize to the one known as M for we realize that this instrument was not entirely ready to join the circle and yet we felt that it was well that we move forward while the focus of the other entities within the group was at its maximum.

As always we would ask each to evaluate any word that we say to these instruments, for we are not authorities over you but fellow-pilgrims upon the path of seeking the one infinite Creator. We appreciate your discrimination, for it will enable us to speak freely without being concerned about infringing upon your free will.

The one known as Carla has said that we often use the training technique of telling a story and this we shall, indeed, do at this time. But we would first offer remarks oriented to aiding this circle in its first attempt to receive our contact and express the thoughts that we offer.

First of all, my friends, we are most pleased to be collaborators with you in offering service to the one infinite Creator and to those upon your planet who wish to seek helpful information concerning the process of spiritual evolution. We are one with you in that desire and that particular path of service and it is a joy to work with each of you.

Secondly, we would echo the sentiments of the one known as Carla when we say that we ask you not to be discouraged if there is not an immediate feeling of contact from us. The sensitivity to contact varies from entity to entity. However, it is true that once the contact has been accepted, even if there is only a slight feeling of contact, the acceptance of contact in itself begins to build and strengthen the connection of your channel with our source. Consequently, we encourage you to be fearless. There is no judgment for those who are not able to pick up our communication and there is no judgment for those who begin to receive thoughts from us and yet, for

one reason or another, are unable to continue. Please allow this part of yourself which has an ego to die down and be left behind. You are offering your service. You will move as you are able and all speeds are perfect.

We would begin the story with this instrument.

Once upon a time, in a small village at the foot of a great mountain and at the shore of an ocean, there dwelled a young man who had always served in the fields of his father and in the fishing boat of his uncle. His life was a simple one. He hauled the teeming nets at eventide and, when needed in his father's fields for harvest or for especially intense work in cultivating, he walked behind the plow, or behind the reaper or behind the oxen when he was needing to thresh the harvest. He was happy in the sunlight and content in the rain and knew no desire except to live his life out in this small village.

Yet one day, something occurred that brought new thoughts to his mind.

We would at this time transfer this contact to the one known as R. We are those of Laitos.

(Pause)

(Carla channeling)

We are those of Laitos and are again with this instrument. We find that the one known as R has not thought that he is in a position to pick up our contact and so we shall speak a bit further through this instrument and move on to the one known as G.

This entity saw something that he had never seen before. A ship with a sail that he had no knowledge of appeared on the horizon and sailed into his small village, having to moor somewhat offshore because of the shallows. The village rode out in its fishing boats to receive these strangers, and when the strangers came among them, they spoke an unknown tongue.

They were able to make themselves known by gestures and they enjoyed a celebration with the villagers, loading up their water skins, filling the ship's larder with fresh food. And away the strangers sailed. Yet, to the young man there came to be a great desire to know more than he had known before.

At this time, we would transfer this contact to the one known as G. We are those of Laitos.

(G channeling)

We are those of Laitos. We would greet you in love and light. We are having difficulties with this instrument. We leave this instrument. We are those of Laitos.

(N channeling)

We are *(inaudible)* who have a message *(inaudible)* among this group. That message is *(inaudible)*.

(Carla channeling)

We are those of Laitos and are again with this instrument. We thank the ones known as G and N and will continue the story briefly through this instrument.

The young man decided that in order to discover what he should do to act upon his desire to know more than he had known before, he should perhaps scale the mountain and come to the highest place in the area, that he may look over all the lands and the oceans and decide what road he should take to seek further the wonders of the unknown entities who had graced the village with their presence, and had left them gifts before going on their way.

And so, although no one had ever been able successfully to climb to the very top of the nearby peak, he determined that he wished to do so. He said good-bye to his family and set off on the arduous journey, for although the peak looked to be nearby and could be seen by the eye, it was many weeks' journey by foot and there was one obstacle after another in the young man's way. Yet he said good-bye and set out for the adventure to come.

We would at this time transfer this contact to the one known as L. We are those of Laitos.

(L channeling)

We are those of Laitos. The young man in his journey came to a river, one that he could not conceive going across. So he walked upstream, searching another path. Perhaps a tree had fallen across the river and could act as a bridge. Perhaps there were stones that he could reach to cross the river. Perhaps the river came to a place where it was narrower.

However, in his walk up the river he came to a waterfall because the river fell down off of the cliff.

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There was no more walking along the river. There was another obstacle in his way.

This instrument may now pass this channel on to the one known as M. He is more capable of receiving our message. We are those of Laitos.

(M channeling)

We are those of Laitos. We are telling this story of this man and his journey. It should be known at this time that this man realized something within himself. He saw a flash over the horizon that brought him back to a time when he was a child. Although he was convinced that the lightening flashed, it appears that *(inaudible)*. Although this man was *(inaudible)* he realized why he was on this trip.

(G channeling)

We are Laitos. This young man surveyed the situation, as you would say among your people. He could see no way to cross. He could go no farther upstream. He went inland and traveled for three times of sleep when the sun did not shine. After three times of sleep when the sun did not shine, he came to a clearing, a large clearing in which there were what you would call dwelling places. There were people. The people looked like him. He was glad to see them. They did not speak as he spoke. He was able to talk to them by making signs with his hands.

He was taken to a very old man who seemed to be one of great wisdom. He stayed with the very old man for several periods of light and times when the sun did not shine. They came to be able to communicate with each other. One way they communicated was by making pictures and signs with a stick. I pass this story to the one called L.

(L1 channeling)

We are Laitos. We greet you all with love. The young man communicated to the old man that he wished *(inaudible)*. The old man told him that this would be very difficult; that no one he knew had been able to accomplish this in all his years. This inspired the young man even more in his quest to reach the top of the mountain. When he appeared so resolute, the old man told him of a path he might take. He gave him a pouch as a gift on his way, and told him that when he was in danger or lost, he should open the pouch. We are Laitos and pass on to the one known as L2.

(L2 channeling)

We are Laitos. We are having difficulty with this instrument. We pass it on.

(Carla channeling)

We are again with this instrument. We are those known to you as Laitos. May we say parenthetically how pleased we are with this band of storytellers who seek to share love and light through their instruments.

There are many, many ways to approach the telling of the story of love and light, and of the journey that each takes when he has awakened to the knowledge that there is more than meets the eye in his otherwise placid life.

This young man determined at last to move back to the point of the waterfall. He did not know why, in order to go up, he must go down, and yet that was what his intuition was suggesting to him, so he bade farewell to his new friend and kind mentor and made his way back to the precipice over which the waters flowed in abundance and beauty, And barring all fear, he spread his arms and leapt into mid-air, offering himself to the quest that awaited him.

As he did so, all of the colors of his vision seemed to change and become more and more luminous. Suddenly he found himself borne up on the back of a beautiful white bird, so huge that he was comfortably able to sit upon this bird's back. Then, as he flew into the land beyond the waterfall, he found that this magical being was able to speak to him. And he had many questions to ask, so his heart was glad.

We would at this time transfer this contact to the one known as S. We are those of Laitos.

(S channeling)

We are Laitos and we are with this instrument.

(Carla channeling)

We are again with this instrument. We are known as Laitos. We thank the one known as S and will continue for a bit through this instrument.

As he flew towards the rainbow that circled the peak that he had been hoping to reach, the young man asked the bird what it was that made him hunger so

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to know that which he did not know. Yet the bird was silent on this point, only continuing to take him to the rainbow that circled the peak.

And the boy began to muse to himself of all of the wonders that he had seen and of all the new things that had passed before his eyes and accommodated to his experience. He had no answers, and yet he had become something more than he was before. He pondered this mystery of unknowing as he came to the rainbow that circled the peak.

We would at this time transfer this contact to the one known as C. We are those of Laitos.

(C channeling)

We greet you again in love and light. We are those of Laitos. *(Inaudible)*.

(Carla channeling)

We are those of Laitos and are again with this instrument, greeting each in love and light again. We will at this time transfer this contact to the one known as Jim. We are those of Laitos.

(Jim channeling)

We are those of Laitos and greet each in love and light. The young man now felt that the significance of the colors were as a kind of representation of the journey upon which he found himself.

(Side one of tape ends.)

(Jim channeling)

At the ending of his journey, he had learned of the great, bright, red-hot zeal to know what it was that lay beyond his reach at the peak of the mountain, which was barely within his sight. He had experienced great excitation to know, generated by the appearance of those friendly strangers who had appeared in the ship at his village seaside location. As he began his journey, the desire to know became transformed into various hues, likened to the rainbow colors, so that there was a kind of maturation that was tempered by the experience which he was undergoing in each present moment.

Now, as he rested upon the back of the great bird with the pouch given by the elder wise man secured safely across his shoulders, he knew that the journey that he was upon was a journey that would have no end. Though he may, indeed, reach the top of the peak, such a destination was as a beginning, as well as were all destinations. He realized that this journey of seeking upon which he found himself was one which would continue until the day he passed from this illusion and from this life.

He decided that he would open the pouch which had been given to him to see what it was that the old wise man had given to him. As he opened the pouch, he was surprised to find a mirror inside. When he looked into the mirror he saw himself as that which was the seeker and that which was sought. The beginning and end of his journey lay in his hands, in his heart and in his mind.

We shall transfer this contact to the who is known as Carla.

(Carla channeling)

We are those of Laitos and greet each through this instrument.

The young man now burned with a different fire. He burned with the fire of self-knowledge and the keen awareness that all that he sought lay within him. And so he communicated to his feathered friend that he wished nothing more than to go back to the point of his origin. And so it was that the village marveled one day to see the young man walking upon the shore.

“Hey, Uncle,” he said. “Do you need some help with those nets?”

“Hey, Father,” he said. “Is it time for harvest yet?”

His family and the villagers were astounded to see him again, for they thought he was lost forever. “What have you learned? What miracle has brought you to us? What can you tell us?” they asked him, gathering around him and clamoring.

The young man said, “I have seen that those with different languages are yet kind.

“I have seen that those in other places have wise men as well as we.

“I have seen that when I abandon myself to the quest for truth, the truth itself shall come and give me wing that I may go to the place of the highest and the most beautiful.

“And above all, my friends, my family, my beloved, I have seen that there is nothing more precious than you. I have found my happiness.”

We thank each in this circle for working with our technique for beginning to channel that which is not

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already known. Were we, as we sometimes will with you, my friends, to channel concerning love and light directly, it would, indeed, be an easier thing for you to be able to offer some coherent thought, and yet, at the same time, were we to do this, there would be a far greater doubt in your mind as to whether you had actually received that which is our contact. This is the reason for our technique with you. We assure each that each has, to some extent, felt our presence and yet, as this instrument said as she was teaching before this session, it is a difficult thing to determine whether it is a thought of the mind that is yours, or a thought of the mind that is coming through you. For thoughts are thoughts, and you channel your thoughts just as you channel ours.

As you ponder what you have experienced this night, realize that you are, indeed, channels already. May your channel be one of love and light always insofar as you are able to open yourselves to the heart of yourselves, which is love. Love, my friends, is all there is. You are all creatures of love.

We would ask at this time if there are queries that you may have for us. We are those of Laitos.

Questioner: I have a question. Why did I become so incredibly cold before I channeled?

We are those of Laitos and are aware of your query, my sister. The subjective feeling of cold has long been associated, my sister, with the entrance into your space/time of the spiritual presence of time/space. Indeed, there have been times, we believe, that your scientists have discovered there is an actual temperature differential when there is gathered together a group that is able to accept the presence of that which is a metaphysical presence rather than a physical one.

While it is largely a subjective experience, there is an objective component. The experience of that cold is fleeting and does not continue past the time of initial contact. We apologize if our presence caused you any discomfort whatsoever, but we assure you that it functions as a subjective signal that we are, indeed, present with you.

May we ask if there is another query at this time? We are those of Laitos.

C: I have a question. Carla stated that you are of fourth density. Will you describe what the fourth-density experience is like there?

We are those of Laitos and are aware of your query, my sister. The attempt to describe fourth density is made easier by the experiences of those within this circle of seeking. You in third density have at one time or another glimpsed the taste of that land where there is no need to hide the self in any way or to be defended. You have just barely glimpsed the possibility of being unafraid of intimacy, even to having each and every one of one's thoughts known. It is difficult to grasp, from your perspective within third density, my friends, that there is a comfort and an ease that can be experienced when one is completely and utterly exposed. We assure you that there is tremendous comfort and ease in being fully and wholly known, and knowing others fully and wholly.

Your awareness exists with a thick and heavy veil that separates your conscious and physical self from your largely unconscious and metaphysical self, which interpenetrates your awareness as a human being in third density. We do not criticize each of you for being defended, for in your perception, it is necessary. And, indeed, as this instrument has said earlier within these talks during this channeling intensive, there is a goodness and rightness in the protection of drawing limits and affirming one's seeming separation from those who would overwhelm you and remove your individuality.

That situation is that which you came to experience and use and yet at the same time it is that which to some extent you came to transcend. You have many entities in your life who have given you practice at the defense of self against self, and you have some precious few who have given you the opportunity to experience the joy of being undefended in your intimacy.

The great joy of fourth density is that all is, indeed, known and all is accepted. For there is no opportunity to do else when there is not a veil. For it is seen that, beyond all the colors of the spectrum of the personalities of each that you know, lies the white, limitless light and love of the one Infinite Creator.

You have an intense and powerfully difficult experience as third-density entities striving to know love and light, and to live those values of compassion, understanding and acceptance. You make marvelous strides, going far further in one incarnation than would be possible for those in

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higher densities in many incarnations. Our work in fourth density, in the density of love and understanding, is to refine upon the choice that you have made in your third density life, that choice of service-to-others or service-to-self. You make the choice. We refine upon that choice.

To us there is also a physical body. To us there is mating, friendship, work and pleasure. Yet to us, the brilliance of intensity with which you, in your unknowing, have experienced life, is not given. To us is given that which is offered when there is no veil, but only the endless mystery of the one infinite Creator, which offers us constant feedback that we may ever more refine that choice for love, that choice for service, that choice to be one with all.

May we ask if there is another query at this time?

G: I have a query. During the telling of the story, I became aware of seeing what I thought was *(inaudible)* on the screen. When someone spoke ahead of me and said that he went through the waterfall, I wanted to cry out, "No. No. He didn't go to the waterfall. He went to the wise man." I would like any information you can give me on what dynamic was going on there. Did my friend perceive one probability and I perceive another probability? Or was it something different?

We are aware of your query, my sister. We are those of Laitos. Your first supposition is correct. The story that we had to tell was not fully formed within our own energies, for we wished to move with the various individual energies of those in the circle. The moral or burden of the story was known to us and the general direction of the story. And yet, we were very willing to move in that direction which first seemed to come into the awareness of that entity who was channeling at the time.

There is the concept of making a mistake. And one might say that, indeed, the one which channeled before you went in a different path than we had originally intended. Yet, there was no mistake, in that we were perfectly able to work with that which had been altered and to recreate the story with the same moral and the same burden.

The accuracy of a channel is certainly valuable and that for which each instrument aims. Yet, at the beginning, my sister, we consider it far more useful to work with somewhat faulty perceptions in giving instruments the opportunity to feel our energy and to become more and more comfortable with the situation of the channeling. Consequently, there is no supposition of error in any of those who have channeled this evening, but rather the adventure of a new experience and the beginnings of a new skill.

May we answer you further, my sister?

G: Yes. I noticed also that at a certain point, shortly after the story began, I saw on the screen what was going to happen next and then after I began telling the story, I saw nothing. It was as though the story was telling itself as far as I was concerned for as long as I was speaking. I wonder about that. During the rest of the time that I was talking, I had a pulsing in my head that I don't have at this time. Can you tell me the origin of that pulsing in my head?

We are those of Laitos and are aware of your query, my sister.

The pulsing that you are experiencing is a variety of conditioning, that which allows you to know in a subjective manner that you are, indeed receiving our contact. We use portions of your brain that this instrument would call the frontal lobes, and in using those frontal lobes, there is, characteristic to this use, a variety of the sensations that this instrument has described, such as the tingling at the top of the head or at the third eye. The pulsing which you experienced, my sister, is a variety or a variation on those sensations.

May we ask if there is a final query at this time?

S: I have a question. For those of us who attempted to channel the story and were not able to, you have a view from the other side than we see ourselves. Is there any advice that you can give to the group, to those in it who were not able to connect or experience the presence strongly enough, or to have the confidence to channel what was seen or felt during their time of being called upon?

We are those of Laitos and are with this instrument and believe we understand your query, my brother.

When a dozen people attempt to do one thing, there shall be a dozen different levels of readiness to attempt the task. For instance, a group of twelve might play with a game sphere such as your baseball and an instrument to strike that game sphere such as your bat. If you toss each of the twelve a pitch, some will not be able to see the ball. This instrument is one of them. She may, by taking courage, swing, and

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she may, indeed, connect, but her physical apparatus is such that she does not see the ball.

Others may never have attempted to hit a baseball before and so they will be hard put to perform the act with any skill.

Others there are who have varying degrees of experience with hitting a baseball with a bat. They will have varying degrees of displayed skill when they swing at a thrown baseball.

And one or two may have a natural gift for hitting a sphere with an implement designed to make it loft up and go places.

So there will be a seeming variety of responses to our contact, from an inability to perceive it to a facility with it that cannot be explained except by saying that there are some who are gifted.

This does not mean that there are any within this group to whom the ability to channel is not possible. For each does, indeed, have the ability to receive and to transmit our thoughts. Yet, there will be a slight variety in the amount of time it takes each entity to be able to see the ball and swing the bat.

There are many factors involved in being able to channel our words. Some of them are those of personality and natural ability. Others are those of the circumstances of the entity, whether they be fears, preconceptions or opinions, of which, perhaps, those who are working to receive our contact are not even aware.

In all cases, we are thrilled and delighted to work with each and every one of those within this circle as each of you explores this gift, this experience, of channeling. We have a desire to share our thoughts through instruments such as you in order that we may offer the story of love, love unconditional, love unbounded, love eternal, love infinite, to those who are hungry for that message.

They hunger and yet in many cases they do not know that for which they hunger. And so each of you, with your unique personality and gifts, offers to us a different way to tell our tale that is simple and unified. Love is all that there is. And all that there is, is love.

This instrument's energy wanes and so we would leave this instrument and this group in the love and in the light of the one infinite Creator. We are known to you as those of Laitos, and as this instrument has said to you before, we always say, "Do not forget to meditate, even if you only have five minutes."

Adonai. Adonai. We are those of Laitos. Adonai.

Carla: As we let the light that have gathered in the circle go back to its source, let us place in that light our hopes and our dreams and our prayers for healing.

The image goes up. Let the rains fall down. ♣

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Channeling Intensive 1 - Session 12 - Channeling Circle 2
February 10, 2008

(Carla channeling)

We are those known to you as Laitos. Greetings in the love and the light of the infinite Creator, in whose service we come to you this day.

We thank you for inviting us to your second practice session of this channeling intensive, as you call it. It is a privilege and a pleasure to come to join your meditation and share your sacred space. May we say what a beautiful thing it is to see the harmony of your blended auras as you create the sacred space for this session of working?

We thank you for seeking the truth and for setting aside the time not only to seek the truth as those who listen but also to seek the truth as those who serve by being channels for sources such as we. You are a blessing to us! You enable us to perform our service, which is to share our humble thoughts with you in hopes that we may create the opportunity for more people to become aware of our simple message.

That simple message is that at this time you have a choice between the ways of love and the ways of fear; between the life-giving radiance of pure love and the darkness of repression, control and service to self.

We cannot thank you enough for enabling us to offer this information through your channels. We shall attempt to work with each of you at this working. As always, we caution each to use discrimination when looking at our words, or any words for that matter. The authority within you is a far better authority than any outside source, no matter how seemingly exalted or spiritually high. You can only know the path of your own resonance, as this instrument likes to say.

Some of you have asked for stories and some of you have asked for information. We are simply those who would use all kinds of ways to help each of you to become aware of our contact. So at this time we shall indeed embark upon another story. That is the story of the beginning of this creation of which we and you are a part.

At the beginning of creation there was the allness of the One. In complete quiet, resting, that intelligent infinity that is the ground of being. Into this intelligent infinity came that first distortion of the Law of One, which is free will.

We will at this time transfer this contact to the one known as R. We are those of Laitos.

(R channeling)

I am Laitos and we are with this instrument now. We are speaking about love and light

(Long pause.)

(Carla channeling)

We are once again with this instrument. We are those of Laitos. We thank the one known as R for moving forward in the attempt to receive our channel. It may not seem sometimes as though there was progress made, and all seems to be confusion.

Yet we encourage the one known as R, and all of those within this circle, to take heart at each mark of courage, that ability to launch the self into the unknown and to attempt to pick up our words.

The first distortion of the Law of One, so called, which is free will, is a shining entity like the flame of what this instrument calls the Holy Spirit, or like the wind of spirit that goes where it wishes. No one can predict its path. It is this free will which touched the complete placidity of the intelligence infinity that is the nature of the Creator's consciousness and suggested that It might, by creating a world, come to know Itself better.

And so it launched forth that one great original Thought which is unconditional love. In that thought lay the potentiality of all that was to come.

We will at this time transfer this contact to the one known as G. We are those of Laitos.

(G channeling)

We are those known to you as Laitos. This instrument asks us where our thoughts are. We reply that his thoughts are our thoughts. We thank you for the contact.

(Carla channeling)

We are those of Laitos and are again with this instrument. We thank the one known as G for working with our contact and are greatly encouraged that the honesty and integrity of each is so careful and that the ability to perceive our contact continues to be more possible as practice is done.

Our thoughts indeed are with each, and yet are a part of all that is, so that they move from the infinite invisible into manifestation as we are able to touch the subtle springs of your own awareness in such a way to transfer information. We would continue with our thoughts about the creation of the universe, for truly it is a magnificent story.

The one great original Thought is unconditional love; love without any hindrance or boundary; love that embraces and includes all that there is. This love is both fertile and creative and at the same time has the capacity to destroy, so that all that arises and all that sinks into nothingness is alike a part of unconditional love.

This unconditional love in its fruitful and fertile state created the third distortion of the Law of One, which is light.

We would at this time transfer this contact to the one known as N. We are those of Laitos.

(N channeling)

(Pause)

(Carla channeling)

We are those of Laitos and are again with this instrument. We thank the one known as N for working with our vibration and believe that as the practices continue, the vibration of our contact will be more and more easily found, not only for the one known as N but for those within this group.

Light, my friends, is an entity of infinite joy and effulgence, full of the love of the one Creator; full of that fertilized and fructifying[121] energy that moves toward manifestation. And in its turn this light has spun out of itself the vast array of time and space; all of the planets in their courses around all of the billions and billions of suns in the billions of galaxies of your infinite Creator.

Is it not amazing, my friends, to ponder the infinite riches of this distortion of the Law of one which is L? For it is endless in its creativity and to its children, the suns, the planets and yourselves, it gives co-creativity, so that each of you is a creator in your own universe.

We will at this time transfer this contact to the one known as M. We are those of Laitos.

(M channeling)

We are those of Laitos. We desire for you to understand the impetus which caused the Creator to decide upon self-expansion. In order to understand this concept we give to this instrument two separate distinct images. The first is of children playing on a summer day. Laughter abounds. There is serenity, no worries and pure bliss.

The other image is of a simple tree, growing in an orchard with no other trees around it. The Creator, feeling the desire for self-expansion, insisted on something occurring. But without the struggles and linear growth, as that of a tree in an orchard, It would gain no self-awareness or understanding.

[121] fructifying: bearing fruit; making productive.

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We would now transfer our contact to the one known as G.

(G channeling)

I am Laitos. We have been speaking of the history of creation and certain elements of creation have been identified. One element of creation that has been identified was that of love. Another element that was identified as part of creation was light. Another element that has been identified is the element of sound. So three of these elements of which we know, love, light and sound, have created universes over what would be considered to be eons of your time.

Certain globules of material that was not solid eventually amassed into solid forms. Others did not. Certain energetic patterns of attraction were set up which became planetary systems, as you would call them in your language. Eventually certain energies coalesced into forms which contained consciousness. These consciousness forms evolved over many, many of what you have called eons. Eventually there were consciousness forms that developed which had physical bodies. Other forms became what we would consider to be, in your terms, members of the animal kingdom.

I now transfer this communication to L1.

(L1 channeling)

We are Laitos. In that swirling of sound like vibrations, universes were created along with other beings, all extensions of the one Creator. Sounds were able to create different levels. Some were energy forms. Others had more dense forms. These in turn formed other forms, light. On a fourth-density planet each of us is given the opportunity to create new forms, sometimes physical forms, such as children, sometimes animal forms, such as dogs. These in turn shape new ways of thinking and new ways of doing.

These forms created more and more variety of the One, and so there is continual expansion of knowledge, experience and joy. We now pass this contact on to the one called L2.

(L2 channeling)

We are those of *(inaudible)*.

(Long pause.)

(Carla channeling)

We are those of Laitos and are again with this instrument. We keep interrupting our story of the universe because of wishing to compliment and encourage each for their very solid and substantial work in opening their channels to our humble thoughts.

The group of children playing are children of love. The planets are children of the suns and each of you is a child of your planet, being co-creator and ready to produce children of your own thoughts. And yet the plight or the situation of each entity who seeks is indeed like the lone tree who must grow from its own roots and reach toward heaven with its own leafy hands. The other trees cannot grow for that tree but must leave each to its own growth and to its own pursuit of the truth and of consciousness in its most elemental form of unconditional love.

And so each has come through eons and eons of time and space; through experiences of being light, of being sound and of being the elements, plants and animals. Each has those parts of memory that lie beyond the veil within its deepest consciousness; the awareness of all the universe. And yet now, at this very precious moment, each of you has chosen this sun, this planet, and this incarnation to be alive and to seek.

And what shall each seek, my friend. We will at this time transfer this contact to the one known as T. We are those of Laitos.

(T channeling)

We are Laitos. The one known as T is sure that this contact is made; that the sensations in his body are of our doing. And the question has been asked, "What do we seek?"

We seek beyond that which we see before us. We seek always beyond the veil. We seek always beyond ourselves, at whatever level. We seek divine truth. We seek that which is our essence. We seek that which is the Creator, which is, in turn, ourselves.

Our evolution, our movement through time and space, as has been said so many times, is no journey, but yet at the same time it is the greatest of all journeys. We move through this creation. But infinity is beyond all understanding. F foreverness and eternity are beyond all understanding. We give thanks to the One for this most beautiful experience

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that is most simply called life, and that we don't even understand. We are Laitos. We transfer this contact to the one known as S.

(S channeling)

We are Laitos. In a moment of time there is also the possibility of reaching for another mode of opportunity and light. Following the heart, inside the mind will come new thoughts and understanding and living a life in greater service with the Creator. We now pass this contact to the one known as L.

(L channeling)

We are those of Laitos. This instrument is being shown a picture of a squash and the concept of heart. The squash is representative of the heart. Inside the heart are the seeds of all of us. The heart is the Creator. The heart pumps and the seeds spread across the land. Each one with its own free will may grow as it pleases.

This instrument is having difficulty understanding the concepts that are given. We are still working with her. We would like to pass this contact on to the one known as C. We are those of Laitos.

(C channeling)

We are those of Laitos. We are with this instrument now. Love lies at the heart of all things, all elements of life, of light, of sound. All of the senses have taken eons to create and to culminate. This is the beauty and the intensity of this creation. For it is difficult to show a tree that it is a tree. It is difficult to show a child that it is a child. It is difficult for us to show you that you are the Creator and that you are all things, all together. We see the beauty of the Creation at all levels.

You are awakening to know the deity in your hearts. We see this planet with great joy. We wish to share the joy that we have been given of this knowledge at this time. We will transfer our contact to the one known as D. We are those of Laitos

(Side one of tape ends.)

(D channeling)

(Inaudible)

(Carla channeling)

We are those of Laitos. We would thank the one known as D for receiving our contact and again, we assure not only D but all of those within this circle that in this, as in many endeavors, practice is very helpful. Repetition is very reassuring, as the channel that you have begun to open can then become more refined in its opening each time that the effort is made.

We would transfer this contact to the one known as Jim. We are those known as Laitos.

(Jim channeling)

We are those known as Laitos and are with this instrument. The great work of the one Creator is the work that each of you shares; that is, to know the self, to know the Creator and to know the Creation. All is contained within each portion of your being, and your being is all that there is. These seem like simple truths, yet no more profound statements can ever be made. Your science may explore into the most diverse and obscure regions of any portion of the creation and discover the most amazing truths, laws, theorems and applications of such. And yet at the basis of all such discoveries is the simple truth that all is one; that we all exist in one creation and we are all portions of one Creator. Through each experience does the Creator know Itself and through each experience you know yourself as the Creator. Thus the great work goes onward into infinity, from infinity, in all directions, at all times and in all places.

We thank each for being a part of this circle of seeking and working this day. We are most grateful to each for allowing us to speak through each instrument. It is a great honor. We cannot thank you enough for offering yourselves for this service. At this time we shall transfer this contact to the one known as Carla.

(Carla channeling)

We are those of Laitos and are again with this instrument. It is with joy that we open this session to any queries that you may have at this time. Does anyone have a query for us at this time?

L: What was the concept of the squash. What were you trying to convey?

We are those of Laitos and are aware of your query, my sister. Indeed, my sister, you had the concept that we were attempting to offer. The concept of the squash with the seeds inside is, as you said in your channeling the case for all hearts that are open to the

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fertilizing influence of the one Creator. You are all parts of the true vine[122], that vine which is of the Creator. As this instrument has learned from her childhood's spiritual teachings, that true vine is the vine of unconditional love or Christ-Consciousness.

And so each of you, in the ripening and harvesting of your own thoughts, can only, through the process of ripening and harvesting and the drying of the fruit, become able to shake the seeds out, that the seeds may then be spread, thought by thought, as you go through your incarnation, offering your thoughts and feelings to those with whom you may have congress and interaction.

May we answer you further, my sister?

L: No, thank you.

We thank you, my sister. May we ask if there is another query at this time? We are those of Laitos.

G: Laitos, I have one. When attempting to channel, my thinking was that I would break the inertia, and as Carla says, put my ass over the line and speak the initial words From there I was hoping to sense the contact and speak what were your words. I did not. Can you tell me what the status of my channel was or what particular blocks I had to receiving your contact?

We are those of Laitos and believe we understand your query my brother. You, in common with every channel in this circle and every human upon your planet has a characteristic restlessness of spirit, a characteristic tendency to flit upon the top of the waves of seeking. The activity that you experience is excellent and of good character. However, that which may perhaps be lacking is that end to restlessness which abides in the One. This abiding is the result of coming to believe with utter confidence in the self, so that there is no longer expectation, impatience or restlessness but only the waiting for the next seed of thought from the one infinite Creator.

The challenge for each who seeks to pick up these voices such as we are, is that of laying down expectation, thought, and all human processes so that the configuration of mind which you enjoy is entirely that of the slate waiting to be filled with writing.

It is a matter of practice, my brother, for each to be able to come through the maze of one's characteristic distortions, such as restlessness, lack of confidence, feelings of unworthiness and the fear of mistaking our thoughts, in order to proceed quite naturally with the automatic and instantaneous expression of that thought which comes into the mind. That is the characteristic skill of channeling; that ability to enter into the speaking of the thought that is given, the image that is given, or whatever you sense is given.

That being said, my brother, it is entirely well that, perceiving nothing, you did not offer anything. That speaks very well of your integrity and your dedication to creating of yourself not simply one who can mimic the part of a channel but one who truly has become an open channel for the love and the light of the infinite Creator.

Always remember that the vocal channeling of our thoughts is a special case of a more general situation. In that special case, you are offering our thoughts, seeking wisdom or inspiration from energies which await beyond the veil, beyond the gateway of intelligent infinity. Nevertheless, in all that you do and say you are already being a channel for love and for light, as you become aware that it is possible for a human being such as yourself to seek the light, to see the light, to serve the light and to share and radiate the light.

May we ask if there is another query at this time or if the one known as G would wish to follow up? We are those of Laitos

G: No, the one known as G would wish to go get the soup ready. That is all.

(Laughter)

G: Thank you, Laitos.

Questioner: I have a question of Laitos.

We are those of Laitos and invite your query, my sister.

Questioner: I'd like to know how you experience us in this channeling circle. Can you see us in physical

[122] *Holy Bible:* John 15:1-5: "I am the true vine, and my Father is the husbandman. Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit. Now ye are clean through the word which I have spoken unto you. Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine, no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."

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form or simply in energetic form? And the second part of that question is, are you simply energy or are you currently in an incarnation, within our Logos or without?

We are those of Laitos and are aware of your query, my sister. Firstly, we see each of you as your energy bodies, and more specifically as the readout, shall we say, of your violet ray. That is your identification to us, and that identification is as clear and unmistakable as a physical fingerprint or footprint. Your energy body is your fingerprint, shall we say, in the metaphysical world. Your vibratory rates combine to create one complex vibration that is unmistakably and unutterably unique as you.

As to our situation, my sister, we are those of fourth density and have a physical body which is far lighter and not chemically oriented as is yours. Yet it remains a physical body which we may clothe as we wish, as far as how we look and how our bodies are shaped and so forth. In terms of connecting with you, however, we exist in thought form alone. We have placed our social memory complex's form within the inner planes of your planetary nexus of inner and outer manifestations, chakras, densities and so forth.

We are in the fourth-density sub-density within the inner planes of your Planet Earth. There are endless sub-densities within the inner planes, in which reside those who are discarnate yet part of your planetary population, and also those who come from elsewhere and wish to serve those of your people.

May we ask if there is a further query, my sister, as you follow up on this concept?

Questioner: Not at this time, thank you.

Questioner: I have a query. What spiritual principle would be helpful for me in becoming a clearer channel?

We are those of Laitos and are aware of your query, my sister. The spiritual principle which applies in attempting to become a clearer channel is that principle which may be seen to be quietness or confidence, that realization or assumption that all is well.

There is always the temptation to reach for what you feel is needed in life, whether it is on the physical level or the metaphysical level. And there is certainly much appropriateness to this reaching. For is it not the function of desire and will to reach?

Yet in terms of channeling and in terms of spiritual work in general, it is far better to form the intention, hone the desire, firm the will, and then release all thought of what you as a human being feel would be the way to realize this will with desire, and instead offer to the one infinite Creator all that you are and all that you have. In quietness and confidence know that the consciousness that is at the heart of you knows all that there is to know, has all that it needs to have. It is capable, as you relax and embrace the present moment, of moving into that present moment to express, with the utmost of clarity, that which is able to come through you without coloration because you have relaxed, you have embraced the moment, and you have opened to that which is instantaneously and spontaneously coming through your channel at that time.

There is no need to reach or grasp in the house of the Father. There is no need to hold or conserve in the work of the one infinite Creator. Love is always infinite and fully available.

Is there, at this time, a final query for this instrument? We are those of Laitos.

M: I have a query. Does Laitos hope for or try to convey more detail in the concepts that were given during the channel about the tree and the children.

We are those of Laitos, my brother, and are aware of your query. Indeed, had there been the possibility of moving forward with these images, the hope of our group would have been to develop each of these images in a way which would feed into the flow of the channeled message. Through this instrument, at a point later in the session, the imagines were indeed picked up again and developed, perhaps not as you, with your precise personality and tuning, would have developed them but in a way which was equally compatible with the development of this particular offering of thoughts through you to the world.

There is, however, much to be said in praise for your ability to receive these images and to work with them as you were given the energy and the light to do. We assure you, my brother, that as you repeat these exercises, these various details and transient phenomena of the channeling process shall become more smooth and less utterly confounding. We congratulate each in this circle for moving forward

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so well, so quickly. Even those who have not been able to channel our thoughts very well, in their own opinion, are moving forward very well in terms of their own natural rate of development.

As always, we would remind each that there is not a common speed of development in this or in any other art, but each entity shall develop perfectly according to his own time-line.

We would at this time leave this instrument and this group, thanking each for the delight of working with you and looking forward, as we see you all intend to do, of speaking through you and with you at a later time.

We are those known to you as Laitos. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Channeling Intensive 1 - Session 13 - Closing Meditation
February 10, 2008

Group question: Q'uo, we have two questions. Firstly, thinking about how close 2012 is, and how most of the people in this group are just now learning channeling, we're wondering what we can expect to be our service in these last few years if we're learning channeling and wish to be of service to others via that channeling art.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings, my friends, in the love and light of the one infinite Creator, in whose service we come to you this day. It is such a pleasure to be called to your circle of seeking. We thank you for this privilege and pleasure and assure you that your combined auras as you create this sacred space for this session of working are simply beautiful. We are most happy to speak with you this day upon the question of what place channeling has at the end of this third density and the beginning of fourth.

As always, we would ask that you monitor your own reactions to our thoughts and take only those thoughts from what we say that resonate to you, so that it is almost as if we had said something that you already knew but had perhaps forgotten momentarily. That is the kind of resonance that makes for very fruitful work. It is an empty exercise to attempt to learn those things which do not resonate to you. We would much rather that you leave those thoughts behind. For we do not expect to hit the mark with every person, all the time. We only give thanks that we have the opportunity to attempt to share thoughts that we hope will be helpful to you as well to us.

You ask about the channeling that you have been working on this weekend. You ask precisely what use is it, given that there is little time until 2012. And we would answer that in two ways, my friends.

First of all, we would discuss its use within what is left of your third density, those precious five years between 2007 and 2012. You have just begun that five year period as of 2008. In that five years, you will be able to build upon that which has gone before you. That which has gone before you was begun long ago, in the work of Jesus the Christ and those which came after Jesus the Christ who wished to speak of unconditional love. There have been many voices among your prophets, priests and seers, and each voice has spoken to certain entities and helped those entities to awaken.

In this present time, as some of you have mentioned in your discussions moving around the circle before this meditation, this group has been consistently offering a voice of love and it continues to do so at this time. At first this voice was heard by very few. It would surprise this instrument and the one known as Jim to know how far the voice of love that they have been able to offer through their instruments has carried. It has indeed carried to the ends of the Earth. It has done its part in bringing the planetary population of Earth close to a tipping point.

The one known as C has spoken of the "Hundredth Monkey Effect"[123], and we would speak of that as well. From the hunger of a few who wished to seek the truth, there has been given as gifts from person to person and group to group, that same hunger. It is an infectious hunger, and it spreads because the nature of third-density entities is to have that hunger. And so that hunger keeps surfacing, no matter what else is occurring within your culture.

And as the energies of repression and fear have moved heaven and earth—literally—to bring the planetary population to a point of permanent fear and submission, they have, in effect, shot their bolt. They have come to the end of what they can do with fear, violence and war, whereas the voice of love has only just begun. So the purpose of channeling during this last five years is to continue that spread of positively oriented material which may be of help to those who are seeking spiritually in the polarity of service to others.

As the one known as Laitos said earlier in this weekend, each voice that offers to channel our words is unique. Each is as a certain kind of stained glass window that has colorations that to each of you may seem to be defects of character, limitations of spirit. And yet we say to you that those self-same quirks of character and spirit that color your thoughts give a pleasing color to our voice of love. And as you attempt to speak our words through your instrument, you shall create new stories, new ways of saying that one simple statement, "All is one, and that one thing is love."

It is a great blessing to us when there are new entities through whom we may speak. And so we thank each of you for the attempt to open your channels. We thank you also for your courage and your integrity. It is important to offer these thanks to you for you perhaps do not feel very courageous. And yet to break free of the taboos against speaking thoughts without knowing ahead of time what they shall be or how they shall develop is a great departure from those rules of safe conduct of your culture. We hope that as you continue to develop your channel and to serve in this way, you shall find satisfaction in your part in bringing this tipping point ever closer upon Planet Earth.

We realize that it is difficult to imagine what shall happen after the year 2012, since that is when third density ends and fourth density begins. And we can only describe to you that which is to occur by asking you to realize that all of the densities of Planet Earth within this octave, one through seven, are nested together and interpenetrate each other, much as the various channels on your television set are nested together, being picked up by the same transmitters and receivers and being available by the turn of the knob from one to another to another.

Indeed, there are those among your peoples who are able to switch from the channel of third density to the channel of fourth density now, and who can somewhat reliably report on the development of fourth density. Fourth density, indeed, is fully formed at this time. Because it would violate the free will of third-density entities, fourth density chooses not to be seen, not to be visible to the five senses of your human bodies. Yet it is impossible to eliminate or hide the vibrations of fourth density, which are interpenetrating third density at this time.

Indeed, it is not even desirable to attempt to hide or remove these waves upon waves of fourth-density energy. For they are another part of that which is enabling the last of those who would be harvested at the end of third density on Planet Earth to do their work, to proceed, and to polarize to the extent that they shall, with no trouble whatsoever, walk the steps of light that lead into fourth density.

However, third-density Earth has absorbed a great deal of the accumulated neglect that speaks to the racial karma of many, many of those who are upon Planet Earth at this time, who have come to this planet from planets in which their own third density was interrupted by their removing the ability to live a third-density existence on their home planet. In some cases they have even blown their planet to smithereens. In other cases they have simply rendered the planet or, in Atlantis' case, the continent, uninhabitable.

There has been an ever-increasing energy among those who are incarnate upon Planet Earth at this time towards desiring to retake the reins of

[123] The "Hundredth Monkey Effect" is a phenomenon in which a learned behavior spreads instantaneously from one group of monkeys to all related monkeys once a critical number is reached. By generalization it means the instant, paranormal spreading of an idea or ability to the remainder of a population once a certain portion of that population has heard of the new idea or learned the new ability. The story behind this supposed phenomenon originated with Lyall Watson, who claimed that it was the observation of Japanese scientists.

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stewardship of Gaia, of Mother Earth, and to administer healing and restoration to the planet which has been so loving and so good to them, and has been their home. And this shall continue for some hundreds of your years to be that great work which many who graduate from third density wish to accomplish before they move on into other lessons.

So, at this time there is a tremendous energy of new life and new growth upon your planet, due to the influx of fourth-density wanderers from your own planet. Those of you who have children know that these children are qualitatively different than the children that perhaps you knew as a child, or those children which have lived here in centuries past. These are children who are able to run third-density energy and light and fourth-density energy and light. Therefore, to them the veil is much thinner, and the truth of love is much more obvious.

So, within these days when 2012 has come and gone, information such as is collected and offered for sharing by this group shall be increasingly helpful because there will be far more interest in the spiritual as opposed to the religious. And those words which speak to the stewardship of the planet, as well as those words which speak of unconditional love and the oneness of all things, shall be as meat and drink to those who are searching for the way to be of maximum service at this time.

Many and many are those who are incarnate at this time as fourth-density wanderers from third density Earth. They have come back for the reason of stewardship to the planet, and within this next five-year period, for the lightening of Planet Earth and the maximization of the harvest of Earth.

This is that of which we see as a valuable service, and we are ready to offer our thoughts through instruments such as this one not only until 2012 but as long as there are those entities upon Planet Earth who are devoted to the restoration of the planet and to the healing of the nations.

Shall you in one fine, strong moment be able to change the face of the Earth? Naturally, it is extremely unlikely. It is likely that those who are polarizing towards negative graduation shall continue to hog the news, the headlines, and the avenues of power on this planet. And yet the vast majority of the population of Planet Earth lives without regard to the avenues of power, looking for truth, justice, liberty, beauty and all the fourth-density values within the humble pages of a humbly-lived life.

And it is precisely within those humble pages, within those humble lives that your service lies at this time as a channel. For to those who are seeking, it is a great blessing to find material that speaks directly to that which is on the hearts of those who are seeking. We do not pretend to think we hit the mark all the time with that which we have to offer through instruments such as this one. However, we devote our entire energy to the attempt, and we thank each of you who wishes to aid us in bringing through these words of love, light, compassion, beauty, peace and power.

Many institutions may fall by the way, as various inconveniences continue to occur among your people. That which shall not fall away is the love and the light of the one infinite Creator. And while there is this wonderful tool of what this instrument calls the internet, while it is possible to make things globally available, this is the golden time for material such as this to be developed and shared.

Is there a follow-up to this query before we ask for another question? We are those of Q'uo.

N: Q'uo, with respect to your giving us the date of 2012, is this not considered as specific information? Would this not violate the law of free will?

We are those of Q'uo, and believe we understand your query, my brother. Were there to be no other source of information concerning this date, there might indeed be a concern on our part regarding offering such information as the precise date of the turning of the wheel for your planet from third density to fourth.

However, as it happens, the longstanding and widely respected work of astrologers upon your planet has for many of your centuries offered this date as that in which in one age, the Age of Pisces, turns to another age, the Age of Aquarius. There is also, as you are aware in this group for you have discussed it, the calendar of the Mayans, which also points to this date as the time when the central sun lines up in just a certain way with Planet Earth and the Sun, so that there starts a new Day at that time and the old Day is ended. Further than that, there are other sources, which have targeted this particular time as that time at which there is a shift in consciousness. Therefore,

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we have long confirmed these suppositions of those who came to us and questioned us as to the centrality of this date.

May we answer you further, my brother?

N: No, thank you very much, Q'uo. I send you my love in the name of the one infinite Creator. Thank you.

We thank you, my brother. Is there any other follow-up to this query before we move on to another question? We are those of Q'uo.

C: I have a possible follow-up to that. You say that in 2012 there will be a shift of consciousness. Will that correlate with the Hundredth Monkey theory? Will what the planetary consciousness comes to depend upon the consciousness of the wanderers who are on this planet and where they are on a conscious level? Will that be where the population goes to when they shift their consciousness?

We are those of Q'uo, and believe we understand your query, my sister. There is a certain amount of confusion and we are apologetic that we have caused confusion. Let us see if we can untangle two different strings of thought.

When we referred to the tipping point and the Hundredth Monkey Effect, we were not referring to 2012. We were referring to the natural spread or infection, if you will, of the planetary population with what this instrument would call a new paradigm: a paradigm of unity and love, a paradigm of peace. This new paradigm is completely outside the box, shall we say, of the culture that exists upon part of your planet at this time. That is, the part of the planet that is as this instrument would say, civilized, although that term could be questioned.

The role of the wanderers in these latter days, beginning perhaps fifty years ago now and coming to this present moment, has been to accelerate the speed at which the consciousness of Planet Earth was lightened and was lifted from the darkness of oppressive and repressive thinking, which focused upon early third-density behavior, such as defense and aggression when resources were considered desirable.

The new paradigm is that in which entities share and share alike, in which entities love each other, become harmonious with each other, and create one world of peace and prosperity. That kind of prosperity does not create huge differences in estate but rather tends toward that happy situation of there being enough of the resources that are needed for all entities.

It is not that this new paradigm can be put into effect and a new fourth-density planet be created in third density. That is not what we are saying. What we are saying is that in third density, the focus in terms of the purpose of third density is upon each emerging self-aware spirit or soul becoming able to make the free-will choice between the polarity of service to others and the polarity of service to self through faith alone.

The role of the wanderers, then, has been bravely and courageously to dare to enter into third-density incarnation, to come through the veil of forgetting, and then to count on their own awakening in time for them to join the lightening of Planet Earth in terms of where they put their energy and their love. Many are those wanderers who have waited until late to awaken, and so as each wanderer does awaken, it makes it ever more possible for other wanderers to awaken. And as the great bulk of wanderers begin to awaken, that makes it possible for the planetary population as a whole to awaken. So there really is a tipping point within the tipping point in terms of the awakening of the planet to love itself.

May we answer you further, my sister?

C: No, that was great, thank you.

We thank you, my sister. My brother, you offered the suggestion at the beginning of your query that there was a second query. May we ask for that now. We are those of Q'uo.

Jim: We're wondering just exactly what are we doing here? It seems to many people who have awakened that we're just trying to get out of a bad situation; get out of a prison; go someplace else. Isn't there something more that we're doing here in this third density than just trying to escape?

We are those of Q'uo, and are aware of your query, my brother. It is very humorous to us that you would describe the planet of your choice as a prison, because each and every one of you in this room, and each and every person upon your planet that is alive at this time, fought tooth and nail, as it were, to get into line to have a body and come here at this time.

When one is not within the incredibly intense atmosphere of Planet Earth in extremely late third

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density, it looks like the best party in town. There is a unique opportunity that you have here in third density to make rapid changes in your balance between love, wisdom and power. And so many, many wanderers have come here with the desire to serve the planet secondary to their desire to alter the balance within their own deeper natures.

Now, this begs the question of why the planet is indeed such an intensely vivid density, or why third density on this planet is so vivid. And in order to answer that query, we must take a step back and look at the sweep of the octave of creation of which you are now a part. This and every octave begins and ends in the Godhead principle of intelligent infinity resting, utterly asleep in the oneness of all. The vibration of love is all that there is, and yet it is not known to itself, for it is resting. Just as your heart, for one instant between each heartbeat, is at rest, so is the Creator's heart at rest between creations, or between octaves.

At the beginning of the octave, of which you are a part, the creation was resting in timelessness and spacelessness. By the agency of the first distortion of the Law of One, free will, the Creator decided once again to know Itself. And so it became potentiated into a Thought. And that Thought was full of the characteristic of the Creator, which is unconditional love.

The creation itself dwells in a state of ecstasy, much like your sexual orgasm. Yet there is no vector to this ecstasy. It is an ecstasy that rests completely. So, this first distortion of free will caused the Creator to form a potentiated version of Itself, that which could act. And that was the one great original Thought of love. And love in its turn created light, and sent it forth to manifest the creation in all of its stupendously infinite systems of illusion. And so your solar system and your planet and you yourself were created.

In the middle of first density, timelessness began to evolve into time and space. The vibrations that were in chaos began to organize into roughly circular or elliptical forms, creating the coalescing suns, which in turn threw off material that coalesced into planets. And so the creation of the Father was born as a part of first density. Later in first density came the organization of this coalescing mass that you could call a planet into earth and water, so that the elements might have distinct places and habitations within second density. Then the creation further developed the energies from that which had no movement, such as rocks and water and so forth, which may be moved but have no voluntary or independent movement of their own, into life forms which had movement.

This movement, naturally, was that movement towards the light and the love of the one infinite Creator, that which calls all things at all times. Yet these animals and plants that were second-density had no sense of themselves. They had no veil. That is, they knew all that there was to know. They knew that they were one with everything. They knew that destiny lay in harmony and cooperation. Yet other than turning to the light and seeking sources of light, second-density entities did not experience that self-awareness that makes people self-conscious or question their motives or their motions. If you have known second-density entities, such as your pets, you know that they do not question what is occurring to them but rather adapt to it.

Third density is that density that begins the path back to the one infinite Creator. It is the precursor of all that is to come from fourth density through seventh density. It is a bright, brief, intense density compared to all the others, which take millions of years to complete. In contrast, third density on this planet is designed to last only 75,000 years.

It is a period that is long enough for those entities who have come into incarnation at the beginning of the cycle of third density to have time and experience to build their intelligence, their information, to the point where they realize by faith alone that there is more than simply battling for that which is available and then dying. It is that time in which entities may choose the manner of their further progress.

There are many hints that are built into third-density life. Your physical form is created in such a way that you need other people, and you must interact with other people. In order for the species to perpetuate, you must form relationships with other entities. And so the hints concerning service to self versus service to others are built into the human being's very nature, both physical, mental and emotional.

And so as entities begin to lift themselves up from total immersion in the business of survival, they can begin to see that there is a way to live which they

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prefer. And so they begin to choose to live in love and in harmony with nature and with the Creator. Again, it is part of the human instinct to seek for the Creator. Part of what makes a third-density entity who he is is that instinct to seek for the Creator of his being and to give Him thanks and praise. And so you will not find populations or races or tribes of humankind, no matter how remote or undeveloped according to the earmarks of civilization, that do not have what you would call spirituality or religion as part and parcel of their society.

So, you have a school of souls. It is not a school that pushes entities to make decisions or that makes them at all obvious. Rather, it is a rich environment in terms of potential for choices. And as each choice is approached, there are hints from the positive polarity that a choice for love and service to others is a good choice. There are also corresponding hints from the dark and shadow side of service to self that service to self is a good idea. Indeed, in fourth density, there is what they call in your literature the war in heaven of those fourth-density entities who, in early fourth density, have not yet learned to put down the sword and still feel the need to do battle, the forces of light against the forces of darkness. There is a theme underlying much of the deepest parts of the human spirit which include those thematic notes of struggle.

(Side one of tape ends.)

(Carla channeling)

The positive and the negative are continually in dynamic opposition to each other, offering to the entity behind the veil hint after hint after hint of the nature of the choice that is before each human being.

Each of you has long since awakened. Those in this circle are ready to work beyond the simple making of the choice the first time. Each of you has made that choice. The cornerstone of your life's work has been laid. And yet, you are still behind this veil of forgetting. You cannot know what others are thinking. You cannot sense or see for sure how rich the unseen realms are in those who would help you, and those who love you, and those who wish only to be of service to you as you make your choice.

Oftentimes, entities who are waking up feel terribly isolated and alone. This is not in fact the case, because of the enormous amount of unseen help that each entity has. Yet in terms of that which is apparent to the sight of the physical eyes, it is indeed so that many, many entities are very isolated and must make their choices in isolation and without the comfort and comradeship of groups of like-minded people.

And so you find groups such as this being very helpful as those centers which are available for gatherings such as this one, where entities may find many other compatible entities with whom to talk, that they may find ways to encourage each other and love each other and bring each other home.

In a way, the beauty of this density is its very sharpness of suffering and difficulty. For the extremely harsh conditions create ways in which one may change one's polarity or emphasize one's polarity very quickly, indeed, almost instantaneously. You may do in fifty years, or twenty years, or even five years that which it would take us a million years to do, because of the fact that we see the whole picture. We understand all that there is to understand in terms of the Creator's plan for us. Therefore, it is an open-book test, and that which we learn, we learn in painfully slow increments, gradually refining, and refining again, our choice.

You are making that choice. So the energies of your density may well seem very, very difficult, not so much that of a prison as of a testing field or a fiery furnace, as it is called in the Old Testament of your Holy Bible.[124]

By faith alone is it allowable to know the truth in this density. You hold in your hands the keys of unknowing. There were several during this weekend that said it's not the answers that matter, it's the questions. And my friends, we could not agree more. The answers do not lie within this density. It is the questions that lie within this density. We can offer you the answer that we know to offer you, and that answer is love, love, love.

Yet, how you shall realize that love in your life is completely up to you and your faculties of faith and will. And we wish you every good fortune in persevering until you have managed to find all possible love and light within your heart and within your environment, knowing that that which is in

[124] See the book of the prophet Daniel for the story of the fiery furnace.

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your heart is that which paints the colors of your environment.

Is there a follow-up to this query before we ask for further queries? We are those of Q'uo.

L: You said that the Creator has come to know Itself many times. This time the original Thought by which the Creator came to know Itself was that of unconditional love. When the Creator comes to know Itself once again, is there a different original Thought each time?

We are those of Q'uo, and are aware of your query, my sister. The fullness of the one infinite Creator when the journey of the density has been completed to the end of the octave, and Its heart beats once more, is succeeded by a fuller fullness. For it has borne the harvest of that which was given to the infinite Creator by each of you, the harvest of your self-knowledge.

Much has been said about the human being the top of the evolutionary ladder, so that it is eat and be eaten up until the human. And the human has no enemy but itself. Yet that is not true. For the Creator eats your self-knowledge, your experiences, your feelings, and your emotions, and learns more and more about Itself from each unique spark of the creation as that spark is collected back to the Godhead principle. Consequently, each new creation is fuller than the last and each Logos is fuller than the last. Yet all Logoi are alike, made of unconditional love.

May we answer you further, my sister?

L: I believe I understand that, and I would like to ask another question. Why do we need the veil of forgetting to make the harvest quicker if outside of this illusion time is meaningless? What does quicker mean? Why do we need to be quicker?

We are those of Q'uo, and are aware of your query, my sister. It is not that the third-density entity needs to be quicker, my sister, but that in order for an entity to make a free-will choice of polarity, it is necessary for it to be made by faith alone. If all of the answers to your questions are obvious, then there is no weight in the choice that you make, and therefore the evolution of mind, body and spirit shall be greatly retarded. The relative quickness of third density is not a feature in terms of quickness. It is a feature in terms of there not normally needing to be a longer period of time/space illusion than 75,000 years in order for entities comfortably to wake up, make their choices, and persist in their choices until they are of a polarity that is able to graduate.

May we answer you further, my sister?

L: That was a very good answer, thank you. I'll pass my questioning on to someone else.

We thank you, my sister. Is there any other follow-up to this query, or shall we move on to other queries? We are those of Q'uo.

T: If I might, I would like to ask a question which I believe might be relevant to this discussion, because it has to do with the creation and this octave. If God or the infinite Creator is all things positive and negative, why is there a mandate that all sixth-density negative entities must convert to positive in order to advance in their evolutionary process in moving into foreverness?

We are those of Q'uo, and are aware of your query, my brother. The nature of the negative path determines its limits, my brother. For the negative polarity is the path of that which is not. The heart of the negative polarity is a lie. That lie is separation. The negative polarity is based upon skipping the development of the heart chakra and developing the ability to use the gateway to intelligent infinity without the use of the heart. This is possible and acceptable to the one infinite Creator. Yet, the creation is as it is. All is indeed one. Therefore, the path of positive polarity is the path of that which is.

The path of that which is not has its ending, quite naturally, in the density of unity. Entities who have denied that they and their brothers are one are able to work with fourth-density light without releasing this supposition. They are able to work with fifth-density light without releasing this supposition. They are able to continue to grow and to develop throughout the densities of love and wisdom by assuming that love is of themselves and of the Creator, and that wisdom is their wisdom and the Creator's. They can still maintain their separateness from other entities.

However, sixth density is the density of unity, and it is glaringly obvious to the negative entity as he moves into sixth density that he is approaching a brick wall. He cannot advance any further. It is the nature of energy to change. It is not the nature of energy to stop. Consequently, there is pressure upon the negatively-oriented entity to continue to evolve.

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And yet, he cannot evolve and still hold onto the belief that he is separate from his brothers.

Consequently, just as a convert to Christianity goes from being a hardened sinner, in the terms that this instrument would use, to being the most fervent convert, so the negatively-oriented entity, at one moment of realization, switches polarity and becomes the most fervent follower of the truth that all is one. It is an inevitable reaction to the impossibility of further advancement without making that tremendous change.

May we answer you further, my brother?

T: Yes, as a follow-up to that then, when the Bible says that there will always be wars and rumors of wars, would that be then the limitation to that statement? Because once there is unity in latter sixth density, then there can be no more opposition, because all is recognized as one. But there will be, in the densities from third through mid-sixth, a reality or truth that there is going to be positive and negative interaction. But after that, would wars then, at least from this octave, cease? Would there be peace and unity in this latter sixth and seventh density?

We are those of Q'uo, and are aware of your query, my brother. Indeed, it is even more limited than that. Your Holy Bible is an artifact of third density and is useful only in looking at third-density existence. Although it attempts to project into heaven worlds and worlds of hell, so-called, it cannot do so. For it has only the third-density stuff with which to work. Consequently, it is true in terms of third density that there shall always be the dynamic opposition of light and dark, negative and positive, and so forth. The choice always is betwixt the harmonization of these opposites and the war of these opposites.

The early fourth density, as we said before, often continues to cling to notions that it inherited from its third-density self. And so there is a gradual releasing of this constant feeling of war and struggle, not at the end of third density, but as one moves into the second of seven sub-densities of fourth density. However, this truth of the constancy of conflict is local to your density, my brother.

We would at this time ask for one final query, as the energy begins to wane for this instrument. Is there a final query at this time? We are those of Q'uo.

G: I have a query. A much beloved pastime of mine is doing family history research. And as I learn about the lives of my ancestors, about their joys, their sorrows, their acts of bravery, and their feelings and shortcomings, I have love for them, even though they may have lived 200 years ago and I never met them. And so I see the benefit from this for me, in that I have had a heart opening. And my query is: in doing this research, am I in any way serving those ancestors of mine now in spirit?

We are those of Q'uo, and are aware of your query, my sister. It may be said that any time a heart opens, the entire creation sings. And in that way, you are being of help to your ancestors as you grow to know and love them. But in the main we would say that the advantage of your opening your heart is to your own spiritual maturation and the acceleration of the pace of your own spiritual development.

May we answer you further, my sister?

G: No, that's fine. Thank you.

We thank you, my sister. And we thank you all, and are indeed very apologetic and sad that we must make an end to our discussion for now. If we had our way, we would stay and talk until the evening lengthens and the shadows take over to bring on night, for we have so much enjoyment of your company, and so much of a feeling of being useful as we are able to converse with you. It is a great blessing to us that you have called us to your circle, and we look forward to any time in the future that we may once again tabernacle together in the shadows of the most high.

We leave this instrument and this group, as always, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai vasu borragus. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Saturday Meditation
March 15, 2008

Group question: Our question this evening has to do with how extraterrestrial contacts with human beings on planet Earth in third density may or may not infringe upon the free will of the entities contacted. We are wondering about the philosophy that the extraterrestrial entities use in order to decide whether or not to make contact and what kind of contact to make.

For example, during the Manhattan Project, information from positive extraterrestrial sources was given concerning nuclear energy that's very specific. There have been other contacts, such as Billy Meier's contact and the contact with Phyllis Schlemmer from the "Nine" and Tom, which have had more or less specific information to give. We are wondering if this infringes on the free will of the humans who are contacted and what exactly is the philosophy of the extraterrestrials when they make contact with regard to specific information and the infringement on free will.

(Carla channeling)

We are known to you as the principle of Q'uo. Greetings, my friends, in the love and the light of the one infinite Creator. It is our privilege and our pleasure to be with you this evening, to share in your vibrations and to respond to your query concerning the infringement of free will by those of extraterrestrial origin who have been speaking to your people and in some cases meeting them face to face.

As always, before we share our thoughts, we would ask each of you to be responsible for your own judgment and discrimination as regards the things that we say. If our thoughts have resonance for you, then by all means follow the path of that resonance. That is why we are here and we are very happy that we can give you food for thought.

If, however, we miss the mark and do not interest you particularly in what we have to say, we would ask that you leave behind our words and keep moving until you find that information and that inspiration that does resonate with you.

We thank you for this kindness, for it enables us to speak freely without being concerned that we will infringe upon your free will.

You asked this evening concerning the nature of contact betwixt extraterrestrial entities and Earth entities. You asked about free will and how extraterrestrial entities feel about the free will of those upon planet Earth.

We may start with ourselves. We of the Confederation of Planets in Service to the One Infinite Creator have, shall we say, experimented with contact, in terms of face-to-face contact, in your far distant past. We found that the direct communication face-to-face was neither positive nor negative, but only that which the entities of that time felt was part of the natural universe, which at that time was replete with many gods and many unusual things.

What caused us to become more and more aware of the difficulties of clean communication with those of planet Earth was the inability of even the most powerful entity to maintain the purity of the initial contact, once the information we gave had resulted in the pyramids that were built. Instead of the pyramids being used for the purpose for which they were built, they became used for the purpose of the few, the elite, the powerful, and the wealthy.

We became aware of the impossibility of blending physical presence with a lack of distortion. We, those of the Ra group, those of the Hatonn group and those of the Latwii group, chose not to use again any means except the channeling through instruments such as this one as a way of communication of concepts hopefully helpful to the spiritual evolution of those on planet Earth to the population at large.

We are not the only entities from elsewhere which are interested in planet Earth at this time. There are many entities interested in your planet that come from elsewhere. Some of these entities are of the Confederation and have agreed with those of us who have had a relationship with those on planet Earth previously, so that in the interest of retaining positive polarity we have chosen not to appear to your people.

We believe that we are at the apex of that which we can do and remain clear of the possibility of infringement. However, we say in all humility that we are not absolutely sure that, if we speak at all, we are not in some way infringing on the free will of those who may hear our words and be persuaded again their preferences of the truth of that which we have to offer.

It does not stop us from speaking. But this concern is enough to create in us the desire to mention the request, to each who hears or listens to our words, to be very responsible and to discriminate so that none of our words are taken on faith or simply because we say them. The reason for this mention at every contact is this concern on our parts.

The only way that we could avoid any possibility of infringement on free will of those on planet Earth is to stop speaking through instruments such as this one. Yet, the cry goes out from Earth. Many, many millions of you are seeking the truth. Therefore, we come in answer to a call and do not feel that we can turn away from the depth and profundity of this call at this time.

It heartens us to see your planet waking up, metaphysically speaking. We comfort ourselves that surely we could not have done too much damage. For the message is getting out. More and more people have become aware that they are one with their neighbors. More and more people are aware now that love is the only answer.

The energy of this planet is exponentially readier for fourth-density graduation than it was when we began working with this channel thirty years ago.[125]

There are many other kinds of entities who seek to speak with the people of planet Earth, or who seek to influence their decisions. The so-called Orion empire is a kind of confederation of those who are negatively polarized and who are responding to the call of those who wish to graduate in negative polarity into fourth density. Insofar as they come in through the windows of opportunity that are part of the just and appropriate quarantine of planet Earth, they fully intend to infringe upon free will and therefore do not have any ethical considerations to hamper them as they offer their own thoughts for humans of negative polarity who wish to become harvestable in that polarity.

Yet we understand that this is not the kind of contact about which you are asking. You asked about contacts such as that of Phyllis Schlemmer with "The Nine," and the one called Tom, and that contact of Billy Meier with those entities with whom he has spoken.

To respond to that which you have asked, we would take a step back and talk a bit about fourth density, for it is important in our answer that what little we have to say about the fourth density war be understood as background information.

When entities graduate from third density to fourth density, various things occur. Whether or not they have chosen positive- or negative-polarity fourth density, the move from third to fourth density creates a new environment. In this environment there is no veil. There is no veil between the conscious and the subconscious mind of each person and there is no veil between people, between the planet, and between entities of other densities.

Thusly, a fourth-density soul is able to communicate with first density, second density, third density,

[125] The Confederation entities began working with Carla in 1974.

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fourth density, fifth, sixth and seventh density. It is an open universe. The choices, naturally, are quickly made to shut out most of that which is available to know so that the evolving soul may continue with its lessons. Yet there is that full knowledge of the vibration of the one infinite Creator in all vibrations available to that entity.

However, the graduation to fourth density does not automatically create any improvement whatsoever in the evolutionary status of the soul. Just as a person who has graduated from third grade goes to school the first day for fourth grade knowing nothing more than he knew at the end of third grade, so the beginning student of fourth density has only the harvest of third-density knowledge, awareness and insight as he approaches the lessons of fourth density.

For a great portion of your last major cycle of 75,000-plus years, those who have graduated to fourth density have felt it necessary to defend their polarity from the opposite polarity as if they were still in third density. The entities involved in this war are of the inner planes rather than coming from outside the planet. Fourth-density wanderers are not coming in to carry on this war. Rather, there are entities coming in which, having reached harvestability, have chosen not to go on to fourth density but to remain in the inner planes of third density.

Their awareness is that of fourth density, yet their prejudices remain those of third density. So, they are convinced that they must defend the souls of planet Earth from negative polarity. Likewise, those who have graduated in the negative sense see it as their business to battle the light. They see themselves as those who would use the light for their own purposes, leeching the power of which the positive polarity is full and flipping it so that its power becomes negative.

This situation of war, the so-called "war in heaven,"[126] is a part of your inner-planes environment. Individual entities of both polarities eventually become mature enough spiritually to realize that strife is unnecessary. They finally become free of third-density fear and are able to move on to their lessons, leaving the war behind.

However, there are always people that are new to fourth density who are willing to take up the cudgels of this heavenly war and do what they feel is the right thing to do in protecting the innocent, developing, third-density souls on planet Earth.

It may be noted that in all of this strife, there is nothing but the highest ideals and desires on the part of those of positive polarity, and in their own way, those of negative polarity. There is a good deal of confusion but there is not the goal to spread confusion or to act in any way but a righteous or a good way. It is simply that in whatever density one is, one remains capable of error.

We ourselves, as we have said, feel that we have occasionally made errors. Certainly, the degree of information that we were able to share with some of those involved in your Manhattan Project, also in the work of the one known as Nicola,[127] there was an unwise amount of information shared. The opportunity seemed to be to offer powerful resources that would alleviate the necessity for the people of planet Earth to work so very hard and to use up their incarnational time without being able to work on their metaphysical evolution. Yet these powerfully positive people were not able to control the results of their use of our information.

Is it a concern of ours that this information was used to harm, where we had hoped only to help? Yes, it remains a concern. From each of our mistakes we have learned much. And because of our concern for those distortions that have occurred, we remain within your planetary atmosphere, as it were, ready to speak through such instruments as this one, in the hope of lessening distortion.

When one speaks of such entities as The Nine,[128] one speaks of a kind of entity that has an unusual relationship with some of those within the inner planes of this planet. The entities which make up The Nine are, in fact, those of the entity known to this instrument as Yahweh. This instrument was saying that she felt that this was the designation of that particular contact and we confirmed that information as being so.

As you know, Yahweh has had a long relationship with those of planet Earth, especially those which

[126] Read more about this mythological event on Wikipedia, "War of Heaven."

[127] This is a reference to Nikola Tesla.

[128] See the appendix of The Nine's channeling in the book, *Uri*, by Andrija Puharich.

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came into incarnation from the planetary influence of the sphere you know as Mars. In altering the genetic code for this large group of entities as they incarnated upon planet Earth, they placed bits of themselves, shall we say, to make a complex story simpler, within the genetic changes that were made, and each of you carries, to some extent, some of these altered changes [in your DNA.]

Consequently, this particular entity contains a host of energies from the inner planes of your planet. There is a legitimate extraterrestrial aspect to this energy, but it is harmonized with inner-planes thought forms which are the templates of the genetic changes made 75,000 years ago when those of Mars came into the Earth's sphere.

This means that these entities which together make up The Nine or Yahweh have never grown past the impulse or desire to interfere—for the good, of course—in the story of planet Earth. There is a tremendous love of the people of Earth from this group and a sincere and genuine desire to help. And yet, because of the distortions that have persisted in their infringement upon the free will of all of those whose genetic codes have been changed, there is a lack of awareness of the distortions inherent in physically presenting themselves before entities or making physical changes in an environment of which they are a part in order to convince entities that they are real.

We deeply understand the desire of those of The Nine to make a difference on planet Earth. We understand, because we have experimented with coming among your people, the desire to make a mass landing and to herald a new day, calling for love and light, with the strength of a massive display of superior insight, intellect and knowledge.

We do not agree that it is a gambit that will be effective in any way in lightening the consciousness of planet Earth and we have, many thousands of your years ago, put away any thought of doing so.

The promised landings, as the one known as Jim said earlier, shall not occur. Yet there is that energy within the psyches or subconscious levels of mind of many upon planet Earth which desire this outcome. And so the desires of those upon planet Earth mingle with the desires of those of The Nine to create a self-fulfilling link in which the information continues to be offered because it is desired.

And this is a point which is worthy of some examination. We find it helpful to work with instruments such as this one, who has no particular need to express its own thoughts, for we are able to channel through this instrument that which we wish to say without this instrument's adding or subtracting information according to its opinions. It is helpful to have instruments with whom to work who have no biases as far as the outcome of their words.

The more need there is on the part of the instrument to channel certain things, the more likely the instrument is to take that which we have to say and to create of our thoughts a little more than we had to say, shall we say. The biases of the channel are always a part of any channeling. The only question is to what extent the bias of the channel has influenced the material produced.

A certain amount of material which is part of the instrument's experience is helpful and we often use stories from this instrument's life or thoughts that this instrument has considered to color our simple message with the various guises of storytelling and myth. For if we offered only the simple truth, without any storytelling, then we would say over and over again, "All is one. That one thing is unconditional love. Love is the Creator. Love is the Creator's house and love is the nature of all beings in that house."

Indeed, we are grateful to have the personal coloration of the instrument to give more variety to our message. However, it is a delicate thing to collaborate with an earthly instrument and produce spiritually helpful material that has a minimum of bias. This is our goal. Needless to say, this is not the goal of all who have spoken with your people.

The one known as Billy Meier is anomalous in that this entity was dealing with unaffiliated entities of fourth-density level; that is, they were not affiliated with the Confederation of Planets in the Service of the Infinite Creator. They, and the one known as Billy, were able to offer some positively-oriented and inspirational material thanks to the catalysis of the one known as Billy.

At the same time, these entities were not entirely positive. That is to say, though of fourth-density level, they had not come through the development into a planetary social memory complex and consequently their actions were, in many ways,

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flawed according to that rule of non-infringement on free will that is so dear to our hearts.

As you investigate and research non-normal contact between the inhabitants of your planet and extraterrestrial entities, you will find that there is a vast array of experiences that have been had by various peoples in the years of keeping history and writing it down. Some extraterrestrial sources have made compacts with inner-planes sources. Some extraterrestrial sources have become inner planes sources. There is a bewildering array of non-normal contact.

Some of the information in many of these mixed-polarity contacts is useful. Therefore, it is completely up to each seeker to discard information that is not helping that particular person, in his judgment, and to focus on those pieces of information that do seem to be helpful, again, strictly according to that entity's judgment.

My friends, your judgment is adequate to the task of sifting through the variety of messages that you may read. You do have the capacity to follow your heart and to follow the path of resonance.

May we ask if there is a follow-up to this query? We are those of Q'uo.

R: I have a follow-up question, Q'uo. Is it correct to say that entities that are part of the Confederation observe the approach to contact with humans that your group has?

We are those of Q'uo, and are aware of your query, my brother. On the whole, it is fair to say that is true. However, we ourselves have acted other than according to these dictates within your major cycle. Consequently, we cannot say that the Confederation's hands are completely clean, either. However, we believe that we have learned, for the most part, from our mistakes and we hope that we have found the optimal way to offer helpful information without significant distortion.

May we answer you further, my brother?

R: Yes. Is the experience of Earth's having so much extraterrestrial contact towards the end of the cycle the fairly typical experience of planets going through this third density, in this galaxy?

We are those of Q'uo, and believe we understand your query, my brother. It is so that as a planetary population becomes ready to be harvested, it calls for inspiration in such a way that those entities who are sympathetic to that call will come and visit. However, it is unusual for a planet so near to harvest to have visitations from both positive and negative sources. It is more common to see this pattern at the beginning of a major cycle.

By the second minor cycle there is usually the beginning of a planetary choice for the positive or negative polarity. With your planet, contrariwise, the majority of those choosing at all upon your planet have indeed chosen the positive polarity. There is far more positive energy upon your planet than negative. However, there is enough negative-polarity energy to create a dual call, both positive and negative. This has blurred and confused the situation, since instead of having one concerted planetary surge towards the light or towards the darkness, there is this continuing dynamic betwixt the light and the darkness as entities approach graduation.

Therefore, your planetary sphere is anomalous in having dual visitation. And the anomaly is serious enough that this entire planet has been, as we have said before, quarantined for this major cycle in order to attempt to regulate the mix of contact so that those of negative polarity are able to communicate with entities upon planet Earth only at certain randomized intervals.

May we answer you further, my brother?

R: I have one last question on a different subject. But before I say it, I feel that I want to say, at least from my limited viewpoint, that the work that the Confederation is doing with its diligence and attention to free will is deeply inspiring, at least to me, and since I'm part of everyone else it must be so for other people as well.

The question actually is about the nature of the call. You have mentioned that you hear the call. I'm curious about what this call feels like. What is this call to your entity?

We are those of Q'uo, and are aware of your query, my brother. We would thank you for your comments upon our attempts to serve the population of planet Earth. It is, of course, music to our ears to feel that love that you have for us and we thank you, my brother.

Yet it is also worthy to note in this regard that it does not eliminate our questions and concerns as to

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what that line is between witnessing to our own truth and being persuaders. For we would not be persuaders. We do not wish to pull or push people or do anything except offer hopefully helpful information. At the same time it is obvious from the nature of our information that we are biased towards the positive polarity and that we do rejoice when entities awaken.

The philosophical aspects of our work have never been entirely clear because, as we said at the beginning, the only way that we can be of utterly positive polarity is to cease attempting in any way to influence the entities whom we love so dearly and are calling to us.

Now, to respond to your query on the nature of the call. When one of your human babies awakens in the night and discovers that it is hungry, wet and alone, it cries. It calls out in the only way it knows for help. Blessedly, in almost every case, the parents come and minister to that child, feeding it, drying it, getting a new, dry diaper on it, and cuddling it until it naturally goes back to sleep, content, knowing that it is loved and that all of its needs are met.

Each of you is, spiritually speaking, an infant. And you are crying in the night. You are crying for spiritual food. You are crying to be cleansed of the grime of confusion, sorrow and suffering. And you are crying because you are alone and you do not feel loved.

As entities move through the third density, they begin to become able to address their own needs. As they awaken and become spiritual toddlers, or spiritual preschoolers, they begin to choose to feed themselves heavenly food, to cleanse themselves from spiritually degrading ideas and concepts, and to win through to the knowledge that they are not alone. Because of the intense confusion among your peoples throughout your third-density experience, for the most part entities have not matured beyond the crib. They cry out in the darkness and our hearts go out to them.

There is a great desire on our parts to reach out the hand to steady that baby, to feed that baby, to give that sweet infant soul a new start, a clean diaper, a bellyful of love, and a good rock in the cradle.

We hope that we have become more mature as those who offer help, as we have experimented with ways to answer that call. And we can certainly say that those of planet Earth have begun to become more mature, as it should be. Many are those who have moved from the cradle to preschool, to grade school, to middle school, and finally are ready to graduate third density on time, mature at last, knowing that the food of love is the food for them; knowing that they wish to turn from anything that is not truly love and light; knowing that they are not alone. For as they love, so have they been loved a hundredfold, a thousandfold, overwhelmingly.

The hard part for entities is that first waking up. And it is this effort to which we have come in response. Our love remains unblemished. How far we have fallen short of perfection in our dealings with your planetary population is unknown to us, but we are sure that there are many, many mistakes that we have made for which we humbly ask your forgiveness.

The energy wanes for this entity and this group, so we thank the instrument and leave it and the group in love and in light. We are known to you as those of Q'uo. Adonai. Adonai. ♣

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Saturday Meditation
March 22, 2008

Group question: The question tonight is: This planet abounds in a multitude of models, paths and understandings related to the Creator, creation, and the spiritual quest, each susceptible to a wide range of interpretations and most mixed in polarity. There is a vast array of systems of spiritual information that are external to the self, such as the Law of One, Christianity, Buddhism, Hinduism and New Age thought, to name a few, that are printed or communicated in some fashion to the self. In general, what is the ideal relationship between the seeker of truth and information regarding truth which comes from outside the self? How does a seeker situate this information within the self so that it is transparent to the one true authority within and does not become a stumbling block?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator in whose service we come to you this evening. My friends, it is a great privilege to be asked to join your circle of seeking and we are happy to share our thoughts with you on the subject of the appropriate relationship between the seeker and outward expressions of information and inspiration. As always, we would ask each to use discrimination as you listen to our thoughts. If our thoughts seem helpful to you then by all means work with them, but any thought that does not seem particularly helpful is one which we would ask you to leave behind, for we would not be a stumbling block in your way or interrupt or interfere with your process of spiritual evolution. We greatly appreciate your using this discrimination for it allows us to feel comfortable in sharing our thoughts without being concerned that we might infringe upon your free will in any way and we thank you kindly for this consideration.

The question this evening has to do with the proper relationship of the seeker to the various things that he might hear or read coming from all of the different sources which offer philosophical, metaphysical, spiritual or religious systems of thought and, shall we say, systems of proposed belief. You may well guess from what we have just suggested about your using discrimination that we do not feel that it is appropriate for an entity to embrace any system of thought to the extent that the process of seeking the truth stops. The reasons for this are several and we shall be going in a few different directions as we talk about this interesting subject.

As a basic premise we would state that each of you has what you may loosely call the truth safely preserved and carefully stored within your being. You are a creature which is a part of the godhead principle and within every cell of your body lies the truth. The creation within you and without you is full of the truth. You dwell within an environment which is inherently and fundamentally instinct with the truth.

At the same time, from the very beginning of your incarnation the energies of your culture have been busy instilling within you a series of outer truths of the conventional type; that is, the truths of your culture. You have learned how to think of yourself by listening to parents and teachers who offer you a laundry list of standards to which you may aspire and because of which you may feel normal.

We do not deprecate this level of outer truth. Learning the conventions of any society is helpful for one who wishes to move through an incarnation without disturbing the sensibilities of those around him. Yet, these outer conventions of truth do not begin to address the deeper questions of identity, essence and purpose.

The seeker who wishes to move beyond conventions, then, is drawn by those same conventional assumptions to study and read those wise words which have been set down by sages of the past. Again, we do not criticize or demean the study of metaphysics or spiritual subjects—as the questioner has pointed out, there is a vast array of interesting and provocative thought to consider in attempting to move beyond the conventions of work, leisure and family in order to find a deeper purpose, a deeper essence of self, and a deeper knowledge of self-identity.

The exercise, shall we say, of considering the thoughts of philosophers and spiritual writers is often quite helpful in bringing the mind into a series of focuses, each of which expand the viewpoint and deepen the feeling of resonance and clarity.

The use of the intellect is necessary in order to pursue such study and the intellect and intellectual food make a nice, tidy set for the mind. There is the horse to ride, that horse of intellectual thought, and there are places to go on that horse, visits to make at the various interesting thoughts of various entities. We have said through this instrument many times that the intellect is a useful tool given to you to use, not to be ignored or left behind. However, the general run of entities who are involved in intellectual pursuits have a tendency to allow the horse to ride them rather their being the master of that horse. Perhaps it is more helpful to think of modern-day equivalents of horses, like a car. One would not wish the car to choose the place where you wish to go in the car. One would be wise to be the master of the car and to steer that car where one wishes to go at the speed which is most appropriate to the journey.

Therefore, we suggest strongly that the process of intellectual ratiocination be one of which the seeker is quite conscious so that the seeker does not get swept up in the play of words and ideas to the point that the truth is no longer the focus of the seeking.

The seeker has tools of which it may not be aware and we would look at those tools for a bit now. We often suggest that entities follow the path of resonance as they seek. Whether it is our words of any other writer or speaker to which the seeker is listening or from which the seeker is reading, we encourage seekers to follow that path of resonance.

Your path of resonance is unique. No matter how wise your teacher or how inspired the writing, there is almost no chance that everything a given teacher or writer offers to you as food for thought will resonate to you. Ideally, those concepts which you follow will be those concepts which, when first read or heard, awaken within a seeker a kind of recollection as though he already knew that but was happy to be reminded of it once again.

In this search for resonance, it is to be remembered that the nature of language is that it is inherently limited. It is twice limited. First it is limited in that words must be strung together to make sentences and sentences strung together to make paragraphs and so forth. Each word has a little universe of supporting inferences which enrich the collection of words due to the context of each word being placed in its line of the flow of thought. Yet they remain finite and inherently limited.

They are limited a second time because the mind does not function according to words but rather according to concepts. Concepts are infinite. However, they can only be expressed by the human mind and gotten out into the outer manifestation of words by a process of translation which works almost like a cook rolling out the dough of a concept and taking cookie cutters to it and fashioning the flat words which bake up into that translated concept. Needless to say, a great deal is lost in translation.

However, there is a redeeming feature to words and that is that they partake, when being pronounced, in the human breath. The action of speaking is one which can move down into the archetypal mind, bringing forth more than words as the thoughtful

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focused seeker tries out new thoughts and puzzles over concepts as best he can with his human mind. Therefore, the very structure of words is sacred and the breath is sacred so that there is a blessedness involved in working with words that inspire.

As the questioner was saying earlier, the habit or practice of speaking the name of the Creator seems to be a very powerful spiritual practice which has yielded much fruit. The questioner uses the Creator name of "the one infinite Creator." Other entities might use such names as Jesus, Buddha, Allah, Ram or any of a host of other god names which alike have the capacity to carry an essence and an energy that far outweighs the seeming nakedness of sound and pronunciation. This is because the combination of these letters put together in certain ways to make words and the use of the human breath create avenues deep into the archetypal mind, awakening resonance from very deep places within the roots of mind and consciousness.

There is an old story within Buddhist teaching of a saint who held stones in his mouth for twenty years until he learned to be silent. And we appreciate this effort to arrive at the ability to contain and feel comfortable with silence. In silence, there is no need to take a cookie-cutter to the concepts that speak to the deep mind with that still small voice of spirit. In silence, there is no need to work the machinery of the intellect. In silence, one may rest and allow the truth to rise up into consciousness from the infinite invisible that is the heart of each seeker and the heart of the universe alike.

Because of the fact that there are different sorts of seekers with different habits and frames of mind, we cannot offer one sure way which will suit everyone in terms of finding the right attitude towards words of inspiration and information that have been given. Some entities have a comfortable relationship with philosophical structures and are able to walk down many paths without being swayed by the glamour of beautifully spoken words or ascetically pleasing constructs. Other entities are extremely sensitive to beauty, wisdom or that ineffable quality of profundity that one may feel and so may be overly swayed within his own process of seeking the truth by seductively beautiful constructs.

To the first entity, there is little danger of being swept up in an overmasteringly beautiful religion or spiritual system. For the second type of entity there is the danger of losing the self and becoming instead identified in his own mind with that one way of thought.

It could be argued that is quite helpful to settle into one way of thought and to work within it to the exclusion of all other thoughts or ways of thinking, for are not all paths bound to lead to the one infinite Creator? And is not a purity and focus of seeking easier to achieve using the dogma of a religion or the limitations of a certain philosophical system?

We would suggest that it is entirely possible to achieve harvestability in this third-density school of souls following any of that vast array of spiritual systems. However, your query moves deeper than the question of harvestability. Your query comes to the heart of the nature of spiritual evolution and because of that, we say that the most helpful and appropriate way of relating to all outer words and systems of words is to work with them consciously, at all times creating a spaciousness around the words, the thoughts, the comparisons, and so forth, which gives the soul room for the unspoken, the un—we correct this instrument—the ineffable, the noumenal, for there is much between every inspired word that is unspoken that creates the ambience in which the spoken word rings with truth.

There is great wisdom in taking lightly and with laughter the entire business of study and thought for spiritual seekers. The one known as R was saying earlier that as the decades have gone by and his spiritual seeking has matured he has become less interested in forming questions and getting answers in his search for the truth. It is indeed a mark of spiritual maturity that the intense desire to know the truth becomes gradually transformed into the intense desire to be the truth.

It is not that there is no truth or that there is nothing to seek. Quite the contrary, my friends. However, that which is sought is the heart of the self. The journey towards truth seems as though it is an outer journey, a seeking out there, a winnowing through the harvest of other people's seeking to find one's truth. And yet, in the end, it is as though various things begin to fall away in the seeker's mind and in the seeker's heart and in the seeker's experience until gradually the truth itself rises to the surface of consciousness and realization occurs. That realization that it is a perfect world, it is a perfect

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environment for unlocking the gate that leads to unknowing.

Within third density, beyond all the things that you come to know and believe, there lies the glory of that final awareness that nothing can be known and that all speaks of the one infinite Creator. Paradox after paradox, mystery and mystery flow and create patterns around one. And powerful and glorious ideas and images move through the awareness and at the end, the seeker has become transparent to himself as he finds at the very heart of himself the consciousness of unconditional love, that love that created him, that love that created the universe, that love with which he and all about him, seen and unseen, are one.

We would encourage, in whatever mode of seeking is desired, a sense of tempo and rhythm for the seeking entity. It does not have to be a set speed of learning or a limit that one puts upon oneself daily or weekly as to how much time is spent on seeking and how much on meditation. For entities fluctuate endlessly. At one time in the life of a seeker, it may be needed and useful to cram the self with new thoughts. At another time, it may be very wise to refrain from study. In general we would say that there needs to be a balance between the use of the intellect and the use of silence. For in silence one may allow the mind—in a focused and conscious fashion—to seat the information and inspiration that has been received.

Certainly daily periods of silence are a strong resource for the seeker who wishes to do more than think about the great questions. For beyond thought lies the truth. Beyond the intellect lies insight. Beyond knowledge lies gnosis.

The seeker's journey is a sacred one, a beautiful one, and often a difficult one. There are many seasons of light and shadow, growth and awaiting, and all are equally profitable. Trust yourself, trust your sense of resonance and then enjoy your seeking, your questions, your answers, and all that goes into a life lived by spiritual means and interests.

May we ask if there is a follow-up to this query before we open this session to other questions. We are those of Q'uo.

G: There is not a follow-up to the main question, Q'uo, from me.

We are those of Q'uo, and are aware that we may now open this session to other queries. Is there another query at this time?

G: Q'uo, I have an excerpt from the *Law of One* material. Ra says, "The measure of an entity's level of ray activity is the locus wherein the south pole outer energy has been met by the inner spiraling positive energy. As an entity grows more polarized, this locus will move upwards. This phenomena has been called by your peoples the kundalini. To attempt to raise the locus of this meeting without realizing the metaphysical principles of magnetism upon which this depends is to invite great imbalance."

I can't quite figure it out, Q'uo. I was wondering if you could define what the "metaphysical principles of magnetism upon which this depends" are?

We are those of Q'uo, and are aware of your query, my brother. The principles of magnetism have to do with polarity. The strength of a polarized field is that strength which appreciates both the positive and the negative poles of the magnet so that it is understood that there is virtue and value in both that south pole, as they called it, and the north pole of information or inspiration sought through the gateway to intelligent infinity.

Oftentimes, entities who are thirsty and hungry for spiritual meat simply keep attempting to move higher and higher and higher within the energy body, upwards into the realms of higher communication, high wisdom, high faith, and so forth, without giving an equal amount of attention to that energy which is coming through the energy body from the south pole, from the Earth itself.

The group known as Ra was suggesting that as one seeks to open the higher charkas it is equally necessary to continue to give full honor, respect and attention to the health and the vibrancy of the lower charkas as well and to appreciate and honor that energy which has come from the one infinite Creator, to the Sun, into the womb of the Earth, and then from the Earth up through the feet and the base of the charka system at the base of the spine in infinite supply. There needs to be a continuing and equal appreciation of this energy and of all that it suggests of mortality and limitation, for indeed mortality is a limitation and the presence of a seeker upon the Earth plane partakes of this mortality and this limitation.

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It makes a much sweeter thing of being alive and aware to realize one's limited tenure within the Earth plane. Instead of scorning things of the Earth because they are illusory, then, the one known as Ra is suggesting that one embrace and enjoy and take part in the things that are fleeting, relishing and celebrating the energies of each charka. Sexuality, relationships, group relationships—all of these energies are worthy, all of these energies take daily, thoughtful maintenance in order for each charka to shine and be completely open to the energy of the one infinite Creator as it moves from the Earth in upwards spiraling fashion. Only when this motion upward is fully seated and working well can the seeker then call through the gateway of intelligent infinity for that inspiration which comes from the infinite and invisible world of time/space.

May we answer you further, my brother?

G: That was very satisfactory, thank you, Q'uo.

We are those of Q'uo, and, my brother, we are very pleased to be satisfactory. May we ask if there is another query at this time?

G: Q'uo, I've got another question seeking clarification from the *Law of One* material. In that material, Don was asking about the bent legs of the sphinx in the tarot images and Ra responded said: "The position is intended to show two items, one of which is the dual possibilities of the time-full characters there drawn. The resting is possible in time as is the progress. If a mixture is attempted, the upright, moving leg will be greatly hampered by the leg that is bent."

Could you simply define what "rest" and "progress" in this selection mean?

We are those of Q'uo, and, my brother, it is a long story, shall we say, but there are reasons why this figure is part of your process at this time and consequently we must leave this puzzle for your working. We apologize, but we must pass on this query.

Is there a final query at this time before we leave this instrument? We are those of Q'uo.

R: Not from me, Q'uo.

G: Final one from me, Q'uo. This question comes from a "friend." This "friend" wants to know if the activity known as masturbation expends vital energy that would otherwise be available for higher charka activity?

There are two answers to this query, for there are two levels of masturbation. The physical body of your species is naturally sexual and has a natural capacity for sexuality. If an entity does not masturbate, when the period of time has come in which sexual energy has been built up to the point where there is a need for release, masturbation will take place without any help; it will occur as a night dream or something of that nature. So, on that level, masturbating when there is a build-up of sexual energy and no appropriate outlet with another partner has little impact upon the amount of energy or essence of self that is preserved for metaphysical work.

However, there is a legitimate point to be made in terms of the dedication of the self to spiritual seeking in that there is a magical aspect which can be accessed by the seeker who wishes to dedicate the energy that would otherwise be used in sexual release to the winding of the coil, shall we say.

However, it is equally true that sex itself may be used, whether in masturbation or sexual congress with another, to express positive polarity and the worship of the one infinite Creator. The mind is preeminent in this matter. Depending upon how a seeker feels about his sexuality, he may find it more skilful to work with refraining from sexual expression in terms of how he personally is impacted by the experience of reserving his sexual energy for winding of the magical coil. Or, depending upon the entity and his personality and the way he feels about his body, he may find that it is more helpful to create a spiritually-dedicated masturbation in which the object is to experience that orgasm which is the steady state of the one infinite Creator, that inexpressible and inutterable intensity of unconditional love that is the ecstasy at the heart of the experience of orgasm.

The body is the creature of the mind. We would encourage your friend not to focus upon sex until he has focused upon who he is, how he expresses his essence, how he feels is the most resonant way to manage his humanity in the sense of his red-ray sexuality.

May we answer you further, my brother? We are those of Q'uo.

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G: No, the friend *(ahem!)*, thanks you.

We are those of Q'uo, and we thank you, my brother, for these most interesting queries. And we thank each within this group for setting aside the time and the attention and the love. Seek the truth. The one known as R was saying that he did not really understand how we found you to have such courage and such integrity simply because you gather to seek the truth, and yet we say to you, my brother, that it is the rare entity indeed who has come to be able to take himself seriously as a worthwhile and worthy part of the Creator.

Within your dream on planet Earth, it is not at all obvious that there is value in this goal of seeking the truth. We find it a wonderful thing when entities such as yourselves do so and we thank you for this effort. We cannot tell you how beautiful your blended auras are as you have created this sacred space together.

It is time now to leave this instrument and this group with our thanks, our blessing, and our love. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai vasu. ♣

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Saturday Meditation
March 29, 2008

Question from G: In the meditative state, if an entity concentrated upon sending instructions for desired programming to the subconscious or deeper self, would the deeper self respond in accordance to those instructions? For instance, would the self's perception of self begin to be transformed if an entity, through concentration in a meditative state, told the self over and over, "I desire to see through the eyes of love"? What kind of power to effect changes do repeated affirmations have? How can one increase the effectiveness of the mantra?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings, my friends, in the love and in the light of the one infinite Creator, in whose service we come to you this evening. It is our pleasure and our privilege to be called to your session of working and we thank you for including us in your circle of seeking. We too seek the truth and we are honored to be asked to share our thoughts with you on the subject of affirmations, mantras and working with the self at that limen[129] between the subconscious and the conscious levels.

There are various aspects to this query which shall cause the flow of our response to be shaped. Our first focus would be upon the query concerning the use of affirmations while in a meditative and concentrated state. We would simply suggest that it is well to untangle the use of affirmations in a concentrated state from the practice of meditation.

The practice of meditation is a practice of silence. The times of visualization, affirmation and other work in consciousness, while equally valuable and worthy of doing, are not the same in terms of that which is required and that which is a good resource for that activity as meditation. So let us simply, briefly state that it is well to retain times within each day when one practices the presence of the one infinite Creator, not by thought, by affirmation, or by any other aspect of the conscious human mind, but by listening to that silence which is pregnant with the one infinite Creator's presence and truth.

It is a temptation to add more into a meditation in order to create desired changes within the self by purposefully and consciously making adjustments. However, while this method of working is certainly useful, we would suggest that it is best done after a meditation or separately from a meditation. This will allow you as a seeker to keep firm those channels of unknowing which aid greatly in maintaining the focus of the mind upon that silence which is so full of information to the subconscious mind.

The questioner's concept of focusing the mind and creating affirmations is excellent. This is work well done, for the personality is, far more than most entities realize, a creature made up of habits, inertia and half-considered ways of doing things that have remained the same for a long time. It is, in fact, a

[129] A limen is an entrance or threshold.

loosely cobbled together structure which houses and is intended to protect the sensitive soul within the personality shell. It is indeed pliable and malleable and suggestions are helpful.

There is in this instrument's memory of the work of entities who have created *The Psychology of Perception and the Biology of Change*[130], a video which this instrument has greatly enjoyed, and we would like to use this instrument's awareness of this carefully judged body of information in saying that, for the seeker who wishes to discover in a very systematic way those habits of thought which have been least helpful, the procedures of these particular practitioners, who use the powers of suggestion and intuition and make use of the muscle-testing technique can, within a short period of time for those who wish to move through the material in this video, create the opportunity for a seeker to become aware of the statements which he may be making about himself which are not helpful in terms of his spiritual evolution.

We offer this information not in order to encourage the seeker necessarily to seek in this wise. This area or avenue of investigation is helpful for the seeker who believes that he may well have in his background thoughts that are toxic to him. It is not specifically a spiritual exercise, nor do the results of this particular investigative direction yield specifically spiritual results. However, because this instrument has moved through the work needed to experience the benefits of this particular avenue of investigation there is that awareness within this instrument that this is helpful to some. In a way it is a clearing away of old material so that a more specifically spiritual avenue of investigation can be opened. That being said, we would now like to focus on the concept of affirmations.

We would suggest that affirmations such as the questioner offered are indeed powerful to work with in the subconscious mind. The will of the seeker is carefully focused. The mantra or affirmation or statement itself has been very carefully prepared. The seeker therefore feels that he may trust this affirmation with the whole of his will. He may place the entire burden of his desire upon the realization of the truth of this statement.

There are two particularly good times in which to do this work which occur naturally twice at least during each diurnal period. Those are the moments after one awakens and the moments before one goes to sleep. In this hypnogogic[131] state, your mind is fully collected. It is about to move across that limen of which we spoke earlier, that threshold of consciousness, and enter into the precincts of sleep. Or, it is just arising from sleep, with its mind ready to focus upon the new day but not yet full of content.

During this state in both morning and evening, the repetition of such a statement will be quite effective, for it will penetrate immediately into the subconscious without resistance.

If on the other hand, the questioner would desire to set aside a specific time during the day's schedule for this work, it might be recommended that a period of meditation be followed by the conscious gathering of the forces of self and the repetition of the statement that the seeker desires itself to hear.

We would note that the use of the voice in saying the statements out loud is helpful in terms of creating the maximum impression of the self upon the self using this technique. If a thought remains within the mind, it has its natural limits of power and is of a certain kind. It is a thought form. If the same thought is spoken out loud, and breath has been expended in the saying, it has become sacred. It is not simply a thought form. In the expenditure of breath it is a living thing and the entire effect is greatly enhanced, in that the seeker hears himself.

Indeed, tangentially, we would note that there are many times when it is helpful for seekers to speak out loud to themselves, talking to themselves out loud about their considerations. For in developing the sentences that are spoken aloud, the seeker is able to break the cycles of repetition that occur within the mind when it is thinking to itself. And then the seeker "hears" what he is thinking in a different way.

The questioner, in attempting to create changes in his consciousness by the use of his will, is developing his magical personality. Therefore, we would suggest

[130] This video or DVD is by Bruce Lipton and Robert Williams. It is available from web bookstores such as Amazon.com or from the web site, www.psych-k.com/video.php.

[131] hypnogogic: of, relating to, or occurring in the state of intermediate consciousness preceding sleep.

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a certain amount of protocol having to do with these periods of affirmation or statement. That is, at the beginning of this period of affirmation or statement, the collected and fully conscious seeker takes upon himself his magical personality. If he wishes, he may invoke it without words. He may make a gesture which indicates to himself that he has taken on his magical personality. Or he may wear a ring or some other form of adornment to the body which is only worn during this particular ritual.

When invoking the magical personality polarity is, of course, all-important. That polarity may be protected by the simple statement: "I desire to know in order to serve." Positive magical workings always have to do with service to the one infinite Creator and, by reflection, to the world and to the self. There is nothing of the worldly self involved in the desires of the magical personality. Consequently, this taking on, in a ritualistic fashion, of this personality creates a cleanliness and purity to the working which it would not otherwise have. At the end of the working, then, the ring or other adornment may be removed, another gesture may be made, or another visualization may be made.

This particular instrument uses the visualization of putting on the magical robes, and of taking them off after the working. When this instrument prepares for channeling, however, the protocol is different. She calls the archangels and asks them to place her on limitless white light to breathe. At that time, she asks the archangels to remove the limitless white light when she is through channeling and place her back on ordinary, everyday air. In this way she protects her magical personality from attempting to maintain its purity when the personality shell has once again taken the stage and life is going on in its usual fashion.

The magical personality is not a mysterious entity. It is yourself at a different stage of your development. We have called it the higher self. It is your highest and best self. It is a completely magical, focused, sacred being. It is your gift to yourself from mid-sixth density across all the reaches of infinite space/time and time/space. Your higher self, or magical personality, offers to you the entire array of resources which its vast experience has gathered. You and your higher self or magical personality created the plan for this incarnation. And your higher self or magical personality is, at all times, as close as your breathing.

The use, in a conscious fashion, of the magical personality is extremely powerful. Therefore, it is well to work carefully and lovingly with these energies as you begin to create the changes in consciousness that you wish to create within yourself. As you seek, the question arises: what do I seek? That which you seek is ever and always a part of yourself, a deeper, more fundamental, more true part of yourself.

We offer a very simple philosophy in saying all things are one. Yes, that statement has implications, and those implications echo and resonate through level after level of awareness. That which you seek, that which all seekers seek is a truer, deeper awareness of the self, of the Creator, of the creation about one. So that use of affirmation or statement in a repetitive, persistent manner is extremely positive in use and well done.

Care and deep love need to go into the creation of the statement or affirmation, the creation of the ritual that surrounds the use of that affirmation, and the choice of how to place this beautiful magical ritual within the coils of the day.

An earlier query by the questioner to this instrument provoked in our response a discussion of the nature of sound and the use of the voice. And in answering the latter part of your query, my brother, we would focus upon that topic once again. Mantras are extremely powerful, as you have already discovered. Like the affirmative statements, they must be well chosen, for they bore deeply within the mind.

When appropriately chosen and full of truth for that seeker, the use of the mantra shall indeed create an immediate change in the vibratory level of the seeker. It is a change in vibration which is not specific. It is a change in vibration which goes to the deepest roots of consciousness. For in the deepest roots of consciousness, the name of every seeker is the one infinite Creator. Whatever god-name that a mantra contains is the deepest, truest name of the self. You are calling to your self across the aeons of timelessness and time, spacelessness and space, moving to that one point where you and the Creator are one. This is meat, as the one known as Jesus the Christ says, of which the world knows not. This is drink, after which the seeker shall never thirst.

Working with mantras is working with the archetypal mind. In a way, this is also a magical working. However, because of the fact that it is

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without form, not being a statement but a name or principle, there is a safety involved in that the mind cannot do anything with that word, or god-name, or naked principle which is the mantra. And so it lets it go down immediately into the subconscious mind.

As with all magical rituals, repetition is a key to the effectiveness and the power of the ritual. That change in consciousness which is sought becomes more and more easily, even effortlessly, achieved as the habit deepens of using this mantra. It is, as the questioner said in the round-robin discussion before this channeling began, a most effective way of smoothing out the bumps in the personality shell. It brings one to a world where suffering and catalyst, light and dark, day and night are subsumed into a sacred space where all is one and all is well. This being the deeper truth, it informs the lesser truth, so the life is transformed in a way which cannot be explained intellectually but which nevertheless is very effective.

We thank the one known as G for this query and would ask at this time if there is a follow-up to this question. We are those of Q'uo.

G: Q'uo, thank you. There is no follow-up to this question.

We are those of Q'uo, and therefore we would open this session to other questions. Is there another query at this time? We are those of Q'uo.

G: Q'uo, I have one. Is the achievement of what we call enlightenment something that is planned pre-incarnationally or can the entity, with sufficient will and without such a pre-incarnational program, achieve the experience of enlightenment within the incarnation?

We are those of Q'uo, and aware of your query, my brother. In our estimation, there is not the pre-incarnative planning for enlightenment, realization or satori. The pre-incarnative planning focuses on that which shall be sought within the incarnation and those supporting resources needed for the journey of seeking. The pre-incarnative planning includes your relationships, your gifts, your limitations, and what you see as your faults and lacks. From an enormous selection of things that you have been and things that you have done in previous incarnations, you choose for your palette the colors which will paint this lifetime in the most beautiful and useful way.

You wish to have a beautiful incarnation in that you wish to create a sacred journey, a journey which partakes of beauty—ethical beauty, physical beauty, mental and emotional beauty, awareness of beauty. You plan these things for yourself. You wish to be useful, and so you choose for yourself ways in which you may serve, either by being or by doing. And because you also wish to evolve, you plan for yourself incarnational lessons that come up again and again, so that you may practice.

Generally, in an incarnation entities are looking to balance love with wisdom, wisdom with power, or some variety of two or three of those three aspects of the godhead principle: love, light and power. Realization, on the other hand, is that moment out of time, or more accurately, in time/space, when an entity is able to realize and therefore move all of himself through the gateway to intelligent infinity so that he, in the most holistic sense, may be inspirited by or be filled with the truth.

There are those who have moments of such realization and yet those moments pass. And there are those who enter that gateway of intelligent infinity never to return, in the sense that the impact of perfection is so powerful that a choice is made to live the life in this awareness even though, shall we say, the wiring of an entity living at this level of energy will burn out the physical body. It is not the goal of the higher self or the self outside incarnation to achieve realization. That is an object of desire which is chosen by those within incarnation and within that veil [of forgetting] which prevents them from knowing that all is truly one.

In terms of your soul-self, shall we say, or the self outside of incarnation, you see the incarnative period as a period of work; work on your balance and work to the service of the one infinite Creator. Outside of the veil, things look different enough that realization seems like the steady state and the incarnation is that wonderful time of unknowing when the entity sets about on the journey of faith.

May we answer you further, my brother?

G: You mentioned the balance between love, wisdom and power. I would like to request what you mean by the use of power—by the word power, that is.

We are those of Q'uo, and are aware of your query, my brother. You have heard us greet you and say

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goodbye to you in love and in light many, many times. We do not so often speak of power. Power is an aspect of both love and wisdom, yet power is also a thing in and of itself. When you wish to focus your attention, your will or your desire, you are using that power that fuels your attention, your will, and your desire. Physical power is easy to see, and often entities who are metaphysically powerful are also physically powerful. However, the power of which we speak when we speak of balancing love, wisdom and power is the metaphysical power of your will. The focusing of your will is the magical act that creates a change in consciousness for you.

Now, consider how easily an entity who is greatly loving and has a strong will may make numerous and unwise choices for himself and others because there has been an unwise use of power. Perhaps there was great love in a situation and consequently the seeker decides to affect the situation, but does not discover all the parameters of the situation.

For instance, say, a daughter has an elderly parent. Say that this elderly parent is full of years, full of illness, and ready to let the body fall away. The parent is ready to enter the gates of larger life and so heal himself through to a new environment. He is desirous of moving on. And yet, say, this daughter is absolutely certain that the best way to express her love is to keep this entity alive. The unwise use of her will may well keep the entity alive. Yet it cannot be said to be an action that partakes of true compassion or wisdom.

Similarly, a wise entity may easily focus his attention or his will on creating things, making things happen in the physical illusion. Yet he may not have been full enough of compassion to know the just use of his wisdom. In such ways, your lawgivers have sometimes created laws that limit rather than promote fairness.

These are only two examples. May we answer you further, my brother? We are those of Q'uo.

G: First, thank you so much for speaking through example. I love seeing a principle illustrated in a particular circumstance. It helps me to grasp it so much more easily. I don't form my thoughts well without being able to write them down, but the thoughts that I have formed go like this. Based on what I understood you to have said, I would equate will with the capacity to sustain focus and put into action that which one desires, whether internally or externally. And I would see love and wisdom informing the will and equating power with the capacity to sustain and carry out action and seeing that power informed by love and wisdom. Does that make sense?

We are those of Q'uo, and are aware of your statement my brother, and indeed it does make sense, your dangling marsupials,[132] as the one known as Don would say, notwithstanding. You have the basic gist of that which we are trying to express.

There is an infinite variety of ways to talk about selfhood. When one talks of love and light one is grasping two fundamental principles of that in which unity consists: the original thought and the manifestation of that thought. Yet there is power in every atom, in every cell of your body, and in every engram[133] of your emotions.

There is power in every word you think. So, in addition to concerns of learning to be more loving and learning to be more wise there is a concern, as one becomes more powerful, to use that power wisely and compassionately. So, there is a tripod of love, wisdom and power. And there is a just balance for each entity between those three. It is a consideration that goes into each entity's plan for incarnation.

May we answer you further, my brother? We are those of Q'uo.

G: No, Q'uo. Thank you.

We are those of Q'uo, and we thank you, my brother. Is there a final query before we leave this instrument? We are those of Q'uo.

G: Q'uo, how would you relate the concepts of faith and power?

We are those of Q'uo, and are aware of your query, my brother. Faith is a vibration or energy which is far less distorted from the truth than any other vibration or energy which you as a third density entity are able to realize, express or manifest. It is deeply connected with the indigo-ray chakra and is also fully conversant with that process of the indigo

[132] Don Elkins had a habit of changing thing slightly as a form of humor. "Dangling participles" became "dangling marsupials."

[133] engram: a presumed encoding in neural tissue that provides a physical basis for the persistence of memory; a memory trace.

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and violet ray moving through the gateway to intelligent infinity.

Power, my brother, can move through any of the chakra energies. And in making one's life sacred, one discovers the joy of expressing one's power through the highest possible expression, which is that of faith. An entity which has the faculty of faith well developed is indeed a most powerful beacon. So, we would not equate power with faith, but rather would say that it is a matter of the seeker's journey to find higher and higher expressions of his will, his power, and his focus.

May we answer you further, my brother?

G: No. Thank you so much, Q'uo.

We are those of Q'uo, and we thank you, my brother. We have greatly enjoyed your queries. At this time we would leave this instrument and this group with great thanks for being called to your session of working. It has been a true pleasure. We are so happy to share our thoughts with you.

As always, we suggest that you listen for the path of resonance in all that you hear, whether it is our words or the words of others, taking from us what would be helpful to you and leaving the rest behind. We do thank you for this consideration, as always. We are known to you as those of Q'uo. We leave this instrument and this group in the love and the light of the one infinite Creator. We leave you not only in love and light this evening but also in peace and in power. Adonai. Adonai vasu. ♣

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Saturday Meditation
April 12, 2008

Group question: Our question tonight, Q'uo, is: One gets the impression when reading the mystical texts within the distortions of Christianity, Zen Buddhism, Sufism, the Yoga of Hinduism and other, non-codified systems of thought, that the path to enlightenment demands of the seeker a great quantity and quality of time and energy and focus.

What would you say to the seeker of enlightenment whose obligations of service to family, work and society seem to preclude the possibility of devoting the requisite time and energy? Additionally, can sufficient will and faith overcome these daily limits upon available time and energy?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and the light of the one infinite Creator, in whose service we come to you this evening.

It is a great privilege and pleasure to be asked to join your circle of seeking. We thank you for inviting us to share our thoughts with you. As always we would ask you to employ your discrimination while listening to or reading that which we have to say. It will enable us to speak freely if you will do so. For not all of our thoughts will meet all of your needs and it is important to us that we do not infringe upon your free will or disturb your process by suggesting that we are in some way authorities who must be listened to regardless of what we say.

My friends, this is not true. We are those who share our thoughts with you just as you would share your thoughts with us, and just as we would listen to you with discrimination, so we would ask you to listen to us with that same discrimination, using those thoughts that are helpful to you and leaving the rest behind.

We would note that this evening the speaker for Q'uo is Hatonn rather than Latwii. We note this in case those who are aware of our thoughts find a difference in the vibration, finding it more towards the energy of love than towards the energy of wisdom. The query and the constitution of the group require more of a focus on the fourth-density energies of unconditional love and compassion.

Your query this evening has to do with the nature of the spiritual master, or perhaps to use a better word, the spiritually mature entity. The questioner notes that no matter what the religious conviction of the seeker, those who write inspiring material seem to be those who have dedicated their entire lives to the pursuit of the one infinite Creator, not necessarily working for a living or engaging in relationships of a personal nature or the raising of a family.

This is a very interesting query and we shall attempt to look into this from several different points of view.

Firstly, we would look at the supposition that inspiring works are generally written by those whose lives have been set apart from the general run of

society. This is true. The works most admired by those who seek the truth are those works that were the product of lifetimes of contemplation and devotion.

Each of the religions has its long list of those entities whose lives were set apart and dedicated in devotion to the one infinite Creator. Out of those dedicated lives have come many books, poems, koans[134], sutras[135] and Vedas[136], and they have been a blessing to many. In the Oriental and Eastern portions of your world and in primitive societies in general, the office of guru, shaman, or priest is an office that is held in high esteem by the tribe or people and each tribe or village has such a beloved and well-supported figure.

This entity is given honor and is part of the very fabric of the tribe or village. The guru or shaman is not precisely set apart from the rest of the population. However it is a full-time role. It is respected, honored and needed. There is no feeling for the Western concept of going to church on one day in a week and not thinking about spiritual matters any other time. Rather there is the sense of the world as a magical and spiritual place altogether; a world of mystery which the guru or shaman may interpret with words or may explicate in his silence.

In the Western or Occidental portion of your world, it is also true that it is those who have dedicated their lives to the seeking of truth who have created the sacred literature that is revered and honored by seekers of truth. However, the society of the Occident is not woven of a fabric in which religious figures are essential. Priests, pastors, and western rabbis are appreciated and honored. However, the office of priest, pastor or rabbi is most usually considered to be a career. It is work done for pay.

The priest generally is given time off, like any other worker, and has vacations from his spiritual career. There is, perhaps, the same degree of devotion in many of those who are spiritual leaders in the West as in the East. Within orders of monks and nuns, dedicated seekers are able to offer their entire lives in devotion to the one infinite Creator. Yet these societies are set apart from the villages, the towns and the cities. They are not an intrinsic part of every neighborhood. They are not a familiar sight within the little area of streets and lanes in which you may live. There is a different emphasis and stress placed on religious seeking or the spiritual walk in the Western world.

It may be noted in this regard that many of the most beloved of writers in the Western world are those of the minority who are monks and have been able to devote their entire life, 24 hours a day and seven days a week, to the pursuit of the mystery.

What unites the East and the West in their attitude towards spiritual masters or teachers or spiritually mature entities is that it is assumed that the rest of the village or the tribe or the city will not be spiritual masters. That job is given to the one entity within the village or tribe who is spiritually gifted and has been chosen to be the guru, the shaman or the priest of the tribe or village in the East.

In the Western world the job of spiritual leader is given to those few who feel called to a special vocation. The rest of the people are content to attend services and listen to the wise words being given from the pulpit. They receive their Sabbath sermons and feel comfortable about moving back into the secular world and not thinking about spiritual things until the next Sabbath.

Indeed, in many cases among the people of your modern culture it is not deemed necessary to think about spiritual things at all, except in the same way one thinks about politics or sports or the latest popular show on your television. It is part of the universe of normal life. It may not be deemed necessary to consult spiritual leaders such as priests, rabbis and pastors except on appropriate occasions such as marriages, baptisms and funerals.

The vast majority of entities then, whether in the East or in the West, are content to think of themselves in non-spiritual terms. They are just people living their lives. Indeed, if one were to suggest to many people that they, too, are priests, there would be no feeling of resonance on the part of those who heard such a thought. They would say, "I am not at all priestly. I am a worldly person. I do not know very much about spiritual things. I could

[134] koan: a puzzling, often paradoxical statement or story, used in Zen Buddhism as an aid to meditation and a means of gaining spiritual awakening.

[135] sutra: any of various aphoristic doctrinal summaries produced for memorization generally between 500 and 200 B.C. and later incorporated into Hindu literature.

[136] The Veda: the entire body of Hindu sacred writings, chief among which are four books, the Rig-Veda, the Sama-Veda, the Atharva-Veda, and the Yajur-Veda.

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never be a priest. I could never be a shaman. I could never be a spiritual leader. I do not have the time, the energy or the focus that it takes to become spiritually mature."

We would suggest, on the other hand, that each of you is already a priest. Your very nature is sacred. Every cell of your body is full of the love and the light of the one infinite Creator.

The one known as G was saying earlier that there was often the sense that he was very close to this realization of oneness with all. He was often very close to this feeling of all things being sacred and all things being one. And yet there seemed to be a glass wall, a partition he could not see and could not penetrate, that kept him from those realizations of oneness.

We would agree with the one known as G. The one known as A also spoke of feeling walls around his heart, so that he could not be transparent or undefended in his daily life, but rather took care and caution in dealing with a somewhat hostile environment, for so he has found this world to be. And we would say that most entities upon your world find their environment often a hostile one—hostile to their safety, hostile to their comfort and hostile to any sense of true freedom.

The people of your planet have given away their power. For the most part they have lost the conviction that they are priests. They have lost the sense of themselves as magical and powerful entities.

Much has been written within your people's sociology and popular books concerning the feeling in modern society of being cogs in a machine, being less than human somehow. They are asked at every turn, "What is your social security number? What is your driver's license number? What is your passport number? What is your account number?" A name is not unique enough to be satisfactory to the culture which wishes to identify entities carefully.

And so there is less and less reliance upon the quality of a human being and more and more reliance upon that number, that series of integers, that cannot in any way, shape or form express the depth and richness of the personality, character and being of the souls of Planet Earth.

We would suggest to you that it is possible to choose to take back your power; to recover your sense of magic, and to become priests in your daily life once again.

We would wholeheartedly agree that your culture no longer offers you the time to dedicate your life to the seeking of the one infinite Creator on a full-time basis. There are still orders in all religions which offer a limited number of places for people to cast all worldly cares aside and focus on the seeking of the one infinite Creator. But there are very, very few of these places.

And there are even fewer entities who wish to abandon the worldly life and to enter such a restricted and secluded cloister for a lifetime of religious observances and rituals. Your world has become secularized to a great extent. Yet this need not concern the spiritual seeker who wishes to become mature.

The questioner asked about three qualities: time, energy and focus. Certainly most entities do not have time for full-time seeking, in the sense that they do not have time away from the responsibilities of making a living to pay their bills, of tending to the relationships within their family web, or of fulfilling their responsibilities as members of the community and citizens of the world, nation, and region, whether it be a state, a province or a parish.

Yet there remain two aspects to consider besides time. Energy is the second of the three aspects. Certainly, your physical energy is limited. In the worldly sense there is a finite amount of energy and once the physical body has been depleted of its physical energy, it seeks sleep. The exhausted body will spontaneously sleep, given any opportunity, as the one known as Jim noted.

Yet there is an entirely different kind of energy that is not necessarily depleted by the process of earning a living, tending to one's relationships and fulfilling one's responsibilities in the community. That is your vital energy, the energy of spirit, your élan vital, as this instrument likes to call it.

It is certainly easy enough to allow one's vital energy to be sapped. Yet it is not sapped by physical work as is physical energy. It is sapped, my friends, by tolerating cynicism, boredom, and negative thinking within one's thinking processes.

It is extremely easy to become cynical and bored when gazing at an obviously imperfect culture. And such an attitude builds upon itself. If one is not

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cynical and bored, one may batter oneself against the seemingly impenetrable bastions of power, attempting to change those things which a seeker may feel are not right, not righteous, not appropriate. And many a cynic has been born of youthful attempts to change the world only to find that it was quite resilient and not amenable to change. And so the seeker yields, gives up, and allows a world-weariness to become the usual attitude.

We would point out that this is a choice. There are other choices available that keep the questing spirit alive, enthusiastic and innocent of cynicism.

The one known as Jim said earlier that either one becomes what one hates or what one loves. The energy that brings one towards spiritual material is the energy of seeking to become what one loves. A positive orientation may look at disaster and chaos and yet find hope, stability, and a vector toward place.

Some entities seem to be born with a gift for positivity and cheerfulness. And how such entities are appreciated by those around them! Yet if one were to ask such a seemingly positive entity about his attitude, if he were to become totally honest he would speak of suffering and catalyst that was hard, catalyst that threatened that cheerful attitude. And he would speak of digging deep to find the will and the faith to look beyond the obvious and to seek that energy which is unseen but ever near, that energy of love which is our nature whether we are incarnate, discarnate, of density one, two, three, four, five, six or seven.

This we all have in common. We are made of love. We can access that love through the use of will and faith and this brings us to the third part of the query—focus.

Focus is that which makes up for the lack of time and the on-again-off-again relationships with good and positive energy. In whatever estate one finds oneself, if one can focus and become single minded in the seeking of the one infinite Creator, the world and all that there is in it becomes spiritual. All that one sees becomes sacred. From the least to the most, from the simplest to the most complex, all things speak eloquently of the one infinite Creator. All voices are voices of love.

That focus is the mark of any entity who is able to use the catalyst of Planet Earth in order to achieve spiritual maturity. Whether that entity is a farmer, a mechanic, a factory worker, a teacher, an office person, a technician or any mode of life whatsoever, including being a prisoner or being chained to the sickbed of physical limitation, he can become a priest. Focus is the key, my friends.

We would offer you as an example of this the one known as Jim, who often expresses his feeling of being behindhand in his seeking, for he must spend his physical energy each day doing hard labor. This wears out his body so that it seeks sleep when he relaxes at night. Yet were any of those who know this entity and his work to be asked what their estimate of this entity is, they would express the desire to learn from this entity. They would express the feeling that they perceive this entity to be a spiritual leader. This entity may be riding a mower, yet his very being resonates with the love and the light of the one infinite Creator.

There is no truly spiritualized entity who believes in his own spirituality as being adequate, or who would call himself spiritually mature. That is something that is only part of the self-concept of those who have not yet become mature. The closer towards sainthood a spirit in flesh comes, the more that spirit is aware of the flesh, aware of the imperfection and the impurity, aware of the miles yet to cross to become truly priestly. That does not keep such entities from being priests.

We would suggest to you that it is entirely possible for all entities upon Planet Earth at this time, whatever their station in life are, whatever their schedule, their responsibilities and their restrictions are, to become spiritually mature through the single-minded focus of the desire of the heart on the one infinite Creator.

There are different ways to express that evocation. There are different ways to manifest that single mindedness. Yet all have in common the goal of oneness with the Beloved that is the Creator of all, that great mystery and paradox which we call the one infinite Creator, having no better words to describe the ineffable and indescribable.

And we would suggest one thing more to you, my friends. Were a critical mass of you to take up that single-minded focus on love, your world would be transformed. It would not be necessary for every

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human being to decide to change their focus for this to happen. Look at the difference made by even one entity that chooses to focus on love. His life becomes sacred to him and he then functions as a priest. Imagine the impact of groups of entities living in the world, yet choosing also to take part in an informal priestly collective, so that love is in the mind and in the heart.

(Side one of tape ends.)

(Carla channeling)

We have spoken before through this instrument concerning the need for a new paradigm, a need for a new way of thinking, for as you think so shall you act. Focus your thoughts on love and see your life become transformed.

It is not that you are transforming anything. It is that you connect with the truth when you focus on love. And that truth carries you where you could not go of your own human will. Your whole concept of self becomes greater and at the same time the personality and the ego become less, as you focus on love and allow the magic of transformation to occur in your life. It will not take you away from your job necessarily, but moving yourself into accord with love will yet transform your world.

We thank the one known as G for this query and would ask at this time if there are follow-up queries to this question before we open the meeting to other questions. We are those of Q'uo.

G: Give me two seconds. I may have a follow-up, please.

We are those of Q'uo, and brother, your time is up. However, we will give you more than two seconds, and therefore we would open this meeting to other questions. Is there another query at this time? We are those of Q'uo.

A: Hi, Q'uo. Thanks for coming tonight. My name is A and I have a question for you. I'll read the question. *(Reads)* "I have a slow and delicate gastro-intestinal tract which, together with tension elsewhere in my body, prevents me from sleeping restoratively. Are there spiritual principles that might be helpful for me to think about?

We are those of Q'uo and are aware of your query, my brother. We would note, my brother, that every seeming condition and limitation that would be interpreted as negative has a gift in its hands. The nature of a wanderer is often sensitive and delicate due to the fact that the spirit comes from elsewhere, where the wiring of the physical vehicle is different. Consequently, the ability to incarnate fully and enjoy the life of third density humanity is limited. Higher-density wiring does not do well in third density. Consequently there is the need to find ways to incarnate more and more into the body and to come to love, appreciate and honor the body.

The challenge of a wanderer then, once he has awakened, is to move through those feelings of dismay and distaste at the necessities of the world. For some it is not particularly pleasant even to eat, to drink or to fulfill bodily functions. For there is the feeling that it should be much simpler and gentler and easier a place than it is. The heavy chemical body requires a good deal of patience and gentleness when the spirit inhabiting it is not comfortable within its own skin; not "a happy camper" as this instrument would say.

Rather, it feels as though one is in prison, looking out through the bars that flesh creates. And one cannot escape the prison of flesh within incarnation. One is trapped for a lifetime, or so it feels to the wanderer. We would suggest, my brother, that it may help you to find ways to reconnect with the earth-energy of this planet which has given you life within this incarnation.

The one known as G was speaking of sitting on a rock in a wilderness forest, letting the sun beat down on him and gradually becoming aware that he was a mythological figure in a story of dawning awareness. Suddenly, he began to hear the voices in the wind, the spiritual nature of embrace and caress that was implicit in the sun, and the thrusting earthiness of the rock which gave him a platform on which to sit within this amazing world which you call the earth life.

As he focused in and focused in some more, suddenly, he broke through those glass barriers that kept him from his own inner heart.

You and many, many others have these barriers that you cannot see. And yet are there. They keep you safe. They keep you defended. But in terms of becoming comfortable within your body, they do not aid. For some, the walking in nature may help to ground and open the doors of spirit within you that create a sense of belonging to this planet, belonging to this earth, of being a part of Gaia. Perhaps that is

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the door for you, my brother, to a more comfortable physical existence.

There are many other ways of grounding the self. This instrument does this through gardening, which puts her hands physically on the earth, and by a mental practice of feeling down into the earth beneath her chair. It is far away from her chair physically, but the energy of the earth is immediately there if she focuses upon it. Again, it is a matter of focus. It is possible that the simple act of remembering to ground yourself down from wherever you are sitting or standing when you work will aid you in becoming more fully incarnate within your body and therefore making you feel more relaxed, confident and self-assured. For you truly do belong to your Mother, the Earth. You are a child of the Earth And your physical body is greatly helped by this embracing of earth-energy.

May we ask if there is a follow up to this query, my brother?

A: Yes. This is in the same vein. *(Reads)* "I'm experiencing tension, bursitis and tendinosis in my shoulders. Are there spiritual principles that may be helpful for me to think about in addition to what you've already said, or does what you've already said cover that question too?"

We are Q'uo, and are aware of your query, my brother. In a way, my brother, we have already spoken to this in terms of spiritual principles, but perhaps it may help to say it in a slightly different way.

We would repeat, however, the basic tenet. That is that limitations and seeming difficulties offer gifts. Often the gift is to begin to think about and sense into the situation that you are experiencing. The connection between the mind and the body is very close and it is not jejune[137] to connect feelings in the body with the physical things that may cause those feelings. For instance, Atlas carried the world on his shoulders in mythology, and undoubtedly he would have had the conditions that you experience, were he to be human and were he to be speaking of the burden of carrying the world.

When there is a situation within part of the body that would suggest that it comes from carrying too much, then it is reasonable to consider the possibility that in some way you have unhealed feelings of being asked to carry too much. Therefore you are then able to begin to work with those feelings, to look into them, to sit with them, and to begin to penetrate layers of fear and anxiety that may keep you from seeing the pattern of your incarnation.

Sometimes entities come into an incarnation with a pattern of incarnation in mind. And if the pattern is not being fully completed, there may be a series of physical reminders that pull the mind and the feelings back and ask of that entity to respond to this limitation that is sensed. It may be fruitful to consider what such a wake-up call might be about.

You are already perfect, my brother. We are not suggesting that you change in order to feel better. We are suggesting that such feelings may be a signal to you in your inner life that the pattern of your incarnation may be considered in a way that would be helpful.

Gaze back over the life as a whole and ask the self when these limitations come into play the most, and when they are least in sight as far as needing to be handled. And perhaps that pattern may come clear so that you can cooperate with that incarnational pattern and help your body, your mind and your spirit to come into a place that is more comfortable for you.

May we answer you further, my brother? We are those of Q'uo.

A: Yes, Q'uo. Here's another question in the same vein. *(Reads)* "I'm frustrated by my apparent inability to still my mind and to meditate. It makes sense to me that meditation is the basis for much spiritual development. Are there spiritual principles that might be helpful for me to think about?"

We are those of Q'uo, and are aware of your query, my brother. The habit of meditation is, like any other habit, one which is learned through repetition. There is often the concept of meditation as being a complete blanking out of the mind and a resting in heavenly bliss. Yet we would say to you, my brother, that you will also have a fruitful and helpful meditation spending your time in silence, watching you thoughts arise and allowing them to fall, watching them arise and allowing them to fall away, watching them arise and allowing them once again, and once again, to fall away.

[137] To be jejune is to be childish, juvenile or immature.

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That may be your experience of meditation. That may be your experience of meditation for many years. That does not mean that that is what is occurring in meditation on a deeper level. It means that you have a characteristically active and restless mind and therefore it may take years and years for you to be able to do more on the surface than allow the silence to continue while you interrupt that silence and let it fall away, interrupt and let it fall, interrupt and let it fall.

The seeming turbulence of the surface of the mind does not in any way keep your deeper mind from realizing your intention to focus your will upon the seeking of the communication that is in the silence. And bolstered by this awareness of your intention and the setting of your will, your deeper self will use that meditation time just as it would if your outer experience were completely peaceful.

However, there is another type of repetition which may aid you in achieving silence within and that is that basic practice which the one known as G was discussing in the study group's conversation which preceded this channeling.

Placing something positive for the mind to use as a focus is sometimes very helpful to the meditator. That something may be as simple as seeing your breath move into your body and move out of your body, seeing it move into your body with white light, bringing you new energy, and seeing it move out of your body, blowing away all that is used up and unneeded from your energy field.

The mantra is very useful in this regard for many. Whether it is the name of the Creator or any meaningful phrase, the constant repetition of this God-name or phrase replaces the thoughts that arise and fall away, arise and fall away. You are directing your intention. You are directing your attention. Intention becomes attention and attention becomes bliss.

May we answer you further, my brother? We are those of Q'uo.

A: Yes, Q'uo. I profane God's name regularly in my thoughts. I also have obscene, sadistic and violent thoughts that get mixed into any kind of thinking that I do, including trying to focus or meditation. Are there any spiritual principles that might be helpful for me to think about?

We are those of Q'uo, and are aware of your query. We shall comment.

Thoughts are things in the metaphysical world. The way thoughts make you feel are also things in the metaphysical world. As you think, so you are.

It is your choice as to how you wish to conduct your thoughts. You have learned to conduct them in a certain way and you have noted that you have made these choices. You may also choose to change your habitual patterns of thought so that the energies, rather than being constricting, tightening and tensing, become expansive, generous, loving and joyful.

It may feel, at first, when you substitute an expansive thought for a constrictive thought, that you are faking it. And yet we say to you, my brother, this is an illusion. And in this illusion you are playing with energy. That energy, as it happens within this illusion, penetrates down into physical form and becomes manifested as a physical body and a physical experience. Yet it begins with thought.

May we have a final query at this time? We are those of Q'uo.

A: Yes, please. I've become rather passionate about non-violent communication, a process developed by Marshall Rosenberg.[138] Are there any spiritual principles that might be helpful for me to think about?

We are those of Q'uo, and are aware of your query. We would say to you in this regard that it is well to consider with great passion and enjoyment those thoughts that resonate to you and to incorporate them in your life. In such a way, you are able to interiorize the teachings of others; to make them your own and to begin to become those values and those principles that you most admire.

We are those of Q'uo. We thank each of you for the beauty of your auras and essences and for your dedication in taking this time apart from your life simply to seek the truth in company with those who also have every fiber of their beings pointed towards the great mystery and paradox that is the one infinite Creator, that one great original Thought of love.

We leave you in that love and in that light which is the manifestation of love. We leave you in the house

[138] Marshall B. Rosenberg, *Non-Violent Communication: a Language of Life*: Del Mar, CA, Puddledancer Press, c1999.

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of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai vasu. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Saturday Meditation
April 26, 2008

Group question: The question this evening is, "Would you discuss the spiritual principles behind the creative process of the arts? From a spiritual perspective, what are some of the differences in the creative process between poets, novelists, sculptors, painters, composers, songwriters, actors and playwrights?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. Thank you for calling us to your circle of seeking. It is a great privilege to be called. We shall do our best to share with you some of our thoughts upon this most interesting subject of the spiritual principles behind the creative process.

As always, we ask each who reads or listens to this material to retain your keen sense of discrimination, so that you take that which is useful to you from this conversation and leave the rest behind. We would be most grateful for you to do that, as it allows us to speak freely without being concerned that we may infringe upon your free will or disturb your process.

The spiritual principle behind the creative process is that each entity is the Creator. Each entity has the innate ability to create things that never were and to think thoughts that have never been thought. Each entity upon Planet Earth in third density is equipped with all of the tools and resources for creativity. You may ask, then, "Why does not everyone create?"

The challenge of being creative is to retain or produce a way of seeing and perceiving that is original to the Creator. Your culture does not encourage original thought. Your culture does not encourage inner-directed behavior and attitudes. Your culture has a consensus reality[139] which is endlessly materialistic. It is as though, with a sea all around you, your culture stands upon a tiny island and says, "This is the world. Do not go to the sea. Do not dive deep in unknown waters. Here in this garden where there is food to eat and work to do, live your life. Question nothing, accept authority, and make no waves. Do not paddle at the shores of the unknown."

The culture and its consensus reality, in our point of view, is the illusion and the water, the reality. The creation of the small island is the pulling together of some gross physical matter upon which to stand and it is built by fear.

At each instant of each of your lives upon planet Earth, infinity and eternity are as close to you as your breath; as near as your heartbeat. Each moment upon this seemingly solid earth and its seemingly

[139] Consensus reality is a phrase which asks the question, "What is real?" and answers it by stating that what we agree is real, is real. The film *The Matrix* is about consensus reality, for instance. The implication is that consensus reality may bear little resemblance to reality, which is the inference which is intended by the Q'uo's use of the term.

mundane concerns can open up in an instant to reveal the stunning complexity, paradox and mystery of the infinity of the moment. Land falls away and the waters invite, encourage and attract the seeking heart to escape the island of consensus reality and plunge into the waters of the noumenal[140], the unknown, and the wondrous.

It is to be noted that the artistic impulse exists in some way, shape or form in each person. However, in some cases, the environment of childhood is such that there is too much fear built into knowing new things to make it possible for an entity to explore his creative impulse.

In other cases, an entity may have great appreciation and delight in portions of the creative process and yet be unable, for lack of native talent, to manifest that wonderful artistic vision that is in his heart and in his soul.

There is a certain percentage of your peoples, many of them being wanderers, whose nature is such and whose preincarnative choices of talents are such as to support the creative process. Artists and creators of what this instrument would call "intellectual properties" are not a different breed than other human beings upon planet Earth. They are those whose gifts include a sensitivity to beauty which calls them away from the island and into the water.

We use this metaphor because the difference between that which is non-magical and that which is magical, or that which is non-creative and that which is creative, is the flatness and the two-dimensionality, shall we say, of the earth at the feet, and the figure walking across the earth at a 90-degree angle to it at all times. There is no roundness. The life is shaped in squares.

In the water, if the water separates out, every drop of water is a globe. It is a circular universe, appropriate to the circular energies of time/space and metaphysical things.

We would switch to a different metaphor now in talking about the gateway to intelligent infinity, for the second part of your query, my brother, has to do with possible differences between various types of artists and creators.

We would distinguish at the beginning of this conversation between artists and those entities who are moving from an intellectual perspective and are not involved in the artistic impulse but rather have found that the gifts produced by him are well accepted and can offer him a good living. We are talking about those with the spontaneous and irresistible urge to create. Those who are playing a role and seeing artistic production as a kind of career or work limit themselves by remaining within the lower chakras in their expression of material offered by them, or to them if they are singers or actors.

We speak, as we believe you intended us to speak, strictly of those artists who must express that which is within them and who are irresistibly drawn to perform and to share their gifts. Whether or not such entities would think of offering their gifts in a spiritual sense, it is, indeed, a spiritual exercise by its very definition. For in order to make contact with the creative impulse, the entity must move into the open heart or green-ray chakra and thereby move upwards into the ray of communication, the blue ray, and the ray of faith, indigo ray, and thenceforth to move into the violet ray and the gateway to intelligent infinity.

An artist is moving his attention into a place where he is able to draw from beyond that gateway the inspiration and information needed in order to be able to express the visions that he has seen and the perceptions he has garnered in his own way. He is as the treasure hunter who finds treasure and then must share it.

This instrument is fond of a musician known as Willie[141]. This singer and songwriter was once asked how he created so many beautiful melodies. The one known as Willie said, "There are melodies moving through the air at all times. It is just a matter of picking one out of the air and putting words to it." This entity was accurate. The infinity of possibilities flows through that gateway to those who access it at all times. There is no end to the creative impulse.

We would note that the great and universal difficulty which artistic entities face is that they become overly fond of remaining in the chakras we have just

[140] In the philosophy of Kant, the noumenon is defined as "an object as it is in itself, independent of the mind, as opposed to a phenomenon. It is also called a thing-in-itself." Kant's term, in German is "ding an sicht." So the noumenal is that which has a real existence apart from our minds. Again, the inference is that consensus reality is not as real as true reality apart from our minds.

[141] Willie Nelson.

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mentioned—the heart chakra, the throat chakra, the brow chakra, and the gateway chakra. They prefer to remain completely in the upper chakras and not to take care of or honor the lower chakras. Therefore they become untethered to the earth, shall we say. They are not grounded into their lives and their incarnations.

This is the temptation for those who love beautiful things, not realizing that beauty begins with the stench of birth, the blood, the wailing, the sharp light, and the terror. The creative process must move down, daily and consciously, into those very beginnings of life, into red ray with its survival and sexuality, into orange ray and yellow ray with its relationships, and work with the entire energy body in order to have the strength and the sheer energy flowing through the energy body in order to make the most of the spiritual gifts of creativity while not destroying the body, the emotions, or the mind, quickly or gradually, because of inattention to the lower chakras and their issues and concerns.

Various artists have chosen before incarnation to bring with them into life various creative gifts. One may sing. Another may be a wonderful actor. One may write. Another may paint. The differences between the different kinds of artistry have to do with the personality or character of the individual who is striving to express artistic feelings and concepts.

Some there are who like to remain within the heart and are expressing from the heart. These, in many cases, are performers. Those who create music, shall we say, or create operas or ballets, move from the heart chakra.

Others there are who have the pronounced blue ray. Those with this particular character will find it irresistible to attempt to communicate in new ways and many of these are writers, playwrights, poets and inspired teachers, for teaching is, in itself, an art form.

Many there are whose character and personality are such that they are drawn to the realms of faith, will and magic. A mixture of these energies is unique to each artist and therefore the mode or manifestation of that art within him will also be unique. Certainly too, an artist may move in his life through various phases in which he is coming from the heart or the desire to communicate or from the desire to express the magic of life. But these are the waters in which the artist plays.

We ask if there is another query, my brother? We are those of Q'uo.

Jim: Are numbers, ratios and arbitrary rates a helpful spiritual lens for understanding the creative process and the creative product?

We are those of Q'uo, and are aware of your query, my brother. Indeed, mathematics and ratios are intrinsic and absolutely necessary to the creative process and if an artist is having difficulty focusing, it may be very helpful for such an entity to work with mathematics, especially sacred geometry.

If one looks at language itself, it is sacred geometry. Each letter in a word has a certain energy. Each word, made up of certain letters, has a certain energy. The study of not just language but alphabets and symbols is endlessly fascinating and it can be seen that through the doorway of letters and words an infinite amount of energy may flow. Such tools are necessary for the artist.

In music as well, it may easily be seen that there is a series of mathematical ratios betwixt the twelve tones of the western scale. There are mathematical ratios betwixt various chords, duads and triads within that system of octaves which musicians use to create the beauty of a melody and the richness of harmonization and symphony.

May we ask if there is another query, my brother?

Jim: In order to bring us full-circle, would you discuss the spiritual principles behind the attraction of art, literature and theater for non-artists and the population in general from a spiritual perspective, being sensitive to how different types of art may uniquely tweak the creative process? How does art affect us?"

We are those of Q'uo, and are aware of your query, my brother. As we said previously, all entities are creators but not all entities are drawn to express their creativity. They are solidly attached to their little island of consensus reality. They want the ground firm beneath them and the sky above. They wish their feet not to sink into the unknown.

And yet, that creative impulse dwells within all. It is part of being part of the Creator. Each entity is a sub-creator. Each entity has magical ability. Each entity through faith and will can change his world.

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But there is such a deep acceptance of consensus reality in many that there is no potential outlet for creative expression in the sense of original creativity, although you may see the creative impulse moving through any entity's life in a collection of Barbie Dolls arranged just so, or a beautifully decorated Christmas tree, or meals that are prepared with love, or children that are raised with genius.

Many people, left to themselves, will not enter into intellectual creations, shall we say. They will not let go of the box in which their lives are bound, for they feel safe there. Yet, how wonderful it is to be able to step into a theater or a movie house, an opera house or a place where a ballet is being offered and to sit in the audience and let the performers take you into the water! They aren't steering the boat but they can appreciate the trip. And they know that this delicious dose of mystery and paradox will end and they will be back safely upon the shores of their island once again.

It can be thought of—and this is a shallow statement but helpful, perhaps—as a left brain/right brain difference, saying that the left brain has to do with living on the island and making good use of time within the box and the right brain then goes begging and does not have its needs fulfilled. It is not exercised. It lies dormant. Art, therefore, can take one out upon the water and lift that dormancy into activity. And suddenly the right brain is working. It feels very good. It makes the attendee or the appreciator of art feel as though he is also creative. It is contagious.

Looked at another way, an artist could be described as an entity who is able to compress the vastness of human experience into an offering small enough to view as a whole. In this compression into image, metaphor, melody and so forth comes an intensification of power, so that an artist may punch through fear and bring the attendee or the audience into a place of freedom or love.

The artist has a tendency to tell the truth that has either escaped the multitudes around him or has become too dreadful to contemplate and therefore is ignored. Further, an artist is able to bring a people, a nation, a world through the process of grief and sorrow by creating beauty within that grief and sorrow and despair.

May we answer you further, my brother?

Jim: Finally, from a spiritual perspective, what is the significance of the rise in interest in creativity in almost every cultural domain?

We are those of Q'uo, and are aware of your query, my brother. Perhaps you have heard the expression, "There is something in the air." "Spring is in the air." "Christmas is in the air." At this time, my brother the New Age is in the air. The veil rends. The gateway to intelligent infinity is more easily entered. Vibrations of truth are bombarding planet Earth at this time. Waves and waves of clarity and true perception are interpenetrating with the third-density vibration of consensus reality in a way that cannot be ignored.

If an entity is deeply asleep, he may simply feel these waves of energy as experiencing that things are getting more difficult and he must shut down more and more and focus on just surviving. This is due to the fact that he has not yet welcomed himself, gotten to know himself, come to accept himself, and finally seen the Creator within himself. However, every entity upon planet Earth today is capable of breaking through to a standpoint from which these energies are used in a positive way.

It takes tremendous courage to open up to these crashing waves of perception and say, "I'm in for the ride. I will use this energy to see more deeply into myself, to accept myself more fully, to love myself more dearly, to see the Creator within me, and honor that spark of Godhead."

These are wondrous times. For your people approach graduation day, shall we say, that point after which each death from life on planet Earth shall be entirely open to the possibility of moving forward into fourth density. And not only is the planet and the solar system as a whole receiving these incredible waves of energy signaling the end of third density and the beginning of the dawning of a new age of fourth density, but also at this time there is tremendous interest in helping those of planet Earth who wish to move forward in a service-to-others manner to succeed.

So the inner planes are rich with those who come to experience this time of shift with the incarnate entities of planet Earth. Angelic entities are everywhere. Nature devas and nature spirits are everywhere, all wanting to play, to sing, to dance with you, with each, with all, inviting each to dance

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this dance into the sun, into the light, into the dawning of the new day.

We, ourselves, are among those who have been drawn to your planet at this time so that we may in our humble and modest way offer ourselves to those who might find our information useful or helpful.

You may expect to see more and more of the artistic impulse within the children of your planet as they are born within the very specific confines of entities who shall live a part of their lives in fourth density. They are wired for both third density and fourth density within their DNA. Consequently, they can accept far more creative information. For them the veil is much thinner.

At this time we would ask if there are any follow-up queries to this initial series of questions? Is there another query from the one known as A? We are the ones known as Q'uo.

A: Yes, Q'uo. Would you discuss the relationship between empathy and the creative process?

We are aware of your query, my brother. There is a profound difference between empathy or the ability to feel fellow-feeling for another entity and the individual creative process. You might see it as the difference between a horizontal action and a vertical action.

When an entity is so open-hearted that he is able to put himself into another's shoes and to walk a mile in his shoes, he has indeed performed a creative act. He has accepted his brother as himself. He has taken on his burdens. He has experienced that which he could never experience within his own individual life. This indicates a magical and loving personality with a spiritual maturity that is unique to those who have awakened and who have become able to be magical persons.

Yet that exchange of energy in empathy is horizontal. It is from person to person. Each of the two offers the dynamic of the Creator between them.

(Side one of tape ends.)

(Carla channeling)

However, the Creator is not something for which the empathic person is reaching. Empathy is person-to-person, eye-to-eye and heart-to-heart.

In the creative process of an artist who is working with his imagination, there is a vertical energy where the artist is opening to higher energies, higher perceptions, and transformative and magical nuances that he senses and then goes hunting for, just as we said, like a treasure hunt. This is a vertical energy. It is that which moves one very decisively out of the box of consensus reality and into that awareness that the ground upon which you stand is merely an illusion and that in truth, there is infinity below and infinity above and eternity on both sides.

May we answer you further, my brother? We are those of Q'uo.

A: Yes, Q'uo, you mentioned that *(inaudible).*

We are those of Q'uo, and are aware of your query, my brother. An artist's sense of esthetics is as unique as his personality. An artist tends to create from perceptions that make something new of the familiar and take that which is known into places where it becomes something unknown.

This instrument, to give one example, has recently seen the work of an artist who takes everyday objects such as plastic water bottles and creates photographs that have a surface beauty to them but which also have the deepest expression of concern for planet Earth. "Look at all these water bottles," the artist says with his photo. "Look at this sea of water bottles that we, as a nation, have used and discarded in just one day." A vast sea of transparent bottles fills the picture frame to frame, and beneath the undulating waves of crystalline beauty there lies the message.

To move further back for another example, in a time of horror and war, the one known as Brueghel[142] painted what he saw and to this day entities are able to look at that painting and have an immediate insight into the nature of human suffering.

It is not that dark things, in and of themselves, are beautiful, any more than it is that positive or light things are in and of themselves beautiful. It is the perception that the flat postcard of vision can explode into an infinity of concepts that drives beauty.

May we answer you further, my brother?

A: *(Inaudible).*

[142] Pieter Brueghel was a Flemish artist of the 16th century. Some of his canvases, such as "Massacre of the Innocents," "Fall of the Rebel Angels," and "Triumph of Death" work with dark subjects yet are beautiful paintings.

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We are those of Q'uo, and are aware of your query, my brother. We believe you are already aware that this is part of your active, personal process at this time. We would not wish to do your work for you. For there is great joy and discovery awaiting you as you move through your process on your own. We can only say to you that your efforts are positive and loving and we wish you every good fortune with them.

Is there a final query at this time? We are those of Q'uo.

R: In looking at the nature of negative polarity and karma, there is the assumption that when one polarizes in the negative sense, for example, as a slave master, then the karma would draw to him the opposite experience of being the slave. When you are in the position of one who suffers and is on the receiving end, will you still polarize in a negative way?" Could you comment on this question?

We are those of Q'uo, and are aware of your query, my brother. It is entirely possible and quite probable that an entity, as you say, on the receiving end of power; that is, being powerless, can polarize very greatly towards the negative.

If you think about the nature of the negative polarity, the negative polarity has to do with seeing all others as objects to be used and to feeling of oneself that one is the king of creation. When such an entity, with this basic turn of mind, is in a position of powerlessness, he is free to spend the entire incarnation honing the edge of his rage. He can use every slight, every insult, in order to make himself more finely sharp as an axe-blade in his distain and distaste for all but himself.

And talking of negative polarity metaphysically speaking, you are not looking so much at the outer estate as you are looking at the possibilities of employing the path-that-is-not. Employing the path-that-is-not means denying that you and the other are one. Whether a negatively polarized entity is on top or on the bottom in terms of the estate he enjoys in society, he is equally capable of honing the edge of his anger and his separation from all others.

We are those of Q'uo, and are aware that the energy of this instrument is waning. We would at this time, therefore, with great reluctance say, as did Romeo, "Parting is such sweet sorrow."[143] We leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai. ♣

[143] This is Juliet's line in Act 2, Scene 2, Line 184 of *Romeo and Juliet* by William Shakespeare. The couplet ending the scene goes: *"Good night, good night! Parting is such sweet sorrow, That I shall say good night till it be morrow."*

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Channeling Intensive 1 - Session 14 - Channeling Circle 3
May 4, 2008

(Carla channeling)

We greet you with a great joy in the love and in the light of the one infinite Creator. We of Laitos are most pleased to be called to your circle of seeking and to work with each of you who desires to become a more open channel for the love and the light of the one infinite Creator.

As we move around the circle to each of you, we shall attempt to make our conditioning vibration apparent to each of you. Although we realize that each has some concerns or apprehensions about being able to develop as an instrument, we do assure each of you that, as this instrument has often said, each of you has the innate ability to receive our thoughts. It is far more a matter of how long it takes each entity to develop this ability to receive and to transmit our thoughts than any question of it being impossible.

When we work with the newer channels, it is our tendency to move into the realm of storytelling, for we find that the exercise of telling a story has more of the ability to feel comfortable to the newer channels and not to present the difficulties that might arise if there was simply a discussion of a point of our philosophy, which you may have heard many times before.

With storytelling, on the other hand, each story is a new one. So there is more of a feeling of confidence that can be created as the channel is passed from person to person, in that the content of the story is not known beforehand. Therefore, it will be fresh and new to the channel, thus giving the channel far less of a reason to doubt himself or herself.

As always, we would say that if there is any thought which we offer in this channeling circle that troubles any of you, we would ask you to leave it behind without a second thought. For we appreciate your right to complete free will and would not wish to trespass upon that.

We give this instrument the picture of a land of heavenly light. The dark clouds come up and obscure the light. It is as if a great cloud had passed over the sun and for the first time, darkness descended upon this land. The inhabitants of the land, being farmers and humble people, could not comprehend this darkness, as theirs had been a land of perpetual daylight. They wondered to themselves whether this was the end of the world; whether they might now be facing their extinction.

In due time, perhaps not more than an hour or two, the cloud passed. The lightness came back in full splendor. And yet the people were deeply concerned and puzzled. What had happened? What was this thing called darkness? As one, they turned to the wisest among them whom, everyone called Father, and they said, “Father, what is the meaning of darkness?”

We would now transfer this contact to the one known as R. We are those of Laitos.

(R channeling)

We are those of Laitos. The darkness fell on the land …

(Pause)

(Carla channeling)

We are those of Laitos and are again with this instrument. We thank the one known as R for the pleasure of working with his instrument.

We continue with our story. The one known as Father smiled upon his people and said, "I have heard in *The Book of the Ages* of a time when darkness was as normal as light, when they had not simply a resting time, but a night time. Every time there was daylight, then there followed a period of night when there was no light except that which was reflected from what they called their moon."

One of the villagers said, "Then, Father, what is the meaning of the night for us?"

This time we would transfer this contact to the one known as S. We are those of Laitos.

(S channeling)

We are those of Laitos and we are with this instrument.

Father was silent for a moment and then spoke with gravity and said, "Just as the silence has preceded these words I speak to you now, so the darkness precedes the light. It is only when we are in the light that we understand that there is darkness too. The darkness comes to us that we have not had for many, many lifetimes now. And we have grown so exclusively used to the light that we have come to forget even that there is something called the dark.

Yet it is not that the darkness is wrong. It is simply that we have been experiencing a very, very long period of light which we may now call day. It is likely that we will have future experiences again of the dark. It is not for us to be afraid, but to regard this as an opportunity."

We will now pass this …

(L channeling)

We are those of Laitos. Among the people surrounding the Father and asking questions of this phenomenon was a young maiden whose memory became stirred by the discussion of the cycle of light and darkness. She seemed to remember something akin to a dream, but which seemed at the same time to be a distant reality, of floating in what is the form of a nebulous cloud, far removed from her beloved planet and far larger and greater than her present form, where she was pulled and tugged by the descent of darkness into a realm which she did not know.

Yet there was a strong response to this dark calling, which somehow enabled her to travel in consciousness; indeed, more than consciousness, to that place of darkness. Meanwhile she remained in the heavenly realms. The calling and the activity of that place of darkness became a focus of interest in her realm of light. There became a manifestation of a different reality which took on a life of its own, as if it was now living in two places at once.

There was a connection to the light from this dark place of the planet which experienced cycles. All the while there was a connection, a beam of light of consciousness, of spirit of the larger entity to that smaller one.

And as the Father spoke of these cycles of light and dark, and as the memory banks were stirred in the young maiden, she began to become aware of the new matter of this connection and this larger being.

We now pass this contact to the one known as J. We are those of Laitos.

(J channeling)

We are those known to you as those of Laitos. The young maiden, remembering her experiences among the clouds and her feeling of being drawn to this sphere of darkness, remembered her experiences on the plane of darkness. She realized that through her experience of these dark planes, she had something to teach those who were in attendance now. So she gathered the courage to speak of her experiences so that she could calm the fears of those who were fearful amongst the group that was gathered about her.

She recalled that when she was in that place and that time, the darkness had called to her to come into a fuller realization, into a fuller embodiment. She remembered the time that she spent upon this dark planet and the experiences that she had there, when she realized that she was part of the light and that she was on the planet to bring that lightness to the world. So she spoke of her experiences on that world.

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We are those of Laitos and we pass this connection on to the one known as M. We are those of Laitos.

(M channeling)

We are those of Laitos. She explained to the crowd in another way the meaning and bent over to a beautiful flower. She picked it as she stood in the crowd. A frightful insect was clicking its grumbling song in the center of this beautiful flower, which was composed of red, yellow and rose, the lower chakra colors.

And everyone was focused on this insect which they had not expected to be in the beautiful flower. And the flower began to engulf the insect. The insect got swallowed up and engulfed in the flower. The flower closed up. Then it was as if a new bud and insect had opened up and spread again in all of its beauty and glory. And the maiden said, "Just as the flower has engulfed the insect that you started to fear, the darkness is part of us, but our light is greater and we can engulf the darkness with our light/love and our love/light and become closer to the Creator.

We pass this contact on …

(Pause)

(Carla channeling)

We are those of Laitos and are with this instrument. We greet each again in love and in light.

So as the maiden shared her flowers, there came to Father's face a smile. "Dear ones," he said, "by your preference and long-standing excellence, you earned for yourselves the right to experience unending light, everlasting sunshine and eternal day. You were offered this because you wished it. Yet, it is so that during this generation's long day, you have not moved forward. You have remained upon a happy plateau. The seeds of darkness slept within your group until the light called to the darkness and the darkness cleaved unto the light.

The energies of creativity and growth seem as though they would grow far better in sunlight than in the nighttime. And yet, it is the darkness of soil that offers fertilizer and deep, sweet food to the seeds that burst forth into the daylight. It is in the darkness of your own hearts, interior, shadowed and private, that you experience the depths of emotion and choose to seek the one infinite Creator. And while the daylight has been a blessing, perhaps, my children, you shall begin to hunger for the darkness as well.

We would transfer this contact to the one known as R. We are those of Laitos.

(R channeling)

We are those of Laitos. We are having difficulty with this instrument.

(Carla channeling)

We are those of Laitos and are again with this instrument. We thank the one known as R for moving ahead with the contact and speaking our identity. We assure the one known as R that with repetition, the sensations which block full awareness of our concepts shall become less and less. We thank the one known as R for offering himself to our service. We would transfer this contact to the one known as S. We are known to you as Laitos.

(S channeling)

We are Laitos and are here with this instrument.

The maiden reflected on these things that she has been told and that more importantly, had began to dawn on her as if they were memories from times of old And as she reflected, a change began to come over her countenance. The innocence of youth seemed to acquire a new aspect and she began to seem older and wiser—in this capacity even as old and as wise as old Father himself. Then she proposed to those who had gathered around that the time had come for a great adventure.

Taking the flower she had in her hand, she strewed the petals, which were caught up by a gust of wind and seemed to multiply and form into an image of a great ship. The lower part of this ship was made of the roots which had belonged to the flower. She invited all of those who would come to enter into the ship, which would carry them into a land where once again light and darkness could be experienced together.

We pass this contact to the one known as L.

(L channeling)

We are those of Laitos. We are now with this instrument.

The ship that was formed was a ship of consciousness. And as the maiden and the others who were ready for the adventure entered the ship,

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they entered with an awareness and with a new respect for the cycle of light and dark and with the new intention to use and master the darkness and, at the same time, consciously to use and to master the light.

As they moved forward with this intention, they called to themselves a greater awareness of the various powers that they incorporated in order to blend both darkness and light into catalyst for their greater growth and glory and also for their beloved planet.

We now transfer this contact to J. We are those of Laitos.

(J channeling)

We are those known as Laitos. The young maiden, feeling emboldened by her understanding of times past from the deep crevices of her being, began to speak to those who had accompanied her in this great metaphorical ship about a journey into the past or into the alternate realities that had the light and the dark.

She remembered that when she was floating among the clouds that she so loved the light! And yet, the dark was different and so she was curious about it. So she came to understand that which she wished to communicate to those that were with her. And this was that there was nothing to fear. Because there was some fear among the group to begin with. She wished to show them that the light, even though it was most powerful and glorious, had its opposite, which was as glorious and powerful. And there was nothing to fear.

She said, "Just remember that there is new information, new experience, new learning coming in this contrast of light and dark." She saw this new occurrence in the experience of those of her world as an opportunity to appreciate the contrast, to appreciate the light for what it was. They had lost that in that long period of being only in the light, so in this contrast then they could come to appreciate the light more. They could come to appreciate what it was they had in the light alone through the contrast of the darkness that was now upon them.

With the promise that the darkness would return, there was some anticipation of that which they might experience in this darkness. With her experience and her reassurance, then the group began to understand that there were new possibilities awaiting for them in this darkness from whence it would come. And some grew eager at the opportunity to experience the darkness once again.

So it was then with that the maiden became much more deeply grounded in her being and her wisdom began to flow. Her confidence and understanding flowed through her effortlessly, and much joy came to her countenance as she was able to relate and to experience these changes once again.

We now pass this contact on to the one known as M. We are those who answer as Laitos.

(M channeling)

We are those known as Laitos. The community to which the maiden belonged anticipated the fear of the darkness, almost looking forward to it, as if it was another opportunity. The understanding of the young maiden and old Father had helped them. But the anticipation was still tempered with the fear that they would be gripped by the darkness. And they asked the young maiden, "What should we do if the darkness is too great?" Their fear was that the darkness was too much and that the ending would come with the darkness again.

The young maiden said, "There is both the darkness and the light. And what was light becomes darkness, and then light again. You start out with the darkness and the dark clouds, but you can always look above them." And she pointed to the distant horizon.

(Side one of tape ends.)

(M channeling)

And she said, "See. Look at those clouds coming. It is okay. Accept your fear, but love your fear and look above it. Look above it. You can always look above the clouds. You can always look upward towards the light. Look above the clouds."

And everyone did. And above the clouds was a beautiful, tall castle that grew so high up in the sky that they couldn't see the top of it. This uplifted the community. And with that experience they understood that experiencing fear and darkness helps you climb higher, to heights you wouldn't have been able to scale without the dark clouds. You would never have thought to look higher.

We now pass this contact on.

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(Carla channeling)

We are those of Laitos and we are again with this instrument.

The maiden gazed with understanding into the eyes of Father. Father nodded an affirmation to her. He held out his hand and she took it. And together they began to ascend the steps of the castle. As she went, she wrapped the petals of her ship about her, gleaming petals of light. As he followed her, hand-in-hand, he wrapped himself in the roots that signified darkness and fertility and growth. And together they danced to the light through the darkness, to the very peak of the castle.

And at the end of their dance, the darkness that lay between the land and the peak of the castle wrapped itself about the light as a lover. And the light in turn wrapped itself about the darkness in response. And in a great swirl of light and dark, those in the heavenly land of light were brought back to where they had begun.

And as the dance of light and dark was done, the maiden and Father said, "Now, would you choose eternal day? Or shall you choose that which seems fearful, but brings growth?" And with boldness, one by one, the farmers of that village chose growth.

Indeed, my friends, there are many times when growth seems to be undesirable. For it moves one from the land of peace, from the garden of Eden, into a dark and troubled time. Yet it is only in the dance of light and dark that the spirit may continue its journey back to the original source of all things. Blessed is each of you who has chosen the way of growth.

We are those of Laitos and are most thankful to have been able to work with each of you this day. We are aware that this is a new experience for some and that the images that we offer sometimes seem illogical or fanciful. We thank each for trusting that which is given and for working with those concepts that are often so difficult to translate into everyday words.

At this time we would leave this instrument and this group, thanking each for the joy of collaboration and for the beauty of your company. We leave you in the love and in the light of the one infinite Creator. We are known to you as Laitos. Adonai. Adonai. ♣

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Channeling Intensive 1 - Session 15 - Special Meditation
May 4, 2008

Group question: Channeling Intensive Meditation[144], May 4, 2008. The question this evening, Q'uo, is we would like to know the nature of the connection between the contact—that would be you—and the channel that channels your words or thoughts, or any Confederation words or thoughts. Could you elaborate on the nature and quality of that connection and how it might be enhanced by the one who is serving as the channel or the instrument?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator in whose service we come to you this day. What a privilege and a pleasure it is, my friends, to be called to your circle of seeking. We thank each soul who has laid aside precious time for seeking the truth. We are most glad to accept the invitation to share our humble thoughts with you on the subject of the nature of the point of contact betwixt source and channel.

As always, however, before we begin, we would ask that each of you employ your powers of discrimination as you hear what we have to say. Use those thoughts of ours that seem helpful to you, by all means, and leave the rest behind without a second thought. This will enable us to speak freely without being concerned that we may be interrupting the process of your evolution or infringing upon your free will. We thank you for this consideration.

The nature of contact betwixt a physical being—that is, a spiritual being which has associated itself with a physical body in your third density—and a non-physical being—that is, a being which does not have a body that would be considered a physical body in third density—begins with a consideration of the nature of the energy body itself. Such a consideration must begin with a look at who you are energetically, and how your energetic system works to create a place for connection. Each of you has studied the material that we of the Confederation have offered you through this instrument over the years about the energy body.

You are aware that, in our opinion, that it is the primary body, even though you are in physical form as far as your physical eyes can see. The creature that you are would be empty and hollow were it not for the interpenetration of your flesh and bones by the energy body which is associated with your infinite and eternal self. The first point of contact to be considered in your question is the contact between you as a physical being and you as an energy being or an essence. Your physical body is a marvel of engineering and design, a self-contained chemical distillery set in delicate parameters for the sole purpose of use by your soul.

[144] This Special Meditation was held at the end of the Channeling Intensive 1 make-up session.

Because you have experienced what this instrument calls Derby Weekend, you have been talking about the courage and bravery of the thoroughbreds that run, and especially the incredible courage and self-sacrifice of the filly known as Eight Bells, who gave her life in order to please her master and run the straight race to her very best ability. You may see your physical bodies in the same light. Just as a horse and its rider, your physical body wants to be ridden—waits to be ridden—and loves the rider who rides it. That rider is your energy body, or your soul body, or your spiritual essence.

The connection between the two is delicate, yet very powerful. It was set by intention prior to your joining the physical body with the soul body. Somewhere during the process of your mother's pregnancy, or perhaps just after your mother delivered you into the world—the point of entry of the soul or the energy body into association with the physical body varies greatly—yet eventually you are born and you are inextricably intertwined spirit and flesh, incorporated in one creature of amazing complexity and nuance.

And yet, in the end, moving by very simple principles having to do with attraction, repulsion and the whole principle of choice, this all that you are has brought into your physical manifestation many non-physical items. They include your physical traits such as quickness of mind or quickness of coordination, personality traits such as your preferences for choices of pleasure and choices of work, and your limitations and seeming failings and faults, all of which were carefully placed where they were as they were in order that you in this very short lifetime of yours may have the maximum potential for using what the one known as D called "the day," each brief day of lifetime, to create an ever more just balance within your energy body, within your soul essence between the qualities of love, wisdom, power and peace.

It is the nature of your density that you are not to know the truth of that which we say, nor having any way of proving it. Rather, you take your journey on in a state of unknowing, and as you leap into faith and make your choice for love, you have only the most subjective of feedbacks to reassure you that you are on the right track, on task, and on target.

It is not given you to know if you are drawn to something like channeling simply because you wish to be of service, or if there are other strains of unmanifested, and perhaps undiscovered, reasons for being attracted to the service of offering yourself as channel. It remains for you an act of faith, an act of courage, and an act of absolute dedication to service, so to prepare yourself to be able to receive our thoughts and to transmit them, or translate them as this instrument would say, through your voice, your sensibility and your awareness.

As those who do come to this service seeking to make it better, we are very glad to speak of the second point of connection, which would be the connection betwixt your energy body and our energy body. This instrument has, in teaching during this weekend of study and fellowship, spoken several times about the importance of intent. Within the world of spirit, which is the environment of your energy body, creating an intent is as real as taking a tool would be in the physical world to a board and creating an opening by sawing a hole of a certain shape and size in the material. There is a lot of thought that goes into making a certain opening in a board—perhaps it is supposed to fit onto another board, and is just of this dimension and that thickness—and so the saw must be very clever and the wielder of the saw must be skilled in order that the cut may be smooth, the hole may be appropriately sized, and the fit may be a good one.

When you make your intention, you are creating an opening into your body that is your energy body, that is of a certain nature, of a certain shape shall we say for simplicity's sake. You have crafted that intent by stating precisely what you wish to do, why you wish to achieve contact with the source. You have used the material of your energy body to create this opening. It is not precisely an opening within any of your chakras, but rather it is an opening made by the alignment of your heart chakra, your blue-ray chakra, your indigo-ray chakra, and your violet-ray chakra together with the gateway to intelligent infinity and the octave chakra, or eighth chakra, which rests above your head in time/space.

So it is not only an opening that is not a flat opening, but rather it is a multidimensional opening of a certain shape—that shape being the shape of your desire and your intention—and the clarity and the cut of that shape being made by the degree of clarity which you bring to your service of opening to channel. Thusly, we say to you that the greatest part of cooperating with the process of opening to

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channel is the degree of clarity, integrity and depth of thoughtfulness with which your intention to offer this service is made.

There is always, in doing this service, the concern on our part that, in your eagerness to be of service, you shall skip the thorough examination of your entire energy body before setting your intention to open to channel. The one known as T was asking earlier if certain blockages that she may have deep within her might keep her from being the best channel that she could be. And we would say to that question that the answer is yes. And not only the blockages that are within her in particular, but in general those blockages which remain within the energy system, and which either acutely or chronically are narrowing the beam of energy which is able to be drawn up through the root chakra, up through the heart, and out through the top of the head.

This is the base node or the foundation energy from which the channeling must proceed. Therefore, we would encourage those who wish to channel to make a daily practice of examining, balancing and freeing the energy body from all distortions that can be found as you examine your thoughts for the day and those things that have occurred to you that would tell you where your energy may be caught within the energy body.

There is no more helpful thing that you can do to prepare for the service of channeling on a regular basis than the daily clearing of your energy body. This entails a great deal, actually, and we would use one word to characterize the nature of work with your energy body. That word is forgiveness. Forgiveness is a very powerful thing. Perhaps you are upset with yourself because you ate that which you shouldn't have eaten, or you spent some time when you should have been doing A, and then instead you preferred to do B. Perhaps you felt that you talk too much, or too little … perhaps many, many things. Whatever those thoughts about yourself, they call for forgiveness from you, not because you are worthy, and not because you are unworthy but are redeemed, but because the nature of you and of everything else in creation is perfection. Shall you hold it against manifestation that it cannot show you that perfection, or shall you by faith alone claim that perfection that exists triumphantly, regardless of appearances? You forgive, because that is the truth of your being. You forgive because in claiming love as your nature, you know that love forgives all.

And when it comes to forgiving others, you go through the same process, although we are aware it is exponentially easier to forgive others than to forgive the self. Therefore, we speak of the self first, and we speak of the self last in asking you always to remember to forgive the self, even if it seems that the self was not involved, and all you have to do is forgive another who has wronged you. Dear ones, this is not the equation as it truly exists. That which is held against another is held against yourself. That which is forgiven another is forgiven yourself, for you and another are one. Therefore, come into a state of forgiveness, sense that all is forgiven, know that love is everything, and in that environment can you set your intention to be of service. The quality and lucidity of your intention create a vector through the gateway to intelligent infinity towards the target that you have selected by the specificity of your intention.

This instrument has talked before about how you are radios and in tuning you are dialing towards the highest and best channel which you can receive on your instrument. Therefore, the tuning process that you have been learning this weekend is very important in terms of the contact that you are able to make, and how securely and soundly that contact is made. Consequently, we are very pleased that each of you has spent much time working with the process of tuning. We encourage you to find your own way. As this instrument has said in her teaching, do not rely upon what she has learned, but only use her suggestions as a starting place and then, by observation and by repetition in your own practice, refine your own way of tuning your mind, body and spirit into alignment with your highest intentions.

It is good that you take time to do this, not only because it is good to tune—that in itself is reason enough to spend the time before making a contact—but there is a further point to be made here, and that is that although it is a tender invasion between an instrument and the source of channeling, it is nevertheless an invasion. We are incorporating our energy into your energy, and that incorporation will last for the duration of the channeling. Consequently, it helps the energy body to have a little time to get ready for this very intimate connection which can be likened to the sexual connection in that it is a connection of power that is

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made for the purpose of propagating love in a certain vibration.

Our propagation is never intended to take corporeal form. There is no sperm or ovum, there is no child that grows. There is only that most tender and delicate stream of concepts that interpenetrates the sensibility of the channel coming through the gateway of intelligent infinity from that specific point of targeting that has been hit, down through the violet-ray chakra, the indigo-ray chakra, the blue-ray chakra to the heart chakra, and bouncing up again and resting in the blue ray, that throat chakra which we rest in in order to use your vocal apparatus and to offer our concepts to you. It is a penetration in utmost honor and respect in love and in light, and it is blessed and protected by the care and the fastidiousness with which you have prepared yourself for this contact, and by the care with which you have tuned and then challenged the spirit who answers your call.

It is wise indeed when the contact is over and we have withdrawn from your energy body back through the gateway to our resting place in the inner planes of your density for you as an instrument to take that same amount of time to rest and allow the experience to mellow. You may think of it as a time of the gradual return of your full energy to the outside world, or you may think of it as a time of afterglow following the sexual metaphor that we used earlier. For it is a communion of a very high order when an instrument allows the incorporation of the source which is channeled. Your children are your channelings, and you offer them with that same love and devotion that a mother offers to her children.

We thank you for this query, and would request that if there is a follow-up question, that you ask it now. We are those of Q'uo.

S: I have a question. I wonder if you could speak a little bit to the experience of channeling. It often seems to the channel that what we are speaking is actually our own thoughts, and not the thoughts of another. This seems particularly true because the experience requires that we put together sentences the way we would as if we were speaking on our own behalf. Can you give us some guidance about how we might sort out where that which comes from us lies and where that which comes from the source received by the channel lies? Thank you.

We are those of Q'uo, and we believe that we understand your query, my brother. If we understand you correctly, we would say that there should be no thought taken as to whether the thoughts that come to your mind are yours or are ours. The less thought that is taken on a conscious level once the channeling process begins, the cleaner the contact will be, and the more space we shall have in which to work. The reason that it is so difficult to distinguish betwixt one's own thought and the thought of the source that is channeling through your instrument is that there is no difference in the production of a thought by you and the production of a thought by us, as it comes from the world of concepts and ideation into the workaday world of sentences and statements which express the thought or the concept.

Since there is no difference in the feel or texture of thoughts generated from your subconscious processes and the processes of a source channeling through your subconscious into your conscious mind, any thought taken constitutes an element of self-doubt. It invites the consideration of many things by the intellectual or rational mind, and it encourages the distraction of the energies that have been so carefully aligned through the chakras from the heart on upward through the gateway to intelligent infinity. Consequently, once a contact has been accepted, the encouragement of such thoughts is sabotage to your original intent. It is not necessarily a harmful distortion for you to flash upon these thoughts—this is conscious channeling, and the conscious self will be there around the edges, shall we say—but let that conscious self be a spectator, and let the process of allowing the incorporated entity to speak through your instrument to go forward unimpeded by any encouragement whatsoever of that spectator to join into the equation of channeling.

May we answer you further, my brother? We are those of Q'uo.

S: Not on that question. Thank you very much.

We thank you, my brother. May we ask if there is another query at this time? We are those of Q'uo.

G: Q'uo, of the infinite range of reactions that an entity could have upon hearing or reading your words, is there a hoped-for reaction behind your intention when communicating through earthly instruments?

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We are those of Q'uo, and are aware of your query, my brother. My brother, it is our hope to share our thoughts. We have no hope that they will be accepted in such and such a way, nor have we any expectation of any particular kind of reaction on the part of those whose questions we answer. Our hope is to express in a voice of love the thoughts that we have to share in the least distorted manner possible. Our hope, in short, is to decrease distortion and enlarge love within the awareness of our self and of those to whom we speak. Our hope is to be part of the light and the love of the one infinite Creator as it's manifested so many ways, seen and unseen, known and unknown. We could never point or predict or narrow the possibilities of reaction that are acceptable to us. It is acceptable to us if entities listen and have no interest in that which we have to say. It is acceptable to us if entities find our work, our thoughts, our opinions of use. It is our pleasure to meet the opportunity that has been given to us in a channeling session to have a conversation with those of you who are yet in third density calling for our help, hoping to hear a voice of love. We hope to be such a voice. Beyond that, we do not have any expectation or desire to see a particular outcome. Were we to do so, we would be less than fully of service to others, and that would never be part of our intention.

May we answer you further, my brother?

G: Not on that question. Thank you, Q'uo.

We thank you, my brother. May we ask then if there is another query at this time? We are those of Q'uo.

S: If no one else has one, I would have one other one. It's a big question, and maybe a brief answer will suffice at this point. Many of us have feelings of having not been treated well. In our response of anger to that, and particularly for those of us who are attempting to develop on the path of service to others, it can be a tendency to hold back on our feelings of anger, and to hold this over long periods of time until it gets to the point where we become sort of numb and unreachable. I wonder if you could speak briefly to the question about how one might clear those frozen energies. Thank you.

We are those of Q'uo, and are aware of your query, my brother. It is indeed so that in most patterns of incarnation within your density, there grow to be in the incarnated mind/body/spirit complex pockets of deeply buried pain. As one can imagine, the effort made to bury the pain is commensurate to the level of the pain—the greater the pain, the more harsh the need will have been to erect defenses around it and enisle[145] it. It is not a desirable situation to have these islands of buried pain.

Although there are methods of systematically going after such buried pain, we would perhaps more happily recommend the natural process of becoming aware of these pockets of pain and suffering through the observation of the self in its reactions to surface catalyst. As events occur on the surface of life in everyday matters, some events trigger reactions that seem out of proportion to the catalyst that provoked them. When an unevenness in the calm of the spirit is detected, that unevenness is worth noting, not in order to judge the self, but in order to play detective in ferreting out the direction of these pockets of deeply held pain.

Naturally, you do not wish to do violence to yourself in the process of digging up this rich ore of experience, and this is why we say that it is better to work with the self in a patient and sustained manner, getting to know the patterns of triggering that you have as an individual, and building your intelligence as to what might be behind these unusually outsized reactions to seemingly mild catalyst. Gradually, you will be begin to be able to close in on the line of thinking or a direction of inference which leads you to a sudden memory of the generation of this old pain. Perhaps you cannot recall the details, but suddenly the pain will present itself to you free from its defenses' guard, so that you are able to realize its strength and see it in its true shape for the first time. When this occurs, embrace this realization and release that deeply held pocket of pain.

A Balm of Gilead for such wounds is forgiveness again, forgiveness of the self, forgiveness of the other, forgiveness of the situation. In many cases, you are forgiving things experienced so early, experienced in your childhood that you shall never have a cognitive awareness of the exact nature of the pain or of the cause of the pain. Yet at the same time that as you are able to lift this ore out of its pocket and set it free, you can sense the lightness of your shoulders that no longer carry this burden, and you can feel the inrush of new energy into your body. And these are the signs that you have successfully released an

[145] enisle: to place apart, isolate; to make an island of.

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engram of frozen emotion. This is work well done, but we encourage you to do it gently, lovingly and patiently rather than attempting to "clear the decks" and become completely free of all distortion. Such desires are those which create further distortion.

Realize, too, that as you clear out a pocket of pain, you may be dealing with a pocket that is being fed from a still deeper source within your system of energies, so that were you to stop at that point and think to yourself, "Now my work is done," you would be denying yourself the opportunity to move even deeper and to find that original pain that has been feeding the more near-to-the-surface pocket of pain which you have found now. Consequently, do not feel that this is work that can be finished within a lifetime, but rather remain vigilant each day of your life to those things which disturb you and investigate them as you get to know yourself ever better and ever more deeply.

May we answer you further, my brother? We are those of Q'uo.

S: No, thank you very much. That's very helpful.

We thank you, my brother. Is there a final query at this time? We are those of Q'uo.

G: Q'uo, I have one. What categories of questions yield the best results and/or are most suitable for your contact? And if there is time, conversely, what categories of questions are least suitable for your contact?

We are those of Q'uo, and are aware of your query, my brother. We are those who hope to be a source of information helpful to those who are seeking the truth. Consequently, questions which are shaped from spiritual concerns are those that most directly avail themselves to a fruitful discussion by us. We are a voice of love and our energies are nurtured by questions that are couched in loving terms by those seeking in a peaceful way to progress, to know themselves better, and to accelerate the pace of their spiritual evolution. Those questions which baffle our ability to serve are those questions which do not have to do with spiritual concerns in any way that we can find as the question is presented.

And it is to be noted in this regard that this instrument's frequent suggestions to those who would have sessions of channeling with our source to ask for what spiritual principles apply to any given concern are very well founded. The request for spiritual principles opens to us the ability to offer our humble opinions on those subjects. We may not be able to address directly a specific concern, yet if spiritual principles are involved in the query, we may discuss those which we can see may have some use as a resource in considering an issue at hand, whether it be abstractly spiritual or involved in a more specific and earthly concern. Because we are a voice of love, because we come in service to others, those queries asked from a standpoint of fear and service to self are those which most effectively baffle our ability to be of service.

May we answer you further, my brother? We are those of Q'uo.

G: Yes, real quick. Another category of question that may not be suitable which you did not mention is the category of question that may qualify in terms of being about spiritual concerns, but may disqualify itself in that it seeks something that is beyond the instrument's own knowledge base. Is this true?

We are those of Q'uo, and if we understand your query, my brother, it is not so. When a question is beyond an instrument's knowledge base, but yet is that of which we are aware, we are often able to give impressions to an instrument that allow it to create structures of thought that are able to be used by those with the information which the instrument does not have. If the instrument has been able to be lucid and true in the creation of that metaphor which replaces knowledge, then the questioner may then infer from that metaphor of words and sentences the structure of the information that is desired.

May we answer you further, my brother?

G: I'm often in the position of guiding question making by other individuals, and your information was very helpful. No further questions. Thank you.

We thank you, too, my brother, and appreciate your service upon our behalf as you help to prepare those who come to us for a conversation to have the most productive conversation that they may have. We are most grateful for the opportunity to have such conversations. It is our blessing to be called to circles of seeking such as this one, and indeed it is our way of being of service at this point in our own spiritual evolution.

We would at this time thank this group for the beauty of its vibrations, and the blended beauty of

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its creation of the sacred space of the temple of this session of working. We thank this circle, and we leave this circle in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai, my friends. ⁂

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Saturday Meditation
May 10, 2008

Group question: The question this evening is about sexual energy exchanges. From the Ra contact we know that two factors which enhance the exchange are extended foreplay, which increases the amount of energy transferred, and both partners dedicating themselves to service to others, which doubles the energy transfer. Also, simultaneous orgasm allows the transfer to be most efficient.

Please speak to the spiritual nature of sexual energy exchanges and how they enhance our magical personalities.

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we come to you this evening. We thank you for the privilege of being called to join your circle of seeking this evening. It is a joy to be part of this circle of beautiful, seeking souls. As your auras mingle and create the sacred space of this contact, they show us a beauty that is beyond words.

We thank you so much for this opportunity to share our humble thoughts with you on the subject of sexual energy exchange and the principles involved in maximizing this sacred energy. As always, however, we would preface our discussion by requesting that each maintain the utmost vigilance over his doors of perception. Please use your discrimination. Listen for the voice of your own resonance. If something seems interesting to you, by all means use it, but if something does not, please let it go without a second thought. In this way we can be assured of refraining from infringing in any way upon the process of your spiritual evolution. We thank you for this consideration.

In speaking of sexual energy exchange we need first to move back and prepare the ground, as it were, by offering some thoughts concerning the nature of the energy body and the nature of energy exchanges.

Your energy body is far more full of your essence in the metaphysical sense than is your physical body. It is the body from which your physical body takes its form, but it is non-physical, being electrical in nature. You can think of the universe as a whole as a field of energy, infinite and mysterious. Contained within that vast and unimaginable Creator-field lie the fields of the galaxies, the suns, the planets, and the entities upon those planets, such as yourself.

As you step down orders of magnitude to go from Creator to sub-Logos, to sub-sub-Logos, to sub-sub-sub-Logos, yet still the one infinite Creator is replete in every portion, every energy field, and every iota of the creation. Since all is one, each portion of the One is a hologram of the One. The very cells of your body are full of the information of the Creator and the created.

Your energy body is the governing field of your mind, body and spirit. It joins the physical body at some time around physical birth willingly and consciously interpenetrating the physical body that is

the opportunity for a lifetime of experience within the illusion of planet Earth. Throughout your life, then, your energy body and your physical body are indistinguishable in terms of any worldly observation or scientific ability to measure the potential difference betwixt the physical and the metaphysical.

It is the energy body that feeds the perceptions of the physical body. As the physical body, mind and emotions gather catalyst and experience, the harvest of those thoughts and emotions moves into the energy body in an endless loop.

Your energy body is fed by the Logos. In local terms it is fed by the energy of your sun which pours its light, its energy, and power into the Earth. Planet Earth, your mother, receives this energy in infinite amounts and sends it from the very heart and womb of the Earth in a radiating pattern from the very core of the planet, outward in every direction, coming up through the ground so that you may absorb it with your feet as you walk upon the earth. It enters the energy body at the joining of the legs, which is the seat of the red-ray chakra, the first of the seven chakras that together comprise your energy body.

This infinite love/light of the Creator that streams into the red ray will, if not baffled, blocked or narrowed, move freely and powerfully into the heart, letting the heart open and bloom like a flower, thereby setting the stage for the potential for work in consciousness.

Work in consciousness can only take place when the red ray, orange ray, and yellow ray are open and the energy of the Creator is running freely through them, for this is the energy that feeds the heart. When it is limited or constricted, the magical personality shall find itself on very short rations. Once the seeker has set his intention to do work in consciousness, then the higher rays become involved: the blue ray of communication, the indigo ray of faith and being, and of course, the green ray of healing and unconditional love.

It is to be noted that it is not necessary, in order to be of service to others and to graduate from third density, for the higher rays to be used in order to access the gateway to intelligent infinity. Simple, straightforward, unconditional love and the energies of forgiveness and compassion shall carry any seeker through graduation with flying colors. That is far more than enough to use in order to penetrate those energies that move one into higher light.

However, you, as a metaphysical being within incarnation, were indeed given the ability to use the higher chakras and to do work in consciousness. The infinite love/light of the one Creator moves upward, whereas it is the intention set by the magical personality that calls the energy from above down to meet the infinite love/light of the one Creator moving upward. Where those two energies meet is the location where the seeker is able to accomplish work in consciousness whether it be healing, channeling or the radiancy of being.

So, whether we are speaking of healing, the green ray energy, or communication, the blue ray energy, or radiancy of being, the indigo ray, we speak of one process whereby a seeker decides to set his intention to become a priest, a minister of light, and to take upon himself the responsibility of using his power rightly.

Sacred sexuality lies within the precincts of the indigo ray, and indeed, moves into the mystery of the violet ray. It calls down inspiration and information from the Godhead principle Itself, that great Logos that is unconditional love, into the heart of that which joins the physical and the metaphysical being, sexuality.

The potential of sexuality is that it may be sacred. The beginnings of sexuality are simple and primal. Consequently, as the priest and the priestess together set their intention to invite the Creator into the equation of their electrical circuitry, they call down the Logos itself. Yet it begins with the simplest sexual chemistry, that attraction that is purely red ray and that has been so sturdy in its efficiency of propagating the species of humans on planet Earth.

The first point that the one known as Jim made concerning sexuality is that it is helpful to prolong foreplay and we would speak on this to an extent and explore why this is so.

As the two who have set their intent come together, they have simply their intent. They have not developed a structure, metaphysically speaking, in which to express their intent. Whatever two entities do after they have set their intent to share sacred sexuality can be considered foreplay. The ritual of the date is very helpful in this regard.

As each of you has talked around the circle before the meditation this night, each has expressed the feeling of being so terribly busy that he almost

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cannot catch his breath. The world lies heavy upon the shoulders of those who must earn the living and fulfill the duties of the day. There is a great deal to lay down before one can engage in sacred play. There is much to release of the world and the grime and the weariness of the world.

And so, the two meet, perhaps over a dinner or sharing a glass of wine or coffee, a simple meeting of the eyes and the voices. And each talks, perhaps, about the day, about the concerns, the burdens and the feelings of world-weariness and ennui. And as these are spoken, the energy opens up and the rays begin to clear.

What is not usually understood about red ray is that it is not only the ray of sexuality but also the ray of survival. It is the ray in which you must say either "yes" or "no" to life itself. Many are those whose feelings of depression and unhappiness, for various reasons, has begun to shut down or at least narrow that red ray. Somehow, sharing these woes with another whose ears are open to listen begins to get the red ray open again; begins to make life seem good again. The colors brighten, energies lift, and the conversation goes on.

Much is shared on a personal level, opening up orange ray. And if there is, between the two, the sacrament of marriage, yellow ray is also penetrated. And as the affairs of that particular relationship are discussed, that ray begins to open and relax, as each supports each. Finally each can feel the heart opening because of the gratitude that is felt for the company of the other.

Now, perhaps, there has been a shift in the location and the amount of privacy. Perhaps this is the time when the two lovers become intimate, clothes are shed, the outside world falls away, and the talk deepens. Whatever is said in this opening into blue ray has begun to take on the quality of sacredness, as each listens in complete sympathy and support to what the other has to say. The world seems to brighten more and more, the energy lifts and moves towards the indigo ray, that ray of faith and magic where two beings may become magical together.

When that moment arrives where touch is involved, you can see that there has been a great deal of preparation. Sacred sexuality is not casual in any way. It is as structured as is any magical ritual, yet it is structured within the sensibilities of two priests who are invoking the one infinite Creator as they invoke that connection that is the essence of sexual congress.

We mentioned before that your energy body is an electrical body. As electricity has its path, so your energy body has its points of contact which can form a circuit betwixt two energy bodies, making them one. Those openings are at the lips, the hands, the feet, the groin and the breasts. If two hold hands, they are able to exchange sexual energy. If they touch lips they are able to express sexual energy. If any of those elements touch, sexual energy circuits between the two. When one thinks of sacred sexuality one needs to think in terms of the closing of those circuits.

By the time the first touch occurs, there has been a good deal of power built up by the anticipation of the pleasure of touch. In this regard, the focus of the two entities involved is the key to the ratcheting up of the amperage of the contact betwixt the two. Indeed, this instrument has often found it useful to visualize the circuit that has been closed, seeing how it changes color in intensity, how it is infinite in its play as each touches each and each creates ways to make the other feel good.

It was intended by the Creator that sexuality had the potential of offering to third-density entities an experience of the steady state of the Creator, which would be described by third density entities as orgasm. This is the steady state of the universe. This is the power of unconditional love. This is the engine that drives creation. This is the sunlight that falls upon you. It too, is the fusion of the priest and the priestess expressing unconditional love in a steady state.

As a priest and priestess who are mated become more experienced, each with the other, there begin to be refinements on the art of touching, on the nuances of intimacy, so that each can bring the other very close to the point of orgasm and then remain there, playing with that energy, fueling it, playing again, and fueling again, and not feeling the need to move to orgasm.

We believe this is what the one known as Jim had in mind when he spoke of prolonging foreplay, and this is certainly the major part of being able to move up in orders of magnitude, in terms of the brilliance and the power of the energy exchange involved.

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However, it is never to be forgotten that all of the energy centers are involved in sacred sexuality. One cannot play in the fields of the Lord if one does not have the lower chakras running well, glad and free and open and accepting of life and all that it offers.

It is indeed so that when both entities, the priest and the priestess, have consciously dedicated their lives to the service of the one infinite Creator, this doubles the power available to each. This is according to the way of doubling or squares. As in many other kinds of energies, when there are two who together seek, the power of that seeking is doubled.

And we would certainly agree with the one known as Jim that when there is a simultaneous orgasm between the priest and the priestess, the energy exchange is at its most brilliant, focused and collected. It is certainly the most lucid way to experience the fusion of self with self and self with Creator.

Yet, at the same time, we would note that it is possible to have a powerful energy exchange without orgasm, simply because of the intention of the mated pair and their dedication of the time of pleasure and feeling good to the service of the one infinite Creator. There are many among your people who have been well mated and who no longer are able to share the sexuality in the way of their youth. This in no way inhibits their ability to exchange sexual energy, to make each other feel good, and to have sacred play.

Sacred sexuality begins with a person's willingness to become magical. To be able to experience sacred sexuality, a seeker must release those thoughts of himself which limit him. He must find it within himself to accept himself just as he is and to fall in love with himself, casting aside all thought of self-improvement or self judgment. The beginning of the seeker's transition to the magical personality is his total acceptance of himself as he is.

We believe that this is perhaps the critical difficulty with sacred sexuality and is that limiting factor which keeps many from experiencing the full freedom and beauty of sacred sexuality.

Think of yourself not as you see yourself in the mirror but as you feel yourself when you pray for what you most dearly wish. See yourself not as a physical being but as a dreamer, a hoper, a lover of the light, an idealist. See those energies of intention that have nothing to do with the manifestations of the world. This is the beginning of the magical personality: to perceive yourself more truly than you can with the mirrors of the world.

And finally, we would note the impossibility of creating sacred sexuality without context. Such has often been attempted by those who would like to take a shortcut and who perhaps are unable to sustain a committed personal relationship for the length of time that it takes to establish a safe haven where two can trust that they shall not be harmed. Many are those who have attempted to create sacred sexuality by the use of objects, such as prostitutes, where all of the work of the magician is done by one entity in solitude, using the object in order to express the actual sexual energy. This shall never become true sacred sexuality, for there is no energy exchange.

In higher densities this shall be much clearer, for in higher densities entities exchange the dynamic between them upon meeting and so experience a kind of orgasm simply by shaking hands and saying hello, shall we say. There is nothing hidden or shameful. All energies are accepted as clean and beautiful. So entities dwell in an atmosphere of the exchanging of energies at all times.

You who dwell within the veil do not have that luxury. And so, in order to become able to practice as priest and priestess in sacred sexuality, you must create with another that safe place that enables trust and faith to reign supreme. How precious such a relationship is and how much it has to offer!

(Side one of tape ends.)

(Carla channeling)

Before we leave this subject, we would note that including the Creator in all that you do is the way to create your life as magical. The Creator is not "out there," unless you allow the Creator to be far off. The Creator is intimate with you in a very sexual way.

As you move through your everyday chores, invite the Creator to come into your life and power—and mean it—and watch your life transform. You will find yourself exchanging energy in a far more transparent way, and seeing the energy expenditures of others around you. You will feel the energy of the sun and share with that energy, giving your love back to it. And so, an energy exchange is made with

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the daylight itself. You can do that with each and every thing with which you come in contact.

We wish you the joy of your practice. May we ask if there is a follow-up to this query? We are those of Q'uo.

Jim: We don't have a follow-up to that particular query, but G has given me one that he would like to have asked. It's from J. It reads, "Q'uo, I've been distributing, promoting, and ingesting a substance known as "White Gold" for almost ten years. It's a legal substance. New information from another channel has presented itself to me which suggests that there may be a negative consequence to the DNA of the entity ingesting the substance. I'm deeply concerned that there may be some validity to this statement and am worried that, if it is true, then I may be, in ignorance, distributing a chemical substance which has negative effects on those who ingest it. Is there any information of a spiritual nature that you could offer me involved with the principles of this situation?"

We are those of Q'uo, and are aware of your query, my brother. The spiritual principle which we would mention at this time in connection with your query is the principle of the individuality of response. All is one, yet each entity is as a snowflake, individual and unique. Each unique energy system operates on its own frequency and with its own peculiarities. Therefore, that which may be extremely helpful for one entity may be neutral for another and may be detrimental for another. Only the percentages vary in terms of this being true of virtually any energy or substance that is offered.

Is there another query that we may consider at this time? We are those of Q'uo.

A: Yes, Q'uo. Could you compare and contrast, from the spiritual perspective, the energy exchanges of sacred sex with the energy exchanges in other spiritual dimensions of empathy?

We are those of Q'uo, and believe we understand your query, my brother. When there is an empathic energy exchange, it is an exchange that does not have the element of sexual touch. The nature of the empathic exchange is not necessarily indigo-ray. Empathic exchanges, that is, one entity understanding another to the point where one is able to experience as that entity, are possible in any of the energy centers.

So, my brother, we would say that it is a different animal in terms of its being a more general and more broad category of energy exchange. Yet, certainly, it is, just as is sexual energy exchange, that closing of circuitry of one kind or another where two entities become one.

May we answer you further, my brother?

A: I'm studying a method of providing compassionate empathy in a book called *Nonviolent Communication* by Marshall Rosenberg[146]. I'm not clear what my next question would be about that, but if you see anything spiritual about that, I would be interested.

We are those of Q'uo, and my brother, we encourage you to follow the path of resonance and wish you well with your journey.

Is there a final query at this time? We are those of Q'uo.

R: I have a question about energy exchange. Is there energy exchange between you, as an entity that works with a circle of seeking? I understand there is an energy exchange because you work through the channel and you need to connect with the channel so some energy moves there. But is there a more general energy exchange because this is a circle of seeking and we ask you to join it, so everybody in the circle exchanges energy in some way?

We are those of Q'uo, and grasp your query my brother. The energy exchange betwixt you and us is the energy exchange of Creator and Creator, equal to equal. The precise nature of the exchange again has to do with the individual. Each entity's energy body is unique and each energy body has its ways of receiving and giving energy, not in the specifically sexual sense, but in the sense of having pathways between various of the chakras that are used to working together. This is often a matter that is compounded by the long-held habits of an entity and his tendency to perceive in a certain way.

The energy exchange betwixt spirit in general and yourself in incarnation in general is always deepened and strengthened as the seeker avails himself to the silence and practices meditation and thus becomes able to begin to perceive deeper truths about his own nature. The more deeply that it is possible for you as

[146] Marshall Rosenberg, *Nonviolent Communication: A Language of Life*: Encinitas, CA, Puddle Dancer Press, 2003.

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an entity to go in opening up and revealing your inner self in terms of opening to contact with us, the more able that we are to become one with you in a very intimate way as we collaborate together to create an instrument whereby perhaps those who seek may find good resources and information for their spiritual journey.

When the dedication is set to serve as a channel and when the self has been opened up fearlessly to that possibility, the stage is set for the most efficient and deep energy exchange betwixt those of us of the time/space realm and you in the space/time realm. It is a beautiful and mysterious collaboration which is hedged in artistry and energy. It is a very creative exchange, as we are sure that you are aware, as you yourself have attempted to open yourself to these energies.

May we answer you further, my brother?

R: No, Q'uo, thank you for your comments and thank you for coming in, being repeatedly willing to answer our numerous questions.

We are those of Q'uo, and are aware of your thanks, my brother. As you know well, our thanks are just as fervent. It is tremendously fulfilling to us to be able to share our thoughts with you and hopefully to be of some small service to those of you who seek so valiantly within the veil on planet Earth.

The instrument becomes weary and we would leave this instrument and this group with thanksgiving and joy, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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Special Meditation
May 13, 2008

Question from Y: I feel as though I have a wall around me that keeps me from communicating with my higher self and my guidance system. If it was set there on purpose before incarnation, please discuss the spiritual principles for making this choice. If it was not set there on purpose, please discuss the spiritual principles involved in taking down this wall.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the light and in the love of the one infinite Creator, in whose service we come to you this evening. We thank the one known as Y for asking for us to join a circle of seeking in which she may ask some questions. And we thank those who formed [the] circle this evening: one known as R, the one known as G, and the instrument. For each of you to take time out of your busy day to seek the truth and form a sacred circle of working is most impressive to us. We realize how many, many things are upon your minds.

We are honored and privileged to share our humble thoughts with the one known as Y. As always, however, we would ask both Y and all of those who may hear or read these words to use the utmost discrimination, taking what is good from the thoughts that we offer and leaving the rest behind. Follow the path of resonance, my friends, for truly you are the very best judge of that which is important to you and that which will be helpful in your work to accelerate the pace of your spiritual evolution. We thank you for this consideration, for it enables us to speak freely without being concerned that we may infringe upon your free will.

My sister, you asked concerning a wall that seems to have blocked you from being aware of your guidance. And you ask whether it was set by you before incarnation or whether it is something that has occurred during incarnation. We assure you, my sister, that there is no power on Earth or in heaven, shall we say, that could keep you from your guidance. For your guidance is an aspect of yourself. However, there is a tendency in some seekers to create for the self a self-imposed wall, due to the workings of personality and a somewhat low opinion of the self by the self. We might call this factor a low self-worth or the unworthiness factor.

The guidance that you seek so ardently is closer to you than your very breath. And yet when there is within a seeker that [which] is prejudiced against the perfection and the beauty of the self, a glass wall can obstruct the free flow of information betwixt the higher self and the self within incarnation. Let us look at some aspects of this situation, for we feel that there is sure and certain hope that it may be ameliorated, and that you may find yourself being much more able to work with your guidance when some things are taken into consideration of which we would now speak.

The energy body, that time/space body that is pure energy and pure light, is the author of your physical body, holding the template of your physical body during incarnation. It also holds contact with your greater self. You have brought only a part of yourself into incarnation.

It is as though a lifetime were a journey. When your guidance and you decided upon this incarnation and set your intention for it, you packed those things that you would need. You packed your relationships. You packed the gifts you needed in order to perform the services you hoped to offer. And you packed those limitations and challenges that you felt would help you to come into a more balanced configuration of a vibration.

Some entities seek to balance their open and loving hearts with more wisdom. Other wise souls come into incarnation hoping to break open their hearts and link that unconditional love vibration with wisdom in a more balanced and equal fashion. There are also some who seek the right use of power, balancing it either with love or with wisdom or with both. These are the usual areas of which concern the soul going into incarnation.

When the desire is to open the heart on the more stable and continuous basis, that choice has been made by the one who is wise and this is the case with you, my sister. Therefore, you offered to yourself the challenge that wisdom poses for the seeker. The wise seeker knows the self very well. He knows his shortcomings. And the more close to perfection his character may be, the more harsh those shortcomings may seem to him.

In reality, each soul is perfect. We have said before through this instrument that there are no mistakes; there are only surprises. Consequently, know that your guidance is separated from you only by the illusions of thought-forms you have had in place since childhood. They are located within your energy body and they constrict the amount of energy moving into your heart and especially moving from the heart into the blue and indigo chakras.

The way the energy body works, it requires a constant working through all of the chakras, starting with the very basic chakra, the red-ray chakra, and moving up to the orange and yellow rays and then to the green ray. It is a common desire of those who so eagerly seek the presence of the one infinite Creator to spend as much time as possible within the higher chakras, experiencing the infinite light and love of the one Creator. Yet always the entry into the higher chakras must be preceded by work in the lower chakras to clear the way.

Perhaps you know the verse from the *Holy Bible*: "Prepare a road in the desert that makes the crooked places straight"[147]. This is the journey through the lower chakras and it needs to be taken not once but every day; sometimes more than once in a day if there are triggers that you find occurring that pull you away from the open heart.

Let us look a bit more closely at that open heart. As you move into the heart chakra, you move into what could be termed an outer courtyard. You stand before the open heart. And yet there is a gate that you must cross. It is guarded by the lions of discrimination. Those lions guard that gate until such time as you have accepted yourself. It seems a simple thing, and yet for those who are habitually self-critical, it is not so simple at all. How can one forgive oneself for self-perceived faults and errors?

My sister, the way to forgive yourself is to realize that you gaze at the illusion of self, thrown out by your personality shell. You may take it on faith that within that personality shell lies a beautiful, worthy, wonderful, exquisite spirit, unique in all the creation, beloved of the Father beyond all telling. When you see bits of your personality that you would wish to be other than they are, you have allowed yourself to judge yourself. We would ask you then to find it within yourself to refrain from judgment and instead hold out your arms and embrace yourself with your own open heart.

You have come into an illusion upon this planet and your life must be lived within that illusion in order for you to choose, by faith alone, to seek the Creator. And it is in faith that you forgive yourself, accept yourself, and fall in love with yourself.

When you see those faults occurring, do not think judgmental thoughts, but think affectionately, "Ah, there is my personality again," and give yourself a hug. We do not suggest that you cease attempting to become a better person. We encourage that journey

[147] *Holy Bible*, Matthew 3: 1-3: "In those days came John the Baptist, preaching in the wilderness of Judaea, and saying, "Repent ye, for he kingdom of heaven is at hand. For this is he that was spoken of by the prophet Esa'aias, saying, "The voice of one crying in the wilderness, prepare ye the way of the Lord. Make his paths straight."

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towards the light. However, upon that journey you walk with feet that move through transformation. One of the transformations is to begin to see yourself as a magical, beautiful and entirely worthy being.

We ask you not to see that which is not there. We simply ask you to see that which is not on the surface. We ask you to move deeper and find that portion of yourself that we would call consciousness. You share this consciousness with every third-density entity upon this planet. And, indeed, in the deepest sense you share this consciousness with all there is. For it is the consciousness of the Creator. It is the consciousness of unconditional love. Form a heaven then, when you feel yourself moving into judgment, of choosing to refrain from going further with that thought, and instead taking up that thought of appreciation of the self just as you are.

When you have gathered all of the bits and pieces of self that you might have shrugged aside because they were not your best parts, then and only then can you truly come into the tabernacle of the open heart. It is then that the lions will let you pass.

When you move into the open heart, then remain in silence for awhile. Allow the silence to fill you. For there is information being given to your subconscious mind within that speaking silence. Simply rest, letting the love you have for the Creator flow and radiate until you begin to feel that answering pressure of love from the Creator, that incredibly strong, answering love. Rest there; be fed, and be comforted.

Now we would speak about working with guidance. Working with your guidance is one of the ways in which you use the gateway to intelligent infinity. You open yourself to the metaphysical worlds by the process of tuning yourself up to your highest and best as you move out of the open heart and into the blue-ray chakra, then into the indigo-ray chakra, and from thence into the violet-ray chakra and through the gateway.

Your guidance is a source of inspiration and information and it is most happy to communicate with you. Thusly, after you have spent time resting in the open heart, form your intention to seek your guidance system. You may even say so out loud, or if you are one of those who enjoy working on the computer, type your intention in a new document on your computer: "My intention is to seek the guidance that has been given me in the love and the light of the one infinite Creator."

Then, we would suggest that you simply speak or type or write with the pen and paper the question that you have to ask your guidance. As soon as you have finished writing or typing or asking that question, write or type or say the very next thing that comes into your mind, not checking it, judging it, or evaluating it in any way, but simply letting flow what comes to you.

When that flow has stopped, evaluate it and continue to ask the questions that you wish to ask your guidance and continue, as you finish each question, to let that answer, whatever it may be, flow without judging it in any way. The greatest hindrance besides low self-worth to hearing your guidance is intellectual evaluation.

It is not a logical or rational activity to seek guidance, but it could be classed rather more as one would a musician as he sings or plays, a poet as he writes his poetry, or artist as he manifests on canvas what lies within the precincts of his imagination. It is pure intuition, insight and impulse which is the environment of your guidance's communication with you. Consequently, we suggest that you immediately write or type what comes to you as soon as you have finished your question in order that there is no time or space for your intellect to interrupt this flow.

It is a flow, my sister. It is an energy exchange of a kind. As long as you continue this exercise, you and your guidance are in your own world, a world in which nothing can break in or destroy. For there is nothing of Earth in this vibration between you and guidance. It may seem illogical, my sister, that you and your guidance planned for it to be somewhat difficult for you to contact guidance within incarnation, given that your guidance could help you open your heart and find ways to keep it open in more reliable and steadfast manner.

Yet, it is often the case when planning incarnational lessons that a soul chooses to challenge the self by making it more difficult to reach that which is desired. It increases the factor of suffering within the lifetime while at the same time giving to the seeker the maximum opportunity to exercise the faculty of faith.

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Finally, we would note that the habit of meditation on a daily basis creates a very strong background for the seeker who wishes to be more and more in touch with himself and all of his aspects, including his guidance, which is a part of himself. There are many ways to meditate, and we have no opinion as to the best way. For each entity is unique. And for each entity, the best way will be an intimate and deeply personal way.

However you choose to enter the silence, setting your intention shall be your password to that tabernacle that lies within. Your environment may be inside or outside, in the cloister or the forest. We suggest that you seek the silence where you are most comfortable and where you are able to go on a daily basis.

We would ask at this time if there is a follow-up to this query. We are those of Q'uo.

Y: I feel that my heart chakra is open and balanced, at least to the minimum, and that my blue-ray chakra is in the process of opening. Please confirm.

We are those of Q'uo, and we are aware of your query, my sister. We can confirm that which is said, but would enter into some thoughts concerning this judgment. Firstly, as we have said before the heart chakra does not open and then stay open. The energy body as a whole has a basic vibration, which does not change very much at all. But within that range of vibration, there is constant change, just as there is change in your oceans because of the pull of the Moon. You have inner tides, my sister, both daily and at periods longer than a day. Some are cyclical on a regular basis and some are unique to certain phases in your development as a spirit. When you go through dark nights of the soul, the energy in the vibrations changes a bit as you move through challenging times.

And again we would suggest that one key to opening the higher chakras is to be sure that you are getting full power through to the heart from the infinite love and light of the Creator that moves through from the base chakra upwards and out of the top of your head.

If you have issues with sex or love of life; if you find your relationships lacking; if you judge yourself or others; if you find your relationships with your family or your work troubled—all of these things can limit or even stop the flow of energy into the heart. Consequently, always move back with true humility and begin again, each time that you sense that you are being triggered, that you are closing off, shutting down, and limiting the light that can flow into your open heart.

The challenge of the blue-ray chakra is that it takes a well-developed ability to be completely forthright and honest at the level that is not often seen among your peoples and normal conversation. The process of falling in love with yourself is the key in opening the blue-ray chakra.

It is a great challenge to find complete and utter compassion for yourself. It is indeed one of the great challenges which you offer to yourself as you came into the incarnation. The reason that it is the key is that when you have become able to see yourself with eyes of love and love yourself, warts and all, as this instrument would say, you then will find it child's play to have compassion on others. For you are always harder on yourself than on others. That freedom that compassion gives to you is a palpable vibration that can be felt by other selves with whom you're interacting.

When you know that you are perfectly worthy, it is far easier to move through a discussion with someone who may attempt to trigger your feelings of unworthiness, without being swayed from your compassion and your open heart.

This compassion also enables you to listen with enhanced ears, ears enhanced by love. It is not that you become able to rationalize and excuse other entities. Indeed, many is the time that blue-ray communication requires honesty to the point where many would shrink away and not wish to share their shining truth for fear of being rebuffed, rejected or judged. Yet, many times it is just that point of view that you have to offer that is going to be a saving grace for someone else.

Yet in blue ray, with the heart open and fully powering your movement, it is easy to find a compassionate way to share that truth so there is no accusation or judgment, but only the sharing of opinion and emotion. We believe that you will find, my sister, that once you have opened green ray it will springboard you to blue or indigo ray with equal ease.

We wish you the very best of fortune in wending your way through the many mirrors that those about

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you offer to you. When you are seeking to open your ability to communicate, the one infinite Creator may well see fit to offer you many distorted mirrors upon which to practice your new-found compassion. Gaze steadily into those mirrors. No matter how distorted they may look, they offer you information concerning parts of your shadow side.

It would be helpful for you to store up such conversations with such distorted mirrors of the self and contemplate them at the later time, looking within the self to find the same distortions, no matter how deeply hidden they may be. They too are part of you; they too deserve honor and respect, and the chance to become part of your daylight personality by being asked to help you.

Even the darkest of emotions may become part of your very grit and determination. That energy that was used for anger can become that energy that is unwilling to give up the dream, the hope, the prayer, the intention. Meet yourself in every conversation, not only as you speak, but as others speak to you, and contemplate at your leisure the many facets of yourself.

May we answer any further, my sister, before we go on? We are those of Q'uo.

Y: Please clarify as to whether my heart chakra is open or not.

We are those of Q'uo. We are aware of your query, my sister. You ask concerning whether or not your heart chakra is open. And we would suggest that it is open at a variable degree, depending upon the moment. The original question, we believe, was offering the idea that you felt that your heart chakra was open at least to a minimal degree and with that we certainly agree. However, it is that variability of the moment, that place where you are in the tides of your being and your progress that have caught you sometimes by surprise, so that you didn't even know that your heart had become less powered by unconditional love and was not getting as much energy as the maximum would be.

And again, as we said, the key to this puzzle that you are working is low self-worth. You see, low self-worth occurs both in the orange ray and in the indigo ray, one being on a different level than the other, but both being the same basic structure in terms of vibration. At the orange-ray level, the issue is the relationship of self with self.

Y: Is that why I have lost sexual desire?

We are those of Q'uo, and we believe that we shall do better to take questions in their turn, my sister. Is that satisfactory to you?

Y: Yes, I just thought that sexual desire is related to the orange-ray chakra.

We are those of Q'uo, and would agree that sexual desire is certainly related to all of the chakras. However, the issue of which we are speaking here is that of low self-worth. And we do not believe that that comes from anything but your opinion of yourself.

We were saying that in the orange ray, at that level of the personality, the issue is simply the relationship of self to self, just as if you were either a friend of yourself or were not particularly fond of yourself. And the issue there is simply to become your own friend.

In the indigo ray, the issue becomes steeper and deeper and involves the ability to see yourself at the soul level as an infinitely perfect and beautiful soul, trusting by faith alone that this is true, ignoring at last with great relief the judgment of the earthly personality.

We would ask if there is another query at this time.

Y: I have attributed the recent energy drainages within my chakra body as having to do with a psychic greeting. I was told I have eight entities attached to me. Did I or do I now? What kind of entities are they and what do they want? Can I use the Enochian circle of light to get rid of them? Please, comment on that in any way you think would be helpful without infringing on my free will.

We are those of Q'uo, and we are aware of your query, my sister. Because the question of specific entities attaching themselves to you is part of your active personal seeking at this time, we would step back from the line of infringing upon your free will by saying that all seekers who wish to accelerate the rate of their mental and spiritual evolution will attract those entities who see your light and wish either to gain power over it or to put it out.

Psychic greeting can be something that occurs even within your own personality, as voices from your past spring up from your mind as thought forms, offering you hurtful messages. Whether the psychic resistance comes from within the self or outside of

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the personality shell, the response that removes psychic greeting is, firstly, to be fearless and secondly, to send love and light to the greeter and to the entire transaction.

A negative entity will be sickened by true love. The challenge here is that it needs to be genuine, heartfelt love, not that which is applied as a Band-Aid from the intellect. This love for the Creator must come from the heart.

Further, we would agree that the Enochian circle of light is one way in which protective forces that are abounding in the unseen realms may be alerted to the need that you may have for strengthening your allegiance to the light and your firm stands within the light. This instrument, being a mystical Christian, leans more towards invoking Jesus the Christ and creating a ring of light in that way across which no mortal error dares to set its foot. However, the way you mentioned is equally efficacious in alerting a large number of those who come in the name of the love and light of the one infinite Creator. The Enochian tradition is millennia long and there are many who dwell in the unseen realms who are allies of all of those who would use those words of beauty and light.

We would suggest that it is inevitable that any seeker who is successful at moving closer to the light within himself will have cyclical periods of seeming psychic resistance. These can be uncomfortable. And yet it is well to look at these times as times to put into practice that which you know to be the truth: that all is one, and that one thing is love.

This instrument has read a book called *Psychic Self Defense* by the one known as Dion[148]. In this book this entity speaks of seeing a ravening wolf during a very difficult time in her life, while she was in her bedroom. She was sitting upon her bed and meditating and suddenly there was a wild wolf at the foot of her bed, crouching, getting ready to jump at her. She knew what she had to do, she said. She opened her arms and embraced the wolf even as it tore and bit into her skin. And as she did so, the wolf melted away and was gone.

Lose all fear, offer the greetings of your best love, and you shall move through these times of resistance with your spirit unquenched and with the constant growth of maturity as you find yourself able to weather the storms that you have asked to come upon you by your desire to seek the truth.

As one continues to seek, one begins to transform. And in every transformation, various changes occur. Change is by its very definition uncomfortable. One gains comfort by routine. When things fall away from the seeking soul, it feels as though one even may be losing one's self. And so fear may enter in these times of transformation. Rest back into fearlessness and know that all is well, even when the resistance seems the thickest.

Is there a follow-up to this query, my sister? We are those of Q'uo.

Y: I believe I had planned to stay through the difficult times of Earth's shift to fourth density before incarnation. It is my life's goal to ascend while on Earth. It is my desire to stay and serve as teacher/mentor/parent to many children who would lose their earthly parents during that change and to share the best of me with them and teach them the Law of One. I have been calling on the Masters, the Christed Ones, to establish a contact. I feel I could learn many metaphysical teachings from them, which will be helpful and in some cases necessary for physical survival within the small communities which would be left after the shift. Do these Masters hear me? Are they aware of me and my goal, intent and desire?

We are those of Q'uo, and we are aware of your query, my sister. Firstly, we would assure you that your voice has never gone unheard and never will be unheard. For you are precious. And as you seek, so you shall find; as you love, so love is reflected in love. Those with whom you wish to connect are indeed connected with you, and joyfully so.

Secondly, the scenario which is part of your intent is somewhat limiting in that it has a certain view of how the shift shall occur. We might suggest that you release the limited view of what will happen in the future, while maintaining your desire to be of service, to ascend, and to have an ever closer connection with those beings whom you so value.

May we answer you further, my sister, before we leave this instrument? We are those of Q'uo.

Y: There is a young man who has run into me at the book store for the third time now. My first thought was that he is somehow connected with those

[148] Dion Fortune, *Psychic Self Defense*: York Beach, Maine, Samuel Weiser, 2001. This book is in print.

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Masters, the Christed Ones. He may be some sort of messenger. Can you confirm or tell me anything at all about this?

We are those of Q'uo, and, yes, my sister, we do confirm that.

We are sorry that we must cut this session of working short, but this instrument's energy wanes. May we say again what a delight and a pleasure it has been to communicate with you. Thank you from the bottom of our collective hearts for the beautiful seeking that you share with us and for asking us to share our humble thoughts with you.

We leave this instrument and circle of seeking in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai vasu. ♣

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Saturday Meditation
May 24, 2008

Group question: (*(Read by G.)* The question as we quote it is, "There is the phrase, 'winning over the self,' which is another way of saying, 'knowing and accepting the self.' Is there a similar process that occurs to that of the calling? Do those portions of the self that desire love gain power so that the more the call is made, the more the desire is made until [the] square of the resistance within the self is overcome?

Carla channeling

We are known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. Thank you for calling us to your circle of seeking. It is our privilege and our pleasure to respond. We are happy to share our humble thoughts with you. However, as always, we request that you use your discrimination in choosing which thoughts of ours to pick up and which ones to leave behind as you move forward in your own spiritual process. If you will take care to use your discrimination, then we may feel far more free to offer you our thoughts. We thank you for this consideration.

You ask this day concerning the process of knowing yourself and accepting yourself, or, as the one known as G has put it, winning the self over. You wonder if there is a doubling process that takes hold, so that as the process goes on, the energy becomes stronger and the self is gathered into the love and the light of the one infinite Creator ever more quickly.

Certainly, my brother, there is truth in this supposition. Yet, it is not the precise way of the process of gathering the self into the open heart to say that there is a doubling effect as you work more. We shall come back to this idea later because there is, indeed, a doubling effect at work here. It is just somewhat different than your query.

For now, let us look at this process of knowing the self and accepting the self. We would acknowledge that it is impossible to know the self fully. The self is known fully only at the point in the octave of Creation where seventh density is beginning to fade into timelessness and the mind/body/spirit becomes a mind/body/spirit totality. This mind/body/spirit totality offers its mysterious and ever-shifting information to itself in mid-sixth density, allowing that sixth-density version of self to become the higher self, which then, in turn, offers to the third-density incarnate being a source of good information and guidance.

The mind/body/spirit's gift from the higher self, however, is not of the nature of a definite, finite structure or box of contents. It is full of mystery and paradox, as all entities are, because of the fact that they are in the image of the Infinite Creator, whose nature is rich in mystery and paradox. This is why we cannot say that there is precisely a doubling effect

as one gets to know oneself better. Because that work is never done.

Indeed, those of us who speak with you this evening feel inadequate to the challenge of expressing in full the nature of ourselves. We have, however, become content to allow the question of self-definition to inhere in our vibrations, or our essence.

What we have to suggest is a discussion of the cycles that are an inevitable portion of the spiritual seeker, and the dynamic between those cycles and that central essence of self which most decidedly does not have all the pieces of self collected, yet is very, very important to the self. That is the part of the self that has focus.

Perhaps you have noticed that there are variations in the amount of focus with which you seek the love and the light of the one Creator. At some points, there is a plain and clear feeling of utter desire and single-minded seeking to know the truth of the creation and to tabernacle in the presence of the one infinite Creator. At other times, it would be possible to say those same words and yet not to be able to feel the intensity of desire because of the fact that you have lost your focus.

The cycles of which we speak are several. The first is the cycle of the beginner on the path and then the more experienced entity on the path. This cycles in an unpredictable and quite slow way, for it is not known when that first rush of excitement shall fade away, once the seeker has awakened and started on the path of his spiritual evolution.

The initial flush of excitement and that wonderful feeling that you have a treasure of great value may last years, or it may last months, or it may last weeks. Inevitably, however, the honeymoon between yourself and the infinite possibilities of seeking the Creator fade and it begins to be possible simply to give lip service to those ideals which have previously moved you almost to tears.

It is as though at times your energy body were [a stream] rushing forward and, at other times, a dry bed. You look at that place where the torrent flew and frothed above all. And, below the place where all that water flowed, it is dry and cracked, and you are in a season of drought within your own spiritual process.

The seeker who wishes to win the self over has one great resource during those dry times within and that is his will. The will of an entity who knows that he is powerful can overcome any resistance within the self, and that faculty of will is fed by memory; the memory of those times when the self was lifted up and things were very clear.

There are times in every seeker's life when the Creator is close and the connection is sweet and pure and strong. In dry times it is extremely helpful for the spiritual seeker to remember those times of torrential inundations of the love and the light of the one infinite Creator.

It is as though your will were a candle that you keep burning day and night. Sometimes it is not needed because the world is full of sunlight. During the dark night of the soul, however, there is only the candle of your will. Feel that steel core within you of will and focus and let it blaze as the candle in good seasons and in poor.

Another cycle about which we will speak is the cycle of physical maturation. A lifetime [encompasses] the rising and the falling. During the times of rising, there is a learning curve going on almost all the time concerning the consensus reality that surrounds the seeker and his skill in being able to function within that consensus reality. At those early times of an incarnation it is often the case that the self cannot be known to the self because there is so much to learn and so much to process that there is no mental or emotional leisure for contemplating the self in a non-attached and witness-like focus.

At the apex of the arch of life, there is a period during which the ability to function within consensus reality has been, if not perfected, brought up to acceptable standards for that which the seeker needs to do in his life, and at that point, he becomes free to choose his thoughts and to follow his thoughts where they might go. It is a blessed time in many ways and yet it carries its own challenges.

When the seeker does focus on knowing himself, he acquires a great deal of information, some of which is trustworthy and some of which is not. This is due to the fact that there are many inner voices which like to share their opinions concerning who you are. Some of those voices are parental. Others are the voices of teachers or other authority figures who instructed you in a certain way that penetrated into your personality shell and became thought forms that took root there. And those voices are still heard.

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They are not the voices of yourself. They are voices that are as distorted as any carnival mirror. No parent or authority figure knows you. Indeed, you yourself are struggling to know you. The challenge, as you open up to your own thoughts and the processes of conceptualization as you experience day-by-day, is to find your own voice.

As the sun sets upon an incarnation and the physical body functions less well, it would seem as though one would, once again, have little time for spiritual matters, and, indeed, this is the case with some entities whose older years are confused by failing minds. However, in many cases the summer of the seeker's life may extend right up until the last breath is expelled from the [physical] body that is left at death in order that the spirit may enter again the larger life.

It is well for an entity who is just beginning to be free of the learning process of becoming an adult to realize that there has been a long, slow learning curve that has placed tremendous pressure on the physical organism's mental complex, and especially the emotions. Therefore, as the seeker wakes up and begins to feel free of the learning of consensus reality, it is well for him to begin to gaze within in a way, which again contains that concept of focus and flame.

When the seeker becomes fully aware that every person about him is a mirror for himself, there is in that realization a feeling of "too much information." Shall the seeker take, in complete sincerity, every word that is spoken to him and every interaction with another person as being information about himself? If so, the information stacks up exponentially as the years go by. Yet, it is true that the spiritual seeker is in a hall of mirrors. Each mirror is distorted, yet gives some information.

How does one look at one's self? The eyes look outward. They do not see inward. It is impossible to see yourself as others see you. Consequently, it is very helpful to enter into the game, shall we say, of taking each person as a mirror for yourself, and musing upon what that mirror is telling you.

Some mirrors are difficult to look into. If you are interacting with a murderer, than you must find the murderer within yourself in order for the information that mirror holds to be relevant. Many are the times that you will find yourself avoiding certain situations or certain relationships, and in that avoidance is more information.

This instrument, in describing the green-ray chakra or the heart energy center, wrote that it was like the basilica at St. Peters, that great structure which was the Doge's Chapel and which now is a cathedral.[149] As great and massive as that structure is, it is dwarfed by the size of the plaza which lies in front of the building. In pictures of this Cathedral of St. Mark, that huge forecourt is always mobbed with thousands of tourists, and pigeons walking among the tourists, pecking at whatever the tourists drop to feed them. This is a fairly accurate image for the parts of yourself that are, to some extent, not yet integrated into your essential self.

And here we may use that phrase of "winning over the self," for as you stand in that outer courtyard of the open heart, you can deliberately and consciously move into work within yourself, to take up each wandering [portion] of yourself as you find it, and bring it into your heart.

It is easy to love the parts of yourself that conform to your ideals. Yet the tough truth is that there is much more to the self than those idealistic parts of the self that have been polished and cleaned and are on display, shall we say, in the windows of one's ideas about who one is. All of the rest of the self that lies in the shadows and has not yet been polished, has not yet been picked up, and has certainly not yet been recognized, waits for your attention.

And this is not something that is a linear process. This is something that is like housework. You keep going back to that plaza of the self and recognizing a new portion of yourself from that shadow side. Then it is time to win that heart of the self over, to express your feelings of honor and respect for it, and to ask it to integrate itself into you so that its darkness becomes your strength rather than your weakness. This quest for the self shall never end.

In counterpoint to that truth is the truth that you are already a perfected being. You are already a mind/body/spirit totality. That flame at the very heart of your being is the same flame that burns throughout all densities in the octave of Creation that you now experience. Consequently, in counterpoint to the attempts of the rational mind to

[149] This material is in her book, *Living the Law of One – 101: The Choice*: Louisville, Kentucky, L/L Research, [c2008].

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know itself, there lies the dynamic of the perfect self, the perfected self, the self that lies within you, undiscovered, for the most part unknown and unexplored.

This is why meditation is so very helpful.

In meditation, you have accepted that intellectually you do not know your essence or your nature.

In meditation, you rest in unknowing.

In meditation, you are not trying to figure anything out.

In meditation, you are no longer talking to yourself, or talking to the Creator, or talking at all.

In this stoppage of the intellectual mind lies a great aid to the seeker who wishes to remain focused. For that flame that burns within you burns within all. There is one flame, one consciousness, one great and utter love. It is a tremendous balm and relief to escape from your personality and all that you think you know, and rest, wrapped in the blanket of warmth that the tabernacle of the open heart offers, cuddled upon the lap of the Almighty with nothing to do except be.

We said earlier that we would move back to the idea of a doubling effect and so we do now. What is doubled has nothing to do with the parts of yourself that you are attempting to know and accept. It has to do with your faith. For that you do not need to reach or strive. You do not need to do anything. For you already are a being created by the infinite One, full of power and beauty.

It is difficult to keep the faith when it is new. It is difficult in the face of one's personal shortcomings, as perceived by the self, to know that all is well. There is so much temptation to reject the self, or parts of the self, in most entities that it is almost irresistible. Yet, having grasped faith, you hold to it and you know that at the depths of your being, you are good in that biblical sense where man was created, and God saw that it was good, and it was very good.[150]

Faith stabilizes you among the chaos of perceptions. Outer perceptions shall always bring conflict. The truth shall always be elusive. Yet as you have faith in yourself and in the innate goodness of your design, you come through the crisis of not liking aspects of yourself and you find yourself still standing after the storm has passed. The next time there is heavy weather within your heart and mind and soul, you find it easier to maintain faith regardless of the outer picture. And each time thereafter, you find it exponentially easier to remain stable and faithful and serene.

It is a tremendous faculty that is innate within all third-density entities, this faculty of faith. And we encourage contemplation of the word itself, for in it lie untold mysteries and infinite light. It is often a great help when developing the faculty of faith to have something to which to cling, whether it be a person, an ideal, or some image or icon that has special meaning to you.

We would encourage exploring those persons, images, icons and symbols which call you. If you can find one or two that are particularly resonant to you, [then] find ways to have those images in your field of vision as you work and as you play, as you eat and as you sleep. For they shall remind you of who you are and make it ever easier for you to regain that stance of the spiritual seeker which is centered in faith.

We come back to the word "focus," my brother. It is easy to feel the self as a vast collection of somewhat related, but not necessarily coordinated, parts. We ask you to dive deep beneath the surface of that perception into the center of yourself—that center which has never been apart from the one infinite Creator. Dive deep. Dive with love. Dive with absolute surety and faith.

(Side one of tape ends.)

(Carla channeling)

Again and again, may your excursions of faith be filled with light. May you have fair horizons for your travel.

We would at this time ask if there are other queries in this group. We are those of Q'uo.

A: Would you discuss the spiritual principles for converting excess emotion into mental and emotional clarity?

We are Q'uo, and are aware of your query, my brother. The emotions are often given far less respect than they deserve, and this is because they are not seen for the deep, running rivers that they are, but

[150] *Holy Bible*, Genesis 1:31: "And God saw every thing that he had made, and, behold, it was very good."

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rather are seen as somewhat troublesome hindrances to a calm and orderly life.

We would use the analogy of cooking here and compare the way most entities allow their emotions to run to "fast food." It is easy to get, it is easily eaten, and there is not much nourishment in the food. And so it is with surface emotions. Like rain on hardpan, it is difficult for the emotions to offer any good information or go anywhere. They just hit the consciousness and bounce off and, indeed, do seem quite excessive sometimes.

However, if a chef with great love for the food takes the same ingredients that are in fast food and prepares them carefully and with love, those same ingredients yield much more nourishment. And so it is with emotions. Surface emotions are usually quite impure. However, when one can abide with one's feelings and observe them as though they were guests coming to tea, offering them hospitality and courtesy, sitting with them and listening to them, then the emotions have found respect and honor. And this allows them to go deeper, interconnecting the [surface] self with the deepest part of the roots of consciousness. For this is what emotions eventually become if they are allowed to go through the process of purification.

There is a beauty to each emotion when it has been purified and it is pure feeling with no distortion. Thus, we would say that instead of looking at emotions as something to work around, the one who seeks clarity needs to spend time honoring the emotions that seem so inconvenient and excessive. Physically taking the time to process emotions is very helpful. Emotions call to you and when you can answer by sitting with these guests that are speaking to you in certain colors, then those colors gradually lose the muddy characteristics of surface emotions and become more and more clear.

May we answer you further, my brother? We are those of Q'uo.

A: Yes. Would Q'uo discuss the spiritual principles behind the connection drawn between the theory in non-violent communication that positive emotions indicate that a universal human need has been met and that negative emotions indicate that a universal human need has not been met?

We are those of Q'uo, and we believe we understand your query. We would have no quarrel with the statement that positive emotions indicate that a universal need has been met and negative emotions indicate that a universal need has not been met. We agree completely that the needs and desires of third density entities are universal for, indeed, all is one.

The only reservation that we would have concerning this statement is that there are layers upon layers to emotion and layers upon layers to human need. So, some positive emotions ring false, as do some negative emotions, thereby not offering [truth] to the seeker.

In the sense of attempting to understand one's feelings, it certainly is helpful to compare the concept of emotion with the concept of universal needs, for it seems to give a psychological validation to one's needs so that emotion then is not a thing about which to be embarrassed, but is rather a needed signal for that which is occurring within the personality. Perhaps the spiritual principle that would apply here is that all is one and that just as the baby's cry indicates that it is hungry, that emotion stems from that cry of hunger.

The other spiritual principle that we would invoke is that balancing principle which expresses the infinity and the mystery of human emotion and human nature in general. There are paths that move into mountain upon mountain upon mountain, raising the quality and the purity of human emotion many times for the entity who is willing to penetrate every emotion with his utter attention and respect.

We are those of Q'uo, [and] would ask if there is a final query at this time.

A: Yes, would Q'uo discuss the spiritual principles behind love at first sight, such as in Romeo and Juliet?

We are those of Q'uo, and are aware of your query, my brother. But in this case there does not seem to be a spiritual principle to bring to bear on love at first sight. The classic Romeo and Juliet's love at first sight is a story of entities who were in their early teens. This is a time [of life] when it is unlikely that there is a bleed-through memory of a past life or something of that nature which would create a spiritual nexus within which one might gaze at that attraction.

However, it is so that there is a network which an entity has of souls with whom he has worked in past experiences—past, of course, being a linear term that

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does not hold in time/space. In that circular time/space where everything is occurring simultaneously, the web of relationships is amazingly extensive. And there are times when one entity meets another and a resonance is set up that is undeniable and is far deeper and more penetrating than the circumstances would normally suggest.

In those cases, it is quite likely that entities who have planned to work together on some service or some incarnational lesson together within an incarnation have found each other. And that is a very hopeful and positive thing for an entity who wishes to do spiritual work. It is greatly helpful to have companions with whom to share one's gifts and with whom to explore one's challenges.

We might note in this regard that there has been a tendency within this group through decades of questions to visit the phenomenon of love at first sight or star-crossed lovers or soul mates. And we would suggest that, in fact, before the Creation has wound to its fullest spiritual gravity and returns to the one infinite Creator, each shall be a soul mate to each.

We would, at this time relinquish this instrument and this contact, for the instrument is growing weary. May we say what a delight and privilege it has been to share this meditation with you and be part of your session of working. We thank you once again for asking for our thoughts. We leave you in the love and the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai. ♣

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Special Meditation
May 27, 2008

Group question: *(Read by Jim.)* Q'uo, the question from D begins with two statements from the L/L Research channeling of March 24, 1991. He says:

"There are two statements that caught my attention. First, Q'uo says, 'Those who are willing to use a crutch in order to vault themselves upward into the light, whether the crutch be drugs or magical rituals or whatever other occult sciences may be used as a gadget, have literally pulled themselves up to a place for which they have not worked and for which they may not be ready.'

"A later quote says, 'Thus it may be seen that those who by any means other than natural move themselves to transformation must needs be responsible for that which has been gained long after the crutch has been thrown away.'

"For several years I have been considering these concepts as it might relate to a particular metaphysical technology. Very recently I have been given the opportunity to enhance this technology. Also, very recently my wife has faced a serious illness, which has forced me to realize at a deeper emotional level how important it is to let everyone find their own path of light. Both situations have brought me to set up this channeling to explore the issues of developing and distributing metaphysical technologies, while respecting the free will of those who might use such technologies.

"The first of three questions I have is, without reference to any particular technology, is it theoretically possible for a metaphysical technology to be self-regulating? That is, could a technology be constructed so that the user would not receive any more metaphysical light than he or she was prepared to integrate? And if this is possible, does Q'uo see that any such self-regulating technologies are currently available on Earth?"

(Carla channeling)

We are known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. We wish to thank the one known as D for creating a sacred circle of seeking and we wish to thank those who have joined with the one who is known as D in this circle, the one known as R, the one known as M, the one known as G, the one known as Jim, and the instrument.

We greatly appreciate the privilege of being asked for our opinion, as those who also seek the truth. As always, we would encourage who reads or hears these words to discriminate as you listen to what we have to say, feeling for the path of resonance. If ideas that we offer do not resonate to you, please leave them behind. This strict attention to your own temple gates will enable us to speak freely without being concerned that we may infringe on your free will or disturb the rhythm of your process.

The query concerning the use of metaphysical technology to enhance the natural abilities of seekers is, as the one known as D is well aware, one with

many, many layers and levels of consideration. However, the possibility of finding a self-regulatory feature is one which creates the environment for a potential positive gain in the one known as D's being of service to others. There is a delicate situation when we speak concerning an on-going point of spiritual study. Each entity has not only incarnational lessons but permutations of those lessons that are active at any one time, and we must tread carefully to avoid infringing upon the active process that is on-going within the spiritual seeking of the one known as D. So, we may offer some thoughts that may or may not have any interest to you, my brother.

Firstly, the nature of the energy that is used to open the gateway of intelligent infinity consists of three basic components: the will of the seeker; the infinite love/light of the infinite Creator which, moving from the Logos to the heart, is then reflected up through the Earth into the soles of the feet and into the energy body in an infinite supply. And thirdly, there is that vast array of sources of aid and guidance that can be accessed for those who move through the gateway into intelligent infinity.

In the normal course of seeking, the work of the seeker is first to clear his chakras so that the energy from the Earth may flow in infinite supply into the opened heart and then springboard up through the higher chakras through the gateway of intelligent infinity and then, aimed with the clear and lucid intent of the seeker, attract the appropriate source of guidance.

The energy body is crystalline and delicate. Consequently, the energy of the infinite Creator that comes up from the Earth is geared to harmonize with the needs of the energy body. If this love/light encounters a hindrance, it does not push or press but merely awaits the clearing of whatever energy center or centers have been blocked or over-activated. This constitutes a built-in safety mechanism, if you will.

It is in this regard that there is an interesting potential for further consideration by the one known as D. We cannot express through this instrument, who is not in any way an educated scientist, the nature of the contemplation that might prove productive, but can simply say that it is in understanding and being able to measure or identify and otherwise work with this elemental love/light of the one infinite Creator that the possibility barely exists within the technology of which you are aware, of creating your technology in such a way that it rides the love/light energy and is, consequently, created safe because of the natural intelligence or love/light energy, which knows when it may go forward and when it may not.

Were the discovery or integration of the present knowledge base from the study of light and the study of—we give this instrument pictures of a vast array of what look like computer read-outs or languages—to be wedded, then there would be the possibility of offering this regularizing and cohering technology in a way that would not interrupt the natural safeguards of the energy body.

May we ask my brother for the second portion of this query? We are those of Q'uo.

D: Q'uo uses the phrase "by any means other than natural" in the second statement above. Some might say that there is nothing natural about Earth's current environment, given technology such as HAARP, cell phone towers, the web, and alternating-current energies that appear to restrict the natural flow of metaphysical life. I am guessing that some members of the Confederation may see benefits in leveling the playing field on this planet by distributing technologies that counteract these restricting technologies. Is this true? And is it possible that Q'uo's position on such gadgetry might be considered somewhat conservative by other members of the Confederation?

We are those of Q'uo, and are aware of your query, my brother. We are a principle made up of three social memory complexes: a fourth-density social memory complex which is known to you as Hatonn, a fifth-density social member complex which is known to you as Latwii, and a sixth-density social member complex which is known to you as Ra.

Consequently, within our very principle we carry the memory of just such an attempt to aid by technology of a kind, for we offered to those in Egypt, as you all know that area, the technology of the sacred geometry, which is [used in the building of] the pyramid. We were hopeful that with such a device for initiation and healing, the culture of that day might be able to create a new paradigm of unity.

We discovered that, far from creating an effective instrument for healing, we created in the end very shortly after this structure, called the Great Pyramid

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by this instrument, was completed, that the entities who were supposedly the priests of the Law of One were corrupted by politics and society so that there was no initiation nor was there healing, but that it was to be used only by the elite.

We could offer other examples of the Confederation's experiments in offering technology to, as you say, my brother, level the playing field. Each of them was brought to the environment of your planet in a genuine and utter hope that there could be aid from such devices. We need only mention the [technology used to produce the] atomic bomb to make our point.

Within any Confederation, my brother, there are those who remain hopeful that the next time and the next time, such intervention might be a positive contribution to the spiritual evolution of humankind. And perhaps "conservative" would be an understatement. However, regardless of the opinion of some few who have not learned from experience, we remain serene in our realization that the way to aid humankind is not through outer technology, or any technology, but rather by the continual creation through instruments such as this one of a discussion of the true identity of all humankind.

And in further discussion of how the creation works, we weave a story, my brother, through instruments such as this, a story that offers an explanation on several different levels for the life to which each human being has awakened, and for the larger natural philosophy in which this life has been imbedded, the creation from beginning to end, and each human being's part in that great cycle or octave of creation.

We weave a net of love and it catches people. It helps them to get their feet under them and to realize who they are. The secret to spiritual evolution is that realization that each human being, just as he is, is capable of becoming a person of infinite power and focus.

We hope always in the communications that we offer through instruments such as this one to enlarge that vision of the human being as a living flame, that moment where consciousness and consensus reality meet; two worlds, intersecting at each moment, through the thoughts of the focused human being. Encouraging that focus, encouraging the awareness that each is a portion of the Godhead principle and has not only the honor but the duty to take up the responsibility of Godhead, is one of our most basic hopes from this web of communication which we have been able to offer through instruments such as this one.

We believe our tactics have, though modest and conservative, indeed enlarged the possibility of each individual's acceleration of his mental and spiritual evolution. This instrument saw earlier this evening a *Democracy Now*[151] interview with Utah Phillips. This entity known as Utah spoke of being patient and abiding in the belief system that gave him dignity and integrity. He spoke of finding it difficult to vote when there were no good choices in the elections and, instead, saying, "My ballot is on my back."

As more and more people awaken to who they truly are and become aware of their magical personality and their ability to do work in consciousness, we believe that our discussions of the one great original Thought have a small but contributing part, and we are content, my brother, to share, word by word and concept by concept, this one great original Thought, to the exclusion of more attempts to level the playing field from the outside in.

The magic of all entities in third density lies within them and is awakened by their realization that they are entities of power and that this power is founded in, made up of, and completely melted and dissolved in love. The essence of this love, my brother, can be found in the love/light that, coming from the Logos and bouncing back from the heart of the Earth, constitutes the energy that is fed to the energy body. It is this source of energy that we would encourage you to consider.

We again apologize for being unable to create technical language through this instrument. However, hopefully the rhythms and the emphases of that which we have been able to share through her instrument may be of some help.

Before leaving this question we would wish to express our appreciation of the depth and the intensity of the love and the desire to serve of the one known as D. It is, my brother, a moving thing to see the beauty of your vibrations and, indeed, may we say that this circle of seeking is unusual in its blended auras and its sacred space. There is a great

[151] *Democracy Now*, with Amy Goodman, is a news review show on Link TV.

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strength in this particular group. It is a pleasure to share this energy with you.

We who are those of Q'uo, ask if we might hear the third part of the main question as this time.

D: Ra has stated that the term "density" refers to the degree that each level of all that is can pack or store metaphysical life. Does the human heart, when its bioelectrical wave forms fall into phase coherence, model how our reality is more able to symmetrically and harmoniously pack metaphysical light as into the third and fourth density? If so, how could a metaphysical technology based on this same principle of phase coherence be most responsibly and effectively used to show individuals that their hearts have the same capacity as the universe at large for this phase shift?

We are those of Q'uo, and are aware of your query, my brother. We must take this query in two parts. Firstly, we would speak of densities and light. The attempt to create fourth-density light, fifth-density light, or sixth-density light out of third-density light is an attempt that is founded in a mistaken assumption and that is that light has a linear progression from density to density. However, it does not.

The photon of third density is not the photon of fourth density. Consequently, no matter how beautifully coherent you create third-density light, you have simply maximized a third-density light. You have not created a fourth-density light. It would be like trying to make an apple into an orange. You can make the best apple, but you cannot make it be an orange.

Fourth-density light has more—we give this instrument a picture of angles of rotation, as if there were a ninety degree shift while in the same plane—which creates an enormously expanded number of surfaces within each portion of light. More surfaces mean more places for information, more choices, more awareness, etc.

Secondly, we believe that there is a very good idea in that of which you speak, in that there is a good deal of power in the purity of colors available when a coherent light is used. There are, we believe, among your peoples, healing modalities that already have begun to investigate the possibilities of using coherent light. They have moved, in terms of their focus, on physical healing rather than moving into the consideration of working with light to create or enhance metaphysical environments.

This work would not be an infringement upon free will, for the optical apparatus of entities is self-limiting as are the physical senses in general, and overload simply removes the possibility of that modality being useful rather than creating difficulties within the energy body which could result in the overloading of one or more of the chakras.

At this time, my brother, we would pause before moving on in order that you may query in any way you wish about these three portions of the main query. Is there a follow-up to this body of discussion at this time? We are those of Q'uo.

D: Yes, the question is, given the self-regulating quality of the technology in question and the instrument's inability to describe technological principles, is there any source of information that the entities using this technology might research or look into in order to enhance this self-regulating quality?

We are those of Q'uo, and are aware of your query, my brother. We may say that the sources are there. However, they are scattered and unrecognized. Consequently, we would suggest to the one known as D that he combine research into light and its nature, especially research done by those who are unrecognized and obscure, with a continuation of his unremitting, unwavering, absolute devotion to the one infinite Creator and to the service of the one infinite Creator, and to maintain that focus while requesting his guidance system to enhance his ability to sense that path of resonance and synchronicity that shall aid him.

May we answer you further, my brother?

D: Yes. Given the ability of education to be helpful to people who are interested in this technology, is there a way to let people who would be interested in this technology know that there is a bio-feedback type of quality within themselves that would allow themselves to use technology in a self-regulating fashion?

We are those of Q'uo, and are aware of your query, my brother. We make this instrument smile with our feelings of *déjà vu*, as this instrument would say, for, indeed, this was precisely what we wished to do with the pyramid in the old times of Egypt. It is possible while a charismatic and persuasive leader is

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in charge of a place where entities may be aided by such bio-feedback systems for this self-regulatory feature of the individual to be awakened in a safe way.

(Side one of tape ends.)

(Carla channeling)

As soon as the charismatic leader passes from the scene, there are always entities eager to distort and eventually nullify any positive outcome from such attempts to be of service in this wise.

The challenge of those who would attempt to help those of Earth awaken to the sacred nature of every cell in their bodies, their minds, and their spirits is not only in getting their attention, but in keeping it. Those among your peoples have not shown a marked tendency towards persistence in metaphysical seeking. The culture of your civilization has shortened the seeming attention span of most among your people. There needs to be the willingness to become a new person, a different person, a person who creates his own truth and lives according to his own lights. This is entirely possible.

However, it is a challenge to open people up to the concept of starting over and living in an entirely different way, a way which returns the power of life and love to each person and removes that person from the grid, shall we say, of society and culture.

Is there another follow-up, my brother, to this query? We are those of Q'uo.

D: We'd like to ask about another technology, Ark's technology[152], a separate technology, something called Plato's fifteen rings, that has a more rounded type of architecture rather than these sharper types of architecture of the pyramids of the past. Is there a better fit or easier use of this type of technology?

We are those of Q'uo, and are aware of your query, my brother. There is definitely a higher chance that the rounded geometrical shape shall be able to be utilized without the side effects caused by the movement of prana or the love/light of the one infinite Creator through the pointed shape of the pyramid. Instead of the scoop of the pyramid revolving twice before exiting the point of the pyramid, the ring system has the capacity, when developed, to be much more benign.

The challenge in this creation or this technology is the iteration factor that occurs with there being no exit pointed for the light that is generated by the scoop which draws energy into this structure.

We would suggest the contemplation of a system of vents, whether they are of material or intentional, in a spiral fashion that would regularize the passage of the love/light of the infinite Creator through this sacred shape or series of shapes.

We are those of Q'uo, and would ask that if there is a follow-up to this query?

D: Yes. Given that this sacred geometry of the rounded shape is better than the pointed, is there some type of use that this electromagnetic geometry has of making it more effective in the self-regulating feature of the electromagnetic geometry that we were first talking of? Is that anywhere close? Can the self-regulating feature of this rounded geometry be used to enhance the self-regulating feature of the first geometry we were talking about?

We are those of Q'uo, and believe that we are aware of your query, my brother. We can respond in the affirmative with the reservation that the connection and the content of this connection, the nature of it, is both simpler and more unexpected or unimagined than might seem to be so at first glance.

We tread carefully here, my brother, and would suggest that you also tread carefully as you seek in this wise. Cultivate humility, cast aside pride and those previously assumed truths concerning sacred geometry. Look to nature for examples and remain grounded, deeply grounded, into the earth plane as you investigate the possibilities which have opened up to you.

We would at this time ask if there is a follow-up to this query? We are those of Q'uo.

D: I would like to know if there is a better way to state these questions in relation to the people who might use this technology? And if there is a better way to state them, would Q'uo restate them and then answer them?

We are those of Q'uo, and are aware of your query, my brother. We believe that your present queries are perfectly adequate according to your present level of awareness. The clarity of your questions and the depth of spiritual awareness which offers the energy upon which your words come seem to us to be of an

[152] Arkadiusz Jadczyk's work may be further examined at www.quantumfuture.net/quantum_future/qf.htm.

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entirely adequate order. Were we to rephrase your query, we should be learning for you and this is an infringement upon free will.

May we ask if there is a final query at this time?

D: Considering the quality of phase coherence as it is related to the human heart when it makes certain connections, how can we utilize this principle in generating technologies that are more responsible in relation to the human heart?

We are those of Q'uo and are aware of your query, my brother. We have poked and prodded at this query and cannot find a way into offering information without infringing upon your free will. We are apologetic and yet we come up against the stop of the Law of Confusion.

We may say that the coherence of which you speak is that which the spiritual seeker of third density tends towards or becomes more able to express. Coherence is an excellent word to use when thinking of the human energy body and that consciousness that it contains, eternity and infinity cradled in crystalline structures that seem so fragile and yet are so incredibly powerful.

That is, you see, the challenge of any helping technology: to advance the ability of entities to sense their own coherence and to do so without blowing their circuitry. The quality of faith is the living coherence of the spirit and we encourage you to increase your faith. As you proceed, we wish you light in your research, my brother. You already have the love.

We would at this time thank this instrument and this group and especially the one known as D. It has been a sheer pleasure to converse with this group and we have enjoyed it tremendously. This instrument's energy wanes and we would not harm the instrument. Therefore, we shall at this time take our leave of this instrument and this group. We leave you as we found you, in all that there is—the love and the light of the one infinite Creator. In that coherence, we leave you. We are known to you as the principle of Q'uo. Adonai. Adonai vasu borragus. ✣

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